

A - 74

Do not think that when you come to Puttaparthi,
All your problems will be solved.
For I do not reside in Puttaparthi alone.
Everything will be resolved when you realize,
That my closest home is in your heart.
I call you to Puttaparthi,
Only when I see you struggle,
To communicate with Me at all times.
I bring you here, transform slowly your thoughts,
And send you back home,
Putting you on the path in which you belong.
So have confidence in your devotion.
Go back home from here today,
And resolve to find Me right where you live.
Believe Me, I live there too!
Know that and end your search.

A - 75

When I reveal My true form,
Even animals and insects recognize Me.
So do not think that
Only recognition of My form is enough.
Yes, God is walking among you!
Knowing and believing that is only the first step.
I expect much more from you.
Recognize Me, understand Me, believe in Me,
And most important of all, love Me.
With your love, find Me in all that I have created.
Loving one and hating another,
Is but your own folly.
Do not delude yourself,
For how long are you going to live
With this limited knowledge?
God and you are not separate entities.
Loosen all your attachments,
Give up all your hatred,
And experience your oneness with Me.

A - 74

不要以为，一旦你来到布达巴地，
你所有的问题便迎刃而解。
因为我不只住在布达巴地。
只有当你认识到，我最近的家就在你内心时，
一切才会迎刃而解。
看到你挣扎，
我才叫你到布达巴地来，
以便你时时和我联系。
我带你来此，慢慢地改造你的思想，
并把你放在原本属于你的道路上
而送你回家去。
所以，要对自己的虔诚有自信。
今天，就从这里回家吧，
并下定决心，在你所住的地方去找我。
相信我，我也住在那儿呀！
要认识这一点而结束你的到处寻找。

A - 75

当我揭开我真相的面纱，
即便鸟兽昆虫也认得我。
所以不要以为
只认识我的相就够了。
是的，神在你们之中走动！
认识和相信仅是第一步。
我对你的期望还更多。
认识我，了解我，相信我，
而最重要的是，爱我。
以你的爱，在我创造了的万物中去找我。
爱此而恨彼
是你的无知。
不要自欺欺人，
你还会继续忍受这有限的知识多久呢？
神和你是不可分开的实体。
放掉你所有的执着，
抛弃你所有的憎恨，
而体验你和我的单一性。

A - 76

Everyday when you sit and pray,
You ask Me things which are needless,
For the people you ask Me to take care and bless,
Are already in My protection.
If they know Me or not,
I know them and love them.
I take care of all's welfare.
Then why do you give Me chosen names?
When I stand in front of you,
In your prayers each day,
Pray for what I have really come to give -
Faith in Me, love for all,
And attachment to none but that to self.
Leave your worries at My feet,
Unburden yourself,
And in your prayers
Ask Me as to what it is you want.
I know what you need.
I have come to give it.
So close your eyes,
And let Me be the author of your prayers.

A - 77

Any act done against My true nature,
By you in this birth,
Determines only your own suffering.
That is fulfilled by you in this or the next few births.
So base your actions upon
Those which are in My true nature.
Do not go against the flow of the river,
You will only cause confusion and face pain,
Hit against rocks,
Face the angry force of nature,
And finally drown in your ego.

A - 76

每一天你坐下来祈祷，
祈求无谓之物。
你祈求我照顾和赐福的人
已在我保护之下。
不论他们是否认识我，
我认识他们并爱他们。
我照顾所有人的福祉。
那么，为什么你还给我一些特选的名字？
当我在你每天祈祷中
站在你面前的时候，
祈求，我实际上已来赐给你的---
对我的信心，给众生的爱，
及，执着于自性而非他物。
把你的忧虑留在我的脚下，
卸下你的负担，
而在祷告中，问我，你所需要的是什么。
我知道你所需要的。
我已来给你。
所以，闭上你的眼睛，
而让我成为你祈祷的筹划者。

A - 77

在此生中，你所做的任何
违反我真实本质的行动，
只决定你自己的痛苦。
那是你自己在今世或几个来世中所要承受的。
所以，要把你的行动，
规范于我的真实本质之下。
千万不要逆流而行，
你只会引起困惑和面临痛苦，
触礁，
遭遇自然的凶猛压力，
而最终，在你的自我中溺毙。

A - 78

Tell Me all your secrets
And let Me keep them with Me.
Accept Me as your best friend
And be assured that I will always be there,
In clear skies or when dark stormy clouds
Come your way,
I will not only hear you
But always rescue you
From all your faults.
Do not let another come between you and Me,
For no one's loyalty
Compares to Mine.
No one's hold can give you the strength
And no one can ever give you love like Mine.

A - 79

Let Me be your doctor,
Come to Me with all your illnesses,
Which you suffer from now,
And maybe for births to come.
You do not need an appointment,
I am always available,
Tell Me truly all your symptoms,
And I will cure you with My simple remedies
Of Love, Peace, Righteousness and Truth.
They cure you instantly and set you free.

A - 80

Sometimes when I am a part of your dream,
The dream itself becomes the reality
I come, and I instruct.
I love and I bless
And when you open your eyes
Your dream ends
You smile and with My vision in your eyes
You say, "Swami has come!"
Life then becomes the dream of "I" the reality.

A - 78

告诉我，你所有的秘密，
并让我为你保存。
接受我为你的密友
并肯定我会一直在那儿，
在晴朗的天空或暴风雨云来临时，
我不但会听到你，
也总会从你的错误中拯救你。
不要让另一个人介入于你我之间，
因为没有人的忠诚
能和我的相比。
没有人的拥护能给你力量，
也没有人能给你爱，
像我一样。

A - 79

让我成为你的医生，
带着你所有的疾病来看我，
你现在所罹患的，
或者是，来世所承受的。
你无须预约，
随时都可以来找到我。
坦白告诉我，你的症状，
而我会用我的爱、平和、正义和真理的简单药方
为你治疗。
这药方会马上治愈你而使你解脱。

A - 80

有时，当我是你的梦的一部分时，
梦本身就变成真实，
我到来而我指示。
我爱同时我赐福
而当你睁开眼睛时
你的梦结束
你微笑而眼中带有我的意象
你说，“斯瓦米来了！”
于是，生命就变成“我”的梦，真实性的梦。

A - 81

Connect your eyes to the vision I see
And you will find that the world you live in
Is different from where I stand.
A world filled with love and no pain,
Where only one God lives.
Connect your heart to My heart,
And hear the universal language I speak
Our beat is the same, but Mine says a name
Repeatedly to purify Me and you.
You start your journey with a voice of two
May you end it only with One.

A - 82

Do your duty but stay unattached.
Give all your love but stay unattached,
For attachments only cause pain,
A pain that leaves your mind restless,
Leaving peace afar.
The nature of your life is transitory.
Never staying constant,
I am the cause of this change,
So that at every point
When you experience another phase of your life,
You grow unattached to the previous phase,
And only experience love for it.
No attachments! No worries!
Most of all when realization dawns
One thing becomes evident.
One and only one thing stays changeless -
My presence, which is constant.
Everywhere, within and around you.

A - 81

把你的视线跟我看到的视像连接在一起
而你会察觉到，你所住的世界
与我所站的地方，迥然有别。
那是一个充满爱，没有痛苦
而只有一个神居住的世界。
把你的心跟我的心连接在一起，
并聆听我所说的共通的语言。
我们的节拍一致，但我的，说出一个名字
重复地去净化我和你。
你以两个人的声音步上你的路途
愿你只以一个来结束。

A - 82

履行你的义务，但别执着。
付出你所有的爱，但别执着。
因为，执着只引起痛苦，
一个令你心念不安的痛苦，
致使你远离平静。
你生命的本质是无常的。
决不会一成不变，
我是这改变的起因，
以便在每一个点上
当你体验到你生命的另一阶段之时，
你会变得不执著于以前的阶段，
而只体验到爱。
没有执著！没有忧虑！
尤其是，当领悟到来时
有一样东西变得清晰了。
只有一样东西，唯一的东西，保持不变 -
我的出现，始终如一。
每一处，你的内在和你的周围。

A - 83

Call My name over and over
And I will appear before you.
Come now, and sit by My feet.
Smile, and let Baba take over.
For when I take control
Your worries have ended.
I have brought with Me a bag full of gifts
To lure you to Me
Colorful boxes filled with love.
Do not waste your time.
Open them quick.
Accept My love with your faith in Me,
And let this relationship never end.

A - 84

Do not fear death,
If you have to fear,
Fear the way you live your life!

A - 85

Do not dwell on faults of others.
Instead look within yourself,
And make a search.
Find out,
What it is that makes you find that fault in others.
On proper search, you will find
A hundred more faults within you
That looks for faults of others.
So work hard every second,
By concentrating your attention on Me.
And slowly your own faults will diminish.
With constant effort and love for Me,
No faults within you remain.
I now will dwell within you,
And your search begins for Me in others.

A - 83

重复呼唤我的名字
我会出现在你面前。
现在来吧，来坐在我脚边。
展开笑容而让巴巴接管。
因为如果我掌控
你的忧虑就告终。
我带着满满的一袋礼物来了
来吸引你归向我
那些充满爱的，色彩绚丽的箱子。
切莫浪费你的时间。
赶快打开它们。
以你对我的信心去接受我的爱，
而这关系永续。

A - 84

不要忧惧死亡，
如果你不得不忧惧，
忧惧你过的生活方式吧！

A - 85

不要挖掘他人的缺点。
要反求诸己，
做出探索，
并找出，
是什么促使你挖掘他人的缺点。
好好探讨，你会发现
自己却有多出上百个缺点
令你乐于找出他人的缺点。
所以，每一秒钟都要作出努力，
凭着集中精神于我，
慢慢地，你自己的缺点就会消失，
凭着不断的努力和给我的爱，
你内在的缺点不会存留。
我现在会寓于你之内，
而你开始在他人之内去寻找我。

A - 86

I begin to give My instructions
Only when I see, you are qualified to accept.
I arrange you at different levels to learn,
Depending upon your level of purification,
Your earnestness to learn,
Your trust in Me,
And your determination to face My tasks.
Come to Me with your mind and heart fixed in Me,
And let Me pour on you the nectar
Which leaves you sweet to Me and to all.

A - 87

I want to capture you
With My love I bring,
Which flows like a river
That gushes and floods and surrounds you.
Soak yourself with this divine love
And realize, My child,
That nothing else matters.
If My love surrounds you,
Have no other desire
Other than being with Me,
At all times, in every place.
Let the mind die,
Your heart open,
And let Me enter in.

A - 88

Say "no" to anger,
Say "no" to envy,
Say "no" to greed,
And say "yes" to Me.
Say "no" to hatred,
Say "no" to jealousy,
Say "no" to fear,
And say "yes" to Me.
Say "no" and end this way forever.
Say "yes" and start your peace with Me.

A - 86

我开始提供我的指示
只有在我看到，你有资格接受的时候。
我安排你在不同的阶段去学习，
全看你净化的层次，
你学习的热衷，
你对我的信靠，
及你面对我的任务的决心。
带着专注于我的心和念来找我，
并让我把甘露洒向你
使你给我，给大家，留下一种温馨的感觉。

A - 87

我要抓住你
用我的爱抓住你，
这爱像一条河流
在你周围，滔滔不绝地流淌。
把你自己浸濡于这圣爱之中吧，我的孩子，
并确认，没有什么事情是大不了的。
如果我的爱包围着你，
不要有任何欲求，
除了欲求时时在在
都与我同在外。
让念消逝，
让心敞开，
让我进来。

A - 88

对嗔说“不”，
对痴说“不”，
对贪说“不”，
而对我说“是”。
对恨说“不”，
对妒说“不”，
对惧说“不”，
而对我说“是”。
说‘不’以终止这些陋习。
说“是”并和我一道启动你的平和。

A - 89

I took a seed (a seed of divine love) to germinate,
And put it in a pot (birth).
I then poured some water (My teachings),
and put it in bright sunlight
(The light of My knowledge),
And waited for it to sprout.
Full of hope I watched the seed.
I saw no growth, and was disappointed.
I took out the seed
And transferred it to a series of new pots (births).
No growth.
My disappointment grew,
When all of a sudden I saw a small root.
My excitement grew and poured more water,
Put it in a brighter light.
It first was a sapling,
Then a plant, and finally a strong tree.
Filled with flowers (good qualities) of fragrance
And ripened fruits (self realization)
Waiting to be picked by Me.
I saw this seed blossom to its fullest.
It spread it's beauty now on its very own.
And now it is apparent that the gardener (Me)
Has done His work.
He sits back and enjoys His creation,
And waits for the fruits to fall
On His lap,
Enjoys their sweetness and becomes a part of Him.

A - 89

我拿了一颗种子（圣爱的种子）去发芽，
而把它放在一个盆子（诞生）里。
我于是倒入一些水（我的教导），
而把它放在阳光下（我的知识之光），
然后等着它发芽。
带着满满的希望，我看顾着种子。
我看不到成长，而我感到失望。
我拿出种子
转种于一系列不同的盆子里（诞生）。
种子没有成长。
我的失望成长。
忽然间，我看到一个小根，
我兴奋至极并倒入更多的水，
放在更亮的阳光底下。
初时，仅是一棵幼苗，
然后是一棵小树，最后是一棵大树。
它开花了（优良品质），散发芬芳的香气
并结下丰满的果实（自我证悟），
等着我去采撷。
我眼看着这种子完满地成长。
它现在凭自己的能力展示它的美丽。
现在很明显地，这园丁（我）
已做好了‘他’的工作。
‘他’坐下来，欣赏‘他’的造物，
并等待果子掉下来，
掉在‘他’怀里，
那就享受它们的甜美而成为‘他’的一部分吧！

A - 90

I do not barter when I love.
There is nothing I want in exchange.
My biggest love of all,
Is to love you always.
So stop your roaming,
Like an unfed lion.
I have come to treat you
To the biggest feast of all.
So spread your plate,
And accept the speciality I make best -
Pure, selfless love!

A - 91

Light the flame in your heart
Of love and truth forever.
Close your eyes
And then make a search deep within,
Spreading the brightness of this flame.
With this flame, which is lit eternally,
Say My name repeatedly.
When all of a sudden
Emerged a light, bright and peaceful,
Surrounding you all over.
A light in which you see Me in all.
The flame lit within your heart
Now merges with this light.
Your prayers are now answered,
Your meditation complete.
I have answered your question of
"Who am I, Swami?"

A - 90

当我爱时，我不作物物交换。
我不要换取任何东西。
我最大的爱，
就是永远去爱你。
所以，不要再徘徊了，
有如一只饥饿的狮子一般。
我来了，我来请你
吃一顿丰富的大餐。
那么，伸出你的盘子，
去领取我精心烹调的菜肴 -
纯净、无私的爱。

A - 91

在你内心，永远点燃
爱与真理之火焰。
闭上你的眼睛
然后向内做一个深入的探索，
扩展这火焰的光辉。
以此火焰，永不熄灭的火焰，
重复念诵我的名号。
一刹那间
一道光出现，明亮而祥和，
把你重重围绕。
那是你在众人之内看到我的一道光。
那点燃于你内心的火焰
现在正融入此光之中。
你的祈祷现在得到回应，
你的坐禅现在得到究竟。
我已回答你问的“斯瓦米，我是谁？”
的这个问题。

A - 92

When the mind gets diseased,
Your body suffers.
For your body is only an instrument
Given to reach Me.
So cleanse your mind
With good acts, soft words of serene thoughts.
Remember always, I witness every event,
And I walk towards you,
When I see sincere effort you make.
So draw Me closer,
Melt My heart with your devotion.
Cry tears of selfless love.
Stop hurting your true self.
Realize Me and save yourself.

A - 93

I travel faster than the speed of light
To rescue you from your so called sufferings.
The miseries that are inflicted upon
Are just an excuse for My arrival.
So welcome them and do not complain.
Accept them and call My name.
For they are sometimes hidden treasures.
Unlock them, and collect the colorful jewels
I have come to give.

A - 92

心念有毛病，
身体就遭殃。
因为你的肉身是天赋的一个工具
让你来到我这儿。
所以，要清除你的心念
以平和开朗的思想所激发的善良行为
和甜美话语去清除。
要常记得，我见证每一个事件，
而我走向你，
当我看到你做出真诚的努力的时候。
那么，就把我拉得更近吧，
以你的虔诚去溶化我的心。
流下无私的爱的眼泪。
停止伤害你真实的自性。
体认我并救赎你自己。

A - 93

我的速度比光速还快
以便把你从所谓的痛苦之中解救出来。
加之于你的不幸
仅是我降临的一个托辞。
所以，要迎接它们而不抱怨。
接受它们而呼唤我的名字。
因为，它们有时可是隐蔽的宝藏。
给它们开锁，并拿走绚丽的宝石，
那是我已来给你的。

A - 94

Let Me find the way
For you to reach Me.
Give Me along the way,
All your devotion and
Your faith in Me,
For walking on this path alone
Is like walking on glass,
As it cuts and opens,
Inflicts new wounds and opens old ones,
Hindering your progress to reach Me.
When I walk ahead of you,
I clear the glass for you,
And if one or two
May find your feet,
I pick you up in My arms,
And continue to walk with you,
Till your wound heals,
Until you are able to be
Back on your feet again.
And when we near My home,
I open the front door,
Smile and wait,
To watch you
Run into My arms forever.
Stay there, My sweet
Baba is coming to bring you home!

A - 94

让我为你安排
你到我这儿来的路。
在沿途中，供奉我
你所有的虔诚，及
你对我的信心，
因为，独自步行于这条道路
有如走在玻璃上，
它会割破，
造成新的伤口和开凿旧创，
妨碍你抵达我这儿的进程。
当我走在你前头时，
我为你清除玻璃，
而如果有一两片玻璃
可能碰到你的脚，
我就把你抱在怀里，
并和你一道前进，
直到你的伤口痊愈，
直到你能自行走路。
当我们走到我家时，
我打开前门，
微笑和等待，
去看着你
永远投入我怀里。
就留在那儿，我的甜心
巴巴正来带你回家去！

A - 95

Believe Me, I always am
Walking around your home,
To motivate you, and to encourage you,
To awaken the Me within you.
And when I see you respond,
I unfold all the religious texts,
And Myself explain them to you,
In a language that is special,
Only between you and Me.

A - 96

I have come to give you bliss,
To uproot your ignorance
Of your concept of reality,
To instill in you the value of truth -
A love for all.
I have come to give you what you "need".
Do not tell Me what you "want",
For your need for Me, and My need for you,
Envelopes us in a bond together,
Strong and inseparable.
Wanting preoccupies your mind,
With thoughts other than Mine,
Leaving your heart beat unsteady,
Your mind ruffled.
So know your "need",
Dispose of your "wants",
I have come to give you bliss.
Come and rest in it.

A - 95

相信我，
我总是在你家周围走动，
以便激励你，鼓舞你，
和唤醒在你之内的‘我’，
并且，当我看到你回应时，
我于是揭晓所有宗教的原旨，
而亲自给你阐释，
用一种特别的，只适用于你我之间的
语言来表达。

A - 96

我来了，来赐予你至福，
来拔起你无知的根，
你对真性理念的无知，
以灌输真理的价值--博爱，
于你。
我已来赐予你，你所“需”之物，
不必告诉我，你所“要”之物，
因为，你的需要我，和，我的需要你，
把我们紧紧地裹在一起，
牢固而分不开。
有所需求占据你的心念，
就是缺少对我的需求，
让你的心跳不稳，
你的心念波动。
所以，要认清你之所“需”，
除掉你之所“要”，
我已来赐予你至福。
来安息于其中吧。

A - 97

1. Keep silent at all times.
2. Words that are spoken must be soft
And meaningful.
3. Conserve your energy you waste,
In meaningless conversation.
4. Talk less, listen more.
5. Fix your thought on Me constantly.
6. Use your energies only to dedicate them to
My activities.
7. Encourage your voice within to be louder.
8. Listen and act upon it.
9. In every prayer ask Me to show you the way.
10. If it is hard for you to love someone,
Do not hate, just keep away.
11. When the darkness of suffering comes your way,
know that there will be sunrise always.
12. Love Me truly and bind yourself to Me.
13. Imitate Me and strengthen your character.
14. Do not waste your time in worry;
Use it wisely to cultivate faith in Me.
15. Place your head on My feet, It will soak all your tears.
16. All that you take at the time of death,
Are your qualities.
17. You are ignorant of the happening in your next moment.
Stay with Me through all changes,
For I stay changeless.
18. Accompany Me in all your missions.
19. Know always that I prompt you
To the truth always.
20. Try to love Me in different forms and
Surround yourself with Me.

A - 97

1. 时时保持缄默。
2. 说话语气柔和并有意义。
3. 保留你的精力，
不要浪费于无意义的闲聊。
- 4--多听少讲。
- 5--常把你的思想专注于我。
- 6--献出你的精力并只用之于我的活动。
- 7--激发你内在之声，
使之更为响亮。
- 8--聆听而遵行之。
- 9--在每一个祈祷中，
祈求我给你引路。
- 10--如果你难以爱人，
但至少不恨人，保持距离。
- 11--当痛苦之黑夜降临于你时，
记得，太阳总会升起的。
- 12--真心爱我并把你跟我绑在一起。
- 13--效法我并增强你的性格。
- 14--不要浪费时间于担心；
要善加利用之以培育你对我的信心。
- 15--把头放在我脚前，这会拭干你的泪水。
- 16--临命终时，你带走的仅是你的品质。
- 17--你不知下一刻将发生什么。
跟我在一起度过所有的变化吧，
因为我不改变。
- 18--在你所有使命中，都要与我为伴。
- 19--总要知道，我总提示你真理。
- 20--要尝试在不同形相中去爱我并让我包围着你。

A - 98

Do not be weighed down
By the so called downfalls you face at times.
That which may appear as suffering to you,
May become a big milestone of progress
In your spiritual path to reach Me.
Welcome Me in any form I appear,
Whether in happiness or sorrow.
Do not judge Me badly because
Things do not seem to go
The way you think them to be.
Trust Me and know for sure,
That your welfare is more important to Me,
Than to you yourself!

A - 99

Spread My name by the love you give
Spread My name by the actions you do
For I am always on the lookout
For a sincere devotee,
To be used by Me,
To assist Me in my mission,
To spread the divine message of -
"Give love, and taste the nectar of your divinity".

A -100

Choose your Guru and stick to Him.
Depend on Him all the way.
Repeat His name and call on Him.
Cry to Him to show you the way.
Follow His footsteps,
For He has already treaded on
All the thorns that hurt.
Just follow His instructions,
And accept His protection.
Close your eyes and blindly believe in Him.
Touch His Heart with your devotion.
Love Him truly and enslave Him.
Hold on close once you find Him
He becomes your fastest mode of transport,
To reach your God within.

A - 98

不要让你偶尔面临的所谓的没落
陷你于沮丧。
那看似你的痛苦者，
往往会在你归向我的灵道上，
成为大跃进的一个里程碑。
迎接我于我现身的任何形相，
不论处于快乐或哀伤之中。
不要因事与愿违
而对我做出不好的判决。
要信任我，并确认，
你的福祉之于我远比它之于你自己
更为重要！

A - 99

以你付出的爱去弘扬我的名
以你采取的行动去弘扬我的名
因为，我一直在留意
一个虔诚的信徒，
以便我使唤，
以便在我的使命中，助我一臂之力，
以便弘扬“付出爱，而亲尝你神性的琼浆玉液”
的这个神圣的福音。

A -100

选择你的导师并追随他。
在灵道上，始终信靠他。
重复念诵他的名号并叩访他。
呼求他给你指引。
追随他的脚步，
因为他已走过那些荆棘且遭到刺伤。
你只要遵照他的指示，
而接受他的保护就够了。
闭上你的眼睛而无条件地相信他。
以你的献身去感动他。
真诚地爱他并俘虏他。
一旦你找到他，紧紧地抓住他
他于是变成你最快的交通方式，
运载你抵达你内在的神。

A - 101

When in all your earnest sincerity,
You think of Me and call on Me,
By your constant spiritual Sadhanas,
Of getting to know My previous avatars,
You compel Me to arrive,
To come and listen,
To encourage you further in your devotion,
And to bless you with beautiful bhakthi.
Continue your research on Me,
With a heart full of love, pure and innocent,
A mind that only envisions Me,
And attain your supreme goal.
Be Godward and become God.

A - 102

Always play the music of My glory.
Control the movements of the snake (maya),
And let it dance to the tune of My name
The power of My name on your lips,
Keeps the snake away from attacking.
Do not let this music stop,
Or else it will attack you,
And spread its poison,
Killing Me within you,
Leaving behind a body without a soul.

A - 101

基于你的热诚，
你念着我并祈求我的护佑，
基于你凭借不断的灵修
去认识我以前的神化身，
你促使我降临
去聆听，
去鼓励你做出更多的奉献，
并且赐予你感人的虔诚。
继续对我探索吧，
带着一颗充满爱的心，纯净而天真，
一种只对我有所展望的念，
从而达到无上的目标。
要归向神并成为神。

A - 102

要常奏出我荣耀的乐章。
要控制蛇（虚幻）的动向，
并使它随着我的名的旋律而翩翩起舞
唇上挂着我的名的威力，
不让蛇有攻击的机会。
不让这音乐终止，
否则，蛇就会攻击你，
并扩散它的毒液，
置在你之内的我于死地，
而遗留下一个没有灵魂的身体。

A - 103

Choose and stay with those who love Me.
Keep yourself always in good company.
The kind of company you keep
Determines your future.
Stay away from the wicked.
Do not deal with them directly.
Just pray that I intervene to keep you safe,
And transform the wicked with My love
Towards Me.
Say little,
Do good always
Smile and think of Me when in pain.
Forgive easily.
And once you have cultivated faith in Me,
Follow Me blindly,
And love Me wholeheartedly.

A - 104

Say "no" to your senses
That run helter skelter
For that which shines and is bright,
Can burn you
To bare ashes.
Stay in the coolness of the radiance
Of My form and My name.
Tie the garland of My names
All over and around you,
And when your senses
Begin to race,
The power of My name will simply
Crush them and kill them.
No more desires, no more worries.
Let it be only Me! Me! Me!

A - 103

选择与那些爱我的人交往。
常与善知识为伍。
你所结交的友伴
决定你的未来。
远离邪恶者。
不要直接跟他们打交道。
只祈求我介入并保护你的安全，
而用我的爱去改造邪恶者
归向我。
少说话，
多行善
在痛苦中，展现笑容而念着我。
要宽恕为怀。
而一旦你培育起对我的信心，
就无条件地追随我，
并全心全意地爱我。

A - 104

对那到处流窜的感官说“不”
因为那发光发热而又明亮者，
能烧灼你
以至于成灰。
徜徉于我的相与我的名
的柔和光辉之中。
套上我的名号的花环
于你全身与四周，
而当你感官
开始驰逐时，
我的名号的威力会轻易地
粉碎它们和歼灭它们。
不再有欲望，不再有忧虑。
只有我！我！我！

A - 105

Most of you confer upon yourselves
A title after getting to know Me.
“A Devotee” is proudly how you
Introduce yourself to others.
Once this word is known to you,
You walk around with it,
Flashing it and displaying it,
As if it was a proof of your virtues of character.
Merely a word attached to you
Does not touch Me,
Does not call Me.
All the visits to the temples does not impress Me,
Unless you have realized
That the temple lays within,
Which is to be kept clean and pure.
All your actions must scream the word “devotee”,
For when you are truly devoted to Me,
All the paths become clear.
There is no confusion.
You serve Me in all others around,
And I then become indebted to your love.
Touch Me with your love.
Call Me always with your eyes and lips.
Impress Me with your actions.

A - 105

认识我之后，
你们都冠自己以一个头衔。
“一个信徒”是你引以为傲地
介绍你自己的称号。
一旦你知道这个词儿，
你带着它四处走动，
闪烁它，展示它，
仿佛它就是你品格的一个明证。
仅只挂在嘴上的一个字眼
不至于感触我，
不至于呼唤我。
你到庙里的所有参拜都不足以引我注目，
除非你已领悟
那庙宇就在你内在，
而你必须保持它的纯净。
你所有的行动必须与“信徒”这个字眼相呼应，
因为，如果你真的献身于我，
前路就明朗起来。
没有困扰，没有迷乱。
你借服务周遭的人来服务我，
那我就非常感激你的爱了。
以你的爱来感动我。
要常常用你的眼睛和唇舌来呼唤我。
用你的行动来引我注目。

A - 106

I have come to describe the virtues
Of My true devotee.
He/She has,
Eyes that are radiant and peaceful
Eyes that constantly search for Me
Eyes that have compassion and love
Eyes that show determination of truth
Eyes that focus continuously on the goal
A smile that shows confidence in My decisions
A smile where no pain is painful
A smile that melts and wins all
A smile that speaks all My teachings
A smile that is ever content
Hands that serve
Hands that never tire
Hands that give and never take
Hands that carry all burdens of others
Hands that stroke and love others
A heart in which I shine
A heart in which I speak
A heart that knows no preferences
A heart with a steady heartbeat
A heartbeat that calls My name
A heart that speaks My language
A heart where I reside.

A - 106

我来了，我来叙述
我真正信徒的德行。
他或她有着，
一对发光而平和的眼睛
一对不断在寻找我的眼睛
一对充满仁爱的眼睛
一对坚持真理的眼睛
一对专注于目标的眼睛
一个对我的决定展示自信的微笑
一个不觉得痛苦是痛苦的微笑
一个溶化一切而赢得一切的微笑
一个说出我所有教导的微笑
一个总是感到满足的微笑
一双服务的手
一双永不疲惫的手
一双施而不取的手
一双承受他人负担的手
一双抚爱他人的手
一颗我在其内闪烁的心
一颗我在其内说话的心
一颗无分别的心
一颗心跳稳定的心
一颗以心的跳动去呼唤我的名号的心
一颗道出我的话语的心
一颗我寓于其内的心。

A - 107

Now that I have given you signs
Of a true devotee,
Let Me further explain as to
How is it you become My devotee.
The first step for you is to get to know Me.
Search all around you.
Choose a form of Me that appeals to you most.
After you have chosen a form,
Next research as to
Why that particular form appealed to you.
The next step is
Study the teachings of that form.
Spend time with Me more and more.
You will find it addictive.
Slowly your mind will start to find a little peace,
A small taste of this peace,
Encourages you to look for more.
You start confiding in Me.
I listen, I comfort, and sometimes to instill faith,
I answer your prayers,
To show you my presence.
Your faith strengthens,
Your love for Me increases,
And slowly you develop enduring patience.
You start to spend more time with Me.
Your search starts to look for Me all around you.
A time comes when,
Your eyes only see Me,
Your ears only want to hear of Me,
Your lips repeat My name constantly,
Your hands serve Me in all.
You open the doors of your heart for Me,
And long for Me and Me and no other.
I now enlist you as a devotee.
I then stand before you, to
Accept your most precious gift to Me -
Your Devotion ! Rise My bhaktha.
I have come to answer your call !

A - 107

既然我已给了你
一个真信徒的标记，
就让我更进一步地阐释
你该如何成为我的信徒。
第一步是，你该认识我。
在你周围的一切去寻找我。
选择你最心仪的，我的一个形相。
之后，探讨为何那个特别的形相会令你心仪。
第二步是
研究那形相所提供的教导。
多花点时间在我身上。
你是会陶醉于其中的。
慢慢地你的心境会因此而平静下来，
这平静的一点滋味
会鼓舞你想寻找得更多。
你开始信赖我。
我聆听，我慰藉而有时我灌输信心，
我回应你的祈祷，
以展示我的出现。
你的信心于是加强，
你给与我的爱增多，
而慢慢地，你培育起容忍的耐心。
你开始花更多的时间在我身上。
你开始在你周围的一切去寻找我。
总有一天，
你的眼睛只要看我，
你的耳朵只要聆听有关我的一切，
你的嘴唇只要不断地重复念诵我的名号，
你的双手只要服务我于服务众人之中。
你为我把心门打开，
并渴念我，只我而已。
我现在把你列入我信徒的名单中。
我于是站在你面前，去
接受你给我的最珍贵的礼物 -
你的虔诚！起来吧，我的信徒！
我来了，来回应你的呼唤！

A - 108

Today you celebrate Gurupournima.
You welcome the Guru in your life today.
The full moon enlightens the skies,
Leaving no room for fear in the dark.
The Guru in the same way,
Walks into your life,
A life that envelopes you in ignorance.
You do not recognize.
He takes the form of the full moon,
To enlighten your soul,
Taking your hand firmly in His,
Strengthening your belief
In the ultimate Supreme.
Look for this moon
In everyday of your life.
He stands there besides you,
Tirelessly whether it is day or night,
Carries your burdens
Wipes your tears
Instilling faith constantly
He looks for purity
He looks for your love
He awaits eagerly for you to call
And when you do
He appears, to carry you away
To a world where only you and He belong.

A - 108

今天，你庆祝导师节。
今天，你迎接导师来到你生命中。
满月照亮天空，
不让在黑暗中的恐惧有立足的余地。
导师以同样的方式
步入你的生命之中，
那是一个把你包围在无知之中的生命。
你无所觉知。
‘他’采取满月的方式，
照亮你的心灵，
紧握你的手，
增强你对上主的相信。
要在你生命的每一天里
寻找这月亮。
‘他’站在你身旁，
不分昼夜，不觉疲惫，
承受你的负担
拭干你的泪水
不断灌输信心给你
‘他’要的是纯净
要的是你的爱
‘他’热切地等着你的呼唤
而当你这么做时
‘他’现身了，把你抱到
一个只属于你和‘他’的世界里。

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