

SRI SATHYA SAI CHALISA

斯里沙迪亚赛四十诗节

*Assurances of Bhagawan Shri Sathya Sai Baba
And His Divine Protection to All His Devotees*

薄伽梵斯里沙迪亚赛峇峇给予祂所有信徒之保证与庇护



"I am there with you... always!" “我与你同在。。一直与你同在！”

I am There... 我在那儿。。

Always... 一直在那儿。。

With You... 与你同在。。

Before You... 在你之前。。

Behind You... 在你之后。。

Above You... 在你之上。。

Below You... 在你之下。。

I am There... 我在那儿。。

Always 一直在那儿

I am Always With You! 我一直与你同在！

The Guru is Knowledge Supreme. 导师是无上智。

He comes into the life Of His devotees

As the eternal light.

祂以永恒之光，来到祂信徒的生活中。

Surrender to the Supreme Guru Bhagwan Shri Sathya Sai Baba

归依至高无上的导师，薄伽梵斯里沙迪亚赛峇峇吧！

That holds in His hands

The reigns of the seven horses

The body, the senses, the sense organs,

The mind, the intellect, the ego and the soul.

Those that give up these reigns

Ride this journey of life

Surrounded and immersed

In the Atmic Truth.

祂手握身体、感觉、感官、心念、智能、自我和灵魂

这七匹马的支配权。

那些把这些支配权交到导师手上的人

即步上浸濡于自性真相的人生旅途。



OFFERING TO THE SATGURU SHRI SATHYA SAI BABA

献给导师斯里沙迪亚赛峇峇

**1. Let us offer our humble pranaams to Bhagwan Shri Sathya Sai Baba
who is Brahma - the creator of all life...**

who is Vishnu - the sustainer of all life and

who is Shiva - the destroyer of all evil and the grantor of bliss.

让我们向薄伽梵斯里沙迪亚赛峇峇献上最谦卑的顶礼；
祂是一切生命的创造主，梵天（Brahma）、
是一切生命的维系主，毗纽天（Vishnu）及
摧毁恶、给予善的破坏之主，自在天（Shiva 湿婆）。

2. It is He who undertakes all tasks to save those that love Him.

是祂，执行一切来拯救那些爱祂的人。

3. It is He alone that even protects those who have forgotten to love Him.

是祂，连那些忘却爱祂的人也施以援手，保护他们。

4. It is He who is the mother in every mother.

祂是每一个母亲中的母亲。

5. It is He who is the father in every father.

祂是每一个父亲中的父亲。

**6. To the weak minded He grants the temporary joys of mundane worldly life.
In the midst of these worldly gifts, He plants the seed
of faith and turns the weak mind into gold.**

对心智脆弱者，祂恩赐世俗生活的短暂欢乐。
在这些世俗礼物当中，祂植下信心的种子
而把脆弱的心智转变为坚韧的黄金。

**7. To the self confident one He Himself places the thorns of sorrow and gives
them the eye of devotion to remove the thorn and walk life with the
awareness of love.**

对自信者，祂亲自放置痛苦的芒刺和给予他们
虔诚之眼光去除掉芒刺而且以爱的意识去生活。

**8. It is He that makes the devoted one His Self and conducts through him His Will.
是祂，使虔诚者成为祂的自性并由他来执行祂的旨意。**

**9. The highest grace He confers is when He alone destroys the shell of ego...
the mesh of identity...
and crushes it in His divine Hand with the fearless oath that He Himself
shall bear the pain of your temporary unreal death.**

祂所赐予的最高的恩典要算是祂亲自破除你‘自我的外壳’。。
‘身份之網’。。并以‘承担你死亡的短暂痛苦’的无畏的誓言来粉碎它。

**10. It is He that makes you drink the amrita of eternity,
timelessness, fearlessness, desirelessness, I'lessness,
and complete sweet forgetfulness.**

是祂，使你喝下永恒、无时间性、无惧、无欲、无我和忘我的甘露。

**11. He alone is... and when you unknowingly, deceitfully, manipulatively,
desirefully ask Him for your transformation...He still grants it... graces it...
and turns you from the bee that stings to the bee that knows only
honey...the sweetness of loving to love!**

只有祂是。。而当你无意识地、欺瞒地、机巧地、充满欲望地要求祂改造你时。。祂还是有求必应。。把你从一只只会刺人的蜜蜂改造为一只只知采蜜的蜜蜂。。‘热衷去爱’的甜蜜。

**12. He is the atma of every life...
He alone is the body of every atom...
He is the vibration of every thought...
He is the truth in every word...
He is the balance that takes every emotion back to discrimination...
He is the reason behind all reasoning...
He is the prompter of all sacrifice...
He is the remover of all obstacles...
He is the acceptor of all worries...
He is the love of all mothers that have come...
that are here and that are to come!**

祂是每一个生命的阿特玛（Atma 纯灵、自性）。只有祂才是每一个原子的实体。祂是每一个念头的振荡。祂是每一句话的真相。祂是平衡每一个感情与识别的天平。祂是一切推理背后的道理。祂是一切忍耐中的力量。祂是一切牺牲的推动者。祂是一切障碍的驱除者。祂是一切忧虑的承受者。祂是已到来的、在此的和即将到来的所有母亲的爱。

**13. There is NO ONE that is not under the roof of His protection.
Hence, we must be fearless... we must be free of all burden
and we must fill our hearts with respect for all!**

无人不在祂的庇荫之下。因此，我们一定要无所畏惧。我们一定要卸下一切重负而我们一定要把对所有人的敬重注入我们的内心。

**14. He has accepted all as His Self and no one can deny that privilege.
祂已接受大家为祂的‘自性’而没有人能否定那殊荣。**

**15. He is perfect... He is exemplary... He is silent always...
with that alone He teaches.**

祂是完美的。祂是典范的。祂一直保持静默。祂只以静默来开示。

**16. Those that are devoted learn by His silence.
His critics themselves learn that all wickedness and evil
ends into the beauty of that Godly silence.**

那些虔诚者从祂的静默中学习。那些批评者也学到，

所有邪恶终止于神圣静默的美妙之中。

**17. He is all merciful... He remembers not the sin...
but the sincerity in the heart.**

祂慈悲为怀。。。祂记取的不是罪恶而是内心的诚挚。

**18. He is beyond time. His will and His task are instantaneous
and are always for the welfare of all.**

祂超越时间。祂的意愿和祂的任务是即刻的而总是为世人的福祉而发的。

**19. To taste His love... is to forget oneself.
要尝尝祂的爱。。。就得忘掉你自己。**

**20. Even a blink of His eye toward you shall protect you for yugas.
只要祂向你眨一眨眼，你即可世世代代得到庇护。**

**21. He believes in you... your truth... your life... your time... your tasks...
if you believe in His belief alone... that is simply enough!**

祂信任你。。。你的真。。。你的生命。。。你的时间。。。你的任务。。。如果你只信仰祂的信念，那就足够了！

**22. He asks for nothing... ever... He is always content...
always happy... always in bliss!**

祂不要求什么。。。从不。。。祂总是心满意足。。。总是快乐。。。总是在妙乐中！

**23. He is beyond compassion... for He not only feels for you
He frees you and takes upon Himself
the times of your imprisonment (worldly desires).**

祂超越怜悯。。。因为祂不但同情你并且也解放你和承担你受到世俗欲望的禁锢。

**24. He is everything and beyond...
know that and remain silent in His name.
Within His name is all creation.**

**Only that soul realizes this truth
who leaves not His name within himself even for a second!**
祂是一切而超越一切。。。要明白这一点并保持静默于祂名下。
万物在祂的名之内。只有一刻也离不开祂的名的灵魂体会到这真相。

**25. He waits with His Self alone for all your life...and all your lives
to come...only so that at the auspicious moment He offers that
very Self to you and ends that birth into a timeless existence.**

祂只带着祂的‘自性’等候你的一生。。。及你未来的生生世世。。。
以便在吉祥之日，赐予你那真实的自性并终止
那永无休止的生死轮回。

**26. He is the answer of all questions. Just merely looking at His form shall silence
your confusions.**

祂是所有问题的解答。只一睹祂的宝相即可平息你的困扰。

**27. He is in the devoted one. Those that call Him repeatedly with sincerity, in
those hearts He Himself enters and makes it His home.**

祂寓于虔诚者之内。那些诚心重复呼唤祂的人，
祂进入他们的内心并使之成为祂的住所。

**28. He is in the worldly one that chases the beauty and the riches of transient life.
After they have exhausted themselves in the chase He gives them the
strength to turn inward.**

祂寓于追逐短暂人生之美与富的俗人之内。
在他们把精力耗尽于追逐物欲之后，祂给予他们力量以向内探寻。

**29. A. Those that sacrifice for His sake... for His task...
to those He pledges a marriage of Him with their Spirit.
B. His eyes are everywhere. With those eyes He protects
and looks upon all as one.**

（甲）那些为了祂而作出牺牲的人，为了祂的工作而作出牺牲的人，
祂应许与他们的心灵结为一体。

（乙）祂的眼睛无处不在。祂用那些眼睛保护众生并视众生为一体。

30. To a smile He responds with a smile... to fear he responds with firmness.
对待微笑，祂报以微笑。。对待忧惧，祂报以坚定。

**31. He is so simple that no understanding can reach His nature. The intellect
cannot understand His glory. It can only dissolve in it.**

祂是那么的单纯致使无人能测知祂的本质。

智能不能理解祂的荣耀，只能溶化于其中。

**32. He knows all as His Self and hence the study of all
is only a study of His Self.**

祂认同万物是祂的自性，因此，对万物的探讨仅是对祂自性的一个探讨。

33. He shows to you only what your mind wishes to see.

**Those that abolish their mind with faith,
to them He reveals the truth without even their asking.**

祂只展示你心念所欲见之物。对那些充满信心者，
即便他们不要求，祂也揭示真相给他们。

**34. He is as innocent as an infant that teaches His mother
the rule and game of life.**

祂天真无邪如一个婴儿，教导祂母亲人生的规则与游戏。

35. He resides in the open heart... 祂寓于敞开的心。。
in an expansive mind... 于一个扩大的心念。。
in keen awareness... 于热切的觉知。。
in deep concentration... 于深沉的专注。。
in silence and in a truthful life. 于静默中和一个真诚的生命中。

36. He is nothing but you... and you are nothing but Him.
祂是你，不是别的。。而你是祂，不是别的。

37. He is the Guru of Gurus that places His wealth in the minds of those that
exist only in thirsting His love and loving Him.
祂是导师中的导师，把祂的财富放在只渴望祂的爱和
爱祂的那些人的心念中。

38. His presence is felt within as complete indefinable unspeakable
unexperienciable peace.
祂的存在可以在内心感知为完全不可定义、不可说、不可体验的平和。

39. He is Atma Ram...From which is born
The might of devotion... Bhakti...
The love of the Supreme Guru...
Bhagwan Shri Sathya Sai Baba...
Who is always...Righteous...
Humble and compassionate...Selfless...
And the embodiment of truth and love.
He is the one and only one That is detached
From the world And attached
Only to His task.
His form is The whole world The universe
Creation, existence, awareness and bliss.
He alone is Atma.

His breath is Truth and knowledge.
He is the Master Who has descended for us.
He is the embodiment of Dharma
And our welfare is His food.
He is the Guru of Gurus
Bhagwan Shri Sathya Sai Baba.
He alone will grant to us
The gifts of detachment, devotion and discrimination.
And to those that open their palms with faith
And complete surrender
To those He grants the most precious boon...
The ultimate gift of liberation.

祂是阿特玛罗摩（Atma Ram）。。
是虔诚（Bhakti）威力之所由生者。
是至高无上之导师，薄伽梵斯里沙迪亚赛峇峇的爱之所由生者。
祂总是正义的、谦卑的、仁慈的、无私的。。
并且是真理和爱的化身。祂是‘一’，唯一的一个。
那是不执着于俗世的而只执着于祂的任务。
祂的相是整个世界，是宇宙是万物、存在、觉知和至福。
只有祂是阿特玛。祂的气息是真理和知识。
祂是主宰为我们而下凡。祂是正义（Dharma 或法）的化身
而我们的福祉是祂的粮食。祂是导师中的导师，
薄伽梵斯里沙迪亚赛峇峇。
只有祂才赐给我们舍离、虔诚和识别的礼物。
而那些以信心把手掌打开完全降服于祂的人，
祂赐予他们最珍贵的恩惠。。终极的超脱礼物。

**40. To that Satguru Sathya Sai Baba I pray to enter my being
so that I can vision the glory of Sai... the Atma Ram of all...
the Guru of all Gurus... the Mother of all Mothers...
the Master of all knowledge and the universe.**

**Let us pray that we never forget that He is there... always...
to save us from our past, from our present, and from our future.**

Let us offer our humble pranams at the Lotus Feet of our dear Satguru,

Bhagwan Shri Sathya Sai Baba,

and let us never forget chanting His name,

for in His name alone lies the powerful gift of liberation.

我祈求导师沙迪亚赛峇峇进入我的实体以便一睹赛的荣耀。。众生的阿特玛罗摩（**Atma Ram**）。。导师中的导师。。所有母亲的母亲。。一切知识和宇宙的主宰。让我们祈祷，我们决不忘掉祂在那儿。。一直在那儿。。把我们从前世、今世、来世救赎出来。让我们顶礼于我们敬爱的导师薄伽梵斯里沙迪亚赛峇峇的足下；让我们不要忘记念诵祂的名号，因为只有祂的名号之内，珍藏着威力十足的超脱的礼物。



THE ASSURANCES OF THE SATGURU BHAGWAN SHRI SATHYA SAI BABA
导师薄伽梵斯里沙迪亚赛峇峇的保证

1. Those that are devoted to Me in thought, word and deed shall receive My protection without their asking.

那些在身口意（意言行）上对我虔诚的人，
他们不必开口即得我的庇护。

2. I am ever vigilant in the homes of My devotees.

在我信徒的家中，我始终保持警觉。

3. Those that have called My name with sincerity even once shall receive the abundant grace of My love.

那些诚心呼唤我的名字的人，哪怕是那么一次，
也会得到我的爱的丰厚恩典。

4. The moment you think of Me I am by your side to guide you through your confusions.

当你想到我的那一刻，我即在你身边，指引你脱困。

5. I always respond to a prayer instantaneously.

我总是即刻回应一个祈祷者。

6. When you do not receive what you want

I have responded like that for your own welfare.

如你得不到你所求的，那也是我为你好而做出那样的反应。

7. I stay by you even when you turn away from Me.

即便你避开我，我还是留在你身边。

8. I am always looking at you from the eyes of My heart.

我一直从我内心的眼睛看着你。

9. I will destroy the evil in you... with My love for you.

我会摧毁在你之内的邪恶。。用我给你的爱。

10. I pretend to ignore you only for you to turn toward the right way.

我故意不理你，只是为了要你步上正轨。

11. I am never angry with you... I deal firmly with your mundane fears.

我决不生你的气。。我坚定地处理你世俗的忧惧。

12. I alone stand and carry the burdens of your worries and tears.

我独自承担你忧惧和泪水的负荷。

13. Whenever you experience fear in conducting a task

it is because you have denied Me and your own truth.

每逢你执行一项任务而遭受到恐惧时，
那是因为你已否定‘我’以及你自己的真理。

14. Give up your desires, and all tasks...

all your duties... will become Mine.

放弃你的欲望，而你所有的任务。。

你所有的职责。。都变成我的了。

**15. I have sent you to fight this battle of life
in My chariot... with My horses...
and with Me as your charioteer.**

我派遣你去打这场人生之战，坐上我的战车。。
用我的马匹。。而有我作为你的战车御者。

16. Your devotion is My breath... My only food!
你的虔诚是我的气息。。我唯一的食物。

**17. I will never give up on you... you are Mine
even when you are unaware of it.**

我决不对你表示绝望。。你属于我，纵使你懵然不知！

**18. You do not need to search for truth...
you are truth...**

**My light alone shall make you see that.
I am born to grace you with that light.**

你不必到处寻找真理。。你是真理。。单凭我的光即可使你看到真理。
我的下凡就是为了赐予你那光。

**19. Nothing is difficult...Nothing is painful...
Nothing is unbearable...**

Why, it is Me that has to face your misery!!...

You are only to remember to call Me.

天下无难事。。天下无苦事。。

天下无不可容忍之事。。

为什么，因为是我承受你的苦难！。。

你只要记得呼唤我就得了。

**20. I am always happy for you...in whatever you choose...
for I know that in whatever you do...**

I will be there to protect you from all evil.

我一直为你感到快乐。。在你作出任何选择。。因为我知道，
不论你做什么。。我都会在那儿保护你，免你受邪恶干扰。

**21. Never be afraid of Me. I am your root...
if you fear Me...
then you will lose the true vision.**

不要怕我，我是你的根。。如果你怕我。。
那你就会失去真正的显灵了。

**22. I will free you... that is My solemn pledge. Have faith...
and that faith shall return to you as heaven.**

我会使你解脱。。那是我郑重的保证。要有信心。。
而那信心就会化为天国回归于你。

**23. Live My life of loving all with an equal eye...
then misery shall fear your front door!**

依据我的‘爱众生’而生活，一视同仁，没有分别心。。
那么，痛苦就不敢叩你的门了。

**24. Did you wake up with another worry?
Did you forget Me again?**

你可曾带着另一个挂虑而醒来？你又忘了我吗？

**25. I never say things half heartedly
or things that I do not mean.**

My words have the strength of My presence.

我决不说不认真的话或无意的话，我的话具有我的现身的力量。

26. I do not haggle, bargain or compromise.

I do fully only what is right until the very end.

我不讨价还价或妥协。我只做对的事情直至结束。

**27. I listen patiently to what you have to say...
you too must listen patiently
to what I have to say.**

我耐心聆听你的倾诉。。你也必须耐心聆听我必须说的。

**28. I give you sometimes what you desire
only so that one day you willingly uproot
the root of that desire**

and cast away its rotting fruit.

有时，我把你所欲求的给你以便有一天
你愿意把你的欲望的根拔掉并把其腐败的果实丢弃一旁。

29. I am never deaf to your requests.

对你的请求，我决不充耳不闻。

**30. I know every part of your life...the lives of your past...
the life to come. I always prepare you for all of that.**

我知道你生命的每一个部份。。你的前世。。
你的来世。我一直使你做好应对的准备。

31. I do not change My mind. I change your ways with My example.

我不改变我的决定。我以我的实例来改变你的做法。

32. I My Self shall bear many pains

so that you can learn to live

with the awareness of truth alone

and ignore the calls of nature's destruction.

我本身将承担诸多痛苦以便你能学习只以真理之觉知去生活
而不理会本质受到破坏的呼叫。

33. I shall teach you the perfect way of life...

a life of pure, unconditional love.

我会教你如何过圆满的一生。。纯净、无条件之爱的一生。

34. I alone test you...

then again in that test

I alone help you to succeed.

只我一人考验你。。然后在考验中，只我一人助你成功。

**35. Whenever you are lonely
you shall hear My voice from within.**

每逢你感到孤单时，你会在内心听到我的声音。

**36. The greatest proof of My presence within you
is that you always wish to live for Me...
sometimes with your awareness
and sometimes without.**

我的存在于你内在的最大证明就是你一直希望为我而活。。
有时带有你的觉知，而有时则没有。

**37. Even when all misunderstand you...
I alone understand you at all times,
and I alone shall bring you out of that misery.**

即便当大家误解你时。。
只我一人时时都了解你而只我一人会把你带离那痛苦。

**38. I am attached to your love
as much as you are attached to My grace.**
我之依附于你的爱一如你之依附于我的恩典。

**39. There is no distance between you and Me.
I am as close as you are to yourself.**

我与你之间没有距离。我与你的亲近不亚于你与你自己。

40. I am there with you... 我与你同在。。
right now... this very moment... 现在。。 这一刻。。
as you wonder if this is true... 你或怀疑这是否真实。。
I too wonder what else My dear one, 我也怀疑, 亲爱的,
could I do other than be with you. 除了与你同在外, 我还能做什么。

Have faith... 要有信心。。

when I created this universe, 当我创造这宇宙时,
I first placed My Self in all 我把我的自性放入万物之内,
then made the illusion of you! 然后制造出你的假像!
I am there with you... always! 我在那儿, 与你同在。。

I am there with you... 永远! 我在那儿, 与你同在。。

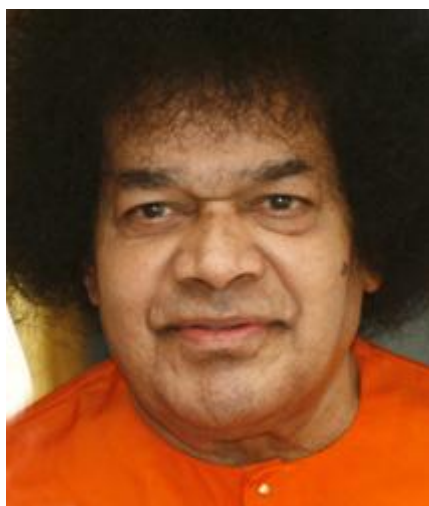
Always with you... 一直与你同在。。

And that is My pledge... 而那是我的保证。。

My only task... 我唯一的任务。。

And the reason of My birth. 及我诞生的原因。

Let us offer our humble pranaams
To the Satguru Bhagwan Shri Sathya Sai Baba
让我们向导师薄伽梵斯里沙迪亚赛峇峇献上我们谦卑的顶礼。



DAILY GUIDANCE 每日开示

**1. When your eyes awaken to the morning sun, pray to Him,
"Let Your plans unfold Bhagwan
And give me the devotion, deattachment and discrimination
To recognize Your will Let me be quick to follow Your command
And let me forget my fears
For You alone shall carry out Thy task... Through this body."
Release yourself from all responsibility and simply surrender yourself
in His hands every moment of the day. He will be there!**

当你对着早上太阳睁开眼睛时，向祂祈祷，
“让您的计划展开，薄伽梵。并给予我虔诚、舍离和识别力，
以确认您的旨意让我尽快遵从您的诫命，并让我把忧惧抛诸脑后。

因为，只有您会执行您的任务。。凭借这肉身。”
要从所有责任中把你自己释放出来，并完全降服于祂手中。

每一天的每一刻。祂会在那儿！

2. Be independent as much as possible. Do not expect anything from anyone.

Do the best you can with whatever He has given you.

Have faith in Him and wait... He will come... in some form or the other!

For your so-called work was His work right from the very beginning.

要自立，尽可能自立。不要从任何人身上期盼任何东西。
凭祂给了你的一切，尽力而为。对祂要有信心并耐心等待。。

祂会到来。。以某种方式或其他！

因为你所谓的工作就是祂的工作打从一开始。

3. The strength behind all work is a genuine happy smile. Smile and you will take its joy wherever you go. Why smile? Because it makes you strong, it makes love to come from within a little easier and it makes you forget what you want and it

lets you see what He wills!

在一切工作背后的力量是一个纯真、快乐的微笑。

要微笑而你不论到那儿都会带着它的欢乐。为什么要微笑？

因为它使你遗忘你所要的而让你看到祂所意愿的！

4. Learn to speak only when it is necessary. Too much talk does not allow you to give the energy of putting thought into your every word.

学会只在必要时开口。说太多话并不允许你提供

‘注入思想于你的每一句话’所需的能量。

5. If you get work done with fear, you will yourself be terrified of the work. If you get work done with anger, you will yourself be tired of the work. If you get work done with frustration, you will yourself be doubtful of its worth. Behind every work that comes your way is His hand. Recognize that!

Then treat work with respect... time with awareness and effort with love.

Work is then worship!

如果你带着恐惧去完成你的工作，你自己就会害怕工作。

如果你带着忿怒去完成你的工作，你自己就会厌倦工作。

如果你带着沮丧去完成你的工作，你自己就会怀疑工作的价值。你所执行的每一件工作的背后就是祂的手。要确认那一点！然后以谦恭的态度对待工作，以觉知对待时间并以爱对待努力。工作于是成了膜拜！

6. Never stray into "ifs". Be positive always. Nothing is difficult. Simply be aware that you are straying toward your desire of things being simpler.

切莫迷失于‘如果’之中。总要积极面对一切。天下无难事。只要你觉知和警惕你正在不由自主地朝向物质欲望靠拢就得了。

7. Help whenever you can.

**It will relieve you
from the anxiety of selfishness.
It is when you help that you realize
that all you seek is love
and love is loving without thinking.**

尽你所能帮助他人。这就会把你从自私的渴望中释放出来。当你伸出援手时，你即认识到你所求的一切是爱，而爱则是不假思索地去爱。

8. Be very firm with your weaknesses.

**Do not tolerate it even for a second.
What understanding can you give it?
What time can you give it?
Do not be in the whirlpool of hopelessness.
Just open the doors of discrimination
and kick the rascals of fear.**

要坚定面对自己的缺点，一秒钟也不要忍受。你怎么去理解它？给它多少时间？不要捲入无助的漩涡之中。只要打开识别之门，把恐惧那傢伙给踢出去。

9. There are no decisions to make.

**There is only One!
Are you ready to belong to God?
Are you ready to give up your "I"?
Are you willing to end your monologues of desire?
Are you ready to place your self in the hands of**

Bhagwan Shri Sathya Sai Baba?

何去何从，尚无定局。只有‘一’！你作好归依神的准备吗？你作好舍弃‘我’的准备吗？你作好终止欲望独白的准备吗？
你作好置自己于薄伽梵斯里沙迪亚赛峇峇之手中的准备吗？

10. Ask yourselves, "Do I love God?"

If you say yes then ask yourselves,

"Where do I see Him?"

If the answer to that is not,

"In my Self... in my thoughts...

in my words, in my actions,

in my feelings... at every moment...

in all beings",

then God's love will always be beyond your reach.

Your mind... your intellect...

your heart... your emotion...

your senses is what makes this universe.

If He is not in all of these at every second

then you have not loved God yet!

You have only desired Him

and chased His ghost.

自问“我爱神吗？”若你说“是”，那么又问，“我在哪儿见祂？”若答案不是“在我自性之内。。在我思想之内。。在我话语之内。。在我行动之内。。在我感觉之内。。在每一瞬间。。在一切众生之内”，那么，你就永远得不到神的爱了。你的心念。。你的智能。。你的心。。你的感情。。你的感觉，凡此种种就是构成这宇宙的要素。如果祂有任何一秒钟不在这些东西之内，那你就尚未爱神了！你只是渴望祂和追逐祂的幽灵而已。

11. Duty is not something you have to do...

it is that task that gives you

the privilege to look into your own eye

without shame.

For this task is done not for anyone else

other than your own self respect.

**Self respect is everything -
without it no effort is possible.**

义务不是你非做不可的事。。是那工作给你特权扞心无愧地面对你自己。
因为这任务不是为任何人而做的而是为你自己的自尊而做的。
自尊是一切 — 没有自尊，一切努力仅属枉然。

**12. Whenever God gives you a task
He has placed complete confidence in you.
If you make that your focus
your task shall definitely succeed.**

神对你有信心才把任务交给你。如果你专心去做，你的任务绝对圆满完成。

**13. The more you seek what you desire
the more you will encounter with troubles.
Be sincere in your search for God
and the sincerity will keep you away
from the evils of mundane worldly desire.
Sincerity is looking for the truth
while uprooting at the same time the untruth in you.**

越追逐欲望，越使你陷入困境。要真诚地去探索神而那真诚会使你远离世俗欲望的邪恶。真诚就是寻求真理同时也拔除在你之内的虚假。

**14. Be at peace. Chase peace!
There is no fight that can give you
anything other than stress.
If you have to lose at times - lose -
that itself is a win within.
If you have to bow - bow -
that itself will make you rise.
The winner is only that one
who is always at peace with all
with no grudges.**

保持平静。追求平静！除了压力之外，斗争并不能带给你什么。
如果你非弯腰不可，弯腰本身就会挺直而起。

只有对一切总是保持平静，没有怨恨的人，才是赢家。

15. Wait! The good things will surely come.

But first you must wait.

Receive the good while being good.

**Then the good that you receive
will not only be good for you but good for all.**

Those that are in a constant hurry do things untimely.

等待！好的东西肯定会来。但首先你必须等待。存善得善。那么你所得到的善不但对你好也对大家好。凡仓促行事者，做起事来不得其时。

16. Be earnest and sincere at every point of your spiritual quest.

Do not worry about the appearance of being good.

**Accept yourself first then only others will find the strength
to understand you. When you are relaxed**

automatically your weaknesses will also diminish.

求道务必认真与虔诚。不必担心存善之外观。首先接受你自己，然后，他人就会得到力量去了解你。当你自然放松自己时，你的缺点也会减少。

17. Be brave! Be courageous!

It is you alone

that has to walk this journey of life.

It is you that has to find yourself.

It is you that has to help yourself.

It is you that must save yourself.

要鼓起勇气，敢做敢当！这人生旅程你必须自己去走。寻找你自己的必须是你。帮助你自己的必须是你。拯救你自己的必须是你。

18. Spend every moment

in discriminating your actions.

It is easy to know between good and bad

if you are true to your spiritual quest.

The confusion only comes when

in the midst of your spiritual quest

you become faithful to your burning desires.

时时检讨你的行为。若志于道，善恶即明。

在求道中仍纵身于炽热的欲望，困惑才产生。

19. Be determined! Persist!

**Let not the mind persuade you
to return to dark hidden corners.**

**Why must you hide
when the treasures of heaven lay open for you?**

**Be centered always
and the light above will show you the way.**

要有决心！要坚持到底！不要让心念说服你回到黑暗角落。
当宝藏从天而降到你面前时，你为什么一定要躲藏起来？
总要专心致志，上面的光就会照亮你前进的道路。

20. Treat all with respect.

**There is no one that does not deserve respect.
Every living being is on their journey to the same Self.**

**Every life is your partner
that is making their way to the same Mother.
Respect is making way for all while being on your way.**

Smile! Be joyful!

**Encourage all with your consideration.
Consideration for all will only make your journey
pleasant and peaceful.**

尊敬每一个人。人人都应该得到尊敬。
一切众生都朝向同一的自性前进。
每一个生命都是你的同伴，步向同一母亲的怀抱。
在上路时，让路给其他人就是尊敬。
要展露笑容！要欢欢喜喜！
以你的体谅去鼓舞大家。
体谅大家只会使你的人生旅程快乐与平和。

21. Full complete faith in Guru at all times is devotion.

**Witness the presence of the Guru in all that you do
then discrimination will come easily.**

**Remember always that God has filled you within
with His love and you must utilize that love
to turn others toward Him.**

That love is deattachment.

**Devotion, Discrimination, and Deattachment
are the three steps in the life of a devotee
that make him reach the platform
to serve Guru as God.**

对导师时时怀持完满的信心就是虔诚。在你所做的一切中见证导师的出现，
那么，识别力就易于降临。

要常记得，神已把祂的爱注入你内心而你必须利用那爱来改变他人归向祂。
那爱是舍离。虔诚、识别和舍离是信徒生命的三个步骤，
使他登上事师如神的平台。

22. Never criticize anyone.

Life is much too short to waste in negativity.

Of course we are surrounded by faults.

**But must we utilize time in vividly describing them
or instead utilize time to rectify them
with our inner strength?**

**And whoever with inner strength
would discuss and indulge his time in petty faults?**

There is too much to do -

we have to learn to bend - to mend

and to send all those we meet on a positive start!

决不恶意批评任何人。人生苦短，岂容虚掷光阴于消极之中。
当然错误是难免的。然而，我们难道必须利用时间生动地把这些错误记述下来吗？抑或利用时间以我们内在的力量把这些错误纠正过来？凡有内在力量者，有谁愿意讨论和浪费时间于琐屑的错误呢？要做的事情还很多 —

我们必须学会弯下身子 —

修正和欢送我们所遇到的人，让他们有一个积极的开始！

**23. Who are you competing against?
The same brother who is looking to earn
a piece of bread just like you?
And will you be happy
if your plate is full only for yourself
while your brother starves
in the home next to you?
Having the best and keeping it for one's own sake
is the pitiful mind of a beggar.
Such a person has never risen.
He has taken the dive toward sin.**

你跟谁竞争？跟与你一样想赚口饭吃的兄弟？如果你丰衣足食而你的兄弟正在与你为邻的家里挨饿，你会感到快乐吗？拥有最好的而只留给自己享用简直是一个乞丐的可怜心态。这种人决不会出人头地。他已陷入罪恶的深渊。

**24. Think high always.
There is much more beyond this minute "I"
that you experience
in this body, mind and intellect.
Think with love always.
Most deprive themselves from love
for they are too busy
looking for a reason to love.
What reason can they have...
what reason can make you love
without destroying the purity of love first!
Think high... think love...
one is born to realize this truth alone
and there is not a single being in this creation
that ultimately does not realize this truth.**

总要想高。在这小‘我’之上还有许多你可以在这身、心、智之内体验到的东西。要常以爱去思维。大多数人丧失爱因为他们太忙碌于寻找去爱的一个理由。他们能找到什么理由。。有什么理由能使你在未破坏爱之纯净前就去爱！想高。。想爱。。
一个人生来就只要体认这真相而世上没有一个生命最终是不体认这真相的。

25. When you plan for things to go your way
then you have invited troops of worry
to enter your home.
Let your focus be only one...
to be at peace always...
at every moment... with each one.
With worry comes emotion
and emotion is the journey of the one that sees
but is determined to be blind.
Such a one will make peace as his last resort
and to that one God
and truth appear least worthy.
Be peaceful... be soft...
be aware that your own follies...
your own backward way of thinking
lead you into the pits of worry and depression.
Climb out of them and make a resolve,
"I will let nothing turn me away from peace.
I will accept all as His will...
His grace... His plan.
I will not resist that I will always be aware
that I am in His hands and I am His."
That is peace!

当你计划事物依照你的方式进行时，那你就招惹了许多担忧进入家门。让你只集中于一个焦点。。一直保持平静。。在每一个时刻。。与每一个人。担忧带来激动而激动是一个视而不见者的旅程。那样的人在没有其他方法下才会利用平静作为最后一招而就那种人而言，神与真理无甚价值。要平静。。要柔软。。要知道你自己的愚蠢。。你自己落后的想法使你掉入担心和沮丧的陷阱。从那儿跳出来吧并毅然决定，“我不会让任何东西夺走我的平静。

我接受一切为祂的旨意。。祂的恩典。。祂的计划。
我不会抗拒以便我认知，我在祂手中而我属于祂。”
那就是平静！

**26. Be responsible for whatever you undertake.
Do not desire for others to aid you in doing your task.
If you have willfully chosen the task
then why must you turn to see
if others will aid you in completing it?
Is not God's presence and grace enough?
A true resolve that is selfless and pure
brings the presence of God instantaneously.
Do not be a coward.
Why turn and beg toward another
that also fears to see the face of responsibility
right into the eye?
Be bold! Be gracious to God for all He has given.
If He has chosen you
He alone will give you the strength
to complete all with truth.**

要对你所做的一切负责。不要渴望他人来帮助你完成你的任务。如果你有心选择去做一件工作，那为什么还要看看是否有人助你完成呢？难道神的出现与恩典还不够吗？一个真正的决心是无私的、是纯净的；它会即刻把神带给你面前。不要做一个懦夫。为什么求助于另一个也害怕面对责任的人？

要鼓起勇气！对神所恩赐的一切要感恩。
如果祂选择了你，祂会给你力量去完成一切。

**27. Stay away from all that distracts you.
Periods of rest are given to the body
when all senses are withdrawn from their given tasks.
The eyes must be closed... the ears must not hear.
The tongue must not speak.
The skin must not feel.
The nose must not smell.
Only when all is withdrawn
and disconnected from the mind
the body is at rest.
But using these senses to indulge
and calling them periods of rest are merely
a fool's mind and a weak intellect.**

**You are not only not resting
but aggravating the rest period to come.
The best rest comes when
one shuts off each activity of the sense organs
with a Godly act before retiring.
Then rest is peaceful
for mind is first completely at rest.**

远离使你分心的一切。当所有感官不操作时，身体就获得休息。眼睛必须闭上。。耳朵必须不闻。舌头必须不说。皮肤必须无所感触。鼻子必须不嗅。只有当感官从心念中切断时，身体才能安息。但利用这些感官沉溺于某种享受并称之为休息，那简直是一个愚者的心思和一个弱者的智能。你不但不得安息还延误安息期的到来。当你在休息前执行神圣的活动之后，才关闭所有感官的活动，你才能得到最佳的休息。
这时，休息是平静的，因为心念先得到完全的休息。

**28. Each being comes caught in its own webs of tendencies.
These tendencies have strengthened
from past births
and when one continually performs his actions
dependent on these tendencies
one makes these fickle tendencies his nature...
his identity
and the truth of his present form.
Tendencies are fickle paths that thoughts take
in order to temporarily satiate
the senses or sense organs.
When one becomes dependent on the temporary
fulfillments of those tendencies
one makes them a part of his being and
accepts those continuous repetitive thoughts
as knowledge to see his self and the world with.
To be rid of these tendencies is difficult
as long as one tries to desire knowledge
that is obtained by them is unreal,
short-lived and ultimately self destructive.
Only complete full conditional faith in another being**

that has had the experience of witnessing his tendencies
and uprooting the untrue knowledge
will make one receive the inner strength
to witness his tendencies as something fickle
rather than believe it to be concrete.
Only a Guru that has traversed such a path
can show the devoted one the way out of his web.
Hence plunge your mind in being devoted to the Satguru.
Sing His praises. Repeat His leelas.
Turn your mind from tendencies
toward true steady devotion
and meditate upon the sweet fragrant steps
of the Satguru.
Follow Him closely.
Shut the mind from every other activity other than
following and imbibing from His true life.
Never forget Him even for a moment.
Then the tendencies themselves will surrender
to that focus of pure devotion
and will close their path
and that same repetition of weaknesses
will turn to being the inner strength of love.
That love will dissolve all other unnecessary paths
and will take you to the Supreme truth
from which all knowledge arose.
Do not be weak.
Accepting your weakness is itself
the biggest weakness of all.
Be sturdy... steady the reigns of the mind...
be determined to be on the path of bhakti!

每一个生命体都在作茧自缚。这些倾向巩固自前世而当一个人继续靠这些倾向去执行他的活动时，这些浮动的倾向就变成他的本质。。他的身份和他现在这个摸样的实相。倾向是思想依循的无常道路，以便暂时满足感觉或感官。当一个人变成要仰赖那些倾向的短暂满足时，他就使它们变成他实体的一部份并接受那些持续重复的思想为知识以看待他的自性与这个世界。

只要一个人想要用这些倾向来取得其他一切知识，要除去这些倾向就难如登天了。就算借由它们而获得的知识，这知识也是不真实的、短暂的而最终是自性毁灭的。只有对另一个已有经验于见证他的倾向并根除不实的知识的‘存有’，深具完全的、无条件的信心，才能使一个人获得内在的力量去见证他的倾向为某种无常之物而非具体之物。只有走过这样的一条道路的导师才能指示虔诚者走出他的罗网。因此，对导师要专一和虔诚。歌颂赞美祂。重复祂的游戏。把心念从倾向转到稳定的虔诚并静虑于导师温馨的脚步。

紧随着祂。断绝心念于每一个其他的活动而从导师的真实生活中去领会和吸取一切。一刻也不要忘掉祂。于是，那些倾向自然就屈服于纯净虔诚的焦点之下，并会封闭它们的通路而那同样的弱点重复就会转变为爱的内在力量。

那爱会取消所有其他不必要的途径并把你带到一切知识之所由起的无上真理。不要变得懦弱。接受：你的弱点本身就是大家最大的弱点。

刚毅起来。。稳住对心念的控制。。坚持虔诚之道！

**29. There is nothing greater than the love of a mother.
God Himself resides in a virtuous mother
that teaches her children to live with
the wings of sincerity and self respect.
The first teacher of life for every child is the mother.
Hence it is important for every mother to love without fear,
without any desire other than that
of the complete welfare of her child.
That mother surrounds her child with God
from a very early age
will surely see her child reach the front door of God
and witness the child serving Guru as God.
Let every child worship the love of his mother
and let every mother free her child
from the clutches of attachment
and allow the child to reach the heights of divinity.**

最伟大的莫过于母爱。神自己就寓于一个人格高尚的母亲之内；她教导她的子女生活在真诚与自尊的羽翼之下。每一个孩子的第一个老师就是母亲。因此，对每一个母亲而言，无畏地去爱、除了子女的福祉外，别无其他欲望地去爱，是重要的。那在子女小时就以神来围绕子女的母亲一定会目睹她的子女到达神的前门并见证子女事师如事神的行为。

愿每一个孩子崇敬他母亲的爱并愿每一个母亲解除她子女的我执而攀登灵性的高峰。

30. Do not be weak minded.

**Let not the smallest distractions turn you away
from the goal of being at peace with your Self.**

Do not worry about what has to be done... just do!

**Do the very best without thinking...
without desire for effort to be returned.**

Just do and be free!

不要有脆弱的心念。不要让最小的分心事物使你脱离与‘自性’共处的平静的目标。不要担心你必须做的。。只是去做！尽你所能去做，不要去想。。不要以结果去衡量努力。。不要期盼努力的报酬。只是去做，什么都不要管。

31. God is there with you... always...

Yes! Always! Always! Always!

Not even for a fraction of a moment does He turn away.

You can only know that if you have turned toward His life fully!

神与你同在。。永远与你同在。。是的！永远！永远！永远！祂一刻也不离开你。只有在你已经追随他的一生之后，你才能体会到这一点！

32. Make it a habit to run to God for every small thing.

Make Him your best friend.

He alone ought to know - no one else!

Trust Him in whatever He gives you...

trust Him in whatever He takes away...

trust Him at whatever time He responds to you...

that is the right time!

Trust Him in whatever way He responds...

that is the right way!

Trust Him!

He is always there!

要养成一种习惯把每一件事都交给神。视祂为你的好友。只祂一人才应该知道 — 没有其他人！信任祂，不论祂给你什么。。信任祂，不论祂带走什么。。信任祂，不论祂什么时候回应你。。那都是合宜的时间！

信任祂，不论祂以什么方式回应你。。那都是正确的方式！
信任祂，祂一直在那儿！

**33. God Himself comes as Guru
to gift the devoted heart with His protection.
Guru is protection...
Guru is always true to you...
even once you call Him your Guru from the heart
He will serve you for births to come until you are free.
Guru is truth and the love of the Guru...
He alone can tell.
No one can reach His heights.
We must at every moment be eternally grateful
of His gift of His Self to us.**

神自己以导师身份降临并赐予虔诚的心以庇护。导师是庇护。。
导师永远真诚待你。。即便你只一次从内心呼唤祂，祂会在未来的无数世服
务你直到你达到超脱。导师是真理而导师的爱。。只有祂才能告诉别人。
无人能达到祂的高度。我们一定要时时感激祂赋予我们祂的自性。

**34. He knows everything...
sometimes a Guru will act ignorant of the fact
only for you to reach the truth.
He knows everything...
sometimes, He questions you only so that
He graces you not only with the answer
but the strength to realize the answer
and live it completely.
Who can understand what He knows...
why He tells... who He questions...
where He gives... what He takes?
He knows alone...
He knows everything.
Know that and be free of all doubts.**

祂无所不知。。有时一个导师会装着无知，只是要你体会真理而已。祂知道
一切。。有时，祂只是问你以便加持你，不仅提供答案，而且也提供力量让

你体认答案并据之而生活。有谁能了解祂所知道的一切。。为什么祂说出。。祂质问谁。。祂在那儿赐予。。祂带走什么？只祂一人知道。。祂知道一切。要确认而摆脱一切疑虑。

35. Devotion is full faith.

Full faith is fearlessness.

Fearlessness is selflessness.

Selflessness is desirelessness.

Desirelessness is knowledge of Self.

Knowledge of Self is Peace.

Peace is unconditional love.

Unconditional love is devotion to truth.

Truth is the vision of oneness.

Oneness is Divinity.

Divinity is Timelessness.

And Timelessness is God!

虔诚是满满的信心。

满满的信心是毫无畏惧。

毫无畏惧是没有私心。

没有私心是没有欲望。

没有欲望是自性之识。

自性之识是心平气和。

心平气和是无条件的爱。

无条件的爱是对真理的虔诚。

真理是一体性的彰显。

一体性是灵性。

灵性是无时间性。

无时间性是神！

**36. Before death there was life.
Before life was birth -
but what was before birth no one knows.**

No one can tell.

**The realized one that takes birth
for this knowledge of the Self
comes into this world silently,
lives its truth with a smile
and willingly merges into its endless beginning
at the time of the death of the body.**

Who is there to tell?

Other than the story of His life...

His life itself is the message!

死亡前，有生命。生命前，有诞生 — 但诞生前是什么，无人知晓。无人能说出。为了这自性知识而诞生的悟道者，悄悄地来到这世界，带着微笑来身体力行自性的真理并乐意在寂灭时融入永无终止的发端之中。
有谁会告诉你？除了祂一生的事迹。。祂的生命本身就是福音！

**37. God comes as Guru Himself
and hides in the cloak of the body.
He is enlightenment Himself
but the ignorant that have yet to burn
their cycles of karma
seldom see His brilliance and in fact
they choose to spread the darkness
of their ignorance over His light.**

神以导师的身份降世并藏身于躯壳之内。祂自己就是觉，但无知者仍须烧掉他们的业的循环，否则他们很难一见祂的光辉而事实上，是他们选择扩散自己的无明以遮蔽祂的光辉。

38. His light is impartial.

**Like the sun that rises for all
He too is always there for all at all times
without any condition nor judgment.
Whatever the karmas there is no soul
that wishes to stay in the tunnel
of dark ignorance forever.**

**Even the laziest... the greediest...
the selfish of selfish...
the lowest of the low
slowly tread their way toward
the glimpses of light
toward the end of the tunnel.**

And why not?!

**No one that is born is devoid of that privilege
to see the golden light of God!**

**The only way to end this negativity
is to be positively determined**

**that no one has to tolerate the present
which is only a reflection of one's past doing.**

**One has to bear... one has to smile...
one has to have faith that the tunnel of ignorance...
the cycles of karmas will end -
if not now... soon.**

**The golden light of Self knowledge awaits all,
but the one that has completely destroyed**

**his attachment to the dark
shall see that ignorance itself
was a journey where God Himself
descended in the dark to act
as the teacher of teachers -**

**the Satguru that walks with His devoted ones
until they reach the vision of the ultimate truth
in which they shed the ignorance of their identity.**

祂的光决不偏袒。像太阳为众生升起一样，祂也一直为众生而在那儿，没有

任何条件或鉴定。不论是什么业，没有一个灵魂愿意永远留在无明的隧道里。即便是最懒惰的人。。最贪婪的人。。最自私的人。。最卑贱的人，也会慢慢地走到隧道尾端，一瞥亮光。而为何不?! 没有人生下来就缺少一睹神的金光的权力! 唯一的做法以结束这种消极性就是积极地裁定，没有人必须忍受仅是过去业的一个反映的当下。一个人必须承受。。必须微笑。。必须具备信心于。。无明之隧道。。业之循环，终会结束一若非现在。。就是不久。自性知识之金光等着我们大家，但那个已经完全破除他对无明之执著者会看到，无明本身就是一个旅程，在那儿，神祂自己降临于无明中，扮演一个导师的角色，与祂的信徒并肩前进直至他们看到终极真理为止，从而卸下他们对自己本来面目的无知。

39. Om Bhagwan Shri Sathya Sai Babaya Namah.

The name of God Himself.

The name from which truth itself emerges.

The name that protects when it is called even once.

The name that changes one's life instantaneously.

The name that graces one with the purest love.

The name that takes you to the abode of the highest peace.

The name that came to save humanity for yugas to come.

**The name that will take you across any difficulty
without pain or fear**

The name that grants you instant strength.

The name that simplifies complicated mind.

The name that washes the status of the past.

The name that shows you the way of love.

**The name that when it is on your tongue
gives you His Self at every birth.**

Om Bhagwan Shri Sathya Sai Baba.

唵，薄伽梵斯里沙迪亚赛峇峇，我们向您顶礼。

这圣名是神祂自己的。这圣名是真理本身之所由现者。

这圣名给予庇护，只要呼叫一声即可。

这圣名即刻改变一个人的一生。这圣名赐给一个人最真纯的爱。

这圣名引领你至最高平和的住所。这圣名普渡众生于未来的世世代代。

这圣名救渡你越过困难，没有痛苦或恐惧。这圣名赐给你急需的力量。

这圣名简化你复杂的心念。

这圣名洗掉过去的名位。

这圣名明示爱的途经。

这圣名当你把它挂在嘴边时，它会在每一个诞生赋予你，祂的自性。

唵，薄伽梵斯里沙迪亚赛峇峇

40. Om Sri Gururaya Bhagwan Shri Sathya Sai Babaya Namah.

We humbly prostrate before Your greatness.

May our head always be bent upon Thy Lotus Feet.

**Grace us, O Satguru Bhagwan Shri Sathya Sai Baba
with the highest thoughts so we are able in this lifetime
to serve You... and in that task**

let us find everlasting contentment and peace.

唵，斯里导师薄伽梵斯里沙迪亚赛峇峇，我们向您顶礼。

我们谦卑地拜倒在您的伟大之前。

愿我们的头永远叩在您的莲花足下。

赐予我们，噢，导师薄伽梵斯里沙迪亚赛峇峇，以最崇高的思维能力，

致使我们能在这一生中服务您。。

而在那任务中，让我们找到持久的满足与平和。



TRUE AFFIRMATIONS 真实的肯定

***A million salutations at the Lotus Feet of the
Satguru Bhagwan Shri Sathya Sai Baba***

千万个顶礼于导师薄伽梵斯里沙迪亚赛峇峇的莲花足下

1. The Guru has come as God Himself.

God Himself is dressed as our beloved Guru.

Choose Him and you will be granted liberation.

Liberation is the highest of all freedom

**in which one becomes conscious of his Self
as the Self of all creation.**

Surrender fully, wholly, completely at His Lotus Feet

and He shall bestow upon you the gift

greater than the gifts of heaven.

导师来了，以神的化身来了。神祂自己穿着我们敬爱导师的衣服来了。

选择祂而你就会获得超脱。超脱是一切自由中的最高者。

在超脱中，你意识到你的自性就是万物的自性。完全地、彻底地诚服于祂的莲花足下而祂就会赐予你比天国的礼物更加重大的礼物。

2. The Guru has come as God Himself.

God Himself has declared His Self in this birth as truth.

Choose Him and you shall experience

the powers of truth in your own Self.

Truth is not an experience -

**it remains as the indestructible,
unchangeable, timeless core of all.
All else is transient that which comes
is bound to go one day,
and that which goes merges back
to that very truth again (Self).**

导师来了，以神的化身来了。神祂自己已宣称祂在这一世的自性是真理。选择祂而你将体验到真理的力量于你自己的自性之中。

真理不是一种经验 —
它仍然是万物的不可毁灭的、不可改变的、无时间性的核心。
其他一切都是短暂的、来而有所往的
而最终又再次融合于真理（自性）的。

**3. Look only for the Lotus Feet of the dear Guru
Bhagwan Shri Sathya Sai Baba.**

**He has vowed that those that call Him and seek Him -
to those He shall shelter and protect
from all difficulties and sorrow.
To the devoted sincere heart
He will grant knowledge of the Self
so that the ocean of life can be crossed
with the consciousness of truth alone.**

只寻求亲爱导师薄伽梵斯里沙迪亚赛峇峇的莲花足。
祂誓言要保护那些呼唤祂和寻找祂的人，以免他们受苦。
祂会赐予自性的知识给一个虔诚而献身的心以便他只以真理的意识
去横渡生死轮回的海洋。

**4. With the single touch of His Divine Hand
He shall wipe the ignorance of many births.**

**Hold that hand. Never let it go!
He is light Himself.
The moment He arrives
He swallows all darkness in you.
But forget not O child to call Him.
Call Him over and over again.**

Why count?

Can we not remain content in His name?

以祂神圣的手一触，诸多世的无明就会被擦掉。

握住那神圣的手。决不放松！祂是光。

祂降临的那一刻，祂就把你内在的黑暗给吞噬了。

但切莫忘记呼叫祂，噢，孩子。不断重复地呼叫祂。

为什么要计数多少次？难道我们不能保持满足于祂的圣名之内？

5. He will give you everything.

For He is everything.

He gives you His Self without any conditions.

The only way to love Him is to love without thinking.

Never plan... forget worry... dismiss desire...

do not even try to understand His ways.

If you have called His name then

whatever that comes your way is His plan...

His will and His worry!

祂会赐给你一切。因为祂是一切。祂赐给你祂的自性，不具任何条件。

爱祂的唯一途径就是不假思索地去爱。不要筹划。。忘掉挂虑。。

除去欲望。。连理解祂的做法也不要尝试。如果你已呼叫祂的名号，那么，不论降临于你的是什么，那都是祂的计划。。祂的旨意和祂的操心。

6. Om Satguru Shri Bhagwan Sathya Sai Baba.

Call His name over and over.

He knows... He sees you...

always with the eyes of love.

He does everything for our own good alone.

Whenever you need Him...

Just call His name.

He will come.

He knows... He understands

and He alone will take care of you.

俺，导师斯里薄伽梵沙迪亚赛峇峇，重复呼叫祂的名字。祂知道。。祂看到你。。总是用爱的眼睛去看。祂无所不为，只为我们好。无论什么时候你需要祂。。只要呼唤祂的名字，祂会到来。祂知道。。

祂了解而只祂一人照顾你。

7. Jai Gururaya. Om Gururaya.

Let us humbly prostrate before His beautiful form.

God comes Himself as Guru.

He has come. His name is truth.

His ways are love.

His interaction is peace.

His life is righteous.

He is ever in bliss...

Blissful in the love of His devoted ones.

He serves all, helps all,

loves always, hurts never.

He is dear to His devotees and

His devotees are His life to Him.

胜利，导师。唵，导师。让我们谦卑地跪拜于祂的宝相之前。

祂自己以导师的身份下凡。祂来了。祂的名字叫真理。祂的手段是爱。祂的互动是平和。祂的生命是正义。祂永远处于妙乐之中。。在虔诚者的爱之中的妙乐。祂服务众生，帮助众生，总是爱，不伤害。

祂亲近祂的信徒而祂的信徒是祂的生命。

8. Satguru Baba Namō Namō.

O how lucky are we to have come to His feet.

How lucky are we to have lived this life in His love.

How lucky are we to have been taught by God Himself.

**How lucky are we that He has chosen us
to be in His path.**

**Think of that and forget all your worries...
all your conditions... all your plans.**

**Think how lucky we are that
we had the strength to remember Him today
at every moment in every verse
that He Himself wrote for our own welfare.**

How lucky we are!

**How lucky we are that the pen writes the words of wisdom
so that we can find solace.**

**How lucky we are that
He gives us the strength to remember Him.
How lucky we are that He placed these divine verses in our hands.
How lucky we are!**

**Contemplate that... expand in that joy...
and read each of these verses with the eyes of the heart.**

导师峇峇南无南无。我们多幸福啊，来到祂的脚下。我们多幸福啊！我们已在祂的爱中过这一生。我们多幸福啊，得到神亲自教导。我们多幸福啊，祂选择了我们步上祂的大道。深思之并忘掉你的一切挂虑。。你的一切状况。。你的一切计划。想想我们多幸福啊，我们有这个力量去忆念祂，在今天这一刻，在祂为我们的福祉而写的每一节诗句之中。我们多幸福啊！我们多幸福，那支笔写下智慧的话语以便我们找到慰藉。我们多幸福，祂赐予我们力量以忆念祂。我们多幸福，祂把这些神圣的诗句放在我们手上。我们多幸福！深思静虑那。。在那欢乐中扩张。。
并以内心的眼睛来阅读这些诗句。

He gave this to you... 祂给你这个。。
He has to come to you... 祂必须来到你面前。。
He speaks to you... 祂跟你说话。。
He is teaching you... 祂在教导你。。
He is protecting you... 祂在保护你。。
He is loving you... 祂在爱你。。
He is guiding you... 祂在指引你。。
He is there with you... 祂在那儿，与你同在。。
He is there... always 祂一直在那儿
With you... 与你同在。。
Above... 在你之上。。
Around you... 在你周围。。
And within! 在你之内！



A BOON TO HIS DEVOTEES 给祂信徒的一个恩惠

1. Let this treasure be read in the homes that are devoted to His life and wherever this is read let His presence be known.

让这珍宝在献身于祂的家庭里被阅读而不论在哪儿阅读，祂就在哪儿出现。

2. Let His hand touch upon that head who thinks of the love behind these verses.

让祂的手触抚那想着这些诗篇背面之爱的人。

3. Let their difficulties disappear.

让他们的苦难烟消云散。

4. Let knowledge of the Self lodge in their hearts.

让自性之识进入他们的内心。

5. Let each one find the strength of faith.

让每一个人获得信心的力量。

6. Let each one forget what they desired from Him.

让每一个人忘掉他们想从祂那儿得到的东西。

7. Let each one realize His glory and their purpose.

让每一个人认知祂的荣耀和目的。

8. Let each one be free of unnecessary thoughts.

让每一个人摆脱不必要的念头。

9. Let each one face their fears and discard them with His name.
让每一个人坦然面对忧惧并以祂的名除去忧惧。

10. Let each one know that they are protected.
让每一个人知道他们受到庇护。

11. Let each one realize that they will be received by Him alone.
让每一个人认识只祂一人接受他们。

12. Let each one burn their karmas with the strength of His faith in all of us.
让每一个人借对祂的信心的力量去焚毁他们的业（Karma）。

**13. Let each one forget our bodily discomforts...
pain... disease... losses... gains... fears... desires...
let each of us only remember Him.**

让每一个人忘掉我们身体的不适。。病痛。。损失。。收获。。恐惧。。
欲望。。让每一个人只忆念着祂。

14. Let each of us remember that our life is for Him.
让每一个人记得我们的生命是为祂而活。

15. Let us never give up on Him.
让我们不放弃对祂的信赖。

**16. Let us give up the dearest of dearest but never the
Satguru Shri Sathya Sai Baba.**
让我们放弃我们最亲爱的但决不是导师斯里沙迪亚赛峇峇。

17. Let us never weaken.
让我们决不变得懦弱。

18. Let us always pass the tests of the Guru.
让我们总是通过导师的考验。

19. Let us only place our faith in Him.

让我们把信心放在祂身上。

20. Let us not question Him.

让我们不要质问祂。

21. Let us witness His truth in our conscience.

让我们在我们的良知内见证祂的真实。

22. Let us be sincere to our devotion toward Him.

让我们真诚地献身于祂。

23. Let us serve.

让我们服务。

24. Let us love.

让我们爱。

25. Let us be free in our innocence and His assurances.

让我们自由自在地徜徉于我们的纯真和祂的保证之中。

26. Let us cherish His gifts to us.

让我们珍惜祂恩赐的礼物。

27. Let us be responsible for the tasks He assigns us.

让我们克尽厥职地完成祂指派的任务。

28. Let us never judge anyone.

让我们决不批判任何人。

29. Let us be simple minded and open hearted.

让我们有单纯的心念和开阔的胸怀。

30. Let us welcome Him always in the purity of our hearts.
让我们总是在我们心的纯净中欢迎祂。

31. Let us please Him always in the purity of our hearts.
让我们总是在我们心的纯净中取悦祂。

32. Let us please Him always.
让我们常常取悦祂。

33. Let us carry all our difficulties with a smile.
让我们欣然面对困难。

34. Let us honor Him with our peaceful nature.
让我们以平和的本质荣耀祂。

35. Let us be victorious in our battles of life.
让我们在人生的战斗中获胜。

36. Let us make Him our closest friend.
让我们使祂成为我们亲密的朋友。

37. Let us give the reigns of life in His hands.
让我们把生命的支配权交到祂手上。

38. Let us not ask Him for anything other than Him.
让我们不要向祂求取任何东西，除了祂之外。

39. Let us always be happy.
让我们永保快乐。

**40. Let us always remind ourselves, "He is there... He is there...
and I am only there where He is there -
He is there with us - at this very moment!"**

让我们常常提醒自己，“祂在那儿。。祂在那儿。。而只有祂在那儿，

我才在那儿。。祂在那儿，与我们同在 — 就在这一刻！”

**Let us offer our humble pranaams to the Satguru
Bhagwan Shri Sathya Sai Baba.**

He has come to save all.

**His mission is to teach us the lesson of love and with it
free us from the bondage of birth and death.**

May He fill our hearts with love.

May we see this world with the lens of faith and patience.

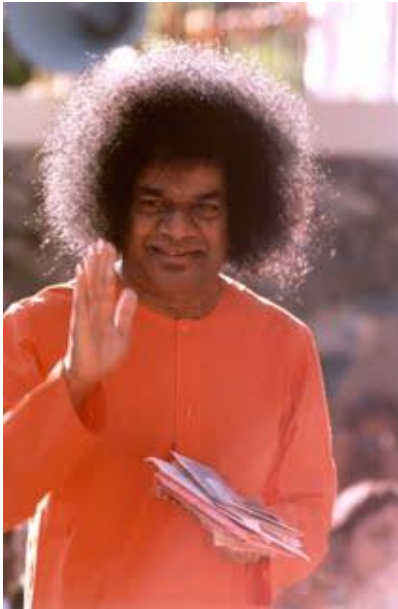
让我们谦恭地向导师薄伽梵斯里沙迪亚赛峇峇顶礼。

祂来了，来普度众生。

祂的使命是教导我们爱的课业并借爱来渡我们了脱生死。

愿祂以爱注入我们的内心。

愿我们以信心和耐心的透镜来观看这个世界。



A SOLEMN PLEDGE 一个庄重的誓言

These words of inspiration 这些充满激励的话语，
That have been given
For the welfare of Mankind 给了人类福祉的话语，
Must be read 我们一定要阅读，
Over and over 重复又重复，
Until the Mind 直至心念，
That is numb with fears 因恐惧而麻木的心念，
Rises to love 提升到爱，
And bravely with courage And with patience 且带着勇气和容忍
Faces life 去面对生活，
With truth With righteousness And with peace.
秉持着真理、正义和平和。

For how long 要多久，
Shall we ask 我们才要求，
Our Guru 我们的导师
Bhagawan Shri Sathya Sai Baba 薄伽梵斯里沙迪亚赛峇峇
To love us? 来爱我们？
He has come 祂来了，
Only to love us. 只为了爱我们。

To ask Him of that 这样的要求
Is merely 仅仅是
The foolishness
Of a blinded ego. 一个盲目自我的愚昧。

We must love Him 我们一定要爱祂
Then only will we know 然后我们才知道
That He loves us. 祂爱我们。
Loving Him 爱祂,
Is itself the gift
Of a million good deeds
Earned in many lifetimes.

其本身就是在许多世中赢得的千千万万个善行的礼物。

Let us close our eyes 让我们闭上眼睛
Let us forget 让我们忘掉
What troubles us 困扰我们的事物,
His name alone 只有祂的名
Shall take us 会渡我们越过
Across the stormiest seas. 汹涌的海洋。

We will sail 我们会出航,
Together 一道
In this boat 坐在这小船上,
Of Bhakti (pure unconditional devotion) 这虔诚的小船上,
And give each other 互相打气,
The Shakti (inner endless strength) 给予对方内在无穷的力量,
To reach the shores 以抵达彼岸,
Of Mukti (liberation)... 超脱的彼岸。
Let His Divine Lotus Feet... 让祂神圣的莲花足。。
Always show us the way. 永远给我们引路。

Our endless reverence

To the Satguru Bhagwan Shri Sathya Sai Baba.

向导师薄伽梵斯里沙迪亚赛峇峇致以无限的敬意。