

C - 60

Science can be fiction.  
It teaches life with facts that are observed.  
God is only real.  
God teaches you the facts of life.  
What are these facts?  
It is believing in the reality of the self.  
A fact that cannot be observed,  
Only realized!!  
A fact that one cannot explain, is  
Only experienced and felt!  
A fact that cannot be justified,  
But is the absolute truth!  
You may ignore and deny these facts,  
But the simple fact remains that, "all is God".

C - 61

As pride grows, it peaks to a big mountain,  
Blocking the winds of spirituality to pass by.  
Pride brings an end to your life with God.  
Humility and love are the beginning steps,  
For you to recognize God.  
Remember,  
When you are at the top of this mountain,  
You will only be left in the coldness of being lonely.  
All from the top appears tiny and unclear.  
Illusion lies only when you feel taller and bigger,  
And all others seem small and insignificant.  
Climb down from this false height,  
And graze on your knees at ground level.  
Then all will appear larger and clearer,  
And the "I" within you will become insignificant.

C - 60

科学可以是一部虚构的小说。  
它以被观察到的事实来教导生命。  
神是唯一真实的。  
神教导你生命的事实。  
这些事实是什么？  
它就是相信自性的真实性。  
一个不能被观察到，  
只能被认知，被体现的事实!!  
一个无法解释，  
只能被经历和感觉的事实！  
一个不能被辨明，  
而是绝对的事实！  
你或许忽视和否定这些事实，  
但单纯的事实保持不变，仍然，“一切是神”。

C - 61

当傲气扩散时，它攀上整座大山之巅，  
挡住灵性和风拂过。  
傲气终止你与神在一起的生活。  
谦虚与爱是开始的步骤，  
让你去认识神。  
记得，  
当你站立在这高山的巅峰时，  
你只会感到孤独所带来的寒冷。  
从顶端向下望，一切显得渺小和模糊。  
虚妄只出现于当你觉得自己较为高大，  
而所有其他人则显得微小而不具意义时。  
要从这虚无缥缈的高度爬下，  
而双膝接触地平线。  
然后一切就显得比较大和比较清晰，  
而在你之内的“我”（私我）就变得微不足道了。

C - 62

In this journey of life,  
 You travel on a pilgrimage  
 From being human to becoming God.  
 On a road that you are free to choose,  
 One, that may be full of stops, thorns and obstacles,  
 And another, in which you have no worries,  
 Only travel!  
 The first path is that of the mind and the intellect,  
 The second is that of total surrender to God.  
 Your body is the chariot,  
 That is balanced on the four wheels,  
 Of truth, righteousness, peace and love.  
 The self is the charioteer that holds the reins.  
 The five horses are your senses  
 That are controlled by the self.  
 If the self loses control,  
 The horses lose their sense of direction.  
 If even one of the wheels loses its balance,  
 The chariot falls apart and  
 The charioteer loses its mode of transport.  
 To reach your destination of self realization,  
 The body must be taken care of  
 And must be considered  
 Only as a mode of transport.  
 You must not confuse your identity with the body.  
 The mind and the body must be kept in balance.  
 With the four wheels,  
 Of truth, righteousness, love and peace,  
 The driving force must be the strength of the self,  
 And not by the senses,  
 That will only mislead you and delude you.  
 Your goal must be one pointed,  
 To find Me and reach Me.  
 And once you reach Me,  
 There will be no body,  
 No mind, no intellect, no senses,  
 Only the real Me, coming back to Me!

C - 62

在这人生的旅程中，  
你做一个朝圣之旅  
从作为凡人而变成神。  
在途中你有权去选择，  
一条，充满停止标志，荆棘和障碍物的道路，  
及另一条，你没有担心，  
只一味前进的道路！  
第一条道路属于心念和智能，  
而第二条道路属于对神的完全降服。  
你的肉身是战车，  
由真理，正义，平和与爱  
的四个轮子来平衡。  
自性是手握缰绳的战车御者。  
五匹马是你的感官  
受制于自性。  
如果自性放松控制，  
马匹就失去它们的方向感。  
即便其中一个轮子失去平衡，  
战车也会因此而溃散而  
驾驭者也就不能操作了。  
如要抵达‘自性证悟’的目的地，  
身体必须获得好好的照顾  
并且必须被认为  
仅是一个运载工具而已。  
你必须认清你与身体的关系。  
心念与身体必须处于平衡的状态。  
有了真理，正义，爱与平和  
这四个轮子，  
驾驭的动力必须来自自性的力量，  
而不是来自只会误导你和困惑你  
的感官。  
你的目标必须集中于一点，  
以便寻找我和抵达我。  
而一旦你抵达我，  
身体就没了，  
心念，智能，感官也都没了，  
剩下的只是真的‘我’，回到了‘我’！



C - 63

Break these bonds of your weaknesses,  
With the power of your strength you develop.  
Break the chains of wants and desires,  
And learn to give.  
Give away all with the sweetness of selflessness.  
Root your feet firmly to the ground.  
Do not be even slightly swayed,  
By the winds of your senses.  
Focus your vision to see only the goodness of all.  
Do not get blinded in the darkness of ignorance.  
Spread your hands only to give all you have.  
Only yearn to receive from the Lord.  
With your humility of total surrender,  
Bend your head at His feet forever.  
Let Him be your only strength  
And your only weakness.  
Your strength being to love Him,  
In all, at all times, in every place.  
Your only weakness is to yearn for His love,  
Forever and ever.

C - 63

打断你爱好的束缚，  
凭借你培育起来的力量的威力。  
打断‘需要’与‘欲望’的镣铐，  
而试着去给与。  
带着无私的温馨去把一切送出去。  
稳固地脚踏实地。  
在感官之风的吹拂下，  
你丝毫都不动摇。  
把你的视力只集中于众人之善。  
不要被无知的黑暗给蒙蔽。  
伸出你的手只为了施与你所拥有的一切。  
只渴望接受主的恩赐。  
以你完全降服的谦卑，  
永远低下你的头于‘他’的足前。  
让‘他’成为你唯一的力量。  
和你唯一的爱好。  
你的力量就是去爱‘他’，  
在众生之内的他，时时，在在。  
你唯一的爱好就是去渴望‘他’的爱，  
永远，永远。

C - 64

I have given each one of you a duty,  
A duty to perform in My presence,  
A duty which must be dedicated with love.  
With no conditions,  
But done in the light of selflessness.  
Each one of you comes to this world,  
To carry out your worldly tasks.  
Learn to do them without complaints.  
Learn to accept and appreciate your situation.  
Make every action an offering at my feet.  
Make every moment of your life a prayer.  
O Sai Mother, this life is your treasure  
I will use this gift of love,  
To complete all your given tasks.  
Use this life as your instrument,  
To fulfill the lives of all with pure love,  
A love of yours that makes Me “you”,  
And a life that will complete its mission,  
Of coming back to you.

C - 64

我给了你们每一个人一个义务，  
一个当着我的面前去执行的义务，  
一个必须奉献出爱的义务。  
没有条件，  
但必须在无私的光中完成。  
你们每一个人到这个世界来  
执行你世俗的任务。  
尝试以毫无抱怨的心态去执行它们。  
尝试去接受和体会你的处境。  
使每一个行动成为我足前的一个供奉。  
使你生命的每一瞬间成为一个祈祷。  
哦 母亲赛，这生命是你的宝贝，  
我会善加利用这爱的礼物，  
来完成所有你给的任务。  
利用这生命作为你的工具，  
以便以纯净的爱去充实所有的生命，  
那是你的爱，使‘我’成为‘你’的一个爱，  
以及一个将完成‘回归于你’  
之使命的生命。

C - 65

Be aware, for in your devotion to God,  
 Ego lurks around the corner,  
 Slyly sliding its way,  
 Separating the distance between us.  
 Love Me, but have no pride.  
 Accept Me with no "ifs" and no "buts".  
 Dance this music of life with Me.  
 Let the melody of God's voice stir you within.  
 Let the strings of your soul,  
 Play the song of love at the touch of My fingertips.  
 Sweetness lies in the silence of the "I".  
 God awakens in your life, only when you are ready,  
 Ready to accept Him,  
 Ready to accept your true reality,  
 And ready to accept total surrender.

C - 66

Fasting from food deprives your body,  
 Of energy to function.  
 Fasting from action of duty,  
 Deprives your mind to rest.  
 What I ask you to fast is to fast words.  
 Observe silence  
 And you will speak the strongest language of all.  
 A single word uttered,  
 Leads to a multitude of thoughts.  
 Too many words,  
 Leads to too many thoughts.  
 These cause chaos, restlessness  
 And spiritual, mental and physical fatigue.  
 Talking can cause even more pain and stress,  
 Than a tedious physical action.  
 A pure mind is a mind with no thoughts.  
 A pure heart is that which knows only love.  
 A pure language is that of silence.

C - 65

要注意，因为在你对神的虔诚中，  
自我潜伏于角落，  
狡猾地，偷偷地溜出来，  
把我们之间的距离分隔开来。  
爱我，但不可有傲气。  
接受我，但不可有‘如果’和‘但是’。  
与我共舞于这生命的乐章。  
让神之音的旋律振荡于你内在。  
让你灵魂之弦，  
在我的指尖的触动下，弹出爱的歌曲。  
甜蜜系于‘我’（私我）的抑制。  
神在你生命中醒来，只有当你做好准备之后，  
准备接受‘他’，  
准备认同你的真性，  
以及准备同意完全的降服。

C - 66

节制进食剥夺你  
操作身体的能量。  
节制义务的履行  
剥夺你心念的平静。  
我要你节制的是节制说话。  
保持静默  
而你就会说出最具威力的语言了。  
说出的一句话，  
导致许多思想。  
说出太多的话，  
则导致太多的思想。  
这些都会引起骚乱，不安  
和身心灵的疲劳。  
说话所引起的痛苦和压力，  
尤甚于无谓的肢体动作。  
一个纯净的心念是一个没有思想的心念。  
一颗纯净的心灵是一颗只知爱的心灵。  
一种纯净的语言是静默的语言。

C - 67

You often ask Me the question,  
How do I reach God?  
My answer is to remember Him constantly.  
Let every minute of your lives be God.  
You must practice this Sadhana vigorously  
With all earnestness.  
This has to be done not with a motive  
To impress Me or anyone.  
There must be no sense of competition.  
It has and must be done with all purity.  
You have to reach the God that lies within.  
All your energies, the body, mind and spiritual,  
Have to be directed towards that.  
Remembering God at all times,  
Prevents you from ungodly acts.  
Singing His praises always,  
Deters you from criticizing others.  
Visualizing Him,  
Seals your desires on transitory things.  
Hearing of Him,  
Deafens you to meaningless conversations.  
Surrendering to Him,  
Relieves you of all worries and sufferings.  
Loving Him breaks bonds to all other attachments.  
Think, See, Hear, Say and Do all unto Him.  
That is the way to reach God,  
Realize God, and become God.

C - 67

你常问我这问题，  
我怎么达至神？  
我的答案是，要常常记得‘他’。  
让你生命的每一分钟成为神。  
你必须以最大的热忱  
努力执行这灵修。  
这必须在不引我注目或任何人注目  
的动机下执行。  
这也必须不具任何竞争意识。  
它必须以一切的纯净去完成。  
你必须抵达内寓的神。  
你所有身，心和灵的能量，  
都必须导向它。  
要时时念及神，念兹在兹，  
以防你有不良的行为。  
要常常赞唱他的荣耀，  
以制止你批评他人。  
要心想他，  
以封闭你对短暂事物的渴望。  
要聆听他，  
使你的耳朵听不见无聊的谈话。  
要降服于他，  
以解除你所有的挂虑和痛苦。  
要爱他，  
以打破你所有其他执着所造成的束缚。  
为他和对他去思，看，听，说和做一切。  
那就是达至神，认识神  
及成为神的途径。



C - 68

Along the course of your life, you grow attachments.  
Attachment to the body loses your true identity.  
Attachment to family and friends  
Faces painful separation.  
Attachment to money and things  
Leaves you on top of a mountain of desires.  
But attachment to God  
Is another name of "devotion".  
It relieves your mind of restless thoughts.  
It relieves your body of sores and diseases.  
It heals all pains in your wounded heart.  
Attachment to God  
Leads to detachment to the world.  
God gives you  
The strength to live amongst all of this,  
And still be totally unmoved and unaffected.  
God will break the bonds that immobilize the self.  
Why are you drowning in these whirlpools  
Of worldly attachments?  
I say,  
Leave all and stay only in the name of the Lord.  
Leave all, and hold only His feet.  
That will save you from this world  
And lead you to His!

C - 68

在人生旅途中，你培育起不少执着。  
对肉身的执着使你丧失你的本来面目。  
    对家庭和朋友的执着  
    使你面临分开的痛苦。  
    对财物的执着  
    使你滞留于欲望的山顶。  
    但对神的执着  
    则是‘虔诚’的另一个名字。  
它解除心念中的焦躁不安的思想。  
它解除你身体的创痛和疾病。  
它治愈你受创之心的所有痛苦。  
    对神的执着  
    引领你摆脱对世界的执着。  
    神赐予你  
力量以便你在这一切之间生活，  
并且还完全不受到触动和影响。  
神会切断令你自性呆滞的束缚。  
    你为什么会深陷于  
    这些世俗执着的漩涡之中？  
    我说，  
放下一切而只持着主的名号。  
放下一切而只握着他的脚。  
那会把你从这俗世中解救出来  
而带领你到‘他’的世界！

C - 69

Believe in the God in yourselves,  
And then only will you believe in Me!  
Your virtues and good qualities will only emerge,  
When with all sincerity you accept  
The self within.  
Yes! You are God!  
Believe in that and live to His true ideals.  
When God is truth, you too are truth.  
When God is pureness and love,  
You too are pureness and love.  
Why separate Me from you,  
When I am the One that resides within?  
Be simple in your worldly life,  
Rich in your spiritual world.  
Being God is  
Being filled with the riches of all worlds,  
Yet being a slave  
To rendering love and service to all.  
Being God is destroying the evil within,  
Yet spreading the light of goodness to all around.  
It takes only a split second  
To realize your inert divinity,  
Through several life terms and births.  
Live today, by just not making Me your ideal,  
But in fact, live the ideal with Me.

C - 69

相信在你自己之内之神，  
然后你才会相信我！  
你的德行和优良品质才会显现出来，  
当你以真诚之心接受  
内在自性的时候。  
是的！你是神！  
对之，要坚信不疑并依据‘他’的理想而生活。  
如果神是真理，那你也是真理。  
如果神是纯净和爱，  
那你也是纯净和爱。  
为什么把我从你那儿分开，  
当我就是你的内寓者时？  
你的世俗生活要简单，  
而你的灵性世界要富裕。  
成为神就等于  
被注入所有世界的富裕，  
但还要成为一个奴隶，  
提供所有的人以爱和服务。  
成为神是摧毁内在的邪恶，  
但还要传播至善之光给你周遭的人。  
它只需一刹那时间  
你即可认知和体现，经过了好几世的轮回  
都无活动能力的神性。  
今天，不要仅靠‘使我成为你的理想’而生活，  
而其实，要跟我一起依据理想而生活。

C - 70

In moments of sorrow I will uplift your spirits.  
You stand in daylight,  
But still live in the darkness of ignorance.  
I will walk into your life  
And will shed true light of love.  
In the periods of desperation,  
I will stand before you, I will be the answer!  
In your failings, I will take the blame,  
In your success,  
I will prompt words of encouragement.  
In times of loneliness, I will fill your heart with joy,  
In cases of uncertainty, I will lead.  
When virtues fall and morals blacken,  
I will unveil the impurity.  
It takes only a single thought,  
It takes only a single word,  
The name of the Lord!  
Call Me today,  
Call Me now!  
I will come,  
I will come to save you from yourselves.

C - 70

在哀伤时，我会振奋你的精神。  
你身处大白天，  
但却活在无知的黑暗之中。  
我会走入你的生命  
并会散发出爱的真光。  
在绝望期间，  
我会站在你面前，我将是答案！  
于你的失败，我会负责，  
于你的成功，  
我会说鼓舞的话。  
在孤寂时，我会把欢乐注入你内心，  
在彷徨时，我会带领你。  
当道德沦落而品行不张时，  
我会除去污秽。  
只要一个念头，  
只要一句话，  
主的名号！  
今天就叫我，  
现在就叫我！  
我就来，  
我来把你从你自己中救出来。

C - 71

Fight your minds and win My heart.  
Set yourself aglow  
With the light of love and devotion.  
Let the warmth of your love for God  
Spread all around.  
Your mind conceals your faults  
With false justifications.  
Ego becomes the hard shell of self-defense.  
The true self gets lost  
Within these barriers of the mind, intellect and ego  
Till this self will be submerged,  
God will always be a mystery to you.  
How can you relate  
And understand the beauty of God,  
When all within you remains dark and empty.  
Wage a war with your thoughts  
That lead you helter skelter.  
Wage a war with your intellect and ego,  
That leaves your true reality as only a fiction.  
Feel the common link  
That lies between you and all around.  
It is the link of God!  
It is the bond of love.  
It is the simplicity of truth,  
it is the magic of peace,  
And the miracle of life!

C - 71

战斗你的念而赢取我的心。  
着手使你自己发光发热  
凭借爱与虔诚的光。  
让你爱神的温暖  
扩散到你周围的一切。  
你的心念隐藏你的缺点  
借重于虚假的理由。  
自我成为自卫的硬壳。  
真实的自性沉湎于  
心念，智能和自我的这些栅栏之内  
直到这自性会被淹没，  
对你而言，神常常还是一个谜。  
你怎么能够讲述  
和理解神的美妙，  
当在你之内的一切还是黑暗和空洞的时候。  
向你的思想宣战，  
那引领你到仓皇失措的地步者。  
向你的智能和自我宣战，  
那使你的本真仅留下一个虚构者。  
感受置于你与众人之间的  
共同的联结。  
它是神的联结！  
它是爱的连接。  
它是真理的纯真，  
它是平和的法力，  
而它是生命的奇迹！



C - 72

From the self, man is born,  
Into a body that is limited by time,  
Lives his life that is willed by his own divinity,  
But in ignorance of the fact.  
Time is the factor that limits the birth and death,  
Of his life-term in this body.  
The self remains  
Unbound and unattached by any limits.  
The self exists always, but emerges only,  
When your yearning  
To call upon the divinity from within, awakens.  
This is the beginning of the birth of the self.  
This is the beginning of the death of the body.  
Let each morning begin  
With the awakening of the self.  
Turn each day into a "Happy Birthday".  
When the self is found, man dies  
And only "I" remain.

C - 72

人诞生自自性，  
进入受到时间限制的肉身，  
凭自己的神性意愿去过其一生，  
但却陷入昧于真相的无知之中。  
时间是限制生与死的因素，  
限制他在这肉身的生命期。  
自性依然  
不受任何限制的束缚与界定。  
自性永远存在，但只显现于，  
当你呼唤内在神性的  
渴望有所觉醒时。  
这就是自性诞生之始。  
这就是肉身死亡之始。  
让每一个早晨  
以自性的觉醒作为开始。  
使每一天成为“快乐的生日”。  
找到自性时，人便死亡  
只有‘我’存留。

C - 73

Even if a diamond falls to the ground,  
And gets covered with dirt,  
It may lose its shine temporarily.  
But the true nature of the diamond  
Stays unchanged.  
If the diamond is picked up,  
Polished and re-cleaned,  
It shines to its fullest beauty again.  
Similarly,  
Even if your virtues fail and morals blacken,  
Believe Me, this dirt is only temporary.  
Deep within still, your true nature exists.  
Thus, when the guru walks into your life,  
He picks you up from this dirt of maya.  
He polishes you and  
Cleanses you of all your inner impurities,  
Till you shine in the multi facets of God.  
Only when light is reflected on the diamond,  
Does the diamond shine  
And dance to the reflection of the light.  
I stand before you today,  
So you too can shine and reflect My light,  
And dance upon evil,  
Depicting your strength of God.

C - 73

纵使一颗钻石掉落地上，  
而被尘埃所覆盖，  
它暂时或许散发不出闪闪亮光。  
然而，钻石的真实本质  
一直保持不变。  
如果钻石被捡起来，  
擦亮和清洗，  
它又再次发出它美丽的光辉。  
同理，  
纵使你的德行沦落，道德不张，  
相信我，这尘垢仅是短暂的。  
在你之内，你的真实本质还是存在的。  
是故，当导师来到你生命中时，  
他把你从这虚幻的尘埃中给捡起来。  
他把你给擦亮，同时  
把你内在的不纯之物给清洗干净，  
直到你在神的多层切面中发出光芒。  
只有当光反映在钻石表面时，  
钻石才会闪闪发亮  
并随着光的反映起舞。  
我今天站在你面前，  
所以你也一样可以闪烁和反映我的光，  
并在邪恶之上翩翩起舞，  
勾勒出你的神力。

C - 74

This is the play of God,  
 Whether in this lifetime or in another,  
 You too will experience the pain  
 You inflict upon others.  
 No logic can explain His ways.  
 It is far beyond human thinking and intellect.  
 What may be your pain today,  
 May only become your reward tomorrow.  
 What you may call suffering today,  
 May only be your first step towards Him.  
 What may be your joy today  
 May become your tears tomorrow.  
 What may be your responsibility today  
 May become your strength tomorrow.  
 Nothing can be predictable in this world,  
 He alone is the answer to all your confusions.  
 All comes from Him, all becomes Him,  
 And all is the play of His!

C - 75

Faith, My dears, will shake the Me within you.  
 Faith determines your future path  
 In finding, feeling and attaining Me.  
 It is your green signal to "surrender to God".  
 True faith always moves "Sai".  
 Let your faith be confident but yet unchallenging.  
 Let your faith demand Me but not command.  
 Let your faith in Me stir you within,  
 But yet be unshakable.  
 Yes! It is all about faith!  
 Seeking God is actually  
 Seeking the faith in your "Self".  
 Develop faith and I will never let you down.  
 Strengthen faith and I will never break it.  
 Live by faith and die by faith and I will come,  
 Come to receive My precious jewel - You!

C - 74

此乃神的游戏，  
不论今生或来世，  
你也同样会体验到  
你给他人带来的痛苦。  
没有逻辑可以解释‘他’所采用的方式。  
它远远超过人类的想法与智力之上。  
不论你今天的痛苦是什么，  
可能只成为你明日的报酬。  
你今日所谓的苦难，  
可能只成为你步向‘他’的第一步。  
不论你今天的欢乐是什么，  
都可能成为你明天的泪水。  
不论你今天的责任是什么，  
都可能成为你明天的力量。  
在这世上，什么都不能预料，  
只有‘他’才是你一切困惑的解答。  
一切来自‘他’，一切成为‘他’，  
而一切都是‘他’的游戏。

C - 75

信心，我亲爱的，会触动你内在的‘我’。  
信心决定你寻找‘我’，感觉‘我’，  
和达至‘我’的未来之路。  
它是你降服于神的绿色信号灯。  
真正的信心总是感动‘赛’。  
让你的信心充满自信但还是要保持谦卑朴实。  
让你的信心需要‘我’但不是指令‘我’。  
让你对‘我’的信心在你内在搅拌，  
但仍然一点不动摇。  
是的！这种种都是关于信心的！  
寻找神其实就是  
寻找你对你‘自性’的信心。  
要培育信心而我决不会令你失望。  
要增强你的信心而我决不会砸破它。  
依信心而活也依信心而死而我就会到来，  
来接受我的珍贵珠宝---你！

C - 76

All work done must have a focus,  
An inspiration!  
It is inspiration that aspires you,  
To complete your given task perfectly.  
That work which is perfect is God!  
Then that which must inspire you is also God!  
When God becomes your inspiration,  
The task takes the form of worship.  
Your determination to complete this task  
Is your sadhana,  
The love poured into it is your devotion.  
When your sadhana,  
Devotion and acceptance of the task given,  
Is focused on divine will alone,  
Then the success of this task to be completed,  
Will surely be blessed with His grace.

C - 77

You seem to think that I punish you,  
When I take away from you, your worldly riches.  
You think of Me being cruel,  
When a loved one parts  
And says goodbye by death.  
But these are only My ways to reward you,  
To redirect your goals,  
To realize the insignificance of possessions,  
To reduce and diminish your passions,  
You call love!  
I want to swivel you away from these addictions,  
That leaves you helpless  
In your eccentric fantasies.  
Your only one true possession is "God".  
The riches of all worlds is within you -  
To Love All, to Serve All!

C - 76

一切工作的执行必有一个焦点，  
一个激励！  
使你立志做大事的就是激励，  
以便你彻底完成你被赋予的任务。  
那完美而彻底的工作就是神！  
既然如此，那激励你的必也是神！  
当神成为你的激励时，  
任务就采取膜拜的方式。  
你的决定去完成这任务  
就是你的灵修，  
而你注入的爱就是你的虔诚。  
当你的灵修，  
你对被赋予的任务的献身和接受，  
只聚焦于神的旨意时，  
那么这任务的成功完成，  
肯定会得到‘他’的赐福。

C - 77

你似乎认为我在惩罚你，  
当我拿走你世俗的富裕时。  
你认为我残忍，  
当你心爱的人要离开  
而向你道别于弥留时。  
然而这一些仅是我奖赏你的方式，  
以重改你抵达目标的方向，  
以体认拥有物的不具意义，  
以减少和消除你的激情，  
即你所谓的爱！  
我要旋转你，使你离开这些癖好，  
令你在你的荒诞妄想中  
感到无助的癖好。  
你唯一的真正的拥有就是‘神’，  
所有世界的富裕都在你之内 --  
要爱众生，服务众生！



C - 78

Do not fear the ones that blame you.  
The blame lies not in them,  
The blame is your fear of them.  
Fear is an ungodly act.  
For, that which is always right and ever perfect,  
Knows no fear.  
Divine love can smile in the face of every evil  
And know no fear.  
The strength of truth can withstand,  
The gusty winds of falsehood and knows no fear.  
The steadfastness of faith will remain firm,  
In the earthquakes of transient life,  
And know no fear.  
Your oath of surrender to My will,  
Will relieve you, My sweet child,  
Of all your worries, anxieties and fears.  
Today, you live in fear and worry,  
And you look for God!  
To Me, you have made up your minds to fast,  
Yet, you look for food!  
It is only when your intent to eat is genuine,  
Then your search for food will also be fruitful.  
Resolve to give up your human fears,  
And fill your lives with acts that are Divine,  
Act today and save yourselves before tomorrow.

C - 78

不要恐惧归咎于你的人。  
咎不在于他们，  
咎是你对他们的恐惧。  
恐惧是一种违背神旨的举措。  
因为，凡永远是正确和完美者，  
不知恐惧。  
圣爱能面对每一个邪恶微笑  
而不知恐惧。  
真理的力量能够承受，  
虚伪的阵阵强风而不知恐惧。  
万变不渝的信心会保持稳固，  
于短暂生命的大地震，  
而不知恐惧。  
你对我的旨意所立下的降服誓言，  
会解除你所有的担心，焦虑和恐惧，  
我可爱的孩子！  
今天，你生活在恐惧和担心之中，  
而你在寻找神！  
对我，你已下定决心斋戒，  
但你还是寻找食物！  
只有当你想吃的意愿是真实的，  
那么你的寻找食物也就会有结果！  
下定决心放弃你的人性恐惧，  
而注入神圣的行动于你的生命，  
今天就行动而在明天来临前即得救。

C - 79

This world is filled,  
 With all kinds of life,  
 And you stand amongst it,  
 Surrounded by family, friends.  
 In the midst of this hustle and bustle,  
 Of your daily routine,  
 You feel the pangs of loneliness.  
 All around, you feel is "yours",  
 Yet nothing remains forever.  
 All that "comes" must "go".  
 Your life is affected by this, but only momentarily.  
 And then, it moves on, yet to find another change.  
 Think! What is this will within you,  
 That allows the wheels of life  
 To still move on smoothly?  
 What is the healing power,  
 That soothes you, comforts you back to life?  
 What is this reason of being motivated to live?  
 This is nothing, but the call of the Self,  
 That is within you, that emerges and pushes you,  
 To seek, attain and realize,  
 The unchangeable part of life -  
 God! He who lives within every human being.  
 God! He who surrounds  
 Every atom of this universe.  
 God! He who wills all pervading on this earth.  
 God! He who graces life to end in the body,  
 And merge with Him forever.

C - 79

这个世界充满着，  
    各类的生命体，  
而你站立于他们之间，  
被家庭成员，朋友们所围绕着。  
    在这忙忙碌碌  
    的例常生活中，  
    你感到孤独的剧痛。  
周围的一切，你都认为是‘你的’，  
    然而无物是永恒的。  
    凡‘来’者必有所‘往’。  
你的生命受此影响，但仅是短暂的。  
然后，它继续走，还在找另一个改变。  
想一想！在你之内的这个意愿是什么，  
    让你的生命之轮  
    还顺利地转动？  
    是什么治疗力量，  
舒缓你，慰藉你，恢复你的生命力？  
    这驱使你活下去的原因是什么？  
    这只不过是自性的召唤，  
那就是在你之内的自性，涌现和推动你，  
    去寻求，达至和体现，  
    生命的不可改变部分---  
    神！他寓于人人之内。  
    神！他围绕着  
    这宇宙的每一个原子。  
    神！他要天下苍生遵其旨意生活。  
    神！他荣耀生命以结束其肉身生活，  
    而与他永远融为一体。

C - 80

All in this world are your very own,  
Yet you choose to bind only with a few.  
Your focus on your relationships  
By birth, blood, marriage,  
Limit you to see all as your loved ones.  
If these relationships you value today,  
Would carry with you from one birth to another,  
Then your binding would not be a hindrance.  
But do they really!  
All play their role, fulfill their duties,  
And move on to another world,  
With other attachments.  
You give your love to only a chosen few,  
Because you develop attachments with them.  
I call these attachments, because,  
You have expectations of them.  
On the other hand,  
True love gives with no expectations of them.  
And even if there is no acceptance,  
Learn to love, not with any reason.  
Love knows no relationships,  
Love does not discriminate.  
Love shines with the selflessness of sacrifice.  
When there is love for all, you become content.  
When all becomes love, you become peace.  
When love becomes you, you become God!

C - 80

天地万物无非你自己，  
但你仅执着其中几个。  
你的聚焦于你与对方的关系，  
如出身，血缘，婚姻，  
限制了你，不让你一视同仁。  
如果你今天所重视的这些关系，  
会一世又一世地继续保留给你，  
那么，你的束缚就不会成为一种障碍。  
然而它们果真如此吗！  
人人都扮演其角色，各尽其义务，  
然后朝向另一个世界迈进，  
带着其他的执着。  
你只把你的爱给你选择的几个人，  
因为你与他们建立起了执着。  
我之所以称之为执着是因为，  
你对他们抱有期望。  
另一个方面，  
真爱只付出而不求回报。  
而即便没有接受，  
也要学习去爱，不带有任何原因。  
爱不知关系为何物，  
爱没有分别心，  
爱散发牺牲之无私的光辉。  
当人人得到爱时，你感到满足。  
当人人变成爱时，你变成平和。  
当爱变成你时，你变成神！

C - 81

You first hear of God,  
Then you see Him and envision Him.  
You begin to sing praises of Him,  
You simply become aware of Him, just by feel only,  
And finally every breath becomes God!  
There must be,  
The only functions of your five senses.  
It is only when the senses stray away from Him,  
You begin to be spiritually handicapped.  
You can hear, you are yet deaf.  
You can see, you are still blind.  
You can speak, but are dumb.  
You can feel, yet lack compassion.  
You are alive, still dead to Me.  
I am here to motivate you, to uplift you,  
To teach you the truth of Me and you.  
To make you recognize Me and identify yourselves.  
Love God! Love only God!  
For, only God loves you!

C - 81

首先你听到神的传闻，  
然后你看到‘他’并在心中想象‘他’。  
你开始赞唱‘他’，  
你意识到‘他’，仅靠感觉而已，  
而最后每一个气息都变成神！  
那必须是，  
你五大感官的唯一功能。  
只有在感官偏离了‘他’的时候，  
你才开始陷于灵性上的残障。  
你能听但听而不闻。  
你能看但看而不见。  
你能说但形同哑巴。  
你能感觉但缺乏同情。  
你还活着但对我而言，跟死无异。  
我在此激发你，提升你，  
教导你有关‘我’和你的真相。  
使你认识‘我’和认同你自己。  
要爱神！只爱神！  
因为，只有神爱你！



C - 82

Devotion is the ladder that climbs to God.  
The first step of devotion,  
Is to call upon Him in times of need.  
Your next step is when your faith begins to grow,  
With every prayer answered.  
Then a feeling of attachment comes  
And at other times, a feeling of confusion,  
When things go His way and not yours.  
Your next step you bond in love with Him.  
He becomes your source of comfort,  
And an escape from the world.  
Then you climb to the level of pain,  
Of separation from Him.  
You seek Him  
And want His companionship at all times.  
The next level is when you find God within  
All that surrounds you.  
You recognize His several forms,  
And serve Him through them.  
On the last step of this ladder, the self emerges,  
And reveals your true nature  
Of the light that is eternal,  
The light of God  
That shines within you - the Absolute.  
The self is enveloped by God and then merges.  
Then it is only bliss!

C - 82

虔诚是攀登神的梯子。  
虔诚的第一级  
是在危急时呼叫‘他’。  
你的第二级是，当你的信心因每一个祈祷  
获得回应而开始增长时。  
然后一个执着的感觉降临，  
而在另一个时候，一个困惑的感觉也降临，  
当事情依照‘他’的方式而非你的方式进行时。  
你的下一个梯级是你跟‘他’联结于爱之中。  
‘他’成为你安适  
及遁世的源头。  
然后，你攀登至  
跟‘他’分开的痛苦阶层。  
你找寻‘他’  
并需要‘他’的时时陪伴。  
接下来的阶层是你在周遭的一切之内  
看到神的时候。  
你体认到‘他’的若干形相，  
并透过这些形相去服务‘他’。  
在这梯子的最后一级，自性展现，  
并揭露你的真实本质，  
永恒之光的本质，  
在你之内照耀的  
神--绝对者，之光。  
自性被神所包裹，然后融为一体。  
然后它只是至福！

C - 83

I live amongst you, and amongst all your faults.  
 But I do not humiliate you and point them to you.  
 I also do not discuss them in your absence.  
 I merely live My life being exemplary.  
 My way of life itself draws you to your own faults.  
 No harsh words are necessary.  
 No one faces the pain of arguments.  
 I change you in the midst of peace,  
 You begin to find your Divinity,  
 By mere imitation of Me.  
 My ways are nothing, My sweet one,  
 But your own ways!  
 It is all within you, only ignored and forgotten.  
 I have come to remind you,  
 Of Me, of the Me in you, of the real you - Me!

C - 84

All know of God  
 But only a few choose  
 To stay in closeness with Him.  
 All know of truth,  
 But only a few are courageous  
 To follow it to the end.  
 All know of love,  
 But only a few give away all, to receive My love.  
 All know of trust,  
 But only a few put their faith in "My will".  
 All know of patience,  
 But only a few persevere to the trials of life.  
 My eyes rest on "these few".  
 My feet follow "these few".  
 My hands serve "these few".  
 My grace falls on "these few".  
 My heart I give to them as they have given to Me.  
 Yes, all come from Me,  
 But only a few come back to Me - with Me.

C - 83

我在你们之间生活，在你们所有缺失之间生活。  
但我不羞辱你和给你指出缺失。  
我也不在你缺席下，讨论你的缺失。  
我仅过一个典范的生活。  
我的生活方式本身使你知晓你的缺失。  
不需借严苛的言辞。  
没有人面临争辩所带来的伤痛。  
我在平静之中改变你，  
你开始探索你的神性，  
仅凭向我看齐。  
亲爱的，我采用的方式不是别的，  
而是你自己的方式！  
它全在你之内，只是被忽视和遗忘而已。  
我已来提醒你，  
有关‘我’，有关在你之内的‘我’，  
有关真正的你 - ‘我’！

C - 84

大家都知道神，  
但只有少数人选择  
与‘他’亲近。  
大家都知道真理，  
但只有少数人有勇气  
跟随它到终点。  
大家都知道爱，  
但只有少数人把所有的爱送出去以接受我的爱。  
大家都知道信任，  
但只有少数人把他们的信心放在‘我的旨意’上。  
大家都知道忍耐，  
但只有少数人对生活考验坚持到底。  
我的眼睛停留在‘这些少数人’。  
我的脚跟随‘这些少数人’。  
我的手服务‘这些少数人’。  
我的恩典落于‘这些少数人’。  
我把我的心给他们因为他们已把他们的给了我。  
是的，所有人都来自我，  
但只有少数人回归于我---跟我一起。

C - 85

One moment of peace,  
 Yet the next one of restlessness,  
 One moment of love,  
 Yet another of spite and hatred,  
 One moment of truth,  
 Yet enveloped in the next with falsehood,  
 One moment of elation,  
 Yet another of severe depression,  
 One moment of surrender,  
 Yet the next filled with worry and anxiety,  
 One moment experiencing God,  
 Yet the very next being hopelessly human.  
 Is this your insanity, or,  
 Is it your total lack of commitment to Me?  
 Momentary experience  
 Does not give you liberation.  
 They are only the windows to glance at Divinity.  
 Each one of you  
 Must be in constant spiritual practice.  
 Moment after moment,  
 You must taste the sweetness of God.  
 Your experiences of Me must linger from the past,  
 Continue to its present, and move to the future.  
 Time itself must become Me.  
 Age with God and not with time.  
 Finally you must travel beyond time, beyond age,  
 And beyond any limitations.  
 All that limits you is your ignorance.  
 All that become limitless is in My light!

C - 85

一时的平静，  
而另一时又烦躁不安，  
一时的爱，  
而另一时又恨。  
一时的真实，  
而另一时又以虚假包裹，  
一时的振奋，  
而另一时又极度沮丧，  
一时的诚服，  
而另一时又陷于焦虑，  
一时的体验神，  
而另一时又变成无助的俗人。  
这难道不是你的愚痴，抑或，  
不是你完全缺乏对我的忠诚和承诺？  
一时的体验  
不会带来超脱。  
它们仅是窗口，让你一窥神明而已。  
你们每一个人  
必须不间断地进行灵性修习。  
一刻接一刻，  
你必须尝到神的甜蜜。  
你之于我的体验必须连接其过去，  
继续其现在，而展延到未来。  
时间本身必须变成‘我’。  
要随神而不是时间，并进，增寿。  
最后你必须超越时间，超越年龄，  
并且超越任何限制而前进。  
所有限制你的无非你的无知。  
所有变成无极限的都在我的光之中。

C - 86

Conquer your mind  
And you will capture your thoughts.  
Conquer your thoughts  
And you will capture peace.  
Conquer peace  
And you have captured your ego.  
Conquer ego  
And you will capture the "I".  
Conquer the "I"  
And you will capture God!  
Fill your mind with God,  
Your heart with love.  
Let your words be unspoken,  
yet let the actions flow  
With sweetness, that is Divine.  
Let your eyes close its doors to evil,  
Yet shine to the beauty of God that surrounds you.  
Empty your hands of the limited treasures you hold.  
Fill them with My grace that remains timeless.  
Smile today  
And know that you will remain Mine forever.  
You are My part and I the whole.  
I am born to kill your mind,  
To stir and awaken your heart,  
To end all your desires, to drown your ego.  
I am born to take you back  
To make you complete - With My love only.

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征服你的心念  
而你就会抓到你的思想。  
征服你的思想  
而你就会抓到平和。  
征服平和  
而你就会抓到你的自我。  
征服自我  
而你就会抓到‘我’（私我）。  
征服‘我’  
而你就会抓到神！  
把神注入你的心念，  
把爱注入你的心灵。  
让你的话不说出来，  
而让行动带着温馨亲切，畅流不息，  
那就是崇高，神圣。  
让你眼睛把门闭上，不给邪恶进来，  
但却闪耀着，围绕着你的神之美的光辉。  
放掉你双手所握住的极其有限的珍品。  
注满你双手以我那永恒的恩典。  
今天就莞尔而笑吧  
并要明白你是永远都属于我的了。  
你是我的一部分而我是全部。  
我是来歼灭你的心念，  
来激起和唤醒你的心灵，  
来结束你的欲望，来淹没你的自我。  
我是来带你回去，  
来使你完美无缺 - 只凭我的爱。