

C - 34

Of all languages,  
The language of silence is the most powerful.  
It has no words, but conveys all.  
It is a quality of humbleness,  
A symbol of patience and endurance,  
A sign of utmost respect,  
Shows acceptance of presence of God.  
It depicts faith and surrender,  
It is the surest way to show control of anger.  
This is the strongest language of love.  
Words are empty, only actions are fulfilling.  
Speak soft,  
Speak sweet,  
Speak only when needed.  
Spend time with duty.  
Spend time with selfless work.  
Spend time with God!

C - 34

在所有语言中，  
最有威力的莫过于静默之语言了。  
它不假借一字即可传达四方。  
它有着一个谦卑的品质，  
一个耐心与容忍的标志，  
一个最高敬意的信号，  
以展示对神之存在的接受。

它表述信心与诚服，  
它是展示控制愤怒的最肯定的方式。  
这就是最具威力的爱的语言。  
言语是空洞的，只有行动才能究竟。

说话温柔，  
说话亲切，  
该说时才说。  
与义务共度时光。  
与无私服务共度时光。  
与神共度时光！

C - 35

Do not waste time in explaining Me to others.  
 How can you explain Me  
 When your knowledge of Me itself is limited?  
 Mingle with those  
 Who have already found themselves to love Me.  
 That will strengthen your faith  
 And increase your love for God.  
 Do not compare your spiritual progress  
 With each other.  
 Each one may be at a different level,  
 But your road is one,  
 Your goal is one,  
 And My love for each one is the same.  
 To judge, criticize and evaluate God  
 Is only an act of the ego.  
 Stay away from such confusion.  
 When you cannot even explain your own reactions,  
 When you seem to be lacking  
 In controlling your own senses,  
 When you are yourselves suffering  
 From hysteria and uncalm minds,  
 Then how can you evaluate the Divine?  
 God is a puzzle  
 And you have all the pieces of this puzzle.  
 Each piece adds to the whole picture,  
 And when the picture is complete,  
 You will find the solution to all your riddles.

C - 36

Crush yourselves!  
 Crush yourselves in this wheel of existence.  
 Crush your minds,  
 Crush your senses,  
 Crush your desires.  
 Feel this pain,  
 The more the pain,  
 The more closer to bliss,  
 One day when all is crushed in this wheel,  
 There will be no more pain,  
 No more you, only God and bliss.

C - 35

不要浪费时间去向他人明释我。  
你怎能明释我  
如果你对我的了解是有限的?  
要与那些  
发现自己已发心爱我的人交往。  
那会增强你的信心  
进而增进你对神的爱。  
不要跟人比较  
你灵性上的进展。  
每一个人的层次或有不同,  
但你的道路是一条,  
你的目标是一个,  
而我给每一个人的爱并无二致。  
去判断, 批评和估计神  
仅为一种自私的行为。  
要远离这样的骚扰。  
如果你连自己的反应也明释不来,  
如果你似乎控制不了  
自己的感官,  
如果你自己正陷于  
歇斯底里和不平静的心念,  
那么, 你又如何能评估神呢?  
神有如一个拼图游戏,  
而你拥有这拼图游戏的每一块图片。  
合成整个图像需要每一张图片,  
而当图像完成时,  
你会找到你所有谜底的解答。

C - 36

压平你自己!  
压平你自己于此生存方式的轮下。  
压平你的心念,  
压平你的感官,  
压平你的欲望。  
感受这痛苦,  
痛苦越多  
至福就越接近,  
及至有朝一日, 当一切都被压在这轮下时,  
就不再有痛苦,  
就不再有你, 只有神和至福了。



C - 37

A disease in the body,  
is the result of a mind in chaos.  
A body is a temple in which God resides.  
The body is a manifestation of the soul.  
It is a vehicle that reaches you  
To Vishnu pada (Vishnu's feet).  
When the mind gets agitated,  
You begin to lose God within.  
The body automatically begins to lose function.  
This is a hindrance in your spiritual progress.  
Life is precious. It is a gift of God,  
Given to realize His Omnipresence  
Within you and all around.  
Value this gift and treat it with respect.  
Firstly, it is important to develop strong faith in God.  
Your dependence must be on God and no other.  
Secondly, you need a strong will  
To overcome temptations,  
Any temptations that will agitate the mind  
Or inflict pain in the body.  
Thirdly, develop a pure heart of love.  
You must think in the best interests of all around.  
Fourth, you must stop wasting time.  
Utilize time only to see and feel God at all times.  
Fifth, you must stop worrying.  
Why worry when God is the doer.  
Surrender! Surrender!  
Sixth, give up anger!  
Anger is a disease of the mind,  
Fire that will only consume you.  
Seventh, have no desires,  
Except that of being with God.  
Desires are the roots of a restless mind.  
Eighth, have no thoughts.  
When all is God, all is His will,  
Then why think, just do!  
Ninth, offer God every moment, pure, sincere love.  
He is himself enslaved by your true devotion.  
Be persistent and God will shower His Grace.  
With this Grace, there will be no mind,  
No body consciousness, no ego,  
Only Atma and Paramatma.

身体内的疾病，  
是处于烦乱状况下之心念所引起的。  
一个身体是神寓居的一个庙宇。  
身体是灵魂的体现。  
它是一个交通工具，运载你  
抵达毗湿奴的足前。  
在心烦意乱时，  
你开始失去内在的神。  
身体也自然就失去其功能。  
这是你灵性进展的一个障碍。  
生命可贵。它可是神恩赐的一个礼物，  
赐给你去体认‘他’的无所不在  
于你之内及你周遭的人之内。  
要珍视这礼物并敬重它。  
第一，培育对神的坚强信心是重要的。  
你只必须信赖神，没有其他。  
第二，你需要一个坚强的意志  
去克服种种诱惑，  
任何干扰心念平静或  
导致身体创痛的诱惑。  
第三，培育一颗纯净的爱之心。  
你必须为周遭人的利益着想。  
第四，你必须不再浪费时间。  
只利用时间时时去看神和感觉神。  
第五，你必须停止担心。  
当神是‘为之者’时，为何担心！  
降服！降服！  
第六，放弃愤怒！  
愤怒是心的毛病，  
怒火只会烧毁你。  
第七，不要有欲望，  
除非是想跟神在一起的欲望。  
欲望是心念不平静的根源。  
第八，不要去想。  
当一切是神，一切是‘他’的旨意时，  
还想什么，去做就好了！  
第九，每一时刻都供奉纯净而真诚的爱给神。  
‘他’本身就被你的真诚给套住。  
要坚持到底而神就会洒下‘他’的恩典。  
有了恩典，就没有心念，  
没有身体意识，没有自我，  
只有真我和神我（Paramatma最高我）。

C - 38

To reach God, you must be honest with yourselves.  
You must be able to admit and seek your own faults.  
    Deluding yourselves  
    Is merely cheating you of Godhood.  
You may be able to place a curtain over others.  
You may even be able to convince your own selves.  
    But for Me, I am aware of truth at all times.  
        I recognize and know of  
        Your weaknesses more than you.  
        I even constantly prompt you  
        When I see you do wrong.  
        You can ignore Me  
    Or even logically cover your faults,  
    But you cannot reason with Me!  
I see truth as truth; truth has no other side.  
    Truth is the fact, it is your nature.  
    Truth cannot be manipulated,  
    Twisted or logically explained.  
I have come to point out your faults.  
    I have come to change you.  
    But you must be open to it.  
    Your response must be eager.  
Let Me do the work for which I have come.  
    Just have faith, have patience,  
    And a strong will for Me to choose you!

C - 38

要达至神，你非得对自己真诚不可。  
你务必能够勇于承认和找出你自己的缺失。

欺骗你自己

仅仅是欺骗你，说你不具神性。

你或许可以用帷幕遮住他人。

你甚至可以说服你自己。

但对我而言，我时时都觉知真相。

我认识和知道

你的缺点，比你自己更清楚。

我甚至不断地提示你

当我看到你犯错时。

你可以不理我

或甚至在逻辑上去掩盖你的过失，

但你不能跟我说理或说服我！

我视真理为真理；真理绝无另一面，

真理是事实，它是你的本质。

真理不能被操纵，

扭曲或以逻辑加以解释。

我已来指出你的错误。

我已来改变你。

但你必须打开心门去迎接它。

你的回应必须是恳切的。

让我做我来要做的工作。

你只要有信心，有耐心，

及一个坚强的意愿，好让我选择你就得了！

C - 39

You walk amongst the jungles of life,  
Wrapped in attachments, worries and sufferings.  
I come and meet you in this confusion.  
You do not recognize Me in My disguise.  
I offer you My help and My guidance,  
To traverse this difficult path.  
But ego blinds your spiritual eye,  
And you move on alone and lost,  
Until later with My grace and your repeated prayers,  
I arrive again!  
This time you see a glimpse of My divinity,  
And you begin your following.  
Your faith strengthens,  
And your dependence on Me grows.  
When all of a sudden, all seems clear!  
You now follow Me, amongst the jungles of life,  
Detached, contented and blissful.  
Your eyes only see Me,  
Your heart only beats My name,  
With your love for Me, and with My love for you,  
We merge into the light of oneness.  
It starts with Guru and disciple,  
Continues to become God and devotee,  
And ends to be God and God.

C - 39

你在生命的丛林之间行走，  
包裹于执着，挂虑和苦难之中。  
我在这混乱之中来见你。  
由于我这一身装扮，你不认得我。  
我提供你，我的帮助和指导，  
以便你越过这艰苦的路途。  
但‘自我’蒙蔽你的法眼，  
于是你单独前进而迷失了方向，  
直到后来，有了我的恩典及你重复的祈祷，  
我又到来！  
这一次，你得以一睹我的神性，  
于是你开始你的追随。  
你的信心加强，  
而你的仰赖我也跟着增长。  
刹那间，一切似乎突然明亮起来！  
你现在追随我，在生命的丛林之间，  
不执著，知足和福乐。  
你的眼睛只看我，  
你的心只跳着我的名字，  
带着你给我的爱和我给你的爱，  
我们融合于一体性之光中。  
它始于师生的关系，  
继而成为神与信徒的关系，  
而最后终结于神与神的关系。

C - 40

I have come to uproot your likes and dislikes.  
All that surrounds you is God.  
That which you like is God,  
That which you dislike is God.  
The more you dislike,  
The more I challenge you with it.  
I want you to develop an immunity to all.  
You must be unaffected at all times.  
When I see you endure and tolerate,  
When I see acceptance and no agitation,  
I grace you with the knowledge of the self.  
All that is bad can become God.  
All that is good will become God.  
The source of all is common,  
Even though the form may differ.  
Then think, My dear ones,  
Of your likes and dislikes.  
That which you like,  
Is your acceptance of Me.  
That which you dislike  
Are your own fears of the unknown.

C - 40

我已来连根拔除你的所好与所恶。  
凡环绕于你周围的无非神。  
凡你所好的是神，  
凡你所恶的是神。  
越是你所恶的，  
我越是以之挑战你。  
我要你培育起一种对一切都有效的免疫力。  
你必须任何时候都不受到影响。  
当我看到你容忍和宽恕时，  
当我看到接受而看不到搅乱时，  
我赐予你自性的知识。  
凡坏的都能变成神。  
凡好的都会变成神。  
大家的源头是共同的，  
虽然形相有所不同。  
那么亲爱的，就考虑考虑  
你的所好与所恶吧！  
你所好的  
是你对我的接受。  
你所恶的  
是你自己的恐惧，对未知事物的恐惧。



C - 41

I exist within you and in all,  
As Universal Consciousness.  
To Me all are alike.  
Differences may lie outwardly,  
In your form,  
And the stage of realization you are at,  
But the sense of Being  
Or consciousness of existence,  
Is the same and is God.  
Know this and recognize the several forms of God.  
Realize that these forms are,  
Manifestations of one source,  
The origin of truth,  
The wealth of righteousness,  
The ocean of love,  
The nectar of everbliss.  
God is indestructible,  
God is beyond time.  
Body is limited by death.  
When there is death,  
There will be no body.  
Similarly, ego is limited by God.  
When there is only God,  
There will be no ego.

C - 41

我以宇宙意识，  
存在于你及大家之内。  
我一视同仁。  
差异仅在外表，  
在你的形相，  
及你目前所处的认知阶层，  
但‘存有’的感觉  
或存在的意识，  
并无二致而都是神。  
要明白这一点并确认神的各种形相。  
确认这些形相是，  
一个源头的彰显，  
真理的起点，  
正义的资源，  
爱的海洋，  
永恒至福的甘露。  
神是不灭的，  
神是超越时间的。  
肉身是受到死亡的限制的。  
只要有死亡，  
就没有肉身。  
同理，自我是受到神的限制的。  
只要有神，  
就没有自我。

C - 42

To you, one devotee may appear  
More superior than another.  
But to Me, all are equal, all are God.  
The difference only lies  
In the level of realizing the self.  
All knowledge lays within you.  
The more the devotion,  
The more the self starts to reveal itself.  
Rights and wrongs  
Automatically become very obvious.  
Going against your true nature becomes tougher,  
As you become closer to God.  
When the curtain of falsehood is lifted,  
You can experience your purity.  
You become tainted in believing the delusion,  
And ignoring your reality.  
But, for the reality to reveal,  
You must fight the delusion,  
You must control the reign of your senses,  
You must burn all desires.  
The mind must be devoid of all thoughts,  
But that of God.  
Your faith in finding yourself must be strong.  
All that comes along the way,  
Must be tolerated with patience.  
Then only will the concept of duality be destroyed.

C - 42

对你而言，一个信徒  
可能比另一个信徒更为优越。  
但对我而言，大家平等，都是神。  
不同点只在于  
对自性的认识层次。  
一切的‘识’都蕴寓于你之内。  
虔诚越多，  
自性的揭露就越多。  
对与错  
自然就显而易见了。  
想要违背你真正的质性就变得更难，  
因为你更亲近神了。  
当虚伪之帷幕被拉开之后，  
你就能体验你的纯真。  
你相信假象和错觉而受到污染，  
并忽视你的真性。  
然而，如要真性显露，  
你得战胜虚妄，  
你得控制你的感官，  
你得烧毁你所有的欲望。  
心念必须虚空，排除杂念，  
只留下神。  
必须有坚强的信心去找回你自己。  
沿途所遇到的一切，  
你务必耐心地容忍。  
这样，二元性的观念才会被摧毁。

C - 43

Be simple, in the way you live.  
Dress simple, let it be clean and neat.  
Eat simple, let it be sathwic.  
Pray simple, let it be full of devotion.  
Work simple, let it be full of service.  
Speak simple, let it be sweet and soft.  
Spend time simple, let it be devoid of showiness.  
Love all, simple, let it be pure and selfless.  
Call Me, simple,  
Let it be from deeper than your heart.  
The simpler you are,  
The lesser you have to worry about.  
The fewer the desires you have to kill,  
The lesser the mind strays.  
You unburden yourselves of all your luggage.  
Possess less of worldly things,  
Things that especially attach you to the body.  
Learn to give all,  
And take nothing less than My grace.

C - 43

生活要简单。  
衣着简单，只要整洁即可。  
饮食简单，只要纯质即可。  
祈祷简单，只要充满虔诚即可。  
工作简单，只要存心服务即可。  
说话简单，只要甜美柔和即可。  
度日简单，只要不浮夸即可。  
博爱简单，只要纯洁无私即可。  
叫我简单，只要发自内心即可。  
你越简单，  
你越放心。  
你要除去的欲望越少，  
你心念迷失的机会就越少。  
卸下你所有的行李，  
减少拥有世俗之物，  
尤其是那些束缚你的肉身之物。  
试着把一切都送出去，  
除了我的恩典外，什么都不要。

C - 44

Science is the study of the laws of nature.  
 It is a limited study of limited applications.  
 Science makes you recognize the laws of nature,  
 But does it explain what lies behind these forces?  
 Can God be explained by science?  
 In science the same experiment  
 Repeated by various scientists,  
 Have the same results.  
 But in the experiment of finding God,  
 Each soul has a different aim,  
 Principle, procedure, and result.  
 The goal may be the same,  
 But the pathways and experience  
 Of each one differs.  
 Finding God does not have one formula.  
 Karmas differ, faiths differ,  
 Response of each soul differs.  
 Death cannot be explained by science.  
 Science may think of rescuing one patient.  
 But another dies of the same cause.  
 Can this be explained?  
 Is science consistent?  
 Can science explain love?  
 Why do we need love?  
 What is love?  
 Science binds you to the mind and intellect.  
 The self strays away from the mind and intellect,  
 And binds you to God.  
 The study of science limits you.  
 The study of the self is limitless.  
 The self is true knowledge.  
 Each self is a part of the whole.  
 The self is pure love.  
 We are enslaved by this pure love for each other.  
 Hence the need of constant love.  
 The self goes through,  
 Ups and downs at various stages,  
 Till finally it merges with the whole.  
 Each journey is different,  
 Each one's time to merge differs,  
 And each one's experience is different.

科学的研究对象是自然的规律。  
它是有极限应用的一个有极限研究。  
科学使你了解自然规律，  
但它可有解释蕴寓于这些力量背后的是什么？  
科学能解释神吗？  
在科学里，同样的实验  
为不同的科学家重复进行，  
并得到同样的结果。  
但在寻找神的实验中，  
每一个灵魂都有自己不同的志向，  
原则，过程和结果。  
目标也许一样，  
但途径和体验  
各有所异。  
寻找神没有一个固定的法门。  
业不同，信心不同，  
每一个灵魂的反应也不同。  
科学解释不了死亡。  
科学也许想救活一个病人。  
但另一个人却死于同样的病因。  
这该如何解释？  
科学不是一致的，放诸四海皆准的吗？  
科学能解释爱吗？  
为什么我们需要爱？  
什么是爱？  
科学把你系于心念与智能之上。  
自性则远离心念与智能之上，  
而系你于神。  
科学探索限制了你。  
自性探索是无极限的。  
自性是真知。  
每一个自性是整体的一部分。  
自性是纯爱。  
我们都互相被这纯爱所俘虏。  
因此坚定的爱是在所必需的。  
自性历尽  
不同阶段的起起伏伏，  
最终融合于整体之中。  
每一个旅程不同，  
每一个人融合的时间不同，  
而每一个人的体验也不同。



C - 45

When I speak soft sweet words of praise to you,  
    These are the words,  
Of encouragement you want to hear from Me.  
    When I say harsh words of criticism to you,  
    Those are the words,  
Of improvement you want Me to point to you.  
    I only utter, that what you expect Me to.  
    I am your thoughts,  
The thoughts that always prompt you to do good,  
    The thoughts that scold you from doing evil.  
I am here to make your sweetness even sweeter.  
    I am here to point out your faults,  
    And take the poison away.  
    Learn to work harder on your strengths.  
Overcome the temptations of your weaknesses.  
    Learn from other's strengths  
    And ignore their weaknesses.  
    I am here to love you only.  
    I am here to show you the way.

C - 46

Come and taste the sweetness of sacrifice.  
    All that you want is none that you need.  
    The mind only knows "wants".  
    The self only "wants to give".  
    Your "wants" make you experience,  
A pain of greed and frustration, that only grows.  
    Your "giving" makes you experience,  
    A sweet pain of sacrifice.  
Make this sweet pain a daily part of your lives.  
    Remember,  
    All that you sacrifice today,  
Is nothing but a lot of love you collect from all.  
    All that you want is "not to love".  
    All that you need is love.

C - 45

当我用甜美的话语称赞你时，  
    这些都是  
你想从我这儿听到的鼓励的话。  
当我用严苛的话语批评你时，  
    那些都是  
你要我指出的使你进步的话。  
    我只说你期盼我说的话。  
    我是你的思想，  
总是促使你，激励你去为善的思想，  
及，责备你，警告你，不可去作恶的思想。  
我在此使你的甜美变得更为甜美。  
    我在此指出你的缺点，  
    并带走你的毒素。  
要尝试更努力地去提升你的优点。  
    克服你缺点的诱导。  
    他山攻错，取人所长，  
    而不管他人的缺点。  
    我在此，只为了爱你。  
我在此，示你以方便法门。

C - 46

来尝一尝牺牲的甘甜。  
你所要的并非你所需的。  
    心念但知‘要’。  
    自性只知‘要给与’。  
你的‘要’使你体验到，  
只会增长的贪婪与挫折所带来的痛苦。  
你的‘给与’使你体验到，  
    牺牲的一个甜美的痛苦。  
要使这甜美的痛苦成为你日常生活的一部分。  
    记得，  
    你今天所作出的牺牲，  
不是什么，而是你收到大家给你的大量的爱。  
    你所‘要’的是‘不去爱’。  
    你所‘需’的是爱。

C - 47

I will make you laugh,  
I will make you cry.  
Know Me more,  
And you will even laugh and cry,  
All at the same time.  
Yes! I am here to make you insane,  
To make you realize  
That your sanity today,  
Is your real insanity!

C - 48

To some,  
Eating and enjoying their meals is guaranteed.  
To others receiving even one meal is a miracle.  
To some,  
Having a nice comfortable home is natural.  
To others having a roof,  
Sometimes on a cold rainy day is a miracle.  
To some wearing beautiful clothes  
Is taken for granted.  
To others to have a small wrap,  
To uphold their dignity, is a miracle.  
So what is a miracle?  
Ask yourselves, am I fortunate?  
Each one of you today,  
Are surrounded by innumerable miracles.  
The miracle of life,  
The miracle of being surrounded by God.  
All that you have today is a miracle!  
Whatever you are blessed with,  
Remember, there is someone out there,  
Deprived of those same blessings.  
Be grateful! Be thankful! Be content!  
Be generous! Be compassionate! Be Helpful!  
Do not complain like a broken record.  
Each one of you are blessed.  
With a special gift of My Love.  
Find your gift, unwrap it, and treasure it.

C - 47

我会使你笑，  
我会使你哭。  
知道我更多，  
而你就会笑和哭，  
于同一个时间。  
是的！我在此令你发疯狂，  
使你认识  
你今天的正常，  
才是你真正的疯狂。

C - 48

对某些人，  
欢享一日三餐乃当然之事。  
对另一些人一日一餐已是奇迹。  
对某些人，  
有一个舒适的家是自然不过的事。  
对另一些人，有个屋檐以避风雨，  
已算是一个奇迹了。  
对一些人，穿着华丽的服装  
被认为是‘想当然耳’。  
对另一些人，只要能蔽身，  
亦是一大奇迹。  
那么，什么是奇迹呢？  
扪心自问，你幸福吗？  
今天你们每一个人，  
都被无数的奇迹所包围。  
生命的奇迹，  
为神所围绕的奇迹。  
凡你今天所拥有的无非奇迹！  
不论你获得什么，  
记得，还有一些人，  
却得不到同样的东西。  
要感恩！要感激！要知足！  
要慷慨！要悲悯！要帮助！  
别像一个破唱片，抱怨不停。  
你们每一个人都获得  
我的爱的一个特别礼物。  
寻找你的礼物，打开它，并珍惜它。

C - 49

As you walk steps closer and closer to God,  
You sometimes experience  
The elation of your own Supreme Divinity.  
Your body racks with sobs.  
Your love and devotion  
Peak above your body limitations.  
You momentarily experience the self,  
Losing body consciousness.  
At other times you experience,  
A depression of self-inquiry.  
You feel an emptiness of being unrewarded,  
In your search of the self,  
You lack motivation and may even,  
Doubt the existence of God.  
I call these the “high tides” and “low tides”.  
Water in the ocean travels in waves,  
Rising up to a peak and then flowing down.  
It is only when it reaches the shores,  
That the waves settle to a near ripple,  
And then from a small ripple  
To a water level that is constant.  
You too are a wave,  
That will travel through its “highs” and “lows”,  
Of experiencing and understanding  
The divinity within.  
As your journey comes closer,  
The waves become only a ripple,  
And when you attain Godhood, there is only bliss.

C - 49

当你一步一步走近神时，  
你有时体验到  
你自己无上神性的欢欣和喜悦。  
你的身体受到哭泣的折磨。  
你的爱和虔诚  
攀登你身体极限之上。  
你随即体验到自性，  
丢掉身体意识。  
在其他时间，你体验到，  
一种‘自我探询’的沮丧。  
你因得不到报酬而感到怅然若失，空洞无物，  
于你的自性探索之中，  
你缺乏鼓舞而甚至，  
怀疑神的存在。  
我称这些为‘高潮’和‘低潮’。  
海水以波涛的方式流动，  
时而升起，时而降落。  
只有在抵达岸边时，  
汹涌的浪涛才趋于平静，转为微波，  
然后又从微波  
转为几乎是不变的水位。  
你就像是一个波浪，  
流动于对内在之神的体验与体悟  
的‘起’与‘落’之中。  
当你的行程越接近终点时，  
波浪趋平，只变成微波，  
而当你达至神性时，只剩下至福了。

C - 50

Let My name be your First Name.  
Your name only identifies with the body.  
My name removes this body consciousness.  
My name seeks the self.  
Let My name be the First Name,  
For when God always stays ahead,  
Ego will be left behind.  
God's name always protects.  
The name of the body lives only  
As long as the body is alive.  
God's name lives,  
As long as the self within you stays alive,  
And the self, My child, is indestructible!

C - 51

Let every moment of your life,  
Be a prayer to Me.  
Every part of you must be involved in this prayer.  
It must be the prayer of the mind,  
The prayer of the heart,  
And the prayer of the soul.  
Communicate with Me,  
With your words, actions and thoughts.  
When every moment of awakening and alertness,  
Becomes a sincere prayer,  
Of calling the divine within,  
The response will come!  
His eyes will show you the way,  
His smile will take all your anxiety away,  
His feet will offer you all His protection,  
And His hands will cradle you the rest of the way.

C - 50

让我的名字成为你的首要名字。  
你其他的名字只确认你的肉身。  
我的名字除去这肉身意识。  
我的名字找寻自性。  
让我的名字成为你的首要名字，  
因为当神总是在前头时，  
自我就被抛在后头了。  
神的名字总是给与护佑。  
肉身的名字仅随着肉身的存活  
而存在。  
神的名字则随着  
你内在自性的存活而存活，  
而自性，我的孩子，是不灭的！

C - 51

让你生命的每一瞬间，  
成为向我祈祷的一个祷告。  
你的每一部分都一定要涉入其间。  
它是发自意念的祈祷，  
心的祈祷，  
及灵的祈祷。  
与我沟通，  
以你的意言行与我沟通。  
当觉醒和警觉的每一个瞬间，  
成为呼唤内在之神的一个  
真诚的祈祷时，  
回应就会降临！  
‘他’的眼睛会指示你方向，  
‘他’的微笑会带走你所有的焦虑，  
‘他’的脚会提供你，‘他’所有的保护，  
而‘他’的手会摇着你睡的摇篮于剩下的路程。



C - 52

You come to Me to fulfill your wishes.  
When I begin to fulfill them,  
You begin to realize the impermanence of them.  
You become free of your desires.  
You realize that  
One desire gives birth only to another.  
These desires are a root of your worries.  
But sometimes these worries become an excuse,  
To come to Me, to know Me,  
And to get addicted to My love.  
My desire is only to fulfill all your desires,  
To uproot them,  
And to make you free of being enslaved by them.  
Burn these desires in a flame,  
That is bright and warm only for the love of God.  
The sweetness of this love will one day,  
Dissolve all your agitations within.  
It will conquer your mind  
And wrap your heart, drown your ego,  
And most of all,  
It will transform you to "Love".

C - 52

你为了实现你的愿望而来找我。  
当我开始实现它们时，  
你开始意识到它们的短暂。  
于是，你摆脱你的欲望。  
你认识到  
一个欲望只生出另一个欲望。  
这些欲望是你忧虑的一个根源。  
但有时，这些忧虑会变成一个理由，  
一个来找我，来认识我，  
及，来陶醉于我的爱，的理由。  
我的渴望只是要实现你所有的渴望，  
把它们连根拔起，  
而使你摆脱它们的纠缠，不受到奴役。  
把它们投入火焰中燃烧，  
那火焰就只是为了神的爱而呈现光辉和温暖的。  
这爱的温馨有一天会，  
溶解你所有内在的干扰。  
它会征服你的心念，  
并包住你的心灵，淹没你的自我，  
而尤其是，  
它会改造你成为‘爱’。

C - 53

When you go to the doctor for your treatments,  
The doctor is aware  
Of your previous medical history.  
He knows your symptoms,  
And accordingly diagnoses your treatment.  
Your treatment may consist  
Of medicines which are bitter and sweet,  
But you must complete the courses,  
Of both types of medications,  
If you want to have relief and complete treatment.  
In the same way, when you appear before Me,  
And ask Me for My help to reach God,  
I too become your spiritual doctor.  
I am aware of your previous karmas.  
I also know of your fears and anxieties.  
I too put you on a course of various medicines.  
Some that may be easy to bear  
Others that may break you  
To discontinue your treatment.  
But I want you to be strong!  
You must complete your whole course.  
Then only will you be relieved of this "I" and "My".  
Then only all your fears will turn  
To the humility of surrender to God.  
Do not be My lifetime patient birth after birth.  
Become well souls! Become healthy beings!

C - 53

当你因病去看医生时，  
医生知道  
你的病历。  
他知道你的症候，  
并给你对症下药。  
给你的疗法有  
甜的和苦的药物，  
但你必须服完这两种药的  
整个疗程，  
如果你想要减轻病情和完全根治。  
同样，当你在我面前出现时，  
并寻求我协助你达至神，  
我也成为你的灵性医生。  
我知道你的业。  
我也知道你的恐惧和焦虑。  
我也开药方，定疗程。  
有一些疗法或易忍受  
有一些则不易忍受，  
而使你中断治疗。  
但我要你坚强起来！  
你非得完成你整个疗程不可。  
然后你才会从这个‘我’和‘我的’之中解脱出来。  
然后你所有的恐惧就会转变为  
降服于神的谦卑。  
千万别一世又一世地成为我终生的病人。  
要成为完美的灵魂！成为健康的生命体。

C - 54

Do not make your prayers a mere formality.  
A prayer is a special moment spent with God.  
God is kind, God is gracious.  
He is ever present at all's prayers.  
Speak to God from your heart.  
This must be a time used  
To strengthen you, relax you,  
And take all your fatigue and worries away.  
It must be honest and sincere,  
Done with the beauty of faith,  
Humility and total surrender.  
I respond to prayers where no selfishness lies.  
You only trap yourselves with insincere prayers.  
I do not get trapped  
By phoney prayers or false tears.  
I only get captured and become a willing prisoner,  
When your love for Me,  
Comes from all your heart, mind and soul.  
When you accept Me,  
In all My manifestations and forms,  
When you bow with humility of total surrender, then,  
I put on My golden wings for you,  
And when you are ready,  
I carry you back home to Me.

C - 54

不要拘泥于你的祈祷而使之形式化。  
祈祷是跟神在一起的一个特别时刻。

神是慈爱的，神是慈祥的。

‘他’总是出现在每一个祈祷中。

打从你内心深处跟神说话。

这一定是一个大好时候，用来  
加强你的力量，松懈你的身心，  
以及，带走你所有的疲劳和忧虑。

它必须是率直的，真诚的，  
以信心，谦虚和完全的降服  
去完成的。

我回应无私的祈祷。

你只以虚假的祈祷陷自己于困境。

我不会被虚假的祈祷或眼泪  
给套住。

我只束手就擒而做一个心甘情愿的俘虏，

当你展示你对我的爱

是来自你的内心，意念和灵魂的时候。

当你接受我，

接受我于我所有的彰显和形相的时候，

当你以完全降服的谦卑向我顶礼的时候，

于是，我为你装上我的金翼，

而当你做好准备时，

我就带你回家。

C - 55

You say you want to merge in Me.  
But ask yourselves, "Are you ready?"  
Are you ready to leave all you love?  
Are you ready to give up your comforts?  
Are you ready  
To overcome all your worldly attachments?  
Have you prepared yourselves  
To give Me total surrender?  
Have you realized the transient nature of this body?  
Have you recognized yourselves?  
Tell Me then, what is your soul?  
Who is your soul, and who is God?  
Merging with Me is not a simple decision you make.  
It is a path you walk on, you learn and you attain.  
Merging is realizing yourselves as God.  
I always say, all lies within you.  
The knowledge of the self is with you.  
Seek it by purifying yourselves.  
Learn to love all, love is your medicine of purity.  
Rise above all your differences, and learn to love.  
Love always wins in time.  
Do not let the impatience of result rule you.  
True love awakens the self within.  
True love knows no attachments.  
True love recognizes only surrender.  
And it is true love  
That experiences to merge with Me.

C - 55

你说你要融合于我。  
但问一问你自己，“做好准备了吗？”  
你准备放下你所爱的一切吗？  
你准备舍弃你的舒适吗？  
你是否准备  
征服你所有的世俗执着？  
你是否已作好准备  
供奉给我完整的降服？  
你体认了这肉身的无常的本质吗？  
你确认了你自己吗？  
那么告诉我，你的灵魂是什么？  
你的灵魂是谁而神又是谁？  
与我融合并非你所作的一个单纯的决定。  
这是一条你步上，你学习和你达到目标的道路。  
融合就是体悟你自己是神。  
我常说，一切寓于你之内。  
自性的知识也在你那儿。  
通过净化你自己去探索它吧！  
尝试去爱大家，爱是你的良药。  
不要有分别心并学习去爱。  
爱总是最终取胜。  
莫让急功近利控制着你。  
真爱叫醒你内在的自性，  
真爱不知什么叫执着，  
真爱认识的只是降服。  
而体验去跟我融合的  
就是真爱。



C - 56

Today you celebrate "Akhandha bhajan day".  
You celebrate with great enthusiasm.  
Because you think I have declared this day.  
But to Me,  
You must celebrate Akhandha bhajan every day.  
The Ananda you gather today,  
By the constant repetition of the Lord's name,  
Must be an everyday practice.  
This ananda creates love and purifies you.  
Namasmarana must not  
Only be a mode of worship,  
It must be your way of life.  
Without that there is nothing, you are nothing!  
Try to put this in practice  
From the early part of your lives.  
Remember,  
It is never too early nor never too late  
To be in the company of God.  
Make God your most sacred thought.  
Make God your most auspicious word.  
Make God's Omnipresence a part of each action,  
And experience Akhandha Ananda  
Today and forever.

C - 56

今天你们庆祝“廿四小时持续巴赞日”。  
你们热烈，隆重地庆祝。  
因为你们认为我已经宣布了这一天的节日。  
但对我而言，  
你们必须每一天都庆祝持续巴赞。  
今天，借由不断重复念诵主的名号，  
所得到的福乐  
必须成为每一天的修习。  
这福乐建立起爱并净化你。  
持名不必只是  
一种膜拜仪式，  
它必须成为你的生活方式。  
没有它，什么都没了，你也没了！  
尽力去修习它  
最好从早年开始。  
记得，  
与神在一起  
从来就不会太早也不会太晚。  
使神成为你最圣洁的思想。  
使神成为你最吉利的话语。  
使神的全在成为你每一个行动的一部分，  
并体验持续的福乐  
今天乃至于永恒。

C - 57

A child sleeps securely  
In the darkness of its mother's womb.  
It is awakened rudely by its birth in this world.  
With its beauty of innocence, it clings to the warmth  
Of its mother's embrace,  
Looking at her for guidance to survive in this world.  
The mother carries her loved one,  
And places it at the feet of the Lord,  
And prays, "O Lord, let him sleep,  
On the cushion of these feet.  
Let him awaken to the brightness of Your eyes,  
Let him play to the twinkle of Your smile,  
Let him learn the lesson of love,  
With the musical beat of Your heart,  
Let him sing  
To the beauty of Your voice that awakens,  
Let him complete this life in Your shadow,  
And return to the warmth of Your embrace  
The mother of mothers, My Lord."  
When the mother's duty itself becomes her prayer,  
Life becomes an offering to God.  
The child grows with his eyes,  
That are closed to the world around,  
Staying unaffected and protected,  
Today and forever, in His light.

C - 57

一个婴儿安全地睡在  
他母亲子宫的黑暗中。  
他被他的诞生于这世间粗暴地唤醒。  
带着其天真的美，他附在  
母亲怀抱的温暖中，  
看着她，期盼得到指导以存活于这个世界。  
母亲抱起她可爱的孩子，  
而放在主的足前，  
然后祈祷，“主啊，让他睡吧，  
在以这两只脚作为垫子的上面。  
让他醒来看到‘你’明亮的眼睛，  
让他迎合‘你’灿烂的微笑，  
让他凭借‘你’的心的音乐节拍去  
学会爱的课业，  
让他唱出  
‘你’声音的美，那唤醒的声音，  
让他在‘你’的影子下过完这一生，  
然后再回到你温暖的怀抱，  
万母之母的怀抱，我的主。”  
当母亲的义务本身变成她的祈祷时，  
生命就变成给神的一个供奉了。  
孩子成长而他的眼睛  
不看周遭的的世界，  
保持单纯自然，不受影响但受到保护，  
今天乃至于永恒，在‘他’的光之中。

C - 58

Use every waking moment to fulfill duty.  
Your worship lies in duty.  
God Himself is duty!  
Do not waste time sleeping all night,  
And then again, sleeping during your waking state.  
Laziness prompts you away from duty.  
Laziness stirs you away from serving.  
When the mind is asleep, unaware of the self,  
The body also begins to lose function.  
Be strong and fight the mind!  
Awaken the body.  
Complete all your given tasks.  
Make this your daily prayer.  
Make this the way to love God.

C - 59

For a child to begin his learning process,  
It is very essential to teach him a language,  
A language,  
In which he comprehends,  
A language,  
In which he is able to receive his education.  
One cannot learn  
Without this media of communication.  
In the same way,  
To start your spiritual learning,  
You, too, must learn its language.  
It is the language of love in which,  
You will communicate with the God within you.  
Love will speak the words,  
Before even the tongue will move.  
Love itself is the teacher of teachers.  
Love will melt the hardest stone.  
It will crumble the highest mountain.  
Love is the only road to find God,  
Reach God, and become God.  
Learn it, practice it and become it!

C - 58

善加利用每一个醒来的时刻去履行义务。

你的膜拜在于义务。

神他自己就是义务！

不要浪费时间大睡整个晚上，

然后，你又在觉醒的状态中昏昏睡去。

懒惰诱使你逃避义务。

懒惰促使你离开服务。

当心念沉睡，不觉知自性时，

身体也就开始失去功能。

坚强起来，与心念战斗到底！

叫醒身体。

完成你受托的所有任务。

使这成为你日常的祷告。

使这成为你爱神的途径。

C - 59

有关一个孩子的学习过程，

首先必须教他一种语文，

一种他可以借之以理解

的语文，

一种他能借之以接受教育

的语文。

人何以学

如果没有这沟通的媒介。

同样，

开始你的灵性修习，

你也必须学习它的语言。

那是爱的语言，借之，

你会与你内在的神沟通。

爱会说话，

即便舌头尚未转动。

爱本身就是万师之师。

爱会溶解最硬的石头。

它会崩溃最高的山岭。

爱是寻找神的唯一途径，

要达至神，并成为神。

要学习它，修习它并成为它。