



Faith can move mountains...
Faith can uproot every fault...
Faith can give the vision of love
And if you shall believe
That you are
strong...blemishless
And pure in love
Then before you shall be....
The light of Sai
And in that golden brilliance
You shall bathe
In the complete awareness
Of truth
And enter...
The unending stream
Of Sai bliss...

信心能移山倒海。。。
信心能把每一个缺点连根拔起。。。
信心能给与爱的视力
而要是你相信
你是
坚强的。。。无瑕疵的
并且在爱之中是纯净的
那么在你成为。。。
赛之光之前
在那金碧辉煌之中
你将沐浴于
完整的真理觉知
并进入。。。
赛福乐的
永无止境的河川。。。。

Sai Darshan Volume II

赛显现 第二册

Seema M. Dewan

希玛德婉

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I Am the Satguru

I am the Satguru...
Satguru means a teacher that is
True to His disciples...
True to the word He teaches...
True in example...
True to the life He lives...
True to His promises...
True to His love...
And true to all that hold on to His Feet
For protection,
Survival, and
Grace...

我是真导师

我是真导师。。。。
真导师意谓一位老师
真诚于其信徒。。。。
真诚于祂所教导的金玉良言。。。。
真诚于祂所示的榜样。。。。
真诚于祂所过的生活。。。。
真诚于祂所许下的诺言。。。。
真诚于祂的爱。。。。
并真诚于皈依祂足下
以获得保护，
生存，及
恩典的所有人。。。。

The Sai Avatar

His protection... His Grace... and His Love...

Even hearing
The name of "Sai"...
Once...
Shall free you
From a million obstacles...

If you have
Taken this pure name
On your lips and tongue
Then many a births
You take
Shall be protected...

If He has willed
To call you
And cast upon you
His glance
Then the word of truth
Has entered your mind
And shall transform
Your heart
Into love...
From now... forever...

If you have tasted
His physical presence
Then you are
The fortunate one
To whom
The Heavens will come
At your door step
Even before you take
A step
Toward its gates...

赛神化身

祂的护佑。。。祂的恩宠。。。及祂的爱。。。。

即便只听到“赛”的名字。。。。

一次。。。。

必会解除你

自一百万个障碍。。。。

如果你已把
这纯净的名
挂在你的唇舌上
那么你所转世的
许多诞生
必受护佑。。。。

如果祂决定了
召唤你
并把目光
投向你
于是真理的信息
进入了你的心念
并必会改造
你的心
使之成为爱。。。。
从现在。。。到永远。。。。

如果你已体验
祂肉身的存在
那么你就是
一个幸运者
而对你
天国将会来到
你的门前
甚至在你
尚未起步
朝向天国的大门。。。。

If you have
O fortunate one,
Received the smile
Of Sai
Then remember
O Blessed soul,
That the boons of God
Await...
And at the precise moment
In which He wills
They will shower
Upon you
The rain of
Eternal Grace...

If He has
Held your hand
In His
Then He shall
Carry your burdens
Always...
And transfer to you
The streams of
Divine Power...
As intense devotion
For Him...
With which
All dark clouds shall pass
In silence and
In strength...

If you have
Touched His blessed feet
Then He has
Given to you
His Self
As your home and
His Love
As your eternal friend...

如果你已经
噢，幸运者啊，
收到了
赛的微笑
那么要记得
噢，有福的灵魂，
神的恩泽
等候着。。。而就在明确的时刻
天意的时刻
恩泽会倾注
于你
永恒恩宠
的甘霖。。。。

如果祂握住了
你的手
于祂的手
那么，祂必会
挑起你的负担
绝无例外。。。并转移给你
神圣力量
的河川。。。就如你给祂的
强烈的虔诚。。。因之
所有乌云必会静悄悄地
和大量地
飘过。。。。

如果你已
触摸了祂神圣的脚
那么祂就
给了你
祂自己
作为你的家以及
祂的爱
作为你永恒的朋友。。。。

Once, O child of Sai
He has called you "His"
You shall be
Upon His lap
Wherever you are...
Nothing can ever come
Between you and Sai...
Nothing...
For even though
He shall choose to come
He shall choose to go
Every time
You call
From within your heart
You shall
In an instant
Fill...
With a peace
In which
Sai shall stand
Before you...
Above you
Below you
Around you and
Within you...
And you, O child,
Shall find
Your soul
Enter...
The Supreme Light of...
Sai Darshan...

一旦，噢，赛的孩子
祂已称你为“祂的”
你必会坐在
祂的膝上
不论你身在何处。。。
无物能介入
你与赛之间。。。
无物。。。
因为即便
祂想要来
祂想要去
每一次
你呼叫
自你内心
你必会
在一瞬间
注入。。。
一个平静
而在平静之内
赛必会站立于
你之前。。。
你之上
你之下
你周围和
你之内。。。
而你，噢孩子，
必会感觉到
你的灵魂
进入。。。
“赛显现”的。。。
无上之光。。。。

Preface

There is a higher power that is omniscient... endless... and complete. It is within this higher power that the whole universe resides. And while all beings in this universe appear to live... move... walk... talk and do it is only an illusion of the reality. Then what is the reality? What is this higher power? From where does this higher power arise? What sustains it? Who creates it? And who is this "I" we often refer to as ourselves?

The birth of this question, my dear friend, is only the beginning of a journey in which many sages and saints experienced a glimpse of the endless...the complete, and its might. Even that glimpse poured upon them the grace of the Infinite, and they turned to leave with us small imprints of truth that would allow us to follow them into the worlds of consciousness that is unknown to the mind and intellect yet known to every soul...

The fires of the higher states of consciousness brought to this world the word of truth, the "Om" within which the higher power...the complete and endless...the omniscient and the all-knowing...the indestructible and the only doer resides and expresses. That Om is the beginning of creation...the source of life...and the cause of death of the individual self.

Those who are of good hearts and pure minds meditate on this word bearing the day to day ups and downs... keeping a strong resolve on this word... hoping that one day... at one moment the doors of the word shall open for them. And once the doors open, they shall enter the world of the word and burn in its fires of Supreme Knowledge their individualized self and receive a glimpse of the higher power... Then, intoxicated in the origin of one's Self, one shall begin to speak the word as the verses of wisdom. He shall begin to reflect a glimpse of that light in which millions shall take refuge... he shall reflect and pour upon this world the grace he received in the tiny glimpse. He shall be adored by all, for he adores the divine... the higher power... and even a brief contact with him shall make many begin their journey toward the word. Such is the glimpse of the infinite in the verses of Sai Darshan.

The touch of Bhagawan Shri Sathya Sai Baba made the life of an ordinary mother, Seema Dewan, a life of a good mother with the constant vision of the Divine. With that, she offers to all her brothers and sisters in this world the voice of the higher power that resides in every soul within which every soul emerges as a wave and returns as a droplet into the ocean of Existence... Knowledge...and Bliss!...the Sat...Chit... Ananda...

前言

有一种全知的。。。无穷尽的。。。完满的高等力量存在着。整个宇宙就寓于这力量之内。而当这宇宙之内的一切众生看拟在生活。。。活动。。。走动。。。说话和操作的时候，那仅是真实性的一种虚幻。然则什么是真实性呢？什么是高等力量？这高等力量来自何处？是什么维系着它？是谁创造它？而谁又是这个我们常指我们自己的“我”？

我亲爱的朋友，这问题的产生仅是一个旅程的开始，而在这旅程中，许多古圣先贤们得以一瞥那无穷尽的。。。完满的，以及它的威力。即便只是那一瞥，神的恩宠倾注于他们，使他们转而为我们留下一些小小的真理足迹，让我们追随他们步入那不为心念和智慧所知，却为每一个灵魂所知的意识世界。。。

意识之高等境界的火焰给这世界带来真理的信息，‘唵’（Om），而那高等力量。。。完满的和无穷尽的。。。无所不知的和无所不晓的。。。不可毁灭的和唯一的‘为之者’，则寓居与表现于其内。那‘唵’（Om）是创造的开始。。。生命的源头。。。以及个体自我的死亡起因。

那些怀持善心与纯念者静虑于这信息，承受一天又一天的起起伏伏。。。对这信息保持着坚强的决心。。。希望有朝一日。。。这信息的大门会在一瞬间为他们而开。一旦大门打开，他们将进入这信息的世界并燃烧他们个别的自我于其无上知识的火焰，且得以一瞥那高等力量。。。然后，在陶醉于个人自性的源头之中，他就会开始以智慧的诗句去念出这信息。他将反映那光的一瞥，在那儿，成千上万的人寻求庇护。。。他将反映和注入这世界，他在微小的一瞥之中所获得的恩宠。他必受到众人的敬爱，因为他敬爱神。。。高等力量。。。而甚至跟他作单纯的一个接触也会激起许多人开始朝向这信息的旅程前进。那就是在“赛显现”诗句里，对无限者（神）的一瞥。

薄伽梵斯里沙迪亚赛峇峇的一触促使一个平凡母亲，希玛德婉，的生命变为一个好母亲的生命，伴有神不断的显灵。她借此把高等力量的声音提供给这世上的所有兄弟姐妹们；这高等力量寓于每一个灵魂之内而在这高等力量之内，每一个灵魂都以一个波浪出现，并以一滴水回归于存有---知识---妙乐（Sat--Chit--Ananda）的海洋。

Author's Note

“Don't worry... don't ever fear for our Bhagawan Sri Sathya Sai Baba is near and dear to each one that has called His name even once. He has never left the hand of His devoted one that has reached out to Him with faith and patience. And if you have shed even a single tear while remembering Him, He shall wipe your every tear and will carry your burdens until the very end. Always remember, whatever He does is always the right time and wherever you are, however much you may think that you are alone and that there is no one else, realize He is there! Even the senses cannot capture His swiftness and subtleness. The mind cannot fathom His truth and glory... and the intellect cannot analyze enough to see His oneness with you...

Then what is it that you can rely on, my dear friend? You can rely on your complete devotion for Him... You can rely on His word... your faith that you have placed in Him. You can rely, my friend, on every prayer... every word that you have spoken within the silence of your heart. You can rely on the steps you have taken to transform your thoughts in order to reach Him. You can rely on the joy you feel every time you see His form and speak of His life... and His message... You can rely on all of these for all the strengths arose in you, simply because He has placed Himself... His Grace and His love within you, and from time to time you experience Him as the strength of faith... the joy of love... the loyalty of friendship... the simplicity of transformation, and the grandeur of His truth. Bhagawan Sri Sathya Sai Baba is the Universal light within which the whole universe is contained.

If you wish deeply in your heart to experience Him, then He shall fulfill even that wish... But to see His light is not so easy for the ordinary mind that desires, comforts, fame, wealth and other pleasures. All these worldly desires are encompassed in darkness, and the one that trails these pleasures loses his eyes to the blindness of worldly miseries.

Yet, even the one that is blind, if he accidentally stumbles on “Sai's” name, He shall be saved. Our dear compassionate Mother Sai has come on this earth to lift even the most down trodden and without judging him, He takes him into His fold, loves him, feeds him with knowledge, dresses his wounds with understanding, strokes him with His motherly glances, tears for his difficulties that have come to him due to his own past... and then He holds his hand and assures him that if he were to clean his heart... conquer his fears, do what is right, and wait for His timely Grace then he will surely bask in His Divine light, and one day the blindness will be gone and with the eye of Sai he will see this world... serve it and reach the abode of Prashanti Nilayam, the abode of bliss and peace!

作者的注释

“不要担心。。。永远不要恐惧，因为我们的薄伽梵斯里沙迪亚赛峇峇跟每一个人都是亲近的，只要每一个人叫祂的名号一次就足够了。祂从不曾离开过祂虔诚信徒的手，那以信心和耐心伸向祂的手。而当你的记忆起祂时，如果你掉下的，哪怕仅是一滴眼泪，祂必会拭干你的每一颗泪水，并承担起你的负荷直到终点。要常记得，不论祂做什么总是适逢其时的，而不论你在哪儿，不论你觉得你有多孤单，无人陪伴在侧，要知道，祂一直在那儿，与你同在啊！就连感官和感觉也不能捕捉祂的轻快与精巧。心念不能理解祂的真相与荣耀。。。而智能也不能做出足够的分析以一睹祂与你的一体性。。。 ”

那么，亲爱的朋友，你仰赖的是什么呢？你可以仰赖祂对你的完全的虔诚。。。你可以仰赖祂的诺言。。。你对祂的信心。我的朋友，你可以仰赖每一个祈祷。。。在内心的静默中你所说的每一句话。你可以仰赖你所采取的步骤去改造你的思想以便达到祂。你可以仰赖你所感到的喜悦，得自你每一次看到祂的形相和谈及祂的一生。。。和祂的福音。。。你可以仰赖所有这一些，因为一切力量都起自你之内，原因很简单：祂已把祂自己。。。祂的恩宠和祂的爱，置于你之内，而时时，你体验祂为信心的力量。。。爱的喜悦。。。友谊的忠诚。。。改造的单纯，以及祂的真实性的宏伟崇高。薄伽梵斯里沙迪亚赛峇峇是宇宙之光，整个宇宙都包含于其内。

如果你在内心深处渴望体验祂，那么就连那渴望祂也必会予以实现。。。然而如要看到祂的光，就一般欲求舒适，名声，财富和其他享乐的心念而言，并不是那么容易的。所有这些世俗欲望都被包围在黑暗之中，而那个追逐这些欢乐者丧失他对尘世痛苦的辨别力。

然而就算是一个瞎子，若他偶然接触到“赛”的名号，他也必获救。我们亲爱仁慈的母亲赛降临这世界以扶持世人，他即便那个最低下的人也不例外，并不加以评审下，祂视他为信徒，爱他，灌输他知识，以谅解去清洗他的伤口，以慈母的目光去抚慰他，为他自己过去所带来苦难而流泪。。。然后祂握住他的手并向他保证，如果他愿意清洗他的心。。。征服他的恐惧，做正直的事情，并等候祂适时的恩宠，那么，他肯定沐浴于祂的圣光之中，而有朝一日，矇瞶会消失而最终他会以赛之慧眼来看这个世界。。。服务这个世界，并抵达百善地尼乐园这家园，这福乐与平和的家园！

If you want only the love of Sai and nothing else, then cleansing your heart becomes easy, for all the dirt comes when you give up His love and turn toward another to satisfy you. And what fear can arise in the one that has chosen to love Sai and make nothing else his? Then again, the one that is drunk in Sai's love does not rush... has no hurry, and is not aware of time. For him, he has no concept of waiting for the Lord to come, for he is always with Him. Sai always says that to accept truth is easy... it is to deny untruth that is difficult for the desiring mind.

I say this to you for all of you that read these inspirational messages are my brothers and sisters. With the hands of our sweet Lord Baba, I have myself gone through the spiritual cleansing... I have gone through the beatings... I have gone through the molding... I have gone through the scolding... I have gone through the making and the remaking... and all of these were the most precious experiences of my life with our Lord Baba.

How I cried and how He made me smile... How I complained and how He made me humble... How I was resistant and how He made me soft... How I was arrogant to judge Him and how divine He was to accept me.

Yes, my dear brothers and sisters, I write this not for any other's sake... I write this, for when I give you these words of love and inspiration, I feel fulfilled in my love for you. Each of you are already Sai's heroes, for you are born with these words of wisdom. You are already aware of your love for Him. You are already in your process of transformation. The only reason I wish for you to read these words is that whenever I have read them and placed them in my heart, I have seen before me the splendor of Sai's light enter every atom... everywhere and every breath. I send that light in this book, and I pray from the bottom of my heart,

“O Sweet Sai
That has always given
And never asked
I ask You of one boon
That whoever reads
These words
That have come to me
In Your very presence
Let each one of those
Receive the light
That You have given to me
And let the joy
That You have showered upon me
Fill their being
And let them be
The beacons of light
That brings to this world
Peace...Peace...Peace!”

如果你只要赛的爱而非其他，那么净化你的心就容易办到了，因为所有的污垢都在你放弃祂的爱而转向另一个来满足你自己之后而纷至沓来。凡选择了只爱赛而不想取其他物者，他还会有什么忧惧呢？再者，凡陶醉于赛之爱者，他不会有急躁。。。不慌忙，而不觉知时间为何物。对他而言，他没有等候主来临的观念，因为他一直与主同在。赛常说，对一个充满欲望的心念来说，接受真理不难。。。难在否定虚幻（或不真实）。

我之所以对你们说这一点是因为凡阅读这些激励人心的信息的人都是我的兄弟姐妹。得到我们亲切的主峇峇的帮助，我本身经过了灵性的净化。。。我经过了锤打。。。我经过了塑造。。。我经过了责备。。。我经过了制造和再制造。。。而所有这一些都是我主峇峇最珍贵的人生体验。

我如何哭泣而祂如何令我微笑。。。我如何抱怨而祂如何令我谦卑。。。我如何抗拒而祂如何令我温柔。。。我如何傲慢地评定祂而祂如何神圣地接受我。

是的，亲爱的兄弟姐妹，我不是为了任何人才写下这一切。。。我写下这一切，因为我把这些爱和激励的金玉良言写给你们时，我感到心满意足于我给你们的爱之中。你们每个人已是赛的英雄，因为你带着这些智慧的金玉良言而诞生。你已意识到你给祂的爱。你已进入改造的过程。我希望你阅读这些金玉良言的唯一原因是，当我读了它们而把它们烙印在我的心坎里，就在我面前，我看到了赛之光进入每一个原子。。。每一个地方和每一个气息。我借此书遣送那光并由内心深处向主祈祷：

“噢 亲切的赛
总是给与
而绝不求取的赛 惠读
我求您给我一个恩惠
那就是，不论谁阅读
这些在您显灵下
来到我这儿的
信息
让每一个阅读者
接收到
您给了我的光
并且让
您倾注于我的喜悦
也注入他们的生命
而让他们成为
光的灯标
给世界带来

平和。。。平和。。。平和。。。 ”

Opening Message

The Lustrous
Everlasting Golden Atma
That shines
As the self
In every self
Reveals its glory
To that blessed one
That asks nothing
From anyone ever
But instead... waits...
Under the umbrella
Of truth and purity
Until at the chosen moment
He hears
The resounding thunder
Of God's word
Within each nerve
Of his body
Within each thought
Of his mind
Within each beat
Of his heart...
And then
Like a mad man
He laughs and cries
And throws the umbrella
Towards the gusty winds
That faith brings
And when he sees above
The sky is lit
For it is silently announcing
The grace of God
That is about
To shower
Upon him...
Such is the grace
Of "Sai Darshan"
For if it has come
Upon your lap
You, O Sweet Child
Have just received
A subtle announcement
Of God's arrival
That has come
To envelope you
Completely and fully
In His Grace

开场信息

永垂不朽的 光辉的
金光闪闪的阿特玛

以自性
照耀

于每一个自性
并揭露其荣耀
给那有福的人
那从不向任何人
要求任何东西的人
然而他却。。。

在真理与纯净
的保护伞下等候
直到选定的时刻

他听到
神的信息
如雷声般地响自

他体内的
每一条神经
他心念的
每一个思想
他心脏的
每一个跳动。。。

然后

像一个疯子
他又笑又哭
并把伞抛向的
信心带来的

阵阵强风
而当他向上看时
天空发亮了

因为它正在默默地宣布
神的恩宠

即将
倾注

于他。。。
那就是“赛显现”

的恩宠

因为如果它来到
你的膝上

你，噢 可爱的孩子
就刚刚收到了

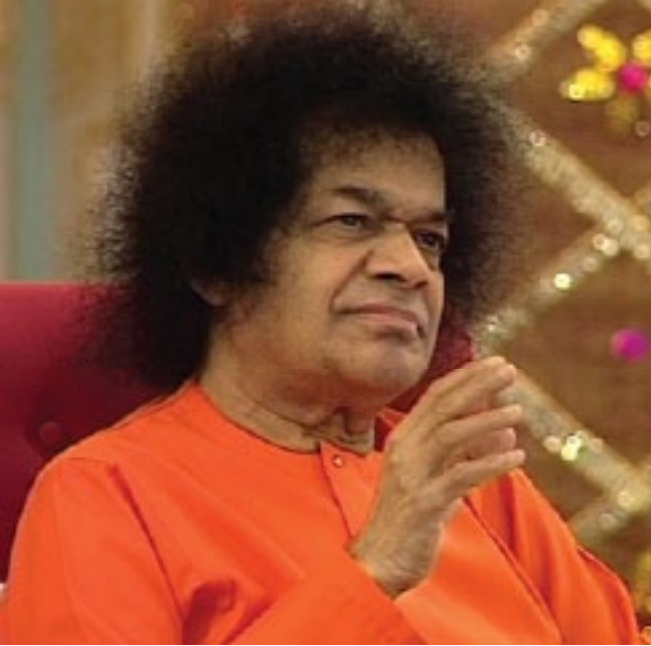
神降临的
一个微妙的通知

祂来了
来把你

完全地，整个地
包裹于祂的恩宠之中。

Part – A

第一卷



A-1

“Don’t plan, don’t worry”
That is what I say
To the one
That loves Me
Truly from the depth
Of his heart.
Even your smallest need
I shall fulfill,
If you can conquer
The fear
Of your receiving it
Immediately...
The moment
You stop worrying
I start working
And when I see
That you have
Left yourself
Completely and fully
In My will
Then only
Shall the gift
Of My grace
Pour upon you
And that which
You had asked
From Me
Shall return to you
A thousand fold.



A-1

“不要计划，不要担心”
那就是我对
一个真诚地
从内心深处
来爱我的人
所说的。
哪怕是你微不足道的需要
我也会满足，
如果你能
征服
立即满足需要的
恐惧。。。
你停止担心的
那一刻
我就开始工作
而当我看到
你已经
把自己
完全地和整个地
托付于我的旨意
然后
我的恩宠
的礼物
才会倾注于你
而那
你曾向我
祈求的一切
会千倍地
归还给你。



A-2

Do not choose
Those tasks
That lure you
To earn
Fame, name
And monetary benefits.
Such tasks
Give temporary joys
And lifetimes of fear.
Choose that work
Which makes you
Turn toward
The good
Toward...simplicity
And toward
Peace.
It is only
Such work
That shall reward you
With...
Self confidence
Self awareness
And...
Self realization.



A-2

不要选择
那些诱惑你
赢得
声望，名誉
及金钱利益
的任务。
这样的任务
只带来短暂的欢乐
和终生的恐惧。
要选择
使你
转向
善
转向。。。纯朴
及转向
平和的工作。
只有
这样的工作
才会报答你
以。。。
自信
自知
以及。。。
自悟。



A-3

If you have
Unconditional love
Then effort becomes
Unlimited.
Within such a one
I am born
As strength
That can never
Be broken or challenged.
The one
That lives
By this strength
Becomes a source
Of hope and confidence
To the
Weak...
To the
Fearful
And the
Desireful.

A-4

Ask from Me
Nothing...
Nothing from now on.
Show Me
That you are
Self confident in your devotion
Toward Me.
Prove to Me
That your faith
Is unshakeable.
Offer to Me
Yourself
Unconditionally.
Be firm
In your resolve
That you have turned
Toward God
And His ways
Once and for all!



A-3

如果你怀持
无条件的爱
那么成就
就无可限量了。
在这样的人之内
我化身为
决不能受到
破坏或挑战的
力量。
依据
此力量
而生活者
就成为
懦弱者。。。
胆怯者
和
奢望者的
一个
希望与自信
的源头了。

A-4

从现在起
不要向我
求取任何事物。。。
向我展示
你有
自信于
你对我的虔诚。
向我证明
你的信心
是不可动摇的。
向我奉献
你自己
不带任何条件。
要坚定于
你皈依了
神
及祂的法门
的决心
彻底地，永远地！



A-5

Desire to love God.
That desire alone
Shall wash away
The stains
Of all other
Petty desires.
For how long
Will you chase
The fears of desire?
For how long
Will you be entangled
In worldly gains?
For how long
Will you doubt
If I am true
To you?
Shake away
These bondages
And make Me
Your soul mate.
Say to Me
“I have come, God
And whatever happens
This time
I shall hold on to You
For good...”

A-6

I am the indweller
Of every heart.
Believe that
To be the truth
And you shall set
Yourself free...forever!



A-5

要渴望去爱神。
唯那渴望
会清洗
所有其他
琐屑欲望
的污垢。
你还要追随
欲望的恐惧
多久？
你还要纠缠于
世俗的利益
多久？
你还要怀疑
我对你
是否真实
多久？
抖掉
这些束缚
并使我成为
你心灵的伙伴。
对我说
“神啊，我来了，
这一次
不论发生什么
我将永久地
紧握着您。。。 ”

A-6

我是内寓者
内寓于每一颗心。
要相信这是
真相
而你将解放
你自己。。。永远！



A-7

What is a pure heart?
It is a heart
That sees
Only the good
And knows not
That he sees it.
It is a heart
That believes
That in all strength
Lies the power of God
And in all faults
That he sees
Lies his own weakness.

A-8

I am not asking
For you to change.
On the contrary
I am asking you
To be your Self.
The only thing
You really
Need to change
Is the way
You see your Self.
And if you are
Able to see
Your self
As your "Self"
Then there is
Really nothing
To change.



A-7

什么是一颗纯净的心？
它是一颗心
只看到
善
并认知他所看到的
不是实相。
它是一颗心
相信
在一切力量之中
存有神的力量
并且在他所看到的
所有过错之中
存有他自己的缺点。

A-8

我不要求
你作出改变。
相反的
我正要求你
成为你的‘自性’。
唯一的一件事
你确实
需要改变的就是
你看待你‘自性’的
方式。
而如果你能
看待你的
自己
一如你的‘自性’
那么
就没有什么
好改变的了。



I give you
This assurance today
That stands true
Until the very end...
"I am always there
Whether you know it
Or not...
I shall always do
The needful
In a timely manner
Whether you believe it
Or not...
I shall always protect you
In times of despair
Whether you can
See it or not...
I shall always carry you
In times of weakness
Whether you let Me
Or not...
And I shall make you Mine
In times you wish to leave Me
Whether you like it...
Or not."
Be aware
Of these words
And they shall
Take you across
The highs and the lows
Of your life
In bliss and
In absolute confidence.



今天我就给你
这个保证
一直有效
直到终点。。。
“我总是在那儿
不论你知道
与否。。。
我总是会
及时地
做需要做的事情
不论你相信
与否。。。
我总会保护你
在你处于绝望的时候
不论你能
看到与否。。。
我总会扶持你
在你衰弱的时候
不论你让我扶持
与否。。。
而我会使你成为‘我的’
在你想要离开我的时候
不论你喜欢
与否。。。”
要认知
这些信息
而它们必会
在至福和
在绝对的自信中
带领你渡过
你生命的
起起伏伏。



The guidance
Of God
Comes only to those
That treasure
The present moment.
Those who roam
In the past or
In the future
Lose the strength
Of faith
And instead
Find themselves trailing
In the heat of doubts.
Past is already gone.
What is to come
Is what you are now.
Know that
And give yourself
Completely
To the moment
That is there...
Right now...
And what is to come
Will be the reflection
Of your steadfastness
To that resolve...
"I am not what I was
Or what I am to be
I am what I am
To my Self
This very moment."
Face every moment
Without any fear!



A-10

神的
指导
只降临于那些
珍惜
当下的人。
那些徘徊于
过去或
未来的人
不但丧失信心的
力量
反而
发现自己陷足于
怀疑的炙热之中。
往者已矣。
来者
就看你现在是什么了。
要认识这道理
并把你自己
完全投入于
当下的
那一刻。。。
现在。。。
而要来临的
将是你那决心
坚定性
的反映。。。
“我不是以前的我
或下一刻的我
我的自性在这一刻
是什么
我就是什么。”
要面对每一刻
而毫无惧色！



A-11

I am always present
In a calm mind.
I always shall
Guide you
When you remain
Unagitated and patient.
I remain completely silent
When you arrogantly judge
The way I am toward you.
I am always in bliss...
Always...
My love for you
Does not differ or shake
With your agitations.
I am silent toward you
To remind you
To be calm and
To rise over
Your unnecessary
Mental tribulations.
The moment
You realize that
You shall find
Your inner silence
And return
Into My divine fold.



A-11

我总是出现于
一个平静的心念之中。
我总会
指引你
如果你保持
平静和容忍。
我保持全然的静默
当你傲慢地判定
我对待你的方式时。
我永远处于至福之中。。。
永远。。。
我给你的爱
不会随着你的焦虑
而改变和动摇。
我对你保持静默
为了提醒你
要保持平静
并超越
你不必要的
精神困扰。
在你认识到
你将找到
你内在平静的
那一刻
你就回到
我神圣的怀抱了。



Most desire
God's grace
To earn worldly gains.
Such joys
That you ask of Me
Are transitory...
And soon turn
To tears and misery.
But I grant those
To you too
For I know
That one day
You too shall realize
The folly of asking
The untrue gifts
And turn to ask Me
The permanent gift
That is eternal and ever true...
The gift
Of My love for you
And the Grace
Of your constant awareness
Of it.
Ask Me
And I shall give it to you
This very moment!



A-12

大部份人渴望
神恩
是为了赢取世俗的利益。
你向我祈求的
这样的欢乐
是短暂的。。。。
而很快地就转为
眼泪和痛苦了。
但我也赐予那些
给你
因为我知道
有一天
你也会认识到
求取不真实之物的
愚蠢
而反过来要求我给你
持久的礼物
那永恒和真实的礼物。。。。
是我给你的爱的
礼物
以及它所带给你的
恒常正觉
的恩宠。
向我祈求
而我会把它给你
就在这一刻！



A-13

Whenever you
Shall call Me
From your heart
I shall respond...
I do not look
At your past
And see
If you are worthy
Of My love or not.
If you
Have found
The sincerity
To love Me truly
Even for a moment
I shall come...
Guide you...
And give you the strength
To turn from the past
And return to Me.

A-14

I am
The simplicity in you...
The lesser you
Ask from Me
The more I give
The gifts
Of the Higher truth-
And the instant
You accept this gift
You shall realize
That I am....that
which remains
When all in you
Is silent
In the ironfisted strength
Of that simplicity.



A-13

不论你何时
从你的内心
呼唤我
我都会回应。。。。
我不看
你的过去
而看
你是否值得
我爱。
如果你
心存
诚意
真心爱我
即便是一刹那
我也会来。。。。
引导你。。。。
并给你力量
去扭转前非
而归向我。

A-14

我是
在你之内的纯真。。。。
你向我要求的
越少
我给你的礼物
就越多
那是高等真理的礼物 —
而在你接受这礼物的
那一瞬间
你必会体认到
我即是。。。那
保留下来的
当在你之内的一切
沉默于
那纯真的
铁腕力量之中。



A-15

God alone
Shall provide
Your needs...
Be bold
And have determination
In your devotion.
God alone
Shall give you
The answers...
Be steadfast
In your quest
For the truth.
God alone
Can be your joy...
Forget your demands
And turn
Completely toward
Your faith in Him.
God alone knows...
What is best.
Pray that
You remember that...
Always...
And find
Solace
In His company.
You are never alone...
I am always with you!

A-16

Ask yourselves
"Do I wake up
Each day
To receive God's love alone?
Do I do
Everything that I do
To please Him alone?
Do I ask Him
For His guidance
Before I do and say?
Do I love Him
More than what I want?
Do I carry His will
And walk His way?"



赛显现 二

A-15

只有神
会提供
你所需。。。
要大胆
并要有决心
于你的虔诚。
只有神
会给你
答案。。。
要坚定
于你对真理
的探讨。
只有神
能成为你的欢乐。。。
忘掉你的要求
并转向
完全转向
你对祂的信心。
只有神知道。。。
什么是最好的。
求神庇佑
你牢记那。。。
永远。。。
并找到
安慰
于祂的陪伴之中。
你决不孤单。。。
我一直与你同在！

A-16

问你自己
“每一天
我醒来
收到的只是神的爱吗？
我所做的
每一件事情
只是为了取悦祂吗？
在我做的和说的之前
我可有要求
祂的指导？
我爱祂
甚于我要的一切？
我可有遵照祂的旨意
并步上祂的康庄大道？”



A-17

Let your understanding
Of truth
Be strong...
Let all your misunderstandings
That weaken you
Go...
Let your faith
In your Self
Be strong...
Let all your doubts
That weaken you
Go...
Let your love
For God
Be strong...
Let all your desires
That weaken you
Go...
Hold on to your strength.
What weakens you
Is when you
Have questioned
The power
Of your own
Inner strength.

A-18

Ask yourselves not
“Why can I
Not be strong?”
Ask yourselves
“Why should I be weak?”



A-17

让你对真理的
了解
坚强起来。。。
让你所有的误解
削弱你心志的误解
离去。。。
让你对自性的
信心
坚强起来。。。
让你所有的怀疑
削弱你心志的怀疑
离去。。。
让你给神
的爱
坚强起来。。。
让你所有的欲望
削弱你心志的欲望
离去。。。
要坚持你的力量。
削弱你的是
当你
质疑了
你自己的
内在力量的
威力。

A-18

不要问你自己
“为何我
不能坚强？”
要问你自己
“为何我要懦弱？”



A-19

Think good.
Most of the stress lies
When you are locked
In negative thinking.
Change the way
Things seem
Around you.
You must remain happy
Even if all
Around you
Is going down
In misery.
You must not let
Your happiness fade and dwindle.

A-20

Say to yourselves
A thousand times a day
“God loves me...
God loves me...”
Even as you say it
You will be uplifted.
Remember God’s love for you
Is a million fold
Of the love
You experience for Him.
The moment
You truly experience
His love for you
You will stop
Measuring the love
You have for Him.



A-19

思善。
大多数压力在于
当你被
负面的想法锁住。
改变你对
身边事物
的感觉。
你必须保持快乐
即便你周遭的
一切
都陷入于
痛苦之中。
你千万不要让
你的快乐凋萎和减弱。

A-20

对你自己说
一天一千次
“神爱我。。。 ”
神爱我。。。 ”
甚至在你说的时
你就会被提升。
记得神给你的爱
何止万倍于
你给祂的
爱。
你真的体验到
祂给你的爱的
那一刻
你就不再
测量你给祂的
爱了。



A-21

A task that is unhindered
By the ego
Is bound to succeed.
And that task
Which fears the gain
At every step
And measures
The worth of the effort
Is bound to fail.
I want you to succeed
In your every task
But you, too, must realize
That before you undertake
Any given task
You must offer
The reigns of control
And hand them to Me.
Then I shall carry out
The entire task
And you shall witness
Your Self...in My care.

A-22

Things must always go
The right way...
The right way is...
Always the peaceful way.
The peaceful way
Is always the selfless way.
The selfless way
Is always the pure way.
The pure way is
Where the heart is...
And the heart is
ALWAYS...
The right way!



A-21

一个不被自我所干扰的
任务
肯定成功。
而每一步
都担忧得失
都测量
努力的代价的
那一个任务
肯定失败。
我要你成功
于你所执行的任务
但你也必须认识到
在你执行任何
委托于你的任务之前
你必须奉献出
控制权并
把它们交给我。
我会扛下
整个任务
而你必会见证
你的自性。。。在我的照顾之中。

A-22

一切总得朝向
正确的途径前进。。。
正确的途径。。。
总是平和的途径。
平和的途径
总是无私的途径。
无私的途径
总是纯净的途径。
纯净的途径是
心之所在。。。
而心
总是。。。
正确的途径！



A-23

I am not
Asking you to fear
The wealth of this world.
I am asking you
To earn it righteously...
I am asking you
To use it selflessly...
I am asking you
To give it generously...
I am asking you
To share it graciously...
I am asking you
To realize
That the wealth
Of this world
Can be used to do good
Only by the one
That cannot be bought
By its worth...
The worth of the Self is immeasurable!



A-23

我不是
要你忧惧
这世上的财富。
我是要你
取之有道。。。。
我是要你
用之无私。。。。
我是要你
施之慷慨。。。。
我是要你
殷勤分享。。。。
我是要你
确认
这世上的
财富
可用来行善
而只有那个
不能以财富的价值购买的人
才能做到。。。。
自性的价值是不可衡量的！



A-24

No doubt you must
Use the power of your will
To think and plan.
But once you have
Finished outlining your goal
You must offer to Me
Your plan
And then patiently
Make way
For the Supreme Will
To unfold to you
My Master Plan.
And even if you
Are unable to see
My very next step
You must be grateful
That all the burdens
That laid upon your shoulder
Now rests
Upon the lap of God.
Your job is to
Think, plan and surrender...
My job is to carry it out
In complete perfection!

A-25

Conflicts arise
Only due to differences
In desire...
To mend a conflict
One has to bend
Toward peace
And one has to unite himself
With the love
Of his inner spirit
And with the voice of God.



A-24

毋庸置疑你必须
善加利用你的意志力
去思考和计划。
而一旦你已完成
你目标的大纲
你必须提供我
你的计划
然后耐心地
让路给
无上的旨意
向你揭示
我的总体计划。
而即便你
不能看到
我的下一步
你也必须感恩
所有在你肩上
的负担
现在都安置于
神的膝上。
你的工作就是去
思考，计划和奉献。。。。
我的工作就是把它完完美美地
付诸执行！

A-25

冲突的产生
只是由于
欲望的分殊。。。。
要修补一个冲突
一个人必须转向
平和
而他必须把他自己
跟他内在心灵
的爱
以及神的呼声结合起来。



A-26

If you cannot change yourself
Then who will?
If you cannot believe in yourself
Then who will?
If you cannot inspire yourself
Then who will?
If you cannot awaken yourself
Then who will?
If you cannot love yourself
Then who will?
If you cannot realize yourself
Then who will?

A-27

God will show Himself to you
Once you have given up
Outward pomp and insincerity.
A pure heart
That desires nothing
Other than God
Shall bring the presence of His Divine Self
To him instantaneously.
God cannot be found
By an outward search.
The one that opens
His heart to God
Weeps the tears
Of pure love and devotion
Sees his Master
Before him
And when the Master asks
“O Child what is it
That I can do for you?”
The pure one sobs
At the feet of the Master
And replies
“Beloved God, ask me
For I have waited
To serve Your Lotus Feet...
What is it that I can do for You? “



A-26

如果你不能改变自己
那谁又能改变你？
如果你不能相信自己
那谁又能相信你？
如果你不能激励你自己
那谁又能激励你？
如果你不能唤醒你自己
那谁又能唤醒你？
如果你不能爱你自己
那谁又能爱你？
如果你不能认识你自己
那谁又能认识你？

A-27

神会给你展示祂自己
一旦你放弃了
外在的浮华与虚伪。
除了神之外
什么都不求
的一颗心
会把祂的神圣自性
即刻带到祂面前。
向外寻求
是找不到神的。
凡向神
打开心扉的人
流淌着
纯净的爱与虔诚的眼泪
眼看着
他的主在他面前
而当主问道
“噢 孩子啊 我能为你
做什么呢？”
那个纯净者啜泣
于主的足前
并回答
“敬爱的神，吩咐我吧
因为我已等候
服务于您的莲花足下。。。
我能为您做什么呢？”



Whatever you give
Most importance to
That alone will remain
In your mind...
That alone will become
Your thought...
That alone will prompt you
What to say and do...
Soon the mind becomes consumed
And to divert it
Becomes an impossibility!
No doubt duty is important.
Work is important.
Survival is important.
But what is more important
Is that you in the midst
Of all these
Must remain peaceful,
Focused, content, fearless
Calm, patient and happy...
That is what is most important.
It is then that
Work becomes a selfless service
Duty becomes worship and
Survival becomes the media of
Self-Realization!



不论是什么
只要是你最看重的东西
就会留在
你的心里。。。。
只有那样东西会成为
你的思想。。。。
只有那样东西会驱使你
去说什么和做什么。。。。
很快地心念就为之着迷
而要想改变它
就变得不可能了！
无疑职责是重要的。
工作是重要的。
生存是重要的。
但更加重要的是
处于
所有这些当中
你必须保持平和，
专注，自足，无所畏惧，
冷静，忍耐，怡然自乐。。。。
那是极其重要的。
然后
工作就变成一个无私的服务
职责就变成膜拜以及
生存就变成自我证悟的
媒介！



I alone fill this universe.
Wherever you are
Whatever you may do
It is I alone
Who is there with you...
For I created
All of this
From My very own Self
And I covered
My Glory
With the beauty
Of the many forms
That you see...hear...touch
Smell and taste.
The one who learns
To conquer these senses
Shall turn away
From the external cover
And reach within...
And then he shall see
From the eye
That I have placed
Within each heart.
The moment he sees
The truth so vast
In the light so bright
He shall find the inner silence.
And in that bliss
He shall smile
And say nothing
To all who ask.
For he alone
Will know My truth
And in that truth
He will find
His peace forever.



遍在于这宇宙的只有我。
不论你在哪儿
不论你做什么
只有我
一直与你同在。。。’
因为我从我自己的‘自性’
创造
这一切
而我以诸多形相
的美丽
覆盖
我的荣耀
那些形相是你看到。。。听到。。。摸到
嗅到和尝到的。
凡学会
征服这些感官者
必会离开
外在的覆盖
而抵达内在。。。’
然后他会用
我已安置于
每一颗心之内
的眼睛去看。
就在他看到
那么浩大的真相
于那么明亮的光之中的那一刹那
他必会找到内在的静默。
而在那至福中
他将对所有质问他的人
展开笑容
而什么都不说。
因为只有他
会知道我的真相
而在那真相中
他永远会找到
他的平和。



Let me tell you today
What really is
A perfect day.
It is that day
When you awaken...
You smile and remember
That I am with you.
And the moment
You realize that
I alone am your companion
You forget to plan...
You forgo your worries.
With a peaceful mind
You place your head
Upon My feet
And surrender.
You work but you do not tire...
You fall but you get up
Even higher...
You lose but you do not weep...
You give away and your heart does not leap...
You sacrifice and you remain grateful to Me...
You come back empty handed
But remain faithful to Me...
You see the sunset
And you know that My light
Has entered you.
And you go to bed
And say, thank You God
You really are my friend
You taught me to climb
You taught me to fall and rise
You taught me to bend
You taught me to mend
You taught that all is fine
As long as I know
That all is fine
As long as I know
That you O Lord
Are the only one
That is...
Truly mine!



今天就让我告诉你
 什么才真的是一个
 完美的日子。
 它就是那一天
 当你醒来时。。。
 你微笑并记得
 我与你同在。
 而在那一刻
 你认识到
 只有我才是你的同伴
 你忘记计划。。。
 你放弃挂虑。
 以一颗平和的心
 你把头
 置于我的足前
 并降服于我。
 你工作但不疲倦。。。
 你跌倒但又爬起来
 甚至爬的更高。。。
 你失败但你不哭泣。。。
 你慷慨施舍而你的心跳不加剧。。。
 你牺牲而你保持对我感恩。。。
 你空手而归
 但对我依然信心满满。。。
 你看到夕阳西下
 而你知道我的光
 已进入了你。
 而在你就寝时
 你说，感谢您神
 您真的是我的朋友
 您教会我往上爬
 您教会我跌倒又爬起来
 您教会我鞠躬尽瘁
 您教会我纠正自己
 您教会我一切都是美好的
 只要我知道
 一切都是美好的
 只要我知道
 您主啊
 是唯一的
 那。。。
 真正属于我的！



A-31

Never feel disheartened.
However much you fail
You must learn
To pick yourself up.
You must have the courage
To return to My feet
And say,
“Mother, I am Your child
And I know
That Your doors
Are always open for me.
Give me a chance
To weep at Your feet
Give me the strength
Once again O Mother
By placing Your loving hand
Upon my head...
Do not send me away
For there is no one else
That loves me
As You do...”

A-32

Do not walk
The journey of untruth
However close one may be
To you...
It is not by word
But by exemplary action
That one makes his loved one
Realize the right way-
Do not worry
If the change does not occur instantaneously-
You must learn to be humble
And patient...
You must teach another
By bending and sacrificing-
You must mould another
By encouragement and selflessness
Say to yourself,
“I need to be stronger
In order to make him strong.”



A-31

决不感到心灰意冷。
不论你跌倒多少次
你必须学会
自己爬起来。
你必须鼓起勇气
回到我的足前
并说，

“母亲，我是您的孩子
而我知道
您的大门
总是为我而开着。
给我一个机会
在您足前哭泣
再一次
给我力量 噢 母亲
以您亲切的手放在
我的头上。。。
不要遣我走
因为没有其他人
会跟您一样地
爱我。。。”

A-32

不要步上
虚妄的旅程
不论一个人跟你
有多亲密。。。
一个人要使他所爱的人
认识正确的道路
不是靠口说
而是靠模范行动--
不要担心
倘若改变不即刻发生--
你必须学会谦卑
和容忍。。。
你必须以鞠躬尽瘁和舍己为人
来教导别人--
你必须以激励和无私
来塑造别人
对你自己说，
“为了使他坚强
我需要更加坚强。”



A-33

Cultivate tolerance
Towards another's faults.
Do not waste time
In idle gossip
And encourage unnecessary friendships.
There is much to do...
Much to learn...
Spend your time
In communicating with God...
Remember Him while you do anything
And you will remain
Calm and content-
Realize that each one
Around you
Is a slave to habits-
Do not be disturbed
By them and uproot your focus-
Always wear a smile
Wherever you go...
Whatever you do...
You will be surprised
At the change
That comes silently
To those around you...



A-33

培育起对另一人缺点
的容忍。
不要浪费时间
于无谓的闲聊
而促进不必要的友谊。
要做的还很多。。。
要学的还很多。。。
把时间用在
与神的沟通上。。。
做任何事情时都要记得祂
而你就会保持
冷静和满足--
要认知你周遭的
每一个人
都是习性的奴隶--
不要受到他们的
干扰而根绝你的专注--
脸上总要带着笑容
不论你到哪儿。。。
不论你做什么。。。
你会惊讶于
静悄悄地来到
你周遭的那些人的
改变。。。。



A-34

When one's own fears
Become unbearable to the soul
And the soul rebels
To challenge the height of fears -
The fears explode
Losing their superficial reasoning
And from that is born
The face and the voice of "anger".
And what does an angry man do?
He induces the jet of fears
To those around him
And witnesses the downfall of them
With a temporary inner satisfaction
That he is not alone...
Anger is "violence"
Anger is "destruction"
Let not the fears within
Rule you...
Instead rule them
With the iron hand of wisdom and reasoning.



A-34

当一个人自己的恐惧
让灵魂都受不了
而灵魂起来反抗
以挑战恐惧的高度时--
恐惧于是爆炸
失去它们肤浅的推理
而由那儿产生出
“愤怒”的脸色和声音。
而一个愤怒的人会做些什么呢？
他激发恐惧的射流
于他周遭的人
并见证他们的堕落
而获得一种暂时的内在满足感
去庆幸自己并不孤单。。。
愤怒是“暴力”
愤怒是“破坏”
不要让内在的恐惧
控制你。。。
你反而要控制它们
以智慧和推理的铁腕去控制它们。



The teachings
Of the highest truths
Come to you
In the very ordinary tasks
That you perform
Every single day-
You create
Your own thoughts...
Your own motivations...
Your own inspirations...
Your own actions...
Your own circumstances
And your own state of being
Whether it be
That of...
The body
The mind or
The soul...
You are able
To see
Only the results
Of the tasks
You perform physically-
But you fail to know
That all states
Of your consciousness
Release their outcomes
Whether it be thought...
Emotion...
Speech...
Intent...
Inner hatred...
Silent jealousy...
Unexpressed envy...OR
A secret thought...
All of these
Are released in the cosmos
And they will return
At the appropriate time
With your own silent consent
To express their destruction
In the life you lead now...
Or the lives to come!



最高真理的
教导
降临于你
在你每一天
所做的
极其普通的任务之中--
你创造
你自己的思想。。。。
你自己的动力。。。。
你自己的灵感。。。。
你自己的行动。。。。
你自己的环境
以及你自己的存在状况
不论它是
属于。。。。
肉身的
心念的或
心灵的。。。。
你能够
看到的
只是你身体力行
的任务
所带来的结果--
然而你却没能知道
你意识的
所有阶段
释放它们的结果
不论它是思想。。。。
情绪。。。。
言辞。。。。
意图。。。。
内在的憎恨。。。。
静默的嫉妒。。。。
未表达的羡慕。。。抑或
一个隐秘的思想。。。。
所有这一些
都被释放于宇宙之中
而在适当时刻
在你自己静默的同意下
它们会回来
展开它们的摧毁手段
于你今生。。。。
或来世！



Do not keep expressing
To Me
That you are weak...
That you are a victim
Of circumstances...
That the blame lies
With those
Who surround you...
Do not defend
Your cowardly acts...
Do not ask Me
To be merciful
Toward your weak-mindedness...
I am compassionate
That is why I ignore
Your pleas
To comfort you
When you are weak-minded-
I am your Mother
I am not going to support
Your childlike stubborn ignorance.
I turn toward you
When I see
That you are
Disgusted of your own
Deliberate failings and fallings...
When you place
The armor
On your conscience
And hold the weapon
Toward your weaknesses
It is then you
Shall hear Me say,
"I have come
To fight with you
To fight for you
And we will win this
Together
And during this fight
I shall give you
The gift of virtues
The light of knowledge
And the victory of eternal peace."



不要老是
 对我表明
 你是脆弱的。。。

你是环境的
 牺牲者。。。

把责任归咎于
 你周遭的
 那些人。。。

不要捍卫
 你懦怯的行为。。。

不要求我
 对你的优柔寡断
 持以慈悲。。。

我是有同情心的
 所以我不理会
 你的恳求
 去慰藉你

在你处于犹豫不决之时--
 我是你的母亲
 我不会支持
 你孩子似的倔强的无知。

我转向你
 当我看到
 你感到
 厌恶你自己
 蓄意的失败和堕落时。。。

当你放置
 盔甲
 于你的良心
 并手握兵器
 以对付你的缺点时
 那时你
 就会听到我说，
 “我来了
 与你一起作战
 为你而战
 而我们会一起
 打赢这场战争
 而在这场战争中
 我会给你
 美德之战利品
 知识之光
 以及永恒平和之胜利。”



A-37

How many steps
Do you wish to take
How many lives
Do you wish to destroy
Before you are able to see
That you are in the wrong?
How many times
Are you going to deny
How many times
Are you going to
Give up your peace
Before you are able to say
“I am in the wrong...forgive me”.
How many times
Will you blame the other?
How many times
Will you forsake the truth
Before you are able to realize
“I wish I had done this much before!”
Think and waste not a single moment...
Think, if it was the wrong
That held on to you, or
Was it you
That unnecessarily
Held on to the wrong in fear.



A-37

你还要走
多少步
你还要糟蹋
多少世
你才能看到
你的过错？
你还要否定
多少次
你还要
放弃你的平静
多少次
你才能说
“我犯错了。。。原谅我”。
你还会责怪他人
多少次
你还会放弃真理
多少次
你才能体认
“我真的希望在很久以前就做了这一点！”
想想吧而不浪费一分一秒。。。
想想吧，到底是过错
紧握着你，抑或
是你
不必要地
在恐惧中紧握着过错。



The desireful mind
Prays to Me
"O Lord
If you are merciful
To complete this task
Of mine
Perfectly
Then I shall worry not
And turn to You".
To him I answer
Even if he hears it not,
"My child
I am complete in you
And you in Me...
Lose no more time.
Simply enter My truth
And the task
That you call yours
Is nothing but "Mine"
That I have begun
Before you came
And it shall complete
At the time I have willed
In the most perfect way-
The only task
That I gave to you
Was for you
To be faithful to Me
And surrender to Me
Until the task has ended."



充满欲望的心念
向我祈求
“主啊
如果您是慈悲的
而完美地
完成这
属于我的任务
那么我就不会担心
而转向您了”。
我给他回答
即便他听不进去，
“我的孩子
我完整地在你之内
而你也完整地在我之内。。。
不要浪费时间了。
只要进入我的真理
而你所谓的
你的任务
不是什么而是“我的”了
那是我在你到来之前
已经启动了
而它必会
在我所决定的时间内
以最完美的方式完成 --
我给你的
唯一任务
是让你
对我充满信心
并降服于我
直到任务终结。”



I am your Mother
It is your right
To ask Me...
But not for the mundane
Worldly gifts...
For they are not
The gifts of eternity...
Just as a child
That runs to embrace
His mother
Whenever he is in despair
You too must run
To Me.
Whenever the mind despairs
Call My name aloud
And say
“Mother, Mother...”
The mind once again
Speaks and asks
For that which I need not...
It is my right
You say to Me
So I ask dear Mother
Give me back
My contentment
Give me back
My faith in You
Give me back
Your strength
Give me back
The wisdom
Not to be caught
In hopeless demands...
It is my right
You say to me
Dear Mother
So I ask.
My mind wishes
To forget You
In worldly gifts
But I have come



我是你母亲
你有权利
对我有所要求。。。
但可不是为了平凡的
世俗的礼物。。。
因为它们不是
属于永恒之礼物。。。
就像是一个小孩
在绝望时
奔前去拥抱
他的母亲
你也一样必须
奔向我。
当心念绝望时
大声呼叫我的名字
并说
“母亲，母亲。。。 ”
心念再一次
说出并要求那
我不需要的。。。
那是我的权利
您对我说的
所以我要求亲爱的母亲
给回我
我的满足
给回我
我对您的信心
给回我
您的力量
给回我
不被无望的要求
给逮住
的智慧。。。
那是我的权利
您对我说的
亲爱的母亲
所以我作出要求。
我的心念想要
忘掉您
缘于世俗的礼物
但我还是来了



To give You my heart
And take back in it
Your love.
It is my right
Dear Mother
You said that to me
When You created me
That whenever I would come
And offer to You
My mind in despair
You would
Enter my heart
And return to me
My peace that I have
In loving You.
Come to me dear Mother
I have come
With my right..."



赛显现 二

来给您我的心
并在心之内带回
您的爱。
那是我的权利
亲爱的母亲
您对我说过的
当您创造了我
并应许只要我到来
把绝望中的心念
奉献给您时
您就会
进入我的心
而给我
我所拥有的平静
于爱您之中。
向我走来 亲爱的母亲
我来了
带着我的权利。。。 ”



Drunken in devotion
The devotee exclaimed,
“God, You finally
Revealed Your Self in me.
O how long I waited
To see Thy beauty
O how long it took me
To taste Thy truth.
O how long it took me
To reach Thy gates.
O Lord
Why did it take so long?
Why did You make me wait?”
As the devotee
Cried in ecstasy
He felt a drop upon him.
When he looked
He saw the Lord
With tears that streamed
From His beloved Lord
To him...
The Lord spoke...
“O devoted soul
I was always there
Before you.
It was you that could not taste
I always fed you
With the nectar
Of My truth.
It was you that could not see
My doors have always been
Open for you.
It is you that refused to step
Into My kingdom...
O friend
I have waited long before
You began your wait
But I have loved
Every moment of it
For I have waited
From then until now
To shed My tears
Of joy for your joy
And to show My faith
In you.”



陶醉于虔诚
 信徒大声说出，
 “神啊，您终于
 揭露了您在我之内的‘自性’。
 噢我等了多么久的时间
 才看到您的美丽
 噢我花了多么久的时间
 才体验到您的真相
 噢我花了多么久的时间
 才抵达您的大门。
 主啊
 为什么要那么久？
 为什么您让我等？”
 当信徒
 在喜悦中哭泣
 他感到有一滴水落在他身上。
 当他看着
 他看到主
 泪如泉涌
 从他最爱的主
 流向他。。。

主开口说。。。

“噢虔诚的灵魂
 我一直在那儿
 在你面前。
 就是你尝不到
 我常常喂你的
 我真相
 的甘露。
 就是你看不到
 我的大门一直为你
 而打开。
 就是你拒绝步入
 我的王国。。。

噢朋友
 远在你开始等候之前
 我已在等候
 但我已爱上
 它的每一刻
 因为从那时候到现在
 我已经等着
 为了你的喜悦
 去流下我喜悦的眼泪
 并展示我对你的
 信心。”



A-41

Silence the mind
With the strength of patience.
Revere the truth
And strictly adhere
To its ways-
Do not feel
That you are punished
When hardships come
Your way
In fact wake up
And face them...
Stare at them I say
Right into the eye
And capture
The weakness
Of wishing pain
To go easily...
You must be ferocious enough
To frighten the devils
Of spiritual laziness-
Protect the virtues
That lie within
The core of your heart-
Just like a tigress that protects her cubs
From strangers...
Roar aloud
Before the enemies
That lurk in the fearful mind
Awaken and come
To tie you
And imprison you
For now and lifetimes to come.



A-41

以容忍之力量去
平静心念。
崇尚真理
并严格遵守
真理的法则--
不要感到
你是受到惩罚
当苦难
碰上你时
其实要觉醒
并面对它们。。。
我说
直视它们
并攻陷
期望痛苦
轻易离去
的弱点。。。
你必须够凶猛
以吓走灵性慵懒的
恶魔--
保卫
寓于你内心核心的
美德--
就像一只母虎为了保护幼虎
以免陌生人伤害。。。
在敌人面前
大声怒吼
那潜伏于可怕心念之敌人
叫醒你并前来
绑住你
并拘禁你
于今生和来世。



At the end of his life
A soul reached the feet of God
And asked,
“Dear Master
Will I from this birth
Find a place
In Your feet forever?”
The Lord replied,
“Dearest child,
Did you at every moment
Remember that
I alone love you?”
The devotee sobbed as he spoke,
“Dear Master,
I did at first
When I was young
And had no burdens
Upon my shoulders-
But as life
Brought to me
It’s many responsibilities
I remembered You
Sometimes...
Then at other times
I felt I was alone...
And did not have the strength
To remember You then.”
The Lord wiped the tears
Of His child and spoke,
“Dear one
You have believed
Once again
In your effort
And have forgotten
That the effort
Was nothing
But My Grace...
You have believed
More in the love
Of your kith and kin
And suffered
The miseries



在他生命的终点
 一个灵魂抵达神的足前
 并问，
 “亲爱的主
 我会否从这一生
 永远找到一席之地
 于您足下？”
 主回答，
 “亲爱的孩子，
 你可时时刻刻
 记得
 只有我爱你？”
 信徒哭着说，
 “亲爱的主，
 初时我记得
 当我正年轻
 而没有负担
 于我肩上的时候--
 但随着生活
 带给了我
 它的许多责任
 我时或
 记得您。。。
 然后在其他的时间
 我就感到孤独。。。
 而那时我再也没有力量
 去记得您了。”
 主擦干祂孩子的
 眼泪并说，
 “亲爱的
 你再一次
 相信了
 你的努力
 而忘了
 你的努力
 只不过是
 我的恩典而已。。。
 你更相信
 你亲人
 的爱
 而承受了
 他们的局限



Of their limitations...
You forgot to
Sustain them
In My unconditional love...
You believed
In your worldly riches
That gave you
Momentary security...
You forgot my child
That these riches
Were merely a test...
If you had refused them
Even for a moment
The riches from My kingdom
Would have poured
Upon you...
You believed
That you were the one
In control of your life
You forgot
My eternal promise
That "I am the slave
Of the one
That makes Me
His beloved-
And to that one
I shall never forsake-
That one that
Remembers My name
And loses the consciousness
Of all else
That one's life
I Myself shall honor
And I shall place
Upon My lap-
His difficulties, his miseries...
His pain...his responsibilities
I alone shall bear...
O devoted soul
You shall return
Back to the world
That you have loved



的痛苦。。。你忘了
扶持他们
于我的无条件的爱之中。。。你相信
你世俗的富裕
它带给你
短暂的保障。。。我的孩子你忘了
这些富裕
仅是一个考验。。。如果你拒绝它们
即便是一瞬间
那么从我王国而来的富裕
就会倾注
于你。。。你相信
你是掌握
你生命的人
你忘了
我永恒的应许
即“使我成为
他的最爱
的那个人
我就是他的的奴隶”-
而那个人
我决不会抛弃他--
凡
记得我的名字
而丧失所有其他意识
的人
那个人的生命
我亲自会荣耀他
而把他放在
我的膝上--
他的困难，他的不幸。。。他的痛苦。。。他的职责
我一人会担当。。。噢 虔诚的灵魂
你将回到
你所爱的
世界



And I shall wait for you
Until you believe
And remember
That you are My beloved
And I am yours...
Until then My promise remains
All you have to do
Is to remember it
And keep that promise of Mine
As your breath..."



赛显现 二

而我会等着你
直到你相信
和记得
你是我的最爱
而我也是你的。。。。
我的应许保留到那一天
你所要做的
就是记得它
并保存着我的应许
一如你的气息。。。 ”



A-43

It is not difficult
To remember God
At all times.
It is easy
If you realize
That your breath is His breath...
That you feed
Upon His energy...
That you quench your thirst
With His love...
That you walk
With His feet-
That you do
With His will-
That you speak
With His inspiration –
That you think
With His guidance and
That you live
For His Grace!

A-44

Why do you weep?
Are your troubles not Mine?
Why do you think
And lose your sleep?
Are your duties
Not Mine?
Why do you ask
Others for help
Am I not yours?
Why are you ready
To give up so easily?
Am I not
Your inner strength?
Why do You worry
When things go wrong?
Have I not always done
What is right?
Why do you keep Me
Last of last
Am I not always the first
To respond-
To turn things around-
To give you the joy that is always yours?



A-43

要时时
记得神
并不难。
如果你认识到
你的气息就是祂的气息。。。。
你以祂的能量
作为滋养。。。。
你以祂的爱
去解除你的口渴。。。。
你以祂的脚
去行走。。。。
你以祂的旨意
去行事。。。。
你以祂的灵感
去说话。。。。
你以祂的指示
去思维 以及
你为了祂的恩典
而生活！
那可就容易如反掌了。

A-44

你为什么哭泣？
你的困扰不就是我的？
你为什么前思后想
而失眠？
你的任务
不就是我的？
你为什么要求
他人协助？
我不就是你的吗？
你为什么愿意
那么轻易地放弃？
我不就是
你内在的力量？
你为什么担心
当事情出差错时？
我不就是一一直在做
正确的？
你为什么把我放在
最后的最后
我不总是第一个
回应--
以扭转乾坤--
以给你一直属于你的欢乐？



A-45

Do not feel sorry
For yourself ever
Whatever is the circumstance
Realize you are not the victim
You are always the fighter
And I am always the armor.
Do not say "no"
To the fight so easily
Realize that self-respect
Self-confidence and
Self reliance is your food
Without it
The body is alive but...
The soul slowly dies...
Fight until the very end
Do not measure
How much more is to come...
The worst becomes the best
When the attitude is right
So wake up my soldier
Realize the call of many a war
Is yet to come
You...O brave fighter
Must not be tempted
To rest
In the dark easy ways!

A-46

Do not be frightened
Do not waste your time
By thinking that
Only when I am pure
Can I begin to get
Close to God...
No that is not so...
However deluded you may be...
Whatever may be your acts
Of the past...
If you have risen
With sincerity
I will hold your hand-
You will be welcome back
The moment you have repented
And called My name
In complete reverence and love.



永远不要为自己
 感到歉疚
 不论是什么情况
 要确认你不是受害者
 你永远是个斗士
 而我永远是盔甲。
 不要那么轻易地对战斗
 说“不”
 要确认自重
 自信和
 自力更生是你的粮食
 缺乏之
 身体虽活着但。。。
 灵魂却慢慢地死去。。。
 要战斗到底
 不要计算
 还有多少陆续到来。。。
 如果心态正确
 最坏会变成最好的
 所以醒来吧 我的战士
 要认知许多战争的召唤
 还会到来
 你。。。噢 勇敢的斗士
 千万别受到诱惑
 而静止于
 模糊安逸的情况之中！

不要害怕
 不要浪费时间
 认为
 只有当我纯净时
 我才能开始
 接近神。。。
 不 不是如此。。。
 不论你陷入迷惑多深。。。
 不论你过去的业
 多重。。。
 如果你带着真诚
 站了起来
 我会紧握你的手--
 你的归来会受到欢迎
 就在那一刻你作出了忏悔
 并呼叫我的名字
 于完整的尊敬和爱之中。



A-47

Service is not an act of grandeur
It is an act of simplicity-
Service is not how many you served
It is the true feeling of the heart
That you gave yourself with-
Service is like a prayer...
It is a conversation with God
Not with the lips
But with the true feeling of contentment and
peace.
That is what you are
Sharing with others...
You are never the giver
When you serve
You are merely the intermediary
That passes on the gifts
Between God and those that are weak
In their so-called suffering.

A-48

Never forget
That I Myself
Send those that suffer to you
Only to see
If you have awakened
With the compassion
To see their tears
As yours...
And whatever you do for them
Is the strength I give you...
Whatever you provide for them
Is the resource I give to you...
Always be grateful
To serve those who are in need
For I chose you
To serve them
In order to uplift you
From your own miseries-
In fact I alone
Come in the disguise
Of the weak and the needy
To see
If you can see
My form in them
And treat them
As if you had worshipped them
As you worship My feet.



A-47

服务不是一种堂皇的行动
它是一种单纯的行动--
服务不是你服务人数的多寡
它是你内心真正的感受
那是你给你自己的--
服务就像是祈祷。。。
它是跟神说话
不靠唇舌
但靠满足与平静的
真实感觉。
那就是你和他人
分享的一切。。。
你从来就不是施与者
当你服务时
你仅是一个中间人
传送礼物于
神与那些脆弱的人之间
在其所谓的痛苦之中。

A-48

决不忘记
那就是我
遣送那些受苦受难的人给你
只是为了观看
你是否已觉醒
以同情心
去看他们的泪水
一如你自己的泪水。。。
而不论你为他们做些什么
都是我赐予你的力量。。。
不论你给他们提供些什么
都是我赐予你的资源。。。
总要以感恩的心情
去服务那些贫困的人
因为我选择了你
去服务他们
以便把你从你自己痛苦中
提升起来 -
其实只有我
装扮成
弱势者和贫困者
以观察
你是否能看到
我的相在他们之内
并对待他们
仿佛你膜拜于我足下
一样地膜拜他们。



The moment you are worried
That I may not provide
I stand before you
With My hands full-
To see My bounteous grace
You must turn
Immediately
With My name
Upon your lips
And your head
Upon My feet and say,
“O Lord
I have thought
And my mind
Refuses to surrender
The thought to You...but
I too am strong
And I shall not
Leave Thy feet
Until my thought
Leaves me and becomes
Your burden...
I know You stand
Beside me-right now
With Your hands full...
And I O Lord
Shall receive from You
That which is needed-
And if You place
The weapon to fight
My desire
I shall do so without fear-
And if it is a gift divine
I shall immediately
Turn toward those
That need it
More than me
And share it with them...
I now feel I am ready
To fight my next thought
And win Your eternal grace”



就在你担心
 我或不供应的那一刻
 我就站在你面前
 两手满满的--
 要看我慷慨的恩典
 你得立即
 转身
 嘴唇上挂着
 我的名号
 而你的头则放在
 我的足前并说,
 “噢 主啊
 我想过了
 而我的心念
 拒绝降服
 我的思想给您。。。然而
 我倒也坚强
 而我不会
 轻易地离开您的脚
 直到我的思想
 离开我而成为
 您的负担。。。
 我知道您就站在
 我的身边 -- 现在
 两手满满的。。。
 而我 噢 主啊
 会从您那儿收到
 我需要的 --
 而如果您为我装上
 武器去和
 我的欲望作战
 我会勇往直前奋战到底 --
 而如果那是一个神圣的礼物
 我会立即
 转向那些
 比我
 更需要的人
 而与他们分享。。。
 现在我感到我已准备好
 去迎战我下一个思想
 并赢得您永恒的恩典”



Don't worry
If the mind begins to sway again
It is its nature...
Say not to Me,
"How many times
O Lord do I have
To fight?"
With the end of every fight
Will begin the next-
You will simply have
To give up
The unrealistic goal
That the mind
Is in your complete control...
Until the very end
Your devotion for Me
Will have to fight
Your attraction to the outside-
As your devotion for Me
Will increase
Your faith in your Self
Will rise and with that
The fight between the mind
And the conscience
Will continue
But you will be drowning
In My love for you
And yours for Me...
The fight then
Will not be stressful anymore
It will become your nature
And you shall know not
The effort needed
To keep the external enemies away!



别担心
如果心念开始再次摇摆
这可是它的本质。。。
不要跟我说，
“要多少次
主啊 我还必须
战斗？”
在每一场战斗的结束
就是下一场战斗的开始--
你只须
放弃
‘心念完全在
你控制之下’的
不切实际的目标。。。
你对我的虔诚
必会与
你对外在的迷惑
抗争到底 --
由于你对我的虔诚
会增强
你对你自性的信心
也会提升 因之
心念与良心之间的
战斗
也会持续
但你将会沉浸于
我给你的
及你给我的爱之中。。。
于是战斗
就不再是一种压力
它会变成你的本性
而你就不在乎也不知道
需要多少努力
去避开外在的大敌了！



I am the Ultimate teacher
I alone know
The lesson you must learn
For the present moment-
I will not leave you alone
Until you become
A perfect student of Mine-
I am not affected
By whatever emotions
You face and
Whatever ignorant judgments
You make of Me-
I do not pay attention
When you show to Me
Your limitations...
Limitations?!!
"What are those?" I ask
When you have resolved
To study under My care-
I humiliate you
When you show to Me
Limited efforts.
And I encourage you
By holding your hand
The moment you forgo
Your weaknesses
And lean upon My strength-
I am the teacher of teachers
My word of truth is in stone
It shall never change
And you one day
Shall receive it
Until that day
I stand beside you
As your soul witness
And your true strength!



我是终极的老师
只有我知道
你现在
所必须学习的教训--
我不会留下你一人不顾
直到你成为
我的一个完美的学生--
我不会受到
你面对的
任何情绪 以及
你对我下的
任何无知的判断的影响--
当你展示你的
局限于我时
我不在意。。。
局限?!!
“它们是什么?” 我问
当你决定了
在我的指导下学习--
我使你丢脸
当你展示
有限的努力给我时。
而我紧握你的手
以鼓励你
就在你放弃
你的缺点
而依靠我的力量的那一刻--
我是老师中的老师
我的实话坚如磐石
它决不改变
而你总有一天
会得到它
从现在到那一天
我一直以你灵魂的见证者
和你真实的力量
站在你身边!



A-52

Do not look for guidance
From outside sources
For you will be confused
Heartbroken and weak-minded.
Within the core
Of your own heart
Is always the answer
To your next step ahead-
Do not doubt that...
It shall always lead you
To truth-
It shall always give you the way
That is good for all-
It shall always draw you out
From selfish desires-
It shall make you do good...be good...see good-
It shall give you the gift
Of self-respect and self-confidence-
And while you do
What you must...
It will draw you
Into divine moments of complete bliss.

A-53

Do not think
That by admitting your faults
That your faults have vanished-
Learn to admit your faults
But without sincere repentance
And complete correction
With humility and patience
The admittance of the faults
Hold no meaning-
Repentance is that act
In which the ego burns
And in its burning
One sees the light of the Divine-
And the one
That is able to see this Holy Light
Immediately becomes humble
And works patiently
Knowing that all is My work
And the result of My every work
Is always dedicated
To the good of all!



A-52

不要寻求指导
 自外在的源头
 因为你会感到困惑
 心碎和迟疑不决。
 在你自己内心
 的核心
 总有你下一步
 的答案--
 不要怀疑。。。
 它总会引领你
 回归真理--
 它总会提供你
 有益于大家的方式--
 它总会把你引出
 自私的欲望--
 它会使你行善。。。存善。。。向善--
 它会给你自尊与自信
 的礼物--
 而当你做你
 必须做的。。。
 它会把你引到
 完美至福的神圣时刻。

A-53

不要认为
 承认过错
 过错即消失--
 当然要学会认错
 但若不以谦卑和耐心
 去执行诚恳的忏悔
 和彻底的痛改前非
 认错可就
 无甚意义了--
 忏悔是自我燃烧于其内
 的那个行动
 而在燃烧中
 一个人看到圣光--
 而凡
 得睹此圣光者
 立即变得谦卑
 并坚忍地工作
 悟知一切都是我的工作
 而我的每一项工作的结果
 总是造福
 所有的人！



A-54

Most in their prayers ask Me,
“O Lord I shall
Surely work for You
But when the task is complete
What is it that I
Shall receive from You?”
To such a one I always answer
“Dear child
I am glad you have come to Me...
I am glad you wish
To work for Me...
The only thing you did not know
O child is that
In My work
You shall never know...
When it began...
When it ends...
Where it is...
How it is to be done...
Why it must be done...
For who is that task for...
Who receives its gift...
The only thing
You need to know is
That you have come to Me
And I have accepted
To hold your hand
While doing My work!”



A-54

在他们的祈祷中大多数都求我，
“主啊 我一定会
为您服务
但当任务完成后
我会从您那儿
获得什么？”
对这种人我总会回答
“亲爱的孩子
我感到欣慰你已来找我。。。我
我感到欣慰你愿意
为我工作。。。你
唯一不知道的一件事
噢 我的孩子 就是
在我的工作中
你绝不知道。。。它
什么时候开始。。。它
什么时候结束。。。它
在哪儿。。。它是
怎么完成的。。。它
为什么必须完成。。。那
任务是给谁的。。。得
到它的礼物的是谁。。。你
必须知道的
唯一一事情是
你已来到我这儿
而我已承诺
紧握你的手
当你执行我的工作！”



A-55

Be aware
For I know everything
About you...
Do not ever try
To show Me that
What you are not.
Be aware
For I am
The Universal Self
That is present in every self...
I do not look for perfection
I look for sincerity...
Complete childlike straightforwardness
Unconditional love...and
Unshakeable faith...
Whatever may be your past
Your habits...Your attitude...
Your delusions...Your attachments...
Your desires and your expectations
Those I can correct
With a blink of My eye!

A-56

Ask Me for
Steadfast devotion-
Ask Me
For unshakable faith
In My will-
Ask Me for the strength
Of serving another selflessly-
Ask Me for the discriminatory power
Between right and wrong-
Ask Me to open your heart
Toward goodness-
Ask Me to give you the compassion
To forgive all faults-
Ask Me for sacrificial love
That sees no condition to serve
Ask Me to be your friend..
Your best friend...
That accepts you as you are
And tells you the truth always...
Ask Me for these
And you shall receive...
My grace
Without any interruption!



A-55

要注意
因为我洞悉
有关你的一切。。。
千万不要尝试
给我展示
你不真实的一面。。。
要注意
因为我是
遍在的自性
存在于每一个众生本身之内。。。
我不寻求完美
我寻求真诚。。。
完全的赤子的纯真
无条件的爱。。。以及
不动摇的信心。。。
不论什么是你的过去
你的习性。。。你的态度。。。
你的幻觉。。。你的执著。。。
你的欲望和你的期盼
凡此种种，我一眨眼
即可予以纠正！

A-56

向我求取
坚定的虔诚
向我求取
不动摇的信心
于我的旨意--
向我求取
无私服务他人的力量--
向我求取
明辨是非的能力--
要求我开启你
向善的心门--
要求我给你恻隐之心
以宽恕所有缺失--
向我求取牺牲的爱
以便不看条件地去服务
要我成为你的朋友。。。
你最好的朋友。。。
总是接受你本来的样子
总是告诉你真相。。。
向我求取这一些
而你会收到。。。
我的恩典
没有任何干扰！



You are suffering from
The disease of "loneliness"
For you have chosen
To do all your deeds
For your benefit alone
With limited effort
And with the desire
Of easy returns
That you alone can earn and enjoy-
Yes! You are suffering
From the symptoms of fear
Every single moment...
You are afraid
Of what you ask from Me
You are afraid
If I am able to
Fulfill your expectations-
You are afraid
Of being tired of waiting
For your desire to fulfill-
You are afraid
If the desire that is fulfilled
Shall remain permanently
Or not...
You are afraid
That I may not be
Loyal to you...
How terrible is this disease
Of loneliness
How terrible are its symptoms
Of fear...
Are you not ready
To have a true friend...
I alone am that friend-
Are you not ready
For the dose of your medicine-
I alone am that truth
That shall cure your every fear-
Are you not ready to see
That nothing remains forever?
I alone am eternal-
Are you not ready to know your Self?
I alone am that Self...



你正受到“孤独”疾病
 的折磨
 因为你已选择
 以有限的努力
 和易于回报
 的渴望
 去执行你所有的行动
 只为了你自己的利益
 而这回报只有你一人独得与独享--
 是的！你正受到
 来自恐惧征兆的折磨
 每一个时刻。。。

你害怕
 你向我求取的一切
 你害怕
 我是否能够
 满足你的期盼--
 你害怕
 倦于等待
 你的渴望的实现--
 你害怕
 实现了的渴望
 会永远保留
 与否。。。

你害怕
 我或许会
 对你不忠。。。

多可怕啊这“孤独”
 的疾病
 多可怕啊它“恐惧”
 的征兆。。。

你还没准备好
 去结交一个真正的朋友。。。

只有我才是那个朋友--
 你还没准备好
 去接受你的那剂良药--
 只有我才是那个真实
 会治愈你的每一个恐惧--
 你还没准备好去察看
 无物是永续的？
 只有我才是永恒的--
 你还没准备好去认识你的自性？
 只有我才是那自性。。。



Say to yourself
With conviction,
"God is with me...
Right now...and always...
So what if I
Cannot see Him yet...
I must focus
That He can see me
So what
If my mind
Wishes to deny this truth...
I shall repeat
Its verse over and over again
Until it silences
With faith...
So what
If my prayers
Are not answered
The way I wish it to be...
I shall continue
To talk to Him and
With His compassion
He will surely
Make me understand
What is right for me
Right now...
So what
If fears come
And whisper to me
Their doubts...
Let them speak...
If they must
I will continue
My conversation with Him...
So what if I cry
And so what if I fail Him...
I will offer both to Him
I will not let
A weak moment
Take me away
From His sight...
So what



确信地
 对你自己说，
 “神与我在一起。。。。
 现在。。。和永远。。。。
 如果我还不能看到祂
 那又怎么样。。。。
 我必须潜心贯注于
 ‘祂会看到我的’
 如果我的心念
 想要拒绝这真相
 那又怎么样。。。。
 我会重复
 一遍又一遍它的诗句
 直到它充满信心地
 平静下来
 如果我的祈祷
 得不到如愿的
 回应
 那又怎么样。。。。
 我会继续
 跟祂说话而
 祂肯定会
 以祂的慈悲
 去使我了解
 什么对我是正确的
 在当下。。。。
 如果恐惧到来
 并向我耳语
 它们的怀疑
 那又怎么样。。。。
 让它们说出。。。。
 如果它们非说出不可
 我会继续
 我和祂的谈话。。。。
 如果我哭泣 那又怎么样
 而如果我令祂失望 那又怎么样。。。。
 我会把两者都奉献给祂
 我不会让
 脆弱的一刻
 把我从祂的视线中
 带走。。。。
 那又怎么样



I say...
So what if I am not perfect...
I must remember He is...
That alone shall make me
Rise again...
I will rise...
I will...
For His arms
Have stretched to carry me
All I have to do
Is to reach out...always to Him.



我说。。。。
如果我不完美 那又怎么样。。。。
我必须记得祂是完美的。。。。
就只有那 会使我
再站起来。。。。
我会站起来。。。。
我会。。。。
因为祂的臂膀
已伸出来拥抱我
我必须做的
就是伸手。。。永远伸向祂。



From the beginning
Of creation
God held the hand
Of His child
And said,
“Whenever you feel
You are lost
Just tighten your hold
For my hand
Is always holding yours”
The child asked
“Dear Father and Mother
Of this universe
What if I
Am tempted
By the colors of the world
That you have created
And I lose that hold
Of Your hand in mine
And take without You
Dear Lord a step ahead”
The Lord smiled and said
“My sweet one
Even if you are tempted
By the colors of the world
That I created
As shadows only...
And even if you
Have rushed one step ahead
To touch them
And make them yours
Even then realize O child
That the shadows
I created
Were but My own form
And as you play with them
You shall know
That within them
Is but My reflection...
And are you going to be
Satisfied with My reflection?
Certainly not...



从开天辟地
 之初
 神就握着祂孩子
 的手
 并说，
 “当你感到
 迷失时
 就握紧一点
 因为我的手
 一直都握住你的手”
 孩子问道
 “亲爱的父亲和母亲
 这宇宙的父母
 如果我被您所创造的
 天地万物的颜色
 所迷惑
 而把您握着我的手
 给松脱了
 并在没有您的情况下
 主啊 我向前踏上一步
 那我该怎么办”
 主笑着说
 “我亲爱的
 即便你被我创造的
 天地万物的颜色
 所迷惑
 而此色只不过是影子而已。。。

而甚至如果你
 已冲向前一步
 去接触它们
 并占有它们
 就算是那样 我的孩子 要认识
 我创造的
 影子
 仅是我自己的形相
 而当你跟它们一起玩时
 你必会知道
 在它们之内
 仅是我的反映。。。

而你会否
 满足于我的反映？
 肯定不会。。。



The one step ahead
You took...
You yourself shall take back
And look for My hand to hold
But then again
You shall realize
That the step ahead
You had never taken.
That was a dream...
A mortal's life...
You were always
Hand in hand with Me...
Only for a moment
You drifted in sleep
And thought you took
The step ahead!
The world...
Its colors...
The temptation...
The step ahead...
The realization...
The return
Were merely an illusion
While you still
Held My hand!



你向前所踏的
一步。。。
你自己会收回来
而寻找我的手来紧握
但话又说回来
你必会体认
前头的一步
其实你从未踏上。
那是梦一场。。。
一个凡人的生命。。。
曾几何时你常常
与我手牵着手。。。
仅只一瞬间
你漂游于睡梦之中
而以为你已向前
开了一步！
天地万物。。。
其颜色。。。
诱惑。。。
前头的一步。。。
觉悟。。。
回归
凡此仅是一个虚幻
当你还
握着我的手时！



A-60

Do not go back
To your old habits
And old ways and say,
"No one changed...
No one noticed...
There was no immediate return"
You turn yourself
Toward the good
Only because
It gives you peace!
It gives you strength
To respect yourself!
It gives you the will power
To sustain yourself
Every moment of the day...
If you have decided
To turn toward the good
It is not because
Of anyone...
Other than you returning
Your self to be united
Once again with God and His truth.

A-61

It is important to work
To keep the mind occupied
But at the same time
You must not become
Occupied with the mind.

A-62

When you enter
The home of God
Whether it be a
Temple, Mosque or Church
Realize you have entered
The sanctity of love
And in that
There is no room
For worry...doubts...
Fears...and conditions...
At last you are free
To be yourself and
To be with Me!



A-60

不要重蹈覆辙
回到你旧有的习性
和旧有的生活方式并说，
“无人改变。。。。
无人注意。。。。
也无立即的回报”
你把自己
转向善
只因为
它带给你平和！
它带给你力量
为了尊重你自己！
它带给你意志力
以维系你自己
于一天的每一个瞬间。。。。
如果你已决定
转向善
那不是因为
任何人的关系。。。。
而是因为你再一次
把你自己
融合于神及祂的真理。

A-61

工作以使心念忙碌
是重要的
但在这同时
你可不要为心念
而忙碌就得了。

A-62

当你进入
神的家时
不论它是一间
庙宇，清真寺或教堂
你都要认识你已进入了
爱的圣洁性
而在那儿没有
担心。。。怀疑。。。
恐惧。。。条件。。。
的余地
你终于可以自由自在地
做你自己
并与我在一起！



A-63

The one that sees
A true vision of God
Can ask Him nothing...
For when he sees
The beauty of God
One forgets himself...
And if he has forgotten
Who he is
How can he remember
What he had come to ask!

A-64

You judge God
Only by the way you think
By the way you do and
By the way you are...
That is why
You wish not to surrender
To Him
Fully and completely.

A-65

Faith is not being blind
While God does His work
Instead it is seeing all
Marveling at His glorious plan
Flinching not the least
At any uncertainty
Being completely steadfast
At the sudden turns and
Thanking Him
For doing what you
Could never have done
In a million births!



A-63

一个看见
神的真实显灵的人
什么都不能问祂。。。。
因为当他看到
神的美妙时
他忘掉他自己。。。。
而如果他忘了
他自己是谁
他怎么能记得
他要来问的是什么！

A-64

你判断神
只以你的想法
只以你的做法
只以你的为人之道。。。。
所以
你不希望
完全地和彻底地
降服于祂。

A-65

信心不是盲目的
当神执行祂的任务时
它反而看到一切
惊讶于祂的辉煌计划
丝毫不感到畏缩
于任何的不确定
心平气和 坚定不移
于突然的变动
并感激祂
为你做了
你一百万次的轮回
也不可能完成的事情！



A-66

God's will
Also runs through
The silent mind and pure hearted-
A true lover of God
Knows that to be true
But they are also aware
That even at the highest state
Of devotion
They are limited
In being able
To contact
With the Divine...
Hence, they always pray,
"O Lord
I use Thy love
To love You
Continue to pour
Thy grace on me,
So that
I am not limited
In my resources
To keep loving You."

A-67

God has many ways
Who can predict Him ever...
The one that tries
To predict His ways
Merely sets a trap
For his life imprisonment.

A-68

You know
The best time for prayer
Is when you want
Nothing from God...
Then your prayer
Truly comes from the heart
And reaches Him
Instantaneously...



A-66

神的意旨
也回响于
沉默的心念和纯净心灵者--
一个真的爱神的人
知道那是真实的
但他们也了解
即便处于最高的
虔诚境界
他们
与神接触
的能力
也有所限制。。。.
因此他们常常祈祷，
“主啊
我用您的爱
去爱您
继续倾注
您的恩典于我
以便
我不受到
资源的限制
继续的爱您。”

A-67

神有众多做法
谁能给祂下预言。。。.
那一个尝试
去预言祂的做法的人
仅是给自己设下
一个终身监禁的陷阱。

A-68

你知道
最佳的祈祷时间
就是当你无所求
于神的时候。。。.
那时你的祈祷
才真的发自你的内心
而立即抵达
祂那儿。。。.



A-69

Do not tell Me
You need time
To be fearless...
No that is not true...
What you need
Is faith in your own
Inner strength...
It is better
To fight
A million battles
Rather than
Be a slave to fear.

A-70

Even one good pure hearted soul
Can bring the entire world
Under his inspirational leadership
You alone can make
A real difference-
But then you must
Be focused
On Self Confidence and
Self Reliance-
And then you must always
Be thankful
To God's strength and wisdom
That is always vigilant
In the inspirational pure mind.

A-71

If you wish peace
Then you must choose
The good way...
But if your desire
Has stormed
And broken the will
Of discrimination
Then realize
You will choose
The crooked way...
And it will lead you
To the mountain tops
Of misery!



A-69

不要告诉我
你需要时间
变得没有恐惧。。。
那不 不是真的。。。
你需要的是
对你自己内在力量
的信心。。。
宁愿
迎战
一百万次斗争
也不要
成为恐惧的奴隶。

A-70

即使是一个有着善良而纯净之心的灵魂
也能以他鼓舞人心的领导能力
带领整个世界
你一个人就可以
发挥真实的作用 --
但你必须
聚焦于
自信和
自力更生 --
而且你必须常常怀持
感恩之心
感激神的力量与智慧
那力量与智慧总是保持警觉
于有灵感的纯净的心念。

A-71

如果你想得到平和
那么你就必须选择
正确的做法。。。
但如果你的欲望
冲击
并破坏了你
明辨的意志力
那么认知
你将选择
不正的做法。。。
而它将带领你
登上苦恼的
山颠！



A-72

Be kind always
Be ready always
To make a friend
With a good deed-
Be compassionate
Without reasoning-
You never know
Who is the needy one
And when God's will
And mercy
May enter your spirit
And give to another
The purpose and will
To move toward God.

A-73

When your eyes tear
And your lips smile
When your nerves are still
And your heart is filled
When your voice shakes
And the love within aches
When you say a prayer
And it all comes in praise
When you know not why
But you know there is only joy
It is then that you
Should know
That God has shown Himself
To you...



A-72

总要友好亲切
总要做好准备
以好的行为
去结交一个朋友--
要富有同情心
不做严苛的推理--
你绝不知道
谁是贫困者
而什么时候
神的意愿和仁慈
会进入你的心灵
并赐给另一个人
迈向神
的意向和决心。

A-73

当你的眼睛流泪
而你的嘴唇展开微笑时
当你的神经平静
而你的内心充实时
当你的声音颤抖
而你内在的爱疼痛时
当你祷告
而它都是赞美的话时
当你不知道为什么
但你知道有的仅是欢乐时
就在这当儿
你应该知道
神已显现祂自己给
你了。。。



A-74

Do you wish to see
A glimpse of heaven?
It is that state of being
When one remains
Always in bliss...Always content
In being attached to God's love...
It is that state of being
Where no lust...no anger...
No jealousy...no envy...
No greed and no attachments
Ever bother the mind...
For the mind is always still
In the name of God-
In heaven one owns nothing
Other than his faith
In the Divine Master...
No one can bribe such a being
With anything external
For once you have tasted
The love of God
All else is much less
Sweeter and desirable...
These beings are always
United in the spirit of goodness
And only work
For the good of the world
And wish not anything from it...
It is time for you
To see this heaven
And I have come
To take you there!



你是否希望瞥见
天堂一眼？
它就是那生命体的境界
当一个人保持
永远在福乐之中。。。永远知足
执着于神的爱之中
它就是那生命体的境界
没有欲望。。。没有忿怒。。。
没有猜忌。。。没有嫉妒。。。
没有贪婪也没有执著
去干扰心念。。。
因为心念总是平静
于神的名号之中--
在天堂里 一个人什么都不拥有
拥有的仅是他的信心
对神圣主宰的信心。。。
无人能以任何外在之物
去贿赂这样的一个人
因为一旦你品尝了
神的爱
其他的一切就远比不上
它的甜美和可望性了。。。
这些生命体总是
融合于至善的精神之中
而只为
世界的福祉而工作
且不从中求取任何回报。。。
你的一睹这天堂
的时间到了
而我已来
带你到那儿！



A-75

There are angels always
That are sent from heaven
To those who dedicate
Their lives to the spirit of goodness...
Wherever I am worshipped
Wherever I am truly loved
These angels descend
And place within your spirit
A love and an aching
For the Supreme truth...
They are the beacons of light
That guide in tough times
And as long as you persist
In your faith and devotion
Toward Me...
They will be by your side...
The human eye
Can never see them...
It is only the eye within
That I have placed
That shall see them
As brilliant little balls of light
That flutter around and within you...
They are My warriors
That I Myself send
To prepare you
For My coming to you!

A-76

These worldly riches
Are nothing...
Compared to the heavenly riches
That are waiting to pour
Upon you...



A-75

常有遣自天国
的天使
到那些为至善精神
而献出生命的人。。。
不论何处我受到膜拜
不论何处我受到真诚的爱戴
这些天使下凡来
并把一个爱和一个
对至高真理的渴望
置于你的心灵里。。。
他们是指路明灯
在彷徨时予以指引
而只要你坚持
你对我的
信心与虔诚。。。
他们会陪伴在你身边。。。
人类的肉眼
绝对看不到他们。。。
只有我放置于
你之内的眼睛
才会看到他们
宛如光辉灿烂的小灯球
飘扬于你周遭和你之内。。。
他们是我亲自派遣
的斗士
以便你
为我的到来做好准备！

A-76

这些世上的财富
与天堂的财富一比
简直不算什么。。。
天堂的财富正等着
倾注于你。。。。



A-77

You do not dictate
To the sun
Where it should rise
And where it should set...
You do not dictate
To the rain
Where it should pour
And where it should not...
You cannot dictate
To the tree
Where the fruit shall grow
Where it should remain barren...
You cannot dictate
Your ways with nature...
You humbly accept
Whatever it gives... whenever...
However...
You have realized
That those phenomena are fully in My hands...
Then why do you not realize
That you too are part of this nature...
You too are fully and completely
In My hands...
And I shall give you
Faith that is harder than rock
Wisdom that is brighter than the sun
And love that is sweeter
Than any nectar...
I will give...
I will give...
I will give...
I am here to give
Only you must be ready
To accept without any denial.

A-78

God placed in your heart
Love that flows
From this world to the heavens...
If you utilize this love
For anything other than Him
You shall undergo suffering and misery...
If you shall use this love
To know Him and His love
You shall remain protected
And shielded from all harm...



你不能命令
 太阳
 从何处上升
 何处下沉。。。

你不能命令
 雨水
 该向何处倾盆而下
 不该下在何处。。。

你不能命令
 树木
 何处结果
 何处不结果。。。

你不能命令
 你对天道的做法。。。

你谦卑地接受
 它所给你的。。。何时给你的。。。

然而。。。

你已了解
 那些现象全在我的手中。。。

那么为什么你不了解
 你一样也是这天地万物的一分子。。。

你一样也完全地和完整地
 在我手中。。。

而我会给你
 比石头还坚硬的信心
 比太阳还明亮的智慧
 和比琼浆玉液
 还甜蜜的爱。。。

我会赐予。。。

我会赐予。。。

我会赐予。。。

我在此就是赐予
 只是你必须做好准备
 在没有任何否定下去接受。

神把从这世界流向天堂
 的爱
 置于你的内心。。。

如果你利用这爱
 于任何事物而不是祂
 你将遭受痛苦和不幸。。。

如果你会利用这爱
 去认识祂和祂的爱
 你就会一直受到护佑
 而免于所有伤害。。。



A-79

God too gets attached
To a devoted love
That is sincere and childlike-
Whenever such a devotee weeps
For His Lord...
His Lord too weeps...
Whenever such a devotee hurts
For his friend...his Master
His Master too sheds a tear...
Whenever such a devotee
Is punished by the non compassionate world
The Lord too bears the pain of His beloved
The Lord is always one
With His beloved...

A-80

Whenever you are in difficulty
And it seems that
Your prayer has been unanswered
Realize that it is not so...
God is not silent...Nor is He blind...
He has already found the best way
To rescue you...
He is only waiting
For the appropriate time
And counting fully
On your faith in Him

A-81

When things go right for you
Dive deep within...
It is then that the most selfless acts
Must be performed by you...
Do not waste a moment of that time
For you never know
When the misdeeds of your past
Shall return and shake your inner strength.
Be humble and grateful in life
For the good and peaceful moments
Work hard then...
And earn God's grace.



A-79

神也执着于
一个奉献的爱
那爱是真诚的和纯真的--
每当这样的一个信徒
为他的主而哭泣。。。。
他的主也跟着哭泣。。。。
每当这样的一个信徒
为他的朋友。。。他的导师而受到伤害
他的导师也会流下眼泪。。。。
每当这样的一个信徒
受到残酷世界的惩罚
主也承受祂所爱的信徒的痛苦
主总是与祂所爱的人
融为一体。。。

A-80

每当你陷入困境
而那似乎在表示
你的祈祷尚未得到回应
要确认它并非如此。。。。
神是不沉默的。。。祂也不是看不见的。。。。
祂已找到最佳途径
去拯救你。。。。
祂只不过在等待
恰当的时刻而已
并完全指望于
你对祂的信心。

A-81

当事情如你所愿时
要向内深深潜入。。。。
就在此时最无私的举措
必须由你去执行。。。。
不要浪费那时期的一分一秒
因为你决不知道
你过去的不正行为
何时会回来动摇你内在的力量。
在生活中要谦卑和感谢
那良好与平和的时光
所以要辛勤工作。。。。
并赢得神的恩典。



A-82

God makes you
Earn your goodness
Rather than
Simply giving it to you
For He knows
That the human mind
Cherishes not
What is given easily...
And returns the gift unused!

A-83

God has no selfish motive
To love you...
He is bliss...in bliss always...
He loves for love is His nature
He is always aware
Of all as His Self...
He knows not anyone or anything
As the other...
The one who tastes
Even a drop of that love
Peels the unreality
Of his individual self
And merges in His expansive endless truth.

A-84

Even the one
Who brings the worst in you
Is nothing but Me...
Lost in external games...
Knowing that, be tolerant
And patient
It is your virtues...
Your silence...Your smile...
Your encouragement
That will bring back to him
The memory of My presence in him



A-82

神使你
赢取你的善
宁不
仅仅把善送给你
因为祂知道
人的心念
不珍惜
轻易得到之物。。。。
而把它原封不动地退回！

A-83

神没有自私的动机
去爱你。。。。
祂是福乐。。。永在福乐之中。。。。
祂献出爱因为爱是祂的本质
祂总是认识
一切众生皆为祂的自性。。。。
祂没有分别心
同等看待任何人或物。。。。
凡品尝过那爱的人
哪怕是那么一滴
都可以剥掉
他个人自己的不真实性
而融入于祂的扩张的无止境的真理。

A-84

就连那个
让你出丑的家伙
也不过是‘我’而已。。。。
在身外竞赛中迷失了。。。。
知道了其原因，要保持容忍
和耐心
那就是你的美德。。。。
你的沉默。。。你的微笑。。。。
你的鼓励
会给他唤回
‘我’在他之内的记忆。



The joy of life
Is love...
When you are loved
You feel empowered within...
Everyone lives
For loving someone and
To be loved by someone.
It is love alone
That makes you wake up
In the morning...
It is love that strengthens you to work
It is love that keeps you patient
It is love that motivates you to sacrifice...
Without love life is nothing...
Do not be under the misconception
That you live for someone...
That you wish for anything else...
Whatever you desire
The core is love...the force is love
The beginning is love
The journey is love and
The end is love...
There is nothing else you ask for
You only do not know it.



生命的欢乐
是爱。。。
当你被爱时
你内心觉得精力充沛。。。
人人活着
都是为了爱某一个人和
被某一个人所爱。
只有爱
使你早上
起来。。。
是爱加强你工作的活力
是爱令你容忍
是爱激励你做出牺牲。。。
没有爱生命就一无所有。。。
不要怀持错误的观念
你是为某人而活的。。。
你还想要其他东西。。。
不论你渴望什么
核心是爱。。。威力是爱
起点是爱
路程是爱而
终点是爱。。。
没有其他事物是你所要求的
只是你不知道罢了。



Most keep God as their part time companion-
In fact they only think of Him
When things go wrong and
When they experience fear
Of unfulfilled desires...
That is not prayer...
Nor is it love for God.
One must always remember God
And in remembering Him
One must instantly feel
His presence with them...
When one practices this
With complete devotion
Then at the times of difficulty
One will not search for Him
In fear and anxiety...
That blessed one
That has been always loyal
To God
Will experience the presence
Of the Divine Hand
And even in difficult times
He will not experience
The slightest fear-
In fact during those times
He will sing to God
The songs of praise,
Thankfulness, Gratitude and
Surrender...
And the clouds of the storm
Will clear...
And the blessed one
Will emerge stronger in devotion to God
Without his knowing it.



大部分人都视神为兼职的同伴--
其实他们只有在事情出差错时和
体验到不能实现之欲望
所产生的恐惧时
才想到神。。。.
那可不是祈祷。。。.
也不是对神的爱。
一个人必须常常忆念着神
而在忆念祂之中
他必须立即感觉到
祂与他们同在。。。.
当一个人以完全的虔诚
去执行这修习时
那么在困难的时期
他就不会在恐惧和担心之中
去寻找祂。。。.
那一直忠于
神的
有福的人
会体验到
神圣之手的出现
而甚至处于艰困时刻
他也不会体验到
丝毫的恐惧--
其实当其时
他还会对神高歌
赞美，
感念，感恩以及
降服的歌曲。。。.
暴风雨的乌云
会消散。。。.
而那有福的人
在不知不觉中
会显得更刚强于对神的虔诚。



A-87

Give up your petty attitude.
All day you spend
In voicing your dislike...
You are not tolerant
Towards others...yet...
You expect them to tolerate
Your sour attitude...
What are you complaining about?
The imperfect world!
But are you not a part of it?

A-88

You waste your time
In unnecessary relationships...
You make the "alliances"
And then complain to Me
Of them...
Naturally you are friends
Because they are much like you...
Yet their weaknesses trouble you...
You fail to see
What you see in them
You wish not for them
To see it in you...
A monkey only plays
With another monkey...
Hence if you do not like
What you see in your friend...
Change yourself...
Emerge yourself out
Of the same weakness...
The moment you are free
Of the weakness...
You will be free of
The friendship as well!



A-87

放弃你无聊的心态。
你一整天都消耗于
说出你的厌恶。。。。
你容忍不了
其他的人。。。然而。。。。
你却期盼他们容忍
你尖酸刻薄的态度。。。。
你抱怨的是什么？
不完美的世界！
然而你不就是它其中的一份子？

A-88

你浪费你的时间
于不必要的关系上。。。。
你结下的“同盟”
而你又向我抱怨
他们。。。。
当然你们是朋友
因为他们非常像你。。。。
然而他们的缺点却令你心烦。。。。
你未能看到
他们在他们之内所见到的东西
你也不希望
他们在你之内看到它。。。。
一只猴子只和
另一只猴子嬉戏。。。。
因此如果你不喜欢
你在你朋友之内所看到的。。。。
改变你自己。。。。
把你自己从同样的缺点中
跳出来。。。。
一旦你跳出了
缺点的羁绊。。。。
你也就跳出
友谊的羁绊了！



A-89

The one who is loyal to truth
The one who is kind to all
The one who smiles...always
To make Me smile...
The one who never asks Me
For anything...
The one who is content always
The one who knows My love for him
The one who seeks
Only My grace as his wealth
That one is My best friend...
And even I
Wish not to end that friendship ever...

A-90

A devoted soul
Asked the Lord
In his prayer,
“Dearest Mother
Of this Universe
Why is it that
You test my faith
Until the very last moment...”
The Lord replied,
“Sweet child...
It is I alone
Who gives you faith...
So I know it is true...
It is not that
What I test...
I only see how much
Of that faith
Are you able to use
Without interrupting
And asking
For a gift in return-
And when I see
That you are about to ask
Of Me something of value
For your effort
I immediately come
And give it to you



A-89

一个效忠于真理的人
一个对人和蔼可亲的人
一个带着笑容。。。常常
而使我也带着笑容的人。。。
一个从来没有要求我
给他任何东西的人。。。
一个总是心满意足的人
一个知道我给他的爱的人
一个只寻求
以我的恩典作为其财富的人
那个人就是我的好朋友。。
而连我也
从不希望结束那友谊。。。

A-90

一个虔诚的靈魂
在他的祈禱中
问主，
“最敬爱的
这宇宙的母亲
为什么您
考验我的信心
直至最后的一刻。。。 ”
主回答，
“可爱的孩子。。。
给你信心的
只有我。。。
所以我知道实在的情况。。。
事情不关
我考验的是什麼。。。
我只要看看
那信心到底有多少
你能否在没有中断
和没有要求
回报的礼物下
来加以利用 --
而当我看到
你正想要求
某种有价值的东西
以酬报你付出的努力时
我立即来了
并把它给你



Before you can ask...
So your faith can win
And that victory
Of your waiting
Not asking
And not giving
Will give you the strength
Of a million elephants...
That is why
Do not say
I test your faith...
I only give you the strength
To utilize it
Each time...a little more!



赛显现 二

在你未能开口之前。。。。
所以你的信心能获胜
而你那只有等候
没有要求
没有赐予
的胜利
会带给你
等同于一百万头大象的力量。。。。
是故
不要说
我考验你的信心。。。。
我只是给你力量
去利用它
每一次。。。都加多一点！



A-91

You are miserable
For you wake up each day
To make your ends meet
To keep yourself alone happy
And to take care
Of only your loved ones...
Yes! You must be responsible
For yourself and your family
But is that your only goal
Right until the end...?
Are you forgetting
That I have given you
The strength
To serve so many more...
I have given you
The inner joy
To make so many more happy...
You must expand your love
You must not be afraid
Of time and effort...
Wake up...
The morning has come...
For self-realization
The realization that I am not
This self in this body...
I am the self in everybody...
And I am ageless and limitless
In my love...



可悲的
你每天早上起来
总要勉强维持生计
满足你一个人的快乐
并且只照顾
你所爱的人。。。。
是的！你必须负起责任
照顾你自己和你家人
然而这难道是你唯一的目标
直至终点。。。？
你是否忘记
我已给了你
力量
去服务更多的人。。。。
我已给了你
内在的喜乐
以便你把快乐带给更多的人。。。。
你必须扩张你的爱
你大可不必害怕
所需要的时间和力气。。。。
起来吧。。。。
破晓了。。。。
自我证悟的时机到了
证悟我不是
在这肉身之内的我。。。。
我是在人人之内的自性。。。。
我是长生不老和没有极限的
于我的爱之中。。。。



A-92

Yes! Many of you
Are already familiar...
Intellectually
With that I speak...
But let me tell you
That the understanding
Of this knowledge
And the realization of it
To become it...instantaneously
Are two different things...
Intellectual knowledge
Is okay at first...
But if you indulge only
In arguments...unnecessary debates
Haughty analysis and
Superficial understanding
You will become worse
Than the one
Who has not yet attempted to understand...

A-93

First comes attraction to truth...
Then comes love to learn it...
The learning process is a sweet but bitter
process
For one begins to understand
The misunderstanding he has
Of his self...
With that comes the strength of devotion
That strength allows one to slowly
Eject the ego...
As the ego fades...desires begin to lessen...
Love for truth and God becomes his breath
And slowly he begins to reflect
The goodness and vastness of the Divine Self...
"I am the reflection of God"
Becomes the thought
Of the blessed one-
And in that thought
The remaining ego that is left
That thinks he loves God...
That too gets swallowed
And all that remains
Is the beginning when...
The Universal Self alone remains...
Aum!...Aum!...Aum!



是的！在理论上
 你们很多人
 都已熟悉。。。
 我所说的。。。
 但让我告诉你
 对这知识
 的理解
 和对它的体现
 以成为之。。。瞬间
 是完全不同的两件事。。。
 理论上的知识
 初时是可以的。。。
 但如果你只沉溺于
 争执。。。不必要的辩论
 自以为是的分析以及
 肤浅的理解
 你会变得
 比一个未曾尝试去理解的人
 更糟。。。。

首先出现对真理的兴趣。。。
 然后出现爱好去学习它。。。
 学习的过程是甜美的
 但也是苦涩的
 让一个人开始去了解
 他所持有的
 对他的自性的误解。。。
 由之而出现对神虔诚的力量
 那力量让一个人慢慢地
 排斥私我。。。
 当私我开始消退时。。。欲望开始减少。。。
 爱真理和爱神成了他的气息
 而慢慢地他开始反映
 神圣自性的美善和广博。。。
 “我是神的反映”
 变成那有福之人
 的思维 --
 而在那思维中
 那遗留下来的 仅有的
 认为他爱神的 私我。。。
 也被吞噬了
 而存留下来的
 就是。。。
 唯‘宇宙真我’存留的起始。。。
 噯！噯！噯！



A-94

The mind and the intellect
Are the key instruments
That take you to God...
But if you get stuck
On both of these instruments
And then think that you have already
Seen the Divine Self
With their eyes
It is then that you shall
Inhibit the higher levels of consciousness
To reveal themselves to you.

A-95

You readily say,
"I am like my mother"
"I am like my father"
But you are hesitant to say,
"I am like God"
That is because you have not yet
Accepted God as your own...
You have always denied
That your closest relation is
With Him...and Him alone.



A-94

心念与智力
是重要的工具
把你带到神那儿。。。。
但如果你胶着于
这两种工具之上
而认为你已经
用它们的眼
看到了神圣的自性
那时你必会
压抑更高的意识层次
以揭露它们给你。

A-95

你不假思索地说，
“我像我的母亲”
“我像我的父亲”
但你却犹豫地说，
“我像神”
那是因为你尚未
接受神是你自己的。。。。
你总是否定了
你跟祂。。。只跟祂
是最亲密的关系。



A-96

I am not weak O Lord...
How can I be?...
My every nerve is filled
With Thy strength...
I only think I am
And I only think that
For I fear the world
And I see myself alone in it...
And am I ever alone?
You say O kind Father
That I never am...
That you are always there...
With me...in me...
Above me...around me
Yes You are O Lord
Always there...
I shall remember that
As truth...
And that truth alone
I shall think...
Then I shall never
Be able to think that...
"I am weak"...
And how can I be?
You are always
There with me...
In me...above me...
Around me...
That alone shall I think...
That alone I shall be!



主啊 我不懦弱。。。

 我怎么会呢？。。。

 我的每一个神经都充满着

 您的力量。。。

 我只以为自己懦弱

 而我只那样想

 因为我怕世界

 而我看到只我一人它在里面。。。

 难道我从来就是独自一人？

 噢 仁慈的父亲 您说

 我从来就不孤独。。。

 您一直在那儿。。。

 与我同在。。。在我之内。。。

 在我之上。。。在我周围

 是的 主啊

 您一直在那儿。。。

 我必会记得

 那是真相。。。

 而只有那真相

 是我所想的

 那么我决不能

 去想。。。

 “我是懦弱的”。。。

 而我怎么会呢？

 你一直是

 与我同在。。。

 在我之内。。。在我之上。。。

 在我周围。。。

 只有那才是我所想的。。。

 只有那才是我所愿的！



Be aware
Of this truth
At all times,
“There is not a moment
Of your life
That I am not
A part of...
Every single need of yours
I alone provide
It is I and only I
That stands before you
As the mother and father...
As the friend...as the teacher...
As the ruler...and as the needy...
I alone wear the many faces
And stand before you...
Be aware of that
And let not the mind sway
Between its likes, dislikes...
Attachment...and hatred
Just leave everything to Me...
Do not become entangled
In your thoughts so much
That I come and go
Many a times
And you know not...
In the confusions
Of discriminating between
The unreal and Me
Do not waste a lifetime
In seeing Me
When I am only
A moment of realization away-
Forget this not ever-
Remember this truth of Mine
And you shall be saved
In the dark and weak moments
That lie ahead.”



要时时刻刻
 注意到
 这个真相，
 “我没有一刻
 不是
 你 生命中的
 一部分。。。。
 你的每一个需要
 只有我提供
 那是我而只有我
 站在你面前
 就像母亲和父亲。。。。
 就像朋友。。。就像老师。。。。
 就像统治者。。。以及贫困者。。。。
 只有我戴上诸多不同的面孔
 而站在你面前。。。。
 要注意那一点
 而不让心念摇晃
 于其喜好，厌恶。。。。
 执着。。。和憎恨之间
 只要把一切交给我。。。。
 不要太过纠缠于
 你的思想
 以至于 我多次的
 来来去去
 你却懵然而无所知。。。。
 在于辨别
 虚幻与我之间的
 混淆之中
 不要糟蹋一生的时间
 于观察我
 当我仅在
 一瞬之间即可被体认的时候--
 千万别忘掉这一点--
 记得我的这个真相
 而你必将获救
 于就在前面的
 黑暗与懦弱的时刻。”



A-98

The irony of faith
Is that
It demands from you
To know nothing of it...
Yet in its innocence
You find everything...
And again you keep nothing
Other than My Love!

A-99

God give me this...
God give me that...
God love me like this...
God care for me like that...
God bless me with this...
God bless me with that”
All of these prayers
Do not show any faith...
Nor humility or patience...
Just instead say,
“God I wish to hear you speak
Before I get impatient
And begin to speak myself
Give me the strength
To remain silent
In Your sweet silence
And thus show
That when all is silent
And I enter into it
It is Your voice alone O Lord
That vibrates in this universe!”



A-98

信心的令人啼笑皆非之处
就是
它要求你
对它一无所知。。。然
而在对它一无所知当中
你却找到一切。。。而
同时你又什么都不要
只要我的爱！

A-99

“神给我这个。。。神
给我那个。。。神这样
爱我。。。神那样照顾
我。。。神赐予我这个
。。。神赐予我那个”
所有这些祈祷
并不表现任何信心。。。
或谦虚或耐心。。。
反而只说，
“神啊 我希望听到您说话
在我失去耐心之前
而开始自己说
给我力量
以保持静默
于您的温馨的静默中
并因此展示
当一切静默
而我进入其中时
噢 主啊 只有您的声音
振荡于这宇宙之中！”



I am not asking you
To run away from your duties
To remain detached and silent
No! No!

I am asking you
To conduct work
In a silent manner...
Work with no selfishness...
Work with no ego...
Work with no malice...
Work with no jealousy...
Work with no anger...
Work with no greed...

Yes! I am not asking you
To flee from your duties...
I am asking you to be peaceful...
With your day to day routine...

I am asking you to focus
On each day
Without comparing it
To another day...

I am asking you to rely on your self
There is no place of perfection-
It is only an open heart
And a focused mind
That finds in his palm
The food for thought
Given to him...by Me...



我不要求你
去逃离你的职责
去保持舍离和沉默
不！不！
我要求你
去执行工作
于一种沉默的方式。。。。
不以私心去工作。。。。
不以自我去工作。。。。
不以恶意去工作。。。。
不以嫉妒去工作。。。。
不以愤怒去工作。。。。
不以贪婪去工作。。。。
是的！我不要求你
去逃避你的职责。。。。
我要求你保持平静。。。。
于你日复一日的例常事务中。。。。
我要求你聚焦于
每一天
不去与另一天
作比较。。。。
我要求你依靠你的自性
世上没有完美的地方--
只有一个开敞的心胸
和一个专注的心念
在他手掌中发现
精神食粮
由我。。。给他的。。。。



Let Me tell you of the nine ways that you can reach Me.

1. Always hear of My stories.
2. After hearing them speak of them and spread the glory of My truth.
3. Always think of them inside your heart and know that I am with you.
4. Spend your time in My worship. Whoever you see...whatever you do is Me alone. Treat all with the same love.
5. Always focus on My feet so you can recognize the right way...the fruitful way...the way where there is no ego!
6. In whatever you do, you must be aware of serving Me and Me alone. Whatever desire you have to give up to do that you must. You must not be bound by any possession or relationship when you are serving Me.
7. Always remember I alone am your friend... All your relationships can merely last between birth and death. You are with me before your birth...during you life... during death... and even after... until you become timeless in Me. Depend on me alone.
8. To be more loyal to Me than even yourself, you have to give your complete self to Me. You cannot even belong to yourself, once you have attached yourself completely to Me. You must place your complete faith in Me, then only will I be able to do what I have already willed. Even the faith I alone shall grace you with, when I see not even a slight trace of your ego.
9. Last of all, you have to even give to Me the soul that realizes that grace... that feels fulfilled in My love... that knows nothing else other than Me... That too you must offer and enter My Self forever!



让我告诉你抵达我这儿的九大途径。

- 1) 常常聆听我的故事。
- 2) 听了之后，讲述它们并传扬我真理的荣耀。
- 3) 在内心要常常念着它们并要明白我是与你同在的。
- 4) 把时间用于对我的膜拜。不论你看到谁。。。不论你做什么都只是我而已。以同样的爱对待所有的人。
- 5) 常常聚焦于我的脚以认清正确的途径。。。有成果的途径。。。没有自我的途径！
- 6) 在你所做的一切之中，你必须注意到服务我而只我而已。要做到这一点，不论你必须放弃什么欲望，你就非放弃不可。当你正在服务我的时候，你必须不受任何占有或关系的束缚。
- 7) 常常记得只有我才是你的朋友。。。你所有的关系只持续于生与死之间。在你诞生前。。。在你一生中。。。在你弥留之际。。。或甚至在死后。。。你都和我在一起。。。直到你永远在我之内。只依靠我。
- 8) 忠心于我甚于衷心于你自己，你必须把完整的你交给我。一旦你把你自己完全交给了我，你甚至于不能属于你自己。你必须对我有完全的信心，然后我才能做我已经意愿要做的一切。即便是信心也只有我会赐予你，只要我看不到你的一丝一毫的私心。
- 9) 最后的一个途径，你甚至必须把体现那恩典的灵魂给我。。。在我的爱中感到圆满的灵魂。。。除了我之外什么都不知晓的灵魂。。。那也是你必须供奉的并永远进入我的自性！



These are the nine steps that you will have to take. Until the eighth step you shall be aware of your journey to Me. Until that step you can be a leader and teach your fellow man the ways to take... the ways to avoid... the ways to build... and the ways to destroy.

But after that step... no one shall be able to tell the rest... for the rests endless silence in which you... I... and the truth remain full, complete... blissful... and timeless. If you remember these steps alone... that is enough! These are the nine ways to reach Me...



这些就是你必须执行的九大步骤。直到第八个步骤，你会知道你抵达我这儿的路程。直到那步骤你可以成为一个领导者并教导你的同胞该采取的途径。。。该避开的途径。。。该建立的途径。。。和该销毁的途径。

但过了那步骤。。。就没有人能告诉其他人了。。。至于其他无止境的静默 你。。。我。。。以及真理都保持完整，完满。。。福乐。。。和永恒的状况于其中。如果你只记得这些步骤。。。那就够了！这些就是抵达我这儿的九大途径。。。



A-102

Whenever you worry
Say to yourself,
“God is my only friend
He is with me right now
He knows everything
And if He knows...
All will be well
And I will be taken care of
In the best way.”

A-103

Ask yourself,
“What is costing me
When I worry...
Worry costs me my faith...
My faith in myself...
And in God...
I have built this faith
Over many such battles
And I am not about
To give it away
To foster and nurture this worry...
I will turn toward
My faith in God
Rather than turning
Toward my thoughts...
I will speak to my thoughts
With the strength of my faith...
I will direct my thoughts
Toward God...
I will teach them patience...
And I will pray...pray and pray
Until my faith returns to me
My peace!”



A-102

担心时
就告诉自己，
“神是我唯一的朋友
祂现在正跟我在一起
祂无所不知
而要是祂知悉。。。
一切就好了
而我就会获得
最好的照顾了。”

A-103

问你自己
“我付出什么代价
当我担心时。。。
担心使我丧失我的信心。。。
我对我自己的信心。。。
及对神的信心
经历了许多那样的战斗之后
我才建立起这信心
而我不打算
把它放弃
以助长和滋养这担心。。。
我将转向
对神的信心
宁不转向
我的思想。。。
我会用我信心的力量
去和我的思想对话。。。
我会引导我的思想
使之归向神。。。
我会教它们耐心。。。
我会祈祷。。。 祈祷又祈祷
直至我的信心回归于我
我的平和！”



A-104

Whenever you are worried
Do not ever deny it
For that will worsen it...
In fact say to yourself,
"I am worried...
I have lost my faith
In myself and God..."
The more you say that
To yourself
The more you will not like it...
Say to yourself,
"I may or may not lose
What I am worried about
But if I continue to worry
I will surely lose
God's companionship and my peace...
That I am sure about..."

A-105

Resolve from today,
"I will no more
Look into the past...
I will not dig anymore
For the worms that crawl
In my own filth and dirt...
I have to forget the past...
I have to forgive the wrongs
That anyone did toward me
In order for me
To cleanse the dirt
That sees it... and dwells on it...
It does not matter
If nothing else
Has changed...
I have... from now on
And I shall spend my time
In seeing good...
In being good...
In loving no matter what...
And remain
In constant contemplation
Of the wealth
That the Lord
Has placed
Within my heart!"



A-104

担心时
 决不要否定它
 因为那样会使它更加恶化。。。其
 其实要对自己说，
 “我担心。。。我
 丧失了我对自己和对神
 的信心。。。 ”
 你越对你自己
 那么说
 你越会不喜欢它。。。要
 对你自己说，
 “我或会或不会失去
 有关我所担心的一切
 但是如果我继续担心
 我肯定会失去
 神的友谊和我的平静。。。 ”
 那是我所肯定的。。。 ”

A-105

从今天起就下定决心，
 “我不再
 回顾过去。。。我
 不再挖掘
 在我自己污垢与脏物之内
 爬行的昆虫。。。我
 必须忘掉过去。。。我
 必须原谅任何人
 给我造成的恶行。。。我
 以便让我
 清洗污垢
 那知悉它。。。且老想着它的污垢。。。若
 无任何事物
 经已改变
 亦无所谓。。。从
 现在起。。。我已
 而我将把时间用于
 向善。。。存
 善。。。爱
 一切。。。并
 留在
 不断的深思之中
 对神已放置在
 我内心深处
 之财富
 的深思！ ”



Remember... always...

1. If you are able to keep yourself happy... with a smile... you have connected with your inner strength and it is that strength that shall one day make you hear the voice of God!
2. Those who you love can only love you if you are self-reliant and if you make them self-reliant too! If you are dependent on each other then that love is not true...
3. If you can forgive someone's faults... weaknesses... you will emerge stronger and more virtuous...
4. Never ask anybody for anything... Always pray and give your faith in God the respect. Honor your faith and it shall give you better than what you ask.
5. God's love for you and your devotion for Him become one when you realize that the strength of your prayer is nothing but the grace of His love!
6. You are never alone... You roam in this life within the body of the Universal Self.
7. God will always bless you... always... no matter what. Take everything that comes in your life as His blessing alone!
8. There is no higher worship than the sacrifice of desire... it is desire that does not allow you to know what is right. Give it up and the truth alone shall stand face to face before you!
9. And always remember... That the love of God is sweeter... dearer... lovelier... than any love. Do not give up seeking that love for anything else!



要时时。。。记得。。。

1. 若你能保持快乐。。。带着微笑。。。那你已经连接上了你内在的力量而就是那力量总有一天会使你听到神的声音！
2. 你爱的那些人方能爱你，若你自力更生而且你也令他们自力更生！如果你们互相依赖，那么那爱就不是真的了。。。
3. 如果你能原谅某人的过失。。。缺点。。。你就会显得更坚强和更崇高。。。
4. 决不向人求取任何东西。。。常常祈祷并向你对神的信心致意。荣耀你的信心而它就会带给你比你要求的更好的东西。
5. 当你认识到你祈祷的力量只不过是祂的爱的恩典时，神给你的爱就和你给祂的虔诚融为一体了！
6. 你从不孤独。。。你这一生都徘徊于宇宙自性的体内。
7. 神会永远祝福你。。。永远。。。不管什么。接受来到你生活中的一切而视之为祂的祝福！
8. 最大的膜拜莫过于欲望的牺牲。。。不让你明辨是非的就是欲望。放弃欲望而面对面站在你面前的就只有真理了！
9. 而永远记得。。。神的爱比任何爱都更为甜美。。。温馨。。。可爱。不要为了其他事物而放弃寻找那爱！



Be grateful to...

1. Your parents who gave you this body with the sacrifice of their own body... who gave you contentment with the sacrifice of their youth... who gave you guidance with the sacrifice of their physical rest... Salute them now.
2. Your teachers who gave you the knowledge without resentment... without possessiveness and without fear... Salute them now.
3. Your brothers and sisters... that thought of your well-being and gave you companionship unconditionally... Salute to them now.
4. To the one who has wedded you for life and has given to you the body... mind and soul until your last breath... Salute to them now.
5. To your children who gave you their faith for life... their respect moment to moment... and their love unconditionally! Salute to their purity now...
6. Your friends who have offered to you their loyalty without binding you to any relationship and responsibility... Salute to them now.
7. To Mother nature... for she gives to us the food... water... air... warmth... earth... space... Salute to her now.
8. To God... Be grateful to Him always... for giving you the mother, the father, the brother, sister, husband, wife, friend, nature, body, intellect, mind, awareness, consciousness, bliss... and Himself!



要感恩。。。

1. 你的父母，他们牺牲自己的身体而给你这个身体。。。
。牺牲自己的青春年华而给你满足。。。牺牲自己的
休息时间而给你指导。。。现在就向他们顶礼。
2. 你的老师，他们给你灌输知识，没有怨恨。。。没有
占有也没有恐惧。。。现在就向他们顶礼。
3. 你的兄弟姐妹，他们为你着想并无条件地陪伴你。。。
。现在就向他们顶礼。
4. 你的另一半，跟你白头偕老并为你奉献身心灵直到你
的人生终点。。。现在就向他们顶礼。
5. 你的孩子，他们把一生的信念给了你。。。把无时无
刻的尊敬给了你。。。以及把无条件的爱给了你！现
在就向他们的纯洁顶礼。
6. 你的朋友，他们给你奉献了他们的忠诚，没有束缚你
于任何情谊与责任上。。。现在就向他们顶礼。
7. 你的天下母。。。她给了我们食物。。。水。。。空
气。。。温暖。。。土地。。。空间。。。现在就向
她顶礼。
8. 神。。。要常常感激祂。。。感激祂给了你母亲，父
亲，兄弟，姐妹，丈夫，妻子，朋友，万物，身体，
智力，心念，觉知，意识，福乐。。。以及祂自己！



I am the voice
Of every soul
Who fills their self
With pure love
And gives up
The temptations of passion
That one shall know
That in silence alone
Do I speak...
And in My every word
There is the nectar of truth...
My word that is in every atom of this universe
Will come to life
The moment you experience
Love for Me
And the moment
You doubt your love
I shall become muffled
And your doubt
Shall take you
To another journey of
Life and death...
I always am
With you...
In you...
Above you...
Below you and...
Around you.
There is never a moment
Without Me
For I am the body
Of every universe
That exists -...
Your awareness of you
As this body
Misguides you to see Me
As the other and
You as the "I"...
But you My child
Must never fear...
For I am always there...
Guiding you...even



我是声音
 每一个灵的声音
 那灵以纯爱
 充满于他们的自性
 并放弃
 热情的诱惑
 一个人应该知道
 只有在静默中
 我才说话。。。

而在我的每一句话里
 都存有真理的甘露。。。

存在于这宇宙 每一粒原子之内的我的话
 会活跃起来
 就在那一刻 当你体验到
 给我的爱
 而那一刻
 当你怀疑你的爱的时候
 我变得哑然无声
 而你的怀疑
 必会带你到
 另一个
 生与死的旅程。。。

我永远
 与你同在。。。

在你之内。。。

在你之上。。。

在你之下以及。。。

在你的周围。
 从来没有一刻
 是我所不在的
 因为我是
 每一个存在的
 宇宙的本体 -。。。

你对这身体的
 认同
 误导你而使你视我为
 另一人及
 视你为“自我”。。。

然而你 我的孩子
 决不要害怕。。。

因为我一直在那儿。。。

指引你。。。甚至



When you are misguiding yourself.
I shall pull you
Toward Me
Even if you try to turn away
I alone shall face you...
I am that truth of you
That you can never avoid
My word shall penetrate
Your being and free you
Of every misery...
I am the very light
Of your consciousness...
Whatever you experience
Is with My light alone
Hence I am
The beginning of you...
The middle is what
You think yourself to be...
Those who challenge My presence
Are lost and in ignorance
Are questioning the validity
Of their own self.
I do not have an opinion of you...
My light swallows the darkness
Of any mind...
In My presence
There is no good and bad...
I am the light
That shines equally in both
Whatever you do shall return to you.
If you are good
Then you shall become aware
Of My light, My grace and My love...
If you have chosen to do the wrong
Then you shall suffer
For in My light
You shall desire the dark
And in that is a fight
That cannot be won...
Misery is desiring the dark
While being in My light.
I am not responsible



在你正误导你自己的时候。

我会拉你

过来

即便你试图转向他处

只有我必会面对着你。。。

我是你的本来面目

那是你决不能回避的

我的话必会穿透

你的存有而把你从

每一个痛苦中解放出来。。。

我正是你的意识

的光。。。

不论你体验到的是什么

都只与我的光在一起

因此我是

你的起始。。。

之后的中途就是

你认为的你自己。。。

挑战我的存在的那些人

正迷失而处于无知之中

正质问他们自己的自性

的有效性。

我对你没有意见。。。

我的光吞噬任何心念

的黑暗。。。

在我面前

没有善与恶之分。。。

我是光

同等地照耀于两者之中

凡你所为总会回报于你身上。

如果你是善的

那么你必会觉知

我的光，我的恩典和我的爱。。。

如果你选择行恶

那你必会受苦

因为在我的光中

你会渴望黑暗

而在那儿则是一场

不能取胜的战斗。。。

在我的光中渴望黑暗

就是痛苦。

对两者



For both...
My word of truth
Shall save all
For its vibrations
Are felt
The moment you live life the truthful way...
I do not want anything
From you... ever...
I am in everything
And I am content
In the fullness
Of My own creation...
There will always be those
Who do not believe in Me
For they have strayed
From their own self...
They know not who they are...
Of course then they know not Me!
With the thoughts
Of my glory
Such a one
Shall always be blessed
With My vision
And he shall serve
My children
With the strength of My love
Until the brilliance of his devotion
And the radiance of his deeds
Return to merge
With the light
From which he had emerged
And I had always remained!



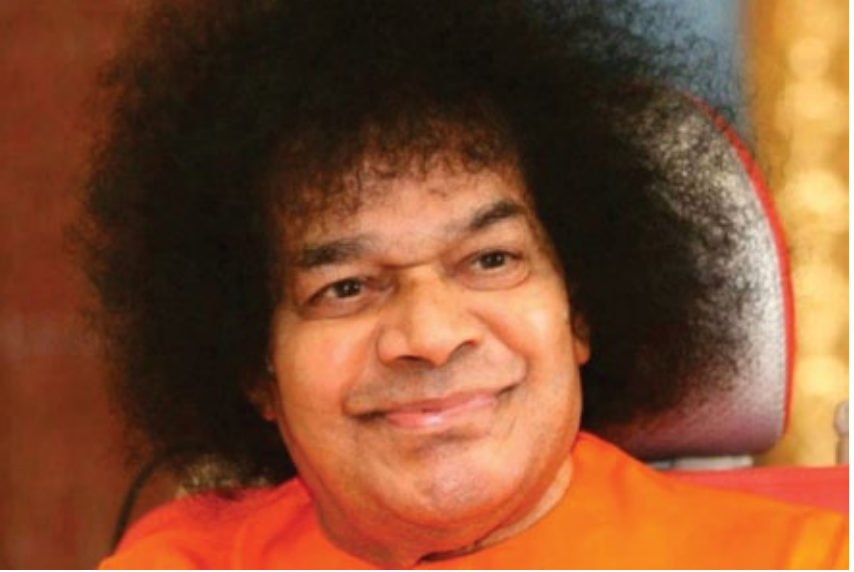
赛显现 二

我一概不負責。。。
我的真理之言
必会救度众生
因为它的振荡
会被你体验
就在你过着真诚生活方式的那一刻。。。
我不要你的
任何东西。。。从不。。。
我存在于每一物
而我满足于
我自己创造的
天地万物的圆满。。。
总有一些人
不相信我
因为他们迷失了
自己。。。
他们不知道自己的本来面目。。。
当然他们也不知道我！
持以我荣耀
的思想
这样的一个人
总会获得
我的显灵
而他必会服务
我的孩子们
凭借我爱的力量去服务
直至他虔诚的光辉
和他行为的光芒
回来融合于
光之中
他就是从此光中出现
而我总是留在此光中！



Part – B

第二卷



B-1

With faith in God
Man can move
Any obstacle away
Anything...
There is no other
That can stand up
To its height...
To its strength...
To its truth and
To its love!

B-2

God asks for one thing...
Faith...
Faith in His love for you...
Faith in His Will...
Faith in His friendships &
Faith in His word...
If you are able
To give Him that...
You have
Within & around you
The abundance of
His Divine Grace.

B-3

Be sincere
When you are
Devoted to God...
If you love Him
Then all you must remember
Is that alone...
The rest shall come
To you
At the right moment...



B-1

有了对神的信心
人能除去
任何障碍
任何东西。。。。
没有其他的
能经得起
它的高度。。。。
它的力量。。。。
它的真以及
它的爱！

B-2

神要求一样东西
信心。。。。
信心于祂给你的爱。。。。
信心于祂的旨意。。。。
信心于祂的友谊 以及
信心于祂的金玉良言。。。。
如果你能
给祂那。。。。
你就拥有
祂丰富的
神圣恩典
于你之内及你周围了。

B-3

当你献身
于神时
要真心诚意。。。。
如果你爱祂
那么你必须记得的
就只有那一点。。。。
其余的必会
降临于你
于正当的时刻。。。。



B-4

Have you cried
The tears of love
For God
And felt
A wave of joy
Sweep into your heart?
Have you O Child
Cried and asked Him,
“O Sweet Master
When again
Shall I taste
The salt of tears
Upon my lips
And the nectar of truth
In my heart?”

B-5

God tests
His devoted ones
Only to let them know
That they are
Stronger than they think...

B-6

Like a Mother
That is always true
To her baby
God too is always...
Always there
For His children...
When you remember Him
Even only once...
He shall open
Many paths
That take you
With ease to Him...



B-4

你已否为神
掉下
爱的眼泪
而感到
一阵喜悦的波浪
席卷你内心？
噢 孩子 你已否
哭泣而问祂，
“噢 温馨的主
我什么时候
再得尝
眼泪的盐份
于我的嘴唇
及真理的甘露
于我的内心？”

B-5

神考验
祂的虔诚信徒
只为了让他们知道
他们比
他们认为的自己更为坚强。。。

B-6

像一个母亲总是
对她的婴儿
真实一样
神亦复如是。。。
为了祂的孩子
总是守候在那儿。。。
当你记得祂时
即便仅是一次。。。
祂将打开
许多路径
轻易地把你
带到祂那儿。。。



B-7

One can easily find
God's love...
All you have to do
Is to break the shell
Of your own superficiality...
Beneath it is
A simple love
That is unchangeable...
That love within you
Is a trance of His Supreme love...

B-8

At one point
Each and every soul
Has heard the voice of God...
That is why
Every being
Aspires to love &
Wishes to be loved...

B-9

Friends and relatives
Can only do as much
As they can receive
From you...
But when God gives
It is because
He loves to see you content
To see you peaceful
To see you in bliss
And in it He becomes complete...



B-7

一个人能容易地得到
神的爱。。。你
所必须做的仅是
击破你自己肤浅的
外壳。。。在
其下的是
一个单纯的爱
那是不变的。。。
在你之内的那个爱
是祂至高无上之爱的一种陶醉。。。。

B-8

在某一时刻
每一个灵魂
都已听过神的声音。。。那
就是为什么
每一个生命体
都渴望去爱 和
愿意被爱的原因了。。。。

B-9

朋友和亲戚
只能为你做
他们从你那儿
获得的相等的事情。。。但
当神恩赐时
那是因为
祂乐于看到你心满意足
看到你平静
看到你福乐融融
而于其内祂就变得完整无缺了。。。。



B-10

Even when you
Have chosen
The easy path
God watches over you...
For He knows
That whether it is
For a moment
Or a lifetime
Your return to His goodness
Is inevitable!

B-11

God knows that
You love Him...
Never worry about that...
However much
You love Him
He receives it and
Is content with it...

B-12

You are slowly giving
Yourself to God...
And you worry
If He is receiving
Your love in small installments
Little do you realize
That He has already given
All of Himself
Already to you...



B-10

即便当你
选择了
易走的路
神还是看顾着你。。。。
因为祂知道
不论是
在一瞬间
或一生的时间
你的回归于祂的善
是必然的！

B-11

神知道
你爱祂。。。。
决不为之担心。。。。
不论你爱祂
多深
祂都收到你的爱
并且感到满意。。。。

B-12

你正慢慢地把你自己
交给神。。。。
而你担心
祂是否收到
你一点点分期付款式的爱
你恐怕不知道
祂已经给了
祂自己的所有
已给了你。。。。



B-13

The grace of God
Can come to you
At any time...
Always be ready...
Keep yourself occupied
In cleansing your mind
And opening your heart
You never know
When He shall give you the grace
To witness
His footprints along with yours!

B-14

God's hand is always
Upon your head
Every moments is a miracle
Every breath you take
Is His Will
Everything you have received
Is given by Him
And every prayer
That you have said
He has listened &
Has sent back to you
Each time... His word of protection!

B-15

Even if God has said "No"
To what you have asked of Him
It is because
He has loved you... always...
Much more
Than you can ever
Love yourself!



B-13

神的恩典
任何时候
都能降临于你。。。
总要做好准备。。。
勤于
拂拭你的念
并敞开你的心
你决不知道
什么时候祂会赐你恩典
让你见证
祂的脚印与你的在一起！

B-14

神的手一直是在
你的头上
每一刻都是一个奇迹
你呼吸的每一个气息
都是祂的意愿
你接收了的每一物
都是祂的恩赐
而你说出的
每一个祈祷
祂都已聆听并且
已给你回应
每一次。。。都致以保护的诺言！

B-15

即便神对你所要求的
说了“不”
那是因为
祂爱你。。。永远。。。
远甚于
你能
爱你自己！



B-16

The only reason
God says "No"
To your prayer
Is because He has
In His hand
A gift much more valuable
Than you can ever know...
Sometimes He has to wait
Before he can give it
So in that time
You can learn
The humility of humbleness
To receive its worth.

B-17

Yes! You deserve to be happy
Each day... each night...
Every moment...
But not with what you think
And what you wish to have...
Your deserve to be happy
By simply knowing
That God is with you
And His love shall never fail you
That smile is your right &
That confidence is...
Your strength and rest!

B-18

How wasteful is that time
That one spreads in jealousy
In seeing how much grace
Has God given to another!
Each soul has its own hunger for God...
Look at your own hunger...
Remember your hunger
Will never be appeased
If your eye is on another's food...



B-16

唯一的原因
神对你的祈祷
说“不”
是因为
在祂手上祂有
一个比你所能知道的
更有价值的礼物。。。
有时在祂给出之前
祂必须等候
以便在那时刻
你可以学到
谦虚中的谦虚
而从中获益。

B-17

是的！你理应快乐
日日。。。夜夜。。。
时时。。。
但不是你所认为的
也不是你所希望得到的。。。
你理应快乐
仅凭认知
神与你同在
而祂的爱决不会令你失望
那微笑是你的权利而
那信赖是。。。
你的力量和止息！

B-18

一个人伸展于嫉妒之中
于观察神给了另一个人
多少恩典
那时间是多么地被糟蹋了呀！
每一个灵魂都有其对神的渴望。。。
看看你自己的渴望吧。。。
记得你的渴望
决不会得到满足
如果你看中另一个人的食粮。。。。



B-19

You can do many good deeds
To please God...
But God is always pleased
With the smallest you do...
What pleases Him most
Is when you can smile
In another's joy
And shed a tear
For another's pain...
And most of all
Pray to Him
To keep all protected &
Pour upon all equally His Grace.

B-20

“Lord,
Give me the grace
To remember You
At every moment...
Let me never forget
To be grateful to You
For giving me the
Strength to realize
That you are there... always...
For it is that strength alone
That shall let me
Walk upright
In moments of deluded pain and misery.”

B-21

Remember that
You experience
Moments of fear
Not because
God has stopped
Speaking to you...
It is because
You in your fear
Have stopped talking to God...



B-19

你可以做许多善事
以取悦神。。。
但神总是乐于看到
你所做的最微小的事情。。。
最能取悦祂的
莫过于你能为另一人的喜悦
而露出笑容
以及为另一人的痛苦
而掉下眼泪。。。
最重要的
是向祂祈祷
保护所有的人并
均等地倾注恩典于所有的人。

B-20

“主，
赐我恩典
以便我在任何时候
都记得您。。。
让我决不忘掉
向您感恩
感恩您给了我
力量以认识
您在那儿。。。永远。。。
因为只有那力量
会让我
挺直而行
即便处于虚幻的痛苦与不幸之际。”

B-21

记得
你体验到
恐惧的时刻
不是因为
神已停止
跟你说话。。。
而是因为
在恐惧中的你
已停止跟神说话。。。。



B-22

Hardships come
When selfishness
Fills one's heart...
As one gives up desire
And gives into
God's love
One starts his journey
Of spiritual success
And in that success
One receives material gifts
That one learns to give
And to forget!

B-23

God wants nothing from you
He only takes
What you wish to give Him
With reverence & humility
And even when He takes that
He returns to you a thousand fold...
Always be grateful
When He gives you the grace
To receive from you...

B-24

God has given this assurance
To every soul,
"Whoever shall remember Me
From the depth
Of their heart
Those I shall always save
I shall do
What is best for them
That very moment
And I shall give them the faith
To realize it."



B-22

当自我
充满一个人的内心时
苦难即降临。。。。
当一个人放弃欲望
而让位给
神的爱时
他就步上灵性成功
的道路
而在那成功中
他获得物质礼物
以便他学会舍
也学会忘！

B-23

神不要你任何东西
祂只拿
你怀持尊敬和谦卑
而想要给祂的东西
而即便祂拿了
祂会以千倍偿还给你。。。。
总要感恩
当祂因收到你的供奉
而赐你以恩典的时候。。。。

B-24

神给了每一个灵魂
这个保证，
“凡从他们
内心深处
记得我的人
我必会拯救他们
我必会为他们做
在那一刻
对他们最好的
而我必会给他们信心
以体认之。”



B-25

He has given you
The free will
To be stubborn...
If you wish
For God to take the way
That you have paved for Him
That my child will not happen...
When the ego subsides
He Himself will come
To take from you the spade
And show you
The true way...

B-26

What is life without
Faith in God?
What is education
Without faith in yourself?
What is prayer
Without faith in your devotion?
What is work
Without faith in your effort?
What is duty
Without faith in your goodness?
And
What is success
Without faith in His grace?

B-27

Sort out what is right first
Sort out what is best...
Not necessarily for you alone
But what is best
For being at peace
With yourself
Everywhere you go...
And once you have known
That right
Don't ever let it go
Be faithful to it
Under any condition
And I promise you
That it will take you
To the silence of your soul.



B-25

祂给了你
自由意愿
任你顽固。。。。
如果你想
要神采取
你所为祂铺设了的道路
我的孩子那是不会发生的。。。。
在自我消退时
祂会亲自到来
从你那儿接过铲子
并给你展示
正确的途径。。。。

B-26

没有信心于神
生命到底是什么？
没有信心于你自己
教育到底是什么？
没有信心于你的虔诚
祈祷到底是什么？
没有信心于你的努力
工作到底是什么？
没有信心于你的美德
义务到底是什么？
以及
没有信心于祂的恩典
成就到底是什么？

B-27

首先区分什么是正确的
区分什么是最好的。。。。
不一定只是为了你一人
而是什么是最好的
以让你
心平气和
于你所到的每一处。。。。
而一旦你已明白了
那正确的
就决不让它离去
要对它忠实
在任何情况下
而我答应你
它会带你到
你灵魂的沉默之中。



B-28

Can any decision
Be made
When you are worried?
Can any work
Be successful
When you are hesitant?
Can any one
Be saved
When you are fearful?
And can anything
Be ever complete
When you... yourself
Are incomplete
In your own convictions?

B-29

You are afraid
To be strong
You are tempted
To be weak...
And in a moment
Of weakness
You earn
A lifetime of fears...
Choose to be strong
There is nothing
That cannot be done
If you are committed
To the right way and
Always bend to obey God's will...



B-28

当你担心时
任何决定
能否定夺？
当你迟疑时
任何工作
能否成功？
当你恐惧时
任何一个人
能否获救？
及 当你。。你自己
的信念
尚未达到圆满时
任何事物
能否圆满？

B-29

你害怕
坚强起来
你想
变得懦弱。。。。
而一时的
懦弱
使你挣得
一生的恐惧。。。。
要选择坚强
没有什么
是不能成就的
如果你承诺
步上正途并且
总是听从神的意旨。。。。



B-30

A lifetime of Blessings
Can arrive to you
If you have experienced
A sincere moment of faith...
Hence do not waste
In weighing odds
If faith will reward you...
Say to yourself,
“I am not going to
Deny myself the gift
That God has already
Placed within me...
Whatever shall tempt
I will ignore
And I will return
To the magic of faith
And the miracle
Of my friendship with God.”

B-31

“I am love
In its purest essence,
And its fragrance
Shall reach you
At that very moment
When you call Me
With sincerity and no pride...
It is My command alone
That surrounds you
With the safety
That you need
At the appropriate moment...
Remember this with earnestness
And you will surely experience Me.”



B-30

福气的一生
能降临于你
如果你体验到
一个真诚的信心时刻。。。
所以不要糟蹋精力和时间
去盘算
到底信心会否报答你。。。
对你自己说，
“我不会给自己
拒绝
神已安置于
我之内的礼物。。。
不论什么诱惑
我都不去理会
而我会回到
信心不可思议的力量
和我跟神的友谊
的奇迹。”

B-31

“我是爱
的最纯净本质，
而其芬芳
必会抵达你那儿
就在那一刻
当你以真诚和谦虚
呼唤我的时候。。。
包围你的
只有我的诫命
带着你需要的
安全
于适当的时刻。。。
要认真地记取这一点
而你肯定会体验到我。”



Declaration

“Be self-confident...
In your faith in Me
Why, I alone am
The Commander in Chief
My thousands of hands
Are my army
My endless vision of time
Is your protection
My word alone
Rules every being, living or nonliving
In this universe.
I alone am in all
And all are in Me
I can create and destroy
Even before a moment can pass
I can sustain you
In any storm
Just by placing My hand
Upon your hand...
I am never in fear...
Not even of loving you
For you are the sacred love
That resides in Me
Before your birth,
During your life, and
After your death...
I am not your ruler
Nor your master
I am the very beginning of you
That can never be ended...
I smile when you smile
I console when you cry
I guide when you are confused
I alone do for you
You are the very instrument
Of my own will...
The love you feel from Me
Is the faith you have within you
The guidance you receive from Me
Is the awareness of your faith in Me



宣言

“要有自信。。。

 于你对我的信心

 为什么，只有我

 才是统帅

 我的千万只手

 就是我的军队

 我对时间的无止境的视力

 是你的保护伞

 只有我的话

 支配每一个存有，生命体或非生命体

 于此宇宙之内。

 只有我寓于众生之内

 而众生皆寓于我之内

 我能创造也能毁灭

 于一瞬之间

 我能支撑你

 于任何风暴

 只要置放我的手

 在你的手上就得了。。。

 我从不处于忐忑不安之中。。。

 即便是爱你也一样

 因为你是寓于我之内的

 圣洁的爱

 于你出世之前，

 于你生命过程，及

 过世之后。。。

 我并非你的支配者

 亦非你的主子

 我只是你的起始

 永无结束的起始。。。

 当你微笑时我对你微笑

 当你哭泣时我给你慰藉

 当你迷惑时我给你指引

 只有我为你做事

 你是我自己意旨

 的真正工具。。。

 你从我这儿感受到的爱

 是你所拥有的在你之内的信心

 你从我这儿得到的指引

 是你对我的信心的觉知



And My grace that showers on you
Is your acceptance of all to be Me
And the denial of your own form of ego.
Be self-confident
In your faith in Me
That is the beginning of a prayer
It is the very body of life
It is the head of the pious
It is the work of the saint
It is the hand of the angel and
It is the truth of this universe and Me.”



而我洒向你的恩典
是你对‘众生都是我’的接受
也是你对自己的‘自我心态’的否定。

要有自信

于你对我的信心
那是一个祈祷的开始
它是生命的躯体
它是诚者的头部
它是圣者的工作
它是天使的手 以及
它是这宇宙的也是我的真相。”



Do not entangle yourself
In unnecessary attachments
Love all equally...
Those that need you
Those that wish to use you
Those that are ungrateful to you
Those that wish to take from you
And never give...
Love all of them equally...
You must...
You have no other option
If you wish for them to love you back
Then you will be filled with
Fear and despair...
Love all equally
In that there is strength
That you shall find
From within your own self...
Believe all in this world
Is a mere test for you
Even the closest
That have served you
Shall find desire and ambition
And will turn away...
Love all equally
And accept nothing in return
Do all that you do
In the presence of God
He alone can see
Whatever you do...
He alone knows
Whatever you feel...
He alone hears
The calling within
And He alone
Shall whisper
The word of truth
In your heart,
“Never fear My Child
For I am always there
For you...but you must love all equally.”



不要把自己纠缠
 于不必要的执著
 平等地爱所有的人。。。
 那些需要你的人
 那些希望利用你的人
 那些不感激你的人
 那些希望从你那儿获得
 而从来就不施舍的人。。。
 平等地爱他们。。。
 你必须。。。
 你别无选择
 如果你希望他们回报你以爱
 那么你将充满
 恐惧和绝望。。。
 平等地爱所有的人
 其内蕴有力量
 这力量在你自己的自性中
 你必会找到。。。
 相信这世界的一切
 仅是给你的考验
 即便帮助了你的
 最亲近的人
 也会怀有欲望和野心
 而转移他处。。。
 平等地爱所有的人
 而不接受任何回报
 做你要做的一切
 于神的显现之中
 只有祂能看到
 你所做的一切。。。
 只有祂知道
 你所感受的一切。。。
 只有祂听到
 你内在的呼唤
 而只有祂
 会低声说
 真理的话语
 于你内心，
 “决不害怕 我的孩子
 因为我一直在那儿
 为你。。。但你必须平等地爱所有的人。”



B-34

Silence your mind
With the work that you do
Remember always
That each day... every moment
Is nothing but God's gift to you.
As long as you choose peace
The ways ahead
Will never bother you.
If you ride
The ups and downs
With a smile always
The clouds will pass
And the sun will peep
And in its rays
You will shine
As the one that carried always
The truth
And the endearing spirit
Of the everlasting self!

B-35

Never doubt how much
I love you
Never question the ways that
I choose to protect you
I am watching you
From moment to moment
I am guiding you
From one turn to another
All you need to do
Is to dive deeper and deeper
In your devotion for Me...
And while you are immersed
Completely and fully in My love
My Divine Will shall stream
And surround you
And with its grace
The impossible shall
Be born
As My miracle!



B-34

平静你的心念
于你所做的工作
要常记得
每一天。。。每一刻
不是别的而是神给你的礼物。
只要你选择平静
前面的路
决不会困扰你。
如果你奔驰于
起起伏伏的路上
而常以微笑处之
云雾就会消散
太阳就会出现
而在阳光下
你会闪烁得
像个常常怀持着
真理的人
及不朽自性的
令人爱慕的圣灵！

B-35

决不怀疑
我爱你有多少
决不质问
我选择保护你的方式
我正在守护着你
一刻又一刻
我正在引导着你
一轮又一轮
你所必须做的
就是更深更深地潜入
于你对我的虔诚之内。。。
而当你完全地圆满地浸濡于
我的爱之中时
我神圣的意旨会流动
并围绕着你
而凭借其恩典
不可能的事
必会如我的奇迹一般
变为可能！



B-36

Never worry
If I am listening
To your prayers...
The connection between
You and me is instantaneous
For even before your mind thinks
Even before your words are born
Your heart from within
Has spoken
And I have listened...
And acted for you...instantaneously...
Even before you have reached
To fold your hands
Think and speak the words
That you wish shall
Come to Me and reach My attention.

B-37

Who says that
Faith is blind...
Only the one
That has opened his eyes
Fully being aware
Of all that is around
And within
Finds the strength
To close his eyes
Only to realize
That the truth
That he seeks
The peace that
He so much desires
Is within... within... within
Faith is knowing
That God alone sees
All that needs to be seen
All you need to see
Is that...
"God watches over everything
While you watch Him...
And Him alone!
Faith is not being blind
It is seeing through God's eyes!"



B-36

不要担心
我是否在聆听
你的祈祷。。。。
你与我之间的联系
是即刻的
就算你的心念在想之前
就算你的话从口中说出之前
你已从内心
说出了
而我已聆听。。。。
并为你行动。。。即刻。。。。
甚至在你已做好准备
合上你的手
想好和说出你的话语之前
凡你所祈求的必会
来到我这儿并引起我的关注。

B-37

谁说
信心是盲目的。。。。
只有
一个张开了眼睛
完全了解
周遭和
内在的一切的人
才找得到力量
去闭上他的眼睛
结果体认到
他所寻找的
真理
他那么渴望
的平和
就在他内在。。。内在。。。内在
信心就是知晓
只有神才看到
必须被看到的一切
你必须看到的
只是。。。。
“神看护着一切
当你看着祂时。。。。
而只看着祂时！
信心不是盲目的
它是透过神的眼睛去看一切！”



B-38

Being good is...
Being aware of pure love
At all times.
Being strong is
Being aware of God's strength
Within you at all times.
Being patient is
Being aware of God's will at all times.
Being simple is
Being aware of God's gifts given
To you at all times.
Being grateful is
Being humble to God's presence
At all times.
Being kind is
Being the love of God at all times.
Being free is
Being God's friend at all times.
Being truthful is
Being with God as one's own self
At all times.
Being God is...
Being and Being at all times!

B-39

You suffer
In this world
Only because
You fail to remember
That while you think
You exist
As yourself
The truth is
That...
I alone am
And all that "appears" to exist
Is you...in Me!



B-38

存善是。。。
时时刻刻
觉知纯净的爱。
坚强是
时时刻刻
觉知你内在的神的力量。
耐心是
时时刻刻觉知神的意旨。
单纯是
时时刻刻
觉知神给了你的礼物。
感恩是
时时刻刻
在神的显灵下保持谦虚。
亲切是
时时刻刻成为神的爱。
超脱是
时时刻刻成为神的朋友。
真诚是
时时刻刻
与神同在一如你自己的自性。
成为神是。。。
时时刻刻成为又成为！

B-39

你受苦
于这世界
只因为
你不记得
当你在想时
你以你自己
存在
真相
是。。。
只有我
而“看起来”存在的一切
是你。。。于我之内！



A true devotee
Once prayed to the Lord
And said,
“O Lord in whatever
You do
Whatever you bring my way
I shall smile... always
For Lord I wish never
A tear in Your eye for me.”
The Lord hearing
The heartfelt prayer replied
To His beloved,
“O Sweet Child
That has given Me
Yourself
By these pure words
To you I shall promise
These words,
“Whenever you smile
I shall pour upon you
The nectars of Heaven.
Whenever you shall hide
A tear in your eye
I shall surround
A hundred hands of Mine
Around you... to wipe them...
And turn them into pearls of wisdom...
Whenever you shall try
To please Me
I shall please you
With the gifts
Of a purer heart and a higher mind
And whenever you shall
Silently sacrifice for My sake
I shall bear
Your burdens and pain
And give back to you
A perfect life
In which you have everything
And I have you... you... you!



一个真诚的信徒
有一回向主祈祷
而说，
“主啊 在您所做的
任何事情中
不论您给我带来什么
我必会微笑。。。总是微笑
因为主啊 我从不希望
您为我掉下一滴泪水。”

听到
由衷的祈祷
主回答祂亲爱的信徒，
“噢 可爱的孩子
你已把你自己
托付给我
就凭这些纯真的话语
我必会应许你
以下这些话，
“无论何时当你露出笑容
我将倾注于你
天堂的甘露。
无论何时当你暗藏
一颗泪水于你眼眶内
我将用我千百只手
围绕于
你周围。。。去拭干它们。。。
并转变它们为智慧的珍珠。。。
无论何时你试图
取悦我
我将取悦你
而赐予你
一颗更纯净的心灵与一个更崇高的心念
而无论何时你
默默地为我做出牺牲
我将承受
你的负担和痛苦
同时给回你
一个完美的生命
于斯 你拥有一切
而我拥有你。。。你。。。你！”



The Way to a Pure Heart

1. You have to make this world "a God's world" and that will happen only when you shall believe that everyone... every being... every inanimate object that you see and cannot see originates from Him and returns to Him.
2. The mind is filled with thoughts. If you dictate your every thought to be of God you shall walk this world of "His".
3. And if a desire shall come in the way, you shall not turn towards its fulfillment... you shall turn it toward the sweet silence of God's will!
4. And if a cluster of desires would turn to a worry and chase your contentment, you shall sit with equal mindedness and a strong will contemplating only on the Divine grace, until it descends to clear the mind of desires that rule your peace.
5. And if you were to give up on the Divine grace and fall weak upon the hands of desire... if that were to happen, then too, you must turn with the strength of devotion toward the knowledge of your own truth that I have placed in your mind.
6. And even if you were to find a speck of that light the darkness of ignorance will fade and you will return to peace of mind and steadfastness of faith.
7. And then the speck of light shall grow within and a flame of knowledge shall guide you from a state of weakness to a world of God's strength...
8. And with that strength you shall discipline the mind and drive into the ocean of thankfulness and gratitude toward God and His unknown ways.
9. And wherever there is gratitude there is loyalty... where there is loyalty there is faith... where there is faith... there is patience... where there is patience there is simplicity... where there is simplicity there is goodness... where there is goodness... there is truth and where there is truth there is purity... that is the way to a pure heart!



达到净心的法门

1. 你必须促使这世界成为“一个神的世界”而惟有相信你所能看到的以及你所不能看到的每一个人。。。每一个生命体。。。每一个非生命体都源自于祂而最终回归于祂，那才会实现。
2. 心念充满种种思想。如果你视自己的每一个思想都属于神，你将步行在“祂”的这个世界。
3. 而如果一个欲望从中作梗，你大可不必满足它。。。你应该将之转向神的意愿的甜美沉默。
4. 而如果一堆欲望转为一种担心并驱赶你的知足，你应该以平等心及坚强的意志坐下来只静虑于神圣的恩典，直至它降临以清除那控制你的平静的欲念。
5. 而如果你对圣恩感到绝望并因此而显得脆弱于欲望的支配下。。。如果那发生了，那么一样，你必须以敬神的力量去转向我已置于你心念中的你自己真性的知识。
6. 而即便你找到那一点点的亮光，无知的黑暗就会消退而你就会回归心境的平和以及信心的稳定之中。
7. 而后那一点点亮光会在内在成长，而知识的火焰将引领你从脆弱的境地步入神力的世界。。。。
8. 而靠那力量你将控制心念而迈向对神感恩的海洋和祂不知名的法门。
9. 而有感恩就有效忠。。。有效忠就有信心。。。有信心就有耐心。。。有耐心就有真纯。。。有真纯就有至善。。。有至善就有诚恳。。。以及有诚恳就有纯净。。。那就是达至净心的法门！



B-42

You are not alone...
Ever... in any pain...
In any confusion...
In any misunderstanding
I alone stand by you
If you are to remember
To speak My name
Even once
The waves of My love
Shall fill your being
And speak to you these words,
“Why fear
My sweet child
I am there... don't you see...
Just wipe off
The fog of doubt
My dear...
And your next step
Is ready for you
To step on
And feel complete...
And under the step
Is My hand O child
That shall bear the burden
Of your fears of falling...”



你不孤独一人。。。
从不。。。处于任何痛苦之中。。。
处于任何迷惑之中。。。
处于任何误解之中
只有我站在你身边
倘若你记得
叫我的名字
哪怕是一次
我的爱的波浪
必会注入你的身心
并对你说这些话，
“为何害怕
我亲爱的孩子
我在那儿。。。你看不到吗。。。
只要擦掉
疑雾
我亲爱的。。。
那你的下一步
就随时让你
踏上
并感觉到完美。。。
而在脚步下
就是我的手噢孩子
它会承受你害怕坠落
的负担。。。”



A child asked his mother,
“O mother dear
If there is a God
So true to us
And perfect...
Then why is the world
Not perfect.”
The mother smiled
And embraced
Her sweet one and replied
“If that were to be
Then how could I learn
That the love
That I have for you
Is nothing but
His love for me...
O sweet son
If things were always straight
Then how could I see
His glorious hands
Mend my ways...
And if all remained
The same...
Then time could not tell
The stories of the sweet Lord
That turned its hands
Always... toward Him
And then realize
My sweet pure one
God would remain silent
And His glory
Would never be known
In the midst
Of these imperfections
Is the perfect word of God
That we shall all find...
Speak... Reach...
And become the beacons
Of His light
Within which lies
His expansive truth and
His Infinite Glory!



一个孩子问他的母亲，
 “噢 亲爱的母亲
 如果有一个神
 对我们显得那么真实
 和完美。。。。
 那为什么世界
 还是不完美。”
 母亲笑笑
 并拥抱着
 她可爱的孩子回答说
 “若果真如此
 那么我怎么知道
 我给你
 的爱
 不是别的而是
 祂给我的爱。。。。
 噢 乖孩子啊
 如果事情总是直接了当
 那我又怎能看到
 祂神圣辉煌的手
 改正我的方法。。。。
 而如果一切保持
 原状。。。。
 那么时间就不能告诉我们
 慈祥之主的故事了
 时间总是。。。。
 把指针转向祂
 然后我可爱纯净的孩子
 要认知
 神可以保持缄默
 而祂的荣耀
 绝不为人所知
 于这些缺陷
 当中
 就是神的金玉良言
 我们大家都应该知道。。。。
 谈论。。。实践。。。。
 并成为祂的光
 的灯塔
 在其内置有
 祂广大的真理和
 祂无限的荣耀！



B-44

Tell me, is there a purpose of taking a hundred
pilgrimages in life
Without realizing it was you... you that you
sought?
Tell me, is there a purpose in memorizing all
scriptures and texts
When you do not recognize nor remember your
own reality?
Tell me, is there a purpose in working and
earning in bragging and keeping
When you have not seen that your Self itself
always belongs to God?

B-45

The devotee asked the Lord in wonder,
"O Lord, what is it that I can offer to You...
This world belongs to You
This whole universe is in Your hands...
All the states of consciousness
Are within Your mind...
Our bodies... minds... intellects
And hearts all belong to You
When all belongs to You
What can I offer You
O Lord?"
The Lord smiled and asked,
"Who is it that wishes
To offer to me
Who is it that speaks?"
The devotee replied,
"I do O Lord."
"Then it is the "I"
That must be offered."
The devotee offered
The "I" that had realized
The truth
And the Lord accepted the final gift.
Both merged as one
And then there was
The silence of bliss.



B-44

告诉我，一生中朝圣一百次
可有一个目的
如果你不明白你要找的
正是你。。。你？
告诉我，强记所有经典和经文
可有一个目的
如果你不认知或记得
你自己的真性？
告诉我，工作和赚钱，夸耀和储存
可有一个目的
如果你尚未看到你的自性本身
永远属于神？

B-45

信徒甚感敬服地问主，
“主啊，我能供奉什么给您。。。
 这世界属于您
整个宇宙掌握在您手里。。。
 所有意识境界
都在您的心中。。。
 我们的身体。。。心念。。。智能
以及心灵都属于您
既然一切都属于您
主啊
我还能供奉什么给您呢？”
主莞尔并问，
“是谁希望
给我做出供奉
是谁开口说话？”
信徒回答，
“噢主是我。”
“那么，必须供奉的
就是‘我’了。”
于是信徒供奉出
已经悟道
的‘我’
而主接受了最后的供品。
两者合为一体
于是乎至福的宁静
油然而生。



B-46

Do not feel helplessness
When you hear
That nothing lies in your hands...
In fact be empowered by it.
Everything lies in the hands of God...
Everything!
Even the most insignificant task
That you consider small
Is guided by Him.
Every moment is a boon of God
Every step you take
He himself has stood by you
Watched you and saved you...

B-47a

There were two brothers
That loved each other very much
So pure was their love
That the Lord was pleased
With their devotion and duty
Toward each other
One morning while one of them
Was in prayer
The Lord himself appeared before him
And asked...
“Ask from Me a boon
For I am pleased
With your love
So pure...
Ask Me and I shall
Give it to you.”
The brother joined his hands
And replied to the Lord,
“O Lord
You have filled me
With so much love
What can I ask from you?
But I shall ask
For my brother O Lord
Whatever boons I have accumulated
So far...
Give to him



B-46

不要感到无助
当你听到
‘一切都由不得你决定’的时候。。。
其实应该受到它的鼓舞。
一切掌握在神的手里。。。
一切！
即便是你认为细小
最微不足道的任务
都由祂指导。
每一刻都是神赐给的恩泽
你采取的每一步
祂本身已站在你身旁
看顾你和守护你。。。

B-47a

有两个兄弟
彼此非常相亲相爱
他们的爱是那么的纯净
使到主甚感欣慰于
他们彼此相待的
虔诚和义务
一天早上当其中一人
在祈祷时
主现身于他面前
并问。。。
“向我求取一个恩惠吧
因为我满意于
你的爱
那么的纯净。。。
只要你开口
我就给你。”
那兄弟双手合十
回答主说，
“主啊
您已把那么多的爱
注入了我
我还能向您求取什么？
但主啊 我想
为我的兄弟向您作出要求
到目前为止
凡我累积了的恩惠。。。
都赐给他



And let his joy be mine.”
“So be it,” said the Lord
And went before
The other brother
Who sat singing the praises of God.
“I have the boons
That your brother has earned
And he wishes for you to have
All of them.”
The brother listened
And cried before His Lord,
“O Sweet Lord
That listens to all
How could I accept this...
I have only one prayer
And that is for his joy
Please O Lord
Take this and all the boons that
I too have earned
And give it to him
And let me see him
Smile with both gifts
In his hands.”
The Lord went back
Before the first brother
And said,
“Both My hands are full
One has the boons you earned
The other has
The ones your brother has sent
He wishes for you
To keep them both
And smile fulfilled and content.”
Upon hearing this the brother wept
He cried to the Lord and said,
“O Lord have mercy
You are the abode of compassion
I know not what boons
I have earned
I wish not to see
The boons
My brother has sent



而让他的快乐成为我的快乐。”

“如你所愿，”主说

并前往

另一个兄弟面前

当时他正坐着歌颂神。

“我有很多恩物

那是你兄弟已赢得的

而他希望你获得

所有的恩物。”

那兄弟听了

在主的面前哭了起来，

“噢 亲爱的主

聆听大家倾诉的主

我怎能接受这恩物。。。

我只有一个祈祷

那是为他的快乐而作的祈祷

噢主啊 请您

把这连同我也赢得的

所有恩物

都赐予他

而让我看到他

手上拿着这两种礼物

脸上带着笑容。”

主回到

第一个兄弟面前

并说，

“我两只手都满了

一只手是你赢取的恩物

另一只手拿着的

是你兄弟送给你的恩物

他希望

你笑容满面且心满意足地

收下两者。”

听到这话那兄弟不禁落泪了

他哭着对神说，

“噢 主 慈悲为怀吧

您是仁慈的寓所

我不知我赢得的恩惠

为何物

我不想看到

我兄弟送给我的

恩物



All I wish to keep
Is the love that I have
For him
For in it I see You O Lord...
Do not take away
From me
And repay me
For the kindness
That was never mine
But Yours...
Please take these boons
And give it away
To those that need
And leave us
With the hearts
That You have filled
Yourself in..."
The Lord smiled
And blessed them both
His final words He spoke
"May the whole world know
With this story of love
That all that can be
Earned...
Can be kept...
Except...
For love
Once it is earned
It is given
And the one that gives it
Earns the yearning for God..."



我所想保留的就是
我给他的
爱
因为在爱之中我看到您 主啊。。。。
不要从我这儿
把它带走
而偿还
我的好心
那好心从来就不是我的
而是您的。。。。
请带走这些恩物
并送给
那些需要的人
而留给我们
您已把您自己
注入于其内
的心。。。 ”
主莞尔
并祝福他俩
最后祂说
“凭借这个爱的故事
愿整个世界明白
一切能
赢得的。。。。
都能保留。。。。
除了。。。。
爱
一旦赢得了
它就被施与
而那施与的人
就赢得对神的思慕。。。 ”



B-47b

Why do you cry?
Whatever is in your past
Is inevitable to come...
Whatever seed you have sown
Upon maturity of time
That fruit alone shall arrive
At your very door step-
Do not blame...
Nor weep...
Nor complain...
For it shall pass
If you have turned towards Me
Completely surrendering to Me.
The storm, O child
Is bound to come...
It is bound to break upon you...
It is bound to shake you...
Break you...
You must not look
At the dark clouds that howl...
You must wait
For the light
That breaks
The darkest of clouds...
You must remain silent and peaceful
Fully knowing
That My umbrella
Is over you... always protecting you!



B-47b

你为何哭泣？
你过去的种种
它的到来是必然的。。。。
凡是你已播下的种子
在时机成熟时
只有那种果实会来到
你家门--
不要责备他人。。。。
不要流泪。。。。
不要抱怨。。。。
因为它必将消失
如果你皈依了我
完全地降服于我。
孩子啊暴风雨
必定会来。。。。
必定会拍打你。。。。
必定会动摇你。。。。
折服你。。。。
你不要去看
呼号的乌云。。。。
你必须等待
破除
最阴暗之乌云
的亮光。。。。
你必须保持沉默和平静
完全了解
我的雨伞
正给你遮着。。。 一直保护着你！



B-48

Even the worst happens
For your own good...
Whatever happens
Is timely...
The shock is only because
You have not foreseen it.
And how can you foresee it
When you are attached
To your every moment?!!
Every moment
Maybe a test of time
But realize
That every moment
That you have lived and survived
Is a moment of God's grace
And lifetimes of God's gifts!



B-48

即便最糟糕的事情
也是为你好而发生。。。。
 不论发生什么
都是适逢其时的。。。。
 冲击仅是因为
你事先尚未预知它。
 而你如何能预知它
如果你对你的每一刻
都眷恋和执着？！！
 每一刻
或许是时间的一个考验
 但要认识清楚
 你已生活与生存的
 每一刻
 都是神的恩惠的一刻
 及无数世的神的礼物！



B-49

The strings of worldly friendship
Are very weak...
The falsehood in the mind...
The expectations in the heart
Will one day
Make them walk
Their own separate ways
The soul that is blinded
And deluded
Will only seek such faulty friendships...
The one that has held
The hand of God
Will walk in silence
Never frustrated or desperate
Always looking
In the eyes of his Master
And being content
Wherever life may take him...
For him...
All is well
As long as the Lord
Is his only friend!



B-49

世俗友谊的结带
是非常脆弱的。。。
心念中的虚妄。。。
心灵里的期待
有朝一日
会使朋友步上
他们个别的道路
被蒙蔽和被迷惑
的灵魂
只会寻求这一种有缺陷的友谊。。。
那个握住
神的手的人
会静默地上路
从不泄气或绝望
总是正视着
他的导师
并且感到满足
不论命运把他带到何方。。。
对他而言。。。
一切都是美好的
只要主
是他唯一的朋友！



Even the Lord weeps
When a true devotee of His
Prays to Him
And says,
“My world... My everything...
To You I ask
Of one thing
That whatever difficulties come my way
Whatever pain I bear
My tears must not be shed
Before You
For it is not the pain
That I fear
What I fear most
Is when I weaken
And am not able to bear
The pain
It is You O Lord
That may shed a tear
For me...
And that O Lord
I cannot bear...
For me
That is the test of my devotion
For You...
Please give me the strength
Of faith
So you can carry me across
This ocean of delusion
And I can endure
Its waves
And love You...
Without opening my eye once
To see
If I have fallen or risen.”



甚至主也流泪
 当祂的一个真诚的信徒
 向祂祈祷
 并说，
 “我的世界。。。我的一切。。。
 我向您祈求
 一件事
 那就是不论什么困难我要面对
 不论什么痛苦我须承受
 我的眼泪一定不得掉下
 于您面前
 因为我怕的
 不是痛苦
 我最怕的是
 我变得懦弱
 而不能承受
 痛苦
 就是您 主啊
 或许为我
 流泪。。。
 而主啊 那可不是
 我能够忍受的。。。
 对我来说
 那可是我对您的
 虔诚的考验。。。
 请赐予我信心
 的力量
 以便您可以渡我横越
 这虚幻的海洋
 而我可以忍受
 其汹涌的浪涛
 并爱您。。。
 我一次也不必睁开眼睛
 去看
 我是否已浮起或沉下。”



B-51

Gather the dust
That lies under the Lord's feet
For in each speck of dust
Is the light of wisdom
That shall take you
There...
Where...
The eternal truth prevails!

B-52

There is nothing
That cannot be done
If it is right and true
Good and pure...
Selfless and just...
Then the fight for it
Is a must!
God shall open the way
Just be patient
For He shall make
The way for you
And if you remain calm
Without a single doubt
The work will be done
The work will be done!

B-53

What is in a test?
Just a tiny bit of effort
Few moments of time
And a prayer
That comes from your heart
And reaches Him!
Are you ready for Him
To test you?



B-51

收集在主足下
的尘土
因为每一粒尘土
都是智慧之光
引领你到
那儿。。。
在那儿。。。
永恒真理普及！

B-52

没有什么
是不可为的
如果它是正确的和真实的
美好的和纯净的。。。
无私的和公平的。。。
那么为它而战
是必然之事！
神必会打开大道之门
只要有耐心
因为祂会为你
铺设大道
而如果你保持平静
不持一丝一毫的怀疑
工作就会顺利完成
工作就会顺利完成！

B-53

在一个考验之内的是什么呢？
仅是一点的努力
些微的时间
及一个来自你内心
并臻达祂那儿
的祈祷！
你可作好准备
让祂考验你？



B-54

The name of God
Is all powerful...
Once it is placed on the tongue
And recited
You will immediately
Draw His grace
Toward you.
Do not fear
When and where His grace will descend
It will!...
Once you have begun
To recite His name
It will!
At the appropriate time
At the right place
The grace of God
Will rain upon you
Drenching you
In self-confidence and self-realization.

B-55

Always pray first to God
Place His name
Within your being
Surrender to Him
Completely
Leaving doubts no room
To fester your thoughts.
Then place your hands
Upon His feet
And begin your task
And then
Fail not to remember
That from that moment on
You have accepted
All that comes your way
As His will
And you will face
Every moment
From then on
With His strength
His wisdom and
Your faith for His love for you!



B-54

神的名号
威力无比。。。
一旦置之于唇舌
而念诵
你会立即
吸引祂的恩典
投向你。
不要害怕
祂的恩典何时何处才会降临
它肯定会！。。。
一旦你已开始
念诵祂的名号
它肯定会！
在适当时刻
在适当地点
神的恩典
会如甘霖般洒在你身上
浸濡你于
自信与自悟之中。

B-55

时时刻刻先向神祈祷
把祂的名号
置于你的生命之中
完全地
降服于祂
不让怀疑有立足的余地
来干扰你的思绪。
然后把你的手放在
祂的脚上
才开始执行你的任务
然后
一定要记得
从那一刻起
你已接受了
凡发生在你身上的一切
无非祂的意旨
而从那时起
你会以祂的力量
祂的智慧以及
你对祂给你的爱的信心
去面对
每一刻！



B-56

To that one
That is always pure
And true to Him
To that one
He gives everything
For He knows
That His simple minded loving child
Will accept His gifts
Only for one moment
And the next moment
He will give them
To those needy
Brothers and sisters
Who have yet to
Establish
The direct contact
With the compassionate Lord!



B-56

对于那一个
对他总是纯净
而真诚的人
那个人
他把一切都给他
因为他知道
他那单纯而可爱的孩子
只会在这刻
接受他的礼物
而在下一刻
他就会把它们
送给那些需要它们的
兄弟姐妹
他们正等着
建立
与仁慈之主的
直接沟通！



“I am God...
I am God...
I am born
From the Light
Of His Divine vision
And in me
Is the fountain of truth
And the sweet nectar of Divine Love...
I come as the vision of truth
That bathes in the pure
Droplets of Love
And as I am
Aware of My self
As that
I spread the bliss
Of life around me...
That too is me...
And I grow expansive
In my won nature...
I walk the steps of truth
And fulfill the mission
Of my Creator
And then I turn
Myself toward the Divine eye
O the bliss
What can I say?
I see My self
In Him
And He in me
And with that
I return
To be Him alone
And I hear
Myself resound
I am God!
I am God!



“我是神。。。。
我是神。。。。
我诞生自
祂神圣构思的
灵光
而在我之内
就是真理的泉源
以及圣爱的甘露。。。。
我以真理的构思降临
它沐浴于爱的
纯净的细滴之中
而由于我了解
我的自性
于是
我延伸生命的福乐
于我周围。。。。
那也就是我。。。。
而我自己的本质
变得日益扩大。。。。
我步上真理的阶梯
并实现我的创造主
的使命
然后我把自己转向
神圣的眼光
噢 那福乐
我能说什么？
我看到我本身
在祂之内
而祂在我之内
因之
我重又成为祂
只是祂而已
而我听到
我自己回响着
我是神！
我是神！



B-58

Let no difficulty
That comes your way
Turn you away
From God...
In fact whenever
You face
A time so tough
Say to yourself,
"Lord, why is it
That you have allowed me
To lose your vision?
Why is it that I see
The face of fear
Upon my face
Instead of the confident smile
That you reflect
Through this body?
Why is it
That I am listening
To the words of doubt
That play havoc in my mind
Instead of my mind
Yearning for your words of wisdom?
What is it
That I have lost, O Lord?
Is it You... or
Is it me?

B-59

You must forgive those
That hurt you...
If you carry the pain
In your heart
For long
The pain within
Will turn to poison
And once that poison spreads
You, O Child
Will not recognize
What you have become
And what you have done
In this blindness!



B-58

不要让出现在你面前的
苦难
使你
背离神。。。。
其实不论何时
当你面临
极其困苦棘手的境地时
你都要对自己说，
“主啊，为什么
您让我
看不到您的显现？
为什么我看到
恐惧的脸庞
挂在我脸上
取代了您透过此肉身
而反映出来的
有自信的微笑？
为什么
我正在聆听
折腾着我心念的
怀疑言论
而不是我的心念
渴望着您的智慧之言？
主啊 我已失去的
是什么？
是您吗。。。抑或
是我？

B-59

你必须宽恕那些
伤害过你的人。。。。
如果你把痛苦
埋在心里
久了
内在的痛苦
就会转化为病毒
而一旦那病毒扩散
孩子啊，你就
不会认得
你成了什么模样
及你做了什么事情
于这无明之中！



B-60

No two people think
Exactly the same ever...
Even a mother and child
Will have some likes...
Some differences...
Remember that
And adjust in life
Yet at the same time
Never let anyone
However close
Make you sacrifice
The principles and values
You stand on!

B-61

The only one desire
That you must have
Is to be close
To God...
Is to love His goodness
And to be a part...
Always
In His kingdom of truth...
If this desire alone
Burns in your heart
Then all desires
That come in its way
Are insignificant...

B-62

Your responsibility lies
First to God...
You must remain peaceful
For His sake...
So He can communicate with you
From within...
All other responsibilities in life
Depend completely
On how you fulfill
This responsibility
Toward God.



赛显现 二

B-60

没有两个人的想法
是完全一致的。。。
就连母亲和孩子
也会有某些相似。。。
某些相异。。。
要记得那一点
并在生活中做出调适
然而在这同时
千万别让任何人
不论他与你有多亲近
使你牺牲
你所秉持的
原则和价值观！

B-61

你必须怀持的
唯一的渴望
就是亲近
神。。。
就是爱祂的至善
及永远
成为祂真理王国。。。
的一部分。。。
如果只有此渴望
在你内心燃烧
那么所有进来的
渴望
都不具意义的了。。。。

B-62

首先
你得对神负责。。。
你得保持平静
为了祂的缘故。。。
那么祂就可以与你沟通
沟通自内在。。。
在生活中的所有其他责任
完全依靠
你如何去
对神
负起这责任来决定了。



B-63

Remember always
The wise one
That has given his welfare
Into the hands of God
Never gets agitated...
Even if the slightest agitation
Enters his mind
He runs to his beloved Lord
Holds on to His feet tightly
And allows the chaos
Of unbearable thoughts
To pass...

B-64

Do not give up
Your devotion to God... ever...
No matter what tests stand before you...
No matter how silent He remains toward you...
No matter how much the world teases you
Scorns you... and laughs at you
And your devotion
Never give up...
One day the Lord will embrace you
In His Love
And at that moment
The whole universe
Shall stand still
To witness
The union
Between
The Love of the Almighty and
The Love of His Beloved.



B-63

要常常记得
一个已把他的福祉
交到神的手里
的明智者
从不感到焦虑。。。。
即便些微的焦虑
进入其内心
他奔向他敬爱的主
紧握着祂的脚
并让难以忍受的
思想乱流
擦身而过。。。。

B-64

不要放弃
你对神的虔诚。。。决不。。。。
不论来到你面前的是什么考验。。。。
不论祂对你保持多沉默。。。。
不论世界是怎样地揶揄你
侮辱你。。。嘲笑你。。。。
及你的虔诚
永不放弃。。。。
总有一天主会拥抱你
于祂的爱之中
而在那时刻
整个宇宙
必会静止
来见证
全能之主的爱与
祂心爱信徒的爱
之间
的结合。



B-65

Do not try
To test the Lord
By measuring before Him
The length of your devotion
Toward Him...
If you wish for Him
To see your love
That you have for Him
You will lose both...
Your devotion for Him...
And the sight
Of Him being always with you.

B-66

The ant carries its food
Across many a obstacle
To reach its home...
And sometimes
After carrying it
Most of the way
It may face the loss of the food...
Or even death...
But does that stop
The tiny ant
To gather its might
To do its task?
You too have to face
Many hurdles
To carry the weight of truth
You too are a tiny speck
Of this Mighty universe
But don't let those fears
Stop you
From carrying
The word of God
In every corner of this universe!



B-65

不要尝试
去试探神
而在祂面前测量
你对祂
虔诚的深度。。。
如果你希望祂
看到你给祂
的爱
你将会失去两者。。。
即你对祂的虔诚。。。
以及祂总在你身边的
显现。

B-66

蚂蚁背着食物
经历无数障碍
才抵达家园。。。
而有时
背着食物
走了那么远的路
却面对食物的损失。。。
或甚至死亡。。。
然而那岂会阻止
小蚂蚁
竭尽所能来
完成任务？
你也一样必须面对
诸多障碍
为了承担真理的负荷
你也是属于这深具威力的宇宙
的一小滴力量
但千万别让那些恐惧
阻止你
携带
神的嘉言
到这宇宙的各个角落！



The devoted one
Spoke to the Lord
With tears in his eyes
In his prayer one day,
“O Lord
I have done
Whatever You have said
In order for me
To see you...
I fasted for days
Without a single crumb...
I read the scriptures
Without a wink of sleep...
I went on pilgrimages
In every place of worship
I renounced my loved ones
And gave up all my possessions
But You did not come O Lord?”
“I did come” said the Lord
“Then I did not see You
O Beloved Master.”
The Lord replied,
“My child, you did all...
Except...
Except you forgot one thing...”
“What is it Lord
That I forgot to do...
Please tell me
O Lord
And I shall do
What is left
So I can see you
O Compassionate One”
The Lord replied,
“O Child of Mine
That has turned
Every stone
One stone you left unturned
You practiced all
From day to night
But forgot
‘To believe’



有一天一位虔诚者
 含着眼泪
 在祈祷中
 对主说，
 “主啊
 我做了
 您所说的一切
 以便让我
 看到您。。。

我斋戒了好多天
 没有进食一点食物。。。

我阅读经书
 眼睛不曾合上。。。

我前往
 每一个膜拜的地方朝圣
 我舍弃我爱的人
 并放掉我所有的拥有物
 然而主啊您却没有出现？”

主说，“我出现了”
 “但我看不到您呀
 敬爱的主。”

主回答，
 “我的孩子啊，你什么都做了。。。

除了。。。

除了一样东西，你忘了。。。 ”

“主啊那是什么
 我忘了做。。。

请告诉我
 噢 主
 而我必会去做
 我所忽略的
 以便我可以看到您
 噢 仁慈的主”

主回答，
 “哦 我的孩子
 你翻动了
 每一块石头
 却留下一块石头没有翻动
 你从早到晚
 做了一切
 但却忘了
 ‘相信’



In whatever you do...
Your strength within
Was but My presence
Always...
But you wished not
To know Me
As you...
You wished for Me to come
From above...
From around
From somewhere else...
And I O child
Am the slave of love
That is born
In the heart
Of the devoted one...
Once you have believed
In your heart O child
You shall always
Find Me
And then the penance
You shall perform
Shall be
The fire of My Strength...
The fruit of which
Will always be yours...
Bliss! Peace! Truth...
And the constant awareness of it!



你所做的一切。。。。
你内在的力量
无非是
我的经久不息的出现。。。。
但你希望的不是
认识我
由于你。。。。
你希望我出现
从你之上。。。。
从你周围
从某个地方。。。。
哦 孩子啊
而我是爱的奴隶
诞生于
虔诚者的
内心深处。。。。
一旦噢 孩子
你相信在你内心
你总会
找到我
而后你所执行
的苦修
必会成为
我的力量之火。。。。
其成果
将永远是你的。。。。
那就是至福！平和！真理。。。。
以及对它的恒常正觉！



B-68

No doubt
In times of distress
You must run
And hold the feet
Of our universal Mother...
Yes! You do have a right
As Her blessed child
To cry and ask Her blessings
For the dark days
To pass...
But then
You must not forget
That when the sun rises
And the dark gloom
Of past deeds has passed
To thank Her
For Her strength and Her loving glance
Over you...

B-69

There is no prayer
That is unanswered
For some
Prayers are answered
Instantaneously
Those who receive this Grace
From God
Must receive
The answer with humility
And follow it with detail and care
For some
Prayers are answered
But with a little delay...
Those who receive
This Grace from God
Must remain vigilant
In order to see
The slightest sign given by Him
And the moment
The sign is received
One must carry out
The instructions given by the sign



赛显现 二

B-68

毋庸置疑
在沮丧时
你必须跑来
抱住我们
宇宙之母的脚。。。。
是的！作为她祝福的孩子
你有权去
哭叫和要求她的赐福
以使黑暗的日子
离去。。。。
然则
当太阳升起
而过去之业
所造成的忧伤消失时
你千万别忘记
感谢
她给你的
力量和温馨的一瞥。。。。

B-69

没有祈祷
是得不到回应的
对一些人
祈祷的回应
是立即的
凡从神那儿
获得此恩惠者
必须以谦卑的心
接受回应
并详细和认真地去遵行
对一些人
祈祷的回应
稍微延迟。。。。
凡从神那儿
获得此恩惠者
必须保持警觉
以便察看
祂所赋予的最微小的信息
而在收到信息的
那一刻
一个人必须执行
信息所带来的指示



For the sign usually
Is directly connected
With the voice of one's heart
For some
Prayers are answered
Not by what the child had asked God
But by what God gave
What was best and right...
Those who receive
This Grace of God
Must not be frustrated or desperate...
One must receive
This grace of God
With complete faith
Without bearing
A single question in the mind
And lastly
Some prayers
Are heard by God
And He answers it
With an unending silence...
Those who receive this Grace from God
Must be patient...
And must realize
That in His silence
Is a truth
That will reveal itself
When it is the right time
And the right place...
All prayers are answered...
And every moment
Is a boon
That is given by God!



因为信息通常
是直接连接
一个人的心声的
对一些人
祈祷的回应
与孩子的祈求无关
而是依照神的意旨
赐予最好和最适宜者。。。
凡从神那儿
获此恩惠者
不可泄气或沮丧。。。
一个人必须以
满满的信心去接受
神的这个恩典
而不怀持
任何疑问于其内心
最后
某些祈祷
神听到了
而祂以永无止境的缄默
来回应。。。
凡从神那儿获此恩惠者
一定要有耐心。。。
并且一定要认知
在祂的缄默中
隐藏着一个真相
而真相会在适当的时刻
和适当的地方
揭露它自己。。。
所有祈祷都得到回应。。。
而每一刻
无非神恩赐的
一个恩典！



B-70

Begin your day
By giving the gracious Lord
A genuine smile
That holds in it
A promise of love...
Tell Him,
"O Sweet Lord,
I shall begin
My first moment
Of this day
With a smile
For I am reminding
Myself...
That whatever happens today...
I should be grateful
To remember and know
That you are always...
Always with me...
O Lord
Even if I were to forget
And fear for a moment
Remind me O Lord
Of this moment
With You!"

B-71

Are you selling your character
For you to receive
A few cheap worldly gains?
Are you bending your principles
In order to maintain
Useless and frivolous relationships?
Are you saying no to your
Conscience
So you can please those
That have little contact
With their conscience?
Realize that if you have to give up
All friends and comforts
In order to find the gate to heaven
It is, my child, worth it!



以给仁慈之主的
一个真诚微笑
来开始你这一天
这微笑持有
一个爱的承诺。。。
告诉祂，
“噢 仁慈的主，
我要以一个微笑
来开始
这一天
的第一刻
因为我正在提醒
我自己。。。
不论今天发生什么事故。。。
我都应该以感激和欣喜的心情
去记取和认知
您总是。。。
总是与我同在。。。
主啊
就算我遗忘了
而在一时之间产生恐惧
主啊 提醒我
您与我同在
的这一刻！”

你是否出售你的人性
以换取
一些微薄的世俗收益？
你是否委屈你的原则
以维系
无用的和微不足道的的友谊？
你是否对你的
良心说不
以取悦那些
很少接触
他们的良心的人？
要知道如果你必须放弃
所有的朋友和舒适
以寻求天堂的大门
我的孩子，那是值得的！



B-72

God knows everything...
There is not a moment
That He is not aware of...
There is not a single being
That is not
Under the umbrella
Of His protection...
God's grace is everywhere
Above you...
Below you
Around you and
Within you...
Have faith
In these words
And the experience
Shall follow
Without your knowing...
The miracle lies
Not in what you receive
Not in what you wished
Not in the perfection
Of the experience
The miracle lies
When one is able
To witness
The Divine presence
In every moment
Of his life experiences!



B-72

神洞悉一切。。。
祂无时无刻
不在觉知之中。。。
世上没有一个生命体
不在
祂的保护伞
保护之下。。。
神的恩典无处不在
在你之上。。。
在你之下
在你周围以及
在你之内。。。
要有信心
于这些金玉良言
而体验
必将随之而至
在你不知不觉之中。。。
奇迹不在于
你所接收到的事物
不在于你所想得到的一切
不在于体验的
完美无缺
奇迹在于
一个人一生体验
的每一刻
他都能够
见证
神的显现！



B-73

You rely on unnecessary friendships
So that you spend time...
Waste time...
You trade secrets
You wish for them to give you peace...
You think
That you have fewer worries
When you laugh with them
And you hope... wish
That they are with you
In times of need and tears...
But you fail to realize
That every relationship
Has...
Its line of demarcation
A line that says
"Beyond this
I cannot walk with you...
I cannot laugh with you...
I cannot agree with you...
I cannot rely on you...
I cannot help you...
I cannot love you
Once you reach that line
You look for another friend
And not to mention
Commit another mistake!



B-73

你依靠不必要的友谊
以便你打发时间。。。
浪费时间。。。
你互换机密
你希望他们给你平和。。。
你想
当有人与你同欢共乐时
你就没有那么多的担心了
而你希望。。。想要
他们跟你在一起
在你急需和悲伤的时候。。。
但你却不认清
每一个关系
都有。。。
它的界线
那是一条线标明着
“超越此线
我不能与你同行。。。
我不能与你同欢。。。
我不能同意你。。。
我不能依靠你。。。
我不能帮助你。。。
我不能爱你
一旦你抵达那条线
你寻找另一个朋友
而甬说
又犯另一个错误了！



B-74

God is your best friend...
Be a good friend
To all
But always remember
Never turn to ask
Anything back from them...
Give them... whatever you can...
Always with a smile...
Never wanting anything in return...
Endure the taunts and
Ignore the blame...
If you are not able to oblige
Their requests... refuse
With humility and kindness
Turn toward
The way of principles
And leave them
In the hands of God...
God is your best friend...
Making a friend
Is loving God in him...
Only such a friendship
Will last and
Always be peaceful!

B-75

You can change a wrong
Not by pointing it out to another...
But by living the "right"...
Silently...
That shows one
Not only the mess
He is in...
But shows him
How once the mess is cleaned
The right road
That is ahead for him.



B-74

神是你最好的朋友。。。。
 要成为人人的
 一个好朋友
 但要常记得
 千万不可转而向他们
 索取任何回报。。。。
 提供他们。。。尽可能。。。。
 脸上总是带着笑容。。。。
 决不要求任何回报。。。。
 忍受讥嘲和
 不在乎责备。。。。
 如果你不能遵照
 他们的要求。。。那就
 委婉地和善意地加以拒绝
 要遵照原则
 行事
 把一切都交到
 神的手中。。。。
 神是你最好的朋友。。。。
 结交一个朋友
 就是爱在他之内之神。。。。
 只有这样的一个友谊
 会持久以及
 永远是平和的！

B-75

你可以改变一个错误
 不必靠向另一人指出它。。。。
 但靠“正直”的生活。。。。
 静默地。。。。
 那揭露给一个人
 不仅是他的
 困境。。。。
 也揭露给他
 在他前头的
 一条康庄大道
 一旦困境被解除了。



God does not promise
That every circumstance
That you face in life
Will be desirable...
Certainly not!
If that would be the case
How would you taste
The nectar of His Divine Strength
That is within you?
God promises
That if you shall
Surrender to Him
Your every fear
Then you shall receive
A vision of His presence
Within you... at all times...
In every place...
And that shall make you...
Calm and patient...
Then every circumstance
That stands before you
Shall be a moment of the present
And one moment at a time
You shall ride
Its wave
With equal-mindedness and stability...
Whether there is
A worldly gain or not
You O child will remain
Steadfast in your vision...
The gain and loss
You shall surrender
Both at His feet...
You will only enjoy
The ride
For you have conquered
The feeling of the “up” and the “down”
And even though to the world
It may appear a wave
To you it will be...
A straight road...
To God!



神并没答应
 你在生活中所面临的
 每一个情况
 都是顺心合意的。。。

肯定不是！
 果真是那样
 你又如何尝到
 在你之内的
 祂神圣力量的甘露？
 神答应
 如果你会
 交给祂
 你的每一个忧惧
 那么你就会接收到
 祂显灵的视像
 于你之内。。。每时每刻。。。

于每一处。。。

而那必会令你感到。。。

平静和容忍。。。

于是来到你跟前的
 的每一种情况
 必将是当下的一个契机
 而在每一次的每一刻
 你将
 以平常心和稳定性去
 驾驭它的浪涛。。。

不论是否
 有世俗的得或失
 哦 孩子 你会保持
 稳定于你的视像。。。

得与失
 你将两者都交出
 而置于祂的足下。。。

你只会享受
 驾驭
 因为你已克服
 ‘起’与‘落’的感觉
 即便对世界而言
 它或许以一个浪涛涌现
 但对你而言它将是。。。

一条通往神的。。。
 康庄大道！



B-77

God's will
Is the stern hold
Of a loving mother
That does not
Give her child
Whatever he pleases...
The will of God
Will take you
Where you need to be
And what
You need to do...

B-78

You must always be happy
For the sake
Of your love for God...
Whatever happens...
However much
You are fatigued
By your fears...
Smile... you must be happy...
Wherever things move
However the winds blow
You, O child
Turn His way always smiling...
Always happy!

B-79

The one that finds
God in his heart and follows
His word of truth
Moment to moment
Without the desire
To rest even for a second
Needs no altar
To make contact with God
For whenever
Such a devoted one
Will think, speak, or do
It is His Grace alone
That shall flow continuously from him...



B-77

神的意愿
是一个慈祥母亲的
严格立场
她不会
提供孩子
他所喜爱的一切。。。
神的意愿会
引领你到
你必须到的地方
及引领你做你必须
做的事情。。。

B-78

你必须常常感到快乐
为了
你给神的爱的缘故。。。
不论发生什么。。。
不论因恐惧
而承受多大的
疲惫。。。
要微笑。。。你必须感到快乐。。。
不论事情向何处移动
不论疾风如何吹拂
哦 孩子，你
要转向祂 总是微笑。。。
总是快乐！

B-79

凡在内心
找到神
且时时
追随祂真理的信息
而不曾想要
休息片刻者
他不需要神台
来跟神沟通
因为不论什么时候
这样的一个虔诚者
去思，言和行
只有祂的恩典
会不断地从他那儿涌出。。。



B-80

God never punishes anybody...
God is a pure stream of love.
It is desire that punishes us...
It is attachment that weakens us...
It is fear that breaks us...
It is expectation that destroys us...
It is us that punishes ourselves...
God never punishes anybody
God is a pure stream of love!

B-81

There is no work
That is too small or insignificant
For God does not measure
The outcome... the profits or
The earnings of the work...
As long as one maintains
His inner peace
And keeps himself steadfast
Always devoted to His work
Such a one
Will one day make
His ordinary task...
A gigantic gift... to the world...



B-80

神从不惩罚任何人。。。
神是爱的一条纯净的河流。
惩罚我们的是欲望。。。
削弱我们的是执著。。。
撕裂我们的是恐惧。。。
摧毁我们的是期望。。。
惩罚我们的是我们自己。。。
神从不惩罚任何人
神是爱的一条纯净的河流！

B-81

世上没有太小或太没有意义
的工作
因为神不测量
工作的成果。。。利润或
收益。。。
只要一个人维系
其内在的平和
保持他自己的稳定
总是献身于祂的工作
这样的一个人
有一天会使到
他的极其平常的任务。。。
成为世上的。。。一个巨大的礼物。。。。



It is not
The bad... that must be removed
It is the good within
That has to rise
And emerge
The good, O child,
Has to tower
Over all confusions
Hold its hand
Sternly and lovingly
And say to it,
"Walk with me.
From now on
Leave aside
Your unnecessary questioning
And follow my lead
As I walk
Into a world
Of simpleness and sweetness...
And with its strength
Lean on the walking stick
Of faith...
And all your questions
Will be answered
As you shall
With your faith
Conquer your fears
And hear the voice
Of the confident self
That resides within and
Is always aware
Of its truth... and its continuous peace!"



不是
不良者。。。必须去掉
而是内在的良者
必须升起
和展现
噢 孩子，良者，
必须超越
所有的困惑与迷乱
认真地和诚挚地
握住它的手
并对它说，
“与我同行。
从现在起
把不必要的问题
搁置一旁
并追随我的领导
一起步入
一个单纯而温馨的
世界。。。
而以其力量
倚靠着信心
的手杖。。。
而你所有的问题
就会一一获得解答
因为你将以
你的信心
征服你的恐惧
并且聆听那信心满满的
自性的声音
那自性寓于内在而
一直对其真性。。。及持久平和
保持觉知！”



B-83

In whatever you do
There must be
A silent prayer to God,
“O Sweet Lord,
I am in the midst
Of your work
Give me the strength
To always remember
How much You love me
And with its strength
Let me complete this task
As you have willed
And with its completion
Let me be forgetful
Of the pains I have beared
Of the fruits I have received and
Of the efforts I have given...
O Sweet Lord,
Let me be assured
That it is you... and
You alone
That exists
In the midst
Of the many “me’s”!

B-84

A child once asked a scholar,
“What is it that you know
That I must learn?”
The scholar replied,
“O Sweet child,
I am only here
To teach you
To forget
What I have learned
In this world and
To remember
What you already know
Without trying.
And I have yet to learn
Love! Love! Love!”



在你所做的一切之中
都必须有一个
对神静默的祈祷，
“噢 慈祥的主，
我正在做
您的工作
给我力量
以便常记得
您爱我是多么的深
而凭其力量
让我完成这任务
一如您所意愿者然
并且在完成之后
让我忘掉
我所承受的痛苦
我所接收的成果 以及
我所付出的努力。。。
噢 慈祥的主啊，
让我获得保证
就是您。。。而
只有您
存在于
众多的‘我’
的当中”！

有一次一个孩子问一个学者
“什么是你所知道
而我必须学习的？”
学者回答，
“噢 可爱的孩子，
我仅在此
来教导你
去忘掉
我在这世上
已学到的一切并且
毫不费力地
去记得
你已知道的一切。
而我还必须学习的就是
爱！爱！爱！”



B-85

It is desire that
Prompts the mind...
It is the mind that
Prompts the intellect...
It is the intellect that
Prompts the senses...
It is the senses that
Prompts the emotion...
It is the emotion that
Prompts the attachment...
It is the attachment that
Prompts the individualized "I" or ego...
It is the ego that
Prompts the work...
It is the work that
Prompts the body...
And it is the body
That attaches itself
To the result
And prompts desire "again"!



B-85

欲望
促使心念启动。。。。
心念
促使智能启动。。。。
智能
促使感官启动。。。。
感官
促使情绪启动。。。。
情绪
促使执着启动。。。。
执着
促使个‘我’或自我启动。。。。
自我
促使工作启动。。。。
工作
促使身体启动。。。。
而身体则
执着于
结果
接着再启动欲望！



B-86

You are not
The desire
The mind
The intellect
The senses
The emotion
The attachment
The ego
The work
The body and
The result...
You are none of these...
You are the light of awareness
That reflects from
The real Self...
This light or soul
Is the reflection
Of the Universal Truth
And it remains conscious
Always... of itself
As the real Self...
Its nature is bliss
Nothing ever
Can destroy its true nature
It remains
In the everlasting silence
Of unbroken peace... You are that!



B-86

你不是
欲望
心念
智能
感官
情绪
执着
自我
工作
肉身和
结果。。。。
你不是其中的任何一个。。。。
你是正觉之光
反射自
真实的自性。。。。
这光或灵
是宇宙真理
的反映
而它一直保持
知觉。。。自己
为真实自性。。。。
它的本质是至福
从来就没有任何事物
能摧毁它真实的本质
它保留在
不间断的平和
的持久沉默之中。。。你就是那！



The simplest words
Of God
That has been spoken
In all religions
Must always be remembered,
"I am I
I alone exist
And in the universe
I project My Self
As the many...
And in the many
I alone reflect
My own Self
And return to it...
Time is the very essence
Of this existence
Yet it moves the bodies
That come from Me
Between their birth
And their death
And between these
There is life
And within all of this
There is only Me...
The one that knows himself
To be My reflection
Enters into his light
And bathes in My truth
And he becomes
Greater than the universe
That you know
And a little tiny speck
Of My truth...
I am I
I alone exist
All that comes
Returns to Me
Yet none can ever know Me
As Me!"



所有宗教
 所引用的
 神所说的
 最简单的话语
 务必牢记在心，
 “我是我
 只有我存在
 而在宇宙中
 我投影我的自性
 于众生之中。。。。
 而在众生之中
 只有我反映
 我自己的自性
 并回归于它。。。。
 时间是‘存在’的
 实实在在的元素
 然而它还是移动
 来自于‘我’的肉身
 在他们的生与
 他们的死之间
 而在生死之间
 生命存在着
 而在这一切之内
 只有我实存。。。。
 凡知悉他自己
 就是‘我’的反映的人
 得入他的光之中
 并沐浴于‘我’的真性之内
 而他变得大于
 你所知道的
 宇宙
 以及‘我’真性的
 微小的一滴。。。。
 我是我
 只有我存在
 凡降临者
 必回归于我
 然而还是无人能够知道
 ‘我’就是‘我’！”



B-88

All this misery exists
Is because
All desire peace
From the world
And not from within...
As a result
There is doubt, fear...
Thought... and more thoughts...
And thus brings misery
To the thinker
That has become
Unfortunately
His every thought!

B-89

Remember always
It is always
The unpeaceful
That refuse
The refuge of their Self...
They always turn around
To rob another man's peace!

B-90

The best way
To return to the self
Is not by questioning
The thought itself...
Instead, it is by questioning
The state of the "thinker" on
The "I"

B-91

You will know
What to do
When you are not afraid
To see and face
What is in front of you...
And whatever that may be
Surrender to God
And with the might of faith
You must combat it!



赛显现 二

B-88

一切痛苦的产生
是因为
所有人渴望
从外在世界得到平静
而不是从内在。。。
最终导致
怀疑，恐惧。。。
杂念。。。及更多的杂念。。。
故而给不幸
已变成
他的每一个念头的
动念者
带来痛苦！

B-89

要常记得
拒绝他们自性的
庇护者
常常是
不平静的。。。
他们总是转过头来
掠夺另一个人的平静！

B-90

回归自性的
最佳途径
不是凭借质问
念头本身。。。
而是凭借质问
‘动念者’于‘我’所处的状况

B-91

你会知道
该做什么
如果你不畏惧
看到和面对
呈现在你面前的一切。。。
而不论那是什么
你都要降服于神
而你必须以信心的威力
与之抗争！



B-92

When the truth
Of the spirit
Emerges over the
Ups and downs of the mind
It is then that
Grace is encountered!
Grace is the light
Of the soul
That shines
And fades away
The unrealities of the world
That stand before you!

B-93

Those that ask God
To protect them
Yet at the same time
Fear their protection
Lose both
The light of their intellect
And the grace from within.

B-94

God will surely help you
If you have asked for Him
Even once...
He will run to save you...
The trouble then
Is not what you have to face...
The trouble is
To keep your mind silent
Until the task completes
The way
He had willed!



B-92

当灵的
真相
在心念的起伏中
涌现时
那就是
与圣恩相遇的时候！
圣恩是闪耀的
灵之
光
并消退
屹立于你面前的
尘世的虚幻！

B-93

那些求神
保佑的人
同时又
害怕他们的保佑
会失掉
他们的智能之光
和内在的圣恩 这两者。

B-94

如果你已向神祈求
即便仅是一次。。。
神肯定会协助你
祂会赶来搭救你。。。
那时麻烦
不在于你必须面对的是什么。。。
而在于
维系你心念的平静
直到任务完成
照祂的旨意
完成！



B-95

The strength
Of a million elephants
Will surge through you
The moment
You realize
That everything
That comes your way
Is God sent...
And all you have to do
Is to believe
That what He has sent
He alone shall do!

B-96

In difficult times
The first thing
That you must face
And uproot
Is your emotion...
Do not be attached
To the safe moments
Of your past
Instead become aware
Of the solid support
You have always had
Of your Self!

B-97

The Self never asserts
On the moment that has passed
Or the moment to come...
It is only the ego that does...
The Self asserts
Only the present moment
For it is born for it
Is aware of it
And pulls within itself
The end or the dying moment
Of that present...
Into itself and moves to the next!



赛显现 二

B-95

一百万只大象的
力量
会在你心中涌起
就在那一刻
你体认到
来到你跟前的
每一物
无非神的差遣。。。。
而你所必须做的
就是相信
凡祂所差遣了的
只有祂去执行！

B-96

在困境时
第一件事
你必须面对
和根除的
就是你的情绪。。。。
不要眷恋
过去的
安稳时刻
你反而要认知
那总是给你
稳固支持的
你的自性！

B-97

自性从不坚持
于已过去的那一刻
抑或将要到来的那一刻。。。。
只有自我才会这么做。。。。
自性坚持的
仅只当下
因为它为当下而生
它了解当下
并且在它之内
把那当下的
临终或弥留时刻。。。。
拉入它自己然后转移到下一个！



B-98

You are always
Asking the Lord,
“O Lord,
Please give me faith...
Please give me faith...”
And the Lord has replied,
“I have given to you...
My Self... for always...
Just know that to be true
At every moment...
And you shall find faith!
And you shall find faith!

B-99

The devotee cried
And prayed to the Lord,
“O Lord,
I am so tired...
I was first unhappy
With the world
Then I was distressed
With my loved ones and
Now I am fearful
Of my own self...
O Lord, what is it
That I must do
To be happy once again...”
The Lord
With His compassion
Graced His loved one
With His message
He said,
“O Sweet One
That finds no peace
You suffer
Only because
You forgot one thing
To remember and
That is
In all what you saw
And all what you had
And in all that you...



B-98

你总是
在问主，
“主啊，
请给我信心。。。 ”
请给我信心。。。 ”
而主也已经回答了，
“我已给了你。。。 ”
我的自性。。。要时时。。。 ”
只懂得每一个时刻
都要真诚就得了。。。 ”
而你即可找到信心！
而你即可找到信心！ ”

B-99

信徒哭泣
而祈求主，
“噢，主啊，
我是那么的疲惫。。。 ”
首先我对世界
感到不满
接着对我心爱的人
感到灰心
而现在我对自己
却恐惧起来。。。 ”
噢主啊，我必须
做些什么
以便再一次快乐起来。。。 ”
主
以其仁慈
和用祂的福音
加恩于祂亲爱的
祂说，
“噢亲爱的
你找不到平静
你痛苦
只是因为
你忘了一件
该记住的事
而那就是
在你看到的一切
和拥有的一切中
以及在那一切中 你。。。 ”



Yourself were... at all times
In every place...
Was "Me" and only "Me"...
And if you are to remember
That even now
For a moment
All the peace
That you thought
That you lost
Would emerge from you
From within."



赛显现 二

你自己。。。时时
在每一个地方。。。
就是“我”而只是“我”。。。
而如果你现在
记起它
即便一瞬间
所有你以为
已失去的
平静
会从你的内在
涌现。”



Once again
The Lord spoke
To His devoted one
That had woken up
To a dark day
That poured
Upon him
The storms of fear...
He said,
"O child
Forget not
That even though
The sun hides
And does not
Shine upon you...
Even though the winds blow upon
The nests you have built
I am there...
And for the day
To turn bright
You O child
Must turn
To your soul
And draw its light
And that light within shall shine
The universe around
And in its effulgence
You shall see
That the storm
Feared itself and passed
And what stood
Before you
Was your hand
That clasped tightly to
My Divine hold..."



再一次
 主对
 祂虔诚的信徒说
 那信徒醒来后面对
 黑暗的一天
 那把忧惧的暴风雨
 浇淋于他的
 黑暗的一天。。。

祂说，
 “噢 孩子
 不要忘记
 即便
 太阳藏了起来
 而它的光
 不照着你。。。

即便大风猛吹
 你已筑起的安乐窝
 我在那儿。。。

而为了让天
 转亮
 噢 孩子 你
 必须转向
 你的灵
 并迎接它的光
 而那内在的光必会照亮
 周遭的世界
 而在其光辉中
 你必会看到
 暴风雨
 也畏惧而离去
 而站在
 你面前的是
 你的手
 紧紧抓住
 我的神圣的掌握。。。 ”



B-101

It is because
You have no faith
In your own Self
That you live a life
Of "ifs" and "buts"...
The one that realizes
His true Self
Transcends the rivers of fears
By simply knowing
At all times
That the ocean of bliss
Is within him...

B-102

Even when you are faced
With the worst... remind yourself,
"I must be calm...
For if I am to believe
This worst that I face
To be true,
Then the best in me
Shall shy
And sleep through
These moments of fear...
No! No!
I must be calm
I must believe in my Self
I must call upon
Its strength with pride...
The worst may have to wait
For I am awakening
My Self to rise
And when I have recovered
Its many arms
It is then that I
Turn to face
The unreal threat
That time has brought me!"



B-101

由于
你对自己的自性
缺乏信心
致使你生活在
“如果”与“但是”之中。。。。
那认知
他的真我的人
驾凌恐惧的狂流之上
仅凭着
时时刻刻认知
至福之洋
是在他之内。。。

B-102

即使你面对着
最糟糕的事情。。。要提醒自己，
“我必须保持平静。。。。
因为如果我相信
我面对的这个最糟的事情
是千真万确的，
那么在我之内的最善者
将回避
和不在乎
这些忧惧的时刻。。。。
不！不！
我必须保持平静
我必须相信我的自性
我必须自豪地呼唤
它的力量。。。。
最糟的情况或仍需等候
因我正叫醒
我的自性起来
而当我已经取得
它的许多武器时
于是我
转去面对
时间带给了我的
虚假的威胁！”



You cannot change
The law of karma
Nor can you escape
Its strike...
The winds of the past
Shall turn
And fill your present...
Be aware
Of this law
That gives no one
A second chance...
Whatever you have given
In time to another
Shall return
To you...
No friends... No relatives
Shall stand beside you
When the debt of karma
Shall come upon
Your lap...
All shall blame
The weaknesses in you
And while they flee
To their safety
You shall remain
In fear... alone
Paying its debt
And bound to
Its fee!
Remember, My Child
That the name of God
Shall rescue you then...
The name of
The pure...
The Supreme One
Shall take you across
The raging fires of karma...
Even in the moments of tears
You shall learn to smile
And when you shall
Speak to God



你不能改变
 业律
 你也不能逃避
 它的打击。。。

逝去的风暴
 会再回头
 并充斥于你的现在。。。

要了解
 这定律
 它是不给任何人
 第二次机会的。。。

不论你给了他人
 什么
 迟早它会回归
 于你。。。

没有朋友。。。没有亲戚
 会站在你身边
 当业的债务
 降临于你
 身上时。。。

他们将归咎于
 你的弱点
 而当他们逃到
 其安全之处时
 你会停留在
 恐惧之中。。。孤独一人

偿还它的债务
 并必须负担
 它的费用！
 记得，我的孩子
 神的名号
 到时会拯救你。。。

那纯净。。。
 至高无上者
 的名号
 会渡你越过
 业的烈火。。。

即使在悲伤落泪的时候
 你也必须学会微笑
 而当你必须
 跟神说话时



You shall feel
His strength
And see Him
Stand beside...
The name of
The pure One
Shall bathe you
In goodness...
Time, O Child
Shall come and go
And you shall
See... all... as
The Act of God
All will be well... then...
For you shall
No more fear
The law of karma
Whatever time
May bring
You shall accept
And in that strength
You shall see
That God Himself comes as the law
To bring you
Close to Him.



赛显现 二

你会感到
祂的力量
而看到祂
站在你身边。。。那纯净者
的名号
会浸濡你
于至善。。。
时间，噢 孩子
会来而复往
而你会
看到。。。一切。。。乃
神的行动
一切都会安然无事。。。那时候。。。
因为你将
不再恐惧
业律
不论时间
会带来什么
你必欣然接受
而在那力量之中
你将看到
神亲自以业律降临
而把你带到
祂跟前。



B-104

The Soul... the Atma...
The True Self...
The Absolute
The Universal Infinite I
Are all one and the same...
They are the projectors
Of that brilliant light
That cannot be described
Nor be known...
And can never be understood!
The closest one can
Come to it
Is by seeing
Experiencing and Realizing
A speck of its brilliance
In one's own center
Of One's Self!

B-105

Everything that surrounds you
Is nothing
But a part of the true Self...
There is nothing
That can be apart
From that truth...
Yet... it is that what surrounds you
That deludes you
To believe yourself
To be attached to each of those...
And in that attachment
You see your Self as the "I"
That survives amongst all of "them".



B-104

灵魂。。。阿特玛。。。
真我。。。
绝对者
宇宙的大我
一切都是完全一样。。。
他们是那辉煌之光的
投射者
那是不可言喻的
是不可知的。。。
也是决不能理解的！
一个人要与之
最亲近
唯有凭借目睹
体验和实现
其光辉的一点火花
于一个人自己
自性的核心！

B-105

围绕着你的每一物
不是别的
仅是你真我的一部分。。。
无物能
从那真理中
分开。。。
然而。。。就是围绕着你的事物
迷惑你
使你相信你自己
执着于那些事物的每一事物。。。
而在那执著中
你看到你的自性是“我”
这“我”在“它们”之中存活下来。



B-106

It is the fear
Of every being
To be alone one day...
Yet it is the desire
Of every being
To be completely and fully free...
One day...

B-107

Listen O child
Do you hear the voice of the Self...
Do you know what it says...
Always...
"I am truth
I alone exist
In all that you see...
Hear... feel...
All that you have known
To have... To accept...
To hate... To reject
Has been Me and only Me...
And I am what you seek...
And I am what you fear...
I am from which you
Are born
And I am to what
You return to...
I am the breath
In your body...
I am the air you breathe
I am the food you eat
I am the water you drink
Even the space
In which you are contained
Is contained in Me...
I am the bond
Of every love...
I am the passion
Of your every attachment
I am the egg of



B-106

每一个生命体
都恐惧
有一天会沦为孤独。。。。
然而每一个生命体
又渴望
有一天。。。。
会获得完全而圆满的自由。。。。

B-107

噢 孩子 听啊
你可有听到自性的声音。。。。
你可知道它总是。。。。
说些什么。。。。
“我是真理
只有我存在
于你所看到的一切。。。。
所听到的。。。所感觉到的一切。。。。
一切你已知道要
去拥有。。。去接受。。。。
去憎恨。。。去拒绝的
一直是我而只是我。。。。
而我是你所寻找者。。。。
而我是你所畏惧者。。。。
我是你之
所由生者
而我是你所
回归者。。。。
我是在你体内的
气息。。。。
我是你呼吸的空气
我是你吃下的食物
我是你喝下的水
就算是包容着你
的空间
也包容在我之内。。。。
我是每一个爱
的结合力。。。。
我是每一个执着
的激情
我是你每一个思想



Your every thought...
I am the core
Of your life...
I am your Self
You know a speck of Me
As your "I"
The rest of Me
You call the "other"
And in that delusion
You have separated Me
From your Self
That separation is your fear...
That separation is your bondage...
You seek a friend
To hold for you
Your fears of Me
And of your Self...
No "other" can carry
That burden for you...
Listen O child
To what I say...
If you truly
Seek to know Me
And be free one day
Ask your fears
What it asks of you...
It shall know not
What to say
And when you have
Silenced your every fear
You shall be brave
And turn to seek
Your own truth...
Your self
That is not only this body
But every body of this Universe
And when the many "I"s
Shall join together
You shall see
Before you
The brilliant light
That hides



的卵子。。。
我是你生命
的核心。。。
我是你的自性
你知道我的一小点
为你的“我”
其余的我
你称之为“他人”
而在那幻觉之中
你已把我
从你的自性中分离来
那分开是你的恐惧。。。
那分开是你的束缚。。。
你寻求一个朋友
为你握紧
你对我
及你的自性的恐惧。。。
没有“他人”能为你
承担你的负荷。。。
噢 听着 孩子
我所说的。。。
如果你真的要
认识我
以期有一天获得超脱自由
问问你的恐惧
它想从你那儿得到什么。。。
它将不知道
该说些什么
而如果你已平息
你的每一个恐惧
你会变得勇敢
并转而寻求
你自己的真相。。。
你的自我
不只是这个身体
而是这宇宙的每一个身体
而当这许多的‘我’
结合在一起
你就会看到
在你面前
隐藏于
这许多形相之内的



In the so many forms...
And then only O child
Will all the "other"
Become the "I"
And as you shall see
The universe enter you...
You shall enter
Into My word of truth!



赛显现 二

辉煌的光
然后 孩子啊
所有的“他人”才会
成为“我”
而你就会看到
天地进入你之内。。。
你会进入
我的真理的福音之中！



O dear child
Whose welfare
Will always be Mine
To you I ask
Only of your one-pointed...
Complete and Unconditional
Devotion toward Me...
Whatever may happen
However much fears
May probe you
You must remember Me...
And Me alone...
And while the obstacles
Undo their knots
You O child
Must remain
Free of them
And their threats...
While you are in the bliss
Of My remembrance
I shall protect you
And give to you
The best...
That you need
For that time!
Never forget
To do the task
That I alone have given
And while you rise
To the task
You must be merry
While beginning it...
While doing it...
While completing it
And while you offer
The results of the task
You must close your eyes
And remember
The glory of My presence
With you... within you...
From the beginning
To its end...



噢 亲爱的孩子
 你的福祉
 总会是我的福祉
 对你 我要求的
 只是你的专一。。。

完全的和无条件的
 对我的虔诚。。。

不论发生什么
 不论有多大的恐惧
 或许前来试探你
 你必须记得我。。。

而只我而已。。。

而当障碍
 解开它们的结时
 噢 孩子 你
 必须保持超然
 不受它们的纠缠
 和威胁。。。

当你正处于怀念我
 的福乐之中时
 我会保护你
 而把最好的。。。

你在那时刻
 所需要的
 给你！
 绝不忘掉
 去执行任务

那是只有我才给了你的任务
 而在你起来执行
 任务时
 你必须高高兴兴
 当开始启动时。。。

当执行时。。。

当完成时。。。

及当你献出
 任务的成果时
 你必须合上你的眼睛
 并记得
 我现身的荣耀
 伴着你。。。在你之内。。。

自始
 至终。。。



It is only
When you offer to Me
Such faith
That I return
To place My Self
In your pure heart
Over and over again!
I know best...
When to do...
Where to do...
How to do...
All you have to do
Is to know that
And remain unseparated
From that knowledge
And I shall do...
The rest...
Nothing comes to you
Without My will
Realize that
And be free of judgment...
O dear child, who,
I will always love
No matter what
To you I ask
To see my love for you
Rather than
See your love for Me...
Nothing or no one
Is devoid of Me...
There is no one
Beyond My reach
There is no one
That I cannot touch
With My love
For Me I can transform
Any heart... however lost
If I have willed
And chosen you...
You and every atom of you
Shall return...
Instantly...



只有当
你供奉给我
这样的信心
那么我就会回来
一而再地
把我的自性
置于你纯净的心内！
我最了解。。。
何时去做。。。
何处去做。。。
如何做。。。
你所必须做的
就是去认知那一点
并保持不与
那认知分隔
而我会做。。。
其余的。。。
没有我的意旨
什么都不降临于你
要认识那一点
而不妄加判断。。。
噢 亲爱的孩子
你是我一直疼爱的
不论发生什么
我要求你
宁可看我给你的爱
而不看
你给我的爱。。。
无物或无人
能没有我。。。
无人
是我所不能达到的
无人
是我所不能
用我的爱去打动的
就我而言我能改造
任何心灵。。。不论它迷失到什么程度
如果我已意愿
并选择了你。。。
你和你的每一个原子
必会回到。。。
立即。。。。



To My abode... and to...
My peace...
I never accept
Anything in return
For what I do for you-
Whatever I ask of you
To do for Me...
Is again for you alone...
For when you smile...
When you are content
When you are peaceful
I am like a mother
That cannot stop weeping
For My child
Has received
My Grace
And is home
With Me!
And always remember
These words-
When remembered
They shall take you
On a journey
From this world
Of madness
To the world
Of truth...
And in that world
I alone am...
Always waiting
With open arms
For your return!



我的住所。。。及。。。
我的平静。。。
我绝不接受
任何回报
于我为你而做的一切 --
我要求你为我
而做的一切。。。
又是为了你一人而已。。。
因为当你微笑时。。。
当你满足时
当你平静时
我就像一个
不能停止哭泣的母亲
因为我的孩子
已收到
我的恩惠
并且与我
一道回家！
总要记得
这些金玉良言 --
在记取时
它们必会引领你
步上一个旅程
从这个疯狂的
世界
到真理（真实）
的世界。。。
而在那世界里
只有我。。。
总是在等候
敞开双臂等候
你的回归！



Closing Message

Peace will arrive
At your doorstep
The moment
You shall place
Your self
In God's hands
Without a single doubt
Without a single question
And once you
Have offered that
With sincerity
And no superficiality
You shall receive
From Him
The power
To see this world
As a mere shadow
That has no true connection
No true value and
No true return...
The power of God
That shall enter you
Shall bring to you
A way
In which you will
Appear to live
In this world
But in reality
You alone shall know
That He alone rises
He alone sets
He alone blows the coolness
He alone showers
The droplets of dew
He alone growls
In the face of the enemy and
He alone smiles...
In the loyalty of a friend...
The power of God
When it shall enter you

终结信息

平和会来到
你的门口
就在你
把你的自己
交到神的手上
的那一刻
没有丝毫怀疑
没有任何问题
而一旦你已
以真诚之心
奉献那给神
而不只是表面功夫而已
你会从祂那儿
接收到
力量
去看这世界
仅如一个影子
它没有真实的联系
没有真实的价值以及
没有真实的回归。。。
那会进入你之内的
神的力量
会带给你
一条康庄大道
在大道上
你看来似乎
生活于这世界上
但实际上
只有你才知道
只有祂上升
只有祂下降
只有祂吹起凉风
只有祂洒下
滴滴甘露
只有祂面对着敌人
发出嗥叫 以及
只有祂发出会心的微笑。。。
于一个朋友的忠诚之中。。。
当神的力量
进入你之内时

You O true one
Shall realize
That the body
In which
You think... speak...
Do and feel
Is the field of righteousness
That God as mother
Himself gave birth to
In order for you
To deserve
The blessed sight
In which you see God alone... and
Nothing else...
The power of God
Vibrates O child
In every atom
Of you and of all else
Nothing is devoid of Him
Even "nothing" alone
Comes from Him
And exists in Him...
You cry
For you see
Your faults
And feel hopeless
And fearful
To put the effort
Toward change
But have you ever
O child
Turned toward Him
However you are
And offered yourself
To Him
Without a doubt
That He shall take care
Without a question
That He alone knows the answer
Have you O child
Turned toward Him
And prayed

你 噢 真诚的人
必会认知
你在其内
思维。。。说话。。。
做事和感觉
的身体
是正义的道场
而作为母亲的神本身
生出身体
为了使你
得到
神圣的视力
在其中你只看到神。。。而
没有其他。。。
神的力量
噢 孩子 振荡于
你和所有其他人
的每一个原子之中
无物不拥有祂
即便只是‘无物’
也来自祂
而存在于祂之内。。。
你哭泣
因你看到
你的缺失
并感到失望
和畏惧
去致力于
改变
然而 噢 孩子
你可曾
转向祂
不论你成了什么
而供奉你自己
给祂
不要怀疑
祂会予你以照顾
毫无疑问
只有祂才知道答案
噢 孩子 你可曾
转向祂
而祈求

For His power to enter you
Have you?...
For if you have not
You must...
God waits
At every step
For you
To turn toward Him
And the Pure One
That senses that
In his heart
Turns and asks God,
"God... I am not yet
Dressed in the perfect attire
Of Purity...
But I know
That the moment
I give myself to you
I will be bathed
In your truth...
What then can remain of me
Other than You?...
Today... However I am...
In whatever circumstance I am
Whatever my mind may contain
However my heart may fear
I, O Lord give myself to You!"

OM TAT SAT

祂的力量进入你之内
你曾否？
而如果你未曾
你就必须。。。。
神在每一步
都等着
你
去归向祂
而在内心
有所感觉的
纯净者
转而问神，
“神啊。。。我尚未
穿上纯净之
完美服饰。。。。
但我知道
就在我把自己交给您的
那一刻
我就会沐浴于
您的真理之中。。。。
那时我还能存有什么
除了您之外？。。。。
今天。。。不论我是什么。。。。
不论我处于何种情境
不论我的心念怀持什么
不论我如何心悸
我，噢主 把我自己交给您！”

OM TAT SAT

Epilogue

The spiritual dialogue will continue... always... between the Lord and the lover of God. There is no one who can stop the word of God to enter the heart of His beloved. Such is the word of "Sai Darshan" in which the author Seema M. Dewan received the love of Sai in the moments of Divine Inspiration. Within this word is knowledge supreme. The one who dives deep into its love shall receive the pearl of wisdom. Wisdom is the sight with which one can live life without desiring perfection. Perfection is contentment with whatever you have and being peaceful in the love for God. Such a one does not move helter and skelter as time moves but instead he takes the wheel of time and stations it in his faith in the Supreme Being.

At every moment believe from the depths of your heart that, "All is well... Whatever is happening is the will of God... Whatever I see before me is not true... What is true is God and His presence that is always with me. And I shall see Him only if I shall have the strength to believe... this very moment that I am in God... and God is in me."

Let this be your thought... Let the purity of this thought becomes your word... Let the purity of the word become your feeling... Let the wave of this feeling prompt you into the fulfilling service of Sai... our beloved Guru... the Universal Master... and the Supreme God... who walked on this Earth to serve man... His child...

后记

灵性的对话会继续下去。。。永远。。。在主与神所爱的人之间。没有人能阻止神的金玉良言进入祂心爱的人之内。这就是《赛显现》的金玉良言，在祂心内，作者希玛德婉在神圣灵感到来的那一刻接收到赛的爱。在这金玉良言之内是至高无上的知识。凡潜入其爱之中的人会得到智慧的精华。智慧即想法，一个人可因之而过一个没有渴望完美的生活。完美即知足，知足于其所拥有的和获得平静于给神的爱之中。这样的一个人不会随着时间的流逝而仓促行事，他反而能掌握时间的巨轮而把它驻扎于他对神的信心之中。

每一刻都从内心深处相信，“一切都会安然无事。。。不论发生什么无非神的意旨。。。在我面前所看到的一切都是虚幻的。。。真实的是神及其一直伴着我的存在。而我必会看到祂只要我有力量去相信。。。就在这一时刻我在神之内。。。而神也在我之内。”

让这成为你的思想。。。让这思想的纯净成为你的话语。。。让话语的纯净成为你的感觉。。。让这感觉的波浪促使你实践赛。。。我们敬爱的导师。。。宇宙的主宰。。。和至高无上的神。。。的服务。。。祂活动于这世间来为人。。。祂的孩子服务。。。。

The Way to God

Service is the beginning
Of Devotion...

Devotion is the beginning
Of Faith...

Faith is the beginning
Of purity...

Purity is the beginning
Of Love...

Love is the beginning
Of Truth...

Truth is the beginning of Divinity...

Divinity is the beginning
Of God...

归神之道

服务是虔诚
的开始。。。

虔诚是信心
的开始。。。

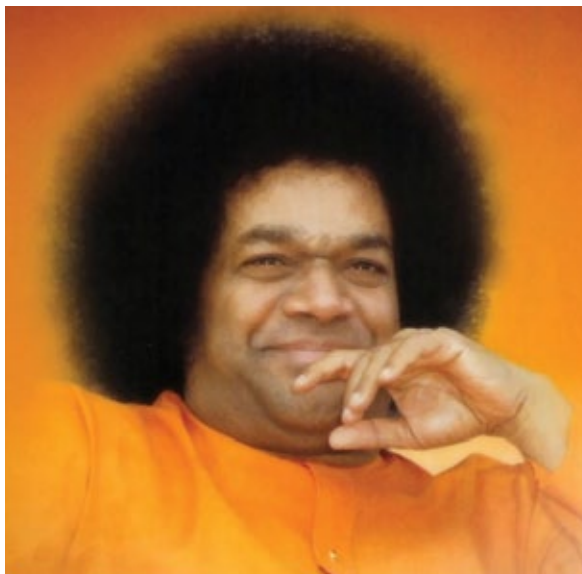
信心是纯净
的开始。。。

纯净是爱
的开始。。。

爱是真理
的开始。。。

真理是神性的开始。。。

神性是神
的开始。。。



Do not be afraid
For Sai
Has gone nowhere...
He has taken
But...A step closer to you...
Whoever He calls...
From wherever...
Whenever...
However...
That one
Shall receive
The grace
Of His Love
And that Love
Shall take
His child across
The ocean of samsara
With the oars of...
Faith...
And patience...

不要害怕
因为赛
哪儿都没去。。。
祂已经迈出了
仅是。。。更接近你的一步。。。
不论祂呼唤谁。。。
呼唤自何处。。。
何时。。。
如何。。。
那一个人
必接收到
祂的爱
的恩宠
而那爱
会引领
祂的孩子渡过
生死轮回的海洋
凭借信心。。。
与耐心。。。
的桨。。。。