

B - 23

All physical ailments are directly related,
To the state of your mind.
Your body is in tune with your true nature within.
When your mind gets diseased,
With anger, jealousy, fear and worries,
The body becomes unbalanced too.
The more restless your mind,
The more the body suffers.
To cure your physical pains,
You must cure the pains in your mind.
You must dismiss and erase painful thoughts
That arise within you.
To do this, faith in God is necessary.
To awaken God, a Guru is necessary.
You must practice spiritual sadhanas,
That are given by Him,
To earn better mental and physical health.
Follow His steps and example
Of how He would handle
The circumstances you face.
Nothing will efface you,
Once He becomes your ideal and your goal.
You will face all with courage
And fortitude of righteousness.
You will be able to give love in all situations.
Your faith in achieving Godhood
Through your Guru,
Will give you stability and peace of mind.
Choose your Guru and stay close to Him.
Believe in Him, follow His example and find God.

B - 23

所有身体的病痛与你心念的情况
都有直接的关系。
你的身体和你内在的真实本质配合、协调。
当心念出现愤怒，嫉妒，恐惧和担心等毛病时，
身体也就变得失衡。
你的心念越动荡不安，
身体也就越感到难过。
为了治疗肉体的痛苦，
你就必须治愈你心念的痛苦。
你必须除去和擦掉起自于你内在的
痛苦的思想。
若要这么做，对神的信心是必需的。
若要叫醒神，一个导师是必需的。
你必须执行灵性修习，
那是‘他’恩赐的，
以便你赢得身心的健康。
遵照‘他’如何处理你面对的情境，
所采取的步骤与规范。
一旦‘他’成为你的典范和目标，
什么也抹杀不了你了。
你会以正义的勇气和毅力
去面对一切。
处于任何情境，你都能奉献你的爱。
你深信通过导师可达致神性，
而这信心
会带给你意志的坚定和心境的平和。
选择你的导师并紧紧跟随着他。
相信他，遵照他的典范同时致力于寻找神。

B - 24

To some in life, the Guru arrives first.
He attracts you with His form.
He magnetizes you with His teachings.
He promises to show you the way to God.
You develop faith and love for Him.
Follow His footsteps.
And on your way, you realize,
That your Guru is God,
And you are His image.
So you too are God.
To others in life, due to their purity,
God Himself arrives as the Guru.
He stands before you,
And the Guru within you speaks.
He blesses you with His grace.
All becomes simple to understand.
All becomes easy to follow.
All the teachings from within enlighten you.
The true love you yearned for,
Has Himself found you.
Now you become the Guru.
You become God.

B - 24

对一些人来说，导师比神先来到他的生命中。

他以他的形相吸引你。

他以他的教导吸引你。

他答应指示你，归向神的道路。

你培育起对他的信心和爱。

追随他的脚步。

在途中，你认识到，

你的导师是神，

而你是他的影像。

所以你也是神。

对另一些人来说，基于他们的纯净，

神本身以导师的身份到来。

他站在你面前，

于是在你之内的导师说话了。

他赐予你他的恩典。

一切变得简单去理解。

一切变得容易去遵照。

所有发自你之内的教导启发你。

你渴望的真爱，

找上了你。

现在你变成导师。

你变成神。

B - 25

I appreciate punctuality,
And all work of duty done at the given time.
Postponing given projects only shows Me
A lack of commitment.
A lack of duty of love.
Anything done hurriedly,
Is done under the stress of completing it.
And when your heart is not in your work,
I am definitely not present in it.
Consider all projects given to you,
As work that is handed by Me to you.
Accept them with eagerness.
Carry them out promptly
With a full sense of duty and love.
Do I show any tardiness when you call upon Me ?
I answer instantaneously.
I rescue you from the clutches of your own karma.
Even though sometimes,
You do not give Me credit for it.
You want things changed immediately,
As per your wish.
Will a mother feed the child only chocolates,
Just because he likes them ?
I alone know what is good for you.
I follow all rules that I have set for you.
Do not waste any more time.
You do not know the amount of time,
I have allotted to each one of you.
Use your time wisely in your current body.
Complete all your work successfully.
Offer it at My feet and gain My Grace.

B - 25

我重视守时，
而所有职务都在既定的时间内完成。
延误所托的计划只展示你的
缺乏承诺。
缺乏含爱的义务。
任何仓促完成的事务，
都在压力之下完成。
如果你的心不放在你的工作内，
我绝对不现身其间。
视你受托的所有事务
为我交代给你的工作。
要热烈地接受它们。
用一种义务与爱的心态
立即去执行。
当你请求我时，我会拖延吗？
我立即回应。
我把你从你自己的业报桎梏中解救出来。
纵使有时
你并不归功于我。
你期盼事情立即改变，
一如你所愿。
一个母亲会只以巧克力去喂孩子，
只因为孩子喜欢吗？
只有我知道什么是对你好的。
我照着我为你制定的条规去做。
不要再浪费时间了。
你不知道我分配多少时间
给你们每一个人。
要在你现有的身体上善加利用你的时间。
成功地完成你所有的工作。
把它供奉于我的足前而赢取我的恩典。

B - 26

Krishna gave a discourse to Arjuna,
On a battlefield of Kurukshetra.
This was a teaching given by the Lord Himself,
Thousands of years ago.
Today, I unfold this Gita to you,
In the form of Sathya Sai, to you my Bhaktha.
These messages that I pour upon you,
Are to be understood
By the most ignorant of ignorant.
I give you the precious jewels of wisdom,
To confer upon others.
I am handing out to you today,
All the weapons you need to fight this battle.
I have seen you lose hundreds of times,
Due to your lack of faith and purity.
But today, I come as a Mother,
To lift My child from the puddle of dirt.
I will wash you and cleanse you,
Remove all your impurities,
And reveal your true form and your true parents.
Read these messages over and over.
Meditate upon them.
Understand their significance and use them,
To end your body and emerge your atma.
This pure atmic presence that lies in all,
Connects your presence in them,
And ultimately in Me !

B - 26

基士拿在俱卢雪特罗战场为阿周那讲道。
那是几千年前主亲自恩赐的教导。
今天我向你，我的虔诚者，
以沙迪亚赛的形相，阐释这梵歌的精义。
我洒向你的这些信息，
即便是最无知的无知者
也应该了解。
我给你最珍贵的智慧宝石，
让你去授予他人。
我今天正分发给你，
你在这场战争中所需的所有武器。
我已看到你战败千百次，
因为你缺乏信心和纯真。
但今天，我以一个母亲的身份降临，
把我的孩子从肮脏的水坑里拉起来。
我会为你清洗，
除去你所有的污垢，
以揭露你真正的形相及你真正的父母。
重复地阅读这些福音。
静虑于它们。
了解它们的意义并利用它们，
以结束你的人身并展现你的阿特玛（自性）。
这纯灵寓于大家之内，
把你结合于大家之内，
最终与我结合在一起。

B - 27

My love for all is the same.
My love knows no favoring, no partiality.
I am a mother to all.
I encourage the good.
I transform the wicked.
But My goal is the same to both,
To be unattached and to realize the true self.
Do not judge My love for others.
For you only belittle Me and yourselves.
My medicine is given,
Depending on the needs of the disease.
When the disease is soul threatening,
I put the patient under My Intensive Care Unit.
The smaller the illness of the soul,
Makes Me home visit the patient to cure him.
Have faith in My abilities.
I have a doctorate in healing.
Accept My cures, recover and be healthy.

B - 27

我给大家的爱是同样的。
我的爱，大公无私，绝无偏袒。
我是天下母。
我鼓励善。
我改造恶。
我对两者的目标是一样的，
那目标就是舍离和明心见性。
不要评断我给他人的爱。
因为这只会贬低我和你自己。
我对症下药。
当疾病威胁到灵魂时，
我把病人移到我的加护病房。
病情不重
我会登门诊治。
对我的能力要有信心。
我拥有一个医学博士学位。
接受我的治疗而恢复健康吧。

B - 28

Let me be the messenger,
From God to you, His devotee.
I have brought from Him a message
Of how you too can become God.

These are the rules you follow:

- 1) You hear of Him
- 2) You talk of Him
- 3) You go in search of Him
- 4) You yearn for Him to end this search
- 5) You find Him
- 6) You then listen to Him
- 7) You talk to Him
- 8) You begin to imitate Him
- 9) You meditate on Him
- 10) You realize His omnipresence
- 11) You recognize Him
As Universal Consciousness
- 12) You attain Him and liberate yourself
- 13) You are now merged with Him
- 14) God is you and you are God.

B - 28

- 让我成为使者，
神与他的信徒，你，之间的使者。
我带来了他的一则信息，
谈及你如何也能成为神。
以下是你该遵守的规则：
- 1) 你聆听有关他的事迹
 - 2) 你谈论有关他的事迹
 - 3) 你寻找他
 - 4) 你盼望他来终结这探寻
 - 5) 你看见他
 - 6) 你于是听他说话
 - 7) 你和他说话
 - 8) 你开始效法他
 - 9) 你静虑于他
 - 10) 你体认他的全在
 - 11) 你认他为宇宙意识
 - 12) 你获得他的加持而解脱你自己
 - 13) 你融入于他
 - 14) 神是你而你是神。

B - 29

My love for you is the biggest tool of all,
That attracts you to Me.
My love remains unchanged,
Even when you try to erase Me from your lives.
For I cannot be erased,
However hard you try.
Your origin of your being
Starts with Me and ends with Me.
The middle is determined by your own karmas.
Whether good or bad, you pay or earn.
I stay in the midst of this, unaffected
By your so called pleasures and sufferings,
Watching you lose and sometimes find your way.
But when you are ready,
And you call for Me,
I become your guide,
For the rest of the way.
I pour on you the love
You have never tasted before.
Like a fish you attach yourself
To the bait of My love,
And I reel you in slowly,
From all your attachments and addictions,
And I transfer you from the impure water,
To the pure ocean of My love.

B - 29

我给你的爱是所有工具中的最大的工具，
吸引你归向我。
我的爱保持不变，
即便你试图从你的生命中把我擦掉。
因为我是擦不掉的，
不论你作何尝试。
你的生命的来源
始于我而终于我。
在中间，则由你自己的业去决定。
不论好或坏，不论你支付或赚取。
我站立在中间，不受到
你所谓的苦乐的影响，
看着你迷失方向而有时也找对方向。
但当你做好准备，
而祈求我时，
我便成为你的向导，
引领你走完剩下的路。
我把你以前从未尝过的爱
洒向你。
你像一只鱼一样，眷恋着
我的爱的饵，
而我慢慢地收线，
把你从眷恋和沉溺中拉起来，
并把你从污水转移到
我的爱的纯净海洋。

B - 30

There are two sets of eyes.
The outer eyes, the inner eyes.
The outer eyes are merely a tool
For you to see things as they appear.
They are fooled by the outward shine.
They can be diseased and have a cataract.
They lose their vision with age.
They become blurry and unreliable.
Try to see from the inner eye.
On a pure search for Me,
You will find this inner vision.
There, look deeper and know,
The transitory nature of the objects that shine.
They are not affected by time or age.
This inner vision becomes clearer,
As My presence in your life becomes stronger.
You are able to see not only in front of you,
But in all directions.
There is always light in this vision.
No darkness ever prevails.
You can recognize
My form in a photo with your outer vision,
But with your inner vision, you see
My presence surrounding each and every atom.
Do not limit yourself to this outward world.
Dive deep within and see the true vision
I have come to grace you with.

B - 30

眼睛有两套。
一是外在的，另一是内在的。
外在的眼睛仅是一个工具
让你得见物体的外貌。
它们易被外在光线所愚弄。
它们会罹患疾病和生白内障。
它们会随着年龄老化，视力衰退。
它们会变得模糊和靠不住。
试试用内在的眼睛去看。
在对我而做的一个纯粹的探寻之中，
你会找到这内在的视觉。
在那儿，要更深入地去看并认识，
发亮物体的无常本质。
它们不受时间或年龄的影响。
随着我在你生命中的存在变得更加强大，
这内在视觉也变得更加清晰。
你不仅能看到你面前的东西，
你也能看到所有方向的一切。
在这视觉中，光一直存在。
黑暗决不能占优势。
你可以利用你的外在视觉去认识
我相片中的样貌。
但利用你内在视觉，你看到，
我的现身围绕着每一个原子。
不要限制自己于这外在世界。
潜入内心深处，看我到来赐予你的
真实愿景。

B - 31

You are surrounded and blinded by an illusion.
This illusion has become a reality to you,
And the reality an illusion.
A mother will not play with a doll,
When her beautiful child is in front of her.
Similarly a little girl plays with her doll,
And sees her as her real child.
When she grows up, she puts them away,
Because then she looks for the real thing.
When your love for God rises to the ultimate limits,
You will find that you are ever content,
By just being with Him only.
You do not need to be
Surrounded by friends and relatives.
For you not to feel lonely,
Look for My constant companionship
That is there within you.
Believe Me, that is what you need.
That is the true reality.

B - 31

你被一个幻象所包围和蒙蔽。
这幻象对你而言已变成一个实体，
而实体已变成一个幻象。
当可爱的孩子就在母亲面前的时候，
母亲不会去玩赏洋娃娃。
同样，一个小女孩在玩她的洋娃娃时，
她会视其洋娃娃为真娃娃。
当她长大后，她把洋娃娃搁置一旁，
因为那时她要找真的东西。
当你给神的爱提升至终极的境界时，
你会发现，你总是感到满足，
只要跟他在一起。
你不需要亲戚朋友围绕在身边。
为使你不感孤单，
就寻找我这个永不中断的友谊吧！
它就在你之内。
相信我，那就是你所需要的。
那就是真正的实在性。

B - 32

You can start your research on Me.
But let Me tell you that it will never end.
The more you research, the more data you receive.
Sometimes the data maybe rewarding.
Sometimes will leave you confused.
Let Me assure you that there is no possibility,
For you to receive your "Ph.D." on Me.
This research will take
A lifetime and even several births.
My advice to you is,
To work on a limited data base,
And confirm your faith on it.
I will reward your research,
By bestowing My grants (Grace)
Dive in deep for what I have come to say,
Not as to who I am.
My identity will be released to you,
In your final stages of research.
It is when you will realize as to "Who you are".
This will automatically answer, "Who I am".

B - 32

你可以开始你对我的研究。
但让我告诉你，那可没有终止之日。
你越研究，你所获得的资料就越多。
有时，资料或会带来报酬。
有时，或会让你困惑。
容我向你保证，你不可能
在我身上获得‘博士’学位。
这研究会消耗
你一生的时间或甚至好几个来生。
我的忠告是
基于一个有极限的资料去做研究工作，
并确定你对它的信心。
我会以我的恩典
回报你的研究。
深深地潜入我说的话之中，
而不管我是谁。
我会释放我的身份给你，
于你最后的研究阶段。
那就是，当你体认“你是谁”的时候。
这就会自动地回答“我是谁”这个问题了。

Wipe away your sins and earn My grace by:

- 1) Treating animals and birds with love.
- 2) Protecting the helpless.
- 3) Taking pity and forgiving the wicked.
- 4) Compassion for the physically sick and handicapped.
- 5) Not talking ill of others in their absence.
- 6) Welcoming the most unwelcome and receiving them.
- 7) Loving those who especially criticize you.
- 8) Offering food to the unfortunate and hungry.
- 9) Forgiving and forgetting all's faults.
- 10) Sharing your riches with others.
- 11) Never ridiculing others' beliefs of God.
- 12) Doing your duty without any complaints.
- 13) Staying away from those who are upset by your presence.
- 14) Not giving way to temper.
- 15) Never being envious of other's possessions, situations or achievements.
- 16) Never betraying one's trust in you.
- 17) Standing up for that which is right.
- 18) Straying away from the untruth.
- 19) Carrying out every act with the knowledge of My presence.
- 20) Being Godward and rising above humanity and becoming divine.

Be less human everyday
And walk one Step towards divinity.
Every step taken
Will totally change the way you look at life.
Every step taken
Will take away your fear of being human,
And give you
More and more divine strength to become God.

洗掉你的罪孽来赢取我的恩典，凭借以下：

- 1) 以爱去对待鸟兽。
- 2) 保护无助者。
- 3) 怜悯和宽恕邪恶者。
- 4) 对身罹疾病和身心残障者持以恻隐之心。
 - 5) 不在他人背后说他人坏话。
 - 6) 欢迎最不受欢迎者并接受他们。
 - 7) 爱那些特别喜欢批评你的人。
 - 8) 提供食物给不幸而饥饿的一群。
 - 9) 原谅和忘掉所有人的缺点。
 - 10) 与人分享你的财富。
 - 11) 决不讥笑他人的信仰。
 - 12) 克尽厥职而不怨天尤人。
- 13) 离开那些因你的出现而感到不安的人。
 - 14) 不发脾气。
 - 15) 不嫉妒他人的拥有物，地位或成就。
 - 16) 绝不出卖信任你的人。
 - 17) 仗义执言。
 - 18) 远离虚伪。
- 19) 以‘我处处现身’的意识去执行每一个行动。
- 20) 虔敬神并从人性提升至神性。

神性与日俱增，人性相对递减
一步一步迈向圣灵。
踏上的一步
会完全改变你对人生的看法。
踏上的一步
会带走你作为人的恐惧，
并提供你
越来越多的神圣力量，以促使你成为神。

B - 34

You and I are constantly engaged,
In a wrestling match within.
I wrestle with your senses.
I wrestle with your desires.
At times I am able to conquer them,
And establish My victory.
At other times maya entices,
And I stay defeated.
Take the reins of your control over them,
And hand them over to Me.
With your faith and My love,
We can together end this wrestling match,
And stay above all your weaknesses.
I have come here to give you the strength,
To stay undefeated at all times.

B - 35

To find Me, you have to be
Amongst those who know and believe,
Of my presence at all times.
I encourage you
To be in Sathsang always.
Surround yourself with those
Who have chosen to be truly Godward.
Be amongst those whose eyes show contentment,
Whose lips only utter sweet and comforting words,
Whose acts show My indwelling with certainty.
The mind has to be trained to be quiet,
And devoid of thoughts at all times.
Meditation has to be practiced daily,
As a sadhana to quiet the mind.
God speaks only when the mind is quiet,
Only when you lose your own identity, your ego,
And when you recognize
Your indwelling divinity within you.

B - 34

你和我不断地在进行一场
角力竞争于内在。
我跟你的感官格斗。
我跟你的欲望格斗。
有时，我能征服它们，
而树立起胜利的旗帜。
有时，虚幻 (maya) 怂恿，
而我受挫。
掌握对它们的控制权，
然后把它们移交给我。
以你的信心和我的爱
我们必能一起结束这场角力竞赛，
而超越你所有弱点之上。
我已来到这里，提供力量给你，
让你永不战败。

B - 35

如要找我，你就必须成为
那些认识和相信，
我无时无刻不出现的人
的其中一人。
我鼓励你
要常参加研讨小组 (Sathsang)。
与那些已选择归向神的人打成一片。
要成为那些，其双眼流露出满足的光彩者，
其双唇只说出温馨而慰藉的话语者，
其行动展示对我的内寓的肯定者，
的其中一份子。
心念必须训练成平静，
并一直没有杂念。
每天必须练习坐禅，
以之为灵修 (sadhana) 去平息心念。
只有在你的心念平静时，
在你摆脱你自己的身份，你的自我，时，
以及在你认知你内寓之灵时，
神才说话。

B - 36

One mind, several thoughts.
One tongue, several languages.
One pair of hands, continual action.
One pair of eyes, a lot of dreams.
One pair of ears, different kinds of music.
One pair of feet, several paths.
One heart, various forms of love.
One God, present in each and every one.

B - 37

Make service a part of your life.
A part of you, as if it were your breath to live.
A part of you, as if it was your food to nourish.
A part of you, as if it was your daily hygiene.
 To cleanse you.
A part of you, as if it were your rest, to relax you.
 Service is something not done for others.
 It is done primarily for your benefit,
For your gain to experience the bliss of divinity.
 Serve selflessly, without a motive.
Do not be dependent upon praise and awards.
 Do not look to see if others witness.
 Serve only with one intention,
To give your love away to all those who need.
 You can serve giving a kind smile.
 You can serve by saying sweet words.
It does not need to be physically strenuous.
 An act done with pure love,
 With no expectations in return,
 In the knowledge of My presence,
 Is Service !
Serve all and reach Me through others.

B - 36

一个心念，多个思想。
一个舌头，多种语言。
一双手，频繁活动。
一双眼，诸多梦想。
一对耳，各种音乐。
一对脚，诸多路径。
一颗心，爱的各种形式。
一个神，出现于人人之内。

B - 37

让服务成为你生活的一部分。
成为你的一部分，一如你的生命气息。
成为你的一部分，一如你的食物，提供你营养。
成为你的一部分，一如你每天的卫生，清洗你。
成为你的一部分，一如你的休息，让你松懈。
服务不是为他人而做的某种事务。
它主要是为你自己的利益而执行，
为你体验圣灵至福而执行。
要无私地服务，不怀任何动机。
不要依赖赞美和奖赏。
不要在乎他人是否见证你的服务。
只怀持一个目的去服务，
把你的爱送出去，送给所有需要的人。
你可以带着微笑去服务。
你能以甜蜜的话语去服务。
服务不需要费太大的体力。
一个以纯爱去完成的行动，
不求回报的行动，
知道我的现身的行动，
就是服务！
服务大家并通过他人来归向我。

B - 38

Believe Me,
I am more eager of your spiritual progress,
Than you are yourself.
I see you surrounding yourself,
With hurdles and obstacles
That you welcome yourselves.
Due to your lack of control of your mind,
Which jumps to Me and then away,
You find your way for a few paces,
And then are lost again in the folly of falsehood.
You blame Me for your mishaps.
You curse Me when I disapprove of you,
And reject you for your dark nature
That you have developed.
The one word that I strongly enforce to you is
"Change".
Wash off the dirt in your heart and change.
Wipe off the clouds of bad thoughts in your mind
And change.
Grind all the hatred, anger and envy
And change.
Toss out all your worries
That are driving you insane and change.
Change your way of living your life.
Change it from living for yourself.
Change it from now and live for Me !

B - 38

相信我，
我比你更热切地等待着
你在灵性上的进展。
我看到你作茧自缚，
把困难和障碍围绕着自己。
由于对‘时而跳向我，时而跳开’的心念
缺乏控制，
你走了几步正确的方向，
然后又再次迷失于虚幻之中。
你因你的不幸而埋怨我。
当我不赞同你，
并因你已培育起的邪恶性格而
拒绝你时，
你诅咒我。
我强加于你的一个词儿是
“改变”。
洗掉你心灵里的污垢而作出改变。
擦掉你心念里的邪恶思想的阴霾
而作出改变。
磨掉所有的憎恨，愤怒和妒忌
而作出改变。
放下所有驱使你疯狂的忧虑，
而作出改变。
改变你的生活方式。
从‘为你自己而活’中，改变过来。
现在就改变并为我而活。

B - 39

My biggest cure for those who are sick,
Is the love I pour on them.
This love is the most powerful antidote.
It heals and it soothes.
It strengthens your will power to face it.
It even cures instantaneously
Due to your faith in
My love for you.
Have compassion to those who need.
People today face all kinds of illnesses,
Physical, mental and spiritual illnesses.
Treat them with kindness, ignore their downfalls
Due to their lack of health and faith.
Shower them with love.
Surround them with a feeling
Of how much you care.
Do not be like an unscrupulous doctor.
Who sells his compassion
And cures for a certain fee.
Compassion must not be
A part of your professional attitude only.
It must be a part of your nature.
Your reward is seeing the joy you spread.
It is feeling the hearts you are able to melt.
And the biggest reward of all,
Is to be able to capture with your acts,
My true adoration for you.

B - 39

我给病人最大的治疗，
就是我洒在他们身上的爱。
这爱是最有疗效的解毒剂。
它治愈而它抚慰。
它增强你的意志力去面对疾病。
由于你对我给你的爱深具信心，
它甚至起了立竿见影的效力。
对那些需求者要有恻隐之心。
今天人们面对种种疾病，
身心灵三方面的疾病。
善待他们，不在乎他们因缺乏健康和信心
而陷入的没落。
用你的爱去浇淋他们。
用你的关心去围绕他们。
不要效法一个市侩而奸诈的医生，
贩卖他的怜悯，
收取某种医疗费用。
怜悯不可只成为
你专业态度的一部分。
它必须成为你本质的一部分。
你的报酬就是看到你散播的欢乐。
它是感觉到你能溶化的许许多多的心。
而最大的报酬
莫过于你能以你的行动
去获取我对你的真的热爱。

B - 40

You cannot put a price on love.
A love with a price on it is demonic love.
Divine love only knows to give.
Do not demean your true nature,
With a price tag on yourself.
True love is strong and upright as a mountain.
It faces the most terrifying storms.
It does not choose good from bad.
This is a love that uplifts all.
It smiles at hatred.
It humbly bows down before pride.
True love gives more when it detects jealousy
It does not retaliate to hatred.
It looks for no rewards or appreciation.
True love seeks the God in all,
And thrives on being devoted to Him always.

B - 40

你不能给爱定个价格。
标价的爱无异于恶魔的爱。
神圣的爱只知付出。
不要贬低你的真实本性，
而给你自己标上价钱。
真爱稳如磐石，正直如一座高山。
它面对最可怕的风暴而无惧色。
它不选择好坏。
这就是提升大家的一个爱。
它向恨微笑。
它谦卑地向傲慢鞠躬。
当它发现嫉妒时，真爱付出更多。
它不对恨采取报复行动。
它不求回报也不稀罕赞美。
真爱寻求寓于众生之神，
并总因献身于他而昌盛、茁壮。

B - 41

Charity is but giving a little more beyond your reach.
It is not only the giving of money, food,
Or any other kinds of material possessions.
I consider true charity,
When you are able to give
More and more of yourselves,
Extending your services to where they are needed.
Giving anything whole heartedly
Is your best charity.
Materially, you must give away things,
That were never a part of you.
Spiritually, you must give away things,
That are meant to be shared.
I always give, I never take.
I do not own any material possessions,
That I feel are truly mine to give.
But my treasures are filled with spiritual wealth,
That I have come to shower you with.
Accept my gifts
And in turn share them with others.
Stop holding on to useless perishables.
Take from Me that which lasts forever,
And carry those with you,
Till you end this journey with Me.

B - 41

慈善是超越你所能及的更多一点的施与。
它不仅是施与金钱、食物、
或其他任何物质。
我认为真正的慈善是
当你能够越来越多地奉献出你自己的时间和精力，
扩大你的服务至需要的地方。
真心诚意地把东西送出去
就是你最佳的慈善。
物质上，你必须奉献出物品，
那些物品从来就不是你的一部分。
心灵上，你必须奉献出物品，
那本来就是要分享的。
我总是施与，我决不领取。
我不拥有任何我觉得真正属于我的物质，
以便我送出去。
然而，我的宝库装满着灵性的财富，
那是我已来洒向你的。
接受我的礼物
然后，与人分享它们。
千万别紧握着无用的腐朽之物。
向我要永垂不朽之物，
并带在身边，
直到跟我一道走完这路程。

B - 42

When there is a call for money,
You response is immediate.
You run miles and miles for it.
You desire it and even worship it at times.
You are enslaved by “money”.
The rich today are getting richer in bad habits,
Poorer in spiritual gains.
They are suffering from
All kinds of physical ailments,
Due to their irregular routines,
And anxieties as to how to earn more money.
The poor on the other hand,
Are plunged in worries
For the lack of enough money.
They also lose their health
Due to their unhygienic conditions,
Poor food, diet which is deficient.
You are your own masters.
You can put an end to this slavery yourselves.
Take control and look for the real riches.
Realize and respond
To the call of My divine love instead.
When your response is immediate,
So is My Grace.

B - 42

当有人喊你领钱时，
你立即回应。
再远的路，你也不辞劳苦。
你渴望得到它，甚或成了拜金主义者。
你被金钱所奴役。
今天，金钱的富有者也是恶习的富有者，
但在灵性上却越来越贫穷。
他们正罹患各种疾病，
就是由于生活上的不规律，以及
处心积虑地要赚更多的钱。
另一方面，贫穷者，
则陷于忧虑之中，
日日为钱发愁。
他们也由于不卫生的条件，
营养不良，食物不足
而丧失健康。
你是你自己的主宰。
你能够结束这种奴役的情况。
要掌控一切并寻求真正的富裕。
要认清和回应
我圣爱的呼唤。
如果你立即回应，
我的恩典也会立即回应。

B - 43

You conduct your life doing ungodly acts.
You face one failure after another.
Each failure takes you
Away from Me even further,
Due to your enormous ego
Which grows higher and higher.
Do you think you can carry out unjust acts,
And I will not intervene?
Every time your ego rises, I stamp it even lower.
Eventually,
You tire with this war you wage with Me.
You cry and wail and indulge in self pity.
All those who accompanied you,
In your unjust acts also take off,
Leaving you all alone to face your karmas.
I will not come and help you,
Till I see true tears of repentance.
With every tear of repentance that falls,
I remove your miseries one by one.
You now begin to realize
That you are not alone after all!
Always remember
God is Omnipresent, God is the sole witness.
God descends to wipe out injustices.
God forgives, God accepts.
And God loves! God loves! God loves!

B - 43

你过着不敬神且行为有欠正直的生活。
你面对一个又一个的挫折。
每一个挫折把你
更远地跟我隔离起来，
那是由于你巨大的自我
越来越增高的缘故。
你认为你能执行不当的行为
而我不会干预吗？
每一次当你的自我上升时，我都把它给压下来。
最终，
你厌倦这场你和我展开的战争。
你痛哭，哀嚎并陷于自怜之中。
所有那些在你不当的行为中，
陪伴你的人也离开你，
留下你一个人面对你的业报。
我不会来帮助你，
除非我看到真正忏悔的眼泪。
随着流下的每一滴忏悔的泪水，
我一个一个地除去你的痛苦。
你现在开始认识到
你毕竟不孤单！
要常记得
神是全在的，神是唯一的见证者。
神下凡来清除不公不义的行为。
神宽恕，神接受，
而神给与爱！神给与爱！神给与爱！

B - 44

The behavioral pattern of a child
Is a combination of it's surroundings.
It is a combination of his parents,
His relatives, his friends, his Guru.

My advice to you is,
That the parents themselves must be examples,
Of what they teach and enforce.

The children must be under the influence
Of the Guru, from a very young and tender age.
The goodness instilled within them by the parents,
Along with the path that is taught by the Guru,
Influences the child to open his spiritual eyes,
To see and feel God and His Omnipresence.

Once he realizes this he finds himself
Amidst a sea of God,
A sea that is eternal and replenished
With pure love of His.

B - 44

一个孩子的行为模式
与其周遭环境息息相关。
与其父母、其亲戚、其朋友、其导师
息息相关。

我给你的忠告是，
父母必以他们所教导和强加于孩子的训示，
作为自己实际的行为准则。

孩子们从小就必须
受到导师的谆谆善诱。
父母所灌输的好的教导与导师所指示的途径
应该相辅相成，同时并行，
从而促使孩子张开慧眼去
目睹和感受神及神的无所不在。
一旦他对此有所认知，他就发现自己
身处于神的海洋之中，
一个永恒而充满他的纯爱的海洋。

B - 45

Some areas of land face torrential rains.
Other lands, on the other hand,
May face only occasional showers.
Some lands need these heavy rains,
To survive and be productive.
Some lands on the other hand need
Only scattered rains to produce a crop.
On some lands,
There are no floods due to heavy rains.
The land absorbs the water and
Drains the rest due to it's sloping surface.
Other lands cannot face heavy rainfalls
As water stagnates and destroys the crop.
Compare this rainfall to My grace that descends.
Some receive a lot of My grace.
Others may receive an occasional shower.
Some souls need this constant grace
For them to become Godward.
Others may take leaps and bounds towards Me
With a scattered amount.
Some souls receive My Grace abundantly
And it does not affect their egos.
They do not get flooded with pride.
Others, when they receive too much,
May not use this grace to march forward,
But may get flooded in ego
And pride and become stagnant.
I always give whatever is needed.
Just enough to make you grow spiritually.
I do not want My grace itself to become a hindrance,
In your path back to Me.

有些地方，暴雨连绵，
有些地方，则偶尔下场小雨。
有些土地，需要大雨浸润
以事生产，以求生存。
有些土地，另一方面，只需要
很小的雨量即可播种，收成。
在一些土地上，
大雨不会泛滥成灾。
其土质吸收大量的水分，其余的水分
则靠倾斜的地表而自然排水。
其他一些土地经不起大雨滂沱
原因在于雨水排不出去而破坏农作物。
试把降雨与我的降恩做个比较。
有些人获得我很多恩典。
而其他人则偶尔得到一些。
有些灵魂需要不断的恩典
才能归向神。
其他人，只要一点小恩典，
他们就跳向我了。
有一些灵魂得到再多的恩典，
他们也不会因此而自我膨胀。
他们不会被骄傲的洪水所泛滥。
其他人，他们获得太多时，
却不利用这恩典向前迈进，
反而泛滥于自我和自大而停滞不前。
我总是赐予你所需要的。
刚好足够使你获得灵性的成长。
我不要我的恩典成为一个障碍，
于你归向我的路途上。

B - 46

The more you dip your tea leaves
In hot boiling water,
The more color it absorbs,
The more strength the tea gains.
Similarly, the more you dive into spirituality,
The more of My form you begin to attain,
The more of My strength you receive.
Drink this cup of tea
Everyday in the morning,
And let it awaken you
From the deep sleep,
Energize you from your spiritual laziness,
Start your day with Me,
And I promise you that I will fill the rest
With My sweetness.

B - 47

Just like a sugar syrup,
Which is concentrated with its sugar,
I am a syrup that is concentrated with divine love.
Just like when anything unsweet
Dipped in the sugar syrup
Automatically soaks in it and becomes sweet,
In the same way, soak yourselves in My divine love
And become filled with this pure love
To give to others.
And when you give it to others,
It comes back to Me.

B - 46

你把茶叶浸泡于
滚热的水中越久，
水吸收的颜色就越深，
茶味就越浓。
同理，你潜入灵性中越久，
你就越能获得我的显灵，
越能获得我的力量。
喝下这杯茶
在每一天的早上，
并让它，从酣睡中
把你唤醒，
从灵性的慵懒中
把你激发，
跟我一道开始你这一天，
而我答应你，我会注入我的甜蜜
于其他的一切。

B - 47

就像糖浆，
充满着高浓度的糖，
我就是充满圣爱的糖浆。
就像无甜味之物
只要浸入糖浆
它自然就变甜了，
同样，把你自己浸泡于我的圣爱之中
而使自己注满这纯爱
并施之于人。
而如果你施之于人，
它即回归于我。