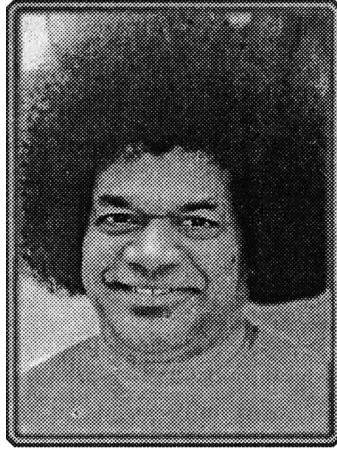


## PART - II

### 第二部



Know that the Lord can effortlessly  
bring the whole world to your feet -  
but first you must bring your life at His!  
Do not restrain from the joyful dance of the self -  
the heart of the master, let it rejoice and express itself  
by allowing it to use the body and the mind  
as its brilliant reflection. Go beyond trying!  
Go beyond being simply better! It is only the best  
in you that will earn the greatest spiritual reward.

要知道，主能轻易地把整个世界置于你的足前。  
但首先，你必须把你的生命置于‘他’的足前！  
切莫抑制自性的欢舞 -  
一旦它接触了和感动了主的心，  
就让它利用身体和心念去反映它的光辉，  
尽情表达它的感觉吧！  
莫止于尝试就够了！  
莫止于做得较好就算了！  
只有拿出你最好的，你才会赢得最大的灵性报酬。

B - 1

I have come to cure, I have come to transform,  
A heart that once belonged to Me,  
A heart that was pure and full of love.  
But now is tainted and diseased.  
I have come with a remedy.  
I have come to end this misery.  
End this pain, with My form in your eyes,  
Strengthen yourself, and bring Me into your life.  
I have come to give you inspiration.  
I have come to give you faith,  
In awakening Me within,  
To succeed in your mission,  
To find Me in everything,  
Which surrounds you.  
Know and realize this truth,  
And break all the bonds.  
Untie those knots,  
That attach you to the body.  
I have come to save you, My child,  
I have come to set you free.  
And I will not leave you,  
Until you succeed.  
I have come to wish you success.  
I have come to bring you back to Me.

B - 1

我来了，我来治疗，我来改造，  
治疗和改造一颗曾经属于我的心，  
一颗曾经是纯净和充满爱的心。  
然而，这颗心现在被污染了，患病了。  
我来了，带着一个药方来了。  
我已来结束这个不幸。  
用你眼里的我的形相去结束这个痛苦，  
去加强你自己以便你把我带到你生命中来。  
我来了，我已来给你激励。  
我已来给你信心，  
唤醒你内在的‘我’，  
以便你究竟你的使命，  
以便你在围绕着你的每一物中寻找我。  
要确认这真相，  
而破除所有束缚。  
要解开那些死结，  
那把你绑在身体上的死结。  
我已来救度你，我的孩子，  
我已来解放你。  
而我将不会离开你，  
直到你成功为止。  
我已来祝你成功。  
我已来把你带回给我。

B - 2

Be a Sai Leader,  
Wherever you go.  
Accept the faults of others,  
And there by strengthen your character.  
Be a Sai Leader,  
Wherever you go.  
Spread your love to all.  
Give it selflessly and experience divinity.  
Be a Sai Leader,  
Wherever you go.  
Help all and be kind to those who need.  
Serve Me in them and realize the oneness.  
Be a Sai Leader,  
Wherever you go.  
Follow My steps and make Me proud.  
Become My instrument to spread My message.  
I have come to lead you to God.  
I am Sai.  
Recognize My worth and know yours.  
Stay close to Me and I will guide you,  
To be an ideal Sai Leader.



B - 2

成为一个赛领导，  
不论你到哪儿。  
接受他人的缺点，  
并因此而加强你的人格气质。  
成为一个赛领导，  
不论你到哪儿。  
扩展你的爱及于所有人。  
无私地付出爱以体验神性。  
成为一个赛领导，  
不论你到哪儿。  
帮助所有人并仁慈地对待那些需要救助的人。  
服务我于服务他们之中从而体认一体性。  
成为一个赛领导，  
不论你到哪儿。  
追随我的脚步并使我感到骄傲。  
成为我的工具以便弘扬我的福音。  
我已来引领你归向神。  
我是赛。  
认识我的价值也认识你自己的。  
跟我保持亲近而我会引导你，  
成为一个理想的赛领导。

B - 3

Let your love for Me be silent and within.  
You can depict your love for Me,  
By making an attempt to purify your thoughts,  
By making an attempt to speak soft words,  
By making an attempt to carry out selfless acts.  
I have placed the power button  
To push it “on” within you.  
But for this to work, you have to make an attempt  
To connect the wire to the switch.  
Only when continuous contact is made,  
The divine current will flow to you.  
Without the connection  
Even if you put the button in the “on” position,  
Your divinity will not arise.  
You cannot only be in the receptive mode,  
Without attempting to make contact  
With the Divine current of love.  
Only when you receive this love, it flows within you,  
You are able to carry  
And accomplish your given tasks.  
At every part of your life,  
I place an outlet at various intervals.  
Look for them earnestly,  
And make contact with Me.  
Experience Me and My love,  
And look for nothing more.

B - 3

不夸耀你为我付出的爱，默默耕耘，放在心上。  
你可以表达你对我的爱，  
通过努力去净化你的思想，  
通过努力去说亲切的话语，  
通过努力去执行无私的行动。  
我已把电力开关按在‘启动’的位置，  
并放在你之内。  
然而，如果你要它操作，你就必须  
把电线接到开关上。  
只有在电线有良好的接触下，  
神圣的电流才会流向你。  
接触不良  
即便开关已按在‘启动’的位置，  
你的神性也不会出现。  
你不能只放在‘接收’的模式，  
而不尝试去接触神的爱的电流。  
只有在你收到这爱的时候，它才会在你之内畅然流通，  
而你才能履行和成就  
托付给你的任务。  
在你一生的每一个阶段，  
我都在不同的间隔安置电源插座。  
要热衷地去找它们，  
并和我接触。  
体验我和我的爱，  
而不再寻找其他的了。

B - 4

Conquer all your enemies,  
With one weapon I have endowed you with,  
Love! Love! Love!  
Love rises above anger.  
Love stalks over greed.  
Love crushes away jealousy.  
Love stamples over pride.  
Love succeeds over hatred.  
Love erases restlessness.  
It is a sure winner over all other weapons.  
Just have faith in My love for you,  
And stay patient and await My arrival,  
To pour all My divine love on you.  
Fill yourself with it, emanate it to others.  
Give up being a demon,  
Give up being an animal.  
Start with being human,  
End up being divine.

B - 5

The evil I despise most of all,  
Is to talk of one in the absence of his presence.  
Avoid the temptation of the demon within you,  
That decorates and offers you  
A platter of others faults  
To feast upon.  
You may become a hero in others' eyes,  
When you degrade others to upgrade yourself.  
But in My eyes you are a coward,  
Who covers his own faults  
By shining the light on others.  
You can blindfold others,  
You can convince yourself,  
But always remember  
You can never deceive Me.  
I know the truth.  
I am "truth".  
Sathya is My name.  
Sathya is what I have come to foster.

B - 4

征服你所有的敌人，  
用我赐予你的一种锐利的武器，  
爱！爱！爱！  
爱耸峙嗔怒。  
爱跨越贪婪。  
爱碾碎嫉妒。  
爱驱除傲慢。  
爱取代憎恨。  
爱擦掉不安。  
没有其他的武器可与之相比。  
只要对我给你的爱有信心，  
并且耐心地等候着我的降临，  
以便我把所有的圣爱洒向你。  
注入此爱于你自己，然后散发给他人。  
不要成为一个恶魔，  
不要成为一只野兽！  
以人类作为起点，  
而以圣灵终结。

B - 5

我最鄙视的邪恶  
就是在某人不在场时，说他的坏话。  
避免被你内在的恶魔所诱惑，  
它为你准备好  
一大盘盛着他人缺点的菜肴，  
供你享用。  
你或许成为他人眼中的英雄，  
当你贬低他人以提升自己时。  
然而，在我眼里你不啻是个懦夫，  
故意把光照着他人  
不让人看到自己的缺点。  
你可以蒙住他人的眼睛，  
你可以说服你自己，  
但要常记得，  
你绝不能欺骗我。  
我知道真相。  
我是真相（真理）。  
Sathya（真理）是我的名字。  
我的下凡就是要来弘扬和促进真理。

B - 6

Fancy words and phrases,  
Uttered by you to your children,  
Without showing true leadership of practice,  
Is hollow and empty, lacking meaning.  
It only teaches your child  
To be deceitful and hypocritical.  
First be honest and sincere  
Of your abilities to them.  
Tell them of your expectations of them,  
And of your love and encouragement for them.  
And make it a joint mission,  
For both to complete.  
Learn from them their innocence,  
And teach them the true experiences of your life,  
From which you have learned.  
Teach them to pray at all times,  
For My guidance.  
Dedicate the task of being a parent to Me.  
Allow Me to become your mother and father,  
And that of your children,  
And those of future generations to come.

B - 6

你对孩子所说的  
没有展示实质领导价值的，  
堂而皇之的言辞  
是空洞而不具意义的。  
它只教导你孩子变得欺诈与虚伪。  
首先，你必须对孩子  
展示你能力上的忠诚与实在。  
告诉他们，你对他们的期望，  
以及，你给他们的爱与鼓励。  
进而使之成为一个联合的使命，  
让双方共同努力去完成。  
从他们的天真中去学习，  
并教导他们，你从这一生的真实体验中，  
所获得的教训。  
教导他们，要时时祈祷，  
以取得我的指引。  
奉献你身为父母的任务给我，  
让我成为你的父母，  
也成为你孩子的父母，  
乃至你子子孙孙的父母。

B - 7

Be fearless.  
Fear arises only due to lack of faith in Me.  
I have come here,  
To give you the strength,  
To serve your biggest enemies and My critics.  
Truth knows no fear.  
It is only when there is a touch of falsehood,  
Fear of it revealing arises within you.  
Be brave, follow the truth always.  
Truth has only one path.  
Truth cannot be justified.  
It cannot be manipulated.  
It is a single straight road.  
Begin your march, like a true warrior.  
As long as you are along this path,  
Your eyes will directly look into Mine,  
And I in turn will grace you,  
With My companionship all through the way.



B - 7

不要怀有恐惧之心，  
对我缺乏信心，恐惧才会产生。  
我已来到这里，  
赐给你力量，  
去服务你最大的敌人及我的苛评者。  
真理不知恐惧为何物。  
只当你有虚伪的痕迹时，  
怕被揭露的恐惧才从你内在涌现。  
鼓起勇气，始终追随真理。  
真理只有一条途径。  
你不能为真理辩解。  
你不能操纵真理。  
它是一条单行道。  
要像一个真正的战士一样，步上征途。  
只要你沿循此路迈进，  
你的眼睛会注视我的眼睛，  
而我会为你增添光彩，  
陪你走完整个路程。

B - 8

I give you opportunities to serve Me in others.  
I hear you complain,  
Of your lack of time,  
Of your lack of energy.  
I give you a chance to purify yourselves.  
But I see you choking yourselves with selfishness.  
You seem to have time for useless activities.  
Your energy seems high for superficial events.  
But My eyes see that which you lack most,  
Is your lack of love.  
This deficiency has left you alone.  
You are uncalm and angry.  
Look for the chances I give you.  
Rise above your selfish wants.  
Dive in that which I have planned for you.  
My love for you is the vitamin pill,  
That will cure you of your deficiency.  
Do not be narrow minded.  
Broaden your horizons and  
Accept Me in more than My one form,  
Which you know and worship.  
Know that I reside in everyone,  
And look to serve Me in them.

B - 8

我给你机会在服务他人之中来服务我。

我聆听你抱怨，

时间不够，

精力不足。

我给你机会去净化你自己。

但我看到你以私心去噎住自己。

你似乎有足够的时间去做无意义的活动。

你似乎有充沛的精力去进行肤浅的事情。

但我看到你最缺乏的，

那就是，你缺乏爱。

这缺乏令你孤单。

你不平静且情绪激动。

寻找我给你的机会。

超越你自私的需求之上。

潜入我为你准备好的计划之中。

我给你的爱是维他命丸，

那会治愈你的缺乏。

不可有狭隘的心胸。

扩大你的视野并

接受我，远远超过你所知道和崇拜的，

我的一个形相而已。

确认我寓于每一个人之内，

并从服务他们之中来服务我。

B - 9

The Avatar in which I have descended,  
Can perform any of your so called "Miracles".  
These miracles are not the only purpose of  
My coming today.  
They are merely to attract your attention Godward,  
To make you think that there is  
More than just science,  
More than what a human level can reach.  
I walk amongst you today,  
To perform My biggest miracle of all,  
The transformation of your heart.  
I mould you, I scold you, I tease you, I console you.  
I make you cry, I wipe all your tears.  
I shake you, turn you inside out.  
Puzzle you, answer you.  
And with My love, I start a slow process,  
A process of change.  
I pull out the "I" and destroy it.  
I awaken your eye to be able to see Me.  
This Avatar has not come in vain.  
My purpose today is to lead all Godward.  
I will not give up,  
Unless I see your heart melt with devotion.  
Be sure that once I set My eye on you,  
I will not leave you until you are transformed.

B - 9

我以神化身下凡，  
并能执行你所谓的‘奇迹’。  
这些奇迹不是我今天下凡的唯一目的。  
它们仅只为了引导你归向神，  
使你认识  
还有比科学更高的东西存在，  
是超越人类能力之外的。  
我今天在你们之中走动  
从而执行我最大的奇迹，  
改造你的心。  
我塑造你，我责备你，我戏弄你，我安慰你。  
我令你哭，我擦干你的眼泪。  
我摇动你，翻转你。  
困惑你，回答你。  
而我以我的爱去进行一个缓慢的过程，  
一个改造的过程。  
我抽出那“自我”并摧毁之。  
我唤醒你的眼睛，使你看到我。  
这神化身不是白来的。  
今天，我来的目的是引领大家归向神。  
我不会放弃，  
除非我看到你的心融入虔诚之中。  
要肯定，一旦我把目光投向你，  
我就不会离开你，直至你被改造。

B - 10

You have no right to judge other's actions,  
For you do not know their circumstances.  
You are unaware of their past,  
Or present, or future.  
How can you enlist  
Their strengths and weaknesses?  
Depict character by showing no judgment.  
Be a rock and stand by all.  
Become an image of virtue and strength,  
And give others strength thereby.  
There is no stronger influence  
Than being a good example.  
I do not judge you at any time.  
I live My life by example and not by mere words.  
I stand beside you at all times.  
I bestow on you faith and devotion,  
To be able to face your karmas.  
Use my strength, that you are unaware of.  
It lays within you waiting for it to be found.  
Find it, use it, and enrich your lives.

B - 10

你无权批评他人的行动，  
因为你不知道他们的情况。  
你不知道他们的过去，  
现在或未来。  
你怎么能列出  
他们的能力和弱点？  
可以谈论性格但不可妄下判决。  
要稳如磐石，给予众人支持。  
要成为美德与力量的象征，  
并因此而提供力量给他人。  
最具影响力的  
莫过于树立一个好的典范。  
我不随时对你下裁决。  
我以身作则，不空口说白话。  
我一直站在你身边。  
我赐予你信心与虔诚，  
使你勇于面对你的业报。  
利用我的力量，不为你所知的力量。  
它蕴寓于你之内，等待揭开。  
寻找它，利用它并丰富你的人生。

B - 11

Be aware, I say,  
From every thought you think,  
Every word you say,  
Every act you commit.  
Be aware, I say,  
For karma lurks around you,  
Waiting to determine your future course.  
I prompt you always,  
To do things My way.  
So tune your life to Me.  
I create karma.  
I lessen them.  
I even erase them sometimes with My Grace.  
I always keep you on the alert.  
Develop the sense of constant awareness.  
Free yourself from the clutch of karma.  
Whatever you create in life,  
Must come back to you.  
So create an image of Me.  
Create a love for Me,  
And bring Me back to you.



B - 11

要注意，我说，  
从你所想的每一个念头，  
你所说的每一句话语，  
你所执行的每一个行动。

要注意，我说，  
因为业潜伏于你周围，  
等着决定你未来的方向。

我总是促使你，  
依照我的方式去做事。  
那么，就对准我，调整你的生命频率吧。

我创造业。

我减轻业。

有时我甚至用我的恩典去擦掉它们。

我总是让你保持警觉。

培育你无时不注意的意识。

要摆脱业的枷锁。

不论你创建什么于你生命中，

都一定回归于你。

所以，要创建我的一个形象。

要创建给我的爱，

并把我带回你身边。

B - 12

If you would like to unfold  
Your true nature within you,  
Start with the study of your Guru.  
The more you try to know Him  
The more your true nature within reveals.  
Because even though you think  
That the Guru stands in front of you,  
To instruct you with His teachings,  
Know for sure that,  
When your mind is quiet,  
The Guru within speaks,  
Makes you stir and awakens you.  
I promise, you will feel this joy one day.  
But for now, make a sincere search for Me,  
In whatever mode you can find Me.  
The day your search will end,  
Your study of Me will be complete.

B - 13

Do not be attached to comforts and luxuries.  
They will only disorient you away from Me.  
Be simplistic in your way of living.  
You come empty handed,  
And take nothing back with you.  
Lesser the attachments, lesser are your worries.  
Your mind is at peace.  
Your desires are under control.  
You have less feeling of envy of others.  
You have less chances to hate.  
There is no reason for anger,  
And less motivation to worship money.  
Most of all, there will be a feeling of contentment.  
When you are content,  
You automatically make contact with Me.  
We spend more time together,  
You come closer and closer to Me,  
And your life ends with more meaning.

B - 12

如果你要揭开  
你内在的真实本质，  
就从研究你导师作为起点。  
你越想知道他，  
你内在的真实自性就越展露。  
因为即便你认为  
导师站在你面前，  
把他的教导传授给你，  
你也得肯定，  
当心念平静时，  
在你之内的导师就说话了，  
从而摇动你和叫醒你。  
我保证，总有一天，你会感受到这愉悦。  
但现在，你就对我做一个热衷的探寻吧！  
任何方式都无妨。  
有一天你的探寻会结束，  
你对我所做的研究也会完成。

B - 13

不要眷恋舒适与奢华。  
它们只会使你迷失方向，远离我。  
你的生活方式应力求简朴。  
你空手而来，  
也空手而回。  
少眷恋，少担心。  
你的心境就平和。  
你的欲望就受到控制。  
你嫉妒他人的感觉就减少。  
你没有太多的机会去憎恨。  
你没有理由去发脾气，  
而拜金主义的动机也少了。  
最重要的，你会有一种满足的感觉。  
当你满足时，  
你自然就接触上我。  
我们有更多的时间在一起，  
你越来越接近我，  
而你的生命就更有意义地划上休止符了。

B - 14

You are eternal.  
You are not finite.  
Nothing can kill you, not even death.  
The only death I see,  
Is that of Me within you.  
Wake up from this deep sleep.  
Awaken your conscience.  
Ego covers you and dulls your mind.  
It blurs your vision.  
It hardens your heart.  
It makes your hands lazy and inefficient.  
Do not associate yourself with the body.  
The body dies a hundred deaths.  
The soul lives forever.  
It cannot be killed.  
But you have wounded it and maimed it.  
I have come into your life  
To heal those wounds.  
I will not let you be crippled by attachments.  
Listen to the words I speak.  
It will start your healing process.  
Slowly, your soul will revive.  
Return to its home,  
And I will be complete.

B - 14

你是永恒的。  
你是没有极限的。  
无物能毁灭你，连死亡也不能。  
我所看到的唯一的死亡，  
就是那寓于你之内的我。  
从这酣睡中醒过来吧。  
叫醒你的良心。  
自我覆盖着你而滞钝你的心智。  
它模糊你的视力。  
它硬化你的心肠。  
它使你的手变懒和变得钝拙。  
不要跟这个肉身挂钩。  
这肉身死亡何止百次。  
灵魂永垂不朽。  
它不能被毁灭。  
然而，你已伤害它和摧残它。  
我已来到你生命中  
来治疗那些创伤。  
我不会让你因执着而变得瘫痪。  
聆听我说的话。  
这会成为你医疗过程的开始。  
慢慢地，你的灵魂就会复苏。  
它返回它的家乡  
而我就会完整无缺了。

B - 15

Do not be deluded by short term gains,  
For they give you momentary pleasure,  
But a lifetime of sadness.  
Learn to look in the truth of the situation.  
Do not be partial, even to yourself.  
Truth never lies.  
It may be hurtful at present.  
But it will definitely rescue you in the near future.  
Give all the goodness you have.  
Give up all the negative traits that stray you.  
Concentrate on your ultimate goal.  
It will not be easy.  
It is not so straightforward.  
A lot of faith is required.  
A tremendous amount of courage  
Is to be developed.  
I stand beside you today,  
Waiting to lead you,  
As I have already traversed this path.  
Come with Me  
And let us seek this truth out together.

B - 15

不要迷惑于短期的收益，  
因为它们带给你的欢乐是瞬间的，  
而带来的悲哀却是一生的。  
要学习去探视状况的真相。  
不要有偏见，哪怕是对你自己。  
真理（真相）绝不撒谎。  
它暂时或会造成伤害。  
但在可遇见的未来绝对会救助你。  
奉献出你所有的善。  
放弃所有使你迷失的负面特质。  
专注于你终极的目标。  
这可不容易。  
它并不那么直截。  
相当的信心是必要的。  
更多的勇气是必须培育的。  
今天我站在你身边，  
等着去带领你，  
因为我走过这条路。  
跟我来吧  
让我们一起找出这真相。

B - 16

I have etched My name on your mind.  
I have recited My name on your lips.  
I have stationed My form in your eyes.  
I have signed My name in your heart.  
“With all My love and My blessings”, it says.  
My love I give to you,  
To take with you for all your life.  
My blessings I shower on you,  
To prevent you from stumbling and falling.  
You seem to be surprised,  
By the spark of divinity that flashes before you.  
For the spark to turn into a constant flame,  
Constant refueling is necessary.  
I have provided you with the fuel and lamp.  
I hold in my hand a match.  
Strike the match against the box.  
Make contact with Me.  
Constant friction will give a light.  
Light your lamp and recognize it's illumination.  
It is nothing but  
Going from the dullness of humanness,  
To the brightness of divinity.



B - 16

我已镌刻我的名字于你的心念。  
我已念诵我的名字于你的嘴唇。  
我已进驻我的形相于你的眼睛。  
我已签上我的名字于你的心灵。  
“用我所有的爱和我所有的福音”，它说。  
我給你，我的爱，  
好让你终生都携带着它。  
我撒向你，我的祝福，  
以防止你被绊倒和跌倒。  
你似乎有点惊讶，  
为什么有一道圣灵的火花在你面前闪烁。  
若要让这火花燃烧为一把永不熄灭的火焰，  
不断地增添燃油是在所必需的。  
我已提供你燃油和灯。  
我手里拿着火柴。  
将火柴支在盒子上一划。  
跟我接触。  
不断的摩擦会产生火花。  
点亮你的灯并体会它所散发的亮光。  
它不是什么，而是  
从人性的阴暗，  
走到神性的光明。

B - 17

Talking expends a lot of energy.  
The tongue was given to be used for two purposes.  
    To taste and enjoy food,  
Which is needed to keep the body healthy,  
    To constantly recite the name of the Lord.  
    But today, the tongue is used  
    To slander one and hurt others.  
It is being used more to indulge in vicious gossip.  
    To argue, to abuse and to lie,  
    To sit and have meaningless conversations.  
    To criticize even God.  
Why are you constantly persisting  
    In humiliating your true self?  
    Observe silence,  
    And you will find  
    That silence itself speaks a language.  
The language of eyes that are peaceful.  
The language of your smile that is content.  
Do not exhaust yourselves by talking.  
    Every sentence spoken  
    Leads to a series of other thoughts.  
    Several thoughts crowd your mind,  
    Leaving you restless and energyless.  
This releases only negative energy around you.  
    This affects your practice of spirituality.  
    Remember all the spiritual sadhanas  
Will be in vain if the tongue is not controlled.  
    Do not respond to:  
        1) Others criticism.  
        2) An abuse.  
        3) A personal attack made on you.  
    Observe silence, chant My name  
    and let karma itself be its response.

B - 17

说话消耗很多能量。  
天赋舌头以两大功能。  
一是享受食物的美味，  
这是维持健康所必需的，  
二是不断念诵神的名号。  
但今天，舌头却被用来  
诋毁和伤害他人。  
而尤为甚者，人们更常用它来作无谓的闲聊。  
争辩，辱骂，撒谎，  
坐下来做无意义的交谈。  
甚至还批评神。  
为什么你总是坚持  
侮辱你真实的自性？  
保持缄默，  
而你会发现  
静默本身会说话。  
平和的眼睛所说的话语。  
满足的微笑所说的话语。  
不要消耗你自己于喋喋不休的说话。  
说出的每一句话  
带出一系列的其他思想。  
好几个思想挤满你的心念，  
令你不得安息而精疲力尽。  
这只释放出你周围的负面能量。  
这影响你的灵修。  
记得，如果不控制舌头，  
一切修行皆属枉然。  
切莫回应：  
1) 他人对你的批评。  
2) 他人对你的辱骂。  
3) 他人对你的攻击。  
保持缄默，赞颂我的名号，  
而让业报去作出它的回应。

B - 18

Let your thoughts, words and actions be  
In synchrony with each other.  
If they are not, then be aware.  
For within you lies a wolf,  
That is to be hunted and killed.  
Let your mind be totally focused on Me.  
This will limit other thoughts  
That will hold you back spiritually.  
Let your lips chant My name.  
Let them sing the name of the Lord in praise.  
Let them soothe others  
With soft speech and loving words.  
And lastly, but not the least, let your hands be busy.  
Let them carry out their tasks  
With a sense of duty and love.  
Let them serve others, let them stroke with love.  
This is the synchrony I want to develop.  
It is nothing but a formula to purify yourselves.  
In this state your mind is unagitated.  
Your heart is full of the nectar of love.  
In this stillness of peace,  
There will be only Me ! Me ! Me !

B - 18

让你的意、言、行  
协调一致。  
若不一致，你得注意。  
因为，在你之内，有一只狼潜伏着，  
你必须猎而杀之。  
让你的心念专注于我。  
这会限制其他阻碍你灵修进展的念头进入。  
让你的唇舌念诵我的名号。  
让它们赞唱主的名号。  
让它们以柔和、亲切的话语  
去抚慰他人。  
最后，但很重要，让你的双手忙碌。  
让它们抱着义务与爱的意识，  
去克尽厥职。  
让它们服务他人，让它们以爱去安抚他人。  
这就是我要促进的同步性。  
它不是什么，而是一个净化你自己的方式。  
处此境界，你的心念是平静的。  
你的心灵充满着爱的甘露。  
在这安详平和的静谧里，  
只有我！我！我！

B - 19

When anger comes, let it go.  
Let it go, before it erupts.  
Like hot lava, that leaves everything bare.  
Anger travels from your mind  
Into the gaze of your eyes,  
Into the words of your lips,  
Into the acts of your hands.  
It intoxicates you, it weakens you emotionally.  
It tires you physically  
And drains you of your energy.  
It makes you hurt others.  
It fills fear in your children  
And creates unhappiness  
Within you and to all around.  
Then why do you welcome it?  
Shut the doors to anger.  
Do not let it enter in your thoughts.  
If it does, close your eyes.  
Be determined not to allow it to travel further.  
Be victorious and take control of your senses.  
You are it's master.  
Know that and act on it thereby.

B - 19

愤怒来时，就让它离开。  
在爆发前，让它离开。  
就像炙热的熔岩，经过之处，无一物不变成赤裸。  
愤怒起自心念，  
进入你眼睛的凝视，  
进入你嘴唇的话语，  
进入你双手的行动。  
在情绪上，它使你陶醉，使你脆弱。  
在体力上，它使你疲惫不堪。  
并使你的能量流失。  
它使你伤害他人。  
它注入恐惧于你的孩子  
并树立不愉快  
于你之内及你周遭的一切。  
那么，你为什么还欢迎它？  
把门关上，不让愤怒进来。  
不要让它进入你的念头。  
若它还是要进来，就闭上你的眼睛。  
决心不让它跨前一步。  
要成为胜利者，且操控你的感官。  
你是它的主宰。  
要明白这一点并据之而行。

B - 20

I do not respond to challenges.  
I do not respond to your anger directed at Me.  
I respond to sincerity and yearning for Me.  
I respond to your pure love.  
I am not present  
Where there is a trace of ego present.  
Challenges thrown at Me are nothing but,  
You establishing your superiority over Me.  
To Me, you are not superior or inferior.  
I am You and You are Me.  
Realize that and call Me at divine level,  
Rise above the passions that consume you.  
Fight them and rein your superiority over them.  
Become the master and take control.  
And once you have tasted victory,  
Stay undefeated !



B - 20

我不回应挑战。  
我不回应你对我的愤怒。  
我回应真诚和对我的渴念。  
我回应你的纯爱。  
我不现身于  
有一丝一毫私我出现的地方。  
抛向我的挑战不是别的，仅是，  
你想树立优于我的势头。  
就我而言，你没有优势也没有劣势。  
我是你而你是我。  
要认清这一点并在神圣层次上呼叫我，  
要超越欲吞噬你的激怒。  
要与它们开战并取得优势而驾驭它们。  
要成为主宰而控制它们。  
而一旦你尝到了胜利的滋味，  
就保持不败的优势吧！

B - 21

The worst thing for your spiritual well being is “Stress”.

Stress which is another word for “worry”,

Which in turn is due to “fear”.

And “fear” arises only due to lack of faith in Me.

I watch you suffer physically and mentally.

Why do you stress of circumstances,

That you have determined

By your own past karmas.

Put all your fears in an envelope.

Seal it tight and offer it to Me.

I will accept them gladly,

And give you in return,

An envelope filled with love.

A love that soothes, that takes all your worries.

A love that fills you with smiles and contentment.

A love that strengthens you to be righteous.

A love that carries you across the border of death,

With no anxieties.

A love that accepts the most wicked

And transforms them.

This love knows no “I”.

It makes you recognize your true self within.

And when that happens,

I transform your soul to become part of My love.

B - 21

心灵福祉的最大障碍就是“压力”。  
压力的另一个同义字是“忧虑”，  
而忧虑起自“恐惧”。  
恐惧之产生是由于你对我缺乏信心。  
我注意看你身心所受的痛苦。  
为什么你还为处境而感到压力，  
一切不都是依照你过去的业来决定！  
把你所有的恐惧都放在信封内，  
紧紧封好，供奉给我。  
我会乐于接受，  
并把一个充满爱的信封  
送回给你。  
那是一个抚慰的，带走你所有忧虑的爱。  
一个把微笑和满足注入于你的爱。  
一个加强你的正义感的爱。  
一个很悠游地牵你越过死亡边界的爱。  
一个接受和改造最邪恶者的爱。  
这爱不知“私”为何物。  
它使你认识你内在的真实自性。  
当那发生时，  
我便改造你的灵魂，使之成为我的爱的一部分。

B - 22

Plan each and every activity daily.  
Include Me in each of them.  
You ask Me for self-realization and liberation.  
How can you attain liberation?  
You dedicate a few minutes of the day for prayers.  
Will a few minutes in the morning,  
And a few minutes in the evening liberate you?  
Self-realization is attained only when,  
You make an effort  
To see Me at all waking moments.  
Self-realization is the ability to see Me in all,  
Living or nonliving,  
Pleasant or unpleasant,  
In the good and the bad.  
Give up your laziness and strive forward.  
You do not impress Me with fancy words.  
I look for sincerity, I look for effort.  
You are lost  
And the only way to find your way back,  
Is to trust and have faith  
In the directions being given to you.  
I give it to you directly.  
They are inscribed on the pages of your heart.  
Open this book and read it with utmost care.  
Educate yourself,  
And break the bonds that imprison you.  
It is time, My child, to liberate yourself.  
Free yourself from this limited bondage of time.  
Become eternal !

B - 22

好好计划每一天的每一个行动。  
把我放入你的每一个行动中。  
你问我有关自我证悟与超脱之事。  
你如何能达致超脱？  
你每天拨出几分钟时间来祈祷。  
早上的几分钟加上傍晚的几分钟  
会使你超脱吗？  
要达致自我证悟，  
只有当你尽力在每一个清醒时刻  
去认识我。  
自我证悟是看到‘我’于万物的一种能力，  
不论是生命体或非生命体，  
不论是愉快的或不愉快的，  
在好的之中也在坏的之中。  
放弃慵懒而努力前进。  
你不必用华丽的言辞来引我注意。  
我要的是真诚，我要的是努力。  
你迷失方向  
而找回归路的唯一方法就是  
对我指示给你的方向  
要完全信赖和深具信心。  
我直接把它给你，不假手于人。  
它们被印记在内心书本的页数里。  
打开这书本并详细地阅读它。  
教育你自己，  
而解开囹圄你的束缚。  
我的孩子，时间到了，是解放你自己的时候了。  
从这有限的时间束缚中把自己解放出来，  
而成为永恒吧！