

C - 87

Turn around and look at Me,  
In My eye, face to face.  
Search for that mirror,  
That reflects your face as Mine,  
And Mine as yours.  
True devotion,  
A simple heart,  
And a pure mind.  
A soul that loves,  
A body that sacrifices,  
Makes you "the God" that lives,  
As a messenger in His own form.  
God's simplicity is His beauty.  
Turn around from your sweet sorrows,  
And walk towards Me step by step.  
Each step will give you an image clearer,  
Of Me as you and you as Me.

C - 88

Sacrifice your ego,  
And you will realize the self.  
Let all in the world be before the "I".  
Know to give, give to know God.  
All that you gave was never yours.  
Give to forget, and not to remember or expect.  
Sacrifice will emit your beauty within.  
The pain of it, itself, becomes your healing.  
The love behind it, itself, becomes your way to Me.  
Your sadhana of sacrifice  
Becomes your way to Me.  
Place Me in all, and put the all before the "I".  
Then God will always be before you,  
And you will be in His shadow forever.

C - 87

转过头来看着‘我’，  
看着‘我’的眼睛，面对面。  
寻找那面镜子，  
那反映你的脸即是我的脸，  
而我的脸即是你的脸的镜子。  
真正的虔诚，  
一颗单纯的心，  
和一个纯净的念。  
一个能爱的灵，  
一个肯牺牲的身，  
使你成为活在世上的‘神’，  
一个显现‘他’的形相的信使。  
神的单纯就是‘他’的美。  
从你甜蜜的哀伤中转过来，  
一步一步地向‘我’走来。  
每走前一步都会给你一个更清晰的影像，  
那就是‘我是你而你是我’的影像。

C - 88

牺牲你的自我，  
而你就会体认自性。  
让世上的一切摆在‘我’（私我）之前。  
要知道如何施与，施与以认识神。  
你已施与的一切从来就不是你的。  
施而忘，而不是念念不忘或期盼回报。  
牺牲会释放你内在的美。  
其劳苦，它本身，就变成你的治疗。  
其背后的爱，它本身，就变成你步向‘我’的途径。  
你‘牺牲’之修行  
变成你步向‘我’的途径。  
置‘我’于众人之内，  
并置众人于‘我’（私我）之前。  
那么，神就常常在你之前，  
而你就会永远在‘他’的笼罩之下了。

C - 89

Leave all your worries,  
And all your sufferings,  
Leave them all and come to Me.  
Leave all your desires,  
Leave all your attachments,  
Leave them all and come to Me.  
Leave all your doubts,  
Leave all your fears,  
Leave them all and come to Me.  
Come and pour into Me all that is human.  
Sit by Me and know true peace.  
These feet will take the rest of your thorns.  
These hands will bear all you carry.  
This smile will never let you down.  
These eyes will always look for you,  
At you, and after you.  
Leave them all and come to Me.  
Leave them all  
And you will, My sweet, become Me.

C - 89

放下你所有的忧虑，  
和你所有的痛苦，  
把它们都放下并且来找‘我’。  
放下你所有的欲望，  
放下你所有的执着，  
把它们都放下并且来找‘我’。  
放下你所有的怀疑，  
放下你所有的恐惧，  
把它们都放下并且来找‘我’。  
来吧，把属于人性的一切都倒入‘我’之内。  
坐在‘我’身边并体悟真正的平和。  
这双脚会把你其余的刺带走。  
这双手会承受你所有的负担。  
这微笑决不让你失望。  
这对眼睛总是会寻找你，  
看着你，和照顾着你。  
把它们都放下并且来找‘我’。  
把它们放下  
而你就会，我亲爱的，变成‘我’了。



C - 90

Each day you spin Me and lose Me,  
In the chaotic wheel of thoughts,  
Each day you grind Me,  
With your harsh words of deceiving untruths.  
Each day you slap Me,  
With actions that hurt  
And prey on the feelings of others.  
Yet in the same day,  
You pray to Me, you call Me,  
And speak of your undying love for Me.  
Is this your love for Me?  
Or, are you simply convincing yourselves of a God,  
That is blind, deaf and dumb?  
I witness your actions every moment.  
I live in your thoughts always.  
I only prompt you words of love.  
Then why is your behavior otherwise?  
Ask yourselves, are you truly searching for Me?  
Have you really found Me?  
Or am I just another one of your desires,  
To feed your ego?

C - 90

每一天你都编制‘我’而失去‘我’，  
于杂乱的思想之轮，  
每一天你都碾碎‘我’，  
以你欺诈虚伪的苛刻言辞来碾碎‘我’。  
每一天你都掌掴‘我’，  
以伤害和掠夺他人感觉的行动来掌掴‘我’。  
然而在同一天，  
你向‘我’祈祷，你呼唤‘我’，  
并表白你对我的不朽的爱。  
这就是你对‘我’的爱？  
抑或，你只是在说服你自己，有一个神存在，  
而他是瞎的，聋的和哑的？  
‘我’无时无刻不在见证你的行为举止。  
‘我’常常寓于你的思想之内。  
‘我’只向你提示爱的言辞。  
那么为何你的行为适得其反？  
问一问你自己，你真的在寻找‘我’？  
你真的找到了‘我’？  
或者，‘我’仅是你的另一个欲望，  
借以满足你的自我？

C - 91

My life itself must become your study.  
I have come to teach you of life,  
Not by mere words, but by living it Myself.  
Live amongst temptations, but remain unaffected.  
Live amongst evil, but rise to ignore them.  
Live amongst the spiritually sick, but stay healthy.  
Live amongst other's faults,  
But point out only your own.  
Live amongst hate and bitterness,  
But only respond with love.  
Live amongst life's changes,  
But believe in your own eternity.  
Live amongst all that is human,  
But experience your Divinity.  
Yes! My life must be your practice,  
My life must pave the way to your search for God,  
My life will show and prove,  
That which you think is impossible,  
My life screams your identity, your origin.  
The birth of the Lord is never in vain.  
My life itself must become your life.  
I have come to show you God,  
Not by mere words, but by living it Myself!

C - 91

我的生命本身必须成为你的学习对象。  
我已来传授你人生的意义，  
不仅是靠言教而是靠我的身教。  
生活于诱惑之中，但不为诱惑所动。  
生活于邪恶之中，但不为邪恶所染。  
生活于心灵病患之中，但要保持健康。  
生活于他人的缺点之中，  
但只指出自己的缺点。  
生活于憎恨与悲苦之中，  
但只以爱去回应。  
生活于无常之中，  
但深信你自己的永恒。  
生活于周遭都是俗人之中，  
但体验你的神性。  
是的！我的生命必须成为你的实习。  
我的生命必须铺设你寻找神的道路，  
我的生命会指示和证明，  
你认为不可能之事。  
我的生命大声疾呼你的真实身份，你的真正出处。  
主的诞生决不枉然。  
我的生命本身必须成为你的生命。  
我已来展示神给你看，  
不仅是靠言教而是靠我的身教！

C - 92

The closer you will come to Me,  
The more love you will find within.  
The closer you will come to Me,  
The more strength you will find to fight yourselves.  
The closer you will come to Me,  
The more peace you will find around.  
The closer you will come to Me,  
The more you will addict yourselves  
To My presence,  
The closer you will come to Me,  
The closer I will come to you too!  
Drop the barriers that you hold,  
That masks My presence in you.  
We live apart, yet we are only "One".  
One together in this bond of love,  
One together in this karmic journey,  
To find our love forever.  
"Come close! Come closer!" I will silently whisper,  
For the rest of our way together.

C - 92

只要你更接近我，  
你会找到更多的爱于你内在。  
只要你更接近我，  
你会找到更多的力量去战斗你自己。  
只要你更接近我，  
你会找到更多的平静于你周遭。  
只要你更接近我，  
你会更加陶醉你自己于  
我的显现之中。  
只要你更接近我，  
我也就更接近你！  
放下你所持有的障碍，  
那遮蔽我在你之内显现的障碍。  
我们虽分开而居，但我们只是‘一’。  
在这爱之结合内的‘一’，  
在这业之旅程内的‘一’，  
不断地去找出我们的爱。  
我会悄悄地在耳边说，  
“接近一点！更接近一点！”  
在我们同行的剩下的路程。

C - 93

True devotion lies  
Beyond emotion and beyond tears.  
Devotion is only His silent prayer.  
It is faith that speaks the language of surrender.  
It is inseparable love that bonds you to Him forever.  
Think, speak and do all with devotion,  
Yet let it not show.  
Devotion is not to remember Him at all times,  
And to forget "the Him" in all times,  
It is the acceptance of God in all, at all times.  
This is true Namasmarana.  
Devote yourselves to Him, not only in prayers,  
But let prayers become your way of life.  
Devote yourselves to Him, not only momentarily,  
But let each moment become Him.  
Devote yourselves to Him, not in one form only,  
But let each form become one of His.  
Your reward of your devotion,  
Will be My companionship.  
Your efforts of your devotion,  
Will result in finding Me.  
Not in any man made temples,  
Not in any scriptures or japams,  
But in your very own hearts.  
The devotion of love in your hearts - is Me!  
Is You! Is God!  
I am found in this temple of love!  
You too will be found in this temple, O sweet!

C - 93

真正的虔诚或献身超越  
感情与眼泪之上。  
虔诚或献身仅是‘他’静默的祷告。  
表达‘降服’的语言的是信心。  
把你跟‘他’永远结合在一起的就是分不开的爱。  
秉持虔诚或献身去思，言和行，  
但还是要低调。  
虔诚或献身不是在每一瞬间都记得‘他’，  
也不是在任何时候都忘掉‘他’。  
虔诚是时时刻刻都接受神于众生之内。  
此乃真正的持名。  
要献身于‘他’，不止于祈祷，  
但要让祈祷成为你的生活方式。  
要献身于‘他’，不止于一刻，  
但要让每一刻成为‘他’。  
要献身于‘他’，不止于一个相，  
但要让每一个相成为‘他’的一个相。  
虔诚或献身的报酬，  
将会是我的陪伴。  
你在虔诚或献身上所做出的努力，  
会使你最终找到‘我’。  
不在任何人建的庙宇，  
不在任何经书或持名，  
而在你自己的心。  
你心里的爱的奉献---是我！  
是你！是神！  
在这爱的庙宇之内就可以找到‘我’！  
哦，亲爱的！也一样可以找到你！



C - 94

Know each pain will end in pleasure,  
Each pleasure in pain.  
Recognize both to be My blessings.  
I enter in your lives to soothe your pains,  
I enter in your lives to celebrate your pleasures.  
Count not your pains,  
Anticipate not your pleasures,  
Accept both as Me.  
Love Me in each experience.  
Each episode makes you a step closer to Me.  
That which may appear happy today,  
May result, in your pains tomorrow,  
That which is your pain today,  
May become your way to find Me.  
Happiness, My child, is another word to find pain.  
Pain, My dear, is another word to find happiness.  
Make Me that which makes you happy.  
Make Me the light at the end of each tunnel of pain.  
Then God will become your pleasure,  
And God will become your reward,  
Of each pain endured.

C - 94

要知道，每一个痛苦都会终止于欢乐，  
每一个欢乐也会终止于痛苦。  
要确认两者都是我的祝福。  
我进入你的生命以缓和你的痛苦，  
我进入你的生命以庆祝你的欢乐。  
不要去计算你的痛苦，  
不要去预测你的欢乐，  
接受两者皆‘我’。  
爱‘我’于每一个体验中。  
每一个情节都使你更近一步接近‘我’。  
今天看似快乐之事，  
明天可能变成你的痛苦。  
今天是你的痛苦的，  
明天可能变成你寻找‘我’的途径。  
快乐，我的孩子，是寻找痛苦的另一个字眼。  
痛苦，我亲爱的，是寻找快乐的另一个字眼。  
使我成为你快乐的动力。  
使我成为你痛苦隧道末端的光。  
那么，神就会变成你的欢乐，  
而神也会变成你的报酬，  
承受每一个痛苦的报酬。

C - 95

For all this time, I have talked,  
You have listened! You have studied,  
But it is time now to act!  
Act on My words and win Me.  
My words will give you strength.  
Use this strength and walk forward towards Sai.  
My messages will stir in you the God that sleeps.  
Wake up to My light.  
Learn to love My form in the body of Sai,  
And use this love to embrace all.  
When you love all, all barriers automatically fall,  
All your differences will automatically dissolve.  
Footprints are left  
Only when there is dirt on the feet.  
Clean all your impurities  
And leave no mark of your ego.  
For all this time, I have been your guide,  
And you have followed!  
But it is time now to reach Me - forever!

C - 96

When God walks in, fear walks away.  
When fear walks away, faith walks in.  
When faith walks in, worries walk away.  
When worries walk away, peace walks in.  
When peace walks in, fears walk away.  
When fears walk away, God walks in.  
God is the beginning, God is the end.  
All in between is "the battle"  
The battle between the "I" and the Self.  
Remember the "I" will attack you,  
The self will always protect.  
The "I" will cripple you,  
The self will only strengthen.  
When the self walks in, the "I" walks away.  
When the "I" walks away, universal love walks in.  
Then peace becomes your road,  
Bliss becomes your transport,  
And Sai becomes your destination!

C - 95

这些日子来，我说了，  
你听了！你学习了，  
但现在可是行动的时候了！  
照我的话去做以便赢取我。  
我的话会带给你力量。  
善加利用此力量并步向赛。  
我的训示会鼓动在你之内安息的神。  
走向我的光。  
学习去爱在赛的肉身之内的我的相，  
并且用这爱去拥抱大家。  
当你爱大家时，你所有障碍自然瓦解，  
而你所有的分歧会自然冰释。  
脚印会留下  
只因在脚上有污垢。  
清洗你所有不纯的杂质  
而不留下你‘自我’的印记。  
这些日子来，我一直是你的向导，  
而你已跟随在后！  
然而，现在正是时候让你抵达我--永远！

C - 96

当神走进来时，恐惧就离开。  
当恐惧离开时，信心就走进来。  
当信心走进来时，挂虑就离开。  
当挂虑离开时，平和就走进来。  
当平和走进来时，恐惧就离开。  
当恐惧离开时，神就走进来。  
始于神而终于神。  
介于始终之间的是‘战斗’  
是‘私我’与自性之间的战斗。  
记得‘私我’会攻击你，  
而自性总会给予保护。  
那‘私我’会瘫痪你，  
自性只会强化。  
当自性走进来时，‘私我’就离开。  
当‘私我’离开时，博爱就走进来。  
于是平和变成你的道路，  
福乐变成你的交通工具，  
而赛变成你的目的地！

C - 97

The life of Christ,  
Must become the inspirational story of sacrifice,  
The sacrifice of living life not for Himself.  
His life was for all,  
His love soft, pure and all-forgiving.  
He came on earth to lead all,  
To experience a sweetness of freedom,  
The freedom from the ego.  
He came to embrace all,  
To hold you close in captivation,  
The captivation of the Divine.  
Follow Him now, for He leads you even today.  
He lives today, in the form of love.  
His name is truth, His message is peace.  
Call on Him, with any name,  
With a heart sincere and a mind pure,  
And He will respond!  
You called Him as "Jesus",  
In the life He came before,  
You call Him as "Sai Baba",  
In His life He lives today.  
The blood of Christ, left His message,  
Of sacrifice, love and forgiveness of sins of all.  
He died in body - but rose -  
For His devotees - to live with them forever -  
He lives today in the form of love.  
His name is truth, His message is peace,  
Christ lives today in the form of Sai!

C - 97

耶稣的一生，  
必须成为激励人心的牺牲故事，  
那活生生的生命的牺牲不是为了‘他自己’。  
他的生命是为世人而活，  
他的爱温柔，纯净和宽恕。  
他下凡来引导世人，  
去体验自由（超脱）的甜美，  
从自我之中解脱出来的自由。  
他前来拥抱所有人，  
充满魅力地把你抱起，  
那是神的魅力。  
现在就追随着他，因为他甚至在今天就引导你。  
他活在今天，活在爱的形式之中。  
他的名字是真理，他的信息是平和。  
以任何名字呼唤他，  
以一颗诚挚的心和一个纯净的念呼唤他，  
而他会回应！  
你称他为‘耶稣’，  
在他以前降世时，  
你称他为‘赛巴巴’，  
在他今日的这一世。  
基督的血留给世人，  
牺牲，爱以及宽恕的信息。  
躺下的是他的肉身--但他起来--  
为了他的信徒--永远和他们生活在一起。  
他今天活在爱的方式之中。  
他的名字是真理，他的信息是平和，  
基督今天活在赛的形相之中。

C - 98

A small voice from within speaks.  
 It is the voice you call conscience,  
 And I call "God".  
 From birth  
 You are gifted with treasures of the Divine.  
 The mystery, My dears, lies in seeking it.  
 A box that is closed will not reveal their contents,  
 Unless opened.  
 In the same way, your treasures of the Divine,  
 Will not reveal  
 Till you open your minds and your hearts to God.  
 Open your minds! Forget the past!  
 Stop your worries  
 For the uncertainties your futures hold.  
 Open your hearts!  
 Relieve yourselves of heartache and pain,  
 From all the dislike, hatred  
 And differences you carry within.  
 The self within suffocates,  
 Blinded in your wall of differences.  
 Its voice today is muffled and unclear,  
 Creating the doubts of God's presence.  
 That truly lies within you.  
 I have come today to assure you,  
 That there is God,  
 That God can be found  
 In the skies and the mountains,  
 In the seas, in the meadows, in the fields.  
 God lives in birds and all animals.  
 All that you love today are God.  
 All who you dislike today are also God.  
 I have come to confront you today,  
 With My understanding of truth,  
 And My weapon of love.  
 Let all your doubts today  
 Become your foundation of faith.  
 Come with Me,  
 For no place is truly yours, but Mine.  
 Your place is the seat of My love.  
 My place is with you always!

一个微弱的声音从内在发出。  
这就是你叫做良心的声音，  
而我叫它做‘神’。  
一出世，  
你即被赋予神的瑰宝。  
亲爱的，这奥秘就在于寻找它之中。  
一个紧闭的盒子不会揭露其内藏之物，  
除非它被打开。  
同理，你的神赐的瑰宝，  
也不会揭露  
直到你给神打开你的心和念。  
打开你的心念！忘掉过去！  
停止你的挂虑  
对不确定之未来的挂虑。  
打开你的心灵！  
解除你的伤心和痛苦，  
从你在内心所怀持的  
所有厌恶，憎恨和分歧之中。  
窒息的是内在的自性，  
被你的分歧围墙所遮蔽。  
今天自性的声音变小了，不清晰了，  
造成对神的存在的怀疑，  
其实，神就在你之内。  
我今天已来给你保证，  
神是存在的，  
你可以找到神  
在天空和高山，  
在海洋，在草原，在田间。  
神寓于所有鸟兽之中。  
你今天所爱的人是神。  
你今天所不喜欢的人也是神。  
我今天已来面对你，  
以我对真理的了解，  
和我的爱的武器。  
今天就让你所有的怀疑  
变成你信心的根基。  
跟我来吧，  
因为没有一个是属于你的，而是我的。  
你的场所是我的爱的座位。  
我的场所永远在你那儿。



C - 99

Let the remembrance of God become your practice.  
The practice will grow to be your "sadhana".  
Constant sadhana  
Will strengthen your "self" with confidence.  
Confidence of spiritual practice,  
Will sprout the sapling of tender pure love.  
Expansive love will turn to sweet devotion.  
Devotion will strive to clean your inner impurities.  
The cleansing process of transformation  
Will strive for perfection.  
That perfection is God!  
A little effort, some daily spiritual disciplines,  
A little confidence, and a keen heart to transform,  
Are your gemstones of spirituality.  
God's grace descends to link these gemstones,  
Into a necklace to adorn you,  
With a beauty and radiance,  
To reflect your God within.

C - 99

让‘念着神’成为你日常的练习。  
那练习会成长为你的‘修行’。  
不断的修行  
会加强你对自性的自信。  
灵修的自信，  
会使温柔纯净的爱的树苗发芽成长。  
扩张的爱会转为甜美的虔诚（献身）。  
虔诚（献身）会奋力清洗你内在的污垢。  
这改造的清洗过程  
会力求完美。  
那完美即神！  
一点儿努力，一些儿日常灵修，  
一滴儿自信，和一颗热衷于改造的心，  
就是你灵性的宝石。  
神的恩典降临来连接这些宝石，  
使之成为装饰你的一串项链，  
带着美丽和光辉，  
来反映你内在的神。

C - 100

A heart that is impure,  
Is a man that isolates Me,  
Even when he lives his life in My company.  
At every moment!  
He knocks on the doors of My temple,  
Asks for forgiveness of his sins,  
Promises to live his life at My feet,  
Yet the very next moment  
Becomes his own master.  
He ridicules the goodness of others,  
And falls victim to his senses.  
He experiences fear of all circumstances,  
But lacks fear, in his own doings, in My absence.  
In My absence! You can doubt Me, avoid Me,  
But you can never erase My presence.  
My absence is the presence of your ego.  
To isolate Me is to plunge your lives in fear.  
To doubt Me is to be lost in the chaos of desires.  
To avoid Me  
Is to live amidst the confusions of duality.  
Your battle has just begun.  
I will lead you in this battlefield, if you let Me!  
I am here to show you to conquer your enemies,  
To confront them once and for all.  
Once you realize  
That the power to defeat your enemies,  
Lies in your will  
To resist their short term temptations,  
Your enemies will weaken,  
The self will strengthen,  
And I will lead you to victory.

C - 100

一颗不纯净的心，  
是一个和我隔离的人，  
纵使他生活在我的陪伴之下。  
在每一刻！  
他敲着我的庙宇的大门，  
要求原谅他的罪行，  
答应要生活在我的足下，  
然而在另一刻  
他又师心自用，唯我独尊。  
他嘲笑他人的长处和好处，  
并成为他的感官的受害者。  
他体验到所有情况的恐惧，  
但在他自己的所作所为中，  
在我的不出现下，却没有恐惧。  
在我的不出现下！你可以怀疑我，避开我，  
但你决不能抹去我的存在。  
我的不出现就是你的自我的出现。  
隔离我就是把你的生命投入恐惧之中。  
怀疑我就是迷失于欲望的混乱之中。  
避开我  
就是生活于二元性的困惑之中。  
你的战斗才刚刚开始。  
我会带领你驰骋在这沙场上，如果你愿意！  
我在此给你展示如何征服你的敌人，  
以一劳永逸地对抗他们。  
一旦你认识  
挫败敌人所需的力量，  
就在你的意志之内  
去抵御他们的短期诱惑，  
敌人就会变弱，  
自性就会变强，  
而我就会带领你达获胜利。

C - 101

Laugh bravely at the eyes of suffering.  
Feel not your pain, cry not your fears.  
Use the name of the Lord, as your weapon to fight.  
When His name is your strength,  
You are untouched by pain.  
When He becomes the power to your will,  
All sufferings can be endured with His vigor -  
Overcome and even forgotten.  
When He shines the light of spiritual inspiration,  
God slowly begins to take form,  
And becomes more clear to you.  
When His way becomes your path to travel,  
Your journey awakens  
From death to the life of the sweet Divine.  
How sweet life is when He walks in!  
And reveals a strength that lives within - Him!

C - 101

在痛苦的觊觎下，要勇敢地开怀大笑。  
不感觉痛苦，不大叫恐惧。  
利用主的名号作为你战斗的武器。  
当‘他’的名号是你的力量时，  
痛苦就触动不了你了。  
当‘他’成为你意愿的动力时，  
所有痛苦都能用‘他’的魄力去忍受--  
去克服及甚至抛诸脑后。  
当‘他’闪耀着灵性激励之光时，  
神慢慢地开始采用某种相，  
并且让你看得更清晰。  
当他的方式变成你步上的道路时，  
你的旅程便从死寂中醒来，  
而进入温馨之神的生机。  
多温馨的生命啊！当‘他’走进来时！  
并且揭露一股寓于内在的力量---‘他’！

C - 102

One day you express of your insane love for Me,  
The next day your feet step back  
In the slippery road of the world.  
One thing I will say, that your love for God  
Cannot falter from day to day.  
One day it is "Sai", "Sai",  
And the next it is "My", "My".  
No! No! This is not true sadhana.  
Your effort put into spiritual practice,  
Becomes useless if it is not followed with  
True dedication and sincerity.  
The world is the mask over God,  
And God is the reality waiting to be revealed.  
Today I desire nothing,  
But only for you to find reality.  
When all in this world are lost,  
Then tell Me who can truly be your true friend?  
Who can love you, guide you and accept you,  
Without any rewards or expectation of you?  
No one!  
Do not entangle yourselves any further,  
In these strings of selfish attachments.  
You are only born in this world  
To express your desires.  
This cycle of birth and death,  
Ends only when these desires are exhausted.  
If you are playing the role of a true devotee,  
Then your role must end  
With the applause of your true devotion.  
My applause will be,  
Your acceptance for now and forever.

C - 102

一天，你对我表达你痴心的爱，  
另一天，你把你的脚步缩回到  
世界滑溜溜的路上。  
我要说的一件事情是，你给神的爱  
不能日复一日地衰退。  
一天是‘赛’，‘赛’，  
另一天是‘我的’，‘我的’。  
不！不！这不是真的修行。  
你注入灵修的努力将  
付诸东流，除非接着付出  
真正的献身与诚意。  
世界是遮蔽神的面具，  
而神是真实，等着被揭晓。  
今天，我什么都不要求，  
只要求你去找‘真实’。  
如果这世界的一切都丧失了，  
那么告诉我，谁能成为你真正的朋友？  
谁能爱你，引导你和接受你，  
在对你没有任何报酬或期盼之下？  
没有一个人！  
不要让你自己更进一步地被套住  
于这些自私执着的缰绳上。  
你生于这个世界  
只是为了体现你的欲望。  
这生死轮回，  
只终止于这些欲望枯竭之后。  
如果你正扮演一个真正信徒的角色，  
那么你的角色必须以  
你真正献身的嘉许来终止。  
我对你的嘉许将是，  
你现在乃至永远地接受我。



C - 103

You call this day as your first day in the New Year,  
 But time is not first and not last.  
 Time continues as long as life continues.  
 Time has existed always,  
 It is never "new", and never "ages".  
 The new year must become your reason to focus,  
 On all the time you have spent in this life.  
 You must ponder today  
 On how you have utilized time.  
 You must look at yourselves,  
 And see how you have shaped your lives.  
 What has always been a part of you, and  
 What is that which is ever changing?  
 What is it you want to hold on to, and  
 What is that which needs to go?  
 The newness and change  
 Must be in you and not in time.  
 The happiness lies not in the New Year, but in the  
 New contentment you will find within yourselves.  
 A mind that is always agitated can never find Me.  
 A heart that cannot love all can never be My home.  
 God is not passion, He is not a challenge.  
 He is that  
 Which lingers in a peaceful mind.  
 He is that  
 Which resides in a loving and sincere heart.  
 I exist first in the form of thoughts,  
 It is only thoughts of the Lord  
 That will prompt an act of love.  
 I exist in the form of language.  
 It is only words of the Lord that will speak,  
 And sing the song of love.  
 I exist in the form of your actions,  
 It is only the hands of the Lord that will carry  
 All burdens with love and no complaints.  
 I exist in the form of your eyes,  
 It is only the tears of the Lord that will strengthen,  
 Your love in all sorrows.  
 The Lord Himself thinks all, says all, does all.  
 Let the Lord walk in today  
 To accept from you the reigns you hold.  
 Become Him from today  
 And let that be your change, your true new you.

C - 103

你称这一天为你的新年的第一天，  
但时间没有最先与最后之分。  
只要生命持续，时间就持续。  
时间一直存在，  
它从来就不‘新’也不‘老’。  
新年必须成为你专注的动机，  
专注于你在此生中已消耗的所有时间。  
今天你必须仔细想想  
你已如何利用你的时间。  
你必须反观你自己，  
而看看你已如何塑造你的生命。  
什么总是你不可分割的一部分，而  
什么是一直在改变的？  
什么是你要紧握的，而  
什么是你必须放手的？  
‘新’和‘改变’  
必须在你之内而不是在时间之内。  
快乐不在于新年而在于  
你会在你之内找到的新满足。  
一个狂躁不安的心念决不能找到我。  
一颗不能博爱的心决不能成为我的家。  
神不是激情，他不是一种挑战。  
他就是那  
徘徊于一个平和的心念之内者。  
他就是那  
寓居于一颗有爱而真诚的心灵之内者。  
我最初存在于思想的形式中。  
只有主的思想  
才会激发一个爱的行动。  
我存在于语言的形式中。  
只有主的话语才会说出  
和唱出爱的歌曲。  
我存在于你行动的形式中。  
只有主的手才会接过  
所有的负担，出自爱而毫无怨言。  
我存在于你眼睛的形式中。  
只有主的眼泪才会加强  
你的爱于所有的哀伤之中。  
主他自己想一切，说一切，做一切。  
今天就让主走进来  
接过你所持有的控制权。  
从今天起就成为他  
而让这成为你的改变，成为真正的新的你。

C - 104

The process of change may be slow,  
But your determination to want to change  
Must be firm.  
For you to change, you must be open  
To criticism and fault-finding.  
Be honest with yourselves  
As to where your weaknesses lie.  
All will not change in one day.  
Tremendous self-discipline  
And spiritual practices are required.  
There may be several falls,  
But the courage to pick up and walk again  
Must prevail.  
Temptations may open paths that seem shorter  
But do not let false glitter blind you.  
Become a statue to the world's reaction.  
To reach God, you must become Him,  
And that must be your only goal,  
Your only reason to be in this body.  
The first step to change is to want to change.  
Let God be that reason to change.  
Let Swami lead you to this change.  
Change from what you have become today,  
To who you really were.  
Ask yourselves, how long will you live,  
Before you will know that what you look for, is you?

C - 104

改变的过程或许缓慢，  
但你要去改变的决心  
一定要坚定。  
为了改变，你得敞开心胸  
面对批评和找茬儿。  
要老实地承认  
自己的缺点在哪儿。  
一切都不会在一天之内改变。  
相当大的自律  
和灵修是必需的。  
一些挫折在所难免，  
但振作与再出发的勇气  
必须要存在。  
诱惑或会开辟一条看似捷径的道路  
但千万不要让虚假的闪光使你目眩。  
面对众人的反应，要如一个塑像般的无动于衷。  
要达到神，你得成为神，  
而这必须成为你的唯一目标，  
及你得此身的唯一原因。  
改变的第一步就是渴望改变。  
让神成为那改变的原因。  
让斯瓦米引领你达至此改变。  
改变今天的你，  
成为本来的，真正的你。  
问一问你自己，你会活多久，  
才知道你要找的其实就是你？

C - 105

Your mind is a bank of thoughts.  
It sometimes prompts immediate actions,  
And at other times delays reactions.  
It registers all events,  
Reminds you of the unpleasant,  
Allowing you not to forget and forgive.  
To start your process of transformation,  
You must close the existing account in this bank  
And start anew.  
All unpleasantness must be withdrawn.  
And only the thoughts and visions,  
Of the goodness of the Lord must be deposited.  
All the goodness you give must be forgotten.  
All the pain others may inflict must be forgiven.  
Your mind must bear once again,  
The innocence of a child, sweet, loving and pure.  
A child trusts all  
And looks upon his mother for protection.  
You too must stop making all judgments.  
Love all, and let Me protect you from any downfall.  
Enrich yourselves with a mind  
That shines with the treasures of Godhood.  
This wealth never depletes, always replenishes.  
Money may buy you a beautiful home today,  
But it cannot and will never buy Me into your home.  
I come only when the mind is surrendered,  
And your heart is open.  
That is the only payment I accept.

C - 105

你的心念是一个思想银行。  
它有时激发即时的行动，  
而有时则延迟反应。  
它纪录所有的事件，  
使你回忆起不愉快的事，  
不让你遗忘和原谅。  
为启动你的改变过程，  
你必须关闭在这银行里的现有户头，  
而另开一个新的户头。  
所有的不愉快必须被取出，  
而只有主之美德的  
思想与形象必须被存入。  
忘掉你给他人的恩惠。  
原谅他人给你造成的痛苦。  
你必须再一次抱持着  
赤子之心，甜蜜，充满爱和纯净。  
孩子谁都相信  
并仰望他母亲的保护。  
你也必须停止作出一切评断。  
要爱大家，并让我保护你，免你堕落。  
充实你自己以一个  
闪烁着神性宝光的心念。  
这资源绝不枯竭，总是装得满满的。  
钱今天可以给你买一幢富丽堂皇的房子，  
但它不能也绝不会买‘我’进入你的家门。  
只有在你降伏你的念  
和敞开你的心时，我才进来。  
那是唯一我接受的付款。

C - 106

I talk of "change" and "transformation",  
But the change is not of circumstances  
That surround you.  
I talk of the "change",  
In the way you will perceive circumstances.  
Once you walk steps towards Me,  
Maya (delusion) will still surround you,  
But the change in you will now recognize it  
At every step,  
And the effect of this delusion on you  
Will begin to minimize.  
Your habits that have become your second nature,  
Will become easier to break,  
With less pain to attachments.  
Your peace will lie only with God,  
And you will begin to seek only that,  
Which emits and radiates His beauty.  
Your own disgust of your spiritual failures,  
Will motivate your search for Me.  
In this change, your own weaknesses,  
Will urge you to look for the strength of God.  
The change I talk of is not of the world,  
But the change in the attitudes of each one of you.  
Within each one of you lies  
The strength to change the world,  
Not by any mutiny, war, or revolution,  
But by the dedication and willingness  
To change yourselves.

C - 106

我谈的是‘改变’和‘转变’，  
但这改变不是针对  
环绕着你的境况。  
我谈的‘改变’，  
指的是你对境况的理解与看法。  
一旦你走向我几近咫尺，  
虚幻还是会围绕着你，  
但你内在的改变现在会在  
每一步都认清它，  
同时这虚幻对你所产生的效应  
也会开始减到最小。  
已经成为你第二本质的习性  
会变得更加容易去打破  
而对执着也较少痛苦。  
你的平静只取决于神，  
而你会开始去寻找  
那只散发出‘他’的美的一切。  
你对自己灵修挫折所产生的厌恶  
会激发你对我的探讨。  
在这改变中，你自己的弱点  
会驱策你去寻求神的力量。  
我所谈的改变不是世界的改变，  
而是你们每一个人的心态的改变。  
你们每一个人都存有  
去改变世界的力量，  
不是凭借任何叛变，战争或革命，  
而是凭借献身和意愿  
去改变你自己。



C - 107

Human nature expects to see at least a shadow  
 Of His rewards,  
 When putting effort in his spiritual practices.  
 These expectations  
 Slow down your process of change,  
 And may even disgust you in wanting to change.  
 At times you may feel cheated of God.  
 At other times there may be anger and frustration.  
 You may plunge into comparison  
 With another's progress,  
 And experience envy or jealousy  
 Of My attention to another.  
 Each one's spiritual experience will be different,  
 And the attention I give you,  
 Is the only kind of attention you need.  
 Believe Me, you and only you will earn the rewards,  
 When spiritual change within you begins to occur.  
 So wait! Be patient!  
 Do not stress on your time spent to change.  
 Focus instead,  
 On attaining perfection in your efforts.  
 You are not alone in your struggle of change.  
 Your ability to change to Me is My victory.  
 Your faith and patience to change  
 Is your response to My love.  
 You are not alone in this dream of reality.  
 Yes! It is possible!  
 If not today, not tomorrow - one day!  
 The change will come! The change will occur!  
 Your reality will reveal!  
 Live not to dream, but live the dream,  
 To change from you to Me - with Me.

C - 107

人类的本性至少期盼看到  
‘他’奖赏的一个前兆，  
在他作出灵修的努力之后。  
这些期盼  
减慢你改变的过程，  
而甚至使你厌恶改变。  
有时你或许感到受骗于神。  
在其他时间你或许感到愤怒和挫折。  
你或许与另一人的进步  
作个比较，  
从而羡慕或嫉妒，  
我对另一人的关照。  
每一个人的灵性体验都会不同，  
而我给你的关照，  
是你唯一需要的关照。  
相信我，你，而只有你，才会赢得奖赏，  
当灵性改变在你之内开始启动时。  
所以要等待！要有耐心！  
不要强调你花费在改变上的时间。  
反而要专注于  
力求完美。  
在你改变的斗争里，你并不孤单。  
你朝向我去改变的能力就是我的胜利。  
你去改变的信心和耐心  
是你对我的爱的反应。  
在这‘真实’之梦想中，你不孤单。  
是的！这是可能的！  
如果不是今天，不是明天---就是总有一天！  
改变会到来！改变会发生！  
你的真性会展现！  
不是过着幻想的生活，而是去实现梦想的生活，  
去做出‘从你到我’的改变--跟我一起。

C - 108

In the light of My vision,  
I have come to show you the darkness,  
In the world you live in,  
To point out the futility of your attachments,  
To sympathize with your entanglements  
And your so-called "losses".  
When the light of My vision dawns upon you,  
You will begin to lose sight of your ego.  
My light so bright will eventually blind you,  
From all evils that live within you today.  
My vision must become your sight.  
The light of these words must become your guide.  
Your moments spent to comprehend them,  
Will be your time spent with God.  
This will be your road to reach Me one day.  
Make these verses your best friends,  
For they will encourage and talk to you,  
In times when no other will be by your side.  
I bestow today My sight upon you,  
Until you develop your own vision of Sai,  
And will always be in this bliss of "Sai Darshan".

C - 108

在我的显灵之光中，  
我已来展示于你，  
你居住的世界的黑暗，  
以指出你的执着的无益，  
同情你的纠缠不清  
及你的所谓的‘损失’。  
当你领悟到我显灵之光时，  
你就会开始看不到你的自我。  
我的光是那么的明亮致使你看不见  
今天寓于你之内的所有邪恶。  
我的显灵必须成为你的视域。  
这些叮咛之光必须成为你的向导。  
你去理解它们所花费的时间，  
将会是你与神共度的时间。  
有朝一日，这将成为你抵达我的道路。  
使这些章节成为你的至友，  
因为它们会激励你和对你说话，  
尤其是无人陪伴在你身边的时候。  
我今天赐予你我的显现，  
直到你培育起你自己的赛的意象，  
而永远陶醉在‘赛显现’的这种至福之中。

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## 后记

我手拿着那支只书写主的金玉良言的笔，而我的义务就在于默默地听从他的诫命，传播他的福音并据之而行。曾几何时，我寻找主--而在这寻找中，主他自己却找到了我并把如珍珠雨点般的仁慈洒向我 -- 那是真识的宝石，是你我今天与之一起生活的力量，只借之以克服邪恶之风暴、和看到平和的破晓，而在平和中，我们的心会赞颂只带来‘一个觉醒’的、充满喜悦的名号！是的！一旦内在之眼揭露了其真性，一个人就决不会有再去睡的意识也决不会厌倦于寻求圣灵，那以完全知足的温暖和温馨、纯真、绝对满足且总是保护的爱之光辉去拥抱每一个人的圣灵。“赛显现”的面世带来神圣的价值观，在我们之内灌输‘自由超脱’之信念的决心，以及，来自主本身的忠实的希望与保证。要知道，我们握在手上的武器，可以抵挡任何攻击，要知道，置于我们面前的这本书正闪烁着主的形象。要知道，墨水就是他牺牲之鲜血而他的金玉良言就是他的双手，抚平和治愈每一个‘私我’留下的伤口。借每一个训示背后的光，他正给我们另一个站起来的机会，不必面对引起神经紧绷和屡遭挫折之恐惧与忧虑所刮起的狂风。每一个训示都会提升那久已沉溺于自私享乐之心念的精神。每一节诗都会唱出真理之歌，以忏悔的哭泣去摇动内在的存有而从改造的炼火中会静悄悄地现出寓于你之内，我之内，大家之内的神的纯粹存在！说出了这些真理精髓的声音 -- 那声音会回响于善良、虔诚和真挚的人的内心；这些人已接受了他的指导并依据他的嘉言的力量去生活而投入了圣灵的怀抱。

平和刚刚敲响你的家门，在这些嘉言找上你的时候。紧握着这些嘉言，因为其他粘附于你的一切仅是利用你和堕落你身心灵的寄生虫而已。觉醒吧，认知主的声音而让这声音永远消除邪恶的声音。你必须让神走进来 -- 拔掉怀疑之门闩而让信心伴着你的命运脚步向前迈进。

Sai Ram!

希玛德婉

Seema M.Dewan

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