

PART - III

第三部



Believe in the inner vision for that, my child, is the only way
that one will see God.

Bearing pain in silence is the inner expression
of the true master of spirituality.

The Lord is closest to the one that is closest to the self.

我的孩子，相信内在视像是使你看到神的唯一途径。

默默忍受痛苦是真正灵性导师的内在表达。

主最亲近一个最亲近自性的人。

C - 1

A God that is visible,
In you and in all.
A God that speaks,
In you and in all.
A God that guides,
In you and in all.
A God that teaches,
In you and in all.
A God that loves,
In you and in all.
God arises and emerges,
Shines forth and reveals itself,
Only when all within is clean,
Only when all within is calm.
And only when all becomes love.
It is time for you to shake off your laziness,
Rise above all your inhibitions,
Ignore all your likes and dislikes,
And wake up your God within.
It is time for you to rise,
And shine in the light of your true divinity.
God is not born and God does not die,
God has only one form, one language
And one vision,
Love ! Love ! Love !

C - 1

在你和在大家之内，
有一个神显现。
在你和在大家之内，
有一个神说话。
在你和在大家之内，
有一个神指引。
在你和在大家之内，
有一个神教诲。
在你和在大家之内，
有一个神爱大家。
神出现，
照亮前路并彰显他自己，
只有当大家内在是纯净的，
只有当大家内在是平静的。
而只有当大家都成为爱。
是时候去甩掉你的懒惰，
耸立于你所有的压抑之上，
别理会你所有的喜好和厌恶，
并且唤醒你内在的神。
你跃起的时间到了，
并且大放异彩于你神性之光内。
神无生亦无死，
神只有一个相，一种语言
及一个影像，那就是
爱！爱！爱！

C - 2

Your thirst for God,
Makes you search for Him.
But God cannot be found
Without true sincerity,
Without firm determination,
Without softness and purity,
And most of all, without His Grace.
Once you truly know of Him,
Your thirst to seek Him increases.
And once you have found Him,
Your thirst quenches,
You are contented and peaceful,
You stand amidst the ocean of God,
Today, tomorrow and always.
Know that and dive deep.
You can never drown in this ocean.
I am always there to save you.

C - 2

你对神的渴望，
使你去寻找“他”。
但神是不能找到的，
若非真心诚意，
若非意志坚定，
若非温和与纯净，
而尤其是，若非“他”的恩典。
一旦你真的认识“他”，
你寻找“他”的渴望就增加。
而一旦你找到了“他”，
你的渴望就达到，
你就感到满足和平静，
你站在神的海洋当中，
今天，明天及永远。
要明白这一点，并潜入深处。
你决不会溺毙于这海洋之中。
我一直在那，随时拯救你。

C - 3

Love is like an infection.
Once infected with love for the Divine,
The more it spreads.
This is the most healthiest infection of all.
Those who are not infected,
Are the ones who are sick.
It is malignant and the infection itself is the cure.
It spreads from the sweet words of the ear,
To the peaceful vision of the eyes,
To the nectar speech of the tongue,
To the humble actions of the hands,
And to the warmness of devotion of the heart.
Divine love has no bars,
Of caste, creed, race, religion,
Of rich or poor.
It is a gift that is bestowed in abundance to all.
You are now suffering
From the sickness of "Myness".
Turn this "Myness" to "Ourness".
Nothing truly belongs to you.
All relationships end,
All possessions wither,
All egos are trampled,
All worldly riches are expendable,
Except for the riches I have come to give,
Of Divine Love,
Your true nature and your only treasure.

C - 3

爱具有一种感染力，
一旦感染到对神的爱，
它就扩散开来。
这是最健康的感染。
那些不被感染的人，
才是病患者。
这可是致命之症而感染本身就是治疗。
它从耳朵的温馨话语传开来，
传到眼睛的平和影像，
传到唇舌的甜蜜话语，
传到双手的谦虚行动，
以及传到内心虔诚的温暖。
圣爱没有围栏，
没有种姓，教条，族群，宗教，
和贫富的围栏。
它是赠送给大家的一份丰厚的礼物。
你现在正罹患
“属于我”的疾病。
要转变这“属于我”为“属于我们”。
没有什么真正属于你的。
所有关系有时而缘尽，
所有拥有物有时而消失，
所有自我有时而被践踏，
所有世俗财富有时而耗竭，
除了是我已来赐予你的
圣爱的财富，
那就是你的真正本质和你唯一的宝物。

C - 4

You can experience anger for one moment,
And in that one moment, you can lose the world.
Anger is pride, anger is ego.
It is a self-defensive mechanism,
Which is self-destructive.
Remember,
All that is done in anger,
Can never be undone.
You will only suffer in the agony of repentance,
But the damage done is permanent.
It inflicts pain on ones you love.
It leaves you feeling exhausted and restless.
Do not lose control, becoming an animal.
Make My name your strength,
My name your ideal,
My name your practice.
Take control of yourselves, and your lives.
Forget your body,
Forget your senses,
Forget your mind,
And only remember Sai.

C - 5

Practice to develop awareness of God,
In all waking and sleeping states.
God should not be limited
To the time of your prayers.
God is limitless.
God is omnipresent.
Develop the sadhana
To see Me in all,
At all times,
In all you do.
That is true knowledge
And My true reality.

C - 4

你能感到愤怒于一时，
而在那一时，你能失去一切。
愤怒是傲慢，愤怒是自我。
它是自卫的一个机制，
也是自毁的一个机制。
记得，
凡愤怒时所做的一切，
如泼出去的水，不能挽回。
你只会陷自己于悔恨的痛苦之中，
但它所造成的伤害是永久的。
它给你心爱的人带来痛苦。
它给你留下疲惫与不宁的感觉。
不要失去控制而沦为野兽。
让我的名字成为你的力量，
让我的名字成为你的理想，
让我的名字成为你的沿习。
控制你自己和你的生命。
忘却你的肉身，
忘却你的感官，
忘却你的心念，
而只记得赛。

C - 5

要练习培育神识，
不论醒时或睡时。
神不应该被局限于
你祈祷的时间之内。
神是没有极限的。
神是全在的。
要培育起‘在众生之中看到我’
的灵性修行，
于每一时，每一刻，
于你所做的一切。
那就是真知识
及我的真性。

C - 6

Let Me take the responsibility
To bring you back home.
Why are you insistent to find your own way ?
Taste the sweetness of surrender.
Surrender to Me and unburden yourselves.
All is My work and all is Me.
Why do you fear to surrender ?
Are you not living in fear even today ?
Fear of your past ! Fear of your present !
And fear of your future !
Why do you choose to live in such uncertainty ?
Surrender to Me and know for certain,
That you are saved forever.
No more worries and no more pains.
You will only taste the sweetness
Of the Divine hands holding yours firmly.

C - 7

On a carpet that is already black in color,
A little amount of dirt is not visible.
But if the carpet is white in color,
A little speck of dirt becomes conspicuous.
When I start your purification process,
I become harder on you.
The purer you become,
The closer you come to Me,
The more I expect of you.
So do not be disheartened if I test you,
If I scold you, if I surround you with worries,
If I instruct you a little more stricter,
If I appear to ignore you.
I do this only because I expect
Progress more rapid of you.
I love all equally, but I treat all differently.
Do not judge Me,
Only accept Me and My ways.

C - 6

让我负责
带你回家。
你为何坚持走自己的路？
何不尝尝降服的甜蜜。
降服于我并卸下你的负荷。
一切是我的工作而一切是我。
你为何惧怕降服？
甚至在今日，你是不是还活在恐惧之中？
恐惧你的过去！恐惧你的现在！
也恐惧你的未来！
你为何选择生活于如此的不确定之中？
降服于我并确认，
你永远受到保护。
不再有忧虑，不再有痛苦。
你只会尝到甘甜，
那神圣之手紧握着你双手的甘甜。

C - 7

在黑色的地毯上，
少量的污垢是看不出来的。
若是白色的地毯，
一点污垢即显而易见。
当我开始你的净化过程时，
我对你更加严格。
若你变得更纯净，
你就更接近我，
而我对你的期望就更大。
所以，千万别气馁，如果我试炼你，
如果我责备你，如果我以忧患围堵你，
如果我稍加严厉地教诲你，
如果我表面上不理睬你。
我这么做只因为我期盼
你有更快速的进步。
我同等地爱你们每一个人但却因人施教。
不要对我遽下判决，
只要接受我，接受我的方法。

C - 8

When you have determination to reach God,
It must be accompanied with patience.
Without patience it will only lead to frustration.
Be patient and love God,
Simply for the reason of pure love.
Do not expect His Grace.
Grace comes only when He wills,
And only at the right time.
It will pour abundantly one day.
But in the meantime, you must work hard on
Your faith in Him,
Your determination to reach Him,
Your patience and perseverance and
Your sincere love for Him.
God gives all, and expects nothing.
You too are God, learn to give, give, give

C - 9

Live amongst others and do your worldly duties.
But know that your life is only Mine.
Realize all your actions are mine.
It is Me that does, and you that follows.
It is Me that commands and you that obeys.
It is Me that prompts and you that speaks.
It is Me that dictates and you that writes.
Then ask who is this Me and who is this you?
Ask yourselves,
“What is our relationship?”
Is it mother and child?
Or Guru and disciple?
Or God and devotee?
Or may be, are we One?!!

C - 8

当你决心要归向神时，
耐心是不可少的。
没有耐心，挫折就在等着你。
要有耐心并爱神，
仅仅基于纯爱的原因。
不要期盼他的恩典。
出于他的旨意，恩典自然降临，
而只在适当的时刻降临。
有一天，它会大量地洒向你。
但同时，你必须作出努力去增强
你对“他”的信心，
你归向“他”的决心，
你的耐心和毅力，以及
你对“他”的真爱。
神提供一切给大家而不求回报。
你也是神，要学习去施与，施与，施与。。。

C - 9

与人和谐共处并履行你的世俗义务。
但要知道，你的生命仅属于我。
要认识，你所有的行动都是我的。
是我在做而你在跟随。
是我在指挥而你在遵从。
是我在促使而你在说话。
是我在口述而你在听写。
那么就问，这个“我”是谁而这个你又是谁？
问一问你自己，
“我们的关系是什么？”
母与子吗？
或 导师和门徒吗？
或 神和信徒吗？
或 可能，我们是为一体？！！

C - 10

When I direct you, I do it directly.
I do not instruct you,
Depending on others actions to you.
I judge you on your actions and words.
I do not encourage retaliating or revenge on others.
Whatever others may say or do,
I expect tolerance from you and
No reactions towards them.
Nothing wrong done is excusable.
There are no circumstances in the world,
That can make you free to behave badly.
All done towards others must have only one reaction,
To be loving, to be helpful and not to be hurtful.
If you look upon Me as your ideal, as your Guru,
You must be able to reflect Me only,
At all times.

C - 11

If your faith in Me is strong,
If your intent to seek Me is sincere,
If your heart is soft and pure,
Your communication with Me becomes direct.
No books can give you
The message I can give directly.
No organization can explain Me
More than I can directly.
No films and music can invoke your devotion
More than I can directly.
So do not select a media to reach Me.
Persist in searching Me yourself.
When all is within,
Why are you compelling yourselves
For a superficial outward search ?

C - 10

当我指导你时，我直接这么做。
我不会依靠他人的动作
来给你指示。
我以你的言行来判断你。
我不鼓励对他人采取报复的行动。
不论他人说什么或做什么，
我希望你容忍而不对他们
作出激烈的反应。
做错的事不能一笔勾销。
没有一个情况可让你
肆无忌惮，为所欲为。
对他人之所为必须只有一个反应，
以德报怨，和蔼亲切，伸出援手，绝不伤害。
如你视我为你的理想典范，你的导师，
那你就得只能反映我而已，
每一时，每一刻。

C - 11

如果你对我有坚强的信心，
如果你寻找我的意愿是真诚的，
如果你的心是柔软且纯净的，
你与我的沟通就变得直接了。
没有书籍能提供你
我能直接给你的信息。
没有一个机构能比我
更能直接说明我。
没有影片与音乐能比我
更能直接唤起你的虔诚。
所以，不要选择任何媒体而靠它来归向我。
坚持亲自来找我。
当一切都在内时，
为何还强迫自己
作肤浅的向外驰求？

C - 12

Empty your mind of your ego,
Fill your heart with love.
Empty your hands of possessions,
Fill them with service.
Empty your mouth and leave those harsh words,
Fill it with the sweetness of My name.
Empty your eyes of all's faults,
Fill them with the vision of enlightenment.
Discard this body, let attachment go,
Reveal the Atma, experience your divinity,
Know the Oneness of you and in all that exists.

C - 13

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C - 12

把自我逐出你的心念而使心念空白，
把爱注入你的心。
放下拥有物，使双手空空如也，
代之以服务。
抛开那些刻薄的话语，空白你的口，
注入我名号的甜蜜。
不看所有缺失，空白你的眼，
注入启迪的影像。
不认同此身，让自我离去，
揭开阿特玛（自性），体验你的神性，
认知你与众生是为一体。

C - 13

我洗掉那
‘自我’
而你将学习去
爱。
借
完全的崇拜
你将
悟知
永恒。
视
所有宗教
平等。

（竖读英文字母首字母，其意为：我将护佑。）

C - 14

I have come not merely to instruct you.
I am here to make you self-realize.
I fill you with questions.
I fill you with doubts.
I make you restless to make self-inquiry.
Who are you?
Why are you born?
Why do you die?
What is God?
What is life?
What is life with God?
What is life without God?
What makes you human?
What can make you divine?
Is there divinity present within us?
Start asking these questions.
Seek for your answers.
I guarantee for a true seeker
There will be transformation.
You will enter the tunnel of light.
Knowledge will dawn.
Life will become God and God will be life.
Such life never is born, never dies.

C - 14

我来了，不只是为了教导你。
我在此，使你明心见性。
我把问题注入你。
我把怀疑注入你。
我使你不停地作‘自我探讨’。
你是谁？
你为何诞生？
你为何死亡？
神是什么？
生命是什么？
有神的生命是什么？
无神的生命是什么？
什么使你成凡人？
什么使你成圣？
在我们之内，有圣灵存在吗？
要开始探询这些问题。
找寻你的答案。
我向真诚的求道者保证
改造指日可待。
你会进入光的隧道。
知识即将破晓，真相大白。
生命会成为神而神也会成为生命。
这样的生命决不生，决不死。

C - 15

Know that I am here,
To fulfill all that you wish for.
I always bless those
Who wish for the welfare of others,
Who pray for the unfortunate and the needy,
Who cry tears of sorrow for those who suffer,
Who give away their all to those who need.
Even if you are not in a position
To share your material wealth,
There is no one in the world,
Who is not able to give love,
Who is not able to say sweet words,
Who is not able to lovingly hold,
A hand of one who needs.
Believe Me,
Love can cure.
Love can take away anger.
Love does not envy.
Love is not partial.
Love is not two faced.
Love is not hurtful.
Love does not take and love knows no sadness.
True love only knows to live in giving more love.
Wish and pray
To attain this love from Me in this lifetime.
I promise, I always fulfill all that you wish for.

C - 15

要知道，我在此
来满足你希望的一切。
我总是祝福那些
希望他人幸福的人，
为不幸者和贫困者祈祷的人，
为陷于痛苦者流下哀伤之泪水的人，
把自己的所有施舍给需要者的人。
即使你没有能力
让人分享你的物质财富，
在上，有谁不能
付出他的爱，
有谁不能说出温馨的话语，
有谁不能亲切地握住，
一个求助者的手。
相信我，
爱能治疗。
爱能带走愤怒。
爱不嫉妒。
爱不偏袒。
爱不要两面手法。
爱不损害。
爱不取也不知悲伤。
真爱只知去生活在付出更多的爱之中。
要希望和祈求
在这一生中，从我这儿获得这爱。
我答应，我总是满足你所希求的一切。

C - 16

Make repetition of My name,
A constant practice of your life.
Let it be as automatic as your breathing,
As enjoyable as being with your loved ones,
As peaceful as your uninterrupted sleep.
Start by making Me a part of your life,
And end by making Me your life.
Let no change in life detach you from Me.
Attach yourselves to Me in a way,
That I become you more, than you being you.
Bond with Me and wrap Me in your lives.
Then no death can separate us,
And our love for each other stays eternal.

C - 17

You may constantly repeat the name of the Lord,
Constantly rotating your rosary beads.
But you must use this strength of the Lord's name,
And put it into practice.
Repetition of My name,
With no change in the pattern of your behavior,
Is of no use.
My name depicts strength of goodness.
My form depicts purity.
My speech depicts truth.
My smile depicts selfless love.
These are the virtues you too must depict.
You, My child, are My reflection.
Then how can any of your strengths
Differ from Mine ?
It is time to wipe off the mist on your mirrors.
Look closely and recognize your own image.

C - 16

重复念诵我的名号，
使之成为你生命的一个常规。
让它成为跟你的呼吸一样的自然，毫不造作，
跟你和心爱的人在一起时一样的开心，
跟你在不被干扰的酣睡中一样的平和。
以使我成为你生命的一部分作为开始，
而以使我成为你生命的全部作为终结。
不要让生活的变动把你跟我分开。
要如此执着于我，
以至于‘我成为你’远甚于‘你是你’。
与我结合在一起而把我包裹在你的生命中。
那么，死亡就不能分开我们，
而我们给与彼此的爱就永垂不朽了。

C - 17

你可以不断地重复念诵主的名号，
不断地转动你的念珠。
但你必须善加利用主名号的这个力量，
而将之付于实行。
重复我的名号，
而不改变你的行为方式，
是无济于事的。
我的名号表述的是‘善’的力量。
我的相表述的是纯净。
我的话表述的是真理。
我的微笑表述的是无私的爱。
这些都是你也必须表述的德行。
我的孩子，你就是我的反映啊！
那么你的任何力量怎能
跟我的有所不同呢？
是时候去擦干你镜子的雾气了。
仔细看清楚并确认你的影像。

C - 18

To be calm at all times,
You must remember God at all times.
God is strength, God is peace, and God is love.
To be in bliss always,
You must be able to envision the Lord always.
The Lord is happiness,
He is sweet, He is knowledge.
To never be lonely,
You must ever be in the company of His.
He is omnipresent,
He is ever loyal, He always rescues.
To be in the feeling of always in love,
I must become your sole life partner.
I love, I protect,
And I have no terms to accept you.

C - 19

You can be sitting at the peak of the Himalayas,
And still have a very restless mind.
Leaving all, and dressing in an orange robe,
Does not make you a hermit.
A hermit is one that lives amongst the real world,
And is not affected by any of its adversities.
Do your duties, but do not be attached.
Enjoy your riches by learning to give and share.
Do not be addicted to them.
Learn to live with your physical ailments.
Ignore the pain of the body.
Concentrate on the ailments of your soul.
Do not be hindered by burdens and sufferings.
Know that they are only illusions,
To stray you from your spiritual needs.
Do not respond to the voices of your senses.
Look inward and hear My voice.
Listen to My call, and respond immediately!

C - 18

时时保持平静，
时时记得神。
神是力量，神是平和，而神是爱。
若要常常处于至福之中，
你就必须能够常常想象神的存在。
主是快乐，
‘他’是甜美，‘他’是知识。
若要不感孤寂，
你必须永远有‘他’陪伴。
‘他’是全在的，
‘他’永远忠诚，‘他’总是救援。
若要沉湎于总在爱中的感觉，
我必须成为你唯一的生活伴侣。
我爱你，我护佑你，
而我无条件地，无期限地接受你。

C - 19

即使你能坐在喜马拉雅山顶峰，
你可能还是忐忑不安。
放下一切，而穿上一袭橙色长袍，
并不会使你变成一个隐士。
一个隐士是一个住在现实世界里，
却不受现实世界之逆境影响的人。
履行你的义务，但不要依恋不舍。
借施与和分享去欢享你的富裕。
财迷心窍要不得。
学习和身体的疾病共处。
无视于肉体的痛苦。
注意精神上的疾病。
不要被负担和苦难所阻碍。
要明白，它们仅是虚幻，
使你得不到灵性的需要。
不要回应你感官的声音。
向内看而聆听我的声音。
聆听我的呼唤而立即予以回应。

C - 20

You cannot own Me or possess Me.
You may dislike one or hate another,
But My love for all remains the same.
My ways to correct each one of you may differ,
But I do not harm
One devotee's welfare for another.
I have taken this form to teach you of love,
To show you by example as to how to love.
Love is a language common to all.
Love is what we are dependent on.
Love attracts, Love transforms.
Love is a path that we both walk on.
I have reached God,
I have come to take you with Me.

C - 21

Do not tell Me that you cannot help it.
I can help only if you can help yourselves.
I have the formula,
But it is you who has to apply it.
I have all the answers,
But you need to start to ask the questions.
I am here to give love,
But it is you that has to win it with your devotion.
Do not tell Me that you "cannot".
You can and you will !
Sai does not respond to a "no".
I respond only to perseverance and determination,
To your strong will to reach Me.
I only echo "yes" to your yearning,
And "no" to your ego.

C - 20

你不能拥有我或占有我。
你可以不喜欢一个人或憎恨另一个人，
但我给所有人的爱始终是一样的。
我纠正你们每一个人的方式或有不同，
但我绝不会为了一个信徒
而损害另一个信徒的福利。
我采纳了这个形相来教你爱，
以身教向你说明如何去爱。
爱是大家的共同语言。
爱是我们大家都依赖的东西。
爱吸引，爱改造。
爱是一条你我都要步上的道路。
我已达至神，
我来了，来带你一起走。

C - 21

不要告诉我，你无能为力。
我只帮助自助者。
我有方案，
但你必须实行。
我有所有的答案，
但你必须开口询问问题。
我在此赐予爱，
但你必须用你的虔诚去赢取它。
不要告诉我，你“不能”。
你能而你也会！
赛不回应一个“不”。
我只回应毅力与决心，
回应你的坚定意志去归向我。
我只对你的渴望发出“是”的回声，
而对你的自我发出“不”的回声。

C - 22

You have plenty of chances to sleep,
Only one to awaken.
You have plenty of chances to play,
Only a few to serve.
You have plenty of chances to be in company,
Only a few to be in Mine alone.
You have plenty of chances to make mistakes,
Only a few do you truly repent.
You have plenty of chances to take births,
Only one to end them with Me and to Me.

C - 23

I have come to remove your ignorance.
Wisdom or your true reality cannot be taught.
It dawns on you,
Only when ignorance is completely removed.
You and I are both universal consciousness.
We are aware of each other and of all, at all times.
There is only one difference being,
I have already realized this Oneness,
And you differentiate between us.
You are still attached to this body.
For Me, I exist with or without the body.
You think of death as an end to your existence.
I think of it as a transition between two bodies,
Or the final merge into the universal consciousness.
The real you is unchangeable, indestructible.
Rise above the boundaries of your own limitations
You surround yourself with.
You are limitless, You are eternal, You are God!

C - 22

你有太多机会睡觉，
只有一个机会醒来。
你有太多机会游玩，
只有极少机会服务。
你有太多机会跟他人在一起，
只有极少机会单独与我在一起。
你有太多机会犯错，
只有极少机会做出真正的悔改。
你有太多机会诞生，
只有一个机会跟我一道结束诞生而归向我。

C - 23

我已来除去你的无知。
智慧或你的真性是不能传授的。
若要明白，
只有除去无知。
你我都是宇宙意识。
我们彼此认知对方及所有人，每一时每一刻。
只有一个不同点，即，
我已经体现这一体性，
而你却在之间找出分歧。
你还是执着此身。
对我而言，有无肉身，我都存在。
你认为死亡就是你存在的终结。
我则认为那是两个身体的一个转移，
抑或，最终的融合于宇宙意识之中。
真的你是不变的，不灭的。
超越你自己极限的界线
那是你把自己围困的界限。
你是无极限的，你是永恒的，你是神！

C - 24

When you look at a diamond in the dark,
It does not shine.
But when you shine a light at it,
It becomes brilliant and reflects it.
The light enhances its beauty and radiance.
In the same way,
You too are a diamond,
A diamond which is in the darkness of untruth.
When the light of truth shines upon you,
You too shine and reflect the light,
Showing the beauty and radiance
Of your divinity within you.
Shine with Sathyam, Shivam, Sundaram.

C - 25

I do not want you to prostrate before Me,
Or My picture, or any shrine,
Or place of worship of Mine,
If you are not able to humbly bow down,
Before My decisions I make for your life.
Your prostrating before My statue is meaningless,
If there is no surrender from you,
If there is no acceptance of My will,
If you are going to judge Me.
Bow to the Lord with humbleness and humility.
Bow to the Lord with patience.
Bow to the Lord with true acceptance.
Bow to the Lord with surrender,
Surrender of your body, your mind and your soul.

C - 24

当你在黑暗中看钻石，
钻石不发亮。
但如果你用灯光一照，
它即反射其光而闪闪发亮。
光增加它的美和亮丽。
同样，
你也是一颗钻石，
一颗处于虚幻黑暗之中的钻石。
当真理之光照着你的时候，
你也一样反射其光而闪烁不已，
展示你内在神性的
美和亮丽。
以真善美的光辉照耀着。

C - 25

我不要你在我面前作五体投地的顶礼，
或在我的照片前，或在任何神殿，
或在膜拜我的地方，
假如你不能谦卑地向
我为你生命所做的决定鞠躬。
你在我的塑像前作五体投地的顶礼是没有意义的，
假如你不诚服，
假如你不接受我的旨意，
假如你要对我作评断。
要以谦卑之心向主鞠躬。
要以忍耐之心向主鞠躬。
要以真诚的接受向主鞠躬。
要以奉献一切的降服向主鞠躬，
那就是奉献你身心灵的降服。

C - 26

A human without compassion,
A human without a melting heart,
A human without love,
Is not a human, but a statue !
Do not look upon God as a mere statue to worship.
God shakes with compassion,
God streams with love,
God overflows with softness.
You must rise from humanness to Godliness.
You are all but pieces of clay,
Waiting to be moulded into My form.

C - 27

If you delay in giving your payment,
I too delay in giving Grace.
Time decides all, time is God.
Work with promptness at all times.
Work with eagerness.
Make your duty your worship.
Make contentment your companion.
You must be at peace yourselves.
Then only will you be able to please all.
Make others' happiness your source of peace,
Make others' pain your reason to pray.
Stay spiritually alert.
No more laziness ! No more excuses !
No more "buts" and no more "ifs" !
I want from you a strong will.
A strong determination to know and realize the self.
I am here to motivate you,
Encourage you, love you,
To show you glimpses of your own divinity.
See it ! Recognize it ! Realize it !
Do not delay. Time passes by !
Time waits for none !
Time becomes your destiny !
Time itself shows you are eternity !
Eternity has no clutches of time,
It is beyond time with no limitations.

C - 26

不具恻隐之心者，
不具温柔之心者，
不具爱心者，
就不算是一个人，而仅是一个塑像！
不要把神仅当作一个塑像来膜拜。
神摇动着怜悯，
神流淌着爱，
神洋溢着温柔。
你必须从人性跳到神性。
你们毕竟是一块块的粘土，
等着被塑造成我的形相。

C - 27

你若拖延缴费，
我就拖延赐恩。
时间决定一切，时间是神。
要及时做完你的工作。
要热心工作。
使你的义务成为你的膜拜。
使知足成为你的伴侣。
你必须保持平静。
然后你才能取悦众人。
使他人的快乐变成你平静的源泉。
使他人痛苦成为你祈祷的原因。
保持灵性上的警觉。
不再有慵懒！不再有借口！
不再有“但是”也不再有“如果”！
我要你有一个坚强的意愿。
一个坚强的决心去认识 and 了解自性。
我在此激励你，
鼓舞你，爱你，
让你一睹你自己的神性。
看看它！认识它！体现它！
切莫延误。光阴荏苒！
时间不等人！
时间变成你的气数！
时间本身展示，你是永恒！
永恒不受时间控制，
它超越时间，没有极限。

C - 28

You are the cause of karma.
You are the result of karma.
Until you think of Me as separate,
Until you fear death,
Until you feel you are the 'doer',
Till then only will karma exist.
Karma ceases to exist,
When I become the "doer",
When there is no "you" separate from "I",
When you realize that,
The self is never born and never dies,
When all that surrounds you is only "God",
When you can ignore
All physical pains and mental chaos,
When all becomes God,
Then karma itself becomes God.
And what is God?
Getting you
Out of
Duality
And accepting Oneness.

C - 29

Do not let anxiety be able to attack you.
Just stay calm and think of Me at all times.
Make Me your mind,
Make Me your heart.
Then your thoughts will not control you.
Your emotions will not slip you away.
Let all your duty and work be a pleasure.
Make Me the reason to live.
Make Me the air you breathe.
Then the "you" will lose its meaning,
And it will only be Me! Me! Me!

C - 28

你是业之因，
你是业之果。
只要你还认为我是分开的，
只要你还害怕死亡，
只要你还觉得你就是“为之者”，
业才会存在。
业终止于，
当我成为“为之者”时，
当没有从‘我’中分开的“你”时，
当你认识到，
自性从不诞生也不死亡时，
当环绕你周围的只是“神”时，
当你能不在乎
所有的肉体痛苦与精神混乱时，
当大家成为神时，
那么，业本身即变成神。
而什么是神？
把你带出二元性
而接受一体性是也。

C - 29

不让焦虑能袭击你。
只要时时保持平静和想着我。
使我成为你的心念，
使我成为你的心灵。
那么你的思想就不会控制你。
你的情绪就不会使你失足。
让你的义务与工作成为一种娱乐。
让我成为你生活的理由。
让我成为你呼吸的空气。
于是那个“你”就会失去它的意义，
而只会成为我！我！我！

C - 30

Come, sit at the feet of the Guru.
All that you want, all that you need,
Is all at His feet.
These feet will give you,
All that this world took away from you,
Your peace, your bliss, and even your own identity.
Come, sit at My feet,
And let Me give you back,
All that you have lost.
With My love and My grace,
You will be born again, in a new world,
A world beautiful and blissful,
A world where you will find yourself,
To be Me, and Me - you!

C - 31

However much the suffering,
However much the pain,
However much the troubles you face,
Your love for "your life" remains unshaken.
Whatever may be the circumstances,
You want to live.
Why?
Ask yourselves this.
What makes life so precious?
Your body is your carriage,
That carries "your life".
"Your life" is your soul.
Your soul is a "part" of God
Until this "part" merges into the "whole",
Your journey is incomplete.
So protect your body,
Clean and purify your inner self,
Emerge your God from within,
And complete your journey.

C - 30

来，坐在导师的脚下。
你所要的一切，你所需的一切，
都在他的脚下。
这双脚会提供你，
这世界从你那儿拿走的一切，
你的平和，你的福乐及你自己的身份。
来，坐在我脚下，
而让我还回给你，
你已失去的一切。
有了我的爱与我的恩典，
你会再次诞生，于一个新的世界，
一个美好的及至福的世界，
一个你会找到你自己就是我，及，我-你
的世界！

C - 31

不论有多少苦难，
不论有多少伤痛，
不论你面临多少麻烦，
你对“你的生命”的爱毫不动摇。
不论处于什么环境，
你都想活下去。
为什么？
问一问你自已这个问题。
是什么使到生命如此宝贵？
你的身体就是你的运载工具，
运载着“你的生命”。
“你的生命”是你的灵魂。
你的灵魂是神的一小“部分”
直到这“部分”融入“全部”，
你的旅程才告完成。
所以要保护你的身体，
清理和净化你内在的自己，
现出你内在的神，
而完成你的旅程。

C - 32

Remember, it is always -
Easier to retaliate, tougher to endure.
Easier to mask your weakness,
Tougher to reveal them.
Easier to deny the truth, tougher to accept them.
Easier to waste time, tougher to expend it wisely.
Easier to criticize others,
Tougher to praise one's goodness.
Easier to read religious scriptures,
Tougher to put them into practice.
Easier to complain, tougher to sacrifice.
Easier to expect, tougher to give.
Easier to pray, tougher to surrender.
Choosing the easier path is human,
But walking on the path
That is always good, always right,
Not necessarily pleasant,
Is the road that leads you to God.
God sees only beauty.
God knows only truth.
God feels only love.
I am this God that speaks within each of you.
Listen! Recognize! Respond!
Respond to My love with pure love.
Purity is My heartbeat.
Love is My breath.

C - 32

记得，通常都是--
报复较易，忍受较难。
掩饰缺点较易，
暴露缺点较难。
否定事实较易，接受它们较难。
浪费时间较易，善加利用较难。
批评他人的不是较易，
赞美他人的是处较难。
阅读宗教经典较易，
实行之较难。
抱怨较易，牺牲较难。
期盼较易，给与较难。
祈祷较易，降服较难。
选择较易走的路是人的天性，
但要选择一条
永远是光明的，永远是正确的，
未必是舒畅的，
而是引领你归向神的康庄大道。
神只看美。
神只看真。
神只感觉爱。
我就是从你们每一个人内在说话的这个神。
要聆听！体认！回应！
以纯爱去回应我的爱。
纯净是我的心跳，
爱是我的气息。

C - 33

Be charitable towards God.
By charity I do not mean
Giving of "money" and worldly "things"
No! No! God does not need that.
Offer to Him all your anger,
All your hatred and greed,
All your jealousy and envy.
Why are you holding on to things,
That will only grow more and destroy you one day?
Give them to Me. I am eagerly waiting to accept.
Let the love within you stay,
Grow and spread to all.
Let the spark of sacrifice become a hungry fire
And consume your greed.
Let the sweetness of purity,
Flow from your heart to all around.
Let the whirlwind of falsehood drop,
And a cool peaceful breeze of truth prevail.
Come to Me and offer all that you have.
All that you offer is a gift of love to Me.
I do not discriminate and I do not choose.
I am only here to take away your darkness,
And lead you in the stream of your light.

C - 33

要对神慷慨。
慷慨不意味着
给与“金钱”和世俗的“物质”
不！不！神不需要那些东西。
供奉给“他”，你所有的愤怒，
你所有的憎恨和贪婪，
你所有的嫉妒与猜忌。
你为什么抓住不放那只会
日益滋长而有一天会毁掉你的东西？
把它们交给我。我正热切地等着接受。
让你内在的爱留下，
成长和扩散到每一个人。
让牺牲之火花变成熊熊烈火
而吞噬你的贪婪。
让‘纯净’的芬芳，
自你内心流向你周围的人。
让虚伪的旋风止息，
而以清爽平和的真理微风代之。
到我这儿来吧！供奉你拥有的一切。
我视你所供奉的一切为爱的礼物来接受。
我不分别也不选择。
我只在此带走你的黑暗，
而在你的光线中引领你前进。