

A - 35

Whether you are walking on My path,
Or another is lost,
My love for both is equal.
For one I encourage to continue his journey,
And for the other,
I have come to transform.

A - 36

All that you face today,
Are nothing but your own karmas,
For God does not punish and bring misery.
That is why I walk amongst you today,
To see which fruit is ripe to come home with Me,
And which one has to stay on the tree still.
So ignore all your miseries
Your karmas have brought upon,
And realize your truest misery,
Of your separation from Me.
I give you all the options, but it is you that chooses.
Choose Me !
And end it all !

A - 37

The qualities and defects you see in others,
Are none other but those which are in you,
Present in different proportions.
Recognition of them would not be possible,
If they were not, but a reflection of yours.
So only look upon their qualities
And ignore their defects,
And improve yourself thereby.

A - 35

你是否正步上我的道路，
抑或，另一个人正迷失了方向，
我给两者的爱是
平等的。
对前者，我鼓励他继续前进，
对后者，我已来改造他。

A - 36

你今天所面对的一切，
不是别的而是你自己的业，
因为神不惩罚人而带给人痛苦。
我之所以在你们之间走动，就是要
看看哪一个果子成熟，可以跟我回家，
而哪一个还必须留在树上。
所以，不要在意你所有的痛苦，
那是你的业带来的，
并要认清，你真正的痛苦是
你的离开我。
我给你所有的选择权，一切的取舍由你。
取我吧！
并究竟一切！

A - 37

你看到在他人之内的优点和缺点，
其实都在你之内，
以不同的比例呈现。
若非它们仅是你的一个反映，
要确认它们是不可能的，
所以，只看他们的优点
而不在意他们的缺点，
并因此而改进你自己。

A - 38

I have come to erase all your faults.
Every mother wants her child to be perfect.
I have come to teach you the school of "life"
In My school,
I expect the highest degree of discipline.
Humbleness and a strong character,
Are My prerequisites for admission.
After that, I face you with a series of tough tasks,
And when I think you are ready
To pass your final examination,
I hand out your degree and set you free.

A - 39

In your heart, open the book of love,
Give Me this love with unchanging faith.
And once this faith is as solid as a rock,
Carve My name over it again and again.
And after you have moulded this rock,
Totally in My form,
Have the patience to know that I will be there,
To ferry you across the stormiest of seas.
When I receive this gift of love,
Of your unchanging faith and patience,
I will lodge Myself in your book of love,
And prompt you the way to Me.

A - 38

我已来擦掉你所有的缺点。
每一个母亲都希望她的孩子完美无缺，
我已来教导你们‘生命’的课程
在我的学校里，
我期望最高程度的纪律。
谦逊和一个坚强的性格，
是我的入学要求。
之后，我让你面对一系列艰巨的任务，
而当我认为你已做好准备
去通过你最后的考试时，
我颁发学位给你，让你毕业。

A - 39

在你内心，翻开‘爱之书’，
带着万变不渝的信心，把这爱给我。
一旦这信心坚如磐石，
那么，你就一再重复地刻上我的名字。
而在你已把这石块完全塑造于我的形相之内后，
要有耐心去认知，我会在那儿，
渡你横越波涛汹涌的海洋。
当我收到这爱、这不变的信心和耐心的礼物时，
我会住进你的‘爱之书’，
并在归向我的灵道上推动你前进。

A - 40

Build a beautiful temple within,
And let it reflect in your character.
Let the beauty from within
Come out and reach out.
Start the foundation with your faith,
Slowly build the walls with your love.
Cover the ceilings with your devotion.
Put within it lights of truth.
A carpet of peace.
Then close your eyes and sit with patience.
Wait for Me.
I will come,
I have come to stay.
You have built My home for Me.

A - 41

Whatever I created was to give you peace.
Unending ranges of towering mountains,
Blue skies, stars, moon and sun,
Surrounded by oceans, trees and birds.
Leaving all this, you search for things
That give you worry.
That which you created
To give yourself temporary happiness,
Increase your desire and leave you only wanting.
End this rat race that leaves you so unpeaceful.
Turn back around,
It may not be too late for you to return to Me.
Don't keep Me waiting.

A - 40

要建立一所富丽堂皇的庙宇于你内在，
并让它反映于你的人格上。
让美从内在展现出来。
以你的信心去奠定基础。
以你的爱 慢慢地去砌上围墙。
以你的虔诚去盖上天花板。
安装真理的灯光于其内。
铺上平和的地毯。
然后闭上你的眼睛，耐心地坐着。
等着我。
我会来。
我已来住下。
你已为我建立了我的家。

A - 41

凡我创造的一切无非为了赐予你平和。
高山绵延，蓝天覆盖，星星闪烁，月亮和太阳高照，
海洋环绕，树木与飞鸟点缀。
放开这一切，你反而去寻求
令你担心的事物。
你创建出来
提供你短暂快乐的那一些，
增加你的欲望而只留下欠缺。
结束这令你感到那么不平静的、没完没了的竞争吧！
转过头来，
归向我，为时未晚。
不要让我等待。

A - 42

The calamities that sometimes fall upon you,
Are merely an excuse to reach Me.
I will,
You come!
I set My eyes upon you,
Your eyes look back and recognize that,
My love for you is true.
So come to Me and test,
I will set free all your fears and doubts.
Place your faith at My feet.
Escape the bondage
And attain liberation!

A - 43

Spread your hands before Me,
And let Me give you My gift of love.
A love that soothes all wounds,
No matter how much it hurts.
So get up and move on with My strength,
No more stones and no more thorns,
For I am ahead and I have cleared your way.
Just follow closely in My shadow.

A - 44

There are two ways of love.
One in which you give love
And accept love in return.
The other in which,
You give love, give love, give love...
This love is endless.
It is divine.
It is Me!
So love to give love
And in return receive Me.

A - 42

有时，降临于你的灾难，
仅是一个借口让你来归向我。
我希望，
你来！
我把目光投向你，
你回头看而认知，
我给你的爱是真实的。
那么，到我这儿来试试看，
我会解除你所有的恐惧和怀疑。
置你的信心于我脚下。
逃出束缚
而获得解脱！

A - 43

在我面前，把你的手伸开，
并让我给你，我的爱的礼物。
那是抚平你所有伤口的爱，
不论伤口多深多重。
那么，就借我的力量站起来而往前走吧，
路上不再有石头也不再有荆棘了，
因为我在前面而我已为你清除路上的障碍。
你只要紧随着我的影子就得了。

A - 44

爱有两种方式。
一种是，你把爱给人
并接受爱的回报。
另一种是，
你给爱，给爱，给爱。。。.
这爱是无尽头的。
它是神圣的。
它就是我！
那么，为给爱而去爱吧！
你的回报就是得到我。

A - 45

My eyes direct your eyes the direction to see Me.
My ears direct your ears to hear only of Me.
My smile shows you the happiness I bring.
My hands show your hands
How to serve Me in everyone.
My heart shows you the love I have for you.
Use your body,
As an instrument I have given to you,
To bring yourself to Me.

A - 46

Pray sincerely,
When you are surrounded by darkness,
The darkness of ignorance,
Which loses your peace.
Ask for the “teacher” from the Lord,
To help you, show you the way.
When suddenly, you will see a light,
And a sound of footsteps at the corner,
A muffled voice that prompts you.
And as you pray harder and harder,
The voice that prompts gets clearer and clearer.
You are now surrounded by a sense of security,
And the voice declares, “The Guru has come!”

A - 47

Do not waste your time
In discussing My teachings.
Use the time
To understand them,
To practice them,
And to meditate on them.
Discussion only breeds arguments,
And feeds the ego.
So stay quiet,
And assimilate My words alone.
For I speak,
Only when the mind is calm and silent.

A - 45

我的眼睛指示你的眼睛朝向我。
我的耳朵指示你的耳朵只听有关我的事情。
我的微笑指示你，我带来的快乐。
我的手指示你的手
如何在每一个人之内服务我。
我的心指示你，我给你的爱。
利用你的身体，
作为一个工具，我已给了你的工具，
以便把你带到我这里。

A - 46

衷心地祈祷，
当你被黑暗笼罩的时候，
‘无知’的黑暗，
使你失去平和的黑暗。
向主祈求‘导师’，
来帮助你，指示你正确的道路。
突然间，你会看到一个发光体，
及在角落头的一个脚步声，
一个催促你的低沉的声音。
而当你祈祷得更热烈，更热烈时，
那催促的声音就更清晰，更清晰。
你现在被一股安全意识所包围，
而那声音宣称，“导师来了！”

A - 47

不要浪费时间于
讨论我的教导。
利用时间
去理解它们，
去实行它们，及
去沉思它们。
讨论产生争辩
和喂养自我。
所以要保持缄默，
并且，只吸取我说的道理。
因为，只有在心念平静和沉默的时候，
我才说话。

A - 48

Let your mind have no thoughts,
Other than Mine alone.
The mind is a frog leaping from thought to thought,
Leaving you in an unrestful state.
Allow Me to open the door and enter into your life,
To tame your mind.
Like a circus ring leader,
Let Me train your mind to think of Me,
And elevate your beast-like thoughts
To divine ones.

A - 49

Before your troubles arrives,
I am present the day before,
To prepare you and give you strength,
To show you I am always there.
I want to seize your fears,
Make you brave.
So smile my bhakta,
“Why fear when I am here,”
I say over and over again.

A - 50

When your love for Me is true,
I respond at all times.
My words echo,
“I know, I am present, do not worry”,
When you hear these words,
Know for sure,
That the fairy tale will end “happily ever after”.

A - 48

让你的心念不存有思想，
只保留我的。
心念是只青蛙，从一个思想跳到另一个思想，
陷你于一个不平静之境况。
让我把门打开并进入你的
生命之中，
以驯服你的心念。
就像一个马戏团的总指挥一样，
让我训练你的心念去忆念我，
并把你兽性的思想
提升至神性的思想。

A - 49

在你的苦难降临前一天，
我就在场了，
协助你做好应对的准备并提供你力量，
同时让你知道，我一直在那儿。
我要抓住你的恐惧，
使你勇敢起来。
那就开心地笑吧，我的虔诚者，
“为什么怕，有我在此，”
我一再的重复这句话。

A - 50

如果你对我的爱是真的，
我无时无刻不回应你。
我的话发出回响，
“我知道，我在场，别担心”，
当你听到这些声音时，
要确认，这童话会以
”从此以后，快乐幸福”作为终结。

A - 51

Once, a young man passed Me on a road,
With a lot of baggage on his back.
“What do you look for?” I asked.
“I look for God”, he said.
I said, “Come let Me show you the way.”
He laughed and thought of Me mad.

him older,
Passing on the same road.
He had more baggage on his back.
Looked a little older and more tired than before.
“What do you look for?” I asked.
“I look for God”, he said.
“Come let me show you the way,” I said.
He laughed aloud and brushed me aside.

Forty years later I saw him again,
Old and very grey.
His vision blurred and could hardly walk,
With even more baggage.
He came up to Me and asked,
“Do you know where God is?”
He looked into My eyes and said,
I know now who You are,
But it is too late now.
How can I make this journey,
For my body lacks strength.

I smiled and reminded him,
That I always give another chance.
There is always another birth, I said,
For you to start your journey all over.

So do not waste time
Taking several births.
In every birth at one stage,
You will find Me standing and waiting.
For I have always chosen
A path for you long before.
So place your faith in Me,
Hold My hand,
And walk with Me
Back home.

A - 51

有一次，一个年轻人从路上经我而过，
身背很多行李。
“你寻找什么？”我问。
“我寻找神”，他说。
我说，“来，让我指示你寻找神的路。”
他笑笑而认为我有毛病。

十年后，我看到他老了许多，
经过同样的路。
他背上背着更多的行李。
他样子看起来比以前老些也比以前疲惫。
“你寻找什么？”我问。
“我寻找神，”他说。
“来，让我指示你寻找神的路，”我说。
他大笑而不理会我。

四十年后，我再次看到他，
苍老而满头白发。
他视力模糊，双腿也几乎走不动，
而背上的行李甚至更多了。
他走向我而问，
”你知道神在哪儿吗？”
他看着我的眼睛而说，
我现在知道你是谁，
但为时已晚。
我如何步上这旅程，
因为我力不从心啊。

我莞尔而笑并提醒他，
我总会提供另一个机会。
我说，总是有另一个诞生，
让你从新启程的。

所以，千万不要浪费时间
而再轮回几次。
在每一个诞生，都有一个阶段，
你会看到我站在那儿等候。
因为我总是很早就为你
选择了一条途径。
所以，要对我有信心，
握住我的手，
并与我一道
走回家去。

A - 52

Connect a phone line
Between you and Me,
And call on Me, whenever you yearn
To hear My voice speak.
If the phone rings and no one answers,
Do not think I am not there.
For one day when your yearning
To speak to Me is really true,
I will pick up the phone,
And you will hear Me say, "I love you too!"

A - 53

There is only one gift that I accept -
Your love for Me that comes from your heart.
A love that comes spontaneously,
Expecting no rewards.
When I see this earnestly,
I stand right before you,
Directing you in every way,
To bring you closer.
So come My child,
Come dance with Me,
Arm in arm together.
Pour all your love into Me,
And merge with Me forever.

A - 52

在我你之间，接上一条电话线，
渴念我时，就打个电话给我，
听听我说话的声音。
如果电话响了而无人接，
不要以为我不在那儿。
如果有一天，你真的渴望和我说话，
我会拿起电话，
而你会听到我说，“我也爱你！”

A - 53

我只接受一样礼物--
来自你内心的，给我的爱。
一个自然流露的爱，
一个不求回报的爱。
当我热切地看到这一点，
我就站在你面前，
给你方方面面的指引，
以使你更亲近我。
那么来吧，我的孩子，
来和我共舞，
臂挽臂地共舞。
注入你所有的爱于我，
而永远与我结为一体。

A - 54

Gather My love in your arms
And hold it close to you.
Let it enter in your heart,
And sing My name within,
Sai Ram, Sai Ram, Sai Ram...
Let the name flow
From every cell of you.
Let Me be your constant friend,
Though there is no one around you.
I promise never to break
This bond ever with you.
I have come to hold your hand
In this life and the next one too!

A - 55

Let your home resound,
With names no other than those of Mine.
It will create peace within you,
And those around.
For constant repetition of My name,
Forces Me to come and visit,
And My presence will be immediately known
With the calmness which settles your mind.
Om Shanthi! Shanthi! Shanthi!

A - 54

把我的爱收集于你的怀抱
而紧紧地抱着它。
让它进入你的内心，
并在心中赞唱我的名号，
赛罗姆，赛罗姆，赛罗姆（Sai Ram）。。。
让名号畅然流自
你的每一个细胞。
让我成为你忠实的朋友，
即便你周遭一个人都没有。
我答应，决不切断与你的联系。
我已来握住你的手
在这一世也在来世。

A - 55

让你的家响起名号，
只是我的那些名号。
它会树立起平和于你，
及你周围的那些人，的内在。
因为不断重复念诵我的名号，
促使我前来叩访，
而我的出现会立即被察觉
当你心念平静的时候。
噯 平静！ 平静！ 平静！

A - 56

With My hands on My chin,
A smile on My lips,
Tears in My eyes,
I watch your every moment,
For at times you make Me proud
And at other times you hurt Me,
Leaving Me confused.
Should I stay, or should I leave?
I think at all times.
O but My child needs Me!
So I dry My eyes,
And hope and wait,
That one day your faith will grow stronger.
One day it will be only a smile and no tears.
I wait for that moment.
Please do not disappoint Me.

A - 57

There is a voice surrounds you,
Speaks My words,
Echoes My name,
Creates a love for Me within.
Pay attention and listen to it always.
Listen and act accordingly,
When in front of you,
Slowly I form,
First a vision,
Then in true form,
And I confirm My presence
To your love's call!

A - 58

When you speak of a world beyond,
You are filled with doubts.
They are mere guesses.
Ask Me,
For I know for sure.
I come from there!

A - 56

我以双手撑着下颚，
嘴唇露出微笑，
泪水浸湿眼睛，
我每分每秒都看守着你，
因为，时而你令我感到骄傲
时而你又令我感到伤痛，
留下困惑给我。
我该留下或离开？
我一直在想。
啊！但我的孩子需要我呀！
于是，我拭干眼睛，
期望着，等待着，
有一天，你的信心会更坚强，
有一天，你的脸上只有微笑没有泪水。
我等待着那一天的到来。
不要令我失望。

A - 57

有一个声音环绕着你，
说出我的训示，
重复我的名号，
树立一个给我的爱于你内在。
要常常注意它和聆听它。
在你面前，
慢慢地，我成形，
开始时是一个幻象，
然后是真实的形相，
而我确定我的出现
是应你的爱的呼唤！

A - 58

当你谈及一个非凡的世界时，
你充满怀疑。
它们仅是推测而已。
问我，
因为我确实知道，
我是从那儿来的！

A - 59

There is a new love for you to discover,
For which I need firmer faith,
More spiritual effort,
A patience that perseveres.
So walk into the light,
Where there is no darkness.
Demand for Me!
Know the truth!
Be released!

A - 60

You pass your life in lies,
I stay quiet.
You hurt others,
I stay quiet.
Your acts kill the 'Me' in you,
I stay quiet.
The force of karma shows your future.
You face miseries,
And wonder,
"What did I do wrong?" you ask Me.
I stay quiet.
I speak only when your quest for Me is sincere.
Ask Me for My help.
Do not blame Me for your actions.
To Me you are already dead.
When the 'Me' in you is quiet,
Awaken the soul,
Forget the body,
And begin your conversation with Me.

A - 59

有一个新的爱等你去发掘，
对此，我需要你更坚强的信心，
更努力的灵修，
以及一个坚韧不拔的耐力。
那么就走入光中吧，
在那儿没有黑暗。
求取我！
认知真理！
走出来！

A - 60

你纵容谎言，
我保持缄默。
你伤害他人，
我保持缄默。
你的行动抹杀在你之内的“我”，
我保持缄默。
业的威力展示你的未来。
你面对痛苦，
并惊讶，
“我到底做错了什么？”你问我。
我保持缄默。
只有在你的请求我是真诚的，我才说话。
向我求助吧！
不要因为你的行为而怨我。
就我而言，你已死亡。
当在你之内的“我”沉寂时，
要唤醒灵，
忘却身，
并开始与我对话。

A - 61

Where there is love,
There, there is truth.
For true love comes,
Spontaneously from the heart.
It is not planned,
Nor is thought about.
It springs out from within,
Waiting to be accepted.

A - 62

I am present, I am there
Everywhere,
Waiting to be recognized.
By your acceptance of My love
Do not reject this precious gift,
For I respond "Yes" to "Yes" and "No" to "No"
So say "Yes, Yes",
And let this current of divine love
Find the way to you.

A - 63

Purify yourself with acts of love.
Do it selflessly.
Let there be no "I" involved.
Each act carried in My presence,
Takes a little dirt away.
Cleanse yourself and strive for the best,
The best in you is Me.

A - 61

哪里有爱，
哪里就有真理。
因为真爱自然流露自内心。
它不经策划，
也不经考虑。
它从内在跃出，
等着被接受。

A - 62

我出现，我在那儿
我在每一处，
等着被承认。
既接受我的爱
就不要拒绝这珍贵的礼物，
因为，我以“是”回应“是”，以“不”回应“不”
所以，要说“是，是”，
而让圣爱的这个电流
找出流向你的途径。

A - 63

以爱的行动去净化你自己。
要无私地去做。
不要让“自我”涉入。
在我的面前执行的每一个行动，
都带走一些污垢。
清涤你自己并力求圆满，
在你之内，最圆满的可就是我了。

A - 64

Give your love to those who need,
O but, push yourself, a little bit more.
Be kind to those in misery,
O but, push yourself, a little bit more.
Be compassionate
To those who are sick and helpless,
O but, push yourself, a little bit more.
Be patient with all children.
O but, push yourself, a little bit more.
Give encouragement to our youth
O but, push yourself, a little bit more.
Be respectful to your elders,
O but, push yourself, a little bit more.
Push yourself one step ahead,
With every act you do,
And soon you will find,
That your spiritual effort
Will bring you to a road that leads directly to Me.

A - 65

I do not make decisions
Only on your present situation,
For I have known the past,
More than you can ever remember,
And I see your future ahead.
I decide, when I look at
Your past karmas,
Your present spiritual effort.
That determines your future.
Spread your hands,
Ask for My grace,
Spiritually discipline yourself,
And leave the rest to Me.

A - 64

把你的爱施与那些需要的人，
哦但是，要推动你自己，再多一点。
要善待那些不幸的人，
哦但是，要推动你自己，再多一点。
要怜悯那些患病者和无助者，
哦但是，要推动你自己，再多一点。
要有耐心对待所有孩子们，
哦但是，要推动你自己，再多一点。
要鼓励我们的青少年，
哦但是，要推动你自己，再多一点。
要尊敬你的长辈，
哦但是，要推动你自己，再多一点。
推动你自己跨前一步，
随着你所做的每一个行动，
而不久，你会发现，
你在灵修上的努力
会引领你步上直接归向我的康庄大道。

A - 65

我不会只基于你的现状
而作出裁决，
因为我已知道你的过去，
比你所能记忆的尤多，
而我也看到你的未来。
当我看清你过去的业，
你目前在灵修上所作出的努力，我才裁决。
那决定你的未来。
把手伸出来，
祈求我的恩典，
致力于灵性修持，
并把其他的一切都交给我。

A - 66

For some I stand before them on one call for Me.
For others I do not appear for their life time.
I weigh your devotion on your sincerity to love Me.
It is not a race as to who stands first.
So start your spiritual sadhana.
This sadhana
Has to be practiced hard at every moment.
It is like creating taste for a new dish.
You may not like it at first,
Then it may become tolerable.
And if you eat it often enough
It may become your favorite dish.
So make Me a staple in your diet.
Let Me become your energy
To carry out your actions.
I am present at all times,
So make a sincere search for Me.
Surround yourself with Me.
Do all that you do with My form
Constantly imprinted in front of your eyes.
A time will come
When this sadhana will need no effort.
It will come from your heart.
It will be as spontaneous as your breathing.
At that time as you think of Me,
I will appear in front of you,
In whichever form you would like to see Me.
I have no form, I take one for you.
I in reality am only love.

A - 66

对一些人而言，他们只呼唤我一次，
我即站在他们面前。
对另一些人，在他们一生中，我都没有出现。
我以你爱我的真诚来衡量你的虔诚。
它不是一个竞赛，看谁先站起来。
所以，还是开始你的灵性修行吧。
这灵性修行
每一刻都必须勤奋练习，不可懈怠。
它就像品尝一道新的菜肴。
初时你或许不喜欢，
接着你觉得还可以，
而如果你常常尝试，
它也许就变成你所嗜爱的佳肴了。
所以，要使我成为你主要的菜肴。
让我成为你的活力
以执行你的行动。
我无时不出现，
所以，要真诚地寻找我。
让我围绕着你。
做你要做的一切时
要把我的相不断地印在你的眼睛之前。
有朝一日
这修行会变得毫不费力，水到渠成。
它会来自你的内心。
它会像你呼吸一样的自然。
那时候，当你念及我，
我会出现在你面前，
以你所喜爱的任何形相出现。
我无相，为你，我采取一个相。
其实，我只是爱。

A - 67

Reading of Me constantly gives your mind,
A constant duty of thinking of Me only.
When the mind thinks of Me,
It is rested and calm.
You are never lonely,
For I become your constant companion.
When I am with you always,
You lose all fears,
Fears of your enemies,
Which are within you and around you.
Your cleansing process has now begun!

A - 68

Do not cry tears of sorrow,
Nor those of pity,
For they depict your lack of faith in Me.
I have come to wipe your tears,
To make your faith stronger,
To help you fight this feeling of weakness.
No you are not alone!
For I have come to inspire you,
To wage this war within,
To conquer the enemies that lie within.
No, you are not alone!
Together we shall accomplish this mission.
Just have faith.
Together we can beat any army,
Win any battle.
Just have faith.
And I will face all the arrows.
I have come to take your pain,
To dress those wounds you inflict upon yourself.
No, you are not alone!
Have faith, for My feet are ahead,
And you are in My shadow.

A - 67

不断地阅读有关我的一切，会给你的心念带来，
一个唯我是念的不变的义务。

当心念想着我时，
它就安息和平静下来。

你绝不孤单，
因为我是你忠实而不变的友伴。

当我常与你同在时，
你摆脱畏惧，
对你敌人的畏惧，
这些畏惧在你之内，在你周围。
你的清涤过程现在已经开始了！

A - 68

不要流下哀伤的眼泪，
或那些同情的眼泪，
因为它们说明你对我缺乏信心。

我来了，来拭干你的泪水，
来使你的信心更加坚强，
来助你战胜这懦弱的感觉。

不，你不孤单！
因为我已来鼓舞你，
去进行这场内在的斗争，
去征服寓于你之内的敌人。

不，你不孤单！
我们会一起完成这个使命。

只要有信心。
我们一起可以击败任何军队，
赢得任何战斗。

只要有信心。
我会做你的挡箭牌。
我来了，来带走你的痛苦，
来包扎你给自己造成的创伤。

不，你不孤单！
要有信心，因为我的脚步在你前头，
而你正处于我的影子之内。

A - 69

In the darkness of the night,
In a very dense forest,
A tiger strides, stealthily, stalking it's prey.
He hides and waits,
And at the most unexpected moment,
Leaps and victimizes the prey.
Do not be a victim.
Do not be the prey.
Be alert, at all times!
The tiger is nothing but your own senses,
That recognize your weakness,
Stalks you, and hides and waits,
And in your most vulnerable moment,
Leaps and victimizes you.
You die a hundred deaths in one lifetime,
Every time you give in to your senses.
Something dies within you.
Be a survivor and choose to die only once.
Let that be the death of your ego.
Kill it once and for all,
And let Me live within you forever.

A - 70

Do you know the power in reciting My name?
It is the spiritual power to reach Me.
A direct wireless message is sent to Me,
When, with all your heart, you repeat My name.
Think of me and nothing more,
And my eyes will be set on you,
Loving you with My glance,
Like a mother to her child,
Blessing you with My divine love for always.

A - 69

在黑夜里，
在浓密的森林里，
一只老虎迈步、悄悄地跟踪它的猎物。
它隐蔽其身，等待时机，
而在最意想不到的时刻，
扑向猎物，一举而得。
不要沦为牺牲品，
不要沦为猎物。
时时保持警觉！
老虎不是别的而是你自己的感觉，
对你的缺点，了若指掌，
并悄悄地跟踪你，藏起来和等待机会，
而在你最脆弱的时候，
跳出来捕捉你。
你在一生中，死亡何止百次，
每一次你都屈服于你的感觉之下。
有某种东西死于你内在。
要成为一个存活者而选择只死一次。
让那死亡的成为你的自我。
一次把它去掉，一劳永逸，
并且让我永远寓于你的内在。

A - 70

你可知道，念诵我名号的威力？
它是灵性的威力，推动你归向我。
当你全心全意地重复念诵我的名号之时，
一个直接的无线电信息传给我。
只想着我，没有别的，
而我的视线会投向你，
以我的一瞥去爱你，
像一个母亲对她的孩子一样，
我总是以我神圣的爱去祝福你。

A - 71

Bend yourself and place your head on My feet,
And give Me your mind,
Filled with restless thoughts.
In return take from My feet,
All the love and peace I have to offer.

A - 72

Every word uttered by Me,
Has a very deep significance to it.
For you to understand it,
One reading is not enough.
Hear My words, with concentration,
Submerge your heart in Me.
With constant reading and My grace,
I will bless you to understand Me, a little bit more,
With every effort put by you.

A - 73

Reading constantly about Me,
Is nothing but controlling the mind
To be focused on Me
And to prevent diversion to other thoughts
That only submerge Me,
And emerge the ego.

A - 71

弯下身子，把头置于我的足前，
并把你充满挂虑不安的心念交给我。
从我脚下，带回
我提供的所有的爱与平和。

A - 72

我说的每一句话，
都具有深邃的意义。
要理解它，
仅凭阅读一遍是不够的。
你必须专心聆听我的训示
把心沉浸于我之中。
凭你不断的阅读及我的恩典，
我会祝福你，使你更多一点了解我，
于你所作出的每一个努力。

A - 73

不断地阅读有关我的一切，
不是什么而是控制你的心念
使之聚焦于我
并防止它被
只淹没我和彰显自我的
其他思想所分散。