

B - 71

Do not be wasteful in your habits.  
Anything wasted  
Is depriving another needy in the world.  
Use everything sparingly as much as you need only.  
If you have or possess anything excessive,  
Learn to share them with others.  
Wasting shows you to be  
Inconsiderate towards others,  
And it is a very selfish attitude.  
All has been given to you  
By the Grace of God only.  
Throwing away His gifts  
Is throwing away Grace of His.  
Be thankful everyday to Him for all that you have,  
And help those who, due to their karmas,  
Face certain inadequacies in life.  
Encircle them in the embrace of love.  
I give you an opportunity to help them.  
To help you to attain Me through them.

B - 71

不要养成浪费的习惯。

浪费任何东西

就等于剥夺世上另一个贫穷者的需要。

节制地利用每一样东西，只够你所需即可。

如果你所拥有的超过你所需要的，

那就学习与入分享之。

浪费表示

你不顾虑到他人，

而这是一种非常自私的心态。

你所得的一切，

也只靠神的恩典。

抛弃‘他’的礼物

就是抛弃‘他’的恩典。

对你所拥有的，要感恩‘他’，

并要帮助那些因业障

而在生命中有所不足的人。

以爱去拥抱他们。

我给你一个机会去帮助他们。

你可以通过他们来归向我。

B - 72

You mingle in society today  
And discuss news you read in newspapers.  
In fact, you grade one's intelligence  
With his knowledge of world happenings.  
What use is it to know all and do nothing.  
You waste your time in reading trash.  
You further waste more time,  
Then gossiping about it.  
Is this the type of life you have decided to lead ?  
The world will not improve,  
By simply pointing fingers at each other.  
Spend your time instead  
Reading the old Hindu texts.  
Read and understand the Upanishad  
Given by Lord Krishna to Arjuna  
In the battlefield of Kurukshetra.  
Use this knowledge and go out to the world,  
And spread the message of all the Avatars  
By being examples yourselves.  
Seek God, find God, know God,  
Believe God, practice God,  
Spread God, and become God.

B - 72

今天，你融入社会  
并讨论你阅读的报章新闻。  
其实，你以一个人对世界大事认识的多寡  
来给他的智能分级。  
知而不行等于不知。  
你浪费你的时间于阅读无用之物。  
你还更进一步地浪费时间  
于散布和谈论它。  
这是你决定要过的生活方式吗？  
仅凭彼此互相指责，  
世界是不会进步的。  
反之，你应该利用时间去  
阅读古印度经典。  
阅读和理解奥义书（Upanishad），  
那是在俱卢雪特罗（Kuruksetra）战役中  
主基士拿（Krishna）给阿周那（Arjuna）的训示。  
利用这知识，走入世界，  
凭借以身作则  
去弘扬所有神化身（Avatars）的信息。  
要探讨神，寻找神，了解神，  
相信神，效法神，  
传扬神以及成为神。

B - 73

Television and cinemas today are like snakes,  
Spreading their venom amongst you,  
Who become the victims.  
Watching them blindfolds you even further,  
And creates a fog around you,  
In which you lose your way even further.  
It influences your thoughts to become agitated,  
Which is followed by your words and actions.  
The mind is affected by the violence, bad speech  
And all others you see.  
Leaving you to be a very unstable person.  
The youth of today are the leaders of tomorrow.  
How can this youth lead our country  
With such chaotic minds?  
The first step to change is  
To get rid of their improper addictions.  
Believe Me, you were born without them,  
So you can definitely live without them.  
I want you to rebel against these bad habits.  
Be determined to change your course.  
I can show you the way,  
I can even lead you the way,  
But I cannot walk for you.  
Keep your minds healthy and strong,  
Because when the mind gets diseased,  
You will lose yourself and lose God.

B - 73

电视与电影今天就像是毒蛇一样，  
在你们之间散发其毒液，  
使你们成为受害者。  
观看它们会更进一步蒙蔽你，  
并在你周围树立起迷雾，  
使你更加迷失方向于其中。  
它影响你的思想，造成困扰，  
接着就影响你的言和行。  
心念受到暴力，恶语  
及你所看到其他一切的影响，  
使你成为一个非常不稳定的人。  
今天的少年乃明天的领袖。  
怀持如此混乱心念的少年  
如何带领国家？  
第一步要改革的是  
除去不适当的癖好。  
相信我，它们不是你与生俱来的，  
所以你绝对可以在没有它们的情况下生活。  
我要你反抗这些恶习。  
下定决心改变你的方向。  
我可以给你指示方向，  
我甚至可以带领你上路，  
但我不能替你走。  
保持你心念的健康和强壮，  
因为如果心念有病，  
你就会失去你自己和失去神。

B - 74

You can be compared to a car,  
And I am your destination.  
When you first start your journey,  
You know the shortest possible route  
To get to your destination.  
To start the car  
You have to turn the ignition (thoughts).  
With your foot  
On the accelerator (devotion for God),  
And with your other foot  
Slowly releasing the clutch (release of desires),  
The car being in the first gear  
(Your first steps towards God),  
You steer the car forward  
(Steering your mind towards God).  
Slowly the gears shift  
To the second, third, fourth  
(Quicker steps Godward).  
When your car moves fast, you have to be careful,  
Of other hindrances on the road.  
You have to keep your eyes on the road.  
Watch for stop lights, sharp turns  
(Hurdles to your way towards God).  
The road to your destination is rarely a straight one.  
It could be a straight, short road,  
Only if you already lived close to your destination  
(Your soul was already very close to God).  
You may face rains and storms on the way  
(Payment of your own karmas).  
It may blur your vision momentarily,  
But know that the skies ahead are clear.  
Be a good driver, and  
Start early, drive slowly and reach safely to Me.

你可比为一辆汽车，  
而我是你的目的地。  
起程前，  
你查明到达你目的地的  
最短的路程。  
如要开动车子  
你就得点火（思想）。  
你用一只脚  
踩在加速器上（对神的虔诚），  
又用另一只脚  
慢慢放开离合器（放掉欲望），  
车子处于第一档的位置  
（归向神的第一步），  
你操控方向盘让车子前进  
（操控心念朝向神）。  
慢慢地换挡  
第一档，第二档，第三档，第四档  
（越来越快朝向神）。  
当车子快速前进时，你得小心  
路上的障碍。  
你得注意路况。  
注意红灯，急转弯  
（归向神的障碍）。  
抵达目的地的道路很少是平直的。  
只有在你已接近目的地时，  
才有可能是一段直而短的路。  
（你的灵已很接近神）。  
在途中，你可能面临大雨和风暴  
（偿还业障）。  
它或许暂时模糊你的视线，  
但要知道前面的天空是晴朗的。  
要成为一个好驾驶员，并且要  
早点起程，慢慢驾驶而安全抵达我这儿。



B - 75

God approaches all,  
From saints to the biggest sinners.  
He comes when He sees true repentance.  
When he senses your disgust  
For your own way of life.  
When He sees that you have called upon Him,  
For a long time and have been patient.  
When He sees your ego diminish.  
When He sees you struggle,  
On the path of faith and devotion.  
When he sees you lost and hopeless.  
When He sees you  
Suffer a big tragedy with strength,  
When He sees the effort you make,  
To continuously fight with your inner enemies.  
When He sees that  
You have kept the doors of your heart  
Always open to welcome Him.  
Then God comes, He walks into your heart,  
Builds His home and stays there.

B - 76

I have taken a human form,  
To be able to communicate with you,  
In an easier and more understandable way.  
I have come to approach  
Each and every one of you separately,  
And give you the love and guidance,  
You need to become Godward.  
My approach to each one of you,  
Is separate and unique.  
I am determined to transform you.  
That is My mission.  
Success is My flag.  
Truth is My symbol.  
Strength of righteousness is the holder of My flag.  
And I am Love.  
To love is what I teach.  
And love is what I want you to become.

B - 75

神接近大家，  
上至圣贤，下至最大罪犯。  
‘他’降临，当‘他’看到真正的忏悔。  
当‘他’感到，你厌恶  
你自己的生活方式。  
当‘他’看到你已经呼唤‘他’  
很久了并且很有耐心。  
当‘他’看到你的自我消失。  
当‘他’看到你挣扎于  
信念与虔诚的道路上。  
当‘他’看到你迷失和绝望。  
当‘他’看到你  
以无比的毅力去忍受一个大悲剧。  
当‘他’看到你作出努力，  
继续与你内在敌人抗争。  
当‘他’看到  
你总是打开你的心门  
来迎接‘他’。  
于是神降临，‘他’走入你的心，  
在那儿建起‘他’的家，住下来。

B - 76

我采纳了一个人的形相，  
以便与你沟通，  
于一个更为简易和更能了解的途径。  
我已来分别接近  
你们每一个人，  
并给予你们归向神所需要的，  
爱与指引。  
我跟每一个人的接近，  
都是个别的和独特的。  
我决定改造你。  
那是我的使命。  
成功是我的旗帜。  
真理是我的标记。  
正义的力量是我旗帜的擎旗者。  
而我是爱。  
我教的就是去爱。  
而我要你成为的也是爱。

B - 77

Do not think that your troubles are over,  
Once you have come to know Me.  
In fact, your troubles have just begun.  
There is a constant internal battle within you,  
Once you take a few steps towards Me.  
The God within you slowly begins to emerge,  
Does not allow you to justify your acts.  
I begin to haunt you, when your actions are wrong.  
You sometimes attain peace  
For a temporary period.  
And then get restless, as I watch you constantly.  
You begin to learn to live in God's presence.  
Your ego props up in front of Me, several times.  
I teach you to crush it.  
You feel pain at first,  
But the pain eventually turns to sweetness.  
So come, leave all your belongings  
And learn to live with Me.

B - 78

When you make arrangements  
To travel to another part of the world,  
You have to make certain arrangements.  
You have to plan the travel ahead.  
You need a valid passport.  
You also need a visa  
To the country you wish to visit.  
You also need a ticket to reach the destination.  
In the same way  
To come to my side of the world,  
You too have to make arrangements.  
You have to focus on your goal and concentrate.  
To make your travel successful,  
You have to renounce all attachments.  
You have to surrender your ego.  
And you have to let love become your nature.  
When you attain the above documents,  
I welcome you to My world,  
Where there is no return ticket.

B - 77

不要认为你的麻烦已经过去，  
一旦你认识了我。  
其实，你的麻烦才刚刚开始。  
在你之内，一个持续的内战进行着，  
就在你开始向我走来的前几步。  
你内在的神慢慢开始出现，  
‘他’不允许你为自己的行为辩解。  
当你的行为出轨时，我开始纠住你。  
有时你会暂时平静  
一段时间。  
然后又不安起来，由于我不断地看顾着你。  
你开始学习生活在神的显现之中。  
你的自我在我面前支撑着你，有好几次。  
我教你去粉碎它。  
起初你感到痛苦，  
但最后痛苦转变为甜蜜。  
那么，来吧，放下你拥有的一切，  
来学习跟我一起生活。

B - 78

当你计划  
到另一个地方去旅行，  
你必须做好某些安排。  
你必须事前做好旅行计划。  
你需要一本有效的护照。  
你也需要签证  
以进入你想要到的国家。  
你也必须买票，乘搭交通工具到目的地。  
同样  
要到我的世界来，  
你也必须做好安排。  
你必须专注于你的目标。  
若要使你的旅行成功，  
你必须放弃所有的执着。  
你必须放下你的自我。  
而你也必须让爱变成你的本质。  
如果你准备好了以上的文件，  
我欢迎你到我的世界来，  
那是没有回程票的。

B - 79

Do not take advantage of others' goodness to you.  
Do not expect something from others  
That you cannot give.  
Accept any kind of help given to you with a smile,  
With a sense of gratitude and reverence.  
Do not criticize others' service given to you.  
I take different forms to help you in life.  
Devaluing others' help  
Is demeaning My love given to you.  
You have no right to grade one's love to you.  
Everyone shows love in their own unique way.  
A father's love is different from a husband's love.  
They stand firm in their own separate grounds.  
They are incomparable.  
Expectations from others will only hurt you.  
They will make you bitter and sour towards life.  
Time waits for none and life is short.  
So give up your differences and unite in your love.

B - 79

不要因为人家对你好而占人便宜。  
不要想从他人身上获得  
你不能施与人的东西。  
要以微笑，以一种感恩和敬重的态度  
去接受他人给予你的帮助。  
不要批评他人提供给你的服务。  
在生活中，我采纳不同的形相来帮助你。  
贬低他人的帮助  
无异于贬低我给你的爱。  
你无权分级他人给你的爱。  
每一个人都以其自己特别的方式去展示他的爱。  
父亲的爱和丈夫的爱迥然有别。  
两者都站稳其个别的立场。  
他们是不能相提并论的。  
对他人有所求只会伤害到自己。  
这会使你的人生苦涩和辛酸。  
光阴不等人而生命如朝露。  
所以，要放弃你所持的分歧而融入于你的爱之中。

B - 80

When you worry,  
You show your lack of faith in Me.  
When you are jealous,  
You say that I am partial to one,  
More than another.  
When you are sad,  
You make your sufferings look real.  
When you are filled with hatred,  
You demean your true nature.  
When you depend on others,  
You show your lack of trust in My loyalty.  
When you show signs of frustration,  
You depict impatience in My justice.  
When you are violent, you have lost your divinity,  
Strayed from humanity and become an animal.  
Show Me instead,  
A strong character that never fails,  
Unshakable faith that stirs the earth,  
Patience that perseveres  
In the most trying circumstances,  
Lifelong loyalty with Me, no matter what you hear,  
Sweetness and gentleness  
To even those who can drive you insane,  
A confident smile that knows of My omnipresence,  
A warm and loving heart  
That soothes all and wins Me.

B - 81

A heart that knows only love,  
A heart that knows no malice,  
A heart that cries for others' sufferings,  
A heart that welcomes all,  
Is a heart that says My name,  
Is a heart that sings My glory,  
Is a heart that serves all My forms,  
Is a heart that is My sweetheart.

B - 80

如果你担心，  
你展示你对我缺乏信心。  
如果你嫉妒，  
你认为我偏心，  
对某个人比另一人更好。  
如果你伤心，  
你形之于色，表现痛苦。  
如果你充满恨意，  
你贬低你的真实本质。  
如果你依靠他人，  
你展示你对我的诚意缺乏信任。  
如果你显现挫折的样子，  
那就表示你对我的公正缺乏耐心。  
如果你使用暴力，你丧失了你的神性，  
远离了人性，而成了一只野兽。  
给我展示：  
一个绝不倒下，刚毅坚强的个性，  
震撼天地，不可动摇的信心，  
在最艰苦的情境下  
不屈不挠，坚韧不拔的耐心，  
不论你听到什么都不受到影响的·  
终生的对我的忠诚，  
即便会令你发疯的人  
你也愿意给与的甜蜜与温馨，  
一个知道我无所不在的、自信的微笑，  
一颗慰藉所有人也赢得我的  
温暖而亲切的心。

B - 81

一颗只知道爱的心，  
一颗不知敌意为何物的心，  
一颗为他人痛苦而哭泣的心，  
一颗欢迎每一个人的心，  
就是一颗说出我名字的心，  
是一颗歌颂我荣耀的心，  
是一颗服务我一切相的心，  
是一颗属于我心爱的人的心。



B - 82

It is best to learn from your mistakes.  
When you realize your own mistakes,  
You sincerely burn in the fire of repentance.  
And it takes you one step forward towards perfection.  
Thinking yourself to be perfect,  
Is the biggest imperfection of all.

B - 83

The truth never changes.  
It always remains the same.  
Truth is brave, it knows no fear.  
Truth is simple, it seeks no complications.  
Truth is direct, it feels no pain.  
Truth is victory, it faces no defeats.  
A lie weaves a web of several others.  
It binds you and deceives others.  
It makes you have several identities.  
You forget who you really are.  
Who are you? You are truth !  
Nothing more. Nothing less.

B - 82

你最好从错误中学习。  
当你知道你自己的错误时，  
你真诚地焚烧自己于忏悔的烈火之中。  
而它就带你朝向完美  
走前一步。  
最大的不完美  
莫过于认为自己完美了。

B - 83

真理绝不改变。  
它始终如一。  
真理英勇，它不知什么是恐惧。  
真理单纯，它不复杂化。  
真理直接，它感觉不到痛苦。  
真理是胜利，它不面临失败。  
一个谎言编制好几个其他的谎言。  
它束缚你也欺骗他人。  
它使你拥有好几个身份。  
你忘掉你的本来面目。  
你是谁？你是真理！  
一分不多，一分也不少。

B - 84

I have come to drive away your fears.  
Your fear of adhering to truth.  
Your fear of being alone.  
Your fear of someone to harm you.  
Your fear of My presence.  
Your fear of slipping and falling.  
Your fear of your belief in a God.  
Your fear of becoming lost.  
Your fear of death.  
Your fear of life.  
Your fear of love.  
These fears have become  
A big part of your lunacy.  
Have only one fear,  
The fear of karma.  
Karma spares none.  
You cannot pay it in credits.  
The law of karma expects its payments on time.  
Be God-fearing of your karmas,  
But do not fear God.

B - 85

Do not live your life on another's expectations.  
Live life to My expectations.  
You then learn that life is not to expect anything,  
Life is given to you to give.  
Expectations hurt, giving heals.  
Expectations disappoint,  
Giving relieves.  
Expectation is to be human. Giving is divine.  
Give up being human and attain Me.

B - 84

我已来赶走你的恐惧。  
你对坚持真理的恐惧。  
你对孤单的恐惧。  
你对会被某人伤害的恐惧。  
你对我的出现的恐惧。  
你对滑交的恐惧。  
你对相信一个神的恐惧。  
你对迷失方向的恐惧。  
你对死亡的恐惧。  
你对生命的恐惧。  
你对爱的恐惧。  
这些恐惧已经形成  
你的痴的一大部分。  
你只该有一个恐惧，  
业的恐惧。  
业不赦免。  
你不能赊欠，慢慢偿还。  
业的条规是要你定期付款。  
以敬畏神的心态对待你的业，  
但不要害怕神。

B - 85

不要靠他人的期盼而过你的生活。  
要靠我的期盼来生活。  
那么你就知道，生活不是去期盼任何东西的。  
天赋你以生命就是要你去施与。  
期盼造成创伤，施与给予治疗。  
期盼令人失望，施与令人舒解。  
期盼是凡俗，施与是神圣。  
舍凡俗而达至我。

B - 86

In your journey to travel from you to Me,  
You need not pack your bags.  
In fact, leave all your baggage behind.  
You need not make any arrangements.  
I have made them long ago.  
You do not need a travel companion.  
I travel with you always.  
You do not need to pay Me in cash.  
Your payment is in currency of faith and patience.  
Duty with love.  
Service with humility.  
A pure heart with My name.  
Your payments are not up front.  
You give them to Me along the way.  
Finish your payments, and end your loan.  
Break your hesitation and start your journey.

B - 87

Offer Me a shawl in which,  
The threads show the strength of your faith.  
The weaving of these threads  
Show your perseverance.  
The final cloth of silk  
Showing the softness of your compassion.  
The folding of the pleats  
Showing the bending of your ego.  
The color of the cloth bright as the color of life.  
Sew on it the beads of devotion.  
Trim it all around with the lace of service.  
Pour the glitter of love on it.  
Let it shine ! Bright with its beauty.  
Reveal the inner divinity that lies within.  
Offer Me a shawl, My child,  
In which I see My image.

B - 86

在从‘你’步向‘我’的旅程中，  
你不必收拾行李。  
其实，你该留下你所有的东西。  
你无需做出任何安排。  
很久以前我已为你安排好了。  
你不需要一个同行的伴侣。  
我一直和你同行。  
你不必付我现金。  
你要付的是信心与耐心的货币。  
带有爱的义务。  
带着谦虚的服务。  
挂着我的名的纯净的心。  
你的付款不必事先预支。  
你沿途付给我就得了。  
偿还一切，结束债务。  
打破犹豫而开始你的旅程。

B - 87

供奉我一条披巾，  
其内的细线展示你的信心的力量。  
这些线的编织  
展示你的坚忍。  
最后制出的丝绸布  
展示你悲悯的温柔。  
布料之打摺  
展示你的自我的弯身，屈服。  
布料的颜色亮丽如生命的光彩。  
将之缝上虔诚之珠。  
缀以服务的花边。  
再倒入爱的灿烂光辉。  
让它照耀！散发出它的美的光辉。  
要展露寓于内在的神性。  
供奉我一条披巾，我的孩子，  
在里面，我看到我的影像。

B - 88

Remember,  
I do not run after the things you run after.  
Once you are under My protection,  
I will only give you what you need.  
You may get frustrated and you may lose patience.  
You may even dwindle on your faith in Me.  
But that does not deter Me.  
I am your Mother, I will not encourage your folly.  
A child may cry at first,  
When his mother refuses  
To buy him an expensive toy,  
But can he stay angry with his mother,  
All his life for that?  
You too cannot stay angry with Me for too long.  
My love binds you to Me.  
That is all you really need.

B - 89

When you become parents  
You give your children  
All your love and protection.  
You give them all your knowledge,  
And understanding in life.  
One day you hope when they grow up,  
They will use this education  
And will better themselves.  
But when they do not rise to your expectations,  
You hurt within and are deeply disappointed.  
You hope one day,  
They will realize the importance of your words,  
And be winners in all that they do.  
I too am your parent,  
And face your failures with the hope,  
That one day you will realize  
The importance of My words,  
And will rise above your humanness  
And become divine.

B - 88

记得，  
我不追逐你所追逐之物。  
一旦你在我的保护之下，  
我只会提供你所需要的。  
你或感到挫折而你或失去耐心。  
你或甚至逐渐减少你对我的信心。  
但那并不改变我的初衷。  
我是你的母亲，我不会鼓励你的愚蠢行为。  
起初，孩子可能会哭，  
如果母亲拒绝  
给他购买一件昂贵的玩具，  
但他能为这件事情一辈子  
生他母亲的气吗？  
你也一样不会生我的气太久。  
我的爱把你跟我绑在一起。  
那可是你真的需要的。

B - 89

当你为人父母时，  
你给孩子  
提供你所有的爱和保护。  
你给他们你所有的知识，  
和生活上的体会。  
你希望，有一天他们长大之后，  
他们会利用这教育  
改善和提升他们自己。  
但当他们达不到你的期望时，  
你深感伤心和失望。  
你希望有一天，  
他们会明白你的语重心长，  
并且一帆风顺，事事如意。  
我也是你的父母，  
也面对你的失败并希望  
有一天你会明白  
我的语重心长，  
进而超凡入圣。



B - 90

For you to start your process of purification,  
You need an inspiration.  
Your perfect model of this inspiration  
Is God Himself.  
Make God your inspiration,  
God your thoughts, words and actions,  
God your companion,  
God your mother and father,  
God your life partner,  
And God your goal.

B - 91

When you say, "I love God,"  
To Me you say that you have burnt hatred.  
You have melted anger.  
You have risen above envy and jealousy.  
You have stamped your ego.  
You have accepted Him in every form.  
You have attained control  
Over your senses, mind and intellect.  
You see no difference  
Between happiness and misery.  
You have no worry and only peace.  
You need none other than God.  
You are not attached, yet you are duty bound.  
Every cell of you experiences Me  
In the form of love.  
You have become Him.

B - 90

若要启动你的净化过程，  
你需要鼓励。  
你这鼓励的完美模范  
就是神本身。  
视神为你的鼓励，  
视神为你的意言行，  
视神为你的同伴，  
视神为你的父母，  
视神为你的终身伴侣，  
还有，视神为你的目标。

B - 91

当你说，“我爱神”时，  
在我看来，你是说你已把憎恨烧毁。  
你已把愤怒融化。  
你已超越妒忌之上。  
你已踩住你的自我。  
你已在每一个相中接受了‘他’。  
你已控制了  
你的感官，心念和智能。  
你没有分别心  
于苦乐之间。  
你没有担心而只有平静。  
除了神之外，你什么都不需要。  
你并不依恋但你还是扛下义务。  
你的每一个细胞都体验到我  
于爱的方式之中。  
你已成为‘他’了。

B - 92

Learn to live with God.  
Be aware of Him at all times.  
Be attached to none other than Him.  
Live by His rules.  
Become a perfect human.  
Become God ! Become Love !

B - 93

Come to see Me,  
With an empty mind.  
With a heart full of love  
With a smile of faith.  
With no expectations.  
Accept My love and blessings in the way,  
I think is best for you.  
Come on aboard.  
And let Me take you,  
On this journey of peace.

B - 94

Value this birth.  
Value this life.  
Value the God within.  
And know that death ends only the body.  
The Atma stays untouched.  
It only continues its journey,  
From one birth to another.  
Atma is life.  
Life is God.  
Let God fill you with life,  
And you fill your life with God.

B - 92

学习与神一起生活。  
要时时注意到‘他’，意识到‘他’。  
什么都不要眷恋，只眷恋‘他’。  
依照他的准则而生活。  
要成为一个完人。  
成为神！成为爱！

B - 93

来看我，  
带着空空如也的心念来看我。  
带着充满爱的一颗心来看我。  
带着信心的一个微笑来看我。  
无所期盼。  
在途中，接受我的爱和祝福，  
我想那是最适合你的。  
上车吧。  
让我护送你  
于这平和的旅程上。

B - 94

重视这诞生。  
重视这生命。  
重视内在的神。  
并且明白死亡只止于肉身。  
阿特玛（自性，纯灵）不受影响。  
它只继续其旅程，  
从一个诞生到另一个诞生。  
阿特玛是生命。  
生命是神。  
让神注入你以生命，  
而你注入你生命以神。

B - 95

When your mind echoes My voice,  
I respond.  
When your eyes cry tears of love,  
I respond.  
When your tongue chants only My name,  
I respond.  
When your hands serve with all selflessness,  
I respond.  
When your feet only want to walk towards Me,  
I respond.  
When your heart beats Sai, Sai, ...  
I respond.  
I arrive.  
I melt with your love.  
I will only bless for your love.  
It is love that I seek.  
It is only your love that will take you back with Me.

B - 96

Be like the petal of a flower,  
Soft with compassion.  
Bright with the knowledge of your divinity.  
Fragrant with pure love.  
Offer this flower at My feet,  
And adorn Me.

B - 97

Discipline your life with love.  
Life is the origin of love.  
Love is the basis of life.  
Love is birth.  
Life is the birthplace.  
Love is your sanity.  
Life is the media.  
Love is the current.  
Life is the light.  
Love Life,  
And only live to love.

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B - 95

当你的心念重复我的声音，  
我回应。  
当你的眼睛流下爱的泪水，  
我回应。  
当你的唇舌只赞诵我的名号，  
我回应。  
当你的手执行无私的服务，  
我回应。  
当你的脚只想步向我，  
我回应。  
当你的心跳着赛，赛，。。 -  
我回应。  
我降临。  
我因你的爱而融化。  
我只为你的爱而祝福。  
我寻求的就是爱。  
就是你的爱才会把你跟我一起带回来。

B - 96

要像一朵花的花瓣，  
带着怜悯的温柔。  
带着你神性知识的光辉。  
带着纯爱的芬芳。  
供奉这朵花于我足前，  
并崇拜我。

B - 97

以爱去规范你的生活。  
生活是爱的源头。  
爱是生活的根基。  
爱是诞生。  
生活是出生地。  
爱是你的明智。  
生活是媒介。  
爱是电流。  
生活是灯光。  
热爱生活，  
而只为爱去生活。

B - 98

When you take one step towards Me,  
You have taken a hundred towards God.  
When you have looked into My eyes,  
You have just had a glance of the whole universe.  
When you place your head at My feet,  
You have begun to be  
Less human and more divine.  
When you have heard Me speak,  
You have just listened to all the religious scriptures.  
Come and see Me.  
Understand Me.  
Trust Me.  
Start your reading with the first chapter,  
And I will help you to finish the rest.

B - 99

A little hesitation and I stay away.  
A little fear and I stay away.  
A little anger and I stay away.  
A little envy and I stay away.  
A little effort from you and I will come.  
I will guide.  
I will protect.  
I only look for your efforts.  
I do not respond to your complaints.  
I do not respond to your praise.  
I respond to your sincere determination  
To reach Me always.

B - 98

当你向我走前一步时，  
你已经向神走前一百步了。  
当你已经朝向我的眼睛看时，  
你已经一瞥整个宇宙了。  
当你把你的头置于我足前时，  
你已经开始变得  
更少俗气而更多神性了。  
当你已经听到我说话时，  
你就已经听到所有宗教的经典了。  
要来看我。  
了解我。  
信靠我。  
你只要从第一章开始阅读，  
而我会帮助你完成其余的。

B - 99

你稍有犹疑而我即离开。  
你稍有恐惧而我即离开。  
你稍有愤怒而我即离开。  
你稍有妒忌而我即离开。  
你稍作出努力而我就会到来。  
我会指引。  
我会保护。  
我只看你的努力。  
我不回应你的抱怨。  
我不回应你的赞美。  
我回应你真诚的决心和毅力  
总要去达到我。



B - 100

When you begin to build your home,  
You lay below a strong foundation.  
You construct on it sturdy walls,  
And place a roof that is resistant  
To all weather conditions.  
In the same way, to develop Godhood,  
You must lay a foundation of strong character,  
You must have walls of sturdy faith,  
And the roof of love  
That withstands all circumstances.  
Only after you have built your house,  
You can appreciate its beauty.  
In the same way,  
Only when the divinity within you  
Begins to emerge slowly,  
You begin to realize its beauty.

B - 101

As I walk amongst you today,  
I come to enrich you,  
Enrich you with the knowledge  
Of the self,  
I come to you,  
To identify yourselves to you,  
To make you realize the commonness  
Of you and of each one around you,  
The commonness between you and Me,  
Divine Love !

B - 100

当你开始建立你的家时，  
你先打好坚固的地基。  
你砌起稳固的墙，  
并盖上屋顶以防  
任何恶劣的天气状况。  
同样，如要培育神性，  
你得打下坚固的性格地基，  
你得有坚定的信心围墙，  
以及爱的屋顶  
以抵抗一切状况。  
只有在你建立起你的家之后，  
你才能欣赏到它的美。  
同样，  
只有在你内在的神性  
开始慢慢出现时，  
你才能体会到它的美。

B - 101

今天我在你们之间走动，  
来充实你们，  
以自性的知识  
来充实你们，  
我来到你们面前，  
给你确认你自己，  
使你认识到  
你与你周遭的每一个人的共同点，  
你与我的共同点，  
神圣的爱！

B - 102

When you ask Me for blessings,  
Ask Me for the biggest of all,  
The blessing of Me always being there with you.  
You will then never feel the pain of separation.  
You will avoid all unnecessary travel,  
All the unnecessary rush to reach Me,  
All stress and pain.  
Do not limit Me to one place.  
I am present everywhere at all times.  
Know and realize that  
There is no distance between us.

B - 103

You think of Me sometimes.  
You pray to Me sometimes.  
You want to be near Me sometimes.  
You seek My blessings sometimes.  
But let Me tell you,  
I desire to be near you, with you always.  
It is only when you will desire,  
To be with Me at all times too,  
You and I will merge.

B - 104

When a plane takes off,  
It checks for enough fuel,  
To complete its journey,  
Or else it crash lands.  
You too must equip yourselves  
With sufficient fuel,  
The fuel of faith and spiritual determination  
To reach Me,  
Or else you too will crash land.

B - 102

当你祈求我的祝福时，  
向我祈求最大的，  
我的祝福总是在你身上。  
你此后就再也感觉不到分开的痛苦了。  
你会避免不必要的奔波，  
避免匆匆地赶到我这边来，  
避免所有的压力和痛苦。  
不要局限我于一个地方。  
我任何时候都出现在每一个地方。  
要确认  
我们之间是没有距离的。

B - 103

你有时想到我。  
你有时向我祈祷。  
你有时想要靠近我。  
你有时寻求我的祝福。  
但让我告诉你，  
我想接近你，总想与你在一起。  
只要你也渴望  
时时和我在一起，  
你我会融为一体。

B - 104

当飞机起飞时，  
要检查有足够的燃油，  
以完成整个旅程，  
否则它就会坠毁地面。  
你也必须装备自己以  
足够的燃料，  
信心的燃料和灵性的意志  
飞抵我这儿，  
否则你也会坠毁地面。

B - 105

When you walk at times,  
You may step on dirt.  
Even the slightest speck of dirt stains you.  
You may step in a puddle.  
Even the smallest amount of water  
Will leave you wet and uncomfortable.  
Do not ignore this dirt.  
Reject it and be aware of it at all times.  
It will only slow down your journey.  
My advice to you,  
Stay clean, stay simple, stay sweet.

B - 106

You have all fallen in a routine today.  
A way of life that has killed you within.  
A way of life that is simply lazy,  
And without any virtue.  
When you have come to Me,  
To celebrate your New Year's Day,  
Make a pledge to Me,  
To change your way of living your life.  
You live for yourselves constantly,  
But when you are in My presence,  
I will not allow you to do that.  
Life is to love and to live for others.  
How empty is the world  
When you see only you in it.  
Make others your world,  
Others your priority,  
Others your family,  
And give yourselves  
A new life each today.

B - 105

步行时，  
你或会踩到脏物。  
就是一点脏物也可能污染你。  
你或踏入水坑。  
哪怕是少许的水  
也会弄湿你而令你感到难受。  
不要忽视这脏物。  
拒绝它并时时提高警惕。  
它只会延误你的行程。  
我的忠告是，  
保持干净，保持纯真，保持甜美。

B - 106

今天你们都沉溺于老套的生活，  
一种于你之内已置你于死地的生活方式。  
一种慵懒的生活方式，  
没有任何德行可言。  
当你到我这儿，  
来庆祝你的新年时，  
向我宣誓，  
改变你的生活方式。  
你常常为你自己而生活，  
但当你来到我面前时，  
我不会允许你那么做。  
生活就是去爱并且要为他人而生活。  
世界是多么空洞啊，  
当你看到只有自己在里头的时候。  
使他人成为你的世界，  
使他人成为你的优先，  
使他人成为你的家人，  
而今天给你们自己  
每一个人都有一个新生活。

B - 107

Just believing in My omnipresence,  
Will make your journey shorter.  
Reading books, studying discourses and videos,  
Will only give you My limited companionship.  
It is only a start.  
Do not let that become  
Your only media to know Me.  
I am present all around,  
In each and every one of you.  
I talk to you, I guide you, I protect you.  
Know Me best through this media.  
You will attain peace  
By realizing My omnipresence.  
You feel restless to get to Me,  
Only because you limit Me.  
Remember,  
I have no limit.  
I can reach you any time, any place.

B - 108

If I wish you can be before Me instantly.  
If I wish your life can change dramatically.  
If I wish you can attain God in no time.  
But for Me to wish that,  
You first have to melt My heart.  
Melt it with your devotion,  
Melt it with your love.  
Melt it with your selflessness.  
Melt it with your perseverance.  
Melt it with your unshakable faith.  
Once you pull the strings to My heart,  
I run and lodge Myself in yours.

B - 107

仅只相信我的无所不在，  
就会缩短你的行程。  
浏览书籍，研讨讲道和观赏录像，  
只会带给你，我的有限的友谊关系。  
它仅是一个开始。  
不要让那成为  
你认识我的唯一媒介。  
我出现在你周围的一切  
在你们每一个人之内。  
我跟你说话，我指引你，我保护你。  
要通过这种媒体去进一步了解我。  
你会获得心境的平和  
凭借对我之全在的认识。  
你担心抵达不了我，  
只因为你限制了我。  
记得，  
我没有极限。  
我任何时间，任何地方都能抵达你。

B - 108

如果我希望你立即来到我面前。  
如果我希望你的生活能戏剧性地改变。  
如果我希望你立即达到神。  
但若要我那么希望，  
你首先必须融化我的心。  
以你的虔诚去融化它，  
以你的爱去融化它。  
以你的无私去融化它。  
以你的坚忍刚毅去融化它。  
以你不可动摇的信心去融化它。  
一旦你拉动了我的心的线，  
我就奔向你而住进你的心。



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