THE ASCENDED MASTER DICTATIONS

VOLUME II

扬升大师口述录（二）

目录

前言 5

三大王国的概要（迈克尔） 7

呼求大天使迈克尔的协助 38

爱是神性最高的显化（娜达） 43

向挚爱的娜达祈请 72

萨纳特·库玛拉的牺牲（梅塔女神） 76

消散瘟疫病灶的谕令 109

美丽的观音（歌曲） 114

成为疗愈导体的艺术（观音女神开示） 117

遏制放纵激情的谕令 145

为未婚母亲及其子女的谕令 148

力场与四个低层身体 （维纳斯女神） 155
弟子维系和谐、合一与光之扩张祈愿文 195
挚爱的阿斯特蕾亚的开示（1955 年） 199
阿斯特蕾亚谕令 222
护持地球谕令 223
建议的肯定文 224
净化我的灵魂（歌） 229
七重身体（戴安娜） 230
清除傲慢的谕令 247
水元素的使命（海神尼普顿） 252
净化电子的谕令 286
风元素的使命（阿里斯） 290
祝福风元素的谕令 326
土元素的神圣使命（维尔戈） 331
净化大地的谕令 369
神圣美德——喜乐（LORD 凌） 375

挚爱的“GOD 凌”（歌曲）.....404
致“GOD 凌”（摩西）的诏令.....406
宇宙喜乐火焰的释放（Lord 凌）.....410
Lord 凌 的谕令.....455
扬升大师凡威.....457
挚爱的凡威.....460
培养持久的幸福感（Lord 凌）.....464
众生最初皆携喜乐而来.....467
初次体会失落之感.....470
注意力的重要性.....473
美好以太记忆的复苏.....476
四个低层身体——你们的仆人.....478
光之管——保护与磁场.....487
培养持久的幸福感.....491
一次专注于一种美德，不断完善自我.....493
为你的生命隔绝纷乱！.....500

过往记忆有时因神圣旨意重现 504

摩西受到“合一”天使的造访 507

喜乐感自然而然地扩展 515

维系喜乐的谕令 522

慈悲的乔达摩 524

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

大天使迈克尔的开示

ADDRESS BY BELOVED LORD MICHAEL

引言

INTRODUCTION

本书献给天使军团、撒拉弗军团、基路伯军团，以及所有自愿来到地球行星、引导并守护其上进化人类的大能存有。

This book is dedicated to the angelic host, the seraphic host, the cherubic host, and all beings who have volunteered to come to the planet Earth to guide and guard the mankind evolving upon it.

愿诸位读者读懂天使的本性，修持自身内在身体，使之和谐、纯净、满含慈爱、均衡通透，能够接纳诸天圣者；让天使与人类的手足之谊全然显现，成为神圣真爱切实的彰显。

May the gentle readers come to understand the nature of the angels, and make their own inner bodies so harmonious, pure, loving, balanced and receptive to these celestial visitors, that the brotherhood of angels and men will stand revealed as a manifest expression of true divine love!

托马斯·普凌茨

Thomas Printz

三大王国的概要

A SUMMARY OF THE THREE KINGDOMS

挚爱的大天使迈克尔的开示

Beloved Lord Michael's Address

1953 年 12 月

December, 1953

万福，神性的孩子们！你们皆是鲜活的圣火存有，分属三大族群——来自其他星辰与行星的守护灵---披着肉身衣袍的天使，此刻为协助种族进化而转世的元素灵，以及本土人类！

Hail, children of God! Living, breathing Fire Beings, representative of the three great kingdoms—guardian spirits from other stars and planets, angels wearing the robes of flesh, elementals presently incarnate to help the evolution of the race, and Earthlings, too!

今日清晨，我携本星系永恒天父与天母的祝福前来。我曾在祂的宝座前躬身，轻吻祂圣袍下摆，祈求获得一份权柄与机缘：守护世间所有灵魂，直到每一个灵魂都被转化、蜕变进入永恒的白火身体，得胜脱离生死轮回，进入不朽的神性自在。

This morning, I bring to you the blessings of the great Eternal Father and Mother of our system, before whose throne I bowed,

kissing the hem of their celestial garments and asking for the privilege, the opportunity, to guard the souls of men until each and every one might be transformed and transmuted into the eternal White Fire Body and pass triumphant from the wheel of birth and death, into their eternal immortal God-freedom.

那么，你们可知我何等深爱着你们每一个人？你们每一个人，都是我对生命誓约的一部分！从你们双脚踏上地球、开启迈向个体创造性发展与完美伟大旅程的第一天起，我便看顾你们的灵魂。

Do you know then how much I love you, individually Each one of you is part of my pledge to life! I have watched over your souls from the very first day when your sweet feet touched the planet Earth on the first lap of your great journey toward individual creative development and perfection.

无论你们是作为守护灵，天使存有、我们圣殿的成员、某位形相建造者而来，还是作为那纯真圣洁的初生者——地球为他们而造，并维系至今——中的一员而来，我都立誓要以我的生命看见你们得自由！

Whether you came as a guardian spirit, whether you came as an angelic being, a member of our own court, whether you came as one of the builders of form, or whether you were among the

sweet and holy innocents for whom the planet was created and has been sustained to this day—I pledged my life to see you FREE!

啊，在那漫长的岁月中，我曾多少次与你们并肩而行，哪怕是在那些泪水模糊你们双眼的转世中！

Ah, through those long centuries that have been, have I walked by your side through incarnations in which the tears dimmed your eyes!

有多少次，当你们垂头丧气，似乎已失去对神、对良善、对天命的信心时，我伫立在旁轻声细语："要有信心，小兄弟；要有信心，温柔的姊妹。"于是你们再次抬起头来，挺直脊梁，继续前行，在那期地球生命中努力平衡你们的债务，活出配得上神性生命的模样。

Many times as your heads were bowed, and as you had seemingly lost faith in God and good and purpose, have I stood close and whispered, "Faith, little brother, faith, sweet sister," and again you lifted your head, straightened your spine, and moved forward, endeavoring in that Earth life to balance your debts and to conduct yourselves in a manner worthy of the God-life which is your heartbeat.

有多少次，你生命最后一口气交付圣灵安慰者之时，我将你们疲惫的灵魂拥入怀中，亲手拂去你们污损衣袍上

那些因你们有意或无意编织进你们生命中的罪孽的斑痕与污迹！无数次，我回应那一份来自他人发自内心的呼求——那人爱你们胜过你们爱自己，借着这份心声，将你们从“第二次死亡”的边缘挽回，使你们能重新开始努力，以尊荣与尊严完成你们的旅程。有多少次，当你们承接业力委员会分配给你们的业力重担，再次进入有形世间，暂时遗忘你们的友人——天使们——时，我亲吻了你们的眉心。我是你们的朋友，因为我的生命已立誓要使你们得自由！

Many a time have I taken your weary soul (as the last breath was placed in the keeping of the Holy Comforter) into my own arms and brushed from your soiled garments with my own hands the spots and stains of the iniquities which you consciously or unconsciously had woven into the substance of your being! Many is the time I have answered a heart call from someone who loved you more than you loved yourself, and in that heart call turned you back from the brink of the “second death” to renew your endeavors to complete your journey in honor and in dignity. Many is the time I have kissed your brow as you took upon yourself again the weight of the karma allotted you by the Karmic Board and, passing into the realm of form, forgot for a time your friends—the angels! I am your friend, for my life is pledged to set you free!

我清楚地记得，当神庙中的祭司们接到通知：其他星系的落伍者将被安置在地球上，并被告知必须做出必要的祈请，以保护原本活在伊甸园纯真状态的本土演化族群，使其免受那些在其自身星球上或因不能、或是不愿充分控制能量以随其星球进入更高光明之存有们的思想与感受秽气的传染。

I remember well when the priests in the temples were notified that the laggards of the other systems were to be given habitation on the Earth and were told to make the application required to protect the evolution that had been living in the innocence of the "Garden of Eden" from the effluvia and contagion of the thoughts and feelings of those who, in their own planet, either did not or could not control the energies enough to proceed with their planet into greater light.

当年我静心沉思，思索未来世代该如何尽己所能侍奉众生。就在那时，我从思想中锻造出那把火焰之剑，自此以来它便一直伴随我走过漫长的岁月，并一直被用来将人类的灵魂从其自身创造的枷锁中解脱出来，释放困在星光、灵界思想形态中的被囚生命——这些构成了星光界与灵界——这也是我每日二十四小时中，二十小时自愿驻守之地。

I remember well in my own contemplation, pondering on how I might best serve in the ages that were to come. It was then I fashioned out of thought the Sword of Flame which has been with me all through the eons since, and which has been constantly used to cut the souls of men free from the shackles of their own creation and to release imprisoned life caught in the thoughtforms of the humanly-created entities that make up the astral and psychic realms, which is my self-chosen home habitation for twenty hours out of every twenty-four.

我以意念锻造了那把火焰之剑，因为我知道，终有一日，人类的灵魂将需要超越其自身生命流的能量，才能将自己从那些他们编织能量于其中的枷锁与造物中解脱出来。我将我对人的爱、对心跳的爱、对神的爱，灌注进那把剑中。那不是一把令人恐惧的剑，而是一把救赎之剑、盼望之剑、自由之剑。当最后一个灵魂跨过桥梁进入永恒之光，当最后一卷记录被闭合封存，当最后一个生命流的扬升完成，当每一个此刻正以扭曲形态运作的微小电子再次被救赎并回归太阳时——那把剑将不复存在。那时我们将同声歌唱哈利路亚：“荣耀归与至高之神，荣耀归与解脱之人心中的圣光！”

I fashioned that Sword of Flame by thought, for I knew that there would come a time when the souls of men would require more than the energies of their own lifestreams to cut themselves free from the shackles and creations into which they would weave their energies. I charged into that sword my love of men, my love of the heartbeat, my love of God. It is not a sword of which to be frightened, it is a sword of redemption, a sword of hope, a sword of freedom, and when the last soul has passed over the bridge into eternal light, when the last book of record has been closed and sealed, when the ascension of the last lifestream completed, and every tiny electron that is presently functioning in distorted form is again redeemed and returned to the Sun—that sword will be no more. Then we shall sing our Hallelujahs together, “Glory to God in the highest and glory be to the light in the hearts of free men!”

容许我向你们呈现（这是伟大的弥勒主尊指派给我的任务）对天使王国的某种理解吗？正如此前莅临此地的尊贵前辈们所说：“如何在我们共处的短短片刻间，描述天使的活动？”但我愿尽力述说。

May I bring to you (as it has been assigned to me by the great Lord Maitreya) a certain understanding of the angelic kingdom As my illustrious predecessors upon your gracious platform have said, “How to describe the activities of the angels in the few short moments that we can be together ” But, I shall try!

人之内，有心智的王国，元素响应意念，成为意识中所设计的形相。在人里面，也有伟大的情感世界，那是天使的王国，天使对其作出回应，放大每一个美德，放大在感受界中产生的每一丝盼望、纯洁、平安或仁慈的脉动。

Within man is the kingdom of the mind, where the elements, responding to thought, become the form which is designed within the consciousness. Within man is also the great emotional world which is the kingdom of the angels, to which they respond, amplifying every virtue, every tiny pulsation of hope, purity, peace, or kindness generated within the feeling world.

心智是元素王国的磁力中心。感受界是天使王国的磁力中心。终有一日，在人类里面，二者将被有意识地融合，人将透过受控的感受能量，结合定向的意念，成为主宰。正因如此，人类被称作两大族群之间的桥梁。那座桥终有一日将再次在敬拜、服事、进化与永恒的神之喜乐中，联合这三个王国。

The mind is the magnetic center for the elemental kingdom. The feeling world is the magnetic center for the angelic kingdom. Within mankind, one day, both shall be blended consciously, and man will be master, through controlled energy in the feelings, coupled with definitely-directed thought. That is why it is said that

man is a “bridge” between the two great kingdoms. That bridge will one day unite the three kingdoms again—in worship, in service, in evolution, and in God-happiness for eternity.

伟大的天使王国来到地球行星，最初是作为保护者与神之美德的放大器。他们在黑暗开始聚集环绕你们的星球后来到，要在他们闪耀的身体中，带来源自永恒之心的一切神性特质，唤醒世人记忆。至今，它们仍驻留深陷自我造作之人的光环之中，并借着辐射的大能，帮助他们继续一步接一步地前行，直到宇宙黎明破晓，能给这进化更多的帮助，那时被呼求的圣火将救赎星光界与灵界中大量累积的秽气。

The great angelic kingdom came to your planet Earth primarily as protectors, as amplifiers, of the virtues of God. They came after the darkness had begun to gather round your planet, to bring within their shining bodies the remembrance of those God-qualities from the heart of the Eternal. They stand yet within the auras of men and women who are enmeshed in their own human creations and, through the power of radiation, help them to continue to place one foot before the other, moving onward and upward until the cosmic day dawns when more help can be given to this evolution and the Sacred Fire called forth will redeem the mass accumulation of effluvia in the astral and psychic realms.

正如挚爱的玛哈·乔汉最近向你们描述的，元素灵通过模仿与顺服管束来学习并进化。这些微小的智能体（元素灵）成长为自然精灵与形相建造者，成为掌控山脉并维系其神圣形态的伟大存有。他们进化成为伟大的埃洛希姆，创造行星与星系，甚至可能成为宇宙或星系的无声守望者。

As the beloved Maha Chohan described to you recently, the elementals learn and evolve through imitation and controlled obedience. These small intelligences (the elementals) grow into devas and builders of form, into the great spirits that control mountains and hold them in their divine pattern. They evolve into great Elohim, creating planets and systems, and may even become Silent Watchers of a universe or a galaxy.

天使则主要通过控制辐射来进化。他们通过学习控制能量，成长为基路伯、撒拉弗、大天使，最终成为守护并保护行星、星系与庞大星系的的伟大存有。

The angels evolve primarily through the control of radiation. They learn through the control of energy to become cherubim, seraphim, Archangels, and finally great beings that guard and protect planets, galaxies and large systems of worlds.

挚爱的大天使约菲尔在他的圣殿中，以与挚爱的威尼斯训练元素王国极为相似的方式，训练天使王国。幼小的天使被教导如何汲取辐射，如何效仿一种感受。授课的自然精灵或教师辐射出一种感受，比方说“信心”。这品质的颜色与力量从他体内散发出来，瞬间复刻在幼小天使存有的情绪体之中，他们在其中嬉戏，就像蜜蜂簇拥在花朵周围汲取花蜜一样，吸收那美德的品质，在其中欢笑喜乐。随着他们的成长，会略微远离神殿；此时，其美德的特质便会从其身体中自然散发，毫无任何约束或控制之感，在空气中迸发出微小的光点——闪烁着光芒、质感与色彩，有点类似你们庆祝伟大独立日时使用的“火花棒”。

The beloved Archangel Jophiel, in his temple, works with the angelic kingdom much in the same manner that the beloved Venetian works with the elemental kingdom. The small angels are taught how to draw radiation, how to emulate a feeling. The deva or teacher in charge radiates a feeling, we will say, of faith. The color and power of this quality passes out from his body and is instantly re-created in the feeling worlds of the little angelic beings, who disport themselves in it and, like the bees that cluster round a flower enjoying its nectar, they absorb the quality of the virtue, laugh in it and are joyous. As they grow, they go just a

little way from the temple and the quality of the virtue passes out from their bodies without any restraint or control, making little sparkles of light, of quality and color in the atmosphere, something similar to the “sparklers” that are used in the celebration of your great Independence Day.

当他们学会在体内更长时间地保持所分配的特质时，便代表驾驭能量的能力有所进化。随后，他们被指派给一位仪式天神或资深天使，后者正准备进入地球居民的下层大气。他们被要求在他们体内持守那品质（在此例中是信心），直到带领的天使指出一些需要信心的生命流，于是他们出发执行任务。

As they learn to hold within their bodies the quality under assignment for a longer period of time, they are evolving in controlled energy. They are then assigned to a ceremonial deva or some experienced member of the angelic kingdom who is about to proceed into the lower atmosphere of the Earthlings. They are asked to hold the quality (of faith in this instance) within themselves until the directing angel points out some lifestreams who are in need of faith, and thus they sally forth on their mission.

有时他们能够按要求持守辐射，有时则不能。起初这并不太重要，但如果他们能够贯彻始终，他们就会下降到地球的大气层，城市的无声守望者会将他们引向某个家

庭——那里也许有一位母亲守候在病榻旁，或者有一位处于某种困境中的个体。那时，他会指示小天使释放其意识中所持守的品质进入那需要者的情感世界，从而完成其被造的使命。

Sometimes they are able to hold the radiation for the prescribed period and sometimes they are not. It is not too important in the beginning, but if they are able to follow through, they will come down into the atmosphere of Earth and the Silent Watcher of a city will direct them to a home where perhaps a mother watches by a sickbed or where there is an individual in distress of some kind. He will then instruct the little angel to release the quality it is holding within its consciousness into the feeling world of the needy one, and thus render the service for which it was created.

天使的信心，便是他给予人类的礼物。人类感受到天使的临在，涌出新盼望与信心的浪潮，但他既看不见也不认识他那小小的天界访客；后者在完成使命后，迅速奔回其指导者的护持光环中——整个分队最终加速返回他们所出发的太阳或圣殿。

The faith of the angel is its gift to the human being. The human being feels the angel's presence in a surge of new hope, of

confidence, but he neither sees nor knows his little celestial visitor and the latter (its mission accomplished) rushes back quickly to the protective aura of its director—the whole contingent finally speeding back into the Sun or temple from which they issued forth.

天使以此方式成长，待到能量驾驭足够纯熟，便会受托守护家庭、教堂、医院或是收容之所。他们在那里驻留，汲取神性的能量以祝福其看护对象，从其中的居民所蕴含的能量中，编织出所有涌现的祷文——如此，人们便（或许是在无意识之中）为神的爱与光明回馈了相应的平衡与祝福。

The angels grow in this wise, until they become invested with enough control of energy to be given the keeping or care of a home, a church, a hospital, or an asylum of some kind. There they remain, drawing down the energy of the Godhead to bless their charges, weaving out of the energies of the inhabitants thereof whatever prayers come forth, the people thus (perhaps unconsciously) giving back a balance and blessing for God's love and light.

你们要明白，天使族群的核心使命是传递神性恩赐，心意纯粹专一。如果被告知要带来信心，那品质就代表了

他们的整个意识。他们体现的是顺服。他们履行分配给他们的服事，然后回家。

You see, the angelic kingdom is concerned primarily with bringing the gifts of God, and they are one-pointed in the extreme. If they are told to bring faith, that quality represents their entire consciousness. They are embodied obedience. They render the service allotted to them, and return home.

天使军团的另一种活动，是扩展人类已有的美德。然而，在此阶段，他们并未因这项使命而感到不堪重负，因为遗憾的是，人类种族中的恶习尚未得到美德的平衡。这份宏大侍奉在未来将是普世性的，如今才刚刚起步。每当你们集会，我多希望能掀开帷幕，让你们看见天使军团在每堂课、每次聚会中搭建灵性圣殿的荣光与大能！也愿你们一同看见来自元素王国的形相建造者与仪式天使。

Now, another activity of the angelic host is to expand the virtues already present in mankind. They are not overwhelmed, however, by this service at the moment, because the vices of the race are not balanced by the virtues, unfortunately. In your great activity, at the commencement of this mighty service which will be universal in the future, when you gather together—oh, if I could only part the veil and let you see the presence and power of

the angelic host as they work to build a spiritual edifice at every class and meeting! If you could only see the builders of form from the elemental kingdom, as well as the ceremonial angels that gather!

群体的无声守望者看见每一位将参与当日敬拜的学生，并在那人加入集体群体之前的几个小时，派遣一位天使信使前往其家中，试图从其光环中提炼最高潜能的圣光。

The Silent Watcher of the group sees each student who is to be part of the worship of the day and sends an angel messenger to each one's home who tries to weave out of that student's aura the highest possible potential light—hours before that one joins the collective group.

你们若能看见每位参与者前方引路的守护天使，便知它守护此人生命能量不耗散，使他们能以最大的和谐与平衡进入群体！

If you could see the guardian angel that goes down the street before each one, that his or her life energies may not be dissipated, but that they may come into the group in the greatest harmony and balance!

要是你们能看见伟大的形相建造者，他们为当晚或清晨的敬拜制定特定的图案！这些图案极少雷同。例如，挚爱的玛哈·乔汉发表讲话的那个晚上，现场氛围宛如一座巍峨的白山——颇似“成就之山”。今晨的活动则呈锥形，借此聚焦“三乘三”的大能。几乎从未有过重复，因为每个群体的无声守望者会审视将要成为该群体一员的个体成员，审视该群体将要释放的潜在能量，并以此判断能为整个星球以及星光界与灵界提供的服事，从而勾勒出相应的图案。他还会考量群体从天界高处为自己汲取的祝福与恩典——因为他们献上自己作为整个服事的核心。因此，我们时常对图案的规模与多样性感到惊喜与欣喜。

If you could see the great builders of form, who make the pattern for the particular activity of the night or the morning worship! These patterns are very seldom the same. For instance, the evening the beloved Maha Chohan gave his address, the activity was a great white mountain, something like the “mount of attainment.” The activity this morning is in a cone-shaped form, through which the Power of the Three Times Three is focused. There is practically never a duplication, for the Silent Watcher of each group looks upon the individual members who are to be a part of that group, looks upon the potential energy that is to be

released by that group and in this way can judge the service that can be rendered to the entire planet as well as the psychic and astral realm, and outlines his pattern accordingly. He also takes into consideration the blessings and benedictions the group draws to itself from the celestial heights for offering itself as a nucleus for the entire service. Therefore, we are constantly surprised and delighted ourselves at the size and diversity of the patterns!

这正是为什么灵感在带领者的心与意识中是如此关键——使他们能接纳在任何特定宇宙时刻可能成就的良善，亲爱的们，因为一切皆是永恒的“当下”。

That is why inspiration is so essential in the heart and consciousness of the leaders—that they may be receptive to the possible good that can be accomplished at any specific cosmic moment, dear hearts, for all is the eternal NOW.

当这些伟大的天使编织图案与形相，而你们各自也已预备妥当——认识到你们有意识地在身心方面做好准备，将有助于这些天使——那么，您便能怀着无比崇敬之心、在神圣的静默中，以极高的专注度进入这些圣所；您渴望成为一条能够引导力量向外流动、从而造福并赐福于人类以及正深陷困境的元素王国的最大通道。那时，你们的心智与感受中将别无他物，唯有那一个渴望。

As these great angels weave the pattern and form, and as you individually are prepared, if you would only be cognizant that your preparation, your conscious mental and emotional preparation, would assist that angel, you would enter into these sanctuaries in such reverence, in such sacred silence, and so one-pointed in your desire to be the greatest possible channel for the outflowing of a force to benefit and bless mankind, as well as the elemental kingdom, which is in such great distress, that there would be nothing in your mind and heart but that one desire.

这些正是你们每一个人穿戴的祭袍，因为在这项新活动中，每一个男人或女人都是祭司或祭司女，心中携带着圣火。你们也在心智中携带着吸引整个元素王国的大能——在感受中携带着吸引整个天使军团的大能——而在内心深处，则存在着一种连接纽带，藉此，神性本身必将以闪耀的火焰之舌作出回应，以提供所需的援助，赐福于我们的星球，使其获得自由。

These are the vestments that each of you wear, for every man and woman in this new activity is a priest or priestess, carrying within the heart the Sacred Fire. You also carry within the mind the power to magnetize the entire elemental kingdom—within the feelings the power to magnetize the entire angelic host—and within the heart the connection by which the Godhead, himself,

must respond in flashing tongues of flame to render the assistance required, to bless our planet FREE.

你们每个人都预备得无比完备，我由衷赞叹。你们进入房间，那里仪轨自然精灵与形相建造者早已忙碌着——他们当然知晓将要主持的导师的身份（容我说，并非总是通过今晨我们所用的这种方式向你们说话）。当任何蒙福的神之儿女——无论男女——真诚地走上讲台时，他便成为汲取兄弟会成员的磁力。同时你们要明白，领修者主持之时，真正的祝福不只来自话语带来的心灵宽慰，更来自祂周身流淌的圣光。这便是圣光的恩赐。

So you come beautifully prepared, each one. I commend you. You enter into the room where the ceremonial devas and the builders of form are already busy, they, of course being aware of the identity of the Master who will preside (and may I say, there is always a Master or an angel present). It is not necessary that we speak to you always by the means we are using this morning. When any blessed child of God, man or woman, takes the platform in earnestness and sincerity, he or she becomes the magnetic power that draws a member of the Brotherhood. May I say, too, that it is not always the mental release and comfort you receive in the words, but the RADIATION you receive whenever a blessed leader officiates! That is the blessing of the light.

噢，让我们放下外在形式，放下寻求消遣的心！让我们以神之名，领悟到生命的恩赐始终相伴左右。你们的大师耶稣曾说：“无论在哪里，有两三个人奉我的名聚会，那里就有我在他们中间。”这是真的！任何心智健全、意识清醒的个体，都不应毫无诚意地伫立在任何讲坛或平台上。哪里有真诚的心寻求更多光，哪里就总有一位大师或大能天使降临，祝福此人与全体集会者。

Oh, let us get away from form! Let us get away from the desire to be amused! Let us understand, in the name of the God of life we all serve, that the blessings of life are ever-present! Your Master Jesus said, “Where two or more are gathered together in my name, there I AM in the midst of them.” It is true! No individual in his or her right mind and consciousness should stand upon any pulpit or platform without sincerity in the heart. Where there is a sincere heart, seeking more light, there is always a Master power or angel present to be a blessing to the individual and the collective group.

此刻你们每一人前来，心中圣杯皆盛有永燃火焰。在教会中，当他们展示基督在圣杯中的大能时，钟声响起，膝头跪下，以承认神的临在。你们每一个人，当你们行走在街上，当你们驾车，当你们乘坐地铁、电车，或踏着你

们蒙福的双足——每一个人，都携带着那内有永活之神的圣杯！那么，带着敬畏与专一，向着这神圣之地，或任何有生命流锚定神之火焰的圣所前行吧。

You have come now, each one, carrying within the chalice of your heart the Unfed Flame of life. In the church, when they exhibit the power of the Christ within the chalice, the bell is rung and the knee is dropped in acknowledgment of that presence of God. Each one of you as you walk along the street, as you proceed in your automobiles, in your subways, in your trolley cars, or upon your blessed feet—each one of you carries the chalice in which is the living God! Move, then, toward this sacred place, or any sanctuary where some lifestream has anchored the flame of God, in reverence, one-pointed.

你们肩负的责任，与那位选择承担集体业力的个体同样重大！将你们心中的神之火焰，放置在圣所中心那聚焦的火焰中，然后，将你们发展的观想力、感受力、崇敬与奉献的大能，奉献给集体整体——打通由下至上的通道，让诸天降下的祝福不止覆盖一座城市，更遍及一国乃至整个星球。

Yours is the responsibility as much as that of the individual who has chosen to take the karma of the collective unit! Bringing

that flame of God within your heart, place it within the focused flame in the heart of the sanctuary, and then, dedicating the developed faculties of your own visualization and your own feeling, your own power of adoration and devotion, to the collective whole—open the door from below UPWARD, so that the release from above DOWNWARD may not only be for a localized unit the size of your city, but may be national or planetary.

你们已无数次如此践行，值得赞叹，我爱你们。我给予你们鼓励，也想让你们看清这份宏大蓝图，你们每个人都是其中一环。

You have done this many times. You are to be commended. I LOVE YOU. I am giving you encouragement, but I want to show you the design of which each one of you is a part.

从更高次元流向低层大气的祝福通道的大小，取决于学生群体通过带领者所释放的集体能量，以及带领者与整个群体意识中的领悟程度。如果你们的召唤祈祷规模如一枚硬币般大小，那么你们将获得同等规模的祝福倾注。如果你们的召唤祈祷规模如一座城市般大，那么你们将获得规模如一座城市般的祝福倾注。你们明白了吗？

The size of the channel through which the blessings from the higher octaves come into the lower atmosphere is determined by the collective energies released by the student body directed through the leader, and by the quality of understanding within the consciousness of the leader and group as a whole. If you have an upward-reaching of invocation the size of a quarter, you have a downpouring of blessing of similar size. If you have an invocation the size of a city, you have a downpouring and a blessing the size of a city. Do you see

容我指出：决定祝福的，并非音量的大小，而是意识的品质！容我再指出：该时段的引导者根据心中的感受，在汲取集体群体的能量方面有完全的自由，但群体能量的贡献是至关重要的——这不仅关乎个体部分的祝福，也关乎整个星球的集体祝福。

May I point out it is not the volume of sound, but the quality of consciousness that determines the blessing! May I also point out that there is complete freedom given in the drawing forth of the energies from the collective group according to the feeling within the heart of the director of the hour, but the contribution of the energies of the group is essential, not only for the blessing of the individual part, but for the collective blessing of the planet, as well.

今晨，埃洛希姆来了，创造你们伟大山脉的自然精灵与形相建造者来了，美洲——北美、南美与中美——每一座山脉的神来了，元素王国来了，行星的无声守望者也来了——这些存有全都来了。为什么？因为你们的心是磁铁。在那团火焰之中，蕴含着生命无法抗拒的力量。你们选择为生命召唤祝福，这些存有便作出了回应。他们肃立致敬，其能量通过你们——无论是个人还是集体——被调控并引导，待到开示结束，我们将让他们自由行动，他们将向南至南极，向北至北极，向东向西，携带着你们每一位选择参与此次仪式之人的心中所蕴含的祝福。

This morning the Elohim have come, the devas and builders of form that create your great mountain ranges, the God of every mountain range in the Americas, North, South, and Central, the elemental kingdom, the Silent Watcher of the planet—these beings have all come. Why Because your hearts are magnets. Within that flame is a power that cannot be denied by life. You have chosen to call forth a blessing to life, and these beings have responded. They stand at attention, their energies controlled and directed through you individually and collectively, until at the close of our address we allow them freedom, and they shall go South to Antarctica, North to the Pole, East and West, until they

meet, carrying the blessing from each of your hearts who have chosen to be a part of this service.

你们将自身圣火汇入圣殿核心之火，正如萨纳特·库玛拉将香巴拉永燃火焰的火盆，安放在马赛自由圣火核心之时所做的一样。每一位进入那美丽精致静修处的大师，都将自己爱的火焰倾注进那自由火焰，以增强它。整场集会积攒的集体能量会留存至领修者宣布散会，而释放出的祝福将由天使军团传递到集体活动所创造的影响范围和力场所能触及的每一个角落。

When you have placed your flame within the flame in the heart of the room, you have done exactly what Sanat Kumara did when he placed the brazier with the Unfed Flame from Shamballa within the heart of the Liberty Flame at Marseilles. Every Master who entered that beautiful, exquisite retreat, poured the flame of his love into the Liberty flame, to intensify it. Then the collective endeavor is held until the moment of dismissal by the leader at the close of the meeting, and the release of blessing is carried by the angelic host everywhere that the sphere of influence and the forcefield created by the group activity will allow.

当天使、元素灵与人类共同敬拜时将要显现的美好与完美，我们尚未完全展现出来，但你们当中那些带领者，

请记得散会之前：宣告放行那些曾服务并聚集在此的众生，并大声请求他们带着那堂课的祝福前往各处！当我说“你们这些带领者”时，我是在对这辐射下的每一位学生说话，因为你们每一个人正被预备去带领成百上千的人。

We have not yet brought out the beauty and perfection that shall come, when the angels, elementals and men worship together, but those of you who are leaders, will you remember before you close your meeting, to give that release to the beings who have served and who are gathered there, audibly requesting them to go and carry the blessing of that class everywhere! When I say, “those of you who are leaders,” I speak to every student under this radiation, for you individually are being prepared to lead hundreds and thousands of people.

你们以为我们为何日复一日地投入时间与精力，掀开帷幕，向你们讲述我们生命的细节与亲密经历？无非是借着将我们的感受、理解与启迪编织进你们各自世界的意识之中，使你们能够将这光传递给你们的同胞！你们不可再将自己的光芒与智慧藏在箱笼之下！你们应将那光从每一次聚会中带向前，如满溢的杯，使你们所接触的一切生命借此得自由、得祝福！

Why think you we are investing our time and our energies, drawing back the veil day after day, and giving you the details and intimate experiences of our lives, except that by weaving into the consciousness of your own worlds our feeling, understanding and illumination, you may be able to pass it on to your fellowmen! You shall no longer hide your light and understanding under a bushel! You shall carry that light forward from every meeting, a brimming cup that all the life you contact may be freed and blessed thereby!

哦，上帝，造物的大爱之心，我曾在你宝座前俯首，立誓要服务于人类灵魂中的光芒！哦，上帝，我以生命之名呼唤！唤醒人类，让他们意识到自己的机遇，并赐予他们对人类灵魂的爱——那正是他们离开你恩典临在的宝座、自愿献身以使生命得自由时所拥有的爱！哦，天国的神，请将他们从一切自私的念头中震醒！让我的这支大军起身前进，释放一切受缚生灵！

Oh God, great heart of Creation, before whose throne I bowed and took the vow to serve the light within the souls of men! Oh, God, in the name of life, I call! Awaken mankind to their opportunity, and give them the love for the souls of men, which they had when they left the throne of your own gracious Presence and volunteered to set life FREE! SHAKE THEM LOOSE, OH

GOD IN HEAVEN, from all thoughts of self! Let these, my legions arise and move forward to set life free!

我感谢你们的耐心聆听。我向你们保证，我对你们的爱是永恒的！为了你们每一个人，我舍弃了在天使世界中生活的喜悦。你们并不完全知晓那牺牲意味着什么。你们已许久未曾听闻天界合唱团的吟唱，亦许久未见天父容颜的辉光！在业力将你们捆绑期间，慈悲火焰遮蔽了那记忆。是的，你们确然渴望忆起，然而，在业力将你们释放之前，在你们仅凭自愿之心留下、而非因羽翼被剪、受困于自身累世造作之网之前，若让你们知晓那“眼所未见、耳所未闻”之国度的荣耀——知晓那里的荣耀与完美正是你的家园，你的至亲挚爱、更有诸多天界圣众（在许多情况下是你们的双生火焰）都居住在那里——实非明智之举。

I thank you, beloved ones, for your attention. I assure you my love for you is eternal! I have denied myself the joy of living in the world of the angels for you, each one. You do not know exactly what that sacrifice entails. You have not heard for a long time, the sound of the celestial choir, or seen the brightness of the Father’s face! Mercy has dimmed your memory while karma holds you bound! You would like to remember, yes, but until your karma has freed you, until you stay from volun- tary reasons alone,

and not because your wings are clipped and you are pinioned round by the creations of your own accumulation, would it be wise for you to know the glory of that kingdom that “eyes have not seen, and ears have not heard”—of the glory and perfection which lives there and which is your home, where your loved ones dwell as well as those Celestial Beings who are, in many cases, complements of yourselves.

若你愿意，就欣然接受慈悲之焰消融那蒙蔽你对璀璨之光记忆的面纱；但当世间众生哀嚎渴求解脱之时，各处受缚生灵都在渴求灵性释放之时，切莫安于麻木不仁的生活。

Be content (if you wish it so) to have the Mercy Flame obliterate the veil that dims the memory of the shining light, but be not content to live in lethargy when the sons of men, and the souls of men, CRY for freedom, when imprisoned life everywhere CRIES for its spiritual freedom.

我感谢你们的耐心。希望我们没有给你们带来过度的个人责任感！我们希望你们感受到的是一份机遇，因为你们的机遇是巨大的。对于所有我们希望成就的事，对于所有接触其余人类意识的机会，全都仰仗仍活在肉身之中的你们。

I thank you for your patience with us and hope that we have not given you an undue sense of personal responsibility! We want you to feel a sense of opportunity, for your opportunity is great. Upon you who still function in mortal bodies we depend for everything we wish to accomplish, as well as for the opportunity to contact the consciousness of the rest of mankind.

此刻，愿独一永恒父神的爱，环绕你们每一个人，直到你们永恒的自由。

Now, may the love of the One Eternal Father enfold you, each one, unto your eternal freedom.

大天使迈克尔

Archangel Michael

呼求大天使迈克尔的协助

CALL FOR ASSISTANCE OF ARCHANGEL MICHAEL

挚爱的“我是”神之临在！哦，存在于所有人心中的永恒真理之不朽三重火焰，我们特别呼唤挚爱的大天使迈克尔！

Beloved Presence of God I AM in me. Oh, thou Immortal Flame of Eternal Truth within all hearts, and particularly to the beloved Archangel Michael do we call!

怀着心中所有的爱与最深切的感恩，我们感谢您对我们所有亲爱的读者所给予的奇妙协助——您与其他伟大的存有们，就地球上正在进化的天使界、元素界和人类界所作的阐释。

With all the love and deepest gratitude of our hearts, we thank you for your wonderful assistance to all our gentle readers in the explanations, you and the other Great Ones are giving forth concerning the angelic, elemental and human kingdoms evolving upon the planet Earth.

我们特别感谢您所赐予的知识，以及您那备受爱戴的“蓝焰之剑”的无限运用，世世代代以来，它对人类都具有无法估量的价值。我们此刻发出呼唤：请将那把拥有“完整宇宙力量”的“蓝焰之剑”的复制品，置于地球上每一个正在进化的生命流的光环之中或周围——使其尽快吸纳一切本不该存在的事物，以及一切阻碍每个生命流实现神圣计划的事物。派遣你们“蓝焰之剑”的天使军团，确保这一过程持续进行、全能地运作并不断扩展，直至所有人皆得升华并获得自由。

We thank you particularly for the knowledge and limitless use of your beloved Sword of Blue Flame, which has been of such inestimable value to mankind all through the centuries. We make the call RIGHT NOW that a replica of that Sword of Blue Flame, in FULL COSMIC POWER, be placed in the aura of every lifestream evolving upon this planet, within or around it—drawing into itself all that was never intended to be and all that interferes with the fulfillment of the divine plan of each lifestream, as quickly as possible. Send legions of your Angels of the Sword of Blue Flame to keep this sustained, all-powerfully active and ever-expanding, until all are ascended and free.

用你们自身的宇宙意识，以及对生命怀有的“宇宙基督感恩”之情，取代被那“蓝焰之剑”清除并转化的一切阴影——这份感恩源于生命不断赐予上帝所有造物的种种祝福与恩赐，而这些恩赐却被许多人无情地忽视。愿地球上的每一道生命之流，每天至少一次有意识地去爱、祝福并感谢天使与元素灵，感谢这些亲爱的光之朋友所提供的服务。我们感谢您对这一呼唤的即时回应。我们爱您！

Replace all shadows so withdrawn and transmuted by that Sword of Blue Flame, with your own Cosmic Consciousness and feeling of Cosmic Christ Gratitude to life for all its blessing and gifts so constantly bestowed upon all God's creations, and so

thoughtlessly ignored by so many. Let every lifestream on Earth consciously love and bless and thank the angels and elementals at least once every day for the services they received from these dear friends of light. We thank you for the instantaneous answer to this call. WE LOVE YOU!

挚爱的扬升大师纳达的开示

ADDRESS BY BELOVED ASCENDED MASTER NADA

引言

INTRODUCTION

我们向挚爱的纳达女神表达爱与感激，她的灵性服务旨在拓展全人类每个成员的才能、天赋、力量与势能。

Our love and gratitude extends to beloved Lady Master Nada, whose spiritual service is to expand the talents, gifts, powers and momentums of all the members of the human race.

愿她对每个人成长所怀有的慈爱关怀，能激励我们所有的读者培养同样的能力：去爱他们接触到的每个人身上的美好，滋养每位上帝之子的努力，使善行的果实结出更丰硕的收获以祝福人类，并在每个人的心中灌输这种无私的奉献精神，以促进和扩展神性。

May her loving interest in every individual’s development, inspire all our gentle readers to develop a like capacity to love the good in all they contact, to nourish the endeavors of each child of God so that the fruits of works well done may make a greater

harvest to bless the race, to inculcate that selfless devotion to the promotion and expansion of divinity through every human heart.

蒙福的娜达！您的经历激励了所有认识您的人。如今，我们在这几页纸上记录您的箴言，让更多人知晓您的存在，并鼓励他们向您寻求帮助，培育出一份如你一般对同胞的大爱。

Blessed Nada! Your experiences have been an inspiration to all who have known you. Now on these pages we write your words to acquaint others of your presence, and to encourage them to apply to you for assistance in developing a like love for their fellowman.

托马斯·普凌茨

Thomas Printz

爱是神性最高的显化

LOVE IS THE HIGHEST MANIFESTATION OF DEITY

挚爱的纳达女神

Beloved Lady Master Nada

1954 年 8 月 15 日

August 15, 1954

挚爱的光之友人们，在这座和谐与爱的城中，我与你们的内心和灵性已如此亲近，几乎无需借助言语这一媒介，来向你们倾诉我心中的感恩——感恩你们灵的忠贞，感恩那已然显现、维系着纯粹神圣之爱力场的强大内在力量。啊，人类以为爱是软弱而多愁善感的事物！爱却是神性所有品质中最强大的。它是神性本身的至高显化！那些体现这种爱的生命之流，成为人类这块巨大“面团”中的“酵母”。透过他们，每一份从天国渗透下来的祝福，都进入了人类的意识，并成为这族类共有的资粮。

Beloved friends of light, so close have I grown to your hearts and spirits, here in this city of harmony and love, that it scarcely seems necessary to use the medium of words to convey to you the gratitude of my heart for the fidelity of your spirits and for the great inner strength that has manifested and sustained a forcefield of pure divine love. Oh, mankind thinks that love is a weak and sentimental thing! Love is the strongest of all the qualities of the Godhead. IT IS THE SUPREME MANIFESTATION OF DEITY, ITSELF! Those lifestreams who embody that love become “leaven” in the great “loaf” of mankind. Through them, every blessing that is infiltrated from the kingdom of heaven enters the consciousness of mankind and becomes the property of the race.

在美国新英格兰的一座城市上空，伫立着神圣大爱与疗愈的圣殿。很久以前，这座圣殿曾对所有人的肉眼可见，但那是在亚特兰蒂斯辉煌的年代。在那座圣殿中，我有幸居住其中，而你们当中那些再次回到那个完美之境的人，也曾是汲取原始生命的一份子。我们以神圣之爱为那原始生命定性，然后透过这爱，将疗愈的大能导向全地球需要协助的生命流。

Over the city of one of the New England states (U.S.A.), stands the Temple of Divine Love and Healing. Long ago, this temple was visible to the physical sight of all, but that was in the days of Atlantean greatness. In that temple, I was privileged to reside, and those of you who have returned again to the site of that perfection were also a part in drawing primal life. We qualified it with divine love and then through that love, directed the powers of healing into the lifestreams who required assistance all over the planet Earth.

那座圣殿被建造为一朵精美绽放的玫瑰形状，每一层绽放的花瓣都是一间房间。随着入門者们在伟大的无私之爱品质中成长，他们从一层攀升至另一层，直到进入玫瑰的中心，并从那里扬升进入永恒的自由。还有许多其他人，像你们一样，在当时获得了扬升的机会，却因满心慈

爱，选择留在物质世间，作为圣光辐射中心继续服务于生命。

That temple was made in the form of an exquisite open rose, and every tier of those open petals was a room. As the initiates developed in the great impersonal quality of love, they ascended from tier to tier until they entered the heart of the rose, and from thence many ascended into their eternal freedom. Many others, like yourselves, were given opportunity to achieve the ascension at that time, but in the fullness of love, they chose to remain to serve life as a radiating center in the world of form.

当亚特兰蒂斯的辉煌因思想与感受中的不完美而被亵渎，当那些曾服事人类漫长世纪的宏伟圣殿不再被维系时，曾在其中服事的存有们便进入了以太界，至今仍安居其中。那以太界的图案，不仅包含了当初物理圣殿的设计蓝图，也包含了所有曾在那里敬拜者的祈祷、祈请以及一切活动的累积动能。

When Atlantean greatness was desecrated by thoughts and feelings of imperfection, when the glorious temples that had served the race for centuries were no longer sustained, those beings that had served in the temples entered into the etheric realm, and there they still abide. That pattern in the etheric realm contains within itself not only the designs from which the physical temples

were drawn, but all the full-gathered momentum of the prayers, invocations and all the activities that engaged the lives of those who worshipped there.

随着一次次胜利的积累，某些个体在建设、成长与扩展的过程中，汲取了原始生命力，从生命深处释放出神的品质，将其派遣出去执行胜利的使命。随后，借助那股能量的回流，他们又从被解放的生命中汲取了感恩所凝聚的动能。如今，在物质显化世界中，你们敬爱的领袖以及在场的各位，已“调频”进入那座伟大圣殿的核心，并透过你们自身的生命流，正吸引着那里存在的动能与力量。你们正将这些能量辐射出去，透过那被维系的力场——考虑到地球低层大气的力量并不利于建立与维系神圣之爱的大能，这力场所维系的和谐已是难能可贵。

Building, growing and expanding with each successive victory, certain individuals drew primal life, releasing the qualities of God from within that life, sending it forth on a mission of victory. Then, on the return current of that energy, they drew back the gathered momentum of gratitude from freed life. Again now, in the physical appearance world, your beloved leaders and all of you here, have “tuned in” to the heart of that great temple, and through your own lifestreams, you are magnetizing the

momentums and the powers that are there. You are radiating them forth through the forcefield, which has been sustained in remarkable harmony, considering the fact that the forces in the lower atmosphere of Earth are not conducive to the establishment and sustainment of the powers of love divine.

许多许多年前，我的意识也曾处于你们今日所处的境地。当我凝视你们珍贵的心灵、思想和情感世界时，仿佛那一切就在昨天。我仍能回想起自己当年获得胜利与自由的经历。

Many, many hundreds of years ago, I stood in consciousness where you stand today. As I look into your precious hearts, minds and feeling worlds, it seems as though it were but yesterday. I can remember my own experiences by which my victory and freedom were attained.

我出身于一个大家庭，是其中最年幼、最瘦小的成员。我家是一个才华横溢近乎天才的家庭。我的三位姐姐高大、端庄、金发碧眼，自信而从容——堪称尊严的化身。我家富甲一方，地位显赫，父亲渴望通过与亚洲及近东的权贵联姻，来巩固家族的地位。家中鼓励发展音乐（器乐与声乐）和艺术天赋，而在那家庭中，唯独我似乎没有发展出任何值得称道的优雅气质，没有任何可以用来

交换父亲所渴望的那种联姻的资本。因此，我胆怯而羞涩。就连姐妹们的高挑身材和美貌，也让我更加深陷于自我封闭之中。我记得，当我不过四五岁时，坐在花园里，羡慕着我所居住的这个家庭的美丽与尊严，却感觉自己不属于其中。

I was one of a large family, the youngest and the smallest member. Ours was a family talented to the point of genius. My three sisters were tall, stately and blonde, assured, and poised—embodied dignity. My family was one of great wealth, affluence and position, and my father was desirous of making alliances with the great of Asia and the Near East, through the daughters of his family. The development of those talents of music (instrumental and vocal) and art was encouraged in our household, and among that family I, alone, seemed to have no developed grace of merit, nothing which could be offered in exchange for such an alliance as my father desired to make. Because of that, I was timid and retiring. Even the stature and beauty of my sisters tended to drive me deep inside myself. I remember, when I was no more than four or five, sitting in the garden and admiring the beauty and the dignity of the family with whom I dwelt, but of which I felt no part.

随后，我经历了一件事，它充盈了我的一生，并消除了我内心的自卑感与“格格不入”之感。一天夜里，当我躺在靠近窗户的小床上，望着外面的法式花园时，一位可爱的女士出现在阳台上，身着美丽的玫瑰粉色衣袍。她的长发编成辫子，一条辫子垂在肩头，她对我微笑，那笑容如此温柔慈爱！那一世，从未有人这般单独留意我。凝视着她，我心中涌起对美的深切崇敬与热爱——这本就是我天性中不可或缺的一部分。她有着女神般的外貌，宏伟庄严，宛如我所属的那个显赫家族，但在那意识中、在那微笑中、在那双巨大的紫罗兰色眼眸中，却有一种我从未在地球上体验过的温柔与甜美。那爱滋养了我幼小的心灵所需的一切。

Then, there came to me an experience which filled my entire life and took from me that sense of diffidence and of “not belonging.” One night, as I lay in my small bed, which was close to the windows, as I was looking out at the formal garden, a lovely lady appeared on the balcony, dressed in beautiful rose pink. Her long hair was plaited, one plait hanging over the shoulder, and she smiled at me such, such kindness! It was the first time in that embodiment that anyone had taken any special note of me as an individual. As I looked at her, I was filled with the feeling of great

devotion and love for beauty which was so much a part of my nature. She had the appearance of a Goddess, magnificent, like unto that family of which I was the smallest member. Yet there was a tenderness, a sweetness in that consciousness, in that smile, in those great violet eyes, that I had never known on this Earth. There was a love which gave to me the nourishment that my small child's heart required.

那一夜，她一言未发，早晨醒来，我以为那是一场梦——是心灵与想象的幻境。然而，当我闭上双眼，再次感受到与那形象如此亲近。我感到一种温暖与真实。我素来安静内敛，没人察觉我的心事。我常坐在池边花木丛中，思念着我那亲爱的女士。虽然我当时年幼，但内心有个声音告诉我不要分享这次经历。因为我能分享的东西太少，内心的一部分渴望倾诉，感激终于有了可以献上的东西。我想开口诉说，但我拒绝了那种短暂的快感。

That night, she did not speak at all, and in the morning, I thought it was a dream—a fantasy of the mind and imagination. Yet, when I would close my eyes, again I felt so close to that personage. I felt a warmth and a reality. As I always lived a quiet, rather abstract life, no one noticed my pre-occupation. I often sat out by the pool where the flowers grew, and thought about my love-lady. Small as I was, "something" inside me told me not to

speak of that experience—not to share it. Since I had so little to share, a portion of myself was eager so to do, grateful that at last there was something that I could give. I wanted to open my lips and speak, but I denied myself that passing pleasure.

那美丽的存有一次又一次地前来，将近一年的时间里，持续将柔和的慰藉辐射倾注进我的世界。随着我逐渐熟悉她，并开始期待她的到来，我察觉到伴随她的音乐，以及类似玫瑰的芬芳。有时在白天，当生活经历变得艰难时，那芬芳会渗透进大气，我便知道，我的可爱女士就在身边。有时，即使透过其他人的说话声，我也能听到那美妙的音乐，我便知道她近了。后来有一天——这记忆在我心中依然清晰，仿佛就在昨天——她第一次对我开口说话。

Again and again the beautiful being came, continuing to pour a soft radiation of comfort into my world, for almost a year. As I grew to know her, and as I grew to await her presence, I became cognizant of music that always accompanied her, and of a fragrance like the rose. Sometimes in the daytime, when the experiences of life would be difficult, that fragrance would interpenetrate the atmosphere, and I would know, somehow, that my lovely lady was close at hand. Sometimes, even through the sound of other voices, I would hear that beautiful music, and I

would know that she was near. Then one day, it is as clear in my memory as though it happened yesterday, she spoke to me for the first time.

她说，她要给我一个机会，去发展一种对生命的特定天赋，那将与姐姐们的天赋相称，也是我可以献给我的天父及其所有儿女的东西。她告诉我，这种恩赐就是倾注纯粹、无私的神圣之爱。当然，作为一个小孩子，那些话对我意义不大，但就在那天夜里，她第一次牵起我的手，我们走到花园里。从她自己的心中，她将一道光束倾注进那些随着日落而闭合的睡莲。

She said she was going to give me opportunity to develop a certain gift to life which would be commensurate with the gifts of my sisters, something which I, too, might offer to my heavenly Father and to all his children. That gift, she told me, would be the outpouring of pure, impersonal divine love. Of course, as a small child, those words did not mean too much to me, but that same night, for the first time, she took me by the hand and we walked out into the garden. From her own heart, she poured a beam of light into the water lilies that had closed with the setting of the sun.

当她心中涌出的爱与对美的欣赏触及其中一朵睡莲时，那朵睡莲便违背其自然本性，开始舒展。从她体内发

出的那道光束与睡莲相连，使它散发出一种香气，那是地球大气中从未有过的芬芳。花朵舒展开来，花瓣愈发精致，那纯净的洁白尽显了睡莲的完美。随后，她将那道光束收回心间，并请我也做同样的事。我看着那花，却无法倾注出足以让它在深沉夜眠中微微颤动的爱。

As the love and appreciation of beauty flowed from her heart and touched one of the lilies, it began to unfold, contrary to its natural propensity. From her body, that beam of light, connecting with the lily, caused it to release a perfume, the like of which has never scented the atmosphere of Earth. The flower expanded, the petals became refined, and in its pure whiteness, it expressed all of a lily's perfection. Then, withdrawing that beam into her heart, she asked me to do the same thing. I looked at the flower, but was unable to pour to it the love that would cause it to move even slightly in its deep, night's sleep.

那位女士说道："现在，起初你要顺应自然，遵循自然的节奏。明天清晨，当太阳升起，第一缕阳光亲吻睡莲花苞时，运用你的爱来增强阳光的光芒。然后你会发现，正因你对它们的爱以及对它们完美无瑕的欣赏，睡莲的香气将更加甜美，外表也将更加美丽。"说完，她就离开了。

The lady said, “Now, at first you will work with the nature kingdom, in the rhythm of nature. Tomorrow morning, when the sun rises and the first beams kiss the lily pods, use your love and amplify the light of the sun. Then notice how much sweeter in scent the lilies will be, and more beautiful to look upon, because of your love for them and your appreciation of their perfection.” With that, she was gone.

于是，我开始配合自然的节奏工作。甚至当我向夜莺倾注对它生命的爱时，它的歌声变得更加甜美；花朵也会散发出更甜的香气——一切都顺应着自然伟大存有们已然建立的节奏。

So, I worked with the rhythm of nature. Even the songbird, as I poured to it love for its life, sang more sweetly, the flowers would give a sweeter scent—all in accord with the rhythm already established by the great beings of nature.

下一次美丽的女士来时，她说：“现在你必须在不依靠自然王国协助的情况下，自行激发那同样的生机。当夜莺在白昼沉睡时，你要向它的心倾注你的爱，让歌声在正午的阳光下响起。当花朵在日暮时沉睡，你也要用爱唤醒它们。”

The next time the beautiful lady came, she said, “Now you must draw forth that same activity without the assistance of the nature kingdom. When the nightingale sleeps by day, you must pour your love to his heart and make that song come forth in the noon-day sun. When the flowers slumber at the close of day, then awaken them by love.”

那时，经过练习，我的爱已变得更加强大，我能够为生命提供那样的协助，去放大四季中本然的圆满——甚至能逆转其表相的流转，显化出截然不同的景致。

By that time, through practice, my love had grown stronger, and I was able to give that assistance to life, amplifying the natural perfection in the seasons, opposite to their natural expression.

我度过了童年，长到十岁。有一天，我亲爱的导师告诉我她的名字——她是伟大的宇宙存有—— 恰瑞蒂 Charity。她说：“现在你可以开始认真地履行你的职责了。你的所有家人都拥有天赋，而伴随天赋的，是成就带来的自然自豪感。在深夜，当他们的身体沉睡时，你要站在每个人的床边，将你心中的爱倾注到他们的歌声、诗歌、舞蹈之中，或是他们所拥有的任何特殊天赋之中。作为‘无私者’，你将成为滋养他们绽放的养分。而作为你的修行戒

律，他们绝不能知道，正是你的爱使他们成为今日的天才！”

I passed through young childhood and came to the age of ten years. Then, one day the beloved one told me her name—she was the great Cosmic Being, “Charity.” She said, “Now you can begin your service in earnest. All of your family have talent, and with that talent, the natural pride of accomplishment. In the night hours, while their bodies sleep, you will stand by each one’s bedside and pour the love of your heart through the talents of song, of poetry, through the talents of dance, or whatever their particular gift may be. As the “selfless one,” you will be the nourishment by which they will flower and AS YOUR DISCIPLINE, THEY MUST NEVER KNOW THAT IT IS YOUR LOVE THAT MAKES OF THEM THE GENIUS OF THE DAY!”

在充满爱意的顺服中，我履行了这项职责多年。我姐妹们嗓音的美妙与完美，她们创作的精美诗歌与散文，以及她们完成的绘画与艺术作品，在当时已知的整个世界都声名远扬。这一切都是我服事的成果，而在我们的家族与朋友圈之外，甚至没有人知道有一个“最小的女儿”。家人也从未知晓，在“恰瑞蒂”圣者的帮助下，我为了滋养他们本有的良善，使其天赋之花、果实与香气能成为所有人的祝福，所做的一切努力。

In loving obedience, I rendered this service for many years. The beauty and perfection of my sisters' voices, the exquisite poetry and prose that they wrote, the paintings and art they accomplished became famous over all the then-known world. All of this was the result of my service, and no one outside of our immediate family and friends ever even knew that there was a "youngest daughter." The immediate family never knew of my endeavors with the help of Charity, to nourish the good that was theirs, in order that the fruit, the blossoms, the perfume of talent developed, might become the blessings for all men.

姐姐们出嫁后，我独自留在家中。那时，我伟大的导师告诉我，将有一位远方静修处的访客到来。她说我已准备好开始他所请求的服事与活动，从那一刻起，与她的联系将终止。当挚爱的 恰瑞蒂撤回她心中的火焰，留我独自伫立在我灵魂的光中时，那并不容易。我必须如此安居，等候那位超越时间的访客。

When my sisters were married, I remained at home alone. Then it was that my great teacher told me I would have a visitor from a far distant retreat. She said that I was ready to enter upon the service and activity which he would request of my lifestream, and from that moment, the association with her would cease. It was not too easy when the beloved Charity withdrew her heart's

flame and left me standing within my own soul's light. Thus I had to abide, awaiting a timeless visitor.

然而，有一天他真的来了！他就是美丽的卢克索的瑟偌佩斯贝。他向我讲述了卢克索的活动，讲述了渴望达成扬升的弟子们的要求，讲述了每一位渴望扬升的个体，必须从自身生命流中发展出每一种曾立誓献给神的才华或天赋的必要性。这是对每一位渴望扬升者的要求。挚爱的瑟偌佩斯问我，是否愿意成为那静修处所有成员天赋与才华的具象化"孵化器"，用我的爱释放它们。稍作思索后，我答应了。他说我必须先通过卢克索的入门试炼，那静修处的一个分支离我家不远。

However, one day he did come! He was the beautiful Serapis Bey of Luxor. He told me about the activities of Luxor, the requirements of the chelas who wished to attain the ascension, the necessity of development from within the lifestream of every talent or gift which they had vowed to God to give to life before they returned "Home." This is required of every individual who is to attain the ascension. Beloved Serapis asked me if I would be the embodied "incubator" of those talents and gifts for all the members of the retreat, setting them free by my love. After a little thought, I said I would do this. He said I would first have to pass

through the initiations of Luxor, at a branch of that retreat which was not too far from my home.

我进入了那静修处，与那些难以彼此共处、难以彼此包容的生命流一同生活。他们正处于训练中，学习掌控能量与振动，学习不因内外压力而产生反应——这些压力会导致能量品质不纯。求道者们被分成七人一组。静修处的统领会确保将这些个体安排在一起，以便在日常的近距离相处中，给予他们克服外在自我的最大机会。

I entered into that retreat and there I lived with lifestreams who found it very difficult to abide one with the other. They were in the process of training to develop their own mastery over energy and vibration, learning not to react to external or internal pressures which would qualify energy imperfectly. The aspirants were grouped in sevens. The hierarch of the retreat would see that those individuals were placed together who, in association, would give the greatest opportunities for overcoming the outer self in the daily course of proximity.

我从一个小组转到另一个小组，始终努力透过这份沉甸甸的爱，融化痛苦与伤害——始终努力内心深处汲取出那些生命流本具的天赋、大能与才华。当我服务足够久，且发现自己已不受那些未被神之火焰所掌控的反应所影响

时，我得以进入卢克索主静修处。我在那里安居了数个世纪，提供服事与协助，而这份服事至今仍在倾注给全人类——给每一个地方、每一个愿意理解爱具有何等力量、可以释放同胞心中良善的人。

From one group to another I went, always endeavoring through that pressure of love to melt away the pain, the hurt—always endeavoring to draw from within the heart center the gift, the power and talent of the lifestream. When I had served enough and found myself impervious to reactions that were not under the control of the God-flame, I was enabled to enter the Luxor Retreat. There I abode for several centuries, rendering a service and assistance which I still continue to pour forth to mankind, every one, everywhere, to all who choose to understand what a power love is to loose the good in their fellowman.

在此地...的中心，我发现我的活动与之有着天然的契合。通过本次课程，我们将努力在每位学员的心中——在每位踏上神秘之路且心怀此愿的个体心中——栽种一朵小小的粉红玫瑰，这是我们爱的馈赠。随着来自课堂的爱流涌出，随着伟大的玫瑰自然精灵承载这份慈爱向外辐射，我们将努力透过你们合作努力所建立的力场，去放大那良善。我们将努力强化并增进每个人的才华，赋予每一道生

命之流更大的动力继续前行，更强烈的渴望去展开其独特的神圣蓝图与计划。随着这动能的增长，我们将把整个地球变成一座美丽的花园——每个人的心焰散发出自己的香气，每个人的光环是一朵宏伟的花朵，每个人的能量辐射着天体的音乐。如此，一个人在物质世界中便完成了他降生于世的蓝图与神圣计划。

Here in the heart of ———, I find a natural affinity to my activity. Through it at this class, we are going to endeavor to establish within the heart of every student, every individual on the mystic path who desires it, a small individual pink rose, which is our gift of love. As the love from the class flows forth, as the great rose devas carry that pressure, we shall endeavor through the forcefield established by your cooperative endeavors, to amplify the good. We shall endeavor to intensify and increase the talents of each one, giving every lifestream greater incentive to continue on the path, greater desire to unfold their particular divine pattern and plan. As this momentum grows, we shall make a beautiful garden of this entire planet Earth—everyone's heart flame emitting its own perfume, everyone's aura a magnificent flower, everyone's energy radiating the music of the spheres. Thus, one completes in the physical appearance world the pattern and the divine plan for which he came into being.

亲爱的朋友们，世人尚未看清集体修持的珍贵契机。千百年来，无论研习世俗学问，还是探究玄理奥秘，人们总是入学求知。然而，未被运用的知识比无知更危险，因为伴随着知识而来的是业力与责任，要求个体依据所得的知识，从自身能量中编织出对生命的祝福。人若只知向知识之源汲取，却任由心智、以太体与大脑充斥越来越多的法则，却依旧继续放纵感官，从美好的生命之中编织出更多不和谐的振动，构筑起那层笼罩他生存、行动与存在状态的气场帷幕，那还不如从未触碰这知识的源泉。

Beloved ones, mankind do not understand the opportunities of class work. Mankind for centuries have come to schools for knowledge, in the world of secular activities as well as metaphysical and occult channels. However, KNOWLEDGE UNUSED IS MORE DANGEROUS THAN IGNORANCE, because with knowledge comes karma and obligation to weave out of the individual's energy a blessing to life commensurate with the knowledge given. Better had man not applied to the fount of knowledge, than to satiate the mind, the etheric body and the brain with more and more Law, then continue in the way of the senses, weaving out of beautiful life more of the dissonance which forms the blanket of atmosphere in which he lives, moves and has his being.

挚爱的诸位，当一个人前来参与课程，他的心智体之中，满载着历经数世纪积累的各类认知——既有真理，也有谬误。单单一世肉身经历所耗费心神的种种各类“主义”，就会形成一团混杂的思想形态。上师必须穿透这堆心智积淀进行开示，力求至少将一个意念锚定进人的心智体；这一意念能够经由情感层面培育发展，造就更为升华的本性，散发出更加强大的完美光辉。

When one comes to a class, he brings his mental body filled, beloved ones, with centuries of the accumulation of knowledge—truth and fallacy. All of the various “isms” that have engaged the energies of one embodiment alone, make a conglomerate mass of thoughtforms. The Master must speak through that mental accumulation, endeavoring to anchor into the mental body even one thought which can be developed through the feelings into an improved nature and a greater radiation of perfection.

此外，还有那片不断翻涌、永不停息的情感汪洋！倘若学员能将这广阔的情感世界准备好，不仅能接纳言语传授，更能接纳那份辐射，并且让所有翻涌的潮汐都得以平息，那学员将获得何等丰厚的收获！

Then, too, there is that great sea of emotion, surging constantly—never still! How rich would the student be if that

great emotional world could be prepared for the reception, not only of the worded address, but for the radiation, and all of those surging tides COULD BE STILLED!

倘若那储存着世世代代一切怨怼的以太体能够归于宁静，那宝贵的肉身也得以休憩放松，那么仅仅一次开示所能成就的效果，便能胜过百次。而在那百次的开示当中，躁动不安加上个人并未做好内在准备，使得穿透重重能量阻碍变得格外艰难——这些阻碍不仅来自心灵层面与星光层面，也来自人内在众多的小我面向。

If that etheric body wherein all of the grievances of the ages are stored, could also be stilled and that precious flesh rested and relaxed, IN ONE ADDRESS more could be done than in a hundred where the motion and the lack of individual preparation make it so difficult to reach through the energy, not only of the psychic and astral planes, but of the many selves.

今日在场的你们，在和谐之中融为一体。借着这份和谐，我得以锚定我爱的实质，协助你们完成各自独特的人生使命，使你们的禀赋与才能得以显化于世，从而惠泽众生。我向你们承诺，我将每十二小时一次，为你们重现我数世纪前所做之事。我看见你们的生命蓝图，看见你们在永恒宏大计划中的位置，我看见扬升大师圣哲曼正努力从

少数人的能量中编织出的蓝图。你们正是他所拣选的人中的一部分——你们自愿在他扬升后为他完成这事业。你们曾自愿领受，将“自由”这份天赋，深深系在自己的身上，并从你们世界的能量中，为所接触的生命编织出自由。

You here today are one in harmony. Through that harmony, I am able to anchor the substance of my love, to assist you in your own particular mission to life, that your gifts and talents may come forth and externalize for the blessing of all. What I did those centuries ago, I promise you I shall do for you, once in each twelve-hour period. I see your pattern. I see your part in the great eternal scheme of things. I see the design that the Ascended Master Saint Germain is endeavoring to weave from the energies of a few. You are among those whom he has chosen, those of you who volunteered to finish the course for him when he took his ascension. You volunteered to tie into your own bodies the gift of freedom and to weave out of the energies of your world freedom for the life you contact.

你们可知，当你能够怀着善意、不带个人好恶，去爱他人心中那神性蓝图之时，那随之而来的喜乐？在自然界中，你们可以享受它，因为那里没有惹人烦扰的人格自我。带着极大的放松，你们可以享受壮丽的日出，享受黄昏宁静的湖泊，享受鸟儿的歌声或花园中美丽的花朵。然

而，如果你们愿意，我将帮助你们以同样无私的方式，享受那从人心深处萌发、寻求光明的怯懦新芽——它努力穿透气场的湍流，期盼着来自生命某处的爱的磁力，为这初次的求索赋予力量与活力。

Do you know the happiness that comes when you can, kindly and impersonally, love the divine pattern in another's heart In nature you can enjoy it, because you do not have the personality that aggravates. With very great relaxation you can enjoy a very beautiful sunrise, you can enjoy a calm lake at eventide, you can enjoy the song of a bird or the beautiful flowers of the garden. Yet, if you want it, I shall help you to enjoy in that same impersonal manner the timid shoots coming up from the human heart seeking the light, endeavoring to reach through the turbulence of the aura, hoping for the magnetic power of love from some part of life to give strength and vitality to those first efforts.

噢，如果你们愿意成为那块磁石，帮助引出他人的蓝图与计划！有时这在你看来似乎很愚蠢，有时一个新学徒结结巴巴的话语在智慧超群者眼中似乎很可笑，但我们从未觉得你们的话语与努力是愚蠢的！ 噢，如果你们能无私而仁慈地滋养所遇见的所有人身上的任何一切美好——努力去理解另一个灵魂可能正在经历的磨炼！噢，如果今日

地球上能有一百位这样的人，圣哲曼的胜利将更近，确实近得多！

Oh, if you would only be that magnet and help to draw forth that pattern and that plan for others! Sometimes it seems foolish to you, sometimes the halting words of a new student seem silly to one of superior wisdom, BUT WE NEVER FEEL THAT YOUR WORDS AND YOUR EFFORTS ARE FOOLISH! Oh, that you would impersonally and kindly nourish any and all the good in all you meet—endeavoring to understand the disciplines through which another soul may be passing! Oh, if there were only one hundred such men on this Earth today, Saint Germain's victory would be closer, much closer indeed!

当挚爱的"恰瑞蒂"圣者协助我进行个人修持时，她在我童稚的心中，察觉到一种因在众多才华横溢、美丽动人的姐妹中沦为"墙花"而产生的挫败感。有一天她对我说了一番话，那慰藉如此深刻，伴随了我一生。她说："孩子啊，真正重要的是你的根。当那些根深深锚定于对神的认识与对神的爱中，当你在自身灵魂隐秘寂静之处，以信心、纯洁与对神的爱培育那些根时，"事业之花，品格之香"将只是结果！ 你无需为此操心，正如生长的植物无需

为自然绽放的花朵操心一样。植物的能量致力于连接大地与滋养它的元素，到时候，花朵便会自然而然地绽放。”

When the beloved Charity was helping me with my personal application, she saw within my childish heart a certain sense of frustration from being the “wall-flower” among so many brilliant and beautiful sisters. She said something to me one day that was so comforting and it stayed with me all my life. She said, “Now, child, IT IS YOUR ROOTS THAT MATTER. When those roots are anchored deep in the knowledge of God and the love for God, when in the secret, silent places of your own soul those roots are developed in faith, purity and love of God, THE FLOWER OF WORK AND THE PERFUME OF BEING WILL JUST BE AN EFFECT! You need have no more concern about them than has the growing plant with the natural unfolding blossom. The energies of that plant are engaged in connecting with the earth and the elements which give it its nourishment, and in due time the flower appears as a natural result.”

自那以后，我不再执着外在成就，一心将根深深扎入对神的爱，全然顺服祂的旨意，明白“与神合一，便胜过一切”。我尽力活出耶稣传扬的真理：“你们要先求他的国和他的义，这些东西都要加给你们了。”这在我的经历中应验了。

From then on, I sought no longer for manifest works in themselves. I sought to set my roots deep, deep in the love of God, in that great surrender to his purpose, in the realization that “one with God is a majority.” I embodied as best I could the same truth that Jesus again brought forth, “Seek ye first the kingdom of heaven, and all these things shall be added unto you.” It was so in my experience.

今天，你们也在自己内心之火中深深扎根，那里是滋养的源泉，是身体生命跳动的源头，是肉身疗愈的源泉，也是餐桌上的食物和头顶屋顶的来源。你的花自然就会在众人面前显出来。人在暗处所作的，终究会在周身世界中显露。众人皆能看见

Today you, too, are planting your roots deep within the flame of your heart, whence comes the nourishment, the very lifebeat of your body, whence comes the healing for your flesh, whence comes the supply upon your table and the very roofs above your heads. As your roots are anchored in God, seeking no external spiritual nourishment, so shall your flower be manifest to all men. That which a man does in secret is manifest to the world about him, that all who run may read.

今日我以家常话语与你们交心，我们本是圣光一家人，无需耗费能量证明我们的真实存在与使命。因此，今

夜我们在意识中合而为一，是一个伟大的光之家族。所以我看着你们，凝视你们心灵隐秘的深处，看见那里强有力的根与从中延伸出的新根。我现在在你们的光环中，看见了那未来花朵的和谐显化。我对你们说，亲爱的们，请保持乐观心情！你们正在恩典中成长，在光中成长，也在爱中成长。在你们全然得胜之前，我与我的导师“恰瑞蒂”圣者将始终与你们同在，她是生命之爱的化身。

I speak today heart to heart, in a homely fashion, because we are a family, because there is no doubt, because there is no energy required of me to convince you of our reality and our purpose. Therefore, tonight, we are one in consciousness, one great family of light. So I speak to you, looking into the secret recesses of your heart, seeing there the strong roots in the center and the newer roots that are going out from it. I see now in your aura the manifest harmony of that future flower. I say to you, dear hearts, be of good cheer! You are growing in grace, growing in light, and growing in love. Until your victory is complete, I stand by you and with you, and so does my great teacher, the beloved Charity, who is embodied love for life.

人类将怀着困惑与迷茫来到你们面前，心中却涌动着希望。请记着我的话——用爱使他们得自由！“你们要彼此相爱，像我爱你们一样。”谢谢你们，愿神祝福你们。

Mankind will come to you, bewildered and confused, with hope stirring in their hearts. Remember me—and LOVE THEM FREE! “Love one another, as I have loved you.” Thank you, and God bless you.

纳达

NADA

INVOCATION TO BELOVED NADA

向挚爱的娜达祈请

In the name and authority of the beloved Presence of God, I AM in me, I call to the beloved Lady Master Nada! With all my heart’s love and gratitude, I thank you for your gracious and loving willingness to assist me in the fulfillment of my divine plan.

奉我内在挚爱的神之临在之名与权能，我呼唤挚爱的纳达女神！我以全心之爱与感恩，感谢你仁慈而慈爱地乐意协助我成就我的神圣计划。

As a part of such a wonderful assistance, I ask you to place your beautiful pink rose in my physical heart, that rose which is the symbol and anchorage of your victorious divine love and compassion through me, to bless all the life I contact.

作为此殊胜助佑的一部分，我祈请你，将你那美丽的粉红玫瑰置入我肉身的心中——那朵玫瑰是您通过我彰显

的、胜利的神圣之爱与慈悲的象征与锚点，以祝福我所接触的一切生命。。

Every twelve hours, let there be an added impetus of your love and light to make that rose expand, at the same time emitting the fragrance of its being and your feeling of our Father's love for all life, animate and inanimate, to the human family and the four-footed kingdom (which has no words by which to pray).

每十二小时，请让您的爱与光注入一股新的动力，使那朵玫瑰绽放得更加绚烂，同时散发出它本有的芬芳，并将你们对天父眷顾众生——无论是有情无情的——那份感受，传递给人类与四足禽兽（它们无从以言语祈祷）。

Beloved Lady Master Nada, I desire to be all that you are to all life, everywhere forever! Send me legions of your angels of Cosmic Christ Love and Pink Adoration Flame to make and keep me victorious by your love, every second, every day, in everything and every way, in all I do, think, hear, feel or say, until all are wholly ascended and free.

挚爱的娜达女神，我渴望拥有你的全部品质，无论何处、直到永远，以此对待所有生命！请派遣你宇宙基督的爱与粉红崇敬火焰的天使军团，凭你的爱让我在每一秒、每一天、在一切事物和所有方面，在我一切所行、所思、

所闻、所感与所言中得胜，直至所有生命全然扬升得自由。

I consciously accept this done RIGHT NOW with full power! SO BE IT! IN HIS NAME, “I AM.”

我接受此刻就以全部力量完成此事！如所祈愿，奉“我是”之名！

扬升女上师梅塔尊者致辞

ADDRESS BY BELOVED ASCENDED LADY MASTER META

前言 Introduction

Our love and gratitude extends to our Lord, Sanat Kumara, beloved Venus, and the Lady Master Meta, their daughter of light!

我们将爱与感恩献予萨纳特·库玛拉尊主、挚爱的维纳斯，以及他们的光之女儿——梅塔女神！

May all who read it, find inspiration to become a part of that great Brotherhood, whose service is to learn to consciously generate and project the light rays which dissipate the evils created by mankind before mankind, themselves, have to reap the imperfect harvest they have sown.

愿所有读到此文之人，皆能获得感召，加入这伟大的光之兄弟会。该团体的使命是学会有意识地产生并投射圣光，消解人类造下的一切恶业，使人不必亲尝自己种下的残缺苦果。

Blessed Meta! Your activities in the focusing of conscious students in the etheric cities has preserved mankind to this present day! We call now that unascended beings may open their

consciousness, hearts and beings to these light rays and become spiritual “partners” with your trained students who serve at inner levels. We call also that every chela may master the magnetization and direction of the light rays whenever and wherever needed to remove distress and to bring peace, healing, protection, enlightenment and God-control to their fellowmen.

蒙福的梅塔！您在以太圣城接引觉醒修行人、凝聚光之力量的行持，护持人类存续至今！我们祈愿一切尚未扬升的存有敞开意识、心灵与生命本体，接纳圣光光束，与您在内层界域侍奉的弟子结为灵性同修。我们亦祈愿每位修行门徒，皆能掌握圣光的磁化与导引之法，无论何时何地，只要众生陷入苦难，便可投射圣光，为同胞带去安宁、疗愈、护持、启迪与神圣主权。

Thomas Printz

托马斯·普凌茨

萨纳特·库玛拉的牺牲

SANAT KUMARA’S SACRIFICE

作者：挚爱的梅塔（萨纳特·库玛拉之女）By Beloved Meta (Daughter of Sanat Kumara)

Beloved sons and daughters of God, I bring to you the particular and specific benedictions of Sanat Kumara (my blessed father) and the beloved Venus (my holy mother). I bring you also the blessings of all the ladies of heaven who are particularly interested in your endeavors to expand the radiation of healing through sustained harmony in your feelings.

挚爱的神之子民，我携萨纳特·库玛拉（我神圣的父亲）与挚爱的维纳斯（我圣洁的母亲）特别而具体的祝福前来。同时，诸天所有圣女皆赐下加持，她们一直关注你们的修行——愿你们的情感长久安住于和谐，不断向外释放疗愈圣光。

It is many, many centuries (as recorded by human time) since my father returned from a conclave of the Suns of this system. I remember, as though it were yesterday, the day he divulged the information to my mother and our family, that, through cosmic vote and through divine justice of the impersonal universal Law, the planet Earth had lost the right to draw any more energy or to be further sustained by the self-conscious sacrifice of elemental life—neither was it longer entitled to receive the release of substance, power and light from the Sun, from the angelic host and those other beings who had guarded her thus far.

以人类纪年计算，自我父亲自本星系诸日之会归来，无数个世纪已经过去了。那一天，他向母亲与家人告知天机，情景恍如昨日：经全宇宙表决、依照无偏私宇宙法则的神圣公义，地球已失去汲取能量的资格，不再能依靠元素生命的自我牺牲维系存续；太阳、天使军团及长久守护地球的诸天存有，也不再向地球输送物质、大能与圣光。

It was thought by the Cosmic Law to be the part of wisdom and justice to return this Earth again to the unformed (to primal life) that its substance might be repolarized and formed anew in the womb of some future Sun, to be a cradle for some other evolution, perhaps more willing and desirous of fulfilling the will of God!

宇宙法则认为，将这颗地球重新归还至未形成状态（即原始生命状态），乃是智慧与正义的体现——使其物质得以重新极化，并在未来的某颗恒星的母体中重新孕育，成为另一族众生演化的摇篮——那一族生灵，会更甘愿、更渴求践行神圣意志。

My mother, as you know, feeling the love within my father's heart for the beloved Earth and its evolutions, gave him full freedom to offer his light and his love to sustain the planet, if the Cosmic Law would accept his offer of assistance. Therefore, he

went to the cosmic authorities of this system with a joyous heart, proffering his help, and, as you are aware, his gift of love and sacrifice was accepted.

你们皆知，我的母亲体察父亲心中对地球及众生的深切慈爱，全然应允：若宇宙法则接纳这份援助，父亲便可倾尽自身圣光与大爱维系这颗星球。于是父亲怀着欢喜之心觐见本星系宇宙执政者，献出自身力量；如你们所知，祂这份饱含大爱的牺牲，最终被应允。

It was not long thereafter that the first group of volunteers left Venus to prepare a place for him on the Earth, a place befitting his great rank and his great and mighty service to this planet and the universe. These endeavored in every way to re-create the atmosphere which he knew and loved so well upon our star, Venus. Then came the day when he, himself, was to take leave of our planet, to take leave of its people and us, and to rise into the atmosphere over Venus, as he had so often done before. However, THIS TIME, he passed out beyond the periphery of our sphere of influence and entered into habitation in the atmosphere of Earth.

不久之后，第一批志愿者便从金星出发，在地球上为他准备一处居所——这处居所既要与他崇高的地位相称，也要体现他对这颗星球及整个宇宙所作出的伟大而卓越的贡献。他们竭尽全力，试图在地球上重现他所熟知并深爱

的金星能量场。随后，他本人即将告别我们的星球、告别这里的人民以及我们，并像以往那样升入金星的大气层；但这一次，祂越过金星能量边界，进入地球大气层并定居于此。

All through the history of Venus, the Kumaras had ascended into the atmosphere of the star on great occasions, such as cosmic feast days, or, at times when they wished to address all the population of the globe at one time. Like stars blazing in the firmament, they were able to direct an address that would envelop the planet through radiation, through color and spiritual telepathy. This message would then be received by each individual in his own locality. Therefore, our people were neither surprised nor startled to see the great Sanat Kumara ascend into the heavens above our star.

纵观金星历史，每逢宇宙盛典，或是库玛拉诸圣想要向全星球众生同步开示之时，都会升空至天穹。祂们如苍穹璀璨星辰，借由光辐射、圣光色彩与心灵遥感，将开示传遍整个星球，每位生灵都能在自身所在之地接收到讯息。因此金星众生见到伟大的萨纳特·库玛拉升空，并无半分讶异。

Only a few of us—the immediate family, the council, the priests and priestesses of the temples—only these knew that the being ensouling the light above our star would shortly begin a journey which would take him from our home and planet for a period which we thought AT THE MOST would be of but a few centuries duration! Sanat Kumara was the embodiment of all our hope and love, the greatest being evolved upon the star.

唯有少数人——至亲眷属、星际议会、圣殿男女祭司知晓：此刻悬于金星上空的圣光之主，即将远行，离开我们的母星。彼时我们都以为，祂最多不过离开数百年。萨纳特·库玛拉承载着金星所有生灵的希望与挚爱，是这颗星球演化出的至高存有。

It has been a long, long time that the queen of love has reigned alone, acting as man and woman, as father and mother, to an evolution so magnificent and so beautiful that discord of any kind is unknown in her realm. Not one electron drawn from the universal has ever been qualified imperfectly there, by angel, elemental, or the evolution which is parallel to the divinely-matured expression of your humankind. Each lifestream on Venus, each newborn soul and spirit, attains and develops mastery in absolute harmony.

此后漫长岁月，爱之女王独自执掌金星，她同时身兼男女之职，亦父亦母，护佑着那个如此宏大、如此美好的进化体系。金星境内不存在任何纷争；无论天使、元素生灵，还是那类与人类灵性完全成熟之后本应成为的样子并行演进的众生，从不会让从宇宙本源汲取的每一个电子沾染不完美的品质。金星每一道生命流、每一个新生灵魂，皆能在全然和谐中修成圆满掌控力。

That, too, was the design for your beloved Earth and is the design of the Father of all light and love for every planet and star in the entire universe. The Earth forgot this, not because of her people themselves, but because of the contamination they absorbed through radiation and contagion from the polluted consciousnesses of those who came here from other stars, to whom she (the Earth) had previously extended hospitality that they might complete the evolution which they had neglected in their native spheres.

这本也是挚爱的地球本该拥有的样貌，是一切圣光与大爱之源——天父，为全宇宙每一颗星辰定下的完美蓝图。地球偏离本源并非本土生灵之过，而是接纳了其他星系业障深重的生灵，这些生灵负面意识的辐射侵染了大

地。地球曾善待这些异乡生灵，容许他们在此补完在其母星上未尽的修行。

Because the Earth in herself is sweet, because her evolving peoples are fundamentally harmless, and because the guardian spirits who came from other stars and planets to serve in sacrifice like unto that of my father, have served well, the great Cosmic Law has allowed more than ordinary assistance to be given this small planet at this time.

大地本性纯良，本土生灵本心无恶；加之诸多星际守护灵效仿我父亲，自愿以牺牲精神前来服务、恪尽职守，宏大的宇宙法则因此特许，在当下给予这颗渺小星球超乎常规的援助。

Thus, beloved ones, we continued on Venus without the presence of our King for a long, long period of time, and finally my mother suggested that I come here to give the assistance of my love and light, until the victory of the Earth was assured. We had, of course, visited this sphere many times, having accompanied groups of envoys from Venus who entered the Earth's atmosphere on various occasions. The joyous intercourse, therefore, that existed between our planet and yours, gave us a certain freedom and, of course, all through the ages after my father's departure from Venus, we were in constant communication with the beloved

exiles. However, you can see that this is not exactly the same as using the energies of your being to serve on a planet of your own choice and evolution.

挚爱的众生，我们在没有国王的金星上度过漫长岁月，后来母亲提议，让我前往地球，以自身大爱与圣光相助，直至地球彻底迎来胜利。此前我也曾随金星使者团多次到访地球，两星之间素来存有祥和的灵性往来，我们也拥有自由穿梭的权限。父亲离开金星之后，我们亦长久与滞留地球的光之流浪者保持联结。但你们应当明白，短暂造访，与将自身全部生命能量投入一颗星球、长久扎根奉献，完全是两回事。

May I say, then, just in passing, that we offer our extreme and personal gratitude to you, each and every one, who are interested in the cause of Sanat Kumara. Do you realize that for many centuries even his precious name was UNKNOWN to the mankind of Earth? Yet, when man hears that name, he invariably feels a thrill of happiness within his heart. I need not describe the sensation to you, for each of you felt it when the name of Sanat Kumara was first brought to your attention, either through worded expression or the written page—and we, who are serving life to set him free, we, who are endeavoring to help the Earth complete her course of evolution, are grateful to you—grateful beyond all

words to describe—for your interest and your sweet cooperation in our cause.

顺带一提，所有心系萨纳特·库玛拉大业的人，我们发自内心地感念你们。你们可曾知晓，无数个世纪里，地球人类甚至不知晓祂神圣的名号？可但凡世人听闻此名，心底总会涌起难以言喻的喜悦。我不必描述这份悸动，你们初次听闻萨纳特·库玛拉之名时，无论听闻口述或是阅读文字，都亲身感受过。我们一心侍奉众生、助祂解脱枷锁，助力地球走完演化之路；对于你们的关注与真诚同行，我们的感恩无以言表。

In the freedom of life, each individual is allowed to choose in what manner he wishes to serve the universe. When I came into the atmosphere of Earth as a permanent resident rather than as a visitor, and when I saw the mighty chariots of fire return to Venus without me, I realized for the first time that my own exile was about to begin in earnest, and that my energies were to be used in the service of the mankind of Earth. It was then I asked for the privilege of studying the Earth's atmosphere through the medium of every sphere so that I might use the momentum of my own light to the greatest possible extent for the blessing of Masters, angels, elementals, and evolving humanity.

在生命的自由中，每个人都有权选择以何种方式服务于宇宙。当我不再是短暂访客，而是永久驻入地球大气层，看着宏伟的火焰战车独自返回金星，我第一次意识到，我自己的流放生活即将真正开始，我全部的生命能量，都将用来护持地球人类。正是在那时，我请求获得通过各个界域来研究地球大气层的殊荣，以便我能最大限度地利用自身光明的动能，为上师、天使、元素灵以及正在进化的人类带来福祉。

I spent several hundred years, beloved ones, in this “spiritual research” and finally found my affinity of consciousness in the Fifth Sphere. I then asked the Cosmic Law for the opportunity of becoming associate Chohan of that sphere. My request was granted and, in cooperation with the great being who was then presiding Chohan, I held that office for some five hundred years. When he went on to greater heights of evolution, I was appointed full Chohan, and that position I held for several thousand years. This office is presently held, as you are doubtless aware, by the beloved Hilarion.

亲爱的朋友们，我在这项“灵性探索”中投入了数百年光阴，最终在第五界域找到了与我意识相契合之处。我向宇宙法则请愿，成为第五界域副乔汉，祈愿获准。我与当

时执掌第五界域的伟大存有共事五百年；待祂迈向更高演化境界，我正式接任第五界域乔汉，任职数千年。想必你们知晓，该职位目前由深受爱戴的希拉里昂担任。

You know without my telling you, that the service of the Fifth Ray is devoted primarily to healing. This is done through the direction of light rays by individuals especially trained for the purpose in the Fifth Sphere and projected into the consciousness of embodied men and women who have avocation for alleviating the distresses of the mind, body or spirit of their fellowman.

无需我多言，第五道光的核心使命便是疗愈。在第五界域受过专门训练的存有，能够导引圣光光束，投射到肉身众生的意识之中；这些众生本就心怀善愿，致力于缓解同胞的心智、肉身、灵性层面的一切痛苦。

You must know that the healing of the spirit through the teaching of the word of God is as much a part of the activity of the Fifth Ray as the healing of the body through science and research. Therefore, in accordance with the service of this activity, I taught the beings of the Fifth Sphere the science of the creation and projection of the light rays.

你们要明白，通过上帝之言的教导疗愈灵性，与借由世间学识研究疗愈肉身，同属第五道光的运作范畴之内。

为此，我向第五界域的一切存有传授产生和投射光束的科学。

You may not know that in each sphere there are Masters, angels, angel devas, cherubim, and seraphim—all of whom either project or carry the substance and radiation of that sphere to the sphere immediately beneath it. Here are messengers of living light who work with the devas, the Masters and the angelic host. Here also are disembodied lifestreams who, through affinity with the interests of a particular sphere, are assigned by the Lords of Karma to dwell there in-between embodiment, and there are the rare individuals who, in their sleeping hours, are assigned to schoolrooms within those spheres, to which their own consciousness and special interests draw them, by the power of magnetic attraction.

或许你们并不知晓，每一层界域都驻有扬升上师、天使、天使提婆、基路伯、撒拉弗。祂们或是投射、或是运载本界域的实质与光辐射，传递至下一层界域。这里有传递生灵之光的使者，与天神、上师、天使军团一同共事。这里还有脱离肉身的生命之流，因意识与某一界域相应，业力之主便安排他们投生间隙居于此地；还有少数修行人，沉睡之时会被磁力牵引，依自身意识与修行志向，前往各界域的灵性学堂进修。

You will understand, therefore, that we have a conglomerate mass of individual consciousnesses on whom we can work in each sphere, and my first assignment was to serve with the unascended lifestreams (both disembodied and those in the flesh who had sufficient development to be drawn within its temples during their hours of sleep). I decided that I would work primarily on developing within these people the capacity to recognize themselves as precipitated light rays and then I would enable them to create a beam of light and project it to a give objective through conscious direction.

由此你们便能理解，每一层界域都有无数不同意识层次的存有可供我们接引度化。我最初的使命，便是接引尚未扬升的生命流——既有已经脱离肉身的，也有修行根基深厚、睡梦之中可进入圣殿的肉身生命之流。我决意重点先培育他们的觉知，令其认清自身本就是凝聚成型的圣光，再教导他们生发光柱，通过有意识的引导，把它投射到既定的目标上去。

You may be aware of the fact that there are certain centers within the upper part of the body which are open doors for the drawing and conducting of concentrated light. You have seen pictures of religious figures wherein this is demonstrated. When the artist has a certain spiritual perception, he will usually

emphasize these foci in the physical body which are the doors through which the light rays do pass. In the palm of the hand is such a focus which carries the light from the heart through the hands. The Master Jesus is often depicted with a beam of light passing form each hand in blessing. Of course, the heart center is the concentrated focus of the Flame of Immortality, anchoring the life-giving ray from the Presence into the physical heart. That light may then be passed through the hands, through the heart itself, through the throat center, through the eyes, or through the head (forehead) in directed energy to bless life.

你们或许知晓，人体上半身存有多处能量中心，是接引、传导凝聚圣光的门户。各类圣像画作中皆有显现；拥有灵性感知的画师，总会着重刻画肉身这些圣光通道。掌心便是一处关键枢纽，可将心轮圣光经由双手向外传递。耶稣上师的画像常绘有双手射出祝福之光。心轮是永生火焰的核心据点，将「我是」临在的生命圣光锚定在肉身心脏。这份圣光可经由双手、心轮、喉轮、双眼、头部（额头）定向释放，赐福一切生命。

When we take individuals for training who are interested in healing, we first call their attention to the silver cord and explain to them that they, themselves, are actually precipitated rays of light. We enable them to look upon the activity of the silver cord

and observe the electrons passing from their White Fire Body into the etheric vehicle, which they have used to enter our sphere, either for instruction or service. As these light rays pass from the White Fire Body and are magnetized by the immortal Threefold Flame in the heart, the individual contemplating that activity sees himself as the very precipitating power by which he has continuity of consciousness and intelligence and by which he has life and the capacity TO BE as an individual identity.

我们接引有志疗愈的人们修行时，首先引导他们观想银索，告知他们自身本就是凝聚而成的圣光光束。我们令他们观照银索的运作，并察看电子如何从他们的“白火体”流向以太体——他们正是凭借以太体进入我们的界域来受教或服务的。圣光自白火体流出，被心中不朽三重火焰磁化；观想这一运作的人，会认清自身便是那凝聚显化的力量。凭此力量，他的意识与智慧得以相续不绝，他的生命得以存续，更凭此拥有了作为独立个体“存在”的权能。

If that precipitated ray were to stop flowing, the individual, as a focus of conscious life, capable of thought and feeling, would cease to exist. Sometimes it takes hundreds of years for an individual to realize the fact that he, himself, through the magnetic power of the flame in his heart, is a precipitated, concentrated beam of light, and that this flame (which is the only part of

himself cognizant of its relationship to God) is a magnetic pole of a precipitated and consciously-directed beam from the heart of God, himself.

倘若那凝结的光束停止流淌，那么作为意识生命之焦点、具备思虑与感受能力的这个“个体”，也就不复存在了。有时，一个人需历经数百年才能醒悟：依靠心中圣焰的磁吸之力，自己本就是一束凝聚圣光；唯有这团圣火知晓人与神性的联结；它源自神圣之心，是可由意识自主导引的圣光磁极。

When the lifestream recognizes and accepts this great truth, he immediately comes to a realization that there is no reason in heaven or on earth why that beam of precipitated light should cease when it enters the heart, but rather that it could and should be externalized at will, through the direction of the individual's thought force, and projected by the feelings through whatever center (in himself or others) that is in need of assistance at the moment.

当生命之流认识并接受这一伟大真理时，他便会立即意识到：无论在天上还是地上，都没有任何理由让这道凝结的光束在进入内心时停止，相反，它能够也应当通过个

人意念之力的引导，随心所欲地向外投射，并通过情感，投射向自身或他人任何一处需要疗愈的能量中枢。

The lifestream is next taught how to project these mighty currents from the focus of light in the heart, through the hands (through the fingertips also), but particularly through the focus in the palm of the hand. The same activity takes place through the heart center, the throat center and the forehead (which is the head center). The beam at first extends just a few feet away from the physical form or the inner body.

随后此生命流会学习如何从心脏的光之焦点出发，通过双手（包括指尖），但特别是通过手掌中的焦点，将这些强大的能量流投射出去；同样的活动也会通过心脏中心、喉咙中心以及额头（即头部中心）进行。起初，这道光束仅延伸至离物理躯体或内在身体几英尺远的地方。

When the lifestream comes to a point where he can direct and hold the beam upon a given focal point, he is given an assignment. His assignment is to qualify that beam with a specific radiation in order to render a particular service. Then the light rays become for him intelligent servants rendering the required assistance while he, himself, abides within the flame of his own heart—master of energy—and, through light, regulating all outer conditions about him. If the assistance required be healing, that flame, as it goes

forth in a directed beam, is held by the consciousness upon the condition that expresses less than perfection. It calls forth from within the patient a like condition of perfection, releasing the God-design into action from within that shadowed form.

当此生命流能够稳定将光柱锁定目标，便会领受专属使命：为光柱赋予专属光频，完成特定侍奉。圣光自此成为聪慧的侍从，按需施行救助；而他自身安住于内心的火焰之中，掌控一切能量，以圣光调和周遭所有外境。倘若所需提供的助益是疗愈，那火焰化作定向的光束向外送出，便由意识锁定在那份尚显不圆满的境况之上。它唤醒受疗愈者内在本有的圆满，令神圣完美蓝图，从被阴影遮蔽的生命本体中显现。

A triple service is rendered here, beloved ones:

亲爱的朋友们，这在此提供了三重服务：

First, it enables us to lower from the Fifth Sphere, into the realm of incarnate mankind, much of the perfection that would otherwise be too subtle for the outer mind to absorb.

首先，它使我们能够将第五界中许多原本过于精微、以至于外在心智无法吸收的完美，降频引入这世间人类的领域。

Second, it gives the brother at inner levels a lesson in selflessness, because he who becomes the projector of perfection is taught to enjoy the reception of his inspiration by incarnate lifestreams.

它让这位兄弟在内在层面修习无我利他；投射圆满圣光之人，要学会欢喜地看着转世的众生领受他的启示。

Third, the individuals on Earth who are sensitive enough to receive these ideas from the higher realms, enjoy the spiritual as well as physical satisfaction of releasing these ideas into manifest form for the blessing and benefaction of their fellowman (although human beings invariably imagine that they, themselves, are the original creators of these ideas).

三、地球上心性敏锐、能够承接高界域智慧的人们，将这份智慧落地显化，赐福同胞，收获灵性与物质的双重满足（尽管人类总以为他们自己是这些念头的原始创造者）。

I would like to outline for you now an activity which is primarily my own.

我现在想向您介绍一项活动，该活动主要由我本人主导。

After I had completed my work in the Fifth Sphere and had experienced the great delight of training individuals in the use of the light rays, I determined within myself to visit the etheric cities (situated in the etheric realm over the great oceans and deserts of your planet).

在第五界域完成教化、尽享教导人们运用圣光的喜悦后，我决意前往地球的以太圣城——这些圣城坐落于地球各大洋、荒漠上空的以太界之中。

This I proceeded to do, requesting the great Master who presided over each of these cities, for permission to establish a temple there, where a group of selfless and nameless ones (both ascended and unascended) might carry on a twenty-four-hour service in rhythm, directing beams of consciously-qualified energy through the continent and particular locality over which the etheric city stood. This, I felt, would be helpful in dissolving and transmuting the mass karma that externalizes as plagues, epidemics and disease in general, as well as the terrific discords that manifest in the minds, bodies and feelings of the race and its corporate history.

我随即着手此事，逐一禀告驻守各座以太城的执掌上师，恳请准许在当地建一座圣殿。好让一群无私无名的存有们（含扬升圣者与未扬升行者），在殿中能够有节奏地

进行二十四小时不间断的服务，将经过有意识调谐的能量光束，定向投射于该以太城所护佑的大陆及特定疆域之上。我深知此举将有助于化解并转化那些以瘟疫、流行病和各类疾病形式显现的集体业力，以及在人类种族及其集体历史中，于思想、身体和情感层面所表现出的巨大不和谐。

I was given the great courtesy and happiness of having my project accepted in each of these cities, and my next step was to call in the healing devas to assist me. They came, bringing builders of form, and in the beautiful locations allotted to us in these etheric cities, we created temples, which were to be dedicated primarily to the projection of light rays, (spiritual lighthouses), one might say.

所有以太城皆欣然应允我的计划，令我满心欢喜。随后我召请疗愈天神前来相助，天神携形态建造者一同降临，在以太城划分给我们的绝美之地，修建圣殿。这些圣殿纯粹用于投射圣光，可称作灵性灯塔。

From the Fifth Sphere, I drew Ascended Beings and then drew volunteers from unascended mankind, making groups of seven. These individuals were already trained to project the light from their bodies. (You have seen the revolving searchlights in

airfields—the beams of light that play back and forth in the night). That is a good visualization of the activity that is performed by these groups of seven in the etheric cities. The same beings do not serve constantly through the ages, because as each one evolved a certain development in this capacity, he or she is released for greater service elsewhere, and another volunteer takes his place.

我从第五界域召请来扬升圣众，又从未扬升的人类中拣选志愿者，将他们编成七人一组。所有人都已经接受过训练，能够从自身身体中投射光芒。你们见过机场的旋转探照灯，光束在黑夜来回扫动，这一观想图景，贴切呈现了以太之城中七人小组所行的工作。同一批存有不会在各个时代中持续服务，因为当每个人在这方面的能力达到一定发展程度后，他或她就会被调往其他地方承担更重要的服务，而另一位志愿者则接替其位置。

The procedure they follow is something like this. They either sit or stand in a circle, facing outward, so that their backs are toward each other, each one directing a beam of energy into the atmosphere. Then the entire activity revolves and so, like a spinning wheel, these beams of light are playing constantly through the inner atmosphere of Earth.

他们的修持流程如下：或坐或立围成圆环，背对彼此、面朝外界，每人向外投射一束能量光柱。随后，整个活动便由此展开——宛如旋转的轮盘一般，这些光束在地球内部大气层中持续不断地穿梭。

You have heard it said that man could not live beyond the age of twelve years if it were not for the assistance of Ascended Beings, and I have been told by those in authority that the establishment of these rhythmic purifying centers in the etheric cities over many thousands of years have been a great contributing factor to the evolution and protection of the race, and that through this activity the planet and its people have been saved from extinction many times, due to the recurrent release of destructively-qualified energy by mankind in general.

你们曾听说过，如果没有扬升存有的协助，人类活不过十二岁， 执掌权柄的存有向我告知，数千年来，以太之城内这些节律化的净化中心的设立，是促成人类族群演进与得到护持的重要因素。由于人类整体会反复释放带有毁灭属性的能量，正是依靠这一运作，这颗星球及其上的众生才数次免于灭绝。

I am very well pleased, beloved friends, with the perception which has prompted you to devote the energies of your decrees to

the removal of the CAUSE behind disease. In speaking to unascended beings, I never dwell upon the conditions of the inner atmosphere of Earth for any length of time, because the etheric bodies and outer consciousnesses are so receptive to discord and mirror it so instantly, that more harm than good is done in picturing these appearances. Yet, when individuals come to a point where they are interested in learning to project the light rays, and when I see an activity as magnificent as that which takes place through your cooperative decrees and visualizations (that same projection of the light rays being set up through a group of unascended lifestreams), it does allow me to open the door just a little and give you an understanding of what you are really doing to assist us.

亲爱的挚友，我十分欣慰你们拥有这份觉知，愿意以谕令能量根除一切病痛的根源。我平日向未扬升的存有们开示时，不会过多描述地球内部大气层的污浊景象，因为以太体和外在意识极易受不和谐影响并立即将其映射出来，过度观想负面景象只会徒增伤害。但当众人发心修习圣光投射，又见你们集体持诵谕令、同步观想所展现的那般宏伟活动时，（这种光线的投射正是通过一群未扬升的生命流所建立的），这确实让我得以稍微敞开大门，让你们明白自己正在以何等力量协助我们。

You know how microbes and mold develop when the sun or heat plays upon some decaying object? Well, precious hearts, the thoughts and feelings of the people in a large city, during the twenty-four-hour cycle, would cause you to faint were you to see them with the sight. Mankind desires the restoration of the inner sight so much, but I tell you it is the greatest mercy in the universe that you do not have that veil removed until you can learn to master the Sacred Fire and arrive at a point where you are able to instantly remove all the imperfection you might see. Otherwise, were you to observe all that is outpictured in the atmosphere around you, the fear and recoil of your own energies would be such that far more harm than good would result therefrom.

你们知晓，腐朽之物经日晒温热，便会滋生霉菌病菌。亲爱的朋友们，若你们能以灵视力去看到，一座大城市里的众生在每一昼夜 24 小时内翻腾的意念与感受，只怕当场就要晕厥过去。人类无比渴求恢复内视神通，但我告诉你们：在修成圣火掌控力、能够瞬间净化所见一切不完美之前，遮蔽灵视的帷幕不被揭开，是宇宙最大的慈悲。否则，一旦看见周遭光场中所有负面显化，自身能量会因恐惧退缩，招致更大损害。

In large metropolises like London, New York, Paris and others, where millions of people reside, their discordant thoughts

and feelings are constantly passing into the atmosphere and coalesce there into terrific vortices of evil, which pulsate like gigantic, moving jelly masses. Any lifestream that opens itself to a discordant quality of any kind, even for a moment, magnetizes that substance and draws some of its discord into his vehicles where it manifests as great distress of some kind.

有上千万人口居住的伦敦、纽约、巴黎等巨型都市中，人们不和谐的思想与情感不断涌入大气层，在那里凝聚成可怕的邪恶漩涡，如同巨大蠕动的胶质团不断脉动。任何生命流，只要片刻接纳负面频率，便会磁化这份污浊能量，将一部分不和谐能量吸入自己的各个身体之内，进而显化为各式各样深重的痛苦。

These great wheels of light created by the forcefields of the group endeavors, are constantly laying upon these evil vortices, dissolving and melting them away, thus relieving elemental life so that mankind is literally enabled to stand erect, breathe in the air, and actually exist in physical form.

你们集体修行构筑的巨型圣光轮，持续笼罩这些邪恶涡旋，消融净化污浊，解脱承受业力的元素生灵，正因如此，人类方能真正直立于世，呼吸空气，维持物质肉身的存续。

When you go into action in your groups, making tremendous calls for the light rays to expand and to remove those causes of distress, you render a service that you will never fully comprehend until you are ascended. That is why the cities where sanctuaries of light are established are more pure by far than those which are not so blessed. OVER FIFTY PERCENT OF THE ACCUMULATION OF DISCORD AND EFFLUVIA OF MANKIND IN A CITY OR VILLAGE IS HANDLED BY A SANCTUARY WHERE A DOZEN PEOPLE (OFTTIMES LESS) ARE ACTIVE—IF THEY ARE EARNEST AND SINCERE!

当你们以团体的形式付诸行动，恳切大力呼请光芒扩展开来，消除一切痛苦的根源，你们所完成的这份服务，在扬升之前，是无法全然领会其分量的。这便是为何设立了光之圣殿的城邑，远比未曾蒙受这份福佑的地方更为洁净。一座城镇之中人类所累积的失序能量与污浊气息，有五成以上，都可由一处光之圣殿承担处理——哪怕仅有十二人参与运作，人数往往还要更少，前提是他们心志恳切、内心真诚！

It is a magnificent service to life, one that your outer minds cannot conceive as possible. I certainly thank and commend you for the assistance you give. Do you see how close you come to my activity, and how interested I am in your service, when you go into

action on those causes? Remember you must go back through the outer cause to the inner CORE OF THE CAUSE, which is the quality in the thoughts and feelings that have spewed them forth. Therefore, you render a service in changing the natures of people because then these masses of discordant thoughts and feelings are removed by your calls.

这份护持众生的功德宏大无边，凡俗头脑难以想象。我由衷感念、赞叹你们的付出。当你们为这些事由付诸行动时，可曾察觉你们与我的活动是多么接近，而我对你们的服务又是多么关注？切记，净化不能只停留在外在表象，要追溯至事由的内在核心——正是思想与情绪中的那份特质，将它们喷涌而出。因此，你们通过改变人们的本性来提供服务，因为你们的呼请能清除这些大量的不和谐思想与情感。

It takes away their pressures upon the emotional bodies of mankind which prod them to more and more discord. Thus you are helping to change the natures of the people and permanent healing comes only by changing the nature of the individual. Every type of moral, mental, emotional, or physical disease is due to a flaw in the nature of the outer consciousness. When that flaw or defect is transmuted, the distressing condition disappears! This is mathematically exact. It is scientific. Call to me. Call to the

brothers and sisters of the etheric temples, and we will give you the assistance of our beams of light. At your call, I shall send you a brother or sister from the Temples of Healing and then, if you accept from that one the beam of his or her energy, you may develop the capacity to direct the light rays yourself.

这份净化卸下众生情绪体的业力重压，不再驱使他们滋生更多纷争。唯有转化本性，才能带来恒久疗愈。一切道德、心智、情绪、肉身层面的病痛，根源都是外在意识本性的瑕疵；这份瑕疵一旦转化，苦难便会彻底消散，这是毫厘不爽的数学法则，更是颠扑不破的科学。呼唤我，呼唤以太圣殿的诸位同修，我们会以圣光相助。你们祈请之时，我会派遣疗愈圣殿的圣者前来；若你承接祂的圣光能量，便能自主修习导引光束。

We are coming into strange days, beloved ones. We are coming to the end of an era. From the Great Central Sun (sometimes called “The Sun behind the Sun”), more light is being released to each one of the Seven Spheres. Why? Because the Cosmic Law has asked that the whole universe increase its light. Every Ascended Master and Cosmic Being is increasing and intensifying his or her own individual aura and gifts to life at present. The Cosmic Light becomes an increasingly greater pressure in the lower atmosphere, because unascended beings like

yourselves are calling for light. As that light comes, it presses the psychic and astral realm closer and closer to the Earth. Of course, in time, the light descending will transmute it. Meanwhile, as that pressure of light increases, the causes of distress set up by mankind will endeavor to find their way back to redemption and perfection through their creators. That is why at the end of an era, before the Golden Age comes in, you will find tremendous cataclysmic action, as well as the release of plagues and many other discordant conditions that prey upon and frighten their creators to a terrifying extent, but these can and will be dissolved by the use of the light rays.

挚爱的众生，我们正步入特殊时代，旧纪元即将落幕。宇宙大中央太阳（又称「太阳背后的太阳」）正向七大界域释放更多圣光。缘由是宇宙法则号令全宇宙提升圣光量级。如今所有扬升上师、宇宙存有，都在增强并强化其个人的光环以及赋予生命的恩赐。因你们这类未扬升存有持续祈请圣光，宇宙圣光不断向下层光场倾注，将星光界、灵界不断推向地球。终有一日，降临的圣光会将其彻底净化；而在圣光压力持续增强的过程中，人类造下的苦难业力，会向造业者寻求救赎与圆满。这便是纪元落幕、黄金时代降临前，世间会出现巨大灾变、瘟疫横行、各类

负面乱象惊扰世人的原因——但这一切，皆可依靠圣光彻底消融。

This is one reason why I asked for this opportunity to speak to you, because I want you to know that those energies, as they go back through the bodies of mankind, will cause great fear and distress, unless they are transmuted before they find manifestation in the feelings, minds and flesh.

这也是我争取机会向你们开示的缘由：若不在负面能量显现在情绪、心念、肉身之前将其转化，它们回流人体便会带来巨大恐惧与痛苦。

Therefore, if you choose to make of your own sweet sanctuaries, foci for the melting and transmuting of these activities, we shall be glad to assist you. I am the servant of your light! I am willing and desirous of pouring my light rays through you, helping you to experiment with the conscious direction of those beams of light, in the privacy of your own room or sanctuary. Will you please ask opportunity to direct a specific beam of consciously-qualified light into some particular condition that you feel is in need of adjustment, holding that beam steady upon that goal? Ask me to give you the pressure of my flame, and then enjoy what the light will do, WITHOUT THE PRESSURE OF YOUR PERSONAL WILL!

因此，倘若你们愿意将自己温馨的圣所，化为消融、转化这类负面运作的焦点，我们将欣然给予你们协助。我是属于你们之光的仆人！我满心期盼，愿透过你们倾注我的道道光芒，帮助你们练习有意识地导引光束，无论是在自己的房间，或是圣所的私密空间之中。请你们祈求获得机会，将一道经过意识赋性的特定光芒，投射到你认为亟待调整的某种境况之上，并把光束稳稳锁定这一目标。向我祈求赐予你圣火之力，全然交付圣光运作，放下个人主观执念，静观圣光的疗愈之功！

It is a wonderful experience, and one you will enjoy, once you have tried it, because there is no time nor space in the wielding of the light rays. Hundreds of thousands are prepared at inner levels for service in this endeavor. If you wish to serve in this way, remember Meta! I SHALL REMEMBER YOU!

亲身实践后，你们定会爱上这份殊胜体验——圣光流转不受时空束缚。内层界域已有数十万存有预备一同修行侍奉。若你愿以此法渡化众生，请铭记梅塔，我必记挂于你！

Thank you for the opportunity to speak with you. God bless you, each and every one!

感谢赐予我开示的机缘，愿神圣临在赐福诸位！

梅塔 META

DECREE FOR DISPERSING FOCI OF EPIDEMICS, DISEASES

消散瘟疫病灶的谕令

(NOTE: The first decree below is the one referred to by beloved Meta in the previous discourse as having been so efficacious in the dissipating of foci of plagues, germs, epidemics, and disease. This decree has been used faithfully in all meetings for over 15 years. When you give it, you will have the full benefit of all that gathered momentum to act much more quickly for you, and all for whom you call.)

注释：下文第一篇宣言，便是梅塔上师前文提及、能有效消解瘟疫、病菌、流行病与病痛病灶的祈请文。十余年来各类集会皆虔诚持诵。当你持诵之时，历年累积的宏大圣光动能会同步加持，令祈请见效更快，护佑你所呼请的一切众生。

Blessed beloved presence of God, I AM in us and blessed beloved Astrea! LOCK your Cosmic Circle and Sword of Blue

Flame of thousands of Suns from the Great Central Sun, in, through, and around all plagues, germs, epidemics and disease. Close in upon them all and transmute, transmute, transmute them all, cause, effect, record and memory, before they can act, approach, or encroach upon life longer. Replace them by the Cosmic Threefold Flame, in the full power of the three-times-three.

驻于我们之内蒙福的神圣「我是」临在，蒙福的挚爱的阿斯特蕾亚！请以来自大中央太阳的“宇宙圆环”与“千日蓝焰之剑”，将所有瘟疫、病菌、流行病及疾病锁定、贯穿并环绕其中。将它们全部包围，并在它们能够继续作用、接近或侵犯生命之前，将其全部转化、转化、转化——包括原因、结果、记录与记忆。以宇宙三重火焰三乘三的全部力量取而代之。

(Repeat the above three times, and then say:

（以上文持诵三遍，随后诵念：）

“and the FULL POWER of the thousandfold Flame of the Sacred Love of the Sacred Fire, in overwhelming Cosmic Power, doubled each instant of each hour, ruling in all God’s supremacy and obedience, until all are ascended and free—Beloved I AM! Beloved I AM! Beloved I AM!

“以及神圣之火的神圣之爱所蕴含的千倍火焰的全部力量，以压倒性的宇宙之力，每小时的每一瞬间都倍增，在神的至高无上与顺服中统治一切，直到所有人皆得升华并获得自由——挚爱的‘我是’！挚爱的‘我是’！挚爱的‘我是’！”

ADDRESS BY BELOVED KWAN YIN, GODDESS OF MERCY

慈悲女神——至爱观音的开示

INTRODUCTION

引言

Our love and gratitude extends to the Goddess of Mercy and Com- passion, beloved Kwan Yin, whose reason for being is to redeem, subli- mate and purify the energies that mankind have consciously or uncon- sciously polluted. These energies, carrying the vibratory action of impuri- ty, form a pressure of passion and lust, which readily attaches itself to individuals who are not on guard against the impure tides which stimu- late the baser instincts in man.

我们将爱与感恩献予大悲慈爱的观音大士，祂降临世间的使命，是救赎、升华、净化人类有意或无意污染的一切能量。这些能量携带着不纯净的振动作用，形成了激情与欲望的压力，很容易附着在那些对刺激人类低级本能的浊流毫无防备的人身上。

It is hoped that the gentle readers will choose to consciously cooper- ate with blessed Kwan Yin in using the Violet Fire of

Mercy and Compas- sion to dissolve these mass pressures of impurity, and to remove from mankind the stimulus to impure thoughts, words, feelings and actions.

希望亲爱的读者们能选择有意识地与神圣的观音合作，运用慈悲的紫罗兰火焰来消融这些集体污浊业力的重压，并消除人类心中产生不纯洁的念头、言语、情感和行为的诱因。

It is the decree of the Ascended Host that the peoples of Earth may be quickly freed from impurity, and that womankind, en masse, may be raised again to the dignity, purity, honor and beauty of soul, spirit, mind and body, which is their divine birthright and ultimate destiny. It is also the decree of the Ascended Host that the mankind of the race which have imposed much of their human will, selfishness, personal indulgence and impurity upon womankind, will arise to their sense of responsibility for protecting the women of the race. It is further decreed that the blan- ket of scorn, bigotry, intolerance and condemnation which has been wo- ven out of the self-righteous energies of both men and women for the so-called "fallen woman" may be dissolved by the sublimation of those energies through conscious application and a personal tolerance and un- derstanding that "error" is temporal, but truth eternal.

扬升大师们下令，愿地球众生速速脱离污浊，全体女性得以再次提升至灵魂、精神、心智和身体应有的尊严、纯洁、荣誉与美丽，这是她们神圣的天赋权利和终极归宿。扬升大师们亦下令，那些将自身的人性意志、自私、个人放纵和污浊强加于女性的男性，将觉醒并承担起保护本族女性的责任。此外，还敕令如下：由世人（无论男女）自以为是的能量所编织而成的、针对所谓“堕落女性”的蔑视、偏见、不宽容与谴责之网，可通过有意识地运用这些能量，并以个人宽容与理解——即“错误”是暂时的，而真理是永恒的——来升华这些能量，从而得以消解。

Beloved Kwan Yin! May you find among those who read these pages, chelas willing and desirous of helping you in this great service!

至爱的观音！愿您在阅读这些文字的人中，找到愿意并渴望协助您这项伟大服务的弟子！

Thomas Printz 托马斯·普凌茨

BEAUTIFUL KWAN YIN

美丽的观音

There comes to my heart one sweet name,

我心底浮现一个温柔圣名，

The blessing of Mercy's Love Flame.

是慈悲爱火赐予的无量加持。

I sing it again and again—

我一遍又一遍咏唱祂的名号——

Kwan Yin, the Gift of God's Love.

观音，上帝之爱的恩赐。

副歌 Chorus

Kwan Yin, Kwan Yin, Goddess of Mercy above,

观音，观音，诸天慈悲圣母，

O beautiful, lovely Kwan Yin!

至美至善的观音！

God's Flame of Merciful Love.

上帝慈悲之爱的火焰。

Her Mercy of Love is divine,

祂的慈悲大爱圣洁无瑕，

To her, doubts and fears I resign.

我将一切疑惑恐惧全然交付于祂。

I claim her forgiveness as mine,

我领受祂无尽宽恕，

So help me, blessed Kwan Yin.

愿蒙福的观音助我一臂之力。

副歌 Chorus

Her Mercy of Love is so sweet,

祂的慈悲大爱温润甘甜，

It makes the soul's victory complete.

圆满成就灵魂的解脱胜果。

It brings all the world to her feet,

世间众生皆倾心归向祂，

Kwan Yin—the Mercy of Love

观音——慈爱的化身。

副歌 Chorus

Hymn Tune: “Sweet Peace, the Gift of God's Love.”

圣歌曲调：《甜美安宁，神圣大爱之赐》

THE ART OF BECOMING A HEALING CONDUCTOR

成为疗愈导体的艺术

Beloved Kwan Yin, Goddess of Mercy

至爱观音，慈悲女神

April, 1955

1955 年 4 月

Beloved and blessed flowers in the garden of the lord of hope! As I breathe the perfume radiating from your earnest and sincere endeavors through the years, and as I gather the harvest of your light's love, I am so grateful that, among the mankind of Earth, there are individual lifestreams incarnate, wearing yet the karmic bonds of their own making, desirous of bringing the gifts of mercy, compassion, and healing to this race.

希望之主花园中至爱而神圣的花朵们！当我呼吸着你们多年来诚挚真切努力所散发出的芬芳，当我收获你们光之爱的果实，我是如此感激，在地球上的人类之中，有这样一些化身的生命之流，尽管仍背负着自己造下的业力枷锁，却渴望将宽恕、慈悲与疗愈的礼物带给这个种族。

For many years, I have been known as the Spirit of the Flames of Mercy and Compassion. I would like to speak to you about that Flame of Mercy, because its presence is so important in the feeling world of those who desire to heal. No permanent healing of mind and body can come, just through effort of human will, beloved ones! Your feeling world is composed of far more than half of your life energy, and the quality flow- ing through your feelings is the "conductor" through which flows that qualified healing essence into the world of the one whom you wish to benefit. Blessed ones, your feeling world is the bridge over which flows the gathered healing elixir of qualified life, entering into the mind of the patient to dispel shadows, entering into his feelings to dispel depression, entering into his flesh to resurrect it and bring it new life.

多年来，我被称为宽恕与慈悲火焰之灵。我想和你们谈谈那宽恕火焰，因为它的存在对于那些渴望疗愈的人来说，在情感世界中至关重要。仅凭人类意志的努力，无法带来心智和身体的持久疗愈，至爱的人们！你们的情感世界占据了生命能量的一半以上，而流经你们情感的品质，正是那“导体”，被赋能的疗愈精华通过它流向你想要帮助之人的世界。蒙福的人们，你们的情感世界是一座桥梁，汇集了被赋能的生命的疗愈灵药，经由它流入病人的心智

驱散阴影，流入他的情感驱散沮丧，流入他的肉体使其复活，重焕新生。

Through the ages, there have been individuals who have practiced the art of manifesting healing power and who have developed a tremen- dous capacity for holding a mental concept which is comparatively free of imperfection. This has developed into a science by which that concept, through a trained and powerful practitioner, can be injected into the con- sciousness of the patient and accepted by effort of human will.

自古以来，便有某些人修习显化治愈之力的艺术，并发展出一种非凡的能力，能够持守一份相对没有缺憾的心智构想。这已发展成一门科学，通过训练有素且强大的实践者，该概念可以被注入患者的意识，并借由人的意志努力使其接纳。

However, almost without exception, you will find that when the indi- vidual who is rendering the service is removed from the Earth in so- called "death," the condition will either recur in the patient in that em- bodiment, or remain to be transmuted into light in a succeeding Earth life. You see, through the ages, there have been recorded upon the etheric body many, many effects set up by causes of imperfection in thought and feeling. These outpicture later on the screen of life as dis- eases of mind and body. By effort

of will, they are often pressed or forced back again into the etheric garment, but not transmuted into light at inner levels. Therefore, you have no sustained and permanent purifi- cation of the lifestream.

然而，几乎无一例外，你们会发现，当提供服务的个体在所谓的“死亡”中离开地球后，患者的状况要么在这一世复发，要么留待来世才能转化为光。要知道，古往今来，以太体上记录了许多由思想和情感上的不完美所引发的影响。这些影响日后会在生命的银幕上显现为身心疾病。通过意志力，它们常被压回或强行推回以太外衣中，但并未在内在层面转化为光。因此，你们无法获得生命流持续和永久的净化。

Those healers who render a service of a permanent nature (like unto that of your Master Jesus, whom we honor in this holy week), use their feeling worlds as the "conductor" through which the Flame of Mercy and Compassion flows. Jesus embodied that authority in his oft-repeated statement, "Thy sins be forgiven thee;" also, "Take up thy bed and walk."

那些提供永久性服务的疗愈者（如同你们的主耶稣，我们在这神圣的一周向他致敬），他们将自己的情感世界作为“导体”，让宽恕与慈悲火焰从中流过。耶稣在他屡次

重复的宣告中体现了这种权威，例如：“你的罪得赦免了”；还有：“拿起你的褥子走吧。”

Now, these Flames of Mercy and Compassion stir within the breasts of many men and women as a vocation, although not all of them are necessarily spiritual healers. Many of these people act in the medical pro- fession and minister in other ways to the minds as well as the bodies of the people. When we see these feelings stir in any individual, we know that we have a new candidate for our cosmic Temples of Mercy, new students who are ready to be enrolled among the Brothers and Sisters of Compassion. We raise them to the point where their feelings become master of the energies which they contact.

如今，这宽恕与慈悲的圣火，已在许多男女的胸膛之中萌动，化作一股感召——尽管他们未必个个都是灵性疗愈师。他们中的许多人在医疗行业工作，或以其他方式服务人们的心智和身体。当我们看到这些情感在任何个体心中涌动，我们就知道我们有了进入宇宙宽恕圣殿的新候选人，准备注册成为“慈悲兄弟姊妹”的新学生。我们提升他们，直到他们的情感能驾驭他们所接触的能量。

I would like to bring this to your attention today, because compas- sion is a positive quality. Sympathy is a negative quality.

These two qualities are exact opposites. Sympathy, your Master Saint Germain has told you, is agreement with imperfection. What does he mean? He means that your life force, flowing through the silver cord from your Presence, rushing forth uncontrolled and attaching itself to a person in distress, immediately takes on the quality of that distress. Thus, rather than helping such a one, you weigh him down with more of the same quality of this unhappy energy by turning your attention and your sympa- thy (your qualified energy) toward him. You let the virtue flow out from you without control you magnify and magnetize the distress.

今天我想提请你们注意这一点，因为慈悲（Compassion）是一种正面的品质。同情（Sympathy）是一种负面的品质。这两种品质完全相反。你们的圣哲曼大师告诉过你们，同情就是对缺陷的认同。他是什么意思？他的意思是，你的生命力通过银丝带从你的“我是临在”流出，不受控制地冲向并依附于一个处于痛苦中的人，立刻就会带上那种痛苦的特质。因此，你非但没有帮助这样的人，反而通过将你的注意力和你的同情（你被赋能的能量）转向他，用更多相同品质的不幸能量加重他的负担。你们任由美德毫无节制地外泄，非但不能化解，反会放大那苦痛，并将其吸附至自身。

Compassion, witnessing the requirement of the moment, does not al- low the feelings to leave the heart flame with an acceptance of the dis- cordant appearance. It does not accept that there is a power greater than God. Then, in the masterful poise of that God-anchorage, the heal- ing powers are drawn and projected to the one in need. All this time, your own Electronic Presence, through your feeling world, is in complete mastery of the condition or circumstance.

而慈悲（Compassion），在见证当下需求时，不会让情感带着对不和谐外相的认同而脱离心之圣火。它绝不承认存有凌驾于神之上的权能。继而，凭藉那锚定于神的泰然主宰，疗愈之力便被召请而来并投射给需要的人。这整个过程中，你自己的电子临在，通过你的情感世界，完全掌控着状况或环境。

For instance, in the case of an accident, if an individual with sympa- thy were to look upon a person whose life-blood was ebbing away, the sympathetic individual would probably faint, while the compassionate person would give immediate assistance to the injured one by stopping the flow of blood. It is most important that you understand this. You see, the very nature of those interested in healing usually makes them ex- tremely sensitive to distress. In their eagerness to help, they are often

prone to accept as "real" the appearances in the world of form. In so doing, they not only deplete themselves through sympathy (sometimes to the point of passing out of the body), but they also magnify those dis- tresses in their fellowman.

例如，在事故中，如果一个怀有同情（Sympathy）的人看着一个意外受伤、血流不止之人，他可能会晕倒，而怀有慈悲（Compassion）的人会立即通过止血来帮助伤者。理解这一点至关重要。要知道，对疗愈感兴趣的人的天性，往往使他们对外在的痛苦极为敏感。在急于帮助的过程中，他们常常倾向于将物质世界中的表象视为“真实”。这样做，他们不仅通过同情耗竭自己（有时甚至导致灵魂出窍），而且还放大了同胞的那些痛苦。

Our beloved Master Jesus was a most positive lifestream, beloved ones. If he had allowed his positive qualities of compassion and mercy to become negative acceptance (through sympathy) of insanity, leprosy and death itself, he would not have been the victorious Master he was, nor could he have become the perfect example for all on this Earth to follow.

至爱的人们，我们敬爱的上师耶稣是一股最正面的生命之流。如果他允许自己正面的慈悲和怜悯品质，变成对疯狂、麻风病乃至死亡本身的消极接受（通过同情），他

就不会成为他所展现的那位凯旋的上师，也无法成为地球上所有人效仿的完美典范。

If you are going to become a healing power in this universe, you must become a fountain of positively-controlled energy. Your soul is the accumulated consciousness to which I am speaking this morning. Your outer consciousness has recorded within it the doubt and fear, the expe- riences and impressions that you have acquired through all the centuries you have lived. Now you must take your soul and, in quiet introspection, examine it well. Find out if you really believe in your heart and in your feelings that there is no other power than God. When you say intellectu- ally, from the lips, "I Am the God-Power almighty there is no other power that can act." DO YOU MEAN IT?

如果你想成为这个宇宙中的疗愈力量，你必须成为一股正面受控能量的源泉。你们的灵魂就是那累积的意识，我今晨所言正是针对它。你的外在意识记录了怀疑和恐惧，以及你在所有世纪中获得的经验和印象。现在，你们必须静下心来，通过内省，仔细审视自己的灵魂。弄清楚你是否真的在内心和情感中相信，除了上帝没有别的力量。当你们仅凭理智、仅用嘴唇说出“我是全能的上帝之力——没有其他力量能发挥作用”时，你们是否发自内心？

You can measure yourself, my children, by the behavior of the ener- gy which you contact. If that energy does not respond favorably, you have not relinquished your belief in every power except that of Almighty God within the secret, deep confines of your own soul. To God, who is all love and all-powerful, always triumphant, Master all energy instantane- ously responds.

孩子们，你可借由自身接触能量时的反应来衡量自己。如果那股能量没有作出积极的回应，那就说明你们尚未在自己灵魂深处隐秘的角落里，彻底放弃对除全能上帝之外的一切力量的信仰。对于那位充满爱、全能且永远得胜的主——上帝，所有能量都会瞬间作出回应。

The healing lifestream must be a positive individual. Within his heart, soul and spirit, he must be as sure of the Father's presence as was the Master Jesus when he stood before the tomb of Lazarus and, without fear or ridicule or doubt as to the response of that soul, called, "LAZA- RUS, COME FORTH." Jesus knew that the God within, the living Presence of that man, would draw Lazarus from the seeming appearance of death. Thus, to all who would believe, Jesus gave actual proof that there is no such thing as death. Such an appearance comes only from the ac- ceptance of the outer consciousness. You cannot approach the healing of

nations nor the healing of a planet that groans in pain and agony with a negative acceptance of defeat.

疗愈者必须是一个正向积极的人。在他的内心、灵魂和灵性中，他必须像主耶稣站在拉撒路墓前那样确信天父的临在，祂无所畏惧，不受讥嘲所扰，也毫不怀疑那灵魂必会回应，呼喊道："拉撒路，出来！"耶稣知道那人体内的上帝，那活生生的临在，会将拉撒路从死亡的表象中拉出来。因此，对所有愿意相信的人，耶稣给出了确凿的证据：死亡根本不存在。这种（死亡的）表象仅仅源于外在意识的接受。你绝不能带着对挫败的消极认同，去疗愈那呻吟于剧痛中的国度，亦或这般哀号的星球。

Beloved ones, we all deal with energy. Looking upon you this morn- ing, seeing the unfolding petals of your own heart flames and the virtues going out from you to bless life with the various qualities representing your particular rays, I think how beautiful it is to find so many "conduc- tors" of harmoniously and beautifully qualified God-energies. You all look to me like lovely flowers, some deep purple, some the vibrant blue of El Morya, some white, some green

each of you representing one of the Seven Great Rays.

亲爱的朋友们，我们时时刻刻都在与能量打交道。今晨凝视着你们，目睹你们心中火焰的花瓣徐徐绽放，以及从你们身上流淌出的美德——以代表你们各自光束的各种特质来祝福生命——我不禁感叹，能见到如此多的“传导者”，他们和谐而优美地承载着神圣能量，是多么美好。你们在我眼中都像可爱的花朵，有些是深紫色，有些是艾尔·莫瑞亚的充满活力的蓝色，有些是白色，有些是绿色——你们每个人都代表着七道神圣光芒中的一道。

Your Master Chohan, standing in the atmosphere above this room, ties into the virtue that is within you and increases the pressure of his light through you. In this way, this living flower garden of faithful stu- dents, increasing in essence, in perfume, in beauty through concentra- tion, blankets the entire city in a magnificent healing radiation. How grateful we are to you, each precious one, who has given the time, the energy and the substance of your world to come and sit at the feet of the Master. Without you as "conductors" of our love into the world of form, we would have no bridge over which to pour the radiance of our presence and our gifts of blessings to mankind.

你们的乔汉上师，站在这个房间上方的以太层中，与你们内在的美德连接，借由你们放大自身圣光之力。就这

样，这片由虔诚弟子组成的鲜活花园，通过专注而不断提升其本质、芬芳与美感，将整座城市笼罩在一片壮丽的治愈光芒之中。我们对你们——每一位珍贵的灵魂——心怀无限感激，你们奉献了时间、精力以及物质世界的资源，前来坐在上师的脚前。若没有你们作为我们将爱传递到物质世界的“传导者”，我们就无法架起桥梁，将我们临在的光辉和赐予人类的祝福倾注下来。

As we enter the Golden Age that is ahead, and as your faith, your spiritual strength and your sense of personal mastery increase, these qualities form a bridge between our octave and yours, over which we come from the Ascended Master Octave to bless you as I am doing to- day. Then, as you walk over that bridge from your side, as you serve mankind in our name, one day we shall consciously meet and clasp hands. Meanwhile, the bridge grows ever wider and wider. Each con- sciousness we reach, each mind we can convince of our reality and pres- ence, becomes another span of that bridge, over which pass all our blessings to life my gifts of mercy and compassion, beloved Mary's gifts of healing to life, to free, to purify and make whole as well as the gifts of all the other Ascended Ones who are serving to set Earth free.

随着我们步入即将到来的黄金时代，随着你们的信念、灵性力量以及个人掌控力的增强，这些品质将在我们

的维度与你们的世界之间架起一座桥梁，我们便能由此从扬升大师的维度降临（如同我今天所做的那样）为你们赐福。当你们经由这座桥梁，以圣团之名服务人类时，终有一日，我们将有意识地相遇并握手。与此同时，这座桥梁正变得越来越宽广。每一个被我们唤醒、知晓圣团真实存在的灵魂，都将成为那座桥梁的一根根梁木；我们一切的恩赐——我对生命倾注的怜悯与慈悲，挚爱的玛丽亚对生命施予的疗愈、释放、净化与成全之礼，以及所有致力于解救地球的其他扬升圣者的馈赠——都将通过它传递。

We dwell in a realm within which is no imperfection. We qualified to live therein because our consciousness had been trained not to create even one thought or feeling that would be inharmonious. Every lifestream, every being in the universe, creates from within himself the atmosphere and world of activity in which he dwells. Anyone can live either in the kingdom of heaven this hour, or continue in the generation of human thought and feeling, dwelling in the astral and psychic realm (which is the "hell" of human creation).

我们栖居于一个毫无瑕疵的境界之中。我们之所以有资格居住于此，是因为我们的意识经过训练，不会产生任何不和谐的思想或情感。宇宙中的每一条生命之流、每一

个存在，都从自身内部创造出自己所栖居的气场与活动世界。此刻，任何人都可以选择生活在天国之中，或者继续沉溺于人类的思想与情感之中，栖居于星光界和灵界（那正是人类所创造的“地狱”）。

All we can do is breathe upon your life the essence of our conviction, the love of our hearts, the happiness of our beings, hoping to stimulate the spark within you to a point where (when we withdraw) your positive consciousness will not again recede. Sometimes, after lighting a fire upon the hearth and fanning it into flame with your bellows, you have seen, after the pressure of the bellows was removed, the flames again die down into small sparks. That is somewhat similar to our activity with mankind. While the pressure of our ray, while the power of our invoca- tion, while the pressure of our feelings, flow, people respond to our radi- ation, and their hearts' light expands. We are so grateful when we see this expansion take place and if you can, even one among you, sustain your expanded light after our visitation and hold it, carrying the radiation to your fellowman, we shall feel we have accomplished much, indeed.

我们所能做的，就是将我们信念的本质、心中的爱、内在的喜乐吹拂到你们的生命上，希望能激发你们内在的火花，使其达到这样的境界：（当我们撤离时）你们正面

的意识便再也不会退转。有时，在壁炉里点燃火，用风箱扇成火焰后，你会看到，当风箱的压力移除后，火焰再次减弱成小火花。这多少类似于我们对人类的活动。当我们光线的压力、祈祷的力量、情感的压力流动时，人们回应我们的辐射，他们心中的光便扩展了。当我们看到这种扩展发生时，我们非常感激，如果你们中哪怕只有一个人，能在我们到访后维持住扩展了的光并保持它，将辐射传递给同胞，我们就会觉得确实成就斐然。

We are the guardians of the Sacred Fire. That means we are those Ascended Beings who keep the spark of divinity alive within the hearts of mankind. Those of us who have consecrated our lives to these specific services, when we turn our attention to an individual, we increase in such a one (if he be responsive), the qualities which are our predominant feel- ing.

我们是圣火的守护者。这意味着我们是那些在人类心中维持神圣火花不灭的扬升存有。我们当中那些将生命奉献给这些特定服务的人，当我们把注意力转向一个人时，我们会在他身上（如果他有响应）增强我们所承载的核心美德。

As I have been given the honor and recognition of being chosen by the Ascended Host and yourselves to be the presiding

figure of this East- er season, I am giving you the gift of my mercy to life, my compassion, my positive assurance of all that the God-power can do for you. Accept it! Open your hearts! Open your souls! Open your feelings! Accept my gift! According to your acceptance is it done unto you! Your dear minds WANT to accept, but it is in the unresponsive feelings that we find the resistance of even the most earnest chela. It is in the buried resent- ments, rebellions and disappointments of the etheric consciousness that we find the "block" to the building of the individual foci of the Sacred Fire in those of you through whom we would like to walk the Earth as a foun- tain of that merciful Violet Flame, freeing life everywhere from distortion and imperfection and restoring it again to its God-design.

既然我有幸被扬升大师们和你们自己选中，担任这个复活节期间的主持者，我便将我对生命的慈悲、怜悯，以及对神之力量能为你们所做的一切的坚定信心，作为礼物赠予你们。请接受它！敞开你们的心扉！敞开你们的灵魂！敞开你们的情感！接受我的礼物！你能接纳几分，便能领受几分恩典！你们的心智想要接受，但正是那些麻木不仁的情感，让我们发现即便是最虔诚的弟子也存在阻力。正是在以太意识中那些被埋藏的怨恨、叛逆与失望之中，我们发现了在你们之中建立“神圣之火”个体焦点的“障

碍”——我们本希望通过你们，作为那慈悲的紫罗兰之焰的源泉行走于世，将各地的生命从扭曲与不完美中解放出来，令众生回归神圣本源蓝图。

Can I give more than myself? Will you endeavor to become repre- sentatives of the Goddess of Mercy to life? Will you let your energies, in tune with God, wrap your world in the SEAMLESS GARMENT of the As- cended Host? Through that radiation, you can change the quality of eve- ry bit of energy you contact, making the blind to see, the lame to walk, the dead to rise, the mentally unbalanced to have the dignity of mastery and control of their own consciousness. Your energies connected with mine are more powerful than the combined mass energy of the billions of souls who have not yet raised their consciousness above the erroneous reports of the outer senses.

除了我自身，我还能给予什么更珍贵的礼物？你们愿意努力成为慈悲女神在生命中的代表吗？你们是否愿意让你们的能量与神同频，用扬升众神的“无缝长袍”包裹你们的世界？通过这种辐射，你们可以改变所接触的每一丝能量的品质，使盲者得见，瘸者行走，死者复生，精神失常者重获尊严，并掌握对自身意识的控制权。你们与我相连

的能量，比那些尚未将意识提升至超越外在感官虚妄报告之上的数十亿灵魂所汇聚的总能量更为强大。

We dedicate and consecrate this holy class to the dignity of woman- kind. As you know, I have served womankind for many ages. I have been the protector and the guiding influence behind the women of the race. In every age where my voice could be heard or my words could be read, I have pled for the removal of the degradation of women through indulgence in passion and lust. Those who have used their vital forces in a manner that was not ordained by God or commended by men need mercy and understanding.

我们将此神圣的课堂献予给女性的尊严。如你们所知，我已服务女性许多世代。我一直是人类女性背后的保护者和引导力量。在每个能听到我的声音或读到我的文字的时代，我都恳求消除因沉溺于激情和欲望而导致的女性堕落。那些以不符合上帝旨意或不被世人赞许的方式消耗自身生命力的人，需要宽恕与包容谅解。

In the astral realm which surrounds this world, if you could see the amount of energy which forms the veil of human maya which has come from lust and passion, you would realize that it is by far the largest layer, we shall say, of the veil of human creation. Into it is woven the scorn, the censure, the blame and the

selfishness which has recorded on the bodies of women as the unnecessary and undignified pain accompanying human birth. It is my desire, and it is my reason for being, to restore to mankind the dignity of birth. Into this world of form, life should enter on a song in beauty, harmony and full control of the faculties of the mind, as it did in the beginning, before mankind chose to take the life of God and use it in vain.

在环绕这个世界的星光领域中，如果你们能看到构成人类幻象面纱的能量有多少源自情欲与激情，你们就会意识到，它是人类创造的面纱中最大的一层——姑且这么说吧。其中交织着蔑视、谴责、指责与自私，这些情绪已铭刻在女性的身体上，成为伴随人类出生而来的不必要且有失尊严的痛苦。恢复生命降生的尊严，是我的心愿，亦是我降临世间的使命。生命进入这个物质世界，本应伴随着歌声——在美丽、和谐及对心智能力的完全掌控中进入，一如太初之时；那时人类尚未攫取神圣的生命能量，不曾将它徒然耗费。

When the souls and bodies of men born on this Earth are washed in on a wave of pain and a cry of agony, do you know what that does to the lifestream newly-come from realms of such

beauty and harmony that your outer minds cannot conceive such perfection possible?

当生于这片大地的人类灵魂与躯体，被痛苦的浪涛与痛苦的呐喊所冲刷时，你们可知这会对那刚从如此美丽和谐的境界中降临的生命之流造成何种影响？那里的完美程度，你们的外在心智甚至无法想象。

Can you imagine the shock such a birth must have been to the beau- tiful God-free Buddha, who, with golden hair and seamless robe, bowed to the Lords of Karma, and offered to take birth through human flesh so that the radiation of his presence in this world of form might be of some help?

你可否想象，这般降生，会带给那位庄严、神性自在的觉者何等震撼。他金发璀璨，身着无缝圣袍，向业力之主躬身致意，自愿借凡人血肉投生世间，令自身临在的光辉辐射，能够为这有形世界施以几分扶助。

Can you think what it meant for a magnificent Christ, bidding adieu to Lord Maitreya, to enter the Earth plane even though it was through the pure body of Mary? And for the glorious Siddhartha (Lord Bud- dha),who rendered his great service to mankind centuries ago? Even this year, thousands of fine, intelligent, well-developed, beautiful lifestreams with talent, will

have to pass through the degradation of the present sys- tem of human birth.

你能想明白，对于那位伟大的基督而言，向弥勒佛告别后降临地球——即便那是通过玛利亚纯净的躯体——意味着什么吗？对于久远以前为人类做出伟大服务的辉煌的（佛陀世尊）悉达多呢？就在今年，成千上万聪慧、圆满、天赋卓绝的美好灵魂，将不得不经历当前人类出生体系的屈辱。

I dedicated my life to the restoration of the dignity of the portals of birth through lifestreams drawn into this planetary scheme. I dedicated it also to the dignity of retiring from the screen of life (at the passing in so- called "death" when the individual's service is completed) in full com- mand of mind and in a perfect body in which there is no disintegration or decay. Birth, life and death are the three activities that should represent the dignity of experience in this world of form and the manifest glory of God as expressed by the Parents of our system. This perfection shall now be restored!

我将自身奉献，只为恢复所有投生此星球的生命降生时的尊严。我也奉献于维护生命舞台谢幕（即在所谓的“死亡”来临时，个体的服务完成时）的尊严，即在完全掌控心

智、身体完美无腐坏朽败的状态下离去。降生、在世、离世，这三段历程本应彰显物质世界生命体验的尊严，展现我们这个宇宙本源父母的神圣荣光。这份圆满，终将重临世间！

The life substance qualified with the crimson hue of passion flows in great tides through the atmosphere of a city like New York. Here, you see young men and women coming from all points of the Earth's surface for opportunity. They walk unknowingly into these tides of powerfully- charged energy with no conscious protection, except that which you, (this comparatively small number of people) can call forth! Oh, dear ones! I plead with you, in the name of life and light, to use your energies to sublimate those tides of passion, to raise that energy into the Violet Fire, so that everyone who enters this City of Opportunity may be filled with light. Call that the pressure of energy, playing upon the bodies of the young people, shall be a pressure to produce perfection in art, music and every good activity. Their karma has brought them to Earth and we are endeavoring to stimulate within them a desire to become Gods and Goddesses and to manifest the perfection of the great Goddess of Liberty and the beloved Portia (Goddess of Opportunity).

被赋予炽烈绯红之激情特质的生命质料，如滚滚洪流，奔涌在纽约这类都市的气场之中。无数青年男女自地球各处奔赴此地，寻求机遇。他们浑然不觉地踏入这股高负荷的能量浪潮，除了你们——这为数尚不算多的一群人——所能召请而来的护持之外，并无任何有意识的防护。噢，亲爱的诸位！我以生命与光的名义恳求你们，请运用你们的能量去升华这股激情洪流，将这份能量提升入紫罗兰火焰之中，使每一位踏入这座机遇之城的人，都能够被光所充盈。让那作用于年轻人身体上的能量压力，成为推动他们在艺术、音乐及一切善行中追求完美的动力。他们的业力将他们带到地球，而我们正努力激发他们内心渴望成为神与女神，并显化伟大的自由女神和至爱的波西娅（机遇女神）的完美。

I have served long, you know, as a member of the Karmic Board. I have seen many of you so often, both before and after each Earth life. I have seen you go into embodiment filled with new life and enthusiasm, grasping your scroll (upon which is written your mission to serve) in your hands, eager to take embodiment and "set the world afire" with the light and understanding which you knew at inner levels. I have clothed you round with my love, praying that you might sustain some

remembrance of your vow to "make things right," through the gates of birth and through the years of growth. I have been within the homes to which you came. I have poured through your parents and loved ones as much of myself as I could conduct through their feelings. Sometimes I have seen you come back at the close of a life, wilted, tired and discouraged. I have taken you in my arms and kissed away your disappointments, your dis- couragement and your pain. I have told you that there is no failure but giving up, and into your souls and spirits I have poured the words so of- ten, "Beloved ones, just continue to try!"

你们知道，我作为业力委员会的成员，已经服务了很久。你们每一世投生前、离世后，我都常常与你们相见。我曾目睹你们满怀新生与热情投身肉身，手中紧握着卷轴（上面写着你们服务的使命），迫切地想要投身肉身，并用你们内在层面所知晓的光芒与智慧“点燃世界”。我用我的爱将你们周全地包裹，祈祷你们能穿越诞生的门户、历经成长的岁月，仍能保留对“让一切归于正道”这一誓言的些许记忆。我曾进入你们降临的家庭，通过你们父母和亲人的情感，尽可能多地将我的爱倾注于你们。有时，我看到你们在生命结束时归来，显得萎靡、疲惫且心灰意冷。我将你拥入怀中，用亲吻抚平你的失望、沮丧与痛苦。我

告诉你，除了放弃，没有所谓的失败；我如此频繁地将这句话注入你的灵魂与灵性深处：“亲爱的，坚持下去！”

Now, I speak to you while you are yet in the prime of your Earth life. I have not waited until your worn-out physical bodies have released your weary souls. I speak to you from the heart of the Karmic Board and say, "In the name of God, while you have life and faculties, while you have opportunity and the substance of this world, while you have a knowledge of this Law, in the name of God fulfill your vow now! Make the call that death, disease, disintegration and decay be removed from the planet. Call that impurity be wiped from the Earth cause, effect, record and memory, and leave this planet freer because you have had being.

现在，当你们正值本次地球生命的壮年时期，我对你们说话。我不愿等到肉身衰败、灵魂疲惫离世之时才提点你们。我以业力委员会的名义向你们说：“以上帝之名，当你们拥有生命和才能，当你们拥有机会和这个世界的资源，当你们拥有对这法则的认识时，以上帝之名——现在就履行你们的誓言！发出呼请，让死亡、疾病、崩解和腐朽从这个星球上移除。祈请涤荡世间一切污浊——包括其原因、结果、记录和记忆，并因你们的存在而使这个星球更加自由。

I shall remind you of this petition when you are called home, and you again stand in my presence without that flesh garment! What will you now do with my life, because this is my life that I give you? This is my consciousness I share with you. You will all come home someday. There is no escape. There is no escape, dear ones, for even the sleepers' realm now allows a respite of only one year. The "compound" itself is no more. The "earth-bound," too, must also answer the call of the Lord and fulfill their reason for being.

当你们被召唤回家，再次脱去肉身、站在我面前时，我会再与你提起今日这份祈愿！我将我的生命赠予你，你如今打算如何运用？这是我交付于你们的我的生命，亦是我与你们共有的我的意识。你们所有人，终有一日都要回归家园，没有任何逃避的余地。亲爱的诸位，无处可逃。即便是沉睡者的境域，现今也只准予一年的歇息。那处“滞留聚居之地”已然消散。那些困滞于尘世的灵魂，同样必须回应造物主的呼唤，履行他们存在的意义。

One day, beloved ones, you will stand in my presence and I shall say, "On a Palm Sunday some time ago, in a beautiful sanctuary on Earth, I gave you my life, I gave you remembrance of your purpose for being, I asked you to become Gods and Goddesses of Mercy and Com- passion, and to heal a city of

impurity, and I hope you can say, "I have done as you asked!" Then the great commendation of the Lord, "Well done, thou good and faithful servant" will ring out, pouring his benedic- tion upon your spirit, and you and I will rejoice together that you are home "to go out no more."

总有一天，至爱的人们，你们会站在我面前，我会说：“在很久以前的一个棕枝主日，在地球上一个美丽的圣所里，我将生命赐予了你们，让你们铭记存在的意义，我要求你们成为慈悲与怜悯之神，并疗愈一座污浊的城市，我希望你们能说：‘我已按您的要求做了！’”那时，主的伟大嘉许，“做得好啊，你这位良善忠心的仆人”将响彻云霄，将祂的祝福倾注于你们的灵，而你们与我将一同欢欣，因为你们已回到家园，“不再离去”。

In this holy Easter Week, I ask you to accept my love, my blessings and my real presence, for I am a woman as well as guardian spirit of the Flames of Mercy and Compassion, which is the forgiving activity of the Sacred Fire.

在这个神圣的复活节周，我请求你们接受我的爱、我的祝福和我真实的临在，因为我是一位女性，同时也是慈悲与怜悯火焰——那是圣火的宽恕活动——的守护灵，

Let us not forget for a moment that, in dealing with each other, we are dealing with friends, for I am your friend, and you are mine! Togeth- er, we shall be master of the energies flowing through you, which are capable of raising and redeeming this dear Earth.

让我们一刻也不要忘记，在我们彼此相处时，我们是在与朋友相处，因为我是你们的朋友，而你们也是我的朋友！我们将共同驾驭流经你们内在的能量，这些能量能够提升和救赎这亲爱的地球。

Now, I will say, "good morning," dear ones. May God bless you! Kwan Yin

现在，我要说“早上好”了，亲爱的人们。愿上帝保佑你们！观音

DECREES TO CURB UNBRIDLED PASSION

遏制放纵激情的谕令

1. Beloved mighty victorious Presence of God, I AM in me and be- loved mighty Astrea! LOCK Your Cosmic Circle and Sword of Blue Flame of thousands of Suns from the Great Central

Sun in, through and around all those crimson tides of energy qualified with the unbridled sex, lust, passion and selfishness of mankind that sweep in great waves through the atmosphere of all large cities and all foci of mankind's discord. Close in upon them all and TRANSMUTE, TRANSMUTE, TRANSMUTE them all

cause, effect, record and memory

before they can act, approach or en- croach upon life longer. Transmute them into the Cosmic Threefold Flame in the full power of the Three times the Three!

驻于我之内、得胜伟大的神圣「我是」临在，伟大的阿斯特蕾亚！

请以源自宇宙大中央太阳的宇宙光环与万千大日凝成的蓝焰之剑

锁定、进入、穿透并环绕所有那些被人类无节制的性、欲望、激情和自私所赋能的深红色能量潮汐，它们如巨浪般席卷所有大城市和所有人类不和谐的焦点。围住它们全部，并在它们能再次行动、接近或侵犯生命之前，转化，转化，转化它们全部——包括其原因、结果、记录和记忆。以“三乘三”的全部力量，将它们转化为宇宙三重火焰！

Beloved I AM,I now command. Do it today, Do it to stay!

至爱的“我是”，我现在命令。今日成就， 永久成就！

2. Beloved mighty victorious presence of God, I AM in me, I call to beloved Archangel Michael, all the Archangels, their Archaii and Legions of Light, (repeat invocation three times). COME, COME, COME, IN YOUR VISIBLE, TANGIBLE, ASCENDED MASTER BODIES AND STRIKE, STRIKE, STRIKE, your mighty Cosmic Swords of Blue Flame of thousands of Suns from the Great Central Sun in, through and around all those crimson tides of unbridled sex, lust, passion, and selfishness of mankind!

驻于我之内、得胜伟大的神圣「我是」临在，我呼请大天使迈克尔、所有大天使、天使长与圣光军团（本段呼请诵三遍）。

降临、降临、降临，以你们可见、可触、扬升大师的身体，打击、打击、打击，以你们的源自宇宙大中央太阳万千大日凝成的蓝焰之剑，击入、贯穿并环绕人类所有那些肆无忌惮的性欲、情欲、激情与自私所形成的深红浪潮之中！

Beloved I AM, I now command. Do it today,Do it to stay!

至爱的“我是”，我现在命令。今日成就，永久成就！

DECREE FOR UNMARRIED MOTHERS AND THEIR CHILDREN

为未婚母亲及其子女的谕令

Beloved Mighty Victorious Presence of God, I AM in me, and beloved Goddess of Mercy Kwan Yin!

驻于我之内、得胜伟大的神圣「我是」临在，以及至爱的慈悲女神——观音！

I call in the name of all mankind, and in the authority of the living Presence of God which beats their hearts, directly to your heart of Mercy and Compassion for all life! CHARGE, CHARGE, CHARGE, oceans of your Cosmic Flame of the Violet Fire in, through, and around all thoughtforms in the atmosphere of Earth and in the worlds of mankind, qualified with feelings of censure, arrogant pride and blame, especially that driven against all unmarried mothers and children of illegitimate birth. Let this Violet Fire of Cosmic Christ Mercy transmute these feelings, instantly and forever, into the Pink Adoration Flame of God's tolerant love and under- standing. Free all life RIGHT NOW from that which God never intended to be, letting these lifestreams go forward to fulfill their divine plan in peace, happiness and God-success.

我以全人类之名，并以在他们心中跳动的上帝鲜活的临在之权威，直接呼请你那对一切生命的慈悲与怜悯之心！灌注、灌注、灌注无尽汪洋般的宇宙慈悲紫罗兰火焰、穿透并环绕地球大气层与世间一切由苛责、傲慢、怪罪凝成的思想形态，尤其针对所有未婚母亲与非婚生子女的偏见业力。让这宇宙基督慈悲的紫罗兰火焰，将这些情绪即刻并永久地转化为上帝包容之爱与理解的粉红崇敬火焰。当下即刻解脱一切众生脱离本不该存在的偏见枷锁，令这些生命流安心前行，平安喜乐，圆满完成神圣天命。

Beloved Kwan Yin, in thy name, we call limitless legions of Angels of the Violet Fire to sustain and expand this decree each time it is given, until this unfortunate activity and its attendant distress are wiped out forever, cause, effect, record and memory, from the records of the blessed planet Earth ALL WAYS.

至爱的观音，以您之名，我们呼请无量紫火天使军团，每一次持诵皆加持、扩张此祈请文之力，直至这份不幸境遇与连带痛苦，连同一切根源、果报、业迹印记，从这颗神圣星球的业力记录之中永久彻底清除。

We consciously accept this done RIGHT NOW with full power!

我们全然觉知，领受此事当下以圆满大能成就！

挚爱的维纳斯女神的开示

ADDRESS BY BELOVED LADY MASTER VENUS

引言

INTRODUCTION

我们将爱与感激，献给扬升的维纳斯女神——正是她的自我牺牲，使挚爱的萨那特·库马拉得以成行。他们二人原本共同立誓要保护、守护、治理并以恩典拓展金星，维系金星的光、治理、辐射与整体振动频率。正是因为维纳斯选择了放弃萨那特·库马拉留在金星以及他的协助，才让萨那特·库马拉得以在无数世代前降临地球。他的光环、他的劝勉与他的爱，使我们的地球得以在太阳系中存续至今，直到在此进化的人类中，能够且愿意履行这项服务的生命之流出现为止。

Our love and gratitude extends to the Ascended Lady Master Venus, who made the personal sacrifice of her beloved complement, Sanat Kumara, possible. Sanat Kumara, released by Venus' renunciation of his presence and assistance in helping her to sustain the light, government, radiation and general vibratory

action of the star, Venus, which both had vowed to protect, guard, govern and expand in grace, came to the Earth many ages ago. His aura, his counsel and his love have enabled our Earth to remain in the solar system until there would arise from the mankind evolving here, lifestreams able and willing to perform this service.

必须铭记的是，挚爱的维纳斯在承担起自己与萨纳特·库玛拉的双重职责时所作出的牺牲，与伟大的“永恒之日”（萨纳特·库玛拉）的牺牲同样值得称颂。他留守地球，期盼着这进化体系中爱与光的成熟，使他能回归自己的星球，确信地球及其子民终将发出足够的光，以维系她在所属太阳系中的地位。

It is to be remembered that the sacrifice of beloved Venus, in assuming the double service of herself and Sanat Kumara, is equally commendable as that of the great Ancient of Days (Sanat Kumara). He has remained with the Earth, hoping for the development of the love and light of its evolution so that he might return to his beloved Venus to complete his service there.

我们深深感激挚爱的维纳斯，感激来自金星的库马拉家族，感激挚爱的梅塔（萨那特·库马拉之女），以及那些先于他前来、在香巴拉为他建造居所的金星存有。我们也感激维纳斯自身那不可思议的服事，正是这服事使萨那

特·库马拉能坚守他自我选择的流放，直至今日。人类中那些顽固不化的成员及其守护灵，正从漫长的灵魂沉睡中苏醒过来，现在正准备承担起必要的义务、责任和自律，以从地球上创造并散发出个体与行星的光芒。因此，萨纳特·库玛拉的流放生活即将结束，这将使他能够返回他挚爱的金星，在那里完成他的服务。

We are extremely grateful to beloved Venus and to the Kumaras from Venus, to beloved Meta (daughter of Sanat Kumara), and to those beings from Venus who chosen to precede him and create his residence at Shamballa. We are also grateful for the marvelous service of Venus, herself, which enabled Sanat Kumara to continue his self-chosen exile unto this day. The recalcitrant members of the human race and their guardian spirits, awakening from the soul sleep of the ages, are now preparing to assume the obligations, responsibilities and the necessary self-disciplines required to create and emit individual and planetary light from the Earth. Thus, the exile of Sanat Kumara will shortly be over, allowing him to return to his beloved Venus to complete his service there.

金星隶属于比地球所属系统更高的太阳系。火星则隶属于比地球所属系统更低的太阳系。不久之后，将迎来一个宇宙时刻：本星系的大中央太阳将运用神圣之爱的宇宙

大能（向心力），将本星系的七颗恒星拉近其核心。这将使我们的太阳升至目前金星绕行之太阳的位置，同时使地球升至目前金星所在的轨道。

The planet Venus belongs to the solar system above that to which the Earth belongs. The planet Mars belongs to the solar system below that to which the Earth belongs. Ere long, there will come a cosmic moment when the Central Sun of this galaxy will use the cosmic power of love divine (centripetal force) to draw the seven suns of this galaxy closer to its heart. This will raise our present Sun to the place now occupied by the Sun around which Venus circulates, and, at the same time, will raise the planet Earth into the orbit at present occupied by the planet Venus.

目前，银河系中的七颗“太阳”正通过以水平方向将各自的行星吸引向自身，为这一宇宙时刻做准备，它们正通过水平方向的引力活动将各自的行星向自身拉近，以便所有天体都能为即将到来的宇宙启蒙做好准备。当上方的太阳与其行星向大中央太阳的璀璨光辉移近时，宇宙法则要求萨那特·库马拉与维纳斯大师在他们的星球——金星上，协助完成其启蒙。

Presently, the seven Suns of the galaxy are preparing for this cosmic moment by drawing their individual planets toward

themselves in a horizontal activity, so that all will be in readiness for this coming cosmic initiation. When the Sun above us and its planets move closer to the radiant light of the Great Central Sun, the Cosmic Law requires that Sanat Kumara be with the Lady Master Venus on their own star, Venus, to assist in its initiation.

托马斯·普凌茨

Thomas Printz

FORCEFIELDS AND FOUR LOWER BODIES

力场与四个低层身体

Beloved Lady Master Venus

挚爱的女神维纳斯

In the name of the beloved Lord Krishna and his spiritual complement, the beloved Lady Sophia (the God-parents of our system), I bring greetings to you, oh, Helios and Vesta!

以至爱克里希纳主及其双生灵魂（至爱索菲亚女神）——我们星系的教父母——之名，我向你们致以问候，哦，赫利俄斯与维斯塔！

I bring greetings also to you who are presently evolving upon the Earth, and to you who have come from other systems and stars, and are now abiding with Earth's people, in an endeavor to draw

the vibratory action of the planet and its evolutions into a oneness with the harmony of the spheres. I bring to you all the blessings of my love.

我也向你们——目前正在地球上进化的人们，以及那些来自其他系统和星球、现在与地球人民同在、致力于将这颗星球及其众生的振动频率，调和至与诸天寰宇和谐合一之中的人们——致以问候。我向你们所有人献上我爱的祝福。

To you, who have been hosts to my beloved for many, many centuries, to you, who now have promised him the glory and freedom of a return to our system and our star, to you, I bring my gratitude.

千百世纪以来，你们一直款待我的挚爱；如今你们应允他重返我们星系与金星，重获荣光与自由，为此我向诸位致以无尽感恩。

I have long served Venus without Sanat Kumara's help, endeavoring to abide within the balance of my own God-flame in our great solar system and represent to my people and my planet the vibratory action of both Sanat Kumara and myself. Now, oh my beloved, I rejoice that soon you are to return to me, to our evolution and to our planet!

长久以来，我一直在没有萨纳特·库马拉帮助的情况下服务于金星，努力在我伟大的太阳系中维系于我自身神之火焰的平衡，并向我的子民和我的星球展现萨纳特·库玛拉与我自身的振动频率。现在，哦，我的挚爱们，我欢欣鼓舞，因为你们很快就要回到我身边，回到我们的进化轨迹和我们的星球！

It is the request of my people and of my planet that I bring to you, who love our Lord, Sanat Kumara, the gratitude of our lives for your service at this time, and for your interest in the evolution of the Earth, with its mankind. We are grateful to you for weaving out of the energies of your own lifestreams that light which will ensure a permanent place for the Earth in its solar system, and allow my beloved, Sanat Kumara, his freedom to ascend upon your love to his natural estate.

金星及其子民托付我，向深爱着圣纳特库玛拉尊主的诸位，传递我们全体生命的谢意：感恩你们此刻的奉献，感恩你们心系地球与人类的进化。你们以自身生命流的能量编织圣光，让地球得以在太阳系永久立足，也令我的挚爱（圣纳特库玛拉），凭藉你们的爱获得自由，重返他原本的神圣居所，我们由衷感激。

As you may know, the Sun to which we belong is dedicated to a radiation of the qualities of divine love and wisdom. The beloved Krishna, whose embodied quality of divine love has been remembered by some of the messengers and beings from Venus who have taken embodiment in your universe, is responsible for the glorious title of The Christ. This title was later conferred on some Avatars and great Messengers.

你们或许知道，我们所属的太阳致力于辐射神圣之爱与智慧的特质。挚爱的克里希那，其化身的神圣之爱特质已被一些在你们宇宙中转世化身的来自金星的信使和存有所铭记，他正是"基督"这一光辉称号的根源。后世诸多化身圣者与伟大信使也承袭了这一称谓。

The beloved Sophia is an individualization of divine wisdom. Her radiation has brought to our evolution and the planets belonging thereto, that perfect outpouring of wisdom. She has asked me to convey through you the personal blessing of her wisdom into the vibratory action of your universe. This I do today.

挚爱的索菲亚是神圣智慧的个体化体现。她的辐射为我们所属的进化轨迹及行星带来了那完美的智慧倾注。她嘱托我借由诸位，将她专属的智慧祝福注入你们宇宙的振动频率之中，今日我便完成这份托付。

All of the great Suns that came forth from the parent Sun of this galaxy (the Great Central Sun), embody for their universes at least two specific God-qualities.

本星系的母太阳（伟大中央太阳）衍生出的所有宏大恒星，都会为各自所辖宇宙承载至少两种专属神圣特质。

THE BELOVED HELIOS IS THE EMBODIMENT OF ILLUMINATION, AND THE BELOVED VESTA IS THE EMBODIMENT OF TRUTH. The planets belonging to their system are destined to carry illumination and truth into other universes and other galaxies, not only presently but in a great, magnificent future.

挚爱的赫利俄斯是"启明"的化身，而挚爱的维斯塔是"真理"的化身。这些归属于他们系统的行星，注定要将启明与真理带入其他宇宙和其他星系，不仅是在当下，更是在一个伟大而壮丽的未来。

The beloved Krishna and Sophia are destined to carry love and wisdom into universes and galaxies beyond those of which you are presently aware, and toward which I will not now stretch the consciousness of your individual worlds, lest you weary in your endeavor to contemplate the magnificence, omnipotence and omniscience of God's creation. The creation of God is a constantly-unfolding consciousness of his Godliness, which, in its

ever-increasing and intensifying comprehension of being, extends far beyond that which even we, in the ascended state, can yet comprehend.

挚爱的克里希那和索菲亚注定要将爱和智慧带入超越你们目前所知的宇宙和星系，我现在不会将你们个体世界的意识延伸到那里，以免你们在努力沉思上帝造物的壮丽、全能、全知时感到疲惫。神的创造，是祂神性意识持续延展的过程；这份对其存在的理解的不断深化与拓宽，其边界之辽阔，即便我们这些扬升存有，也尚且无法全然洞悉。

As the cosmic inbreathing of the Great Central Sun of this galaxy prepares to draw the lesser Suns of the system back into its cosmic heart, so do the individual Suns, in like manner, prior to this upward movement, begin to draw from the periphery of their universes the planets of their systems. Therefore, as the planet closest to our Sun is absorbed into its parent Sun, our planet, Venus (which is the fourth in our system) will move closer to our Sun, taking its place as third planet revolving in the orbit of the beloved Krishna and the blessed Sophia. Your Sun will draw Mercury into its heart, and your dear Earth will become third in your system revolving in the orbit of Helios and Vesta.

当本星系伟大中央大日开启宇宙吸气，预备将星系内所有次级恒星收回祂的宇宙核心之时，所有恒星都会在此升扬进程开启前，开始从其宇宙边缘吸引其系统的行星。因此，当离我们太阳最近的行星被其母太阳吸纳后，我们星系原本第四轨道的金星，将向太阳靠拢，成为克里希纳与索菲亚太阳下的第三颗行星；你们的太阳会将水星吸入自身核心，你们珍贵的地球则会成为赫利俄斯与维斯塔太阳系的第三行星。

You will see that right below the star Venus, in our system, revolves the Earth, in your system. We, who are going forward into greater light, are endeavoring to prepare the Earth and her people, even as the wise administrator prepares his successor, so that the vibratory action of the orbit and socket (which Venus will leave when the Suns move upward toward the Central Sun in a cosmic moment yet to come), may be comfortable for you, making it possible for the inhabitants of the Earth to enjoy the radiation of love and wisdom which we leave as our heritage to your planet. So too, are you preparing, as you move toward your Sun, for the entrance of Mars into the orbit which your Earth now occupies. Even its physical manifestation in the heavens shows how close the planet Mars is to the Earth at this hour.

你们会发现，在我们金星之下，便是你们星系的地球。我们正迈向更高之光，如同贤明管理者悉心培养继任者一般，全力预备地球与众生。待到未来宇宙时刻来临，众恒星向中央太阳升扬、金星腾空原有轨道，留下的轨道位阶振动频率将适配地球众生，让地球生灵得以承接我们留给这颗星球的传承——爱与智慧的光芒。同样，当地球向自身太阳靠拢时，你们也在预备火星进驻地球当下的轨道。甚至在天上，火星的物理显化已显示出此刻它与地球是何等接近。

That which we leave as a heritage to you, oh, sweet Earth, is the embodiment of love!

美好的地球，我们留给你的传承，便是爱的全然显化！

At the present cosmic moment, the Suns of this galaxy are drawing the planets of their particular systems toward themselves in a more-or-less horizontal activity of centripetal force. A little later, the Central Sun of the entire galaxy will draw the Suns, themselves, toward it in a vertical activity. Presently, the planets of each system are moving toward their Suns. Later, the Suns, together with their planets, will move upward toward the Central Sun. Thus, the orbit of the Sun immediately above us, as well as

the orbits of the planets which belong to the system above us, will be vacated, and our Sun and our planets will occupy these orbits, even as the Sun below us (your physical Sun) and the planets of its system, will enter the orbit of our Sun and its planets.

当下这个宇宙阶段，本星系所有恒星依靠向心力，以近乎水平的轨迹牵引各自星系的行星；再过一段时日，整个星系的中央大日将以垂直向上的引力，牵引所有恒星向祂靠拢。目前，各大星系的行星正朝母恒星移动；往后，恒星连同所辖行星一同向中央大日升扬。届时，我们上方恒星的轨道、以及其星系行星的轨道将会空出，由我们的太阳与行星承接；而我们下方的恒星（也就是你们肉眼可见的太阳）及其行星，将会进驻我们太阳原本的轨道。

Shall I speak to you a moment about our planet, Venus She is a magnificent planet, where every lifestream sent forth from its Holy Christ Self is embodied in a beautiful light body, holding within itself the seed of a White Fire Being. Every such soul is completely at one with his or her Holy Christ Self, manifesting the complete harmony of life through the vehicles of mind, feeling and outer form. On our star, there is no such manifestation as decay---no rust, mold, fermentation, disease, or death. All of these qualities of which I have just spoken, which are a heritage of the human race, are but the decadence of the natural activity of

etherealization, by which temporary form is sublimated or returned to universal light.

让我跟你们谈谈我们的星球金星片刻好吗？她是一颗宏伟的行星，每一个从神圣基督自我发出的生命流，都以完美光体降生，在其内持守着白火存有的种子。每一个这样的灵魂都与他或她的神圣基督自我完全合一，透过心智、感受与外在形相的载具，彰显生命的完全和谐。在我们的星辰上，没有任何“腐朽”的显化——没有锈迹、霉菌、发酵、疾病或死亡。我刚才提及的所有这些品质，都是人类所继承的，不过是“以太化”这一自然活动衰败的表现；通过这种活动，暂时的形态会被升华或回归至宇宙之光。

On Venus, precipitation (the drawing of light substance directly into form from the universal), is performed through the use of consciously-directed light rays. On our planet, the people invoke this light substance through thought and feeling, and precipitate it into form as magnificent temples and homes of light, or into glorious flame flowers, as well as into the sustenance required for the nourishment of their bodies, for their clothing, and all they ever require to fulfill their divine plan.

在金星上，“显化”（Precipitation，即从宇宙中直接将光之实质塑形）是透过有意识引导的光线来完成的。在我们的行星上，人们透过思想与感受祈请这光之实质，将其显化为形相——无论是宏伟的光之圣殿与家园，或是荣耀的火焰之花，亦或是滋养身体、制作衣袍、满足实现神圣计划一切生计所需。

At the close of a cycle of embodiment on Venus, the power of conscious etherealization is used to return the elements composing the bodies to the universal. Having fulfilled one episode in the rhythm of evolution, the soul passes into one of the inner spheres of Venus, which represent the Causal Body of the Silent Watcher of Venus. Then, in time, the soul returns into embodiment again and again until the seven rhythms of embodiment are completed in perfect harmony.

在金星上的一个化身周期结束时，人们运用有意识的“以太化”大能，将构成身体的元素回归宇宙。在圆满完成进化节奏中的一个篇章后，灵魂进入金星的内层界——那正是金星沉默守望者的因果体。随后，在适当的时候，灵魂再次投胎，如此往复，直至七个化身周期在完美的和谐中圆满完成。

The power of etherealization is also used on occasions where we are finished with any particular precipitated manifestation. In this way, the substance is returned in love to its primal essence and does not suffer the indignities of decay, gradual, unpleasant disintegration, and the very unhappy experiences of disease and death.

“以太化”的大能，也在我们不再需要某个特定的显化造物时被运用。藉此，物质以爱回归其原始本质，而不会遭受腐朽、渐进且不悦的解体，以及疾病与死亡所带来的极不愉快的经历。

You, too, beloved children, have within you the same great power---the power of cohesion (love) which draws primal life into form. Through your thought and feeling centers, you are endowed, even as those on Venus, with the capacity to mold whatsoever you will, out of universal light. You are also endowed with the power of etherealization so that, at the completion of the usefulness of any substance or activity, any manifest form may be dissolved and returned in dignity and blessing to primal life in the Sun, for repolarization.

你们，亲爱的孩子们，内在也拥有同样的伟大力量——凝聚的力量，即爱，它将原始生命吸引成形。通过你们的思想和感受中心，你们被赋予了能力，甚至如同金星上

的存有一样，能够用宇宙之光塑造你们所愿的任何事物。你们也被赋予了以太化的力量，以便在任何物质或活动的效用完成时，任何显化形态都可以被消解，并有尊严地、带着祝福地回归到太阳中的原始生命，以备重新极化。

It is to be regretted that the harmonious rhythm, which is the natural activity of the flame within your heart, has been forgotten for so long. It is a cause for great rejoicing, however, that we are coming to a point where we may reach the consciousness of even a few of mankind and, through their comprehension of the Law, endeavor to re-establish that natural rhythm of life through the flame that beats the physical heart.

令人遗憾的是，那作为你们心中火焰自然活动的和谐节奏，已被遗忘了如此之久。然而，令人极为欣喜的是，我们正来到一个节点：我们能触及哪怕少数人类的意识，并通过他们对法则的理解，努力借助那使物质心脏跳动的火焰，重新建立生命的自然韵律。

The vibratory action of the planet Venus is white, and the focus of the immortal Presence within the heart is that of a glorious White Fire Being. The vibratory action of the Earth being gold, the focus of the glorious Presence within the heart of those belonging to the Earth evolution is that of a Golden Fire Being. In

the system to which you belong, the natural vibrations of your own energies will respond to the color of your Sun, to the color of the planetary system of which evolution you are a part. The radiation and aura of that exquisite Being (the immortal presence of God within you) will be the manifest expression of the color and vibratory action of your own particular evolution.

金星的振动频率是白色的，心中不朽临在的焦点是一个荣耀的白火存有。地球的振动频率是金色的，属于地球进化体系存有的心中，那荣耀临在的焦点是一个金火存有。在你们所属的系统中，你们自身能量的自然振动将回应你们太阳的颜色，回应你们所属进化行星系统的颜色。那精美存有（你们内在的神之不朽临在）的辐射与光环，将体现你们自身独特进化历程的色彩与振动特性。

I would like to bring to your remembrance the activity of life! Your Holy Christ Self, beloved ones, has chosen to project into the chalice of your human heart, a portion of itself---that immortal Threefold Flame of life, which has the power of magnetic attraction within itself. This flame drew around itself the physical form, the more subtle ethers of the etheric body, the substance of the mental body, and the substance of the emotional world. When acknowledged, that immortal flame within you will develop and expand through you a replica of the divine God Presence---the

Electronic Presence of God which abides within the inner spheres. This tiny figure within your heart (which is your individual immaculate concept), is one in essence and consciousness with your Holy Christ Self. The Holy Christ Self, of course, is one in consciousness and essence with your God-Presence, and this makes the activity of the "three times three."

我想唤起你们对生命活动的记忆！挚爱的人们，你们的神圣基督自我已选择将自身的一部分投射到你们人类心灵的圣杯中——那不朽的生命三重火焰，其自身拥有磁吸的力量。这火焰围绕自身聚集了物质形态、以太体的更精微以太、心智体的物质，以及情绪世界或感受世界的物质。一旦被认可，你们内在那不朽的火焰将发展并扩展，通过你们形成一个神圣临在的复制品——居于内在层面的神的"电子临在"。你们心中的这个微小形象（即你们个体的"无瑕原型"），在本质和意识上与你们的神圣基督自我是一体的。而神圣基督自我，当然，在意识和本质上与你们的上帝临在是一体的，这就构成了"三乘三"的活动。

Primal life, which is drawn forth by the "I AM" Presence and invested in the Holy Christ Self, should pass directly into the keep of the immortal flame within your heart, through the silver cord, not interfered with by any radiation of discord. This "silver cord"

is a stream of pure, crystal-like substance, which flows from the heart of your God-self (the Electronic Presence) into your physical heart. This beautiful primal life is magnetized by the Presence which gives you being, gives you intelligence, gives you the capacity to say, "I AM," and the consciousness to create anything and everything in this world of form.

由"我是"临在汲取并注入神圣基督自我的原始生命，应当通过"银索"直接流入你们心中不朽火焰的掌管之下，不受任何不和谐辐射的干扰。这"银索"是一股纯净的水晶般的物质流，从你们上帝自我（即电子临在）的心脏流入你们的物质心脏。。这美丽的原始生命本质，被赋予你们存在的临在所磁化，赋予你们智能，赋予你们说出“我是”的能力，以及在这个形相世界中创造万事万物的意识。

This primal life essence should be dispensed by that Presence within your heart into the use of the vehicles created by that Presence, to expand the borders of God's kingdom, even as the Sun dispenses its radiation, light and nourishment to the planets of the system, causing them to rotate on their axis and to move in orderly procession around itself. In turn, the Sun moves in rhythmic action around the Great Central Sun. The Great Central Sun, itself, is part of a glorious train of light made up of millions and millions and millions of galaxies that move by Cosmic

Intelligence far beyond human comprehension, around greater Suns. So it goes, on and on, in a gigantic, onward-moving procession, all continually moving forward harmoniously toward ever greater expressions of perfection.

这原始生命精华应由你们心中的那个临在分派给该临在所创造的各个载具使用，以扩展神之国度的疆界，正如太阳将其辐射、光和滋养分派给其系统的行星，使它们绕轴旋转，并有序地围绕太阳运行一样。反过来，太阳又以韵律性的活动围绕伟大中央太阳运行。伟大中央太阳本身，又是那由千千万万个星系组成的辉煌光之队伍的一部分，那些星系在远超人类理解的宇宙智能引导下，围绕更伟大的太阳运行。如此延续，无穷无尽，在一个巨大的、不断前进的队伍中，所有一切都持续和谐地向前，朝向更伟大的完美表达。

Your blessed Sun pours out its radiance, sustaining the planets of its system. Through the power of attraction, the Sun keeps each planet in its orbit, allowing none to come too close to the vibratory action of the heart center, because the vibratory action of each planet must be accelerated before it can safely enter into the heart of its Sun. Yet, through the same power of love, the Sun keeps each planet from passing beyond the Sun's own natural

periphery. So must your individual Sun (the presence of God within you) take full command of the vehicles through which it desires to externalize the perfection of God's kingdom into the world of form.

你们蒙福的太阳倾泻其光辉，维系其系统内的行星。通过吸引的力量，太阳将每颗行星保持在其轨道上，不允许任何一颗过于接近其心脏中心的振动作用，因为每颗行星的振动作用都必须先被加速，才能安全地进入其太阳的心脏。然而，同样是通过爱的力量，太阳防止每颗行星超出太阳自身的自然外围。同样，你们个体的"太阳"（你们内在的神之临在）也必须完全掌控它借以渴望将神之国度的完美外化到有形世界的那些载具。

YOUR PHYSICAL BODY, YOUR ETHERIC ENVELOPE, YOUR MENTAL BODY, AND YOUR EMOTIONAL BODY, WERE PRIMARILY DESIGNED AS INSTRUMENTS THROUGH WHICH THIS GREAT IMMORTAL PRESENCE MIGHT RADIATE CERTAIN QUALITIES AND DESIGN CERTAIN PATTERNS, WHICH CARRY THE DIVINE STAMP OF THE GODHEAD AND THE GLORY OF THE KINGDOM OF HEAVEN INTO THE APPEARANCE WORLD.

你们的物质身体、你们的以太外衣、你们的心智体、以及你们的情绪体或感受体，最初被设计为工具，通过它们，这伟大的不朽临在可以将特定品质辐射出去，并设计特定模式，将神性的神圣印记和天国的荣耀带入表象世界。

What has happened Rather than these bodies standing as humble acolytes, with folded hands, gracefully allowing that primal essence to pass through them into the control of the presence of God within the heart and waiting, as acolytes should, the dispensation of that energy by the Divine Presence---THESE LOWER BODIES BOLDLY SEIZE UPON THE PRIMAL LIFE AND MOULD IT INTO PATTERN AND FORMS OF THEIR OWN LIKING, EACH BODY SATISFYING ITS INDIVIDUAL APPETITES. Thus, the flame within the heart receives neither the authority nor the honor of taking that primal life essence and doing with it what it wills, through its vehicles.

究竟发生了什么？这些身体本应如谦卑的侍从般，双手合十，优雅地让那原始精髓穿过自身，交由内心上帝临在的掌控，并像侍从应有的那样，静候神圣临在对那能量的分配——然而，这些低等身体却大胆地夺取了原始生命，将其塑造成自己喜爱的模式与形态， 每个身体都在满

足其个人的欲望。因此，心中的火焰既未获得权威，也未获得荣誉，无法通过其载体，随心所欲地运用那原始的生命精髓。

Some time upon life's way, every lifestream comes to a point where it recognizes and reverences the privilege of using life, especially when it realizes for a moment the activity of that ceaseless flow of electrons and knows that---some time, somewhere---a cosmic fount, a cosmic source, has magnetized and generated that life, projecting it into the use and keeping of a self-conscious intelligence for a purpose. Then, in honor and honesty, that mature lifestream turns again to the source of its life and, kneeling humbly before that magnificent Presence within the physical heart, such a one gives back into God's keeping the authority for the use of life.

在生命道途的某处，每一条生命流终将来到一个节点：它承认并敬畏使用生命的特权，特别是当它刹那间领悟到那电子流永不停歇的活动，并知晓——在某时某地，一个宇宙源泉、一个宇宙源头，磁化了并生发了那生命，将其投射给一个有自我意识的智能体去使用和保管，以实现某个目的。然后，怀着荣誉和诚实，那成熟的生命流再

次转向其生命之源，谦卑地跪在物质心脏中那宏伟临在面前，这样的人将使用生命的权威交还到上帝的保管之中。

That individual then rises in dignity and commands the silence of the emotional world, the silence of the mental world, the silence of the etheric world, and the silence of the flesh. When that command is given in the authority of the "I AM," and the lower bodies are divested of authority to act without direction, the primal life essence is directed by the Christ Presence into its proper channels of expression.

那个体随后在尊严中升起，命令情感世界静默，命令心智世界静默，命令以太世界静默，命令肉身静默。当那命令以“我是”的权柄发出，且较低体被剥夺了未经指引而行动的权威时，原始生命本质便由基督临在导向其恰当的表达渠道。

The emotional body is then commanded: "Carry thou forth this day the radiation of Christ, the feeling of God's love to thy fellowmen! Expand thou the gifts of the Holy Comforter! Be thou a conductor, through which thy Christ Self may pour to all life the protection, healing and peace of the Universal Deity!" The emotional body, then, accepting the master authority, humbly answers, "I will!"

然后命令情绪体或感受体："今日，你当传递基督的辐射、上帝之爱的感受给你的同胞们！扩展圣灵的恩赐！你要成为一个导体，通过你，你的基督自我可以将宇宙神性的保护、疗愈与和平倾注给所有生命！"于是，情绪体或感受体接受了主导权威，谦卑地回答："我愿意！"

Next, the great mental vehicle, filled with human concepts, swirling in a state of constant motion, is controlled. Those concepts are purified or removed, and the mental vehicle is commanded: "Stand thou still and listen! Receive from thy Holy Christ Self the divine design for thy being---the directions for this day! Then, out of the universal light substance, create thou those forms which shall be of benefit thy fellowmen!" The mental body, acknowledging the dignity and authority of the Christ, meekly answers, "I will!"

接下来，那充斥着人类概念、处于持续运动漩涡中的伟大心智载具被加以控制。这些概念被净化或移除，然后命令心智载具："静止下来倾听！从你的神圣基督自我接收你存在的神圣设计——今日的指引！然后，从宇宙光的物质中，创造出那些对你同胞有益的形式！"心智体承认基督的尊严和权威，温顺地回答："我愿意！"

The great etheric envelope, created originally to record all the experiences of life, which should have been momentums of good, is charged to record solely the momentums of victorious accomplishments through itself and others. Once more it becomes a battery of constructive energy, and records only momentums of faith, healing and love. Thus, when the individual is required to give assistance, these constructive remembrances rush forth, and the etheric body, combining its energies with the other vehicles, helps to bring the desired manifestations into form speedily and harmoniously.

伟大的以太外衣，最初被创造来记录所有生命经历（这些本应是良善的势能），现在被指示只记录通过自身和他人所达成的胜利成就的势能。它再次成为一个建设性能量的蓄电池，只记录信心、疗愈和爱的势能。因此，当个体被要求提供帮助时，这些建设性的记忆会涌出，而以太体将其能量与其他载体结合，协助将期望的显化迅速且和谐地具象化。

Lastly, the purified flesh (the innocent instrument), is consecrated and dedicated to service---every element of it. Every sense is offered as a channel to serve the Christ and joyously comes into harmony with the law of its being. Only in this way are you master. Only in this way are you one with your God-self.

Only then can you say in honesty, "The Father and I are ONE." Then, truly, both you and the Father work in unison. Then does your personal self become for us and for all the God-free, a conductor of our gifts into the world of form.

最后，得到净化的肉身（这纯净的器具），被祝圣、全然奉献于服务——肉身的每一处构成皆是如此。每一感官都被奉献作为服务基督的渠道，并喜悦地与其存在的法则和谐一致。唯有这样，你们才是主人。唯有这样，你们才与你们的上帝自我合一。唯有那时，你们才能诚实地宣告："父与我是一体的。"然后，确实，你们和父一同和谐运作。唯有那时，你们的人格自我才成为我们以及所有神性自由的存有将恩赐导入形相世界的管道。

Beloved, previous children of God, in that great command, “Peace—Be still,” your physical and inner bodies will come to a sense of recognition that they must be your willing and joyful servants.

挚爱珍贵的神之儿女们，在那伟大的命令“归于平静，全然安息”中，你们的物理体与内在体将觉悟到：它们必须是你们甘心乐意、喜乐的仆人。

Your sphere of influence is the aura and radiation created by your qualification of primal life-essence through thought, feeling,

word and deed, as it passes through your mental, emotional, physical and etheric bodies and thence into the world around you.The greater the stream of life which flows from your presence, the more of primal life you have invoked, the greater amount of energies which your self-conscious intelligence uses, the wider will be your sphere of influence.Those who are timid or lethargic, those who use little energy, have small spheres of influence.Those who are dynamic, positive and powerful, have drawn more energy, and that energy passing out from the body, creates a much larger aura.

你们的影响范围，是你们透过思想、感受、言语和行为，对原始生命本质进行定性，并使其流过你们的心智、情感、物理与以太体，继而进入周遭世界时所创造的光环与辐射。从你们临在流出的生命之流越强大，你们祈请的原始生命越多，你们自我意识的智能所使用的能量越多，你们的影响范围就越宽广。那些胆怯或昏沉、使用能量甚少的人，拥有狭小的影响范围。那些充满活力、积极且强大的人，汲取了更多能量，那能量从身体流出，创造出大得多的光环。

The nature of your individual sphere of influence is the responsibility which you have taken before life, because, through those energies, you are constantly affecting all in your

environment, all with whom you come in contact, and, lastly, all manifest life on the planet.Therefore, when individuals desire to serve us, they must come to a point where they are in full control of their own radiation, through their various bodies.Whether it be small or large, their sphere of influence should become the controlling radiation, not only in a room, but in the entire locality in which they live, and, furthermore, it should have an uplifting effect on all manifest life on the planet.

你们个体影响范围的特质，是你们在生命面前所承担的责任。因为透过那些能量，你们持续影响着环境中的一切，所有你们所接触的对象，以及最终地球上所有显化的生命。因此，当个体渴望服事我们时，他们必须来到一个节点：透过各自不同的身体，完全掌控自身的辐射。无论其影响范围大小，都应成为主导性的辐射，不仅在一个房间内，更在他们所居住的整体区域中，且应对地球上所有显化生命产生提升的效果。

When you have builded your momentum of good, and the Cosmic Law and your Holy Christ Self find it safe to release more life to you, your beneficent influence could become planetary in active radiation.

当你们积聚起善的势能，且宇宙法则与你们的神圣基督自我认定可以安全地向你们释放更多生命能量时，你们的善意影响力便能以活跃的辐射形式覆盖整个星球。

With the varying qualities of radiation which form the average aura of individuals, you will understand that it would not be a mercy for life to allow anyone too much energy, because everything and everyone within that sphere of influence is affected by every passion, every lust, every depression, as well as every prayer, every affirmation, every conviction of faith, and every feeling of harmony.

考虑到构成普通人光环的千差万别的辐射品质，你们会明白：允许任何人拥有过多能量并非慈悲，因为那影响范围内的每一件事、每一个人，都受到每一种激情、每一种贪欲、每一种抑郁，以及每一次祈祷、每一次肯定、每一种信心信念、每一种和谐感受的影响。

For this reason, the wisdom of the Cosmic Law decided to decrease the volume of primal life released to the personal self, making the sphere of influence of the uncontrolled lifestream comparatively small.

正因如此，宇宙法则的智慧决定减少释放给人格自我的原始生命能量的总量，使那未被管控的生命流的影响范围相对狭小。

This ruling will be sustained until the time when the Cosmic Law, in conjunction with the Christ Self, increases the gift of life, as it is convinced that the individual is master of the life entrusted to him through the conscious return of authority to its own individualized Presence.

这项规制会持续生效，直到宇宙法则与基督自我确认，此人已能全然掌控托付给他的生命、主动将权柄交还自身个体化的临在，届时才会增加生命能量的馈赠。

You have heard of forcefields! This sphere of influence of which I speak is your individual forcefield.If it is held in comparative harmony, it can be used by the Silent Watchers who cover cities, nations and the planet itself, in their endeavor to dissipate evil and give protection in times of crises.

你们听说过“力场”。我所说的这影响范围，便是你们的个体力场。如果它维持在相对和谐中，它便能被覆盖城市、国家与行星本身的沉默守望者们所用，在他们努力消散邪恶、在危机时刻提供保护时发挥作用。

When these Silent Watchers see forces of nature in rebellion, when they see plagues and epidemics about to manifest, when they see the many crises which I shall not name (for I do not choose to use my words and life more than is absolutely necessary to refer to that which is destructive, even in thought), they appeal for assistance to the great Cosmic Being or Ascended Master whose energies have been offered to the Brotherhood to dissipate just such evils.The first question asked by the God-being whose energies are invoked is, “Have you a conductor in that locality ”The Silent Watcher may say, “Yes! There is such a harmonious nature” (if there should happen to be one in that locality).

当这些沉默守望者看见自然界的力量在反叛，看见瘟疫与流行病即将显化，看见许多我在此不一一列举的危机（因为我无意在思想中过度提及破坏性事物，哪怕是言语上的），他们会向伟大的宇宙存有或扬升大师求助——后者的能量已被奉献给兄弟会，用以消散此类邪恶。那被祈请的神性存有提出的第一个问题是：“你在那地区有导体吗？”沉默守望者可能会说：“是的！那里有一位如此和谐的存在。”（如果该地区恰好有这样一位。）

Then the Cosmic Being (conserving his own forces) does not have to build a funnel of light to carry his radiation

downward, for such an activity uses much of the energy he could use in giving the blessing.Instead, the great Being comes into the atmosphere of Earth with the Silent Watcher, stands within the Electronic Body of the chela and, through the silver cord he pours through the inner bodies and flesh of that one the benediction, purification, protection and balance that is required to dissipate the evil of the moment.于是，那位宇宙存有（为了保存自身的能量）无需构建一个光之漏斗将辐射向下输送——因为这活动会消耗他本可用于赐福的大量能量。相反，那位伟大存有偕同沉默守望者进入地球的大气层，伫立在那弟子的电子体中，透过银线，将所需的祝福、净化、保护与平衡，倾注于该弟子的内在体与肉身，以消散当下的邪恶。

Oh, beloved ones, many natural conductors who have no knowledge of the inner spheres, but have a sweetness and purity of soul, have thus been used through all the ages.Many “saints,” many “holy men,” many of the reverent, devout and humble have thus been utilized, and through their bodies has flashed protection which sometimes has saved the lives of millions.However, these are unconscious conductors. These are individuals who “just happen” to be in a state of grace through harmonious radiation, either for the moment or for a longer period of time.The Silent

Watcher points out these individuals to the Cosmic Master who then blazes his radiation through them.

噢，亲爱的人们，许多对内在领域一无所知，但拥有灵魂之甜美与纯洁的自然导体，历世历代以来皆如此被使用。许多“圣徒”、许多“圣者”、许多虔诚、敬虔与谦卑的人，皆如此被利用，保护之光曾透过他们的身体闪现，有时拯救了数百万人的生命。然而，这些是无意识的导体。这些个体“碰巧”因着和谐的辐射（无论是片刻还是较长时期）处于恩典的状态中。沉默守望者将这些个体指给宇宙大师，大师便透过他们传递其圣光。

Now, you are a different group entirely—you desire to become conscious conductors.Looking at and caring for the mankind of Earth, the Silent Watcher sees that which is about to take place, and the chela in embodiment, with alert conscious mind and intelligence, is prompted or inspired to invoke cosmic currents of divine protection for his people, his city, his nation and his planet.

如今，你们是完全不同的群体——你们渴望成为有意识的导体。当覆盖城市的沉默守望者看见即将发生之事，而投生于世的弟子，凭借敏锐的意识与智慧，被提示或启发去为他的子民、他的城市、他的国家与他的行星，祈请

宇宙性的神圣保护电流时，弟子便有意识地成为了祈请的祭司或女祭司，而非无意识的导体。

Beloved ones, when you desire to serve mankind, when you desire to bless the elemental kingdom, when you desire to serve in any crises, you must first make your own sphere of influence harmonious.

挚爱的们，当你们渴望服事人类，当你们渴望祝福元素王国，当你们渴望在任何危机中服事时，你们必须首先使自己的影响范围和谐。

This is the magnetic power which draws the blessing of the Master, making you a radiating center of peace and balance, which can conduct the blessing.

这磁性的大能才能吸引大师的祝福，使你们成为平安与平衡的辐射中心，从而传导祝福。

Otherwise, you draw the God-being by your invocation, and he, looking upon your turbulent energies (if they should happen to be so), is unable to use your vehicles to conduct light, healing or protection.

否则，你们虽以祈请引来神性存有，但若他看见你们动荡的能量（如果不幸如此），便无法使用你们的载具传导光、疗愈或保护。

Very often, in such cases, the Cosmic Being who is invoked by the zealous and earnest (but, for the time being, inharmonious) chela, is forced to use his energies in seeking another conductor in the vicinity who is harmonious, and while perhaps this one may be unacquainted with the Higher Law, yet he is one through whom the Master may channel his blessings.

在此类情形中，常发生这样的情况：那位被热切诚挚（但暂时不和谐）的弟子祈请来的宇宙存有，被迫动用自身的能量，在附近寻找另一位和谐的导体，虽然此人或许并不熟悉更高法则，却是一位大师可以藉以输送祝福的管道。

In the mastery of your own energies, beloved ones, you are to become not only conductors, but magnetizing agents of cosmic currents.

亲爱的人们，在掌控你们自身能量的过程中，你们不仅要成为导体，更要成为宇宙电流的磁化媒介。

Wherever you see a need, first still yourself.Then visualize yourself dressed in the dazzling white garments of your Holy Christ Self, and make your invocation with all the power of the Godhead.There is not a being or intelligence you invoke who will not promptly answer your call.

无论何时你们看见需求，首先使自己静默。然后观想自己身着神圣基督自我那耀眼的白衣，并以神性的全部力量进行祈请。没有一个你们所祈请的存有或智能，不会即刻回应你们的呼唤。

That is how the Master Jesus (working with Lord Maitreya) let the healing life flow through his vehicles of incarnation, and the dead did arise, the blind did see, the lame did walk, and the sick were made whole.Jesus was vested with the conscious power of invocation, and he kept the instruments and conductors of his own lifestream constantly ready for the instantaneous release of the gifts from above.

这正是大师耶稣（与弥勒主尊合作）如何让治愈的生命力通过他的化身载体流淌，从而使死者复活、盲者复明、瘸者行走、病患痊愈。耶稣被赋予了有意识的祈请大能，他始终让自身生命之流的工具与导体保持随时待命，以便瞬间释放来自上天的恩赐。

Although the Master Jesus was constantly alerted to his mission—which was the dissipation of evil—the greater cosmic activity of Lord Maitreya, in the fuller freedom of the inner spheres, saw many opportunities for service when the outer consciousness of the Master Jesus did not realize that cosmic

assistance was required.There, the state of “listening grace” which Jesus had, was essential, for when Lord Maitreya chose to bless, Jesus lifted his hand.When Lord Maitreya chose to speak, the lips of Jesus were at his disposal.

尽管大师耶稣时刻警醒于他的使命——即消散邪恶——但弥勒主尊在更自由的深层界域中，看见了更多服事的机会，而耶稣的外在意识并未时时察觉宇宙协助的需求。在此，耶稣所持有的“倾听之恩”状态至关重要。因为当弥勒主尊选择赐福时，耶稣便举起他的手。当弥勒主尊选择说话时，耶稣的嘴唇便听候差遣。

Suppose that Jesus were thinking only of himself and the things of Earth! Suppose he had not lived in a perpetual state of “listening grace”! Suppose, during a time of personal outer interest on Jesus' part, Lord Maitreya's cosmic moment had come and gone, there would have been no instrument on Earth to conduct Lord's blessing.Do you see

试想，如果耶稣只想着自己和地上的事！如果他没有活在恒常的“倾听之恩”状态中！如果在耶稣专注于个人外在事务的时刻，弥勒主尊的宇宙时机来临又逝去，那么地球上便将没有一个媒介来传递弥勒尊者的祝福了。你们明白吗？

Oh, magnificent is your opportunity!When you have perfected your individual forcefields, when you have consecrated your instruments, when you have felt the release of that flame conducting healing, peace and balance into the lives of others, then the great forcefields for your temple activities can be builded of your combined spheres of influence—those who are like you in nature and temperament, building their energies into that forcefield, creating a larger and larger blanket of protection, benediction and blessing in your locality.

噢，你们的机遇是何等宏伟！当你们完善了个体的力场，当你们祝圣了自己的器具，当你们感受到那传导疗愈、平安与平衡进入他人生命的火焰被释放时，你们圣殿活动的伟大力场，便能由你们共同的影响范围构建而成——那些与你们在本性与气质上相似的人，将他们的能量建造进那力场，在你们的地区编织出越来越大的保护、祝福与加持的庇荫之毯

Your individual group director, whose love and light have made it possible for such a group to be established, sets up a pattern, with your cooperation, and the rhythm of invocation blends the individual lifestreams into a harmonious whole.

你们的团队带领者，其爱与光使这样一个群体的建立成为可能，在你们的协作下设定一个模式，而召唤的韵律将把个体的生命之流融合成一个和谐的整体。

Thus is created and sustained a magnetic pull upon the God-free.This is the service which the beloved Maha Chohan is choosing to render through the Transmission Flame groups and through your sanctuaries, specializing the power and particular service of your sphere of influence.The beings directly concerned with the release of healing, protection, and the bringing of truth in general to mankind, may be magnetized.They then take an active interest in that group.From that group, they take chelas to inner levels for training while their bodies sleep at night, and they work with these inner bodies in an endeavor to create a strong magnetic current, through which they may flash the fire of God and render whatever assistance is needed from time to time.

如此，便创造并维系了对神性自由存有的磁吸力。这正是挚爱的玛哈·乔汉正选择透过“传输火焰”团体与你们的圣所来成就的服事，旨在将你们影响力范围内的力量与特定服务加以专精。那些直接负责向人类释放疗愈、提供保护以及传播真理的存有，可能会被这种磁力吸引。他们继而对该群体产生积极的兴趣。从该群体，他们带走弟子，在夜间肉身睡眠时带入内层界训练，并与这些内在体合

作，努力创造一个强大的磁流，藉此他们可以闪现神的火焰，并随时提供所需的任何帮助。

When this is done and the momentum is builded, the rhythm being undisturbed by disharmony, the mass of the people will feel the pressure of that qualified energy and will be drawn to the students thus prepared to give the blessing.Perhaps not all will remain to serve, for as yet many of mankind are “absorbers,” they are the ones who only seek blessings but are not yet prepared to give.However, from among them will come some who will ask how they, too, may learn to become such conductors.In this way, your endeavors will grow and prosper.This is how we serve on Venus.Our great temples, in which are combined the energies of those who serve with us, are magnificent, indeed, to behold.

当此事成就，且动能已建立，节奏未被不和谐扰乱时，大众将感受到那被定性能量的压力，并被吸引到这些已预备好赐予祝福的学生面前。或许并非所有人都会留下服事，因为迄今许多人类仍是“吸收者”——他们只寻求祝福，却尚未预备好给予。然而，从中必将涌现出一些人，询问他们如何也能学习成为这样的导体。

如此，你们的志业将成长繁荣。这正是我们在金星服事的方式。我们宏伟的圣殿，结合了与我们一同服务的存有的能量，其壮丽确实难以言表。

Beloved children, would that I could take you to our star! Would that I could show you, even for an hour, what the Earth is to become and what you who stand forth “the first fruits of them that slept” have set into motion through your own vital energies!

挚爱的孩子们，我何等渴望能带你们前往我们的星辰！何等渴望能让你们看见，哪怕仅一小时，地球将成为何等模样，以及你们这些作为“沉睡者中的初熟果实”站出来的人，已透过你们自身的生命能量启动了何等伟业！

Beloved, precious children of God, take heart! Return, in dignity, the authority over your world to that exquisite immortal Presence of life within you! Take command of your vehicles of expression! Let us see what you will do for the Earth, what the heritage of your service will leave for the planet and for the evolutions who will succeed you.

挚爱的、珍贵的神之儿女们，振作起来！以尊严，将你们世界的权威归还给那内在精美的、不朽的生命临在！接管你们表达载具的指挥权！让我们见证，你们将为地球

做出何等奉献，你们的侍奉会为这颗星球、后世进化众生留下怎样的传承。

Until then, with all the love of the great Krishna and Sophia, all the love of the mighty Victory and his beloved, all the love of Sanat Kumara and myself, and all the love from the people of Venus, I enfold you.

在此之前，我携伟大克里希那与索菲亚的爱，大能的维克托瑞尊者与他的挚爱的爱，带着萨那特·库马拉与我的爱，以及来自金星子民的全部的爱，将你们拥入怀中。

My love is great enough to see every one of you master of the rhythm of the flame in your own heart! Thank you, and God bless you.

我的爱浩瀚无边，足以见证你们每一个人，掌控心中火焰的神圣韵律！谢谢你们，愿神祝福你们。

Venus

维纳斯

DECREE FOR CHELAS TO KEEP HARMONY, UNITY AND FOR EXPANSION OF THE LIGHT

弟子维系和谐、合一与光之扩张祈愿文

Beloved mighty victorious I AM Presence, I call on beloved Archangel Chamuel, Elohim Orion, Elohim Tranquility, Cosmic Being Lady Venus, God Harmony, beloved Maha Chohan, beloved El Morya, Paul the Venetian, beloved Jesus, beloved Kuthumi, and Lady Master Nada, to CHARGE, CHARGE, CHARGE, me, my family and all chelas of the Great White Brotherhood with whatever illumination, determination, courage, strength, unity and power of divine love are required, to COMPEL UNINTERRUPTED HARMONY TO MANIFEST constantly in, through, and around us, especially in our emotional body.Please see to it that this state of uninterrupted harmony is forever sustained.

Beloved I AM! I now command! Do it Today! Do it to stay!

敬爱的得胜大能“我是”临在，我呼请挚爱夏米尔大天使、奥里昂埃洛希姆、恬昆丽缇埃洛希姆、宇宙存有维纳斯女神、GOD 哈莫尼、至爱的玛哈·乔汉、至爱的埃尔·莫利亚、威尼斯的保罗、至爱的耶稣、至爱的库图米，以及纳达女神，灌注、灌注、灌注我、我的家人以及伟大白色兄弟会所有弟子所需的一切启迪、决心、勇气、力量、合一与神圣之爱的大能，以促使不间断的和谐不断在我们之

内、通过我们以及我们周围显现，特别是在我们的情绪体中。请确保这种不间断的和谐状态得以永远维持。

挚爱的“我是”！我现在下令！即刻成就！永久持守！

Beloved mighty victorious I AM Presence, I call on the beloved Ascended Masters Sanat Kumara, Lady Venus, Saint Germain, the Maha Chohan and beloved El Morya. Take immediate and complete control of me, and make and keep me a perfect grail and conductor through which the Ascended Host may pour at any time their love, blessings and assistance to mankind.Use my light to the fullest possible extent. Draw those to me who have unselfish motives and who are willing to serve the Light. Remove all pride, arrogance and personal ambition.Let this Light expand in divine love until the Earth and all her evolutions are wholly ascended and free. I have spoken in God's holy name, I AM.

敬爱的得胜大能“我是”临在，我呼请挚爱扬升大师圣纳特·库玛拉、维纳斯女神、圣哲曼、马哈乔汗与挚爱的艾尔·莫亚。即刻全然掌管我，使我成为完美圣杯与传导管道并永久持守，扬升圣团可随时透过我，向全人类倾注他们的大爱、祝福与护持。 尽最大程度运用我的光。将心怀无私、愿侍奉圣光之人引至我身旁。清除一切骄傲、傲慢与

个人野心。 愿这道圣光在圣爱中无限扩张，直至地球及其一切演化众生全然扬升、获得自由。我以上帝神圣之名“我是”宣告。

挚爱的女主尊阿斯特蕾亚与戴安娜的开示

ADDRESSES BY THE BELOVED LADY MASTER ASTREA AND THE BELOVED LADY MASTER DIANA

引言

INTRODUCTION

谨以此章，献给我们挚爱的女神阿斯特蕾亚与戴安娜。自人类堕落以来，她们仁慈而无私的个人服事，持续不断地消融着人类因滥用自由意志而创造出的不纯净思想与感受形态。

This is lovingly dedicated to the beloved Lady Masters Astrea and Diana, whose kindly and selfless individual services have, since the fall of man, continuously dissolved the impure thought and feeling forms created by mankind through the destructive use of free will.

我们衷心期盼，真诚的学子们能与这两位美丽而优雅的存有协作：首先，祈请她们的净化之光透过自身的四重较低身体运行，以消融一切创造并维系不完美思想形态的

根源与核心；其次，祈请她们那“蓝火圆环与剑”的宇宙大能与净化之火，在一切种类的不完美集体造物之中、之内与周围运行，使其在能够运作、逼近或显化为苦难之前，便被彻底消融。

It is our hope that sincere students will cooperate with these beautiful and gracious beings, first, by invoking their purifying rays through their own four lower bodies to dissolve the cause and core of all capacity to create and sustain imperfect thoughtforms, and, second, by invoking their cosmic activity of the Circle and Sword of Blue Flame and Purifying Fire in, through and around all mass creations of imperfection of every kind, that they may be dissolved before they can act, approach or manifest as distress ever again.

托马斯·普凌茨，编辑

Thomas Printz, Editor

挚爱的阿斯特蕾亚的开示（1955 年）

Address By Beloved Astrea (1955)

独一永恒之神的孩子啊，

Children of the One Eternal God,

我应地球众生发自心底的呼唤而来，尤其回应有意识地探索生命真谛学子的祈请，目的是洁净并净化那星光界与灵界——那里充斥着人类千百年来透过其创造中心（思想与感受）喷涌进大气层的污浊能量。

I have come in answer to the heart-call of the people of Earth, and particularly at the request of the conscious students of life, for the purpose of cleansing and purifying the astral and psychic realms of the effluvia that has been spewed forth into the atmosphere through the creative centers (thought and feeling) of man for many, many ages.

由于人类在肉眼面前筑起了遮蔽之幕，因此并未意识到，在漫长的岁月里，自己通过在不同化身中对思想与情感创造力的个人探索，所制造的种种恶果。他们也极少知晓那些在其人性心智隐秘深处滋生、并已挣脱意识束缚、飘散至其所居行星大气中的思想形态。在那里，这些思想形态滞留不去，直到被磁力——或“同类相求”的活动——吸引，进入振动频率相似的物质层中。

Due to the scales which mankind has made before his physical sight, he is not aware of the evils he has created through his individual experimentation with the creative powers of thought and feeling in his various embodiments through the long ages.

Little does he know also of the thoughtforms spawned in the secret recesses of his human mind, which have escaped the confines of his consciousness and float out into the atmosphere of the planet on which he dwell. There, these thoughtforms remain until they are drawn by the power of magnetization—or the activity of like seeking like—into strata of similarly-vibrating substance.

这些充满不和谐特质的能量自行分层堆叠，犹如蛋糕的层层夹心，每一层都依照其所含品质的振动频率而振动，并随着越来越多的人类——无论是暗地里还是公开地——沉溺于不纯净、情欲、贪婪等思想而日益膨胀。

This discordantly-qualified energy forms itself into strata, one piled on top of the other, like the layers of a cake, each stratum vibrating according to the quality of which it is composed, and growing larger and larger as more of mankind dwell, either secretly or openly, upon thoughts of impurity, passion, greed, etc.

耽于这些活动的人们，不仅增加了行星的集体污浊能量，更透过意念的力量，调频进入与他们当下所产生振动频率相同的层区，将其中庞大的邪恶吸纳入自身存在与世界之中。

People indulging in these activities not only add to the mass effluvia of the planet, but by the power of thought tune into the stratum vibrating at the same rate as that which they are generating at the time, and draw its mass evil into their own beings and worlds.

宇宙法则要求他们为自己的行为对其同胞思想过程所造成的伤害负责——那些同胞往往不知如何保护自己免受这些持续漂浮在大气中的“流浪思想”侵扰，也不知如何掌控建设性思想与感受的运作。挚爱的朋友们，当今地球上极少有人知晓如何正确使用与生俱来的创造中枢——意念与感受，即通过内在的基督自我，从宇宙核心的神圣智慧中汲取宏伟的构想，并将这些构想塑造成形。

They are held responsible by Cosmic Law for the injurious effect their action has upon the thought processes of their fellowmen who do not know how to protect themselves from these “tramp thoughts” that are continually floating in the atmosphere, or how to control the process of constructive thinking and feeling. Very few of the people of Earth today, beloved friends, know how to use the creative centers of thought and feeling for which they were created, that is, to draw from the Divine Intelligence at the heart of the universe, through the indwelling Christ Self, magnificent ideas and fashion those ideas into form.

人类总体上极少能从那伟大的中央源头磁吸到此类构想。相比之下，人们更容易透过外在感官、透过书页、透过广播与电视、以及各类灌输式学习与所谓的教育，去吸纳前人陈旧的思想与观念。比起挣脱所有过往的不完美、回归创造之源寻求真理，人们更愿意接纳现成的教条、信条、宗教理论与科学论述，当作自身思维模板。

Very few such ideas are ever magnetized by mankind in general from the Great Central Source. Far easier is it for men to absorb through the outer senses, through the written page, through the radio and television and through all the other types of outer pressure of learning and so-called education, those thoughts and ideas that have been used before. It is easier far to accept as a pattern for the thinking man, already established dogmas and credos, religions and scientific expressions than it is to shake the mind free of all the imperfection that has been, and return to the source of creation for truth.

唯有在世修行的生命，方能承载真理——他们拒绝众生纷扰污浊能量，舍弃无法令个人与星球获得解脱的片面之见，屹立于自身“我是”临在的火焰中，呼求那些智慧与平衡的神圣构想，并有力量与韧性将这些意念与构想持守于心，直到圣灵在情感中向它们注入生命与热情。当这些

神圣构想在静默中成熟，再向世间彰显时——那时，挚爱的们，你们拥有的便不再是理论，而是无可辩驳的事实，成为全人类的祝福！

That truth can only come through incarnate lifestreams who, repudiating the discordant effluvia of the masses and the half-truths that have not brought freedom to the individual or the planet, will stand within the flame of their own I AM Presence, call forth those divine ideas of wisdom and balance, and then have the strength and tenacity to hold those thoughts and ideas within their hearts until the Holy Spirit has breathed life and enthusiasm into them in the feelings. When those divine ideas have been matured in the silence before they are presented to the world, you have not theory, then, beloved ones, but indisputable fact, for the blessing of the race!

有多少灵感、多少伟大发明、多少宇宙真理，自宇宙本源降临少数超脱世俗之人的心智中！然而，又有多少这样的祝福流失了，只因那少数人不能或不愿“贯彻始终”——未能将那真理或灵感持守于光中，以恒常之火滋养，进而将其作为事实显化于世。相反，那些有幸接收到这些神圣构想的人，未能在隐秘处将其持守足够长的时间，或许

还在其尚处胚胎阶段时便与他人分享，最终被负面能量侵蚀而失去了那构想。

How many inspirations, how many great inventions, how many cosmic truths, have come forth from the Universal, into the minds of the few who are willing to stand above the masses! Yet, how many of these blessings have been lost because those few could not or would not “follow through” by taking that truth or inspiration, holding it within the light of the Christ, breathing upon it the fire of constancy, and then manifesting it to the world as fact. Instead, those fortunate enough to receive these divine ideas did not hold them long enough in secret, or perhaps they shared them while they were yet in the embryonic stage with others and so lost the idea through negative radiation.

亲爱的朋友们，正因如此，少数觉醒者在高维意识中窥见的美好世界秩序与黄金时代，才未能在近世显化。为何？答案很简单：那些构想未能得到本应守护庇护它们的自我的保护，在转瞬即逝的愿景尚未来得及披上以太界的实质、透过情感的稳定与平衡降至形相世界之前，便被低劣的心智如狼群撕扯尸体般撕得粉碎。

So it is, beloved ones, that the beautiful world orders and golden ages perceived within the raised consciousnesses of the few, have not materialized in these latter ages. Why The answer is

simply because the ideas, unprotected by the ego who should have guarded and sheltered them, were torn to shreds as a carcass is torn by a pack of wolves, by lesser minds, before the ephemeral vision could be clothed in the substance of the etheric world and lowered through emotional stability and balance into the world of form.

在物质世界，你们要么遇到不愿思考的人，他们偏爱（用你们的现代术语来说）被所属的特定教派、法门、“主义”、宗教或政府信条“洗脑”；要么遇到想要成为所谓“个人主义者”，行事偏执、总想掌控一切的人。亲爱的们，我劝你们效法优雅的抹大拿，将愿景珍藏心底，在隐秘之处静待成熟，让它自然生发，降临物质世界。

In the physical world, you either have the man who will not think, who prefers (to use your modern terminology) to be “brain-washed” by the particular sect, cult, “ism,” religious or governmental credo to which he belongs, or you have the man who wants to be a so-called “individualist,” pursuing an obstinate and dominating policy. I would counsel you to follow the example of the gracious Madonna, dear ones, and “keep those things in your hearts” until they have come to maturity in the “secret place” and be born of their own volition into the world of form.

地球的孩子啊，我一再呼唤那条“中道”——即介于轻信半吊子真理与鲁莽实验未经实践验证的所谓“宇宙真理”之间的道路。

Again and again, children of Earth, I call for the “middle way,” that is, the path between the too-credulous acceptance of half-truths and the rash experimentation with so-called “cosmic truths” unverified by practical experience.

在你们自身神圣基督自我的光照下，将这些事物融合在一起；待你们将其显化出来之后，方能坦然面对所有人。你们的一位伟大发明家，本可以花上数年时间大谈特谈他关于利用电能的想法，但这对大众几乎不会产生什么影响，也难以激起他们的热情。相反，他采取了更务实的方法：先将这些想法付诸实践，使其显现出来。这样一来，他就无需多言，因为他的想法已通过实体形式得到完整体现，它们本身便足以说明一切。

Bring these things together in the light of your own Holy Christ Self, and, after you have had the manifest expression, then can you face all men. One of your great inventors could have talked for years about his ideas of harnessing the power of electricity with very little effect upon or enthusiasm from the masses. Instead he pursued the more practical method of waiting

until he had first brought them into manifest expression. Then there was no need for him to talk, because his ideas, completed in physical form, spoke for themselves.

耶稣，那位伟大而威严的完美典范，本可以公然宣称自己是弥赛亚！然而他选择活出弥赛亚的样子。透过他，死人复活，病人痊愈，瞎子看见，聋子听见。他将私下与神的相交，与在形相世界中务实的显化相结合；当他开始公开服事时，他已是行动中威严的弥赛亚。

Jesus, that great and mighty exemplar of perfection, could have publicly proclaimed his messiahship! Instead, he lived it. Through him the dead arose, the sick were made well, the blind were made to see, and the deaf to hear. He coupled his private comradeship with God with practical manifestation in the world of form, and, when he began his public ministry, he was the magnificence of the Messiah in action.

挚爱的朋友们，今夜我们进入地球的大气层，唯有一个目的与一个意图——净化大气，同时也净化你们的内在身体与光环——清除那些形成能量毯的“流浪的意念与感受”；人类吸入并接纳它们，将其视为自身思维过程的一部分。

Beloved friends, tonight we come into the atmosphere of Earth with but one purpose and one design—to clear the atmosphere, as well as your own inner bodies and auras—of the "tramp thoughts and feelings" which form the blanket of energy men breathe in and accept as part of their own thinking processes.

在整个地球上，有许多个体与有意识的学子团体，他们的能量场如同黑暗星光界中的光之针尖，正在呼求种族的集体净化，以及个体的心智与情感体的净化。

All over this planet, there are individuals and groups of conscious students whose forcefields, like pinpoints of light in the darkness of the astral world, are are calling for the mass purification of the race, as well as the individual mental and feeling bodies of the people.

由埃洛希姆 Purity 与我指挥的天使军团，循着这些能量场敞开的通道降临，向北、南、东、西进发，转化、清除一切现存的不纯净思想与感受形态的压力。

Through the open doors of these forcefields come the angelic legions at our command (the Elohim of Purity and myself), and go north, south, east, and west, to transmute and remove those pressures of existing thought and feeling forms of impurity of every kind.

你们会问：为何这些思想形态未在大气中自行解体？因为它们不断被世间男女的心智与感受暗中滋养！亲爱的朋友们，你们要知道，除非某个思想形态被有意识地邀请进入人类的意识并由情感滋养，否则它会或快或慢地消散。最终，在净化天使的协助下，未被滋养的思想形态会被消解并回归原始本质，在那里，它能被“至高源头”再次利用——这位至高源头甚至不会浪费上帝一丝一毫的珍贵生命能量。

Why, you ask, have not these thoughtforms become disintegrated in the atmosphere Because they are being constantly entertained and nourished secretly in the minds and feelings of the men and women of the race! You see, dear ones, a thoughtform dissolves more or less quickly, unless it is consciously invited into some human mind and fed by feeling. Eventually, through the service of the angel of purification, an unfed thoughtform is dissolved and returned to primal essence, where it can be used again by the Great Source that wastes not even the most infinitesimal portion of God's precious life essence.

然而，当某些人类成员滋养着性欲、贪婪、自私，或是任何其他你能列举出的不和谐的杂念与情感时，这些思

想形态便会存活。一旦世间再无人以同频负面能量滋养这些恶业能量层，这层笼罩星球的集体恶业便会彻底消散。

However, when impure thoughts and feelings of sex, greed, selfishness, or any other discord you might name, are entertained by some members of the race, they live. The moment the last member of the race ceases to sustain the strata in which these discordant forms abide (by adding to them his own similarly-qualified energy), that moment, those mass blankets of evil will cease to be.

如今，我是埃洛希姆 Purity 的神圣互补（双生火焰）。因此，透过地球人类的心智体、情绪、以太体与肉体，同心协力地执行这宇宙净化的服事，是世界上最自然不过的活动。

Now, I am the divine complement of the Elohim of Purity. Therefore, it is the most natural activity in the world for us to render, in unison, this service of the cosmic purification through the mental, emotional, etheric and physical bodies of the mankind of this Earth.

有时，有些所谓的“知识分子”似乎对我们能以多重身份服事感到惊讶。为了启迪你们，容我告诉你们：挚爱的

戴安娜（她将在我开示后立即向你们讲话）是阿克特鲁斯——埃洛希姆紫火——的神性互补。

Sometimes, the so-called “intellectual” members of the race seem amazed that we serve in more than one capacity. For your illumination, allow me to tell you that the beloved Diana (who will speak to you immediately following my address), is the divine complement of Arcturus, Elohim of the Violet Fire.

地球上有许多生命流共享着相同的名字。许多女士名叫“艾格尼丝”、“比阿特丽斯”或“塞西莉亚”。同样，在天界也有许多伟大的存有名为纳达，也有许多名为戴安娜。

There are many lifestreams on Earth who carry the same name. Many ladies are called “Agnes,” “Beatrice,” or “Cecilia.” Likewise, in heaven there are many great beings who bear the name of Nada and many who carry the name of Diana.

亲爱的们，在我们的彼此协作的服务中，当某位存有（姑且这么说）跨出地球人心智概念为其设定的“壁龛”时，我们无需如此惊讶！也许我们的灵动性和多面性比你们所想象的要丰富得多！也许我们同时在多条光束上工作！我们曾告诉过你们，人必须先精通七道光，才有资格成为玛哈·乔汉！噢，可爱的人们，谢天谢地，我们并未被困在那些好心却尚未扬升的朋友们为我们设定的狭隘盒子

里——至少我很欣慰地说，其中有些人具备辨识力与直觉，能觉察到我们在宇宙中的真实临在与身份。

In our service one with another, dear ones, let us not become so amazed when some being steps out (shall we say) of the niche in which the mental concept of the people of Earth has placed him or her! Perhaps we have more fluidic motion and versatility than you give us credit for! Perhaps we work on more rays than one! Did we not tell you that one must be master of all the seven rays before one could qualify to become a Maha Chohan! Oh, lovely ones, we do not stand (thank God) within the narrow box into which we have been placed by our well-meaning unascended friends, some of whom, at least, I am happy to say, have had the discrimination and intuition to discern our reality and presence in the universal.

我们是神性自由的存有，随心所欲地在任何光线上或任何服事中工作！亲爱的朋友们，常识会告诉你们这一点。

We are God-free beings who work at will on any ray or in any service! Common sense, beloved ones, will tell you that.

如果你是一位第一道光的人，察觉到有疗愈的需要，难道会袖手旁观，说："噢，你得找个第六道光的人来疗愈！"然后眼睁睁看着病人死去？这不合常识，不是吗？当

然，一个人可能累积了第一道光的大能，可能是某一特定路线的“专家”，但他可以在多道光线运作（我本不必告诉你们这一点）！

If you are a First Ray person and you are aware of a need for healing, do you sit down with folded hands and say, “Oh, you must have a Sixth Ray man to do that healing!” Then stand by and let the patient die That is not common sense, is it Of course, one may have a momentum of First Ray power, one may be a “specialist” upon a specific line, but one can operate (I should not have to tell you that) on many rays!

“下如此，上亦然！”我们也是特定服事中的“专家”。挚爱的克莱尔（埃洛希姆 Purity）与我，我们所承担的服事，是转化并净化地球、其大气层及其子民的能量。挚爱的赫利俄斯与维斯塔指派我们在此服事，自行星创造之初，我们便安居于此，持守着那两位伟大存有为此地球所构想的完美蓝图。

As below, so above! We are “specialists,” too, in our particular service. The service of the beloved Claire (the Elohim of Purity) and myself, is the transmutation and purification of the energies of the Earth, its atmosphere, and its people. Here, the beloved Helios and Vesta directed us to serve, and here have we

abided from the beginning of the creation of the planet, holding the perfection of design that those great beings have visualized for this Earth.

挚爱的赫利俄斯与维斯塔亲自设计了这个星系。他们将那设计与蓝图置于静默守望者的心中。随后，七位埃洛希姆及其神性互补者，选择从宇宙层面审视这份蓝图，并透过我们自身特定的专业化活动，创造了行星地球，时刻谨守神圣的礼节，顺服于最初设计它的赫利俄斯与维斯塔的旨意。

Beloved Helios and Vesta designed this system, themselves. They placed that design and pattern in the heart of the Silent Watcher. The seven Elohim, with their complements, then chose to look upon that design cosmically, and created the planet Earth through our own particularly specialized activity, using care always to observe the divine courtesy of deferring to the will of Helios and Vesta, who designed it in the first place.

埃洛希姆所展现的礼节，值得地球人在彼此交往中效仿——容我补充，对于那些所谓的“进阶”生命流而言，在面对掌管这些活动的伟大存有时，更应如此。

The courtesy of the Elohim might well be imitated by the people of Earth in relation to their association one with another,

and may I add, in the case of so-called “advanced” lifestreams, to the great beings who govern these activities.

当我们选择创造这颗行星时，我们已是曾在其他恒星与行星上工作过的存有。须知，我们曾见过如此庞大的星系，以至于你们挚爱的太阳在其中不过如针尖大小。我们见过黄金时代、广袤的大陆、宏伟的圣殿与大能的存有，其壮丽我无法用言语向你们描述。然而，七位埃洛希姆中没有一位曾说：“让我们从阿尔法与欧米伽的界域搬一座圣殿过来！”或“让我们创造一个像我们在伊西斯与奥西里斯界域所见的大陆！”我们也没有说：“我们刚从银河系来，那里有一颗真正宏伟的行星——让我们把这里的植被弄得跟它一样黄吧！”不！这太荒谬了，不是吗？埃洛希姆 Purity 以宇宙本心坚守神之父母的原始蓝图，分毫未改。每一座平缓起伏的山丘、每一座巍峨耸立的山峰、每一片美丽的海洋，都被细致入微地设计成赫利俄斯与维斯塔所愿的样子——而非我、阿克特鲁斯或任何其他埃洛希姆所愿的样子。礼节——这第七道光特有的美德——体现在埃洛希姆建造者身上，体现在星系的每一颗太阳中，体现在自然界中，但可惜，在人类身上却鲜少彰显。

Now, when we chose to create this planet, we were beings who had worked on other stars and planets. Mind you, we had seen galaxies so large that your blessed Sun would seem no larger than the head of a pin in comparison. We had seen golden ages, vast continents, great temples and mighty beings, the like of which I cannot describe to you in words. Yet, not one of the seven Elohim said, “Let us add a temple from the realms of Alpha and Omega!” “Let us create a continent like the ones we have seen in the realms of Isis and Osiris!” Nor did we say, “We have just come from the Milky Way, where there is a truly magnificent planet—let us make the vegetation here yellow like it is on that!” No! It would be ridiculous, would it not The Elohim of Purity, within the strength of his cosmic heart, held the original pattern of the God-parents unchanged. Every gently-rolling hill, every peaked mountain, every beautiful sea, was designed to the smallest detail as Helios and Vesta wanted it—not as I, or Arcturus, or any of the other Elohim, wanted it. Courtesy, the particular virtue of the Seventh Ray, is manifested in the Elohimic Builders, is manifested in every sun of the system, is manifested in nature, but, alas, is little manifested in man.

天哪，挚爱的们，人类的灵魂或意识，除了是人类概念的堆积，还能是什么？想想看！尚未扬升的人类，尚未

掌控其四重较低身体，竟敢在神性面前公然违抗神圣意志！

What, in the name of heaven, beloved ones, is man's soul or consciousness, but an accretion of human concepts Think of it! Unascended man, who has not mastered his four lower bodies, yet faces the Godhead in defiance of the divine will!

此刻，我们带着唯一的目的进入地球大气层——为其上进化的生命提供净化的服事。

We come now into the atmosphere of Earth with one purpose in mind—to render a service of purification to the evolving life upon it.

透过你们对我们临在的接纳，我们的辐射流入每一座圣所、每一位团体带领者与生命学子、每一个宗教组织的领袖与成员、每一个建设性的世俗组织，并透过全人类的心智与情绪体，以及动物界与自然王国，携带着埃洛希姆 Purity 与我（阿斯特蕾亚）全然汇聚的宇宙大能。

Through your acceptance of our presence, our radiation flows into every sanctuary, every group director and student of life, into the leaders and members of every religious organization, into all constructive secular organizations, and through the mental and emotional bodies of all mankind, as well as into the animal and

nature kingdoms, with the fully-gathered cosmic power of the Elohim of Purity and myself (Astrea).

凭此大能，我们对一切不纯净的造物宣告："松开！松开！松开！愿你消解！回归你那原始生命实质的纯洁中去！起来！凭转化之火的大能，升往赫利俄斯与维斯塔的宝座！"我们代地球众生祈求宽恕：——因为他们本应用以完美彰显神圣计划的纯净物质，竟被如此玷污与贬损于阴影之中！

In that power, we say to all impure creation: "Let go! Let go! Let go! Be thou dissolved! Return, thou, to the purity of primal life essence! Arise! And, by the power of the Flame of Transmutation, ascend thou to the throne of Helios and Vesta," with a plea for forgiveness from the mankind of Earth that the pure substance which They entrusted to them to complete their divine plan in beauty and perfection should have been so defiled and debased in shadow!

挚爱的赫利厄斯与维斯塔（本星系的神之父母）已将他们生命的实质赐予了他们的造物。他们将自身的智能与创造力赋予那些他们从伟大第一因界域中汲取的生命流，并对他们说："去吧，我们心爱的孩子们，从我们的生命实质中编织出属于你们自己的幸福与满足！将这颗为你们如

此深情预备的美丽行星，打造成一颗闪耀的星球，一个和平喜乐之所，一个天使与神真正的居所！让它的辐射流向星际太空，为其他恒星与天体的和谐与乐章，献上一份快乐的贡献！”

Beloved Helios and Vesta (the God-parents of the system) have given the very substance of their lives to their creation. They have conferred upon the lifestreams whom they drew forth from the realm of the Great First Cause, their own intelligence and creative power, and have said to them, “Go forth, children of our hearts, and weave out of our life essence happiness and contentment for yourselves! Make of the beautiful planet, which has been prepared so lovingly for you, a shining orb, a place of peace and joy, a true habitat for angel and God! Let its radiation flow into interstellar space, making a happy contribution to the harmony and music of the other stars and spheres!”

正如在尘世母亲子宫中孕育的婴儿是她生命本质的一部分，我们此刻正在赎回的能量，也是挚爱的赫利俄斯和维斯塔之躯的一部分。噢，他们那美丽而明亮的行星如今披着的黑暗面纱，对在其上进化的人类而言，绝不仅仅是一种责难！我多么希望就这样面对那些伟大而仁慈的爱之存在，并（如果可能的话）永远不让他们知道，他们那闪

耀的希望、幸福的梦想和光明的愿景究竟遭遇了什么——但正因为那已被如此玷污的物质是他们自身躯体的一部分，他们自然清楚它究竟遭遇了什么。噢，地球上的人们，你们是如何回报这难以言表的爱啊？

As the babe nurtured in the womb of the earthly mother is part of her life substance, so is the energy we are redeeming now, part of the body of beloved Helios and Vesta. Oh, the dark shroud that their beautiful, bright planet wears today is more than a reproach to the humanity evolving upon it! I should like to stand so facing those great and beneficent beings of love and (if it were possible) never let them know what has happened to their shining hopes, their happy dreams, and their bright visions—but, because the substance that has been so defiled is part of their own body, they well know what has happened to it. Oh, peoples of the Earth, how have you repaid this unspeakable love

此刻，我伫立于地球的大气层中，正将来自地球表面各处的不纯物质流吸入我自己的宇宙光体；当这些物质流穿过我的光环时，便被转化回其原本的光明本质，并满怀喜悦地回归至挚爱的赫利俄斯与维斯塔的心中，重新极化。

As I stand here, in the atmosphere of Earth, I am drawing into my own cosmic body of light the currents of impure substance from every part of its surface, and when it passes through my aura it is transmuted into its own bright nature and returned, rejoicing, to the heart of beloved Helios and Vesta for repolarization.

谢谢你们，挚爱的们，感谢你们的专注！此刻我退下，让位给我的挚爱姊妹戴安娜（阿克特鲁斯的神性互补），她将向你们讲话。愿神祝福你们。

Thank you, beloved ones, for your attention! I now retire in favor of my beloved sister, Diana (complement of Arcturus), who will address you. God bless you.

DECREE TO ASTREA

阿斯特蕾亚谕令

Beloved presence of God I AM in me and beloved Astrea! LOCK your Cosmic Circle and Sword of Blue Flame of a thousand suns through and around all the laggards in the Earth, on the Earth and in its atmosphere!

驻于我内的挚爱的神之“我是”临在，挚爱的阿斯特蕾亚！请用你的宇宙圆环与千日蓝焰之剑，将地球上、地球表面及大气层中所有滞留者彻底包围并锁定！

Close in upon them all and TRANSMUTE! (3x) all that is not of the light in, through and around or driven against them! Replace it by the Cosmic Threefold Flame, in the full power of the Three Times Three!

向内收紧包围他们，转化！（重复三次）一切存于其内、透过其身、环绕其身、侵扰其身的非圣光之物！ 以“三乘三”的全部力量，用宇宙三重火焰取而代之！

Beloved I AM! I now command! Do it Today! Do it to stay! (use above decree)

挚爱“我是”！我此刻下达指令！即刻成就！永久持守！（可重复以上祈愿文）

—in, through and around all the astral and psychic creations caused by the laggards, and all whom they influenced at any time!

————针对所有由这些滞后者所引发的星光体与灵界创造物，以及他们曾于任何时候影响过的所有人，无论是在其内部、贯穿其间，还是环绕其周！

DECREE TO HELP THE EARTH

护持地球谕令

Beloved Helios and Vesta, we invoke, in mercy, the assistance of every planet in every galaxy which allowed even one

laggard from their planet the hospitality of the Earth as a schoolroom! Send Divine Beings from those planets to help in the redemption of the laggards and their distorted creations, right now!

挚爱的赫利俄斯与维斯塔，我们满怀慈悲祈请所有星系中的每一颗行星：但凡曾容许自身星球的堕落存有前来地球修行，恳请即刻派遣神圣存有降临，救赎这些堕落存有及其扭曲造作的一切！

I consciously accept this done, right now, with full power! (3x)

我有意识地接受此刻就以全部力量完成此事！（重复三次）

SUGGESTED AFFIRMATION

建议的肯定文

Beloved, mighty victorious presence of God, I AM in us. Oh, thou beloved immortal victorious Threefold Flame of eternal truth within our hearts, Holy Christ Selves of all mankind, beloved mighty Astrea, in the full authority of the Sacred Fire vested in us:

驻于我们之内、得胜大能的挚爱神之“我是”临在；存于我们心底、承载永恒真理、不朽得胜的三重圣焰；全人

类的神圣基督自我；大能挚爱的阿斯特蕾亚，凭借赋予我们的神圣之火的全部权威：

In the name of all the evolutions on our dear planet Earth, we thank you most sincerely for all the service you have rendered us in the past, and we call that this blessing be eternally sustained and ever-expanding, until the Earth and all belonging to it are wholly ascended and free.

我们谨代表亲爱的地球上一切演化存有，诚挚地感谢你们过去为我们所做的一切服务；我们祈愿这份祝福永恒存续、不断扩张，直至地球及其一切众生全然扬升、获得解脱。

In order that we may cooperate with your service more fully, beloved Astrea, we most sincerely make the call that you remove today and forever, the desire and capacity within the mankind of Earth to think—in secret or otherwise—upon impurity of any kind, thus creating distorted and obscene form in the mental body, which float out into the atmosphere about them to pollute the aura of the planet itself.

挚爱的阿斯特蕾亚，为了使我们能更充分地配合您的服务，我们至诚祈请：愿你自今日起，永久拔除地球人类心中念想一切不洁事物的欲望与能力。无论暗自思量或是

外露显现，这类念头都会在心智体塑造出扭曲秽恶的形相。这些形相飘散到周遭的气场之中，污染整个星球的光环。

Beloved Astrea, we ask you to transmute this uncontrolled habit of the race in general, and individuals in particular, replacing it with your God-desire and ability to use the mental processes to think upon and thus create only forms of balance and beauty of color and design, which bless, heal, prosper, and illumine all they contact.

挚爱的阿斯特蕾亚，我们祈求你转化人类整体，以及每一个体身上这份不受控的习气。以你的神性渴望与能力取而代之，让人类善用心智运作，只去观想并创造蕴含平衡、色彩与构图之美的形相；这些形相能够祝福、疗愈、滋养兴盛，并启明一切与之接触的存有。

Thus are these thoughts worthy to be forever sustained and expanded by the feelings of divine love from the I AM Presence of each one.

因此，这些意念才配得上由每个人“我是存在”所蕴含的神圣之爱的情感，得以永恒地维系与扩展。

Beloved Astrea, hold the mental bodies of all mankind, as well as their thinking processes, in your own fiery God-control forever!

挚爱的阿斯特蕾亚，恳请以你的神圣火焰大能，永久执掌全人类的心智体与一切思维活动！

We consciously accept this done RIGHT NOW with full power! We thank thee. SO BE IT!

我们有意识地接受此刻就以全部力量完成此事！感恩于你。如是所愿！

SUGGESTED AFFIRMATION

建议肯定文

Beloved mighty victorious presence of God I AM in me! Oh thou beloved immortal Threefold Flame of life within my heart, and beloved Ascended Lady Master Astrea!

驻于我内、得胜大能的挚爱神之“我是”临在；存于我心底、承载生命、不朽的三重圣焰；挚爱的扬升大师阿斯特蕾亚女神！

Establish and sustain around my four lower bodies and that of all mankind a ring-pass-not of living Blue Flame. Let this flaming circle of your purifying Blue Fire, deflect any thought and feeling

forms of imperfection from finding anchorage in the substance and energy of my own four lower bodies, as well as those of all mankind!

在我的四重较低身体及全人类的四重较低身体周围，建立并永久维系不可逾越的鲜活蓝焰结界。愿你的净化蓝焰之火环，隔绝一切不净思想、感受形态，使其无法依附于我及全人类的肉身能量！

As this purification takes place, my mind now becomes a clear receptacle for the divine promptings from thy own heart. My feelings joyously energize and give life to those ideas, my etheric body lowers them into my brain consciousness, and the energies of my physical body cooperate to make practically manifest some portion of the perfection of God's kingdom!

净化圆满之际，我的心智化为澄澈容器，承接源自你本心的神圣启示；我的情绪满怀喜悦，为灵感注入生命力；我的以太体将灵感降入大脑意识；肉身能量协同运作，令神之国度的部分完美实相落地显现！

Help me to become and to remain humble, pure, selfless and obedient to God’s Laws.

恳请护持我恒久保有谦卑、纯净、无私之心，全然顺服神圣法则。I command this physically manifest! I accept this physically manifest!

我敕令此显化于物质界！我领受此显化于物质界！

I AM this physically manifest, manifest, manifest in all ascended Jesus Christ Victory, light and freedom attained right now!

“我是”扬升耶稣基督的的胜利、圣光与解脱于此物质界的显化，显化，显化！

净化我的灵魂（歌）

PURIFY MY SOUL (Song)

PURIFY my soul, I AM of me!

净化我的灵魂，我内在的“我是”！

PURIFY my soul for all to see!

净化我的灵魂，令众人皆得见证！

PURIFY me, glorify thy name!

净化我身，荣耀你的圣名！

PURIFY and raise me on Ascension's Flame!

以扬升圣焰净化我、提升我！

PURIFY their souls, I AM of them!

净化众生灵魂，众生内在的“我是”！

PURIFY their souls and raise all men!

净化众生灵魂，提升世间所有人！

PURIFY them, glorify thy name!

净化众生，荣耀你的圣名！

PURIFY and raise them on Ascension's Flame!

以扬升圣焰净化众生、提升众生！

Melody: “Count Your Blessings” Song (Chorus) “Magnify the Lord”

曲调：《细数你的恩典》副歌《颂扬主》

七重身体

THE SEVEN BODIES

挚爱的戴安娜的开示

Address By Beloved Diana

1955 年 9 月 29 日

September 29, 1955

挚爱的、拥有不朽之光与永恒生命的朋友们：

Beloved Friends of Immortal Light and Life Eternal,

你们如此熟悉那作为自由之爱的紫罗兰火焰，我向你们呈上我心中的感激——为着你们迄今为止，在转化人类造物方面所做的一切！

You, who are so familiar with the Violet Fire of freedom's love, to you I bring the gratitude of my heart for all you have done in the transmutation of human creation, up to and including this time!

我宣告大能阿克特鲁斯的谕令与敕令：凡是刺激人类感官、使心智与情感能量沾染污秽的一切源头，都将从地球上被彻底铲除，永不复存！无论这种污秽是以文字、漫画、淫秽图片，还是耳语相传的故事形式出现，都必将如此！

I speak the fiat and decree of the mighty Arcturus, that every source that stimulates the senses of mankind to qualify the mental and feeling energies with impurity, shall be wiped from the face of

the Earth now and forever! This shall be done, whether that impurity finds expression on the written page, the cartoon, the obscene picture, or the story whispered from ear to ear!

我以伟大威严的阿克特鲁斯、挚爱的扎基尔与大能的圣哲曼大师之名，向那些刺激心智与感受过程以创造不完美的势力宣告——停下！停下！立刻停下！你们当转化为具有建设性的活动，去激发更高的思想、更纯净的情感以及更洁净的生活！

In the name of the great and mighty Arcturus, the beloved Zadkiel, and the mighty Master Saint Germain, I say to those forces which stimulate the mental and feeling processes to create imperfection—Stop! Stop! Stop right now! Be thou transmuted into constructive activities which stimulate the higher thought, the purer feeling, and the cleaner living!

亲爱的朋友们，我的职责是再次将这一真理提请你们注意——这真理是挚爱的圣日耳曼大师不久前向你们揭示的，他与我的尊主（阿克特鲁斯）一同服务。

Beloved ones, it is my service to bring to your attention, again, the truth which was presented to you some time ago by the beloved Master Saint Germain, who serves with my lord, Arcturus.

每一个由你们个体化火焰所创造的载具，都是由它所在运作界域的物质构成的。为了简明清晰起见，我们称其为“电子光之物质”（将来你们会有更确切的名称）。

Every vehicle which has been created by the flame of your individualization is composed of the substance of the sphere in which it functions. For the purpose of simplicity and clarity, we shall refer to it as “electronic light substance” (in the future you shall have a more specific name).

火焰从神性中投射而出，并在自身之内呼吸，这火焰便成了磁石，汲取周围的电子光，并在形相建造者的协助下，创造了白火身体。这白火身体是由什么构成的？亿万电子围绕核心聚集，形成“灵性原子”，这些核心对应你们内在“我是”临在的生命蓝图。

Projected from the Godhead and breathing within itself, the flame became the magnet which drew around itself electronic light, and, with the help of the builders of form, created the White Fire Body. Of what is this White Fire Body composed Millions and millions of electrons grouped together around central cores, forming “spiritual atoms.” These cores are in the life pattern of your own I AM Presence.

现在，对照图表上因果体的色彩，在“我是”临在的电子体中，你们看到的是炽烈的光——由于在那些光线之间没有任何不纯净实质的滞留，电子体完全摆脱了重量、杂质与阴影。每一组构成灵性原子的电子，都散发着你们的基调音乐、散发着你本我的芬芳与香气，展现出你存在之美的光辉。

Now, where you have the colors of the Causal Body on the chart, in the Electronic Body of the I AM Presence you have blazing light and, as there is no impure substance lodged between those light rays, the Electronic Body is completely free from weight, impurity and shadow. Every group of electrons forming the spiritual atoms emit the music of your keynote, the fragrance and perfume of your being, and the beauty of your reason for being.

你们的因果体，也就是环绕电子体的光环，是你们自己在投胎之前，通过在内在领域中的服务所创造的，并在你们随后的多次转世中不断增益。

Your Causal Body, that is, the aura around the Electronic Body, you created yourself, by your service at inner spheres, before physical embodiment took place, and since then in your various incarnations.

当个体决定运用其在七重界域的经验并申请投胎时，神圣基督自我便诞生了。为何目的？为了将构成“我是”临在那宏伟光辉的振动频率“降级”，使之适应外在自我载具所要运作的大气层。神圣基督自我同样由这些电子构成，所有电子都围绕着核心旋转——虽然其运动速度不及构成电子临在的那些电子那般迅疾，但它们依然在完全的和谐中运转，伴随着宏伟的音乐与雅致的芬芳。如果你们能观想这幅画面，挚爱的朋友们，请努力将其持守于心。

When the individual decided to utilize his experiences in the Seven Spheres and apply for incarnation, the Holy Christ Self came into being. For what purpose To step down the vibrations of the light which forms the magnificence of the I AM Presence, into the atmosphere in which the vehicles of the outer self would function. The Holy Christ Self, in like manner, was made up of these electrons, all spinning around a central core and, although not moving quite so rapidly as those that make up the Electronic Presence, yet they move in complete harmony, in magnificent music, and exquisite fragrance. If you can visualize this picture, beloved friends, try to hold it in your imaginations.

当情感体被创造时，它是由从情感界——即感受的界域，或天使与大天使的界域——汲取的电子构成的。那些

前来并围绕着原子核心旋转的小电子，构成了形相建造者用以创造情感体的材料，它们是美丽、和谐而完美的。

When the emotional body was created, it was made up of electrons drawn from the emotional realm—the realm of feeling, or the realm of the angels and Archangels. The little electrons that came and spun around the central core of the atoms out of which the builders of form created the emotional body, were beautiful, harmonious, and perfect.

外在自我的心智体由气态实质构成，以太体由以太实质构成，肉体则由地球元素构成。我告诉你们这些是有目的的，而非以创造论烦扰你们。

The mental body of the outer self was formed out of aerial substance, the etheric body from etheric substance and the flesh body was formed out of the elements of the earth. I tell you this for a purpose, not to bore you with a treatise on creation.

挚爱的朋友们，这世上没有任何事物是静态的。科学已经证明，即便是所谓的“无生命”物质，如木头或石头，也处于恒常的运动中。因此，在你们看来如此坚固实在的肉体，实际上是由一群群电子构成的，其形态颇似图表上方的图形。在这些电子周围，吸附了外在世界的不纯净物

质，以至于你们的光环不再是图表上那彩虹般的色彩，而是被那些“淤塞”的微小力场所封闭，遮蔽了电子的光芒。

Nothing in this world, beloved friends, is static. Science has proved that even so-called “inanimate” substance, like wood or stone, is in constant motion. Therefore, the physical body, which seems so solid and substantial to you, is composed of groups of electrons looking somewhat like the upper figure on the chart. Around those electrons, the substance of the outer world impurity has been drawn, so that, rather than having the rainbow colors of the chart as your aura, you have a “clogging” of the little forcefields which has closed in the light of the electrons.

这导致了什么结果？随着这些积聚物被磁吸进你们的肉体，可以说，它们“拖累”了原子的振动频率，使其不再与你们的基调和谐共振。它们丧失了在天然神性状态中振动时所具备的弹性与活力。

What has been the result of this As that accumulation has been magnetized into your flesh, it has “bogged down,” let us say, the vibratory action of the atoms, and they no longer vibrate in harmony with your keynote. They have lost the resiliency and buoyancy which they have when they vibrate in harmony with their natural God-estate.

人体中某些器官因吸入不纯物质而受到特别侵扰，其振动速度也较其他器官缓慢。于是你们便出现了器质性紊乱——这正是围绕核心旋转的电子减速的结果。在灵性疗愈中，所发生的一切不过是：应某位学子之呼求，扬升圣团中的某位成员将纯净无染的光倾注进那器官及其周围，正如你们清理一根堵塞的管道一样，那光松解并转化了那些或多或少已窒息了电子的人类污浊能量。

Some of the organs of the body which have been particularly intruded upon by the suction of impure substance into themselves, also vibrate less rapidly than others. Then you have organic disturbance, which is the result of the slowing down of the electrons spinning around their central core. In spiritual healings, all that is done is that pure unadulterated light is poured into and around that organ by whichever member of the Ascended Host to whom the call is made, and, just as you would clean out a clogged pipe, so does that light loosen and transmute the human effluvia which has, more or less, smothered the electrons.

那沉重的人类秽气被楔入构成每个原子的电子之间，导致原子旋转减慢，脱离生命主调的律动。净化之火焰加速电子与原子的振动，使其恢复原始的纯净，从而允许它们释放完美的光线。

That heavy human effluvia is wedged in-between the electrons which make up each atom, causing the atoms to spin more slowly and not in the rhythm of the keynote of your being. The Flame of Purification quickens the vibrations of the electrons and atoms, restores them to their original purity, thus allowing them to release perfect light rays.

你们的心智体亦是如此。构成心智体的电子不断从大气中吸收不和谐的物质，这种情况同样适用于你们的肉身形态。因此，你们心智暗中沉湎的内容，都会被吸入心智载体与肉身的电子、原子能量场，显化出的种种境遇，明眼之人皆能洞察根源。

The same thing is true of your mental body. The electrons which comprise the mental body are absorbing discordant substance constantly from the atmosphere, and the same condition applies to your flesh form. Therefore, what you mind dwells upon secretly, you are drawing into the forcefields of the electrons and atoms of your mental vehicle and your physical form, as well, producing manifestations which may be read by the discerning.

若你们的情绪体沾染任何失衡的能量，便会在你们所汲取的电子的力场中的物质上显化出种种缺憾——而这些电子构成了情绪体原子。如此被吸进的污浊能量减缓了它们的振动频率，于是你们便经历了情感的剧烈波动。

The vibratory action of your emotional vehicle, if qualified with disharmony of any kind, will manifest as imperfection in the substance which you have drawn into the forcefields of the electrons forming the atoms which compose the emotional body. The effluvia thus drawn in slows down their vibratory action, and thus you have emotional upheavals.

我向你们阐明这些，是因为世间种种苦痛表象并非如你们所想那般无可挽回。万物皆在变化！一年之内，肉身几乎会全部更替旧有物质；可遗憾的是，生命习气会不断复刻、甚至加重缺憾，只因你们在内心认定这些痛苦真实存在。以你们对衰老、疾病、财务匮乏、种族业力的接受为例，这些都是镜子所反映出来的，以及你们所谓的“好友”（？）所描述的。你们因相信这些显化的真实性而接受了这些各种痛苦的表现形式——容我在此指出，在你们将星光界彻底转化之前，这类“报告”将永远存在。

I speak of this to you, because the distressing appearances in your worlds are not as hopeless as you seem to think. Everything changes! Within one year, your physical body throws off practically all of its old substance, but unfortunately, the tendency of the lifestream is to outpicture and, in fact, increase the same imperfections, because you have accepted them as real in your feelings. Take, for instance, your acceptance of old age, ill health,

financial lack, race karma—what the mirror tells you and what your kind friends ( ) report. You have accepted these various expressions of distress by believing in the reality of the appearances, and may I say here that you will always have "reports" of the type above referred to, until you get the astral realm dissolved.

如果你们的心智体迟钝，那是因为构成原子的电子之间的空隙被堵塞了，正如你们的铅笔刀被削下的木屑填满后便无法再削铅笔一样。当电子之间的空隙被沮丧、气馁、怨恨与叛逆所产生的秽气填满时，会发生什么？心智体的振动开始变得越来越慢，直到它迟钝到不再能接收更精微的意念与灵感。你们知道，当人们试图慰藉处于困境中的人时，他们往往听不见慰藉或鼓励的话语，这种情况屡见不鲜——这是因为心智体被"拖累"得如此严重，其振动频率如此负面，以至于对任何灵感都完全无动于衷，甚至对来自基督自我的灵感也是如此。

Now, if your mental body is sluggish, it is so because the space between the electrons that make up the atoms are clogged, just exactly as your pencil sharpener gets so filled with filings that you cannot sharpen your pencil. When the spaces between the electrons are filled with the effluvia caused by depression,

discouragement, resentment, and rebellion, what happens The mental body begins to vibrate slower, slower, and slower, until it is so sluggish that it is no longer receptive to finer thoughts and inspirations. You know, it often happens that when you try to comfort people in distress, they do not seem to hear your words of consolation or encouragement, the mental body being so “bogged down,” the vibratory action so negative, that it is absolutely unresponsive to any inspiration, even to that from the Christ Self.

你们渴望改变自身经历中的这些状况吗？这很容易做到！“光”就是一切问题的答案！你们可以透过呼求紫罗兰火焰来改变心智体的振动频率！观想构成它的原子从内而外被净化——其中的电子以完美的和谐加速旋转。然后，在你的修习时间之外，留意在接下来的二十四小时里邀请了什么来作你们心智体的“宾客”！改变你们的思想、感受与言语习惯！不少人在“做功课”时谨守善念，日常起居却肆意放纵！你们的所思、所为与所感，决定了你的能量品质，而这种能量的运作是完全客观且合乎科学的。单凭“做功课”无法确保你们安然度过一天的考验，除非你们将其与不懈的警觉相结合。

Do you desire to change these conditions in your own experience It is easily done! Light is the answer to all! You may

change the vibratory action of the mental body by calling forth the Violet fire! See the atoms that compose it purified from within out—the electrons within them spinning more rapidly and in perfect harmony. Then, outside of your application hour, watch what you invite to be the guests of your mental body for the remaining twenty-four-hour period! Change your habits of thought, feeling, and spoken word! The righteous man in application is sometimes not so righteous in his daily living! That which you think and do and feel, qualifies your energy, and that energy is entirely impersonal and scientific in its action. Application will not see you safely through the experiences of the day, unless you couple it with unceasing vigilance.

在你的情绪体中，情况也是如此。这个载体最初是以最绚丽的色彩创造出来的——哦，那真是一道美丽的光环！在这里，电子也被迫以比原本预期的更慢的速度振动，这是因为物质受到了仇恨、怨恨等情绪的侵蚀，导致它们变得负面。当今人类的情感体已脱离了外在自我的控制。改变这一现状的一个方法是祈请无限的“我是”临在来调控它们，然后观想那来自微小电子内部的光芒闪耀而出，穿透它们，使其围绕核心的旋转速度加快。

The same conditions hold in your emotional body. This vehicle was first created in the most magnificent colors—oh, just a

beautiful aureole! Here, too, the electrons have been compelled to vibrate more slowly than they were originally intended so to do, on account of the substance being qualified by hate, resentment and such, causing them to become negative. The emotional bodies of the race have, today, gone beyond the control of the conscious self. One way to change this is to invoke the infinite I AM Presence to regulate them, and then see the light from within those little electrons blazing out through them, causing them to increase the rapidity of their motion around their central core.

这正是如果你们坐在“原子加速器”中实际会发生的事情——即电子围绕其核心旋转时振动频率的加速。如果鸟儿能加快翅膀拍打的频率以在空中飞翔，那么，以一切良善之名，被托付世界命运的人类，为何不能做到同样的事？他们绝对可以！这是切实可行的！

This is what would actually happen, were you to sit in the “atomic accelerator”—a quickening of the vibratory action of the electrons as they spin around their central core. If a bird can increase the rapidity of its wing action in its flight through the air, why, in the name of all that is good, cannot men and women, entrusted with the fate of the world, do as much Most certainly they can! It is practical!

亲爱的朋友们，现在，只要你们发出召唤，我们就能将这些由污秽或不和谐物质构成的“楔子”清除出去——这些“楔子”紧密地卡在构成电子力场的各种光线之间。只要你们发出召唤，我们就能清除这些由不和谐能量构成的“楔子”，从而增强你们内在身体的振动——前提是你们愿意放手。亲爱的朋友们，请允许我再次提醒你们，在拔除发生后，“自我”的倾向往往是四处张望，寻找我们已从它那里拿走的东西。

Now, what we are enabled to do at your call, beloved friends, is to dislodge these “wedges” of effluvia or discordant substance, which are packed in tightly between the various light rays which form the forcefields of the electrons. At your call, we can dislodge those “wedges” of discordantly-qualified energy, thereby increasing the vibratory action of your inner bodies—if you will let them go. Let me warn you again, beloved friends, that it is the tendency of the ego, after the dislodgment takes place, to look around for that which we have taken away from it.

挚爱的诸位，活在外在小我之中的人类，如此安于旧有习气，甚至会眷恋过往的苦痛！倘若你们能站在内在层面，看见人们获得疗愈之时，其心智体与情绪体之内发生的变化，必会感到震惊。你们会看见他们反复试探，举个

例子：一条腿已经痊愈、可以重新行走，他们仍会去试探。心中疑虑："这份疗愈是否真的圆满，这条腿能否支撑我的身体。"你们会感到讶异：有个人瘫痪的手臂已经疗愈、恢复功能，当他试着拿起杯子，内心深处几乎隐隐期盼，自己旧日的认知不要被改变！何其荒谬！

Beloved ones, mankind in the outer self is so happy living in habits, that it even misses distress! You would be amazed if you could stand at inner levels and see what takes place in the mental and emotional bodies when people have received healings. You would see them experiment, sometimes, for instance, with a leg that has been healed so that they may use it to walk again. They wonder "if the healing is really complete and whether the leg will support them." You would be amazed to see a man who has been healed of a paralyzed arm (so that he may use it) attempt to pick up a cup and, in his inner feelings, almost hope that his former concept would not be changed! NONSENSE!

现在，亲爱的朋友们，以一切神圣之名，并以全人类之名，让我们（通过你们的呼唤）启动一场净化，使全人类的情绪体得以彻底清除一切不和谐的的物质，使它们保持开放与接纳的状态，能够接纳扬升圣团的教诲指引。亲爱的朋友们，请穿上圣日耳曼那件象征自由的光辉长袍，

并通过你们的呼请与观想，看见人类的每一位成员也都身着同样的长袍。我为你们、为你们的星球以及栖息其上的所有生命坚守这一愿景。谢谢大家，晚安！

NOW, BELOVED FRIENDS, IN THE NAME OF ALL THAT IS HOLY AND IN THE NAME OF THIS HUMAN RACE, LET US SET INTO ACTION (THROUGH YOUR CALLS) SUCH A PURIFICATION THAT THE EMOTIONAL BODIES OF ALL MANKIND MIGHT BE SWEPT FREE AND CLEAR OF ALL DISCORDANTLY-QUALIFIED SUBSTANCE, leaving them open and receptive to the words and instruction of the Ascended Host of Light. Put on, beloved ones, Saint Germain's bright robes of freedom, and by your calls and visualizations, see every member of the race clothed likewise. I hold this conception for you, your planet, and all that lives upon it. Thank you, and good evening!

戴安娜 Diana

清除傲慢的谕令

DECREE TO REMOVE PRIDE

(in accordance with beloved Diana's promptings)

（依挚爱的黛安娜开示所作）

Beloved mighty victorious presence of God I AM in us! We call on beloved Ascended Lady Master Diana to take complete command, control and possession of the thoughts and feelings of all who belong to the various evolutions of this planet, and REMOVE, REMOVE, REMOVE, this instant and forever, all pride, arrogance, stubbornness and all lack of loving, willing cooperation with the divine plan for our Earth, as designed by its God-parents, beloved Helios and Vesta!

驻于我们之内、得胜大能的挚爱神之“我是”临在！我们呼请挚爱的扬升大师黛安娜女神，全面接管、掌控并占据属于这颗星球上各个进化层面的所有人的思想与情感，并立即且永远地清除、清除、清除一切骄傲、傲慢、固执，以及所有缺乏爱意、不愿配合我们地球神圣计划的态度——该计划是由地球的“神性父母”（挚爱的赫利俄斯和维斯塔）所设计的！

Replace (3) these imperfect qualities and habits of thought and feeling by the Elohim of Purity's immaculate concept of the divine plan and our own God-desire and ability to hold to the perfection of this design!

用“埃洛希姆 Purity”关于神圣计划的“无瑕原型”，以及我们自身持守此完美蓝图的神圣渴望与能力，来取代、取代、取代这些不完美的思想与情感习气！

Charge (3), into our thought and feeling worlds, and those of all mankind, the cosmic feeling of God-courtesy of our divine parents—Helios and Vesta!

将这种源自我们神圣父母（赫利俄斯和维斯塔）的宇宙级的“神之礼仪”，注入、注入、注入我们以及全人类的思想与情感世界之中！

Saturate the atmosphere of this planet with your feelings of loving cooperation with the purity and perfection of life, so that mankind may breathe in those qualities and outpicture all that their God-Presence originally meant them to be!

用你们对生命纯净与完美所怀有的爱与合作之情，充盈这颗星球的大气，让全人类都能吸入这些品质，从而展现出他们内在神性原本所期望他们成为的样子！

We consciously accept this done RIGHT NOW, WITH FULL POWER, and we thank you without limit for your loving assistance to us and your protection at all times. SO BE IT!

我们全心全意地接受这一切——就在此刻，以全部力量——并无限感谢您对我们的关爱与帮助，以及您时刻给予我们的庇护。一切如是！

挚爱尼普顿上师开示

ADDRESS BY THE BELOVED MASTER NEPTUNE

前言 INTRODUCTION

May the gentle readers share the love of, and thanksgiving for, the gift of water, its mighty director, beloved Neptune, and all the undines under his control.

愿亲爱的读者们，能够怀着敬爱与感恩之心，珍视水这份馈赠，崇高的水元素执掌者 ——挚爱的尼普顿，以及祂管辖之下所有水元素精灵

A little introspection will reveal how much water has meant to all mankind, elemental life and the

animal kingdom, who use the planet Earth as a temporary habitation!

稍加内观便能知晓，对于寄居地球的人类、元素生灵与动物界而言，水承载着何等重要的意义。

Further introspection will reveal how indebted are the evolutions evolving in the Earth, on the Earth and in its atmosphere, to Neptune and the water kingdom. Too long have mankind taken water (as well as the other elements given freely by the directors of the elements) for granted. The old adage, “You never miss the water till the well runs dry” applies to those who have used water so freely through the ages, with little thought of its service.

再深入观照便会明白，地心、地表、大气中一切演化生命，都亏欠尼普顿与水之国度无尽恩情。长久以来，人类肆意取用水源，连同元素统领无偿赐予的其他元素，都视作理所当然。古谚有言：井干方知水珍贵，这句话恰是形容世人世代滥用水源，却甚少感念他们的奉献。

It would be wise to learn to LOVE Neptune and his kingdom, to come into practical association with this kingdom, and through such loving cooperation with the water element, prepare for the days to come.

学会敬爱尼普顿与其水之国度是明智之举，与水元素王国建立真诚联结，经由这份怀着敬爱之心的协作共振，为未来的岁月做好预备。

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水元素的使命 PURPOSE OF WATER ELEMENT

挚爱的尼普顿开示 Address By Beloved Neptune

1955 年 9 月 30 日 September 30, 1955

Beloved Children of the Earth,

挚爱的地球之子们：

I come, as always, as the servant of your life. I have dedicated and consecrated my being, my purpose, in this universal scheme, to the control of the water element, which forms by far the greater part of your planet. It also forms the greater part of your vehicles of expression, including your flesh forms.

我一如既往地作为你们生命的侍奉者而来。在这个宇宙蓝图中，我已将我的存在与使命奉献并献身于对水元素的掌控——水元素构成了你们星球绝大多数的存在。它同时也构成了你们表达载具的绝大部分，包括你们的肉身。

Therefore, for many ages have I been the servant of the Immortal Flame of God which chose to individualize itself through you, and I shall remain your humble and obedient servant as long as you require the assistance of that water element which has the power of purification within it.

故此，漫长世代以来，我始终侍奉神圣不朽圣焰；这圣焰选择经由你们个体化彰显。只要你们仍需水元素的助益 —— 水之内蕴藏净化之力，我便会持续做你们谦卑顺从的侍奉者。

Water cushions the continents upon your planet. It provides ablution for the physical forms, refreshment for the internal

organisms of those forms, and has provided for you the elemental substance which makes up your emotional bodies.

水承托着地球上的大陆；洁净一切有形肉身，滋养躯体内在脏腑；同时，水亦是构筑你们情绪体的元素基质。

I am come into your presence at your own invitation. That invitation has come through your attention upon my element, and through the calls and decrees for the freeing of elemental life within the water, from the pollution of the ages by mankind's effluvia.

我应你们的祈请而来。这份祈请，源自你们对水元素的关注，源自你们持诵祈愿文，祈求水中的元素生灵，挣脱人类累世污浊能量带来的污染束缚。

That invitation has come from your hearts in a desire to become friends with the great water spirits of the magnificent oceans, seas, lakes, and rivers—all of which serve the planet Earth under my control, providing waterways for transportation, and the power by which industries produce that which is beneficial to the people.

这份祈愿发自心底，你们渴望与浩瀚江海湖河之中伟大的水之灵相交为友。所有水域生灵皆归我统御、侍奉地

球，开辟航运水道，提供动力，令世间产业造出造福众生的万物。

Water has served mankind on this planet since the first root race placed their feet upon the landed surface of the Earth, and the very cushion of water has made the body of Virgo resilient, buoyant and porous. The substance of water, in cooperation with that of Virgo, Aries and the mighty Helios, has made possible your every harvest.

自初代根种族踏足大地，水便一直在这颗星球上侍奉人类。水的承托之力，令维戈（Virgo，代表大地与土元素）的身体柔韧、轻盈、通透。水元素偕同维戈（土）、艾瑞斯（风）元素，及大能的赫利俄斯（Helios），世间一切收成才得以实现。

Within your emotional bodies, the gift of the water element has given you the capacity to feel. The individual who cannot feel deeply has much to learn on the pathway toward God-reedom!

水元素赋予你们情绪体感知万物的能力。那些无法深刻感受的人，在通往神圣解脱的道路上，还有漫长功课要修。

Beloved ones, as I bring you the blessings of my element, I also bring to you the gratitude from every ocean, sea, river and

body of water that you, individually and collectively, have acknowledged and blessed, as well as from the undines who have been imprisoned for many ages in the sewage spewed forth by the human consciousness.

亲爱的人们，我携水元素的祝福而来，同时也带来每一片海洋、每一片海域、每一条河流以及每一处水域的谢意——你们个人与集体皆曾感念、祝福水域；还有无数水精灵，长久困于人类心念倾泻的污浊污水之中，它们也向你们致以感恩。

I am grateful, indeed, for this opportunity to speak into the emotional world of mankind, and to speak into the substance of the water element that composes it, because it enables me to anchor into it certain currents of energy which will give personal, continental, and planetary protection in the days and years ahead.

我由衷感恩，能有机会向人类的情感世界以及构成此界的水元素宣说。借此机缘，我可将特定能量流锚定其中，在未来岁月里，护持个人、大陆乃至整颗星球平安。

The divine complement of my lifestream is the great and beautiful being known as Lunara (who is to the silvery moon what Virgo is to the Earth). Together, we create and sustain the rhythm which governs the tides. Have you any idea how much energy is

required to bring the tide of a mighty ocean to flood and to control that body of water by the command, “Thus far and no farther!?” Also, to control the countless millions of undines who live therein, many of them in the form of waves eighty and ninety feet in height, others as small as a drop of water!

我的神圣双生伴侣，乃是伟大而华美的存有 Lunara 露娜拉（她对应银月，如同 Virgo 对应地球）。我们二人一同创造、维系支配潮汐的律动。你可曾想过，要让浩瀚海洋的潮水涨起，并用“到此为止，不可逾越！”管束整片水域，究竟需要多少能量？此外，还要统御亿万水精灵：有的化作八九十英尺高的巨浪，有的微小如一滴水珠！

Do you realize the pull of love that is required to draw the ebbing tide, causing it to recede from the landed surface of the shore, and to control the energy that is within the power of centripetal force? That power I offer to you now! That power can be yours if you choose to accept it! Where the flood tides roll, where the rivers rise, where the skies emit an excessive amount of rains—by the power of Neptune, as I stand by your side, you, too, may be master of the water element.

你可曾意识到，要将退潮的潮水从岸边陆地上拉离，并掌控向心力所蕴含的能量，需要多大的爱之引力？此刻，我将这份力量献予你！ 只要你选择接受，这股力量便

可归你所有！无论是在涨潮汹涌之处，河水暴涨之地，还是天降暴雨之所——凭着(Neptune)尼普顿的力量，在我与你并肩而立之时，你亦能成为水元素的主人。

Remember and accept my momentum and that of my Twin Flame, Lunara, into your world and practice upon it. Practice now, in the days of peace, so that your momentum and feeling of confidence in the control of the water element may be one with my own!

请记住并接纳我与我的双生火焰露娜拉的动能，将其融入你的世界，并加以实践。趁着如今这和平的日子，立即开始练习，这样你对水元素的掌控所产生的势能与自信感，便能与我的融为一体！

Consider in your feelings! Do you feel as assured as I do that the tides of the Atlantic and Pacific Oceans ebb and flow in exact rhythm? If you cannot feel the confidence of that control in yourself, then, as the father of the waters, I CHARGE and CHARGE and CHARGE my feeling of assurance and authority of love into your emotional bodies now.

静心向内感受！你们能否如我一般笃定，大西洋和太平洋的潮汐正以精准的节奏涨落？若你们心中没有这份掌控的信心，那么，作为水之父，我此刻将我那份确信与爱

的权威之感，一次又一次、一次又一次地注入你的情绪体中。

Accept it, and know with certainty that you, too, are now connected with my own self, and, likewise, vested with the master-control of this energy, especially in emergencies!

接纳这份力量，确信你们已与我相连，同样被赋予统御水元素能量的权柄，危难时刻尤为受用！

All over the planet Earth, focuses of light have been created by individuals who have drawn around them lifestreams interested in the purification of the Earth. They are making fiats and decrees, issuing mighty calls and singing the songs which call for the purification of the water element everywhere.

在整个地球上，一些个体已经创造了光的焦点，他们将那些致力于净化地球的生命之流吸引到了自己周围。他们正在发布谕令和法令，发出强大的呼唤，并吟唱着呼吁净化各地水元素的歌谣。

All over the Earth, like beautiful, blazing fires ascending through the astral realm, the energy rising from groups of students in song and decree, form conduits of light, making a connection between the atmosphere of Earth and the realm where the Ascended Masters abide. Back through those conduits is pouring

the cosmic purification from the heart of the Elohim of Purity, as well as the beloved beings and powers who represent the cleansing of the emotional bodies of individuals and the race.

在地球的各个角落，来自学生群体通过歌声与宣言所升起的能量——如同美丽而炽烈的火焰穿透星光界升腾而起——形成了光的通道，在地球的大气层与扬升大师们所居之界之间架起了桥梁。通过这些光之通道，源自“埃洛希姆普丽蒂”核心的宇宙净化能量，以及专司净化众生个体与集体情绪体的神圣存有与大能，正源源不断地倾注而下。

Now again, I ask you to follow with me the picture and pattern of the electrons as they exist within your emotional bodies. This picture will help you much in your visualization and in your use of the powers of the Sacred Fire, to dislodge from around the electrons, the discordant substance which you have drawn into your emotional vehicles by suction from the world without, through indulgence in thoughts and feelings of an inharmonious nature.

此刻我再次请你们跟随我，观想情绪体内电子的形态结构。这一画面将极大帮助你们进行观想练习，并运用神圣之火的力量，将那些因沉溺于不和谐的思绪与情感，而

从外界吸入情感载体、附着在电子周围的不和谐物质清除干净。

Beloved ones, every feeling you entertain draws unto itself, through centripetal force of sympathy, the feelings of a like nature that float in the atmosphere, and these, coupled with the discordant feelings that you generate yourself in secret during your entire waking state, are drawn into the forcefields around the electrons that make up your bodies, resulting in the feelings of heaviness, depression, and discouragement in the emotional body, and your outer body, as well.

亲爱的朋友们，你们生起的每一种情绪，都会借由同频相吸的力，吸引大气中同类负面情绪；而这些情绪，连同你们在整个清醒状态下暗自产生的那些不和谐情绪，都会被吸入构成你们身体的电子周围的力场中，从而在情绪体以及你们的外部身体中引发沉重、抑郁和沮丧的感觉。

As the individual uses the powers of the Sacred Fire , such as the Violet Transmuting Flame or the Flame of Cosmic Christ purity, what takes place? The “wedges” of dark, heavy substance around the electrons are loosened and gradually thrown off—the vibratory action of the electron increases and it vibrates more rapidly in its orbit around the central core of each atom. Then, as you consciously call to the beings who represent the virtues of a

perfect Ascended Master nature, asking them to charge into the forcefields around the electrons those virtues—they will do it! Thus you build into your emotional body a storehouse of constructive energy which will act in the future as automatically as the destructive vibrations have acted in the past.

当个体运用神圣之火的力量——例如紫罗兰转化火焰或宇宙基督净化火焰时，会发生什么？围绕电子的那些黑暗、沉重的物质“楔块”会被松动并逐渐抛离——电子的振动频率随之增加，它在围绕每个原子核心的轨道上振动得更快了。然后，当你有意识地呼唤那些代表完美扬升大师本性美德的存有，请求他们将这些美德注入电子周围的力场时——他们一定会应允！这样，你就在自己的情绪体中建立起一个建设性能量的储藏库，将来它会像过去那些破坏性振动一样自动发挥作用。

Now, let us look at this from a scientific standpoint! Early in your instruction, the beloved Saint Germain gave you a set of daily exercises which would be of tremendous assistance to you, if you were to use them. Under the present pressure of daily living, this instruction seems to have receded into the background of your minds, but we present it to you here again, if you would care to accept it.

现在，让我们从科学的角度来看待这个问题！在指导的初期，深受爱戴的圣日耳曼就给你们提供了一套每日练习，如果你们能坚持练习，这些练习将对你们大有裨益。在当下生活压力的重压下，这条教诲似乎已在你们心中退居次要地位，但我们在此再次向你们提出，若你们愿意接受的话。

The beloved Saint Germain suggested that before retiring at night, you stand in your room and, calling the Violet Transmuting Flame into action up, through and around you, for at least nine feet in every direction, you raise your hands to your I AM Presence, asking it and Saint Germain to qualify those hands with the purifying power of the Violet Transmuting Flame.

挚爱的圣哲曼建议：每晚就寝前，站在自己的房间内，召唤紫罗兰转化火焰来到你的上方、穿过并环绕你的身体，接着扩散至四周——每个方向至少九英尺的范围，接着双手举向你的“我是”临在，祈请“我是”临在与圣哲曼赋予你的双手紫罗兰转化火焰的净化力量。

Then, starting at the head, pass your hands down over your body to the feet, taking in as much of the body surface as you can reach with the hands. Now, with the left hand, sweep down over

the right shoulder, arm and hand, and with the right hand, give the left shoulder, arm and hand the same treatment.

然后，从头部开始，双手沿着身体向下抚摸至脚部，尽可能多地覆盖双手能够触及的身体表面；现在，用左手从右肩、右臂到右手向下轻扫，再用右手对左肩、左臂和左手进行同样的动作。

Repeat this activity in its entirety about three times, shaking the hand from the wrist once in awhile, by which action the substance is thrown into the surrounding Violet Fire.

整套动作重复三遍，期间不时从手腕处抖动一下手，将剥离的污浊物质抛入环绕周身的紫罗兰火焰之中。

What is the purpose of this exercise, and what happens when it is performed? Saint Germain has said that if you could see with the inner sight what takes place in the first part of the exercise, it is as though a close-fitting garment of black substance were being removed from the body with the hands. The second time you go over the body the “garment” removed is of a dark grey substance, the third time, it is of a lighter grey color, and so on. Night after night, as you proceed with the exercise, this astral substance gets lighter and lighter in color and texture, until it is entirely removed from the body and actual purification takes place.

这项练习的目的是什么？进行时会发生什么？圣日耳曼曾说过，如果你能用内视力看到练习第一部分发生的情况，那就像是用双手从身体上脱下一件紧身黑色衣物一样；第二次沿身体巡行时，被脱下的“衣袍”由深灰色物质构成；第三次则是浅灰色，以此类推。夜复一夜，随着练习的进行，这种星光界物质的颜色和质地会变得越来越浅，直到它完全从身体上脱落，真正的净化才得以实现。

This is real substance, beloved friends, with actual color, vibration, and feeling. Now, for lack of a “cosmic screen,” let us use the upper figure on the chart as a visual aid:

亲爱的朋友们，这些皆是真实存在的物质，拥有确切的色泽、振动与情绪特质。现在，由于缺乏“宇宙屏幕”，让我们将图表上方的图示作为视觉辅助：

Will you please consider this figure as a magnified electron, the beams of light pouring from it, forming the forcefield of one electron. That electron may be part of any one of the four lower bodies—the emotional, mental, etheric or physical—each electron, of course, being composed of the natural element to which the body belongs, that is, air, earth, fire or water.

请将图示视作放大亿万倍的电子，从电子中迸发的光束，构成单一电子的能量场。这枚电子可属于四重低层身

体中的任何一个——情绪体、心智体、以太体、肉身——当然，每个电子都由该身体所属的自然元素构成，即空气、土、火或水。

These electronic particles have, within their center, an intelligence which is a replica of your own individualized I AM Presence.

这些电子微粒的核心，蕴藏着一份智慧，是你们个体化“我是”临在的缩影。

Countless electrons form the atmosphere of the seven spheres. They form the tiny light particles that you see floating in the atmosphere on a bright sunny day. They make up the atmosphere of the Seventh Sphere, where the beloved Saint Germain's temples are located, where the etheric bodies which you use were created. They form the atmosphere of the Sixth sphere, where the beloved Jesus dwells and where your emotional bodies were fashioned. They form the atmosphere of the Fifth Sphere, where the beloved Hilarion dwells and where your outer mental consciousness was formed before your took embodiment. They form the atmosphere of the Fourth Sphere, in which the beloved Serapis Bey dwells and where your Holy Christ Self was designed.

无数电子构成七重次元领域的能量场域。它们就是晴朗日子里，你能看见在空中漂浮的微小光粒子。它们构成

第七次元领域的能量场，挚爱的圣哲曼的圣殿便坐落于此，你所使用的以太体也在此被创造。它们构成第六次元领域的能量场，挚爱的耶稣居于此处，你的情绪体在此成形。它们构成第五次元领域的能量场，挚爱的希拉瑞昂居于此处，你投生之前，外在心智意识在此成型。它们构成第四次元领域的能量场，挚爱的塞拉皮斯·贝居于此处，你的神圣基督自我在此被塑造。

These electrons form the atmosphere of the Third Sphere, in which the beloved Venetian dwells, where your Causal Body first took distinct form. They form the atmosphere of the Second Golden Sphere, where your individual I AM Presence was created, and they form the natural atmosphere of the First Sphere, where our beloved Morya dwells, where your White Fire Body coalesced around the Threefold Flame of your Individuality.

这些电子构成第三重次元领域的能量场域，挚爱的威尼斯安住于此，你的因果体在此首度形成清晰形态。它们构成第二黄金次元领域的能量场域，你的个体“我是”临在于此被创造；它们构成第一重次元领域的本然能量场域，挚爱的莫利亚驻留于此，你的白火体围绕着属于你个体自性的三重火焰聚合而成。

In each sphere, these electrons ensoul the color, the quality, and the nature of the Chohan, the Archangel, the Elohim and the sphere in which they abide, upward from the seventh to the first.

自第七次元至第一次元，每一次元的电子，皆承载该次元的乔汉、大天使、耶洛希姆，以及次元本身独有的光芒色泽、特质与属性。

Now, the electrons which make up the atmosphere of the seven higher spheres are intelligent, minute beings. They are the substance of which primal life, itself, is composed, and actually make up the body of the Godhead, himself. They also compose the substance which has been sent forth by HIM into the physical appearance world, and it is from them that every manifest expression is formed.

构成七个更高次元能量场域的电子是具有智慧的微小生命体。它们是构成原始生命本身的本质，实际上也构成了神性本体本身；神性将这些质料投射至物质表象世界，世间一切有形万物，皆由电子聚合而生。

In each sphere, these electrons are utilized by the Immortal Flame of God through any self-conscious being—Master, angel, or man. When you chose individualization and your Immortal Flame descended into the Fourth Sphere, where the Holy Christ Self was fashioned, elemental light (which is composed of

countless of these tiny electrons) was magnetized by your own God-identity and drawn around the flame within your heart, by the builders of form.

在每个领域中，这些电子都通过任何具有自我意识的存有——无论是上师、天使还是人类——被上帝的不朽之火所利用。当你们选择个体化，你的“不朽之火”降临到第四界——即“神圣基督自我”被塑造之处——元素之光（由无数微小的电子组成）便被你自身的“神性本我”所吸引，并由“形体构建者”引导至你内心之火的周围。

Because elemental life is obedient and always mirrors that which it sees, the intelligence within the electron immediately took on the pattern of your individualized thoughtform (i.e., Maltese cross, rose, star, etc.). These electrons then joined together and began to move around a central core of love, forming the atoms of your physical and inner bodies. The number of electrons making up each atom was determined by the God-intelligence which created your vehicles, for a specific purpose. The speed with which electrons move in their orbits is determined by the feeling of the evolving being whose instruments these various vehicles were intended to be. Permit me to illustrate this as follows:

由于元素生命具有顺从性，且总是映射它所看到的事物，因此电子内部的智能立即呈现出了你个性化思想形态的模式（即，马耳他十字、玫瑰、星星等）。随后电子聚合，开始围绕着爱的核心运转，从而形成了你们物理身体和内在身体的原子。构成每个原子的电子数量，是由创造你们这些“载体”的神性智慧所决定的，其目的在于实现特定的目标；电子在轨道上运转的速度，取决于正在进化的存有自身的感受——这些各式各样的载具本就是为该存有所打造的工具。请允许我用以下方式来阐释这一点：

The Ascended Master Body is made up of these beautiful, electronic particles, all in constant motion, moving so rapidly that they cannot be seen by the human sight.

扬升大师的身体由这些美丽的电子粒子构成，它们始终处于运动状态，移动速度之快，以至于人类肉眼无法察觉。

The feelings of perfection with the Ascended Being make and keep the vibratory action of his atoms so rapid that they only emit light, which the outer consciousness of the majority of unascended mankind can neither see nor hear, because of the speed with which they move, as well as the transcendent quality of their radiation.

扬升存有内在圆满的感受，持续维系着原子的高频振动，令原子只向外散发纯净之光。绝大多数尚未扬升的人类，凭借外在意识既看不见也听不见这道光，这既是源于原子极快的运动速率，也来自其能量放射超然卓绝的品质。

However, the Master, being in full conscious control of the rapidity of his own electrons, can slow them down at will to a point where the Master Presence may be visible and tangible to physical sight, if at any time the necessity should arise for the investment of such a concentration of energy.

然而，大师能够完全有意识地控制自身电子的运动速度，可以随心所欲地减缓它们的速度，直至“大师之临在”能够被肉眼所见、所触——如果任何时候确实需要凝聚如此高浓度的能量的话。

In every sphere, these electrons have cooperated with your individualized I AM Presence in the building of your various bodies. From the Electronic Body down to your physical vehicle, pure electronic light responded to the pull of the Immortal Threefold Flame in your heart and fashioned for you each one of the various vehicles through which you find expression, viz., the Electronic Body, the Causal Body, the Holy Christ Self, the

emotional body, the mental, the etheric, and the physical form. Electronic light circling around the central core of millions of atoms make up your flesh body. Now, what has happened to these perfect vehicles which were created to allow the lifestream the privilege of co-creation with God?

在每一个层面，这些电子都与你个体化的“我是”临在协同合作，共同构建了你的各种身体。从电子体一直到你的肉身，纯净的电子之光响应了你心中不朽的三重火焰的召唤，为你塑造了各种供你表达自我的载体，即电子体、因果体、神圣基督自我、情绪体、心智体、以太体以及肉身。围绕亿万个原子中央核心旋转的电子之光，构成了你的肉身。那么，这些原本是为了让生命之流享有与上帝共同创造的殊荣而创造的完美载体，如今究竟发生了什么？

In the upper figure on the chart (which we are using as an illustration of a much magnified electron), the substance of imperfection or effluvia has been wedged in between the light rays that pour forth from the central core. This dark substance looks like pie-shaped “wedges,” as it has been forced into those spaces through the centuries. These spaces should be filled only with LIGHT SUBSTANCE, so that the tiny electrons might be able to spin freely around their central core. When this dark substance is present, however, it slows down the vibrations of the electrons

which make up the atoms of your inner bodies, as well as your flesh body. How is that done, you ask? by the absorption of the discordant effluvia of the outside world through individuals' attention upon and the acceptance of the discordant feelings released by the mass of the people, whether those feelings be fear, depression, impurity, rebellion, hate, whatever they might be!

在图表上方的图示中（我们将其用作一个被极度放大的电子的示意图），不完美的质料或浊流已被夹在从中心核心涌出的光线之间。历经千百年，这些暗沉物质挤压成扇形“楔块”卡在缝隙之中。这些间隙本应仅由“光之物质”填充，唯有如此微小的电子才能自由地围绕其中心核旋转。然而，当这种黑暗物质存在时，它会减缓构成你们内在身体以及肉身原子中的电子的振动。你们可能会问：这是如何发生的？正是由于个体将注意力集中在大众释放出的不和谐情绪上，并接纳了这些情绪——无论是恐惧、抑郁、妄情、叛逆、仇恨，还是其他任何情绪——从而吸收了外界的不和谐气息！

Into these “wedges” is drawn the dark substance (energy qualified with too low a vibration to emit light). What effect has this on the electrons as they spin around the central core of the atoms? It bogs them down. In other words, it slow down the

motion of the electrons and, even as the Earth groans because of the heavy weight of man's discord which it carries as it turns on its axis, so do the electrons in their endeavor to keep circling around the central core of each atom at their natural speed, carry the weight, which has been absorbed by contagion (affiliation with discord) in your feelings, your mind, your etheric body and your flesh form.

这种黑暗物质（振动频率过低而无法发出光的能量）便被吸入这些“楔形空隙”之中。这对围绕原子核心旋转的电子会产生什么影响？它会拖累电子。换句话说，它会减缓电子的运动；正如地球在绕轴自转时，因承载着人类不和谐所带来的沉重负担而发出呻吟，电子在其竭力维持以固有速率绕每个原子核心运转的同时，还必须承担那份因“共振”（与不和谐的能量相联结）而渗透到你的情感、思维、以太体和肉身中的沉重负担。

Now, dear ones, I call to the beloved Jophiel and to the beloved Cassiopea to give you the following picture clearly:

现在，挚爱的众生，我呼唤挚爱的约菲尔和挚爱的卡西奥佩亚，请他们清晰地向你们展现以下画面：

When you call to the powers of the Sacred Fire (or to any of the Ascended Beings connected with that activity), you would, if

you had inner sight, see that Violet Fire passing through your flesh body and the etheric garment which interpenetrates it, as well as through your mental and emotional bodies. There, it loosens and throws off into itself for purification, the dark substance that is responsible for the slowing down of the vibrations of these bodies. This is the action which took place in the bodies of those who were privileged to sit within the atomic accelerator in Saint Germain's retreat.

当你们呼唤神圣之火的力量（或任何与该活动相关的扬升存有）时，若你们拥有内视之眼，便会看见紫罗兰圣火穿透你们的肉身及其相互交织的以太体，同时也穿透你们的心智体和情绪体。在那里，它会松动并将其抛入自身之中进行净化——正是这种黑暗物质导致了这些身体振动频率的减缓。 这就是在圣日耳曼静修圣殿中，那些有幸入进入原子加速器内之人的体内所发生的一切。

The Sacred Fire of Purification, which is the Violet Fire of freedom's love and mercy, renders this same service and makes each one of your four lower bodies lighter. Why? Because as you consciously invoke that Violet Fire and see it sweep up, in, through and around that dark, heavy substance, it instantly obeys your command, and that effluvia is removed from the forcefield

around each electron and transmuted into pure light again through the action of the Sacred Fire.

“净化圣火”——即象征自由之爱的紫色火焰与慈悲——同样发挥着这种作用，使你们四个低层身体中的每一个都变得更加轻盈。为什么呢？因为当你们有意识地召唤紫火，并看到它席卷、渗入、穿透并环绕那黑暗沉重的物质时，它会立即服从你们的命令；那些污秽之气便会从每个电子周围的力场中被清除，并通过神圣之火的作用再次转化为纯净之光。

This removal of the discordant substance allows the electrons in your flesh and inner bodies to spin more rapidly, thus making these bodies more sensitive to the presence of the Holy Christ Self within the heart.

这种不和谐物质的清除，使你们肉身和内在身体中的电子能够更快地旋转，令这些载体对驻留于心间的神圣基督自我之临在更为敏锐。

Buoyancy, joy, love, happiness, and light are the practical, natural and scientific results of the use of the Sacred Fire, when you invoke it with faith. If you do not feel these results, it is because you have not consciously accepted the reality of that

purifying fire or its ability to restore the natural rhythm of your four lower bodies.

当你们怀着信念召唤神圣之火时，轻盈、喜悦、爱、幸福与光明便是运用神圣之火所带来的切实、自然且科学的成果。如果你们未能感受到这些成果，那是因为你们尚未有意识地接受那净化之火的真实存在，也未认可它能够恢复你们四个低层身体自然节律的能力。

Now, beloved ones, those of you who are following my words with understanding should feel a tingling sensation in the extremities of your outer bodies, in your fingers and even in your toes, because while I am speaking to you, we are dislodging tremendous concentrates of that dark, heavy substance from each one of your lower bodies.

现在，亲爱的朋友们，那些能理解并遵循我话语的人，应该会在外在身体的四肢末梢——手指甚至脚趾——感受到一阵刺痛感，因为在我对你们讲话的同时，我们正在从你们每个人的低层身体中清除大量那种黑暗、沉重的物质。

This substance that I speak of looks something like the sooty deposits inside a chimney that has not been cleaned for a long time, and we (the powers of purification) are extracting that heavy

substance, almost by hand, you might say—it is wedged in so tightly around the electrons. As it is removed, you will feel a great sense of relief and release, especially in your emotional bodies (the one with which I am most concerned). However, I must warn you to be careful not to draw this substance back into your various bodies again, through the affinity you have for it in your feelings, having lived with it so long.

我所说的这种物质，看起来有点像长期未清理的烟囱内壁上的烟灰沉积物，而我们（净化力量）正在将这种沉重的物质提取出来——可以说几乎是亲手提取的——因为它紧紧地卡在电子周围。随着它的被清除，你们会感到巨大的解脱与释放，特别是在你们的情绪体中（这是我最关心的部分）。不过，我必须提醒你们要小心，不要因为长期与这种物质共存而产生的情感依恋，将其再次吸回你们的各个身体中。

If you so determine, beloved ones, you can let go of every discordant feeling and allow your emotional bodies to become saturated instead by the God-feelings from the Ascended Masters. You can subject these overshadowed electrons to a “transfusion” of the spiritual forces of faith, hope, charity, peace, and purity, and thus fill in with light substance the spaces just vacated by the accumulations of discord. This light substance can then be

qualified with buoyancy, love, and other constructive qualities, keeping a strict watch over your thoughts and feelings, that you do not draw again the human effluvia with which the outside world is flooded.

亲爱的朋友们，如果你下定决心，就可以放下所有不和谐的情感，让你的情绪体被扬升大师们所传递的神性之感所充盈。你可以为这些被阴影笼罩的电子注入灵性力量：信仰、希望、仁爱、和平与纯洁，从而用光的物质填补那些刚刚被不和谐积聚物腾出的空间。 随后，这种光之物质可以被赋予轻盈、爱以及其他建设性的品质，同时严格监控你的意念和情感，以免你再次吸入外界充斥的人类污秽之气。

The feeling bodies of mankind are active twenty-four hours of the day. While some are asleep, others are awake, and the human feelings literally catapulted into the atmosphere (as the beloved Astrea described to you a few evenings ago), form blankets of misqualified energy which are looking for a home and for some life to sustain them through their own life energy.

人类的情绪体每天二十四小时都在活动。当一些人沉睡时，另一些人却清醒着；人类滋生的情绪尽数喷发至大气之中（正如数日前阿斯特蕾亚向你们开示的），层层堆

叠成失衡能量帷幕，四处寻觅依附的生命，借众生的生命能量存续。

If the attention of even the student body could be permanently removed from the contemplation of discord and distress, and their feelings anchored on perfection, it would not be long before the kingdom of God would be manifested on the Earth. It would be a simple matter, then, to sustain the emotional bodies of one and all in the same magnificent harmony and perfection experienced by the Ascended Masters and the angels, every hour of the day. Furthermore, it would only be a question of a short time before the rest of humanity would want to emulate them, through the desire in all men's hearts for happiness and peace.

若所有学生能永远不再沉溺纷扰苦痛，将情绪安住圆满，神之国度很快便会降临大地。届时，让所有人的情绪体都保持在与扬升大师和天使们所体验到的同样宏伟的和谐与完美之中——无论白天还是黑夜——都将是一件轻而易举的事。此外，凭借每个人心中对幸福与和平的渴望，其余人类很快也会想要效仿他们。

Your feeling bodies were provided for you for one purpose alone. That is, to radiate, magnify, and expand some particular virtue of the Godhead, and for no other reason. Your feeling world was given you to enable you to intensify the feelings of God,

himself, in this physical appearance world, where you now abide, as well as in the inner realms, where you will abide, when you lay this earthly garment down. Therefore, beloved friends, you have not the right to allow your feelings the license to add to the discordant effluvia of mankind, which effluvia becomes a probe and a temptation to the weaker lifestreams who do not know what stirs their feelings when they are roused suddenly to violent emotions, to mob hysteria, to panic and depression, or whatever discordant appearance this effluvia may assume on the screen of life.

情绪体被赋予你们，仅有一个目的：那就是为了散发、彰显和扩展神性中某种特定的美德，除此之外没有别的原因。赋予你们情绪体，本是为让你能够在当下栖居的有形物质世界，以及当你卸下这尘世外衣之后将要安住的内在次元领域之中，强化神性本身的感受。因此，亲爱的朋友们，你们无权放任自己的情感，使其为人类那不和谐的污浊之气增添一笔；这种污浊之气对那些较弱的生命之流而言，便成为一种试探与诱惑——当这些生命之流突然被激起激烈的情绪、陷入群体歇斯底里、恐慌与抑郁，或是当这种不和谐的气息在生命的银幕上呈现出任何其他不

和谐的形态时，他们往往不知究竟是什么在搅动自己的情感。

Let me say, that in the days ahead, the appearance on the screen of life will be such as will make it necessary that some members of the race be in control of their feeling worlds in order to hold the balance and form the conduits through which our energies may flow to protect that which is constructive and cooperate with the universal scheme.

请允许我这样说：在未来的日子里，生命之幕上呈现的景象将要求人类中的某些成员必须掌控自己的情感世界，以此维持平衡，并成为能量流动的通道，从而保护那些具有建设性的事物，并与宇宙的宏大计划相协调。

I thank you for listening, beloved ones, with as much attention and comprehension as you have. I thank you for remembering that every vehicle (body) you have, is an instrument for your use, and that the electrons which compose them are at the mercy of your conscious self. They may either be free, buoyant, ageless, beautiful, positive and strong—or, they will have to carry the unnecessary weight of the discord imposed upon them by yourself because you refuse to bridle the impulses of the senses, allowing your feeling world to be a plaything for passing destructive forces.

挚爱的朋友们，感谢你们用心聆听，尽己所能去理解。愿你们谨记：你所拥有的每一个载体（身体），都是供你使用的器具；构成这些载体的电子，受你有意识的自我所支配。它们可以是自在、轻盈、恒常不老、美好、正向且充满力量的；反之，它们就必须背负你施加其上的多余不和谐重担——只因你不愿约束感官冲动，任由你的情绪世界沦为来去不定的破坏性力量的玩物。

You, who with such pride have held to the purity of your physical bodies, might well think of how loosely you have governed your inner vehicles through the ages. Those inner vehicles are as much a part of the temple of the Most High Living God as is the flesh garment, and more so, because at so-called death, the substance that composes your physical body goes back to the various elements to which it belongs, while your mental, emotional and etheric bodies are the garments that your soul wears when you stand before the Karmic Board, and the records written therein will comprise your book of life—not the flesh. The flesh body is actually the innocent repository for the indulgences of the inner bodies, which bodies should be held in check by the indwelling ego who, in the final analysis, is the real culprit and is the one held responsible before life.

你们执着守护肉身洁净，却不妨反思，无量世以来，你们对内在载体何其疏于管束。这些内在躯体与肉身一样，同属至高永生上帝圣殿的一部分——甚至更为重要，因为在所谓的“死亡”时刻，构成你们肉体的物质会回归到它所属的各种元素之中，而你们的心智体、情绪体和以太体，则是你们的灵魂站在业力法庭之前所穿的“衣袍”，其中记载的记录将构成你们的生命之书——而非肉身。肉体实际上只是内在身体放纵欲望的无辜容器，这些内在身体本应受到内在“自我”的约束；而归根结底，“自我”才是真正的罪魁祸首，也是在生命面前被追究责任的那一方。

Beloved ones, remember as you think of the water element and as you have opportunity to concentrate on the control of storms, excessive rains, tidal waves, and other elemental disturbances, I am as close to you as you will allow.

亲爱的人们，当你们观想水元素，有机会专注掌控风暴、暴雨、海啸与其他元素灾变之时，请记住：只要你们允许，我便与你们近在咫尺。。

Through the use of the Violet Transmuting Flame, your inner bodies have had more purification than they have had in all the centuries before the fall of man.

通过运用紫罗兰色转化火焰，你们的内在身体所经历的净化，已超过人类堕落前所有世纪的总和。

Now, beloved ones, I would ask you—after you have placed all these discordant thoughts and feelings, with their resultant conditions, in the Violet Transmuting Flame, please do not resuscitate them again through allowing your attention to dwell on their imperfection.

此刻我恳请诸位：在将所有这些不和谐的思想和情感及其引发的状况都置于紫罗兰转化火焰之后，切莫再反复回想那些缺憾，令负面浊质死灰复燃。

Remember me as you go about your daily affairs, and accept the purity and freedom which I am.

在处理日常事务时，请记住我，并接受我所代表的纯净与自由。

God bless you, beloved ones.

愿神赐福于你们，亲爱的人们。

DECREE TO PURIFY ELECTRONS

净化电子的谕令

Beloved mighty presence of God I AM, within my beating heart, the source of my very life, I call in your name, love, wisdom, power and authority, to the beloved Saint Germain and beloved Neptune, to keep instantaneous, eternally sustained and ever‑ expanding, oceans of the Violet Fire of Freedom's Love, sweeping up, in, through and around my entire being and world, especially my emotional body.

驻于我跳动之心、我生命本源的大能挚爱“我是”神性临在，我奉你的圣名、圣爱、智慧、大能与权柄，呼请挚爱圣哲曼与挚爱尼普顿，愿那承载自由之爱的紫罗兰圣火化作无尽火海，即刻涌现、恒久存续、不断延展，席卷、充盈、穿透、环绕我的整个存在与我的世界，尤其我的情绪体。

Let that Flame of the Sacred Fire loosen, dislodge, and then transmute into pure light essence, all those “wedges” of heavy, dark substance, replacing them, as they are transmuted, with the pure light substance and feelings of my own Holy Christ Self, forever sustained and ever expanding.

愿这道圣火松解、剥离所有那些厚重黑暗质料形成的“楔状物”，并将其转化为纯净光之本质；在转化之处，以

我内在神圣基督自我的纯净光之质与内在感受取而代之，使之恒久维系、持续延展。

Let my Holy Christ Self now take immediate, complete and eternal command, control and possession of my entire being and world, and let it live in, through and around me. Let me truthfully say, “It is no longer I that live, but Christ, who liveth in me.”

此刻，愿我的神圣基督自我即刻、完整、永恒地统御、掌管并拥有我的整个存在与我的世界，愿祂居于我之内、贯穿于我、环绕于我。让我真诚宣告：“如今活着的不再是我，乃是基督活在我里面。”

That which I call forth for myself, I call forth for all mankind, everywhere, and especially for the water element, which has been man's obedient servant and faithful friend, all down the ages.

我为自己所呼求的一切，也为普世全人类呼求，尤其为水元素——世世代代，它都是人类顺从的仆人与忠实的挚友。

Let the water element be now permanently purified and set free from that which God never meant to be!

愿水元素此刻得到永恒净化，摆脱一切非上帝本意的事物！

I consciously accept this done RIGHT NOW, with full power!

我有意识接受即刻就以全部力量完成此事！

ADDRESS BY BELOVED ARIES

挚爱的阿里斯的开示

Introduction

前言

Our love and gratitude extends to the beloved Aries and the sylphs of the air! It is our earnest prayer that unascended mankind may quickly come to a conscious understanding of all that the AIR ELEMENT has meant to them in the course of their many lives upon this planet.

我们向挚爱的阿里斯与众风之精灵献上爱与感恩！我们恳切祈祷，尚未扬升的人类可以尽快清醒领悟，在这颗星球的诸多世生命历程中，风元素对他们究竟意味着什么。

Glorious Aries! For the control and command of the air spirits, holding them from destructive expression in their endeavor to retaliate against the pollution of your kingdom by the mankind of Earth—we are so grateful!

荣耀的阿里斯！是你统辖众风之灵，约束它们，不让它们因地球人类污染你的国度而起报复之心、释放毁灭力量——我们对此满怀感恩！

The gentle readers are requested to think upon the gift of AIR—the breath, itself—and the various activities of the four great winds. Let these blessings call forth gratitude and blessings from your hearts. Then, see the response which that gratitude brings from those great beings, so little known and even less understood.

恳请各位静心思索风这份馈赠——也就是呼吸本身，以及四大主风的种种作为。愿这份恩典在你们心中唤起感恩与祝福，而后，你们将会看见：这份感恩会换来那些鲜少为人所知、更罕被理解的伟大存有的回应。

Thomas Printz, Editor

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PURPOSE OF AIR ELEMENT

风元素的使命

Address By Ascended Lady Master Aries

挚爱的女大师阿里斯的开示

I am Aries, the Spirit of the Air! I am the first visitor you had when you first took embodiment and your infant form accepted into your lungs your first breath from our Lord Maha Chohan!

我是阿里斯，风之圣灵！当你初次投生，婴儿胸腔吸入由我们的主玛哈乔汗赐予的第一缕生命气息之时，我便是第一位来到你身旁的存有！

This breath is the animating principle of the air element which enabled you to begin the rhythm of breathing, AND IT WILL SUSTAIN YOU IN A PHYSICAL FORM AS LONG AS YOU HAVE A SERVICE TO RENDER HERE.

这股气息是风元素赋予生命的活化本源，使你得以开启呼吸的节律；只要你在此地尚有使命要完成，这气息就会维系你的肉身形态。

AT THE CLOSE OF YOUR EARTH LIFE, this breath will be returned again unto myself, through the kind offices of the Maha Chohan. Therefore, I am very close to you, beloved ones, the very, very first visitor whom you accepted of your own free will, that acceptance bringing with it the responsibility for the use of life and its resultant karma.

当你的尘世生命走向终点，这股气息会经由玛哈乔汗的慈悲接引，重归到我这里。所以，亲爱的，我与你们十

分亲近，我是你们凭着自身自由意志接纳的第一位访客；而这份接纳，也随之带来善用生命、承担相应业果的责任。

The breath of life is offered to many. A goodly number of new infants born from the womb of woman refuse to accept that breath, and, standing at the very threshold of a new life, return again into the realm of the unborn. To those of you who were brave enough—whose Holy Christ Selves were determined enough to, and whose outer consciousness was constant enough to grasp the breath of life, to you I am grateful!

生命的气息被赐予众多待投生灵魂。不少婴孩脱离母体之后，拒绝接纳这股气息，停留在新生的门槛，重新回到未降生的灵界。而你们足够勇敢，你们内在的神圣基督自我心志坚定，外在意识也足够稳固，承接了这生命气息，我向你们致以感恩！

I am the servant of your light! All of the breath you desire is yours to fashion from it your beautiful melodies and songs—to fashion from it the spoken word, and to utilize it as the motivating power by which all the activities of the physical form are performed.

我是你们内在之光的侍奉者！你所能取用的全部气息，都可以被你化作优美曲调与歌声，化作口中言语；肉身一切行动，也都以气息作为驱动力量。

YOU HAVE NOT KNOWN, YOU HAVE NOT TOUCHED THE HEM OF THE GARMENT OF POWER WHICH IS WITHIN YOUR CAPACITY TO DRAW FROM THE AIR AND THE ETHERS THE NOURISHMENT, THE SPIRITUAL STIMULUS, THE ETERNAL YOUTH AND BEAUTY, THE VITALITY AND FIRE WHICH AWAITS THE MAGNETIC PULL OF YOUR FREE WILL, AND THE EXPANSION OF ITS QUALITIES THROUGH YOUR FLESH BODY. Those who have even surfacely studied the control of the breath, know something of the buoyancy, the vitality, the refreshment that is within it. HOWEVER, FEW THERE ARE IN THE WEST WHO HAVE DRAWN FROM THE AIR ELEMENT THAT SUBSTANCE OF FIRE WHICH IS THE “ELIXIR” FOR WHICH MANKIND HAS SOUGHT THROUGH THE AGES. By its use, one may regain eternal youth and beauty, indestructible health, strength and energy, transforming the flesh body into a translucent form of light!

你们尚且未曾认识，甚至尚未触及那大能衣袍的衣角：凭着你们的能力，借着自身自由意志的磁吸感召，就

可以从大气与以太之中汲取滋养、灵性启发、永恒的青春与美、生命力与圣火，并让这些特质透过你的肉身向外舒展。即便是粗浅修习过调息的人，也能体会呼吸之中蕴含的轻盈、生机与清透之感。然而在西方，少有人能够从风元素之中汲取那火之质料——那便是人类世世代代苦苦寻觅的“长生灵药”。运用它，人可以重获永恒青春与美好、坚不可摧的健康、力量与活力，将肉身转变为通透的光之形体。

Through your loving cooperation in the Transmission Classes of our Lord, the Maha Chohan, you are taking the first steps toward controlled breathing—the inbreathing, absorbing, expanding and projecting of your breath. With the help of the Almighty Father of us all, you shall develop greater efficiency in the use of the breath and in the absorption of its God- qualities and powers for your own benefaction!

在我们的主玛哈乔汗主持的圣光传导共修中，你们带着爱同心协作，踏出了调息的第一步：吸气、吸纳、扩展、呼出你的气息。在全能天父的助佑之下，你们会越发善用呼吸，吸收呼吸之中的神圣特质与大能，使自身获益。

You are like individuals within a storeroom filled with gold, crying that there is lack and poverty! IN THE AIR YOU HAVE EVERYTHING— EVERYTHING REQUIRED—TO SUSTAIN THE HUMAN FORM, TO VITALIZE IT, TO QUICKEN THE VIBRATION OF ITS ELECTRONS AND TO REDEEM IT. If you will experiment with this, I shall assist you to bring back into the organism of your flesh form the perfect rhythm which you once knew. We shall also bring it back into the etheric body, back into the emotional world, and into the mental body as well, for when you abide within the natural rhythm of your being, you can know no tension, distress, disease, or limitation of any kind. IT IS MERELY BECAUSE YOU HAVE BROKEN THE NATURAL RHYTHM OF YOUR INNER BODIES AND FLESH FORMS THROUGH DISCORD AND INHARMONY, THAT YOU FIND YOURSELVES SUFFERING UNDER CERTAIN PRESSURES WHICH ARE WEIGHTS UPON YOU AT PRESENT.

你们就好比人身处堆满黄金的库房，却哭喊自己匮乏贫穷！大气之中，具备维系人体、赋予生机、加速体内电子振动、完成肉身救赎所需的一切。倘若你愿意亲身实践，我会协助你，让你的肉身有机体恢复你原本拥有的完美节律。我们也会将这份节律恢复到以太体、情绪体与心智体之中；当你安住于生命本然的节律，就不会再有紧

绷、苦痛、疾病或是任何形式的束缚。正是因为失衡与不和谐扰乱了你所有内在身体与肉身的本然节律，你如今才会承受种种重压带来的苦楚。

During this class, we are honored by your recognition of our reality, your invitation to us to be with you, and your loving gratitude to and for our various elements. The upreaching of your energies through the veil of maya (discordant creation) allows us to render service to every human being upon the planet, and to cosmically transmute a certain portion of destructively- qualified energy in the mass strata of discordant thought and feeling, which form the effluvia of your planet.

在本次共修之中，承蒙你们认可我们的真实存在，邀请我们前来相伴，并向诸元素献上满怀爱意的感恩，我们深感荣幸。你们向上升腾的能量穿透幻相之幕（一切失衡造作），令我们得以护持协助世间每一个人，以宇宙大能转化行星大气中，由集体负面心念情绪堆积而成的毁灭性能量。

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Naturally, beloved ones, mankind have used air through the ages. From the time the first root race descended, every lifestream breathed free, pure air into its lungs. After the coming of the

“laggards” from other stars and the distress of the shadows created by discordant thought and feeling, every lifestream has breathed out some poison into that pure, fresh air, which was prepared for you by myself and the mighty sylphs who work with me in this service.

诚然，亲爱的，人类世世代代都在使用空气。初代根种族降临之时，每一条生命之流都将自由纯净的空气吸入肺腑。但当来自其他星辰的“落伍者”降临，不和谐的念头与情绪造出阴影、带来苦难之后，每一条生命之流，都会向这份由我与协同履职的大能风之精灵为你们预备的洁净空气中呼出部分毒素。

Can you conceive of the magnitude of that service for one lifestream, alone? Placed within a room into which there was not an infiltration of oxygen, an individual would eventually destroy himself by his own polluted breath. You know that! What think you, then, of the billions of lifestreams on this Earth today who, through the mercy of life, breathe in energy, vitality and light, and breathe out—how many times a day— polluted substance and waste matter? This is the imposition placed upon the breath of life through discordant thought, feeling, and etheric consciousness, as well as flesh waste, all of which must be purified and redeemed by

the nature spirits through the night hours, so that the individual may receive the next day's supply.

单单针对一条生命之流，你能想象这份服侍的分量有多么宏大吗？倘若把一个人放在无法补充氧气的密闭房间，他最终会被自己呼出的污浊气息所害。这点你们心知肚明！那么想一想，如今地球上数十亿生命之流，承蒙生命的恩典吸入能量、生机与光，一天无数次呼出污浊质料与代谢废弃物，这意味着什么？失衡的思想、情绪、以太意识，再加上肉身代谢废物，都给生命气息加上了重担。这一切，都必须由自然精灵在夜间净化转化，众生次日才能再次吸入洁净空气。

That is the service performed by the air elementals upon the planet Earth—keeping the atmosphere clean and clear, using the purifying powers of the Sacred Fire, the use of which you are now being taught.

这便是地球风之精灵日复一日的职责：运用圣火的净化大能维持大气洁净澄澈，而你们如今也正在学习运用这份力量。

By purification, this Sacred Fire changes the quality of the air by raising the vibration of the exhaled breath of the inhabitants of the planet, both man and beast.

经由净化，这圣火提升这颗星球一切生灵——人与野兽——呼出气息的振动频率，以此改变空气的质地。

IF THE SYLPHS AND THE DIRECTORS OF THE AIR CURRENTS SHOULD DISCONTINUE THEIR SERVICE, EVEN FOR ONE TWENTY‑FOUR HOUR PERIOD, THERE WOULD BE NO NEED FOR THE INGENIOUS METHODS OF DESTRUCTION CONCEIVED IN THE HUMAN MIND TO DESTROY THE RACE, FOR THEIR BREATH—NOT PURIFIED BY US—WOULD ASPHYXIATE THEM IN A SHORT TIME, DUE TO THE CEILING PLACED AROUND THE EARTH WHICH LOCKS IN ITS ATMOSPHERE.

倘若风之精灵与气流统领停止服侍，哪怕仅仅二十四小时，人类心智构想出来的种种精巧毁灭手段都将毫无用处。因为地球外围设有屏障锁住大气层，失去我们的净化，众生自己的呼吸很快就会让全体生灵窒息。

When you rise in the morning to a shining new day, when you breathe in pure, crystal light, and when you feel your bodies renewed in strength and energy—then gratitude to the air element and the beings that govern it, is surely in order! For the few people who are even cognizant of this service, there are billions who are not! There are billions of people who take air, water, sunshine and God's good Earth, for granted, billions of people who use the gifts

of the elements, pushing aside, as superstition and mythology, the existence of the directors of those elements. More foolish still, instead of accepting a directing intelligence who governs these tremendous forces, they attribute the regulation of the tides, of the light of the Sun, of the harvest, of the air, to chance and "happenstance!"

当你清晨迎来崭新明亮的一天，吸入水晶般纯净的光之气息，感到肉身重获力量与活力之时，理当向风元素以及执掌风的存有献上感恩！知晓这份服侍的人寥寥无几，数十亿人对此一无所知。数十亿人把空气、水、阳光与神所赐予的美好大地视作理所当然；他们享用元素的馈赠，却将执掌元素的存有斥为迷信与神话。更为愚昧的是，他们不肯承认有智慧存有统御这些宏大力量，反倒把潮汐节律、日光、收成、大气流转全部归为偶然与"机缘巧合"！

Beloved ones, those who speak of God without form, an Intelligence without definite focus, those who speak of "happenstance," have not thought deeply! From the smallest business or the smallest religious organization, to the greatest national government or world order, there is always a focus of intelligence directing its activities, as well as other lifestreams cooperating with it in an endeavor to make the service in which they are engaged as successful as possible.

亲爱的朋友们，那些说神无形无相、智慧无定所、万物皆偶然的人，从未深入思索宇宙真相！小至商铺、小型修行团体，大至大国政权、全球秩序，凡事皆有核心智慧统筹一切运作，还有其他生命与之协作，力求把所从事的服侍做到圆满。

As below, so above!

人间如是，天界亦然！

The great, infinite source of all life—the Universal First Cause—from which we all came into being, has intelligence, focus and form!

孕育一切生命的无限太初本源，自有圆满智慧、核心意志与圣体形态！

Although his radiation is universal in its aspect, this Great Intelligence, in kindness, has delegated to those of us who have qualified for service with him, the opportunity of developing our individual momentums and powers to help the evolutions on various planets and to nourish the spiritual seed which is within the hearts of all men.

祂的辐射遍及寰宇，这份伟大智慧怀着慈爱，将机会授予我们这些具备资格与祂协同服侍的存有，让我们发展

各自的势能与大能，协助各个星球的生命演化，滋养所有人心中的灵性种子。

Would not the God of love be selfish, indeed, if he were to deny his creatures and creations opportunity to serve with him to widen the borders of his kingdom? Would it not be strange behavior in an all- loving being, were he to insist upon encompassing all of creation himself, without the cooperative endeavors of angels, devas, Masters and Directors of the elemental kingdom, thus dwarfing opportunity for others and their ability to serve? Oh, no! The God who made us in the beginning, made us FREE! He meant every one of you within this room, all mankind, and every one of us who has evolved along different lines and on different stars, to be free!

倘若慈爱的神，不让受造之物同祂并肩耕耘、拓展神圣国度，那才是狭隘自私。倘若全然大爱的神，凡事独揽，不借天使、天人、扬升上师、元素界指导者的协作完成造化，岂不违背祂爱的本性？那样会剥夺一切生命进行灵性服务、履职的机会。绝不如此！创世之初，神便赋予众生自由意志！祂愿在座每一位、全人类，以及所有在不同星辰、不同道路演化的生命，皆得自由。

He gave us life from his own great cosmic heart, gave us the power to think, feel and use his own living body to experiment with life energy. Thus, one may create for oneself momentums which would be efficacious in expanding the Father's kingdom, or one may create for oneself the shroud of human distresses, in which the majority of mankind find themselves engulfed today!

祂从自己浩瀚的宇宙之心赐予我们生命，赐予我们思考、感受的能力，允许我们运用祂的生命本体去历练生命能量。由此，人既可以造就有助于拓展天父国度的正向势能，也可以编织人类苦难的裹尸布——如今大多数人类都深陷其中。

When the individual finally becomes master of all the energy in and around him, then his call does come, and he ascends into his own eternal freedom—into the Electronic Body of his own I AM Presence. At this time, such a one brings to the Spiritual Hierarchy the harvest of his experimentation with life, his mastery. If he has been serving with the planet Earth, he comes before the beloved Lord Gautama (formerly the Buddha, but now the mighty Lord of the World, having qualified himself to assume Sanat Kumara's holy office).

当一个人最终掌控自身内外全部能量，扬升的时刻便会到来，进入属于自己的永恒自由，融入自身“我是”临在

的电子圣体。到那时，他会把自己历练生命得来的成果、所修成的掌控能力呈交给灵性圣团。如果他一直在为地球服侍，就会来到挚爱的乔达摩世尊面前——祂从前是佛陀，如今是大能世界之主，已具备资格承接圣纳特·库玛拉的神圣职分。

The Great Central Sun found Helios and Vesta both capable and worthy of using the centripetal and centrifugal force, with enough power of divine love and control of energy to not only create, but sustain a planetary scheme. Thus, they were vested with the authority and power to so create.

伟大中央太阳认定赫利俄斯与维斯塔，有能力、配得运用向心力与离心力，拥有足够的圣爱大能与能量掌控力，不仅可以创造，还能够维系一整套行星体系。于是，二者被授予相应的权柄与大能，来完成这份创造。

Helios and Vesta then designed a plan for the creation of the planets of their system and placed it in the living bosom of a Cosmic Silent Watcher, who guards it to this day, as an architect holds the blueprint for his building.

之后赫利俄斯与维斯塔为他们星系内的行星设计了创造蓝图，将这份蓝图安放在一位宇宙静默守望者鲜活的怀

中；这位守望者至今守护这份蓝图，如同建筑师保管建筑的设计图纸。

Next came the Elohim and with them the directors of the forces of the elements, all cooperating jointly in the evolution of the vegetation of the Earth, the water element, the nature kingdom and the fecundating power of the fire element on each planet of our system.

随后耶洛因与众元素力量的统领一同降临，彼此协作，照料我们星系每一颗行星上的植被演化、水元素、自然王国，以及火元素的孕育生发之力。

These planets were destined to be inhabited by certain spirit sparks from the hearts of Helios and Vesta, who were to form the nucleus of the lifestreams that would evolve upon them.

这些行星注定承载源自赫利俄斯与维斯塔本心的灵性火花，这些火花构成了在行星上演化的生命之流的核心。

Thus was I called to represent, create, and sustain the atmosphere around the planet Earth and to keep purified, vitalized, and ready for acceptance, that energy which mankind would breathe into themselves. In representing the air element, I held within my very being every sylph representative of that kingdom, quiescent and awaiting direction to go into service.

于是我受召代表风元素，创造并维系地球周遭的大气层，使人吸入的能量保持净化、活化，随时可供吸纳。作为风元素的代表，我的整个存在之中容纳了该王国每一位风之精灵使者，它们安静待命，等候差遣前去服侍。

My twin flame, who works with me, is the great God Thor. His energy is the “drive” of the atmosphere, and he controls the spirits of the four great winds.

与我协同共事的双生火焰，便是大能的索尔。祂的能量是大气的驱动力，统御四大风之灵。

The beautiful Spirit of the East Wind brings the rain where needed and withholds it where it is not (as your decree so aptly puts it). He moves the cloud formation from one place to another to allow the release of Neptune's gift of rain.

优美的东风之灵，按需降雨，无需之处便止住雨水，正如你们的谕令所言。祂推动云团迁移，使尼普顿所赐的雨水得以降下。

The great West Wind brings the refreshing, drying zephyrs after rain, drying up the excess waters and returning them, through evaporation, to the sun for purification.

浩荡的西风雨后送来清爽干燥的和风，蒸发多余积水，水汽经由蒸腾交还给太阳净化。

The beloved Spirit of the South Wind carries the balmy radiation of ease and peace, while the strong North Wind carries the purifying blanket of snow with which he covers the Earth, giving it a certain nourishment, as well as beauty. On a sparkling morning after a snowfall, when the sun rises upon a crystal world of purity, perhaps some of Earth's evolving spirits can remember back to the time when the planet itself was so pure.

挚爱的南风之灵，散播安适与平和的和煦辐射；强劲的北风之灵降下净化的雪幕，覆裹大地，既予大地滋养，亦赋予它美感。雪后晶莹的清晨，太阳照耀着纯净如水晶的世界，或许地球上部分演化中的灵性存有，能够忆起这颗星球原本便是这般纯净的时代。

We are the beings who released the pressures of energy through the wind which filled the sails of the boats that carried brave men and women on spiritual missions in the past, that carried the boats from Atlantis before she sank beneath the waves. Ours was the pressure of energy which drove the boat of the brave Serapis to Luxor, and the other boats to their respective destinations. We are the spirits of the air, who filled the sails of the ship which carried beloved Mother Mary and the Holy Grail to England, carrying the blessing of the Christ to Glastonbury. We were the pressure and power of air which drove the ships of

Columbus across the sea and brought him to the shores of the Americas.

往昔，那些肩负灵性使命的勇士扬帆远航，亚特兰蒂斯沉没之前的船只出海远行，都是我们释放的风力充盈船帆。正是我们的能量推力，将勇士塞拉皮斯的航船送往卢克索，也将其他船只送往各自目的地。当年挚爱的圣母玛利亚携圣杯乘船前往英格兰，把基督的祝福带到格拉斯顿伯里，船上的风帆也是由我们充盈。哥伦布横渡大洋抵达美洲海岸，驱使航船前进的，正是我们的风之力量。

We are the spirits of the air who have been invoked, utilized, and blessed by many sons and daughters of men. We have also been cursed by some of these same sons and daughters of men when, sometimes, the elemental life in the air was stirred to rebellion through man's discord, and the sandstorms that swept across the deserts pelted the burning sands into the faces of the pilgrims, bringing great distress.

许许多多人类儿女，曾经呼求、运用、祝福过我们风之灵。可我们也曾被同是这群人中的部分个体所诅咒：有时，人类内在的不和谐搅动大气里的元素生命，令其兴起逆反，沙尘暴席卷荒漠，灼热沙砾击打朝圣者，带来深重苦难。

We are the beings whose element is held within the cyclone, the hurricane, the typhoon—those tiny, intelligent and faithful beings who, now, through your great and mighty calls, are being freed from imprisonment there.

旋风、飓风、台风之中，都有属于我们王国的元素生灵；它们微小、有觉知、忠心耿耿，如今借着你们宏大有力的呼求，得以从风暴的禁锢之中获得解脱。

In the name of life, as you think of the great element of air that surrounds your Earth, we ask you to bless and bless and bless it, calling on the Law of Forgiveness for mankind's abuse of it for so long! THEN, WHENEVER THE GREAT COSMIC LAW PERMITS THE INSTANTANEOUS ANSWERS TO YOUR CALLS TO PREVENT DESTRUCTIVE CATACLYSMIC ACTIVITY, WE SHALL ASSIST YOU BY PLACING OUR HANDS UPON THE STORMS AND STILLING THEM. In every way possible, we shall endeavor to prevent destructive cataclysmic activity caused by undue air pressure.

我奉生命之名恳请你们：当你们凝望环绕地球的宏大风元素时，请再三祝福它，呼求宽恕法则，赦免人类长久以来对风元素的滥用！只要伟大的宇宙法则许可，你们呼求阻止毁灭性灾变之时，我们就会出手平息风暴，即刻回应。我们会竭尽所能，避免异常气压带来毁灭性灾变。

The air currents of the planet Earth move like rivers. Your scientists have discovered this to some extent, and they plan to send up man‐ made “satellites” which will revolve within those air currents. By means of these, they hope to explore the moon, the planet Mars, and other celestial bodies. Their man‐ made plans are good, except for the fact that the axis of the Earth is changing, and as that change occurs, the air currents are shifted. Therefore, the man‐ made satellites that are planned to move within established currents would be shifted in like manner and, losing the gravity pull of Earth, would be disintegrated in outer space.

地球的气流如同江河一般流动。你们的科学家对此已有部分认知，计划发射人造“卫星”，顺着这些气流绕行。他们希望借此探索月球、火星以及其他天体。这份构想本身并无不妥，但地轴正在发生变化；地轴一变，气流也随之偏移。因此，那些计划沿原有气流运行的人造卫星，也会一同偏移，失去地球引力，最终在外太空解体。

This is something the scientific world at large does not know, but it is something which you know, and with all the experiments that your scientists are making to reach the other planets of the system, it is well to remember that the Earth is a shadow star. THE THOUGHTS, FEELINGS AND HUMAN CONSCIOUSNESS

OF HER PEOPLE ARE SUCH THAT THERE HAS BEEN A PROTECTIVE RING OF ENERGY PLACED AROUND HER, WHICH KEEPS HER EMANATION FROM POLLUTING THE OTHER PLANETS OF THE SYSTEM TO WHICH SHE BELONGS. NOTHING CAN PASS THROUGH THIS "RING- PASS- NOT" BUT HARMONY AND LOVE. YOU MIGHT SAY THAT THE PLANET EARTH IS "IN QUARANTINE," and the air- men (bless their sweet hearts) who plan to get out of that quarantine will never do so until they become transmuted in nature, and thus rendered incapable of contaminating, through the radiation of their human consciousness, the other portions of the solar system, of which the Earth is a member.

这是主流科学界尚不了解的真相，而你们已然知晓。当你们的科学家不断尝试抵达星系其他行星之时，请谨记：地球是一颗受阴影笼罩的星球。居住其上的人类的思想、感受与意识，使得地球外围设立了一道能量防护环，隔绝地球的负面流溢，避免污染所属星系的其他行星。唯有和谐与爱，能够穿透这道"不可逾越之环"。可以说，地球正处在"宇宙隔离"之中。那些想要突破这层隔离的航天研究者（愿他们心怀美好），除非自身本性得到转化，不

会再凭借人类意识的辐射去污染太阳系其他区域，否则永远无法真正突破隔离。

Now, beloved ones, as the axis of the Earth is in the process of being restored to its original position, it is being accomplished as carefully as possible, because, as you know, the least jar would upset the ocean currents, the gas belts, the surface of the Earth, and the air currents in the atmosphere. Yet, although these cosmic changes are taking place rhythmically and according to cosmic cycles, your magnificent decrees are essential, not only for the peace of the elemental life, but for the safety and comfort—without disturbance—of all the evolving life upon the planet.

亲爱的，如今地轴正在回归原本的方位，整个过程被尽可能审慎地推进。你们知道，哪怕一丝震动，就会扰乱洋流、地层气带、地表形态与大气气流。虽然这些宇宙变迁按照宇宙周期有节律地发生，你们宏大的谕令依旧至关重要：这不仅关乎元素生灵的安宁，也关乎这颗星球上所有演化生命的平安与舒适，免受扰动。

If we are given the authority by unascended mankind (through their decrees and calls) to act in their worlds, we shall most assuredly do so!

倘若尚未扬升的人类借着谕令与呼求，授予我们介入他们世界的权柄，我们必会照此施行！

If we are given the authority to act in a planetary measure, we shall do that also, and use all our efforts to adjust the movements of the Earth, which is now beginning to respond to the centripetal force of love from the hearts of the God- parents, Helios and Vesta, in the Sun, who are now sending out the call to the planets of their system—"Come home!"

倘若人类授予我们行星层面的行事权柄，我们也会全力施行，竭力调校地球的运行。如今地球已经开始回应太阳之中神性双亲——赫利俄斯与维斯塔——心中发出的爱的向心力；祂们正向所属星系的行星发出呼召："回家吧！"

FOR EVERY MOVEMENT IN THE READJUSTMENT OF THE PLANET, THE BELOVED DIANA, NEPTUNE, VIRGO AND MYSELF, TOGETHER WITH ALL THE BEINGS THAT COMPOSE OUR KINGDOMS, WILL ENDEAVOR TO MAKE THE NECESSARY CHANGES AS PEACEFUL AND HARMONIOUS AS POSSIBLE—PROVIDED YOU MAKE THE CALLS.

在这颗星球每一次轨迹调整之中，挚爱的黛安娜、尼普顿、维尔戈与我，连同我们各个王国的全体存有，都会竭力让一切必要的变迁尽可能平安和谐——前提是你们发出呼求。

Now, we come to “calculus” again. Nearly everybody likes literature. Many people enjoy botany, drawing, music, and so on, but when we get into deeper work like calculus, the students' minds are apt to wander a bit (you see, I know them well). However, let us be alert now for a few minutes longer!

现在，我们再来讲“精微的宇宙法则”。几乎所有人都喜爱文学，不少人热爱植物学、绘画、音乐等等；但当进入类似推演演算这般更深层的主题，学生们就容易心神涣散——这点我十分了解。但请大家再凝神专注片刻！

For the purpose of analysis, let us take the upper figure on the chart and call it a magnified electron. This electron, coupled with others of the same family, responds to the pull of divine love which is its core. This is the centripetal force of science. That core is the magnetic power of divine love, which has drawn the electrons from the universal (where they have danced and played, enjoying full freedom), submitting themselves willingly to an imprisoned form of life for love's sake, in answer to the magnetic

call of love from within the heart of the directing intelligence who wishes to express life in some form or another.

为便于分析，我们把图谱上方的图示视作一枚被放大的电子。这枚电子和同类电子一同，受其核心之内神圣之爱的牵引。这就是科学所说的向心力。这个核心就是神圣之爱的磁能：电子原本在宇宙之中自在舞动嬉戏，享有全然的自由；它们响应那想要以某种形态彰显生命的指导智慧心中发出的爱的磁吸呼召，出于爱，自愿进入受限定的生命形态之中。

All of the electrons move around a central core of love, just as the planets of our system move around the sun. What is this core of love? It is the immortal flame of some God- intelligence which has decided to create form in some sphere. Through the direction of a thought by that flame of God, into the atmosphere, a tiny heart flame is created. This is the centripetal force of divine love, which, in turn, magnetizes the light essence, thus forming the electrons. These electrons comprise the form of every idea conceived by the directing intelligence of the being who desires to become a co- creator with God, through thought and feeling.

所有电子都环绕爱的核心运转，就如同星系的行星环绕太阳运行。这个爱的核心究竟是什么？它是某位神圣智

慧存有的不朽火焰，祂决意要在某个次元创造有形之物。这神圣火焰生出一念，投射到空间之中，就形成一枚微小的心焰。这便是神圣之爱的向心力；它磁吸光之本质，由此造就电子。这些电子构成了每一个由指导智能所构想的形态——该存有渴望通过思想和情感，成为与神共同创造者。

As these electrons follow each other around their central core, their speed is determined by what the directing intelligence governing them wishes to manifest. For instance, if the desired precipitation is gold, the speed of the electrons around the core is very rapid. If the desire is for a baser metal, the speed of the electrons is proportionately slow. However, whether the speed be fast or slow, all is done in perfect rhythm, the directing intelligence regulating the speed according to the manifestation desired.

电子沿着轨道环绕核心运转，运转速度由统管它们的指导智慧想要显化的事物所决定。举例来说，如果想要显化黄金，电子环绕核心的转速就极快；如果要显化普通金属，电子转速就相应更慢。但无论快慢，一切都处在完美节律之中，指导智慧按照想要达成的显化来调节电子转速。

For instance, the beloved Victory enjoys experimenting with precipitation. You have been told that he changes the appearance of his temple frequently. If he chooses to create the dome of his temple in yellow diamonds, he merely qualifies the electrons with the speed, color, and vibratory action desired, and the result is a dome of yellow diamonds.

举个例子，挚爱的维克托瑞上师喜爱试验物质显化。你们听说过，祂会频繁变换自己圣殿的样貌。倘若祂想要圣殿穹顶由黄钻构成，祂只需赋予电子对应的转速、色彩与振动模式，穹顶就会变成由黄钻铸就。

If the beloved Victory chooses a pink dome the next day, he changes the ratio of the speed of the electrons, qualifies them with the desired color, and a pink dome for his temple results.

第二天，如果挚爱的维克托瑞想要粉色穹顶，祂就调整电子的转速配比，赋予目标色彩，圣殿就会出现一座粉色穹顶。

ALL ELEMENTAL LIFE SUBSTANCE HAS BEEN COMMANDED BY THE FATHER TO OBEY THE FLAME OF GOD IN THE HEART OF HIS CHILDREN.

天父已经下达命令：一切元素生命质料，都要顺服祂儿女心中的神圣火焰。

When a God- free being is finished with a specific creation, he releases the electronic light which composes it, back into the universal, unless it is something that he feels should live as a permanent manifestation.

当一位脱离束缚的神圣存有完成某一项特定创造之后，除非祂希望这份造物永久留存，否则就会把构成造物的电子之光释放，回归宇宙本源。

You see, life essence is held so priceless by Ascended Beings, that they do not utilize or imprison the electrons except for a very specific purpose, and do not cause them to remain in form longer than the requirement of the manifestation demands.

要知道，扬升存有把生命本质视为无上珍宝；若非有着明确特定的目的，它们不会随意驱使、禁锢电子，也不会让电子困在形态之中超过造物本身所需要的时限。

When that is done, these electrons are blessed. They have expanded their light by service to life in obedience to the intelligence that drew them forth. They are then given opportunity for greater service, becoming builders of form, if they so desire. However, many do not respond to this invitation from life, but those that do, go on to great heights through experience and service.

当使命完成，这些电子就会得到祝福。它们顺服感召自己的智慧存有，服侍生命，自身的光也得到扩展。之后，它们会获得承担更宏大服侍的机会；如果自身愿意，就可以成为形体的建造者。但许多电子并不会回应这份来自生命的邀约，而那些愿意回应的，就会借着经历与服侍抵达更高境界。

This is one portion of the Law with which all free- will individuals agree—that is, that there is no possibility of every expression of life not getting a just reward for service rendered (if you have ever been concerned about that).

这是一切拥有自由意志的生命所认同的宇宙法则之一：一切生命表达，只要付出服侍，必会得到公义的回报，无一例外——倘若你曾为此心存疑惑，记住这一点。

Dear hearts, along this line, may I digress for a moment and say that I know it seems very difficult to labor so hard, seeing the rest of mankind abiding in comparative peace, with the hurricanes diverted, the erupting volcanoes quieted, the people going on their merry way, while a few blessed students are “sweating,” straining, and struggling to make the calls which bring these things to pass. It is sometimes very difficult not to question yourselves as to whether you are some of “God's fools,” or not!

亲爱的，顺着这个话题，请容我稍作引申。我知道这件事何等艰难：其余人类活在相对的安宁之中，飓风被偏转，喷发的火山归于平静，世人照常欢乐度日；而少数蒙福的修行者却要殚精竭虑，奋力发出呼求，促成这一切的发生。你们有时难免会自我怀疑，自己是不是成了“上帝的傻瓜”。

Blessed ones, it was ever thus! It was ever thus! There is no such thing as “happenstance.” All is scientific. Every ounce of energy, every “jot and tittle” you expend is accounted for, and you, and you alone, have the glory and reward for your service, deposited in your Causal Body. Every decree you have given, every step toward God that you have taken, every ounce of energy that you have ever used to persuade the souls of men to step forth upon the path—all these are “treasures laid up in Heaven” for you.

蒙福的人们，世世代代皆是如此！世间没有所谓机缘巧合，万事都遵循宇宙法则。你付出的每一分能量，每一点滴，都会被记录；这份服侍带来的荣耀与奖赏，唯独属于你，被存放在你的因果体之内。你诵出的每一篇谕令，向神迈进的每一步，你用来唤醒他人踏上灵性道路的每一分心力，都是为你积攒在天国的珍宝。

Now, to return to the electrons that compose your own bodies— these responded to the immortal flame within your hearts when you were first projected forth from your God- parents. The electrons in that First Sphere responded, and your White Fire Body was created, which vibrates so rapidly that it can only be seen by the God- free beings.

言归正传，再说构成你身体的电子。当你最初从神性双亲那里被投射而出，这些电子就回应了你心中的不朽火焰。第一重光球之中的电子应声聚合，造就了你的白火圣体；它振动速度极快，唯有挣脱束缚的神圣存有才能够看见。

The electrons in every sphere through which you passed, responded as the heart flame consciously descended and took upon itself the obligation to incarnate in this physical world.

当你的心焰有意识地向下沉降，承担起投生这个物质世界的责任之时，你途经每一个次元当中的电子，都会随之响应。

The emotional body is also composed of electrons, swinging around their central core. The mental body responded in like manner, and the etheric body responded also. The etheric body, however, is made up of finer ethers.

情绪体同样由电子构成，电子环绕它的核心旋转。心智体、以太体也是以同样的方式由电子构成；只不过以太体是由更为精微的以太质料组成。

Now, what exactly is the etheric body's service to life? It is your book of memory, and within it is recorded every experience you have ever had, all through the ages, whether it be constructive or otherwise. Every time a beam of energy passes out from you, it sets up a cause, and an effect ensues. By the Law of the Circle, which is irrevocable, the effect returns and makes either a “star” or a “scar” on the etheric body. The etheric body has accompanied you since you first took incarnation upon this Earth. In that etheric body is a record of all your experiments with life—all your victories, all your witnesses of a transfigured Christ and an Ascended Christ, a gracious Mary and an Ascended Buddha. In it, are also recorded all the iniquities of yourself and the unhappy experiences with your fellowmen, all through the centuries.

那么以太体对生命的功用究竟是什么？它是你的生命记忆之书。世世代代，你的一切经历，无论有益或是有害，全部记录在其中。每当有一束能量从你向外发出，就种下一个“因”，随之生出对应的“果”。依照不可撤销的循环法则，果会回到你身上，在以太体上留下“星印”或是“伤痕”。自从你第一次在地球投生，以太体就一直与你相伴。

你的一切生命历练都记录于此：你的一切灵性得胜，你亲眼见证的基督变容、基督扬升、慈恩的玛利亚、扬升的佛陀。同时，你自身一切过犯，世世代代与他人之间种种痛苦经历，也全部记录在以太体之中。

What has all that done to the etheric body? It has done the same thing it did to the mental and emotional bodies—it has driven shadows into the spaces between the electrons, and formed the pie- shaped wedges of dark, heavy substance, which have been previously alluded to in other addresses during this class. This has lowered the vibration of the electrons and dimmed the radiation of their light. It has also driven into the etheric body bitter resentments, lack of faith, and other qualities of a negative nature. The soul, when it later meets similar conditions, many times reacts in a similar manner as before, remembering previous experiences through the momentums of the past registered in the etheric body. However, the conscious, determined use of the Violet flame (the Violet Fire of freedom's love, mercy, and compassion), can and does dislodge those disillusionments, rebellions, jealousies (their names are legion), from the etheric body.

这些会对以太体造成什么影响？和心智体、情绪体所遭受的一样：阴影被挤压进电子之间的空隙，形成扇形、

楔状的厚重黑暗质料——本次系列开示的其他讲章中已经提到过它们。这会降低电子的振动频率，削弱它们的光辐射。怨怼愤恨、信心匮乏以及其他负面特质，也一并烙印在以太体上。之后灵魂遇到相似境遇之时，常常会重演旧日的反应，以太体封存的过往业力习气，会唤醒旧有的经历记忆。但是，只要有意识、坚定地运用紫罗兰圣火——那承载自由之爱、怜悯与慈悲的紫罗兰圣火，就能够将失望、悖逆、嫉妒以及数不胜数的同类负面印记，从以太体之上剥离清除。

At the time of so- called death, when the soul leaves the flesh body behind, it goes before the Karmic Board in the etheric body. Before this takes place, however, the soul mercifully passes through a river of Violet Fire (referred to in Greek mythology as the River Styx). In this way, as much as possible of the substance of its miscreations is transmuted. However, many of those etheric records (as beloved Morya said) still remain like corrugated welts, driven into the etheric vehicle. It is to remove as many of these records as possible at this time, that we have given our energies tonight and during this entire class.

在所谓的死亡时刻，灵魂舍弃肉身，携带着以太体来到业力议会面前。但在此之前，灵魂会蒙受怜悯，渡过一

条紫罗兰圣火之河，希腊神话中将它称作斯堤克斯冥河。借此，灵魂大部分错误造作形成的质料会得到转化。但正如挚爱的摩利亚所说，许多以太层面的记录，依旧如同凹凸不平的伤痕，深深刻在以太载体之上。今夜，以及这一整期共修，我们倾注力量，就是为了尽可能消除这些印记。

If you will just let go of the memories of imperfection, even in this life alone, and ask your Holy Christ Self to help you let go of every memory of injustice, failure and distress of every kind that you have ever experienced (which are registered in the etheric body), the Holy Christ Self, in cooperation with a brother from the Ascension Temple, will give you the needed assistance.

只要你愿意放下一切不完美的记忆——哪怕仅限于此生——并且呼求你的神圣基督自我，帮助你放下所有记录在以太体上，你曾经历过的不公、失败与各样痛苦记忆，神圣基督自我就会与扬升圣殿的圣者协作，赐下你所需要的帮助。

Now, lovely ones, as my allotted time is about up, may I suggest that you BREATHE THE GOD- GIVEN AIR DEEPLY—AND LOVE, OH, LOVE THE SPIRITS OF THE AIR. Know that Aries and Thor are always with you, in the air you

breathe and the drive of its energy, and that we always stand ready and willing to respond to your slightest call.

亲爱的，分配给我的宣讲时间即将结束。我恳请你们：深深吸入神所赐予的空气，去爱，尽心去爱众风之灵。请知晓，阿里斯与索尔始终与你们同在，就在你呼吸的空气之中，在空气奔涌的能量动力之中；只要你发出最轻微的呼求，我们时刻预备、乐意回应。

Thank you, beloved ones, and good night!

谢谢亲爱的诸位，晚安！

Aries 阿里斯

DECREE TO BLESS SYLPHS

祝福风元素的谕令

Beloved mighty victorious presence of God I AM in me! Oh thou beloved Immortal Threefold Flame of Eternal Truth within my heart! Holy Christ Selves of all mankind! Beloved Helios and Vesta! Beloved Aries and Thor!

驻于我之内，得胜大能的“我是”神性临在！噢，存于我心中，承载永恒真理的不朽三重圣焰！全人类的神圣基

督自我！挚爱的赫利俄斯与维斯塔！挚爱的阿里斯与索尔！

In your name, love, wisdom, power and authority, I call for the sylphs of the air in the atmosphere of Earth. I ask you to bless, bless, bless them, the sylphs of the air, without limit, in ways the unascended consciousness of mankind does not know and cannot understand.

我奉诸位的圣名、圣爱、智慧、大能与权柄，呼求地球大气层之中的众风之精灵。恳请你们无尽再三赐福这些风之精灵，用尚未扬升的人类意识无从知晓、无法领会的方式赐福它们。

Purify these beloved beings, who have served mankind so long and labored under the weight of mankind's discord and impurity. Seal each one, this instant and forever, in an oval of Violet Transmuting Flame (at least three times larger than their own size), and keep that oval of Violet Flame filled with the fragrance of violets.

净化这些可爱的存有，它们长久服侍人类，背负人类失衡与不洁带来的重担。就在此刻，将每一位精灵永久封存于紫罗兰转化圣火形成的光罩之内；光罩的体积至少是

精灵自身身形的三倍，让这层紫罗兰圣火光罩始终充盈紫罗兰的芬芳。

Expand that blessing a thousand- fold more each day, until the atmosphere of our planet is crystal clear, and every sylph is eternally FREE from that which God never meant to be!

愿这份祝福每日千倍扩增，直到我们这颗星球的大气澄澈如水晶，每一位风之精灵都永远摆脱一切非上帝本意的事物！

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

我以全然力量，有意识接纳此事即刻已然完成！（重复三次）

挚爱女扬升上师维尔戈（大地女神）开示

ADDRESS BY THE BELOVED LADY MASTER VIRGO (GODDESS OF EARTH)

INTRODUCTION

前言

To you, oh beloved Virgo, mother of the planet Earth, do our blessings flow, on behalf of the mankind evolving thereon, as well as the elemental life and the animal kingdom that live on your bounty. To you, beloved lady, do we extend our sincere gratitude for the gracious hospitality you have extended to these expressions of life!

挚爱的维尔戈，地球之母。我们代表地球上所有演化人类，以及仰赖您的馈赠而生的元素生灵与动物王国，向你倾注满满的祝福。亲爱的女神，对于您慷慨包容所有这些生命的呈现，我们致以最诚挚的感恩！

It is our hope that this address will bring its gentle readers a greater understanding of the unparalleled service you have

rendered all through the long ages since the planet first came into existence.

我们祈愿，这份致辞能够让心怀温柔的读者更深地领会：自这颗星球最初诞生以来，漫漫岁月之中，您所付出的那份无可比拟的奉献。

It is our decree that mankind, so acquainted with the generosity, patience and unremitting love of the Great Spirit that governs the Earth, may be moved with desire to assist in the restoration of the purity, the perfection, and the grace that it (the Earth) once expressed.

我们持诵祈愿：世人皆熟知执掌大地的伟大圣灵的慷慨、忍耐与无尽圣爱，愿众生心生愿力，一同协助大地重归昔日纯净、圆满与神圣恩典。

MAY THIS PERFECTION—WHICH IS THE WILL OF GOD MADE MANIFEST—EXPRESS IN THE VERY SUBSTANCE OF THE PLANET EARTH THIS DAY! SO BE IT!

愿这份彰显神之旨意的圆满，今日便全然显化于地球实体本质中！如所祈愿！

Thomas Printz, Editor

编辑：托马斯·普凌茨

PURPOSE OF EARTH ELEMENT

土元素的神圣使命

Address By The Beloved Lady Master Virgo (Goddess Of Earth)

挚爱的女扬升上师维尔戈（大地女神）开示

I am the mother of this planet, and the cosmic mother of all the mankind evolving thereon to a certain extent, beloved children, for your vehicles are partially composed of the elements that make up my own body. It was my privilege to be among those who answered the invitation of the beloved Helios and Vesta for free beings to assist them after they were vested with the power and authority to create a planetary scheme.

亲爱的孩子们，我是这颗星球的母亲，并且在某种意义上，也是于其上演进的全体人类的宇宙之母。因为你们的生命载具，有一部分正是由构成我本体的元素所组成。当挚爱的赫利俄斯与维斯塔被赋予力量与权柄，开启一项行星演化蓝图之后，我有幸与一众自由存有一同响应了他们的召唤，前来协助这份伟业。

Their invitation brought together the Elohim, the Silent Watchers, the Directors of the Forces of the Elements, and other Cosmic Beings who had heard the call and chose within

themselves to offer their momen- tums of love and light to the Sun God and Goddess of the new system. They offered for acceptance the particular gifts, powers, qualities of en- ergy and magnetization of light that might be utilized for the formation, development, externalization and sustenance of the planets that were to be brought into manifestation.

他们的邀请汇聚了埃洛希姆、沉默的守望者、元素之力的掌管者，以及其他听到召唤并从内心选择将爱与光的动能奉献给这个新星系的太阳神与太阳女神。他们呈上各自独有的天赋、权能、能量特质以及光之磁化力量，以供取用；这些能量将用于那些待显化行星的创生、演化、具象显现与长久维系。

From among the beings who thus offered their services, the beloved Pelleur—my twin flame—and myself were chosen to create the platform upon which mankind might stand. That platform was created, beloved ones, in the manner that has been described to you so frequently, that is, by the coalescing of the electrons around a central core, which forms the atoms, the atom, in turn, vibrating at a speed which would withstand the weight of the people.

在所有自愿奉献的存有当中，挚爱的佩勒尔 —— 我的双生火焰 —— 与我，被拣选出来，共同创造出人类得以立

足的平台。亲爱的孩子们，这个平台的创造方式，早已多次向你们讲述过：也就是电子围绕一个中心内核凝聚，从而形成原子；而原子则以特定的速率振动，使之足以承受人类肉身的重量。

Now, as expressed in your lovely song, “Beloved Virgo,” the Earth, itself, as well as the etheric and physical bodies of the people, emanated light, and there was no shadow upon them at any time, when the great Lord Michael and the first root race came to Earth. There had not yet been intruded into the forcefields around the atom, any of the discord and heaviness which came after the Earth had accepted the “laggards” from the other stars.

正如你们那首优美的歌曲《挚爱的维尔戈》所吟唱的那样：当伟大的大天使迈克尔与第一根种族降临地球之时，地球本身以及人类的以太身体与物质肉身，皆向外散发光芒；他们身上在任何时候都没有阴影。那时，原子外围的能量力场之中，尚未侵入任何不和谐与低频能量；这些负面振动，是在地球接纳了来自其他星系的「落伍者」之后才出现的。

Therefore, to create the continental surface for the people of Earth, we did condense electronic light, but we did not have to slow down the speed of the electrons to their present vibratory

action. That came later, through human discord. At that time, because of the very rapid revolution of the electrons around the central core of each atom, the Earth was brilliant, translucent and crystalline. The bodies of the people felt the buoyancy of light from the center of the Earth, as well as the radiation from the beloved Aries and the beloved Neptune, and even from the Sun, itself.

因此，为了给地球人打造大陆地表，我们凝聚了电子之光，却无需将电子运转速率降低至如今的振动频率。电子振动的减速，是在日后经由人类的不和谐振动才发生的。在那个远古时期，由于电子环绕每个原子的中心内核高速旋转，地球闪耀明亮、通体半透，如同水晶一般。人类的身体能够感受到来自地心之光所带来的轻盈升扬之力，同时也接收着挚爱的阿瑞斯、尼普顿，乃至太阳本体所散发的辐射能量。

However, as time went on, and after the “laggards” had come and the mankind on Earth had absorbed into themselves the shadowed thoughts and feelings in which these individuals indulged, the bodies of the Earth people became heavier and more dense, and I might say that this density has become more pronounced as time progresses.

然而，随着时光流转，在落伍者到来之后，地球上的人类渐渐吸纳了这群存有所沉溺的、蒙上阴影的思想与感受；人类的身体于是变得愈发沉重、稠密。可以说，这份物质的厚重密度，随着时间推移而不断加深。

As you have been told, these “laggards” were individuals who were not harmonious enough to advance with their own stars in a procession toward the cosmic goal for which they were created (the ultimate perfection of which even Alpha and Omega, themselves, are not fully cognizant).

正如你们早已听闻的那样，这些「落伍者」，便是那些振动不足以与自己所属星体一同前行、奔赴那份创世所赋予的宇宙终极目标的存有；（那终极的圆满，就连阿尔法与欧米伽自身，亦未能完全领悟)

As their native stars progressed, these recalcitrant lifestreams were forced to withdraw, not being able to stand the higher vibrations into which their “home” planets had advanced, and would have become what is called “planetary orphans” (which might be likened to people on Earth who make themselves unfit to become or remain citizens of any country), if our dear Earth had not offered them homes and habitations here, to her later sorrow.

当他们原本所属的星体不断进阶扬升之时，这些执拗叛逆的生命流便被迫离开；他们无法承受母星已经提升至的更高振动频率。倘若我们挚爱的地球未曾向他们敞开大门、给予栖身之所，他们本会沦为所谓「星际孤儿」——这好比地球上一些人，因自身所作所为，使得自己不再有资格成为或是继续保有任何国家的公民身份。而这份接纳，日后却化作了地球的伤痛。

As the shadowed thoughts and feelings of these visitors began to go forth into the atmosphere, they created an effluvia or “smog” which, in time, penetrated into the consciousness of the “innocents” (the Earth people). This, of course, lowered the vibratory action of the electrons which formed the atoms of the mental, emotional, and etheric bodies of the people, and, as all these vibrations find their final repository in the flesh, it was inevitable that the flesh bodies of the inhabitants of Earth would be likewise bogged down.

当这些访客那蒙上阴影的想法与感受，开始向外释放、涌入周遭的能量场域之时，便生成了一股浊气，或称「灵性雾霾」。久而久之，这层浊气侵入了「纯真者」（也就是地球本土人类）的意识。这自然降低了构成人类心智体、情绪体与以太体原子中电子的振动频率。而由于

所有这些振动最终都汇聚于肉体之中，因此地球居民的物质身体也不可避免地一同陷入沉重迟滞的状态。

Then, in mercy, we, who represent the guardians of the landed surface of the Earth, had to lower the vibrations of the electrons composing its atoms, so that it could sustain the heavier weight of its evolutions— but still holding the pure and perfect focus of the God-essence, or light, within the central core of the electrons, which arrangement remains to this present day.

于是出于慈悲，作为地球地表守护者的我们，不得不调低构成地球原子的电子之振动频率，好让大地能够承载已经变得沉重的演化生命；但我们依旧在电子的中心内核之内，持守住神圣本质（亦即圣光）那份纯净圆满的焦点。这样的设定，一直延续至今。

Through the long ages that have been since that time, mankind has continued to impose upon the substance of our beautiful planet that which they call “soil”—well named, indeed! However, for your comfort, let me say that in the fulfillment of God's divine plan, all of Earth's substance shall one day again become the glory and perfection of Freedom's Star.

自那时起的悠悠岁月之中，人类不断地将你们称之为「尘土」的能量印记施加于我们这颗美丽星球的物质之上

—— 这名字，实在恰如其分！然而为宽慰你们，我要说：当神圣的天父的计划圆满成就之时，地球上的所有物质终有一日将重归「自由之星」那份荣光与圆满。

Now, today, beloved children, we are acknowledging the purification of your physical bodies. Most of you know that all of your bodies function in ovoid form, each body composed of the element to which it belongs.

亲爱的孩子们，就在今日，我们见证并认可你们物质肉身的净化进程。你们当中大多数人都知晓：你们的所有身体都呈卵形运作，每一层身体都由其所属对应的元素所构成。

The flesh from is the smallest of these bodies, being placed within the center of the etheric body, which interpenetrates it. The mental body is outside of that, the emotional or feeling world occupying the outermost position—each body interpenetrating the one inside it for a certain distance, but all four forming a perfect ovoid. You will understand, then, that as the light descends from the Electronic Presence through what is called the “silver cord,” it passes through the emotional, mental, etheric, and physical bodies (in just that order) and anchors within your physical heart.

肉身是这几层身体之中最小的一层，坐落于以太体的中心，以太体与肉身彼此相互穿透。心智体在以太体之外，情绪体（也就是感受之域）居于最外层。每一层身体都会向内渗透内侧那一层身体一段距离；四层身体合在一起，构成一个完整完美的卵圆形结构。由此你们便能明白：当光芒自电子临在经由那条被称作「银线」的通道降下时，它会依次穿过情绪体、心智体、以太体、物质肉身，并锚定在你物质心脏之内。

You have been told that if the flame within the heart (the Holy Christ Self in action) is not allowed absolute control of that flow of energy, these various bodies will, like ill-trained animals, rush to seize that energy and use it for their own selfish ends, before the master of the household (the Christ Self, who dwells within the flame in your heart) may designate to what purpose that energized life shall be directed and released.

你们早已听闻，倘若心中之火（正在运作的神圣基督自我）未能获得那股能量流的绝对掌控权，这几层身体便会如同未经驯服的野兽，抢在家之主人（居于你心中火焰之内的基督自我）尚未指定这股充满力量的生命该朝向何种目标去输送与释放之前，就急忙攫取这份能量，将其用于自身自私的目的。

As we have worked with you all through this class, we have attempted to purify your bodies, dislodging from the emotional, mental and etheric vehicles, the accumulation of shadows which you have drawn into the forcefields around the electrons forming the atoms of those inner bodies.

在本次整套课程之中，我们一直与你们协同工作，致力于净化你们的身体，将你们积聚在情绪、心智及以太载体中的种种阴影清除出去——这些阴影曾被你们吸引进内层身体原子外围电子力场之中。

Now, today, while I am speaking to you, we are endeavoring to render this same service for your flesh body, to allow a purer flow of light from your I AM Presence into the immortal Threefold Flame within your heart, so that from now on, the Holy Christ Self within you will—in cooperation with the outer mind—be the conscious director of your emotional body—how much of God's energy it is wise to bestow upon it, what virtue the lifestream was destined to contribute to the planet through it, and no more!

就在今日，当我向你们讲话的此刻，我们正竭力为你们的肉身提供同样的净化服务，好让一股更为纯净的光流，自你们的「我是临在」流入你心中那不朽的三重火焰。如此，自此刻起，你内在的神圣基督自我，将与外在

心智协同合作，成为你情绪体有意识的掌控者：决定应当向情绪体注入多少神圣能量才是明智之举，以及这条生命流注定要通过它为地球贡献何种美德，不再过度挥霍。

Then, in cooperation with the Holy Christ Self, you should decide how much of the God-energy shall be devoted to constructive mental pursuits and how much to the creation and sustainment of the thought images you wish to bring into manifestation, being careful not to again allow the mental body to conjure up those constant pictures of a dis- cordant nature, which steal so much of your precious energy, even at times when you are trying to have a quiet moment or enter sleep.

而后，你当与神圣基督自我协作，决定将多少神圣能量投入具有建设性的心智活动，又拿出多少能量去创造、维系那些你渴望显化出来的意念图景。同时务必谨慎，不可再放任心智体不断幻化出种种不和谐的画面；这类念头会窃取你大量宝贵的能量，即便是在你想要静心休憩或是准备入眠之时，也依然如此。

Under this supervision, your mental body will take its place as a constructive creative center, receiving from the Divine Presence those ideas which it would like to manifest upon the Earth. It will then cooperate with you and create out of the

universal light, any form to which you direct its attention. It will have no traffic with the intrusion of the discordant thoughtforms of others, or the thoughtforms that your mental body conjures up in its idle moments, when the conscious mind is off guard.

在此督导之下，你的心智体便会归位，成为一个富有建设性的创造中心，从神圣临在那里接收祂希望在地球上显化的理念。随后，它将与你合作，利用宇宙之光，创造出你引导其关注到的任何形式。它不会受到他人不和谐思想形态的侵扰，也不会受到你在意识松懈时，心智体在闲暇时刻自行构想出的思想形态的影响。

The mental, emotional and etheric bodies of mankind have been like untrained children—they have rudely seized upon the God-energy and, without the authority or direction of the Christ Self or even of the outer consciousness, have filled your temples (bodies) with imperfection. The example of the beloved Jesus clearing the temple of impurity in his day, is symbolic of the very service which we are endeavoring to perform for you today.

人类的心智体、情绪体与以太体一直如同未经管教的孩童。它们蛮横地攫取神圣能量，既没有获得基督自我的授权与指引，甚至也不受外在意识的管控，于是便将你们的圣殿（即身体）充满缺憾。挚爱的耶稣当年清除圣殿中

污秽与不完美的举动，正是我们今天正努力为你们所做的服务的象征。

As much as the Great Law has permitted, we have cleansed your emotional bodies of the accumulation of discord from the past. We have removed the causes and cores of discord, which have stimulated your emotional bodies (through etheric memories) to create similar destructive habits of feeling again.

在伟大法则所允许的范围之内，我们已经净化了你们情绪体之中长年累积的过往不和谐印记。我们移除了那些不和谐能量的根源与核心，正是它们（经由以太记忆）不断刺激你的情绪体，一再生出具有破坏性的情绪惯性。

These accumulations have been removed from you this week, through the power of the mighty Astrea—and the same service has been rendered for every individual all over this planet, who has been conscious of and sincerely participated in consciousness in this class. Let me repeat the words of our beloved Jesus, "According to your faith, be it done unto you." If you can accept it, you are free this hour from all past discord! Of course, through free will, you can re-create it immediately, but I ask you now, in the most holy name of God, I AM, to accept this gift of purification from us this hour! (Audience rises in gratitude and appreciation).

本周，借着大能阿斯特瑞雅的力量，这些积淀印记已从你们身上移除。对于地球上每一位有意识地参与并真诚投入本次课程的个体，我们也提供了同样的服务。让我重述至爱耶稣的话语：“依你所信，为你成全。”只要你愿意接纳，此刻你便脱离了一切过往的不和谐！当然，凭着自由意志，你可以立刻重新造出它。但此刻，我奉至圣“我是”之名，请你在此刻收下这份净化的礼物！（听众满怀感恩起身）

In a home, a parent dealing with the children who are the obligation of his lifestream, provides for them physically, emotionally, financially, and spiritually, to the best of his ability, and he wisely delegates the substance of his world to their welfare. This is the position you must take, beloved ones, with regard to the vehicles which the Holy Christ Self cre- ated for you in obedience to the fiat of your individualized I AM Presence. All your endeavors should be bent toward the fulfillment of the divine plan of that Presence, through the various planes of consciousness to which your four lower bodies belong while you have yet the time and opportunity.

在一个家庭当中，父母面对其生命流所肩负抚育之责的子女，会尽其所能，从物质、情感、财务和精神层面满

足他们的需求；并且明智地将自己世间的资源投入到孩子的福祉之上。亲爱的家人，对于神圣基督自我遵从你个体化「我是临在」的圣令而为你创造出的载体，你也必须采取同样的态度。趁你尚且拥有时间与机遇，你所有的努力，都应当通过你们四个低层身体所处的各个意识层面，来实现那“临在”的神圣计划。

Through the flame in your heart, you must become the dignified, balanced, poised master of your emotional, mental, etheric and physical bodies. As children will, those bodies will “clutch” at you for more than their share of attention, particularly so when they have been indulged for untold centuries of time.

经由你心中的火焰，你必须成为你情绪体、心智体、以太体与物质体尊贵、平衡、沉稳的主人。就像孩子一样，这些身体会“紧紧抓住”你，索取超出应得份额的关注，尤其是在它们已被纵容了无数个世纪之后。

The beloved Saint Germain has told you that a chronic disturbance within the flesh body is positive proof that the physical form has been given undue attention through the ages.

挚爱的圣日耳曼曾告诉过你们：肉身内的慢性紊乱，正是无数世代以来，你给予物质身体过度关注的确凿证据。

It is the same with mental obsessions, with emotional "fixations," and with etheric hatreds. They are all the result of the indulgence of your consciousness giving life too freely to the vehicles in question. Having become gluttonous in the use of that life, those vehicles no longer re- quest from you the authority to use your life energy—they rather rudely snatch it, without waiting for permission.

心智层面的执念、情绪上的固执，以及以太层的怨恨，亦是同理。这一切，都是你的意识过度纵容、太过随意地把生命力供给这些载体所造成的结果。这些载体在消耗生命力的过程中变得贪得无厌，便不再向你请求使用生命能量的许可；反倒会粗鲁地将其夺走，不等你的准许。

As the light from your beautiful I AM Presence flows into your heart, any one of those vehicles of yours (which happiness to be in ascendancy at the moment) and which is, perhaps, more alert and more indulged than the others, seizes it, and you have an emotional outburst, or a men- tal depression, before the outer conscious mind is even aware that the light, which it is its duty and prerogative to distribute intelligently among them, has been confiscated. If the etheric body is in the ascendancy for the moment, old memories of long-forgotten hates and fancied wrongs, will stir it into action, rousing with them the energies of the

emotional and mental bodies, and in a moment, there is turmoil which extends even into the physical body.

当来自你荣耀美好的「我是临在」之光流入你的心轮，你的诸多载体之中，恰巧此刻占据上风、或许相较其余载体更为活跃且长期被纵容的那一个，便会攫取这份光。于是，在你的外在显意识甚至还未察觉这份光芒已经被夺走之前，你就爆发了情绪，或是陷入精神抑郁。而外在显意识本有职责与特权，将这道光明智地分配给各个身体载体。倘若此刻以太体占据主导地位，那些早已被遗忘的怨恨旧事、自以为蒙受的委屈，便会被唤醒而开始运作，随之搅动情绪体与心智体的能量；转瞬之间，一场骚动就产生了，甚至蔓延至物质身体。

Now, beloved ones, your Holy Christ Self neither slumbers nor sleeps! It is your individual "Silent Watcher," created by your beloved I AM Presence when you applied for permission to take embodiment and become part of the activity of this physical world or some of the other stars or planets.

亲爱的诸位，你的神圣基督自我永不倦怠、从不沉睡！祂是属于你个人的「静默守护者」；当你申请获准投身肉身、来到这个物质世界或是其他星球参与演化之时，挚爱的我是临在便创造了祂。

Your Holy Christ Self is in charge of the dispensation of the light through your silver cord. Speak to it, and ask it to regulate for you and put in their perfect places—as instruments of the I AM—your vehicles, and thus no longer be servant, but master in your household.

你的神圣基督自我负责经由你的银线，掌管光芒的分配输送。向祂倾诉，请祂为你校准调控，将你的诸多载体，作为「我是」的工具，安置于它们完美的位置上。如此一来，你便不再是仆人，而是你内在家园之中的主人。

Blessed hearts, you are torn, torn, torn—by what? By the "members of your own household," that is, your own emotions, your own thoughts, your own memories, your own personal appetites!

蒙福之人，你被拉扯、拉扯、一再拉扯 —— 被什么呢？被你「自家的成员」，也就是你自身的情绪、念头、记忆，以及个人的欲望！

"Armageddon" does not have to go outside of the ovoid which forms your personal aura! Believe me, if everyone, with the exception of yourself, were wiped from the face of the Earth today, you would still experience Armageddon until you became Master of the life which flows to you. Why? Because the Godhead—through the instruments of your thoughts, feelings, memories and

physical bodies—desires to render some particular service in this world of form, which you alone can perform. The very moment that this service is completed and your divine plan fulfilled, that instant you shall be summoned “home,” with the purified essence of your four lower bodies finally absorbed into the body of your Holy Christ Self, and you stand forth at last a God-free being.

“哈米吉多顿”（译注：字面意思为“米吉多之山”，借用历史战场象征终极战场），并不需要发生在自身卵形光罩之外！请相信我，倘若今日除你以外所有生命都从地球上消失，你依旧会经历哈米吉多顿的内在交战，直至你成为那流向你的生命力的主人。何以如此？因为神性本源，想要借由你的思想、感受、记忆与物质身体这些器皿，在这个形相世界完成一份唯有你能够执行的特殊使命。就在这份使命完成、你的神圣计划圆满达成的那一刻，你便会被召唤 “归家”；你四个低层身体经过净化的本质，终将融入你的神圣基督自我之中，而你最终将作为一位彰显神之自由的存有。

Now, blessed ones, in regard to these atoms of which we have spo- ken so much, the same process which has been heretofore described to you in detail, takes place with regard to the physical body. The electron forming the atoms is intelligent, and it

obeys absolutely the Law of the Universal. These electrons were released from the bodies of Helios and Vesta, who had received their investiture and opportunity from the beloved Alpha and Omega (the beings in the Great Central Sun) to form a system.

现在，蒙福的诸位，关于我们已经多次谈及的原子，此前已经为你们详尽解说过的同一套运作过程，也同样发生在物质身体之中。构成原子的电子是拥有觉知的，并且全然服从宇宙法则。这些电子是从赫利俄斯与维斯塔的身体中释放而出；祂们从挚爱的阿尔法与欧米伽（居于伟大中央太阳之内的存有）那里获得授权与机缘，来缔造一个恒星系统。

When the fiat “LET THERE BE LIGHT!” went forth from the beloved Helios and Vesta, the beings in the Great Central Sun (Alpha and Omega) answered their call with light substance, and—”Behold, there was Light!”

当挚爱的赫利俄斯与维斯塔发出圣令：「要有光！」之时，居于伟大中央太阳的存有（阿尔法与欧米伽）便以光之物质回应祂们的呼召 ——「看哪，光就出现了！」

That light was comprised of beautiful electrons in the colors of the seven spheres, which had intelligent life within them, in the form of a tiny replica of the beautiful beings that called them

forth—Helios and Vesta—the creators of the new system that was about to be called into being. This light, this intelligence, forms the core of every electron.

那道光芒，由带有七重光球色彩的华美电子所构成；电子之内蕴含着智慧生命，其形态是召唤它们显现的神圣存有 —— 赫利俄斯与维斯塔 —— 的缩影，而祂们正是这一即将诞生的全新恒星系统的创造者。这道光，这种智慧，构成了每一颗电子的核心。

From the heart of the electron go forth beams of light which form its forcefield, and these electrons are what is loosely called, “the unformed,” meaning they have not yet been coalesced into an atom, but exist in mi- nute microscopic proportions.

从电子的核心放射出光束，形成了它的力场，这些电子被泛称为“未成形之物”，意指它们尚未凝聚成原子，而是以极其微小的形态存在。

Now, in the realm of each Chohan where these electrons form the atmosphere, the heart of each tiny sphere of light is like a mirror, and they usually reflect the Chohan of the realm in which they dwell, the an- gel with whom they are working or the temple in which they function. These electrons in their pure and perfect state, are charged by the Deity with the quality of implicit

obedience to the divinely-created intelligence that calls them forth, and they immediately mirror the likeness of that being in their core. Therefore, beloved ones, every expression of life up- on this planet is composed of countless numbers of these shining elec- trons, many of them called into the world of form carelessly, but each one stamped indelibly with the electronic pattern of the lifestream that called them forth. In calling for the purification of the planet and its evo- lutions, you are actually helping to free this beautiful imprisoned life, which is part of the body of God.

如今，在每一位乔汉的领域之中，这些电子构成了那里的气场；每一个微小光球的内核如同一面镜子，通常会映照出其所居领域的乔汉、与之共事的天使，或是它们履行职责的圣殿。处于纯净完美状态下的电子，被神性本源赋予了全然顺服的属性，会听命于召唤它们显现的神圣智慧，并且即刻便会在自身内核映照出那位存有的形相。因此，亲爱的诸位，这个星球上生命的每一种表现形式，都是由无数璀璨的电子所组成。其中许多电子是被随意召唤进入形相世界的，然而每一颗电子都被烙印上了召唤它的那条生命流永不磨灭的电子图样。当你呼求净化这颗星球及其所有演化生命之时，你实际上正在协助释放这些被禁锢的美好生命 —— 它们乃是神之身体的一部分。

These electrons are especially eager to respond to the call of divine love which is the centripetal force of the universe. Divine love is also the cohesive power which holds the universe together, and everything that is, has been, or ever will be, created in any universe, is done so by the power of that centripetal force, which is really divine love in action.

这些电子格外热切地回应神圣之爱的呼唤，而神圣之爱便是宇宙的向心力。神圣之爱同样是维系宇宙合一的凝聚之力；任何宇宙之中一切现存、曾经存在以及将要被创造出来的万物，都是借着这股向心力的力量而成形 —— 这份向心力，正是行动之中的神圣之爱。

The form of any manifestation is sustained as long as divine love is held within it. These electrons, then, responding to the call of divine love from the immortal Threefold Flame within your heart, form the atoms which make up your physical bodies. They are designed with the help of the builders of form and the body elemental, and formed into your vital organs, your skin and every atom and cell of your outer form.

只要神圣之爱留存于其内，任何显化的形体便能够得以维系。于是，这些电子回应你心中那不朽的三重火焰所发出的神圣之爱的召唤，构成了组成你物质身体的一个个原子。在形体建造者与身体元素灵的协助之下，它们被规

划塑造，生成你的重要脏器、皮肤，以及你外在形体当中的每一个原子与细胞。

The ratio of speed of the electrons which make up the atoms of your flesh body, differs in proportion to your evolution. There are more elec- trons in each atom of an individual who is of the angelic kingdom, than there are in those that form the body of a member of the human race. The elemental kingdom, again, carries a different number of electrons to the atom. For instance, there may be only nine electrons forming each atom in one body, perhaps as few as seven to others, while some may carry as many as twenty-four to the atom, the size of the atom depend- ing on the evolution.

构成你肉身原子的电子运转速率，会依照你的演化程度而有所不同。属于天使国度的存有，其身体内每一颗原子所含有的电子数量，多于人类肉身原子之中的电子数量。而元素国度的生命，其单颗原子所拥有的电子数目又另不相同。举例来说，某个生命的身体之中，每一颗原子可能仅由九个电子构成；另有一些生命的原子可能少至七个电子；还有一部分存有，单颗原子最多可以含有二十四个电子，原子的大小由其演化层级所决定。

Now, in the case of human beings, the speed with which the elec- trons move around the central core is determined by the amount of light which has been projected by the I AM Presence through the flame in the heart. IF CONTINUED DISCORD AND IN- HARMONY SHOCK THE ATOM, IT SENDS THE ELECTRONS OFF THEIR PRE- SCRIBED COURSE, AND CAUSES VARIOUS ORGANISMS TO BREAK DOWN WITHIN THE FLESH FORM. Repeated shocks of a mental, emotional or physical nature, do cause that which is known on the Earth plane as dis- ease, disintegration, decay, and even so-called death, itself. Therefore, beloved ones, through the cooperation of the flame of love in your hearts, the maintenance of harmony and peace within your feeling worlds will be sustained and will keep your electrons spinning around their core in a rhythmic motion, making your physical form radiate with peace and happiness and good will.This will keep you buoyant, vital, rested and active, as long as you remain in this physical world.

对于人类而言，电子环绕中心内核运转的速度，取决于「我是临在」经由心中火焰所投射出来的光芒总量。倘若持续不断的冲突与失衡震动冲击原子，便会使电子偏离被指定好的运行轨道，并造成肉身之内各类机体机能崩坏。来自心智、情绪或是肉体层面反复不断的冲击，就会

在物质地球上产生我们所熟知的疾病、瓦解、衰败，乃至所谓的死亡。因此，亲爱的诸位，借着你们心中爱的火焰协同运作，你内在感受世界之中的和谐与安宁得以维系；这会让你的电子以富有韵律的状态环绕内核旋转，使你的肉身散发出安宁、喜悦与善意的光芒。 只要你还处在这个物质世界之中，这便能使你常保轻盈舒展、精力充沛、休养充足且充满活力。

Individuals, like the Goddess of Light and others, who had passed through severe initiations, were able to sustain life in the physical bodies as long as they desired. They did so by merely learning the operation of this Law, regulating the rhythm of the electrons as well as governing the “staying power” of the core.

像光之女神及其他经历过严酷启蒙仪式的人一样，他们能够根据自己的意愿在肉身中维持生命。他们之所以能做到这一点，仅仅是因为掌握了这条法则的运作原理，调节了构成其原子的电子的节奏，并掌控了核心的“持久力”。

Now, this core within the center of your atoms is directed from the Holy Christ Self through the flame within your heart. That core remains just as long as self-conscious life and the

intelligence of God wills that form to remain, and just so long do the electrons move around it.

此刻，位于你原子中心之内的这一内核，是由神圣基督自我经由你心中的火焰来引导掌管。只要具有自我意识的生命和上帝的智慧愿意让这一形体留存，内核便会持续存在；而电子环绕内核的运转也将一直持续下去。

At the very instant the service is completed (for instance, if you have governed the energy in your four lower bodies and have finished your work for this embodiment) this core is drawn back into the flame within the physical heart and absorbed into the Christ Self again.

当使命服务圆满完成的那一刹那（举例而言，倘若你已经掌管好四个低层身体之中的能量，完成了本次投生所要执行的工作），这个内核便会被收回至肉身心脏之内的火焰，再度融入基督自我之中。

The core within the heart of your electrons, which is directed from your Holy Christ Self, is the centripetal force of divine love. In that core is the capacity to sustain life within the physical body, or to sustain any precipitation or manifestation. When the will of the individual withdraws the desire to sustain it, the core is

automatically removed, and disinte- gration of that particular form takes place.

你电子内核之中、由你的神圣基督自我所指引的核心，便是神圣之爱的向心力。在这一内核之内，蕴藏着维系肉身生命、或是维系任何能量沉降与显化的力量。当个体的意志撤回维持它的意愿时，内核便会自动撤离，而那个特定的形体就会开始瓦解消散。

That is why so many precipitations are never completed, because the will of the individual holding the original design relinquishes the necessary cohesive power of divine love, before the electrons fully coalesce— and when that impetus is released, the electrons automatically return to the “unformed.”

这就是为什么如此多的显化从未完成的缘由：承载初始蓝图的生命存有，在电子尚未完全凝聚成形之前，就撤回了神圣之爱那份必不可少的凝聚之力。而当这份推动显化的动力被释放，电子便会自动回归到「未成形」的状态。

I EXPLAIN THIS TO YOU FOR A DOUBLE PURPOSE— FIRST, TO REMIND YOU TO TRY TO KEEP YOURSELF HARMONIOUS AT ALL COSTS, AND RE- FRAIN FROM JARRING AND CHANGING THE VIBRATORY ACTION OF

YOUR ATOMS. We have “stepped them up” and have removed, as much as is possible for us to do at this time, the dark “wedges” which is the impure substance that you have charged into the atoms of your four lower bod- ies.

我向你们阐释这一切，有着双重用意 —— 第一，提醒你们要不惜一切代价努力维持自身内在的和谐，避免冲突、扰乱你们原子的振动活动。我们已经「提升了它们的振动频率」，并且在当下力所能及的范围之内，清除掉那些黑暗的楔状浊质—— 也就是你们注入到四个低层身体原子之中的不纯物质。

If you will now allow the natural rhythm of the perfection of your Ho- ly Christ Self to assert itself through sustained harmony in your feelings, together with consistent use of the Violet Transmuting and Ascension Flames, you will find youth sustained in the young, and restored perceptibly to those who have seemingly passed that stage. You will also realize tremendous, added vitality and perfect health in all your four lower bodies.

倘若此刻，你借着内在感受长久保持和谐，并持续运用紫罗兰转化火焰与扬升火焰，让你神圣基督自我那份完美的自然节律得以彰显；年轻人便能永葆青春活力，而那些看似已经度过青春阶段之人，青春也将明显地重回其

身。同时，你也将在自己全部四个低层身体之中，获得了巨大的额外活力与完美的健康。

Secondly, you will understand that any business activity, be it small or great, must have a central core. Likewise, any world order of a religious nature must have a strong heart center within it, if it is to survive. In this activity also, beloved ones, the “core” represents the heart of the movement, and all the individuals and groups that draw life and suste- nance from the heart, represent the electrons swinging around that core. What is felt in the core, the amount of divine love and centripetal force within the center, will determine the number of groups or “electrons” that can be drawn and held around that core. Every jar to the center is a jar to the periphery.

第二，你们将会明白，一切事业活动，无论规模大小，都必须拥有一个中心内核。同理，任何带有宗教属性的世间团体，若想要长久存续，其内部就必须具备一个强大的核心。亲爱的诸位，在这项活动中，「内核」便象征着这场运动的中心；所有自这个中心汲取生命与滋养的个人与团体，就如同环绕内核运转的电子。内核之中所蕴含的品质、神圣之爱与向心力的多少，将会决定能够被吸

引、稳固凝聚在核心周边的团体也就是「电子」的数量。每一次对中心的震荡冲击，都会连带冲击外围的一切。

On the other hand, the intelligence governing the outer electrons must take care that undue weight is not placed upon the electrons that form the heart center. A human body lasts only as long as the indwelling intelligence takes care of it, and this refers also to an outer business and, more particularly, to religious orders.

另一方面，掌管外层电子的智慧必须确保不会对构成核心的电子施加过度的压力。一具肉身能够存续多久，取决于内在智慧对它的照护程度；这条道理同样适用于外在的事业团体，尤其适用于灵性修行团体。

IT IS ONLY NATURAL THAT THE PRESSURE OF EVIL FORCES THAT DO NOT WISH TO SEE A WORLD ORDER ESTABLISHED, WILL NOT STRIKE AT THE PERIPHERY, BUT AT THE HEART. AN ORDER WHERE ANGELS, MEN AND MASTERS WORK HARMONIOUSLY, PRESENTS A READY TARGET FOR THESE FORCES, BUT IF THE HEART AND WILL WHICH IS WITHIN IT, AND THE FAITH AND LOVE THAT HAVE ATTRACTED THE “ELECTRONS” THAT MOVE AROUND IT AND SUPPORT AND UPHOLD IT (INDIVIDUALS AND GROUPS), BAND TOGETHER IN LOVE INVINCIBLE AND INVULNERABLE, NO OUTER

FORCE CAN TEAR DOWN THAT EDIFICE, AND NO EVIL CAN PREVAIL AGAINST IT.

那些不愿看见神圣秩序得以建立的黑暗力量，其所施加的攻击，并不会朝向外围，而是直指核心，这实属自然。一个由天使、人类与扬升大师和谐共事所组成的秩序，会成为这些力量现成的攻击目标。然而，倘若居于核心之内的心灵与意志，以及那份吸引、凝聚环绕其四周、支撑守护它的一众「电子」（也就是所有个人与团体）的信念与爱，以坚不可摧、无懈可击的爱团结在一起，那么没有任何外在力量能够摧毁这座灵性大厦，也没有任何邪恶可以胜过它。

That is the position in which Saint Germain's new activity stands to- day, beloved ones. The heart represents the love, the care, the protec- tion and the magnetization of those mighty powers which represent the Ascended Host of Light. The entire student body have drawn us into the lower atmosphere by their calls and by their love, and in this activity, as in every life expression, from the Godhead down to the smallest ele- mental, there must be a receiving and a giving. So, you see, beloved ones, that your unity and oneness should be such as that which exists between beloved Pelleur and myself, between Neptune and Lunara, between Helios and Vesta, between Alpha and Omega—all

serving har- moniously in that perfect combination of magnetization, receptivity and radiation, each one doing his own perfect work, “all for one and one for all.”

亲爱的诸位，这便是圣日耳曼全新使命事业当下所处的境况。这个核心象征着爱、关怀、守护，以及对扬升光之大军那股强大力量的磁化吸引。全体修习者借着他们的呼请与爱，将我们接引至低层气场之中。而在这项事业里，如同一切生命的显化表达一般 —— 从神性本源直至最微小的元素精灵，都存在着接收与给予的循环。因此亲爱的诸位，你们之间的合一状态，应当如同挚爱的佩勒尔与我、尼普顿与卢娜拉、赫利俄斯与维斯塔、阿尔法与欧米伽之间那样；所有存有都和谐地服务于磁化、接受与辐射活动的完美结合之中，每个人都完成自己完美的使命，实现“人人为我，我为人人”的境界。

Working this way in unison, beloved ones, you will be able to hold a centripetal force long enough for sanctuary directors, group directors and students to come to the heart center, as they came in bygone ages to Atlantis, where they may get instruction and the encouragement to go forth again, carrying the light into those places where they are individual- ly serving.

亲爱的诸位，当你们如此同心合一地运作，便能够长久稳固地持守这股向心力，使圣殿主事、团体带领者以及修习者得以回归心之中心。一如远古岁月里人们奔赴亚特兰蒂斯那样，他们于此领受教导与鼓舞，而后再度出发，将光芒带到各自所服务的地方。

Now, beloved children, I want you to feel as though you were riding daily on Apollo's chariot, with the reins of four beautiful, fiery steeds held in your right hand. See each of these steeds representing one of your lower bodies—your emotional, mental, etheric, and physical—but YOU, as the CHRIST, the charioteer, in full control, the lightest pressure of the reins turning your steeds, guiding your chariot right or left, but NEVER permitting any one of these steeds to get beyond your conscious control.

此刻，亲爱的孩子们，我希望你们去感受，自己每日乘坐在阿波罗的战车之上，右手紧握四匹华美烈焰骏马的缰绳。将这四匹骏马观想为你的四个低层身体 —— 情绪体、心智体、以太体与肉体；而你，作为基督，便是战车的驾驭者，全权掌控一切。只需轻轻一拉缰绳便可调转骏马，指引战车或左或右，绝不让任何一匹骏马脱离你的意识掌控。

Do this now, beloved ones, in the holy name of God. Call to me when you need assistance, and I will answer you. Remember, I have been your mother in every embodiment since you first placed your feet upon this planet.

亲爱的诸位，此刻，以神之圣名，行这件事。当你需要协助之时，呼请我，我必会回应你。请铭记，自从你们初次踏上这颗星球以来，在你每一世的化身之中，我一直都是你们的母亲。

God bless you, dear ones. VIRGO

愿神赐福于你们，亲爱的众生。维尔戈。

BELOVED VIRGO

挚爱的维尔戈

Virgo, lovely mother of our blessed planet Earth, Drawing forth light substance for her perfect virgin birth, Substance glowing brighter than the glory of the Sun;But that was in the early days when Earth had just begun. Earth sustained her beauty rare, for several million years; Sent her first rootraces home all free from doubts and fears. These were golden Ages, longed and prayed for by all men. Now—perfection comes again!

维尔戈，我们蒙福地球的慈爱的母亲，召引光之物质，成就祂圆满的神圣诞生， 那物质的光芒比太阳的荣光

更为璀璨；但那是在地球刚刚诞生的早期。地球维系着她那无与伦比的美，长达数百万年； 将她的首批根种族送回故乡，他们全然摆脱了疑虑与恐惧。 那是黄金时代，是全人类所期盼和祈祷的。如今——完美再度降临！

Then in love Earth offered to be host for other stars, Who, preceding Earth, were taught by advanced Avatars;From these stars came laggard souls, who, not evolving fast, And holding back light's victory, had to leave their homes at last; Coming to the Earth, they brought their shadows Earthward too, Through contagious radiation, all those shadows grew,Dimmed the light and perfect sight of all evolving here, All forgot their Source so dear.

而后，地球出于爱，收容其他星球的生灵，那些星球早于地球诞生，受高阶化身圣者指引；从这些星球而来的是“落伍者”的灵魂——因进化缓慢，阻碍圣光得胜，最终不得不离开母星；它们降临地球之时，也将阴影带到了这片大地，通过具有传染性的辐射，这些阴影不断滋长；遮蔽了此处所有进化生灵的圣光与完美灵视，所有人都遗忘了无比珍贵的神圣本源。

As the shadows lengthened o'er this dark'ning Earthly scene, The souls of men accepted discord ne'er before e'er seen, Shadows

grew and grew until not one on Earth was free, And even guardian spirits bright, forgot their victory.E'en the substance of the sea and air became despoiled, Virgo's lovely substance became most completely soiled— Lost its radiant beauty and absorbed discordant sound, making dark and heavy ground.

当阴影日益蔓延，人类的灵魂接纳了前所未见的不和谐，阴影不断蔓延，直至地球上再无一人自由，就连那些辉耀明亮的守护灵，也都忘了自己本有的胜利。就连海洋与空气的本质也遭到了玷污，维尔戈那可爱的本质更是被彻底玷污，失去了她那璀璨的美，吸收了不和谐的声音，使大地变得阴暗而沉重。

But Virgo's heart stayed light with love, strength and courage rare. As mothers will, she loved her child and tended her with care; Kept her breath of love and light expanding through each part, Held the Earth and all upon it in her blazing heart.Knowing surely that the light of God must win—What the Godhead outbreathed, It must once again breathe in, On that rhythmic movement, It— releasing light and love— Draws all to their home above.

可维尔戈的心依然因爱、力量和珍稀的勇气而保持轻盈。如同母亲一般，她爱着自己的孩子并悉心照料；她持

守着这份光与爱的呼吸并扩散至这片土地的每一处，用她炽热的心拥抱着地球及其上的一切。

她确信，上帝之光终将获胜—— 凡至高神性吐纳而出的万物，终会再度被神性收回，循着宇宙循环律动，神性释放的圣光与大爱将指引所有众生回归本源。

So today, our Virgo dear, victorious in God's light,How we love and bless the powers you've drawn from Heaven's height! Love you for the constancy and strength that you have,To raise the Earth and all thereon and make it happy, glad! We bow before your beauty and your confidence so sweet!Before your powers of light that keep the Earth beneath our feet. Make and keep us all you are in light's great victory won,Bless our Virgo, Central Sun!

今日，我们挚爱的维尔戈，已在神性圣光之中得胜，我们何等敬爱并祝福你从至高天界汲取的力量！因你那坚定不移的恒心与力量，我们深爱着你，你托起大地与众生，使世间满是安乐与欢欣；我们俯首敬拜你的绝美，以及你那份温柔笃定的信念！在你那守护我们脚下大地的光之力量面前，愿你将我们所有人塑造成你在光之伟大胜利中所展现的模样，祝福我们的维尔戈，中央太阳！

Decree For The Earth

净化大地的谕令

Blessed, beloved Virgo, Goddess divine and mother of our dear Earth! We, the unascended of mankind, in the name, authority, and love of our own beloved I AM Presence, most earnestly call on the Law of Forgiveness for all the devastation we have created upon your dear star! We call on the Law of Forgiveness for every shadow ever created here, and for all substance which has been thus despoiled.

蒙福挚爱的维尔戈，神圣女神、我们珍爱的地球之母！我们——尚未扬升的人类，奉自身“我是”临在之名、权柄与爱，以最诚挚的心呼请宽恕法则，赦免我们对这颗星球造成的一切伤害！呼请宽恕法则，赦免此地滋生的一切阴影，以及所有被污染的物质。

In the most holy name of God, our very own beloved I AM Presence, we call forth oceans and oceans of the Violet Transmuting Flame, in its most powerful transmuting action, to SWEEP, SWEEP, SWEEP in, through and around every cell and atom of our planet, all its elementals and all mankind! Let that flame blaze in overwhelming cosmic power, doubled each instant of each hour, under the direction and from the heart of our beloved Saint Germain, Lord of the Violet Fire, as well as from the hearts

of the beloved Portia, beloved Buddha, beloved Kwan Yin, beloved Zadkiel and holy Amethyst!

奉神圣本源之名、挚爱“我是”临在之名，我们召唤无穷无尽的紫罗兰转化火焰，以其最强大的转化之力，席卷，席卷，席卷这里，穿透并环绕星球的每一颗细胞与原子，覆盖所有元素生灵与全人类！愿这火焰以压倒性的宇宙力量熊熊燃烧，每时每刻力量倍增，由紫罗兰火焰之主挚爱圣哲曼执掌，以及源自波西亚、佛陀、观音、萨基尔与神圣的紫水晶之心！

Illumine all mankind belonging to the evolutions of this Earth, still unascended—whether in or out of embodiment at this time—concerning the merciful gift of this flame to all life, who will use it and help all to consciously, lovingly cooperate with its ever-present, tireless and limitless release, which makes all things right, as it is persistently called forth and its loving service accepted!

启迪这颗星球一切尚未扬升的人类（无论此刻是否投生肉身），让众生知晓这份火焰是赐予所有生命的恩典，愿他们运用这火焰，并帮助所有人有意识、满怀大爱与这永恒存在、不知疲倦且无边无际的释放力量协同合作，当这火焰被持续召唤，其充满爱的服务被接纳之时，万物皆能重归圆满。

Beloved Virgo, we love, bless and thank you without limit, for the gift of your life to us all in sustaining our planet as a platform beneath our feet so that we might have a place of habitation upon which to work out our individual and collective destinies.

挚爱维尔戈，我们无尽地爱着、祝福着并感谢你，感谢你献出自身生命，承载大地作为众生栖身之所，让我们在此完成个人与集体的神圣使命。

The persistent use of the Violet Fire, which we have called forth from above, shall redeem your and our sweet Earth, making it freedom's star, dazzling as the noon-day sun, in the full perfection in which it was created by the Seven Mighty Elohim, whom we also love, bless and thank for their great service to us all.

我们从上界召唤而来的紫罗兰火焰，其持续的运作，将拯救你与我们这颗美丽的地球，使其成为自由之星，如正午的太阳般耀眼，重回七位大能耶洛希姆创世之初的全然圆满。我们亦敬爱、祝福、感恩七位耶洛希姆为我们每个人所做的伟大服务。

We consciously accept this done RIGHT NOW (3) eternally sustained, all powerfully active and world engulfing, until all are wholly ascended and free!BELOVED I AM! (3x)

我们此刻有意识地接受这一切（3），此事已成，并永恒持续、全然活跃、遍及寰宇，直至众生全部扬升并获得自由！挚爱的“我是”！（重复三次）

ADDRESS BY THE BELOVED ASCENDED MASTER LORD LING

扬升上师“Lord 凌”的 开示

INTRODUCTION

前言

Our love and gratitude extends to Lord Ling, the God of Happiness!

我们向喜乐之神——“Lord 凌”致以爱与感激！

All the gentle readers who choose to accept his qualified momentum of joy and happiness will feel that same buoyancy and happiness which is his gift to life!

所有愿意接纳他积蓄的喜乐势能的读者，都将感受到那种同样的轻盈与欢欣——这正是他赐予生命的礼物！

The world today, with all its restless peoples, requires joy and happiness so much. Accept the opportunity of being a radiating center from whence that happiness flows into the emotional, mental, etheric and physical strata in which mankind abide.

当今世界，人们心绪不宁，如此迫切地需要欢欣与喜乐。请把握这个机会，成为一个辐射中心，让这份喜乐从这里流向人类所栖居的情感、心智、以太和物质层面。

God Ling, who, in one embodiment, was Ananda, the disciple of Lord Gautama, and in another embodiment was the famous Moses, deliverer of the Jewish race from bondage, had many experiences wherein he learned that service without love is not enough. Based upon his own experiences, he has dedicated his life to helping all those who desire to serve life in a happy, joyous, buoyant consciousness.

Lord 凌——他在一次化身中是释迦牟尼佛的弟子阿难，在另一次化身中则是将犹太民族从奴役中解救出来的著名人物摩西——曾有过许多亲身体验，从而领悟到：服务之中若没有爱，终归徒然！基于自身的亲身经历，祂奉献全部生命，帮助所有渴望以喜乐轻盈之心服务众生的人。

We are extremely grateful for his presence, and we know you, too, will enjoy his radiation and uplifting power as you tune into this presence of happiness.

我们万分感恩祂莅临此地，相信当你调频至这份喜乐临在时，你们也能领受其辉光与提升心灵的力量。

THE GOD-VIRTUE OF HAPPINESS

神圣美德——喜乐

Address By The Ascended Master Lord Ling

扬升上师“Lord 凌”开示

Beloved Friends of Light, You, who have sought happiness for many ages, you, who especially in this western world, have even been assured the right to pursue happiness through your laws, today I have become the pursuer and you are now the pursued!

挚爱的光之朋友， 你们追寻幸福已历经无数世代；尤其在这西方世界，律法甚至赋予你们追寻幸福的权利。而今，换作我前来寻觅，你们便是我所要寻回的灵魂。

I shall endeavor to draw into the activity of the atmosphere of Earth the buoyancy and the vibrant joy and happiness which is in the Ascended Masters' octave. I shall use your inner bodies and

your physical vehicles to direct the pressure and the power of happiness—first to the student body, then into mankind at large, into imprisoned life everywhere, and into every focus where shadows still remain, bringing the vibratory action of the inner and outer vehicles into harmony with their own Christ Selves.

我将竭力将扬升大师次元中的轻盈感、充满活力的欢欣与喜乐，引入地球大气层的活动之中。我将运用你们的内在身体与肉身，传导喜乐的磅礴势能：首先导向学员群体，继而传遍全人类，遍及一切受禁锢生灵，抵达所有尚存阴影之地，使内在与外在身体的振动作用与他们自身的基督自我达成和谐。

Beloved ones, happiness is a most positive quality! It is a vibratory action which must be sought out and practiced by the outer self, when that outer self has sunk below the natural vibration of the Holy Christ Consciousness. Happiness does not just happen! Happiness must be cultivated through the control of the thought processes, through the control of the feeling world, through the control of the process of memory and through the control of the physical vehicle, as well.

亲爱的人们，喜乐是一种最积极的品质！当外在自我沉沦至低于神圣基督意识的自然振动频率时，人便需要主动追寻、修习喜乐。喜乐不会凭空降临！必须通过控制思

维过程、控制情感世界、控制记忆过程，以及控制肉身载体，来培养喜乐。

It is time now for all people, and for the student body as a whole, to come into the vibratory action which alone can bring world and universal peace! It is time now to accept within the cells of your inner vehicles that vibration which it is my privilege and honor to bring. I represent the guardian power of all the happiness that has been drawn forth and radiated upon this Earth, as well as in the Ascended Master octave, and in the angelic kingdom. Every being (ascended and otherwise), who radiates the power and pressure of happiness, adds to the sum total of that fully- gathered cosmic momentum which it is my responsibility to direct back into the soul of this world, as well as into the individual souls of men.

现在是时候了，所有的人，以及全体学员，都应进入这种振动状态——唯有这种状态才能带来世界与宇宙的和平！此刻，请在你们内在载体的细胞中接纳那种振动——能将这种振动带给你们，是我莫大的荣幸与殊荣。我守护着所有被引导并辐射到地球、扬升大师次元以及天使王国中的喜乐能量。每一个（无论是否已扬升）散发出喜乐力量与能量的存有，都在增加那已完全汇聚的宇宙动量的总

和——而我的职责，便是将这份势能回流向世间集体灵魂与每一个人的内在灵魂。

Will you not help me now (as I speak with you), by trying to tune up your mental bodies to the receptivity of the idea THAT SERVING GOD AND YOUR FELLOWMAN CAN BE A JOYOUS EXPERIENCE—a way and means by which you may balance your own karmic debt to the universe, as well as lighten the load of your fellowman! Will you not cooperate by opening your feeling world to the acceptance of a buoyancy and a joy within the feelings, so that I may use you as a conductor to carry my radiation forth into the inner bodies of the race?Will you not let go in your etheric bodies of the memories of past failures, disillusionments and depressions?

此刻（当我与你们交谈之时），你们何不协助我，试着调整你们的心智体，以接纳这样一个观念：服务上帝与服务同胞可以是一种充满欢欣的体验——这既是一种途径，也是一种手段，借此你们既能平衡自己对宇宙的业债，又能减轻同胞的负担！难道你们不愿通过敞开你们的情感世界，接纳情感中那种轻盈与欢欣，从而与我合作，让我能借你们之手，将我的光芒传导至人类的内在身体之

中吗？难道你们不愿在你们的以太体中，放下过去失败、幻灭和沮丧的记忆吗？

We have come, various members of our Brotherhood, time after time, in an endeavor to persuade you to let go of the accumulation of the ages which you have drawn around yourselves, yet you hold so tightly in mind, in feeling and in memory to those very vibrations which keep you in unnecessary limitation.

我们兄弟会的各位成员一次又一次地来到这里，试图说服你们放下那些围绕在你们周围的历经时代积淀的能量包袱，然而你们却在思想、情感和记忆中，如此紧抓着那些将你们困在不必要局限中的振动不放。

OPEN yourselves, beloved ones, to that pressure of happiness that we bring, and, just like little children, let go of that wall of resistance which is between you and ourselves! What do you expect, dear ones,when you come into our presence? How much do you honestly expect within your hearts that you are going to receive? How deeply have you plumbed the recesses of your outer consciousnesses for the realization that the flame of the Master's presence is a pressure of energy which can and will requalify the vibratory action of your vehicles permanently—if you choose to accept it?

亲爱的朋友们，请敞开心扉，接纳我们带来的喜乐势能，如孩童一般，放下那道横亘在你们与我们之间的抵抗之墙吧！亲爱的众生，当你们靠近我们的临在，心中期待获得什么？你们真心相信自己能承接多少恩典？你们可曾深入探究外在意识，明白只要全然接纳，上师临在的圣焰便能永久重塑你们所有载体的振动频率？

Because you do not enter the marble gates of the temples of the East, because you do not stand in your physical bodies in the magnificent splendor of Darjeeling, the outer self takes a rather lethargic view of the “communion” between God and man. In this lethargy, the shell around the outer personality is such that very little of that which might be given can penetrate through the free- will barrier.

正因为你们没有踏入东方神庙的大理石大门，正因为你们没有以肉身立于大吉岭的壮丽辉煌之中，外在的自我对神与人之间的“交融”持有一种相当冷漠的态度。在这种冷漠中，围绕着外在人格的壳使得本可给予的恩赐，极少能穿透自由意志的屏障。

Yet, that human resistance is not a conscious activity. It is more an unconscious acceptance of things as they seem, an unconscious acceptance of memory, wherein you think promises

were not fulfilled (but which are chiefly due to human resistance) so that the soul has become bogged down with the acceptance of the fact that life, for the most part, will proceed on an even tenure, progressing with no great rapidity to freedom! Now, let us change all this! You are in the position of leading men and women from darkness and bondage into a promised land of freedom and light. I know that position well! I have gone through the experiences! They are written into my heart.

人类的这份抗拒并非刻意为之，它更像是对表象的无意识接受，是对记忆的无意识认同——你们认为那些承诺未被兑现（但这主要归因于人类自身的抗拒），以致灵魂深陷于一种认知之中：生活在大多数情况下将按部就班地进行，迈向自由的进程并不会太快！现在，让我们扭转这一切！你们正处于引领男女从黑暗与束缚中走向自由与光明应许之地的位置。我深知这一位置！我亲身经历过这一切！这些经历已铭刻在我心中。

By reason of those experiences during my incarnation as Moses, I forfeited my own ascension at that time. I let a sense of rebellion, a sense of worry, a sense of over- responsibility to my charges—through those forty long years, as we journeyed in the wilderness—overcome the natural buoyancy of happiness in my association with God and the angelic messengers who walked

before us as a pillar of fire by night and the pillar of white mist by day.

摩西一世的经历，让我彼时错失扬升的机会。在那漫长的旷野跋涉中，整整四十年的时光里，我让一种叛逆感、一种忧虑感，以及对所照管之人的过度责任感，淹没了本然的轻盈喜乐——虽我与神及天使们同行——夜间化作火柱、白天化作白雾柱走在我们前面。

At the close of that long and arduous mission (exodus from Egypt), though my eyes could see the glory of the land toward which I had led the reluctant feet of my followers, toward which I had prodded them, pushed them, and persuaded them for long, long years, I did not enter then into that land. I have asked that by bringing the remembrance of my own experience to you, that I might help you to avoid the necessity of postponing your eternal freedom by completing in happiness that which you may wish to do for duty's sake!

那场漫长艰辛的出埃及使命落幕之时，我亲眼望见那片荣光应许之地，多年来我不断催促、劝导满心不愿的子民奔赴此地，可我自己却无法踏入。我之所以向你们讲述我自身的经历，是希望借此帮助你们避免推迟获得永恒自

由的必要性，从而在喜乐中圆满完成你们出于职责所愿做的事！

In those ages of which I speak, almost all of you were present, some of you were among the bands of Israel, some of you were among the household of the Pharaoh, some of you were Egyptians of title, and some of you of slavery status. I was raised, you remember, in that embodiment, in comparative peace and luxury, as an adopted son of Pharoah's household. Then there came a restless stirring within my heart, as the feeling of a mission caused me to renounce the idle life which I lived in the Pharaoh's court.

我所说的那个年代，在座诸位几乎都曾在场：有人属于以色列民，有人身处法老宫廷，有人是埃及贵族，亦有人身为奴隶。你们应当知晓，我当年作为法老养子，在安逸奢华的环境长大。后来，我心中涌起一股不安的骚动，一种肩负使命的感觉促使我放弃了在法老宫廷中那种安逸的生活。

During the time that I retired to the desert, I had the great experience of having the mist of maya taken from my eyes, and I was enabled to see for a moment within that flaming pillar of light, one of the great angels of Lord Michael's legions. From the lips of that angel did I hear those words of God which were to send me

back to bring a reluctant people upon a dangerous journey, with very little proof except the faith in my own experience to go upon.

在我隐居沙漠期间，我经历了一次重大的启示——蒙蔽双眼的“幻相”迷雾被驱散，我得以在那个熊熊燃烧的光柱中，短暂地瞥见迈克尔大天使军团中的一位大天使。天使口中传出神的启示，召我回去，带领一群不愿动身的人踏上充满艰险的旅程。除了对自身经历真实性的信念之外，我几乎没有任何其他依据。

I was, at that time, a timid man! I had, as you may have been told, a certain impediment of speech, and was neither eloquent of tongue nor by nature and soul designed to be a leader of men. I did beg of the great Lord of Hosts and the great mighty Infinite Source that someone else in my place should be given such a mission to accomplish. Those of you who are familiar with the text of your Bible know that, although the mission was accomplished through my lifestream through the mercy of the Law, my brother, Aaron, became my mouthpiece, and through his strong words the message of the Most High was conveyed in a positive consciousness to the people of that era.

那时，我还是个胆怯的人！正如你们可能听说过的，我口齿有些不清，既不善言辞，天性与灵魂也并非注定要成为领袖。我曾恳求万军之主和那伟大、全能、无限的源

头，换他人承担这份使命。熟悉《圣经》经文的诸位都知道，尽管这项使命是通过我的生命之流，承蒙宇宙法则慈悲而完成的，但我的兄弟亚伦成为了我的代言人，并通过他有力的话语，将至高者的信息以积极的意识传达给了那个时代的人们。

Beloved ones, we were individuals like yourselves, individuals who had perceived a portion of the divine plan as the folds of maya parted— we were individuals who worked with our own karma yet unconsumed. With a vast host of untrained and discontented lifestreams, we set forth upon a great and hazardous journey, and it was not long before the pangs of hunger, the heat of the sun, the discomfort of walking through the desert sands, began to pall upon the outer bodies of the people, and the personal desires of those whom I had brought from the comparative safety of their chains made them wish to turn back.

亲爱的人们，当年我们与你们并无二致，幻象消散时窥见部分神圣蓝图，同时背负尚未消尽的业力。我带领大批未经训练且心怀不满的人，踏上了伟大而充满危险的旅途。没过多久，饥饿的折磨、烈日的炙烤、穿越沙漠沙地的艰辛，便开始折磨着人们的外在躯体，这群刚脱离安稳奴役生活的人，心中私欲滋生，一心想要折返。

Again, again and again through the assistance of the Cosmic Law, miracles and marvels were performed to bolster their faith. They were fed with the manna, they were given fresh water, yet, no sooner was my consciousness directed upward for that contact with the Godhead which was essential to prepare those who would follow after me—no sooner had I entered in communion with the Lord then back they went into those practices and vibratory actions which they had accumulated through the centuries!

一次又一次，在宇宙法则的协助下，奇迹与奇观接连显现，以巩固他们的信念。玛纳从天而降供他们果腹，清泉涌出供他们解渴。可只要我将意识向上提升，去与神性本体相联结——这是为预备跟随我的人必不可少的功课；只要我进入与主的相通状态，他们转眼就又落入那些延续了数百年的旧有习气与振动模式之中。

As the years passed, and as I endeavored to keep that contact with the Lord of Hosts and endeavored to write upon the records of the day those commandments and those fiats which were to be the foundation for the Jewish Dispensation and that two-thousand-year cycle, as I endeavored to do that and keep these undisciplined people from returning again, only to be "swallowed up" into the imperfection of the past, I lost my sense

of patience, my sense of buoyancy and happiness, and I became as an individual who had lost the true way!

岁月流转，我竭力维持与万军之主的联结，并努力将诫命与敕令记载于当世典籍之中。这些诫命与敕令，将成为犹太时代以及那两千年周期的根基。我尽力完成此事，阻止这群不受管束的民众再度回头，重被往昔的不完美所吞没。就在这个过程里，我失去了耐心，失去那份轻快与喜乐，仿佛成了一个迷失正道之人！

I was told later, by our angelic guardians, that the journey which took us forty years to accomplish could have been completed in seven years or less, if we had not had the doubts, the fears, the grumblings and all of that vibration which represented the condition of the inner and outer vehicles of undisciplined men, to handle, and which was too much to sublimate in a short period of time, without the conscious use of the Sacred Fire of Purification.

守护天使后来告知我：这场本可七年甚至更短时间走完的旅途，之所以耗费四十年，只因要不断处理民众的怀疑、恐惧、抱怨，以及由这些情绪所形成的振动——这些振动反映出这群不受管束之人内在与外在身体的状态；若

不曾有意识运用净化圣火，这些负能量根本无法在短时间内转化。

So, beloved ones, after that embodiment, when Joshua walked before the individuals who had accomplished the journey into the “promised land,” I had to re- embody and learn to live in love and grace, in order to complete my pattern and to fulfill God's will in mastery!

亲爱的人们，那一世结束后，约书亚带领众人进入应许之地，我则需要再次投生，修习活在圣爱恩典之中，圆满生命蓝图，修成全然掌控的境界。

Many of you know that I was privileged to enjoy the radiation of the beloved Buddha (as his friend and discipline, Ananda), whose great power of magnetizing grace and radiating essence raised all around him into a like- state of bliss. In that association with Lord Buddha, in that close communion with his heart and soul and spirit, I was enabled to finish the course of my life upon this earth plane.

你们当中许多人知道，我有幸化身为佛陀的友人兼弟子阿难，沐浴在佛陀的辉光之中；佛陀拥有强大的恩典磁吸之力，散发的神圣本质令周遭众生同享极乐。在与佛陀

的相处中，在与他的“心、魂和灵”紧密交融的过程中，我得以圆满走完世间修行之路。

It was at that time that I took upon my shoulders the full responsibility of the Chohanship of the Fifth Ray, holding it through my consciousness until the beloved apostle of Jesus, Paul (Saul of Tarsus) took it over. It is always my great honor and privilege, whenever given opportunity, to direct to the founders and students of religious orders of every kind, the FEELING of that happy, joyous energy, which is essential for their salvation. Even though the mission maybe accomplished, even though the work may be well done, if those cores of unhappiness within one's vehicles are not transmuted and raised, somewhere, some day, some time, at inner levels or on Earth, one must learn the Law of grace, happiness, love and joy in service!

正是在那时，我全权承担第五道光芒的掌道(Chohan)职责,以自身意识执掌这份权柄,直至耶稣挚爱的使徒——保罗(大数的扫罗)——承接这份使命。每当有机会，我总是深感荣幸与殊荣，能够将对喜乐、欢欣的能量的感受传递给各类修行团体的创始人及信徒——这是他们解脱的关键。即使使命已经完成，即使工作做得再好，如果自身载体内那些不快乐的核心没有被转化和提升，那么在某个地方、某一天、某个时刻，无论是在内在层面还是在地球

上，人必须学会在服务中践行恩典、幸福、爱与喜悦的法则！

In the name of the Most High Living God who called me, and before whose throne I have knelt, in the name of that Most High Living God who has served mankind through their beating hearts, I do now INVOKE from Alpha and Omega and from every Sun of the system, from every Archangel and Archaii, from every Elohim, cherubim, seraphim and Ascended Master, the fully- gathered cosmic momentum of God- happiness into the mental, emotional, etheric and physical bodies of everyone within this room, and all under this radiation.

奉呼召我的至高永生神性之名——我曾跪拜于祂的王座之前，奉那位通过人类跳动的心脏来服务全人类的至高永生神性之名， 我现在从阿尔法与欧米茄，从这个星系的每一颗太阳，所有男女大天使，从每一位埃罗希姆、基路伯、撒拉弗和扬升大师那里，将那完全汇聚的“神之喜乐”的宇宙动能，召唤进入这间房间内以及处于这道辐射范围之下的每一位人士的心智体、情感体、以太体和肉体之中。

In the name of the presence of God, I CHARGE, I CHARGE, I CHARGE that fully- gathered cosmic momentum of

God- happiness into your emotional bodies! Accept it! I CHARGE, I CHARGE, I CHARGE the fully- gathered cosmic momentum of God- happiness into your mental bodies! Accept it! I CHARGE, I CHARGE, I CHARGE the fully- gathered cosmic momentum of God- happiness into your etheric bodies! Accept it! I CHARGE, I CHARGE, I CHARGE the fully- gathered cosmic momentum of God- happiness into your physical bodies! Accept it with full power!

奉上帝临在之名，我注入、我注入、我注入那完全汇聚的“神之喜乐”宇宙动能至你们的情感体中！接纳它！

我注入、我注入、我注入那完全汇聚的“神之喜乐”宇宙动能至你们的心智体中！接纳它！

我注入、我注入、我注入这完全汇聚的“神之喜乐”宇宙动能到你们的以太体中！接纳它！

我注入、我注入、我注入这完全汇聚的“神之喜乐”宇宙动能到你们的肉体中！以全部力量接纳它！

Let us just relax for a moment, because I want you to feel that acceptance within yourselves. Let me explain to you, beloved ones, that you are the heart of the teaching of the New Age—from your hearts flow those lines of energy into the mental, feeling, and etheric worlds of every student and every human being on this

planet, so the feeling nature of any one of you is a contributing factor to the feelings of the entire body. It is, therefore, the request of the Cosmic Law that we can lower through you some of this God- happiness and let it flow out, that the student body and mankind of Earth may awaken from the sleep of the senses and desire to serve their kind in happiness, rather than through a sense of duty.

请大家暂且放松，去感受心底全然接纳这份喜乐。亲爱的人们，请允许我向你们解释：你们是新时代的核心——从你们的心中，那些能量流正涌向这颗星球上每一位学员和每个人的心智、情感及以太世界，所以，你们当中任意一个人的内心感受，都是构成整个集体情感的重要因素。因此宇宙法则的要求是：我们能通过你们降下部分这种“神之喜乐”并让它流淌出去，使地球上的学员群体和全人类能够从感官的沉睡中觉醒，并且渴望怀着喜悦去服务同类，而非出于责任感行事。

Feel yourselves magnetizing that happiness, the infinite mighty pressure and power of light, and then feel yourselves directing it into the world everywhere.

感受自己正在吸引那份喜悦、无尽磅礴的圣光势能，再感受自己将这份能量传导至世间每一处角落。

There is as much difference between happiness and giddiness as there is between light and darkness. Happiness is a very positive quality, but its possession demands the absolute control of the energy which flows through the lifestream. In the expression of the opposite extreme (which borders on hysteria), the individual has no control, and the consciousness knows not exactly what it will do from moment to moment.

真正的喜乐与轻浮癫狂的差异，如同光明与黑暗之别。喜乐是一种非常积极的特质，但想要拥有它，就必须对流经生命之流的能量做到绝对掌控。在另一个截然相反的极端状态表现中（近乎歇斯底里），个体完全失去掌控，意识无法确切知晓自己下一刻会做出什么行为。

Mankind, experimenting with the development of happiness, so often come rather into that state of "giddiness," let us call it, for lack of a better name. Now, that is a dangerous state of consciousness and one against which I wish to warn you as you experiment with the drawing out of a joyous feeling from within yourself!

人类在尝试追寻、培育喜乐的过程中，往往反而落入那种我们姑且称之为"亢奋轻狂"——暂时找不到更贴切的叫法—— 的状态。那是一种危险的意识状态，当你尝试从自身内在唤出喜悦的感受时，我希望就此向你发出警示！

You can recognize the vibratory action of anyone who is in masterful control of his energy, by the buoyant radiation of perfect happiness, which is always poised, always in control of the words and actions which can create fun, joy and happiness for others, at no one's expense. Then you have the uncontrolled activity of "showing off," shall we say, which causes energy to vibrate, but the consciousness has no poise and very often the result is a barbed word, the unkind gesture, and mimicry result. This is an INVERSION of our divine activity of happiness.

你可以通过那种充满活力、完美喜乐的辐射，识别出那些能够娴熟掌控自身能量的人——这种辐射始终从容不迫，始终能掌控言行，为他人创造乐趣、欢欣和喜乐，且绝不以牺牲他人为代价。而失控的"炫耀"之举，虽然它也会引发能量的振动，但意识却缺乏从容，往往出口伤人、举止刻薄、刻意模仿哗众取宠。 这可是把我们那神圣的喜乐活动，给整个颠倒了。

In this room, there are none who are so undeveloped as to draw that Flame of Happiness through them and find themselves becoming hysterical. However, in your dealings with the mass of mankind, when you wish to radiate happiness, be very careful as you expand it into an individual or a group, because it has an activity within it that will stir up the uncontrolled emotions and

thought patterns of the undeveloped. So, be very careful with your invocation of that Flame of Happiness, until you learn first how to draw it in, through, and around yourselves in perfect and almighty poise!

在场诸位心性皆有根基，接引喜乐圣火不会陷入癫狂。但你们与大众相处、向外辐射喜乐之时需谨慎，这份能量会搅动心性未成熟之人失控的情绪与杂念。因此，在学会以全然沉稳的定力接引喜乐圣火充盈自身、环绕周身之前，召唤那“喜乐之焰”时务必格外谨慎！

Now you are going to have an assignment—a definite and specific assignment. If you were within any of our retreats, you would be given an assignment per day, and you would perhaps be given one by which you would have to produce a specific effect. If you were not able to complete the assignment within the time allotted for the task, you would perhaps be dropped from the retreat and would be obliged to return to the world (of course I do not mean that your assignment would always be the creation of happiness).

现在我将交给你们一项明确具体的任务。倘若你们身处我们的内在圣所，每日都会被分配任务，每一项任务都要求达成特定成效。若无法在时限内完成功课，便会离开

圣所、重返尘世（当然，圣所的功课并非永远都是修习喜乐）。

You have had one assignment for eighteen or twenty years, to use that Violet Fire until shadows no longer remained around you. Yet, at the end of this period, that assignment still remains unfilled! You are trying, true, but perhaps too hard. Now I am going to give you an assignment which I ask you to work upon for a week (seven full days). I am going to ask you to control your four lower bodies and see if you can keep them in a vibration of undisturbed happiness. That does not sound like such a large assignment, does it?

过去十八至二十年间，你们的功课一直是运用紫罗兰火焰，直至自身周遭再无阴影。可时至今日，这份功课仍未圆满完成！你们虽在努力，却或许太过勉强了。现在我要给你们一项任务，请在一周（整整七天）内完成：掌控四个低层身体，维持不受扰动的喜乐振频。听来似乎不算难事，是吗？

Now, how are you going to keep happy? It will be a wonderful project for you, thinking about it, alone, because if you can keep yourself happy for a week, when the masses come to you for the exodus from their chains, you will have built a momentum. If I could have kept those people happy after I got them out of the

confines of Egypt, I could have taken them in seven years or less into the promised land! If I could have kept myself happy, I perhaps then could have kept them happy, do you see? Thus, you may reap where I have sown, and while I wept bitter, salty tears at seeing those who had worked under me go past me into glory and into the fulfillment, may you stand with smiling faces and move with your phalanx into victory!

该如何长久维持喜乐？你们可以独自静心思索，这是极好的修行课题。若能持续七日喜乐安宁，日后众生前来寻求解脱枷锁之时，你便已积蓄充足的喜乐势能。当年我若能让出埃及的子民常怀喜乐，七年甚至更短时间便能抵达应许之地！我若自身守住喜乐，便能带动众人，你们明白吗？因此，你可以收获我播下的种子；当我看着跟随我的子民从我身边走过，步入荣耀与圆满时，我流下了苦涩的眼泪，愿你们面带笑容，带领修行队伍一同走向胜利！

Now, keeping happy, beloved ones, is not a foolish idea. It is a discipline, which is going to call to your attention the tremendous laxity with which your consciousness has dealt with your lower bodies, and the tremendous tenacity that those lower bodies have to act independently of your self- conscious direction! Wait and see! Tomorrow morning, you will think of me, even more powerfully than you are thinking of me today!

亲爱的人们，安住喜乐绝非肤浅小事，这是一门功课，一门要把你们的意识从松懈状态里拽出来的功课——要知道，你们平日里对身体这些低等载具何等放任，而它们又多么顽固，总想脱离你们自我意识的指引而独立行动！拭目以待！明日清晨，你们对我的感应，会比今日更为强烈！

If you can keep your mind free of one thought that is worrisome, critical, doubting or distressing, you will have done a lot. If you can do that for five minutes, and then if you can do it for seven days, you can do it forever! Now, watch your mental processes when you awaken! It may not be too difficult until you contact your first human being. Then— watch out! Watch the reaction of your mental body, and you may see a cause for unhappiness, because that discordant thought emits vibration and color, and adds to the shroud which weighs down your energies.

若能让心中不起一丝忧虑、批判、怀疑、痛苦的杂念，已是极大成就。若能维持五分钟，再坚持七日，便能永久守住这份心境！清晨醒来时觉察思绪；独处时尚且不难，一旦与人接触，务必警醒！观察心智体的反应，你会发现痛苦的根源：不和谐的念头会释放低频振动与晦暗光色，并加剧那层压抑你能量的阴霾。

Then, watch your own feelings. Watch your feelings under pressure, and you will see what your feeling world still has within it when it is crossed. If you can keep your feelings happy, whether you have your way or not, for five minutes under pressure, you can do it longer, and if you can do it for seven days, you will NEVER go back to a state of allowing your feelings to become turbulent because of any appearance.

接着，观察你自己的感受。留意处在压力之下你的情绪状态，你便会看清：当遭遇挫折时，你的情感世界中仍潜藏着什么。如果你能在压力下保持五分钟的愉悦心情——无论是否如愿以偿——你就能坚持更久；如果你能坚持七天，你就永远不会再回到那种因任何表象而让情绪变得动荡不安的状态。

If you can keep the mind from turning backward to the etheric memories of injustice, this is something that the student body do not indulge in because you are so busy, but individuals that have a great deal of spare time and allow the mind to turn back and dwell upon past events, add so much to the unhappiness of today, through the memories of the past.

倘若你能守住心智，不去回溯以太记忆中那些遭受不公的往事——学员们因日常事务劳碌，并不会沉溺其中；

可有些人拥有大量空余时间，放任思绪不断回望、反复沉湎旧事，便会经由过往的记忆，给当下叠加重重的痛苦。

In, through and around mental institutions and old peoples' homes, you would be amazed to see the effluvia woven out of the etheric bodies as individuals, who have nothing to do but sit from dawn to dark, just re- live every unkind word and feeling, thought and action, and radiate them forth into the atmosphere. If it were not for the devas who envelop those places in their light, beloved people, the individuals within them would actually physically smother themselves by that radiation.

在精神病院与养老院之内及其周遭，你会惊骇地看见，从那些终日无所事事，从清晨枯坐到日暮人们的以太体散发出的负面能量——他们反复回想每一句恶语、负面情绪、杂念与恶行，并将这一切向外投射，弥散到周遭的能量场域。

亲爱的诸位，若非自然精灵以圣光笼罩这些场所，身处其中的人们甚至会被自身负能量窒息。

It was the same, but to a much greater extent, in and around the “compound,” where the people relieved again, again and again the terrific crimes that they committed against the Cosmic Law

and life and light, and rebuild that radiation of darkness and of shadow.

在那片“隔离结界”(compound) 的内部与周边，情况也是一样，但程度要严重得多。那里的人们一遍又一遍地重历那些违背宇宙法则、生命与光明的骇人罪行，不断重建那股黑暗与阴影的能量辐射。

In the ascended state, it was my desire to reach through to mankind and show them something of the experiences that the soul goes through after passing out of the body when they are earthbound, when they are committed to the compound, when they become “sleepers.” You will remember that, in the Thirteenth Century, through the kind offices of the Italian poet, Dante, I was enabled to free that soul sufficiently so that he could bring back some experiences and write them on the book of life for man to see. Mankind, however, took them just as a beautiful piece of literature, and few realized that it was my endeavor to waken the souls of men while their bodies were still usable, so that they could prevent similar conditions from taking place in their lives.

处于扬升状态时，我渴望向人类传递讯息，向他们展示灵魂离开肉身之后所要经历的种种境遇：当灵魂受困于尘世羁绊、被拘留在复合体领域、沦为“沉睡者”之时的经历。你们应当记得，在十三世纪，借着意大利诗人但丁的

相助，我得以充分释放他的灵魂，使他能带回部分见闻，并将其写在生命之书，供世人阅览。然而人类只把这些记述当作优美的文学作品，鲜少有人明白，我的本意是在人们肉身尚且可用之时唤醒他们的灵魂，好让他们避免在生命中落入相同的境况。

Now, beloved ones in this activity, if you will with me draw the power of happiness into mankind's experience, we shall endeavor to anchor that current of radiation into the mental and feeling worlds of the student body, which it must have if it is to survive! Physically, too, you may have conditions which require certain control so that you do not feel depressed by them. Once in every twenty- four hours, I shall come, with your permission, into your auras, individually, and look upon your accomplishment, along this line, of that period. We shall see what seven days will bring!

现在，在此场域之中亲爱的诸位，如果你们愿意与我一同，将喜乐的力量接引进入人类的生命体验，我们便会竭力把那股能量辐射锚定在学员群体的心智世界与感受世界之中 —— 若想要这份能量存续下去，就必须拥有这份锚定！在身体层面，你们或许也会面临某些需要加以控制的状况，以免因此感到沮丧。每二十四小时，征得你们许可

后，我会逐一进入每个人的气场，检视这段时日你们修习喜乐的成果。我们拭目以待七日修行带来的蜕变！

Expect me daily, and I hope that my coming will give you no sense of strain, no sense of self- depreciation, nor of condemnation, if you don't have a perfect record. I hope that you will not brush aside my offer, because it is an important one for you in the service which you are yet to render.

Thank you for your kind and willing cooperation in helping me to spread happiness to all!

Lord Ling

请每天期待我的到来，我希望我的到来不会让你们感到压力，也不会让你们产生自卑感或被谴责的感觉——即使你们的记录并不完美。我希望你们不要拒绝我的提议，因为这对你们今后将要履行的服务而言至关重要。感谢诸位怀着善意，心甘情愿地配合，协助我将喜乐散播给一切众生！

Lord 凌

GOD LING BELOVED (Song)

挚爱的“GOD 凌”（歌曲）

God of Happiness, God Ling beloved, Welcome to our hearts today.

喜乐之神，挚爱的GOD LING，今天欢迎您进入我们的心中。

By your smiling presence now remove Every shadow from our way.

愿您微笑的临在，此刻驱散我们前路上的所有阴影。

Chorus 副歌

God Ling! God Ling! God Ling! Happiness you bring;

GOD LING! GOD LING! GOD LING! 您带来喜乐；

Make Earth feel your presence— Making every heart to sing!

让大地感受到您的临在——令每一颗心灵放声欢唱！

Master, teacher, friend of our Fun Wey, Teach us all your mastery, too;

大师、导师、我们的朋友凡威，也请将你的全然掌控之力悉数传授于我们；

Teach us how to let God's love hold sway— Making joyous all we do.

教导我们如何让神的爱主宰一切——使我们所做的一切都充满喜乐。

Let your buoyancy of love release, Fill our worlds with sunshine bright;

释放你轻盈昂扬的爱，用灿烂的阳光充满我们的世界；

Help us walk the pathway "home" in ease— Grateful! Making all things right!

帮助我们轻松地走在通往"家"的道路上——心怀感恩！让万事皆归于正！

Let your consciousness of victory won, Lift the strain and stress from all.

以你已然得胜的意识，为众人卸下重担与压力。

Every gift of love from out the Sun For you, dearest friend, we call!

至亲密友！我们为你呼唤源自神圣太阳的每份爱的馈赠。

Hymn tune (in most Sunday School Hymnals): “He Keeps Me Singing”

诗歌曲调（主日学通用赞美诗集）：《祂使我常欢唱》

DECREE TO GOD LING (MOSES)

致“GOD 凌”（摩西）的诏令

Beloved mighty victorious presence of God I AM in me and beloved great God Ling, God of Happiness!

居于我内、大能得胜的神圣“我是”临在，以及挚爱的伟大 GOD LING，喜乐之神啊！

Let YOUR CONSCIOUSNESS of the use of the Violet Fire NOW BLAZE in, through and around me, and remove from my world cause, effect, record and memory—causes and cores—of any and all sadness and depression, as well as any and all feelings of lethargy, indifference, or unwillingness to serve

my fellowman through the feeling of inadequacy for the task!

愿你运用紫罗兰火焰的意识，此刻就在我之内、流经我、环绕我熊熊燃烧，从我生命之中清除一切悲伤与抑郁的因、果、记录与记忆—— 包括根源与内核；也清除一切倦怠、冷漠，以及因自认能力不足、而不愿去服务同胞的种种感受！

Replace it by your feelings of confidence that, if I will USE WHAT I HAVE to the best of my ability, “The Lord will provide,” as he did for you, just the right assistance at the right time and in the right way, to accomplish that which will bless life the most!

请以你的笃定信心取而代之：只要我竭尽所能，善用我所拥有的一切，“上主必予供应”，如同祂曾为你预备一般，在恰当的时机、以恰当的方式赐予恰如其分的助益，成就那最能祝福众生生命的事！

I consciously accept it done RIGHT NOW, with full power!

我有意识接纳此事此刻以全副力量已然成就！

I AM a blazing golden Sun

我是一轮炽烈闪耀的金色太阳 ，

Of the happiness of God Ling!

在 God Ling 的喜乐之中！

With sunshine bright—I blaze the light— His love to all I bring!

伴着璀璨日光 —— 我炽然绽放光芒 —— 我将祂的爱带给万有！

ADDRESS BY THE BELOVED ASCENDED MASTER LORD LING

挚爱的扬升大师“LORD 凌”开示

INTRODUCTION

引言

Our love and gratitude extends to the Cosmic Spirit of Happiness and its great Lord Ling.

我们将爱与感恩，献给宇宙层面掌管喜乐的神圣存有，以及伟大的“Lord 凌”。

We decree that all who read it and apply the instructions contained herein, will feel for themselves that happiness and joy in service, spiritual as well as mundane, which Lord Ling, Fun Wey, and all the Celestial Beings feel AT ALL TIMES.

我们宣告：所有阅读此文、践行其中教导之人，都将亲自体验那份服务之中的喜乐与喜悦 —— 无论是灵性层面，还是世俗世间，正是 Lord 凌、凡威，以及一切天国存有时时刻刻所拥有的境界。

Open yourselves, dear readers, to the radiation of happiness. Let that happiness, through you, fill your homes, worlds and affairs. Then, on a larger

scale, that happiness will truly add to the joy of the world! So be it!

亲爱的读者，请向喜乐的能量辐射敞开你们自己。让这份喜乐经由你们，充盈你们的家庭、生命境遇与各项事务。继而，在更大的层面上，这份喜乐必将为世间增添喜悦！如所祈愿！

Thomas Printz, Editor

编辑：托马斯·普林茨

THE RELEASE OF THE COSMIC FLAME OF HAPPINESS

宇宙喜乐火焰的释放

Address by the Ascended Master Lord Ling

扬升大师“Lord 凌”的开示

I come in the name of the Cosmic I AM Presence, the individualized White Fire Being, from whence your own I AM Presence has come into existence. I am come in the name of your own individualized Presence, whose voice you have not heard for too long, whose activities have not stirred within the outer brain and mind consciousness for long ages, but who is now coming again, through your acceptance of it.

我以宇宙“我是”临在之名前来，祂是个体化的纯白圣火存有，你自身的“我是”临在，便是自祂之中诞生。我奉你们每个人个体化的临在之名前来，你们已太久未曾听闻其声音，祂的力量也未曾在你的外在头脑与心智意识中活动；但如今，通过你们的接纳，它正再次降临。

I come this morning to gather together again a magnet, made up of individual souls with thinking and feelings consciousnesses, who can and will offer themselves to draw those spiritual radiations which are part of the kingdom of heaven, into the realm in which mankind presently abide. You are,

therefore, conscious step- down transformers of radiations of harmony, radiations of peace, radiations of faith and love and balance and power, insofar as you become master of the energies of your own inner bodies.

今日清晨，我再次汇聚起一块灵性磁体，它由具有思维与情感意识的众多个体灵魂所构成——这些灵魂愿意奉献自身，将属于天国的灵性辐射，接引到人类当下所处的世间维度。因此，只要你能掌控自身内在身体的能量，你便是有意识的光流转换器，将和谐、平安、信、爱、平衡与大能的高频光流，降频接引至人间。

Last Sunday, we established over the Western Hemisphere a focus of the Ark of the Covenant, into which we have poured constantly since that day, an ever- increasing pressure of qualified energy, composed of the laughter of the Gods, the happiness of the angels, the joy of the victorious accomplishment! This quality has been released by every being who has attained the ascension, all of which energy qualified with joy and happiness and

victory remains as a spiritual stockpile, forming not only the atmosphere of the inner realms, but also a focus which can be diverted into the lower realms, where so little joy and peace are found.

上周日，我们在西半球设立了一处“约柜”能量锚定点，自那日起，我们持续向其中倾注不断增强的已校准能量——这份能量由众神性存有的欢笑、天使的喜乐以及一切胜利成就带来的喜悦构成！所有达成扬升的存有，皆会释放这份喜乐特质；所有充满着喜悦、安宁与胜利的能量，都作为灵性储备留存下来——它不仅构筑了内在次元的能量场域，也成为一个能量焦点，可以被引导进入喜悦与安宁如此匮乏的低层次元。

Beloved ones, from the time that the great Supreme Source of all created the first individualized Presence and that Presence sent forth a wave of happiness, feeling and individualization, from that time onward, there has been builded into the body and nature of God and the universe, more and more of the quality of happiness.

亲爱的朋友们，自至高本源创造首个个体化神圣临在，而这临在涌出第一波喜乐、感知与个体化的能量波的那一刻起，越来越多的喜乐特质就被融入了上帝和宇宙的形体与本性之中。

Every individualization, when it found the capacity to think, to feel, to say, “I AM,” to take primal light and weave out of it perfection, that individual contributed a burst of happiness for the opportunity to be a co- creator with the Universal First Cause! Every accomplishment that the individualized I AM Presence made, gave another reason for happiness to pour into the energies of the individual—and as thought and feeling, cooperating with the divine idea, were precipitated as a magnificent pattern, such as a beautiful flower, a glorious song, again was a wave of happiness released through the individual who developed the idea and released it to the universe. In addition, a wave of happiness was in like manner released by everyone who benefited by the receiving

of that beauty, whether it was looking upon a lovely flower, or whether it was listening to a magnificent song, whether it was reading some beautiful phase of truth—all contributed to this greater and greater impetus of cosmic happiness at inner levels.

每一个个体化存有，当它拥有思考、感受、宣告“我是”的能力，能够取用原初之光，并从中编织出完美之物时，这份存有便会迸发一阵喜乐，感恩拥有与宇宙第一因共同创造的机会。个体化的“我是”临在所成就的每一件事，都为喜乐注入该存有的能量提供又一个缘由。当思想与感受配合神圣构想，显化出壮丽的形态——譬如一朵盛放的鲜花、一首辉煌的乐曲，构想的缔造者将其向宇宙释放之时，又会涌出一道喜乐的能量波。此外，所有领受这份美好而获益之人，同样会释放喜乐之波：无论是观赏一朵娇美的花，聆听一曲恢弘的歌，或是品读真理美妙的篇章。这一切，都在内在界域之中，不断推动宇宙喜乐的力量持续壮大。

Now, beloved ones, when the Ascended Master, when the Archangel, the seraphim, the cherubim, or the

angelic host serve, the buoyancy in their energy is a natural outflow of happiness. So, through millions and millions of years, the longer these beings have served, the more happiness has been expanded through them into the world around them.

亲爱的朋友们，当扬升大师、大天使、炽天使、智天使或天使大军在服务时，他们能量中的轻盈感正是喜乐的自然流露。因此，在数百万年的岁月里，这些存有服务的时间越长，通过他们向周围世界扩散的喜乐就越多。

Therefore, when we speak of the kingdom of heaven as being a kingdom of happiness, we speak truly, because all therein is joy in the use of life. Now, in this realm of happiness and bliss, to which the souls of men aspire, there is so much of this vital energy which can be utilized for the people of Earth. We have thought it possible, through training your minds and outer consciousnesses, to magnetize some of that exuberance of spirit into the student body, and then, through you, to other constructive souls in the orthodox world.

因此，当我们说天国是一个喜乐之国时，我们所言非虚，因为那里的一切都在生命中体验着喜悦。如今，在这个人类灵魂所向往的喜乐与极乐之境中，蕴含着大量可以为地球人所利用的生命能量。我们认为，通过训练你们的思维和外在意识，有可能将部分这种充沛的灵性能量吸引到学员群体中，进而通过你们，传递给正统世界中其他具有建设性的灵魂。

Now, what are you doing this moment, you who are here and you who read my words? Through your thoughts, through your concentration upon me, through your feelings, through your etheric envelopes and through your flesh forms, you are magnetizing a sea of vibrating qualified energy. This energy is the laughter and happiness of the angels and Archangels, which is the music of the spheres, which is the victory experienced and radiated through the consciousness of Jesus Christ, the Lord Buddha, and every being who has used life triumphantly. So, you are the beneficiaries today

of a magnificent cosmic outpouring of that happy energy.

此刻，在场聆听、阅读我文字的你们，正在做什么？通过你们的思绪，通过你们对我的专注，通过你们的情感，通过你们的以太体，以及通过你们的肉身，你们正在吸引一片纯净高频的圣能之海。这种能量是天使和大天使的欢笑与喜悦，是天体的音乐，也是耶稣基督、佛陀以及所有圆满驾驭生命的存有所体悟、散发的得胜之光。今日，你们便是这场盛大宇宙喜乐能量倾泻的受惠者。

Those of you who have lived and worked with the various Avatars and Masters throughout the ages, will feel the release of the particularly-qualified energy which was part of their mission and which has become part of the kingdom ascending with them in the glory of their Causal Bodies!

你们当中，那些世世代代曾与诸位化身的圣者和大师一同生活、共事之人，将会感受到这份特殊精纯能量的释放。这能量本是他们使命的一部分，如今已然融入扬升国度，随同他们在因果体的荣光之中一同扬升！

Now, that happiness comes back along the seven rays today, because there is always a greater Master Presence, or a great World Teacher representing each of the seven rays, watching your progress. All of that God- qualified happiness that dwells in the Ascended Master realm is flowing now through you and all dedicated souls, aided by those seven facets of force for the relief and release of the consciousness of mankind, which will eventually free them from the sense of labor by the sweat of the brow and service by duty and heaviness of spirit.

如今，这份喜乐经由七道光芒回流。因为每一道光芒，都始终有一位更高的大师临在，或是一位伟大的世界导师作为代表，看护着你们的进程。驻留于扬升大师领域内、一切经由神性校准的喜乐，此刻正流经你们与所有奉献的灵魂。在这七个能量面向的助力之下，人类的意识得以舒缓与释放；最终让世人不再觉得劳作必须汗流满面，侍奉只能出于责任、内心背负沉重。

Now please accept that, beloved friends of light—accept it within yourselves! You have done well, exceedingly well, in this past week, in the control of your thought processes, keeping your consciousnesses as free as possible from depressing thoughts, thoughts that let in vibrations which would form (and have formed) a shroud of human creation around you. You have turned away consciously many times in the course of a day from a thought that ordinarily would find a good home and much care within the compass of your mental bodies.

现在，亲爱的光之朋友们，请接受这一点——在你们内心深处接受它！在过去的一周里，你们在控制思维过程方面做得很好，非常出色，尽可能让你们的意识远离消极的念头—— 那些念头会引入低频振动，会在你们周身形成（并且已经形成）一层由人类心智创造的笼罩帷幕。一天之中，你们已经多次有意识地转离某些念头。若是往常，这些念头本会在你们心智体的范畴之内安住下来，并得到大量的滋养维系。

You have turned away “friends” (?) that have been your close associates for this entire embodiment—for the very first time this week while your thoughts have been turned to this class—so- called “friends,” or at least dwellers within your mental body. It is not easy when you have dwelt and associated with a mental concept from the time you were five years of age. It is not easy, when that comes to your door, to refuse it admittance—it is far easier to accept the questionable “comfort” of association than the change that is necessary to bring in the vibratory action of a new, clean and finer form.

这一周，当你们专注于本次修行开示，你们第一次推开了此生相伴的“好友”——这些所谓的挚友，不过是盘踞你心智的杂念。当你们从五岁起就与一个心智概念共同生活并保持联系时，要做到这一点并不容易。当它来到你的门前时，拒绝它进入绝非易事——接受这种交往带来的可疑“慰藉”，远比为引入一种崭新、纯净且更精微的形态所必需的改变要容易得多。

Yet you have made the effort and deserve commendation therefore. You have controlled your emotional worlds against individual pressures of feelings, feelings of depression and heaviness, exhaustion, depletion, and doubt! You have done well this week in freeing yourselves, closing the door of your feeling worlds to the entrance of those particular feelings that have been qualified imperfectly!

但你们已然付出努力，值得嘉奖。面对情绪上的种种压力——抑郁、沉重、疲惫、耗竭和怀疑——你们成功掌控了自己的情感世界！本周你们成功解放自我，关上情绪之门，隔绝一切不纯净的低频感受。

You have not allowed to stir in the etheric bodies so many of the memories of injustices done to you in this life alone! You have given control to the flame within the heart of your flesh body. In like manner, you will benefit by the control that you have exercised in these initiations, especially those of you who have sent a thought to me at least

once in each day. By reason thereof, we are able to transfer the power and the infinite radiation of the cosmic light of cosmic happiness into the lower atmosphere of Earth. This we are doing while we are holding your attention upon the worded instruction.

你们没有允许仅在此生中遭受的不公记忆在以太体中翻涌！你们已将控制权交给了肉身心中的那团火焰。同样地，这场灵性试炼中，你们所做的内在管控，终将为你们带来益处，尤其是那些每天至少向我发送一次意念的人们。正因如此，我们才能将宇宙之光与宇宙之乐的力量及其无限辐射，传递到地球的低层大气中。此刻，当你们专注聆听这份开示，我们便正在完成这件事。

Now, I would like to go back to the description of the electrons, given to you in the September Class. I would like to give you again a visual picture of the atoms that make up your inner bodies, because in so doing, if you can understand the mechanics of this law, you will be much more joyous in your use of the Violet Fire of Purification, and it will be

much more efficacious in its manifestation of perfection in the outer appearance world.

现在，我想回到九月课程中向你们介绍的关于电子的描述。我想再次向你们展示构成你们内在身体的原子图景，因为这样一来，如果你们能理解这条法则的运作机制，你们在使用“紫罗兰净化火焰”时将会感到更加喜悦，而它在外在显化世界中展现完美时也将更加有效。

Will you please look again at the upper figure in the chart and feel it to be a greatly magnified electron*! Now, a group of these (ordinary- sized) electrons, swinging around a central core, form an atom. Your physical bodies, your mental bodies, your emotional bodies, and your etheric bodies, are made up of countless millions of such atoms. The electrons spin around their central core at a rate which is determined by the consciousness that is within the center of each of your vehicles.

请再次观想图谱上方的图形，将其视作一枚被无限放大的电子！现在，一群这样的（常规大小的）电子围绕着一个中央核心旋转，便构成一个原子。你的肉身、心智体、情

绪体、以太体，皆由亿万个这样的原子构成。电子环绕核心的旋转速度，由你各层身体核心处的内在意识决定。

For instance, if your mental body is in the habit of inviting depressing thoughts, of dwelling upon negative pictures, of playing with imperfection—what happens? The electrons in the mental body which normally spin very rapidly around the core in the atom, BEGIN TO SLOW UP. Why? Because you draw from the lower strata of the mental world, substance which is akin to your thought picture, whether it is an impure picture, whether it is a negative picture, a defeatist picture, whether it is even a picture of yourself showing age, distress, disintegration, decay—the mental body absorbs all these discordant vibrations from the atmosphere and they enter into the "wedges" between the light rays, thus slowing up their speed. Then, your mental body as a whole becomes heavy and depressed, it becomes an open door to all the other mental pictures and "tramp" thoughts which are floating

around in the atmosphere, looking for a comfortable home and someone's life to live upon.

举例来说，若你的心智体习惯接纳消沉念头、反复回想负面画面、执着于不完美，会发生什么？原本在原子核心周围高速旋转的心智体中的电子，便会开始减速。为什么？你会从心智界低层吸引与你的思想画面同频的低频物质——无论污浊、负面、消沉，或是衰老、痛苦、破败的自我图景；心智体吸收这些不和谐振动，它们卡入圣光射线的缝隙，从而减缓它们的速度。于是，你们整个心智体就会变得沉重低迷，它会变成一扇敞开的大门，任由其他各类杂念以及 “流浪念头” 侵入。这些念头正飘荡在大气之中，四处寻找一处安逸的安身之所，想要依附某个人的生命得以存续。

Emotionally the exact same thing takes place. Your emotional body is made up of electrons spinning around a central core, just as your planets spin around the sun.

情感层面的运作机制完全同理。你的情感体由围绕中央核心旋转的电子构成，就像行星围绕太阳旋转一样。

Normally, they have a vibratory action of harmony, which is in rhythm with your Presence, and they spin at an extremely rapid rate—when they spin so rapidly no discord or emotional distress can enter in, but when the consciousness allows the emotions to tie to the fears, the doubts and the many, many vibrations in the outer world, the lower strata, the "dust," we might say, of the lower strata of the emotional plane, is sucked into the particles around the electrons and close in their light. Then your emotional body becomes heavy and depressed, and it certainly is not a contributor to happiness.

正常状态下，它们呈现出和谐的振动状态，与你的临在保持着同步，并且以极快的速度旋转——当它们旋转得如此之快时，任何不和谐或情绪上的痛苦都无法侵入；可一旦意识放任自身沉溺恐惧、怀疑与俗世各类低频振动，情绪界低层的"尘埃"便会被吸入电子周围的粒子中，遮蔽了它们的光芒。于是，你们的情感体便变得沉重而抑郁，这显然无助于喜乐。

Etherically it is exactly the same. Mankind's etheric bodies have within them (and you also, beloved ones, have within your etheric bodies) memories of the glory which you knew with the Father before the world was. Your etheric body has stored up within it the memory of the descent of Lord Michael upon the planet Earth. It holds your memory of every experience where some being was God - triumphant, but it also holds your memory (unless it has been erased by the Violet fire) of every failure and mistake, of every injustice and hurt, every disappointment of your experience within it.

以太体亦是完全相同的道理。人类的以太体中（亲爱的朋友们，你们的以太体中也是如此）蕴藏着你们在世界未造之先与天父同在时的荣耀记忆。你的以太体中储存着迈克尔上主降临地球的记忆。它封存着所有生命得胜圆满的经历，但也承载着（除非已被紫色之火抹去），你们经历中的每一次失败与错误、每一种不公与伤害，以及每一次失望的记忆。

When the conscious mind turns to those memories, you pick up the “astral dust” of the lower etheric plane. What is that “dust?” It is the effluvia which is thrown off by the minds of the individuals dwelling on the idea that they have been unjustly treated and who have caused, you might say, a “smoke screen” composed of their own resentments, rebellions and injustices. When you open the door of your etheric bodies by dwelling on such injustices, you draw in, not only your own destructive memories, but you also draw in- between these points of light, some of the misqualified energy of mankind at large.

当有意识的思维转向这些记忆时，你们便会吸入低层以太界面的“星光尘埃”。那“尘埃”是什么？那是那些沉溺于“自己遭受不公对待”这一念头之人的思维所散发的余波，他们可以说制造了一道由自身怨恨、叛逆与不公组成的“烟幕”。当你沉溺于此类不公而打开以太体的门户时，你不仅吸入了自身的破坏性记忆，还在这光点之间（借着

光点之间的缺口 / 缝隙）吸入了人类整体中部分失衡的能量。

This has resulted in a “bogging down” of your inner bodies, which causes you to feel depression through the flesh form. The flesh form, being the last of the vehicles to be so affected, receives the result of all the recalcitrant energy of the emotional, mental and etheric bodies. Therefore, in order to manifest and sustain perfect health, you must come to a point of clearing the energy of your emotional body, by drawing the transmuting Violet Fire of freedom’s love in, through, and around those wedges between the electrons which have been impacted by the radiation of imperfect feelings of your own, as well as those you have accepted from mankind. Thus, you cleanse the mental body by drawing that Violet fire of freedom’s love through it, removing those accumulations of impacted “dust” from the mental realm, and you must do the same with the etheric and physical bodies.

这导致了你内在身体的“停滞”，从而使你通过肉身感受到抑郁。肉身是最后受影响的载体，承载情绪体、心智体、以太体所有淤滞失衡能量的果报。因此，为了显化并维持完美的健康，你必须净化情绪体能量——通过将自由之爱的紫罗兰转化火焰吸入、贯穿并环绕在那些电子间隙中，这些间隙曾受到你自身不完美情感辐射的影响，以及你从人类那里接纳的情感辐射的影响。如此，你可以用自由之爱的紫色火焰净化心智体，清除心智界堆积的尘埃；对于以太体和物理体，你也必须采取同样的做法。

Scientifically, what happens? When you remove the pressure which has caused the weight around the electrons, they are able to spin more rapidly in their orbit, and their speed naturally and automatically wards off from you those destructive vibratory actions with which you presently battle.

从科学角度来看，会发生什么？当你清除缠绕电子的沉重低频束缚，电子便能在轨道上更快地旋转，而它们的速度会自然而然地将你目前正在对抗的那些破坏性振动作用从你身上驱散。

Our Master Saint Germain has said he wishes to give you as much visual help as is possible, in order to assist you in coming to an acceptance of the Freedom Flame. For this purpose, I will use three of the substances that are in common use—coal, wood, and paper—in the world of form, and let you see for yourselves the action of the flame upon the three.

我们的上师圣日耳曼曾表示，他希望尽可能多地提供直观的帮助，以协助你们接纳“自由之火”。为此，我将选用物质世界中三种常见的物质——煤炭、木材和纸张——让你们亲眼见证火焰对这三者的作用。

First we will take the very dense substance which you know as coal. Now, the vibratory action of the electrons as they move around the atoms that make up the substance of coal, is very slow and very, very little light radiates forth from the electrons. Therefore, when you expose the coal, itself, to the flame, you do not have as a result the immediate igniting of that substance. In other words, this

coal is representative of the mass consciousness of mankind, and in its reaction to the physical flame (a lighted match), you have about the same reaction to the Sacred Fire by the people of the world (to the higher teaching).

首先，我们来观察一种你们所知的密度极高的物质——煤炭。构成煤炭的原子之中，电子旋转速度极慢，几乎无法散发光芒。因此，当你们将煤炭本身置于火焰中时，并不会立即点燃这种物质。换言之，这种煤炭代表着人类的集体意识，它对物理火焰（点燃的火柴）的反应，大致相当于世人对神圣之火（即更高教义）的反应。

Next, we will take an activity which perhaps would represent your constructive orthodox people, namely the wood. In wood, the vibratory action of the electrons that make up the atom, is more rapid. There is more light in the electrons. The wood, itself, is lighter than coal, even physically, and is more susceptible to the absorption of the radiation of the flame. Yet, even wood, which we will compare to the consciousness of the

constructive people of the world, does not respond very rapidly to the action of the physical flame, nor proportionately to the Sacred Fire.

接下来，我们将选取一种或许能代表你们那些积极进取的正统人士的物质，即木材。在木材中，构成原子的电子振动更为迅速。电子中蕴含着更多的光。木材本身——即使从物理层面来看——也比煤炭更轻，且更容易吸收火焰的辐射。然而，即便是木材——我们将它比作世界上建设性人群的意识——对物理火焰的作用也并未做出非常迅速的反应，更无法与神圣之火的反应相提并论。

Lastly, we will take the activity of paper, which is the closest we can come at the moment to a visual test to point out to you the vibratory action of your own inner bodies. The electrons that make up paper vibrate more rapidly than those of wood. It is also lighter in weight, from a physical standpoint—there is greater space between the electrons, there is more light within each atom and, of course, we know when we apply the physical flame to it, we immediately have a blaze.

最后，我们将以纸张的活性为例——这是目前我们能找到的最贴近直观测试的方式，用以向你们阐明自身内在身体的振动作用。构成纸张的电子振动速度比木材中的电子更快。从物理角度来看，纸张也更轻——电子之间的间距更大，每个原子内部的光更多，当然，我们知道当用物理火焰点燃它时，会立即燃起熊熊烈火。

(In each of the above activities, a lighted match was used for illustration.)

（以上演示，均以点燃的火柴作为火源。）

Now, beloved ones, through these illustrations, I wish to point out the various consciousnesses you will contact in your mission of spreading the knowledge of the Sacred Fire. You beloved students, drawing the power of the sacred love of the Sacred Fire, form the impetus that will light the great constructive orthodox world, and later the unbelieving world at large. If sustained, by the lighter radiation of the students who magnetize the flame, this endeavor can eventually illumine the great heavy Earth, itself.

现在，亲爱的朋友们，通过这些示例，我想指出你们在传播“神圣之火”知识的使命中将会接触到的各种意识。你们这些挚爱的学员，汲取圣火神圣之爱的力量，将形成一股推动力，点亮伟大的、建设性的正统世界，进而照亮整个尚未信受的世间。如果由那些吸引火焰的学员们持续散发出更轻盈的辐射，这一努力最终甚至能照亮这颗沉重而巨大的地球本身。

Now, beloved ones, think that through thoroughly, that you may get the picture and get it clearly. Here, we have the immortal flame of God Almighty—we call it the sacred love of the Sacred Fire of the Master Saint Germain. We have within this room a handful of people representative of the light within the paper. As we draw the power of happiness into the vibratory action of that paper (representative of your consciousnesses), it should ignite the consciousness and the feeling world of the constructive people who are represented by the small pieces of wood.

现在，亲爱的朋友们，请彻底思考这一点，以便你们能够理解并清晰地把握其中含义。这里，我们拥有全能上帝的不朽圣火——我们称之为圣日耳曼大师“圣火”的神圣之爱。在这个房间里，有几个人代表了纸张中的光。当我们把喜乐的力量引入那张纸（代表你们的意识）的振动活动中时，它应该会点燃那些由小木块所代表、具有建设性的人们的意识和情感世界。

If you sustain the activities, the radiation from your class work, you can have a world conflagration, eventually. This is the activity the Master Saint Germain desires to make of Earth—a freedom star, to bring it back again into a self- luminous planet in our system, which will radiate divine love and light and all of the powers from within the heart of the Sacred Fire into the realm of mankind. BUT, IF THE STUDENT BODY'S INNER CONSCIOUSNESS IS AS HEAVY AS THE COAL, IF THEY ARE AS DENSE, THROUGH DEPRESSED FEELINGS AND THOUGHTS AND ETHERIC MEMORIES, AS THE WOOD, IF THEY ARE NOT CONDUCTORS

FOR THIS COSMIC RADIATION, THERE IS NO WAY BY WHICH WE CAN REACH THE MASSES.

若你们能持续开展这些实践，维持你们集体修持时所产生的辐射，最终将引发一场全球性的烈焰。这正是圣日耳曼大师希望将地球塑造成的那种存在——一颗自由之星，使其重归我们星系中自发光行的行星之列，向人类领域辐射神圣的爱与光，以及源自圣火核心的一切力量。但是， 如果学员群体的内在意识像煤炭一样沉重，如果他们因抑郁的情绪、思想和以太记忆而变得像木头一样凝滞，如果他们无法成为这种宇宙辐射的导体，那么我们就无法触及广大民众。

Considering the short distance from Egypt to Jerusalem, some of you have wondered why I said the journey would take seven years, why this short distance could not have been traversed in a very much shorter length of time than the forty years mentioned in your Bible.

考虑到从埃及到耶路撒冷的距离很短，你们中有些人曾疑惑：我为何说这段旅程需要七年时间？为何这段短途旅程

不能在比你们《圣经》中提到的四十年短得多的时间内完成？

I want to explain to you—those of you who may be interested in the exodus—that when I was privileged in the heart of the desert to contact the consciousness of my individualized I AM Presence, the great Archangel Michael had sent his own beloved son, the beloved Micah, to give to the Jewish Dispensation the same cosmic protection which Cherubim Lovelee now holds for this present activity. That great Micah was the focus of cosmic union (which was the purpose of my mission), and he came to unite the consciousness of the Jewish race once more with the one God.

我想向你们——那些可能对出埃及事件感兴趣的人——解释一下：当我有幸在沙漠腹地与我个体化的“我是”临在的意识建立联系时，伟大的迈克尔大天使派遣他挚爱的爱子弥迦，为犹太时代降下宇宙护持；如今基路伯洛夫利，正为当下的修行事业承担同等护持之力。那位伟大的米迦

是宇宙合一的焦点（这也是我使命的目的），他降临是为了再次将犹太民族的意识与唯一的神性合一。

When that beloved Micah stood within the burning bush (as you have heard described), from within that bush I heard the voice of the Presence, the voice which said, “I AM THAT I AM”! At that moment, I was filled with that infinite radiation which comes when you realize and feel your own Presence! From that moment on, as I returned into the land of Egypt, I received the assistance of the beloved Micah, and all the higher powers that worked there. They helped us to draw together that mass of people, who were chafing under the bonds of slavery, under the whip of the Pharaohs, and under the discontent of the lot which was theirs.

当那位挚爱的米迦站在燃烧的荆棘丛中时（正如你们所听到的描述），我从荆棘丛中听见神圣临在的声音，那声音宣告：“我是自有永有！（I AM THAT I AM）”！那一刻，我被那种无限的光辉所充满——当你意识到并感受到自己的临在时，这种光辉便会涌现！从那一刻起，当我重返埃

及之地时，我便得到了挚爱的米迦以及在那里运作的所有更高力量的协助。他们帮助我们凝聚起那群民众——他们正受奴役枷锁的折磨，承受着法老的鞭笞，并对自身境遇深感不满。

These people had forgotten, to a great extent, the original teaching of the one God. Many of them had accepted the idolatry and the Egyptian way of life, in their hearts and in their feelings. With certain persuasions and certain so- called miracles, they were drawn out of their bondage and slavery, but they were, by no manner of means, ready to be the magnetic power to form a new world movement. I was directed, after removing them from Egypt, to draw them together as closely as possible, in an endeavor to teach them to become a magnetic power of light, as I ascended Mount Sinai. It was meant to take, according to Cosmic Law, seven years to bring forth a specific God- instruction which was to be written down and delivered to these people to form the heart of the Law for the two- thousand-

year cycle—even as we are now bringing the Law to you, and you are writing it down far more easily than I did then. I had to chisel every letter of the divine instruction that I received, upon the hard rock.

这些人已在很大程度上遗忘了唯一真神的原始教义。他们中的许多人，无论在内心还是情感上，都已接受了偶像崇拜和埃及式的生活方式。虽然通过某些说服手段和所谓的“奇迹”，他们得以从束缚和奴役中被解救出来，但他们绝无可能立即成为推动新世界运动的磁性力量。在我将他们带离埃及之后，我受命在攀登西奈山时，尽可能将他们紧密团结起来，努力教导他们成为一种光的磁性力量。根据宇宙法则，需要七年时间才能孕育出特定的神谕，这些神谕将被记录下来并交付给这些人，以构成两千年周期中律法的核心——正如我们现在将律法带给你们一样，而你们记录下来的过程比我当时要容易得多。我不得不将所接收到的神圣指示中的每一个字母，都用凿子镌刻在坚硬的岩石上。

You write so easily upon your typewriter, with your pen, on your lovely stationery—you do not know how

difficult it was, in those times, not only to write upon stone those instructions given, but it seemed often that the hearts of the men with whom I was working were as hard as that stone—discontented with their lot, desiring to return to the "flesh-pots of Egypt" and not eager at all within themselves to accept the fuller truth which it was my privilege and honor to bring.

你们在打字机上、用笔在精美的信笺上书写是如此轻松——你们无法想象，在那个时代，不仅将所领受的诫命刻在石头上是多么艰难， 而且，与我共事之人的心，往往似乎也像那石头一样坚硬——他们对自己的处境心怀不满，渴望回到"埃及的肉锅"旁，内心丝毫没有渴望去接受那更完整的真理，而将这真理带给你们，本是我莫大的荣幸与殊荣。

So it was that I ascended Mount Sinai. Every time I was enabled to enter into communion with the infinite I AM Presence, there would be discontent within the ranks of the people who had come with me, and who were to form the magnet for God's endeavor.

That is why we remained for those long forty years, doing that which might have been accomplished in seven. That is why also I remained with them and suffered their many petty jealousies and selfishness—also how I lost my own patience and my own God- control, in anger at my fellowman. That is why, too (in that embodiment), I lost the opportunity for the full freedom of my ascension. When I came again, I was determined within myself that I would try to bring happiness into the worlds and lives of those who serve God!

就这样，我登上了西奈山。每当我得以与无限的“我是”临在建立联结时，那些与我同行、本应成为神性事业磁石的民众之中，便会滋生不满。这就是为什么我们滞留了漫长的四十年，去做那些本可在七年内完成的事。这也是我为何一直与他们同在，忍受他们种种琐碎的嫉妒与自私——以及我如何因对同胞的愤怒而失去了自己的耐心，也失去了对神性的掌控。这也是为何（在那次化身中），我错失了圆满扬升、全然解脱的机缘。当我再次降临，我内心

已下定决心，要尽力为那些侍奉神的人们的世界与生命带来喜乐！

You see, beloved ones, I was raised in the house of the Pharaoh. I was raised with a certain occult background, a certain spiritual understanding of the Law, and then, through a misunderstanding, I spent many years in the desert, but I did not forget the beauty, I did not forget the opulence, I did not forget the easy way of living that prevailed within the Pharaoh's court.

你们看，亲爱的人们，我是在法老宫廷中长大的。我是在某种神秘主义的背景下长大的，对律法有着某种灵性的理解；后来，由于一场误会，我在沙漠中度过了许多年，但我并未忘记那里的美好，并未忘记那里的富足，也并未忘记法老宫廷中盛行的安逸生活。

In those years after we had proceeded across the Red Sea, and after we had entered into the desert wilderness, in those years I used to think with some bitterness, I must confess, that perhaps it might have been better for all concerned if I had

remained in the court of the Pharaoh, continued my studies at Karnak, Thebes and Luxor, and become a Master individually, within the safe compass of those surroundings, (of course, those were the thoughts of my human self).

渡过红海、进入旷野荒漠之后的那些年月里，我必须坦言，心中时常生出几分苦涩的念头：倘若我留在法老的宫廷，继续在卡纳克、底比斯与卢克索研学，在安稳的环境之中独自修成一位大师，或许对所有人都会更好。（当然，这些都是我人性自我的想法。）

Then, the mercy of the Law allowed me to embody as the disciple and close friend of the Lord Gautama Buddha, that I could see how he made a renunciation far greater than mine, for he renounced a throne in India, turning his back on all it represented, and carried forth his mission with never a regret and never a backward glance—with never a wish or desire that he had not chosen the easier way of redeeming the people of the world, from within the safe compass of his own throne. It was the balance

and mercy of the Law that allowed me, through association with the Buddha, to make right my own world, my inner bodies and my flesh, which had to be redeemed before the glory of the ascension could be mine.

随后，宇宙法则的慈悲让我得以化身为释迦牟尼佛的弟子和挚友，我得以见证他作出了远比我更伟大的舍弃——他舍弃了印度的王位，背弃了王位所代表的一切， 并毫无悔意、义无反顾地履行了自己的使命——从未曾有过任何愿望或渴望，希望自己当初能选择更轻松的道路，在王座的安全庇护下拯救世人。正是法则的平衡与慈悲，让我得以通过与佛陀的交往，修正自己的世界、内在身体以及肉身——唯有在这些得到救赎之后，扬升的荣耀才能属于我。

It is the same with you, lovely ones, whoever you are and wherever you move along the pathway of life. That which you do in the name of God, you must do in joyous happiness, or you will have to do it again in the company of an individual who has already achieved that mastery, and find happiness in service to your God. If you do not do it here,

if your service is done in heaviness, if you find your load more pressing than you can bear, you will have to work out at inner levels that imperfection—mentally, emotionally, etherically, or come back and work it out physically.

亲爱的朋友们，无论你们是谁，无论你们在人生道路上行至何处，情况都是一样的。你们以上帝之名所做的一切，都必须怀着喜乐的心去完成，否则，你便要再次经历这番功课：跟随一位已经达成此成就的存有，并在对上帝的侍奉中寻得喜乐。如果你无法在此处做到，如果你在沉重的心情中进行服务，如果你觉得负担重得难以承受，你就必须在内在层面——无论是心智层面、情感层面还是以太层面——去化解这种不完美，否则就只能重返此世，在物质层面继续化解它。

So, I ask that as this Flame of Happiness passes through you, as the concentrate of that essence and that mighty energy surges in a living, powerful and positive flame, I ask that you allow your inner bodies— emotional, mental, etheric and also your flesh—to be “conductors” of the sacred love of

the Sacred Fire into the outer world. Then the constructive people in the outer world will project it and flash it again and again into the great masses who are still sleeping in the lethargy of the outer self.

因此，我恳请你们：当这“喜乐之焰”流经你们体内，当这份本源精华与浩瀚能量凝聚成鲜活、强劲且正向的火焰奔涌而出，请让你们的各个内在身体——情感体、心智体、以太体以及肉身——成为神圣之火的“传导者”，将神圣之爱传递到外在世界。届时，外在世界中那些富有建设性的人们将把这份爱投射出去，并一再将其闪耀地传递给那些仍沉睡于外在自我惰性之中的大众。

In the name of the most high living God, in the name of the presence of that God I AM, which beats each human heart here, and in the realms of those who wait at the gates of birth, I invoke a cosmic release of that pressure and POWER of happiness, intensifying it every instant, waking, sleeping, day or night, through the inner bodies and the

physical selves of these who are chosen to be the "way- showers" to all mankind! I INVOKE that Flame of Happiness, until it can be felt in the purified mind, until it can be felt in the vitalized emotions, until it can be felt in the flesh structure, as well.

奉至高无上的永生之神之名，奉那"我是"之神的临在之名——祂正使这里每个人的心脏跳动，也使那些在出生之门前等待之人的领域中跳动， 我召唤那喜乐的能量势能与力量在宇宙中释放，使其在每一瞬间——无论醒着还是睡着，无论白天还是黑夜——通过这些被选中成为全人类"引路人"之人的内在身体与肉身，不断增强！我召唤那喜乐之焰，直到它能在净化后的心智中被感知，直到它能在焕发活力的情感中被感知，直到它也能在肉身结构中被感知。

In the name and by the power of the presence of God which I AM, I CHARGE, CHARGE AND CHARGE the Cosmic Flame of Cosmic Happiness from the heart of the Central Sun, and the physical sun of our system and from every God- free being into the lower

atmosphere of Earth— north, south, east and west, from this heart center today, until it covers this planet round.

以“我是”的神圣临在之名、并借着上帝临在的力量，我灌注、灌注、灌注神圣喜乐火焰——源自中央太阳之心、我们星系的物理太阳以及所有获得神圣自由的存有，注入至地球的大气之中——北南西东，在今日从此心的中心出发，直至环绕整个地球。

And to you who have absorbed and transmuted, by the use of the Violet Fire, the energies of your own world so much of the unhappiness which is the mass blanket that encircles the planet—to you, individually and collectively, we give our gratitude this morning, and we anchor into your worlds a certain buoyancy, sense of rhythmic accomplishment and victorious mastery which, if you will recall that feeling on the hour daily, will remain with you always.

你们借由紫罗兰火焰吸收并转化了自身世界中大量的痛苦哀伤——那正是笼罩地球的集体哀伤帷幕；今天早晨，我

们向你们，无论是个人还是集体，致以诚挚的感谢，并将一种轻盈感、一种富有节奏的成就感以及胜利的掌控力锚定在你们的世界中；只要你们每天在特定时刻回想起这种感觉，它将永远与你们同在。

Unto you, each and every one, for your presence (even in thought) with us, for your comprehension of this Law, and for staying with the activity of the Law throughout this entire week, to you all, we give the gratitude of our cosmic hearts. Thank you so much. *Note: “The upper figure in the chart” referred to looks like a large wheel—the luminous figure of the God- Presence I AM in the center, forming the hub, and the light rays from that Presence going forth to the “rim” (periphery) of the wheel like spokes.

对于在座的每一位——因你们与我们同在（哪怕只是在思想中），因你们对这法则的领悟，以及因你们在整个星期中始终与法则的运作同在——我们向你们所有人献上我们宇宙之心最深切的感激。非常感谢。

*注：图表中所指的“上方图形”形似一个巨大的车轮——中心是“我是”神性临在的光辉形象，构成车轮的轮毂，而从该临在发出的光芒如车轮辐条般延伸至车轮的“轮缘”（外围）。

Explanation of Titles of "God" and "Lord"

关于“上帝”与“主”之称谓的释义

When a spiritually awakened lifestream has finally fulfilled his or her divine plan and gained the full victory of the ascension, that one has become ONE with his or her own God- self, and becomes, thereafter, a GOD of Creation also, then having the full use of all the God- powers of divinity.

当一个灵性觉醒的生命流最终实现了其神圣计划，并在扬升之路上取得了完全的胜利时，此人便与自身的“神性本我”合而为一，此后也成为了一位造物之神，从而能够充分运用神性所蕴含的一切神力。

If such a one, during the course of his or her evolution in the world of form, has drawn about himself and into his Causal Body an unusually great momentum of some particular virtue of God-perfection (in God Ling's case, the virtue of perfect HAPPINESS), then, after the ascension, that one is known as "Lord," or "the Law" of that virtue or quality. Therefore, our beloved "Ling" is known both as God Ling and "Lord" Ling. In the Bible, the words "Lord God" refer to "the Law of God." Do you see?

如果有这样一位存有，在形相世界进化的过程中，已将某一项圆满的神性美德（以 Lord Ling 为例，即完美"喜乐"的美德）所蕴含的非比寻常的强大势能，吸纳进自身的因果体之中，那么在扬升之后，该存有便被称为该美德或品质的"主（Lord）"，或"法则(LAW)"。因此，我们挚爱的"Ling"既被称为"God Ling"，也被称为"Lord" Ling。在《圣经》中，"主神（Lord God）"一词指的是"神的法则(the Law of God)."。你知晓了吗？

Decree To Lord Ling

Lord 凌 的谕令

Beloved mighty victorious presence of God I AM in us and beloved friend of old, friend of light, and friend forever—Lord Ling!

居于我们内在、大能得胜的神圣“我是”临在，以及我们的亘古知己、光之挚友、永世相伴的 Lord 凌！

We love you, bless you and thank you with all our hearts' love forever, for your magnificent victory of the ages—the drawing in, through, and around yourself of such a tremendous momentum of the God-virtue of HAPPINESS, that you have become the “Lord” and “God” of that quality.

我们以满心挚爱永远爱慕您、祝福您、感恩您万古辉煌的胜迹——您将喜乐这一神性美德的磅礴圣能全然吸纳、内化、环绕自身，因而成为喜乐这一特质的上主与神祇。

Thank you, too, for being above, willing, and ready NOW to give your fully-gathered momentum of HAPPINESS to any and

all who will ask you for it and endeavor to accept it from you, to the best of their ability.

也感恩您境界超然仍时刻垂听众生，随时愿意将您汇聚圆满的喜乐圣能，赐予每一位向您祈求、并愿尽己所能努力接纳这份馈赠的生命。

Beloved Lord Ling! We now call with all the sincerity of our hearts to your dear self!

挚爱的 Lord 凌！此刻我们以全然赤诚之心向您祈请！

From this instant henceforth, MAKE AND KEEP each of us who reads these addresses, all the life we ever contact, and all mankind still unascended belonging to Earth's evolutions, A VERITABLE LIVING, BREATHING SUN OF YOUR FEELING OF GOD-HAPPINESS, lighting our way and the way of others, everywhere we go, with that uplifting, transmuting presence of divine love.

从此刻起，恳请您恒久护持每一位阅读这份开示之人、我们所接触的所有生命、所有尚在地球演化体系中未曾扬升的人类，皆化作鲜活流转、生生不息的太阳，承载您神圣至福喜乐；无论我们去往何处，都以这份能提升、转化一切低频的神圣大爱之力，照亮自身与他人前行的道路。

Keep pouring into and through us (as that sun of your presence) this golden flame which is the consciousness and feeling of your happiness, until all life is set eternally free from all shadows of distress and all life is grateful to God that our lifestreams passed this way!

祈愿您持续将代表你喜乐意识与感受的金色圣焰（如您临在的光之太阳）倾注、贯穿我们，直到所有生命永远脱离一切痛苦阴霾束缚，万物皆因我们曾行于此道而向神圣本源感恩！

I AM an ambassador of happiness.

我是喜乐的使者。

God Ling, blaze through me now, today，The FULLNESS of your golden Flame of God-success That lifts all back to God, fore'er to stay!

Lord 凌，今日此刻，愿你那承载神圣圆满成就的金色圣焰，通过我熊熊燃烧，引领万物回归神性，永居圣境！

扬升大师凡威

THE ASCENDED MASTER FUN WEY

Every Master, even though ascended, has his superior—his divine teacher—called in the East his “Guru.”

每一位扬升上师，即便已然扬升，也拥有更高的指引者、神圣导师，在东方被称作古鲁。

The beloved Lord Ling, the author of the three addresses in this series, is the “Guru” of the Ascended Master Fun Wey, whose predominant God-virtue and service to life is the expansion of God-happiness to all who will accept his feeling of that blessing to life.

本系列三篇开示的作者——挚爱的凌大师，便是扬升大师凡威的灵性导师。凡威核心的神性美德与济世使命，是将神性喜乐散播给所有愿意接纳这份生命祝福的众生。

The Ascended Masters use various names from time to time, those names meant to signify the service they are giving at that particular time.

扬升上师会在不同时期使用不同名号，每个名号都对应他们当下所践行的济世事业。

The name, “Fun Wey,” aptly designates his specialized gift of the “Fun Way” of life to the unascended mankind of this Earth, and we humbly offer this song to him with all our gratitude for his

presence in this universe, the glory of his victory, and his gracious willingness to expand his gift through us all.

“凡威”这个名号，精准对应他赠予尘世未扬升众生的专属恩典——喜乐自在的生命之道。我们怀着满心谦卑献上这首赞美诗，感恩他存于宇宙之间，感恩他得胜的荣光，感恩他慈悲愿意借由我们所有人散播这份恩典。

He is a very real being of God-perfection, and he is very close to our hearts, indeed.

他是真实存在、全然圆满的神性存有，实实在在与我们心心相依。

We call upon him the full power, glory and limitless blessings of the beloved Helios and Vesta, God and Goddess of our physical sun, for all he does, has done and will yet do to free our dear planet Earth and all her evolutions.

我们祈请物质太阳的神圣父神母神，赫利俄斯与维斯塔，赐予他全然大能、荣光与无量祝福，感恩他过去、现在、未来为救赎地球及一切众生所付出的一切。

BELOVED FUN WEY

挚爱的凡威

We wrap our hearts around you, dear Fun Wey, We love you true, really we do!

亲爱的凡威，我们将整颗心向你靠拢，我们真心爱慕你，发自肺腑！

Seal us in your heart forever to stay, Blessed, beloved Fun Wey!

请你将我们永久封藏在你的心间，蒙福挚爱的凡威！

Chorus 副歌

Fun Wey! Fun Wey! So stately and tall,

凡威！凡威！威仪崇高，光芒万丈

Fun Wey! Fun Wey! Come now, hear our call!

凡威！凡威！此刻降临，聆听我们的呼请！

Fun Wey! Fun Wey! Make all mankind feel Your great joy ray and happiness real.

凡威！凡威！愿全人类都感受你浩荡喜乐光流，体会真实恒久的欢愉。

Let your joy bring to us all of God's light; Bring us God's health, bring us God's wealth;

愿你的喜乐为我们带来全然圣光，赐予我们神性健康、神性富足；

Give us your joy's perfect hearing and sight; Blessed, beloved Fun Wey!

赐下你喜悦所化的圆满通透觉知；蒙福挚爱的凡威！

God's way's the right way, beloved Fun Wey! Teach us to love, raise us above!

神性之道即是正道，挚爱的凡威！教导我们心怀大爱，超脱尘世桎梏！

Teach us the use of your happiness ray, Blessed, beloved Fun Wey!

教我们运用你的喜乐光流，蒙福挚爱的凡威！

Fun Wey, we love you with all that we are, Give us your grace, show us your face;

凡威，我们倾尽全部生命爱慕你，赐下你的恩典，让我们得见你的圣容；

Thank you for helping us raise the dark star, Blessed, beloved Fun Wey!

感恩你助我们净化这颗蒙尘的星球，蒙福挚爱的凡威！

Melody: Original

曲调： Original

挚爱的扬升大师“LORD 凌”开示

ADDRESS BY THE BELOVED ASCENDED MASTER LORD LING

Introduction By Thomas Printz 托马斯·普凌茨 引言

Our love and gratitude extends to the “seed” of God-happiness which naturally abides within every human heart!

我们将爱与感恩献给每一人内心本自具足的神性喜乐种子！

It is the decree of God, the infinite Cosmic I AM Presence, that this “seed” shall be nourished, developed, expanded and bear manifest fruit now, in the beings and worlds of all the evolutions in the Earth, on the Earth, and in its atmosphere.

无限宇宙“我是”神圣临在立下圣谕：如今，深埋于地心、地表、地球大气层之中所有演化生命内在的喜乐种子，都将得到滋养、生长、舒展，结出显化的果实。

To this end, Lord Ling, the God of Happiness, Fun Wey, (one of his many assistants), and the Cosmic Spirit of Happiness from the hearts of Helios and Vesta, NOW direct into your feeling worlds that happiness which you have sought all through the centuries.

为此，喜乐之神凌大师、他众多助手之一凡威，以及源自赫利俄斯与维斯塔内心的宇宙喜乐之灵，此刻正将你们千百年苦苦追寻的喜乐，注入你们的情绪意识之中。

Thus, the cosmic momentum of happiness expands that "seed" of happiness within you until you have become the full, manifest expression of divine happiness which can never be interfered with or destroyed by human creation of any kind!

宇宙喜乐的磅礴势能会不断滋养你内在的喜乐种子，直至你全然显化神性喜乐；这份喜乐，任何人类小我所造之物都无法干扰、无法摧毁！

DEVELOPING THE SUSTAINED FEELING OF HAPPINESS

培养持久的幸福感

Address By The Beloved Ascended Master Lord Ling

挚爱的扬升大师“Lord 凌”开示

Dearly Beloved Children of Light!

我挚爱的光之儿女们！

I am come today through the gracious love of the great Cosmic Law to bring to you the vibratory action of the buoyancy of joy and happiness, which is within the use of life.

今日，我承蒙宏大宇宙法则的慈爱恩典前来，为你们带来生命本具、轻盈昂扬的喜乐频率。

The feeling of God-happiness is the feeling which you all had originally, when you first came forth from the bosom of the Eternal Father-Mother God and knew yourselves as individualized consciousnesses, with the power to think, feel, speak and act.

神性喜乐，是你们最初便拥有的本然感受。那时你们自永恒天父圣母怀中诞生，意识到自己是具有独立意识的个体，拥有思考、感受、言语、行动的大能。

When, within that glorious I AM Intelligence, you felt the first stirring of life within your own mental and emotional bodies, and when you realized that you had been endowed with the Father's infinite gifts of life, (especially that gift of your use of free will), the first vibration to register within your auras was that of happiness—happiness in the realization that you had been given the gift of individualization!

在那荣耀的“我是”智慧之中，当你们初次感知心智体与情绪体内生命的悸动，意识到自己已被赋予父神无限的生命馈赠（尤其是行使自由意志的恩赐）时，你们气场中最先浮现的振动便是喜乐——因知晓自己拥有独立的生命形态而心生欢愉。

With such realization came the feeling of great joy in knowing that, through this gift of divine love, you had become a co-creator with the One Eternal Father-Mother of the Universe, co-creator with the seven mighty Elohim of creation, with all the Ascended Beings, to ever widen and expand the perfection of God and his kingdom.

这份觉悟带来盛大欢喜，因为你们知道，借着神性之爱的馈赠，你们得以与宇宙独一永恒父母神、七位创世大能伊洛希姆、所有扬升存有一同共创，不断拓展神性与天国的圆满。

Thus, dear ones, you dwelt at inner levels for aeons of time, in great innocence and happiness.

因此，亲爱的朋友们，你们曾在内在圣境度过漫长岁月，全然纯真、满心喜乐。

You knew no disappointment of or disillusionment in the use of life—whether it was the First Sphere of Faith, the Second

Sphere of Illumination and Wisdom, the Third Sphere of Divine Love, the Fourth Sphere of Purity, the Fifth Sphere of Science and Truth, the Sixth Sphere of Ministration and Peace, or the Seventh Sphere of Invocation of Rhythm and the Divine Alchemy produced by the use of the Violet Transmuting Flame of Cosmic Christ mercy, forgiveness, and compassion.

那时你们运用生命能量，从未体会失意与幻灭。无论是在“信仰的第一层界”、“启迪与智慧的第二层界”、“神圣之爱的第三层界”、第四层“纯净之界”、第五层“科学与真理之界”、第六层“服务与和平之界”，还是第七层“节律祈请之界”——通过运用宇宙基督的慈悲、宽恕与怜悯的紫罗兰转化火焰所产生的神圣炼金术。

In these spheres, you knew naught but victorious accomplishment. Therefore, the feelings of buoyancy and joy of life were strong within you!

在这些圣境之中，你们唯有得胜圆满的成就，故此生命轻盈喜乐的感受会在你们内在无比强盛！

All Came Here in Happiness

众生最初皆携喜乐而来

So, in happiness, you applied to your Source for the opportunity to embody upon this dear planet.

于是，你们满心喜乐，向生命本源祈求投生这颗星球的机缘。

In loving gratitude, you received this gift and so came to Earth through the gates of physical birth, for the express purpose of manifesting and expanding the glory of God, right here.

你们怀着感恩接纳这份馈赠，经由肉身降生之门来到地球，唯一的使命，便是在此地显化、散播神性荣光。

Your own beloved I AM Presence provided you all with perfect and beautiful physical forms, in which you were able to sustain and expand the perfection of life on the surface of this planet, where unascended humanity dwelled and where you took embodiment to serve.

你们自身的神圣“我是”临在，为你们预备了完美而美丽的肉身。借着这具肉身，你们得以在栖居着未扬升众生的地表维系、拓展生命圆满，完成投生服务的使命。

You were shown how to take a divine idea, fashion a beautiful thoughtform from it, then hold it in your mental body and nourish it with your feelings until it manifested as a lovely jewel, a flower, a song, or perhaps a lovely temple of light.

你们曾习得方法：撷取神圣构想，构筑美好的意念形态，存于心智体之中，以自身感受滋养，直至它显化为瑰丽宝石、盛放繁花、悠扬圣歌，或是一座华美光之圣殿。

Whatever picture was given into your consciousness which you wished to bring into outer manifestation, just naturally you had the power to bring forth, direct from the universal.

但凡你意识中想要在外在显化的图景，你都天然拥有力量，直接从宇宙本源将其创造出来。

Here, again, you were filled with the feeling of happiness through the experiencing of victorious accomplishment!

每一次圆满创造，都让你们再次充盈喜乐。

In the sight of God, that is still your divine heritage.

在上帝眼中，这份能力依旧是你们与生俱来的神圣禀赋。

It is a part of your original divine plan and is the reason why, in the consciousness of all those who are awakening from the soul sleep of the ages, there is the feeling that “something is missing” from their worlds.

这是你们原始神圣蓝图的一部分，也正因如此，所有从万古灵魂沉睡中苏醒之人，内心都会隐隐觉得生命之中“缺失了什么”。

That which is missing is the sustained feeling of buoyancy and absolute certainty of God-accomplishment, right here in this world of form.

你们所遗失的，便是身处物质世界，依旧恒常拥有轻盈自在、笃定神性必能圆满一切的喜乐觉知。

First Awareness Of Disappointment

初次体会失落之感

In the many long ages which followed after your coming into embodiment, you lived, experiencing the happiness and full perfection of God's will for you.

投生之后漫长的岁月里，你们起初依旧活在神性为你预备的喜乐与全然圆满之中。

It was not until later, when you eventually accepted the radiation of the feelings of discord created by the “laggards” from other stars, that certain limitations made themselves manifest in your experience, because of your acceptance into your world of those shadows from others.

直到后来，你们接纳了来自其他星球的“落伍者”所散发的不和谐情绪振动辐射，将外界的负面阴霾纳入自身生命，种种束缚局限才开始在你的经历中显现。

It was then—and then only—that you first began to qualify your life energy with the feeling of disappointment.

也正是从那时起，你们第一次用失落的感受浸染自身生命能量。

For the very first time, the perfection of your divine idea (which had been released to you by your Holy Christ Self) became blurred by the imposition upon it of the shadows in your thinking processes.

你们的神圣基督自我曾传递纯粹圆满的神圣构想，却第一次因思维中侵入阴霾而变得模糊。

Your feelings then pouring into that distorted image did not rush forward in the joy of conscious mastery to fill that form with light.That was when you first began to experience the feeling of unhappiness.

你们的情绪倾注在这份扭曲形象之上，不再以全然喜悦的全然掌控之力，以光充盈那个形象。那时，你们初次体会到不悦的感受。

This feeling, being of too slow a rate of vibration to keep you in conscious connection with the perfection of your Source, made you feel a sense of separation in consciousness from your own God-self.

这种情绪振动频率过低，切断了你与生命本源圆满的意识联结，让你的意识生出与神性本我隔绝的疏离感。

After many ages of your living in a profitless way, the wisdom of the great Cosmic Law found it necessary to decrease the flow of primal life into your body, mind and world, which, originally, had been given into your keeping for constructive creation only.

在你们虚度光阴无数世代之后，至高宇宙法则出于智慧，缩减了流入你们肉身、心智与生命世界的原始生命能量——这份能量最初交付于你们，只为用于正向创造。

Therefore, your “silver cord” was gradually diminished in size, and thus less and less of that glorious primal life flowed through you.

于是你的“银线”逐渐收窄，流经你们体内的磅礴原始生命能量日渐衰减。

Thus the shadows expanded and your creations became more and more imperfect.

阴霾不断扩张，你所创造的一切也愈发残缺。

It was then that you entered into a compromise with the outer world of appearances.

从那时起，你开始向表象俗世妥协退让。

The result was that your energies began to slow down through the acceptance into your four lower bodies (physical, etheric, mental and emotional) of the feelings of discouragement and lethargy, rather than the positive feelings of creative power, with which power you originally had been endowed.

你们开始向外在表象世界妥协，自身四大内在载体（肉身、以太体、心智体、情绪体）不断吸纳沮丧、倦怠的低频情绪，而非原本赋予你们的、充满创造力的积极情绪，你的生命能量振动随之放缓。

Importance of Attention

注意力的重要性

Now, beloved, the four lower bodies upon which you were presently working so industriously to purify and raise, are constantly absorbing the substance of the realms with which they are connected through your attention.

亲爱的朋友们，你们如今勤勉净化、提升的四层下层身体，会持续吸收与你的注意力相连的各个领域的能量物质。

For instance, your etheric body is, by nature, a magnet, and when the consciousness is raised to the ascended and angelic hosts, that etheric body will draw into itself the radiation of the higher spheres of light.

举例而言，你的以太体天生如同磁石；当你的意识扬升至扬升存有与天使众灵的层面，以太体便会吸纳高阶光之国度的光流。

Conversely, when the attention is turned outward into the world of destructive human creation, it will draw into itself the feelings and manifestations of discord which are in the physical appearance world.

反之，当注意力转向外界——即人类所创造的破坏性世界时，它便会将物质表象世界中的不和谐的情感与表现形式吸纳进来。

This effluvia is then imposed upon and wedged in between the tiny electrons of God's pure light as they endeavor to spin around their central core in the atom.This slows down their vibratory action.

这些污浊之气会附着在神性纯净之光的微小电子之上，并卡在它们之间，在它们围绕原子核旋转之时会减缓其振动频率。

Remember, dear ones! WITHIN YOUR ETHERIC BODIES IS THE ETHERIC RECORD OF EVERYTHING YOU HAVE EVER EXPERIENCED FROM BEFORE THE TIME OF YOUR FIRST EMBODIMENT HERE, TO THE PRESENT.

请铭记，亲爱的朋友们！你的以太体内封存着完整以太记录，记载着自你首次投生地球之前直至当下所有经历。

Thus, there is registered in your etheric bodies every constructive as well as discordant thought, feeling, spoken word and deed you have ever seen, heard, felt, spoken, or done during your embodiment in this physical appearance world, together with all your glorious experiences at inner levels between embodiments, and all the victorious accomplishment of every Ascended Master which you contacted at inner realms, which radiation of perfection you absorbed into your etheric body in which you abided in the inner realms between embodiments.

因此，你此生在物质世界所见、所闻、所感、所言、所行的一切正向与负面的思想、情绪、言语、行为，全部

记录在以太体之中；同时还包含你轮回间隙在内在层面的辉煌经历，以及你在内次元接触到的每一位扬升大师的得胜成就，你在轮回间隙栖居内在层面时，也将他们圆满的圣光辐射吸纳进了以太体。

This is especially true where your lifestream had worked with those Ascended Ones while they were still in physical embodiment here, before their ascension, or after their ascension, when you worked with them in your finer bodies while the physical slept, or when you were serving their cause in the inner realms between embodiments.

若你的生命溪流曾在那些扬升存有尚未扬升、仍居于肉身时与他们共事，或是在他们扬升之后，你于肉身沉睡时以精微身体与之同行、在轮回间隙的内在国度践行他们的事业，相关记录会留存得格外清晰。

Resurrection of Good Etheric Records

美好以太记忆的复苏

Therefore, it would be very wise for you to call to your own beloved I AM Presence daily to resurrect form within your etheric body those records of the memories of the perfection you once knew and had with the Father “before the world was” (as Jesus prayed), rather than allowing yourself, through old habit, to go

over and over again in your minds the hurts, disappointments, and seeming injustices of this life alone (not to mention those lives which have gone before).

因此，你每日呼求自身挚爱的“我是”临在，唤醒以太体内“创世之前”便与天父共处的圆满记忆，是极具智慧的选择；而不要顺着旧有习气，在脑中反复回想此生（更遑论前世）的伤痛、失落与不公。

You see, when you allow this to take place, you are actually drawing from the lower atmosphere of Earth in which humanity abides today, the discordant effluvia thrown off from other lifestreams, and YOU ARE ACTUALLY FORCING IT, BY THE POWER OF YOUR ATTENTION, TO WEDGE ITSELF IN BETWEEN THE ELECTRONS OF YOUR ETHERIC BODY, MAKING IT HEAVY AND NON-RECEPTIVE TO LIGHT.

你要明白，一旦任由思绪沉溺伤痛，你便会吸引人类所处的地球低层气场中其他生命散逸的负面浊气；受你的注意力所驱使，你主动将这些杂质填塞进以太体的电子缝隙，令以太体变得沉重，难以接纳圣光。

These “wedges” are actual substance, and have actual weight which slows down the speed of the electrons as mentioned before,

shutting in their light and preventing the self-luminosity of the physical body which it had in the beginning.

这些“缝隙杂质”是真实存在的物质，具备实际重量，如前文所说拖慢电子转速，遮蔽电子内在光芒，让肉身失去最初与生俱来的自发光辉。

Four Lower Bodies—Your Servants

四个低层身体——你们的仆人

This same thing is true of your other lower bodies.

其余三层下层身体亦是同理。

The emotional body (feeling world) should be your servant, and not your master.

情绪体（感受世界）本应是你的仆人，而非主宰你的主人。

It is only when you begin the conscious discipline of curbing the appetites of those bodies and the unlimited freedom you have given them in the past, that you will be able to observe just how lax you have been in holding your mastery over them.

唯有你开始有意识地约束这些身体的欲望，收回过去放任给它们的无度自由，你才能看清自己从前对它们的掌控有多松懈。

Lovely ones, your four lower bodies usually respond instantly, through habit of acceptance, to the pressures upon you of the feelings of the outer world, whatever they may be—anger, hatred, doubt or fear, or a host of others too numerous to mention.

亲爱的众生，你的四层下层身体早已养成接纳外界情绪的惯性，外界的愤怒、憎恨、怀疑、恐惧，以及数不胜数的各类负面感受袭来时，它们会立刻产生回应。

These low rates of vibration slow down the speed of your electrons to the place where you cannot and do not repel destructive feelings.

这类低频振动会大幅降低电子转速，使你无力抵御具有破坏性质的情绪感受。

WHEN THE VIBRATIONS OF YOUR WORLD ARE LOWERED TO MEET THOSE OF THE DISCORDANT CREATIONS BY MAGNETIC ATTRACTION, THOSE DISCORDANT CREATIONS ENTER YOUR WORLD AND THEN YOU HAVE BECOME A PREY TO THE DESTRUCTIVE HUMAN EFFLUVIA WHICH FLOATS IN EARTH'S ATMOSPHERE CONTINUALLY.

当你自身能量场振动频率降低，因磁力吸引与不和谐造物同频，这些负面造物便会侵入你的生命，使你沦为地球气场中常年漂浮的人类负面浊气能量的猎物。

When this occurs, your world outpictures physical distress in the body, lack of financial supply in the affairs, and many other disorders and limitations which come about as a result of the slowing down of the vibrations of God's pure light—the perfection of the electron.

一旦此事发生，生命便会外显为肉身病痛、事业财富匮乏，以及诸多混乱与束缚；根源便是神性纯净之光——电子的完美状态——振动被放缓。

Those shadows imposed upon and wedged in between the electrons form the density of substance which prevents the drawing into and through your outer form of the glorious light and powers of your Presence.

附着、卡嵌在电子之间的阴霾构成厚重浊质，阻挡你自身临在的辉煌圣光与大能流入、贯穿你的外在肉身。

This is also the reason why, when you speak to others to whom you wish to bring the light, your instruction falls on “deaf ears,” as we say, apparently making no impression upon them and seeming not to record at all in their outer consciousness.

这也是为何你向他人传递圣光、宣讲教诲时，对方如同“充耳不闻”，你的话语仿佛无法在其外在意识留下任何印记。

This is because the vibratory action of their worlds is so slow and the light (consciousness) of the electron, which knows the truth of your words, is so enveloped in the shadowed substance of human creation, that your words and the radiation of the truth spoken, cannot enter.

原因在于他们生命的振动频率过低，能够读懂你话语真理的电子圣光（意识）被人类小我造作的浊质层层包裹，你的言语与真理光流无从渗入。

Greater Faith Because of Greater Purification

净化越深，信心越足

You, together with the other lifestreams in embodiment today, who have come to a point of illumination where you at least believe in Cosmic Beings, Ascended Masters and the angelic host, and in the ability of a God-free being to speak through one in unascended form who has been prepared to receive our words—you today have been freed from much of the accumulation of this psychic substance of discord before mentioned.

你和其他投生世间的灵魂已经达到了这样的觉悟境界：至少相信宇宙存有、扬升大师与天使圣团，相信已然解脱的神性存有能够借助准备好的未扬升肉身传扬话语，而如今你们早已摆脱前文所说大量负面污浊能量。

Were this not so, your mental bodies would be so closed and locked against the vibratory action of the Ascended Host that for you we would have no reality at all.

若非如此，你的心智体会完全封闭，隔绝扬升圣团的光流振动，以至于我们对你们而言将完全不存在。

Think of the millions of people who dwell in large cities, and yet the I AM student body in those places who believe in us, represent just a mere “handful” of people, as it were.

试想大城市中居住着数百万众生，而信奉我们的“我是”修行者，仅仅寥寥数人。

So, you may know that your four lower bodies are much more purified than the mass of mankind because of your faithful use of the Violet Flame all through the years.

由此你便能明白，多年来你持续持守运用紫罗兰转化火焰，你的四层下层身体远比普通人类洁净。

This purifying activity of the Violet Fire is much more scientific and exact than any of the so-called “sciences” in your outer physical world today.

紫火的净化作用，比你们物质世界中一切所谓“科学”都更为严谨、精准。

This Law is not only based upon but is actually God's truth in itself!

这条法则不只是以神性真理为根基，其本身即是神性真理。

This instruction is simply the Law of Energy and Vibration.

这份开示本质上是能量与振动法则。

Energy, which is life, is the body of God, himself, and is everywhere present.

能量即是生命，是神性本身的形体，无所不在。

Vibration sets that energy into action.

振动驱动能量运转。

The rate of vibration at which energy is caused to move, determines the type of manifestation it will produce.

能量的振动频率，决定它会显化出何种事物。

So, it is simply a matter of consciously governing the rates of vibration at which you allow your life to express, raising or lowering it by your attention upon that which you wish to draw into your world.

因此核心要义便是有意识管控生命的振动频率：你将注意力投向何种事物，便会提升或降低自身频率，吸引对应事物进入你的世界。

DISEASE AND DISTRESS OF EVERY KIND (PHYSICAL, MENTAL, EMOTIONAL AND FINANCIAL) ARE PRODUCED IN YOUR WORLD BY ALLOWING YOUR ENERGIES TO VIBRATE TOO SLOWLY.

一切病痛与困顿（肉身、心智、情绪、财富层面），皆是放任自身能量低频振动所招致。

On the other hand, the perfection which comes with God-mastery of your own life constantly flowing into and through you, can also be produced for you by keeping your attention upon the constructive activities and qualities of life which bring to you God-mastery.

反之，若你将注意力放在能带来生命掌控力的正向事物与美德之上，源自生命自我主宰的神圣圆满便会持续流入、贯穿你。

To this end are we (the Ascended Host and all who serve with us) ready and willing to give to you at your call (through radiation) our feelings and actual substance, QUALIFIED WITH OUR MASTERFUL FEELINGS OF VICTORY.

为此，我们（扬升圣团及所有协同服务的神圣存有）随时等候你的呼请，（通过辐射）向你们倾注我们的感受与实质能量——这些能量被我们赋予了“胜利尽在掌控的感受”。

IN ORDER TO BE ABLE TO SERVE YOU THUS, WE MUST HAVE YOUR ATTENTION RHYTHMICALLY UPON US FOR A FEW MOMENTS EACH DAY, as your attention upon us is the open door into your world and gives us entrance into your energies there.

若要我们如此协助你，你每日必须有规律地花几分钟将注意力集中在我们身上；因为你们对我们的关注是通往你们世界的敞开之门，使我们得以介入你的能量场域。

Giving your attention to us and our perfection every day, together with your faithful daily use of the Violet Transmuting Flame, will keep the vibrations of your physical and inner bodies vibrating rapidly enough to repel the slower rates of destructive human consciousness.

每天将注意力集中在我们及我们的完美上，再持之以恒运用紫罗兰转化火焰，便能让肉身与内在身体维持高速振动，抵御人类小我低频破坏性意识。

To have the benefit of the full release of perfection from your Holy Christ Self, you must speed up the vibrations of each of your four lower bodies to their highest possible potential.

若要全然承接神圣基督自我释放的圆满，你必须将四层下层身体的振动提升至各自最高潜能。

YOUR EMOTIONAL BODY IS THE LARGEST OF YOUR FOUR LOWER VEHICLES, AND IT CONTAINS ABOUT EIGHTY PERCENT OF THE ENERGIES OF THE OUTER CONSCIOUSNESS.

情绪体是四层下层身体中范围最大的一层，承载着外在意识约八成的能量。

It extends the farthest out from the physical form and therefore is the first one which is touched by the energies of the outer world.

它从肉身向外延伸得最远，因此会最先接触外界各类能量。

Therefore, oftentimes you feel the pressure of emotional irritation long before thought itself is able to distinguish from

whence that feeling came, whether it was from your own world or the world of another.

故而很多时候，你先感受到烦躁压抑的情绪，之后心智才能分辨这份感受源于自身，还是来自他人。

Tube of Light—Protection and Magnet

光之管——保护与磁场

The protection one receives from the use of the Tube of Light is so important as IT shields one's world from the destructive creations in the atmosphere in which he or she must move in this octave.

运用光之管所获得的守护至关重要，它能守护你的能量场，抵御周遭环境中一切具有破坏性质的造物。

This Tube of Light is instantly and perfectly FORMED about you when you call to your own beloved I AM Presence to do so.

当你呼请自身的“我是”临在构筑光之管，它会瞬间完整环绕你的周身。

Were you to remain wholly harmonious thereafter within it, that Tube of Light would be an invincible and eternal protection to you.

倘若你身处其中始终保持全然和谐，这道光之管便会成为坚不可摧、永恒长存的守护屏障。

However, since you have complete use of your god-given gift of free will, you may qualify energy any way you please.

然而，你拥有神赐予的完整自由意志，可以随意赋予能量不同振动属性。

IF YOU ARE INHARMONIOUS IN THOUGHT, FEELING, SPOKEN WORD AND DEED, IT IS BROKEN THROUGH, AND YOU ARE AGAIN VULNERABLE TO THOSE DESTRUCTIVE CREATIONS MADE UP OF THE LOWER VIBRATIONS OF DISTRESS ABOUT YOU.

若你的、情绪思想、言语、行为失去和谐，光之管便会破损，你将再次暴露在周遭痛苦低频所构成的破坏性造物之中，极易受其侵扰。

Your Tube of Light is not only a protection, BUT CAN ALSO BE QUALIFIED AS A MAGNET OF LIGHT WHICH WILL DRAW TO YOU ANY AND ALL GOOD YOU MAY REQUIRE TO MAKE YOU ABLE TO FULFILL YOUR DIVINE PLAN MORE EASILY and express more of the glory of God's kingdom, here on Earth.

你的光之管道不只是守护屏障，还能被赋予光之磁石的属性，吸引一切你所需的美好事物，助你更轻松完成神圣蓝图，在人间彰显更多天国荣光。

please experiment with this, dear friends! STAY WITH THE PROJECT OF MAGNETIZING ONE PARTICULAR GOD-VIRTUE OF EXPRESSION UNTIL IT HAS MANIFESTED THROUGH YOU AND YOUR WORLD.

亲爱的朋友，请亲身实践此法！持续专注感召某一项神性美德，直至这份美德透过你、在你的生命世界中完全显化。

You may also intensify your protection by calling the LUMINOUS PRESENCE OF BELOVED JESUS, myself, or any other Ascended Master in blazing white light TO ENFOLD YOUR OUTER FORM.

你也可以呼请挚爱的耶稣、我，或是其他扬升大师，以炽烈纯白的光辉临在包裹你的肉身，强化守护之力。

This not only protects you from the discords in which you move, but it also INCREASES YOUR FEELINGS OF MASTERY AND ACTS AS A MAGNET to draw to you the good you desire and require to fulfill your reason for being.

这不仅能隔绝你周遭的不和谐，还能增强你们对掌控力的感受，如同磁石一般，吸引你完成生命使命所需的一切美好。

Always remember that the “drive” and power of the human will alone may bring temporary accomplishment for you, but that will may not be permanently sustained!

请永远铭记：仅凭人类小我意志的力量，或许能换来短暂成就，却无法长久维系。

However, you may freely express any God-virtue or perfection you desire by calling to the particular Master who is the victorious embodiment of that virtue and, at your call, he or she will fill your emotional body (feeling world) with his or her grace and feeling of that virtue so that, thereafter, that grace and virtue become your own!

但你可以自由彰显任何你渴求的神性美德与圆满：呼请对应承载这份美德得胜化身的上师，一经呼求，上师便会用自己的恩典以及该美德的感受充盈你的情绪体，自此这份恩典与美德将化为你自身所有。

In this way, you more quickly build a pressure of the feeling of that God-virtue from inside yourself, which will radiate forth to the mankind of Earth, especially those whom you contact directly.

如此一来，你能更快在内在涵养出那种神性美德的充盈之感，向外辐射至世间众生，尤其是与你直接接触之人。

Develop Feelings of Sustained Happiness

培养持久的幸福感

In general, mankind are a very unhappy lot!

整体而言，人类大多活在不快乐之中！

If you could see from inner levels as we do, the tears which flow and the cries and feelings of despair which radiate out from just one large city in one day, you would know more of what I mean.

倘若你能像我们一样从内在层面观察，仅仅一座大城市一日之内散逸的泪水、哀嚎与绝望情绪，便足以让你深切明白我的话语。

Mankind has sought happiness along every avenue of emotional indulgence and pastime, in mental and physical impurity, but there is no permanent happiness for any lifestream until one finally comes again before the throne of his own divinity and humbly makes the complete surrender of his outer self thereto—until he asks the Father of life to illumine him as to his reason for being and allows his mental body to receive the reply

from his Presence, which reply will flow forth as ideas and illumination to his outer mind.

人类一直沉溺于情绪放纵、消遣玩乐、在精神与肉身的污浊里寻觅欢乐，但没有任何生命能获得永恒喜乐，除非他最终来到自身神性宝座前，谦卑地将外在小我全然交托；祈求生命之父点醒自己存在的意义，让心智体承接自身临在的回应，这份回应会化作启迪与洞见，流淌进外在心智。

Then, the emotional body should develop those ideas in loving, grateful enthusiasm, the etheric body should register them within its substance, and the outer consciousness, through the physical body, should make those ideas and instructions practical, bringing them into form which can be used for the blessing of all.

随后，情绪体以满怀爱与感恩的热忱滋养这些理念，以太体将其永久留存于自身能量体之中，外在意识借着肉身将这些构想与教诲付诸实践，以此造福众生。

We would appreciate it so much if you were to continue to call for the purification and illumination of the people of this planet, and ask your own beloved I AM Presence TO MAKE YOU ACTUAL RADIATING SUNS of the feelings of God's divine love, light and happiness.

若你们持续呼请净化、启迪这颗星球的众生，祈求自身挚爱的“我是”临在，使你们化作不断向外辐射的神性大爱、圣光与喜乐的太阳，我们将万分欣慰。

In this way, any and all who touch your aura (atmosphere) will be instantly and permanently assisted by the illumination of their consciousness, which will release them from their distresses, illumining them as to the cause of those distresses and then, being shown the truths of existence, they will be more easily able to accept those truths and thereafter make consciously endeavor not to repeat those causes again.

如此，任何触及你光环（气场）的生命，都会立刻、永久得到意识层面的启迪，脱离痛苦束缚；他们会看清痛苦的根源，体悟生命真理，更容易接纳真理，而后有意识地不再重蹈覆辙。

Perfect Yourself on One Virtue at a Time

一次专注于一种美德，不断完善自我

Decide just what particular God- virtue you wish to embody, dear hearts, and then stay with the drawing forth of the virtue until it outpictures through you and you have become an example of that perfection to all life. For instance, if you wish to embody the God- virtue of happiness, which it is my pleasure and privilege to

flood into your worlds while you are either here listening to me today, or later, when reading my words— THINK UPON THAT VIRTUE OFTEN, and, through your own beloved I AM Presence, call to me to give you my feeling of its reality and use, to lift the weight of discord from yourselves and from your fellowman.

亲爱的朋友们，请决定你们希望体现哪一种具体的神性美德，然后坚持去发掘这种美德，直到它通过你们充分展现出来，使你们成为所有生命眼中这种完美境界的典范。例如，若你们希望体现“喜乐”这一神圣美德——无论是此刻在此处聆听我讲话，还是日后阅读我的话语时，我都很乐意且荣幸地将这份美德倾注到你们的世界中——请经常思量这一美德，并通过你们自己挚爱的“我是”临在，呼唤我向你们传递我对这一美德的真实感受及其应用，卸除你自身与同胞们身上不和谐的重担。

Think often of the feeling of happiness, which floods your own I AM Presence whenever it remembers that this is your last embodiment here and that you will soon be coming home into its heart—to go out no more! Think upon the feelings of happiness of the beloved Sanat Kumara in his recent freedom from his exile of millions of years upon this dear Earth. Think also upon the happiness of his beloved Twin Flame, the lovely Venus, as well as the happiness of their people when at last their great Lord returned,

triumphant, to his own star! Think of the happiness of the soul when it is freed from the heavy garment of flesh which it had worn so long!

请时常思量那份喜乐的感觉：每当你的“我是”临在记起，这是你在此最后的一次肉身投生，你很快将回归它的怀抱，永不再出外游历，喜乐便会充盈你的“我是”临在！请思量挚爱的萨纳特·库玛拉所感受到的喜乐——结束了他在亲爱的地球之上数百万载的流放生涯，于近日终得解脱！也请想想他挚爱的双生火焰——可爱的维纳斯——的喜悦，以及他们子民的喜悦——当他们伟大的主终于凯旋回到自己的星球时！试想灵魂脱去长久束缚的沉重肉身、重获自由时的喜悦吧！

Please, dear friends, PLEASE STAY WITH THE EXPANDING OF YOUR FEELINGS OF HAPPINESS CONSISTENTLY for, let us say, just seven days, and see what wonders it will work in your own world and environment. Your ability to hold the peace against the outer pressure of discordantly- qualified energy which you contact from day to day, will determine your mastery over your emotional (feeling) world. Be alert against allowing to act in or through your world, the feelings of sudden anger or depression, also do not allow yourself to resurrect from your etheric body (memory world) the hurts,

seeming injustices, disillusionments and disappoint‐ ments of this life alone, let alone those you have previously lived!

亲爱的朋友们，请务必坚持扩展你们的喜乐感，哪怕只是七天，看看这会在你们自己的世界和环境中创造出怎样的奇迹。你们在面对日常接触到的、来自外部的不和谐能量压力时，能否保持内心的平和，这将决定你们对自身情感世界的掌控能力。要警惕，不要让突如其来的愤怒或抑郁情绪在你的世界中或通过你的世界起作用；也不要允许自己从以太体（记忆世界）中翻出此生的伤痛、委屈、幻灭与失落，更不必提前世种种遗憾！

Permit entrance into your mind only of those pictures and ideas which will increase your capacity for happiness, and which will enable you to bless the life you contact with harmony and peace, thus also in‐ creasing your capacity to hold the immaculate concept for all you meet. This is not easy, because for ages your blesses senses have judged ac‐ cording to appearances.

只允许那些能增强你获得喜乐的能力、并使你能够以和谐与和平之心祝福所接触的生命、从而也增强你为所有遇见之人持守无暇原型的画面和想法进入你的心智。这并不容易，因为长久以来，你那受恩宠的感官早已习惯以外在表象评判一切。

Now, won't you please let me help you to arise into the dignity and mastery of feeling which completely controls those four lower bodies? So often we have seen the students making application in such a haphazard manner, endeavoring to cover too many points of mastery at once. IT IS FAR BETTER TO STAY WITH ONE APPLICATION UNTIL ONE HAS MASTERED THAT PARTICULAR VIRTUE. As a result of so doing, the feelings of confi- dence and victory which would enter those four lower bodies would be the reward in themselves for the endeavors made.

如今，何不接纳我的协助，提升至拥有完全掌控四个低级身体的尊严与主宰感之中呢？我们经常看到学员们以如此杂乱无章的方式进行练习，试图同时掌握太多要领。“专一修习一项美德，直至完全掌握，才是上策。”如此践行，自信与胜利的感觉会充盈四层下层身体，这份内在充盈本身就是对所付出努力的最佳回报。

Now, for just a moment, let us return to a contemplation of the elec- tron within the atom. Our beloved Saint Germain has been desirous for so long of giving you VISUAL instruction, for this is so much more effica- cious. Also, were we now able to use the cosmic screen and project cer- tain pictures upon it for your instruction, it would be so very helpful. However, until such future

blessings to the race are available, we shall have to make use of the things of this world with which you are familiar.

现在，让我们花片刻时间，重新沉思原子中的电子。我们敬爱的圣日耳曼长期以来一直渴望给予你们直观的指导，因为这要有效得多。此外，如果我们现在能够使用宇宙屏幕，并在上面投射某些图像来指导你们，那将是非常有帮助的。然而，在人类能够获得这些未来的恩赐之前，我们不得不利用你们所熟悉的世间事物。

If the attention of that individual is turned outward and allowed to rest upon and agree with the discord of the outer world in the mass con- sciousness of mankind, that attention draws those discordant appearanc- es and radiations into the four lower bodies. Eventually this forms an accumulation of heavy, psychic substance which, by the very force of such feelings sent out by the lifestream, is actually wedged in between the electrons, slowing down their vibratory action so that they cannot spin at their natural rate of speed. This weight of discord has a very de- pressing effect upon the feelings of the four lower bodies which, of course, slows down the vibratory action of the individual's consciousness.

如果该个体的注意力转向外部，并被允许停留在人类集体意识中外部世界的不和谐之上并与之产生共鸣，那么这种注意力就会将那些不和谐的现象和辐射吸入四个低级

身体之中。久而久之，厚重的星光界质不断堆积；生命流持续散发的此等感受之力会将浊质卡嵌在电子缝隙，拖慢电子转速，使其无法以天然速率自旋。这份不和谐的重负会压抑四层下层身体的情绪，进而降低整个人的意识振动频率。

Dear ones, the naturally rapid motion of the electrons, and their bal- anced rhythm which was originally set up by your Holy Christ Self, is the vibration which makes and keeps your physical body buoyant, luminous and capable of wielding the powers of instantaneous precipitation, all the powers which have been stored within your own Causal Body which may be drawn forth into the use of the outer self when it has been purified enough. This also makes a channel for the release into this octave of every God- activity and gift from the heart of the Universal.

亲爱的朋友们，你神圣基督自我最初为电子设定的极快天然运转、平衡节律，这份振动能让肉身轻盈、自带圣光，拥有即时显化一切的大能。所有这些力量都储存在你们自身的因果体中，当外在自我得到充分净化时，便可将其提取出来加以运用。这也为从宇宙之心释放的每一项神性活动与恩赐进入三维世界开辟了一条通道。

However, when the thought and feeling worlds of an individual are filled with the vibrations of heaviness and depression which are always floating about in Earth's atmosphere (especially in large cities), can you comprehend how much of that psychic substance is drawn into the four lower bodies, through the magnetizing power of one's attention?

然而，当一个人的思想和情感世界充斥着沉重与抑郁的振动——这些振动总是漂浮在地球的大气层中（特别是在大城市里）——你们能否理解，有多少这种星光界物质会通过一个人注意力的磁化力量，被吸入其四个低层身体之中？

Insulate Your World Against Discord!

为你的生命隔绝纷乱！

I am sure you have all had the experience of leaving your home, feeling perfectly well and happy. Then, upon stepping out of your home and perhaps just walking down the street or entering some public con- veyance, suddenly it seemed as though you were enveloped in a cloud of some unhappy pressure of energy which feeling was not your own, for you did not know its presence until you contacted the world of others.

我相信你们都曾有过这样的经历：离开家时，感觉一切安好，心情愉悦。然而，刚一走出家门，或许只是走在街上，或是登上某辆公共交通工具，忽然一团压抑的负面能量笼罩周身，这份情绪本不属于你，只有接触外界人群后，你才会感受到它的存在。

When this has taken place, it simply means that the electrons within the atoms of your various bodies have been slowed down by the very weight of this pressure, and your whole world is thus uncomfortably af- fected. Should such a thing happen to you in the future, just square your shoulders and, holding yourself in a positive attitude, call again silently for your Tube of Light protection (explained with decree for its use in August, 1956 “Bridge”) and use the Violet Transmuting Flame up, in, through and around you within that Tube of Light protection. Of course,if uninterrupted harmony were to be consistently held within that tube, such light would be an invincible and eternal protection to you so that such “tramp” thoughts could not enter your world.

当这种情况发生时，意味着你各个身体原子内的电子，已经被这股压力的重荷拖慢了运转速度，你的整个生命场域也因此受到不适的影响。如果将来你遇到这种情况，只需挺直肩膀，保持积极的心态，再次默默呼唤你的“光之管”保护（其使用方法及诏令已于 1956 年 8 月《桥

梁》杂志中说明），并在光之管之内，召请转化紫火升腾、涌入、贯穿、环绕你的全身。当然，如果能在光之管内持续维持全然和谐，这种光将为你提供无坚不摧且永恒的保护，使那些“流浪”的思绪无法侵入你的世界。

You see, it is much easier to bar the door to your consciousness and protect it by the use of the Tube of Light, than it is to get rid of such “tramp” thoughts once they have gained entrance into your consciousness.

要知道，利用“光之管”来封锁意识之门并加以保护，远比在这些“流浪”思绪一旦闯入你的意识之后再将其驱除要容易得多。

Your Tube of Light can be of tremendous assistance to you by hold- ing free from the discord of the outer world, all the substance and ener- gy of your four lower bodies which must live, move and have their being in the lower atmosphere of Earth at this time. Then, the energies within that protective Tube of Light may be qualified with any God- quality you desire. You may ask your own beloved I AM Presence to completely satu- rate all the energies of your world with any God- quality and make you a radiating center of its presence and power to all you contact. As we have said, in addition to this, you may call to some Ascended Master TO CHARGE YOUR WORLD WITH HIS OWN

CONSCIOUSNESS, FEELING, AND FULLY- GATHERED MOMENTUM OF THAT SAME QUALITY (for instance, call to me for the quality of happiness, to beloved Jesus for the qualities of peace and healing, to beloved Kuthumi for illumination and understand- ing, etc.).

你的“光之管”能为你提供巨大的帮助，它能使你四个低层身体的所有物质和能量免受外界纷扰的影响——这些身体目前必须在地球的低层大气中生存、活动并存在。届时，这道保护性“光之管”内的能量便可被赋予你所期望的任何神性品质。你可以呼求自身挚爱的“我是”临在，让某项神性美德浸透你全部的生命能量，使你成为向外辐射这份临在与大能的源头。正如我们此前所说，除此之外，你可以呼求对应扬升大师，请求他用他自身的意识、情感以及该品质所凝聚的完整动能来充盈你的世界（例如：呼请我赐予喜乐，呼请耶稣赐予平安与疗愈，呼请库图米赐予启明与智慧等等）。

For a long time, you have been calling forth and using your Tubes of Light as a protective field of action, as a “negative” activity, shall we say—protection from the impact and intrusion into your worlds of the lower and astral realms of this planet. Now let us use it also as a “posi- tive” radiating center to carry forth to

mankind from your worlds the gifts and blessings they require so much. Thus, you become a sun of radiating Christ- virtue, right here while still unascended. Then watch your feelings, and do not allow them to go off on a tangent from their assignment of holding and radiating happiness, for, because of long habits, of them- selves they may choose rather to play with those feelings of rebellion and resentment.

长期以来，你们一直召唤并运用你们的“光之管道”作为一种“消极”的防护行动——换言之，是为了抵御地球低层与星光界的侵扰。现在，让我们也将它作为“正向”的辐射中心，从你们的世界向人类传递他们亟需的恩赐与祝福。如此，即便尚未扬升，你也会成为辐射基督美德的光之太阳。然后留意你们的情感，不要让它们偏离其维持并辐射喜乐的使命，因为受长久习性影响，感受本身很容易沉溺于反叛与怨怼的情绪之中。

Past Memories Sometimes Revivified for Divine Purpose

过往记忆有时因神圣旨意重现

Beloved ones, occasionally the great Cosmic Law allows us the privilege of drawing back the “veil” in order to reveal some of the memories of the past for just one reason—to give encouragement to the builders of the new world of today (which

you are), by making them realize that the builders of yesterday had similar trials, doubts and crucifixions of the outer self. The foundations of the great religions of the world were laid by the builders of yesterday who, at that time, were unascended beings like yourselves. Yet, those great religions still stand today, drawing multi- tudes into their teachings, and therefore are a manifestation of the fact that humble and imperfect lives, sincere and willing to serve, while yet imperfect, can at least begin the impetus which will later develop into greater and greater glory to God by service to man, now and in ages yet to come.

亲爱的朋友们，有时伟大的宇宙法则会赋予我们殊荣，以掀开“面纱”，揭示一些过去的记忆，其唯一目的就是——鼓励当今新世界的建设者们（也就是你们），让他们意识到，昔日的建设者们也曾经历过类似的试炼、怀疑与小我煎熬。世界各大宗教的基石，是由昔日的建设者们奠定的，他们当时与你们一样，都是尚未扬升的存有。然而，这些伟大宗教至今依然屹立不倒，吸引着无数人投身其教义之中；因此，它们昭示了一个事实：谦卑、尚有缺憾的生命，只要心怀赤诚、愿意奉献，即便本身并不完美，也至少能够开启这股能量势能；经由服务世人，在当

下与未来世代之中，这份势能终将不断成长，绽放出归于神性的愈发盛大的荣光。

You see, I personally know something about this, for I, too, was once such an “imperfect one.” I was born of strong spiritual parentage but raised, as you so well know, in the Egyptian court of great ease and luxury. Through that experience, I knew the comfort which comes with luxury and authority. However, during that time, there began to stir with- in my heart a certain restlessness of feeling which I later discovered was to arouse me into outer action to use certain powers of my own lifestream, in order to be able to accomplish the tremendous task of bringing Israel out of bondage, and the bringing of those people back to the worship of the one true God.

要知道，我对此深有体会，因为我也曾是这样一个“不完美的人”。我虽出身于强大的灵性世家，但正如你们所知，是在埃及宫廷那种极尽安逸与奢华的环境中长大的。通过那段经历，我体会到了奢华与权势所带来的安逸。然而，在那段时期，我内心开始涌动一种不安的情绪，后来我才发现，正是这种情绪促使我付诸行动，运用我生命之流中的某些力量，完成带领以色列人脱离奴役、回归敬拜独一真神的宏大使命。

Moses Visited by Angel of Unity

摩西受到“合一”天使的造访

You will remember that, after leaving the Egyptian court, I spent much time in restless wandering in the desert. I seemed unable to fath- om either the reason for that feeling of restlessness within my heart, or to realize the real purpose for my being. One day, the great Cosmic Angel of Unity (beloved Micah) visited me in the desert. When he had parted the human veil for me and enabled me to understand the commands which were given me as to how I was to go before Pharaoh and his court to demand the release of the Israelites from their bondage in that land, I was not only amazed, but somewhat frightened as well, for, in that embodiment as Moses of which I speak, I was not eloquent of tongue.

你们应该还记得，离开埃及宫廷后，我在沙漠中度过了漫长而焦躁不安的流浪时光。我似乎既无法参透心中那种焦躁不安的感觉从何而来，也无法领悟自己存在的真正目的。有一天，伟大的宇宙“合一”天使（挚爱的米迦）在沙漠中造访了我。当他为我揭开人类的“帷幕”，使我得以理解所受的旨意，知晓如何面见法老及其朝臣，要求释放

受奴役的以色列子民。我不仅感到惊讶，甚至有些恐惧，因为那一世身为摩西的我，本不善言辞。

Right there I fell to my knees and said, “Oh, Lord of life! Send some- one more qualified than I to persuade the might of Pharaoh!” Yet, through my acceptance of the truth in beloved Micah's tremendous mes- sage of the hour, that the true name of God was “I AM” (“I AM THAT I AM”), I was filled with sufficient strength, courage and power to return to Egypt and utilize those powers which were mine. So, through the assis- tance of the great angel Micah and my use of his instruction in the performing of the various miracles which are chronicled in your Bible for your reading, the chains of slavery were loosed from those people and we were able to leave the land of Egypt.

就在那时，我跪倒在地，说道：“哦，生命之主！请派遣比我更胜任的人去说服法老吧！”然而，当我全然接纳弥迦当时传递的伟大真理——即上帝的真名是“我是”（“I AM THAT I AM”）——我便充满了足够的力量、勇气和能力，得以重返埃及并运用我所拥有的那些能力。因此，在伟大的天使米迦的协助下，我运用他的教导，施行了《圣经》中记载的各种神迹——这些神迹都供你们阅读——奴役的

枷锁便从那群民众身上解开，我们得以离开埃及这片土地。

Until we had traveled quite a distance into the wilderness, I had not realized that those Israelites did not come with me because they either believed my vision or because they thought I was a messenger of God. I found that they came out with me because they saw no other way out of bondage!

直到我们深入旷野相当一段距离后，我才意识到，那些以色列人跟随我，既不是因为他们相信我所见的启示，也不是因为他们认为我是上帝的使者。我发现，他们之所以跟我一起出来，是因为他们看不到其他摆脱奴役的出路！

So, when the Israelites came to the place where the blazing sun heated the desert sands so that they blistered the soles of their feet, and when we came to a place where that vast multitude had neither food nor water, I knew what it meant to feel the resentments of reluctant ener- gies of the people and thousands of voices crying out in disappointment (feeling that they had been deliberately misled).

因此，当以色列人来到烈日炙烤沙漠，沙石灼得他们脚底起水泡的地方，当我们来到这浩浩荡荡的众人既无食

物也无水源之地时，我深切体会到了民众那不情愿的怨气，以及成千上万因失望而发出呐喊的声音（他们觉得自己被蓄意误导了）。

During those times when I was the target for so much of their re- sentment and rebellion, I knelt often before the Lord of Hosts and prayed for assistance with all my heart. IN ANSWER TO THOSE PRAYERS AND CALLS FOR HELP, THE WATER SPRANG FORTH FROM THE VERY ROCK IT- SELF, AS YOU HAVE OFTEN READ, AND MANNA FELL FROM HEAVEN! Thus were our physical needs immediately and satisfactorily met, and we were able to survive.

在那些我成为他们如此多怨恨与叛逆的靶子的日子里，我时常跪在万军之主面前，全心全意地祈求帮助。作为对这些祷告和求助呼声的回应，正如你们常读到的那样，水从那块磐石本身涌出，玛纳也从天而降！因此，我们的物质需求得以立即且充分地满足，我们才得以存活。

Beloved Micah told me that we were to spend some time in the wil- derness, preparing for our entrance into the promised land. To this end, he instructed me to ascend to the top of Mount Sinai, where I would re- ceive from God the Law by which to govern this people. When those who were willing to accept this purification and spiritual instruction were ready to enter the

promised land, they would then come with a greater realization of the truth of the word of God, acceptance of his reality, and a desire to worship him only.

亲爱的米迦告诉我，我们要花些时间在旷野中，为进入应许之地做准备。为此，他嘱咐我登上西奈山顶，在那里我将从神那里领受律法，以此治理这百姓。当那些愿意接受这种净化与灵性教导的人准备好进入应许之地时，他们便会带着对上帝话语中的真理更深刻的领悟、对祂真实存在的接纳，以及只敬拜祂的渴望而来。

At the command of the Angel Micah, I obeyed and ascended Mount Sinai, where I received and recorded upon the actual rock which was there, the Law for that cycle. While I was thus engaged, right back into the thoughts and feelings of the world of form, the fleshpots of Egypt and the worshipping of idols which they had known—went my blessed people again!

我顺从天使弥迦的吩咐登上西奈山，在山石之上刻下属于那个时代的律法。我在山上领受律法之时，山下子民的心又重回俗世贪恋，怀念埃及的美食，重新向往偶像崇拜！

Today, you stand at about the same place as I stood then. There are more than three billions of people in embodiment on

this Earth today, chafing under the chains of sorrow, sickness, lack and limitations of every conceivable description, and all calling for relief from their distresses. Were you to suddenly loose them all from their chains, after a short while you would know what I mean when I say that you will remember me and my experience in the coming days! When the weight of the shackles is taken from their wrists, when they are able to stand erect again, and when the greatest of the discomforts are alleviated, THEN WILL YOU SEE JUST HOW FAR THEY WILL GO IN PLEADING FOR SPIRITUAL ENLIGHTENMENT! Because I know so well the tendencies of the outer human consciousness, I come to you today to offer my assistance in ad- vance, so that where I suffered much, YOU NEED NOT, if you will heed my words and give me opportunity to assist you.

如今你们所处的境地，与当年的我何其相似。如今，地球上有超过三十亿人以肉身存在，他们深受悲伤、疾病、匮乏以及各种可以想象到的局限所困，人人都盼望能从痛苦之中得到解脱。倘若你突然将他们全部从枷锁中解脱出来，过不了多久，你就会明白我的意思——正如我所说，在接下来的日子里，你会记起我和我的经历！当枷锁的重量从他们手腕上卸下，当他们能够再次挺直腰板，当最严重的痛苦得到缓解时，那时你才会真正看到，世人主

动追寻灵性启迪的意愿有多微薄！正因我深知人类外在小我的本性，今日我特来向你们提前伸出援手，这样，只要你们听从我的话并给我机会协助你们，你们就无需经历我曾承受的苦难。

IF YOU WILL SO INVITE ME, I SHALL MOVE WITH YOU AND BRING YOU VICTORY, BELOVED FRIENDS, HELPING YOU TO BE POISED AND CON- TROLLED IN MY FEELING OF HAPPINESS, AS YOU HENCEFORTH BEGIN TO CREATE AND ENDEAVOR TO SUSTAIN AN ATMOSPHERE OF HAPPINESS ABOUT YOU AT ALL TIMES.

亲爱的朋友们，若你们愿意如此邀请我，我将与你们同行并带给你们胜利，帮助你们安住、持守我内在的喜乐之感，因为从今往后，你们将开始创造并努力在任何时候都维持一种喜乐的氛围。

Perhaps you would like to use a decree something like this: "Beloved mighty victorious presence of almighty God I AM, right within my beating heart—I love your happiness! Help me this day, and always, to dedicate my life, all the energies of my entire being, to the drawing forth and sur- rounding myself with your Flame of God- happiness. Saturate my entire being and world with its substance and feeling, and help me to enfold all the life I contact

this day in its glorious radiance of golden flame from the heart of beloved Lord Ling—God of Happiness. Keep this eternally sustained, all- powerfully active and ever- expanding until all are wholly ascended and free!"

你们可以使用这篇谕令："居于我跳动的心间、全能得胜的神圣'我是'临在，我爱你的喜乐！请帮助我在今天，以及永远，将我的生命、我整个存在的全部能量，奉献于汲取神性喜乐圣火，环绕我的周身。请用这火焰的本质与感受浸透我的整个存在和世界，帮助我将今日接触到的所有生命，都包裹在挚爱的 Lord 凌——喜乐之神——心中那金光灿烂的火焰之中。愿这份喜乐永恒存续、大能不息、不断拓展，直至一切生命全然扬升、得享自由！"

If you will make this call earnestly and consistently every day, giving me your attention for a few moments so that I may answer it for you, I assure you that you will soon come to a point where, rather than allow- ing the discordant energies of the outer world to touch you when you enter the atmosphere of others, THE RADIATION OF YOUR ENERGY will be the MASTER CONTROL of all the life you contact.

如果你每天都能真诚且坚持地发出这一呼唤，花几分钟时间将注意力集中于我，以便我能为你回应，我向你保

证，不久之后，当你走入他人的气场之中，外在世界的不和谐能量将无法侵扰你；取而代之的是，你自身能量的辐射，将成为你所接触一切生命的主导力量。

Feelings of Happiness Naturally Expand

喜乐感自然而然地扩展

By some daily attention upon first your own beloved I AM Presence and then myself, magnetize the feeling of happiness, dear friends. Every personal victory of the Master Jesus over the limitations and distresses of this world contributed a radiation of happiness from himself, not only to his own life, but to all the life about him—his mother, his disciples, and then radiating out to bless all life.

亲爱的朋友们，通过每天先关注自己所珍爱的“我是”临在，然后关注自己，就能磁化喜乐的感觉。主耶稣每次战胜这个世界的局限与苦难，都会从他自身散发出喜乐的光芒，这份喜乐不只充盈祂自身，也滋养身边众生——他的母亲、他的门徒，进而向外辐射，祝福所有生命。

Think of the happiness of the lepers whom he made whole again, of the so- called “dead” brought back to life again by his use of God's Resur- rection Flame. All such feelings are just energy qualified by the very es- sence of joy. Since “like attracts

like," those feelings arise and are drawn into the sphere of happiness which it is my honor and privilege to guard, directing its substance and feelings to any lifestream who will call for them. In this sphere is contained the feelings of happiness of the angelic hosts and the laughter of the Gods (Ascended Masters and Cosmic Be- ings).

试想那些被他治愈的麻风病人是多么喜乐，还有那些被他运用上帝的复活之火从所谓"死亡"中复活的人。所有这些感受，都正是由喜悦的本质所赋予特质的能量。既然"物以类聚"，这些感受便会涌现并被吸引进入喜乐之域——守护这一领域是我莫大的荣幸与特权，我将引导其中的实质与感受，赐予任何呼求它们的生命之流。在这个领域中，蕴含着天使大军的喜乐之情，以及诸神（已扬升的大师与宇宙存有）的欢笑。

Have you thought upon the happiness of every lifestream who has been given the ascension under the dispensations which have been granted by the great Cosmic Law, having rendered during their embodi- ment here on Earth certain impersonal service to life to the best of their ability, through the giving of the tremendous "freeing decrees" for some years past? Some of these lifestreams left the Earth for the last time, from bodies which were wracked with great pain and suffering. Would that you could

know of their feelings of gratitude when they knew them- selves to be eternally free!

你们可曾思考过，在伟大的宇宙法则所赐予的恩典下，每一个获得扬升的生命之流所拥有的喜乐？他们在地球上的化身期间，尽其所能为生命提供了某种无私的服务，并在过去几年中持续诵持那威力宏大的“解脱谕令”。其中一些生命流最后一次离开地球时，所弃肉身正备受剧痛与煎熬。但愿你能体会到，当他们意识到自己已获得永恒自由时，心中那份由衷的感激之情！

The carefree laughter of every child on Earth and the joy from every soul to whose happiness you have contributed in your personal associa- tions—all of that energy has come into our realm and become part thereof. By your faithful and loving service to the cause of freedom all through these many years, you have made much life happy, not only here on Earth, but in the higher realms, as well. Just think for a moment of the joy which is felt by the beloved Alpha and Omega when you sing your loving gratitude to them in your song to the “Great Central Sun!” Many who now sing those words had never even heard the names of those Great Beings before!

地球上每个孩子的无忧无虑的笑声，以及你在个人交往中曾为其喜乐作出贡献的每一位灵魂所流露的喜悦——

所有这些能量都已进入我们的领域，并成为其中的一部分。这些年来，你们对自由事业始终如一、充满大爱的奉献，不仅让地球上的生命感到喜乐，也让更高境界的生命获得了喜乐。试想一下，当你们在《致“伟大中央太阳”》的歌声中向挚爱的阿尔法与欧米茄表达爱意与感激时，他们心中会涌起怎样的喜悦！如今唱出这些歌词的许多人，此前甚至从未听说过这些伟大存有们的名字！

You have also made your God- parents happy—beloved Helios and Vesta in your physical sun. Think of the happiness in their hearts when you are cognizant of them and send them your sincere feelings of grati- tude.

你们也让你们的“神之父母”——你们物质太阳中的挚爱赫利俄斯与维斯塔——感到欣喜。当你们意识到他们的存在并向他们传递真诚的感恩之情时，想想他们心中那份喜悦吧。

Do you realize that you have added, too, to the happiness of the be- loved Saint Germain, Jesus, Mary, Morya, and all who are serving to- gether to raise Earth into freedom's star? Now we would like to reverse this procedure and give these feelings of the actual substance of happi- ness back to you, qualified and amplified by our feeling of that God- virtue!

你们是否意识到，你们同时也增添了挚爱的圣日耳曼、耶稣、玛利亚、莫里亚，以及所有共同致力于将地球提升为自由之星的众人的喜悦？如今我们要反向输送这份恩典，将这些由喜悦的实质所构成的情感回馈给你们——这些情感已因我们对那神圣美德的体悟而得到升华与增强！

Remember! WHEN YOUR INNER BODIES ARE COMPLETELY HAPPY YOUR PHYSICAL FORMS WILL BE BUOYANT AND LUMINOUS, EXPRESSING PERFECT HEALTH, ETERNAL YOUTH AND BEAUTY. YOU SEE, THE PHYSICAL BODY IS BUT THE REPOSITORY OF ALL THE VIBRATORY ACTIONS OF YOUR INNER BODIES. Therefore, if you are sincere in wanting to be an expo- nent of eternal youth and beauty and the magnificence of the divine ex- pression of perfection of your own God- self, please remember me!

请记住！当你们的内在身体完全喜乐时，你们的肉身将会充满活力、光彩照人，展现出完美的健康、永恒的青春与美丽。要知道，肉身不过是你们内在身体所产生的所有振动活动的载体。因此，若你真心想要活出永恒青春、绝美容姿，彰显自身神性本我的恢弘荣光，请常记起我！

Keep your mental body alert to refuse acceptance to some "tramp" thoughts or feelings of discord, should they come knocking at the door of your consciousness for admittance. These may be just something floating in the atmosphere—they may come from a friend, from the radio, from television or newspaper! Be alert and give admission to your world only to that which will keep you happy, free, buoyant and poised in God‐ mastery at all times!

保持你的心智体警觉，若有"流浪"的纷乱思绪或感受前来敲响你意识之门寻求进入，切不可接纳放行。这些负面讯息可能漂浮在气场中——它们可能来自朋友、收音机、电视或报纸！保持警觉，只允许能让你保持喜乐、自在、轻盈且安住于神性主宰之境的事物进入你的世界！

In the name of the Most High Living God, I AM, in the name of all life which has ever contributed to the cosmic happiness of creation since the beginning of time, I now pour my Happiness Flame through this group of beloved students of light who desire to radiate God‐ happiness to their fellowman. I now pour my Happiness Flame through their physical, etheric, mental and emotional bodies, and, since all life is one, I pour my feeling of happiness through them into the people of Earth, as well. AC‐ CORDING TO YOUR ACCEPTANCE OF THIS

BLESSING SHALL IT MANIFEST FOR YOU IN DAILY EXPRESSION.

我以至高永生的“我是”神性之名，以开天辟地以来，所有为宇宙喜乐奉献的一切生命之名，此刻，我将我的喜乐圣火灌注这群挚爱的光之学生身上，他们渴望向他们的同胞辐射神之喜乐。此刻，我将喜乐圣火贯穿他们的肉身、以太体、心智体、情绪体；既然万物生命本为一体，我也将我的喜乐之情通过他们，同样倾注给全人类。你们接纳这份祝福的程度，决定它会在你的日常生活中显化到何种程度。

Just know that I shall hear your every call and shall happily answer it instantly with my feeling and flame of that happiness which I am!

只需知晓，我会听见你的每一次呼请，并以我本自具足的喜乐感受与喜乐火焰，欣然即刻回应！

Lord 凌

DECREE TO SUSTAIN HAPPINESS

维系喜乐的谕令

Beloved mighty victorious presence of Almighty God I AM, right with- in my beating heart—I LOVE YOUR HAPPINESS! Help me this day and al- ways to dedicate my life, all the energies of my entire being, to the draw- ing forth and surrounding myself with your Flame of God- happiness.

居于我跳动心间、全能得胜的神圣“我是”临在，我爱你的喜乐！求你今日及永远扶持我，将我的生命及全副生命能量全然奉献于汲取神性喜乐圣火常环绕我身。

Saturate my entire being and world with its substance and feeling, and help me to enfold all the life I contact this day in its glorious radi- ance of golden flame from the heart of beloved Lord Ling—God of Hap- piness. Keep this eternally sustained, all- powerfully active and ever- expanding until all are wholly ascended and free!

让喜乐的本质与情感浸透我的全部生命，并帮助我将今日接触到的所有生命，都包裹在挚爱的 Lord 凌——喜乐之神——心中那辉煌的金色火焰光芒之中。愿这份喜乐永恒存续、大能不息、持续拓展，直至一切生命全然扬升、得享自由！

I consciously accept this done RIGHT NOW!

我全然觉知，此刻此事已然成就！

Explanatory Note

说明

As our beloved Lord Ling has told us, he did not achieve the victory of his ascension in his embodiment as Moses. He returned here again in embodiment in India, as Ananda, becoming the heart- friend and beloved disciple of our blessed Gautama, who at that time became Buddha. Be- loved Gautama has now become the Lord of the World, taking the place of beloved Sanat Kumara, as he returned to his home on Venus recently. We give you here the words to our song of devotion to the blessed Gau- tama, whom Ananda loved so well, and from whom he received such tremendous assistance to his own ascension.

正如挚爱的 Lord 凌所言，他在摩西那一世并未获得扬升的胜利。他再次投生印度，化身阿难，成为世尊乔达摩交心的爱徒，彼时世尊证悟成佛。受人爱戴的乔达摩如今已成为世界之主，接替了受人爱戴的萨那特·库玛拉的位置，因为后者最近已返回金星的家园。在此，我们向各位呈现这首献给受人爱戴的乔达摩的虔诚颂歌，当年阿难深爱世尊，也因世尊的扶持才得以完成扬升。

GRACIOUS GAUTAMA

慈悲的乔达摩

Gracious Gautama—We welcome you as our new Lord;

慈悲的乔达摩，我们迎接你成为新的世界之主；

We want to serve you, So help us, Great Karmic Board!

我们愿侍奉于你，伟大的业力委员会，请扶持我们！

Your gentle presence now help us to manifest there

愿你温柔的临在助我们全然显化，

Help us to live in the image of our Father so dear.

助我们活出至圣天父的完美形相。

We are so grateful that you were prepared for this time;

我们满心感恩，您为这一时刻做好了准备，

Ready and willing to free such a friend sublime!

甘愿助此无上挚友重获自由！

To you we're grateful for showing us God's “Middle Way”

感恩你为我们揭示神性“中道”，

Help us to live in its victory each day.

助我们每天胜利活出“中道”。

Gracious Gautama—our teacher and friend of the past;

慈悲世尊乔达摩，我们历代的导师与挚友；

Flood men with wisdom and set them all free at last!

以智慧灌注世人，终使众生得享自由！

Bless them with freedom and hold them in love's Violet Fire;

以自由赐福众生，用爱的紫火环抱他们；

Purify always their every desire.

时刻净化他们的一切欲望。

Helios and Vesta!

赫利俄斯、维斯塔太阳神母！

Reward this great Master of Peace;

奖赏这位伟大的和平大师；

Flood all his being with blessings that never cease.

永不止息的祝福充盈祂全部生命。

Make our dear planet the fullness of all she should be

使我们挚爱的星球圆满活出本然模样，

—Her evolutions forever—ALL FREE!

星球之上所有演化生灵，永得全然自由！

Sung to melody of "Moonlight and Roses"

配曲：《月光与玫瑰》