

B - 48

When I stand before you,
I inspire you to emerge your talents,
That are latent within you.
To some, I make them a singer
Of the names of the Lord.
To others, I inspire to write a poetry,
Describing the Lord Himself.
To some, I inspire
To read the toughest spiritual texts
And comprehend them.
To others I inspire to serve others,
Through Me that is awakening within them.
Make a strenuous spiritual effort
To call Me and to make Me appear before you.
To create these talents and use your body,
To spread My name from corner to corner.

B - 49

When a white paint is added to a black paint,
The black lightens to a dark grey.
When more white is added to the dark grey,
It turns to a lighter shade of grey.
As more white is added, the black in it diminishes,
And it comes to a point, the black becomes white.
In the same way, consider Me to be the white paint,
And you being the black paint.
With every little of Me added to you,
Your dark karmas begin to lessen,
And your true nature slowly begins to reveal.
The more you add Me into your life,
The impurity diminishes,
Leaving you more pure each time.
At a point, all the black will be transformed to white.
And all the “Myness” will merge into the “Oneness”.

B - 48

当我站在你面前时，
我激励你展现
潜伏于你之内的才华。
对某些人，我使他们成为歌者
赞唱主的名号。
对另一些人，我激励他们写诗，
描述主的事迹。
又对一些人，我激励他们
阅读深奥的灵性书籍
并深入地融会贯通。
还有一些人，我鼓励他们
通过正在他们之内觉醒的我去服务他人。
要致力于灵性修行
去呼唤我，去促使我现身于你面前。
要创建这些才华并善加利用你的肉身
去弘扬我的名，从一个角落到另一个角落。

B - 49

当白漆倒入黑漆之中，
黑漆淡化成为深灰色。
当加入更多白漆于深灰漆之中，
它就转变为更浅的灰色。
白色越多，黑色就消失。
最后，黑色全变白了。
同样，视我为白漆，
而你是黑漆。
在你之中，加入少许的我，
你黑色的业开始减退，
而你的真实本性慢慢揭露。
你更多地把我注入你的生命中，
你不纯的成分就减少，
使你更为纯净。
最后，所有黑色转变为白色。
而所有的‘属于我’就会融入‘一体’之中。

B - 50

I consider you a successful gardener,
Even if one seed germinates to become a plant.
I do not look for quantity.
I look for your quality of devotion.
When one seed germinates into a plant,
You know that this plant one day
Will also become a big tree.
The tree will give a lot more seeds.
And one day, you will be given a chance
To germinate these seeds once again.
Do not be in a rush
To sow different kinds of seeds
Together, in one season.
Nurture one plant at a given time.
Give it all your love and care.
And to your surprise,
One day you will find,
A beautiful garden has emerged.
And each plant in it is healthy and strong.
Each plant has spread its roots,
And established it's domain.
The seed is devotion.
The roots are your faith.
And the healthy plant is the awakened soul.

B - 50

我认为你是一个好园丁，
尽管只有一颗种子发芽而长成一棵树木。
我不看数量。
我看你虔诚的素质。
当一颗种子发芽而长成树木时，
你知道这棵树木，有一天
也会长成一棵大树。
这棵树会长出很多种子。
而有一天，你也有机会再次去培育这些种子。
不要仓促行事
而在同一个季节内
同时播下不同种类的种子。
要在一定的时间内
培植一棵树木就好。
给它注入你的爱和关照。
这会让你感到惊讶，
有一天，你会发现，
一个美丽的花园出现了。
其内的每一棵树长得既健壮又雄伟。
每一棵树都伸展它的根，
树立它的地盘。
种子是虔诚。
根是你的信心。
而健壮的树是觉悟的灵魂。

B - 51

Anxiety is a disease that leaves you
Devoid of peace.
Your mind races with thoughts of fear.
It leaves you restless and agitated.
Today a lot of you suffer from this illness.
You are anxious of your children's future.
You worry about your jobs and family life.
Some of you are even anxious
When you visit Swami.
You are anxious
If I was able to see you during Darshan.
You are anxious for an interview.
With a result you double your anxieties
When you leave from Puttaparthi.
Fear arises when there is lack of surrender.
You want Me to run your lives,
But you hold the reins tightly in your hands.
Your mind thinks one, your words say another,
Leaving your actions confused.
You have different identities filled in one person.
Focus on what you truly believe.
The biggest injustice you do to yourselves,
Is to deceive your own self.
If you have chosen to be Godward,
Follow it !
Follow it by mind, words and actions.
Once there is synchrony in these,
You will be less confused,
And your anxieties
Will become a part of your past only.

B - 51

焦虑是一种疾病，
使你得不到平静。
你的心念与恐惧思想竞赛。
它给你留下不安与烦乱。
今天罹患此疾病者为数不少。
你担心你孩子的前途。
你担心你的工作和家庭。
你们有些人甚至担心
在你们拜访斯瓦米时的情况。
你担心
在达瞻（Darshan现身）时，我是否会看你一眼。
你渴望获得一个面谈但又担心落空。
结果你带着加倍的担心
离开布达巴地。
当缺乏诚服时，恐惧产生。
你要我驾驭你的生命，
但你又紧握着缰绳不放。
你心想一事，口说另一事，
致使你的行动无所适从。
你把诸多不同的身份注入一个人之内。
要集中精神于你真正相信的。
你给自己造成最大的不公不义
就是欺骗你自己，你自己的自性。
如果你选择了归向神，
那就遵行吧！
以身、口、意的一致去遵行。
一旦身口意三者协调，同步，
你的困惑就大大地减少，
而你的担心就成为过去了。

B - 52

Your best of friends and your biggest enemies
Are all within you.
They are both enclosed in your mind,
Your thoughts !
When these thoughts speak to you,
With Me as their sole focus,
They become your best friend.
They show qualities of true loyalty to you.
They are filled with good intentions for you.
And most of all, they do the important task of
Directing you to Me.
But when these thoughts speak to you,
With "You" as their sole focus
They become your biggest enemy.
They hurt others and most of all,
Hurt "Me" within you.
They create chaos and restlessness.
You lose your sanity and sense of peace.
And most important of all, you lose your way,
In this deep, dense forest,
And become an easy victim,
To the hunger of the wild ferocious animals
That surround you.

B - 52

你最好的朋友和你最大的敌人
都在你之内。
两者都装在你心念之中，
也就是你的思想之中！
如果这些思想与你说话，
而又以‘我’作为它们的唯一焦点，
它们就成为你最好的朋友。
它们展示对你的真正忠诚。
他们充满着对你的好意。
而尤其是，它们执行把你导向‘我’
的重要任务。
然而，如果这些思想与你说话，
而又以‘你’作为它们的唯一焦点，
它们就成为你最大的敌人。
它们伤害他人而尤其是，
伤害寓于你之内的‘我’。
它们树立混乱和不安。
你失去理智和平静。
而最糟糕的是，你迷失方向于
这阴森而浓密的森林里，
并成为在你周围饥饿而凶残的猛兽
的一个现成的牺牲品。

B - 53

When you stare at
The ripples in a flowing river,
It creates an illusion of movement.
You feel yourself move,
Along with the direction of the water.
When you close your eyes and open them again,
You find yourself standing in the same place.
You had not moved at all !!
It was only an illusion.
In the same way,
When you concentrate on this world,
Your outer senses, inner senses, desires and ego,
Move in the direction of this unreality or maya.
But when you close your eyes and meditate,
On the form of the Lord, you find
That your inner true self has not moved.
It remains stationary and stays unchanged.
Any illusion can become a reality,
Any reality an illusion.
So stay inward.
Discover reality.
And be untouched by this illusion.

B - 53

当你注视
流水的波动时，
它树立一个流动的假象。
你觉得自己在移动，
随着水流的方向。
当你闭上眼睛然后再张开，
你发现你自己仍旧站在原处。
你完全没有移动！
它仅是个假象。
同样的道理，
当你集中精神于这世界，
你外在的感觉，内在的感觉，欲望和自我，
全跟着这虚幻（maya）的方向移动。
但如果你闭上眼睛而静虑于
主的形相，你会发现
你内在的真实自性并没有移动。
它保持静止和不变。
任何虚幻都能变成真实，
而任何真实也能变成虚幻。
所以，要求诸内，根诸内。
发掘真性。
而对此虚幻，无动于衷。

B - 54

You see Me in visions.
You see Me in dreams.
I stand before you in your waking state (vision),
And prove My omnipresence to you.
I come into your dreams,
To wake you from your deep slumber,
And to grant you the dreams of Me.
In your dreams,
I make them a reality.
But when you awaken from this reality,
Into the unreality,
You think of My appearance
As a mere dream.
You again tie yourself
With the ropes of maya,
And stand before Me, confused and full of doubts.
Do not doubt My Darshans.
Do not deprive yourself of Me constantly.
I have given you My word,
To be your Mother for all your births.
My word is never untrue,
And My Darshan is not a dream !
You pray, He wills, I come !

B - 54

你在视像中看到‘我’。
你在梦中看到‘我’。
我在你清醒的状态（视像）下站在你面前，
以证明我的全在。
我进入你的梦中，
把你从酣睡中叫醒，
并让你梦见我。
在你的梦里，
我使梦成真。
但当你从这现实中醒过来
而进入虚幻中时，
你认为我的显灵
仅是一个梦而已。
你再次用虚幻之绳把自己
给绑起来，
并困惑地，充满怀疑地站在我面前。
切莫怀疑我的显灵（Darshan, 现身）。
切莫动辄把我排挤出去。
我答应你，
要成为你每一世的母亲。
我的话决不虚假，
而我的现身也不是一个梦！
你祈祷，‘他’成全，我到来！

B - 55

When you are an infant,
You depend on your parents.
As a young child,
You start to depend on friends and your teachers.
As an adult,
You depend upon the life partner you choose.
And when you are old,
You depend on your children.
You depend on those all your life,
Who are very much
Dependent on something themselves.
In the last moments of your life,
You then turn to Me.
Time is short, body is frail,
You lose physical and spiritual strengths.
You old habits become very hard to die.
You are not able to find My strength.
Even though I offer it to you at all times.
Do not waste your divinity in every life.
Start early in life.
Depend on God !
The nature of God is
To give strength and to give only !
The strength to love.
The strength of truth.
The strength of Dharma.
The strength of peace.
Remember always
God's companionship stays always.
Develop your friendship with Him early in life,
And hold His hand until you leave this body.
He will then carry you the rest of the way.

B - 55

婴儿时，
你全靠父母。
孩提时，
你开始依靠朋友和师长。
成年时，
你依靠你选择的终生伴侣。
而步入老年时，
你依靠你的子女。
你一生都在依靠那些人
而他们在很大程度上
也依靠某种东西。
在生命的最后一刻
你于是转向我。
时间短促，身体衰弱，
你失去体力和精力。
你的旧习变得难以消除。
你不能获得我的力量。
纵使我无时无刻不在把它提供给你。
不要糟蹋你的神性于每一生。
在早年时就开始求道。
依靠神！
神的本质就是
赐予力量，仅赐予！
去爱的力量。
真理的力量。
正义的力量。
心境平和的力量。
要常记得
神的友谊无时或断。
要在早年就建立起跟神的友谊，
并紧握着他的手，直至你离开这肉身。
他会带你走完剩下的路。

B - 56

The sun rises everyday.
It never fails in its duty.
It nourishes and sustains all living forms.
We depend upon it's light and warmth.
Without the sun, all life forms would fail and die.
Let Me be the sun in your life.
A sun that rises, but never sets.
I will give you the warmth of My love.
I will spread around you the light of My knowledge.
In your life, there will be only day and no night.
There will be only awakening
And no more ignorance of sleep.
With this energy
You will grow more and more spiritually.
I have come today to be by your side.
To make you recognize God.
To teach you God.
And to realize God !

B - 56

太阳每天东升，
从不失职。
它滋养和维系一切生命体。
我们靠它的光和热生存。
没有太阳，所有生命体都会没落、死亡。
让我成为你生命中的太阳。
一个上升而不下落的太阳。
我会给你，我的爱的温暖。
我会扩散我知识之光于你周围。
在你生命中，只有白天，没有夜晚。
只有唤醒
而没有熟睡的无知。
有此能量
你就得到越多的灵性成长。
我今天来了，来到你的身边。
使你认识神。
授你以神。
并使你体现神。

B - 57

To hide one untruth uttered,
Leads to several other lies.
To conceal one fault of yours
You have to pretend to cover
Several others that lead to the fault.
To be hypocritical of your opinion once,
You constantly have to be someone else.
When you join in talks that criticize others,
You bind your tongue to unpleasant conversations.
When you laugh at other's weaknesses,
You lose your own strength to improve yourselves.
Look at what you have made,
Of something within you
That was all pure and divine.
You live in conflict with yourself.
Disagreements between
You true self and your ego,
Will only cause one disaster after another.
Make peace with your true self.
Drop off this ego that has only become a menace.
There is only one voice within, which is true.
Find it. Listen to it. Act upon it.
Be pure and earn My Grace.

B - 57

隐瞒说出的不实，
导致其他的谎言。
包藏你的一个过失，
你必须设法掩盖
导致此过失的几个其他过失。
只要一次你展示虚伪的想法，
你就不得不继续下去。
如果你加入说人长短的谈话，
你等于把舌头系于无聊的谈话上。
如果你嘲笑他人的缺点，
你就失去你自己的能力去提升你自己。
看看你已如此破坏，
某种在你之内的
完全纯净而神圣的东西。
你生活于与你自己的冲突之中。
你的真实自性与你的自我
之间的不协调，
只会引起一个又一个的灾难。
要与你的真实自性达致平和与共识。
放掉这只会造成威胁的自我。
内在之声只有一个，那是绝对真实的。
探寻之，聆听之，据之而行。
保持纯净而赢取我的恩典。

B - 58

Look for the eyes of the Guru
The eyes that are a way to love,
A love that seeks no attention,
Expects no awards.
A love that which is so tender,
That will melt one and all.
These eyes speak
A hundred and more silent words.
They hold within them the vision of creation.
When they look at you,
They will emit out a light
That will swallow all the darkness.
It will guide you to a path
That knows all right and no wrong.
Look for these eyes,
And once you find them,
Close your eyes,
Hold on tightly to His feet,
And know that you are saved.

B - 58

寻找导师的眼睛
那眼睛是去爱的一个方式，
而那爱是不求瞩目，
不求回报的一个爱。
是那么的温柔而足以溶化
每一颗心的一个爱。
这些眼睛说话，
说出千百句或更多的静默的话。
它们的内在持有万物的视像。
当它们看着你时，
它们会散发出光，
吞没所有黑暗。
这光会引领你步上一条
只知所有的对而不知有错的康庄大道。
寻找这些眼睛，
而一旦你找到它们，
闭上你的眼睛，
紧握着‘他’的脚，
并确认你是安全的。

B - 59

I call you my true devotee,
Only when you devote each and every moment
With your heart and soul to Me.
I always say, "Time is God".
Every minute wasted
Is a minute taken away from Me.
I want you to
Eat with Me.
Work with Me.
Play with Me.
And sleep with Me.
Time waits for none.
It continues to move on
And establishes its victory over all.
Let Me become the hands of your clock,
And move with you at all times.
Then even when time runs out on you,
You will not have any regrets,
Of time you could have used to be with Me.
So do whatever it takes to be with Me.
And end this bondage with time
Into a timeless one with Me.

B - 59

我称你为我真正的信徒，
只有当你，以你的心和灵
把每一分每一秒都奉献给我的时候。
我常说，“时间是神”。
你浪费的每一分钟
都是从我这儿拿走的。
我要你
与我共餐。
与我一起工作。
与我游戏。
与我共眠。
时间不等人。
它继续移动，永不停息
并且建立起其不可战胜的态势。
容我成为你时钟的手，
而时时和你并肩前进。
那么即便时间不允许，
你也不会因为没有时间和我在一起
而感到遗憾。
所以，尽一切可能和我在一起。
从而结束这时间的束缚
而步入与我同在的一个无时间的状态。

B - 60

When your mind is filled
With thoughts that are sad,
The sadness follows in your words and actions,
Leaving all those around you
Limp with your sadness.
The feeling of sadness, anger, frustration
Occurs due to lack of faith.
It is more of a lack of faith in yourselves,
Than in Me.
Most of you do not even know Me.
Those of you who think that you know Me,
Develop bigger egos and fall into bigger traps.
Some of you want to know of Me
In a short span of time.
And of course when this fails,
They get even more desperate
Than when they had started their quest for Me.
Those who truly know Me,
Experience Me with total faith.
They do not present Me
Their terms, conditions and challenges.
With faith in one hand and patience in the other,
They join their hands in front of Me,
And allow Me to steer their boat,
The boat which sails, in the direction of the winds,
The winds of My divine love,
Which can sail over
The stormiest oceans of illusions.

B - 60

当你的心念
充满哀伤的思想时，
哀伤就表现于你的言与行之中，
使到你周遭的人
随着你的哀伤而成跛。
哀伤，愤怒，挫折的感觉
起于缺乏信心。
对你自己缺乏信心尤甚于
对我缺乏信心。
你们大部分的人都不认识我。
那些以为认识我的人
建立更大的自我而掉入更大的陷阱之中。
你们有一些人想在很短的时间内
知道我。
而当然，在这希望落空时，
他们就更感沮丧
远甚于在他们开始探讨我的时候。
那些真的知道我的人，
以完整的信心去体验我。
他们没有向我提出
他们的期限，条件和挑战。
一手拿着信心，另一手拿着耐心，
他们在我面前，两手合起来，
并让我驾驭他们的小船，
那是随着风的方向航行的小船，
而那风就是我圣爱的风，
能够安全地航过
最大风暴的虚幻海洋。

B - 61

Patience is a virtue which when developed,
Makes you stronger mentally and spiritually.
When you deal with patience to anger,
You automatically reduce the anger within you.
You are able to overlook others' weaknesses,
And develop new strengths that lacked within you.
Patience makes your mind
Calm and less excitable.
It makes you a better listener
And avoids arguments.
But to develop this patience,
You need an inspiration,
The belief and faith of God present at all times.
When such faith is developed,
You know that sooner or later, God will intervene,
In unfavorable situations, bail you out.
You do not see the need to react
Under any circumstances.
In everyone's life there comes a point,
When he is filled with a sense of disgust,
To face the uncertainties of life.
He then goes to look for peace,
And in his search, finds God.
He develops love for God,
For the peace he finds in Him.
This love slowly grows into faith,
And faith in God, slowly builds the patience.
You need to seek your true self.
Ultimately, when you please Him,
With the strength of your faith
And persevering patience,
He reveals Himself to you,
And you find peace forever.

B - 61

忍耐是一种美德，一旦培育起来，
你在精神和心灵上就更为强壮。
当你以忍耐对付愤怒时，
你内在的愤怒自然就减少。
你就能够容忍他人的缺点，
并培育起你内在所缺乏的新的力量。
忍耐使你的心念
平静而少激动。
它使你成为一个更好的聆听者
并避免无谓的争论。
然而，若要培育忍耐，
你需要一个鼓舞，那就是
对神的无时不在，无所不在，深信不疑且深具信心。
培育起这样的信心之后，
你就知道，神迟早会介入，
使你摆脱困境。
在任何情境下，
你都看不到有作出反应的必要。
在每一个人的一生中，
他都会有厌恶的感觉去面对生命的不确定的时候。
他于是去寻找心境的平和，
而在寻找中，他找到神。
他培育起对神的爱，
因为他在‘他’之内找到平和。
这爱慢慢地成长为信心，
而对神的信心慢慢地树立起忍耐。
你必须寻求你真实的自性。
最终，当你以你信心的力量和坚毅的忍耐
去取悦‘他’时，
‘他’向你显现‘他自己’，
而你就找到永久的平和了。

B - 62

If a mother gives attention to her child,
At every fall of his,
The child becomes a weak individual.
He becomes lazy, and remains demanding.
Loses his capacity to self realize.
In the same way, I as your mother,
May sometimes allow you to fall,
And not prevent you from making mistakes,
I allow you to cry your tears in desperation,
And then with My Grace that I shower,
I watch you stand up
With courage
And take control over your fears and your desires.
You march forward, you conquer.
You then realize that you were rescued again.
Rescued from being enslaved
By your own inner enemies.
I then stand before you to encourage you again,
To stand up and begin the fight all over again.

B - 62

如果一个母亲老担心她的孩子跌倒，
每一次都极为注意和小心，
那么，孩子就变成一个脆弱的人了。
他变得懒惰，并且令人费神。
他失去体认自性的能力。
同样，身为你母亲的我，
有时就让你跌倒，
而不阻止你犯错，
我让你在失望中流下眼泪，
然后我把恩典洒向你，
看着你勇敢地
站起来
并且控制你的恐惧和你的欲望。
你前进，你克服。
你然后体认，你再次被拯救。
从奴役中被拯救
而奴役你的，是你自己内在的敌人。
我于是站在你面前再给你鼓励，
站起来并从新再奋斗。

B - 63

Once a man stood in the middle of the road.
 His head looked up to the sky.
 His eyes were filled with tears,
 As he continuously stared at one spot
 And repeated "Oh God", from time to time.
 A man passed him by,
 Looked at the man who stared at the sky,
 And curiously stood behind him.
 He looked up at the same spot in the sky,
 And wondered what vision of God the man saw.
 When another man passed the two men
 Who looked up in the sky,
 He too joined in the line,
 And stared and wondered,
 As to what is it these two men were able to see.
 To him the clouds above seemed
 To be shaped like Lord Shiva Himself.
 "Maybe this is a Darshan of the Lord", he thought.
 Soon there was a big line of men
 Staring up at the sky.
 Finally one man who passed looked at the queue,
 And asked the last man as to what he saw.
 He said he was not sure,
 So he asked the man in front.
 This went on until the first man
 Who was still staring up was asked,
 "What is it, Sir, that you are able to envision?"
 The man with tears in his eyes replied,
 "My neck is terribly strained,
 And I am unable to move."
 All of a sudden the queue dispersed
 And the men moved on disappointed.
 Do not try to experience Me through another.
 You will always face disappointments.
 I come to each one of you directly.
 Do not believe or develop faith
 By experiencing others' faith in God.
 Come and experience Me directly.

To be continued...

有一次有一个人站在路中央。
他仰望天空。
他两眼充满泪水，
那时他正注视着天空某处
并不时重复着“哦，神啊”。
有一个人经过，
看着这个眺望天空的人，
并好奇地站在他背后。
他也眺望天空的同样地方，
并感到奇怪，那人到底看到神的什么。
这时另外一个人经过
那两个眺望的人，
他于是加入他们的行列，
注视着并感到疑惑，
到底那两个人看到什么。
对他而言，天空的云
似乎形成主湿婆的模样。
“也许这就是主的显现（Darshan）吧”，他想。
不久，很多人排起队来
仰望着天空。
最后，有一人路过而看着整排人，
并问最后的一个人所见何物。
他说他不肯定，
于是他问前面的一个人。
就这样地问到第一个人，
他还是注视着，
“先生，你能看到什么？”
那人泪水盈眶并回答说，
“我的脖子扭到了，
现在不能转动。”
忽然间，整排人散了，
大家都失望地离去。
千万不要通过别人来体验我，
你总是会面对失望的。
我直接和你们每一个人接触。
不要凭借体会他人对神的信心
来相信或建立自己对神的信心。
来直接体验我。

文接下页

Can a child from the third standard
Teach a child in the second standard?
No ! He will be able to answer
Only some of his questions.
He himself is in school waiting to get his degree.
You must be taught directly by the teacher.
The teacher himself is qualified
And has gone through
All these levels to be able to teach.
So find and dig your own path to Me.
If you depend upon others faith,
And if that person loses faith in Me,
It will automatically affect your faith in Me.
So approach your Guru directly.
Do not be influenced
By other's faiths and experiences.
To Me, each and every one of you are special,
And My relationship with each one of you
Is a unique and endearing one.

一个三年级的孩子
能教二年级的孩子吗?
不能! 他只能回答
某些问题。
他本身还在求学, 等着考取学位。
你必须直接由老师教导。
老师是合格的
而他已通过
诸多阶段的训练。
所以, 要寻求和开拓你自己的道路。
如果你依靠他人的信心,
而如果那个人又丧失对我的信心,
那自然就影响你对我的信心了。
所以要直接找你的导师。
不要被他人的信心和体验所影响。
就我而言, 你们每一个人都是特别的,
而我与你们每一个人的关系
都是独特的和亲切的。

B - 64

I want from you
A love that is the form of truth.
A love that feels truly for others.
A love that gives, gives, gives!
A love that serves Me in others.
A love that sees Me constantly.
A love that knows no fear.
A love that is content and peaceful.
A love with persevering patience.
A love that endures all and blames none.
A love that smiles in all sorrows.
A love of firm faith in God.
A love that welcomes Me in all forms.
A love that knows to surrender.
A love that is pure and untainted.
Give Me this love,
And I will open the doors to your prison,
And give you your freedom forever.

B - 65

Ointments and bandages can be soothing,
But love can heal instantly.
Food can appease your hunger,
But love can fill you
With divine energy that carries you
Far beyond than your physical needs.
Water can quench your thirst,
But love is a nectar that flows within you
And fills you with sweetness.
Money can buy you jewels and precious stones,
But love gives you
Peace and contentment no money can buy.
One thing I have come to say,
“Love pleases all, even God Himself!”
When you reach at the level of giving love,
At all times and in every situation,
You have reached the level of God.

B - 64

我要的是你的
一个真理模式的爱。
一个真的关心别人的爱。
一个只知施与，施与，施与的爱。
一个服务我于服务他人之中的爱。
一个不时都看到我的爱。
一个不知恐惧为何物的爱。
一个知足与平和的爱。
一个有着坚毅之忍耐的爱。
一个容忍一切而不怨天尤人的爱。
一个在所有悲伤中都带着微笑的爱。
一个对神有着坚定信心的爱。
一个迎接我于一切相之中的爱。
一个知道去诚服的爱。
一个纯洁无瑕的爱。
把这爱给我，
而我会打开你牢狱的大门，
而让你永远获得自由。

B - 65

膏药与绷带能减轻痛苦，
但爱则能立即治愈疾病。
食物能充饥，
但爱则能充你以
神圣能量，支撑着你
远在你肉体所需之上。
水能止渴
但爱则是在你之内流通的琼浆玉液
并把温馨甜美灌注于你。
钱能购得你所要的珍珠宝石，
但爱则带给你
金钱所买不到的平和与满足。
有一件事，我要跟你们说的，
“爱取悦大家，甚至取悦神他自己！”
当你抵达，任何时候及任何情况
都能施与爱的层次时，
你就已经抵达神的层次了。

B - 66

You seem to live a dual life today.
One of which is a pretense to please Me,
And the other is a life you live for yourselves.
The soul within you has only one true nature,
It recognizes God and no one else.
I do not answer to your pretenses,
And I do not interrupt your egotistical way of life.
You seem to want to be happy on one hand.
On the other hand,
You download yourselves with sufferings.
You see your goals in one direction,
But I see you walk in just the opposite.
Stop this lunacy you have developed.
Your soul and mind are both diseased,
And you seem to think that you are the doctor !
Do not be satisfied
With the temporary relief you feel with medications,
Work on completely removing the disease.
You suffer from,
The disease of dwelling on the "I".
Cure yourself from this "I"
And let there be only "Sai ! Sai ! Sai !"

B - 66

你好像在过一个双重的生活。
一个是假意的取悦我，
另一个是你要为你自己而生活。
在你之内的灵只有一个真实的本质，
它只认识神，别无他物。
我不回应你的伪装，
而我也不会阻碍你自私的生活方式。
你一方面要得到快乐，
另一方面，
你却给自己下载痛苦。
你看到你的目标于一个方向，
但我却看到你往相反的方向前进。
要停止你已建立起来的愚昧行为。
你的灵和心都罹患疾病，
而你似乎认为自己就是医生！
不要满足于
你所感觉到的药物治疗的暂时舒解。
要致力于完全消除这种疾病。
你罹患的是
沉迷于‘自我’的疾病。
要把‘自我’治愈
并只让‘赛！赛！赛！’留下。

B - 67

A diamond today
Is considered most precious of gem stones.
It is white, pure and clear, and it shines,
Under the influence of an external light source.
But a diamond is not found in this form.
It lays as a dull stone
Covered with various impurities in the ground.
You have to go deep down to mine for it.
Once they are found,
They go through various processes
Of cleaning, washing, cutting
To bring out the brilliance in the stone.
Once the diamond is ready,
It then only becomes ready,
To be adorned as a piece of jewelry.
In the same way, you too are a diamond.
Your divinity is present,
But it is covered with all the dirt and impurities,
You have accumulated over it.
It is only when you start the cleansing process,
The divinity within gives a peep of its brilliance
The more the purifying, the more the light emerges.
And when in the end, you become the light,
You merge into the bigger light,
And shine within it forever.

B - 67

今天，钻石
被视为极其珍贵的宝石。
在外在的光的影响下，
它的色泽洁白、纯净和晶莹并且发亮。
但这样的钻石不能直接得之。
它以一颗晦暗石头的模样
埋在地底，覆盖着各种杂质。
你必须往深处挖掘才得到它。
一旦得到它们，
你就必须进行清洗，切割等过程
才把石头内的光泽给带出来。
一旦钻石显现，
它就可以被用来
制成一件装饰品。
同理，你本身也是一颗钻石。
你的神性一直存在，
但它被你已堆积的尘土和杂质所覆盖。
只有在你做出净化过程之后，
你内在的神性才显露其光辉。
越净化，光辉越呈现。
而在最终，你成为光时，
你融入于更大的光之中，
永远在其内照耀。

B - 68

Internally, you live with God.
 Externally, you face the world.
 The voice from within prompts the truth.
 But you face evil, ego props up and truth fails.
 The light of hope burns bright from within,
 But storms rush, the light flickers and hope fuses.
 The strength of faith slowly wants to awaken.
 But doubts, envy and confusions surround,
 And faith crushes.
 The stream of love flows
 And wants to spread its sweetness.
 But hatred and jealousy obstruct the flow,
 Leaving you to face a drought.
 Close your eyes to the outside world.
 Open them inward.
 Outside vision can see no God.
 Inward vision is God !

B - 69

Even today when you travel to Shirdi or Parthi,
 You face all kinds of
 Physical and mental tribulations.
 You feel tired physically from your journeys.
 You experience anger and frustrations.
 You inflict pain on your loved ones,
 Who travel with you.
 But your goal through all these is focused on
 Reaching your destination,
 Taking Darshan and collecting prasadam.
 Consider your life to be a pilgrimage.
 During your journey, you also face ups and downs.
 You experience pain and miseries.
 But if you focus your goal
 To become God or reach God,
 You will one day reach your destination.
 Find Me and collect from Me
 The prasadam I always give,
 Divine love for you and peace forever.

B - 68

内在，你与神一起生活。
外在，你面对世界。
发自内在的声音激发真理。
然而，你面对邪恶，自我撑起你而真理衰退。
希望之光从内在燃烧，
但风暴猛烈，光摇曳而希望融化。
信心的力量慢慢地想唤醒你。
但怀疑，嫉妒和迷惑却围绕着，
致使你的信心破碎。
这时，爱之川流动了
并想要扩散它的温馨甜美。
但憎恨和嫉妒阻碍它的流通，
让你面临干旱。
向外在世界闭上你的眼睛。
向内张开你的眼睛。
外在视像，你看不到神。
内在视像才是神！

B - 69

甚至在今天，
当你到舍尔地（Shirdi）或巴地（Parthi）时，
你还是面临各种
肉体上和精神上的折腾。
长途跋涉，你感到疲惫。
你易发脾气且有挫折感。
你给你所爱的同行者带来痛苦。
但你的目标还是在于
抵达你的目的地，
以便一睹圣容及领取圣品。
要视你的一生为朝圣之旅。
在旅途中，你也面对诸多起伏。
你体验痛苦和不幸。
但如果你聚焦于你成为神或归向神
的目标，
你总有一天会抵达你的目的地。
来找我并从我这儿领取
我常常赐予的祭品（prasadam），
圣爱及永远的平和。

B - 70

Do not get attached to one form of God.
Initially it starts as an attraction to the form.
Attraction turns to dependence to that form,
Dependence turns to
A selfish attachment to the form,
And the selfish attachment horrifyingly
Turns to an obsession.
God is not your possession.
God belongs to one and all.
God's Grace may dawn on you today,
And on another tomorrow.
Attach yourselves to all the various forms,
I take around you.
All of you are under the impression of seeing Me,
When you come to Puttaparthi.
Let Me tell you that I visit you every day,
In your homes, work places.
I speak to you through your thoughts.
I fill your heart with love.
But how many of you recognize Me
And welcome Me?
Do not waste your time by planning
A few visits with Me in your life.
I want you to spend the rest of your life with Me.
Look for Me every day,
in fact, every hour, every minute,
And every second,
You will see that I stand before you, at all times.

B - 70

不要执着于神的一个相。
初时，这相只以吸引你作为开始。
吸引转为对那相的依靠，
依靠转为
对那相的自私执着，
而自私执着则可怕地
转为一个着迷。
神不是你的拥有物。
神属于大家，属于每一个人。
神的恩典可能今天降临于你
而明天降临于他人。
把你自己跟你周围所有不同的形相联在一起，
那都是我采纳的形相。
你们所有人都以为，
当你们到布达巴地来的时候才看到我。
让我告诉你吧，其实我每天都探望你，
在你的家里，你的工作场所。
我通过你的思想与你说话。
我把爱注入你的心。
但你们有几人认识我
并欢迎我？
不要浪费时间于
计划一生中来拜访我几次。
我要你和我共度余生。
每天都在寻找我，
其实是每一小时，每一分
和每一秒，
你会时时看到我站在你面前。