

SAI DARSHAN

赛显现

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SAI DARSHAN

赛显现

Divine messages
神圣训示
received and recorded by
收受与记录

SEEMA M. DEWAN

希玛德婉

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THE OPENING MESSAGE

O Child of the Mother Universe!
Open your eyes, awaken to stir within,
The sun brings the promise of day light
The light that reaches only
The eyes of this mortal form
Know that the purpose of your existence
is much greater,
It is much more than simply facing
The light of the day and the darkness of the night,
You are mightier than any storm!
Deeper than any ocean!
Larger than the limited blue skies!
You are the light that shines
Much brighter than even the ten million suns.
Awaken O lover of truth!
Be alert much before the world
Awakens to simply bring its chaos-
Be untouched by the panic
unruffled by the confusion
its time you left the herd
And became the master of your own way,
Together with the blind you are lost
Break the dependence from the fears of loneliness.
That one is surely lonely that stays with the world
The one that learns to say goodbye
Brings the world within him
Awaken O seeker of wisdom!
Awaken O holder of knowledge!
Be in touch with only the Self.
None other is kinder or wiser.
The one that sees its light,
Will one day find the courage to escape.
Escape O slave of untruths!
The key to experience freedom Is none - But you!

开卷训示

噢，宇宙之母的孩子啊！
张开你的眼睛，唤醒你的内在，
太阳带来白天之光的希望。

那光只抵达
这有时而灭之躯体的眼睛。
要知道你存在之目的
具有更大的意义，
它远甚于仅仅面对
白天的明亮和夜晚的黑暗，
你比任何狂风暴雨更强而有力！
比任何海洋更深而又深！
比蔚蓝的天空更广大辽阔！
你是照耀的光
亮过千万颗太阳。

醒来吧，噢，真理的爱好者！
提高警惕，远在于世界
醒来而把它的混乱带来之前--
不起恐慌
不要迷乱。
其时，你理应离群
而成为自己前途的主宰，
而你却仍与失明者一起迷失。
要打断你因孤独而生之恐惧的牵掣。
入世者，他肯定孤寂，
出世者，他把世界带入自己之内。
醒来吧，噢，智慧的探求者！
醒来吧，噢，知识的持有者！
只跟自性接触。
没有更好的或更有智慧的了。
那个看到光的人
有一天会鼓起勇气脱身。
脱身吧，噢，虚幻的奴隶！
体验自由的关键不是别的 --- 而是你！

前言

当一切都是‘他’的工作，一切都是‘他’所为时，那么，我又怎能解释这些神圣而激动人心的训示呢？我以谦卑而完全诚服的心意请求您拿起这支笔并提供您的爱的礼物给大家以便大家都能接受这‘唵赛罗姆’（OM SAI RAM）宝石的珍品。

我十岁那年，斯瓦米来到我生命中。我与父母住在孟买。在孩提时，‘他’就席卷我于他神圣的手臂里并灌注我以神的爱。在十岁的幼小年龄，我就开始探讨神。而我做到了！容我赘述一二。

十八岁时，斯瓦米来到我的梦中和意象中。我甚至获得了一些斯瓦米的神圣体验，拜访我在孟买的家，而有一次在舍尔地寺庙，‘他’装扮成一个婆罗门小孩，走向我并给了我一个椰子作为祭品。我房内神台上的所有照片都出满了他的琼浆玉液而有时是圣粉。是的，我真的找到了神！难道还有其他人以这种非凡的方式与我沟通交流？

1987年我移居美国。在费城我的家中，我完全被他的出现所围绕。我时时都可以借灵性视力看到他，邀请我于1990年7月间造访布达巴地。虽然我小时候曾在孟买的达摩雪特罗（Dharmakshetra）拜访过他，但是布达巴地之行却令人极感兴奋。第一个达瞻（Darshan）时，巴巴走向我并注视着我有一分钟之久。当他看着我时，‘赛显现’（Sai Darshan）这几个字浮现我心头数次。这‘赛显现’是什么，我常感到奇怪。获得他几次祝福之后，我返回美国。从那时起，我拜访了印度好几次也得了斯瓦米多次的个人祝福。

1996年9月，斯瓦米显灵，要我研读“Shri Sai Satcharitra”（有关舍尔地赛巴巴的事迹与教导），也要我执行几个这圣书里的‘持名七日祭礼’（namasaptahas）。有时，在阅读时，我看到斯瓦米到来并向我阐释书中某些部分的意义。我几乎能从不间断地想象斯瓦米浮现心头而清楚地听到内在的声音。巴巴成了我生命中极其重要的一部分。事实上，他成了我的生命！

1997年6月12日，在外子与友人的坚持下，我开始编辑斯瓦米的这些训示。巴巴告诉我，此书共有三集（部），每集有108则训示。这些训示借非常浅白的诗体来阐明吠陀经与其他宗教上的复杂经文以便每一个普通人理解。然后他看着我，说，“赛显现”（Sai Darshan）。现在一切昭然若揭。这就是“赛显现”。

我计划带两个孩子，与外子及我先前提过的一个好友一道赴印度。我们计划拜访舍尔地，布达巴地及哈利卡巴寺庙。在布达巴地时，斯瓦米走到我们面前好几次，不是让我们作五体投地的膜拜，触摸他的莲花足，就是变现圣粉或祝福我的孩子。（他的孩子！）

我在美国完成了“赛显现”的第一集而第二集是在布达巴地完成的。斯瓦米给两集祝福了好几次，而有两次则撒以圣粉。1997年9月16日，斯瓦米叫我们进入会谈室面谈。他变现一颗美丽的钻石戒指给我，其上缀以三颗钻石。对我而言，这三颗钻石形同‘赛显现’及其三册（三部或三集）。在面谈时，我问他，这三集的‘赛显现’到底是谁写的？他笑着告诉我，“如果我开始解释这一点，要花多少时间呢？有多少人正在外面等候呀？”他要我把书留下给他，稍后他才还回给我。第二天早上，我被传唤到劳勿先生的办公室。他告诉我，薄伽梵已祝福这三册书并且是斯瓦米要他亲口告诉我的。当我看到书内包着一支笔时，我更喜出望外，兴奋不已。这支笔是他给我的礼物，要我继续写第三集。1997年9月19日我动身返回美国。蒙主圣恩，我完成了第三集。

一切都掌握在他手里，一切都是他的所为和他的工作。所以，我把其余的都交给他。这是斯瓦米的工作。他是作者，他是编者，而我知道他也将是出版者。

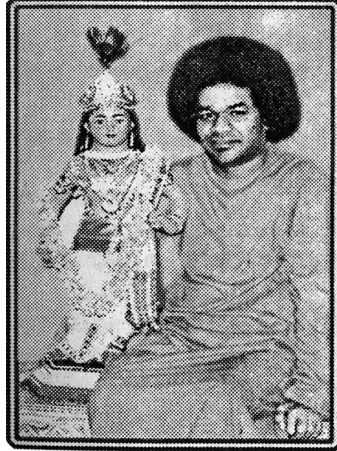
唵斯里赛罗姆（Om Sri Sai Ram）！

希玛德婉
(Seema M. Dewan)

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PART - I

第一部



God will surely reveal Himself there,
where one is convinced of His holy presence.
Awaken for Him - with Him - to Him and by Him -
Let Him be the purpose of your every move.
Those will surely see me who have truly known
to have come for that purpose alone.

哪儿有人确信神的存在，
神肯定就在哪儿显现。
为他--同他--对他--应他而醒悟--
让他成为你每一个动作的目的。
那些确实明白只为那目的而来的人
肯定会看到我。

A - 1

I have come to answer all your questions.
All will be answered at the right time.
When the time is right
The event itself will be your answer.
Look at this window.
It shows day as day and night as night.
If you pull this blind down
You cannot make night day and day night.
So pull up that blind.
I have come to help you to do that.
I will show you day as day and night as night
And accept it.
You work in the day time and sleep at night.
You cannot sleep in the day time and work at night.
Everything is done when the time is right.

A - 2

The rose plant can be compared to life.
Full of thorns?
Roses are divine love.
Its beauty and fragrance are both divine.
Thorns are nothing but ego.
Look, even if one small thorn enters your foot,
It hurts.
Why?
Ego hurts. Love does not.
Ego is not your true nature.
Be a gardener.
Cultivate your very own rose plant with love.
Pour pure water over it for it to grow.
When the roses bloom, offer all of them at My feet.
I will accept all that you give with true love;
It is our love for each other,
That connects you and Me.
Love is not to keep, but to give.
So give, give, give and take back loadfuls.

A - 1

我来了，我来回答你所有的问题。
所有问题都会在适当时刻给予回答。
时机成熟时，
所发生的事件本身就是你的答案。
看看这窗户。
它展示白天是白天，夜晚是夜晚。
如果你放下帘子
你不能变白天为夜晚，变夜晚为白天。
那么，就拉开帘子吧！
我已到来协助你那么做。
我会展示给你看，白天是白天，夜晚是夜晚
并让你接受它。
你白天工作，晚上休息。
你不能日夜颠倒，白天睡觉，晚上工作。
每一件事情都要在适当的时间去做。

A - 2

玫瑰可比为生命。
布满刺？
玫瑰是神圣的爱。
其美丽与芬芳都是神圣的。
刺不是什么，而是自我而已。
瞧！即便一根小刺，刺入你的脚，
它令你感到痛。
为什么？
自我使你痛。爱则不然。
自我不是你的真实本质。
要成为一个园丁。
以爱去栽培你自己的玫瑰。
为它灌溉纯净的水以让它成长。
当玫瑰开花时，把它们全都供奉在我足前。
我会以真爱来接受你所有的供奉；
那真爱是我们彼此给彼此的爱，
把你和我连接起来。
爱不是让你收起来的而是让你给出去的。
那么，就给，给，给吧，然后满满地带回去。

A - 3

Meditation is forgetting yourself
And becoming Myself.
I am nothing but pure love.
Fill every cell of yours with My love
And feel My bliss enter.
To realize you as Me is true meditation.
Learn to give love.
Give love, give love!
Do good!
Close your eyes,
And hear My words of encouragement
When you do good.
This is nothing but the beginning of
My communication with you.
Strengthen this communication with Me,
Through your good actions.
This in turn will give you peace.
When your mind is calm and heart is full of love,
Your meditation will be automatic.

A - 4

It is your bond of marriage that will take My form.

A - 5

Look for My feet.
I leave My footprints always.
I have paved the road.
Just follow My footprints
And you will reach home.

A - 6

Think no thoughts but those of Mine.
Say no words but those of Mine.
See no other than forms of Mine.
Give love to all, as they are all Mine.

A - 3

坐禅是忘掉你自己
而成为‘我’。
我不是别的而是纯爱。
注入我的爱于你的每一个细胞
并感觉到我的福乐进入。
真正的坐禅是领悟你就是‘我’。
学习把爱给出去。
要给爱，要给爱！
要行善！
闭上你的眼睛，
而在你行善时，聆听我鼓励的话语。
这不是什么而是我与你沟通的开始。
要借着你的善行来加强与我的沟通。
这反过来会带给你平静。
当你的心念平静而你的心灵充满爱时，
你的坐禅就会显得自然而不受到意识的支配了。

A - 4

你婚姻的结合力彰显我的相。

A - 5

寻找我的脚。
我总是把我的脚印留下。
我铺好了路。
你只要跟随我的脚印
而你就会回到家了。

A - 6

不想别的念头，只想我的。
不说别的话语，只说我的。
不看别的形相，只看我的。
把爱给大家，因为他们都是我的。

A - 7

For ages I have nurtured,
Loved and brought you up.
My biggest need of all is to love you.
Your ignorance of your true nature
Forces you to be an orphan, Even though,
I, your mother and father, stand right beside you.
You seem to choose this ignorance,
But your suffering has become My suffering now.
I have come to unfold your blindfold,
To remove this ignorance
Which seems to be your blanket of security.
I have come to offer you a new warmth,
A new and true security your true nature seeks.
My arms around you for your warmth,
And My love for you forever and ever.

A - 8

Do not waste your life in making arrangements,
For they have already been made.
Use that time wisely instead to do prayers,
And seeking Me in all, in every living form.
Only have faith in my arrangements,
And know that I am present
At all times everywhere.
All you have to do is to ask for My help.
I require no time to travel.
My presence is certain anywhere,
Where I am sincerely thought of.
In fact, your thought of Me, and My presence
Are instantaneous.

A - 9

If there is to be any death,
It must be those of your desires.
I have taken a mortal form,
To make you realize that you are eternal.

A-7

多少年来，我一直在
教养、关爱和带大你。
我最大的需要就是去爱你。
你自己真实本质的无知逼你成为一个孤儿，即便，
我，也是你的母亲和父亲，就站在你的身边。
你好像要选择这个无知，
但你的痛苦现在已变成了我的痛苦。
我已来掀开你的遮眼罩，
以除去这个似乎成为你的保险衣的无知。
我已来提供你一个新的温暖，
一个新而真正的安全，那是你真实本质所要寻找的。
我的手臂绕着你，为了你的温暖，
而我给你的爱是永恒的。

A-8

不要浪费你的生命于准备种种安排，
因为这些安排早已准备好了。
要善加利用那时间，用于祈祷，
并在众人之中，在每一个生命体之中，寻找我。
只对我的安排深具信心，并要知道，我时时刻刻
都现身于每一处。
你必须做的，就是祈求我的协助。
我到任何地方都不耗时。
哪儿有人想到我，我就在哪儿出现。
其实，你一想到我，我立即就现身。

A-9

如果有任何死亡，
它一定是你的渴望。
我已采取了一个注定会死亡的肉身，
以使你体认，你是永恒的。

A - 10

Your whole focus must be to please Me.
Once you please Me,
You automatically please everyone.

A - 11

Life can be compared to sleep.
You close your eyes and prefer to be in darkness,
Thinking it to be a restful phase.
The dreams are nothing but your life events,
Which you seem so attached to.
Sunrise can be compared to death.
The light streams in.
Your eyes open,
The dream ends,
And reality sets in.
The dreams now appear unreal to you.
When I say "death",
I mean the death of your senses of desires.
This is the death of the "I".
The "I" separates you from Me.
I have come to stop you from sleeping,
To expose the untrue nature of your dreams.
Right outside your window,
So that these sun rays stream on your face,
To force you to open your eyes earlier.
It is only in this true light,
That you will see Me.

A - 10

你的整个焦点一定要放在‘取悦我’。
一旦你取悦我，
自然你就取悦每一个人了。

A - 11

生命可比为睡眠。
你闭上眼睛并想处于黑暗之中，
认为那是一个安静的境况。
梦不是什么而是你终生发生的事件，
而你似乎对之颇为执着。
日出可比为死亡。
光源源而来。
你的眼睛张开，
梦就结束，
于是现实踏入。
就你而言，此时，梦显得不真实。
当我说“死亡”时，
我指的是你‘欲望感觉’的死亡。
这就是“自我”的死亡。
这“自我”把我和你分开。
我已来阻止你睡着，
以便揭露你的梦的虚假本质。
就在你的窗外，
这些太阳的光线洒在你的脸上，
迫使你早些睁开你的眼睛。
只有在这真正的光之中，
你才会看到我。

A - 12

The cleansing of your soul
Can be compared to your daily bath.
The effort to keep yourself clean,
Is nothing but your spiritual sadhana.
The soap and dirt mixture
Can be compared to your desires or vasanas.
And the pure water
To wash of your desires or vasanas,
Is nothing but My grace, which I pour upon you,
When I see sincere effort in your spiritual quest.

A - 13

To be a good mother and a teacher,
You must be a good student.
Mere teaching without following is not impressive.
To be a teacher you have to be a degree holder.
You cannot be merely handing out degrees.
A student is a mould of his mother and teacher.
To read and marvel at My teachings
Is not what I want.
I look for sincere effort
To put these teachings into practice.
So to be a good teacher,
You must be a good student for life.
This is a constant struggle,
But at least let Me see you trying to struggle.
Get off your wheel chair and try to walk a few steps,
And I will carry you the rest of the way.

A - 12

你的灵魂的清涤
可比为你每日的洗澡。
保持你自己干净所作出的努力
不是别的，仅是你的灵性修习。
肥皂与污垢的混合
可比为你的欲望或熏习。
而洗掉你欲望或熏习的清水
不是别的，而是我的恩典，
是我看到你在灵性探索上所作出的真诚努力
而洒在你身上的。

A - 13

若要成为一个好母亲和一个好老师，
首先，你就必须成为一个好学生。
仅教导而不遵行，实难激动人心。
要成为一个老师，你必须考得一个学位。
你不能仅靠学位作幌子。
一个学生是他母亲和老师的一个模子。
只阅读并惊叹我的教导，
不是我所要的。
我要求的是真诚的努力
以便把这些教导付诸实行。
所以，要成为一个好老师，
你就得终生成为一个好学生。
这是一个不断的奋斗，
但至少要让我看到你尝试去奋斗。
要从轮椅上站起来并尝试走几步，
而我会扶你走完剩下的路程。

A - 14

I love to reside in your heart
Once I enter it, tie Me with
Threads of your faith and love.
Make Me a prisoner in your heart.
Once you have imprisoned Me with your love,
It becomes My duty to refuel your heart
With divine love
And keep it warm and aglow.
Think all your thoughts with your heart,
Speak all your words
That come truly from your heart,
And carry out all your actions
Prompted by the heart,
For I reside in it.
Once I have lodged Myself in your heart,
Your heart itself becomes but My own voice,
Prompting your welfare at all times.
So keep the doors of your heart open at all times.
You never know when I may step in,
And when I do,
Bolt the doors and imprison Me.
Do not let Me go ever!

A - 15

Look at Me closely,
Go beyond the form of the body and look within.
Look within deep and you will see,
That I am nothing but your own reflection.

A - 16

I have come to bless,
I have come to give.
There is no other purpose of My existence today.
Give Me all your anxieties and troubles
And take from Me peace.
For how long will you lose your identity?
Come, find Me,
And find yourself.

A - 14

我爱住在你内心
一旦我进入，就用信心与爱的绳子
把我给绑起来吧！
使我成为你内心的一个俘虏。
一旦你以爱来囚禁我，
它就变成我的义务去在你的心内添加
圣爱的燃料
并使它发热和发光。
以你的心去执行你所有的思想，
真实地从心里说出你的话，
并在心的促使下去采取你的一切行动，
因为我寓于它之内。
一旦我让我自己住进你的心，
你的心本身就成为我自己的声音，
无时无刻不照顾·促进你的福利。
所以，就一直把你的心门打开吧！
你决不知我何时会踏入，
而当我踏入时，
你就把门关上，把我囚禁起来。
从此不再让我出去！

A - 15

要好好地看着我，
不要只看肉身的形相，要向内探视。
要深邃地向内看而你会看到，
我不是什么而只是你自己的反映而已。

A - 16

我来了，我来赐福，
我来赐予。
今天，我的存在，没有其他目的。
把你所有的忧虑和烦恼都给我
并从我这儿，把平静带回去。
你还要失去你的本来面目多久？
来吧，来找我，
也找你自己。

A - 17

Come to Me as an innocent newborn child.
Accept Me truly as your mother.
Bring with you purity and sincerity
To learn from Me.
I in turn will teach you of a life,
A life beyond,
In which you and I travel together,
Towards a light,
in which you and I merge as One.

A - 18

All these years
I have taken different forms of love for you.
As a child I nurtured you
As a loving mother and father.
As you grew
I took the form of your brother and sister,
And taught you to live, share and love others.
When you became a young lady,
I became your life partner,
To love and protect you.
To add a rainbow in your life,
I gave you two beautiful sons to love and adore,
And learn selfless love.
But today, I stand in front of you in My true form.
Your Baba stands in front of you,
To offer you the most divine form of love
You have ever experienced or known.
This love has been with you,
All through different births
And continues.
Come accept My love and free yourself,
From the agony of this limited love
You have experienced till now.
My love is limitless like the sea,
Bright and colorful as the rainbow,
A love that gives, grows,
And expects nothing in return.

A - 17

以一个天真无邪、新生婴孩的身份到我这儿来。
真的接受我为你的母亲。
带着你的纯净和虔诚来向我学习。
我反过来会教导你一个生命，
一个超凡的生命，
在那儿，你和我一起朝向一个光迈进，
在那儿，你和我结为一体。

A - 18

这些年来
我为你采纳了诸多不同的爱的形式。
孩提时，我像一个关爱的母亲和父亲一样地教养你。
当你长大时，我采纳了兄姐的身份，
教你去生活，去与人分享和去爱他人。
当你成为一个少女时，
我成为你的终生伴侣，
去爱你和保护你。
为使你生命增添色彩，
我赐予你两个可爱的孩子，
让你去疼爱和学习付出无私的爱。
但今天，我以真实的形相站在你面前。
你的巴巴站在你面前，
提供你爱的最神圣的形式，
即你已体验和知道者。
这爱一直与你同在，
经过了不同的轮回
而现在仍然继续。
来吧！接受我的爱并把你自己
从现在你还在体验的这受限制的爱所带来的痛苦中
解脱出来。
我的爱有如汪洋，无边无际，
有如彩虹，五彩缤纷，
一个付出的、成长的、不求回报的爱。

A - 19

Why do you restrict Me to one room of the house?
Every room must be "Baba's room".
Surround yourself with Me.
Obsess about Me.
Create a Baba madness in your life.
Believe Me, this madness is the sweetest of all.
It is this madness I encourage most of all.
You are sitting in a chariot
Whose reins I have total control of.
Your only duty is to have complete faith in Me,
To get you to your destination.
Do not try to instruct Me how to hold the reins
Or take them from Me.
It will lead, only for you to have an accident,
And get disabled for a certain period,
Or get lost in your journey.
I have taken pity on you and come to save you.
Just sit back and enjoy the journey.

A - 20

Do not worry
If others do not take the same road you take.
Too many cars on one street causes a traffic jam.
If you have to worry, worry as to
How many miles you have travelled to reach Me.
Or even if you started the journey yet?
Worry as to how many more painful births
You have to take.
Swami stands in front of you with a map.
It has a lot of rest stops,
And everything is taken care of.
Slowly but surely,
One day you will reach Me.

A - 19

你为什么把我局限在你家的一个房间内？
每一个房间必须是“巴巴的房间”。
让我围绕着你吧。浸濡于我吧。
在你的生命中，创造出一个巴巴热衷。
相信我，这热衷是最温馨的。
我最鼓励的就是这热衷。
你正坐在一辆战车上，
这战车完全由我驾驭。
你唯一的义务就是对我要有完全的信心，
以便把你带到你的目的地。
不要指挥我如何驾驭
或者喧宾夺主地取代我。
这只会给你带来意外的发生，
而使你残废一段时日，
或在旅途中迷失方向。
我同情你而前来救赎你。
好好地坐着并享受旅途的愉快。

A - 20

不要担心
如果他人不走你走上的路。
路上太多车会使到交通阻塞。
如果你非担心不可，就担心
抵达我这儿，你已走了多少路。
或甚至你尚未启程？
要担心，你还要轮回多少世来受苦。
斯瓦米拿着一张地图站在你面前。
这张地图标明有许多休息站，
而一切都做好了安排，准备就绪。
慢慢地但肯定地，
有一天，你会抵达我这儿。

A - 21

Do not dwell as to what has happened in the past,
And worry about the future.
Concentrate on the present and dedicate it to Me.
With such constant spiritual sadhana,
Your past karmas get negated
Or lessened with My grace,
And the future is automatically taken care of.
The present moment, every second, every minute,
Is filled with Me communicating with you.
Accept Me whole heartedly as your present.
Work hard!
Putting your whole undivided attention
To the present,
Gives you wonderful memories of your past,
And anticipation for a peaceful future.

A - 22

I respond to any form you love or find Me in.
I do not discriminate.
Come to find Me
Through whichever form you love most,
And you will see Me.
I am present
In each and every atom of this universe,
And many, many more.
Any basis of creation, living or nonliving,
Is but My form.
You are surrounded with Me,
But you are unaware of it.
Winter has gone and Spring has come.
Sow your seeds of devotion early,
And enjoy a good harvest.

A - 21

不要活在过去，
也不要担心未来。
专注于现在并把现在奉献给我。
要不断地致力于灵性修行，
你过去的业障会因我的恩典而被勾销
或减轻，
并且，未来也自动获得照料。
当下的每一分每一秒
都弥漫着我，与你联系、沟通。
全心全意地接受我，视之为你的现在。
要努力去做！
把全副精神
放在现在，
这会带给你往事的美好回忆
及，一个安宁未来的预期。

A - 22

我响应你所心仪的或想在那儿找到我的任何形相。
我没有分别心。
来找我吧
通过你最心爱的任何形相，
而你是会看到我的。
我现身于
这宇宙的每一个原子，
及其他很多很多物体。
任何创造物的根基，有生命的或无生命的，
都是我的相和模式。
我围绕着你，
但你并不知觉。
冬天走了，春天也到了。
早些播下你虔诚的种子，
并欢享一个大丰收吧！

A - 23

On seeing
Your earnest readings of your Gurucharitra,
I Myself have come to instruct you.
I have come
To explain the importance of a Guru in life.
No readings without understanding,
And put into practice are of any use.
You have sat here week after week at My feet,
And made a sincere effort.
It becomes My duty as your Guru to instruct you.
Continue your sadhana,
And not only you, but all will be benefited.
The love I have come to give you
Is to be distributed.
Those who truly know Me,
Will know the significance of My words.
Place your head at My feet,
And collect all the treasures I have come to give.

A - 24

An act of service is that
Which is truly done in My presence.
It can be compared to a game of hide and seek.
You are looking for the Swami
Hidden in the ones you serve,
And once you seek Swami,
You have definitely won the game.
I do not scale any acts of service big or small.
What I measure is the quantity of love in it.
Feel very fortunate at the smallest opportunity
To be given to serve.
Every act done with true love is nothing,
But another stone paved,
In your spiritual path to reach Me.

A - 25

I become inseparable from you
When you yearn for Me constantly.

A - 23

看到你
热衷于阅读你的‘导师言行’ (Gurucharitra)，
于是，我来了，亲自来开导你。
我来了
来阐释一个导师在生命的重要性。
一知半解的阅读和不付诸实行的阅读
是没有用的。
你已一周复一周地坐在此，坐在我的足前，
并且，作出了认真而真诚的努力。
它成为我的义务，身为导师的我不得不给你开示。
继续你的修行吧！
岂止你一人获益，大家都获益。
要把我已来赐予你的爱
分给大家。
那些真的了解我的人，
会了解我的话的意义。
置你的头于我的足前，
并领取我已来给你的一切宝藏。

A - 24

一个服务行动
就是那一个在我现身之下真诚地去做的。
这可比喻为捉迷藏游戏。
你正在寻找斯瓦米
而斯瓦米正藏在你服务的人之内，
而一旦你发愿寻找斯瓦米，
你就已经赢了这场游戏。
我不以服务的大小去衡量任何行动。
我所测量的是行动中的爱的分量。
即便获得最小的服务机会也要感到非常幸运。
以真爱去执行的每一个行动，
不是什么而是另一个
铺设于你灵道上的石子，以便你抵达我这儿。

A - 25

当你不断地渴念着我时
我就变得离不开你了。

A - 26

Your love for Me makes your life complete.
My mission successful,
Our goal is the same.
So shed those tears for Me,
And cleanse yourself.
Break the "I" and bend it,
And end this life with Me.

A - 27

I would like to write a few words of Mine,
On your mind, as if it were an empty page.
A page that reads no names but Mine.
May those names travel and lodge in your heart,
So very deep within.
And after they have made their home in there,
Let them be a part of the lips which pray,
And call Me over and over again:
"Sai, Sai, Sai, Sai, Sai, . . ."

A - 28

Join your hands and pray to Me,
Pray to Me that I am always there.
When life takes its course of its ups and downs,
Pray to Me that I am always there.
When you are lost and there seems no way,
Pray to Me that I am always there.
Listen to your footsteps as you walk.
You will hear a footstep closely behind yours.
For I have followed you
Around this world many a time,
But the time has come that now I walk ahead,
And you follow My lead.
Stop walking in circles My child!
I have now come ahead of you,
To lead you in the strength of My light.

A - 26

你对我的爱使你的生命完整无缺。
 我的使命成功，
 我们的目标一致。
所以，要为我流下那些泪水，并清洗你自己。
 打破‘我’并使它弯曲，
 然后跟我一道把这生命划上休止符。

A - 27

 我愿意把我的几句话，
 写在你的心上，视它为空白的一页。
这一页不显示任何名字，除了我的之外。
 愿那些名字在你心坎里游览和住宿，
 深深地蛰伏于其内。
而当它们在那儿建立起了家园之后，
 让它们成为祈祷之唇舌的一部分，
 并反复地呼唤我：
“赛，赛，赛，赛，赛，。。。。”

A - 28

 双手合十，向我祈祷，
 祈求我一直在那儿。
 当生命随起伏动荡时，
 向我祈祷，祈求我一直在那儿。
 当你迷失方向而走投无路时，
 向我祈祷，祈求我一直在那儿。
 走路时，聆听你的脚步声。
你会听到紧接你脚步声后面的另一个脚步声。
 因为，我一直跟随着你，
 环绕这个世界已不知多少次了，
 但我走在你前头的时候到了
 而这回你就跟随后面，由我引路。
 千万别在原地打转，我的孩子！
 我现在已来到你的前头，
 在我的光的力量下引领你前进。

A - 29

There is only one form of God,
The God that is within you.
Awaken it.
Follow it and realize the truth.
Time rolls by and waits for none,
So start your search while there is still some light,
Before it gets too dark.

A - 30

I stay awake when you are asleep.
I watch over you and make sure
That you are protected.
Then with a smile on My face
And My hands on your brow,
I wake you up as a loving mother wakes her baby.
I make sure that your eyes are open
And your senses are stable.
Once I am sure you are "widely awakened",
I sit back comfortably
And watch you face the day ahead.
Sleep just enough to keep your body alert
And dedicate the rest of your time to Me.

A - 31

Whatever happens in your life,
Is nothing but My wish.
So do sit back,
And do not question My will,
For I always take care of you at the end.

A - 29

只有一个神的模式，
那就是在你之内的神。
唤醒它。
要追随它并认知真相。
光阴荏苒，岁月如流，
所以，要在还有一些光的时候，就开始探索，
不要等到太暗。

A - 30

当你入睡时，我还保持觉醒。
我看着你并肯定你受到保护。
然后，我带着笑容，把手轻轻地放在你的额头上，
我叫醒你，就像一个关爱的母亲叫醒她的婴儿一样。
我肯定你的眼睛是张开的，
和你的意识是稳定的。
一旦我肯定你‘完全觉醒’，
我就安适地坐下来
而观察你面对即将来临的一天。
睡到足以让你的身体机警敏捷就好，
而把剩余的时间都奉献给我。

A - 31

在你一生中所发生的任何事情，
不是什么而是我的意愿。
那么，就悠闲地坐着吧！
不要质问我的旨意，
因为我最终总是照顾你的。

A - 32

Let the wick of your faith burn,
From the smallest candle to the brightest torch,
And with it let it burn,
All the 'I's that did not belong.
And at the end, let only the light remain.
The light which is bright and full of love,
Cool and peaceful,
Streaming within and around you always,
Keeping you in My presence.

A - 33

Let Me be your inspiration.
Let Me think your thoughts for you.
Let Me say your words for you.
Let Me choose to hear the words for you.
Let Me do all the chores for you.
Why carry all these burdens,
When I am there to take them from you.
Let Me be the doer of all your karmas.
One duty lies with you,
Without which I am helpless.
The duty of calling upon Me
To take these burdens.
Once you have done this,
The burdens fall on Me,
And My Grace falls on you.

A - 34

Do not do anything to earn praise from others,
For I am the witness to every act,
Those who praise you today,
May blame you tomorrow.
So do it for Me and Me alone.
Because My love for you stays the same.

A - 32

让你信心的灯芯燃烧，
从最小的蜡烛而烧至最亮的火炬，
并且，让它燃烧
所有不曾属于任何人的‘我’（私我）。
到最后，只让光留下。
那光，既明亮又充满爱，
既清凉又平和，
总是在你之内和你周围挥洒，
把你留在我面前。

A - 33

让我作为你的一种鼓舞。
让我为你思想。
让我为你说出你的话。
让我选择为你去聆听话语。
让我为你做好所有的家务。
为何承受所有这些负担，
当我要从你肩上接过这些重担的时候。
让我成为你所有业的为之者。
你有一个义务，
缺乏此义务，我无能为力。
这义务就是请求我
接过这些负担。
一旦你做了这一点，
负担就落在我肩上，
而我的恩典就降临于你了。

A - 34

不要为了赢取他人的赞美而做任何事情，
因为我是每个行动的见证者，
那些今天赞美你的人，
明天或会责怪你。
所以，要为我做任何事情，只为我。
因为我给你的爱，永不退色，始终如一。