

簡介

內識進階是一部關於內在認知的書。它是一個一年期的學習計劃，分為 365 階（或課程），如此設計，是為了讓學生能夠開始學習在這個世界上體驗並應用他們的自我內識或靈性力量。內識進階通過循序漸進的方式來達成這一任務，因為學生們被賦予的是最基本的思想和練習，這使得這一目標成為可能。每天的練習為學生提供了一個堅實的體驗基礎，並將發展對於無論是世俗成功還是靈性進步都很必要的思考力、洞察力和自我推力。

什麼是內識？

內識進階里對內識的描述是這樣的：

「內識代表了你真正的自我，你真正的思想和你在宇宙中的真正關係。它還掌握著你在這個世界里的更偉大召喚，和對你的天性的完美應用，包括你所有天賦的能力和技巧，甚至包括你的弱點，都能被良好地貢獻給這個世界。」（第二階）

內識是造物主賦予每個人的更深刻靈性思想。它是所有有意義的行動、貢獻和關係的源泉。它是我們天然的內在指導系統。它的實相是神秘的，但它的臨在能被直接體驗到。內識以超凡的智慧和有效性，指導每個人發現他或她的正確關係、工作和貢獻。它同樣有效地讓個人做出準備，以認清前進道路上存在的許多陷阱和欺騙。它是帶著確定性和力量去看、去認知和去行動的基礎。它是生命的基礎。

內識進階是為誰準備的？

內識進階是一條學習路徑，它為那些感受到某種靈性召喚和宗旨已經在生命中浮現，但需要一種新的方式去完全理解它的含義的人而準備。通常這些人已經感受到這種牽引力很長時間了。內識進階為他們提供了能夠開始對這一召喚做出回應的基礎。它對學生入門的唯一要求是具備誓要認自己的宗旨、意義和方向的決心。

此課程要實現的目標的是什麼？

內識進階既代表了一條通向上帝之路，也代表了一條為世界做出貢獻之路。它引導學生去解決生命中的兩個最基本問題：我是誰？我為何在這裡？內識進階以宗旨、關係和社區為背景探討這些問題。它強調每個人都在世間尋求解答這些問題，這一追求隱藏於所有被認為是有意義的渴望和行動之中。對於宗旨、關係和社區的體驗，給人們帶來了他們在任何特定時刻都能夠擁有的意義和身份認同感，無論那是怎樣的一種感覺。進階里指出，這些需求對每個人都是內在固有的，並且每個人皆從他們的古老家園帶來了對這些需求的答案。因此它提出，每個人在他們的內在，在他們的自我內識里已經不知不覺地攜帶著他們的自我實現。

通過練習和啓示，內識進階為學生提供了發現內識、接觸內識並在所有境況中遵循內識的必要構架。通過這樣，他們開始發現生命中的真正方向。每天堅持學習，將建立起唯有持續的自我應用才能提供的技能和自信。

喚回和運用自我內識是這本靈性修習書籍和它的教程的宗旨。每一階所強調的是同時發展學生的內在和外在生活，因為內識（自我認知）和智慧（自我運用）必須同時產生。這樣，通過學習和應用內識之路，學生們自然地發展起耐心、客

觀性、洞見、力量、寬容以及持久的自我價值感。

它是如何被給予人類的？

內識進階於 1989 年春天被示現給 Marshall Vian Summers 老師。它在一種啓示的狀態里被接收，前後經歷 14 天時間。內識進階由一組隱形的靈性導師提供，他們稱自己為大社區教師。他們的訊息是宇宙性的，然而他們的教育方法是特別針對我們這個世界這個時代的。

為什麼要寫這本書？

我們的世界正處於邁進周遭宇宙智能生命大社區的關口。因此，此刻需要的是對關係、靈性和人類進步的一種更宇宙性的理解和視野。內識進階是提供給那些有希望成為人類歷史的下一個偉大時期的主要貢獻者的人們的，在這個時期里人類開始和來自大社區的其他智能族群相遇。這是我們所面臨的最巨大關口。然而從大社區的觀點來看，很顯然人類沒有做好準備。在此背景下，一個新的靈性理解和教程被提供給這個世界，因為造物主不會拋棄人類，讓人類對向大社區的邁進毫無準備。因此，一種非常獨特的靈性準備被賦予人類，它讓人們能夠獲得服務於一個變遷中的世界所需要的力量、慈悲和技能。為了讓這些人進行準備，去發現他們生命的更偉大召喚，內識進階和其他相關書籍作為一個指引和一種資源被呈現給他們。

如何與進階協作？

為了使你從內識進階的學習中獲得最大的效果，請考慮以下的建議：

- 內識進階是一套完整的學習計劃。每一階帶領你攀登得更高，並更接近你的自我發現。所以，要準備好完成整個路徑。如果你不中斷的話，你將實現進步。
- 儘管內識進階是一個自學課程，但建議你找到能夠與之分享你的修習和體驗的其他人。這能最大限度地增加你的學習機會，並為新關係的建立提供一個有意義的基礎。
- 按照進階被提供的那樣，嚴格遵循內識進階里的進階。不要以任何方式改變修習。這是非常重要的。如果你願意，你可以在某一課上停留超過一天，但不要在任何一課上停留太久，否則你會跟不上課程的節奏。
- 不要跳躍或改變順序去修習那些你認為有吸引力的課程。每一課的設計都是為了帶領你一次一個台階的前進。這為你邁向內識的過程提供了一個安全和成功的路徑。遵循和使用專為當天提供的進階。它對那一天來說是完美的。
- 每天的早起和傍晚閱讀課程。在其中一次閱讀里，你也可以用第一人稱進行閱讀，如果你希望為自己去個性化那個訊息的話。
- 內識進階將教你如何修習，以及如何發展有效的學習習慣。有些時候，你可能會發現堅持修習是個挺大的挑戰。然而要記住，進階將通過它的修習來構建你的力量和自我覺知。你是有能力進行這些修習的，而且這些修習將協調和轉化你的生命。
- 每天保留固定的修習時間。不要讓環境主宰你的修習。修習對於構建內識得以出現的環境是最根本的。修習的時間被註明在每一個進階的結尾，以幫助你將修習整合到你的一天之中。

- 記筆記對於跟蹤你的進展和觀察每一階是如何在每天服務於你的，是極其有幫助的。這本筆記是自我發現的一個強大工具，並將幫助你去運用進階。記筆記還能極大地幫助你去利用貫穿整個教程的「復習」練習。
- 保持耐心，並允許進階服務於你。如果你能按照它們被提供的那樣去遵循進階的次序的話，它的力量是驚人的。這需要時間。一個偉大的旅程是由許多小小的進階構成的。每一步都是必須的。
- 如果你錯過了一天的練習，只要重新回歸到練習中就可以了。不用責備自己（或是課程）。你只需要堅持就能獲得它完全的益處。
- 內識進階可能會挑戰那些被珍視的信仰和假設。假如這發生了，那麼接受這一挑戰，並觀察這能給你帶來什麼。你必須超越一個有限的視野去看，以獲得一個更廣大的視野。這樣才能獲得滿足感。
- 內識進階是來自上帝，並通過服務於人類的隱形上師所賦予你的禮物。它是讓你去接收和去奉獻的禮物。

結論：

內識進階的力量和範圍，和它的宗旨一樣偉大。它的來源來自這個世界以外。它教導人們，這個世界正處在邁進由眾多世界組成的大社區的進程中。它提供了激發每個人的靈性力量和世俗能力所需要的一種新的靈性理解和準備。它將補償他們的過去，並讓他們為他們的未來進行準備。內識進階倡導一種比純人類的觀點更廣大的洞察力，以理解世界上和世界外發生的事件。因此恰當地說，內識進階所提供的課程從最真實的意義上代表著宇宙的智慧。

正如進階里常提到的，真理無論多麼抽象，都必須被充分地體驗才能被認知並被正確地應用。這是一個循序漸進的過程。內識進階的推出，是為了服務於那些受到召喚去實現他們的靈性傳承和他們在這個時代身處世界上的宗旨。

INTRODUCTION

Steps to Knowledge is the Book of Inner Knowing. Its one-year study plan, which is divided into 365 「steps,」 or lessons, is designed to enable students to learn to experience and to apply their Self-Knowledge, or Spiritual Power, in the world. *Steps to Knowledge* sets out to accomplish this task in a step-by-step manner as students are introduced to the essential ideas and practices which make such an undertaking possible. Practicing every day provides a solid foundation of experience and develops the thinking, perception and self-motivation necessary for both worldly success and spiritual advancement.

WHAT IS KNOWLEDGE?

Steps to Knowledge describes Knowledge in the following way:

「Knowledge represents your True Self, your True Mind and your True Relationships in the universe. It also possesses your greater calling in the world and a perfect utilization of your nature, all of your inherent abilities and skills, even your

limitations, all to be given for good in the world.」 (STEP 2)

Knowledge is the deeper spiritual mind that the Creator has given to each person. It is the source of all meaningful action, contribution and relationships. It is our natural Inner Guidance system. Its reality is mysterious, but its Presence can be directly experienced. Knowledge is remarkably wise and effective in guiding each person in finding his or her right relationships, work and contribution. It is equally effective in preparing one to recognize the many pitfalls and deceptions that exist along the way. It is the basis for seeing, knowing, and acting with certainty and strength. It is the foundation of life.

WHO IS *STEPS TO KNOWLEDGE* FOR?

Steps to Knowledge has been provided as a Way for individuals who feel that a spiritual calling and purpose are emerging in their lives, but who need a new approach to fully comprehend what this means. Often these individuals have felt this pull for a long time. *Steps* provides a foundation upon which they can begin to respond to this calling. The only entrance requirement is the determination to know one's purpose, meaning and direction.

WHAT IS IT DESIGNED TO ACHIEVE?

Steps to Knowledge represents both a path to God and a path of contribution in the world. It engages the student in solving the two most fundamental questions in life: Who am I? and Why am I here? *Steps* addresses these questions within the context of purpose, relationships and community. It emphasizes that everyone is looking for these in the world and that this pursuit underlies all the desires and endeavors considered to be meaningful here. The experience of purpose, relationships and community gives each person whatever sense of meaning and identity they may have at any given moment. *Steps* indicates that these needs are intrinsic to everyone and that everyone has brought the answer to these needs with them from their Ancient Home. Thus it says that every person carries, unknowingly, their own fulfillment within themselves, within their Self-Knowledge.

Through practice and revelation, *Steps to Knowledge* gives students the necessary structure to find Knowledge, to engage with Knowledge and to follow Knowledge in every situation. With this, they begin to find their true direction in life. Studying every day builds the skill and the confidence that only consistent self-application can provide.

The reclamation and the application of Self-Knowledge is the purpose of this book of spiritual practice and its teaching. The emphasis in each step is to develop the student's inner life and outer life together, for Knowledge (Self-Realization) and

Wisdom (Self-Application) must arise together. Thus, through studying and applying The Way of Knowledge, the student naturally develops patience, objectivity, insight, strength, tolerance and an abiding sense of self-worth.

HOW IT WAS GIVEN

Steps to Knowledge was revealed to the teacher Marshall Vian Summers in the Spring of 1989. It was received over a fourteen-day period in a state of revelation. *Steps to Knowledge* was provided by a group of unseen spiritual teachers who describe themselves as Teachers of the Greater Community. Their message is universal and yet their methods are unique for our time and world.

WHY IT WAS WRITTEN

Our world is at the threshold of emerging into a Greater Community of intelligent life in the universe around us. Therefore, a more universal understanding and perspective on relationships, spirituality and human advancement are needed at this time. *Steps to Knowledge* is provided for those who show promise of being the primary contributors during the next great period in human history, where humanity begins to encounter other intelligent races from the Greater Community. This is the greatest threshold that we have ever faced. Yet from a Greater Community perspective, it is clear that humanity is not prepared. This has set the stage for a new spiritual understanding and teaching to be given to the world, for the Creator would not leave us alone and unprepared for our emergence into the Greater Community. Thus, a spiritual preparation of a very unique kind has been given which can enable men and women to gain the power, the compassion and the skill needed to serve a world in transition. To prepare these individuals to find their greater calling in life, *Steps to Knowledge* and its companion books have been provided as a guide and a resource.

HOW TO WORK WITH *STEPS*

Please consider these following recommendations to enable you to receive the maximum benefit from your study of *Steps to Knowledge*:

_ *Steps to Knowledge* is a complete program of study. Each step takes you higher and closer to your self-discovery. Therefore, plan to go the whole way. If you don't stop, you will advance.

_ Though *Steps to Knowledge* is a self-study program, it is recommended that you find others with whom you can share your practice and experience. This maximizes your opportunity for learning and provides a meaningful basis for new relationships to form.

_ Follow the 「steps」 in *Steps to Knowledge* exactly as they are given. Do not alter the practices in any way. This is very important. You may stay on one lesson for more than a day if you wish, but do not stay on any lesson for too long or you may lose

pace with the curriculum.

_ Do not skip ahead or alter the sequence to practice lessons that you find to be attractive. Each lesson is designed to take you one step at a time. This provides a safe and successful passage in your approach to Knowledge. Follow and utilize the step for the day. It is perfect for that day.

_ Read the lesson both in the morning when you arise and later in the day. You may also read the lesson in the first person, on one of these occasions, if you wish to personalize the message for yourself.

_ *Steps to Knowledge* will teach you how to practice and how to develop effective study habits. At times you may find that staying with the practices will be quite a challenge. Yet remember that *Steps* will build both your strength and self-awareness through its practices. You are able to do these practices and doing them will harmonize and transform your life.

_ Set aside regular practice times each day. Do not let circumstances dictate your availability to practice. Practice is essential for building an environment for Knowledge to emerge. Practice times have been added at the bottom of each step to assist you in integrating the practice into your day.

_ Keeping a journal is extremely valuable in tracking your progress and in seeing how each step plays a part in serving you every day. The journal is a powerful tool for self-discovery and will assist you in applying the steps. Keeping a journal also will greatly help you in using the REVIEW practices that occur throughout the curriculum.

_ Be patient and allow the steps to work for you. It is amazingly powerful if you follow the sequence of the steps as they are given. This takes time. A great journey is made up of many little steps. Each one is necessary.

_ If you miss a day, simply return to practice. Do not condemn yourself (or the program). You need only continue in *Steps* to receive its full benefit.

_ *Steps to Knowledge* may challenge cherished beliefs and assumptions. If this occurs, accept this challenge and see what it holds for you. You must see beyond a limited viewpoint to gain a greater one. This is where satisfaction is achieved.

_ *Steps to Knowledge* is a gift to you from God through the unseen teachers who serve humanity. It is a gift for you to receive and to give.

IN CONCLUSION

The power and scope of *Steps to Knowledge* is as great as is its purpose. Its Source is from beyond this world. It teaches that the world is in the process of entering into a Greater Community of Worlds. It offers a new spiritual understanding and preparation that are needed to activate each person's spiritual powers and worldly abilities. This will redeem their past and prepare them for their future. *Steps to Knowledge* advocates a perspective greater than a purely human point of view in comprehending events within the world and beyond. It would be appropriate then to say that the curriculum in the *Steps to Knowledge* represents Universal Wisdom in the truest sense.

As *Steps* so often indicates, the Truth, however conceptualized, must be fully

experienced to be realized and properly applied. This is a step-by step process. To serve those who are called to realize their spiritual heritage and purpose in the world at this time, *Steps to Knowledge* has been given.

Step 1

I AM WITHOUT KNOWLEDGE NOW.

THERE MUST BE A STARTING POINT at any juncture of development. You must start from where you are, not from where you want to be. You start here in the understanding that you are without Knowledge. That is not to say that Knowledge is not with you. It is simply to say that you are not with Knowledge. Knowledge is waiting for you to proceed. Knowledge is waiting to give itself to you. Therefore, you are beginning now to prepare to be in relationship with Knowledge, the greater aspect of mind that you have brought with you from your Ancient Home.

THREE TIMES TODAY SPEND 10 MINUTES thinking about what Knowledge is, not merely applying your own ideas, not merely applying your past understanding, but thinking about what Knowledge really is.

PRACTICE 1: *Three 10-minute practice periods.*

第 1 階 我現在沒有內識。

在任何發展關頭，都必須有一個起始點。你必須從你現在的位置開始，而不是從你希望的位置開始。你現在從這個理解開始：你沒有內識。這並不是說內識沒有和你在一起，只是說你沒有和內識在一起。內識正在等待著你前進。內識正在等待著把自己奉獻給你。因此，你現在開始準備和內識建立關係，它是你從你的古老家園帶來的更廣大思想層面。

今天用三次時間，每次 10 分鐘，去思考內識是什麼，別只是運用你自己的想法，別只是運用你過去的理解，而是去思考內識到底是什麼。

練習 1： 三個 10 分鐘

Step 2

KNOWLEDGE IS WITH ME. WHERE AM I?

KNOWLEDGE IS WITH YOU, COMPLETELY, but it resides in a part of your mind to which you have not yet gained access.

Knowledge represents your True Self, your True Mind and your true relationships in the universe. It also possesses your greater calling in the world and a perfect utilization of your nature, all of your inherent abilities and skills, even your limitations—all to be given for good in

the world.

KNOWLEDGE IS WITH YOU, BUT WHERE ARE YOU? Today think about where you are. If you are not with Knowledge, where are you?

Therefore, three times today, 10 minutes each, think about where you are, not just physically or geographically, but where you are in terms of your awareness of yourself in the world. Think very, very carefully. Do not allow your mind to distract you from this orientation. It is essential now at the beginning of your preparation to ask these questions very seriously.

PRACTICE 2: *Three 10-minute practice periods.*

第 2 階 內識和我在一起。我在哪裡？

內識和你在一起，完完全全地，但是它存在於你思想中的一個你還未觸及到的部分。內識代表著你真正的自我，你真正的思想和你在宇宙中的真正關係。它還掌握著你在這個世界里的更偉大召喚和對你天性的完美應用，你所有天賦的能力和技巧，甚至你的弱點——都能被良好地貢獻給這個世界。

內識和你在一起，而你在哪裡呢？今天思考你在哪裡。如果你沒有和內識在一起，那你在哪裡？所以，今天用三次時間，每次 10 分鐘，思考你在哪裡，不僅僅是你的身體或地理位置，還要根據你在這個世界上對你自身的覺知，來思考你在哪裡。非常認真地進行思考。不要讓你的思想從這個方向上逃逸。在你進行準備的開始階段，非常有必要嚴肅地提問這些問題。

練習 2：三個 10 分鐘

Step 3

WHAT DO I REALLY KNOW?

TODAY ASK YOURSELF WHAT YOU REALLY KNOW and distinguish what you know from what you think or hope for or want for yourself or your world, what you are afraid of, what you believe in, what you cherish and what you value. Distinguish this question from all such orientations to the very best of your ability and ask yourself,

「What do I really know?」 You must continuously examine whatever answers you give to this question to see if they represent your beliefs or assumptions or the beliefs or assumptions of other people or perhaps even of humanity at large.

THREE TIMES TODAY, FOR 10 MINUTES EACH, ask this question and think very seriously about your response and about the meaning of

this question, 「What do I really know?」

PRACTICE 3: *Three 10-minute practice periods.*

第 3 階 我真正知道些什麼？

今天問自己，你真正知道些什麼，並將你知道的，與那些你認為的、你為你自己和你的世界所希望的或想要的、你擔心的、你相信的、你珍惜的、你看重的區分開來。盡你所能從所有這些方向對此問題加以區分，並問自己：「我真正知道些什麼？」你必須不斷地檢視你就這個問題給出的任何答案，看它們是否代表著你的信仰或假設，或者其他人的甚至是整個人類的信仰或假設。

今天用三次時間，每次 10 分鐘，提問這個問題，並非常嚴肅地思考你所做的回應，以及思考這個問題的含義：「我真正知道些什麼？」

練習 3：三個 10 分鐘

Step 4

I WANT WHAT I THINK I KNOW.

YOU WANT WHAT YOU THINK YOU KNOW, and this is what constitutes the basis of your understanding of yourself and your world. In fact, this constitutes the basis of your whole identity. You will find, however, upon honest examination that your understanding is based upon assumptions primarily, and these assumptions have not been founded upon your experience to a very great degree, if at all.

TODAY IN YOUR THREE BRIEF PRACTICE PERIODS, in which you devote your total attention to examining your assumptions, think about the things you really think you know, including things that you have not thought to question before—things that you think you know.

Today's exercise, then, carries forth from the previous steps where you begin to see the difference between what you think you know and real Knowledge itself and the relationship between what you think of as Knowledge and your own assumptions, beliefs and hopes for things.

THEREFORE, IN EACH PRACTICE SESSION it is very essential for you to think about the things you think you know. When you realize they are based primarily upon your assumptions, you will realize how weak is your foundation in the world. Understanding this may be upsetting and disconcerting, but it is absolutely essential for you to give you the impetus and the desire to discover your true foundation in the world.

PRACTICE 4: *Three 10-minute practice periods.*

第 4 階 我想要我認為我知道的東西。

你想要你認為你知道的東西，這構成了你對自身和你的世界的理解的基礎。事實上，這構成了你整個身份認同的基礎。然而，經過坦誠地檢視，你會發現你

的理解主要是建立在假設的基礎之上，並且這些假設，即使不是完全，至少在很大程度上，並非建立在你的體驗基礎之上。

今天在三次簡短練習時間里，完全專注地檢視你的假設，思考那些你確實認為你知道的東西，包括那些你從未想過要質疑的東西——那些你認為你知道的東西。因此，今天的練習在前面的進階基礎上展開，在那裡你開始看到你認為你知道的和真正的內識之間的區別，以及你認為是內識的東西與你自己對事物的假設、信仰和希望之間的關係。

因此，在每個練習時段裡，你必須去思考那些你認為你知道的東西。當你認識到它們主要是建立在你假設的基礎上時，你將意識到你在這個世界上的基礎是多麼孱弱。認清這點可能是令人失望並令人挫敗的，但這對你來說是絕對有必要的，它將帶給你動力和渴望去發現你在這個世界上的真正基礎。

練習 4：三個 10 分鐘

Step 5

I BELIEVE WHAT I WANT TO BELIEVE.

THIS STATEMENT REPRESENTS THE GREAT FOLLY OF HUMANITY and humanity's most dangerous forms of self-deception.

Beliefs are primarily founded upon what is wished for, not on what is actually happening and not on what is genuine. They may in fact represent the greater ideals of humanity and in this they bear a true reflection, but on a day-to-day basis, and in most practical questions, people base their beliefs on things they hope for, not on things that actually exist. You must have a very sound understanding that the approach to any resolution and to any constructive establishment must begin with current reality. What you are and what you have today must be your starting point.

THEREFORE, IN YOUR THREE PRACTICE PERIODS TODAY, think about this statement. Examine what you believe and then examine what you want. You will find that even your fearful or negative beliefs are associated with your ambitions. Only careful application of today's practice will reveal this to you.

PRACTICE 5: *Three 10-minute practice periods.*

第 5 階 我相信我想要相信的。

這一聲明代表著人類巨大的愚昧和人類最危險的自我欺騙的方式。信仰主要是建立在所希望的東西之上，而不是建立在那些真正發生的和真實的東西之上。它們或許的確代表了人類的偉大理想，在這方面它們包含著真正的深思，但是在日常生活中，在大量的實際問題上，人們把他們的信仰建立在他們所希望的事情上，而不是確實存在的事情上。你必須對此有一個非常正確的理解，即尋求任何解決方案和任何有建設性的構建，都必須從眼前的現實著手。你現在是什麼和你

今天擁有什麼必須成為你的起始點。

因此，在今天的三次練習時段裡，思考這個聲明。檢視你相信的，然後檢視你想要的。你會發現即使是你的那些可怕的或負面的信仰，都與你的野心相關。唯有認真運用今天的練習，才能夠把這揭示給你。

練習 5：三個 10 分鐘

Step 6

I HAVE A TRUE FOUNDATION IN THE WORLD.

BEYOND THE BELIEFS AND ASSUMPTIONS which mask your own fear and uncertainty, there exists for you a true foundation in the world. This foundation is built upon your life beyond this world, for that is where you have come from and that is what you will return to. You have come from a place to which you will return, and you have not come empty-handed.

TWICE TODAY, SPEND TWO LONGER PERIODS of 15 to 20 minutes in considering what your true foundation may be. Think of all your ideas about this. This is a very important question. You must realize your great need for this to ask this question with sincerity and with penetrating depth.

WITHOUT A TRUE FOUNDATION, your real accomplishments and advancement would be without hope. It is a great blessing, then, that you possess this, even if it is unknown to you.

PRACTICE 6: *Two 15 to 20-minute practice periods.*

第 6 階 我在這個世界上擁有一個真正的基礎。

除卻那些掩飾你的恐懼和不確定的信仰和假設之外，這個世界上確實存在著你的一個真正基礎。這個基礎是建立於你在這個世界之外的生命上面，因為那是你來自的地方，也是你將回歸的地方。你來自一個你終將回歸的地方，而且你不是空著手而來的。

今天用兩次時間，每次 15-20 分鐘，思考你真正的基礎可能是什麼。思考你關於這一點的所有想法。這是個非常重要的問題。你必須意識到你非常需要它，從而能夠帶著真誠和穿透性的深度來提問這個問題。

沒有一個真正基礎，你真正的成就和進步將會是無望的。因此，擁有這一基礎，是對你的一個偉大賜福，即使你對它還一無所知。

練習 6：兩個 15-20 分鐘

Step 7

REVIEW

IN TODAY'S TWO PRACTICE PERIODS, review all that we have covered thus far, beginning with the first step and continuing on up to include the preceding day's step. Then consider the entire sequence of the steps together. It is very important at this juncture that you not require that you have any conclusions, but that you ask questions and realize the extent to which you need true Knowledge. If you undertake this practice today sincerely, it will be most evident that you have this great need. You are vulnerable without your assumptions, but you are also in a position to receive truth and certainty in life.

TAKE TWO PRACTICE PERIODS TODAY, 30 minutes each, to consider these things.

PRACTICE 7: Two 30-minute practice periods.

第 7 階 復習

在今天的兩個練習時段裡，復習所有已經講過的內容，從第一階開始，一直到前一天的第六階。然後按所有六階合在一起的完整順序進行思考。在此要強調的是，你不需要給出任何結論，而是要提問題，並意識到你是多麼需要真正的內識。如果你能認真地進行今天的練習，就能很明顯地意識到你的巨大需要。沒有了你的那些假設你顯得很孱弱，但同時你也確立了你的位置，去開始接收生命中的真理和確定性。

今天用兩次時間，每次 30 分鐘，思考這些事情。

練習 7：兩個 30 分鐘

Step 8

TODAY I WILL BE STILL.

IN YOUR TWO MEDITATION PRACTICES TODAY, practice stillness for 15 minutes. Begin by taking three deep breaths and then focusing on an internal point. It may be an imaginary point or it may be a point in your physical body. With eyes closed, simply give this your full attention, without judgment and evaluation. Do not be discouraged if early attempts prove difficult. Beginning anything important in life can be difficult at first, but if you persist, you will achieve this great goal, for in stillness all things can be known.

PRACTICE 8: Two 15-minute practice periods.

第 8 階 今天我將靜心。

在今天的兩次冥想練習中，用 15 分鐘練習靜心。從三次深呼吸開始，然後專注在內在的某一點上。這可以是一個想象中的點，或是你身體內的某一點。將眼睛閉上，僅僅是全然地專注，不帶評判和評估。不要灰心，也許剛開始會有困難。在生命中開始任何重要的事情時都是困難的，但只要你能堅持下去，你就能實現這一重大目標，因為在靜心裡，一切都能被認知。

練習 8：兩個 15 分鐘

Step 9

IN STILLNESS ALL THINGS CAN BE KNOWN.

STILLNESS OF MIND ALLOWS A GREATER MIND TO EMERGE and to reveal its Wisdom. Those who cultivate stillness with a desire for Knowledge will be preparing themselves for greater revelation and true insight to emerge. The insight may emerge during practice or during any normal activity. The important aspect here is that the preparation has been made.

TWICE TODAY PRACTICE YESTERDAY'S PRACTICE OF STILLNESS, but practice without the expectation of a result. Do not use this practice to ask any form of question because you are practicing stillness, in which all speculation, all questions and all searching end. For 15 minutes, twice today, practice stillness once again.

PRACTICE 9: *Two 15-minute practice periods.*

第 9 階 在靜心裡一切都能被認知。

思想的靜止使得一個更偉大的思想得以浮現，並顯現它的智慧。那些帶著對內識的渴望培養靜心的人，是在為更偉大啓示和真正洞見的出現而進行準備。這一洞見可能出現在練習過程中，或者出現在任何日常的活動中。重點是要進行準備。

今天用兩次時間，練習昨天的靜心修習，但不要期待任何結果。不要利用這一練習來提問任何形式的問題，因為你是在練習靜心，在這裡所有的揣測、所有的問題和所有的追尋都終止了。今天用兩個 15 分鐘，再次練習靜心。

練習 9：兩個 15 分鐘

WHY AM I DOING THIS ANYWAY?

VERY GOOD QUESTION! Why are you doing this anyway?

Why are you asking such questions? Why do you seek for greater things? Why are you exerting the effort? These questions are

inevitable. We anticipate them. Why are you doing this? You are doing this because it is essential. If you wish to live anything greater than a purely superficial and unstable life, you must penetrate deeper and not be confident based only upon weak assumptions and hopeful expectations. There is a greater gift awaiting you, but you must prepare yourself mentally, emotionally and physically. Without Knowledge, you are unaware of your purpose. You are unaware of your origin and your destiny, and you will pass through this life as if it were a troubled dream and no more.

我到底為什麼要做這些？

這個問題非常好！你到底為什麼要做這些呢？你為什麼要問這些問題呢？你為什麼要尋求更偉大的東西呢？你為什麼要做出這些努力呢？這些問題是不可避免的。我們預料得到。你為什麼要做這些？你做這些是因為這是必要的。如果你想過某種比純粹膚淺而不穩定的生活更加偉大的生活的話，你就必須深入更深的層次，而不是僅僅把信心建立在脆弱的假設和一廂情願的期望之上。有一個更偉大的禮物正在等待著你，但你必須在思想上、情緒上和身體上進行準備。沒有內識，你就無法覺知你的宗旨。你無法覺知你的來源和你的天命，你將只會把生命當作一個混亂的夢境來度過此生，別無他選。

Step 10

WHAT IS KNOWLEDGE?

LET US SAY THAT KNOWLEDGE is not the things that are usually associated with it. It is not ideas. It is not a body of information.

It is not a system of belief. It is not a process of selfevaluation.

It is the great mystery of your life. Its outward manifestations are profound intuition, great insight, inexplicable knowing, wise perception in the present and in the future and wise understanding of the past. But despite these great achievements of mind, Knowledge is greater than this. It is your True Self, a Self that is not apart from life.

PRACTICE 10: Read the lesson three times today.

第 10 階 什麼是內識？

可以這樣說，內識並不是人們通常與之聯繫起來的那些東西。它不是思想。它不是一個信息體。它不是一個信仰系統。它不是一個自我評估的過程。它是你生命的偉大神秘。它的外在顯現包括深刻的直覺、偉大的洞見、難以言表的認知、對於現在和未來的智慧的領悟，以及對於過去的智慧的理解。然而除了這些思想上的偉大成就之外，內識還要更加偉大。它是你真正的自我，一個並未與生命分離的自我。

練習 10：今天閱讀三遍本課程

Step 11

I AM NOT APART FROM LIFE.

REGARDLESS OF THE GREAT ESTABLISHMENTS built upon your individuality and all that is associated with you personally—your body, your ideas, your difficulties, your specific forms of expression, your idiosyncrasies, your talents—you are not apart from life. This is so obvious if you look at yourself with simplicity and realize that the very makeup of your body, the very fabric of your physical life, is completely made of what life is in the physical. It is quite apparent that you are made of the same 「stuff」 as everything else around you. What is mysterious is your mind. It seems to be a distinct point of understanding, but it is as much a part of life as your physical fabric. You are an individual unaware of your Source and your total inclusion in life. Your individuality is a burden now, but it will be a great happiness to you when it can express life itself.

PRACTICE 11: *Read the lesson three times today.*

第 11 階 我沒有和生命分離。

無論你在個體基礎上建立了多麼偉大的成就，無論所有那些和你個人相關聯的東西——你的身體、你的思想、你的困境、你特有的表達方式、你的氣質、你的天資——你並沒有和生命分離。這是顯而易見的，假如你單純地去看你自己，就能意識到你身體的構造，你的物質生命的構成，是完全由物質世界里所有生命的構建材質所形成的。很明顯，你和周圍的所有事物都是由同樣的東西所構成的。那個神秘的是你的思想。它看似一個完全不同的理解，但和你的物質構成一樣，它也同樣是生命的一部分。你是一個沒有覺知你的來源和你在生命中的完全包融的人。你的個體性現在對你是個負擔，但是當它能夠表達生命本身時，它將成為你的巨大喜悅。

練習 11：今天閱讀三遍本課程

Step 12

MY INDIVIDUALITY IS TO EXPRESS LIFE ITSELF.

HERE YOUR UNIQUENESS IS A GREAT ASSET and a source of joy, not a source of painful alienation and not a source of painful judgment against yourself or others. This distinction does not elevate you above or place you below anyone else. It merely pinpoints the real purpose behind your individuality and its great promise for the future.

You are here to express something. That is the real meaning given to your individuality because you do not want to be separate anymore.

ON TWO OCCASIONS TODAY, practice two periods of silence exercising the practice that we have illustrated thus far.

PRACTICE 12: *Two 15-minute practice periods.*

第 12 階 我的個體性是為了表達生命本身。

在此，你的獨特性是一個偉大的資產和喜悅的源泉，而不是被痛苦地疏遠和痛苦地對自己或他人進行評判的根源。這一區分並未把你置於任何其他人之上或之下。它只是指出了你的個體性背後的真正宗旨和它在未來的偉大希望。你來此是為了表達某些東西。這是被賦予你的個體性的真正意義，因為你不想再分離。

今天用兩次時間，按照之前的做法練習靜心。

練習 12：兩個 15 分鐘

Step 13

I WANT TO BE SEPARATE TO BE UNIQUE.

THIS THOUGHT REPRESENTS THE TRUE MOTIVE for separation, yet it is unnecessary. We do not give it here as an affirmation but as an expression of your current state. You want to be separate because this defines your self; your self is defined in terms of separation, not in terms of inclusion. Separation is the source of all your pain and confusion of mind. Your physical life demonstrates a separate life but only from a certain point of view. Given another point of view, it does not demonstrate separation at all. It demonstrates a unique expression of a Greater Reality.

ON TWO OCCASIONS TODAY, spend 15 minutes concentrating upon the idea for today. Think seriously about what this lesson means and call upon your own experience to reflect upon its relevance to your life. Reflect upon what your desire for separation has cost you in time, energy and pain. Realize your motivation for separation and you will know that you want to be free.

PRACTICE 13: *Two 15-minute practice periods.*

第 13 階 我想要分離，以顯示獨特性。

這一想法代表了分離的真正動機，然而這是沒有必要的。我們提到它並非是對它的認可，而是要描述你當下的狀態。你想要分離，因為這定義了你的自我；你的自我是通過分離來定義的，而不是通過包融。分離是你所有痛苦和思想迷惑的根源。你的物質生命示現了一個分離的生命，但只是從某一個角度上看。而從

另一個角度上看，它根本就沒有示現分離。它示現了對一個更偉大實相的一種獨特表達。

在今天的兩個時段裡，用 15 分鐘專注於今天的想法。認真思考這一課程意味著什麼，並根據你自身的體驗來反思它與你生命的相關性。反思你對分離的渴望給你造成了怎樣的時間、精力和痛苦的代價。意識到了你分離的動機，那麼你就能認識到，你想要自由。

練習 13： 兩個 15 分鐘

Step 14

REVIEW

ONCE AGAIN REVIEW ALL THE PRIOR LESSONS GIVEN. In this Review reread the instructions that have been given in each step. Also review all of your practice sessions to determine the depth of your involvement in practice and the results that you have experienced. Throughout your study plan, you will be investigating the content of your own experience. This will build upon itself and eventually will reveal to you the realization of your own Knowledge. SPEND ONE PRACTICE PERIOD TODAY of approximately 45 minutes to review all of the instructions and to review the results and quality of your practice. Tomorrow we shall begin the next stage of our preparation together.

PRACTICE 14: *One 45-minute practice period.*

第 14 階 復習

再次復習前面所有的課程。在此次復習中，再次閱讀每一階給出的指引。並且回顧你所有的練習時段，以確定自己在練習中投入的深度和你所體驗到的結果。在整個課程的學習計劃里，你都將去探究你自身體驗的內容。這會逐漸自行積累，並最終將向你示現你內在內識的實現。

今天的練習里，用約 45 分鐘的時間復習所有的指引，並回顧你練習的結果和質量。明天，我們將一起開始我們的下一個準備階段。

練習 14： 一個 45 分鐘

Step 15

I SHALL LISTEN TO MY EXPERIENCE TODAY.

TODAY I WILL LISTEN TO MY EXPERIENCE to find out the content of my mind.」

REALIZE THAT THE TRUE CONTENT OF YOUR MIND is buried beneath all that you have added since the day you were born. This true content wishes to express itself in the context of your current life and current situation. To discern this you must listen carefully and in time realize the difference between the true content of your mind and its messages for you and all the other impulses and wishes that you feel. To separate thoughts from Knowledge is one of the great accomplishments which you will have an opportunity to learn in this course.

THE ONE PRACTICE TODAY OF 45 MINUTES will be devoted to inner listening. This will require that you listen without judgment of yourself, even if the content of your thoughts is disturbing. Even if the content of your thoughts is disagreeable, you must listen without judgment to allow your mind to open. You are listening for something deeper than the mind, but you must go through the mind to get there.

PRACTICE 15: *One 45-minute practice period.*

第 15 階 今天我將聆聽我的體驗。

今天我將聆聽我的體驗，來發現我思想的內容。

要意識到你思想的真正內容，被掩埋在自出生那日起你就在累加的所有東西之下。這個真正的內容希望在你當下生命和當下境況的範疇里表達它自己。要想辨識它，你必須仔細地聆聽，並且慢慢地意識到你思想的真正內容以及它給你的信息，與其他所有你感覺到的衝動和希望之間的區別。將各種想法與內識區分開來，是一個偉大的成就，在本教程里，你將擁有一個機會對此進行學習。

今天的 45 分鐘練習將專注於內在聆聽。這要求你不加自我評判地去聽，即使你思想的內容是混亂的。即使你思想的內容是令你不快的，你也必須不加評判地去聽，從而允許你的思想敞開。你在聆聽某種比思想更深刻的東西，但你必須穿過思想到達那裡。

練習 15：一個 45 分鐘

Step 16

BEYOND MY MIND IS KNOWLEDGE.

BEYOND YOUR MIND IS KNOWLEDGE, the true core of your being, your True Self, not the self that you have constructed to negotiate the world, but your True Self. From this True Self come thoughts and impressions, inclinations and direction. Most of what your True Self communicates to you you cannot yet hear, but in time you will learn to hear as your mind becomes still and as you develop the necessary refinement of listening and discernment.

TODAY PRACTICE IN THREE PERIODS OF 15 MINUTES EACH. Listen more carefully than the day before. Listen for deeper inclinations.

Again you must listen without judgment. You must not edit anything.

You must listen deeply so that you may learn to hear.

PRACTICE 16: Three 15-minute practice periods.

第 16 階 超越我的思想的是內識。

超越你的思想的是內識，你存有的真正核心，你真正的自我，不是那個你構建起來走過這個世界的自我，而是你真正的自我。從這個真正的自我，會生成想法和印象、傾向和方向。你還無法聽到你的真正自我對你進行的大部分溝通，但是慢慢地，當你的思想變得安靜並且當你發展了聆聽和辨識力的必要提升時，你將學會聆聽。

今天練習三次，每次 15 分鐘。比前一天更加仔細地去聆聽。聆聽那更深刻的傾向。再次重申，你必須不加評判地去聽。你必須不做任何修訂。你必須深入地聽，這樣你就能夠學習聆聽。

練習 16：三個 15 分鐘

Step 17

TODAY I WANT TO HEAR THE TRUTH.

THE DESIRE TO HEAR THE TRUTH is something that is both a process and the result of true preparation. Developing the ability to hear and the desire to hear will yield to you that which you seek. The truth is utterly beneficial to you, but at first it can be quite shocking and disappointing to your other plans and goals. This you must risk if you wish to have the certainty and the empowerment that the truth will bring to you. The truth always brings resolution of conflict, always provides an experience of self, always gives you a sense of current reality and always provides direction for you to move forward.

TODAY, IN YOUR THREE 15-MINUTE PRACTICE PERIODS, practice listening to the truth, trying to listen beyond the mind and emotions. Again do not be concerned if all you hear is the rushing about of your own thoughts. Remember, you are developing listening. That is the most important thing. Like exercising a muscle in the body, you are exercising the faculty of mind called listening. Therefore, this day practice listening, taking these practice periods to devote yourself so that you may feel the truth arising within you.

PRACTICE 17: Three 15-minute practice periods.

第 17 階 今天我想聽見真理。

對於聽見真理的渴望，既代表了真正準備的過程，也代表了真正準備的結果。發展聽的能力和對聽的渴望，將會把你所追尋的東西帶給你。真理對你來說有巨大益處，但在開始的時候，它可能對你的其他計劃和目標產生很大的震撼和打擊。如果你想獲得真理帶給你的確定性和賦權的話，你就必須承擔這個風險。真理總能帶來對衝突的解決方案，總能帶來對自我的體驗，總能帶給你對當下實相的感知，並且總能為你提供前進的方向。

在今天三次的 15 分鐘練習時間里，練習聆聽真理，努力超越思想和情緒去聆聽。再次重申，不要擔心你所聽到的都是你自己思想的奔逸。記住，你在發展聆聽。這是最重要的事。就像鍛鍊身體的某塊肌肉一樣，你在鍛鍊思想的一種被稱作聆聽的技能。因此，今天練習聆聽，完全投入這些練習中，這樣你就能夠感知真理在你內在升起。

練習 17： 三個 15 分鐘

Step 18

TODAY I FEEL THE TRUTH ARISING WITHIN MYSELF.

THE TRUTH MUST BE FULLY EXPERIENCED. It is not merely an idea; it is not merely an image, though images and ideas may accompany it. It is an experience, and so it is something that is deeply felt. It may manifest in slightly different ways for those who are beginning to penetrate it, but nonetheless it will arise. It is something you must feel. To have a feeling orientation, your mind must be still. Truth is something you will feel with your entire body, with your entire being.

KNOWLEDGE DOES NOT SPEAK TO YOU AT EVERY MOMENT, but it always holds a message for you. To come into the proximity of Knowledge means that you become more and more like Knowledge itself—more whole, more consistent, more honest, more devoted, more concentrated, more self-disciplined, more compassionate and more self-loving. All of these qualities are developed as you approach that which is the source of these qualities.

IT IS IN THIS DIRECTION THAT YOU WILL PRACTICE moving today as you feel the truth arising within yourself. This will join all aspects of you, giving you a uniform experience of yourself. In your three 15-minute practice periods, give your full attention to feeling the truth arising within yourself. Practice in stillness, and do not be discouraged if it is difficult at first. Simply practice and you will proceed.

THROUGHOUT THE DAY AS WELL, without doubt or hesitation, pursue your true goal in life. From this true goal will come all of the important things that you will need to accomplish and the great power of vision and discernment that will allow you to find those individuals that you have come into the world to find.

PRACTICE 18: *Three 15-minute practice periods.*

第 18 階 今天我感知真理在我內在升起。

真理必須被充分地體驗。它不僅僅是一個想法；它不僅僅是一個形象，儘管形象或想法可能會伴隨著它。它是一種體驗，因此它是被深刻感知的某種東西。對於剛開始深入它的人來說，它可能會以各種不太相同的形式示現，但無論如何，它都會呈現。它是你必須去感受的東西。為了獲得感知的方向，你的思想必須靜止。真理是某種你將用你整個身體，用你整個存有去感受的東西。

內識不會時時刻刻對你講話，但它總是為你持有一個訊息。向內識靠攏意味著你變得越來越像內識本身——更加完整、更加一致、更加坦誠、更加奉獻、更加專注、更加自律、更加慈悲和更加自愛。當你走向所有這些品質的本源時，所有這些品質都會被發展起來。

今天，當你感受到真理在你的內在升起時，你正是在練習向這個方向行進。這將聯接起你的各個層面，給你一種對自我的統一體驗。在三個 15 分鐘的練習時段裡，完全專注於感受真理在你內在的升起。在靜心中練習，如果剛開始很困難，不要洩氣。只要練習你就能進步。

同樣，在今天一整天里，不要帶著懷疑或猶豫，要去追求你生命里的真正目標。隨著這個真正目標而來的，是所有你將需要去完成的重要事情，和使你得以找到那些你來到這個世界要尋找的人的視野和辨識力的偉大力量。

練習 18：三個 15 分鐘

Step 19

TODAY I WISH TO SEE.

THE DESIRE TO SEE IS LIKE THE DESIRE TO KNOW. It too requires a refinement of your mind's faculties. To see with clear vision means you are not seeing with preference. It means that you are able to perceive that which is actually occurring rather than that which you wish to see. There is something actually occurring beyond your wishes. This is very true. The desire to see, then, is the desire to see a greater truth. This requires a greater honesty and a greater openness of mind. **TODAY IN YOUR TWO PRACTICE SESSIONS,** practice looking upon one simple mundane object. Do not take your eyes off of that object, but look and practice looking very conscientiously. You are not trying to see anything. You are simply looking with an open mind. When the mind is open, it experiences its own depth, and it experiences the depth of what it is perceiving.

CHOOSE ONE SIMPLE OBJECT THAT HAS VERY LITTLE MEANING for you and gaze upon it twice today for at least 15 minutes. Allow your mind to become very still. Breathe deeply and regularly as you gaze

upon this object. Allow your mind to settle down into itself.

PRACTICE 19: *Two 15-minute practice periods.*

第 19 階 今天我想看見。

對於看見的渴望就如同對於認知的渴望。它同樣要求對你思想技能的提升。帶著清晰的眼光去看，意味著你不是帶著偏好去看。它意味著你能夠察覺實際發生的事情，而不是你想看到的事情。某些事情的確在你的期望之外發生著。這是非常真實的。因此，對看見的渴望，是對看見一個更偉大真理的渴望。這需要一個更坦誠更開放的思想。

在今天的兩次練習時段裡，練習去看一個簡單普通的物件。不要讓你的眼睛離開這個物品，而是去看，練習非常認真地去看。你不要試圖看到任何東西。你只是帶著開放的思想去看。當思想打開了，它將體驗它自己的深度，它將體驗它所觀察的東西的深度。

選擇一個簡單的對你來說沒有什麼意義的物件，今天用兩次至少 15 分鐘的時間注視著它。讓你的思想變得非常靜止。在你注視著這個物品時，深度地均勻地呼吸。讓你的思想停駐在它自己的內在。

練習 19： 兩個 15 分鐘

Step 20

I WILL NOT LET DOUBT

AND CONFUSION SLOW MY PROGRESS.

WHAT CAN SLOW YOUR PROGRESS but your own indecision, and what can breed indecision save that which produces confusion of mind? You have a greater goal which is being illustrated in this program of preparation. Do not let doubt and confusion be an obstruction to you. To be a true student means that you are assuming very little and that you are directing yourself in a manner that you do not prescribe for yourself but which is given to you from a Greater Power. The Greater Power wishes to raise you to its own level of ability. In this way, you receive the gift of preparation so that you may give it to others. In this way, you are given that which you cannot provide for yourself. You realize your individual power and ability because they must be developed in order for you to follow a program of this nature. You also realize your inclusion in life as life strives to serve you in your true development.

THEREFORE, PRACTICE THE SAME PRACTICE that you attempted in the previous day in your two practice periods, and do not let doubt or confusion dissuade you. Be a true student today. Allow yourself to concentrate on your practice. Give yourself to practice. Be a true

student today.

PRACTICE 20: *Two 15-minute practice periods.*

第 20 階 我不會讓懷疑和困惑減慢我的進程。

除了你自己的猶豫不決，還有什麼能減慢你的進程呢？除了那造成思想困惑的東西，還有什麼能引起猶豫不決呢？你擁有一個更偉大的目標，這一準備課程正在對這個目標進行解說。不要讓懷疑和困惑成為你的障礙。做一個真正的學生意味著，你很少去假設，你不會以自己預設的方式引導自己，而是遵循一個更偉大力量給你提供的方式。這一更偉大力量希望把你提升到它自身的能力水平上。通過這種方式，你接收這一進行準備的禮物，這樣你就能夠將它奉獻給其他人。通過這種方式，你被賦予你無法給予你自己的東西。你認識到你個人的力量和能力，因為這些必須被發展起來，從而讓你能夠遵循一個這樣特質的課程。同時，當生命在竭盡全力為你真正的發展進行服務時，你也認識到了你在生命中的包融。

因此，在你的兩次練習時段裡，進行和前一天同樣的練習，不要讓懷疑或困惑阻礙你。今天，做一個真正的學生。讓自己專注在練習上。全心投入練習中。今天，做一個真正的學生。

練習 20：兩個 15 分鐘

Step 21

REVIEW

IN YOUR THIRD REVIEW, review all the lessons of the past week and the results of those lessons. Practice today not making any conclusions, but simply recognize the line of development and take note of the progress that you have made thus far. It is too early to make genuine conclusions, though it may be very tempting to do so. Beginning students are not in a position to judge their curriculum. This right must be earned and comes later if you wish for your judgments to have true effect and to be wise.

THEREFORE, IN YOUR ONE PRACTICE PERIOD, review the last section of practice and all that has been experienced thus far.

PRACTICE 21: *One 45-minute practice period.*

第 21 階 復習

在第三次的復習里，對上一周的所有課程及這些課程產生的結果進行復習。今天練習不做任何結論，而僅僅是認知發展的路線，並對你至今所實現的進展進行記錄。現在要想做出有意義的結論還為時太早，儘管你特別想嘗試去做結論。初級學生尚不具備評判他們課程的能力。如果你希望你的評判具有真正的效果和智慧的話，你必須去掙得這一權利，並且這一權利只會在以後到來。

因此，在你今天這個練習時段裡，對前一段的練習和你所體驗到的所有進行復習。

練習 21：一個 45 分鐘

Step 22

I AM SURROUNDED BY THE TEACHERS OF GOD.

YOU ARE INDEED SURROUNDED BY THE TEACHERS OF GOD, who have undertaken a training in many ways similar to the one you are doing now. Though given in many different forms, in different eras, in different worlds, a very similar kind of training was given to them that was geared wisely to their former state of mind and circumstances in life.

TODAY, IN TWO 15-MINUTE PRACTICE PERIODS, feel the presence of the Teachers of God. You cannot yet see them with your eyes, and you cannot yet hear them with your ears because these faculties of sense have not been refined sufficiently yet, but you can feel their presence, for their presence surrounds and protects you. In your practice, let not other thoughts interfere. Do not give in to doubt or confusion, for you must prepare to have the reward that you seek, and you must know that you are not alone in the world to have the strength, the confidence and the resource of Wisdom necessary to achieve that which you were sent here to achieve.

YOU ARE SURROUNDED BY THE TEACHERS OF GOD. They are here to love, support and direct you.

PRACTICE 22: *Two 15-minute practice periods.*

第 22 階 我被上師們圍繞著。

你確實被上師們圍繞著，他們曾經接受過很多方面與你正在做的很類似的培訓。儘管形式不同，年代不同，世界不同，他們也被給予了一種非常類似的培訓，那些培訓也曾按照他們以前的思想狀態和生活境況進行了智慧地調整。

在今天的兩次 15 分鐘練習時段裡，感受上師們的存在。你還無法用你的眼睛看到他們，用你的耳朵聽到他們，因為這些感官的技能還沒得到足夠的提升，但你仍能感受到他們的存在，因為他們的存在環繞和保護著你。在你的練習里，不要受其他想法的干擾。不要屈服於懷疑和困惑，因為你必須進行準備才能得到你所尋求的回報，並且你必須認知，你在世界上不是孤單的，從而能夠獲得必要的力量、信心和智慧資源去實現你被派來完成的事情。

你被上師們圍繞著。他們在這裡關愛、支持並引導著你。

練習 22：兩個 15 分鐘

Step 23

I AM LOVED, SURROUNDED AND SUPPORTED
BY THE TEACHERS OF GOD.

THE TRUTH OF THIS WILL BECOME SELF-EVIDENT as you prepare, but for now it may require great faith. This idea may challenge existing ideas or beliefs, but it is true nonetheless. God's Plan is invisible and recognized by very few because very few have the openness of mind and the quality of attention that will allow them to see what is obviously occurring around them, which at this point is not obvious to them at all. Your Teachers love you, surround you and support you, for you are emerging into Knowledge. This calls them to your side. You are one of the few who has the promise and the opportunity to emerge from the sleep of your own imagination into the grace of Reality.

THEREFORE, IN YOUR TWO PRACTICE PERIODS TODAY, feel this love, support and direction. It is a feeling. It is not ideas. It is a feeling. It is something you must feel. Love is something you must feel to know. You are indeed loved, surrounded and supported by your Teachers, and you are very worthy of their great gift to you.

PRACTICE 23: *Two 15-minute practice periods.*

第 23 階 我被上師們關愛、圍繞和支持著。

在你進行準備的進程中，這一真相會不證自明，但是現在，這需要巨大的信念。這一想法可能會挑戰現有的想法和信仰，但它依然是真實的。上帝的計劃是無形的，只會被極少數人認知，因為只有極少數人擁有開放的思想和所需的專注力，使他們能夠看到那些顯然正在他們周圍發生著，但在當下又的確很不明顯的事情。你的老師們關愛著你，圍繞著你，並支持著你，因為你正邁進內識。這把他們召喚到了你的身邊。你是少數人中的一員，有希望、有機會從自我幻想的睡夢中走出，並邁進實相的恩寵里。

因此，在今天的兩次練習里，感受這份愛、支持和引導。這是一種感覺。這不是想法。這是一種感覺。這是某種你必須去感知的東西。愛是某種你必須感受到，從而能夠認知的東西。你的確被你的上師們關愛著、圍繞著和支持著，並且你完全值得他們賦予你的偉大禮物。

練習 23：兩個 15 分鐘

Step 24

I AM WORTHY OF GOD'S LOVE.

YOU ARE INDEED WORTHY OF GOD'S LOVE. In fact, you really are God's love. Without pretense of any kind, at the very core

of yourself, this is your True Self. It is not the Self you yet experience, and until you do experience it, do not pretend that this is your experience. But hold in true awareness that this is your Self. You are a person, but you are greater than a person. How can you be unworthy of God's love if that is what you are? Your Teachers surround you and provide that which you are so that you may experience yourself and your true relationship with life.

IN YOUR TWO PRACTICE PERIODS TODAY, practice receiving once again the love, support and direction of your Teachers, and if any thought obstructs this, if any feeling prevents this, remind yourself of your great worthiness. You are worthy not for what you have done in the world. You are worthy for who you are, where you have come from and where you are going. Your life may be filled with errors and mistakes, wrong decisions and poor choices, but you have still come from your Ancient Home to which you will return. Your worthiness in the sight of God is unchanged. There is only great effort to repair your errors so that you may experience your True Self so that it may be rendered into the world.

THEREFORE, IN YOUR PRACTICE PERIODS, practice receptivity and experiencing true worthiness. Let no thought conflict with the greatest truth of life.

PRACTICE 24: *Two 15-minute practice periods.*

第 24 階 我值得上帝的愛。

你的確值得上帝的愛。事實上，你本來就是上帝的愛。在你內在的核心，那是你真正的自我，不帶任何矯飾。那不是你現在體驗到的自己，除非有天你真正體驗到了，否則不要假裝這是你的體驗。但是要堅持一個真正的認知，即那才是你的自我。你是一個人，但你比一個人更加偉大。如果那才是真正的你，你怎麼可能不值得上帝的愛呢？你的上師們圍繞著你，滋養著那個真正的你，這樣你就能夠體驗你自己，以及你與生命的真正關係。

在今天的兩次練習時段裡，再次練習接收你的上師們的愛、支持和引導，如果有任何思想阻礙它，任何感覺阻止它，你就提醒自己你的偉大價值。你的價值並非因為你在這個世界上做了些什麼，而是因為你是誰，你從哪裡來，以及你要到哪裡去。你的生命或許充滿了過失和錯誤，錯誤的決定和差勁的選擇，但你依然來自你的古老家園，並將回歸那裡。在上帝的眼裡，你的價值是永遠不變的。在此只需要你付出巨大的努力去修補你的過失，這樣你就能夠體驗到你真正的自我，由此它就能夠被奉獻給這個世界。

因此，在今天的練習時段裡，練習接收性，並體驗真正的價值感。不要讓任何想法對抗這一生命的最偉大真理。

練習 24：兩個 15 分鐘

Step 25

I AM AT ONE WITH THE GREATEST TRUTH OF LIFE.

WHAT IS THE GREATEST TRUTH OF LIFE? It is something that must be experienced, for no great truth can be contained in an idea alone, though ideas may reflect it within your current experience. Great truth is a product of great relationship. You hold a great relationship with life. You hold a great relationship with your true Teachers who are within you. Eventually you will experience great relationship with those in your outer life, but first you must experience the source of your great relationship in its true establishment already. Then it is a matter of merely transferring it to the world outside, which you will do naturally in time.

IN YOUR TWO PRACTICE PERIODS, practice feeling this relationship. Again you are asked to receive because you must receive this to give it. Once it is received, it will give of itself naturally. In the process of this your worth is re-established because it is quite apparent. You do not need to misrepresent yourself or your experience. To share a great love honestly means you must be experiencing it. It is this experience that we wish to give you today.

PRACTICE 25: *Two 15-minute practice periods.*

第 25 階 我和生命最偉大的真理是一體的。

什麼是生命最偉大的真理？這是必須去體驗到的東西，因為任何偉大的真理都不能只存在於一個想法里，儘管有時想法會在你的當下體驗里反映出真理。偉大的真理是偉大關係的產物。你擁有著與生命的偉大關係。你擁有著與存在於你內在的真正上師們的偉大關係。最終，你將能體驗到與外在生活里的人的偉大關係，但首先你必須已然體驗到那個真實存在的你所有偉大關係的源泉。之後要做的只是將它傳遞到外在世界里，這你慢慢地、自然而然地會去做。

在兩次練習時段裡，練習感受這個關係。這裡再次要求你去接收，因為你必須先接收它，才能奉獻它。當它被接收到時，它會自然而然地奉獻它自己。在此過程中，你將重新建立你的價值感，因為這是很顯然的事。你不需要偽裝你自己或你的體驗。去真誠地分享一份偉大的愛，意味著你首先必須體驗到它。我們今天希望給予你的正是這一體驗。

練習 25： 兩個 15 分鐘

Step 26

MY ERRORS GIVE BIRTH TO MY KNOWLEDGE.

IT IS POINTLESS TO JUSTIFY ERROR, but error can bring you to value truth, and in this it can lead to true Knowledge. This is its

only possible value. We do not condone error, but if error occurs, we wish to make it serve your truest need so that you may learn from it and repeat it no more. It is not merely for you to forget your errors, for you cannot do that. It is not merely for you to justify your errors, for this will make you dishonest. It is not merely for you to look upon your errors as pure service to you, for they have indeed been painful. What this truly means is that you recognize that error is error and then you attempt to use it on your own behalf. The pain of error and the tribulation of error must be accepted, for this will teach you what is real and what is not, what to value and what not to value. Using your error for development means you have accepted the error, and now you are attempting to utilize it to derive value from it because until value is derived from error, it is error only and will be a source of pain and discomfort for you.

TODAY, IN YOUR TWO 30-MINUTE PRACTICE PERIODS, look at specific errors that you have made that have been very painful. Do not try to dismiss the pain of them, but see how in your current circumstances in life you can use them for your own benefit. Using errors in this way can show you what you need to do and what corrections or adjustments need to be made to enhance the quality of your life. Remember that any resolution to error always engenders true recognition and true discernment in relationship.

IN YOUR PRACTICE PERIODS REVIEW THE ERRORS that come to mind as you sit quietly alone, and then see how each one can be utilized to your current benefit. What needs to be learned from them? What must be done that was not done before? What must not be done that was done before? How can these errors be recognized in advance? What were the signs that preceded them and how can such signs be recognized in advance of error in the future?

USE THESE PRACTICE PERIODS for this introspective process and when you are done, do not speak of the results to any other person, but allow the investigation to continue naturally, as it naturally will.

PRACTICE 26: Two 30-minute practice periods.

第 26 階 我的錯誤使我的內識得以出現。

對錯誤進行開脫是沒有意義的，但錯誤會讓你珍視真理，由此，它能夠帶來真正的內識。這是它唯一可能的價值。我們並非寬恕錯誤，但如果錯誤發生了，我們希望它能服務於你最真實的需要，從而你可以從中得到學習，並且不再重復犯錯。這不是簡單地讓你去忘掉自己犯的錯，因為你做不到。這不是簡單地讓你為自己的錯誤開脫，因為這只會讓你變得不坦誠。這不是簡單地讓你把錯誤看作是純粹對你的幫助，因為它們的確是痛苦的。它真正的意義在於，你要認識到錯誤就是錯誤，然後你試圖為了你自身的利益去利用它。錯誤所帶來的痛苦和錯誤

所帶來的磨難必須得到接受，因為這會教給你什麼是真實的，什麼不是，什麼是值得珍視的，什麼不值得。利用你的錯誤來服務於你的進步，意味著你已經接受了這一錯誤，現在你在努力利用它來產生價值，因為除非能在錯誤中獲得價值，否則錯誤僅僅是錯誤，並會成為你痛苦和不安的根源。

今天，在兩個 30 分鐘的練習時段裡，特別去檢視那些你犯過的非常痛苦的錯誤。不要試圖忽略它們所產生的痛苦，而是看到你如何能夠在生命當下的環境里，為了你自身的益處去利用它們。通過這種方式利用錯誤，能夠讓你看到你需要做什麼以及需要進行怎樣的修正和調整來提高你生命的品質。記住針對錯誤的任何解決方案，總能在關係中帶來真正的確認和真正的辨識力。

在練習過程中，獨自一人靜坐下來回顧那些浮現在你腦海裡的錯誤，然後看看如何利用每一個錯誤為你帶來益處。需要從中學到什麼？什麼事情之前沒做現在必須做？什麼事情之前做了現在一定不能去做？這類錯誤如何能在事前被認知？什麼樣的跡象會預示錯誤的發生以及未來如何在犯錯之前認出這些跡象？

利用這些練習進行內省，結束以後，不要把結果對其他任何人講，而是讓這一檢視行為自然地繼續下去，這會自然而然地發生。

練習 26：兩個 30 分鐘

Step 27

I HAVE A WISDOM THAT I WISH TO DISCOVER.

THIS AFFIRMATION REPRESENTS YOUR TRUE WILL. If you are not feeling this, it means that you are entertaining something that is false and without true foundation in your being. If you have ever felt that the truth betrayed you, then you have not recognized its value. Perhaps it disappointed your plans and goals. Perhaps you lost something you really wanted. Perhaps it prevented you from seeking something that was desirable. But in all cases it has saved you from pain and misery. Until your true function has been recognized, you cannot appreciate how the truth has served you, for until your function is discovered, you will attempt to claim and justify other functions. If these other functions are discouraged or denied by the truth, there can be great confusion and conflict. Yet, remember that the truth has always saved you from a greater error that you would have committed otherwise.

PEOPLE CANNOT EXPERIENCE KNOWLEDGE because they are preoccupied with thoughts and judgments. These thoughts and judgments create a self-enclosed world for an individual, a selfenclosed world where they cannot see out. They can only see the content of their thoughts and this colors their experience of life entirely, so much so that they cannot see life at all.

THEREFORE, IN YOUR TWO 30-MINUTE PRACTICE PERIODS, look and see how the truth has served you. Look at experiences that were happy. Look at experiences that were painful. Particularly in painful experiences, look at how the truth has served you. Look openly. Do

not defend a former position if you are tempted to do so. If pain still exists from a loss of an earlier time, accept that pain and its discouragement, but try to look and see how you were truly served by that loss.

THIS POINT OF VIEW OF BEING SERVED by your experience is something you must cultivate. It does not justify the experience itself. Understand this. It merely gives you an opportunity to use your experience for your advancement and your empowerment. Truth operates in the world of illusions to help those who are responding to truth in their lives. You are responding to truth or you would not be undertaking this program of development. Thus, you have arrived at the juncture where it seems that the truth competes with other things and is, therefore, very hard to recognize. In this program of development, the truth will be distinguished from everything else in such a way that you can experience it directly and will not be confused about its appearance or its beneficial existence in your life. For the truth is here to serve you as you are here to serve the truth. PRACTICE 27: Two 30-minute practice periods.

第 27 階 我擁有一個我希望去發現的智慧。

這一聲明代表了你真正的意願。如果你沒有感知這點，說明你還在抱持一些錯誤的、在你的存有里沒有真正基礎的東西。如果你曾經感覺真理背叛了你，那麼你還未認識到真理的價值。或許它打亂了你的計劃和目標。或許你失去了某些你特別嚮往的東西。或許它阻止你去追求那些你所渴望的東西。但在所有這些情況里，真理都是在把你從痛苦和不幸中拯救出來。除非你認識到了你的真正職責，否則你是不會激賞真理是如何服務於你的，因為除非你發現了你的職責，否則你會試圖去宣稱和維護別的職責。如果這些其他職責被真理所阻礙或否定，就會產生巨大的困惑和衝突。然而，要記住真理總會把你從你否則會犯的更大錯誤中拯救出來。

人們無法體驗內識，因為他們執迷於想法和評判。這些想法和評判為個體創造了一個自我封閉的世界，一個他們無法看向外面的自我封閉的世界。他們只能看到他們思想的內容，並且這徹底歪曲了他們對生命的體驗，以至於他們根本無法看到生命。

因此，在今天的兩個 30 分鐘練習里，看一看真理是如何服務於你的。看看那些快樂的體驗。看看那些痛苦的體驗。尤其是在痛苦的體驗里，看看真理是如何服務於你的。敞開心扉去看。不要去維護以前的某個立場，假如你不自禁地要這樣做的話。如果曾經的失去所帶來的痛苦依然存在，那麼接受這份痛苦和挫折，不過要努力去看清這一損失是如何真正服務於你的。

這種從體驗中獲得服務的觀點，是你必須去培養的。它並非對體驗本身進行開脫。要理解這一點。它僅僅是為你提供一個機會去利用你的體驗來服務於你的進步和你的賦權。真理在充滿幻象的世界里運作著，為那些在他們的生命中對真理做出回應的人們提供幫助。你正在對真理做出回應，不然的話你就不會開始這

一提升課程了。因此，你來到了生命的一個節點，這裡真理在和其他的東西進行著競爭，所以它是很難被認知的。在這一提升課程里，會通過這樣一種方式將真理從其他所有一切中區分出來，從而使你在你的生命里能夠直接體驗到它，並且不會對真理的表象或是它的存在意義產生困惑。因為真理在此服務於你，正如你在此服務於真理一樣。

練習 27：兩個 30 分鐘

Step 28

REVIEW

WE SHALL BEGIN OUR FOURTH REVIEW PERIOD with a special prayer.

[I ACCEPT MY KNOWLEDGE AS A GIFT FROM GOD. I accept my Teachers as my elder brothers and sisters. I accept my world as a place where Knowledge can be reclaimed and contributed. I accept my past as a demonstration of life without Knowledge. I accept the miracles of my life as a demonstration of the presence of Knowledge and I give myself now to cultivate that which is of the greatest good within myself to be given to the world.]

ONCE AGAIN WE SHALL REVIEW THE PAST WEEK OF PRACTICE, rereading all of the instructions and with each step reviewing what has transpired in your times of practice. Be sure to ask yourself how deeply you were involved in practice—how much you wanted to search and investigate, how carefully you examined your own experience and to what extent you felt motivated to penetrate whatever barriers that might exist.

OUR ONE 45-MINUTE PRACTICE PERIOD OF REVIEW will begin to give you a perspective on your development in this preparation. This is beneficial not only for yourself but for those whom you will serve in the future, for as you are receiving now, you will wish to give in whatever context and in whatever form is appropriate for you. You must understand how people learn and how people develop. This must come from your own experience and must represent the love and compassion that are the natural emanations of your Knowledge. Again do not let any doubt or confusion dissuade you from your true application.

PRACTICE 28: One 45-minute practice period.

第 28 階 復習

我們將用一個特殊的禱告開始我們的第四次復習。

「我接受我的內識是來自上帝的一個禮物。我接受我的上師們是我的兄長和姊長。我接受我的世界是一個內識能夠被喚回和被奉獻的地方。我接受我的過去是對沒有內識的生命的一種示現。我接受我生命的奇跡是內識存在的一種示現。

現在我將奉獻自己去培養我內在最有價值的東西，以奉獻給世界。」

我們對前一周的練習進行復習，重讀所有的指引，並且回顧在每一階的練習中發生了什麼。必須問問你自己對於練習的投入程度如何——你是如何希望去尋找和探究的？你對自身體驗的檢視有多認真？你是怎樣被推動去穿越所有可能存在的障礙的？

本次 45 分鐘的練習開始給你帶來一種對於你在這一準備課程中的進展的洞察力。這不僅是對你有益的，同時對那些你未來將要服務的人也是有益的。因為在你進行接收的同時，你會希望能夠在任何適宜的情況里，以任何適當的形式將它奉獻出去。你必須理解人們是怎樣學習和怎樣進步的。這必然來自於你自身的體驗，並且必然代表著從你的內識中自然散髮出來的愛和慈悲。再次重申，不要讓任何的懷疑和困惑阻礙你真正的運用。

練習 28：一個 45 分鐘

Step 29

I WILL OBSERVE MYSELF TODAY

TO LEARN OF KNOWLEDGE.

ON THIS SPECIAL DAY OF PRACTICE, observe yourself throughout the day, maintaining awareness of your thoughts and behavior as much as possible. To develop this quality of self-observation, you must be as free of judgment as possible, for judgment disables you from being observant. You must study yourself as if you were someone else with whom you can be far more objective.

WE SHALL PRACTICE ON THE HOUR TODAY. Each hour you will need to check in to see your thoughts and to observe your current behavior. This constant self-checking will enable you to become far more involved in your current experience and will allow your Knowledge to exercise its beneficial influence upon you to a far greater degree. Knowledge knows what you need and knows how to serve you, but you must learn how to receive. In time, you must learn how to give as well so that you may receive more. Your receiving is important because it enables you to give, and giving is the essence of fulfillment in this world. But you cannot give from an impoverished state. Therefore, your giving must be genuine, born of the overflowing receptivity that you have cultivated within yourself, within your relationships with others and with life.

EACH PRACTICE PERIOD NEED ONLY TAKE SEVERAL MINUTES but should be given your full attention. You need not close your eyes to do this, though if it is appropriate, it will be helpful. You may practice in

the middle of a conversation with another. In fact, there are very few circumstances that will prevent this moment of introspection. In practice you simply ask yourself, 「How do I feel?」 and 「What am I doing now?」 That is all. Then feel if there is something you must do

that you are not doing. If there are no corrections to be made, continue on with what you are doing. If there are corrections to be made, make them as expediently as possible. Allow your inner guidance to influence you, which it will do if you are not governed by impulses, fear or ambition. Observe yourself this day.

PRACTICE 29: Hourly practice.

第 29 階 今天我通過觀察自己來學習內識。

在今天這個特殊的練習日里，貫穿全天對自己進行觀察，盡可能地保持對你思想和行為的覺知。為了發展這種品質的自我觀察，你必須盡可能地不加評判，因為評判會阻礙你的觀察力。你需要對自己進行研究，就像你是另外一個你能夠更加客觀地去對待的人一樣。

今天我們依小時進行練習。每過一個小時，你需要去檢視一下你的思想並觀察你當下的行為。這種經常性的自我檢視能使你更加涉入當下的體驗，並能夠讓你的內識更大限度地對你發揮其有益影響。內識知道你需要什麼，並且知道該如何服務於你，但你必須學習如何接收。慢慢地，你還必須學習如何奉獻，這樣你就能夠接收更多。你的接收非常重要，因為它使你能夠去奉獻，而奉獻是這個世界上的成就的精髓。但是你無法在一種貧困的狀態下進行奉獻。因此，你的奉獻必須是真誠的，它來源於你在自身、在你和他人以及和生命的關係中培養起來的強大的接收性。

每次練習僅需幾分鐘，但要全神貫注。不需要閉上眼睛，當然如果可能的話，閉上眼睛練習會有幫助。你可以在與別人交談的過程中進行練習。事實上，幾乎任何環境下都可以進行這片刻的內省。在練習中，你只需簡單地自問：「我的感覺如何？」還有「我現在在做什麼？」僅此而已。然後去感受是否有什麼事你應該去做而沒做。假如不需任何修正，那麼繼續做你在做的事情。如果需要進行修正，那麼盡速去修正。讓你的內在指引去影響你，這會自然而然地發生，只要你自己不被衝動、恐懼或野心所控制。今天對自己進行觀察。

練習 29：每小時練習

Step 30

TODAY I WILL OBSERVE MY WORLD.

THIS DAY OBSERVE YOUR WORLD, following the same practice

plan as practiced the previous day. Observe your world

without judgment and observe what you are doing in the world

without judgment. Then feel if anything needs to be done. Again, your

hourly practices take but minutes, and as you practice, they will

become more swift, more keen and more effective.

WE WISH FOR YOU TO VIEW THE WORLD without judgment, for this

will enable you to see the world as it really is. Do not think that you

have seen the world the way it really is, for what you have seen is your

judgment upon the world. The world you will see without judgment

is a different world than you have ever seen before.

PRACTICE 30: Hourly practice.

第 30 階 今天我將觀察我的世界。

今天觀察你的世界，按照與昨天相同的練習方式。不加評判地觀察你的世界，不加評判地觀察你在世界上在做著什麼。然後去感受是否有什麼該去做。同樣，你每小時的練習只需持續幾分鐘，並且隨著你的練習，這種練習會變得更迅捷、更敏銳、更有效率。

我們希望你能不加評判地看待世界，因為這使你能夠看到世界真實的樣貌。不要以為你已經在按世界真實的樣子在觀察世界，因為你所看到的是基於你對世界的評判。你不加評判地看到的世界與你以前所看到的世界是不一樣的。

練習 30: 每小時練習

Step 31

I WISH TO SEE A WORLD I HAVE NEVER SEEN BEFORE.

THIS REPRESENTS YOUR DESIRE FOR KNOWLEDGE. It represents your desire for peace. It is all the same desire. This desire emanates from your Knowledge. It may compete with other desires. It may threaten other things, though it need not necessarily do so. Therefore, the affirmation for today reflects your true will in life. As this is affirmed, it becomes more apparent to you, and you are able to experience it more and more in time.

TODAY UPON EACH HOUR, FEEL YOUR DESIRE to see a different world. Look at the world without judgment and say to yourself, 「I wish to see a different world.」 Do this every hour. Try not to miss any practice sessions. Practice no matter how you feel, no matter what is occurring. You are greater than your emotional states and so you need not deny them, though they will need to be controlled in time. You are greater than the images you see around you, for they mostly represent your judgment upon the world. Practice this day looking without judgment and feeling as you look.

PRACTICE 31: Hourly practice.

第 31 階 我想看到一個我前所未見的世界。

這代表了你对內識的渴望。這代表了你对和平的渴望。這些渴望其實是相同的。這一渴望來自於你的內識。它或許會和其他渴望進行競爭。它或許會對其他事情造成威脅，儘管這並非必然。因此，今天的聲明反映了你在生命中的真正意志。一旦得到確認，它會變得更加顯見，並且慢慢地你能越來越多地體驗到它。

今天的每小時練習里，去感知你想看到一個不同世界的渴望。不加評判地觀察這個世界，並對自己說：「我想看到一個不同的世界。」每小時進行一次。盡量不要錯過任何練習時段。堅持練習，無論你的感受如何，無論當下發生了什麼。你比你的情緒狀態要偉大，因此你不需要去否認它們，當然慢慢地它們需要得到

控制。你比你看到的周遭的形象要偉大，因為他們大多是代表了你对世界的評判。今天練習不加評判地去看，並在看的過程中去感受。

練習 31： 每小時練習

Step 32

THE TRUTH IS WITH ME. I CAN FEEL IT.

THE TRUTH IS WITH YOU. YOU CAN FEEL IT, and it can shine into your mind and into your emotions if you allow it to. Today continue your preparation in developing the desire for truth and the capability to experience truth.

IN YOUR TWO LONGER PRACTICE PERIODS, each of a 30-minute duration, sit quietly with your eyes closed, breathing deeply and regularly, attempting to feel the truth beyond the constant restlessness of your mind. Use your breath to take you deeper, for your breathing will always take you beyond your thoughts if you adhere yourself to it conscientiously. Let nothing distract or dissuade you. If something permeates your mind and you have difficulty releasing it, tell yourself that you will look at it a little later, but that right now you are taking a

small vacation from your mind. Practice feeling the truth. Do not think the truth. Practice feeling the truth.

PRACTICE 32: Two 30-minute practice periods.

第 32 階 真理和我同在，我能感受到它。

真理和你同在。你能感受到它，只要你允許，它將照進你的思想，照進你的情緒。今天繼續練習去發展對真理的渴望和體驗真理的能力。

在兩個 30 分鐘的練習時段裡，閉上眼睛靜坐，均勻地深呼吸，努力超越思想的持續躁動去感受真理。利用呼吸把你帶入內在，因為只要你有意識地堅持深呼吸，你的呼吸總能帶你超越你的思想。不要讓任何事情分散或阻礙你。假如某個事情佔據了你的思想，並很難釋放，你就告訴自己過一會你會去關照它，但現在你要從你的思想暫離一會。練習感受真理。不是思考真理。練習去感受真理。

練習 32： 兩個 30 分鐘

Step 33

I HAVE A MISSION IN MY LIFE TO FULFILL.

YOU HAVE A MISSION IN LIFE TO FULFILL, a mission that was given you before you came here, a mission that you will review once you have left. It involves the reclamation of Knowledge and the proper engagement with others to bring about specific results in the world. It is not so important at this moment that you evaluate your current life to see if it reflects this greater purpose,

for you are now involved in the reclamation of Knowledge. As your Knowledge becomes stronger, it will shine its beneficence upon you and through you. Your activities will then be adjusted as is necessary. Thus, you need not blame or condone the past or your current activities, for you are now adhering to a greater strength within you. IN YOUR TWO LONG PRACTICE PERIODS TODAY, dwell upon the idea that there is a great mission that you have in life. Think about this. Do not become immediately convinced by your own first responses. Think about it carefully. Think what this could mean. Think of the moments in your life when you have thought of this before or have entertained its possibility. In your two practice periods, you will have an opportunity then to consider this, but beware—make no conclusions yet.

PRACTICE 33: Two 30-minute practice periods.

第 33 階 我在我的生命中有個使命要去履行。

你在生命中有個使命要去履行，一個在你來此之前就分派給你的使命，一個當你離開時要去檢視的使命。它攸關內識的喚回，以及與其他人進行適當的參與，從而為世界帶來某些特定的結果。在這個時刻並不特別需要你去檢視你現在的生活是否反映了這一更偉大宗旨，因為你正在進行內識的喚回。當你的內識變得更強大時，它將在你身上並透過你發揮它的益處。這樣，你的活動將會根據需要得到調整。你不必再對過去或你當下的活動進行抱怨或譴責，因為你在追隨你內在的一個更偉大力量。

在今天的兩次練習時段裡，聚焦在你生命中有個偉大使命這一思想上。對它進行思考。不要即刻被你的第一反應所說服。而是仔細地進行思考。思考它可能的含義是什麼。想想過往那些你曾經就此進行過思考或抱持過這一可能性的時刻。在你的兩次練習時段裡，你將有機會思考它，但是要注意——現在不要做出任何結論。

練習 33： 兩個 30 分鐘

Step 34

I AM A BEGINNING STUDENT OF KNOWLEDGE.

YOU ARE A BEGINNING STUDENT OF KNOWLEDGE. Regardless of how intuitive you may consider yourself, regardless of how mentally capable you may consider yourself, regardless of how emotionally honest you may consider yourself, no matter what your recognized advancement, you are a beginning student of Knowledge. Be happy that this is so, for beginning students are in a position to learn all things and need not defend their accomplishments. We do not belittle your accomplishments but instead wish to shine the light of truth upon the greatness that waits to be discovered within you, a greatness that will give you true equality in life and in time will reveal

what you have come here specifically to do.

IN YOUR TWO PRACTICE PERIODS, begin by acknowledging to yourself that you are a beginning student of Knowledge and by reminding yourself to make no premature conclusions either about this curriculum or about your abilities as a student. Such judgments are premature and rarely reflect the truth in any way. They are usually a form of self-discouragement and thus serve no worthy purpose at all. AFTER DECLARING TODAY' S IDEA TO YOURSELF and reminding yourself not to judge, practice 15 minutes of inner stillness in your two practice periods. Attempt to feel the truth within you. Focus your mind on one point, either a physical point or an imaginary point if necessary. Let everything settle down inside. Let yourself become as quiet as possible, and do not be discouraged if there is difficulty. You are a beginning student of Knowledge and thus can learn all things. PRACTICE 34: Two 15-minute practice periods.

第 34 階 我是內識的初級學生。

你是內識的初級學生。無論你自認具有怎樣的直覺力，無論你自認具有怎樣的智力，無論你自認具有怎樣坦誠的情感，無論你有著怎樣被認可的進步，你依然是內識的初級學生。對此你該感到慶幸，因為一個初級學生處在一種對所有東西進行學習的位置上，而不需對自己的成就進行辯護。我們並非藐視你的成就，而是希望給你內在的、等待著被發現的偉大照進一道真理的光明，這一偉大將在生命里賦予你真正的平等，並且會漸漸地向你示現你到此究竟要做什麼。

在兩個練習時段裡，首先承認自己是內識的初級學生，並提醒自己不要對這個課程或對你作為一個學生的能力下過早的結論。這種評判是不成熟的，很難從任何角度反映真理。它們通常是一種自我挫敗的形式，因此不能帶來任何益處。

在對自己聲明今天的想法並提醒自己不要評判之後，開始今天的兩個 15 分鐘的內在靜心練習。努力感知你內在的真理。讓你的思想集中在一個點上，根據情況，可以是一個實際的位點，也可以是一個想象中的焦點。讓內在的一切安靜下來。讓自己盡可能地安靜，如果有困難的話，不要洩氣。你是內識的初級學生，所以能對所有的東西進行學習。

練習 34： 兩個 15 分鐘

Step 35

REVIEW

THIS REVIEW WILL GIVE YOU AN OPPORTUNITY to learn something of The Greater Community Way of Knowledge. In two 30-minute practice periods, review your prior week' s instructions and experiences in practice. Do this with as little judgment as possible. Merely look and see what was instructed, what you did and what the result was. This objective review will give you the greatest access to insight and understanding with a minimum of pain and self-abuse. You

are learning now to become objective about your life without repressing the content of your emotions. Instead of attempting to destroy one aspect of yourself, you are simply attempting to cultivate another.

THEREFORE, IN YOUR REVIEW, use this as a guidepost: 「I will look, but I will not judge.」 In this way, you will be able to recognize things. Remember how much easier it may be for you to have insight about another's life and how little you may have about your own. Greater objectivity is possible with others because you are not attempting to use their life for any specific purpose and the extent to which you are, the less able you will be to understand them, their nature, their development or their destiny. Therefore, the less you attempt to use your life, the more you will be able to understand it, appreciate it and work with its intrinsic mechanism for your greater advancement.

PRACTICE 35: Two 30-minute practice periods.

第 35 階 復習

這次的復習將給你一個機會去學習某些大社區內識之路里的東西。在兩個 30 分鐘的練習時段裡，復習前一周的指引和你在練習過程中的體驗。盡可能不帶任何評判地去回顧。僅僅去檢視指引是什麼，你做了些什麼以及結果是什麼。這種客觀的回顧能讓你帶著最小的痛苦和自我折磨，最大限度地走向洞察力和理解力。你現在正在學習客觀地，同時不對自己的情緒進行壓制地去看待自己的生命。你並非要毀掉你的一個層面，而只是在努力培養你的另外一個層面。

因此，在復習時，請以此為座右銘：「我要去看，但我將不做評判。」這樣，你就能夠去認知各種事情。要記住，對別人的生命具有洞察力可能要容易得多，而對自己卻很難具備洞察力。你對他人有可能具有更大的客觀性，因為你不會試圖為了任何特別的目的去利用他們的生命；而你越是對他們有所企圖，你就越難以理解他們，理解他們的本質、他們的發展或他們的天命。因此，你越能降低對自己生命的企圖，那麼你就越能去理解它、欣賞它並且配合它固有的機制去實現你更大的進步。

練習 35： 兩個 30 分鐘

Step 36

MY LIFE IS A MYSTERY TO EXPLORE.

TRULY YOUR LIFE IS A MYSTERY and, yes, truly it requires that you explore it if you wish to comprehend its purpose, its meaning and its true direction. This is essential for your happiness and fulfillment in the world, for if you have been looking carefully at your life, you will realize you have not been satisfied by little things. For you

who seek Knowledge, something greater must be given. You must penetrate the mere surface of things, which seems to adequately

stimulate most people. You must accept your deeper yearning or you will cause yourself unnecessary grief and conflict. It is not important what other people value. It is important what you value. If you are seeking for greater meaning, which is true meaning, you must penetrate the surface of your mind.

IN YOUR TWO PRACTICE PERIODS TODAY, again concentrate in meditation upon feeling the presence of your Spiritual Teachers. This is not something you have to try to do. It simply means relaxing, breathing and allowing your mind to open. The quality of your relationship with your Teachers is essential to give you strength and encouragement, for you may justly doubt your own skills, but you have good cause to fully trust the skills of your Teachers who have passed this way before on their way to Knowledge. They know the way, which they are seeking now to share with you.

PRACTICE 36: Two 15-minute practice periods.

第 36 階 我的生命是一個等待著去探索的神秘。

的確，你的生命是一個神秘，並且如果你想理解它的宗旨、它的意義和它真正的方向的話，你的確需要去探索它。這對於你在世界上的幸福和成就來說是根本性的，因為假如你仔細地去觀察自己的生命的話，你將意識到你不會滿足於那些微不足道的小事情。對於追尋內識的你來說，你必須被賦予某種更偉大的東西。你必須穿透事物的表面，而那些表面性的東西對大多數人來說已經足夠刺激了。你必須接受你更深刻的渴望，否則你只會給自己造成不必要的焦慮和矛盾。其他人的價值觀並不重要。重要的是你的價值觀。如果你要尋求更偉大的意義，那個真正意義的話，那麼你就必須穿透你思想的表層。

在今天的兩個練習時段裡，再次在冥想中專注於感受你精神上師的存在。你並不需要努力去這樣做。只是簡單地放鬆、呼吸並允許你的思想打開。你和你的上師之間關係的品質是非常重要的，它能夠帶給你力量和鼓舞，因為你或許有理由懷疑自己的技能，但你完全有理由信任你的上師的能力，他們在他們自己的內識之路上曾經親身經歷過。他們知道這條道路，現在他們正努力和你分享。

練習 36：兩個 15 分鐘

Step 37

THERE IS A WAY TO KNOWLEDGE.

HOW CAN THERE NOT BE A WAY TO KNOWLEDGE when it is your True Self? How can there not be a way for Knowledge to express itself when it is the most natural form of expression? How can there not be a way for Knowledge to guide you in relationships when Knowledge is the perfect source of all your relationships? There is a way to Knowledge. It requires skill and desire. Both will take time to develop. You must learn to value the true and not to value the false, and it takes time to learn to separate the two and to recognize them. It

takes time to learn that the false does not satisfy you and that the true does satisfy you. This must be learned through trial and error and through contrast. As you approach Knowledge, your life becomes more full, more certain and more direct. As you go away from it, you reenter confusion, frustration and anger.

IN YOUR TWO PRACTICE PERIODS TODAY, which will not be meditation practices, spend at least 15 minutes thinking of all the ways to gain access to Knowledge. Write down on a piece of paper all the ways to get to Knowledge. Spend both practice periods doing this and exhaust all the possibilities that you can think of. Try to be very specific. Use your imagination, but chart out routes that appear to be quite real and meaningful to you. In this way, you will know what you think about how to find a way to Knowledge, and from this you will realize that God knows the way to Knowledge.

PRACTICE 37: Two 15-minute practice periods.

第 37 階 有一條通向內識的道路。

既然內識是你真正的自我，怎麼可能沒有一條通向內識的道路呢？既然內識是最自然的表達方式，怎麼可能沒有一條道路讓內識去表達它自己呢？既然內識是你所有關係的完美源泉，怎麼可能沒有一條道路讓內識在關係中對你進行引導呢？有一條通向內識的道路。它要求技能和渴望。二者都需要花時間去發展。你必須學習去珍視真理，而非珍視虛假，這需要花時間來學習對二者進行分辨和認知。需要花時間去認識到虛假無法給你帶來滿足，而真理能夠給你帶來滿足。這必須通過試驗和錯誤、通過對比來學習。當你接近內識時，你的生命將變得更充實、更確定、更直接。當你遠離內識時，你重新進入困惑、挫敗和憤怒中。

今天的兩次練習時段不是進行冥想，而是用至少 15 分鐘的時間思考所有接近內識的方法。在一張紙上寫下所有走向內識的方法。在兩個練習時段裡專注於此，想盡所有你能想到的可能。要盡可能地明確。使用你的想象力，不過主要是找出那些對你來說更真實更有意義的路線來。這樣，你會認知你自己所認為的該如何找到通向內識的一條道路，並且由此你會認識到，上帝知道通向內識的道路。

練習 37：兩個 15 分鐘

Step 38

GOD KNOWS THE WAY TO KNOWLEDGE.

HOW CAN YOU FIND YOUR WAY WHEN YOU ARE LOST? How can

you know certainty when you value the temporary so greatly? How can you know the power of your own life when you are so intimidated by threats of loss and destruction? Life is kind to you, for it offers not only the reward but the way to the reward. If it were left up to you, it would be cruel indeed, for you would have to attempt every single possibility that you could conceive of, and then you would have the possibilities that others have conceived of and

even the opportunities to reach Knowledge that others have used successfully but which may not in fact work well for you. In your brief span of time in the world, how can you accomplish all of these and still maintain your vitality? How can you maintain your encouragement for Knowledge when so many ways will disappoint you?

TAKE FAITH TODAY IN KNOWING THAT GOD knows the way to Knowledge, and you need only follow the way that is being given. In this way, Knowledge simply emerges in you because it is acknowledged, for only God knows Knowledge in you, and only Knowledge in you knows God. As the two resonate together, they both become more apparent. In this, you find peace.

IN YOUR TWO PRACTICE PERIODS TODAY, each of a 30-minute duration, practice feeling the presence of God, silently, in stillness. Not

thinking about God, not speculating, not wondering, not doubting, but simply feeling. It is no fantasy that you are concentrating upon now, though you are used to concentrating upon fantasy. In stillness and quiet, everything becomes apparent. God is very still, for God is not going anywhere. As you become still, you will feel the power of God.

PRACTICE 38: Two 30-minute practice periods.

第 38 階 上帝知道通向內識的道路。

當你迷路了，你怎麼可能找到自己的路呢？當你如此珍視那些短暫即逝的東西，你怎麼可能認知確定性呢？當你被失去和毀滅的危險如此恐嚇著時，你怎麼可能知道你自己生命的力量呢？生命對你是仁慈的，因為它不僅提供了回報，還提供了通向回報的道路。如果生命是完全放任的話，那才是真正的無情呢，因為你不得不嘗試你所想到的每一種可能性，然後找到一些其他人已經想到了的可能性，甚至一些他人已經成功運用來到達內識的機會，但是它事實上可能並不適用於你。在如此短暫的生命里，你怎麼可能完成所有這些，還依然保持自己的活力呢？當那麼多的道路讓你失望的時候，你怎麼可能還對內識抱有信心呢？

今天要相信上帝知道通向內識的道路，而你只需要遵循所提供的道路。這樣，內識將輕鬆地在你內在升起，因為它得到了認可，只有上帝知道你內在的內識，並且只有你內在的內識知道上帝。當二者發生共鳴時，他們將同時變得更加顯在。在這裡，你找到了和平。

在兩次 30 分鐘的練習里，練習在靜心中安靜地感知上帝的存在。不是去思考、揣測、幻想、懷疑上帝，而是簡單地去感知。你現在要專注的不是空想，儘管你已習慣於空想。在靜止和安靜中，一切都會變得顯在。上帝是非常靜止的，因為上帝從不曾離開。當你變得安靜時，你將感知上帝的力量。

練習 38：兩個 30 分鐘

Step 39

THE POWER OF GOD IS WITH ME.

THE POWER OF GOD IS WITH YOU. It is within your Knowledge.

Learn, then, to reclaim your Knowledge, and you will learn to reclaim the power that God has given you, and you will reclaim your power as well, for your power will be necessary for you to approach God's power. Thus, all that is genuinely powerful and all that which is genuinely good will be affirmed within you and within God. Let this day, then, be a day given to experiencing this presence and this power in your life. You need not imagine God in fantasy. You need not have pictures or images to reinforce your understanding or belief. You need only utilize the practices that are given here.

IN YOUR TWO DEEP MEDITATION PRACTICES OF 30 MINUTES EACH, once again enter into stillness and allow yourself to feel the power of God. Utilize your own power to direct your mind, and do not let doubts or fears dissuade you. The power of God represents the mystery of your life, for it represents the power that you have brought with you from God to be utilized properly in the world according to the Greater Plan. Allow yourself, then, to enter into practice with dedication, with simplicity and with humility so that you may feel the power of God.

PRACTICE 39: Two 30-minute practice periods.

第 39 階 上帝的力量和我同在。

上帝的力量與你同在。它存在於你的內識里。去學習喚回你的內識吧，那麼你將學會喚回上帝賜予你的力量，同時你也將喚回你自身的力量，因為你必須用你的力量去靠近上帝的力量。這樣，在你的內在，在上帝的內在，所有真正有力的、真正美好的，都得到了確認。那麼就讓今天作為體驗你生命中這一臨在和這一力量的一天吧。你不必在空想中對上帝進行幻想，你也不必使用畫像或形象來強化你的理解或信仰。你只需要使用這裡所提供的練習。

在兩次 30 分鐘的深度冥想中，再次進入靜心裡，讓自己去感知上帝的力量。用你自身的力量來引導你的思想，不要讓懷疑或恐懼阻礙你。上帝的力量代表了你生命的神秘，因為它代表著你從上帝那裡攜帶而來，並將按照那個更偉大計劃在世界上去恰當運用的那個力量。因此，讓自己帶著決心、帶著簡單、帶著謙卑投入練習中，這樣你就能夠感知上帝的力量。

練習 39: 兩個 30 分鐘

Step 40

TODAY I WILL FEEL THE POWER OF GOD.

GOD'S POWER IS SO COMPLETE AND SO INCLUSIVE that it infuses everything. Only those minds that are separated and lost in valuing their own thoughts can possibly be separated from the great benevolence of God. Those who have responded to God become

God's Messengers in time so that they may bestow the gifts of Grace upon those who remain behind in confusion. All the seeming powers of your world—the forces of nature, the inevitability of your death, the ever present threat of illness, loss and destruction and all appearances of

conflict—are all temporary movements in the great stillness of God. It is this great stillness that calls you to return to the peace and full enjoyment of God, but you must prepare.

TODAY YOU PREPARE IN YOUR TWO 30-MINUTE PRACTICE PERIODS.

In silent meditation, attempt to feel the power of God. You do not need to conjure up magical images, for this power is something that you can feel, for it is everywhere. No matter what your circumstances or condition, whether favorable for your development or not, today you can feel the power of God.

PRACTICE 40: Two 30-minute practice periods.

第 40 階 今天我將感知上帝的力量。

上帝的力量是如此完滿、如此包融，它充滿著萬物。只有那些分離的並迷失在對他們自身想法的強調中的思想，才可能與上帝的偉大仁慈分離。那些對上帝做出回應的人慢慢地成為了上帝的信使，這樣他們能夠把恩寵的禮物奉獻給那些仍處在迷惑中的、落在後面的人。世界上所有看似巨大的力量——自然界的威力、你不可避免的死亡以及時刻存在著的疾病、失去、破壞和各種形式的衝突所帶來的威脅——都只是存在於上帝偉大寧靜中的暫時性運動。正是這一偉大的寧靜召喚你回歸到和平和上帝的全然喜悅中，不過你必須進行準備。

在今天的兩個 30 分鐘練習時段裡進行準備。在安靜的冥想中，努力感知上帝的力量。你不需要變幻出神奇的形象來，這種力量是某種你能夠感知的東西，因為它無處不在。無論你處於怎樣的環境和條件里，無論那個環境是否有利於你的發展，今天你都能感知上帝的力量。

練習 40：兩個 30 分鐘

Step 41

I AM NOT AFRAID OF THE POWER OF GOD.

THIS AFFIRMATION IS SO IMPORTANT FOR YOUR HAPPINESS, for you must learn again to trust the power of love and the power of God. For this you must relinquish your former ideas, assumptions and evaluations of past painful experiences. It is painful to be separated from that which you love beyond all things, and the only way to maintain this separation is to malign that which you love, to give it an evil intent and then to engender guilt within yourself. To feel and accept the power of God, evil and guilt must leave you. You must venture forth to explore that which is most natural. It is like breaking new ground and coming home all at once.

IN STILLNESS, THEN, PRACTICE TWICE TODAY feeling the power of God. Do not seek for answers from God. You need not speak at all but only be present, for as you learn to be in relationship with that which is the source of all your relationships, the information that you need can come easily to you to guide you, comfort you and correct you when necessary. But first you must feel the power of God, and in this you will find your own strength.

PRACTICE 41: Two 30-minute practice periods.

第 41 階 我不害怕上帝的力量。

這一確認對於你的幸福來說是如此重要，因為你必須重新學習去信任愛的力量和上帝的力量。為此，你必須拋棄你以前的想法、假設和對過去痛苦體驗的評估。與你那超越一切的最愛的分離是痛苦的，而維持這種分離的唯一方式是詆毀你的所愛，賦予它邪惡的意圖，隨之又在你的內心升起罪惡感。為了感知和接受上帝的力量，邪惡和內疚必須遠離你。你必須冒險前進，去探索那最自然的東西。這就像在闖出新天地的同時，你也回歸家園了。

在今天的兩次靜心裡，感知上帝的力量。不要試圖從上帝那裡尋求解答。你根本不需要講話，而只是安住於當下，因為當你學習和所有關係的源泉建立關係時，你所需要的信息會輕鬆地到來，來指引你、安慰你並在必要時糾正你。不過首先你必須感知上帝的力量，在這裡你會找到你自己的力量。

練習 41: 兩個 30 分鐘

Step 42

REVIEW

IN YOUR REVIEW TODAY, review all of the instructions given in the past week and your experiences of practice. Take special care today to see how deeply and how carefully you are practicing. Make sure that you are not changing or adjusting the lessons to meet your tastes or expectations. Remember that you need only follow the curriculum to receive its true rewards. Your part is small. Our part is great. We give the means. You need only follow them, in faith and in true expectation. In doing this, you will develop patience, discernment, trust, consistency and self-worth. Why self-worth? Because you must value yourself highly to allow yourself to approach the great gifts of Knowledge. Nothing else will undo self-hatred and self-doubt more expediently and more completely than receiving the gifts that are meant for you.

THEREFORE, IN YOUR ONE LONG PRACTICE PERIOD TODAY, review the past week of practice. Without judgment look and see what has been offered, what you have done and what can possibly be done to deepen your practice so that you may receive its benefits more directly. If you are having difficulty, recognize the problems and

attempt to correct them. Give the week ahead greater involvement. In doing so, you will correct self-doubt and confusion merely by directing your will.

PRACTICE 42: One long practice period.

第 42 階 復習

在今天的復習里，回顧前一周給出的所有指引，以及你在練習中的體驗。特別要觀察你在練習中，是如何地投入和認真。確保不要改變或調整課程來滿足自己的口味或期望。記住你只需要遵循這一課程，就能夠接收到它真正的回報。你那部分是渺小的。我們這部分是偉大的。我們提供了方法。你只需要帶著信念和真正的期望去遵循它。通過這樣，你將發展出耐心、辨識力、信任、一貫性和自我價值感。為何會有自我價值感呢？因為你必須高度珍視你自己，才會讓自己走向內識的偉大禮物。沒有什麼比接收到注定給你的禮物，能夠更快更完全地消除自我怨恨和自我懷疑了。

因此，在今天的長練習時段裡，回顧前一周的修習。不加評判地去觀察什麼被提供給你，你做了些什麼以及還可能做些什麼以深化你的練習，從而使你能夠更直接地接收到它的益處。如果你遇到困難，那麼去找出問題並努力去糾正它們。更深地投入到下一周的練習里。這樣，你僅需透過引導你自身的意志，就能夠糾正自我懷疑和困惑。

練習 42：一個長練習時段

Step 43

MY WILL IS TO KNOW GOD.

YOUR WILL IS TO KNOW GOD. That is your true will. Any other desire or motivation is to escape this, which represents your will. It is your will that has become fearful to you. You are afraid of what you know and most deeply feel. This leads you to find refuge in other things that do not represent you, and in this you lose your identity and attempt to construct an identity that is related to those things which you have sought for escape. In isolation you are miserable, but in relationship happiness is regained.

YOUR WILL IS TO KNOW GOD. Do not be afraid of your will. You are created by God. God's will is to know you. Your will is to know God. There is no other will. All motivations other than this are born merely of confusion and fear. To know God gives God power and gives you power as well.

IN YOUR TWO PRACTICE PERIODS TODAY, in silent meditation, practice feeling the strength of your own will. Do not let fear and doubt cloud your mind. You need not try to feel the will of God. It is simply there. It only requires your attention for you to recognize it. Therefore, practice deeply by simply being present to this experience.

PRACTICE 43: Two 30-minute practice periods.

第 43 階 我的願望是認知上帝。

你的願望是認知上帝。這是你真正的願望。任何其他的渴望或動機都是對你真正願望的逃避。正是你的願望讓你感到恐懼。你害怕你所知道並深深感受到的。這導致你去從其他那些並不代表你的東西里尋求庇護，由此，你遺失了自己的身份，並試圖創建一個和那些作為逃避的東西相關的身份。在隔離里，你是痛苦的，而在關係里，幸福得以重新找回。

你的願望是認知上帝。不要懼怕你的願望。你是上帝創造的。上帝的願望是認知你。你的願望是認知上帝。不存在其他任何願望。除此以外的所有動機都只是來自於困惑和恐懼。認知上帝，把力量賦予了上帝，同時也把力量賦予了你。

在今天的兩個練習時段裡，在安靜的冥想中，練習感受你自己願望的力量。不要讓恐懼和懷疑籠罩你的思想。你不必試圖去感受上帝的願望。它就在那裡。你只需要專注就能夠認知它。因此，透過簡單地安住於這一體驗，來深入進行練習。

練習 43: 兩個 30 分鐘

Step 44

I WISH TO KNOW MY OWN STRENGTH.

THIS AFFIRMATION YOU MAY FIND VERY ACCEPTABLE because of your immediate need for it in your current circumstances, but the affirmation is far deeper than you may at first realize. You have far more strength than you have claimed, but it cannot be fully realized until its application is directed in a manner that truly regenerates you and brings forth your true abilities.

HOW CAN YOU APPROACH YOUR STRENGTH when you feel weak and helpless, when you feel unworthy, if you are burdened by guilt or confusion or in anger blame others for your own apparent failures? To claim your strength means to release all that holds you back. You do not release your obstacles by claiming they do not exist. You release them because you value something greater. Their obstruction is merely the sign that you must pass through them. Your own strength is then cultivated. You seek your strength, and you use it to find your strength. We wish for you to know your strength and to utilize it on your own behalf.

IN YOUR TWO MEDITATION PRACTICES TODAY, in silence and in stillness, attempt to feel your own strength. Do not let thoughts alone dissuade you, for fears and doubts are only thoughts—vaporous things that cross your mind like clouds. Beyond the clouds of your mind is the great universe of Knowledge. Therefore, do not let the clouds obstruct your view of the stars beyond.

PRACTICE 44: Two 30-minute practice periods.

第 44 階 我想認知我自己的力量。

你或許非常接受這一確認，因為你在當下的環境里就即刻需要它，但是這一確認遠比你一開始意識到的要深刻得多。你所擁有的力量要遠大於你所聲稱的，不過，只有當它的運用以一種真正為你帶來重生，並激發你真正能力的方式得到引導時，它才能被完全認知。

當你感到弱小和無助時，當你感到自己沒有價值時，當你背負內疚、困惑或者為了自己明顯的失敗而憤怒地指責他人時，你怎麼可能接觸到自己的力量呢？去宣稱自己的力量，意味著你必須放下所有這些束縛你的東西。你並非通過否認它們的存在來放下這些障礙。你放下它們，是因為你珍視某種更偉大的東西。這些障礙只是意味著你必須穿越它們。這樣就能培養你自己的力量。你尋求自己的力量，並利用它來找尋自己的力量。我們希望你能認知自己的力量，並為了你自身的利益來運用它。

在今天的兩次冥想練習里，在安靜和靜心中，努力感受你自己的力量。不要讓思緒阻礙你，因為恐懼和懷疑只不過是想法而已——像浮雲一樣掠過你思想的虛空的東西。超越了你思想的浮雲，就是內識的偉大宇宙。因此，不要讓浮雲阻礙你看到遠方的群星。

練習 44：兩個 30 分鐘

Step 45

ALONE I CAN DO NOTHING.

ALONE YOU CAN DO NOTHING. Nothing has ever been accomplished alone, even in your world. Nothing has ever been created alone, even in your mind. There is no credit to be received by doing something alone. Everything is a joint effort. Everything is the product of relationship.

DOES THIS DEMEAN YOU AS AN INDIVIDUAL? Most certainly not. It gives you the environment and the understanding to realize your true accomplishments. You are greater than your individuality, and thus you may be free of its limitations. You work through the individual that is you personally, but you are greater than this. Accept the limitations of a

limited self, and do not require a limited self to be God or you will give it great burdens and great expectations and will then punish it for its failures. This leads to self-hatred. This leads you to resent your physical life and to abuse yourself personally, emotionally and physically. Accept your limitations so that you may accept greatness within your life.

THEREFORE, IN YOUR TWO PRACTICE PERIODS TODAY, with your eyes open, concentrate now on your limitations. Recognize them. Do not judge them as good or bad. Simply recognize them. This gives you humility, and in humility you are in a position to receive greatness. If

you are defending your limitations, how can you receive that which transcends them?

PRACTICE 45: Two 15-minute practice periods.

第 45 階 一個人我什麼都做不了。

一個人你什麼都做不了。沒有任何事情是獨自完成的，即使是在你的世界上。沒有任何東西是獨自創造出來的，即使是在你的思想里。獨自完成某件事情是得不到任何肯定的。一切事物都是協同努力的結果。一切事物都是關係的產物。

這是否貶低了你作為一個個體的價值呢？當然不是。它為你提供了實現你真正成就的環境和理解。你比你的個體性要偉大，因此你能夠擺脫它的局限。你透過作為你個人的這個個體進行工作，但你要比它偉大。接受一個有限自我的局限性，不要要求一個有限的自我成為上帝，否則你將帶給它沈重的負擔和過高的期待，然後將因為它的失敗而懲罰它。這導致了自我怨恨。這導致你厭惡你的物質生命，並從情緒上和身體上自己虐待自己。接受你的局限，這樣你就能接受你生命中的偉大。

因此，在今天的兩次練習里，保持眼睛睜開，專注於你的局限性。認知它們。不要評判它們的好壞。只是去認知它們。這為你帶來謙卑，在謙卑里，你準備好了去接收偉大。如果你去維護自己的局限性，那你怎麼可能接收那超越它們的東西呢？

練習 45：兩個 15 分鐘

Step 46

I MUST BE SMALL TO BE GREAT.

IS IT A CONTRADICTION THAT YOU MUST BE SMALL to be great?

It is not a contradiction if you understand its meaning.

Recognizing your limitations allows you to work in a limited context very successfully. This demonstrates a greater reality than you could have realized before. Your greatness must not be based merely on hope or high expectation. It must not be founded on idealism but on true experience. Allow yourself to be small, and you will experience that greatness is with you and that greatness is part of you.

IN YOUR TWO PRACTICE PERIODS TODAY, allow yourself to be limited but without judgment. There is no condemnation. Actively engage your mind in focusing on your limitations. Focus without condemnation. Look objectively. You are meant to be a vehicle for a Greater Reality to express itself in this world. Your vehicle for expression is quite limited, but it is fully adequate to accomplish the task that is yours to accomplish. In accepting its limitations, you can understand its mechanism and learn to work with it constructively. Then it is no longer a limitation but a form of joyful expression for you.

PRACTICE 46: Two 15-minute practice periods.

第 46 階 為了成為偉大的，我必須是渺小的。

這麼說是否矛盾呢？為了成為偉大的，你必須是渺小的？如果你能夠理解它的含義的話，那麼它就不存在矛盾。認知你的局限性，讓你能夠非常成功地在一個有限的環境里進行工作。這示範了一個你以前從未認識到的更偉大實相。你的偉大不能僅僅建立在希望或高度期待里，它不能建立在理想主義上，而要建立在真實體驗上。讓自己保持渺小，這樣你將體驗到偉大和你同在，體驗到偉大是你的一部分。

在今天的兩次練習里，讓自己保持局限性，但不加評判。這裡沒有譴責。讓你的思想積極地投入到對你的局限性的關注上。專注而不帶譴責。客觀地去看。你注定要成為一個更偉大實相在世界上表達它自己的一個載體。你這個表達的載體是非常有限的，但它足以完成你需要完成的任務。接受了它的局限性，你就能夠理解它的機制，並學習建設性地和它協同工作。這樣，它不再是一個局限，而是成為了你喜悅表達的一種方式。

練習 46：兩個 15 分鐘

Step 47

WHY DO I NEED TEACHERS?

YOU WILL ASK THIS QUESTION SOONER OR LATER and perhaps on many occasions. It is born of your expectations of yourself that you would ask this question. Yet, when you look carefully at your life, you will see that you have required instruction for everything that you have learned. Perhaps things that you felt inside yourself appeared to be created by you, but they, too, are the result of instruction. You have been prepared through relationships for everything that you have learned, whether it be a practical skill or a deeper insight. To realize this engenders great appreciation for relationships and a full affirmation of the power of contribution in the world.

IF YOU WERE INTENDING TO HONESTLY APPROACH LEARNING any skill, first you must recognize how much you do not know, then you must recognize how much you need to learn, and then you must seek the best form of instruction possible. This must apply to the reclamation of Knowledge. You must realize how little you know, how much you need to know and then receive the instruction that is provided. Is it a weakness to need a teacher? No. It is an honest recognition based upon an honest evaluation. If you realize how little you know and how much you need to know and the power of Knowledge itself, you will understand how obvious this is. How can you give to those who think they already have, when in reality they are poor? You cannot. And their poverty will be self-inflicted and selfmaintained.

WHY DO YOU NEED A TEACHER? Because you need to learn. And you need to unlearn that which you have learned that is holding you back. In your two practice periods today, with your eyes closed in meditation, consider why you need a Teacher. Observe any thoughts that seem to indicate that you could do it on your own if you were smart enough or strong enough or met some other qualification. If these expectations arise, recognize them for what they are. They are an insistence that you remain ignorant by proclaiming yourself an adequate instructor. You cannot teach yourself what you do not know, and the attempt to do so merely recirculates old information and binds you closer to where you are now.

THEREFORE, IN PRACTICE TODAY RECOGNIZE your need for true instruction and your resistance, if it is there, to the presence of true instruction which is available to you now.

PRACTICE 47: Two 30-minute practice periods.

第 47 階 我為何需要上師？

你遲早會問這個問題，並且可能會在很多情況下問起它。你對於這個問題的提問是源自於你對自己的期望。然而，當你仔細觀察自己的生命時，你將看到在你學習任何東西時，你都需要指引。或許那些你內在感知的東西看似是你自己創造的，然而它們同樣是來自於指引。你透過關係對你學到的所有東西進行準備，無論是一種實用技能，還是一種深刻洞見。對於這一點的認知帶來了對關係的巨大激賞，以及對世界上奉獻的力量完全肯定。

如果你希望以一種坦誠的態度去學習任何技能，那些你首先需要認知有多少是你未知的，接著必須認知有多少東西需要你去學習，隨後你必須尋求最佳的指導。這必然也適用於內識的喚回。你必須意識到，你知道的是多麼有限，有多少東西需要你去認知，然後去接收所提供的指引。對於老師的需要代表了一種弱勢嗎？不是。它是基於一種坦誠評估的坦誠認知。假如你意識到你知道的多麼有限，有多少東西需要你去認知，以及內識本身的力量，你就能夠理解這是多麼地顯而易見。你怎麼可能去給予那些自認為已經擁有而事實上很貧窮的人呢？你無法給予。他們的貧窮是他們自己造成並自己維繫的。

你為何需要上師呢？因為你需要學習。你需要摒棄過去學到的那些阻礙你的東西。在今天的兩次練習里，閉上眼睛進行冥想，思考你為何需要上師。觀察任何一個浮現出來的認為你能夠自己去完成這一學習的想法，無論是你足夠聰慧、足夠強大或是擁有其他什麼優勢。當這些期望浮現時，去認知它們是什麼。它們是對你保持無知的一種堅持，通過宣稱自己為能力充分的老師。你無法教導自己那些你不知道的東西，這樣做只會讓你圍著老舊的信息打轉，並把你更緊地束縛在你現在所在的位置上。

因此，在今天的練習里，認知你對真正指引的需要，以及你對現在賦予你的真正指引的存在可能懷有的抗拒思想。

練習 47：兩個 30 分鐘

Step 48

TRUE INSTRUCTION IS AVAILABLE TO ME.

TRUE INSTRUCTION IS AVAILABLE. It has been waiting for you to reach the point of maturity where you realize its necessity in your life. This engenders true motivation for learning. It is born of recognizing your limitations in light of that which is your true need. You must love yourself to become a student of Knowledge and continually love yourself to proceed. There is no other obstacle to learning but this. Without love there is fear, for nothing else can replace love. But love has not been replaced, and true assistance is available to you.

IN YOUR TWO MEDITATION PRACTICES TODAY, attempt to feel the presence of that true assistance. In stillness and in silence, feel this within your life and around you. These meditation practices will begin to open a greater sensitivity within you, a whole new sense. You will begin to discern things that are present, even though you cannot see them. You will be able to respond to ideas and information, even though you cannot hear the source of the message yet. This is the actual process in creative thinking, for people receive ideas; they do not

create them. You are part of a greater life. Your personal life is the vehicle for its expression. Your individuality, then, becomes more highly cultivated and more joyful, a prison no longer for you, but the form of your joyful expression.

TRUE ASSISTANCE IS AVAILABLE TO YOU. Practice this day feeling its abiding presence in your life.

PRACTICE 48: Two 30-minute practice periods.

第 48 階 真正的指引被提供給我。

真正的指引被提供了。它等待著你到達那個成熟的節點，在那裡你認識到它在你生命中的必要性。這帶來了學習的真正動力。這種動力源自於你根據你真正的需要而對你的局限性產生的認知。你必須珍愛自己才能成為內識的學生，並且你必須持續地愛自己才能前進。除此之外，沒有任何東西能夠阻礙你的學習。沒有愛，就會存在恐懼，因為沒有任何東西能夠取代愛。但是，愛並未被取代，真正的幫助被提供給你。

在今天的兩次冥想練習中，努力去感知真正幫助的存在。在安靜和靜心中，在你的生命里以及在你的周圍感知它。這些冥想練習將開始打開你內在更高的感受力，一種全新的感知。你將開始辨識那些存在著的、即使你無法看到的東西。你將能夠對思想和信息作出回應，即使你還無法聽出這些信息的來源。這是創造性思維的真實過程，因為人們接收著想法；他們並沒有創造它們。你是一個更偉大生命的一部分。你的個體生命是它表達的載體。這樣，你的個體性得到了更高的培養，變得更加愉悅，它不再是你的牢籠，而是你喜悅表達的方式。

真正的幫助被提供給你。今天練習去感知它在你生命中永恆的存在。

練習 48：兩個 30 分鐘

Step 49

REVIEW

THIS MARKS THE COMPLETION OF YOUR SEVENTH WEEK of practice. In this Review, it is asked of you to review all seven weeks of practice, reviewing all instructions and recalling your experience of using each one. This may require several longer practice periods, but it is quite essential for you to gain a comprehension of what it means to be a student and how learning is actually accomplished.

BE VERY CAREFUL NOT TO JUDGE YOURSELF AS A STUDENT. You are not in a position to judge yourself as a student. You do not have the criteria, for you are not a teacher of Self Knowledge. You will find as you proceed that some of your failures will lead to greater successes, and that some of what you thought of as successes may lead to failures. This will underscore your whole system of evaluation and will lead you to a greater recognition. This will make it possible for you to be compassionate towards yourself and towards others whom you now judge for their successes and their failures.

REVIEW, THEN, THE FIRST FORTY-EIGHT LESSONS OF PRACTICE. Try to recall how you responded to each step and how deeply you involved yourself. Try to look at your successes, your accomplishments and your obstacles. You have come this far. Congratulations! You have passed the first test. Be encouraged now to proceed, for Knowledge is with you.

PRACTICE 49: Several long practice periods.

第 49 階 復習

今天代表著你已經完成了七周的修習。在今天的復習中，要求你對過去七周的練習進行回顧，復習所有的指引並回憶你運用每一個指引的體驗。這或許需要通過幾次的回顧練習才能完成，不過這對於你去理解作為一個學生意味著什麼，以及學習是如何達成的來說至關重要。

注意，作為一個學生不要對自己進行評判。作為一個學生，你沒有能力去評判自己。你沒有評判的標準，因為你不是教授自我內識的老師。你將發現，當你繼續前行時，你的一些失敗將帶來更大的成功，而你自認為的一些成功或許會帶來失敗。這會凸顯你整個的評估系統，並給你帶來一種更廣大的認知。這將使你能夠對自己以及對那些你試圖評判其成敗的人擁有悲憫心。

復習前面四十八節課程的練習。努力回憶你是如何回應每一節課程的，以及你的投入程度有多深。努力觀察你的成功、你的成就以及你的障礙。你已經走出了這麼遠。恭喜你！你已經通過了第一個考驗。帶著勇氣繼續前進吧，因為內識和你同在。

練習 49：幾次長的練習時段

Step 50

TODAY I WILL BE WITH KNOWLEDGE.

BE WITH KNOWLEDGE TODAY so that you may have the certainty and the power of Knowledge available to you. Allow Knowledge to give you stillness. Allow Knowledge to give you strength and competency. Allow Knowledge to teach you. Allow Knowledge to reveal the universe as it truly exists, not as you judge it to be.

IN YOUR TWO PRACTICE PERIODS, practice in stillness feeling the power of Knowledge. Do not ask questions. That is not necessary now. Do not argue with yourself about the reality of your pursuit, for that is

wasteful and meaningless. You cannot know until you receive, and to receive you must trust your inclination to know.

TODAY BE WITH KNOWLEDGE. In your practice periods, let nothing dissuade you. You need only relax and be present. From these practices a greater presence will be recognized, and this will begin to allay your fears.

PRACTICE 50: Two 30-minute practice periods.

第 50 階 今天我和內識同在。

今天和內識同在，這樣你就能夠擁有內識賦予你的確定性和力量。讓內識帶給你靜心。讓內識帶給你力量和能力。讓內識來教導你。讓內識來展示宇宙真正的樣子，而不是根據你所評判的那樣。

在兩個練習時段裡，在靜心中練習感受內識的力量。不要提問問題。現在這並不必要。不要和自己爭辯你追求的真实性，因為這是徒勞而沒有意義的。直到你接收了你才能知道，為了進行接收，你必須信任你對認知的傾向性。

今天和內識同在。在練習中，不要讓任何事情阻礙你。你只需要放鬆並安住於當下。透過這些練習，一個更偉大的臨在將被認知，這將開始減輕你的恐懼。

練習 50：兩個 30 分鐘

Step 51

LET ME RECOGNIZE MY FEARS

SO THAT I MAY SEE THE TRUTH BEYOND THEM.

YOUR OBSTACLES MUST BE RECOGNIZED in order for you to see beyond them. If they are ignored or denied, if they are protected or called by other names, you will not realize the nature of your restraint. You will not understand that which oppresses you. Your life is not born of fear. Your Source is not born of fear. To be able to recognize your fear means that you must realize that you are

part of something greater. Realizing this you can learn to become objective about your life and to understand your present circumstances without self-condemnation, for it is within these circumstances that you must cultivate yourself. You must start from where you are. To do this you must take inventory of your strengths and weaknesses.

IN YOUR TWO PRACTICE PERIODS TODAY, evaluate the existence of your fears and remind yourself that your reality is beyond them, but that you must recognize them to understand their damaging presence in your life. Close your eyes and repeat the idea for today; then consider each fear that arises in your mind. Remind yourself that the truth is beyond that specific fear. Allow all fears to arise and be evaluated in this way.

TO BE WITHOUT FEAR, YOU MUST UNDERSTAND FEAR—its mechanism, its influence on people and its result in the world. You must recognize this without deception and without preference. You are a great being working in a limited context, in a limited environment. Understand the limitations of your environment and understand the limitations of your vehicle, and you will no longer hate yourself for being limited.

PRACTICE 51: Two 30-minute practice periods.

第 51 階 讓我認識我的恐懼，這樣我就能夠超越它們看到真理。

你的障礙必須被認知，這樣你才能夠超越它們去看。如果它們被忽視或否認，如果它們被維護或被稱為別的名字，那麼你就無法認識到你的約束的特質。你就無法理解那壓制著你的東西。你的生命並非誕生於恐懼。你的源泉並非誕生於恐懼。要想認知你的恐懼，意味著你必須認識到你是更偉大事物的一部分。認識到這點，你就能夠學習對你的生命保持客觀，並能夠不帶自我譴責地理解你當前的環境，因為你正是要在這樣的環境里培養自己。你必須從你現在所處的位置起始。為了做到這一點，你必須檢視你的優勢和弱勢。

在今天的兩個練習時段裡，評估你的恐懼的存在，並提醒自己你的實相是超越它們的，但是你必須認知它們，從而能夠理解它們在你生命中的危害性存在。閉上眼睛，重復今天的思想；然後思考每一個浮現在你腦海裡的恐懼。提醒自己真相超越那個恐懼。讓所有的恐懼浮現出來，並通過這種方式對它們進行評估。

為了實現無懼，你必須理解恐懼——它的機制、它對人們的影響和它在世界上產生的結果。你必須不帶欺騙、不帶偏好地認知它。你是在有限的背景下、有限的環境中工作著的一個偉大存有。理解你環境的局限，理解你這個載體的局限，那麼你就不會再怨恨自己的局限性了。

練習 51：兩個 30 分鐘

Step 52

I AM FREE TO FIND THE SOURCE OF MY KNOWLEDGE.

THE SOURCE OF YOUR KNOWLEDGE EXISTS WITHIN YOU and

beyond you as well. There is no distinction to the source of Knowledge where it exists, for it is everywhere. Your life has been saved because God has planted Knowledge within you. But you will not realize your salvation until Knowledge has been allowed to emerge and to bestow its gifts upon you. What other freedom is free except that which enables you to receive the gift of your true life? All other freedom is the freedom to be chaotic, the freedom to harm yourself. The great freedom is to find your Knowledge and to allow it to express itself through you. Today you are free to find the source of your Knowledge.

IN YOUR TWO PRACTICE PERIODS IN STILLNESS, receive the source of your Knowledge. Remind yourself that you are free to do this. Regardless of fear or anxiety, regardless of any sense of guilt or shame, allow yourself to receive the source of your Knowledge. You are free to receive the source of your Knowledge today.

PRACTICE 52: Two 30-minute practice periods.

第 52 階 我自由地去發現我內識的源泉。

你內識的源泉既存在於你之內，也存在於你之外。內識的源泉存在於何處是沒有區別的，因為它無處不在。你的生命已經得到了救贖，因為上帝將內識種在你的內在。然而，除非內識得以出現並對你奉獻它的禮物，否則你將無法認識到你的救贖。除了那個讓你去接收你真實生命禮贈的自由之外，還有什麼樣的自由是真正的自由呢？所有其他的自由都是帶來混亂的自由，帶給你傷害的自由。偉大的自由，是讓你發現你的內識，並讓它透過你來表達它自己。今天，你將自由地去發現你內識的源泉。

在兩次靜心練習里，接收你內識的源泉。提醒自己，你是自由地去接收的。不要理會恐懼或焦慮，不要理會任何的內疚感或羞恥感，讓自己去接收你內識的源泉。今天你自由地接收你內識的源泉。

練習 52： 兩個 30 分鐘

Step 53

MY GIFTS ARE FOR OTHERS.

YOUR GIFTS ARE MEANT TO BE GIVEN TO OTHERS, but first you must recognize your gifts and separate them from the ideas which restrain them, alter them or deny them. How can you understand yourself except in the context of contribution to others? Alone you can do nothing. Alone you have no meaning. This is because you are not alone. This will be viewed as a burden and as a threat until you realize the great meaning that it has and the gift that it really is. It is the salvation of your life. When life reclaims you, you reclaim life and receive all of its rewards, which far exceed anything

that you could give yourself. The value of your life is consummated and fully demonstrated through your contribution to others because until contribution exists, you can only partially realize yourself—your value, your purpose, your meaning and your direction.

IN YOUR TWO PRACTICE PERIODS TODAY, feel your desire to contribute to others. You do not need now to determine what you wish to contribute. That is not as important as your desire to contribute, for the form of contribution will become evident to you in time and will evolve as well. It is your desire to contribute born of true motivation that will give you joy this day.

PRACTICE 53: Two 30-minute practice periods.

第 53 階 我的禮物是給他人的。

你的禮物注定要奉獻給他人，但是首先你必須認知你的禮物，並將它們和那些限制它們、改變它們或否認它們的想法區分開來。除非通過對他人進行奉獻，否則你怎麼可能理解你自己呢？一個人你什麼都做不了。一個人你沒有任何意義。這是因為你並非孤單一人。這會被視為一種負擔和一種威脅，直到你意識到它的偉大意義以及它確實是一個禮物為止。它是你生命的救贖。當生命喚回你時，你也在喚回生命，並接收它所有的回報，這遠超越你能給予自己的任何東西。你生命的價值通過你對他人的奉獻而得到實現和充分證明，因為除非進行奉獻，否則你只能部分地認識你自己——你的價值、你的宗旨、你的意義和你的方向。

在今天的兩個練習時段裡，感受你對他人進行奉獻的渴望。你不需要現在就決定你想奉獻什麼。這和你對於奉獻的渴望相比並不重要，因為慢慢地你奉獻的方式將會變得很明顯，並將不斷地發展。今天帶給你喜悅的是你對於奉獻的渴望，它源自真正的動力。

練習 53: 兩個 30 分鐘

Step 54

I WILL NOT LIVE IN IDEALISM.

WHAT IS IDEALISM BUT IDEAS OF THINGS THAT ARE HOPED FOR based on disappointment? Your idealism includes yourself, your relationships and the world in which you live. It includes God and life and all realms of experience that you can imagine. Without experience, there is idealism. Idealism can be helpful at the beginning, for it can start you moving in a true direction, but you must not rest your conclusions or your identity upon it, for only experience can give you that which is true to you and that which you can fully accept. Let not idealism guide you, for Knowledge is here to guide you.

IN YOUR TWO PRACTICE PERIODS TODAY, recognize the extent of your own idealism. Observe carefully what you want yourself to be, what you want your world to be and what you want your relationships

to be. Repeat today's idea and, with eyes closed, examine each of your ideals. Even though your ideals may look beneficial and seem to represent your desire for love and harmony, they in effect hold you back, for they replace that which would truly give you the gifts that you seek.

PRACTICE 54: Two 30-minute practice periods.

第 54 階 我不再生活在理想主義里。

理想主義是什麼呢？不就是建立在失望之上的對於所希望的東西的想法嗎？你的理想主義包括了你自己、你的關係和你生活的世界。它包括了上帝和生命，以及你能想象到的所有體驗領域。沒有體驗，就只有理想主義。理想主義在開始時或許是有幫助的，因為它能夠讓你開始走向真正的方向。但是你不能把你的結論或你的身份認同建立在理想主義上，因為唯有體驗能夠給你那些真實的東西，以及那些你能夠完全接受的東西。不要讓理想主義指引你，因為內識在此指引著你。

在今天的兩個練習時段裡，認識到你自己的理想主義的廣度。仔細地觀察你想讓自己成為什麼，你想讓世界成為什麼，以及你想讓你的關係成為什麼。重復今天的想法，閉上眼睛，檢視你的每一個理想。即使你的理想看起來是有益的，似乎代表了你对愛和和諧的渴望，但事實上它們限制了 you，因為它們取代了那真正能給你帶來你所尋求的禮物的東西。

練習 54：兩個 30 分鐘

Step 55

I WILL ACCEPT THE WORLD AS IT IS.

IDEALISM IS THE ATTEMPT NOT TO ACCEPT THE WORLD AS IT IS.

It justifies blame and condemnation. It establishes expectations of a life that does not yet exist and thus renders you vulnerable to grave disappointment. Your idealism fortifies your condemnation. ACCEPT THE WORLD TODAY AS IT IS, not as you want it to be. With acceptance comes love, for you cannot love a world that you want to exist. You can only love a world that exists as it is. Accept yourself now as you exist, and true desire for change and advancement will naturally emerge within you. Idealism justifies condemnation. Recognize this great truth, and you will begin to have a more immediate and profound experience of life and of that which is genuine and not based upon hope or expectation but upon true engagement.

THEREFORE, IN YOUR TWO 30-MINUTE PRACTICE PERIODS TODAY, concentrate on accepting things exactly as they are. You are not condoning violence, conflict or ignorance in doing this. You are merely accepting the conditions that exist so that you may work with them constructively. Without this acceptance, you have no starting place for true engagement. Allow the world to be exactly as it is, for it is this world that you have come to serve.

PRACTICE 55: Two 30-minute practice periods.

第 55 階 我將接受世界真實的樣子。

理想主義是試圖不接受世界真實的樣子。它為指責和譴責帶來藉口。它製造了對於尚未存在的一種生活的期望，並由此給你帶來巨大的失望。你的理想主義強化了你的譴責。

接受世界真實的樣子，而不是你所希望的樣子。愛，伴隨著接受而來，因為你無法去愛一個你希望存在的世界。你只能去愛一個真實存在的世界。接受你現在真實的樣子，那麼對改變和進步的真正渴望將會從你內在自然地升起。理想主義為譴責帶來藉口。認知這一偉大真理，那麼你將開始更直接、更深刻地體驗生命，體驗那些真實的、並非基於願望或期望而是基於真正參與的東西。

因此，在今天的兩個 30 分鐘的練習里，專注於接受事物真實存在的樣子。你這樣做並非要寬恕暴力、衝突或無知。你只是接受現有的條件，這樣你就能夠有建設性地應對它們。假如沒有接受，你就無從開始真正的參與。讓世界呈現它真正的樣子，因為這就是你來此進行服務的世界。

練習 55: 兩個 30 分鐘

Step 56

REVIEW

IN TODAY' S REVIEW, REVIEW THE PAST WEEK OF LESSONS and your involvement with them. Try to understand that though progress may appear to be slow at first, that which is slow and even will progress greatly. Involvement that is consistently applied will give you the straight line to your accomplishment.

IN YOUR REVIEW, WE AGAIN REMIND YOU to refrain from selfjudgment if you have not met your expectations. Merely realize what is required to follow the instructions as they are given and involve yourself with them as fully as possible. Remember that you are learning to learn, and remember that you are learning to reclaim your self-worth and your true abilities.

PRACTICE 56: One long practice period.

第 56 階 復習

今天的復習中，回顧前一周的課程以及你對課程的參與。要努力理解，儘管你的進步一開始時似乎很緩慢，然而正是緩慢而勻速地前進，將會獲得巨大的進步。持之以恆的投入將帶你筆直地走向你的成就。

在復習中，我們再次提醒你，假如你沒能達到自己的期望，不要對自己進行自我評判。僅僅需要認識到該怎樣遵循所提供的引導，並盡可能全心地投入到練習中。記住你正在學習如何進行學習，記住你正在學習喚回你的自我價值和你的真正能力。

練習 56：一個長練習時段

Step 57

FREEDOM IS WITH ME.

FREEDOM ABIDES WITHIN YOU, waiting to be born within you, waiting to be claimed and accepted, waiting to be lived and applied and waiting to be honored and followed. You who have lived under the weight of your own imagination, you who have been a prisoner to your own thoughts and to the thoughts of others, you who have been intimidated and threatened by the appearances of this world now have hope, for true freedom abides within you. It awaits you. You have brought it with you from your Ancient Home. You carry it with you each day, each moment.

WITHIN THIS PROGRAM OF DEVELOPMENT, you are now learning to turn towards freedom and away from fear and the darkness of your own imagination. In freedom you will find stability and consistency. This will give you the foundation upon which to build your love and sense of self-worth, and this foundation shall not be shaken by the world, for it is greater than the world. It is not born of the misgiving of separation. It is born of the truth of your total inclusion in life. UPON THE HOUR REPEAT TODAY' S IDEA and take a moment to feel that freedom is with you. As you come closer to freedom throughout the day, you will be able to recognize more and more clearly what holds you back. You will realize that it is but your adherence to your own thoughts that holds you back. It is your interest in your own imagination that holds you back. This will lighten your burden, and you will realize that a true choice is available. This realization will give

you the strength to come to freedom today.

IN YOUR TWO DEEP MEDITATION PRACTICES, repeat today' s idea and attempt to allow your mind to be still, which is the beginning of its freedom. This practice in stillness will enable your mind to shake loose the chains that bind it—its unforgiveness from the past, its anxiety over the future and its avoidance of the present. In stillness your mind rises above all that keeps it small, hidden and isolated within its own darkness. How close is freedom to you today who need but be still to receive it. And how great is your reward, you who have come into the world, for freedom is with you.

PRACTICE 57: Two 30-minute practice periods.

Hourly practice.

第 57 階 自由和我同在。

自由和你在一起，等待著從你的內在升起，等待著被宣稱被接受，等待著被

體驗被運用，等待著被尊重被遵循。你，曾經生活在自我想象的重壓下，曾經成為自己思想以及他人思想的囚徒，曾經被這個世界的外表所恐嚇和威脅，而現在你擁有了希望，因為真正的自由和你在一起。它在等待著你。你從你的古老家園帶著它而來。你每時每天都在攜帶著它。

在這一提升課程中，你正在學習遠離恐懼和自我想象的黑暗，並走向自由。在自由中，你將找到安定和一致。這將賦予你那個構建你的愛和自我價值感的基礎，並且這個基礎不會為世界所動搖，因為它比世界更偉大。它並非誕生於分離所帶來的不安。它誕生於你在生命中的完全包融。

每小時重復今天的想法，用片刻的時間感受自由和你在一起。今天隨著你越來越靠近自由，你將越來越清楚地認識到什麼在束縛著你。你將意識到是你對自我思想的堅持在束縛著你，是你對自我想象的專注在束縛著你。這將減輕你的負擔，並且你將認識到有個真正的選擇在等待著你。這一認知今天將給你力量走向自由。

在兩次深度冥想里，重復今天的想法，並努力讓你的思想安靜下來，這是它自由的開始。這種靜心練習能夠讓你的思想從束縛它的各種鎖鏈中松脫——它對過去的不原諒，它對未來的焦慮和它對當下的逃避。在靜心裡，你的思想超越所有貶低它、遮蓋它以及讓它隔離在自己黑暗裡的東西。你今天離自由是多麼近，只需要安靜下來就能接收它。對於來到世界上的你來說，這是多麼偉大的回報啊，因為自由和你同在。

練習 57：兩個 30 分鐘
每小時練習

Step 58

KNOWLEDGE IS WITH ME.

TODAY WE AFFIRM THE PRESENCE OF KNOWLEDGE in your life.

Upon each hour claim this affirmation and then take a moment to attempt to feel this presence. You must feel it. You cannot conceive of it alone, for Knowledge must be experienced. In whatever circumstance you find yourself in today, repeat this affirmation once upon the hour and attempt to feel its meaning. You will find that there are many situations that you thought were inappropriate for practice where you can practice. In this way, you will find that you have the power to govern your experience to meet your true inclinations, and you will find that any circumstance is an adequate environment for true preparation and self-application.

TRY TO PRACTICE EACH HOUR. Remain conscious of your time. If an hour is missed, do not worry, but rededicate yourself to practice in the remaining hours as you proceed. Knowledge is with you today.

Today be with Knowledge.

PRACTICE 58: Hourly practice.

第 58 階 內識和我同在。

今天我們確認內識在你生命中的存在。每個小時宣稱這一確認，然後用片刻的時間努力感知這一存在。你必須感受到它。你不能僅僅去想象它，因為內識必須被體驗。無論你今天處於什麼境況里，每個小時都重復這一確認，並努力感受它的含義。你會發現在許多你本以為不適合練習的境況里，你依然能夠進行練習。這樣，你會發現你有能力管控自己的體驗去滿足你真正的傾向，並且你將發現無論任何境況都適合進行真正的準備和自我運用。

努力完成每小時的練習。對時間保持覺知。假如錯過了某個小時，不用擔心，只需讓自己重新投入接下來的每小時練習。內識今天和你同在。今天讓自己和內識同在。

練習 58：每小時練習

Step 59

TODAY I WILL LEARN PATIENCE.

IT IS VERY DIFFICULT FOR A MIND THAT IS TORMENTED to be patient. It is very difficult for a mind that is restless to be patient. It is very difficult for a mind that has sought all of its worth from temporary things to be patient. Only in the pursuit of something greater is patience necessary because it requires a greater application. Think of your life in terms of long-term development, not in terms of immediate sensation and gain. Knowledge is not merely stimulation. It is the depth of power that is universal and eternal, and its greatness is given to you to receive and to give.

PRACTICE EACH HOUR TODAY affirming that you will learn to be patient and that you will become observant of your life rather than critical of your life. Affirm that you will become objective about your abilities and your circumstances so that you may apply a greater certainty to them.

LEARN PATIENCE TODAY AND PATIENTLY LEARN. In this way, you will move more quickly, more certainly and more lovingly.

PRACTICE 59: Hourly practice.

第 59 階 今天我將學習耐心。

一個被煩惱所困的思想很難擁有耐心。一個焦躁不安的思想很難擁有耐心。一個試圖從暫時性事物里尋求所有價值感的思想很難擁有耐心。只有在追求更偉大的東西時，耐心才是必需的，因為這要求一種更廣大的應用。以一種長遠發展的角度來看待你的生命，而不要尋求那種即刻的感知和獲取。內識不僅僅是一種刺激。它是宇宙性的、永恆的深刻力量，並且它的偉大被賦予了你去接收、去奉獻。

在今天的每小時練習里，確認自己將學習耐心，並且你將對你的生命保持觀察，而非對你的生命進行批判。確認你將對你的能力和你的境遇保持客觀，這樣你就能夠對它們運用一種更大的確定性。

今天學習耐心，並耐心地進行學習。這樣，你將更快速、更確定、更仁愛地向前進步。

練習 59：每小時練習

Step 60

I WILL NOT JUDGE THE WORLD TODAY.

WITHOUT YOUR JUDGMENTS, Knowledge can indicate what you must do and what you must understand. Knowledge represents a greater judgment, but it is a judgment that is very different from your own, for it is not born of fear. It does not possess anger. It is

always meant to serve and to nourish. It is just, in that it gives true recognition to every person's current state without belittling their meaning or their destiny.

DO NOT JUDGE THE WORLD TODAY so that you may see the world as it is. Do not judge the world today so that you may accept the world as it is. Allow the world to be exactly as it is so that you can recognize it. Once the world has been recognized, you will realize how much it needs you and how much you will want to give to it. The world does not need blame. It needs service. It needs truth. And above all, it needs Knowledge.

EVERY HOUR TODAY, TAKE A MOMENT and look at the world without judgment. Repeat the affirmation for today and spend a moment looking at the world without judgment. Regardless of what appearance you may see, whether it pleases you or displeases you, whether you find it beautiful or ugly, whether you think it is worthy or unworthy, look at it without judgment.

PRACTICE 60: Hourly practice.

第 60 階 今天我不對世界進行評判。

當你不加評判時，內識能夠指示你必須做什麼，以及必須理解什麼。內識代表著更偉大的評判，但它和你自己的評判完全不同，因為它並非源自恐懼。它不帶任何憤怒。它始終尋求提供服務和滋養。它是公正的，因為它對每一個人的當前狀況給予真正的確認，而不會輕視他們的意義或他們的天命。

今天不要對世界進行評判，從而你能夠看清世界真正的樣子。今天不要對世界進行評判，從而你能夠接受世界真正的樣子。讓世界呈現它真正的樣子，從而你能夠認知它。一旦世界被認知了，你將意識到它是多麼需要你，而你是多麼希望對它進行奉獻。世界不需要譴責。它需要服務。它需要真理。它需要內識，並且這高於一切。

在今天的每小時練習中，用短暫的片刻不帶評判地觀察這個世界。重復今天的確認，然後用片刻的時間不帶評判地觀察世界。無論你會看到怎樣的景象，無論它給你帶來愉悅還是煩擾，無論你發現它是美麗的還是醜陋的，無論你認為它

是值得的還是不值得的，都努力不帶評判地觀察它。

練習 60：每小時練習

Step 61

LOVE GIVES OF ITSELF THROUGH ME.

LOVE GIVES OF ITSELF THROUGH YOU when you are ready to be its vehicle of expression. You do not need to try to be loving to appease a sense of self-inadequacy or guilt. You do not need to try to be loving to win the approval of others. Do not fortify your sense of helplessness or sense of unworthiness by attempting to place a happy or benevolent sentiment upon them. Love within you will express itself, for it is born of Knowledge within you, of which it is a part.

EACH HOUR TODAY AS YOU LOOK UPON THE WORLD, recognize that love within you will speak for itself. If you are without judgment, if you are capable of being with the world as it truly is and if you are capable of being present with others as they truly are, love within you will speak for itself. Do not try to make love speak for you. Do not try to make love express your wishes or your needs, for love itself will speak through you. If you are present to love, then you will be present to the world, and love will speak through you.

PRACTICE 61: Hourly practice.

第 61 階 愛透過我奉獻它自己。

當你做好準備成為愛表達的載體時，愛將透過你奉獻它自己。你不需要通過努力表現關愛來撫慰自我不足感或內疚感。你不需要通過努力表現關愛來贏得他人的贊許。不要試圖披覆一層快樂或仁善的情感來強化你的無助感或卑微感。你內在的愛將表達它自己，因為它產生於你內在的內識，並且它是內識的一部分。

今天的每小時練習里，當你看向這個世界時，認知你內在的愛將代表它自己講話。如果你不帶評判，如果你能夠和世界真實的樣貌共處，並且如果你能夠對他人真正的自我保持臨在的話，你內在的愛將代表它自己講話。不要試圖讓愛代表你講話。不要試圖讓愛來表達你的希望或需求，因為愛本身將透過你進行講話。如果你對愛保持臨在，那麼你將對世界保持臨在，並且愛將透過你進行講話。

練習 61：每小時練習

Step 62

TODAY I WILL LEARN TO LISTEN TO LIFE.

IF YOU ARE PRESENT TO THE WORLD, you will be able to hear the world. If you are present to life, you will be able to hear life. If you are present to God, you will be able to hear God. If you are present to yourself, you will be able to hear yourself.

THEREFORE, TODAY PRACTICE LISTENING. Upon each hour practice listening to the world around you and the world within. Repeat the affirmation and then practice this. It only takes a moment. You will find that regardless of your circumstances, there will be a way for you to practice this today. Do not let your circumstances dominate you. You can practice within them. You can find a way to practice that does not produce embarrassment or inappropriateness with others. Whether you are alone or engaged with others, you may practice today. Practice upon the hour. Practice listening. Practice being present. To truly listen means that you are not judging. It means that you are observing. Remember, you are developing a faculty of mind that will be necessary for you to be able to give and to receive the greatness of Knowledge.

PRACTICE 62: Hourly practice.

第 62 階 今天我將學習聆聽生命。

如果你對世界保持臨在，你將能夠聽到世界。如果你對生命保持臨在，你將能夠聽到生命。如果你對上帝保持臨在，你將能夠聽到上帝。如果你對自己保持臨在，你將能夠聽到你自己。

因此，今天練習聆聽。在每小時里，練習聆聽你周遭的世界和你內在的世界。重復這一確認，然後開始練習。這只需片刻的時間。你會發現，無論你身處怎樣的環境，總能找到進行練習的方法。不要讓你的環境左右你。你能夠在這些環境里進行練習。你能夠找到一種方式進行練習，同時又不會給他人造成窘迫或不適。無論你是一個人還是和他人在一起，你都可以進行練習。堅持每小時練習。練習聆聽。練習保持臨在。真正的聆聽意味著你不做評判。這意味著你讓自己保持觀察。記住，你正在發展思想的一項技能，它對於你奉獻和接收內識的偉大是必不可少的。

練習 62：每小時練習

Step 63

REVIEW

AS BEFORE, IN YOUR REVIEW review the past week of practice and learn the extent of your involvement and how it can be increased and enhanced. This week your practice has been expanded. It has been taken into the world with you to be applied in all manner of situations, regardless of your emotional states, regardless of the emotional states of those who influence you and regardless of where you are and what you are doing. In this way, everything becomes part of your practice. The world, then, instead of being a fearful place that oppresses you, becomes a useful place to cultivate Knowledge.

REALIZE THE STRENGTH THAT YOU ARE GIVEN when you are able to practice regardless of your emotional states, for you are greater than

your emotions, and you need not repress them to realize this. To become objective with your own internal states, you must operate from a position where you can observe them and where you are not dominated by them. This will allow you to become present to yourself and will give you true compassion and understanding. Then you will not be a tyrant with yourself, and tyranny in your life will come to an end.

IN YOUR ONE LONG PRACTICE PERIOD, evaluate this prior week as carefully as possible without condemnation. Remember that you are learning how to practice. Remember that you are learning to develop your skills. Remember that you are a student. Be a beginning student, for a beginning student makes few assumptions and wishes to learn everything.

PRACTICE 63: One long practice period.

第 63 階 復習

和以前一樣，在本次復習里回顧過去一周的練習，瞭解你的投入程度以及如何能夠進一步提高。本週你的練習有所擴展。它被你帶進了世界，在所有形式的境況里得到運用，無論你處於怎樣的情緒狀態，無論那些影響你的人處於怎樣的情緒狀態，無論你身處何地或正在做著什麼。通過這樣做，所有一切都成為了你修習的一部分。這樣，世界不再是一個壓制著你的恐怖地方，而是變成了一個能夠培養內識的有用場所。

當你能夠在任何情緒狀態下進行修習時，認知你被賦予的力量，因為你比你的情緒更偉大，並且你不必通過壓制它們來認知這點。為了對你自己的內在狀態保持客觀，你必須讓自己置於一個既能對它進行觀察又不會受它左右的位置上。這讓你能夠對自己保持臨在，並帶給你真正的慈悲和理解。這樣，你將不再是自己的暴君，並且你生命中的專制將得到終結。

在今天的長練習時段中，盡可能認真地、不加評判地對前一周進行評估。記住，你正在學習如何進行修習。記住你正在學習發展你的技能。記住你是一個學生。做一個初級學生。因為一個初級學生很少進行假設，並希望對一切進行學習。

練習 63：一個長練習時段

Step 64

TODAY I WILL LISTEN TO ANOTHER.

ON THREE SEPARATE OCCASIONS TODAY, practice listening to another. Listen without evaluation and without judgment.

Listen without your mind being distracted by anything else. Simply listen. Practice with three different individuals today. Practice listening.

Be still when you listen. Attempt to hear beyond their words. Attempt to look beyond their appearance. Do not project images upon them.

Just listen.

PRACTICE TODAY LISTENING TO ANOTHER. Do not become engaged with what they are saying. You need not respond inappropriately to them, if they are speaking directly to you, in order to practice with them. You will be engaging your whole mind in your conversation. Take time, then, to practice listening without speaking. Allow others to express themselves to you. You will find that they have a greater communication for you than you might at first have anticipated. You do not need to figure this out. Simply practice listening today so that you may hear the presence of Knowledge.

PRACTICE 64: Three practice periods.

第 64 階 今天我對他人進行聆聽。

在今天的三個不同場合里，練習對他人進行聆聽。不加評估、不帶評判地去聽。在聆聽時，不要讓你的思想被任何別的事情所分散。簡單地進行聆聽。針對三個不同的人進行練習。練習聆聽。在聆聽時保持靜心。努力超越他們的話語去聽。努力超越他們的表象去看。不要在他們身上投射任何形象。僅僅是聆聽。

今天練習對他人進行聆聽。不要讓自己涉入他們所講的內容里。當你進行練習時，假如他們是直接對你進行講話，你不必對他們進行不恰當的回應。讓自己的整個思想投入到你們的交流中。花時間練習聆聽，而不講話。讓他人向你表達他們自己。你會發現他們在對你進行著一種比你一開始所預料的更廣大的溝通。你不必試圖弄明白。今天僅僅是練習聆聽，這樣你將能夠聽到內識的存在。

練習 64：三次練習

Step 65

I HAVE COME TO WORK IN THE WORLD.

YOU HAVE COME TO THE WORLD TO WORK. You have come to the world to learn and to contribute. You have come from a place of rest to a place of work. When the work is done, you go home to a place of rest. This can only be known, and your Knowledge will reveal this to you when you are ready.

FOR NOW, PRACTICE UPON THE HOUR. Tell yourself that you have come to the world to work, and then take a moment to feel the reality of this. Your work is greater than your current employment. Your work is greater than what you are currently attempting to do with people and for people. Your work is greater than what you are attempting to do for yourself. Understand that you do not know what your work is. That will be revealed to you and it will evolve for you, but understand today that you have come to the world to work. This will affirm your strength, your purpose and your destiny. This will affirm the reality of your True Home, from which you have brought your gifts.

PRACTICE 65: Hourly practice.

第 65 階 我來世界是為了工作。

你來世界是為了工作。你來世界是為了學習和奉獻。你從一個休憩的場所來到了一個工作的場所。當工作完成後，你回到你的家園進行休憩。這點只能被認知，並且當你準備好時，你的內識將把這示現給你。

現在，進行每個小時的練習。告訴自己你來到世界是為了工作，然後用片刻的時間去感知這一實相。你的工作比你當前的職業更加偉大。你的工作比你正在努力和他人一起做以及為他人做的事情更加偉大。你的工作比你試圖為你自己做的事情更加偉大。要理解你並不知道你的工作是什麼。這將被示現給你，並會為你而不斷提升，但今天要理解你來世界是為了工作。這將確認你的力量、你的宗旨和你的天命。這將確認你真正家園的實相，你從那裡帶來了你的禮物。

練習 65：每小時練習

Step 66

I WILL STOP COMPLAINING ABOUT THE WORLD.

COMPLAINING ABOUT THE WORLD MEANS that it is not meeting your idealism. Complaining about the world means that you do not recognize that you have come here to work. Complaining about the world does not help you understand its predicaments. Complaining about the world means you do not understand the world as it is. Your complaints indicate that some expectation has been disappointed. These disappointments are necessary for you to begin to understand the world as it is and to understand yourself as you truly are. UPON THE HOUR TODAY GIVE THIS AFFIRMATION to yourself and then practice it. Each hour spend a minute not complaining about the world. Do not let the hours go by unattended, but be present for practice. Recognize the extent to which others are complaining about the world and how little it gives them and how little it gives the world. The world has already been condemned by those who dwell within it. If it is to be loved and cultivated, its predicaments must be recognized and its opportunities must be accepted. Who can complain when an environment is given where Knowledge can be reclaimed and contributed? The world only needs Knowledge and the expressions of Knowledge. How can it be worthy of condemnation? PRACTICE 66: Hourly practice.

第 66 階 我將停止對世界進行抱怨。

對世界進行抱怨意味著它沒有滿足你的理想主義。對世界進行抱怨意味著你沒有意識到你來此是為了工作。對世界進行抱怨無法幫助你去理解它的困境。對世界進行抱怨意味著你不理解世界真實的樣貌。你的抱怨表明有些期望落空了。這些失望對你來說是有必要的，這樣你能夠開始理解世界真正的樣子，並理解你自己真實的樣貌。

今天的每小時里，對自己確認這點，然後練習它。每小時用片刻的時間不對世界進行抱怨。不要錯過任何一個小時的練習，而是全然地投入到練習中。認識到其他人是如何地抱怨這個世界，以及這種抱怨給他們、給世界帶來的效果是多麼些微。世界已經被居住在此的人們所譴責著。要想使世界得到愛和滋養，那麼它的困境必須被認知，同時它的機遇必須被接受。當一個環境被提供從而內識能夠在此被喚回和貢獻時，那麼誰還能對它進行抱怨呢？世界唯一需要的是內識和對內識的表達。憑什麼讓它備受譴責呢？

練習 66：每小時練習

Step 67

I DO NOT KNOW WHAT I WANT FOR THE WORLD.
 YOU DO NOT KNOW WHAT YOU WANT FOR THE WORLD because
 you do not understand the world, and you have not yet been
 able to see its predicament. When you realize that you do not
 know what you want for the world, this gives you the motivation and
 the opportunity to observe the world, to look again. This is essential
 for your understanding. It is essential for your well-being. The world
 will only disappoint you if it is misunderstood. You will only
 disappoint yourself if you are misunderstood. You have come to the
 world to work. Recognize the opportunity that this gives to you.
 PRACTICE UPON THE HOUR TODAY IN ALL CIRCUMSTANCES. Say the
 affirmation and then attempt to realize its truth. You do not know
 what you want for the world, but your Knowledge knows what it
 must contribute. Without your attempting to replace Knowledge with
 your own designs for the world, Knowledge will express itself freely
 without obstruction, and you and the world will be the great
 beneficiaries of its gifts.
 PRACTICE 67: Hourly practice.

第 67 階 我不知道我為這個世界期望什麼。

你不知道你為這個世界期望什麼，因為你不理解這個世界，並且你尚未看到它的困境。當你意識到你並不知道你為世界期望什麼時，這帶給你動力和機會去觀察世界，再次去看。這對你的理解是至關重要的。這對你的福祉是至關重要的。如果世界被誤解，那麼它只會帶給你失望。如果你被誤解，那麼你只會對自己失望。你來世界是為了工作。認知這給你帶來的機遇。

每個小時在所有的境況里進行練習。先進行確認，然後努力認知它的真實性。你不知道你為世界期望什麼，但你的內識知道它必須奉獻什麼。如果你不試圖用你自己對世界的設計來取代內識，那麼內識就能自由地、不受阻礙地表達它自己，而你和世界將成為它的禮物的巨大受益者。

練習 67：每小時練習

Step 68

I WILL NOT LOSE FAITH IN MYSELF TODAY.

DO NOT LOSE FAITH IN YOURSELF TODAY. Maintain your practice. Maintain your intention to learn. Be without conclusions. Have this openness and this vulnerability. Truth exists without your attempting to fortify yourself. Allow yourself to be a recipient of it.

UPON EACH HOUR TODAY PRACTICE REMINDING YOURSELF that you will not lose faith in yourself today. Do not lose faith in Knowledge, in the presence of your Teachers, in the beneficence of life or in your mission in the world. Allow all these things to be affirmed so that they may fully reveal themselves to you in time. If you are present to them, they will become so obvious to you that you will see and feel them in all things. Your vision of the world will be transformed. Your experience of the world will be transformed. And all of your power and energy will unite to express itself.

DO NOT LOSE FAITH IN YOURSELF TODAY.

PRACTICE 68: Hourly practice.

第 68 階 今天我不會對自己失去信心。

今天不要對你自己失去信心。堅持你的修習。堅持你對學習的投入。不做結論。保持這種開放性和柔軟性。當你不去試圖強化自己時，真理存在著。讓自己成為它的接收者。

在每小時的練習里，提醒自己今天不要對自己失去信心。不要對內識、對你上師的臨在、對生命的仁慈以及對你在世界上的使命失去信心。讓所有這些得到確認，這樣它們就會慢慢地、充分地向你示現它們自己。假如你對它們保持臨在，它們將變得那麼地明顯，從而你將在所有一切里看到它們、感知它們。你對世界的看法將發生轉化。你對世界的體驗將發生轉化。你所有的力量和能量將匯聚起來表達它自己。

今天不要對自己失去信心。

練習 68：每小時練習

Step 69

TODAY I WILL PRACTICE STILLNESS.

IN YOUR TWO 30-MINUTE PRACTICE PERIODS TODAY, practice stillness. Allow your meditation to be deep. Give yourself to it. Do not enter meditation with demands and requests. Enter meditation to give yourself to it. It is the temple of the True Spirit within you to

which you bring yourself. In your practice periods, then, be present and be still. Allow yourself to bathe in the luxury of emptiness. For the

presence of God is first experienced as emptiness because it lacks movement, and then within this emptiness, you begin to feel the presence that permeates all things and gives all meaning in life. PRACTICE STILLNESS TODAY so that you may know. PRACTICE 69: Two 30-minute practice periods.

第 69 階 今天我將練習靜心。

在今天的兩個 30 分鐘里，練習靜心。讓你的冥想非常深入。讓自己全然投入。不要帶著需求和要求進入冥想。而是把自己全然地投入到冥想中。它是你內在真正精神的殿堂，你將自己引領入內。因此在練習中，保持臨在，保持靜心。讓自己沐浴在空的享受里。對於上帝臨在的最初體驗是空，因為祂不移動，然後在空里，你開始感知那滲入一切事物、給生命賦予所有意義的臨在。今天練習靜心，這樣你就能夠認知。

練習 69：兩個 30 分鐘

Step 70

REVIEW

TODAY CULMINATES TEN WEEKS OF PRACTICE. Congratulations!

You have come this far. To be a true student means that you are following the steps as they are given. To do this you must learn to honor yourself, to honor the source of your instruction, to recognize your limitations and to value your greatness. Thus it is that this is a day

of honor and a day of acknowledgment for you.

REVIEW THE LAST THREE WEEKS OF PRACTICE. Reread the instructions and recall each practice period. Recall what you gave and what you did not give. Honor your participation and attempt to strengthen it today. Deepen your resolve to have Knowledge and deepen your experience of being a true follower so that in the future you may learn to be a true leader. Deepen your experience of being a true recipient so that you may be a true contributor.

LET THIS DAY OF REVIEW, then, be a day of honor for you and a day that strengthens your commitment. Honestly evaluate your participation. Assess your apparent successes and failures. Your successes will encourage you, and your failures will teach you what you need to do to deepen your experience. This is a day of honor for you who are honored.

PRACTICE 70: Several long practice periods.

第 70 階 復習

今天你完成了十周的修習。恭喜你！你已經走了這麼遠。做一個真正的學生意味著你按照所給的指引一步步遵循進階。為了做到這點，你必須學習尊重自己，尊重你的指引的源泉，認知你的局限並珍視你的偉大。因此，今天對你來說是表達尊重和表達確認的一天。

復習過去三周的修習。重新閱讀那些指引，並回顧每個練習時段。回顧你奉獻了什麼以及和你沒有奉獻什麼。今天對自己的參與表示尊重，並努力去加強它。加強你獲得內識的決心，加深你作為一個真正追隨者的體驗，這樣在未來你就能夠學習成為一個真正的領導者。加深你作為一個真正接收者的體驗，這樣你就能夠成為一個真正的奉獻者。

讓今天這個復習日成為對自己表達尊重的一天，成為強化你的承諾的一天。坦誠地評估你的參與。評估你顯然的成功和失敗。你的成功將鼓舞你，你的失敗將教導你在哪些地方你需要深化你的體驗。今天是向受到尊重的你表達尊重的一天。

練習 70：幾個長練習時段

Step 71

I AM HERE TO SERVE A GREATER PURPOSE.

YOU ARE HERE TO SERVE A GREATER PURPOSE, beyond mere survival and the gratification of the things you may think you want. This is true because you have a spiritual nature. You have a spiritual origin and a spiritual destiny. Your failure in this life is the failure to respond to your spiritual nature, which has been distorted and maligned by the religions of your world, which has been neglected and denied by the science of your world. You have a spiritual nature. You have a greater purpose to serve. When you trust your inclination for this purpose, you will be able to come closer to it. When you feel confident that it represents a genuine source of love, then you will begin to open yourself to it, and this will be a great homecoming for you.

IN YOUR TWO MEDITATION PRACTICE PERIODS TODAY, allow yourself to open to the presence of love in your life. Sitting silently and breathing deeply, let yourself truly feel the presence of love, which signifies the presence of a greater purpose in your life.

PRACTICE 71: Two 30-minute practice periods.

第 71 階 我在此為了服務於一個更偉大宗旨。

你在此不僅僅是為了生存並滿足於你可能認為你想要的東西，而是為了服務於一個更偉大宗旨。這是真理，因為你擁有一個靈性特質。你擁有一個靈性源泉和一個靈性天命。你在這次生命里的失敗是因為你未能對你的靈性特質做出回應，它被你們世界的宗教所扭曲和詆毀，被你們世界的科學所忽視和否認。你擁有一個靈性特質。你擁有一個更偉大的宗旨要去為之服務。當你信任自己對這一宗旨

的傾向時，你將能夠走近它。當你確信它代表了愛的真正源泉時，你將開始對它敞開自己，這將是你偉大的歸鄉之路。

在今天的兩次冥想中，讓自己對你生命中愛的存在敞開胸懷。安靜地坐著，深入地呼吸，讓自己真正感受愛的臨在，它意味著你生命中一個更偉大宗旨的存在。

練習 71：兩個 30 分鐘

Step 72

I WILL TRUST MY DEEPEST INCLINATIONS TODAY.

TRUST YOUR DEEPEST INCLINATIONS for they are trustworthy, but you must learn to discern them and distinguish them from the many other desires, compulsions and wishes that you feel and that affect you. You can only learn this through experience. You can learn this because your deepest inclinations always lead you into meaningful relationships and away from isolation or divisive engagements. You must practice this to learn it, and it will take time, but every step you make in this direction will bring you closer to the source of love in your life and will demonstrate to you the Greater Power that abides with you which you must serve and which you must learn to receive.

IN YOUR TWO PRACTICE PERIODS TODAY, in silence and in stillness, receive this Greater Power and trust your deepest inclinations as you do so. Allow yourself to give these two practice periods your full attention, putting all other things aside for later consideration. Allow yourself to recognize your deepest inclinations, which you must learn to trust.

PRACTICE 72: Two 30-minute practice periods.

第 72 階 今天我將信任我最深的傾向。

信任你最深的傾向，因為它們是值得信任的，但是你必須學習從其他許多你感受到並影響你的渴望、衝動和願望中辨識和區分出它們來。你唯有通過體驗來學習。你能夠學習它，因為你最深的傾向總是引領你進入有意義的關係並走出隔離或者不和諧的參與。你必須通過練習來學習它，這需要時間，但是你向這個方向邁進的每一步都將帶你走近你生命中愛的源泉，並將向你示範那個與你同在的更偉大力量，你必須服務於它，你必須學習接收它。

在今天的兩次練習中，在安靜和靜心裡，接收這一更偉大力量，當你這樣做時，信任你最深的傾向。讓自己對這兩次練習投注你全部的專注，把所有其他事情放在一邊等待以後再考慮。讓自己認知你最深的傾向，你必須學習去信任它。

練習 72：兩個 30 分鐘

Step 73

I WILL ALLOW MY ERRORS TO TEACH ME.

ALLOWING YOUR ERRORS TO INSTRUCT YOU will give them value. They would have no value without this and would be a mark against you in your own estimation. Using errors for instruction, then, is taking advantage of your own limitations to have them point the way to greatness. God wishes for you to learn from your errors so that you may learn of the greatness of God. This is done not to belittle you but to raise you up. There are many errors you have committed, and there are some errors you will still make. It is in order to guard against the repetition of damaging error and to learn from error that we wish to instruct you now.

UPON EACH HOUR OF THIS DAY, repeat to yourself that you wish to learn from your errors and feel for a moment what this means. Thus, through many periods of practice today, you will begin to understand the statement you are making and will perhaps then perceive how it can be brought about. If you are willing to learn from your errors, you will not be so afraid to recognize them. Then you will wish to understand them, not to deny them, not to bear false witness against them, not to call them by other names, but to admit them for your own benefit. From this recognition, you will be able to assist others in the reclamation of Knowledge, for they too must learn how to learn from their errors.

PRACTICE 73: Hourly practice.

第 73 階 我讓我的錯誤來教導我。

允許你的錯誤指導你，將會為它們賦予價值。否則，它們將毫無價值，並成為你自我評估時貶低你的一個印記。因此，運用錯誤作為指導，意味著利用你自身的局限，讓它們指出通向偉大的道路。上帝希望你從錯誤中學習，這樣你就能夠理解上帝的偉大。這樣做不是為了貶低你，而是為了提升你。你已經犯過很多錯誤，並且你會繼續犯一些錯誤。我們現在對你進行指導的目的，是為了防止你重復犯有害的錯誤，並從錯誤中得到學習。

在今天的每個小時里，重復對自己說你希望從你的錯誤中學習，並用片刻的時間感知這意味著什麼。這樣，通過今天的多次練習，你將開始理解你所做的聲明，然後你或許會感知這如何能夠實現。假如你願意從你的錯誤中學習的話，你就不會那麼害怕去認知它們。然後你會希望去理解它們，不會否認它們，不會對它們做出偽證，不會把它們稱作其他的名字，而是為了你自身的利益去承認它們。通過這一確認，你將能夠幫助他人喚回內識，因為他們同樣必須學習如何從他們的錯誤中得到學習。

練習 73：每小時練習

Step 74

PEACE ABIDES WITH ME TODAY.

TODAY PEACE ABIDES WITH YOU. Abide with peace and receive its blessings. Come to peace with all that troubles you. Come with your heavy burden. Come not seeking answers. Come not seeking understanding. Come seeking its blessings. Peace cannot intervene into a life of conflict, but you can enter into a life of peace. You come to peace, which is waiting for you, and in this your burdens will be released.

IN YOUR TWO LONG PRACTICE PERIODS TODAY, practice, in stillness, receiving peace. Allow yourself to have this gift, and if any thought comes to dissuade you, remind yourself of your great worth—the worth of your Knowledge and the worth of your self. Know now that you are willing to learn from your errors and that you need not identify with them but use them only as a valuable resource for your development, for such they can become for you.

PRACTICE, THEN, RECEIVING. Open a little further today. Set all things aside that preoccupy you for later consideration if necessary. Peace abides with you today. Today abide with peace.

PRACTICE 74: Two 30-minute practice periods.

第 74 階 今天和平與我同在。

今天和平與我同在。讓自己與和平同在，並接收它的祝福。帶著所有煩擾你的事情來到和平里。帶著你沈重的負擔而來。來吧，不要尋求答案。來吧，不要尋求理解。來尋求它的祝福。和平無法介入一個充滿衝突的生命，但是你能夠進入一個和平的生命里。你來到和平里，它正等待著你，在這裡你的負擔將被解除。

在今天的兩次練習里，在靜心中練習接收和平。讓自己擁有這一禮物，如果任何思想浮現出來阻礙你，你就提醒自己你的偉大價值——你內識的價值和你自我的價值。現在認識到你願意從你的錯誤中得到學習，並且你不必認同它們，而僅僅是利用它們作為你進步的一個寶貴資源，因為它們確實能夠成為你的寶貴資源。

練習接收。今天更開放一些。如果有必要的話，將所有佔據你思想的事情擱置一旁，留待以後再去考慮。今天和平與你同在。今天與和平同在。

練習 74：兩個 30 分鐘

Step 75

TODAY I WILL LISTEN TO MY SELF.

TODAY LISTEN TO YOUR SELF, not the small self in you which complains and worries and wonders and wants, but the Greater Self in you. Listen to the Greater Self in you, which is Knowledge, which is united with your Spiritual Teachers, which is united with your Spiritual Family and which contains your purpose and your calling in life. Do not listen to ask questions, but to learn to

listen. And as your listening becomes deeper in time, your True Self will speak to you whenever it is necessary, and you will then be able to hear and to respond without confusion.

IN YOUR TWO PRACTICE PERIODS TODAY, practice listening to your Self. There are no questions to be asked. That is not necessary. There is listening to be developed. Listen to your True Self today so that you may learn of that which God knows and loves.

PRACTICE 75: Two 30-minute practice periods.

第 75 階 今天我將聆聽我的自我。

今天聆聽你的自我，不是你內在那個抱怨、擔心、料想和期望的渺小自我，而是你內在的更偉大自我。聆聽你的更偉大自我，它是內識，它聯接著你的精神上師，聯接著你的精神家庭，它包含著你生命的宗旨和召喚。聆聽不是為了提問問題，而是去學習聆聽。慢慢地，當你的聆聽變得更加深入時，你真正的自我將會在任何必要的時刻對你講話，然後你將能夠聽到它，並且毫不遲疑地做出回應。

在今天的兩次練習里，練習聆聽你的自我。不需要提問任何問題。這沒有必要。需要發展的是聆聽。今天聆聽你真正的自我，這樣你就能夠瞭解上帝的所知和所愛。

練習 75：兩個 30 分鐘

Step 76

TODAY I WILL NOT JUDGE ANOTHER.

WITHOUT JUDGMENT YOU CAN SEE. Without judgment you can learn. Without judgment your mind becomes open.

Without judgment you understand yourself. Without judgment you can understand another.

UPON EACH HOUR TODAY, repeat this statement as you witness yourself and the world around you. Repeat this statement and feel its impact. Release your judgments for a few moments, and then feel the contrast and the experience that this will provide for you. Do not judge another today. Allow others to reveal themselves to you. Without judgment you will not suffer under your own crown of thorns.

Without judgment you will feel the presence of your Teachers assisting you.

ALLOW YOUR HOURLY PRACTICES TO BE CONSISTENT. If an hour is missed, forgive yourself and rededicate yourself. Errors are to teach you, strengthen you and show you what you need to learn.

REGARDLESS OF WHAT ANOTHER IS DOING, regardless of how he or she may offend your sensitivities, your ideas or your values, do not judge another today.

PRACTICE 76: Hourly practice.

第 76 階 今天我將不評判他人。

不帶評判時，你能夠去看。不帶評判時，你能夠去學習。不帶評判時，你的思想變得開放。不帶評判時，你理解你自己。不帶評判時，你能夠理解他人。

今天的每小時里，當你觀察自己和周遭世界時，重復這一聲明。重復這個聲明，並感受它的影響。暫時放下你的評判，然後感知這將帶給你的對比和體驗。今天不評判他人。讓他人向你展示他們自己。不帶評判時，你就不會在你自己的棘冠下遭受痛苦。不帶評判時，你將感知正在幫助你的上師的臨在。

堅持每小時的練習。假如錯過了一個小時，那麼原諒自己並重新投入自己。錯誤是為了教育你、加強你並向你展示你需要學習的東西。

無論他人在做什麼，無論他或她怎樣冒犯了你的感受、你的想法或你的價值，今天都不要評判他人。

練習 76：每小時練習

Step 77

REVIEW

IN YOUR REVIEW TODAY, once again review the past week of practices and instruction. Once again examine the qualities within yourself which aid you in your preparation and the qualities within yourself that make your preparation more difficult. Observe these things objectively. Learn to strengthen those aspects of yourself that encourage and strengthen your participation in the reclamation of Knowledge, and learn to adjust or correct those qualities that interfere. You must recognize both to have Wisdom. You must learn of truth and you must learn of error. You must do this to progress, and you must do this to serve others. Unless you have learned of error and can look at it

objectively and understand how it has arisen and how it can be relieved—until you have learned these things—you will not know how to serve others, and their errors will anger you and frustrate you. With Knowledge your expectations will be in harmony with the nature of another. With Knowledge you will learn how to serve and you will forget how to condemn.

PRACTICE 77: One long practice period.

第 77 階 復習

在今天的復習中，再次回顧前一周的練習和指引。再一次檢視在你的準備中有助於你的那些內在品質，以及讓你的練習更加困難的那些內在特質。客觀地觀察這些。學習加強那些鼓舞和強化你對內識喚回的參與的那些特質，同時學習調整或糾正那些對此造成阻礙的特質。你必須同時認知這兩個方面以獲得智慧。你必須同時瞭解真理和謬誤。你必須這樣做來實現進步，你必須這樣做來服務他人。除非你理解了錯誤，能夠客觀地看待它，理解它是怎樣產生的以及它能怎樣被消

除——除非你學到了這些——否則你將無法認知該怎樣服務他人，並且他們的錯誤將會激怒你、挫敗你。帶著內識，你的期待將和他人的特質協調一致。帶著內識，你將學習如何服務，並且你將忘掉如何譴責。

練習 77：一個長練習時段

Step 78

I CAN DO NOTHING ALONE.

YOU CAN DO NOTHING ALONE, for you are not alone. A greater truth you will not find. Yet, you will not find a truth that will require greater thought and examination. Do not take it at face value, for this truth is very great. It is necessary that you study it. UPON EACH HOUR TODAY REPEAT THIS STATEMENT and consider its impact. Do this in all circumstances, for in time you will find how to learn in every circumstance, how to practice in every circumstance, how every circumstance can benefit your practice and how your practice can benefit every circumstance.

YOU CAN DO NOTHING ALONE, and in your practice today you will receive the assistance of your Spiritual Teachers, who will lend their strength to you. You will feel this as you lend your own strength. You will realize a greater strength than your own will enable you to move forward, to penetrate the great veil of misunderstanding and to realize the source of your Knowledge and the source of your relationships in life. Accept your limitations, for alone you can do nothing, but with life all things are given you to serve. With life, your true nature is valued and glorified in its service to others.

PRACTICE 78: Hourly Practice.

第 78 階 一個人我什麼也做不了。

一個人你什麼也做不了，因為你不是獨自一人。你找不到比這更偉大的真理了。當然，你同樣找不到比這需要更廣大思考和檢視的真理了。不要只看到它表面的價值，因為這一真理非常偉大。你有必要對它進行研究。

每個小時重復這一聲明，並思考它的影響。在一切環境下堅持每小時練習，因為慢慢地你會發現該如何在每個環境下進行學習，如何在每個環境下進行修習，每個環境如何能幫助你的修習，以及你的修習如何能幫助每個環境。

一個人你什麼都做不了，在今天的練習中，你將接收到你精神上師的幫助，他們將把他們的力量加持給你。當你發揮自己的力量時，你會感知上師的力量。你將認識到一個比你自身更偉大的力量將使你能夠向前邁進、穿透誤解的巨大屏障、認知你內識的源泉以及你在生命中的關係的源泉。接受你的局限性，因為一個人你什麼都做不了，然而和生命在一起，一切都會被賦予你去服務。和生命在一起，你真正的特質通過對他人的服務而得到珍視和讚美。

練習 78：每小時練習

Step 79

I WILL ALLOW UNCERTAINTY TO EXIST TODAY.

ALLOWING UNCERTAINTY TO EXIST means there is great faith.

This means that another form of certainty is arising. When you allow uncertainty to exist, it means that you are becoming honest, for in truth you are uncertain. In allowing uncertainty to exist, you are becoming patient, for it requires patience to regain your certainty. In allowing uncertainty to exist, you are becoming tolerant. You are stepping back from judgment and becoming a witness of life within you and of life around you. Accept uncertainty today so that you may learn. Without presumption, you will seek Knowledge. Without judgment, you will realize your own true need.

UPON EACH HOUR TODAY, repeat today's statement and examine what it means. Examine this from your own feelings and examine this in light of what you see in the world around you. Uncertainty exists until you are certain. If you allow this to exist, you can allow God to serve you.

PRACTICE 79: Hourly Practice.

第 79 階 今天我允許不確定性的存在。

允許不確定性的存在，意味著巨大的信念。這意味著另一種形式的確定性正在升起。當你允許不確定性存在時，這意味著你正變得坦誠，因為事實上你是不確定的。通過允許不確定性的存在，你正變得有耐心，因為這需要耐心來重新獲得你的確定性。通過允許不確定性的存在，你正變得寬容。你遠離評判，並成為你內在生命和你周遭生命的見證者。今天接受不確定性，這樣你就能夠學習。沒有了假設，你將追尋內識。沒有了評判，你將認知你自己真正的需要。

在每小時練習里，重復今天的聲明，並檢視它的含義。通過自己的感受去檢視它，根據你從周遭世界所看到的去檢視它。不確定性持續存在著，直到你確定了為止。如果你允許不確定性的存在，那麼你就能夠讓上帝來服務於你。

練習 79：每小時練習

Step 80

I CAN ONLY PRACTICE.

YOU CAN ONLY PRACTICE. Life is practice. We are merely redirecting your practice so that it serves you and so that it may serve others. You practice all the time, repetitively, over and over. You practice confusion, you practice judgment, you practice projection of blame, you practice guilt, you practice disassociation and you practice inconsistency. You strengthen your judgments by continuing to exert them. You strengthen your uncertainties by continuing to emphasize them. You practice your self-hatred by

continuing to influence it.

IF YOU LOOK AT YOUR LIFE OBJECTIVELY but for a moment, you will see that your whole life is practice. Therefore, you will practice regardless of whether you have a curriculum for your benefit or not. Therefore, we give the curriculum which you may now practice. It will replace the practices that have confused and belittled you, that have conflicted you and that have led you into error and into danger. We give you a greater practice so you will not practice those things which undermine your value and your certainty.

IN YOUR TWO MEDITATION PRACTICE PERIODS TODAY, repeat the statement that you can only practice, and then practice stillness and receptivity. Strengthen your practice, and you will confirm what we are saying. You can only practice. Therefore, practice for good.

PRACTICE 80: Two 30-minute practice periods.

第 80 階 我唯有修習。

你唯有修習。生命就是修習。我們所做的只是為你的修習重新定位，從而使它能夠服務於你，並且服務於他人。你始終在修習著，反反復復、一遍又一遍。你修習困惑，你修習評判，你修習投射抱怨，你修習內疚，你修習解離，你修習反復無常。你通過不斷地進行評判來強化你的評判。你通過不斷地強調不確定性來強化你的不確定性。你通過不斷地注入自我憎惡來修習你的自我憎惡。

哪怕你能夠用片刻的時間來客觀地觀察你的生命，你將看到你的整個生命都是修習。因此，無論你是否擁有一個有益於你的教程，你都將進行修習。所以，我們提供了這一教程使你能夠進行修習。它將取代那些迷惑你並貶低你的修習，那些給你帶來衝突以及將你引向錯誤和危險的修習。我們為你提供了一個更偉大的修習，這樣你就不必去修習那些削弱你的價值和你的確定性的東西。

在今天的兩次冥想練習里，重復這一聲明，即你唯有修習，然後練習靜心和接收。強化你的修習，這樣你將能夠確認我們所說的。你唯有修習。因此，要修習向好。

練習 80：兩個 30 分鐘

Step 81

I WILL NOT DECEIVE MYSELF TODAY.

UPON THE HOUR PRACTICE MAKING THIS STATEMENT and feeling its impact. Strengthen your commitment to Knowledge. Do not fall into the apparent ease of self-deception. Do not be comfortable merely with assumptions or the beliefs of others. Do not accept generalities as truth. Do not accept appearances as representative of the reality of another. Do not accept the mere appearance of yourself. Doing these things demonstrates that you do not value yourself or your life and that you are too indolent to carry forth effort on your own behalf.

YOU MUST ENTER UNCERTAINTY TO FIND KNOWLEDGE. What does this mean? It simply means you are giving up false assumptions, self-comforting ideas and the luxury of self-condemnation. Why is self-condemnation a luxury? Because it is easy and does not require you to examine the truth. You accept it because it is acceptable in this world, and it gives you a great deal to talk about with your friends. It evokes sympathy. Therefore, it is easy and weak.

DO NOT DECEIVE YOURSELF TODAY. Allow yourself to examine the mystery and the truth of your life. Upon the hour today repeat today's idea and feel what it means. Also today, in two longer practice periods, repeat the statement and then dedicate yourself to stillness and receptivity. By now, you are beginning to learn how to prepare yourself for stillness—using your breath, concentrating your mind, relinquishing thoughts and reminding yourself that you are worthy of such an effort. Remind yourself of the goal that you are attempting to reach. Do not deceive yourself today. Do not give in to what is easy and painful.

PRACTICE 81: Two 30-minute practice periods.

Hourly practice.

第 81 階 今天我不欺騙自己。

在每小時的練習里，進行這一聲明並感受它的影響。加強你對內識的承諾。不要陷入自我欺騙的看似便易里。不要僅僅滿足於他人的假設或信仰。不要把常理當做真理。不要把表象看做他人實相的代表。不要只是接受你自己的表象。這些行為證明瞭你並不珍視你自己和你的生命，並且你太懶散而無法為了自己的利益進行努力。

你必須進入不確定中去找尋內識。這意味著什麼呢？這意味著你要放棄錯誤的假設、自我安慰的想法以及對於自我譴責的享受。為何自我譴責是一種享受呢？因為它太容易了，不需要你對真理進行檢視。你接受它，因為它被這個世界所接受，並且它給了你很多和你的朋友進行談論的話題。它博取了同情。因此，它是便易而脆弱的。

今天不要欺騙你自己。讓自己去檢視你生命的神秘和真理。每個小時里，重復今天的想法並感受它的含義。在今天的兩次長練習時段裡，重復這個聲明然後進入靜心和接收中。現在，你正在開始學習如何讓自己為靜心進行準備——利用你的呼吸，集中你的思想，放下各種念頭並提醒自己你是值得這一努力的。提醒自己你正在努力達到的目標。今天別欺騙自己。別屈服於那容易而痛苦的東西。

練習 81：兩個 30 分鐘
每小時練習

Step 82

I WILL NOT JUDGE ANOTHER TODAY.

AGAIN WE PRACTICE THIS LESSON, which we will repeat at certain intervals as you proceed. Judgment is a decision not to know. It is a decision not to look. It is a decision not to listen. It is a decision not to be still. It is a decision to follow a convenient form of thinking that keeps your mind asleep and keeps you lost within the world. The world is full of error. How could it be otherwise? Therefore, it does not require your condemnation but your constructive assistance.

DO NOT JUDGE ANOTHER TODAY. Remind yourself of this upon each hour and consider it briefly. Remind yourself of this in your two meditation practices, where you make this statement and then enter into stillness and receptivity. Do not judge another today so that you may be happy.

PRACTICE 82: Two 30-minute practice periods.
Hourly practice.

第 82 階 今天我不對他人進行評判。

我們再次練習這一課程，我們將在你的進程中的某些階段不斷重復這一課程。評判是一種不去認知的決定。它是不去看的決定。它是不去聽的決定。它是不去靜心的決定。它是決定去遵循一種方便的思維方式，它使你的思想保持沈睡，並使你迷失在世界里。這個世界充滿了錯誤。不然它還能怎麼樣呢？因此，世界不需要你的譴責，而是需要你建設性的幫助。

今天不要對他人進行評判。每小時提醒自己並進行片刻的思考。在兩次冥想練習里提醒自己，在此你進行這一聲明，然後進入靜心和接收中。今天不要對他人進行評判，這樣你將感到快樂。

練習 82：兩個 30 分鐘
每小時練習

Step 83

I VALUE KNOWLEDGE BEYOND ALL THINGS.

IF YOU COULD EXPERIENCE THE DEPTH AND POWER of this statement, it would free you from all forms of bondage. It would erase all conflicts in your thinking. It would end completely all that troubles you and perplexes you. You would not view relationships either as a form of domination or as a form of punishment. This would give you an entirely new basis of understanding in your participation with others. It would give you a frame of reference within which you would be able to develop yourself mentally and physically, keeping a greater perspective as you do so. What has disappointed you but the misappropriation of your abilities? What grieves and angers you but

the misappropriation of other people' s abilities.

VALUE KNOWLEDGE. It is beyond your understanding. Follow Knowledge. It guides you in ways that you have never experienced. Trust Knowledge. It gives you back to yourself. Trust comes before understanding, always. Participation comes before trust, always. Therefore, participate with Knowledge.

REMINDE YOURSELF OF YOUR AFFIRMATION UPON THE HOUR. Try to be very consistent. Do not forget today to emphasize that you value Knowledge above all other things. In your two meditation practices, give this statement as an affirmation and then, in stillness, allow yourself to receive. Do not use these practices to gain answers or information, but allow yourself to become quiet, for a quiet mind can learn all things and know all things. Words are but one form of communication. You are now learning to communicate, for your mind is now opening to a greater association.

PRACTICE 83: Two 30-minute practice periods.

Hourly practice.

第 83 階 我對內識的珍視超越一切。

假如你能體驗到這句話的深度和力量，它將使你擺脫所有形式的束縛。它將消除你思想里的所有衝突。它將完全終止所有困擾你和迷惑你的東西。你將不會把關係看做要麼是一種支配的形式，要麼是一種懲罰的形式。這將為你提供一個與他人進行參與的全新的理解基礎。它將為你提供一個參考的構架，在此你將能夠從思想上和身體上提升自己，與此同時保持一種更廣大的視野。什麼曾經讓你失望，不就是因為你的能力被誤用了嗎？什麼曾經讓你悲傷和憤怒，不就是因為其他人的能力被誤用了嗎？

珍視內識。它超越你的理解。遵循內識。它以你從未體驗過的方式指引你。信任內識，它讓你做回自我。信任總是先於理解。參與總是先於信任。因此，和內識進行參與。

每小時提醒自己你的確認。努力保持一貫性。別忘記今天要強調你對內識的珍視超越一切。在兩次冥想中，作為一種確認進行這一聲明，然後在靜心中，讓自己去接收。不要利用這些練習試圖獲取答案或信息，而是讓自己變得安靜，因為一個安靜的思想能夠學習一切並認知一切。文字只是交流的方式之一。你現在正在學習交流，因為你的思想正向一個更廣大的關聯敞開。

練習 83: 兩個 30 分鐘
每小時練習

Step 84

REVIEW

REVIEW THE PRACTICES AND THE INSTRUCTIONS for the preceding week. Review your progress objectively. Realize how great your learning must be. Your steps now are small, but

substantive. Small steps lead you all the way. You are not expected to take great leaps, yet each small step will seem like a great leap, for it

will give you so much more than you have ever had before. Allow your external life to become rearranged as your inner life begins to emerge and to shine its light upon you. Maintain your focus and accept change in your outer life, for it is for your benefit. Only if Knowledge is violated will the indication of error be evident to you. This will lead you to effective action. If Knowledge is not offended by the change around you, then you need not be. In time, you will achieve the peace of Knowledge. You will share in its peace, its certainty and its true gifts.

THEREFORE, CONDUCT YOUR REVIEW in one long practice period today. Review with great emphasis and discrimination. Do not allow yourself to miss the recognition of your learning process.

PRACTICE 84: One long practice period.

第 84 階 復習

復習前一周的練習和指引。客觀地回顧你的進展。認識到你的學習是多麼的偉大。你的進步是微小的，但又是穩固的。小步的進階帶領你走過全程。這裡並不期望你實現巨大的飛躍，然而每一小步看起來都像是巨大的飛躍，因為它給予你的比你以前曾經擁有的要多得多。當你的內在生命開始浮現並在你的身上閃耀光輝的同時，要允許你的外在生命得到重新調整。保持你的重心，並接受你外在生命的變化，因為這是為了你的利益。只有當內識被違背時，你會明顯感受到錯誤的提示。這將引導你進行有效的行動。如果內識並未因你周圍的變化而被冒犯，那麼你也不用感到被冒犯。慢慢地，你將達到內識的和平。你將分享它的和平、它的確定和它真正的禮物。

因此，在今天的一個長練習時段裡進行復習。帶著高度的關注和辨析進行復習。別讓自己忽略了對你學習過程的認知。

練習 84：一個長練習時段

Step 85

I FIND HAPPINESS IN SMALL THINGS TODAY.

YOU WILL FIND HAPPINESS IN SMALL THINGS because happiness is with you. You will find happiness in small things because you are learning to be still and observant. You will find happiness in small things because your mind is becoming receptive. You will experience happiness in small things because you are being present to your current circumstances. Small things can carry great messages if you are attentive to them. Then small things will not aggravate you.

A STILL MIND IS AN AWARE MIND. A still mind is a mind that is

learning to be at peace. Peace is not a passive state. It is a state of the

greatest activity, for it engages your life with great purpose and intensity, activating all of your powers and giving them uniform direction. This comes from peace. God is still, but everything from God is generated into constructive and uniform action. This is what gives form and direction to all meaningful relationships. This is why your Teachers are with you, for there is a Plan.

PRACTICE STILLNESS TWICE TODAY IN DEEP MEDITATION. State your lesson's affirmation upon the hour and consider it briefly. Allow your day to be given to practice, so practice can infuse itself into all of your

other activities.

PRACTICE 85: Two 30-minute practice periods.

Hourly practice.

第 85 階 今天我在小事中發現快樂。

你將在小事中發現快樂，因為快樂伴隨著你。你將在小事中發現快樂，因為你在學習靜心和觀察。你將在小事中發現快樂，因為你的思想變得具有接收性。你將在小事中體驗到快樂，因為你全然地面對當下的環境。如果你留意它們的話，小事情可以攜帶偉大的訊息。這樣，小事不再讓你煩惱。

一個靜心的思想是一個覺知的思想。一個靜心的思想是一個正在學習保持和平的思想。和平不是一種被動的狀態。它是最具行動力的狀態，因為它帶著偉大的宗旨和專注參與到你的生命中，激發你所有的力量，並為它們提供統一的方向。這來自於和平。上帝是安靜的，而來自上帝的一切都被啟動到富有建設性的和一致性的行動中。這為所有有意義的關係提供了形式和方向。這正是你的上師們和你同在的原因，因為存在著一個計劃。

在深入的冥想中練習靜心兩次。在每小時里聲明今天的課程，並短暫地思考它。把今天奉獻給修習，這樣修習就能夠滲透到你所有其他的活動當中。

練習 85：兩個 30 分鐘

每小時練習

Step 86

I HONOR THOSE WHO HAVE GIVEN TO ME.

TO HONOR THOSE WHO HAVE GIVEN TO YOU will generate gratitude, which is the beginning of true love and appreciation. Today in your two deep practice periods, you are asked to think of those people who have given to you, to think of them and nothing else during your period of practice. You are asked to consider very deeply what they have done for you. With those with whom you are angry and upset, try to see how they, too, have given service to you in the reclamation of Knowledge. Do not bear false witness against

your feelings, but in spite of your feelings towards them, if there are ill

feelings, attempt also to recognize their service to you. For you can indeed be angered or upset by someone that you recognize has served you, and this is often the case. Perhaps you will even be angry at this curriculum which seeks only to serve you. Why would you be angry at this curriculum? Because Knowledge flushes out everything that stands in its way. That is why at times you are angry and do not even know why.

ALLOW YOUR TWO PRACTICE PERIODS TO BE QUITE FOCUSED.

Concentrate. Use the power of your mind. Think of those individuals who have served you. If individuals come to mind whom you had not considered having served you, think how they have served you as well. Let this day be a day of recognition. Let this be a day of restitution.

PRACTICE 86: Two 30-minute practice periods.

第 86 階 我尊重那些為我奉獻過的人們。

透過對那些為你奉獻過的人表示尊重，將會產生感恩之情，這是真正的愛與感激的開始。今天的兩次深入修習中，你被要求去回想那些曾經為你奉獻過的人，在修習中專注地去回想他們，不要分心。你被要求去深刻地思考他們曾經為你做過些什麼。對於那些讓你感到憤怒和失望的人，同樣去努力思考他們在你喚回內識的過程中為你提供了怎樣的服務。不必去錯誤地解讀自己的感受，而是無論你對他們抱有怎樣的感受，即使是負面的感受，仍然要努力認知他們帶給你的服務。因為你的確可能對那些你意識到給你帶來服務的人感到憤怒或失望，這種情況常常發生。或許你甚至會對這一教程感到憤怒，儘管這個教程只是尋求服務於你。為何你會對這一教程感到憤怒呢？因為內識衝走了所有阻擋它道路的東西。因此你會不時地感到憤怒，卻不知道那是因為什麼。

在兩次練習中高度專注，保持集中。運用你思想的力量。思考那些曾經為你服務的人。假如某個人進入你的腦海，而你並不覺得他曾經服務於你，仍然要努力思考他們是怎樣為你服務過。讓今天成為認知的一天。讓今天成為償還的一天。

練習 86：兩個 30 分鐘

Step 87

I WILL NOT BE AFRAID OF WHAT I KNOW.

UPON THE HOUR TODAY PRACTICE REPEATING THIS STATEMENT

and consider its meaning. Upon the hour you will learn to release fear from your life, for Knowledge will dispel all fear, and you will dispel fear to give Knowledge its right to express itself. Trust what you know. It is for the greatest good. You may bear great anger and distrust towards yourself, but this is not directed at Knowledge. This is directed at your personal mind, which cannot possibly understand your greater purpose. It cannot possibly answer your greatest questions or

provide certainty, purpose, meaning and direction in your life. Forgive what is fallible. Honor what is infallible. And learn to tell the two apart.

IN YOUR TWO LONGER PRACTICE PERIODS TODAY, practice letting go of fear so that you may know. Allowing your mind to be still and receptive without making demands will be a demonstration that you are trusting Knowledge. It will give you reprieve from the afflictions and the animosities of this world. With this, you will begin to see a different world.

PRACTICE 87: Two 30-minute practice periods.

Hourly practice.

第 87 階 我不害怕我所知道的。

在每小時的練習中重復這一聲明，並思考它的意義。每小時里，你將學習從生命中釋放恐懼，因為內識將消除所有的恐懼，而你將通過消除恐懼而為內識提供表達它自身的權利。信任你所知道的。它具有最偉大的益處。或許你對自己抱有巨大的憤怒和不信任，但這並非是指向內識。這是針對你的人格思想，因為它不可能理解你的更偉大宗旨。它不可能回答你最偉大的問題，或是在你的生命里提供確定性、宗旨、意義和方向。原諒那個容易犯錯的。尊重那個永無謬誤的。並且去學習將二者區分開來。

在今天的兩次長練習時段裡，練習釋放恐懼，從而你能夠認知。當你讓思想保持安靜和接收，而不做要求時，這就證明瞭你對內識的信任。它將帶給你紓解，避開這個世界上的衝突和仇恨。通過這樣，你將開始看到一個不同的世界。

練習 87：兩個 30 分鐘

每小時練習

Step 88

MY HIGHER SELF IS NOT AN INDIVIDUAL.

THERE IS OFTEN CONFUSION CONCERNING YOUR HIGHER SELF

and your Spiritual Teachers. This is very hard to resolve from the point of view of separation. But when you think of life as an inclusive network of evolving relationships, you then begin to experience and recognize that your Higher Self is indeed part of a greater fabric of relationship. It is the part of you that is not separate but is meaningfully bonded with others. Therefore, your Higher Self is bonded to the Higher Self of your Teachers. They are without duality now, for they have no other self. You have two selves: the Self that has been created and the self that you have created. To bring the self that you have created into service to your True Self joins them together into a meaningful marriage of purpose and service and ends internal conflict forever.

TODAY UPON THE HOUR REPEAT YOUR AFFIRMATION and feel its

impact. In your two longer practice periods, use your affirmation as an introduction to your practice in stillness and receptivity.

PRACTICE 88: Two 30-minute practice periods.

Hourly practice.

第 88 階 我的超我不是一個個體。

你常常會感到對於你的超我以及你的精神上師的困惑。這種困惑很難從一個分離的觀點上得以解決。可是，當你把生命看做是一個包融著所有持續進化的關係的網絡時，你就能夠開始體驗和認知，你的超我事實上是一個更廣大關係網絡的組成部分。它是你從未分離的那部分，它和其他人有意義地維繫在一起。因此，你的超我和你上師的超我維繫在一起。你的上師們已經不再是二元性的，因為他們不存在另一個自我。而你擁有兩個自我：一個是被創造的自我，還有一個是你自己創造的自我。通過把你創造的自我帶進對你真正自我的服務里，這將把它們結合在一起，建立起一個代表宗旨和服務的有意義的婚姻，並永遠地終止內在的衝突。

每個小時里重復這個確認並感受它的影響。在兩次長練習時段裡，利用這一確認將你引入安靜和接收的修習中。

練習 88: 兩個 30 分鐘
每小時練習

Step 89

MY EMOTIONS CANNOT DISSUADE MY KNOWLEDGE.

EMOTIONS DRAW YOU LIKE THE STRONG WINDS. They pull you from place to place. Perhaps in time you will be able to understand their mechanism more thoroughly. Our practice today is to emphasize that they do not control Knowledge. Knowledge does not need to destroy your emotions. It only wishes to contribute to them. In time, you will come to understand a great deal more about your emotions, and you will realize that your emotions may serve a greater purpose, as may your mind and your body. All things that have been a source of pain, discomfort and disassociation, when brought into service to one power—which is the One Power—will then become vehicles of expression serving a greater purpose. Even anger serves a greater purpose here, for it shows you that you have violated Knowledge. Though your anger may not be directed towards another, it is simply a sign that something has gone wrong and that correction has to be made. You will understand the source of grief, and you will understand the source of all emotions in time.

PRACTICE UPON THE HOUR and at the beginning of your two longer meditation periods, repeat today's idea and then enter into stillness. Today learn to value that which is certain and to understand that which is uncertain, to recognize that which is cause and that

which obstructs cause but which may in time serve cause itself.

PRACTICE 89: Two 30-minute practice periods.

Hourly practice.

第 89 階 我的情緒無法阻礙我的內識。

情緒如同疾風一樣將你扯來扯去。它們把你從一個地方拽到下一個地方。或許慢慢地你將能夠更加全面地理解它們的運作機制。今天的練習是強調：情緒不能夠控制內識。內識不必摧毀你的情緒。它只是希望對它們進行奉獻。慢慢地，你將開始更多地理解你的情緒，並且你將意識到你的情緒可以服務於一個更偉大的宗旨，正如你的思想和身體一樣。所有那些曾經是痛苦、不安和解離的根源的東西，當被帶進對一個力量——即那個唯一的力量——的服務中時，都將化為服務於一個更偉大宗旨的表達載體。即使是憤怒在此也是為了服務於一個更偉大宗旨，因為它表明你違背了內識。或許你的憤怒並非針對另一個人，它僅僅表明某些事情出現了錯誤，並且需要進行修正。你將理解悲傷的來源，慢慢地你還將理解所有情緒的來源。

在每小時里進行練習，在你的兩次長冥想時段的開始，重復今天的想法，然後進入靜心裡。今天學習珍視那確定的，並理解那不確定的，認知那個根源，和那阻礙了根源的，但隨著時間的進展，它同樣能夠服務於根源本身。

練習 89：兩個 30 分鐘

每小時練習

Step 90

TODAY I WILL MAKE NO ASSUMPTIONS.

MAKE NO ASSUMPTIONS TODAY as you devote one more day to the reclamation of Knowledge. Make no assumptions about your progress in learning. Make no assumptions about your world. Practice this day having an open mind that bears witness to events and that seeks to learn. Enjoy the freedom that comes without assumptions, for mystery will be a source of grace for you rather than a

source of fear and anxiety as you learn to receive it.

IN YOUR HOURLY PRACTICE and in your two longer meditation practices today, where you practice stillness and receptivity, you can experience the value and the power of these words. Make no assumptions this day. Remind yourself of this all through the day, for making assumptions is merely a habit and when the habit is released, the mind may exercise its natural function without its former restraints.

PRACTICE 90: Two 30-minute practice periods.

Hourly practice.

第 90 階 今天我不做假設。

當你把它又一天奉獻給內識的喚回時，今天不要做假設。別對你的學習進程進行假設。別對你的世界進行假設。今天練習擁有一個見證事件和尋求學習的開放思想。享受不做假設所帶來的自由，因為當你學習去接收神秘時，神秘將成為賜予你恩寵的一個源泉，而非恐懼和焦慮的源泉。

在每小時練習中，以及在兩次修習靜心和接收的冥想練習里，你能夠體驗到這些話語的價值和力量。今天不做假設。貫穿全天對自己提醒這一點，因為製造假設只不過是一種習慣而已，當這種習慣被放下時，思想就能不受它過去局限地發揮它自然的功能。

練習 90：兩個 30 分鐘
每小時練習

Step 91

REVIEW

OUR REVIEW WILL ONCE AGAIN CONCENTRATE upon the instructions and your practices for the past week. Give this time to re-experience what happened each and every day and to see this from your current experience as well. Learn how to learn. Learn about the process of learning. Do not use learning as a form of showmanship. Do not use learning to try to prove your worth to yourself. You cannot prove your worth. It is beyond your efforts to prove it. Your worth will demonstrate itself when you allow it, which you are now learning to do. Practice to practice. Some days will be easier. Some days will be harder. Some days you will want to practice. Other days you may not want to practice. Each day you practice because you are representing a Greater Will. This demonstrates consistency, which is a demonstration of power. This demonstrates a greater dedication. This gives you certainty and stability and allows you to deal compassionately with all things of lesser strength. YOUR LONG REVIEW TODAY will be an examination of your learning process. Remember not to judge yourself so that you may learn.

PRACTICE 91: One long practice period.

第 91 階 復習

我們的復習再次專注於前一周的指引和你的修習。利用這一時間重新體驗每一天發生了什麼，並根據你當下的體驗去看待它們。學習該怎樣進行學習。學習那學習的過程。別把學習當成一種炫耀的方式。別試圖利用學習來向自己證明你的價值。你無法證明你的價值。這一證明超越你的努力之外。當你允許時——對此你正在學習——你的價值將示現它自己。修習該如何修習。某些日子會非常容易，而某些日子會比較困難。有些日子里，你希望進行修習，而另外一些日子你或許不想修習。你每天進行修習，因為你代表著一個更偉大意志。這示範了一貫

性，它是對力量的示範。這示範了一種更偉大奉獻。它給你帶來確定性和穩定性，並讓你能夠帶著慈悲去面對所有更弱小的事物。

你今天的長復習時段將用來檢視你的學習過程。記住不要評判自己，這樣你才能夠去學習。

練習 91：一個長的練習時段

Step 92

THERE IS A ROLE FOR ME TO PLAY IN THE WORLD.

YOU HAVE COME INTO THE WORLD AT A CRUCIAL TIME. You

have come to serve the world in its present needs. You have come to prepare for future generations. Can all of this be meaningful to you personally now? Perhaps not, because you are working for the present and for the future. You are working for the life that you will live and for lives that will follow yours. This is fulfilling to you now, for this is your gift that you have come to give. Without pretense and without uncertainty, this will arise from you naturally and will give itself into the world. Weaving your life with other lives in a very specific way, it is meant to uplift you and all with whom you come in contact. The Plan is greater than your personal ambition, and only your personal ambition can cloud your vision of what you must do. Be thankful, then, today that there is a role for you to fulfill in the

world. You have come into the world to fulfill this role—for your own fulfillment, for the advancement of your world and for service to your Spiritual Family.

IN YOUR TWO PRACTICE PERIODS TODAY, concentrate and affirm that there is a role for you to play. Do not attempt to fill in that role according to your ideas or your wishes, but allow that role to fulfill itself, for Knowledge within you will fulfill it once you are prepared. In stillness and acceptance, affirm that there is a role for you to play in

the world and experience the power and the truth of this great idea.

PRACTICE 92: Two 30-minute practice periods.

第 92 階 我在世界上有一個角色要去扮演。

你在一個關鍵的時刻來到了世界上。你來此服務於世界當下的需要。你來此為未來後代進行準備。所有這些目前對你個人來說具有任何意義嗎？或許沒有，因為你在為當下以及為未來進行著工作。你在為你未來的生命以及在你之後的生命們進行著工作。這對你來說意味著成就，因為這是你來此奉獻的禮物。當沒有了偽裝和不確定時，這將自然地從你內在升起，並將它自己奉獻給世界。它以一種非常獨特的方式把你的生命和其他的生命編織在一起，它注定給你以及所有和你接觸的人帶來提升。這一計劃遠比你個人的野心要偉大，並且只有你的個人野

心會遮蔽你關於你必須做什麼的遠見。因此今天要心存感激，感激你在世界上有個角色要去履行。你來到世界上來履行這一角色——為了你個人的成就，為了你的世界的進步以及為了服務於你的精神家庭。

在今天的兩次練習時段裡，保持專注，並確認你有一個角色要去扮演。別試圖根據你的想法或希望來填充那個角色，而是允許那個角色去成就它自身，因為當你做好準備時，你內在的內識將成就它。在靜心和接收中，確認你在世界上有個角色要去扮演，並體驗這一偉大想法所蘊含的力量和真理。

練習 92：兩個 30 分鐘

Step 93

I AM SENT HERE FOR A PURPOSE.

YOU ARE SENT TO THE WORLD FOR A PURPOSE, to contribute your gifts which will emanate from Knowledge. You have come here for a purpose, to remember your True Home while you are in the world. The great purpose that you carry is with you at this moment, and it will arise in stages as you undergo the preparation that we are providing for you. This purpose is greater than all the purposes you have imagined for yourself. It is greater than all the purposes you have attempted to live for yourself. It does not need your imagination or your creations, for it will fulfill itself through you and will integrate you perfectly as it does so. There is a purpose for you to fulfill in the world. You are now preparing step by step to experience and to learn to accept this so that it may yield its great gifts to you. IN YOUR TWO PRACTICE PERIODS, affirm the reality of this statement. In stillness and receptivity, allow your mind to settle into its

true function. Allow yourself to be a student, which means allowing yourself to be receptive and responsible for utilizing that which is provided for you. Let this day be an affirmation of your true life in the world, not the life that you have made for yourself.

PRACTICE 93: Two 30-minute practice periods.

第 93 階 我為了一個宗旨被派到這裡。

你為了一個宗旨而被派到世界上，來奉獻你發自內識的禮物。你為了一個宗旨來到這裡，來在這個世界上憶起你真正的家園。你所攜帶的偉大宗旨此時此刻就和你在一起，並且當你開展我們提供給你的準備課程時，它將階段性地呈現出來。這一宗旨比你為自己想象的所有宗旨更偉大。它比你試圖為自己活出的所有宗旨更偉大。它不需要你的想象或你的創造，因為它將透過你來成就它自身，並在此過程中讓你實現完美的整合。你在世界上有個宗旨要去成就。你正在一步步地進行準備去體驗它，並學習接受它，這樣它將把它偉大的禮物賦予你。

在兩次練習時段裡，確認這一聲明的實相。在靜心和接收中，讓你的思想進入它真正的功能中。讓自己做一個學生，這意味著讓你自己保持接收性，並負責

去運用提供給你的東西。讓今天確認你在世界上的真正生命，而不是那個你為你自己製造的生命。

練習 93：兩個 30 分鐘

Step 94

MY FREEDOM IS TO FIND MY PURPOSE.

WHAT VALUE CAN FREEDOM POSSIBLY HAVE except to enable you to find your purpose and to fulfill it? Without purpose, freedom is merely the right to be chaotic, the right to live without external restraint. But without external restraint, you will merely act out the harshness of your internal restraint. Is this an improvement? Overall it is not an improvement, though it can lead to opportunities for self-discovery.

DO NOT CALL CHAOS FREEDOM, for this is not freedom. Do not think that because others do not limit you that you are in an exalted state. Realize that your freedom is to enable you to find your purpose and to fulfill it. Understanding freedom in this way will enable you to utilize all aspects of your life—your current situation, your relationships, your involvements, your successes, your errors, your attributes and your limitations—everything on behalf of discovering your purpose. For when a greater purpose begins to express itself through you in a manner that you can recognize and accept, you will feel at last that your life is being completely integrated. You will no longer be separate individuals within yourself, but one person, whole and unified, with all aspects of yourself engaged in serving this one purpose.

THE FREEDOM TO COMMIT ERRORS WILL NOT REDEEM YOU. Errors can be committed under any circumstances, and freedom can be found under any circumstances. Therefore, seek to learn about freedom. Knowledge will express itself when it is unfettered and when you as a person have developed sufficiently to be able to carry its great mission in the world. Your Spiritual Teachers, who abide with you beyond your visual sight, are here to initiate you into Knowledge. They have their own method for doing this, for they understand the true meaning of freedom and its true purpose in the world.

THEREFORE, IN YOUR PRACTICE PERIODS we once again affirm the power of this statement and give you two opportunities to experience it deeply within yourself. You do not need to try to speculate about this mentally, but simply relax so that it can be experienced. Focus your mind completely to allow it to experience the greatness of the presence of God that is with you and that is within you, for this is looking in the direction of freedom where freedom truly exists.

PRACTICE 94: Two 30-minute practice periods.

第 94 階 我的自由是去發現我的宗旨。

自由除了能夠讓你去發現並成就你的宗旨之外，還能有什麼價值呢？沒有宗旨，自由只不過是保持混亂的權利，只不過是不受外在限制去生活的權利。可是，當沒有外在限制時，你只會展現出你內在限制的糾結。這是一種進步嗎？總體來說，它不是一種進步，當然它有可能帶來自我發現的機會。

別把混亂稱為自由，因為那不是自由。別以為因為沒有人限制你，你就能洋洋自得。要意識到你的自由是為了讓你去發現和成就你的宗旨。以這種方式來理解自由能夠讓你去運用你生命的所有層面——你當前的現狀、你的關係、你的活動、你的成功、你的失誤、你的特性和你的局限——運用所有一切來為發現你的宗旨服務。因為當一個更偉大宗旨以一種你能夠認知和接受的方式通過你進行自我表達時，你將體會到，你的生命終於完整地整合在一起了。你的內在將不再是幾個分裂的個體，而是成為一個完整而統一的人，並且你的所有層面都參與到服務於這唯一的宗旨中。

製造錯誤的自由將無法給你帶來救贖。任何情況里都可以去製造錯誤，同樣任何情況里都可以去發現自由。因此，努力去學習自由。當內識不受束縛時，並且當你作為一個個人得到了足夠的進步，從而能夠肩負起內識在世界上的偉大使命時，內識將開始表達它自己。你那在你視力所及之外和堅守在一起的精神上師們，在這裡帶你進入內識的啓蒙里。他們自有辦法做到這點，因為他們理解自由真正的含義和它在世界上的真正宗旨。

因此，在你的練習中，我們再次確認這一聲明的力量，並給你兩次機會在你內在深刻地體驗它。你不必從思想上試圖去揣摩它，而是簡單地放鬆就能夠去體驗它。全然地集中你的思想，讓它去體驗和你同在並存在於你內心的上帝臨在的偉大，因為這是看向自由的方向，這裡是自由真正存在的地方。

練習 94：兩個 30 分鐘

Step 95

HOW CAN I POSSIBLY FULFILL MYSELF?

HOW CAN YOU POSSIBLY FULFILL YOURSELF when you do not know who you are, when you do not know where you have come from or where you are going, when you do not know who has sent you and who will be waiting for you when you return? How can you possibly fulfill yourself alone when you are part of life itself? Can you fulfill yourself apart from life? Only in fantasy and imagination can you possibly even entertain the idea of fulfilling yourself. There is no fulfillment here, only increasing confusion. As the years progress, you will feel a growing darkness within you, as if a great opportunity has been lost. Do not lose this opportunity to realize life as it truly exists and to receive fulfillment as it is truly offered to you.

ONLY IN IMAGINATION CAN YOU FULFILL YOURSELF otherwise, and imagination is not reality. Accepting this may at first seem like a limitation and a disappointment, for you already have designs and motives for your own personal fulfillment, whether they have been

experienced or not. Your entire agenda for your fulfillment must now be brought into question, not to deprive you of anything of value, but to release you from a bondage which could only deceive and disappoint you in time. Therefore, accepting the hopelessness of your attempt to fulfill yourself opens you finally to receive the great gift which is available to you and which is awaiting you. This great gift is meant to be given through you into the world in a way that is specific for your happiness and for the happiness of those who will naturally be drawn to you.

HOW CAN YOU POSSIBLY FULFILL YOURSELF? Upon the hour today, repeat this question and give it a moment of serious consideration, regardless of your circumstances. As you practice upon the hour, look out into the world and see how people are trying to fulfill themselves, both in situations that now exist and in situations that are hoped for. Understand how much this separates them from life as it truly exists. Understand how this separates them from the mystery of their own existence and the wonder of life that they are free to encounter every moment of every day. Do not allow yourself to be so deprived. Fantasy will always paint a grand picture for you, but it has no foundation in reality. Only those who attempt to fortify each other's fantasies will attempt relationship with each other for this purpose, and their disappointment will be mutual, for which they will be inclined to blame each other. Do not seek, then, that which can only bring you unhappiness and only destroy the great opportunity for relationship for you.

UPON THE HOUR REPEAT THIS STATEMENT. In your two practice periods, enter stillness and receptivity so that you may learn to receive fulfillment as it truly exists.

PRACTICE 95: Two 30-minute practice periods.

Hourly practice.

第 95 階 我怎麼可能成就自己呢？

當你不知道自己是誰，從哪裡來或到哪裡去，當你不知道誰派你來以及當你歸去時誰在等待著你時，你怎麼可能去成就你自己呢？當你是生命本身的一個組成部分時，你怎麼可能獨自成就你個人呢？你能夠遠離生命去成就你自己嗎？唯有在空想和想象里你才可能抱有這種成就自己的想法。這裡沒有成就，只有不斷增加的困惑。隨著歲月的流逝，你將感到一種不斷增長的內心的黑暗，就好像失去了一個偉大的機遇。別失去這個認知生命真實樣貌並接收它真正為你提供的成就的機會。

你只可能在想象里成就自己，而想象不是現實。乍一看來，接受這點似乎會給你帶來一種局限和失望，因為你已經為自己確立了成就自我的規劃和動力，無論你對此是否已經有所體驗。現在你必須去質疑你整個的個人成就計劃，這不是

要剝奪你的任何價值，而是慢慢地讓你擺脫只會欺騙和挫敗你的一種束縛。因此，接受試圖成就自己的無望，將最終讓你敞開自己去接收那個為你準備並正在等待著你的偉大禮物。這一偉大禮物注定要透過你以某種方式奉獻給世界，這一方式將特別為你以及那些自然被你吸引的人帶來幸福。

你怎麼可能成就自己呢？今天的每小時里，重復這一問題並用片刻的時間進行認真思考，無論你身處怎樣的環境。當你進行每小時練習時，環顧周圍的世界，看看人們是如果在努力成就他們自己，包括在當前的狀態里以及他們所期望的狀態里。去理解這是如何讓他們與生命真正存在的樣貌分離。去理解這是如何讓他們與他們自身存有的神秘以及與他們每時每刻都在自由接觸的生命的生命的神奇分離。別讓自己如此地被剝奪。空想總是為你描繪一張宏偉的藍圖，但它在現實里毫無基礎。只有那些尋求強化彼此空想的人，才會為了這一目的而試圖與彼此建立關係，並且他們的失望將是雙向的，他們將會為此而彼此互相指責。因此，別去尋求那些只會給你帶來不快並且只會破壞你真正關係的偉大機遇的東西。

每小時重復這一聲明。在兩次練習時段裡，進入靜心和接收中，這樣你就能夠學習接收真正存在的成就。

練習 95：兩個 30 分鐘
每小時練習

Step 96

GOD' S WILL IS FOR ME TO BE UNBURDENED.

GOD' S FIRST STEP IN YOUR REDEMPTION and your empowerment is to unburden you from things that are not necessary for your happiness, to unburden you from things which cannot possibly satisfy you, to unburden you from things which only cause you pain and to lift from your head the crown of thorns that you wear, which represents your attempt at fulfillment in the world. A Greater Will exists within you that wishes to express itself. When you experience this, you will finally feel that you are known to yourself. You will finally experience true happiness, for your life at last will be integrated.

You must be unburdened to make this discovery. Nothing of value will be taken from you. It is not God' s intent to make you lonely and forlorn, but to give you the opportunity to realize your true promise so that you may proceed with strength and true motivation.

THEREFORE, ACCEPT THIS FIRST GREAT OFFER to unburden you from the hopeless conflicts that you attempt to resolve, from meaningless pursuits which lead you nowhere, from false promises of this world and from your own idealism which paints a picture the world cannot possibly support. In simplicity and humility the greatness of life will dawn upon you, and you will know that you have given away nothing for something of the greatest value.

UPON THE HOUR REPEAT THIS STATEMENT and think about it.

Observe its meaning in terms of your current circumstances. Observe

its demonstration in the lives of people all around you. Observe its reality in terms of your own existence, which you are now learning to witness objectively.

IN YOUR TWO LONGER PRACTICE PERIODS TODAY, attempt to concentrate on this idea and apply it to your life specifically. Actively engage your mind and try to think of the meaning of this statement in terms of your current ambitions, your current plans, and so forth. Many things may be cast in doubt as you do this, but realize that Knowledge is not affected by your schemes and plans or by your hopes and disappointments. It is only awaiting the time when it can emerge naturally within you, and you will be the first recipient of its great gifts.

PRACTICE 96: Two 30-minute practice periods.

Hourly practice.

第 96 階 上帝的旨意是讓我放下包袱。

上帝對你救贖並為你賦權的第一步，是讓你擺脫那些對你的幸福來說並不必要的東西，擺脫那些不可能滿足你的東西，擺脫那些只會給你造成痛苦的東西，並從你的頭頂摘下你帶著的棘冠，它代表著你在世界上實現成就的企圖。一個更偉大的意志存在於你的內在，它希望表達它自己。當你體驗到它時，你將終於感到你被你自己認知了。你將終於體驗到真正的幸福，因為你的生命終於能夠整合到一起了。你必須放下包袱才能實現這一髮現。任何有價值的東西都不會被從你身邊奪走。上帝的意圖並非讓你孤單和孤獨，而是為了賜予你機會去意識到你真正的前途，這樣你就能夠帶著力量和真正的動力前進。

因此，接受這第一個偉大賜福吧，它讓你擺脫那些你試圖解決的無望的衝突，擺脫那些沒有方向的追求，擺脫世界的虛假承諾，擺脫你自己那描繪著世界根本無法支持的藍圖的理想化。在簡單和謙卑里，生命的偉大將會降臨到你身上，你將認知你並未放棄任何東西，而獲得了某種具有最偉大價值的東西。

每小時里重復這一聲明，並對它進行思考。根據你當下所處的環境來觀察它的意義。觀察它在你周圍人的生命中的示範。觀察它在你自身存在中的實相，你現在正在學習客觀地見證它。

在兩個長練習時段裡，努力集中於這一想法，並特別將它運用到你自己的生命中。積極運用你的思想，努力根據你自身當前的野心和計劃等來思考這一聲明的意義。當你這樣做時，很多事情會受到質疑，但要意識到內識不受你的計劃和規劃或是你的希望和失望的影響。它只是在等待機會從你內在自然地升起，那麼你將成為它偉大禮物的第一接收者。

練習 96：兩個 30 分鐘

每小時練習

Step 97

I DO NOT KNOW WHAT FULFILLMENT IS.

IS THIS STATEMENT AN ADMISSION OF WEAKNESS? Is it a

resignation to hopelessness? No, it is not. It is the beginning of true honesty. When you realize how little you understand and yet realize at the same time the great offer of Knowledge that is available to you, only then will you seize upon this opportunity with great encouragement and dedication. You can only imagine fulfillment, but within you the Knowledge of fulfillment lives and burns. This is a fire that you cannot put out. This is a fire that exists within you now. This represents your greater yearning for fulfillment, for union and for contribution. Far beneath all of your hopes and fears, beneath your plans and ambitions, this fire is burning now. Relinquish, then, your ideas concerning fulfillment, but do not be hopeless, for you are placing yourself in a position to receive the gifts that are intended for you. You have brought these gifts with you into the world. They are hidden within you where you cannot find them.

YOU DO NOT KNOW WHAT FULFILLMENT IS. Happy stimulation alone cannot be fulfillment, for fulfillment is a state of quietude. It is a state of inner acceptance. It is a state of total integration. It is a timeless

state expressing itself in time. How can even the happiest stimulation give you that which can abide in any circumstance and which does not cease when the stimulation is over? We do not wish to deprive you of happy stimulations, for they can be very good, but they are momentary and can only give you a glimpse of the greater possibility. Here we wish to take you directly to the greater possibility by cultivating the great resources within your mind and by teaching you a way of seeing the world so that you may learn of its true purpose.

THEREFORE, UPON THE HOUR TODAY, repeat today's idea and consider it seriously in view of yourself and the world around you. Today, in your two long practice periods, once again spend time seriously considering this idea. Remember to think of your own life in these practice periods and apply today's idea to the plans that you are aware of concerning your own fulfillment. These thinking meditations require mental work. Here you will not be still. You will be investigating. You will be exploring. You will be actively using your mind to penetrate things that you recognize exist there. This is a time for serious introspection. When you realize that what you thought you knew is only a form of imagination, then you will realize your great need for Knowledge.

YOU MUST UNDERSTAND WHAT YOU HAVE in order to learn to receive more. If you think you have more than you actually have, then you are impoverished without even being aware of it and will not understand the Great Plan that has been created on your behalf. You must start from where you are, for in this way you may proceed, each

step certain, each step forward, built upon the step before. There will be no falling back here, for you will be firmly established on your path to Knowledge.

PRACTICE 97: Two 30-minute practice periods.

Hourly practice.

第 97 階 我不知道成就是什麼。

這一聲明是承認軟弱嗎？這意味著退回到無望嗎？不，不是的。它是真正坦誠的開始。當你意識到自己理解的東西太少，而同時又意識到為你而準備的內識的偉大賜予時，只有這時你才能帶著巨大的鼓舞和投入去抓住這一機會。你只能去想象成就，然而關於真正成就的內識在你的內心存在並燃燒著。這是你無法撲滅的一團火。這是現在就存在於你內心的一團火。它代表了你对成就、對聯合、對貢獻的更偉大渴望。在深埋於你所有的希望和恐懼以及你所有的計劃和野心之下，這團火焰正在燃燒著。因此，拋棄你那些關於成就的想法吧，但不要失去希望，因為你正在準備去接收注定賜予你的禮物。你攜帶著這些禮物來到世界上。它們深藏在你內在的某個你無法找到的地方。

你不知道成就是什麼。單單是快樂的刺激不可能是成就，因為成就是一種沈靜的狀態。它是一種內在接受的狀態。它是一種完全整合的狀態。它是一種永恆狀態在時間維度里對自己進行的表達。即使是最快樂的刺激又怎麼可能帶給你這種存在於任何環境，並且即使當刺激結束時它依然存在著的狀態呢？我們不想剝奪你的快樂刺激，因為它們可能很美好，但它們是短暫的，只能給你帶來對更偉大可能性的一瞥而已。在此，我們希望通過培養你思想里的偉大資源，並通過教授你看待世界的一種方法，從而把你直接帶向那更偉大的可能性，這樣你就能夠學習它的真正宗旨。

因此，每小時重復今天的想法，並根據自身以及周遭的世界認真地進行思考。在兩次長練習時段裡，再一次認真地思考這一想法。在這些時段裡記得去回顧你自己的生命，並將這一想法運用到你所意識到的你那些關於自我成就的計劃。這些思考型的冥想需要進行思維的工作。這裡你不需要靜心，而是去調查、去探究。你將積極地運用思想去穿透那些你認識到存在在那裡的東西。這是進行嚴肅內省的時間。當你意識到，你自以為知道的東西其實僅僅是一種想象的形式時，那麼你將意識到你對內識的巨大需求。

你必須理解你現在擁有的，從而能夠去學習接收更多。假如你自以為擁有的比你實際擁有的還多時，那麼你就是貧瘠的，而你甚至未能意識到這點，並且你將無法理解那個為了你的利益而創造的偉大計劃。你必須從你現在的位置開始，因為只有這樣你才能夠前進，每一步都是確定的，每一步都在向前並是建立在前一步的基礎上。你將不會出現退步，因為你將在你通向內識的道路上得到堅實的確立。

練習 97：兩個 30 分鐘

每小時練習

Step 98

REVIEW

IN YOUR REVIEW ONCE AGAIN REVIEW all of the instructions of the lessons and everything that you have experienced thus far in

the past week of practice. Honestly evaluate your engagement with these lessons and recognize what they have yielded for you in terms of understanding. Try to be very fair in your assessment. Remember that you are a student. Do not claim that you have realized more than you have actually experienced.

THE SIMPLICITY OF THIS APPROACH may seem obvious, but for many people it is very difficult to achieve, for they are so used to thinking that they have more than they have or less than they have that it is very difficult for them to assess their actual circumstances even though their circumstances are quite obvious.

IN YOUR ONE LONG PRACTICE PERIOD, then, review your lessons and consider each one in depth, recalling your activity with them on the day that they were given and your understanding of them at this moment. Review each of the six previous steps very carefully and beware of making conclusions that do not represent your true experience. It is better to be uncertain than to have false conclusions. PRACTICE 98: One long practice period.

第 98 階 復習

本次復習仍然是回顧前一周所有課程的指導，以及你在一周的練習里所體驗的所有一切。坦誠地評估你對於這些課程的參與，並認知這些課程給你的理解帶來了什麼。在評估中努力保持公正。記住你是一個學生。別聲稱你已學到了比你實際體驗到的更多的東西。

這種方式的簡單看似非常顯在，然而對於很多人來說卻是很難做到的，因為他們如此習慣於認為自己擁有的要麼比實際的更多，要麼更少，因此對他們來說要想評估他們實際的狀況是非常困難的，即使他們的現狀非常顯在。

在一個長的練習時段裡，復習你的課程，認真地對每一階進行深入思考，回憶當天你與課程相關的活動，以及你在當下對於課程的理解。仔細地回顧所有這六階課程，注意別輕易做出並不代表你真實體驗的結論。與其做出錯誤的結論，還不如保持不確定性。

練習 98：一個長練習時段

Step 99

I WILL NOT BLAME THE WORLD TODAY.

TODAY PRACTICE NOT BLAMING THE WORLD, not judging its obvious errors and not claiming or giving responsibility to others for these errors as well. Look on the world silently. Allow your mind to be still.

PRACTICE THIS UPON THE HOUR and view the world with your eyes open. In your two longer practice periods, also practice with eyes open looking upon the world. It does not matter what you look at, for it is all the same. Your concentration today will be to look without

judgment, for this will develop your real faculties of mind. THEREFORE, IN YOUR PRACTICE PERIODS, practice looking with your eyes open, looking without judging. Look about your immediate environment. Look only upon things that are actually there. Do not engage in imagination. Do not let your thoughts wander to the past or to the future. Witness only what is there. As thoughts arise that are judgments, simply dismiss them without considering them, for today you are practicing seeing—seeing without judgment so that you may see what is actually there.

PRACTICE 99: Two 30-minute practice periods.

Hourly practice.

第 99 階 今天我不譴責世界。

今天練習不譴責世界，不評判它那些顯然的錯誤，同時也不去將那些錯誤宣稱或歸咎於其他人。安靜地看向世界。讓自己的思想沈靜。

每小時進行練習，帶著睜開的眼睛觀察世界。在兩次長練習時段裡，同樣練習睜開雙眼看向世界。無論你看什麼都沒關係，因為都是一樣的。你今天的重點是不加評判地去看，因為這將發展你思想的真正能力。

因此在今天的練習里，練習睜開眼睛去看，不加評判地看。觀察你周邊的環境。僅僅去關注那些真實存在的東西。不要展開想象。不要讓你的思想飄到過去或未來。僅僅去見證真實存在的。當評判性的想法出現時，只需放下它們，不必思考它們，因為你今天練習去看——不加評判地看，這樣你就能夠看到真實存在在那裡的東西。

練習 99: 兩個 30 分鐘

每小時練習

Step 100

TODAY I AM A BEGINNING STUDENT OF KNOWLEDGE.

YOU ARE A BEGINNING STUDENT OF KNOWLEDGE. Accept this starting place. Do not claim more for yourself, for you do not understand the road to Knowledge. On the road to greater assumptions you may have garnered great rewards for yourself, but that leads in another direction from the road to Knowledge, where all things that are unreal are relinquished and all things that are genuine are embraced. The road to Knowledge is not a road that people have imagined for themselves, for it is not born of imagination.

THEREFORE, BE A BEGINNING STUDENT OF KNOWLEDGE. Upon the hour repeat this statement and give it serious consideration. Regardless of your view of yourself, whether it is exalted or diminished, no matter what you have done before, no matter what you consider your accomplishments to be, you are a beginning student of Knowledge. As a beginning student you will want to learn everything that can be

learned, and you will not have the burden of defending that which you think you have claimed already. This will ease your burden in life considerably and give you the possibility for true motivation and enthusiasm, which are lacking now.

BE A BEGINNING STUDENT OF KNOWLEDGE. Begin your two longer practice periods with this affirmation and allow yourself to sit in stillness and to receive. Without petitions, without questions and without expectations or demands, allow your mind to be quiet, for you are a beginning student of Knowledge and do not yet know what to ask for or what to expect.

PRACTICE 100: Two 30-minute practice periods.

Hourly practice.

第 100 階 今天我是內識的初級學生。

你是內識的初級學生。接受這一起始位置。不要更多地宣稱自己，因為你並不理解通向內識的道路。在通向更巨大假設的道路上，你或許已經為自己贏得了巨大的獎賞，但那條路指向的方向不同於通向內識的道路，在這裡所有不真實的東西都被拋棄，所有真實的東西都被包納。通向內識的道路並非人們為他們自己想象的道路，因為它並非源自想象。

因此，做一個內識的初級學生。每小時重復這一聲明，並進行認真的思考。無論你如何看待自己，無論是尊貴還是卑微，無論你之前做過些什麼，無論你認為你的成就是什麼，你依然是內識的初級學生。作為初級學生，你希望學習所有能夠學到的東西，並且你不必竭力去捍衛你自認為已經達成的東西。這讓你的生命格外輕鬆，並為你帶來了你所缺少的真正動力和熱情的可能性。

做內識的初級學生。用這個確認開始你的兩個練習時段，讓自己靜坐並接收。不帶請求、不帶疑問、不帶期望或需求，讓你的思想保持安靜，因為你是內識的初級學生，你還不知道去要求什麼或期待什麼。

練習 100: 兩個 30 分鐘
每小時練習

Step 101

THE WORLD NEEDS ME, BUT I WILL WAIT.

WHY WAIT WHEN THE WORLD NEEDS YOU? Does this not seem inconsistent with the teaching that we are presenting? It is actually not inconsistent at all, if you understand its meaning. Since the world needs you, waiting would seem to be an injustice and an irresponsibility. Is this not inconsistent with what we are teaching? No, it is not inconsistent if you understand its meaning. If you have seriously considered what we have given you thus far in your preparation, you will realize that on its own, Knowledge within you will respond to the world, and you will feel moved to give in certain

places and not moved to give in others. This great response within you will not be born of personal weakness, personal insecurity or the need for acceptance or recognition. It will not be a form of avoidance or guilt. In fact, it will have nothing to do with you at all. That is why it

is very great, for it is not meant to remedy your littleness, but to demonstrate the power of Knowledge that exists in the world so that you may bear witness to it and be a vehicle for its expression.

WHY WAIT WHEN THE WORLD NEEDS YOU? Because you are not yet

ready to give. Why wait when the world needs you? Because you do not understand its need yet. Why wait when the world needs you?

Because you will give for the wrong reasons and will only fortify your dilemma. The time of giving will come, and your life will give of itself, and you will be prepared to accept this, to respond to it and to follow the guidance of Knowledge that is within you. If you are to be of true service to the world, you must be prepared, and that is what we are undertaking now.

LET NOT THE TRIBULATIONS OF THE WORLD give you great anxiety.

Let not the threats of destruction arouse your fear. Let not the injustices of this world stimulate your anger, for if they do, you are looking without Knowledge. You are seeing your own failed idealism.

This is not the way of seeing, and so it is not the way of giving. You were sent to give, and your giving is intrinsic to you. You do not need to control it, for it will give of itself when you are prepared. Therefore, your service to the world at this moment is your preparation to be a contributor, and though this will not give you instant gratification for your need to give, it will pave the way for a greater service to be rendered.

IN YOUR TWO PRACTICE PERIODS TODAY, actively think about

today's idea and consider it in light of your behavior, your inclinations,

your ideas and your beliefs.

PRACTICE 101: Two 30-minute practice periods.

第101階 世界需要我，但我將等待。

當世界需要你時，為何要等待？這是否和我們提供的課程不相一致呢？假如你能理解它的含義的話，就根本不存在不一致。由於世界需要你，保持等待似乎是一種不講道義和一種不負責任。這不是和我們教導的東西不相一致嗎？不是，如果你理解它的含義的話，就不存在不一致。如果你認真地思考至今為止我們在你的準備中提供給你的東西的話，你將意識到你的內在內識本身將會對世界做出回應，你會感受到在某些地方你被推動著去奉獻，而在另外的境況里卻相反。這種你內在的偉大回應並非來源於個人的軟弱、個人的不安全感或對於被接受或被認同的需要。它並非一種逃避或內疚的表現。事實上，它與你個人毫不相干。正因為如此它非常偉大，因為它並非為了救治你的渺小，而是為了示範存在於世界

上的內識的力量，這樣你就能夠見證它並成為它表達的一個載體。

當世界需要你時，為何要等待呢？因為你還沒有做好準備去奉獻。當世界需要你時，為何要等待呢？因為你還不理解世界的需要。當世界需要你時，為何要等待呢？因為你會為了錯誤的原因進行奉獻，而這只會加重你的困境。奉獻的時刻將會到來，你的生命將奉獻它自己，你將做好準備接受這點，對它做出回應並遵循你內在內識的指引。如果你想為世界提供真正的服務，那麼你必須進行準備，這正是我們現在正在開展的。

別讓世界的苦難帶給你巨大的焦慮。別讓毀滅的威脅激起你的恐懼。別讓世界的不公正引起你的憤怒，因為這意味著你沒有帶著內識去看。你看到的是自己理想主義的失落。這不是看的方式，因此這也不是奉獻的方式。你被派來進行奉獻，並且你的奉獻是內在固有的。你不需要控制它，因為當你準備好時，它將奉獻它自身。因此，此刻你對於世界的服務在於你正在為成為一名貢獻者而進行準備，儘管這無法即刻滿足你對奉獻的需要，但它將為未來更偉大的服務鋪平道路。

在兩次練習中，積極地思考今天的想法，並根據你的行為、你的傾向、你的想法和你的信仰對此進行思考。

練習 101：兩個 30 分鐘

Step 102

THERE IS MUCH I MUST UNLEARN.

YOUR LIFE IS FULL OF YOUR OWN NECESSITIES AND IDEAS,

full of your own requirements and ambitions, full of your own fears and full of your own complications. Thus, your vehicle for giving is burdened and cluttered, and your energy is largely misappropriated. That is why it is God's first step to unburden you. Until this happens you will simply attempt to resolve your situation without knowing what to do, without understanding your predicament and without accepting the assistance that you will surely need in time. Therefore, accept your unlearning, for it will unburden you and give you reassurance that a greater life is possible and inevitable for you who have come here to give.

UPON THE HOUR REPEAT THIS STATEMENT and consider it. View

its reality in terms of your perception of the world. In your two longer practice periods, once again practice mental stillness in silence, where nothing is attempted and where nothing is avoided. You are only engaging your mind to be still so that it may learn to respond upon its own to that which calls to it. With each step you make in your unlearning, Knowledge will fill in that which had replaced it. This is instantaneous, for you are only moving yourself into a position to receive so that your giving may be generous, genuine and fulfilling to you.

PRACTICE 102: Two 30-minute practice periods.

Hourly practice.

第 102 階 有很多我必須擯除的東西。

你的生命充滿了你自己的需求和想法，充滿了你自己的要求和野心，充滿了你自己的恐懼，充滿了你自己的複雜。因此，你這個奉獻的載體背負著包袱和猜疑，你的能量被大大地誤用了。正因為如此，上帝所做的第一步是讓你放下包袱。除非做到這點，否則你只會試圖去解決自己的境況，但卻不知道該做什麼，不理解你自己的困境，也不接受你以後必然會需要的幫助。因此，接受你的放下，因為它將讓你擺脫包袱，並讓你確信一種更偉大的生命是可能的，並且它對於來此奉獻的你來說是必然的。

每小時重複這一聲明並思考它。根據你對世界的覺察來認清這一事實。在兩次長練習時段裡，再次在安靜里練習思想的靜心，不帶任何企圖，不帶任何逃避。僅僅是讓你的思想保持安靜，這樣它就能夠學習對它的召喚做出回應。在摒棄的過程中每進一步，內識都會填充到那曾經替代它的位置。這是即刻發生的，因為你所做的就是將自己置於接收的位置上，這樣你的奉獻就會是慷慨的、真實的並且對你而言是富有成就感的。

練習 102：兩個 30 分鐘
每小時練習

Step 103

I AM HONORED BY GOD.

YOU ARE HONORED BY GOD, and yet this statement can inflame your sense of uncertainty, arouse your sense of guilt, confuse your sense of pride and stimulate all manner of conflict that actually exists within you now. In the past you have attempted to be something unreal, and it has failed you. Now you are afraid to be anything for fear that failure will pursue you once again. Thus, greatness appears to be littleness and littleness appears to be greatness, and all things are seen backwards or reversed from their true meaning. YOU ARE HONORED BY GOD whether you can accept this or not.

It is true regardless of human evaluation, for only things that are beyond evaluation are true. We are taking you to that which is beyond evaluation, which will be the greatest discovery possible in this life or in any life.

UPON THE HOUR REPEAT THIS STATEMENT and consider it seriously. In your two practice periods, allow your mind once again to be still and receptive so that you may learn to receive the honor that God has for you. Surely, this honor must be directed towards a part of you that you are barely aware of. It is not your behavior that is honored. It is not your idealism that is honored. It is not your beliefs, your assumptions, your demands or your fears. These may be for good or for ill. These may serve you or betray you. But honor is reserved for something greater, which you are now learning to recognize.

PRACTICE 103: Two 30-minute practice periods.
Hourly practice.

第 103 階 我被上帝尊重。

你被上帝尊重，不過這一聲明會激發你的不確定感，喚起你的負疚感，混淆你的自豪感，並激起你內在確實存在的所有形式的衝突。過去你試圖成為某種不真實的東西，這失敗了。現在你害怕成為任何東西，因為你害怕失敗會再一次糾纏你。結果，偉大顯得渺小，而渺小顯得偉大，所有一切被倒過來看，或是和它們的真正意義背道而馳。

你被上帝尊重，無論你接受與否。不管人們如何評估，這都是真實的，因為只有超越評估以外的東西才是真實的。我們引領你來到那超越了評估的，它對於你這次生命或任何一次生命來說都將是最偉大的發現。

每小時重復這一聲明並認真地思考它。在兩次練習里，讓思想再次進入靜心和接收中，這樣你就能夠學習接收上帝對你的尊重。當然，這一尊重必然是指向你的那個你幾乎還未覺知的部分的。被尊重的不是你的行為。被尊重的不是你的理想主義。它不是你的信仰、你的假設、你的要求或你的恐懼。這些或許有好有壞。這些或許服務於你或者背叛你。但是，尊重是被保留給某個更偉大東西的，你正在學習去認知它。

練習 102: 兩個 30 分鐘
每小時練習

Step 104

GOD KNOWS MORE ABOUT ME THAN I DO.

GOD DOES KNOW MORE ABOUT YOU THAN YOU DO. That must be obvious if you have considered yourself honestly. And yet, consider the implications of this. If God knows more about you than you do, then would not God's evaluation be something that you would want to learn to investigate? Of course it would. And would not your evaluations of yourself be necessarily in error? In this alone you have sinned, for sin is only error. Error calls for correction, not condemnation. You would condemn yourself and think that God would then follow your example and render to you a greater condemnation. That is why people have made God in their image, and that is why you must unlearn what you have made, so that you may find what you know and so that your creations in this world may be for good and have lasting value.

GOD KNOWS MORE ABOUT YOU THAN YOU DO. Do not pretend you can create yourself, for you have already been created and that which has been genuinely created is far greater and happier than the life that you have realized thus far. It is your unhappiness that is bringing you to truth, for it is driving you to a genuine resolution. This, of course, is true.

ON THE HOUR REPEAT THIS STATEMENT and consider it seriously.
 As you do so, observe the world around you in order to attempt to learn of the meaning of today's idea in the world. In your longer practice sessions in stillness, allow your mind to become quiet so that it may learn to enjoy its greatness. Give it this opportunity for freedom, and it will give freedom to you in return.
 PRACTICE 104: Two 30-minute practice periods.
 Hourly practice.

第 104 階 上帝對我的認知比我自己更多。

上帝對你的認知的確比你自己更多。如果你坦誠地思考過自己，那麼這必然是顯在的。不過，要思考這意味著什麼。如果上帝對你的認知比你自己更多，那麼難道你不想去探求上帝對你的評估嗎？你當然會這樣希望。另外，這難道不是意味著你對自己的評估必然是有誤的嗎？單憑這一點，你就是有罪的，因為罪惡不過是錯誤而已。錯誤召喚著改正，而非譴責。你對自己進行譴責，並認為上帝將會和你一樣，並給予你更大的譴責。正因為如此，人們按照自己的形象製造了上帝，正因為如此，你必須摒棄你所製造的，這樣你就能夠發現你所知道的，這樣你在這個世界上的創造就會是有益的並擁有恆久的價值。

上帝對你的認知比你自己更多。別假裝你能夠創造你自己，因為你已然被創造出來，那個被真正創造的自我要比你迄今為止所意識到的生命要偉大得多、快樂得多。正是你的不快樂將你帶到真理面前，因為它推動你去尋求一個真實的解決方案。這個聲明顯然是真實的。

在每小時里重復這一聲明並認真思考它。在練習中，觀察你周圍的世界以努力瞭解今天的想法在世界上的意義是什麼。在長練習時段裡，在靜心裡，讓你的思想變得安靜，這樣它就能夠學習享受它的偉大。給它這個自由的機會，那麼作為回報，它將把自由帶給你。

練習 104: 兩個 30 分鐘
 每小時練習

Step 105

REVIEW

IN YOUR REVIEW, FOLLOW THE PAST EXAMPLES and review the week of instructions and the week of practices. Give special consideration today to the ideas that we have presented. Understand that these ideas must be entertained and experienced through many stages of development. Their meaning is too deep and too great to be entirely obvious to you now, yet they will serve as a reminder that Knowledge is with you and that you have come to give Knowledge in the world.

OUR TEACHING WILL THUS SIMPLIFY ALL THINGS, which will resolve the conflicts that you carry now and which will make conflict in the

future unnecessary. For to the extent that you are with Knowledge, conflict does not exist. An unconflicted life is the greatest contribution that can be given into the world, for this is a life that will spark the beginning of Knowledge in all, a spark that can carry itself into the future far beyond your individual life. It is this great spark that you are

intended to give into the world, for then your giving will have no end and will serve your current generation and the generations to come.

THE BLESSINGS THAT YOU ARE NOW EXPERIENCING TODAY in your world are the result of these reverberations which are passed from generation to generation as Knowledge is kept alive in the world. The opportunity for you to have Knowledge is born of the giving of those who have lived before, as your giving will provide the opportunity for freedom for those who will follow. This is your greater purpose in life: to keep Knowledge alive in the world. But first you must learn of Knowledge—learn how to recognize it, learn how to accept it, learn how to discern it from the other impulses in your mind and learn the many stages of development that will be required in following Knowledge towards its great fulfillment. That is why you are a beginning student of Knowledge.

IN YOUR ONE LONG PRACTICE, undertake your Review in as much detail as possible. Allow confusion and uncertainty to exist, for this is

necessary in this stage of investigation. Be happy, then, for all the things

that can be truly recognized and know that Knowledge is with you, so you are free to be uncertain.

PRACTICE 105: One long practice period.

第 105 階 復習

本次復習和從前一樣，回顧一周的指引和練習。今天特別去思考我們所呈現的那些想法。要理解，這些想法必須經過很多階段的學習才能被抱持和體驗。它們的含義太深刻、太偉大，以至於現在對你來說還無法完全顯在，然而它們會提醒你內識和你同在，並且你來此是為了把內識奉獻給世界。

我們的教導會讓所有事情變得簡單，這將解決你當前攜帶的衝突，並使得未來的衝突變得不必要。因為只要你和內識同在，衝突就不會存在。一個沒有衝突的生命是能夠給予世界的最偉大貢獻，因為這樣的生命將點燃所有人內在內識的火花，這個火花將攜帶著它自身走入未來，遠遠超越了你個人生命的時限。你想要奉獻給世界的正是這個偉大的火花，因為這樣，你的奉獻將沒有終點，它不僅服務於你們這個時代，還將服務於未來後代。

你今天在上世界上體驗到的祝福是這些代代相傳的回響的結果，因為內識在上世界上保持著存活。你之所以擁有獲得內識的機會是源於那些先人的奉獻，同樣你的奉獻也將為後人提供獲得自由的機會。這就是你生命中的更偉大宗旨：讓內識

在世界上保持存活。不過，首先你必須去學習內識——學習如何認知它，學習如何接受它，學習如何將它和你思想里的其他衝動區分開來，並學習遵循內識走向它的偉大成就所必須經歷的許多發展階段。正因為如此，你是內識的初級學生。

在今天的長練習時段裡，盡可能仔細地展開你的復習。允許困惑和不確定的存在，因為這在這一探究階段裡是必然的。對所有能被真正認知的東西感到高興，並認知內識和你同在，因此你可以自由地保持不確定。

練習 105：一個長練習時段

Step 106

THERE ARE NO MASTERS LIVING IN THE WORLD.

THERE ARE NO MASTERS LIVING IN THE WORLD, for Mastery is attained beyond the world. There are advanced students. There are students of great accomplishment. But there are no Masters living in the world. Perfection is not found here, only contribution. Whoever remains in the world remains to learn the lessons of the world. The lessons of the world must be learned not only in your individual life, but in a life of contribution as well. Your genuine education far exceeds what you have realized thus far. It is not merely the correction of errors. It is the contribution of gifts.

THERE ARE NO MASTERS LIVING IN THE WORLD. Therefore, you may relieve yourself of the great burden of attempting or requiring Mastery for yourself. You yourself cannot be a Master, for life is the Master. That is the great difference that will make all of the difference for you when you come to understand its true meaning and benefit.

IN YOUR TWO PRACTICE PERIODS TODAY, think of all the individuals that you have considered to be Masters—individuals you have met, heard of or imagined, individuals in the past and individuals living presently. Think of all the qualities that have made them Masters and how you have used them to judge yourself and to evaluate your life and your behavior. It is not the purpose of advanced students to become the criteria for self-condemnation by those of lesser capabilities. That is not their gift, though they must understand in time that their gifts will be so misconstrued.

ACCEPT YOUR UNBURDENING as we remind you that there are no Masters living in the world. In your two longer practice periods, try to realize this. Try to realize the relief that is being given to you. But do

not make the mistake of thinking that this leads to passivity on your part, for greater than ever will be your involvement in the reclamation of Knowledge. Greater than ever will be your commitment to the emergence of Knowledge. Now your involvement and commitment may move forward more rapidly, for they are becoming unburdened by your idealism, which can only lead you astray.

PRACTICE 106: Two 30-minute practice periods.

第 106 階 沒有大師生活在世界上。

沒有大師生活在世界上，因為大師是在世界之外達成的。這裡有高階的學生。這裡有實現偉大成就的學生。但是沒有大師生活在世界上。這裡沒有完美，只有貢獻。任何生活在世界上的人都有著需要在世界上學習的功課。這些功課不僅需要在你的個人生活里學習，還需要在一個貢獻的生活中進行學習。你真正的教育遠遠超過你已經意識到的那些。它不只是為了修正錯誤。它是為了貢獻禮物。

沒有大師生活在世界上。因此，你可以放下那個試圖或要求自己成為大師的沉重包袱。你個人無法成為大師，因為生命是大師。當你開始理解它的真正含義和益處時，這一偉大認知將為你帶來一切的不同。

在今天的兩次練習中，思考所有那些你認為是大師的人——那些你遇見過、聽說過或想象中的人，那些生活在過去以及仍然在世的人。思考所有那些讓他們成為大師的品質，以及你是如何利用這些來評判你自己以及評估你的生命和行為的。高階學生的宗旨並非是使自己成為那些能力低於他們的人進行自我譴責的準繩。這並非他們的禮物，儘管他們也必須逐漸理解，他們的禮物將會遭到如此的曲解。

當我們提醒你沒有大師生活在世界上時，請接受你對這個包袱的摒棄。在兩次練習里，努力意識到這點。努力意識到它給你帶來的解脫。但不要錯誤地以為這會導致你的被動，因為相反，你對於內識喚回的投入將更加深入。你對於讓內識呈現的承諾將更加堅定。現在你的投入和承諾將會以更快的速度進步，因為它們擺脫了只會將你引向歧途的理想主義的牽絆。

練習 106: 兩個 30 分鐘

Step 107

TODAY I WILL LEARN TO BE HAPPY.

LEARNING TO BE HAPPY IS SIMPLY LEARNING TO BE NATURAL.

Learning to be happy is learning to accept Knowledge today.

Knowledge is happy today. If you are not happy, you are not with Knowledge. Happiness does not always mean having a smile on your face. It is not a behavior. Genuine happiness is a sense of self, a sense of

wholeness and satisfaction. If a loss has occurred in your life, a loss of a

loved one, you may still be happy, though you may shed tears. It is all right to shed tears, for this does not need to betray a greater happiness within you, for these also may be tears of happiness. Happiness is not a

form of behavior. Let us remind you of this. It is a sense of inner satisfaction. Knowledge will give this to you because it will simplify your life and allow your mind to concentrate on that which it is given to do in reality. This will empower you, simplify you and provide a

greater harmony than you could have known before.

THEREFORE, IN YOUR TWO PRACTICE PERIODS TODAY, allow your mind to enter stillness once again. This is a time of quietude. This is not a practice of mental investigation, but a practice of mental stillness.

PRACTICE 107: Two 30-minute practice periods.

第 107 階 今天我將學習快樂。

學習快樂就是學習保持自然。今天學習快樂就是學習接受內識。今天內識就是快樂。如果你不快樂，你就是沒有和內識在一起。幸福並非總是意味著臉上掛著笑容。幸福不是一種行為。真正的幸福是對自我的感知，對完整和滿足的感知。如果你生命中失去了什麼，例如失去了一個所愛的人，你仍然可以快樂，儘管你會流淚。你當然可以流淚，因為這並不會背叛你內在更巨大的幸福，因為這或許是幸福的淚水。幸福不是一種行為方式。讓我們提醒你這一點。它是內在的滿足感。內識會把這帶給你，因為內識將使你的生活簡單化，並讓你的思想專注於那些在現實里被交給它去做的事情。這將帶給你力量、簡化你的生活並給你帶來以前從未知曉的更巨大和諧。

因此，在兩次練習中，讓思想再次進入靜心裡。這是對靜心的修習。這次練習不是進行思想探究，而是練習思想的靜心。

練習 107：兩個 30 分鐘

Step 108

HAPPINESS IS SOMETHING I MUST LEARN AGAIN.

ALL THINGS MUST NOW BE RE-EVALUATED. All things must now be seen anew, for there is looking with Knowledge and there is looking without Knowledge. They yield different results. They encourage different evaluations and different responses. We have said that happiness is not a form of behavior, for it is much deeper than this. Therefore, do not attempt to use this idea to win favor with others or to demonstrate to yourself that you are happier than you actually are. We do not want to put a veneer of behavior upon your current experience. We want to guide you to that experience which is genuine to your nature, which expresses your nature and which contributes your nature to life.

LEARN, THEN, AGAIN ABOUT HAPPINESS. In your two practice periods, engage your mind in investigation. Consider your ideas about happiness and the forms of behavior you think they must represent. Think of all the ways you have attempted to be happier than you are. Think of all the expectations and requirements you have placed upon yourself to be happy and to prove to yourself and to others your worth. As you recognize these things, realize that without this attempt happiness will arise upon its own, for you are naturally happy. Without

restraint, your happiness will arise upon its own, without your imposing it upon your mind and upon your body. Without your imposition, happiness will arise on its own. Think upon this today, but do not be content with simple conclusions, for you are a beginning student of Knowledge and great conclusions come later.

PRACTICE 108: Two 30-minute practice periods.

第 108 階 幸福是我必須再次去學習的東西。

一切都必須進行重新評估。一切都必須重新去看待，因為這裡存在帶著內識去看，還有不帶內識去看。它們帶來不同的結果。它們鼓勵不同的評估和不同的回應。我們說過，幸福不是一種行為方式，因為它更加深刻。因此，別試圖利用這種想法來贏得他人的歡心，或者向自己證明你比實際上更加幸福。我們不想在你當下的體驗外面套上一種粉飾性的行為。我們希望把你引向那種對你的本質來說是真實的體驗，它表達了你的本質並將你的本質奉獻給生命。

因此再次學習幸福。在兩次練習里，讓你的思想投入到探究中。思考你關於幸福的想法，以及你所認為的這必然呈現的行為方式。思考所有你試圖讓自己更快樂的方法。思考為了讓自己快樂、為了向自己和他人證明你的價值，你所強加給自己的所有期望和要求。當你認知這些時，你會意識到，沒有了這些企圖，幸福將自然地升起，因為你的天性是快樂的。當不受局限時，你的幸福會自然地升起，而不需要你把它強加在自己的思想和身體上。沒有了你的強加，幸福會自然地升起。今天思考這些，但不要滿足於簡單的結論，因為你是內識的初級學生，偉大的結論尚在未來。

練習 108：兩個 30 分鐘

Step 109

I WILL NOT BE IN A HURRY TODAY.

TODAY TAKE EACH STEP GRACEFULLY. Do not be in a hurry.

You need not be in a hurry because you are with Knowledge. You may keep your appointments in the world and keep them on schedule, but within yourself do not be in a hurry. You may seek Knowledge, fulfillment and contribution, but do not be in a hurry. When you are in a hurry, you are neglecting your current step for steps you find more preferable, and how can steps be more preferable except when you are ignoring the step in front of you? You need only take the step in front of you, and the next step will arise naturally. Do not be in a hurry. You cannot go faster than you can go. Do not miss all that we are giving you to practice, which will require that you not be in a hurry.

THROUGHOUT THE DAY TODAY REMIND YOURSELF upon the hour not to be in a hurry. Say to yourself, 「I will not be in a hurry today,」 and think a moment upon this. You may meet your worldly responsibilities without being in a hurry. You may meet your greater

goals without being in a hurry. Take comfort in the fact that you are a beginning student, for beginning students do not know where they are going because they are in a position to receive, not to govern. This is a

great blessing for you now and will give you the power in time to govern your mind and your affairs with Knowledge. You will be a kind ruler who will not condemn error and will not punish sinners, as you now imagine God to do.

KNOWLEDGE IS NOT IN A HURRY. Why should you be? Knowledge may move you quickly or slowly. You may then move quickly or slowly, but within yourself you are not in a hurry. This is part of the mystery of life which you can now learn to discover.

PRACTICE 109: Hourly practice.

第 109 階 今天我不匆忙。

今天優雅地進行每一步。不要匆匆忙忙。你不需要匆匆忙忙，因為你和內識同在。你可以在世界上遵守你的約定，並讓它們按計劃進行，但在內心不要匆忙。你可以尋求內識、成就和貢獻，但不要匆忙。當你匆忙時，你會忽略當下的進階，而尋求那些你更喜歡的進階，除非你忽略了當前的進階，不然你怎麼會去中意其他的進階呢？你只需要學習當前的進階，那麼下一階會自然地升起。不要匆忙。你無法比你能力所及走得更快。別忽略任何我們提供給你去修習的東西，這要求你不能匆忙。

今天貫穿全天，每小時提醒自己不要匆忙。告訴自己：「我今天不要匆忙，」並利用片刻時間思考它。你可以不慌不忙地完成世俗的責任。你可以不慌不忙地實行你更大的目標。安然地接受你是初級學生的事實，因為初級學生不知道他們去向何方，因為他們處於接收的位置，而非掌控的位置。這對你是偉大的祝福，並將逐漸賦予你力量，使你能夠帶著內識對你的思想和事務進行管理。你將成為一個仁慈的管理者，你將不會對錯誤進行譴責、對罪惡進行懲罰，就像你現在所想象的上帝的所作所為那樣。

內識不會匆忙。為什麼你要匆忙呢？內識會快速地抑或緩慢地推動你，你可以隨之快速地抑或緩慢地行動，但在內心你不會匆忙。這是你正在學習發現的生命之神秘的一部分。

練習 109：每小時練習

Step 110

I WILL BE HONEST WITH MYSELF TODAY.

TODAY I WILL BE PERFECTLY HONEST, recognizing what I actually know and what I only believe or hope for. I will not pretend I know things I do not know. I will not pretend I am richer than I am or poorer than I am. I will try to be exactly where I am today.]

TRY TO BE EXACTLY WHERE YOU ARE TODAY. Be simple. Be at ease.

Observe the world around you. Carry out your worldly tasks. Do not exalt yourself. Do not demean yourself. This day allow everything to function as it actually does, without attempting to govern or manipulate yourself. The only exception to this is to utilize your selfdiscipline

so that you may carry out your practices for this day.

IN YOUR TWO LONGER PRACTICE PERIODS, repeat the affirmation for today and enter into stillness. Here you must exert the power of your mind. Here you are not attempting anything that is deceptive or anything that is unreal. You are allowing your mind to enter into its natural state, into a state of peace.

PRACTICE 110: Two 30-minute practice periods.

Hourly practice.

第 110 階 今天我對自己保持坦誠。

今天我將保持全然的坦誠，認識到什麼是我確實知道的，而什麼只是我相信或希望的。我不會假裝自己知道其實並不知道的東西。我不會假裝自己比實際更富有或更貧窮。我將努力讓自己處在自己真實所處的位置上。

今天努力讓自己處於你真實所在的位置。保持簡單。保持放鬆。觀察周遭的世界。去從事你的那些世俗責任。不要誇大自己。不要貶低自己。今天讓一切按照它本來的樣子進行運轉，而不是試圖管理或掌控你自己。今天唯一的例外是你要運用你的自律，這樣你就能夠開展你今天的練習。

在兩個練習時段裡，重復今天的聲明然後進入靜心裡。在此你必須發揮思想的力量。在此你不要去嘗試任何欺騙性的或不真實的東西。你讓思想進入它自然的狀態，進入一種和平的狀態中。

練習 110: 兩個 30 分鐘
每小時練習

Step 111

TODAY I WILL BE AT EASE.

BE AT EASE TODAY KNOWING THAT KNOWLEDGE IS WITH YOU,

knowing that your Teachers are with you and knowing that

your Spiritual Family is with you. Let not anxieties or the burden of concern take you away from your practice today.

AS YOU MOVE THROUGH THE DAY, practicing upon the hour,

remind yourself to be at ease, for Knowledge is your guide now. If it is untroubled, you need not be troubled. Release yourself from habitual preoccupations, from habitual bondage. Strengthen your resolve to do this and it will become easier in time. Then it will happen all by itself most naturally. Your mind has habits of thought. That is all they are. As they are replaced with new habits, Knowledge will begin to shine through the structure that you have imposed upon it. Here Knowledge

will begin to shine forth, to guide your actions, to lead you to insight and important discovery and to give you a greater strength and certainty than you have ever known.

IN YOUR HOURLY PRACTICES, therefore, utilize your self-discipline on your own behalf. In your two meditation practices, remain very alert but with a still mind.

PRACTICE 111: Two 30-minute practice periods.

Hourly practice.

第 111 階 今天我將保持放鬆。

今天保持放鬆，認知內識和你在一起，你的上師和你在一起，你的精神家庭和你在一起。別讓焦慮或擔心將你帶離今天的練習。

當你走過今天時，每小時進行練習，提醒自己保持放鬆，因為內識現在是你的嚮導。如果它不擔憂，你也不需要擔憂。讓自己從習慣性的執迷和習慣性的束縛中解脫出來。堅定決心去這樣做，那麼慢慢地它會變得更加容易。然後這將非常自然地發生。你的思想有它的思維慣性。這就是它的全部。當這些慣性被新的習慣所取代時，內識的光芒將會穿透你強加在思想上的構架。這樣內識將開始照射出來，引導你的行動，帶你走向洞見和重要發現，並為你帶來比你以前所認知的更偉大的力量和確定性。

在每小時練習里，為了你自身的益處去發揮你的自律。在兩次冥想練習里，保持高度警覺，但同時帶著一個安靜的思想。

練習 111: 兩個 30 分鐘

每小時練習

Step 112

REVIEW

TODAY FOR YOUR REVIEW we shall do something a little different. Upon the hour remind yourself to remember Knowledge. Repeat to yourself, [I will remember Knowledge. I will remember Knowledge,] keeping in mind throughout the day that you do not yet know what Knowledge is, yet being assured that it is with you. It is born of God. It is God's Will within you. It is your True Self. Thus, you learn to follow that which is great. Within your limited state, you gain access to that which has no limits. Thus, you become a bridge to Knowledge today.

THEREFORE, REPEAT UPON THE HOUR that you will remember Knowledge. Do not forget your practice today so that you may strengthen and empower yourself.

PRACTICE 112: Hourly practice.

第 112 階 復習

今天的復習與以往有點區別。每小時里提醒自己記住內識。重復對自己說：「我將記住內識。我將記住內識。」貫穿全天提醒自己你還不知道內識是什麼，然而你確信它和你同在。它來自於上帝。它是你內在的上帝的旨意。它是你真正的自我。因此，你學習遵循那個偉大的東西。身處受限的狀態，你去觸及那個無限的。因此，今天你成為通向內識的橋梁。

因此，每小時重復你將記住內識。今天別忘了進行修習，這樣你將能夠給自己帶來堅強和賦權。

練習 112：每小時練習

Step 113

I WILL NOT BE PERSUADED BY OTHERS.

ANY MIND THAT IS MORE RESOLVED THAN YOURS can persuade you and cast an influence upon you. There is nothing very mysterious about this. It is simply the result of one mind being more concentrated or focused than another. Minds have relative degrees of influence upon one another, depending upon their concentration and depending upon the kind of influence they exert. Let Knowledge persuade you, for that is the greatness that you carry. Let not the opinions or will of others persuade you. Let only their Knowledge influence you, for only this can influence your Knowledge. This will be quite different from feeling dominated, manipulated or persuaded by others.

THEREFORE, KEEP TO YOURSELF. Follow Knowledge. If another stimulates your Knowledge, then give that individual your attention so that you may learn of the true powers of persuasion. Yet, let not the persuasions of this world—its grievances, its cherished ideals, its morality, its demands or its compromises—influence you, for you are following Knowledge, and you need not follow the persuasions of the world.

REMIND YOURSELF OF TODAY'S IDEA upon the hour and practice stillness deeply in your two meditation practices today. Allow only Knowledge to persuade you, for this is all that you need to follow in the world.

PRACTICE 113: Two 30-minute practice periods.

Hourly practice.

第 113 階 我不會被他人所說服。

任何一個比你更堅定的思想都能夠說服你並對你造成影響。這沒有什麼神秘可言。這僅僅是因為一個思想比另一個思想更加專注或集中。思想之間會彼此產生一定程度的影響，這與思想的專注力以及這些思想所發揮的影響力類型有關。讓內識說服你，因為它是你所攜帶的偉大。別讓他人的觀點或意志說服你。只讓

他們的內識影響你，因為唯有這能夠影響你的內識。這與那種被他人統治、掌控或說服的感覺是完全不同的。

因此，堅守你自己。遵循內識。如果另一個人刺激了你的內識，那麼去關注那個人，這樣你就能夠瞭解說服的真正力量。然而，別讓這個世界的說服——它的不滿、它所珍視的理想、它的道德、它的要求或它的妥協——影響你，因為你正在遵循內識，你不需要遵循世界的說服。

每小時提醒自己今天的想法，並在兩次冥想中練習靜心。只允許內識來說服你，因為這是在世界上唯一需要去遵循的。

練習 113： 兩個 30 分鐘
每小時練習

Step 114

MY TRUE FRIENDS ARE WITH ME. I AM NOT ALONE.

HOW CAN YOU BE ALONE WHEN YOUR TEACHERS ARE WITH YOU?

What truer friend do you have than he or she who abides with your Knowledge? These friendships are not born of this world. They have been created beyond the world, and they exist to serve you now. You will feel the presence of those who are with you once your mind settles down. Once you cease to be preoccupied with your own fervent wishes and fears, you will begin to feel this presence which is so graceful, so gentle and so reassuring.

UPON THE HOUR TODAY, remind yourself that your friends are with you. In your two deep practice periods, allow your mind to receive their presence so that you may understand the true nature of relationship in the world. With practice, this understanding will become so strong that you will be able to receive the ideas, the encouragement and the correction from those who are more potent than you, who exist to serve you in your true function in the world. They are your initiators into Knowledge, and they are in relationship with your Knowledge, for your Knowledge contains your true relationships with all of life.

PRACTICE 114: Two 30-minute practice periods.

Hourly practice.

第 114 階 我真正的朋友和我在一起，我並不孤單。

當你的上師和你在一起時，你怎麼可能孤單呢？她或他和你的內識堅守在一起，你還有比他們更真的朋友嗎？這些友誼不是來自於這個世界。它們產生於世界之外，它們現在在這裡服務於你。當你的思想安靜下來時，你將感知和你同在的那些存有的臨在。一旦你停止陷入自我的熱望和恐懼，你將開始感知這個如此優雅、如此溫柔同時又如此可靠的臨在。

每小時提醒自己，你的朋友和你同在。在兩次深入修習中，讓你的思想去接收他們的臨在，這樣你將能夠理解這個世界上關係的真正特質。通過練習，這種

理解將變得如此深刻，以至於你將能夠接收那些比你更強大的存有的想法、鼓舞和修正，他們在此服務於你在世界上的真正職能。他們是你進入內識的啓蒙者，他們和你的內識擁有關係，因為你的內識包含著你與所有生命的真正關係。

練習 114：兩個 30 分鐘
每小時練習

Step 115

TODAY I WILL LISTEN TO THE POWER OF KNOWLEDGE.

TODAY LISTEN TO THE POWER OF KNOWLEDGE. It requires your attention. It requires your desire. It requires the relinquishment of things which preoccupy and concern you, things you cannot resolve on your own. Listen to Knowledge today so that it may comfort you and abide with you. In its silence, you will find solid reassurance and confidence as well. For if Knowledge is silent, you need not have anxiety about your life, and if Knowledge speaks, you need only follow so that you may learn the power of Knowledge for you.

YOU BECOME STILL BECAUSE KNOWLEDGE IS STILL. You become capable of action because Knowledge is capable of action. You learn to speak with simplicity because Knowledge speaks with simplicity. You learn to be at ease because Knowledge is at ease. You learn to give because Knowledge gives. It is to re-engage you in relationship with your Knowledge that you are now engaged in this program of development.

UPON THE HOUR TODAY, remind yourself to listen to Knowledge and take a moment to do so in whatever circumstance you find yourself. Your first activity in listening is stillness. Practice this in greater depth in your two meditation practices today, where you practice stillness and receptivity because you wish to listen to Knowledge today.

PRACTICE 115: Two 30-minute practice periods.

Hourly practice.

第 115 階 今天我將聆聽內識的力量。

今天聆聽內識的力量。它需要你的專注。它需要你的渴望。它要求你擺脫那些讓你執迷和關切的事情，那些你無法自己解決的事情。今天聆聽內識，這樣它就能夠安慰你，並和你堅守在一起。在它的安靜里，你還將找到強大的保證和信心。因為如果內識是安靜的，那麼你就不必對自己的生命感到焦慮，如果內識講話了，那麼你只需要去遵循，這樣你將能夠學習內識給你帶來的力量。

你變得安靜，因為內識是安靜的。你變得具有行動力，因為內識具有行動力。你學習帶著簡單性講話，因為內識帶著簡單性講話。你學習保持放鬆，因為內識是放鬆的。你學習奉獻，因為內識在奉獻。你現在通過參與這一提升課程，來重新進入你與內識的關係里。

每小時里提醒自己去聆聽內識，並用片刻的時間去聆聽，無論你身處怎樣的環境中。你進入聆聽的第一個行動是靜心。在兩次冥想里更加深入地進行練習，在此你練習靜心和接收，因為今天你希望聆聽內識。

練習 115：兩個 30 分鐘
每小時練習

Step 116

TODAY I SHALL BE PATIENT WITH KNOWLEDGE.

BE PATIENT WITH KNOWLEDGE so that you may follow

Knowledge. Knowledge is far more still than you are. It is far more powerful than you are. It is far more certain than you are, and all of its actions are profound and meaningful. There is only a contrast between you and Knowledge because you live in the self that you have made for yourself, and you have temporarily lost your contact with Knowledge. But Knowledge abides with you, for you can never leave it. It will always be there to redeem you, to save you and to reclaim you unto itself, for it is your True Self. Let not beliefs and assumptions masquerade as Knowledge. Allow your mind to become increasingly quiet and still as you undertake the activities of the day.

REPEAT THE IDEA UPON THE HOUR and in your two deep meditation practices, allow yourself to enter the stillness and the certainty that Knowledge possesses for you. In this way, your mind will resonate with the Mind of the universe and you will begin to reclaim your ancient abilities and ancient memories. Here the idea of Spiritual Family will begin to have meaning for you, and you will realize that you have come into the world to serve.

PRACTICE 116: Two 30-minute practice periods.

Hourly practice.

第 116 階 今天我對內識保持耐心。

對內識保持耐心，這樣你將能夠遵循內識。內識遠比你安靜。它遠比你強大。它遠比你確定，並且它的所有行動都是深刻和有意義的。在你和內識之間存在著明顯的對比，因為你生活在你為自己創造的自我里，並且你暫時地失去了與內識的聯繫。但是內識和你堅守在一起，因為你永遠不可能離開它。它始終在那裡準備救贖你、拯救你並將你喚回到它身邊，因為它是你真正的自我。別讓信仰和假設假扮成內識。當你展開今天的活動時，讓你的思想變得更加平定和安靜。

每小時重復這一想法。在兩次深度冥想中，讓自己進入靜心裡，進入內識為你提供的確定性里。透過這種方式，你的思想將和宇宙思想產生共鳴，你將開始喚回你古老的能力和古老的記憶。在此，關於精神家庭的想法對你來說開始變得具有意義，並且你將意識到你來到這個世界是為了進行奉獻。

練習 116：兩個 30 分鐘

 每小時練習

Step 117

IT IS BETTER TO BE SIMPLE THAN TO BE POOR.

SIMPLICITY ALLOWS YOU TO GAIN ACCESS TO LIFE and to enjoy its beneficence in every moment. Complexity is a state of selfdisassociation which renders you incapable of enjoying life and perceiving your role within it. This is the source of all great poverty, for no worldly accomplishment and no worldly possession can banish the sense of isolation and destitution that accompanies such a disassociation.

THEREFORE, TODAY PRACTICE STILLNESS MORE DEEPLY than before so that you may experience the power of Knowledge that is with you. Allow yourself to be simple, for in simplicity all things may be given to

you. If you are considering yourself to be complex, or your problems to be complex, it is because you are viewing yourself and your problems without Knowledge and are thus lost in your evaluations. Here you are confusing things of greater value with things of lesser value, things of greater priority with things of lesser priority. Truth must always bring simplicity, for simplicity brings resolution and right understanding and establishes peace and confidence in those who can receive it.

PRACTICE DEEPLY TODAY. Repeat today' s idea upon the hour, and in your two deep meditation practices, remind yourself that Knowledge is with you and then enter into stillness. Allow yourself to be simple and trust that Knowledge will guide you in all ways.

PRACTICE 117: Two 30-minute practice periods.

Hourly practice.

第 117 階 簡單勝於貧窮。

簡單讓你能夠接觸生命，並在每一個當下享受它所帶來的益處。複雜是一種自我解離狀態，它使得你無法享受生命並感知你在生命中所扮演的角色。這是所有嚴重貧瘠的來源，因為任何世俗的成就和世俗的財產都無法解除伴隨著這種解離的隔離和匱乏感。

因此，今天更加深入地練習靜心，這樣你將能夠體驗到和你同在的內識的力量。讓自己保持簡單，因為在簡單里，所有一切都能被賦予你。假如你認為自己是複雜的，或者你的問題是複雜的，那是因為你沒能帶著內識去看待自己和自己的問題，因此你迷失在自己的評估里。在此，你混淆了具有更偉大價值的東西和更渺小價值的東西，混淆了需要優先考慮的東西和不必優先考慮的東西。真理必然總是帶來簡單，因為簡單帶來答案和正確的理解，並在能夠接收它的人的內心建立和平和信心。

今天深入地修習。每小時重復今天的想法，在兩次深度冥想里，提醒自己內

識與你同在，然後進入靜心中。讓自己保持簡單，並堅信內識將在你整個旅程中引領你。

練習 117：兩個 30 分鐘
每小時練習

Step 118

I WILL NOT AVOID THE WORLD TODAY.

THERE IS NO NEED TO AVOID THE WORLD because the world cannot dominate you when you are with Knowledge. When you are with Knowledge, you are here to serve the world. The world, then, is not a prison anymore. It is not a continual source of discomfort and disappointment. It provides for you an opportunity to give and an opportunity to re-establish your true understanding. Do not seek refuge in spiritual things, for your purpose is to give to the world. Allow the world to be as it is, and your condemnation of it will not come back to haunt you. For without condemnation, there is only the opportunity to give. This will draw upon your Knowledge, which will give of its own, and you will be the vehicle for its giving. THINK OF THIS NOW. Allow yourself in your two practice periods to experience the presence of Knowledge in your life. Demand nothing of it. Seek not to question it. Only allow yourself to experience it, for with this all that you seek returns to you naturally without your effort. Utilize your self-discipline only to direct your mind in the proper direction. Once it is so engaged, it will return to Knowledge of its own accord. For that is its destination, that is its love, that is its true companion and that is its true marriage in life.

PRACTICE 118: Two 30-minute practice periods.

第 118 階 今天我不回避世界。

沒有必要回避世界，因為當你和內識同在時，世界無法掌控你。當你和內識同在時，你在這裡是為了服務於世界。因此，世界不再是一個牢籠。它不是不安和失望的持續來源。它為你提供了奉獻的機會，和重建你真正理解的機會。別試圖逃避到靈性事務里，因為你的宗旨是對世界進行奉獻。讓世界保持它真實的樣子，這樣你對世界的譴責將不會回來煩擾你。因為沒有了譴責，這裡有的只是進行奉獻的機會。這將召喚你的內識去奉獻它自己，而你將成為它奉獻的載體。

今天對此進行思考。在兩次練習中，讓自己體驗你生命中內識的存在。別對它提任何要求。別質疑它。只需讓自己去體驗它，因為這樣，你所追尋的一切將毫不費力、自然而然地回歸你。只需發揮你的自律將思想引向正確的方向。一旦它這樣參與時，它將自動地回歸到內識里。因為那裡是它的歸宿、它的愛、它的真正伴侶以及它在生命中真正的婚姻。

練習 118：兩個 30 分鐘

Step 119

REVIEW

IN THIS SPECIAL REVIEW, review the past two weeks of practice, reviewing each instruction and recalling each day of practice. Try to remember how seriously you thought about each day's practice and how well you utilized that practice. Do not think you can complain rightfully about this preparation unless you are utilizing it to its fullest extent. Your role here is only to follow the steps as they are given and not to alter them according to your preferences. In this way, you place yourself in a position to receive, which is the position you now need to acquire for yourself.

IN YOUR TWO LONG PRACTICE PERIODS TODAY, each one given to one week of practice, review the past two weeks. Try to be very kind with yourself, but recognize if you are falling short of the requirements and do not deceive yourself in this regard. Rededicate yourself to deepening your practice and your resolve, reminding yourself of the simplicity of your life and the true value that is being given to you. In

this way, you will learn a new way of living. You will learn how to receive and how to give, and your life will be free of the darkness of complexity. For simplicity must always be of the light; it must always be of the good.

THEREFORE, GIVE YOURSELF TO THIS REVIEW so that you may understand how you learn. These Reviews will demonstrate to you your own learning faculties and your own learning predispositions. They will teach you the necessary things that you will need to know in the future when you will be able to help others learn as well.

PRACTICE 119: Two long practice periods.

第 119 階 復習

本次復習比較特別，你要復習過去兩周的練習和指引，並回顧每一天的練習。努力回憶你是如何認真地思考每天的練習，以及如何良好地運用那些練習的。不要自以為你有理由去抱怨這一準備，除非你將它運用到了極致。你唯一需要做的是完全按照指引去遵循進階，而不試圖根據個人喜好去篡改它。這樣，你把自己擺在了接收的位置上，你現在需要這樣的定位從而能夠讓自己去獲取。

在兩次長的練習時段裡對過去兩周進行復習，將每個時段分別用於一周的復習上。盡量對自己友善，但同時要認知自己是否沒有按照要求去做，在這點上不要自欺。重新投入自己去深化你的修習和決心，提醒自己你生命的簡單以及正在被賦予你的真正價值。通過這樣，你將學習一種新的生活方式。你將學習如何接收以及如何奉獻，而你的生命將遠離複雜的黑暗。因為簡單必然永遠是光明的；它必然永遠是正義的。

因此，讓自己投入到復習中，這樣你將能夠理解你是怎樣進行學習的。這些復習將向你示範你在學習方面的優勢和傾向。它們將教給你那些你未來必須知道的东西，那時你將能夠同樣幫助其他人進行學習。

練習 119：兩次長練習時段

Step 120

I WILL REMEMBER MY KNOWLEDGE TODAY.

REMEMBER YOUR KNOWLEDGE TODAY. Remember that it abides with you regardless of where you go or what you are doing. Remember that it is given to you to serve you, to nurture you and to elevate you as well. Remember that you need not be aggravated with the world because you can accept the world as it is. Remember that you accept the world as it is so that you will be able to give to it, for the world is developing as you are. Remember that Knowledge is with you, and you need only be with Knowledge to realize its full impact.

REMIND YOURSELF UPON THE HOUR TODAY that Knowledge is with you and give this a moment of thought. Do not let raging emotions or deep depression cast a shadow upon your practice, for your practice is greater than your emotional states, which change like the winds and the clouds but cannot mask the universe above them. THEREFORE, REALIZE THE LITTLENESS OF YOUR EMOTIONAL STATES and the greatness of Knowledge. In this way, Knowledge will balance your emotional states and will reveal to you the source of your own emotions, which is the source of your expression in the world. This is the mystery of life which you are now learning to explore.

PRACTICE 120: Hourly practice.

第 120 階 今天我將記住我的內識。

今天記住你的內識。記住無論你走到哪裡或者你在做什麼，內識都和你堅守在一起。記住內識被賦予你來服務你、滋養你並提升你。記住你不必為世界所激惱，因為你能夠接受世界真實的樣子。記住你接受世界真實的樣子，這樣你將能夠對它進行奉獻，因為世界和你一樣也在進步。記住內識和你在一起，你只需要和內識在一起，就能意識到它完全的影響力。

每小時提醒自己內識和你同在，並用片刻時間進行思考。別讓憤怒的情緒或深度的抑鬱影響你的修習，因為你的修習要比你的情緒狀態更強大，你的情緒如風雲變幻，但卻無法遮蔽超越其上的宇宙。

因此，意識到你情緒狀態的渺小和內識的偉大。這樣，內識將會平衡你的情緒，並向你示現你自身情緒的源泉，它是你在世界上的表達的源泉。這是你正在學習探索的生命之神秘。

練習 120：每小時練習

Step 121

TODAY I AM FREE TO GIVE.

YOU ARE FREE TO GIVE TODAY because your life is becoming simple and your needs are being met. This frees you to give, for once you have received, you will only want to give.

YOU WILL HAVE A SPECIAL PRACTICE two times today where you are to think of someone in need and then give them a quality that you wish to receive yourself. Send that individual that quality. Send them love or strength or faith or encouragement or determination or surrender or acceptance or self-discipline—whatever they need to bring about resolution in their lives. You are free to give this today, for

your own needs are being met.

THEREFORE, IN EACH OF YOUR TWO PRACTICES, with your eyes closed, bring to mind individuals and give to them what you know they need. Do not try to solve their problems for them. Do not try to strengthen a preferred outcome, for you cannot usually know the right outcome for any other person. But you can always give strength of character and strengthen their faculties of mind. This will give you your own sense of purpose and will reassert these qualities within yourself, for you must possess them to give them, and in giving them you realize that they are in your possession already.

AS YOU PRACTICE TODAY, have no doubt that what you exert for others will be received by them on their own behalf.

PRACTICE 121: Two 30-minute practice periods.

第 121 階 今天我將自由地奉獻。

今天你將自由地奉獻，因為你的生命正在變得簡單，你的需求正在得到滿足。這讓你能夠自由地去奉獻，因為一旦你接收以後，你唯一想做的就是去奉獻。

今天你會進行兩次特別的修習，在練習中，你想起那些需要幫助的人，然後為他們奉獻你自己希望接收到的某種品質。將那個品質送給這個人。送給他們愛、堅強、信念、鼓勵、決心、臣服、接受或自律——無論他們需要怎樣的品質來解決他們生活中的問題。你今天將自由地奉獻這些，因為你自己的需要正在得到滿足。

因此，在每次練習中，閉上雙眼，將那些人帶進你的思想，並給予他們那個你知道他們正需要的品質。別試圖替他們解決問題。別試圖強化一個你所希望的結局，因為你通常不知道什麼是他人應有的結果。但是你卻總能堅定他們的品格，並強化他們思想的能力。這將為你帶來你自身的宗旨感，並能夠在你自己身上強化這些品質，因為你必須首先擁有這些品質，才能夠去奉獻它們，並且通過奉獻你意識到你已經擁有了這些品質。

當你進行練習時，堅信你所送出的一定能夠被他們良好地接收到。

練習 121: 兩次 30 分鐘

Step 122

I GIVE WITHOUT LOSS TODAY.

WHAT YOU ARE BEING ASKED TO GIVE can only increase as you give it. It is not a physical thing that you give, though physical things can be given for good. It is not something that you can quantify, for you have no idea of its extent. You are giving strength and encouragement.

TODAY IN YOUR TWO PRACTICE PERIODS, continue your giving to others. This is an active form of prayer. Think not that the power of it is not received by those whom you have concentrated upon. Remember today not to try to determine the outcome of their dilemma or their need, but only encourage and empower them to carry forth with their own abilities. You wish to stimulate Knowledge within them as Knowledge is now being stimulated within you. This giving, then, will not have an expectation of a return, for you are giving that which enables others to be strong in their lives. You are not in a position to judge the outcome, for the outcome of your giving will not be revealed until later when the gift has been accepted and has found its place in the receiver. Therefore, give freely without expectation and give in order to experience the power of your gift this day.

PRACTICE 122: Two 30-minute practice periods.

第 122 階 今天我不會因為奉獻而失去。

當你進行奉獻時，你只會越來越多地擁有你被要求奉獻的東西。你奉獻的不是物質的東西，雖然物質同樣可以被有益地奉獻。你要奉獻的東西無法量化，因為你無法認知它的廣度。你所奉獻的是力量和鼓勵。

在今天的兩次練習里，繼續對他人進行奉獻。這是一種積極的祈禱形式。別以為它的力量無法被你專注的那些人接收到。記住別試圖去決定他們的困難或需要將產生怎樣的結局，而只是給予他們鼓勵和賦權去發揮他們自身的能力。你希望激發他們內在的內識，因為你內在的內識正在被激發。因此，這種奉獻並非為了期待任何回報，因為你所奉獻的東西是為了讓他人他們自己的生命中變得堅強。你無法判斷結局，因為只有當你的禮物被接收並在接收者的心裡找到它的位置之後，你的奉獻所帶來的結果才會顯現出來。因此，自由地去奉獻，而不帶任何期望，並且今天通過奉獻來體驗你的禮物的力量。

練習 122: 兩個 30 分鐘

Step 123

I WILL NOT PITY MYSELF TODAY.

HOW CAN YOU PITY YOURSELF when Knowledge is with you?

Pity must only reassert an old idea of yourself, which is bereft of truth, bereft of hope and bereft of any meaningful foundation. Do not pity yourself today, for you are not pitiful. If this day is sad or confused, it is only because you have lost contact with Knowledge, which you may practice today to regain.

AS YOU PRACTICE TODAY, be aware of the many subtle forms of self-pity that you entertain. Be aware of the many subtle forms of manipulation of others as you attempt to make them like or accept you according to a view of yourself that you are attempting to claim. When you are with Knowledge, you do not need to proclaim yourself; you do not need to show yourself; you do not need to control others to like or accept you, for Knowledge is with you.

THEREFORE, DO NOT PITY YOURSELF, for you are not pitiful. Today be a beginning student of Knowledge, for that is anything but pitiful. A greater vantage point you cannot imagine.

UPON THE HOUR, THEN, REPEAT THIS IDEA. Allow it to enter your mind and consider it for a moment. In your two practice periods, repeat this affirmation and then enter into stillness. No being who is pitiful can enter into silence, for silence is the experience of profound relationship, and stillness is the acceptance of profound love. Who can be pitiful under such circumstances?

PRACTICE 123: Two 30-minute practice periods.

Hourly practice.

第 123 階 今天我不憐憫自己。

當內識和你同在時，你怎麼會憐憫自己呢？憐憫只是在重復你關於自己的一個老舊的想法，它遠離真相、遠離希望、遠離任何有意義的基礎。今天別憐憫自己，因為你不是可憐人。假如今天是悲傷或困惑的一天，那只是因為你失去了和內識的聯繫，而你今天可以通過修習來重新建立起聯繫。

在今天的練習中，去覺知你所懷有的很多細微形式的自憐。覺知當你試圖按照你想宣稱的自我來贏得他人的喜歡或接受時，你對他人所進行的很多細微形式的操控。當你和內識在一起時，你不需要宣稱自己；你不需要展示自己；你不需要操控別人去喜歡或接受你，因為內識和你同在。

因此，別憐憫自己，因為你並不可憐。今天做一個內識的初級學生，因為這絕不意味著可憐。這是一個你無法想象的更偉大的觀測位置。

每小時重復這一想法。讓它進入你的思想，並進行片刻地思考。在兩次練習里，重復這一聲明，然後進入靜心裡。沒有任何可憐人能夠進入靜心裡，因為靜心是對深刻關係的體驗，是對深遠的愛的接受。誰能在這樣的境況里做個可憐人呢？

練習 123：兩個 30 分鐘

每小時練習

Step 124

TODAY I WILL NOT PRETEND I AM HAPPY.

YOU DO NOT NEED TO PRETEND THAT YOU ARE HAPPY, for this will only mask a sense of self-pity, compound your confusion and deepen your dilemma. Today be yourself, but be self-observant, keeping in mind that Knowledge is with you as you vacillate to and from, towards and away from Knowledge itself. Because Knowledge does not vacillate, it is a source of certainty, consistency and stability for you. Because it is unafraid of the world, it is a source of fearlessness for you. You are not pitiful, so you need not pretend.

DO NOT PRETEND TO BE HAPPY TODAY, for he or she who is truly satisfied may cast any expression upon the world, but within their expression will be the power of Knowledge. This is what is most important. Knowledge is not a form of behavior. It is an intense experience of life. Therefore, do not attempt to persuade yourself or others with a demonstration of behavior, for this is unnecessary. REPEAT THIS STATEMENT UPON THE HOUR and feel its power and its gift of freedom. Allow yourself to be exactly as you are today. In your two deep meditation practices, allow yourself to enter stillness, for

when you are not trying to be someone, you may have the luxury of stillness, which is the luxury of love.

PRACTICE 124: Two 30-minute practice periods.

Hourly practice.

第 124 階 今天我不假裝快樂。

你不必假裝你是快樂的，因為這只能掩飾一種自憐感、加重你的困惑並加深你的困境。今天做你自己，但要保持自我觀察，記住當你對內識左右搖擺、猶豫不定時，內識始終和你在一起。因為內識不會搖擺不定，它是你的確定性、一貫性和穩定性的源泉。因為它對世界毫無恐懼，所以它是你無懼的源泉。你不是個可憐人，因此沒有必要去偽裝。

今天別假裝快樂，因為真正滿足的人給世人形成的印象可能是任何模樣，可是在他們的表達里呈現的是內識的力量。這才是最重要的。內識不是一種行為模式。它是對生命的強烈體驗。因此，別試圖用一種行為示範來說服自己或他人，因為這沒有必要。

每小時重復這一聲明，並感知它的力量和它所帶來的自由的禮物。今天讓自己做真正的自己。在兩次深度冥想里，讓自己進入靜心裡，因為當你不試圖成為某人時，你將享受到靜心，它是對愛的享受。

練習 124：兩個 30 分鐘

每小時練習

Step 125

I DO NOT NEED TO BE SOMEONE TODAY.

YOU ALREADY ARE SOMEONE, so why try to be someone? It is better to be the person you already are. The person you already are is the power of Knowledge carried in the vehicle of the nature of an individual. This is already established, and it is under development right now. Why try to be something today when you are something already? Why not be what you are? Find out what you are. This takes great courage, for you must risk disappointing your own idealistic view of yourself and the world. This takes encouragement because you must risk giving up your self-hatred, which is a way that you separate yourself from life.

THEREFORE, THIS DAY BE EXACTLY AS YOU ARE. Remind yourself upon the hour. And in your two meditation practices today, allow yourself to be still and to receive, for you are not trying to be someone today.

PRACTICE 125: Two 30-minute practice periods.
Hourly practice.

第 125 階 今天我不需要成為某人。

你已經是一個人，為何還要努力成為某人呢？最好是做回你已經是的那個人。你已經是的那個人是在一個個人特質的載體中攜帶著的內識的力量。這已經被確立好了，並且現在正在發展當中。當你已經是某種事物時，今天為何還要努力成為某種事物呢？為什麼不做你真實的自己呢？去發現你是什麼。這需要巨大的勇氣，因為你必須冒著讓你對自身和世界的理想主義落空的風險。這需要鼓勵，因為你必須冒著放棄自我怨恨的風險，這種怨恨讓你把自己和生命隔離開來。

因此，今天完全地做你自己。每小時提醒自己。在兩次冥想中，讓自己保持靜心和接收，因為今天你不想成為某人。

練習 125：兩個 30 分鐘
每小時練習

Step 126

REVIEW

TODAY' S REVIEW WILL CONCENTRATE UPON THE PAST WEEK of training. It will emphasize once again that you are learning to learn. You are learning to understand how you learn. You are learning to understand your strengths and your weaknesses. You are learning to understand your predispositions—those qualities in yourself that you must cultivate and those qualities which you must arrest and bring under conscious control. You are learning to be observant of yourself. Thus, you are learning at last to be objective with yourself. This objectivity is especially important, for it allows you to utilize that

which is there to serve you without your condemnation. In this way, your service to yourself becomes immediate and effective.

IF YOU CAN LEARN TO BE OBJECTIVE WITH YOURSELF, you can learn to be objective with the world. This will allow Knowledge to shine through you, for you will not be attempting to make the world into what you wish it to be, and you will not be attempting to make yourself into what you wish yourself to be. This is the beginning of true resolution and true happiness, but even greater than this, it is the beginning of genuine contribution.

IN YOUR ONE LONG PRACTICE PERIOD TODAY review the past week, keeping these things in mind. Strengthen your experience of Knowledge today by supporting its outward manifestations and doubt not the power of this preparation to bring you to Knowledge itself. PRACTICE 126: One long practice period.

第 126 階 復習

今天的復習專注於前一周的訓練。這裡再次強調你正在學習如何學習。你正在學習去理解你如何學習。你正在學習去理解你的優勢和弱勢。你正在學習理解你的傾向性——你內在那些必須得到培養的品質，以及那些必須抑制並有意識地進行控制的品質。你在學習觀察自己。因此，你終於開始學習對自己保持客觀。這種客觀性非常重要，因為它能夠讓你不加譴責地去運用那些在此服務於你的東西。由此，你對自己的服務會變得迅捷而有效。

如果你能學習對自己保持客觀，那麼你就能學習對世界保持客觀。這使得內識能夠透過你散髮光芒，因為你不會試圖讓世界變成你所希望的樣子，也不會試圖讓自己變成你所希望的樣子。這是真正解答和真正幸福的開始，比這還要偉大的，這是真正貢獻的開始。

在今天的長練習時段裡，對前一周進行復習，始終記住這些。通過支持內識的外在顯化來強化你對內識的體驗，並堅信這一準備的力量將會把你帶到內識的面前。

練習 126：一個長練習時段

Step 127

TODAY I WILL NOT TRY TO GET EVEN WITH GOD.

DO NOT TRY TO GET EVEN WITH GOD by being a miserable person, for God only knows you as part of Creation. Do not try to get even with God by making the world destitute, for God created a world of beauty and opportunity. Do not try to get even with God by refusing to love or accept yourself, for God still knows you as you are. Do not try to get even with God today by ruining your relationships for your own selfish purposes, for God understands your relationships as they truly exist and understands their greater promise as well. You cannot get even with God. You can only harm

yourself.

THEREFORE, ACCEPT THAT YOU HAVE LOST THE BATTLE against God. In your defeat is your greatest victory, for God has never lost you, though you have lost God temporarily in your imagination. Your love for God is so profound that you are as yet afraid of it, for it represents the greatest power within you that you can possibly possess. You must learn of this through direct experience. Therefore, do not try to get even with God today by reinforcing an idea about yourself based solely upon error and assumption, for Knowledge is with you. You are the happy victor in your own defeat.

IN YOUR TWO PRACTICE PERIODS TODAY, repeat this idea and then attempt to think about it. Our practices today will be engaging the mind in exploration and analysis. This is a useful application of your mind. Think about this message and all of your ideas surrounding it, and you will begin to understand your own current belief system. You will be able to understand this objectively. Then, you will be able to work with it, for the mind is fixed in a certain structure until it is utilized for other purposes. Do not accept this structure as your reality, for the outward manifestation of your mind is a structure that you have imposed upon it. Yet, its real inward harmony and nature seek only to be expressed. To enable this to happen you must have an adequate structure in the mind to enable the mind to express itself in the physical world without restraint or distortion. It is towards this, then, that we will work today.

PRACTICE 127: Two 30-minute practice periods.

第 127 階 我不試圖報復上帝。

別試圖通過做個痛苦的人來報復上帝，因為上帝只知道你是創造的一部分。別試圖通過讓世界貧困來報復上帝，因為上帝創造了一個充滿美好和機會的世界。別試圖通過拒絕愛自己和接受自己來報復上帝，因為上帝依然知道你是誰。別試圖通過因為你自私的目的去毀掉你的關係來報復上帝，因為上帝理解你那些真正存在的關係，並理解它們的更偉大前途。你無法報復上帝。你只會傷害你自己。因此，要接受你已經輸掉了和上帝的戰爭。你的失敗意味著你最偉大的勝利，因為上帝從未失去你，儘管你在自己的想象中暫時地失去了上帝。你對上帝的愛是如此深刻，以至於你依然心懷恐懼，因為它代表著你內在可能擁有的最偉大力量。你必須透過直接的體驗去認知它。因此，今天別試圖通過強化你那些僅僅建立在錯誤和假設上的對自我的想法來報復上帝，因為內識和你同在。在你自身的失敗中，你是那個快樂的得勝者。

在兩次練習中，重復這一想法並努力進行思考。今天的練習要求思想進行探究和分析。這是對你的思想的有效應用。通過思考這一訊息，以及你所有圍繞這一訊息的相關思想，你將開始理解你自己當前的信仰系統。你將能夠客觀地理解它。然後，你將能夠和它協同工作，因為除非思想開始被用於其他目的，否則它始終執著於某種構架里。別把這一構架當做你的實相來接受，因為你思想的外在顯化

是你強加在思想上的一个構架。然而，思想真正的內在和諧和本質，始終在尋求表達的機會。為了實現這一表達，你必須在思想里建立一個更完善的構架，使得它能夠在物質世界上不受局限或扭曲地表達它自己。我們今天所要做的，就是向這個方向努力。

練習 127：兩個 30 分鐘

Step 128

MY TEACHERS ARE WITH ME. I NEED NOT FEAR.

YOUR INNER TEACHERS ARE WITH YOU, and you need not fear.

If you have sufficient confidence in Knowledge, based upon actual experience, and sufficient confidence in the presence of your Teachers, based upon actual experience, this will give you a certainty and a faith in life that will counteract all fear that is unnecessary. This will leave your mind at ease.

ONLY CONCERN THAT YOUR KNOWLEDGE is being violated will emanate from Knowledge, and then only to indicate that you need to reassess your actions and ideas. Knowledge has a self-correcting principle. That is why it is your Inner Guidance. If you are going against your Knowledge, you will be ill at ease with yourself, and this will give rise to anxiety. Much of the fear that you experience moment to moment is simply a matter of your own creation, your own negative imagination. But, then, there is fear that is born of the violation of Knowledge. This is more a discomfort than a fear, for it rarely carries with it any kind of imagery at all, though ideas can come into your mind as a form of warning should you be attempting a behavior or a line of thinking that is dangerous or destructive.

FEAR THAT IS BORN OF NEGATIVE IMAGINATION comprises the vast majority of the fear with which you entertain yourself. This you must learn to counteract, for it is an inappropriate use of your mind. Here you create an experience for yourself, experience it and then call it reality. Meanwhile, you have not been present with life at all. You have merely been in fantasy within yourself. Negative imagination drains you emotionally, physically and mentally. It can be escalated to such heights that it can dominate your thinking altogether. For how else can you be separate in the universe except in your own thoughts? You cannot actually be separate from God. You cannot actually be separate from Knowledge. You can only hide in your own thoughts and weave them together to create a separate identity and experience for yourself which, though quite demonstrative, are in fact completely an illusion. IN YOUR TWO MEDITATION PRACTICES TODAY, once again enter into stillness. Today there will be no mental speculation or activity, for the mind will once again come to rest so that it may experience its reality. Let not fear or anxiety dissuade you. Remember, this is your negative

imagination only. Only Knowledge can indicate if you are doing something inappropriate, and that will only be in the face of immediate events. You will find that this is quite different from negative imagination and will require a different response from you. PRACTICE 128: Two 30-minute practice periods.

第 128 階 我的上師和我同在，我不必害怕。

你的內在的上師和你同在，你不必害怕。如果你能基於實際體驗而對內識保持充分的信心，並基於實際體驗對你上師的臨在保持充分信心的話，這將為你在生命中帶來確定和信念，它們能夠抵禦一切不必要的恐懼。這將讓你的思想保持放鬆。

唯有當你的內識被違背時，內識才會發出關切，並指示你需要重新評估你的行動和思想。內識擁有一個自我修正法則，正因為如此，它是你的內在指引。如果你違反了你的內識，那麼你將感到很不自在，這會導致焦慮。你平時經常體驗到的大部分恐懼只是來自於你自己的創造，來自於你自己的負面想象。然而，另一種恐懼是來自於對內識的違背。這與其說是一種恐懼，不如說是一種不安，因為它很少帶有任何形式的意象，當然，假如你試圖發起任何威脅或破壞性的行為或一連串想法時，某些念頭會作為一種警告進入你的思想里。

源自於負面想象的恐懼，構成了你自己所抱持的絕大部分恐懼。你必須學習去抵禦這些，因為這是對你思想的不恰當運用。在此，你為自己製造了一種體驗，然後去體驗它，並稱它為實相。這時，你根本沒有全然地面對生命。你只是生活在自己內在的空想里。負面想象消耗了你的情緒、身體和思想。它甚至會被提升到非常的高度以至於完全控制了你的思想。因為除非陷入你自己的思想，否則你怎麼可能在宇宙中保持隔離呢？實際上你是無法從上帝分離的。你無法從內識分離。你唯一能做的是躲在自己的想法里，並將它們編織在一起製造一個隔離的身份，然後讓自己去體驗它，儘管這看起來很真實，可事實上它完全是一種幻覺。

在今天的兩次冥想里，再一次進入靜心裡。今天不需要思想的推理或活動，而是讓思想再次進入安靜中去體驗它的實相。別讓恐懼或焦慮阻礙你。記住，這只是你的負面想象而已。只有內識能夠指示你是否有不恰當的行為，而這只有在面對即刻事件時才會發生。你會發現這與負面想象完全不同，並且會要求你完全不同的回應。

練習 128：兩個 30 分鐘

Step 129

MY TEACHERS ARE WITH ME. I WILL BE WITH THEM.

YOUR TEACHERS ARE WITH YOU. They are not speaking to you except on very rare occasions, and then only if you are capable of hearing. From time to time they will send their thoughts into your mind, and you will experience this as your own spark of inspiration. You are as yet unaware of how your mind is joined with all other minds, but in time you will begin to experience this in the context of your own world. The demonstration of this will become so obvious that you will wonder how you could ever have doubted it.

YOUR TEACHERS ARE WITH YOU and today in your two longer practice periods, practice being with them. You do not need to create an image of them in order to have this experience. You do not need to hear a voice or see a face, for their presence is enough to give you a complete experience that you are in fact together. If you will be still, breathe deeply and not weave fantasies—neither happy fantasies nor fearful fantasies—you will begin to experience what is actually there. Your Teachers are actually there. And today you can practice being with them.

PRACTICE 129: Two 30-minute practice periods.

第 129 階 我的上師和我同在。我將和他們在一起。

你的上師和你同在。他們不會和你說話，除非一些非常特別的情況，並且除非你能夠聽到他們。他們不時地會將他們的想法發到你的思想里，那時你會把它體會為你自己靈感的閃現。你還未能意識到你的思想是如何與其他思想聯接在一起的，不過慢慢地，你將開始在你身處的世界里體驗到這點。它的示範將會變得如此顯在，以至於你開始自問，以前你怎麼會對此抱有懷疑呢？

你的上師和你同在，在今天的兩次長練習時段裡，練習讓自己和他們在一起。你不必為了擁有這一體驗而為他們製造一個形象。你也不必非要聽到一個聲音或看到一張臉，因為他們的臨在本身，足以讓你完全地體驗到你們的確在一起。假如你安靜下來，深入地呼吸，別製造任何空想——無論是快樂的還是可怕的空想——那麼你將開始體驗到真正存在在那裡的。你的上師的確在那裡。今天你能夠練習和他們在一起。

練習 129：兩個 30 分鐘

Step 130

RELATIONSHIPS WILL COME TO ME
WHEN I AM PREPARED.

WHY STRIVE FOR RELATIONSHIPS IN THE WORLD when

genuine relationships will come to you as you are prepared?

To understand this, you must have great faith in the power of Knowledge within yourself and within others. As this awareness grows, the basis for your striving and desperate pursuits will fall away, making true peace and accomplishment possible for you.

INDIVIDUALS WILL COME TO YOU through mysterious means because you are cultivating Knowledge. As you have relationships with one another on a personal level, you also have relationships on the level of Knowledge. It is this level that you will begin to experience, in small increments at

first. Eventually, if you pursue your preparations appropriately, this experience will grow and become quite profound for you.

YOU DO NOT NEED TO SEEK FOR RELATIONSHIPS. You need only give

yourself to your preparation and have confidence that people will come to you when you need them. This will require that you assess your needs in contrast to your wishes. If your wishes do not represent your genuine needs, then you will confuse your life terribly. You will place a burden upon yourself and upon those with whom you are engaged that can only oppress them, and you as well. Without this oppression, people will be free to come to you as you truly need them.

REMINDE YOURSELF OF THIS UPON THE HOUR TODAY, and in your two longer practice periods allow your mind to enter receptivity. Allow yourself to feel the presence of your Teachers. Do not exacerbate yourself with desires for relationship and your requirements for individuals or for what they may possess. Have confidence today that Knowledge will draw all people to you as you truly need them.

PRACTICE 130: Two 30-minute practice periods.

Hourly practice.

第 130 階 當我準備好時，關係會走向我。

當你準備好時，真正的關係會走向你，因此，為什麼還要在世界上拼命地尋求關係呢？為了理解這點，你必須對你內在以及他人內在的內識的力量充滿信心。當這種覺知增強時，你那些不歇的、不顧一切的追求將失去存在的基礎，這讓真正的和平和成就對你來說成為可能。

某些人將通過神秘的方式來到你身邊，因為你正在培養內識。正如你和他人個人在個人層面上擁有關係，你同樣在內識的層面上擁有關係。你將要開始體驗的正是這個層面，剛開始時，這種關係成長得很慢。最終，如果你正確地從事你的準備，那麼這種體驗將開始增長，並且對你來說將變得非常深遠。

你不必去尋求關係。你只需要將自己投入到準備當中，並堅信當你需要時，你所需要的人將來到你身邊。這需要你去評估你的需要和你的希望之間的對比。如果你的希望並不代表你真正的需要，那麼你會讓自己的生命產生嚴重的困惑。你將把負擔加在自己以及你所交往的那些人身上，這只會給他們帶來壓迫，對你也同樣。當這種壓迫不存在時，人們會在你真正需要他們時自由地來到你身邊。

每小時重複這點，並在兩次長練習時段裡，讓自己的思想進入接收里。讓自己感知上師的臨在。別加劇你自己對關係的渴望以及你對別人以及他們應具備品質的要求。今天堅信當你真正需要他們時，內識會吸引所有需要的人來到你身邊。

練習 130：兩個 30 分鐘
每小時練習

Step 131

TODAY I WILL SEEK THE EXPERIENCE
OF TRUE PURPOSE IN LIFE.

SEEK THE EXPERIENCE OF TRUE PURPOSE. This provides the foundation for all meaningful relationships. Do not seek relationships outside of this context, for they will lack foundation and,

though perhaps very alluring, will prove to be very difficult for you. Whether you are seeking marriage, great friendship or someone to help you in your work, remember that Knowledge will draw to you all individuals as you truly need them.

THEREFORE, TODAY CONCENTRATE ON PURPOSE and not on relationship. The greater your experience of purpose, the greater your comprehension of relationship. Though you will see that people come together for enjoyment and stimulation, there is a far greater component in their meeting. Few people recognize this, but it is given you to recognize this through practice and experience. You can be certain that if you are not trying to fit people into your own idea of purpose, you will be opening yourself to the genuine experience of purpose itself. As you begin to observe yourself objectively, you will begin to see the manifestations of your own will in contrast to Knowledge, and this will be very essential for your learning.

TODAY REMIND YOURSELF UPON THE HOUR of your intent to realize your purpose. Let today be a step in that direction—a step that will save you years and years of time, a step that will advance you forever towards your goal of Knowledge, for Knowledge is drawing you. In your two deeper practice periods, allow Knowledge to draw you. Feel the greater attraction within you, which you will naturally feel if you are not preoccupied with little things.

PRACTICE 131: Two 30-minute practice periods.

Hourly practice.

第 131 階 今天我將尋求對生命真正宗旨的體驗。

尋找對真正宗旨的體驗。這為所有有意義的關係提供了基礎。別在這個範圍之外尋求關係，因為那些關係將缺乏任何基礎，儘管它們可能非常有誘惑力，但對你來說將是非常困難的。無論你在尋找婚姻、偉大的友誼或在尋找能夠在工作中幫助你的人，記住內識將把所有你真正需要的人帶到你身邊。

因此，今天專注於宗旨，而非關係。你對宗旨的體驗越強烈，那麼你對關係的理解也越廣大。儘管你會發現人們為了享樂和刺激走到一起，但是在他們的相遇里卻存在著更深遠的因素。很少人能夠認知這點，但通過修習和體驗，你得到了機會去認知它。你可以肯定的是，如果你不試圖按照你自己對宗旨的想法將他人對號入座的話，那麼你將能夠打開自己去真正體驗宗旨本身。當你開始客觀地觀察自己時，你將看到你個人意志的顯化和內識之間所形成的對比，這對於你的學習來說是非常必要的。

每小時提醒自己你想要認知你的宗旨。讓今天成為向那個方向邁進的一步——這一步將為你節省很多年的時間，這一步將引領你始終向內識的目標前進，因為內識正在牽引著你。在兩次深入練習里，讓內識牽引你。感知你內在那個更偉大吸引力，當你不讓自己煩擾於瑣事時，你將很自然地感知它。

練習 131：兩個 30 分鐘

 每小時練習

Step 132

LET ME LEARN TO BE FREE SO THAT I MAY JOIN.

YOUR INDEPENDENCE FROM THE PAST—your past judgments, past associations, past pains, past wounds and past difficulties—gives you independence in the present. This is not to solidify your separation or to make it more complete, but instead to enable you to join meaningfully in relationship. Let this be a tacit understanding: You can do nothing in the world without relationship. You can accomplish nothing; you can advance in no direction; you can realize no truth; you can contribute nothing of value without relationship. So as your independence from the past grows, thus does your promise for inclusion in the present and the future grow as well. For freedom is meant to empower you to join.

REMEMBER THIS IDEA UPON THE HOUR and give it consideration in light of all of your experiences today. In your two meditation practices, allow the attraction of Knowledge to pull you deeper within yourself. Allow yourself to have this experience of freedom.

PRACTICE 132: Two 30-minute practice periods.

Hourly practice.

第 132 階 讓我學習自由，這樣我就能夠加入。

你從過去中獨立出來——你過去的評判、過去的關係、過去的痛苦、過去的傷口和過去的困難——這將給你帶來當下的獨立。這並非為了強化你的隔離，或讓你的隔離變得更徹底，而是為了讓你能夠加入到有意義的關係中去。不言而喻：沒有關係，你在世界上什麼也做不了。沒有關係，你無法成就任何事情；你無法向任何方向發展；你無法認知真理；你無法進行任何有價值的貢獻。因此，當你越從過去中獨立出來時，你越有希望在當下和未來進行參與。因為自由注定會為你賦權讓你去加入。

每小時記住這一想法，並在今天所有的體驗中對它進行思考。在兩次冥想中，讓內識的吸引力將你更深地拉向內在。讓自己擁有這種對自由的體驗。

練習 132：兩個 30 分鐘

每小時練習

Step 133

REVIEW

TODAY WE SHALL REVIEW THE PAST WEEK OF PREPARATION.

Review this objectively without condemnation, once again realizing your advancements and your limitations and strengthening your resolve. For it is your desire for Knowledge that we wish to cultivate as well as your capacity. It is right thinking, right action

and

true motivation that will advance you naturally in the direction in which you are meant to go. Each step forward will give you a greater sense of purpose, meaning and direction in life and will free you from attempting to resolve matters that do not require resolution and from attempting to understand things out of fear and anxiety. The more at peace you are with your nature, the more your nature can express the greatness that you have brought with you. Thus, you will become a light unto all around you, and you will marvel at the events of your own life, which in itself will be a miracle.

IN YOUR LONG PRACTICE PERIOD TODAY, undertake your review with depth and sincerity. Do not let anything dissuade you from your practice today. It is your practice that is your gift to God, for you give yourself in your practice, and you receive your gift as well.

PRACTICE 133: One long practice period.

第 133 階 復習

今天我們將復習前周的練習。不帶譴責地、客觀地進行回顧，再次意識到你的優點和限制，並強化你的決心。因為我們希望培養的，正是你對內識的渴望還有你的能力。正確的思想、正確的行動和正確的激勵，將會自然地將你往那個你注定要走的方向推進。每向前一步都將賦予你對生命宗旨、意義和方向的更強烈感知，並將讓你擺脫試圖解決一些根本不需要解決的問題的企圖，以及擺脫試圖帶著恐懼和焦慮去思考問題的企圖。你越能和自己的特質和平相處，你的特質就越能夠去表達你隨身攜帶的偉大。這樣，你將變成一道光，照向你周圍的一切；並且你將對自己生命里發生的事件感到驚嘆，而你生命本身也將是一個奇跡。

在今天的長練習時段裡，深入而認真地進行復習。別讓任何事情妨礙了你的修習。你的修習是你奉獻給上帝的禮物，因為你在修習中奉獻自己，同時也在修習中接收你的禮物。

練習 133：一個長練習時段

Step 134

I WILL NOT DEFINE MY PURPOSE FOR MYSELF.

YOU DO NOT NEED TO DEFINE YOUR PURPOSE when in time your purpose will merely arise and be known by you. Do not live by definitions. Live by experience and understanding. You do not need to define your purpose, and if you attempt to do so, always remember that it is only a temporary expedient. Do not give it great credibility. In this way, the world cannot anger you, for what can the world do to you but undermine your definition of yourself? If you are not living upon your definitions, the world cannot harm you, for it cannot touch the place of Knowledge that is within you. Only Knowledge can touch Knowledge. Only Knowledge in another can

touch Knowledge within you. Only Knowledge within you can touch Knowledge in another.

THEREFORE, DO NOT DEFINE YOUR PURPOSE TODAY. Be without definitions so that the experience of purpose may grow. And as it grows, it will give you the content of your purpose, without distortion or deception. You will not need to defend this in the world, but only carry it like a jewel in your heart.

UPON THE HOUR REMIND YOURSELF not to define your purpose, and begin to think of the cost of doing so in terms of your own past experience. In your two meditation practices, allow yourself to be still. Upon each exhale, speak the word RAHN. RAHN. RAHN.

You only need speak the word RAHN upon the exhale in your meditation. Let this be your total focus. This word will serve to stimulate Ancient Knowledge within you and give you the strength that you most need at this time.

PRACTICE 134: Two 30-minute practice periods.

Hourly practice.

第 134 階 我不去定義自己的宗旨。

你不必去定義你的宗旨，因為慢慢地你的宗旨會自動浮現出來並被你所認知。別活在定義里。讓自己活在體驗和理解里。你不必去定義你的宗旨，如果你試圖去定義的話，始終牢記它只是一個暫時性的定義。別給它過高的可信性。這樣，世界就無法激惹你，因為世界能對你做的，不就是瓦解你對自我的定義嗎？假如你不是活在你的定義里，那麼世界就無法傷害你，因為它無法觸及你內在內識的所在。只有內識能觸及內識。只有另一個人內在的內識能夠觸及你內在的內識。同樣，只有你內在的內識能夠觸及另一個人內在的內識。

因此，今天別去定義你的宗旨。讓自己不帶任何定義，這樣對於宗旨的體驗將能夠增長。當它逐漸增長時，它將為你呈現你宗旨的內容，不帶任何扭曲或欺騙。你不必在世界上維護它，你只需將它像一顆寶石一樣，攜帶在你的內心裡。

每小時提醒自己別去定義你的宗旨，並開始思考你過去的經驗中，當你這樣做時所付出的代價。在兩次冥想中，讓自己進入靜心。每次呼氣時，口裡念出 RAHN, RAHN, RAHN (然, 然, 然)。你只需要在呼氣時，念 RAHN (然)。全然地專注於這個音。它將幫助激發你內在的古老內識，並給你帶來此時此刻你最為需要的力量。

練習 134: 兩個 30 分鐘
每小時練習

Step 135

I WILL NOT DEFINE MY DESTINY TODAY.

LIKE YOUR PURPOSE, YOUR DESTINY remains beyond your definition. You need only take a step in its direction to feel the growing presence of Knowledge in your life. The closer you are

to Knowledge, the more you will experience it. The more that you experience it, the closer you will want to become because this is a natural attraction. This is true love, the attraction of like to like. This is

what gives the universe all of its meaning. This is what joins life together completely. Be free this day of definitions, and allow your mind to take its natural formation. Allow your heart to follow its natural course. Allow Knowledge to express itself through your mind, whose outward structure is now becoming open and free.

REMINDE YOURSELF OF YOUR PRACTICE UPON THE HOUR. In your two deep meditations today, continue with your RAHN practice, speaking the word RAHN on each exhale. Allow yourself to feel the presence of your own life, the presence of your Teachers and the depth of your own Knowledge. Allow your self-discipline to be exerted meaningfully today, to engage your mind in this way. For as the mind is brought into proximity of its true destination, it will respond accordingly and everything will follow its natural course. Then you will feel that Grace is with you.

PRACTICE 135: Two 30-minute practice periods.

Hourly practice.

第 135 階 今天我不去定義我的天命。

正如你的宗旨一樣，你的天命也超越你的定義以外。你唯一需要做的是向它的方向邁進一步，來體驗你生命中不斷增長的內識的臨在。你越是靠近內識，你將越能體驗它。你越能體驗到它，你就越想更靠近它，因為這是一種天然的吸引力。這是真正的愛，是同類之間的相吸。這為宇宙賦予了所有的意義。這將生命完全維繫在一起。讓今天不帶定義，讓你的思想保持它自然的構架。讓你的心靈遵循它自然的道路。讓內識通過你的思想表達它自身，因為你思想的外在構架正在逐漸變得開放而自由。

每小時提醒自己進行練習。在兩次深度冥想中，繼續 RAHN（然）的練習，在每次呼氣時，念 RAHN（然）。讓自己感知你自己生命的臨在，你上師的臨在以及你自己的內識的深度。讓你的自律今天得到有意義的發揮，來引導你的思想以上述方式進行參與。因為當思想被引領著向它真正的目的地靠攏時，它將隨之做出回應，並且一切都將遵循其自然的道路。這樣，你將會感知恩寵和你同在。

練習 135：兩個 30 分鐘
每小時練習

Step 136

MY PURPOSE IS TO RECLAIM MY KNOWLEDGE

AND TO ALLOW IT TO EXPRESS ITSELF IN THE WORLD.

THIS WILL ANSWER YOUR QUESTIONS concerning your purpose.

As you follow this purpose, your calling in life—which is a specific role that you will be asked to take—will naturally emerge step by step. It will not require your definition. It will simply emerge, and you will understand it more deeply and more completely with each step, for each step will fulfill it even more.

YOUR KNOWLEDGE IS YOUR PURPOSE. Remind yourself of this upon the hour, and be glad that an answer has been given. But the answer is not merely an idea. It is an opportunity for preparation, for all true answers to all genuine questions are some form of preparation. It is the preparation that you require and not answers alone. Your mind is full of answers already, and what have they done but add to the burden of your thinking? Follow, then, the preparation given this day and each day within our program so that you may receive the answer to your question. Your purpose is to reclaim your Knowledge, and that is what we will undertake today.

AGAIN, REMIND YOURSELF OF YOUR AFFIRMATION upon the hour.

Give it thought throughout the day so that it may be the sole focus of your understanding today. In your two longer meditation practices, continue to repeat the word RAHN, which will stimulate Ancient Knowledge within you. You do not need to understand the potency of this practice to receive its full benefit. To receive its full benefit you need only practice it as it is given.

PRACTICE 136: Two 30-minute practice periods.

Hourly practice.

第 136 階 我的宗旨是喚回我的內識，並讓它在世界上表達它自己。

這將解答你關於自己的宗旨的問題。當你遵循這一宗旨時，你在生命中的召喚——它是你將被要求承擔的一個特定角色——將一步步自然地浮現。它不需要你的定義。它就是那麼簡單地浮現出來，而你每前進一步都將更深入、更全面地理解它，因為每一步都是在邁向它的實現。

你的內識就是你的宗旨。每小時提醒自己這點，並為得到了答案而感到歡欣。但是這個答案不僅僅是一個想法。它是一個進行準備的機會，因為針對所有真正問題的所有真正答案，都意味著某種形式的準備。你所要求的是那個準備，而不單單是一個答案。你的思想已經充滿了各種答案，而它們除了增加你的思想負擔外還有什麼用處呢？因此，遵循今天以及每一天的課程給出的準備，這樣你將接收對你的問題的答案。你的宗旨是喚回你的內識，而這正是我們今天要做的。

每小時提醒自己今天的聲明，並對它進行思考，這樣它將成為你今天的理解力的唯一專注點。在兩次冥想中，繼續重復 RAHN（然），這將激發你內在的古老內識。你不必理解這一練習的威力，才能接收它所有的益處。你只需按照所提供的方法進行練習，就能接收它所有的益處。

練習 136：兩次 30 分鐘
每小時練習

Step 137

I WILL ACCEPT THE MYSTERY OF MY LIFE.

YOUR LIFE IS A MYSTERY. Your origin, your purpose here and your destination when you leave are very mysterious. They can only be experienced to be comprehended. How can you, at this given moment, understand the mystery of your life? You would have to be at the end of your life to understand what has transpired thus far, and you are not at the end of your life in the world. You would have to see the world from your Ancient Home to understand the true meaning of the world. You are in the world now, so you must be present to the world. Yet, this mystery can be experienced and must be experienced. You cannot understand it at this moment, but in this moment you can experience it fully. Within this experience, it will yield to you all of the things that you now need to take the vital step that is waiting for you to take.

THEREFORE, DO NOT BURDEN YOUR MIND with the requirement of understanding, for you will seek the impossible and will only confuse yourself and add to the burden of your thinking. Rather, give yourself to experience the mystery of your life with wonder and appreciation that the world is far greater than what your senses have reported thus far and that your life is far greater than what your judgments have determined.

REPEAT THIS IDEA UPON THE HOUR and practice your RAHN meditation twice today with great depth and sincerity. Allow your practice today to reaffirm your commitment to Knowledge, for you need only follow the steps as they are given.

PRACTICE 137: Two 30-minute practice periods.

Hourly practice.

第 137 階 我將接受我生命的神秘。

你的生命是一個神秘。你的來源，你在此的宗旨和你離開時的去向，都充滿了神秘。這些只能被體驗，從而被理解。此時此刻，你怎麼可能理解你生命的神秘呢？你必須站在你生命的盡頭，才能理解這一生發生了什麼，可是現在你還沒有走到你生命在這個世界上的盡頭。你必須從你的古老家園看向這個世界，才能理解這個世界的真正意義。你現在身處這個世界里，因此你必須全然貫注於這個世界。然而，這一神秘能夠被體驗，而且必須被體驗。你在此刻無法理解它，但你能夠在此刻全然地體驗它。在這一體驗里，它將為你提供你當下需要的所有一切，從而讓你能夠邁出正在等待著你的關鍵的進階。

因此，別要求你的思想去理解它，因為這是不可能的，而你只會給自己造成困惑，並加重你思想的負擔。你真正要做的是讓自己去體驗你生命的神秘，感嘆並激賞這世界遠比你所感知的要偉大得多，並且你的生命遠比你所評判的要偉大得多。

每小時重復這一思想，並以極大的深入和真誠進行 RAHN（然）的兩次冥想練習。用今天的練習再次肯定你對內識的承諾，因為你只需要按照所提供的方式去遵循進階。

練習 137：兩個 30 分鐘
每小時練習

Step 138

I NEED ONLY FOLLOW THE STEPS AS THEY ARE GIVEN.
THE TRUTH OF THIS IS SO VERY OBVIOUS, if you will think of the many things that you have learned by simply following the steps in preparation. To not participate and to attempt to understand is utterly fruitless, utterly frustrating and without a happy or satisfying result of any kind. We are preparing you to participate in life, not to judge it, for life will hold a greater promise than your judgments could ever reveal. Your understanding is born of participation and is the result of participation. Thus, learn to participate and then to understand, for this is the true sequence of things. THIS DAY REMEMBER YOUR HOURLY PRACTICES and allow your two meditations in stillness to become deeper. Allow no thoughts of fear, anxiety or self-doubt to dissuade you from your greater activity. Your ability to practice regardless of your emotional state demonstrates that the presence of Knowledge is within you, for Knowledge is beyond all emotional states and is unfettered by them. If you wish to see the stars, you must look beyond the clouds. What are your fears but clouds that pass through your mind? They only change the character of the surface of your mind, but the depth of your mind remains unchanged forever.
PRACTICE 138: Two 30-minute practice periods.
Hourly practice.

第 138 階 我只需按照所提供的方式遵循進階。

如果你思考一下你只是通過遵循準備里的進階而學到的很多東西的話，這一聲明所包含的真理就會非常顯在。不去參與而試圖理解，是徹底無果、徹底挫敗的，並且得不到任何高興或滿意的結果。我們讓你進行準備去參與生命，而不是去評判它，因為生命遠比你的評判所能展示的要擁有更偉大的希望。你的理解源自於參與並且是參與的結果。因此，學習去參與，然後去理解，因為這才是事物的真正次序。

今天記住你的每小時練習，並讓你的兩次靜心練習更加地深入。別讓任何恐懼、焦慮或自我懷疑的想法，阻礙了你的更偉大行動。你在任何的情緒下都能堅持修習的能力，示範了你內在內識的存在，因為內識超越所有的情緒狀態，並且不受情緒的影響。如果你想看到群星，你就必須望穿雲層。你的恐懼是什麼，不

就是那些掠過你思想的浮雲嗎？它們只能改變你思想表層的性質，然而，你的思想深處是永遠保持不變的。

練習 138：兩個 30 分鐘
每小時練習

Step 139

I HAVE COME TO THE WORLD TO SERVE.

YOU HAVE COME TO THE WORLD TO SERVE, but first you must receive. First, you must unlearn what you have taught yourself so that you may reclaim that which you have brought with you. This preparation is essential for your success and for your happiness as well. Do not think that through understanding alone you will be able to recognize and give your true gifts. Your participation is your preparation, for you are being prepared to participate in life. Thus, we draw you more and more into the mystery of life and the manifestation of life. In this way, you will be able to treat the mystery as mysterious with wonder and you will be able to treat the manifestation of life practically and with objectivity. With this, you will

be able to be a bridge from your Ancient Home to the manifest world. Across this bridge the Wisdom of Knowledge may express itself, and you may find your greatest fulfillment.

PRACTICE YOUR RAHN MEDITATION TWICE TODAY with great depth and concentration, and remember your idea upon the hour so that you may utilize all occurrences today on your own behalf.

PRACTICE 139: Two 30-minute practice periods.

Hourly practice.

第 139 階 我來到世界上是為了進行服務。

你來到世界上是為了進行服務，不過首先你必須接收。第一步，你必須擯棄你已經教給自己的東西，這樣你就能喚回你隨身攜帶的東西。這一準備對於你的成功以及你的幸福來說至關重要。不要以為你只需通過理解就能認知和奉獻你真正的禮物。你的參與是你的準備，因為你正在進行準備去參與到生命里。因此，我們將你越來越深地帶入生命的神秘和生命的顯化里。通過這樣，你將能夠帶著驚嘆讓神秘保持神秘，同時帶著實用性和客觀性去看待生命的顯化。通過這樣，你將能夠化作一條由你的古老家園通向這個顯化世界的橋梁。通過這個橋梁，內識的智慧將會表達它自身，而你將找到你最偉大的成就。

今天非常深入而專注地進行兩次 RAHN（然）的冥想練習，並在每小時里，記住你今天的想法，這樣你就能夠為了你自己的利益來運用今天所有的事件。

練習 139：兩個 30 分鐘
每小時練習

Step 140

REVIEW

TODAY YOU COMPLETE TWENTY WEEKS OF PRACTICE. You have come this far, and from here you will proceed on with greater strength and certainty, for Knowledge will begin to guide you and to motivate you increasingly as you become attentive to it. You wish to be the servant and the Master all at once because the servant is in you and the Master is in you. You personally are not the Master, but the Master is in you. You personally are a servant, but you are in relationship with the Master, and so your union is complete. Thus, all aspects of yourself find their rightful place. All things are brought into alignment and harmony with one purpose and one goal. Your life is simple because it is in harmony and in balance. Knowledge will indicate all things that must be done for you—physically, emotionally and mentally—to develop this balance and to maintain it in your current circumstances. Think not that any vital aspect will be overlooked or left undone.

CONGRATULATIONS FOR YOUR ACCOMPLISHMENT thus far. Review the past six days of practice and gauge your understanding of your progress appropriately. Allow yourself to be a beginning student of Knowledge so that you may receive the very most. You will proceed on from here with greater certainty and speed and greater involvement as well as you learn to utilize all things for your benefit.

PRACTICE 140: One long practice period.

第 140 階 復習

今天你已經完成了二十周的修習。你已經走出了這麼遠，由此你將帶著更大的力量和確定繼續前行，因為當你越來越專注於內識時，內識將開始更多地給你指引和鼓勵。你希望同時做個僕人和主人，因為僕人在你的內在，同時主人也在你的內在。你的個體性不是主人，但主人就在你的內在。你的個體性是個僕人，但你和主人建立了關係，因此你的整合是完滿的。這樣，你自身的所有層面都找到了它們正確的位置。所有一切都向那個統一的宗旨和目標看齊，並與之協調一致。你的生命是簡單的，因為它是和諧而平衡的。內識將指示一切必須為你去做的事情——包括身體上的，情緒上的和思想上的——來發展這種平衡，並在你當下的境況里維持這一平衡。不必擔心任何重要的層面會被忽略或忘記。

恭喜你已經取得的成就！對過去六天的練習進行回顧，並恰當地評估你對你的進步的理解。讓自己做內識的初級學生，這樣你就能夠最大限度地接收。你將帶著更高的確定性和速度以及更大的投入由此繼續前行，同時你會學著將所有一切為你所用。

練習 140：一個長練習時段

Step 141

I WILL BE CONFIDENT THIS DAY.

TODAY BE CONFIDENT THAT YOU ARE IN PREPARATION on the path to Knowledge. Be confident today that Knowledge is with you and abides with you and that you are now learning step by step to receive its grace, its certainty and its direction. Be confident this

day that you are born of God' s love and that your life in this world, this brief visit here, is but an opportunity to re-establish your true identity in a place where it has been forgotten. Be confident today that the efforts that you are now making on your own behalf will lead you to the great goal that you have come here to seek because this preparation comes from your Ancient Home to serve you while you are in the world, for you have come to the world to serve.

REPEAT THIS AFFIRMATION UPON THE HOUR and consider it in light of all things that happen today. In your two longer practice periods, repeat the statement and then allow yourself to enter peace and stillness. Allow your confidence to dispel fear, doubt and anxiety. Support your efforts today, for they require your support on behalf of a

greater certainty that you are now learning to receive.

PRACTICE 141: Two 30-minute practice periods.

Hourly practice.

第 141 階 今天我要有信心。

今天有信心你正在通向內識的道路上進行準備。今天有信心內識和你同在，和你堅守，並且你正在學習一步步地接收它的恩寵、它的確定和它的方向。今天有信心你誕生於上帝的愛，並且你在這個世界上的生命，這個短暫的拜訪，只不過提供了一個讓你在上帝被遺忘的地方重建你真正身份的機會。今天有信心你正在為自己而做的努力，將帶你走向那個你來此追尋的偉大目標，因為這一準備來自你的古老家園，為身處這個世界上的你提供服務，因為你來到這個世界是為了進行服務。

每小時重復這一聲明，並在今天發生的所有事件中對它進行思考。在兩次長練習時段裡重復這一聲明，然後讓自己進入和平和靜心裡。讓你的信心驅走恐懼、懷疑和焦慮。今天為自己的努力提供支持，因為它代表你正在學習接收的一個更偉大確定性，它要求你的支持。

練習 141：兩個 30 分鐘

每小時練習

Step 142

I WILL BE CONSISTENT TODAY.

PRACTICE CONSISTENTLY TODAY regardless of what is

occurring within you or without. This consistency represents a Greater Power within you. This consistency will give you certainty and stability in the face of all disturbances, in the face of all external events and in the face of all emotional states within you. This consistency will stabilize and balance you and in time will bring everything into right order within you. You practice consistency so that you may learn it and experience it. As you do this, it will bestow upon you the empowerment that you will need to be a contributor in this world.

THEREFORE, TODAY PRACTICE CONSISTENTLY. Practice upon the hour, reminding yourself to be consistent. In your two meditations, practice keeping your mind steady and focused, allowing it to settle into itself so that it may experience its own nature. Do not repress what is occurring within you. Do not control what is occurring without. Simply maintain consistency, and all things will find a right balance and relationship to this. Thus, you are bringing forth Knowledge into the world, for Knowledge is entirely consistent. This will render you a person of great presence and power. Others will come to experience your consistency in time as it is more fully received by you and more fully developed. They will find refuge in your consistency, and this will remind them of their purpose as well, which waits to be discovered.

PRACTICE 142: Two 30-minute practice periods.
Hourly practice.

第 142 階 今天我將保持一貫性。

今天修習一貫性，無論你的內在或外在正在發生著什麼。這種一貫性代表了你在內的一個更偉大力量。這種一貫性在你面臨所有騷擾、所有外在事件和所有內在情緒狀態時，將賦予你確定性和安定。這種一貫性將給你帶來穩定和平衡，並將慢慢地使你內在的一切歸於正確秩序。修習一貫性，這樣你就能夠學習它和體驗它。當你這樣做時，它將為你賦權，你將需要這種賦權以成為世界上的一名貢獻者。

因此，今天修習一貫性。每小時進行練習，提醒自己保持一貫性。在兩次冥想中，練習讓自己的思想保持穩定和集中，讓它安住於它的內在，這樣它就能夠體驗它自己的特質。別去壓抑你內在發生的。別去控制你外在發生的。今天只要保持一貫性，那麼所有事情都將找到和一貫性之間的平衡和關係。這樣，你將內識帶到了世界里，因為內識是徹底一貫的。這將使你變成一個具有偉大臨在和力量的人。其他人會慢慢地靠近你來體驗你的一貫性，因為在你身上，它得到了更完全的接收和發展。他們將在你的一貫性里找到慰藉，同時這將提醒他們，他們自己同樣等待著被發現的宗旨。

練習 142: 兩個 30 分鐘
每小時練習

Step 143

TODAY I WILL BE STILL.

BE STILL TODAY IN YOUR TWO MEDITATION PRACTICES so that you may receive the presence of Knowledge within you. Take a moment of stillness in your hourly practice so that you may recognize where you are and what you are doing. In this way, you may access the greater aspect of mind so that it may serve you upon each hour so that you may carry it forth into the world. Be still today so that you may observe the world. Be still today so that you may see the world. Be still today so that you may hear the world. Carry forth your daily duties, but within yourself be still. In this way, Knowledge will present itself and then will begin to guide you as it is intended to do. PRACTICE 143: Two 30-minute practice periods.

Hourly practice.

第 143 階 今天我將保持靜心。

在今天的兩次冥想里保持靜心，這樣你就能夠接收你內在內識的存在。在每小時練習時，進行片刻的靜心，這樣你將認識到你在哪裡以及你在做什麼。通過這種方式，你將聯接思想的更偉大層面，這樣它能夠在每小時里服務於你，而你可以將它帶進世界里。今天保持靜心，這樣你將能夠觀察世界。今天保持靜心，這樣你將能夠看清世界。今天保持靜心，這樣你將能夠聽見世界。開展你日常的事務，但在內心保持靜心。通過這樣，內識將呈現它自身，並開始對你進行指引，這是它真正要做的。

練習 143：兩個 30 分鐘
每小時練習

Step 144

I WILL HONOR MYSELF TODAY.

HONOR YOURSELF BECAUSE OF YOUR HERITAGE, because of your destiny and because of your purpose. Honor yourself because life honors you. Honor yourself because God is honored in God's Creation in you. This eclipses all the evaluations that you have made upon yourself. This is greater than any criticism that you have levied against yourself. This is greater than any pride that you have used to offset your pain.

IN SIMPLICITY AND HUMILITY REMIND YOURSELF upon the hour to honor yourself. In your two deeper practices today, allow yourself to experience the presence of Knowledge, for this honors you and honors Knowledge as well. Honor yourself this day so that Knowledge may be honored, for in reality you are Knowledge. This is your True Self, but it is a Self that you are only now beginning to reclaim.

PRACTICE 144: Two 30-minute practice periods.
Hourly practice.

第 144 階 今天我將尊重自己。

尊重你自己，因為你的傳承，因為你的天命，因為你的宗旨。尊重你自己，因為生命尊重你。尊重你自己，因為上帝因由祂在你內在的創造而得到了尊重。這一聲明使得你所有那些針對自己的評估都黯然失色。它比你對自己的任何批判都更加強大。它比你用來抵消你的痛苦的任何驕傲都更加偉大。

每小時里，帶著簡單和謙卑，提醒自己要尊重你自己。在兩次深入練習里，讓自己體驗內識的存在，因為這不僅是對你的尊重，同時也是對內識的尊重。今天尊重你自己，這樣內識也將得到尊重，因為事實上，你就是內識。它是你真正的自我，不過這個自我你才剛剛開始喚回。

練習 144: 兩個 30 分鐘
每小時練習

Step 145

I WILL HONOR THE WORLD TODAY.

HONOR THE WORLD TODAY, for it is the place you have come to reclaim Knowledge and to bestow its gifts. Thus, the world in its beauty and in its tribulation provides the right environment for you to fulfill your purpose. Honor the world because God is in the world honoring the world. Honor the world because Knowledge is in the world honoring the world. Honor the world because without your judgment you will realize it is a place of grace, a place of beauty and a

place that blesses you as you learn to bless it.

REPEAT YOUR LESSON UPON THE HOUR. In your two longer practice periods, experience loving the world. Allow Knowledge to give its grace. You do not have to try to be loving here, but merely to be open and to let Knowledge express its great affection.

HONOR THE WORLD TODAY so that you may be honored for being in the world, for the world honors you as you honor yourself. The world is acknowledged as you acknowledge yourself. The world needs your love and your blessings. It needs your good works as well. In this way, you are honored, for you have come here to give.

PRACTICE 145: Two 30-minute practice periods.
Hourly practice.

第 145 階 今天我將尊重世界。

今天尊重世界，因為這裡是你來此喚回內識並奉獻它的禮物的地方。因此，這個美麗而多難的世界為你提供了恰當的環境，讓你去實現你的宗旨。尊重世界，

因為上帝在世界上尊重著世界。尊重世界，因為內識在世界上尊重著世界。尊重世界，因為當你不加評判時，你將意識到它是一個充滿恩寵的、美麗的地方，並且當你學習去祝福它時，它也在祝福著你。

每小時重復你的課程。在兩次長練習時段裡，去體驗愛這個世界。讓內識奉獻它的恩寵。你不用試圖讓自己變得有愛心，你只需要打開自己並讓內識去表達它偉大的愛。

今天尊重世界，這樣你會因為身處世界而得到尊重，因為當你尊重你自己時世界也尊重你。當你認可你自己時，世界也得到認可。世界需要你的愛和祝福。它同樣需要你的善工。通過這種方式你得到尊重，因為你來此是為了進行奉獻。

練習 145：兩個 30 分鐘
每小時練習

Step 146

I WILL HONOR MY TEACHERS TODAY.

YOUR TEACHERS, WHO ARE MYSTERIOUS and who live beyond the visible, abide with you while you are in the world. Now that you have begun the steps towards the reclamation of Knowledge, their activity in your life will become stronger and more evident. You will begin to give your attention to this, and their need for you to develop will be greater, as your need for them will be greater.

UPON THE HOUR AND IN YOUR TWO LONGER PRACTICES, remember your Teachers and actively think about them. Honor your Teachers, then, for this proclaims that your ancient relationships are indeed alive and are present now to give you hope, certainty and empowerment. Honor your Teachers so that you may experience the depth of your own relationship with them. In your relationship with your Teachers is the spark of memory that reminds you of your Ancient Home and of your true destiny. Honor your Teachers so that you may be honored, for it is your honor that you must reclaim. In spite of whatever errors you have committed, it is your honor that you must reclaim. If this is done truly, it will be done in humility and simplicity, for as you honor yourself, you honor the greatness of life, of

which you are a small but integral part.

PRACTICE 146: Two 30-minute practice periods.

Hourly practice.

第 146 階 今天我將尊重我的上師。

你那神秘的、隱形存在的上師們，當你身處這個世界時，和你堅守在一起。現在，因為你已經開始了通向內識喚回的進階，所以他們在你生命里的活動將變得更加強大、更加顯在。你將開始注意到這點，同時他們更加強烈地需要你的進

步，正如你更加強烈地需要他們一樣。

在每小時練習和兩次長練習時段裡，記住你的上師，並積極地思考他們。因此尊重你的上師，因為這聲明你古老的關係真正存在著，並且就在當下為你提供著希望、確定和賦權。尊重你的上師，這樣你將體驗到你和他們關係的深度。在你和上師的關係里，閃現著提醒你古老家園和你真正天命的記憶的火花。尊重你的上師，這樣你也將得到尊重，因為你必須喚回的是你自身的榮譽。無論你曾犯下怎樣的錯誤，你都必須喚回你的榮譽。如果這是在真誠地進行著，那麼這將是在謙卑和簡單中進行，因為當你尊重自己時，你在尊重生命的偉大，而你是生命小小的同時也是不可分割的一部分。

練習 146：兩個 30 分鐘
每小時練習

Step 147

REVIEW

IN YOUR REVIEW THIS WEEK allow yourself to realize the lessons that are being presented to you. Take special care to recognize the empowerment that is being offered to you as you exert your will for good. Note as well the requirement that you accept yourself beyond your current understanding, that you honor yourself beyond your current evaluation of yourself and that you experience life beyond your own thoughts and prejudices. Recognize the opportunity that is being given to you, and realize that each moment that you spend in sincere application furthers your progress tremendously and establishes a permanent advancement for you. If you think of what you would want to give to the world, give your advancement. From this all good things which you have come to give, according to your nature and your design, will be given completely. Thus, your gift to the world now is your preparation so that you may learn to give.

IN YOUR LONG PRACTICE PERIOD, review the past week—your lessons, your practices, your experiences, your accomplishments and your difficulties. View this objectively and determine how you may give yourself to your practices more completely in the future.

PRACTICE 147: One long practice period.

第 147 階 復習

在本週的復習里，讓自己去認識被提供給你的課程。尤其是認知，當你帶著良好用心去發揮你的意志時，這些課程帶給你的賦權。同時要認識到你必須超越你當下的理解去接受自己，你必須超越你當下的自我評估去尊重自己，你必須超越你自己的想法和偏見去體驗生命。認知正在被賦予你的機會，認知你認真對課程進行運用的每個片刻，都將給你帶來巨大的前行並為你確立恆久的進步。如果你在思考你想把什麼奉獻給世界，那麼就奉獻你的進步吧。通過這一奉獻，所有你來此要奉獻的美好事物——根據你的特質和設計——都將得到完全的奉獻。因

此，你現在給予世界的禮物就是你的準備，這樣你將學習如何奉獻。

在長練習時段裡，對前一周進行復習——你的課程、你的修習、你的體驗、你的成就和你的困難。客觀地進行回顧，並確定你在未來該怎樣更加全面地投入到修習里。

練習 147：一個長練習時段

Step 148

MY PRACTICE IS MY GIFT TO GOD.

YOUR PRACTICE IS YOUR GIFT TO GOD, for God wills that you receive Knowledge so that you may give it to the world.

Thus, you are honored as the recipient and as the vehicle for Knowledge, God is honored as the source of Knowledge, and all who receive it will be honored as well. This is your gift now—to undertake the true preparation that you are involved in currently.

THEREFORE, TREAT EACH PRACTICE PERIOD TODAY as a form of

giving. Upon the hour, give yourself in each circumstance in which you find yourself. In your two deep meditation practices, give yourself completely. Do not come begging for ideas or information, but come to receive and come to give. As you give yourself, you will receive and in this you will learn the ancient law that to give is to receive. This must be born completely in your experience so that you may fully comprehend its meaning and its application in the world.

YOUR PRACTICE IS YOUR GIFT TO GOD. Your practice is your gift to yourself. Come to your practice today to give, for in your giving you will realize the depth of your own resources.

PRACTICE 148: Two 30-minute practice periods.

Hourly practice.

第 148 階 我的修習是我給上帝的禮物。

你的修習是你給上帝的禮物，因為上帝希望你接收內識，這樣你就能夠把它奉獻給世界。這樣，你作為內識的接收者和載體而得到尊重，上帝作為內識的源泉而得到尊重，同時所有接收到它的人也將得到尊重。這就是你現在的禮物——開展你正在參與其中的這個真正準備。

所以，把今天的每一個練習時段，當做一種奉獻來看待。每小時里把自己奉獻給正在身處的那個環境。在兩次深度冥想里，全然地奉獻你自己。別祈求獲得任何想法或信息，而是來接收，來奉獻。當你奉獻自己時你將接收，由此你將學習那個古老的法則，即奉獻就是接收。這必須完全來自於你的體驗，這樣你將完全理解它的意義和它在世界上的應用。

你的修習是你給上帝的禮物。你的修習是你給自己的禮物。今天通過修習進行奉獻，因為在你的奉獻中，你將意識到你內在資源的深度。

練習 148：兩個 30 分鐘

 每小時練習

Step 149

MY PRACTICE IS MY GIFT TO THE WORLD.

YOU GIVE TO THE WORLD THROUGH YOUR OWN DEVELOPMENT

at this time, for you are preparing to give a greater gift than you have ever given before. Thus, each day that you undertake the practice according to each step that is given, you give a gift to the world. Why is this? It is because you acknowledge your value and your worth. You acknowledge your Ancient Home and your Ancient Destiny. You acknowledge those who sent you and those who will receive you when you leave this world. All this is given to the world each time you practice sincerely, upon each day, upon each hour. This is a greater gift to the world than you can yet understand, but in time you will see the total need that it fulfills.

THEREFORE, YOUR PRACTICE IS A GIFT TO THE WORLD, for it gives that which you are affirming within yourself. What you affirm within yourself you affirm for all individuals, in all circumstances, in all worlds

and in all dimensions. Thus, you affirm the reality of Knowledge. Thus, you affirm your Ancient Home while you are here.

UPON THE HOUR, GIVE TO THE WORLD through your practice of giving. Remind yourself of this. In your two longer practice periods, give yourself completely into stillness and silence. Give of your heart and give of your mind. Give all that you realize you can give, for this is

a gift to the world. Though you cannot as yet see the result, have confidence that this giving will extend beyond your own mind and will touch all minds in the universe, for all minds are truly joined in reality.

PRACTICE 149: Two 30-minute practice periods.

Hourly practice.

第 149 階 我的修習是我給世界的禮物。

此刻，你通過自身的發展來對世界進行奉獻，因為你正在進行準備去奉獻一個你從未奉獻過的更偉大禮物。因此，當你每天按照所給的進階進行修習時，你在給世界奉獻一個禮物。為什麼呢？這是因為你承認你的價值和你的財富，你承認你的古老家園和你的古老天命，你承認那些派你來此以及當你離開世界時將要迎接你的人。每一天，每小時，當你認真地進行修習時，所有這一切都被奉獻給世界。這是一個給予世界的更偉大禮物，比你所理解的更加偉大，不過慢慢地你將看清它所滿足的全部需求。

因此，你的修習是你給世界的禮物，因為它所奉獻的是你在你的內心確認的東西。你在你的內心確認的東西，你把它確認給所有個體、所有環境、所有世界

和所有維度。由此，你確認了內識的實相。由此，當你身處世界時，你確認了你的古老家園。

每小時里，通過進行奉獻的修習，來對世界進行奉獻。提醒自己這一點。在兩次長練習時段裡，在靜心和安靜里完全地奉獻你自己。奉獻你的心靈和你的思想。把所有你認識到你能夠奉獻的都奉獻出去，因為這是給世界的一個禮物。儘管你還無法看到其結果，但要堅信這一奉獻將超越你自己的思想，而觸及宇宙中所有的思想，因為事實上，所有的思想都是真實地聯接在一起的。

練習 149：兩個 30 分鐘
每小時練習

Step 150

TODAY I WILL LEARN TO LEARN.

TODAY YOU LEARN TO LEARN. You learn to learn because you need to learn. You need to learn how to learn so that your learning may be effective and expedient, have depth and consistency and produce a sound advancement that you can rely upon in all circumstances in the future. Do not think that you already understand the process of learning, for you are learning about this now as you understand the meaning of advancement, the meaning of failure, the meaning of encouragement, the meaning of discouragement, the meaning of enthusiasm and the meaning of a lack of enthusiasm. That is why at the end of each week you review your practices so that you may understand your progress and understand the mechanism of learning. This is essential for you to realize, for until you do, you will misinterpret your steps, you will misconstrue your actions, you will not understand how to follow a curriculum and you will never learn how to teach a curriculum yourself.

THEREFORE, TODAY YOU LEARN TO LEARN. This places you as a beginning student of Knowledge, which gives you all rights and all encouragement to learn everything that is necessary, without presumption, without conceit, without denial and without falsity of any kind. As you learn to learn, you will realize the mechanism of learning. This will give you Wisdom and compassion in your dealings with people. You cannot teach people from idealism, for then you place upon them the burden of your own expectations. You require of them what even life cannot provide. But the certainty of your experience and your Knowledge, which you will give to others, will be sound, and they will be able to receive it and utilize it in their own way. Then, you will not place any personal demands upon them in their learning, but will allow Knowledge within you to give to Knowledge in them. You will then be a witness to the instruction and to the learning as well.

THEREFORE, TODAY BEAR WITNESS TO YOUR OWN LEARNING and

learn to learn. Upon the hour, remind yourself that you are learning to learn. In your two meditation practices, allow yourself to enter stillness and peace. Observe yourself as you move forward and as you hold yourself back. Exert your will on your own behalf compassionately and firmly, and judge not your advancement because you are not in a position to judge, because you are learning to learn.

PRACTICE 150: Two 30-minute practice periods.

Hourly practice.

第 150 階 今天我將學習如何學習。

今天你學習如何學習。你學習如何學習，因為你需要去學習。你需要去學習如何學習，這樣你的學習才能變得有效而便利，具備深度和一貫性，並帶來你在未來所有境況里都能依賴的切實進步。別以為你已經理解了學習的過程，因為你現在正在對此進行學習，當你開始理解進步的含義、失敗的含義、激勵的含義、挫敗的含義、熱情的含義和缺乏熱情的含義時。正因為如此，在每周結束時你對自己的修習進行回顧，這樣你就能夠理解你的進展和你的學習機制。認知這些是必要的，因為除非你能認知，否則你會曲解你的進階，誤解你的行動，不知該如何遵循教程，更永遠無法學習如何親自教授一門課程。

因此，今天你學習如何學習。這將你擺在內識的初級學生的位置上，這給你提供了所有的權利和激勵去學習一切必須學的東西，不帶任何形式的推測、幻想、否定和謊言。當你學習如何學習時，你將意識到學習的機制。這將使你能夠帶著智慧和慈悲去面對他人。你無法從理想化的角度去教授他人，因為這樣你會把自己的期望強加在他們身上。你向他們要求甚至生命都無法給予的東西。但是，你能夠奉獻給他人的來自你的體驗和你的內識的確定性，則是合情合理的，並且他們將能以自己的方式去接收它和使用它。這樣，你就不會在他們的學習中，將任何你個人的要求強加在他們身上，而是讓你內在的內識對他們內在的內識進行奉獻。那麼，你將成為這一指導還有這一學習的見證人。

因此，今天見證你自己的學習，並學習如何學習。每小時提醒自己，你在學習如何學習。在兩次冥想練習里，讓自己進入安靜和和平里。客觀地觀察自己的進步和自己的停滯不前。為了你自身的利益仁慈而堅定地運用你的意志，但不要評判你的進步，因為你還尚未達到評判的位置，因為你正在學習如何學習。

練習 150: 兩個 30 分鐘

每小時練習

Step 151

I WILL NOT USE FEAR TO SUPPORT MY JUDGMENTS.

DO NOT USE FEAR TO SUPPORT YOUR JUDGMENTS of yourself

and the world, for these judgments are born of your

uncertainty and anxiety. Thus, they lack the foundation of Knowledge.

Thus, they lack the meaning and value that only Knowledge can

bestow. Do not rely upon your judgments of yourself and the world.

As you withdraw from them, you will realize that their source is fear,

for you have only been trying to comfort yourself with your judgments, to provide a false security, stability and identity which you feel you are lacking. Therefore, be without a substitute for Wisdom and Knowledge, and allow Wisdom and Knowledge to arise naturally.

UPON THE HOUR REPEAT YOUR STATEMENT, and consider it in light of all things that are occurring today. In your two deeper practices, consider the meaning of today's idea as you think about it carefully. Apply your mind in a state of work as you attempt to penetrate the meaning of today's lesson. Do not be comforted by premature conclusions. Investigate deeply with your mind in your practice periods. Use your mind actively. Consider many things within yourself while maintaining a concentration on today's idea. If you do this, you will understand many things about Wisdom and ignorance, and your understanding will be born of compassion and true selfappreciation.

For only from a place of self-love can you offer correction to yourself and to others.

PRACTICE 151: Two 30-minute practice periods.

Hourly practice.

第 151 階 我不會用恐懼來支持我的評判。

別用恐懼來支持你對自己和對世界的評判，因為這些評判源自你的不確定和焦慮。因此，它們缺乏內識的基礎。它們缺乏只有內識才能給予的意義和價值。別依賴你對自己和對世界的評判。當你遠離它們時，你將意識到它們的來源是恐懼，因為你只是在試圖用你的評判來安慰自己，並提供一種虛偽的，你自認為自己所缺乏的安全、安定和身份認同。因此，別讓自己安於智慧和內識的一個替代品，而是讓智慧和內識自然地升起。

每小時重復你的聲明，並在今天發生的所有事件里對它進行思考。在兩次深入練習中，通過認真地思考來考量今天這一想法的含義。當你努力穿透今天課程的含義時，讓你的思想進入到工作的狀態里。別滿足於不成熟的結論。在你的練習時段裡，利用你的思想進行深入的探究。積極運用思想。對你內在的很多東西進行思考，同時要保持對今天這一思想的專注。如果你做到了這點，你將會對智慧和無知產生很多理解，並且你的理解將來自於慈悲和真正的自我激賞。因為只有從自愛的角度，你才能對自己和他人提供修正。

練習 151: 兩個 30 分鐘
每小時練習

Step 152

I WILL NOT FOLLOW FEAR WITHIN THE WORLD.

HUMANITY IS GOVERNED BY WAVES OF FEAR that draw people here and there, waves of fear that dominate their actions, their thinking, their conclusions, their beliefs and their assumptions. Do not

follow the waves of fear that move across the world. Instead, remain steadfast and still in Knowledge. Allow yourself to observe the world from this point of stillness and certainty. Do not be swayed by the waves of fear. In this way, you will be able to contribute to the world and not be its victim only. You are here to give, not to judge, and in stillness you are without judgment upon the world. Recognize, then, the waves of fear, but do not let them touch you, for in Knowledge they cannot touch you because Knowledge is beyond all fear.

REPEAT YOUR IDEA FOR THE DAY UPON THE HOUR, and consider it in light of all that you experience today. In your two longer practice periods, apply your mind actively in attempting to understand today's lesson. Again, this is a form of mental application. We shall not practice stillness and mental silence today but mental application so that you may learn to think constructively. For when your mind is not still, it should be thinking constructively. It should be investigating. Do not rely upon early conclusions. Do not rely upon self-comforting ideas. Allow yourself to be vulnerable today, for you are only vulnerable to Knowledge. Yet, Knowledge will shield you from all things of harm within this world and will provide a comfort and a stability that the world can never change. Learn of this today so that you may be a source of Knowledge within the world so that your Source may express itself through you.

PRACTICE 152: Two 30-minute practice periods.
Hourly practice.

第 152 階 我不會在世界上追隨恐懼。

人類處於恐懼浪潮的控制之中，被推來推去，這些恐懼控制了他們的行動、他們的思想、他們的結論、他們的信仰和他們的假設。別去追隨那席捲世界的恐懼的浪潮。相反，在內識里保持堅定和安靜。讓自己帶著靜心和確定去觀察這個世界。別被恐懼的浪潮所動搖。這樣，你將能夠對世界進行奉獻，而不是僅僅變成它的受害者。你來此是為了奉獻，而不是評判，在靜心裡你不對世界進行任何評判。因此，去認知那恐懼的浪潮，但不要讓它們觸及你，因為在內識里恐懼將無法觸及你，因為內識超越所有的恐懼。

每小時重複今天的想法，並在今天所有的體驗里對它進行思考。在兩次長練習時段裡，積極地運用你的思想去努力理解今天的課程。今天同樣是對思維進行運用。我們今天不去修習靜心和思想的安靜，而是對思想進行運用，這樣你將能夠學習建設性地思考。因為當你的思想不在安靜狀態里時，它應該進行建設性的思考。它應該進行探究。別依賴過早的結論。別依賴自我安慰的想法。今天讓自己變得柔弱，因為你只是讓自己向內識示弱。然而，內識將保護你免於這個世界的所有傷害，並為你提供世界永遠無法改變的一種安慰和安定。今天對此進行學習，這樣你就能夠成為這個世界里內識的一個源泉，這樣你的源泉將透過你來表達它自己。

練習 152：兩個 30 分鐘
每小時練習

Step 153

MY SOURCE WISHES TO EXPRESS ITSELF THROUGH ME.

YOU WERE CREATED TO BE AN EXPRESSION OF YOUR SOURCE.

You were created to be an extension of your Source. You were created to be a part of your Source. Your life is communication, for communication is life. Communication is the extension of Knowledge. It is not merely the sharing of little ideas from one separated mind to another. Communication is far greater, for communication creates life and extends life, and within this is all joy and fulfillment. Within this is the depth of all meaning. Here darkness and light mix together and cease their separation. Here all opposites blend and melt into each other. This is the unity of all life.

ALLOW YOURSELF, THEN, TO EXPERIENCE YOURSELF as a vehicle of communication, and know what you truly wish to communicate will be fully expressed as well, for the self that you genuinely are is an extension of the Self that is life itself. In this, you will be completely affirmed and life will be affirmed around you. Your gifts will be received and integrated by life, for giving of this nature can only yield a greater result, beyond the comprehension of humanity.

REMAND YOURSELF UPON THE HOUR that you were meant to express the will of your Source. Within your two practice periods today, allow yourself to enter stillness and peace once again. Allow yourself to be an open vehicle through which life may flow freely, through which life may express itself today.

PRACTICE 153: Two 30-minute practice periods.

Hourly practice.

第 153 階 我的源泉希望通過我來表達它自己。

你是作為你源泉的一個表達而被創造出來。你是作為你源泉的一個延伸而被創造出來。你是作為你源泉的一部分而被創造出來。你的生命是交流，因為交流即生命。交流是內識的延伸。它不僅僅是一個隔離的思想和另一個隔離的思想之間分享一些微不足道的想法。交流比這要偉大得多，因為交流創造著生命並拓展著生命，這其中充滿了喜悅和成就。這其中包含著所有深刻的意義。在這裡，黑暗和光明融合在一起，而終止了它們之間的隔離。在這裡，所有的對立相互混合併融入彼此。這是所有生命的融合。

因此，讓自己去體驗自己作為交流的一個載體，並認知你真正希望的交流將得到充分的表達，因為你真實的自我是作為生命本身的那個本我的延伸。由此，你將得到完全地確認，而你周圍的生命也將得到確認。你的禮物將被生命接收和整合，因為這種特質的奉獻定會產生超越人類理解的一個更偉大結果。

每小時提醒自己，你注定要表達你源泉的意志。在今天的兩次練習時段裡，

讓自己再次進入靜心和和平里。今天讓自己成為一個開放的載體，經由這個載體生命能夠自由地流動，經由這個載體生命能夠表達它自身。

練習 153：兩個 30 分鐘
每小時練習

Step 154

REVIEW

REVIEW THE PAST WEEK' S PRACTICE. Review all the instructions that were given and your practices as well. Consider how deeply you have entered peace. Consider how deeply you have used your mind for investigation. Remember that your practice is a form of giving. Therefore, give yourself to review your practices. See how your giving can become more complete and deeper so that you may receive greater and greater rewards, for yourself and for the world.

IN YOUR ONE LONG PRACTICE PERIOD TODAY, review the week of training that has just been completed. Remember not to judge yourself. Remember to be a witness to your learning. Remember that your practice is a form of giving.

PRACTICE 154: One long practice period.

第 154 階 復習

復習前一周的修習。回顧被提供的所有指引以及你的修習。思考自己靜心的深度。思考自己運用思想進行探究的深度。記住你的修習是一種奉獻的方式。因此，將自己奉獻到對修習的回顧中。認知該如何讓自己的奉獻更加地完全和深入，這樣你將接收越來越偉大的回報，為你自己，也為這個世界。

在今天的長練習時段裡，復習剛剛結束的這一周的修習。記住別評判自己。記住做你學習的見證人。記住你的修習是一種奉獻的形式。

練習 154：一個長練習時段

Step 155

THE WORLD BLESSES ME AS I RECEIVE.

YOU ARE LEARNING NOW TO RECEIVE. The world blesses you as you learn to receive, for Knowledge will flow into you as you become an open receptacle for Knowledge. And you will draw that which is life into yourself, for life is always attracted to those who give.

UNDERSTAND THIS IN ITS FULL DEPTH THIS DAY as you remind yourself upon the hour that life gives to you as you are still. In your two meditation practices, enter stillness once again and feel life being drawn into you. This is a natural attraction. As your giving and stillness become greater, you will feel life being drawn into you, for you will

in time become a source of nourishment for life.

PRACTICE 155: Two 30-minute practice periods.

Hourly practice.

第 155 階 當我接收時，世界在祝福我。

你正在學習接收。當你學習接收時，世界在祝福著你，因為當你變成內識的一個開放性容器時，內識將注入你。你將把那稱之為生命的，吸引到你的內在，因為生命總是被那些進行奉獻的人所吸引。

每小時提醒自己，當你靜心時，生命將對你進行奉獻；今天深入地理解這點。在兩次冥想練習里，再次進入安靜里，並感知生命正在被吸引到你的內在。這是一種自然地吸引力。當你的奉獻和靜心越來越強大時，你將感知生命正在被吸引到你的內在，因為慢慢地你將成為滋養生命的一個源泉。

練習 155: 兩個 30 分鐘

每小時練習

Step 156

I WILL NOT BE CONCERNED ABOUT MYSELF TODAY.

SELF-CONCERN IS A FORM OF HABITUAL THINKING, born of

negative imagination and of errors that have not been corrected.

This compounds your sense of failure, thus influencing your lack of self-trust and self-appreciation. Our lesson for today, then, is to fortify

that which is genuine within you. If you are with Knowledge,

Knowledge will care for all things that require your attention. Think

not that anything will be left unattended to that is for your own

benefit. All needs of a greater spiritual nature and of the most mundane

nature as well will be met and understood by you, for there is no

neglect in Knowledge. You who are accustomed to neglect, who have

not used your mind properly in the past, who have not been able to

see or hear the world, can now be comforted, for you need not have

concern for yourself today.

FOR THIS YOU MUST EXTEND YOUR FAITH and your trust that

Knowledge will provide for you. This in time will allow you to receive

the gift of Knowledge which will dispel all doubt and confusion. You

must prepare for this experience. In this, you must extend your faith

and trust. Be confident this day. Recognize those things that require

your attention, even if they be of a mundane nature, and attend to

them well, for Knowledge is not seeking to take you out of the world

but to bring you into the world, for you have come here to give.

FORTIFY YOUR UNDERSTANDING OF TODAY'S IDEA by repeating it

upon the hour and giving it a moment of true consideration. Fortify

your practice today by utilizing it in your deeper practices where you

enter stillness and silence. You can only enter stillness and silence if you

are without concern for yourself. Thus, your commitment to give yourself to your practice is an affirmation of the safety and the certainty that abide with you.

PRACTICE 156: Two 30-minute practice periods.

Hourly practice.

第 156 階 今天我不專注於自我。

專注於自我是一種慣性思維，它源自於負面想象和一些未得到糾正的錯誤。這加重了你的挫敗感，並導致了自我信任和自我欣賞的欠缺。因此，我們今天的課程，就是要強化你內在真實的部分。如果你和內識同在，那麼內識將關照所有需要你專注的事情。別擔心你自己的任何益處會被疏漏。所有的需要，無論是更偉大靈性特質的，還是最世俗特質的，都將得到滿足，並能夠被你所理解，因為在內識里不存在疏漏。那個習慣於疏漏的你，那個過去未能正確運用你的思想的你，那個曾經無法看清或聆聽世界的你，現在終於可以釋懷了，因為今天你不必專注你自己。

為此，你必須拓展你的信念，並信任內識將為你提供的東西。慢慢地，這將讓你能夠接收內識的禮物，它將驅散所有的懷疑和困惑。你必須對這種體驗進行準備。在此，你必須拓展你的信念和信任。今天要有信心。認知那些需要你關注的事情，即使是那些世俗性的事情，認真關照它們，因為內識並非試圖將你帶離這個世界，而是要將你帶進世界里，因為你來此是為了進行奉獻。

通過每小時重復這一聲明，並用片刻進行真正的思考，來強化你對今天想法的理解。通過深入的靜心練習來強化今天的修習。只有當你不專注於自我時，你才能夠進入靜心和安靜里。這樣，你通過承諾將自己奉獻給你的修習，確認了安全感和確定感與你同在。

練習 156：兩個 30 分鐘
每小時練習

Step 157

I AM NOT ALONE IN THE UNIVERSE.

YOU ARE NOT ALONE IN THE UNIVERSE because you are part of the universe. You are not alone in the universe because your mind is joined with all minds. You are not alone in the universe because the universe is with you. You are now learning to be with the universe so that your relationship with life may be fully reclaimed and so that it may express itself in your world. The world sets a poor example for this, for humanity has lost its relationship with life and now seeks desperately within the realms of imagination and fantasy to find that which has been lost. Be happy today, then, that the means for life's reclamation have been given to you so that you may give yourself to your practice and to your destiny. In this way, you are affirmed. You

are not alone in the universe. The depth of this idea is far greater than what it appears to be at first. It is a statement of absolute truth, but it

must be experienced to be comprehended.

THEREFORE, UPON THE HOUR REMIND YOURSELF of this statement.

Attempt to feel it in whatever circumstance you find yourself. In your two longer meditation practices, attempt to experience your complete inclusion in life. You need not think of ideas or see images, but only feel the presence of life of which you are a part. You are within life. You are immersed in life. Life is embracing you. Beyond any images the world may present, beyond any actions the world may demonstrate, you are within the loving embrace of life.

PRACTICE 157: Two 30-minute practice periods.

Hourly practice.

第 157 階 我在宇宙中並不孤單。

你在宇宙中並不孤單，因為你是宇宙的一部分。你在宇宙中並不孤單，因為你的思想和所有思想聯接在一起。你在宇宙中並不孤單，因為宇宙和你同在。你正在學習和宇宙同在，這樣你和生命的關係將得到完全的喚回，這樣生命將能夠在你的世界里表達它自己。這個世界做了一個不好的例證，因為人類失去了它和生命的關係，不顧一切地在想象和空想的王國里尋求那丟失的東西。因此，今天應該慶幸，你被賦予了喚回與生命關係的方式，這樣你將可以把自己奉獻給你的修習和你的天命。通過這種方式，你得到了確認。你在宇宙中並不孤單。這一想法的深度遠遠超過了它乍看起來的樣子。它是對絕對真理的一個聲明，但是它必須通過體驗才能被理解。

因此，每小時提醒自己這一聲明。無論你身處任何環境里，都去努力地感知它。在兩次冥想練習里，努力體驗你在生命中的完全包融。你不必去思考某些想法或看到某些形象，你只需去感知你作為其中一部分的生命的臨在。你身處在生命里。你沈浸在生命里。生命正在擁抱著你。你身處在生命鍾愛的懷抱里，這超越了世界呈現的任何形象，超越了世界示範的任何行動。

練習 157：兩個 30 分鐘
每小時練習

Step 158

I AM RICH SO I CAN GIVE.

ONLY THE RICH CAN GIVE, FOR THEY ARE NOT DESTITUTE. Only the rich can give, for they are not comfortable with a possession unless it is given. Only the rich can give, for they cannot understand their possession until it is given. Only the rich can give, for

they wish to experience gratitude as their only reward.

YOU ARE RICH AND YOU CAN GIVE. You possess a wealth of

Knowledge already, and this is the greatest possible gift. Any other action, any other favor, any other object that is a gift is only meaningful insofar as it is imbued with Knowledge. This is the unseen essence of all true gifts and all true giving. You have a great storehouse of this essence, which you must learn to receive. You are rich beyond your own awareness. Even if you are financially poor, even if you think you are alone, you are rich. Your giving will demonstrate this today. Your giving will demonstrate the source, the depth and the meaning of your wealth and will imbue all of your giving with the essence of giving itself. You will find in time that you will give without trying and that your life itself will be a gift. Then, your life will demonstrate the wealth that each person possesses but which they have not yet learned to receive.

REPEAT THIS IDEA UPON THE HOUR, and in your two longer meditation practices, experience your own wealth. Experience the presence and the depth of Knowledge. Be the recipient of Knowledge and give yourself to Knowledge, for in giving yourself to your practice, you affirm your own wealth already, which only needs to be affirmed to be fully realized.

PRACTICE 158: Two 30-minute practice periods.
Hourly practice.

第 158 階 我富有，所以我能夠奉獻。

只有富人能夠奉獻，因為他們不貧困。只有富人能夠奉獻，因為除非他們的財富被奉獻，否則他們會對自己的財富感到不安。只有富人能夠奉獻，因為除非他們的財富被奉獻，否則他們無法理解他們的財富。只有富人能夠奉獻，因為他們希望體驗感激作為他們的唯一回報。

你富有，並且你能夠奉獻。你已經擁有內識的財富，這是最偉大的禮物。任何其他禮物，包括任何行動、幫助或物品，只有當它蘊含內識時才具有了意義。這是所有真正禮物和真正奉獻的潛在精髓。你擁有這一精髓的偉大存儲庫，對此你必須學習去接收。你的富有，超出了你自己的覺知。即使你在金錢上是貧窮的，即使你認為你是孤單一人，你依然是富有的。今天，你的奉獻將示範這點。你的奉獻將示範你財富的源泉、深度和意義，並且你所有的奉獻都蘊含著奉獻本身的精髓。慢慢地你會發現，你將不由自主地進行奉獻，並且你的生命本身就是一份禮物。這樣，你的生命將示範每個人都擁有的財富，只是他們尚未學習去接收它。

每小時重復這一想法，在兩次冥想練習里，體驗你自身的財富。體驗內識的存在和深度。做內識的接收者，把自己奉獻給內識，因為通過把自己奉獻給你的修習，你已經確認了你自己的財富，它只需要被確認就能夠被完全地認知。

練習 158：兩個 30 分鐘
每小時練習

Step 159

THE POOR CANNOT GIVE. I AM NOT POOR.

THE POOR CANNOT GIVE, FOR THEY ARE DESTITUTE. They are required to receive. You are not destitute, for the gift of Knowledge is with you. Therefore, you are in a position to give, and in your giving you will realize your worth and any sense of destitution will leave you. Be confident that Knowledge will provide all material things that are truly needed by you. Though it may not provide what you wish, it will provide what you need and in the right amount. Thus, you will have what you need to contribute according to your nature and your calling in the world. But you will not be burdened with that which can only burden you. You will have exactly what you need, and the world will not burden you with its deprivation or its excesses. Thus, everything will have perfect balance. Knowledge will give to you what you need, and what you need is what you really want. You cannot yet assess your needs, for you are lost in what you want. But your needs will reveal themselves through Knowledge, and in time you will understand the nature of need and how it may be fulfilled.

YOU ARE NOT POOR, FOR THE GIFT OF KNOWLEDGE IS WITH YOU.

Repeat today's statement upon the hour and consider it in light of your observations of others. In your deeper practice periods, allow yourself to experience the wealth of Knowledge that you now possess.

PRACTICE 159: Two 30-minute practice periods.

Hourly practice.

第 159 階 窮人無法奉獻，而我不是窮人。

窮人無法奉獻，因為他們貧窮。他們需要接收。你不貧窮，因為內識的禮物和你同在。因此，你處於奉獻的位置上，並且通過奉獻你將意識到你的價值，同時所有的匱乏感將遠離你。要有信心內識將會給你提供所有你真正需要的物質性的東西。儘管它可能無法提供你所希望的，但是它會給你提供你所需要的，並且會以正確的數量提供。這樣，你將根據你的特質和你在世界上的召喚而擁有你所需要的東西，從而能夠進行貢獻。但你不會被賦予只會成為你的負擔的東西。你會恰好擁有你所需要的，並且這個世界也不會通過剝奪或過度給予而給你造成負擔。這樣，一切都將實現完美的平衡。內識將把你所需要的賦予你，而你所需要的，恰恰是你真正希望的。你現在還無法評估你的需要，因為你迷失在你的希望里。但是，你的需要將會通過內識來顯現它自身，慢慢地你將理解需要的特質，以及它能如何得到滿足。

你不貧窮，因為內識的禮物和你同在。每小時重復今天的聲明，並通過你對他人的觀察對此進行思考。在深入練習時段裡，讓自己去體驗你所擁有的內識的財富。

練習 159：兩個 30 分鐘
每小時練習

Step 160

THE WORLD IS POOR, BUT I AM NOT.

THE WORLD IS POOR, BUT YOU ARE NOT POOR. Regardless of your circumstances, this is true because you are reclaiming the wealth of Knowledge. Understand, then, the meaning of impoverishment. Understand, then, the meaning of wealth. Do not think that those who possess more objects than you are in any way wealthier than you are, for without Knowledge they are impoverished and will acquire things only to offset their misery and uncertainty. Thus, their impoverishment is compounded by their acquisition.

THE WORLD IS POOR, BUT YOU ARE NOT, for you have brought Knowledge with you into the world where Knowledge has been forgotten and denied. Thus, in the reclamation of your own wealth, the world will reclaim its wealth as well, for you shall stimulate Knowledge in all, and their wealth will begin to reveal itself in your presence and in the presence of Knowledge which guides you.

THEREFORE, DO NOT ASK ANYTHING OF THE WORLD save what few material things you need to fulfill your function. This is a small request in light of what you have come to give. And if your demands are not in excess of what you need, the world will gladly render them to you in exchange for a greater gift which you possess.

CONSIDER THE IDEA FOR THE DAY UPON EACH HOUR. Do not let any hour pass without this recognition. Strengthen your resolution to use each practice in all circumstances of the day so that your life may be meaningful in all of its events. In your two longer practice periods today, enter into stillness and peace to learn more of the wealth that you possess.

PRACTICE 160: Two 30-minute practice periods.

Hourly practice.

第 160 階 世界是貧窮的，但我不是。

世界是貧窮的，但你不貧窮。無論你身處怎樣的境況，這都是真實的，因為你正在喚回內識的財富。因此，要理解貧窮的含義。要理解財富的含義。別以為那些比你擁有更多財產的人肯定比你富有，因為如果沒有內識，他們就是貧窮的，只能通過獲取財物來抵消他們的貧困和不確定感。因此，他們的貧窮因為他們的攫取更加重了。

世界是貧窮的，但你不是，因為你攜帶著內識來到這個內識被遺忘和否認的世界上。因此，通過喚回你自身的財富，世界也將喚回它的財富，因為你將激發所有人內在的內識，並且在你的臨在中，在引導你的內識的臨在中，其他人的財富也將開始展現出來。

因此，別向世界要求任何東西，除非那些為了完成你的職責，你所必需的少量物質需要。相對於你來此要奉獻的東西來說，這只是一個小小的要求。假如你

的需求沒有超過你的需要的話，那麼世界將愉快地把這些賦予你，來交換你所擁有的一個更偉大禮物。

每小時里思考這一想法。別錯過任何一次練習。通過在今天所有的境況里運用每一次練習，來強化你的決心，這樣你的生命在它所有的事件里都將是富有意義的。在兩次長練習時段裡，進入到靜心和和平里，以更深入地認知你所擁有的財富。

練習 160：兩個 30 分鐘
每小時練習

Step 161

REVIEW

IN YOUR REVIEW TODAY, CONSIDER EACH LESSON and each practice of each day in the past week. Learn more of the process of learning. Realize that to learn this you cannot view your life with condemnation, for you are learning to learn. Realize that wealth is apparent in your life because of the practices that you are undertaking, which you could not do if you were without Knowledge. You are undertaking this preparation because of Knowledge, and each day you are committed to your practice because of Knowledge. Each day you accomplish your practice because of Knowledge. Thus, without your denial or interference, Knowledge itself will guide you in your preparation and will emerge as you undertake each step. How easy is success in this way. How simple it is to receive without denial or insistence on your part. For without imagination, life is evident. Its beauty is evident. Its grace is evident. Its purpose is evident. The work that it requires is evident. Its rewards are evident. Even the difficulties of this world are evident. Everything becomes evident as your mind becomes still and clear.

THEREFORE, IN ONE LONG PRACTICE PERIOD review the week's practices. Give this your full attention. Give yourself to your practice and know that Knowledge within you is motivating you.

PRACTICE 161: One long practice period.

第 161 階 復習

在今天的復習中，回顧前一周的每個課程和每次練習。更深入地對學習的過程進行學習。要意識到為了進行學習，你不能帶著譴責看待你的生命，因為你正在學習如何學習。意識到你生命中的財富是如此顯在，因為你正在進行修習，假如沒有內識，你根本不可能進行修習。因為內識，你展開這一準備；因為內識，每一天你對你的修習做出承諾。因為內識，每一天你都在完成你的修習。因此，當你不加否認或干涉時，內識本身將在你的準備中給你提供指導；並且當你學習每一步進階時，內識將逐漸浮現出來。通過這種方式，成功是多麼容易達成啊！

當你不加否認或強求時，接收是多麼簡單的一件事啊！因為沒有了想象，生命是顯在的。它的美麗是顯在的。它的恩寵是顯在的。它的宗旨是顯在的。它需要的工作是顯在的。它的回報是顯在的。甚至這個世界的困難都是顯在的。當你的思想變得安靜和清晰時，一切都變得顯在。

因此，在長練習時段裡，復習一周的練習。全然地投入到復習中。把自己奉獻給你的修習，並認知你內在的內識正在激勵著你。

練習 161：一個長練習時段

Step 162

I WILL NOT BE AFRAID TODAY.

TODAY LET NOT FEAR OVERTAKE YOUR MIND. Let not the habit of negative imagination capture your attention and emotions. Be involved with life as it truly is, which you may perceive without condemnation. Fear is like a disease that comes and takes you over. But you need not give in to fear because your source and your roots are deeply planted in Knowledge, and you are now becoming stronger in Knowledge.

REMINDE YOURSELF UPON THE HOUR not to let fear overtake you.

When you begin to feel its effects, in whatever manner that it exerts its influence upon you, withdraw from it and claim your allegiance to Knowledge. Give your confidence to Knowledge. In your two deeper practice periods today, give yourself to Knowledge. Give your mind and your heart so that you may be strengthened in that certainty where fear can never enter. Your fearlessness in the future must not be born of pretense, but born of your certainty in Knowledge. In this way, you will be a refuge of peace and a source of wealth for others. This is what you are meant to be. This is why you have come into the world.

PRACTICE 162: Two 30-minute practice periods.

Hourly practice.

第 162 階 今天我不害怕。

今天，別讓恐懼佔據你的思想。別讓負面想象的習慣控制你的注意力和情緒。按照生命真實的樣貌投入到生命中，當你不帶譴責時，你會感知生命真實的樣子。恐懼像疾病一樣襲來並佔據你。但你不必向恐懼投降，因為你的源泉和你的根深深地扎在內識里，並且你的內識正在變得越來越強大。

每小時提醒自己，別讓恐懼佔據你。當你開始感到恐懼的影響時，無論它以何種方式給你帶來影響，都讓自己遠離它並宣稱自己對內識的忠誠。要對內識抱有信心。在兩次深入修習里，把自己奉獻給內識。奉獻你的思想和心靈，這樣你將在那恐懼永遠無法觸及的確定里變得堅強。你對未來的無懼必不源自於偽裝，而是源自於你對內識的確定。這樣一來，你將成為他人的和平避難所和財富源泉。這是你注定承擔的角色。正因為如此你才來到這個世界上。

練習 162：兩個 30 分鐘
每小時練習

Step 163

I WILL FEEL KNOWLEDGE TODAY.

FEEL THE ABIDING QUALITY OF KNOWLEDGE, which is always available to you beyond your thoughts and selfpreoccupations.

Upon the hour, feel Knowledge today. Repeat the idea for the day and take a moment to feel its presence. The presence of Knowledge is something you can take with you everywhere you go, into each encounter, into each circumstance. It is appropriate everywhere. In this, you will be able to see each circumstance and event. You will be able to hear. You will be able to give. You will be able to comprehend. This stability is something the world greatly needs, and you who are rich with Knowledge have this to give.

FEEL KNOWLEDGE THIS DAY IN YOUR DEEPER PRACTICE PERIODS.

Give yourself to this, for this is your gift to God and to the world. Let this day be a day of strengthening and a day of confirmation. Let not any small failure today dissuade you from your greater task. Realize that all setbacks can only stop you in your progress, and you need only step forward to continue. The response to any failure, then, great or small, is simply the decision to continue. For you need only follow the steps that are given here to achieve the results of this preparation for you. How simple is the path to Knowledge. How clear is its way when you follow its provision step by step.

PRACTICE 163: Two 30-minute practice periods.

Hourly practice.

第 163 階 今天我將感受內識。

感受內識的始終存在，它超越你的思想和自我執迷始終在為你守候著。每小時里，感受內識。重復今天的想法，並用片刻去感知內識的存在。無論去到哪裡，你都能夠始終攜帶著內識，在每一次相遇里，在每一種境況中。它在任何地方都適用。因此，你將能夠看清每一個境況和事件。你將能夠聽。你將能夠奉獻。你將能夠理解。這個世界非常需要這種穩定性，而富於內識的你正擁有這種穩定性去奉獻給世界。

在今天的深入修習里，感受內識。把自己奉獻給修習，因為這是你給上帝，給世界的禮物。讓今天成為強化的一天和確認的一天。別讓今天的任何小失敗阻擾你的更偉大任務。要意識到所有的挫折只會阻止你的進步，而你唯一需要做的是向前邁進，繼續前行。因此，你對任何失敗——無論大小——的回應，就是堅定決心繼續前進。因為你只需要遵循所提供的進階，就能實現你的這一準備所要達成的結果。內識之路是如此的簡單。當你一步步遵循它的課程時，這條道路是如此的清晰。

練習 163: 兩個 30 分鐘
每小時練習

Step 164

TODAY I WILL HONOR WHAT I KNOW.

HONOR WHAT YOU KNOW TODAY. Hold to what you know.

Allow your Knowledge to guide you specifically. Do not try to use Knowledge to fulfill yourself, for in this you will only use what you think of as Knowledge and once again you will weave an illusion for yourself that will entrap you and drain you of life, enthusiasm and certainty. Let Knowledge move you today. Carry on your normal activities. Follow all the procedures of life that are your duty, but let Knowledge abide with you so that it may bestow its mysterious gift everywhere you go and give you concrete direction when that is actually needed.

REPEAT THIS STATEMENT UPON THE HOUR and consider it in light of your immediate circumstances. In your deeper practice periods today, once again give yourself to stillness and to peace. Honor Knowledge today by giving yourself to Knowledge and by abiding with Knowledge.

PRACTICE 164: Two 30-minute practice periods.

Hourly practice.

第 164 階 今天我尊重我所知道的。

今天尊重你所知道的。堅持你所知道的。讓你的內識為你提供獨特的指引。別試圖利用內識來成就你自己，因為這樣的話，你只不過是在利用你自認為是內識的東西，你又是在為自己編織幻想，這只會困住你，消耗你的生命、熱情和確定。今天讓內識推動你。開展你正常的活動。去遵循你職責範圍內的一切生活程序，但是讓內識和你堅守，這樣無論你到哪裡，它都會賦予你它神秘的禮物，並且在需要的時候給予你具體的指引。

每小時重復這一聲明，並在你當下的環境里對它進行思考。在深入練習里，再次把自己奉獻給靜心和和平。今天通過把自己奉獻給內識並通過和內識堅守，來對內識表示尊重。

練習 164: 兩個 30 分鐘
每小時練習

Step 165

MY DUTIES ARE SMALL. MY MISSION IS GREAT.

YOUR DUTIES IN THE WORLD ARE SMALL. They are meant to secure provisions which you need physically and to maintain those alliances with others that are beneficial for your wellbeing

and for their well-being as well. These duties are important, but your mission is greater. Do not undermine your ability to receive your mission by being in failure concerning your duties. This is only a form of self-avoidance. Carry out your duties specifically this day regarding your employment and your engagement with others. Do not confuse this with your mission, which is something far greater that you are only now beginning to receive and to experience. Thus, your duties will provide a foundation for you as you undertake the preparation for the reclamation and the contribution of Knowledge.

REMEMBER THAT ALL CONFUSION is the confusion of different levels. Do not confuse mission with duty. This is a very important distinction for you to make. Your tasks in the world are specific, but your mission is far greater. As your mission begins to express itself within you who are learning to receive it, it will create a more specific influence upon your duties as well. This is gradual and entirely natural for you. This merely requires that you be self-disciplined, consistent and trusting enough to follow its steps.

THEREFORE, CARRY OUT YOUR DUTIES TODAY so that you may be a beginning student of Knowledge. Remind yourself of your practice upon the hour, and in your two longer practice periods, actively engage your mind in considering the idea for today. Its true meaning is not superficial, and you must investigate it to understand its full value. Do not be complacent with premature conclusions. Do not stand on the outside of Knowledge and attempt to judge it for yourself. Enter into it so that you may be a student today, for you are now a student of Knowledge. You are now giving yourself to the world in your preparation.

PRACTICE 165: Two 30-minute practice periods.

Hourly practice.

第 165 階 我的職責是渺小的，我的使命是偉大的。

你在世界上的職責是渺小的。它們的目的是為了提供你的物質需求，並維持你和他人的關係，這些關係不僅是為了你的益處，也是為了他人的益處。這些職責很重要，不過，你的使命更加偉大。別因為你在職責中的失敗，而低估你接收你的使命的能力。這只是一種自我逃避的方式。今天去執行你在工作中以及你與他人接觸中所承擔的職責。別把這些和你的使命混淆了，你的使命遠比這些偉大得多，而你才剛剛開始去接收和體驗你的使命。因此，你的職責為你提供了一個基礎，從而使你能夠為喚回和奉獻內識進行準備。

記住，所有的困惑都是對不同的層面產生的困惑。別把使命和職責混淆在一起。對你來說，這種區別非常重要。你在世界上的職責是特定的，但是你的使命要偉大得多。當你的使命開始在正學習接收它的你的內在表達它自己時，它同時也會對你的職責產生更為特別的影響力。這對你來說是漸進的，並且是完全自然的。這只要求你保持足夠的自律、一貫性和信任，就能追隨它的腳步。

因此，今天去完成你的職責，這樣你能夠做內識的一個初級學生。每小時提醒自己進行修習，在兩次長練習時段裡，積極運用你的思想對今天的想法進行思考。它的真正意義並不膚淺，你必須去探究它才能理解它全部的價值。別滿足於過早下的結論。別站在內識的外面，試圖對它進行評判。進入到內識里，這樣你今天能夠做一名學生，因為你現在是內識的學生。你現在在你的準備中將自己奉獻給世界。

練習 165: 兩個 30 分鐘
每小時練習

Step 166

MY MISSION IS GREAT. THEREFORE,
I AM FREE TO DO SMALL THINGS.

IT IS ONLY IN YOUR GRANDIOSE IDEAS, which are a cover for fear, anxiety and despair, that you would avoid the small things that are required of you to do in the world. Again, do not confuse the greatness of your mission with the smallness of your duties. Greatness expresses itself in the smallest thing, in the tiniest action, in the most fleeting thought, in the simplest gesture and in the most mundane circumstances. Thus, maintain your small actions in the world so that Knowledge in time may express itself through them. Actions in the world are small in contrast to the greatness of Knowledge. Prior to your preparation, the world was considered great and Knowledge small, but you are now learning that the opposite is true—that Knowledge is great and the world is small. This also means that your activities in the world are small, but they are vehicles through which Knowledge may express itself.

THEREFORE, BE CONTENT DOING SMALL THINGS IN THE WORLD. Be simple and humble in the world so that greatness may flow through you without obstruction.

THIS PRACTICE WILL REQUIRE REPETITION upon the hour and deep consideration in your two longer practice periods, where you will engage your mind actively in comprehending the meaning of today's idea. Use your mind for investigation. Allow yourself to consider these things. Do not rely on conclusions but continue your exploration. This is the right use of your mind which will lead you to a greater understanding. Here the mind is not merely weaving visions and illusions to take itself away from its own anxiety. Here the mind is examining its own content. Here the mind is working on behalf of Knowledge, as it was intended to do.

PRACTICE 166: Two 30-minute practice periods.
Hourly practice.

第 166 階 我的使命是偉大的。因此，我可以自由地去做那些小事情。

只有當你沈浸在你那些掩飾著恐懼、焦慮和失望的富麗堂皇的想法中時，你才會逃避世界上的那些需要你去做的小事情。再次記住，別把你使命的偉大和你職責的渺小混淆在一起。偉大在最細小的東西里，在最微小的行動里，在最短暫的想法里，在最簡單的手勢里表達著它自己。因此，繼續去做你在世界上那些渺小的行動，那麼慢慢地內識將通過這些行動來表達它自己。相對於內識的偉大，這個世界里的行動是渺小的。在你開始準備之前，這個世界被認為是偉大的，而內識是渺小的，但是現在你正在認知真理事實上是倒過來的——內識是偉大的，而世界是渺小的。這也意味著，你在世界上的行動是渺小的，但它們是內識得以表達它自身的載體。

因此，安心地去做那些小事情。在世界上保持簡單和謙卑，這樣偉大將毫無障礙地通過你流入世界。

今天的修習要求每小時進行重複，並在兩次長練習時段裡進行深入的思考，在此，你將積極地運用你的思想去理解今天想法的含義。運用你的思想進行探究。讓自己去思考這些問題。別滿足於結論，而是繼續你的探索。這是對你思想的正確運用，它將把你引向更偉大的理解。在此，思想並非只是去編織那些幻象和錯覺，來使自己擺脫自身的焦慮。在此，思想在對它自己的內容進行檢視。在此，思想在按照它原本該做的那樣，代表內識進行工作。

練習 166：兩個 30 分鐘
每小時練習

Step 167

WITH KNOWLEDGE I AM FREE IN THE WORLD.

WITH KNOWLEDGE YOU ARE FREE IN THE WORLD. You are free to join. You are free to leave. You are free to make agreements. You are free to complete and change agreements. You are free to surrender yourself. You are free to extricate yourself. In Knowledge you are free.

IN ORDER FOR YOU TO COMPREHEND THE TRUE MEANING of this and to realize its immediate value to you in your current circumstances, you must understand that you cannot use Knowledge to fulfill yourself. That must be a tacit understanding. Never lose sight of this, for if you think you are using Knowledge to fulfill yourself, you will misinterpret Knowledge and will not experience it. You will merely attempt to fortify your illusions and your attempts at escape. This can only darken the clouds that are now cast over you. This can only disappoint you as a form of temporary stimulation and compound your sense of isolation and misery.

IN KNOWLEDGE YOU ARE FREE. There is no restraint now, for Knowledge will merely give you where you are intended to be given and express itself through you where it is intended to be expressed. This will free you from all inappropriate involvements and engagements and will lead you to those individuals who are waiting

for you. This will lead you to those circumstances that are for your greatest benefit and for the benefit of others who are involved. Here Knowledge is the guide. Here you are the recipient. Here you are the contributor. There is no greater freedom than this, for in this you are free.

REMINDE YOURSELF OF THIS IDEA UPON THE HOUR, and in your two deeper meditation practices, once again enter into stillness and silence. Once again allow your mind to be quiet, for in this you are free. Prepare yourself for your practices by repeating the idea and dedicating yourself to your practice. Without your domination, your mind will be free and will experience its own depth in Knowledge.

PRACTICE 167: Two 30-minute practice periods.

Hourly practice.

第 167 階 有了內識，我在世界上是自由的。

有了內識，你在世界上是自由的。你自由地加入。你自由地離開。你自由地建立協議。你自由地結束和改變協議。你自由地讓自己臣服。你自由地讓自己解脫。在內識里，你是自由的。

為了讓你能理解這一聲明的真正含義，並認知它在你當下環境里的即刻價值，你必須要理解：你不能利用內識來成就你自己。這必須成為不言而喻的理解。決不能忘記它，因為如果你認為你在利用內識來成就你自己，那麼你將曲解內識，並且將無法體驗到它。你只會試圖強化你的錯覺和你的逃避企圖。這只會加重罩在你頭上的烏雲。這作為一種短暫的刺激只會給你帶來失望，並加重你的隔離和悲哀感。

在內識里，你是自由的。不存在任何局限，因為內識只會給予你你注定要被給予的，只會通過你在它注定被表達的地方表達它自己。這將讓你擺脫所有不恰當的參與和接觸，並引領你到那些正在等待著你的人面前。這將引領你到那些對你最有益，同時對其他參與的人同樣有益的環境里。在此，內識是嚮導。在此，你是接收者。在此，你是貢獻者。再沒有比這更偉大的自由了，因為在此，你是完全自由的。

每小時提醒自己這一想法，在兩次深度冥想練習里，再次進入靜心和安靜里。再次讓你的思想保持安靜，因為這時，你是自由的。通過重復這一思想，並將自己投入到練習里，來讓自己為你的修習進行準備。當你不試圖掌控時，你的思想將是自由的，並將在內識中體驗它自己的深度。

練習 167：兩次 30 分鐘
每小時練習

Step 168

REVIEW

REVIEW THE WEEK THAT HAS PASSED. Review each lesson as it was given and each practice that you experienced. Review the entire week so that you may fortify the learning that you are now

undertaking. Remember that you are learning to learn. Remember that you are a beginning student of Knowledge. Remember that your evaluation, if it is not born of Knowledge, will not be helpful. Without this evaluation, it will be apparent how to strengthen your involvement, how to strengthen your preparation and how to make adjustments in your outer life to support you in your endeavor. This can be done without self-condemnation. It can be done because it is necessary, and you are able to respond to that which is necessary without punishing yourself or the world. This preparation is necessary, for it represents your will.

IN YOUR LONG PRACTICE PERIOD TODAY, review the week with sincerity and depth. Give this your full attention so that you may receive the gifts that you are now preparing to receive.

PRACTICE 168: One long practice period.

第 168 階 復習

對過去的一周進行復習。回顧所提供的每一課程，以及你所體驗的每次修習。對整個一周進行復習，這樣你就能夠強化你正在進行的學習。記住，你正在學習如何學習。記住，你是內識的一個初級學生。記住，你的評估假如並非源自於內識，將是沒有好處的。當你不加評估時，你會很容易看到該如何加強你的參與，該如何強化你的準備，以及該如何調整你的外在生活來支持你正在進行的努力。你能夠不加自我譴責地做到。這能夠被做到，因為這是必要的，你能夠對必要的事情做出回應，而不帶對自己或對世界的懲罰。這一準備是必要的，因為它代表了你的意志。

在今天的長練習時段裡，帶著真誠和深刻對前一周進行復習。全然投入其中，這樣你將能夠接收到你正在進行準備去接收的禮物。

練習 168：一個長練習時段

Step 16 9

THE WORLD IS WITHIN ME. THIS I KNOW.

THE WORLD IS WITHIN YOU. You can feel it. Through Knowledge you can feel the presence of all relationships. This is the experience of God. This is why your meaningful relationships with other individuals hold such great promise, for in genuine union with another you can begin to experience union with all life. This is why you genuinely seek relationships. This is your true motivation in relationships—to experience union and to express your purpose. People think that their relationships are to fulfill their fantasies and to fortify themselves against their own anxiety. This must be unlearned so that the true purpose of relationships may be revealed and comprehended. Thus, unlearning comes first in the process of learning.

In this, you learn how to learn. In this, you learn how to receive.
PRACTICE UPON THE HOUR THIS DAY, remembering your idea.

Today in your deeper meditations, once again use the word RAHN to take you deeper into the depth of Knowledge. Repeat the idea at the beginning of your practice and then, upon each exhale, repeat the word RAHN quietly to yourself. Allow this to center your mind.

Allow this to connect you with the depth of Knowledge. Here you go deeper than you have gone before. In this, you will find all that you seek, and there will be no confusion about the world.

PRACTICE 169: Two 30-minute practice periods.

Hourly practice.

第 169 階 我知道世界在我心裡。

世界在你心裡。你能夠感知它。通過內識，你能夠感知所有關係的存在。這是對上帝的體驗。正因為如此，你和其他人之間那些有意義的關係蘊含著非常偉大的希望，因為通過和另一個人真正的結合，你將開始體驗到和所有生命的結合。正因為如此，你真誠地尋求著關係。這是在關係中的真正動機——體驗結合和表達你的宗旨。人們認為他們的關係只是為了滿足他們的空想以及抵禦他們自身的焦慮。這種想法必須被擯棄，這樣關係的真正宗旨才能夠被揭示和領會。因此，學習進程的第一步是擯棄。在這裡，你學習如何學習。在這裡，你學習如何接收。

每小時進行練習，記住你的這一想法。在今天的深度冥想里，再次使用 RAHN（然）字，帶你深入到內識的深層里。在練習的開始，重復這一思想，然後，在每次呼氣時，無聲地對自己重復 RAHN（然）。讓它集中你的思想。讓它把你和深層內識聯接在一起。今天你比以往更加深入。在這裡，你將找到所有你所追尋的，並且你對世界將不再迷惑。

練習 169：兩個 30 分鐘
每小時練習

Step 170

I AM FOLLOWING THE ANCIENT RITE
OF PREPARATION TODAY.

THIS PREPARATION THAT YOU ARE UNDERTAKING is ancient in its origin. It has been used for centuries, in this world and in other worlds as well. It is only adapted in its language and in its relevancy to your current time, yet it prepares the mind in the way that minds have always been prepared in The Way of Knowledge, for Knowledge does not change and the preparations only adapt themselves to current events and current understanding so that they may be relevant for the recipients. Yet, the true mechanism for preparation is unchanged.

YOU ARE UNDERTAKING AN ANCIENT RITE in the reclamation of Knowledge. Born of the Great Will of the Universe, this preparation

has been constructed for the advancement of students of Knowledge. You are working in tandem now with many other individuals, both within this world and within other worlds as well. For Knowledge is being taught in all worlds where intelligent life exists. Thus, your efforts are supported and embellished by the efforts of those who are preparing with you. In this, you represent a community of learners. Think not, then, that your efforts are singular. Think not, then, that you are alone in the world undertaking the reclamation of Knowledge. Think not, then, that you are not part of a community of learners. This will be more evident to you in time as you begin to recognize those who are preparing with you. This will be more evident in time as your experience of the presence of your Teachers deepens. This will be more evident in time as the results of your Knowledge become evident even to you. This will be more evident in time as you consider your life as part of a Greater Community of Worlds.

REMIND YOURSELF OF YOUR PRACTICE UPON THE HOUR. In your deeper practices in stillness, receive the benefit of all who practice with

you. Remind yourself that you are not alone and that their rewards are given to you as your rewards are given to them. Thus, you share in your accomplishments together. The power of your undertaking is so tremendously supported by the endeavor and the giving of others that it far exceeds your own abilities. When this is realized, it will give you all manner of encouragement and will banish forever the idea that you are inadequate to the tasks that are given to you. For your giving is supplemented by the giving of others, and this represents the Will of God in the universe.

PRACTICE 170: Two 30-minute practice periods.

Hourly practice.

第 170 階 今天我遵循這一準備的古老儀式。

你正在進行的這一準備來自於古老的源泉。它已經被使用了數百年，不僅是在這個世界是，同樣也在其他世界上。它只是在語言和相關性方面，被調整到符合你們當下的時代，然而它對思想進行訓練的方式，始終在內識之路的準備中被運用著，因為內識不會改變，而這些準備課程只不過是根據當下的事件和理解進行調整，從而能夠為接收者提供相關性。然而，準備的真正機制是不變的。

你在內識的喚回中，正在參與一個古老的儀式。這一準備，誕生於宇宙的偉大意志，它被用於促進內識學生的不斷進步上。你正在和許多其他的個體一同進行著學習，包括這個世界里的，還有其他世界里的。因為內識在所有智能生命存在的世界里被傳授著。因此，你的努力，得到了那些和你一同進行準備的個體的支持和增益。在這裡，你代表著一個學習社團。因此，別以為你的努力是孤單的。別以為你在世界上孤單地進行著內識的喚回。別以為你不從屬於一個學習社團。慢慢地，當你開始認知那些和你一起進行準備的人時，這將變得更加顯在。慢慢地，當你對於你上師的臨在的體驗更加深入時，這將變得更加顯在。慢慢地，當

你的內識甚至對你來說變得更加顯在時，這將變得更加顯在。慢慢地，當你把你的生命看做是眾多世界組成的大社區的一部分時，這將變得更加顯在。

每小時提醒自己進行練習。在深度靜心練習里，去接收來自於所有和你一同練習的人的益處。提醒自己你並不孤單，他們的回報將被奉獻給你，同時你的回報將被奉獻給他們。這樣，你們共同分享你們的成就。你學習的力量，得到了來自於其他人的努力和奉獻所提供的強大支持，因此它遠遠超越了你自身的能力。當你認知這點時，它將給你帶來所有的激勵，並將永遠地掃清你自認為不足以承擔交付給你的任務的想法。因為你的奉獻得到了其他人的奉獻的增補，這代表著宇宙中上帝的意志。

練習 170：兩個 30 分鐘
每小時練習

Step 171

MY GIVING IS AN AFFIRMATION OF MY WEALTH.

YOUR GIVING IS AN AFFIRMATION OF YOUR WEALTH because

you give from your own wealth. It is not the giving of objects that we speak of here, for you may give away all your possessions and then have none left over. But when you give Knowledge, Knowledge increases. And when you imbue your gift of an object with Knowledge, Knowledge increases. That is why when you receive Knowledge, you will want to give it because this is the natural expression of your own receptivity.

HOW CAN YOU EXHAUST KNOWLEDGE when Knowledge is the power and the Will of the universe? How small your vehicle, how great the substance that expresses itself through you. How great your relationship with life, and how great, then, are you who are with life. There is no conceit here. There is no self-inflation here, for you realize that you are small and great all at once, and you acknowledge the source of your smallness and the source of your greatness. You acknowledge the value of your smallness and the value of your greatness. You acknowledge all life, then, and nothing is left out of your great evaluation of yourself, which is born of love and true understanding. This, then, is the understanding that you must cultivate over time, realizing again that your efforts to do so are embellished by the efforts of others, who are also students of Knowledge in your world. Even students in other worlds embellish your efforts, for in Knowledge there is no time and distance. Thus, you have great support available to you now, and in this you realize your true relationship with life.

PRACTICE UPON THE HOUR and in your deeper meditations, allow the word RAHN to take you into Knowledge. Silently and in stillness, as you sink into the depths of Knowledge, receive the peace and the confirmation that are your birthright.

PRACTICE 171: Two 30-minute practice periods.
Hourly practice.

第 171 階 我的奉獻確認了我的財富。

你的奉獻確認了你的財富，因為你從自己的財富里進行奉獻。我們這裡所講的不是物質的奉獻，因為你可能送出所有的財產，結果變得一無所有。可是，當你奉獻內識時，內識會不斷增加。當你的物質禮物蘊含著內識時，內識會不斷增加。正因為如此，當你接收內識時，你會希望奉獻它，因為這是對你自身接收性的一種自然表達。

當內識是宇宙的力量和意志時，你怎麼可能耗盡內識呢？你這個載體是如此的渺小，而那個通過你來表達它自身的東西是如此的偉大。你和生命的關係是如此的偉大，因此那個和生命同在的你，也是如此的偉大。這裡沒有狂妄。這裡沒有自誇，因為你意識到你既是渺小的，同時也是偉大的，並且你認可了你渺小的源泉和你偉大的源泉。你認可了你渺小的價值，和你偉大的價值。因此，你認可了所有生命，在你對自身的偉大評估里，任何層面都沒有被疏漏，這一評估來自於愛和真正的理解。因此，你必須逐漸地培養起這一理解，再次意識到，你的這一努力得到了這個世界上其他內識學生的支持。甚至其他世界里的學生也在增益著你的努力，因為在內識里不存在時間和距離。因此，你現在擁有著偉大的支持，由此，你意識到你和生命的真正關係。

每小時進行練習，在深度冥想里，讓 RAHN（然）字引領你進入到內識中。在安靜和靜心裡，當你沈浸在深度內識中時，去接收和平和確認，它們是你與生俱來的權利。

練習 171: 兩個 30 分鐘
每小時練習

Step 172

I MUST RECLAIM MY KNOWLEDGE.

YOU MUST RECLAIM YOUR KNOWLEDGE. It is not merely a preference in competition with other preferences. The fact that it is a requirement in life gives it the necessity and the importance that it truly deserves. Think not that your freedom is in any way hindered by this necessity, for your freedom is the result of this necessity and will be born of this necessity. Here you enter a world of vital direction rather than casual choices. Here you become seriously engaged in life rather than a removed observer who can only witness your own ideas.

THE NECESSITY OF KNOWLEDGE, then, is the importance that it bears for you and for your world. Welcome necessity, then, for it frees you from the aggravation and the disability of ambivalence. It rescues you from meaningless choices and directs you to that which is truly vital for your well-being and for the well-being of the world. Knowledge is a necessity. Your life is a necessity. Its importance is not

merely for you alone, but for the world as well.

IF YOU CAN COMPREHEND THIS IN TRUTH, this will override any sense of unworthiness or indolence that you may still possess. For if your life is a necessity, then it has purpose, meaning and direction. If your life is a necessity, then all other lives are a necessity as well.

In

this, you will wish to harm no one but instead will seek to affirm Knowledge in everyone. This necessity, then, bears with it the strength and the direction that you require and provides you with the grace and depth that you must receive for yourself. A necessary life is a meaningful life. Knowledge is a necessity. Give yourself to your necessity, and you will feel that you are a necessity yourself. This will dispel your sense of unworthiness and guilt and bring you back into relationship with life.

PRACTICE AGAIN UPON THE HOUR, and in your two meditation practices allow the word RAHN to take you deeper into the presence of Knowledge itself. The power of this word, a word unknown within your own language, will resonate with your Knowledge and will stimulate it. Thus, the means are mysterious, but the result is concrete. PRACTICE 172: Two 30-minute practice periods.

Hourly practice.

第 172 階 我必須喚回我的內識。

你必須喚回你的內識。它不單單只是和你其他的喜好相競爭的另一個喜好而已。事實上，它是生命的要求，這一事實體現了它真正應得的必要性和重要性。別擔心你的自由會因為這一必要性而受到阻礙，因為你的自由正是這一必要性所帶來的結果，並且將誕生於這一必要性。在此，你進入了一個擁有明確導向的世界，而非隨機選擇的世界。在此，你開始認真地參與到生命里，而非做一個只能看到你自己想法的被排除在生命之外的旁觀者。

因此，內識的必要性在於它對你的重要性，以及它對你的世界的重要性。因此，擁抱這一必要性，因為它使你擺脫矛盾心態帶來的憤怒和無力。它將你從毫無意義的選擇中解救出來，並將你引向對你的福祉，同時對世界的福祉真正重要的方向。內識是必要的。你的生命是必要的。它不僅對你個人非常重要，同時對世界也非常重要。

假如你能領悟這一真理，它將推翻你所懷有的任何無價值感或惰性。因為如果你的生命是必要的，那麼它就必然擁有宗旨、意義和方向。如果你的生命是必要的，那麼所有其他生命同樣是必要的。由此，你不再想傷害任何人，相反，你將尋求確認每個人內在的內識。那麼，這一必要性蘊含著你所需要的力量和方向，並為你提供你必須為自己接收的恩寵和深刻。一個必要的生命是一個有意義的生命。內識是必要的。把自己奉獻給你的必要性，這樣你將感知你自身同樣是必要的。這將消散你的無價值感和愧疚感，並將你帶回到和生命的關係中。

每小時進行練習，並在兩次冥想練習里，用 RAHN（然）字帶你深入到內識的臨在里。儘管這個字在你自己的語言里是未知的，但是這個字的力量，將和你的

內識產生共鳴，並將激發內識。因此，這一方式是神秘的，但其結果是切實有效的。

練習 172：兩個 30 分鐘
每小時練習

Step 173

TODAY I WILL DO WHAT IS NECESSARY.

DOING WHAT IS NECESSARY WILL ENGAGE YOU with vitality in life, for life in the world, in all its forms, is engaged in what is necessary. This at first seems oppressive to human beings, for they are accustomed to living in fantasy, where everything is preferential and nothing is really necessary.

YET, IT IS WHEN SOMETHING IS REALLY NECESSARY IN LIFE, even if it is a dire circumstance, that people are able to liberate themselves momentarily from their fantasies and feel purpose, meaning and direction. This, then, is a gift to humanity, but people usually give themselves this gift only under dire circumstances.

IT IS UNDER HAPPIER CIRCUMSTANCES that you must now learn to receive this and welcome necessity as a saving grace in your life, for you wish to be needed, you wish to be included, you wish to be vital and you wish to be an essential part of community. This is all necessary. It is not merely a preference on your part. It cannot be born of a casual choice but of a deep conviction, for your greater giving must be born of a deep conviction if it is to be great and complete. Otherwise, at the sight of the first adversity or disappointment, you will be cast away and will withdraw back into fantasy and illusion.

WELCOME, THEN, THE NECESSITIES OF THIS DAY. Do small tasks without complaint, for they are small. Follow your procedure today in preparation, for it is necessary and it is great. Do not confuse the great and the small, for the small is only to express the great. Do not try to make the small great or the great small. Understand their true relationship with one another, for within you is both the great and the small. Within you, the great wishes to express itself through the small.

THEREFORE, CARRY OUT YOUR MUNDANE ACTIVITIES TODAY. Do what is necessary today. Remind yourself upon the hour of our idea for today, and give yourself to your practice so that your day may be a day of giving and receiving. In your deeper meditation practices, enter into stillness using the word RAHN to take you deep into meditation. Do this because it is necessary. Do this with necessity and you will feel the power of your own will.

PRACTICE 173: Two 30-minute practice periods.

Hourly practice.

第 173 階 今天我去做必須要做的。

去做那些必要的事，這將使你參與到生命的活力中，因為這個世界上所有形式的生命，都在參與著那些必要性的工作。這乍看起來，似乎會讓人類難以接受，因為他們已經習慣於生活在空想里，在那裡，一切都是優選的，沒有任何事情是真正必要的。

然而，正是當有些東西在生命中是真正必要時，哪怕它意味著一種可怕的境遇，那麼人們都能夠暫時性地從空想中解脫出來，而感知宗旨、意義和方向。因此，這是賦予人類的一份禮物，可是人類往往只有到了可怕的境遇里，才會把這份禮物賦予他們自己。

你現在必須學習在快樂的境遇里去接收這一禮物，並擁抱這一必要性，它是你生命中一份帶著救贖性的恩寵，因為你希望被需要，你希望被包融，你希望被重視，你希望成為社區里不可或缺的一份子。這些都是必要的。它不只是你的一種偏好。它不可能來自於一種隨意性的選擇，而是來自於一種深刻的確定性，因為你的更偉大奉獻必須來自於一種深刻的確定性，這樣它才可能是偉大而徹底的。否則，當你面臨第一個逆境或失望時，你就會被甩出並將退回到空想和幻覺里。

因此，今天歡迎那些必要性。不帶抱怨地去完成那些小事情，因為它們是渺小的。在今天的準備中按部就班地進行練習，因為它是必要的，它是偉大的。別把偉大和渺小混淆在一起，因為那個渺小只是為了表達那個偉大。別試圖使渺小變成偉大，或使偉大變成渺小。理解它們之間真正的關係，因為你的內在既有偉大也有渺小。在你的內在，那個偉大希望通過那個渺小來表達它自己。

因此，今天去從事你那些世俗的事務。做那些必須要做的。每小時提醒自己今天的想法，並把自己奉獻給你的修習，這樣你的一天將成為奉獻和接收的一天。在深度冥想練習里，進入到靜心裡，利用 RAHN（然）字將你深深地帶入到冥想中。讓自己這樣做，因為它是必要的。帶著必要性去做，這樣你將感知你自身意志的力量。

練習 173：兩個 30 分鐘
每小時練習

Step 174

MY LIFE IS NECESSARY.

YOUR LIFE IS NECESSARY. It is not a biological accident. It is not a mere chance circumstance that you arrived in this world.

Your life is necessary. If you could but recall what you went through to come into this world and the preparation that was required—both within this world and beyond—for you to emerge here, then you would realize the importance of your being here and the importance of the Knowledge that you carry within you. Your life is necessary. There is no form of conceit here. It is simply a recognition of truth. In your evaluation of yourself, your life is either pathetic or

grandiose. Yet, the necessity of your life has nothing to do with your evaluations, though your evaluations can bring you closer to or take

you farther from this one true recognition.

YOUR LIFE IS NECESSARY. Understand this and it will banish your sense of self-judgment and condemnation. Understand this and it will bring humility into your self-grandiose ideas. Understand this and your plans may then in time be adjusted to Knowledge itself, for your life is necessary.

REPEAT THIS STATEMENT UPON THE HOUR and consider it regardless of your emotions, your circumstances and whatever thoughts are prevailing in your mind, for Knowledge is greater than thoughts and is meant to govern thoughts. In your two meditation practices, allow the word RAHN to take you deep into practice. Feel the necessity of your own life—its value and its importance. This is something that you can experience directly. It does not require your evaluation. It does not require that you consider yourself to be greater than others. It is merely a profound experience of reality, for your life is necessary. It is necessary for you. It is necessary for your world. It is necessary for life itself.

PRACTICE 174: Two 30-minute practice periods.
Hourly practice.

第 174 階 我的生命是必要的。

你的生命是必要的。它不是一個生物性的意外。它不是因為一個巧合的機遇，你才來到了這個世界上。你的生命是必要的。要是你能夠回憶起你是經歷了怎樣的歷程才來到這個世界上，以及為了讓你在這裡出生所需要進行的準備——無論是這個世界上的，還是世界以外的——那麼你將意識到你在這裡的重要性，以及你內在攜帶的內識的重要性。你的生命是必要的。這裡沒有任何形式的狂妄。它只是對真理的認知。在你對自己的評估里，你的生命要麼是悲哀的，要麼是輝煌的。然而，你生命的必要性與你的評估毫不相干，儘管你的評估或許會讓你接近，或許會讓你遠離這一真正的認知。

你的生命是必要的。理解了這點，它將掃清你的自我評判和譴責。理解了這點，它將在你自我炫耀的想法里注入謙卑。理解了這點，你的計劃或許會慢慢地根據內識本身進行調整，因為你的生命是必要的。

每小時重復這一聲明，並對它進行思考，無論你處於怎樣的情緒或境況里，無論何種想法正充斥著你的思想，因為內識比想法更偉大，並且注定要對想法進行管理。在兩次冥想練習里，讓 RAHN（然）字帶你深入到修習中。感知你自己生命的必要性——它的價值和它的重要性。你能夠直接地體驗到這點。它不需要你的評估。它不需要你自認為比別人更偉大。它只是對實相的深刻體驗，因為你的生命是必要的。它對你是必要的。它對你的世界是必要的。它對生命本身是必要的。

練習 174：兩個 30 分鐘
每小時練習

Step 175

REVIEW

IN YOUR REVIEW OF THE PRACTICES OF THIS WEEK, once again realize the value of giving yourself to practice. Giving yourself to practice, then, is the first step in comprehending the true meaning of giving and the true meaning of purpose in the world.

IN YOUR ONE LONGER PRACTICE PERIOD, review the week that has just passed. Review your engagement with each day's practice and consider the meaning of each day's idea. Give this your total attention during your long practice period today, and realize as you witness your own development that you are preparing yourself to give to others.

PRACTICE 175: One long practice period.

第 175 階 復習

在對本週修習的回顧中，再次認知把自己奉獻給修習的價值所在。把自己奉獻給修習，是理解這個世界上奉獻的真正含義以及宗旨的真正含義的第一步。

在今天的長練習時段裡，對前一周進行復習。回顧你對每天練習的投入，並思考每天所給出的想法的含義。在今天的長練習時段裡，全然地投入到復習中，並意識到當你見證自己的進展時，你也正在讓自己進行準備對他人進行奉獻。

練習 175：一個長練習時段

Step 176

I WILL FOLLOW KNOWLEDGE TODAY.

UPON EACH HOUR OF THIS DAY experience yourself following Knowledge. Make small decisions about small things as it is necessary, but make no great decisions without Knowledge. You have a personal mind to make small, insignificant decisions. But greater decisions should be made with Knowledge.

FOLLOW KNOWLEDGE TODAY UPON THE HOUR. Allow its peace and its certainty to abide with you. Allow its overall direction to be discerned by you. Allow its potency to affect you. Allow it to give itself to you as you are now learning to give yourself to it.

IN YOUR TWO LONGER MEDITATION PRACTICES TODAY, using the word RAHN, enter deeply into Knowledge. Enter deeply into the presence of life. Enter deeply into this experience. Continue to direct your mind towards this accomplishment. Continue to set aside anything that affects you or holds you back. In this way, you train the mind and prepare it as well for that which is most natural to it to occur.

FOLLOW KNOWLEDGE THIS DAY. If Knowledge indicates something and you are very certain about this, follow it and be observant. See

what happens and try to learn to distinguish Knowledge from your impulses, your wishes, your fears and your avoidances. This must be learned through experience. In this way, Knowledge and everything that pretends to be Knowledge are drawn apart in contrast. This will provide for you greater certainty and greater self-confidence, which you will need in the times to come.

PRACTICE 176: Two 30-minute practice periods.

Hourly practice.

第 176 階 今天我將遵循內識。

每小時讓自己去體驗對內識的遵循。對小事做出小的決定，因為這是必要的，但是不能不帶內識地去做重大決定。你的人格思想是用於做那些小的、不重要的決定的。但更重大決定必須來自於內識。

每小時遵循內識。讓它的和平和確定和你堅守在一起。讓自己去辨識內識的整體導向。讓它的威力來影響你。讓它對你進行奉獻，因為你正在學習對它進行奉獻。

在兩次長冥想練習里，利用 RAHN(然)深入到內識里。深入到生命的臨在里。深入到這種體驗里。繼續將你的思想導向這一努力。繼續擺脫任何影響你或阻礙你的東西。這樣，你對你的思想進行訓練和準備，從而讓那種對它來說最為自然的狀態得以出現。

今天遵循內識。假如內識對某件事做出提示，並且你對此非常地肯定，那麼遵循它並保持觀察。看看發生了什麼，並努力學習將內識和你的衝動、希望、恐懼和逃避區分開來。這必須通過體驗來學習。這樣，在對比中，內識和所有假裝成內識的東西得以區別開來。這將給你更大的確定性和更大的自信，這些是你在未來歲月里所需要的。

練習 176: 兩個 30 分鐘
每小時練習

Step 177

I WILL LEARN TO BE HONEST TODAY.

THERE IS A GREATER HONESTY THAT IS WAITING for you to discover. There is a greater honesty that you must utilize on your own behalf. It is not enough merely to know how you feel. It is a greater requirement to feel what you know. This is a greater honesty and an honesty that is in harmony with life itself, an honesty that reflects the true advancement of all beings in the world. This is not merely expressing and demanding that your personal intent be carried out. It is demanding instead that the necessity of life within you may express itself in a way that is genuine to life itself. The form and the manner of this expression will be contained in the messages that you will need to deliver to others when the time comes for that to happen.

LEARN, THEN, TO FEEL WHAT YOU KNOW. This is a greater honesty. It requires both openness and restraint. It requires self-inspection. It requires objectivity about your life. It requires stillness and peace as well as the ability to engage your mind actively in exploration. Thus, all that you have learned so far is contributed and utilized in today's practice.

REMIND YOURSELF UPON THE HOUR OF TODAY'S PRACTICE and seriously consider it in the moment in which you find yourself. In the longer practices today, again enter stillness and engage your mind in this meaningful activity. The mind must be brought into the proximity of its Ancient Home for it to find comfort and peace. This requires self-discipline at the outset, but once the engagement is made, the process happens in and of itself naturally.

LEARN TO BECOME MORE HONEST TODAY. Learn to discern a greater level of honesty, a genuine level of honesty that affirms your very nature and does not betray your highest purpose.

PRACTICE 177: Two 30-minute practice periods.
Hourly practice.

第 177 階 今天我將學習坦誠。

有一個更偉大的坦誠正在等待著你去發現。有一個更偉大的坦誠，你必須為了自己的利益去運用它。僅僅知道你的感覺是不夠的。更高的要求是要感知你所知道的。這是一個更偉大的坦誠，這一坦誠和生命本身協調一致，這一坦誠反映著世界上所有個體的真正進步。這並非只是去表達、去要求你的個人意志得到開展。相反，它要求你內在生命的必要性，能夠以一種對生命本身真誠的方式來表達它自己。當時機來臨時，這一表達的形式和方式將被包含在你要傳遞給他人的訊息里。

因此，去學著感知你所知道的。這是一種更偉大的坦誠。它要求開放和自控。它要求自我審視。它要求你對自己的生命保持客觀性。它要求靜心和和平，同時要求你的思想能夠進行積極地探究。這樣，所有你所學到的東西都能夠被奉獻和運用到今天的練習中。

每小時提醒自己進行修習，並用片刻的時間進行嚴肅的思考。在長練習時段裡，再次進入靜心裡，讓自己的思想投入到這一有意義的行動中。思想必須被引領著靠近它的古老家園，從而讓它找到安慰和和平。剛開始時，這需要自律，一旦這種參與得以建立，這一過程會自然而然地發生。

今天學習變得更加坦誠。學習辨識坦誠的一個更偉大層面，一個真正的層面，它確認了你的根本特質，並且它不會背叛你的最高宗旨。

練習 177: 兩個 30 分鐘
每小時練習

Step 178

I WILL REMEMBER THOSE

WHO HAVE GIVEN TO ME TODAY.

THIS IS A SPECIAL DAY OF ACKNOWLEDGING THE PRESENCE of genuine relationships in your life. It is a special day of acknowledging the gifts that have been given to you. It is a day meant for gratitude.

UPON THE HOUR, THEN, REPEAT THIS STATEMENT and take a moment to recall those who have given to you. Try to think very carefully of the individuals who have given benefit to you, both by demonstrating their Wisdom and their error. Think of those who have illustrated the way to go and the way not to go. As you inquire further into this in your two longer practice periods today, try to think more carefully and allow any individual who comes to mind to be the subject of your investigation. This is an active practice time in your meditation periods.

IN YOUR LONGER PRACTICE PERIODS, repeat the statement at the beginning of practice and allow individuals to come to you. Learn to recognize their contribution to the reclamation of Knowledge. Learn to recognize their contribution to your physical and emotional wellbeing. Learn to recognize how they have served you. In this way, your entire concept of giving and receiving and of service in the world may be expanded and developed. This will give you a true vision of the world so that you may learn to be compassionate with yourself and with others.

THIS, THEN, IS A DAY OF AFFIRMATION and a day of gratitude. Allow your practices to be meaningful and effective so that you may receive their reward.

PRACTICE 178: Two 30-minute practice periods.

Hourly practice.

第 178 階 今天我將記住那些為我奉獻過的人。

在今天這個特殊的日子裡，你將認可你的生命中真正關係的存在。在今天這個特殊的日子裡，你將認可那些被奉獻給你的禮物。今天是一個感恩的日子。

每小時重復這一聲明，並用片刻時間回憶那些為你奉獻過的人。認真地回想那些曾經給你帶來益處的人們，無論是通過示範他們的智慧，還是他們的錯誤。回想那些指示過哪條路該走，哪條路不該走的人們。在今天的兩次長練習時段裡，當你更深入地探究時，努力進行更認真的思考，並讓每一個進入你腦海的人成為你探究的對象。這是你的冥想時段裡需要進行積極練習的時刻。

在長練習時段裡，在練習的開始重復這一聲明，並讓人們進入你的腦海。學習去認知他們在你內識喚回中的貢獻。學習去認知他們對你身體和情緒健康方面的貢獻。學習去認知他們是如何服務於你的。通過這樣，你對於奉獻和接收以及對於為世界提供服務的整體觀念，將得到拓展和發展。這將為你展現世界的真正面貌，這樣你將能夠學習對自己以及對他人的慈悲。

因此，今天是確認的一天，是感恩的一天。讓今天的練習時段具有意義和效

率，這樣你將能夠接收它們的回報。

練習 178：兩個 30 分鐘
每小時練習

Step 179

TODAY I WILL THANK THE WORLD
FOR TEACHING ME WHAT IS TRUE.

THE WORLD IN ITS GRANDEUR AND IN ITS FOLLY teaches you what to value and to recognize what is true. Contrast must be evident in learning for you to make these distinctions. To distinguish what is true from what is false and what is meaningful from what is meaningless, you must have contrast in learning. You must taste the meaningless to find out its true nature and content, and you must taste the meaningful to find out its true nature and content. The world continuously provides you the opportunity to do both.

AT THIS TIME YOUR NEED IS TO TASTE THE TRUE INCREASINGLY, and that is why we emphasize this in your daily practice now. You have already indulged yourself in the false so sufficiently that it has dominated your mind and attention. Now we feed you the true, but you must also learn to benefit from what the false has given you. Then you will need to investigate the false no more. The false has already presented itself to you. Now you are learning to recognize its presentation and to utilize what benefit it can offer you. The only benefit the false can offer you is to learn to recognize its lack of substance so that you may desire to know what is true and have greater capacity to receive it.

THUS, THANK THE WORLD TODAY FOR SUPPORTING YOU, for its grandeur and for its folly, for its moments of inspiration and for its great display of illusion. The world you see so far is largely comprised of the fantasy of individuals, but there is a greater world for you to see,

a world that is actually there, a world that will arouse in you Knowledge, appreciation and true self-application as well. For it is your purpose to serve the evolution of this world, as it is the world's purpose to serve your evolution.

IN YOUR TWO LONGER PRACTICE PERIODS TODAY, investigate this idea actively with your mind. Apply your mind to understanding how the world has supported you. Think very carefully about this. This is not a superficial investigation. It is an investigation that you must conduct with necessity and with seriousness, for it will determine your experience in life, both in the present and in the future.

UPON THE HOUR, REMEMBER OUR STATEMENT for today and keep it in mind when you view the world. Do not let this day be wasted

upon you. This day is a day of recognition, a day of gratitude and a day of Wisdom.

PRACTICE 179: Two 30-minute practice periods.

Hourly practice.

第 179 階 今天我感謝世界教給我什麼是真實。

這個世界以它的宏偉和它的愚昧，教給你什麼是值得珍視的，並教你去認知什麼是真實。為了使你能夠進行區分，在你的學習中必須非常顯著地運用對比。為了區分什麼是真實的，而什麼是虛假的，區分什麼是有意義的，而什麼是無意義的，你必須在學習過程里擁有對比。你必須通過品嚐無意義，從而發現它的真實特質和內容，同時，你也必須通過品嚐有意義，從而發現它的真實特質和內容。世界不斷地為你提供這兩種機會。

你當前所需要的是更多地去品嚐真實，正因為如此，我們在你當下的每日修習里，不斷地強調真實。你在虛假里已經浸泡得太久，以至於它佔據了你的思想和注意力。現在，我們為你提供真實，但你同時也必須學習從虛假給你帶來的教育中受益。這樣，你將不再需要去探究虛假。虛假已經向你展現了它自身。現在，你要學習認知它的表象，並學習去運用它能帶給你的益處。虛假能夠給你提供的唯一益處，是讓你學習去認知它的空洞，這樣你將會渴望去認知什麼是真實的，並渴望擁有更大的能力去接收它。

因此，今天感謝世界為你提供的支持，感謝它的宏偉和它的愚昧，感謝它那些靈感迸發的瞬間，感謝它所展現的巨大幻象。你所看到的這個世界主要是由個人的空想所共同架構起來的，但是還存在著一個更偉大的世界等待著你去看，一個真實存在在那裡的世界，一個能夠喚醒你的內識、激賞還有真正自我運用的世界。因為你的宗旨是服務於這個世界的進化，正如這個世界的宗旨是服務於你的進化一樣。

在今天的兩次長練習時段裡，積極地運用你的思想對這一想法進行探究。運用你的思想去理解這個世界如何為你提供著支持。認真對此進行思考。這不是一種膚淺的探究。你必須帶著必要性和嚴肅性進行這一探究，因為它將決定你在生命中的體驗，無論是在當下，還是在未來。

每小時記起我們的聲明，並帶著這一想法去看待世界。別讓這一天白白地荒廢過去。今天是認知的一天，感恩的一天，和智慧的一天。

練習 179：兩個 30 分鐘

每小時練習

Step 180

I COMPLAIN BECAUSE I AM LACKING KNOWLEDGE.

WHEN YOU COMPLAIN ABOUT LIFE, you are asking for

Knowledge. Knowledge has its own statement about life,

but it is very different from the lament which you hear within yourself and around you. Therefore, as you approach Knowledge today,

recognize the nature of complaint—how it emphasizes your weakness and the world's domination over you and how much it is in contrast

to what you are learning now. You are learning now to discover your greatness and your domination over the world. You are in relationship

with the world. Let this relationship become healthy and meaningful. Let the world's contribution be given to you. Let your contribution be given to the world.

THEREFORE, THANK THE WORLD ONCE AGAIN TODAY for what it has given to you. In your deeper meditation practices today, enter stillness and silence. Use the word RAHN to help you enter this deeply. Use the word RAHN to orient your mind and thinking so that your mind may become unified with the sound of this one ancient word.

THIS IS A DAY OF IMPORTANT CONTRIBUTION. Do not complain about this day. Recognize that everything that happens is an opportunity for you to apply your practice and to develop the true faculties of your mind. Your complaint would only be a denial of the world's contribution to you. Therefore, do not deny this. Do not complain about the world today so that you may receive its gifts.

PRACTICE 180: Two 30-minute practice periods.

第 180 階 我抱怨，因為我缺少內識。

當你對生命進行抱怨時，你事實上是在要求內識。內識對於生命有它自己的聲明，但這與你所聽到的來自你內在以及來自你周遭的悲嘆完全不同。因此，今天當你接近內識時，去認知抱怨的特質——它是怎樣強調你的弱點以及世界對你的掌控，以及它與你正在學習的有著怎樣強烈的對比。你正在學習去發現你的偉大和你對世界的掌控。你身處與世界的關係當中。讓這個關係變得健康而有意義。讓世界的貢獻被賦予你。讓你的貢獻被賦予世界。

因此，今天再次感謝世界，為了它奉獻給你的東西。在今天的深度冥想里，進入靜心和安靜里。用 RAHN（然）幫助你深深地投入。用 RAHN（然）引導你的思想和思考，這樣你的思想將會和這一古老文字的聲音融合在一起。

今天是進行重要奉獻的一天。別對今天進行抱怨。要認知今天發生的一切為你提供了一個機會，去運用你的練習和發展你思想的真正能力。你的抱怨僅僅意味著你在否認世界對你的貢獻。因此，別去否認它。今天別抱怨世界，這樣，你將能夠接收它的禮物。

練習 180：兩個 30 分鐘

Step 181

TODAY I RECEIVE THE LOVE OF KNOWLEDGE.

KNOWLEDGE POSSESSES THE TRUE SEED OF LOVE, not love that is a mere sentiment, not love that is a form of intoxication surrounding an urgent desire born of fear. Knowledge is the seed of true love, not the love that seeks to conquer, to possess and to dominate, but the love that seeks to serve, to empower and to free another. Become the recipient of this love today so that it may flow through you to the world, for without your denial it will most surely do this.

UPON THE HOUR, REPEAT THIS STATEMENT and feel its full impact, regardless of the circumstance that you find yourself in. Allow each circumstance to support your practice, and you will find that your practice will have an increasingly potent effect on your external life. In

your two deeper practices today, enter into the presence of Knowledge and receive its love. Affirm your worthiness and your receptivity. Relinquish your presumptions about yourself and the world, and allow yourself to have an experience that will demonstrate the truth beyond any assumption. This is your practice today. This is your gift to yourself, to your world and to your Creator so that you may receive the gift of love.

PRACTICE 181: Two 30-minute practice periods.

Hourly practice.

第 181 階 今天我接收內識的愛。

內識擁有愛的真正種子，這種愛不只是某種情愫，也不是圍繞著源於恐懼的一種熱望的痴迷形式。內識是真愛的種子，這種愛不尋求征服、佔有和掌控，而是尋求服務、賦權和解放他人。今天成為這個愛的接收者，這樣它將能夠透過你流向世界，因為當沒有你的否認時，它將自然而然地去這樣做。

每小時重復這一聲明並感知它完全的影響力，無論你正身處怎樣的境況里。利用每一個境況來支持你的修習，這樣你會發現你的修習將對你的外在生活產生越來越大的影響力。在今天的兩次深入練習里，進入內識的臨在里並接收它的愛。確認你的價值和你的接收性。放棄你對自己和對這個世界的假設，並讓自己擁有一種體驗，它將示範那超越任何假設的真理。這就是你今天的修習。這是你給自己、給你的世界以及給你的造物主的禮物，這樣你將接收愛的禮物。

練習 181：兩個 30 分鐘
每小時練習

Step 182

REVIEW

TODAY MARKS AN IMPORTANT TURNING POINT in your preparation. Today marks the completion of the first stage of your preparation and the beginning of a new stage. Review the past week in one long practice period and then take time to think how far you have come and how far you need to go. Recognize your growing power and strength. Think of your outer life and recognize how much needs to be accomplished there, both on your own behalf and for the well-being of others. Recognize how little you know and how much is available to you. Do not let any self-doubt dissuade you in your undertaking, for you need only participate to receive the greatest gift that life can give.

REVIEW THE PAST WEEK AND THINK NOW of what has transpired in your preparation thus far. Observe the development that has occurred within you these past few months—the growing sense of presence, the growing sense of inner certainty, the growing sense of inner power. Allow for the fact that your outer life has begun to open. Certain things that were fixed before have now been loosened so that they may be rearranged on your behalf. Allow your outer life to be rearranged, now that you are not seeking to dominate it for your personal protection. As a greater certainty arises within you, outer circumstances must be rearranged on your own behalf. Thus, you become a source of change and not the recipient of it only.

RECOGNIZE HOW FAR YOU HAVE COME, but keep in mind that you are a beginning student of Knowledge. Allow this to be your starting point so that you may assume little and receive a great deal. From this great point of reference, you will be able to see beyond the prejudice and the condemnation of humanity. You will be able to see beyond a personal viewpoint and have a vision of the world that the world is desperate to receive.

PRACTICE 182: One long practice period.

第 182 階 復習

今天代表了你的準備的一個重要轉折點。今天代表了你的準備的第一階段的結束，以及一個新階段的開始。在一個長練習時段裡，對前一周進行復習，然後花些時間去思考你已經走了多遠，以及你還需要繼續走多遠。認知你不斷增長的力量和能力。思考你的外在生活，認知那裡有多少需要去完成的事，不僅為你自身的利益，同時也為他人的福祉。認知你所知道的是多麼少，又有多少正在等待著你去認知。別讓任何的自我懷疑阻礙了你的學習，因為你只需去參與就能夠接收生命所能賦予的最偉大禮物。

對前一周進行復習，並思考到今天為止你的準備進程中發生了什麼。觀察你在過去幾個月里所取得的進步——不斷增強的臨在感，不斷增強的內在確定感，不斷增強的內在力量感。接受你的外在生命正在變得開放這一事實。過去某些僵化的東西現在開始軟化，這樣它們將能根據你的利益而得到調整。讓你外在的生命得到重整，現在你不會為了自我保護而去尋求掌控它。當一個更大的確定性在你內在升起時，外在的環境必須為了你自身的利益而得到調整。這樣，你成為了改變的源泉，而不只是它的接收者。

認知你已經走了多遠，但始終記住你是內識的初級學生。讓這成為你的出發點，這樣你不會多做假設，能夠大量地接收。從這一偉大的參照點上，你將能夠超越人類的偏見和譴責去看。你將能夠超越個人的觀點去看，並獲得對世界的一種遠見，這個世界正迫切地需要接收這一遠見。

練習 182：一個長練習時段