THE ASCENDED MASTER DICTATIONS, VOLUME III

扬升大师口述录

（三）

目录

前言 5

真理之路 7

THE PATHWAY OF TRUTH 7

挚爱的扬升大师希拉里昂（第五光束的乔汉）的开示 9

挚爱的帕拉斯·雅典娜的开示 28

挚爱的玛哈·乔汉的开示 31

辨识真理的谕令 32

神圣基督圣火（歌曲） 33

真理于我何等珍贵（歌曲） 36

金袍兄弟会的教诲 40

扬升大师库图米开示 954 年 42

净化并启迪父母的祈愿文.....75
保护未来佛的谕令.....78
至爱的弥勒尊者开示.....82
门徒（诗）.....111
保护弟子的谕令.....112
受人爱戴的扬升大师库图米的开示.....120
唤醒内在基督.....135
圣光拓展祈愿文.....140
中道教义.....146
附录（其他未发表的口述）.....166
挚爱的圣日耳曼 1946 年 10 月 1 日.....166
敬爱的摩诃乔汉（1950 年 8 月 18 日）.....187
敬爱的圣哲曼（1952 年 9 月 26 日）.....196
敬爱的埃尔·莫里亚（1952 年 10 月 1 日）.....205
敬爱的萨纳特·库马拉（1953 年 2 月 28 日）.....212
挚爱的圣母玛利亚　1953 年 4 月 5 日复活节.....220

挚爱的圣日耳曼 1953 年 4 月 25 日 234

摘自《挚爱的耶稣来信》（1953 年 5 月） 245

挚爱的库图米　1953 年 7 月 23 日 249

韵律呼吸指导 267

至爱的玛哈·乔汉 1953 年 8 月 15 日 272

挚爱的库图米 1953 年 9 月 1 日 276

至爱的玛哈·乔汉 1953 年 9 月 13 日 295

至爱的玛哈·乔汉 1953 年 10 月 1 日 316

至爱的耶稣与玛利亚的复活圣殿 328

迈克尔主向业力委员会提交的报告，1953 年 12 月 31 日 335

至爱的圣母玛利亚，佛罗里达州代托纳比奇—1954 年 1 月 19 日 349

至爱的埃尔·莫里亚，佛罗里达州代托纳比奇—1954 年 1 月 20 日 369

至爱的埃尔·莫里亚，古巴哈瓦那——1954 年 1 月 23 日 392

关于圣火传递仪式活动的书信 422

至爱的摩诃乔汉　1954 年 2 月 1 日 422

至爱的塞拉皮斯·贝.....426
至爱的摩诃乔汉　1954 年 3 月 1 日.....458
敬爱的弥勒尊主 — 棕枝主日，1954 年 4 月 11 日.465
敬爱的塞拉皮斯・贝 — 1954 年 4 月 14 日.....489
在提顿圣殿大会上的讲话.....513
至爱的大天使迈克尔　1954 年 6 月 28 日.....513
至爱的圣母玛利亚　1954 年 6 月 29 日.....520
至爱的塞拉皮斯·贝　1954 年 6 月 30 日.....526
至爱的圣日耳曼　1954 年 7 月 3 日.....536
扬升大师圣日耳曼回顾其 1930 年代的努力.....544
AMTF 出版物——部分书目.....549

前言

FOREWORD

我们满怀感恩，得以将此出版物公之于众。书中收录了由伟大白色兄弟会授权的信使——挚爱的杰拉尔丁·伊诺森特——所传递的扬升大师开示。这些开示最初发表于二十世纪五十年代，多以二十页小册子的形式刊行。附录中所列的部分口述内容，是大师们为感谢学员们为推进这项工作所给予的爱心奉献而专门传授的。

We are grateful to be able to present this publication to the public. It contains dictations by the beloved Ascended Masters given through Geraldine Innocente, the authorized messenger of the Great White Brotherhood. These were first published in the 1950's, mostly in the form of 20 page booklets. Some of the dictations listed in the Appendix were given by the Masters to the students in gratitude for love gifts received in furtherance of this work.

自挚爱的杰拉尔丁·伊诺森特于一九六一年六月扬升后，这些讯息便不再刊印。

After the ascension of beloved Geraldine Innocente, in June 1961, these messages were no longer published.

鉴于扬升大师曾嘱咐，应力求将这些开示广为流传，扬升大师教导基金会遂于一九九〇年以影印本的形式，将其重新汇编为三卷出版，即《开示集一》、《开示集二》与《开示集三》。

In consideration of the admonition of the Ascended Masters to give these dictations the widest possible distribution, this material was republished by the AMTF in 1990, in the form of 3 volumes, Dictations 1, Dictations 2 and Dictations 3, all of them consisting of Photostats.

如今，我们深信读者将欣喜地看到这些珍贵教导以全新的排版呈现，并汇集成册。

We believe the reader will be pleased to have them newly typeset and consolidated into one book.

扬升大师教导基金会（简称 AMTF)

Ascended Master Teaching Foundation

真理之路

THE PATHWAY OF TRUTH

引言

INTRODUCTION

我们将爱与感激献给真理之灵——挚爱的耶稣曾承诺，真理之灵将使所有被囚禁的生命获得自由！我们在此呼求挚爱的太阳女神维斯塔、挚爱的帕拉斯·雅典娜，为行星地球服务的真理女神；呼求挚爱的大天使拉斐尔与圣母玛利亚——真理的天使代表；以及挚爱的希拉里昂，祈愿他们将真理的感受、对真理的领悟以及关于真理的可行且实用的知识，引导至所有阅读此文之人的心中、思想中及所处的世界里！

Our love and gratitude extends to the Spirit of Truth, which beloved Jesus promised will set all imprisoned life free! We do invoke the beloved Vesta, Goddess of the Sun, beloved Pallas Athena, Goddess of Truth, for the planet Earth, beloved Archangel Raphael and Mother Mary, Angelic Representatives of Truth, and beloved Hilarion, to direct the feeling of truth, the

understanding of truth and the workable, practical knowledge of truth into the hearts, minds and worlds of all who read it!

愿宇宙基督真理此刻在人类的外在意识中扎根！愿人类在接受这一真理后，运用它在这片地球上建立上帝的国度——这片土地长久以来一直是无数个体的家园，他们正在其表面学习掌控能量与振动。诚心所愿！

Let Cosmic Christ Truth NOW find anchorage in the outer consciousness of mankind! Let mankind, receiving this truth, USE it to establish the kingdom of God here on this Earth, which has so long been the hostess of countless individuals learning to control energy and vibration upon her surface. So be it!

托马斯·普林茨，编辑

Thomas Printz, Editor

挚爱的扬升大师希拉里昂（第五光束的乔汉）的开示

Address By The Beloved Ascended Master Hilarion

(Chohan Of The Fifth Ray)

亲爱的朋友们，你们在漫长的岁月里一直寻求真理之路，我特此前来祝贺你们始终如一的探索。在这片地球上，真理在漫长的岁月里并未受到欢迎，而“真理的寻求者”始终是少数。绝大多数人一直更倾向于顺应某种现有的宗教，并不愿踏入更严苛的自律、自我克制和启蒙考验——这些正是发现真正的神之真理所必需的。

Beloved friends who have sought the pathway of truth for many ages, I come to congratulate you upon the constancy of your search. Upon this Earth, truth has not been welcomed for many ages, and THE SEEKERS AFTER TRUTH HAVE ALWAYS BEEN IN THE MINORITY. The great majority of the people have always preferred to conform to some existing religion, and have not been desirous of passing into the more

rigorous self-disciplines, self-denials and initiations required to find actual God-truths.

在大多数情况下，无论哪个时代、哪个世纪，个体都出生于某种特定的宗教环境中——这种信仰早已由他们的父母所确立——而他们在一次转世中，很少能从自己出生并成长于其中的宗教中迈出超越其范畴的一步。但无论如何，几个世纪以来，总有一小部分人一次又一次地投生，他们足够勇敢，能够刺穿虚伪、半真半假之说、教条主义以及人类观念中的仪式，寻求真正的道路。

For the most part, in every age and every century individuals are born into some particular religious activity which their parents before them had confirmed, and it is seldom they take more than one step upward in an embodiment from that religion into which they were born and in which they were raised. But then there are always the few, century after century, coming into embodiment again and again, brave enough to spear through hypocrisy, half-truths, dogmatism and rituals of human concepts, seeking to find the true way.

在这一世化身中，以及在许多之前的化身中，你们（我的听众和读者）至少曾试图弄清真理究竟是什么——那就是耶稣基督所说的真理："你们必晓得真理，真理必叫

你们得自由。”作为克里特岛真理兄弟会的代表，我们有幸、有责任、也有义务向宇宙中的生命流提供一切来自神的协助——不仅是对那些尚未扬升的化身生命流，也包括那些在出生之门前等待的生命流，只要他们真正且诚实地渴望了解真理究竟是什么。正如挚爱的莫里亚所言，从外在角度来看，1957 年对你们而言或许不会太舒适

In this embodiment, as well as in many previous ones, you, my listeners and readers, have at least sought to find out just what truth is—that truth of which Jesus, the Christ, has said, “ye shall know the truth, AND THE TRUTH SHALL MAKE YOU FREE.” It is our honor, responsibility and obligation to the universe, as representatives of the Brotherhood of Truth at Crete, to give every God-assistance to lifestreams, not only the unascended embodied lifestreams, but those waiting at the gates of birth, when they really and honestly wish to know what truth is. As beloved Morya has said, the year of 1957 may not be too comfortable for you, from an outer standpoint.

这是因为，当你们真诚地召唤真理之火时，它将开始作用于你们的情感体、心智体、以太体和肉体，瓦解人类的概念——这恰如人们敲碎砂浆和灰泥，以发现古代早期纪念碑内部美丽的大理石。因此，随着你们许多概念的瓦

解，会产生一种暂时的困惑与混乱感，但随后将被对真理更坚定的信念所取代。

This is because when you invoke the Flame of Truth sincerely, it will begin to act in your emotional, mental, etheric and physical bodies, dissolving human concepts, exactly as one crumbles away mortar and plaster to find the beautiful marble inside of the early monuments built in ancient times. So, as the crumbling of many of your concepts takes place, there is a temporary sensation of confusion and chaos, which will be replaced by a firmer conviction of truth.

在亚特兰蒂斯，我们有幸成为守护真理之焰的神庙祭司和女祭司中的一员。在那里，深受爱戴的帕拉斯·雅典娜（她也是你们 1957 年的伟大守护者之一）担任大祭司，她那璀璨的光芒为地球陆地表面上代表“白色圣团”的每一个人所熟知。她对绿色真理之焰的磁化力量不仅覆盖了亚特兰蒂斯大陆，更渗透了当时地球地表的大气层。目睹她将注意力及其光流转向万光之源，并凭借其召唤之力引出宇宙基督真理的绿色火焰，实乃壮丽非凡之景。

On Atlantis, we were privileged to be among those who were the priests and priestesses of the temple guarding the Flame of Truth. There, the beloved Pallas Athena (who is one of your

great sponsors for 1957) was the High Priestess, and her great light was known to every person representing the White Order on the landed surface of the Earth. Her power of magnetization of the green Flame of Truth covered not only the continent of Atlantis, but permeated the atmosphere of the surface of the Earth at that time. It was a magnificent thing to watch her as she turned her attention and the currents of her light to the Source of All Light, and by her powers of invocation drew forth the green Flame of Cosmic Christ Truth.

随后，与她一同在该神庙中服务的祭司和女祭司们，努力效仿她所展现的行动，他们也同样将更细微的宇宙基督真理之光引入了地球的大气层。正如我们之前告诉过你们的，他们练习将真理的美德、色彩、感受和能量投射到地球的大气层中。

Then the priests and priestesses who worked with her in that temple endeavored to duplicate the activity as she drew it forth, and they, too, drew smaller rays of Cosmic Christ Truth into the atmosphere of Earth. They practiced, as we have told you before, the projecting of the virtue, the color, the feeling and the pressure of Truth into Earth’s atmosphere.

在亚特兰蒂斯和利穆里亚文明时期，以及更早的时代，不时会有来自其他大陆神庙的各界人士造访真理神庙。其中有伟大的爱国者，他们渴望了解有关自己国家治理的真相；也有杰出的教育家，他们渴望获得更多的真理，希望在意识中点亮真理之光，从而为人民的教育指明正确的方向。还有伟大的慈善家，他们渴望了解如何才能最好地服务于同胞。

During Atlantean and Lemurian civilization, as well as those of earlier ages, from time to time there came from other temples located on other continents, various individuals making a visitation to the Temple of Truth. There were the great patriots, who wanted truth regarding the govern- ments of their lands. There were the great educators, who wanted more truth, the light of truth in their consciousness regarding ways and means of providing proper directions for their people's education. There were the great humanitarians, desirous of learning the truth as how best to serve their fellowman.

还有伟大的建筑师和设计师，他们热切地希望将“真理神庙”中完美无瑕的设计带回自己的国家。还有科学家们，他们希望完善那些辉煌的电子装置，并将这些作为伟

大的发明带回给自己的同胞。此外，还有那些伟大的传教士，他们特别致力于在灵性上服务于同胞。

There were the great architects and designers, who were eager to carry back to their own country the perfection of designs from the Temple of Truth. There were the men and women of science, who wished to perfect glorious electronic mechanisms and to carry those back to their people as magnificent inventions. Then, too, there were the great missionaries who particularly dedicated and devoted themselves to serving their fellowman spiritually.

同时，来自各个大陆的祭司们也在第七光束上积极活跃。这些访客经常（或有时一生仅此一次，这取决于他们的出行自由和学习能力）造访真理神殿，在那里，帕拉斯·雅典娜散发出她的光芒。在她的伟大光芒附近，他们会在七条建设性表达的通道上获得启迪，并将这份启迪带回给他们的人民。

Also, from every one of the continents there were the priests who were powerfully active on the Seventh Ray. These visitors often (or, sometimes only once in a lifetime, depending upon their freedom to travel and their capacity to learn) visited the Temple of Truth, where Pallas Athena gave forth her radiation.

Then in proximity to her great light, THEY WOULD BE ILLUMINED upon the seven channels of constructive expression and carry that illumination back to their people.

目前，受人爱戴的玛哈·乔汉正致力于（通过建立专门的力场）重建这一完整的活动，这将体现为扬升大师圣日耳曼的黄金时代的展现。例如，那些渴望并需要保护的人会知道，有一个团体专门负责吸引并辐射这种磁性力量。

It is currently the endeavor of the beloved Maha Chohan (through the establishment of the specialized forcefields) to re-establish the same entire activity which will be the expression of the Golden Age of the Ascended Master Saint Germain. For instance, those who desire and require protection would know there is a group dedicated to the drawing and radiating of that magnetic power.

那些渴望恩典与祝福的人会知道，我们受祝福的马哈乔汗有一个聚焦点。那些需要疗愈的人会知道该聚焦点在哪里。莫利亚大师和马哈乔汗致力于将这一图景呈现在学员面前，使其深入学员的思维与情感之中，但这一努力尚未充分奏效，以致于那种不偏不倚的态度尚未取代那种个人态度——后者往往更推崇某一种美德或活动而贬低另一种。

Those who desire grace and benediction would know that there is a focus of our blessed Maha Chohan. Those who would require healing would know where that focus is. The endeavor of Master Morya and the Maha Chohan to get this picture before the students, into their minds and feelings, has not yet taken hold sufficiently so that the impersonal attitude will supersede the personal attitude which acclaims any one virtue or activity more than another.

当我们在亚特兰蒂斯和利穆里亚开展工作时，信仰、爱与疗愈之间并不存在冲突。每个人都致力于凝聚、辐射并维系自身的美德，而地球的整体氛围以及人们的内在身体，都因每一个这样的“圣殿”而受益。当然，我们仍处于这个黄金时代的开端，许多人的个人自我尚未达到升华的境界——在那样的境界中，光线与美德才是重要的馈赠，而非吸引该光线的个人，或是履行该服务的团体。当马哈乔汗能够在某个团体（无论他们身处何方）中找到所必需的无私品质时，我可以坦率地告诉你们，这将极大地加速那些品质的扩展——这些品质对于渗透这颗行星的思维、情感、以太和物质层面的大气层是如此必要。

When we worked on Atlantis and on Lemuria, there was no war between faith, love, and healing. Each individual was

consecrated to the magnetizing, radiating, and sustaining of his own virtue, and the entire atmosphere of Earth, as well as the inner bodies of the people, were benefited by each such temple. Of course, we are yet in the beginning of this Golden Age, and there is much of the personal self of individuals who have not yet come to the place of sublimation where the ray and virtue are the important gift, rather than the personality drawing that ray, or the group performing that service. When the Maha Chohan can find within some group (wherever they may be) the selflessness which is required, I can tell you honestly that it will greatly hasten the expansion of the qualities which are so much required to permeate the mental, emotional, etheric and physical atmosphere of this planet.

在指挥管弦乐团时，指挥的作用至关重要。每位演奏特定乐器的音乐家都在为音乐贡献力量，当指挥示意停止时，他们便停止演奏，绝不会为了让自己的声音盖过他人而继续喧哗，从而在乐团中独领风骚。正是这种服务与行动的统一，一直是我们挚爱的摩诃乔汉历经许多时代以来的愿望与设计，而他现在正（通过莫利亚的活动）努力至少将这一理念呈现给已投生者的心智意识中。因此，我们这些承载真理之火并观察人类自我的人发现，人们有太强

的欲望想要“炫耀”所汲取的辐射力量，以致部分美德因此流失。

A conductor is very important when dealing with an orchestra, and each musician playing upon his particular instrument, each one contributing to that music, stops when the conductor signals to stop, and does not go on blaring above the rest of the orchestra in order to make one individual heard above the others. Just such unity of service and activity has been the desire and design of our beloved Maha Chohan for many ages, and which he is endeavoring now (through Morya’s activity) to at least present to the mental consciousness of the embodied. So we, who carry the Flame of Truth, and watch the human ego, find that there is so much desire to “show off” the power of radiation drawn, that some of the virtue is lost.

你们必须像某些修道院里的无私者那样，身着无缝长袍，将兜帽拉过脸庞。这是埃及和早期希腊神秘教派的启蒙考验，那时人没有身份，也没有名字。人从头到脚完全被兜帽遮盖，在沉默中奉献服务——他从不说话，而从身体散发出的辐射，正是所产生、被磁化并维持之物的印证。这是一系列艰难的启蒙考验，其中有些你通过了，有些则未能通过。

You will have to be like the selfless ones in certain monasteries, in the seamless garments, with the hood drawn over the face. That is an initiation of the Egyptian and early Grecian mysteries, when one had no identity and no name. One was completely hooded from head to foot and his service was given in silence—he never spoke, and the radiation which passed from the body was a confirmation of what was generated, magnetized and sustained. It was a difficult series of initiations, some of which you passed and some of which you failed.

我们向那座伟大的“真理神庙”致敬——当亚特兰蒂斯沉没时，深爱着它并始终铭记着那座美丽的帕拉斯·雅典娜神庙的祭司和女祭司们，将对它的记忆带到了如今的希腊半岛。当“真理神庙”最初在希腊建立时，那些致力于其教义的祭司和女祭司们历经了无数个世纪的投生与转世，这座宏伟的神庙才最终在物质层面显现出来。

We honor that great Temple of Truth, the memory of which, at the sinking of Atlantis, was brought over to the present Grecian Peninsula in the minds and hearts of the priests and priestesses who had loved it and had retained the idea of that beautiful temple of Pallas Athena. When the Temple of Truth was established originally in Greece, it took many, many centuries

of embodiment and re-embodiment upon behalf of the priests and priestesses devoted to its teaching, before the actual magnificent temple itself was physically manifest.

这座神庙在美感与完美程度上，几乎与原初的亚特兰蒂斯神庙如出一辙。要知道，一旦你目睹过某物，它便会留在你的记忆中，记录在你的以太体里（例如，就像你凝视城市中某座公共建筑那样），随后你便会在心中保留这一意象。现在，如果你拥有足够的毅力、足够的能量、足够的恒心以及足够的物质，你就能在地球表面的任何其他地方重现那座公共建筑。这就是在卢克索、希腊、香巴拉以及其他建立这些神庙的各地所做的事情。这些蓝图被带入了那些曾在这些神庙辉煌鼎盛时期亲临现场之人的思想和意识之中。

This was almost an exact duplicate in its beauty and perfection of the original Atlantean temple. You see, once you have looked upon a thing, it remains in your memory, recorded in your etheric body (for instance, as you might look upon one of the public buildings in your city), then you hold that idea in mind. Now, if you had tenacity enough, energy enough, constancy enough, and substance enough, you could recreate that public building at any other place on the Earth's surface.

That is what was done at Luxor, in Greece, in Shamballa, and various other places where these temples were established. The patterns were brought in the minds and consciousness of those who had been present in the height of the great glory of those temples.

请记住，这些人受“遗忘之带”法则的约束，这使得他们在每次肉身生命结束离世时，有可能遗忘这些蓝图。因此，他们再次以婴儿身体出生，必须成长至成年，在经历一世地球生活、一段脱离肉身的时期、以及一段出生和适应家庭与种族的时期之后，仍保有那个理念。随后，他们便竭力再次重现那完美的蓝图。我向你们提出挑战——即便是那些大半生都居住在同一座城市的人——你们能否仅凭脑海中的画面，重现其中一座公共建筑，尤其是当你们离世后又重新归来之时？我想是做不到的！

Those individuals, remember, were under the Law of the “Bands of Forgetfulness,” which allowed the possibility of their losing the memory of those patterns when they passed on at the close of each embodiment. Thus, they were born again in baby bodies and had to come to their majority, retaining the idea through an Earth life, a period of disembodiment, and a period of birth, adjustment to a family and race. Then, they

endeavored to recreate that perfect pattern again. I challenge you—even you who have lived in one city for most of your life—could you recreate from a thought-picture one of those public buildings, especially if you were to pass from the body and come back again? I think not!

那些创建了这座希腊真理圣殿的存有们，当然是在帕拉斯·雅典娜的辐射之下，他们接受了她爱与光的巨大保护。几个世纪更迭，最终，如同卢克索的宏伟宫殿一般，随着希腊文明的衰落，“真理神庙”的辉煌也开始日渐衰败。

Those beings who created this Grecian Temple of Truth were, of course, under the radiation of Pallas Athena, and they received the tremendous protection of her love and light. Centuries came and went, and finally, like the great palaces at Luxor, the magnificence of the Temple of Truth began to fall into decay, through the decline of the Grecian civilization.

此后，便出现了被称为“德尔斐神谕”的组织。他们中的大多数曾隶属于帕拉斯·雅典娜的宫廷。这些德尔斐神谕者履行着与如同今日的开示传导者相同的服务，任何伟大的神性存有（大天使、御天使、炽天使、智天使或扬升大

师）都可以在必要时借用这样的神谕者的身体，以便向聚集在一起寻求帮助的群体传授教诲。

After that time, there arose the order known as the Delphic Oracles. Most of them had belonged to Pallas Athena's court. These Delphic Oracles performed the same service as our speaker, and any great God-being (Archangel, Archaii, seraphim, cherubim, or Ascended Master) could use the body of such an oracle upon occasion, in order to give instruction to a group who would gather together to receive that assistance.

最初的德尔斐神谕者们，从幼年时期起就接受了严格的训练。他们被隔绝于外界，因此既不受自身个性影响，也不受他人个性的压力。他们是一条清晰的"管道"，神性存有可以通过它接触到地球上少数寻求真理的人。后来，正如你们所知，这些神谕不再保持完全的纯净。其中几位曾在前世于亚特兰蒂斯从事黑魔法活动，后来为了牟利而向各个政府出卖自己。他们向轻信的人们传达的信息，其实是事先由某些不择手段之徒代为写好的——这些人为了推进自己的"事业"，买通了该神谕者的服务。

The original Delphic Oracles were carefully trained from early childhood. They were protected from all contact with the

outside world and therefore from all pressure of personality of their own or others. They were a clear “pipeline” through which the Divine Beings could reach the few who were seeking truth upon this planet Earth. Then, as you have been told, the oracles no longer remained completely pure. Several of these who had performed services of black magic on Atlantis in prior embodiments, sold themselves for profit to various governments. The messages which they gave to the credulous people were previously written out for them by some unscrupulous individual who had bought the services of that oracle in order to further his “cause.”

于是，德尔斐神谕的光芒逐渐黯淡，当时好多人都彻底失望了，直到现在都还没从这种失望里缓过来。他们正是那些对任何神秘现象或任何形式的超感官知觉都抱有极度怀疑的人。要知道，他们曾经满怀希望与信念而来，却遭到了欺骗。我个人将生命中的很大一部分奉献给了这些人，希望引导他们达到这样一种境界：渴望去了解那将使他们获得自由的真理。

So, the light of the Delphic Oracles diminished, and a great many of the people, completely disillusioned at that time, have not recovered from this disappointment, even to this present

day. They are those who are so very suspicious of anything in the way of a mystic phenomena or extra-sensory perception of any kind. You see, they had once come in hope and faith, and had been deceived. It is to those people I have personally dedicated a great portion of my life, hoping to bring them to a point where they desire TO KNOW THE TRUTH WHICH WILL SET THEM FREE.

目前，在克里特岛上空的以太层中，有一座宏伟的“真理神庙”复制品。它看起来有点像帕特农神庙——今天仍可见到其遗迹——但规模要大得多。

Presently in the etheric atmosphere over Crete, we have a magnificent replica of the Temple of Truth. It looks something like the Parthenon, the ruins of which may be seen today, but very much larger.

众所周知，乔达摩尊者在寻求真理的道路上绝不妥协，他对真理的热爱使他经历了鲜有人能轻易通过的严苛试炼。当他找到“至高真理”后，他做出了重返人间传授真理的伟大牺牲——而他确实为此奉献了许多年。

As you know, Lord Gautama was absolutely relentless in his search for truth, and his love of that virtue took him through initiations the like of which few individuals could easily pass.

When he found the ULTIMATE, he made that great renunciation of returning to the Earth to teach truth—which he did for so many years.

我们的神殿规模宏大，自其在以太界显现以来的无数岁月里，常有各方存有前来参访。自 1957 年 1 月 15 日开放以来，许多圣团成员陆续到访，我们举行了多次会议，如同常设开放道场。挚爱的帕拉斯·雅典娜——伟大的真理女神，您是否有什么话想对这些人说？

Our temple is very large, and there have been visitors to this temple for many, many centuries since its advent in the etheric realm. Since we opened on the 15th of January, 1957, there have been coming many of the Hierarchy and we have had many councils, “open house,” you might say. Beloved Pallas Athena, great Goddess of Truth, is there anything you would like to say to these people?

注：挚爱的希拉里昂，第五光束的乔汗，在他最后一次地球化身中是耶稣基督的著名使徒（圣保罗）。

Note: Beloved Hilarion, Chohan of the Fifth Ray, was the famous apostle of Jesus Christ, Saint Paul, in his last embodiment on Earth.

挚爱的帕拉斯·雅典娜的开示

ADDRESS BY BELOVED PALLAS ATHENA

是的，孩子！我想说，自从我站在挚爱的维斯塔的光环之中，并被赋予了为地球人民维护真理的义务和责任——无论何时何地，只要他们寻求并需要真理——我便一直尊崇真理的存在。我满怀无以复加的感激之情，不仅在此地，而且在已知世界的各个角落，人们心中都在呼唤真理。他们不再甘于被欺骗，而这种发自内心的对真理的渴望，正是我们向他们倾注真理并给予一切可能的神圣协助的敞开之门。

Yes, son! I would like to say that I have honored the presence of truth, ever since I stood in the aura of beloved Vesta and was vested with the obligation and responsibility of sustaining truth for the people of Earth whenever and wherever they should ask for and require it. I am grateful beyond limit that not only here, but all over the known world, cries for TRUTH are arising from the hearts of the people. They are no longer content to be deceived, and this desire for truth from within their hearts is the open door which we use to pour that truth back to them and give every God-assistance possible.

今年内，将有两道生命之流降生于地球（他们是近期因你们强大的呼唤而从“禁锢之地”中获释的）。他们曾属于那个在衰落时期的德尔斐团体，因此恳请你们发出呼唤，使那弱点的“根源与核心”从他们身上被清除，并愿这些个体在成年之时，能够重新获得我们曾经知晓、并在地球上目睹过的德尔斐神职人员的尊严。

There will be born here on Earth in the course of this year, two lifestreams (of those who have recently been released from the “compound” through your tremendous calls). They belonged to that Delphic band during its decline, so will you please be so kind as to make calls that the CAUSE AND CORE of that weakness be removed from them, and that those individuals, when they reach their majority, may re-attain the dignity of the Delphic priesthood which we once knew and saw manifest upon this Earth.

我将“真理之火”赐予你们，这正是我心中的火焰。请用这存在于我心中、也存在于你们心中的“真理之火”来检验每一段经历。呼唤我的名字，召唤我的临在，你们便会获得那火焰以及我所能给予的一切协助！现在，我挚爱的玛哈·乔汉，你愿意对这些人讲话吗？

I give to you the Flame of Truth, which is the flame in my heart. Test every experience against that Flame of Truth, which is within my heart and yours. Speak my name, call my presence, and you shall have that flame and all the assistance which I can give! And now, my beloved Maha Chohan, will you speak to these people?

挚爱的玛哈·乔汉的开示

ADDRESS BY BELOVED MAHA CHOHAN

只需告诉各位亲爱的女士们、先生们，尽管人类制造的漩涡仍如此之多，但他们在地球大气层中建立力场的工作已做得相当出色。告诉他们，未来事物的画面与模式，早在以具体形态显现之前，便已闪现于心灵之眼。无论是压力、紧张、焦虑还是忧虑，都无法完成以爱给予的服务所能成就之事。容我直言：我认为我们的孩子——我们挚爱的希拉里昂——正如许多乔汉一样，因对弘扬“真理之火”怀有浓厚兴趣，有时会在那些目前身心已绷得过紧、且灵魂历经磨难的弟子身上，无意间造成了一种紧张感。因此，我要对这些挚爱的弟子们说：平安与安慰！你们已经走过了漫长的路！你们做得很好！我爱你们！

Just tell the dear ladies and gentlemen that they have done considerably well in establishing forcefields in the atmosphere of Earth while yet there are so many riptides of human creation. Tell them that the pictures and patterns of things to come flash through the mind’s eye, long before they are manifest in form. Neither stress nor strain, tension nor worry, can accomplish that which service given in love can do. May I say that I think

our son, our beloved Hilarion, through his great interest in promoting the Flame of Truth (like so many of our Chohans) has sometimes unconsciously created a feeling of tension in bodies that are strung all too tightly at present, and in souls that have endured much. So, to these beloved chelas, I say, peace and comfort! You have come far! You have done well! I LOVE YOU!

辨识真理的谕令

DECREE TO RECOGNIZE TRUTH

以我挚爱的 I AM 临在之名与权威，我呼唤挚爱的维斯塔（来自我们物质太阳的真理之母）、挚爱的帕拉斯·雅典娜（真理女神）、挚爱的拉斐尔（真理大天使）、挚爱的希拉里昂（真理之光的乔汉），以及克里特的兄弟会——

In the name and authority of my own beloved I AM Presence, I call to the beloved Vesta (Mother of Truth from our physical Sun), beloved Pallas Athena (Goddess of Truth), beloved Raphael (Archangel of Truth), and beloved Hilarion (Chohan of Truth) and to the Brotherhood at Crete—

注入、注入、注入，将宇宙基督真理那美丽的绿色火焰注入人类创造的每一道阴影的根源与核心！

CHARGE, CHARGE, CHARGE, the beautiful green Flame of Cosmic Christ TRUTH into the CAUSE AND CORE of every shadow of human creation!

注入、注入、注入，将宇宙基督真理的绿色火焰注入所有处于此辐射之下的学员体内，并赋予他们此刻亟需的辨别之力。

CHARGE, CHARGE, CHARGE the green flame of cosmic Christ TRUTH INTO ALL STUDENTS UNDER THIS RADIATION and give them the power of discrimination so much needed at this time.

挚爱的 I AM。我此刻下令，今日成就，永久存续。（重复三遍）

Beloved I AM. I now command. Do it today. Do it to stay. (3)

神圣基督圣火（歌曲）

HOLY CHRIST FLAME

Thou Holy Christ Flame within my heart,

居于我心中的神圣基督圣火，

Help me to manifest all thou art;

助我全然活出你的本相；

Teach me to see thyself in all,

教我在万物之中看见你，

help me to show men how to call ALL OF THY GLORY FROM THE SUN

教世人呼求，自太阳召来你全部荣光

'Til Earth's great victory is won!

直至地球赢得伟大得胜！

I AM, we love thee—thou art our ALL!

I AM，我们爱你——你是我们的全部！

I AM, we love thee—HEAR OUR CALL!

I AM，我们爱你——请倾听我们的呼唤！

I hear thy call, my children dear,

我听见你们的呼求，我亲爱的孩子，

I AM thy heart, so never fear;

I AM 就是你们的心，无需恐惧；

I AM thy mind, thy body, too,

I AM 你们的心智，也是你们的肉身，

I AM in every cell of you;

I AM 存在于你们的每一细胞之中；

I AM thy earth, and sea, and sky

I AM 是你们的大地、海洋与天空

And not one soul shall I pass by.

没有任何灵魂被我舍弃。

I AM in thee, thou art in me—

I AM 在你们之内，你们在我之内——

I AM, I AM Earth's VICTORY!

I AM，I AM 是地球的胜利！

Note: This song, with accompanying beautiful melody, was created and used by Lord Maitreya in his attainment of victory, and it will soon be available in sheet music for all. Until then, say it as a prayer.

注释：这首诗歌配有优美曲调，由弥勒上师证得胜利之时所作、传唱，不久会发行乐谱；在此之前，可当作祷文诵读。

真理于我何等珍贵（歌曲）

TRUTH IS SO PRECIOUS TO ME

To Helios and Vesta, from whence our Earth came

致赫利俄斯与维斯塔，地球自他们而出，

(The Sun of God's Truth and his bright Wisdom Flame),

（神之真理的太阳及其明亮智慧火焰），

I sing for the people of Earth in God's Name:

我奉神之名，为地球上的人们歌唱：

“Light's Truth is so precious to me!”

“圣光中的真理于我何等珍贵！”

Chorus 副歌

Light's truth is so precious to me,

圣光真理于我何等珍贵，

Her fullness of love let all be!

愿众生领受它满溢的大爱！

In full God-control, now possess every soul,

在全然神性掌控之中，占据每个灵魂，

O Vesta, draw Earth back to thee!

维斯塔，将地球重归你的怀抱！

To Pallas Athena, my heart-friend so dear,

致我知心挚友帕拉斯·雅典娜，

I joyously sing as I welcome you here,

我欢欣地歌唱，在此欢迎你，

Now flood all my world with your truth, crystal clear,

愿清澈纯粹的真理，充盈我的全部生命，

Make your truth so precious to me!

让你的真理于我无比珍贵！

Chorus 副歌

Make your truth so precious to me,

让你的真理于我无比珍贵，

All truth with your sight let me see!

借你的洞见，让我看清一切真理！

In lovely green flame, God's perfection I claim,

在华美绿色圣火之中，我宣告拥有神性圆满，

For truth is my full mastery!

只因真理是我全然的主宰！

Hilarion dear is the Chohan of Truth,

亲爱的希拉里昂是真理之光的乔汉，

The friend of agnostics and guardian of youth!

不可知论者的朋友，青年的守护者！

The flower of faith has his truth as its root,

信仰之花以他的真理为根，

And truth is so precious to me!

真理于我何等珍贵！

2nd Chorus 第二副歌

Yes, all shall know truth now to be,是的，所有人都将认识真理就是那，

Love's power that sets all Earth free;爱的力量，解放整个地球；

And freedom so gained is forever sustained 这般得来的自由永恒存续，

By heaven's divine harmony!依靠天国神圣的和谐！

Hymn Tune: “He is So Precious to Me”诗歌配曲：《祂于我何等宝贵》

THE TEACHINGS OF THE BROTHERS OF THE GOLDEN ROBE (III)

金袍兄弟会的教诲（一）

前言

INTRODUCTION

Our love and gratitude extends to the beloved Ascended Master Kuthumi, whose interest in mankind as Chohan of the Second Ray, helps to illumine the outer consciousness as to the truth of life.

我们将爱与感恩献给挚爱的扬升大师库图米，身为第二道光束统领，他心系众生，启迪世人外在心智领悟生命真理。

Kuthumi, through mercy, interceded before the Karmic Board, and late in the Nineteenth Century, his petition that there

should never be a second death for any lifestream belonging to Earth's evolutions, was granted.

库图米出于慈悲，曾向业力委员会恳求，并于十九世纪末，其关于“任何属于地球进化进程的生命流都不得再经历第二次死亡”的请愿获得了批准。

He served, with myself, in the establishment of the Theosophical Society, and naturally I love him dearly. I do decree that all Kuthumi's love and wisdom will enter the world of the gentle reader to give understanding and, with that understanding, a prompting to do good works in God's most holy name! So be it!

他曾与我一同致力于神智学会的创立，因此我自然对他怀有深厚的爱意。我在此宣告：库图米的一切爱与智慧都将进入各位亲爱的读者的世界，赋予你们理解力，并借此理解，在上帝至圣之名下，激励你们行善！愿如此成就！

*Note: The Master Kuthumi has since been elevated to the Office of World Teacher, in co-partnership with the Master Jesus.

*注：库图米大师此后已被擢升为世界导师，与耶稣大师共同担任此职。

Thomas Printz, Editor

托马斯·普林茨，编辑

扬升大师库图米开示 954 年

Beloved Children of God, the Father,

挚爱的天父的儿女们，

In the name of the Lord Buddha, in the name of the Cosmic Christ, and in the name of the Second Ray, I bring you greetings and blessings of our light, which become for you the gift of illumination.

奉佛陀之名，奉宇宙基督之名，奉第二光束之名，我向你们致以问候，并把我们之光的祝福赐予你们，这将成为你们获得启迪的礼物。

Absorb it, use it, weave it as you will into the perfume of your own being, into the radiant colors of your personal aura, and into that exquisite, individual design, which it is your privilege

and honor to fulfill and manifest in expanding the will of God and the borders of your Father's kingdom.

请吸收它、运用它，随心所欲地将其编织进你们自身存在的芬芳之中，编织进你们个人光环的璀璨色彩之中，以及编织入那精致的个体蓝图——在拓展上帝的意志和你们天父王国的疆界时，实现并彰显这一蓝图，是你们的特权与荣耀。

YOU ARE THE SHEPHERDS OF THE RACE. You were chosen by the great Lord Maitreya because of certain wealth of experience and momentum in your Causal Bodies. You have been given an opportunity to receive more understanding to make your own instruments (inner bodies, as well as outer consciousnesses) more efficacious for the spiritual work in which you are engaged, that is, purifying yourselves and carrying the word of the Masters to the rest of mankind.

你们是人类的“牧羊人”。你们之所以被伟大的弥勒佛选中，是因为你们因果体中蕴含着丰富的经验与势能。你们获得了进一步领悟的机会，使你们自身的工具（内在身体，以及外在意识）在你们所从事的灵性工作中更为有效，即净化自身并将上师的教诲传给全人类。

The choice of lifestreams who are to receive A MORE THAN ORDINARY BLESSING IS DEPENDENT UPON THE WEALTH OF ACCUMULATED GOOD IN THE CAUSAL BODY, so there is never a mistake made when an individual is invited into the presence of the Ascended Masters and asked to partake of the spiritual food (instruction) at their tables.

哪些生命流能领受“超乎寻常的祝福”，取决于其因果体中积累的善德的丰厚程度，因此当某人被邀请到扬升大师面前，并被邀请在他们的餐桌上分享灵性食粮（教诲）时，绝不会出错。

As has been described to you, the Manu of each root race chooses souls for the first initial impulse of incarnation in that root race. They are lifestreams whose Causal Bodies are rich in the particular qualities requisite to the building of a foundation of work in the world of form. Those individuals are given the first invitation to participate in the glorious work of pioneering, while others, with a lesser store of the developed momentum of capacities and powers, come later to enjoy the fruits and the harvest planted by the valiant, the bold and the strong lifestreams who have gone before them.

正如此前曾告知你们的那样，每个根种族的摩奴都会挑选灵魂作为该族群首批投生者。这些生命流的因果体蕴含着丰富的特定品质，正是在形态世界中建立工作基础所必需的。这些个体首先受到邀请，参与光荣的开拓事业；而那些在能力与力量方面已发展出的动能储备较少的人，则会在稍后到来，享用那些先于他们而来的英勇、大胆且强大的生命流所播种的果实与收获。

In our activity under the Second Ray, it is the responsibility of the current World Teacher (presently Lord Maitreya) to look upon the pattern which will be the evolutionary progress of the planet for each two-thousand years, (the entire cycle consisting of seven such two-thousand-year periods, making fourteen thousand years in all). The World Teacher then is required, through his lieutenants, to look upon and study the soul-light and development of every lifestream belonging to the evolution. This is not a small task, because the type of religion and worship that are developed and externalized in each two-thousand-year cycle will depend entirely upon the capacity of the souls belonging to the evolution to assimilate, digest and make their own, the gift offered them.

在我们第二光束的活动范畴内，现任世界导师（即弥勒尊者）的职责是审视地球每两千年进化进程的蓝图（整个周期由七个这样的两千年时期组成，共计一万四千年）。因此，世界导师必须通过其副手，审视并研究属于该进化进程的每一条生命流的灵魂之光及其发展状况。这是一项艰巨的任务，因为在每个两千年周期中发展并外显的宗教与崇拜形式，将完全取决于属于该进化进程的灵魂们吸收养分、消化并将其所获馈赠内化为己有的能力。

So, when the great cosmic wheel turns in each two thousand years (the wheel making one complete revolution every fourteen thousand years), the World Teacher immediately begins to study the divine plan for the two-thousand-year period then in progress, after which, in cooperation with the Chohan who is to be the presiding Master for that cycle, he develops a system of religion, ceremonial worship, teaching and education which can best accelerate the progress of the individual and collective units who will use the Earth as a schoolroom during that particular period.

因此，当巨大的宇宙之轮每两千年转动一次（该轮每一万四千年完成一次完整旋转）时，世界导师会立即着手研究当时正在进行的两千年时期的神圣计划，随后，他将

与主掌此周期的乔汗（主持大师）协同合作，制定一套宗教体系、仪式崇拜、教义及教育体系，以最有效地加速那些在该特定时期将地球作为课堂的个体和集体单位的进步。

As is evident, in the Earth's evolution, the great cosmic wheel has turned many times in its fourteen-thousand-year cycle, while in the beginning it was intended that at the completion of each fourteen thousand years, each new group of souls was to have reached God-maturity and attained their ascension. According to the divine plan, it takes approximately fourteen thousand years from the time of incarnation, for one soul to achieve God-mastery.

显而易见，在地球的演化过程中，巨大的宇宙之轮已在其一万四千年的周期中转动了许多次，而最初的安排是：每当一万四千年周期结束时，每一批新的灵魂都应达到“神性成熟”并实现扬升。根据神圣计划，一个灵魂从投生起大约需要一万四千年才能达到“神性主宰”的境界。

The soul is exposed every two thousand years to the predominant ray, presided over at present by El Morya, then the Second Ray of which I am the representative, the Third Ray, under the direction now of the beloved Venetian, the Fourth

Ray of Serapis Bey, the Fifth Ray of Hilarian, the Sixth Ray of Master Jesus, and the Seventh Ray of Saint Germain, into whose cycle we have just entered, the blessed rays overlapping and interpenetrating each other for a certain time.

每两千年，灵魂就会受到一种主导光束的影响：目前由埃尔·莫利亚主持的第一光束，随后是我所代表的第二光束，由深受爱戴的威尼斯人领导的第三光束，塞拉皮斯·贝伊的第四光束，希拉里昂的第五光束，耶稣大师的第六光束，以及圣日尔曼的第七光束——我们刚刚进入的正是这一光束周期——这些神圣的光束会在一定时间内相互重叠、相互渗透。

Of course, the present Chohans have not held these offices from the beginning of time. AT THE FIRST DESCENT OF MANKIND ONTO EARTH, THE SEVEN GREAT ARCHANGELS HELD THE OFFICES OF THE CHOHANS.

当然，现任的乔汉们并非自古以来就担任这些职务。在人类首次降临地球之时，七位大天使曾担任乔汉的职务。

Then, as various lifestreams evolved, the Perfected Ones of the race assumed such offices, giving freedom to the Archangels to serve in other fields.

随后，随着各种生命流的演化，族群中修成的圆满存有接管了这些职务，使大天使们得以在其他领域自由服务。

The divine plan is that the fourteen-thousand-year cycle, as the wheel turns, is necessary to nourish the seven ganglionic centers within the consciousness and the vehicles of man, and to make him at the end of the fourteen thousand years, a God-dignified prince, similar to your Master Saint Germain, Lord of the Seventh Ray.

神圣的计划是：这个一万四千年的周期，恰如轮轴运转，对于滋养人类意识及各层身内七个神经节中心是必不可少的，并使人类在一万四千年结束时，成为一位具有神之尊严的王子，如同你们的上师圣日耳曼——第七光束之主。

You will see that, as mankind has inhabited the Earth for millions of years, we are far behind in the progress of the entire evolutionary scheme, but now we have come to the turning of the cosmic wheel again. The Sixth Dispensation of the Master

Jesus has actually closed, and the opening of the outpouring of the Seventh Ray has begun. With the details of this you are familiar, so I shall not burden you further, except to give you the aspect of the activity of the Second Ray in connection with this Seventh Ray service.

你们会看到，尽管人类在地球上居住了数百万年，但在整个进化计划的进程中，我们仍远远落后；但如今，我们又来到了宇宙之轮转动的转折点。耶稣上师的第六个恩典期实际上已经结束，第七道光的倾注已然开启。你们对此细节已很熟悉，因此我不再赘述，仅向你们说明第二道光在此第七道光的服务中的作用。

When Lord Maitreya began to design the world religion with the Ascended Master Saint Germain for his Seventh Ray cycle, they had to take into consideration, first, THE AMOUNT OF ETERNAL LIGHT THE PLANET EARTH AND HER PEOPLE WERE REQUIRED TO GIVE FORTH BY COSMIC LAW OR BE DISSOLVED, and, second, the capacity of the souls (the ten billions belonging to this evolution) to receive and understand the deeper instruction given. This was no easy task, because the climax of the fourteen-thousand-year cycle

should have been reached, and every lifestream already developed to the status of a Christ under the Sixth Ray.

当弥勒尊者与扬升大师圣日耳曼共同为其第七道光的周期设计世界宗教时，他们首先必须考虑两点：其一，根据宇宙法则，行星地球及其人民需要发出多少永恒之光，否则将被解体；其次，必须考量灵魂（属于这一进化进程的 100 亿灵魂）接收并理解所给予的更深层教导的能力。这绝非易事，因为一万四千年周期的巅峰本应已经到来，而每一条生命之流都应在第六光束下发展到基督的境界。

Every man, woman, and child, already under the Sixth Ray, should have manifested the mastery that you have seen expressed through the Master Jesus. Then, as the Seventh Ray comes in and the ceremonial activity is developed, the entire evolution should have been ready to participate in the glorious cooperation between the visible angelic host, and the divine God men and women, and the shining elemental kingdom. You can see how far short of this even the shepherds (forgive me) are. Yet, we have but a few years to raise at least the shepherds to a point where the instruction of the new day—the divine ceremonial activities of Saint Germain—can be anchored through these shepherds and then brought intelligently by them

to mankind. However, we are fortunate that there are some men and women on the Earth who are even willing to listen to us.

每一个已处于第六道光之下的男人、女人和孩子，都本应展现出你们曾通过耶稣大师所见的那种大师境界。然后，随着第七道光的降临和仪式活动的展开，整个进化进程本应做好准备，参与可见的天使大军、神圣的上帝之子与上帝之女，以及闪耀的元素界之间那辉煌的合作。你们可以看出，就连那些牧羊人（请原谅我这么说）也离这一境界相去甚远。然而，我们仅剩几年时间，至少要将这些牧羊人提升到这样的境界：新纪元的教导——圣日耳曼的神圣仪式活动——能够通过他们得以锚定，并由他们明智地传递给全人类。不过，我们很幸运，地球上仍有一些男女仍然愿意倾听我们的声音。

My beloved brother, Morya, and myself have worked since early in the Nineteenth Century to reach the consciousness of mankind. You are familiar with our endeavors through the Theosophical Society, which we bless forever for having at least given an intellectual knowledge to so many people in the occidental world. We are grateful also to all other channels who have faith in us, for there is no way for the spiritual Great White Brotherhood to reach the mankind of Earth except

through some members of the human race who yet wear bodies of flesh. We must use your lips, bodies, consciousness, the conviction and faith of your feeling worlds and the clarity of reception in your mental bodies to convey the pattern and plan for the New Era. You will see, therefore, that THE GREATEST INDIVIDUAL SERVICE YOU CAN RENDER US IS TO PURIFY AND HARMONIZE YOUR OWN VEHICLES THAT WE MAY HAVE THE FREEDOM, THROUGH YOU, AND THROUGH YOUR FAITH, TO REACH MANKIND.

我挚爱的兄弟莫里亚和我，自十九世纪初以来便一直致力于唤醒人类的意识。你们熟悉我们通过神智学会所做的努力，我们永远祝福该团体，因为它至少为西方无数人带去灵性理论认知。我们亦感恩所有信靠我们的传导管道，因为除了通过那些仍身处血肉之躯的人类成员之外，“伟大的白色兄弟会”别无他法触及地球上的人类。我们必须借助你们的唇舌、身体、意识、情感世界中的信念与信心，以及你们心智体中清晰的接收能力，来传达新时代的蓝图与计划。因此，你们会明白，你们能为我们提供的最伟大的个人服务，就是净化并调和你们自身的载体，这样

我们才能通过你们，并通过你们的信念，自由地接触全人类。

We are endeavoring in every way possible to present the activities of the various members of the Brotherhood to and through you. Lord Maitreya and Saint Germain, in discussing these plans of activity for this new activity (The Bridge), determined, among other things, to bring the Ascended Masters through the veil in feeling, so that you can feel us as LIVING, BREATHING BEINGS. To this end, Lord Maitreya requested that we might share with you certain personal experiences which we went through, by which we gained our victory, as well as certain happiness and also confusions, like those many of you are undergoing at present, by means of which disciplines we, through determination, raised ourselves to our present perfect estate (Ascended Master and cosmic consciousness).

我们正竭尽全力，通过各种可能的方式，向你们展示兄弟会各成员的活动。弥勒尊者与圣日耳曼在商讨这项新活动（“桥梁”）的计划时，除其他事项外，还决定让扬升大师们在情感层面穿越帷幕，以便你们能感受到我们是有生命、会呼吸的存在。为此，弥勒尊者请求我们与各位分

享我们曾经历的某些个人体验——正是通过这些体验，我们获得了胜利，也体验了某些喜悦以及困惑，就像你们许多人目前正在经历的那样；正是通过这些磨练，我们凭借坚定不移的决心，将自己提升到了如今完美的境界（扬升大师与宇宙意识）。

Beloved Lord Maitreya further desired that the students be made acquainted with the specific activities of the various members of the Hierarchy. We are all specialists by training, and when you get this understanding, it will relieve you of the tremendous feeling of personal disquiet and human jealousy which some souls manifest with regard to the accomplishments of others.

敬爱的弥勒尊者还希望让学员们了解圣团各成员的具体活动。我们都是经过专业训练的专家，当你们理解这一点时，就会消除那种巨大的个人不安和人类嫉妒感——某些灵魂在面对他人的成就时会表现出这种情绪。

As I say, even WITHIN THE ASCENDED MASTERS' REALM, BELOVED ONES, WE ARE ALL SPECIALISTS. That means that we have taken primal life, which is the beat of the immortal Threefold Flame in our hearts, and invested it in certain activities, thus becoming masters of the constructive

qualification of energy along specific lines. This, in turn, has builded into our Causal Bodies certain momentums of specialized energy that, like money in the bank, is ours to use and call forth when the requirement of the hour demands it. You, too, each and every one, are specialists in a particular virtue. Your own Causal Bodies contain certain momentums which you have builded into them through services in the various temples, perhaps in the Healing Temples, or in the political world, or the avenues of mercy or education, or whatever the service may be. Being specialists in your Causal Bodies, you have been chosen, as a woman would select a bouquet—each beautiful flower blending with the other to make a great harmonious whole, the very blending of the colors and perfumes, the shapes and the fragrance making that bouquet an exquisite thing for all to see.

正如我所说，亲爱的朋友们，即便在扬升大师所属的领域之内，我们都是专家。这意味着我们已将原始生命——即我们心中不朽的三重火焰的跳动——投入到某些活动中，从而成为特定领域中能量建设性转化的大师。这反过来又在我们的因果体中积累了某些专门能量的动能，就像银行里的存款一样，在关键时刻需要时，我们可以随时调

用并加以运用。你们每个人，同样都是某种美德的专家。你们各自的因果体中蕴含着特定的动能，这些动能是你们通过在各类圣殿中的服务积累而成的——或许是在疗愈圣殿，或许是在政治领域，或许是在慈悲或教育之道上，无论服务形式如何。正因你们各具所长，才蒙拣选，正如一位女士挑选花束一般——每一朵美丽的花朵相互交融，构成一个和谐的整体；正是色彩与芬芳、形态与香气的完美融合，使那束花成为供众人欣赏的绝美之物。

So has Lord Maitreya, Saint Germain, El Morya and every Master connected with the fashioning of the heart-center of this new activity, looked upon the Causal Bodies of each of you, and drew you together, that the specialization of your own good might become part of the strength of the whole. IT IS A TREMENDOUS THING, BECAUSE THE BLENDING OF THE GOOD OF YOUR CAUSAL BODIES WILL BUILD INTO THIS “BRIDGE” THE STRENGTH REQUIRED TO CARRY THE WEIGHT OF THE ENTIRE RACE SO THAT THEY MAY PASS INTO FULLER AND MORE PERFECT FREEDOM.

同样，弥勒佛、圣日耳曼、埃尔·莫利亚以及每位参与塑造这一新活动“心中心”的大师，都审视了你们每个人的

因果体，并将你们汇聚在一起，使你们各自的专长能够成为整体力量的一部分。这是一件了不起的事情，因为你们因果体的善德交融，将为这座“桥梁”注入所需的力量，以承载整个人类的重担，使他们得以迈向更圆满、更完美的自由。

Speaking of our specialization, except for the esoteric students, mankind has not understood much of what the various Chohans, Archangels, Elohim and members of the Brotherhood have done or are doing. So, Lord Maitreya has asked us, whenever we are given opportunity to speak, to give some portion of that specific service which we render in the divine plan. THAT IS WHY I TELL YOU THAT THE BELOVED LORD MAITREYA, SAINT GERMAIN, AND MYSELF HAVE WORKED OUT A COURSE OF RELIGION AND CEREMONIAL WORSHIP WHICH WE ARE ENDEAVORING TO DIRECT, THROUGH THIS HEART-CENTER, INTO THE CONSCIOUSNESS OF INTERESTED PEOPLE, and later by contagion and example set by our chelas, into the consciousness of all mankind.

说到我们的专长，除了秘传学子之外，人类对诸位乔汉、大天使、埃洛希姆以及兄弟会成员所做或正在做的事

情知之甚少。因此，弥勒尊者要求我们，每当我们有机会发言时，都要介绍我们在神圣计划中所承担的特定服务内容。正因如此，我告诉你们：挚爱的弥勒尊者、圣日耳曼以及我本人，已经制定了一套宗教与仪式崇拜的课程，我们正致力于通过这个“心中心”，将这套课程引入感兴趣的人们的意识中，并随后通过我们的弟子们所树立的榜样与感染力，将其引入全人类的意识之中。

It is regrettable that so far so much of our energies have been used in the coaxing of the reluctant energies of the various selves of the student body into any semblance of unity. Thus we have not been able to bring forth the beauty of the ceremonial worship, which I know will delight your hearts. However, at this point, we feel that that unity, harmony and oneness, which come with understanding, will perhaps give us a platform upon which we may build the future.

令人遗憾的是，迄今为止，我们耗费了太多的能量用于劝导修行者放下分歧、趋向合一。因此，我们尚未能展现仪式崇拜之美——我深知它会令你们心生欢喜。然而，此刻我们感到，伴随理解而来的团结、和谐与合一，或许

将为我们提供一个平台，让我们得以在此基础上建设未来。

You are men and women who have left the mass-mind, for one reason or another. I KNOW YOU ALL WELL, HAVING HAD ASSOCIATION WITH EVERY ONE OF YOU THROUGH THE CENTURIES, and I love you very much.

你们是一群因种种原因而脱离了群体意识的男女。我非常了解你们所有人——因为几个世纪以来，我与你们中的每一位都有过交往——而且我非常爱你们。

Now in this embodiment, you have chosen to rise up, throw off your child's estate, face God and ask for your reason for being. That is a magnificent initiation and accomplishment. Do you know that no angel, Master, deva, or elemental would presume to ask for life, or the sustaining of that life, without knowing his reason for being? Then they strive that all of that life be dedicated to the fulfillment of that very reason and purpose.

如今，在这个化身中，你们选择觉醒，摆脱孩童般的状态，直面上帝，并追问自己存在的意义。这是一次宏伟的启蒙与成就。你们可知，任何天使、上师、天神或元素灵，若不清楚自己存在的意义，都不会妄自求取生命，或

寻求维系生命的力量？因此，他们会竭力将全部生命奉献于实现这一意义与目的。

You, beloved ones, are developing within yourselves a respect for life, a reverence for the Source of Life, and an honor and integrity toward that source. Allow me to suggest that you ask every morning and every free moment through your day, that you may be shown the REASON FOR YOUR BEING. When that is made manifest to you, you will not be dishonest enough to take or use any part of God's life for any other purpose. You will live so you will not allow any words, acts, thoughts, or feelings that serve personality to swerve you from the path, but rather you will see to it that every electron will fulfill your reason for being. When this time comes, you will have made the great surrender.

亲爱的朋友们，你们正在心里培养对生命的尊重，对生命源头的敬畏，以及对那源头的正直与诚信。请允许我建议：你们不妨在每天早晨以及一天中的每个闲暇时刻祈求，愿你们能被启示出“存在的理由”。当这一理由向你们显明之时，你们便不会再不诚实地将上帝生命的任何一部分挪作他用。你们将以这样的方式生活：绝不允许任何服务于（小我）人格的言语、行为、思想或情感使你们偏离

正道，而是确保每一个电子都服务于你的生命使命。当这一刻到来时，你们便完成了伟大的臣服。

Then, no matter what the challenge of the day, resting in that serenity, knowing your reason for being, you will expand your light to widen the borders of the kingdom of God on Earth, and bring the words and understanding of the Ascended Masters to mankind. You will not weary, you will know no discontent, loneliness, depression, selfishness, or sorrow. You will be like the angels, the Masters and the devas—JOYOUS. You will have found your REASON FOR BEING—TO DO THE WILL OF GOD.

届时，无论当天面临何种挑战，你们都将安住宁静、明晰使命，你将扩展你的光芒，以拓宽地球上神之国度的疆界，并将扬升大师们的教诲与智慧带给全人类。你不会感到疲惫，也不会经历不满、孤独、抑郁、自私或悲伤。你将如同天使、大师和天神一般——充满喜悦。你将找到你存在的理由——践行神的旨意。

We, the Ascended Masters, shall be most joyously grateful when every student has learned the reason for his being, and has consecrated all of those vital energies that flow so freely, to fulfilling that reason. That will come, in time. We have learned

to be patient, for we have waited so long. THAT PATIENCE YOU, TOO, WILL LEARN BEFORE YOU WALK INNOCENTLY INTO THE RESENTFUL ENERGIES OF THE MASSES. YOU WILL WEAR THE GARMENTS OF PATIENCE. That selfless benediction of love from our realm will enfold you, and your victory will then be assured.

当每一位学员都领悟了自己的存在意义，并将那些自由流动的生命能量全部奉献出来，以实现这一意义，我们扬升大师们将满怀喜悦与感激。那一天终将到来。我们已学会了耐心，因为我们等待了太久。你们也将学会这种耐心——才不致懵然闯入众生那怨怼的业力场。你们将穿上耐心的外衣。来自我们境界的那份无私的爱之祝福将包裹你们，届时你们的胜利便将得到保证。

I am asked again to be commentator upon the activities in the heart of the Royal Teton. I was the first one given the opportunity of describing the Transmission flame activities, and I have enjoyed it extremely. I am, therefore, rather familiar with the process, and so shall endeavor to give you a “bird’s eye view” of the activity today (July 1954).

我再次被邀请担任皇家提顿山脉核心区域活动的解说员。我是第一个获得机会描述传递火焰活动的人，对此我

深感欣喜。因此，我对这一过程相当熟悉，所以将尽力向你们提供今天（1954 年 7 月）活动的“全景视角”。

The Karmic Board, as you know, listens to the great petitions from the hierarchs of the mighty retreats throughout the world. Everything works in sequence—in ordered service and precision—in the kingdom of heaven. Therefore, our great spiritual Lord, Sanat Kumara, and the court at Shamballa, presented their petitions first. It had to do with the vow which was taken voluntarily by the entire evolution of Earth. Three hundred million lifestreams were chosen by the Karmic Board to incarnate in the next twelve months.

如你们所知，业力委员会会听取来自世界各地伟大静修地主持大师们的重大请愿。在天国之中，万事皆按序进行——以有序的服务与精准的方式运作。因此，我们伟大的灵性之主萨纳特·库玛拉和香巴拉议会，首先呈上了他们的祈求。这与地球整个进化进程自愿所立的誓言有关。业力委员会选定了三亿条生命流，将在未来十二个月内投生。

Through the intercession of unascended beings and the calls that were made, these three hundred million stood together before the Temple of the Sacred Heart of the beloved Mother

Mary, and THEY PLEDGED THE THREEFOLD FLAME A VOW, THAT WHEN THEY TOOK EMBODIMENT THEY WOULD LIVE TO SERVE THE LORD OF THE WORLD AND ALL UNASCENDED LIFE.

通过未扬升存有的代祷以及发出的召唤，这整整三亿众生，曾齐聚在挚爱圣母玛利亚的圣心殿前，并向三重火焰立下誓言：当他们投生肉身时，将致力于服务世界之主及所有未扬升的生命。

As they took that vow, and as the unascended beings sang that glorious song to the Threefold Flame, the little flames within the embodying spirits' hearts, expanded until they were visible through their white garments. Those were the souls awaiting embodiment. So much light was drawn in enthusiasm, that the entire evolution (the ten billions souls belonging to the race) gathered around, and a great many others also took the vow.

当他们立下誓言，当尚未升华的众生向三重火焰唱起那首辉煌的赞歌时，化身灵体心中微小的火焰不断扩张，直至透过他们洁白的衣袍清晰可见。那些正是等待化身的灵魂。这股热情吸引了如此炽烈的光芒，以至于整个进化群体（属于该种族的百亿灵魂）都聚集在周围，还有许多其他灵魂也立下了宣誓。

Sanat Kumara asked as his petition that a brother from Shamballa be allowed to stand by every lifestream incarnating and help him or her to fulfill that vow through the flesh, (because, beloved ones, you have taken many, many vows and broken them, all through the ages).

萨纳特·库玛拉提出请求，希望允许一位来自香巴拉的兄弟站在每一条投胎的生命之流身旁，协助他或她在肉身中履行这一誓言（因为，亲爱的朋友们，在漫长的岁月中，你们曾立下无数誓言，却又屡屡违背）。

You, the guardian spirits, vowed never to let a shadow touch this Earth, yet look at her today! So, vows taken lightly when you are in the freedom of the etheric body, are not always remembered when you wear a heavy garment of flesh. It was the petition of Sanat Kumara that the Brotherhood at Shamballa come in with the incarnating souls, stand in the aura of the parents, establish a pulsation in the homes where they are to be born, and see that not one fails in that vow. It is a most magnificent thing.

你们这些守护灵曾发誓绝不让任何阴影触及这片大地，可看看她如今的模样！因此，当你们在以太体的自由状态里轻轻松松发的誓，一旦披上沉重的肉身外衣，往往

便会被遗忘。萨纳特·库玛拉的请求是：让香巴拉的兄弟会随转世的灵魂一同降临，驻立在父母的光环之中，在他们即将出生的家中建立一种脉动，并确保没有一个人违背那项誓言。这是一件极其宏伟的事情。

The beloved Lord Gautama then made his petition. ONE LIVING BUDDHA—ONE GOD-FREE BUDDHA FROM THE INNER REALMS—OFFERED TO INCARNATE IN THE NEXT TWELVE MONTHS. This is a being who does not have any karma and has no reason for embodiment. HE WAS ACCEPTED! Lord Gautama's petition was for the protection of this blessed incoming being and its parents, for the assistance from his (the Lord Gautama's) cosmic heights, to see that this child matures (say, in about twenty years from now) and renders a great service to this planet and her people.

随后，受人爱戴的乔达摩尊者提出了他的请求。一位活佛——一位来自内在领域的、超脱神性的佛陀——自愿在未来十二个月内投生。这位存有没有任何业力，也没有投生的理由。他的请求被接受了！乔达默尊者的祈愿是为保护这位即将降临的受祝福的存有及其父母，并请求从他（乔达默尊者）所处的宇宙高维层面提供协助，确保这名

孩童（大约在二十年后）得以成长成熟，并为这颗星球及其人民作出巨大贡献。

Lord Maitreya made the petition for the restoration of the divine memory of the shepherds, for those of you who came from other stars and planets particularly, because you, too, made a great sacrifice, in that you came to Earth to help mankind and now you have forgotten also the way back home. He asked that your perfect divine memory be awakened—which included the memory of all the mastery that you knew in your I AM Presence before taking embodiment, and the mastery you knew on Atlantis and Lemuria, the record of which is in your etheric bodies—be restored to you, to flow again through your outer minds.

弥勒尊者则恳请恢复牧羊人的神圣记忆，特别是针对那些来自其他恒星和行星的你们，因为你们同样做出了巨大的牺牲——你们来到地球帮助人类，如今却也忘记了回家的路。他请求唤醒你们完美的神圣记忆——其中包括你们在投胎前于 I AM 临在中掌握的所有大能，以及在亚特兰蒂斯和利穆里亚时期掌握的大能（其记录存于你们的以太体中）——使这些记忆得以恢复，再次流经你们的外在心智。

He also asked that those of you who were with our beloved Jesus, might again vitalize and externalize the miracles similar to those the beloved Master performed. He further asked that when an individual of great light passes from the body and chooses to incarnate again, the wealth of his consciousness would be at his fingertips, and he would not have to go through the slow process of growing up to maturity and draw it out of the etheric body again.

他还请求，那些曾与我们挚爱的耶稣同在的人，能够再次激活并显化出类似于那位挚爱大师所行过的奇迹。他进一步请求，当一位充满伟大光芒的个体离开肉身并选择再次投胎时，他意识里的财富能唾手可得，而无需再经历缓慢的成长成熟过程，也无需再次从以太体中提取这些意识。

Your beloved friend, the Maha Chohan, has asked for many grants. Due to your time limitations, I can give you but a few brief outlines. He asked that, through Pallas Athena, TRUTH that has never come forth on this Earth before, might be revealed through “The Bridge Activity,” through the cooperation of the students in magnetizing this truth, and

through the cooperation between the Ascended Masters and students in bringing it forth.

你们挚爱的朋友——马哈乔汉——提出了许多请求。鉴于时间有限，我只能向你们简要概述其中几项。他祈求通过帕拉斯·雅典娜，借助“桥梁活动”，使地球上前所未有的“真理”得以显现——通过学生们在磁化此真理上的合作，以及扬升大师与学员们通力合作将其呈现出来。

He has asked for a dispensation (because it is his service to breathe the first breath into the infant's body and to take the last breath from the individual passing out in the change called “death”) of painless birth, and happy, fearless death, as long as the latter must ensue. He has asked for schools to educate the imprisoned elements that are at present so antagonistic to mankind and which form the cause and core of the cyclones, earthquakes, tornadoes, tidal waves, and various destructive cataclysmic activities—for he feels that if these elementals can be won over and illumined, they will no longer have that feeling of rebellion and desire for retaliation toward mankind.

他请求获得一项特许（因为他的使命是向婴儿的身体吹入第一口气，并从在所谓“死亡”转变中离世的人身上吸走最后一口气），即无痛的诞生，以及快乐、无畏的死

亡——只要肉身消亡这件事仍存在。他已请求建立学校，以教育那些被囚禁的元素精灵，它们目前对人类如此敌对，并构成飓风、地震、龙卷风、海啸和各种破坏性灾难活动的起因和核心——他认为若能启迪、安抚这些元素存有，它们将不再有那种反叛和对人类报复的欲望。

Through this activity, many cataclysmic changes might be averted that would otherwise occur. He requested again, as you students of Saint Germain have, authority from the Karmic Board and Helios to remove the energy and life from the destructive substance that grows on the surface of the Earth, such as poisonous plants, particularly those from which narcotics are produced which are harmful to man and beast. He took a long a time in the presentation of his many petitions. It is interesting to note that the Karmic Board throughout the hearing maintains a most impassionate expression of countenance. After the plea is heard, however, they ask who, among the assembly, would choose to join in the petition and the responses of those who do, are recorded in their consciousnesses. Later, after all the petitions are heard, they confer together and make their decisions on the various grants.

借这份教化，诸多灾变或将得以避免。他再次请求——如同你们这些圣哲曼的学生们所做的那样——从业力委员会和赫利俄斯获得授权，以去除地球表面生长的破坏性物质中的能量和生命，例如有毒植物，特别是那些被用于制造对人和动物有害的麻醉品的植物。他在呈报他的许多祈求上花费了很长时间。有趣的是，业力委员会在整个听证过程中保持着最不动声色的表情。然而，在听完恳求之后，他们会问集会中谁愿意加入该祈求，那些愿意者的回应被记录在他们的意识中。稍后，在听完所有祈求之后，议会一同商议，裁定各项恩典是否准许。

Beloved Oromasis has also asked for a dispensation. He has secured a great number of fire beings (salamanders), and he has asked for a grant to immediately dissolve every deceased form as soon as it is buried in the ground, so that it will not be necessary for the elementals to work on that decaying substance. He has also asked for assistance in removing the necessity for elemental life to be submerged in decaying forms where there seem to be incurable diseases and that those lifestreams may be taken out quickly and their karmic suffering transmuted by application on behalf of the elementals, themselves.

挚爱的奥罗马西斯亦呈上祈愿。他已召集了大量火元素（火蜥蜴），并请求获准在任何逝者遗体一经埋入地下便立即将其消解，从而使元素精灵无需对这些腐朽的物质进行处理。他还请求协助，以消除元素生命被迫沉溺于似乎患有不治之症的腐朽躯体中的必要性，并希望这些生命之流能被迅速取出，其业力之苦能通过元素精灵自身的介入而得到转化。

OUR BELOVED ARCHANGEL MICHAEL, AS YOU KNOW, OFFERED TO FREE YOUR LOVED ONES FROM THE NECESSITY OF RE-EMBODIMENT. I MIGHT SAY, THIS GOES BACK THREE GENERATIONS. Lord Michael asked and received permission to bring all of these blessed ones from the Ascension Temples, where they have been studying, to stand before the Karmic Board and ask if they saw merit in the change in these people who have been given the privilege of association with the Ascended Masters and the Violet Flame. He is going to ask that every lifestream that passes from this Earth may not have to come back at all, so that the mankind of Earth may be freed as quickly possible, thus permitting the new root races to come in, go through their evolution once, and finish off the cycle quickly. All of you have loved ones within

those Ascension Temples. We will appreciate your using the Violet Flame on them. Many beautiful things take place within the Teton.

正如你们所知，我们敬爱的迈克尔大天使曾主动提出，要让你们的至亲免于轮回转世的必要。我可以说，这可以追溯到三代之前。迈克尔主曾请求并获准将所有这些蒙福者从他们一直修习的“扬升圣殿”中带出，让他们站在业力委员会面前，询问委员会是否认可这些人的转变——这些人曾有幸与扬升大师及紫罗兰之焰结缘。他将请求，让每一个离开地球的生命流都无需再回来，以便地球上的人类能够尽快获得解放，从而允许新的根种族到来，经历一次进化，并迅速结束这个大周期。你们每个人都在那些扬升圣殿中拥有挚爱之人。我们感谢你们为他们运用紫罗兰之火。在提顿山脉内，许多美好的事情正在发生。

God be with you today, and every day.

愿上帝与你们同在，今天如此，每一天皆然。

Kuthumi

库图米

净化并启迪父母的祈愿文

AFFIRMATION FOR ILLUMINATION AND PURIFICATION OF PARENTS

1956 年 1 月 6 日

Precious, beloved members of the Great Karmic Board—especially the beloved Goddess of Opportunity—in the name of my own beloved I AM Presence, I humbly desire to add my energies to beloved Lord Gau- tama's petition for the purification and illumination of the parents, homes, families, friends, teachers, guardians and protectors of the YOUNGER GENERATION AND INCOMING CHILDREN, especially the little Buddhas!

珍贵的、挚爱的伟大业力委员会成员们，尤其是挚爱的机遇女神，以我自己挚爱的 I AM 临在之名，我谦卑地渴望将我的能量，加入挚爱的乔达摩尊主的祈愿之中，为“年轻一代及即将降生的孩子们”（尤其是小佛陀们）的父母、家园、家庭、朋友、老师、监护人和保护者祈求净化与启迪！

To this end, I petition a sustained pillar of the Violet Transmuting Flame from beloved Pelleur's domain, up, through

and around (for a good distance in every direction) the homes where incoming children are expected, or where there are such children under 18 years of age, these pillars of Violet Fire to be established immediately, and intensified every 24 hours by the Angels of the Violet Fire, with as much power as they see is necessary to render the service needed.

为此，我恳请从挚爱的佩勒尔的领域中，降下一道持续不息的紫色转化火焰光柱， 向上、贯穿并环绕（向各个方向延伸相当距离）那些即将迎来新生命，或已有未满 18 岁儿童的家庭。这些紫色火焰之柱应立即建立，并由紫色火焰天使每 24 小时强化一次，以他们认为履行此项服务所需的一切力量。

I also ask for some dispensation which will allow the Holy Christ Self of all expectant parents to come as close to their outer consciousness as possible, from the moment conception takes place. Surround each one with a pillar of Violet Flame in which there is established the Illumination Flame of beloved Kuthumi, this to be done while in the awakened state, during their daily pursuits.

我还请求给予某种特许，使所有准父母的神圣基督自我自受孕那一刻起便能最大限度贴近他们的外在意识。以

紫火光柱环绕每一位父母，光柱之内锚定至爱库图弥的启迪火焰，这份护持在他们清醒、处理日常诸事之时恒久运作。

For all such expectant parents, I ask some dispensation which will al- low the Holy Christ Self to take these parents out at night into schools prepared for this purpose—to remain in such night-time classes for at least one hour every night—more, if they desire to remain there longer. Let the outer brain consciousness retain as much as possible of the in- struction so given them the night before. Let them remember it clearly in the outer consciousness through the following days. Let them be given the strength to give obedience to this illumination and instruction, and make them want, from within themselves, to give this service to their own offspring.

对于所有这样的准父母，我恳请给予特别恩典，使神圣基督自我能在夜间带领这些父母前往为此目的而准备的学校，每晚至少修习一小时，若自身愿意亦可久留。愿外在的大脑意识尽可能多地保留前一晚所给予的教导。愿他们在接下来的几天里，通过外在意识清晰地记住这些内容。愿他们获得力量，顺从这种启迪与教导，并从内心深处渴望为自己的后代提供这项服务。

Through the beloved Archangel Michael, I call into action whatever limitless legions of the angelic host can be summoned to abide within those homes, as long as their purifying and illumining help is required. Make every home and family on Earth the perfection of the Holy Family, as quickly as possible, and sustain this forever.

我藉至爱的大天使迈克尔之名，召请无尽天使军团降临驻守所有此类家庭，直至不再需要他们净化与启迪的护持。愿世间每一户人家、每一个家庭尽快臻至神圣家族的圆满境界，并永远维持这种状态。

I accept this done RIGHT NOW with full power! (3x)

我接受此刻就以全部力量完成此事！（3 次）

保护未来佛的谕令

DECREE FOR PROTECTION OF INCOMING BUDDHAS

Protect our little Buddhas by our Michael's Sword of Blue,
Purify, illumine home and parents, teachers, too! (3x)

请以我们迈克尔的蓝色之剑保护我们的小佛，净化并启迪家庭、父母以及老师！（3 次）

Beloved I AM!

挚爱的 I AM！

By Christ command! By freedom's hand! By Michael's hand! By purity's hand!

凭基督之命！凭自由之手！凭迈克尔之手！凭纯净之手！

By Buddha's hand!

凭佛陀之手！

By freedom's love and name! By purity's Love and name! By Michael's love and name! By Buddha's love and name!

凭自由之爱与圣名！凭纯净之爱与圣名！凭迈克尔之爱与圣名！凭佛陀之爱与圣名！

By Violet Fire!

凭紫色圣火！

By the Spiral Blue Flame! By the Sword of Blue flame! By the Threefold flame!

凭螺旋蓝焰！凭蓝焰之剑！凭三重圣火！

By Cosmic I AM Fire! It's God's desire!

凭宇宙 I AM 之火！这是神的旨意！

Help them fulfill their vows!

助他们履行誓言！

I command this physically manifest! I accept this physically manifest!

我命令这在物质层面显化！我接受这在物质层面显化！

I AM this physically manifest,

I AM 这份已然显化的实相，

I AM the Victory of the ascended Jesus Christ Beloved I AM! (3x)

I AM 扬升大师耶稣基督的胜利，挚爱的 I AM！（重复 3 次）

Note: There are now (August, 1957) seven such Buddhas who have been accepted by the Karmic Board to help the human race.

注：目前（1957 年 8 月）已有七位此类佛陀被业力委员会接纳，以协助人类。

THE TEACHINGS OF THE BROTHERS OF THE GOLDEN ROBE (III)

金袍兄弟会的教诲（二）

前言

INTRODUCTION

Our love and gratitude extends to the beloved Buddha and beloved Maitreya whose ineffable love for God and all of God's creations has made them voluntarily forswear the glory of nirvana and remain with the Earth and its evolutions until all are LOVED free.

我们向至爱的佛陀和至爱的弥勒表达爱与感激，他们对上帝及上帝一切造物的无以言表的爱，使他们自愿舍弃涅槃的荣光，留驻地球并陪伴其进化历程，直至众生皆在爱中获得自由。

We call to these great and illustrious ones to so anchor their con- sciousness of illumination into the peoples of Earth, that they, too, will desire to participate in the joyous experience of redemption through LOVE.

我们呼吁这些伟大而光辉的存有，将他们开悟的意识深深锚定于地球上的人类之中，使人类也能渴望亲身体悟以大爱救赎万物的喜乐。

Thomas Printz, Editor

托马斯·普林茨，编辑

By Beloved Lord Maitreya

至爱的弥勒尊者开示

April 9, 1955

1955 年 4 月 9 日

I am come, beloved friends of light, that you may have the use and understanding of life and have it more abundantly. I live but to external- ize, through whatever consciousness and nature is open to receive the presence of God, the fullness of his perfection, the strength of his love, the infinite comfort of his way, the dignity of his presence, the mastery of his energy, and the ministry through the mankind who choose to be- come Myself (Christ) in action, healing the wounds of humanity, those of the elemental kingdom and the forces of nature.

亲爱的光之朋友们，我此番前来，是为了让你们能够运用并领悟生命，并使你们的生命更加丰盛。我存在的唯一使命，便是借所有愿意接纳神性临在的意识与本性，把上帝的完美之圆满、他爱的力量、他道路的无限安慰、他临在的尊严、他能量的掌控；以及通过选择成为行动中的“我”（基督）的人类所进行的服务——疗愈人类、元素王国与自然力量的伤痛。

I am come to return man to his God-estate—to give once more, light and life and beauty to the imprisoned angels and restore them to the freedom which is their divine heritage, with eyes shining and spirits vital.

我的降临是为了使人类回归其神的本相——再次将光明、生命与美赐予被囚禁的天使们，将他们恢复至其神圣传承的自由之中，双眼闪耀，精神焕发。

I am come to see that elementals again become messengers of the Most High Living God, fulfilling the mission for which they were created, which was to serve the thought and feeling centers of man who, in his turn, came to Earth solely for the purpose of expanding the borders of the Father's universal kingdom!

我降临，是为了见证元素灵再次成为至高永生神的使者，履行他们被造时的使命——即服务于人类的思想与情感中心；而人类来到地球，其唯一目的正是为了拓展天父宇宙王国的疆界！

I am come into the atmosphere of the planet Earth, into the con- scious minds of people who are gathered together in the upper chamber (spiritual consciousness), whose feelings and thoughts combined have magnetized my presence.

我已降临地球的大气层，进入那些聚集在上层房间（灵性意识）中的人们的有意识心智之中——正是他们情感与思想结合在一起，以磁力吸引了我在此显现。

I am come that you may taste of the sweetness of that love of God for all that is—that all-encompassing love which is strong, strong enough to stand alone with God, drawing the universal light to transmute the Earth, and, untouched by human creation, refusing to accept the shad- ows thrown on the screen of life by those who have lost the mastery and control over their energies—those shadows which turn and haunt the people, driving them into fears and confusion.

我降临，是为了让你们品尝到神普照万物的大爱之甘美——那爱遍及万有，那无所不包的爱是如此强大，足以

独自与神相守，吸引宇宙之光来转化地球；它不受人类造物的玷污，拒绝接受那些已失去对自身能量掌控之人投射在生命银幕上的阴影——那些阴影萦绕盘旋，困扰着人们，将他们驱入恐惧与困惑之中。

I am come to be a light in the world—in the hearts of men and women who are desirous of becoming light bearers, that, through their own bodies, they may emit the radiation of their own Holy Christ Selves in radiant, sublimating love, which is a healing, purifying agent, an illu- mination, a freedom that this age into which you have entered, demands.

我降临是要成为世上的光——在那些渴望成为光之承载者的男女心中，让他们借肉身散发自身神圣基督自我的光辉，流淌出灿烂而升华的大 3 爱，这份爱是疗愈、净化的媒介，是启明之光，也是你们当下所处时代所渴求的自由。

I am come to all the sons and daughters of men who will receive me and open the chalice of their hearts, rolling back the stone of human rea- son and, in the simplicity and surrender of self, bid me welcome. There, within that chamber of their hearts, in that living chalice, I shall abide, that the Christ may be manifest in the many selves, that the miracles and mastery

of the beloved Jesus may be made manifest through many forms.

我降临到所有愿意接纳我的人类儿女面前，请他们开启心中的圣杯，移开人类理性之石，以质朴和放下自我的心，欢迎我的到来。我将安住在他们心灵的殿堂，在那鲜活的圣杯之中，使基督能在众多的自我中显现，使挚爱的耶稣所行的神迹与主宰力量，能通过多种形式彰显出来。

Long have I waited the hour for such invitation! Long have I waited the opportunity of entering into the activities of the consciousness of the men and women who inhabit and await inhabitation upon a star whose luster has been dimmed, whose shadows have encroached upon the light of the solar system, whose music, as part of that of the spheres, has been turned into a cry of pain and distress—a star which seeks redemp- tion now for herself, for the elements that have made up her living, breathing body, for her guardian spirits, and for all the evolutions she nourishes.

我等待这样的邀请已久！我等待着这个契机已久，进入居住在这颗星球上（以及即将居住其上）的男女们的意识活动中。这颗星球的光辉已黯淡，阴影侵占了太阳系的光明，她作为天体乐章一部分的音乐，已变成了痛苦与悲

戚的哭喊，这颗星辰现在正寻求救赎，为她自己，为构成她鲜活、呼吸之躯体的元素，为她的守护灵，以及为她所滋养的所有进化生命。

I am your guest, and at the same time I am your humble servant! I am come in response to the call of your life, in simplicity, in gentleness of spirit, in gratitude for the opportunity of finding anchorage within the consciousness of at least a few of mankind!

我是你们的客人，同时也是你们谦卑的仆人！我应你们生命的召唤而来，怀着单纯的心与灵性的温柔，感恩能得以在少数众生心中扎根驻留！

I am come this night on the eve of the resurrection morn, to bring to you again the remembrance of the power of the Spirit of the Cosmic Resurrection—that of the Spirit of Resurrection—that is used so freely by the nature kingdom and so little by mankind!

今夜，在复活节清晨的前夕，我再度降临，是为了让你们重拾对“宇宙复活之灵”那股力量的记忆，这股力量在自然界中被如此自由地运用，却在人类中鲜少被运用！

Within the atmosphere of your Earth, radiating to you as a living heart flame, stands the Spirit of the Resurrection, awaiting opportunity to resuscitate into immortal power your eternal divine memory, your inner sight and hearing, your God-dignity and mastery. If it can do this for the Easter Lily, whose bulb lies dormant beneath the Earth until the magnetic pull of the great spirit in charge of that species, draws forth that flame in the springtime and the green shoots and pristine beauty of the flower and the beauty of its perfume are a manifestation of the natural activity of the resurrection—certainly it can do so for man!

在你们地球的大气层中，复活之灵如一簇鲜活的心之火焰般向你们放射光芒，静候时机，将你们永恒的神圣记忆、内在的视听能力、神的尊严与主宰之力，复苏为不朽的力量。如果它能为复活节百合做到这一点——它的球茎沉睡于地下，直到掌管该物种的伟大神灵以磁力吸引，在春天唤醒那团火焰，而嫩绿的新芽、花朵的纯净之美及其芬芳，正是复活这一自然活动的显现——那么，它当然也能为人类做到这一点！

Where is the mystery, when the Spirit of the Resurrection stands manifest before you in every tree that blooms, every

bush that sends forth garments of light, color and perfume? In every flower that pushes up through the ground, the Earth fulfills its divine destiny, bows to the Spirit of Spring, and, through the power of resurrection, says to man, “There is no death, there is only life—eternal, complete and beautiful!” Oh, man, beloved of my heart, why does your soul lie dormant, like a bulb beneath the Earth in winter, when there lives the Spirit of Resurrec- tion, which is not an ephemeral fancy, but a living proof to your physical sight, to your sense of smell and touch—a manifestation to you in na- ture, year in and year out?

当复活之灵在每一株开花的树木、每一丛披着光、色彩与芬芳外衣的灌木前显明于你眼前时，还有什么奥秘可言？在每一朵破土而出的花朵中，大地都在履行其神圣的天命，向春之灵俯首致敬，并通过复活的力量对人类说：“没有死亡，只有生命——永恒、圆满而美好！”哦，我心中所爱的人啊，为何你的灵魂却沉睡不醒，如同冬日里埋在土里的球茎？明明复活之灵正活生生地存在于世——它并非转瞬即逝的幻想，而是你肉眼可见、嗅觉可闻、触手可及的活生生的明证，年复一年地在自然中向你显现。

Would you think that the God of life, light and love, who chose to give immortality to the nature kingdom, would deny that

immortality to his greatest creation—man—for whose pleasure and sustenance flower, herb and shrub were created? Think ye on these things!

难道你们会认为，那位赐予自然界永恒的“生命、光明与爱”的上帝，会拒绝将永恒赐予他最伟大的造物——人类吗？花草树木正是为了人类的愉悦与滋养而被创造的啊！你们思量这些事吧！

You stand today at the eve of another resurrection morning. Again in song and in Gospel, will be repeated the story of the life of one who did not believe that death was the ultimate goal of man, that disintegra- tion, decay, senility, and the ignominious removal of consciousness through so-called death is the goal for which millions of years of God- endeavor had created each man! How long has he continued to create for you, after you destroyed one physical body after another, a fine new earth garment through which you might try again—drawing from inter- stellar space angelic beings whose canopy of light above and around you (your Tube of Light) cuts off the radiation of the psychic and astral efflu- via which is mankind's return for the gifts of the great Father in Heaven! How long, think you, did it take to fashion those Electronic Bodies of blazing light, in which you first came forth in being—wherein

you felt the first pulsebeat of consciousness, and, in thought and feeling, exclaimed, “My God, I AM!”

今天，你们正站在又一个复活晨曦的前夜。在歌声与福音中，将再次重述那位不相信死亡是人类最终归宿之人的生平故事——他坚信，瓦解、腐朽、衰老，以及通过所谓“死亡”而可耻地丧失意识，绝非上帝耗费数百万年心血创造每个人的终极目的！当你们接连毁坏一个又一个肉身之后，他继续为你们创造一个精美的新地球外衣，让你们可以通过它再试一次——这已经有多久了？他从星际空间吸引天使存在，他们在你们上方和周围的光之华盖（你们的管状光）切断了灵性和星界的污流浊气的辐射，而这些污浊正是人类对伟大天父所赐恩典的回报！你认为，要塑造那些炽热光芒的电子体需要多长时间？正是通过这些电子体，你最初得以诞生——在其中，你感受到了意识的第一次脉动，并在思想与情感中惊呼：“I AM 我的上帝！”

How many ages, were you patiently taken through sphere after sphere and given an opportunity to explore all the beauties of creation, all the temples and all the glorious activities of life which are there, which intelligences before you had drawn

forth and sustained, that you might have their inspiration and example!

多少个时代以来，你被耐心地引领穿过一层又一层的境界，获得了探索造物一切之美、所有圣殿以及其中所有辉煌生命活动的机会——这些都是在你之前的智慧生命所开创并维系着的，只为给予你们启迪与榜样！

How long has the lovely Amaryllis created for you, year after year, the most beautiful gardens, covering with verdure the desecrations you have committed on nature's kingdom, even making the grass grow as quickly as possible over the fissures on the Earth's surface created by man's greed and selfishness in his search for riches!

可爱的爱玛莉莉丝（译注：Amaryllis：希腊神话中的牧羊女名，也是朱顶红/孤挺花的学名。在灵性语境中，她是一位“自然之灵”或“元素王国女王”，负责植物的生长与地球的疗愈。用音译保留其人格化特征。）年复一年，为你们缔造何等瑰丽的花园？她以青翠覆盖你们对自然王国犯下的亵渎，更令青草速生，掩尽人类贪求财富时，因自私而撕裂的地表裂隙！

How long has Neptune's great kingdom of water given you refresh- ment and purification! How many mornings has the sun chosen to shine, pouring its light through your windows and welcoming you as you open your eyes, giving you some conception of “home” and its comfort and security! How much of the carbon-dioxide, how much of the effluvia from mankind enmasse and individually, have the air elementals purified, giving him in return fresh air to animate his form?

海神尼普顿伟大的水王国，又为你提供了多久的清凉与净化！有多少个清晨，太阳选择照耀，将光芒倾泻进你的窗户，在你睁开双眼时迎接你，让你感受到“家”的温馨、舒适与安全！空气元素精灵们净化了多少二氧化碳与来自人类群体及个体的污浊气息，并赋予人类清新空气以滋养其躯体来作为回报？

How often have the Lords of Karma listened to you as you stood without the physical body which you have cherished and cared for, to which you have entrusted the destiny of your souls, and, in kindness, worked out a plan wherein and whereby some God-free being at inner levels might prepare you to come to the schoolroom of Earth again, giv- ing you another opportunity!

当你们脱离那具曾悉心照料、承载灵魂宿命的肉身时，业力之主们曾多少次倾听你们的心声，并满怀仁慈地制定了一项计划——借此，内在层面上某个获得了神之自由的存有能为你们做好准备，让你们重返地球的课堂，给予你们另一次机会！

Oh, lovely ones, you think you know that God is love. You think you know! Only when you stand with unsealed eyes, in the full glory of the God-estate toward which you aspire, will you see the long path, the ways you have trod! Only then will you realize that God is love—only then, even like unto that Father, shall you turn and, pouring your love to your fellowmen, become Himself in action.

哦，可爱的孩子们，你们以为自己知道“神即是爱”。你们以为自己知道！唯有当你们睁开未被封印的双眼，站在你们所向往的神性境界的全部荣光之中，你们才会看见那漫长的道路，以及你们所走过的足迹！唯有那时，你们才会真正领悟“神即是爱”——唯有那时，你们才会像那位天父一样，转身将爱倾注于同胞，在行动中成为祂自己。

I would speak to you briefly upon the affinity that exists between Master and chela. You see, in order that the Celestial

Hierarchy may bet- ter serve mankind, they (the God-free Beings), whenever possible, work with and through the consciousness of those individuals who dwell upon their rays, who have the acquired sensitivity and who can be reached through consciousness, often even making that chela a master in the world of form, according to his capacity and development.

我想简要地向你们谈谈上师与弟子之间天然的亲和力。你们看，为了使天界圣团能更好地服务于人类，他们（神之自由存有）会尽可能地与那些栖居于其光芒之中、已具备相应敏感度且能通过意识被接触到的个体合作；甚至常常根据该弟子的能力和发展程度，使其成为形相世界中的大师。

In the case of the beloved Master Jesus and myself, such a oneness was accomplished, because of our affinity through many centuries, be- cause of our association at inner levels, because of complete surrender of his outer self to my presence. This oneness is not achieved in a mo- ment—it involves many hundreds of embodiments through centuries of living, but throughout those centuries, closer and closer is the bond of

compassion and like attunement woven, until the Master and pupil be- come almost one.

就我与挚爱的上师耶稣而言，这种合一得以实现，是因为我们历经数个世纪的缘分，是因为我们在内在层面的联结，也是因为他将外在自我完全臣服于我的临在之中。这种合一并非一蹴而就——它需经数百世的轮回转世，历尽悠悠岁月，然于这漫长世纪中，慈悲与同频共振的纽带被编织得越来越紧密，直到师父与弟子几乎融为一体。

You have heard what I have previously said, that when I (as the Cosmic Christ) wished to bless any part of life, the beloved Jesus would almost automatically raise his hand to bestow that blessing. When I wished to speak, the full radiation of my words came forth through his lips. When I wished to enter cosmic service in Judea, there was my son, so in accord with me, that there was no consciousness of two beings, there was just the Christ in action, and the service was performed. So it will be one day with you, each of you advancing along your own ray, de- veloping your thought and feeling worlds until you are completely at- tuned to your Master, developing your mind so that you may catch his slightest whisper, as has been so beautifully expressed in the life of Je- sus.

你们听过我先前说过的话：当我（作为宇宙基督）想要祝福生命中的任何部分时，挚爱的耶稣几乎会自动举起手来赐予那份祝福。当我想要说话时，我话语的全部光辉便通过他的双唇流淌而出。当我想要在犹太地区进行宇宙服务时，我的圣子与我全然同频，以至于完全没有两个个体的意识，只有行动中的基督，服务便得以完成。终有一日，你们也将如此：你们每个人都沿着自己的光线前进，发展自己的思想和情感世界，直到完全与你们的上师同频；发展你们的心智，以便能够捕捉到他最轻微的耳语——就像耶稣的一生所完美展现出来的那样。

When you hold your outer self in the reverence and dignity as the communion cup through which that Master may bless all who are athirst, then truly you do become that cup, and the Master, conserving his own vital energies and forces for service elsewhere, may use you as himself at your particular position in the universe.

当你们以敬畏和尊严之心对待自己的外在自我，将其视为圣杯——借此，那位上师可以祝福所有渴求的人——那么，你们确实就成为了那只圣杯；而上师则能为其别处

的服务保存自身活力与力量，将你们当作他自身在宇宙中特定位置上的代表来使用。

There is a period of growing, a period of developing, a period of ma- turing, before this association is evident in full manifestation! I call your attention here to a point of the Law which sometimes is not understood by the over-zealous, by the eager and the earnest ones. If your spiritual service is forced before you have builded your maturity emotionally, your balance mentally, your purification etherically, and your endurance physi- cally, you may suffer a setback when you begin the great task of teach- ing, because of the pressure of your own spiritual immaturity, as well as that of your fellowmen.

在这种联结得以充分显现之前，必有一段成长期、一段发展期、一段成熟期！在此，我要提醒你们注意法则中的一点，这一点有时会被那些过于热忱、急切而认真的人所误解。若在情感尚未成熟、心智尚未平衡、以太体尚未净化、肉身缺乏承载力之前，便勉强进行灵性服务，当你开始承担“教导”这一伟大任务时，可能会因自身灵性不成熟以及周围人的压力而遭遇挫折。

When you are anchored, poised and balanced, when you have de- veloped the God-nature, when the dove of the Holy Spirit has descended upon you as it did upon Jesus in the Jordan, and the hour of your service has arrived—when your Master and you are in perfect accord, you may move forward, drawing the attention of the multitudes, but until that hour, I would prefer to nourish and protect you in my own heart's light and love.

当你根基稳固、沉着从容、平衡自若；当你已发展出神的本性；当圣灵之鸽如当年在约旦河降临耶稣一般降临于你，且你事奉的时刻已然到来——当你与你的上师完全契合之时，你便可迈步向前，吸引众人的目光；但在那一刻到来之前，我更愿在我内心之光与爱中滋养并守护你。

Now, observe for a moment the nature kingdom, which is a marvel- ous example—when your fruit tree comes to its first blossoming, its har- vest is small. Why? Because the branches are not strong and the roots are not grounded fully. If the harvest of fruit were too heavy, the branches would bend and break, and possible only one good harvest would result, but nature in its mercy brings it to a gentle blooming, a small development at first, and, year by year, it grows in strength, in dignity, and in grace, until it comes to its full maturity.

现在，请花一点时间观察一下自然界——这是一个奇妙的例子：当你的果树第一次开花时，收成往往很少。为什么呢？因为树枝还不够强壮，根系也没有完全扎稳。 如果果实过重，枝条就会弯曲甚至折断，可能只会带来一次好收成；但大自然以其仁慈，让它先是温柔地绽放，起初发展缓慢，年复一年，它逐渐增强力量，展现出庄严与优雅，直至完全成熟。

Then, its branches spread wide, it can hold the harvest of the years, and mankind, partaking of that harvest, may enjoy the abundant nour- ishment thereof. You have in your horticultural world those who force flowers and fruit in hot beds. They force the flowers for the early bloom—for the Easter trade, we will say. They make them bloom until that bloom becomes full and pleasing to the sight. Ah, but the strength and stamina of stem and root is not there. Your forced bloom has not the endurance of that which grows in the full cycle of its time in the sun and brings itself to maturity nature's way.

届时，它的枝条将舒展开来，足以承载多年的收成；人类分享这些果实时，便能享受其中丰沛的滋养。在你们的园艺世界里，有些人会在温室里催开花朵和果实。他们催花是为了提早绽放——比如为了复活节的生意。他们让

花朵不断绽放，直到花朵盛开，赏心悦目。唉，但茎干与根系的强健与韧性却不复存在。你们这种催开的花朵，远不如那些在阳光下经历完整生长周期、按自然规律成熟而来的花朵那样经久耐看。

Even in the kingdom of the four-footed creatures, nature, in its kind- ness and in the wisdom of the Great Spirit that watches over it, decrees that each mother bring forth perhaps one of its kind in the first litter, giving the parent time to grow and mature.

即便在四足动物的王国里，大自然凭借其仁慈，以及守护它的伟大神灵的智慧，也规定每只母兽在第一胎中也许只产下一只幼崽，以此让父母有时间成长和成熟。

In the case of the beloved Mary, four years before the usual age, she entered the temple of Jerusalem, A CHILD TOO YOUNG IN YEARS BE- CAUSE THE ZEALOUS MEMBERS OF HER FAMILY WERE OVER-EAGER TO FULFILL THEIR VOW. It was only by the strength of her own light and the dispensation which I, myself, received from the Cosmic Law, giving her the comfort of the presence of the Archangels, that saved that ten- der flower from the effects of a forced bloom.

至于挚爱的玛利亚，她比通常的年龄早了四年便进入了耶路撒冷圣殿——一个年纪尚幼的孩子，只因她家族中那些虔诚的成员过于急切地想要履行他们的誓言。正是凭借她自身光芒的力量，以及我本人从宇宙法则中获得的恩典——这恩典使她得以在诸大天使的陪伴下获得慰藉——才将那娇嫩的花朵从被迫绽放的后果中拯救出来。

In later days, those of you who are familiar with my great disciple, Doctor Besant, know well the experience of my star pupil, Krishnamurti, who again gave promise of becoming a Master, but who was forced into the public eye before his time, before the maturity of the inner bodies could withstand the pressures of the great public, a public seeking knowledge, seeking self-satisfaction, seeking and drawing from a soul whose roots were not yet anchored firmly enough in the strength of the Father, thus causing that which we had planned to be postponed.

在后来的岁月里，那些熟悉我伟大弟子贝桑特博士的人，都深知我那位明星弟子 克里希那穆提的经历。他原本有望成为一位大师，却在时机未到之时就被推到了公众视野中——那时他的内在身体尚未成熟，无法承受广大公众的压力。这群公众既渴求知识，又追求自我满足，他们不

断从那颗灵魂中索取，而那灵魂的根基尚未在天父的力量中牢固扎根，这导致了我们原定计划的推迟。

You, who are in the field already, know what it is to feel the pressure of the few, taking the fruit and the harvest from your hearts. You do not know the pressure of thousands. Even Jesus in his God-maturity— anchored in the powers of the Cosmic Christ—had to cast his boat adrift to secure some measure of rest from the multitudes seeking healings more than enlightenment, comfort more than understanding, surcease from pain, more than the way back home. I say this to you now for a purpose, but there are few here who realize fully what I mean.

你们这些已经在第一线的人，深知那种压力——少数人夺走你们心中的果实与收获。你们并不了解成千上万人的压力。就连耶稣，即便已达到神的成熟境界——扎根于宇宙基督的大能之中——也不得不将船驶离岸边，才能从那些人群中获得片刻安息。这些人寻求的更多是医治而非启迪，安慰而非领悟，痛苦的止息而非归家的道路。我此刻对你们说这些是有意为之，但在此地能完全领会我意思的人寥寥无几。

Beloved ones, put your roots down first. Anchor your souls and spir- its in the God who made you, in the faith and power of the Almighty, in the peace that passeth all the understanding of the outer mind, in the balance that is not swayed by anger or disillusionment. Then, when your time is come and the dove of the Holy Spirit hovers in the atmosphere above you, a million hungry souls may drink of your cup, a hundred mil- lion lifestreams may be fed by the manna (spiritual understanding) drawn by your light, and you shall feel no spiritual loss in the virtue that goes out from you.

亲爱的人们，请先扎下根基。将你们的灵魂与灵性锚定在创造你们的神那里，锚定在全能者的信心与大能中，锚定在那超越外在理性所能理解的平安里，锚定在那不会因愤怒或幻灭而动摇的平衡之中。那时，当你们的时机成熟，圣灵之鸽在你们头顶上空中盘旋时，百万饥渴的灵魂可从你们的杯中畅饮，一亿条生命之流可因你们的光芒所吸引的“吗哪”（灵性领悟）而得到滋养，而你们在向外散发的德行中，将不会感到任何灵性的损失。

Mankind enmasse is ruthless in the outer self, desiring the harvest, but caring not for the years of development—plucking the fruit from the undeveloped tree and destroying the

tomorrow's harvest, cutting down the virgin forest, laughing waste the land, blasting asunder the great heart of the mountain to secure the living gold embedded therein, thus dissipating the radiation and blessing for which it was placed there in the beginning.

整个人类在外在自我上都是无情的，只贪图收获，却不顾多年的培育——从尚未成熟的树上摘取果实，毁掉明天的收成；砍伐原始森林，肆意荒废土地；炸开山脉的伟大心脏以获取其中蕴藏的活金，从而耗尽了它最初被安置在那里所应散发的光辉与祝福。

Ah, lovely ones, when that healing power is yours, when the power of precipitation is yours, when the magic power of inner sight and hear- ing is yours, when you feel the rush of a million stampeding feet—you will think of what I say to you tonight! In your world of entertainment alone you have seen the sharp thorn of jealousy pierce the heart of the fallen idol of the hour. In the beautiful temples of India and the East, the thoughtless tourists have chipped the marble and removed the mag- nificent gold leaf from these sacred edifices. What, think you, would they not do to a living soul whom they thought possessed some virtue they coveted?

啊，亲爱的人们，当你们拥有疗愈大能、物质显化之力、天眼天耳神通，面对蜂拥而至的人群——你们就会想起我今晚对你们所说的话！仅在你们的娱乐世界中，你们就曾目睹嫉妒的尖刺刺穿了当时已经陨落的偶像的心脏。在印度和东方那些美丽的寺庙里，那些不假思索的游客们凿掉了大理石，并从这些神圣的建筑上剥下了华美的金箔。你们想一想，对于一个他们认为拥有自己所觊觎的美德的活生生的人，他们还会做什么呢？

When things like this occur, beloved ones, all our training and devel- opment must wait again until some new flower is breathed upon by light and, if it is not previously seized upon and destroyed, matures.

亲爱的朋友们，当此类事情发生时，我们所有的修行与成长都不得不再次搁置，直到有新的花朵受到光芒的滋养，且若未被提前掠夺或毁灭，它便能成熟。

There is another subject I would like to touch briefly upon in passing, because I see the question in many of your minds. It is in regard to the plant and animal life upon this planet, and their evolution. The rose grew her thorn as a protection against the vicious currents in the atmos- phere of Earth. The rose was

thornless in the beginning. You all know of that great naturalist who by loving that flower and telling it from his heart, that nothing could hurt it, caused the rose to shed her thorns and so produced a bloom with a sturdy, smooth stem that would not bend or break without untoward pressure.

还有另一个话题，我想顺便简要提及，因为我看到许多人的心中都存有这个疑问。它关乎这颗星球上的动植物生命及其进化。玫瑰长出刺，是为了抵御地球大气中负面污浊能量。起初，玫瑰是没有刺的。你们都听说过那位伟大的自然学家（伯班克），他因深爱这朵花，并发自内心地告诉它“没有任何东西能伤害它”，结果使玫瑰褪去了它的刺，从而培育出带有坚固、光滑茎干的品种，在没有异常压力的情况下不会弯曲或折断。

The elemental life that has become the thick-skinned rhinoceros, the buffalo, and the elephant, developed their hides as a protection, a de- fense mechanism of a once-beautiful form of life. Thus did the oyster create its shell, and thus did you also create the dense bodies you wear today, growing downward with age as a result of the pressures of discord and imperfection. Within the heart of each unit of the elemental

king- dom now imprisoned in distorted shapes, is a form of great beauty and light.

那些已化身为厚皮犀牛、水牛和大象的元素生命，发展出了厚实的皮毛作为保护——这是曾经美丽的生命形态所形成的一种防御机制。正如牡蛎创造了它的贝壳，你们也同样创造了今天所披戴的致密躯体，却因不和谐与不完美的压力，随着年龄增长而逐渐向下沉沦。如今被囚禁在扭曲形态中的每个元素界个体的心中，都蕴藏着一种极致的美与光。

When elemental life first began to externalize from within itself the necessary protective activities against human viciousness, thorn, scale and thick skin began to appear. When that happened, great beings vol- unteered to remain as guardians and protectors of each species (most of these selfless ones were angels) who wished to help raise, purify and love that life back into its perfect form again. Group souls, true (compris- ing the combined consciousness of each kingdom) were established, but over and above them, an angel deva of love and light watches, holding the immaculate concept of the perfection that each one was and will be again when man has redeemed himself and becomes harmless.

当元素生命最初开始从自身内部显现出抵御人类恶行的必要防护机制时，荆棘、鳞片和厚皮便开始出现。当这一情况发生时，伟大的存有们自愿留下来，成为每个物种的守护者和保护者（这些无私的存有大多是天使），他们希望帮助提升、净化并以爱将生命重新引导回其完美的形态。真正的“群体灵魂”（由各个王国的集体意识组成）由此确立，但在它们之上，一位充满爱与光的天使德瓦（天神）正静静守望，怀揣着那“无瑕原型”——即每个生命曾经的完美形态，以及当人类赎回自身、变得无害时，它们终将重归的完美形态。

There is only one redemption for animal and plant life on the plan- et—that is the redemption that is offered by the angelic host, the re- demption that was offered by Burbank to the flowers—loving them all until there will be no need for either scales or thorn or hoof. Then, ele- mental life (throwing off that which it thought was a protection) will re- sume its original state of beauty and perfection.

对于地球上的动植物而言，唯有唯一的救赎——那就是由天使大军所赐予的救赎，也是伯班克曾赐予花朵的救赎——以爱呵护万物，直至鳞片、荆棘或蹄子皆不再需

要。届时，元素生命（抛却了它曾以为是保护的东西）将恢复其原本的美与完美。

This is true also of mankind. As you come to rest within the heart of the Presence I AM, lean upon the everlasting arms, and realize the full- ness of your Godhood, your bodies, too, will respond. No longer will your heavy skin feel that by effort of will it must repel the psychic and astral realm but, accelerated through the love and proximity of ourselves, it will become again translucent and beautiful, each man and woman emitting his and her own Christ light.

这一点对人类同样适用。当你们在 I AM 临在的核心中安息，倚靠那永恒的臂膀，并体悟到你们神性的圆满时，你们的身体也会随之作出回应。你们沉重的躯壳将不再感到必须凭借意志力来排斥灵界和星光界；相反，在我们的爱与临在的加持下，它将重新变得通透而美丽，每一位男女都将散发出属于自己的基督之光。

There is only one road, expressed so well in the words, “Oh, 'tis love and love alone the world is seeking.” That is the truth, beloved ones, and I am that love of life, that love of your life, that love of elemental life, that love of angelic life. Will you not now be my love, and help me to set all life free?

只有一条道路，正如那句名言所精辟表达的：“哦，这世界所寻求的，唯有爱，唯有爱。”这就是真理，亲爱的人们，而我正是那生命之爱、你们生命之爱、元素生命之爱、天使生命之爱。你们现在愿意成为我的爱，并帮助我解放所有生命吗？

Thank you, beloved ones, and God bless you! Lord Maitreya.

谢谢你们，亲爱的人们，愿上帝保佑你们！弥勒尊主。

THE CHELA (POEM)

门徒（诗）

Awaiting the word of the Master Hearing his glorious song:
Discerning his slightest whisper, Amidst Earth's bustling throng.

静候上师的教诲，

聆听他辉煌的颂歌：

在尘世喧嚣的人群中，

辨识他最微弱的低语。

Seeing the Master's signal—

Acting upon his will;

Holding a God-like silence,

And then, in love, FULFILL.

看见上师的信号——

遵照他的意愿行事；

保持神圣般的静默，

然后，怀着爱，践行。

DECREE FOR PROTECTION OF CHELAS

保护弟子的谕令

BELOVED LORD MICHAEL, ARCHANGEL OF PROTECTION, WE INVOKE YOUR SPECIAL PROTECTION UPON THE SHEPHERDS OF THE RACE AGAINST—

挚爱的迈克尔尊主，护佑大天使，我们恳请您对人类的牧者施予特别的保护，以抵御——

The pressures of energy of other lifestreams who seek to benefit by the grace developed through these shepherds for selfish purposes.

1. 其他生命流的能量压力，它们企图为私利而利用这些牧者所培育的恩典。

The pressures of conceit, arrogance and spiritual pride which oft- times result from the development of so-called super-natural powers.

2. 自负、傲慢和灵性骄傲的压力，这些往往源于所谓超自然能力的开发。

The pressures of the unseen (but insidious) influences of those forces which oppose the expansion of the light through these shepherds of the race.

3. 那些反对通过人类牧者传播光明的力量所施加的、无形（却阴险）的影响压力。

The pressures of untransmuted carnal desires that lie dormant with the shepherds of the race, and which rise to the surface when they take upon themselves this special service as light-bearers of the world.

4. 潜伏在人类牧者体内、尚未转化的肉身欲望的压力，当他们肩负起作为世界光之承载者的特殊使命时，这些欲望便会浮出水面。

The pressures of self-depreciation and depression which overcome the valiant shepherds in times of trial, seeming failure, and delay.

5. 来自自我贬低和抑郁的压力，这些压力会在试炼、看似失败和延误的时刻压倒这些英勇的牧者。

The pressures of unpleasant associations through past karmic ties of a disagreeable nature, when the shepherds are required to serve with certain individuals.

6. 来自过去不愉快的业力羁绊所带来的不愉快交往的压力，当牧者被迫与某些特定个体共事时，这种压力便会出现。

The pressures of sickness, disease, disintegration and decay, not only to their own forms, but that of their loved ones.

7. 来自疾病、病痛、瓦解和衰败的压力，不仅针对他们自身，也针对他们的亲人。

The pressures of financial limitation which do not allow them full freedom to develop the divine ideas given into their keeping.

8. 经济拮据带来的压力，使他们无法充分自由地发展托付给他们的神圣理念。

The pressures of opposition in family association when the shep- herds (through karmic ties) are forced to live with those of lesser light.

9. 家庭关系中遭遇的阻力，当牧者（因业力牵绊）被迫与光芒较弱的人共同生活时，家庭成员中的反对压力。

The pressures of succumbing to the will of other human beings for some personal gain.

10. 为谋取个人利益而屈从于他人意志所带来的压力。

The pressures of skepticism which form the mass mind of the race they would serve, and which is often deeply rooted in their own etheric bodies through disappointments of a spiritual nature in many past ages.

11. 来自怀疑主义的压力——这种怀疑主义构成了他们所服务的人类种族的集体意识，并且往往因过去许多时

代中灵性层面的失望经历，而深深植根于他们自身的以太体之中。

The pressure of the mass consciousness of already-established and accepted religious orders which oppose violently a NEW ACTIVITY.

12. 来自那些已确立并被广泛接受的宗教团体的集体意识所施加的压力，这些团体激烈反对“新活动”。

The pressures of flattery which inflate the ego and leave the spir- itual self weaker rather than stronger, by reason of their insincere bol- stering of the personality, usually for someone else's gain.

13. 奉承带来的压力，这种奉承会膨胀自我，却因虚伪地吹捧个性（通常是为了他人的利益），反而使灵性自我变得更弱而非更强。

The pressures of gossip which, accepted by the consciousness of the shepherds, cause distrust, suspicion and disintegration in themselves and among their fellowmen.

14. 流言蜚语带来的压力，当牧者们的意识接受这些流言时，便会在他们自身及其同辈之间引发不信任、猜疑和分裂。

The pressures of desiring to love one part of life more than another, wherein IMPERSONAL service is not attained or sustained.

15. 渴望偏爱生命中某一部分而忽视另一部分的压力，在此情况下，无法达到或维持“无私”的服务。

The pressures of disapproval when a shepherd has to serve in a physical body of a race which is not pure Aryan.

16. 当一位牧者不得不以非纯正雅利安人种的肉身来服务时所面临的否定压力。

The pressures of accepting through the five senses human appearances and allowing those appearances to become stronger than the God-design the shepherds are endeavoring to externalize through them- selves and all of Earth's evolutions.

17. 通过五种感官接受人类的种种表相所带来的压力，并任由这些表相变得比神圣设计更强大——而牧者们正努力在自己身上以及地球所有进化生命中，将这一神圣设计外在彰显出来。

Replace all these pressures by your cosmic pressure of faith in God, in man and your cosmic protection of all that is good in

every realm of expression. I accept this done right now—beloved I AM! (3x)

用你对神、对人的宇宙级信仰，以及你对每个表达领域中一切美好事物的宇宙级守护，取代所有这些压力。我此刻就接受这一切已然实现——挚爱的 I AM！（3 次）

THE TEACHINGS OF THE BROTHERS OF THE GOLDEN ROBE (III)

金袍兄弟会的教诲（三）

INTRODUCTION

前言

Our love and gratitude extends to beloved Gautama (new Lord of the World), blessed Lord Maitreya (our new Buddha), and to beloved Kuthu- mi (new World Teacher).

我们向挚爱的乔达摩（新世界之主）、蒙福的弥勒尊者（我们的新佛）以及挚爱的库图米（新世界导师）表达我们的爱与感激。

It is the decree of the Spiritual Hierarchy that the Heavenly Host be accepted by the shepherds of the race as partners in this joyous redemp- tion of the Earth and its evolutions.

灵性圣团已颁布诏令，要求人类的牧者们接纳天界众神，将其视为在这场地球及其演化进程的喜悦救赎中并肩合作的伙伴。

We invoke Lord Gautama, Lord Maitreya, Lord Kuthumi, and all the Brothers of the Golden Robe, to give to the earnest chelas and shepherds of the race the gift of an UNDERSTANDING HEART!

我们祈请释迦牟尼尊者、弥勒尊者、库图米尊者以及所有金袍兄弟，赐予人类中虔诚的弟子与牧者一份“理解之心”的恩赐！

Thomas Printz, Editor

托马斯·普林茨，编辑

ADDRESS BY THE BELOVED ASCENDED MASTER KUTHUMI

受人爱戴的扬升大师库图米的开示

June 1957

1957 年 6 月

Beloved Friends,

亲爱的朋友们，

I bring you today from the Brothers of the Golden Robe, my gift and theirs, the gift of an understanding heart. Contemplate that! In the ear- nest, sincere application that you make, walking along life's way, how many truly understanding hearts do you met? How many even can you count in your association throughout an entire embodiment? We, upon the Golden Ray, endeavor, through the service of our collective and indi- vidual instruction, to widen the capacity of the chelas to understand the upreaching hearts within mankind, within imprisoned angels, within small elementals, within those who have passed through death and wait at the gates of birth, and, as the understanding grows, tolerance grows with it. Then, love naturally ensues in the consciousness of the individual who has developed an understanding heart. Dear ones, to understand the motive behind action is to treat a situation with a great deal more of God-love, God-wisdom, and God-authority.

今天，我代表金袍兄弟会，向你们献上我与他们的礼物——一颗“理解之心”。请细细体味！当你们在人生旅途中，以最热忱、最真诚的态度践行时，究竟遇到了多少真正“理解之心”？甚至在整个轮回过程中，你们在交往中又能数出多少这样的人呢？我们这些身处金色光束中的存在，正通过集体与个人教导的服务，竭力拓展弟子们的心

智容量，使他们能够理解人类、被囚禁的天使、微小元素灵，以及那些已穿越死亡、在重生之门前等待之人的向上伸求之心；随着理解的加深，宽容也会随之增长。于是，爱便自然而然地在已培养出“理解之心”之人的意识中生发。亲爱的朋友们，理解行为背后的动机，就是以更多的神之爱、神之智慧和神之权威来对待一种处境。

To allow orthodoxy and accepted mental concepts to close the mind toward the growth of understanding—through fear, through superstition, through bigotry and the various activities that seek to hold the mind riveted upon one aspect of truth, not allowing the consciousness to grow through understanding of the other members of the race, their conditions and their past experiences with their racial and karmic backgrounds, and everything else that makes them what they are today—is not the way of love and wisdom.

若因正统观念和既定的思维定式，而让心灵因恐惧、迷信、偏见，以及那些企图将意识牢牢束缚于真理单一面向的种种行为，不允许意识通过理解人类其他成员、他们的处境、他们基于种族与业力背景的过往经历，以及造就他们今日样貌的一切因素而获得成长，这绝非爱与智慧之道。

We are endeavoring to widen the scope of the human consciousness as a whole, and this day throughout the entire world, angels from the temples of Lord Jophiel are coming into the atmosphere of Earth and into the aura of individuals who hold positions of trust and authority of every nature, everywhere, so that we can endeavor to give peoples of every nation, every race, every nationality and background, a greater under- standing one for the other. There cannot be manifest a true world brotherhood until an understanding heart is developed through the outer consciousness of mankind who are privileged to be embodied upon the Earth today, especially in that of the future teachers.

我们正致力于拓宽整个人类意识的视野；就在今天，来自约菲尔主神殿的天使们正降临地球大气层，并进入世界各地身负众望、执掌权柄者的光环之中，以便我们能够努力让每个国家、每个种族、每个民族及不同背景的人们，对彼此有更深刻的理解。除非通过今天有幸在地球上化身的全人类——尤其是未来的导师们——的外在意识，培养出“理解之心”，否则真正的世界兄弟情谊就无法显现。

This does not mean that you should be indiscriminate. It does not mean that you should loosely follow all sects and credos, losing the con- tact with the Ascended Gurus, but it does mean the development of a sense of discrimination, discretion, and an understanding love that ena- bles you to stand firm upon your own path, convinced within your heart of the truths you have been privileged to learn, yet able, like the teacher in school, to understand the requirements and the immediate instruction to the pupils. How much do you know of the cultures of Asia and of their poverty and limitations?

这并不意味着你们应该不加区分地接受一切。这并不意味着你们应该随意追随所有教派和信条，从而失去与扬升上师的联系；但这确实意味着要培养一种辨别力、审慎之心以及“理解之爱”，使你们能够坚定地走在自己的道路上，在内心确信自己有幸学到的真理，同时又能像学校里的老师一样，理解学生的需求和当下的指导。你对亚洲的文化、那里的贫困与局限了解多少？

As the beloved Morya told you some time ago, there might be an in- stant request for you to go as his envoy into Asia, Tibet, China, South America, or any of the places where there is great need! How much un- derstanding do you have of the

background or the nature of the various people whom you may be called upon to serve, whom you will be called upon to instruct, to whom you will be called upon to present this truth, building it upon the foundation of their own already-accepted doctrine, finding the heart-truth within that doctrine and building thereon?

正如挚爱的莫利亚不久前告诉你的那样，可能会突然要求你作为他的使者前往亚洲、西藏、中国、南美洲，或是任何亟需帮助的地方！对于你们可能被召唤去服务、去教导、去向其呈现这真理的各种人群，你们对他们的背景或根器有多少了解？你们需要将这真理建立在他们自身已接受的教义基础之上，找到那教义中的核心真理并以此为基础进行建构。

For instance, in the Christian world, it is easy to take a text from your Bible and build around it some aspect of cosmic truth. Individuals who are within orthodox channels feel a foundation and a firmness in instruc- tion when you have a script of their own doctrine upon which you can elaborate. It is the same with the Buddhists, with the Mohammedans, and with every group of individuals who have learned from childhood to maturity how to develop some aspect of worship of the Deity.

When you come to them with the greater light and greater understanding, you must have a common ground of meeting with their consciousness. “Ah,” but you say, “that common ground is our love, and we will need no words.”

例如，在基督教世界，人们很容易从《圣经》中选取一段经文，并以此为基础阐述宇宙真理的某个方面。对于那些遵循正统教义的人来说，当你能以他们自身教义的经文为依据进行阐述时，他们会感到这种教导具有坚实的基础和确定性。佛教徒、穆斯林，以及所有自幼及长、习惯于修持神性某一面向的群体，情况也是如此。当你带着更宏大的智慧和更深刻的理解走向他们时，你必须与他们的意识拥有一个共同的交汇点。“啊，”但你会说，“那个共同点就是我们的爱，我们不需要言语。”

It truly will be so when we can say that your love is intense enough, when it has expanded through the power of the Gods, through the de- velopment of the Holy Christ Self to a point where your own physical ve- hicles, your mind, your feelings and all the energy in your etheric bodies is a radiating center of love. Then you have developed an understanding heart, a radiating presence of the Christ made manifest, and there will be no need for words.

当我们能够说你们的爱足够炽热，当它通过诸神的力量，通过神圣基督自我的发展，扩展到这样的程度——你们自身的肉身、心智、情感以及以太体中的所有能量都成为爱的辐射中心时，情况确实会如此。那时，你们便已培养出一颗通晓万物的心，基督临在自在放光，便不再需要言语。

Until that time comes, I ask you— those of you who love the light, those of you who have followed the beam of light from the heart of the Ascended Ones throughout the course of not only this embodiment, but of many that have gone before—do not be reluctant or fearful of learning a little of what goes on around you, in order that in a split second, on an instant, when the requirement comes, you will be able to meet all indi- viduals on a common ground and build upon their aspect of truth, devel- oping it into maturity.

在此之前，我恳请诸位热爱光明之人——你们此生乃至累世，始终追随扬升圣者心中射出的圣光，不要抗拒或害怕去了解周遭世间百态。如此，当传道使命骤然降临，你们便能瞬间找到与众生的共通之处，以他们所拥有的真理为基础，将其培育至成熟。

Now, in the Golden Sphere, where the great teachers under the as- pect of the Second Ray dwell, there, between embodiments, gather those whom the Karmic Board have sent to us for instruction on the Cosmic Law. Here gather together individuals who are to come into em- bodiment shortly, and here they learn the meaning of the coming of the Universal Cosmic Christ. Here, in the temples of the Brothers of the Golden Robe, all incarnated souls are instructed while their bodies sleep at night and absorb the teachings they will be called upon to impart, as well as the requirements of the moment, to the multitudes. As was ex- plained to you recently, the brain structure of the physical body usually does not vibrate quickly enough for the etheric garment to convey, even to the most earnest chela, the fullness of the instruction received—the memory of the experience coming back as an exhilaration of the con- sciousness or as an impulse of the outer vehicle to render some certain constructive service.

如今，在“金色球体”之中，即第二道光的伟大导师们所居之处，那些在两次投生之间，被业力委员会派遣来接受宇宙法则教导的灵魂便聚集于此。即将投生的人们在此汇聚，并在此领悟“宇宙基督”降临的真谛。所有已转世的灵魂都在夜间肉体沉睡时，在此“金袍兄弟会”的圣殿中接

受教导，并吸收他们将被召唤去传授给大众的教义以及当下行道所需的智慧。正如最近向你们解释的那样，肉身的大脑结构通常振动频率不够高，以致以太体无法将所接收的全部教导——即便是对最虔诚的弟子——完整地传达出来；这种体验的记忆只会化作意识的振奋感，或外在躯体产生某种建设性服务的冲动。

As the Violet Transmuting Flame is used, as the electronic substance of the flesh body is quickened, as the brain, itself, is purified and the electrons moving around the central cores which form the atoms making up the skull, become pure enough, they become more receptive to the divine direction from the individual I AM Presence and the Ascended Mas- ters, and the etheric envelope, when it enters the flesh body in the morning, can and will bring the fullness of the memory of the instruction given at night, into the outer consciousness. When this occurs, there is not that sense of forgetfulness which so many students deplore.

随着“紫罗兰转化火焰”的运用，随着肉身电子物质的活化，随着大脑本身的净化，以及围绕构成颅骨原子的核心运转的电子变得足够纯净，它们便会更加容易接受来自个体 I AM 临在和扬升大师的神圣指引， 而当以太体在清

晨进入肉身时，便能够并将夜间所授教导的完整记忆带入外在意识之中。当这种情况发生时，便不会出现许多学员所惋惜的那种遗忘感。

At present, however, forgetfulness is really a mercy, because, dear hearts, you have enough to handle in the unpleasant experiences you have had in this embodiment, through association with individuals with whom you have come in contact, without having the remembrance of all the previous contacts you have had with them, since man first fell from the state of grace. Therefore, there is great mercy, wonderful mercy, in so-called death, and in the dropping of the bands of forgetfulness over the centuries that have been, wherein there has been distress. There is even mercy in the present state of your evolution, while you are not in full control of your vehicles—there is mercy, I say, in your not remember- ing the full glory that you have while you are out of the body at night.

然而，就目前而言，遗忘确实是一种仁慈，因为，亲爱的朋友们，仅是你们在此生中与接触过的人所经历的不愉快体验，就已经让你们应接不暇了，更不用说还要回忆自人类最初从恩典状态堕落以来，与他们所有过往的接触了。因此，在所谓的“死亡”之中，以及在历经数个世纪痛

苦后，遗忘之幕逐渐降临的过程中，都蕴含着巨大的、奇妙的慈悲。甚至在你们目前进化的状态中，当你们尚未完全掌控自己的载具时，也有着慈悲；依我看，当你们不记得在夜间离体时自己所拥有的全部荣耀，这本身就是一种慈悲。

For instance, when you go to the Rocky Mountain Retreat, when you salute the great Lanto, when you met in the council hall with the mem- bers of the Spiritual Hierarchy and discuss with them the magnificent plans and petitions that are to be developed there—when you associate with the angelic host and you see the magnificence of that retreat, it would be very difficult for you to come back to a rather monotonous, mundane existence in the morning with the full cognizance and remem- brance of the freedom you enjoyed at inner levels.

例如，当你们前往落基山静修处，向伟大的兰托致敬，在议事厅与灵性圣团的成员会面，并与他们商讨将在那里展开的宏伟计划与请愿——当你们与天使军团相伴，目睹那处静修之所的壮丽景象时， 若你对内在层面所享有的自由有着完整的认知与记忆，那么次日清晨要回归到那种相当单调、世俗的生活中，将是非常困难的。

It is difficult enough for advancing chelas to stay within the confines of the flesh, but were there more freedom allowed to enjoy the bliss of the inner realms, there would not be so much manifest expression in work well done down here. That is one of the weaknesses of the oriental culture—the enjoyment of the raised consciousness, contemplating the beauties of the higher spheres, but refusing to translate that beauty into manifest expression. For instance, in the India we love so much, there are many holy men, oh, many holy and true, but yet there is much pov- erty. Many teeming millions die of actual starvation in India. There, we have the contrast between the ascetic's radiation pouring upwards, and the backwardness, shall we say, of the great mass of the people except- ing, of course, in the large cities like Calcutta, New Delhi and Bombay, which cities have been infiltrated by Western culture.

对于正在进步的弟子来说，仅是留在肉身的局限之中就已经够困难的了；但如果被允许享有更多的自由来体验内在境界的极乐，那么在尘世间勤修善工、显化成就之事，就不会那么多了。这就是东方文化的一大弱点——沉醉于升华的意识，沉思更高层面的美，却拒绝将这种美转化为具体的表现。例如，在我们深爱的印度，有许多圣

者，哦，许多圣洁而真诚的人，但那里却仍有大量的贫困。在印度，数以百万计的人正因饥饿而死去。在那里，我们看到苦行者向上辐射的光辉，与广大民众的——姑且称之为——落后状态形成了鲜明对比，当然，像加尔各答、新德里和孟买这样的大城市除外，这些城市已经受到了西方文化的渗透。

In the East, there is that decline because the tendency of the chela is to try to raise the consciousness into a state of heavenly bliss (nirvana), but yet not follow the example of the great Gautama, who, himself, tells of having reached the Ultimate, then, returning, bringing that Ultimate forth for the blessings of mankind. That is why the beloved Morya and myself and those of us who organized Theosophical looked to the West for some strong vehicle to whom we could impart some of the wisdom of the ages, and begin the presentation of truth of the Ascended Masters of Wisdom through that society first, then on upward unto the present day.

东方之所以出现这种衰落，是因为弟子们倾向于试图将意识提升至一种天界极乐（涅槃）的状态，却未能效仿伟大的乔达摩的榜样——他本人曾讲述自己已达到至高境界，随后又回归人间，将那至高境界展现出来，以造福人

类。正因如此，深受爱戴的莫里亚、我以及我们这些组织神智学会的人，将目光投向西方，寻找某个强大的载体，以便将历代的一些智慧传授给它，并首先通过那个社团开始呈现扬升大师智慧的真理，然后一路延续至今。

It is the Western consciousness that, grasping this, understanding, is helping to create for Saint Germain on this Earth (made up of the sub- stance of this Earth) the kingdom of Almighty God. You live in it! You dwell in it! You come sometimes almost consciously into its Presence but, in between, you are serving in a world that cries with pain.

正是西方意识，在掌握和理解这一点后，正在帮助圣哲曼在地球上（在这片由大地物质构成的世间），建立全能上帝的国度。你们生活其中！你们栖居其中！你们有时几乎有意识地进入它的临在之中，但在其间，你们却在为一个饱受痛苦呐喊的世界服务。

Now, my great teacher, who has assumed the Office of the new Buddha, and whom I have known and loved so long as Lord Maitreya, comes. Let us honor his Presence! (Audience rises).

此刻，我的伟大导师、新任佛陀，亦是我长久相知敬爱的弥勒世尊莅临。让我们起身恭迎祂的圣临！（全场起立）。

RESTORING THE CHRIST

唤醒内在基督

Address by Lord Maitreya

弥勒尊主致辞

Thank you, beloved ones. I am come today to once again remind you that I am the Christ that beats your heart:

谢谢你们，亲爱的人们。我今天来，是为了再次提醒你们，我即是搏动你们每一颗心脏的基督：

I AM THE CHRIST IN EVERY MAN, COME AGAIN. I AM THE CHRIST IN EVERY MAN, COME AGAIN. I AM THE CHRIST IN EVERY MAN, COME AGAIN.

我是众生内在的基督，再度降临。我是众生内在的基督，再度降临。我是众生内在的基督，再度降临。

and, expanding through the lifestreams of all the ten billion souls belonging to this evolution, the fullness of the divine plan for each and every one. No more shall there be a single Avatar, no more shall there be a single Christus, but in this hour of the Second Coming, the divine Holy Christ Self in every human heart is destined to take command of the outer form and, through it, reveal the mastery of the God-plan.

并且，我将透过属于这一进化阶段的所有百亿灵魂的生命洪流，扩展每一个灵魂的完整神圣蓝图。世间不再仅有一位化身圣者，不再只有一个基督，但在这基督再临的时代，每个人类心中的神圣基督自我，注定要接管外在身体，并通过它揭示神圣计划的圆满大能。

Oh, thou beloved Holy Christ Self, beating the hearts of all mankind, I call to you today! Expand the virtue for which you were given individualization by the Father of light! Expand the nature of the Father-Mother God, given you before you took physical form! Expand and manifest now that part and pattern of the great divine plan for which you were allowed to come into embodiment by the Great Karmic Board! Oh, thou beloved

Holy Christ Self within the hearts of all mankind, you hear my voice through the feelings, the minds, and the etheric substance and the flesh of these blessed ones gathered together, I SUMMON YOU NOW! Draw on the glory of your own Causal Bodies, magnetize the radiation that you have builded through the centuries that have been, let loose the floodgates of divinity for which the individualized I AM Presence has sustained you through these eons of time!

哦，挚爱的神圣基督自我，你让所有人类的心脏得以跳动，我今天呼唤你！扩展光之父赋予你个体意识所承载的一切圣德！扩展你在获得物理形态之前被赋予的父神-母神之本性！现在就扩展并显化那部分伟大的神圣计划及其蓝图——正是为此，伟大业力委员会才允许你投生入世！哦，在所有人内心中的挚爱的神圣基督自我，你正通过这些聚集在此的蒙福之人的情感、心智、以太体和肉体聆听我的声音，我现在召唤你！汲取你们自身因果体的荣耀，感召你们在过往世纪中积累的辐射，打开神性的闸门，让 I AM 临在为了保护你而守护了亿万年的洪流，奔涌而出。

Oh, thou beloved Holy Christ Self within all mankind, NOW is thy hour, NOW is thy day! Come forth and fulfill thyself for the blessing of all that is. To the human outer personality of

every individual upon this planet, I say, in the name of almighty God which I AM without limit, PEACE, BE STILL! No longer shall your destructive use of the human free will limit the expansion of the power of the Holy Christ Self within every beating heart, even beyond the veil of death! Particularly to those who have, through the mercy of God, been released from the compound, I speak: no longer shall destructive use of free will be allowed you. I INVOKE the full release of the design and pattern of your Holy Christ Self this day, that there shall be no more Armageddon and struggle.

哦，存于全人类之中的挚爱的神圣基督自我，此刻便是你的时机，今日便是你的时日！显现出来，圆满自身，福泽一切存有。我以无限的 I AM 全能之神的名义，对这颗星球上所有人的外在人格宣告：平静，止息！你们对自由意志的破坏性使用，将不能再限制每个跳动心脏内神圣基督自我力量的扩展——即便跨越死亡帷幕也不再受限！特别是对那些因神的慈悲而从业力束缚中解脱出来的人，我宣告：不再允许你们破坏性地使用自由意志。今日我祈请你们内在神圣基督自我的完整蓝图全然释放，世间不再有“哈米吉多顿”（末日大战）与无尽纷争。

To those who are standing at the gates of birth, whose karma is not fully consummated, I also speak, you, who stand at the gates of birth, who have been given an opportunity to enter into this planet at a time when Saint Germain's magnificent Golden Age is being manifest, you, who have been accepted while two others have been denied embodiment, I speak to you.

对于那些伫立在出生之门前、业力尚未完全消解的人，我也向你们开示：

你们，伫立在出生之门前的人，在圣日耳曼辉煌的黄金时代显现之际，获得了进入这个星球的机会；你们，在另两人被拒绝投胎之际，却被接纳的人，我对你们说。

I say, PEACE, BE STILL! I also give this fiat and decree in the name of the presence of God, that the Holy Christ Self within you, as you come through the gates of birth and go through the process of maturity, shall be allowed full action to manifest divinity! To all those who are studying in the ascension temples, who have not yet made the ascension, I speak also to you, asking that the personality be stilled, and the Holy Christ Self within you be allowed full expression.

我宣告：平静，止息！我亦以上帝临在之名颁布此诏令与法令：当你们穿越出生之门并经历成熟过程时，你们

内心的神圣基督自我将被允许充分行动，以彰显神性！对所有在扬升圣殿中学习、尚未完成扬升的人，我也对你们说：要求外在人格保持静默，允许你们内在的神圣基督自我充分表达。

I SPEAK TO ALL THE BEINGS OF ALL THE ELEMENTS, WATER, FIRE, AIR AND EARTH, ALL IMPRISONED ANGELS, EVERY LIVING THING, AND ALL MANKIND, HEAR YE THESE MY WORDS, QUICKLY NOW! ARISE IN THE NAME OF THE LORD, STAND YE FORTH REDEEMED AND TRANSMUTED BY HIS LOVE, AND FULFILL THE PURPOSE FOR THY BEING!

我向水、火、风、地一切元素生灵、所有受困天使、万物生灵与全人类宣告：你们要听我这番话——快点！奉主之名，起来吧！藉祂的大爱完成救赎、净化转化，圆满你们存在之宏愿！

圣光拓展祈愿文

DECREE TO EXPAND LIGHT

Beloved mighty I AM Presence and blessed beloved Astrea!

挚爱的大能我是临在，以及蒙福的挚爱的阿斯特里亚！

LOCK your Cosmic Circle and Sword of Blue Flame as of a thousand suns in, through, and around all imperfect human concepts and orthodox entities, as well as in, through and around the "mass consciousness" of superstition, doubt and fear!

将你们的宇宙光环和如千阳般炽烈的蓝焰之剑，封锁、贯穿、环绕所有不完美的世俗观念和守旧存有，以及充斥迷信、怀疑与恐惧的众生集体意识！

Close in upon them all and TRANSMUTE (3x) them all, cause, effect, record and memory, before they can act, manifest, or longer be sustained! Replace them by the full power of the Flame of the Sacred Love of the Sacred Fire.

将它们全部包围，转化、转化，转化它们全部，包括原因、结果、记录和记忆——在它们能够行动、显化或继

续被维持之前！以神圣火焰的神圣之爱火焰的全部力量来取代它们。

BELOVED I AM! I now command! Do it Today! Do it to stay! (3x)

挚爱的 I AM！我现在命令！今日成就！永续长存！（重复 3 次）

Blessed beloved Presence of God I AM in me and blessed beloved Kuthumi!

居于我内的蒙福挚爱 I AM 之神圣临在，以及蒙福挚爱的库图米！

Give to us an understanding heart today Help us to redeem our Earth God's way!

今日赐予我们一颗“理解之心”，帮助我们以神的方式救赎我们的地球！

BELOVED I AM! I now command! Do it today! Do it to stay! (3)

挚爱的 I AM！我现在命令！今日成就！永续长存！（重复 3 次）

Beloved Presence of God I AM in me, and Holy Christ Selves of all belonging to and assisting in Earth's evolution!

居于我内的挚爱 I AM 之神圣临在，以及所有属于并协助地球进化的神圣基督自我！

Obey the fiat of Lord Buddha And expand thy light today!
Transmute all imperfection In God's most holy way!

服从佛陀尊主的法令，今日扩展你们的光！以神最神圣的方式转化一切不完美！

BELOVED I AM! I now command! Do it today! Do it to stay! (3)

挚爱的我是！我现在命令！今日成就！永续长存！（重复 3 次）

Beloved Presence of God I AM in me and beloved Saint Germain!

居于我内的挚爱 I AM 之神圣临在，以及挚爱的圣哲曼！

Transmute all destructive etheric memories from all the evolutions belonging to or serving the Earth today! Replace these memories by the perfection and joy of service, God's way!

今日，将所有属于地球或服务于地球的进化历程中，所有破坏性的以太记忆转化！以上帝之道——服务的完美与喜悦——取代这些记忆！！

I AM! (3x) the resurrection and the life of my divine memory and that of all mankind of all the glory I had with the Father before the world was!

BELOVED I AM! (3x)

I AM！（重复 3 次）我神圣记忆的复活与生命，也是全人类那在世界未有之前与父同享之全部荣耀的复活与生命！

挚爱的我是！（重复 3 次）

THE DOCTRINE OF THE MIDDLE WAY

中道教义

Address By Beloved Lord Gautama

至爱乔达摩世尊开示

April 18, 1957

1957 年 4 月 18 日

Beloved and Blessed Ones,

至爱且蒙福的人们，

I am come to bring you peace—peace of mind, of soul, and of body—that peace which is strong enough to sustain you and be a chan- nel through which the cosmic peace from the higher realms may flow at will, to change the quality of energy in yourself and those around you who are not yet, within themselves, the fullness of that peace!

我前来是为你们带来安宁——心智、灵魂与身体的安宁——这种安宁足够强大，足以支撑你们，并成为一条通

道，让来自更高境界的宇宙安宁得以自由流淌，从而改变你们自身以及周围那些尚未在内心完全拥有这种安宁之人的能量品质！

To draw from the heart of the Universal First Cause enough of that God-qualified energy to sustain mind peace and feeling peace, no matter what the conditions in which the lifestream finds itself, is to have builded a momentum upon which others may draw in times of crisis, as well as in times of meditation.

无论生命之流身处何种境遇，若能从宇宙第一因的核心汲取足够的、符合神性的能量来维持心智的平和与情感的安宁，便意味着已建立起一股势能，他人无论在危机时刻还是冥想之时，皆可从中汲取力量。

There are two paths for the true Buddhist to take, the one is the path towards the Ultimate, reaching through the world of form, through the transcendency of all human nature, until the individual becomes one with that Source, I AM, and choosing to so remain, adding the con- sciousness of his awareness to the effulgence of that Source—and thus does nirvana spread and expand in its glory, as each such one is caught up and becomes a part of the light of that realm. Then, there is the oth- er path, where, having tasted the magnificence of unity with the source

of all-good, having become united in consciousness and being with that good, one chooses of free will to descend into a world of form and en- deavor to radiate forth that consciousness of the Causal Body of the Cre- ator, and form an anchorage of divinity's presence for unascended be- ings!

真正的佛教徒有两条道路可走：其一是通往至高境界的道路，穿越有形世界，超越一切人性，直至个体与 I AM 本源合一，并选择永驻其中，将自身的觉知意识融入那源头的辉光，每一位证入此境的圣者都融入那片圣光，涅槃的光辉便随之不断延展。此外，还有另一条道路：当一个人品尝到与万善之源合一的宏伟，在意识和存在上与那至善合而为一之后，他会凭自由意志选择降临到有形世界，并努力放射出造物主因果体的意识，为尚未杨升的众生建立神性临在的锚点！

Those of you in unascended bodies today have the great opportunity of being such an anchorage of God-control at your point in the universe, knowing full well that in the motions of energy, that which you magnet- ize and generate and radiate must reach to the periphery of this world of form and touch every living thing, from the smallest electron to the greatest Solar Lord, returning on the current of your own energy into

your own world. Choose you, then, to be a sun of right use of life, adding to the peace that this world requires, or choose you to be a generator of further distresses that not only react upon your fellowman and the na- ture kingdom, but in truth of the Law of the Circle, react upon your own souls, as well.

你们当中今天仍处于未扬升之躯的人，拥有一个绝佳的机会，可以在宇宙中的你们所在位置成为这样一个“神性掌控”的锚点——要充分明白，在能量的运动中，你们所吸引、所产生并所辐射出的能量，必将延伸至这个有形世界的边缘，触及每一个生命体，从最微小的电子到最伟大的太阳主，最终循着自身能量流回归自身。因此，你们要选择成为一轮善用生命的太阳，为这个世界所需的和平增添力量；抑或选择成为制造更多苦难的源头——这些痛苦不仅会伤害你的同胞和大自然，而且根据“循环法则”之真谛，同样也会反作用于你们自己的灵魂。

I was one who chose the path of return to this Earth, having known the joy of the formless, having expanded in consciousness into the pres- ence of the Eternal God, having witnessed on my ascent and descent the magnificence of the inner kingdoms, where many beings serve in tran- scendently beautiful forms. I chose to create, through my own life ener- gy

and aura, that to which any disciple might have access and, touching its periphery, be raised into that consciousness which I had experienced and which I did sustain during all those years of my ministry. You can do the same! That aura is required among unascended men, women and children as a radiating power to raise them out of distress into peace. That aura is radiation, more than spoken word.

我曾是选择重返地球之人，既体验过无形之境的喜悦，也曾将意识扩展至永恒之神的临在之中，并在扬升与沉降的历程中，亲眼见证了内在王国的壮丽景象——在那里，许多众生以超凡绝美的形态侍奉着。我选择通过自身的生命能量和光环，创造出任何门徒都能接触到的场域；只要触及其边缘，便能被提升至我曾亲身体验、并在多年传道生涯中始终维系的那个意识境界。你们也能做到！对于尚未杨升的男女老幼而言，这种光环作为一种辐射力量，能将他们从痛苦提升至安宁之中。这种光环是辐射，其力量远胜于言语。

In the East, beloved ones, as perhaps you know, very, very little in- struction is given through the spoken word. The disciples are trained throughout the entire course of their lives to live within the aura of their Master, and, by proximity to his

greater understanding and illumination, their own God-flames expand, their understanding increases, and the natural expansion from within out takes place though sometimes the Guru and the disciple do not exchange one word orally during the entire course of an embodiment.

亲爱的朋友们，正如你们或许所知，在东方，通过言语传授的教导少之又少。弟子们在整个一生中都接受着训练，生活在他们上师的光环之中；受上师深厚通透的智慧与启迪滋养，他们自身的“神之火焰”得以扩展，理解力随之增强，从内而外的自然扩展便随之发生——尽管有时在上师与弟子整个转世期间，双方并未通过口头交流过一句话。

There are various and sundry schools of thought in which individuals have been trained in the practice of the silence of the tongue but have neglected the discipline of clamorous thoughts and feelings. The disci- pline, therefore, is incomplete. It is the capacity to so silence the mind, to so quiet the feelings, to so relax the flesh form, that the full connec- tion between the God-self (your I AM Presence) and the Christ that beats your heart, is established. Then that Christ, expanding its directions

through the brain, gives illumination to the outer self, as well as radiation of light to the world around you.

有各种各样的思想学派，其中人们虽然受过训练，懂得保持舌头的沉默，却忽视了对喧嚣的思想和情感的修持。因此，这种修行是不完整的。唯有具备让心智静默、让情感沉静、让肉身放松的能力，才能在“神性本我”（你的 I AM 临在）与搏动你心脏的基督之间建立起完整的联结。届时，基督将通过大脑扩展其指引，既为外在自我带来启迪，也向你周围的世界辐射光芒。

All the silence in the world does not accomplish the victory when it is but silence of the tongue, any more than all the words in the world do not accomplish victory when they are but the words of the flesh gar- ment!

世间所有的寂静，若仅是舌头的沉默，便无法赢得胜利；正如世间所有的言语，若仅是肉身外衣的言语，也无法赢得胜利！

Again we come to the doctrine (simple in the extreme) of the Middle Way, the combination of the wise, powerful, constructive use of the word when required, and the restraint from the use of those words when re- quired—the holding of

the silence when the necessity for peace or heal- ing or protection is evident to the advanced chela, or the speaking of the word of POWER into the atmosphere for the control of human conscious- ness, and minds and elemental life. As you have seen the sun and moon reflected upon the waters, you know how an agitated sea makes but a distorted reflection of those stellar bodies. That is exactly the same truth insofar as your lower bodies are concerned. Where there is inner agita- tion—whether it is emotional, mental, etheric or physical—you have a vibratory action that is foreign to the divine radiation that seeks to pour through you. In other words, as the beloved Jesus said, you are not po- rous to the Spirit of God.

由此我们回到极简的中道教义：懂得审时度势，该开口时，以充满智慧与大能的言语创造正向转化；该止语时，克制妄言。修行进阶者深知，需安宁、疗愈、护持之时，便守持寂静；需要调伏众生的意识、心智、引导元素生灵之时，便向气场宣告充满大能的圣言。正如你们见过日月倒映在水面上的景象，你们便知道，波涛汹涌的大海只会将这些天体的倒影扭曲变形。就你们较低的身体而言，这正是同样的真理。哪里有内在的骚动——无论是情感、心智、以太体还是物理层面的——那里便存在一种振

动作用，这种振动与试图通过你们倾泻而出的神圣辐射格格不入。换句话说，就像亲爱的耶稣说的：你们现在还没法让圣灵自由地穿过你们。

When you have a controlled feeling world, a mind that can concen- trate and be still, an etheric body that does not carry the memory of ag- es that have been in which all types of distresses manifested, and a physical body that is alert and clean and functioning harmoniously, then does that light of which I speak flow freely into your hearts and expand through you to give the fullness of that cosmic radiation which is the hem of your spiritual garment.

若你们能调伏情绪、令心念专注静定，以太体不再留存累世苦痛记忆，肉身洁净清明、运转和谐，我所说的圣光便能毫无阻碍流入你们的内心，透过你们向外舒展，把宇宙辐射的圆满展现出来——这就是你那件灵性长袍的衣边。

Beloved ones, you who are on the Earth's surface today, have you any conception how much the garment of the spirit is needed, whether you refer to it as the garment of the Buddha or the garment of the Christ? Can you, with your limited consciousness, conceive the require- ment of virtue in this

lower atmosphere, which is attainable by any indi- vidual through touching the hem of that spiritual garment which you weave out of your own life through discipline, contemplation, control, and application?

亲爱的朋友们，你们这些今天生活在地球表面的人，是否能理解这件灵性长袍是多么必要——无论你们称之为佛陀的长袍，还是基督的长袍？你们能否以有限的意识，领悟到此浊世下层大气对美德的需求？这种美德，任何人都能通过触摸那件灵性长袍的衣襟而获得——那件长袍正是你们通过自律、冥想、克制与实践，用自身生命编织而成的。

There will come a day when you will remember me, when hands will reach toward your garment, and in the name of the one God who creat- ed both of us, you and I, I ask that that virtue may be ready, estab- lished, and more powerful far than the turbulent energy of those who will seek assistance from you.

终有一日，你们会记起我，那时会有双手向你们的衣袍伸来；我以那创造了你我的独一之神的名义恳求：愿那美德已然准备就绪、根基稳固，且其力量远胜于那些向你们寻求帮助之人的动荡能量。

When it was told to me that my own Causal Body was prepared to take upon myself the responsibility of enfolding this entire planet and all her evolutions in sufficient peace and mastery so that Sanat Kumara could return to his star, I felt the responsibility which the accepting of such an Office would mean. Remember, beloved ones, the Lord of the World becomes the guardian, protector, and the illuminating presence of every electron belonging to the planet for which he has been ordained to serve. An individual who comes to the place where he is considered by Cosmic Law as ready to assume the Office of the Lord of the World, has full access to the status of all the souls in that planetary system, all of the etheric substance around it, and the mental and emotional radiation from its peoples, embodied and disembodied, from its elemental life,from its nature kingdom (and in the case of Earth) the animal kingdom as well.

当有人告诉我，我的因果体已准备好承担起责任，以充分的和平与掌控将整个星球及其所有进化进程纳入其中，以便萨纳特·库玛拉能够返回他的星球时，我深切体会到了接受这一职务所意味着的责任。亲爱的朋友们，请记住，世界之主将成为他受命服务的行星上每一个电子的守护者、保护者与启迪之光。当一个人达到被宇宙法则视为

已准备好担任“世界之主”职务的境界时，他便能完全接触到该行星系统中所有灵魂的状况、其周围的所有以太物质，以及来自其人民（无论是有形还是无形）、元素生命、自然界（就地球而言）乃至动物界的心智与情感辐射。

I can tell you that many who are offered the position of the Lord of a World do not choose to accept it when they look upon the inner vibratory action of the evolutions they are offered the joy of redeeming. But as my path has been that of renunciation, and as I began the world teach- ing through returning to the Earth and giving the simple doctrine of the Middle Way, when I had achieved a Causal Body equal to that of Lord Sanat Kumara, it was within my very nature to renounce nirvana again, and take upon my shoulders the responsibility for this planet's suste- nance in the solar system, which previously had been sustained through the love of the great Sanat Kumara.

我可以告诉你们，许多被授予“世界之主”职位的人，当他们审视那些有幸由他们来拯救的进化体所展现的内在振动活动时，往往选择不接受这一职位。但由于我的修行之路始终是舍弃之道，而且当我已修成与萨纳特·库玛拉尊

主同等水平的因果体后，便通过重返地球并传授“中道”这一简明教义，开始了世界教化工作， 再次舍弃涅槃，肩负起维持这颗行星在太阳系中存续的责任，这完全符合我的本性。此前，这颗行星一直依靠伟大的萨纳特·库玛拉的爱而得以维系。

An individual does not easily make such a decision, beloved ones, especially when a planet has been allowed to degenerate to the point that the Earth has, yet regeneration begins from within, out, from the very heart of your Earth to its periphery, from the very seed of divinity within your souls to its periphery, by which the light of the world increas- es hourly.

亲爱的朋友们，一个人很难做出这样的决定，尤其是当一颗行星被放任堕落到像地球这样严重的程度时；然而，重生是从内而外开始的，从地心延展至地表，从你们灵魂深处的神性种子向外舒展，世间圣光每时每刻都在增长。

We are grateful in the extreme for the return of the great Sanat Ku- mara, who has again renounced his freedom on Venus to become a part of the balancing process during this particular period when the very Earth itself as well as its peoples are

passing through certain chemical as well as physical and inner changes.

我们万分感恩伟大的圣纳特库玛拉再度归来，他再次放弃了在金星上的自由，以成为这一特殊时期平衡进程的一部分——此时，地球本身及其人民正经历着某些化学、物理以及内在的变化。

Beloved ones, how can I speak to human minds of the type of ser- vice and endeavor which I have followed through so many ages? It is like talking to small children. Yet, for the privilege and the honor of es- tablishing the radiation on this Holy Thursday of the Christ Presence, I have come, and through you each, according to your individual con- sciousness, shall I pass the radiation of my flame and my virtue until your souls transcend its personal nature and truly ascend into the divine. Then that divinity—expanding through you like flashing, blazing light— creates that Causal Body around your flesh form, which is the divine and immortal protection which life requires at this moment and shall require until all life is set free.

亲爱的朋友们，我该如何向人类的心智阐述我在漫长岁月中所遵循的那种服务与奋斗？这就像是在对小孩子说话。然而，为了在这神圣周四的基督临在中建立辐射的特

权与荣誉，我已降临；我将通过你们每个人——根据你们各自的意识——传递我圣火与美德的辐射，直到你们的灵魂超越其个人本性，真正升入神性。届时，那神性——将如闪烁的炽烈之光般通过你们扩散——将在你们的肉身周围形成因果体，这正是生命此刻所需、且在所有生命获得解放之前都将持续需要的神圣而永恒的庇护。

As some of you may have witnessed the activity pouring through my body, you can see that it carries the seven rays in a horizontal radiation, circling outward and outward, starting from the heart of this humble room, until it does envelop the Earth. That radiation, starting from my own heart, grows larger and larger and continues to swing around the Earth in a clock-like manner, rendering a service which only those who are ascended and God-free can truly know. As you tune into that, please feel the gifts of the seven rays passing through your own inner vehicles and your chakra centers and your own physical form, and see if you can hold your own conscious balance within that outpouring.

你们中有人曾亲眼见证从我肉身流淌而出的光能：七道圣光呈水平辐射，以这间简朴厅堂为中心不断向外环绕延展，直至包覆整个地球。这种辐射，从我自己的心脏开

始，变得越来越大，如钟表指针般循环环绕地球，提供着一种只有扬升和神之自由的存有才能真正知道的服务。当你们与之共振时，请感受七道光束的恩赐穿过你们自身的内在载体、脉轮中心以及肉身，并试着在这股涌流之中保持自身的意识平衡。

NOW, WHEN THE RADIATION FROM THE ASCENDED MASTERS OR COSMIC BEINGS IS VERY RAPID, THE CHELA OFTEN FALLS ASLEEP OR BLACKS OUT, because the brain consciousness cannot rise to the vibratory action of the Ascended Being or Master. There is that constant and eternal problem of how high a vibratory action can be achieved among the magnetizing chelas, without its passing beyond that point where con- sciousness can no longer stand the power of those vibrations. For that reason, even here this morning, you can feel that sensation and to counteract it, just draw within your own heart that stabilizing, anchoring pres- ence of God-peace, that infinite peace, that cannot even be disturbed by the rending of the human veil and the astonishment of the senses at see- ing the magnificence of the members of the Celestial Hierarchy, for that, too, has often times in an earnest one thrown him off balance because it also causes him to witness human imperfection on a large scale.

现在，当扬升大师或宇宙存有的辐射非常强烈时，弟子往往会睡着或失去知觉，因为大脑意识无法提升到与扬升存有或大师的振动频率相匹配的水平。始终存在这样一个恒久的问题：在接受启发的弟子中，振动频率能达到多高，而又不至于超过意识无法承受这些振动力量的临界点。正因如此，即使是在今天上午，你们也能感受到那种感觉；为了抵消它， 只需在心中召唤那稳定而锚定的“神之平安”——那无限的平安，即便是人类面纱被撕裂，或是感官因目睹天界圣团成员的宏伟而震惊，也无法扰乱它；因为这种景象也常常会让虔诚者失去平衡，因为它同时使他能看到大规模的人性缺陷和世间乱象。

So, to hold that infinite Middle Way of balance, no matter what the senses report or the eyes shall witness or the ears shall hear, whatever revelation shall have come, to hold that balance and retain conscious control of your own vehicles is the mastery which I did teach and do yet teach to those who choose to come within the compass of my aura. TO HOLD THAT PEACE, NO MATTER WHAT THE DISTRESS OF THE ELEMENTS, TO HOLD THAT PEACE NO MATTER WHAT THE CHAOS OF THE OUTER WORLD, THAT IS THE APPLICATION

OF THE ASPIRANT AND THE CHELA OF ONE WHO FOLLOWS THE BUDDHISTIC WAY.

因此，无论感官如何报告、双眼目睹何种景象、双耳听闻何种声音，无论何种启示降临，都要坚守那无限的中道平衡，保持这种平衡并有意识地掌控自己的身体——这正是我曾教导、也仍在教导那些选择进入我光环范围之人的精髓。无论元素如何动荡，无论外在世界如何混乱，都能保持那份安宁——这便是追随佛法的求道者与弟子日常践行的核心功课。

I spoke of detachment from form for exactly this reason—form, in it- self, is very beautiful. The form of the great Archangels, the seraphim and the cherubim, it is very beautiful. Form in this physical world may be beautiful, but the difficulty with the soul of the chela is that it attaches itself to the form, and that form often becomes more dear to the chela than another form who may require assistance just as much. When form becomes for you something of beauty that you can enjoy impersonally, and you are free of attachment to any one particular form—then you have gained a great victory. But in my case, as in that of the beloved Jesus and other teachers, many centuries went by and many of these simple and homely truths that we spoke of

were embellished upon by eager scholars and created into many rituals and formats in which much of the essence of the simple truths as we presented them were lost.

我之所以谈论对形式的超脱，正是出于这个原因——形式本身是非常美丽的。大天使、炽天使和智天使的形式，都是非常美丽的。物质世界中的形相或许很美，但弟子灵魂面临的困难在于，它会执着于形相，而这种形相往往比另一个同样需要帮助的形相更受弟子珍视。当你能无分别地欣赏一切美好形相，不执着偏爱任一形体，你就赢得了一场伟大的胜利。但就我而言，正如挚爱的耶稣和其他导师的情况一样，几个世纪过去了，我们所谈论的许多这些简单而朴实的真理，被热切的学者们加以修饰，演变成了许多仪式和形式，导致我们所呈现的简单真理的大部分精髓都丢失了。

The only thing that I can tell you, beloved ones, is what the Masters who have come before me have taught and will teach, that is, THE CON- TROL OF YOUR OWN ENERGY, which creates a magnetic field and makes you porous to the Spirit of God which beats your heart. That Spirit of God moves forward or in and around you, establishing peace or healing or protection wheresoever you may require it, and is the same

activity that was manifested through the body and person of Jesus, as well as through the body and person of myself and many other good and faithful individuals who have lived before us and since.

亲爱的朋友们，我唯一能告诉你们的，就是那些在我之前到来的上师们所教导并将继续教导的内容，那就是“掌控自己的能量”，这会创造出一个磁场，让搏动你心脏的圣灵自由流经你的身心。那圣灵就在你周围运行，也在你里面工作，在你们需要的地方建立平安、带来疗愈或提供保护；这正是曾经通过耶稣的身体与人格所显明的作为，也是通过我以及我们之前和之后许多善良而忠信之人的身体与人格所显明的作为。

Now, as you proceed into your worship and cognizance of the Spirit of Almighty God, take with you the blessings of one who found the Mid- dle Way, the safe way, in God's most holy name!

此刻，你们继续敬拜、体悟全能上主的圣灵，请收下我这份祝福——我以至上圣名寻得安稳中道，愿这份祝福伴你们前行！

GAUTAMA

APPENDIX

(OTHER UNPUBLISHED DICTATIONS)

附录（其他未发表的口述）

Beloved Saint Germain

October 1, 1946

挚爱的圣日耳曼 1946 年 10 月 1 日

To the Aspiring Friends, Greetings!

向追求真理的朋友们致以问候！

I look with fondness upon your loving, gentle hearts aspiring to wisdom and the accomplishments of the spirit. I think backward upon the days when I, too, bound in the heavy garments of unyielding flesh, pursued a like road toward the ever-beckoning achievement of mastery.

我怀着喜爱之情注视着你们那渴慕智慧与灵性成就的仁爱、温柔之心。我不禁回想起往昔岁月，我也曾困于粗重难调的肉身，走在与你们相同的路上，朝着那永恒召唤的通往大师境界的成就迈进。

During my years of political life in England, I learned that for the seer there is no peace in outer living. Again and again my attempts to pierce the mysteries were interfered with by the pull of human interference. The so-called tragedy of my political career gave me the opportunity for which I had longed—the freedom from duty to the filthy, sordid wheels of political intrigue.

在我于英国从事政治生涯的那些年里，我领悟到：对于“有内视能力的人”而言，外在的生活中并无安宁。我一次又一次试图探寻奥秘，却屡屡受到世俗纷扰的牵制。我政治生涯中所谓的“悲剧”，反而给了我梦寐以求的机会——得以从肮脏龌龊的政治阴谋漩涡中解脱出来。

I left England with my books and manuscripts for a small and uncharted island, Bermuda, that I had

discovered in my earlier years while sailing. I had found a cave, where, uninterrupted, I might pursue the course of my philosophical thinking. I brought with me provisions for my simple wants, and arranged with an old and trustworthy servant that from time to time he would sail out to my sanctuary with necessary equipment for the sustaining of my body's life until my earth span was completed.

我带着书籍和手稿离开英国，前往一个名为百慕大的小岛——那是一座未被标注在地图上的岛屿，是我早年航行时发现的。我找到了一处洞穴，在那里，我可以不受干扰地进行哲学思考。我带上了满足基本需求的补给，并约定一位年迈而值得信赖的仆人，由他不时驾船来到我的避世之所，送来维持我肉体生命所需的物资，直至我尘世寿命终结。

I simply equipped a small cave, hidden well amidst a grove of low-growing evergreens, that no house nor hut might attract the attention of the teeming masses that might, perchance, escape their usual haunts and, through freak of nature's storms or an unhappy quirk of their

own thinking, find themselves in the vicinity of my self-chosen exile. Curiosity being one of the ugly propensities of the unawakened, I shuddered to even contemplate their delight at discovering my beautiful island, and shattering its silent beauty by their noisome merriment.

我仅在低矮的常绿树丛中隐蔽地布置了一处小洞穴，确保没有任何房屋或茅舍会引起熙熙攘攘人群的注意，他们或许因风暴、或是心念纷乱而误入这片我自选的流放之地的附近。好奇心是未觉醒者丑陋的倾向之一，光是想象他们发现我这座美丽小岛时的欣喜，以及他们那喧闹的欢愉如何打破这片静谧之美，我就不寒而栗。

And so, as my faithful friend's boat sailed away in the twilight, I turned serene and happy at heart to my lovely island, at last to know peace and the uninterrupted serenity of Godly living. Ah me, I smile yet at my innocence! A man alone, freed from the turmoil of outer living, on the brink of heaven!

于是，当我那位忠实朋友的船只在暮色中远去时，我内心平静而喜悦地回到了我那美丽的岛屿，终于得以体验到安宁，以及虔敬生活所带来的无尽宁静。唉，我至今仍为自己的天真而微笑！一个孤独的人，摆脱了世俗生活的纷扰，仿佛置身天堂边缘。

Slowly at first, and then in most intensifying pressure, I found that I was not alone. A million teeming thoughts of unhappy origin stretched across the bridge from my island to the homeland. A million agonizing, heart-rending feelings raised ephemeral figures of the loved ones and the ones despised. A thousand body cries rose as wind and rain and weather changed the atmosphere of my habitation. Ah, then did I learn the truth that later I affirmed, "MAN RESISTS PERSONS, PLACES, CONDITIONS AND THINGS, BECAUSE HE HAS NOT MASTERED HIMSELF!"

起初只是隐约躁动，而后压力愈发沉重，我才发觉自己从未真正独处。无数无数悲苦纷乱的思绪，如同横跨我这座孤岛与故土之间的桥梁。无数令人痛苦、撕心裂肺的情感，将所爱之人和所憎之人的幻影

短暂地映现出来。当风雨交加、天气变幻，改变了我居所的氛围时，千百种身体的呐喊随之升腾。啊，那时我才领悟到后来我所确认的真理：“人之所以抗拒他人、地点、境遇和事物，是因为他尚未掌控自我！”

And there, amidst the bluest skies, the softest silvery sand, and the most exquisite greenery of nature, I faced the TEMPEST. All the hell of Europe's brothel, and my heartbreak and my ignominious suffering, was WITHIN ME. I could not read nor study. I paced the shores of my island in horror, to find the creatures of my own making. Never was man nearer madness than your humble servant! I knew then, truly, why man and the whole world is kept busy in much outer “doing” rather than face the truth that lies within himself. And then, when the shock of my discovery had somewhat abated, I began at the beginning, in the firm knowledge that all, both good and evil, was within myself.

就在那里，在最湛蓝的天空、最细腻的银色沙滩，以及大自然最精致的绿意之中，我迎来了那场

“风暴”。欧洲妓院里的所有地狱般的景象，以及我的心碎与耻辱的苦难，全都存在于我“内心深处”。我无法读书，也无法学习。我满怀恐惧地在岛上的海岸线上踱步，直面自己所造的种种痛苦幻象——世间没有人比你这卑微的仆人更接近疯狂了！那一刻我彻底明白，为什么人类和整个世界总被驱使着忙于外在“作为”，只为逃避直面内心深处的真相。随后，当这一发现带来的冲击稍稍平息后，我从头开始，坚信一切——无论是善还是恶——都存在于我自身之中。

And, with ever growing calmness and understanding, I began to unravel the good from the evil, and to become MASTER OF SELF, to know TRANQUILITY.

随着内心日益增长的平静与领悟，我开始分辨内心善恶，渐渐成为自我的主人，体悟真正的安宁。

Thus, to you dear aspiring ones, I am grateful that you shall be spared the full impact of facing the DWELLER ON YOUR THRESHOLD— through the merciful grace of the Violet Consuming Flame. I determined, after my own experience, to perfect some alchemical process

whereby the aspirant might have softened this terrible experience and awakening, and I urge you, now, in your forward progress, to use that flame to hasten your entrance into the sphere of tranquility.

因此，亲爱的求道者们，我由衷感激，你们将因“紫罗兰吞噬火焰”的慈悲恩典，免于直面“门槛守卫者”所带来的全部冲击。基于自身的亲身经历，我决心完善某种炼金术过程，使求道者能够缓和这一可怕的体验与觉醒；如今，我敦促你们在前进的道路上，运用那火焰来加速进入宁静之境。

Lovely friends, blessed be your progress. I love you, every one. May you, from this simple letter, learn that where ever you go here or above, you must always take YOURSELF, and that nothing but YOURSELF causes your pain. And nothing but your SELF will see your victory.

亲爱的朋友们，愿你们的修行之路蒙福。我爱你们每一个人。愿你们从这封简短的信中领悟：无论你们在此世或更高境界的何处，都必须始终带着“你们

自己”，并且除了“你们自己”之外，没有任何事物会造成你们的痛苦。而除了你们的“自我”之外，没有任何事物能见证你们的胜利。

Gratefully and sincerely, your

FRANCIS*

满怀感激与诚挚，你们的弗朗西斯*

(Editor's Note: Beloved Saint Germain, referring to his embodiment as Francis Bacon.)

*（编者注：至爱圣日耳曼此处指代自己投生为弗朗西斯·培根的那一世）

— — — — — — — — — ——

— — — — — —

Beloved Saint Germain,On board S.S. “Florida,” Miami to Cuba

亲爱的圣日耳曼，在“佛罗里达”号蒸汽船上，从迈阿密前往古巴

Good Friends,

亲爱的朋友们，

It is many a long year since I felt the swell of the ocean beneath my feet as I paced the deck of a boat, but the barque that I refer to (the "Santa Maria") was not as seaworthy as the one that carries your precious selves tonight, and yet it seems but yesterday that I trod the uneven boards that comprised the deck—looking at a horizon that would not yield a shoreline.

距我上次在船甲板上踱步、感受脚下海浪起伏，已是许多年以前的事了，但我所说的那艘双桅船（"圣玛丽亚号"）可不如今晚载着各位的这艘船那样适航；然而，我仿佛还记得昨天才踏上那由凹凸不平的木板组成的甲板——凝望着那片始终不见岸线的地平线。

Long after the hands had retired at night did I pace that deck, with the taste of the salt-spray upon my lips, as my eyes endeavored to fashion out of the clouds, out of the

heaving billows, out of fancy, a land that I was sure existed as I was sure that I had a hand of flesh and feet that balanced against the roll of the sea that I might stand erect. And yet, the spirit within me sagged as the days rolled into weeks, and the calculations I had made so carefully did not yield the goal toward which I had set my consciousness and into which I had woven the reluctant energies of men of vision who, believing in my purpose, chose to forgo the security and safety of the known European Continent, and against the almost superhuman ignorance of that day, ventured forth upon my word.

It is not a pleasurable experience to engage the life interests and the bodily safety of men, and then, in the darkness of the night—upon a chartless sea—question your own faith, knowing that not only your own, but the well-being and salvation of others, depended upon the accuracy of your perception.

每当夜深人静，水手们早已就寝，我仍会在甲板上踱步，唇间残留着咸涩的海浪飞沫，双眼竭力从云层、从翻腾的波涛、从想象中勾勒出一片陆地——我

确信那片陆地存在，正如我确信自己拥有血肉之手和双脚，能抵御海浪的摇晃，让我挺直身躯站立。然而，随着日子一天天过去，转眼已成数周，我内心的精神却日渐萎靡——那些我曾如此谨慎的推算，竟未能指向我意识所锁定的目标。我本已将那目标织入那些有远见之人的犹豫不决的能量中，他们因相信我的目标，宁愿放弃欧洲大陆那种熟悉的安全感，还顶着当时那种几乎让人难以置信的无知和愚昧，仅凭我的承诺便毅然踏上了征程。将他人的生命利益与人身安全托付于己，随后却在黑夜的幽暗中——在没有海图的大海之上——质疑自己的信念，深知不仅你自身，还有他人的福祉与救赎，都取决于你感知的准确性，这绝非一种愉快的体验。

Can you believe that power that lies within a vision before it becomes an accepted fact? Do you know what it is to thrill to that vision before the substance of the appearance world has yielded proof of its reality?

在愿景成为公认事实之前，你们能相信那存在于愿景之中的力量吗？你知道在物质世界尚未证实其真实性之前，为那愿景而心潮澎湃是何种感受吗？

All this has long since passed for me, but you, again, are weaving your life energies into a vision of a free people. You, too, are on the uncharted spiritual seas, engaged on a high adventure, with sails unfurled and vision set toward an unknown shore. You have felt the exhilaration that precedes a new journey—you have felt the despondency and uncertainty that is characteristic of the unascended consciousness, and which clings so powerfully to form.

这一切对我而言早已成为过去，但你，此刻正将生命能量编织进一个自由民族的愿景之中。你同样身处未被标注的灵性之海，正展开一场伟大的冒险，扬帆远航，将目光投向未知的海岸。你曾感受过新旅程启程前的振奋——你也曾体会过那种属于尚未升华的意识的沮丧与不确定，那种意识如此强烈地执着于形式。

To you I bring the conviction of my own faith in my vision, for one day the horizon did yield land, and one day a green island swam before my misted eyes. One day the sun reflected on the waving palms. One day the land birds flew over the salt-encrusted masts. One day my heart leapt to find my vision fact, and at the same time my knees bent in gratitude to God for sustaining our course westward in the face of almost insurmountable odds.

我向你传递我对自身愿景的坚定信念，因为有一天地平线确实显露出了陆地，有一天一座翠绿的小岛在我迷雾般的眼前浮现。有一天，阳光映照在摇曳的棕榈树上。有一天，陆地上的鸟儿飞越了布满盐渍的桅杆。有一天，当发现我的愿景成真时，我的心雀跃不已；与此同时，我屈膝向神致谢，感谢祂在几乎无法克服的逆境中，始终支撑着我们向西航行。

So shall it be in your experience, and in that of others who have touched the fringe of a God-free people, where disease, death, decay and dissolution are no longer the heritage of the human bodies of men. This vision seems

as fantastic now as a globular world was to the peoples of the fifteenth century, but nevertheless as surely a predictable fact in the future.

你们的亲身经历，以及那些曾接触过“无神之民”边缘地带的人们的经历，都将印证这一点——在那里，疾病、死亡、衰败与瓦解不再是人类肉身的宿命。这一愿景如今看来，就像十五世纪的人们眼中的“球体世界”一样不可思议，但它无疑是未来必然会发生的事实。

You believed me then, you within this room, who sailed with me across those uncharted seas. You shared in my despair and you shared in my victory. You were within the secret circle, who examined with me, each night, the length and course of our daily journey set down in the private log I carried and wherein I writ my knowledge of the sea we had traversed, although we kept another log for the sailors, lest, in fright, at knowing how far we had come from my calculated goal, they would refuse to continue on—and on—and on.

当时，在座的各位——那些曾与我一同航行于未知海域的人们——你们相信了我。你们与我同甘共苦，既分担了我的绝望，也分享了我的胜利。你们身处那个秘密圈子，每晚都与我一同查阅我随身携带的私人航海日志，其中记录着我们每日航程的距离与航向，以及我对所穿越海域的认知；尽管我们还为水手们另备了一本航海日志，以免他们得知我们距离我计算出的目标还有多远而惊恐，拒绝继续前行——乃至一拖再拖，永无止境。

In the hold of the ship, in a cabin much smaller than this, we sat the night the compass “failed,” not knowing that as we turned and sailed due west instead of north, the Polar Star would affect the needle. In looking at it that night, we felt that our last hope was gone, and yet, when we faced the men the next day, we could not tell them that we were no longer northward bound, lest they become more discouraged than they already were. Remember you, that hour? I shall never forget it through all eternity. Yet, despite that small irreconcilable “defect,” we did find land.

就在那艘船的货舱里，一间比这里小得多的船舱里，我们度过了罗盘“失灵”的那一夜，当时我们并不知道船只改向正西、不再向北航行时，北极星会影响罗盘指针。那一夜望着罗盘，我们感到最后的希望已然破灭；然而，当第二天面对船员们时，我们却无法告诉他们我们已不再向北航行，以免他们比之前更加气馁。你还记得那一刻吗？我将永世难忘。然而，尽管存在那个微小却无法弥补的“缺陷”，我们终究还是发现了陆地。

Beloved (referring to chela present—Ed.), you were not among that group, but in a monastery in the heart of Spain. I left my son with you. It was through your intervention that I gained access to Isabella's throne, and tonight I give to you my hand in love and gratitude for that service, for opening to me the ear, the heart and the purse that enabled me to outfit my small number of ships and their crew.

亲爱的（指在场的弟子——编者注），你当时并不在那支队伍中，而是在西班牙腹地的一座修道院

里。我将我的儿子托付给了你。正是通过你的斡旋，我才得以觐见伊莎贝拉女王；今晚，我怀着爱与感激之情向你伸出双手，感谢你所提供的帮助——是你为我打通门路、劝说女王，筹措物资，让我得以装备船队与水手。

You (referring to chela present—Ed.) were among my friends. You saw San Salvador. You saw Cuba. You shared my personal agony, and you shared with me the joy I felt at the hot sand beneath our feet, the paradise of the good, steady earth after the toll of the sea, the restful green of grass and shrub after the grey, billowy waters of the wide Atlantic. Truly, this night brings memories to my heart, and brings warm remembrance to you, my friends!

你（指在场的弟子——编者注）曾是我的挚友之一。你曾目睹圣萨尔瓦多岛，也曾踏足古巴。你与我同甘共苦，分享了我内心的煎熬；也与我一同感受了脚下滚烫沙粒带来的喜悦——在历经海上征途之后，那坚实稳固的大地宛如天堂；在穿越广阔大西洋那灰

蒙蒙、波涛汹涌的水域之后，眼前青翠的草木与灌木令人心旷神怡。今夜，往昔回忆涌上心头，也唤醒你们温暖的记忆，我的朋友们！

When we enter the consciousness of a group of people who have shared a cooperative endeavor, it stirs for us the great book of memory, and we can unfold from the history of our lives much of pleasure, and in so doing bring to you the specific radiation of that flame and ray which is ours to give. This I do for you tonight!

当我们进入一群曾共同致力于某项事业之人的意识之中时，这便为我们翻开了记忆的宏伟篇章；我们能从自身的人生历程中展露诸多喜悦，并借此将那属于我们、理应奉献的火焰与光芒的独特辉芒传递给你们。今晚，我正是为此而来！

Strange, how the creaking of the boards and the roll of the ship bring me back to that sense of oneness in a shared danger, in a shared companionship, and it gives me a sense of security in knowing that my work is in the hands of those who have shared and cooperated with my vision for centuries, in the safe compass of the heart's

love, who proved their friendship in the world of form, while yet it was filled with the errors that are the heritage of the human consciousness. It makes me happy that through that misted consciousness in which you still function, you are kind enough to perceive and give me an opportunity to share with you an essential truth.

真奇妙，那地板的吱呀声和船身的摇晃，竟将我带回了那种在共同的危险中、在共同的陪伴中产生的“合一”感，知晓我的救赎事业交到你们手中，这让我感到安心。千百年间，你们始终认同、配合我的愿景，以纯粹的爱为指引，在满是凡夫执念的有形世间，践行真挚情谊。令我欣慰的是，即便在你们仍受迷雾笼罩的意识中，你们依然足够仁慈地感知到这一切，并给予我一个机会，与你们分享这一至关重要的真理。

When lifestreams believe in and have faith in the vision of another, they form a mighty pillar of sustained energy, to hold the consciousness that bears the vision high, and that feeling of trusted and trustful friends was the victory of Jesus and Morya and Kuthumi and myself,

and every one of us who finally stepped over the threshold into freedom. Life and love do not forget, and we who live beyond the veil do not forget fidelity and constancy.

当生命之流相信并坚信他人的愿景时，便会凝聚成稳固强大的能量支柱，将承载愿景的意识高高托起；这份彼此信赖、同心同德的情谊，正是耶稣、莫利亚、库图米以及我本人——还有我们每个人——最终跨过门槛迈向自由的胜利。生命与爱不会遗忘，而我们这些生活在帷幕彼岸的人，也不会忘记忠诚与坚贞。

Saint Germain

圣日耳曼

— — — — — — — — — ——

— — — — — —

Beloved Maha Chohan (August 18, 1950)

敬爱的摩诃乔汉（1950 年 8 月 18 日）

The Chinese race, as a whole, have been noted for their serenity. The highly- developed and advanced members of this Oriental race out- picture, in their exquisitely- chiseled faces and graceful forms, the self- mastery that is primarily built upon an understanding and year of practice of the proper rhythmic breath.

中华民族整体向来以沉静安宁著称。这支东方民族中那些高度进化且境界高深的成员，在他们轮廓精致分明的面容与优雅体态之中，彰显出自控之力；这份自控，根基主要在于理解并经年修习正确的韵律呼吸法。

In the East, both India and China and the neighboring countries are well versed in the power that is held within deep breathing. The art of jujitsu is only one of many accomplishments in which breath is coupled with skill, in order to prove the transcendence of gravity and the natural buoyancy of matter, when properly etherealized.

在东方，印度、中国及其周边诸国，都深谙深呼吸蕴藏的力量。柔术只不过是众多技艺当中的一项；这类技艺

将呼吸与技法结合，用以证明：物质经过恰当的空灵化之后，可以超越重力，展现出本有的悬浮属性。

One of the greatest beauty treatments to erase lines from the face, as well as the distortions of the figure, was well known to the Chinese in this use of the rhythmic breath. It is a marvelous purgative, more powerful than any temporary means of removing the poisons from the body, and is a healing agent without parallel, FOR WITHIN THE BREATH IS HELD ALL OF THE CURATIVE POWERS OF LIFE.

中国人早已熟知，韵律呼吸是绝佳的美容法门之一，能够消除面部皱纹，也矫正体态畸变。这是一种奇妙的排毒方法，其功效远胜于任何暂时清除体内毒素的手段，是无可匹敌的疗愈媒介，因为生命全部的疗愈力量，都蕴藏于呼吸之中。

The distance that individuals live above sea- level determines the weight of atmospheric pressure in which they must live and breathe. Individuals who are fortunate enough to live in the mountain districts find it naturally easier to breathe deeper and more slowly than the ones who live lower down, because there is not the heaviness in the air to make a great effort of the inhalation of the lifebreath. The purer and cleaner the air, the

easier it is for them to absorb it in greater drafts. You will, therefore, find the people who live in the lower atmosphere of the Earth are subject to more of the evils of the world of maya, than those who are fortunate enough to have their physical abode in higher levels. This deals, however, with those who are not conscious of their ability to draw deeper breaths, even when not encouraged by natural environment.

人所处居住地的海拔高度，决定了他们生存和呼吸时所要承受的大气压力大小。有幸居住在山区的人，相较居住在低地的人，天然更容易进行更深、更缓慢的呼吸；山间空气没有那种沉浊感，不用费力就能吸入生命气息。空气越是纯净洁净，人就越容易大口吸纳。由此你会发现，居住在地球低海拔区域的人，要比有幸身居高地的人，更容易遭受幻象世界的种种困扰。不过，以上说的，仅限于那些没有意识到：即便没有自然环境加持，自己依然有能力进行深呼吸的人。

Remind the outer self at every opportunity, whenever you have a few moments of freedom, for thought to set into motion the deep breath through all your bodies, and I think that five minutes of such breathing will give you, on an average, more rest and relaxation than an hour's sound sleep.

但凡有片刻空闲，就要时时提醒外在的自我，用意念调动深呼吸，让呼吸贯通你的所有身体。依我看，平均而言，五分钟这样的呼吸，带给你的休憩与放松，胜过一小时酣睡。

Maha Chohan ***摩诃乔汉***

—— —— —— —— —— —— —— —— —— ——

—— —— —— —— —— ——

Beloved Maha Chohan February 11, 1951

敬爱的摩诃乔汉（1951 年 2 月 11 日）

In the creation of a race of intelligent beings, destined ultimately for mature Godhood, the process of individualization follows a definite and intricate design. Because of the unspeakable periphery and scope of creation, it would be impossible for the finite mind to grasp more than a fraction of the universal chrysalis which ever exudes life and light. It has been my privilege to endeavor to condense and simplify, for

the illumination of your consciousness, a portion of the cosmic activity which is the cause, whose effect you are.

在创造一类终将臻至圆满神性的智慧生命之时，个体化的过程遵循一套确定而繁复的设计。造化的疆域与范畴浩瀚难言，有限的心智，永远只能领会那源源不断流淌生命与光芒的宇宙蛹囊之中的极小一部分。我有幸为启迪你们的意识，尽力把一部分宇宙造化活动浓缩、简化；你们正是这一“造化之因”所结出的果。

The endowing of a center of consciousness with the capacity of FREE WILL, designed so that the instrument of growth, development and maturity might be anchored within the evolving life, and so that it might not be dependent on external environment, circumstances and unfoldment, was the initial design of the Creator.

造物主的初始设计，是为意识中心赋予自由意志的能力。如此一来，成长、发展与达成成熟的内在载体便可扎根于演进的生命本体之中，不再受制于外部环境、境遇以及外在的展开进程。

The number of lifestreams to belong to the chain was determined preceding even mental picturization which would,

when coupled to the creative faculty of feeling, project into the universal space new beings destined to ultimate Godhood. The center of consciousness contained within itself, within the primal flame of its initial being, the dual principle of thought and feeling—the masculine and feminine element—that makes the completed soul. These activities of thought and feeling were not only the endowed powers of creation, but were also the only way and means by which consciousness could receive, grow, expand and increase. In other words, through the thought and feeling activity, the individual consciousness could draw in the greater gifts of the universe, as well as project forth the finished object of its own creation.

属于这一生命链的生命流数量，早在心智具象化运作之前便已确定。心智具象化，一旦与感受这一创造官能相结合，便会向宇宙空间投射出新的存有，它们命定终将成就圆满神性。意识中心，在其原初存在的本源火焰之内，本就内含思想与感受的二元法则 —— 亦即阳性与阴性元素，正是二者造就完整的灵魂。

思想与感受的运作，不仅是被赋予的创造权能，亦是意识得以接纳、成长、拓展与增益的唯一途径。换言之，

经由思想与感受的活动，个体意识既能够汲取宇宙更为宏大的馈赠，也能够投射出自身创造完成的产物。

You have seen the thought and feeling bodies, and I have endeav‐ ored to describe, in detail, their service to creation through substance and form, but we have not fully emphasized the fact that, the only way and means by which the individual flame can receive is through these very same bodies or mediums.

你们已经见识过心智体和情绪体，我也曾竭力详细描述它们如何通过物质与形态服务于造物，但我们尚未充分强调这样一个事实：个体火焰接收能量的唯一途径和媒介，正是通过心智体和情绪体。

The individual focus complete in the masculine and feminine activity of the ego, form the White Fire Beings, or the Cosmic Ego of the individ‐ ual. When the twin rays descend below the cosmic fire line, the division between the masculine and feminine aspect took place—one was pre‐ dominantly a feeling creature, and the other a predominantly mental creature. BUT, even in the octave of light there was not a completeness, owing to this division, and the subsequent descent into matter for the development and maturity of that portion of the creative

principle of each ray, which was not expressed in the original descent, became the pur‐ pose of evolution, and explains all of life's experience. Therefore, we will find that the ensuing experiences of the twin flames through the centu‐ ries must, of necessity, be divergent, because the mental flame has to develop the love nature, and the feeling has to develop precision of thought.

完整统合了自我之中阳性与阴性运作的个体焦点，构成白火存有，也就是个体的宇宙自我。当双生之光下降到宇宙火线之下，阳性面向与阴性面向就此分裂：一方主要偏向感受，另一方主要偏向心智。但受此分裂所限，即便身处光之八度，依旧无法达成圆满。正因为每道光在初始降临之际尚有部分创造法则未曾展现，为使之得以发展并臻至成熟，灵魂继而沉降进入物质世界，这便是进化的意义，也解释了生命中的一切体验。由此便能明白，双生火焰世世代代的生命历程必然走向分化：心智火焰需要培育爱的本性，而感受火焰则要发展思想的精确明晰。

When one member of the dual flame achieves the complete mastery of the mental and feeling faculties, and embodies within himself the full Ascended Master's perfection of the White Fire Being, from whence he first issued, such an one

completes his cycle, and enters again the As‐ cended Masters' Octave. Thus, he went forth as half a flame, and re‐ turns as a whole. When the succeeding member develops and balances the two activities within himself, he, also, is ready for that freedom. Then both bring back into the White Fire Flame that which they drew forth—plus its complement.

当双生火焰其中一方完全掌控心智与感受的官能，并在自身内完全体现了扬升大师作为“白火存有”的完美境界——即他最初诞生的源头——此人便走完生命循环，重新进入扬升大师的八度次元。因此，他当初作为半簇火焰出发，如今则作为完整的火焰回归。当另一位伴侣在自身内部发展并平衡这两种活动时，他也便准备好获得这种自由。届时，两人将把他们曾从白火之焰中汲取的一切——连同所修得的互补增益——一并归还于白火之焰。

Maha Chohan

摩诃乔汉

Beloved Saint Germain September 26, 1952

敬爱的圣哲曼（1952 年 9 月 26 日）

The first requisite to “hearing” and “feeling” the keynote of the Mas- ter is the control of the energy in the aura, and bringing it into a sem- blance of quietude. Here, music is the natural medium by which the general “hurly- burly” of daily living can be stilled. The development of musical therapy is one of the main activities of the Ceremonial Ray for the future, but, meanwhile, until the greater numbers come to under- stand the activity in the near future, we must endeavor to quiet the inner bodies of the students, particularly after they come from the outer world, where they are engaged in creating and dissolving myriad shadow forms in the questionable task of “making a living.”

想要“听见”并“感受”大师的核心基调，第一个必要条件，就是掌控光环之中的能量，使之归于安宁。音乐是天然的媒介，能够平息日常生活的种种喧嚣。音乐疗愈的发展，将会是未来仪式之光的主要工作之一。但在此之前，在大多数人理解这套运作之前，我们必须尽力平复修行者

的各个内在身体；特别是当他们从外部尘世返回之际：在尘世里，为完成“谋生”这桩充满不确定性的事务，他们不停创造、消散不计其数的阴影形相。

The second requisite to “hearing” and “feeling” the keynote of the Master, is in purifying and dissolving these very shadows that form the garments of the self and which change with every passing day. Here we have the beginning of the use of the Sacred Fire.

想要“听见”并“感受”大师的核心基调，第二个必要条件，就是净化、消解这些构成自我外衣、日日流转变化的阴影。于此，我们便开启了对圣火的运用。

The Violet Consuming Flame is a purifying agent, which I have de- veloped through centuries of time by ENDOWING the Sacred Fire with the quality of dissolving forms, patterns and nuclei of a binding nature.

紫罗兰消融火焰是一种净化力量。历经数个世纪，我赋予神圣之火消解一切束缚性形态、模式与能量内核的属性，由此发展出这一火焰。

Through experimentation with it, I have found its efficacy and my faith in it, to make its action instantaneous when I draw it

forth for any given purpose. I used to think of the Sacred Fire and draw it into my con- sciousness as you draw a concentrated sunbeam by a magnifying lens.

经过反复实践，我见证了它的效力，也对它生出全然信靠；每当我为特定目的召唤它，它便能即刻起效。从前，我观想神圣之火，将它引入自己的意识，就如同用放大镜汇聚一束太阳光。

Then I would just LOVE IT, as the activity of God, visualizing and seeing it clearly in my mind and feeling it alive within me. I would EN- DOW that Sacred Fire with all the power of God, speaking to it without words, knowing that it was the master element in every sphere of activi- ty. The longer I LOVED IT, the more of IT I drew, until the Divine Direc- tor told me that I looked like a great yellow sun reclining against the base of a friendly oak tree.

而后我便全然爱慕它，视之为神性的运作，在心智之中清晰观想、看见它，感受它在我内在鲜活跃动。我将神性的全部权能赋予那圣火，以无言的方式与它沟通，深知它是一切活动领域之中的主导元素。我越是爱它，就越能召唤出更多的它。直到神圣指导者对我说，我的样子，就像一轮巨大的金色太阳，静倚在一棵祥和橡树的树根旁。

This flame would intelligently ask me what I willed that it should do. This began the beautiful experience in directing the Sacred Fire con‐ sciously. You will remember I say that many activities seem automatic, but none really are, all being the result of self‐ conscious direction by intelligence.

这团火焰会凭借自身灵智询问我，我希望它完成怎样的工作。由此，我开启了有意识引导神圣之火的美妙体验。请记住我所说：很多运作看似自动发生，但实则无一如此，一切皆是灵智带着自我觉知进行导引所产生的结果。

I used to direct the Sacred Fire toward people I loved, with a blessing, a conviction of strength, of hope, of courage, and, much later they would tell me how, on a certain day, or at a certain hour, when things seemed dark, a new “lightness” appeared. Of course, I kept my part of the activity to myself, for a blessing given is to be given freely.

我曾经将神圣之火导向我所爱的人，送出祝福，传递力量、希望与勇气的确信。很久之后，他们会告诉我，在某个日子、某个时刻，当处境一片灰暗之时，心中忽然升起一种轻盈明亮之感。自然，我并不向外谈及自己这份作为，因为祝福的给予理应是全然无偿的。

At the same time I was dedicated to the cause of freedom, so as my teacher developed in me this deep love for the Sacred Fire, I began to think how I might specifically and permanently ENDOW the Sacred Fire with a particular quality, which might be an assistance to those who would choose to use it to free themselves from the chains and limitations of their own creation. And thus, the Violet Consuming Flame was born one morning before the Sun had reached the horizon, and only the rosy glow of his coming heralded the day.

与此同时，我一心投身自由的事业。当我的上师在我心中种下对神圣之火这份深爱之后，我便开始思索：我要如何专门、永久地赋予神圣之火一种特殊属性，帮助愿意运用它的人挣脱自己造作出来的枷锁与局限。就这样，在一个太阳尚未升起，只有漫天绯红曙光宣告白昼将至的清晨，紫罗兰消融火焰就此诞生。

Adoring the flame, I ENDOWED it with the quality of purification and watched it act, dissolving some of the “tramp” thoughtforms that were floating unclaimed through the atmosphere. It caught them first, like a magnet attracts a steel filing, and then began a process of dissolving the form into its native elements. When the nuclear center of the form

(cre- ated by the mind and feelings of some inhabitant of the globe) was pierced, it was just like an explosion, as the imprisoned light, coated with the substance of impurity, was released from the magnetic center of that nucleus, and, rejoicing, sped back toward the Sun for repolarization.

我满心敬慕这团火焰，赋予它净化的属性，看着它开始运作，消解那些飘荡在大气之中、无人认领的“流浪”思想形态。它首先捕捉到它们，就像磁铁吸引钢屑一样，随后开始将这些形态分解为原始元素。当某个由世间众生的心智与感受所造的思想形态内核被穿透之时，就如同一场爆炸：被低频杂质包裹、囚禁在内的光，从内核的磁力中心释放出来，欢悦地奔回太阳，重新校准自身能量极性。

Aha! I said within me, this is a representative gift for life, and I took it to my teacher, who smilingly informed me that, although it was not a new use of the Sacred Fire, it was my privilege to give it to mankind for the first time, outside of the retreats, and that it would be the privilege of the Seventh Ray to develop it for the masses.

“啊哈！”我在心里暗自思忖，这真是一份代表生命的礼物。我将它呈交给我的上师。上师含笑告诉我，神圣之火的这种用法并非首创，但我有幸，能够将它带出灵修圣

所，第一次交付给人类；而将其推广至大众，则将是第七道光的使命。

The CAUSE OF FREEDOM must first be established, that the full effect of freedom may be felt. There are mighty individuals who have served the cause of freedom for centuries, in various activities, where mankind desired to have the fruits of freedom, and knew instinctively that the fruits came to those who served the cause.

必须先确立自由之“因”，人才能完整体验自由之“果”。不少力量卓绝的灵魂，历经漫长世纪，以种种方式投身自由事业。人类渴望收获自由的果实，也本能地明白，这份果实只会降临到投身这份事业的人身上。

What is the CAUSE of freedom? It has been paraphrased through the centuries, wherever men were stirred to valorous action on behalf of country, king or God, and yet, if they were asked to define that CAUSE, I guarantee that there are few who could accurately express an under‑ standing of freedom's cause.

何为自由之因？漫长岁月里，无数人为家国、君王、神性所鼓舞，做出英勇的行动，人们也用种种说法诠释过

它。但倘若要他们阐明这个“因”，我可以肯定，很少有人能够精准道出对自由之因的真正理解。

What is the CAUSE of freedom? GOD. The God‐ identity of every man has within it the inherent, inbred realization that freedom and God‐ liness are one.

何为自由之因？是神。每一个人内在的神性本体，与生俱来就明白：自由与神性本是一体。

The divine fiat of life is expansion, unfoldment, perfection, all of which qualities require freedom in order to manifest. A tightly‐ closed rosebud requires freedom to become a full‐ blown rose. Even the power of Helios requires freedom to shine. An animal, plant, tree, or man re‐ quires freedom to breathe. There is no such thing as progress or evolu‐ tion, or, in fact, being, without freedom. You might say freedom is God stretching out his arms to increase. Freedom is God in action. The qui‐ escent God, sleeping through the solar night, does not taste of nor enjoy the fruits of freedom, but when the first stirring takes place in the cosmic dawn of a solar system or the birth of a bird, freedom stirs.

生命的神圣旨意，是扩展、绽放、臻至圆满；所有这些特质，都需要自由才得以显现。紧紧闭合的玫瑰花苞，

需要自由，才能盛放成一朵玫瑰。就连太阳神赫利俄斯的力量，也需要自由才得以照耀。动物、草木、人类，都需要自由方能呼吸。没有自由，就无所谓进步、进化，甚至无所谓存在。你可以这样理解：自由，就是神舒展双臂，向外延展。自由，就是行动之中的神。处于太阳系长夜之中、归于寂静休眠的神，无从体会、享用自由的果实；但当某个太阳系迎来宇宙黎明，或是一只鸟儿降生，第一缕悸动升起之时，自由便随之苏醒。

I am the SUN of freedom. It is my great privilege to expand the cause of freedom on the earth plane. It is not a quality which is injected into a lifestream, for love of freedom is as inherent within life as is the love of life itself. Freedom and expansion are one. Freedom and activity are one. Freedom and God are one.

能在地球层面拓展自由的事业，是我莫大的荣幸。自由并非一种被注入生命之流的品质，因为对自由的热爱，正如对生命本身的热爱一样，是生命与生俱来的。自由与扩张本为一体。自由与行动本为一体。自由与上帝本为一体。

And in this new day, dedicated to the freedom of the entire planet and this system of worlds, you will see the God power stretching forth and bursting the chains of limitation.

在这个为整个星球与这套世界体系的自由而开启的新时代，你们将会见证神性力量舒展迸发，冲破一切束缚的锁链。

Saint Germain

圣哲曼

— — — — — — — — — ——

— — — — — —

Beloved El Morya (October 1, 1952)

敬爱的埃尔·莫里亚（1952 年 10 月 1 日）

Many are the inhabitants of this sweet Earth and its inner atmosphere, who do not belong to its evolution. Some have come in freedom to offer the strength of their lifestreams to the

evolving consciousness of the chain, and others have been brought from preceding chains because they did not evolve quickly enough to attain God maturity within the al- lotted cosmic hour. I am among those who have come from another "star," and although I submitted to the voluntary renunciation of free- dom, accepting the recurrent role of incarnations through many ages, it was a voluntary service to life.

在这颗美好的地球及其内在次元之中，有许多存有并不属于地球自身的进化序列。一部分存有怀着自由的本心而来，奉献自身生命流的力量，助力本序列生命意识的进化；另一些，则是从更早的生命序列被接引过来——他们没能在宇宙划定的时限之内完成进化，抵达神性圆满。我便是来自另一颗星辰的存有之一。我自愿舍弃自由，无数世代不断投入轮回转世，但这一切，都是我向众生献上的自愿奉献。

Those intelligent beings, like the thirty volunteers from Venus, who choose to be the "leaven in the loaf," through entering the very sub- stance of Earth in bodies of flesh, agree to accept the responsibility of generating karma in each incarnation, and willingly devote themselves to working through the same

restricting forms in which the evolving man‐ kind must function.

一众拥有灵智的存有，譬如三十位来自金星的志愿存有，选择做“面团中的酵母”，借由肉身进入地球的物质层面。他们甘愿接受每一次转世都会造作业力这份责任，主动投身于那套束缚性的形相之内行事，而进化中的人类，也正是在这套形相之中历练。

The selfconscious intelligence need not create destructive karma, but it is subject to the same temptations to misuse of life energy entrust‐ ed to it by the Presence of God, as is the least of the children of men. Thus, many of the guardians of the race, in their voluntary exile, have woven individual nets of karmic limitations, which bind their free spirits and dim their light, even as the karmic chains of the natural inhabitants of this small star have made it so recalcitrant that the Law voted it back into nothingness.

拥有自我觉知的智慧存有本不必造作破坏性业力，但他们和世间最普通的凡人一样，同样会受到诱惑，误用神之临在所托付给他们的生命能量。于是，许多守护众生的存有，在这场自愿的放逐之中，也编织出属于自己的业力罗网；枷锁捆住他们自由的灵，黯淡他们的光芒。就如同

这颗小小星球本土居民身上的业力枷锁，曾令星球变得桀骜顽劣，以至于宇宙法则裁定它回归虚无。

Thus, even the guardian spirits from other worlds and other chains, have had to go through the process of ascending out of emotional, men‑ tal, moral and spiritual shadows into the light of their own Presence. For them, the process of dissolving the self‑ created karma was relatively easy, but often, when the karmic debt was fully paid, such liberated spirits renounced nirvana, and even the ascension, to return again and again to Earth to become the stimulation of the spiritual endeavors of its people.

所以，即便是来自其他世界、其他生命序列的守护灵，也必须经历这样的过程：跨越情绪、心智、道德、灵性层面的重重阴影，升扬回归自身神性临在的光芒。对他们而言，消解自身造作的业力相对容易；但往往，当业债尽数清偿之后，这些获得解脱的灵性存有却舍弃了涅槃，甚至舍弃了扬升，一再重返地球，激励世间众生的灵性求索。

For instance, the beloved brother Jesus was born “without sin,” or karmic limitations, and lived in a “coat of flesh” as a voluntary servant of the Cosmic Law. In like manner, Kuthumi

and my own humble self, coming from a star other than Earth, voluntarily submitted to the karmic law, in order to assist the evolution of mankind, and incarnated again and again, to offer the support of our life energies to the various ages. In this recurrent visitation to Earth, we accumulated an individual karmic debt which we had to wipe out by the conscious use of our own ener‑ gies, in much the same manner as you are being taught by the beloved Saint Germain. During our embodiments as the “Wise Men,” at the time of Jesus' ministry, our karmic debt was balanced, and our incarnations since then have been wholly of a voluntary nature.

例如，我们挚爱的兄弟耶稣出生时“无罪”，即没有业力限制；他披上肉身，自愿做宇宙法则的仆人。库图米与鄙人我也是如此。我们并非地球本土星辰的存有，却自愿遵从业力法则，为助力人类进化，一次次转世，在各个时代奉献我们生命能量的支持。在一次次降临地球的过程中，我们也累积了属于自己的业债，必须像圣哲曼教导你们的那样，依靠有意识地运用自身能量去清偿。在耶稣传道时期，我们以东方三智者的身份投生，就在那一世，我们的业债得以平衡。自那以后，我们所有的入世，全然出于自愿。

In the middle of the 19th Century (1852), I completed my round of incarnations, having “wrought the purpose through of what did make me man,” and assumed the etheric body of the Indian potentate, which I wore through the entire association with Helena Blavatsky. Kuthumi completed his earth rounds as Shah Jahan, in the middle of the 17th Century, building the beautiful Taj Mahal in this embodiment. His ser- vices through the Theosophical Society were also from the assumed ve- hicles of the etheric body, prepared and sustained for this hour.

19 世纪中叶（1852 年），我走完了全部人间轮回，完成了那造就我人世身份的使命。之后，我取用一位印度君王的以太体载体，在和海伦娜·布拉瓦茨基交往的全过程都使用这一载体。库图米则在 17 世纪中叶，以沙贾汗的身份走完地球轮回，那一世他建造了绝美的泰姬陵。他在神智学会开展的工作，同样依靠为此时刻预备并维系的以太体载体完成。

These vehicles, under the direction of God- intelligence, had all the necessary comforting appearances of “flesh,” and have since been ab- sorbed into the electronic garment, in the final “ascension” of conscious- ness, which took place when the

Theosophical outpouring was completed in 1905. I trust this will assist you in understanding some of the conflicting statements about our presence, our identity and our spiritual status. Any Master Presence may “retain” one or more of his bodies through which to function, before he lays them down forever.

在神性灵智的指引下，这些载体拥有和肉身别无二致、足以安抚人心的外在形貌。1905 年，神智学的能量传递工作结束，意识完成最终的 “扬升”，这些载体就此被吸纳进电子外衣。我希望这番讲述，能够帮助你们理解，为什么关于我们的显现、身份与灵性境界，会出现诸多互相矛盾的说法。任何一位大师，在永久舍弃肉身载体之前，都可以保留一个或多个载体，用来开展工作。

We “laid down” the flesh, as stated above, but retained the etheric vehicles for convenience's sake through the Theosophical days, because, as you see, it is difficult to contact man through the pure medium of the Electronic Presence, as we must do today. To materialize the etheric double is very easy, but to materialize the Ascended Master Presence is a terrific shock to the chela, until he is very, very well grounded

in that peace that truly does “pass the understanding of the mind.”

正如上文所述，我们“舍弃”了肉身，但在神智学时期出于方便之故，仍保留了以太体，因为正如你们所见，要像今天这样仅通过“电子临在”这一纯粹媒介与人类建立联系，是十分困难的。将以太分身物质显化十分容易，但将扬升大师的临在显化出来，对弟子来说却是一次巨大的冲击，除非他已经非常、非常牢固地扎根于那种真正“超乎心智理解”的安宁之中。

El Morya ***埃尔·莫里亚***

—— —— —— —— —— —— —— —— —— ——

—— —— —— —— —— ——

Beloved Sanat Kumara February 28, 1953

敬爱的萨纳特·库马拉（1953 年 2 月 28 日）

Beloved, Beloved, Beloved Children of God,

挚爱的，挚爱的，挚爱的神之子民：

I bow before the immortal Flame of Life within your hearts, for that flame has brought you here today. The currents are now reversed. Up to this time, the outer self forced the Flame of Life to serve it in the satis- faction of the appetites and passions of the self. Now the flame is mas- ter, and draws the outer self always to the place where the Masters of Wisdom require them, in order to render the greatest possible service to the cause.

我向你们心中那不朽的生命之火俯首致敬，正是这团火焰，将你们带到此处。能量的流向已然逆转。在此之前，外在自我逼迫生命之火侍奉它，去满足自我的欲望与执念。而今，火焰成为主宰，始终牵引外在自我，去往智慧大师所需要的地方，好让你们能够为这份事业奉献最大的力量。

Within that flame is your divine pattern. Looking upon that flame, I decided to give my service to your sweet Earth, knowing that one day that flame would become the LIGHT OF THE WORLD.

在那火焰之中，蕴藏着你们的神圣蓝图。凝视这团火焰之时，我决意投身于这颗美好的地球，我深知终有一日，那火焰将成为“世界之光”。

Once upon a time, long, long ago, as you say in your fairy tales, I was invited to a great council of the representatives of the suns of our galaxy. I was the only representative from the planet Venus. Ah, Venus, Star of Light, my home, I can scarcely say thy name, for the sweet nos- talgia that fills my breast at thought of thee! At this council, it was de- cided that the elemental substance, which had been held in the matrix of the Earth, be released, and the Earth, itself—as it contributed no harmo- ny nor light to the universe—be dissolved into its native nothingness.

很久很久以前，就如同你们童话里讲的那样，我曾受邀参加一场由我们银河系各恒星代表组成的盛大会议。我是金星唯一的代表。啊，金星，光之星辰，我的家园。一念及你，心中便溢满温柔的乡愁，几乎难以念出你的名字。在这次会议上，大家决定将一直被禁锢在地球母体中的元素物质释放出来，而地球本身——由于它既未给宇宙带来和谐，也未带来光明——将被消解回其本源的虚无之中。

Returning to Venus, I thought deeply of the millions of lifestreams who would become planetary orphans if this decree were fulfilled. As moments of great import emphasize small

things, I can remember yet, as I walked out into our garden, where the beloved of my heart, Venus, was sitting, the contour of a cloud, and how the sun kissed it in its passing through the sky. I did not want to reveal to Venus my thoughts about volunteering to serve the Earth. I remember well, the sound of the wa‑ ter rising from the heart of the fountain, and then falling musically into the lily pool. I can tell you yet how many strands were woven into my sandals, as I counted them over and over, trying to come to a decision.

回到金星之后，我心中反复思量：倘若这道决议执行，亿万生命流将会沦为无家可归的星球孤儿。重大抉择来临之时，人总会记住许多细碎的画面。我至今还记得，我走入花园，我心爱的维纳斯正安坐园中；我记得云朵的轮廓，太阳划过天际，轻吻那片云。我并不想向维纳斯吐露我想要自愿奔赴地球奉献的想法。我清晰记得，泉水自喷泉中心涌出，叮咚落入睡莲池塘。我一遍一遍数着自己凉鞋编织的线缕，纠结着要做出抉择，那份光景至今历历在目。

Finally, Venus—who of course felt my every thought and feeling— said, “Why do you not visit this Earth, and see if you feel you can benefit it by making such a sacrifice?” Can I tell

you the relief that flooded over me at her sweet release? For, when one loves another more than life itself, great is the sacrifice in giving that one freedom to depart on cos- mic service, knowing the centuries that such parting will entail.

最后，维纳斯——她当然能感知我的一举一动、一思一念——说道："你为何不去探访这颗地球，看看通过这样的牺牲，你是否觉得能为它带来益处？"当她以这般温柔的话语解开我的心结时，那份感受我该如何言说。当一个人爱另一个人胜过自己的生命时，给予对方自由去投身宇宙服务，明知这样的离别将意味着漫长的世纪，这牺牲是何等巨大。

And so I came to Earth, and looking upon the Flame of God, contain- ing the pattern of perfection for the lifestreams, I felt it worth all the love and patience and light required to hasten that day. I returned to Venus, and told my beloved of my decision, and then I told our council, made up of those who were the governing body of the state. Every one of them, without exception, volunteered to go before me to prepare the Earth for my coming. From this group, thirty dear souls were chosen, and their names are burned into my heart for all

eternity. For 1,000 long years, they labored on the Earth to prepare Shamballa for our coming.

于是我来到地球，注视着神性之火，火焰之中蕴藏着各个生命流的圆满原型。我觉得，为了加速那一日的到来，所有要付出的爱、耐心与光芒，都是值得的。 我回到金星，把自己的决定告诉我的挚爱，接着向我们的议会汇报。议会是这个国度的管理机构。议会里所有人无一例外，都自愿要先奔赴地球，为我的到来铺路。 从中遴选三十位珍贵灵魂，他们的名字永远烙印在我心中。整整一千年，他们在地球辛劳工作，为我们的降临筹备香巴拉。

Meanwhile, word gets around, evening interstellar space, and from other stars and planets and systems came envoys of light, offering to assist us in our endeavor. FINALLY 9,000 BEINGS WERE CHOSEN— THREE THOUSAND TO TAKE HUMAN EMBODIMENT, THREE THOUSAND IN THE NATURE AND DEVIC KINGDOMS, AND THREE THOUSAND ANGELS.

与此同时，消息传遍了整个星际空间，来自其他恒星、行星和星系的“光之使者”纷纷到来，主动提出协助我们完成这项伟业。最终，九千位存有被遴选出来：三千位

投入人类肉身；三千位投身自然与提婆王国；还有三千位天使。

OF THE 3,000 WHO WERE TO BE THE GUARDIAN SPIRITS OF THE EARTH IN HUMAN FORM, 1,000 HAVE ALREADY ASCENDED INTO THEIR FREEDOM, and the remaining 2,000 are those who were chosen by Serapis Bey and given the grant by the Cosmic Law in January of last year. They received the special blessing of Lord Maitreya, but the 200,000 giv- en the grant in July are lifestreams belonging to this Earth. This accounts for the greater resistance in their inner bodies, and through the lifestream of beloved Zora (Fellows), and the courtesy of our blessed hostess, Mary Myneta (also called Mrs. Sterling Bose, leader of the New York Sanctuary), Lord Maitreya will enfold this additional 200,000 this evening in his Cosmic Flame of Cosmic Love, which will enable them to respond more quickly in the immediate future.

在三千位以人类肉身成为地球守护灵的存有之中，一千位已经扬升，获得解脱；

其余 2,000 位则是去年一月由瑟若佩斯·贝选定并获得宇宙法则授权的存有。他们获得了弥勒尊者的特别祝福，但七月获授特许的 20 万人则是属于这颗地球的生命之流。

这解释了为何他们在内在身体中面临更大的阻力；通过挚爱的佐拉（费洛斯）的生命之流，以及我们蒙福的女主人玛丽·迈内塔（亦称斯特林·博斯夫人，纽约圣所的领袖）的协助， 弥勒尊者将于今晚将这额外的 20 万人纳入他那“宇宙之爱的宇宙圣火”之中，这将使他们在不久的将来能够更快地作出回应。

Finally, when the cosmic moment arrived, and Shamballa was ready, I prepared to take my departure. The star, which is my spiritual insignia, rose above the planet Venus, and the people were acquainted with the fact that something unusual was about to occur. And so I took my leave of my beloved, my planet, and my people, to remain a voluntary exile for centuries of time. The tiny points of light in the hearts of the thirty wait‑ ing ones (priests from Venus) was a welcome sight, as we turned our attention earthward—and here we have abided until this day.

终于，宇宙的时刻来临，香巴拉准备就绪，我准备启程。那颗代表我灵性象征的星辰，在金星上空升起，金星的子民都知晓，有非同寻常之事将要发生。就这样，我辞别我的挚爱、我的星球与我的同胞，开启跨越无数世纪的自愿放逐之旅。当我们把目光转向地球时，那三十位守候

者（来自金星的祭司）心中点点微光，是一道令人欣慰的景象。自此，我们便居留于此，直至今日。

And the flame within your hearts, sweet guardians of the Earth and its people, is my hope of freedom to return to my celestial home.

地球与众生亲爱的守护者啊，你们心中的火焰，便是我得以重归天国故土的希望。

SANAT KUMARA *萨纳特·库马拉*

— — — — — — — — — ——

— — — — — —

挚爱的圣母玛利亚　1953 年 4 月 5 日复活节

Beloved Mother Mary Easter, April 5, 1953

噢，上主挚爱的儿女们！

Oh, Beloved Sons and Daughters of God!

今晨，我向你们伟大心灵的光芒俯首致敬！我多么渴望将你们每个人都拥入我的怀抱，以感恩你们降临这宇宙，始终忠贞追随圣光！

I bow this morning before the light of your great hearts! How I would love to take you, each one, within the embrace of my own arms, in gratitude for your presence in this universe, and your fidelity to the light!

哦，我深知你们，我怀中的孩子们，因为我的特殊使命，就是将每一年中所有即将投胎转世的生命之流，引向圣心圣殿，并在那里与灵魂一同传递所有将用来塑造投胎之躯的元素物质。灵魂与我共同审视这些物质，挑选最优质的细胞、最精良的元素，以此塑造心脏——那不朽的临在之火必须在整个转世过程中栖居于此；而你们与我共同塑造了这颗心（神圣的心），它正是永生至高神的圣龛，我今晨对此予以确认。

Oh, I know you well, children of my bosom, for it is my particular service to draw every lifestream who is to incarnate within a given year into the Temple of the Sacred Heart, and there, with the soul, pass on all the elemental substance which

is to fashion the garment of incarnation. Together, the soul and I go over that substance, to choose the best cells, the best elements, to make the heart, into which the Immortal Flame of the Presence must live throughout the course of that incarnation, and you and I fashioned the heart, the sacred heart, which is the Tabernacle of the Most High Living God, which I acknowledge this morning.

哦，蒙福的人们，你们这些被选为“自由之心”的人，但愿你们能与我一同忆起那场仪式——在那场仪式中，你们每一道生命之流都如同我们挑选构成肉身心脏的微小元素般被精心拣选；还有我那挚爱的兄弟弗朗西斯，我永远感激他的仁慈、 他的耐心，以及他在那段遥远岁月里的爱——那时我如此迫切地需要重温天父国度的平安。

Oh, blessed ones, you who have been chosen as the heart of freedom, could you but remember with me that ceremony in which each of your lifestreams was as carefully chosen as we choose the tiny elements that make up the physical heart, and with the beloved brother, Francis, to whom I am eternally indebted for his kindness, his patience, and his love in that life, so long ago, when I did so need some remembrance of the peace of the Father's Kingdom.

在圣心圣殿的核心深处，我们拣选了你们每一个人作为全新的自由之心。这一甄选过程已持续多年，而这些生命之流在经历生活所设下的考验后，一个接一个地未能证明自己配得上成为这座辉煌灵性圣所的一部分。律法规定，必须由三十三个细胞（生命之流）构成这样一颗心，借此才能锚定那将延续数千年之久的宇宙恩典。

In the heart of the Temple of the Sacred Heart, we chose you, each one, as the new heart of freedom. The selective process has gone on for many years, and, one by one, the lifestreams, through the tests that are provided by life, did not prove worthy to become part of the glorious spiritual tabernacle. It is required of the Law that there be thirty-three cells to make such a heart, through which a Cosmic Dispensation, which is to endure for many thousands of years, may be anchored.

你们每一人皆蒙受大福，你们回应了大爱的磁性感召，共同构成圣杯，伟大圣日耳曼将自由圣火安放于此。围绕这颗强大的心，还将生长出一个灵性身体，它由尚未圆满的人类众儿女所组成，直至每一个投胎转世的生命之流，以及所有等待获得出生殊荣的灵魂，都将有意识地成为它的一部分。

Well blessed are you, each one, who have responded to the magnetic pull of love, and who form the chalice into which the great Saint Germain has placed the Fire of Freedom. Around that strong heart will grow yet a spiritual body, which will be composed of those lesser sons and daughters of men, until every incarnate lifestream, and all those who wait the privilege of birth, will be a conscious part of it.

你们或许会感兴趣地了解到：在我们前来与你们交谈的很久之前，就已经举行了一次会议，会议期间选定了当下能提供最大服务的那条生命之流，这样不仅言语表达，而且那位大师临在的辐射与感受，都能最好地惠及你们内心之光。

It may perhaps be interesting to your consciousness to know that long before we come to speak with you, a conference is held, during which the lifestream who can render the greatest service for the time being is chosen, so that not only the worded expression, but the radiation and feeling of that Master Presence might best benefit the light within your hearts.

正因你们始终忠信，正因那神圣之心的运作即是我自身的运作，也正因我此刻或许能比任何其他生命之流更真切地向你们讲述关于我儿子的故事，因此有人建议由我今

日将天国的爱以及那些居于天国之心中的存有之爱——即天使大军与天神存有的爱，以及蕴含于这份爱中的大师境界——带给你们。

Because you have been faithful and because the action of the sacred heart is my own, and also because perhaps I can tell you with feeling more about my son than any other lifestream at present, it was suggested that I bring to you today the love of heaven and the love of those beings who are within the heart of heaven—the love of the angelic host, the devic beings, and the feeling of mastery that is within that love.

从我踏入耶路撒冷圣殿的那一刻起——在那里，我被赋予了守护耶稣降临的生命之流这一伟大殊荣——我的意识便全然明了他使命的圆满，我也为那些年里将要面对的牺牲与磨炼做好了准备。

From the time I entered the temple in Jerusalem where I was prepared for the great privilege in guarding the incoming lifestream of Jesus, my consciousness was awakened to the fullness of his mission, and I was prepared for the sacrifice and the discipline that would be required of me through those years.

我清楚地记得挚爱的加百列降临的情景。我也清楚地记得我挚爱的耶稣降临的情景——那段前往埃及的漫长旅

程，以及他尚未满五岁时，我每天带他去圣殿的那些早年时光：我将他托付给祭司，目送我年幼的儿子以成年人的庄重姿态步入那些宏伟的拱顶大厅。

Well do I remember the coming of the beloved Gabriel. Well do I remember the coming of my beloved Jesus—the long trip into Egypt, and those early years when I took him each day to the temple, when he was not yet five, and placed him in the hands of the priest and watched my small son enter those great vaulted chambers with all the dignity of manhood.

我清楚地记得他那对生命的深切热爱，他常会带来一朵受损的花或一只翅膀折断的小鸟，好让我们能怀着爱意，竭力让它们恢复健康。

Well do I remember his great love for life, how he would bring a bruised flower or a bird with a broken wing, that we might, through love, endeavor to restore it.

备受爱戴的弥勒佛建议，我们应在他幼年时期便开启“复活之火”的修行——通过那些微小的花草和无法言语的温顺生灵；我们一同在花园里，将那火焰吸纳进来，便会看见受损的花瓣恢复如初，花香重焕，受伤的鸟儿重获自

由——就这样，天父的智慧与力量通过那个蒙福的男孩，轻柔地、毫不费力地降临了。

The beloved Lord Maitreya suggested that we begin the action of the Resurrection Flame in his early childhood—through the small flowers and grasses and the gentle creatures that have no words, and, together in the garden, we would draw that flame and see the bruised petals restored and the perfume come again to the flower, the wounded bird fly—and so gently, without strain or effort, came the knowledge and the power of the Father through that blessed boy.

我清楚地记得他灵性意识初次觉醒的时刻。当他将弥勒佛的记忆吸纳进那幼小的自我，并将其内化时，我从他的眼中读出了这一切；他所展现出的尊严与掌控力，至今仍代表着基督的形象。

Well do I remember when first his spiritual consciousness awakened. I could read it in his eyes when he drew the remembrance of Lord Maitreya into that small self, and, absorbing it, manifested the dignity and mastery which to this day represent the figure of the Christ.

哦，亲爱的上帝的儿女们！你们这些渴望从意识中揭开过去或未来面纱的人——让我告诉你们，看到未来在眼

前展开，知晓未来岁月将带来什么，同时又能保持足够的平和与和谐，从而成为生命的慰藉，这绝非易事。孩子们，要安居于你们临在的智慧中，享受每一天的喜乐！

Oh, dear children of God! You, who desire that the veil from the past or into the future may be drawn aside from your consciousness—let me tell you it is not an easy thing to see the future stretched out before you, to know what the years ahead must bring, and yet to hold yourself in enough peace and harmony that you may be a comfort to life. Abide in the wisdom of your Presence, my children, and enjoy the happiness of each day!

每当我目送耶稣离开我们的家，我内心总会不禁思忖他是否会归来——因为，尽管我们俩都自愿承担了这项服务，但眼睁睁看着自己如此深爱的人经历那些试炼，实在并非易事；感谢上帝，如今地球上的生命之流已无需再经历这些试炼。

Never did I see Jesus leave our home that I did not wonder within myself whether he would return—because, although we both had volunteered to give that service, yet it is not an easy thing to see one whom you love so much, passing through

initiations which, thank God, are not required of the lifestreams of Earth today.

我多么清楚地记得那第一个复活节早晨的荣光，以及那些信靠他却因他看似死亡而信仰根基动摇的蒙福灵魂心中的喜悦。我满怀喜悦与感恩地忆起挚爱的玛哈·乔汉所给予的协助，他通过生命之息，帮助那具肉身恢复了生机。随后是直至扬升日为止那段甜蜜相伴的喜悦时光，那时我们再次被召请向他道“再会”（adieu），而非“永别”（good-bye）。

How well do I remember the glory of that first Easter morning, and the happiness in the hearts of those blessed souls who had believed in him—and yet were shaken to the very roots and foundations of their faith by his apparent death. I remember with joy and gratitude the assistance of the beloved Maha Chohan, who, through the breath of life, helped to restore animation to that form. Then the joy of sweet association until the Ascension Day, when again we were called upon to bid him “adieu,” but not “good-bye.”

如果耶稣的受难与复活，能让人类对生命战胜死亡的力量、以及爱战胜自私的力量产生哪怕一丝微小的领悟，那么我们为此所做的服务便已获得了充分的回报。如今，

我们正致力于通过那些将注意力投向我们的人，将这种对生命力量的同样感受与信心传递给他们。

If the accomplishment of Jesus' death and resurrection has brought to the race of men any small conception of the power of life over death and the power of love over selfishness, we are amply rewarded for that service. It is our endeavor now, through those who send their attention toward us, to give to them that same feeling and confidence in the power of life.

你们愿意接纳吗，挚爱的们？你们愿意接受我内心深处的爱吗？你们愿意接纳我作为你们的母亲吗？我亲手塑造了你们的心灵。愿你们在努力追求对上帝之爱以及祂的使者对一切生命之爱的日益加深的理解时，蒙受祝福！当这份爱成为你们内在本性的一部分时，你们便成了我们心灵的化身，因为通过你们，我们才能祝福并拯救世界。

Will you accept, beloved hearts? Will you accept the love from within my own heart, and will you accept me as your mother? I HAVE FASHIONED YOUR HEARTS WITH MY OWN HANDS. May you be blessed as you go forward in your endeavors toward an ever-increasing comprehension of the love of God and the love of his messengers for all life! As that

love becomes part of your inner nature, you become our hearts incarnate, for through you we may bless and redeem the world.

我感谢你们！我爱你们！我祝福你们！因为若非你们的信仰、信心以及今晨在此的临在，我便不会有机会进入人类的情感世界，并通过法则的内在作用，将母亲对子女的爱带给他们。正因如此，你们才是那扇“敞开的大门”，让我们这些居住在帷幕彼岸的人得以触达普天下所有人的意识。

I thank you! I love you! I bless you! For if it were not for your faith, your confidence and your presence here this morning, I should not have had the opportunity to enter into the feeling worlds of mankind and bring to them—through the inner action of the Law—the love of a mother for her children. So it is that you are the “open door” through which those of us who dwell beyond the veil may reach the consciousness of all peoples everywhere.

你们是我们的希望！你们是我们的承诺！能发现如此多的生命之流愿意接受来自我们领域的力量与光辉，并将其化作倾注给全人类的爱，这真是美妙无比！

You are our hope! You are our promise! It is a marvelous thing to find so many lifestreams willing to accept the power and

radiation from our realm, and to use that radiation now as an outpouring of love to the race!

当年，我的儿子虽倾尽全力，也只从芸芸众生中拣选出十二位门徒，他们愿意学习法则并成为爱的导师。曾有无数人前来寻求慰藉、暂时的治愈与安宁，但你们这些能够接受这些话语的每一个人，都选择从芸芸众生中脱颖而出——不是为了能获得什么，而是为了能给予什么！正因如此，在所有人类子民之中，你们被赋予了“自由之焰”的力量，并成为了新纪元的希望！

There were only twelve disciples who my son, with all his power, drew from the masses, who were willing to learn the Law and become Masters of Love. There were multitudes who came for comfort, for temporary healing, for peace—but every one of you who can accept these words has chosen to come forth from the masses, not for what you can receive, but for what you can give! That is why, among all the sons of men, you are invested with the power of Freedom's Flame and are the hope of the new day!

愿天父、圣子与圣灵赐福于你们，守护你们，并在光明中扶持你们，直到那一天——当你们褪去血肉之躯，进入我将等待你们的国度，说道：“哦，母亲，如今我为自己

曾坚持下来而心怀感激”，那时我将张开双臂拥抱你们，并说：“孩子啊，哦，我怀中的孩子，欢迎回家！”

May God the Father, God the Son, and God the Holy Spirit bless you, and keep you, and sustain you in the light, until that day when you lay aside the garments of flesh and, entering into the realm where I shall await you, say, “Oh, mother, I am grateful now that I have endured,” and I shall place my arms around you and say, “Child, Oh, child of my bosom, welcome home!”

我将永不停止倾注我的爱，直到地上的每一个孩子都被救赎，直到这颗黑暗的星球变成一颗闪耀的光之行星！

I shall not cease the outpouring of my love until every child of Earth is redeemed, and this dark star becomes a blazing planet of light!

今晨我祝福你们，为着合一，也为着参与这项生命服事的众生命流之间的协作，好叫最大的益处能临到最多数的人——因为如此，我们方能迈向更伟大的成就！

I bless you this morning for unity and for the cooperation of the lifestreams who have been a part of this service to life, that the greatest good might be done for the greatest number, for so we shall proceed to greater accomplishment!

愿复活之火的祝福降临于你们。亲爱的心灵们，当有事物试图扰乱你们心神时，我邀请你们像投奔母亲一样来到我这里，我也必赐予你们安宁。我感谢你们，并赐福于你们。

The blessing of the Resurrection Flame be upon you and, beloved hearts, I invite you to come to me as you would to a mother, when there is that which seeks to disturb you, and I, too, will give you rest. I thank you and I bless you.

— — — — — — — — — ——

— — — — — —

挚爱的圣日耳曼 1953 年 4 月 25 日

Beloved Saint Germain April 25, 1953 I

我爱你们！我爱你们！我爱你们！今日我说这番话自有深意。

love you! I love you! I love you! I say this with a purpose today.

来自伟大的萨纳特·库玛拉本人的内心，传来这样的旨意：要我将一份笃定的确信带给你们，让它深深植入你们情感世界的核心——那就是，我爱你们。我一直爱着你们，将来也永远爱着你们。

From the heart of the great Sanat Kumara, himself, has come the word that I should bring to you the CONVICTION that will enter deep into the heart of your feeling world, that I love you. I always have, and I always will.

啊，你们无从知晓，恐惧、怀疑与惶惑，是如何烙印在你们内在精微身体的能量之中。这不仅来自你们今生与过往的经历，更来自世世代代的累积：那时，对神的恐惧成为祭司手中的鞭子；人若不恪守教义与诫命，永恒的沉沦便是评判其灵魂的标尺 —— 灵魂要么得蒙救赎，要么便被拖入湮灭虚无。

Oh, you have no concept of the fear and doubt and uncertainty that is builded into the energy of your inner bodies, not only through your present and past experience, but also through the

century after century, when the fear of God was the whip in the hands of the priests, and eter- nal damnation the measure by which a man's soul was either saved or drawn into oblivion, if he did not abide by word and precept.

我来自一个领悟了朴素法则的兄弟会——既不冒犯他人，也不受他人冒犯。我记得，早在取得胜利之前，我的上师就曾对我说：“孩子，你可能在无意识之中造成冒犯。除非藉由净化之火，将你内在诸灵体与物质世界里的某些习气彻底清除，否则这种情况仍会发生；然而，心生被冒犯之感，却是你有意识做出的选择。自此刻起，守护你的意识，不让自己陷入受冒犯的心态，便成为你的责任。”

I come from a brotherhood who have learned the simple Law—to neither give offense nor take offense. I remember, long before I achieved the victory, that my Master told me, “You can give offense un- consciously, my son, until through the use of the Fire of Purification you have taken from your inner bodies and your physical world, certain tendencies, but you take offense consciously. It becomes your responsi- bility, from this moment, to guard your consciousness that you do not take it.”

我们作为人类的牧者，作为拯救这颗星球及其居民的唯一希望，倘若竟因那些我们守护了数世纪之人的意识而心生芥蒂，那将是何等可悲的光景！让我们以智慧去审慎甄别那些号称出自人类族群守护者之口的言辞。

Would we not be a sorry sight, we who are the shepherds of man- kind, the only hope for the redemption of the planet and its people, were we to take offense from the consciousness of those whom we have guarded for centuries! Let us measure with intelligence, the words that purport to come from the lips of those who are the guardians of the race.

许多、许多个世纪前，当我首次将“自由之火”带到这片大地时，我曾与牧羊人同住——他们粗犷、粗野、举止粗鲁，用手抓着生肉吃，喝着压榨而成的葡萄酒。然而，对于那些偏离正道、被荆棘缠住，或是跌落悬崖的绵羊或公羊，他们会将其打得遍体鳞伤吗？哦，不！这些粗犷的男子只要有可能，就会把它们救回来，让它们重返羊群，并根据他们生活的智慧，用一切可能的方式照顾它们。

Many, many centuries ago, when first I brought the Freedom Flame to this Earth, I dwelt with shepherds—rough, uncouth, unmannered men—men who ate raw meat with their hands and

drank the wine of the pressed grape. And yet, would they beat to a pulp the sheep or ram who strayed from the path and became caught by brambles, or fell over the cliff? Oh, no! These rough men brought it back to safety whenever possible, restored it to the flock, and sustained it in every way possible, according to the intelligence of their life.

一位埃洛希姆——他曾奉某星系“太阳”之命创造了一颗行星，又借助四大元素的力量，在数百万年乃至更漫长的进化历程中维系着肉身——难道会向那少数选择自由之路的个体，下达毁灭与灵性死亡的判决吗？

Would it be possible for an Elohim, who—at the direction of the Sun of a system created a planet, who has, with the help of the elements, sustained physical bodies for an evolution for millions and millions of years—to decree annihilation and spiritual death to a handful of individu- als who choose freedom's way?

难道那些坐在宇宙宝座上、超然物外且不带个人偏见的业力之主——他们如此细致地审视每一颗灵魂，一次又一次地给予每个生命投胎转世的机会，以减轻业力的负担， 使灵魂在任何一生中都不必承受过多负担，难道他们会对一部分生命之流，彻底抹除其今生全部的善业，更不

用说那数十万次轮回累世积攒的善果？倘若如此，爱的法则究竟有何意义！那致力于提升和救赎人类的兄弟会又究竟有何意义！若是那样，萨纳特·库玛拉当时留在金星，让这颗小行星在那时解体，反倒更为妥当。

Could it be possible that the Lords of Karma, sitting dispassionate, impersonal, upon their cosmic thrones, who with such care examine eve- ry soul and give each life opportunity after opportunity to incarnate, lightening the burden of the karma, so that the soul might not have too much to bear in any life, should then take a handful of lifestreams and wipe out all of the good of this life alone, let alone that of the centuries that have been, back hundreds of thousands of embodiments? For what purpose, then, the Law of Love! For what purpose, then, the Brother- hood dedicated to the raising and redemption of the race? Better far would it have been for Sanat Kumara to have remained on Venus and the dissolution of this small star taken place at that time.

我爱你们，并非因为你们现在是什么样，也并非因为你们能为我做什么，而是因为你们就是生命，因为你们是天父的一部分，因为你们是注定要崛起并身着自由长袍行走的儿女，因为我知道你们将要成为什么，因为我已目睹

了你们自身个体化临在的荣耀！七万年前我便与在座每一人交谈，望着你们的双眼许诺“永不舍弃你们”，这份记忆深藏心底，否则你们就不会回应我的努力。（你们看，我们正在重现我与至高神圣指导者共处的经历——当年我被要求，于试炼战场之上进入那至静的核心。只不过那时，我尚不拥有我今日所享有的这份自由；但如今，你们正拥有我当年所经历的那一份机缘。）*

I love you, not for what you are, and not for what you can do for me, but because you are life, because you are part of the Father, be- cause you are children destined to rise and walk in freedom's robes, be- cause I know what you shall be, because I have looked upon the glory of your own Individualized Presence! SEVENTY THOUSAND YEARS AGO, I SPOKE TO EACH ONE OF YOU WITHIN THIS ROOM, and, as I looked into your eyes, I told you, then, I would never let you go—and you have re- membered this within your hearts, else you would not have responded to my endeavor. (You see, we are having re-enacted my experience with the Great Divine Director, when I was asked to go into the heart of the silence on the field of battle. Then, however, I did not have the freedom

which I enjoy today, but you are having the opportunity which I experi- enced then.)*

亲爱的朋友们，那些真诚渴望坐在大师脚前聆听教诲的虔诚男女心中，涌现出许多疑问：究竟谁才有资格传达大师的教诲？请仔细斟酌这句话。一扇门将开启，千载难逢的机会降临，真言随之传出；但随后，当自我的阴影日益扩大，以致我们的光芒仅能微弱地照进人心，而生命又为我们提供另一个契机时，我们必须抓住它，在门敞开的每一刻都善加利用。

Beloved hearts, so much question has risen within the minds of ear- nest men and women, who sincerely want to sit at the feet of the Mas- ters, as to who is qualified to carry their word. Measure well that word. A door will be opened, and the opportunity of the ages comes, and the word passed through, but then, as the shadow of self grows so large that only a glimmer of our light may reach the hearts, and life offers us an- other opportunity, we must take it, availing ourselves of every moment while that door is open.

是的，通往天国的门有很多，上师们也伫立在许多门前。哪里有爱、和平、希望和信仰，我们就在哪里。哪里有恐惧、怀疑、不确定和威胁，你们就会发现，自我的阴

影已将一切遮蔽，只剩下一丝微光——而我们仍怀着慈悲之心，将这微光倾注给那些虔诚前来的人们。

Yes, there are many doors to the kingdom, and the Masters stand at many gates. Where love, and peace, and hope, and faith abide, there we are. Where fear and doubt and uncertainty and threat abide, you will find that the shadow of the self has closed to all but a glimmer of our light, which in mercy, yet, we pour through those earnest hearts who come.

今天，我怀着明确的目的对你们说话，我重申：我爱你们！任何人、任何使者、任何文字，无论是来自你们自身本性中的细微怀疑，还是来自他人的怀疑，都永远不应从你们那里夺走那份确信——我爱你们。我不会停止爱你们，直到你们站在这个八度中，与我同享自由。现在，安住于和平之中，在光中向前迈进！

As I speak to you today with a definite purpose, I repeat, l LOVE YOU! No man, no messenger, no written word, nor subtle doubt from within your own nature, nor from another, shall ever take from you that confidence that I love you. And I shall not cease to love you, until you stand in this octave, FREE with me. Now, BE AT PEACE, and move for- ward in the light!

终有一日，地球上的所有人必须凭着自己内心的光芒，以及意识中的智慧来衡量上帝的话语，而我们将始终竭力协助你们记住：无需畏惧任何人。怀疑和惶惑都源于恐惧；只要你能够安住在你内在神性火焰的安稳平衡之中，这一切就都会消散。向一切存有说出“我爱你”——不要只是多愁善感、情绪起伏，或是一时心血来潮；而要恒久持续，可以在内心静默诉说，必要时也可以出声讲出。不论是和你一同侍奉的伙伴，不论是你在职场、家庭中对生命的奉献，就连你用来完成服务的那些无生命物件，都包含在内。

All on Earth one day must measure the word of God by the light of their own hearts, and the intelligence within the consciousness, and we shall endeavor ever to assist you to remember to fear for no man. Doubt and uncertainty arise from fear, and all of these qualities will melt when you can remain in the calm poise of your own God Flame, and say to all life—not in sentimental, emotional, and spasmodic spurts, but constantly, silently, or when necessary, audibly—”I love you,” whether it is the indi- vidual with whom you serve, whether it is your service to life in the busi- ness world, or at home, whether it is the inanimate objects by which your service is performed.

这是世间最奇妙的炼金术，你们可以让自己远离那些不断累积的种种紧张，因为如果你们热爱自己的服务，它便会欢欣地流淌，最终成就圆满。亲爱的朋友们，我爱你们，每一位，也爱亲爱的洛特斯，我爱你。当你终有一日挣脱束缚、双臂张开、心志高昂、灵魂净化之时，你便会明白，我向你道出了上帝的真理。

It is the most marvelous alchemy in the world, and you can keep yourself free from so many of these tensions that build, for if you love your service, it will happily flow forth to accomplishment. Beloved friends, I love you, each and every one, and beloved Lotus, too, I love you. And as you shall one day stand free, arms outstretched, hearts up- raised, souls purified, you will know I have spoken to you God's truth.

圣日耳曼 SAINT GERMAIN

*注：在整个口述过程中，军乐队接连从圣所前列队经过。

*Note: Throughout the dictation, military bands paraded in succes- sion past the sanctuary.

摘自《挚爱的耶稣来信》（1953 年 5 月）

Excerpt from a Letter from Beloved Jesus (May, 1953)

我想向你们的外在意识描述一下红宝石圣殿。红宝石圣殿呈现出一种如此辉煌的粉红色。它是由伟大的造形者与你们所称的“埃洛希姆卡西奥佩亚”共同建造的，旨在承载人类的渴望、祈祷与希望所形成的能量。在此，经由神圣炼金术的转化，芸芸众生的祈求，就成为他们祷告的应验。例如，在天主教弥撒结束时的那段祈祷中升腾而起的能量：“万福！圣后，和平与希望之母，我们向祢呼求，向祢献上我们的叹息、祈求与泪水。”

I would like to describe the Ruby Temple to your outer conscious- ness. The Ruby Temple is such a glorious PINK. It was builded by the great builders of form, together with the Elohim, to whom you refer as CASSIOPEA, to hold within it

the momentum of the aspirations, prayers and hopes of mankind. Here, through divine alchemy, the petitions of the masses become the answers to their prayers—the energy rising, for instance, in that prayer at the end of the Catholic mass, "Hail! Holy Queen, Mother of Peace and Hope, to Thee we cry, to Thee we offer up our sighs, petitions and tears."

经由这些礼拜仪式，天使们收集起那一片片承载希望与向往的粉色云团，并将它们向上提拉。（因为世人内心所发出的灵性势能尚不足以把这些祷告送出他们自身的灵性气场之外。）在红宝石圣殿中，我蒙福的母亲以及许多许多美丽而虔诚的存有（其中有些人的外在躯体尚未扬升）齐聚一堂，共同转化这种能量，并将它引导入那象征希望、喜乐、疗愈与和平的粉红火焰之中。纳达也经常在此服务。火焰的香气宛如迷人的玫瑰，当你意识到它自人类第一位成员投生以来便一直存在时，便可想象其规模与凝聚的力量。

From these services, the angels gather the pink clouds of hope and aspiration, and draw them upward (because there is not enough pres- sure from the hearts of the people to carry such prayers out of their own atmosphere). In the Ruby Temple, my own blessed mother, and many, many beautiful dedicated

beings, some whose outer selves are not yet ascended, join together in transmuting that energy, and directing it into the Pink Flame of Hope and Happiness and Healing and Peace. Nada, too, serves here so often. The fragrance of the flame is like that of the lovely roses, and you can imagine its size and concentrated power when you realize that since the first member of the human race incarnated, it has been in existence.

按人类的标准来看，这座神殿十分宏大，堪称浩瀚。它宛如一颗巨大的粉色珍珠，中央是穹顶大厅，火焰祭坛就位于其中。当你推门而入，整个内部空间都浸润在柔和的粉色光芒之中。祭坛与宏伟的大教堂之间隔着一幅柔和的金色网状帷幕，透过帷幕可以清晰地看到粉色火焰，但帷幕似乎也柔化了火焰力量的强度。

The temple is large, by human standards. It is colossal. It looks like a great pink pearl, with its domed central hall, wherein the flame altar is located. As you enter the doors, the entire interior is suffused with a delicate pink light. The altar is separated from the great cathedral by a soft, golden mesh curtain, through which the Pink Flame is easily distin- guishable, but it seems to mute the intensity of its power.

若靠近祭坛，你会看到我的母亲与伟大的扬升存有，以及七位 I AM 临在，他们正共同接收着天使们向上升腾的祈祷——这些天使不断穿梭于神殿之中，携带着那柔和、粉红且转瞬即逝的物质。随后，他们以有节奏的间隔将光束导向东方，此时圣殿便如一轮粉红太阳般闪耀，光芒从穹顶倾泻而出，直至第六界的大气层宛如一个格外美好的黎明。现在，我们希望你能升入这座圣殿，并作为喜乐的源泉，惠泽所有寻求和平的人。”

If one approaches close to the altar, you can see my mother and the great Ascended Beings, together with the seven I AM Presences engaged in receiving the upreaching prayers from angels who are constantly sweeping through the temple, carrying that soft pink ephemeral sub- stance. Then at rhythmic intervals, they direct the rays eastward, when the temple shines like a pink sun, and the rays pour from its dome, until the atmosphere of the Sixth Sphere looks like the dawn of a particularly lovely day. Now, it is our hope that you will rise into this temple, and remain as an outpouring of happiness to all who seek peace.”

— — — — — — — — — ——

— — — — — —

Beloved Kuthumi July 23, 1953

挚爱的库图米 1953 年 7 月 23 日

Beloved Ones of Light,

挚爱的光之子们，

I greet you tonight in the name of the presence of harmony! It has been my joy and honor and privilege for many years, now, to carry the master control of harmony wheresoever I choose to move across the face of this Earth, and wheresoever I am invoked, to assist those beloved lifestreams who show interest in the teaching of men to become a har- monizing presence in themselves, and, through themselves, the master control of all circumstances.

今晚，我以和谐之临在的名义向你们致意！多年来，无论我选择在地球的哪个角落行走，无论我在何处被召

唤，我都执掌着和谐的主控权，去帮助那些珍贵的生命流——他们对这样的教导心怀兴趣：人要成为自身内在的和谐临在，并透过自身成为一切境遇的主宰。这对我而言始终是莫大的喜悦、荣誉与殊荣。

Every messenger who comes from the court of the great Sanat Ku- mara, sooner or later, must be the controlled power by which energy is channeled into constructive and beautiful form, through those chelas and devotees who, drawn by the radiation of the light, choose to live within the periphery of such an one's aura—for, until that accomplishment is woven into the energies of the lifestream, the secrets and powers of the Sacred Fire, that are held within the kingdom of Harmony, cannot be released in their fullness into the receptive consciousness of the teacher first, and, through him, imparted to his disciples. So, in a measure, does the teacher become responsible for the amount of truth and understand- ing flowing from the everlasting fount, because upon the control and mastery of his own energy, does the message and the truth, which flows into the lifestreams of the disciples in a movement, depend.

每一位来自伟大萨纳特·库马拉圣殿的信使，早晚都要成为能够把控能量的力量。能量通过那些被光芒吸引、

愿意处在他的气场影响范围内的学徒与虔信者，化作正向美好的现实。因为，除非那项成就被编织进生命流的能量之中，否则和谐王国里的圣火奥秘与力量，就无法首先完整地释放进导师那具有接受性的意识里，再经由他传递给他的门徒。所以，导师在某种程度上要为从永恒源泉流出的真理与理解之多寡负责，因为流入门徒生命流中的讯息与真理，取决于他对自己能量的控制与掌握。

Within the heart of those great retreats and sanctuaries, which dot the surface of this globe, the most exquisite balanced control of energy forms the pattern for daily and hourly living, and were any one of you to consciously, within your own physical bodies, step within such a holy and sanctified place, your first impression would be one of exquisite peace and relaxation. This accounts for the fact that even in the orthodox world, the Kingdom of Heaven is described as a place of exceeding peace.

在那些散布于地球表面、宏伟的隐修所与圣所的核心深处，对能量的极致平衡掌控构成了日常乃至每时每刻生活的准则；倘若你们中的任何一人能有意识地以自身肉身踏入这般神圣而庄严的场所，你们的第一印象必将是极致

的安宁与放松。这正解释了为何即使在正统宗教世界中，天国也被描述为一个充满非凡安宁的地方。

In my service to life, representing as I do that great embodiment of Cosmic Harmony, whom you have come to know and love as our Lord Maitreya, it becomes my joyous opportunity, whenever given entrance into the consciousness of the devotee of truth, to remind the outer self that harmony, like mercy and love and compassion, is not a negative, but a powerful and positive force, belonging only to the strong, and cultivat- ed through century after century of self-discipline.

在我服务于生命的过程中，作为你们所熟知并深爱的“弥勒佛”——那位宇宙和谐的伟大化身——的代表， 每当我有幸进入真理追随者的意识之中，便深感欣喜，借此机会提醒外在的自我：和谐——如同慈悲、爱与怜悯一样——并非消极之物，而是一种强大而积极的力量，它只属于坚强之人，需历经千百年自律修行方能修成。

It is often thought that individuals who sleep within the lethargy of inertia are expressing and experiencing harmony, but nothing can be further from the truth. Those messengers who are embodied peace are not only masters of the energy which is their own allotted gift from the Source of Life, but

they are the constant masters of the whirling sea of emotion and thought force of even the physical bodies of those who are around them.

人们常以为，那些沉溺于惰性麻木之中的人正在表达和体验和谐，然而事实远非如此。那些化身和平的信使，不仅能够驾驭来自生命本源、分派给他们的专属能量禀赋，亦能恒久统御周遭众人肉身之中，那翻腾如海的情绪与思想的洪流。

I have come this evening from Ceylon, where we all sat with our be- loved Maha Sahib, and discussed the coming opportunity, when the at- tention of the illumined, as well as the aspirants, will be focused on the great teacher of all teachers, whom you know as Lord Buddha, the be- loved Lord Maitreya, his assistant, the Brothers of the Golden Robe, and my humble self. The beloved Maha Sahib, in speaking with us, suggest- ed that we emphasize through this entire thirty-day period, that every facet of expression, through the entire Seven Rays, is embodied harmo- ny—whether it is the strong drive of ordered service, in which every wheel fits into its proper place, whether it is the harmony which comes from understanding, the harmony which is within beauty, the harmony that lies within

the compass of the scientific balance of life, or that within the glory of our beloved brother Jesus' worship and ceremony, or the perfection and harmony within the Seventh Ray.

今晚我刚从锡兰赶来，在那里，我们与敬爱的玛哈·萨希卜共聚一堂，商讨了即将到来的契机——届时，无论是开悟者还是求道者，都将把注意力集中于万师之师，即你们所知的佛陀、以及他的辅佐者挚爱的弥勒世尊、金袍兄弟会诸位，以及鄙人。挚爱的玛哈·萨希卜在与我们交谈时建议，在这整整三十天的时间里，我们要强调：七道光芒之下的每一种显化面向都体现了和谐——无论是井然有序的服务中所展现的强劲动力，其中每个齿轮都各就其位；无论是源于理解的和谐、存在于美之中的和谐、蕴藏于生命科学平衡范畴内的和谐，还是我们挚爱的兄弟耶稣的礼拜与仪式中所彰显的荣耀，抑或是第七光线中的完美与和谐。

We are so desirous of coupling the knowledge which feeds the intel- lect, and stirs the feeling with that definite application by which those of you who are chosen to wear the Golden Robe may become the master control of the energies that are yet within the compass of your sphere of influence.

我们非常渴望将滋养理智、激发情感的知识，与那种明确的实践相结合，借此使你们这些被选中穿上金袍的人，能够成为你们影响力范围之内那些能量的主控者。

The dispensation from the heart of the Great Central Sun increased the number of lifestreams to be given the opportunity in this next six- month period, to contact and blend with their own Christ Self. It be- comes the service of the Brothers of the Golden Robe to, in some man- ner, infiltrate the consciousness of these chosen ones against the mass pressure of the tides of energy which form the lower atmosphere of Earth, until they can sense, at least, the power of the Presence of God within the heartbeat.

来自大中央太阳核心的恩典，增加了将在未来六个月内有机会接触并融入自身基督自我的生命之流的数量。金袍兄弟会所要做的工作，就是用某种方式去影响这些天选之人的内心，对抗地球低层能量场那股庞大的集体压力，至少让他们可以在自己生命的律动里，感受到神性临在的力量。

Again and yet again in the East, century after century after century, is the disciple turned to that teacher of teachers, until he can recognize his voice. Then, comprehending his truth, he

leans no longer on form of any kind—neither Guru nor Master, nor any externalized manifestation of the One. But in our beautiful East, where the heaven is open and the cathedral of life provides the natural setting for the development of the soul, it is not difficult for the individual to become quiet enough so that the impressed directives of the Master opens the way for that commun- ion by which soul growth and development and spiritual maturity are attained.

在东方，历经无数世代，弟子日复一日追随万师之师，直至能够辨识祂的声音。当领悟了祂的真理之后，弟子便不再倚仗任何外在形式 —— 不论古鲁、上师，或是“太一”的一切外在示现皆是如此。 而在我们美好的东方，天宇敞开，生命之圣殿为灵魂的成长提供了得天独厚的环境。人很容易安住内心，获得宁静，让上师烙印于心的指引开启灵性交融之路，灵魂藉此得以成长、演进，达至灵性的成熟。

When we turn our attention to the West, the entire current and di- rectives of our endeavors must adapt themselves to the rapid pace with which the vibratory action of mankind, at present, is so deeply en- meshed.

当我们把注意力转向西方时，我们所有努力的方向与指引都必须适应当前人类振动活动所深陷其中的迅猛节奏。

I long for the opportunity to take you, collectively, as well as individ- ually, into an aura that has been protected and sustained in undisturbed harmony for even thirty days. Long, long before my own personal victo- ry, when I endeavored to draw the spiritual community at Crotona, my contemplations led me to believe that in the silence, this peace and har- mony might be established sufficiently so that aspirants at least could find the way home. Some thought that discipline of the silence severe, and so it was, for it made every man face himself, and without the crutch of words or contact, he had to walk back alone into that Secret Place of the Most High, and there abide, becoming cognizant, through that en- deavor, of the Christ.

我很希望有机会，可以带领你们——不管是集体形式还是个体单独的形式——进入一个灵光能量场。这个场域被守护着，连续三十天都处在完全不受干扰的和谐状态。早在我自己灵性修行获得成就之前，我曾经努力建立克罗托纳灵修团体。我的沉思便让我相信：这份平安与和谐足以被建立起来，从而使求道者至少能够找到回家的路。有

人认为这种沉默的纪律过于严苛，确实如此，因为它迫使每个人直面自我；没有言语或外在人际联结可作为倚仗，人必须独自回归至高者的隐秘之所，在那里安住。经由这份修行努力，得以体认基督。

As the beloved Saint Germain is intensifying the radiation of the Freedom Flame through his exquisite retreat in the Transylvanian moun- tains, we are preparing to accept the consciousness of those of you who wish to go beyond the collective unfoldment of the group, to that height of understanding which you all once knew. This is thus but a re-awakening of the dormant memory which stirs with you when we come together, but which slumbers again when the stimulus of our flame and presence withdraws. With each such coming, as our love enfolds you, that memory intensifies through the folds of your outer consciousness, and you sleep not as soundly as before, and so, in patience, we return again, again, and yet again, and gently feeding that Immortal Flame of your life. We know that, in so doing, one day you, too, will become that Master Presence.

当备受爱戴的圣日耳曼通过他在特兰西瓦尼亚山脉中那处精美的隐居之所，正不断增强“自由之火”的辐射时，

此刻，我们准备接纳你们当中一部分人的意识：你们想要超越集体共同的成长，回归你们曾经都知晓的那种至高理解境界。因此，这不过是沉睡记忆的重新觉醒——当我们相聚时，这份记忆便在你内在激荡；一旦我们的火焰与临在所带来的感召褪去，它又会再度沉眠。每当你们前来，当我们的爱将你们环抱时，这份记忆便穿过你外在意识的层层屏障，日益增强，你们便不再像从前那样沉睡。因此，我们怀着耐心一次又一次地重返，温柔地滋养着你们生命中那不朽的火焰。我们深知，如是往复，终有一日，你也将成就那大师的神圣临在。

May I thank you on behalf of the beloved Morya, whom I love as much as life itself, for your kindness and willingness to serve with him. It was not so long ago that we sat together and he spoke to me of this design that he held within his heart, which he felt would help our beloved Saint Germain as he faced another crisis in his constant endeavor to serve the peoples of Earth. I was surprised to find him, so soon after our endeavors through Theosophy, ready to begin again, but yet in that de- cision which was his, I promised to stand by his side, for I love him. I love the service in which our hearts' light has bound us together in friendship which has been one of the

sweetest experiences of my indi- vidualization. It is a beautiful thing for me to see that his circle of friends grows larger, and that those who feared him, fear no more, but have accepted the kindness, the sweetness, and the great love that is within his heart.

请允许我代表我深爱的莫里亚——我对他的爱如同珍视自己的生命一般——感谢你的仁慈以及愿意与他一同服务的意愿。就在不久前，我们曾并肩而坐，他向我讲述了他心中怀揣的这一计划，他认为这将有助于我们挚爱的圣日耳曼，因为他在为地球人民服务的持续努力中正面临又一场危机。令我惊讶的是，在我们通过神智学共同努力之后不久，他便准备再次启程；但既然这是他自己的决定，我便承诺将站在他身旁，因为我爱他。我热爱这份服务——它让我们的心灵之光将我们紧密联结在一起，缔造了一段友谊；这亦是我个人成长历程中最为甜蜜的经历之一。看见追随他的友人日渐增多，那些曾经畏惧他的人不再恐惧，而是接纳了他内心深处的仁慈、温柔与博大的爱，这对我来说是件美好的事。

As the days unfold into years, and as you come to know us and to join in closer and closer association with us, I am sure you,

too, will cher- ish that friendship, and as you do, it brings us each into such a sweet association, dear hearts, that enables us, through you, to serve the race, and you, through us, to taste the glory of heaven long before the day when your own individual call is come, the final page in your book of life written, your record balanced, and your hearts return home. We, who have passed this way, know well this yearning, know well the sacrifice entailed in remaining, for it was not so long since that we, too, struggled with opinions, and we, too, hoped and felt disappointments through the accumulations of human selves, and we, too, stopped to build again up- on the ashes of our previous endeavors.

随着日子一天天过去，年复一年，当你们逐渐了解我们，并与我们建立起越来越紧密的联系， 我确信你们也会珍视这份友谊；而当你们如此珍视时，亲爱的朋友们，它将使我们每个人都置身于如此美妙的联结之中——这联结让我们得以通过你们来服务全人类，而借着我们，你们得以体味天国的荣光 —— 这远早于那一日的到来：属于你个人的召唤降临，你生命之书的最后一页落笔，你的业力记录归于平衡，你的灵魂重归故土家园。我们这些曾走过这条路的人，深知这种渴望，也深知留下来所需要付出的牺

牲，因为就在不久之前，我们也曾与各种观点抗争；我们也曾因人类自我的累积而怀有希望并经历失望；我们也曾停下脚步，在先前努力的废墟上重新建设。

I stood, myself, and say my beautiful school burned to the ground, within it all the records of a lifetime—all the exquisite achievement of pupils in whom I had invested all the energies of my being, artwork the like of which had not been since the days of Atlantis, sculpture, marble figures, dashed from their pedestals and crushed by vandal hands. Gar- dens and exquisite trees were destroyed, until only a rubble remained of a vision into which I had invested a lifetime. I have never dared to reviv- ify that vision in my free estate, nor have I looked back until this day, and yet the experiences within that life were such that they did enable me to become master of energy, and one day my teacher said, “You are now a harmonizing presence, which will never again be disturbed by any external distress, nor any internal weakness. You are fitted to enter my service, and become a member of my court, and, one day soon, if you shall choose, wear my cloak upon your shoulders.”

我亲身伫立于此，诉说那座我美丽的学堂被焚为焦土。学堂之内，存放着我一生的全部记录 —— 那是弟子

们所有璀璨的成就，我曾将自身全部生命能量倾注于他们；还有自亚特兰蒂斯时代之后便再未曾出现过的绝世艺术作品。那些雕塑、大理石造像，被暴徒之手从基座上猛力推倒、碾得粉碎。 庭园与珍奇林木尽数被毁，我耗尽一生心血构筑的理想愿景，最后只余下一片瓦砾。在我获得灵性自由的状态下，我一直不敢重新回想这段往事，直到今天才回头看。但那一世的经历，确实让我学会掌控能量。有一天，我的导师说道：“你如今已是一个调和的临在，再也不会被任何外部的困扰或内心的软弱所扰乱。你已具备为我效力的资格，将成为我圣殿的一员，而且不久之后，如果你愿意，便能将我的斗篷披在肩上。”

If you could see, beloved children, how you build up that mastery, you would really welcome opportunities to flood the flame from within your own God-self through energy of a turbulent nature, and one day when you stand before Lord Maitreya and you feel the benediction and blessing as he confirms your appointment as that presence, you will be happy, indeed, for every endeavor along this line.

亲爱的孩子们，如果你能看见自己是怎样修炼出这份掌控力，你就会真心接纳各种考验机会，让你内在高我的

火焰，去冲刷那些混乱躁动的能量。终有一日，当你伫立在弥勒上师面前，感受他的祝祷与赐福，见证他授记确认你成为那一份临在之时，你必会由衷感恩这条道路上付出过的每一分努力。

I am grateful for your calls for rain, and I am grateful for the release through nature. I am sensitive, beyond all words to describe, to the song of nature and to her cry, for it was in the cathedral of nature that I found my peace and my ultimate victory. Even yet, wherever I am, so long as I remain within the orbit of this Earth, I sense and respond to any cry from the Earth, or from the nature kingdom, the four-footed kingdom, or your own body elementals, when distress causes unhappi- ness. I have felt for the people of India and China, where those great famines wipe out millions of lifestreams. I feel, exceedingly, for the peo- ple who suffer, because the creations of mankind have been such that nature can no longer abundantly supply them.

我感谢你们祈求降雨，也感谢大自然带来的释放。我对大自然的欢歌与哀鸣，有着难以言喻的敏锐感知。正是在大自然这座神圣殿堂之中，我寻得了内心的安宁，赢得了属于我的终极胜利。时至今日，无论我身在何处，只要

仍处在地球的能量场域之内，当地球、自然王国、四足生灵，或是你们体内的元素精灵因苦难而陷于悲苦之时，我都能感知到它们的每一声哀鸣，并为之作出回应。 我为印度与中国的民众心怀悲悯，那里曾发生巨大的饥荒，夺去数百万条生命。 我深切体恤那些受苦的人们，因为人类种种造作，已经使得大自然再也无法慷慨丰足地供养众生。

But, where there are conscious chelas where drought or flood or pes- tilence of any kind of distress appear, it is so unnecessary, and we al- ways look with hope that some may open the door that we may render the service and bring that balance. It is one thing for the unconscious masses to suffer, but it is an indignity to our own life and our friendship, for those who are our heart friends, to allow such suffering in their pres- ence.

然而，当干旱、洪水或任何形式的瘟疫等灾难出现时，若现场有觉醒的弟子在场，这些苦难本可避免；我们始终怀着希望，期待有人能敞开大门，让我们得以施展服务，恢复那份平衡。还没有觉醒的普通大众遭受苦难是一回事，但对于那些与我们心意相通的朋友而言，如果任由

这样的苦难就在自己身边发生，便是对我们的生命本体，以及你我这份情谊的轻慢亵渎。

May I commend you, then, on your endeavors, and encourage you in my commendation to go further! I thank you, and I bless you, and good night. KUTHUMI

因此，我谨对你们的努力表示赞赏，并借此鼓励你们更进一步！我感谢你们，祝福你们，晚安。库图米

（附录部分的内容到此结束！原英文电子书在附录部分收录的内容，有些是重复的，本书的前面已经有翻译版本，为了节省篇幅，附录里面就不再保留这部分内容了！）

INSTRUCTION ON RHYTHMIC BREATHING

韵律呼吸指导

In Connection With The Classes Held Each Month For The Transmission Of The Flame Around The World

配合全球火焰传递月度共修课程

These classes, held always on the 15th of the current month (if that date falls on a Saturday), OR the first Saturday AFTER the 15th of the month, are the divine idea from the beloved Maha Chohan, which he was kind enough to release to us over a year ago. The attention of the chelas (meaning "disciples") being drawn to a special retreat of the Great White Brotherhood every 30 days, enables that focus of their light to expand tremendously, and give its special quality of blessing into the atmosphere of Earth and into the bodies, minds and feeling worlds of its people, especially those who are conscious of this activity and its importance at this time.

这些课程固定于当月 15 日举办（若 15 日恰逢周六）；如不是，则选取当月 15 日之后的第一个周六。这是我们敬爱的玛哈·乔汉所赐予的神圣启示，他一年多前便慈

悲地将这一启示传授给了我们。通过引导切拉（意为“弟子”）们关注伟大白色兄弟会每 30 天举行的一次特别静修，这会让他们的光之聚焦得到极大扩展，并将独有的祝福品质注入地球的气场，注入世人的身体、心智与情感世界，特别是那些意识到此次活动及其在当下重要性的人们。

As we all know, the Great Cosmic Law has given the Great Ones a period of twenty years in which to awaken all the lifestreams embodied on the planet Earth, endeavoring to get their loving cooperation in assisting the Earth to emit more light. This is done, in part at least, by the willing release rhythmically, of their own breath (which is their LIFE). You can live quite awhile without food and without water, but how long can you live without BREATH?

众所周知，宏大宇宙法则赋予诸位伟大存有二十年期限，用以唤醒地球上所有投生的生命流，力求得到他们充满爱的配合，协助地球释放更多光。至少在部分层面，这依靠人们自愿、有节律地释放自身气息——也就是他们的生命本身。人不进食、不饮水尚可存活许久，但离开了呼吸，又能支撑多久？

In order to give the Great Ones the best assistance possible in releasing this energy for them to use, it becomes very necessary for all to put aside everything of the outer world's demands in every way and, for at least ONE evening a month, join with others who are interested in this same endeavor, and make these "Transmission" groups as large as possible in numbers. In this way, each one individually receives the benefit of all present, and the cooperative action gives them more energy to use. However, we understand there are conditions at the present time where it is not possible or practicable for chelas to join others, but this will be remedied in time as we continue to make the call.

为向伟大存有提供最大限度的协助，供他们运用我们释放出的能量，所有人都务必抛开外在世界的各类事务牵绊；每月至少腾出一个夜晚，和其他志同道合的修行者一同参与，尽可能扩大这些“火焰传递”团体的规模。如此一来，每个人都能收获在场所有人带来的增益，这份共同的行动也会为伟大存有提供更多可运用的能量。当然我们理解，当下部分弟子受现实条件限制，无法参与集体共修，但只要我们持续发出呼请，这一状况终会得到改善。

The breathing is ALL DONE THROUGH THE NOSTRILS—no mouth breathing is done during these exercises—just a normal, relaxed, effortless, rhythmic breath on a definite "beat" is most useful to the Great Ones.

整套呼吸练习全部经由鼻孔完成，练习过程中禁止用嘴呼吸；只需依照固定节拍，进行自然、放松、毫不费力的韵律呼吸，这对伟大存有最为有益。

In the beginning, we started with the count of four—4 beats IN, then HOLD them 4 counts, then breathe OUT 4 counts, and HOLD (without breathing) 4 counts. After we had done this about 6 months, the beloved Maha Chohan said he felt we were ready for a greater control of the breath and we should use 8 from then on. You will notice the statement we use for the breathing has eight distinct "counts" or "beats" which should be done to BRISK MARCH TIME—not too fast, however, but very DEFINITELY NOT SLOWLY!

最初我们采用四拍节律：吸气 4 拍，屏息 4 拍，呼气 4 拍，闭气（不呼吸）4 拍。这样练习约六个月之后，敬爱马哈乔汉表示，我们已经可以进阶，对呼吸实现更强的掌控，自此应当改用八拍节律。请注意，呼吸配套的诵念文

分为八个清晰的计数/节拍，要按照轻快进行曲的节奏进行；不可过快，但绝对不能拖沓缓慢！

A good friend has suggested the use of a "METRONOME"—our musical friends will know exactly what we mean by that. If any do not, you can go to some good music store and ask them to let you see and hear one—perhaps you could buy one, if they are not expensive. However, I think you can get the "beat" from hearing one "click." Have the gentleman at the store set it to a brisk march tempo and give your decree or statement to that beat. Your statement is always marked in your monthly letter, 1-2-3-4-5-6-7-8. Each "click" of the "metronome" would correspond to one of the numbers. Is this clear? It seems more difficult to put it on paper than to give it to you personally, which I do hope some day to be able to do. If you have any more questions on this, PLEASE write them to ME PERSONALLY. Thank you, and God bless you!

一位挚友建议使用“节拍器”，懂音乐的朋友完全明白这是什么。如果有人不了解，可以前往正规乐器行，请店员演示、试听；价格合适的话也可以购置。不过，仅凭听“咔哒”声，你就可以把握住节拍。请店员将节拍器调至轻快进行曲速度，跟着这个节拍念诵你的祈愿与诵文。每月

信函中都会标注诵念的节拍：1-2-3-4-5-6-7-8，节拍器的每一声咔哒，对应其中一个数字。以上讲清楚了吗？书面说明终究不如当面传授直观，我由衷希望未来可以当面为大家讲解。若对此还有疑问，请务必直接写信向我本人咨询。谢谢大家，愿上帝赐福于你们！

Beloved Maha Chohan August 15, 1953

至爱的玛哈·乔汉 1953 年 8 月 15 日

Beloved Children of the One God,

独一上主挚爱的儿女们，

I greet you, tonight, in the name of the one, eternal teacher—the living, breathing Flame of Immortality which beats your physical heart! Within this intelligent life is the fullness of ALL truth, the remembrance of all reality, and the power to recognize and embody that reality, through the individual consciousness!

今晚，我以那位唯一且永恒的导师（那正搏动你们肉身心脏的鲜活不息的不朽圣火）之名向你们致意！在这智慧的生命之中，蕴藏着完整的全部真理、一切实相的记忆，以及经由个体意识去体认并活出这份实相的力量！

As the attention of mankind is drawn toward the spiritual center from whence proceeds all the “Anointed Ones,” whose privilege and honor it is to bring to the remembrance of man the truth of life, we ask that you, who are the wayshowers, upon whose shoulders falls the cloak of minis- try, may become still enough to perceive this silent teacher, alert enough to comprehend the truth which it will reveal, and honorable enough to embody the directions of its presence—to the glory of God, the freedom of mankind, and the transfiguration of your outer self into the God-being which has been pre-ordained as your ultimate destiny!

当全人类的注意力被吸引向那个灵性中心——所有“受膏者”（被神圣力量拣选、赋权的存有）皆由此诞生，他们肩负着让世人忆起生命真相的殊荣与使命， 我们向诸位引路者呼求，传道的责任已经交付于你们：愿你们安住寂静，感知这位无声导师；保持清醒敏锐，领悟它即将展露的真理；持守崇高品格，落实它的临在给出的指引 ——

荣耀归于上帝，使人类得享自由，并让你的外在人格蜕变升华，化身那早已预定为你终极天命的神性存有！

During this thirty-day period, each student who is desirous, within the depths of his own feeling world, to find and know truth, will have the opportunity of sitting at the feet of the Master of Masters, Lord Buddha, himself, and at the feet of his beautiful successor, Lord Maitreya, and of my son, Kuthumi! The stimulus to the immortal fiery flame of life within your hearts, which such proximity will bring, shall amply reveal to you the truth that lies within seeking “the Kingdom of Heaven and its right- eousness.”

在这三十天期间，每一位渴望在自身情感世界的深处寻找并认识真理的学员，都将有机会坐在万师之师——佛陀本人、他那贤美的继任者弥勒佛，以及我的孩子库图米——的脚前！这种近距离接触将激发你们心中不朽的生命烈焰，从而充分地向你们揭示“寻求天国及其公义”所蕴含的真理。

Contemplation of this holy flame within the heart, coupled with the balanced, rhythmic breath, will bring illumination to the earnest seeker! During this period, when the spiritual anointing from the Sun chooses to consecrate the shepherds and their

helpers, may I point out that this is a period of sanctification—a period when exceeding grace is available for the asking! Take off thy shoes, oh aspirant, in the presence of the Lord! Accept his benediction, carried in the sacred vessel of consecration! Open wide the doors to the inspiration that flows, eagerly seeking recep- tive channels through which to fulfill itself among the sons and daughters of men!

观照心中这簇神圣火焰，配合均衡、节律的呼吸，会为诚挚的求道者带来启迪！在这个阶段，来自太阳的灵性圣膏要圣化那些牧者与协助者，请知晓，这是一个成圣的时期，只要你愿意祈求，丰厚的恩典就会向你敞开！哦，求道者啊，立于神的临在之中，脱去你的鞋履！领受经由圣化器皿传递而来的神圣祝福吧！向源源不绝的灵性启示敞开你的心门——它正热切地寻找能够接纳它的通道，借以在世间众生之中完成它的使命！

And I—knowing well your opportunity—stand ready to assist you in preparing heart, soul, mind, spirit, body for this coming!

我深知你们拥有这份殊胜机缘，已随时准备协助你们，为迎接这一时刻做好心灵、灵魂、心智、灵性与肉体的准备！

Love and blessings, Maha Chohan 爱与祝福，玛哈·乔汉

— — — — — — — — — ——

— — — — — —

Beloved Kuthumi September 1, 1953

挚爱的库图米 1953 年 9 月 1 日

Beloved Children,

挚爱的孩子们，

It is an extreme pleasure, a joy that you cannot yet conceive within your feelings that are bound by karma of the Earth, to greet hearts and souls and spirits who have stood at inner levels at night, and who have pledged their life to the service of the souls of men.

我满心欢喜向你们致意。你们会在夜晚驻守于内在层面，并且立誓用自己的生命去服务世间众生的灵魂。这份喜悦无比盛大，活在地球业力枷锁之下的你们，还无法借由自身情绪去体会它。

Deep within the recesses of our hearts, written on the Records of Akasha, are the vows that the earnest souls make to the Masters and the cause, when in a gathering similar to the one this day, they are privi- leged to see a little of the vision and desire and design of God, and they, in the enthusiasm of that free inner body, choose to consecrate and ded- icate their life energies to forwarding that cause, and bringing the souls of men to understanding and illumination.

诚挚的灵魂对扬升上师与神圣使命许下的誓言，深深烙印在我们的内心深处，也书写在阿卡西记录之内。曾经在如同今日的灵性集会里，他们得以瞥见一部分神的愿景、渴望与规划。那时，不受束缚的内在本体燃起热忱，选择将生命能量奉献并投入于推进这一事业，引领人类灵魂走向觉悟与启明。

How often have we sat thus, teacher and pupil, Guru and chela, Mas- ter and disciples, and, looking upon the great and mighty perfection pre- ordained for this Earth, vowed to weave the bonds of our own life energy into this tapestry, wherein every man would be a manifest God—every woman a Goddess, and every child an angelic being of light and perfec- tion!

我们曾多少次这样坐在一起——师与徒、古鲁与切拉、上师与弟子——凝视着为这地球预定的宏大圆满，我们发愿把自己的生命能量编织进这幅神圣画卷。愿在此之中，每位男性都彰显神性，每位女性都活出女神本质，每个孩童都成为光明圆满的天使存有！

Oh, for a long time the vision has stood before the inner sight of those of us who have renounced nirvana to incorporate into the sub- stance and energies of this Earth the glories of the Kingdom of Heaven. But again and again, as those souls we love so well were summoned by the Lords of Karma, to stand before them to receive their heritage of good and their heritage of evil to be expiated in the life to come, and those bonds of forgetfulness closed the spirits' memory round them, have we been forgotten, and the pledge of the heart and the love of the lips and the enthusiasm of the soul, carrying the weight of the creations of the centuries, found not within the heart the stimulation to proceed. We who stand at the other side of the great abyss, awaiting the volun- tary energies and the stirring of remembrance, thus find ourselves with- out a body in form.

啊，长久以来，这份愿景始终呈现在我们的内在视野之中，我们舍弃涅槃、致力于将天国荣光融入地球物质与

能量之中。然而一次又一次，当我们深爱的那些灵魂被业力之主召唤，站在他们面前，领受善业果报，同时也承接需要在下一世去清偿的恶业，而遗忘的枷锁又将那些灵魂的记忆牢牢封锁之时，我们便被遗忘了；曾经内心许下的誓言、口中流露的爱、灵魂的热忱，背负着千百年的种种造作，再也无法从心底获得继续向前的力量。我们站在巨大深渊的彼岸，等待着自愿的能量与记忆的觉醒，却发现自己没有肉身可依。

Can you, then, feel the depth of gratitude within our hearts when, through those sweet outer minds, you even acknowledge our presence— when, in the deep recesses of your heart, you breathe a prayer for re- membrance, and when your feelings, weighed down with the accumula- tion of the centuries, ask for the fire and the courage and the constancy to follow the vision, incorporating the energies of the self, helping us to externalize the God-plan, which is for the blessing of all life!

那么，你能否体会我们心中深沉的感恩？当你透过清明的外在心智，能够认出我们的临在；当你在内心深处，诚心祈祷，希望重拾起灵性记忆；当被累世重担压覆的你，渴求热忱之火、勇气与坚定，去追随那神圣愿景，投

入自己全部的内在力量，帮助我们把神性计划落实到物质世界，以此祝福世间所有生命！

You do not know what a stir you have made in the heavens! You do not know how eagerly we respond to the call of your hearts, and how we discuss, in detail, the particular service and gift we may bring to leave a lasting impetus within your own lethargic consciousness, which will carry you forward with no uncertainty, and enable us, through you, to press our reality and our purpose and design into the minds and feelings of your fellowmen.

你们不知道自己在天界引起了多大的轰动！你们不知道我们是多么热切地回应你们内心的呼唤，也不知道我们是如何详细商讨该提供怎样的具体服务与恩赐，以在你们那沉睡的意识中留下持久的推动力——这股力量将毫无疑虑地引领你们前进，并使我们能够通过你们，把我们的实相、目标与规划植入你们同胞的心智与情感之中。

The Great Law is such that, when the lifestream stands at the door of freedom, and accepts, before the great Karmic Board the ascension, that one no longer has a way and means of reaching back into the con- sciousness of the race EXCEPT through the love bonds, that, builded through the centuries, stir

now and again in the heart of an incarnate friend. On those frail bonds we depend for continuity of our service and our endeavors.

伟大法则如是规定：当一条生命流伫立在自由之门，于伟大业力委员会面前接受扬升之时，这位存有就再也没有别的方式介入人类集体意识，只能凭借千百年来建立起的爱的联结。这份联结，会时不时触动某位在世友人的内心。我们正是仰赖这些脆弱的纽带，维系我们服务与事业的延续。

Do you know how carefully are chosen the chelas who are borne to the feet of any one of the Masters who are privileged to give their word, their confidence, the consciousness and their life to a collective group of lifestreams? From the morning of the day when we are to be present, each and every one of those chelas is enfolded in a mantle of actual light substance, drawn and sustained by a member of the angelic kingdom, and every one of the inner bodies is tuned up to its own highest poten- tial, in order that through those bodies the entire race might be blessed, and then, in joining all of these lifestreams together as the word and the radiation goes forth, it becomes a pressure

surging through the inner bodies of the entire race, and a permanent blessing to each such one.

你们可知，那些被带到任何一位上师脚下的弟子是经过何等严苛的筛选？这些上师有幸将他们自身的圣言、信任、意识与生命，给予由众多生命流构成的团体。从我们即将现身的那天清晨起，每一位弟子都笼罩在一层由真实光之物质构成的披风之中，这披风由天使界的一位成员汲取并维持；每位弟子的内在身体都被调谐至其自身的最高潜能，以便通过这些身体使整个种族蒙受祝福。而后，当圣言与辐射向外散发，全部这些生命流联合在一起，便形成一股能量洪流，奔涌流经全人类的内在身体，成为赠予每一个人的永恒祝福。

As I came into the Western Hemisphere this morning, it was with ex- treme pleasure that I looked upon the awakening consciousness of the people in Western vehicles. We, who have worked for so many centuries in the East, where the people have a natural receptivity of the outer mind to the Masters and to the Law, have not found it easy to enter into the more vibrant, but resistant consciousness of this Western evolution, and it gives us tremendous encouragement to find the thousands and thousands of lifestreams who are accepting, at least

intellectually, the presence of those they choose to call the supermen, because in that ac- ceptance we can draw closer, and in that proximity of consciousness give the benefit of our assistance through all the channels which are natural facets for the development and furthering of God's plan.

今天早晨当我来到西半球时，我满怀喜悦地目睹了西方民众意识的觉醒。我们曾在东方辛勤工作了数个世纪，那里的人们在外在意识层面天生就对上师和法则具有接受力；而要融入西方这股更为活跃、却充满抗拒的进化意识，对我们而言殊为不易。如今，千千万万条生命流，至少在理智层面，接纳了那些他们称之为超人的存在，这给予我们莫大鼓舞。因为借着这份接纳，我们得以靠近；在意识彼此贴近的状态下，我们便可以经由各式各样的途径提供帮助，而这些途径，正是发展与推进神圣计划的天然组成部分。

As the great fulcrum of power, and the magnetic forcefield has been removed from the East into the heart of your own South America, the great spiritual impetus, which has made of Asia the mother of our reli- gious endeavors and spiritual unfoldment, will be felt exceedingly, partic- ularly by those who have come in young bodies and are not pressed down by

the orthodox consciousness in which the last generation, for the most part, was developed. The opportunity afforded us at Kashmir is without any parallel. The millions and millions of souls, who, when re- leased from the bodies, enter into that vicinity, enable us to give assis- tance in explaining the truths within the various “isms,” religions, sects and cults to which they have dedicated their life purpose, and all of this will bring great light into the consciousness of the masses.

随着力量的巨大支点以及磁性能量力场已经从东方转移到了你们南美洲的腹地，那股曾使亚洲成为我们宗教事业和灵性发展之母的伟大灵性推动力，将会被极其强烈地感受到——尤其是对于那些以年轻躯体降临、且未受上一代人（其大部分是在正统意识中成长起来的）所束缚的人而言。克什米尔为我们提供的机遇是无与伦比的。千百万的灵魂，当他们从肉身中解脱后，会进入那片邻近区域。这使我们能够提供协助，向他们阐释那些他们毕生致力于追寻的各色主义、宗教、教派以及秘教之中的真理，而这一切都将为大众的意识带来巨大的启迪。

It is a beautiful sight, indeed, to see those thousands gathered to- gether for a special tribute to my own lifestream. They sang, last night, the Kashmiri Song, which you rendered so

beautifully here this morning. The angelic host joined that service, with the great celestial choir of the cherubim and seraphim. Mighty is the radiation that was released through it, and blessed are the sons and daughters of men in receiving this outpouring.

确实，看见成千上万的人聚集一处，向我的生命流献上特别的颂赞，是一幅美好的景象。昨夜他们歌唱了《克什米尔之歌》，而你们今晨在这里也将其演绎得如此动人。天使大军与基路伯和撒拉弗组成的伟大天界合唱团一同参与了那场礼拜。由此释放出的光芒无比强大，人类的儿女们有幸接受这倾注的恩典，实属有福。

The beloved Maha Chohan has asked me to touch lightly, this morn- ing, upon the activities preceding the grants in the half-yearly council. With your permission, I will endeavor to do so.

挚爱的玛哈·乔汉请我今晨简要谈谈半年一度的理事会中，关于恩赐颁发前的相关活动。承蒙应允，我在此简述。

When the great Lords of Karma gather and take their throne at the mighty conclave in your own beloved Rocky Mountains, opportunity is afforded every Master, every retreat, every angel, deva, cherubim and seraphim, whose life is dedicated to

forwarding God's plan on Earth, to receive energy to further increase the manifestation of their plan. Of this you are aware.

当伟大的业力之主们在你们心爱的落基山脉举行的盛大会议上齐聚并就座时，每一位大师、每一个静修处、每一位天使、提婆、智天使和炽天使——只要其生命致力于在地球上推进上帝的计划，都将获得机会，接收能量，用以进一步增强他们计划的显化。对此你们是清楚的。

The grants and dispensations up to the last few years were depend- ent entirely upon the energies we could secure at inner levels, because there was no way of contacting the outer minds of the millions who could voluntarily contribute their energies if they knew of the activities taking place. SINCE YOU HAVE RESPONDED SO MARVELOUSLY, SO HAPPILY, so wholeheartedly to our endeavors, since you have directed your con- sciousness to our conclaves and meetings, THE ENERGY HAS BEEN IN- CREASED A THOUSAND TIMES OVER BY THE KARMIC BOARD. THEREFORE, BEFORE EVERY PETITION WHICH WE MADE WE COULD OFFER THE COM- BINED ENERGIES OF ALL THE STUDENTS IN THE SANCTUARIES AND GROUPS, AND ALL THE INDIVIDUAL UNITS WITHIN THEIR HOMES,

AND WE RECEIVED ONE HUNDRED DISPENSATIONS FOR EVERY ONE IN PREVIOUS CONCLAVES.

直到最近几年为止，这些恩赐与特许完全取决于我们能在内在层面获取的能量，因为当时我们无法联结亿万世人的外在心智——倘若他们知晓正在进行的活动，本可自愿贡献自己的能量。鉴于你们对我们的努力作出了如此美妙、如此欣喜、如此全心全意的回应，鉴于你们将意识聚焦于我们的秘密会议与聚会，业力委员会已将这股能量提升了千倍。因此，在我们提出每一项请愿之前，我们都能献上圣所和团体中所有学员，以及居家修习的所有个体所汇聚的能量，相较以往议会，如今获准的恩典数量增加了百。

Can you understand what that means? Every Master who, with hope in the heart, stood before this mighty assembly and bared the vision which he had drawn from the heart of God for the benefit of the race, was given one hundred times the energy that he would have re- ceived, and FOR EVERY ONE PETITION PREVIOUSLY GRANTED, NINETY- NINE WERE REFUSED, WHILE THIS TIME ALTOGETHER ONE HUNDRED WERE GRANTED.

你们能理解这意味着什么吗？每一位怀揣希望、站在这场宏伟集会面前，并为人类福祉而揭示从上帝心中汲取的愿景的大师，所获得的能量都是他原本应得的一百倍；而在以往，每获准一项请愿，就有九十九项被拒绝，而这一次，全部一百项请愿都获得了批准。

I HAVE SEEN BEINGS FROM CHINA AND INDIA PRESENT THE SAME PETITION FOR TEN THOUSAND YEARS—some wonderful request for reliev- ing mankind of physical distress or mental confusion. When, at the com- pletion of the plea that they be allowed to set into motion those currents to remove that evil—not one soul stood and offered energy to help that being. Again, during the next council, the same serene, kindly, patient individual would present that call again! But this time it was different. Do you know how I felt when every petition that was offered received response from souls of the human race? Every Master's face shone with acknowledgment, and every precious sacred heart received energies to employ in forwarding that cause.

我曾见过来自中国和印度的存有，一万年来反复呈递同一份请愿——某个为人类解除肉体痛苦或心智困惑的绝妙请求。当那项请求——允许他们启动那些能量流以消除

那邪恶——陈述完毕时，没有一个灵魂站出来为那位存有提供能量。然后，在下一届议会中，同一位安详、仁慈、耐心的个体又会再次呈递那同样的呼吁！但这一次不同了。你知道当每一份呈递的请愿都得到了人类灵魂的回应时，我是什么感受吗？每一位大师的面庞都因被认同而熠熠生辉，每一颗珍贵神圣的心灵都接收到了能量，用于推进这一事业。

We were allowed to part the veil, in the last century through the kind office of our beloved Helena Blavatsky. We, who were brought to the attention of mankind, are favored, because individuals conscious of us were drawn toward our particular interests. The Master Jesus was fa- vored, because thousands knew and love him, and the love and devotion of the people built a magnetic wall of attraction. He always had sponsors for his causes, but those little-known Masters from lost races, and those Blessed Ones who work unknown, unhonored and unsung, received no response because the selfish interest of the inner bodies was not yet obliterated enough to give the assistance.

上个世纪，通过我们挚爱的海伦娜·布拉瓦茨基的善意协助，我们得以揭开面纱。我们——这些被人类所关注的

存有——之所以受到青睐，是因为那些意识到我们存在的人被我们特定的关切所吸引。大师耶稣之所以受到青睐，是因为成千上万的人认识并爱戴他，而人们的爱与虔诚筑起了一道磁性的吸引力之墙。他始终有支持者为其事业奔走，但是那些来自消逝种族、少为人知的大师，以及那些默默行事，不被敬重、无人歌颂的神圣存有，得不到任何回应，因为内在身体当中的自私倾向还没有被充分消除，不足以产生这份协助。

It would take me days to elaborate upon the proceedings at the Te- ton, and the grants that were given. Perhaps such a lengthy discourse would please you, but I think not. The spirit is willing, but the mind and the body and the feelings weary easily, even of cosmic association.

若要详述在提顿山脉举行的仪式以及所授予的恩赐，恐怕需要数日之久。或许如此冗长的论述会令你们欣喜，但我认为并非如此。灵魂虽满心愿意，但心智、身体与情感却容易疲惫，即便是面对宇宙层面的交流亦是如此。

We are like parents who hold the child upon their knee, and endeav- or in a few short moments to incorporate enough truth, enough instruc- tion, to improve the consciousness, and then

we must let you go. But I have received a grant that I have been asking for, for a long time—to equalize the development of the seven bodies of the chelas. You have a splendid decree that those bodies be non-recordant to disease. The Divine Director was deeply interested in the forwarding of that cause, and I asked that I might render the service of balancing and developing the inner bodies. That was granted me. It was after this that we sat with the beloved Lord Maitreya and the Maha Chohan, and we developed a series of talks which would enable you to understand our individuality, and feel us as persons. In this manner, you would develop the FEELING of the association between us, as between two individuals.

我们就像将孩子抱在膝上的父母，试图在短短片刻间灌输足够的真理与教诲，以提升你们的意识，随后便不得不放你们离开。但我已获得一项我长期以来一直请求的恩赐——以平衡弟子们七个身体的发展。你们有一项绝妙的诏令，规定这些身体不受疾病侵扰。神圣指导者对推进这一事业深感兴趣，而我请求能提供平衡并发展内在身体的服务。这一请求已被批准。正是在此之后，我们与挚爱的弥勒尊者及马哈乔汗共坐，并策划了一系列讲演，旨在帮助你们理解我们各自的特质，并将我们视为具体的人。如

此一来，你们便能体会我们之间如同普通人一般的联结情谊。

It would help you to see us closely in your mind's eye, or through the agents that you know, and build into your consciousness a realization that we, like you, are people, and that association through the veil is not magic, unusual, or fraught with all types of fear and uncertainty. When we get you firmly enough anchored in that, there will be no fear and uncertainty. The fear is only in your thought and feeling, in your limited capacity to realize us. So, Lord Maitreya and the Maha Chohan suggest- ed that, time and again, we talk with you informally, and you, seeing us through our hearts, for a change, would enter into that friendship which is built of cooperative endeavor.

如果你能在心中清晰地想象我们的样子，或者通过你所熟悉的媒介来感知我们，这将有助于你在意识中建立这样的认知：我们和你们一样都是人，而穿越那层帷幕的联结并非魔法，也非异乎寻常，更不会充满各种恐惧与不确定性。当我们让你对此建立起足够坚实的认知时，恐惧与不确定性便不复存在。恐惧仅存在于你的思想和感受之中，源于你对我们的认知能力尚显有限。因此，弥勒尊者

与马哈乔汗一再建议，我们应一再以非正式的方式与你们交谈，而你们若能换个角度，透过我们的心灵来认识我们，便能进入这种建立在合作努力基础上的友谊之中。

There are a great number of us here today. You know, now, when we sit around, and any one of us says we are coming, we bring a “band.” Morya brought us all to the picnic, and I have brought some hundred to your gathering, today. Many of the Masters you know have not taken chelas yet; they do not have a personal interest, except toward the whole race, but each one of us who has taken a chela, has as much pride in that one as a parent has in a precocious child. When we know that a chela will be present, we will be there.

今日在场的圣者数量众多。你们现在知道，当我们聚在一起时，只要其中任何一位说“我们要来了”，我们就会带来一支“队伍”。莫利亚把我们所有人带到这场灵性欢聚之中，而我今天也带了大约百位存有来到你们的集会。你们所熟知的许多上师尚未收徒；他们除了对整个人类种族怀有关切之外，并无个人私心，但我们当中每一位已收徒的上师，都像父母为聪慧过人的孩子感到自豪那样，为自己的弟子感到骄傲。一旦得知有弟子在场，我们定会到场。

We talk about your accomplishments and your developments and your capacities. We watch your actions. We repeat your words, and we laugh a little, kindly, and we are happy that you love us. Is that strange? You are our hope, our interest. You are our bridge, individually. Man will only know us by your natures, and the more we can make you like that God whom we love, and whom we have embodied in ourselves, the quicker will mankind, looking toward you, love us and sit consciously at our feet that we may show them, too, the way home.

我们谈论你们的成就、成长与潜能。我们观察你们的言行。我们转述你们的话语，会带着善意地微微一笑，并因你们爱我们而感到欣喜。这难道很奇怪吗？你们是我们希望所在，是我们关注的焦点。你们每个人都是我们连通世人的桥梁。人类只能通过你们的本性来认识我们；我们越能使你们变得像那位我们所爱、且已化身于我们之中的神，人类就越会通过注视你们而爱我们，并自觉地坐在我们脚前，以便我们也能向他们指明归家的道路。

So be happy, be joyous, be loving, and know that birthdays and happy days are celebrated in Heaven as they are on Earth!

所以，要快乐，要欢欣，要充满爱，并要知道，生日和快乐的日子在天堂里与在人间一样，都会被庆祝！

I thank you.我感谢你们。

— — — — — — — — — ——

— — — — — —

Beloved Maha Chohan September 13, 1953

至爱的玛哈·乔汉 1953 年 9 月 13 日

Beloved Friends, Beloved Spirits of Immortal Life,

亲爱的朋友们，亲爱的永生之灵，

You, who have responded through the veil of flesh and through the vibratory action of the outer consciousness to the magnetic pull of our hearts—you, who have bared your souls to the vital rays of truth—are blessed among the sons and daughters of men.

你们——那些透过肉身的帷幕，透过外在意识的振动作用，回应了我们内心磁性吸引的人；你们——那些向真理的生命之光敞开心灵的人——是人类儿女中的蒙福者。

As we close the great thirty-day period, during which the orthodox teachers, the rabbis, the church missionaries and the great metaphysical and occult leaders in the world of men have been drawn nightly into the sanctified radiation of the great World Teacher, I would like to elaborate, a little, on the service of last evening. We should like you to contemplate upon the nature of religion, and measure your own endeavors against Lord Maitreya's loving counsel, as well as that of the seven beloved Cho- hans, each of whom represents one facet in the balanced development of every lifestream.

随着这为期三十天的伟大时期即将结束——在这期间，正统的教师、拉比、教会传教士以及人类世界中伟大的形而上学和神秘学领袖们，每晚都被吸引进入伟大世界导师那神圣的光辉之中——我想就昨晚的仪式稍作阐述。我们希望你们沉思宗教的本质，并对照弥勒主的慈爱劝诫，以及七位至爱乔汗的教诲，来衡量你自身的修行努力；每一位乔汗，都代表着每个生命流平衡发展中的一个面向。

As Lord Maitreya rose to speak, and my seven beautiful sons stood behind him, we had an assembly of over ten million souls, including those whose bodies are presently functioning on Earth, as well as those attending the schoolrooms established by Kuthumi, Lord Maitreya, Lord Michael and Saint Germain at inner levels. Among the assembled souls were many who volunteered to teach those, so desiring, as much of the Law as they could assimilate, and then, in practical application, weave into the garments of their own life expression.

当弥勒尊者起身发言，七位贤美的乔汉立于祂身后时，我们聚集了超过一千万的灵魂，其中包括那些目前肉身在世的灵魂，以及那些在内层世界参加由库图米、弥勒尊者、迈克尔尊者和圣日耳曼所设立灵修学堂的存有。在聚集的灵魂中，有许多人自愿教导那些有此愿望的人，尽可能多地传授他们能够领悟的法则，并教导众人落地践行，融入日常生命的点点滴滴之中。

Lord Maitreya stood on that raised elevation, and the moon played on the golden lights of his hair, his eyes looking like twin violet stars and the entire upper part of his body looking like a veritable sun in the heav- ens. If he had said no words, his embodied presence of youth and love, would, in itself, have

been lesson enough, but he chose to speak, and in speaking, he gave much thought to religion as taught in the accepted faiths of the evolution of Earth.

弥勒尊者伫立在那高台上，月光映照在他金色的发丝上，他的双眼宛如两颗紫罗兰色的星辰，整个上半身则宛如天际中的一轮真正的太阳。即便他一言不发，他那充满青春与爱的化身本身，便已足够成为一堂教诲；但他选择开口，并在讲话中深入探讨了地球演化过程中各主流信仰所传授的宗教思想。

At the close of his glorious address, each one of the Chohans, them- selves, elaborated upon their part in the balanced, ordered religion, which is to be the gift of Lord Maitreya and Saint Germain to the man- kind of Earth during this next cycle. I asked him at the close of the ser- vice whether I might give a digest of these addresses for the blessing of those interested, and he acquiesced. My life this morning, therefore, is woven into this digest—yours to accept, with my counsel that you would be better off never to have heard it, if you choose to do nothing with it,than to have heard it and abide in inertia! For that is Law.

在他那篇辉煌的演讲结束时，每位乔汉都亲自阐述了他们在平衡有序的宗教中的角色——这种宗教将是弥勒尊者与圣日耳曼在下一个轮回周期中赐予地球人类的礼物。仪式结束时，我询问他是否可以将这些演讲内容整理成摘要，以惠泽感兴趣的人们，他表示同意。因此，我今晨的生命已融入这份摘要之中——由你们自行接受。我在此忠告：若你们听闻之后却什么都不去践行，那么与其听闻却仍陷于惰性之中，不如从未听闻为好！因为这就是法则。

What, truly, is religion? Is it an opiate for the weary senses, wherein the seeming reality of all the distresses of the external world may be, for the moment, forgotten? No! RELIGION IS BASED ON A SEVEN-FOLD PRINCIPLE, and mankind, for the most part—and this includes conscious students of the Law as well as advanced chelas—has not fully understood its seven-fold nature. Let us begin at the beginning!

真正说来，宗教究竟是什么？它难道是疲惫感官的麻醉剂，让人暂时忘却外部世界种种苦难的虚幻实相吗？不！宗教建立在七重法则之上。而绝大多数人类——其中也包括清醒研习法则的学子与高阶弟子——并未全然理解它的七重本质。让我们从头说起！

The soul, surfeited with the enjoyments of the senses—and impelled by the teacher, which is the heart—for one reason or another comes to its knees before its Creator. Here you have the action of the First Ray, in the invocation of the bemuddled consciousness to know the will of God.

灵魂饱尝了感官的享乐之后，已感厌倦——又受内在导师（也就是心灵）的推动，因种种因缘，在造物主面前屈膝。这里所呈现的，正是第一道光的作用：那混乱迷茫的意识发出祈请，渴望知晓上帝的意志。

There is no sense in proceeding further without understanding, any more than it would make sense for a man to rush out to try to accom- plish an endeavor before first asking the designer for his plan. Therefore, the statement, “Thy will be done on Earth as it is in Heaven,” followed by the acceptance of the God-will through the consciousness, becomes the desire for understanding. This is the teaching of the First Ray.

尚未获得理解就继续前行毫无意义，就好比一个人不去先询问设计者的蓝图，就仓促动手想要完成一件事，同样是行不通的。因此，宣告“愿你的旨意行在地上，如同行在天上”，继而经由意识接纳神的旨意，便生发出渴求理解的心愿。这就是第一道光的教导。

In the radiation of the Second Ray, the soul begins to learn the Law of Cause and Effect, the direction of energy and its recoil, which is the pleasure or pain occasioned by the qualification of the life energy. A little later, the divine design of the Hierarchy is explained, and the place where each shepherd, each religious teacher and each chela belongs in the Great Plan. It is the place of illumination, when, after asking for the will of God, the revelation of the divine scheme of things is presented to the earnest soul.

在第二道光的照耀下，灵魂开始领悟因果法则、能量的流向及其反作用——即生命能量的品质所引发的喜乐或痛苦。稍后，圣团的神圣蓝图将被阐明，每位牧者、每位宗教导师及每位弟子在“大计划”中所处的位置也将得以揭示。这就是启迪之地：当恳切的灵魂祈求得知神的旨意之后，万物神圣的规划便向其揭示。

Then, the aspirant passes through the portals of the Third Ray, and endeavors to make his understanding of practical benefit to his fellow- man, developing tolerance, understanding and a sincere, deep interest in the spiritual growth and welfare of the race to which he belongs.

随后，求道者穿过第三道的大门，努力将其领悟转化为对同胞的实际裨益，培养宽容与理解，并对所属种族的灵性成长与福祉生出真挚深切的关怀。

He then passes into the Fourth Sphere, and looking upon the sordid- ness and distortion of the life principle which has become manifest as his body and environment, he recognizes that truth and beauty, harmony and perfection are God-ordained, as part of the religion of the awakened man, and he begins, through the moulding of his thought, the purifying power of feeling, and the direction of the Sacred Fire, to externalize that which should be a credit and an example to all life.

随后他进入第四重界域。看见生命本源显化为自己肉身与周遭环境时，所呈现的污浊与扭曲；他认清真理、美、和谐与完美皆是神所命定，是觉醒之人的宗教的一部分。于是他开始通过思想的塑造、感受的净化力量以及圣火的引导，将那应当成为一切生命之荣耀与典范的东西外在显化出来。

In the Fifth Sphere, within the same religion, he passes to the illumined understanding of the mathematical accuracy that lies within crea- tion, precipitation, etherealization and levitation,

and all these powers called “mystic,” by the mind of the undisciplined. Having received within himself, from his own one religion, mind you, the gifts of all the preced- ing rays, he comes into the presence of the Sixth Sphere and again he kneels—but this time in thanksgiving and devotion, for the gifts of life.

在同一套宗教体系下，来到第五重界域，他获得启悟，理解那存在于“创造、物质显化、以太化、悬浮”之中如同数理一般精密的法则；这些力量，在未受训化的心智眼中，都被称作“神秘异能”。请注意，他从自身这一份信仰之中，领受了前面几道光的恩典，而后步入第六重界域，再度屈膝——但这一次，是为生命的馈赠献上感恩与虔敬。

Then the Hosannas rise from the hearts and lips—the “Aves” fill the at- mosphere: “Praise God from whom all blessings flow,” becomes the illu- mined heart prayer of the initiate of the Sixth Sphere, and having ex- pressed his gratitude to God through devotion to his Christ Self, to an- gels, to Masters and to his fellowman, he passes on into the Seventh and final activity of his religion, whether he be Moslem, Jew, Christian,

meta- physician, or “I AM” student—whatever label he gives to his religion, he then enters the Seventh Sphere.

继而，“和散那”（希伯来语，求你拯救之意。演变为赞美、欢呼的呐喊） 的颂赞由心与口迸发，“万福” 的呼扬充溢四方：“赞美上主，万福由祂而来”，这就是第六重界域觉醒之人内心的祷告；他向神表达感恩，敬奉自己的基督自我、天使、扬升大师与同胞之后，便进入其宗教修行的第七重、也是最终的阶程。无论他是穆斯林、犹太人、基督徒、形而上学者，或是 I AM 的学子 —— 无论他给自己的信仰贴上何种标签，他都将进入第七重界域。

Here, in the Seventh Sphere, the words of the Master Jesus ring through his consciousness, “Hitherto the Father worketh, but now the Father and I work,” and all of these gifts of energy and all of the teach- ings of the Brotherhood and all the beauty and sacrifice, illumination and devotion gained by the lifestream becomes its responsibility, to offer up- on the altar of humanity in ordered service, which is the watchword of Saint Germain.

就在这第七重界域，耶稣大师的话语在他意识中回响：“历来唯有父做工，如今父与我一同做工。”这一切能量馈赠、兄弟会全部教诲，以及这条生命流所收获的美、

牺牲、启迪与虔敬，都化为他的责任，要以井然有序的服务，奉献在人类的祭坛之上——这正是圣哲曼的座右铭。

Within this Seventh Sphere, knowing the will of God, illumined by understanding—loving his fellowman, the elemental kingdom, the angels, devas, cherubim and seraphim, filled with the beauty and opulence which is his birthright—understanding the powers of centripetal and centrifugal force, heeding the cry with hearts overflowing with good, not with the lips, but through the feelings—THAT is the man through whom the cer- emonial worship of the Seventh Ray shall be effected.

身处第七重界域，知晓神的旨意，受智慧启迪；他爱世间同胞、元素王国、天使、提婆、基路伯与撒拉弗；充盈着属于他与生俱来的美与丰盛；通晓向心力与离心力的力量；以心中满溢的善去回应那呼唤，不是靠嘴唇，而是通过感受——这才是能够践行第七道光的仪轨敬拜的人。

He is the bridge between the kingdoms of the angels, the elemen- tals, and his brother man. He is the bridge between the Kingdom of Heaven and of Earth. That is he, whose outstretched arms form within himself the Maltese cross of freedom—the parallel kingdoms of angels, man and elementals,

making the cross arm or bar—with the Masters and the powers of the Sacred Fire, through his own body into the Earth, making the upright bar. That is the man who understands religion.

他是天使国度、元素生灵与人类同胞之间的桥梁。他是天国与尘世之间的桥梁。他张开的双臂在自身之内构成了自由的马耳他十字——天使、人类和元素灵这三个平行的王国，构成了十字的横臂；而扬升大师与圣火的力量，透过他的肉身注入大地，构成十字的竖臂。这，就是懂得宗教真谛的人。

What, in your religion, distinguishes you from the masses? Inner peace, perhaps! But it must be more than that! Oh, that I might convey into the feelings of the messengers, the chelas, and the students, the fact that Lord Maitreya has ordained that we come—and in speaking our hearts to those of you who are willing to listen, we are endeavoring to convince your feelings of your ability to change conditions through the direction of the power of your own life.

在你们的宗教中，是什么使你们有别于大众？或许是内心的平和！但这绝不能仅止于此！哦，但愿我能让使者、弟子和学员们在内心深处感受到这一事实：弥勒尊者已命定我们前来。我们向愿意聆听的你们吐露心声，就是

要竭力让你们的内心确信，你们有能力通过引导自身生命的力量来改变现状。

Worship has begun to mean relaxation of the senses, and well can I understand that, seeing with the inner sight the pressures of the day, how you long for the peace and sanctuary of God—away from the thrall- dom of your own creations. I do not condemn. I love you more than you shall ever love yourselves, but I do want you to be what God intend- ed you to be, not what you want for yourselves. I want you to be free. I want you to be Master. I want you to be that which Saint Germain can use as a living example of the free man, in which the seven-fold nature of religion is embodied.

如今许多人将敬拜仅仅当作感官放松，以内在之眼看见世间重重压力，我完全理解，你们多么渴望神的平安与庇护之所，逃离自己所造业力的束缚。我并不责难你们。我爱你们，远超你们爱自己的程度。但我希望你们成为神所期许的模样，而非只活成自己想要的样子。我愿你们得自由。愿你们成为主人。愿你们成为圣哲曼可以使用的活范本，活出“自由之人”，将宗教的七重本质全然彰显。

Now, be not unduly concerned, for every man is strong in one point out of the seven, which is natural, because each of you is

one of seven types. Saint Francis of Assisi achieved his freedom and found his God in a field, Saint Augustine found his God in a cathedral, Saint Paul found his walking along the dusty road, with bitterness in his heart toward his own great Master. It is wonderful that you have even one facet developed, or you would not be here. You would be gamboling in the fields with the rest of the race. One of your developed designs of worship is strong enough to have brought you to the feet of the Master and the Cosmic Christ!

现在，不必过分担忧，因为每个人在七个方面中总有一个是强大的，这是自然的，因为你们每个人都是七种类型中的一种。阿西西的圣方济各在田野中获得了自由并找到了他的上帝，圣奥古斯丁在大教堂里找到了他的上帝，圣保罗则是走在尘土飞扬的路上，心中还对自己伟大的主满怀怨怼之时，遇见了上帝。你们哪怕只发展出其中一个面向，已是奇迹，不然你们不会来到此处，只会和其余世人一样在世间嬉戏游荡。你们所发展的敬拜方式中，至少有一种足够强大，足以将你们带到上师和宇宙基督的脚前！

Now, I want you to take your soul each day through the seven tem- ples—one in each sphere. Discipline that soul! Abide for a

time in the temple least responsive to your own vibration. If you are proud and stiff- necked and your knees know not the capacity to bend, kneel at the feet of the great Morya, one of the proudest sons of Heaven, and learn from him what is means to surrender and learn to say, “Thy will, my God, be done.”

现在，我希望你们每天带领自己的灵魂穿越七座圣殿——每个领域各有一座。磨练那灵魂！在最难以与你自身振动产生共鸣的圣殿中停留一段时间。如果你骄傲自大、顽固不化，双膝不知屈膝为何物，那就跪在伟大的莫里亚脚前——他是天界最骄傲的孩子之一——向他学习何为顺服，学着说：“我的上帝，愿你的旨意成就。”

If you are mentally lazy and prefer to have another design your reli- gion for you, enter into the Temple of Love, in the Second Sphere, and demand God's illumination from within. Leave not that temple until un- derstanding, not born of another's word, but your own, makes service a happiness.

如果你心智怠惰，宁愿由别人替你规划信仰，就进入第二重界域的爱之圣殿，从内心深处寻求神的启迪。除非你领悟到——这种领悟并非源于他人的言语，而是源于你自身——使服务成为一种喜乐，否则切勿离开那座圣殿。

Do you know why men make the practice of religion a duty? It is because they are building their faith on someone else's word. The prac- tice of their religion is performed through duty and fear, without feeling its truth, just because some other part of life has said so.

你知道人们为何将宗教实践视为一种义务吗？那是因为他们将信仰建立在别人的话语之上。他们实践宗教是出于义务和恐惧，并未感受到其中的真理，仅仅是因为旁人这么说。

Oh, when your own heart flame has revealed to you the cause be- hind the action, you will serve like the angels—your feelings will be hap- py, and your hearts will sing.

哦，当你们内心的火焰向你们揭示了行动背后的原因时，你们就会像天使一样服务——你们会感到喜乐，内心也会欢唱。

Do you find that loving your fellow man is a chore? Then keep your soul centered in the Third Sphere, under the great Paul, the Venetian, until you hear the cry in the heart of that fellowman, until you sense his struggle, his hope, his need. Do not leave it, children of my bosom, until you feel that love. This is my own temple, too.

你是否觉得去爱你的同胞成了一件苦差事？那就让你的灵魂安住于第三重界域，在伟大的“威尼斯保罗”的护持之下。直到你听见同胞心底的呼求，感知他的挣扎、他的盼望、他的渴求。我亲爱的孩子，除非你真切生出那份爱，否则不要离开。这里也是属于我的圣殿。

Do you believe in austerity, self-denial, rigid surrender of all your senses to the penitential doctrine, built into your sweet lives through ear- ly centuries, when the hair shirt and the vow of poverty were considered a virtue? Then abide for awhile in the Fourth Realm. See the garments of the angels, and the beauty of your own Celestial Mother, and the di- vine perfection of the heart of the God-self—not for vanity, but because the world needs beauty.

你们是否信奉苦行、自我克制，严苛地将全部感官臣服于忏悔教义？数个世纪以前，粗毛衬衣与守贫誓言被视作美德，这套教义便深深植入你们美好的生命之中。那么，就在第四界停留一阵子吧。去瞻仰天使的华衣，瞻仰你们天上圣母的美姿，以及神之自我那颗心灵的神圣圆满——这并非出于虚荣，而是因为这个世界需要美。

Suppose that I made all your flowers square, or black, or green, with no perfume, conserving on the energy required to put color and scents within the flowers. Where would man be? Oh, it is good to pour beauty into the world when the motive is to bring happiness to life. Do you see?

试想，倘若我把世间所有花朵都改成方形，或是黑色、绿色，去掉花香，只为节省赋予花朵色彩与芬芳所需的能量。人类将会变成什么模样？啊，当动机是为生命带来喜乐时，将美倾注于世间是多么美好。你明白了吗？

Then, on your journey into the Fifth Sphere, where the great Hilarion and the Goddess of Truth abide, watch the combination of the rays to make certain powers available. Look at love mathematically, and see how it draws the goodness of life towards itself. Ask the Master to show you a vortex of hate, and see how it repels money, friends, and every good thing, and confirm your faith by practical witness.

接着继续你的旅程，来到伟大的希拉利昂与真理女神所居的第五重界域。去观察诸道光如何组合，从而开启种种力量。试着用数学的眼光审视爱，看看它是如何将生命中的美好吸引到自己身边的。请上师向你展示一个仇恨的

漩涡，观察它如何排斥金钱、朋友以及一切美好的事物，并通过实际见证来坚定你的信念。

And the Sixth Temple—Oh, I do not have to urge you to enter here. For the past two thousand years, man has spent much time here, in de- votional service and praise to God for his goodness, for which I thank our Heavenly Father. My only concern here is that I would have you elabo- rate on the manifold blessings in your own life. Mark them off, one by one. Our beloved Frances, in her song of Thanksgiving, has rendered a great service to the students, if they choose to accept it.

至于第六圣殿——哦，我无需敦促你进入这里。在过去的两千年里，人类曾在此投入大量时间，虔诚地侍奉并赞美上帝的仁慈，为此我感谢我们的天父。我在此唯一的关切是，愿你们细数生命之中各样恩典，逐一列举出来。我们挚爱的弗朗西斯，写下那首感恩之歌，已经为学子们做了一份伟大的奉献，只要他们愿意接纳。

Where would you be without life, without a heartbeat, without a plat- form of earth beneath your feet, without a sun to shine in the sky, with- out water? You would not even have a body, were it not for parents! People say they have nothing to do, and

yet this application I give you this morning would take you through three hours of acknowledgment and application. When you have spent a certain portion of time sending your love and gratitude to God, you might start thinking of the channels that brought you into truth, and I would bless them, each one. Think of the minister that baptized you, of the priest and the rabbi, and the Sun- day School teacher, and the patient school teacher, the first one who taught you loyalty and awareness. Then think of your spiritual teach- ers—each one that opened the door to truth.

若没有生命、没有心跳、没有脚下的土地、没有天空中照耀的太阳、没有水，你们又会在何处？若非父母，你们甚至不会拥有这副躯体！人们常说自己无事可做，然而我今早给你们的这个实践课题，足以让你们花上三个小时来感恩并付诸实践。当你们花了一定时间向上帝表达爱与感恩之后，便去回想那些把你引向真理的因缘管道，我愿一一祝福他们。回想为你施洗的牧师、神父、拉比，主日学老师，耐心的学校师长——那位最早教会你忠诚与觉知的人。再回想你的灵性导师，每一位为你们打开真理之门的人。

WHILE IN THIS CONTEMPLATIVE MOOD, YOU MIGHT THINK OF YOUR CELESTIAL FRIENDS, SUCH AS BELOVED GODFRE. How much has that man given! And Lotus, too! Think of each lifestream who has opened your consciousness to truth. Think of the Archangel Michael and his lov- ing guardianship. Think of Sanat Kumara. Glory be to his name! Think of the Sun God and Goddess, from whom came your own heart flame, and on and on, ad infinitum.

沉浸在这份沉思之中，你也可以忆念你的天国挚友，比如挚爱的戈弗雷。那位存有付出了何其之多！还有洛图斯也是！去回想每一位拓宽你的意识、将你引向真理的生命流。忆念大天使迈克尔，以及他充满慈爱的护持。忆念萨纳特·库马拉。荣耀归于他的圣名！想想太阳神与太阳女神——你的心之火焰源自于他们——如此这般，无穷无尽。

When you have finished this contemplation, you will find that you have filled your feeling world with happiness and joy, and I am sure that you will want to give a balance back to life by entering into the Violet Temple of Saint Germain's own sphere. You will want to become that bridge, giving your energy in decrees and songs and visualizations, and you will want to

become an example of what a free man should be. That is religion.

当你结束这份沉思时，你会发现自己的情感世界已充满喜乐与喜悦，我确信你会渴望通过进入圣哲曼所在界域的紫罗兰圣殿，以此来回馈生命、达成能量平衡。你会渴望成为那座桥梁，通过谕令、颂歌和观想来奉献你的能量，并渴望活出全然自由之人的典范。这，就是宗教。

I love you, Maha Chohan 我爱你们，玛哈·乔汉

—— —— —— —— —— —— —— —— —— ——

—— —— —— —— —— ——

Beloved Maha Chohan October 1, 1953

至爱的玛哈·乔汉 1953 年 10 月 1 日

Transmission Flame Letter

“圣火传递”的书信

Beloved Friends,亲爱的朋友们，

I greet you, again, in the name of life and breath and the opportuni- ty afforded each one in the use of both! How little the individual thinks of the opportunity that lies within the use of life, and yet, I have seen so many souls, after the change called death, filled with such a deep re- morse and desire for just “one day of life to make things right.” Oh, ponder, precious hearts, the opportunity each new day brings, when you are allowed, again, the precious flowing essence of life to weave into your experience, when you are allowed to bring all the happiness and harmony of Heaven to those you love, and to “make things right,” and to keep them so, while yet you, each one, have the time to do so.

我以生命、气息之名再次向你们致意，也为每一个人得以运用生命与气息的这份机缘向你们致意！个体对生命所蕴含的机遇往往视而不见，然而，我却看到许多灵魂在经历了被称为“死亡”的转变之后，心中充满了深深的悔恨，并渴望能有“哪怕一天的生命，来弥补过错”。啊，珍贵的心灵啊，请深思每一个崭新日子所带来的机遇：你们仍被赐予珍贵流动的生命本质，编织进自身经历；你们尚

且拥有时间，可以将天堂的一切幸福与和谐带给所爱之人，去“纠正一切”，并维系这份美好。

We enter this month the Cosmic Temple of Truth! It is a month of contemplation of the use of your energies in this embodiment, when the varnish and veneer of subtle appearances should be removed and the motives of the heart that sent into action qualified life, are examined honestly and sincerely. And here again, we must have no unbalance of condemnation and judgment of self, but the deep realization that, through the use of the Sacred Fire of mercy and Compassion, we have yet the opportunity to redeem energy, balance karma, and give peace and happiness to life. Most people do not relish an audience with truth! I, who love her well, say to you that she is one of the sweetest friends of man, for if you do not know the truth—how can you be set free?

在这个月里，我们步入宇宙真理圣殿！这是一个反思你们在此生中如何运用自身能量的月份，此时应当剥去微妙表象的漆层与伪装，诚实地、真诚地审视那驱动你生命行事的内心动机。在此，我们切不可陷入自我谴责与评判的失衡状态，而应深刻体悟：通过运用慈悲与怜悯的圣火，我们依然有机会赎回能量、平衡业力，并为生命带来

和平与幸福。大多数人并不乐于直面真理！我，作为真理的挚爱者，要告诉你们：她是人类最亲切的朋友之一，因为若不认识真理——你们又如何能获得自由？

Enter into the Temple of Truth, and throw off the veils of subterfuge and deceits, subtle and apparent, and accept the love of the great Cho- han of the Fifth Ray, Hilarion, and my beloved Goddess of Truth, and enjoy the revealing power of that Sacred Fire that enables you to com- prehend the nature of your own life, and then to learn how to conscious- ly qualify that life, to create and sustain perfection in action for you!

走进真理圣殿，卸下那些或隐晦、或显见的伪装与欺骗之面纱，接受第五光束的大乔汉希拉里昂以及我挚爱的真理女神的爱，并享受那神圣之火的启示之力——它能使你们领悟自身生命的本质，进而学会如何有意识地完善这种生命，在行动中为自己创造并维持完美！

Love and blessings, Maha Chohan

爱与祝福，玛哈·乔汉

Beloved Maha Chohan October 27, 1953

至爱的玛哈·乔汉 1953 年 10 月 27 日

Beloved Children of God,

至爱的上帝之子们，

I salute you in the name of the One God, whose life sustains your presence in this universe, whose love created you, and whose vision holds you ever within the perfect design, which formed the very pattern upon which your being was drawn forth, and decreed into action—long before the world was!

我以唯一上帝之名向你们致意——祂的生命维系着你们在这个宇宙中的存在，祂的爱创造了你们，祂的愿景始终将你们置于那完美的蓝图之中；正是这蓝图，在世界尚未形成之前，就已勾勒出你们存在的原型，并经由宣告得以显化！

As the great Lord of the World draws the Holy Ones, who represent his will, into the glorious Shamballa, preparatory to the closing of the twelve-month cycle, may every individual whose heart desires to fulfill the will of God, respond to the magnetic pull of that Cosmic Unfed Flame, and walk on silent, reverent feet over the mystic bridge, builded of consecrated energies, into that Presence!

伟大的世界之主，正召集代表祂意志的诸位圣者进入荣耀的香巴拉，为十二个月周期的落幕做准备，愿每一个心中渴望履行上帝意志的人，都能响应那“宇宙永燃火焰”

的磁性感召，以静默而虔敬的脚步，踏上由神圣能量筑就的神秘之桥，进入那临在之中！

The harvest of the twelve months must be laid upon the sanctified altar of the Hierarchy. Every retreat, every Master, every chela and dis- ciple, every aspirant, must render an accounting for the use of his talents and energies—and an accounting must be rendered for the more sacred trust of invested energies given by the Karmic Council to certain lifestreams delegated with power, authority, and spiritual leeway, in or- der to facilitate the fulfillment of their part in the divine plan.

这十二个月的收获必须献在圣团那神圣的祭坛之上。每一个静修处、每一位上师、每一位切拉和弟子、每一位求道者，都必须就其才能与能量的运用作出交代——对于业力委员会赋予某些生命流的更为神圣的托付，也必须作出交代。这些生命流被授予了权力、权威和灵性自主权限，以便促进他们在神圣计划中履行自身职责。

The great altar at Shamballa becomes the recipient of the individual and collective harvest of the Brotherhood. All is overseen by the gra- cious king, who is smiling gently. No gift is too small, no harvest is too pitiful. He receives it in gratitude

and blesses individually the timid and the bold, who stand before the throne!

香巴拉的宏伟祭坛，承载着兄弟会个体与集体的收获。一切都在那位慈祥的国王的注视下进行，他正温和地微笑着。没有哪份馈赠太微不足道，也没有哪份收获太微薄。他满怀感激地接受这一切，并逐一祝福那些站在宝座前的怯懦者与勇敢者！

As the great Transmission Flame begins its journey around the planet Earth from Shamballa, this activity represents the hope of this star's final victory, join the pilgrims, and, with the harvest of your year within the compass of your aura, kneel and offer it to the King of Kings, who will add it to the whole. And when all the harvest is gathered from the shin- ing Archangels and sons of Heaven, as well as from the prayerful hearts of the most humble of men and women, and from the elemental king- dom as well, the Lord of the World will bless that harvest in the flame, and cosmic Thanksgiving will be celebrated. He will bring the results of the service of the Brotherhood to the feet of the Karmic Council, as wit- ness of work well done. In hope, he will offer it for further grants on December 31st.

当伟大的“传导之火”从香巴拉开始环绕地球的旅程时，这一活动象征着这颗星球最终胜利的希望。请加入朝圣者的行列，将你光环范围内这一年的收获，跪下献给万王之王，他将把它融入整体之中。当所有收获——无论是来自光辉的大天使与天之子，还是来自最谦卑的男女那虔诚的心灵，乃至来自元素界——都被汇集起来时，世界之主将在火焰中为这收获赐福，届时将举行宇宙感恩节庆典。他将把兄弟会服务的成果呈献在业力委员会的脚前，作为工作圆满完成的见证。怀着盼望，祂将于 12 月 31 日呈上这份成果，祈求获得更多恩典许可。

Blessings and love.祝福与爱。

—— —— —— —— —— —— —— —— —— ——

—— —— —— —— —— ——

Beloved Maha Chohan December 1, 1953

至爱的玛哈·乔汉 1953 年 12 月 1 日

Transmission Flame Letter

May I take this opportunity to give to you my personal blessings and gratitude for your tremendous endeavors, individually, and in your group activities, to forward the cause of freedom, and to assist the members of the Hierarchy to convey their current activities to the outer consciousness of mankind!

请允许我借此机会，向各位致以我个人的祝福与感激，感谢你们在个人层面及团体活动中所作出的巨大努力，以推进自由事业，并协助圣团成员将他们当前的活动传达给人类的外在意识！

The harvest of the endeavors of each of you has been drawn into the Unfed Flame at Shamballa, sanctified by the Lord of the World, and brought to the Rocky Mountain Retreat as witness to the Lords of Karma that mankind, unascended, are worthy of grants to set aside destructive- ly-qualified karma. LAST CHRISTMAS, BELOVED LORD MICHAEL AND BE- LOVED SAINT GERMAIN ENGAGED IN AN EXPERIMENT WHEREBY THEY DREW CERTAIN CHERUBIM INTO THE AURAS AND ATMOSPHERE OF

THE STUDENTS. (Editor's note—see “The Angelic Kingdom.”

你们每个人努力的成果已被吸纳进香巴拉的“永燃火焰”中，经由世界之主予以神圣化，并被带到落基山隐修所，以此向业力之主们证明：尚未升华的人类，值得获得消除具有破坏性特质的业力的恩赐。去年圣诞节，挚爱的迈克尔主与挚爱的圣日耳曼进行了一项实验，通过该实验，他们将某些智天使引入了学员们的光环与周遭气场之中。（编者注——参见《天使王国》）

Because of the very harmonious and constructive endeavors of this group of students, the Law has granted to Saint Germain the privilege of bringing a similar group of cherubim to each sanctuary and to each blessed student who participates in this Transmission Flame Class, this very night (December 19th).

鉴于这群学员极其和谐且富有建设性的努力，法则已授予圣日耳曼一项特权：就在今夜（12 月 19 日），他可将这样一群（基路伯）智天使带入每个圣所，并带给每位参与此次“圣火传递”课程的蒙福学员。

Will you, therefore, be conscious of the coming of one of the great Archangels into your group, your sanctuary, or your

home, bringing with him a small cherubic figure, a holy, innocent being from the heart of Heaven, who is chosen because he or she radiates the particular quality which is your own destiny to externalize to life. It may be joy, happi- ness, beauty, harmony or love. This small being has known only harmo- ny and love, and has never before been out of the Kingdom of Heaven. It has a name, and a very definite individuality. It will live within your aura, and abide with you for the year of 1954 if, when examined each month, the Master finds it happy in such association. Thus begins the beautiful "Brotherhood of angels and men," which is Saint Germain's part in the great divine plan.

因此，请你们有意识地感知一位伟大的大天使降临到你们的团体、圣所或家中，他将带来一位小天使，一位来自天堂核心的圣洁、纯真的存在——他或她之所以被选中，是因为其散发出的特质正是你命中注定要在世间生命里彰显出来的特质。这可能是喜悦、幸福、美、和谐或爱。这个小生命只知和谐与爱，此前从未离开过天国。它有一个名字，也拥有非常鲜明的个性。它将栖居于你们的光环之中，并在 1954 年与你们同在——前提是，若大师在每月审查时发现它在这样的相伴中感到幸福。由此，美好

的“天使与人类的兄弟情谊”便拉开了序幕，这正是圣日耳曼在伟大神圣计划中所承担的使命。

Bless you, children, for your petitions, prepared and waiting hearing before the council, for your energies going upward in song and decree on behalf of the mankind of Earth, for your preparedness in having the an- gelic host come and abide with you! Truly it is a time for rejoicing—in Heaven and on Earth!

孩子们，愿你们蒙福——因你们的祈求已准备就绪，静候议会聆听；你们的能量借着赞歌与宣告向上升扬；你们已做好准备，迎接天使大军前来与你们同在。无论天国抑或尘世，这确实是一个值得欢庆的时刻！

A holy Christmas to you, and a blessed and sanctified New Year!

愿你们度过一个神圣的圣诞节，并迎来一个蒙福且圣洁的新年！

（大师们关于韵律呼吸的指导，到此结束）

至爱的耶稣与玛利亚的复活圣殿

THE RESURRECTION TEMPLE OF BELOVED JESUS AND MARY

January 15th through February 14th, 1954

1954 年 1 月 15 日 — 2 月 14 日

January 1, 1954

1954 年 1 月 1 日

Supplement to January 1954 issue of "Bridge to Freedom"

《通向自由之桥》1954 年 1 月刊补篇

The beloved Sanat Kumara, in honor of the blessed Mary, mother of Jesus, who has been named co- sponsor with the Master El Morya, for the year of 1954, has designated the Resurrection Temple as the first retreat to be honored by the Great White Brotherhood in the year of 1954.

至爱的萨纳特·库玛拉，为致敬蒙福的耶稣之母玛利亚——玛利亚被指定为 1954 年度的共同主持者，与埃尔·莫里亚大师并肩，将复活圣殿定为 1954 年伟大的白色兄弟会第一个予以尊崇的灵修圣殿。

The Resurrection Temple is located in the etheric realm, over the Holy Land.

复活圣殿坐落于以太层面，悬于圣地之上。

It is an exquisite circular temple of blazing white substance, that is self‐ luminous, and radiates the tones and melodies to be found within the “Ave Maria.”

它是一座精美圆形圣殿，由炽白的质料构筑，自身散发光芒，散发出《圣母颂》之中的音调与旋律。

The central flame room holds within it the concentrated focus of the Resurrection Flame guarded and sustained by the Archangel Gabriel, whose cosmic service is to bring to life again the remembrance of the divine God‐ image, in which every man was originally created and which it is each soul's destiny to outpicture and manifest, through the flesh form.

中央火焰室安放着复活火焰的集中焦点，由大天使加百列守护维系。加百列的宇宙使命，是唤醒人们对神圣神之形像的记忆。每一个人最初都依照这一形像被造，每一个灵魂的天命，就是借由肉身将这形像描绘并彰显出来。

Together with the beloved Gabriel, the Ascended Masters Jesus and Mary have taken the responsibility of drawing forth the

Sacred Fire from the heart of God to sustain and expand that activity of the Resurrection throughout the planet Earth, tying it into the souls of those who aspire to redemption and wish to return to their first‐ born purity and perfection of design.

扬升大师耶稣与玛利亚，与至爱的加百列一同承担使命：从神之心提取神圣之火，以维持并扩展复活之火在整个地球上的活动，将其与那些渴望救赎、希望回归其原初纯净与完美本相的灵魂紧密相连。

The beloved Maha Chohan, from this temple, directs the Resurrection Flame through the forces of nature, to produce the beauty and opulence of the seasons of promise and of harvest.

至爱的摩诃乔汉，自这座圣殿，借由自然力量导引复活火焰，以孕育充满希望与丰收的季节所特有的美丽与富饶。

As the beloved Mother Mary offered, at inner levels, to hold the immaculate concept of the image of the Master Jesus within her own mental body, giving it life through her feelings, and clothing that divine image in the substance and energy of her flesh form, she has become the Great Initiate, to whom all may apply for assistance in receiving, again, the vision of their own individual divine pattern, and the application necessary to hold

that image inviolate, until the elemental substance can absorb that pattern into the intelligence within itself, and then obediently take the form, and sustain it, of the image held in mind, and blessed by conscious outpourings of the feelings of divine love, beauty, peace, and balance.

至爱的圣母玛利亚，曾在内在层面作出奉献：在自己心智体之中持守耶稣大师形像的无瑕原型，以自己的情感赋予它生命，并以她肉身形态的物质与能量为那神圣形象披上外衣。由此她成为一位伟大的启蒙者。所有人都可以向她求助，重新看见属于自己个体的神圣蓝图，获得必要的修持方法，完好无损地持守这份形像。直到元素物质能够将该蓝图吸收进其内在的智慧之中，进而顺从地呈现并维持心中所持的形象，再配合你有意识地流露神圣的爱、美好、安宁与平衡，这份形相便会蒙受祝福。

The Holy Christ Selves of the ten million lifestreams whom the Lords of Karma have designated as worthy of added assistance in externalizing their nature and their plans through the outer personalities they have sustained on Earth, have all been invited to enter this Resurrection Temple and remain within it for the thirty- day period while this retreat is the focus of the

power and radiation of the combined energies of the Great White Brotherhood.

业力之主选定一千万个生命流，他们配得额外帮助，得以借自己在世间所展现的外在人格，彰显自身本性与生命计划。这些生命流的神圣基督自我，全都被邀请进入复活圣殿，在此驻留三十个日夜。在此闭关周期内，此圣所成为大白兄弟会聚合能量之力量与光芒辐射的中心。

As these Divine Selves abide, for the most part, in the Fourth Sphere, their descent into the etheric realm will draw them much closer to the consciousness of the personal self.

这些神圣自我大多居于第四界，它们降入以太层面，便会与个体自我的意识大幅靠近。

The sincere student should ask that he be taken to the Resurrection temple each night while his body sleeps, and there look upon and observe his own Holy Christ Self in action.If the students could have this proximity to their own divine God- image for thirty consecutive nights, much of its nature would be impressed upon their etheric consciousness, and drawn back into their waking consciousness and into their flesh forms, as well.

真诚的修行者应当祈求，每晚在肉体沉睡时被带往复活圣殿，在那里凝视并观察自己神圣的基督自我如何运作。如果修行者能连续三十个夜晚如此贴近自身的神圣上帝形象，其本质的很大一部分便会铭刻在他们的以太意识中，并被重新带回他们的清醒意识以及肉身之中。

It is the kind office of the Lord Gabriel, Archangel of Resurrection, to flash the flame and ray of his own cosmic heart through the consciousness and feelings of all who sincerely desire to “know the glory they had with God before the world was.”

复活大天使加百列承担着这份美好的使命：将他自身宇宙之心所发出的火焰与光芒，投射到所有真诚渴望“认识他们在世界未造之先与神同在的荣耀”之人的意识与情感之中。

He performed this service for the beloved Mother Mary when he brought to her the word that Jesus was to be born through her physical form.

祂曾为至爱的圣母玛利亚完成这一服务，向她传递启示：耶稣将要借由她的肉身降生。

If the students will ask the beloved Gabriel to help them to realize and accept their own Holy Christ Self, and to become that Christ Self in action, they will have the added assistance of his cosmic pressure and blazing consciousness, which does resurrect the divine memory of that God- design in which all were made, and from which many strayed, in the centuries of pursuing happiness in the pleasures of the senses.

修行者若祈求至爱的加百列，帮助自己认知并接纳自身的神圣基督自我，并在行动之中活出这基督自我，便能够获得祂的宇宙势能与炽盛意识的额外扶持。这份力量能够唤醒那神圣蓝图的记忆——所有人都依照这蓝图被造，但在漫长岁月里，许多人追逐感官欢愉之中的快乐，渐渐迷失背离了本源。

Beloved Archangel Michael January 1, 1954

至爱的大天使迈克尔 1954 年 1 月 1 日

REPORT OF LORD MICHAEL TO THE KARMIC BOARD,

迈克尔主向业力委员会提交的报告，1953 年 12 月 31 日

Dear Friends,

亲爱的朋友们：

It will be my great privilege and honor to give the summation following the final report of the Ascended Masters, as well as the conscious chelas, who have held positions of authority and trust through the year.

在扬升大师以及那些在过去一年中担任过重要职务并深受信赖的觉知弟子们提交最终报告之后，由我来做总结，是莫大的荣幸。

At this time, I will offer the Lords of Karma proof of the fidelity of incarnate lifestreams to a cause and to its founders.

此刻，我将向诸位业力之主呈上证据，证明投身肉身的生命流，对这份事业及其开创者的忠诚。

The Transmission Flame Classes have rendered a tremendous service in removing the concentrated vortices of evil in the psychic and astral realms, which have been solidified for hundreds of thousands of years, and formed a heavy pressure on the inner bodies of the race.

传递火焰课程作出了巨大贡献，清除灵界与星光层面聚集的邪恶漩涡。这些漩涡已经固化数十万年，给人类群体的内在身体带来沉重压迫。

25% of that momentum has been removed within the year of 1953. THINK OF IT!

1953 这一年之内，已经消解了 25%的这股业力势能。想一想！

It has been building for hundreds of thousands of years, and although we worked constantly for the removal and dissolving of these vortices, they are builded again so rapidly through the uncontrolled emotions of the race, that it has been an almost endless task.

它已经积蓄数十万年。尽管我们一直在努力清除、消解这些漩涡，但人类不受控的情绪，又会飞快重新构筑它们，这几乎是永无止境的工作。

The flames from the retreats, being qualified Sacred Fire, sweeping around the planet, have melted these terrific creations, and loosed the imprisoned God- life, which has returned for repolarization to the Sun.

来自各个灵修圣殿的、被赋予正向限定的神圣之火环绕整个星球，消融这些可怖的造物，释放被囚禁的神之生命，使之回归太阳重新校准能量极性。

Many of the foci of evil which have spawned the crimes effected by weak members of the race, have been removed, and the centers which formed the vortex for hurricanes, tornadoes and planetary upheavals of nature, have been wiped out by half.

诸多邪恶焦点已经被清除，正是这些焦点催生人类群体中软弱者犯下罪行；那些形成飓风、龙卷风、地球自然界剧变漩涡的能量中心，已有一半被消弭。

The church “entities,” (artificial beings created by the energies of groups who devise specific ways and means of worshipping God), have all been ensouled by an angel of truth from Hilarion's legions.

教会的“集体灵体”（由一群人以特定方式敬拜神，其能量所造出的人造存有），全部都由希拉利昂麾下军团中的一位真理天使赋予了灵魂。

DO YOU KNOW WHAT THIS MEANS?

你们明白这意味着什么吗？

The original religion, usually inspired by some Master, was clothed in the concepts and opinions of its guardians and exponents, until, for the most part, it has lost the purity of its original conception.Then the masses, following the artificial entity created, became victims of human concepts.Into these “entities” a living spirit of truth entered, just as an individual enters a room.

原始宗教通常受某位上师启发，却被其守护者和阐释者的观念与见解所包裹，以至于在很大程度上丧失了最初构想的纯净。随后，大众追随这些被创造出来的人造实体，沦为人类观念的牺牲品。 如今，活生生的真理之灵进入这些“灵体”之中，就如同一个人走进一间屋子。

From within the various religious sects, that truth will begin to emanate, and the sensitive lifestreams in that church, cult or

“ism” will begin to “tune in” to the truth behind the form, and raise the worship to its highest possible manifestation.

真理将从各个宗教教派内部散发出来。身处该教会、宗派、思潮之中的敏锐生命流，会开始“调频”至形式背后的真理，并将崇拜提升到其可能达到的最高境界。

You will see tremendous purification in orthodox as well as in metaphysical worship in the new year.

新的一年，你们将会看见正统信仰与灵性玄学层面的敬拜，都发生巨大的净化。

ALL THE DISCARNATES WHO LOST THEIR BODIES IN THE WAR IN KOREA, THE SECOND WORLD WAR, WORLD WAR ONE, AND THE SPANISH- AMERICAN WAR, WERE REMOVED FROM THE LOWER ATMOSPHERE, PLACED IN SCHOOL ROOMS, AND ARE BEING PREPARED FOR RE- EMBODIMENT TO “MAKE THINGS RIGHT.”

所有在朝鲜战争、第二次世界大战、第一次世界大战、美西战争之中失去肉身的离体灵魂，全都被移出低层大气领域，安置在灵性学堂之中，为再次投生、“纠正过往”做准备。

Many, of course, have already had this service rendered, and many are already re- embodied, but those, particularly, who have strong hate and battle instincts, have, up to this time, remained, overshadowing their countrymen and trying to fulfill their hates through the newer generations.

当然，许多灵魂已经得到这份帮助，不少已经再度投生。但那些怀有强烈仇恨与战斗本能的灵魂，直到此刻还滞留于此，笼罩着本国同胞，试图通过新一代来发泄他们的仇恨。

Since the calls to me (Michael) have begun, no lifestream has left the body, who has not received a personal visitant to take him to a place of purification, and to prepare him quickly to enter some temple of instruction, even those whose momentum of evil would condemn them to much agony before such relief could ordinarily be given.

自从人们开始向我（迈克尔）呼求之后，没有一个生命流离开身体后，没有收到一位亲自造访的使者，将他带往净化之地，并迅速为他进入某座教导圣殿做好准备。即使是那些因邪恶的惯性，按常规本该承受巨大痛苦才可得解脱的灵魂，也同样得到照料。

May I thank those who have been so faithful in these daily calls, particularly for the souls who have no one to pray for them?

我要感谢那些日复一日忠心呼求的人，尤其感谢你们为那些无人为之祈祷的灵魂呼求。

The incoming lifestreams have had 18% of their mass karma removed, without personal application on their part, due to the calls for the purification of the incoming children.

因为人们为即将降生的孩童呼求净化，这些将要到来的生命流，无需自身作出修持，就已经消解了 18%的集体业力。

May I thank those who have taken the responsibility of asking for purification of the homes, families, guardians, teachers, and protectors of the souls returning, upon whom depends the building of the New Age?

请允许我感谢那些承担起责任、呼求净化回归灵魂的居所、家庭、监护人、教师及守护者的人们——新纪元的建设正是依赖于他们。

The human veil of the conscious students has been dissolved by about 37%.

保持觉知的修行者身上的人性帷幕，已经消解约37%。

This means that the condensed thought and feeling forms, which have been thrown off by the lifestreams, and which form the personal atmosphere of the individual, have been purified and melted away.

这意味着生命之流所抛弃的、构成个人气场的凝结思想与情感形态，已经得到净化并消融。

It is therefore much easier for the sincere student to sense the Presence and accept the reality of the Masters. I am endeavoring to complete this activity in the near future.

因此，真诚的学员更容易感知大师们的临在并接受大师们的真实存在。我正力求在不久的将来完成这项工作。

EVERY CHELA AND INDIVIDUAL WHO HAS ACCEPTED FULLY OUR ENDEAVOR, IS HAVING, AS A GIFT FROM MY LIFESTREAM, THE RELEASE OF EVERY MEMBER OF THE FAMILY WHO HAS PASSED THROUGH THE “CHANGE” CALLED DEATH, FROM THE NECESSITY OF RE- EMBODIMENT ON EARTH.

每一位全然接纳我们这份事业的门徒与个人，将收到出自我生命流的一份礼物：他们家中所有经历过被称为“死亡”之“转变”的成员，得以不必再投生到地球。

Each one will be given the opportunity to finish their studies on one of the pure planets of the system, or in the inner sphere which corresponds to their natural ray.

每一位逝者，都将获得机会，在本星系某一颗纯净星球，或是对应自身本源光芒的内在领域，完成他们的学习。

For this, I have pledged added service to the law. It is my gratitude for your faith and acceptance of the reality of the masters, and the incorporation of your own energies in spreading the word and the radiation through your voluntary service, your talents and momentums in the light.

为此，我向宇宙法则承诺更多侍奉。这是我对你们的谢意：感谢你们对上师们真实存在的信念与接纳，以及你们通过自愿服务、才华和在光中的势能，将自身能量融入传播真理与辐射之中。

VIOLET FLAME TEMPLES HAVE BEEN ESTABLISHED IN THE LOWEST OF THE ASTRAL AND PSYCHIC REALMS.

紫罗兰火焰圣殿，已经设立在星光界和灵界的最底层。

This is an unprecedented activity, which enables the purifying radiation of mercy and compassion to play upon the souls forced to abide therein, and also provides places of sanctuary for those who respond to the offer for succor and aid.

这是前所未有的工作。怜悯慈悲的净化辐射，可以照耀那些被迫滞留此地的灵魂；同时也为那些回应救助邀请的灵魂，提供庇护之所。

HUNDREDS OF THOUSANDS OF ELEMENTALS HAVE BEEN PERMANENTLY FREED FROM DISTORTED FORMS, in the bodies of dwarfs and gnomes and other disintegrated concepts, which are below their natural beautiful design.

数十万的元素生灵，已经永久脱离扭曲的形体——侏儒、地精，以及其他低于它们本然美好蓝图的残缺形态。

This released nature from so much mischievous energy.

这让自然界摆脱了大量作祟的负面能量。

THE MASS PRESSURE OF THE ANIMALS WHO KILL TO LIVE HAS BEEN DECREASED BY 18%, so that they will not find the instinct so strong to prey upon living flesh.

为生存而捕猎的动物身上的集体本能压力，降低了18%，它们捕猎活物的本能不再如此强烈。

This will also be felt through human beings who live mostly on meat products.

主要食用肉食的人类，也会感受到这份改变。

THE APPETITES AND DESIRES FOR DOPE, TOBACCO, LIQUOR AND SEXUAL SATISFACTION FOR PLEASURE, HAVE ALSO BEEN DECREASED BY ABOUT 18%.

对于毒品、烟草、酒精，以及追求享乐的性满足的欲望渴求，同样下降约 18%。

This means the pressure that works through the weaknesses of the outer consciousness will not be so strong, and the desire to fulfill these “wants” not such a compulsion.

也就是说，作用于外在意识弱点之上的压力不再那么强大，满足这些“欲求”的冲动不再那般难以抗拒。

THE AGE FOR THE INCOMING OF THE HOLY CHRIST SELF INTO THE YOUNGER GENERATION HAS BEEN BROUGHT DOWN FROM 12 TO 10 YEARS OF AGE, and I am endeavoring to bring it down to 6 years, before the close of the class.

神圣基督自我降临于年轻一代的年龄门槛，已从 12 岁降至 10 岁，而我正致力于在本次课程结束前，将其进一步降至 6 岁。

THE FORCES THAT DISINTEGRATE FAMILY LIFE—ENTITIES OF TREMENDOUS PRESSURE, WHO SEEK TO DESTROY UNITY—HAVE BEEN SHEARED OF THEIR POWERS BY HALF, AND GREATER HARMONY AND UNITY IN FAMILY LIFE WILL BEGIN TO BE EVIDENT.

那些瓦解家庭生活的力量——带着巨大压力、一心破坏团结的灵体，力量已经被削减一半。家庭之中将会开始显现更多的和谐与团结。

All of these things have been done through the application of the students who have opened their consciousness to us through this New Endeavor. It is magnificent, indeed, and I am extremely grateful.

这一切成就，都来自学员们的修持实践。他们借着这份新事业，向我们敞开自己的意识。这份成果实在壮丽，我满怀感恩。

The causes of plagues, epidemics and disease have been mitigated, and through the voluntary cooperation of certain chelas, the release of the cure for cancer is imminent.

瘟疫、传染病与各类疾病的根源已经得到缓和；借着部分门徒的自愿配合，癌症的治愈方法很快就会问世。

Hundreds of thousands of angels who never were in the lower atmosphere of Earth are now permanently stationed in this realm.

数十万从未踏足地球低层大气领域的天使，如今永久驻守在此领域。

Lord Buddha has returned, and abides in the atmosphere of Earth, having promised to remain until the beloved Sanat Kumara's freedom is assured.

佛陀已回归，并居于地球大气层中，他承诺将一直留在这里，直到挚爱的萨纳特·库玛拉的自由得到保障为止。

Visitors from many galaxies have offered their light to beloved Sanat Kumara and the Hierarchy for the duration of this cosmic "push."

来自众多星系的访客，在这次宇宙层面的推进期间，向至爱的萨纳特·库玛拉以及灵性圣团奉献他们的光。

OUR BELOVED SAINT GERMAIN FINDS HIS VICTORY AND HIS VISION ASSURED!

我们至爱的圣日耳曼，祂的胜利与愿景已经得到保障！

EVERY LIFESTREAM WITHIN THE NEW ENDEAVOR, IF HE OR SHE PERSEVERES, SHALL KNOW THE ASCENSION AT THE CLOSE OF THIS EMBODIMENT.

投身这份新事业的每一个生命流，只要坚持不懈，就能够在这一世肉身结束之时达成扬升。

ALL THIS—AND MORE—ACCOMPLISHED IN 12 SHORT MONTHS, MORE THAN WAS ACCOMPLISHED IN 500,000 YEARS PREVIOUSLY!

短短十二个月，完成了这一切，还有更多成就，胜过过去五十万年所达成的总和！

LOVE—LOVE—LOVE TO YOU ALL FOR THIS SERVICE,

因这份侍奉，向你们全体献上爱——爱——爱，

Lord Michael *迈克尔主*

—— —— —— —— —— —— —— —— —— ——

—— —— —— —— —— ——

Beloved Mother Mary, Daytona Beach, Florida—January 19, 1954

至爱的圣母玛利亚，佛罗里达州代托纳比奇—1954 年 1 月 19 日

May the peace of God rest on this house tonight, beloved children!

至爱的孩子们，愿神的平安今夜降临在这所房子里！

May the love of God rise within your hearts until it becomes the predominant feeling in your consciousness, and you become aware, in every cell and atom of your earnest selves, of that Divine Presence!

愿神的爱在你们心中升腾，成为你们意识之中最主要的感受。让你全身上下每一个细胞、每一个原子，都觉察到那份神圣的临在！

Well do I know your hearts! It seems but yesterday that you stood, pure and white spirits, before me and presented to me the elemental substance which was to form your garments of flesh in the next incarnation, each of you having been called before the Lords of Karma and given an opportunity to take a new incarnation.

我深深知晓你们的内心！仿佛就在昨日，你们还是纯净洁白的灵体，站在我的面前，将元素质料交托于我。这份质料，将要成为你们下一世的肉身外衣。那时你们每一位都被带到业力之主面前，获得重新投生的机缘。

Each one of you presented those energies which were for form the envelope through which your soul might seek understanding and ultimate freedom.

你们每一位都献上那些能量，用以构筑肉身外壳，你们的灵魂将要借这外壳寻求领悟，追寻终极的自由。

It has been my privilege since entering into the realms of Eternal Light to assist in the creation of the chalice which holds

the Sacred Fire, around which is drawn the elemental substance of the flesh form, and within which burns the Fire of Immortality.

自从进入永恒之光的国度，我便有幸参与塑造承载神圣之火的圣杯。肉身的元素质料环绕圣杯成型，不朽之火就在圣杯之内燃烧。

Within each twelve- month cycle, every lifestream who is to incarnate upon Earth within that period, enters my aura, and together we fashion the heart which will hold the Sacred Fire throughout the entire life span, so that when I enter a room and welcome the hearts and souls and spirits of men, I take great delight in looking upon my own handiwork, rejoicing as the flame within the sacred heart begins to expand, lighting the shadows, and one day bursting forth in a great transfiguration of the self into the Presence.

每一个十二个月周期，所有将要投生地球的生命流，都会进入我的光环。我们一同塑造那颗将要在整个人生之中承载神圣之火的心。当我走入一间屋子，迎接世人的心、灵魂与灵体之时，看见自己亲手造就的成果，我满心欢喜。当神圣之心之内的火焰开始扩张，照亮一切阴影，

并终有一日迸发出来，将自我全然转化融入神圣临在，我便为之欢欣。

It is through this process of the Sacred Fire that the base substance, through divine alchemy, is drawn into divine purity.

正是借着神圣之火的这套过程，透过神圣炼金术，基础物质经由神圣炼金术得以被提炼至神圣的纯净状态。

It is the same method by which every lifestream who has ascended entered into the full use of the Immortal Electronic Garment—the seamless robe of eternity.

每一位达成扬升的生命流，也都是依靠这套方式，得以全然启用不朽的电子光体，也就是那永恒的无缝圣袍。

While we have the great opportunity of holding the attention of mankind through this year upon our presence and our service to life, I shall endeavor to convey to the consciousness of the students, and those who visit with me in the Resurrection Temple, or in any one of the retreats or sanctuaries where my focus and flame abide, the consciousness of the Immaculate Conception, the consciousness which I developed through century after century of dedication of my spirit, and self- conscious loyalty to God.

今年，我们拥有难得的机会，让人类的注意力聚焦于我们的临在与我们对生命的侍奉。我会努力将“无瑕构想”的意识传递给修行者，以及那些在复活圣殿、或是我火焰驻留的任何隐修圣殿与圣所之中与我相会的灵魂。这份意识，是我经过一个又一个世纪，用我灵魂的奉献和对神自觉的忠诚培育出来的。

When the beloved Jesus was a very small boy, he already manifested this purity of spirit. He was born with a natural beauty of consciousness. He had no karma.

至爱的耶稣尚且年幼之时，就已经展现出这份灵性的纯净。他降生之时，意识本就拥有天然的美好，身上没有业力。

There was not a stain on his soul, nor one flaw within his thoughts and feelings that would contaminate the perfect expression of his mind, his body or his spirit, and, pure and perfect as he was, he had the use of the faculties of the senses, more highly developed than any child born of woman, perfect sight, perfect hearing, the senses of taste, touch and smell and a great sensitive intuition to spiritual things.

他的灵魂毫无污点，思想与感受之中没有一丝瑕疵，足以玷污他心智、肉身、灵性的完美彰显。即便如此纯净圆满，他依旧拥有感官功能，并且比世间任何孩童都更为发达：完美的视觉、听觉，味觉、触觉、嗅觉俱全，对灵性事物拥有极强的敏锐直觉。

He was like a beautiful, strong instrument made to contact the vibratory action, not only of the physical world, but of the higher spheres as well.

他宛如一件华美坚韧的法器，可承接振动能量，既可以感应物质世界的振动，也能够接收到更高次元领域的振动。

This exquisitely- developed lifestream was naturally capable of drawing the appearance world into himself with greater impact, through the very clarity of the senses—more so than the dense and the dull consciousness that perceive little, and exist rather than live.

这份高度发展的生命流，凭借感官的清明，自然有能力以更强的影响力，把表象世界吸纳进自身之中；这远胜于那些粗重混沌的意识 —— 它们感知微弱，仅是苟存于世，而非真正地活着。

He had, along with every man and woman on Earth, the gift of free will, into which even I (by Cosmic Law) was not permitted to intrude, through the pressure of my desire for his freedom, but it was my great privilege to help that consciousness to use those faculties to magnify the God of Light, and the perfection of the Father, whom he had vowed to represent to the race.

和世间每一个男女一样，他拥有自由意志的恩赐。即便是我，受宇宙法则约束，也不能因我盼望他得自由，就强行干预他的自由意志。但我有幸帮助他的意识，运用这些感官能力去放大上帝之光，放大天父的圆满；他曾立下誓约，要向全人类彰显天父。

Think of this for a moment. He did not live in a “charmed world.” We lived in a small, humble village, in comparative poverty.

请想一想，他并非活在一个受庇护的幻境之中。我们居住在一个渺小简陋的村落，生活相对清贫。

He was chosen to “rub shoulders” with the lame and the sick, with the diseased of mind and body.In the day when we walked the Earth, there were no institutions to close round those desolate forms, which today are not apparent to the masses.

他被拣选，要与瘸腿、患病，身心遭受病痛折磨的人们朝夕相处。在我们行走于世间的那个年代，并无收容机构来庇护这些孤苦凄苦的生命；如今，这类苦难的身影已不大为普通大众所见。

This beautiful and delicately- minded boy, clothed in his simple little tunic, the sandals that Joseph made for him upon his feet, was exposed to every thought on every plane, with only our love to clothe him round, and it was then that I said to him, “Son, your soul has the power to magnify anything that you choose to accept as real.

这个心思细腻美好的孩子，身着朴素短袍，脚上穿着约瑟为他做的凉鞋。各个层面的种种念头都会向他袭来，唯有我们的爱环绕守护着他。就在那时，我对他说：“孩子，你的灵魂拥有力量，会放大任何你选择认定为真实的事物。

You may magnify an appearance of illness and distress, or you may magnify the Lord of Life.”

你可以放大疾病与苦难的表象，也可以放大生命之主。”

I tried to show him the simple principles that I will present night after night in the Resurrection Temple, and which I intend to present to the students at every opportunity I have to speak with them throughout the year.Jesus has said that it helped him, and I tell you, that it saved my sanity many times throughout that embodiment.

我试着向他讲解这些简单法则。我也会夜夜在复活圣殿讲授，并且今年只要有机会，就会向修行者分享。耶稣说这套法则对他大有帮助。我告诉你们，在那一世，它也无数次保全了我的心智清明。

Saint Germain, as Joseph, ofttimes blessed that principle. It helped me to go through initiations that I hope no other unascended being will ever be called upon to take.Therefore, I guarantee that it will help your individual souls through every experience you may have.

圣哲曼化身约瑟夫之时，也屡屡加持这一法则。它帮助我度过重重进阶试炼，我盼望其他尚未扬升的存有，不必再承受那样的试炼。因此我可以保证，它也能够帮助你们每一个灵魂，度过你们所要经历的一切境遇。

Your souls, beloved ones, are magnets. From your soul flows your life. Whatever your attention connects with, your soul does magnify.

亲爱的，你们的灵魂就如同磁石。生命从灵魂之中流淌而出。凡是你的注意力所联结的对象，你的灵魂都会将其放大。

It is a mathematical and scientific principle, which none can escape—initiates, chelas or laymen.

这是一项无人能回避的数学与科学原理——无论是启蒙者、门徒还是普通民众。

You may magnify good or evil. When your attention connects with any appearance, your life flows from your own heartbeat into it, and it grows and it magnifies—both in the appearance world and in the inner realms—wherever that soul abides.

你既可以放大善，也可以放大恶。当你的注意力投向某一种表象，你的生命能量就会从你的心跳流入其中，让它不断壮大、放大。在表象世界与内在领域皆是如此，不论那个灵魂栖身于何方。

Now, you may either magnify the shadows and distress of your appearance world, or you may magnify the power of God, by

turning the beam of your energy and attention to that Holy Christ Self, holding that attention there, dedicating your attention to receiving and magnifying its powers and qualities, until your inner soul- self grows.Confidence grows in beauty, and grows in perfection in imitation of that one.

如今，你可以选择放大世间的阴影与苦难，也可以选择放大神的力量：将你的能量与注意力的光束转向你的神圣基督自我，把注意力安住于此，专注地接收、放大祂的力量与特质，直到你内在的灵魂自我不断成长。借由效仿祂，你的信心会在美好与圆满之中不断增长。

We made a game of it when Jesus was little, and he would come, as children do, with bruises on his feet or on his knees—all the various appearances that affect all small growing boys.

耶稣年幼的时候，我们把这件事当成一种游戏。像别的孩子一样，他有时脚、膝盖会磕出淤青，都是小孩子常会遇到的种种状况。

He would say, “We shall not magnify that hurt or that scar. We shall magnify our Lord.”

他就会说：“我们不去放大这份伤痛与伤疤，我们来放大我们的主。”

Then, turning our attention to that perfect pattern, the three of us, we would draw back the healing and peace of the Presence through our beings, until the appearance would disappear.

于是我们三人一同，将注意力转向那完美蓝图，把神圣临在的疗愈与平安接引到我们的存在之中，直到伤痛的表象消失不见。

We did this systematically, we did it daily. We built together a momentum that I, within myself, knew was building a positive power of resistance in the consciousness of Jesus against every appearance of evil that, when his cosmic moment came upon him, he could even look at death, itself, and refuse to magnify it by the power of his heartbeat, turning all the power of his energy to life, magnifying the power of that life through him, until death was vanquished.Do you see?

我们有条不紊地日日练习。我们一同积累出一股势能。我内心清楚，这会在耶稣的意识之内建立起对抗一切邪恶表象的正向力量。所以当属于他的宇宙时刻来临，即便面对死亡本身，他也拒绝用自己生命的力量去放大死亡，反而把全部能量转向生命，借由自己放大生命的力量，直至死亡被彻底战胜。你们明白了吗？

It should be the same with you, dear hearts. We have watched the family life of mankind. I have watched the mothers and the fathers of the race.

亲爱的，你们也当如此。我们观察人类的家庭生活，看见世间的父母。

I have seen them in their great sincerity, their great sense of responsibility and desire to surround their individual flocks with security and protection, and yet, through that very sincerity, they will magnify the appearance instead of the all- power of the Presence, which, through the energy of the upreaching consciousness, would conduct the substance of healing, supply, and protection into the world of form.

我看见他们怀着极大的真诚、责任感，渴望守护自己的家人平安。可恰恰是这份真诚，却常常让他们去放大苦难表象，而非放大神圣临在的全能。倘若将意识向上仰望，临在就会把疗愈、供给、保护的实质引入物质世界。

I have said within myself, “When opportunity presents itself, I shall make the Magnificent the creed of the conscious chelas. They shall accede, as I did, to that principle of truth that stood within my world, until they are free.”

我心中常想：“时机到来之时，我要把‘放大美好’作为有觉知的门徒的信条。他们要像我一样，接纳这条存在于我的世界之中的真理法则，直到获得解脱。”

Oh, sons of heaven, daughters of heaven! Why magnify the appearance world? Let us, together, magnify the powers of the Lord!Thank you for accepting the feeling of this, dear heart friends!

噢，天国的儿女啊！为何要去放大世间的表象？让我们一同去放大主的力量！亲爱的朋友们，感谢你们能理解这份心意！

As I witness the coming of the Masters into the consciousnesses of the earnest ones, bringing their gifts of light, their vision of the things to come, and I see the distress of the personal self, the limitations and the shadows of the soul, my heart is near to bursting with the desire to convey to you how simple it is to connect with your Christ Self, by just turning your soul, your spirit and your senses to the ever‑present God, allowing your energies to bask in that uplifting, healing, ever‑present heart of all good, and then feel the flame of your own heart, like an unfolding lotus, conduct those God-qualified energies into the world of form.

当我看见各位大师进入虔诚之人的意识之中，带来光之礼物与对未来的启示；同时也看见个体自我的痛苦、灵魂的局限与阴影，我的心中满怀热切，几乎要溢出来，想要告诉你们：与你的基督自我相连，其实何等简单。只需要将你的灵魂、灵性、感官，转向永在的神，让你的能量沐浴在那提升、疗愈、永存的至善之心之中。而后感受你内心的火焰，如同莲花缓缓绽放，把这些具备神性特质的能量输送到有形世界。

All of the great men and women who have performed the seeming miracles of the ages, have been merely conductors.My beloved Jesus was merely a conductor who connected the energies of his physical and inner bodies with his Father-Mother God, in whom he had such perfect trust, that no outer appearance, beloved ones, could ever draw an electron from his feeling world or cause him to magnify it.

所有在漫长岁月中创造出看似奇迹的伟人，都仅仅是能量传导者。我至爱的耶稣，也只是一个传导管道。他将自己肉身与内在身体的能量，与他的“父—母神”连接起来。他对神全然信靠，所以任何外在表象，都无法从他的感受场域夺走一丝能量，也不能令他去放大那些表象。

That is the tremendous accomplishment he has offered to any lifestream who cares to accept it.I was present at, in fact was instrumental in, the very first so‑ called miracle that he performed at Cana, in which he just turned his attention to the Father of all good, and allowed the energies of his own inner bodies to change the substance of that water into electronic light—the people unconsciously qualifying it with that which they desired to manifest.

这就是他为任何愿意接受的生命之流所提供的巨大成就。他在迦拿行的第一件所谓的神迹，我当时就在场，并且也参与其中。他只是将注意力转向至善之父，并允许自己内在身体的能量将那水转化为电子光；在场众人也在无意识之中，为这份能量赋予他们想要显化的特质。

It is one of the simplest activities—just a letting go of the limited outer self, and connect in inwardly with the Presence of God, letting his power of healing, of supply or of peace flow into the manifestation.

这是最简单的运作：放下受限的外在自我，向内联结神的临在，让祂疗愈、供给、平安的力量流入显化之中。

Blessed ones! This should be a year of tremendous importance to you, and if even a handful of you can grasp the significance

of this Law, if you can work it out in some simple manifestation—feeling the power of your own energy connected with the power of the Christ Self—you will truly be ourselves in action!

蒙福的孩子们！于你们而言，这一年至关重要。哪怕只有少数几个人能够领会这条法则的深意，倘若你们能通过某种简单的显化将其付诸实践——感受自身能量与基督自我的力量相连——你们就真正成为了我们行动中的化身！

Now, you move around in the world of form, and your senses have been in the habit of bringing to your consciousness reports of good and evil. Will you not try to change that by accepting only the good?Will you try to remember me as you go about your daily work, and let us see what you will magnify in the course of each day!

如今，你们活在物质世界，你们的感官已经习惯把或善或恶的讯息带到意识之中。何不试着改变，只接纳善的一面？在你们从事日常工作时，请记得我。让我们看一看，每一天之中，你会选择去放大什么！

It is a happy training. It is a pleasant pastime.You know, yourself, even in your human activities, how grateful you are

when friends do not magnify your weaknesses, and how grateful is the soul when there is even one who magnifies your service, your capacities and your capabilities.That is what we do constantly.

这是一次愉快的修行，也是一件令人愉悦的事。你们在人间生活之中也深有体会：当朋友不去放大你的弱点，你会心怀感激。若是有哪怕一个人，放大你的贡献、才干与能力，灵魂会何等感恩。而这正是我们一直在做的事。

You know, some of the students are unduly concerned when we commend individuals for accomplishment and, judging from human standards, they question the wisdom of our commendation, but we are magnifying the good, while the limited outer consciousness of the student magnifies the appearance.

有些学生看见我们称赞某个人的成就，便会生出不必要的顾虑，以世俗的标准评判，质疑我们的称赞是否妥当。但我们是在放大善，而学生那有限的外在意识却只关注表象。

If we had not magnified the good, the human race would have passed into the “second death” long ago, and there is no member of the Spiritual Hierarchy, who took human

embodiment, who would have been able to get home God-free if some other soul had not chosen to stand by and magnify the good within that incarnated spirit, holding the faith, holding confidence, holding the trust, while the individual was engaged in cosmic service, endeavoring to fulfill his mission.

倘若我们不曾去放大善，人类早就坠入“第二次死亡”。在灵性圣团中，每一位曾经投生为人的存有，若没有别的灵魂选择守护他，放大那位投生的灵性存有内在的善，持守信心、笃定与信赖，在他投身宇宙服务、完成使命之时给予支持，他便无法脱离业缚回归家园。

May every God Presence now individualized choose to magnify the good in each other.When that is done, we shall have a heart and body and a soul and a spirit made up of every lifestream belonging to the Universal Father, that will truly embody the nature of the Cosmic Christ.

愿每一个现已个体化的神圣临在，都选择去放大彼此身上的善。当这得以实现时，，属于宇宙之父的所有生命流，将凝聚成一颗心、一个身体、一个灵魂、一个灵性，真正活出宇宙基督的本质。

To your hearts, to your families, to your loved ones, I direct the energy of the flame of my presence for your beautiful

hospitality and for your exquisite remembrance of me in your daily life, which draws us closer and closer, and gives us opportunity, without limit, to bless you individually and collectively.

因你们美好的款待，以及你们在日常生活之中对我的惦念，我将我临在之火焰的能量倾注于你们的内心、你们的家庭与你们所爱之人。这份惦念让我们越来越近，并赋予我们无限的机会，去祝福你们每个人以及你们整个群体。

For myself, I shall magnify the light in your hearts, for I believe in you. You know I helped to create those hearts, and I shall see you free!

至于我，我会放大你们心中的光，因为我相信你们。你们知道，我曾协助创造了你们这些人的心，我必将见证你们获得自由！

I bless you and thank you, and now I shall say, “good evening.”

我祝福你们，感谢你们。现在，我说一声：“晚安。”

MARY 玛利亚

—— —— —— —— —— —— —— —— —— ——

—— —— —— —— —— ——

Beloved El Morya, Daytona Beach, Florida—January 20, 1954

至爱的埃尔·莫里亚，佛罗里达州代托纳比奇—1954 年 1 月 20 日

Good Evening, Lovely Ladies and Gracious Gentlemen,

晚上好，亲爱的女士们、尊贵的先生们：

Happy, indeed, it is for those of us who may place our feet firmly on the bridge of light and know that, as we proceed into your presence, it will not be swept from under us through lack of faith or through prejudice, but we may build into our design the services that we choose to render.

我们这些能够稳稳踏在光之桥梁上的存有，内心实在充满喜悦。当我们来到你们的面前，这座桥梁不会因信心匮乏或是偏见而从脚下崩塌，我们得以把自己选择提供的服务融入我们的计划之中。

Mankind has, at rare intervals, stretched forth a hand of friendship— cautiously opened the door of his consciousness to the Presence or to the Hierarchy, and, if the association is pleasing to the ego, may give us the questionable pleasure of hearkening to our words.

人类偶尔会伸出友谊之手，谨慎地向神圣临在或是灵性圣团敞开自己的意识之门。倘若这份相处令自我人格感到愉悦，他们才会勉强愿意倾听我们的言语

More often than not, however, in the bringing forth of our light, there was not enough personal comfort in the association to please aught but the few willing to stand the trust for a purpose, and upon these few have we depended for the continuity of consciousness by which the plan, design and hope of heaven might be sown into the world of thought, nourished by whatever voluntary energies could be coaxed from the keeping of a reluctant self, brought to harvest, and offered to the Cosmic Law as a reason for sustaining a recalcitrant humanity on a groaning Earth, as a part of our beautiful and shining solar system.

然而大多数时候，当我们释放光之力量，这份灵性联结并不能带来世俗层面的安逸，唯有少数心怀使命、甘愿

坚守信任的人能够接纳它。我们所依赖的正是这少数人，来维系意识的延续。借此，天国的计划、蓝图与希望得以播撒进思想的世界，从迟疑的小我之中唤出自愿奉献的能量予以滋养，使之结出果实，呈献给宇宙法则。以此作为理由，让桀骜的人类得以继续生存在这颗呻吟的大地上，存续于我们璀璨美好的太阳系之中。

If you could have seen the pleas, the pledges, the arguments presented to the Lords of Karma, year after year, century after century, by the Brothers, in an endeavor to secure mercy or an added allotment of time to awaken some members of the race to their responsibility, you would know the love divine that is in the hearts of those who serve.

倘若你能看见，诸位弟兄年复一年、世纪复一世纪，向业力之主呈上的恳求、誓约与申辩 —— 他们竭力祈求慈悲恩典，或是争取额外的时间，好唤醒人类族群中的一部分人认清自身的责任，你便会懂得，那些奉献服务者心中所怀的神圣之爱。

If you could have seen the harvest of each retreat, which has been offered at the great council, by the Brotherhood, you would realize that the endeavors and the manifestations of the

past year were truly magnificent, and you would understand the gratitude in the hearts of those of us who live in the belief that the light within your hearts can be encouraged and developed into a flame.

倘若你们看见“兄弟会”在盛大议会之上呈上每一座隐修圣殿的耕耘成果，你们就会明白，过去一年的努力与显化何等壮丽。你们也会理解我们心中那份感激——我们坚信，你们心中那道光可以被激发并发展成一团火焰。

We are grateful for your service to us, for your interest and confidence in us, and for making your own life span in this bridge, which I offered to the Hierarchy, as a means by which they might enter the world of men.

感恩你们对我们的侍奉，感恩你们对我们的关注与信赖。感恩你们以自己的生命，撑起我呈交给灵性圣团的这座桥梁，作为他们进入人类世界的途径。

In the course of the past year, you have proceeded across bridges of one kind or another. You have availed yourselves of the energies of some other part of life, which provided such a means of safe convoy for your feet.

过去这一年，你们跨越过各式各样的桥梁。你们借助生命其他层面的能量，为自己的前行提供安全护送。

You have often trusted too well in the workmanship of human beings, and more than once have been catapulted into the roaring torrent by reason of such trust.

你们常常过度信赖人类所造就的事物，也不止一次，因这份信赖，被猛然抛入咆哮的洪流之中。

It is no wonder that the mankind of Earth are wary and cautious, and yet, despite the pictures that the etheric records have shown, we have been able to coax you forth again over the bridge of life, and you have grasped our hands in friendship.

难怪地球上的人类处处提防、小心翼翼。但即便以太记录呈现出种种境遇，我们依旧能够劝勉你们再度踏上生命之桥，而你们也伸出手，与我们结下友谊。

I have offered mankind this bridge. I have offered it to the host of heaven, and between you and me, I wonder why either group would ever find it secure enough to reach the further shore.

我曾向人类献上这座桥，也曾向天上的众神献上。说实在的，我不禁疑惑：无论哪一方，究竟为何会认为它足够稳固，足以抵达彼岸呢？

With a prayer in my heart, and hope in my spirit, I gave of my life. Grateful I am that it has sustained the weight of the people, and it has also sustained the great and magnificent personages who have honored us by using it to give to you their word, the feeling of their reality, their joys, their fears, their doubts, their trials, their victories, and the sweet experiences by which they gained their own freedom.

我心中怀着祈祷，灵魂中满是盼望，献出我的生命造就此桥。我心怀感恩，它承受了众生背负的重担，也承载了一众伟大崇高的灵性存有。他们借由这座桥梁向你们传递话语、传递他们真实的感受，分享他们的喜乐、恐惧、疑惑、试炼、得胜，以及那些助他们获得自由的美好经历——这使我们倍感荣幸。

The endeavor of Lord Maitreya has been to bring to the student body a realization that every being who has ever trod the path to victory has had the same life experiences as your sweet and earnest selves.

弥勒主所做的努力，是让学子们明白：每一个曾踏上通往胜利之路的众生，都曾经历过与你们这些纯真而虔诚的灵魂同样的人生体验。

He has asked each one to convey to you his or her own feeling as they passed along the way of Earth, in order that you may accept them as men and women, and, in that acceptance, know the sweet association of friendship, rather than the concept wherein the Perfected Being is vested with cosmic powers, but separated from the evolving consciousness by awe.

祂要求每一位大师，把行走世间路途时的真实感受传递给你们，使你们能够把他们当作活生生的人来接纳。在这份接纳之中，去体会友谊的甜蜜联结；而不是把那位圆满的存有想象为拥有宇宙大能、却因令人敬畏而与正在进化的意识遥遥相隔的存在。

Before each Master Presence is invited to a participation in the unfoldment of the divine plan to the consciousness of the student of life, Lord Maitreya always gives each one the same instructions, and if you will look over the pattern of the past year, you will see that the homely experiences of the daily living of the Masters while on the earth plane, has been their opening to the cosmic instruction on the Law.

在邀请每位大师临在参与向求道者的意识展现神圣计划之前，弥勒主总会给予他们相同的指引。回顾过去一年

的轨迹，你们会看见：大师们在世间朴素的日常经历，正是他们开启宇宙法则教诲的入口。

We have thought much about the presentation of the words of the Brotherhood. We have sat many an evening in Ceylon, and counseled together as to how best we may reach the hearts of men.

对于如何传递兄弟会的话语，我们思索良多。无数个夜晚，我们在锡兰相聚商议，思考怎样才能触动世人的内心。

The hearts of men have been reached by occult literature and other metaphysical reading, but it is the deep stirring of the heart by love, by the intimate confidences from within our own hearts, that raises the outer self into the comradeship which is essential to our cooperative endeavor on behalf of our planet.

神秘学典籍与灵性读物固然能够触动人的内心，但唯有爱所引发的内心深处的共鸣，以及源自我们内心深处的真挚倾诉，才能提升外在自我，建立起伙伴情谊——这是我们为这颗星球并肩奋斗必不可少的基础。

Witness the great Christian religion, wherein the Master Jesus has held the position of God, and you will see that, although the

devotions and adorations have lifted the soul, except in very rare instances, the devotee did not become the fullness of his Presence and his consciousness in action.

看一看宏大的基督教信仰，耶稣大师被置于神的位格。你们会看见，敬拜与仰慕固然提升了灵魂，但除极少数特例之外，敬拜者并未在行动中成为祂临在与意识的圆满体现。

And it is our desire and endeavor now TO SEND EVERY MAN BACK INTO HIS OWN HEART, WHEREIN HE MAY DEVELOP FROM WITHIN HIMSELF THE MASTERY OF ENERGY, and find us as fellow workers, pilgrims upon the path, counselors, true, but no less friends and brothers.

因此，我们如今的心愿与努力，是引导每一个人回归自己的内心，在内在发展出对能量的掌控，并将我们视作同行的工作伙伴、道途上的朝圣行者、真诚的顾问，同时亦是挚友与弟兄。

You are a brave lot, for you have chosen to apply to the Universal First Cause for primal life, every electron of which is charged with the fire of the Sun, itself, and the flowing stream of electronic light that I witness passing through your inner bodies and your flesh forms tonight is the Fire of Creation.

你们十分勇敢，因为你们选择向宇宙第一本源求取原始生命，这份生命的每一颗电子都蕴含着太阳本身的火焰。今夜，我看见电子之光的洪流贯穿你们的内在身体与肉身，那便是创造之火。

Someday, each one of you will learn to master that fire, and through it, fulfill the divine plan of your own great lifestream. We have all vowed to assist you!

终有一天，你们每一个人都将学会驾驭这团火焰，借它完成属于自己宏大生命流的神圣计划。我们全体都立下誓约，会协助你们！

I represent the will of God, and my service and activity in the inner spheres is a delight, indeed, for every Master, angel, deva, man and elemental in those inner spheres is in complete accord with that will, and welcomes every opportunity to learn what new design is coming forth from the Silent Watcher in the twenty- four- hour period, rushing to meet that will, and joyously sending their life- energy into the fulfilling and externalizing of it.

我代表神的意志。我在内在次元的侍奉是一件喜乐之事。那里每一位大师、天使、提婆、人类与元素生灵，都

全然顺服这份意志。他们热切想要知晓静默守望者每一日所启示的全新蓝图，争先恐后响应这份意志，欢欣地献上自己的生命能量，使之落地显化。

But, in the world of form, I, representing the will of God, am the least invited, even by the most advanced of students, because in the coming of the will of God, there is no compromise with the human self, there is no compromise with human conditions, there is no compromise with personality.

然而，在有形世界中，作为上帝意志的代表，我却是最不受欢迎的，即便是最精进的学员也不例外，因为当上帝的意志降临之时，它不会对人类的自我、人类的处境，也不会对人格做出任何妥协。

I must give that will to all who stand innocently before me, hopefully raising the cup of their consciousness and timidly invoking that will, and yet always holding back just a little.But, I can hold nothing back, when I am called into action. I live but to externalize that will, and, as the water runs impersonally through the channel that is opened to it, so does my conscious self rush to and through the lifestreams who, in the silence of their own chambers, make the “great surrender,” a surrender of

self and pride and purpose, and who say, not without deep subjugation, “Thy will be done.”

我必须将那意志赐予所有纯真地伫立在我面前的人——他们满怀希望地举起意识之杯，怯生生地呼求那意志，心底却总还留有几分迟疑。但当我被召唤付诸行动时，我绝不会有所保留。我存在的意义，就是显化这份意志。如同水流无偏无私，经由敞开的渠道流淌；我的意识本体亦是如此，奔赴并流经那些生命流。他们于内心幽室的寂静之中完成那“伟大的臣服”：放下小我、傲慢与自我的期许。带着深深的降服之心，说出：“愿你的旨意成就。””

Beloved friends, in that hour when you invoke the Sacred Fire of God's will, and I, the servant of that fire, respond, I can but promise that after the surrender is accepted (which, after all, is merely a struggle with the outer self), you will find that the will of God for you is much more harmonious and comfortable than that which your fondest dreams could depict as your own human will for yourself.

至爱的朋友们，当你们呼求神之意志的神圣之火，身为火焰仆人的我便会回应。我向你们承诺：当这份降服被接纳之后——说到底，这不过是与外在小我的搏斗，你们

会发现，神为你预备的旨意，远比你最美幻的梦境所勾勒出的人类自我意志更加和谐、更加安适。

Truth and the will of God always go hand in hand. This is our year. It is to be a year of great light, and yet, a year of great discipline for those who have stepped forth upon the path.In friendship, may I say that I will soften, as much as is possible according to my nature, the flow of those energies into your experiences.

真理与上帝的旨意始终并肩而行。今年是属于我们的一年。这将是充满伟大光明的一年，但对于那些已经踏上这条道路的人而言，也是需要伟大自律的一年。以朋友的身份，我想说：我会依我的本性，让那些能量汇入你们生命体验的方式柔和一些。

Sanat Kumara must be released! His work is well done. His love, even the Masters, themselves, can scarcely comprehend—nor his patience, when he has looked upon the sleeping race, all potential light bearers, choosing to slumber on while he gives his maximum radiation to keep Earth, which is their home, in the chain, not for a century or two, BUT FOR MILLIONS OF YEARS!

圣纳特·库玛拉必须得以解脱！他的使命已然圆满完成。即便是诸位扬升大师，都难以全然体悟他的爱，更难以想象他的耐心。他凝望着沉睡的人类族群 —— 全都是潜在的光之承载者，却执意继续昏睡。而他倾洒自身最大的辐射能量，维系他们的地球家园，使之留在星际序列之中，这并非一两百年，而是数百万年之久！

Earth is a small, revolving orb which, in this galaxy, is not more than a speck of dust, and whose light, if snuffed out, would scarcely make a flicker in the radiance of the solar system.

地球只是一颗小小的旋转球体，在这个星系之中不过一粒微尘。倘若它的光芒熄灭，在太阳系的光辉里几乎不会激起一丝波澜。

YET, IT IS THE PLANETARY HOME OF TEN BILLION LIFESTREAMS, WHO COULD ONLY FIND MASTERY IF EARTH WERE SUSTAINED AS THEIR CRADLE.

然而，它是一百亿生命流的星球家园。唯有地球作为摇篮得以存续，这些灵魂才有机会达成掌控自我。

Each one of you, when you wear your immortal garments, when you have accepted the invitation of your God- Presence,

and when you stand God- free in blazing light, will stand there only because Sanat Kumara believed enough in your light and life to do for you what you should have done for yourself for countless eons of time.If he had not, the evolution would have passed into the “second death,” and, as an individual consciousness, you would have been no more.Is that not a debt to be paid best by becoming, wherever you are, a focus for the expansion of the light through every soul you contact?

你们当中的每一个人，当你披上不朽的灵衣，接纳了你神圣临在的邀约，于炽烈光芒之中，站立在全然神圣自由的状态之时；你能够抵达这般境地，全然是因为圣纳特·库玛拉对你的光与生命抱有足够的信念，替你完成了无数亘古岁月里，本应由你自己完成的功课。 倘若没有他，这份进化历程便会坠入“第二次死亡”（编者注：并非只是肉体死亡，指个体灵魂意识彻底消融、灵性本体归于瓦解），而你的个体意识也将不复存在。 无论身在何处，成为一个光的焦点，借由你所接触的每一个灵魂去扩展光芒，难道不正是偿还这份恩情最好的方式吗？

You are paying for your own life, in your service to him. You are paying for your immortality all down through the eons of time that have not yet been unfurled, when you will have being

because of his love.Every sunrise you see, every flower that gives of its perfume, every friend and loved one that warms your heart, you enjoy because you have life, which is the gift of his patience and his service in sustaining it.

你在为他服务的同时，也在为自己的生命偿还债务。你在为自己的永生偿还债务——这债务贯穿了尚未展开的漫长岁月，未来，正是靠着他的爱，你才得以存续。你所看见的每一次日出，每一朵散发馨香的花朵，每一位温暖你内心的亲友挚爱，你之所以能享受这一切，是因为你拥有生命，而这生命正是他以耐心与服务维系而来的馈赠。

Think about it! Someone has loved the universe enough, someone has loved you enough, to meet your obligations and wipe them before the Karmic Board, year after year, embodiment after embodiment, and century after century.

想一想！有一位存有深爱宇宙，也深爱你们，年复一年、一世又一世、一个世纪接着一个世纪，始终替你履行义务，并在业力法庭前为你抹去一切业债。

You know the gratitude you feel in the world of form when an individual will meet your obligation and relieve you of that pressure, just once!

你们活在物质世间，应当懂得：哪怕仅仅有一次，有人替你承担债务、卸下重担，你心中都会满怀感恩。

Lemuria was an age of tremendous illumination and perfection. In Atlantis, thousands of lifestreams were able to emit light, to precipitate, to levitate. Angels and Masters walked visibly by the side of unascended beings.

利莫里亚是一个高度觉悟、处处圆满的时代。亚特兰蒂斯时期，成千上万的生命流能够释放光芒、显化物质、浮空。天使与大师会以可见的形态，行走在尚未扬升的存有身旁。

Sanat Kumara, full of hope, saw the close of his exile. He was thinking of Venus, his heart burning with love for his home, the Sacred Fire visible upon the altars. Here on Earth, sickness, death and desolation were wiped out.

萨纳特·库玛拉满怀盼望，眼看流放的时日将要结束。心中对故乡的爱火熊熊燃烧，祭坛上的神圣之火清晰可见。在地球上，疾病、死亡与荒芜已被彻底消除。

Folding his garments about him, he was ready to let the dust of Earth fall from his presence. Then, back through the centuries fell the race! Back into exile came Sanat Kumara!

他收拢周身灵衣，已然准备好，让尘世的尘土自他的临在之上尽数褪去。然而人类族群却发生倒退，重重跌回过往的世代。圣纳特·库玛拉只得再次重返放逐的境遇。

What consciousness would stand, with the fall of every Golden Age, before the Karmic Board and say, “I RENEW MY VOW—I SHALL REMAIN. THEY WILL YET ARISE. THEY WILL YET EMIT LIGHT!”

有哪一位存有，能够在每一个黄金时代落幕之时，站在业力委员会面前宣告：“我更新我的誓约——我将留下。他们终会觉醒，终会绽放光芒！”

And the Karmic Board more than once counseled him to linger no longer, that the mercy of the Law had exhausted itself, that divine justice would no longer accept a sacrifice of such tremendous proportions, of such tremendous love.

业力委员会不止一次劝祂不必再继续停留，法则的怜悯已经耗尽，神圣公义不再接纳这般宏大、饱含大爱的牺牲。

I have stood there, you have stood there, as that great dignified Lord of Life quietly and firmly said, “I shall remain.”

我曾站在那里，你们也曾在那里，见证这位尊贵伟大的生命之主平静而坚定地宣告：“我要留下。”

And the light of Venus dimmed in his eye, and the thoughts of home receded from his sweet consciousness, lest the very pull of that love would weaken his resolve.

金星的光芒在祂眼中黯淡，对故土的思念从祂美好的意识之中退去，免得那份故土之爱的牵引动摇祂的决心。

I have stood on Venus, by the side of Sanat Kumara's beloved, and saw her filled with increasing hope as the hour of his exile neared completion, and then I have seen her turn and walk back into the City of the Sun, with her shoulders squared, her eyes facing the heart of the Presence.For another million years her loved one would be doing the work of others.

我曾站在金星，陪伴在萨纳特·库玛拉的挚爱身旁。当祂放逐的期限快要结束，她心中盼望日益增长。而后，我又看见她转身，昂首走回太阳之城，目光望向神圣临在的核心。她的挚爱，还要再为众生操劳一百万年。

That, my children is LOVE. That is what FIRES ME WITH ENTHUSIASM, with DETERMINATION, to find among the sons and daughters of men, some who would love as Venus has.

我的孩子们，这才是爱。正是这份爱点燃我的热忱与决心，盼望在人类儿女之中，寻得能够拥有维纳斯那般大爱的灵魂。

That is the inspiration that brought me to the side of Saint Germain when he stood among the ruins of his last endeavor.

正是这份感召，让我来到圣日耳曼身边，彼时祂正站在上一次事业的废墟之中。

That is the fire that took me into the very presence of Helios and Vesta, themselves, and asked for an opportunity to reach those chelas who had served with me in many a tight corner through the ages.

正是这团烈火，引领我直抵赫利俄斯与维斯塔本尊面前，恳求一个机会，去接触那些历经漫长岁月、在无数危难关头与我并肩服务的弟子们。

That is the fire that beat within my heart as I stood before the great Maha Sahib (Maha Chohan) and in the face of his great wisdom made me say, “I BELIEVE I CAN FIND MEN AND WOMEN TO HOLD THIS BRIDGE, TO FAN THE DYING EMBERS OF TRUTH, TO STIR THE SOULS OF MEN AND TO SET THESE GOD- BEINGS FREE.”

正是这团烈火在我心中燃烧，当我伫立于伟大的玛哈·萨希布（玛哈·乔汉）面前，面对他无上的智慧，促使我说出："我相信我能找到世间男女，让他们守住这座桥梁，扇动真理即将熄灭的余烬，唤醒人类的灵魂，并让这些神性存有获得自由。"

Justice and right MUST PREVAIL. Men and women have benefited by the patience and love of this God Being, and yet refuse to serve, when they know what he has done!

公义与正道必须得胜。人类领受了这位神圣存有的忍耐与大爱，明明知晓祂的付出，却仍旧拒绝侍奉！

This is a crusade, my dear ones, in which my spirit, my soul, the fire of my being is vested, and before I am through, there will not be one incoming soul who will not kneel before his light.

亲爱的孩子们，这是一场神圣征战。我的灵、我的魂，以及我本体之内的火焰，全然倾注于此。在我完成使命之前，没有任何一个新生降临的灵魂，不会在他的光芒面前俯首屈膝。

I ASKED THE LORDS OF KARMA TO WITHHOLD A PHYSICAL BODY FROM ANY LIFESTREAM WHO IS TO

COME THROUGH THE GATES OF BIRTH UNTIL THAT SOUL AGREES TO USE ITS ENERGIES TO EMIT THE LIGHT WHICH SETS THAT GREAT BEING FREE. THIS IS A DISPENSATION THAT HAS NOT YET BEEN GRANTED.

我向业力之主请求：任何灵魂，若不同意运用自身能量释放光芒，使这位伟大存有获得自由，便不赐予其肉身降生。这份恩典特许，目前尚未被批准。

I am a man of determination and purpose. It is the WILL OF GOD that the men and women of Earth give forth the light to make this star shine.

我是一个意志坚定、目标明确的人。神的旨意，就是要地球上的男男女女释放光芒，让这颗星球熠熠生辉。

At inner levels, it is a disgrace to look upon the sweet Earth, to hear it groan and cry and squeak upon its axis, and to witness the effluvia from the hearts of men that the blessed elementals are forced to clean.

在内在次元，凝视这甜美的地球，听见它在自转轴上发出呻吟、哭泣和吱吱声，目睹那些受祝福的元素精灵被

迫清理人类心中涌出的污秽，这实在是一件令人痛心蒙羞之事。

Come forth, now, my friends, and let us be about our Father's business.

朋友们，现在请站出来，让我们着手完成天父的事业吧。

I thank you, and good night!

感谢你们，晚安！

EL MORYA *埃尔·莫里亚*

— — — — — — — — — ——

— — — — — —

Beloved El Morya Havana, Cuba—January 23, 1954

至爱的埃尔·莫里亚，古巴哈瓦那——1954 年 1 月 23 日

It is indeed a pleasure and a privilege for me to be allowed to grasp your hands through the veil, and I am especially grateful to you for the many lifetimes you have dedicated yourselves to the service of the light.

能够隔着帷幕握住你们的手，于我是莫大的喜乐与荣幸。我特别感谢你们在无数世中致力于为光服务。

It is not only in this short span of your existence that you have chosen to step forth from the masses, to face the ridicule of the outer mind, and to blend the voluntary energies of your beings to setting God- life free.

并非只是这一世短暂的生命，你们才选择从众生之中挺身而出，承受世俗心智的嘲讽，献上自己自愿的能量，致力于释放神圣生命。

Age after age, have your names been written in the Book of Eternal Life. Can you feel, then, the gratitude of the Hierarchy for that service? I think you can!

一个又一个时代，你们的名字都被铭刻在《永恒生命之书》中。你们能否感受到灵性圣团对这份侍奉的感恩？我相信你们可以！

I bow before your light, and I carry within the compass of my presence the blessings of Sanat Kumara, in whose name you have chosen to present to the consciousness of the people the reality of the Hierarchy, without whom this Earth would long since have passed into oblivion, the electrons which compose it returned to the universe, and the souls depending upon it for existence snuffed out like candles before the wind.

我向你的圣光俯首致敬。我的临在之内承载着圣纳特·库玛拉的祝福。你奉他的名，向人类的意识展现灵性圣团的真实样貌。若是没有他，地球早已消散不复存在：组成地球的电子将回归宇宙，依靠地球栖存的万千灵魂，也会像风中的蜡烛那样骤然熄灭。

A magnificent city—your Havana! Have you thought why certain places on the surface of this Earth attract many souls around them, while other places, perhaps equally desirable, do not grow into cities?

哈瓦那，一座宏伟的城市。你们可曾思考：为何地球上有些地方会吸引无数灵魂汇聚，而另一些条件同样优越之地，却无法发展为城市？

It is because of past momentums, during which incarnate lifestreams, facing God, drew forth powerful foci of life- energy in those places, in prayer, in devotion, in service, and created out of that unformed life essence a rhythmic pulsation of the Sacred Fire, which has, within itself, a mystic power that draws the souls of men, as the flame draws the moth, so that, bathed within that Sacred Fire, the nourishment of the spiritual centers of the soul may more quickly externalize God- mastery.

这是因为过去的势能——在那段时期，投生于世的生命之流面向上帝，通过祈祷、虔诚与服务，在那些地方凝聚了强大的生命能量焦点，从无形的生命本质之中，创造出神圣之火富有节律的脉动。它自带神秘力量，如同火焰吸引飞蛾，吸引人类的灵魂。灵魂沐浴在这团神圣之火中，灵魂各个灵性中心得到滋养，便能更快将神圣掌控力向外显化。

During the period of the great Atlantean culture, the mighty Archangel Zadkiel focused the Fire of Invocation here, within

the aura of your present city, and the priests and priestesses of this order, drawing forth that Sacred Fire, were able to use the power of divine alchemy to change the quality of life- energy from shadow into light, from disease into harmony, and from depression into happiness.

在辉煌的亚特兰蒂斯文明时期，大能的大天使德基尔，曾于你们现今这座城市的能量气场范围内，锚定召请之火。该修会的男女祭司，接引那股圣火，得以运用神圣炼金术的力量，转化生命能量的特质：由幽暗转为光明，由疾患转为和谐，由消沉转为喜乐。

You, who have returned to this island, were among that Brotherhood, and in the momentum which is yours, you have chosen to serve the souls of this magnificent metropolis.

如今回到这座岛屿的你们，当年正是那兄弟会中的一员。凭着你们过去积累的势能，你们选择来侍奉这座宏伟都市之中的灵魂。

The forcefield created by your cooperative endeavors gave the primal impetus for my new endeavor. As the charge of energy in a battery magnetizes the machinery, so does the momentum of energy drawn by a cooperative group of chelas build through the years, until it can be used by a member of the Hierarchy to

introduce a new cause or endeavor, by which we might drive the wedge of the divine will and pattern of the universe into the consciousness of men.

你们同心协力造就的能量力场，为我的新事业提供了最初的推动力。就像电池储存的能量可以磁化机械，一群同心的门徒长年汇聚起的能量势能，能够被灵性圣团的存有运用，开启一项全新的事业。借此，我们可以把宇宙的神圣意志与蓝图，楔入人类的意识之中。

Among all the qualities of the Masters of Wisdom, you will find gratitude high, both on the lips and in the hearts, for we live but to serve, and we can serve only where we are accepted.

在智慧大师的诸多品格之中，感恩居于很高的位置，无论是在言语中还是在心中，因为我们活着就是为了服务，而我们只能在被接纳的地方服务。

HOW CAN A HIERARCHY DIRECT THE PROGRESS OF A RACE, UNLESS THEY CAN REACH THE CONSCIOUSNESS AND OUTER MINDS OF THE LIFESTREAMS WHO ARE IN DISTRESS?

灵性圣团若无法触及那些身处苦难之中的生命流的意识与外在心智，又如何引导一个族群的演进？

UNLESS THERE IS A BRIDGE, THERE IS NO LINK, NO CONNECTION OVER WHICH OUR DESIGN, OUR COUNSEL, OUR WORDS, OUR CURRENT ENDEAVORS MAY REACH THE INTELLECT OF THE PERSONAL SELF.

倘若没有一座桥梁，便不存在纽带，也没有传递的通路。我们的蓝图、指引、话语，以及当下的努力，便无法抵达人格自我的心智。

What good purpose could be served in the Twentieth Century, when new conditions have arisen from the fertile field of maya, by repeating the words I spoke one hundred years ago?

在二十世纪，幻象的沃土之上已经生出种种全新境遇，若是一味重复我一百年前所说的话语，又能达成什么有益的目的呢？

If a child is crossing a street and a truck bears down upon him, that is a current crisis that requires the energies of the present moment, if one is to avert a tragedy.

好比一个孩子过马路，卡车直冲而来，这是当下的危机，需要动用此刻的力量，才能避免悲剧。

It would be to no purpose for the chela to rush into the house and read the Upanishads to find out what he is expected to do in the emergency.

门徒若是冲进屋子去翻阅《奥义书》，寻找应对这场紧急事态的方法，将毫无用处。

In other words, current activities require current emergency methods, and not the accumulated wisdom of the past.

换言之，当下的行动需要当下的应急方法，而非过去积累的智慧。

Two thousand years have passed since the Master Jesus was given opportunity to speak. The words he said then fell on deaf ears, for the most part.The Piscean Cycle was born, and has almost closed, and only now mankind chooses to give freedom to the word, pertinent to the beginning of that cycle.

自耶稣大师获得传讲教诲的机缘，两千年已然流逝。彼时他所说的话语，绝大多数都被置若罔闻。 双鱼座时代就此诞生，如今也已临近落幕。直到现在，人类才选择让那些话自由传播——那与这一纪元之初息息相关的言语。

The Nineteenth Century has come and has gone. Truly, we spoke freely on the Law then, and those words are immortal.

But, the Twentieth Century presents its own emergencies—its own opportunities—and the counsel of one hundred years ago is not pertinent to the endeavor which engages the energies of the Brotherhood in this hour.

十九世纪来了又逝去。诚然，那时我们已经充分宣讲法则，那些话语永垂不朽。然而，二十世纪有着它自身的危机，也有着独属于它的机遇。一百年前的指引，已经不再契合此刻兄弟会投入全部力量所致力的事业。

It was to bridge this gap—to cross the chasm between the now and the then—that I applied for a dispensation, an opportunity by which I might endeavor to convince some old heart friends that we are capable of speech, capable of God- intelligence, and that we do not rest upon our crowns, fulfilling a karma of merit to the tune of a celestial harvest, while your planet stands at the end of its hour.

为了弥合这道鸿沟，跨越今时与往昔之间的裂隙，我申请了一份恩典特许。盼望借此说服一些故交老友：我们依旧能够发声，拥有神圣层面的智慧。我们并不会安享荣光，倚仗过往善业的功德坐享天国的收成，任由这颗星球走向危急时刻。

Vain, indeed, would be our service to life, if we were not abreast of the cosmic endeavor to create of this planet a light star.

倘若我们不能跟上宇宙层面将这颗星球打造为光之星辰的进程，那么我们对生命的奉献，确实将徒劳无功。

EVERY HUNDRED YEARS, WITHIN THE TWO- THOUSAND- YEAR CYCLE, DO THE GREAT LORDS OF KARMA GIVE A DISPENSATION OF ENERGY TO THE SPIRITUAL HIERARCHY, and Sanat Kumara, Lord Maitreya and the Maha Chohan, in council, decide how best to invest that energy.

在两千年的大周期之内，业力之主每一百年就会向灵性圣团授予一份能量特许。萨纳特·库玛拉、弥勒主与摩诃乔汉会召开议会，商议如何最妥善地运用这份能量。

They look upon the souls of men, they look upon the Earth conditions, they face the requirements of the Cosmic Law, and then together, they design some cause of merit, and present it to the entire Brotherhood.

他们审视人类的灵魂，审视地球的处境，考量宇宙法则的要求，一同规划出一项善功事业，提交给整个兄弟会。

Opportunity is assigned to the various members of the Brotherhood, and these members then call about themselves chelas, like yourselves. They show them the pattern and the plan, and they ask the chelas if they wish to cooperate to bring that plan to fulfillment in the world of form.You have sat in many such councils. You have thrilled with enthusiasm at the eloquence of the God- free as they spoke of the mission of Gautama Buddha and of Jesus, and of our later spiritual pioneers.

机缘被分配给兄弟会的各成员，他们便召集像你们这样的门徒，向你们展示蓝图与计划，询问门徒是否愿意合作，让计划在物质世界落地实现。你们曾出席许多次这样的议会。当“已获神性自由的存有”侃侃而谈，讲述乔达摩佛陀、耶稣，以及后世灵性先驱的使命之时，你们心中也曾燃起热忱。

At inner levels it all seems so easy. There is no reluctant flesh, no clouded mind, no resistances of the many selves, only the joy, the Christ, the gifts to be given to the world, free.

在内在次元，一切看起来都十分轻易。没有肉身的牵绊迟疑，没有昏昧的心智，没有多重小我的抗拒，只有喜乐、基督，以及将要无偿赐予世界的恩赐。

It is easy to volunteer before incarnation takes place, and for that reason, the Great Initiator, himself, carefully examines each volunteer before he is given opportunity to serve the Brothers in the world of form, for enthusiasm and zeal are not akin to constancy, and hundreds of thousands of centuries of rhythmic, selfless service.

投生之前，人很容易主动立下志愿。正因如此，伟大的启蒙者本人会在给予志愿者在有形世界中为诸位兄弟们服务的机会之前，仔细审查每一位志愿者，因为热情和热忱并不等同于恒久不渝，也不等同于数十万个世纪以来有节奏的、无私的服务。

You have heard of the initiation of the beloved Mother Mary, when she offered to bring forth the body of the Master Jesus.

你们听说过至爱的圣母玛利亚的进阶试炼：她主动愿意孕育耶稣大师的肉身。

She stood for three hours before Lord Maitreya, trying to hold the pattern of the form of Helios, and the great cosmic winds blew upon that pattern.

她在弥勒主面前站立三小时，努力持守赫利俄斯的形像蓝图。宏大的宇宙之风不断冲击这份蓝图。

They blew inside her mind and her feelings, endeavoring to take away her concentration, and every force in the atmosphere around her (directed by the Brothers, themselves) attempted to steal the attention of her senses, which in that instant would have released the form, and she would have been removed from the list of possible candidates.

狂风搅动她的心智与感受，试图夺走她的专注。周遭气场之中的种种力量（由诸兄弟亲自调度），企图掳走她感官的注意力。只要那一刻她稍有松懈，这份形像就会消散，她便会被从候选名单之中剔除。

Then, receiving the benediction of Lord Maitreya, she came to Earth and had to re- enact through all the years of Jesus' life and ministry that same test of holding the God- concept against the appearances of the world of form.

之后，她领受弥勒主的祝福，来到地球。在耶稣一生与传道的全部岁月之中，她都要反复经历同样的试炼：对抗世间种种表象，持守神圣构想。

The three hours at the foot of Calgary were no more intense and terrible than the hours spent in the proving of her worth.

在卡尔加里山脚下那三个小时的苦难，并不比她过往证明自身价值的那些时刻，更加剧烈可怕。

And when Jesus was come to maturity, and could hold that concept for himself, he had eyes that were forced to look upon leprous bodies, and at all forms of decay, all of which could have registered on his pure image, were it not for that guard of Mary's love, the constantly cut away, cut away, cut away, from his attention and senses, the appearance world, and helped him to magnify the image of the Father, which he was to externalize in the flesh.

当耶稣长大成人，能够自己持守这份神圣构想，他的双眼被迫注视着麻风病人的躯体，以及各种腐朽的形态；若非有玛利亚之爱的守护， 那爱如护盾，不断将表象世界从他的注意力和感官中剔除、剔除、再剔除，帮助祂放大天父的形像，让祂借肉身将其显化，这些景象本会玷污祂纯净的神性形像。

Joseph, too, (now our great and beloved Saint Germain), was chosen to be an outer pattern of the Father of Light, so that Jesus, looking upon him, might outpicture in his own form, the gracious beauty of Joseph, until he had matured enough to remember his mission, and anchor his own thought and feeling

self in a picture of the divine image of God, which was to externalize in order to be victorious in his accomplishment.

约瑟——也就是如今我们伟大敬爱的圣日耳曼，也被拣选，成为光之天父在外在世间的范本。耶稣看着约瑟，便能在自己身上映照出约瑟的优雅美好。直到祂心智成熟，记起自己的使命，将自己的思想与感受安住在神的神圣形像之中，将这份形像显化，方能在使命的成就中获得胜利。

You will excuse my digression from the main point, which is the release of this energy in each one- hundred- year cycle.

请原谅我稍稍离题，回到正题：每一百年周期之中这份能量的释放。

FROM THE YEAR 1400, UNTIL THE BEGINNING OF THE SEVENTEENTH CENTURY, THIS IMPERSONAL ENERGY WAS GIVEN PRIMARILY TO SAINT GERMAIN TO BRING FORTH A NEW LAND, OR TO BRING REMEMBRANCE OF A NEW LAND TO THE MINDS OF THE PEOPLE OF EUROPE, AND TO ENCOURAGE THE SELFLESS AND BRAVE SPIRITS TO FORGE AHEAD, AND IN THIS NEW LAND CREATE A CRADLE IN WHICH THE SPIRITUAL ENDEAVOR, WHICH IS TO

FLOURISH IN THE CEREMONIAL AGE AND RAY, COULD BE BROUGHT INTO BEING.

从 1400 年到十七世纪初，这份非人格性能量主要交付给圣日耳曼。目的是引出一片新大陆，或是让欧洲人心中记起这片新大陆；鼓励无私勇敢的灵魂奋勇向前，在这片新大陆打造一个摇篮，让将要在仪典时代与光芒之中兴盛的灵性事业得以诞生。

You will see that the vital energies that flowed through Columbus and the other explorers were greater than those of their own human selves.

你们会看见，流经哥伦布与其他探险家的生命能量，远超他们凡人自我本身的力量。

They were ordinary men, women and children who, against all reason and human judgment, left home and security to face an unknown course, a chartless sea, to carve for themselves a nation out of a wilderness, prompted by an intangible quality called “the love of freedom.”

他们本是平凡的男女老少，违背一切世俗理性与判断，离开家园与安稳，航向未知的路途、没有海图的大

洋，在荒野之中开拓出一个国度。驱动他们的，是一种名为“对自由的热爱”的无形力量。

Think of it, think of it a moment, you within this room, and you will see that it was a pressure greater than the human self that carried them, like a cosmic wind, from comfort to privation.

在场的各位，请想一想。你们会明白，是一股超越小我之上的力量，如同宇宙之风，将他们从安逸推向困苦。

Who, among you, at this hour, with just the clothing on your back, would walk out that door, leaving home, security and family, to follow the ephemeral heaven of some human being, bound in his own karma, who represented it as a possibility, and not a fact?

此刻，在座各位之中，有谁仅身着身上这身衣裳，就愿意走出那扇门，抛下家园、安稳与亲人，去追随某个被自身业力束缚之人的虚幻天堂——那人将其描绘为一种可能性，而非既定事实？

Men of destiny are always swept by the cosmic mind of the Holy Spirit, in spite of themselves. It has ever been thus.

身负使命之人，总是被圣灵的宇宙心智推动，哪怕并非出于自己的本意。自古便是如此。

At the beginning of the Nineteenth Century, after the establishment of a focus in this Western Hemisphere, our beloved Lord Maitreya called the group of Chohans (of which I am a humble member) before him and said, “GENTLEMEN, IT IS NOW TIME THAT WE BRING A KNOWLEDGE OF THE HIERARCHY TO THE MINDS OF MEN. IT IS NOW TIME THAT THE MASTERS, WHO HAVE CONCENTRATED THEIR ATTENTION IN THE EAST, SHALL ENTER THE OCCIDENTAL CONSCIOUSNESS.”

十九世纪初，西半球设立好能量焦点之后，我们敬爱的弥勒主召集一众乔汉（我便是其中卑微的一员），对我们说：“诸位，现在时机已到，我们要把灵性圣团的知识带给人类的心智。那些一直将注意力放在东方的大师们，应当进入西方人的意识之中。”

Then, in that pleasant, persuasive, eloquent and magnificent manner of his, he outlined what you know as Theosophy.

接着，祂以温和、富有感染力、雄辩而宏大的方式，勾勒出你们所知的神智学。

He told us how certain lifestreams might incarnate, and then those of us who were close to these people could step through the veil and the incarnate chelas open the door to an

understanding of our presence, our particular service, and our willingness and desire to cooperate with anyone who would accept our friendship, our questionable intelligence, and our capacity for counsel, not for personal credit or for the karma of merit that would result from their trust in us.

祂告诉我们，一部分生命流该如何投生。之后，我们这些与他们亲近的存有，可以越过帷幕；投生的门徒则打开大门，让世人理解我们的存在、我们特定的服务，以及我们愿意与一切接纳我们友谊、接纳我们的智慧与指引的人合作。这一切并非为了个人声望，也不是为了借他人的信赖积累功德业果。

You sat in that council. I called you there. Why? Because for many ages, in and out of the body, we have built an affinity, and I felt that within yourselves you could not deny me when you heard my name, that when you felt the pressure of my feeling, you would know the reality of myself.

你们曾出席那场议会，是我召你们前去。为什么？因为历经许多世代，无论身在肉身还是脱离肉身，我们之间早已建立深厚的灵性因缘。我相信，当你们听见我的名字，感受到我情感的力量，你们内心便无法否认我的真实存在。

Blavatsky was there, Leadbeater, Judge and Sinnett—all the names you know so well, and many more—MANY MORE PERHAPS BETTER QUALIFIED THAN THE CRUDE, ROUGH WOMAN WHO STOOD FORTH AND SAID, "MASTERS, I WILL GO AND BE THAT WEDGE."

布拉瓦茨基、利德比特、贾奇、辛内特都在那里，这些名字你们耳熟能详，还有许许多多其他人。或许有许多人，条件比这位粗朴的女子更加优越，但却是她挺身而出宣告："大师们，我愿意前去，做那道楔子。"

Crude of body and mind, spirit, soul and self she was. And for all the finer, more delicate instruments who did not volunteer, we were glad to accept those who did, because as you know, in the service of the Brotherhood, we are not permitted to use any drastic measures.

她的肉身、心智、灵、魂与小我都尚显粗朴。许多资质更加精良的器皿却不愿挺身而出，于是我们欣然接纳愿意站出来的人。你们知道，在兄弟会的侍奉之中，我们不允许使用强制手段。

To use a phrase of your military service, we cannot say, "Here, you shall represent me." We can but say, "Could you represent me?"

借用你们军中的说法，我们不能命令：“你必须来代表我。”我们只能询问：“你是否愿意来代表我？”

Among many thousands of qualified lifestreams, perhaps ten are willing to volunteer, and out of that ten, maybe two are fully qualified, and then it is a shifting and a sorting and a praying and a hoping, until we have prepared perhaps one soul, whose sole will and purpose is centered in our cause, and on that one, our hope depends.

成千上万具备资质的灵魂之中，或许只有十人愿意自愿献身。这十人里，又可能仅有两人完全合格。之后便是不断筛选、分辨、祈祷与盼望，直到我们预备好那一个灵魂，他全部的意志与目标都专注于我们的事业，我们的盼望便寄托在这一个人身上。

Thus, was the initial endeavor of Theosophy born. The Lords of Karma gave to us a certain amount of energy to use which the lifestream had not earned, and so Kuthumi and myself, and the beloved Maha Sahib endeavored to use that energy to the best advantage.

神智学最初的事业便是这样诞生。业力之主赐予我们一部分这份灵魂尚未凭自身挣得的能量。库图米、我，以及挚爱的玛哈·萨希卜竭力将这股能量发挥到极致。

We offered it then to Blavatsky and the Founders to supplement their own faith and wisdom. Many is the night we sat and talked about how to confirm her appointment, you might say, and you all know the results of our endeavors.

我们将这份能量交付布拉瓦茨基与一众创立者，补足他们自身的信心与智慧。无数个夜晚，我们一同商议如何稳固她的使命。你们都知道我们这番努力带来的结果。

WE RELEASED TO HER THE POWERS OF PRECIPITATION AND PHENOMENA—EVERYTHING TO PLEASE THE SENSES—EVERYTHING TO CONVINCE THE RELUCTANT CONSCIOUSNESS OF THE OUTER MAN, and we spent a great store of our allotted energy in literally turning hand- springs, in an endeavor to secure the faith and cooperation of those whom we lived to serve.

我们向她授予物质显化与奇迹示现的力量——一切旨在取悦感官，一切旨在说服外在人性那犹豫不决的意识，

而我们耗费了大量被分配给我们的能量，费尽周折，只为赢得那些我们毕生致力于服务之人的信任与配合。

Hundreds of letters were written—tons of logical records went into our correspondence, and out of it all, we had at least a workable knowledge of the Law and of the Hierarchy available for those members of the race who chose, from time to time, to honor us by opening the pages of our books and examining the fruits of our labors—and so that cycle closed.

数百封书信往来，大量逻辑严谨的记录被写入通信。经由这一切，至少让人类之中那些愿意翻开典籍、研读我们劳作成果的人，能够接触到一套可以实践的法则与灵性圣团知识。就这样，那个时代周期落幕。

The Twentieth Century dawned, and again the council of the Lord Maitreya met. Again the energies were offered to assist mankind to a workable knowledge of the Law and the Hierarchy.

二十世纪到来，弥勒主再度召开议会，又一次下放能量，帮助人类掌握可以实践的法则与灵性圣团知识。

This time we decided that it would not be phenomena, but radiation and feeling that would secure for us brothers and

sisters willing to be ourselves in the world of form, and I have to the best of my ability stood behind the Master Saint Germain in his endeavors to bring an understanding of the Law to the people.

这一次我们决定，不再依靠异象奇迹，而是依靠灵性辐射与内在感受，去感召愿意在物质世间活出我们本然状态的弟兄姊妹。我尽我全部力量，支持圣日耳曼大师向世人传递对法则的理解。

We are pleased and blessed, because in this century not only was the knowledge of the Law available, but the method by which the students could contribute their energies to the amount allowed us by the Karmic Board has given us more to work with.

我们感到欣慰且蒙受恩典，因为在这个世纪，不仅“法则”的知识得以传播，学员们还可以奉献自身能量，补充业力委员会许可给我们的能量额度，让我们拥有更多可以运作的力量。

It is an unalterable fact, dear hearts, that for every breath you release from your body, you receive another breath into your lungs.

亲爱的，一个不变的事实：你每呼出一口气，就会有另一口气吸入你的肺中。

The instant that you refuse to give your breath to the universe, seeking to hold it within your body, you begin the destruction of your form, and very soon death would ensue.

倘若你拒绝把气息交还给宇宙，执意把它锁在身体之内，你的肉身就会开始崩坏，很快便迎来死亡。

In the same manner, the energy released by the chela in impersonal service to life brings a return of energy from above, in added knowledge, in added understanding, in a momentum of healing, in a momentum of supply,

同样地，弟子在为生命进行无私服务时所释放的能量，会从上界获得能量的回报——以更丰富的知识、更深刻的理解、疗愈的势能、供给的势能。

but, if the energy given by us in instruction is not used for some humanitarian purpose and we were to release more, the lifestream would eventually die of spiritual surfeit, in the same manner that the body would die of condensed breath.

但如果我们在指导中给予的能量未被用于人道主义目的，而我们又释放了更多能量，生命之流最终将因灵性过载而消亡，正如身体会因呼吸凝滞而死亡一样。

If I stand before the Karmic Board and offer to use my life energy to talk to you, the first thing the Karmic Board would ask is, “What benefit will the investment of your counsel bring to the universe?Your light is too valuable to be given for the amusement of mankind, and if you invest it in human beings and there is no interest in your investment, you make karma for them by reason of their indolence and indifference.”

倘若我站在业力委员会面前，提出要用我的生命能量向你们宣讲，业力委员会首先会发问：“你这番指引的投入，会为宇宙带来什么益处？你的光太过珍贵，不能仅为取悦人类而付出。如果你把光投入人群，却没有结出任何善果，因他们的怠惰与漠然，你便会为他们积累业力。”

Ha! Do not think that I have not sat and thought plenty before I have given of my light to the people of Earth!

哈！不要以为，在向地球众生释放我的光之前，我没有反复思量！

Do not think that I have not watched that light flow, carrying the words of my brothers, without praying to the God who made us all, that someone on Earth would weave out of it a blessing—that we may not stand before that impassive tribunal, the Karmic Board, and hear them say, “Brothers, your zeal has out- weighed your wisdom.”

不要以为，当我看着承载我兄弟们话语的光芒流淌世间之时，我没有向创造我们全体的神祈祷，盼望地上有人能够把这份光编织成祝福。免得我们站在那冷峻的审判庭——业力委员会面前，听见他们说：“兄弟们，你们的热忱盖过了你们的智慧。”

That has happened to me more than once, for I am a fiery soul, with a fiery faith in men, and yet, without that faith, your sorrowful planet could not be sustained in our shining solar system.

这样的事已经发生在我身上不止一次。我是一个炽热的灵魂，对人类怀着火热的信心。可若是没有这份信心，你们这颗饱经苦难的星球，根本无法存续于我们璀璨的太阳系之中。

I shall not tax your patience by speaking in detail on the subject of Sanat Kumara's cause, for it is a subject that stirs my soul.

关于萨纳特·库玛拉的事业，我不再细说，免得消耗你们的耐心。这个主题总会搅动我的灵魂。

THERE WOULD BE NO EARTH, NO PLATFORM FOR YOUR FEET, NO AIR TO BREATHE, NO LOVED ONES TO ENRICH YOUR PERSONAL ORBIT—IF ONE BEING HAD NOT SACRIFICED HIMSELF FOR MILLIONS OF YEARS, PRECIOUS HEARTS, TO DO FOR YOU AND MANKIND WHAT YOU SHOULD BE DOING FOR YOURSELVES.

珍贵的孩子们，倘若不是有一位存有，数百万年以来牺牲自己，为你们和全人类做了本应由你们自己去做的事，那么就不会有地球，就没有你们立足之地，就没有供你们呼吸的空气，也没有挚爱之人来丰富你们的人生轨迹。

Remaining harmonious enough so that the energy from your Presence would pour out light instead of shadows does not seem such a big order.

保持内在的和谐，让来自你神圣临在的能量流淌出光芒而非阴影，这本不该是一件过分艰难的事。

It is the decree of the universe that every planet emit light. Look at your stars at night. LOOK AT THE ENTIRE GALAXY—ALL OBEDIENT TO THE UNIVERSAL LAW, EXCEPT EARTH.

宇宙的法令是：每一颗星球都应当向外发光。夜晚仰望星辰，看整个星系——全都顺服宇宙法则，唯有地球例外。

Of course, you cannot look at the Earth, because you are too close to get a perspective of it, but I can, and I am ashamed that I am so long a member of the Hierarchy and should still have to give my energies to the awakening of Earth from the shadows.

当然，你们身在地球之上，距离太近，无法看清它的全貌，但我可以。作为灵性圣团的成员已有如此之久，却仍不得不将我的能量用于唤醒沉溺于阴影中的地球，对此我深感羞愧。

For millions of years, Sanat Kumara has emitted light so that this planet might be sustained in the system, while mankind en masse has played in the shadows.

数百万年来，萨纳特·库玛拉不断释放光芒，维系这颗星球在星系之中存续，而绝大多数人类却依旧在黑暗之中沉浮。

Time and time again, the great Karmic Board has called him and said, “Great Lord of Life, do you not wish to go home?” And time and time again, he has answered, “No, I shall remain.”

伟大的业力委员会一次又一次召唤祂，问：“伟大的生命之主，你难道不想回到故土吗？”而祂一次又一次回答：“不，我要留下。”

Now, the Great Cosmic Law has issued the fiat that he shall return to Venus, and that is the reason for our entire endeavor to reach more souls who are willing to contribute light—to be willing to be the light bearers, and are willing to apply the torch of flame to the smouldering embers in the consciousness of the masses, and to make this star a blazing planet of freedom in the firmament.

如今，伟大的宇宙法则已下达谕令，他必须返回金星，这也是我们全力以赴去感召更多灵魂的原因：愿他们奉献光，愿意成为光的承载者，手持火焰之炬点燃大众意

识中闷燃的余烬，并使这颗星球成为苍穹中自由炽烈的星球。

To this end have we forsworn nirvana. To this end, do I stand in the heart of the will of God. May some among you give ear to my prayer— some among you remember your vow—some among you be faithful to it until the end, when you shall receive on your shoulders the white garment of immortality, and I, holding your hand, might say, “Come, son or daughter of Heaven, I welcome you home.”

为了这个目标，我们放弃了涅槃。为了这个目标，我立足于神之意志的核心。愿你们之中有人聆听我的祈祷，有人记起自己的誓约，有人坚守到底。终有一日，不朽的白衣会披在你们肩上，我握着你们的手说：“来吧，天国的儿女，我欢迎你归家。”

关于圣火传递仪式活动的书信

TRANSMISSION FLAME LETTER

Beloved Maha Chohan February 1, 1954

至爱的摩诃乔汉 1954 年 2 月 1 日

Beloved Children of My Heart,

我心中至爱的孩子们：

I am so grateful for your loving cooperation and interest in my humble endeavor to amplify the blessings and radiation of the retreats and their blessed members.

我满心感恩，感谢你们充满爱的配合，也感谢你们对我这一卑微努力的支持——放大各隐修圣殿以及圣殿蒙福成员的祝福与灵性辐射。

Graded radiation is a Universal Law. Conductors of qualified energy carry the blessings of the Central Sun from sphere to sphere on their outward course, to the periphery of the universe.

层级递进的光流传递是一条宇宙法则。合格能量的传导者，在向外运行的过程中，将中央太阳的祝福，从一个界域传递到另一个界域，一直抵达宇宙的边缘。

The angelic evolution, particularly, serves in this capacity, because there is no resistance, rebellion, nor mental reservations in their consciousness, to limit their receiving and expanding the will, the nature, the qualities of God.

天使族群首要承担这份传递职责。他们的意识之中没有抗拒、反叛，也没有内心的保留，不会限制自己去接收并彰显神的意志、本性与种种特质。

Now you have drawn the human kingdom into like service by joining these Transmission Classes, and by giving of your life to magnetize, energize and amplify currents, blessings and spiritual gifts which would otherwise be too subtle, too ethereal, to benefit the gross vibratory action of the masses.

如今，你们参与这些传递火焰课程，将人类族群也带入同样的服务。你们奉献自己的生命，去磁化、赋能、放大那些能量流、祝福与灵性恩赐。若非如此，这些力量会过于精微缥缈，无法对大众粗重的振动产生助益。

Even as the senses require the mechanical device of radio and television to lower the vibratory action of the music and speech to a point where it can be perceived and enjoyed by the outer consciousness, so do these spiritual currents enter your worlds, and then you become local transmitters in your locality.

就像人的感官需要收音机、电视机这类器械，把音乐与话语的振动降低，让外在意识能够感知、享受。这些灵性能量流也是如此进入你们的世界，你们便成为各自地域的本地圣光传导者。

Darjeeling is the home of the Brotherhood of the Diamond Heart.

大吉岭是钻石之心兄弟会的驻地。

As my son, El Morya, is honored as Sponsor for 1954, we enter the focus at Darjeeling to give to him our energies.

我的孩子埃尔·莫里亚受委任成为 1954 年度的主持者，因此我们来到大吉岭的能量焦点，将我们的能量交付给他。

As each retreat is honored, its hierarchies receive THE GIFT OF LIFE of all who enter therein or turn their attention toward it.

每一座隐修圣殿被尊崇之时，该圣殿的灵性圣团存有，都会接收所有进入圣殿、或是将注意力投向圣殿之人所献上的生命礼物。

You also give your life in this manner, and thus the Master has an extra portion of qualified life in that 30- day cycle to pour into his particular cause or venture.

你们也以这种方式奉献出自己的生命。于是在那三十天的周期之中，大师便拥有一份额外的合格生命能量，可以投入他专属的事业或计划。

The Diamond Heart as the Thoughtform for the Year, will be created around each sanctuary, director, leader, student and their homes, business and families during the Transmission Class.

在传递火焰课程进行期间，“钻石之心”作为本年度的思想形相，会被构筑在每一处圣所、每一位负责人、领袖、学员，以及他们的家、事业与家庭的周围。

It is a protective shell, independent of the Tube of Light, which will help cut the lines of force that connect each lifestream with discord, and which will deflect the astral currents that flow in the lower atmosphere as well.

这层护持光罩独立于“光之管”之外。它将帮助切断连接每个生命流与不和谐之力的能量线，同时也能偏转在低层大气之中流动的星光能量流。

If you will be conscious of the beloved El Morya, the Brothers of the Diamond Heart and the devas and builders of form creating out of shining light this protective blessing for you, I am sure you will feel the instant and sustained relief which its presence will bring.

若你能有意识地感知至爱的埃尔·莫里亚、钻石之心的弟兄们，还有提婆与形相构筑者，正以闪耀之光为你创造这份防护祝福。我确信你会感受到其存在所带来的即时而持续的慰藉。

Love and blessings, Maha Chohan

爱与祝福，摩诃乔汉

— — — — — — — — — ——

— — — — — —

至爱的塞拉皮斯·贝

BELOVED SERAPIS BEY

1954 年 2 月 12 日

Beloved Serapis Bey　February 12, 1954

至爱的塞拉皮斯·贝　1954 年 2 月 12 日

Love be thine from the heart of Luxor—light be thine from the heart of Luxor—victory, which is within both love and light, be thine, candidates for the ascension, from the heart of Luxor.

愿来自卢克索核心的爱归于你；愿来自卢克索核心的光归于你；扬升的候选者啊，愿那蕴藏于爱与光之中的得胜，从卢克索之心归于你。

Beloved Lanto, Hierarch of the Royal Teton, friend of the ages, I stretch my hand, my heart, and the Flame from the East to you across the miles.

至爱的兰托，皇家提顿圣殿的掌管者，历经万古的挚友，我跨越万里山河，向你伸出我的手、我的心，以及来自东方的火焰。

Accept, then, the energies of the ages, and blend thou thy great Cosmic Flame to service through those ages that are forming a bridge, uniting the Eastern and Western consciousness, and all the peoples incarnating within these hemispheres, giving of the vitality of the West, and the mysticism of the East, in the

blending into that balanced activity which gives God- mastery and God- freedom.

请接纳历经万古沉淀的能量。并将你那伟大的宇宙之火融入服务之中，搭建起连接东西方意识的桥梁，联结两个半球投生的全体民众。融合西方的生命力与东方的灵性奥秘，造就那份平衡的运作，带来神性掌控与神性自由。

I greet you today in the name of your life, that life which you applied to use from the heart of Creation in order to develop self- mastery and become in yourselves creators of worlds and systems and galaxies—that life which you have invested in shadow and in sunshine, according to the will of your own conscious self, that life which has builded for you either the shackles and the chains which bind your spirits round, or the glory of your Causal Body.

今日，我以你们的生命之名向你们致意。这份生命，是你从创造的本源之心取用，为了发展自我掌控力，让你自身成为世界、星系与星河的创造者。这份生命，依照你有意识自我的意志，既被投入过黑暗，也被投入过光明；它既可以造出禁锢你们灵性的镣铐锁链，也可以铸就你们因果体的荣耀。

I am one among a great Hierarchy who are servants to your light, who have come and who have remained as part of the evolution of the planet, Earth, until that imprisoned life, which is your responsibility, is set free.

我属于宏大灵性圣团中的一员，我们是你们内在之光的仆人。我们来到此地，并作为地球演进的一部分留在此处，直到那份由你们负责的被禁锢的生命获得释放。

Somewhere along the pathway of the spiritual evolution of the soul, every lifestream within the sacred places of his own heart of prayer decides within himself that he wishes no longer to experiment with life, that he again wishes to learn of the God will and go free.

在灵魂的灵性演进道路上的某个节点，每一个生命流，都会在自己那颗用于祈祷的内心圣所之中做出抉择：不再拿生命做试探，而是希望再次领悟神的旨意并获得自由。

At that time, we are summoned before the living presence of such an one, and according to the gifts of our lifestreams do we serve that soul, casting the light of our consciousness into helping that soul through the invocation of the Sacred Fire, to

redeem imprisoned life, to make things right, and to prepare to be ascended into the natural God- estate of a God-free being.

到那时，我们会被召唤到这位灵魂鲜活的临在面前。我们依照各自生命流的天赋来服务这个灵魂，投射出我们的意识之光，帮助祂呼召神圣之火，赎回被禁锢的生命，矫正一切偏差，预备扬升，回归神性自由之存有本自具足的神性境界。

We are the brothers and sisters of the ascension. Across your breasts are written the words, “Candidate for the Ascension.”

我们是扬升的弟兄姊妹。“扬升候选者”这几个字，写在你们的胸膛之上。

You are privileged among all men, women and children that use Earth as a planetary home.

在所有以地球为家园的男女老少之中，你们蒙受特殊的恩典。

The Lords of Karma have chosen to vest your lifestreams with embodiment, to give you opportunity to make things right, and you who sit here before me today are those who vowed before that great impersonal tribunal, that if given such opportunity, you would avail yourselves of it and balance your debt to this

great universe, removing that portion of the death shroud from this star, and endeavoring, wherever possible, to make light bearers of those you contact.

业力之主选择让你们投生获得肉身，给予你们纠正过往的机会。今日坐在我面前的你们，都曾在那宏大的超然审判台前立下誓约：若得到这份机缘，必会好好把握，平衡你们对宏大宇宙的亏欠，从这颗星球上移除那部分死亡面纱，并尽己所能，让与你相遇的人也成为光之承载者。

I remind you of your vow! I have kept my part of it when I stood sponsor for you, and gave the pledge that, should you incarnate, a brother or sister of the ascension would stand by your side, and offer you at every opportunity a way and a means to make things right.

我提醒你们记起自己的誓约！我已经履行了属于我的那部分承诺。我作为你们的担保者立下誓言：倘若你们投生，必会有一位扬升的弟兄或姊妹陪伴在你们身旁，抓住每一个机会，为你们提供纠正过往的道路与方法。

Up until the securing of the dispensation whereby we might speak with you, we have had to render this service through radiation, through the impress of the Higher Mental Body, or Holy Christ Self, as you choose to call it.

在获得这份恩典特许、得以直接向你们讲话之前，我们只能依靠灵性辐射，依靠更高心智体（也可称为神圣基督自我）的印记，来完成这份服务。

Now, we have the great opportunity of sowing the seeds into your outer consciousness, within which are the ideals we represent, the plan and purpose which we serve, and the way and means by which you, as individual lifestreams, may cooperate with us, and while redeeming your own energy, also help to set the rest of life free.

如今，我们拥有难得的机会，把种子播进你们的外在意识。种子之中包含我们所代表的理想、我们服务的计划与目标，以及你们作为个体生命流与我们合作的方式与途径。你们在赎回自身能量的同时，也能够帮助其他生命获得自由。

It is opportunity without parallel, when mankind is invited, through the veil, to take the hand of God- free brothers, and walk in communion and companionship with those who have guarded the race from the beginning of recorded time.

人类能够越过帷幕，握住已获神性自由的弟兄们的手，与自有记载之初就守护人类的存有相交相伴，这是一份无与伦比的机缘。

I trust you will not consider your service duty, but opportunity without parallel—that you will find joy in such service.

我相信你们不会将服务视为义务，而是视为无与伦比的机遇——你们会从这样的服务中找到喜悦。

This will lift the tremendous sense of oppression for you, and give to you happiness in weaving out of your light a bridge, by which other lifestreams, as well as yourselves, may ascend again to their God-free estate.

这将消解你巨大的压抑感，让你在以自己的光芒构筑桥梁的过程中获得幸福。依靠这座桥梁，其他生命之流以及你们自己，都能够再次扬升到他们的神性自由境界。

Many, many ages have passed since this beautiful planet Earth was created, since the harmony of creation, radiating out from the bodies of the Elohim, added to the melody and music of the spheres.

自从美丽的地球被创造出来，已经过去了无数岁月。那时，造物的和谐从埃洛希姆的身上散发出来，融入了群星的旋律与音乐之中。

It is many, many eons of time since the pure electrons were drawn by love from the unformed, and builded into a planet of such shining beauty that even the Sun in its heavens did not exceed her in light and grace.

自从纯净的电子被爱从无形中吸引出来，并被建造成为一颗如此闪耀美丽的行星以来，已经过去了无数亿万年的时间。这颗星球的美丽，甚至让天上的太阳在光芒和优雅上都显得逊色。

That was the gift from the heart of Creation to the evolution who signified a desire to learn to control energy in a world of form.

那是造化之心送给演进族群的礼物，这群生命渴望在形相世界之中学习掌控能量。

Flame flowers that never die, bodies that knew no disintegration or decay, precipitation and levitation and etherealization—the God- gifts of each incarnate spirit—the presence of the angelic host visible and tangible to the sight of

all, the mighty devas, Masters and guardians designing and living within the temples of light, the constant companions and protectors of a happy and innocent evolution—that is the Earth as it was given from God's heart and hand to the mankind who asked for opportunity!

永不凋零的火焰之花；不会朽坏瓦解的身体；显化物质、浮空、以太化——这些是每一位投生灵魂所拥有的神性馈赠；天使大军的临在，所有人都可以亲眼看见、切身感知；伟大的提婆、大师与守护者，在光之圣殿之中规划、生活，是幸福而纯真的进化之民永恒的伴侣与守护者。这就是地球——神亲手从祂心中交出，送给那一群渴求机缘的人类！

That is the Earth to which you came, you—the guardian spirits—developed and matured, willing to be the protectors of the child- like evolution.

你们这些守护灵，已然成长成熟，自愿来守护如同孩童一般的演进族群，你们所来到的，正是这样的地球。

That is the planet to which the great Lord Michael came. The first mighty Manu settled in the heart of the Rocky Mountains, drew the power of the Elohim, and created the first spiritual sanctuary and retreat, which we honor here today.

那便是伟大的迈克尔尊主所降临的星球。第一位伟大的摩奴定居于落基山脉腹地，汲取了埃洛希姆的力量，建起第一座灵性圣所与隐修圣殿，也就是我们今日所尊崇的这座圣殿。

Here stood the seven Archangels, representing the seven great rays of force, their bodies enfolding and radiating each one of the seven mighty rays, each Archangel and Chohan forming the pattern and plan for some lifestream who would evolve from the evolution and take that honored place one day.

七位大天使曾伫立于此，象征七大力量光束。他们的光体包裹并散发七道强大光束。每一位大天使与乔汉，都为某些生命流勾勒蓝图与规划，这些生命流将在演化中成长，并在未来占据那备受尊崇的位置。

Here, in the etheric realm over the great Royal Teton, stands that seven‑ fold lotus, even to this present hour, as a remembrance of the bringing of the Sevenfold Flame and Rays of the Elohim through the bodies of the mighty Archangels, and, as the ages unfolded and other Chohans were developed from the guardian spirits, the Archangels relinquished that great service.

直到今日，在皇家提顿圣殿上空的以太层面，依旧矗立着那朵七重莲花。以纪念埃洛希姆的七重火焰与光束曾通过这些强大的大天使之身降临；随着时代的演进，当其他乔汉从守护灵中发展出来后，大天使们便卸下了这项伟大的职责。

Now we come to a point where sons and daughters of men, who have developed certain God- mastery and maturity, are being trained and prepared to fill those offices, allowing the present Chohans the privilege of ascending into greater and greater light!

如今，我们已来到这样一个时刻：那些已发展出一定程度神性掌握能力与成熟度的人类儿女，正在接受训练并被预备以接任这些职位，从而让现任乔汉们享有升入越来越大光明之中的殊荣！

Beloved ones, the ascension of the Earth is at hand! It comes on our side form the focusing of the Sacred Fire through the conscious calls of incarnate lifestreams.It comes on your side from the raising up of intelligent God Beings who are qualified through centuries of endeavor, to draw the power of the Sacred Fire from our hands and hearts, to sustain it, and to rhythmically release it into the lower atmosphere of Earth,

creating permanent forcefields for those qualities, gifts, virtues, and are activities which are ours to give, and which are required to transform the psychic and astral realm, which is the effluvia of the thoughts and feelings of the people.

至爱的人们，地球的扬升近在眼前！从我们的角度来看，它源于化身生命流通过有意识的呼唤所凝聚的神圣之火；从你们的角度来看，它来自智慧神性存有的兴起。他们历经漫长岁月的努力才具备资质，能够从我们的手中与心中汲取神圣之火的力量，维系火焰，并有规律地将其释放到地球低层大气，为那些由我们所赐予的特质、恩赐、美德与行动建立永久力场，转化那由人类思想与感受的污浊所构成的灵界与星光层面。

In the early ages, those foci of the Sacred Fire, those fire temples, those priests and priestesses of the Sacred Fire, had the full power within themselves to draw from the inner realms that sanctified light, and they held, through the Sacred Fire, the constructive qualities for the masses.

在远古时代，那些神圣之火的焦点、火焰圣殿、服务圣火的男女祭司，本身拥有充足力量，可以从内在领域汲

取那神圣之光。他们借着神圣之火，为大众承载各种建设性的特质。

From the time when the laggards from the other systems entered into the evolution of the Earth, the fire temples began to decrease in size, in number and in efficacy.

自从其他星系之中的“落伍者”加入地球的进化，火焰圣殿的规模、数量与效力便开始衰退。

The Atlantean Age was the last great era when the fire temples held the balance for constructive endeavor—when virtue overbalanced vice, when the constructive radiation from the temples through mankind was the predominant quality of the thoughts and feelings in which the consciousness of mankind moved.

亚特兰蒂斯时代是最后一个伟大纪元。那时火焰圣殿维系着建设性事业的平衡，美德压倒了恶行；圣殿透过人类释放的建设性辐射，成为人类意识所处的思想与感受之中的主导特质。

These fire temples were guarded by dedicated lifestreams, who still had access to the Ascended Master Octave, not only through word and vision, but through radiation.

这些火焰圣殿由矢志奉献的生命流守护。他们依然能够连接扬升大师所在的八度次元，不只是透过言语和视觉景象，还可以依靠能量的辐射。

The high priest of each such temple, with his accompanying guardian ring of blazing spirits, was able to hold a contact through the ever‑ increasing veil of maya, and over the line of energy which that contact represented, draw the counsel of the Master Presences and draw the emanation of peace, healing, protection, purity—whatever the temple was noted for—and nourish those qualities and virtues within the mankind at large.

每一座圣殿的大祭司，以及环绕在他身边、如同环带一般的炽烈守护灵，能够穿透日渐增厚的幻象帷幕维持连接。借着这份连接所代表的能量通道，接收大师临在的指引，汲取和平、疗愈、保护、纯净等该圣殿所特有的能量，滋养全体人类内在的这些特质与美德。

When the priesthood began to decline in virtue, the line of contact was impaired, and the nourishment flowing forth from the fire temples was decreased.

当祭司群体的德行开始衰败，这份连接通道便受损，从火焰圣殿流淌而出的滋养力量随之减弱。

The centers within the mental and feeling worlds of the masses, not finding that pressure of nourishment, began to create and externalize the vice instead of the virtues.

大众心智与感受世界的能量中心，得不到这份滋养力量，便开始创造、显化出恶行，而非美德。

It was following this period of the transfer of the power from the God- guardians to the masses, that Atlantis was called upon to fold her mantle about her, and sink beneath the waves.

正是在这个权力从神之守护者转移给大众的时期之后，亚特兰蒂斯被召唤把她的斗篷折叠起来，沉入波浪之下。（译者注解：权力的转移，意味着人类开始为自己的行为和业力（Karma）负全责。当大众拒绝了神性守护者的直接引导，要求自己掌握力量时，也就意味着他们选择了“灵性上的成年”，但同时也意味着必须承担随之而来的后果（即亚特兰蒂斯的毁灭）。这是一种灵性自由的代价。）

At no time since then has there been raised up and sustained sufficient numbers of God- intelligent beings to re- establish the balance of the virtues for the Earth.

自那以后，再也没有兴起并维持足够多拥有神性智慧的存有，来重新为地球建立美德的平衡。

We are now, again, at the inception of such an age.

如今，我们再度来到这样一个时代的开端。

The establishment and sustaining of the retreats by the Ascended Masters on the planet Earth, and in the etheric realm, was the only insurance for the sustaining of the Earth as a planet, and for the sustaining of any spiritual quality within the mental and feeling worlds of the people.

扬升大师们在地球物质层面与以太层面建立并维系隐修圣殿，是确保地球作为一颗行星得以存续，以及维系人类思想与情感世界中任何灵性品质的唯一保障。

These retreats, however, were not heavily populated, and the very few among mankind who could be magnetized and drawn into them, did not balance, before the Law, the millions and billions of uncontrolled lifestreams which use the Earth as a playground rather than a temple.

但这些圣殿之中的存有数量不多。人类之中能够被吸引进入圣殿的人寥寥无几。在法则面前，这少数人的力

量，无法平衡那数以亿万计把地球当作玩乐之地、而非圣殿的不受控生命流。

The Maha Chohan suggested that the radiation of the retreats be expanded, that the forcefields be expanded by drawing into the retreats interested lifestreams, even in their etheric bodies.

摩诃乔汉提出一个构想：扩大圣殿的灵性辐射，将心怀向往的生命流用以太体的形式接引进入圣殿，以此扩张圣殿的力场。

He intended to begin the re- establishment of the balance of God- power on the Earth and in its atmosphere, through that very activity.

祂希望借着这项行动，重新在地球及其大气之中建立神性力量的平衡。

The blessed children of Earth, and the innocent chelas who joyously bound from retreat to retreat in the monthly cycle, have no consciousness yet of the tremendous inner significance of the Maha Chohan's design.

地球上蒙福的儿女们，还有那些每个月满心欢喜辗转于一座座圣殿的纯真门徒，目前尚不了解马哈乔汉这一计划所蕴含的巨大内在意义。

Every lifestream, who, in the etheric body or the Higher Mental Body, turns his attention toward a retreat, gives to that retreat of his life, whether it is an electron, whether it is an hour of contemplation and prayer for the good of the retreat and the expansion of its light, or whether it is a constant visitation to that retreat throughout the thirty- day period.

每一个生命流，只要用以太体或者更高心智体将注意力投向圣殿，就是向圣殿奉献出自己的生命。无论是一个电子的能量，是一小时为圣殿福祉与光芒扩张所作的静思祈祷，还是在三十天周期之内持续造访圣殿。

The life and energies of the chela become a part of the fire, and increase the forcefield, as long as the lifestream is within that retreat in thought and in feeling.

只要这个生命流在思想与感受层面驻留于圣殿，门徒的生命与能量就会成为火焰的一部分，壮大圣殿的力场。

I can count on the fingers of one hand, the lifestreams who have consciously called for the blessing through the activity of the retreat, in encircling of its energy around the Earth during that thirty- day period.

在那三十天周期之中，能够有意识地呼求圣殿的祝福，让圣殿的能量环绕整个地球的生命流，屈指可数。

Yet, the gifts which the retreat can give to the world are determined by the amount of conscious life energy poured through the retreat from those who have been made aware of its activity and service in a given cycle.

但一座圣殿能够给予世间的恩赐，取决于在该周期之中，那些知晓圣殿活动与服务的人，有意识倾注到圣殿之中的生命能量的多少。

At Luxor, our first endeavor to serve the world cause, in having the Ascension Flame encircle the world, was very disappointing.

在卢克索，我们第一次尝试让扬升火焰环绕全世界，以此服务世间事业，结果却令人失望。

We were dependent upon the conscious life energy poured into Luxor by the chelas who were informed that the retreat would be active. That energy did not suffice to carry that flame further than the Mediterranean countries and the Near East of Asia.

我们依靠那些得知圣殿开启的门徒，向卢克索倾注有意识的生命能量。但这份能量不足以让火焰越过地中海沿岸诸国以及亚洲近东地区。

Let me explain to you. The activity of the retreat forms the gift or virtue which the retreat has chosen to sustain upon the planet Earth and in its atmosphere.

请听我解释：一座圣殿的活动，对应着它选择在地球及其大气之中维系的那份恩赐或者美德特质。

At Luxor, that service is the Ascension Flame, which is the way back HOME—the way by which every man redeems his energy and turns the current of the life force which has flowed out and tied into the Earth, BACK into his heart, and through his heart upward into his Presence, making the connection from the human to the divine—the very bridge over which his soul and consciousness will return home.

在卢克索，这份服务就是扬升火焰。它是回归家园的道路。每一个人借此赎回自己的能量，把向外流出、与地球纠缠在一起的生命力，调转方向回归自己的内心，再经由内心向上汇入自己的神圣临在，建立人性与神性之间的连接。这正是灵魂与意识回归家园所要行经的桥梁。

We have sustained that Ascension Flame so that when mankind individually becomes tired of the activities of the outer world, he may apply for the momentum of that flame.We, passing that

through his energy, disconnect him from the world of form and help him to fulfill his destiny and his purpose.

我们维系着扬升火焰。如此，当某一个人厌倦了外在世间的种种作为，便可以呼求这份火焰的势能。我们将火焰透过他的能量传递，使他脱离形相世界的牵绊，帮助他完成自己的天命与目标。

The number of chelas at Luxor has always been limited because of the discipline, because of the tremendous self- denial, because of the reputation that we have earned through the centuries.Therefore, the forcefield around Luxor is limited to the energy and life of those who are the Brotherhood.The forcefield of those retreats into which the directed attention of students joyously flows, are larger.For example, the Royal Teton Retreat, thanks to the teachings of Mr. and Mrs. Ballard and the subsequent attention and interest of the student body, has a much larger forcefield than we are presently enjoying.The gifts of our retreat are limited to the life energy of those whom we can interest in our purpose.

卢克索的门徒数量一直有限。这是因为严苛的纪律、巨大的自我克制，以及我们跨越诸多世纪赢得的名望。因此，卢克索周围的力场，仅限于兄弟会成员的生命与能

量。那些学员们欣然将专注力倾注于其中的圣殿，它们的力场会更加宏大。举例来说，皇家提顿圣殿，得益于巴拉德夫妇的教导，以及随后学员们的关注，它的力场远比我们卢克索现在的力场要大得多。我们这座圣殿所能释放的恩赐，仅限于那些被我们的使命所感召之人所奉献的生命能量。

Therefore, when the Maha Chohan chose and designed to bring the retreats to the consciousness of mankind, it was so that someone might pour his voluntary light into the pulsation of energy and virtue in the retreat, and make its quality larger in the lower atmosphere. Do you see?

所以，摩诃乔汉决定把各个圣殿带入人类的意识之中，目的就是让有人能够自愿将自己的光，注入圣殿的能量与美德脉动之中，让这份特质在低层大气之中得以放大。你们明白了吗？

When unascended beings become vitally interested in the activity of a virtue, they begin to contemplate that virtue, quality, gift or service to life.

尚未扬升的存有，若是发自内心对某一种美德的活动产生浓厚兴趣，就会开始静思这份美德、特质、恩赐，或是这份对生命的服务。

Then, through the mathematical accuracy of the law of attraction, they draw their lifestreams toward those particular beings who are Masters of that quality, that virtue, that activity and that service.

随后，通过吸引力法则的数学般精准性，他们将自己的生命之流引向那些特定存有——即该品质、美德、活动及服务的大师。

That is how candidates come to the various retreats, how chelas apply to the Guru at inner levels long before the outer mind is even aware of the fact.

这就是候选人来到各个静修处的方式，也是弟子们在外部意识尚未察觉之前，便已在内在层面向上师申请的方式。

That is how spiritual fellowships are set up between ascended and unascended beings, for the sole purpose of expanding the service, the radiation, the quality and the virtue of the Ascended Being for some great service to Earth.

扬升存有与未扬升存有之间的灵性伙伴关系，就是这样建立起来的。唯一的目的，就是扩张扬升存有的服务、辐射、特质与美德，从而为地球提供伟大的服务。

Those chelas then are conductors. They are channels. They are impersonal facets through which a God- free being sees possibility of externalizing his virtue, his quality of the Sacred Fire, and his power.

这些门徒于是就成为传导者、成为能量管道。他们是客观无我的光的面向，一位神性自由的存有，能够透过他们，看到将自身德行、神圣之火属性及其力量向外显化的可能性。

Looking from the inner realms, you would see the Ascended Master as a great flame of cosmic proportions, a funnel of light pouring down around the chela of his choice, and then the virtue, the color and nature of the quality from the Master pouring into the chela, making a little lotus flower around the physical form.

从内在诸界望去，你会看见扬升大师如同一团宇宙级的巨大火焰，一束漏斗状的光芒倾泻而下笼罩祂所拣选的

门徒。大师的美德、色彩与特质，流入门徒之内，在他肉身的周围形成一朵小小的莲花。

The Master does this consciously. The chela can do as much or as little as he chooses to weave his own life into that virtue, and to make a larger sphere of influence in the lower atmosphere.If he is negatively receptive, he is an unconscious conductor, and the Master does all the work.If he is alert, conscious and desirous of assisting the Master, he breathes his own life into the virtue and the quality that the Master represents.

大师有意识地施行此事。弟子可以依照自己的选择，或多或少地将自身生命编织进那项德行，在低层气场造就更大的影响领域。 若他是消极被动地接纳，他便是无意识的传导者，全部工作由大师承担。倘若他保持警醒、拥有觉知，渴望协助大师，他就会把自己的生命气息，注入大师所代表的美德与特质之中。

Why do you think we have drawn the veil aside for those of you within this room, and have told you of our mission?

你们认为，我们为何要为在座各位揭开面纱，并向你们讲述我们的使命？

It is that you may stop being unconscious conductors and have enough vital interest in the being who is God-free, to weave your life into externalizing his plan, his virtue, forwarding his cause, externalizing his power in the world of form.

就是要让你们不再做无意识的传导者，对神性自由的存有怀有足够强烈的内在关切，将自身生命融入对祂的计划、德行的外在显化之中，推进祂的事业，把祂的力量显化到形相世界。

THERE IS NO OTHER REASON FOR A CONTACT BETWEEN A GOD‑FREE BEING AND A HUMAN BEING than the potential good that can be rendered the whole.

一位神性自由的存有与人类发生接触，并无其他理由，只为能够为全体生命带来潜在的益处。

There is but one way that we may redeem the energies which form the psychic and astral shrouds, and that is by externalizing the powers of the Sacred Fire through self‑conscious, alert conductors, who choose to reach into the Heart of the Silence, align their life with their own God‑self and any being who has given them the courtesy of recognition—then, weaving out of the energies of the individual life the qualified blessings of healing, of faith, of purity, of truth, of love.

化解那层由心智与星光能量形成的笼罩帷幕，只有唯一的办法：通过自觉而警醒的传导者，将神圣之火的力量向外显化。这些传导者选择探入寂静之心，使自身生命与自己的神性本我对齐，也对齐任何给予他们认可礼遇的存有；继而从个体生命的能量之中，编织出经过校准的祝福：疗愈、信念、纯净、真理与爱。

The balance MUST come back into the constructive activity of qualified light.We are on that bridge RIGHT NOW—that bridge where certain lifestreams are given the opportunities to be the priests and priestesses of the Sacred Fire, not in spasmodic endeavor, but in constant, rhythmic qualification of the personal energies in the expanding of a forcefield which is an uplifting, purifying, inspiring radiation to all life contacted.

平衡必须重新回归被赋灵之光的建设性活动。 我们此刻正站在那座桥上——在那里，某些生命流获得了成为圣火祭司与女祭司的机缘。这不是间歇性的尝试，而是持续而有节奏地，将个人能量加以引导和升华，从而扩展出一个能量场，向一切所触及的生命散发出提升、净化与鼓舞的力量。

This is the beginning again of the fire temples, and the drawing forth from your memories of the mastery that lies within those fire temples.In the early ages they held all mankind in constructive endeavor.

这就是火焰圣殿的再度兴起，从你们的记忆深处，唤醒那些蕴藏于火焰圣殿之内的大师境界。在久远的上古时代，正是这些圣殿引领全人类行走在建设性的演化道路之上。

The people of the future will have it much more easy, because the natural radiation, which will be pure life, will inspire the spiritual evolution.The radiation in which mankind now moves, inspires the satisfaction of the animal nature and the destructive tendencies of the separate self.You are weaving an atmosphere, a world- wide atmosphere, which men, and women and children will breathe into their lungs, which their emotional bodies will absorb, which their mental bodies will devour, in which their etheric bodies will rejoice, and which their blessed physical bodies will find vitalizing.

未来的人们将会过得轻松得多，因为那时自然辐射——即纯粹的生命——将激发灵性的进化。而如今人类所处的辐射环境，却会怂恿动物性本能的满足，以及分裂自我

的破坏性趋向。你们正在编织一种气场，一个遍及全球的气场。未来的男女老少会将它吸入肺腑；他们的情绪体予以吸收，心智体予以接纳消化，以太体在其中欢欣，他们蒙受祝福的物质肉身也会从中获得生命力。

This will be your gift when you have closed your book, placed it upon the shelf, and go home to return no more.

当你们合上书本，将它放回书架，回归家园不再重返世间之时，这便是你们留给世间的礼物。

Ask yourselves each day—what have I contributed to this universe in the way of light and encouragement, not only in word, but in action and in feeling?

每一天都问一问自己：我到底为这个世界送出了多少光与正向的力量？不只是言语之上，更要落实在行动与内心感受之中。

I cannot emphasize too much as I stand before you, the opportunity that is yours, the happiness that will come when some few, wherever we find them, can realize that to magnetize the Sacred Fire through thought and feeling, to draw it forth, to hold a forcefield inviolate to discord and to allow the gifts of not only instructions but radiation to flow forth, is the greatest

opportunity that you have known since first you stood boldly before the Halls of Karma and the Lords of Karma, themselves, and said, “I shall go and guard the people of Earth as my gift to life.”

我站在你们面前，再怎么强调也不过分：这个机会是属于你们的。当少数人——无论我们在哪里找到他们——能够真正领悟到这一点时，幸福就会降临。那就是：以思想和情感去吸引圣火，将它召唤出来，守护一个不被纷争侵扰的能量场，让教导与辐射的恩赐一同流淌而出。这是你们自最初勇敢地站在业力殿堂与业力之主面前，说出“我愿前往守护地球上的人们，以此作为我献给生命的礼物”以来，所遇到的最大机会。

That, my children, was a great vow. It was made with your own life. It is written on the Book of Akasha, and there is no man who can release you from that vow, because none may use your life but yourself.As long as you have made it, we are here to help you fulfill it, and not one of you will know happiness until you tie your energies into the fulfillment of such service.

我的孩子们，那是一个伟大的誓约。它是用你们自己的生命立下的，被记录在阿卡西记录之中。没有人能够解除这个誓约，因为除了你自己，没有人可以支配你的生

命。只要这个誓约还在，我们就会在此帮助你们完成它。除非你们将自身能量用于践行这份神圣服务，否则你们之中，没有人能够体会真正的幸福。

I bow before your life, whose servant I am. I bow before your presence in this universe. I see priests and priestesses of the Sacred Fire whose service can be inestimable in the evolution of the race.

我向你们的生命俯首，我是你们生命的仆人。我向你们在宇宙之中的临在俯首。我看见神圣之火的男祭司与女祭司，他们的服务对于族群的进化而言是无可估量的。

SERAPIS

塞拉皮斯·贝

—— —— —— —— —— —— —— —— —— ——

—— —— —— —— —— ——

传递火焰书信

TRANSMISSION FLAME LETTER

Beloved Maha Chohan March 1, 1954

至爱的摩诃乔汉 1954 年 3 月 1 日

Beloved Spirits of Truth,

至爱的真理之灵们：

Within your heart is the Spirit of Truth, part of the divine nature of God, himself.Because that spirit is within you, when you listen to your heart, you cannot fail to recognize truth wherever you meet it on your individual journey through every sphere.

真理之灵就在你们内心之中，它是上帝神圣本性的一部分，即上帝本身。 正因它就住在你里面，只要你聆听自己的内心，无论你在穿越各个领域的个人旅程中何处邂逅真理，你都必然能认出它

Every chela on the path has experienced the leaping force of that heart flame when truth is presented.

每位走在修行道路上的弟子，都曾体验过当真理显现时，那“心之火焰”迸发出的蓬勃力量。

When obedience is given to the directives of that heart flame, the souls of men proceed in peace toward the fulfillment of their divine plan.

顺服这内心火焰的指引，人的灵魂便会安然前行，完成自己的神圣计划。

When other voices and desires, other interests and motives, stimulate the self to action, there is not the confirmation of peace from within the heart.

若是其他的声音、欲望、喜好与动机驱使你行动，内心便不会有那份来自内心的平安确认。

This is the time to stop, pray, and wait for the comfortable feeling from within the heart before proceeding farther along any course of action.

这时就应当停下脚步——祈祷，等候内心生出那份安宁妥帖的感受，再继续前行。

One of the great guides for mankind, through many ages, is the Lord Himalaya.

在漫长的岁月中，喜马拉雅上师一直是人类的伟大向导之一。

Within the recesses of the mountains that bear his name, he and his brotherhood have guarded, protected and sustained the truth, which has been drawn forth by various members of the human race, their guardian spirits, and the messengers designated to bring truth to the people, through the ages.

在以祂名字命名的群山深处，他和他的兄弟会一直守护、保护并维系着真理。历经诸多世代，人类的各色成员、他们的守护灵，以及被指定为众生带来真理的信使，将这份真理不断接引而出。

Through the rising and sinking of continents, the rolling of the landed surface, and the surging tides of great seas, the beloved presence of Himalaya has secured, for the human race, the wealth of spiritual culture which each age drew forth and left as a harvest of its energy.Seekers after truth and illumination in every age, have sought the wisdom of life in these great mountains.For many centuries, the magnetic pull of love divine has drawn into the inaccessible vastness of the Himalaya Mountains, the chela who has come to a place in his own evolution where the world's wisdom could no longer assuage his spiritual thirst.

大陆升沉、地表变迁、大海波涛翻涌，备受敬爱的喜马拉雅灵修圣所，为人类保全了丰厚的灵性文化宝藏。每一个纪元从中汲取养分，并留下属于该时代的能量果实。每一代追求真理与觉悟的求道者，都会来到这座大山之中寻求生命的智慧。许多个世纪以来，神圣之爱的磁性感召，把那些演进到某个阶段、世间智慧已经无法缓解灵性渴求的门徒，吸引到人迹罕至的喜马拉雅群山深处。

Some were fortunate enough to secure the right to enter the presence of beloved Himalaya. Many were privileged to feel his radiation, but never had the joy of personal contact. Very few were even invited into the outer chamber of his Retreat.

部分人足够幸运，获得资格，得以进入可敬的喜马拉雅的临在之中。许多人有幸感受祂的光芒辐射，却无缘享有直接对接的喜悦。仅有寥寥数人，获邀进入祂灵修圣所的外殿。

At the request of beloved Sanat Kumara, this great presence is again opening his retreat to the pilgrims upon the spiritual path.

应至爱的萨纳特·库玛拉的请求，这位伟大的存有再度向灵性道路上的朝圣者开放祂的隐修圣殿。

All who direct their consciousness toward him, and who breathe in the peace and tranquility of his presence, will know why men have risked life and limb, have forsworn comfort and security, and have invested every ounce of vital energies to be near him, to bathe in the radiance of his aura, and to share his consciousness, his wisdom and his love.

所有将意识投向祂，沐浴在祂临在所带来的安宁之中的人，都会明白：为什么曾经有人不惜性命，舍弃安逸安稳，倾尽全部生命力，只为靠近祂，沐浴在祂光环的光辉之中，分享祂的意识、智慧与爱。

Most of the members of the Spiritual Hierarchy have sat at the feet of this Master, including Lord Buddha, Lord Maitreya, myself, and all the present Chohans of the Rays.

灵性圣团的绝大多数存有，都曾在这位大师座下受教，包括佛陀主、弥勒主、我本人，以及如今所有光束的乔汉。

Our reverence and devotion to his presence are without parallel, for his light enabled us to kindle our own spiritual natures, in time long since gone.

我们对祂的尊崇与虔敬无与伦比。在久远的过去，正是祂的光，点燃了我们各自的灵性本性。

We know what he can and will do for the earnest, the sincere, and the hopeful, in bringing illumination to the consciousness, love to the feelings, and fulfillment to the hunger of the soul.

我们深知，对于恳切、真诚、心怀盼望的灵魂，祂能够并且必会带来意识的启迪、感受之中的爱，满足灵魂的渴求。

The beloved Himalaya offers each one who turns his consciousness toward his retreat, one request. Into this petition, he breathes his light and his power of fulfillment.

挚爱的喜马拉雅，给予每一位将意识转向祂隐修圣所之人一次请愿的机会。祂将祂的光芒以及促成实现的力量，灌注进这份请愿之中。

Think well on what you ask, and then rest in the assurance that on the very acceptance of your world, does the current from his heart bring to you that wish, which is the substance of your request.

好好思索你所祈求的内容，然后安心笃定：当祂接纳你的祈愿，发自祂内心的能量流，就会把你祈求的实质带给你。

The flame in the retreat holds the form of the BLUE LOTUS. Its particular radiation is ILLUMINATION and TRANQUILITY.

圣殿之中的火焰呈蓝莲花之形。它所散发的独特光芒是“启迪”与“宁静”。

The theme which contains the keynote of this beloved Master is the old favorite of mankind, “Love's Old Sweet Song.”

这位至爱的大师的主题基调，是一首人类耳熟能详的古老乐曲：《爱的古老甜歌》。

May the blessings of God, the illumination of the great Lord Himalaya and my own personal blessings be upon you in your search for truth in its fullness. Love and blessings.

愿神的祝福、伟大的喜马拉雅上主的启示，以及我个人的祝福，在你们寻求圆满真理的过程中降临于你们。爱与祝福。

— — — — — — — — — ——

— — — — — —

Beloved Lord Maitreya — Palm Sunday-April 11, 1954

敬爱的弥勒尊主 — 棕枝主日，1954 年 4 月 11 日

Beloved Children,

Do you know how much I love you? Within your hearts you carry the presence of the living God, the God who made me and who has sustained me, and whose servant I am before all life. Ah, that the day may come when you may realize and recognize that infinite ever-Presence, the infinite power of God. Every place you move upon the planet Earth you carry with you the power of the majestic, victorious, eternal One. How much have you relinquished of yourself into the keeping of that Presence—how much have you relied upon the ever-Presence of God that stands in the midst of every circumstance that you meet?

亲爱的孩子们：

你们知道我有多爱你们吗？你们的内心承载着永生上帝的临在——祂创造了我、维系着我，在一切生命面前，我是祂的仆人。啊，但愿那一日到来，使你们能够领悟并认出那无限的永恒临在，认出神那无限的大能。你们行走在地球上的每一处地方，都随身携带着那位威严、得胜、永恒者的力量。你们把多少的“自我”交托给这份临在看护？面对你们遭遇的每一种境遇，你们对这时刻同在的神之临在，又有几分倚靠？

How long has He wished the summons to release the fullness of himself in mastery, in victory, in supply, in God-control! Why do you divide the allegiance between the appearances that beset you and the puny endeavors of the personal ego to cope with the shadows of this world, when in the beat of your heart is the active, living presence of Almighty God? The Presence of God is waiting in your hearts, today, for the summons to burst the tomb of matter and to release the fullness of its vital life, to transfigure your flesh, to vitalize your spirit and to eternalize the kingdom of Heaven through your orbit, to the periphery of your spiritual influence. Must this God wait, while century after century there is no allegiance in your feelings to his power?

祂长久以来都盼望听见你们的呼求，好让祂能在自在驾驭中、在胜利中、在丰盛中、在神的掌管中，释放出祂自身的圆满！既然在你们的心跳之中就运行着全能之神鲜活的临在，为何你们的忠诚却要一分为二：一边屈服于困扰你们的种种表象，一边仰仗小我那微不足道的努力去应对世间的重重阴影？今日，神的临在就在你们心中等候呼召，要冲破物质的坟墓，释放祂充沛鲜活的生命，改变你们肉身的样貌，激活你们的灵性，并通过你们的生命轨迹，将天国延展到你们灵性影响力所能抵达的最远边界。一个又一个世纪流转过去，你们的情感却不曾向祂的大能献上忠诚，难道这位神就只能一直等待吗？

Oh, my beloved ones, my message to mankind, through every great teacher that has ever come to Earth, has been to recognize, utilize, and rely upon the ever-Presence, the ever-Presence connecting with the dynamo of universal life, bringing to life again a seemingly lifeless cause. This is the same Presence which Jesus drew forth in his ministry, performing the miracles and the marvels of mastery. That Presence is within yourself, this morning as I speak these words. It is not something that is to come forth in ages yet unborn from the womb of time.

噢，我亲爱的众生，借着每一位降临到世间的伟大导师，我传给人类的讯息始终是：去认出、运用、倚靠这恒在的临在。这份临在连接着宇宙生命的动力源，能使看似毫无生机的事业重获生机。耶稣传道之时所接引的，借以施行种种彰显主宰力量的奇迹与奇事的，正是这同一个临在。就在今早我诉说这些话语的此刻，这份临在就在你们的内在。它并不是要等到尚未到来的世代，才会从时间的母体之中诞生出来的事物。

Each morning, the Presence of God when you wake beats your hearts, vitalizes your mind, energizes your bodies, and waits your summons to release the fullness of itself. Oh, I call you in the name of the God of Light, whom I serve, to draw forth that light and Presence. Draw forth that magnificent Godhood, and let it fulfill itself through your consecrated flesh.

每个清晨，当你们苏醒，神的临在便驱动你们的心跳，赋予你们的心智以活力，为你们身体注入能量，等候你们发出呼求，来释放祂全部的大能。噢，我以我所侍奉的圣光本源之名呼唤你们，接引这份圣光与临在；接引这份宏伟神性，让祂借着你们圣化的肉身全然彰显。

Today, all over the world, hearts and minds and consciousnesses are turned toward the Easter season. Today the upreaching prayer force of mankind is greater than any time in the calendar year, and those mighty rivers of force flowing up from hopeful hearts make a beautiful sight at inner levels, gathered by mighty angels and devas—mighty beings whose service to life is to bring the prayers of man into the realms of light to the throne of the Eternal. Here, in your great city this morning, where congregations of thousands join their voices in song in the remembrance of the living presence of Jesus, how many have summoned from within themselves this Presence of Almighty God?

今日，全世界无数的心灵、心智与意识，都转向复活节节期。今日，人类向上升腾的祈祷力量，是一整年之中最为强大的。一股股磅礴的能量之河，从满怀盼望的心中向上奔涌，在内在层面构成了一幅美丽的景象；大能的天使与提婆将这些能量汇集。这些伟大存有侍奉生命的职责，就是把人类的祈祷带入光之诸界，呈送至永恒者的宝座前。就在今早这座宏伟的城市之中，成千上万的人聚集在一起，齐声歌唱，纪念耶稣鲜活的临在；然而，又有多少人，从自己的内在唤出了这全能之神的临在？

So abstruse has the occult and metaphysical literature become, that mankind have forgotten that the inward search can be accomplished by a child in arms. Opening your consciousness to the power of God, lean on the everlasting arms, and invoke your faith in the powers of the Infinite to restore mankind to his own Christ estate!

神秘学与形而上学的典籍已经变得如此晦涩，以至于人类已经遗忘：向内的探寻，就连怀抱中的婴孩也能够做到。向神的大能敞开你的意识，倚靠那永恒的臂膀，唤起你对无限大能的信心，以使人类重返其本有的基督境界！

Many, many centuries ago, the close of the fifth dispensation signified to the Cosmic Law that a new Master Presence would have to make his appearance upon the screen of life and draw through the energies of his being the initial impulse of a new cycle.

许许多多世纪以前，第五个恩典期的结束向宇宙法则表明：一位全新的大师临在必须出现在生命的舞台之上，借由他自身生命的能量，带出一个新周期最初的推动力量。

At inner levels, beloved ones, the closing of a cycle of time and the opening of another door through which spiritual forces may

flow to bless a planet, takes considerable time and energy, and the prayer-force of the God Beings who are dedicated to protecting and evolving this race.

亲爱的众生，在内在层面，一个时间周期的落幕、另一扇门户的开启（灵性能量可以经由这扇门户流向一个星球并给予祝福），需要耗费大量的时间与能量，也需要那些致力于守护、推动这个族群演化的神性存有的祈祷力量。

With the opening of the Sixth Ray, the devotional activity of life was decreed to supersede the activity of the scientific action of Law—cause and effect, an eye for an eye and a tooth for a tooth. The cycle of scientific exactitude, of karmic retribution without hope except through the expiation of sin was to be superseded by an era where forgiveness and grace and mercy were to bring to those who have come to a fear of Jehovah, now hope, where the sins of the father would no longer be visited upon the children, and the errors of one incarnation need no longer stretch on through eons of unborn time.

随着第六道光的开启，生命中的虔敬活动被命定要取代法则的科学性运作——即因果报应、以眼还眼、以牙还

牙。那种讲求科学般精密、业报轮回之下唯有靠赎罪方能求得一线生机的循环周期，将被一个全新时代所取代。在这个时代，宽恕、恩典与怜悯要为那些曾经敬畏耶和华的人带来盼望；父辈的罪不再报应到儿女身上；一世过错也不必延续无尽世代。

It is in the repentance of the individual lifestream and in the invocation of the power of transmutation that each man might save his soul, and free himself from the recoil of his own previous causes. A new era of hope was decreed to be brought to the sons and daughters of men through some consciousness, who would embody and live the course of a natural life, and develop from within himself a remembrance of his mission. He would draw, by the magnetic power of his invocation and contemplation, the initial impulse of the new cycle, which would live and grow to nourish the sons of men for two thousand long years.

唯有通过个体生命流的悔改，以及对转化之力的召唤，每个人才能拯救自己的灵魂，从自己过往造作所带来的反作用力之中获得解脱。宇宙法令规定：要有一位存有投身肉身、度过凡人的一生，并在内在重新忆起自己的使命，借着这一意识载体，将充满盼望的新时代带给人类儿

女。他将依靠呼求与冥想所产生的磁吸力量，汲取新周期最初的推动力量；这股力量会存续、成长，滋养人类儿女长达两千年之久。

This was not an easy assignment, beloved ones, and yet over thirty great beings volunteered—thirty beings who had developed, for centuries of time, mastery and love and self-control, and who were willing to take the initiation of the public crucifixion. When on the screen of life we showed the drama that was to be played, they stood forth—thirty Sixth Ray men, qualified by their centuries of living. And from among them was chosen my pupil and your friend and Master, Jesus, and around him, then, were drawn lifestreams who—through similarity of purpose, through like training through the centuries—might be the guard and might be the sustaining power of the love required to see him victorious.

亲爱的朋友们，这绝非一桩轻松的使命，却有三十多位伟大存有主动请缨。这三十位存有历经数个世纪，早已修得超凡的掌控力、大爱与自持，甘愿接受公开钉十字架这一灵性试炼。当我们在生命的舞台上展示这一出将要上演的大戏之时，他们挺身而出 —— 三十位隶属于第六道光的存有，以漫长世纪的生命历练具备了相应资格。从他们

当中拣选出了我的弟子，也是你们的挚友与上师耶稣。与此同时，诸多生命之流被感召聚集到他的身边；他们怀着相同的志向，历经数世纪相仿的修行历练，能够成为他的护卫，也能够化作那份爱的维系力量，助他得胜。

Each such one passed before me. Each such one was tried by all the methods of initiation, to see if the soul would be strong enough in the time of Earth life to withstand temptation of flesh, and the more subtle temptations of thought and feeling. And there were chosen, then, the humble disciples, the beloved mother, the beloved father, and all together they were prepared for the drama which you honor this holy week.

每一位候选者都来到我的面前，接受全套的启蒙考验，测试他们的灵魂在尘世肉身之中，是否足够强大，可以抵御肉体的诱惑，以及思想、情绪层面那些更为微妙的诱惑。就这样，谦卑的门徒、敬爱的母亲、敬爱的父亲被拣选出来；所有人一同预备，完成你们本周纪念的这场世间大戏。

One by one, they were called to the Halls of Karma, when the cycle of their life pattern was ready for their presentation upon the Earth. The beloved Joseph and the beloved Mary and the beloved disciples, all were in their own appointed placed, for

the most part not conscious of the inner drama they would enact together. So the hour came for the birth of the beloved Jesus. How can I describe to you the love which surrounded that master before he chose to envelop his consciousness in the earth shroud, and pass from the blazing glory of light of the inner realms, into a body of flesh?

当他们生命蓝图的周期已经预备妥当，可以投生到世间时，他们便被逐一召至业力殿堂。敬爱的约瑟、敬爱的玛利亚以及众门徒，都各在其指定的位置；他们大多并不知晓，自己将要共同上演那场灵性层面的大戏。就这样，挚爱耶稣降生的时刻到来了。那位上师，在选择将自己的意识包裹进尘世躯壳，从灵界炽烈辉煌的光域降入血肉之身以前，环绕着他的那份爱，我要如何向你们形容？

How can I describe to you my feeling, as I, from behind the veil, remained hopeful that at some time in his earth life he might bring a remembrance of my presence, and re-establish the contact over which I should endeavor to direct the instructions to the conscious mind in developing within him the application which he would require to accomplish his victory?

我该如何向你们描述我的感受？——当时我身在帷幕之后，心中始终怀着盼望：盼望他在尘世生命的某个时

刻，能够忆起我的临在，重新建立联结。我会借着这份联结，努力向他的显意识传递指引，助他培养实现胜利所需的实践能力。

One of the saddest partings (far more so than when a soul leaves the Earth), is when the soul is bound round, the shining wings pinioned, the blazing light of the eyes dimmed, the kiss of the Master placed on the forehead, and down into forgetfulness the hope of man descends. Ah, I shall remember that day, I shall remember that night when first those same eyes opened in a small, insignificant stable, and could not focus yet upon the world he came to save. Well do I remember those early years when my presence endeavored constantly to be a shield of love about him. Well do I remember the fidelity of the consciousness of Mary, who held for that boy the immaculate concept of his divine image—who cut away from his senses constantly, all remembrance of imperfection, who turned him back again and again to the image of the Father, and who taught him, while he stood at her knee, to magnify the Lord. Well do I remember that, because it is through the consciousness of incarnate souls that we must work.

世间最令人悲伤的别离之一（远比灵魂离开尘世时更为悲伤），便是灵魂被层层束缚，闪耀的羽翼被禁锢，眼中炽热的光芒黯淡，上师在其额头上落下一吻，随后人类的盼望便坠入遗忘之中。啊，我会记住那一日，记住那个夜晚：那双眼睛第一次在简陋卑微的马厩中睁开，尚且无法聚焦于他所来拯救的这个世界。我清晰记得那些早年岁月，我的临在始终竭力化作爱的护盾环绕着他。我深深铭记玛利亚意识的忠诚。她为这个男孩持守着关于他神圣形相的“无瑕原型”；不断从他的感官之中清除一切对不完美的记忆；一次又一次将他引向天父的形相；当他依偎在她膝下时，她教导他称颂主的伟大。我对此记忆犹新，因为我们必须借着投生肉身的灵魂的意识来开展工作。

It is through the lips of the humble that we must speak our words of remembrance to other spirits who have vowed to serve us, but, who have, in the shroud of forgetfulness, temporarily forgotten. It is through the sensitive that we stir to life the embers of God-consciousness. We bless always the beloved Mary and the strong presence of Joseph, who had that devotion to God, who had that recognition of the angelic host, and who had the faith to withstand the ridicule of their times, holding a vision of a Christ man grown from that innocent

wide-eyed boy. Then, one day, beloved Jesus, within himself, was able to open his consciousness to my presence.

我们必须借着谦卑之人的嘴唇，向那些立誓侍奉我们、却被遗忘的帷幕笼罩而暂时失忆的灵性存有，诉说唤醒记忆的话语。我们借着感知敏锐的存有，将神之意识的余烬重新点燃。我们始终祝福敬爱的玛利亚，以及拥有强大临在的约瑟。他们对神满怀虔诚，能够认出天使大军，拥有信心抵挡时代的嘲讽，始终坚信那个天真无邪、睁着大眼睛的男孩终将成长为基督。而后有一天，敬爱的耶稣，终于能够在自己的内在，向我的临在敞开他的意识。

One day I looked down, and into the recognition within his eyes I poured my soul as I said, “My son, Oh, my son!” and he, with those small white arms and those beautiful tapered upraised fingers, said to me, as he did so often later, “Father!” How can I describe the association between a Guru and a chela? It is closer by far than any physical blood tie of mother and child, because it is builded on the hope of the God-free to externalize through the bound a divine plan and the energies of life from the consciousness of the One abiding in the full spirit of freedom. It depends on that frail thread of energy and that consciousness, for fulfillment and externalization.

那一天，我俯身望去，在他那双已然认出我的眼眸之中，我投入了我全部的灵魂，说道：“我的孩子，噢，我的孩子！”他伸出白皙的小胳膊，修长优美的手指向上扬起，就像他后来无数次所做的那样，对我喊道：“父啊！”上师与弟子之间的联结，我该如何描摹？它远比世间母子的血缘纽带更为紧密。因为它建立在那些得享神之自由的存有所持的盼望之上：要透过受束缚的众生，将神圣计划，以及源自那位安住于全然自由之灵中的太一的生命能量，向外显化出来。它的实现与显化，就仰赖那一缕纤细的能量丝线与这份意识。

But the one-pointedness, the devotion and the magnificent humility of Jesus, built stronger and stronger the spiritual tie of cosmic communion between us. Wider and wider became the band of our contact, stronger and stronger the union—until my feelings were his, until my thoughts reflected in that mind quickly, as the sun reflects on a still body of water, until my desire to bless or heal moved, involuntarily, his own physical arms and hands. We became that much at one.

然而，耶稣那全然专一的心志、赤诚的奉献，以及伟大的谦卑，让我们之间那宇宙级灵性交融的纽带愈发坚

固。我们之间联结的纽带愈来愈宽广，合一的程度愈来愈深 —— 直至我的感受成为他的感受；我的念头如同日光映照在平静水面上一般，迅速映照在他的心智之中；我想要祝福或疗愈的渴望，会不由自主地驱动他肉身的手臂与手掌。我们达到了如此深度的合一。

All through his years of development, our oneness grew. In the simple song, “Blest be the Tie that Binds Our Hearts in Wondrous Love,” you have a cosmic truth. I bless and bless and bless the energies from unascended beings like your sweet and hopeful selves, that anchor into our octave and from out the recesses of your hearts, draw on our consciousnesses and build those ties that bind, and over which we pour the fullness of the kingdom. These are the receptive consciousnesses that are willing, then, to wield the energies of flesh, the energies of daily living into making of that vision fact.

在他整个成长岁月里，我们的合一持续加深。那首简朴的诗歌《愿那纽带蒙福，以奇妙之爱将我们的心相连》之中，蕴藏着一条宇宙真理。我一遍又一遍祝福像你们这般美好、满怀盼望的尚未扬升的存有所发出的能量。这些能量锚定进我们的次元，从你们内心深处牵动我们的意识，构筑起这些相连的纽带；我们便经由这些纽带，倾洒

天国的圆满。正是这些乐于接纳的意识，愿意运用肉身的能量、日常生活的能量，将那愿景化为现实。

It is not enough to contemplate the beauty of the inner spheres; it is not enough to share the communion of the saints; it is not enough to bask in the love of these friends who guard you. THIS IS THE DAY WHEN YOU MUST GIVE AND CONSECRATE YOUR FEELING WORLD TO YOUR MASTER, and at any moment allow him to flash through it hope, confidence, courage or peace to anyone who requires it at any instant, as you move along the daily pathway of your existence. Is your feeling world your Master's, or is it the servant of the self? Is your mind the mind of your Master? Too often the mind is a second-hand store, where you mull over and over the things of no consequence.

仅仅沉思内在境界之美是不够的；仅仅分享圣徒之间的共融是不够的；仅仅沉浸在这些守护你的朋友们的爱中是不够的。今天正是你必须将你的情感世界奉献并献给你的上师之日。当你们行走在每日的生命路途上，无论何时，都要允许上师借着你的感受世界，将盼望、信心、勇气或平安瞬间传递给任何有需要的人。你的感受世界，是属于你的上师，还是服务于小我？你的心智，是上师的心

智吗？很多时候，心智就像一间二手杂货铺，你在里面反复琢磨那些毫无意义的琐事。

Still and calm, hear the Master's words, follow his direction, and join with him in joyfully externalizing the divine plan. Is your body the body of your Master? CONSECRATE YOUR LIPS, THROUGH WHICH NO ENERGY POURS THAT DOES NOT ILLUMINE, RAISE AND PURIFY. CONSECRATE YOUR HANDS, THROUGH WHICH NO GESTURE SHOULD PASS THAT WOULD INJURE. CONSECRATE YOUR EYES, TOO PURE TO BEHOLD INIQUITY.

保持安宁沉静，聆听上师的话语，遵从祂的指引，与祂一同喜乐地将神圣计划显化出来。你的身体，是上师的身体吗？将你的双唇奉献出来，让流经其间的每一股能量都只为启迪、提升与净化。将你的双手奉献出来，不做出任何伤害他人的举动。将你的双眼奉献出来，保持纯净，不注视一切邪恶。

Have you thought beyond the surface meaning of that phrase, alone? Your consciousness, beloved ones, you have said, belongs to the Holy Christ Self.

亲爱的人们，你们口口声声说，自己的意识属于神圣基督自我。你们可曾思考过，这些话语字面之下更深的含义？

You have made a mental surrender, but the Holy Christ Self is too pure to behold iniquity. The moment that you cognize imperfection, you make the separation—the Holy Christ Self and you. The moment that you enter in again to that consciousness of perfection, you unite. Oh, the Holy Christ Self is not a body—it is a consciousness that must be cultivated through the energies of your thinking, feeling self. The Holy Christ Self becomes the activity of your hourly, daily, minutely and secondly thinking and feeling, and thus you grow into its fullness.

你们只在心智层面做出了降服，然而神圣基督自我纯净无比，无法注视不义。一旦你觉察、认同不完美，你便与神圣基督自我产生了割裂。当你重新进入那完美的意识之中，你们便再度合一。噢，神圣基督自我并非一具形体；它是一种意识，必须通过你们思想与情感自我的能量来培养。神圣基督自我，就显现在你每时每刻、分分秒秒的思考与感受之中；你也借此成长，直到完全变成基督自我的样子。。

You have considered this Christ Self as something apart, that independently takes command of you. It is cultivated through your own conscious energy every day, beloved ones. Contemplate the activity of changing the quality of your energies, and of becoming a consecrated vessel, through which the perfection of God may reach into the world of men. That is the mastery that Jesus achieved, the mastery which you all honor in his Ascended Master Presence. Surrender the energies of self! Be about the Father's business.

你们一直把基督自我视为存在于你之外的事物，觉得它会自己跑来接管你。亲爱的人们，它是依靠你每一天自身的有意识的能量去培育而成的。默想这件事：去转化你自身能量的品质，成为一个奉献的管道，让神的完美可以借着你抵达人类世界。这就是耶稣所达成的大师境界，也就是你们所敬拜的、已然扬升的大师临在所彰显的主宰力量。降服小我的能量！去从事天父的事业吧。

Up from Bethany came that humble few, just prior to the Palm Sunday that you celebrate. Well do I remember that day—there were about twenty people among all that throng, who knew the enactment of that great mystery which began its pulsation as the praises rose from many throats, as the palm fronds were

placed before the feet of the little donkey. Yet, of all that throng, a few short days later, who was present? Beloved ones, there is much to contemplate in the life of your Master—there is much to embody through the energies of your own world, to intensify and increase the power of the Christ where you stand. Let us then be about our Father's business.

就在你们所纪念的棕枝主日之前，少数谦卑之人从伯大尼而来。我清晰记得那一日。在人山人海之中，大约只有二十个人知晓这场伟大奥秘正在上演：当众人的赞美之声响起，棕榈枝叶铺在小毛驴的蹄前，这奥秘便开始搏动。然而短短数日之后，这群人当中，又还有谁仍在现场？亲爱的人们，你们上师的一生之中，有许多值得深思之处；你也需要借着你自身生命场域的能量，将这些内涵活出来，在你所处之地，强化并扩增基督的力量。让我们投身天父的事业。

Let those of us who profess to love God, loose the Presence from within us, and let that Presence go free in active works! I summon you—where there once was one Christ, there now must be many. Where there was one Master of Light, there must now be ten billion strong. Where one white-robed figure, hair bronzed in the sun, rode triumphantly into Jerusalem,

stopping every once in awhile to feel the soft ears of that sweet donkey, and to give a blessing and a benediction as he passed—where there was one such, now must there be many. Join, then, with the great Beings of Light, in a consecration of yourself and of your life energies to service.

我们这些口称爱神的人，要把这份临在从自己的内在释放出来，让这份临在借着实际的行动自由彰显！我呼召你们：从前仅有一位基督，如今要有许许多多的基督。从前仅有一位光之大师，如今要有百亿位强大的光之存有。从前，有一位身着白袍、发丝被日光染成古铜色的存有，得胜骑驴进入耶路撒冷；他时不时停下，抚摸那头可爱驴子柔软的耳朵，行经之处便赐下祝福。曾经仅有这一位，如今，要有许许多多这样的存有。那么，请与伟大的光之存有们一同，将你们自己和生命能量奉献于服务之中。

Oh, beloved infinite Father of Light and Life! Standing in the presence of the electronic stream of energy that flows into these hearts this morning, I bow in gratitude for the presence of God within them. Consecrate, oh, beloved presence of God, their feeling worlds today. Let those feelings convey faith, hope, confidence, and positive assurance to mankind. Consecrate their minds, oh, presence of God. Purify them of all images of

imperfection. Let them see the magnitude of the Christ Self—let them see the vision with sufficient clarity that the enthusiasm of the self joins with that vision and brings God manifestations now.

噢，至爱、无限的圣光与生命天父！站在今晨流入这些心灵的电子能量流面前，我怀着感恩之心鞠躬，感谢上帝的临在就在他们内心。噢，敬爱的神之临在，请在今天将他们的情感世界奉献出来。让这些情感向人类传递信心、盼望、信念与笃定的确信。噢，神之临在，请奉献他们的思想。净化他们，使他们摆脱一切不完美的意象。求你让他们看见基督自我的宏大；让他们足够清晰地看见这愿景，使自我的热忱与愿景合一，令神的显化在此刻降临。

Consecrate these bodies, oh, Infinite Power of Light, as you consecrated Jesus on the banks of the Jordan. Consecrate these men and women now as legions of the Cosmic Christ, carrying within their hearts the Presence of God. Give to them remembrance that in every circumstance is opportunity to invoke and externalize that Presence. Let not one stand silent before adversity, when the Presence of God through them can

be master! In the name of God, of Light, of Jesus and the Hosts of Heaven, I bid you adieu, but not good-bye.

噢，无限的光之力量，请净化并祝福这些身躯，正如你在约旦河边净化并祝福耶稣那般。请现在祝福这些男女，使他们成为宇宙基督的军团，让他们在心中承载神的临在。求你使他们记住：每一种境遇之中，都存在呼召并显化这份临在的机会。当神的临在可以借着他们成为主宰时，不要让任何人在逆境面前缄默不语！以上帝、光明、耶稣及天堂众军之名，我向你们道别，但这并非永别。

Beloved Serapis Bey — April 14, 1954

敬爱的塞拉皮斯・贝 — 1954 年 4 月 14 日

Spirits of God! Spirits of Light!

上帝之灵！光明之灵！

Candidates for the ascension, I bow before you. I am the servant of your life, summoned by the magnetic pull of your soul, which has demanded of the universal, redemption and immortal freedom. For this I have being, for this I use the priceless gift of God, life itself. Whenever a summons from the heart flame goes forth I may, standing within the aura of that one, activate the Ascension Flame, transmuting the energy which has, through the centuries, qualified life imperfectly, and opening the door into that glorious and eternal freedom which life within itself desires, and knows is its natural habitat.

即将扬升的候选者们，我向你们俯首。我是你们生命的仆人。你们的灵魂向宇宙呼求救赎与不朽的自由，那股磁吸力量将我召唤而来。我为此而存在，我为此运用神那无价的礼物 —— 生命本身。每当心灵火焰发出呼求，我便

可以站在那人的气场之内，激活扬升火焰，转化那历经许多世纪、被赋予不完美属性的生命能量，打开一扇大门，通往那生命内在所渴望、也深知是自己本然归宿的荣耀永恒自由。

It is my privilege and my honor to answer the summons from the heart when there is opportunity through the use of this glorious intelligent Spirit of the Ascension Flame, to raise a consciousness again to its natural God-estate. May I introduce to you the Spirit of the Ascension Flame, a living, breathing intelligence which does (when called into action) invoke from the electrons in every cell of your body, that portion of itself which is hidden within your own light. As that Flame of the Ascension within yourself expands and meets the Spirit of Ascension Flame in its cosmic activity, the two become one, and the mystic activity of transmutation and ascension takes place.

当有机会借着这荣耀而拥有智性的扬升火焰之灵，将一份意识重新提升至它本然的神性位分时，回应发自内心的呼求，便是我的荣幸与荣耀。请容许我向你们介绍扬升火焰之灵：它是活生生、有感知的智性存有。当它被唤起运作时，会从你们身体每一个细胞的电子之中，唤出潜藏

在你们自身光之内的那一部分火焰。当你内在的扬升火焰向外扩张，与处于宇宙层面运作的扬升火焰之灵相遇，二者便合而为一，转化与扬升的奥秘运作就此发生。

Within every electron of that light that flows so freely and so constantly from the source of the universal into your hearts, is every qualification of the Sacred Fire, every power of the Sacred Fire, which in cosmic capacity is held within the atmosphere of Earth by spiritual intelligences. When the Cosmic Being, who chooses to embody the activity and hold it in the atmosphere of Earth as a radiating center, is summoned by your life, and magnetizes the dormant quality within the electron and draws that forth, you have the merging of the individual and the cosmic activity—whether it be of transmutation through the presence of Holy Amethyst, whether it be of resurrection through the presence of the mighty Gabriel, or whether it be the activity of the Ascension Flame in the beautiful spirit of Luxor.

从宇宙源头源源不断、自由涌入你们内心的光，它的每一颗电子之中，都蕴藏着圣火的全部属性与全部大能。这些圣火的宇宙层面力量，由诸多灵性智能保存在地球的气场之中。当那一位选择化身承载这项运作、将其作为辐

射中心安放在地球气场之中的宇宙存有，被你的生命所呼召，便会磁吸电子之中沉睡的属性并将其引出；这时个体层面的运作便与宇宙层面的运作融为一体。无论是借着圣紫水晶的临在带来的转化，或是借着大能的加百列临在带来的复活，或是借着美好的卢克索之灵所运作的扬升火焰，皆是如此。

As you sang that magnificent song to the ascension, which is the keynote of the beloved Spirit of the Ascension Flame, I am sure you felt, stirring within yourself, the activity of that flame, which, when released, does change the quality of the flesh, change the quality of the etheric body, change the quality of the emotional body and the mental body as well, and which does quicken the vibratory action in every cell and atom of your inner vehicles as well as your flesh, raising you to a closer vibratory action with that of the God-free.

当你们唱起那首献给扬升的壮丽诗歌（这诗歌正是敬爱的扬升火焰之灵的基调），我确信你们能够感受到那火焰在内在涌动。火焰被释放之后，会改变肉身的品质，改变以太体、情绪体与心智体的品质；它会加速你肉身与内在载具的每一个细胞、原子的振动频率，使你的振动更加贴近那些已获神性自由的存有。

Beloved ones, I cannot emphasize enough that within the electron, within the primal essence of life that flows to you, there waits—fire! The fire which becomes the bread on your table, the substance that clothes you, the fire that becomes the transmutation of your transgressions into harmonious energy, the fire that becomes, for you, the actual elixir of healing, the fire that becomes for you the resurrection of the powers which you knew in the Great Central Sun and in the inner spheres, and here even in the physical appearance world in ages that have past, and the fire which one day—when your momentum is builded to that point—will join with the cosmic flame and give to you that marvelous experience which you have come to know intellectually as the ascension of self.

亲爱的众生，我无论如何强调都不为过：在电子之中，在那流向你们的生命原初本质之内，正沉睡着 —— 火焰！这火焰会化作你桌上的面包，化作给你们遮体的衣物；这火焰能将你的过错转化为和谐的能量；对你而言，它是实实在在的疗愈灵药；它能使你重拾你在伟大中央太阳、内在诸界，乃至往昔物质显化世界所拥有的种种力量，使之复活；终有一日，当你的势能积累到位，这火焰

会与宇宙火焰相融，带给你那份你仅在理智上有所认知的奇妙体验 —— 自我的扬升。

Each electron, each heartbeat, each vital light cell answers every summons and call you make upon it graciously, and says, “All this I can do—and more,” when you summon it forth as Jesus summoned Lazarus from the tomb. Summon from within the depths of your being that power of the Sacred Fire which is the requirement of every moment. You will find that opportunities are manifold, here in the course of your hourly living, opportunity to summon forth peace or justice or harmony or restitution of divine perfection from distortion of form, or balance of mind or body, or supply. How can the consciousness of students linger longer in appearance of lack and limitation, when within the essence of the electron is lying, quiescent in the body, the nature of God, himself?

每一颗电子，每一次心跳，每一个充满活力的光细胞，都会欣然回应你发出的每一次呼求。倘若你像耶稣从坟墓中唤出拉撒路那样去召唤它们，它们便会回应：“这一切我都可以做到，还能成就更多。”要从你生命的深处，唤出每一刻都需要的圣火大能。你会发现在每时每刻的日常生活之中，机会比比皆是：你可以呼求平安、公义、和

谐；可以从扭曲的形态之中，恢复神圣的完美；可以求得身心的平衡，或是物质的丰裕。神的本性就安睡蛰伏在你身体的电子本质之中，修行者的意识又怎能继续停留在匮乏与受限的表象之中？

At Luxor, beloved ones, where you have visited me on and off through the centuries, aspiring toward redemption, our complete discipline lies in turning the consciousness of the aspirant and the neophyte inward, to the flaming heartbeat, until such an one can draw from that heartbeat even the necessities to nourish the physical body (as Jesus drew the "manna" from heaven). The clothing, the very garments with which the initiate approaches the altar, are woven out of the energies of his own primal life.

亲爱的人们，漫长世纪以来，追求救赎的你们时常前来卢克索与我相会。我们整套的修持训练，就是带领求道者与新入门者将意识向内转向燃烧着火焰的心跳；直到他能够从这份心跳之中，汲取滋养肉身的生活必需品（如同耶稣从天唤下"吗哪"）。修行者来到祭坛前所穿戴的衣物，正是由他自身原初生命的能量编织而成。

Mastery and completeness are within the unit, as the oak tree is within the acorn, and the chicken is within the egg. As the

smallest, most insignificant seed contains, within itself, not only the pattern of its full flower, but the way and means of externalizing that pattern—the nourishment required, the magnetic pull upon the elements to develop itself—so of a certainty is the divine pattern within the heart of man and life itself, endowed with self-sufficiency. It requires but a realization that within the light that flows, beloved ones—in countless millions and millions of millions of units into your world each minute—is the fullness of healing, of freedom, of illumination, of every God-desire.

主宰与圆满，本就蕴藏在个体之内，如同橡树蕴藏在橡果之中，小鸡蕴藏在鸡蛋之中。即便是最微小、最不起眼的种子，内部不仅蕴藏着盛放花朵的完整蓝图，也蕴藏着实现这份蓝图的全部方法：它需要的养分，牵引元素促使自身生长的磁吸力量，同样毫无疑问，在人的内心，在生命本身之中，神圣蓝图已然存在，且本自具足。你只需认清一件事：每分每秒，无以计数的光质单元涌入你的世界，都有亿万兆的光单元涌入你的世界；在这流淌的光之中，就蕴藏着完整的疗愈、自由、启迪，以及每一份源自神性的渴望。

Those of you who have upon your breast the words, “Candidate for the Ascension,” are most blessed of all the mankind embodied today. You have been chosen for one of three reasons, in the great Halls of Karma before you were granted the privilege of taking an earth body. You were chosen either because you have become a harmless one, one whose energy has been almost completely redeemed, whose cycle of individualization is ready to close, and who has transmuted, through many ages of saintly living, the majority of those energies qualified imperfectly.

你们当中，那些胸前被赋予“扬升候选者”名号的人，是如今投生世间全人类之中最蒙福的。在你们获得投生肉身的资格之前，在宏大的业力殿堂之中，你们因三种缘由之一而被拣选。第一种：你已然成为不伤害众生之人，你的能量几乎已经完全被救赎，你的个体化周期即将走向终结；历经许多世代圣洁的生命，你已经转化了绝大部分被赋予不完美属性的能量。

Therefore, you have by that very preparation of the ages, signified to life through the color bands in your Causal Body that there is opportunity for you to write your name upon the last page of your book, to seal it and place it forever in the

records of eternity. Or you are those whose souls have awakened from a long soul sleep, who have remembered glories, majesties and powers on other stars in other systems—in other universes—and who, waking, feel intensely and deeply the loss of your powers, the loss of your freedom, and through that intensity have demanded the opportunity of completing the cycle of your manifest expression quickly, and have decided to make the great sacrifice taking back in one short lifetime—at no matter what personal cost or discipline—all the unredeemed energies.

因此，借着你历经世代所完成的这份预备，你的因果体之中的色带向生命昭示：你有机会在自己生命之书的最后一页写下名字，将书卷封缄，永久存入永恒的档案之中。第二种：你的灵魂从漫长的沉睡之中苏醒，忆起自己曾在其他星系、其他宇宙之中所拥有的荣耀、威严与大能；苏醒之后，你深切地体会到力量与自由的丧失。借着这份强烈的渴望，你祈求可以快速完成自己显化表达的周期；你决意做出巨大牺牲，不计任何个人代价与修持的艰苦，要在短短的一世之中，赎回所有尚未被救赎的能量。

You have been examined by the Law, and have been found capable of making this sacrifice, and the Karmic Board has

agreed to release your karma to you, knowing you can hold the balance through its pressure, and, if you endure unto the end, earn the seamless garment of light. Or you are in the third category—volunteered guardian spirits—those who have renounced freedom, to come in this period of cosmic change, when the Sixth Ray plays its last chord, when the gently-opening notes of the Seventh Ray are sounded on the cosmic organ, and who desire for love of God and your fellowman to offer your bodies as conductors of these subtle currents, as step-down transformers, to receive the instructions directly from the Ascended Masters, and to carry that instruction in a more mercifully-transformed form into the consciousness of mankind. In any one of these three cases, you were presented before the Karmic Board and the colors in your Causal Body had to be studied by the entire seven members. Any individual who is passed as a candidate for the ascension must have a pretty well-balanced Causal Body. Concentric rings of force distinguish the Causal Body of an initiate, an adept, and a conscious chela who can bear the burden of more-than-ordinary responsibility. These rings, much like the colors in the upper figure on the chart, are rhythmically pouring out waves of light into the upper atmosphere. The inner spheres, in which the

Christ Selves dwell, look as if they were in a constant state of greeting the sun in a brilliant sunrise.

你经过法则的检验，被认定有能力做出这份牺牲。业力委员会同意将你的业力呈现在你面前，他们知道你可以承受业力的重压并维持平衡；只要你坚持到底，就能够挣得那件无缝的光之袍。第三种：你是主动请缨的守护灵。你舍弃了自由，来到这个宇宙剧变的时代 —— 此时第六道光奏响最后的和弦，宇宙的管风琴之上，第七道光轻柔的音符缓缓响起。出于对神与同胞的爱，你甘愿献出自己的肉身，作为这些精微能量流的导体、降压转换器，直接接收扬升大师的指引，并把这份指引经过更慈悲的转化之后，传递到人类的意识之中。属于这三类之中任意一类的人，都要被带到业力委员会面前，七位委员要共同审视你因果体之中的各色光带。任何获准成为扬升候选者的人，都必须拥有相对均衡的因果体。入门者、得道行者，以及能够承担超常重责的清醒弟子，他们的因果体可以凭借层层同心的能量环来区分。这些光环，就如同图表上方人像上的色彩一般，有节律地向高层气场之中倾泻光之波浪。基督自我所居住的内在诸界，仿佛永远处在绚烂日出、迎向朝阳的状态之中。

The Causal Body of the average man is more or less chaotic, with the various colors inter-blending like the water color effort of a small child, where the blues and greens and yellows are all intermingled through excessive use, perhaps, of water, and indiscriminate use of brush and paint. Those of you who have more developed Causal Bodies, have within them a treasure house of constructive momentums, and you were chosen carefully, as a gardener chooses certain banks of color when he sets out formal gardens to supplement and complement each other. SO DID THE GREAT DIVINE DIRECTOR PARTICULARLY CHOOSE LIFESTREAMS TO BE THE FOUNDATION AND HEART OF THIS ENDEAVOR, WHO HAD PREDOMINANTLY ACTIVE WITHIN THE CAUSAL BODY, ONE OF THE SEVEN QUALITIES, EACH INDIVIDUAL CONTRIBUTING ONE, SPECIFICALLY, AND PERHAPS LACKING IN THE OTHER SIX.

普通人的因果体多少有些混乱，各色光带相互混杂，就像小孩子画的水彩画：或许是加水过多，画笔与颜料随意涂抹，蓝、绿、黄各色全部交融在一起。你们当中因果体更为发达的人，内在蕴藏着一座由正向势能构筑的宝库。你们是被精心拣选的，就如同园丁布置规整园林时，挑选各色花簇，使它们彼此映衬互补。伟大的神圣指导者

也正是如此，特意拣选某些生命之流，作为这项事业的根基与核心。这些生命流在因果体中以七种品质之一为主导性地活跃着，每个人具体地贡献其中一种，而或许在其余六种上有所欠缺。

When I say “lacking,” I mean that each one has a predominant color, compared to the other bands of color, but you had to have a minimum of balance in all seven. The seven types of individuals who have answered the summons and calls of beloved Saint Germain and Morya are now endeavoring through the conscious and intellectual selves, to combine their energies in harmony. I ask you to learn from every man, because as he perhaps is developed in another portion of expression, so will you develop the band of color within your Causal Body that perhaps needs nourishment, and you may very well give to him from the storehouse of your faith, your light, your opulence, your beauty, or your peace.

我说的“欠缺”，是指相较于其他光带，每个人都有一个占主导的色带，但七重属性每一项都必须达到最低限度的平衡。这七类回应了敬爱的圣哲曼与莫利亚呼召的人，如今正努力借着自己的显意识与理智，让各自的能量和谐地结合在一起。我请你们向每一个人学习：他或许在某一

方面的表达上更为成熟，你便可以借此滋养自己因果体之中尚待成长的光带；同时你也可以从自己内在的宝库之中，把你的信心、光、丰盛、美好或是平安给予对方。

The individuals who have passed the Karmic Board as candidates for the ascension in the course of an earth life are few, compared to the masses. There has to be a minimum number of lifestreams who can possibly make the ascension in one embodiment to hold the balance of the inner currents for the Earth. Because of the closing of the cycle, greater numbers of these individuals have incarnated recently, and from this time on, we shall make a tremendous application to the Karmic Board that greater numbers of prepared lifestreams at inner levels be given the first opportunity to incarnate. This is one of the reasons why I am speaking with you today. You are no longer just students in these great classes. You are really cosmic servants, and the activities which are engaging the interest of the Cosmic Beings, the angels, the Karmic Board, the Host of Heaven can be imparted to you from time to time as wisdom indicates, and as your discretion allows. Then, through your own energies, as you cooperate with us while we are endeavoring to secure certain dispensations, we are able to receive a greater outpouring of grace from the heart of the Law.

和芸芸众生相比，能够通过业力委员会审核，有望在一世尘世生命之中达成扬升的人，数量寥寥。必须要有最低数量的生命之流，能够在一世投生之内完成扬升，以此维系地球内在能量流的平衡。因为周期正在落幕，近来已经有更多这类存有投生世间。从今往后，我们会向业力委员会郑重请愿，让更多已经于内在次元预备妥当的生命之流，获得优先投生的机会。这也是我今日对你们宣讲的缘由之一。你们不再仅仅是这些宏大课程的学员。你们实际上是宇宙的仆人。那些牵动宇宙存有、天使、业力委员会、天国万军的各项事务，在智慧许可、你们的分辨力能够承受的前提下，可以不时向你们传递。当我们努力争取某些特许恩典时，借着你们的能量与我们的配合，我们便能够从法则的核心，迎来更为充沛的恩典倾泻。

The spring is the time when the greatest influx of lifestreams into the planet Earth occurs, in both the nature kingdom and the human kingdom. At inner levels, there is a ceremony which engages the attention of the Karmic Board at this season. The souls are chosen who are to incarnate within the next twelve months, and they are then sent to school-rooms to be prepared, and await the summons of the angel of birth, who will direct

the consciousness into the body being prepared by the builders of form.

春天，是生命之流大量涌入地球的时节，无论对自然王国还是人类王国皆是如此。在内在次元，每到这个时节，业力委员会便会举行一场仪式。委员会会挑选出未来十二个月之内将要投生的灵魂；这些灵魂会被送入学堂接受预备，等候诞生天使的呼召。诞生天使会将意识导入形体建造者所预备好的肉身之中。

In cooperation with the marvelous idea of the beloved Master Morya, we have applied to the Karmic Board to give the permission to embody only those who will take the vow of allegiance to Sanat Kumara and who will, on securing a physical body, bend all of their personal energies to fulfilling the divine plan, expanding the light upon the Earth, and freeing Sanat Kumara from his exile. As the Karmic board is at the present time examining the lifestreams who have applied for re-embodiment, and those that are brought by the sponsors from the seven spheres, we would like to dedicate this day, this night and tomorrow morning to the securing of as much energy from unascended beings as possible, to see that the beloved shining spirits who are wishing to secure embodiment may be

given first opportunity. We would like your cooperation to join our energies in this petition.

我们配合敬爱的上师莫利亚那卓越的构想，向业力委员会提出申请：只允许那些向萨纳特·库玛拉立下效忠誓言的灵魂投生。他们获得肉身之后，会倾尽个人全部能量，去完成神圣计划，扩增地球上的光，使萨纳特·库玛拉脱离放逐的状态。当下业力委员会正在审核申请再度投生的灵魂，以及由来自七个界域的保荐者所呈交的灵魂。我们愿将今日白天、今夜及明日清晨奉献出来，尽可能汇聚尚未扬升存有的能量，好让那些渴望获得肉身的闪耀灵性存有，可以得到优先的投生机会。我们希望你们配合，将你们的能量加入这份请愿之中。

As you are engaged tonight with the mighty Angel of Resurrection and the Great Guardian Spirit of Incoming Children and of Birth, will you bend your energies in song, in thought and in heart desire of our petition? I will stand before the Karmic Board and make the petition which I am describing to you, that I may write across the breast of every soul who is passed—remember in Europe, in Russia, in the Orient, Malaya, in Africa, millions and millions will be born—the words, “Candidate for the Ascension.” Do you know what it would do

for the planet Earth if every child that was born from this night forth had within his own Causal Body and lifestream the capacity to make the ascension in this embodiment? Think it through.

今夜，你们将与大能的复活天使，以及守护新生孩童与诞生的伟大守护灵同在；愿你们借着歌声、心念与内心的渴望，将自己的能量投入这份请愿，可否？我会站在业力委员会面前，提出我向你们述说的这份请愿：愿我可以在每一位获准投生的灵魂胸前，刻上“扬升候选者”这几个字。请记住，在欧洲、俄罗斯、东方、马来亚、非洲，将有千千万万的孩子降生。倘若从今夜开始降生的每一个孩子，他的因果体与生命之流中，都拥有在这一世达成扬升的能力，你们知道这会为地球带来什么吗？请好好思索。

May I now point your attention to another great activity, which is also engaging our energies. The beloved Archangel Michael, you will remember, secured a dispensation in gratitude for the student body's service, which freed any student who had given his life to this endeavor, and who has passed through the change called death or will in the future pass through that change, from the necessity of re-embodiment. Included in this grant were those who were touched by the energies of your

world, your families, no matter how orthodox the mind might have been.

现在，请容许我把你们的注意力引向另一桩同样耗费我们精力的重大事务。你们应当记得，敬爱的大天使迈克尔，为回报修行团体的侍奉，争取到一项特许恩典：凡是将生命奉献给这份事业的修行者，无论已经经历名为死亡的转变，或是未来将要经历死亡，都不再需要再度投生。这份恩典的覆盖范围，还包括那些被你们生命场域能量所触及的人，也就是你们的家人，无论他们的思想观念有多么传统守旧。

We know the gratitude that rose from your hearts at New Year's, the sweet essence of joy in your unselfish happiness that those parts of life that were near and dear to you were to be free. You have not thought, perhaps, in detail, of all the endeavor at inner levels, all of the thought and feeling, that will be required to prepare these individuals to complete their own evolution when no longer allowed the theater of Earth in which to gain the valuable experience of cause and effect. Do you know, and I say this in kindness, the condition of the minds and hearts of many of those who were included in this grant?

我们知晓新年之时，你们心中涌起的感恩；那份无私的喜乐芬芳，是因你们所珍视的生命存有得以获得自由。或许你们并未仔细思索：这些人不再能够以地球作为舞台去收获宝贵的因果体验，为了预备他们完成自身的演化，在内在次元需要付出何等巨大的努力，需要投入多少心念与感受。我怀着善意发问：你们可知道，这份恩典所覆盖的许多人，他们的心智与心灵处在怎样的状态？

Yet, something had to be done to give to them opportunity which their consciousness could assimilate and digest. So, the Brotherhood at Luxor and the Ascension Brotherhood began creating the magnificent, all white temples of blazing light. The doors are forty or fifty feet in height. As you sing the song to the ascension tonight, those doors will open for the first time. The Silent Watchers of the inner spheres will have gathered every one of those who have come under this dispensation, and they will file two by two into these temples, and will be enrolled in active, conscious instruction in the use of the Sacred Fire. Is this not a cosmic moment, among moments? (Audience rises). I thank you for feeling this so deeply. I understand, dear hearts, that the conscious mind is staggered ofttimes by the

truths that we bring, and yet it is all love, and we who are free, just love to serve life. Thank you. Please be seated.

即便如此，我们必须有所行动，给予他们的意识能够接纳、消化的成长机会。于是，卢克索兄弟会与扬升兄弟会，开始建造一座座宏伟、通体洁白、火焰熊熊的光之圣殿。圣殿的大门有四五十英尺之高。当你们今夜唱起那首扬升之歌时，这些大门将会第一次开启。内在诸界的静默守望者，会把所有受这份恩典覆盖的灵魂全部召集起来；他们将两两列队走入圣殿，正式登记，接受关于如何运用圣火的、有意识的实操教导。这难道不是诸多时刻之中，一个属于宇宙的伟大瞬间吗？（听众起立）感谢你们对此深有共鸣。亲爱的心灵们，我理解，显意识常常会被我们带来的真相所震撼；但这一切的背后全是爱。我们这些已经获得自由的存有，满心欢喜地侍奉生命。谢谢，请坐下。

May I say, because I have known you all so long, I have seen your actions and reactions under stress and under strain. In the name of God, hold your peace, hold your tongue and guard your energy through these next few days, because you are batteries of power, and once you begin to loose your energies

through the tongue, they will run away from you. Each one of you, feel that you are in a private retreat, that you have all of this magnificent inner activity to contemplate, and within the harmony of your own self, loving life free, you can have tremendous cosmic blessing.

请容许我说，我认识你们已经许久，我见过你们身处压力与紧张之下的种种行为与反应。我奉神之名劝你们：在接下来的数日之中，保持内心安宁，谨守口舌，守护你的能量。因为你们就是能量电池；一旦你开始借着言语向外宣泄能量，能量便会从你身上流失。你们每一个人，当把自己看作身处一处隐秘闭关之所；默想这一切宏大的内在运作，安住于自身的和谐之中，以爱祝福一切生命获得自由，如此你便能领受浩大的宇宙祝福。

We thank you for your presence. I thank you for your many visits to Luxor, and I ask you now to remember that the Ascension Flame is within the electron, and that the electron is within your heart. I am your friends, your servant, awaiting your summons and answering your call. I have loved you for centuries!

感谢你们的到来。我感谢你们多次造访卢克索。此刻我请你们记住：扬升火焰就在电子之内，而电子就在你的

心中。我是你们的朋友，你们的仆人，等候并回应你们的呼求。漫长世纪以来，我一直爱着你们！

Serapis 塞拉皮斯

在提顿圣殿大会上的讲话

ADDRESS GIVEN AT THE TETON CONFERENCE

Beloved Archangel Michael June 28, 1954

至爱的大天使迈克尔 1954 年 6 月 28 日

The raising of the consciousness is a scientific matter, beloved hearts, which many earnest and sincere students do not yet understand.

至爱的心灵们，意识的提升是一件合乎科学规律的事，许多恳切真诚的修行者对此尚未理解。

The consciousness you enjoy in the physical octave or at inner levels, etherically, cannot be too rapidly raised into vibratory actions of a very rapid and subtle nature, for the conscious mind and ego, itself, would merely "black- out," so to speak, and there would be no awareness in those realms.

你们在物质世界，或是内在层面（以太层面）所拥有的意识，不能被骤然提升至极高、极精微的振动频率。否

则，显意识心智与小我本身会直接“意识断档”，从而在那些境界中丧失知觉。

Therefore, even in mercy, when we meet a soul who passes through the change called death, we must carefully measure the amount of light that such an one can comprehend, enjoy, digest, assimilate, and make his own.

因此，即便是出于怜悯，当我们遇到一位正经历所谓“死亡”转变的灵魂时，也必须仔细衡量此人能够理解、领受、消化、吸收并内化属于自己的光有多少。

The particular heaven or octave of light to which we take such an one corresponds to the maximum awakened consciousness that the soul can maintain within such a sphere.

我们将灵魂接引去往的特定天国或光之次元，要匹配该灵魂在那个界域之中能够维持的最高觉醒意识水平。

Therefore, we have what you would call “graduated heavens,” the heavens of the orthodox world, the heavens of the metaphysical world, the heavens of the esoteric students, the chelas, on upward through the adepts, until finally the consciousness achieves a capacity to retain self- awareness in the Ascended Master Octave.Such an one then is a candidate for the ascension.

所以就有了你们所说的“分级天国”：正统信仰的天国、玄学体系的天国、密修求道者与门徒的天国，再向上延伸至大成就者，直到意识终于拥有能力，在扬升大师的维度之中依然保有自我觉知。到那时，这个灵魂就成为扬升候选者。

It is exactly the same in the type of radiation, instruction and personal presence that we bring to you.We must carefully measure the light, the capacity, the spiritual digestion, and the power of assimilation within each of your own, and not bring you beyond the point of awareness, for you would receive no benefit, and, perhaps, in that assimilation, you might find yourself possessed of more information than you were yet able to control, manage, direct and qualify harmoniously.

我们传递给你们的能量辐射、教导启示与临在状态，亦是同理。我们必须审慎估量你们每个人内在的光、承载能力、灵性消化力与同化接纳的力量，不会将你们提升至超出自身觉知的程度。否则你们得不到益处，并且在同化过程中，你们或许会承接过多讯息，而尚无力去调和地掌控、处理、引导与校准这些讯息。

I took a vow to the Sun of this system that I should remain until every lifestream, every spirit- spark called forth from that Sun, had found mastery, and had returned, in God- dignity, into the realm of eternal light.

我向本星系的太阳立下誓约：我会留在此地，直到每一个从太阳之中诞生的生命流、每一颗灵性火花，都证得圆满掌控，并带着神性尊荣，回归永恒之光的国度。

THIS IS MY REASON FOR BEING!

这就是我存在的使命！

I speak, tonight, from a heart that is filled with love for you. I speak on behalf of the angelic kingdom and my beloved brothers, the great Ascended Host of Light, who represent the Seven Cosmic Feelings of the nature of God.

今夜，我怀着对你们满溢的爱讲话。我代表天使族群，以及我至爱的弟兄们——宏大的光之扬升存有大军发言，他们代表着神本性之中七种宇宙层面的情感特质。

Tonight, I am privileged to bring from the heart of the Ascension Temples all of the loved ones whom it was my great joy and honor to assist in removing from them the necessity for re- embodiment on the earth plane.

今晚，我有幸从扬升神殿的核心带来所有我所珍爱的人。能够帮助他们摆脱在地球上再度转世的必要，是我莫大的喜悦与荣耀。

They have spent some time in each twenty-four-hour period within these Ascension Temples, which have been established in the seven spheres.

在每二十四小时里，他们都会在这些扬升神殿中度过一段时间，而这些神殿已设立于七个界域之中。

As your loved ones belong to the seven spheres, and as they had to be assisted in the sphere to which they belong, there are Ascension Temples in the entire seven spheres.

你们逝去的亲人分属七大界域，必须在各自所属的界域得到协助，因此七大界域全都设有扬升圣殿。

We have asked the beloved Angels of Blue Lightning to accompany these blessed ones as they come now into the lower atmosphere of Earth.

我们已请至爱的蓝色闪电天使，陪伴这些蒙福的存有，降临到地球的低层大气。

They come over the bridge of light, which has been established by the devas, to stand before the Karmic Board.

他们经过由提婆们构筑的光之桥梁，来到业力委员会面前。

These blessed ones have been exposed to the Violet Flame, and to that graded spiritual instruction which their consciousness could accept. The Karmic Board will look upon their record, as they did such a short time ago.

这些蒙福的存有已经历了紫罗兰火焰的洗礼，也接受了匹配他们意识承受力的分级灵性教导。业力委员会不久之前已经审阅过他们的生命记录。

It was no easy task, beloved ones, to provide all these varying consciousnesses with a spiritual teacher who could give the consciousnesses enough of the Law to move them forward as they proceed toward truth.

至爱的人们，要为这些层次各不相同的灵魂配备灵性导师，传授足够的宇宙法则，推动他们向着真理前行，绝非易事。

As you know, some were very orthodox and very narrow- minded. The improvement in each one as I looked upon them prior to the forming of the procession, is remarkable!

正如你们所知，其中有些人非常正统且思想狭隘。在这支队伍集结之前，我看见每一个灵魂的改变都令人惊叹！

The Karmic Board will look upon their light, and my petition shall go forth then, that as many of the lifestreams as possible that pass from embodiment this year, be freed from the necessity of rebirth, and be entered into one of these temples, and that grant be repeated yearly until no lifestream that goes out will be forced to return.

业力委员会将会审视他们的光。届时我会呈上请愿：希望今年离世的生命流之中有尽可能多的灵魂可以免于再次投生，得以进入这些圣殿之中。并愿此恩典年复一年地延续，直到不再有灵魂离世之后被迫重返世间。

It is very much easier for a student to achieve freedom in the lightness of the etheric garment, and it will allow the Earth to ascend in her sweetness and beauty if the weight of these individuals does not come back in a short time to again become part of her heritage.

修行者披着轻盈的以太光体，更容易获得解脱。如果这些灵魂的沉重业力，不必在短时间内再次回归、成为地球的负担，地球便能够在甜美与美好之中完成扬升。

Michael

迈克尔

—— —— —— —— —— —— —— —— —— ——

—— —— —— —— —— ——

Beloved Mother Mary　June 29, 1954

至爱的圣母玛利亚　1954 年 6 月 29 日

In the initiations that I was privileged to pass through before I was given the opportunity of accepting the role of the mother of the beloved Jesus, I had to prove, before the Karmic Board, the great Lord Maitreya, and the spiritual assembly, that I was able to hold the concentrated image of the Divine Being, no matter what the pressures of energy directed at me from within or without might be!

在我有幸成为至爱的耶稣之母以前，我所经历的进阶试炼之中，我必须在业力委员会、伟大的弥勒主以及灵性

议会的众存有面前证明：无论来自内在与外在的能量压力如何袭来，我都能够稳稳持守神圣存有的完整形像！

For three long hours at inner levels, I held that concept, and every pressure, even from the Elohim, was directed into my mental body, attempting to divert my attention most subtly into other activities of life and light, but causing me to relinquish that perfect image which it would be required of me to hold during the entire period when I carried the Master Jesus and during the long years after his birth, waiting the hour of his trial and then his ultimate victory!

我在内在次元整整持守这份构想达三个小时。各式各样的压力，甚至来自伊洛希姆的力量，都冲击我的心智体，用极为微妙的方式企图把我的注意力转移到生命与光的其他事务上，迫使我放弃那完美形像。而在我孕育耶稣大师的整个阶段，以及祂降生之后漫长的岁月，等候祂受试炼直至最终得胜的全部时光，我都必须持守这份形像。

So I have been chosen to come to you, tonight, to ask you, among other things, to endeavor to develop a power of concentration upon one activity of the Sacred Fire, one exercise, one spiritual development, until you can carry it through thought and feeling into form.

所以今夜我受拣选来到你们当中，在诸多事项中，特别请求你们努力培养一种专注力，专注于某一项神圣之火的操练、某一个修习、某一项灵性成长，直到你们可以借着思想与感受，将它落实显化为形相。

In my activities at inner levels, I work with the elementals, and in our temples we teach them how to embody form.

我在内在次元服务之时，会与元素生灵一同工作。我们在圣殿之中教导它们如何凝聚出形体。

The elemental becomes the form of the flower and the form of the grass, the form of the blossom. His power of concentration determines how long that blossom or flower or manifestation will remain in the physical appearance world as a blessing to life.

元素生灵化身为花草、花朵的形体。它的专注力，决定这朵花、这份显化会在物质表象世界存续多久，作为给予生命的一份祝福。

It is difficult for them at first to concentrate their sweet small energies, for they mirror first one form and then another, changing with every passing activity which their vision contemplates.

一开始它们很难凝聚自己美好而微小的能量，它们会不断映照不同形体，所见的一切都会让它们随之改变。

You, beloved ones, are in much the same condition, emotionally and mentally.

至爱的人们，你们在感受与心智层面，处境与之十分相似。

It is my desire, through my momentum and power of concentration, to bring to you the pressure of my energy, and whatever assistance my lifestream can offer, to help you to draw the immaculate conception of your own Godhood in that same glorious design that was cut out of the universal light by Helios and Vesta, and to help you to hold that design, passing through it the flame of your feeling until the hour when your flesh, obedient to that thought and feeling form held, manifests the perfection of the Christ- estate, and you stand revealed the Master Presence.

我的愿望是，凭借我的势能与专注之力，将我的能量作用力、以及我的生命流所能提供的一切援助带给你们，帮助你们召引属于自己神性本质的“无瑕原型”——那正是赫利俄斯与维斯塔从宇宙之光之中勾勒出的荣耀蓝图。帮助你们持守这份蓝图，将你们感受的火焰注入其中，直到

你们的肉身顺服这份思想-感受形态，彰显出基督境界的圆满，而你自身的大师临在便全然彰显。

That, beloved children, is your supreme destiny!

至爱的孩子们，这就是你们至高的天命！

Each of us in the Ascended Master Octave is dedicated to some particular and specific activity and service.

我们每位处于扬升大师维度中的存有，都致力于某项特定而具体的活动与服务。

You, individually and collectively, as you develop and mature, will find yourselves specializing more and more, drawing the energies from the primal life, and qualifying them with a specific quality of radiation to bless life.You will become the specialists in the radiation of healing, of purification, of illumination, of education, of precipitation and all the various activities which will benefit and bless the race.

随着你们个人和集体的成长与成熟，你们会发现自己越来越专业化，从原始生命中汲取能量，并赋予其特定的辐射品质，以祝福生命。你们将成为疗愈、净化、启迪、教育、显化以及所有能造福人类的各项活动的专家。

In order for you to develop and mature these faculties, and to draw forth that primal energy and pass the energy of your feeling world through it, qualifying it with a specific God quality, you must have the quality and characteristic of spiritual concentration, because the life essence, in order to gather a momentum of any quality to be used as a specific blessing to the race, must receive a rhythmic charge from the feeling world, which is the qualifying agent of your lifestream.

为使这些内在能力得以发展、臻至成熟，唤起那本源原初能量，并将你的感受世界的能量贯入其中，以某一种特定神性特质对其加以调和校准，你们就必须拥有灵性专注的禀赋与特质。因为生命本质若要积聚起某种特质的势能，用以成为惠及全人类的特定祝福，就必须从感受世界获得节律性的能量灌注；而感受世界，正是你的生命流进行频率校准的媒介。

Students upon the path who have passed beyond the metaphysical stage of development, must come to a place where they recognize vibration, itself, and are not required to depend upon form for confirmation of the heart- acceptance of the Master Presence.

走在修行道路上的学员，当越过形而上层面的成长阶段之后，必须抵达这样一种境界：能够直接辨识振动本身，不再需要依托外在形式，来印证内心已然接纳大师临在这一事实。

This requires great balance, beloved ones, and it requires a great stillness in your heart, and it requires the silence of your lips and that you tell no man.

至爱的人们，这需要极大的内在平衡，需要内心深沉的宁静，需要闭口不言，不向外人诉说。

Mary 玛利亚

—— —— —— —— —— —— —— —— —— ——

—— —— —— —— —— ——

Beloved Serapis Bey June 30, 1954

至爱的塞拉皮斯·贝 1954 年 6 月 30 日

All right! Now I will tell you the story of Luxor and give you something pleasurable. I have a sweet side, too, you know. Yes,

I work with the seraphic host. My nature, believe it or not, is love.

好了！现在我来给你们讲讲卢克索圣殿的故事，讲一些令人喜悦的内容。你们要知道，我也有温柔的一面。没错，我与炽天使大军一同服务。信不信由你们，我的本性就是爱。

We give notice to those who are ready to enter Temple One. As they enter Temple One, they give up their names, position, title, the substance of this world. They become just a brother or a sister, wear the simple linen garments, rise and fall on their own light.They are given an inner name, and they remain within that temple until they have made the SURRENDER TO GOD, and become willing to fulfill their reason for being.That is what we are determined to find within your consciousness in this class. If we find it within a dozen of you, we feel we have done well.Those who do make it, those who are willing to become the nameless ones, those who are willing to wear the coarse linen garment and the sandals, are then ready for the Second Temple.

我们通知那些预备进入第一圣殿的灵魂。进入第一圣殿之时，他们舍弃自己的名字、地位、头衔，以及世间的

一切财物。仅仅成为一名弟兄或姊妹，身着朴素亚麻衣袍，完全依靠自身内在的光而生活、运作。他们会得到一个内在圣名，留居圣殿之内，直到他们向神全然臣服，甘愿去践行自身存在的使命。这就是我们希望在本次课程之中，想要在你们的意识里面看见的状态。就算只有十二个人做到，我们也认为成果斐然。凡是真正做到这一点，甘愿成为无名者，愿意身披粗麻衣袍、脚著凉鞋的存有，便已具备进入第二圣殿的资格。

In the Second Temple, everyone is happy. It is the temple of the beloved Kuthumi and the educators.The good in the Causal Body has been studied, and there is the action of the Law which is familiar to a goodly number of you.So, from the Causal Body and from the heart, the chela determines wherein is his greatest possible service to the community and to mankind. He determines to become a great singer, a great artist, an inventor, a teacher, a healer, a priest and so on.

在第二圣殿，人人喜乐。这是至爱的库图米以及教育者们的圣殿。在这里会审视因果体之中积累的善业，运作许多人都有所了解的宇宙法则。于是门徒从自己的因果体与内心出发，确定自己能为群体与人类做出的最大贡献。

他立定志向，成为伟大的歌者、艺术家、发明家、教师、疗愈师、祭司等等。

He is then assigned to a temple where he can develop greater and greater efficacy, according to the field of endeavor which he has chosen, and he devotes so many hours a day to impersonal service.Together, the Master and the group of chelas, using the knowledge they have received, direct that knowledge into the mental and feeling world of mankind, where it is picked up by the sensitive consciousness of the people in the outer channels of world service who still are constructive in intent.

之后他会被分派到一座圣殿，依照自己选择的方向，不断提升能力。每日投入大量时间，从事无我的奉献服务。大师与一众门徒携手，运用所习得的知识，将这些知识注入人类的心智与感受世界。世间那些身处外在世界服务渠道、内心仍保有建设性发心的人，会以自身敏锐的意识接收到这份真知。

Then comes Temple Three. It was at Temple Three that Blavatsky left. It is at Temple Three that almost all of our friends leave.

接下来是第三圣殿。布拉瓦茨基就是在第三圣殿止步离开。我们几乎绝大多数友人，都是在第三圣殿选择离开。

It is the temple where you are required to live with six other lifestreams, who have within them the particular nature, characteristics, and general qualities that irk you (learning tolerance). You must live and pray with them.

在这座圣殿，你必须与另外六位生命流一同生活，他们的本性、性格、特质恰恰会令你心生不悦（学习包容）。你必须与他们一同生活、一同祈祷。

You must live and learn the Law which Saint Germain gave you, not so long ago—that persons resist persons, places, conditions, and things because they have not mastered themselves.Here the fires of rebellion and resentment and all the various many self- justifications, burn the soul to ash.

你要在此生活，学习圣日耳曼不久前向你们揭示的法则：人之所以抗拒他人、地点、境遇与事物，根源是还没有掌控自我。在这里，叛逆与怨恨之火，以及各种自圆其说的借口，会将灵魂焚烧成灰烬。

After you have adjusted yourself to these six individuals, you are moved to another group with another six, unless, of course, you are among the FEW who do not need this, and there have been a few, there have been those who could not be moved by external radiation.

当你适应这六位同伴之后，会被调换到另一组，再面对另外六个人。当然，极少数人无需经历这一阶段，确实有少数灵魂，不会被外在能量辐射所扰动。

Those who pass from the Third Temple to mastery, come before me for the first time since entering my retreat. Many, many have left by the open door!

能够通过第三圣殿、达成内在掌控的人，自进入我的圣殿以来，会第一次来到我的面前。而许许多多的人，从敞开的门离开了圣殿。

In Temple Four, comes the wonderful experience, which some of you have had for a moment—the unification with the Christ. It is an initiation in which I, myself, am the presiding Master.Those who have learned to live with their fellowman, then have earned the right to live with God, and to see the Presence face to face! Here the veil is rent. The Holy Christ

Self is revealed, and the anchorage which you will enjoy, established.

第四圣殿会迎来一场美妙体验，你们当中部分人短暂体会过：与基督合一。这是由我亲自主持的进阶试炼。学会与同胞相处的灵魂，便赢得与神同在、直面神圣临在的资格。帷幕在此撕裂，神圣基督自我全然显露，而你将要安住的灵性锚点就此确立。

Those who pass that experience come to Temple Five, the Temple of Consecration. This is another happy experience, and those here do not know anything of a discordant nature.

通过这一阶段，便来到第五圣殿——奉献圣殿。又是一段喜乐的经历，在这里的灵魂不再体会任何不和谐。

They take off the linen garments, the sandals, and they are consciously vested under Hilarion's radiation, with the garments of the priest, the jewels of authority, the scepters of power, the secret words of invocation.

他们脱去麻布长袍与草鞋，在希拉利昂的灵性辐射之下，有意识地领受祭司的全套装备：穿上祭司圣衣，佩戴代表权柄的珠宝，手握力量权杖，得到秘传的召唤真言。

That exquisite ceremony is performed where each one walks up the steps of the temple and presides, for the first time, in drawing the visible Sacred Fire directly from the universal, in any one of the Seven Temples, according to the ray to which the lifestream belongs.

那场精妙的仪式是这样举行的：每一个人走上圣殿台阶，依照其生命流所归属的那道光，在七座圣殿中的某一座里，第一次主持仪典，直接从宇宙中召引那看得见的圣火。

Many remain here and go no further. Those who choose to enter the Sixth Temple, again pass through that tremendous renunciation.

许多人留在此处，不再继续前进。选择进入第六圣殿的人，要再一次经历彻底的舍弃。

They are the missionaries under the Archangel Uriel and beloved Jesus. The beautiful vestments, the velvets and the silks are folded away. The jewels of power and the crowns from their heads are removed for the begging bowl and the garment of the mendicant.The chela takes the vow of silence and leaves Luxor to perform a specific service of world benefit, THROUGH RADIATION.

他们成为大天使乌列尔与至爱的耶稣麾下的传道者。华美丝绒锦缎的圣袍被收叠起来，权能珠宝与王冠取下，换成乞食钵盂与苦行乞者的衣衫。门徒立下静默誓约，离开卢克索，依靠灵性辐射完成一项造福世界的特定服务。

The Master Jesus, in that small boy's body, passed through the initiation, through the consecration of the priesthood. Can you imagine that?Only his own light and I, alone, knew who he was—neither his teacher, nor the great tall men and women who were the aspirants in his hour knew him, as that little babe—no more than five, with great, enormous eyes, wearing a little white toga that his mother had woven for him— stood with those initiates.

耶稣大师，以那个小男孩的身体，通过了入门仪式，通过了祭司的授职圣礼。你能想象吗？除他自己的光与我之外，无人知道他是谁——他的老师不知道，他那个时代那些高大的男女修习者也不知道，那个不过五岁、长着一双硕大无比眼睛的小小孩童，穿着母亲为他织的小小白袍，就那样站在那些入门者中间。

When that child walked up those steps and the vestments, cut to size, were placed upon him, there wasn't a dry eye among them. Even his mother was not there.

当那个孩子走上台阶，合身的圣袍披到祂身上，在场的人无不动容落泪。就连祂的母亲也不在现场。

We can relinquish no part of our discipline for persons. She and Joseph sat under a fig tree outside of the gate, and don't think that Mary didn't pray, not only at the hour of the coronation, but in the times between.

我们不会因为任何人而放宽规训。玛利亚与约瑟就坐在大门外的无花果树下。不要以为只有授职的那一刻她在祈祷，在这前后的时日里，她一直在祈祷。

The Master Jesus did not complete the Sixth and Seventh Initiations within Luxor at that time.

那时候耶稣大师并没有在卢克索完成第六与第七阶的进阶试炼。

Many of the aspirants who go out so hopefully from the heart of the retreat do not return. Some are killed. Some have been stoned. Some are the martyrs. Some are absorbed by the world. Some are discouraged by the disinterest of the world.

许许多多满怀盼望从圣殿出发的求道者，再也没有回来。有人遇害，有人被乱石砸死，成为殉道者；有人被世间同化；有人因为世人的冷漠而灰心。

A few do return, and those few are the candidates for the Ascension, who dwell in sphere seven and who, through radiation, become fountains of nourishment and mercy to the earth sphere until the hour their complete victory is attained.

确有少数存有选择重返世间。这寥寥数人，便是扬升候选人。他们驻留于第七次元界域，透过自身能量辐射，成为滋养与慈悲的泉源，持续滋养地球层面，直至他们取得全然胜利的那一刻。

Serapis

塞拉皮斯·贝

— — — — — — — — — ——

— — — — — —

Beloved Saint Germain July 3, 1954

至爱的圣日耳曼 1954 年 7 月 3 日

You have heard how beloved Lord Maitreya designs the world religion, and builds it around the activity of the ray which is to be the predominant influence in each two- thousand- year cycle.You have heard from the Master Jesus how he, the

beloved Mary, myself, and the disciples, all chose to cooperate in bringing to Earth the Christian Dispensation.In exactly the same manner did I draw you around me and, with Lord Maitreya, we looked upon the divine plan for the Ceremonial Ray.In exactly the same manner did I choose those of you, with the greatest powers in your Causal Bodies, to have the strength to build the foundation.

你们已经听闻，至爱的弥勒主如何规划世界性宗教，以每一个两千年周期之中占主导影响力的光束活动为核心来构建信仰体系。你们也听耶稣大师讲过，祂、至爱的玛利亚、我，以及众门徒，如何同心协作，将基督教的神圣时代带给地球。我也是以完全相同的方式，将你们召集到我的身边。我与弥勒主一同审视“仪式光线”的神圣计划。我也正是以此方式拣选你们当中，那些因果体之中蕴藏巨大力量、拥有足够能力打下根基的灵魂。

Some of you were chosen for that strength and spiritual vitality, some for your wisdom, some for your artistic temperament and delicacy of perception, some for your purity, some for your consecration of energy, and some for your natural reverence and devotion, but all for your love of freedom!We did not choose all of one type. We have chosen some of the seven

types in order that we could train you first, and then let you go out and reach the type of mankind which your natural vibratory action, your development and your consciousness would appeal to, and to whom the people would be naturally drawn.It is not the desire of freedom, it is not the desire of my own lifestream, to have you all manifest the exact same type of magnetization of currents and direction of energies into the world of form.If it were so, six types of people would be completely repelled by the activity which must reach and incorporate the energies of all.

你们当中，有人因力量与灵性活力被拣选，有人因智慧，有人因艺术禀赋与敏锐感知，有人因纯净，有人因全然奉献的能量，有人因与生俱来的崇敬与虔诚。但所有人被拣选的共同点，是对自由的热爱！我们并没有拣选同一类人。七大类型的灵魂我们都有所拣选。先对你们加以训练，之后派遣你们出去，去接触那些与你们本身振动频率、成长程度、意识状态相契合的人群，让人群自然而然被你们吸引。追求自由的本心，还有我生命流的意愿，并不是要你们所有人，都展现出完全一模一样的能量磁化方式，以一模一样的方向向形相世界释放能量。倘若千篇一

律，那么这份本要接纳、联结全部人类能量的事业，就会让其余六种类型的人完全心生排斥。

We sat long at the conference table, and we chose carefully the types of individuals who would, drawing and developing and maturing the energies of their own lifestreams, appeal to the masses along the seven different rays.

我们在议会桌前商议许久，仔细挑选不同类型的灵魂。他们能够发掘、发展、成熟自身生命流的能量，沿着七大光芒的不同面向，感召普罗大众。

Some of you are great, natural conductors of peace, natural conductors of healing, natural conductors of supply, natural conductors of mercy, but all of you need the vital fire of the heartbeat, the blood, the spiritual radiation invoked and drawn through the heart, to nourish your particular endeavor.Then your local organism continues to function according to its own pattern!

你们之中，有些人天生就是和平、疗愈、丰盛供给、怜悯的强大传导者。然而你们每一个人，都需要心跳、血脉之中的生命真火，以及经由心所召唤与汲取的灵性辐

射，来滋养你们各自的使命事业。而后你的肉身载体，就会按照它本身的模式继续运作！

Beloved friends, it is my endeavor to give you all that I am, all that I have, to constantly bring before your minds and your consciousness the vision of world brotherhood!

亲爱的朋友们，我致力于将我的全部存在、我的所有一切都奉献给你们，不断将世界兄弟情谊的愿景呈现在你们的心智与意识之中！

Oh, that I might show you the world of tomorrow, that you might see for an instant the great temples, thousands of lifestreams in temples of science, alone, where no word is spoken, where the entire adoration is concentrated through the flame, when the entire atmosphere of a city is covered with that Violet Fire, which passes through the mental and feeling worlds of people who have taken a vow of silence and never speak!

哦，但愿我能向你们展现明天的世界，但愿你们能一瞬间看到那些宏伟的圣殿——在科学圣殿中，成千上万的生命之流独处其中，众人静默不语，所有的敬仰都通过火焰凝聚；当整座城市的氛围都被那紫色火焰笼罩时，这火

焰穿透了那些立下沉默誓言、永不言语之人的思想与情感世界！

There will be temples of healing, where consecrated lifestreams never leave those temples, and in rhythmic pulsation ascend upon the altars, every hour, and continue to draw that Healing Flame in melody, the like of which your ears have never heard.From all over the planet those diseased, those out of balance of mind or body, will come to those temples. As they walk up those steps, the shadows will fall away—the body will be refreshed and renewed, and the mind brought into balance.The lifestreams so blessed will never know the priests in the temple who have drawn that Flame of Healing.

那里将有疗愈神殿，在这些神殿中，受过神圣加持的生命之流永不离去，每小时都会随着有节奏的脉动升腾至祭坛之上，并以一种你们双耳从未听闻过的旋律，持续吸引着那疗愈之火。来自全球各地身心失衡、饱受病痛的人来到圣殿。走上台阶之时，阴影就消散褪去，肉身得到更新复原，心智重归平衡。这些蒙受祝福的人，甚至不会知道是圣殿之中的祭司召引了这份疗愈火焰。

There will be temples of supply, where dedicated priests and priestesses, drawing forth the power of precipitation,

consecrate the supply required for all the other temples, and dedicate themselves to nothing but drawing forth the precipitated power of supply, sustaining the healing temples and the temples of music, of illumination, and silence—no one ever knowing from whence that supply flows!

还会有丰盛供给圣殿。全心奉献的男女祭司召引物质显化的力量，为其余所有圣殿预备所需的物资。他们一心只做这件事：召引显化供给的力量，供养疗愈圣殿、音乐圣殿、启迪圣殿、静默圣殿，没有人知道这份供给来自何处！

In temples of protection, the rhythmic power of the Archangels will be released in such overwhelming pressure, that every destructive shadow, every destructive thought and feeling from that is generated by mankind, is shattered and consumed, where the energies of those who can STAND that power protect the planet from cataclysmic action, and free mankind from distress!

保护圣殿之中，大天使们有节律的力量会以压倒性强度释放。人类产生的一切破坏性阴影、破坏性思想与感受都会被击碎、消融。能够承受这份力量的灵魂，运用这份能量保护星球免于大灾难，将人类从苦难之中释放。

In temples where the nature devas are invoked, the people of Earth may send their attention, and their call. The flame from those temples will flow back and govern tidal waves, earthquakes, cataclysmic action of every kind, and the people in the location where disaster threatens will have the fully- gathered momentums of those in the temples, dedicated to elemental worship and devotion. Do you see?

在呼召自然提婆的圣殿，地球上的人们可以投射他们的意念，发出呼求。圣殿的火焰就会回应，管控海啸、地震以及各类大灾难。那些面临灾害威胁之地的民众，可以得到圣殿之中敬拜元素生灵的修行者所积累的全部势能。你们明白了吗？

THAT IS THE FUTURE! There will be SPECIALIZATION! Each one will be in his own perfect place, evolving like the flowers in the field, according to his own design, but all sustained by the heart of freedom, all living on the pulsebeat of the spiritual fire that flows from that heart!

这就是未来！会出现各司其职的专业化！每一个人都处在属于自己的完美位置，如同田野的花朵，依照自身蓝图演进。但所有人都依靠自由之心来维系，所有人都生活在从那颗心中流淌出来的灵性之火的脉动之中！

This is my vision, my plan, my design. SAINT GERMAIN

这就是我的愿景、我的计划、我的蓝图。圣日耳曼

ASCENDED MASTER SAINT GERMAIN REFLECTING ON HIS EFFORT OF THE 1930's

扬升大师圣日耳曼回顾其 1930 年代的努力

“It is to be regretted that the very activity which I instituted at so great a cost of energies and at such a great investment of love, should have again builded into the inner bodies of those who responded to my keynote, fear and superstitions, that have atrophied the reasoning processes in the mental body, and energized the emotional bodies with fanatical zeal, rather than God- controlled enthusiasm.

“令人遗憾的是，我以如此巨大的能量代价和如此深厚的爱之投入所创立的那项活动，竟再次在那些回应我主旨之人的内在身体中筑起了恐惧与迷信。这使得心智体的理性思考能力萎缩，给情绪体充入了狂热的偏执，而非受神圣力量管控的热忱。

“It is so easy for energy to get away from the original purpose to which it was dedicated, ESPECIALLY IF THE CHANNEL THROUGH WHICH THAT ENERGY HAS BEEN FOCUSED, DIVERTS FROM THE ORIGINAL MOTIVE WHICH BECAME THE PULSATION OF THE RELEASE.

“能量很容易偏离当初奉献它的初衷。尤其是当承载这份能量的传导管道，偏离这份能量释放时原本的核心动机之时。

“THE COSMIC LAW HAS GIVEN US TWENTY YEARS IN WHICH TO ACCOMPLISH AN ALMOST IMPOSSIBLE TASK—the purification of the inner bodies of the race, the raising of the vibratory action of the physical body, the attunement of the brain consciousness to the heart flame, and the expansion of the spirit of God through the soul, until each aura emits LIGHT.

“宇宙法则给了我们二十年时间，去完成一件近乎不可能完成的任务：净化人类族群的内在身体，提升肉身的振动频率，让头脑意识与内心火焰校准对齐，让神性之灵透过灵魂不断扩张，直到每一个人的光环都向外绽放光芒。

Although we need thousands of trained lifestreams to assist us, we must begin with a handful, and this handful, strongly impressed with the teachings of the various channels through which they have evolved, must be re- educated individually and collectively.

虽然我们需要成千上万受过训练的生命流来协助，但只能从少数人起步。而这少数人，已经深深烙印着过往各个传导渠道的教导，必须对他们进行个体与集体层面的重新教导。

“The blessed Kuthumi has offered tremendous assistance at inner levels, and to his schoolrooms come all who, in any way, can be used to further the cause of freedom and the knowledge of truth.

“蒙福的库图米已经在内在层面提供巨大协助。所有可以用来推进自由事业、传播真理知识的灵魂，都会来到祂的学堂。

Here, the inner bodies and consciousness absorb something of the plan, the pattern, and vision of the future. Then, it is to couple this inner instruction with outer instruction, whereby the intellectual consciousness may “remember” the education of the inner selves.”

在这里，内在身体和意识会吸收一部分关于未来计划、蓝图和愿景的内容。然后，需要将这种内在教导与外在教导相结合，让理智层面的意识可以“回忆起”内在自我所受的教化。”

Report by the beloved Saint Germain on Activities in the Transylvania Retreat before Transmission of the Flame

至爱的圣日耳曼关于火焰传递之前特兰西瓦尼亚圣殿活动的报告

(July 18, 1953, Thomas Printz Private Bulletin, Bk.1 p.138)

（1953- 07- 18，托马斯·普林茨私人简报，第一册，138 页）

“Beloved ones, tonight is an anniversary [The first Transmission Flame Service was held in JULY 1952], and one that I can celebrate with particular personal happiness, for this magnificent activity brought to such full fruition, PARTICULARLY WHEN THE CURTAIN HAD ALL BUT CLOSED UPON MY HUMBLE ENDEAVORS THROUGH THE PAST TWENTY YEARS” [referring to his supporting a certain organization].

“至爱的人们，今夜是一个纪念日【第一场传递火焰仪式于 1952 年 7 月举办】。于我而言，怀着格外真切的喜悦来庆贺这一天。这项伟大的事业终得圆满成就，尤其是在过去二十年间，我卑微的努力几乎快要落下帷幕之际。”【指祂曾扶持的某一灵性组织】

AMTF 出版物——部分书目

AMTF PUBLICATIONS — PARTIAL LISTING

Archangel Uriel, referring to the teachings of the Bridge to Freedom, said on May 16, 1954, "Genesis and all of the succeeding Biblical Law is being written again. It is a Bible made up of the energies of the Archangels and the Ascended Masters, that will stand for the rest of the civilizations being brought forth on this planet Earth."

大天使乌列尔谈及《通向自由之桥》教导，于 1954- 05- 16 说：“《创世记》以及其后全部圣经律法，正在被重新书写。这是一部由众天使长与扬升大师的能量所构成的圣经，，会一直适用于地球上未来诞生的所有文明。”

UNVEILED MYSTERIES, by Godfre Ray King, 320 pp.

《揭开的奥秘》，戈弗雷·雷·金 著，320 页

MAN, HIS ORIGIN, HISTORY AND DESTINY by W. Schroeder.

《人：起源、历史与天命》，W·施罗德 著

21 ESSENTIAL LESSONS by W. Schroeder, in 2 Vol., 320 pp ea.

《21 篇核心课程》，W·施罗德 著，两卷本，每卷 320 页

ASCENDED MASTERS AND THEIR RETREATS, 480 pp. Compiled from the teachings of the “Bridge to Freedom” by W. Schroeder.

《扬升大师与他们的圣殿》，480 页，W·施罗德 根据《通向自由之桥》教导汇编

MEMORIES OF BELOVED JESUS AND MOTHER MARY, 416 pp.

《忆至爱的耶稣与圣母玛利亚》，416 页

MOTHER MARY’S ASSISTANCE TODAY, W. Schroeder, 352 pp.

《今日圣母玛利亚的助佑》，W·施罗德 著，352 页

THE SEVEN MIGHTY ELOHIM SPEAK ON THE SEVEN STEPS TO PRECIPITATION by Thomas Printz, 256 pp.

《七大伟大伊洛希姆讲述显化的七重步骤》，托马斯·普林茨 著，256 页

THE LAW OF PRECIPITATION, 256 pp. Compiled by W. Schroeder.

《显化法则》，256 页，W·施罗德 汇编

THE ANGELIC KINGDOM, 416 pp. Compiled by W. Schroeder

《天使王国》，416 页，W·施罗德 汇编

MANIFESTING VICTORIOUS ACCOMPLISHMENT, 352 pp. (formerly “I AM Discourses,”) by the Cosmic Being Mighty Victory.

《彰显得胜成就》，352 页（旧名《我是讲集》），宇宙存有伟大的维克托瑞 著

TEACHINGS FOR THE NEW GOLDEN AGE, 288 pp. Compiled by W. Schroeder.

《新黄金时代教导》，288 页，W·施罗德 汇编

ELECTRONS, THE BUILDING BLOCKS OF THE UNIVERSE, AND THE ELEMENTAL KINGDOM, 320 pp., by the Maha Chohan.

《电子：宇宙的基石，以及元素生灵王国》，320 页，摩诃乔汉 著

THE INITIATIONS OF THE FIRST RAY, 320 pp., W.Schroeder

《第一道光芒的进阶试炼》，320 页，W·施罗德 著

THE INITIATIONS OF THE SEVENTH RAY, 320 pp., W.Schroeder

《第七道光芒的进阶试炼》，320 页，W·施罗德 著

DAILY MEDITATIONS, 48 pp.

《每日冥想》，48 页

SONGS AND DECREES, 80 pp.

《圣歌与宣告》，80 页

BRIDGE TO FREEDOM JOURNALS, about 400 pages, each.

《通向自由之桥》期刊，每册约 400 页

DICTATIONS, by the Ascended Masters, 448 pp

《口述启示》，扬升大师们著，448 页

THOMAS PRINTZ' PRIVATE BULLETINS, 2 books, 560 pp. each

《托马斯·普林茨私人简报》，两册，每册 560 页

For a free booklist of all AMTF- Publications, incl. lectures on CD's, prices, and translations, please write to AMTF, P.O. Box

466, Mount Shasta, CA 96067, or search the Internet at: www.ascendedmaster.org

如需 AMTF 全部出版物的免费书目（含 CD 讲座、定价、译本信息），可写信至：AMTF，邮政信箱 466，加州沙斯塔山，邮编 96067，或访问网站：www.ascendedmaster.org