

Dedication

*“This method is given to
all students of Knowledge in the world
with gratitude and high expectation
from your Spiritual Family.
Follow the instructions as they are given.
In this way, the power and efficacy of this work
will be revealed to you and, therefore,
Our gift to you will have been given.
It is with great excitement
that We bestow this upon you
and through you upon your world.”*

献辞

“本法

伴随着来自你精神家庭的

感激和高度期望

被奉献给世界上所有的内识学生。

遵循所给出的指引。

通过这样，这一努力的力量和效力

将被揭示给你，由此，

我们给你的礼物将得以奉献。

我们带着巨大激动

将这赐赠给你

并经由你赐赠给你的世界。”

简介

内识进阶是一部关于内在认知的书。它是一个一年期的学习计划，分为 365 阶(或课程)，如此设计，是为了让学生能够开始学习在这个世界上体验并应用他们的自我内识或灵性力量。内识进阶通过循序渐进的方式来达成这一任务，因为学生们被赋予的是最基本的思想和练习，这使得这一目标成为可能。每天的练习为学生提供了一个坚实的体验基础，并将发展对于无论是世俗成功还是灵性进步都很必要的思考力、洞察力和自我推力。

什么是内识？

内识进阶里对内识的描述是这样的：

“内识代表了你真正的自我，你真正的思想和你在宇宙中的真正关系。它还掌握着你在这个世界里的更伟大召唤，和对你的天性的完美应用，包括你所有天赋的能力和技巧，甚至包括你的弱点，都能被良好地贡献给这个世界。”（第二阶）

内识是造物主赋予每个人的更深刻灵性思想。它是所有有意义的行动、贡献和关系的源泉。它是我们天然的内在指导系统。它的实相是神秘的，但它的临在能被直接体验到。内识以超凡的智慧和有效性，指导每个人发现他或她的正确关系、工作和贡献。它同样有效地让个人做出准备，以认清前进道路上存在的许多陷阱和欺骗。它是带着确定性和力量去看、去认知和去行动的基础。它是生命的基础。

内识进阶是为谁准备的？

内识进阶是一条学习路径，它为那些感受到某种灵性召唤和宗旨已经在生命中浮现，但需要一种新的方式去完全理解它的含义的人而准备。通常这些人已经感受到这种牵引力很长时间了。内识进阶为他们提供了能够开始对这一召唤做出回应的基础。它对学生入门的唯一要求是具备誓要认知自己的宗旨、意义和方向的决心。

此课程要实现的目标的是什么？

内识进阶既代表了一条通向上帝之路，也代表了一条为世界做出贡献之路。它引导学生去解决生命中的两个最基本问题：我是谁？我为何在这里？内识进阶以宗旨、关系和社区为背景探讨这些问题。它强调每个人都在世间寻求解答这些问题，这一追求隐藏于所有被认为是有意义的渴望和行动之中。对于宗旨、关系和社区的体验，给人们带来了他们在任何特定

时刻都能够拥有的意义和身份认同感，无论那是怎样的一种感觉。进阶里指出，这些需求对每个人都是内在固有的，并且每个人皆从他们的古老家园带来了对这些需求的答案。因此它提出，每个人在他们的内在，在他们的自我内识里已经不知不觉地携带着他们的自我实现。

通过练习和启示，内识进阶为学生提供了发现内识、接触内识并在所有境况中遵循内识的必要构架。通过这样，他们开始发现生命中的真正方向。每天坚持学习，将建立起唯有持续自我应用才能提供的技能和自信。

唤回和运用自我内识是这本灵性修习书籍和它的教程的宗旨。每一阶所强调的是同时发展学生的内在和外在生活，因为内识（自我认知）和智慧（自我运用）必须同时产生。这样，通过学习和应用内识之路，学生们自然地发展起耐心、客观性、洞见、力量、宽容以及持久的自我价值感。

它是如何被给予人类的？

内识进阶于 1989 年春天被示现给 Marshall Vian Summers 老师。它在一种启示的状态里被接收，前后经历 14 天时间。内识进阶由一组隐形的灵性导师提供，他们称自己为大社区教师。他们的讯息是宇宙性的，然而他们的教育方法是特别针对我们这个世界这个时代的。

为什么要写这本书？

我们的世界正处于迈进周遭宇宙智能生命大社区的关口。因此，此刻需要的是对关系、灵性和人类进步的一种更宇宙性的理解和视野。内识进阶是提供给那些有希望成为人类历史的下一个伟大时期的主要贡献者的人们的，在这个时期里人类开始和来自大社区的其他智能族群相遇。这是我们所面临的最巨大关口。然而从大社区的观点来看，很显然人类没有做好准备。在此背景下，一个新的灵性理解和教程被提供给这个世界，因为造物主不会抛弃人类，让人类对向大社区的迈进毫无准备。因此，一种非常独特的灵性准备被赋予人类，它让人们能够获得服务于一个变迁中的世界所需要的力量、慈悲和技能。为了让这些人进行准备，去发现他们生命的更伟大召唤，内识进阶和其他相关书籍作为一个指引和一种资源被呈现给他们。

如何与进阶协作？

为了使你从内识进阶的学习中获得最大的效果，请考虑以下的建议：

- 内识进阶是一套完整的学习计划。每一阶带领你攀登得更高，并更接近你的自我发现。所以，要准备好完成整个路径。如果你不中断的话，你将实现进步。
- 尽管内识进阶是一个自学课程，但建议你找到能够与之分享你的修习和体验的其他人。这能最大限度地增加你的学习机会，并为新关系的建立提供一个有意义的基础。
- 按照进阶被提供的那样，严格遵循内识进阶里的进阶。不要以任何方式改变修习。这是非常重要的。如果你愿意，你可以在某一课上停留超过一天，但不要在任何一课上停留太久，否则你会跟不上课程的节奏。
- 不要跳跃或改变顺序去修习那些你认为有吸引力的课程。每一课的设计都是为了带领你一次一个台阶的前进。这为你迈向内识的过程提供了一个安全和成功的路径。遵循和使用专为当天提供的进阶。它对那一天来说是完美的。
- 每天的早起和傍晚阅读课程。在其中一次阅读里，你也可以用第一人称进行阅读，如果你希望为自己去个性化那个讯息的话。
- 内识进阶将教你如何修习，以及如何发展有效的学习习惯。有些时候，你可能会发现坚持修习是个挺大的挑战。然而要记住，进阶将通过它的修习来构建你的力量和自我觉知。你是有能力进行这些修习的，而且这些修习将协调和转化你的生命。
- 每天保留固定的修习时间。不要让环境主宰你的修习。修习对于构建内识得以出现的环境是最根本的。修习的时间被注明在每一个进阶的结尾，以帮助你将修习整合到你的一天之中。
- 记笔记对于跟踪你的进展和观察每一阶是如何在每天服务于你的，是极其有帮助的。这本笔记是自我发现的一个强大工具，并将帮助你去运用进阶。记笔记还能极大地帮助你利用贯穿整个教程的“复习”练习。
- 保持耐心，并允许进阶服务于你。如果你能按照它们被提供的那样去遵循进阶的次序的话，它的力量是惊人的。这需要时间。一个伟大的旅程是由许多小小的进阶构成的。每一步都是必须的。
- 如果你错过了一天的练习，只要重新回归到练习中就可以了。不用责备自己（或是课程）。你只需要坚持就能获得它完全的益处。
- 内识进阶可能会挑战那些被珍视的信仰和假设。假如这发生了，那么接受这一挑战，并观察这能给你带来什么。你必须超越一个有限的视野去看，以获得一个更广大的视野。这样才能获得满足感。

- 内识进阶是来自上帝，并通过服务于人类的隐形上师所赋予你的礼物。它是让你去接收和去奉献的礼物。

结论：

内识进阶的力量和范围，和它的宗旨一样伟大。它的来源来自这个世界以外。它教导人们，这个世界正处在迈进由众多世界组成的大社区的进程中。它提供了激发每个人的灵性力量和世俗能力所需要的一种新的灵性理解和准备。它将补偿他们的过去，并让他们为他们的未来进行准备。内识进阶倡导一种比纯人类的观点更广大的洞察力，以理解世界上和世界外发生的事件。因此恰当地说，内识进阶所提供的课程从最真实的意义上代表着宇宙的智慧。

正如进阶里常提到的，真理无论多么抽象，都必须被充分地体验才能被认知并被正确地应用。这是一个循序渐进的过程。内识进阶的推出，是为了服务于那些受到召唤去实现他们的灵性传承和他们在这个时代身处世界上的宗旨。

INTRODUCTION

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

WHAT IS KNOWLEDGE?

Steps to Knowledge describes Knowledge in the following way:

“**K**nowledge represents your True Self, your True Mind and your True Relationships in the universe. It also possesses your greater calling in the world and a perfect utilization of your nature, all of your inherent abilities and skills, even your limitations, all to be given for good in the world.” (STEP 2)

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

WHO IS *STEPS TO KNOWLEDGE* FOR?

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

WHAT IS IT DESIGNED TO ACHIEVE?

Steps to Knowledge represents both a path to God and a path of contribution in the world. It engages the student in solving the two most fundamental questions in life: Who am I? and Why am I here? *Steps* addresses these questions within the context of

purpose, relationships and community. It emphasizes that everyone is looking for these in the world and that this pursuit underlies all the desires and endeavors considered to be meaningful here. The experience of purpose, relationships and community gives each person whatever sense of meaning and identity they may have at any given moment. *Steps* indicates that these needs are intrinsic to everyone and that everyone has brought the answer to these needs with them from their Ancient Home. Thus it says that every person carries, unknowingly, their own fulfillment within themselves, within their Self-Knowledge.

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

The reclamation and the application of Self-Knowledge is the purpose of this book of spiritual practice and its teaching. The emphasis in each step is to develop the student's inner life and outer life together, for Knowledge (Self-Realization) and Wisdom (Self-Application) must arise together. Thus, through studying and applying The Way of Knowledge, the student naturally develops patience, objectivity, insight, strength, tolerance and an abiding sense of self-worth.

HOW IT WAS GIVEN

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

WHY IT WAS WRITTEN

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

To prepare these individuals to find their greater calling in life, *Steps to Knowledge* and its companion books have been provided as a guide and a resource.

HOW TO WORK WITH *STEPS*

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

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

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

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

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

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

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

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

_ Keeping a journal is extremely valuable in tracking your progress and in seeing how each step plays a part in serving you every day. The journal is a powerful tool for

self-discovery and will assist you in applying the steps. Keeping a journal also will greatly help you in using the REVIEW practices that occur throughout the curriculum.

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

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

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

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

IN CONCLUSION

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

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

Step 1

I AM WITHOUT KNOWLEDGE NOW.

THERE MUST BE A STARTING POINT at any juncture of

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

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

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

第 1 阶 我现在没有内识。

在任何发展关头，都必须有一个起始点。你必须从你现在的位置开始，而不是从你希望的位置开始。你现在从这个理解开始：你没有内识。这并不是说内识没有和你在一起，只是说你没有和内识在一起。内识正在等待着你前进。内识正在等待着把自己奉献给你。因此，你现在开始准备和内识建立关系，它是你从你的古老家园带来的更广大思想层面。

今天用三次时间，每次 10 分钟，去思考内识是什么，别只是运用你自己的想法，别只是运用你过去的理解，而是去思考内识到底是什么。

练习 1： 三个 10 分钟

Step 2

KNOWLEDGE IS WITH ME. WHERE AM I?

KNOWLEDGE IS WITH YOU, COMPLETELY, but it resides in a part

of your mind to which you have not yet gained access.

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

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

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

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

第 2 阶 内识和我在一起。我在哪里？

内识和你在一起，完完全全地，但是它存在于你思想中的一个你还未触及到的部分。内识代表着你真正的自我，你真正的思想和你在宇宙中的真正关系。它还掌握着你在这个世界里的更伟大召唤和对你天性的完美应用，你所有天赋的能力和技巧，甚至你的弱点——都能被良好地贡献给这个世界。

内识和你在一起，而你在哪里呢？今天思考你在哪里。如果你没有和内识在一起，那你哪里？所以，今天用三次时间，每次 10 分钟，思考你在哪里，不仅仅是你的身体或地理位置，还要根据你在这个世界上对你自身的觉知，来思考你在哪里。非常认真地进行思考。不要让你的思想从这个方向上逃逸。在你进行准备的开始阶段，非常有必要严肃地提问这些问题。

练习 2：三个 10 分钟

Step 3

WHAT DO I REALLY KNOW?

TODAY ASK YOURSELF WHAT YOU REALLY KNOW and distinguish

what you know from what you think or hope for or want for yourself or your world, what you are afraid of, what you believe in, what you cherish and what you value. Distinguish this question from all such orientations to the very best of your ability and ask yourself, “What do I really know?” You must continuously examine whatever answers you give to this question to see if they represent your beliefs or assumptions or the beliefs or assumptions of other people or perhaps even of humanity at large.

THREE TIMES TODAY, FOR 10 MINUTES EACH, ask this question and think very seriously about your response and about the meaning of this question, “What do I really know?”

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

第 3 阶 我真正知道些什么？

今天问自己，你真正知道些什么，并将你知道的，与那些你认为的、你为你自己和你的世界所希望的或想要的、你担心的、你相信的、你珍惜的、你看重的区分开来。尽你所能从所有这些方向对此问题加以区分，并问自己：“我真正知道些什么？”你必须不断地检视你就这个问题给出的任何答案，看它们是否代表着你的信仰或假设，或者其他人的甚至是整个人类的信仰或假设。

今天用三次时间，每次 10 分钟，提问这个问题，并非常严肃地思考你所做的回应，以及思考这个问题的含义：“我真正知道些什么？”

练习 3：三个 10 分钟

Step 4

I WANT WHAT I THINK I KNOW.

Y

OU WANT WHAT YOU THINK YOU KNOW, and this is what

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

TODAY IN YOUR THREE BRIEF PRACTICE PERIODS, in which you devote your total attention to examining your assumptions, think about the things you really think you know, including things that you have not thought to question before—things that you think you know. Today's exercise, then, carries forth from the previous steps where you begin to see the difference between what you think you know and real Knowledge itself and the relationship between what you think of as Knowledge and your own assumptions, beliefs and hopes for things. THEREFORE, IN EACH PRACTICE SESSION it is very essential for you to think about the things you think you know. When you realize they are based primarily upon your assumptions, you will realize how weak is your foundation in the world. Understanding this may be upsetting and disconcerting, but it is absolutely essential for you to give you the impetus and the desire to discover your true foundation in the world.

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

第 4 阶 我想要我认为我知道的东西。

你想要你认为你知道的东西，这构成了你对自身和你的世界的理解的基础。事实上，这构成了你整个身份认同的基础。然而，经过坦诚地检视，你会发现你的理解主要是建立在假设的基础之上，并且这些假设，即使不是完全，至少在很大程度上，并非建立在你的体验基础之上。

今天在三次简短练习时间里，完全专注地检视你的假设，思考那些你确实认为你知道的东西，包括那些你从未想过要质疑的东西——那些你认为你知道的东西。因此，今天的练习在前面的进阶基础上展开，在那里你开始看到你认为你知道的和真正的内识之间的区别，以及你认为是内识的东西与你自己对事物的假设、信仰和希望之间的关系。

因此，在每个练习时段里，你必须去思考那些你认为你知道的东西。当你认识到它们主要是建立在你假设的基础上时，你将意识到你在这个世界上的基础是多么孱弱。认清这点可能是令人失望并令人挫败的，但这对你来说是绝对有必要的，它将带给你动力和渴望去发现你在这个世界上的真正基础。

练习 4：三个 10 分钟

Step 5

I BELIEVE WHAT I WANT TO BELIEVE.

THIS STATEMENT REPRESENTS THE GREAT FOLLY OF HUMANITY

and humanity's most dangerous forms of self-deception.

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

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

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

第 5 阶 我相信我想要相信的。

这一声明代表着人类巨大的愚昧和人类最危险的自我欺骗的方式。信仰主要是建立在所希望的东西之上，而不是建立在那些真正发生的和真实的东西之上。它们或许的确代表了人类的伟大理想，在这方面它们包含着真正的深思，但是在日常生活中，在大量的实际问题上，人们把他们的信仰建立在他们所希望的事情上，而不是确实存在的事情上。你必须对此有一个非常正确的理解，即寻求任何解决方案和任何有建设性的构建，都必须从眼前的现实着手。你现在是什么和你今天拥有什么必须成为你的起始点。

因此，在今天的三次练习时段里，思考这个声明。检视你相信的，然后检视你想要的。你会发现即使是你的那些可怕的或负面的信仰，都与你的野心相关。唯有认真运用今天的练习，才能够把这揭示给你。

练习 5：三个 10 分钟

Step 6

I HAVE A TRUE FOUNDATION IN THE WORLD.

BEYOND THE BELIEFS AND ASSUMPTIONS which mask your own

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

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

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

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

第 6 阶 我在这个世界上拥有一个真正的基础。

除却那些掩饰你的恐惧和不确定的信仰和假设之外，这个世界上确实存在着你的一个真正基础。这个基础是建立于你在这个世界之外的生命上面，因为那是你来自的地方，也是你将回归的地方。你来自一个你终将回归的地方，而且你不是空着手而来的。

今天用两次时间，每次 15-20 分钟，思考你真正的基础可能是什么。思考你关于这一点的所有想法。这是个非常重要的问题。你必须意识到你非常需要它，从而能够带着真诚和穿透性的深度来提问这个问题。

没有一个真正基础，你真正的成就和进步将会是无望的。因此，拥有这一基础，是对你的一个伟大赐福，即使你对它还一无所知。

练习 6：两个 15-20 分钟

Step 7

REVIEW

IN TODAY'S TWO PRACTICE PERIODS, review all that we have

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

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

PRACTICE 7: Two 30-minute practice periods.

第 7 阶 复习

在今天的两个练习时段里，复习所有已经讲过的内容，从第一阶开始，一直到前一天的第六阶。然后按所有六阶合在一起的完整顺序进行思考。在此要强调的是，你不需要给出任何结论，而是要提问题，并意识到你是多么需要真正的内识。如果你能认真地进行今天的练习，就能很明显地意识到你的巨大需要。没有了你的那些假设你显得很孱弱，但同时你也确立了你的位置，去开始接收生命中的真理和确定性。

今天用两次时间，每次 30 分钟，思考这些事情。

练习 7：两个 30 分钟

Step 8

TODAY I WILL BE STILL.

IN YOUR TWO MEDITATION PRACTICES TODAY, practice stillness

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

PRACTICE 8: *Two 15-minute practice periods.*

第 8 阶 今天我将静心。

在今天的两次冥想练习中，用 15 分钟练习静心。从三次深呼吸开始，然后专注在内在的某一点上。这可以是一个想象中的点，或是你身体内的某一点。将眼睛闭上，仅仅是全然地专注，不带评判和评估。不要灰心，也许刚开始会有困难。在生命中开始任何重要的事情时都是困难的，但只要你能坚持下去，你就能实现这一重大目标，因为在静心里，一切都能被认知。

练习 8：两个 15 分钟

Step 9

IN STILLNESS ALL THINGS CAN BE KNOWN.

STILLNESS OF MIND ALLOWS A GREATER MIND TO EMERGE and to

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

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

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

第 9 阶 在静心里一切都能被认知。

思想的静止使得一个更伟大的思想得以浮现，并显现它的智慧。那些带着对内识的渴望培养静心的人，是在为更伟大启示和真正洞见的出现而进行准备。这一洞见可能出现在练习过程中，或者出现在任何日常的活动中。重点是要进行准备。

今天用两次时间，练习昨天的静心修习，但不要期待任何结果。不要利用这一练习来提问任何形式的问题，因为你是正在练习静心，在这里所有的揣测、所有的问题和所有的追寻都终止了。今天用两个 15 分钟，再次练习静心。

练习 9：两个 15 分钟

WHY AM I DOING THIS ANYWAY?

V

ERY GOOD QUESTION! Why are you doing this anyway?

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

我到底为什么要做这些？

这个问题非常好！你到底为什么要做这些呢？你为什么要问这些问题呢？你为什么要寻求更伟大的东西呢？你为什么要做出这些努力呢？这些问题是不可避免的。我们预料得到。你为什么要做这些？你做这些是因为这是必要的。如果你想过某种比纯粹肤浅而不稳定的生活更加伟大的生活的话，你就必须深入更深的层次，而不是仅仅把信心建立在脆弱的假设和一厢情愿的期望之上。有一个更伟大的礼物正在等待着你，但你必须在思想上、情绪上和身体上进行准备。没有内识，你就无法觉知你的宗旨。你无法觉知你的来源和你的天命，你将只会把生命当作一个混乱的梦境来度过此生，别无他选。

Step 10

WHAT IS KNOWLEDGE?

LET US SAY THAT KNOWLEDGE is not the things that are usually associated with it. It is not ideas. It is not a body of information. It is not a system of belief. It is not a process of selfevaluation. It is the great mystery of your life. Its outward manifestations are profound intuition, great insight, inexplicable knowing, wise perception in the present and in the future and wise understanding of the past. But despite these great achievements of mind, Knowledge is greater than this. It is your True Self, a Self that is not apart from life.

PRACTICE 10: *Read the lesson three times today.*

第 10 阶 什么是内识？

可以这样说，内识并不是人们通常与之联系起来的那些东西。它不是思想。它不是一个信息体。它不是一个信仰系统。它不是一个自我评估的过程。它是你生命的伟大神秘。它的外在显现包括深刻的直觉、伟大的洞见、难以言表的认知、对于现在和未来的智慧的领悟，以及对于过去的智慧的理解。然而除了这些思想上的伟大成就之外，内识还要更加伟大。它是你真正的自我，一个并未与生命分离的自我。

练习 10：今天阅读三遍本课程

Step 11

I AM NOT APART FROM LIFE.

REGARDLESS OF THE GREAT ESTABLISHMENTS built upon your

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

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

第 11 阶 我没有和生命分离。

无论你在个体基础上建立了多么伟大的成就，无论所有那些和你个人相关联的东西——你的身体、你的思想、你的困境、你特有的表达方式、你的气质、你的天资——你并没有和生命分离。这是显而易见的，假如你单纯地去看你自己，就能意识到你身体的构造，你的物质生命的构成，是完全由物质世界里所有生命的构建材质所形成的。很明显，你和周围的所有事物都是由同样的东西所构成的。那个神秘的是你的思想。它看似一个完全不同的理解，但和你的物质构成一样，它也同样是生命的一部分。你是一个没有觉知你的来源和你在生命中的完全包融的人。你的个体性现在对你是个负担，但是当它能够表达生命本身时，它将成为你的巨大喜悦。

练习 11： 今天阅读三遍本课程

Step 12

MY INDIVIDUALITY IS TO EXPRESS LIFE ITSELF.

HERE YOUR UNIQUENESS IS A GREAT ASSET and a source of joy,

not a source of painful alienation and not a source of painful judgment against yourself or others. This distinction does not elevate you above or place you below anyone else. It merely pinpoints the real purpose behind your individuality and its great promise for the future. You are here to express something. That is the real meaning given to your individuality because you do not want to be separate anymore. ON TWO OCCASIONS TODAY, practice two periods of silence exercising the practice that we have illustrated thus far.

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

第 12 阶 我的个体性是为了表达生命本身。

在此，你的独特性是一个伟大的资产和喜悦的源泉，而不是被痛苦地疏远和痛苦地对自己或他人进行评判的根源。这一区分并未把你置于任何其他他人之上或之下。它只是指出了你的个体性背后的真正宗旨和它在未来的伟大希望。你来此是为了表达某些东西。这是被赋予你的个体性的真正意义，因为你不想再分离。

今天用两次时间，按照之前的做法练习静心。

练习 12：两个 15 分钟

Step 13

I WANT TO BE SEPARATE TO BE UNIQUE.

THIS THOUGHT REPRESENTS THE TRUE MOTIVE for separation,

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

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

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

第 13 阶 我想要分离，以显示独特性。

这一想法代表了分离的真正动机，然而这是没有必要的。我们提到它并非是对它的认可，而是要描述你当下的状态。你想要分离，因为这定义了你的自我；你的自我是通过分离来定义的，而不是通过包融。分离是你所有痛苦和思想迷惑的根源。你的物质生命示现了一个分离的生命，但只是从某一个角度上看。而从另一个角度上看，它根本就没有示现分离。它示现了对一个更伟大实相的一种独特表达。

在今天的两个时段里，用 15 分钟专注于今天的想法。认真思考这一课程意味着什么，并根据你自身的体验来反思它与你生命的相关性。反思你对分离的渴望给你造成了怎样的时间、精力和痛苦的代价。意识到了你分离的动机，那么你就能认识到，你想要自由。

练习 13： 两个 15 分钟

Step 14

REVIEW



NCE AGAIN REVIEW ALL THE PRIOR LESSONS GIVEN. In this

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

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

第 14 阶 复习

再次复习前面所有的课程。在此次复习中，再次阅读每一阶给出的指引。并且回顾你所有的练习时段，以确定自己在练习中投入的深度和你所体验到的结果。在整个课程的学习计划里，你都将去探究你自身体验的内容。这会逐渐自行积累，并终将向你示现你内在内识的实现。

今天的练习里，用约 45 分钟的时间复习所有的指引，并回顾你练习的结果和质量。明天，我们将一起开始我们的下一个准备阶段。

练习 14：一个 45 分钟

Step 15

I SHALL LISTEN TO MY EXPERIENCE TODAY.

TODAY I WILL LISTEN TO MY EXPERIENCE to find out the

content of my mind.”

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

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

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

第 15 阶 今天我将聆听我的体验。

今天我将聆听我的体验, 来发现我思想的内容。

要意识到你思想的真正内容, 被掩埋在自出生那日起你就在累加的所有东西之下。这个真正的内容希望在你当下生命和当下境况的范畴里表达它自己。要想辨识它, 你必须仔细地聆听, 并且慢慢地意识到你思想的真正内容以及它给你的信息, 与其他所有你感觉到的冲动和希望之间的区别。将各种想法与内识区分开来, 是一个伟大的成就, 在本教程里, 你将拥有一个机会对此进行学习。

今天的 45 分钟练习将专注于内在聆听。这要求你不加自我评判地去听, 即使你思想的内容是混乱的。即使你思想的内容是令你不快的, 你也必须不加评判地去听, 从而允许你的思想敞开。你在聆听某种比思想更深刻的东西, 但你必须穿过思想到达那里。

练习 15: 一个 45 分钟

Step 16

BEYOND MY MIND IS KNOWLEDGE.

BEYOND YOUR MIND IS KNOWLEDGE, the true core of your

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

TODAY PRACTICE IN THREE PERIODS OF 15 MINUTES EACH. Listen more carefully than the day before. Listen for deeper inclinations. Again you must listen without judgment. You must not edit anything. You must listen deeply so that you may learn to hear.

PRACTICE 16: *Three 15-minute practice periods.*

第 16 阶 超越我的思想的是内识。

超越你的思想的是内识，你存有的真正核心，你真正的自我，不是那个你构建起来走过这个世界的自我，而是你真正的自我。从这个真正的自我，会生成想法和印象、倾向和方向。你还无法听到你的真正自我对你进行的大部分沟通，但是慢慢地，当你的思想变得安静并且当你发展了聆听和辨识力的必要提升时，你将学会聆听。

今天练习三次，每次 15 分钟。比前一天更加仔细地去聆听。聆听那更深刻的倾向。再次重申，你必须不加评判地去听。你必须不做任何修订。你必须深入地听，这样你就能够学习聆听。

练习 16：三个 15 分钟

Step 17

TODAY I WANT TO HEAR THE TRUTH.

THE DESIRE TO HEAR THE TRUTH is something that is both a

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

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

PRACTICE 17: Three 15-minute practice periods.

第 17 阶 今天我想听见真理。

对于听见真理的渴望，既代表了真正准备的过程，也代表了真正准备的结果。发展听的能力和听渴望，将会把你所追寻的东西带给你。真理对你来说有巨大益处，但在开始的时候，它可能对你的其他计划和目标产生很大的震撼和打击。如果你想获得真理带给你的确定性和赋权的话，你就必须承担这个风险。真理总能带来对冲突的解决方案，总能带来对自我的体验，总能带给你对当下实相的感知，并且总能为你提供前进的方向。

在今天三次的 15 分钟练习时间里，练习聆听真理，努力超越思想和情绪去聆听。再次重申，不要担心你所听到的都是你自己思想的奔逸。记住，你在发展聆听。这是最重要的事。就像锻炼身体的某块肌肉一样，你在锻炼思想的一种被称作聆听的技能。因此，今天练习聆听，完全投入这些练习中，这样你就能够感知真理在你内在升起。

练习 17： 三个 15 分钟

Step 18

TODAY I FEEL THE TRUTH ARISING WITHIN MYSELF.

THE TRUTH MUST BE FULLY EXPERIENCED. It is not merely an

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

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

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

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

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

第 18 阶 今天我感知真理在我内在升起。

真理必须被充分地体验。它不仅仅是一个想法；它不仅仅是一个形象，尽管形象或想法可能会伴随着它。它是一种体验，因此它是被深刻感知的某种东西。对于刚开始深入它的人来说，它可能会以各种不太相同的形式示现，但无论如何，它都会呈现。它是你必须去感受的东西。为了获得感知的方向，你的思想必须静止。真理是某种你将用你整个身体，用你整个存有去感受的东西。

内识不会时时刻刻对你讲话，但它总是为你持有一个讯息。向内识靠拢意味着你变得越来越像内识本身——更加完整、更加一致、更加坦诚、更加奉献、更加专注、更加自律、更加慈悲和更加自爱。当你走向所有这些品质的本源时，所有这些品质都会被发展起来。

今天，当你感受到真理在你的内在升起时，你正是在练习向这个方向行进。这将联接起你的各个层面，给你一种对自我的统一体验。在三个 15 分钟的练习时段里，完全专注于感受真理在你内在的升起。在静心中练习，如果刚开始很困难，不要泄气。只要练习你就能进步。

同样，在今天一整天里，不要带着怀疑或犹豫，要去追求你生命里的真正目标。随着这个真正目标而来的，是所有你将需要去完成的重要事情，和使你得以找到那些你来到这个世界要寻找的人的视野和辨识力的伟大力量。

练习 18：三个 15 分钟

Step 19

TODAY I WISH TO SEE.

THE DESIRE TO SEE IS LIKE THE DESIRE TO KNOW. It too requires

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

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

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

第 19 阶 今天我想看见。

对于看见的渴望就如同对于认知的渴望。它同样要求对你思想技能的提升。带着清晰的眼光去看，意味着你不是带着偏好去看。它意味着你能够察觉实际发生的事情，而不是你想看到的事情。某些事情的确在你的期望之外发生着。这是非常真实的。因此，对看见的渴望，是对看见一个更伟大真理的渴望。这需要一个更坦诚更开放的思想。

在今天的两次练习时段里，练习去看一个简单普通的物件。不要让你的眼睛离开这个物品，而是去看，练习非常认真地去看。你不要试图看到任何东西。你只是带着开放的思想去看。当思想打开了，它将体验它自己的深度，它将体验它所观察的东西的深度。

选择一个简单的对你来说没有什么意义的物件，今天用两次至少 15 分钟的时间注视着它。让你的思想变得非常静止。在你注视着这个物品时，深度地均匀地呼吸。让你的思想停驻在它自己的内在。

练习 19： 两个 15 分钟

Step 20

I WILL NOT LET DOUBT

AND CONFUSION SLOW MY PROGRESS.

W

HAT CAN SLOW YOUR PROGRESS but your own indecision,

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

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

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

第 20 阶 我不会让怀疑和困惑减慢我的进程。

除了你自己的犹豫不决，还有什么能减慢你的进程呢？除了那造成思想困惑的东西，还有什么能引起犹豫不决呢？你拥有一个更伟大的目标，这一准备课程正在对这个目标进行解说。不要让怀疑和困惑成为你的障碍。做一个真正的学生意味着，你很少去假设，你不会以自己预设的方式引导自己，而是遵循一个更伟大力量给你提供的方式。这一更伟大力量希望你把你提升到它自身的能力水平上。通过这种方式，你接收这一进行准备的礼物，这样你就能够将它奉献给其他人。通过这种方式，你被赋予你无法给予你自己的东西。你认识到你个人的力量和能力，因为这些必须被发展起来，从而让你能够遵循一个这样特质的课程。同时，当生命在竭尽全力为你真正的发展进行服务时，你也认识到了你在生命中的包融。

因此，在你的两次练习时段里，进行和前一天同样的练习，不要让怀疑或困惑阻碍你。今天，做一个真正的学生。让自己专注在练习上。全心投入练习中。今天，做一个真正的学生。

练习 20：两个 15 分钟

Step 21

REVIEW

IN YOUR THIRD REVIEW, review all the lessons of the past week

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

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

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

第 21 阶 复习

在第三次的复习里，对上一周的所有课程及这些课程产生的结果进行复习。今天练习不做任何结论，而仅仅是认知发展的路线，并对你至今所实现的进展进行记录。现在要想做出有意义的结论还为时太早，尽管你特别想尝试去做结论。初级学生尚不具备评判他们课程的能力。如果你希望你的评判具有真正的效果和智慧的话，你必须去挣得这一权利，并且这一权利只会在以后到来。

因此，在你今天这个练习时段里，对前一段的练习和你所体验到的所有进行复习。

练习 21：一个 45 分钟

Step 22

I AM SURROUNDED BY THE TEACHERS OF GOD.

Y

OU ARE INDEED SURROUNDED BY THE TEACHERS OF GOD,

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

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

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

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

第 22 阶 我被上师们围绕着。

你确实被上师们围绕着，他们曾经接受过很多方面与你正在做的很类似的培训。尽管形式不同，年代不同，世界不同，他们也被给予了一种非常类似的培训，那些培训也曾按照他们以前的思想状态和生活境况进行了智慧地调整。

在今天的两次 15 分钟练习时段里，感受上师们的存在。你还无法用你的眼睛看到他们，用你的耳朵听到他们，因为这些感官的技能还没得到足够的提升，但你仍能感受到他们的存在，因为他们的存在环绕和保护着你。在你的练习里，不要受其他想法的干扰。不要屈服于怀疑和困惑，因为你必须进行准备才能得到你所寻求的回报，并且你必须认知，你在世界上不是孤单的，从而能够获得必要的力量、信心和智慧资源去实现你被派来完成的事情。

你被上师们围绕着。他们在这里关爱、支持并引导着你。

练习 22：两个 15 分钟

Step 23

I AM LOVED, SURROUNDED AND SUPPORTED

BY THE TEACHERS OF GOD.

THE TRUTH OF THIS WILL BECOME SELF-EVIDENT as you prepare,

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

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

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

第 23 阶 我被上师们关爱、围绕和支持着。

在你进行准备的进程中，这一真相会不证自明，但是现在，这需要巨大的信念。这一想法可能会挑战现有的想法和信仰，但它依然是真实的。上帝的计划是无形的，只会被极少数人认知，因为只有极少数人拥有开放的思想 and 所需的专注力，使他们能够看到那些显然正在他们周围发生着，但在当下又的确很不明显的事情。你的老师们关爱着你，围绕着你，并支持着你，因为你正迈进内识。这把他们召唤到了你的身边。你是少数人中的一员，有希望、有机会从自我幻想的睡梦中走出，并迈进实相的恩宠里。

因此，在今天的两次练习里，感受这份爱、支持和引导。这是一种感觉。这不是想法。这是一种感觉。这是某种你必须去感知的东西。爱是某种你必须感受到，从而能够认知的东西。你的确被你的上师们关爱着、围绕着和支持着，并且你完全值得他们赋予你的伟大礼物。

练习 23：两个 15 分钟

Step 24

I AM WORTHY OF GOD'S LOVE.

Y

OU ARE INDEED WORTHY OF GOD'S LOVE. In fact, you really

are God's love. Without pretense of any kind, at the very core of yourself, this is your True Self. It is not the Self you yet experience, and until you do experience it, do not pretend that this is your experience. But hold in true awareness that this is your Self. You are a person, but you are greater than a person. How can you be unworthy of God's love if that is what you are? Your Teachers surround you and provide that which you are so that you may experience yourself and your true relationship with life.

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

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

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

第 24 阶 我值得上帝的爱。

你的确值得上帝的爱。事实上，你本来就是上帝的爱。在你内在的核心，那是你真正的自我，不带任何矫饰。那不是你现在体验到的自己，除非有天你真正体验到了，否则不要假装这是你的体验。但是要坚持一个真正的认知，即那才是你的自我。你是一个人，但你比一个人更加伟大。如果那才是真正的你，你怎么可能不值得上帝的爱呢？你的上师们围绕着你，滋养着那个真正的你，这样你就能够体验你自己，以及你与生命的真正关系。

在今天的两次练习时段里，再次练习接收你的上师们的爱、支持和引导，如果有任何思想阻碍它，任何感觉阻止它，你就提醒自己你的伟大价值。你的价值并非因为你在这个世界上做了些什么，而是因为你是谁，你从哪里来，以及你要到哪里去。你的生命或许充满了过失和错误，错误的决定和差劲的选择，但你依然来自你的古老家园，并将回归那里。在上帝的眼里，你的价值是永远不变的。在此只需要你付出巨大的努力去修补你的过失，这样你就能够体验到你真正的自我，由此它就能够被奉献给这个世界。

因此，在今天的练习时段里，练习接收性，并体验真正的价值感。不要让任何想法对抗这一生命的最伟大真理。

练习 24：两个 15 分钟

Step 25

I AM AT ONE WITH THE GREATEST TRUTH OF LIFE.

W

HAT IS THE GREATEST TRUTH OF LIFE? It is something that

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

IN YOUR TWO PRACTICE PERIODS, practice feeling this relationship.

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

PRACTICE 25: Two 15-minute practice periods.

第 25 阶 我和生命最伟大的真理是一体的。

什么是生命最伟大的真理？这是必须去体验到的东西，因为任何伟大的真理都不能只存在于一个想法里，尽管有时想法会在你的当下体验里反映出真理。伟大的真理是伟大关系的产物。你拥有着与生命的伟大关系。你拥有着与存在于你内在的真正上师们的伟大关系。最终，你将能体验到与外在生活里的人的伟大关系，但首先你必须已然体验到那个真实存在的你所有伟大关系的源泉。之后要做的只是将它传递到外在世界里，这你慢慢地、自然而然地会去做。

在两次练习时段里，练习感受这个关系。这里再次要求你去接收，因为你必须先接收它，才能奉献它。当它被接收到时，它会自然而然地奉献它自己。在此过程中，你将重新建立你的价值感，因为这是很显然的事。你不需要伪装你自己或你的体验。去真诚地分享一份伟大的爱，意味着你首先必须体验到它。我们今天希望给予你的正是这一体验。

练习 25： 两个 15 分钟

Step 26

MY ERRORS GIVE BIRTH TO MY KNOWLEDGE.

IT IS POINTLESS TO JUSTIFY ERROR, but error can bring you to

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

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

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

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

PRACTICE 26: *Two 30-minute practice periods.*

第 26 阶 我的错误使我的内识得以出现。

对错误进行开脱是没有意义的，但错误会让你珍视真理，由此，它能够带来真正的内识。这是它唯一可能的价值。我们并非宽恕错误，但如果错误发生了，我们希望它能服务于你最真实的需要，从而你可以从中得到学习，并且不再重复犯错。这不是简单地让你去忘掉自己犯的错，因为你做不到。这不是简单地让你为自己的错误开脱，因为这只会让你变得不坦诚。这不是简单地让你把错误看作是纯粹对你的帮助，因为它们的确是痛苦的。它真正的意义在于，你要认识到错误就是错误，然后你试图为了你自身的利益去利用它。错误所带来的痛苦和错误所带来的磨难必须得到接受，因为这会教给你什么是真实的，什么不是，什么是值得珍视的，什么不值得。利用你的错误来服务于你的进步，意味着你已经接受了这一错误，现在你在努力利用它来产生价值，因为除非能在错误中获得价值，否则错误仅仅是错误，并会成为你痛苦和不安的根源。

今天，在两个 30 分钟的练习时段里，特别去检视那些你犯过的非常痛苦的错误。不要试图忽略它们所产生的痛苦，而是看到你如何能够在生命当下的环境里，为了你自身的益处去利用它们。通过这种方式利用错误，能够让你看到你需要做什么以及需要进行怎样的修正和调整来提高你生命的品质。记住针对错误的任何解决方案，总能在关系中带来真正的确认和真正的辨识力。

在练习过程中，独自一人静坐下来回顾那些浮现在你脑海里的错误，然后看看如何利用每一个错误为你带来益处。需要从中学到什么？什么事情之前没做现在必须做？什么事情之前做了现在一定不能去做？这类错误如何能在事前被认知？什么样的迹象会预示错误的发生以及未来如何在犯错之前认出这些迹象？

利用这些练习进行内省，结束以后，不要把结果对其他任何人讲，而是让这一检视行为自然地继续下去，这会自然而然地发生。

练习 26：两个 30 分钟

Step 27

I HAVE A WISDOM THAT I WISH TO DISCOVER.

THIS AFFIRMATION REPRESENTS YOUR TRUE WILL. If you are not

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

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

THEREFORE, IN YOUR TWO 30-MINUTE PRACTICE PERIODS, look and see how the truth has served you. Look at experiences that were happy. Look at experiences that were painful. Particularly in painful experiences, look at how the truth has served you. Look openly. Do not defend a former position if you are tempted to do so. If pain still exists from a loss of an earlier time, accept that pain and its discouragement, but try to look and see how you were truly served by that loss.

THIS POINT OF VIEW OF BEING SERVED by your experience is something you must cultivate. It does not justify the experience itself. Understand this. It merely gives you an opportunity to use your experience for your advancement and your empowerment. Truth operates in the world of illusions to help those who are responding to truth in their lives. You are responding to truth or you would not be undertaking this program of development. Thus, you have arrived at the juncture where it seems that the truth competes with other things and is, therefore, very hard to recognize. In this program of

development, the truth will be distinguished from everything else in such a way that you can experience it directly and will not be confused about its appearance or its beneficial existence in your life. For the truth is here to serve you as you are here to serve the truth.

PRACTICE 27: Two 30-minute practice periods.

第 27 阶 我拥有一个我希望去发现的智慧。

这一声明代表了你真正的意愿。如果你没有感知这点，说明你还在抱持一些错误的、在你的存有里没有真正基础的东西。如果你曾经感觉真理背叛了你，那么你还未认识到真理的价值。或许它打乱了你的计划和目标。或许你失去了某些你特别向往的东西。或许它阻止你去追求那些你所渴望的东西。但在所有这些情况里，真理都是在把你从痛苦和不幸中拯救出来。除非你认识到了你的真正职责，否则你是不会激赏真理是如何服务于你的，因为除非你发现了你的职责，否则你会试图去宣称和维护别的职责。如果这些其他职责被真理所阻碍或否定，就会产生巨大的困惑和冲突。然而，要记住真理总会把你从你否则会犯的更大错误中拯救出来。

人们无法体验内识，因为他们执迷于想法和评判。这些想法和评判为个体创造了一个自我封闭的世界，一个他们无法看向外面的自我封闭的世界。他们只能看到他们思想的内容，并且这彻底歪曲了他们对生命的体验，以至于他们根本无法看到生命。

因此，在今天的两个 30 分钟练习里，看一看真理是如何服务于你的。看看那些快乐的体验。看看那些痛苦的体验。尤其是在痛苦的体验里，看看真理是如何服务于你的。敞开心扉去看。不要去维护以前的某个立场，假如你不自禁地要这样做的话。如果曾经的失去所带来的痛苦依然存在，那么接受这份痛苦和挫折，不过要努力去看清这一损失是如何真正服务于你的。

这种从体验中获得服务的观点，是你必须去培养的。它并非对体验本身进行开脱。要理解这一点。它仅仅是为你提供机会去利用你的体验来服务于你的进步和你的赋权。真理在充满幻象的世界里运作着，为那些在他们的生命中对真理做出回应的人们提供帮助。你正在对真理做出回应，不然的话你就不会开始这一提升课程了。因此，你来到了生命的一个节点，这里真理在和其他的东西进行着竞争，所以它是很难被认知的。在这一提升课程里，会通过这样一种方式将真理从其他所有一切中区分出来，从而使你在你的生命里能够直接体验到它，并且不会对真理的表象或是它的存在意义产生困惑。因为真理在此服务于你，正如你在此服务于真理一样。

练习 27：两个 30 分钟

Step 28

REVIEW

W

E SHALL BEGIN OUR FOURTH REVIEW PERIOD with a special

prayer.

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

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

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

PRACTICE 28: *One 45-minute practice period.*

第 28 阶 复习

我们将用一个特殊的祷告开始我们的第四次复习。

“我接受我的内识是来自上帝的一个礼物。我接受我的上师们是我的兄长和姊长。我接受我的世界是一个内识能够被唤回和被奉献的地方。我接受我的过去是对没有内识的生命的一种示现。我接受我生命的奇迹是内识存在的一种示现。现在我将奉献自己去培养我内在最有价值的东西，以奉献给世界。”

我们对前一周的练习进行复习，重读所有的指引，并且回顾在每一阶的练习中发生了什么。必须问问你自己对于练习的投入程度如何——你是如何希望去寻找和探究的？你对自身体验的检视有多认真？你是怎样被推动去穿越所有可能存在的障碍的？

本次 45 分钟的练习开始给你带来一种对于你在这一准备课程中的进展的洞察力。这不仅是对你有益的，同时对那些你未来将要服务的人也是有益的。因为在你进行接收的同时，你会希望能够在任何适宜的情况里，以任何适当的形式将它奉献出去。你必须理解人们是怎样学习和怎样进步的。这必然来自于你自身的体验，并且必然代表着从你的内识中自然散发出来的爱和慈悲。再次重申，不要让任何的怀疑和困惑阻碍你真正的运用。

练习 28：一个 45 分钟

Step 29

I WILL OBSERVE MYSELF TODAY

TO LEARN OF KNOWLEDGE.



IN THIS SPECIAL DAY OF PRACTICE, observe yourself throughout

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

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

EACH PRACTICE PERIOD NEED ONLY TAKE SEVERAL MINUTES but should be given your full attention. You need not close your eyes to do this, though if it is appropriate, it will be helpful. You may practice in the middle of a conversation with another. In fact, there are very few circumstances that will prevent this moment of introspection. In practice you simply ask yourself, "How do I feel?" and "What am I doing now?" That is all. Then feel if there is something you must do that you are not doing. If there are no corrections to be made, continue on with what you are doing. If there are corrections to be made, make them as expediently as possible. Allow your inner guidance to influence you, which it will do if you are not governed by impulses, fear or ambition. Observe yourself this day.

PRACTICE 29: *Hourly practice.*

第 29 阶 今天我通过观察自己来学习内识。

在今天这个特殊的练习日里，贯穿全天对自己进行观察，尽可能地保持对你思想和行为的觉知。为了发展这种品质的自我观察，你必须尽可能地不加评判，因为评判会阻碍你的观察力。你需要对自己进行研究，就像你是另外一个你能够更加客观地去对待的人一样。

今天我们依小时进行练习。每过一个小时，你需要去检视一下你的思想并观察你当下的行为。这种经常性的自我检视使你更加涉入当下的体验，并能够让你的内识更大限度地对你发挥其有益影响。内识知道你需要什么，并且知道该如何服务于你，但你必须学习如何接收。慢慢地，你还必须学习如何奉献，这样你就能够接收更多。你的接收非常重要，因为它使你能够去奉献，而奉献是这个世界上成就的精髓。但是你无法在一种贫困的状态下进行奉献。因此，你的奉献必须是真诚的，它来源于你在自身、在你和他人以及和生命的关系中培养起来的强大的接收性。

每次练习仅需几分钟，但要全神贯注。不需要闭上眼睛，当然如果可能的话，闭上眼睛练习会有帮助。你可以在与别人交谈的过程中进行练习。事实上，几乎任何环境下都可以进行这片刻的内省。在练习中，你只需简单地自问：“我的感觉如何？”还有“我现在在做什么？”仅此而已。然后去感受是否有什么事你应该去做而没做。假如不需任何修正，那么继续做你在做的事情。如果需要修正，那么尽速去修正。让你的内在指引去影响你，这会自然而然地发生，只要你自己不被冲动、恐惧或野心所控制。今天对自己进行观察。

练习 29：每小时练习

Step 30

TODAY I WILL OBSERVE MY WORLD.

THIS DAY OBSERVE YOUR WORLD, following the same practice

plan as practiced the previous day. Observe your world without judgment and observe what you are doing in the world without judgment. Then feel if anything needs to be done. Again, your hourly practices take but minutes, and as you practice, they will become more swift, more keen and more effective.

WE WISH FOR YOU TO VIEW THE WORLD without judgment, for this will enable you to see the world as it really is. Do not think that you have seen the world the way it really is, for what you have seen is your judgment upon the world. The world you will see without judgment is a different world than you have ever seen before.

PRACTICE 30: *Hourly practice.*

第 30 阶 今天我将观察我的世界。

今天观察你的世界，按照与昨天相同的练习方式。不加评判地观察你的世界，不加评判地观察你在世界上在做着什么。然后去感受是否有什么该去做。同样，你每小时的练习只需持续几分钟，并且随着你的练习，这种练习会变得更迅捷、更敏锐、更有效率。

我们希望你能不加评判地看待世界，因为这使你能够看到世界真实的样貌。不要以为你已经在按世界真实的样子在观察世界，因为你所看到的是基于你对世界的评判。你不加评判地看到的世界与你以前所看到的世界是不一样的。

练习 30：每小时练习

Step 31

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

THIS REPRESENTS YOUR DESIRE FOR KNOWLEDGE. It represents

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

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

PRACTICE 31: *Hourly practice.*

第 31 阶 我想看到一个我前所未见的世界。

这代表了你对内识的渴望。这代表了你对和平的渴望。这些渴望其实是相同的。这一渴望来自于你的内识。它或许会和其他渴望进行竞争。它或许会对其他事情造成威胁，尽管这并非必然。因此，今天的声明反映了你在生命中的真正意志。一旦得到确认，它会变得更加显见，并且慢慢地你能越来越多地体验到它。

今天的每小时练习里，去感知你想看到一个不同世界的渴望。不加评判地观察这个世界，并对自己说：“我想看到一个不同的世界。”每小时进行一次。尽量不要错过任何练习时段。坚持练习，无论你的感受如何，无论当下发生了什么。你比你的情绪状态要伟大，因此你不需要去否认它们，当然慢慢地它们需要得到控制。你比你看到的周遭的形象要伟大，因为他们大多是代表了你对世界的评判。今天练习不加评判地去看，并在看的过程中去感受。

练习 31： 每小时练习

Step 32

THE TRUTH IS WITH ME. I CAN FEEL IT.

THE TRUTH IS WITH YOU. YOU CAN FEEL IT, and it can shine into

your mind and into your emotions if you allow it to. Today continue your preparation in developing the desire for truth and the capability to experience truth.

IN YOUR TWO LONGER PRACTICE PERIODS, each of a 30-minute duration, sit quietly with your eyes closed, breathing deeply and regularly, attempting to feel the truth beyond the constant restlessness of your mind. Use your breath to take you deeper, for your breathing will always take you beyond your thoughts if you adhere yourself to it conscientiously. Let nothing distract or dissuade you. If something permeates your mind and you have difficulty releasing it, tell yourself that you will look at it a little later, but that right now you are taking a small vacation from your mind. Practice feeling the truth. Do not think the truth. Practice feeling the truth.

PRACTICE 32: Two 30-minute practice periods.

第 32 阶 真理和我同在，我能感受到它。

真理和你同在。你能感受到它，只要你允许，它将照进你的思想，照进你的情绪。今天继续练习去发展对真理的渴望和体验真理的能力。

在两个 30 分钟的练习时段里，闭上眼睛静坐，均匀地深呼吸，努力超越思想的持续躁动去感受真理。利用呼吸把你带入内在，因为只要你有意识地坚持深呼吸，你的呼吸总能带你超越你的思想。不要让任何事情分散或阻碍你。假如某个事情占据了你的思想，并很难释放，你就告诉自己过一会你会去关照它，但现在你要从你的思想暂离一会。练习感受真理。不是思考真理。练习去感受真理。

练习 32：两个 30 分钟

Step 33

I HAVE A MISSION IN MY LIFE TO FULFILL.

Y

OU HAVE A MISSION IN LIFE TO FULFILL, a mission that was

given you before you came here, a mission that you will review once you have left. It involves the reclamation of Knowledge and the proper engagement with others to bring about specific results in the world. It is not so important at this moment that you evaluate your current life to see if it reflects this greater purpose, for you are now involved in the reclamation of Knowledge. As your Knowledge becomes stronger, it will shine its beneficence upon you and through you. Your activities will then be adjusted as is necessary. Thus, you need not blame or condone the past or your current activities, for you are now adhering to a greater strength within you.

IN YOUR TWO LONG PRACTICE PERIODS TODAY, dwell upon the idea that there is a great mission that you have in life. Think about this. Do not become immediately convinced by your own first responses. Think about it carefully. Think what this could mean. Think of the moments in your life when you have thought of this before or have entertained its possibility. In your two practice periods, you will have an opportunity then to consider this, but beware—make no conclusions yet.

PRACTICE 33: *Two 30-minute practice periods.*

第 33 阶 我在我的生命中有个使命要去履行。

你在生命中有个使命要去履行，一个在你来此之前就分派给你的使命，一个当你离开时要去检视的使命。它攸关内识的唤回，以及与其他人进行适当的参与，从而为世界带来某些特定的结果。在这个时刻并不特别需要你去检视你现在的的生活是否反映了这一更伟大宗旨，因为你正在进行内识的唤回。当你的内识变得更强大时，它将在你身上并透过你发挥它的益处。这样，你的活动将会根据需要得到调整。你不必再对过去或你当下的活动进行抱怨或谴责，因为你在追随你内在的一个更伟大力量。

在今天的两次练习时段里，聚焦在你生命中有个伟大使命这一思想上。对它进行思考。不要即刻被你的第一反应所说服。而是仔细地进行思考。思考它可能的含义是什么。想想过往那些你曾经就此进行过思考或抱持过这一可能性的时刻。在你的两次练习时段里，你将有机会思考它，但是要注意——现在不要做出任何结论。

练习 33： 两个 30 分钟

Step 34

I AM A BEGINNING STUDENT OF KNOWLEDGE.

Y

OU ARE A BEGINNING STUDENT OF KNOWLEDGE. Regardless of

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

IN YOUR TWO PRACTICE PERIODS, begin by acknowledging to yourself that you are a beginning student of Knowledge and by reminding yourself to make no premature conclusions either about this curriculum or about your abilities as a student. Such judgments are premature and rarely reflect the truth in any way. They are usually a form of self-discouragement and thus serve no worthy purpose at all.

AFTER DECLARING TODAY'S IDEA TO YOURSELF and reminding yourself not to judge, practice 15 minutes of inner stillness in your two practice periods. Attempt to feel the truth within you. Focus your mind on one point, either a physical point or an imaginary point if necessary. Let everything settle down inside. Let yourself become as quiet as possible, and do not be discouraged if there is difficulty. You are a beginning student of Knowledge and thus can learn all things.

PRACTICE 34: *Two 15-minute practice periods.*

第 34 阶 我是内识的初级学生。

你是内识的初级学生。无论你自认具有怎样的直觉力，无论你自认具有怎样的智力，无论你自认具有怎样坦诚的情感，无论你有怎样被认可的进步，你依然是内识的初级学生。对此你该感到庆幸，因为一个初级学生处在一种对所有东西进行学习的位置上，而不需对自己的成就进行辩护。我们并非藐视你的成就，而是希望给你内在的、等待着被发现的伟大照进一道真理的光明，这一伟大将在生命里赋予你真正的平等，并且会渐渐地向你示现你到此究竟要做什么。

在两个练习时段里，首先承认自己是内识的初级学生，并提醒自己不要对这个课程或对你作为一个学生的能力下过早的结论。这种评判是不成熟的，很难从任何角度反映真理。它们通常是一种自我挫败的形式，因此不能带来任何益处。

在对自己声明今天的想法并提醒自己不要评判之后，开始今天的两个 15 分钟的内在静心练习。努力感知你内在的真理。让你的思想集中在一个点上，根据情况，可以是一个实际的位点，也可以是一个想象中的焦点。让内在的一切安静下来。让自己尽可能地安静，如果有困难的话，不要泄气。你是内识的初级学生，所以能对所有的东西进行学习。

练习 34： 两个 15 分钟

Step 35

REVIEW

THIS REVIEW WILL GIVE YOU AN OPPORTUNITY to learn

something of The Greater Community Way of Knowledge. In two 30-minute practice periods, review your prior week's instructions and experiences in practice. Do this with as little judgment as possible. Merely look and see what was instructed, what you did and what the result was. This objective review will give you the greatest access to insight and understanding with a minimum of pain and self-abuse. You are learning now to become objective about your life without repressing the content of your emotions. Instead of attempting to destroy one aspect of yourself, you are simply attempting to cultivate another.

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

PRACTICE 35: *Two 30-minute practice periods.*

第 35 阶 复习

这次的复习将给你一个机会去学习某些大社区内识之路里的东西。在两个 30 分钟的练习时段里，复习前一周的指引和你在练习过程中的体验。尽可能不带任何评判地去回顾。仅仅去检视指引是什么，你做了些什么以及结果是什么。这种客观的回顾能让你带着最小的痛苦和自我折磨，最大限度地走向洞察力和理解力。你现在正在学习客观地，同时不对自己的情绪进行压制地去看待自己的生命。你并非要毁掉你的一个层面，而只是在努力培养你的另外一个层面。

因此，在复习时，请以此为座右铭：“我要去看，但我将不做评判。”这样，你就能够去认知各种事情。要记住，对别人的生命具有洞察力可能要容易得多，而对自己却很难具备洞察力。你对他人有可能具有更大的客观性，因为你不会试图为了任何特别的目的去利用他们的生命；而你越是对他们有所企图，你就越难以理解他们，理解他们的本质、他们的发展或他们的天命。因此，你越能降低对自己生命的企图，那么你就越能去理解它、欣赏它并且配合它固有的机制去实现你更大的进步。

练习 35： 两个 30 分钟

Step 36

MY LIFE IS A MYSTERY TO EXPLORE.

TRULY YOUR LIFE IS A MYSTERY and, yes, truly it requires that

you explore it if you wish to comprehend its purpose, its meaning and its true direction. This is essential for your happiness and fulfillment in the world, for if you have been looking carefully at your life, you will realize you have not been satisfied by little things. For you who seek Knowledge, something greater must be given. You must penetrate the mere surface of things, which seems to adequately stimulate most people. You must accept your deeper yearning or you will cause yourself unnecessary grief and conflict. It is not important what other people value. It is important what you value. If you are seeking for greater meaning, which is true meaning, you must penetrate the surface of your mind.

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

PRACTICE 36: *Two 15-minute practice periods.*

第 36 阶 我的生命是一个等待着去探索的神秘。

的确，你的生命是一个神秘，并且如果你想理解它的宗旨、它的意义和它真正的方向的话，你的确需要去探索它。这对于你在世界上的幸福和成就是根本性的，因为假如你仔细地去看自己的生命的话，你将意识到你不会满足于那些微不足道的小事情。对于追寻内识的你来说，你必须被赋予某种更伟大的东西。你必须穿透事物的表面，而那些表面性的东西对大多数人来说已经足够刺激了。你必须接受你更深刻的渴望，否则你只会给自己造成不必要的焦虑和矛盾。其他人的价值观并不重要。重要的是你的价值观。如果你要寻求更伟大的意义，那个真正意义的话，那么你就必须穿透你思想的表层。

在今天的两个练习时段里，再次在冥想中专注于感受你精神上师的存在。你并不需要努力去这样做。只是简单地放松、呼吸并允许你的思想打开。你和你的上师之间关系的品质是非常重要的，它能够带给你力量和鼓舞，因为你或许有理由怀疑自己的技能，但你完全有理由信任你的上师的能力，他们在他们自己的内识之路上曾经亲身经历过。他们知道这条道路，现在他们正努力和你分享。

练习 36：两个 15 分钟

Step 37

THERE IS A WAY TO KNOWLEDGE.

HOW CAN THERE NOT BE A WAY TO KNOWLEDGE when it is

your True Self? How can there not be a way for Knowledge to express itself when it is the most natural form of expression? How can there not be a way for Knowledge to guide you in relationships when Knowledge is the perfect source of all your relationships? There is a way to Knowledge. It requires skill and desire. Both will take time to develop. You must learn to value the true and not to value the false, and it takes time to learn to separate the two and to recognize them. It takes time to learn that the false does not satisfy you and that the true does satisfy you. This must be learned through trial and error and through contrast. As you approach Knowledge, your life becomes more full, more certain and more direct. As you go away from it, you reenter confusion, frustration and anger.

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

PRACTICE 37: Two 15-minute practice periods.

第 37 阶 有一条通向内识的道路。

既然内识是你真正的自我,怎么可能没有一条通向内识的道路呢?既然内识是最自然的表达方式,怎么可能没有一条道路让内识去表达它自己呢?既然内识是你所有关系的完美源泉,怎么可能没有一条道路让内识在关系中对你进行引导呢?有一条通向内识的道路。它要求技能和渴望。二者都需要花时间去发展。你必须学习去珍视真理,而非珍视虚假,这需要花时间来学习对二者进行分辨和认知。需要花时间去认识到虚假无法给你带来满足,而真理能够给你带来满足。这必须通过试验和错误、通过对比来学习。当你接近内识时,你的生命将变得更充实、更确定、更直接。当你远离内识时,你重新进入困惑、挫败和愤怒中。

今天的两次练习时段不是进行冥想,而是用至少 15 分钟的时间思考所有接近内识的方法。在一张纸上写下所有走向内识的方法。在两个练习时段里专注于此,想尽所有你能想到的可能。要尽可能地明确。使用你的想象力,不过主要是找出那些对你来说更真实更有意义的路线来。这样,你会认知你自己所认为的该如何找到通向内识的一条道路,并且由此你会认识到,上帝知道通向内识的道路。

练习 37: 两个 15 分钟

Step 38

GOD KNOWS THE WAY TO KNOWLEDGE.

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

you know certainty when you value the temporary so greatly? How can you know the power of your own life when you are so intimidated by threats of loss and destruction? Life is kind to you, for it offers not only the reward but the way to the reward. If it were left up to you, it would be cruel indeed, for you would have to attempt every single possibility that you could conceive of, and then you would have the possibilities that others have conceived of and even the opportunities to reach Knowledge that others have used successfully but which may not in fact work well for you. In your brief span of time in the world, how can you accomplish all of these and still maintain your vitality? How can you maintain your encouragement for Knowledge when so many ways will disappoint you?

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

IN YOUR TWO PRACTICE PERIODS TODAY, each of a 30-minute duration, practice feeling the presence of God, silently, in stillness. Not thinking about God, not speculating, not wondering, not doubting, but simply feeling. It is no fantasy that you are concentrating upon now, though you are used to concentrating upon fantasy. In stillness and quiet, everything becomes apparent. God is very still, for God is not going anywhere. As you become still, you will feel the power of God.

PRACTICE 38: *Two 30-minute practice periods.*

第 38 阶 上帝知道通向内识的道路。

当你迷路了，你怎么可能找到自己的路呢？当你如此珍视那些短暂即逝的东西，你怎么可能认知确定性呢？当你被失去和毁灭的危险如此恐吓着时，你怎么可能知道你自己的生命力量呢？生命对你仁慈的，因为它不仅提供了回报，还提供了通向回报的道路。如果生命是完全放任的话，那才是真正的无情呢，因为你不得不尝试你所想到的每一种可能性，然后找到一些其他人已经想到了的可能性，甚至一些他人已经成功运用来到达内识的机会，但是它事实上可能并不适用于你。在如此短暂的生命里，你怎么可能完成所有这些，还依然保持自己的活力呢？当那么多的道路让你失望的时候，你怎么可能还对内识抱有信心呢？

今天要相信上帝知道通向内识的道路，而你只需要遵循所提供的道路。这样，内识将轻松地在你内在升起，因为它得到了认可，只有上帝知道你内在的内识，并且只有你内在的内识知道上帝。当二者发生共鸣时，他们将同时变得更加显在。在这里，你找到了和平。

在两次 30 分钟的练习里，练习在静心中安静地感知上帝的存在。不是去思考、揣测、幻想、怀疑上帝，而是简单地去感知。你现在要专注的不是空想，尽管你已习惯于空想。在静止和安静中，一切都会变得显在。上帝是非常静止的，因为上帝从不曾离开。当你变得安静时，你将感知上帝的力量。

练习 38：两个 30 分钟

Step 39

THE POWER OF GOD IS WITH ME.

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

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

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

PRACTICE 39: Two 30-minute practice periods.

第 39 阶 上帝的力量和我同在。

上帝的力量与你同在。它存在于你的内识里。去学习唤回你的内识吧，那么你将学会唤回上帝赐予你的力量，同时你也将唤回你自身的力量，因为你必须用你的力量去靠近上帝的力量。这样，在你的内在，在上帝的内在，所有真正有力的、真正美好的，都得到了确认。那么就让今天作为体验你生命中这一临在和这一力量的一天吧。你不必在空想中对上帝进行幻想，你也不必使用画像或形象来强化你的理解或信仰。你只需要使用这里所提供的练习。

在两次 30 分钟深度冥想中，再次进入静心里，让自己去感知上帝的力量。用你自身的力量来引导你的思想，不要让怀疑或恐惧阻碍你。上帝的力量代表了你生命的神秘，因为它代表着你从上帝那里携带而来，并将按照那个更伟大计划在世界上去恰当运用的那个力量。因此，让自己带着决心、带着简单、带着谦卑投入练习中，这样你就能够感知上帝的力量。

练习 39：两个 30 分钟

Step 40

TODAY I WILL FEEL THE POWER OF GOD.

GOD'S POWER IS SO COMPLETE AND SO INCLUSIVE that it infuses

everything. Only those minds that are separated and lost in valuing their own thoughts can possibly be separated from the great benevolence of God. Those who have responded to God become God's Messengers in time so that they may bestow the gifts of Grace upon those who remain behind in confusion. All the seeming powers of your world—the forces of nature, the inevitability of your death, the ever present threat of illness, loss and destruction and all appearances of conflict—are all temporary movements in the great stillness of God. It is this great stillness that calls you to return to the peace and full enjoyment of God, but you must prepare.

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

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

PRACTICE 40: *Two 30-minute practice periods.*

第 40 阶 今天我将感知上帝的力量。

上帝的力量是如此完满、如此包融，它充满着万物。只有那些分离的并迷失在对他们自身想法的强调中的思想，才可能与上帝的伟大仁慈分离。那些对上帝做出回应的人慢慢地成为了上帝的信使，这样他们能够把恩宠的礼物奉献给那些仍处在迷惑中的、落在后面的人。世界上所有看似巨大的力量——自然界的威力、你不可避免的死亡以及时刻存在着的疾病、失去、破坏和各种形式的冲突所带来的威胁——都只是存在于上帝伟大宁静中的暂时性运动。正是这一伟大的宁静召唤你回归到和平和上帝的全然喜悦中，不过你必须进行准备。

在今天的两个 30 分钟练习时段里进行准备。在安静的冥想中，努力感知上帝的力量。你不需要变幻出神奇的形象来，这种力量是某种你能够感知的东西，因为它无处不在。无论你处于怎样的环境和条件里，无论那个环境是否有利于你的发展，今天你都能感知上帝的力量。

练习 40：两个 30 分钟

Step 41

I AM NOT AFRAID OF THE POWER OF GOD.

THIS AFFIRMATION IS SO IMPORTANT FOR YOUR HAPPINESS, for

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

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

PRACTICE 41: *Two 30-minute practice periods.*

第 41 阶 我不害怕上帝的力量。

这一确认对于你的幸福来说是如此重要，因为你必须重新学习去信任爱的力量和上帝的力量。为此，你必须抛弃你以前的想法、假设和对过去痛苦体验的评估。与你那超越一切的最爱的分离是痛苦的，而维持这种分离的唯一方式是诋毁你的所爱，赋予它邪恶的意图，随之又在你的内心升起罪恶感。为了感知和接受上帝的力量，邪恶和内疚必须远离你。你必须冒险前进，去探索那最最自然的东西。这就像在闯出新天地的同时，你也回归家园了。

在今天的两次静心里，感知上帝的力量。不要试图从上帝那里寻求解答。你根本不需要讲话，而只是安住于当下，因为当你学习和所有关系的源泉建立关系时，你所需要的信息会轻松地到来，来指引你、安慰你并在必要时纠正你。不过首先你必须感知上帝的力量，在这里你会找到你自己的力量。

练习 41：两个 30 分钟

Step 42

REVIEW

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

THEREFORE, IN YOUR ONE LONG PRACTICE PERIOD TODAY, review the past week of practice. Without judgment look and see what has been offered, what you have done and what can possibly be done to deepen your practice so that you may receive its benefits more directly. If you are having difficulty, recognize the problems and attempt to correct them. Give the week ahead greater involvement. In doing so, you will correct self-doubt and confusion merely by directing your will.

PRACTICE 42: *One long practice period.*

第 42 阶 复习

在今天的复习里，回顾前一周给出的所有指引，以及你在练习中的体验。特别要观察你在练习中，是如何地投入和认真。确保不要改变或调整课程来满足自己的口味或期望。记住你只需要遵循这一课程，就能够接收到它真正的回报。你那部分是渺小的。我们这部分是伟大的。我们提供了方法。你只需要带着信念和真正的期望去遵循它。通过这样，你将发展出耐心、辨识力、信任、一贯性和自我价值感。为何会有自我价值感呢？因为你必须高度珍视你自己，才会让自己走向内识的伟大礼物。没有什么比接收到注定给你的礼物，能够更快更完全地消除自我怨恨和自我怀疑了。

因此，在今天的长练习时段里，回顾前一周的修习。不加评判地去观察什么被提供给你，你做了些什么以及还可能做些什么以深化你的练习，从而使你能够更直接地接收到它的益处。如果你遇到困难，那么去找出问题并努力去纠正它们。更深地投入到下一周的练习里。这样，你仅需透过引导你自身的意志，就能够纠正自我怀疑和困惑。

练习 42：一个长练习时段

Step 43

MY WILL IS TO KNOW GOD.

Y

OUR WILL IS TO KNOW GOD. That is your true will. Any other

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

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

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

PRACTICE 43: *Two 30-minute practice periods.*

第 43 阶 我的愿望是认知上帝。

你的愿望是认知上帝。这是你真正的愿望。任何其他的渴望或动机都是对你真正愿望的逃避。正是你的愿望让你感到恐惧。你害怕你所知道并深深感受到的。这导致你去从其他那些并不代表你的东西里寻求庇护，由此，你遗失了自己的身份，并试图创建一个和那些作为逃避的东西相关的身份。在隔离里，你是痛苦的，而在关系里，幸福得以重新找回。

你的愿望是认知上帝。不要惧怕你的愿望。你是上帝创造的。上帝的愿望是认知你。你的愿望是认知上帝。不存在其他任何愿望。除此以外的所有动机都只是来自于困惑和恐惧。认知上帝，把力量赋予了上帝，同时也把力量赋予了你。

在今天的两个练习时段里，在安静的冥想中，练习感受你自己愿望的力量。不要让恐惧和怀疑笼罩你的思想。你不必试图去感受上帝的愿望。它就在那里。你只需要专注就能够认知它。因此，透过简单地安住于这一体验，来深入进行练习。

练习 43：两个 30 分钟

Step 44

I WISH TO KNOW MY OWN STRENGTH.

THIS AFFIRMATION YOU MAY FIND VERY ACCEPTABLE because of

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

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

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

PRACTICE 44: *Two 30-minute practice periods.*

第 44 阶 我想认知我自己的力量。

你或许非常接受这一确认，因为你在当下的环境里就即刻需要它，但是这一确认远比你一开始意识到的要深刻得多。你所拥有的力量要远大于你所声称的，不过，只有当它的运用以一种真正为你带来重生，并激发你真正能力的方式得到引导时，它才能被完全认知。

当你感到弱小和无助时，当你感到自己没有价值时，当你背负内疚、困惑或者为了自己明显的失败而愤怒地指责他人时，你怎么可能接触到自己的力量呢？去宣称自己的力量，意味着你必须放下所有这些束缚你的东西。你并非通过否认它们的存在来放下这些障碍。你放下它们，是因为你珍视某种更伟大的东西。这些障碍只是意味着你必须穿越它们。这样就能培养你自己的力量。你寻求自己的力量，并利用它来找寻自己的力量。我们希望你能认知自己的力量，并为了你自身的利益来运用它。

在今天的两次冥想练习里，在安静和静心中，努力感受你自己的力量。不要让思绪阻碍你，因为恐惧和怀疑只不过是想法而已——像浮云一样掠过你思想的虚空的东西。超越了你思想的浮云，就是内识的伟大宇宙。因此，不要让浮云阻碍你看到远方的群星。

练习 44：两个 30 分钟

Step 45

ALONE I CAN DO NOTHING.

A LONE YOU CAN DO NOTHING. Nothing has ever been

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

DOES THIS DEMEAN YOU AS AN INDIVIDUAL? Most certainly not. It gives you the environment and the understanding to realize your true accomplishments. You are greater than your individuality, and thus you may be free of its limitations. You work through the individual that is you personally, but you are greater than this. Accept the limitations of a limited self, and do not require a limited self to be God or you will give it great burdens and great expectations and will then punish it for its failures. This leads to self-hatred. This leads you to resent your physical life and to abuse yourself personally, emotionally and physically. Accept your limitations so that you may accept greatness within your life.

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

PRACTICE 45: *Two 15-minute practice periods.*

第 45 阶 一个人我什么都做不了。

一个人你什么都做不了。没有任何事情是独自完成的，即使是在你的世界上。没有任何东西是独自创造出来的，即使是在你的思想里。独自完成某件事情是得不到任何肯定的。一切事物都是协同努力的结果。一切事物都是关系的产物。

这是否贬低了你作为一个个体的价值呢？当然不是。它为你提供了实现你真正成就的环境和理解。你比你的个体性要伟大，因此你能够摆脱它的局限。你透过作为你个人的这个个体进行工作，但你要比它伟大。接受一个有限自我的局限性，不要要求一个有限的自我成为上帝，否则你将带给它沉重的负担和过高的期待，然后将因为它的失败而惩罚它。这导致了自我怨恨。这导致你厌恶你的物质生命，并从情绪上和身体上自己虐待自己。接受你的局限，这样你就能接受你生命中的伟大。

因此，在今天的两次练习里，保持眼睛睁开，专注于你的局限性。认知它们。不要评判它们的好坏。只是去认知它们。这为你带来谦卑，在谦卑里，你准备好了去接收伟大。如果你去维护自己的局限性，那你怎么可能接收那超越它们的东西呢？

练习 45：两个 15 分钟

Step 46

I MUST BE SMALL TO BE GREAT.

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

It is not a contradiction if you understand its meaning.

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

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

PRACTICE 46: Two 15-minute practice periods.

第 46 阶 为了成为伟大的，我必须是渺小的。

这么说是否矛盾呢？为了成为伟大的，你必须是渺小的？如果你能够理解它的含义的话，那么它就不存在矛盾。认知你的局限性，让你能够非常成功地在有限的环境里进行工作。这示范了一个你以前从未认识到的更伟大真相。你的伟大不能仅仅建立在希望或高度期待里，它不能建立在理想主义上，而要建立在真实体验上。让自己保持渺小，这样你将体验到伟大和你同在，体验到伟大是你的一部分。

在今天的两次练习里，让自己保持局限性，但不加评判。这里没有谴责。让你的思想积极地投入到对你的局限性的关注上。专注而不带谴责。客观地去看。你注定要成为一个更伟大真相在世界上表达它自己的一个载体。你这个表达的载体是非常有限的，但它足以完成你需要完成的任务。接受了它的局限性，你就能够理解它的机制，并学习建设性地和它协同工作。这样，它不再是一个局限，而是成为了你喜悦表达的一种方式。

练习 46：两个 15 分钟

Step 47

WHY DO I NEED TEACHERS?

Y

OU WILL ASK THIS QUESTION SOONER OR LATER and perhaps

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

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

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

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

PRACTICE 47: *Two 30-minute practice periods.*

第 47 阶 我为何需要上师？

你迟早会问这个问题，并且可能会在很多情况下问起它。你对于这个问题的提问是源自于你对自己的期望。然而，当你仔细观察自己的生命时，你将看到在你学习任何东西时，你都需要指引。或许那些你内在感知的东西看似是你自己创造的，然而它们同样是来自于指引。你透过关系对你学到的所有东西进行准备，无论是一种实用技能，还是一种深刻洞见。对于这一点的认知带来了关系的巨大激赏，以及对世界上奉献的力量的完全肯定。

如果你希望以一种坦诚的态度去学习任何技能，那些你首先需要认知有多少是你未知的，接着必须认知有多少东西需要你去学习，随后你必须寻求最佳的指导。这必然也适用于内识的唤回。你必须意识到，你知道的是多么有限，有多少东西需要你去认知，然后去接收所提供的指引。对于老师的需要代表了一种弱势吗？不是。它是基于一种坦诚评估的坦诚认知。假如你意识到你知道的多么有限，有多少东西需要你去认知，以及内识本身的力量，你就能够理解这是多么地显而易见。你怎么可能去给予那些自认为已经拥有而事实上很贫穷的人呢？你无法给予。他们的贫穷是他们自己造成并自己维系的。

你为何需要上师呢？因为你需要学习。你需要摒弃过去学到的那些阻碍你的东西。在今天的两次练习里，闭上眼睛进行冥想，思考你为何需要上师。观察任何一个浮现出来的认为你能够自己去完成这一学习的想法，无论是你足够聪慧、足够强大或是拥有其他什么优势。当这些期望浮现时，去认知它们是什么。它们是对你保持无知的一种坚持，通过宣称自己为能力充分的老师。你无法教导自己那些你不知道的东西，这样做只会让你围着老旧的信息打转，并把你更紧地束缚在你现在所在的位置上。

因此，在今天的练习里，认知你对真正指引的需要，以及你对现在赋予你的真正指引的存在可能怀有的抗拒思想。

练习 47：两个 30 分钟

Step 48

TRUE INSTRUCTION IS AVAILABLE TO ME.

TRUE INSTRUCTION IS AVAILABLE. It has been waiting for you to

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

IN YOUR TWO MEDITATION PRACTICES TODAY, attempt to feel the presence of that true assistance. In stillness and in silence, feel this within your life and around you. These meditation practices will begin to open a greater sensitivity within you, a whole new sense. You will begin to discern things that are present, even though you cannot see them. You will be able to respond to ideas and information, even though you cannot hear the source of the message yet. This is the actual process in creative thinking, for people receive ideas; they do not create them. You are part of a greater life. Your personal life is the vehicle for its expression. Your individuality, then, becomes more highly cultivated and more joyful, a prison no longer for you, but the form of your joyful expression.

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

PRACTICE 48: *Two 30-minute practice periods.*

第 48 阶 真正的指引被提供给我。

真正的指引被提供了。它等待着 you 到达那个成熟的节点，在那里你认识到它在你生命中的必要性。这带来了学习的真正动力。这种动力源自于你根据你真正的需要而对你的局限性产生的认知。你必须珍爱自己才能成为内识的学生，并且你必须持续地爱自己才能前进。除此之外，没有任何东西能够阻碍你的学习。没有爱，就会存在恐惧，因为没有任何东西能够取代爱。但是，爱并未被取代，真正的帮助被提供给你。

在今天的两次冥想练习中，努力去感知真正帮助的存在。在安静和静心中，在你的生命里以及在你的周围感知它。这些冥想练习将开始打开你内在更高的感受力，一种全新的感知。你将开始辨识那些存在着的、即使你无法看到的東西。你将能够对思想和信息作出回应，即使你还无法听出这些信息的来源。这是创造性思维的真实过程，因为人们接收着想法；他们并没有创造它们。你是一个更伟大生命的一部分。你的个体生命是它表达的载体。这样，你的个体性得到了更高的培养，变得更加愉悦，它不再是你的牢笼，而是你喜悦表达的方式。

真正的帮助被提供给你。今天练习去感知它在你生命中永恒的存在。

练习 48：两个 30 分钟

Step 49

REVIEW

T

HIS MARKS THE COMPLETION OF YOUR SEVENTH WEEK OF

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

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

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

PRACTICE 49: *Several long practice periods.*

第 49 阶 复习

今天代表着你已经完成了七周的修习。在今天的复习中，要求你对过去七周的练习进行回顾，复习所有的指引并回忆你运用每一个指引的体验。这或许需要通过几次的回顾练习才能完成，不过这对于你去理解作为一个学生意味着什么，以及学习是如何达成的来说至关重要。

注意，作为一个学生不要对自己进行评判。作为一个学生，你没有能力去评判自己。你没有评判的标准，因为你不是教授自我内识的老师。你将发现，当你继续前行时，你的一些失败将带来更大的成功，而你自认为的一些成功或许会带来失败。这会凸显你整个的评估系统，并给你带来一种更广大的认知。这将使你能够对自己以及对那些你试图评判其成败的人拥有悲悯心。

复习前面四十八节课程的练习。努力回忆你是如何回应每一节课程的，以及你的投入程度有多深。努力观察你的成功、你的成就以及你的障碍。你已经走出了这么远。恭喜你！你已经通过了第一个考验。带着勇气继续前进吧，因为内识和你同在。

练习 49：几次长的练习时段

Step 50

TODAY I WILL BE WITH KNOWLEDGE.

BE WITH KNOWLEDGE TODAY so that you may have the certainty

and the power of Knowledge available to you. Allow Knowledge to give you stillness. Allow Knowledge to give you strength and competency. Allow Knowledge to teach you. Allow Knowledge to reveal the universe as it truly exists, not as you judge it to be.

IN YOUR TWO PRACTICE PERIODS, practice in stillness feeling the power of Knowledge. Do not ask questions. That is not necessary now. Do not argue with yourself about the reality of your pursuit, for that is wasteful and meaningless. You cannot know until you receive, and to receive you must trust your inclination to know.

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

PRACTICE 50: *Two 30-minute practice periods.*

第 50 阶 今天我和内识同在。

今天和内识同在，这样你就能够拥有内识赋予你的确定性和力量。让内识带给你静心。让内识带给你力量和能力。让内识来教导你。让内识来展示宇宙真正的样子，而不是根据你所评判的那样。

在两个练习时段里，在静心中练习感受内识的力量。不要提问问题。现在这并不必要。不要和自己争辩你追求的真实性，因为这是徒劳而没有意义的。直到你接收了你才能知道，为了进行接收，你必须信任你对认知的倾向性。

今天和内识同在。在练习中，不要让任何事情阻碍你。你只需要放松并安住于当下。透过这些练习，一个更伟大的临在将被认知，这将开始减轻你的恐惧。

练习 50：两个 30 分钟

Step 51

LET ME RECOGNIZE MY FEARS

SO THAT I MAY SEE THE TRUTH BEYOND THEM.

YOUR OBSTACLES MUST BE RECOGNIZED in order for you to see

beyond them. If they are ignored or denied, if they are protected or called by other names, you will not realize the nature of your restraint. You will not understand that which oppresses you. Your life is not born of fear. Your Source is not born of fear. To be able to recognize your fear means that you must realize that you are part of something greater. Realizing this you can learn to become objective about your life and to understand your present circumstances without self-condemnation, for it is within these circumstances that you must cultivate yourself. You must start from where you are. To do this you must take inventory of your strengths and weaknesses.

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

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

PRACTICE 51: *Two 30-minute practice periods.*

第 51 阶 让我认识我的恐惧，这样我就能够超越它们看到真理。

你的障碍必须被认知，这样你才能够超越它们去看。如果它们被忽视或否认，如果它们被维护或被称为别的名词，那么你就无法认识到你的约束的特质。你就无法理解那压制着你的东西。你的生命并非诞生于恐惧。你的源泉并非诞生于恐惧。要想认知你的恐惧，意味着你必须认识到你是更伟大事物的一部分。认识到这点，你就能够学习对你的生命保持客观，并能够不带自我谴责地理解你当前的环境，因为你正是要在这样的环境里培养自己。你必须从你现在所处的位置起始。为了做到这一点，你必须检视你的优势和弱势。

在今天的两个练习时段里，评估你的恐惧的存在，并提醒自己你的实相是超越它们的，但是你必须认知它们，从而能够理解它们在你生命中的危害性存在。闭上眼睛，重复今天的思想；然后思考每一个浮现在你脑海里的恐惧。提醒自己真相超越那个恐惧。让所有的恐惧浮现出来，并通过这种方式对它们进行评估。

为了实现无惧，你必须理解恐惧——它的机制、它对人们的影响和它在世界上产生的结果。你必须不带欺骗、不带偏好地认知它。你是在有限的背景下、有限的环境中工作着的一个伟大存有。理解你环境的局限，理解你这个载体的局限，那么你就不会再怨恨自己的局限性了。

练习 51：两个 30 分钟

Step 52

I AM FREE TO FIND THE SOURCE OF MY KNOWLEDGE.

THE SOURCE OF YOUR KNOWLEDGE EXISTS WITHIN YOU and

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

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

PRACTICE 52: Two 30-minute practice periods.

第 52 阶 我自由地去发现我内识的源泉。

你内识的源泉既存在于你之内，也存在于你之外。内识的源泉存在于何处是没有区别的，因为它无处不在。你的生命已经得到了救赎，因为上帝将内识种在你的内在。然而，除非内识得以出现并对你奉献它的礼物，否则你将无法认识到你的救赎。除了那个让你去接收你真实生命礼赠的自由之外，还有什么样的自由是真正的自由呢？所有其他的自由都是带来混乱的自由，带给你伤害的自由。伟大的自由，是让你发现你的内识，并让它透过你来表达它自己。今天，你将自由地去发现你内识的源泉。

在两次静心练习里，接收你内识的源泉。提醒自己，你是自由地去接收的。不要理会恐惧或焦虑，不要理会任何的内疚感或羞耻感，让自己去接收你内识的源泉。今天你自由地接收你内识的源泉。

练习 52： 两个 30 分钟

Step 53

MY GIFTS ARE FOR OTHERS.

Y

OUR GIFTS ARE MEANT TO BE GIVEN TO OTHERS, but first you

must recognize your gifts and separate them from the ideas which restrain them, alter them or deny them. How can you understand yourself except in the context of contribution to others? Alone you can do nothing. Alone you have no meaning. This is because you are not alone. This will be viewed as a burden and as a threat until you realize the great meaning that it has and the gift that it really is. It is the salvation of your life. When life reclaims you, you reclaim life and receive all of its rewards, which far exceed anything that you could give yourself. The value of your life is consummated and fully demonstrated through your contribution to others because until contribution exists, you can only partially realize yourself—your value, your purpose, your meaning and your direction.

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

PRACTICE 53: *Two 30-minute practice periods.*

第 53 阶 我的礼物是给他人的。

你的礼物注定要奉献给他人，但是首先你必须认知你的礼物，并将它们和那些限制它们、改变它们或否认它们的想法区分开来。除非通过对他人进行奉献，否则你怎么可能理解你自己呢？一个人你什么都做不了。一个人你没有任何意义。这是因为你并非孤单一人。这会被视为一种负担和一种威胁，直到你意识到它的伟大意义以及它确实是一个礼物为止。它是你生命的救赎。当生命唤回你时，你也在唤回生命，并接收它所有的回报，这远超越你能给予自己的任何东西。你生命的价值通过你对他人的奉献而得到实现和充分证明，因为除非进行奉献，否则你只能部分地认识你自己——你的价值、你的宗旨、你的意义和你的方向。

在今天的两个练习时段里，感受你对他人进行奉献的渴望。你不需要现在就决定你想奉献什么。这和你对于奉献的渴望相比并不重要，因为慢慢地你奉献的方式将会变得很明显，并将不断地发展。今天带给你喜悦的是你对于奉献的渴望，它源自真正的动力。

练习 53：两个 30 分钟

Step 54

I WILL NOT LIVE IN IDEALISM.

W

HAT IS IDEALISM BUT IDEAS OF THINGS THAT ARE HOPED

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

IN YOUR TWO PRACTICE PERIODS TODAY, recognize the extent of your own idealism. Observe carefully what you want yourself to be, what you want your world to be and what you want your relationships to be. Repeat today's idea and, with eyes closed, examine each of your ideals. Even though your ideals may look beneficial and seem to represent your desire for love and harmony, they in effect hold you back, for they replace that which would truly give you the gifts that you seek.

PRACTICE 54: *Two 30-minute practice periods.*

第 54 阶 我不再生活在理想主义里。

理想主义是什么呢？不就是建立在失望之上的对于所希望的东西的想法吗？你的理想主义包括了你自己、你的关系和你生活的世界。它包括了上帝和生命，以及你能想象到的所有体验领域。没有体验，就只有理想主义。理想主义在开始时或许是有帮助的，因为它能够让你开始走向真正的方向。但是你不能把你的结论或你的身份认同建立在理想主义上，因为唯有体验能够给你那些真实的东西，以及那些你能够完全接受的东西。不要让理想主义指引你，因为内识在此指引着你。

在今天的两个练习时段里，认识到你自己的理想主义的广度。仔细地观察你想让自己成为什么，你想让世界成为什么，以及你想让你的关系成为什么。重复今天的想法，闭上眼睛，检视你的每一个理想。即使你的理想看起来是有益的，似乎代表了你对爱和和谐的渴望，但事实上它们限制了你，因为它们取代了那真正能给你带来你所寻求的礼物的东西。

练习 54：两个 30 分钟

Step 55

I WILL ACCEPT THE WORLD AS IT IS.

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

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

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

PRACTICE 55: *Two 30-minute practice periods.*

第 55 阶 我将接受世界真实的样子。

理想主义是试图不接受世界真实的样子。它为指责和谴责带来借口。它制造了对于尚未存在的一种生活的期望，并由此给你带来巨大的失望。你的理想主义强化了你的谴责。

接受世界真实的样子，而不是你所希望的样子。爱，伴随着接受而来，因为你无法去爱一个你希望存在的世界。你只能去爱一个真实存在的世界。接受你现在真实的样子，那么对改变和进步的真正渴望将会从你内在自然地升起。理想主义为谴责带来借口。认知这一伟大真理，那么你将开始更直接、更深刻地体验生命，体验那些真实的、并非基于愿望或期望而是基于真正参与的东西。

因此，在今天的两个 30 分钟的练习里，专注于接受事物真实存在的样子。你这样做并非要宽恕暴力、冲突或无知。你只是接受现有的条件，这样你就能够有建设性地应对它们。假如没有接受，你就无从开始真正的参与。让世界呈现它真正的样子，因为这就是你来此进行服务的世界。

练习 55：两个 30 分钟

Step 56

REVIEW

IN TODAY'S REVIEW, REVIEW THE PAST WEEK OF LESSONS and

your involvement with them. Try to understand that though progress may appear to be slow at first, that which is slow and even will progress greatly. Involvement that is consistently applied will give you the straight line to your accomplishment.

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

PRACTICE 56: *One long practice period.*

第 56 阶 复习

今天的复习中，回顾前一周的课程以及你对课程的参与。要努力理解，尽管你的进步一开始时似乎很缓慢，然而正是缓慢而匀速地前进，将会获得巨大的进步。持之以恒的投入将带你笔直地走向你的成就。

在复习中，我们再次提醒你，假如你没能达到自己的期望，不要对自己进行自我评判。仅仅需要认识到该怎样遵循所提供的引导，并尽可能全心地投入到练习中。记住你正在学习如何进行学习，记住你正在学习唤回你的自我价值和你的真正能力。

练习 56：一个长练习时段

Step 57

FREEDOM IS WITH ME.

F

REEDOM ABIDES WITHIN YOU, waiting to be born within you,

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

WITHIN THIS PROGRAM OF DEVELOPMENT, you are now learning to turn towards freedom and away from fear and the darkness of your own imagination. In freedom you will find stability and consistency. This will give you the foundation upon which to build your love and sense of self-worth, and this foundation shall not be shaken by the world, for it is greater than the world. It is not born of the misgiving of separation. It is born of the truth of your total inclusion in life.

UPON THE HOUR REPEAT TODAY'S IDEA and take a moment to feel that freedom is with you. As you come closer to freedom throughout the day, you will be able to recognize more and more clearly what holds you back. You will realize that it is but your adherence to your own thoughts that holds you back. It is your interest in your own imagination that holds you back. This will lighten your burden, and you will realize that a true choice is available. This realization will give you the strength to come to freedom today.

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

PRACTICE 57: *Two 30-minute practice periods.*

Hourly practice.

第 57 阶 自由和我同在。

自由和你在一起，等待着从你的内在升起，等待着被宣称被接受，等待着被体验被运用，等待着被尊重被遵循。你，曾经生活在自我想象的重压下，曾经成为自己思想以及他人思想的囚徒，曾经被这个世界的外表所恐吓和威胁，而现在你拥有了希望，因为真正的自由和你在一起。它在等待着你。你从你的古老家园带着它而来。你每时每刻都在携带着它。

在这一提升课程中，你正在学习远离恐惧和自我想象的黑暗，并走向自由。在自由中，你将找到安定和一致。这将赋予你那个构建你的爱和自我价值感的基础，并且这个基础不会为世界所动摇，因为它比世界更伟大。它并非诞生于分离所带来的不安。它诞生于你在生命中的完全包融。

每小时重复今天的想法，用片刻的时间感受自由和你在一起。今天随着你越来越靠近自由，你将越来越清楚地认识到什么在束缚着你。你将意识到是你对自我思想的坚持在束缚着你，是你对自我想象的专注在束缚着你。这将减轻你的负担，并且你将认识到有个真正的选择在等待着你。这一认知今天将给你力量走向自由。

在两次深度冥想里，重复今天的想法，并努力让你的思想安静下来，这是它自由的开始。这种静心练习能够让你的思想从束缚它的各种锁链中松脱——它对过去的原谅，它对未来的焦虑和它对当下的逃避。在静心里，你的思想超越所有贬低它、遮盖它以及让它隔离在自己黑暗里的东西。你今天离自由是多么近，只需要安静下来就能接收它。对于来到世界上的你来说，这是多么伟大的回报啊，因为自由和你同在。

练习 57：两个 30 分钟

每小时练习

Step 58

KNOWLEDGE IS WITH ME.

TODAY WE AFFIRM THE PRESENCE OF KNOWLEDGE in your life.

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

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

PRACTICE 58: *Hourly practice.*

第 58 阶 内识和我同在。

今天我们确认内识在你生命中的存在。每个小时宣称这一确认，然后用片刻的时间努力感知这一存在。你必须感受到它。你不能仅仅去想象它，因为内识必须被体验。无论你今天处于什么境况里，每个小时都重复这一确认，并努力感受它的含义。你会发现在许多你本以为不适合练习的境况里，你依然能够进行练习。这样，你会发现你有能力管控自己的体验去满足你真正的倾向，并且你将发现无论任何境况都适合进行真正的准备和自我运用。

努力完成每小时的练习。对时间保持觉知。假如错过了某个小时，不用担心，只需让自己重新投入接下来的每小时练习。内识今天和你同在。今天让自己和内识同在。

练习 58：每小时练习

Step 59

TODAY I WILL LEARN PATIENCE.

IT IS VERY DIFFICULT FOR A MIND THAT IS TORMENTED to be

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

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

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

PRACTICE 59: *Hourly practice.*

第 59 阶 今天我将学习耐心。

一个被烦恼所困的思想很难拥有耐心。一个焦躁不安的思想很难拥有耐心。一个试图从暂时性事物里寻求所有价值感的思想很难拥有耐心。只有在追求更伟大的东西时，耐心才是必需的，因为这要求一种更广大的应用。以一种长远发展的角度来看待你的生命，而不要寻求那种即刻的感知和获取。内识不仅仅是一种刺激。它是宇宙性的、永恒的深刻力量，并且它的伟大被赋予了你去接收、去奉献。

在今天的每小时练习里，确认自己将学习耐心，并且你将对你的生命保持观察，而非对你的生命进行批判。确认你将对你的能力和你的境遇保持客观，这样你就能够对它们运用一种更大的确定性。

今天学习耐心，并耐心地进行学习。这样，你将更快速、更确定、更仁爱地向前进步。

练习 59：每小时练习

Step 60

I WILL NOT JUDGE THE WORLD TODAY.

W

ITHOUT YOUR JUDGMENTS, Knowledge can indicate what

you must do and what you must understand. Knowledge represents a greater judgment, but it is a judgment that is very different from your own, for it is not born of fear. It does not possess anger. It is always meant to serve and to nourish. It is just, in that it gives true recognition to every person's current state without belittling their meaning or their destiny.

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

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

PRACTICE 60: *Hourly practice.*

第 60 阶 今天我不对世界进行评判。

当你不加评判时，内识能够指示你必须做什么，以及必须理解什么。内识代表着更伟大的评判，但它和你自己的评判完全不同，因为它并非源自恐惧。它不带任何愤怒。它始终寻求提供服务 and 滋养。它是公正的，因为它对每一个人的当前状况给予真正的确认，而不会轻视他们的意义或他们的天命。

今天不要对世界进行评判，从而你能够看清世界真正的样子。今天不要对世界进行评判，从而你能够接受世界真正的样子。让世界呈现它真正的样子，从而你能够认知它。一旦世界被认知了，你将意识到它是多么需要你，而你是多么希望对它进行奉献。世界不需要谴责。它需要服务。它需要真理。它需要内识，并且这高于一切。

在今天的每小时练习中，用短暂的片刻不带评判地观察这个世界。重复今天的确认，然后用片刻的时间不带评判地观察世界。无论你会看到怎样的景象，无论它给你带来愉悦还是烦恼，无论你发现它是美丽的还是丑陋的，无论你认为它是值得的还是不值得的，都努力不带评判地观察它。

练习 60：每小时练习

Step 61

LOVE GIVES OF ITSELF THROUGH ME.

LOVE GIVES OF ITSELF THROUGH YOU when you are ready to be

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

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

PRACTICE 61: *Hourly practice.*

第 61 阶 爱透过我奉献它自己。

当你做好准备成为爱表达的载体时，爱将透过你奉献它自己。你不需要通过努力表现关爱来抚慰自我不足感或内疚感。你不需要通过努力表现关爱来赢得他人的赞许。不要试图披覆一层快乐或仁善的情感来强化你的无助感或卑微感。你内在的爱将表达它自己，因为它产生于你内在的内识，并且它是内识的一部分。

今天的每小时练习里，当你看向这个世界时，认知你内在的爱将代表它自己讲话。如果你不带评判，如果你能够和世界真实的样貌共处，并且如果你能够对他人真正的自我保持临在的话，你内在的爱将代表它自己讲话。不要试图让爱代表你讲话。不要试图让爱来表达你的希望或需求，因为爱本身将透过你进行讲话。如果你对爱保持临在，那么你将对世界保持临在，并且爱将透过你进行讲话。

练习 61：每小时练习

Step 62

TODAY I WILL LEARN TO LISTEN TO LIFE.

IF YOU ARE PRESENT TO THE WORLD, you will be able to hear the

world. If you are present to life, you will be able to hear life. If you are present to God, you will be able to hear God. If you are present to yourself, you will be able to hear yourself.

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

PRACTICE 62: *Hourly practice.*

第 62 阶 今天我将学习聆听生命。

如果你对世界保持临在，你将能够听到世界。如果你对生命保持临在，你将能够听到生命。如果你对上帝保持临在，你将能够听到上帝。如果你对自己保持临在，你将能够听到你自己。

因此，今天练习聆听。在每小时里，练习聆听你周遭的世界和你内在的世界。重复这一确认，然后开始练习。这只需片刻的时间。你会发现，无论你身处怎样的环境，总能找到进行练习的方法。不要让你的环境左右你。你能够在这些环境里进行练习。你能够找到一种方式进行练习，同时又不会给他人造成窘迫或不适。无论你是一个还是和他人在一起，你都可以进行练习。坚持每小时练习。练习聆听。练习保持临在。真正的聆听意味着你不做评判。这意味着你让自己保持观察。记住，你正在发展思想的一项技能，它对于你奉献和接收内识的伟大是必不可少的。

练习 62：每小时练习

Step 63

REVIEW

AS BEFORE, IN YOUR REVIEW review the past week of practice

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

REALIZE THE STRENGTH THAT YOU ARE GIVEN when you are able to practice regardless of your emotional states, for you are greater than your emotions, and you need not repress them to realize this. To become objective with your own internal states, you must operate from a position where you can observe them and where you are not dominated by them. This will allow you to become present to yourself and will give you true compassion and understanding. Then you will not be a tyrant with yourself, and tyranny in your life will come to an end.

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

PRACTICE 63: *One long practice period.*

第 63 阶 复习

和以前一样，在本次复习里回顾过去一周的练习，了解你的投入程度以及如何能够进一步提高。本周你的练习有所扩展。它被你带进了世界，在所有形式的境况里得到运用，无论你处于怎样的情绪状态，无论那些影响你的人处于怎样的情绪状态，无论你身处何地或正在做着什么。通过这样做，所有一切都成为了你修习的一部分。这样，世界不再是一个压制着你的恐怖地方，而是变成了一个能够培养内识的有用场所。

当你能够在任何情绪状态下进行修习时，认知你被赋予的力量，因为你比你的情绪更伟大，并且你不必通过压制它们来认知这点。为了对你自己的内在状态保持客观，你必须让自己置于一个既能对它进行观察又不会受它左右的位置上。这让你能够对自己保持临在，并带给你真正的慈悲和理解。这样，你将不再是自己的暴君，并且你生命中的专制将得到终结。

在今天的长练习时段中，尽可能认真地、不加评判地对前一周进行评估。记住，你正在学习如何进行修习。记住你正在学习发展你的技能。记住你是一个学生。做一个初级学生。因为一个初级学生很少进行假设，并希望对一切进行学习。

练习 63：一个长练习时段

Step 64

TODAY I WILL LISTEN TO ANOTHER.

ON THREE SEPARATE OCCASIONS TODAY, practice listening to

another. Listen without evaluation and without judgment.

Listen without your mind being distracted by anything else. Simply listen. Practice with three different individuals today. Practice listening. Be still when you listen. Attempt to hear beyond their words. Attempt to look beyond their appearance. Do not project images upon them. Just listen.

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

PRACTICE 64: *Three practice periods.*

第 64 阶 今天我对他人进行聆听。

在今天的三个不同场合里，练习对他人进行聆听。不加评估、不带评判地去听。在聆听时，不要让你的思想被任何别的事情所分散。简单地进行聆听。针对三个不同的人进行练习。练习聆听。在聆听时保持静心。努力超越他们的话语去听。努力超越他们的表象去看。不要在他人身上投射任何形象。仅仅是聆听。

今天练习对他人进行聆听。不要让自己涉入他们所讲的内容里。当你进行练习时，假如他们是直接对你进行讲话，你不必对他们进行不恰当的回答。让自己的整个思想投入到你们的交流中。花时间练习聆听，而不讲话。让他人向你表达他们自己。你会发现他们在对你进行着一种比你一开始所预料的更广大的沟通。你不必试图弄明白。今天仅仅是练习聆听，这样你将能够听到内识的存在。

练习 64：三次练习

Step 65

I HAVE COME TO WORK IN THE WORLD.

Y

OU HAVE COME TO THE WORLD TO WORK. You have come to

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

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

PRACTICE 65: *Hourly practice.*

第 65 阶 我来世界是为了工作。

你来世界是为了工作。你来世界是为了学习和奉献。你从一个休憩的场所来到了一个工作的场所。当工作完成后，你回到你的家园进行休憩。这点只能被认知，并且当你准备好时，你的内识将把这示现给你。

现在，进行每个小时的练习。告诉自己你来到世界是为了工作，然后用片刻的时间去感知这一实相。你的工作比你当前的职业更加伟大。你的工作比你正在努力和他人一起做以及为他人做的事情更加伟大。你的工作比你试图为你自己做的事情更加伟大。要理解你并不知道你的工作是什么。这将被示现给你，并会为你而不断提升，但今天要理解你来世界是为了工作。这将确认你的力量、你的宗旨和你的天命。这将确认你真正家园的实相，你从那里带来了你的礼物。

练习 65：每小时练习

Step 66

I WILL STOP COMPLAINING ABOUT THE WORLD.

COMPLAINING ABOUT THE WORLD MEANS that it is not meeting

your idealism. Complaining about the world means that you do not recognize that you have come here to work. Complaining about the world does not help you understand its predicaments. Complaining about the world means you do not understand the world as it is. Your complaints indicate that some expectation has been disappointed. These disappointments are necessary for you to begin to understand the world as it is and to understand yourself as you truly are.

UPON THE HOUR TODAY GIVE THIS AFFIRMATION to yourself and then practice it. Each hour spend a minute not complaining about the world. Do not let the hours go by unattended, but be present for practice. Recognize the extent to which others are complaining about the world and how little it gives them and how little it gives the world. The world has already been condemned by those who dwell within it. If it is to be loved and cultivated, its predicaments must be recognized and its opportunities must be accepted. Who can complain when an environment is given where Knowledge can be reclaimed and contributed? The world only needs Knowledge and the expressions of Knowledge. How can it be worthy of condemnation?

PRACTICE 66: *Hourly practice.*

第 66 阶 我将停止对世界进行抱怨。

对世界进行抱怨意味着它没有满足你的理想主义。对世界进行抱怨意味着你没有意识到你来此是为了工作。对世界进行抱怨无法帮助你理解它的困境。对世界进行抱怨意味着你不理解世界真实的样貌。你的抱怨表明有些期望落空了。这些失望对你来说是有必要的，这样你能够开始理解世界真正的样子，并理解你自己真实的样貌。

今天的每小时里，对自己确认这点，然后练习它。每小时用片刻的时间不对世界进行抱怨。不要错过任何一个小时的练习，而是全然地投入到练习中。认识到其他人是如何地抱怨这个世界，以及这种抱怨给他们、给世界带来的效果是多么些微。世界已经被居住在此的人们所谴责着。要想使世界得到爱和滋养，那么它的困境必须被认知，同时它的机遇必须被接受。当一个环境被提供从而内识能够在此被唤回和贡献时，那么谁还能对它进行抱怨呢？世界唯一需要的是内识和对内识的表达。凭什么让它备受谴责呢？

练习 66：每小时练习

Step 67

I DO NOT KNOW WHAT I WANT FOR THE WORLD.

Y

OU DO NOT KNOW WHAT YOU WANT FOR THE WORLD because

you do not understand the world, and you have not yet been able to see its predicament. When you realize that you do not know what you want for the world, this gives you the motivation and the opportunity to observe the world, to look again. This is essential for your understanding. It is essential for your well-being. The world will only disappoint you if it is misunderstood. You will only disappoint yourself if you are misunderstood. You have come to the world to work. Recognize the opportunity that this gives to you.

PRACTICE UPON THE HOUR TODAY IN ALL CIRCUMSTANCES. Say the affirmation and then attempt to realize its truth. You do not know what you want for the world, but your Knowledge knows what it must contribute. Without your attempting to replace Knowledge with your own designs for the world, Knowledge will express itself freely without obstruction, and you and the world will be the great beneficiaries of its gifts.

PRACTICE 67: *Hourly practice.*

第 67 阶 我不知道我为这个世界期望什么。

你不知道你为这个世界期望什么，因为你不理解这个世界，并且你尚未看到它的困境。当你意识到你并不知道你为世界期望什么时，这带给你动力和机会去观察世界，再次去看。这对你的理解是至关重要的。这对你的福祉是至关重要的。如果世界被误解，那么它只会带给你失望。如果你被误解，那么你只会对自己失望。你来世界是为了工作。认知这给你带来的机遇。

每个小时在所有的境况里进行练习。先进行确认，然后努力认知它的真实性。你不知道你为世界期望什么，但你的内识知道它必须奉献什么。如果你不试图用你自己对世界的设计来取代内识，那么内识就能自由地、不受阻碍地表达它自己，而你和世界将成为它的礼物的巨大受益者。

练习 67：每小时练习

Step 68

I WILL NOT LOSE FAITH IN MYSELF TODAY.

DO NOT LOSE FAITH IN YOURSELF TODAY. Maintain your

practice. Maintain your intention to learn. Be without conclusions. Have this openness and this vulnerability. Truth exists without your attempting to fortify yourself. Allow yourself to be a recipient of it.

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

DO NOT LOSE FAITH IN YOURSELF TODAY.

PRACTICE 68: *Hourly practice.*

第 68 阶 今天我不会对自己失去信心。

今天不要对你自己失去信心。坚持你的修习。坚持你对学习的投入。不做结论。保持这种开放性和柔软性。当你不试图强化自己时，真理存在着。让自己成为它的接收者。

在每小时的练习里，提醒自己今天不要对自己失去信心。不要对内识、对你上师的临在、对生命的仁慈以及对你在世界上的使命失去信心。让所有这些得到确认，这样它们就会慢慢地、充分地向你示现它们自己。假如你对它们保持临在，它们将变得那么地明显，从而你将在所有一切里看到它们、感知它们。你对世界的看法将发生转化。你对世界的体验将发生转化。你所有的力量和能量将汇聚起来表达它自己。

今天不要对自己失去信心。

练习 68：每小时练习

Step 6 9

TODAY I WILL PRACTICE STILLNESS.

IN YOUR TWO 30-MINUTE PRACTICE PERIODS TODAY, practice

stillness. Allow your meditation to be deep. Give yourself to it. Do not enter meditation with demands and requests. Enter meditation to give yourself to it. It is the temple of the True Spirit within you to which you bring yourself. In your practice periods, then, be present and be still. Allow yourself to bathe in the luxury of emptiness. For the presence of God is first experienced as emptiness because it lacks movement, and then within this emptiness, you begin to feel the presence that permeates all things and gives all meaning in life.

PRACTICE STILLNESS TODAY so that you may know.

PRACTICE 69: *Two 30-minute practice periods.*

第 69 阶 今天我将练习静心。

在今天的两个 30 分钟里，练习静心。让你的冥想非常深入。让自己全然投入。不要带着需求和要求进入冥想。而是把自己全然地投入到冥想中。它是你内在真正精神的殿堂，你将自己引领入内。因此在练习中，保持临在，保持静心。让自己沐浴在空的享受里。对于上帝临在的最初体验是空，因为祂不移动，然后在空里，你开始感知那渗入一切事物、给生命赋予所有意义的临在。

今天练习静心，这样你就能够认知。

练习 69：两个 30 分钟

Step 70

REVIEW

TODAY CULMINATES TEN WEEKS OF PRACTICE. Congratulations!

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

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

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

PRACTICE 70: *Several long practice periods.*

第 70 阶 复习

今天你完成了十周的修习。恭喜你！你已经走了这么远。做一个真正的学生意味着你按照所给的指引一步步遵循进阶。为了做到这点，你必须学习尊重自己，尊重你的指引的源泉，认知你的局限并珍视你的伟大。因此，今天对你来说是表达尊重和表达确认的一天。

复习过去三周的修习。重新阅读那些指引，并回顾每个练习时段。回顾你奉献了什么以及和你没有奉献什么。今天对自己的参与表示尊重，并努力去加强它。加强你获得内识的决心，加深你作为一个真正追随者的体验，这样在未来你就能够学习成为一个真正的领导者。加深你作为一个真正接收者的体验，这样你就能够成为一个真正的奉献者。

让今天这个复习日成为对自己表达尊重的一天，成为强化你的承诺的一天。坦诚地评估你的参与。评估你显然的成功和失败。你的成功将鼓舞你，你的失败将教导你在哪些地方你需要深化你的体验。今天是向受到尊重的你表达尊重的一天。

练习 70：几个长练习时段

Step 71

I AM HERE TO SERVE A GREATER PURPOSE.

Y

OU ARE HERE TO SERVE A GREATER PURPOSE, beyond mere

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

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

PRACTICE 71: *Two 30-minute practice periods.*

第 71 阶 我在此为了服务于一个更伟大宗旨。

你在此不仅仅是为了生存并满足于你可能认为你想要的东西，而是为了服务于一个更伟大宗旨。这是真理，因为你拥有一个灵性特质。你拥有一个灵性源泉和一个灵性天命。你在这次生命里的失败是因为你未能对你的灵性特质做出回应，它被你们世界的宗教所扭曲和诋毁，被你们世界的科学所忽视和否认。你拥有一个灵性特质。你拥有一个更伟大的宗旨要去为之服务。当你信任自己对这一宗旨的倾向时，你将能够走近它。当你确信它代表了爱的真正源泉时，你将开始对它敞开自己，这将是你的伟大的归乡之路。

在今天的两次冥想中，让自己对你生命中爱的存在敞开胸怀。安静地坐着，深入地呼吸，让自己真正感受爱的临在，它意味着你生命中一个更伟大宗旨的存在。

练习 71：两个 30 分钟

Step 72

I WILL TRUST MY DEEPEST INCLINATIONS TODAY.

TRUST YOUR DEEPEST INCLINATIONS for they are trustworthy,

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

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

PRACTICE 72: *Two 30-minute practice periods.*

第 72 阶 今天我将信任我最深的倾向。

信任你最深的倾向，因为它们是值得信任的，但是你必须学习从其他许多你感受到并影响你的渴望、冲动和愿望中辨识和区分出它们来。你唯有通过体验来学习。你能够学习它，因为你最深的倾向总是引领你进入有意义的关系并走出隔离或者不和谐的参与。你必须通过练习来学习它，这需要时间，但是你向这个方向迈进的每一步都将带你走近你生命中爱的源泉，并将向你示范那个与你同在的更伟大力量，你必须服务于它，你必须学习接收它。

在今天的两次练习中，在安静和静心里，接收这一更伟大力量，当你这样做时，信任你最深的倾向。让自己对这两次练习投注你全部的专注，把所有其他事情放在一边等待以后再考虑。让自己认知你最深的倾向，你必须学习去信任它。

练习 72：两个 30 分钟

Step 73

I WILL ALLOW MY ERRORS TO TEACH ME.

ALLOWING YOUR ERRORS TO INSTRUCT YOU will give them

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

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

PRACTICE 73: *Hourly practice.*

第 73 阶 我让我的错误来教导我。

允许你的错误指导你，将会为它们赋予价值。否则，它们将毫无价值，并成为你自我评估时贬低你的一个印记。因此，运用错误作为指导，意味着利用你自身的局限，让它们指出通向伟大的道路。上帝希望你从错误中学习，这样你就能够理解上帝的伟大。这样做不是为了贬低你，而是为了提升你。你已经犯过很多错误，并且你会继续犯一些错误。我们现在对你进行指导的目的，是为了防止你重复犯有害的错误，并从错误中得到学习。

在今天的每个小时里，重复对自己说你希望从你的错误中学习，并用片刻的时间感知这意味着什么。这样，通过今天的多次练习，你将开始理解你所做的声明，然后你或许会感知这如何能够实现。假如你愿意从你的错误中学习的话，你就不会那么害怕去认知它们。然后你会希望去理解它们，不会否认它们，不会对它们做出伪证，不会把它们称作其他的名字，而是为了你自身的利益去承认它们。通过这一确认，你将能够帮助他人唤回内识，因为他们同样必须学习如何从他们的错误中得到学习。

练习 73：每小时练习

Step 74

PEACE ABIDES WITH ME TODAY.

TODAY PEACE ABIDES WITH YOU. Abide with peace and receive

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

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

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

PRACTICE 74: *Two 30-minute practice periods.*

第 74 阶 今天和平与我同在。

今天和平与我同在。让自己与和平同在，并接收它的祝福。带着所有烦扰你的事情来到和平里。带着你沉重的负担而来。来吧，不要寻求答案。来吧，不要寻求理解。来寻求它的祝福。和平无法介入一个充满冲突的生命，但是它能够进入一个和平的生命里。你来到和平里，它正等待着你，在这里你的负担将被解除。

在今天的两次练习里，在静心中练习接收和平。让自己拥有这一礼物，如果任何思想浮现出来阻碍你，你就提醒自己你的伟大价值——你内识的价值和你自我的价值。现在认识到你愿意从你的错误中得到学习，并且你不必认同它们，而仅仅是利用它们作为你进步的一个宝贵资源，因为它们确实能够成为你的宝贵资源。

练习接收。今天更开放一些。如果有必要的话，将所有占据你思想的事情搁置一旁，留待以后再去考虑。今天和平与你同在。今天与和平同在。

练习 74：两个 30 分钟

Step 75

TODAY I WILL LISTEN TO MY SELF.

TODAY LISTEN TO YOUR SELF, not the small self in you which

complains and worries and wonders and wants, but the Greater Self in you. Listen to the Greater Self in you, which is Knowledge, which is united with your Spiritual Teachers, which is united with your Spiritual Family and which contains your purpose and your calling in life. Do not listen to ask questions, but to learn to listen. And as your listening becomes deeper in time, your True Self will speak to you whenever it is necessary, and you will then be able to hear and to respond without confusion.

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

PRACTICE 75: *Two 30-minute practice periods.*

第 75 阶 今天我将聆听我的自我。

今天聆听你的自我，不是你内在那个抱怨、担心、料想和期望的渺小自我，而是你内在的更伟大自我。聆听你的更伟大自我，它是内识，它联接着你的精神上师，联接着你的精神家庭，它包含着你生命的宗旨和召唤。聆听不是为了提问问题，而是去学习聆听。慢慢地，当你的聆听变得更加深入时，你真正的自我将会在任何必要的时刻对你讲话，然后你将能够听到它，并且毫不迟疑地做出回应。

在今天的两次练习里，练习聆听你的自我。不需要提问任何问题。这没有必要。需要发展的是聆听。今天聆听你真正的自我，这样你就能够了解上帝的所知和所爱。

练习 75：两个 30 分钟

Step 76

TODAY I WILL NOT JUDGE ANOTHER.

WITHOUT JUDGMENT YOU CAN SEE. Without judgment you

can learn. Without judgment your mind becomes open.

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

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

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

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

PRACTICE 76: *Hourly practice.*

第 76 阶 今天我将不评判他人。

不带评判时，你能够去看。不带评判时，你能够去学习。不带评判时，你的思想变得开放。不带评判时，你理解你自己。不带评判时，你能够理解他人。

今天的每小时里，当你观察自己和周遭世界时，重复这一声明。重复这个声明，并感受它的影响。暂时放下你的评判，然后感知这将带给你的对比和体验。今天不评判他人。让他人向你展示他们自己。不带评判时，你就不会在你自己的棘冠下遭受痛苦。不带评判时，你将感知正在帮助你的上师的临在。

坚持每小时的练习。假如错过了一个小时，那么原谅自己并重新投入自己。错误是为了教育你、加强你并向你展示你需要学习的东西。

无论他人在做什么，无论他或她怎样冒犯了你的感受、你的想法或你的价值，今天都不要评判他人。

练习 76：每小时练习

Step 77

REVIEW

IN YOUR REVIEW TODAY, once again review the past week of

practices and instruction. Once again examine the qualities within yourself which aid you in your preparation and the qualities within yourself that make your preparation more difficult. Observe these things objectively. Learn to strengthen those aspects of yourself that encourage and strengthen your participation in the reclamation of Knowledge, and learn to adjust or correct those qualities that interfere. You must recognize both to have Wisdom. You must learn of truth and you must learn of error. You must do this to progress, and you must do this to serve others. Unless you have learned of error and can look at it objectively and understand how it has arisen and how it can be relieved—until you have learned these things—you will not know how to serve others, and their errors will anger you and frustrate you. With Knowledge your expectations will be in harmony with the nature of another. With Knowledge you will learn how to serve and you will forget how to condemn.

PRACTICE 77: *One long practice period.*

第 77 阶 复习

在今天的复习中，再次回顾前一周的练习和指引。再一次检视在你的准备中有助于你的那些内在品质，以及让你的练习更加困难的那些内在特质。客观地观察这些。学习加强那些鼓舞和强化你对内识唤回的参与的那些特质，同时学习调整或纠正那些对此造成阻碍的特质。你必须同时认知这两个方面以获得智慧。你必须同时了解真理和谬误。你必须这样做来实现进步，你必须这样做来服务他人。除非你理解了错误，能够客观地看待它，理解它是怎样产生的以及它能怎样被消除——除非你学到了这些——否则你将无法认知该怎样服务他人，并且他们的错误将会激怒你、挫败你。带着内识，你的期待将和他人的特质协调一致。带着内识，你将学习如何服务，并且你将忘掉如何谴责。

练习 77：一个长练习时段

Step 78

I CAN DO NOTHING ALONE.

Y

OU CAN DO NOTHING ALONE, for you are not alone. A greater

truth you will not find. Yet, you will not find a truth that will require greater thought and examination. Do not take it at face value, for this truth is very great. It is necessary that you study it.

UPON EACH HOUR TODAY REPEAT THIS STATEMENT and consider its impact. Do this in all circumstances, for in time you will find how to learn in every circumstance, how to practice in every circumstance, how every circumstance can benefit your practice and how your practice can benefit every circumstance.

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

PRACTICE 78: *Hourly Practice.*

第 78 阶 一个人我什么也做不了。

一个人你什么也做不了，因为你不是独自一人。你找不到比这更伟大的真理了。当然，你同样找不到比这需要更广大思考和检视的真理了。不要只看到它表面的价值，因为这一真理非常伟大。你有必要对它进行研究。

每小时重复这一声明，并思考它的影响。在一切环境下坚持每小时练习，因为慢慢地你会发现如何在每个环境下进行学习，如何在每个环境下进行修习，每个环境如何能帮助你的修习，以及你的修习如何能帮助每个环境。

一个人你什么都做不了，在今天的练习中，你将接收到你精神上师的帮助，他们将把他们的力量加持给你。当你发挥自己的力量时，你会感知上师的力量。你将认识到一个比你自身更伟大的力量将使你能够向前迈进、穿透误解的巨大屏障、认知你内识的源泉以及你在生命中的关系的源泉。接受你的局限性，因为一个人你什么都做不了，然而和生命在一起，一切都会被赋予你去服务。和生命在一起，你真正的特质通过对他人的服务而得到珍视和赞美。

练习 78：每小时练习

Step 79

I WILL ALLOW UNCERTAINTY TO EXIST TODAY.

ALLOWING UNCERTAINTY TO EXIST means there is great faith.

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

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

PRACTICE 79: *Hourly Practice.*

第 79 阶 今天我允许不确定性的存在。

允许不确定性的存在，意味着巨大的信念。这意味着另一种形式的确定性正在升起。当你允许不确定性存在时，这意味着你正变得坦诚，因为事实上你是不确定的。通过允许不确定性的存在，你正变得有耐心，因为这需要耐心来重新获得你的确定性。通过允许不确定性的存在，你正变得宽容。你远离评判，并成为你内在生命和你周遭生命的见证者。今天接受不确定性，这样你就能够学习。没有了假设，你将追寻内识。没有了评判，你将认知你自己真正的需要。

在每小时练习里，重复今天的声明，并检视它的含义。通过自己的感受去检视它，根据你从周遭世界所看到的去检视它。不确定性持续存在着，直到你确定了为止。如果你允许不确定性的存在，那么你就能够让上帝来服务于你。

练习 79：每小时练习

Step 80

I CAN ONLY PRACTICE.

Y

OU CAN ONLY PRACTICE. Life is practice. We are merely

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

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

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

PRACTICE 80: *Two 30-minute practice periods.*

第 80 阶 我唯有修习。

你唯有修习。生命就是修习。我们所做的只是为你的修习重新定位，从而使它能够服务于你，并且服务于他人。你始终在修习着，反反复复、一遍又一遍。你修习困惑，你修习评判，你修习投射抱怨，你修习内疚，你修习解离，你修习反复无常。你通过不断地进行评判来强化你的评判。你通过不断地强调不确定性来强化你的不确定性。你通过不断地注入自我憎恶来修习你的自我憎恶。

哪怕你能够用片刻的时间来客观地观察你的生命，你将看到你的整个生命都是修习。因此，无论你是否拥有一个有益于你的教程，你都将进行修习。所以，我们提供了这一教程使你能够进行修习。它将取代那些迷惑你并贬低你的修习，那些给你带来冲突以及将你引向错误和危险的修习。我们为你提供了一个更伟大的修习，这样你就不必去修习那些削弱你的价值和你的确定性的东西。

在今天的两次冥想练习里，重复这一声明，即你唯有修习，然后练习静心和接收。强化你的修习，这样你将能够确认我们所说的。你唯有修习。因此，要修习向好。

练习 80：两个 30 分钟

Step 81

I WILL NOT DECEIVE MYSELF TODAY.

UPON THE HOUR PRACTICE MAKING THIS STATEMENT and

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

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

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

PRACTICE 81: *Two 30-minute practice periods.*

Hourly practice.

第 81 阶 今天我不欺骗自己。

在每小时的练习里，进行这一声明并感受它的影响。加强你对内识的承诺。不要陷入自我欺骗的看似便易里。不要仅仅满足于他人的假设或信仰。不要把常理当做真理。不要把表象看做他人实相的代表。不要只是接受你自己的表象。这些行为证明了你并不珍视你自己和你的生命，并且你太懒散而无法为了自己的利益进行努力。

你必须进入不确定中去找寻内识。这意味着什么呢？这意味着你要放弃错误的假设、自我安慰的想法以及对于自我谴责的享受。为何自我谴责是一种享受呢？因为它太容易了，不需要你对真理进行检视。你接受它，因为它被这个世界所接受，并且它给了你很多和你的朋友进行谈论的话题。它博取了同情。因此，它是便易而脆弱的。

今天不要欺骗你自己。让自己去检视你生命的神秘和真理。每个小时里，重复今天的想法并感受它的含义。在今天的两次长练习时段里，重复这个声明然后进入静心和接收中。现在，你正在开始学习如何让自己为静心进行准备——利用你的呼吸，集中你的思想，放下各种念头并提醒自己你是值得这一努力的。提醒自己你正在努力达到的目标。今天别欺骗自己。别屈服于那容易而痛苦的东西。

练习 81：两个 30 分钟

每小时练习

Step 82

I WILL NOT JUDGE ANOTHER TODAY.

A GAIN WE PRACTICE THIS LESSON, which we will repeat at

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

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

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

Hourly practice.

第 82 阶 今天我不对他人进行评判。

我们再次练习这一课程，我们将在你的进程中的某些阶段不断重复这一课程。评判是一种不去认知的决定。它是不去看的决定。它是不去听的决定。它是不去静心的决定。它是决定去遵循一种方便的思维方式，它使你的思想保持沉睡，并使你迷失在世界里。这个世界充满了错误。不然它还能怎么样呢？因此，世界不需要你的谴责，而是需要你建设性的帮助。

今天不要对他人进行评判。每小时提醒自己并进行片刻的思考。在两次冥想练习里提醒自己，在此你进行这一声明，然后进入静心和接收中。今天不要对他人进行评判，这样你将感到快乐。

练习 82：两个 30 分钟

每小时练习

Step 83

I VALUE KNOWLEDGE BEYOND ALL THINGS.

IF YOU COULD EXPERIENCE THE DEPTH AND POWER of this

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

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

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

PRACTICE 83: *Two 30-minute practice periods.*

Hourly practice.

第 83 阶 我对内识的珍视超越一切。

假如你能体验到这句话的深度和力量，它将使你摆脱所有形式的束缚。它将消除你思想里的所有冲突。它将完全终止所有困扰你和迷惑你的东西。你将不会把关系看做要么是一种支配的形式，要么是一种惩罚的形式。这将为你提供一个与他人进行参与的全新的理解基础。它将为你提供一个参考的构架，在此你将能够从思想上和身体上提升自己，与此同时保持一种更广大的视野。什么曾经让你失望，不就是因为你的能力被误用了吗？什么曾经让你悲伤和愤怒，不就是因为其他人的能力被误用了吗？

珍视内识。它超越你的理解。遵循内识。它以你从未体验过的方式指引你。信任内识，它让你做回自我。信任总是先于理解。参与总是先于信任。因此，和内识进行参与。

每小时提醒自己你的确认。努力保持一贯性。别忘记今天要强化你对内识的珍视超越一切。在两次冥想中，作为一种确认进行这一声明，然后在静心中，让自己去接收。不要利用这些练习试图获取答案或信息，而是让自己变得安静，因为一个安静的思想能够学习一切并认知一切。文字只是交流的方式之一。你现在正在学习交流，因为你的思想正向一个更广大的关联敞开。

练习 83：两个 30 分钟

每小时练习

Step 84

REVIEW

REVIEW THE PRACTICES AND THE INSTRUCTIONS for the

preceding week. Review your progress objectively. Realize how great your learning must be. Your steps now are small, but substantive. Small steps lead you all the way. You are not expected to take great leaps, yet each small step will seem like a great leap, for it will give you so much more than you have ever had before. Allow your external life to become rearranged as your inner life begins to emerge and to shine its light upon you. Maintain your focus and accept change in your outer life, for it is for your benefit. Only if Knowledge is violated will the indication of error be evident to you. This will lead you to effective action. If Knowledge is not offended by the change around you, then you need not be. In time, you will achieve the peace of Knowledge. You will share in its peace, its certainty and its true gifts.

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

PRACTICE 84: *One long practice period.*

第 84 阶 复习

复习前一周的练习和指引。客观地回顾你的进展。认识到你的学习是多么的伟大。你的进步是微小的，但又是稳固的。小步的进阶带领你走过全程。这里并不期望你实现巨大的飞跃，然而每一小步看起来都像是巨大的飞跃，因为它给予你的比你以前曾经拥有的要多得多。当你的内在生命开始浮现并在你的身上闪耀光辉的同时，要允许你的外在生命得到重新调整。保持你的重心，并接受你外在生命的变化，因为这是为了你的利益。只有当内识被违背时，你会明显感受到错误的提示。这将引导你进行有效的行动。如果内识并未因你周围的变化而被冒犯，那么你也不用感到被冒犯。慢慢地，你将达到内识的和平。你将分享它的和平、它的确定和它真正的礼物。

因此，在今天的一个长练习时段里进行复习。带着高度的关注和辨析进行复习。别让自己忽略了对你学习过程的认知。

练习 84：一个长练习时段

Step 85

I FIND HAPPINESS IN SMALL THINGS TODAY.

Y

OU WILL FIND HAPPINESS IN SMALL THINGS because happiness is

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

A STILL MIND IS AN AWARE MIND. A still mind is a mind that is learning to be at peace. Peace is not a passive state. It is a state of the greatest activity, for it engages your life with great purpose and intensity, activating all of your powers and giving them uniform direction. This comes from peace. God is still, but everything from God is generated into constructive and uniform action. This is what gives form and direction to all meaningful relationships. This is why your Teachers are with you, for there is a Plan.

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

PRACTICE 85: *Two 30-minute practice periods.*

Hourly practice.

第 85 阶 今天我在小事中发现快乐。

你将在小事中发现快乐，因为快乐伴随着你。你将在小事中发现快乐，因为你在学习静心 and 观察。你将在小事中发现快乐，因为你的思想变得具有接收性。你将在小事中体验到快乐，因为你全然地面对当下的环境。如果你留意它们的话，小事情可以携带伟大的讯息。这样，小事不再让你烦恼。

一个静心的思想是一个觉知的思想。一个静心的思想是一个正在学习保持和平的思想。和平不是一种被动的状态。它是最具行动力的状态，因为它带着伟大的宗旨和专注参与到你的生命中，激发你所有的力量，并为它们提供统一的方向。这来自于和平。上帝是安静的，而来自上帝的一切都被启动到富有建设性的和一致性的行动中。这为所有有意义的关系提供了形式和方向。这正是你的上师们和你同在的原因，因为存在着一个计划。

在深入的冥想中练习静心两次。在每小时里声明今天的课程，并短暂地思考它。把今天奉献给修习，这样修习就能够渗透到你所有其他的活动当中。

练习 85：两个 30 分钟

每小时练习

Step 86

I HONOR THOSE WHO HAVE GIVEN TO ME.

TO HONOR THOSE WHO HAVE GIVEN TO YOU will generate

gratitude, which is the beginning of true love and appreciation. Today in your two deep practice periods, you are asked to think of those people who have given to you, to think of them and nothing else during your period of practice. You are asked to consider very deeply what they have done for you. With those with whom you are angry and upset, try to see how they, too, have given service to you in the reclamation of Knowledge. Do not bear false witness against your feelings, but in spite of your feelings towards them, if there are ill feelings, attempt also to recognize their service to you. For you can indeed be angered or upset by someone that you recognize has served you, and this is often the case. Perhaps you will even be angry at this curriculum which seeks only to serve you. Why would you be angry at this curriculum? Because Knowledge flushes out everything that stands in its way. That is why at times you are angry and do not even know why.

ALLOW YOUR TWO PRACTICE PERIODS TO BE QUITE FOCUSED.

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

PRACTICE 86: *Two 30-minute practice periods.*

第 86 阶 我尊重那些为我奉献过的人们。

透过对那些为你奉献过的人表示尊重，将会产生感恩之情，这是真正的爱与感激的开始。今天的两次深入修习中，你被要求去回想那些曾经为你奉献过的人，在修习中专注地去回想他们，不要分心。你被要求去深刻地思考他们曾经为你做过些什么。对于那些让你感到愤怒和失望的人，同样去努力思考他们在你唤回内识的过程中为你提供了怎样的服务。不必去错误地解读自己的感受，而是无论你对他们抱有怎样的感受，即使是负面的感受，仍然要努力认知他们带给你的服务。因为你的确可能对那些你意识到给你带来服务的人感到愤怒或失望，这种情况常常发生。或许你甚至会对这一教程感到愤怒，尽管这个教程只是寻求服务于你。为何你会对这一教程感到愤怒呢？因为内识冲走了所有阻挡它道路的东西。因此你会不时地感到愤怒，却不知道那是因为什么。

在两次练习中高度专注，保持集中。运用你思想的力量。思考那些曾经为你服务的人。假如某个人进入你的脑海，而你并不觉得他曾经服务于你，仍然要努力思考他们是怎样为你服务过。让今天成为认知的一天。让今天成为偿还的一天。

练习 86：两个 30 分钟

Step 87

I WILL NOT BE AFRAID OF WHAT I KNOW.

UPON THE HOUR TODAY PRACTICE REPEATING THIS STATEMENT

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

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

PRACTICE 87: *Two 30-minute practice periods.*

Hourly practice.

第 87 阶 我不害怕我所知道的。

在每小时的练习中重复这一声明，并思考它的意义。每小时里，你将学习从生命中释放恐惧，因为内识将消除所有的恐惧，而你将通过消除恐惧而为内识提供表达它自身的权利。信任你所知道的。它具有最伟大的益处。或许你对自己抱有巨大的愤怒和不信任，但这并非是指向内识。这是针对你的人格思想，因为它不可能理解你的更伟大宗旨。它不可能回答你最伟大的问题，或是在你的生命里提供确定性、宗旨、意义和方向。原谅那个容易犯错的。尊重那个永无谬误的。并且去学习将二者区分开来。

在今天的两次长练习时段里，练习释放恐惧，从而你能够认知。当你让思想保持安静和接收，而不做要求时，这就证明了你对内识的信任。它将带给你纾解，避开这个世界上的冲突和仇恨。通过这样，你将开始看到一个不同的世界。

练习 87：两个 30 分钟

每小时练习

Step 88

MY HIGHER SELF IS NOT AN INDIVIDUAL.

THERE IS OFTEN CONFUSION CONCERNING YOUR HIGHER SELF

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

TODAY UPON THE HOUR REPEAT YOUR AFFIRMATION and feel its impact. In your two longer practice periods, use your affirmation as an introduction to your practice in stillness and receptivity.

PRACTICE 88: *Two 30-minute practice periods.*

Hourly practice.

第 88 阶 我的超我不是一个个体。

你常常会感到对于你的超我以及你的精神上师的困惑。这种困惑很难从一个分离的观点上得以解决。可是，当你把生命看做是一个包融着所有持续进化的关系的网络时，你就能够开始体验和认知，你的超我事实上是一个更广大关系网络的组成部分。它是你从未分离的那部分，它和其他人有意义地维系在一起。因此，你的超我和你上师的超我维系在一起。你的上师们已经不再是二元性的，因为他们不存在另一个自我。而你拥有两个自我：一个是被创造的自我，还有一个是你自己创造的自我。通过把你创造的自我带进对你真正自我的服务里，这将把它们结合在一起，建立起一个代表宗旨和服务的有意义的婚姻，并永远地终止内在的冲突。

每个小时里重复这个确认并感受它的影响。在两次长练习时段里，利用这一确认将你引入安静和接收的修习中。

练习 88：两个 30 分钟

每小时练习

Step 89

MY EMOTIONS CANNOT DISSUADE MY KNOWLEDGE.

EMOTIONS DRAW YOU LIKE THE STRONG WINDS. They pull you

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

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

PRACTICE 89: *Two 30-minute practice periods.*

Hourly practice.

第 89 阶 我的情绪无法阻碍我的内识。

情绪如同疾风一样将你扯来扯去。它们把你从一个地方拽到下一个地方。或许慢慢地你将能够更加全面地理解它们的运作机制。今天的练习是强调：情绪不能够控制内识。内识不必摧毁你的情绪。它只是希望对它们进行奉献。慢慢地，你将开始更多地理解你的情绪，并且你将意识到你的情绪可以服务于一个更伟大的宗旨，正如你的思想和身体一样。所有那些曾经是痛苦、不安和解离的根源的东西，当被带进对一个力量——即那个唯一的力量——的服务中时，都将化为服务于一个更伟大宗旨的表达载体。即使是愤怒在此也是为了服务于一个更伟大宗旨，因为它表明你违背了内识。或许你的愤怒并非针对另一个人，它仅仅表明某些事情出现了错误，并且需要进行修正。你将理解悲伤的来源，慢慢地你还将理解所有情绪的来源。

在每小时里进行练习，在你的两次长冥想时段的开始，重复今天的想法，然后进入静心里。今天学习珍视那确定的，并理解那不确定的，认知那个根源，和那阻碍了根源的，但随着时间的进展，它同样能够服务于根源本身。

练习 89：两个 30 分钟

每小时练习

Step 90

TODAY I WILL MAKE NO ASSUMPTIONS.

MAKE NO ASSUMPTIONS TODAY as you devote one more day to

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

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

PRACTICE 90: *Two 30-minute practice periods.*

Hourly practice.

第 90 阶 今天我不做假设。

当你把又一天奉献给内识的唤回时，今天不要做假设。别对你的学习进程进行假设。别对你的世界进行假设。今天练习拥有一个见证事件和寻求学习的开放思想。享受不做假设所带来的自由，因为当你学习去接收神秘时，神秘将成为赐予你恩宠的一个源泉，而非恐惧和焦虑的源泉。

在每小时练习中，以及在两次修习静心和接收的冥想练习里，你能够体验到这些话语的价值和力量。今天不做假设。贯穿全天对自己提醒这一点，因为制造假设只不过是一种习惯而已，当这种习惯被放下时，思想就能不受它过去局限地发挥它自然的功能。

练习 90：两个 30 分钟

每小时练习

Step 91

REVIEW



UR REVIEW WILL ONCE AGAIN CONCENTRATE upon the

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

PRACTICE 91: *One long practice period.*

第 91 阶 复习

我们的复习再次专注于前一周的指引和你的修习。利用这一时间重新体验每一天发生了什么，并根据你当下的体验去看待它们。学习该怎样进行学习。学习那学习的过程。别把学习当成一种炫耀的方式。别试图利用学习来向自己证明你的价值。你无法证明你的价值。这一证明超越你的努力之外。当你允许时——对此你正在学习——你的价值将示现它自己。修习该如何修习。某些日子会非常容易，而某些日子会比较困难。有些日子里，你希望进行修习，而另外一些日子你或许不想修习。你每天进行修习，因为你代表着一个更伟大意志。这示范了一贯性，它是对力量的示范。这示范了一种更伟大奉献。它给你带来确定性和稳定性，并让你能够带着慈悲去面对所有更弱小的事物。

你今天的长复习时段将用来检视你的学习过程。记住不要评判自己，这样你才能够去学习。

练习 91：一个长的练习时段

Step 92

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

Y

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

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

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

PRACTICE 92: *Two 30-minute practice periods.*

第 92 阶 我在世界上有一个角色要去扮演。

你在一个关键的时刻来到了世界上。你来此服务于世界当下的需要。你来此为未来后代进行准备。所有这些目前对你个人来说具有任何意义吗？或许没有，因为你在为当下以及为未来进行着工作。你在为你未来的生命以及在你之后的生命们进行着工作。这对你来说意味着成就，因为这是你来此奉献的礼物。当没有了伪装和不确定时，这将自然地在你内在升起，并将它自己奉献给世界。它以一种非常独特的方式把你的生命和其他的生命编织在一起，它注定给你以及所有和你接触的人带来提升。这一计划远比你个人的野心要伟大，并且只有你的个人野心会遮蔽你关于你必须做什么的远见。因此今天要心存感激，感激你在世界上有个角色要去履行。你来到世界上来履行这一角色——为了你个人的成就，为了你的世界的进步以及为了服务于你的精神家庭。

在今天的两次练习时段里，保持专注，并确认你有一个角色要去扮演。别试图根据你的想法或希望来填充那个角色，而是允许那个角色去成就它自身，因为当你做好准备时，你内在的内识将成就它。在静心和接收中，确认你在世界上有个角色要去扮演，并体验这一伟大想法所蕴含的力量和真理。

练习 92：两个 30 分钟

Step 93

I AM SENT HERE FOR A PURPOSE.

Y

OU ARE SENT TO THE WORLD FOR A PURPOSE, to contribute

your gifts which will emanate from Knowledge. You have come here for a purpose, to remember your True Home while you are in the world. The great purpose that you carry is with you at this moment, and it will arise in stages as you undergo the preparation that we are providing for you. This purpose is greater than all the purposes you have imagined for yourself. It is greater than all the purposes you have attempted to live for yourself. It does not need your imagination or your creations, for it will fulfill itself through you and will integrate you perfectly as it does so. There is a purpose for you to fulfill in the world. You are now preparing step by step to experience and to learn to accept this so that it may yield its great gifts to you.

IN YOUR TWO PRACTICE PERIODS, affirm the reality of this statement. In stillness and receptivity, allow your mind to settle into its true function. Allow yourself to be a student, which means allowing yourself to be receptive and responsible for utilizing that which is provided for you. Let this day be an affirmation of your true life in the world, not the life that you have made for yourself.

PRACTICE 93: *Two 30-minute practice periods.*

第 93 阶 我为了一个宗旨被派到这里。

你为了一个宗旨而被派到世界上，来奉献你发自内识的礼物。你为了一个宗旨来到这里，来在这个世界上忆起你真正的家园。你所携带的伟大宗旨此时此刻就和你在一起，并且当你开展我们提供给你的准备课程时，它将阶段性地呈现出来。这一宗旨比你为自己想象的所有宗旨更伟大。它比你试图为自己活出的所有宗旨更伟大。它不需要你的想象或你的创造，因为它将透过你来成就它自身，并在此过程中让你实现完美的整合。你在世界上有个宗旨要去成就。你正在一步步地进行准备去体验它，并学习接受它，这样它将把它伟大的礼物赋予你。

在两次练习时段里，确认这一声明的实相。在静心和接收中，让你的思想进入它真正的功能中。让自己做一个学生，这意味着让你自己保持接收性，并负责去运用提供给你的东西。让今天确认你在世界上的真正生命，而不是那个你为自己制造的生命。

练习 93：两个 30 分钟

Step 94

MY FREEDOM IS TO FIND MY PURPOSE.

WHAT VALUE CAN FREEDOM POSSIBLY HAVE except to enable

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

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

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

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

PRACTICE 94: *Two 30-minute practice periods.*

第 94 阶 我的自由是去发现我的宗旨。

自由除了能够让你去发现并成就你的宗旨之外，还能有什么价值呢？没有宗旨，自由只不过是保持混乱的权利，只不过是受外在限制去生活的权利。可是，当没有外在限制时，你只会展现出你内在限制的纠结。这是一种进步吗？总体来说，它不是一种进步，当然它有可能带来自我发现的机会。

别把混乱称为自由，因为那不是自由。别以为因为没有人限制你，你就能洋洋自得。要意识到你的自由是为了让你去发现和成就你的宗旨。以这种方式来理解自由能够让你去运用你生命的所有层面——你当前的现状、你的关系、你的活动、你的成功、你的失误、你的特性和你的局限——运用所有一切来为发现你的宗旨服务。因为当一个更伟大宗旨以一种你能够认知和接受的方式通过你进行自我表达时，你将体会到，你的生命终于完整地整合在一起了。你的内在将不再是几个分裂的个体，而是成为一个完整而统一的人，并且你的所有层面都参与到服务于这唯一的宗旨中。

制造错误的自由将无法给你带来救赎。任何情况里都可以去制造错误，同样任何情况里都可以去发现自由。因此，努力去学习自由。当内识不受束缚时，并且当你作为一个个人得到了足够的进步，从而能够肩负起内识在世界上的伟大使命时，内识将开始表达它自己。你那在你视力所及之外和坚守在一起的精神上师们，在这里带你进入内识的启蒙里。他们自有办法做到这点，因为他们理解自由真正的含义和它在世界上的真正宗旨。

因此，在你的练习中，我们再次确认这一声明的力量，并给你两次机会在你内在深刻地体验它。你不必从思想上试图去揣摩它，而是简单地放松就能够去体验它。全然地集中你的思想，让它去体验和你同在并存在于你内心的上帝临在的伟大，因为这是看向自由的方向，这里是自由真正存在的地方。

练习 94：两个 30 分钟

Step 95

HOW CAN I POSSIBLY FULFILL MYSELF?

HOW CAN YOU POSSIBLY FULFILL YOURSELF when you do not

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

ONLY IN IMAGINATION CAN YOU FULFILL YOURSELF otherwise, and imagination is not reality. Accepting this may at first seem like a limitation and a disappointment, for you already have designs and motives for your own personal fulfillment, whether they have been experienced or not. Your entire agenda for your fulfillment must now be brought into question, not to deprive you of anything of value, but to release you from a bondage which could only deceive and disappoint you in time. Therefore, accepting the hopelessness of your attempt to fulfill yourself opens you finally to receive the great gift which is available to you and which is awaiting you. This great gift is meant to be given through you into the world in a way that is specific for your happiness and for the happiness of those who will naturally be drawn to you.

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

inclined to blame each other. Do not seek, then, that which can only bring you unhappiness and only destroy the great opportunity for relationship for you.

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

PRACTICE 95: *Two 30-minute practice periods.*

Hourly practice.

第 95 阶 我怎么可能成就自己呢？

当你不知道自己是誰，从哪里来或到哪里去，当你不知道谁派你来以及当你归去时谁在等待着你的时候，你怎么可能去成就你自己呢？当你是生命本身的一个组成部分时，你怎么可能独自成就你个人呢？你能够远离生命去成就你自己吗？唯有在空想和想象里你才可能抱有这种成就自己的想法。这里没有成就，只有不断增加的困惑。随着岁月的流逝，你将感到一种不断增长的内心的黑暗，就好像失去了一个伟大的机遇。别失去这个认知生命真实样貌并接收它真正为你提供的成就的机会。

你只可能在想象里成就自己，而想象不是现实。乍一看来，接受这点似乎会给你带来一种局限和失望，因为你已经为自己确立了成就自我的规划和动力，无论你是否已经有所体验。现在你必须去质疑你整个的个人成就计划，这不是要剥夺你的任何价值，而是慢慢地让你摆脱只会欺骗和挫败你的一种束缚。因此，接受试图成就自己的无望，将最终让你敞开来接收那个为你准备并正在等待着你的伟大礼物。这一伟大礼物注定要透过你以某种方式奉献给世界，这一方式将特别为你以及那些自然被你吸引的人带来幸福。

你怎么可能成就自己呢？今天的每小时里，重复这一问题并用片刻的时间进行认真思考，无论你身处怎样的环境。当你进行每小时练习时，环顾周围的世界，看看人们是如果在努力成就他们自己，包括在当前的状态里以及他们所期望的状态里。去理解这是如何让他们与生命真正存在的样貌分离。去理解这是如何让他们与他们自身存有的神秘以及与他们每时每刻都在自由接触的生命的生命的神奇分离。别让自己如此地被剥夺。空想总是为你描绘一张宏伟的蓝图，但它在现实里毫无基础。只有那些寻求强化彼此空想的人，才会为了这一目的而试图与彼此建立关系，并且他们的失望将是双向的，他们将会为此而彼此互相指责。因此，别去寻求那些只会给你带来不快并且只会破坏你真正关系的伟大机遇的东西。

每小时重复这一声明。在两次练习时段里，进入静心和接收中，这样你就能够学习接收真正存在的成就。

练习 95：两个 30 分钟

每小时练习

Step 96

GOD'S WILL IS FOR ME TO BE UNBURDENED.

GOD'S FIRST STEP IN YOUR REDEMPTION and your empowerment

is to unburden you from things that are not necessary for your happiness, to unburden you from things which cannot possibly satisfy you, to unburden you from things which only cause you pain and to lift from your head the crown of thorns that you wear, which represents your attempt at fulfillment in the world. A Greater Will exists within you that wishes to express itself. When you experience this, you will finally feel that you are known to yourself. You will finally experience true happiness, for your life at last will be integrated. You must be unburdened to make this discovery. Nothing of value will be taken from you. It is not God's intent to make you lonely and forlorn, but to give you the opportunity to realize your true promise so that you may proceed with strength and true motivation.

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

UPON THE HOUR REPEAT THIS STATEMENT and think about it.

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

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

PRACTICE 96: Two 30-minute practice periods.

Hourly practice.

第 96 阶 上帝的旨意是让我放下包袱。

上帝对你救赎并为你赋权的第一步，是让你摆脱那些对你的幸福来说并不必要的东西，摆脱那些不可能满足你的东西，摆脱那些只会给你造成痛苦的东西，并从你的头顶摘下你带着的棘冠，它代表着你在世界上实现成就的企图。一个更伟大的意志存在于你的内在，它希望表达它自己。当你体验到它时，你将终于感到你被你自己认知了。你将终于体验到真正的幸福，因为你的生命终于能够整合到一起了。你必须放下包袱才能实现这一发现。任何有价值的东西都不会被从你身边夺走。上帝的意图并非让你孤单和孤独，而是为了赐予你机会去意识到你真正的前途，这样你就能够带着力量和真正的动力前进。

因此，接受这第一个伟大赐福吧，它让你摆脱那些你试图解决的无望的冲突，摆脱那些没有方向的追求，摆脱世界的虚假承诺，摆脱你自己那描绘着世界根本无法支持的蓝图的理想化。在简单和谦卑里，生命的伟大将会降临到你身上，你将认知你并未放弃任何东西，而获得了某种具有最伟大价值的东西。

每小时里重复这一声明，并对它进行思考。根据你当下所处的环境来观察它的意义。观察它在你周围人的生命中的示范。观察它在你自身存在中的实相，你现在正在学习客观地见证它。

在两个长练习时段里，努力集中于这一想法，并特别将它运用到你自己的生命。积极运用你的思想，努力根据你自身当前的野心和计划等来思考这一声明的意义。当你这样做时，很多事情会受到质疑，但要意识到内识不受你的计划和规划或是你的希望和失望的影响。它只是在等待机会从你内在自然地升起，那么你将成为它伟大礼物的第一接收者。

练习 96：两个 30 分钟

每小时练习

Step 97

I DO NOT KNOW WHAT FULFILLMENT IS.

IS THIS STATEMENT AN ADMISSION OF WEAKNESS? Is it a

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

YOU DO NOT KNOW WHAT FULFILLMENT IS. Happy stimulation alone cannot be fulfillment, for fulfillment is a state of quietude. It is a state of inner acceptance. It is a state of total integration. It is a timeless state expressing itself in time. How can even the happiest stimulation give you that which can abide in any circumstance and which does not cease when the stimulation is over? We do not wish to deprive you of happy stimulations, for they can be very good, but they are momentary and can only give you a glimpse of the greater possibility. Here we wish to take you directly to the greater possibility by cultivating the great resources within your mind and by teaching you a way of seeing the world so that you may learn of its true purpose.

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

need for Knowledge.

YOU MUST UNDERSTAND WHAT YOU HAVE in order to learn to receive more. If you think you have more than you actually have, then you are impoverished without even being aware of it and will not understand the Great Plan that has been created on your behalf. You must start from where you are, for in this way you may proceed, each step certain, each step forward, built upon the step before. There will be no falling back here, for you will be firmly established on your path to Knowledge.

PRACTICE 97: *Two 30-minute practice periods.*

Hourly practice.

第 97 阶 我不知道成就是什么。

这一声明是承认软弱吗？这意味着退回到无望吗？不，不是的。它是真正坦诚的开始。当你意识到自己理解的东西太少，而同时又意识到为你而准备的内识的伟大赐予时，只有这时你才能带着巨大的鼓舞和投入去抓住这一机会。你只能去想象成就，然而关于真正成就的内识在你的内心存在并燃烧着。这是你无法扑灭的一团火。这是现在就存在于你内心的一团火。它代表了你对成就、对联合、对贡献的更伟大渴望。在深埋于你所有的希望和恐惧以及你所有的计划和野心之下，这团火焰正在燃烧着。因此，抛弃你那些关于成就的想法吧，但不要失去希望，因为你正在准备去接收注定赐予你的礼物。你携带着这些礼物来到世界上。它们深藏在你内在的某个你无法找到的地方。

你不知道成就是什么。单单是快乐的刺激不可能是成就，因为成就是一种沉静的状态。它是一种内在接受的状态。它是一种完全整合的状态。它是一种永恒状态在时间维度里对自己进行的表达。即使是最快乐的刺激又怎么可能带给你这种存在于任何环境，并且即使当刺激结束时它依然存在着的状态呢？我们不想剥夺你的快乐刺激，因为它们可能很美好，但它们是短暂的，只能给你带来对更伟大可能性的一瞥而已。在此，我们希望通过培养你思想里的伟大资源，并通过教授你看待世界的一种方法，从而把你直接带向那更伟大的可能性，这样你就能够学习它的真正宗旨。

因此，每小时重复今天的想法，并根据自身以及周遭的世界认真地进行思考。在两次长练习时段里，再一次认真地思考这一想法。在这些时段里记得去回顾你自己的生命，并将这一想法运用到你所意识到的你那些关于自我成就的计划。这些思考型的冥想需要进行思维的工作。这里你不需要静心，而是去调查、去探究。你将积极地运用思想去穿透那些你认识到存在在那里的东西。这是进行严肃内省的时间。当你意识到，你自以为知道的东西其实仅仅是一种想象的形式时，那么你将意识到你对内识的巨大需求。

你必须理解你现在拥有的，从而能够去学习接收更多。假如你自以为拥有的比你实际拥有的还多时，那么你就是贫瘠的，而你甚至未能意识到这点，并且你将无法理解那个为了你的利益而创造的伟大计划。你必须从你现在的位置开始，因为只有这样你才能够前进，每一步都是确定的，每一步都在向前并是建立在前一步的基础上。你将不会出现退步，因为你将在你通向内识的道路上得到坚实的确立。

练习 97：两个 30 分钟

每小时练习

Step 98

REVIEW

IN YOUR REVIEW ONCE AGAIN REVIEW all of the instructions of

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

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

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

PRACTICE 98: *One long practice period.*

第 98 阶 复习

本次复习仍然是回顾前一周所有课程的指导，以及你在一周的练习里所体验的所有的一切。坦诚地评估你对于这些课程的参与，并认知这些课程给你的理解带来了什么。在评估中努力保持公正。记住你是一个学生。别声称你已学到了比你实际体验到的更多的东西。

这种方式的简单看似非常显在，然而对于很多人来说却是很难做到的，因为他们如此习惯于认为自己拥有的要么比实际的更多，要么更少，因此对他们来说要想评估他们实际的状况是非常困难的，即使他们的现状非常显在。

在一个长的练习时段里，复习你的课程，认真地对每一阶进行深入思考，回忆当天你与课程相关的活动，以及你在当下对于课程的理解。仔细地回顾所有这六阶课程，注意别轻易做出并不代表你真实体验的结论。与其做出错误的结论，还不如保持不确定性。

练习 98：一个长练习时段

Step 99

I WILL NOT BLAME THE WORLD TODAY.

TODAY PRACTICE NOT BLAMING THE WORLD, not judging its

obvious errors and not claiming or giving responsibility to others for these errors as well. Look on the world silently. Allow your mind to be still.

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

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

PRACTICE 99: *Two 30-minute practice periods.*

Hourly practice.

第 99 阶 今天我不谴责世界。

今天练习不谴责世界，不评判它那些显然的错误，同时也不去将那些错误宣称或归咎于其他人。安静地看向世界。让自己的思想沉静。

每小时进行练习，带着睁开的眼睛观察世界。在两次长练习时段里，同样练习睁开双眼看向世界。无论你看什么都没关系，因为都是一样的。你今天的重点是不加评判地去看，因为这将发展你思想的真正能力。

因此在今天的练习里，练习睁开眼睛去看，不加评判地看。观察你周边的环境。仅仅去关注那些真实存在的东西。不要展开想象。不要让你的思想飘到过去或未来。仅仅去见证真实存在的。当评判性的想法出现时，只需放下它们，不必思考它们，因为你今天练习去看——不加评判地看，这样你就能够看到真实存在在那里的东西。

练习 99：两个 30 分钟

每小时练习

Step 100

TODAY I AM A BEGINNING STUDENT OF KNOWLEDGE.

Y

OU ARE A BEGINNING STUDENT OF KNOWLEDGE. Accept this

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

THEREFORE, BE A BEGINNING STUDENT OF KNOWLEDGE. Upon the hour repeat this statement and give it serious consideration. Regardless of your view of yourself, whether it is exalted or diminished, no matter what you have done before, no matter what you consider your accomplishments to be, you are a beginning student of Knowledge. As a beginning student you will want to learn everything that can be learned, and you will not have the burden of defending that which you think you have claimed already. This will ease your burden in life considerably and give you the possibility for true motivation and enthusiasm, which are lacking now.

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

PRACTICE 100: *Two 30-minute practice periods.*

Hourly practice.

第 100 阶 今天我是内识的初级学生。

你是内识的初级学生。接受这一起始位置。不要更多地宣称自己，因为你并不理解通向内识的道路。在通向更巨大假设的道路上，你或许已经为自己赢得了巨大的奖赏，但那条路指向的方向不同于通向内识的道路，在这里所有不真实的东西都被抛弃，所有真实的东西都被包纳。通向内识的道路并非人们为他们自己想象的道路，因为它并非源自想象。

因此，做一个内识的初级学生。每小时重复这一声明，并进行认真的思考。无论你怎么看待自己，无论是尊贵还是卑微，无论你之前做过些什么，无论你认为你的成就是什么，你依然是内识的初级学生。作为初级学生，你希望学习所有能够学到的东西，并且你不必竭力去捍卫你自认为已经达成的东西。这让你的生命格外轻松，并为你带来了你所缺少的真正动力和热情的可能性。

做内识的初级学生。用这个确认开始你的两个练习时段，让自己静坐并接收。不带请求、不带疑问、不带期望或需求，让你的思想保持安静，因为你是内识的初级学生，你还不知道去要求什么或期待什么。

练习 100：两个 30 分钟

每小时练习

Step 101

THE WORLD NEEDS ME, BUT I WILL WAIT.

W

HY WAIT WHEN THE WORLD NEEDS YOU? Does this not seem

inconsistent with the teaching that we are presenting? It is actually not inconsistent at all, if you understand its meaning. Since the world needs you, waiting would seem to be an injustice and an irresponsibility. Is this not inconsistent with what we are teaching? No, it is not inconsistent if you understand its meaning. If you have seriously considered what we have given you thus far in your preparation, you will realize that on its own, Knowledge within you will respond to the world, and you will feel moved to give in certain places and not moved to give in others. This great response within you will not be born of personal weakness, personal insecurity or the need for acceptance or recognition. It will not be a form of avoidance or guilt. In fact, it will have nothing to do with you at all. That is why it is very great, for it is not meant to remedy your littleness, but to demonstrate the power of Knowledge that exists in the world so that you may bear witness to it and be a vehicle for its expression.

WHY WAIT WHEN THE WORLD NEEDS YOU? Because you are not yet ready to give. Why wait when the world needs you? Because you do not understand its need yet. Why wait when the world needs you? Because you will give for the wrong reasons and will only fortify your dilemma. The time of giving will come, and your life will give of itself, and you will be prepared to accept this, to respond to it and to follow the guidance of Knowledge that is within you. If you are to be of true service to the world, you must be prepared, and that is what we are undertaking now.

LET NOT THE TRIBULATIONS OF THE WORLD give you great anxiety. Let not the threats of destruction arouse your fear. Let not the injustices of this world stimulate your anger, for if they do, you are looking without Knowledge. You are seeing your own failed idealism. This is not the way of seeing, and so it is not the way of giving. You were sent to give, and your giving is intrinsic to you. You do not need to control it, for it will give of itself when you are prepared. Therefore, your service to the world at this moment is your preparation to be a contributor, and though this will not give you instant gratification for your need to give, it will pave the way for a greater service to be rendered.

IN YOUR TWO PRACTICE PERIODS TODAY, actively think about

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

PRACTICE 101: *Two 30-minute practice periods.*

第 101 阶 世界需要我，但我将等待。

当世界需要你时，为何要等待？这是否和我们提供的课程不相一致呢？假如你能理解它的含义的话，就根本不存在不一致。由于世界需要你，保持等待似乎是一种不讲道义和一种不负责任。这不是和我们教导的东西不相一致吗？不是，如果你理解它的含义的话，就不存在不一致。如果你认真地思考至今为止我们在你的准备中提供给你的东西的话，你将意识到你的内在内识本身将会对世界做出回应，你会感受到在某些地方你被推动着去奉献，而在另外的境况里却相反。这种你内在的伟大回应并非来源于个人的软弱、个人的不安全感或对于被接受或被认同的需要。它并非一种逃避或内疚的表现。事实上，它与你个人毫不相干。正因为如此它非常伟大，因为它并非为了救治你的渺小，而是为了示范存在于世界上的内识的力量，这样你就能够见证它并成为它表达的一个载体。

当世界需要你时，为何要等待呢？因为你还没有做好准备去奉献。当世界需要你时，为何要等待呢？因为你还不理解世界的需要。当世界需要你时，为何要等待呢？因为你会为了错误的原因进行奉献，而这只会加重你的困境。奉献的时刻将会到来，你的生命将奉献它自己，你将做好准备接受这点，对它做出回应并遵循你内在内识的指引。如果你想为世界提供真正的服务，那么你必须进行准备，这正是我们现在正在开展的。

别让世界的苦难带给你巨大的焦虑。别让毁灭的威胁激起你的恐惧。别让世界的不公正引起你的愤怒，因为这意味着你没有带着内识去看。你看到的是自己理想主义的失落。这不是看的方式，因此这也不是奉献的方式。你被派来进行奉献，并且你的奉献是内在固有的。你不需要控制它，因为当你准备好时，它将奉献它自身。因此，此刻你对于世界的服务在于你正在为成为一名贡献者而进行准备，尽管这无法即刻满足你对奉献的需要，但它将为未来更伟大的服务铺平道路。

在两次练习中，积极地思考今天的想法，并根据你的行为、你的倾向、你的想法和你的信仰对此进行思考。

练习 101：两个 30 分钟

Step 102

THERE IS MUCH I MUST UNLEARN.

Y

OUR LIFE IS FULL OF YOUR OWN NECESSITIES AND IDEAS,

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

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

PRACTICE 102: *Two 30-minute practice periods.*

Hourly practice.

第 102 阶 有很多我必须摈除的东西。

你的生命充满了你自己的需求和想法，充满了你自己的要求和野心，充满了你自己的恐惧，充满了你自己的复杂。因此，你这个奉献的载体背负着包袱和猜疑，你的能量被大大地误用了。正因为如此，上帝所做的第一步是让你放下包袱。除非做到这点，否则你只会试图去解决自己的境况，但却不知道该做什么，不理解你自己的困境，也不接受你以后必然会需要的帮助。因此，接受你的放下，因为它将让你摆脱包袱，并让你确信一种更伟大的生命是可能的，并且它对于来此奉献的你来说是必然的。

每小时重复这一声明并思考它。根据你对世界的觉察来认清这一事实。在两次长练习时段里，再次在安静里练习思想的静心，不带任何企图，不带任何逃避。仅仅是让你的思想保持安静，这样它就能够学习对它的召唤做出回应。在摒弃的过程中每进一步，内识都会填充到那曾经替代它的位置。这是即刻发生的，因为你所做的就是将自己置于接收的位置上，这样你的奉献就会是慷慨的、真实的并且对你而言是富有成就感的。

练习 102：两个 30 分钟

每小时练习

Step 103

I AM HONORED BY GOD.

Y

OU ARE HONORED BY GOD, and yet this statement can

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

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

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

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

Hourly practice.

第 103 阶 我被上帝尊重。

你被上帝尊重，不过这一声明会激发你的不确定感，唤起你的负疚感，混淆你的自豪感，并激起你内在确实存在的所有形式的冲突。过去你试图成为某种不真实的东西，这失败了。现在你害怕成为任何东西，因为你害怕失败会再一次纠缠你。结果，伟大显得渺小，而渺小显得伟大，所有一切被倒过来看，或是和它们的真正意义背道而驰。

你被上帝尊重，无论你接受与否。不管人们如何评估，这都是真实的，因为只有超越评估以外的东西才是真实的。我们引领你来到那超越了评估的，它对于你这次生命或任何一次生命来说都将是最伟大的发现。

每小时重复这一声明并认真地思考它。在两次练习里，让思想再次进入静心和接收中，这样你就能够学习接收上帝对你的尊重。当然，这一尊重必然是指向你的那个你几乎还未觉知的部分的。被尊重的不是你的行为。被尊重的不是你的理想主义。它不是你的信仰、你的假设、你的要求或你的恐惧。这些或许有好有坏。这些或许服务于你或者背叛你。但是，尊重是被保留给某个更伟大东西的，你正在学习去认知它。

练习 102：两个 30 分钟

每小时练习

Step 104

GOD KNOWS MORE ABOUT ME THAN I DO.

GOD DOES KNOW MORE ABOUT YOU THAN YOU DO. That must be

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

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

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

PRACTICE 104: *Two 30-minute practice periods.*

Hourly practice.

第 104 阶 上帝对我的认知比我自己更多。

上帝对你的认知的确比你自己更多。如果你坦诚地思考过自己，那么这必然是显在的。不过，要思考这意味着什么。如果上帝对你的认知比你自己更多，那么难道你不想去探求上帝对你的评估吗？你当然会这样希望。另外，这难道不是意味着你对自己的评估必然是有误的吗？单凭这一点，你就是有罪的，因为罪恶不过是错误而已。错误召唤着改正，而非谴责。你对自己进行谴责，并认为上帝将会和你一样，并给予你更大的谴责。正因为如此，人们按照自己的形象制造了上帝，正因为如此，你必须摒弃你所制造的，这样你就能够发现你所知道的，这样你在这个世界上的创造就会是有益的并拥有恒久的价值。

上帝对你的认知比你自己更多。别假装你能够创造你自己，因为你已然被创造出来，那个被真正创造的自我要比你迄今为止所意识到的生命要伟大得多、快乐得多。正是你的不快乐将你带到真理面前，因为它推动你去寻求一个真实的解决方案。这个声明显然是真实的。

在每小时里重复这一声明并认真思考它。在练习中，观察你周围的世界以努力了解今天的想法在世界上的意义是什么。在长练习时段里，在静心里，让你的思想变得安静，这样它就能够学习享受它的伟大。给它这个自由的机会，那么作为回报，它将把自由带给你。

练习 104：两个 30 分钟

每小时练习

Step 105

REVIEW

IN YOUR REVIEW, FOLLOW THE PAST EXAMPLES and review the

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

OUR TEACHING WILL THUS SIMPLIFY ALL THINGS, which will resolve the conflicts that you carry now and which will make conflict in the future unnecessary. For to the extent that you are with Knowledge, conflict does not exist. An unconflicted life is the greatest contribution that can be given into the world, for this is a life that will spark the beginning of Knowledge in all, a spark that can carry itself into the future far beyond your individual life. It is this great spark that you are intended to give into the world, for then your giving will have no end and will serve your current generation and the generations to come.

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

IN YOUR ONE LONG PRACTICE, undertake your Review in as much detail as possible. Allow confusion and uncertainty to exist, for this is necessary in this stage of investigation. Be happy, then, for all the things that can be truly recognized and know that Knowledge is with you, so you are free to be uncertain.

PRACTICE 105: *One long practice period.*

第 105 阶 复习

本次复习和从前一样，回顾一周的指引和练习。今天特别去思考我们所呈现的那些想法。要理解，这些想法必须经过很多阶段的学习才能被抱持和体验。它们的含义太深刻、太伟大，以至于现在对你来说还无法完全显在，然而它们会提醒你内识和你同在，并且你来此是为了把内识奉献给世界。

我们的教导会让所有事情变得简单，这将解决你当前携带的冲突，并使得未来的冲突变得不必要。因为只要你和内识同在，冲突就不会存在。一个没有冲突的生命是能够给予世界的最伟大贡献，因为这样的生命将点燃所有人内在内识的火花，这个火花将携带着它自身走入未来，远远超越了你个人生命的时限。你想要奉献给世界的正是这个伟大的火花，因为这样，你的奉献将没有终点，它不仅服务于你们这个时代，还将服务于未来后代。

你今天在上世界上体验到的祝福是这些代代相传的回响的结果，因为内识在上世界上保持着存活。你之所以拥有获得内识的机会是源于那些先人的奉献，同样你的奉献也将为后人提供获得自由的机会。这就是你生命中的更伟大宗旨：让内识在上世界上保持存活。不过，首先你必须去学习内识——学习如何认知它，学习如何接受它，学习如何将它和你思想里的其他冲动区分开来，并学习遵循内识走向它的伟大成就所必须经历的许多发展阶段。正因为如此，你是内识的初级学生。

在今天的长练习时段里，尽可能仔细地展开你的复习。允许困惑和不确定的存在，因为这在这一探究阶段里是必然的。对所有能被真正认知的东西感到高兴，并认知内识和你同在，因此你可以自由地保持不确定。

练习 105：一个长练习时段

Step 106

THERE ARE NO MASTERS LIVING IN THE WORLD.

THERE ARE NO MASTERS LIVING IN THE WORLD, for Mastery is

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

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

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

ACCEPT YOUR UNBURDENING as we remind you that there are no Masters living in the world. In your two longer practice periods, try to realize this. Try to realize the relief that is being given to you. But do not make the mistake of thinking that this leads to passivity on your part, for greater than ever will be your involvement in the reclamation of Knowledge. Greater than ever will be your commitment to the emergence of Knowledge. Now your involvement and commitment may move forward more rapidly, for they are becoming unburdened by your idealism, which can only lead you astray.

PRACTICE 106: *Two 30-minute practice periods.*

第 106 阶 没有大师生活在世界上。

没有大师生活在世界上，因为大师是在世界之外达成的。这里有高阶的学生。这里有实现伟大成就的学生。但是没有大师生活在世界上。这里没有完美，只有贡献。任何生活在世界上的人都有着需要在世界上学习的功课。这些功课不仅需要你的个人生活里学习，还需要在一个贡献的生活里进行学习。你真正的教育远远超过你已经意识到的那些。它不只是为了修正错误。它是为了贡献礼物。

没有大师生活在世界上。因此，你可以放下那个试图或要求自己成为大师的沉重包袱。你个人无法成为大师，因为生命是大师。当你开始理解它的真正含义和益处时，这一伟大认知将为你带来一切的不同。

在今天的两次练习中，思考所有那些你认为是大师的人——那些你遇见过、听说过或想象中的人，那些生活在过去以及仍然在世的人。思考所有那些让他们成为大师的品质，以及你是如何利用这些来评判你自己以及评估你的生命和行为的。高阶学生的宗旨并非是使自己成为那些能力低于他们的人进行自我谴责的准绳。这并非他们的礼物，尽管他们也必须逐渐理解，他们的礼物将会遭到如此的曲解。

当我们提醒你没有大师生活在世界上时，请接受你对这个包袱的摒弃。在两次练习里，努力意识到这点。努力意识到它给你带来的解脱。但不要错误地以为这会导致你的被动，因为相反，你对于内识唤回的投入将更加深入。你对于让内识呈现的承诺将更加坚定。现在你的投入和承诺将会以更快的速度进步，因为它们摆脱了只会将你引向歧途的理想主义的牵绊。

练习 106：两个 30 分钟

Step 107

TODAY I WILL LEARN TO BE HAPPY.

LEARNING TO BE HAPPY IS SIMPLY LEARNING TO BE NATURAL.

Learning to be happy is learning to accept Knowledge today. Knowledge is happy today. If you are not happy, you are not with Knowledge. Happiness does not always mean having a smile on your face. It is not a behavior. Genuine happiness is a sense of self, a sense of wholeness and satisfaction. If a loss has occurred in your life, a loss of a loved one, you may still be happy, though you may shed tears. It is all right to shed tears, for this does not need to betray a greater happiness within you, for these also may be tears of happiness. Happiness is not a form of behavior. Let us remind you of this. It is a sense of inner satisfaction. Knowledge will give this to you because it will simplify your life and allow your mind to concentrate on that which it is given to do in reality. This will empower you, simplify you and provide a greater harmony than you could have known before.

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

PRACTICE 107: Two 30-minute practice periods.

第 107 阶 今天我将学习快乐。

学习快乐就是学习保持自然。今天学习快乐就是学习接受内识。今天内识就是快乐。如果你不快乐，你就是没有和内识在一起。幸福并非总是意味着脸上挂着笑容。幸福不是一种行为。真正的幸福是对自我的感知，对完整和满足的感知。如果你生命中失去了什么，例如失去了一个所爱的人，你仍然可以快乐，尽管你会流泪。你当然可以流泪，因为这并不会背叛你内在更巨大的幸福，因为这或许是幸福的泪水。幸福不是一种行为方式。让我们提醒你这一点。它是内在的满足感。内识会把这带给你，因为内识将使你的生活简单化，并让你的思想专注于那些在现实里被交给它去做的事情。这将带给你力量、简化你的生活并给你带来以前从未知晓的更巨大和谐。

因此，在两次练习中，让思想再次进入静心里。这是对静心的修习。这次练习不是进行思想探究，而是练习思想的静心。

练习 107：两个 30 分钟

Step 108

HAPPINESS IS SOMETHING I MUST LEARN AGAIN.

ALL THINGS MUST NOW BE RE-EVALUATED. All things must

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

LEARN, THEN, AGAIN ABOUT HAPPINESS. In your two practice periods, engage your mind in investigation. Consider your ideas about happiness and the forms of behavior you think they must represent. Think of all the ways you have attempted to be happier than you are. Think of all the expectations and requirements you have placed upon yourself to be happy and to prove to yourself and to others your worth. As you recognize these things, realize that without this attempt happiness will arise upon its own, for you are naturally happy. Without restraint, your happiness will arise upon its own, without your imposing it upon your mind and upon your body. Without your imposition, happiness will arise on its own. Think upon this today, but do not be content with simple conclusions, for you are a beginning student of Knowledge and great conclusions come later.

PRACTICE 108: *Two 30-minute practice periods.*

第 108 阶 幸福是我必须再次去学习的东西。

一切都必须进行重新评估。一切都必须重新去看待，因为这里存在带着内识去看，还有不带内识去看。它们带来不同的结果。它们鼓励不同的评估和不同的回应。我们说过，幸福不是一种行为方式，因为它更加深刻。因此，别试图利用这种想法来赢得他人的欢心，或者向自己证明你比实际上更加幸福。我们不想在你当下的体验外面套上一种粉饰性的行为。我们希望把你引向那种对你的本质来说是真实的体验，它表达了你的本质并将你的本质奉献给生命。

因此再次学习幸福。在两次练习里，让你的思想投入到探究中。思考你关于幸福的想法，以及你所认为的这必然呈现的行为方式。思考所有你试图让自己更快乐的方法。思考为了让自己快乐、为了向自己和他人证明你的价值，你所强加给自己的所有期望和要求。当你认知这些时，你会意识到，没有了这些企图，幸福将自然地升起，因为你的天性是快乐的。当不受局限时，你的幸福会自然地升起，而不需要你把它强加在自己的思想和身体上。没有了你的强加，幸福会自然地升起。今天思考这些，但不要满足于简单的结论，因为你是内识的初级学生，伟大的结论尚在未来。

练习 108：两个 30 分钟

Step 109

I WILL NOT BE IN A HURRY TODAY.

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

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

THROUGHOUT THE DAY TODAY REMIND YOURSELF upon the hour not to be in a hurry. Say to yourself, "I will not be in a hurry today," and think a moment upon this. You may meet your worldly responsibilities without being in a hurry. You may meet your greater goals without being in a hurry. Take comfort in the fact that you are a beginning student, for beginning students do not know where they are going because they are in a position to receive, not to govern. This is a great blessing for you now and will give you the power in time to govern your mind and your affairs with Knowledge. You will be a kind ruler who will not condemn error and will not punish sinners, as you now imagine God to do.

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

PRACTICE 109: *Hourly practice.*

第 109 阶 今天我不匆忙。

今天优雅地进行每一步。不要匆匆忙忙。你不需要匆匆忙忙，因为你和内识同在。你可以在世界上遵守你的约定，并让它们按计划进行，但在内心不要匆忙。你可以寻求内识、成就和贡献，但不要匆忙。当你匆忙时，你会忽略当下的进阶，而寻求那些你更喜欢的进阶，除非你忽略了当前的进阶，不然你怎么会去中意其他的进阶呢？你只需要学习当前的进阶，那么下一阶会自然地升起。不要匆忙。你无法比你能力所及走得更快。别忽略任何我们提供给你去修习的东西，这要求你不能匆忙。

今天贯穿全天，每小时提醒自己不要匆忙。告诉自己：“我今天不要匆忙，” 并利用片刻时间思考它。你可以不慌不忙地完成世俗的责任。你可以不慌不忙地实行你更大的目标。安然地接受你是初级学生的事实，因为初级学生不知道他们去向何方，因为他们处于接收的位置，而非掌控的位置。这对你是伟大的祝福，并将逐渐赋予你力量，使你能够带着内识对你的思想和事务进行管理。你将成为一个仁慈的管理者，你将不会对错误进行谴责、对罪恶进行惩罚，就像你现在所想象的上帝的所作所为那样。

内识不会匆忙。为什么你要匆忙呢？内识会快速地抑或缓慢地推动你，你可以随之快速地抑或缓慢地行动，但在内心你不会匆忙。这是你正在学习发现的生命之神秘的一部分。

练习 109：每小时练习

Step 110

I WILL BE HONEST WITH MYSELF TODAY.

TODAY I WILL BE PERFECTLY HONEST, recognizing what I

actually know and what I only believe or hope for. I will not pretend I know things I do not know. I will not pretend I am richer than I am or poorer than I am. I will try to be exactly where I am today.”

TRY TO BE EXACTLY WHERE YOU ARE TODAY. Be simple. Be at ease. Observe the world around you. Carry out your worldly tasks. Do not exalt yourself. Do not demean yourself. This day allow everything to function as it actually does, without attempting to govern or manipulate yourself. The only exception to this is to utilize your selfdiscipline so that you may carry out your practices for this day.

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

PRACTICE 110: *Two 30-minute practice periods.*

Hourly practice.

第 110 阶 今天我对自己保持坦诚。

今天我将保持全然的坦诚，认识到什么是我确实知道的，而什么只是我相信或希望的。我不会假装自己知道其实并不知道的东西。我不会假装自己比实际更富有或更贫穷。我将努力让自己处在自己真实所处的位置上。

今天努力让自己处于你真实所在的位置。保持简单。保持放松。观察周遭的世界。去从事你的那些世俗责任。不要夸大自己。不要贬低自己。今天让一切按照它本来的样子进行运转，而不是试图管理或掌控你自己。今天唯一的例外是你要运用你的自律，这样你就能够开展你今天的练习。

在两个练习时段里，重复今天的声明然后进入静心里。在此你必须发挥思想的力量。在此你不要去尝试任何欺骗性的或不真实的东西。你让思想进入它自然的状态，进入一种和平的状态中。

练习 110：两个 30 分钟

每小时练习

Step 111

TODAY I WILL BE AT EASE.

BE AT EASE TODAY KNOWING THAT KNOWLEDGE IS WITH YOU,

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

AS YOU MOVE THROUGH THE DAY, practicing upon the hour, remind yourself to be at ease, for Knowledge is your guide now. If it is untroubled, you need not be troubled. Release yourself from habitual preoccupations, from habitual bondage. Strengthen your resolve to do this and it will become easier in time. Then it will happen all by itself most naturally. Your mind has habits of thought. That is all they are. As they are replaced with new habits, Knowledge will begin to shine through the structure that you have imposed upon it. Here Knowledge will begin to shine forth, to guide your actions, to lead you to insight and important discovery and to give you a greater strength and certainty than you have ever known.

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

PRACTICE 111: *Two 30-minute practice periods.*

Hourly practice.

第 111 阶 今天我将保持放松。

今天保持放松，认知内识和你在一起，你的上师和你在一起，你的精神家庭和你在一起。别让焦虑或担心将你带离今天的练习。

当你走过今天时，每小时进行练习，提醒自己保持放松，因为内识现在是你的向导。如果它不担忧，你也不需要担忧。让自己从习惯性的执迷和习惯性的束缚中解脱出来。坚定决心去这样做，那么慢慢地它会变得更加容易。然后这将非常自然地发生。你的思想有它的思维惯性。这就是它的全部。当这些惯性被新的习惯所取代时，内识的光芒将会穿透你强加在思想上的构架。这样内识将开始照射出来，引导你的行动，带你走向洞见和重要发现，并为你带来比你以前所认知的更伟大的力量和确定性。

在每小时练习里，为了你自身的益处去发挥你的自律。在两次冥想练习里，保持高度警觉，但同时带着一个安静的思想。

练习 111：两个 30 分钟

每小时练习

Step 112

REVIEW

TODAY FOR YOUR REVIEW we shall do something a little

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

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

PRACTICE 112: *Hourly practice.*

第 112 阶 复习

今天的复习与以往有点区别。每小时里提醒自己记住内识。重复对自己说：“我将记住内识。我将记住内识。”贯穿全天提醒自己你还不知道内识是什么，然而你确信它和你同在。它来自于上帝。它是你内在的上帝的旨意。它是你真正的自我。因此，你学习遵循那个伟大的东西。身处受限的状态，你去触及那个无限的。因此，今天你成为通向内识的桥梁。

因此，每小时重复你将记住内识。今天别忘了进行修习，这样你将能够给自己带来坚强和赋权。

练习 112：每小时练习

Step 113

I WILL NOT BE PERSUADED BY OTHERS.

ANY MIND THAT IS MORE RESOLVED THAN YOURS can persuade

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

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

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

PRACTICE 113: *Two 30-minute practice periods.*

Hourly practice.

第 113 阶 我不会被他人所说服。

任何一个比你更坚定的思想都能够说服你并对你造成影响。这没有什么神秘可言。这仅仅是因为一个思想比另一个思想更加专注或集中。思想之间会彼此产生一定程度的影响，这与思想的专注力以及这些思想所发挥的影响力类型有关。让内识说服你，因为它是你所携带的伟大。别让他人的观点或意志说服你。只让他们的内识影响你，因为唯有这能够影响你的内识。这与那种被他人统治、掌控或说服的感觉是完全不同的。

因此，坚守你自己。遵循内识。如果另一个人刺激了你的内识，那么去关注那个人，这样你就能够了解说服的真正力量。然而，别让这个世界的说服——它的不满、它所珍视的理想、它的道德、它的要求或它的妥协——影响你，因为你正在遵循内识，你不需要遵循世界的说服。

每小时提醒自己今天的想法，并在两次冥想中练习静心。只允许内识来说服你，因为这是你在世界上唯一需要去遵循的。

练习 113： 两个 30 分钟

每小时练习

Step 114

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

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

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

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

PRACTICE 114: *Two 30-minute practice periods.*

Hourly practice.

第 114 阶 我真正的朋友和我在一起，我并不孤单。

当你的上师和你在一起时，你怎么可能孤单呢？她或他和你的内识坚守在一起，你还有比他们更真的朋友吗？这些友谊不是来自于这个世界。它们产生于世界之外，它们现在在这里服务于你。当你的思想安静下来时，你将感知和你同在的那些存有的临在。一旦你停止陷入自我的热望和恐惧，你将开始感知这个如此优雅、如此温柔同时又如此可靠的临在。

每小时提醒自己，你的朋友和你同在。在两次深入修习中，让你的思想去接收他们的临在，这样你将能够理解这个世界上关系的真正特质。通过练习，这种理解将变得如此深刻，以至于你将能够接收那些比你更强大的存有的想法、鼓舞和修正，他们在此服务于你在世界上的真正职能。他们是你进入内识的启蒙者，他们和你的内识拥有关系，因为你的内识包含着与所有生命的真正关系。

练习 114：两个 30 分钟

每小时练习

Step 115

TODAY I WILL LISTEN TO THE POWER OF KNOWLEDGE.

TODAY LISTEN TO THE POWER OF KNOWLEDGE. It requires your

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

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

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

PRACTICE 115: *Two 30-minute practice periods.*

Hourly practice.

第 115 阶 今天我将聆听内识的力量。

今天聆听内识的力量。它需要你的专注。它需要你的渴望。它要求你摆脱那些让你执迷和关切的事情，那些你无法自己解决的事情。今天聆听内识，这样它就能够安慰你，并和你坚守在一起。在它的安静里，你还将找到强大的保证和信心。因为如果内识是安静的，那么你就不必对自己的生命感到焦虑，如果内识讲话了，那么你只需要去遵循，这样你将能够学习内识给你带来的力量。

你变得安静，因为内识是安静的。你变得具有行动力，因为内识具有行动力。你学习带着简单性讲话，因为内识带着简单性讲话。你学习保持放松，因为内识是放松的。你学习奉献，因为内识在奉献。你现在通过参与这一提升课程，来重新进入你与内识的关系里。

每小时里提醒自己去聆听内识，并用片刻的时间去聆听，无论你身处怎样的环境中。你进入聆听的第一个行动是静心。在两次冥想里更加深入地进行练习，在此你练习静心和接收，因为今天你希望聆听内识。

练习 115：两个 30 分钟

每小时练习

Step 116

TODAY I SHALL BE PATIENT WITH KNOWLEDGE.

B E PATIENT WITH KNOWLEDGE so that you may follow

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

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

PRACTICE 116: *Two 30-minute practice periods.*

Hourly practice.

第 116 阶 今天我对内识保持耐心。

对内识保持耐心，这样你将能够遵循内识。内识远比你安静。它远比你强大。它远比你确定，并且它的所有行动都是深刻和有意义的。在你和内识之间存在着明显的对比，因为你生活在你为自己创造的自我里，并且你暂时地失去了与内识的联系。但是内识和你坚守在一起，因为你永远不可能离开它。它始终在那里准备救赎你、拯救你并将你唤回到它身边，因为它是你真正的自我。别让信仰和假设假扮成内识。当你展开今天的活动时，让你的思想变得更加平定和安静。

每小时重复这一想法。在两次深度冥想中，让自己进入静心里，进入内识为你提供的确定性里。透过这种方式，你的思想将和宇宙思想产生共鸣，你将开始唤回你古老的能力和古老的记忆。在此，关于精神家庭的想法对你来说开始变得具有意义，并且你将意识到你来到这个世界是为了进行奉献。

练习 116：两个 30 分钟

每小时练习

Step 117

IT IS BETTER TO BE SIMPLE THAN TO BE POOR.

SIMPLICITY ALLOWS YOU TO GAIN ACCESS TO LIFE and to enjoy its

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

THEREFORE, TODAY PRACTICE STILLNESS MORE DEEPLY than before so that you may experience the power of Knowledge that is with you. Allow yourself to be simple, for in simplicity all things may be given to you. If you are considering yourself to be complex, or your problems to be complex, it is because you are viewing yourself and your problems without Knowledge and are thus lost in your evaluations. Here you are confusing things of greater value with things of lesser value, things of greater priority with things of lesser priority. Truth must always bring simplicity, for simplicity brings resolution and right understanding and establishes peace and confidence in those who can receive it.

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

PRACTICE 117: *Two 30-minute practice periods.*

Hourly practice.

第 117 阶 简单胜于贫穷。

简单让你能够接触生命，并在每一个当下享受它所带来的益处。复杂是一种自我解离状态，它使得你无法享受生命并感知你在生命中所扮演的角色。这是所有严重贫瘠的来源，因为任何世俗的成就和世俗的财产都无法解除伴随着这种解离的隔离和匮乏感。

因此，今天更加深入地练习静心，这样你将能够体验到和你同在的内识的力量。让自己保持简单，因为在简单里，所有一切都能被赋予你。假如你认为自己是复杂的，或者你的问题是复杂的，那是因为你没能带着内识去看待自己和自己的问题，因此你迷失在自己的评估里。在此，你混淆了具有更伟大价值的东西和更渺小价值的东西，混淆了需要优先考虑的东西和不必优先考虑的东西。真理必然总是带来简单，因为简单带来答案和正确的理解，并在能够接收它的人的内心建立和平和信心。

今天深入地修习。每小时重复今天的想法，在两次深度冥想里，提醒自己内识与你同在，然后进入静心中。让自己保持简单，并坚信内识将在你整个旅程中引领你。

练习 117：两个 30 分钟

每小时练习

Step 118

I WILL NOT AVOID THE WORLD TODAY.

T

HERE IS NO NEED TO AVOID THE WORLD because the world

cannot dominate you when you are with Knowledge. When you are with Knowledge, you are here to serve the world. The world, then, is not a prison anymore. It is not a continual source of discomfort and disappointment. It provides for you an opportunity to give and an opportunity to re-establish your true understanding. Do not seek refuge in spiritual things, for your purpose is to give to the world. Allow the world to be as it is, and your condemnation of it will not come back to haunt you. For without condemnation, there is only the opportunity to give. This will draw upon your Knowledge, which will give of its own, and you will be the vehicle for its giving.

THINK OF THIS NOW. Allow yourself in your two practice periods to experience the presence of Knowledge in your life. Demand nothing of it. Seek not to question it. Only allow yourself to experience it, for with this all that you seek returns to you naturally without your effort. Utilize your self-discipline only to direct your mind in the proper direction. Once it is so engaged, it will return to Knowledge of its own accord. For that is its destination, that is its love, that is its true companion and that is its true marriage in life.

PRACTICE 118: *Two 30-minute practice periods.*

第 118 阶 今天我不回避世界。

没有必要回避世界，因为当你和内识同在时，世界无法掌控你。当你和内识同在时，你在这里是为了服务于世界。因此，世界不再是一个牢笼。它不是不安和失望的持续来源。它为你提供奉献的机会，和重建你真正理解的机会。别试图逃避到灵性事务里，因为你的宗旨是对世界进行奉献。让世界保持它真实的样子，这样你对世界的谴责将不会回来烦扰你。因为有了谴责，这里有的只是进行奉献的机会。这将召唤你的内识去奉献它自己，而你将成为它奉献的载体。

今天对此进行思考。在两次练习中，让自己体验你生命中内识的存在。别对它提任何要求。别质疑它。只需让自己去体验它，因为这样，你所追寻的一切将毫不费力、自然而然地回归你。只需发挥你的自律将思想引向正确的方向。一旦它这样参与时，它将自动地回归到内识里。因为那里是它的归宿、它的爱、它的真正伴侣以及它在生命中真正的婚姻。

练习 118：两个 30 分钟

Step 119

REVIEW

IN THIS SPECIAL REVIEW, review the past two weeks of practice,

reviewing each instruction and recalling each day of practice.

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

IN YOUR TWO LONG PRACTICE PERIODS TODAY, each one given to one week of practice, review the past two weeks. Try to be very kind with yourself, but recognize if you are falling short of the requirements and do not deceive yourself in this regard. Rededicate yourself to deepening your practice and your resolve, reminding yourself of the simplicity of your life and the true value that is being given to you. In this way, you will learn a new way of living. You will learn how to receive and how to give, and your life will be free of the darkness of complexity. For simplicity must always be of the light; it must always be of the good.

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

PRACTICE 119: *Two long practice periods.*

第 119 阶 复习

本次复习比较特别，你要复习过去两周的练习和指引，并回顾每一天的练习。努力回忆你是如何认真地思考每天的练习，以及如何良好地运用那些练习的。不要自以为你有理由去抱怨这一准备，除非你将它运用到了极致。你唯一需要做的是完全按照指引去遵循进阶，而不试图根据个人喜好去篡改它。这样，你把自己摆在了接收的位置上，你现在需要这样的定位从而能够让自己去获取。

在两次长的练习时段里对过去两周进行复习，将每个时段分别用于一周的复习上。尽量对自己和善，但同时要认知自己是否没有按照要求去做，在这点上不要自欺。重新投入自己去深化你的修习和决心，提醒自己你生命的简单以及正在被赋予你的真正价值。通过这样，你将学习一种新的生活方式。你将学习如何接收以及如何奉献，而你的生命将远离复杂的黑暗。因为简单必然永远是光明的；它必然永远是正义的。

因此，让自己投入到复习中，这样你将能够理解你是怎样进行学习的。这些复习将向你示范你在学习方面的优势和倾向。它们将教给你那些你未来必须知道的东西，那时你将能够同样帮助其他人进行学习。

练习 119：两次长练习时段

Step 120

I WILL REMEMBER MY KNOWLEDGE TODAY.

REMEMBER YOUR KNOWLEDGE TODAY. Remember that it

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

REMIND YOURSELF UPON THE HOUR TODAY that Knowledge is with you and give this a moment of thought. Do not let raging emotions or deep depression cast a shadow upon your practice, for your practice is greater than your emotional states, which change like the winds and the clouds but cannot mask the universe above them.

THEREFORE, REALIZE THE LITTLENESS OF YOUR EMOTIONAL STATES and the greatness of Knowledge. In this way, Knowledge will balance your emotional states and will reveal to you the source of your own emotions, which is the source of your expression in the world. This is the mystery of life which you are now learning to explore.

PRACTICE 120: *Hourly practice.*

第 120 阶 今天我将记住我的内识。

今天记住你的内识。记住无论你走到哪里或者你在做什么，内识都和你坚守在一起。记住内识被赋予你来服务你、滋养你并提升你。记住你不必为世界所激恼，因为你能够接受世界真实的样子。记住你接受世界真实的样子，这样你将能够对它进行奉献，因为世界和你一样也在进步。记住内识和你在一起，你只需要和内识在一起，就能意识到它完全的影响力。

每小时提醒自己内识和你同在，并用片刻时间进行思考。别让愤怒的情绪或深度的抑郁影响你的修习，因为你的修习要比你的情绪状态更强大，你的情绪如风云变幻，但却无法遮蔽超越其上的宇宙。

因此，意识到你情绪状态的渺小和内识的伟大。这样，内识将会平衡你的情绪，并向你示现你自身情绪的源泉，它是你在世界上的表达的源泉。这是你正在学习探索的生命之神秘。

练习 120：每小时练习

Step 121

TODAY I AM FREE TO GIVE.

Y

OU ARE FREE TO GIVE TODAY because your life is becoming

simple and your needs are being met. This frees you to give, for once you have received, you will only want to give.

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

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

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

PRACTICE 121: *Two 30-minute practice periods.*

第 121 阶 今天我将自由地奉献。

今天你将自由地奉献，因为你的生命正在变得简单，你的需求正在得到满足。这让你能够自由地去奉献，因为一旦你接收以后，你唯一想做的就是去奉献。

今天你会进行两次特别的修习，在练习中，你想起那些需要帮助的人，然后为他们奉献你自己希望接收到的某种品质。将那个品质送给这个人。送给他们爱、坚强、信念、鼓励、决心、臣服、接受或自律——无论他们需要怎样的品质来解决他们生活中的问题。你今天将自由地奉献这些，因为你自己的需要正在得到满足。

因此，在每次练习中，闭上眼睛，将那些人带进你的思想，并给予他们那个你知道他们正需要的品质。别试图替他们解决问题。别试图强化一个你所希望的结局，因为你通常不知道什么是他人应有的结果。但是你却总能坚定他们的品格，并强化他们思想的能力。这将为你带来你自身的宗旨感，并能够在你自己身上强化这些品质，因为你必须首先拥有这些品质，才能够去奉献它们，并且通过奉献你意识到你已经拥有了这些品质。

当你进行练习时，坚信你所送出的一定能够被他们良好地接收到。

练习 121：两次 30 分钟

Step 122

I GIVE WITHOUT LOSS TODAY.

W

HAT YOU ARE BEING ASKED TO GIVE can only increase as you

give it. It is not a physical thing that you give, though physical things can be given for good. It is not something that you can quantify, for you have no idea of its extent. You are giving strength and encouragement.

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

PRACTICE 122: Two 30-minute practice periods.

第 122 阶 今天我不会因为奉献而失去。

当你进行奉献时，你只会越来越多地拥有你被要求奉献的东西。你奉献的不是物质的东西，虽然物质同样可以被有益地奉献。你要奉献的东西无法量化，因为你无法认知它的广度。你所奉献的是力量和鼓励。

在今天的两次练习里，继续对他人进行奉献。这是一种积极的祈祷形式。别以为它的力量无法被你专注的那些人接收到。记住别试图去决定他们的困难或需要将产生怎样的结局，而只是给予他们鼓励和赋权去发挥他们自身的能力。你希望激发他们内在的内识，因为你内在的内识正在被激发。因此，这种奉献并非为了期待任何回报，因为你所奉献的东西是为了让他人他们在他们自己的生命变得坚强。你无法判断结局，因为只有当你的礼物被接收并在接收者的心里找到它的位置之后，你的奉献所带来的结果才会显现出来。因此，自由地去奉献，而不带任何期望，并且今天通过奉献来体验你的礼物的力量。

练习 122：两个 30 分钟

Step 123

I WILL NOT PITY MYSELF TODAY.

HOW CAN YOU PITY YOURSELF when Knowledge is with you?

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

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

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

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

PRACTICE 123: *Two 30-minute practice periods.*

Hourly practice.

第 123 阶 今天我不怜悯自己。

当内识和你同在时，你怎么会怜悯自己呢？怜悯只是在重复你关于自己的一个老旧的想法，它远离真相、远离希望、远离任何有意义的基础。今天别怜悯自己，因为你不是可怜人。假如今天是悲伤或困惑的一天，那只是因为你失去了和内识的联系，而你今天可以通过修习来重新建立起联系。

在今天的练习中，去觉知你所怀有的很多细微形式的自怜。觉知当你试图按照你想宣称的自我来赢得他人的喜欢或接受时，你对他人所进行的很多细微形式的操控。当你和内识在一起时，你不需要宣称自己；你不需要展示自己；你不需要操控别人去喜欢或接受你，因为内识和你同在。

因此，别怜悯自己，因为你并不可怜。今天做一个内识的初级学生，因为这绝不意味着可怜。这是一个你无法想象的更伟大的观测位置。

每小时重复这一想法。让它进入你的思想，并进行片刻地思考。在两次练习里，重复这一声明，然后进入静心里。没有任何可怜人能够进入静心里，因为静心是对深刻关系的体验，是对深远的爱的接受。谁能在这样的境况里做个可怜人呢？

练习 123：两个 30 分钟

每小时练习

Step 124

TODAY I WILL NOT PRETEND I AM HAPPY.

Y

OU DO NOT NEED TO PRETEND THAT YOU ARE HAPPY, for this

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

DO NOT PRETEND TO BE HAPPY TODAY, for he or she who is truly satisfied may cast any expression upon the world, but within their expression will be the power of Knowledge. This is what is most important. Knowledge is not a form of behavior. It is an intense experience of life. Therefore, do not attempt to persuade yourself or others with a demonstration of behavior, for this is unnecessary.

REPEAT THIS STATEMENT UPON THE HOUR and feel its power and its gift of freedom. Allow yourself to be exactly as you are today. In your two deep meditation practices, allow yourself to enter stillness, for when you are not trying to be someone, you may have the luxury of stillness, which is the luxury of love.

PRACTICE 124: *Two 30-minute practice periods.*

Hourly practice.

第 124 阶 今天我不假装快乐。

你不必假装你是快乐的，因为这只能掩饰一种自怜感、加重你的困惑并加深你的困境。今天做你自己，但要保持自我观察，记住当你对内识左右摇摆、犹豫不定时，内识始终和你在一起。因为内识不会摇摆不定，它是你的确定性、一贯性和稳定性的源泉。因为它对世界毫无恐惧，所以它是你无惧的源泉。你不是个可怜人，因此没有必要去伪装。

今天别假装快乐，因为真正满足的人给世人形成的印象可能是任何模样，可是在他们的表达里呈现的是内识的力量。这才是最重要的。内识不是一种行为模式。它是对生命的强烈体验。因此，别试图用一种行为示范来说服自己或他人，因为这没有必要。

每小时重复这一声明，并感知它的力量和它所带来的自由的礼物。今天让自己做真正的自己。在两次深度冥想里，让自己进入静心里，因为当你不试图成为某人时，你将享受到静心，它是对爱的享受。

练习 124：两个 30 分钟

每小时练习

Step 125

I DO NOT NEED TO BE SOMEONE TODAY.

Y

OU ALREADY ARE SOMEONE, so why try to be someone? It is

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

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

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

Hourly practice.

第 125 阶 今天我不需要成为某人。

你已经是一个人，为何还要努力成为某人呢？最好是做回你已经是的那个人。你已经是的那个人是在一个个人特质的载体中携带着的内识的力量。这已经被确立好了，并且现在正在发展当中。当你已经是某种事物时，今天为何还要努力成为某种事物呢？为什么不做你真实的自己呢？去发现你是什么。这需要巨大的勇气，因为你必须冒着让你对自身和世界的理想主义落空的风险。这需要鼓励，因为你必须冒着放弃自我怨恨的风险，这种怨恨让你把自己和生命隔离开来。

因此，今天完全地做你自己。每小时提醒自己。在两次冥想中，让自己保持静心和接收，因为今天你不想成为某人。

练习 125：两个 30 分钟

每小时练习

Step 126

REVIEW

TODAY'S REVIEW WILL CONCENTRATE UPON THE PAST WEEK OF

training. It will emphasize once again that you are learning to learn. You are learning to understand how you learn. You are learning to understand your strengths and your weaknesses. You are learning to understand your predispositions—those qualities in yourself that you must cultivate and those qualities which you must arrest and bring under conscious control. You are learning to be observant of yourself. Thus, you are learning at last to be objective with yourself. This objectivity is especially important, for it allows you to utilize that which is there to serve you without your condemnation. In this way, your service to yourself becomes immediate and effective.

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

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

PRACTICE 126: *One long practice period.*

第 126 阶 复习

今天的复习专注于前一周的训练。这里再次强调你正在学习如何学习。你正在学习去理解你如何学习。你正在学习去理解你的优势和弱势。你正在学习理解你的倾向性——你内在那些必须得到培养的品质，以及那些必须抑制并有意识地进行控制的品质。你在学习观察自己。因此，你终于开始学习对自己保持客观。这种客观性非常重要，因为它能够让你不加谴责地去运用那些在此服务于你的东西。由此，你对自己的服务会变得迅捷而有效。

如果你能学习对自己保持客观，那么你就能学习对世界保持客观。这使得内识能够透过你散发光芒，因为你不会试图让世界变成你所希望的样子，也不会试图让自己变成你所希望的样子。这是真正解答和真正幸福的开始，比这还要伟大的，这是真正贡献的开始。

在今天的长练习时段里，对前一周进行复习，始终记住这些。通过支持内识的外在显化来强化你对内识的体验，并坚信这一准备的力量将会把你带到内识的面前。

练习 126：一个长练习时段

Step 127

TODAY I WILL NOT TRY TO GET EVEN WITH GOD.

DO NOT TRY TO GET EVEN WITH GOD by being a miserable

person, for God only knows you as part of Creation. Do not try to get even with God by making the world destitute, for God created a world of beauty and opportunity. Do not try to get even with God by refusing to love or accept yourself, for God still knows you as you are. Do not try to get even with God today by ruining your relationships for your own selfish purposes, for God understands your relationships as they truly exist and understands their greater promise as well. You cannot get even with God. You can only harm yourself.

THEREFORE, ACCEPT THAT YOU HAVE LOST THE BATTLE against God. In your defeat is your greatest victory, for God has never lost you, though you have lost God temporarily in your imagination. Your love for God is so profound that you are as yet afraid of it, for it represents the greatest power within you that you can possibly possess. You must learn of this through direct experience. Therefore, do not try to get even with God today by reinforcing an idea about yourself based solely upon error and assumption, for Knowledge is with you. You are the happy victor in your own defeat.

IN YOUR TWO PRACTICE PERIODS TODAY, repeat this idea and then attempt to think about it. Our practices today will be engaging the mind in exploration and analysis. This is a useful application of your mind. Think about this message and all of your ideas surrounding it, and you will begin to understand your own current belief system. You will be able to understand this objectively. Then, you will be able to work with it, for the mind is fixed in a certain structure until it is utilized for other purposes. Do not accept this structure as your reality, for the outward manifestation of your mind is a structure that you have imposed upon it. Yet, its real inward harmony and nature seek only to be expressed. To enable this to happen you must have an adequate structure in the mind to enable the mind to express itself in the physical world without restraint or distortion. It is towards this, then, that we will work today.

PRACTICE 127: *Two 30-minute practice periods.*

第 127 阶 我不试图报复上帝。

别试图通过做个痛苦的人来报复上帝，因为上帝只知道你是创造的一部分。别试图通过让世界贫困来报复上帝，因为上帝创造了一个充满美好和机会的世界。别试图通过拒绝爱自己 and 接受自己来报复上帝，因为上帝依然知道你是谁。别试图通过因为你自私的目的去毁掉你的关系来报复上帝，因为上帝理解你那些真正存在的关系，并理解它们的更伟大前途。你无法报复上帝。你只会伤害你自己。

因此，要接受你已经输掉了和上帝的战争。你的失败意味着你最伟大的胜利，因为上帝从未失去你，尽管你在自己的想象中暂时地失去了上帝。你对上帝的爱是如此深刻，以至于你依然心怀恐惧，因为它代表着你内在可能拥有的最伟大力量。你必须透过直接的体验去认知它。因此，今天别试图通过强化你那些仅仅建立在错误和假设上的对自我的想法来报复上帝，因为内识和你同在。在你自身的失败中，你是那个快乐的得胜者。

在两次练习中，重复这一想法并努力进行思考。今天的练习要求思想进行探究和分析。这是对你的思想的有效应用。通过思考这一讯息，以及你所有围绕这一讯息的相关思想，你将开始理解你自己当前的信仰系统。你将能够客观地理解它。然后，你将能够和它协同工作，因为除非思想开始被用于其他目的，否则它始终执着于某种构架里。别把这一构架当做你的实相来接受，因为你思想的外在显化是你强加在思想上的一个构架。然而，思想真正的内在和谐和本质，始终在寻求表达的机会。为了实现这一表达，你必须在思想里建立一个更完善的构架，使得它能够在物质世界上不受局限或扭曲地表达它自己。我们今天所要做的，就是向这个方向努力。

练习 127：两个 30 分钟

Step 128

MY TEACHERS ARE WITH ME. I NEED NOT FEAR.

YOUR INNER TEACHERS ARE WITH YOU, and you need not fear.

If you have sufficient confidence in Knowledge, based upon actual experience, and sufficient confidence in the presence of your Teachers, based upon actual experience, this will give you a certainty and a faith in life that will counteract all fear that is unnecessary. This will leave your mind at ease.

ONLY CONCERN THAT YOUR KNOWLEDGE is being violated will emanate from Knowledge, and then only to indicate that you need to reassess your actions and ideas. Knowledge has a self-correcting principle. That is why it is your Inner Guidance. If you are going against your Knowledge, you will be ill at ease with yourself, and this will give rise to anxiety. Much of the fear that you experience moment to moment is simply a matter of your own creation, your own negative imagination. But, then, there is fear that is born of the violation of Knowledge. This is more a discomfort than a fear, for it rarely carries with it any kind of imagery at all, though ideas can come into your mind as a form of warning should you be attempting a behavior or a line of thinking that is dangerous or destructive.

FEAR THAT IS BORN OF NEGATIVE IMAGINATION comprises the vast majority of the fear with which you entertain yourself. This you must learn to counteract, for it is an inappropriate use of your mind. Here you create an experience for yourself, experience it and then call it reality. Meanwhile, you have not been present with life at all. You have merely been in fantasy within yourself. Negative imagination drains you emotionally, physically and mentally. It can be escalated to such heights that it can dominate your thinking altogether. For how else can you be separate in the universe except in your own thoughts? You cannot actually be separate from God. You cannot actually be separate from Knowledge. You can only hide in your own thoughts and weave them together to create a separate identity and experience for yourself which, though quite demonstrative, are in fact completely an illusion.

IN YOUR TWO MEDITATION PRACTICES TODAY, once again enter into stillness. Today there will be no mental speculation or activity, for the mind will once again come to rest so that it may experience its reality. Let not fear or anxiety dissuade you. Remember, this is your negative imagination only. Only Knowledge can indicate if you are doing something inappropriate, and that will only be in the face of

immediate events. You will find that this is quite different from negative imagination and will require a different response from you.

PRACTICE 128: *Two 30-minute practice periods.*

第 128 阶 我的上师和我同在，我不必害怕。

你的内在上师和你同在，你不必害怕。如果你能基于实际体验而对内识保持充分的信心，并基于实际体验对你上师的临在保持充分信心的话，这将为你在生命中带来确定和信念，它们能够抵御一切不必要的恐惧。这将让你的思想保持放松。

唯有当你的内识被违背时，内识才会发出关切，并指示你需要重新评估你的行动和思想。内识拥有一个自我修正法则，正因为如此，它是你的内在指引。如果你违反了你的内识，那么你将感到很不自在，这会导致焦虑。你平时经常体验到的大部分恐惧只是来自于你自己的创造，来自于你自己的负面想象。然而，另一种恐惧是来自于对内识的违背。这与其说是一种恐惧，不如说是一种不安，因为它很少带有任何形式的意象，当然，假如你试图发起任何威胁或破坏性的行为或一连串想法时，某些念头会作为一种警告进入你的思想里。

源自于负面想象的恐惧，构成了你自己所抱持的绝大部分恐惧。你必须学习去抵御这些，因为这是对你思想的不恰当运用。在此，你为自己制造了一种体验，然后去体验它，并称它为实相。这时，你根本没有全然地面对生命。你只是生活在自己内在的空想里。负面想象消耗了你的情绪、身体和思想。它甚至会被提升到非常的高度以至于完全控制了你的思想。因为除非陷入你自己的思想，否则你怎么可能在宇宙中保持隔离呢？实际上你是无法从上帝分离的。你无法从内识分离。你唯一能做的是躲在自己的想法里，并将它们编织在一起制造一个隔离的身份，然后让自己去体验它，尽管这看起来很真实，可事实上它完全是一种幻觉。

在今天的两次冥想里，再一次进入静心里。今天不需要思想的推理或活动，而是让思想再次进入安静中去体验它的实相。别让恐惧或焦虑阻碍你。记住，这只是你的负面想象而已。只有内识能够指示你是否有不恰当的行为，而这只有在面对即刻事件时才会发生。你会发现这与负面想象完全不同，并且会要求你完全不同的回应。

练习 128：两个 30 分钟

Step 129

MY TEACHERS ARE WITH ME. I WILL BE WITH THEM.

YOUR TEACHERS ARE WITH YOU. They are not speaking to you

except on very rare occasions, and then only if you are capable of hearing. From time to time they will send their thoughts into your mind, and you will experience this as your own spark of inspiration. You are as yet unaware of how your mind is joined with all other minds, but in time you will begin to experience this in the context of your own world. The demonstration of this will become so obvious that you will wonder how you could ever have doubted it.

YOUR TEACHERS ARE WITH YOU and today in your two longer practice periods, practice being with them. You do not need to create an image of them in order to have this experience. You do not need to hear a voice or see a face, for their presence is enough to give you a complete experience that you are in fact together. If you will be still, breathe deeply and not weave fantasies—neither happy fantasies nor fearful fantasies—you will begin to experience what is actually there. Your Teachers are actually there. And today you can practice being with them.

PRACTICE 129: *Two 30-minute practice periods.*

第 129 阶 我的上师和我同在。我将和他们在一起。

你的上师和你同在。他们不会和你说话，除非一些非常特别的情况，并且除非你能够听到他们。他们不时地会将他们的想法发到你的思想里，那时你会把它体会为你自己灵感的闪现。你还未能意识到你的思想是如何与所有其他思想联接在一起的，不过慢慢地，你将开始在你所处的世界里体验到这点。它的示范将会变得如此显在，以至于你开始自问，以前你怎么会对此抱有怀疑呢？

你的上师和你同在，在今天的两次长练习时段里，练习让自己和他们在一起。你不必为了拥有这一体验而为他们制造一个形象。你也不必非要听到一个声音或看到一张脸，因为他们的临在本身，足以让你完全地体验到你们的确在一起。假如你安静下来，深入地呼吸，别制造任何空想——无论是快乐的还是可怕的空想——那么你将开始体验到真正存在在那里。你的上师的确在那里。今天你能够练习和他们在一起。

练习 129：两个 30 分钟

Step 130

RELATIONSHIPS WILL COME TO ME

WHEN I AM PREPARED.

WHY STRIVE FOR RELATIONSHIPS IN THE WORLD when

genuine relationships will come to you as you are prepared?

To understand this, you must have great faith in the power of Knowledge within yourself and within others. As this awareness grows, the basis for your striving and desperate pursuits will fall away, making true peace and accomplishment possible for you.

INDIVIDUALS WILL COME TO YOU through mysterious means because you are cultivating Knowledge. As you have relationships with one another on a personal level, you also have relationships on the level of Knowledge. It is this level that you will begin to experience, in small increments at first. Eventually, if you pursue your preparations appropriately, this experience will grow and become quite profound for you.

YOU DO NOT NEED TO SEEK FOR RELATIONSHIPS. You need only give yourself to your preparation and have confidence that people will come to you when you need them. This will require that you assess your needs in contrast to your wishes. If your wishes do not represent your genuine needs, then you will confuse your life terribly. You will place a burden upon yourself and upon those with whom you are engaged that can only oppress them, and you as well. Without this oppression, people will be free to come to you as you truly need them.

REMINDE YOURSELF OF THIS UPON THE HOUR TODAY, and in your two longer practice periods allow your mind to enter receptivity.

Allow yourself to feel the presence of your Teachers. Do not exacerbate yourself with desires for relationship and your requirements for individuals or for what they may possess. Have confidence today that Knowledge will draw all people to you as you truly need them.

PRACTICE 130: *Two 30-minute practice periods.*

Hourly practice.

第 130 阶 当我准备好时，关系会走向我。

当你准备好时，真正的关系会走向你，因此，为什么还要在世界上拼命地寻求关系呢？为了理解这点，你必须对你内在以及他人内在的内识的力量充满信心。当这种觉知增强时，你那些不歇的、不顾一切的追求将失去存在的基础，这让真正的和平和成就对你来说成为可能。

某些人将通过神秘的方式来到你身边，因为你正在培养内识。正如你和他人个人层面上拥有关系，你同样在内识的层面上拥有关系。你将要开始体验的正是这个层面，刚开始时，这种关系成长得很慢。最终，如果你正确地从事你的准备，那么这种体验将开始增长，并且对你来说将变得非常深远。

你不必去寻求关系。你只需要将自己投入到准备当中，并坚信当你需要时，你所需要的人将来到你身边。这需要你去评估你的需要和你的希望之间的对比。如果你的希望并不代表你真正的需要，那么你会让自己的生命产生严重的困惑。你将把负担加在自己以及你所交往的那些人身上，这只会给他们带来压迫，对你也相同。当这种压迫不存在时，人们会在你真正需要他们时自由地来到你身边。

每小时重复这点，并在两次长练习时段里，让自己的思想进入接收里。让自己感知上师的临在。别加剧你自己对关系的渴望以及你对别人以及他们应具备品质的要求。今天坚信当你真正需要他们时，内识会吸引所有需要的人来到你身边。

练习 130：两个 30 分钟

每小时练习

Step 131

TODAY I WILL SEEK THE EXPERIENCE OF TRUE PURPOSE IN LIFE.

SEEK THE EXPERIENCE OF TRUE PURPOSE. This provides the

foundation for all meaningful relationships. Do not seek relationships outside of this context, for they will lack foundation and, though perhaps very alluring, will prove to be very difficult for you. Whether you are seeking marriage, great friendship or someone to help you in your work, remember that Knowledge will draw to you all individuals as you truly need them.

THEREFORE, TODAY CONCENTRATE ON PURPOSE and not on relationship. The greater your experience of purpose, the greater your comprehension of relationship. Though you will see that people come together for enjoyment and stimulation, there is a far greater component in their meeting. Few people recognize this, but it is given you to recognize this through practice and experience. You can be certain that if you are not trying to fit people into your own idea of purpose, you will be opening yourself to the genuine experience of purpose itself. As you begin to observe yourself objectively, you will begin to see the manifestations of your own will in contrast to Knowledge, and this will be very essential for your learning.

TODAY REMIND YOURSELF UPON THE HOUR of your intent to realize your purpose. Let today be a step in that direction—a step that will save you years and years of time, a step that will advance you forever towards your goal of Knowledge, for Knowledge is drawing you. In your two deeper practice periods, allow Knowledge to draw you. Feel the greater attraction within you, which you will naturally feel if you are not preoccupied with little things.

PRACTICE 131: *Two 30-minute practice periods.
Hourly practice.*

第 131 阶 今天我将寻求对生命真正宗旨的体验。

寻找对真正宗旨的体验。这为所有有意义的关系提供了基础。别在这个范围之外寻求关系，因为那些关系将缺乏任何基础，尽管它们可能非常有诱惑力，但对你来说将是非常困难的。无论你在寻找婚姻、伟大的友谊或在寻找能够在工作中帮助你的人，记住内识将把所有你真正需要的人带给你身边。

因此，今天专注于宗旨，而非关系。你对宗旨的体验越强烈，那么你对关系的理解也越广大。尽管你会发现人们为了享乐和刺激走到一起，但是在他们的相遇里却存在着更深远的因素。很少人能够认知这点，但通过修习和体验，你得到了机会去认知它。你可以肯定的是，如果你不试图按照你自己对宗旨的想法将他人对号入座的话，那么你将能够打开自己去真正体验宗旨本身。当你开始客观地观察自己时，你将看到你个人意志的显化和内识之间所形成的对比，这对于你的学习来说是非常必要的。

每小时提醒自己你想要认知你的宗旨。让今天成为向那个方向迈进的一步——这一步将为你节省很多年的时间，这一步将引领你始终向内识的目标前进，因为内识正在牵引着你。在两次深入练习里，让内识牵引你。感知你内在那个更伟大吸引力，当你不让自己烦扰于琐事时，你将很自然地感知它。

练习 131：两个 30 分钟

每小时练习

Step 132

LET ME LEARN TO BE FREE SO THAT I MAY JOIN.

Y

OUR INDEPENDENCE FROM THE PAST—your past judgments,

past associations, past pains, past wounds and past difficulties—gives you independence in the present. This is not to solidify your separation or to make it more complete, but instead to enable you to join meaningfully in relationship. Let this be a tacit understanding: You can do nothing in the world without relationship. You can accomplish nothing; you can advance in no direction; you can realize no truth; you can contribute nothing of value without relationship. So as your independence from the past grows, thus does your promise for inclusion in the present and the future grow as well. For freedom is meant to empower you to join.

REMEMBER THIS IDEA UPON THE HOUR and give it consideration in light of all of your experiences today. In your two meditation practices, allow the attraction of Knowledge to pull you deeper within yourself. Allow yourself to have this experience of freedom.

PRACTICE 132: *Two 30-minute practice periods.*

Hourly practice.

第 132 阶 让我学习自由，这样我就能够加入。

你从过去中独立出来——你过去的评判、过去的关系、过去的痛苦、过去的伤口和过去的困难——这将给你带来当下的独立。这并非为了强化你的隔离，或让你的隔离变得更彻底，而是为了让你能够加入到有意义的关系中去。不言而喻：没有关系，你在世界上什么也做不了。没有关系，你无法成就任何事情；你无法向任何方向发展；你无法认知真理；你无法进行任何有价值的贡献。因此，当你越从过去中独立出来时，你越有希望在当下和未来进行参与。因为自由注定会为你赋权让你去加入。

每小时记住这一想法，并在今天所有的体验中对它进行思考。在两次冥想中，让内识的吸引力将你更深地拉向内在。让自己拥有这种对自由的体验。

练习 132：两个 30 分钟

每小时练习

Step 133

REVIEW

TODAY WE SHALL REVIEW THE PAST WEEK OF PREPARATION.

Review this objectively without condemnation, once again realizing your advancements and your limitations and strengthening your resolve. For it is your desire for Knowledge that we wish to cultivate as well as your capacity. It is right thinking, right action and true motivation that will advance you naturally in the direction in which you are meant to go. Each step forward will give you a greater sense of purpose, meaning and direction in life and will free you from attempting to resolve matters that do not require resolution and from attempting to understand things out of fear and anxiety. The more at peace you are with your nature, the more your nature can express the greatness that you have brought with you. Thus, you will become a light unto all around you, and you will marvel at the events of your own life, which in itself will be a miracle.

IN YOUR LONG PRACTICE PERIOD TODAY, undertake your review with depth and sincerity. Do not let anything dissuade you from your practice today. It is your practice that is your gift to God, for you give yourself in your practice, and you receive your gift as well.

PRACTICE 133: *One long practice period.*

第 133 阶 复习

今天我们将复习前周的练习。不带谴责地、客观地进行回顾，再次意识到你的优点和限制，并强化你的决心。因为我们希望培养的，正是你对内识的渴望还有你的能力。正确的思想、正确的行动和正确的激励，将会自然地将你往那个你注定要走的方向推进。每向前一步都将赋予你对生命宗旨、意义和方向的更强烈感知，并将让你摆脱试图解决一些根本不需要解决的问题的企图，以及摆脱试图带着恐惧和焦虑去思考问题的企图。你越能和自己的特质和平相处，你的特质就越能够去表达你随身携带的伟大。这样，你将变成一道光，照向你周围的一切；并且你将对自己生命里发生的事件感到惊叹，而你生命本身也将是一个奇迹。

在今天的长练习时段里，深入而认真地进行复习。别让任何事情妨碍了你的修习。你的修习是你奉献给上帝的礼物，因为你在修习中奉献自己，同时也在修习中接收你的礼物。

练习 133：一个长练习时段

Step 134

I WILL NOT DEFINE MY PURPOSE FOR MYSELF.

Y

OU DO NOT NEED TO DEFINE YOUR PURPOSE when in time

your purpose will merely arise and be known by you. Do not live by definitions. Live by experience and understanding. You do not need to define your purpose, and if you attempt to do so, always remember that it is only a temporary expedient. Do not give it great credibility. In this way, the world cannot anger you, for what can the world do to you but undermine your definition of yourself? If you are not living upon your definitions, the world cannot harm you, for it cannot touch the place of Knowledge that is within you. Only Knowledge can touch Knowledge. Only Knowledge in another can touch Knowledge within you. Only Knowledge within you can touch Knowledge in another.

THEREFORE, DO NOT DEFINE YOUR PURPOSE TODAY. Be without definitions so that the experience of purpose may grow. And as it grows, it will give you the content of your purpose, without distortion or deception. You will not need to defend this in the world, but only carry it like a jewel in your heart.

UPON THE HOUR REMIND YOURSELF not to define your purpose, and begin to think of the cost of doing so in terms of your own past experience. In your two meditation practices, allow yourself to be still. Upon each exhale, speak the word RAHN. RAHN. RAHN. You only need speak the word RAHN upon the exhale in your meditation. Let this be your total focus. This word will serve to stimulate Ancient Knowledge within you and give you the strength that you most need at this time.

PRACTICE 134: *Two 30-minute practice periods.*

Hourly practice.

第 134 阶 我不去定义自己的宗旨。

你不必去定义你的宗旨，因为慢慢地你的宗旨会自动浮现出来并被你所认知。别活在定义里。让自己活在体验和理解里。你不必去定义你的宗旨，如果你试图去定义的话，始终牢记它只是一个暂时性的定义。别给它过高的可信性。这样，世界就无法激惹你，因为世界能对你做的，不就是瓦解你对自我的定义吗？假如你不是活在你的定义里，那么世界就无法伤害你，因为它无法触及你内在内识的所在。只有内识能触及内识。只有另一个人内在的内识能够触及你内在的内识。同样，只有你内在的内识能够触及另一个人内在的内识。

因此，今天别去定义你的宗旨。让自己不带任何定义，这样对于宗旨的体验将能够增长。当它逐渐增长时，它将为你呈现你宗旨的内容，不带任何扭曲或欺骗。你不必在世界上维护它，你只需将它像一颗宝石一样，携带在你的内心里。

每小时提醒自己别去定义你的宗旨，并开始思考你过去的经验中，当你这样做时所付出的代价。在两次冥想中，让自己进入静心。每次呼气时，口里念出 RAHN, RAHN, RAHN (然，然，然)。你只需要在呼气时，念 RAHN (然)。全然地专注于这个音。它将帮助激发你内在的古老内识，并给你带来此时此刻你最为需要的力量。

练习 134：两个 30 分钟

每小时练习

Step 135

I WILL NOT DEFINE MY DESTINY TODAY.

LIKE YOUR PURPOSE, YOUR DESTINY remains beyond your

definition. You need only take a step in its direction to feel the growing presence of Knowledge in your life. The closer you are to Knowledge, the more you will experience it. The more that you experience it, the closer you will want to become because this is a natural attraction. This is true love, the attraction of like to like. This is what gives the universe all of its meaning. This is what joins life together completely. Be free this day of definitions, and allow your mind to take its natural formation. Allow your heart to follow its natural course. Allow Knowledge to express itself through your mind, whose outward structure is now becoming open and free.

REMIND YOURSELF OF YOUR PRACTICE UPON THE HOUR. In your two deep meditations today, continue with your RAHN practice, speaking the word RAHN on each exhale. Allow yourself to feel the presence of your own life, the presence of your Teachers and the depth of your own Knowledge. Allow your self-discipline to be exerted meaningfully today, to engage your mind in this way. For as the mind is brought into proximity of its true destination, it will respond accordingly and everything will follow its natural course. Then you will feel that Grace is with you.

PRACTICE 135: *Two 30-minute practice periods.*

Hourly practice.

第 135 阶 今天我不去定义我的天命。

正如你的宗旨一样，你的天命也超越你的定义以外。你唯一需要做的是向它的方向迈进一步，来体验你生命中不断增长的内识的临在。你越是靠近内识，你将越能体验它。你越能体验到它，你就越想更靠近它，因为这是一种天然的吸引力。这是真正的爱，是同类之间的相吸。这为宇宙赋予了所有的意义。这将生命完全维系在一起。让今天不带定义，让你的思想保持它自然的构架。让你的心灵遵循它自然的道路。让内识通过你的思想表达它自身，因为你思想的外在构架正在逐渐变得开放而自由。

每小时提醒自己进行练习。在两次深度冥想中，继续 RAHN（然）的练习，在每次呼气时，念 RAHN（然）。让自己感知你自己生命的临在，你上师的临在以及你自己的内识的深度。让你的自律今天得到有意义的发挥，来引导你的思想以上述方式进行参与。因为当思想被引领着向它真正的目的地靠拢时，它将随之做出回应，并且一切都将遵循其自然的道路。这样，你将会感知恩宠和你同在。

练习 135：两个 30 分钟

每小时练习

Step 136

MY PURPOSE IS TO RECLAIM MY KNOWLEDGE

AND TO ALLOW IT TO EXPRESS ITSELF IN THE WORLD.

T HIS WILL ANSWER YOUR QUESTIONS concerning your purpose.

As you follow this purpose, your calling in life—which is a specific role that you will be asked to take—will naturally emerge step by step. It will not require your definition. It will simply emerge, and you will understand it more deeply and more completely with each step, for each step will fulfill it even more.

YOUR KNOWLEDGE IS YOUR PURPOSE. Remind yourself of this upon the hour, and be glad that an answer has been given. But the answer is not merely an idea. It is an opportunity for preparation, for all true answers to all genuine questions are some form of preparation. It is the preparation that you require and not answers alone. Your mind is full of answers already, and what have they done but add to the burden of your thinking? Follow, then, the preparation given this day and each day within our program so that you may receive the answer to your question. Your purpose is to reclaim your Knowledge, and that is what we will undertake today.

AGAIN, REMIND YOURSELF OF YOUR AFFIRMATION upon the hour.

Give it thought throughout the day so that it may be the sole focus of your understanding today. In your two longer meditation practices, continue to repeat the word RAHN, which will stimulate Ancient Knowledge within you. You do not need to understand the potency of this practice to receive its full benefit. To receive its full benefit you need only practice it as it is given.

PRACTICE 136: *Two 30-minute practice periods.*

Hourly practice.

第 136 阶 我的宗旨是唤回我的内识，并让它在世界上表达它自己。

这将解答你关于自己的宗旨的问题。当你遵循这一宗旨时，你在生命中的召唤——它是你将被要求承担的一个特定角色——将一步步自然地浮现。它不需要你的定义。它就是那么简单地浮现出来，而你每前进一步都将更深入、更全面地理解它，因为每一步都是在迈向它的实现。

你的内识就是你的宗旨。每小时提醒自己这点，并为得到了答案而感到欢欣。但是这个答案不仅仅是一个想法。它是一个进行准备的机会，因为针对所有真正问题的所有真正答案，都意味着某种形式的准备。你所要求的是那个准备，而不单单是一个答案。你的思想已经充满了各种答案，而它们除了增加你的思想负担外还有什么用处呢？因此，遵循今天以及每一天的课程给出的准备，这样你将接收对你的问题的答案。你的宗旨是唤回你的内识，而这正是我们今天要做的。

每小时提醒自己今天的声明，并对它进行思考，这样它将成为你今天的理解力的唯一专注点。在两次冥想中，继续重复 RAHN（然），这将激发你内在的古老内识。你不必理解这一练习的威力，才能接收它所有的益处。你只需按照所提供的方法进行练习，就能接收它所有的益处。

练习 136：两次 30 分钟

每小时练习

Step 137

I WILL ACCEPT THE MYSTERY OF MY LIFE.

Y

OUR LIFE IS A MYSTERY. Your origin, your purpose here and

your destination when you leave are very mysterious. They can only be experienced to be comprehended. How can you, at this given moment, understand the mystery of your life? You would have to be at the end of your life to understand what has transpired thus far, and you are not at the end of your life in the world. You would have to see the world from your Ancient Home to understand the true meaning of the world. You are in the world now, so you must be present to the world. Yet, this mystery can be experienced and must be experienced. You cannot understand it at this moment, but in this moment you can experience it fully. Within this experience, it will yield to you all of the things that you now need to take the vital step that is waiting for you to take.

THEREFORE, DO NOT BURDEN YOUR MIND with the requirement of understanding, for you will seek the impossible and will only confuse yourself and add to the burden of your thinking. Rather, give yourself to experience the mystery of your life with wonder and appreciation that the world is far greater than what your senses have reported thus far and that your life is far greater than what your judgments have determined.

REPEAT THIS IDEA UPON THE HOUR and practice your RAHN meditation twice today with great depth and sincerity. Allow your practice today to reaffirm your commitment to Knowledge, for you need only follow the steps as they are given.

PRACTICE 137: *Two 30-minute practice periods.*

Hourly practice.

第 137 阶 我将接受我生命的神秘。

你的生命是一个神秘。你的来源，你在此的宗旨和你离开时的去向，都充满了神秘。这些只能被体验，从而被理解。此时此刻，你怎么可能理解你生命的神秘呢？你必须站在你生命的尽头，才能理解这一生发生了什么，可是现在你还没有走到你生命在这个世界上的尽头。你必须从你的古老家园看向这个世界，才能理解这个世界的真正意义。你现在身处这个世界里，因此你必须全然贯注于这个世界。然而，这一神秘能够被体验，而且必须被体验。你在此刻无法理解它，但你能够在此刻全然地体验它。在这一体验里，它将为你提供你当下需要的所有一切，从而让你能够迈出正在等待着你的关键的进阶。

因此，别要求你的思想去理解它，因为这是不可能的，而你只会给自己造成困惑，并加重你思想的负担。你真正要做的是让自己去体验你生命的神秘，感叹并激赏这世界远比你所感知的要伟大得多，并且你的生命远比你所评判的要伟大得多。

每小时重复这一思想，并以极大的深入和真诚进行 RAHN（然）的两次冥想练习。用今天的练习再次肯定你对内识的承诺，因为你只需要按照所提供的方式去遵循进阶。

练习 137：两个 30 分钟

每小时练习

Step 138

I NEED ONLY FOLLOW THE STEPS AS THEY ARE GIVEN.

THE TRUTH OF THIS IS SO VERY OBVIOUS, if you will think of

the many things that you have learned by simply following the steps in preparation. To not participate and to attempt to understand is utterly fruitless, utterly frustrating and without a happy or satisfying result of any kind. We are preparing you to participate in life, not to judge it, for life will hold a greater promise than your judgments could ever reveal. Your understanding is born of participation and is the result of participation. Thus, learn to participate and then to understand, for this is the true sequence of things.

THIS DAY REMEMBER YOUR HOURLY PRACTICES and allow your two meditations in stillness to become deeper. Allow no thoughts of fear, anxiety or self-doubt to dissuade you from your greater activity. Your ability to practice regardless of your emotional state demonstrates that the presence of Knowledge is within you, for Knowledge is beyond all emotional states and is unfettered by them. If you wish to see the stars, you must look beyond the clouds. What are your fears but clouds that pass through your mind? They only change the character of the surface of your mind, but the depth of your mind remains unchanged forever.

PRACTICE 138: *Two 30-minute practice periods.*

Hourly practice.

第 138 阶 我只需按照所提供的方式遵循进阶。

如果你思考一下你只是通过遵循准备里的进阶而学到的很多东西的话，这一声明所包含的真理就会非常显在。不去参与而试图理解，是彻底无果、彻底挫败的，并且得不到任何高兴或满意的结果。我们让你进行准备去参与生命，而不是去评判它，因为生命远比你的评判所能展示的要拥有更伟大的希望。你的理解源自于参与并且是参与的结果。因此，学习去参与，然后去理解，因为这才是事物的真正次序。

今天记住你的每小时练习，并让你的两次静心练习更加地深入。别让任何恐惧、焦虑或自我怀疑的想法，阻碍了你的更伟大行动。你在任何的情绪下都能坚持修习的能力，示范了你内在内识的存在，因为内识超越所有的情绪状态，并且不受情绪的影响。如果你想看到群星，你就必须望穿云层。你的恐惧是什么，不就是那些掠过你思想的浮云吗？它们只能改变你思想表层的性质，然而，你的思想深处是永远保持不变的。

练习 138：两个 30 分钟

每小时练习

Step 139

I HAVE COME TO THE WORLD TO SERVE.

Y

OU HAVE COME TO THE WORLD TO SERVE, but first you must

receive. First, you must unlearn what you have taught yourself so that you may reclaim that which you have brought with you. This preparation is essential for your success and for your happiness as well. Do not think that through understanding alone you will be able to recognize and give your true gifts. Your participation is your preparation, for you are being prepared to participate in life. Thus, we draw you more and more into the mystery of life and the manifestation of life. In this way, you will be able to treat the mystery as mysterious with wonder and you will be able to treat the manifestation of life practically and with objectivity. With this, you will be able to be a bridge from your Ancient Home to the manifest world. Across this bridge the Wisdom of Knowledge may express itself, and you may find your greatest fulfillment.

PRACTICE YOUR RAHN MEDITATION TWICE TODAY with great depth and concentration, and remember your idea upon the hour so that you may utilize all occurrences today on your own behalf.

PRACTICE 139: *Two 30-minute practice periods.*

Hourly practice.

第 139 阶 我来到世界上是为了进行服务。

你来到世界上是为了进行服务，不过首先你必须接收。第一步，你必须摈弃你已经教给自己的东西，这样你就能唤回你随身携带的东西。这一准备对于你的成功以及你的幸福来说至关重要。不要以为你只需通过理解就能认知和奉献你真正的礼物。你的参与是你的准备，因为你正在进行准备去参与到生命里。因此，我们将你越来越深地带入生命的神秘和生命的显化里。通过这样，你将能够带着惊叹让神秘保持神秘，同时带着实用性和客观性去看待生命的显化。通过这样，你将能够化作一条由你的古老家园通向这个显化世界的桥梁。通过这个桥梁，内识的智慧将会表达它自身，而你将找到你最伟大的成就。

今天非常深入而专注地进行两次 RAHN（然）的冥想练习，并在每小时里，记住你今天的想法，这样你就能够为了你自己的利益来运用今天所有的事件。

练习 139：两个 30 分钟

每小时练习

Step 140

REVIEW

TODAY YOU COMPLETE TWENTY WEEKS OF PRACTICE. You have

come this far, and from here you will proceed on with greater strength and certainty, for Knowledge will begin to guide you and to motivate you increasingly as you become attentive to it. You wish to be the servant and the Master all at once because the servant is in you and the Master is in you. You personally are not the Master, but the Master is in you. You personally are a servant, but you are in relationship with the Master, and so your union is complete. Thus, all aspects of yourself find their rightful place. All things are brought into alignment and harmony with one purpose and one goal. Your life is simple because it is in harmony and in balance. Knowledge will indicate all things that must be done for you—physically, emotionally and mentally—to develop this balance and to maintain it in your current circumstances. Think not that any vital aspect will be overlooked or left undone.

CONGRATULATIONS FOR YOUR ACCOMPLISHMENT thus far. Review the past six days of practice and gauge your understanding of your progress appropriately. Allow yourself to be a beginning student of Knowledge so that you may receive the very most. You will proceed on from here with greater certainty and speed and greater involvement as well as you learn to utilize all things for your benefit.

PRACTICE 140: *One long practice period.*

第 140 阶 复习

今天你已经完成了二十周的修习。你已经走出了这么远，由此你将带着更大的力量和确定继续前行，因为当你越来越专注于内识时，内识将开始更多地给你指引和鼓励。你希望同时做个仆人和主人，因为仆人在你的内在，同时主人也在你的内在。你的个体性不是主人，但主人就在你的内在。你的个体性是个仆人，但你和主人建立了关系，因此你的整合是完满的。这样，你自身的所有层面都找到了它们正确的位置。所有一切都向那个统一的宗旨和目标看齐，并与之协调一致。你的生命是简单的，因为它是和谐而平衡的。内识将指示一切必须为你去做的事情——包括身体上的，情绪上的和思想上的——来发展这种平衡，并在你当下的境况里维持这一平衡。不必担心任何重要的层面会被忽略或忘记。

恭喜你已经取得的成就！对过去六天的练习进行回顾，并恰当地评估你对你的进步的理解。让自己做内识的初级学生，这样你就能够最大限度地接收。你将带着更高的确定性和速度以及更大的投入由此继续前行，同时你会学着将所有一切为你所用。

练习 140：一个长练习时段

Step 141

I WILL BE CONFIDENT THIS DAY.

TODAY BE CONFIDENT THAT YOU ARE IN PREPARATION on the

path to Knowledge. Be confident today that Knowledge is with you and abides with you and that you are now learning step by step to receive its grace, its certainty and its direction. Be confident this day that you are born of God's love and that your life in this world, this brief visit here, is but an opportunity to re-establish your true identity in a place where it has been forgotten. Be confident today that the efforts that you are now making on your own behalf will lead you to the great goal that you have come here to seek because this preparation comes from your Ancient Home to serve you while you are in the world, for you have come to the world to serve.

REPEAT THIS AFFIRMATION UPON THE HOUR and consider it in light of all things that happen today. In your two longer practice periods, repeat the statement and then allow yourself to enter peace and stillness. Allow your confidence to dispel fear, doubt and anxiety. Support your efforts today, for they require your support on behalf of a greater certainty that you are now learning to receive.

PRACTICE 141: *Two 30-minute practice periods.*

Hourly practice.

第 141 阶 今天我要有信心。

今天有信心你正在通向内识的道路上进行准备。今天有信心内识和你同在，和你坚守，并且你正在学习一步步地接收它的恩宠、它的确定和它的方向。今天有信心你诞生于上帝的爱，并且你在这个世界上的生命，这个短暂的拜访，只不过提供了一个让你在上帝被遗忘的地方重建你真正身份的机会。今天有信心你正在为自己而做的努力，将带你走向那个你来此追寻的伟大目标，因为这一准备来自你的古老家园，为身处这个世界上的你提供服务，因为你来到这个世界是为了进行服务。

每小时重复这一声明，并在今天发生的所有事件中对它进行思考。在两次长练习时段里重复这一声明，然后让自己进入和平和静心里。让你的信心驱走恐惧、怀疑和焦虑。今天为自己的努力提供支持，因为它代表你正在学习接收的一个更伟大确定性，它要求你的支持。

练习 141：两个 30 分钟

每小时练习

Step 142

I WILL BE CONSISTENT TODAY.

P

RACTICE CONSISTENTLY TODAY regardless of what is

occurring within you or without. This consistency represents a Greater Power within you. This consistency will give you certainty and stability in the face of all disturbances, in the face of all external events and in the face of all emotional states within you. This consistency will stabilize and balance you and in time will bring everything into right order within you. You practice consistency so that you may learn it and experience it. As you do this, it will bestow upon you the empowerment that you will need to be a contributor in this world.

THEREFORE, TODAY PRACTICE CONSISTENTLY. Practice upon the hour, reminding yourself to be consistent. In your two meditations, practice keeping your mind steady and focused, allowing it to settle into itself so that it may experience its own nature. Do not repress what is occurring within you. Do not control what is occurring without. Simply maintain consistency, and all things will find a right balance and relationship to this. Thus, you are bringing forth Knowledge into the world, for Knowledge is entirely consistent. This will render you a person of great presence and power. Others will come to experience your consistency in time as it is more fully received by you and more fully developed. They will find refuge in your consistency, and this will remind them of their purpose as well, which waits to be discovered.

PRACTICE 142: *Two 30-minute practice periods.*

Hourly practice.

第 142 阶 今天我将保持一贯性。

今天修习一贯性，无论你的内在或外在正在发生着什么。这种一贯性代表了你在内在的一个更伟大力量。这种一贯性在你面临所有骚扰、所有外在事件和所有内在情绪状态时，将赋予你确定性和安定。这种一贯性将给你带来稳定和平衡，并将慢慢地使你内在的一切归于正确秩序。修习一贯性，这样你就能够学习它和体验它。当你这样做时，它将为你赋权，你需要这种赋权以成为世界上的一名贡献者。

因此，今天修习一贯性。每小时进行练习，提醒自己保持一贯性。在两次冥想中，练习让自己的思想保持稳定和集中，让它安住于它的内在，这样它就能够体验它自己的特质。别去压抑你内在发生的。别去控制你外在发生的。今天只要保持一贯性，那么所有事情都将找到和一贯性之间的平衡和关系。这样，你将内识带到了世界里，因为内识是彻底一贯的。这将使你变成一个具有伟大临在和力量的人。其他人会慢慢地靠近你来体验你的一贯性，因为在你身上，它得到了更完全的接收和发展。他们将在你的一贯性里找到慰藉，同时这将提醒他们，他们自己同样等待着被发现的宗旨。

练习 142：两个 30 分钟

每小时练习

Step 143

TODAY I WILL BE STILL.

BE STILL TODAY IN YOUR TWO MEDITATION PRACTICES so that

you may receive the presence of Knowledge within you. Take a moment of stillness in your hourly practice so that you may recognize where you are and what you are doing. In this way, you may access the greater aspect of mind so that it may serve you upon each hour so that you may carry it forth into the world. Be still today so that you may observe the world. Be still today so that you may see the world. Be still today so that you may hear the world. Carry forth your daily duties, but within yourself be still. In this way, Knowledge will present itself and then will begin to guide you as it is intended to do.

PRACTICE 143: *Two 30-minute practice periods.*

Hourly practice.

第 143 阶 今天我将保持静心。

在今天的两次冥想里保持静心，这样你就能够接收你内在内识的存在。在每小时练习时，进行片刻的静心，这样你将认识到你在哪里以及你在做什么。通过这种方式，你将联接思想的更伟大层面，这样它能够在每小时里服务于你，而你可以将它带进世界里。今天保持静心，这样你将能够观察世界。今天保持静心，这样你将能够看清世界。今天保持静心，这样你将能够听见世界。开展你日常的事务，但在内心保持静心。通过这样，内识将呈现它自身，并开始对你进行指引，这是它真正要做的。

练习 143：两个 30 分钟

每小时练习

Step 144

I WILL HONOR MYSELF TODAY.

HONOR YOURSELF BECAUSE OF YOUR HERITAGE, because of

your destiny and because of your purpose. Honor yourself because life honors you. Honor yourself because God is honored in God's Creation in you. This eclipses all the evaluations that you have made upon yourself. This is greater than any criticism that you have levied against yourself. This is greater than any pride that you have used to offset your pain.

IN SIMPLICITY AND HUMILITY REMIND YOURSELF upon the hour to honor yourself. In your two deeper practices today, allow yourself to experience the presence of Knowledge, for this honors you and honors Knowledge as well. Honor yourself this day so that Knowledge may be honored, for in reality you are Knowledge. This is your True Self, but it is a Self that you are only now beginning to reclaim.

PRACTICE 144: *Two 30-minute practice periods.*

Hourly practice.

第 144 阶 今天我将尊重自己。

尊重你自己，因为你的传承，因为你的天命，因为你的宗旨。尊重你自己，因为生命尊重你。尊重你自己，因为上帝因由祂在你内在的创造而得到了尊重。这一声明使得你所有那些针对自己的评估都黯然失色。它比你对自己的任何批判都更加强大。它比你用来抵消你的痛苦的任何骄傲都更加伟大。

每小时里，带着简单和谦卑，提醒自己要尊重你自己。在两次深入练习里，让自己体验内识的存在，因为这不仅是对你的尊重，同时也是对内识的尊重。今天尊重你自己，这样内识也将得到尊重，因为事实上，你就是内识。它是你真正的自我，不过这个自我你才刚刚开始唤回。

练习 144: 两个 30 分钟

每小时练习

Step 145

I WILL HONOR THE WORLD TODAY.

HONOR THE WORLD TODAY, for it is the place you have come to

reclaim Knowledge and to bestow its gifts. Thus, the world in its beauty and in its tribulation provides the right environment for you to fulfill your purpose. Honor the world because God is in the world honoring the world. Honor the world because Knowledge is in the world honoring the world. Honor the world because without your judgment you will realize it is a place of grace, a place of beauty and a place that blesses you as you learn to bless it.

REPEAT YOUR LESSON UPON THE HOUR. In your two longer practice periods, experience loving the world. Allow Knowledge to give its grace. You do not have to try to be loving here, but merely to be open and to let Knowledge express its great affection.

HONOR THE WORLD TODAY so that you may be honored for being in the world, for the world honors you as you honor yourself. The world is acknowledged as you acknowledge yourself. The world needs your love and your blessings. It needs your good works as well. In this way, you are honored, for you have come here to give.

PRACTICE 145: *Two 30-minute practice periods.*

Hourly practice.

第 145 阶 今天我将尊重世界。

今天尊重世界，因为这里是你来此唤回内识并奉献它的礼物的地方。因此，这个美丽而多难的世界为你提供了恰当的环境，让你去实现你的宗旨。尊重世界，因为上帝在世界上尊重着世界。尊重世界，因为内识在世界上尊重着世界。尊重世界，因为当你不加评判时，你将意识到它是一个充满恩宠的、美丽的地方，并且当你学习去祝福它时，它也在祝福着你。

每小时重复你的课程。在两次长练习时段里，去体验爱这个世界。让内识奉献它的恩宠。你不用试图让自己变得有爱心，你只需要打开自己并让内识去表达它伟大的爱。

今天尊重世界，这样你会因为身处世界而得到尊重，因为当你尊重你自己时世界也尊重你。当你认可你自己时，世界也得到认可。世界需要你的爱和祝福。它同样需要你的善工。通过这种方式你得到尊重，因为你来此是为了进行奉献。

练习 145：两个 30 分钟

每小时练习

Step 146

I WILL HONOR MY TEACHERS TODAY.

Y

OUR TEACHERS, WHO ARE MYSTERIOUS and who live beyond

the visible, abide with you while you are in the world. Now that you have begun the steps towards the reclamation of Knowledge, their activity in your life will become stronger and more evident. You will begin to give your attention to this, and their need for you to develop will be greater, as your need for them will be greater.

UPON THE HOUR AND IN YOUR TWO LONGER PRACTICES, remember your Teachers and actively think about them. Honor your Teachers, then, for this proclaims that your ancient relationships are indeed alive and are present now to give you hope, certainty and empowerment. Honor your Teachers so that you may experience the depth of your own relationship with them. In your relationship with your Teachers is the spark of memory that reminds you of your Ancient Home and of your true destiny. Honor your Teachers so that you may be honored, for it is your honor that you must reclaim. In spite of whatever errors you have committed, it is your honor that you must reclaim. If this is done truly, it will be done in humility and simplicity, for as you honor yourself, you honor the greatness of life, of which you are a small but integral part.

PRACTICE 146: *Two 30-minute practice periods.*

Hourly practice.

第 146 阶 今天我将尊重我的上师。

你那神秘的、隐形存在的上师们，当你身处这个世界时，和你坚守在一起。现在，因为你已经开始了通向内识唤回的进阶，所以他们在你生命里的活动将变得更加强大、更加显在。你将开始注意到这点，同时他们更加强烈地需要你的进步，正如你更加强烈地需要他们一样。

在每小时练习和两次长练习时段里，记住你的上师，并积极地思考他们。因此尊重你的上师，因为这声明你古老的关系真正存在着，并且就在当下为你提供着希望、确定和赋权。尊重你的上师，这样你将体验到你和他们关系的深度。在你和上师的关系里，闪现着提醒你古老家园和你真正天命的记忆的火花。尊重你的上师，这样你也将得到尊重，因为你必须唤回的是你自身的荣誉。无论你可曾犯下怎样的错误，你都必须唤回你的荣誉。如果这是在真诚地进行着，那么这将在谦卑和简单中进行，因为当你尊重自己时，你在尊重生命的伟大，而你是生命小小的同时也是不可分割的一部分。

练习 146：两个 30 分钟

每小时练习

Step 147

REVIEW

IN YOUR REVIEW THIS WEEK allow yourself to realize the lessons

that are being presented to you. Take special care to recognize the empowerment that is being offered to you as you exert your will for good. Note as well the requirement that you accept yourself beyond your current understanding, that you honor yourself beyond your current evaluation of yourself and that you experience life beyond your own thoughts and prejudices. Recognize the opportunity that is being given to you, and realize that each moment that you spend in sincere application furthers your progress tremendously and establishes a permanent advancement for you. If you think of what you would want to give to the world, give your advancement. From this all good things which you have come to give, according to your nature and your design, will be given completely. Thus, your gift to the world now is your preparation so that you may learn to give.

IN YOUR LONG PRACTICE PERIOD, review the past week—your lessons, your practices, your experiences, your accomplishments and your difficulties. View this objectively and determine how you may give yourself to your practices more completely in the future.

PRACTICE 147: *One long practice period.*

第 147 阶 复习

在本周的复习里，让自己去认识被提供给你的课程。尤其是认知，当你带着良好用心去发挥你的意志时，这些课程带给你的赋权。同时要认识到你必须超越你当下的理解去接受自己，你必须超越你当下的自我评估去尊重自己，你必须超越你自己的想法和偏见去体验生命。认知正在被赋予你的机会，认知你认真对课程进行运用的每个片刻，都将给你带来巨大的前行并为你确立恒久的进步。如果你在思考你想把什么奉献给世界，那么就奉献你的进步吧。通过这一奉献，所有你来此要奉献的美好事物——根据你的特质和设计——都将得到完全的奉献。因此，你现在给予世界的礼物就是你的准备，这样你将学习如何奉献。

在长练习时段里，对前一周进行复习——你的课程、你的修习、你的体验、你的成就和你的困难。客观地进行回顾，并确定你在未来该怎样更加全面地投入到修习里。

练习 147：一个长练习时段

Step 148

MY PRACTICE IS MY GIFT TO GOD.

Y

OUR PRACTICE IS YOUR GIFT TO GOD, for God wills that you

receive Knowledge so that you may give it to the world.

Thus, you are honored as the recipient and as the vehicle for Knowledge, God is honored as the source of Knowledge, and all who receive it will be honored as well. This is your gift now—to undertake the true preparation that you are involved in currently.

THEREFORE, TREAT EACH PRACTICE PERIOD TODAY as a form of giving. Upon the hour, give yourself in each circumstance in which you find yourself. In your two deep meditation practices, give yourself completely. Do not come begging for ideas or information, but come to receive and come to give. As you give yourself, you will receive and in this you will learn the ancient law that to give is to receive. This must be born completely in your experience so that you may fully comprehend its meaning and its application in the world.

YOUR PRACTICE IS YOUR GIFT TO GOD. Your practice is your gift to yourself. Come to your practice today to give, for in your giving you will realize the depth of your own resources.

PRACTICE 148: *Two 30-minute practice periods.*

Hourly practice.

第 148 阶 我的修习是我给上帝的礼物。

你的修习是你给上帝的礼物，因为上帝希望你接收内识，这样你就能够把它奉献给世界。这样，你作为内识的接收者和载体而得到尊重，上帝作为内识的源泉而得到尊重，同时所有接收到它的人也将得到尊重。这就是你现在的礼物——开展你正在参与其中的这个真正准备。

所以，把今天的每一个练习时段，当做一种奉献来看待。每小时里把自己奉献给正在身处的那个环境。在两次深度冥想里，全然地奉献你自己。别祈求获得任何想法或信息，而是来接收，来奉献。当你奉献自己时你将接收，由此你将学习那个古老的法则，即奉献就是接收。这必须完全来自于你的体验，这样你将完全理解它的意义和它在世界上的应用。

你的修习是你给上帝的礼物。你的修习是你给自己的礼物。今天通过修习进行奉献，因为在你的奉献中，你将意识到你内在资源的深度。

练习 148：两个 30 分钟

每小时练习

Step 149

MY PRACTICE IS MY GIFT TO THE WORLD.

Y

OU GIVE TO THE WORLD THROUGH YOUR OWN DEVELOPMENT

at this time, for you are preparing to give a greater gift than you have ever given before. Thus, each day that you undertake the practice according to each step that is given, you give a gift to the world. Why is this? It is because you acknowledge your value and your worth. You acknowledge your Ancient Home and your Ancient Destiny. You acknowledge those who sent you and those who will receive you when you leave this world. All this is given to the world each time you practice sincerely, upon each day, upon each hour. This is a greater gift to the world than you can yet understand, but in time you will see the total need that it fulfills.

THEREFORE, YOUR PRACTICE IS A GIFT TO THE WORLD, for it gives that which you are affirming within yourself. What you affirm within yourself you affirm for all individuals, in all circumstances, in all worlds and in all dimensions. Thus, you affirm the reality of Knowledge. Thus, you affirm your Ancient Home while you are here.

UPON THE HOUR, GIVE TO THE WORLD through your practice of giving. Remind yourself of this. In your two longer practice periods, give yourself completely into stillness and silence. Give of your heart and give of your mind. Give all that you realize you can give, for this is a gift to the world. Though you cannot as yet see the result, have confidence that this giving will extend beyond your own mind and will touch all minds in the universe, for all minds are truly joined in reality.

PRACTICE 149: *Two 30-minute practice periods.*

Hourly practice.

第 149 阶 我的修习是我给世界的礼物。

此刻，你通过自身的发展来对世界进行奉献，因为你正在进行准备去奉献一个你从未奉献过的更伟大礼物。因此，当你每天按照所给的进阶进行修习时，你在给世界奉献一个礼物。为什么呢？这是因为你承认你的价值和你的财富，你承认你的古老家园和你的古老天命，你承认那些派你来此以及当你离开世界时将要迎接你的人。每一天，每小时，当你认真地进行修习时，所有这一切都被奉献给世界。这是一个给予世界的更伟大礼物，比你所理解的更加伟大，不过慢慢地你将看清它所满足的全部需求。

因此，你的修习是你给世界的礼物，因为它所奉献的是你在你的内心确认的东西。你在你的内心确认的东西，你把它确认给所有个体、所有环境、所有世界和所有维度。由此，你确认了内识的实相。由此，当你身处世界时，你确认了你的古老家园。

每小时里，通过进行奉献的修习，来对世界进行奉献。提醒自己这一点。在两次长练习时段里，在静心和安静里完全地奉献你自己。奉献你的心灵和你的思想。把所有你认识到你能够奉献的都奉献出去，因为这是给世界的一个礼物。尽管你还无法看到其结果，但要坚信这一奉献将超越你自己的思想，而触及宇宙中所有的思想，因为事实上，所有的思想都是真实地联接在一起的。

练习 149：两个 30 分钟

每小时练习

Step 150

TODAY I WILL LEARN TO LEARN.

TODAY YOU LEARN TO LEARN. You learn to learn because you

need to learn. You need to learn how to learn so that your learning may be effective and expedient, have depth and consistency and produce a sound advancement that you can rely upon in all circumstances in the future. Do not think that you already understand the process of learning, for you are learning about this now as you understand the meaning of advancement, the meaning of failure, the meaning of encouragement, the meaning of discouragement, the meaning of enthusiasm and the meaning of a lack of enthusiasm. That is why at the end of each week you review your practices so that you may understand your progress and understand the mechanism of learning. This is essential for you to realize, for until you do, you will misinterpret your steps, you will misconstrue your actions, you will not understand how to follow a curriculum and you will never learn how to teach a curriculum yourself.

THEREFORE, TODAY YOU LEARN TO LEARN. This places you as a beginning student of Knowledge, which gives you all rights and all encouragement to learn everything that is necessary, without presumption, without conceit, without denial and without falsity of any kind. As you learn to learn, you will realize the mechanism of learning. This will give you Wisdom and compassion in your dealings with people. You cannot teach people from idealism, for then you place upon them the burden of your own expectations. You require of them what even life cannot provide. But the certainty of your experience and your Knowledge, which you will give to others, will be sound, and they will be able to receive it and utilize it in their own way. Then, you will not place any personal demands upon them in their learning, but will allow Knowledge within you to give to Knowledge in them. You will then be a witness to the instruction and to the learning as well.

THEREFORE, TODAY BEAR WITNESS TO YOUR OWN LEARNING and learn to learn. Upon the hour, remind yourself that you are learning to learn. In your two meditation practices, allow yourself to enter stillness and peace. Observe yourself as you move forward and as you hold yourself back. Exert your will on your own behalf compassionately and firmly, and judge not your advancement because you are not in a position to judge, because you are learning to learn.

PRACTICE 150: *Two 30-minute practice periods.*

Hourly practice.

第 150 阶 今天我将学习如何学习。

今天你学习如何学习。你学习如何学习，因为你需要去学习。你需要去学习如何学习，这样你的学习才能变得有效而便利，具备深度和一贯性，并带来你在未来所有境况里都能依赖的切实进步。别以为你已经理解了学习的过程，因为你现在正在对此进行学习，当你开始理解进步的含义、失败的含义、激励的含义、挫败的含义、热情的含义和缺乏热情的含义时。正因为如此，在每周结束时你对自己的修习进行回顾，这样你就能够理解你的进展和你的学习机制。认知这些是必要的，因为除非你能认知，否则你会曲解你的进阶，误解你的行动，不知该如何遵循教程，更永远无法学习如何亲自教授一门课程。

因此，今天你学习如何学习。这将你摆在内识的初级学生的位置上，这给你提供了所有的权利和激励去学习一切必须学的东西，不带任何形式的推测、幻想、否定和谎言。当你学习如何学习时，你将意识到学习的机制。这将使你能够带着智慧和慈悲去面对他人。你无法从理想化的角度去教授他人，因为这样你会把自己的期望强加在他们身上。你向他们要求甚至生命都无法给予的东西。但是，你能够奉献给他人的来自你的体验和你的内识的确定性，则是合情合理的，并且他们将能以自己的方式去接收它和使用它。这样，你就不会在他们的学习中，将任何你个人的要求强加在他们身上，而是让你内在的内识对他们内在的内识进行奉献。那么，你将成为这一指导还有这一学习的见证人。

因此，今天见证你自己的学习，并学习如何学习。每小时提醒自己，你在学习如何学习。在两次冥想练习里，让自己进入安静和和平里。客观地观察自己的进步和自己的停滞不前。为了你自身的利益仁慈而坚定地运用你的意志，但不要评判你的进步，因为你尚未达到评判的位置，因为你正在学习如何学习。

练习 150：两个 30 分钟

每小时练习

Step 151

I WILL NOT USE FEAR TO SUPPORT MY JUDGMENTS.

DO NOT USE FEAR TO SUPPORT YOUR JUDGMENTS of yourself

and the world, for these judgments are born of your uncertainty and anxiety. Thus, they lack the foundation of Knowledge. Thus, they lack the meaning and value that only Knowledge can bestow. Do not rely upon your judgments of yourself and the world. As you withdraw from them, you will realize that their source is fear, for you have only been trying to comfort yourself with your judgments, to provide a false security, stability and identity which you feel you are lacking. Therefore, be without a substitute for Wisdom and Knowledge, and allow Wisdom and Knowledge to arise naturally. UPON THE HOUR REPEAT YOUR STATEMENT, and consider it in light of all things that are occurring today. In your two deeper practices, consider the meaning of today's idea as you think about it carefully. Apply your mind in a state of work as you attempt to penetrate the meaning of today's lesson. Do not be comforted by premature conclusions. Investigate deeply with your mind in your practice periods. Use your mind actively. Consider many things within yourself while maintaining a concentration on today's idea. If you do this, you will understand many things about Wisdom and ignorance, and your understanding will be born of compassion and true selfappreciation. For only from a place of self-love can you offer correction to yourself and to others.

PRACTICE 151: *Two 30-minute practice periods.*

Hourly practice.

第 151 阶 我不会用恐惧来支持我的评判。

别用恐惧来支持你对自己和对世界的评判，因为这些评判源自你的不确定和焦虑。因此，它们缺乏内识的基础。它们缺乏只有内识才能给予的意义和价值。别依赖你对自己和对世界的评判。当你远离它们时，你将意识到它们的来源是恐惧，因为你只是在试图用你的评判来安慰自己，并提供一种虚伪的，你自认为自己所缺乏的安全、安定和身份认同。因此，别让自己安于智慧和内识的一个替代品，而是让智慧和内识自然地升起。

每小时重复你的声明，并在今天发生的所有事件里对它进行思考。在两次深入练习中，通过认真地思考来考量今天这一想法的含义。当你努力穿透今天课程的含义时，让你的思想进入到工作的状态里。别满足于不成熟的结论。在你的练习时段里，利用你的思想进行深入的探究。积极运用思想。对你内在的很多东西进行思考，同时要保持对今天这一思想的专注。如果你做到了这点，你将会对智慧和无知产生很多理解，并且你的理解将来自于慈悲和真正的自我激赏。因为只有从自爱的角度，你才能对自己和他人提供修正。

练习 151：两个 30 分钟

每小时练习

Step 152

I WILL NOT FOLLOW FEAR WITHIN THE WORLD.

HUMANITY IS GOVERNED BY WAVES OF FEAR that draw people

here and there, waves of fear that dominate their actions, their thinking, their conclusions, their beliefs and their assumptions. Do not follow the waves of fear that move across the world. Instead, remain steadfast and still in Knowledge. Allow yourself to observe the world from this point of stillness and certainty. Do not be swayed by the waves of fear. In this way, you will be able to contribute to the world and not be its victim only. You are here to give, not to judge, and in stillness you are without judgment upon the world. Recognize, then, the waves of fear, but do not let them touch you, for in Knowledge they cannot touch you because Knowledge is beyond all fear.

REPEAT YOUR IDEA FOR THE DAY UPON THE HOUR, and consider it in light of all that you experience today. In your two longer practice periods, apply your mind actively in attempting to understand today's lesson. Again, this is a form of mental application. We shall not practice stillness and mental silence today but mental application so that you may learn to think constructively. For when your mind is not still, it should be thinking constructively. It should be investigating. Do not rely upon early conclusions. Do not rely upon self-comforting ideas. Allow yourself to be vulnerable today, for you are only vulnerable to Knowledge. Yet, Knowledge will shield you from all things of harm within this world and will provide a comfort and a stability that the world can never change. Learn of this today so that you may be a source of Knowledge within the world so that your Source may express itself through you.

PRACTICE 152: *Two 30-minute practice periods.*

Hourly practice.

第 152 阶 我不会在世界上追随恐惧。

人类处于恐惧浪潮的控制之中，被推来推去，这些恐惧控制了他们的行动、他们的思想、他们的结论、他们的信仰和他们的假设。别去追随那席卷世界的恐惧的浪潮。相反，在内识里保持坚定和安静。让自己带着静心和确定去观察这个世界。别被恐惧的浪潮所动摇。这样，你将能够对世界进行奉献，而不是仅仅变成它的受害者。你来此是为了奉献，而不是评判，在静心里你不对世界进行任何评判。因此，去认知那恐惧的浪潮，但不要让它们触及你，因为在内识里恐惧将无法触及你，因为内识超越所有的恐惧。

每小时重复今天的想法，并在今天所有的体验里对它进行思考。在两次长练习时段里，积极地运用你的思想去努力理解今天的课程。今天同样是对思维进行运用。我们今天不去修习静心和思想的安静，而是对思想进行运用，这样你将能够学习建设性地思考。因为当你的思想不在安静状态里时，它应该进行建设性的思考。它应该进行探究。别依赖过早的结论。别依赖自我安慰的想法。今天让自己变得柔弱，因为你只是让自己向内识示弱。然而，内识将保护你免于这个世界的所有伤害，并为你提供世界永远无法改变的一种安慰和安定。今天对此进行学习，这样你就能够成为这个世界里内识的一个源泉，这样你的源泉将透过你来表达它自己。

练习 152：两个 30 分钟

每小时练习

Step 153

MY SOURCE WISHES TO EXPRESS ITSELF THROUGH ME.

Y

OU WERE CREATED TO BE AN EXPRESSION OF YOUR SOURCE.

You were created to be an extension of your Source. You were created to be a part of your Source. Your life is communication, for communication is life. Communication is the extension of Knowledge. It is not merely the sharing of little ideas from one separated mind to another. Communication is far greater, for communication creates life and extends life, and within this is all joy and fulfillment. Within this is the depth of all meaning. Here darkness and light mix together and cease their separation. Here all opposites blend and melt into each other. This is the unity of all life.

ALLOW YOURSELF, THEN, TO EXPERIENCE YOURSELF as a vehicle of communication, and know what you truly wish to communicate will be fully expressed as well, for the self that you genuinely are is an extension of the Self that is life itself. In this, you will be completely affirmed and life will be affirmed around you. Your gifts will be received and integrated by life, for giving of this nature can only yield a greater result, beyond the comprehension of humanity.

REMINDE YOURSELF UPON THE HOUR that you were meant to express the will of your Source. Within your two practice periods today, allow yourself to enter stillness and peace once again. Allow yourself to be an open vehicle through which life may flow freely, through which life may express itself today.

PRACTICE 153: *Two 30-minute practice periods.*

Hourly practice.

第 153 阶 我的源泉希望通过我来表达它自己。

你是作为你源泉的一个表达而被创造出来。你是作为你源泉的一个延伸而被创造出来。你是作为你源泉的一部分而被创造出来。你的生命是交流，因为交流即生命。交流是内识的延伸。它不仅仅是一个隔离的思想和另一个隔离的思想之间分享一些微不足道的想法。交流比这要伟大得多，因为交流创造着生命并拓展着生命，这其中充满了喜悦和成就。这其中包含着所有深刻的意义。在这里，黑暗和光明融合在一起，而终止了它们之间的隔离。在这里，所有的对立相互混合并融入彼此。这是所有生命的融合。

因此，让自己去体验自己作为交流的一个载体，并认知你真正希望的交流将得到充分的表达，因为你真实的自我是作为生命本身的那个本我的延伸。由此，你将得到完全地确认，而你周围的生命也将得到确认。你的礼物将被生命接收和整合，因为这种特质的奉献定会产生超越人类理解的一个更伟大结果。

每小时提醒自己，你注定要表达你源泉的意志。在今天的两次练习时段里，让自己再次进入静心和平里。今天让自己成为一个开放的载体，经由这个载体生命能够自由地流动，经由这个载体生命能够表达它自身。

练习 153：两个 30 分钟

每小时练习

Step 154

REVIEW

REVIEW THE PAST WEEK'S PRACTICE. Review all the instructions

that were given and your practices as well. Consider how deeply you have entered peace. Consider how deeply you have used your mind for investigation. Remember that your practice is a form of giving. Therefore, give yourself to review your practices. See how your giving can become more complete and deeper so that you may receive greater and greater rewards, for yourself and for the world.

IN YOUR ONE LONG PRACTICE PERIOD TODAY, review the week of training that has just been completed. Remember not to judge yourself. Remember to be a witness to your learning. Remember that your practice is a form of giving.

PRACTICE 154: *One long practice period.*

第 154 阶 复习

复习前一周的修习。回顾被提供的所有指引以及你的修习。思考自己静心的深度。思考自己运用思想进行探究的深度。记住你的修习是一种奉献的方式。因此，将自己奉献到对修习的回顾中。认知该如何让自己的奉献更加地完全和深入，这样你将接收越来越伟大的回报，为你自己，也为这个世界。

在今天的长练习时段里，复习刚刚结束的这一周的修习。记住别评判自己。记住做你学习的见证人。记住你的修习是一种奉献的形式。

练习 154：一个长练习时段

Step 155

THE WORLD BLESSES ME AS I RECEIVE.

Y

OU ARE LEARNING NOW TO RECEIVE. The world blesses you as

you learn to receive, for Knowledge will flow into you as you become an open receptacle for Knowledge. And you will draw that which is life into yourself, for life is always attracted to those who give.

UNDERSTAND THIS IN ITS FULL DEPTH THIS DAY as you remind yourself upon the hour that life gives to you as you are still. In your two meditation practices, enter stillness once again and feel life being drawn into you. This is a natural attraction. As your giving and stillness become greater, you will feel life being drawn into you, for you will in time become a source of nourishment for life.

PRACTICE 155: *Two 30-minute practice periods.*

Hourly practice.

第 155 阶 当我接收时，世界在祝福我。

你正在学习接收。当你学习接收时，世界在祝福着你，因为当你变成内识的一个开放性容器时，内识将注入你。你将把那称之为生命的，吸引到你的内在，因为生命总是被那些进行奉献的人所吸引。

每小时提醒自己，当你静心时，生命将对你进行奉献；今天深入地理解这点。在两次冥想练习里，再次进入安静里，并感知生命正在被吸引到你的内在。这是一种自然地吸引力。当你的奉献和静心越来越强大时，你将感知生命正在被吸引到你的内在，因为慢慢地你将成为滋养生命的一个源泉。

练习 155：两个 30 分钟

每小时练习

Step 156

I WILL NOT BE CONCERNED ABOUT MYSELF TODAY.

SELF-CONCERN IS A FORM OF HABITUAL THINKING, born of

negative imagination and of errors that have not been corrected.

This compounds your sense of failure, thus influencing your lack of self-trust and self-appreciation. Our lesson for today, then, is to fortify that which is genuine within you. If you are with Knowledge, Knowledge will care for all things that require your attention. Think not that anything will be left unattended to that is for your own behalf. All needs of a greater spiritual nature and of the most mundane nature as well will be met and understood by you, for there is no neglect in Knowledge. You who are accustomed to neglect, who have not used your mind properly in the past, who have not been able to see or hear the world, can now be comforted, for you need not have concern for yourself today.

FOR THIS YOU MUST EXTEND YOUR FAITH and your trust that Knowledge will provide for you. This in time will allow you to receive the gift of Knowledge which will dispel all doubt and confusion. You must prepare for this experience. In this, you must extend your faith and trust. Be confident this day. Recognize those things that require your attention, even if they be of a mundane nature, and attend to them well, for Knowledge is not seeking to take you out of the world but to bring you into the world, for you have come here to give.

FORTIFY YOUR UNDERSTANDING OF TODAY'S IDEA by repeating it upon the hour and giving it a moment of true consideration. Fortify your practice today by utilizing it in your deeper practices where you enter stillness and silence. You can only enter stillness and silence if you are without concern for yourself. Thus, your commitment to give yourself to your practice is an affirmation of the safety and the certainty that abide with you.

PRACTICE 156: *Two 30-minute practice periods.*

Hourly practice.

第 156 阶 今天我不专注于自我。

专注于自我是一种惯性思维，它源自于负面想象和一些未得到纠正的错误。这加重了你的挫败感，并导致了自我信任和自我欣赏的欠缺。因此，我们今天的课程，就是要强化你内在真实的部分。如果你和内识同在，那么内识将关照所有需要你专注的事情。别担心你自己的任何益处会被疏漏。所有的需要，无论是更伟大灵性特质的，还是最世俗特质的，都将得到满足，并能够被你所理解，因为在内识里不存在疏漏。那个习惯于疏漏的你，那个过去未能正确运用你的思想的你，那个曾经无法看清或聆听世界的你，现在终于可以释怀了，因为今天你不必专注你自己。

为此，你必须拓展你的信念，并信任内识将为你提供的东西。慢慢地，这将让你能够接收内识的礼物，它将驱散所有的怀疑和困惑。你必须对这种体验进行准备。在此，你必须拓展你的信念和信任。今天要有信心。认知那些需要你关注的事情，即使是那些世俗性的事情，认真关照它们，因为内识并非试图将你带离这个世界，而是要将你带进世界里，因为你来此是为了进行奉献。

通过每小时重复这一声明，并用片刻进行真正的思考，来强化你对今天想法的理解。通过深入的静心练习来强化今天的修习。只有当你不专注于自我时，你才能够进入静心和安静里。这样，你通过承诺将自己奉献给你的修习，确认了安全感和确定感与你同在。

练习 156：两个 30 分钟

每小时练习

Step 157

I AM NOT ALONE IN THE UNIVERSE.

Y

OU ARE NOT ALONE IN THE UNIVERSE because you are part of

the universe. You are not alone in the universe because your mind is joined with all minds. You are not alone in the universe because the universe is with you. You are now learning to be with the universe so that your relationship with life may be fully reclaimed and so that it may express itself in your world. The world sets a poor example for this, for humanity has lost its relationship with life and now seeks desperately within the realms of imagination and fantasy to find that which has been lost. Be happy today, then, that the means for life's reclamation have been given to you so that you may give yourself to your practice and to your destiny. In this way, you are affirmed. You are not alone in the universe. The depth of this idea is far greater than what it appears to be at first. It is a statement of absolute truth, but it must be experienced to be comprehended.

THEREFORE, UPON THE HOUR REMIND YOURSELF of this statement.

Attempt to feel it in whatever circumstance you find yourself. In your two longer meditation practices, attempt to experience your complete inclusion in life. You need not think of ideas or see images, but only feel the presence of life of which you are a part. You are within life. You are immersed in life. Life is embracing you. Beyond any images the world may present, beyond any actions the world may demonstrate, you are within the loving embrace of life.

PRACTICE 157: *Two 30-minute practice periods.*

Hourly practice.

第 157 阶 我在宇宙中并不孤单。

你在宇宙中并不孤单，因为你是宇宙的一部分。你在宇宙中并不孤单，因为你的思想和所有思想联接在一起。你在宇宙中并不孤单，因为宇宙和你同在。你正在学习和宇宙同在，这样你和生命的关系将得到完全的唤回，这样生命将能够在你的世界里表达它自己。这个世界做了一个不好的例证，因为人类失去了它和生命的关系，不顾一切地在想象和空想的王国里寻求那丢失的东西。因此，今天应该庆幸，你被赋予了唤回与生命关系的方式，这样你可以把自己奉献给你的修习和你的天命。通过这种方式，你得到了确认。你在宇宙中并不孤单。这一想法的深度远远超过了它乍看起来的样子。它是对绝对真理的一个声明，但是它必须通过体验才能被理解。

因此，每小时提醒自己这一声明。无论你身处任何环境里，都去努力地感知它。在两次冥想练习里，努力体验你在生命中的完全包融。你不必去思考某些想法或看到某些形象，你只需去感知你作为其中一部分的生命的临在。你身处在生命里。你沉浸在生命里。生命正在拥抱着你。你身处在生命钟爱的怀抱里，这超越了世界呈现的任何形象，超越了世界示范的任何行动。

练习 157：两个 30 分钟

每小时练习

Step 158

I AM RICH SO I CAN GIVE.

O

NLY THE RICH CAN GIVE, FOR THEY ARE NOT DESTITUTE. Only

the rich can give, for they are not comfortable with a possession unless it is given. Only the rich can give, for they cannot understand their possession until it is given. Only the rich can give, for they wish to experience gratitude as their only reward.

YOU ARE RICH AND YOU CAN GIVE. You possess a wealth of Knowledge already, and this is the greatest possible gift. Any other action, any other favor, any other object that is a gift is only meaningful insofar as it is imbued with Knowledge. This is the unseen essence of all true gifts and all true giving. You have a great storehouse of this essence, which you must learn to receive. You are rich beyond your own awareness. Even if you are financially poor, even if you think you are alone, you are rich. Your giving will demonstrate this today. Your giving will demonstrate the source, the depth and the meaning of your wealth and will imbue all of your giving with the essence of giving itself. You will find in time that you will give without trying and that your life itself will be a gift. Then, your life will demonstrate the wealth that each person possesses but which they have not yet learned to receive.

REPEAT THIS IDEA UPON THE HOUR, and in your two longer meditation practices, experience your own wealth. Experience the presence and the depth of Knowledge. Be the recipient of Knowledge and give yourself to Knowledge, for in giving yourself to your practice, you affirm your own wealth already, which only needs to be affirmed to be fully realized.

PRACTICE 158: *Two 30-minute practice periods.*

Hourly practice.

第 158 阶 我富有，所以我能够奉献。

只有富人能够奉献，因为他们不贫困。只有富人能够奉献，因为除非他们的财富被奉献，否则他们会对自己的财富感到不安。只有富人能够奉献，因为除非他们的财富被奉献，否则他们无法理解他们的财富。只有富人能够奉献，因为他们希望体验感激作为他们的唯一回报。

你富有，并且你能够奉献。你已经拥有内识的财富，这是最伟大的礼物。任何其他礼物，包括任何行动、帮助或物品，只有当它蕴含内识时才具有了意义。这是所有真正礼物和真正奉献的潜在精髓。你拥有这一精髓的伟大存储库，对此你必须学习去接收。你的富有，超出了你自己的觉知。即使你在金钱上是贫穷的，即使你认为你是孤单一人，你依然是富有的。今天，你的奉献将示范这点。你的奉献将示范你财富的源泉、深度和意义，并且你所有的奉献都蕴含着奉献本身的精髓。慢慢地你会发现，你将不由自主地进行奉献，并且你的生命本身就是一份礼物。这样，你的生命将示范每个人都拥有的财富，只是他们尚未学习去接收它。

每小时重复这一想法，在两次冥想练习里，体验你自身的财富。体验内识的存在和深度。做内识的接收者，把自己奉献给内识，因为通过把自己奉献给你的修习，你已经确认了你自己的财富，它只需要被确认就能够被完全地认知。

练习 158：两个 30 分钟

每小时练习

Step 159

THE POOR CANNOT GIVE. I AM NOT POOR.

THE POOR CANNOT GIVE, FOR THEY ARE DESTITUTE. They are

required to receive. You are not destitute, for the gift of Knowledge is with you. Therefore, you are in a position to give, and in your giving you will realize your worth and any sense of destitution will leave you. Be confident that Knowledge will provide all material things that are truly needed by you. Though it may not provide what you wish, it will provide what you need and in the right amount. Thus, you will have what you need to contribute according to your nature and your calling in the world. But you will not be burdened with that which can only burden you. You will have exactly what you need, and the world will not burden you with its deprivation or its excesses. Thus, everything will have perfect balance. Knowledge will give to you what you need, and what you need is what you really want. You cannot yet assess your needs, for you are lost in what you want. But your needs will reveal themselves through Knowledge, and in time you will understand the nature of need and how it may be fulfilled.

YOU ARE NOT POOR, FOR THE GIFT OF KNOWLEDGE IS WITH YOU.

Repeat today's statement upon the hour and consider it in light of your observations of others. In your deeper practice periods, allow yourself to experience the wealth of Knowledge that you now possess.

PRACTICE 159: *Two 30-minute practice periods.*

Hourly practice.

第 159 阶 穷人无法奉献，而我不是穷人。

穷人无法奉献，因为他们贫穷。他们需要接收。你不贫穷，因为内识的礼物和你同在。因此，你处于奉献的位置上，并且通过奉献你将意识到你的价值，同时所有的匮乏感将远离你。要有信心内识将会给你提供所有你真正需要的物质性的东西。尽管它可能无法提供你所希望的，但是它会给你提供你所需要的，并且会以正确的数量提供。这样，你将根据你的特质和你在世界上的召唤而拥有你所需要的东西，从而能够进行贡献。但你不会被赋予只会成为你的负担的东西。你会恰好拥有你所需要的，并且这个世界也不会通过剥夺或过度给予而给你造成负担。这样，一切都将实现完美的平衡。内识将把你所需要的赋予你，而你所需要的，恰恰是你真正希望的。你现在还无法评估你的需要，因为你迷失在你的希望里。但是，你的需要将会通过内识来显现它自身，慢慢地你将理解需要的特质，以及它能如何得到满足。

你不贫穷，因为内识的礼物和你同在。每小时重复今天的声明，并通过你对他人的观察对此进行思考。在深入练习时段里，让自己去体验你所拥有的内识的财富。

练习 159：两个 30 分钟

每小时练习

Step 160

THE WORLD IS POOR, BUT I AM NOT.

THE WORLD IS POOR, BUT YOU ARE NOT POOR. Regardless of

your circumstances, this is true because you are reclaiming the wealth of Knowledge. Understand, then, the meaning of impoverishment. Understand, then, the meaning of wealth. Do not think that those who possess more objects than you are in any way wealthier than you are, for without Knowledge they are impoverished and will acquire things only to offset their misery and uncertainty. Thus, their impoverishment is compounded by their acquisition.

THE WORLD IS POOR, BUT YOU ARE NOT, for you have brought Knowledge with you into the world where Knowledge has been forgotten and denied. Thus, in the reclamation of your own wealth, the world will reclaim its wealth as well, for you shall stimulate Knowledge in all, and their wealth will begin to reveal itself in your presence and in the presence of Knowledge which guides you.

THEREFORE, DO NOT ASK ANYTHING OF THE WORLD save what few material things you need to fulfill your function. This is a small request in light of what you have come to give. And if your demands are not in excess of what you need, the world will gladly render them to you in exchange for a greater gift which you possess.

CONSIDER THE IDEA FOR THE DAY UPON EACH HOUR. Do not let any hour pass without this recognition. Strengthen your resolution to use each practice in all circumstances of the day so that your life may be meaningful in all of its events. In your two longer practice periods today, enter into stillness and peace to learn more of the wealth that you possess.

PRACTICE 160: *Two 30-minute practice periods.*

Hourly practice.

第 160 阶 世界是贫穷的，但我不是。

世界是贫穷的，但你不贫穷。无论你身处怎样的境况，这都是真实的，因为你正在唤回内识的财富。因此，要理解贫穷的含义。要理解财富的含义。别以为那些比你拥有更多财产的人肯定比你富有，因为如果没有内识，他们就是贫穷的，只能通过获取财物来抵消他们的贫困和不确定感。因此，他们的贫穷因为他们的攫取更加重了。

世界是贫穷的，但你不是，因为你携带着内识来到这个内识被遗忘和否认的世界上。因此，通过唤回你自身的财富，世界也将唤回它的财富，因为你将激发所有人内在的内识，并且在你的临在中，在引导你的内识的临在中，其他人的财富也将开始展现出来。

因此，别向世界要求任何东西，除非那些为了完成你的职责，你所必需的少量物质需要。相对于你来此要奉献的东西来说，这只是一个小小的要求。假如你的需求没有超过你的需要的话，那么世界将愉快地把这些赋予你，来交换你所拥有的一个更伟大礼物。

每小时里思考这一想法。别错过任何一次练习。通过在今天所有的境况里运用每一次练习，来强化你的决心，这样你的生命在它所有的事件里都将是富有意义的。在两次长练习时段里，进入到静心和平里，以更深入地认知你所拥有的财富。

练习 160：两个 30 分钟

每小时练习

Step 161

REVIEW

IN YOUR REVIEW TODAY, CONSIDER EACH LESSON and each

practice of each day in the past week. Learn more of the process of learning. Realize that to learn this you cannot view your life with condemnation, for you are learning to learn. Realize that wealth is apparent in your life because of the practices that you are undertaking, which you could not do if you were without Knowledge. You are undertaking this preparation because of Knowledge, and each day you are committed to your practice because of Knowledge. Each day you accomplish your practice because of Knowledge. Thus, without your denial or interference, Knowledge itself will guide you in your preparation and will emerge as you undertake each step. How easy is success in this way. How simple it is to receive without denial or insistence on your part. For without imagination, life is evident. Its beauty is evident. Its grace is evident. Its purpose is evident. The work that it requires is evident. Its rewards are evident. Even the difficulties of this world are evident. Everything becomes evident as your mind becomes still and clear.

THEREFORE, IN ONE LONG PRACTICE PERIOD review the week's practices. Give this your full attention. Give yourself to your practice and know that Knowledge within you is motivating you.

PRACTICE 161: *One long practice period.*

第 161 阶 复习

在今天的复习中，回顾前一周的每个课程和每次练习。更深入地对学习的过程进行学习。要意识到为了进行学习，你不能带着谴责看待你的生命，因为你正在学习如何学习。意识到你生命中的财富是如此显在，因为你正在进行修习，假如没有内识，你根本不可能进行修习。因为内识，你展开这一准备；因为内识，每一天你对你的修习做出承诺。因为内识，每一天你都在完成你的修习。因此，当你不加否认或干涉时，内识本身将在你的准备中给你提供指导；并且当你学习每一步进阶时，内识将逐渐浮现出来。通过这种方式，成功是多么容易达成啊！当你不加否认或强求时，接收是多么简单的一件事啊！因为有了想象，生命是显在的。它的美丽是显在的。它的恩宠是显在的。它的宗旨是显在的。它需要的工作是显在的。它的回报是显在的。甚至这个世界的困难都是显在的。当你的思想变得安静和清晰时，一切都变得显在。

因此，在长练习时段里，复习一周的练习。全然地投入到复习中。把自己奉献给你的修习，并认知你内在的内识正在激励着你。

练习 161：一个长练习时段

Step 162

I WILL NOT BE AFRAID TODAY.

TODAY LET NOT FEAR OVERTAKE YOUR MIND. Let not the habit

of negative imagination capture your attention and emotions.

Be involved with life as it truly is, which you may perceive without condemnation. Fear is like a disease that comes and takes you over. But you need not give in to fear because your source and your roots are deeply planted in Knowledge, and you are now becoming stronger in Knowledge.

REMIND YOURSELF UPON THE HOUR not to let fear overtake you.

When you begin to feel its effects, in whatever manner that it exerts its influence upon you, withdraw from it and claim your allegiance to Knowledge. Give your confidence to Knowledge. In your two deeper practice periods today, give yourself to Knowledge. Give your mind and your heart so that you may be strengthened in that certainty where fear can never enter. Your fearlessness in the future must not be born of pretense, but born of your certainty in Knowledge. In this way, you will be a refuge of peace and a source of wealth for others. This is what you are meant to be. This is why you have come into the world.

PRACTICE 162: *Two 30-minute practice periods.*

Hourly practice.

第 162 阶 今天我不害怕。

今天，别让恐惧占据你的思想。别让负面想象的习惯控制你的注意力和情绪。按照生命真实的样貌投入到生命中，当你不带谴责时，你会感知生命真实的样子。恐惧像疾病一样袭来并占据你。但你不必向恐惧投降，因为你的源泉和你的根深深地扎在内识里，并且你的内识正在变得越来越强大。

每小时提醒自己，别让恐惧占据你。当你开始感到恐惧的影响时，无论它以何种方式给你带来影响，都让自己远离它并宣称自己对内识的忠诚。要对内识抱有信心。在两次深入修习里，把自己奉献给内识。奉献你的思想和心灵，这样你将在那恐惧永远无法触及的确定里变得坚强。你对未来的无惧必不源自于伪装，而是源自于你对内识的确定。这样一来，你将成为他人的和平避难所和财富源泉。这是你注定承担的角色。正因为如此你才来到这个世界上。

练习 162：两个 30 分钟

每小时练习

Step 163

I WILL FEEL KNOWLEDGE TODAY.

FEEL THE ABIDING QUALITY OF KNOWLEDGE, which is always

available to you beyond your thoughts and selfpreoccupations.

Upon the hour, feel Knowledge today. Repeat the idea

for the day and take a moment to feel its presence. The presence of Knowledge is something you can take with you everywhere you go, into each encounter, into each circumstance. It is appropriate

everywhere. In this, you will be able to see each circumstance and event. You will be able to hear. You will be able to give. You will be able to comprehend. This stability is something the world greatly needs, and you who are rich with Knowledge have this to give.

FEEL KNOWLEDGE THIS DAY IN YOUR DEEPER PRACTICE PERIODS.

Give yourself to this, for this is your gift to God and to the world. Let this day be a day of strengthening and a day of confirmation. Let not any small failure today dissuade you from your greater task. Realize that all setbacks can only stop you in your progress, and you need only step forward to continue. The response to any failure, then, great or small, is simply the decision to continue. For you need only follow the steps that are given here to achieve the results of this preparation for you. How simple is the path to Knowledge. How clear is its way when you follow its provision step by step.

PRACTICE 163: *Two 30-minute practice periods.*

Hourly practice.

第 163 阶 今天我将感受内识。

感受内识的始终存在，它超越你的思想和自我执迷始终在为你守候着。每小时里，感受内识。重复今天的想法，并用片刻去感知内识的存在。无论去到哪里，你都能够始终携带着内识，在每一次相遇里，在每一种境况中。它在任何地方都适用。因此，你将能够看清每一个境况和事件。你将能够听。你将能够奉献。你将能够理解。这个世界非常需要这种稳定性，而富于内识的你正拥有这种稳定性去奉献给世界。

在今天的深入修习里，感受内识。把自己奉献给修习，因为这是你给上帝，给世界的礼物。让今天成为强化的一天和确认的一天。别让今天的任何小失败扰乱你的更伟大任务。要意识到所有的挫折只会阻止你的进步，而你唯一需要做的是向前迈进，继续前行。因此，你对任何失败——无论大小——的回应，就是坚定决心继续前进。因为你只需要遵循所提供的进阶，就能实现你的这一准备所要达成的结果。内识之路是如此的简单。当你一步步遵循它的课程时，这条道路是如此的清晰。

练习 163：两个 30 分钟

每小时练习

Step 164

TODAY I WILL HONOR WHAT I KNOW.

HONOR WHAT YOU KNOW TODAY. Hold to what you know.

Allow your Knowledge to guide you specifically. Do not try to use Knowledge to fulfill yourself, for in this you will only use what you think of as Knowledge and once again you will weave an illusion for yourself that will entrap you and drain you of life, enthusiasm and certainty. Let Knowledge move you today. Carry on your normal activities. Follow all the procedures of life that are your duty, but let Knowledge abide with you so that it may bestow its mysterious gift everywhere you go and give you concrete direction when that is actually needed.

REPEAT THIS STATEMENT UPON THE HOUR and consider it in light of your immediate circumstances. In your deeper practice periods today, once again give yourself to stillness and to peace. Honor Knowledge today by giving yourself to Knowledge and by abiding with Knowledge.

PRACTICE 164: *Two 30-minute practice periods.*

Hourly practice.

第 164 阶 今天我尊重我所知道的。

今天尊重你所知道的。坚持你所知道的。让你的内识为你提供独特的指引。别试图利用内识来成就你自己，因为这样的话，你只不过是在利用你自认为是内识的东西，你又是在为自己编织幻想，这只会困住你，消耗你的生命、热情和确定。今天让内识推动你。开展你正常的活动。去遵循你职责范围内的一切生活程序，但是让内识和你坚守，这样无论你到哪里，它都会赋予你它神秘的礼物，并且在需要的时候给予你具体的指引。

每小时重复这一声明，并在你当下的环境里对它进行思考。在深入练习里，再次把自己奉献给静心和平。今天通过把自己奉献给内识并通过和内识坚守，来对内识表示尊重。

练习 164：两个 30 分钟

每小时练习

Step 165

MY DUTIES ARE SMALL. MY MISSION IS GREAT.

Y

OUR DUTIES IN THE WORLD ARE SMALL. They are meant to

secure provisions which you need physically and to maintain those alliances with others that are beneficial for your wellbeing and for their well-being as well. These duties are important, but your mission is greater. Do not undermine your ability to receive your mission by being in failure concerning your duties. This is only a form of self-avoidance. Carry out your duties specifically this day regarding your employment and your engagement with others. Do not confuse this with your mission, which is something far greater that you are only now beginning to receive and to experience. Thus, your duties will provide a foundation for you as you undertake the preparation for the reclamation and the contribution of Knowledge.

REMEMBER THAT ALL CONFUSION is the confusion of different levels. Do not confuse mission with duty. This is a very important distinction for you to make. Your tasks in the world are specific, but your mission is far greater. As your mission begins to express itself within you who are learning to receive it, it will create a more specific influence upon your duties as well. This is gradual and entirely natural for you. This merely requires that you be self-disciplined, consistent and trusting enough to follow its steps.

THEREFORE, CARRY OUT YOUR DUTIES TODAY so that you may be a beginning student of Knowledge. Remind yourself of your practice upon the hour, and in your two longer practice periods, actively engage your mind in considering the idea for today. Its true meaning is not superficial, and you must investigate it to understand its full value. Do not be complacent with premature conclusions. Do not stand on the outside of Knowledge and attempt to judge it for yourself. Enter into it so that you may be a student today, for you are now a student of Knowledge. You are now giving yourself to the world in your preparation.

PRACTICE 165: *Two 30-minute practice periods.*

Hourly practice.

第 165 阶 我的职责是渺小的，我的使命是伟大的。

你在世界上的职责是渺小的。它们的目的是为了提供你的物质需求，并维持你和他人的关系，这些关系不仅是为了你的益处，也是为了他人的益处。这些职责很重要，不过，你的使命更加伟大。别因为你在职责中的失败，而低估你接收你的使命的能力。这只是一种自我逃避的方式。今天去执行你在工作中以及你与他人接触中所承担的职责。别把这些和你的使命混淆了，你的使命远比这些伟大得多，而你才刚刚开始去接收和体验你的使命。因此，你的职责为你提供了一个基础，从而使你能够为唤回和奉献内识进行准备。

记住，所有的困惑都是对不同的层面产生的困惑。别把使命和职责混淆在一起。对你来说，这种区别非常重要。你在世界上的职责是特定的，但是你的使命要伟大得多。当你的使命开始在正学习接收它的你的内在表达它自己时，它同时也会对你的职责产生更为特别的影响力。这对你来说是渐进的，并且是完全自然的。 这只要求你保持足够的自律、一贯性和信任，就能追随它的脚步。

因此，今天去完成你的职责，这样你能够做内识的一个初级学生。每小时提醒自己进行修习，在两次长练习时段里，积极运用你的思想对今天的想法进行思考。它的真正意义并不肤浅，你必须去探究它才能理解它全部的价值。别满足于过早下的结论。别站在内识的外面，试图对它进行评判。进入到内识里，这样你今天能够做一名学生，因为你现在是内识的学生。你现在在你的准备中将自己奉献给世界。

练习 165：两个 30 分钟

每小时练习

Step 166

MY MISSION IS GREAT.THEREFORE,

I AM FREE TO DO SMALL THINGS.

IT IS ONLY IN YOUR GRANDIOSE IDEAS, which are a cover for

fear, anxiety and despair, that you would avoid the small things that are required of you to do in the world. Again, do not confuse the greatness of your mission with the smallness of your duties. Greatness expresses itself in the smallest thing, in the tiniest action, in the most fleeting thought, in the simplest gesture and in the most mundane circumstances. Thus, maintain your small actions in the world so that Knowledge in time may express itself through them. Actions in the world are small in contrast to the greatness of Knowledge. Prior to your preparation, the world was considered great and Knowledge small, but you are now learning that the opposite is true—that Knowledge is great and the world is small. This also means that your activities in the world are small, but they are vehicles through which Knowledge may express itself.

THEREFORE, BE CONTENT DOING SMALL THINGS IN THE WORLD. Be simple and humble in the world so that greatness may flow through you without obstruction.

THIS PRACTICE WILL REQUIRE REPETITION upon the hour and deep consideration in your two longer practice periods, where you will engage your mind actively in comprehending the meaning of today's idea. Use your mind for investigation. Allow yourself to consider these things. Do not rely on conclusions but continue your exploration. This is the right use of your mind which will lead you to a greater understanding. Here the mind is not merely weaving visions and illusions to take itself away from its own anxiety. Here the mind is examining its own content. Here the mind is working on behalf of Knowledge, as it was intended to do.

PRACTICE 166: *Two 30-minute practice periods.*

Hourly practice.

第 166 阶 我的使命是伟大的。因此，我可以自由地去做那些小事情。

只有当你沉浸在你那些掩饰着恐惧、焦虑和失望的富丽堂皇的想法中时，你才会逃避世界上的那些需要你去做的小事情。再次记住，别把你使命的伟大和你职责的渺小混淆在一起。伟大在最细小的东西里，在最微小的行动里，在最短暂的想法里，在最简单的手势里表达着它自己。因此，继续去做你在世界上那些渺小的行动，那么慢慢地内识将通过这些行动来表达它自己。相对于内识的伟大，这个世界里的行动是渺小的。在你开始准备之前，这个世界被认为是伟大的，而内识是渺小的，但是现在你正在认知真理事实上是倒过来的——内识是伟大的，而世界是渺小的。这也意味着，你在世界上的行动是渺小的，但它们是内识得以表达它自身的载体。

因此，安心地去做那些小事情。在世界上保持简单和谦卑，这样伟大将毫无障碍地通过你流入世界。

今天的修习要求每小时进行重复，并在两次长练习时段里进行深入的思考，在此，你将积极地运用你的思想去理解今天想法的含义。运用你的思想进行探究。让自己去思考这些问题。别满足于结论，而是继续你的探索。这是对你思想的正确运用，它将把你引向更伟大的理解。在此，思想并非只是去编织那些幻象和错觉，来使自己摆脱自身的焦虑。在此，思想在对它自己的内容进行检视。在此，思想在按照它原本该做的那样，代表内识进行工作。

练习 166：两个 30 分钟

每小时练习

Step 167

WITH KNOWLEDGE I AM FREE IN THE WORLD.

WITH KNOWLEDGE YOU ARE FREE IN THE WORLD. You are free

to join. You are free to leave. You are free to make agreements. You are free to complete and change agreements. You are free to surrender yourself. You are free to extricate yourself. In Knowledge you are free.

IN ORDER FOR YOU TO COMPREHEND THE TRUE MEANING of this and to realize its immediate value to you in your current circumstances, you must understand that you cannot use Knowledge to fulfill yourself. That must be a tacit understanding. Never lose sight of this, for if you think you are using Knowledge to fulfill yourself, you will misinterpret Knowledge and will not experience it. You will merely attempt to fortify your illusions and your attempts at escape. This can only darken the clouds that are now cast over you. This can only disappoint you as a form of temporary stimulation and compound your sense of isolation and misery.

IN KNOWLEDGE YOU ARE FREE. There is no restraint now, for Knowledge will merely give you where you are intended to be given and express itself through you where it is intended to be expressed. This will free you from all inappropriate involvements and engagements and will lead you to those individuals who are waiting for you. This will lead you to those circumstances that are for your greatest benefit and for the benefit of others who are involved. Here Knowledge is the guide. Here you are the recipient. Here you are the contributor. There is no greater freedom than this, for in this you are free.

REMAND YOURSELF OF THIS IDEA UPON THE HOUR, and in your two deeper meditation practices, once again enter into stillness and silence. Once again allow your mind to be quiet, for in this you are free. Prepare yourself for your practices by repeating the idea and dedicating yourself to your practice. Without your domination, your mind will be free and will experience its own depth in Knowledge.

PRACTICE 167: *Two 30-minute practice periods.*

Hourly practice.

第 167 阶 有了内识，我在世界上是自由的。

有了内识，你在世界上是自由的。你自由地加入。你自由地离开。你自由地建立协议。你自由地结束和改变协议。你自由地让自己臣服。你自由地让自己解脱。在内识里，你是自由的。

为了让你能理解这一声明的真正含义，并认知它在你当下环境里的即刻价值，你必须理解：你不能利用内识来成就你自己。这必须成为不言而喻的理解。决不能忘记它，因为如果你认为你在利用内识来成就你自己，那么你将曲解内识，并且将无法体验到它。你只会试图强化你的错觉和你的逃避企图。这只会加重罩在你头上的乌云。这作为一种短暂的刺激只会给你带来失望，并加重你的隔离和悲哀感。

在内识里，你是自由的。不存在任何局限，因为内识只会给予你你注定要被给予的，只会通过你在它注定被表达的地方表达它自己。这将让你摆脱所有不恰当的参与和接触，并引领你到那些正在等待着你的人面前。这将引领你到那些对你最有益，同时对其他参与的人同样有益的环境里。在此，内识是向导。在此，你是接收者。在此，你是贡献者。再没有比这更伟大的自由了，因为在此，你是完全自由的。

每小时提醒自己这一想法，在两次深度冥想练习里，再次进入静心和安静里。再次让你的思想保持安静，因为这时，你是自由的。通过重复这一思想，并将自己投入到练习里，来让自己为你的修习进行准备。当你不试图掌控时，你的思想将是自由的，并将在内识中体验它自己的深度。

练习 167：两次 30 分钟

每小时练习

Step 168

REVIEW

REVIEW THE WEEK THAT HAS PASSED. Review each lesson as it

was given and each practice that you experienced. Review the entire week so that you may fortify the learning that you are now undertaking. Remember that you are learning to learn. Remember that you are a beginning student of Knowledge. Remember that your evaluation, if it is not born of Knowledge, will not be helpful. Without this evaluation, it will be apparent how to strengthen your involvement, how to strengthen your preparation and how to make adjustments in your outer life to support you in your endeavor. This can be done without self-condemnation. It can be done because it is necessary, and you are able to respond to that which is necessary without punishing yourself or the world. This preparation is necessary, for it represents your will.

IN YOUR LONG PRACTICE PERIOD TODAY, review the week with sincerity and depth. Give this your full attention so that you may receive the gifts that you are now preparing to receive.

PRACTICE 168: *One long practice period.*

第 168 阶 复习

对过去的一周进行复习。回顾所提供的每一课程，以及你所体验的每次修习。对整个一周进行复习，这样你就能够强化你正在进行的学习。记住，你正在学习如何学习。记住，你是内识的一个初级学生。记住，你的评估假如并非源自于内识，将是没有好处的。当你不加评估时，你会很容易看到该如何加强你的参与，该如何强化你的准备，以及该如何调整你的外在生活来支持你正在进行的努力。你能够不加自我谴责地做到。这能够被做到，因为这是必要的，你能够对必要的事情做出回应，而不带对自己或对世界的惩罚。这一准备是必要的，因为它代表了你的意志。

在今天的长练习时段里，带着真诚和深刻对前一周进行复习。全然投入其中，这样你将能够接收到你正在进行准备去接收的礼物。

练习 168：一个长练习时段

Step 16 9

THE WORLD IS WITHIN ME. THIS I KNOW.

THE WORLD IS WITHIN YOU. You can feel it. Through Knowledge

you can feel the presence of all relationships. This is the experience of God. This is why your meaningful relationships with other individuals hold such great promise, for in genuine union with another you can begin to experience union with all life. This is why you genuinely seek relationships. This is your true motivation in relationships—to experience union and to express your purpose. People think that their relationships are to fulfill their fantasies and to fortify themselves against their own anxiety. This must be unlearned so that the true purpose of relationships may be revealed and comprehended. Thus, unlearning comes first in the process of learning. In this, you learn how to learn. In this, you learn how to receive.

PRACTICE UPON THE HOUR THIS DAY, remembering your idea.

Today in your deeper meditations, once again use the word RAHN to take you deeper into the depth of Knowledge. Repeat the idea at the beginning of your practice and then, upon each exhale, repeat the word RAHN quietly to yourself. Allow this to center your mind. Allow this to connect you with the depth of Knowledge. Here you go deeper than you have gone before. In this, you will find all that you seek, and there will be no confusion about the world.

PRACTICE 169: *Two 30-minute practice periods.*

Hourly practice.

第 169 阶 我知道世界在我心里。

世界在你心里。你能够感知它。通过内识，你能够感知所有关系的存在。这是对上帝的体验。正因为如此，你和其他人之间那些有意义的关系蕴含着非常伟大的希望，因为通过和另一个人真正的结合，你将开始体验到和所有生命的结合。正因为如此，你真诚地寻求着关系。这是你在关系中的真正动机——体验结合和表达你的宗旨。人们认为他们的关系只是为了满足他们的空想以及抵御他们自身的焦虑。这种想法必须被摈弃，这样关系的真正宗旨才能够被揭示和领会。因此，学习进程的第一步是摈弃。在这里，你学习如何学习。在这里，你学习如何接收。

每小时进行练习，记住你的这一想法。在今天的深度冥想里，再次使用 RAHN（然）字，带你深入到内识的深层里。在练习的开始，重复这一思想，然后，在每次呼气时，无声地对自己重复 RAHN（然）。让它集中你的思想。让它把你和深层内识联接在一起。今天你比以往更加深入。在这里，你将找到所有你所追寻的，并且你对世界将不再迷惑。

练习 169：两个 30 分钟

每小时练习

Step 170

I AM FOLLOWING THE ANCIENT RITE OF PREPARATION TODAY.

THIS PREPARATION THAT YOU ARE UNDERTAKING is ancient in

its origin. It has been used for centuries, in this world and in other worlds as well. It is only adapted in its language and in its relevancy to your current time, yet it prepares the mind in the way that minds have always been prepared in The Way of Knowledge, for Knowledge does not change and the preparations only adapt themselves to current events and current understanding so that they may be relevant for the recipients. Yet, the true mechanism for preparation is unchanged.

YOU ARE UNDERTAKING AN ANCIENT RITE in the reclamation of Knowledge. Born of the Great Will of the Universe, this preparation has been constructed for the advancement of students of Knowledge. You are working in tandem now with many other individuals, both within this world and within other worlds as well. For Knowledge is being taught in all worlds where intelligent life exists. Thus, your efforts are supported and embellished by the efforts of those who are preparing with you. In this, you represent a community of learners. Think not, then, that your efforts are singular. Think not, then, that you are alone in the world undertaking the reclamation of Knowledge. Think not, then, that you are not part of a community of learners. This will be more evident to you in time as you begin to recognize those who are preparing with you. This will be more evident in time as your experience of the presence of your Teachers deepens. This will be more evident in time as the results of your Knowledge become evident even to you. This will be more evident in time as you consider your life as part of a Greater Community of Worlds.

REMINDE YOURSELF OF YOUR PRACTICE UPON THE HOUR. In your deeper practices in stillness, receive the benefit of all who practice with you. Remind yourself that you are not alone and that their rewards are given to you as your rewards are given to them. Thus, you share in your accomplishments together. The power of your undertaking is so tremendously supported by the endeavor and the giving of others that it far exceeds your own abilities. When this is realized, it will give you all manner of encouragement and will banish forever the idea that you are inadequate to the tasks that are given to you. For your giving is

supplemented by the giving of others, and this represents the Will of God in the universe.

PRACTICE 170: Two 30-minute practice periods.

Hourly practice.

第 170 阶 今天我遵循这一准备的古老仪式。

你正在进行的这一准备来自古老的源泉。它已经被使用了数百年，不仅是在这个世界是，同样也在其他世界上。它只是在语言和相关性方面，被调整到符合你们当下的时代，然而它对思想进行训练的方式，始终在内识之路的准备中被运用着，因为内识不会改变，而这些准备课程只不过是根据当下的事件和理解进行调整，从而能够为接收者提供相关性。然而，准备的真正机制是不变的。

你在内识的唤回中，正在参与一个古老的仪式。这一准备，诞生于宇宙的伟大意志，它被用于促进内识学生的不断进步上。你正在和许多其他的个体一同进行着学习，包括这个世界里的，还有其他世界里的。因为内识在所有智能生命存在的世界里被传授着。因此，你的努力，得到了那些和你一同进行准备的个体的支持和增益。在这里，你代表着一个学习社团。因此，别以为你的努力是孤单的。别以为你在世界上孤单地进行着内识的唤回。别以为你不从属于一个学习社团。慢慢地，当你开始认知那些和你一起进行准备的人时，这将变得更加显在。慢慢地，当你对于你上师的临在的体验更加深入时，这将变得更加显在。慢慢地，当你的内识甚至对你来说变得更加显在时，这将变得更加显在。慢慢地，当你把你的生命看做是众多世界组成的大社区的一部分时，这将变得更加显在。

每小时提醒自己进行练习。在深度静心练习里，去接收来自于所有和你一同练习的人的益处。提醒自己你并不孤单，他们的回报将被奉献给你，同时你的回报将被奉献给他们。这样，你们共同分享你们的成就。你学习的力量，得到了来自于其他人的努力和奉献所提供的强大支持，因此它远远超越了你自身的能力。当你认知这点时，它将给你带来所有的激励，并将永远地扫清你自认为不足以承担交付给你的任务的想法。因为你的奉献得到了其他人的奉献的增补，这代表着宇宙中上帝的意志。

练习 170：两个 30 分钟

每小时练习

Step 171

MY GIVING IS AN AFFIRMATION OF MY WEALTH.

Y

OUR GIVING IS AN AFFIRMATION OF YOUR WEALTH because

you give from your own wealth. It is not the giving of objects that we speak of here, for you may give away all your possessions and then have none left over. But when you give Knowledge, Knowledge increases. And when you imbue your gift of an object with Knowledge, Knowledge increases. That is why when you receive Knowledge, you will want to give it because this is the natural expression of your own receptivity.

HOW CAN YOU EXHAUST KNOWLEDGE when Knowledge is the power and the Will of the universe? How small your vehicle, how great the substance that expresses itself through you. How great your relationship with life, and how great, then, are you who are with life. There is no conceit here. There is no self-inflation here, for you realize that you are small and great all at once, and you acknowledge the source of your smallness and the source of your greatness. You acknowledge the value of your smallness and the value of your greatness. You acknowledge all life, then, and nothing is left out of your great evaluation of yourself, which is born of love and true understanding. This, then, is the understanding that you must cultivate over time, realizing again that your efforts to do so are embellished by the efforts of others, who are also students of Knowledge in your world. Even students in other worlds embellish your efforts, for in Knowledge there is no time and distance. Thus, you have great support available to you now, and in this you realize your true relationship with life.

PRACTICE UPON THE HOUR and in your deeper meditations, allow the word RAHN to take you into Knowledge. Silently and in stillness, as you sink into the depths of Knowledge, receive the peace and the confirmation that are your birthright.

PRACTICE 171: *Two 30-minute practice periods.*

Hourly practice.

第 171 阶 我的奉献确认了我的财富。

你的奉献确认了你的财富，因为你从自己的财富里进行奉献。我们这里所讲的不是物质的奉献，因为你可能送出所有的财产，结果变得一无所有。可是，当你奉献内识时，内识会不断增加。当你的物质礼物蕴含着内识时，内识会不断增加。正因为如此，当你接收内识时，你会希望奉献它，因为这是对你自身接收性的一种自然表达。

当内识是宇宙的力量和意志时，你怎么可能耗尽内识呢？你这个载体是如此的渺小，而那个通过你来表达它自身的东西是如此的伟大。你和生命的关系是如此的伟大，因此那个和生命同在的你，也是如此的伟大。这里没有狂妄。这里没有自夸，因为你意识到你既是渺小的，同时也是伟大的，并且你认可了你渺小的源泉和你伟大的源泉。你认可了你渺小的价值，和你伟大的价值。因此，你认可了所有生命，在你对自身的伟大评估里，任何层面都没有被疏漏，这一评估来自于爱和真正的理解。因此，你必须逐渐地培养起这一理解，再次意识到，你的这一努力得到了这个世界上其他内识学生的支持。甚至其他世界里的学生也在增益着你的努力，因为在内识里不存在时间和距离。因此，你现在拥有着伟大的支持，由此，你意识到你和生命的真正关系。

每小时进行练习，在深度冥想里，让 RAHN（然）字引领你进入到内识中。在安静和静心里，当你沉浸在深度内识中时，去接收和平和确认，它们是你与生俱来的权利。

练习 171：两个 30 分钟

每小时练习

Step 172

I MUST RECLAIM MY KNOWLEDGE.

Y

OU MUST RECLAIM YOUR KNOWLEDGE. It is not merely a

preference in competition with other preferences. The fact that it is a requirement in life gives it the necessity and the importance that it truly deserves. Think not that your freedom is in any way hindered by this necessity, for your freedom is the result of this necessity and will be born of this necessity. Here you enter a world of vital direction rather than casual choices. Here you become seriously engaged in life rather than a removed observer who can only witness your own ideas.

THE NECESSITY OF KNOWLEDGE, then, is the importance that it bears for you and for your world. Welcome necessity, then, for it frees you from the aggravation and the disability of ambivalence. It rescues you from meaningless choices and directs you to that which is truly vital for your well-being and for the well-being of the world.

Knowledge is a necessity. Your life is a necessity. Its importance is not merely for you alone, but for the world as well.

IF YOU CAN COMPREHEND THIS IN TRUTH, this will override any sense of unworthiness or indolence that you may still possess. For if your life is a necessity, then it has purpose, meaning and direction. If your life is a necessity, then all other lives are a necessity as well. In this, you will wish to harm no one but instead will seek to affirm Knowledge in everyone. This necessity, then, bears with it the strength and the direction that you require and provides you with the grace and depth that you must receive for yourself. A necessary life is a meaningful life. Knowledge is a necessity. Give yourself to your necessity, and you will feel that you are a necessity yourself. This will dispel your sense of unworthiness and guilt and bring you back into relationship with life.

PRACTICE AGAIN UPON THE HOUR, and in your two meditation practices allow the word RAHN to take you deeper into the presence of Knowledge itself. The power of this word, a word unknown within your own language, will resonate with your Knowledge and will stimulate it. Thus, the means are mysterious, but the result is concrete.

PRACTICE 172: *Two 30-minute practice periods.*

Hourly practice.

第 172 阶 我必须唤回我的内识。

你必须唤回你的内识。它不单单只是和你其他的喜好相竞争的另一个喜好而已。事实上，它是生命的要求，这一事实体现了它真正应得的必要性和重要性。别担心你的自由会因为这一必要性而受到阻碍，因为你的自由正是这一必要性所带来的结果，并且将诞生于这一必要性。在此，你进入了一个拥有明确导向的世界，而非随机选择的世界。在此，你开始认真地参与到生命里，而非做一个只能看到你自己想法的被排除在生命之外的旁观者。

因此，内识的必要性在于它对你的重要性，以及它对你的世界的重要性。因此，拥抱这一必要性，因为它使你摆脱矛盾心态带来的愤怒和无力。它将你从毫无意义的选择中解救出来，并将你引向对你的福祉，同时对世界的福祉真正重要的方向。内识是必要的。你的生命是必要的。它不仅对你个人非常重要，同时对世界也非常重要。

假如你能领悟这一真理，它将推翻你所怀有的任何无价值感或惰性。因为如果你的生命是必要的，那么它就必然拥有宗旨、意义和方向。如果你的生命是必要的，那么所有其他生命同样是必要的。由此，你不再想伤害任何人，相反，你将寻求确认每个人内在的内识。那么，这一必要性蕴含着你所需要的力量和方向，并为你提供你必须为自己去接收的恩宠和深刻。一个必要的生命是一个有意义的生命。内识是必要的。把自己奉献给你的必要性，这样你将感知你自身同样是必要的。这将消散你的无价值感和愧疚感，并将你带回到和生命的关系中。

每小时进行练习，并在两次冥想练习里，用 RAHN（然）字带你深入到内识的临在里。尽管这个字在你自己的语言里是未知的，但是这个字的力量，将和你的内识产生共鸣，并将激发内识。因此，这一方式是神秘的，但其结果是切实有效的。

练习 172：两个 30 分钟

每小时练习

Step 173

TODAY I WILL DO WHAT IS NECESSARY.

DOING WHAT IS NECESSARY WILL ENGAGE YOU with vitality in

life, for life in the world, in all its forms, is engaged in what is necessary. This at first seems oppressive to human beings, for they are accustomed to living in fantasy, where everything is preferential and nothing is really necessary.

YET, IT IS WHEN SOMETHING IS REALLY NECESSARY IN LIFE, even if it is a dire circumstance, that people are able to liberate themselves momentarily from their fantasies and feel purpose, meaning and direction. This, then, is a gift to humanity, but people usually give themselves this gift only under dire circumstances.

IT IS UNDER HAPPIER CIRCUMSTANCES that you must now learn to receive this and welcome necessity as a saving grace in your life, for you wish to be needed, you wish to be included, you wish to be vital and you wish to be an essential part of community. This is all necessary. It is not merely a preference on your part. It cannot be born of a casual choice but of a deep conviction, for your greater giving must be born of a deep conviction if it is to be great and complete. Otherwise, at the sight of the first adversity or disappointment, you will be cast away and will withdraw back into fantasy and illusion.

WELCOME, THEN, THE NECESSITIES OF THIS DAY. Do small tasks without complaint, for they are small. Follow your procedure today in preparation, for it is necessary and it is great. Do not confuse the great and the small, for the small is only to express the great. Do not try to make the small great or the great small. Understand their true relationship with one another, for within you is both the great and the small. Within you, the great wishes to express itself through the small.

THEREFORE, CARRY OUT YOUR MUNDANE ACTIVITIES TODAY. Do what is necessary today. Remind yourself upon the hour of our idea for today, and give yourself to your practice so that your day may be a day of giving and receiving. In your deeper meditation practices, enter into stillness using the word RAHN to take you deep into meditation. Do this because it is necessary. Do this with necessity and you will feel the power of your own will.

PRACTICE 173: *Two 30-minute practice periods.*

Hourly practice.

第 173 阶 今天我去做必须要做的。

去做那些必要的事，这将使你参与到生命的活力中，因为这个世界上所有形式的生命，都在参与着那些必要性的工作。这乍看起来，似乎会让人类难以接受，因为他们已经习惯于生活在空想里，在那里，一切都是优选的，没有任何事情是真正必要的。

然而，正是当有些东西在生命中是真正必要时，哪怕它意味着一种可怕的境遇，那么人们都能够暂时性地从空想中解脱出来，而感知宗旨、意义和方向。因此，这是赋予人类的一份礼物，可是人类往往只有到了可怕的境遇里，才会把这份礼物赋予他们自己。

你现在必须学习在快乐的境遇里去接收这一礼物，并拥抱这一必要性，它是你生命中一份带着救赎性的恩宠，因为你希望被需要，你希望被包融，你希望被重视，你希望成为社区里不可或缺的一份子。这些都是必要的。它不只是你的一种偏好。它不可能来自于一种随意性的选择，而是来自于一种深刻的确定性，因为你的更伟大奉献必须来自于一种深刻的确定性，这样它才可能是伟大而彻底的。否则，当你面临第一个逆境或失望时，你就会被甩出并将退回到空想和幻觉里。

因此，今天欢迎那些必要性。不带抱怨地去完成那些小事情，因为它们是渺小的。在今天的准备中按部就班地进行练习，因为它是必要的，它是伟大的。别把伟大和渺小混淆在一起，因为那个渺小只是为了表达那个伟大。别试图使渺小变成伟大，或使伟大变成渺小。理解它们之间真正的关系，因为你的内在既有伟大也有渺小。在你的内在，那个伟大希望通过那个渺小来表达它自己。

因此，今天去从事你那些世俗的事务。做那些必须要做的。每小时提醒自己今天的想法，并把自己奉献给你的修习，这样你的一天将成为奉献和接收的一天。在深度冥想练习里，进入到静心里，利用 RAHN（然）字将你深深地带入到冥想中。让自己这样做，因为它是必要的。带着必要性去做，这样你将感知你自身意志的力量。

练习 173：两个 30 分钟

每小时练习

Step 174

MY LIFE IS NECESSARY.

Y

OUR LIFE IS NECESSARY. It is not a biological accident. It is not

a mere chance circumstance that you arrived in this world.

Your life is necessary. If you could but recall what you went through to come into this world and the preparation that was required—both within this world and beyond—for you to emerge here, then you would realize the importance of your being here and the importance of the Knowledge that you carry within you. Your life is necessary. There is no form of conceit here. It is simply a recognition of truth. In your evaluation of yourself, your life is either pathetic or grandiose. Yet, the necessity of your life has nothing to do with your evaluations, though your evaluations can bring you closer to or take you farther from this one true recognition.

YOUR LIFE IS NECESSARY. Understand this and it will banish your sense of self-judgment and condemnation. Understand this and it will bring humility into your self-grandiose ideas. Understand this and your plans may then in time be adjusted to Knowledge itself, for your life is necessary.

REPEAT THIS STATEMENT UPON THE HOUR and consider it regardless of your emotions, your circumstances and whatever thoughts are prevailing in your mind, for Knowledge is greater than thoughts and is meant to govern thoughts. In your two meditation practices, allow the word RAHN to take you deep into practice. Feel the necessity of your own life—its value and its importance. This is something that you can experience directly. It does not require your evaluation. It does not require that you consider yourself to be greater than others. It is merely a profound experience of reality, for your life is necessary. It is necessary for you. It is necessary for your world. It is necessary for life itself.

PRACTICE 174: *Two 30-minute practice periods.*

Hourly practice.

第 174 阶 我的生命是必要的。

你的生命是必要的。它不是一个生物性的意外。它不是因为一个巧合的机遇，你才来到了这个世界上。你的生命是必要的。要是你能够回忆起你是经历了怎样的历程才来到这个世界上，以及为了让你在这里出生所需要进行的准备——无论是这个世界上的，还是世界以外的——那么你将意识到你在这里的重要性，以及你内在携带的内识的重要性。你的生命是必要的。这里没有任何形式的狂妄。它只是对真理的认知。在你对自己的评估里，你的生命要么是悲哀的，要么是辉煌的。然而，你生命的必要性与你的评估毫不相干，尽管你的评估或许会让你接近，或许会让你远离这一真正的认知。

你的生命是必要的。理解了这点，它将扫清你的自我评判和谴责。理解了这点，它将在你自我炫耀的想法里注入谦卑。理解了这点，你的计划或许会慢慢地根据内识本身进行调整，因为你的生命是必要的。

每小时重复这一声明，并对它进行思考，无论你处于怎样的情绪或境况里，无论何种想法正充斥着你的思想，因为内识比想法更伟大，并且注定要对想法进行管理。在两次冥想练习里，让 RAHN（然）字带你深入到修习中。感知你自己生命的必要性——它的价值和它的重要性。你能够直接地体验到这点。它不需要你的评估。它不需要你自认为比别人更伟大。它只是对实相的深刻体验，因为你的生命是必要的。它对你来说是必要的。它对你的世界是必要的。它对生命本身是必要的。

练习 174：两个 30 分钟

每小时练习

Step 175

REVIEW

IN YOUR REVIEW OF THE PRACTICES OF THIS WEEK, once again

realize the value of giving yourself to practice. Giving yourself to practice, then, is the first step in comprehending the true meaning of giving and the true meaning of purpose in the world.

IN YOUR ONE LONGER PRACTICE PERIOD, review the week that has just passed. Review your engagement with each day's practice and consider the meaning of each day's idea. Give this your total attention during your long practice period today, and realize as you witness your own development that you are preparing yourself to give to others.

PRACTICE 175: *One long practice period.*

第 175 阶 复习

在对本周修习的回顾中，再次认知把自己奉献给修习的价值所在。把自己奉献给修习，是理解这个世界上奉献的真正含义以及宗旨的真正含义的第一步。

在今天的长练习时段里，对前一周进行复习。回顾你对每天练习的投入，并思考每天所给出的想法的含义。在今天的长练习时段里，全然地投入到复习中，并意识到当你见证自己的进展时，你也正在让自己进行准备对他人进行奉献。

练习 175：一个长练习时段

Step 176

I WILL FOLLOW KNOWLEDGE TODAY.

UPON EACH HOUR OF THIS DAY experience yourself following

Knowledge. Make small decisions about small things as it is necessary, but make no great decisions without Knowledge. You have a personal mind to make small, insignificant decisions. But greater decisions should be made with Knowledge.

FOLLOW KNOWLEDGE TODAY UPON THE HOUR. Allow its peace and its certainty to abide with you. Allow its overall direction to be discerned by you. Allow its potency to affect you. Allow it to give itself to you as you are now learning to give yourself to it.

IN YOUR TWO LONGER MEDITATION PRACTICES TODAY, using the word RAHN, enter deeply into Knowledge. Enter deeply into the presence of life. Enter deeply into this experience. Continue to direct your mind towards this accomplishment. Continue to set aside anything that affects you or holds you back. In this way, you train the mind and prepare it as well for that which is most natural to it to occur.

FOLLOW KNOWLEDGE THIS DAY. If Knowledge indicates something and you are very certain about this, follow it and be observant. See what happens and try to learn to distinguish Knowledge from your impulses, your wishes, your fears and your avoidances. This must be learned through experience. In this way, Knowledge and everything that pretends to be Knowledge are drawn apart in contrast. This will provide for you greater certainty and greater self-confidence, which you will need in the times to come.

PRACTICE 176: *Two 30-minute practice periods.*

Hourly practice.

第 176 阶 今天我将遵循内识。

每小时让自己去体验对内识的遵循。对小事做出小的决定，因为这是必要的，但是不能不带内识地去做重大决定。你的人格思想是用于做那些小的、不重要的决定的。但更重大决定必须来自于内识。

每小时遵循内识。让它的和平和确定和你坚守在一起。让自己去辨识内识的整体导向。让它的威力来影响你。让它对你进行奉献，因为你正在学习对它进行奉献。

在两次长冥想练习里，利用 RAHN（然）深入到内识里。深入到生命的临在里。深入到这种体验里。继续将你的思想导向这一努力。继续摆脱任何影响你或阻碍你的东西。这样，你对你的思想进行训练和准备，从而让那种对它来说最为自然的状态得以出现。

今天遵循内识。假如内识对某件事做出提示，并且你对此非常地肯定，那么遵循它并保持观察。看看发生了什么，并努力学习将内识和你的冲动、希望、恐惧和逃避区分开来。这必须通过体验来学习。这样，在对比中，内识和所有假装成内识的东西得以区别开来。这将给你更大的确定性和更大的自信，这些是你在未来岁月里所需要的。

练习 176：两个 30 分钟

每小时练习

Step 177

I WILL LEARN TO BE HONEST TODAY.

THERE IS A GREATER HONESTY THAT IS WAITING for you to

discover. There is a greater honesty that you must utilize on your own behalf. It is not enough merely to know how you feel. It is a greater requirement to feel what you know. This is a greater honesty and an honesty that is in harmony with life itself, an honesty that reflects the true advancement of all beings in the world. This is not merely expressing and demanding that your personal intent be carried out. It is demanding instead that the necessity of life within you may express itself in a way that is genuine to life itself. The form and the manner of this expression will be contained in the messages that you will need to deliver to others when the time comes for that to happen.

LEARN, THEN, TO FEEL WHAT YOU KNOW. This is a greater honesty. It requires both openness and restraint. It requires self-inspection. It requires objectivity about your life. It requires stillness and peace as well as the ability to engage your mind actively in exploration. Thus, all that you have learned so far is contributed and utilized in today's practice.

REMAND YOURSELF UPON THE HOUR OF TODAY'S PRACTICE and seriously consider it in the moment in which you find yourself. In the longer practices today, again enter stillness and engage your mind in this meaningful activity. The mind must be brought into the proximity of its Ancient Home for it to find comfort and peace. This requires self-discipline at the outset, but once the engagement is made, the process happens in and of itself naturally.

LEARN TO BECOME MORE HONEST TODAY. Learn to discern a greater level of honesty, a genuine level of honesty that affirms your very nature and does not betray your highest purpose.

PRACTICE 177: *Two 30-minute practice periods.*

Hourly practice.

第 177 阶 今天我将学习坦诚。

有一个更伟大的坦诚正在等待着你去发现。有一个更伟大的坦诚，你必须为了自己的利益去运用它。仅仅知道你的感觉是不够的。更高的要求是要感知你所知道的。这是一个更伟大的坦诚，这一坦诚和生命本身协调一致，这一坦诚反映着世界上所有个体的真正进步。这并非只是去表达、去要求你的个人意志得到开展。相反，它要求你内在生命的必要性，能够以一种对生命本身真诚的方式来表达它自己。当时机来临时，这一表达的形式和方式将被包含在你要传递给他人的讯息里。

因此，去学着感知你所知道的。这是一种更伟大的坦诚。它要求开放和自控。它要求自我审视。它要求你对自己的生命保持客观性。它要求静心和平，同时要求你的思想能够进行积极地探究。这样，所有你所学到的东西都能够被奉献和运用到今天的练习中。

每小时提醒自己进行修习，并用片刻的时间进行严肃的思考。在长练习时段里，再次进入静心里，让自己的思想投入到这一有意义的行动中。思想必须被引领着靠近它的古老家园，从而让它找到安慰和平。刚开始时，这需要自律，一旦这种参与得以建立，这一过程会自然而然地发生。

今天学习变得更加坦诚。学习辨识坦诚的一个更伟大层面，一个真正的层面，它确认了你的根本特质，并且它不会背叛你的最高宗旨。

练习 177：两个 30 分钟

每小时练习

Step 178

I WILL REMEMBER THOSE

WHO HAVE GIVEN TO ME TODAY.

THIS IS A SPECIAL DAY OF ACKNOWLEDGING THE PRESENCE OF

genuine relationships in your life. It is a special day of acknowledging the gifts that have been given to you. It is a day meant for gratitude.

UPON THE HOUR, THEN, REPEAT THIS STATEMENT and take a moment to recall those who have given to you. Try to think very carefully of the individuals who have given benefit to you, both by demonstrating their Wisdom and their error. Think of those who have illustrated the way to go and the way not to go. As you inquire further into this in your two longer practice periods today, try to think more carefully and allow any individual who comes to mind to be the subject of your investigation. This is an active practice time in your meditation periods.

IN YOUR LONGER PRACTICE PERIODS, repeat the statement at the beginning of practice and allow individuals to come to you. Learn to recognize their contribution to the reclamation of Knowledge. Learn to recognize their contribution to your physical and emotional wellbeing. Learn to recognize how they have served you. In this way, your entire concept of giving and receiving and of service in the world may be expanded and developed. This will give you a true vision of the world so that you may learn to be compassionate with yourself and with others.

THIS, THEN, IS A DAY OF AFFIRMATION and a day of gratitude. Allow your practices to be meaningful and effective so that you may receive their reward.

PRACTICE 178: *Two 30-minute practice periods.*

Hourly practice.

第 178 阶 今天我将记住那些为我奉献过的人。

在今天这个特殊的日子，你将认可你的生命中真正关系的存在。在今天这个特殊的日子，你将认可那些被奉献给你的礼物。今天是一个感恩的日子。

每小时重复这一声明，并用片刻时间回忆那些为你奉献过的人。认真地回想那些曾经给你带来益处的人们，无论是通过示范他们的智慧，还是他们的错误。回想那些指示过哪条路该走，哪条路不该走的人们。在今天的两次长练习时段里，当你更深入地探究时，努力进行更认真的思考，并让每一个进入你脑海的人成为你探究的对象。这是你的冥想时段里需要进行积极练习的时刻。

在长练习时段里，在练习的开始重复这一声明，并让人们进入你的脑海。学习去认知他们在你内识唤回中的贡献。学习去认知他们对你身体和情绪健康方面的贡献。学习去认知他们是如何服务于你的。通过这样，你对于奉献和接收以及对于为世界提供服务的整体观念，将得到拓展和发展。这将为你展现世界的真正面貌，这样你将能够学习对自己以及对他人的慈悲。

因此，今天是确认的一天，是感恩的一天。让今天的练习时段具有意义和效率，这样你将能够接收它们的回报。

练习 178：两个 30 分钟

每小时练习

Step 179

TODAY I WILL THANK THE WORLD FOR TEACHING ME WHAT IS TRUE.

THE WORLD IN ITS GRANDEUR AND IN ITS FOLLY teaches you

what to value and to recognize what is true. Contrast must be evident in learning for you to make these distinctions. To distinguish what is true from what is false and what is meaningful from what is meaningless, you must have contrast in learning. You must taste the meaningless to find out its true nature and content, and you must taste the meaningful to find out its true nature and content. The world continuously provides you the opportunity to do both.

AT THIS TIME YOUR NEED IS TO TASTE THE TRUE INCREASINGLY, and that is why we emphasize this in your daily practice now. You have already indulged yourself in the false so sufficiently that it has dominated your mind and attention. Now we feed you the true, but you must also learn to benefit from what the false has given you. Then you will need to investigate the false no more. The false has already presented itself to you. Now you are learning to recognize its presentation and to utilize what benefit it can offer you. The only benefit the false can offer you is to learn to recognize its lack of substance so that you may desire to know what is true and have greater capacity to receive it.

THUS, THANK THE WORLD TODAY FOR SUPPORTING YOU, for its grandeur and for its folly, for its moments of inspiration and for its great display of illusion. The world you see so far is largely comprised of the fantasy of individuals, but there is a greater world for you to see, a world that is actually there, a world that will arouse in you Knowledge, appreciation and true self-application as well. For it is your purpose to serve the evolution of this world, as it is the world's purpose to serve your evolution.

IN YOUR TWO LONGER PRACTICE PERIODS TODAY, investigate this idea actively with your mind. Apply your mind to understanding how the world has supported you. Think very carefully about this. This is not a superficial investigation. It is an investigation that you must conduct with necessity and with seriousness, for it will determine your experience in life, both in the present and in the future.

UPON THE HOUR, REMEMBER OUR STATEMENT for today and keep it in mind when you view the world. Do not let this day be wasted

upon you. This day is a day of recognition, a day of gratitude and a day of Wisdom.

PRACTICE 179: Two 30-minute practice periods.

Hourly practice.

第 179 阶 今天我感谢世界教给我什么是真实。

这个世界以它的宏伟和它的愚昧，教给你什么是值得珍视的，并教你去认知什么是真实。为了使它能够进行区分，在你的学习中必须非常显著地运用对比。为了区分什么是真实的，而什么是虚假的，区分什么是有意义的，而什么是无意义的，你必须在学习过程里拥有对比。你必须通过品尝无意义，从而发现它的真实特质和内容，同时，你也必须通过品尝有意义，从而发现它的真实特质和内容。世界不断地为你提供这两种机会。

你当前所需要的是更多地去品尝真实，正因为如此，我们在你当下的每日修习里，不断地强调真实。你在虚假里已经浸泡得太久，以至于它占据了你的思想和注意力。现在，我们为你提供真实，但你同时也必须学习从虚假给你带来的教育中受益。这样，你将不再需要去探究虚假。虚假已经向你展现了它自身。现在，你要学习认知它的表象，并学习去运用它能带给你的益处。虚假能够给你提供的唯一益处，是让你学习去认知它的空洞，这样你将会渴望去认知什么是真实的，并渴望拥有更大的能力去接收它。

因此，今天感谢世界为你提供的支持，感谢它的宏伟和它的愚昧，感谢它那些灵感迸发的瞬间，感谢它所展现的巨大幻象。你所看到的这个世界主要是由个人的空想所共同架构起来的，但是还存在着一个更伟大的世界等待着你去看，一个真实存在在那里的世界，一个能够唤醒你的内识、激赏还有真正自我运用的世界。因为你的宗旨是服务于这个世界的进化，正如这个世界的宗旨是服务于你的进化一样。

在今天的两次长练习时段里，积极地运用你的思想对这一想法进行探究。运用你的思想去理解这个世界如何为你提供着支持。认真对此进行思考。这不是一种肤浅的探究。你必须带着必要性和严肃性进行这一探究，因为它将决定你在生命中的体验，无论是在当下，还是在未来。

每小时记起我们的声明，并带着这一想法去看待世界。别让这一天白白地荒废过去。今天是认知的一天，感恩的一天，和智慧的一天。

练习 179：两个 30 分钟

每小时练习

Step 180

I COMPLAIN BECAUSE I AM LACKING KNOWLEDGE.

WHEN YOU COMPLAIN ABOUT LIFE, you are asking for

Knowledge. Knowledge has its own statement about life, but it is very different from the lament which you hear within yourself and around you. Therefore, as you approach Knowledge today, recognize the nature of complaint—how it emphasizes your weakness and the world's domination over you and how much it is in contrast to what you are learning now. You are learning now to discover your greatness and your domination over the world. You are in relationship with the world. Let this relationship become healthy and meaningful. Let the world's contribution be given to you. Let your contribution be given to the world.

THEREFORE, THANK THE WORLD ONCE AGAIN TODAY for what it has given to you. In your deeper meditation practices today, enter stillness and silence. Use the word RAHN to help you enter this deeply. Use the word RAHN to orient your mind and thinking so that your mind may become unified with the sound of this one ancient word.

THIS IS A DAY OF IMPORTANT CONTRIBUTION. Do not complain about this day. Recognize that everything that happens is an opportunity for you to apply your practice and to develop the true faculties of your mind. Your complaint would only be a denial of the world's contribution to you. Therefore, do not deny this. Do not complain about the world today so that you may receive its gifts.

PRACTICE 180: *Two 30-minute practice periods.*

第 180 阶 我抱怨，因为我缺少内识。

当你对生命进行抱怨时，你事实上是在要求内识。内识对于生命有它自己的声明，但这与你所听到的来自你内在以及来自你周遭的悲叹完全不同。因此，今天当你接近内识时，去认知抱怨的特质——它是怎样强调你的弱点以及世界对你的掌控，以及它与你正在学习的有着怎样强烈的对比。你正在学习去发现你的伟大和你对世界的掌控。你身处与世界的关系当中。让这个关系变得健康而有意义。让世界的贡献被赋予你。让你的贡献被赋予世界。

因此，今天再次感谢世界，为了它奉献给你的东西。在今天的深度冥想里，进入静心 and 安静里。用 RAHN（然）帮助你深深地投入。用 RAHN（然）引导你的思想和思考，这样你的思想将会和这一古老文字的声音融合在一起。

今天是进行重要奉献的一天。别对今天进行抱怨。要认知今天发生的一切为你提供了一个机会，去运用你的练习和发展你思想的真正能力。你的抱怨仅仅意味着你在否认世界对你的贡献。因此，别去否认它。今天别抱怨世界，这样，你将能够接收它的礼物。

练习 180：两个 30 分钟

Step 181

TODAY I RECEIVE THE LOVE OF KNOWLEDGE.

KNOWLEDGE POSSESSES THE TRUE SEED OF LOVE, not love that

is a mere sentiment, not love that is a form of intoxication surrounding an urgent desire born of fear. Knowledge is the seed of true love, not the love that seeks to conquer, to possess and to dominate, but the love that seeks to serve, to empower and to free another. Become the recipient of this love today so that it may flow through you to the world, for without your denial it will most surely do this.

UPON THE HOUR, REPEAT THIS STATEMENT and feel its full impact, regardless of the circumstance that you find yourself in. Allow each circumstance to support your practice, and you will find that your practice will have an increasingly potent effect on your external life. In your two deeper practices today, enter into the presence of Knowledge and receive its love. Affirm your worthiness and your receptivity. Relinquish your presumptions about yourself and the world, and allow yourself to have an experience that will demonstrate the truth beyond any assumption. This is your practice today. This is your gift to yourself, to your world and to your Creator so that you may receive the gift of love.

PRACTICE 181: *Two 30-minute practice periods.*

Hourly practice.

第 181 阶 今天我接收内识的爱。

内识拥有爱的真正种子，这种爱不只是某种情愫，也不是围绕着源于恐惧的一种热望的痴迷形式。内识是真爱的种子，这种爱不寻求征服、占有和掌控，而是寻求服务、赋权和解放他人。今天成为这个爱的接收者，这样它将能够透过你流向世界，因为当没有你的否认时，它将自然而然地去这样做。

每小时重复这一声明并感知它完全的影响力，无论你正身处怎样的境况里。利用每一个境况来支持你的修习，这样你会发现你的修习将对你的外在生活产生越来越大的影响力。在今天的两次深入练习里，进入内识的临在里并接收它的爱。确认你的价值和你的接收性。放弃你对自己和对这个世界的假设，并让自己拥有一种体验，它将示范那超越任何假设的真理。这就是你今天的修习。这是你给自己、给你的世界以及给你的造物主的礼物，这样你将接收爱的礼物。

练习 181：两个 30 分钟

每小时练习

Step 182

REVIEW

TODAY MARKS AN IMPORTANT TURNING POINT in your

preparation. Today marks the completion of the first stage of your preparation and the beginning of a new stage. Review the past week in one long practice period and then take time to think how far you have come and how far you need to go. Recognize your growing power and strength. Think of your outer life and recognize how much needs to be accomplished there, both on your own behalf and for the well-being of others. Recognize how little you know and how much is available to you. Do not let any self-doubt dissuade you in your undertaking, for you need only participate to receive the greatest gift that life can give.

REVIEW THE PAST WEEK AND THINK NOW of what has transpired in your preparation thus far. Observe the development that has occurred within you these past few months—the growing sense of presence, the growing sense of inner certainty, the growing sense of inner power. Allow for the fact that your outer life has begun to open. Certain things that were fixed before have now been loosened so that they may be rearranged on your behalf. Allow your outer life to be rearranged, now that you are not seeking to dominate it for your personal protection. As a greater certainty arises within you, outer circumstances must be rearranged on your own behalf. Thus, you become a source of change and not the recipient of it only.

RECOGNIZE HOW FAR YOU HAVE COME, but keep in mind that you are a beginning student of Knowledge. Allow this to be your starting point so that you may assume little and receive a great deal. From this great point of reference, you will be able to see beyond the prejudice and the condemnation of humanity. You will be able to see beyond a personal viewpoint and have a vision of the world that the world is desperate to receive.

PRACTICE 182: *One long practice period.*

第 182 阶 复习

今天代表了你的准备的一个重要转折点。今天代表了你的准备的第一阶段的结束，以及一个新阶段的开始。在一个长练习时段里，对前一周进行复习，然后花些时间去思考你已经走了多远，以及你还需要继续走多远。认知你不断增长的力量和能力。思考你的外在生活，认知那里有多少需要去完成的事，不仅为你自身的利益，同时也为他人的福祉。认知你所知道的是多么少，又有多少正在等待着你去认知。别让任何的自我怀疑阻碍了你的学习，因为你只需去参与就能够接收生命所能赋予的最伟大礼物。

对前一周进行复习，并思考到今天为止你的准备进程中发生了什么。观察你在过去几个月里所取得的进步——不断增强的临在感，不断增强的内在确定感，不断增强的内在力量感。接受你的外在生命正在变得开放这一事实。过去某些僵化的东西现在开始软化，这样它们将根据你的利益而得到调整。让你外在的生命得到重整，现在你不会为了自我保护而去寻求掌控它。当一个更大的确定性在你内在升起时，外在的环境必须为了你自身的利益而得到调整。这样，你成为了改变的源泉，而不只是它的接收者。

认知你已经走了多远，但始终记住你是内识的初级学生。让这成为你的出发点，这样你不会多做假设，能够大量地接收。从这一伟大的参照点上，你将能够超越人类的偏见和谴责去看。你将能够超越个人的观点去看，并获得对世界的一种远见，这个世界正迫切地需要接收这一远见。

练习 182：一个长练习时段

内识进阶

第二部分

STEPS TO KNOWLEDGE

PART TWO

IN THE SECOND HALF OF OUR PROGRAM OF PREPARATION we will undertake to explore new arenas, to further cultivate your experience of Knowledge and to prepare you to be a contributor of Knowledge in the world. In the days to come we shall explore things with which you are familiar and things with which you are not familiar, things which you have recognized before and things you have never seen before. The mystery of your life calls for you because from mystery come all things of concrete value in the world.

THEREFORE, IN THE STEPS TO COME, give yourself with increasing dedication. Allay your sense of doubt. Allow yourself to proceed with greater certainty. Your participation alone is required, for as you stimulate Knowledge, Knowledge will arise on its own. It will arise on its own when the mental and physical conditions of your life have been properly prepared and adjusted.

LET US NOW PROCEED with the next step of your preparation.

内识进阶

第二部分

在我们准备进程的下半部分里，我们将开始探索新的领域，进一步培养你对内识的体验，并且让你进行准备成为这个世界上的一个内识的贡献者。在此后的修习里，我们将探索那些你所熟悉的东西，还有那些你不熟悉的东西，探索那些你已经认知的东西，还有那些你从未见过的东西。你生命的神秘在召唤着你，因为这个世界上的所有有着切实价值的东西，都来自于神秘。

因此，在今后的进阶中，更投入地奉献你自己。打消你的疑虑。让自己带着更大的确定性前进。这里对你的唯一要求是你的参与，因为当你激发内识时，内识将自行升起。当你生命的思想和身体条件得到了恰当的准备和调整时，内识将会自行升起。

现在，让我们进入你准备的下一个阶段。

Step 183

I SEEK EXPERIENCE NOT ANSWERS.

SEEK EXPERIENCE TODAY, for experience will answer all questions

and make questioning unnecessary. Seek experience today so that it may lead you to greater and greater experience. It is better for you to ask questions of Knowledge and then receive the experience that Knowledge can give you. You are accustomed to receiving so little in response to your inquiries. An answer is so very little. A true answer must be an invitation to participate in a greater preparation, in a preparation you have not prepared for yourself but which has been prepared for you. Therefore, seek not for little things that give you momentary relief or comfort. Seek for that which is the foundation of your life, which can provide life to you as never before.

TODAY, IN YOUR TWO DEEPER PRACTICES, become receptive to this experience. You may use the word RAHN if you find it helpful, but enter deeply into the experience of Knowledge. Do not seek for answers. Ideas will come to you in their own time and in their own way. You can be assured of that. As your mind is prepared, it will become truly receptive and truly capable of carrying out what it receives. This is the acknowledgement that you need. It must be born of great experience.

UPON THE HOUR REMIND YOURSELF OF YOUR PRACTICE, and realize it is genuine experience that you are seeking and not answers alone. Your mind is full of answers, and they have not answered your questioning thus far.

PRACTICE 183: *Two 30-minute practice periods.*

Hourly practice.

第 183 阶 我寻求体验，而不是答案。

今天寻求体验，因为体验将解答所有问题，并使得提问问题变得不必要。今天寻求体验，这样它将引领你进入越来越伟大的体验。对你来说更好的方式是，你向内识提问，然后接收内识提供给你的体验。你已经习惯于接收对你的问题少得可怜的回答。仅仅一个答案太少了。真正的解答必然是邀你参与到一个更伟大的准备之中，一个并非由你自己发明，而是已然为你预备好的准备。因此，别去寻求那些只能给你短暂的释怀或安慰的渺小东西。去寻求你生命的基础，它能够为你提供一个你从未体验过的生命。

今天，在两次深度修习中，对这种体验保持接收性。假如你觉得有帮助，你可以利用 RAHN（然），但要深入到内识的体验中。别寻求答案。相关的想法会在合适的时间，以它们自己的方式出现在你的脑海里。你可以对此充满信心。当你的思想做好准备时，它将变得真正具有接收性，并能真正地展开它所接收的东西。这是你所需要的确认。它必然来自于伟大的体验。

每小时提醒自己进行练习，并意识到你真正寻求的是真实的体验，而不单单是答案。你的思想充满了答案，但是它们至今也无法解答你的提问。

练习 183：两个 30 分钟

每小时练习

Step 184

**MY QUESTIONS ARE GREATER
THAN I HAD REALIZED BEFORE.**

WHAT YOU ARE REALLY ASKING FOR is far greater than what

you have entertained before. Though your questions may have arisen out of immediate circumstances, you are asking for far more than immediate resolution to immediate things. Immediate resolution will be given, but from a Greater Source. It is this Greater Source that you are seeking, for you are seeking to realize your nature here, and you are seeking to find the preparation that will enable you to contribute your gifts so that your work in the world may be complete. Therefore, understand that you are here to serve. You are here to give. And in so doing, you will find your fulfillment. This will produce happiness for you.

IN YOUR TWO LONGER PRACTICE PERIODS TODAY, once again enter into stillness and silence, keeping in mind that stillness cultivates the mind to receive. In stillness you find that things are known already that you have neglected thus far. From these practice periods your mind will become more refined and have greater depth, greater concentration and a greater focus in all aspects of your life.

WHAT YOU ARE SEEKING TODAY is something greater than you have considered before. You are seeking to know the meaning of your Knowledge through its demonstration.

PRACTICE 184: *Two 30-minute practice periods.*

第 184 阶 我的问题比我以前意识到的更加伟大。

你真正提问的问题，远比你以前所认为的更加伟大。尽管你的问题或许产生于当下的环境，但是你所寻求的，可比对当下问题的即刻解决方案要伟大得多。你会获得即刻的解决方案，但那是来自于一个更伟大源泉。你所寻求的正是这个更伟大源泉，因为你正在寻求去认知你的本质，你正在寻求找到那个让你有能力贡献你的礼物的准备，这样你在世界里的工作就能得以完成。因此，要理解你来此是为了进行服务。你来此是为了奉献。通过同样，你将找到你的成就。这将为你带来幸福。

在今天的两次长练习时段里，再次进入静心 and 安静里，记住静心是为了培养思想去接收。在静心里，你发现那些你以前忽视的事情实际上已经被你认知了。通过这些练习时段，你的思想将变得更加精炼，并对你生命的所有层面更加深入、更加专注，更加聚焦。

你今天所寻求的要比你以前所认为的更加伟大。你正在寻求通过内识的示范去认知它的意义。

练习 184：两个 30 分钟

Step 185

I HAVE COME INTO THE WORLD FOR A PURPOSE.

A GAIN WE AFFIRM THIS GREAT TRUTH, which in your

Knowledge you will know to be true. Regardless of your current stage of personal development, the reality of your purpose in life remains true. Therefore, from time to time we repeat certain lessons that are essential for your well-being and development. We give them different wording from time to time so that you may have a greater and greater experience of them. In this way, they may find their way into your heart so that your heart may find its way into your consciousness.

YOU ARE HERE TO SERVE. You are here to give. You are here because you are rich with Knowledge. Regardless of your circumstance in life, your own sense of poverty will be banished forever as Knowledge arises within you, for there can be no sense of deprivation when Knowledge is being experienced and expressed. This is the promise of this program of preparation. This is the promise of your life. This is your destiny and your mission here. From this, your specific calling in the world will be given to you. It will be quite specific to your activities and behavior. Before this can happen, your mind must be cultivated, and your life must be rearranged and brought into genuine balance so that it may reflect your Knowledge and not your fears and wishes only. A greater life must come from a Greater Source within you. A greater life is made possible for you now.

YOU ARE HERE TO SERVE, but to serve you must receive. In your longer practice periods today, practice receptivity. Go deeper in your practice of stillness. Cultivate this practice. You are now learning the specific skills that will help you to do this. When your will is being experienced, the methods will follow naturally. We give only so much methodology as is necessary to aim your mind in the proper direction. From here you can refine your practice to meet your needs without betraying the instructions that are given in this course.

THEREFORE, FOLLOW THE DIRECTIONS that are given and make minor adjustments as necessary. When you learn to work with your nature, you will learn to utilize it on your own behalf. Practice upon the hour so that your practice may go with you everywhere and so that everything that happens to you today may be a part of your practice.

PRACTICE 185: *Two 30-minute practice periods.*

Hourly practice.

第 185 阶 我来到世界是为了一个宗旨。

我们再次确认这一伟大真理，在你的内识里，你将认知它的真实。无论你当下处于怎样的个人发展阶段，你在生命中的宗旨始终是一个真实的实相。因此，我们不时地对某些课程进行重复，因为它们对于你的福祉和发展是必不可少的。我们会不时地变幻不同的说法来讲解，这样你对它们会拥有越来越广大的体验。通过这种方式，它们将会找到合适的方式进入你的内心，这样你的内心将会能够找到合适的方式和你的意识相联接。

你来此是为了服务。你来此是为了奉献。你来此因为你富有内识。无论你在生命里身处怎样的境遇，当内识在你内在升起时，你内心的贫乏感将会永远地消失，因为当内识得到体验和表达时，就不可能有贫乏感。这是这一准备课程给予你的承诺。这是你生命的承诺。这是你在此的天命和使命。通过它，你在世界上的特殊召唤将被赋予你。它是特别针对你的行动和行为的。在这到来之前，你的思想必须得到培养，你的生命必须得到重整并实现真正的平衡，这样它就能反映你的内识，而不只是你的恐惧和希望。一个更伟大的生命必然来自于你内在的一个更伟大源泉。现在，一个更伟大的生命在等待着你。

你来此是为了服务，但是为了服务，你必须去接收。在今天的长练习时段里，练习接收性。更加深入地投入到静心练习里。对这种修习进行培养。你正在学习一些能够帮你实现静心的特殊技巧。当你自身的意志得到体验时，这些方法将会自然而然地得到运用。我们只是提供了必要的几种能够引导你的思想进入正确导向的方式。通过这些方式，你能够提升你的修习来满足你的需求，但同时又不会背离本课程所提供的指引。

因此，遵循所提供的指引，如有需要可以进行稍微的调整。当你学着和你的本质进行协作时，你将学习为了你的自身利益来运用它。每小时进行修习，这样你的修习将会始终伴随着你，这样今天在你身上发生的每件事都能成为你修习的一部分。

练习 185：两个 30 分钟

每小时练习

Step 186

I AM BORN OF AN ANCIENT HERITAGE.

Y

OU ARE BORN OF AN ANCIENT HERITAGE. This will arise in

your mind naturally, though it is beyond words and beyond description. In essence it is a pure experience of life and inclusion. What is remembered in this experience are those relationships that you have cultivated thus far in your evolution up until this time. Only the reclamation of relationships can be carried forward beyond your life in this world. The individuals that you have reclaimed unto yourself as your Spiritual Family now exist as your Spiritual Family. They form the growing body of Knowledge and inclusion in life which you are now capable of experiencing.

YOU ARE HERE TO SERVE YOUR SPIRITUAL FAMILY, your small learning group that have been working together through many ages and circumstances in order to cultivate and advance their members so that your group may join with other groups, and so forth. Like streams joining together into greater and greater bodies of moving water, you follow your inevitable course to the source of your life. This is the natural way, the genuine way, the way that exists beyond all speculation and philosophy, beyond all the fears and ambitions of humanity. This is the way of things—forever mysterious, beyond your comprehension and yet fully available to serve you in the immediate circumstances of your life. Such is the greatness of the mystery of your life, and such is its application in even the smallest detail of your life. Thus, your life here is complete.

YOU ARE BORN OF A GREAT HERITAGE. Thus, greatness is with you because of your relationships. Receive this Heritage in stillness in your two deep meditation practices today and acknowledge it upon the hour. Allow this day to demonstrate both the reality and the denial of this great truth, for as you see the world in its denial attempting to act out the substitutes for Knowledge, you will learn to value Knowledge and to realize that Knowledge is here already.

PRACTICE 186: *Two 30-minute practice periods.*

Hourly practice.

第 186 阶 我诞生于一个古老的传承。

你诞生于一个古老的传承。它将在你思想中自然地升起，尽管这超越了文字和描述的范畴。本质上，它是对生命和包融的一种纯粹体验。在这一体验里被记起的，是你迄今为止整个进化过程中所发展的那些关系。只有这些被唤回的关系能够超越你在这个世界的生命继续延续下去。那些你曾经作为你的精神家庭而唤回的成员，现在正作为你的精神家庭而存在着。他们形成了内识不断成长的躯体，以及你现在所体验到的在生命中的包融。

你来此是为了服务于你的精神家庭，它是一个历经久远的年代和境遇，始终在一起协作的一个小型学习小组，其目的是为了对它的成员进行培养和促进，这样你们这个小组将能够和其他小组结合在一起，并以此类推。就像小溪汇成不断增宽的河流，你在遵循着你必经的历程，走向你生命的本源。这是自然的道路，真实的道路，它超越了所有揣测和哲学，超越了人类所有的恐惧和野心。这是事物发展之路——永远神秘，超越了你的理解，然而它就在你生命的每个当下时刻准备着为你服务。这就是你生命之神秘的伟大，这就是它在你生命最细微之处的运用。因此，你在这里的生命是完满的。

你诞生于一个更伟大传承。因此，伟大和你同在，因为你的关系的存在。在今天的两次深度冥想里，在静心中接收这一传承，并在每小时里对它进行确认。让今天来示范这一伟大真理的实相，同时示范对这一真理的否认。因为当你看清，这个世界通过对真理的否认正在试图演绎内识的替代品时，你将学习去珍视内识，并意识到内识已经存在于这里。

练习 186：两个 30 分钟

每小时练习

Step 187

I AM A CITIZEN OF THE GREATER COMMUNITY OF WORLDS.

Y

OU ARE NOT MERELY A HUMAN BEING in this one world. You

are a citizen of the Greater Community of Worlds. This is the physical universe that you recognize through your senses. It is far greater than you can now comprehend. The extent of its relationships are far greater than you can even imagine, for reality is always greater than imagination.

YOU ARE A CITIZEN OF A GREATER PHYSICAL UNIVERSE. This acknowledges not only your Lineage and your Heritage but also your purpose in life at this time, for the world of humanity is growing into the life of the Greater Community of Worlds. This is known to you, though your beliefs may not yet account for it.

TODAY, UPON THE HOUR, affirm your citizenship in the Greater Community of Worlds, for this affirms a greater life that you are now beginning to discover. In your two meditation practices, once again enter stillness and quietude. This growing experience of stillness will enable you to understand all things, for your mind was created to assimilate Knowledge, and this is how understanding comes about. The accumulation of ideas and the accumulation of theories do not constitute either Knowledge or understanding, for understanding is born of true affinity and experience. In this, it has no parallel in the world and can thus serve the world that you perceive.

PRACTICE 187: *Two 30-minute practice periods.*

Hourly practice.

第 187 阶 我是拥有众多世界的大社区的一名公民。

你不仅仅是身在这一单一世界上的人类的一员。你是拥有众多世界的大社区的一名公民。它是你通过自己的感官所认知的那个物质宇宙。它比你现在能理解的要广大得多。它的关系的广度要比你所能想象的要广大得多，因为实相总比想象更加广大。

你是一个更广大物质宇宙的一名公民。这不仅确认了你的血缘和传承，它还确认了你身处这个时代的生命宗旨，因为人类世界正在向拥有众多世界的大社区生命迈进。对此你是认知的，尽管你的信仰还没能对此做出解释。

在今天的每小时里，确认你是拥有众多世界的大社区的一名公民，因为这确认了你正在开始发现的一个更伟大生活。在两次冥想练习里，再次进入静心和安静里。这种对于静心的不断增长的体验，将能够让你理解所有的事物，因为你的思想被创造出来是为了吸取内识，这是理解得以产生的方式。想法和理论的积累，既不能带来内识，也不能带来理解，因为理解来自于真正的亲和力和体验。从这个意义上来说，它在世界上是无可匹敌的，因此它能够服务于你所感知的世界。

练习 187：两个 30 分钟

每小时练习

Step 188

MY LIFE IN THIS WORLD IS MORE IMPORTANT THAN I HAD REALIZED BEFORE.

IS THIS A GRANDIOSE IDEA? No, it is not. Does this idea betray

your need for humility? No, it does not. You are here for a greater purpose than you have imagined, for your imagination does not contain the meaning of your purpose in life. In life there is only purpose and all the things that are substitutes for this purpose, which are born of fearful imagination. You are here to live a greater life than you have yet realized, and this greatness is what you carry within you. It may be expressed in the simplest of lifestyles and in the simplest of activities. Activities are great because of the essence that they convey, not because of the stimulation that they may arouse in other people.

UNDERSTAND THIS DISTINCTION VERY CAREFULLY, and you will begin to learn to discern greatness from smallness and to learn how smallness can serve greatness. This will integrate every aspect of yourself, for part of you is great and part of you is small. Your personal mind and your physical body are small and are meant to serve the greatness of Knowledge. This integrates you. This is what integrates life as well. There is no inequality here, for everything is working together to serve a greater purpose, which you have come to serve.

IN YOUR LONGER PRACTICE PERIODS TODAY, engage your mind actively in attempting to understand these things. Your understanding will be born of your investigation, not merely of ideas that you find self-comforting or personally agreeable. Use your mind to investigate. With eyes closed, think on these things. Concentrate very carefully, and when your concentration comes to an end, release all ideas and enter into stillness and silence. Thus, the mind is purposefully engaged, and then it is brought into stillness. These are the two functions of the mind, which you will be practicing today.

REMAND YOURSELF OF YOUR PRACTICE upon the hour and utilize this day for your development, which is your gift to the world.

PRACTICE 188: *Two 30-minute practice periods.*

Hourly practice.

第 188 阶 我在这个世界上的生命要比我以前意识到的更加重要。

这是一种狂妄的想法吗？不，不是。这个想法背离了你对谦卑的需要吗？不，没有。你来此是为了一个比你所想象的更伟大的宗旨，因为你的想象不包括你生命宗旨的意义。在生命中，只存在着宗旨，以及所有替代了这一宗旨的东西，它们来自于可怕的想象。你来此是为了过一种比你所意识到的更伟大的生活，这种伟大是你内在携带的。它或许在最简单的生活方式里和在最简单的行动里得到表达。行动的伟大性，在于它所传达的精髓，而不在于它在他人心里激发的刺激。

认真地理解这一区别，这样你将开始学习辨识伟大和渺小的区别，并学习渺小如何能服务于伟大。这将带来你自身所有层面的整合，因为一部分的你是伟大的，而另一部分的你是渺小的。你的人格思想和物质身体是渺小的，它们注定要服务于内识的伟大。这给你带来了整合。这也带来了生命的整合。这里并不存在不平等，因为所有一切共同协作，来服务于你来此服务的一个更伟大宗旨。

在今天的长练习时段里，让你的思想积极参与到对这些问题的理解中。你的理解将来自于你的探究，而不是来自于那些你用于自我安慰和自我陶醉的想法。利用你的思想进行探究。闭上双眼，思考这些问题。保持高度地专注，当你完成了你的专心探究之后，释放所有的想法，然后进入静心 and 安静里。这样，思想有目的的进行工作，然后再被带进静心里。这是思想的两种职能，你今天对它们进行练习。

每小时提醒自己进行练习，利用今天来促进你的进步，这是你给世界的礼物。

练习 188：两个 30 分钟

每小时练习

Step 189

MY SPIRITUAL FAMILY EXISTS IN ALL PLACES.

Y

OUR SPIRITUAL FAMILY IS GREATER THAN YOU REALIZE. It

exists in many worlds. Its influence is everywhere. That is why it is so meaningless to consider yourself to be alone when you are part of something so great that serves the greatest of all purposes. You must relinquish your self-condemnation and your sense of littleness to know this, for you have identified with your behavior in the world, which is little. You have identified with your personal mind and your physical body, which are little. Yet, now you are beginning to realize your relationship with life itself through Knowledge, which is great. This is done without punishing the personal mind or the physical body, for they become useful and enjoyable as they learn to serve a greater purpose. Then the body has health and the personal mind is utilized, rendering them meaning which they now lack.

YOUR PHYSICAL NEED IS FOR HEALTH, but your health is to serve a greater purpose. You need right utilization for your personal mind, which will give it meaning and value, for it only seeks to be included in that which is meaningful. What enables your personal mind and your physical body to find their rightful place in your life is Knowledge, which provides purpose, meaning and direction for you.

THIS IS TRUE IN ALL WORLDS. This is true throughout the physical universe of which you are a citizen. Expand your view of yourself so that you may learn to be objective about your world. Do not merely cast human values, assumptions and goals upon your world, for this blinds you to the world's purpose and evolution and makes it far more difficult for you to appreciate that you are a citizen of a greater life.

TODAY, IN YOUR TWO LONGER PRACTICES, engage your mind in active investigation of this idea. Spend the first fifteen minutes engaged in this investigation in both of your two longer practice periods. Try to seriously investigate the meaning of today's idea. Then, when your investigation is complete, allow your mind to re-enter stillness. Realize the contrast between active mental engagement and mental stillness.

Understand that both are important and complement one another.

Upon the hour repeat the idea and consider it as you view the world around you.

PRACTICE 189: *Two 30-minute practice periods.*

Hourly practice.

第 189 阶 我的精神家庭存在于所有地方。

你的精神家庭比你意识到的更加广大。它存在于很多世界里。它的影响力遍及四面八方。正因为如此，认为你自己是孤单一人是丝毫没有意义的，因为你是服务于那个最伟大宗旨的某个非常伟大事物的组成部分。你必须放弃你的自我谴责和渺小感才能认知它，因为过去你把自己认同为你在世界上的行为，这是渺小的。你把自己认同为你的人格思想和你的物质身体，这些是渺小的。然而，现在你开始通过内识意识到你和生命本身的关系，这是伟大的。这里并没有对人格思想或物质身体的惩罚，因为它们学习去服务于一个更伟大宗旨时，它们开始变得有价值而令人愉悦。这样，身体拥有了健康，人格思想得到了运用，这为它们赋予了它们目前所欠缺的意义。

你的物质需要是为了健康，但你的健康是为了服务于一个更伟大宗旨。你需要对你人格思想的正确运用，这将为它带来意义和价值，因为它唯一寻求的是被包括在真正有意义的事务之中。能够让你的人格思想和物质身体找到它们在你生命中的正确位置的，是内识，它为你提供了宗旨，意义和方向。

这在所有世界里都是真理。它是贯穿你身为一名公民的整个物质宇宙的真理。拓展你对自身的看法，这样你就能学习对你的世界保持客观。不要只是把人类的价值观、假设和目标加之在你的世界上，因为这会让你无视这个世界的宗旨和进化，并使你很难去欣赏自己是一个更伟大生活的一名公民。

在今天的两次长练习时段里，让你的思想对今天的想法进行积极的探究。在两次长练习时段里，用开始的十五分钟进行探究。努力对今天想法的含义进行严肃的探究。当你的探究结束时，让思想再次进入静心里。认知积极的思想参与和思想静心之间的对比。要理解两个方面都很重要，并彼此互补。每小时重复今天的想法，并在你对周遭世界进行观察时思考这一想法。

练习 189：两个 30 分钟

每小时练习

Step 190

THE WORLD IS EMERGING INTO THE GREATER COMMUNITY OF WORLDS AND THAT IS WHY I HAVE COME.

YOU HAVE COME INTO THE WORLD at a great turning point, a

turning point only part of which you will see in your own lifetime. It is a turning point where your world gains contact with the worlds in its vicinity. This is the natural evolution of humanity, as it is the natural evolution of all intelligent life in all worlds. Your world is seeking a Greater Community. This will require that your world's own internal community become unified. This is also a part of the evolution of all intelligent life in all worlds. You have come here to serve this. There are many levels of service and many things that need to be contributed—on a personal, on a community and on a world level. You are part of this great movement of life, for you are not here for your own purposes alone. You are here to serve the world, and thus be served in return.

TODAY IN YOUR TWO LONGER PRACTICE PERIODS, investigate the idea for the day. Give it serious thought, observing those ideas that are in harmony with it and those ideas that disagree with it. Examine your feelings both for and against this idea. Examine your preferences, your prejudices, your beliefs, your hopes, your fears, and so forth. This constitutes the first half of each practice period. In the second half, enter stillness and silence, using the word RAHN if you find it to be helpful. Remember that both of these mental activities are necessary and complementary, as you shall learn in the future. Upon the hour repeat the idea for today. Allow it to provide that which you need to see the world in a new way.

PRACTICE 190: *Two 30-minute practice periods.*

Hourly practice.

第 190 阶 世界正在迈进拥有众多世界的大社区，这是我来此的原因。

你在一个伟大的转折点来到这个世界上，在你的有生之年你只能看到这个转折时期的一部分。在这个转折时期里，你们的世界开始了和它周边其他世界的接触。这是人类的自然进化，它和所有世界所有智能生命的自然进化一样。你们的世界正在寻求一个更广大的社区。这要求你们世界的内部社区实现统一。这同样是所有世界所有智能生命进化过程的一部分。你来此就是为了服务于此。有很多层面的服务，有很多的东西需要被奉献——包括个人层面、社区层面和世界层面。你是生命这一伟大运动的组成部分，因为你来此不只是为了你个人的宗旨。你来此是为了服务于世界，作为回报你也将获得服务。

在今天的两次长练习时段里，对今天的想法进行探究。严肃地对它进行思考，观察你那些和它相一致的想法，和那些反对它的想法。检视你那些或赞成它或反抗它的感受。检视你的喜好、你的偏见、你的信仰、你的希望、你的恐惧等等。这构成了每次修习的前半部分。在后半部分里，进入静心 and 安静里，假如有帮助的话可以利用 RAHN（然）。记住，这两种思维活动都是必要的并且是互补的，未来你将会认识到这点。每小时重复今天的想法。让它为你提供你所需要的，从而能以一种新方式看待世界。

练习 190：两个 30 分钟

每小时练习

Step 191

MY KNOWLEDGE IS GREATER THAN MY HUMANITY.

YOUR KNOWLEDGE IS BORN OF LIFE UNIVERSAL. It eclipses your

humanity but gives your humanity true meaning. Greater Life wishes to express itself in your world, in your era and in the circumstances that actually exist now. Thus, the great expresses itself through the small, and the small experiences itself as the great. This is the way of all life. Your humanity is without meaning unless it serves a greater context and is a part of a Greater Reality. Without this, it is more a form of bondage—a restraint, a confinement and an imposition upon your nature rather than an affirmation of your nature.

YOUR KNOWLEDGE IS GREATER THAN YOUR HUMANITY. Thus, your humanity can have meaning, for it has something to serve. Without service, your humanity is merely a restraint, that which confines you and imprisons you. But your humanity is meant to serve a Greater Reality which you carry within you today. This Reality is in you, but you do not own it. You cannot use it for your own personal fulfillment. You can only receive it and allow it to express itself. It will express itself through your humanity, and it will give you a greater experience of yourself.

IN YOUR LONGER PRACTICE PERIODS TODAY, allow yourself to enter stillness once again, and upon the hour repeat this idea so that you may consider its true meaning. Do not accept mere assumptions or premature conclusions, for today's idea will require your deep involvement. Life has depth. You must penetrate it. You must enter into it. You must receive it and inquire within it. Then, you will become reengaged in your natural relationship with life.

PRACTICE 191: *Two 30-minute practice periods.*

Hourly practice.

第 191 阶 我的内识比我的人性更伟大。

你的内识诞生于宇宙性的生命。它使你的人性相形见绌，然而，它为你的人性赋予了真正的意义。更伟大的生命希望在你的世界里，在你的时代里，在这个实际存在的境遇里，表达它自身。这样，伟大通过渺小来表达它自身，同时渺小体验到了它自身的伟大。这是所有生命的方式。除非服务于一个更伟大背景，并作为一个更伟大实相的一部分，否则你的人性没有丝毫意义。没有了这些，你的人性与其说是对你本质的确认，不如说是一种束缚——强加在你本质上的一种压抑，一种限制和一种负担。

你的内识比你的人性更伟大。这样，你的人性才能拥有意义，因为它可以服务于某个东西。没有服务，你的人性只不过是一种限制着你、监禁着你的束缚。然而，你的人性注定要服务于你内心携带的一个更伟大实相。这一实相就在你的内在，但你并不拥有它。你无法利用它来实现你个人的成就。你只能够接收它，并允许它去表达它自己。它将通过你的人性来表达它自己，同时它将赋予你对自我的一种更伟大体验。

在今天的长练习时段里，让自己再次进入静心里，并在每小时里重复这一想法，这样你将能够思考它的真正含义。别满足于假设或过早的结论，因为今天的想法需要你深刻的参与。生命是深刻的。你必须穿透它。你必须进入它。你必须接收它，并在生命中探寻。这样，你将重新参与到你 and 生命自然的关系当中。

练习 191：两个 30 分钟

每小时练习

Step 192

I WILL NOT NEGLECT SMALL THINGS TODAY.

DO NOT NEGLECT THE SMALL THINGS TODAY that are necessary

for you to do. Doing small things does not mean in any way that you are small. If you do not identify with your behavior and activities, you can allow your greatness to exist as you undertake them. Someone who is great can do small things without complaint. Someone who is with Knowledge can undertake mundane activities without any sense of disgrace. Activities are only activities. They do not constitute your true nature or being. Your true nature or being is the source of your life, which will express itself through your small activities as you learn to receive it and to see it in proper perspective. DO NOT NEGLECT SMALL THINGS. Care for small things so that your life in the world may be stable and may progress properly. Today, in your deeper practices, again enter the greatness and the depth of Knowledge. Because you have attended to small things, you can now spend this time of devotion and giving. In this way, your outer life is managed properly, and your inner life is attended to as well, for you are an intermediary between the life of greatness and life in the world. Thus, you attend to the small and you receive the great. This is your true function, for you are here to give Knowledge to the world. AS BEFORE, REPEAT YOUR PRACTICE UPON THE HOUR. Take it with you. Do not forget.

PRACTICE 192: *Two 30-minute practice periods.*

Hourly practice.

第 192 阶 今天我不会忽略那些小事情。

今天别忽略那些需要你去做的小事情。做小事情绝不代表你是渺小的。如果你不把自己认同为你的行为和活动的话，那么当你做这些小事时，你将能够允许你的伟大的存在。一个伟大的人能够不带抱怨地去做小事情。一个带着内识的人能够从事任何世俗的活动，而不会有任何蒙羞的感觉。行动仅仅是行动。它们并不构成你真正的本质或存有。你真正的本质或存有是你生命的源泉，当你学习接收它并以正确的观点去看待它时，它将通过你渺小的行动来表达它自身。

别忽略小事。关心小事情，这样你在世界上的生命将是安定的，并能够适时地前进。今天在深度练习里，再次进入内识的伟大和深刻里。因为你已经处理了小事情，所以你现在能够进入这个投入和奉献的时段。通过这种方式，你外在的生命得到恰当地管理，同时你内在的生命也得到关注，因为你是伟大生命和这个世界生命之间的一个媒介。这样，你参与渺小并接收伟大。这是你真正的职能，因为你来此是为了把内识奉献给世界。

和以往一样，每小时重复你的修习。坚持进行修习，不要忘记。

练习 192：两个 30 分钟

每小时练习

Step 193

I SHALL LISTEN TO OTHERS

WITHOUT JUDGMENT TODAY.

LISTEN TO OTHERS WITHOUT JUDGMENT TODAY. Knowledge will

indicate if what they are saying is of value or not. It will do this without any form of condemnation, without any comparison and without any evaluation on your part whatsoever. Knowledge is attracted to Knowledge, and it is not attracted to that which is not Knowledge. Therefore, you may find your rightful way without contributing judgment or hatred upon the world. This is your Inner Guidance system serving you. It will lead you where you need to be and will lead you to contribute where your contributions can be of the greatest value. If you listen to others without judgment, you will hear both Knowledge and the call for Knowledge. You will see where Knowledge exists and where it has been denied. This is natural. You do not need to judge people to make this determination. It is simply known.

LISTEN TO OTHERS SO THAT YOU MAY EXPERIENCE yourself listening, for it is not your task to judge the world or to determine where and how your gifts should be given. It is your task to experience yourself in life and to allow Knowledge to arise, for Knowledge will give itself when and where it is appropriate. This allows you to have peace, for you are not trying to control the world. ALLOW YOUR PRACTICES TO BE DEEP. Practice upon the hour as before. Listen to others today so that you may experience yourself in relationship with them, so that their true message to you may be given and comprehended. This will affirm for you the presence of Knowledge and the need for Knowledge in the world all at once.

PRACTICE 193: *Hourly practice.*

第 193 阶 今天我不带评判地去聆听他人。

今天不带评判地去聆听他人。内识将告诉你，他们所说的话是否具有价值。内识将这样做，不带来自你个人的任何谴责、任何比较和任何评估。内识被内识所吸引，而不会被任何不是内识的东西所吸引。因此，你能够找到你的恰当方式，而不给世界添加评判或怨恨。你的内在指导系统正在服务于你。它将引导你到你需要去的地方，引导你到你的奉献能够产生最大价值的地方进行奉献。如果你不带评判地聆听他人，你将同时听到内识，和对内识的召唤。你将看到内识在哪里存在着，和在哪里被否认着。这是非常自然的。你不需要通过评判他人来做出这种判断。它就是简单地被认知。

聆听他人，这样你将体验到自己在聆听，因为你的职责不是评判世界，或决定你的礼物应该在哪里，以及以何种方式进行奉献。你的职责是在生命中体验自己，并允许内识的升起，因为内识将在适当的时间，适当的地方奉献它自身。这使你拥有了和平，因为你不试图去控制世界。

让你的修习变得深入。每小时进行修习。今天去聆听他人，这样你将能够在和他人的关系中体验自己，这样他们给你传递的真正信息，将能够被传达和被领会。这将同时向你确认这个世界上内识的存在以及对内识的需要。

练习 193：每小时练习

Step 194

I WILL GO WHERE I AM NEEDED TODAY.

ALLLOW YOURSELF TO GO WHERE YOU ARE NEEDED, where you

need to go. This necessity of action will give value and meaning to your activities and will affirm your worth in all of your engagements this day. Go where you are needed, where you need to go. Discern the actual motivation for this and distinguish it from any sense of guilt or obligation to others. Do not place artificial demands upon yourself. Do not allow others to place artificial demands upon you beyond your simple duties in this day. Go where you are truly needed.

REMINDE YOURSELF OF THIS UPON THE HOUR, for its meaning must be penetrated to be experienced. If you are accustomed to guilt and obligation, today's idea will seem to compound your difficulty. Yet, today's idea is really an affirmation of Knowledge within you, providing an opportunity for Knowledge to guide you and to demonstrate its value to you. It has nothing to do with dependence, for you must be independent of false things to follow that which is true. This is the value of all independence.

IN YOUR LONGER PRACTICE PERIODS, go deeply into Knowledge. And when you are in the world, keep this idea alive. Allow yourself to feel a deeper presence within you as you are out in the world of mundane things, as you are out in the world of small considerations. Greatness is here to serve the small. Remember.

PRACTICE 194: *Two 30-minute practice periods.*

Hourly practice.

第 194 阶 今天我会去我被需要的地方。

让自己去你被需要的地方，去你需要去的地方。这种行动的必要性将为你的行动赋予价值和意义，并将在你今天所有的参与中确认你的价值。去你被需要的地方，去你需要去的地方。辨析这些行动的真正动机，并把它和任何对他人的负疚和责任感区分开来。别对自己施加一些人为的要求。别让他人对你施加超出了你今天的简单职责范围的人为要求。去你真正被需要的地方。

每小时提醒自己这一思想，因为它的意义必须被深入探究才能被体验到。如果你习惯于内疚和责任，那么今天的想法似乎会加重你的困难。然而，今天的想法正是对你内在内识的确认，并让内识有机会指引你并向你示范它的价值。这和依赖性无关，因为你必须从虚假的东西中独立出来，才能去遵循真实的东西。这是所有独立的价值所在。

在今天的长练习时段里，深入到内识中。当你身处在世界中时，始终带着这一想法。当你身处在充满世俗事务，充满无关紧要的思虑的世界上时，让自己感知内在的那个更深刻临在。伟大在这里服务着渺小。记住这点。

练习 194：两个 30 分钟

每小时练习

Step 195

KNOWLEDGE IS MORE POWERFUL THAN I REALIZE.

KNOWLEDGE IS MORE POWERFUL THAN YOU REALIZE. It is also

more wonderful than you realize. You are as yet afraid of it because of its great power. You are unsure if it will dominate you or control you, unsure of where it will take you and what you will have to do and unsure of what the result of all this will be. Yet, as you go away from Knowledge, you re-enter confusion and the world of imagination. As you come closer to Knowledge, you enter certainty, confirmation and a world of reality and purpose. How can you know Knowledge from a distance? How can you determine its meaning without receiving its gifts?

COME CLOSE TO KNOWLEDGE TODAY. Allow it to silently abide within you, as you are learning to silently abide with it. Nothing could be more central to your natural experience than the experience of Knowledge. Be glad that it is greater than you realize, for your evaluation has been small. Be glad that you cannot understand it yet, for your understanding would only limit it and its usefulness to you. Allow the great to be with you so that your greatness may be demonstrated and experienced today.

TAKE THIS IDEA WITH YOU AND PRACTICE IT UPON THE HOUR.

Keep it in mind throughout the day. In your two longer practice periods, allow yourself to experience the depth of Knowledge. Feel the power of Knowledge. Strengthen your resolve to do so. Dedicate your self-discipline, for here self-discipline is wisely employed. Knowledge is greater than you realize. Therefore, you must learn to receive its greatness.

PRACTICE 195: *Two 30-minute practice periods.*

Hourly practice.

第 195 阶 内识比我意识到的更强大。

内识比你意识到的更强大。它也比你意识到的更奇妙。因为它的伟大力量，你至今依然对它心怀恐惧。你不确定是否它会支配你或控制你，不确定它将把你带向何方以及你将来必须做什么，不确定所有这些将带来怎样的结局。然而，当你离开内识时，你再次进入困惑和想象的世界。当你接近内识时，你进入确定、确认和一个实相和宗旨的世界。你怎么可能站在远处去认知内识呢？如果不接收它的礼物，你怎么可能确定它的含义呢？

今天去靠近内识。当你正在学习安静地和它坚守在一起时，允许它安静地坚守在你的内心。没有什么比内识的体验更能成为你自然体验的核心了。要庆幸，内识比你意识到的更伟大，因为你的评估是渺小的。要庆幸，你还未能理解它，因为你的理解只会局限它，局限它对你的意义。让伟大和你同在，这样今天你的伟大就能得到示范和体验。

每小时里重复这一想法并修习它。今天始终记住这一思想。在两次长练习时段里，让自己体验内识的深度。感知内识的力量。坚定决心进行修习。奉献你的自律，因为在此自律得到智慧地运用。内识比你意识到的更伟大。因此，你必须学习接收它的伟大。

练习 195：两个 30 分钟

每小时练习

Step 196

REVIEW

TODAY REVIEW THE PAST TWO WEEKS OF PREPARATION. Read

each day's instructions and then review your experience of practice for that day. Begin with the first day in the two-week period, and follow each day step by step. You will now begin to review your preparation in two-week intervals. This is given you to do now because your perception and comprehension are beginning to bud and to grow.

REMEMBER EACH DAY. Try to recall your practice and experience. The lessons themselves will recall this experience to you if you have forgotten. Try to see the progression of learning so that you may understand how to learn. Try to see that which confirms Knowledge and that which denies Knowledge within yourself so that you may learn to work with these tendencies.

BECOMING A TRUE STUDENT OF KNOWLEDGE will require greater self-discipline, greater consistency of application and greater acceptance of worth than anything you have undertaken thus far. Following prepares you to become a leader, for all great leaders are great followers. If the source of your leadership represents goodness and truth, then you surely must learn to follow it. And to follow it, you must learn how to learn of it, how to receive it and how to give it.

LET YOUR LONG REVIEW TIME TODAY, which may exceed two hours of involvement, be a review of the past two weeks, keeping all of these things in mind. Become objective about your life. There is no condemnation that is necessary here, for you are learning to learn, you are learning to follow and you are learning to employ Knowledge, as Knowledge will certainly employ you. Here Knowledge and you come together in true matrimony and in true harmony. Then Knowledge is more powerful, and you are more powerful. There is no inequality here, and all things find their natural course of expression.

USE THIS REVIEW TO FURTHER and deepen your comprehension of your preparation, keeping in mind that understanding always comes in hindsight. This is a great truth in The Way of Knowledge.

PRACTICE 196: *One long practice period.*

第 196 阶 复习

今天对前两周的准备进行回顾。阅读每天的指引，然后回顾当天修习中的体验。从第一天开始，一天天、一阶地复习。现在你开始每两周进行一次复习。这样做是因为，你的感知和理解正在开始萌芽和成长。

回顾每一天。努力回想你的修习和体验。如果你遗忘了，这些课程本身将让你回想起那些体验。努力认清你学习的进展，这样你将能够理解该怎样学习。努力认清你内在的那些确认内识的部分，和那些否认内识的部分，这样你将能够学习和这些倾向性协同工作。

成为内识的真正学生，和你从事过的其他任何事情相比，将要求更强的自律，更一贯的应用，以及对自身价值的更大接受。追随，把你训练成为一个领导者，因为所有伟大的领导者都是伟大的追随者。如果你的领导力的源泉代表着正义和真理，那么你当然必须学习去遵循它。并且，为了遵循它，你必须学习该如何学习它，如何接收它，和如何奉献它。

利用今天的长练习时段，这可能需要超过两个小时的时间，对过去两周进行回顾，并始终在脑海里记着上述思想。对你的生命变得客观。没有必要进行谴责，因为你正在学习如何学习，你正在学习遵循，你正在学习运用内识，正如内识必然会运用你一样。在此，内识和你在真正的婚姻和和谐中融为一体。这样，内识变得更强大，你变得更强大。这里没有不平等，并且所有一切都找到了它们最自然的表达途径。

利用这一复习来促进和深化你对你的准备的理解，记住，理解总是事后发生的。这是内识之路的一个伟大真理。

练习 196：一个长练习时段

Step 197

KNOWLEDGE MUST BE EXPERIENCED TO BE REALIZED.

TODAY I WILL NOT THINK THAT I CAN UNDERSTAND Knowledge

with my intellect or that I can conceptualize the greatness of life. I will not think today that by a mere idea or assumption I can fully gain access to Knowledge itself. Realizing this, I will understand what is required of me and what I must give to my practices, for I must give of myself.”

YOU MUST GIVE OF YOURSELF. You cannot merely think of ideas and hope that they will answer your greatest need. Realizing this today, repeat your practice upon the hour and in your deeper meditations give yourself completely to the experience of Knowledge. Enter into stillness. Allow yourself to be completely involved. With this you will exercise the power of your own mind on your behalf. You will then realize that you have the power to dispel distractions; you have the power to dispel fear; you have the power to dispel obstructions because your will is to know Knowledge.

PRACTICE 197: *Two 30-minute practice periods.*

Hourly practice.

第 197 阶 内识必须被体验，才能被认知。

今天我不认为我能够通过我的智力去理解内识，或是构思出生命的伟大。今天我不认为仅仅通过一个想法或假设，我就能够完全地进入内识。意识到这点，我将理解对我提出的要求是什么，以及我必须把什么奉献给我的修习，因为我必须奉献自己。

你必须奉献你自己。你不能仅仅思考某些想法并希望它们能回答你的最伟大需要。今天意识到这点，每小时重复你的修习，并在深度冥想中，把自己完全奉献到对内识的体验中。进入静心里。让自己完全地投入。这样，你将为了自身利益去发挥你自己思想的力量。然后，你会意识到你有能力阻止注意力的分散；你有能力打消恐惧；你有能够去除障碍，因为你的意愿是认知内识。

练习 197：两个 30 分钟

每小时练习

Step 198

TODAY I WILL BE STRONG.

BE STRONG TODAY. Follow the plan that is given to you. Do

not hold yourself back or alter the instructions in any way.

There are no shortcuts here; there is only the direct way. You are given the steps. Follow them. Be strong today. Only your ideas of yourself speak of weakness. Only your evaluation of yourself says that you are pathetic, incapable or inadequate. You must have faith in your strength and exercise this faith to realize your strength.

UPON THE HOUR REPEAT THIS STATEMENT and attempt to experience it in whatever circumstance you find yourself. Within your two deeper practice periods today, use your strength to engage in stillness completely. Allow your mind to be freed of the chains of its own concepts. Allow your body to be freed of a tormented mind. In this, your mind and your body will settle into their natural function, and all things will fall into right order within you. Knowledge will then find expression through your mind and through your body. From this you will be able to bring into the world that which is greater than the world, and your life will be confirmed as a result.

PRACTICE 198: *Two 30-minute practice periods.*

Hourly practice.

第 198 阶 今天我要坚强。

今天要坚强。遵循提供给你的计划。别退缩，别试图以任何方式修改指引。这里没有捷径；只有这条直接的路径。你收到了这些进阶。去遵循它们。今天要坚强。只有你对自身的想法在讲述着软弱。只有你对自己的评估，认为你是可怜的、无能的或不足的。你必须对你的力量拥有信心，并通过发挥这一信心来意识到你的力量。

每小时重复这一声明，并努力让自己在任何环境下体验它。在今天的两次深度练习里，运用你的力量让自己进入全然的静心里。让你的思想从它自己想法的锁链中解脱出来。让你的身体从痛苦的思想中解脱出来。这样，你的思想和身体将进入自然的运作中，并且你内在的所有一切将回归正确的次序。这样，内识将通过你的思想和你的身体找到表达。通过这样，你将能够把比世界更伟大的东西带到世界上，作为结果，你的生命将得到确认。

练习 198：两个 30 分钟

每小时练习

Step 199

THE WORLD I SEE IS EMERGING INTO THE GREATER COMMUNITY OF WORLDS.

WITHOUT THE LIMITATION OF A PURELY HUMAN VIEWPOINT,

you will be able to see the evolution of your world in a greater context. Viewing the world without the distortion of your personal wishes and fears, you will be able to observe its greater movement and discern its overall direction. It is essential, then, that you realize the direction of your world because this is the context that gives meaning to your purpose and to your specific calling while you are here in this world. For you have come to serve the world in its present evolution, and your gifts are meant to serve it in its life to come.

YOUR WORLD IS PREPARING TO ENTER into a Greater Community. The evidence of this is everywhere if you but look. Without belief or denial, things can simply be recognized. In this, life's demonstration is obvious and need not be discerned from complexities. What makes life complex is that people want life to be what life is not, they want themselves to be what they are not and they want their destiny to be what it is not. Then they attempt to gain from life that which confirms their own idealism, and because life cannot confirm this, all becomes distressed, conflicted and complex. The mechanism of life may be complicated in its minute details, but the meaning of life is directly obvious to anyone who looks without the distortion of judgment or preference.

RECOGNIZE THAT YOUR WORLD IS PREPARING TO EMERGE into the Greater Community. Do this without embellishing this recognition with your own imagination. You need not give form to the future. Only understand the present course of your world. In this, the meaning of your own inherent abilities and their future application will become ever more evident to you.

UPON THE HOUR REPEAT THIS STATEMENT and consider it seriously, for it is the absolute foundation of your life and it is necessary that you understand this. It is not mere belief; it is the evolution of the world. Within your two deeper meditation practices today, engage your mind actively in considering this idea. Look at your own beliefs that speak for or against this idea. Look at your own feelings about it. Examine yourself objectively as you attempt to

engage with this powerful idea. This is a time for mental engagement. Utilize your practice periods with complete dedication and involve yourself completely. Allow your mind to penetrate the superficiality of its own surface ideas.

IN KNOWLEDGE EVERYTHING BECOMES STILL AND QUIET.

Everything becomes known. Here you begin to discern the difference between knowing and thinking. You realize how thinking may only serve in the preparation for Knowledge, but that Knowledge far exceeds the range and grasp of any individual's thinking. Here you will understand how the mind can serve your spiritual nature. Here you will understand the evolution of the world.

PRACTICE 199: *Two 30-minute practice periods.*

Hourly practice.

第 199 阶 我看到的世界正在迈进众多世界组成的大社区。

当你不受纯人类观点的限制时，你将能够在更广大的背景里，看待你们世界的进化。当你不受个人期望和恐惧的扭曲去看待世界时，你将能够观察它的更伟大运动，并辨识它的整体走向。因此，认知你们世界的走向是非常重要的，因为这一背景为你的宗旨，和你在这个世界上的特殊召唤赋予了意义。因为你来此是为了服务于这个世界当下的进化，并且你的礼物注定要服务于它未来的生命。

你们的世界正在准备迈进一个更大社区。只要你看，到处都是证据。当不带信仰或否认去看时，事物就能被简单地认知。在此，生命的示范是显著的，并不需要繁琐地辨析。使生命变得复杂的，是因为人们希望生命成为它本身不是的样子，他们希望他们自己成为他们不是的样子，他们希望他们的天命成为它不是的样子。因此，他们试图从生命中获取那些确认他们自身理想主义的东西，因为生命无法确认这些，所以所有人都变得痛苦、冲突和复杂。生命的机制在它的细枝末节上或许是复杂的，但对于任何能够不受评判或偏好扭曲去看的人来说，生命的意义是直接明了的。

认知你们的世界正在准备迈进大社区。认知这点，不要带着你自己想象的修饰去看。你不必为未来设定形式。你只需理解你们世界当下的进程。由此，你自身天赋能力的意义，以及它们在未来的应用，对你来说将变得更加显在。

每小时重复这一声明，并对它进行严肃思考，因为这是你生命绝对的基础，你必须理解它。它不只是个信仰，它是这个世界的进化。在两次深度冥想练习里，积极运用你的思想对这一想法进行思考。检视你那些拥护这一想法，或者反对这一想法的信仰。检视你对这一想法的各种感受。当你努力对这个强大的想法进行思考时，客观地检视你自己。这是个进行思维运用的时段。带着全然投入去运用你的练习时段，全然地参与。让你的思想穿透它自身表层想法的浅薄。

在内识里，一切变得静止和安静。一切变得被认知。在此，你开始辨析认知和思考之间的差别。你意识到思考只能够服务于对内识的准备，而内识远远超越了任何个体思考的范畴和领悟。在此你将理解思想如何服务于你的灵性本质。在此你将理解世界的进化。

练习 199：两个 30 分钟

每小时练习

Step 200

MY THOUGHTS ARE TOO SMALL TO CONTAIN KNOWLEDGE.

Y

OUR THOUGHTS ARE TOO SMALL, for Knowledge is greater.

Your beliefs are too narrow, for Knowledge is greater.

Therefore, treat Knowledge with mystery and do not attempt to create a form for it, for it is greater than this and will exceed your expectations. Allow, then, for Knowledge to be mysterious so that it may yield its gifts to you without restraints. Allow your thinking and ideas to apply to the visible world that you see, for here your thinking can develop in a useful manner as you understand the mechanism of your physical life and of your involvement with others. Yet, allow Knowledge to be beyond the mechanical application of your mind so that it may flow into each situation, bless it and give it purpose, meaning and direction.

REMINDE YOURSELF OF THIS IDEA upon the hour and consider it seriously in whatever situation you find yourself. In your two meditation practices today, allow yourself once again to enter stillness, using the RAHN practice if you find that helpful. Allow yourself to go beyond ideas. Allow yourself to go beyond habitual patterns of thinking. Allow your mind to become itself, for it was made to serve Knowledge.

PRACTICE 200: *Two 30-minute practice periods.*

Hourly practice.

第 200 阶 我的想法太渺小，无法包纳内识。

你的想法太渺小，因为内识更加伟大。你的信仰太狭隘，因为内识更加伟大。因此，带着神秘对待内识，别试图为它建立一个形式，因为它比这更伟大，并将超越你的期望。因此，让内识保持神秘，这样它将不受限制地把它的礼物奉献给你。将你的思考和想法应用到你所看到的可见世界里，因为当你理解你物质生命的机制以及你和他人的互动时，你的思想将能够以一种有用的方式得到发展。但是，让内识存在于你思想的机械性应用之外，这样内识就能够渗入每一个境况，给它祝福，给它宗旨、意义和方向。

每小时提醒自己这一想法，并在任何境况里对它进行严肃的思考。在今天的两次冥想练习里，让自己再次进入静心里，如果你自觉有帮助的话，可以运用 RAHN（然）的练习。让自己超越想法。让自己超越思考的习惯定式。让你的思想做回它自己，因为它就是用来服务于内识的。

练习 200：两次 30 分钟

每小时练习

Step 201

MY MIND WAS MADE TO SERVE KNOWLEDGE.

UNDERSTANDING THIS, YOU WILL REALIZE THE VALUE of your

mind, and you will not deprecate it. Realizing this, you will understand the value of your body, and you will not deprecate it. For your mind and your body are but vehicles to express Knowledge. In this, you become the recipient of Knowledge. In this, you remember your great Heritage. In this, you are comforted by the assurance of your great destiny.

THERE IS NO ILLUSION HERE. There is no self-deception here. Here all things find their right order. Here you understand the true proportion of all things. Here you understand the value of your mind, and you will not want to give it tasks of which it is not capable. Thus, your mind becomes constructively applied and will be unburdened with attempting the impossible. Realizing this, you will see that your body is made to serve your mind, and you will understand the value of your body and its great application as a tool for communication. In this, you will accept its limitations, for limited it must be. You will also appreciate its mechanism. You will appreciate all of the encounters that you have with other individuals in this world. You will be glad, then, that you have a mind and a body so that you may communicate the power and the essence of Knowledge.

REPEAT YOUR IDEA FOR TODAY UPON THE HOUR and consider it.

In your two deeper meditation practices, allow your mind to become still so that it may learn to serve. You must relearn that which is natural to you, for you have learned the unnatural, which must now be unlearned. In its place the natural will be stimulated, for when the natural is stimulated, it becomes expressed. Then the mind re-engages with its true function, and all things find their true value.

PRACTICE 201: *Two 30-minute practice periods.*

Hourly practice.

第 201 阶 我的思想用来服务于内识。

理解了这点，你将意识到你思想的价值，并且你将不会轻视你的思想。意识到这点，你将理解你身体的价值，并且你将不会轻视你的身体。因为你的思想和你的身体都不过是表达内识的载体。由此，你成为了内识的接收者。由此，你记起了你的伟大传承。由此，你因为你伟大天命的确认而感到安慰。

这里没有错觉。这里没有自欺。在此，所有一切找到了它们正确的次序。在此，你理解所有一切的真正比例。在此，你理解你思想的价值，并且你不会再想给它分派它无法承担的任务。这样，你的思想得到有建设性的应用，并摆脱了试图尝试不可能任务的负担。意识到这点，你将看到，你的身体是用来服务于你的思想的，并且你将理解你身体的价值，以及它作为一个交流工具的伟大应用。由此，你将接受它的局限，因为它必然是受限的。你还将激赏它的机制。你将激赏你和这个世界里其他人的所有相遇。这样，你因为拥有一个思想和一个身体而感到高兴，因为你能够交流内识的力量和精髓。

每小时重复今天的想法，并对它进行思考。在两次深度冥想练习里，让思想变得安静，这样它将能够学习服务。你必须重新学习对你来说非常自然的事，因为你过去学习了那些不自然的东西，现在这些必须被摒弃。取代它们位置的将是那被激发的自然的东西，因为当那自然的东西得到激发时，它将开始得到表达。这样，思想重新参与到它真正的职能里，并且所有一切都找到了它们真正的价值。

练习 201：两个 30 分钟

每小时练习

Step 202

I BEHOLD THE GREATER COMMUNITY TODAY.

Y

OU CAN BEHOLD THE GREATER COMMUNITY, for you are

living in the middle of the Greater Community. Because you are on the surface of the world, preoccupied with human endeavors and limited by time and space, does not mean that you cannot behold the grandeur of the Greater Community. You may behold this by looking at the sky above and by looking at the world below. You may realize this by understanding the relationship of humanity to the universe at large and by realizing that humanity is but one more race evolving to develop its intelligence and its Knowledge so that it may find a true involvement as it emerges into the Greater Community. Looking in this way gives you a greater perspective. Looking in this way allows you to understand the nature of change in the world. Looking in this way allows you to have compassion for yourself and for other people, for compassion is born of Knowledge. Knowledge does not deprecate what is occurring but attempts to influence it for the good.

UPON THE HOUR CONSIDER THE VALUE OF TODAY'S IDEA. Look out into the world and consider yourself a witness to the Greater Community. Think of your world as one of many, many worlds that are in a similar stage of evolution. Do not torment your mind by attempting to give form to that which is beyond the range of your perception. Allow yourself to live in a great and mysterious universe that you are only now beginning to understand.

IN YOUR TWO DEEPER MEDITATIONS, allow yourself to apply your mind actively in considering this idea. Try to look at your life from beyond a purely human perspective, for from a purely human perspective you will see only a human life, a human world and a human universe. You do not live in a human universe. You do not live in a human world. You do not live a purely human life. Understand that your humanity here is not denied but is given a greater inclusion in a greater life. Thus, your humanity becomes a source and a means of expression rather than a limitation that you impose upon yourself. Allow your deeper practice periods to become very active. Use your mind constructively. Use your mind objectively. Look at your ideas. Don't simply be swayed by them. Look at your beliefs. Don't simply follow or deny them. Learn this objectivity, and you will learn to see with Knowledge, for Knowledge looks on all things mental and

physical with equanimity.

PRACTICE 202: *Two 30-minute practice periods.*

Hourly practice.

第 202 阶 今天我看着大社区。

你能看着大社区，因为你就生活在大社区中间。尽管你身处在这个世界上，执迷于人类事务，受到时间和空间的限制，但这并不意味着你无法看到大社区的宏大。当你望向天空时，当你看着脚下的世界时，你能看到它。你能够认知它，通过理解人类和整个宇宙的关系，通过认知人类不过是众多进化中的族群之一，它正在发展它的智能和它的内识，从而能够在它迈进大社区时找到它真正的参与。通过这种方式去看，将赋予你一种更广大的视角。通过这种方式去看，将让你理解世界变化的本质。通过这种方式去看，将使你对自己，对他人拥有慈悲，因为慈悲来自于内识。内识不会轻视正在发生的，而是努力为了正义去影响它。

每小时思考今天想法的价值。看向这个世界，把自己视为大社区的见证者。把你们的世界视为众多处于类似进化阶段的世界之一。别试图强迫你的思想，去给那超出你的感知范畴之外的事物赋以形式。让自己生活在一个你才刚刚开始理解的伟大而神秘的宇宙里。

在两次深度冥想里，让自己积极运用你的思想对这一想法进行思考。努力超越纯人类的观点去看待你的生命，因为以一种纯人类的观点，你只能看到一个人类的生命，一个人类的世界和一个人类的宇宙。你并非生活在一个人类的宇宙里。你并非生活在一个人类的世界里。你并非生活在一个纯人类的生命中。要理解，在此你的人性并非被否定，而是被赋予在一个更伟大生命里的一种更伟大包融。这样，你的人性将成为表达的一个源泉和一个方式，而不是你强加在自己身上的一种限制。非常积极地进行这些练习。有建设性地运用你的思想。客观地运用你的思想。检视你的想法。别只是简单地受它们的影响。检视你的信仰。别只是简单地遵循它们或否认它们。学习这种客观性，这样你将学习带着内识去看，因为内识只会平静地看待所有思想性和物质性的事物。

练习 202：两个 30 分钟

每小时练习

Step 203

THE GREATER COMMUNITY

IS INFLUENCING THE WORLD I SEE.

IF YOU CAN ACCEPT THAT YOUR WORLD IS PART of a Greater

Community, which is simply obvious if you will look, then you must accept that the world is being influenced by the Greater Community, for the world is part of a Greater Community and cannot be independent of it. How the Greater Community is influencing your world is beyond your current ability to comprehend. But to understand that the world is being influenced allows you to view it from a greater perspective, which from a purely human viewpoint you would not be able to accomplish, for a purely human viewpoint does not allow for other intelligent life to exist. The absurdity of this point of view becomes quite evident as you begin to look at the universe objectively. This will inspire in you wonder, greater interest and caution as well. This is very important because the world is being influenced by the Greater Community, and you are part of the world that is being influenced.

AS THE PHYSICAL WORLD THAT YOU LIVE IN is being influenced by greater physical forces beyond your visual range, so the world mentally is being influenced by intelligent life that is engaged with your world. This intelligent life represents forces for good and forces for ignorance as well. In this, you must come to comprehend a fundamental truth: Weaker minds are influenced by stronger minds. This is true in your world and in all worlds. Beyond the physical, this does not hold true, but in physical life this is the case. That is why you are engaged now in making your mind strong and learning to respond to Knowledge, which represents the force for good everywhere in the universe. As you become stronger, you come to understand and comprehend more and more. Thus, your mind must be cultivated in Knowledge to become stronger so that it may serve a true cause.

TODAY, UPON THE HOUR, repeat the idea for the day and in your two deeper practice periods, attempt to concentrate on the words that we are giving you here. Use your mind actively. Do not allow it to stray and find refuge in meaningless or little things. Think of the greatness of these ideas, but do not consider them fearfully, for fear is not called for. What is called for is objectivity so that you may comprehend the greatness of your world, your universe and your

opportunity within it.

PRACTICE 203: *Two 30-minute practice periods.*

Hourly practice.

第 203 阶 大社区正在影响着我所看到的世界。

如果你能接受你们的世界是一个更大社区的一部分——这非常显在，只要你去看——那么你必然会接受这个世界正在受到大社区的影响，因为这个世界是一个更大社区的一部分，无法独立于其外。至于大社区如何对你们世界产生影响，这超出了你当前的理解能力。但是理解这个世界正在受到影响，这使你能够从一个更广大的视角去看待这个世界，而从一种纯人类的角度这是无法做到的，因为纯人类的观点无法接受其他智能生命的存在。当你开始客观地看待宇宙时，这种观点的荒谬将变得非常显在。这会激发你的好奇，你的巨大兴趣，同时还有谨慎。这是非常重要的，因为这个世界正在受到大社区的影响，而你作为这个世界的一部分同样受到了影响。

正如你生活的这个物质世界，正在受到你们可见范围以外的更巨大物质力量的影响一样，这个世界的思维环境同样受到正在接触你们世界的其他智能生命的影响。这些智能生命既有正义的力量，也有无知的力量。由此，你必须开始理解一个根本性的真理：弱小的思想总是被强大的思想所影响。这在你们世界，同时在所有的世界里都是真理。在物质世界之外，这并非真理；但是在物质生命里，这就是真理。正因为如此，你现在正在努力让自己的思想变得强大，并学习对内识做出回应，它代表了宇宙里到处存在的正义的力量。当你变得更强大时，你将能够越来越多地理解和领悟。因此，你的思想必须在内识里被培养得更加强大，这样它才能够服务于一个真正的目标。

每小时重复今天的想法，并在两次练习里，努力专注于我们所给出的话语。积极运用你的思想。别让它逃逸或躲避到那些无意义的或渺小的事情中去。思考这些想法的伟大，但不要把它们想成可怕的东西，因为这里召唤的不是恐惧。这里所召唤的是客观性，这样你将能够理解你们世界的伟大，你们宇宙的伟大，以及你们在宇宙中的机遇。

练习 203：两个 30 分钟

每小时练习

Step 204

I WILL BE AT PEACE TODAY.

BE AT PEACE TODAY. Let not your negative imagination

conjure up images of loss and destruction. Let not your anxiety overtake your concentration on Knowledge. To objectively consider your world and the Greater Community in which you live should not incite fear but respect—respect for the power of the time in which you live and its importance for the future, respect for your own emerging abilities and their usefulness in the world that you perceive, respect for the greatness of the physical universe and respect for the power of Knowledge which is greater even than the universe that you perceive.

REMINDE YOURSELF TO BE AT PEACE UPON THE HOUR. Utilize your strength and your devotion for this. Give yourself to this. In your deeper meditation practices, using the RAHN word if necessary, allow your mind to become still so that it may enter into the greatness of Knowledge, which it is intended to serve. Be at peace today, for Knowledge is with you. Be at peace today, for you are learning to be with Knowledge.

PRACTICE 204: *Two 30-minute practice periods.*

Hourly practice.

第 204 阶 今天我将保持和平。

今天保持和平。别用你的负面想象构思出损失和破坏的景象。别让你的焦虑影响了你对内识的专注。客观地看待你们的世界和你们所生活的大社区，这不应该引发恐惧，而应该引发敬意——尊重你所生活的这个时代的力量和它对未来的重要性，尊重你自己正在升起的能力和它们在你感知的这个世界上的用途，尊重物质宇宙的宏伟，尊重内识的力量，它比你感知的这个宇宙更加伟大。

每小时提醒自己保持和平。运用你的力量和你的投入。把自己奉献给你的练习。在深入冥想练习里，如果必要的话，用 RAHN（然）字让你的思想变得安静，这样它将能够进入它注定要服务的内识的伟大里。今天保持和平，因为内识和你同在。今天保持和平，因为你在学习和内识同在。

练习 204：两个 30 分钟

每小时练习

Step 205

I WILL NOT JUDGE THE WORLD TODAY.

DO NOT LET YOUR MIND DEPRECATE ITSELF by projecting

blame upon the world. With blame the world becomes misunderstood, and your mind becomes a burden rather than an asset to you. Today's idea requires practice, discipline and application, for your mind and all minds within the world have been misunderstood, misused and misdirected. Thus, you are now learning to utilize the mind positively by giving it a true function in service to Knowledge.

DO NOT BLAME THE WORLD TODAY. Do not judge the world today.

Allow your mind to be still as you look upon it. Knowledge about the world arises gradually. It arises naturally. An idea may speak of it, but an idea cannot contain it. Knowledge represents an overall shift in your viewpoint, an overall change in your experience, an overall shift in your emphasis and an overall transformation of your value system. This is the evidence of Knowledge.

DO NOT BLAME THE WORLD TODAY. It is blameless, for it is merely demonstrating that Knowledge is not being adhered to. What else can it do but commit error and folly? What else can it do but waste its great resources? Humanity can only be in error without Knowledge. It can only create fantasy. It can only engage in loss. Therefore, it does not deserve condemnation. It deserves the application of Knowledge.

PRACTICE UPON THE HOUR NOT BLAMING THE WORLD. Do not let hours pass without your involvement. Give this day to serve the world in this way, for without your condemnation your love for the world will naturally arise and be expressed. In your two deeper practice periods, allow your mind to enter stillness. Without blame and judgment, stillness becomes accessible because it is natural. Without the imposition of your condemnation, your mind is allowed to be still. In stillness there is no blame or judgment. In stillness love will flow from you in all directions and will continue far beyond what you can perceive through your senses.

PRACTICE 205: *Two 30-minute practice periods.*

Hourly practice.

第 205 阶 今天我不评判世界。

别让你的思想通过投射对世界的抱怨，而对它自身产生轻视。带着抱怨，这个世界将被误解，你的思想变成了一个负担，而不是你的一项资产。今天的想法要求你去修习、律己和运用，因为你的思想以及这个世界里的所有思想都被误解、误用和误导了。因此，你现在正在通过赋予思想服务于内识的真正职能来学习正面地运用思想。

今天别抱怨这个世界。今天别评判这个世界。当你看向世界时，让你的思想保持安静。关于世界的内识会逐渐地升起。它自然地升起。一个想法或许能够谈及内识，但是它无法包纳内识。内识代表着你的观点的全然转换，你的体验的全然改变，你的重心的全然转移，以及你的价值体系的全然转变。这是内识的证据。

今天别评判世界。它是无可指责的，因为它仅仅是证实了，内识在这里未能得到遵循。除了制造错误和愚蠢之外，它还能做什么呢？除了浪费它的伟大资源之外，它还能做什么呢？没有内识，人类只能陷入错误里。它只能制造空想。它只能造成损失。因此，它不该受到谴责。它应该被赋予内识的应用。

每小时练习不抱怨世界。别错过你的练习。以这种方式把今天奉献给世界，因为当你不带谴责时，你对世界的爱将自然地升起，并得以表达。在两次深入练习中，让你的思想进入静心里。当没有抱怨和评判时，静心会变得很容易，因为它是自然的。当你不施加你的谴责时，你的思想将能够得以安静。在静心里，没有抱怨或评判。在静心里，爱将由你散发出来，不断地流向四面八方，远远超越了你通过感官能够觉察的范畴。

练习 205：两个 30 分钟

每小时练习

Step 206

LOVE IS FLOWING FROM ME NOW.

LOVE IS FLOWING FROM YOU, and today you can attempt to

experience this and to release those things that obstruct it.

Without judgment, without illusion, without fantasy and without the limitations of a purely human viewpoint, you will see that love is flowing from you. You will see that all your frustration in life is your inability to experience and to express this love which wishes to flow from you. Regardless of the circumstances in which your frustration arises, it is always because you cannot express love. Your evaluation of difficulties and dilemmas can certainly conceal this fact but cannot deny its existence.

UPON THE HOUR ALLOW LOVE TO FLOW FROM YOU, realizing that you do not need to engage in any form of behavior, for love will arise naturally from you like fragrance from a flower. In your deeper practices, allow your mind to become still so that love may flow from you. In this, you will realize the natural function of your mind and the greatness of Knowledge, which is within you but is not yours to own.

DO NOT LET ANY SELF-DEPRECATING IDEAS or self-doubts dissuade you from this opportunity today. Without your interference, love will flow naturally from you. You do not need to put on any pretense. You do not need to acquire any form of behavior for this to happen. Your behavior in time will represent that which flows from you naturally.

Allow love to flow from you naturally today.

PRACTICE 206: *Two 30-minute practice periods.*

Hourly practice.

第 206 阶 爱正在从我流出。

爱正在从你流出，今天你可以试着去体验它，并试着放下那些阻碍它的东西。当你不带评判、不带错觉、不带空想、不受纯人类观点限制时，你将看到爱正在从你流出。你将看到，你生命中所有的挫败都是因为你无法体验和表达这份想要从你流淌出的爱。无论你的挫败产生于何种境遇里，它都是因为你无法表达爱。你对困难和困境的评估当然会掩盖这一事实，但是却无法否认它的存在。

每小时让爱从你流出，并意识到你并不需要从事任何行为，因为爱将自然地从我流出，就像花儿散发的芳香。在深度练习里，让你的思想变得安静，这样爱将从你流出。由此，你将意识到你思想的天然职能和内识的伟大，它存在于你的内在，但并不为你所有。

今天，别让任何的自我轻视或自我怀疑阻碍你这个机会。当你不加干涉时，爱将自然地从我流出。你不需要进行任何伪装。你不需要采取任何行动让它发生。你的行为慢慢地将会自然地体现那从我流淌出的东西。今天让爱自然地从我流出。

练习 206：两个 30 分钟

每小时练习

Step 207

I FORGIVE THOSE WHOM I THINK HAVE HURT ME.

THIS STATEMENT REPRESENTS YOUR INTENTION to have

Knowledge, for unforgiveness is merely the application of blame towards a situation in which you were unable to understand or to apply Knowledge. All your failures are your own in this respect. This may look like a burden of blame at first, until you realize the greater opportunity that it presents to you. For if all failures are your own, then you will realize that all correction is given to you to apply. The failure of another is not your own, but your condemnation of it is your own failure. Therefore, any failure that engenders unforgiveness in you is your failure, for another's failure need not engender unforgiveness in you or blame of any kind. In fact, the failures of others will engender your compassion and the application of Knowledge in the future and need not give rise to blame or unhappiness within you.

KNOWLEDGE IS NOT SHOCKED UPON LOOKING AT THE WORLD.

Knowledge is not dismayed. Knowledge is not discouraged.

Knowledge is not affronted. Knowledge realizes the smallness of the world and the errors of the world. It realizes this because it only knows itself, and all that is not Knowledge is merely the opportunity for Knowledge to be reapplied. Thus, your unforgiveness is simply the opportunity for you to reapply Knowledge.

REPEAT TODAY'S IDEA UPON THE HOUR and do not underestimate its value to you who now seek to be unburdened from grief and misery. In your two deeper practice periods, think of those, one by one, for whom you feel unforgiveness—individuals that you have known personally and individuals that you have heard about or thought of, individuals that have been associated with failure. They will come to mind as you call upon them, for they are all waiting to be forgiven by you. Allow them now to arise one by one. As they do so, forgive yourself for failing to apply your Knowledge. Remind them as they appear to you that you are now learning to apply Knowledge and that you will not suffer on their behalf and they, therefore, need not suffer on yours. The commitment to forgive, then, is the commitment to realize Knowledge and to apply Knowledge, for Knowledge dispels unforgiveness like the light dispels the darkness. For there is only Knowledge and the need for Knowledge. That is all that you can possibly perceive in the universe.

YOUR TWO PRACTICE PERIODS ARE, THEREFORE, dedicated to facing those whom you have accused and forgiving yourself for failing to apply Knowledge in your understanding of them and engagement with them. Do this without any form of guilt or self-deprecation, for how could you possibly not fail if Knowledge was not available to you or if you were not available to Knowledge. Accept, then, your former limitations and dedicate yourself now to perceiving the world anew, without blame and with the greatness of Knowledge.

PRACTICE 207: *Two 30-minute practice periods.*

Hourly practice.

第 207 阶 我原谅那些我认为伤害过我的人。

这一声明代表你誓要拥有内识的意志，因为不原谅只不过意味着你对一种你无法理解或无法运用内识的境况所抱持的谴责。从这一角度来说，你所有的失败都归结于你自身。这一开始看似是抱怨所带来的负担，直到你能够认知它为你提供的更伟大机遇为止。因为如果所有的失败都归结于你自身，那么你将意识到所有的修正被赋予了你去运用。另一个人的失败不属于你，但是你对它的谴责则是属于你的失败。因此，任何你无法原谅的失败，都是属于你的失败，因为另一个人的失败，没有必要造成你的不原谅或任何形式的抱怨。事实上，其他人的失败只会引发你的慈悲以及未来对内识的运用，它没有必要带来你的抱怨或不快。

内识在面对这个世界时不会感到震惊。内识不会害怕。内识不会气馁。内识不会被冒犯。内识意识到世界的渺小和世界的错误。它能意识到这些，因为它只认识它自身，而所有不是内识的东西只不过为内识的再次运用提供了机会。这样，你的不原谅只是为你提供了再次运用内识的机会。

每小时重复今天的想法，别低估了它对你的价值，因为你正在寻求摆脱悲伤和痛苦的束缚。在两次深度练习里，逐一地回想那些你无法原谅的人——那些你个人生活里认识的人，还有那些你听说过的或思考过的人，那些和失败联系在一起的人。当你召唤他们时，他们将进入你的脑海，因为他们正在等待着你的原谅。让他们逐一浮现出来。当他们出现时，要原谅自己未能运用你的内识。当他们出现时，提醒他们你正在学习运用内识，你将不再因为他们而痛苦，因此他们也不必因为你而痛苦。对于谅解的承诺，是对认知内识和运用内识的承诺，因为内识驱散不谅解，就像光明驱散黑暗一样。因为只存在着内识，以及对内识的需要。这代表了你能够在宇宙中觉察到的一切可能性。

因此，利用你的两次练习时段，全然地面对那些被你指责的人，并原谅自己未能在你对他们的理解和接触中运用内识。别带任何形式的内疚或自我轻视，因为当内识对你来说不可及，或者你对内识来说不可及时，你怎么可能不失败呢？因此，接受你过去的局限，并将自己投入到对世界的重新感知里，不带任何抱怨，而是带着内识的伟大。

练习 207：两个 30 分钟

每小时练习

Step 208

ALL THINGS I TRULY VALUE

WILL BE EXPRESSED FROM KNOWLEDGE.

ALL THINGS THAT ARE MOST HIGHLY VALUED in human life—

love, patience, devotion, tolerance, forgiveness, true accomplishment, courage and faith—all naturally arise from Knowledge, for Knowledge is their source. They are but the outward expression of a mind that is serving Knowledge. Thus, they need not be forced upon oneself through arduous self-discipline. They arise naturally, for the mind serving Knowledge can only exemplify its own greatness and its own capabilities. What requires self-discipline is to reorient your focus, to reorient your devotion and to reorient your service. You either serve Knowledge or you serve the substitutes for Knowledge, for in all things you must serve.

UPON THE HOUR REPEAT THIS IDEA to yourself so that you may consider it throughout the day. In your two deeper practice periods, engage your mind actively to consider the depth of this idea. You must think constructively here. Do not simply weave images for yourself that you find enjoyable. Do not simply make judgments that you find abrasive to yourself or others. Learn again through practice to become objective in applying your mind. Allow your mind to deepen its involvement. Do not be satisfied with simple answers that you find comforting.

THINK OF EXAMPLES OF WHAT WE HAVE SPOKEN OF TODAY, for there are examples that you can recognize. All things you truly value will emanate from Knowledge, for Knowledge is their source.

PRACTICE 208: *Two 30-minute practice periods.*

Hourly practice.

第 208 阶 所有我真正珍视的东西，都将从内识表达出来。

所有在人类生命中得到最高评价的东西——爱、耐心、奉献、宽容、原谅、真正成就、鼓励和信念——都会从内识里自然地升起，因为内识是它们的源泉。它们不过是一个服务于内识的思想的外在表达。因此，没有必要通过严苛的自律把它们强加在一个人身上。它们会自然地升起，因为服务于内识的思想，只会去示范它自身的伟大和它自身的能力。真正需要自律的，是重新定向你的专注，重新定向你的奉献，并重新定向你的服务。你要么服务于内识，要么服务于内识的替代品，因为在一切事务中你都必须服务。

每小时重复这一想法，这样你能够贯穿整天对它进行思考。在两次深度练习中，积极投入你的思想去思考这一想法的深度。你必须进行建设性的思考。别只是简单地为自己编织一些令你愉悦的形象。别只是简单地给出一些对你自己、对他人来说非常严苛的评判。通过练习，再次学习客观地运用你的思想。让你的思想深入地参与其中。别满足于一些让你感到安慰的简单答案。

思考那些关于今天这一想法的例证，因为你是能够认知这些范例的。所有你真正珍视的东西都将从内识散发出来，因为内识是它们的源泉。

练习 208：两个 30 分钟

每小时练习

Step 209

I WILL NOT BE CRUEL WITH MYSELF TODAY.

DO NOT BE CRUEL TO YOURSELF by attempting to wear your

crown of thorns, which represents your system of beliefs and assumptions. Do not project upon yourself the weight of blame and unforgiveness. Do not attempt to force your mind to exemplify those qualities that you hold dear, for they will arise naturally from Knowledge.

INSTEAD, ENTER INTO STILLNESS in your two deeper practice periods, realizing once again that all things you most highly value will be naturally exemplified through Knowledge. All those things you find abhorrent will naturally fade away. A mind thus liberated can bestow the greatest possible gift upon the world.

CONSIDER THIS, THEN, UPON THE HOUR as you attempt to apply today's idea to all you see, hear and do. Do not be cruel with yourself today, for there is no justification for this. Allow yourself to be blessed so that you may bless the world. Allow yourself to bless the world so that you yourself may be blessed.

PRACTICE 209: *Two 30-minute practice periods.*

Hourly practice.

第 209 阶 今天我不会残酷地对待自己。

今天不要试图通过带上你的棘冠来残酷地对待自己，那个棘冠代表着你的信仰和假设体系。别把抱怨和不谅解的重压投射在自己身上。别试图强迫你的思想去示范那些你珍视的品质，因为它们会从内识里自然地升起。

相反，在两次深度练习里进入静心，再次认知所有你最为珍视的东西将通过内识自然地示范出来。所有你感到厌恶的东西将自然地消褪。一个如此解放的思想，能够将最伟大的礼物奉献给这个世界。

每小时思考这一想法，并努力将今天的想法运用到所有你所看、所听和所做的事情上。今天不要残酷地对待自己，因为没有理由这样做。让自己得到祝福，这样你将能够祝福这个世界。让自己祝福这个世界，这样你自己也将得到祝福。

练习 209：两个 30 分钟

每小时练习

Step 210

REVIEW

TODAY REVIEW THE PAST TWO WEEKS OF PREPARATION, reading

each lesson as it is given and recalling your practice for that day. In your long practice period today once again begin to assess the progression of events and all of your practices. Begin to see that there is a relationship between how you apply your mind and what you experience as a result. View your life objectively, without guilt or blame, so that you may understand how your life is truly emerging. YOUR LONG PRACTICE PERIOD TODAY will see you engaging your mind actively on its behalf. You are learning to become objective about your own progress as a student. You are learning to become objective about the nature of learning itself. You are learning to become objective so that you may see. Allow this Review, then, to give you greater perspective about the work of Knowledge in the world and the presence of Knowledge in your life.

PRACTICE 210: *One long practice period.*

第 210 阶 复习

今天复习前两周的准备，阅读所提供的每次课程，并回顾你当天的练习。在今天的长练习时段里，再次评估事件的进展以及你所有的修习。并开始看到，在你如何对思想进行运用，以及作为结果你体验到什么之间，存在着一种关系。客观地看待你的生命，不带内疚或抱怨，这样你将能够理解你的生命是如何真实地显现的。

在今天的长练习时段里，你将为了思想自身的利益，去积极地运用你的思想。你正在学习作为一名学生，客观地面对自己的进展。你正在学习客观地面对学习本身的本质。你正在学习变得客观，这样你将能够去看。通过这一复习，将给你带来关于内识在世界上的工作以及内识在你生命中的临在的更广大视野。

练习 210：一个长练习时段

Step 211

I HAVE GREAT FRIENDS BEYOND THIS WORLD.

Y

OU HAVE GREAT FRIENDS BEYOND THIS WORLD. That is why

humanity is seeking to enter into the Greater Community because the Greater Community represents a broader range of its true relationships. You have true friends beyond the world because you are not alone in the world and you are not alone in the Greater Community of Worlds. You have friends beyond this world because your Spiritual Family has its representatives everywhere. You have friends beyond this world because you are working not merely on the evolution of your world but on the evolution of the universe as well. Beyond your imagination, beyond your conceptual capabilities, this is most certainly true.

FEEL, THEN, THE GREATNESS OF THE UNIVERSE in which you live.

Feel, then, the opportunity you have to serve the Greater Community of which your world is a part. You serve your great friends within the world and your friends beyond, for the work of Knowledge goes on everywhere. It is the attraction of God. It is the application of good. It is the force that redeems all separated minds and gives purpose, meaning and direction to the universe. Regardless of the mechanism of physical life, its value is determined by its origin and its destiny, both of which are beyond your comprehension. Realizing that Knowledge is the means that propels the world in its true direction, you can then value and receive that which gives your life purpose, meaning and direction.

UPON THE HOUR TODAY consider that you have friends beyond this world, both in other worlds and beyond the visible as well. Consider that you have this greater association. In your two deeper practice periods today, allow your mind to enter stillness so that such things may be experienced. Do not dwell upon them in your imagination, but allow instead for your mind to become still so that it may bestow Knowledge into your awareness and experience. You have friends beyond this world, and they are practicing with you today.

PRACTICE 211: *Two 30-minute practice periods.*

Hourly practice.

第 211 阶 我在这个世界以外拥有伟大的朋友。

你在这个世界以外拥有伟大的朋友。正因为如此，人类正在寻求迈进大社区，因为大社区代表着人类真正关系的更广大范畴。你在这个世界以外拥有真正的朋友，因为你在世界上不是孤单的，你在众多世界组成的大社区里不是孤单的。你在这个世界以外拥有朋友，因为你的精神家庭在四面八方都拥有它的代表。你在这个世界以外拥有朋友，因为你不仅在为你们世界的进化而工作，同时也在为宇宙的进化而工作。这是最真实的，超越了你的想象，超越了你的概念性能力。

因此，去感知你生活其中的宇宙的伟大。去感知你所拥有的为你们世界所在的大社区提供服务的机会。你服务于你在世界上的伟大朋友，以及世界以外的朋友，因为内识的工作在四面八方开展着。它是上帝的吸引力。它是正义的应用。它是唤回所有分离思想的力量，它为宇宙提供了宗旨、意义和方向。不管物质生命采取怎样的机制，它的价值是由它的来源和天命决定的，这两方面都超越了你的理解力。当你认识到内识是推动世界向它真正方向进化的方式时，你将会珍视并接收那为你的生命提供宗旨、意义和方向的东西。

每小时思考你在这个世界以外拥有朋友，包括其他世界上的以及可见范畴之外的。思考你拥有着这一更伟大联盟。在两次深度练习里，让你的思想进入静心里，这样你将能够体验到这些。不要在你的想象里对他们进行思考，而是让你的思想变得安静，这样它将把内识传递到你的觉知和体验中。你在这个世界以外拥有朋友，今天他们在和你一同进行修习。

练习 211：两个 30 分钟

每小时练习

Step 212

I GAIN STRENGTH FROM ALL WHO PRACTICE WITH ME.

Y

OU DO GAIN STRENGTH FROM ALL WHO PRACTICE WITH YOU,

for every mind that attempts to engage itself with Knowledge strengthens all other minds in doing so as well. In this, you cast your influence upon the world. In this, all others who seek to serve a true purpose cast their influence upon you. This counteracts the ignorant forces of the world. This counteracts the destructive forces in the world. This casts its influence on all minds to begin to awaken.

RECEIVE FAITH FROM TODAY'S IDEA, then, for faith it will give you as you realize that your own application is so greatly supplemented by the application of others. This will transcend any sense of inadequacy that you may have. This will help you overcome any sense of ambivalence regarding true preparation, for all other minds that are engaged in the reclamation of Knowledge are available to assist you here and now.

THUS, GREATNESS IS WITH YOU, the greatness of Knowledge and the greatness of all those who seek to reclaim Knowledge. With them you share a true purpose, for your true purpose is to keep Knowledge alive in the world. From Knowledge all things of good, whether they be of a spiritual or material nature, are bestowed upon the races for whom they are intended.

UPON THE HOUR REPEAT TODAY'S IDEA, and in your deeper practice periods attempt to receive the influence of all who are attempting to reclaim Knowledge. Allow their gift to enter into your mind so that you may experience true appreciation for life and begin to understand the meaning and efficacy of your own efforts as a student of Knowledge.

PRACTICE 212: *Two 30-minute practice periods.*

Hourly practice.

第 212 阶 我从所有和我一同修习的人那里获得力量。

你的确从所有和你一同修习的人那里获得力量，因为每一个努力与内识接触的思想，都会强化其他所有正在进行同样努力的思想。由此，你在世界上投射了你的影响力。由此，其他所有寻求服务于真正宗旨的人，在你身上投射了他们的影响力。这抵消了世界上无知的力量。这抵消了世界上破坏性的力量。这对所有开始觉醒的思想产生了影响力。

因此，从今天的想法里接收信念，因为当你意识到你自己的运用得到了他人运用的强大支持时，这将给你带来信念。这将战胜你任何的无力感。这将帮助你克服针对真正准备的任何矛盾心态，因为其他所有正在唤回内识的思想，都在此时此地为你提供着帮助。

这样，伟大与你同在，内识的伟大以及所有寻求唤回内识的人的伟大。你和他们共享一个真正宗旨，因为你们的真正宗旨是保持内识在这个世界上的存活。通过内识，所有正义的东西，无论是灵性的还是物质性的，都将被赋予它们注定要赐福的族群。

每小时重复今天的想法，在深入练习中，努力接收来自所有正在唤回内识的人的影响力。让他们的礼物进入你的思想里，这样你将能够体验对生命的真正激赏，并开始理解身为内识学生，你自身努力所拥有的意义和效力。

练习 212：两个 30 分钟

每小时练习

Step 213

I DO NOT UNDERSTAND THE WORLD.

Y

OU DO NOT UNDERSTAND THE WORLD. You only entertain

judgments about it and then attempt to understand your judgments. The world will reveal itself to you as you look without these restraints and limitations. In this, you will find that your beliefs can become useful in allowing you to take each next step in life. They need not limit your perception of the universe. You cannot be in the world without beliefs or assumptions. Yet, your beliefs and assumptions are meant to be tools to serve your mind, to give it a temporary structure and to allow it to engage its natural abilities in a positive manner.

YOU DO NOT UNDERSTAND THE WORLD TODAY. Be happy that this is so, for your condemnation is unfounded. You do not understand the world today. This gives you an opportunity to witness the world.

UPON THE HOUR REPEAT THIS IDEA as you look upon the world.

Remind yourself that you do not understand what you see, so you are free to look again. If you are not free to look, it simply means that you are attempting to justify your own judgments. This is not seeing. This is merely entertaining your own fantasies. In your two deeper practice periods today, allow your mind to enter stillness, for without the burden of attempting to justify your fantasies, your mind will naturally seek its true place in service to Knowledge. You do not understand the world today, and so you do not understand yourself.

PRACTICE 213: *Two 30-minute practice periods.*

Hourly practice.

第 213 阶 我不理解世界。

你不理解世界。你只是心怀对它的评判，然后试图去理解你的评判。当你不带这些局限和限制去看时，世界将向你展现它自己。由此，你会发现你的信仰是有用的，它们能够让你迈出生命中的每个下一步。它们不一定会限制你对宇宙的感知。你不可能不带信仰或假设地生活在世界上。然而，你的信仰和假设注定是作为服务于你的思想的工具，为它赋予一个暂时性的架构，并让它以一种积极的态度去运用它天然的能力。

今天你不理解世界。要庆幸这点，因为你的谴责是没有基础的。今天你不理解世界。这给了你一个机会去见证世界。

当你看向世界时，每小时重复这一想法。提醒自己你不理解你所看到的，这样你能够自由地再去看。假如你不能自由地去看，那么这仅仅意味着你在试图维护你自己的评判。这不是真正地看。这只是抱持你自己的空想。在两次深度练习中，让你的思想进入静心里，因为一旦摆脱了维护你的空想的企图，你的思想将自然地寻求它服务于内识的真正定位。今天你不理解世界，因此你也不理解你自己。

练习 213：两个 30 分钟

每小时练习

Step 214

I DO NOT UNDERSTAND MYSELF.

THIS IS NOT A STATEMENT OF FAILURE OR LIMITATION. It is

simply a statement to liberate you from your own impediments. How can you possibly understand yourself if Knowledge is not revealing all things to you? How can you possibly understand the world when Knowledge is not revealing the world to you? This is pure experience, beyond all concepts and beliefs, for concepts and beliefs can only follow the experience and attempt to provide a structure where the experience can arise again. In no way can beliefs, assumptions or ideas possibly imitate Knowledge itself.

OF COURSE YOU DO NOT UNDERSTAND YOURSELF or the world, for you only understand your ideas, and they are not eternal. Therefore, they cannot provide a solid foundation upon which you must learn to stand. Thus, they can only fail and deceive you if you rely upon them instead of Knowledge to reveal yourself and the world to you.

UPON THE HOUR REMIND YOURSELF that you do not understand yourself. Free yourself from the burden of justifying your own judgments. Look upon yourself in your deeper meditation practices and remind yourself that you do not understand yourself. Now you are free to enter into stillness, for you are not attempting to use your experience to justify your fantasies about yourself. Here your mind becomes free to be itself, and you become free to appreciate yourself.

PRACTICE 214: *Two 30-minute practice periods.*

Hourly practice.

第 214 阶 我不理解我自己。

这并非一个表达失败或限制的声明。它只是一个把你从自身障碍中解放出来的声明。假如内识还没有向你示现所有一切的话，那么你怎么可能理解自己呢？当内识还没有向你示现这个世界时，你怎么可能理解世界呢？这是纯粹的体验，它超越了所有的概念和信仰，因为概念和信仰只能追随体验，并试图提供一个让体验能够再次出现的架构。信仰、假设或想法根本没有可能模仿内识本身。

你当然不理解自己抑或这个世界，因为你只理解你的想法，它们只是短暂的。因此，它们无法提供一个你必须学习去确立的坚实基础。这样，如果你依赖于它们，而不是依赖内识向你展现你自身以及世界的话，那么它们只会挫败和欺骗你。

每小时提醒自己你不理解你自己。让自己从试图维护你自己的评判中解脱出来。在深度冥想练习里，检视你自己，并提醒自己你不理解你自己。现在你可以自由地进入静心里，因为你试图利用你的体验来维护你对自己的空想。在此，你的思想可以自由地做回它自身，你可以自由地欣赏你自己。

练习 214：两个 30 分钟

每小时练习

Step 215

MY TEACHERS ARE WITH ME. I AM NOT ALONE.

Y

OUR TEACHERS ARE WITH YOU, in the background. They are

very careful not to extend their influence upon you too strongly, for you are not yet capable to receive this and to utilize it on your own behalf. Realize, then, that you travel through life with great assistance, for your Teachers are with you to help you to realize and to cultivate Knowledge.

FIRST, THEY MUST HELP YOU TO REALIZE YOUR NEED for Knowledge, for your need for Knowledge must be fully established before you can engage in the reclamation of Knowledge. You must realize that without Knowledge life is hopeless, for you are without purpose, meaning and direction. Then only your errors can teach you, and only they can support your unforgiveness.

REALIZING THE FAILURE OF YOUR OWN IDEAS to be a substitute for Knowledge, you can then turn to Knowledge and become the happy recipient of its true gifts. Here all things that you have truly sought will be meaningfully satisfied. Here you will have a true foundation in life. Here Heaven and Earth will come together within you and all separation will end. Here you can accept the limitations of your physical existence and the greatness of your spiritual life. Turning to Knowledge, therefore, is of the greatest benefit for you.

REMAND YOURSELF OF THIS IDEA upon the hour, and in your two deeper practices today, enter stillness, using the word RAHN if it helps you. Be happy today that you can receive that which frees you.

PRACTICE 215: *Two 30-minute practice periods.*

Hourly practice.

第 215 阶 我的上师和我同在。我并不孤单。

你的上师和你同在，他们处在背景里。他们非常小心以防对你产生过大的影响力，因为你还没有能力接收它并为你自身的利益去运用它。因此要认知，你带着伟大的帮助穿越生命，因为你的上师和你在一起，帮助你发现和培养内识。

首先，他们必须帮你认知你对内识的需要，因为在你能够开始唤回内识以前，你对内识的需要必须得到充分确立。你必须认识到，没有内识的生命是无望的，因为你没有宗旨、意义和方向。这样，只有你的错误在教导你，只有你的错误在支持你的不原谅。

当你认识到你自身的想法无法成为内识的替代品时，你将回归内识并成为它真正礼物的快乐接收者。在此，一切你真正追寻的东西都将得到有意义的满足。在此，你将拥有生命真正的基础。在此，天堂和人间在你的内心联接在一起，所有的分离将会结束。在此，你能够接受你物质存在的局限以及你精神生命的伟大。因此，回归内识对你来说具有最大的益处。

每小时提醒自己这一想法。在两次深度修习里进入静心，假如有帮助的话，你可以使用 RAHN（然）。今天庆幸你能够接收那给你带来自由的东西。

练习 215：两个 30 分钟

每小时练习

Step 216

THERE IS A SPIRITUAL PRESENCE IN MY LIFE.

THE SPIRITUAL PRESENCE IN YOUR LIFE is ever with you, ever

available to you and ever reminding you to look beyond your own judgments. It is forever providing for you the support, the assistance and the guidance necessary to minimize the wrong application of your mind and to strengthen the right application of your mind to allow Knowledge to arise within you.

YOU ARE NOW LEARNING TO RECEIVE and to respect this Spiritual Presence, and in time you will realize its great importance to you and to the world. This will generate greatness and humility all at once within you, for you will realize that you are not the source of your greatness, but the vehicle for its expression. This will keep you in true proportion and relationship to that which you serve. In relationship you receive all of the benefits of that which you claim to be your own. And yet, with Knowledge you will not become self-aggrandized because you will realize your own limitations and the depth of your own need for Knowledge. With this understanding, you will realize and accept the source of life. With this, you will realize that you are in the world to serve Knowledge and that the world is meant to be the recipient of Knowledge.

THERE IS A SPIRITUAL PRESENCE IN YOUR LIFE. Feel this upon the hour as you repeat today's idea. In your two deeper practice periods enter deeply into this Presence, for this Presence is most assuredly with you and wishes to give itself to you this day.

PRACTICE 216: *Two 30-minute practice periods.*

Hourly practice.

第 216 阶 在我的生命里有一个灵性的临在。

你生命里的灵性临在，始终和你同在，始终为你守候，始终提醒你超越自己的评判去看。它一直为你提供必要的支持、帮助和引导，从而减少你思想的错误运用，强化你思想的正确运用，这样内识才能从你的内在升起。

你正在学习接收和尊重这一灵性临在，并且慢慢地，你将认识到它对你以及对世界的高度重要性。这将在你的内心同时产生伟大和谦卑，因为你将认识到你并非你伟大的源泉，而是它表达的载体。这使你能够与你所服务的东西保持真实的定位和关系。在你的关系里，你接收关系所带来的所有利益，并宣称你对它们的所有权。然而，在与内识的关系里，你不会自我夸大，因为你会认识到你自身的局限以及你对内识的深刻需求。有了这一理解，你将认知和接受这生命的源泉。由此，你将意识到，你在世界上是为了服务内识，并且世界注定是内识的接收者。

在你的生命里有一个灵性的临在。每小时重复今天的思想并感知它。在两次深度练习里，深深地进入这一临在里，因为这一临在最为坚定地和你在一起，并且今天它希望把自己奉献给你。

练习 216：两个 30 分钟

每小时练习

Step 217

I GIVE MYSELF TO KNOWLEDGE TODAY.

GIVE YOURSELF TO KNOWLEDGE TODAY by undertaking today's

practice with true commitment and dedication, letting no false or self-limiting ideas interfere with your genuine pursuit. In this way, you give yourself to Knowledge by allowing Knowledge to give itself to you. How small, then, is that which is asked of you and how great is your reward. For every moment you spend in experiencing stillness or engaging your mind meaningfully, Knowledge becomes stronger and ever more present within you. You may wonder, "What is my gift to the world?" Your gift is what you receive here today. Give yourself to Knowledge so that it may give itself to you.

REMEMBER TODAY'S IDEA UPON THE HOUR and enter into Knowledge in your two deeper practice periods. Throughout all of your practices today, demonstrate your intention to give yourself to Knowledge, which will require stillness and self-acceptance.

PRACTICE 217: *Two 30-minute practice periods.*

Hourly practice.

第 217 阶 今天我把自己奉献给内识。

今天通过带着真正的承诺和投入进行练习，来把自己奉献给内识，不要让错误的、自我限制的想法阻碍了你的真正追求。通过这一方式，你通过允许内识把它自己奉献给你，来把你自己奉献给内识。因此，这对你的要求是多么小，而你的回报是多么大。因为每次在你练习静心或练习有意义地运用你的思想时，内识都将在你的内在变得更强大、更临在。你可能会好奇：“我给世界的礼物是什么？”你的礼物是你今天此时此地接收的东西。把自己奉献给内识，这样它将把自己奉献给你。

每小时记住今天的想法，并在两次深度练习里进入内识中。通过今天全天的练习，来证明你把自己奉献给内识的决心，这需要静心和自我接受。

练习 217：两个 30 分钟

每小时练习

Step 218

I WILL HOLD KNOWLEDGE WITHIN MYSELF TODAY.

ALONG WITH KNOWLEDGE COMES THE WISDOM of how to use

Knowledge in the world. Thus, Knowledge is the source of your understanding and Wisdom is learning how to apply it meaningfully and constructively in the world. You are not yet wise, so keep Knowledge within yourself today. Allow it to strengthen itself. Allow it to grow. It will give itself naturally, without your attempting to force its expression. In time, you will learn to become wise, both through the demonstration of Knowledge and through your own errors. You have already committed a sufficient number of errors to demonstrate all that we are telling you.

KEEP KNOWLEDGE WITHIN YOURSELF TODAY so that it may grow strong within you. Allow yourself to extend its presence to only one or two individuals whom you recognize can appreciate it, for your awareness of Knowledge is still a tender shoot within you and cannot yet withstand the vicissitudes of this world. It has not grown strong enough in your own understanding to counteract the raging fear and hatred that sweep across the world. Knowledge can withstand this without difficulty, but you who are learning to become a recipient and a vehicle for Knowledge are not yet strong enough.

ALLOW KNOWLEDGE TO BE KEPT WITHIN YOU TODAY so that it may grow. Remind yourself of this upon the hour as you carry this jewel within your heart. In your deeper practice periods, which are times of freedom from limitation for you, allow yourself to return to your great love so that you may enter into true relationship with Knowledge. In time, all limitations to the expression of Knowledge will be lifted as you learn to wisely apply its communication in the world. But for now, keep Knowledge within your heart so that it may grow stronger and stronger.

PRACTICE 218: *Two 30-minute practice periods.*

Hourly practice.

第 218 阶 今天我将内识保留在我的内心。

伴随内识而来的，是关于如何在世界上运用内识的智慧。因此，内识是你理解的源泉，智慧是学习如何在世界上有意义、有建设性地运用内识。你还没拥有智慧，因此今天把内识保留在你的内心。让它强化它自己。让它成长。它将自然地奉献它自己，而不需要你试图去强迫它的表达。慢慢地，你将学习变得智慧，既通过内识的示范，也通过你自己的错误。你已经犯过足够多的错误来证明我们告诉你的一切。

今天把内识保留在你的内心，这样它将在你的内在成长壮大。只允许自己把内识的存在，展现给一两个你认为能够欣赏它的人，因为你对内识的觉知依然是你内心一个幼嫩的新芽，它还无法承受这个世界的变化无常。它在你自己的理解里还不够强大，不足以对抗席卷世界的狂暴的恐惧和怨恨。内识能够毫不费力地抵御这些，可是正在学习成为内识接收者和载体的你却还不够强大。

今天把内识保留在你的内心，这样它能够成长。当你在内心携带着这颗珠宝时，每小时提醒自己这一思想。在深度练习里——这是你摆脱限制的自由时段——让自己回归到你伟大的爱里，这样你将进入和内识的真正关系里。慢慢地，当你学会智慧地在世界上运用它的沟通时，你在表达内识上的所有局限将会消失。不过现在，把内识保留在你的内心，这样它将变得越来越强大。

练习 218： 两个 30 分钟

每小时练习

Step 219

I WILL NOT LET AMBITION DECEIVE ME TODAY.

AS KNOWLEDGE IS NOW BEGINNING TO GERMINATE within

you, do not allow your own ambition to deceive you. Your ambition is born of your personal need for recognition and reassurance. It is an attempt to counteract fear by controlling the opinions of others. Your ambition here is destructive, but like all other faculties of mind that are now misappropriated, in time it can serve the greatness of Knowledge. You have not achieved this state yet; therefore, do not attempt to do anything with your Knowledge, for it is not for you to use Knowledge but to receive Knowledge. It is in your receptivity to Knowledge that you will find Knowledge to be of the greatest service and usefulness to you.

DO NOT LET AMBITION PULL YOU WHERE YOU CANNOT GO. Do not let it misappropriate your vitality and your energy. Learn to become patient and calm with Knowledge, for Knowledge has its own goal and direction in life, which you are now learning to follow.

THROUGHOUT TODAY IN YOUR HOURLY PRACTICES and in your deeper meditations as well, allow yourself to be without ambition, for you do not know what to do with Knowledge. In your longer meditations, allow this to free you so that you may enter stillness and leave the world of physical things.

PRACTICE 219: *Two 30-minute practice periods.*

Hourly practice.

第 219 阶 今天我不让野心欺骗我。

当内识开始在你的内心生长发芽时，别让你自己的野心欺骗你。你的野心来自于你个人对于认同和保障的需要。它是试图通过控制他人的意见来对抗恐惧的一种企图。在此，你的野心是破坏性的，不过正像思想所有被误用的其他特质一样，慢慢地，你的野心也能够服务于内识的伟大。你还没有达到这一状态，因此，别企图利用你的内识做任何事情。因为你做的不是利用内识，而是接收内识。正是在你对内识的接收里，你将发现内识给了你最伟大的服务和益处。

别让野心把你拽向你不能去的地方。别让它滥用了你的活力和能量。学习对内识保持耐心和平静，因为内识在生命里有它自己的目标 and 方向，而你正在学习去遵循它。

在每小时练习里，以及在两次深度冥想中，让自己不带野心，因为你还不知道该用内识做什么。在长冥想时段里，让这一思想给你自由，这样你能够进入静心并远离这个物质的世界。

练习 219：两个 30 分钟

每小时练习

Step 220

I WILL USE RESTRAINT TODAY SO THAT

GREATNESS MAY GROW WITHIN ME.

USE RESTRAINT REGARDING THOSE FACULTIES that you

recognize to be harmful or debilitating to the reclamation of Knowledge. Hold yourself back intentionally so that Knowledge may grow within you. This is no limitation that you place upon yourself. Instead, it is the meaningful use of your mind and strength to cultivate an awareness of the Greater Power within you and to allow it to emerge, to guide and to direct you.

IN TODAY'S LESSON, AS IN LESSONS PAST, you are learning to recognize the source of Knowledge and the vehicle of Knowledge and not to confuse the two. Learn restraint today so that Knowledge may grow within you. Do not think that restraint merely refers to past behavior where you limited what was genuine within yourself. No, your focus today is to learn the form of intentional restraint that represents an expression of your power and self-discipline. Your power and self-discipline must now be exercised to become strong, for your mind and body are vehicles of Knowledge, and as vehicles, they must be developed and strengthened.

IN YOUR DEEPER PRACTICES TODAY, as in your hourly practices, restrain those forms of thinking and behavior that betray your Knowledge so that you may enter Knowledge in stillness and in peace. With this restraint, freedom will be discovered, for freedom is found beyond this world and is brought into this world, for freedom is the gift of Knowledge.

PRACTICE 220: *Two 30-minute practice periods.*

Hourly practice.

第 220 阶 今天我将运用克制，这样伟大能够在我内心成长。

针对那些你认为会危害或减弱你对内识的唤回的特质，运用你的克制力。有意识地克制自己，这样内识能够在你的内心成长。这并非将限制施加在自己身上。相反，它是有意义地运用你的思想和力量，去培养对你内在更伟大力量的觉知，并让它浮现出来，引领你和指导你。

今天的课程，和以往的课程一样，你正在学习认知内识的源泉和内识的载体，不把二者混淆。今天学习克制，这样内识将能在你的内在成长。不要以为克制只是代表你过去那些限制你内在真实东西的行为。不，你今天的重点是学习有意识的克制，它代表了对你的力量和自律的一种表达。你的力量和自律必须通过运用而变得强大，因为你的思想和身体是内识的载体，作为载体，它们必须得到发展和壮大。

在今天的深度练习里，在每小时练习中，克制那些背叛你内识的思维和行为模式，这样你将能够带着静心和和平进入内识里。通过这一克制，自由将被发现，因为自由是在这个世界以外被发现，并被带入这个世界里，因为自由是内识的礼物。

练习 220：两个 30 分钟

每小时练习

Step 221

I AM FREE TO BE CONFUSED TODAY.

DO NOT VIEW YOUR CONFUSION AS A FAILURE. Do not view

your confusion as something that endangers you or belittles you. Confusion here is merely a sign that you are realizing the limitations of your own ideas and assumptions. You must give these up to allow Knowledge to become apparent to you, for in the face of all important decisions that require your attention this day, Knowledge has already provided an answer. It is not an answer that you can find amongst the many answers that you provide for yourself or that you assume others provide for you.

THEREFORE, LET ALL SUBSTITUTES FOR KNOWLEDGE fade from you. Allow yourself to be confused, for in your genuine confusion Knowledge may arise naturally. This, then, represents your freedom, for in freedom you are free to be confused.

REMIND YOURSELF OF THIS IDEA upon the hour, and do not be complacent with simple explanations or assumptions about its great meaning for you. You must consider it deeply and realize that the true understanding that it holds for you will be revealed in time. Today allow yourself to be confused, for you are confused, and you must always begin from where you are. Knowledge is with you. You are free to be confused. In your longer practice periods today, enter into stillness whether you are confused or not, for stillness, grace and peace are always available to you.

PRACTICE 221: *Two 30-minute practice periods.*

Hourly practice.

第 221 阶 今天我自由地保持困惑。

别把你的困惑视为一种失败。别把你的困惑视为某种威胁你或贬低你的东西。在此，困惑只是表明，你正在意识到你自身想法和假设的局限性。你必须放弃这些才能让内识变得显在，因为今天在你面对所有需要你关注的重要决定时，内识已然提供了一个答案。你无法从你为你自己提供的或是你假定他人为你提供的答案中，找到这个答案。

因此，让所有内识的替代品从你消褪。让自己保持困惑，因为在你真实的困惑里，内识将会自然地升起。这代表了你的自由，因为在自由里，你可以自由地保持困惑。

每小时提醒自己这一思想，别满足于简单地诠释或假设它对你的伟大意义。你必须深入地思考它，并意识到它为你提供的真正理解，将会随着时间慢慢地呈现出来。今天让自己保持困惑，因为你的确是困惑的，并且你始终必须从你现在的位置起始。内识和你同在。你可以自由地保持困惑。在今天的长练习时段里，不管你是否困惑，都让自己进入静心里，因为静心、恩宠和和平始终在为你守候着。

练习 221：两个 30 分钟

每小时练习

Step 222

THE WORLD IS CONFUSED. I WILL JUDGE IT NOT.

THE ONLY JUDGMENT THAT YOU CAN MAKE UPON THE WORLD IS

that it is confused. This judgment does not require anger, sadness, loss, resentment, hostility or revenge. It does not call for attack in any form. The world is confused. Judge it not. How can the world be certain when the world is without Knowledge? You may look upon your life thus far and realize the extent of your own confusion. How could it be otherwise when you were without Knowledge? Knowledge is with you now, as it was then. You are beginning to reclaim Knowledge so its certainty can express itself through you increasingly. This is the great gift that you are now learning to receive. It is a gift the world will learn to receive through you.

EACH HOUR AS YOU LOOK UPON THE WORLD and all of its activities, judge it not, for it is merely confused. If you are in distress today, judge yourself not, for you are merely confused. In your deeper practice periods today, allow yourself to enter stillness. You enter stillness simply by wanting to enter stillness. It is a gift that you allow for yourself. To do this, you give yourself to receiving the gift. Here there is no giver and sender of the gift, for the gift reverberates between you and your Source. Knowledge and its vehicle merely affirm one another.

THE WORLD IS CONFUSED. It is without Knowledge. But you are a gift to the world, for you are learning to receive Knowledge this day.

PRACTICE 222: *Two 30-minute practice periods.*

Hourly practice.

第 222 阶 世界是困惑的。我将不评判它。

你能够对世界做的唯一评判是，它是困惑的。这一评判不需要愤怒、悲哀、损失、怨恨、敌意或报复。它不要求任何形式的攻击。世界是困惑的。别对它进行评判。当世界没有和内识同在时，它怎么可能是确定的呢？你可以看看你自己迄今为止的生命，并意识到你自身困惑的程度。当你没有和内识同在时，它怎么可能不困惑呢？现在，内识和你同在，正如过去一样。你正在开始唤回内识，这样它的确定性能够越来越多地透过你来表达它自己。这是你正在学习接收的伟大礼物。这是世界将学习通过你来接收的一个礼物。

每小时当你看向世界和它所有的活动时，别对它进行评判，因为它仅仅是困惑的。假如你今天处在痛苦里，别对自己进行评判，因为你仅仅是困惑的。在今天的深度练习里，让自己进入静心里。你只需简单地希望进入静心，就能进入到静心里。它是你给予自己的一个礼物。为此，你把自己奉献给对这一礼物的接收中。在此，不存在礼物的给予者和发送者，因为这一礼物在你和你的源泉之间来回传递着。内识和它的载体只是在对彼此进行着确认。

世界是困惑的。它没有和内识在一起。但是，你是奉献给世界的一个礼物，因为今天你正在学习接收内识。

练习 222：两个 30 分钟

每小时练习

Step 223

I WILL RECEIVE KNOWLEDGE THIS DAY.

UPON THE HOUR RECEIVE KNOWLEDGE. In your two deeper

practice periods, receive Knowledge. Give yourself to receiving Knowledge. This is your practice for today. Everything else is merely a form of confusion. There is no event in your outer life that need replace your practice today, for Knowledge blesses all things within you and without. It dispels that which is unnecessary and purposefully engages you with that which is necessary and has true potential for you.

RETURN, THEN, TO KNOWLEDGE, regardless of the circumstances of your outer life. Receive Knowledge so that you may have certainty in the world and so that you may understand your own meaning and value.

PRACTICE 223: *Two 30-minute practice periods.*

Hourly practice.

第 223 阶 今天我将接收内识。

每小时接收内识。在两次深度练习里，接收内识。把自己奉献到对内识的接收里。这是你今天的练习。其他一切只不过是某种形式的困惑。你外在生命里的任何事件都无需取代你今天的练习，因为内识祝福着你内在和外在的所有东西。它驱散那些不必要的东西，并有目的地让你参与到必要的、对你有真正潜力的事情中。

因此，回归内识，无论你身处怎样的外在生命环境。接收内识，这样你在世界上将拥有确定性，并且你将理解你自身的意义和价值。

练习 223：两个 30 分钟

每小时练习

Step 224

REVIEW

TODAY PRACTICE OBJECTIVITY BY REVIEWING the last two

weeks of practice. Once again, read each lesson for the day and recall your practice for that day. Begin with the first practice of the two-week period, and then follow each day step by step. Strengthen your ability to observe your progress objectively. See what happens on days when you are strong with practice and on days when you are weak. Imagine for a moment as you do this that you are looking through the eyes of your Teachers who are watching your life from far above. They are without condemnation. They are merely taking note of your strengths and weaknesses, strengthening the former and minimizing the effects of the latter. As you learn to view your life objectively, you will learn to see your life through the eyes of your Teachers. This is looking with Knowledge. This is looking without judgment. Given this, the mind becomes a vehicle for Knowledge, and Knowledge will bestow upon you all the ideas and the activities that are truly beneficial for you.

ALLOW YOUR REVIEW PRACTICE PERIOD TODAY to be engaged on your own behalf. Utilize your mind purposefully and do not allow it to wander. Break the habit of thinking mindlessly. Break the habit of preoccupying yourself with foolish and meaningless things. Allow your Review today to demonstrate to you that you are a true student of Knowledge.

PRACTICE 224: *One long practice period.*

第 224 阶 复习

今天通过复习过去两周的修习，来练习客观性。和过去一样，阅读当天的课程，并回顾那天的修习。从两周的第一天修习开始，一步步地对每一天进行回顾。强化你客观观察自身进步的能力。看看你修习效果好的那些天发生了什么，以及你修习效果差的那些天发生了什么。用片刻的时间，想象自己正在通过你上师的眼睛看着你，你的上师们正在那高高的地方注视着你的生命。他们没有谴责。他们只是记下你的强势和弱势，对前者进行强化，同时减小后者的影响力。当你学习客观地看待你的生命时，你将学习通过你上师的眼睛来观察你的生命。这就是带着内识去看。这就是不带评判去看。由此，思想变成内识的一个载体，并且内识将赋予你对你真正有益的所有想法和行动。

让自己为了自身利益投入到今天的练习时段中。有目的地运用你的思想，别让它四处游荡。打破不动脑筋的思考习惯。打破执迷于愚蠢和无意义的东西的习惯。让今天的复习向自己证明，你是内识的真正学生。

练习 224：一个长练习时段

Step 225

TODAY I WILL BE SERIOUS AND LIGHTHEARTED

ALL AT ONCE.

THERE IS NO CONTRADICTION IN TODAY'S MESSAGE for you if it

is understood. To take your life seriously is to receive its true grace, which will make you very happy. Therefore, you must be very serious with yourself as you are learning now to become a vehicle for Knowledge, and you may be very happy and lighthearted that Knowledge is with you. This, then, is the true application of your mind, for you are lighthearted with that which is lighthearted, and you are serious with that which is serious. A mind that is serious in its outward direction and lighthearted in its internal delight will be a mind that is fully integrated. This will be a mind where Heaven and Earth touch.

THE GRACE THAT YOU WILL BE RECEIVING THIS DAY will engender happiness and true appreciation, yet the application it calls for will require your serious engagement, your sincere dedication and the genuine application of your mental and physical faculties. Here your strengths represent your happiness, and your happiness is strengthened by the application of your true abilities.

THINK OF THIS UPON THE HOUR as you repeat your idea for today. As you attempt your deeper meditation practices, seriously engage your mind so that it may experience the lightheartedness and the great joy of Knowledge. In this, you will see that today's idea is entirely uniform in its meaning. In this, you will not confuse that which is happy and that which is serious. This will give you a greater comprehension of the world.

PRACTICE 225: *Two 30-minute practice periods.*

Hourly practice.

第 225 阶 今天我将同时保持严肃和轻松。

假如你能正确理解的话，今天的信息里并不存在矛盾。严肃地对待你的生命，意味着接收它真正的恩宠，这将使你非常快乐。因此，你必须非常严肃地对待自己，因为你正在学习成为内识的载体；同时你会非常快乐和轻松，因为内识和你同在。这是对你思想的真正运用，因为你轻松地对待那轻松的东西，同时你严肃地对待那严肃的东西。一个在外在导向上保持严肃，同时在内在喜悦里保持轻松的思想，是一个完全整合的思想。在这个思想里，天堂和人间衔接在一起。

今天你将接收的恩宠，将会产生幸福和真正的感激，然而它所要求的运用，则需要你认真的参与、你真诚的投入以及你对思维和身体能力的真正运用。在此，你的力量代表了你的幸福，而你的幸福也通过对你真正能力的运用得到强化。

每小时重复这一思想，并对它进行思考。当你进入深度冥想练习时，认真地投入你的思想，这样它将体验到轻松和内识的巨大喜悦。由此，你将看到，今天思想所体现的含义是完全统一的。由此，你将不会把快乐和严肃混淆在一起。这会给你带来对世界的更深刻领悟。

练习 225：两个 30 分钟

每小时练习

Step 226

KNOWLEDGE IS WITH ME. I WILL NOT BE AFRAID.

KNOWLEDGE IS WITH YOU and when you are with Knowledge,

you will not be afraid. In time, fear will become more and more external to your true experience as you learn to abide with Knowledge. The value of today's idea must be recognized in light of the fact that your mind is engaged with fear habitually to such a great extent that it seems to make the reclamation of Knowledge and the application of Knowledge very difficult for you. This appears difficult only because your mind has been so habitually engaged with fear in the past. Habits can be broken. New habits of thinking and behavior can be instilled and strengthened. It is merely the result of applying your mind. It is the result of practice.

TODAY PRACTICE ABIDING WITH KNOWLEDGE, which will undo all the habits that have cast themselves against you and the world. Being in life is practice and is always a form of service. Today practice the truth and serve the truth, and in this all errors are weakened. Their foundation is removed, and in its place you will begin to learn a new way of being in the world, a new way of engaging yourself with the world, and you will have a greater structure for applying your mental and physical faculties.

UPON THE HOUR ABIDE WITH KNOWLEDGE. Dispel fear and remind yourself that Knowledge is with you. Remind yourself that your Teachers are with you. Remind yourself that students everywhere who are involved in the reclamation of Knowledge are with you. In this, the world will become small and you will become great. In your deeper practices, allow yourself the freedom of experiencing Knowledge. Enter the great depth and stillness of the mind, as it immerses itself into the presence of love.

PRACTICE 226: *Two 30-minute practice periods.*

Hourly practice.

第 226 阶 内识和我同在。我不害怕。

内识和你同在，当你和内识同在时，你不会害怕。慢慢地，当你学习坚守内识时，恐惧将越来越远离你的真实体验。对于今天想法的价值的认知，必须伴随着一个事实，就是你的思想是如此习惯性地进入恐惧里，以至于对你来说，对内识的唤回和运用看似非常困难。这种看似的困难，是因为过去你的思想如此习惯性地涉入恐惧。习惯可以被打破。新的思维和行为习惯可以被逐步建立和强化。这不过是对你的思想进行运用的结果。这是修习的结果。

今天练习和内识同在，这将驱散所有对你和对世界造成影响的习惯。生命就是修习，并且始终是一种形式的服务。今天修习真理并服务真理，这样所有的错误将被弱化。它们失去存在的基础，并且在它们原来占据的位置上，你将开始学习一种新的身处世界的方式，一种新的参与世界的方式，并且你将拥有一个对你的思维和身体技能进行运用的更广大构架。

每小时坚守内识。驱散恐惧并提醒自己内识和你同在。提醒自己你的上师和你同在。提醒自己四面八方正在努力唤回内识的学生们和你同在。这样，世界将变得渺小，你将变得伟大。在深度修习中，让自己拥有体验内识的自由。当思想沉浸于爱的临在中时，让自己进入思想的深刻和安静里。

练习 226：两个 30 分钟

每小时练习

Step 227

I WILL NOT THINK THAT I KNOW TODAY.

BEGINNING STUDENTS ALWAYS THINK THEY KNOW THINGS they

don't know, and they always think they don't know things they do know. This requires a great deal of sorting out. It requires discovering the true and the false and, through this contrast, learning to separate the two. In time, you will realize the distinction between the true and the false and will not be deceived by the pretense the false can make in its imitation of the true.

REMINDE YOURSELF UPON THE HOUR TODAY not to think that you know. Thinking that you know is only a form of substitution. You either know or you don't know. Your thinking here merely supports or denies that which you know. But thinking you know is thinking without Knowledge, which is always mindless and engenders confusion and self-doubt.

IN YOUR DEEPER PRACTICE PERIODS TODAY, do not be deceived by thinking that you know. Once again return to the pure experience of Knowledge itself. In stillness and in peace, totally give yourself to your practice today. Knowledge is an experience. It will engender its own ideas. It will stimulate and support those forms of behavior and those forms of self-application which are truly supportive of your true nature. Do not be content with things you think you know, for this is merely another form of denial which will leave you impoverished once again.

PRACTICE 227: *Two 30-minute practice periods.*

Hourly practice.

第 227 阶 今天我不认为我知道。

初级学生总是认为他们知道事实上他们并不知道的，并且总是认为他们不知道事实上他们知道的。这需要大量的梳理。它要求你去发现真实和谬误，并且通过这种对比，学习将二者分开。慢慢地，你将认知真实和谬误之间的差异，并且不会被谬误在模仿真实时所展现的虚伪所欺骗。

每小时提醒自己不要认为你知道。认为你知道，只不过是一种形式的替代。你或者知道，或者不知道。你的想法只不过是支持或否认你所知道的。可是，认为你知道，是一种不带内识的思考，这是愚蠢的并会产生困惑和自我怀疑。

在今天的深度练习里，别被你认为你知道的所欺骗。再次回到对内识本身的纯粹体验里。在静心和和平里，全然把自己奉献给今天的修习。内识是一种体验。它会产生它自己的想法。它会激发和支持那些真正支持你的真实本质的行为模式和自我运用模式。别满足于那些你认为你知道的东西，因为这不过是另一种形式的否认，它会让你再次进入贫困里。

练习 227：两个 30 分钟

每小时练习

Step 228

I WILL NOT BE POOR TODAY.

Y

OU NEED NOT BE POOR, FOR POVERTY is neither your

heritage nor your true destiny. Do not be poor today, for Knowledge is the great wealth, and once it is allowed to emerge within any mind, it begins to generate its presence naturally in the world. It begins to balance and harmonize the mind that is its vehicle, and it begins to give specifically to certain individuals in specific ways. This is the genius that is with you. How can you be poor with such a gift? Only your self-deprecating ideas and forms of behavior can engender poverty.

THEREFORE, TODAY BEGIN TO LOOK MORE DEEPLY at those things that are forms of obstruction to you. Think of this upon the hour. In your two deeper practice periods, engage your mind actively in attempting to discern specific forms of self-deception and self-obstruction. Do this without condemnation, but with the objectivity that is necessary to view yourself clearly. Do not be dismayed that there are many subtle forms of self-deception. They are merely slight variations upon very simple themes. Their seeming complexity and number are unimportant except that you recognize them. They are all born of fear and the attempt to offset fear by engaging in illusion and by attempting to engage others in supporting illusion. All ideas without Knowledge serve this purpose, either directly or indirectly. Yet, real purpose is the great force behind ideas that are for true service, as it is the great force behind all forms of action and behavior that are for true service.

TODAY WE WILL LOOK AT OBSTACLES, but not with shame, guilt or anxiety. Look only to strengthen the presence and the application of Knowledge and only to prepare yourself to be a greater vehicle for Knowledge in the world. That is the purpose of today's practice. Therefore, practice with true intent. You are greater than the errors that you perceive, and they cannot deceive you if you look at them objectively.

PRACTICE 228: *Two 30-minute practice periods.*
Hourly practice.

第 228 阶 今天我不贫困。

你不必贫困，因为贫困既不是你的传承，也不是你的真正天命。今天不要贫困，因为内识是伟大的财富，当它被允许在任何一个思想内升起时，它会自然地开始在这个世界上形成它的临在。它开始给作为它的载体的思想带来平衡和和谐，并开始以特殊的方式特别地对某些个体进行奉献。它是与你同在的天才。拥有这样一个礼物，你怎么可能贫困呢？唯有你那些自我贬低的想法和行为模式才会产生贫困。

因此，今天再次深入地检视那些阻碍你的东西。每小时对此进行思考。在两次深度练习里，积极运用你的思想，努力辨析那些自我欺骗和自身设障的方式。不要带着谴责，而是带着清晰看待自己所必需的客观性。不要因为你有那么多潜在的自我欺骗而感到沮丧。它们只不过是基于非常简单主题的不同微细变换形式。除非你认同它们，否则它们看似的复杂和繁多并不重要。它们都源自于恐惧，源自于试图通过涉入错觉，或者试图通过与支持你的错觉的人交往来对抗恐惧。所有不带内识的想法都直接或间接地服务于这一目的。然而，真正的宗旨，是存在于那些真正服务的想法背后的伟大力量，因为它是所有真正服务的行动和行为背后的伟大力量。

今天我们将检视障碍，但不是带着惭愧、内疚或焦虑。检视的目的仅仅是为了强化内识的存在和运用，为了让你进行准备成为内识在世界上一个更伟大载体。这是今天练习的宗旨。因此，带着真正的意图去练习。你比你所感知的那些错误要伟大，假如你能够客观看待它们的话，那么它们就无法欺骗你。

练习 228：两个 30 分钟

每小时练习

Step 229

I WILL NOT BLAME ANOTHER FOR MY PAIN.

TODAY'S IDEA REPRESENTS A TREMENDOUS SHIFT in

understanding. It must be born of Knowledge to have true effectiveness, however. Its meaning is not immediately apparent, for you will soon find that there are many circumstances in which others seem completely responsible for your pain. It will be very difficult, given your habitual thinking and the assumptions upon which you live, to deny that others are indeed the cause of your pain. This, however, is not how Knowledge views you, and you must learn not to view yourself in this way.

PAIN IS ALWAYS A DECISION THAT YOU MAKE in response to any stimuli in your environment. The body will have physical pain if it is so stimulated, but that is merely a sensory response. It is not the true pain that hurts you. The pain that hurts you is the crown of thorns of your own ideas and assumptions, your own misgivings and misinformation and your own unforgiveness towards yourself and the world. This produces a pain both within your mind and upon your body as well. It is this pain we wish to alleviate this day.

THEREFORE, CONSIDER TODAY'S IDEA AS A FORM OF REMEDY against pain. If another is the cause of your pain, you have no remedy except to attack or to change the other person. Even your attempt to change them for good will be a form of attack, for underneath your altruism will be hatred and resentment. Therefore, there is no remedy for pain if its cause is beyond you. But there is remedy for all pain because Knowledge is with you.

THEREFORE, ALL PAIN MUST BE RECOGNIZED as the result of your own decision. It must be recognized as the result of your own interpretation. You may feel that you have been wronged by another or by the world. This feeling is actually present in your mind, so it need not be denied, but you must look beyond it to its source and to the mechanism for its emergence. To do this, then, you must utilize your own faculties. This will give you great strength. You will be able to do this because Knowledge is with you and because with Knowledge you can do all things that Knowledge asks you to do.

WITHOUT CONDEMNATION, THE WORLD IS SO RELIEVED that it can begin to recover itself. Therefore, upon the hour repeat this idea and consider its meaning. Go deeply within it to discover what it truly holds for you. In your longer practice periods, enter stillness and peace,

for without condemnation upon the world and upon yourself, the mind is at peace already.

PRACTICE 229: *Two 30-minute practice periods.*

Hourly practice.

第 229 阶 我不因为我的痛苦而责备别人。

今天的思想代表着理解上的一个巨大转变。然而，它必须来自于内识，才能拥有真正的效力。它的含义并非是显而易见的，因为你会很快发现，很多情况下别人似乎应该对你的痛苦负完全责任。基于你的习惯性思维以及你所抱持的假设，要否认他人是你痛苦的原因是件很难的事情。然而，这不是内识看待你的方式，你也必须学习不以这种方式看待自己。

痛苦永远是你回应环境里的任何刺激时所做的一种决定。假如身体受到了强烈刺激，它将会产生生理性的痛苦，但这只是一种感觉上的反应。它不是给你带来伤害的真正痛苦。真正伤害你的痛苦，是你自身想法和假设的棘冠，是你自身的担忧和错误信息，和你对你自己以及对世界的不谅解。这同时给你的思想和你的身体带来痛苦。今天我们希望减轻的正是这一痛苦。

因此，把今天的想法作为治疗痛苦的一种形式来进行思考。假如另一个人是你痛苦的根源，那么除了去攻击或改变那个人外，你根本无法治疗你的痛苦。即使你出于好心试图去改变他们的尝试，也依然代表了一种攻击，因为在你利他主义下面隐藏的是敌意和怨恨。因此，假如痛苦的根源在你之外的话，你是找不到治疗痛苦的方法的。然而，因为内识和你同在，所以所有的痛苦都能得到治疗。

因此，必须把所有的痛苦认知为你自身决定的结果，认知为你自身诠释的结果。你或许感觉你被他人或被世界错待了。这种感觉的确存在于你的思想里，因此不必否认它，但你必须超越它去看清它的源泉以及它产生的机制。为此，你必须运用你自身的能力。这将给你带来巨大的力量。你能够做到这点，因为内识和你同在，因为有了内识，你能够做内识要求你去做的所有事情。

没有了谴责，世界将如此地释怀，这样它就能够开始自我恢复。因此，每小时重复这一想法，并思考它的含义。深入其中去发现它带给你的真正意义。在长练习时段里，进入静心和平里，因为有了对世界和对你自己的谴责，思想已然处于和平里。

练习 229：两个 30 分钟

每小时练习

Step 230

MY SUFFERING IS BORN OF CONFUSION.

Y

OUR SUFFERING IS BORN OF CONFUSION. Allow yourself to be

confused so that you may recognize the true path of reclamation. Is this idea confusing to you? It may be confusing because people will not accept their confusion. They will tell lies about it, saying they are certain when they are confused, projecting blame upon others to excuse themselves or projecting blame upon themselves to excuse others. All of this represents confusion.

WHEN YOU REALIZE THAT YOU ARE CONFUSED, then you can claim the means to regain your certainty. If you do not accept that you are confused, you will impose substitutes for certainty upon yourself and the world and thus remove yourself from the possibility of receiving your certainty. This is why you must realize that your confusion is the source of your suffering, and you must allow yourself to be confused to recognize your true predicament. Recognizing your true predicament, you will see the great need for Knowledge, and this will engender in you the dedication and the self-application that is necessary for you to receive that which is your inheritance.

TODAY REPEAT THIS IDEA UPON THE HOUR and do not forget to do so. In your two longer practice periods, engage your mind actively in attempting to understand the depth and the meaning of today's idea. Recognize objectively all of the feelings and the thoughts that are in favor of it and all of the feelings and the thoughts that are opposed to it. Take special care to recognize any objection that you might have to today's idea. Then, recognize the power of this idea within your own mind. This will give you a recognition of today's idea and its true meaning. This will also help enable you to realize objectively the current construction of your mind. This is all part of your education as a student of Knowledge. Give yourself to considering today's idea and do not be complacent with simple answers and explanations, for today's idea contains a gift you have not yet experienced.

PRACTICE 230: *Two 30-minute practice periods.*

Hourly practice.

第 230 阶 我的痛苦源自于困惑。

你的痛苦源自于困惑。让自己保持困惑，这样你将能够认知内识唤回的真正道路。这一想法会让你感到困惑吗？它或许是令人困惑的，因为人们无法接受自己的困惑。他们会为此而说谎，在他们困惑时却说他们是确定的，为了开脱自己而把抱怨投射到他人身上，或者为了开脱他人而把抱怨投射到自己身上。所有这些代表着困惑。

当你意识到你的困惑时，你就会去寻找重获确定性的方式。假如你不接受你的困惑，你就会把确定的替代品加在自己和世界上，由此失去了接收你的确定性的可能。正因为如此，你必须认知你的困惑是你痛苦的源泉，你必须让自己保持困惑从而认知你真正的困境。认知了你真正的困境，你将看到对内识的巨大需求，这将使你的内在产生奉献和自我运用，这对你接收你的真正传承是必需的。

每小时重复这一思想，不要忘记练习。在两次长练习时段里，积极运用你的思想去理解今天想法的深度和含义。客观地认知你所有支持它的感受和想法，以及所有反对它的感受和想法。特别留意你对今天的想法可能持有的任何异议。然后，认知今天的想法在你思想里产生的力量。这将带给你对今天想法以及它真正含义的认知。这还会帮助你客观地认知你思想现在的构架。作为内识的学生，这些都是你教育的组成部分。把自己投入到对今天想法的思考里，别满足于简单的答案和解释，因为今天的想法包含着尚未体验到的一个礼物。

练习 230：两个 30 分钟

每小时练习

Step 231

I HAVE A CALLING IN THIS WORLD.

Y

OU HAVE A CALLING IN THIS WORLD. It is not what you think

it is. It will emerge from your Knowledge once Knowledge is allowed to emerge within your mind. You have a calling in this world because you have come here to do some very specific things. Your purpose in this world is to reclaim your Knowledge and to allow your Knowledge to express itself. That is a very simple statement of your purpose, but it is a statement that contains a great deal of depth and a great deal that must be fulfilled in time.

YOU HAVE A CALLING IN THIS WORLD because you were sent here to do something. It is for this reason that your mind is the way it is and that you have a specific nature that is distinct from others. As your calling emerges, you will realize why you think and act the way you do, and all of this will be brought into true balance and harmony. This will erase all cause you have for self-condemnation, for your nature represents a usefulness that you have not yet realized. In other words, you are made specifically for something that you have not yet comprehended. Prior to this you will resist your nature, thinking it is a limitation upon you. In time, you will realize that it is an invaluable resource for accomplishment, for you have a calling in the world.

UPON THE HOUR REMIND YOURSELF OF THIS and remind yourself that you do not yet know what your calling is. Without presumptions, you will be in a position to discover the truth. In your deeper practice periods today enter stillness and silence once again, utilizing the word RAHN if you find that helpful. This is a day of preparation for you to realize your true calling in the world. It is a day given to Knowledge and a day that is taken away from false assumptions and self-deception. A day given to Knowledge brings you closer to realizing your calling, which will arise naturally without your presumptions once you and those with whom you must be engaged are prepared.

PRACTICE 231: *Two 30-minute practice periods.*

Hourly practice.

第 231 阶 我在这个世界上有一个召唤。

你在这个世界上有一个召唤。它不是你所认为的那样。当内识被允许在你的思想里升起时，这个召唤将从你的内识里升起。你在这个世界上有一个召唤，因为你来此是为了做某些非常特殊的事情。你在世界上的宗旨，是唤回你的内识并让你的内识表达它自身。这是对你宗旨的一种非常简单的声明，但这一声明包含着大量的深刻，和大量必须慢慢去完成的事情。

你在这个世界上有一个召唤，因为你被派来做某些事。正因为这个原因，你的思想成为现在这个样子，并且你拥有一个与他人不同的特殊本质。当你的召唤浮现时，你将意识到为何你会以这种方式思考和行动，并且所有这些将会进入到真正的平衡与和谐里。这将消除导致你自我谴责的一切根源，因为你的本质代表着一种你尚未认知的用途。换句话说，你是为了某些你尚未领会的事情而特殊设计的。在此之前，你会抗拒你的本质，认为它是加在你身上的一种限制。慢慢地，你将认知它是你达成成就的无价资源，因为你在世界上有一个召唤。

每小时提醒自己这点，并提醒自己你还不知道你的召唤是什么。当你不带任何推测时，你将能够发现真理。在深度练习里，再次进入静心 and 安静里，假如有帮助，可以运用 RAHN（然）。这是你为认知你在世界上的真正召唤进行准备的一天。这是奉献给内识的一天，是远离错误假设和自我欺骗的一天。把今天奉献给内识，这将带你靠近对你召唤的认知，当你和那些你必须与之协作的人做好准备时，这一召唤将不需你的假设而自然地浮现出来。

练习 231：两个 30 分钟

每小时练习

Step 232

MY CALLING IN LIFE REQUIRES

THE DEVELOPMENT OF OTHERS.

F

OR YOUR CALLING TO EMERGE IN YOUR LIFE, it is not merely

your own development that is essential, but the development of others with whom you will be directly engaged. Because your purpose in life involves your engagement with others, it is not a singular pursuit. It is not an individual fulfillment. In reality, there is no individual who is completely separate from other individuals because individuality has meaning only in terms of expressing that which binds and joins all life.

THEREFORE, THIS DAY DEVELOP THE WISDOM and the understanding that your true accomplishment is dependent upon the accomplishment of others as well. Think not that you know who all these others are, for you have not met them all yet. Some are in this world, and some are beyond the world. They may not be in your personal sphere at all.

HOW, THEN, CAN YOU PROCEED when your accomplishment is partially dependent upon others? You proceed by giving yourself to your preparation. The power of doing this will strengthen those with whom you will be engaged in your life's calling. Because your application strengthens one another, you are already in relationship; you are already influencing one another. The closer you come to that point where Knowledge emerges, the closer they will come as well. The more you hold yourself back, the more you hold them back. You cannot see the mechanism for this while you are in the world, for you must be beyond the world to see how this works. But you can understand the idea that all minds influence each other, particularly those minds that are meant to be engaged specifically with one another in life.

THEREFORE, YOUR ADVANCEMENT IS DEPENDENT upon your own efforts and the efforts of others. Yet, the efforts of others are supplemented and strengthened by your own efforts. Therefore, your achievement is very much given to you to accomplish, and yet your achievement will join you with life and will deepen the content and experience of relationship beyond what you were formerly able to experience.

IN YOUR HOURLY REMEMBRANCES and in your longer meditations

in stillness today, allow your efforts to supplement the efforts of others, which will supplement your efforts. Allow the combination of your mutual dedication, then, to be a source of strength which you will experience this day and which will be experienced by those whom you have not yet met in this life.

PRACTICE 232: *Two 30-minute practice periods.*

Hourly practice.

第 232 阶 我生命里的召唤需要他人的进步。

为了让你生命里的召唤得以浮现，它不仅要求你自身的进步，还要求你将直接与之协作的其他人的进步。因为你生命里的宗旨涉及你与他人的结合，它不是一个孤独的追寻。它不是个体的成就。事实上，没有任何个体是与其他个体完全隔离的，因为个体性唯有在表达那将所有生命联接和结合在一起的东西时才拥有意义。

因此，今天发展这一智慧和理解，即你真正的成就有赖于他人的成就。不要认为你知道所有这些人都是谁，因为你还没有遇见所有这些人。一些身处这个世界上，而一些存在于世界以外。他们可能根本不在你的个人生活圈里。

那么如果你的成就部分地依赖于其他人的话，你该怎么前进呢？你通过把自己奉献给你的准备而向前进。这样做所带来的力量将会强化那些你将在生命召唤中与之结合的人。因为你们的应用会彼此强化，所以你们已经处在关系里；你们已经在彼此互相影响。你越是靠近内识升起的状态，他们也会越加靠近。你越是退缩，那么你也越使他们退缩。当你身在世界上时，你无法看到这一机制，因为你必须处在世界之外来看清这是如何运作的。但是，你能够理解，所有的思想彼此互相影响，尤其那些注定要在生命里与彼此结合的思想。

因此，你的进步有赖于你自身的努力以及他人的努力。然而，他人的努力得到你自身努力的补充和强化。因此，你的成就主要是靠你来实现的，但是你的成就将把你和生命结合在一起，并将超越你过去的体验去深化你的关系的内容和体验。

在每小时回想和长静心冥想里，让自己的努力去补充他人的努力，而他人的努力也将补充你的努力。让你们共同的奉献结合在一起，成为你今天将要体验到的，也是那些你在生命里还未遇见的人将要体验到的力量的源泉。

练习 232：两个 30 分钟

每小时练习

Step 233

I AM PART OF A GREATER FORCE

FOR GOOD IN THE WORLD.

THIS STATEMENT IS ABSOLUTELY TRUE, though from a separated

point of view it may be very difficult to understand. It is not expected that you will understand today's idea, but it is given you to experience its power and potency, for being representative of truth it can lead you to the truth, which is the experience of Knowledge. This is the greatest possibility for any idea—that it can be a doorway to Knowledge.

THIS IDEA, THEN, MUST BE APPROACHED PROPERLY. You must realize the limitations of a separated point of view and not attempt to judge the value of this day's idea. You cannot judge it. You can only respond to it or deny it because its truth is greater than your current interpretation. Recognizing your current limitations in this regard gives you access to greatness, for without protecting that which weakens you, you may find your way to that which strengthens you and gives you purpose, meaning and direction.

YOU ARE PART OF A GREATER FORCE FOR GOOD, for this force is joined and directed by Knowledge. Knowledge here is beyond what any individual can own. Therefore, there is no "your" knowledge and "my" knowledge; there is only Knowledge. There is only your interpretation and my interpretation, and in this there can be discrepancies, but Knowledge is Knowledge. It leads people together; it takes people apart. If it is truly comprehended from stillness and objectivity, its true direction can be discerned and followed.

TAKE STRENGTH TODAY AS YOU REPEAT THIS IDEA upon the hour.

Know that all of your efforts on behalf of Knowledge are supplemented by those who practice with you—those whom you can see and those whom you cannot see. In your deeper practices allow your own self-discipline, which prepares you to enter into stillness and peace, to be supplemented as well. Thus, your accomplishment today will supplement the efforts of all others who practice, those who are unlearning the false and those who are learning the true along with you.

PRACTICE 233: *Two 30-minute practice periods.*

Hourly practice.

第 233 阶 我是世界上代表正义的更伟大力量的组成部分。

这一声明绝对真实，尽管从分离的角度来看这或许很难理解。并不指望你能够理解今天的想法，但是这里给出这一想法是让你体验它的力量和威力，因为做真理的代言人将把你引向真理，也就是对内识的体验。对于任何想法来说这都是最伟大的——即成为通向内识的门槛。

因此，必须正确对待这一想法。你必须认知分离观点的局限性，并且不要试图去评判今天想法的价值。你无法评判它。你只能回应它或否认它，因为它的真实远比你现在的诠释更加伟大。认知你在此的局限性将使你能够靠近伟大，因为当你不去维护弱化你的东西时，你将找到通向强化你并给你宗旨、意义和方向的东西的路径。

你是代表正义的更伟大力量的组成部分，因为这一力量通过内识联接在一起，并接受内识的引导。在此，内识超越了任何个体所能拥有的。因此，不存在“你”的内识和“我”的内识；这里只有内识。只存在着你的诠释和我的诠释，以及由此可能产生的偏差，然而内识就是内识。它让人们结合；它把人们分开。假如能够在静心和客观里去真正理解它的话，那么它真正的指引就能得到辨识和遵循。

每小时带着力量重复今天的想法。认知你为内识所付出的所有努力，会得到那些和你一同修习的个体的增益——那些你能看到的和你看不到的个体。在深度练习里，让你的自律——它使你做好准备进入到静心和和平里——同样得到增益。这样，你今天的成就将增益所有其他修习者的努力，他们正在摒弃虚假，他们正在和你一同学习真理。

练习 233：两个 30 分钟

每小时练习

Step 234

KNOWLEDGE SERVES HUMANITY IN ALL WAYS.

KNOWLEDGE ACTIVATES ALL MENTAL AND PHYSICAL ABILITIES FOR

good. It directs all manner of individual pursuits that are for the benefit of humanity. In the arts, in the sciences, in all endeavors, in the simplest gesture and the greatest act, Knowledge demonstrates a greater life and strengthens all of the highest qualities in individuals who are engaged with it.

BECAUSE KNOWLEDGE IS GREAT, you do not need to associate it only with great things, for the expression of Knowledge can permeate even the smallest word and the tiniest gesture. Thus, they too can have the greatest impact upon others. The power of Knowledge within one individual is to activate the power of Knowledge in other individuals and thus stimulate and support the regeneration of life within minds that are living in separate fantasies. Within the world you cannot see the overall potency of this, but you can experience it within your own life and see it demonstrated within the context of the relationships with which you are now engaged.

DO NOT THINK YOU KNOW. You either do or you do not.

Remember this, for the opportunity for self-deception is still with you because you have not yet been willing to face yourself completely, fearing that what you would find would discourage or destroy you. Yet, when you face yourself completely, all you will find is Knowledge.

IN YOUR DEEPER PRACTICE PERIODS TODAY allow yourself to enter stillness once again, utilizing the methods that you have learned thus far. Do not allow anything to distract you from your purpose. You are part of a Greater Force, and this Greater Force is supporting you.

PRACTICE 234: *Two 30-minute practice periods.*

第 234 阶 内识从各个方面服务着人类。

内识激发所有为了正义的思维和身体能力。它指引着为了人类福祉的所有个人追求。在艺术里，在科学里，在所有作为里，在最简单的手势和最伟大的行动里，内识示现着一种更伟大的生命，并强化着投身其中的个体身上的所有最高尚品质。

因为内识是伟大的，你不必只是把它和那些伟大的东西联系起来，因为内识的表达能够渗入最些微的词语和最细小的手势里。因此，它们同样能够对他人产生最伟大的影响。一个个体内在内识的力量能够激发其他个体内在内识的力量，从而促进和支持活在分离空想之思想里的生命的重生。身处世界里，你无法看到它的全部威力，但是你能够在自己的生命里体验它，看到它在你正参与的关系背景里的示现。

不要以为你知道。你或者知道，或者不知道。记住这点，因为你依然有可能陷入自我欺骗，这是因为你还不愿意完全地面对自己，害怕你所发现的东西会挫败你或毁掉你。然而，当你完全地面对自己时，你将会发现的就是内识。

在今天的深度练习里，使用你迄今已经学到的方法，让自己再次进入静心里。别让任何事情纷扰你。你是更伟大力量的组成部分，这一更伟大力量正在支持着你。

练习 234：两个 30 分钟

Step 235

THE POWER OF KNOWLEDGE

IS BECOMING EVIDENT TO ME.

I T WILL TAKE TIME FOR YOU TO RECOGNIZE the power of

Knowledge, for it is far greater than anything you have imagined. Yet, it is far simpler and more subtle than that which you can yet comprehend. It can be seen in the innocence of a child's eyes; it can be imagined in the greatness of the movement of galaxies. In the simplest gesture or the greatest act, it can manifest itself.

ALLOW YOURSELF TO ACCEPT THAT YOU ARE ONLY BEGINNING to realize the presence of Knowledge in your life and in all life. This is determined by your capacity for Knowledge, which, along with your desire for Knowledge, you are now cultivating. That is why day after day you practice stillness and peace and only interrupt these practices with practicing the active engagement of your mind for great purposes. Here you are building your capacity as well as your desire, for each day you must practice because of the desire for Knowledge, and each practice develops your capability to experience Knowledge. YOU ARE BEGINNING TO RECOGNIZE the presence of Knowledge, the power of Knowledge and the evidence of Knowledge. Remind yourself of this upon the hour and do not forget. Once again, in the depth of your longer practice periods, give yourself completely to entering stillness and peace, for this will undo all blame and unforgiveness within you and will show you the power of Knowledge, which you are now learning to accept.

PRACTICE 235: *Two 30-minute practice periods.*

Hourly practice.

第 235 阶 内识的力量正在向我显现。

你需要时间去认知内识的力量，因为它比你想象的任何东西都伟大得多。然而，它又比你所能理解的要简单和微妙得多。它显现在孩童无邪的眼睛里；它畅想在星系运转的宏伟中。它能在最简单的手势或最伟大的行动里示现它自己。

让自己承认你才刚刚开始意识到内识在你生命里和在所有生命里的临在。这取决于你内识的能力，你现在正在培养你内识的能力以及你对内识的容量。正因为如此，你日复一日地修习静心和平，并在其间为了伟大宗旨去修习你对思想的积极运用。在此，你正在构筑你的能力还有你的渴望，因为正是因为对内识的渴望，你让自己每天必须修习，并且每一次修习都在增进你体验内识的能力。

你正在开始认知内识的存在，内识的力量，和内识的证据。每小时提醒自己，不要忘记。在长练习时段里，再次让自己全然地进入静心和平里，因为这将消除你内心所有的责备和不谅解，并将向你示现你正在学习接收的内识的力量。

练习 235：两个 30 分钟

每小时练习

Step 236

WITH KNOWLEDGE I WILL KNOW WHAT TO DO.

WITH KNOWLEDGE YOU WILL KNOW WHAT TO DO, and your

certainty will be so strong that it will be difficult for you to doubt it or to argue against it. Here you must be prepared to act and act boldly. If your predominant concern is protecting your ideas and your physical body, then you will be afraid of Knowledge, fearing that it will lead you to do something that will be dangerous or harmful for you. Knowledge can only be demonstrated. Its beneficence must be experienced. It can only be experienced by accepting its presence and carrying out its direction.

WITH KNOWLEDGE YOU WILL KNOW WHAT TO DO, and your certainty will far exceed all of the pretenses you have made about certainty thus far. Self-doubt may continue in the face of Knowledge, but Knowledge is so much greater because your whole being will be engaged in the activity. Only the littleness of your self-doubt, born of your own false beliefs, can argue against it. Yet, its arguments are pathetic and pitiful and lack depth and conviction.

KNOWLEDGE WILL MOVE WITHIN YOU AT CERTAIN TIMES, for in stillness it observes all things until it is ready to act, and when it acts, it acts! Thus it is that you will learn with Knowledge to be at peace in the world, and yet when you act, you will act with true efficacy and with great result. In this way, you may be a person of action and contemplation all at once, for your contemplation will be deep and meaningful, and your action will be deep and meaningful as well.

WITH KNOWLEDGE YOU WILL KNOW WHAT TO DO. Do not think that you know what to do unless you are with Knowledge and Knowledge is indicating for you to do something with great power. Do not make small attempts at resolving your problems, for without Knowledge your attempts will be meaningless and will compound your frustration.

UPON THE HOUR REPEAT TODAY'S IDEA and consider it. In the depth of your longer practices, utilize the skills that you have cultivated thus far to engage yourself with stillness. If Knowledge is still, you may be still as well. Thus, when Knowledge stimulates action, you will be able to act, and in so doing, the resolution that you bring will be greater than anything you could conceive of.

PRACTICE 236: *Two 30-minute practice periods.*

Hourly practice.

第 236 阶 带着内识，我知道该做什么。

带着内识，你会知道该做什么，并且你的确定性如此强大，以至于你很难去质疑它或与之争辩。在此你必须准备去行动，大胆地行动。假如你的主要关注是保护你的想法和身体的话，那么你会害怕内识，害怕它将引领你去做一些危险的或是对你有害的事情。内识只能被示现。它的善行必须被体验。你只能通过接受它的存在并遵循它的指引来体验内识。

带着内识，你会知道该做什么，并且你的确定性远远超过你迄今对确定性所做过的任何吹嘘。在面对内识时，对自我的怀疑可能依然会持续，然而内识要伟大得多，因为你的整个存有都将参与到行动中。唯有你那源于自身错误信仰的渺小的自我怀疑，才会与之争辩。然而，它的争辩是乏味的和可怜的，缺乏任何深度和确定性。

内识会在某些时刻在你的内心里活动，因为在静心里它对所有事情进行观察，直到它做好准备开始行动为止，并且当它行动时，它就会行动！因此你要向内识学习的，就是在世界上保持和平，然而当你行动时，你将带着真正的效力和伟大的结果去行动。由此，你将同时成为一个行动和沉思的人，因为你的沉思将是深刻和有意义的，同样你的行动将是深刻和有意义的。

有了内识，你会知道该做什么。别自以为你知道该做什么，除非你和内识在一起，并且内识正在提示你带着伟大力量去做某件事情。别用一些微不足道的尝试来解决你的问题，因为没有内识，你的努力将是毫无意义的并会加剧你的挫败感。

每小时重复今天的想法，并对它进行思考。在长练习时段里，利用你已经培养的技能让自己进入静心里。假如内识是安静的，你也同样能够安静。这样，当内识激发行动时，你将能够行动；并且通过这样，你所带来的解决方案将比你能构想的任何东西更加强大。

练习 236：两个 30 分钟

每小时练习

Step 237

I AM ONLY BEGINNING TO COMPREHEND

THE MEANING OF MY LIFE.

Y

OU ARE ONLY BEGINNING TO COMPREHEND the meaning of

your life. This will naturally arise in your understanding without your efforts in attempting to conceptualize it. The meaning and purpose of your life will simply arise and be expressed today and tomorrow and in the days to come, for Knowledge is that simple and fundamental. Thus, your intellect can be used to deal with the physical necessities of your life, the particulars of your life and the mechanism of your life, for this is the application of the intellect. Yet, the greatness of Knowledge provides purpose, meaning and direction, which the intellect can never provide. Therefore, the intellect is a faculty that has a true function here, for it serves the greatness of Knowledge.

YOU ARE ONLY BEGINNING TO COMPREHEND THE MEANING OF Knowledge and the nature of Knowledge. Think not that your conclusions thus far are adequate to your needs, for you are a beginning student of Knowledge and as a beginning student, you will not make the mistake of relying upon your assumptions alone. For beginning students make few assumptions and are eager to learn all that is necessary for them. Be a beginning student today. Recognize how little you know and how much you must learn. You have a lifetime to learn this, and yet your lifetime must be activated and strengthened beyond what you have realized thus far. In time, the greatness that you carry will express itself through you in actions both great and small.

TODAY, IN YOUR DEEPER PRACTICE PERIODS where you enter stillness, allow your awareness of Knowledge to be cultivated further. Attend to your practice like a patient gardener who does not demand that all plants bear fruit today, but who understands the seasons of growth and change. Allow yourself to have this comprehension, for in time you will understand objectively how human beings develop and grow and what they carry within them. When you leave this world, if you are successful in cultivating Knowledge and in allowing it to give all of its gifts into the world, you will then be able to become one of the Teachers of those who remain behind. In this way, you will fulfill your learning in the world by contributing all that you have acquired

in the world to others. In this, your gift is fulfilled and theirs is furthered.

YOU ARE ONLY BEGINNING TO COMPREHEND THESE WORDS. Today strengthen your experience of Knowledge so that the comprehension of these words may deepen within you. Upon the hour repeat today's idea so that all of your activities and all of your engagements, in whatever environment you find yourself, are conducive to your practice. For there is no event or interaction which Knowledge cannot bless and harmonize.

PRACTICE 237: *Two 30-minute practice periods.*

Hourly practice.

第 237 阶 我才刚刚开始领会我生命的意义。

你才刚刚开始领会你生命的意义。当你不试图对它进行概念化时，它将自然地在你的理解中浮现出来。你生命的意义和宗旨，将在今天、明天和今后的日子里，简单地浮现出来并得到表达，因为内识是简单和根本性的。这样，你的智力能够被用于处理你生命的物质需求、你生命的琐事和你生命的机制上，因为这些需要对智力的应用。然而，内识的伟大提供了宗旨、意义和方向，在此你的智力永远无能为力。因而在此，智力拥有了真正的职能，因为它服务于内识的伟大。

你才刚刚开始领会内识的意义和内识的本质。别以为你至此所做的结论足以满足你的需要，因为你只是内识的初级学生，并且作为一个初级学生，你将不会错误地去单单依赖你的假设。因为初级学生很少做假设，他们渴望学习所有他们需要学习的东西。今天做一个初级学生。认识到你知道的是那么少，而你需要学习的是那么多。你拥有整个一生去学习，但是你的一生必须得到激发和强化，这超越了你当下的认识。慢慢地，你所携带的伟大将通过你无论伟大还是渺小的行动来表达它自己。

今天在静心的深度练习里，让你对内识的觉知得到进一步培养。像一个耐心的园丁一样参与到你的修习里，不要求所有的植物今天就结出果实，而是理解成长和变化的季节。让自己拥有这样的领悟，因为慢慢地你将客观地理解人是如何发展成长的，以及他们内心携带着什么。当你离开这个世界时，假如你成功地培养了内识，并让它把所有的礼物奉献给了世界，那么你将能够成为教导那些还在后面的人们的上师之一。由此，你将通过把你在世界上所获得的一切奉献给他人，来完成你在这个世界里的学习。由此，你的礼物得到了成就，而他人的礼物得以继续。

你才刚刚开始领会这些话语。今天强化你对内识的体验，这样你将加深对这些话语的领悟。每小时重复今天的想法，这样你所有的行动和参与，无论你身处何种环境，都能被用于你的修习。因为不存在任何内识无法赐予祝福和和谐的事件或互动。

练习 237：两个 30 分钟

每小时练习

Step 238

REVIEW

W

E SHALL BEGIN YOUR TWO-WEEK REVIEW WITH THIS

INVOCATION:

“I AM SENT INTO THE WORLD TO SERVE MY SPIRITUAL FAMILY which serves this world and all worlds in the physical universe. I am part of a Greater Force for good, and I am a beginning student of Knowledge. I am grateful for the gift that has been given, which I am now beginning to comprehend. In complete faithfulness and devotion, I will continue my practice today so that I may appreciate the value of my own life.”

FOLLOWING THIS INVOCATION BEGIN YOUR LONG REVIEW. **Begin** with the first lesson of the two-week period, review the instructions and your practice, and then proceed on day by day. When you have completed your Review, once again repeat the invocation for today and then spend several minutes in silence. In this period of stillness begin to feel the power of what you are undertaking. The power of Knowledge and the grace that it bestows upon the world is what you will be learning to receive and to express in the days and weeks to come.

PRACTICE 238: *One long practice period.*

第 238 阶 复习

我们将以下面的祈祷开始两周的复习：

“我被派到世界上，来服务于我的精神家庭，它服务着这个世界和物质宇宙中的所有世界。我是代表正义的更伟大力量的组成部分，并且我是内识的一个初级学生。我感谢被赋予我的礼物，对此我正在开始领悟。带着全然的忠实和奉献，我今天将继续我的修习，这样我将能够激赏我自身生命的价值。”

在祈祷完成后，开始你的长复习时段。从两周的第一课开始，回顾指引和你的修习，然后一天一天继续下去。当你完成了你的复习之后，再次重复今天的祈祷，然后用几分钟的时间进入静心里。在这个静心时刻，开始感知你的修习所带来的力量。内识的力量和它赋予世界的恩宠，是你在未来的岁月里将要学习接收和表达的东西。

练习 238： 一个长练习时段

Step 239

FREEDOM IS MINE TODAY.

FREEDOM IS YOURS WHO LIVE WITH KNOWLEDGE. Freedom is

yours who need not burden yourself with the undue strain of unnecessary thinking and speculation. Freedom is yours who can dedicate yourself to your one purpose and to your specific tasks that emanate from this purpose. What greater freedom is there than the freedom to utilize your Knowledge and to fulfill its destiny in the world? Nothing else can be called freedom, for anything else is merely the freedom to be in chaos and to degenerate into misery.

YOU ARE FREE THIS DAY TO ALLOW KNOWLEDGE to abide with you. This day in your hourly practice and in your two deeper meditations, remember that you are free. When you have the freedom to be with Knowledge in your two meditation periods, allow yourself to enter stillness and let not any feeling, idea or thought dissuade you from experiencing the great freedom that you have to escape from the world into Knowledge.

THESE PRACTICE TIMES ARE SO IMPORTANT for your overall wellbeing. The result of this involvement will give you greater access to Knowledge in all of your outward endeavors as you learn to abide in peace with Knowledge and as you learn to follow Knowledge as it exercises its Wisdom in the world. You are free this day to be with Knowledge, for this day you are free.

PRACTICE 239: *Two 30-minute practice periods.*

Hourly practice.

第 239 阶 今天自由属于我。

自由属于和内识同在的你。自由属于摆脱了无休止的不必要思考和揣测束缚的你。自由属于把自己投入你的唯一宗旨和源自这一宗旨的特殊工作中的你。还有什么自由，比运用你的内识并成就它在世界上的天命的自由更伟大呢？其他一切都不能被称为自由，因为其他一切不过是陷入混乱和堕入痛苦的自由。

今天你自由地让内识和你坚守在一起。在今天的每小时练习和两次深度冥想里，记住你是自由的。当你在两次冥想中自由地和内识同在时，让自己进入静心里，别让任何感受、想法或思考阻碍你去体验你所拥有的远离世界并进入内识的伟大自由。

这些修习时段对于你的整体福祉是如此重要。这些修习的结果会让你在所有外在活动中更加靠近内识，因为你学习在和平中和内识坚守在一起，因为你学习当内识在世界上发挥它的智慧时去遵循内识。今天你自由地和内识同在，因为今天你是自由的。

练习 239：两个 30 分钟

每小时练习

Step 240

SMALL IDEAS CANNOT FULFILL

MY NEED FOR KNOWLEDGE.

GREAT IDEAS, FANTASTIC IMAGES or wonderful belief systems

cannot meet your need for Knowledge. Ideas alone can set you on your way, but they cannot take you on the journey. They may speak of greater things awaiting you, but they cannot take you there, for Knowledge must be your guide to your destiny and your fulfillment. With ideas you stand at the beginning, pointing the way for others, but you yourself cannot go.

WHEN YOU ARE TRAVELING WITH KNOWLEDGE, Knowledge will extend itself through ideas. It will extend itself through actions, through gestures and through all the vehicles of communication in this world. Therefore, do not be content with ideas alone. Do not think that by speculating upon ideas that you are comprehending the nature of Knowledge and its true application in the world. These things can be experienced and observed, but the individuals experiencing and observing them must be moved at the very core of their being.

THEREFORE, DO NOT BE SATISFIED WITH LITTLE THINGS in place of the greatness of your true being and your purpose in the world. Return to Knowledge, and be grateful for the ideas that have pointed you in this direction. But realize that the power that can move you, the power that gives you the strength to prepare and participate, is born of the great Wisdom and Knowledge that you carry. It requires Knowledge to follow Knowledge. It requires Knowledge to prepare for Knowledge. Thus, Knowledge is exercised even as you approach it.

DO NOT, THEN, REMAIN AT THE BEGINNING OF YOUR JOURNEY with ideas alone. Do not accept little things in place of the greatness of your function. Remind yourself of this upon the hour and in your deeper meditation practices, once again enter stillness and peace. Come to your practice without questions. Come to your practice without petitions. Remind yourself that in Knowledge all things will be given, all things will be received and all things will be applied as they are needed. As your mind becomes more simple and open, it will become a vehicle for Knowledge to express itself in the world.

PRACTICE 240: *Two 30-minute practice periods.*

Hourly practice.

第 240 阶 渺小的想法无法满足我对内识的需要。

宏大的想法、奇妙的形象或美好的信仰系统无法满足你对内识的需要。想法能够让你启程，但是它们无法将你带上那个旅程。它们或许会谈及正等待着你的更伟大事物，但它们无法把你带向那里，因为内识必须成为指引你走向你的天命和成就的向导。带着想法，你只能站在起点上为他人指路，但你自己无法前行。

当你带着内识行进时，内识将通过想法扩展它自己。它将通过行动、手势以及这个世界上的所有沟通载体扩展它自己。因此，别只满足于想法。别以为通过揣摩那些想法，你就能够领会内识的本质和它在世界上的真正应用。这些能够被体验、被观察，但是能够体验和观察它们的个体，必然在他们存有的最核心受到了触动。

因此，别满足于取代你真正存有的伟大和你在世上的宗旨的那些渺小事情。回归到内识，并感谢那些为你指明方向的想法。但要意识到，那个能够推动你的力量，那个给你能力去进行准备和参与的力量，来源于你所携带的伟大智慧和内识。你需要内识去遵循内识，你需要内识去为内识进行准备。因此，就在你向内识靠近的过程中，内识已然得到实践。

因此，别只带着想法停留在旅程的起点上。别接受那些取代你伟大职能的渺小事情。在每小时里和在深度冥想时段里，提醒自己这点，并再次进入静心和平里。不带任何问题地进入修习里。不带任何诉求地进入修习里。提醒自己，在内识里，一切都将赐予，一切都将接收，并且一切都将在需要的时候被运用。当你的思想变得更加简单和开放时，它将成为内识在世界上表达它自己的一个载体。

练习 240：两个 30 分钟

每小时练习

Step 241

MY ANGER IS UNJUSTIFIED.

ANGER IS UNJUSTIFIED, FOR ANGER ALONE is merely your

response to your failure to apply Knowledge. This engenders anger at its very source. But this need not happen, because anger is a response. As a response it can generate anger in others and stimulate a violent response internally and externally wherever it is applied. Knowledge, however, will redirect anger so that it has no destructive qualities, for what you wish to express is that which fortifies Knowledge in others. It is the strength of your conviction and not your desire to hurt yourself or others that is the true efficacy of the emotion that is the core of anger. Thus, it may be said that your anger is a true communication that has been distorted by your own projections of blame and fear. Once these distortions have been cleared away, the true communication that is the seed of all anger can be expressed. This can only bring about good.

ANGER, THEN, IS NOT JUSTIFIED, for it is a misinterpretation of a true communication. Your anger is not justified because anger is born of confusion. Yet, confusion calls for preparation and the true application of Knowledge. Therefore, the sinful are not punished but are attended to. The wicked are not sent to hell but are prepared for Heaven. This is the true nature of God's purpose in the world. That is why God can never be angry, because God is not offended. God is merely applying God to a situation where God has temporarily been forgotten.

IN THE GREATER SCOPE OF THINGS, even the separation of all individual minds is a very temporary occurrence. You cannot think yet at this level and will not be able to do so for a long time, for you must undergo the various stages of development that integrate your mind into greater and greater experiences of relationship and life. But as you proceed and as you take each vital step that expands your horizons, you will begin to understand that anger is unjustified. It merely represents a failure to apply Knowledge in a particular situation. This calls for remedy not for condemnation. Here you will realize that your anger is something to be understood. It is not to be rejected, for if you reject anger, you also reject the seed of anger, which is true communication. Therefore, we wish to clean away that which has spoiled your true communication so that your true communication may shine forth, for true communication always comes from

Knowledge.

THINK OF THIS IDEA UPON THE HOUR. In your deeper practice periods, actively engage your mind in looking at every single thing that you are angry about, from very tiny things that are specific to things in general that upset or discourage you. Remind yourself as you review your inventory of anger that your anger is unjustified. Remind yourself that it calls for the application of Knowledge and that within each angry experience or feeling that you have, there is a seed which is true. Therefore, your anger need not be rejected but cleansed, for in cleansing your anger you will be able to communicate that which you intended to communicate in the beginning where you initially failed. Then your self-expression will be complete, and anger will be no more.

PRACTICE 241: *Two 30-minute practice periods.*

Hourly practice.

第 241 阶 我的愤怒是没有根据的。

愤怒是没有根据的，因为愤怒本身只是你對自己没能运用内识的反应。这引起了对其根源的愤怒。然而并不需要这样，因为愤怒只是一种反应。作为一种反应，当你表现出愤怒时，它会带来其他人的愤怒，而且会引发内在、外在的激烈反应。然而，内识能够转化愤怒，从而消除它的破坏性因素，因为你所希望表达的是那些能够强化他人内在内识的东西。作为愤怒核心的那个情绪表达的真正效力，在于表达你的确信性的力量，而非表达你伤害自己或他人的愿望。因此可以说，你的愤怒其实是一种真正的沟通，只不过它被你自己投射的抱怨和恐惧扭曲了。一旦去除了这些扭曲，那么作为所有愤怒的种子的真正沟通就能得到表达。这只会带来良好的作用。

因此，愤怒是没有根据的，因为它是对真正沟通的错误诠释。你的愤怒是没有根据的，因为愤怒源自于困惑。然而，困惑召唤的是准备和对内识的真正运用。因此，有罪者不是受到惩罚，而是得到关照。邪恶者不是被打入地狱，而是为天堂进行准备。这是上帝在世界上的宗旨的真正本质。正因如此，上帝从不发怒，因为上帝不会被冒犯。上帝所做的，只是将上帝运用到一个上帝被暂时遗忘的境况里。

从事物更宏观的角度来看，即使所有个体思想的分离也只是暂时性的事件。你还无法在这个层面上进行思考，并且在未来很长的时间里都无法做到，因为你必须经历很多发展阶段，才能将你的思想整合到对关系和生命的越来越广大的体验中。但是，当你前行时，当你迈出每一个给你的视野带来扩展的重要进阶时，你将开始理解愤怒是没有根据的。它只是代表了在某个特定状况里没能运用内识。这召唤的是补救，而非谴责。在此，你将意识到你的愤怒是某种需要去理解的东西。你不该拒绝它，因为假如你拒绝愤怒，你同时也拒绝了愤怒的种子，那是真正的沟通。因此，我们希望清除那些破坏了你真正沟通的东西，这样你真正的沟通将会展现出来，因为真正的沟通总是来自于内识。

每小时思考这一想法。在深度修习里，积极运用你的思想去检视每一件让你气愤的事，从那些特别小的事情，到那些普遍性的让你感到失望或气馁的事件。当你检视你所累积的愤怒时，提醒自己你的愤怒是没有根据的。提醒自己，它所召唤的是对内识的运用，并且在你的每个愤怒体验或感受里，存在着一个真正的种子。因此，你的愤怒不需被拒绝，而是需要被净化，因为通过净化你的愤怒，你将能够沟通那些你一开始想要沟通却没能沟通的东西。这样，你的自我表达将是完满的，并且愤怒将不再。

练习 241: 两个 30 分钟

每小时练习

Step 242

MY GREATEST GIFT TO THE WORLD IS MY KNOWLEDGE.

THIS IS YOUR GREATEST GIFT. It is the gift that imbues all other

giving and gives it meaning. This is the gift that gives value to all human expression, all human endeavor and all human invention that is intended to support the well-being of humanity in its evolution. Knowledge is not something that you can quantify and give, as if you put it into a package or delineate it with your ideas. It is a presence and a quality of life that is the very essence of life. It makes all giving and contribution meaningful.

THIS IS YOUR GREATEST GIFT, which you are now learning to receive. As you receive it, it will give itself naturally, for you cannot keep Knowledge for yourself. Once it emerges, it begins to express itself in all directions and specifically in certain directions and in certain involvements with certain people according to its design and Wisdom. Thus, if you receive Knowledge, it must be given. It will give itself, and you will want to give it because you possess wealth, and wealth can only be increased through giving. Thus, in essence, life is all about the giving of Knowledge. Wherever this giving cannot be accomplished, there is all manner of deception, disappointment and despair. But when giving is reactivated in these circumstances, these qualities of denial will be dispelled, and Knowledge will once again begin to express itself in very specific ways.

THEREFORE, UPON THE HOUR remind yourself of this great truth, and in your deeper meditations allow yourself to experience Knowledge. Allow yourself to receive it. Give yourself to this application of your mind and your body. In this, Knowledge will give itself, and you will be fulfilled because you have given life the greatest gift that can be given.

PRACTICE 242: *Two 30-minute practice periods.*

Hourly practice.

第 242 阶 我给世界的最伟大礼物是我的内识。

这是你最伟大的礼物。这一礼物渗透在其他所有的奉献里，并给它们赋予意义。这一礼物为所有人类表达，所有人类作为，以及在人类进化中支持人类福祉的所有人类发明赋以价值。内识不是某种你能够量化并赠送的东西，就好像你能把它装进礼盒，或用你的想法去描述它。它是生命的一种临在和一种品质，它是生命的最本质核心。它为所有的奉献和贡献赋予意义。

这是你最伟大的礼物，你正在学习接收它。当你接收时，它会自然地奉献它自己，因为你无法把内识留给自己。一旦它浮现出来，它就开始向所有方向表达它自己，并会根据它的设计和智慧，特别针对某些方向以及在与某些人的某些交往中进行表达。因此，假如你接收了内识，那它必须被奉献出去。它将奉献自己，并且你也希望奉献它，因为你拥有财富，而财富只能通过奉献而不断增加。因此，从本质上讲，生命完全就是对内识的奉献。只要这一奉献无法实现，就会产生所有形式的欺骗、失望和绝望。可是，当奉献在这些境况里得以重新激发时，所有这些形式的否认都将被驱除，同时内识将再次开始以非常特别的方式来表达自己。

因此，每小时提醒自己这一伟大真理，并在你的深度冥想中让自己体验内识。让自己接收内识。把自己奉献到这一对你的思想和身体的运用中。这样，内识将奉献它自己，而你将得以成就，因为你为生命奉献了你能够奉献的最伟大礼物。

练习 242：两个 30 分钟

每小时练习

Step 243

I DO NOT NEED TO BE SPECIAL TO GIVE.

THE ATTEMPT TO BE SPECIAL UNDERLIES ALL HUMAN AMBITION.

All human ambition that is not born of Knowledge is born of the attempt to offset the grave disappointment and great anxiety of separation. The attempt to be special is the attempt to fortify separation. It is the attempt to make yourself greater at the expense of others. It always denies life and Knowledge and always leads to greater confusion, frustration and despair.

YOU ARE FREED THIS DAY FROM ATTEMPTING to make yourself special, for in this way you will find the true relief that you have sought in all of your previous endeavors. What is special in you is your unique form of expression of that which is inherent in all life. Then, that which joins life and is life is affirmed. Your individuality is affirmed as well, but not to the exclusion of the value of any other expression of life. Here you are not special. You are simply you. You are greater than an individual because you are part of life, and yet you are an individual because you express life individually. Here all conflict and confusion end. That which is limited expresses that which is unlimited, and that which is unique expresses that which is inherent and intrinsic. This is the resolution that you seek, for you do not really wish to be special. You only wish to have your individual life have purpose, meaning and direction.

UPON THE HOUR THINK OF THIS after you repeat the idea for today. In your deeper practices, enter into stillness and peace once again. Do not petition for answers because you do not need to do this in your meditation practices. Your time now is to practice receiving Knowledge, in which your individuality is honored and confirmed for its true purpose and in which your specialness, which has only been a grave and impossible burden for you, is gently lifted from your shoulders. Do not seek to be special today, for that is not the purpose of your life. Then, all fear of death and destruction will leave you. Then, all judgment and comparison with others will leave you. Then, you will be able to honor life and honor your relationships, which are an expression of everything today's lesson will teach you.

PRACTICE 243: *Two 30-minute practice periods.*

Hourly practice.

第 243 阶 我不需要成为特别的人，才能去奉献。

试图成为特别的人是所有人类野心的基础。所有并非源自内识的人类野心，都源于人类试图抵御分离所带来的沉重失望和巨大焦虑的尝试。试图成为特别的人，是试图强化分离。它是企图以他人为代价，而让自己变得更伟大。它总是否认生命和内识，总是导向更大的困惑、挫败和绝望。

你今天自由地让自己从变得特别的尝试中解脱出来，因为这样你将找到你在过去所有努力中所寻求的真正释怀。你的特殊性在于你对所有生命内在固有东西的独特表达形式。因此，那联接生命并作为生命本身的东西得到了确认。你的个体性同样得到了确认，但这并不排斥生命任何其他表达的价值。在此你并不特别。你只是你。你比一个个体更加伟大，因为你是生命的一部分；然而你同时又是一个个体，因为你个体性地表达着生命。在此，所有的冲突和困惑结束了。那个有限的，表达着那个无限的；那个独特的，表达着那个内在固有的和本质的。这是你所寻求的解答，因为你并不真正希望变得特别。你只是希望你的个体生命拥有宗旨、意义和方向。

每小时重复这一想法，并对它进行思考。在深度修习中，再次进入静心和平里。别寻求答案，因为你不需要在你的冥想练习里找寻答案。你这个时段是修习接收内识，在此你的个体性因为它真正的宗旨而得到尊重和确认，在此过去只是作为你沉重和不可承受负担的特殊性，被轻轻地从你肩上卸去了。今天别寻求特别，因为那不是你生命的宗旨。这样，所有对死亡和毁灭的恐惧将远离你。这样，所有评判和与他人的攀比将远离你。这样，你将能够尊重生命，尊重你的关系，它们是今天课程传授给你的全部思想的一种表达。

练习 243：两个 30 分钟

每小时练习

Step 244

I AM HONORED WHEN OTHERS ARE STRONG.

W

HEN YOU ARE STRONG, OTHERS ARE HONORED. When they

are strong, you are honored. In this way, Knowledge affirms itself in the world, where Knowledge has been forgotten. Knowledge need only be affirmed through experience and expression to be given to others. Your greatest teaching in this life is the contribution of your life as it is demonstrated to others. Indeed, this is your greatest gift to yourself, for as your life is demonstrated in its value to you, your estimation of yourself will be redeemed, and you will understand your true value in proportion to life itself.

THEREFORE, WHEN OTHERS ARE STRONG, you are honored. In this way, you will not seek to belittle another to strengthen yourself. You will not seek to affirm your advantage based upon another's disadvantage. In this way, no guilt will attend your accomplishment, for no one has been betrayed as you seek to gain experience and advancement in life.

THE LESSON FOR TODAY IS VERY DEEP and will require much consideration. Upon the hour repeat the idea for today and give it serious consideration in every circumstance in which you find yourself. In your deeper practices today, enter stillness and silence. Allow yourself this gift because the idea for today is very simple and very true. It is in no way complex, though it will require serious consideration, for you are far too used to entertaining only things of superficial value. Throughout our training together in these days, weeks and months, you are learning to engage your mind to recognize what is obvious and apparent, but which has not yet been apparent to you who have entertained yourself with shallow things.

THEREFORE, TODAY LET THIS TIME BE GIVEN TO KNOWLEDGE. Let this time be given to that which strengthens you and all other individuals in the universe. When others are strong, you are honored. In this, all separation ends, and true giving becomes apparent.

PRACTICE 244: *Two 30-minute practice periods.*

Hourly practice.

第 244 阶 当他人坚强时，我获得了尊重。

当你坚强时，其他人获得尊重。当其他人坚强时，你获得尊重。这样，内识在这个内识被遗忘的世界上确认了它自身。内识只需通过体验和表达来得到确认，并能被奉献给他人。你在这次生命里的最伟大传授，就是把你的生命作为向他人的示范来奉献你的生命。事实上，这也是你给自己的最伟大礼物，因为当你的生命向你示现它的价值时，你对自身的评估将得到救赎，并且你将理解你相对于生命本身的真正价值。

因此，当其他人坚强时，你获得尊重。这样，你不会寻求贬低他人来强化自己。你不会寻求基于他人的弱势来确认自己的强势。这样，你的成就将不会伴随着内疚，因为在你在生命中寻求体验和进步的过程中，没有人被背叛。

今天的课程非常深刻，需要深入思考。每小时重复今天的思想，并在你身处的任何环境中对它进行严肃思考。在今天的深度修习中，进入静心 and 安静里。让自己接收这个礼物，因为今天的思想非常简单，非常真实。它没有丝毫复杂，然而它要求认真的思考，因为你已太习惯于只是抱持那些拥有肤浅价值的东西。在贯穿我们培训的这些日日月月里，你正在学习运用你的思想去认知那些明显和显在的，然而对习惯于肤浅事物的你来说又是不明显的东西。

因此，今天把这些时段奉献给内识。把这些时段奉献给强化你以及宇宙中所有其他个体的东西。当其他人坚强时，你获得尊重。由此，所有的分离得以终止，真正的奉献变得显在。

练习 244：两个 30 分钟

每小时练习

Step 245

WHEN OTHERS FAIL,

I AM REMINDED OF THE NEED FOR KNOWLEDGE.

WHEN OTHERS FAIL, LET THIS REMIND YOU of your need for

Knowledge. Let your need for Knowledge not be underestimated. Thus, you need not respond with condemnation or judgment upon those who fail, but realize their great need and your great need. This will only confirm, then, the depth with which you must now prepare yourself. For you prepare yourself not only for your own advancement and fulfillment, but for the advancement and fulfillment of humanity. This is no idle claim or statement. It is absolutely the truth. For every step you take towards Knowledge, you give your accomplishment to the world, and you lessen the burden of all who struggle with their own fantasies and sense of failure.

YOUR LIFE, THEN, BECOMES YOUR TEACHING, for it is a life of Knowledge. It demonstrates the presence of Knowledge in the world, which is the presence of God. This happens as a result of your serving as an advanced vehicle for Knowledge. In your advancement all human capabilities are furthered, all human liabilities are dissipated and that which is most true and genuine in individual human life in the world is exalted. And that which is beyond all human life, but which contains human life, is affirmed as well. Therefore, another's failure is a call for your involvement with Knowledge. It is a call for your advancement and strengthening because you have come into the world to give.

REMINDE YOURSELF OF THIS UPON THE HOUR and in your two longer practice periods, actively engage your mind in comprehending this idea. Think of every individual that you think has failed and realize the meaning of today's lesson in light of those individuals serving you. Realize the need for Knowledge within their lives and within your life. They are committing errors to spark your commitment to Knowledge. They are serving you in this regard, and this calls for your gratitude not your condemnation. They are teaching you to value the valuable and to release the meaningless. Think not they are not saving you time. They are saving you time. They are demonstrating that which you need to learn and to accept. Therefore, commit yourself to their well-being for teaching you to value Knowledge. As you value Knowledge, the result of your value will be given back to them in return, and they will be strengthened and honored by your

accomplishment.

PRACTICE 245: *Two 30-minute practice periods.*

Hourly practice.

第 245 阶 当其他人失败时，我被提醒了对内识的需要。

当其他人失败时，让这提醒你，你对内识的需要。别低估了你对内识的需要。这样，你不必用谴责和评判来回应那些失败的人，而是认知他们的巨大需要和你的巨大需要。这只会确认你现在必须如何深入地进行准备。因为你的准备不仅是为了你自身的进步和成就，而且是为了人类的进步和成就。这不是一个可有可无的宣称或声明。这是绝对的真理。因为你每向内识迈进一步，你都是在把你的成就奉献给世界，你都是在减轻所有挣扎于自我空想和失败感的人们身上的包袱。

因此，你的生命成为了你的传授，因为它是内识的生命。它示范了内识在世界里的存在，这是上帝的存在。它是你作为内识的一个高级载体所进行的奉献的结果。在你的进步里，所有的人类能力得到拓展，所有的人类债务得以消散，同时人类个体生命里最真实、最诚挚的品质在世界上得到发扬。那超越所有人类生命然而又包纳着人类生命的东西，也同样得到了确认。因此，另一个人的失败，是对你参与内识的召唤。它是对你的进步和强大的召唤，因为你来到世界上是为了进行奉献。

每小时提醒自己这点，在两次长修习时段里，积极运用你的思想去领会这一想法。思考每一个你认为失败的人，并通过认知这些服务于你的人，来认知今天课程的含义。意识到他们生命和你的生命对内识的需要。他们所犯的错误激发着你对内识的承诺。他们通过这种方式服务于你，这召唤着你的感恩而不是谴责。他们教你去珍视那有价值的，抛弃那无意义的。别以为他们没有为你节省时间。他们为你节省了时间。他们示范了你需要去学习和接受的东西。因此，为了他们的福祉去承诺你自己，因为他们教你珍视内识。当你珍视内识时，你的珍视所带来的成果将被回馈给他们，并且他们将因为你的成就而得到强化和尊重。

练习 245：两个 30 分钟

每小时练习

Step 246

THERE IS NO JUSTIFICATION

FOR FAILING TO RECLAIM KNOWLEDGE.

THERE IS NO JUSTIFICATION FOR ERROR. There is no

justification for denying Knowledge. There is no justification at all. Do not attempt to justify your errors by projecting blame upon yourself or by accusing life of not giving you what you need. Do not justify your errors by claiming the responsibility of your childhood, your parents or your upbringing in determining your current situation. Errors cannot be justified. Whatever cannot be justified can be relinquished, for it lacks true meaning and value.

TODAY, THEN, IS A FORM OF FREEDOM, an expression of freedom to you who still, out of habit and complacency, attempt to justify your errors by assigning blame and responsibility. This is meaningless, for today you are only given to come to Knowledge and to give yourself in your approach to Knowledge. You can only justify error as an excuse not to come to Knowledge, and since there is no justification for error, there is no justification for you not to come to Knowledge. Without this justification, you are justified, for you are the expression of Knowledge. That is your destiny and purpose in the world. If error is unjustified, the truth is given all justification.

ALLOW YOURSELF TO REPEAT THIS IDEA UPON THE HOUR. Come to this in your longer practice periods in stillness and receptivity. Be grateful today that your errors have been forgiven. Be grateful today that condemnation is not justified. Be grateful today that you have this opportunity to come to Knowledge, which will affirm that which is truest and greatest within you. Be grateful today that there is no justification in denying this, for without guilt and blame you can only receive that which life has to offer you.

LET THIS BE A DAY TO CELEBRATE YOUR FREEDOM. Let this be a day to affirm that you are blameless, though you are a student of Knowledge. Let this be a day to affirm that all the problems of the world can be solved without condemnation, for without condemnation all problems in the world will be solved.

PRACTICE 246: *Two 30-minute practice periods.*

Hourly practice.

第 246 阶 没能唤回内识，是没有借口的。

错误是没有借口的。否认内识是没有借口的。根本没有借口。别试图通过自我责备或通过指责生命没有为你提供你所需要的，来为你的错误辩解。别通过声称你的童年、你的父母或你的成长该为你当下的境遇负责，来为你的错误辩解。错误是没有借口的。任何没有借口的东西都能被摒弃，因为它缺乏真正的意义和价值。

因此，今天是自由的一种方式，是自由对你的一种表达，那个你，出于惯性和自满还在试图通过编派抱怨和责任来为你的错误进行辩解。这是没有意义的，因为今天你被要求的只是走向内识，并在走向内识的过程中奉献你自己。你只能把你的错误作为不去走向内识的借口，但是因为错误是没有借口的，因此你没有借口不去走向内识。没有了这种借口，你就是正当的，因为你是内识的表达。这是你在世界上的天命和宗旨。假如错误没有了借口，那么真理将被赋予所有的公理。

每小时让自己重复这一想法。在长修习时段里，在静心和接收中走向它。今天要感恩，因为你的错误被谅解了。今天要感恩，因为谴责是没有借口的。今天要感恩，因为你拥有这个机会走向内识，它将确认你内在最真实、最伟大的东西。今天要感恩，因为否认这些是没有借口的，没有了内疚和抱怨，你将只会去接收生命必然赋予你的东西。

让今天成为庆祝你自由的一天。让今天成为确认你是无可指责的一天，尽管你只是内识的学生。让今天成为确认世界所有问题都能不带谴责地得到解决的一天，因为没有了谴责，世界的所有问题都将得到解决。

练习 246：两个 30 分钟

每小时练习

Step 247

I WILL LISTEN TO MY INNER TEACHERS TODAY.

LISTEN TO YOUR INNER TEACHERS, for they have wise counsel

for you. Accept their counsel and work with it, realizing that only by following counsel will you understand its meaning and its value.

TAKE TIME UPON THE HOUR TO REMIND YOURSELF that your Inner Teachers are with you. Look forward to those two times in meditation today when you will be free from external obligations and involvements to spend time with your Inner Teachers. They will speak to you this day and help you to learn to listen and to discern their voice from other voices that plague your mind. They represent the one true voice that will speak unto your soul. They are not the substitutes that you create to keep yourself stimulated in fear. Therefore, extend your trust to them as they have extended their trust to you, for they are entrusting you with Knowledge in the world—a greater form of trust and acknowledgment you cannot imagine. For you to be the vehicle of Knowledge in the world, you must bear witness to the greatness of your origin and heritage and the greatness of God's estimation of you.

THEREFORE, IN YOUR TWO DEEPER PRACTICES THIS DAY, in stillness and silence, turn your listening inward. Listen intently. Allow yourself to become receptive and you will know your Teachers are standing in the background, observing you, loving you and supporting you. And they will speak to you this day of things beyond the world and things within the world. They will remind you of your purpose and your function as you learn to listen this day.

PRACTICE 247: *Two 30-minute practice periods.*

Hourly practice.

第 247 阶 今天我将聆听我的内在上师。

聆听你的内在上师，因为他们为你准备了智慧的辅导。接受他们的辅导，努力遵循它，并认知唯有通过遵循这一辅导，你才能理解它的意义和价值。

每小时提醒自己你的内在上师和你同在。你期待着那两次冥想，这时你从外在义务和事务中解脱出来，用这个时段和你的内在上师在一起。他们今天将对你讲话，帮助你学习聆听，并帮助你学习从其他烦扰你思想的声音里辨析出他们的声音来。他们代表着那个对你灵魂讲话的唯一真正声音。他们不是你所制造的那些让你始终处于恐惧的刺激中的替代品。因此，把你的信任交给他们，正如他们把他们的信任交给你一样，因为他们把世界的内识托付给你——这是一种你无法想象的更伟大信任和肯定。为了让自己成为内识在世界上的载体，你必须见证你的伟大源泉和传承以及上帝对你的伟大评价。

因此，在今天的两次深度修习里，在静心和安静里，转向内在聆听。专注地聆听。让自己变得富于接收性，这样你将知道你的上师们正站在背景里，观察着你、钟爱着你并支持着你。他们今天将向你讲述世界外的事物以及世界上的事物。今天当你学习聆听时，他们将提醒你，你的宗旨和你的职能。

练习 247：两个 30 分钟

每小时练习

Step 248

**I WILL RELY UPON THE WISDOM OF THE UNIVERSE
TO INSTRUCT ME.**

RELY UPON THE WISDOM OF THE UNIVERSE. Do not rely upon

yourself alone, for alone you know nothing. Alone, there is no Knowledge and no relationship. Rely upon the Wisdom of the universe, which is available to you within your Knowledge, which is stimulated by the presence of your Teachers. Do not think that you alone can do anything, for alone you can do nothing. But together with life, all things that are intended for your fulfillment and your greatest contribution are indicated and are so promised.

THEREFORE, REMIND YOURSELF OF THIS IDEA upon the hour and within your meditation practices, once again seek the refuge of Knowledge in stillness and in silence. Allow the Wisdom of the universe to express itself to you who are learning to receive this Wisdom in openness and in humility.

ALLOW THIS DAY TO BE A DAY OF LISTENING, a day of contemplation and a day of receptivity. Do not fall prey to habitual judgments or preoccupations, but allow this day to be a day of true access to life so that life may give unto you who are its servant.

PRACTICE 248: *Two 30-minute practice periods.*

Hourly practice.

第 248 阶 我将依赖宇宙智慧来指引我。

依赖宇宙的智慧。别只是依赖你自己，因为一个人你什么都不知道。一个人，既没有内识，也没有关系。依赖宇宙的智慧，它存在于你的内识里，它被你上师的存在所激发。别以为你独自一人能做任何事情，因为一个人你什么都做不了。然而，当你和生命在一起时，所有用于实现你的成就和你的最伟大贡献的东西，都会被示现，并且拥有巨大希望。

因此，每小时提醒自己这一想法，在你的冥想练习里，再次在静心和安静里寻求内识的庇护。让宇宙的智慧向正在学习带着开放和谦卑去接收这一智慧的你表达它自己。

让今天成为聆听的一天，沉思的一天和接收的一天。别陷入习惯性的评判和执迷里，而是让今天成为真正接触生命的一天，这样生命就能对你——它的服务者——进行奉献。

练习 248：两个 30 分钟

每小时练习

Step 249

ALONE I CAN DO NOTHING.

ALONE YOU CAN DO NOTHING, for nothing in life is done

alone. This is so very obvious if you simply observe the activity around you. No one is doing anything alone. This is so very true; it cannot be denied if you look upon the world honestly. Even if you were alone on a mountaintop without another soul in sight, you would not be alone, for your Teachers would be with you, and everything that you would accomplish there would be a joint effort, as everything that you accomplish with other people is a joint effort. This affirms the intrinsic nature of relationships and gives complete evidence to the fact that nothing can be done alone. In this, you must learn to value your relationships, for they are the vehicles for accomplishment in all areas and in all avenues of expression.

THEREFORE, WE EMPHASIZE THE VALUE of your relationships to you who now seek to reclaim Knowledge. These relationships must be imbued with the Knowledge that you are reclaiming. Then they will have the stability, the efficacy and the grace that Knowledge contains for you. For only relationships based upon Knowledge can carry the Wisdom that Knowledge will exert within the world. Relationships based upon personal attraction or personal fantasy do not have the foundation to carry Knowledge and will fail abruptly in the presence of the demands and requirements of a true life.

THEREFORE, AS YOU RECLAIM KNOWLEDGE, you also learn the lessons of relationships. Remind yourself of this upon the hour and witness the obviousness of today's lesson in whatever context you find yourself. If you look, you will see that nothing can be done alone—on any level, in any avenue. Nothing can be done alone. There is no individual creativity. There is no individual contribution. There is no individual invention. The only thing that can be made alone is fantasy, and in this a great deal has been produced. But even this is shared and fortified as each individual fortifies it within his or her own imagination. Therefore, even illusion is shared and substantiated through relationship. Nothing can be done alone. Even illusion cannot be done alone. There is no escape from this. Yet, the fact that there is no escape from life is the true promise of your redemption, for here life will redeem you, and all that you have brought into the world will be activated and contributed.

IN YOUR DEEPER PRACTICE PERIODS TODAY, bring yourself to

Knowledge and bring yourself to your Teachers in stillness and humility. Realize that you can do nothing alone. Even your attempt to discipline your mind and to prepare yourself for meditation is something you share with others who are practicing and with your Teachers as well. All power of God can be expressed through you, for nothing can be done alone.

PRACTICE 249: *Two 30-minute practice periods.*

Hourly practice.

第 249 阶 一个人我什么都做不了。

一个人你什么都做不了，因为生命中没有任何事情是独自完成的。只要你去观察你周遭的活动，就会发现这是非常明显的。没有人在独自做事情。这是非常真实的；如果你坦诚地看向这个世界，你就无法否认这点。就算你独自一人呆在山顶上，周围看不到其他灵魂，你依然不是一个人，因为你的上师们会和你在一起，并且你在那里所成就的一切依然是协同努力的结果，因为你和他人一起完成的每件事都是协调努力的结果。这确认了关系的固有本质，并全然证明了没有任何事情是独立完成的这一事实。由此，你必须学习珍视你的关系，因为它们是在所有领域和所有表达途径所达成的成就的载体。

因此，我们向正在寻求唤回内识的你强调你关系的价值。这些关系必须灌注着你正在唤回的内识。这样，它们将拥有内识赋予你的安定、效力和恩宠。因为唯有建立在内识基础之上的关系，才能携带内识在世界上要展现的智慧。基于个人吸引力或个人空想的关系，不具备携带内识的基础，当它面临真正生命的需求和要求时会骤然失败。

因此，当你唤回内识时，你同时在学习有关关系的课程。每小时提醒自己这点，并在你身处的任何环境里观察今天课程的显在性。如果你去观察，你会看到没有任何事情是独自完成的——无论任何层面，无论任何路径。没有任何事情是独自完成的。不存在个体性的创造力。不存在个体性的贡献。不存在个体性的发明。唯一可以独自完成的事情是空想，因此，大量的空想被制造出来。然而，就连空想也是被分享、被强化的，因为每个个体都在他自己的想象里强化着它。因此，即使错觉也是通过关系被分享和被证明的。没有任何事情是独自完成的。即使是错觉也无法独自完成。这无可回避。然而，你无法逃避生命这一事实，为你的救赎带来了真正的希望，因为在此生命将救赎你，并且你携带进世界的所有东西都将得到激发和奉献。

在今天的深度修习里，在静心和谦卑里，让自己靠近内识，让自己靠近你的上师。意识到一个人你什么都做不了。即使是你对你的思想进行训练和让自己为冥想进行准备的努力，也是你与那些正在修习的人以及与你的上师们所共享的。上帝所有的力量都能够通过你进行表达，因为没有任何事情是独自完成的。

练习 249：两个 30 分钟

每小时练习

Step 250

I WILL NOT HOLD MYSELF APART TODAY.

Y

OU CAN ONLY BE ALONE IN FANTASY, and fantasy will yield

you nothing of value, permanence or meaning. Do not betray your Knowledge today by holding yourself apart. Do not punish yourself for errors which have no substance and which are in fact only an expression of confusion. There is no justification for error, and there is no justification for holding yourself apart. You are a part of life and you will need to rely upon your relationships with others and with life as a whole to accomplish anything, even to survive.

AS YOU THINK ABOUT THIS, gratitude will naturally arise within you, and you will realize that the ground upon which you walk and everything that you see and touch that is useful and beneficial is the result of giving and cooperation. Then, your gratitude will bring forth love naturally, and from your love you will begin to understand how all things are accomplished in the universe. This will give you strength and the assurance of what you yourself must learn to do.

UPON THE HOUR REMEMBER THIS, and in your deeper meditations allow yourself to receive. Do not hold yourself apart from Knowledge, which waits to bless you in your meditation practices. This is when you come to the altar of God to present yourself, and here God presents God to you who are learning to receive Knowledge.

PRACTICE 250: *Two 30-minute practice periods.*

Hourly practice.

第 250 阶 今天我不让自己隔离。

你只可能在空想里是孤单的，并且空想不会给你带来任何有价值的、恒久的或有意义的东西。今天别通过隔离自己来背叛你的内识。别因为那些没有实质意义的、事实上只是一种困惑表现的错误来惩罚自己。错误是没有借口的，让自己隔离也是没有借口的。你是生命的一部分，你必须依赖你和他人以及和生命整体的关系来达成任何成就，哪怕只是为了生存。

当你思考这点时，感恩会自然地在你内心升起，并且你将意识到，你踏上的土地，以及你所看到、触到的任何有用和有益的东西，都是奉献和合作的产物。由此，你的感激将自然地带来爱，从你的爱里，你将开始理解宇宙里所有事物是如何成就的。这将带给你力量，并确认了你自身必须学习做什么。

每小时记住这点，在你的深度冥想里，让自己接收。别让自己和内识分离，它在等待着在你的冥想练习里祝福你。这个时候，你来到上帝的圣坛前将自己奉上，同时上帝也把上帝呈现给正在学习接收内识的你。

练习 250：两个 30 分钟

每小时练习

Step 251

**IF I ABIDE WITH KNOWLEDGE,
THERE WILL BE NO CONFUSION
IN MY RELATIONSHIPS.**

IF KNOWLEDGE IS NOT CONFUSED, how can you be confused

who abide in Knowledge? To abide with Knowledge, however, means that you are not attempting to resolve things, to understand things, to control or to persuade things without Knowledge. You are not attempting to fulfill your specialness by using another to enhance it. You are not attempting to substantiate your errors by casting blame upon another.

WITH KNOWLEDGE THERE IS NO CONFUSION IN RELATIONSHIPS.

You know who to be with and who not to be with, and there is no blame in this. You know where to devote yourself and where not to devote yourself, and there is no condemnation in this. You choose this over that, not right over wrong. You go here not there because here is where you must go. How simple this is and how totally effective. This affirms Knowledge in all individuals, and no one is condemned. Here the gates of hell are opened and all are free to return to Knowledge, for the gates of hell are open already, and Knowledge is calling to all who dwell there to return to God. For what is hell but life without God and life without Knowledge? It is life imagined, that is all.

THEREFORE, RECEIVE THE CALL OF KNOWLEDGE, which is the call of God for you to awaken and participate with life. You can do nothing alone, and your relationships will be clear when you abide with Knowledge. Remember this upon the hour and in your two longer practice periods today, dedicate yourself to actively looking at every single primary relationship involvement that you have had. Recognize in them the frustrations and the confusion, the great expectations and the great disappointments, the bitterness over error, the sense of failure and the projections of blame. Then, realize that with Knowledge none of this need be, for with Knowledge the meaning and purpose of each relationship was recognized at the beginning of your involvement and was affirmed at the end.

REALIZE IN YOUR CURRENT RELATIONSHIPS that with Knowledge all things will be clear, and you may proceed without guilt or blame and without compulsion or need. With Knowledge you may follow that which is precisely beneficial to you and to your beloved, for all

relationships are honored and blessed through Knowledge, and all individuals find their rightful place with one another. In this, each person is honored and his or her Knowledge is confirmed. Let this be your understanding today.

PRACTICE 251: *Two 30-minute practice periods.*

Hourly practice.

第 251 阶 如果我坚守内识，那么我的关系里将没有困惑。

如果内识没有困惑，那么和内识坚守的你怎么可能困惑呢？然而，坚守内识，意味着你不会试图不带内识地解决事物、理解事物、掌控或说服事物。你不试图利用他人来彰显你的特殊性，从而成就你的特殊性。你不试图通过责备他人来辩护你的错误。

有了内识，关系中就没有困惑。你知道和谁在一起，不和谁在一起，这里没有责备。你知道在哪里奉献自己，不在哪里奉献自己，这里没有谴责。你选择这个、不选择那个，而非选择正确、不选择错误。你去这里，不去那里，因为这里是你必须去的地方。这多么简单，又多么有效。它确认了所有个体内在的内识，没有任何人被谴责。在此，地狱的大门是敞开的，所有人拥有回归内识的自由，因为地狱的大门已经打开了，而内识正在召唤所有留驻在那里的个体回归上帝。什么是地狱呢？不就是没有上帝的生命、没有内识的生命吗？它是想象出来的生命，仅此而已。

因此，去接收内识的召唤，那是上帝在召唤你醒来并参与到生命中。一个人你什么都做不了，并且当你坚守内识时，你的关系将变得明晰。每小时记住这点，在两次长练习时段里，让自己积极地检视每一个你所拥有过的主要关系。认知它们所蕴含的挫败和困惑、巨大的期待和失望、因错误带来的痛苦、失败感以及所投射的责备。然后认识到，有了内识，这些都是不必要的，因为有了内识，每一个关系的意义和宗旨会在你参与的初始就被认知，并在结束时得到确认。

在你现有的关系里，要认识到，带着内识，所有事情将是明晰的，并且你能够不带内疚或责备、不带强迫或需求地前进。带着内识，你将遵循真正对你同时对你所爱的人都有益的方式，因为通过内识，所有的关系得到了尊重和祝福，并且所有的个体找到彼此之间正确的位置。在此，每个人得到了尊重，他或她的内识得到了确认。让这成为你今天的理解。

练习 251：两个 30 分钟

每小时练习

Step 252

REVIEW

L

ET YOUR REVIEW OF EACH LESSON in the past two weeks be a

confirmation of the presence of Knowledge in your life.

Review each lesson and practice. Review objectively the extent of your involvement and realize the opportunities to give yourself more fully and more completely. Realize how meaningless your denial is and how great the promise of your reward, given your participation in life. You will realize this as you review your practices, for your practices demonstrate your ambivalence towards Knowledge and the presence of Knowledge itself.

YOU WILL LEARN IN TIME that as you come closer to Knowledge, all things that are meaningful and valuable will be affirmed, and as you go away from Knowledge, you will enter the darkness of your own imagination. This, then, will convince you of where you need to apply yourself. This will convince you of the great presence that is with you to assist you. This will convince you that you are included in life and that your Teachers are with you. Whatever obstacle or inadequacy that you can recognize or imagine can be easily overcome with Knowledge. It is your desire for Knowledge and your capacity for Knowledge that need to be strengthened. And once this is done, Knowledge will express itself and you will be the beneficiary of life's greatest gift.

IN YOUR LONGER REVIEW TODAY, allow yourself to undertake your practice with great depth and sincerity. Allow this day to affirm your studenthood. Allow this day to affirm that you have been saved.

PRACTICE 252: *One long practice period.*

第 252 阶 复习

把你对过去两周每一课程的复习，作为对你生命中内识存在的确认。回顾每一个课程和修习。客观地回顾你所参与的程度，并认知更全然、更彻底地去奉献你自己的可能性。认知你的否认是多么没有意义，而因为你在生命里的参与，你获得回报的希望是多么巨大。当你回顾你的修习时，你将意识到这点，因为你的修习示范了你对内识的矛盾心态，以及内识本身的临在。

慢慢地你将认识到，当你靠近内识时，所有有意义、有价值的东西将得到确认，而当你远离内识时，你将进入你自我想象的黑暗里。这会向你确认，你需要在哪里运用你自己。这会向你确认，那和你在一起并帮助你的伟大临在。这会向你确认，你包融在生命里，并且你的上师们和你同在。你所能认知或想象出的任何障碍或不足，都能被内识轻易地战胜。需要强化的是你对内识的渴望和你对内识的能力。一旦做到这些，内识将表达它自身，而你将成为生命最伟大礼物的受益者。

在今天的长复习时段里，让自己带着巨大的深刻和诚挚展开你的修习。让今天来确认你的学生身份。让今天来确认你已得到救赎。

练习 252： 一个长练习时段

Step 253

ALL THINGS I TRULY NEED

WILL BE PROVIDED FOR ME.

TO THIS STATEMENT YOU MUST GIVE YOUR COMPLETE FAITH,

though your past has been a record of discouragement and disappointment. Yet, even here you can realize that those things that you truly needed for the advancement of Knowledge and for the advancement of your true mental and physical capabilities were provided for you.

ALL THINGS YOU TRULY NEED WILL BE PROVIDED. It is when you want things that you do not truly need that your awareness of this becomes confused, and this leads you into dark speculation and grave disappointment. What you need will make you happy; what you don't need will make you confused. This is very simple, very straightforward and very direct. Knowledge is always like that. Knowledge affirms that which is essential. Here your approach to life becomes simple and direct. Thus, you experience life as simple and direct.

IF YOU APPROACH LIFE IN A DEVIIOUS WAY, life will appear devious to you. If you approach life with simplicity and honesty, life will appear simple and honest to you. Knowledge will indicate that which is truly needed and that which is extraneous, those things that you must carry and those which are merely extra baggage that will burden you. If you want what is unnecessary and devote yourself to that, you will lose touch with what is real and genuine, and your life will become confused and unhappy.

SPEAK THESE WORDS UPON THE HOUR AND CONSIDER THEM. Life around you will demonstrate that they are true. In your deeper meditation practices, enter stillness once again. Direct your effort on your own behalf, and your mind will respond to your command. It is your desire for Knowledge that will let all things come to you. This confidence in life will give you the assurance to proceed. This confidence in life will give you the assurance that your life is highly valued in the world. This confidence in life will affirm that which guides life itself, for within life there is Knowledge and there is fantasy, but life itself is Knowledge.

PRACTICE 253: *Two 30-minute practice periods.*

Hourly practice.

第 253 阶 所有我真正需要的东西都将被提供给我。

你必须对这一声明给予完全的信任，尽管你的过去充满了挫败和失望。然而，即使在你的过去里，你依然能够意识到，你为实现内识进步和真正思维和身体能力的进步所切实需要的东西，都已经被赋予了你。

所有你真正需要的东西都将被提供给你。只有当你想得到你并不真正需要的东西时，你的觉知才会出现困惑，这把你带进阴暗揣测和严重失望里。你需要的东西将使你快乐；你不需要的东西将使你困惑。这非常简单、非常明确、非常直接。内识总是如此。内识确认那根本性的东西。在此，你对待生命的态度变得简单和直接。由此，你体验的生命也是简单和直接的。

假如你以一种曲折的方式对待生命，那么生命对你来说将会显得曲折。假如你简单和坦诚地对待生命，那么生命对你来说将会显得简单和坦诚。内识将指明那真正需要的东西，和那无关紧要的东西，那些你必须携带的东西，和那些只会给你带来负担的额外包袱。假如你想得到那些不必要的东西，并把自己投身于此，那么你将失去和那真实、真正的东西的联系，你的生命将变得困惑和不快乐。

每小时默念这些话语，并对它们进行思考。你周遭的生命将证明这些是真理。在深度冥想练习里，再次进入静心里。为了你自身的利益去引导你的努力方向，这样你的思想将对你的指令做出回应。正是你对内识的渴望，将让所有东西来到你生命里。这一对生命的信心，将给予你继续前进的确认。这一对生命的信心，将向你确认你在世界上的生命是具有高度价值的。这一对生命的信心，将确认那引导生命本身的东西，因为在生命里既存在着内识，也存在着空想，但是生命本身就是内识。

练习 253：两个 30 分钟

每小时练习

Step 254

I TRUST MY TEACHERS WHO ABIDE WITH ME.

TRUST YOUR TEACHERS, for they are entirely trustworthy. They

are here to initiate Knowledge within you, to remind you of your origin and your destiny and to guide you in matters great and small. Trust your Teachers. They will not take the place of your Knowledge but will step back as Knowledge comes forward within you. Trust your Teachers, for they have already accomplished what you are now attempting, and they are teaching it to you now so that they may fulfill their destiny in the world. Trust your Teachers, for they have no goal or ambition other than Knowledge. Thus, their approach to you is entirely uniform and honest—without deception, confusion or conflict of mind.

AS YOU LEARN TO RECEIVE YOUR TEACHERS, you will learn to receive their approach to life. In this, they will give you harmony, balance, power and direction. You cannot respond to honesty dishonestly. You must learn to respond to honesty with honesty. You must learn to respond to direction with a desire for direction. You must learn to respond to commitment with commitment. Thus, in your response to your Teachers, you learn how to respond. You learn to value what is valuable, and you learn to release or overlook what is meaningless.

AS YOU TRUST YOUR TEACHERS, you will trust yourself. Remember this upon the hour. In your two times of great refuge and happiness, in meditation, return to your Teachers whom you now trust. In stillness and in silence they will abide with you, and you may bathe in the depth of their love. You may experience their universal affection and receive their grace, which will only stimulate your Knowledge, for only your Knowledge will be stimulated.

PRACTICE 254: *Two 30-minute practice periods.*

Hourly practice.

第 254 阶 我信任和我在一起的上师

信任你的上师，因为他们完全值得信赖。他们在此启蒙你内在的内识，向你提醒你的来源和你的天命，并在大事小情上指导你。信任你的上师。他们不会取代你的内识，而是当内识在你内在出现时退到幕后。信任你的上师，因为他们已经达成了你现在正在努力达成的，他们正在把他们的成就传授给你，这样他们就能够完成他们在世界上的天命。信任你的上师，因为他们除了内识之外，没有任何目的或野心。因此，他们对待你的方式是完全统一和坦诚的——没有欺骗、困惑或思想冲突。

当你学习接收你的上师时，你将学习接收他们对待生活的态度。由此，他们将带给你和谐、平衡、力量和方向。你不能用不坦诚去回应坦诚。你必须学习用坦诚去回应坦诚。你必须学习带着对方向的渴望去回应方向。你必须学习用承诺去回应承诺。这样，当你回应你的上师时，你在学习如何回应。你学习珍视那有价值的，同时你学习释放或忽略那没有意义的。

当你信任你的上师时，你将信任你自己。每小时记住这点。在今天的两次走进避风港和幸福时段里，在冥想里，回归到你所信任的上师。在静心和安静里，他们将和你在一起，你将沐浴在他们的深爱里。你将体验他们的博爱并接收他们的恩宠，这只会激发你的内识，因为只有你的内识会被激发。

练习 254：两个 30 分钟

每小时练习

Step 255

THE ERRORS OF THIS WORLD

WILL NOT DISSUADE ME.

DO NOT LET CONFUSION DISSUADE YOU, for all error is born of

confusion. Remember that when individuals are without Knowledge, they can only commit error and express their confusion. They can only practice confusion, and they can only serve confusion. This, then, will teach you to value what is valuable and to recognize what is meaningless. This will teach you that you are always in service to that which you value; you are always fortifying that which you value; you are always practicing that which you value.

NOW YOU ARE LEARNING TO VALUE KNOWLEDGE. You are learning to practice Knowledge. You are learning to recognize Knowledge. And you are learning to serve Knowledge. This is the demonstration that you require. Do not let the confusion of the world dissuade you, for it reminds you of your great need. How can the errors of the world dissuade you when they should encourage you? Correctly seen, they will only prompt you to give yourself more fully to your preparation now. This preparation in which you are engaged holds the promise of activating Knowledge in you. You need only follow its steps.

YOU WILL NOT FIND REFUGE IN THE WORLD. You have already attempted this, and it has failed you again and again, as it will fail you again and again if you pursue it any further. It is you who must give to the world because it is you who have Knowledge.

THEREFORE, RECEIVE KNOWLEDGE THIS DAY in your hourly practices and in your deeper practice periods. Do not let the errors of the world dissuade you. Let the errors of the world prompt you and inspire you towards Knowledge, for this is part of the gift of the world to you. The other part of the gift of the world is to be the arena where you allow Knowledge to contribute itself through you. Here the world is blessed and you are blessed. Then, you will be grateful for the errors of the world and for the accomplishments of the world, for one stimulates Knowledge and the other fulfills Knowledge. Therefore, this day learn to think correctly so that your mind may be a useful servant to Knowledge and so that all aspects of yourself may be honored.

PRACTICE 255: Two 30-minute practice periods.

Hourly practice.

第 255 阶 这个世界的错误不会阻止我。

别让困惑阻止你，因为所有的错误源自于困惑。记住当个体没有内识时，他们只能制造错误并表达他们的困惑。他们只能实践困惑，并且他们只能服务于困惑。这将教导你珍视那有价值的，认知那没有意义的。这将教导你始终服务于你所珍视的；始终强化你所珍视的；始终修习你所珍视的。

现在你正在学习珍视内识。你正在学习修习内识。你正在学习认知内识。并且你正在学习服务内识。这是你需要做的示范。别让世界的困惑阻止你，因为它提醒着你，你的伟大需求。当世界的错误本应鼓舞你时，它们怎么可能阻止你呢？当你正确看待时，它们只会促使你更全然地把自己奉献给你的准备。你正在参与的这一准备，能够激发你内在的内识。你只需要遵循它的进阶。

你在世界里找不到庇护。你已经尝试过了，它一次又一次地挫败你，假如你继续寻求的话，它还将一次又一次地挫败你。是你必须奉献给这个世界，因为是你拥有内识。

因此，今天在每小时修习里并在你的深度练习里接收内识。别让世界的错误阻止你。让世界的错误督促你、启发你走向内识，因为这是世界献给你的礼物的一部分。世界的另一部分礼物，在于它是一个你让内识通过你来奉献它自己的场景。在此，世界得到祝福，你也得到祝福。因此，你将感激世界的错误和世界的成就，因为一个在激发内识，另一个在成就内识。所以，今天学习正确地思考，这样你的思想能够成为内识的一个有用的服务者，这样你自身的所有层面将得到尊重。

练习 255：两个 30 分钟

每小时练习

Step 256

THE WORLD IS EMERGING INTO THE GREATER COMMUNITY OF WORLDS.

THIS IS A STATEMENT OF TRUTH regarding the evolution of your

world. It gives meaning and direction to your understanding of your participation and your contribution in the world. It is not meant to frighten you or to create uncertainty or anxiety because with Knowledge uncertainty and anxiety are not essential. With Knowledge there is no uncertainty, for the quietness of Knowledge is your certainty, the voice of Knowledge is your certainty and the movement of Knowledge is your certainty. All of your mental and physical abilities and faculties can serve to express this in whatever avenue you are destined to serve.

THE STATEMENT THAT THE WORLD IS EMERGING into the Greater Community of Worlds is an affirmation of your purpose because your perception, your understanding and your appreciation of the world must grow. Your understanding of the world's difficulties and opportunities must grow. You cannot hold a small vision of the world and possibly understand the meaning of your own Knowledge. You must think in a larger context. You must not think only of yourself—your wants and your fears—because you are part of a greater life which you have come to serve. The world that you are serving now and will learn to serve in the future is emerging into the Greater Community of Worlds.

REPEAT THIS IDEA UPON THE HOUR and think of it as you view the world around you. In your deeper practices, engage your mind actively in attempting to understand today's lesson. Today's practice is not focused upon stillness but on comprehension. Here the mind is used meaningfully, for the mind should either be used meaningfully or not at all. Allow yourself to consider all of your ideas about today's lesson. Concern yourself with understanding your objections, your beliefs, your fears and your preferences. When these have been recognized, you will be in a position to know. Knowledge will be stimulated by today's lesson, for today's lesson is to stimulate Knowledge.

PRACTICE 256: *Two 30-minute practice periods.*

Hourly practice.

第 256 阶 世界正在迈入由众多世界组成的大社区。

这是针对你们世界进化的一个真正声明。这为你如何理解你在世界上的参与和贡献提供了意义和方向。这不是为了吓唬你，或是制造不确定或焦虑，因为有了内识，不确定和焦虑是不必要的。有了内识，就不存在不确定，因为内识的平静就是你的确定性，内识的声音就是你的确定性，内识的行动就是你的确定性。你所有思想和身体的能力和技能，都能在任何你注定要服务的途径里，服务于内识的表达。

这个关于世界正在迈入众多世界组成的大社区的声明，是对你的宗旨的确认，因为你对世界的感知、理解和激赏必须提升。你对世界的困难和机遇的理解必须提升。你无法抱持着一种对世界的渺小视野，而试图理解你自身内识的意义。你必须在一个更广大的背景里进行思考。你不能只考虑你自己——你的期望和你的恐惧——因为你是你来此服务的一个更广大生命的组成部分。你正在服务并在未来将学习去服务的这个世界，正在迈入众多世界组成的大社区。

每小时重复这一想法，并在你观察周遭世界时对它进行思考。在深度修习里，积极运用你的思想努力理解今天的课程。今天的修习并非专注于静心，而是专注于领会。在此，思想得到有意义的运用，因为思想要么应该得到有意义的运用，要么完全不用。让自己思考你关于今天课程的所有想法。专注于理解你的反对、你的信仰、你的恐惧和你的偏好。当这些得到认识时，你将处在“知”的位置上。内识将被今天的课程激发，因为今天课程的目的就是激发内识。

练习 256: 两个 30 分钟

每小时练习

Step 257

LIFE IS GREATER THAN I HAD EVER REALIZED.

LIFE IS GREATER THAN YOU HAVE EVER REALIZED and certainly

greater than you have ever imagined. Its greatness is born of the fact that you live in a Greater Community of Worlds. Its greatness is born of the fact that Knowledge is the essential aspect of yourself which you carry within you. The greatness of life is affirmed with the presence of your Teachers and the presence of all who prepare to reclaim Knowledge with you.

THUS, YOU HAVE A GREATER PURPOSE IN A GREATER UNIVERSE.

Thus, you can see your world in its proper context. Thus, you can see yourself in your proper context, for you will play a small part in the greater evolution of the world, and your part will be essential. It will be within your range and grasp to accomplish. Something small done for something great means that the smallest contribution bears the greatness of that which is served. This redeems you to yourself; this redeems you to life. This casts away all darkness and dispels all negative imagination, for you are serving a greater life.

IN YOUR LONGER PRACTICES ENGAGE YOURSELF in trying to comprehend the meaning of today's idea. Use your mind meaningfully. Use it actively and objectively, for this is the purpose of your mind.

PRACTICE 257: Two 30-minute practice periods.

第 257 阶 生命比我所意识到的更伟大。

生命比你所意识到的更伟大，当然也比你所想象的更伟大。它的伟大源于你身处众多世界组成的大社区这一事实。它的伟大源于内识是你内心携带的你自我的核心部分这一事实。生命的伟大，因为你的上师的存在以及所有和你一起准备唤回内识的个体的存在，而得到确认。

这样，你在一个更广大的宇宙里，拥有一个更伟大的宗旨。这样，你能够从正确的背景里看待你的世界。这样，你能够从正确的背景里看待你自己，因为你将在世界的更伟大进化里扮演一个小小的角色，同时你的角色是必要的。它的达成，将在你的所及和掌控范围里。为了某种伟大而去完成某种渺小的事情，意味着最渺小的贡献里蕴含着那被服务事物的伟大。这把你唤回到你自己；这把你唤回到生命里。这扫清了所有黑暗，驱散了所有负面想象，因为你正服务于一个更伟大的生命。

在你的长练习时段里，努力让自己领会今天思想的含义。有意义地运用你的思想。积极、客观地运用它，因为这是你思想的宗旨。

练习 257：两个 30 分钟

Step 258

WHO ARE MY FRIENDS TODAY?

Y

OUR FRIENDS TODAY ARE ALL WHO ARE RECLAIMING

Knowledge and all who have reclaimed Knowledge. Your friends tomorrow will be all who will reclaim Knowledge.

Therefore, everyone is either your friend or will become your friend.

It is only a matter of time, and time can only seem long to those who dwell within it without purpose. But to those who dwell in time with purpose, time moves swiftly and brings about this great result.

WHO ARE YOUR FRIENDS TODAY? Everyone is your friend or will become your friend. Therefore, why have an enemy? Why call another an enemy who is in opposition to you, for they will become your friend. Knowledge will join you. You are reclaiming Knowledge, so you are paving the way for this.

WHO ARE YOUR FRIENDS TODAY? Your Teachers and your Spiritual Family and all who reclaim Knowledge. Thus, your range of friendship is enormous. There are many avenues in the reclamation of Knowledge, but the essence of learning is always to become engaged with Knowledge itself and to allow Knowledge to express itself through you. Thus, the universe is filled with your friends—some of whom you may recognize and some of whom you may not be able to recognize, some of whom you will be able to involve yourself with and some of whom you will not be able to involve yourself with, some of whom you will be able to accomplish things with and others whom you will not be able to accomplish things with. It is all a matter of time.

REPEAT THIS IDEA UPON THE HOUR. Witness it as a signpost of reality for you. In your deeper practices, enter into stillness and silence so that you may experience the depth of your relationship with your true friends. Your life is filled with love. It is filled with the result of all those who are reclaiming Knowledge now. Your desire for Knowledge is motivated by all those who still refuse to reclaim Knowledge, for they in the future will be your friends as well. Given this viewpoint, you will recognize that even those who will be your friends in the future are in actuality your friends today, for they are serving you, and they are asking that you serve them through your accomplishment with Knowledge.

PRACTICE 258: *Two 30-minute practice periods.*

Hourly practice.

第 258 阶 今天谁是我的朋友？

今天你的朋友是所有正在唤回内识和所有已经唤回内识的个体。明天你的朋友将是所有将要唤回内识的个体。因此，每个人或者是你的朋友，或者将成为你的朋友。这只是时间问题，时间只是对那些不带宗旨地留驻于时间里的个体来说，似乎是漫长的。然而，对于那些带着宗旨留在时间里的个体来说，时间飞速地流过，并带来这一伟大的结果。

今天谁是你的朋友？每个人都是你的朋友，或者将是你的朋友。因此，为何还要拥有敌人呢？为何把另一个反对你的人称为敌人呢？他们将来也会成为你的朋友。内识将融合你们。你正在唤回内识，因此你正在为此铺平道路。

今天谁是你的朋友？你的上师，你的精神家庭和所有唤回内识的个体。因此，你的朋友圈是巨大的。对内识的唤回存在很多途径，不过学习的核心永远是去接触内识本身，并允许内识通过你来表达它自己。这样，宇宙里充满了你的朋友——他们中的一些你或许认识，而另一些你或许无法认识，一些你将能亲身接触，而另一些你将无法亲身接触，一些你将与之协同来成就事情，而另一些你将无法协同成就事情。所有这些都是时间问题。

每小时重复这一思想。把它看做你的实相的指示牌。在深度练习里，进入静心和安静里，这样你能够体验你和你真正朋友关系的深度。你的生命充满了爱。它充满了所有正在唤回内识的人们所带来的结果。你对内识的渴望被所有依然拒绝唤回内识的人激发着，因为他们未来也将成为你的朋友。带着这一观点，你将认识到即使那些未来将成为你的朋友的人，事实上今天同样是你的朋友，因为他们正在服务你，他们正在要求你通过你内识的成就来服务他们。

练习 258：两个 30 分钟

每小时练习

Step 259

I HAVE COME TO TEACH IN THE WORLD.

Y

OU HAVE COME TO TEACH. All you have been doing is teaching

since you arrived here. Your thoughts and your behavior are the vehicles for teaching. Even as a little child you taught and delighted and frustrated those who loved you. Throughout every stage of your life you have taught, for teaching is the natural function of demonstrating life. Thus, you naturally have a teaching function. Even if you do not carry this out in any formal sense with people, your life is a demonstration and, therefore, a form of teaching.

THAT IS WHY AS YOUR LIFE BECOMES ALLIED with Knowledge and expressive of Knowledge, your life will become the teaching itself. Then, in whatever avenue you are directed to choose for your selfexpression, which will be genuine according to your nature, you will be able to express your teaching in gestures great and small, in words and without words and in accomplishments in every avenue and walk of life because you have come to the world to teach. The world can only teach you that you need to teach the truth. That is the world's teaching to you. It teaches you of the great need for Knowledge, and it teaches you of the presence of Knowledge. Thus, the world serves and supports your true function, as you serve and support the true function of life.

REMEMBER THIS IDEA UPON THE HOUR. In your two deeper meditation practices give yourself to thinking of this very, very carefully. These are practices of mental engagement now. Think of the meaning of today's idea. Realize that you have always been teaching through demonstration. Think of what you want to teach with your life and think of what you want to fortify with your life. Think of what you want to give and think of what the world has given to you to stimulate this true desire. All these things will generate right thinking and right action, and through right thinking and right action Knowledge will flow effortlessly through you to bless life around you and to bring purpose, meaning and direction to your relationships.

PRACTICE 259: *Two 30-minute practice periods.*

Hourly practice.

第 259 阶 我来到世界上是为了教学。

你来是为了教学。自从你来到这里，你所做的一切都是教学。你的思想和你的行为是教学的载体。甚至当你还是一个小孩子时，你教导、娱悦、挫败着那些爱你的人们。贯穿你生命的每一个阶段，你都在教学，因为教学是示范生命的天然职能。这样，你天然拥有着教学的职能。即使你没有以任何正式的形式对人们展开教学，你的生命本身就是一个示范，因此，它是一种教学的形式。

正因为如此，当你的生命和内识联合在一起，并成为内识的表达时，你的生命将成为教学本身。这样，无论你被指引着选择何种真正符合你特质的自我表达路径，你都能够在或伟大或微小的动作里，在利用语言或不用语言的境况下，在每一个生命路径和职业的成就里表达你的教学，因为你来到世界就是为了教学。世界只会告诉你，你需要做的是教授真理。这是世界给予你的教育。它教导你针对内识的巨大需要，它也教导你内识的存在。由此，当你服务和支持生命真正的职能时，世界在服务和支持着你的真正职能。

每小时记住这一思想。在两次深度冥想练习里，把自己投入到对这一思想的认真思考中。这是运用思想的练习。思考今天思想的含义。意识到你一直在通过示范从事着教学。思考你想用你的生命教授什么，思考你想用你的生命强化什么。思考你想要奉献什么，思考世界为你提供了什么来激发这一真正渴望。所有这些将带来正确的思考和正确的行动，并且通过正确的思考和正确的行动，内识将通过你毫不费力地流淌，祝福着你周围的生命，并给你的关系带来宗旨、意义和方向。

练习 259：两个 30 分钟

每小时练习

Step 260

I AM A FRIEND OF THE WORLD TODAY.

Y

OU ARE A FRIEND OF THE WORLD TODAY, and as you

experience this you will experience the world as a friend to you, for the world can only reflect your purpose as you express and experience it. Here you will experience a new world with Knowledge, a world that you had not considered before, a world that you only momentarily experienced before.

BE A FRIEND OF THE WORLD TODAY, for you have come to be a friend of the world. The world is in great need. It is demonstrating great confusion and error, and yet you have come to be a friend of the world because the world needs your friendship. In this, you receive a greater reward than anything you could secure for yourself alone, for anything you secure for yourself alone you must take from life. Yet, anything you give and receive as a friend to the world, life gives to you, and it does not lose in the exchange. Then, there is no guilt in your giving and in your receiving. Here your involvement is wholesome and clean. With Knowledge this becomes evident and is demonstrated day after day until you finally learn that it is true without exception.

UPON THE HOUR BE A FRIEND TO THE WORLD. Recognize that all anger comes from confusion and that Knowledge is emerging now to resolve all confusion. As a result, your life is now engaged with true resolution and not with compounding the world's predicament. Your life is about resolution and not predicament. Be a friend to the world. In your two deeper practice periods in stillness, give yourself to being a friend to the world, for this will ease the world's confusion. As you learn to give this with Wisdom and discernment, you will allow the world to become a friend to you, for the world wishes to become your friend as well.

PRACTICE 260: *Two 30-minute practice periods.*

Hourly practice.

第 260 阶 今天我是世界的朋友。

今天你是世界的朋友，并且当你体验这点时，你将体验到世界是你的朋友，因为当你表达和体验你的宗旨时，世界将会反映出你的宗旨。在此，带着内识你将体验到一个新世界，一个你以前从未考虑过的世界，一个你以前只是偶尔体验过的世界。

今天做世界的朋友，因为你来此就是为了做世界的朋友。世界处在巨大的需求里。它示现着巨大的困惑和错误，可是你来是做世界的朋友，因为世界需要你的友谊。由此，你接收着比你为自己获取的任何东西都更伟大的回报，因为如果你想为自己获取任何东西，你就必须从生命中攫取。然而，任何你作为世界的朋友所奉献和接收的东西，生命都把它奉献给你，而且它不会在这一交换中受到损失。这样，在你的奉献和你的接收里，不存在内疚。在此，你的参与是完整和纯净的。带着内识，这会一天天变得显在，并得到示现，直到有天你认识到它是不容置疑的真理。

每小时做世界的朋友。认识到所有的愤怒来自于困惑，而内识现在正在升起，来消除所有困惑。作为结果，你的生命正在参与真正的解决方案，而非加重世界的困境。你的生命是为了解决，而不是为了困境。做世界的朋友。在两次深度修习里，在静心里，奉献你自己做世界的朋友，因为这将减轻世界的困惑。当你学习带着智慧和辨识去这样做时，你将允许世界成为你的朋友，因为世界同样希望成为你的朋友。

练习 260：两个 30 分钟

每小时练习

Step 261

I MUST LEARN TO GIVE WITH DISCERNMENT.

IF YOU GIVE WITHOUT PERSONAL AMBITION, you will give

according to Knowledge, and your gift will be specific and given in such a way that it will empower you and those who can receive your gift. This is Knowledge guiding you. If you try to give for your own self-aggrandizement, if you try to give for your own self-assurance or if you try to give to alleviate an abiding sense of guilt or inadequacy, you will not give with discernment. Your giving, then, will be ill placed and will produce increasing conflict and discouragement for you.

LIFE DOES NOTHING AIMLESSLY. Everything fulfills a purpose. Therefore, your giving must be done with discernment, and your discernment is something you must learn step by step, day by day. This is Wisdom functioning in the world. With Knowledge you must learn this Wisdom; otherwise, you will not be able to give your true gifts effectively and will misinterpret their results. Knowledge will give you that which must be given truly and will direct you to give truly. If you do not interfere with this or place an extra burden upon your giving, your giving will be totally effective and will acknowledge both the giver and the receiver.

REMEMBER THIS UPON THE HOUR. Exercise discernment. There are people you should not give to in a direct way. There are people you should give to in a direct way. There are situations you should not enter. There are situations you must enter. There are problems you should not involve yourself with. There are problems you should involve yourself with. How can you personally discern where your gifts must be placed? Only Knowledge can discern this, and you can only discern it with Knowledge. Therefore, trust your deepest inclinations today. Do not let compulsions born of guilt or fear guide you or motivate you in your desire to give. Practice this day to learn discernment. Practice this day to align yourself with Knowledge.

IN YOUR LONGER PRACTICE PERIODS engage yourself once again with attempting to comprehend today's lesson. Do not be happy with false assumptions. Consider all thoughts and feelings in favor of or against today's idea. Begin to observe your own ambitions. Begin to observe how they are born of your fears. Begin to discern how simple it is to follow Knowledge. With simplicity comes power. You must learn discernment. Learning this will take time. In this, you learn to

utilize all experiences for good, for no experience should be condemned. It should always be used for learning and preparation. In this way, you will not justify error, but use it for your own development and for the advancement of the world.

PRACTICE 261: *Two 30-minute practice periods.*

Hourly practice.

第 261 阶 我必须学习带着辨识力去奉献。

如果你不带个人野心去奉献，你将根据内识去奉献，你的礼物将是特别的，并且将以一种能够为你和为那些能够接收你礼物的人赋权的方式去奉献。这是内识在指引你。如果你试图为了你的自我夸耀去奉献，如果你试图为了你自己的自信去奉献，或者如果你试图为了减轻一种持久的内疚或不足感去奉献的话，那么你将无法带着辨识力奉献。这样，你的奉献将被错置，并将给你造成更多的冲突和挫折。

生命不做无目的的事情。一切事物都是为了某种宗旨。因此，你的奉献必须带着辨识力，辨识力是某种你必须一步步，一天天去学习的东西。这就是在世界上运作的智慧。带着内识，你必须学习这一智慧；否则，你将无法有效奉献你真正的礼物，并会误解它们的结果。内识将赋予你那些必须被真正奉献出去的东西，并将指引你去真正地奉献。如果你不从中干涉，或是给你的奉献施加多余负担的话，你的奉献将是完全有效的，并将同时对奉献者和接收者给予肯定。

每小时记住这点。练习辨识力。有些人你不应该以直接的方式去奉献。有些人你应该以直接的方式去奉献。有些境况你不应该参与。有些境况你必须参与。有些问题你不应该让自己涉足。有些问题你应该让自己涉足。你个人如何能够辨识你的礼物必须被置于何处呢？只有内识能够辨识这些，而你只有当带着内识时才能辨识。因此，今天信任你最深的倾向性。别让源于内疚或恐惧的强制力，在你的奉献渴望中引导你或激励你。今天的修习是学习辨识力。今天修习让你自己和内识达成一致。

在长练习时段里，再次让自己努力领悟今天的课程。别为错误的假设感到高兴。要针对赞同或是反对今天想法的所有思想和感受进行思考。开始观察你自己的野心。开始观察它们是如何源于你的恐惧。开始辨析遵循内识是多么简单的一件事。伴随简单而来的是力量。你必须学习辨识。这一学习需要时间。在此，你学习恰当地运用所有体验，因为没有任何体验应该受到谴责。它应该总被用于学习和准备。通过这样，你就不会为错误辩护，而是利用它来服务于你自身的发展和世界的进步。

练习 261：两个 30 分钟

每小时练习

Step 262

HOW CAN I JUDGE MYSELF

WHEN I DO NOT KNOW WHO I AM?

IF YOU DO NOT KNOW WHO YOU ARE, you can only judge what

you think you are. Your thoughts about yourself are largely based upon your expectations and disappointments. It is very difficult to observe yourself from within your personal mind, for your personal mind is made up of your personal thoughts, which are not born of Knowledge. To view yourself with Knowledge, you must be in relationship with Knowledge. This will lead you to experience yourself in an entirely new way. This experience must be repeated and expressed over and over again, in many, many situations. Then, you will begin to get a real sense and experience of who you are. This sense and experience will not be born of condemnation and unforgiveness, for only your idea of yourself can be disappointed. Life will disappoint you in this way, for life can only fulfill you according to your true nature and True Self. To realize this means you have realized the value and meaning of life and your inclusion in it. This requires discernment. This requires Wisdom. This requires a step-by-step preparation. This requires patience and tolerance. This requires that you learn to use your experience for good not for ill.

THEREFORE, YOUR CONDEMNATION OF YOURSELF IS UNFOUNDED.

It is based merely on assumptions. Remember this upon the hour and consider it in light of all the events this day, which will teach you the meaning of today's lesson. In your two longer practice periods, once again engage your mind actively in attempting to comprehend the meaning of today's lesson.

AS YOU PENETRATE YOUR OWN SELF-JUDGMENT, realize it is born of your fear and based upon assumption. If you realize you don't know who you are and you are completely confused about this, then you will place yourself in a position to become a true student of Knowledge. You will put yourself in a position to learn all things rather than attempting to defend your assumptions. This represents your studenthood. Your function in life now is to be a student of Knowledge. Use your mind purposefully today. Use your mind objectively. Use your mind to realize what you do not know and all that you need to know. Use your mind to appreciate and to utilize the steps that are being given to you now for you to reclaim Knowledge

in the world.

PRACTICE 262: *Two 30-minute practice periods.*

Hourly practice.

第 262 阶 当我不知道我是谁时，我怎能评判我自己呢？

如果你不知道你是谁，那么你能对你认为你是谁进行评判。你对你自己的想法，大多基于你的期望和失望之上。你很难从你的人格思想里对自己进行观察，因为你的人格思想是由你的个人想法构成的，它并非源于内识。为了带着内识看待你自己，你必须和内识建立关系。这将引领你以一种全新的方式来体验你自己。这种体验必须在很多很多境况里，得到不断的重复和表达。然后，你将开始对你是谁获得一种真正的感知和体验。这种感知和体验不会源于谴责和不宽容，因为在此，唯一会受挫的是你对你自己的想法。生命将以这种方式挫败你，因为生命只会按照你的真正本质和真正自我去成就你。意识到这一点，意味着你已经意识到生命的价值和意义，以及你在生命中的包融。这要求辨识力。这要求智慧。这要求一步步的准备。这要求耐心和容忍。这要求你学习正确地而非错误地去运用你的体验。

因此，你对自己的谴责是不成立的。它仅仅基于假设。每小时记住这点，并根据今天发生的所有事件对它进行思考，这些事件将教你今天课程的含义。在两次长练习时段里，再次积极投入你的思想，努力领会今天课程的含义。

当你穿透你自己的自我评判时，要认识到它源自于你的恐惧，并且是基于假设。如果你意识到你并不知道你是谁并且你对此完全困惑的话，那么你将把自己置于一个成为内识真正学生的位置之上。你将把自己置于对所有一切进行学习的位置之上，而非试图维护你的假设。这体现了你的学生身份。你现在在生命里的职能就是成为内识的学生。今天有目的地运用你的思想。客观地运用你的思想。运用你的思想去意识到，你不知道什么，以及所有你需要去知道的东西。运用你的思想去激赏和使用这里提供给你的进阶，从而让你能够在世界上唤回内识。

练习 262：两个 30 分钟

每小时练习

Step 263

WITH KNOWLEDGE ALL THINGS BECOME CLEAR.

W

HY ENGAGE IN ADDITIONAL SPECULATION? Why project

further blame or judgment? Why make your life more complex and more frustrating when all things become clear with Knowledge? Why make your mind more complex? Why attribute more and more qualities to yourself? Why invent new levels of thinking and being when with Knowledge all things become clear? Why project more and more distinctions upon the world? Why make the world seem so hopelessly complex and meaningless when with Knowledge all things become clear?

YOU HAVE ONLY TO LEARN TO BE WITH KNOWLEDGE to see what Knowledge sees, to do what Knowledge does and to have the peace of Knowledge, the grace of Knowledge, the inclusion of Knowledge, the relationships of Knowledge and all that Knowledge contains, which the world cannot possibly duplicate.

IN YOUR TWO DEEPER PRACTICES return to being with Knowledge, in humility and simplicity, in stillness and in silence. Breathe Knowledge in. Allow Knowledge to enter and fill your body. Allow yourself to be immersed in Knowledge and all things will become clear, for with Knowledge all things become clear and all questions disappear.

PRACTICE 263: *Two 30-minute practice periods.*

第 263 阶 带着内识，一切事物都变得明晰。

为何做多余的揣测？为何投射更多抱怨或评判？当带着内识，一切事物都变得明晰时，为何还让你的生命更加复杂、更加挫败？为何让你的思想更加复杂？为何要把越来越多的品质归于你自己？当带着内识，一切事物都变得明晰时，为何还要去发明思想和存在的新层次？为何向世界投射越来越多的差异性？当带着内识，一切事物都变得明晰时，为何还让世界看似如此不可救药的复杂和无意义？

你只需学习和内识在一起，就能看到内识看到的，做内识做的，并拥有内识的和平、内识的恩宠、内识的包融、内识的关系以及内识所包含的一切，世界不可能复制这些。

在两次深度练习里，在谦卑和简单里，在静心和安静里，回归内识。吸入内识。让内识进入并充满你的身体。让你自己沉浸在內识里，这样一切都将变得明晰，因为带着内识，一切将变得明晰，所有问题将会消失。

练习 263：两个 30 分钟

Step 264

I WILL LEARN OF FREEDOM THIS DAY.

TODAY YOU WILL HAVE AN OPPORTUNITY TO LEARN more about

freedom. The step you take today will be very substantial in giving you a new viewpoint about freedom, about bondage, about problem solving and about the nature of true advancement.

TODAY THINK ABOUT YOUR LESSON ON THE HOUR and think about what freedom is. In your longer practice periods, devote your mind to thinking about freedom. This is a very important focal point today. In your longer meditations in particular, devote your mind entirely to reviewing your ideas about freedom. What do you think constitutes freedom? What do you think prevents people from being free? What produces a freedom that is lasting and secure? How can this be achieved? What will support it in the future? After you spend approximately thirty minutes thinking about all this in each practice, enter into stillness and silence. Open yourself to allow Knowledge to speak to you. Abide with your Teachers there. After you have exhausted your ideas, enter into stillness and receptivity.

IT IS VERY IMPORTANT THAT YOU BE AWARE of your own ideas about freedom because until these are recognized and adjusted, they will continue to cast their influence upon you. They will continue to dominate your thinking and thus your behavior. A greater freedom is now available to you, but you must learn how to approach it. Today you shall learn more about freedom—what you think freedom is and what freedom really is.

PRACTICE 264: *Two 40-minute practice periods.*

Hourly practice.

第 264 阶 今天我将学习自由。

今天你有机会更多地学习自由。你今天的进阶将实质性地赋予你一种关于自由、关于束缚、关于解决问题和关于真正进步的本质的新观点。

今天每小时思考你的课程，并思考自由是什么。在长练习时段里，把你的思想投入到对自由的思考里。这是今天的重要焦点。尤其是在长冥想时段里，完全投入你的思想去检视你关于自由的想法。你认为什么构成了自由？你认为什么阻止人们成为自由的？什么能产生一种持久和稳定的自由？这将如何实现？如何在未来支持它？在每次修习里，利用大约三十分时间对所有这些问题进行思考，然后进入静心和安静里。打开自己，让内识对你讲话。和你的上师在一起。当你穷尽了自己的想法之后，进入静心和接收里。

非常重要的一点是，你要觉知你自己关于自由的想法，因为除非这些得到了认知和调整，否则它们将继续对你造成影响。它们将继续主宰你的思想以及你的行为。一个更伟大的自由现在等待着你，但是你必须学习如何靠近它。今天你将更多地了解自由——你认为自由是什么，和自由究竟是什么。

练习 264： 两个 40 分钟

每小时练习

Step 265

THERE IS A GREATER FREEDOM AWAITING ME.

KNOWLEDGE WILL REQUIRE YOU TO BE FREE OF THE PAST and

free of anxiety over the future. It will require you to be present with life. It will require you to be open and honest. It will require you to have faith and consistent self-application. It will require that you not be in conflict. It will require that you have great love and respect for yourself and a great appreciation for the world. It will require that you be able to experience your Spiritual Family and recognize your true place in the universe.

KNOWLEDGE REQUIRES THIS OF YOU in order for you to fully extend yourself to accept it. In this way, you become free in learning to become free. You become guided by Knowledge by learning to become guided by Knowledge. Here you achieve the goal by taking the steps. There is no magic formula where all of a sudden you become free. There is no magic belief system which, once adopted, frees you from the restraints of your past and concerns over your future. You learn this true freedom by application, step by step. Thus, as you learn to reclaim Knowledge, Knowledge reclaims you. And as you learn what freedom is, you actually become free.

YOUR PART IS VERY SMALL AND OUR PART IS VERY GREAT. You need only follow the steps and utilize them. The steps that are given will guarantee the result. A greater freedom awaits you and as you approach it, you assume that freedom and benefit from all of the qualities of that freedom and demonstrate all aspects of that freedom. Such is the nature of a perfect Plan that is beyond human comprehension. So perfect is it that you cannot destroy it if you follow it faithfully. This restores you and returns to you self-trust, self-confidence, self-love and comprehension of yourself in the world.

THINK UPON THIS IDEA EVERY HOUR TODAY, and in your deep meditation times enter into stillness and freedom. It is a great freedom to have this opportunity to immerse yourself in Knowledge, to immerse yourself in presence and to immerse yourself in the actual substance of true relationship in the universe. As you approach this, you will know that it is your freedom, and you will know that you are becoming free to assume it. Therefore, today you will take a great step towards realizing that a greater future is awaiting you. This great step will release you increasingly from the concern, the anxiety, the pain and the disappointment of your past. This will show you that a greater

freedom is awaiting you.

PRACTICE 265: *Two 30-minute practice periods.*

Hourly practice.

第 265 阶 有一个更伟大的自由在等待着我。

内识将要求你摆脱过去，摆脱对未来的焦虑。它将要求你完全地和生命在一起。它将要求你保持开放和坦诚。它将要求你拥有信念和一贯的自我应用。它将要求你远离冲突。它将要求你拥有伟大的爱、对自己的尊重和对世界的巨大激赏。它将要求你能去体验你的精神家庭并认知你在宇宙中的真正位置。

内识对你要求这些，目的是让你充分扩展自己去接受它。通过这样，你在学习实现自由的过程中实现了自由。你通过学习接受内识的指引，而接受了内识的指引。在此，你通过学习进阶来达成目标。不存在魔法配方让你一瞬间变得自由。不存在神奇的信仰系统——一旦采纳就能把你从过去的制约和对未来的担心中解脱出来。你通过运用来一步步地学习这一真正自由。这样，当你学习唤回内识时，内识也在唤回你。当你学习什么是自由时，你事实上正在变得自由。

你那部分是非常渺小的，而我们这部分是非常伟大的。你只需要遵循进阶并运用它们。这些被提供给你的进阶将确保结果。一个更伟大的自由在等待着你，当你向它靠近时，你获得这一自由，从这一自由的所有品质中受益，并示范这一自由的所有面向。这就是那个超越人类理解的完美计划的本质。它是如此完美，只要你坚定地遵循它，你就不可能破坏它。它在世界上重建你，还你自我信任、自信、自爱和对自身的理解。

每小时思考这一想法，在你的深度冥想里进入静心和自由中。这是伟大的自由，因为你有机会让自己沉浸在内在里，让自己沉浸在存在里，让自己沉浸在宇宙真正关系的实质里。当你接近它时，你会知道它是你的自由，你会知道你正自由地去获得它。因此，今天你将向认知有一个更伟大未来在等待着你迈出一大步。这一大步将让你更加摆脱担心、焦虑和你过去的痛苦和失望。这将向你示现，有一个更伟大的自由在等待着你。

练习 265：两个 30 分钟

每小时练习

Step 266

REVIEW

TODAY AS BEFORE REVIEW THE PAST TWO WEEKS of preparation.

Take this opportunity in your long practice period today to review all that has transpired in these past two weeks concerning the directions given in this preparation, your experiences of the practices and the overall results in your life. Carry on this Review with as much objectivity as you can, especially regarding the results in your life, many of which you still cannot assess objectively.

MANY THINGS WILL CHANGE AS YOU PROGRESS in your studies.

Some things will fall away from you; other things will begin to build. Worldly problems will press upon you that require your engagement and application. Other things that you thought were problems will become increasingly remote and unnecessary for you to concern yourself with. Thus, your outer life adjusts itself so that you can recognize where you are to apply yourself now. Then, your inner life and outer life can reflect one another. This is very important. You are beginning to learn how to learn, and you are seeing the world change as a result. The quality of your experience will be transformed in time so that all things, both common and extraordinary, will be viewed from a different viewpoint than before. You can then learn to take advantage of all opportunities and thus learn to appreciate life, even in its disappointments.

PRACTICE THIS IN THE REVIEW TODAY. Be very thorough in your investigation. Begin with the first lesson in the two-week period and follow it day by day. Recognize what happened in your life each day. Try to remember. Try to concentrate here. In this way, you will feel the movement of your own life. It is in recognizing this movement over a period of time and seeing how the stages of your life progress that you will realize that you are firmly on the road to Knowledge. You will then see that there will be less and less behind you to hold you back and that the future will open itself to accommodate you increasingly. This is the beneficence of life bowing before you who are becoming a student of Knowledge.

PRACTICE 266: *One long practice period.*

第 266 阶 复习

和以往一样，今天复习过去两周的准备。利用这一机会在今天的长练习时段里复习过去两周里都发生了什么，包括这一准备课程所提供的指引，你修习的体验和你生命里的整体结果。带着尽可能的客观性展开本次复习，尤其针对你生命的结果，这其中有很多你还无法客观地进行评估。

当你在学习中前进时，很多东西将会改变。一些东西将离开你；其他东西将开始建立。一些世俗的问题将压向你，要求你的参与和应用。其他一些你认为是问题的东西将变得越加遥远，你没必要再让自己去关注它们。这样，你的外在生命开始自行调整，从而你能够认知你现在该在哪里运用自己。这样，你的内在和外在生命将彼此映射。这非常重要。你正在开始学习如何学习，作为结果你看到世界在改变。你体验的品质将慢慢地转变，这样所有事物，包括普通的和特别的，都会被以一种不同以往的视角去看待。这样，你就能够学习利用所有的机会，并学习激赏生命，即使是那些令人失望的部分。

在今天的复习里对此进行练习。全面地探究。从两周的第一课开始，一天一天进行下去。认知每一天你生命里发生了什么。努力回忆。努力保持专注。这样，你将感知你自身生命的运动。正是通过认知在一段时间里的这一运动，通过看到你的生命阶段是如何进展的，你将意识到你正坚定地行进在内识的道路上。然后，你会看到将有越来越少的东西在后面拖住你，并且未来将敞开怀抱越来越多地支持你。

这就是生命的善行在向正在成为内识学生的你鞠躬。

练习 266：一个长练习时段

Step 267

THERE IS A SIMPLE SOLUTION TO ALL PROBLEMS THAT FACE ME TODAY.

ALL PROBLEMS THAT FACE YOU INDIVIDUALLY have a very

simple answer. How will you find this answer? Will you find it by struggling with yourself? Will you find it by trying every possible resolution that you can think of? Will you find it by worrying about it and fretting over it? Will you find it by denying it and seeking pleasurable stimulation instead? Will you find it by sinking into depression and thinking that life is so hard for you that you cannot meet the demands of your own circumstances?

THERE IS A SIMPLE ANSWER TO THE PROBLEMS that you face today. It is to be found in Knowledge. Yet, to find Knowledge you must become still and observant and learn to disengage from fear and anxiety. Much of your life will be involved in solving problems, and it is in learning how to do this effectively, responsibly and even enthusiastically that you will achieve what you have come here to achieve.

REMINDE YOURSELF OF THIS IDEA THROUGHOUT THE DAY and do not be deceived by the complexity of problems. Problems are only complex when you are trying to derive a benefit from resolving them or from avoiding them. When you have a preference that is governing your mind, you cannot see the obvious. As you learn now to look at each problem with Knowledge, you will see that the resolution is apparent. You will see that you could not recognize this before because you were afraid of the outcome in some way or you had anxiety that the resolution of the problem would leave you bereft and poor. You will have a different vision today.

IN YOUR TWO DEEPER PRACTICE PERIODS, abide with Knowledge. Do not attempt to answer your problems, but simply be still and receptive. Knowledge is aware of what things must be addressed and will cast its influence upon you so that you may respond to it and follow its direction. Without continual interference from you, the obvious will arise, and you will learn what to do step by step. Thus it is that you will realize there is a simple answer for all problems that face you. This will be an affirmation of Knowledge, and you will be happy that life is giving you these problems so that you may exercise your true abilities in response to them.

PRACTICE 267: Two 30-minute practice periods.

Hourly practice.

第 267 阶 我今天面对的所有问题都有一个简单的解决方案。

你个人所面对的所有问题都有一个非常简单的答案。你将如何找到这个答案呢？你会通过自我挣扎来找到它吗？你会通过努力尝试你能想到的所有可能方案来找到它吗？你会通过不停焦虑和烦恼来找到它吗？你会通过否认它或转而寻求快乐刺激来找到它吗？你会通过陷入沮丧并认为生命对你太艰难，以至你无法满足你自身境况的要求来找到它吗？

你今天面对的所有问题都有一个简单的答案。它将在内识里被发现。然而，为了发现内识，你必须变得安静、观察并学习摆脱恐惧和焦虑。你大部分的生命将用于解决问题，正是通过学习如何有效、负责甚至是热心地解决问题，你将达成你来此要达成的事情。

贯穿全天提醒自己这一想法，别被问题的复杂所欺骗。只有当你试图通过解决它们或是逃避它们来获取利益时，问题才会变得复杂。当你拥有某种主导你思想的偏好时，你就无法看到显在性。现在，当你学习带着内识去看每个问题时，你会看到解决方案是明显的。你会看到你以前无法认知它，是因为你在某种程度上担心其结果，或者你担心问题的解决方案会让你受损或贫穷。今天你将拥有一种不同的视野。

在两次深度修习时段里，和内识坚守。别试图回答你的问题，只是简单地保持静心和接收。内识知道什么事情必须去处理，并且会对你施加影响，这样你就能够回应它并遵循它的指引。没有了你的不断干涉，这种显在性将会浮现出来，你将了解该如何一步步去做。正是这样，你将意识到你面对的所有问题都有一个简单的答案。它是来自内识的确认，你将庆幸生命给予你这些问题，这样你就可以在回应它们的过程中练习你的真正能力。

练习 267：两个 30 分钟

每小时练习

Step 268

I WILL NOT BE DECEIVED BY COMPLEXITY TODAY.

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ROBLEMS IN THE WORLD BECOME COMPLEX when there is a

difficulty that requires correction and development, and that becomes mixed with everyone's preferences, everyone's desire to protect what they have and everyone's competition with each other. Thus it is that problems in the world become complex, and no matter what you do to attempt to solve them, somebody is disenfranchised. Someone is upset. Someone loses. In your societies this is manifest. But this only represents people's fears and ambitions in contrast to their Knowledge. In Knowledge you are willing to relinquish anything that stands in the way of Knowledge. You are willing to relinquish anything that is harmful to you or to others. You are willing to disengage from any situation which no longer proves to be beneficial to you or to others. This is because Knowledge makes true honesty possible. This is a selfless form of involvement in the world, and thus it is beneficial to all.

THEREFORE, WHEN YOU LOOK AT A PROBLEM IN THE WORLD and it appears complex, it is very difficult at first to see simply what the problem is. But the solution is always very direct. It is people's fear of this that disables them from recognizing the obvious. It is given you this day to realize that there is a direct solution to all problems that require a solution. Sometimes a solution is obvious all at once. Sometimes it must be approached in stages. But each step is very direct if you are following Knowledge.

TO APPROACH PROBLEMS IN THIS WAY you must approach them without fear or preference. You must follow Knowledge and not attempt to use Knowledge to solve things according to your own designs. You cannot use Knowledge in this way, but you can follow Knowledge, and in following Knowledge you will follow a path of resolution. This is a path that few people will be able to recognize at first, but it is a path that will prove utterly effective over time, for it will free everyone involved and provide a means of successful selfapplication for everyone involved. Thus, the man or woman of Knowledge in the world becomes a source of resolution and restitution in the world. And their presence and their activities will always influence every situation for good.

DO NOT BE DECEIVED BY THE SEEMING COMPLEXITY of the world's problems, for with Knowledge all things are simply resolved.

Knowledge is not deceived, and as you learn to be with Knowledge, you will not be deceived either.

REMINDE YOURSELF OF THIS IDEA upon the hour and in your two deeper meditation practices, enter once again the sanctuary of stillness within you. Become accustomed to stillness because Knowledge is still. Become accustomed to stillness because in stillness you affirm your goodness and your worth. A mind at peace is not a mind at war. A mind at peace is not deceived by the world.

PRACTICE 268: *Two 30-minute practice periods.*

Hourly practice.

第 268 阶 今天我不会被复杂所欺骗。

当存在一个需要纠正和改进的难题，并且当它掺杂着每个人的偏好，每个人维护他们自身财产的渴望以及人与人之间的竞争时，世界上的问题就会变得复杂。因此，正是这些世界上的问题是复杂的，无论怎样试图去解决它们，总会有某些人受损。某个人感到失望。某个人受到损失。这体现在你们的社会里。然而，这只是代表着人们的恐惧和野心，而非内识。在内识里，你自愿放弃任何阻挡内识的东西。你自愿放弃任何对你或对他人有害的东西。你自愿远离任何不再对你或对他人有益的境况。这是因为内识使得真正的坦诚成为可能。这是世界上一种无私的参与方式，因此它对所有人有益。

所以，当你面对世界上的一个问题，并且它显得很复杂时，一开始你甚至很难看清这个问题到底是什么。然而解决方案总是非常直接的。是人们对它的恐惧，使得他们无法认知显在性。今天的课程让你认识到，所有需要解决的问题都有一个直接的解决方案。有时解决方案是立时显在的。有时，它必须通过几个阶段来解决。然而，如果你在遵循内识的话，那么每一步都是非常直接的。

为了以这种方式处理问题，你必须不带恐惧或偏好地去面对它们。你必须遵循内识，而不试图利用内识去按照你自己的规划解决问题。你无法以这种方式利用内识，但是你能遵循内识，并且通过遵循内识，你将遵循一条解决之道。一开始很少有人能够认知这一路径，但这是一条经过时间考验证明非常有效的路径，因为它将解放所有参与的人，并为所有参与的人提供一种成功自我运用的方式。因此，世界上的内识男女成为了这个世界解决和重建的源泉。他们的存在和他们的活动总会给每一个境况带来良好影响。

别被世界问题的看似复杂所欺骗，因为带着内识，所有事情都能得到简单解决。内识不会被欺骗，当你学习和内识在一起时，你也不会被欺骗。

每小时提醒自己这一想法，在两次深度冥想练习里，再次进入内在静心的庇护里。让自己习惯于静心，因为内识是安静的。让自己习惯于静心，因为在静心里，你确认你的善良和你的价值。一个处于和平的思想不会是一个争斗的思想。一个处于和平的思想不会被世界所欺骗。

练习 268：两个 30 分钟

每小时练习

Step 269

THE POWER OF KNOWLEDGE

WILL EXTEND ITSELF FROM ME.

THE POWER OF KNOWLEDGE WILL EXTEND ITSELF from you

who are receiving Knowledge. At first this will be very subtle, but as you continue to develop and apply yourself, the power of Knowledge will become stronger and stronger. It will be a force of attraction for some. It will be a force of rejection for others who are unable to respond to it. It will influence all. That is why you must learn to be very discerning in relationships, for as you progress as a student of Knowledge, your influence over others will be greater. You must not use this influence for selfish purposes, or your activities will be destructive to you and to others.

KNOWLEDGE PROVIDES THIS RESTRAINT that we have spoken of, and you must exercise it on your own behalf. If you are ambitious with Knowledge, you will pose very great risks to yourself and to other people, for Wisdom, compassion, restraint and self-control must accompany the development of Knowledge. If you attempt to use Knowledge for your own selfish gain or for what you think the world needs, you will lead yourself astray and Knowledge will not accompany you.

ACCEPT THE RESTRAINT AND DEVELOPMENT that are called for now, for they will protect you and enable you to render your gifts with a minimum of discord and personal risk. They will guarantee the wholeness and worthiness of your contribution, for it will be untainted by selfish motives. Practice upon the hour and enter deeply into meditation twice today. Repeat your idea for the day and enter into stillness once again. Allow this to be a day where Knowledge is strengthened.

PRACTICE 269: *Two 30-minute practice periods.*

Hourly practice.

第 269 阶 内识的力量将从我拓展它自己。

内识的力量将从正在接收内识的你拓展它自己。一开始这非常些微，但是当你持续发展和运用你自己时，内识的力量将变得越来越强大。对某些人来说，这将是一种吸引力。而对那些不能对它做出回应的人来说，这将是一种拒绝的力量。它会影响所有人。正因为如此，你必须学习在关系中保持高度辨识，因为当你作为内识学生向前进步时，你对他人的影响力将更加强大。你一定不能为了自私目的来运用这一影响力，否则你的行动对你、对他人将是破坏性的。

内识提供了我们所说的这种自制力，你必须为了自身利益去练习它。如果你对内识抱有野心的话，你将把自己和他人置于非常大的风险之中，因为智慧、慈悲、克制和自我控制必须伴随内识的发展。如果你试图为了你自己自私的获利或为了你认为世界所需要的东西而去利用内识的话，你将把自己引入歧途，并且内识将不会陪伴你。

接受这里所召唤的自制和发展，因为它们将保护你，并使你能够带着最少的不和谐和个人危险去奉献你的礼物。它们将确保你奉献的完整性和价值，因为它不会被自私的动机玷污。每小时进行练习，并在两次长练习时段里深深进入冥想里。重复今天的想法，再次进入静心里。让今天成为内识得到强化的一天。

练习 269: 两个 30 分钟

每小时练习

Step 270

WITH POWER COMES RESPONSIBILITY.

W

ITH POWER COMES RESPONSIBILITY. Knowledge will

empower you, and you must be responsible to Knowledge.

That is why you must become a follower. By becoming a follower you become a leader, for you are able to receive and you are able to be guided. Thus, you will teach others to receive and provide guidance for them. This is a natural extension of the gift that you are now receiving, which in time will find expression through you in your life.

IT IS VERY IMPORTANT THAT YOU RECOGNIZE the relationship between power and responsibility. Responsibility requires self-discipline, self-restraint and self-control. It requires an objectivity about your own life which very few have yet attained in this world. Responsibility is a burden until it is recognized as a source of protection. It is the guarantee and the assurance that your gift will find a wholesome and welcome expression within you and that you will be advanced and accomplished by the rendering of your contribution.

IT IS VERY COMMON IN THE WORLD THAT PEOPLE want power without responsibility, for their idea of freedom is that they are not beholden to anything. This is utterly counter-productive and has very dangerous consequences for those who persist in attempting it. You who are a student of Knowledge must learn to accept the responsibilities that are given to you, for they provide the protection and the guidance that you need so that you may develop appropriately, positively and completely. They are the assurance that your preparation will yield the great result that it is meant to yield.

THINK OF THIS IDEA UPON THE HOUR and do not forget it today. In your deeper practices, think very carefully about what this statement means. Think of your ideas about power and recognize how much they need responsibility to a Greater Source in order to be utilized and expressed appropriately. These two practice periods will be times of mental activity and application. Think very carefully of all your ideas surrounding the lesson for today. It is quite essential that you examine your own thinking and beliefs, for you must understand your current mental make-up in order to realize its impact upon your outer life.

Today's lesson may seem sobering at first, but in time it will give you the confidence and the assurance that you will need to progress wholeheartedly.

PRACTICE 270: *Two 30-minute practice periods.*

Hourly practice.

第 270 阶 伴随力量而来的是责任。

伴随力量而来的是责任。内识将给你赋权，而你必须对内识负责。正因为如此，你必须成为追随者。通过成为追随者，你成为领导者，因为你能够接收，并且你能够接受指引。这样，你将教导他人接收并为他们提供指引。这是你正在接收的礼物的一种自然延伸，它将慢慢地在你的生命里通过你找到表达。

重要的是你要认识到力量和责任之间的关系。责任要求自律、自我克制和自我控制。它要求你对自身生命保持客观，这个世界上很少有人达到这种客观性。责任是一种负担，直至你认识到它是一种保护的源泉。它保障并确保你的礼物能够在你的内在找到一种完整的、受欢迎的表达，并且你将通过提供你的贡献而实现进步和成就。

通常，世界上的人们想要力量，却不想要责任，因为他们关于自由的想法是他们不对任何事情承担义务。这极没有建设性，并且对于那些顽固坚持它的人来说，会产生非常危险的后果。作为内识的学生，你必须学习接受被赋予你的责任，因为它们提供着你所需要的保护和指引，这样你就能够得到适当的、正向的和全面的进步。它们确保你的准备将带来它注定要带来的伟大结果。

每小时思考这一想法，今天不要忘记它。在你的深度修习里，仔细思考这一声明意味着什么。思考你关于力量的那些想法，并认知为了使它们得到恰当地运用和表达，它们多么有必要向一个更伟大源泉负责。这两次修习将是进行思想活动和运用的时段。仔细思考你围绕今天课程的所有想法。你非常有必要检视你自己的想法和信仰，因为你必须理解你当下的思想构架，才能够认识到它对你外在生命的影响。今天的课程乍看起来似乎是严肃的，但是慢慢地它将赋予你信心和确保，你需要这些以全力前进。

练习 270：两个 30 分钟

每小时练习

Step 271

I WILL ACCEPT RESPONSIBILITY TODAY.

A CCEPT RESPONSIBILITY, which is your ability to respond.

Accept this, cultivate it, cherish it and welcome it. It is what will make you strong. It is what will make you devoted. It is what will bring to you the relationships you have always desired. This is the empowerment you so desperately need which you are learning now to claim for yourself. With this empowerment come the conditions for empowerment—that you respond to Knowledge and follow Knowledge, that you refrain from all motivations that are not born of Knowledge, that you become objective with yourself and your motives, that you question yourself without doubting yourself and that you surround yourself with individuals who can support the emergence of Knowledge within you and are free to tell you their own perceptions. This is essential for your well-being and development. This will protect you from self-error, which as you become more powerful will have greater and greater impact upon you and others.

ACCEPT RESPONSIBILITY TODAY. Accept this, for it represents your truest and greatest need. Responsibility will enable you to love and extend yourself into the world.

UPON THE HOUR THINK OF TODAY'S IDEA. And as you enter meditation twice today, take full responsibility for being a student of Knowledge and enter into stillness and silence with your complete being. Let no thought or doubt dissuade you. Do not let ambivalence hold you back. Press onward. Open yourself. Enter the mystery of your life so that you may be able to respond to it, for this is the meaning of responsibility.

PRACTICE 271: *Two 30-minute practice periods.*

Hourly practice.

第 271 阶 今天我将接受责任。

接受责任，它是你做出回应的能力。接受它、培养它、珍惜它并欢迎它。它将让你强大。它将让你奉献。它将把你一直渴望的关系带给你。这是你迫切需要的赋权，现在你正学习为自己争取它。伴随这一赋权而来的是赋权的条件——即你要回应内识并遵循内识；你要克制所有并非来自于内识的动机；你要对你自己和你的动机变得客观；你要质询自己但不怀疑自己，你要让自己置身于那些能够支持你内在内识出现，并能自由地告诉你他们的看法的人们中间。这对你的福祉和发展是重要的。这将保护你以免犯错——当你变得更强大时，这些错误会对你和他人产生越来越巨大的影响。

今天接受责任。接受它，因为它代表着你最真实最伟大的需要。责任让你能够去爱，并能够在世界上拓展你自己。

每小时思考今天的想法。当你进入两次冥想中时，承担起作为内识学生的全部责任，以你整个的存有进入到静心和安静里。别让任何思想或怀疑阻碍你。别让矛盾心态阻止你。向前进发。敞开自我。进入你生命的神秘里，这样你就能够对它做出回应，因为这就是责任的含义。

练习 271：两个 30 分钟

每小时练习

Step 272

MY TEACHERS WILL GUIDE ME AS I PROCEED.

YOU WILL REQUIRE TEACHERS TO GUIDE YOU as you proceed

on the path to Knowledge, for you will be venturing far beyond your own concepts and assumptions. You will be engaged in a life that you have not yet comprehended. You will be accessing power and resources that you have not yet fully recognized. You will be venturing deeper into life, beyond human assumptions, beyond human beliefs and beyond human conventions. This will require very strong guidance for you, both from Knowledge and from your primary relationships. Your Inner Teachers represent your most primary relationships, for these relationships are completely based upon Knowledge, and they are given to you to cultivate Knowledge safely and completely.

THEREFORE, ACCEPT YOUR LIMITATIONS AS A STUDENT of Knowledge so that you may proceed with the assistance that will be required. Be grateful that such great assistance can be given to you and that it can permeate any circumstance because it is invisible to your eyes. Be grateful that you can experience it in any circumstance and that you can receive the counsel of your Teachers at those junctures in life where it is called for.

AFFIRM THE PRESENCE OF YOUR TEACHERS TODAY so that you may have great courage and enthusiasm in your support of the emergence of Knowledge. Upon the hour remind yourself that your Teachers are with you. In your two deeper practice periods, enter into stillness and silence with them so that they may render their presence and their counsel to you if needed. Accept your studenthood so that you may learn to give to the world.

PRACTICE 272: *Two 30-minute practice periods.*

Hourly practice.

第 272 阶 当我前进时，我的上师将指引我。

当你在内识的道路上前进时，你将需要上师来指引你，因为你将冒险前行，远远超出你自己的概念和假设范畴。你将参与到一种你尚无法理解的生命里。你将接触你尚未完全认知的力量和源泉。你将冒险深入生命，超越人类假设，超越人类信仰并超越人类惯例。这需要非常强大的指引，它既来自于内识，也来自于你的主要关系。你的内在师代表着你最主要的关系，因为这些关系完全基于内识之上，并且它们被赋予你从而让你能够安全地、全面地培养内识。

因此，接受你作为内识学生的局限性，这样你就能够带着你所需要的帮助前进。要感激如此伟大的帮助能被赋予你，并且它能渗入任何境况里，因为你看不见它。要感激你能够在任何境况里体验它，并且你能够在生命中那些召唤他们辅导的关口上，接收你上师的辅导。

今天确认你上师的存在，这样你就能够拥有巨大的勇气和热情去支持内识的出现。每小时提醒自己你的上师和你同在。在两次深度修习里，和他们一同进入静心和安静里，这样如果必要的话，他们会向你呈现他们的临在和他们的辅导。接受你的学生身份，这样你就能够学习对世界奉献。

练习 272：两个 30 分钟

每小时练习

Step 273

MY TEACHERS HOLD THE MEMORY OF MY ANCIENT HOME FOR ME.

Y

OUR TEACHERS REPRESENT YOUR SPIRITUAL FAMILY that are

beyond the world. They hold the memory of your origin and your destiny for you, which you must learn to realize through your experience in the world. They have traveled the ways of the world. They know of its opportunities and its difficulties. They know of the possible errors that you can commit, and they are aware of the errors you have committed already. They are fully prepared to guide you. They have the Wisdom and the accomplishment to do so.

THEREFORE, DO NOT UNDERESTIMATE THEIR VALUE to you and always remember that they are present in your life to initiate you into Knowledge. They wish for you to become strong in Knowledge, eventually as strong as they have become. Thus, they serve your greatest need and purpose, and you must follow them, receive them and honor their presence, as a student honors a teacher. This will allow you to receive their gifts completely and will free you from any false associations you may make with them. This is a very responsible relationship, and you will mature within it.

ACCEPT, THEN, THE PRESENCE OF YOUR TEACHERS. Accept it upon the hour as you remind yourself that they are with you, and accept it in your two deeper meditation practices as you open yourself to receive them. This is a great opportunity for Knowledge. Your Teachers will initiate you into Knowledge, for they can only be known. Your images or concepts regarding them are relatively meaningless, except in that they might limit your approach. You must experience your Teachers' essence, which is their presence, to fully know them. And you will find out from this experience, as it develops, that this is how you can experience life as a whole.

THOUGH YOUR SENSES WILL PERCEIVE the form of things, your heart will experience the essence of things, and this is how things will become known. Once they are known, you will realize how you are to participate with them. Thus, all your faculties of mind will be utilized for one great purpose, for Knowledge will utilize all your faculties and the faculties of the world for the redemption of the world, which is the redemption of Knowledge within the world.

PRACTICE 273: *Two 30-minute practice periods.*

Hourly practice.

第 273 阶 我的上师为我抱持着我古老家园的记忆。

你的上师代表着你在世界之外的精神家庭。他们为你抱持着有关你的来源和你的天命的记忆，你必须通过你在世界上的体验去学习认知这些。他们已经经历过世间的道路。他们知道它的机遇和困难。他们知道你可能会犯的错误，并且他们觉知你已经犯过的错误。他们做好充分准备来指引你。他们拥有为此所需的智慧和成就。

因此，别低估他们对你的价值，时刻记住他们在你生命里临在着，以启蒙你进入内识。他们希望你在内识里变得强大，并最终变得和他们一样强大。由此，他们服务于你的最伟大需要和宗旨，你必须遵循他们、接收他们并尊重他们的临在，就像学生尊重老师一样。这使你能够全然地接收他们的礼物，并防止你制造和他们之间的任何虚假关系。这是一个高度责任感的关系，你会在这个关系里走向成熟。

因此，接受你上师的存在。每小时当你提醒自己他们和你同在时，让自己接受上师的存在；在两次深度冥想里当你打开自己去接收他们时，让自己接受上师的存在。这是内识的巨大机会。你的上师将启蒙你进入内识，因为他们只能被认知。你所设想的那些与他们相关的形象或概念，是没什么意义的，它们只会限制你的靠近。你必须通过体验你上师的本质，也就是他们的临在，来完全认知他们。通过这一体验你会发现，当这一体验不断发展时，它正是你去体验整个生命的方式。

虽然你的感官会感知事物的形式，但是你的心灵会体验事物的本质，这才是事物被认知的方式。当它们被认知时，你会认识到你该怎样参与它们。这样，你思想的所有技能都能被用于一个伟大宗旨，因为内识会把你所有的技能以及世界所有的技能用于对世界的救赎，这是内识在世界里的救赎。

练习 273：两个 30 分钟

每小时练习

Step 274

I SEEK FREEDOM FROM AMBIVALENCE TODAY.

SEEK FREEDOM FROM AMBIVALENCE, for this is the source of all

human confusion, misery and frustration. Ambivalence is the indecision about participating with life. It is the indecision about being in life. It is the indecision about being alive. From this indecision all manner of self-imposition, all manner of attack and all manner of confrontation are created. It is from this indecision that people live in fantasy without Knowledge.

BEWARE OF AMBIVALENCE THEN. It is a sign that you are functioning without Knowledge and that you are trying to make your decisions based purely upon speculation, personal preference and fear. It is decision making without foundation that leads humanity astray. It is decision making without foundation that has led you astray. Knowledge dispels ambivalence, for it sets a clear direction. It is unconcerned with choices and with deliberation, for it simply knows what is correct and leads you towards your fulfillment, step by step, with certainty and abiding conviction.

REMEMBER UPON THE HOUR THAT YOU WISH TO ESCAPE from ambivalence. Realize as you repeat your lesson how much of your life is wasted in trying to decide between this and that, in asking yourself, "What should I do now," in querying yourself about what is right and what is wrong and in wondering and worrying about the best choice and its possible consequences. Knowledge liberates you from this taxing and wasteful application of your mind. Knowledge does not deliberate. It simply waits for the time to act and then it acts. It is absolutely certain in its direction. It is unshakable in its conviction. If you follow this, which is God's greatest gift to you who live in the world of ambivalence and confusion, you will find that you will have purpose, meaning and direction and that day after day they will be very available to you.

IN YOUR DEEPER MEDITATIONS attempt to give yourself wholeheartedly to your practice. Do not be ambivalent about your practice. Do not hold back out of fear or uncertainty, for you are participating in this preparation because Knowledge has called you to do so, and every day you give yourself because Knowledge calls you to do so. Thus, as we proceed through our preparation together, your Knowledge is strengthened day by day, for it is the basis of your participation here. What other reason could you possibly have for

becoming a student of Knowledge?

THEREFORE, IN YOUR DEEPER PRACTICES and in your hourly remembrances, strengthen your conviction that you must escape from ambivalence. Realize the deadly cost of ambivalence. See how it keeps people lost in their ideas, denying their engagement with life. See the human cost around you. It is tremendous. Realize that with certainty everyone will find their rightful place. The world will proceed without the friction that it now must bear. In this way, all things seek fulfillment together in inclusion in life. That is The Way of Knowledge.

PRACTICE 274: *Two 30-minute practice periods.*

Hourly practice.

第 274 阶 今天我努力摆脱矛盾心态。

努力摆脱矛盾心态，因为它是人类所有困惑、痛苦和挫折的源泉。矛盾心态是对参与生命的犹豫不决。它是对身处生命的犹豫不决。它是对活着的犹豫不决。从这种犹豫不决里产生了所有形式的自我强制，所有形式的攻击和所有形式的对抗。因为犹豫不决，人们不带内识地生活在空想里。

因此要警惕矛盾心态。它表明你在不带内识地运作着，并且你在试图纯粹基于揣测、个人喜好和恐惧来做决定。正是这种没有基础的决策导致人类误入歧途。正是这种没有基础的决策导致你误入歧途。内识会消除矛盾心态，因为它确立一个明确的方向。它不关心各种选择和思虑，因为它只知道什么是正确的，它带着确定性和持久的确信，一步步引领你走向你的成就。

每小时记住你希望摆脱矛盾心态。当你重复你今天的课程时，认识到你的生命有多少被浪费在试图在此和彼间做决定上，浪费在问自己“现在我该怎么做”上，浪费在质询自己什么对和什么错上，浪费在怀疑和思虑何为最佳选择和它可能的后果上。内识让你摆脱这种对思想的繁复和浪费的运用。内识不会左右思虑。它只等待正确的行动时间，然后它就行动。它对它的方向绝对肯定。它的确信不可动摇。如果你遵循它，遵循这个上帝赋予生活在矛盾、困惑世界上的你的最伟大礼物的话，那么你会发现你将拥有宗旨、意义和方向，并且随着岁月流转，它们会变得非常明确。

在深度冥想里，努力把自己全心投入到你的修习里。别对你的修习左右矛盾。别因为恐惧或不确定而退缩，你正参与到这一准备之中，因为内识召唤你这样做；每一天你投入你自己，因为内识召唤你这样做。这样，当我们通过我们一同的准备而前进时，你的内识在一天天加强，因为它是你在此参与的基础。除此之外，还有什么其他原因能让你成为内识的学生呢？

因此，在你的深度修习里和每小时回忆里，强化你的确认，即你必须远离矛盾心态。认识到矛盾心态带来的致命代价。看看它如何让人们迷失在他们的想法里，拒绝参与生命。看看你周遭人类在付出的代价。这是巨大的。认识到，带着确定性，每个人都能找到他们正确的位置。如果世界没有了它现在必须承受的这些摩擦，世界将会进步。这样，所有事物在生命的包融里寻求共同的成就。这就是内识之路。

练习 274：两个 30 分钟

每小时练习

Step 275

TODAY I SEEK FREEDOM FROM UNCERTAINTY.

SEEKING FREEDOM FROM UNCERTAINTY means that you are

seeking freedom that is genuine, that is real and that truly deserves the name of freedom. In essence, you either know what you are doing or you do not. If you do not know what you are doing, you simply wait for Knowledge. If you know what you are doing, you simply follow what you know. It is that simple. Unnecessary speculation, the attempt to make premature decisions based upon fear or preference, the requirement that you have the certainty that you lack and the projection of blame upon yourself and others for the failures of your weak decision making are what have taxed your mind, your body and your world. It is this you wish to escape today so that you may find the freedom in the certainty that God has given you. It is this certainty you must discover and follow. By following this you will reap all of its rewards and will become a contributor of these rewards in the world.

UPON THE HOUR REMEMBER TODAY'S IDEA and see its complete relevancy to the world about you. In your deeper practice periods, give yourself to stillness. Give yourself to this encounter with Knowledge. Give yourself completely and let neither ambivalence nor uncertainty hold you back. In this, you will exercise the strength of Knowledge by following Knowledge, and in time you will become as strong as Knowledge truly is. Therefore, today seek to escape uncertainty and all that accompanies it. For this has destroyed the inspiration of humankind and has led humankind to war upon itself and the world.

PRACTICE 275: *Two 30-minute practice periods.*

Hourly practice.

第 275 阶 今天我努力摆脱不确定。

努力摆脱不确定意味着你在寻求真正的、真实的并且真正值得自由这一称呼的自由。从本质上讲，你要么知道你在做什么，要么不知道。如果你不知道你在做什么，那么你只需简单地等待内识。如果你知道你在做什么，那么你只需简单地遵循你所知道的。就是这么简单。不必要的揣测，企图基于恐惧或偏好做过早的决定，要求自己拥有你所缺少的确定性，以及因为你脆弱决策的失败而对自己和他人投射抱怨，所有这些给你的思想、你的身体和你的世界造成重负。今天你希望远离的正是这些，这样你就能够在上帝赋予你的确定性里找到自由。你必须发现和遵循的正是这一确定性。通过遵循它，你将获得它所有的回报，并将成为把这些回报奉献给世界的贡献者。

每小时记住今天的想法，并看到它与你周遭世界的全然相关性。在深度修习里，把自己奉献给静心。把自己奉献给与内识的会面。全然奉献你自己，别让矛盾或不确定阻碍你。在这里，你将通过遵循内识来运用内识的力量，慢慢地你将变得和内识一样强大。因此，今天寻求远离不确定和伴随它的所有东西。因为它破坏了人类的灵感，并导致人类走向和自身、和世界的战争。

练习 275：两个 30 分钟

每小时练习

Step 276

KNOWLEDGE IS MY SALVATION.

KNOWLEDGE IS YOUR SALVATION, for it leads you out of your

hopeless predicament which is born of attempting to live in fantasy and imagination. It leads you into the brightness and the clarity of reality. It guides your action and your thinking so that both may be effective and lead to true self-realization. Thus, God has given you the greatest possible gift: the means within yourself to correct all error, to resolve all confusion and conflict and to set your life on a true course that is aimed at your true destiny. Here you become empowered and honored and your self-worth is reclaimed. It is your value that must be reclaimed to you. God does not require that God's value be reclaimed, for it has never been lost. But your value to yourself has been lost, and this can only be reclaimed by following a Greater Plan not of your own making, but which has been created for your total welfare.

WHEN YOU REALIZE HOW MUCH OF YOUR LIFE has been wasted in ambivalence and how few results that has produced, then you will recognize the great need for Knowledge. This will give you the strength and the conviction to proceed in your preparation with the greatest possible self-involvement. Once you recognize your true need, then you will be able to recognize the true remedy that has been provided.

THUS, YOU AS A STUDENT OF KNOWLEDGE WILL REALIZE with clarity of mind and simplicity of truth exactly what is necessary, for Knowledge is your salvation. Remember this upon the hour and think of it in light of your recent practices. In your deeper meditations, allow yourself to enter stillness completely, recognizing that you are engaging yourself with the means for your own salvation and through you the salvation of the world.

PRACTICE 276: *Two 30-minute practice periods.*

Hourly practice.

第 276 阶 内识是我的救赎。

内识是你的救赎，因为它引领你走出无望的困境，这一困境源于试图生活在空想和想象里。它引领你进入实相的光辉和明晰里。它指引你的行动和你的思想，这样它们都将是有效的并能导向真正自我实现。这样，上帝赋予了你最伟大的礼物：一个你内在的工具，来纠正所有错误、解决所有困惑和冲突并将你的生命引向实现你真正天命的一条真正道路。在此，你被赋权，被尊重，你的自我价值被唤回。是你的价值必须被唤回给你。上帝并不需要上帝的价值被唤回，因为它从未被遗失。然而你对你自己而言的价值被遗失了，它唯有通过遵循一个更伟大计划才能被唤回，这一计划并非由你自己制造，而是已然为了你的整体福祉被创造出来了。

当你意识到你的生命有多少被浪费在矛盾心态上，而得到的结果多么少时，你就会意识到你对内识的巨大需要。这将给你力量和信念，带着最大的自我参与在你的准备中前行。一旦你认知了你的真正需要，你就能够认知真正的补救已经被提供给你了。

这样，作为内识学生，你将带着思想的明晰和真理的简单，准确地意识到什么是必要的，因为内识是你的救赎。每小时记住这点，并根据你近期的修习对此进行思考。在深度冥想里，让自己全然进入静心，认知你正在参与到为你自身带来救赎，以及透过你为世界带来救赎的方法里。

练习 276：两个 30 分钟

每小时练习

Step 277

MY IDEAS ARE SMALL,

BUT KNOWLEDGE IS GREAT.

REALIZING THE TRUTH OF THIS STATEMENT will allow you to

align yourself with the source of all Knowledge. Then you can escape the darkness of the world of imagination. Imagination is unstable, and even its brightest moments can turn to darkness in a second. Even its greatest inspirations can be bitterly discouraged with the slightest provocation. Here there is no certainty. Here there is no reality. Here nothing is trustworthy, for only change can be expected. That which is gifted and valued will most certainly be lost. That which is grim and destructive will most certainly pursue you.

SUCH IS A LIFE LIVED IN IMAGINATION. Such is a life lived in the isolation of your own thinking. Do not underestimate the power of Knowledge to liberate you from this hopeless situation where nothing genuine can be discerned, where no true meaning can be acquired and where nothing that is permanent and real can be realized and established. It is your salvation out of the darkness of your separate imagination that will lead you into the reality of life and will redeem you there.

REALIZE HERE THAT EVEN YOUR GREATEST IDEAS, even those ideas born of Knowledge, are small in contrast to Knowledge itself. Knowledge is the great source of your being as it is expressing itself in your individual life. Therefore, honor what is great and realize what is small. Realize that in time as Knowledge begins to emerge within you and as you allow it to express itself ever more freely, you will begin to recognize those thoughts that emanate from Knowledge and those thoughts that are merely imagined. Yet, even thoughts from Knowledge, which are far more powerful and effective than any other thought that you can imagine, even these thoughts which are the seeds of true understanding in the world are small in contrast to Knowledge. REMEMBER UPON THE HOUR THE POWER OF THIS IDEA, for it is given to liberate you from your own confusion and false assumptions. In your deeper practice periods today, apply your mind actively. Attempt to look at every idea that you hold dear, whether it be positive or negative. Look at any idea that you believe in or adhere to. Examine your relationship to the primary ideas that govern your life. Then, remind yourself after you look at each one that Knowledge is

far greater than that idea. Here you will realize that there is a means for you to escape the world of ideas and enter the world of relationship, where everything is viable, real and based upon a foundation that can never change.

PRACTICE 277: Two 30-minute practice periods.

Hourly practice.

第 277 阶 我的想法是渺小的，但内识是伟大的。

认识这一声明的真理，这能够使你向所有内识的源泉看齐。这样，你就能够远离想象世界的黑暗。想象是易变的，即使它那些最明亮的时刻也能在一秒钟内转成黑暗。即使它那些最伟大的灵感也能因为最轻微的挑衅而遭到严重打击。这里没有确定性。这里没有实相。这里没有什么值得信赖的，因为唯一能被预期的是变化。那些被授予的和被珍视的东西必定会失去。那些冷酷的和破坏性的东西必定会追逐你。

这就是生活在想象中的生命。这就是生活在你自己思想的隔离中的生命。别低估内识的力量，它能把你从这种无望的境况里解放出来，在那个境况里，没有任何真实的东西能被辨识，没有任何真正的意义能被获取，没有任何恒久、真实的东西能被实现和建立。正是挽救你走出你分离幻想的黑暗的这一行动，将引领你走进生命的实相，并在那里救赎你。

在此，要意识到即使你最伟大的想法，即使那些源于内识的想法，与内识本身相比也是渺小的。内识是你存有的伟大源泉，它在你的个体生命里表达它自己。因此，尊重那个伟大的，认知那个渺小的。要认识到当内识开始在你内在慢慢升起时，当你允许它更自由地表达它自己时，你将开始认知那些从内识发出的想法，和那些仅仅想象出来的想法。然而，即使是来自内识的想法，它们远比其他任何你能想象出的想法更强大更有效，即使这些代表世界上真正理解的种子的想法，与内识相比依然是渺小的。

每小时记住这一思想的力量，因为它是为了把你从你自身困惑和错误假设中解放出来。在今天的深度修习时段里，积极运用你的思想。努力思考你所珍视的每一个想法，无论它是正面的还是负面的。思考你所相信的或是坚持的任何想法。检视你和这些支配你生命的主要想法之间的关系。然后，在每检视一个想法之后提醒自己，内识远比那个想法更伟大。在此，你将意识到有一种方法能够让你摆脱想法的世界，进入关系的世界，在这里一切都是鲜活的、真实的并且基于一个永不改变的基础。

练习 277：两个 30 分钟

每小时练习

Step 278

WHAT IS CHANGELESS

WILL EXPRESS ITSELF THROUGH ME.

TRUTH IS CHANGELESS, BUT IT EXPRESSES ITSELF within the

world of changing circumstances and changing understanding.

Thus, it appears that truth is changeable, yet the source of truth is not changeable. You who live in a world of change and are undergoing change yourself must realize that your Source is unchangeable.

Realizing this you will have a foundation for trust in your Source.

Trust can only be truly established when it is based upon that which cannot be changed, assaulted or destroyed. In this, your faith and trust will have a true foundation. You realize that what is changeless, which is the source of your trust and the recipient of your trust, will express itself in the changing world in changing ways. Thus, its expression will meet your every need. It will serve you in every circumstance. It will function on every level of understanding. It will actualize itself in every place of human endeavor. Thus, it will appear that the truth is changeable, for it operates in different ways in different environments, and it is recognized in different ways from different points of view. Yet truth itself, which is Knowledge itself, is ever changeless, ever loving and ever genuine.

THEREFORE, TODAY UNDERSTAND how relative and changeable your ideas are and how much you identify with that which is changeable, that which cannot stand upon its own. As your identity becomes founded in Knowledge and not merely on ideas, speculation or beliefs, you will begin to experience the permanence and security that only Knowledge can bestow. As you realize that your true life is changeless, then you will feel free to allow it to express itself in changing circumstances. Here you will escape all fear of death and destruction. Here you will find peace in the world, for the world is changing, but you are not.

PRACTICE 278: *Read the lesson three times today.*

第 278 阶 那个不变的将通过我表达它自己。

真理是不变的，但它在环境不断变化和理解不断变化的世界里表达它自己。这样，真理看似多变，然而真理的源泉是不变的。生在变化世界上并且自身正在经历变化的你，必须认识到你的源泉是不变的。认识到这一点，你就拥有了对你源泉的信任基础。信任只有当基于不可改变、不可攻击和不可破坏的东西之上时，才能被真正确立起来。在此，你的信念和信任将拥有一个真正的基础。你认识到那个不变的，那个你信任的源泉和你信任的接收者，将在变化的世界上以变化的方式表达它自己。这样，它的表达将满足你的所有需要。它将在所有境况里服务于你。它将在所有理解层面上运作。它将在人类运作的地方实施它自己。这样，看似真理是多变的，因为它以不同方式在不同环境里运作，并且它从不同的角度以不同方式被认知着。然而真理本身，也就是内识本身，是永远不变，永远仁爱 and 永远真实的。

因此，今天理解你的思想是多么地相对和多变，你是多么地认同那个多变的，那个无法自己站住脚的。当你的身份认同开始建立在内识上，而不只是想法、揣测或信仰上时，你将开始体验唯有内识能够赐予的永恒和安全。当你认识到你的真正生命是不变的，那么你将自由地让它在变化环境里表达它自己。在此，你将摆脱所有死亡和破坏的恐惧。在此你将在世界上找到和平，因为世界在变，而你不变。

练习 278: 今天阅读三遍本课程

Step 279

I MUST EXPERIENCE MY FREEDOM TO REALIZE IT.

F

REEDOM IS NOT A CONCEPT OR AN IDEA. It is an experience.

Therefore, it must be realized in many, many different circumstances for you to see its universal application. This you are given time to accomplish. This will make all of your activities meaningful, purposeful and valuable. Then, you will have no foundation for condemning yourself or the world, for all things will strengthen your understanding of the necessity for Knowledge and all things will be the recipients of Knowledge.

THEREFORE, GIVE YOURSELF TO PRACTICE, preparation and application. Do not identify merely with ideas, for even the greatest idea is meant to be an expression in changeable circumstances and will itself be unstable. To have genuine stability in the world, you must identify with Knowledge and allow Knowledge to demonstrate its power, its efficacy and its benevolence within the world. You must experience your freedom to value it and to comprehend its meaning in the world. This is why you are a student of Knowledge. And this is why you must apply everything that you are learning in your preparation here.

REMEMBER THIS UPON THE HOUR as you are engaged in the world.

Remember this in your deeper meditation practices where you are engaged in your inner life. In both arenas, Knowledge must prevail. In both arenas, your freedom must be exercised to be realized. In your deeper meditations, exercise the strength of your mind to enable it to come into stillness and quietude. Do not let fear or ambivalence dominate you this day. You are practicing your freedom and exercising it, for you can only be free when you are still inside, and if you are still inside, you are free already.

PRACTICE 279: *Two 30-minute practice periods.*

Hourly practice.

第 279 阶 我必须体验我的自由从而认识它。

自由不是一个概念或一个想法。它是一种体验。因此，它必须在许许多多不同的境况里被认识，从而让你看到它的普遍应用。对此，你被赋予了时间去完成。这将使你所有的活动拥有意义、宗旨和价值。这样，你就没有了谴责你自己或世界的基础，因为所有事物都将强化你对内识必要性的理解，并且所有事物都将成为内识的接收者。

因此，把自己奉献给修习、准备和应用。别只是认同想法，因为即使最伟大的想法也注定要成为多变环境里的一个表达，并且它本身将是易变的。为了在世界上拥有真正的稳定性，你必须认同内识，并让内识在世界上示现它的力量、它的效力和它的善行。你必须通过体验你的自由来珍视它，并理解它在世界上的意义。正因为如此，你是内识的学生。正因为如此，你必须将你所学的一切运用到你的准备里。

当你参与世界时，每小时记住这点。在你参与内在生命的深度冥想时段里记住这点。内识必须在这两个情境里占上风。你的自由必须在这两个情境里被运用，从而被认知。在你的深度冥想里，发挥你思想的力量从而让它进入静心和宁静里。今天别让恐惧或矛盾支配你。你正在修习你的自由，并在运用它，因为只有当你内心安静时，你才能是自由的，并且如果你内心是安静的，那么你已经自由了。

练习 279：两个 30 分钟

每小时练习

Step 280

REVIEW

REVIEW THE PAST TWO WEEKS, beginning with the first lesson in

your Review period and continuing on each day up until the last lesson. Try to gain an overview of all that has transpired in the past two weeks. Try to see how you could deepen and improve your practice. Recognize how much time and energy are wasted in ambivalence and idle speculation. Realize how much of your energy is being wasted in doubt and confusion when you need only abide with Knowledge. Your ability to follow that which is beyond your comprehension, which is necessary here, will lead you to the greatest possible certainty that life can render to you. Through this certainty, your ideas, your actions and your perceptions will gain a uniformity that will allow them to be a powerful expression in the world, where humanity is confused and lost in the ambivalence of imagination. It is by following that you are able to give and you are able to lead. You will recognize this in time as you exercise your freedom and allow your freedom to exercise itself through you.

YOU ARE NOW A STUDENT OF KNOWLEDGE. Dedicate yourself to the application of your preparation with increasing devotion and involvement. Allow the mistakes of your past to motivate you. They need not be and should not be a source of self-recrimination. They are intended now to be understood as the demonstration of your need for Knowledge. Thus, you may be very thankful that Knowledge is being given to you, for you are realizing that above all else it is Knowledge which you seek.

PRACTICE 280: *One long practice period.*

第 280 阶 复习

回顾过去的两周，在你的复习里从第一课开始，继续复习每一天直到最后一课。努力获得对过去两周所发生一切的总览。努力去看你该如何深化和提高你的修习。认知有多少时间和能量被浪费在矛盾心态和无所事事的揣测上。认识到当你只需坚守内识时，你却把多少能量浪费在怀疑和困惑上。你去遵循那个超越你理解的、必要的东西的能力，将引领你走向生命能够给予你的最大确定性。通过这一确定性，你的想法、你的行动和你的感知将获得一致性，这将使它们成为世界上的一个强大表达，而人类是困惑的，并迷失在想象的矛盾心态里。正是通过遵循，你将能够奉献，你将能够领导。当你实践你的自由，并让你的自由通过你实践它自己时，你会慢慢地认知这点。

现在你是内识的学生。带着更大的奉献和参与，将自己投入到对你准备的应用中。让你过去的错误激励你。它们不需要也不应该成为自我指责的源泉。它们现在的用途是被理解为你对内识的需要的证明。这样，你会非常感激内识被赋予了你，因为你意识到你所寻求的是内识，它高于一切。

练习 280： 一个长练习时段

Step 281

ABOVE ALL ELSE I SEEK KNOWLEDGE.

ABOVE ALL ELSE SEEK KNOWLEDGE, for Knowledge will give

you all else that you need. You will seek Knowledge with total conviction when you realize that any other avenue of endeavor and any other use of your mind and body will be hopeless and will lead you into greater confusion. For without Knowledge, you can only learn that you need Knowledge, and with Knowledge, all true learning will proceed. Your past has already taught you the great need for Knowledge. You need not learn this again and again. Why repeat the same lesson over and over, thinking that it will yield for you a different result?

OF YOURSELF YOU CAN DO NOTHING. Without Knowledge you can only generate more imagination. Therefore, there is one answer to your one greatest need, and the one answer will meet all other needs that emanate from your one great need. Your need is fundamental and the response to your need is fundamental. There is no complexity here, for in essence you need Knowledge to live meaningfully. You need Knowledge to advance. You need Knowledge to realize your True Self. You need Knowledge to fulfill your destiny in the world. Without Knowledge, you will simply wander around and come once again to realize that you need Knowledge.

THIS IS A DAY OF THANKSGIVING, for your prayers have been answered. Your need has been responded to. The gift has been given to you to reclaim your Knowledge. Above all else seek that which will serve everything through you. In this, your need and the remedy for your life will become simple, and you will be able to proceed in certainty and patience, becoming a consistent student of Knowledge. Day by day you are reclaiming your True Self. Day by day you are escaping all else that seeks to pull you into the darkness of confusion. Day by day that which is unreal begins to disintegrate and that which is genuine begins to emerge.

UPON THE HOUR TODAY remember and affirm this great truth—that you seek Knowledge above all else. In your deeper meditation practices, allow yourself to enter stillness. Allow your life to be transformed. Allow Knowledge to emerge so that you may be a vehicle for its expression, for in this you will find happiness.

PRACTICE 281: *Two 30-minute practice periods.*

Hourly practice.

第 281 阶 我超越其他一切去寻求内识。

超越其他一切去寻求内识，因为内识将带给你其他一切你所需要的。当你意识到其他任何途径的努力以及对你思想和身体的其他任何运用都将是无望的，并将带你进入更大的困惑中时，你就会带着全部的确信去寻求内识。因为没有内识时，你只会学到你需要内识；有了内识，所有真正的学习将会继续。你的过去已经教给你对于内识的巨大需要。你不需要一遍又一遍地学习这点。为什么要一次又一次重复同样的课程，并认为这会为你带来不同结果呢？

凭你自己，你什么都做不了。没有内识，你只会制造更多的想象。因此，只有一个答案会满足你唯一最巨大的需要，并且这一个答案将满足从你唯一巨大需要产生的所有其他需要。你的需要是根本性的，对你需要的回应也是根本性的。这里没有任何复杂性，因为从本质上讲，你需要内识才能活得有意义。你需要内识来实现进步。你需要内识来认识你真正的自我。你需要内识来实现你在世界上的天命。没有内识，你只会四处游荡，然后再次意识到你需要内识。

今天是感恩的一天，因为你的祈祷得到了回答。你的需要得到了回应。那个礼物被赋予了你，以唤回你的内识。超越一切，去寻求那个将通过你服务一切的东西。这样，你的需要以及对你生命的补救将变得简单，你将能够带着确定性和耐心前进，并成为内识一贯的学生。你在一天天唤回你的真正自我。你在一天天摆脱其他所有试图将你拉进困惑黑暗的东西。那不真实的开始一天天瓦解，那真实的开始一天天呈现。

每小时记住并确认这一伟大真理——你超越其他一切去寻求内识。在深度冥想里，让自己进入静心里。让你的生命得到转化。让内识得以出现，这样你就能够成为它表达的载体，因为由此你将找到幸福。

练习 281：两个 30 分钟

每小时练习

Step 282

I WILL LEARN TO ACCEPT THE RESPONSIBILITY OF CARRYING KNOWLEDGE IN THE WORLD.

CARRYING KNOWLEDGE IN THE WORLD requires responsibility.

Your responsibility is to follow Knowledge and to learn to express Knowledge adequately and purposefully. In this, your human abilities will need to be cultivated and elevated. Discernment and all the other qualities of value within yourself will need to be cultivated as well, for you must learn to express that which you carry. You must learn to follow it and become a worthy vehicle for it. This is the true meaning of all individual development. This is where individual development has genuine purpose. This is where your growth and advancement have direction as well.

THEREFORE, ALLOW YOURSELF TO EXPERIENCE THE MEANING OF today's idea. Allow yourself to accept responsibility. It is not a weight upon your shoulders. It is a rite of passage for you, and in this all things that have confused and frustrated you within yourself will be given a new and purposeful application. Realize that Knowledge carries responsibility. In this, you need to treat it with the seriousness that it requires, and yet with this seriousness, you receive the greatness and the peace that it will render to you. Over time, you will become a very, very finely-tuned vehicle for Knowledge in the world. In this, all things that require development will find development, and all things which merely hinder your progress will be relinquished.

IN YOUR DEEPER PRACTICES IN STILLNESS TODAY, recognize that you have a responsibility to cultivate your faculties of mind as a student of Knowledge. Exercise these responsibilities and do not drift away into imagination. Engage yourself as a student of Knowledge according to the requirements of your preparation, for you are now becoming a person of responsibility and a person of power.

PRACTICE 282: *Two 30-minute practice periods.*

第 282 阶 我将学习接受把内识带进世界的责任。

把内识带进世界，需要责任感。你的责任是遵循内识，学习充分地、有目的地表达内识。由此，你的个人能力有必要得到培养和提升。辨识力和你内在所有其他有价值的品质有必要得到培养，因为你必须学习表达你所携带的东西。你必须学习遵循它，并成为它的一个有价值的载体。这是所有个体发展的真正意义。在此，个体发展具有了真正宗旨。在此，你的成长和进步也同样具有了方向。

因此，让自己体验今天想法的含义。让自己接受责任。它并非压在你肩上的重担。它是你的一个过关仪式，在此，你内在所有曾经给你带来困惑和挫败的东西，都将被赋予一个新的、有目的的应用。认识到内识肩负着责任。在此，你需要带着它所要求的严肃性来对待它，然而带着这种严肃性，你接收到它将带给你的伟大和和平。慢慢地，你将成为内识在世界上一个非常非常精准的载体。由此，所有需要发展的东西都将得到发展，所有只会阻碍你进步的东西都将被摒弃。

在今天的深度静心修习里，认知作为内识学生，你有责任培养你思想的技能。实践这些责任，别慢慢飘进想象里。作为内识学生，你按照准备课程的要求，让自己进行参与，因为你现在正在成为一个有责任感的人和一个有力量的人。

练习 282：两个 30 分钟

Step 283

THE WORLD IS AMBIVALENT, BUT I AM NOT.

LOOK ABOUT YOU IN THE WORLD and you will see that the world

of humanity is lost in its own ambivalence. It wishes to have this and wishes to go there. It wants to keep everything it has acquired and lose nothing, and yet it wants more than it needs. It is confused as to its predicament. It is confused as to the remedy. It is confused as to its identity. It is confused as to what to value and what not to value. All arguments and debates, all conflicts and all wars are engaged in exercising this ambivalence.

AS YOU ABIDE WITH KNOWLEDGE, you will look upon the world and recognize its utter confusion. This will teach you and remind you of the great need for Knowledge in the world. Knowledge will never attack itself, and Knowledge is not in conflict with itself. Therefore, two individuals, or two nations, or even two worlds, will have no issues of contention if they are guided by Knowledge, for Knowledge will always seek to join individuals in a meaningful way and to clarify their interactions with one another. It is not possible that Knowledge be in conflict with itself, for there is no opposition within Knowledge. It has one purpose and one aim, and to this it organizes all activity. It organizes all forms of opposition into serving one purpose and one direction. Thus, it is the great peacemaker in the world. As you abide with Knowledge, you will become the vehicle for its expression. Then, you will teach peace because peace itself will be teaching through you.

LOOKING AT KNOWLEDGE LIKE THIS will enable you to recognize your true involvement and your true responsibility as a student of Knowledge. The world is in ambivalence. It is in confusion and is suffering all of the results of this. But you who are now learning to witness the world without judgment or condemnation and are learning to witness the world from the certainty of Knowledge will be able to simply recognize the predicament of the world and know that you are carrying the remedy within yourself now.

IN YOUR DEEPER PRACTICES ENTER INTO STILLNESS ONCE AGAIN and use the RAHN word if necessary to help you. Because you are learning to be still, you are learning to be certain. Any individual who can acquire stillness in the world will become a source of Knowledge in the world, for Knowledge will express itself in the world wherever

there is an opening in any mind. Your mind is now becoming open so that Knowledge may express itself.

PRACTICE 283: *Two 30-minute practice periods.*

第 283 阶 世界是矛盾的，但我不是。

看看你周遭的世界，你会看到人类世界迷失在它自己的矛盾心态里。它想要这个，想去那里。它想保住它所获取的一切而不受任何损失，然而它想要的超过了它的需要。它对它的困境是困惑的。它对补救方法是困惑的。它对它的身份是困惑的。它对珍视什么和不珍视什么是困惑的。所有争吵和辩论，所有冲突和所有战争都在展现着这种矛盾心态。

当你坚守内识时，你将看向世界并认知它彻底的困惑。这将教导你并提醒你这个世界对内识的巨大需要。内识永远不会攻击自己，内识不会和自己发生冲突。因此，两个个体，或两个国家，甚至两个世界，如果他们得到内识的指引，他们就不会有任何争端，因为内识始终寻求以一种有意义的方式把个体联合在一起，并澄清他们彼此的互动。内识不可能和自己发生冲突，因为在内识里不存在对抗。它拥有唯一宗旨和唯一目标，并为此组织着所有活动。它组织所有的对抗形式，来服务于一个宗旨和一个方向。这样，它是世界上伟大的和平制造者。当你坚守内识时，你将成为它表达的载体。这样，你将教导和平，因为和平本身将通过你进行教导。

以这种方式看待内识，将使你认知你作为内识学生的真正参与和真正责任。世界处于矛盾里。它处于困惑里，并遭受着这所带来的所有结果。但是，正在学习不带评判或谴责见证世界并在学习以内识的确定性见证世界的你，将能简单地认知世界的困境，并知道你在你自己的内心携带着补救办法。

在你的深度修习里，再次进入静心，如果有必要的话，用 RAHN（然）字帮助你。因为你在学习静心，所以你在学习确定性。任何能够在世界上获得静心的个体，都将成为世界上内识的一个源泉，因为内识将在世界上通过任何一个打开的思想表达它自己。你的思想现在正在打开，这样内识将能表达它自己。

练习 283: 两个 30 分钟

Step 284

STILLNESS IS MY GIFT TO THE WORLD.

HOW CAN STILLNESS BE A GIFT, you may ask. It is a gift because

it is an expression of certainty and peace. How can stillness be a gift to the world? Because your stillness allows Knowledge to express itself through you. How can stillness be a gift to the world? Because your stillness enables all other minds to be still so that they may know. A mind in conflict cannot be still. A mind that is desperately seeking for resolution cannot be still. A mind that is turbulent with its own evaluations cannot be still. Thus, as you present the stillness that you are now cultivating to the world, you give all other minds that recognize you the opportunity and the demonstration that will enable them to enter stillness themselves. You are, in essence, communicating that peace and freedom are possible and that there is a great presence of Knowledge in the world, calling upon each separated and tormented mind.

YOUR STILLNESS IS A GIFT. It will calm all minds. It will still all controversies. It will have a calming, soothing effect on all who suffer under the weight of their own imagination. This, then, is a great gift. It is not your only gift, for you will also give through your ideas, your actions and your accomplishments in the world. Here you will demonstrate the evolving qualities of mind that are required of you as a student of Knowledge. Yet, of all that you may contribute to the world, your stillness will have the greatest effect, for in stillness you will resonate with all other minds, you will calm all other minds and you will be extending true peace into the world and the freedom that it demonstrates.

TODAY REMEMBER THE IMPORTANCE OF STILLNESS upon the hour. Look about at the world of turbulence and realize its great application there. In your two deeper meditation practices, give yourself again to stillness. Allow yourself to escape the ambivalence and uncertainty that haunt you and that hold you back. Come closer to the realm of stillness, which is the realm of Knowledge, for there you will find peace and certainty. This is God's gift to you, and this will be your gift to the world.

PRACTICE 284: *Two 30-minute practice periods.*

Hourly practice.

第 284 阶 静心是我给世界的礼物。

静心怎么会是一个礼物呢？你可能会问。它是一个礼物，因为它是对确定性和和平的一种表达。静心怎么会是给世界的一个礼物呢？因为你的静心让内识能够通过你表达它自己。静心怎么会是给世界的一个礼物呢？因为你的静心让所有其他思想安静下来，这样它们也能认知。一个处于冲突中的思想无法安静。一个不顾一切寻求解决方案的思想无法安静。一个周旋在它自己评估里的思想无法安静。因此，当你向世界呈现你正在培养的静心时，你给认识你的所有其他思想提供机会和示范，让它们自己也能进入静心里。从本质上讲，你正在传达：和平和自由是可能的，并且世界上存在着内识的伟大临在，它召唤着每一个分离和受折磨的思想。

你的静心是一个礼物。它将安抚所有思想。它将平定所有争论。它将对所有承受他们自身想象重压的人们产生一种镇定和安抚作用。因此，这是一个伟大的礼物。它不是你唯一的礼物，因为你还将通过你的想法、你的活动和你的成就在世界上进行奉献。在此，你将示范作为内识学生所需要的所有思想品质的进步。然而，在你能对世界进行的所有贡献里，你的静心将拥有最巨大的效果，因为在静心里你将和所有其他思想产生共鸣，你将安抚所有其他思想，并且你将把真正的和平和它所示现的自由拓展到世界里。

今天每小时里记住静心的重要。看看周围混乱的世界，认知它在那里的伟大应用。在两次深度冥想练习里，再次把自己奉献给静心。让自己摆脱纠缠你、阻碍你的矛盾和不确定。接近那个静心的王国，它是内识的王国，因为在那里你将找到和平和确定性。这是上帝给你的礼物，并且这将是你的礼物。

练习 284：两个 30 分钟

每小时练习

Step 285

IN STILLNESS ALL THINGS CAN BE KNOWN.

IN STILLNESS ALL THINGS CAN BE KNOWN, for the mind is able to

respond to Knowledge. Then, Knowledge will find expression in your specific thoughts and activities. Your mind was meant to serve Knowledge, as your body was meant to serve your mind. In this, the contribution from your True Home is able to express itself in the world of exile. Here Heaven and Earth touch, and when they touch, true communication begins to exist, and the transference of Knowledge is made into the world.

YOU ARE PREPARING TO BECOME A VEHICLE FOR KNOWLEDGE SO that all things that you accomplish, great and small, unique and mundane, will express the presence of Knowledge. Therefore, your function in the world is not grand; it is simple. It is what is expressed through your activity that is important, for the simplest action done with Knowledge is a great teaching of Knowledge and will impress and affect all minds in the world.

THEREFORE, REMIND YOURSELF UPON THE HOUR TODAY of the importance of cultivating stillness and the immediate freedom from anxiety and conflict that it provides for you. Allow your deeper practice periods today to be times of true devotion, where you come to the altar of God to give yourself. This, in essence, is the true church. This is the true chapel. This is where prayer becomes real and where your mind, which is an expression of God's Mind, in stillness, humility and openness, yields itself to its great source. In this, God blesses you and gives to you a gift to give to the world which is the result of your own development.

ALL THIS IS TRANSPIRED IN STILLNESS, for in stillness the transference of Knowledge can be completed. This is absolutely natural and totally beyond your comprehension. Therefore, you need not spend energy and time speculating about it, wondering about it or trying to comprehend its mechanism. This is not necessary. It is only required that you be a recipient of Knowledge. Do not stand apart and attempt to understand it.

DO NOT STAND APART TODAY BUT ENTER STILLNESS, for this is God's gift to you. In stillness the transference of Knowledge will be made. With this, you become a vehicle for Knowledge in the world.

PRACTICE 285: *Two 30-minute practice periods.*

Hourly practice.

第 285 阶 在静心里，一切都能被认知。

在静心里，一切都能被认知，因为思想能够对内识做出回应。这样，内识将在你特定的想法和活动里找到表达。你的思想注定服务于内识，正如你的身体注定服务于你的思想一样。由此，来自你真正家园的贡献能够在被放逐的世界里表达它自己。在此，天堂和大地相接，当它们相接时，真正的沟通开始存在，内识的传递在世界上得以进行。

你正在进行准备成为内识的一个载体，这样你所成就的一切，无论伟大还是渺小，无论独特还是平凡，都将表达内识的临在。因此，你在世界上的职能不会是宏伟的；它是简单的。是那通过你的活动得到表达的东西，才是至关重要的，因为哪怕是带着内识进行的最简单行动，也是内识的一个伟大教导，并将触动和影响世界上的所有思想。

因此，今天每小时提醒自己培养静心的重要性，以及它为你带来的从焦虑和冲突的即刻解脱。让你今天的深度修习时段成为真正奉献的时间，在此你来到上帝的圣坛前奉献你自己。从本质上讲，这里是真正的教会。这里是真正的教堂。这里是祈祷成真的地方，是你的思想——它是上帝思想的一个表达——在静心、谦卑和开放里让自己臣服于它伟大源泉的地方。在此，上帝祝福你，并赋予你一个礼物去奉献给世界，这是你自身的发展所带来的结果。

所有这些在静心里发生，因为在静心里，内识的传递得以完成。这是绝对自然的，并且完全超出你的理解。因此，你不需要浪费精力和时间去揣摩它，好奇它或是试图理解它的机制。这没有必要。它仅要求你成为内识的一个接收者。不要站在一旁试图理解它。

今天不要站在一旁，而是进入静心里，因为这是上帝赋予你的礼物。在静心里，内识的传递将会产生。由此，你成为世界上内识的一个载体。

练习 285：两个 30 分钟

每小时练习

Step 286

I CARRY STILLNESS INTO THE WORLD

WITH ME TODAY.

CARRY STILLNESS WITH YOU. Allow your inner life to be quiet as

you move in the world of turbulence and confusion. There is nothing for you to resolve in your thoughts now, for you are learning to be with Knowledge. Knowledge will organize your thinking and give it true uniformity and direction. Carry stillness with you and be certain that all of your internal conflicts will be resolved through Knowledge, for you are following the source of their resolution. Each day will bring you closer to peace and fulfillment. And that which haunted you before and cast great dark clouds over your mind will simply be escaped as you walk the path of Knowledge.

CARRY STILLNESS WITH YOU INTO THE WORLD. This will enable you to be truly observant. This will enable you to see the world as it is. This will enable you to diffuse the world's conflict, for here you are teaching peace by being at peace. This is not a false peace that you are teaching. It is born of a true association with Knowledge, for you are following Knowledge here. You are allowing Knowledge to provide the direction. You can only do this in stillness.

THINK NOT THAT STILLNESS WILL RENDER YOU INCAPABLE OF genuine activity in the world. You will be active in the world, and you will participate in its mechanism, but you may be still inside as you do so. You will find, to your great delight, that you will be far more competent, more effective and far more responsive to others, with greater involvement and productivity as you carry this stillness into the world. Here your energy may be expressed in the world in a meaningful way. Here all the powers of your mind and your body are being contributed and are not wasted in internal conflict. Therefore, you become more powerful and effective, more certain and productive as you carry stillness into the world.

THROUGHOUT THE DAY REMIND YOURSELF that you are carrying stillness into the world, and in your two deep meditation practices seek the refuge of stillness. Escape the world that your senses report, and enter the serenity and the sanctuary of stillness and Knowledge. You will find as you proceed that your two longer practice periods will be times of great rest and relief, great moments of rejuvenation. They are where you attend the holy chapel of the Holy Spirit each day. They

are where you and God meet through Knowledge.

THESE PRACTICE PERIODS, THEN, become the highlight of each day as you learn to receive the gifts that are being presented to you. You will look forward to your practice sessions as an opportunity to regenerate and to refresh yourself, to find true inspiration and comfort and to enable your mind to become stronger and stronger with Knowledge so that you may carry peace and stillness into the world.

PRACTICE 286: *Two 30-minute practice periods.*

Hourly practice.

第 286 阶 今天我把静心带进世界。

携带着静心。当你在充满动荡和困惑的世界里行走时，让你的内在生命保持安静。现在，你的思想里没有任何需要你去解决的事情，因为你正在学习和内识同在。内识将组织你的思想并赋予它真正的统一和方向。携带着静心，并确信你所有的内在冲突将通过内识得到解决，因为你正在遵循那解决方案的源泉。每一天将带你更接近和平和成就。当你走在内识的道路上时，那以前萦绕着你并给你的思想布下沉暗乌云的东西，将被轻松地摆脱。

把静心带进世界。这将使你保持真正的观察。这将使你看到世界真实的样子。这将使你消散世界的冲突，因为在此你通过保持和平来教导和平。你所教导的和平不是一种虚假的和平。它诞生于和内识的真正联接，因为你在遵循内识。你让内识来提供方向。唯有在静心里，你才能做到这点。

不要认为静心会使你无法在世界上进行真正的活动。你在世界上将是积极的，并且你将参与到它的机制里，但是当你这样做时，你的内心可以是安静的。你会非常喜悦地发现，当你把静心带进世界时，你会带着更大的投入和生产力，变得更加能干、更加高效并且更能对他人做出回应。在此，你的能力可以以一种有意义的方式在世界上得到表达。在此，你思想和你身体的所有力量都被贡献出来，而非浪费在内在冲突里。因此，当你将静心带进世界时，你变得更强大和有效，更确定和有建设性。

贯穿全天提醒自己你正在将静心带进世界，在两次深度冥想里，在静心里寻求庇护。摆脱你的感官传递的这个世界，进入静心和内识的宁静和庇护里。当你前进时你会发现，你的两次长修习时段将成为充分休息和放松的时间，成为恢复活力的伟大时刻。它们是你每天走进圣灵的神圣教堂的地方。它们是你和上帝通过内识相会的地方。

因此这些练习时段成为每天的精彩时段，因为你在学习接收正在被呈现给你的礼物。你将期待你的修习时段，把它当做再生和换新你自己、找到真正灵感和安慰并让你的思想拥有越来越强大内识的机会，这样你将能够把和平和静心带进世界。

练习 286：两个 30 分钟

每小时练习

Step 287

WITH KNOWLEDGE I CANNOT BE AT WAR.

W

ITH KNOWLEDGE YOU CANNOT BE AT WAR. You cannot be at

war within yourself or with others, for with Knowledge there is only Knowledge and there is confusion in the world. Confusion does not require attack. Therefore, with Knowledge you are not at war, for you have one mind, one purpose, one responsibility, one direction and one meaning. The more your mind becomes uniform, the more your external life will become uniform as well. How can you be at war within yourself when you are following Knowledge? War is born of ambivalence where opposing value systems conflict with each other to gain your recognition. Competing ideas, competing emotions and competing values all wage war on one another, and you are caught in the middle of their great battles.

WITH KNOWLEDGE ALL OF THIS IS ESCAPED. With Knowledge you cannot be at war within yourself. In time, all of your self-doubt, uncertainty, fear and anxiety will wear away. As they do so, you will increasingly feel that you are not at war and will enjoy the full benefit of being at peace. This will enable you to turn your eyes upon the world with the full force of your involvement, for all of your mental and physical energy will now be available for you to contribute to the world. What you will contribute will be greater than your actions or your words, for you will carry stillness and peace into the world.

HERE YOU WILL NOT BE IN OPPOSITION TO ANYONE, though others may choose to be in opposition to you. Here you will not be at war with anyone, even if others choose to be at war with you. This will be your greatest contribution, and this is what your life will teach through demonstration. Here Knowledge will bestow itself upon the world and teach the great lessons that you are now learning to receive for yourself. This teaching will occur naturally. You need not force it upon the world, and you need not attempt to change anyone else, for Knowledge will accomplish its true task through you.

UPON THE HOUR REALIZE THE MEANING OF TODAY'S IDEA and realize the power of Knowledge to end all of your suffering and eventually the suffering of the world. In your deeper practice periods, return to your great sanctuary and once again become a recipient of Knowledge in openness and humility. Then, you will be able to carry your abiding relationship with Knowledge into the world with greater and greater certainty. Then, what needs to be contributed will radiate

from you effortlessly.

PRACTICE 287: *Two 30-minute practice periods.*

Hourly practice.

第 287 阶 带着内识我不会处于争斗里。

带着内识，你不会处于争斗里。你不会和你自己或和他人进行争斗，因为带着内识，这个世界上就只有内识和困惑。困惑不需要攻击。因此，带着内识，你不会处于争斗里，因为你拥有一个思想、一个宗旨、一个责任、一个方向和一个意义。你的思想越变得统一，你的外在生活也同样越变得统一。当你遵循内识时，你怎么可能在你内在处于争斗里呢？争斗来自于矛盾，在此相互对立的价值体系彼此冲突来获得你的确认。竞争的想法、竞争的情绪和竞争的价值观都在彼此发动战争，而你被夹在它们巨大争斗的当中。

带着内识，所有这些被摆脱了。带着内识，你不会在你内在处于争斗里。慢慢地，你所有的自我怀疑、不确定、恐惧和焦虑都会消逝。当它们逝去时，你将越发感到你没有争斗，并且你将享受处于和平里的全部益处。这将使你能够带着参与的全部力量把目光转向世界，因为你所有思想的和身体的能量都做好准备去贡献给世界。你将贡献的要比你的行动或你的话语更加伟大，因为你将把静心和和平带进世界。

在此你将不会反对任何人，尽管其他人可能选择反对你。在此你将不会和任何人处于争斗里，即使他人选择和你争斗。这将是你最伟大的贡献，这正是你的生命通过示范进行教导的东西。在此内识将把自身赋予世界，并教授你正在学习为自己接收的伟大课程。这一教导将自然地发生。你不需要将它强加到世界上，你不需要试图改变任何人，因为内识将通过你完成它真正的任务。

每小时认识到今天想法的含义，认识到内识的力量能够终止你所有的痛苦，并最终终止世界的痛苦。在深度修习时段里，回到你伟大的庇护所，在开放和谦卑里再次成为内识的一名接收者。这样，你就能够带着越来越大的确定性携带你与内识的恒久关系进入世界里。这样，那需要被贡献的东西将毫不费力地从你身上散发出来。

练习 287：两个 30 分钟

每小时练习

Step 288

ENEMIES ARE ONLY FRIENDS

WHO HAVE NOT LEARNED TO JOIN.

THERE ARE NO TRUE ENEMIES IN LIFE, for all war and conflict

are born of confusion. This you must understand. A life without Knowledge can only be confused and must create its own inner guidance system, which is merely the ideas and beliefs with which it identifies itself. Thus, individuals have their own individual purpose and self-identity. These evaluations clash with those of other individuals, and thus one to one, group to group, nation to nation and world to world, war is generated and waged.

IN KNOWLEDGE THIS IS NOT POSSIBLE, for in Knowledge all are your friends. You recognize each person to be at whatever stage of development he or she is currently engaged. You may become involved with some of them, and with some of them you may not. Some of them may be able to receive your contribution directly, while others will need to receive it indirectly. But they are all your friends. There is no opposition in Knowledge, for there is only one Knowledge in the universe. It expresses itself through each individual. As each individual becomes more purified as a vehicle for Knowledge, as each individual becomes a greater recipient of Knowledge and as each individual follows Knowledge and becomes responsible to Knowledge, then the opportunity for him or her to be in conflict will diminish and eventually will disappear.

RECOGNIZE, THEN, THAT ALL WAR AND CONFLICT simply express a lack of capacity for those involved to join. When individuals join, they recognize a common need, which becomes their primary need. This must be born of Knowledge and not idealism if it is to be actualized. It must be born of Knowledge and not mere philosophy if it is to lead to true action and true involvement. Thus, you become a peacemaker and a peacekeeper in the world as you follow as a student of Knowledge. The stronger Knowledge is within you, the weaker will be your fear and ambivalence. In this way, war within you will be ended, and your life will be a demonstration that war is unnecessary.

DEDICATE YOURSELF TODAY TO ENDING WAR within the world by ending war within yourself so that you may be a peacemaker and a peacekeeper. Upon the hour remind yourself of today's lesson and apply it to the world that you see around you. Apply it to all of the

conflicts in the world of which you are aware. Try to understand its complete relevancy to these conflicts. This will require that you see these conflicts from a different point of view in order to realize the full impact and meaning of today's idea. It is this point of view that you must cultivate, for you must learn to see as Knowledge sees, to think as Knowledge thinks and to act as Knowledge acts. All this you will most certainly accomplish as you follow Knowledge each day.

IN YOUR DEEPER PRACTICE PERIODS return to stillness and silence so that you may strengthen your ability to cultivate and prepare yourself to be an emissary of Knowledge in the world. This is your responsibility today. This will permeate all of your other activities and give them value and meaning, for today you are a student of Knowledge.

PRACTICE 288: *Two 30-minute practice periods.*

Hourly practice.

第 288 阶 敌人只是还没有学会结合的朋友。

生命里没有真正的敌人，因为所有战争和冲突源于困惑。这点你必须理解。一个没有内识的生命只会是困惑的，并且必然会创建它自己的内在指引系统，那不过是些它认同为自己的想法和信仰。这样，个体有了他们自己的个人目标和自我身份认同。这些评估与其他个体的评估发生冲突，这样一来，一对一，团体对团体，国家对国家，世界对世界，战争就此产生和发动了。

在内识里这是不可能的，因为在内识里所有人都是你的朋友。你认识到每个人正处于他或她所涉入的无论何种发展阶段里。你或许会和他们中的一些人参与，而不会和另一些人参与。他们中的一些人或许能够直接接收你的贡献，而另一些则需要间接接收它。但是他们都是你的朋友。在内识里不存在对抗，因为宇宙里只有一个内识。它通过每个个体表达它自己。当每个个体作为内识的载体变得更加纯净时，当每个个体变成内识的一个更伟大接收者时，当每个个体遵循内识并对内识负起责任时，那么他或她处于冲突的机会将会减少并将最终消失。

因此，要认识到所有的战争和冲突只是表示参与者缺乏结合的能力。当个体结合在一起时，他们认识到一个共同的需要，这成为他们的主要需要。要想使它得以实现的话，它必须来自于内识，而非理想主义。要想使它导向真正的行动和真正的参与的话，它必须来自于内识，而不仅仅是理念。这样，当你作为内识学生遵循内识时，你成为世界上的一个和平制造者和一个和平维护者。你内在的内识越强大，你的恐惧和矛盾将越微弱。这样，你内在的争斗将会终止，你的生命将证实战争是没有必要的。

今天通过结束你内在的战争，来投身到终止世界战争里，这样你就能够成为一个和平制造者和和平维护者。每小时提醒自己今天的课程，并将它运用到你在周遭所见的世界里。将它运用到你所察觉的世界所有冲突里。努力理解它与这些冲突的完全相关性。为了能认识到今天想法的全部影响和含义，你需要从一个不同的视角来看待这些冲突。你必须培养的正是这种视角，因为你必须学习像内识一样看，像内识一样思考，像内识一样行动。当你每天遵循内识时，你必定会实现所有这些。

在你的深度修习里，回到静心和安静里，这样你就能够强化你的能力去培养和准备自己，以成为内识在世界上的一个使者。这是你今天的责任。这将渗入你其他所有的活动里，并为它们赋予价值和意义，因为今天你是内识的学生。

练习 288: 两个 30 分钟

每小时练习

Step 289

TODAY I AM A STUDENT OF KNOWLEDGE.

BE A REAL STUDENT TODAY. Give yourself entirely to your

learning process. Do not assume anything, for true students do not assume anything, and that is what enables them to learn everything. Realize that you cannot comprehend Knowledge; you can only receive it. You can only experience its extension through your life into the world.

THEREFORE, ALLOW YOURSELF TO BE RECEPTIVE TO KNOWLEDGE.

Do not allow yourself to be receptive to the ambivalence that permeates the world. Maintain your distance from this ambivalence, for you are not yet strong enough with Knowledge to face ambivalence and to render your gift into an ambivalent world. Do not be ambitious in this regard, or you will overstep your capacity and will fail as a result. As Knowledge grows and develops within you, it will lead you into areas where you are able to serve. It will lead you into situations where you have an adequate capacity to render it.

BE A STUDENT TODAY. Do not try to use the learning to fulfill your own ambitions with it. Do not let your own personal ideas guide you today, but be a student of Knowledge. When you are certain of something, carry it forth as wisely and as appropriately as possible. When you are uncertain of something, return to Knowledge and simply be at peace with Knowledge, for Knowledge will guide you. In this way, you will become a true and active agent of Knowledge in the world. Knowledge will extend itself through you into the world, and all that you receive will be given into the world through you.

IN YOUR DEEPER PRACTICES TODAY strengthen your ability to enter into the realm of Knowledge. Today go deeper than you have ever gone before. Today be a student of Knowledge. Enter Knowledge. Experience Knowledge. In this way, you will become more and more engaged with its power and its grace. In this way, you will realize its purpose in the world, which can only be realized through participation.

PRACTICE 289: *Two 30-minute practice periods.*

第 289 阶 今天我是内识的学生。

今天做一个真正的学生。把你自己完全奉献给你的学习过程。别假设任何事情，因为真正的学生不假设任何事情，这让他们能够学习一切。要认识到你无法理解内识；你只能接收它。你只能体验它通过你的生命向世界的拓展。

因此，让自己对内识保持接收性。别让自己接收那弥漫世界的矛盾心态。与这种矛盾心态保持距离，因为你的内识还没有强大到足以面对矛盾并将你的礼物送给一个矛盾的世界。在这方面不要抱有野心，否则你会逾越你的能力，并因此失败。当内识在你内在成长和发展时，它将引领你进入你能够服务的领域。它将引领你进入你有充足能力去奉献它的境况。

今天做一个学生。别试图利用学习来满足你自己的野心。今天别让你自己的个人想法引导你，而是做内识的学生。当你对某件事很确定时，那就尽可能智慧和恰当地开展它。当你对某件事不确定时，那就回到内识，简单地和内识和平相处，因为内识将指引你。通过这种方式，你将成为内识在世界上一个真正的、积极的代理者。内识将通过你把自己扩展进世界，同时你所接收的一切都将通过你被奉献给世界。

在今天的深度修习里，强化你进入内识王国的能力。今天让自己比以往更加深入。今天做一个内识的学生。进入内识。体验内识。通过这种方式，你将越来越多地参与它的力量和它的恩宠。通过这种方式，你将意识到它在世界上的宗旨，这只能通过参与来认知。

练习 289：两个 30 分钟

Step 290

I CAN ONLY BE A STUDENT.

THEREFORE, I WILL BE A STUDENT

OF KNOWLEDGE.

I N THE WORLD YOU ARE A STUDENT—ALWAYS. Every day, every

hour and every minute you are learning and attempting to assimilate your learning. You are either a student of Knowledge or a student of confusion. You are either a student of certainty or a student of ambivalence. You are either a student of wholeness and integrity or you are a student of conflict and war. You can only learn from being in the world, and you can only demonstrate the result of your learning.

THEREFORE, THERE IS NO CHOICE whether you will be a student or not, for you will be a student even if you decide not to be a student. If you decide not to be a student, you will merely study another curriculum. In this, you have no choice, for to be in the world is to learn and to demonstrate the result of your learning. Recognizing this, your decision, then, is to determine where you will be a student and what you will learn. This is the power of decision that is given to you. Knowledge will naturally guide you to make the right decision and will lead you unto itself, for it is given to you to give to the world. Thus, as you approach Knowledge, you will feel as if you are engaged in a great homecoming. You will feel a great integration within yourself, and you will feel your self-conflict and your war with yourself begin to diminish and to fade.

BE A STUDENT OF KNOWLEDGE TODAY, for a student you are.

Choose the curriculum that has chosen you. Choose the curriculum that will redeem you and through you the world. Choose the curriculum that fulfills your purpose here and that exemplifies your life beyond this world, which wishes to express itself here. Become a student of Knowledge.

REALIZE THE POWER OF TODAY'S IDEA and remember it upon the hour. Always remember to read the day's lesson prior to entering into the world so that you may begin to utilize its practice for that day. Confirm your studenthood in Knowledge. Strengthen your involvement as a student of Knowledge. Follow today's practices with greater and greater devotion.

IN YOUR TWO DEEPER PRACTICE PERIODS, actively engage your

mind in considering what it means to be a student in the world. Engage your mind in understanding the message for today, and attempt to realize that you are a student under all circumstances. Try to realize that you have no choice here, for you must learn, assimilate and demonstrate your learning. This is the foundation for true teaching. Realize that your purpose in the world is to become a student of Knowledge, to assimilate Knowledge and to allow Knowledge to express itself so that you may demonstrate Knowledge in the world. In the simplest way, this is an expression of your purpose, and from your purpose a specific calling will come forth to guide you in specific ways in the world according to your nature and your design.

THUS, TODAY YOU WILL STRENGTHEN YOURSELF AS A STUDENT of Knowledge. In your longer practice periods, actively engage your mind in attempting to penetrate today's idea and to recognize its absolute relevancy to your life.

PRACTICE 290: *Two 30-minute practice periods.*

Hourly practice.

第 290 阶 我只能做一个学生。因此，我将做内识的学生。

在世界上你是一个学生——始终都是。每一天，每小时，每分钟你都在学习，并努力吸收你的学习。你要么是内识的学生，要么是困惑的学生。你要么是确定性的学生，要么是矛盾心态的学生。你要么是完整和正直的学生，要么是冲突和战争的学生。你只能通过身处世界来进行学习，并且你只会示范你学习的结果。

因此，对于是否要做学生，你没有选择余地，因为即使你决定不做学生，你依然会是个学生。如果你决定不做学生，那么你只不过是在学习另一种课程。在此，你没有选择，因为身处世界就是学习，并示范你学习的结果。认知了这点，那么你的决定就在于你将在哪里做学生，以及你将学习什么。这是被赋予你的决策权。内识将自然地引导你做出正确的决定，并将引导你走向它自己，因为它被赋予你来奉献给世界。这样，当你接近内识时，你会觉得这仿佛是伟大的归乡。你将感受到你内在的一种伟大整合，并且你将感受到你的自我冲突以及你和你自己的战争开始减少和褪去。

今天做内识的学生，因为你就是一个学生。去选择那选择了你的课程。去选择那将救赎你，并通过你救赎世界的课程。去选择那成就你的宗旨并示范你在这个世界以外的生命的课程，它希望在这里表达它自己。成为内识的学生。

认识到今天想法的力量，并每小时记住它。总是记住在进入世界之前阅读当天的课程，这样你就能够开始为那一天运用它的修习。确认你在内识里的学生身份。强化你作为内识学生的参与。带着越来越大的奉献去遵循今天的修习。

在两次深度修习里，积极运用你的思想去思考在世界上做一个学生意味着什么。运用你的思想去理解今天的讯息，并努力认识到你在所有境况里都是一个学生。努力认识到你在此没有选择，因为你必须学习、吸收和示范你的学习。这为从事真正教学打下基础。认识到你在世界上的宗旨是成为内识的学生，吸收内识并让内识表达它自己，这样你就能够在世界上示范内识。这是以最简单的方式对你宗旨的一种表达，从你的宗旨里，一个特定的召唤将会出现，并根据你的本质和你的设计以特定方式在世界上引导你。

因此，今天你将强化自己做内识的学生。在长修习时段里，积极运用你的思想努力穿透今天的想法，并认知它和你生命的绝对相关性。

练习 290：两个 30 分钟

每小时练习

Step 291

I AM GRATEFUL TO MY BROTHERS

AND MY SISTERS WHO ERR AGAINST ME.

BE GRATEFUL TO THOSE WHO DEMONSTRATE THE NEED FOR

Knowledge. Be grateful to those who teach you that it is hopeless to engage in any pursuit in the world without Knowledge. Be grateful to those who save you time by demonstrating the results of things you are contemplating for yourself even now. Be grateful to those who show you your own great need in the world. Be grateful to those who demonstrate what you must give to the world. Be grateful to all those who seem to err against you, for they will show you what is necessary in your life, and they will remind you that Knowledge is your one true purpose, your one true goal and your one true expression.

IN THIS, ALL WHO ERR AGAINST YOU become your friends, for even in their misery they serve you and will call upon you to serve them. Here all folly, error, confusion, ambivalence, conflict and war in the world can lead you to the conviction of Knowledge. In this way, the world serves you, supports you and prepares you to serve it in its great need. Here you become a recipient of the world's accomplishments and are given a reminder of the world's errors. In this way, your love and compassion for the world will be engendered.

TODAY REMIND YOURSELF UPON THE HOUR of this message and attempt to realize its meaning in the context of all of your activities so that everything that happens today will demonstrate the meaning of today's idea. In your deeper practice periods, actively engage your mind in attempting to penetrate today's idea. Recall every person who you think has erred against you. See how that person has served you and will continue to serve you as a reminder. This can save you great amounts of time and energy by bringing you closer to Knowledge, by increasing your resolve for Knowledge and by reminding you that there is no alternative to Knowledge. In your longer practice periods think of every person who you feel has erred against you and realize their tremendous service to you from this point of view.

ALLOW THIS DAY TO BE A DAY OF FORGIVENESS and a day of acceptance where you recognize and extend your gratitude to those who have erred against you. Life is conspiring to bring you to Knowledge. As you enter Knowledge, you will realize the great service

that life is rendering unto you, both from its accomplishments and from its failures. Be a recipient of this gift, for in love and gratitude you will turn to the world and wish to contribute that which is the greatest of all contributions. Here you will give Knowledge in gratitude and in service to the world which has served you.

PRACTICE 291: *Two 30-minute practice periods.*

Hourly practice.

第 291 阶 我感激对我犯错的兄弟姐妹们。

感激那些示范对内识的需要的人们。感激那些教导你不带内识在世界上进行任何追求是无望的人们。感激那些示范你自己考虑去做的事的结果，从而节省了你的时间的人们。感激那些向你示范你自己在世界上的巨大需要的人们。感激那些示范你必须为世界奉献什么的人们。感激所有那些似乎对你犯错的人们，因为他们将向你展示什么是你生命中必不可少的，他们将提醒你内识是你唯一真正的宗旨，你唯一真正的目标和你唯一的表达。

在此，所有对你犯错的人都成为你的朋友，因为即使在他们的苦难中，他们依然在服务你，并召唤你去服务他们。在此，世界上的所有愚蠢、错误、困惑、矛盾、冲突和战争都能引领你走向对内识的确信。通过这种方式，世界服务你、支持你并让你进行准备来服务于它的巨大需求。在此你成为世界成就的接收者，同时被提醒着世界的错误。通过这种方式，你对世界的爱和慈悲将会产生。

今天每小时提醒自己这一讯息，并努力认知它在你所有活动里的意义，这样今天发生的一切都将示范今天想法的含义。在深度修习里，积极运用你的思想努力穿透今天的想法。回想每一个你认为对你犯过错的人。看看那个人是如何服务于你的，并将作为一个提醒继续服务于你。这能够节省你大量的时间和精力，因为它让你靠近内识，它强化你对内识的决心，它提醒你内识没有任何替代品。在你的长修习时段里思考每一个你感觉对你犯过错误的人，并从这个角度认识到他们对你的巨大服务。

让今天成为宽恕的一天和接受的一天，在此你认知并拓展你的感激给那些对你犯过错误的人们。生命在齐心协力将你带向内识。当你进入内识时，你将意识到生命给你提供的伟大服务，既通过它的成就，也通过它的失败。做这个礼物的接收者，因为在爱和感激里，你将转向世界并希望去贡献那最伟大的贡献。在此，你将在感激里，在对服务你的世界的服务里，奉献内识。

练习 291：两个 30 分钟

每小时练习

Step 292

HOW CAN I BE ANGRY WITH THE WORLD

WHEN IT ONLY SERVES ME?

HOW CAN YOU BE ANGRY WHEN THE WORLD SERVES YOU?

When you recognize how much the world is serving you, which can only be recognized in the context of Knowledge, you will then end all of your hatred towards the world, all of your condemnation of the world and all of your resistance to the world. This will confirm your true destiny, your true origin and your true purpose for being in the world.

YOU HAVE COME INTO THE WORLD TO LEARN AND TO UNLEARN.

You have come into the world to recognize what is real and what is not. You have come into the world to be a contributor to the world, a contributor who has been sent from beyond the world to serve here. This is the real nature of your presence here, and though it may seem to conflict with your evaluation of yourself, it is true nonetheless and will be true regardless of your point of view, regardless of your own ideals and beliefs and regardless of whatever pursuits you may set for yourself. The truth awaits you and waits for you to be ready to value it. UPON THE HOUR REMEMBER TODAY'S IDEA and see its application everywhere as you look about at the world. In your two deeper practices once again bring to mind every person that you feel has erred against you, and once again attempt to understand their contribution to you in bringing you to Knowledge, in teaching you to value Knowledge and in teaching you to realize that there is no hope beyond Knowledge. There is no hope without Knowledge. Today's idea will engender love and gratitude towards the world and will strengthen this point of view, which will be necessary for you to have to look upon the world with certainty, love and Knowledge.

PRACTICE 292: *Two 30-minute practice periods.*

Hourly practice.

第 292 阶 当世界只是在服务于我时，我怎么能对世界感到愤怒呢？

当世界服务于你时，你怎么能感到愤怒呢？当你认识到世界是如何服务于你——这只能在内识的范畴里被认知——时，你将停止你对世界的所有仇恨，你对世界的所有谴责和你对世界的所有抗拒。这将确认你真正的天命，你真正的来源和你身处世界的真正宗旨。

你来到世界上来学习和摒弃。你来到世界上来认知什么是真实的而什么不是。你来到世界上来做世界的贡献者，一个从世界外被派到这里服务的贡献者。这是你在这里存在的真正本质，虽然它看似和你对自己的评估相冲突，但它依旧是真理，并且无论你的观点如何，无论你自己的理想和信仰如何，无论你为自己设立了怎样的追求，它都将是真理。这个真理在等待着你，等你做好准备去珍视它。

每小时记住今天的想法，并在你环顾世界时看到它无所不在的应用。在你的两次深度修习里，再次回想每一个你感觉对你犯过错误的人，并再次尝试去理解他们对你的贡献，因为他们带你走向内识，他们教你珍视内识，他们教你认知：除了内识，毫无希望可言。没有内识，就没有希望。今天的想法将带来对世界的爱和感激，并将强化这种观点，这对你来说是必要的，因为你必须带着确定、爱和内识看向世界。

练习 292：两个 30 分钟

每小时练习

Step 293

I DO NOT WISH TO SUFFER TODAY.

STRENGTHEN YOUR RESOLVE NOT TO SUFFER today by being a

student of Knowledge, by adhering to Knowledge and by devoting yourself to Knowledge. Do not let the world draw you into its meaningless pursuits, into its hopeless endeavors or into its incensed conflicts. All these things still hold attraction for you, yet do not allow yourself to give into them today, for the persuasions of the world are born of the world's great anxiety and fear. Anxiety and fear are like diseases that affect minds. Do not allow your mind to be so affected today. You do not want to suffer today, and suffer you will if you follow the world's persuasions. Participate in the world and fulfill your mundane responsibilities, but strengthen your resolve to be a student of Knowledge, for this will free you from all suffering and will give you the greatness that you are intended to give to the world.

UPON THE HOUR CONFIRM THAT YOU DO NOT WANT TO SUFFER today and realize the inevitability of your suffering if you attempt to engage yourself in the world without Knowledge. The world can only remind you of your one great purpose and responsibility now, which is to become a student of Knowledge. Be grateful that the world will support you in the only way that it can, and be grateful that from your Ancient Home, God has extended Grace into the world for you to receive and to learn to give.

PRACTICE 293: *Hourly practice.*

第 293 阶 今天我不想受苦。

今天通过做内识的学生，通过坚持内识，通过把自己奉献给内识，来强化你不想受苦的决心。别让世界把你拉进它没有意义的追求里，它无望的努力里或是它激起的冲突里。所有这些依然对你具有吸引力，但是今天别让自己向它们屈服，因为世界的说服源于世界巨大的焦虑和恐惧。焦虑和恐惧就像感染思想的疾病一样。今天别让你的思想受此感染。今天你不想受苦，如果你遵循世界说服的话你就会受苦。参与世界，履行你的世俗责任，但要强化你做内识学生的决心，因为这将让你摆脱所有痛苦，并将赋予你你注定要奉献给世界的伟大。

每小时确认今天你不想受苦，并认知如果你试图不带内识地参与世界的话，你的痛苦是不可避免的。现在，世界只会提醒你的唯一伟大宗旨和责任，那就是成为内识的学生。感激世界以它唯一可能的方式支持你，感激上帝从你的古老家园将恩宠扩展到世界里，让你接收，并学习去奉献。

练习 293：每小时练习

Step 294

REVIEW

BEGIN THIS TWO-WEEK REVIEW WITH THIS INVOCATION:

“I AM NOW A STUDENT OF KNOWLEDGE. I will learn of the meaning and the purpose of Knowledge through my participation. I will follow my participation without attempting to alter its methods or its lessons in any way because I wish to learn. I am a student of Knowledge in a world where Knowledge seems to be absent. For this reason I have been sent here to prepare to give that which Knowledge will wish to give to the world. I am a student of Knowledge. I am secure in my responsibility. In this, I will receive all that I truly desire, for I truly desire to love the world.”

FOLLOWING THIS INVOCATION begin your two-week Review.

Beginning with the first day in this two-week period, read the lesson for that day and remember your practice. Continue on in this way to cover all the days in this two-week period, and then attempt to have an overview of your life during this practice time. Begin to see what has occurred in your life in this two-week period.

AS YOU GAIN AN OVERVIEW, you will begin to see the movement of your life. Perhaps this will be subtle at first, but you will soon begin to realize that your life is progressing rapidly and that your values and your experience of yourself are changing. You are changing fundamentally. You are finally becoming yourself. You will realize that war, which still rages in you from time to time, will diminish and become less frequent. Only with a conscious and objective overview can this be recognized, and as it is recognized, it will give you the confidence and the conviction to proceed on, for you will know that you are following your true course and your true destiny. You will know that you are a true student of Knowledge and that you have made the right decision concerning your studenthood.

PRACTICE 294: *One long practice period.*

第 294 阶 复习

用以下祈祷开始这次的两周复习：

“我现在是内识的一名学生。我将通过我的参与来学习内识的意义和宗旨。我将遵循我的参与，不试图以任何方式修改它的方法或它的课程，因为我希望学习。我是身在一个似乎没有内识的世界里的内识学生。正因为这个原因，我被派到这里来准备奉献内识希望奉献给世界的东西。我是内识的一名学生。我对我的责任是确定的。因此，我将接收所有我真正渴望的东西，因为我真的渴望去爱世界。”

祈祷之后开始你的两周复习。从两周的第一天开始，阅读当天的课程并回忆你的修习。以这种方式继续直至完成这两周的每一天，然后努力获得对你生命在这个修习时段里的总览。开始看清在你生命的这两周时段里发生了什么。

当你获得一种总览时，你将开始看到你生命的运动。或许这一开始时是些微的，但你很快就会开始意识到你的生命正快速进展，你的价值观和你对自我的体验正在发生改变。你在发生根本性的改变。你终于变成你自己。你将意识到战争尽管还在你内心不时掀起，但它将会减弱，变得不那么频繁。只有通过一个有意识的和客观的总览，这才能被认知，并且当它被认知时，它将给你信心和确信以继续前进，因为你将认知你正在遵循你真正的历程和你真正的天命。你将认知你是内识的真正学生，并且你对你的学生身份做出了正确的决定。

练习 294： 一个长练习时段

Step 295

I AM NOW PENETRATING

THE MYSTERY OF MY LIFE.

Y

OU ARE PENETRATING THE MYSTERY OF YOUR LIFE which

seeks to reveal itself to you. The mystery of your life is the source of all that is manifest in your life. All that will be manifest and is intended to be manifest is embodied in the mystery of your life. Therefore, your current engagement as a student of Knowledge is absolutely fundamental to everything you will do in the world and to everything you will realize and fulfill in this life. It is absolutely fundamental to your need.

ALLOW THE MYSTERY TO BE MYSTERIOUS. Allow the manifest to be manifest. In this way, you will enter the mystery of Knowledge with reverence and openness, and you will engage yourself in the world with a practical emphasis and a concrete approach. This will enable you to be a bridge from your Ancient Home to this temporary world. Then, you will treat life in the universe with reverence and awe, and you will treat your self-application in the world with conciseness and responsibility. Here all your faculties will be properly cultivated and integrated, and you will be a vehicle for Knowledge.

WE WILL NOW BEGIN A MORE ADVANCED SECTION of your curriculum. You may realize that much of what you are learning you cannot yet understand. Many of the steps to follow will be to activate your Knowledge, to make it stronger and more present within you and to evoke within you the ancient memory of your true relationships in the universe and the meaning of your purpose here. Therefore, we will begin a series of lessons which you will not be able to comprehend but with which you must become engaged. You are now penetrating the mystery of your life. The mystery of your life holds all the promise for your life.

REMEMBER YOUR LESSON THROUGHOUT THE DAY. Recite it upon the hour and in your two deeper practice periods, enter into stillness and peace. Allow yourself to penetrate the mystery of your life so that the mystery of your life may be revealed to you. For all meaning, purpose and direction are born of your origin and your destiny. You are a visitor within the world, and your participation here must exemplify your greater life beyond the world. In this way, the world is blessed and fulfilled. In this way, you will not betray yourself, for you

were born of a greater life, and Knowledge is abiding with you to remind you of this.

PRACTICE 295: Two 30-minute practice periods.

Hourly practice.

第 295 阶 我正在深入我生命的神秘。

你正在深入你生命的神秘，它寻求将它自己示现给你。你生命的神秘是你生命里所有显化的源泉。所有将会显化的和可能会显化的东西都蕴含在你生命的神秘里。因此，你当前作为内识学生所进行的参与，对于你将在世界里做的一切以及你将在这次生命里认知和成就的一切来说，是绝对必要的。它对你的需要来说是绝对必要的。

让神秘保持神秘。让显化保持显化。通过这样，你将带着敬畏和开放进入内识的神秘里，你将带着一种实用性的专注和一种实际的方式参与到世界里。这将让你成为从你古老家园通向这个暂时性世界的一座桥梁。这样，你将带着崇敬和敬畏对待宇宙中的生命，你将带着简明和责任对待你在世界里的自我运用。在此你所有的技能将得到正确的培养和整合，并且你将成为内识的一个载体。

现在我们将开始你课程中一个更高阶的部分。你可能会意识到，对于你即将学习的大部分东西，你还无法理解。其中的许多进阶将用来激活你的内识，让它变得更强大，在你内在更加临在，并在你内心唤起你对你宇宙中的真正关系的古老记忆，以及你在这里的宗旨的含义。因此，我们将开始一系列你将无法理解的课程，但是你必须参与它们。你现在正在深入你生命的神秘。你生命的神秘抱持着你生命的所有前途。

贯穿全天记住你的课程。每小时吟诵它，在两次深度修习里，进入静心和和平。让自己深入你生命的神秘，这样你生命的神秘就能被示现给你。因为所有的意义、宗旨和方向都来自于你的来源和你的天命。你是世界的一个访问者，你在这里的参与必须体现你在世界之外的更伟大生命。通过这种方式，世界得到祝福和成就。通过这种方式，你将不会背叛你自己，因为你诞生于一个更伟大生命，并且内识与你坚守以提醒你这一点。

练习 295：两个 30 分钟

每小时练习

Step 296

NASI NOVARE CORAM

TODAY'S ANCIENT WORDS WILL STIMULATE KNOWLEDGE. Their

meaning may be translated thus: "The presence of the Teachers of God is with me." This is a simple translation of these words, but their power far exceeds their obvious meaning. They can evoke within you a deep response, for they are an invocation for Knowledge, born of an ancient language that has not originated in any world. This language represents the language of Knowledge and serves all those who speak a language and who still need a language to communicate. REMEMBERING YESTERDAY'S LESSON, do not attempt to understand the origin of these words or the mechanism for their service, but be the recipient of their gift. Upon the hour recite today's invocation, and in your two deeper practice periods repeat the invocation and then enter into stillness and silence to feel the power of these words. Allow them to assist you in entering the depth of your own Knowledge. When each long practice period is complete and when you return to the world of action and of form, recite the invocation once again and be grateful that the mystery of your life is being penetrated. Be grateful that your Ancient Home has come with you into the world.

PRACTICE 296: *Two 30-minute practice periods.*

Hourly practice.

第 296 阶 那思矣 诺娃瑞 库瑞阿姆

(NASI NOVARE CORAM)

今天的古老话语将刺激内识。它们的含义可以被翻译为：“上帝上师的临在和我同在。”这是对这些词语的一种简单翻译，但它们的力量远远超越了它们显在的含义。它们能在你内心唤起一个深刻的回应，因为它们是对内识的一个祈祷，它们来自于一种并非源于任何世界的古老语言。这种语言代表着内识的语言，它服务于所有操着某种语言并依然需要语言进行沟通的存有们。

记住昨天的课程，别试图理解这些话语的来源或它们的服务机制，而是做它们礼物的接收者。每小时吟诵今天的祈祷，在两次深度修习里重复这一祈祷，然后进入静心 and 安静里，去感受这些话语的力量。让它们帮助你进入你自己内识的深度里。当每次长修习时段完成时，当你回到行动和形式的世界上时，再一次吟诵这一祈祷，并感激你生命的神秘正在被穿透。感激你的古老家园和你一起来到世界上。

练习 296：两个 30 分钟

每小时练习

Step 297

NOVRE NOVRE COMEY NA VERA TE NOVRE

TODAY'S INVOCATION SPEAKS OF THE POWER OF STILLNESS

within your mind and the power that the stillness within your mind will have within the world. Allow your invocation to be recited upon the hour, with great reverence. Allow the mystery of your life now to unfold before you so that you may behold it and carry it with you in your adventure in the world.

IN YOUR TWO DEEPER PRACTICE PERIODS repeat today's invocation and once again enter the depth of stillness, giving yourself completely to your practice. Upon completion of your practice, repeat today's idea once again. Allow yourself to feel the presence that is with you as you do this, for your Ancient Home abides with you as you abide within the world. The ancient memory of your Home and the memory of all true relationships that you have reclaimed thus far in your entire evolution are thus remembered with today's idea. For in stillness all things can be known, and all things that are known will reveal themselves to you.

PRACTICE 297: *Two 30-minute practice periods.*

Hourly practice.

第 297 阶 诺弗瑞 诺弗瑞 库咪 那 唯日阿 提 诺弗瑞

(NOVRE NOVRE COMEY NA VERA TE NOVRE)

今天的祈祷讲述你思想里静心的力量，以及你思想里的静心将在世界上产生的力量。带着巨大的崇敬，每小时重复你的祈祷。现在允许你生命的神秘在你面前展现，这样你就能够看着它，并在你的世界历险中携带着它。

在两次深度修习里重复今天的祈祷，再次进入静心的深度里，把自己完全奉献给你的修习。当你完成修习时，再次重复今天的想法。当你这样做时让自己感知和你在一起的临在，因为当你坚守世界时，你的古老家园和你坚守在一起。这样通过今天的想法，你家园的古老记忆和你迄今为止在你整个进化中已唤回的所有真正关系的记忆都会被记起。因为在静心里一切都能被认知，并且所有被认知的一切都将向你示现它们自己。

练习 297：两个 30 分钟

每小时练习

Step 298

MAVRAN MAVRAN CONAY MAVRAN

TODAY'S INVOCATION CALLS UPON THOSE who practice

Knowledge with you in the Greater Community so that the strength of their undertaking and their great achievements may embellish all of your attempts and all of your practices as a student of Knowledge. Today's invocation engages your mind with all minds which are engaged in the reclamation of Knowledge in the universe, for you are a citizen of a Greater Community as well as a citizen of your world. You are part of a great undertaking existing both within the world and beyond, for God is at work everywhere. The True Religion, then, is the reclamation of Knowledge. It finds its expression in each world and in each culture, and there it acquires its symbolism and its rituals, but its essence is universal.

PRACTICE UPON THE HOUR REPEATING TODAY'S INVOCATION and as you do so, take a moment to feel its impact. You can find a way to do this in all of your circumstances today, and this will remind you of your Ancient Home and the potency of Knowledge that you carry within you. In your deeper practice periods, repeat your invocation and then enter into the sanctuary of Knowledge in stillness and in humility. When your practice period is complete, once again repeat today's invocation. Allow your mind to engage itself with that which is beyond the limited scope of human involvement, for Knowledge speaks of a greater life within the world and beyond. It is this greater life which you must now entertain. It is this greater life which you must now receive, for you are a student of Knowledge. Knowledge is greater than the world, but Knowledge has come to the world to serve.

PRACTICE 298: *Two 30-minute practice periods.*

Hourly practice.

第 298 阶 美弗让 美弗让 库内 美弗让

(MAVRAN MAVRAN CONAY MAVRAN)

今天的祈祷召唤大社区里那些和你一起修习内识的存有，这样他们修习的力量和他们的伟大成就能够补充你作为内识学生的所有努力和所有修习。今天的祈祷让你的思想和宇宙中所有在唤回内识的思想进行参与，因为你是大社区的一名公民，同时也是你世界的一名公民。你是存在于世界里和世界以外的一个伟大事业的组成部分，因为上帝在四面八方工作着。因此，真正的宗教是对内识的唤回。它在每个世界和每个文化里找到它的表达，在那里它获得它的符号和仪式，但是它的精髓是宇宙性的。

每小时重复今天的想法，当你这样做时，用片刻时间感受它的影响力。今天你能在所有境况里找到方法去这样做，这将提醒你的古老家园和你内心携带的内识的效力。在深度修习里，重复你的祈祷，然后在静心和谦卑里进入内识的庇护所。当你的修习完成时，再次重复今天的祈祷。让你的思想和那超越人类参与的有限范畴的东西进行参与，因为内识讲述世界内和世界之外的一个更伟大生命。你现在必须抱持的正是这一更伟大生命。你现在必须接收的正是这一更伟大生命，因为你是内识的学生。内识比世界更伟大，但是内识来到了世界来进行服务。

练习 298：两个 30 分钟

每小时练习

Step 299

NOME NOME CONO NA VERA TE NOME

TODAY'S INVOCATION AGAIN CALLS UPON THE POWER of others'

endeavors in the reclamation of Knowledge to assist you in your own. Once again it is a confirmation of the power of what you are doing and your total inclusion in life. It affirms the truth in a greater context, and it affirms the truth in words which you have not used for centuries, but which will become familiar to you as they resonate deeply within your mind.

PRACTICE UPON THE HOUR AND TAKE A MOMENT to feel the efficacy of today's statement. Use it as an invocation to begin and as a benediction to complete your two longer practice periods. Allow yourself to penetrate the mystery of your life, for the mystery of your life is the source of all meaning in your life, and it is this meaning which you seek today.

PRACTICE 299: *Two 30-minute practice periods.*

Hourly practice.

第 299 阶 诺美 诺美 库诺 那 唯日阿 提 诺美

(NOME NOME CONO NA VERA TE NOME)

今天的祈祷再次召唤其他人唤回内识努力的力量，来帮助你自己的努力。它再次确认了你所做努力的力量和你在生命里的完全包融。它在一个更广大背景里肯定了这一真理，它用你已几百年没有使用的话语来肯定这一真理，但是当它们在你思想深处产生共鸣时，这些话对你来说会变得熟悉。

每小时进行练习，并用片刻时间感受今天声明的效力。用它作为祈祷来开始，并作为祝福来结束你的两次长修习时段。让自己深入你生命的神秘，因为你生命的神秘是你生命所有意义的源泉，你今天寻求的正是这一意义。

练习 299：两个 30 分钟

每小时练习

Step 300

I RECEIVE ALL THOSE

WHO ARE MY SPIRITUAL FAMILY TODAY.

RECEIVE THOSE WHO ARE YOUR SPIRITUAL FAMILY, who guide

and assist you, whose efforts on behalf of Knowledge supplement your own and whose presence in your life is a confirmation that true community exists in service to Knowledge. Allow their reality to clarify your own, to dispel all the darkness of isolation and all of the weakness of individuality so that your individuality may find the strength of its true contribution. Do not dwell alone in your thoughts today, but enter into the presence of your Spiritual Family, for you are born of community and into community you now enter, for life is community—community without exclusion and without opposite.

REMEMBER THIS UPON THE HOUR TODAY. In your longer practice periods, engage your mind actively in attempting to understand the message that you are given today. Try to understand what Spiritual Family really means. Try to understand that it is intrinsic to you. You did not choose it. You are simply born of it. It represents your accomplishment in Knowledge thus far. All accomplishment in Knowledge is the reclamation of relationships, and your Spiritual Family are those relationships that you have reclaimed thus far in your return to God.

THIS WILL BE BEYOND YOUR COMPREHENSION, but your Knowledge will resonate with the message for today and the invocations that you have practiced in previous days. Knowledge will reveal what you must know and what you must do. You are not meant to be burdened with attempting to understand that which is beyond your comprehension. But you are given the responsibility to respond to the communication that is being given to you from the mystery of your own life and from the power of God in your life.

YOU ARE PART OF A SPIRITUAL FAMILY. You receive this through your experience, an experience which will confirm your participation in life and the great purpose you have come to serve.

PRACTICE 300: *Two 30-minute practice periods.*

Hourly practice.

第 300 阶 今天我接收我精神家庭的所有成员。

接收你精神家庭的成员，他们引导和帮助你，他们代表内识所做的努力补充着你自己的努力，他们在你生命里的临在确认了服务内识的真正社区的存在。让他们的实相来澄清你自己的实相，来驱散隔离的所有黑暗和个体的所有软弱，这样你的个体性就能找到它真正贡献的力量。今天别独自蜗居在你的思想里，而是进入你精神家庭的临在里，因为你诞生于社区，并且现在正在进入社区，因为生命就是社区——没有排斥、没有对抗的社区。

每小时记住这点。在长修习时段里，积极运用你的思想，努力理解今天被赋予你的讯息。努力理解精神家庭到底意味着什么。努力理解它是你固有的。你没有选择它。你就是诞生于它。它代表着你迄今为止在内识上的成就。所有内识上的成就都是关于关系的唤回，你的精神家庭是你迄今为止在向上帝的回归中已经唤回的那些关系。

这将超出你的理解，但是你的内识将对今天的讯息和你前几天所修习的祈祷产生共鸣。内识将揭示你必须知道什么以及你必须做什么。这并非意味着你必须试图理解那超出你理解范围的东西。但是你有责任对在此提供给你的沟通做出回应，它来自你自身生命的神秘和你生命里上帝的力量。

你是一个精神家庭的组成部分。你通过你的体验接收它，这一体验将确认你在生命里的参与和你来此服务的伟大宗旨。

练习 300：两个 30 分钟

每小时练习

Step 301

I WILL NOT LOSE MYSELF IN ANXIETY TODAY.

DO NOT ALLOW THE HABIT OF LOSING YOURSELF in anxiety to

capture your mind this day. Accept that you are entering a greater life with a greater sense of purpose. Allow yourself to rely upon the certainty of Knowledge within you and its confirmation of your true relationships. Be at peace this day. Allow stillness to abide with you as you walk through the world.

UPON THE HOUR REPEAT TODAY'S IDEA. In your deeper practices, use it as an invocation to begin and as a benediction to complete your meditation. In your meditations allow yourself to be still. Do not let uncertainty capture you today. Do not let anxiety take you away. You are abiding with Knowledge, which is the source of all certainty in the world. You are abiding with it, and you are allowing it to spread its potency and its gifts to you who are learning now to reclaim certainty for yourself. Allow this day to be a confirmation of your studenthood. Allow this day to be an expression of Knowledge.

PRACTICE 301: *Two 30-minute practice periods.*

Hourly practice.

第 301 阶 今天我不会让自己迷失在焦虑里。

今天别让迷失在焦虑里的习惯捕获你的思想。要接受你正在带着一种更伟大宗旨感进入一个更伟大生命。让自己去依赖你内在内识的确定性和它对你真正关系的确认。今天保持和平。当你走过世界时，让静心和你坚守。

每小时重复今天的想法。在你的深度修习里，用它作为一个祈祷来开始，并用它作为一个祝福来结束你的冥想。在你的冥想中，让自己保持静心。今天别让不确定抓住你。别让焦虑把你带走。你和内识坚守在一起，它是世界所有确定性的源泉。你和它坚守，你允许它把它的力量和它的礼物传播给正在学习为自己唤回确定性的你。让今天成为你学生身份的确认。让今天成为内识的表达。

练习 301：两个 30 分钟

每小时练习

Step 302

I WILL NOT RESIST THE WORLD TODAY.

DO NOT RESIST THE WORLD, for the world is the place you have

come to serve. It is the place where Knowledge will express itself as you learn to become a vehicle for Knowledge. Allow the world to be as it is, for without your condemnation it will be far easier for you to be in the world, to utilize its resources and to recognize its opportunities.

DO NOT RESIST THE WORLD, for you are from beyond the world.

The world is no longer a prison for you but the place for you to contribute. To whatever extent you have not been able to adjust to the world in the past and to whatever extent being in the world has been difficult for you, you are now looking at the world in a new way. You have sought the world to replace Knowledge, and now you are realizing Knowledge is being given to you from your Source. Thus, the world is no longer being used as a substitute for Knowledge and the world can now become a canvas upon which you can express the potency of Knowledge. Thus, the world becomes what it rightfully is in your life. For this reason you do not need to resist the world today.

AS YOU PASS THROUGH THE WORLD THIS DAY, remember this idea upon the hour and let yourself be present to whatever circumstance you are in. Allow your inner life to be still so that Knowledge may exert its influence and its guidance for you. Allow yourself to carry certainty today—the certainty of Knowledge. This is a certainty that you have not invented or constructed for yourself. It abides with you always, in spite of your confusion.

DO NOT RESIST THE WORLD TODAY, for Knowledge is with you. In your longer practice periods, remember this idea both before and after your meditations. In your meditations escape the world into the sanctuary of stillness. The greater your involvement in the sanctuary of stillness, the greater ease you will have in being in the world, for you will not be attempting to use the world as a substitute for your Ancient Home. Here the world becomes beneficial to you, and you become beneficial to the world.

PRACTICE 302: *Two 30-minute practice periods.*

Hourly practice.

第 302 阶 今天我不会抗拒世界。

别抗拒世界，因为世界是你来此服务的地方。它是内识将表达它自己的地方，因为你在学习成为内识的一个载体。让世界保持它真正的样子，因为有了你的谴责，你会更容易身处世界、使用它的资源并认知它的机遇。

别抗拒世界，因为你来自世界之外。世界对你来说不再是监狱，而是一个让你进行贡献的地方。无论过去你怎样难以适应世界，无论身处世界对你来说多么困难，现在你是在以一种新的方式看待世界。你曾试图用世界取代内识，现在你意识到内识从你的源泉被赋予你。这样，世界不再被用作内识的替代品，而是能够成为一块你可以表达内识力量的画布。这样，世界在你的生命里成为了它本应的样子。因此，今天你不需要抗拒世界。

今天当你穿过世界时，每小时记住这一想法，无论你身处何种境况，让自己保持临在。让你的内在生命保持静心，这样内识就能发挥它的影响力和对你的指导。今天让自己携带确定性——内识的确定性。这种确定性不是你为自己发明或构建的。它始终和你在一起，即使在你困惑的时候。

今天别抗拒世界，因为内识和你在一起。在你的长修习时段里，在冥想之前和之后记住这个想法。在冥想中，远离世界进入静心的庇护里。你越是进入静心的庇护，你就越能轻松地身处世界，因为你不会试图利用世界作为你古老家园的替代品。在此，世界变得对你有益，你也变得对世界有益。

练习 302：两个 30 分钟

每小时练习

Step 303

I WILL STEP BACK FROM

THE WORLD'S PERSUASIONS TODAY.

STEP BACK FROM THE WORLD'S PERSUASIONS. Recognize what is

certain and what is confused. Recognize what is devoted and what is ambivalent. Let not the power of the world's frustration and confusion overtake you today, but hold the light of God within your heart. Keep it burning within yourself as you venture into the world. Thus, you pass through the world unscathed and uninfluenced because you are abiding with Knowledge. Without Knowledge, the world merely sweeps you away in its own frenzy. It sweeps you away in its inducements and its mad pursuits.

TODAY YOU ABIDE WITH KNOWLEDGE, and so you are free of the world's persuasions. Repeat today's idea upon the hour and recognize how important it is in maintaining your inner balance and your sense of self and certainty. Realize how important today's idea is in allowing you to keep stillness alive within you so that your deeper meditations, in which you will practice stillness again today, can exert their influence and their results upon all of your activities, for this is their purpose.

RECOGNIZE THE WORLD'S PERSUASIONS AND STEP BACK. This you are given to do, for here you have the power of decision. This you can do once you recognize the world's persuasions and realize how important Knowledge is. This will enable you to exercise the power of decision on your own behalf. Here the world will not claim you, and here you will be a force for good in the world, for this is your purpose.

IN YOUR DEEPER MEDITATION PRACTICES, once again give today's idea as an invocation to prepare you. In stillness and in silence enter into the sanctuary of Knowledge so that you may rejuvenate and refresh yourself there. Find reprieve there from your own internal conflicts and from the conflicts that rage in the world. When you return from your sanctuary, remind yourself that you will not be claimed by the world's confusion. Remind yourself that you will not fall prey to the world's persuasions. Then, you will carry forth the safety that you are now learning to receive into the world around you.

PRACTICE 303: Two 30-minute practice periods.

Hourly practice.

第 303 阶 今天我将避开世界的说服。

避开世界的说服。认知什么是确定，什么是困惑。认知什么是献身投入，什么是左右矛盾。今天别让世界挫败和困惑的力量压倒你，而是在你内心擎起上帝之光。当你冒险进入世界时，让它在你内心燃烧。这样，你会不受伤害、不被影响地穿行世界，因为你和内识坚守在一起。没有内识，世界只会在它自己的狂暴里把你卷走。它在它的劝诱和它疯狂的追求里把你卷走。

今天坚守内识，这样你可以摆脱世界的说服。每小时重复今天的想法，认知它对于保持你的内在平衡和你的自我和确定感是多么重要。认知今天的想法对于让你保持你的内在静心是多么重要，这样你今天将再次进行静心修习的深度冥想，就能够在所有的活动里发挥它们的影响力和它们的结果，因为这正是它们的宗旨。

认清世界的说服并避开它。这是你要做的，因为在此你拥有决策的力量。这是你能做的，一旦你认清了世界的说服并意识到内识的重要性。这使你能够为了自身利益行使决策的力量。在此世界不会夺走你，在此你将成为世界上一个正义的力量，因为这正是你的宗旨。

在你的深度冥想里，再次用今天的想法作为开始准备的祈祷。在静心和安静里进入内识的庇护里，这样你就能够在那里恢复和换新自己。在那里找到纾解，远离你自身的内在冲突和世界掀起的冲突。当你从你的庇护所归来时，提醒自己你将不会被世界的困惑夺走。提醒自己你将不会陷入世界的说服里。这样，你将把你正在学习接收的安全感带进你周遭的世界。

练习 303：两个 30 分钟

每小时练习

Step 304

I WILL NOT BE A STUDENT OF FEAR TODAY.

REMEMBER THAT YOU ARE ALWAYS A STUDENT—every day, every hour and every moment. Therefore, as you become more conscientious, you must select what you will learn. Here you are given a real choice, for you are either a student of Knowledge or you are a student of confusion. Do not be a student of confusion today. Do not be a student of fear today, for without Knowledge there is uncertainty and there is fear. Without Knowledge there are fearful pursuits which perpetrate greater fear and a greater sense of loss.

REALIZE YOUR RESPONSIBILITY AS A STUDENT. Realize this and accept this with relief, for you have a meaningful choice here—to be a student of Knowledge or a student of confusion. Knowledge will cast its influence upon you to enable you to make the right choice, to choose that which renders you certainty, purpose, meaning and value in the world. Then, you may become a force for Knowledge in the world to dispel confusion, darkness and fear from all minds that labor under their oppressive weight.

DO NOT BE A STUDENT OF FEAR. Make this resolution within yourself upon the hour as you recognize the fearful persuasions of the world, the confusion of the world and its dark influence upon all who feel its oppression. Allow yourself to be a liberated soul within the world. Hold the jewel of love within your heart. Hold the light of Knowledge within your heart. When you return to your two deeper meditation practices today, repeat the idea for today so that you may enter into stillness and silence within your sanctuary. Rejuvenate yourself in Knowledge and refresh yourself, for Knowledge is the great light that you carry. The more that you come within its presence, the more it will radiate itself upon you and the more it will shine upon you and, through you, upon the world.

PRACTICE 304: *Two 30-minute practice periods.*

Hourly practice.

第 304 阶 今天我不做恐惧的学生。

记住你始终是一个学生——每一天，每小时，每一刻。因此，当你变得更加认真时，你必须选择你将学习什么。在此你被赋予了一个真正的选择，因为你要么是内识的学生，要么是困惑的学生。今天别做困惑的学生。今天别做恐惧的学生，因为有了内识，就会有不确定和恐惧。没有了内识，就会有带来更大恐惧和更大损失感的可怕追求。

意识到你身为学生的责任。意识到这一点，并带着释怀接受它，因为在此你有一个有意义的选择——是做内识的学生，还是做困惑的学生。内识将对你施加它的影响力，来让你做出正确选择，选择那在世界上给你带来确定、宗旨、意义和价值的东西。这样，你就能够成为世界上一个内识的力量，把困惑、黑暗和恐惧从所有受其重压的思想里驱散。

别做恐惧的学生。当你认知世界可怕的说服、世界的困惑以及它给所有受其压迫者带来的黑暗影响时，每小时在内心确认这一决心。让自己成为世界上一个解放的灵魂。在你内心抱持爱的珍宝。在你内心抱持内识之光。当你回归到两次深度冥想修习中时，重复今天的想法，这样你就能够在你的庇护所里进入静心和安静。在内识里恢复自己并换新自己，因为内识是你携带的伟大光明。你越进入它的临在，它就越向你发散，向你照耀，并通过你照耀世界。

练习 304：两个 30 分钟

每小时练习

Step 305

I FEEL THE POWER OF LOVE TODAY.

I F YOU ARE NOT CAUGHT IN THE WORLD'S PERSUASIONS, you will

feel the power of love. If you are not seduced into the world's ambivalence, you will feel the power of love. If you are with Knowledge, you will feel the power of love. This is natural to you, to your being, to your nature and to the nature of all who reside here with you. Therefore, as your studenthood in Knowledge deepens, your experience of love will deepen.

ALLOW LOVE TO BE IN YOUR LIFE TODAY, for Knowledge and love are one. Allow yourself to be a recipient of this today, for in this you are honored and your sense of unworthiness is dispelled. Receive the power of love upon the hour and receive it in your deeper meditation practices, where you practice true receptivity.

ALLOW KNOWLEDGE TO REVEAL THE NATURE OF LOVE TO YOU.

Allow your love for Knowledge to generate Knowledge for you, for Knowledge loves you as its own, and as you learn to love Knowledge as your own, your sense of separation from life will disappear. Then, you will be prepared as a contributor in the world, for then you will only wish to contribute that which you have received. You will then realize that there is no other gift that can in any way compare to the gift of Knowledge, which is the gift of love. This you will wish to bestow upon the world with all your heart. Here your Teachers will become more active for you, for they will prepare you to contribute this effectively so that you may fulfill your destiny in the world.

PRACTICE 305: *Two 30-minute practice periods.*

Hourly practice.

第 305 阶 今天我感受爱的力量。

如果你不被世界的说服捕获，你将感受到爱的力量。如果你不被世界的矛盾心态劝诱，你将感受到爱的力量。如果你和内识同在，你将感受到爱的力量。这对你、对你的存有、对你的本质以及对所有和你居住这里的人们的本质来说，是自然而然的。因此，当你的内识学生生涯不断深化时，你对爱的体验也将深化。

今天让爱存在于你的生命里，因为内识和爱是一体的。今天让自己成为它的接收者，因为由此你得到尊重，你的无价值感被驱散。每小时接收爱的力量，在你的深度冥想里接收它，在这里你修习真正的接收性。

让内识向你揭示爱的本质。让你对内识的爱为你带来内识，因为内识爱你如己，当你学习爱内识如己时，你和生命的分离感将会消失。这样，你将准备成为世界的一个贡献者，因为那时你只会希望去贡献你所接收的。那时你将意识到没有任何礼物能以任何方式和内识的礼物相提并论，它是爱的礼物。你希望用尽全力将它赋予世界。在此你的上师们会变得更加活跃，因为他们将让你做出准备以有效贡献它，这样你就能够成就你在世界上的天命。

练习 305：两个 30 分钟

每小时练习

Step 306

I WILL REST IN KNOWLEDGE TODAY.

IN KNOWLEDGE YOU WILL FIND REST AND REPRIEVE from the

world. In Knowledge you will find comfort and assurance. In Knowledge all that is truest in life will abide with you, for in Knowledge the Christ and the Buddha are one. In Knowledge all the great achievements of the great Spiritual Emissaries unite and become revealed to you. In this, their promise is fulfilled, for they have given themselves for this purpose. Thus, the Knowledge that you receive today is the fruit of their giving, for Knowledge has been kept alive in the world for you. It has been kept alive by those who have received and contributed it. Thus, their lives provide the foundation for yours. Their giving provides the foundation for your giving. Their acceptance of Knowledge strengthens your acceptance of Knowledge.

THE PURPOSE OF ALL TRUE SPIRITUAL TEACHING is the experience and the manifestation of Knowledge. This can imbue the simplest gift and the greatest gift, the most mundane action and the most extraordinary action. You are in great company, you who practice Knowledge. You receive the gift of the Christ and the Buddha. You receive the gift of all true Spiritual Emissaries who realized their Knowledge. Thus it is that your participation today is given strength and foundation as you carry on the great purpose of keeping Knowledge alive in the world.

TODAY UPON THE HOUR and in your two deep meditation practices, rest in Knowledge, which is living within you now.

PRACTICE 306: *Two 30-minute practice periods.*

Hourly practice.

第 306 阶 今天我将在内识里休憩。

在内识里你将找到休憩和从世界的纾解。在内识里你将找到安慰和保证。在内识里，生命所有最真实的东西将和你同在，因为在内识里，基督和佛陀是合一的。在内识里，那些伟大灵性使者们的所有伟大成就结合在一起，并被揭示给你。由此，他们的承诺得到了履行，因为他们为这一宗旨奉献他们自己。因此，你今天接收的内识是他们奉献的结果，因为内识在世界上为你保持着存活。它因为那些接收和奉献它的人们而保持了存活。因此，他们的生命为你的生命提供了基础。他们的奉献为你的奉献提供了基础。他们对内识的接受强化了你对内识的接受。

所有真正灵性教程的宗旨是体验和显现内识。它能渗入最简单和最伟大的礼物里，渗入最普通和最非凡的行动中。你，那个修习内识的你，有伟大的同伴。你接收着基督和佛陀的礼物。你接收着来自发现内识的所有真正灵性使者们的礼物。正因如此，你今天的参与被赋予力量和基础，因为你继承着让内识在世界保持存活的伟大宗旨。

每小时里以及在两次深度冥想里，在内识里休憩，它现在就活在你的内心。

练习 306: 两个 30 分钟

每小时练习

Step 307

KNOWLEDGE IS LIVING WITHIN ME NOW.

KNOWLEDGE IS LIVING WITHIN YOU, and you are learning to

live with Knowledge. Thus, all darkness and illusion are dispelled from your mind as you come to realize what your life has always been and will always be. As you realize the changelessness of your true existence, you will realize how it wishes to express itself in the world of change. Your Knowledge is greater than your mind, greater than your body and greater than your definitions of yourself. It is changeless yet ever changing in its expression. Beyond fear, doubt and destruction it abides within you, and as you learn to abide with it, all of its qualities will become your own.

THERE IS NOTHING THAT THE WORLD CAN PROVIDE that can in any way compare to this, for all the world's gifts are momentary and transitory. As you honor them, your fear of losing them will increase. As you hold them to yourself, your anxiety about death and destruction will be enhanced, and you will re-enter confusion and frustration. But with Knowledge, you may possess things in the world without identifying with them. You may receive them and release them according to the necessity of doing so. Then, the great anxiety of the world will not affect you, but the power of Knowledge that you carry will affect the world. In this way, you will affect the world more than it affects you. In this way, you will be a contributor to the world. In this way, the world will be blessed.

REJUVENATE YOURSELF IN KNOWLEDGE in your deeper practice periods in stillness and remind yourself upon the hour of the power of Knowledge that you carry this day. Let not any doubt or uncertainty dissuade you, for here doubt and uncertainty are completely unnatural. You are learning to become natural because what could be more natural than being yourself? And what could be more yourself than Knowledge itself?

PRACTICE 307: *Two 30-minute practice periods.*

Hourly practice.

第 307 阶 内识就活在我的内心。

内识就活在你的内心，你在学习和内识生活在一起。这样，当你开始意识到你生命一直以来的样子和未来永远的样子时，所有的黑暗和幻想都从你的思想里被驱散了。当你意识到你真正存有的永恒不变时，你将意识到它是多么希望在变化的世界上表达它自己。你的内识比你的思想更伟大，比你的身体更伟大，比你对自己的定义更伟大。它永恒不变，然而又在它的表达上不断变化。它和你坚守在一起，超越恐惧、怀疑和破坏，当你学习和它坚守在一起时，它所有的品质都将成为你的。

世界能够提供的任何东西，都无法以任何方式与之相提并论，因为世界所有的礼物都是短暂和临时的。当你重视它们时，你对失去它们的恐惧将会增加。当你紧抓它们时，你对死亡和破坏的焦虑将会增强，你将再次进入困惑和挫败里。然而有了内识，你就能够在世界上拥有东西，却不认同它们。你就能够根据必要性接收它们和释放它们。这样，世界的巨大焦虑就不会影响你，而你携带的内识力量将会影响世界。通过这样，你对世界的影响将超过世界对你的影响。通过这样，你将成为世界的一个贡献者。通过这样，世界将得到祝福。

在静心的深度修习里，在内识中恢复你自己，并在每小时提醒自己你今天携带的内识力量。别让任何怀疑或不确定阻碍你，因为在此怀疑和不确定是完全不自然的。你在学习变得自然，因为，什么能比做你自己更加自然呢？什么能比内识本身更是你自己呢？

练习 307：两个 30 分钟

每小时练习

Step 308

REVIEW

IN YOUR LONGER PRACTICE PERIOD TODAY undertake the

Review of the past two weeks of training according to our previous instructions. This is a very important review period, for you will be reviewing the invocations that have been given to you, and you will be reviewing as well the potency of the task that you are undertaking as a student of Knowledge. Recognize in these past two weeks your own fear of Knowledge. Realize your own fear of the mystery of your life. Recognize any attempts that you might have made to re-enter illusion and imagination. Recognize this contrast in learning which is so essential to your understanding.

REVIEW THIS WITH OBJECTIVITY AND COMPASSION. Know that your ambivalence towards life must be realized and that it will continue to express itself with ever decreasing potency as you come closer and closer to Knowledge. Remember that Knowledge is life itself, the very essence of life. It is changeless and yet expressing itself through change constantly. To experience it, you must strengthen your participation as a student of Knowledge and remember that you are a beginning student of Knowledge so that you cannot rely upon your assumptions. You must receive the curriculum and be guided in applying it. In this way, you will be safe from all misapplication, all misinterpretation and thus safe from error.

THIS REVIEW IS VERY IMPORTANT, for you are now reaching a great turning point in your participation as a student of Knowledge. Knowledge is beginning to have potency now. You are beginning to feel its power. You are beginning to realize its total importance to you. You who have been partial with life in the past are now realizing that life is completely with you and will require that you be completely with it. This is your salvation and your redemption, for here all separation, fear and misery are dispelled. What can you possibly lose to receive such a gift? You lose only your imagination, which has haunted you, threatened you and frightened you. Yet, even your imagination will be given a greater purpose with Knowledge, for it is meant to serve you in a different way.

CARRY ON YOUR REVIEW WITH GREAT DEPTH AND SINCERITY. Do not be concerned how long this takes. Your time cannot be better spent. Review the past two weeks so that you may observe the advancement of Knowledge within yourself. You will need this

understanding if you are to support others in the future in reclaiming Knowledge for themselves.

PRACTICE 308: *One long practice period.*

第 308 阶 复习

在今天的长修习时段里，按照我们以前的指引展开对过去两周培训的复习。这是一个非常重要的复习时段，因为你将回顾被提供给你的祈祷，你还将回顾你作为内识学生所开展任务的力量。认识到过去两周里你自己对内识的恐惧。意识到你自己对你生命神秘的恐惧。认识到你试图重新进入幻觉和想象的任何企图。要认识到，学习过程中的这种对比对你的理解来说至关重要。

带着客观性和慈悲进行回顾。要知道你对于生命的矛盾心态必须得到认知，当你越来越靠近内识时，它还将继续表达它自己，但力量会越来越微弱。记住内识就是生命本身，是生命的最精髓。它是永恒不变的，然而又通过不断的变化表达它自己。要体验它，你必须强化你作为内识学生的参与，并牢记你是内识的初级学生，因此你不能依赖你的假设。你必须接收这一课程，并被指引着去运用它。通过这种方式，你将避免所有误用，所有误解，并因此避免犯错。

这次复习非常重要，因为你现在到达了作为内识学生的参与的一个重要转折点。内识正开始拥有力量。你开始感知它的力量。你开始意识到它对你的全然重要性。那个过去只是部分地参与生命的你，现在意识到生命完全地和你同在，并要求你完全地和它同在。这是对你的拯救和对你的救赎，因为在此所有的分离、恐惧和悲伤都被驱散了。接受这样一个礼物，你可能失去什么呢？你失去的只是那些萦绕着你、威胁着你和恐吓着你的想象。然而，带着内识，即使你的想象也将被赋予一个更伟大宗旨，因为它注定要以一种不同方式服务于你。

带着巨大的深度和真诚开展复习。别担心这会花多久。你的时间不可能比这更好地被运用了。回顾过去两周，这样你就能够观察你内在内识的进步。如果你要在未来支持他人为他们自己唤回内识的话，你将需要这种理解。

练习 308：一个长练习时段

Step 309

THE WORLD I SEE IS ATTEMPTING

TO BECOME ONE COMMUNITY.

THE WORLD YOU SEE IS ATTEMPTING TO BECOME one

community, for this is its evolution. How can the world evolve when it is fragmented? How can humanity advance when it is opposing itself? How can the world be at peace when one faction competes with another? The world you see is like the mind that you experience within yourself—warring with itself, yet without purpose or meaning. The world you see is attempting to become one community, for all worlds where intelligent life has evolved must become one community.

HOW THIS WILL BE ACHIEVED AND WHEN IT WILL BE ACHIEVED IS beyond your present scope, but as you look upon the world without judgment you will see the yearning in each person to join. You will see the desire for separation to be ended. The world's pressing problems merely exemplify its predicament and call for the creation of one community in the world. This is so obvious if you but look. As you yourself are becoming one person and healing all wounds within yourself as a student of Knowledge, so is the world attempting to become one world and to heal all of its wounds and all of its internal conflicts and separation. Why is this? Because Knowledge is in the world.

AS YOU ARE DISCOVERING KNOWLEDGE WITHIN YOURSELF, remember that Knowledge is latent within each person, and even in its latency it is casting its influence and extending its direction. The world contains Knowledge, too. It is a larger representation of yourself that you look upon. Thus, as you become a student of Knowledge and are able to objectively recognize your preparation, you will begin to have a true view of the evolution of the world. Here your viewpoint will not be distorted by personal preferences or fears, for the evolution of the world will simply be obvious to you. The evolution of the world is obvious to your Teachers, who look upon the world from beyond its constraints. But you who are within the world, who feel the influence of the world and who share the world's doubt and uncertainty, must learn to look upon the world without these restraints as well.

THE WORLD IS ATTEMPTING TO BECOME ONE COMMUNITY.

Remind yourself of this upon the hour, and in your two deeper

practice periods engage your mind actively in attempting to understand today's idea. Think of the problems of the world and the solutions that they call for. Think of the conflicts in the world and the requirement that they be settled. Realize that if any individual or group of individuals opposes these resolutions and requirements, this will induce them to wage war against the world and one another. The conflicts you perceive are merely the attempt to preserve separation. But the world is attempting to become one community and regardless of the resistance to this, it will relentlessly attempt to do this, for this is its evolution. This is the true desire of all who dwell here, for all separation must be ended and all contribution must be given. This is your purpose and the purpose of all who have come here.

REMEMBER, YOU HAVE BEEN CALLED and you are responding to your one true purpose. In time, others will be called and they will respond. This is inevitable. You are accomplishing the inevitable, which will take a great deal of time and many steps. Knowledge is your source and Knowledge is the result. Therefore, you can be certain of the final outcome of your actions. Regardless of how the world will proceed in its preparation and its difficulties, it must accomplish this one true goal. Thus, you can proceed with certainty.

IN YOUR LONGER MEDITATIONS ATTEMPT TO PENETRATE today's idea. Do not be complacent here, but actively engage your mind as your mind was meant to be engaged. Try to recognize your own ambivalence about the world becoming one community. Try to recognize your fears and concerns about this. Try to recognize as well your desire for one community and your understanding that this is necessary. Once you take inventory of your own thoughts and feelings concerning today's idea, you will further understand why the world is in its current predicament. The world has a certain destiny and a certain course to follow, yet it is ambivalent about everything. Thus, the world itself must unlearn ambivalence, as you are now learning to do, and your accomplishments will assist it in its great undertaking, for this is your contribution to the world.

PRACTICE 309: *Two 30-minute practice periods.*

Hourly practice.

第 309 阶 我看到的世界正努力成为统一社区。

你看到的世界正在努力成为统一社区，因为这是它的进化。当世界四分五裂时，它怎么可能进化呢？当人类和自己对抗时，它怎么可能进步呢？当一派和另一派竞争时，世界怎么可能和平呢？你看到的世界，就像你所体验的你自己思想一样——和自己争斗，然而又毫无宗旨或意义。你看到的世界正在努力成为统一社区，因为所有智能生命得以进化的世界都必须成为统一社区。

至于这怎么能够实现以及何时将会实现，这些超出了你目前的范畴，但是当你不带评判地看向世界时，你会看到每个人内心对结合的向往。你会看到对终止分离的渴望。世界的那些紧迫问题只是在例证它的困境，并召唤世界统一社区的创立。只要你去看，这是如此显在。当你自己作为内识学生正在成为一个统一的人，并在疗愈你内心所有创伤时，这个世界同样在努力成为统一的世界，并疗愈它所有的创伤和它所有的内在冲突和分离。为什么会这样呢？因为内识在世界上。

当你在你内在发现内识时，记住内识潜伏在每个人的内在，即使在它的潜伏状态里，它依然在施加它的影响和扩展它的指引。世界同样拥有内识。你所看到的世界，是你个人的一个更广大体现。因此，当你成为内识学生，并能客观地认知你的准备时，你将开始拥有对世界进化的一种真正视野。在此你的视角不会被个人偏好或恐惧所扭曲，因为世界的进化对你来说就是那么显在。世界的进化对你的上师来说是显在的，他们超越它的局限而看向世界。但是那个身在世界、感受世界影响并分享世界怀疑和不确定的你，同样必须学习不受这些限制地看向世界。

世界正在努力成为统一社区。每小时提醒自己这点，在两次深度修习里，积极投入你的思想努力理解今天的想法。思考世界的问题和它们所召唤的解决方案。思考世界的冲突和解决它们的要求。意识到如果任何个体或团体对抗这些解决方案和要求的话，这会诱使他们发动对抗世界和对抗彼此的战争。你观察到的冲突只不过是维持分离的企图。但是世界正在努力成为统一社区，不管有什么抗拒，它都将矢志不移地努力，因为这是它的进化。这是所有居住这里人们的真正渴望，因为所有分离必须终止，所有贡献必须被奉献。这是你的宗旨和所有来到这里的人们的宗旨。

记住，你被召唤了，并且你正在对你唯一真正宗旨做出回应。慢慢地，其他人也将接到召唤，并且他们将做出回应。这是不可避免的。你在成就一个不可避免的事，它需要大量时间和很多步骤。内识是你的源泉，内识也是结果。因此，你可以肯定你行动的最终结果。无

论世界在它的准备和它的艰难里将如何前进，它必须实现这唯一真正目标。因此，你可以带着确定性前行。

在长冥想时段里，努力深入今天的想法。在此不要自满，而是积极运用你的思想，因为你的思想注定要被运用。努力认知你自己关于世界成为统一社区的矛盾心态。努力认知你对此的恐惧和担心。还要努力认知你对统一社区的渴望以及你对它的必要性的理解。一旦你盘点了你自己关于今天想法的思考和感受，你将进一步理解为什么世界会处在它当下的困境里。世界有一个特定的天命和一个特定的历程要去遵循，然而它对一切都是左右矛盾的。因此，世界自身必须摒弃矛盾心态，正如你正在学习做的那样，并且你的成就将能帮助世界的伟大努力，因为这是你对世界的贡献。

练习 309：两个 30 分钟

每小时练习

Step 310

I AM FREE BECAUSE I DESIRE TO GIVE.

Y

OUR FREEDOM WILL BE FULFILLED, your freedom will be

completed and your freedom will be reclaimed forever through the contribution of your true gifts to the world. You who are now dedicating yourself to give and are learning of the nature of your gift and your responsibility as a giver are setting the stage for your own freedom and securing your own freedom within the world. Do not be discouraged that the world does not hold your values and do not be dismayed that the world does not share your commitment, for there are many within the world and beyond the world who are undertaking the same preparation as you. There are many who have accomplished your current preparation who now serve the world with all their heart and soul.

THUS, YOU ARE PART OF A GREAT LEARNING COMMUNITY. What you are learning now all of the world must learn eventually, for all must reclaim Knowledge. This is God's Will. We are now attempting to minimize the amount of time it will take and the difficulty that will be encountered. Yet, we understand that evolution must take its course within the individual and within humanity as well. Thus, Knowledge extends itself to support the true evolution of life so that life may realize itself and fulfill itself. This process continues within you and within the world. You who are claiming your studenthood in Knowledge will claim your advocacy for Knowledge. In this, you will increasingly become a force for good in the world—a force that dispels ambivalence, confusion, and conflict, a force for peace, a force for certainty and a force for true cooperation and relationship.

REMEMBER THIS IDEA UPON THE HOUR throughout the day and in your two deeper practice periods, actively engage your mind in thinking about this. Let your mind be a useful instrument of investigation. Once again review all your ideas and beliefs that are associated with today's idea. Once again realize how ambivalence is still robbing you of inspiration, robbing you of motivation, robbing you of courage and robbing you of relationship. Strengthen your studenthood and your advocacy for Knowledge so that you may further escape ambivalence this day and receive the certainty that is your inheritance.

PRACTICE 310: *Two 30-minute practice periods.*

Hourly practice.

第 310 阶 我是自由的因为我渴望奉献。

通过把你真正的礼物奉献给世界，你的自由将得以成就，你的自由将得到完成并且你的自由将永远地被唤回。那个正在投身于奉献，正在学习你礼物的本质，并正在学习做一名奉献者的责任的你，正在为你自己的自由布下舞台，并正在世界上确保你的自由。别因为世界不抱持你的价值观而气馁，别因为世界不分享你的承诺而沮丧，因为世界上和世界外有很多正在开展和你同样准备的存有。很多人已经完成了你当下的准备，他们正在以他们的全心和灵魂服务于这个世界。

因此，你是一个伟大学习社区的组成部分。你现在学习的东西，是世界所有人最终必须学习的，因为所有人都必须唤回内识。这是上帝的旨意。我们现在努力做的，是尽可能减少这所需要的时间以及将会遇到的困难。然而，我们理解进化对于每个人以及对于人类来说都必须顺其自然。因此，内识拓展它自己以支持生命的真正进化，这样生命就能认知自己并成就自己。这一过程在你内心和在世界里持续着。那个正在宣称内识学生身份的你，将宣称你对内识的倡导。由此，你将越来越成为世界上一个正义的力量——一个驱散矛盾、困惑和冲突的力量，一个和平的力量，一个确定的力量和一个真正合作和关系的力量。

贯穿全天每小时记住这一思想，在两次深度修习里，积极运用你的思想去思考它。让你的思想成为一个有用的探究工具。再次回顾你所有与今天思想相关的想法和信仰。再次意识到矛盾心态是如何剥夺着你的灵感，剥夺着你的动力，剥夺着你的勇气并剥夺着你的关系。强化你的学生身份和你对内识的倡导，这样今天你就能够进一步摆脱矛盾心态，并接收你所继承的确定性。

练习 310：两个 30 分钟

每小时练习

Step 311

THE WORLD IS CALLING ME.

I MUST PREPARE TO SERVE IT.

Y

OU HAVE COME TO SERVE THE WORLD, yet you must prepare to

serve it. You cannot prepare yourself, for you do not know what you are preparing for, and you do not know the methods of preparation, for these must be given to you. But you do know that you must prepare, and you do know that you must follow the steps of preparation, for this is in your Knowledge already.

YOU HAVE COME TO SERVE THE WORLD. If this is denied or neglected, you will fall into disarray within yourself. If your purpose is not being served and furthered, you will feel alienated from yourself, and you will fall into the darkness of your own imagination. You will condemn yourself and believe that God condemns you as well. God does not condemn you. God calls you to recognize your purpose and fulfill it.

LET NOT AMBITION TAKE YOU INTO THE WORLD PREMATURELY.

Remember you are a student of Knowledge. You follow Knowledge in the world because you are preparing to be a vehicle for its contribution and a recipient of its gifts. This will require restraint on your part. This will require adherence to a greater preparation. A student need only follow the guidance of the instruction. A student need only trust in the power of the instructor. Your Knowledge will confirm this and will dispel your uncertainty here, for your Knowledge is returning to its Home and to its Source. It is returning to that to which it must return. It is responding to that which it must fulfill in the world.

DO NOT HATE THE WORLD OR RESIST IT, for it is the place where you will fulfill your destiny. Thus, it deserves your gratitude and appreciation. Yet, also remember to respect the power of its confusion and its inducements. Here you must be strong with Knowledge, and though you appreciate the world for strengthening your resolution for Knowledge, you also take note of the world's confusion and enter into the world carefully, with discernment and adherence to Knowledge. All of these are important, and we will remind you of them as we proceed, for they are essential for you to learn Wisdom as a student. It is both your desire for Knowledge and your capacity for Knowledge that we must cultivate and that you must learn to receive.

PRACTICE 311: *Read the lesson three times today.*

第 311 阶 世界正在召唤我。我必须进行准备去服务于它。

你来是为了服务世界，但你必须进行准备去服务于它。你无法准备你自己，因为你不知道你为什么事情进行准备，并且你不知道准备的方法，因为这些必须被赋予你。但是你知道你必须进行准备，你知道你必须遵循准备的步骤，因为这已然存在于你的内识里。

你来是为了服务世界。如果这被拒绝或忽视，那么你的内心会陷入混乱。如果你的宗旨没有得到服务和推进，你会感到你从自己脱离了，你会陷入你自身想象的黑暗。你会谴责你自己，并相信上帝也会谴责你。上帝不会谴责你。上帝召唤你去认知你的宗旨并去成就它。

别让野心过早地带你进入世界。记住你是内识的学生。你在世界上遵循内识，因为你正在准备成为它贡献的载体以及它礼物的接收者。这将需要你自身的克制。这将需要坚持一个更伟大准备。一个学生只需要遵循指引的指导。一个学生只需要信任导师的力量。你的内识将确认这点，并将驱散你在此的不确定，因为你的内识正在回归它的家园和它的源泉。它在回归它必须回归的地方。它在回应它在世界上必须成就的事情。

别仇恨或抗拒世界，因为它是你将成就你天命的地方。因此，它值得你的感恩和激赏。然而，也要重视它困惑和诱惑的力量。在此你必须让内识变得强大，虽然你感激世界强化了你对内识的决心，但你同时也注意到世界的困惑，并带着辨识力和对内识的坚持，谨慎地迈进世界。所有这些都很重要，当我们前行时我们会提醒你这些，因为它们对于你作为学生去学习智慧是必不可少的。我们必须培养，同时你必须学习接收的，是你对内识的渴望和你对内识的能力。

练习 311: 今天阅读三遍本课程

Step 312

THERE ARE GREATER PROBLEMS

FOR ME TO SOLVE IN THE WORLD.

M

ANY OF YOUR PERSONAL PROBLEMS WILL BE RESOLVED AS

you give yourself to a greater calling. Some of your personal problems you will need to attend to specifically, but even here you will find that their weight upon you will diminish as you enter into a greater arena of participation in life. Knowledge gives you greater things to do, but it does not overlook any detail of what you must accomplish. Therefore, small details and great details, small adjustments and great adjustments are all included. Nothing is left out. You yourself could not possibly balance your preparation in this respect, for you would not know how to establish your priorities between what is great and what is small. Your attempt to do so would merely push you deeper into confusion and frustration.

BE GRATEFUL, THEN, THAT YOU HAVE BEEN SPARED from attempting the impossible for yourself, for what is real is given to you. What you must do is become a student and a vehicle for Knowledge. This will activate all meaningful individual development and all meaningful individual education. It will require more of you than you have required of yourself, and all that it requires will be fulfilled and will yield its true promise for you.

UPON THE HOUR REMIND YOURSELF OF THIS and take heart that a greater involvement is promised which will provide you escape from your individual misery. In your deeper practice periods today, actively engage your mind to review all of your small personal problems. Review all of the things you think hold you back and all of the things you think you must resolve for yourself. As you look at each one objectively, without denial, remember and remind yourself that a greater calling is given you which will correct these things or make their correction unnecessary. Remind yourself that Knowledge will provide correction at all levels as your life becomes uniform and directed, as your Knowledge begins to emerge and as your true sense of self begins to be recognized and received.

PRACTICE 312: *Two 30-minute practice periods.*

Hourly practice.

第 312 阶 世界上有更重大的问题需要我去解决。

当你把自己奉献给一个更伟大召唤时，你的很多个人问题将得到解决。有些个人问题你需要特别地去关注，但即使在这里你也会发现，当你进入生命一个更广大参与场景时，这些问题施加在你身上的重量将会减轻。内识给你更伟大的事情去做，但它不会忽视你必须完成事情的任何细节。因此，微小细节和重要细节，微小调整和重大调整都会被考虑在内。没有任何遗漏。在这方面，单凭你自己是不可能平衡你的准备的，因为你不知道该如何在伟大和渺小之间建立你的优先次序。你对此的尝试只会把你更深地推进困惑和挫败里。

因此要感激你从那不可能的企图中被解脱出来了，因为真正的东西被赋予了你。你必须做的是成为内识的学生和载体。这将激活所有有意义的个人发展和所有有意义的个人教育。它要求你的将比你要求你自己的更加多，并且它所要求的一切都将得到成就，并将实现它对你的真正承诺。

每小时提醒自己这点，并坚信一个更伟大的参与被承诺给你，它将让你摆脱你个人的痛苦。在今天的深度修习里，积极投入你的思想去回顾你所有那些渺小的个人问题。回顾所有你认为阻碍你的事情，以及所有你认为你必须为自己解决的事情。当你不带否认地客观检视每一个时，记住并提醒自己一个更伟大召唤被赋予了你，它将纠正这些事情或是使它们的纠正变得没有必要。提醒自己当你的生命变得统一并得到指引，当你的内识开始浮现，并且当你真正的自我感开始被认知和被接收时，内识将会在所有层面上提供纠正。

练习 312：两个 30 分钟

每小时练习

Step 313

LET ME RECOGNIZE THAT

WHAT IS COMPLEX IS SIMPLE.

Y

OU THINK YOUR PERSONAL PROBLEMS ARE COMPLEX. You

think the world's problems are complex. You think your future and your destiny are complex. This is because you have lived in imagination and have attempted to resolve questions without certainty. This is the result of using your personal beliefs to organize the universe according to your liking. This is the result of attempting the impossible, and this is the result of failing the impossible.

YOU HAVE BEEN SAVED BECAUSE KNOWLEDGE is with you. You have been redeemed because you are learning to receive Knowledge. Thus it is that all conflicts will become resolved, and you will find true purpose, meaning and direction in the world. You will find that you will still attempt to solve your problems for yourself, and this will only remind you that you need Knowledge to guide you, for all your own efforts can do without Knowledge is remind you of your need for Knowledge.

THEREFORE, TODAY REMEMBER UPON THE HOUR that Knowledge is with you and that you are a student of Knowledge. Have confidence that all problems you perceive—great and small, within yourself and without—will be resolved through Knowledge. Remind yourself as well that this does not put you in a passive state. This will require your active engagement as a student of Knowledge and the active development of your abilities for a true purpose. Indeed, you have been passive before because of your attempts at the impossible and your failure at the impossible. Now you are becoming active, and that which is active within you is Knowledge, for you are now receiving your True Self.

IN YOUR TWO LONGER PRACTICES, actively engage yourself with today's idea. Attempt to penetrate its meaning. Review all ideas and beliefs that you currently possess that are related to it. Allow yourself to take inventory of your thoughts and beliefs so that you may come to recognize the work that must be accomplished within you. You are the first recipient of Knowledge, and once you have attained a certain degree of accomplishment here, Knowledge will naturally flow through you. Your activities will then be increasingly engaged in serving the world around you, and greater problems will be presented

to you so that you may be saved from your own dilemma.

PRACTICE 313: *Two 30-minute practice periods.*

Hourly practice.

第 313 阶 让我认识到复杂的事情其实是简单的

你认为你的个人问题是复杂的。你认为世界的问题是复杂的。你认为你的未来和你的天命是复杂的。这是因为你生活在想象里，并试图不带确定性地去解决问题。这是根据你的想法运用你的个人信仰来组织宇宙的结果。这是尝试不可能之事的失败，这是败在不可能之事的失败。

你已经被拯救了，因为内识和你同在。你已经被救赎了，因为你正在学习接收内识。正因为如此，所有的冲突都将得到解决，并且你将在世界上找到真正的宗旨、意义和方向。你会发现你依然试图自己去解决自己的问题，这只会提醒你，你需要内识来指引你，因为你所有不带内识的努力只会提醒你，你对内识的需要。

因此，今天每小时记住内识和你同在，并且你是内识的学生。要有信心你所感知的所有问题——无论大小，无论内在还是外在——都将通过内识得到解决。同时提醒自己这并非置自己于一个被动状态里。这将需要你作为内识学生进行积极参与，并为一个真正宗旨去积极发展你的能力。事实上，你以前才是被动的，因为你尝试不可能之事并败在不可能之事。现在你变得积极起来，那在你内心活跃的就是内识，因为你正在接收你的真正自我。

在两次长修习时段里，积极投入到今天的想法里。努力深入它的含义。回顾你现在所抱持的所有与之相关的想法和信仰。让自己盘点你的想法和信仰，这样你将能够开始认知你内在必须完成的工作。你是内识的第一接收者，一旦你在此达到了一定程度的成就，那么内识将自然地通过你流淌。你的活动将越来越多地参与到服务于你周遭的世界，并且更重大的问题将被呈现给你，这样你就能够从你自身的困境中被拯救出来。

练习 313: 两个 30 分钟

每小时练习

Step 314

I WILL NOT BE AFRAID TO FOLLOW TODAY.

DO NOT BE AFRAID TO FOLLOW, for you are a follower. Do not

be afraid to be a student, for you are a student. Do not be afraid to learn, for you are a learner. Merely accept what you are and utilize it for good. Here you end the war against yourself, where you have attempted to be something that you are not. Learn to accept yourself, and you will realize you are accepted. Learn to love yourself, and you will realize that you are loved. Learn to receive yourself, and you will learn that you are received. How can you love, accept and receive yourself? By being a student of Knowledge, because here all these accomplishments are natural. You must accomplish them to be with Knowledge, and Knowledge will accomplish them. Thus, a simple means is given to you to resolve a seemingly complex dilemma.

DO NOT DOUBT THE POWER OF KNOWLEDGE WITHIN YOU and what it can accomplish, for you cannot comprehend the meaning of Knowledge, the source of Knowledge or the mechanism of Knowledge. You can only receive its beneficence. You are only asked to receive this day. You are only asked to be a recipient of Knowledge.

UPON THE HOUR REMEMBER YOUR IDEA and give it serious consideration throughout the day. Realize the many opportunities to practice this day, as your mind now is being drawn away from fantasy and confusion. Realize how much time and energy is available to you. You will be amazed at how your life will open and what great opportunities will begin to emerge for you.

IN YOUR DEEPER PRACTICES TODAY, once again enter stillness. Once again take refuge from the vicissitudes and the confusion of the world. Once again enter the sanctuary of Knowledge to give yourself. It is in this giving that you receive. It is in this giving that you will find what you seek this day.

PRACTICE 314: *Two 30-minute practice periods.*

Hourly practice.

第 314 阶 今天我不害怕遵循。

别害怕遵循，因为你是一个追随者。别害怕做学生，因为你是一个学生。别害怕学习，因为你是一个学习者。只需接受你是什么，并良好地运用它。你终止了为变成自己所不是的样子而和自己的战争。学习接受自己，那么你会意识到你被接受了。学习爱自己，那么你会意识到你被爱着。学习接收自己，那么你会了解到你被接收了。你如何能够爱、接受和接收你自己呢？就是通过做内识的学生，因为在此，所有这些成就都是自然的。你必须实现它们才能和内识同在，同时内识将会实现它们。因此，一个简单的方法被赋予了你来解决一个看似复杂的困境。

别怀疑你内在内识的力量以及它能够成就什么，因为你无法理解内识的意义、内识的源泉或内识的机制。你只能接收它的善行。今天你只被要求去接收。你只被要求做内识的接收者。

每小时记住你的想法，贯穿全天对它进行认真思考。当你的思想正在远离空想和困惑时，你会意识到今天有很多的练习机会。意识到你有那么多的时间和精力。你将惊叹你的生命将怎样地敞开，以及多么伟大的机遇将开始为你呈现。

在今天的深度修习里，再次进入静心里。再次避开世界的变迁和困惑。再次进入内识的庇护所里奉献你自己。正是在这种奉献里，你在接收着。正是在这种奉献里，你将找到你今天所找寻的东西。

练习 314：两个 30 分钟

每小时练习

Step 315

TODAY I WILL NOT BE ALONE.

TODAY DO NOT BE ALONE. Do not isolate yourself in your fear

or in your negative imagination. Do not isolate yourself in your fantasies. Do not think you are alone, for this is a fantasy. Today do not be alone. Realize that those who are with you are not persuaded by your errors or dismayed by your failures, but recognize your true nature and your Knowledge. Those who are with you today love you without exception. Receive their love, for this will confirm that you are not alone, and this will confirm that you do not wish to be alone. Why else would you want to be alone except to hide your pain, your sense of failure and your sense of guilt? These things which are the result of your separation only isolate you further.

YET, TODAY YOU ARE NOT ALONE. Therefore, choose not to be alone, and you will see that you have never been alone. Choose not to isolate yourself, and you will see that you are part of life already. Confirm this upon the hour and realize again the many opportunities to consider this throughout the day. In your deeper meditation practices, begin with the invocation of today's message. Then, enter into stillness and silence where there is no separation. Allow yourself to receive the great gifts of love which are due you and dispel any sense of inadequacy and unworthiness that are merely the residue of your separate, imagined life. Today you are not alone. Therefore, there is hope for the world.

PRACTICE 315: *Two 30-minute practice periods.*

Hourly practice.

第 315 阶 今天我将不孤单。

今天不要孤单。别把自己隔离在你的恐惧或你的负面想象里。别把自己隔离在你的空想里。别认为你是孤单的，因为这是一种空想。今天不要孤单。意识到那些和你在一起的人不会被你的错误所说服，或是因你的失败而失望，相反他们认识到你的真正本质和你的内识。那些今天和你在一起的人无条件地爱着你。接收他们的爱，因为这将确认你不是孤单的，这将确认你不希望孤单。除了想隐藏你的痛苦、你的失败感和你的内疚感之外，你还会因为什么想要孤单一人呢？这些东西是你分离的结果，它们只会让你更加隔离。

然而，今天你不孤单。因此，不要选择孤单，这样你将看到你从未孤单过。不要选择隔离你自己，这样你将看到你已然是生命的一部分。贯穿全天，每小时确认这点，并再次意识到有很多机会可以去思考这点。在你的深度修习里，以今天的讯息作为祈祷来开始。然后，进入静心 and 安静里，这里没有分离。让自己接收爱的伟大礼物，这是你应得的，这驱散了不过是你分离和想象生活的残余的任何不足感和无价值感。今天你不孤单。因此，世界拥有着希望。

练习 315：两个 30 分钟

每小时练习

Step 316

I WILL TRUST MY DEEPEST INCLINATIONS TODAY.

Y

OUR DEEPEST INCLINATIONS EMANATE FROM KNOWLEDGE.

As your mind becomes clear of its restraints and as your life begins to open to the greater calling that is emerging for you now, these deeper inclinations will become more powerful and more evident. You will be able to discern them more easily. This will require great self-trust, which of course will require great self-love. To trust your deepest inclinations, to follow Knowledge and to be a student of Knowledge will re-establish your self-love and will place it upon a firm foundation that the world cannot shake.

HERE YOU ARE REDEEMED IN YOUR OWN EYES. Here you are brought into relationship with life. Here your self-love engenders love for others, for there is no inequality here. You are reclaimed, and in your reclamation Knowledge begins to express itself within the world. You are its primary beneficiary, but even greater than this is its impact upon the world. For in your giving, you will remind the world that it is not bereft of hope, that it is not alone, that you are not alone, that others are not alone and that all the deepest inclinations for hope, truth and justice that others feel are not without foundation, but are born of Knowledge within themselves. Thus, you will be a force for confirmation within the world and a force to confirm Knowledge in others as well.

REMEMBER YOUR IDEA UPON THE HOUR and attempt to utilize all situations that you encounter today for the purpose of reclaiming Knowledge. In this way, you will see that your entire life can be used for practice. As this is done, everything that happens will serve you, and you will feel love towards the world. Your deeper inclinations will spark and encourage the deeper inclinations in others, and thus you will be a force for Knowledge in the world.

IN YOUR TWO DEEPER MEDITATION PRACTICES, in stillness take refuge in the temple of Knowledge within you. Attempt here to be still and simply feel the power of Knowledge in your life. Bring not your questions, for they will be answered by Knowledge as it emerges within you. Come in openness, seeking relief, seeking comfort, seeking power and seeking certainty. These you will experience because these emanate from the essence of Knowledge within you. Let this day be a day of self-trust and therefore a day of self-love.

PRACTICE 316: *Two 30-minute practice periods.*

Hourly practice.

第 316 阶 今天我将信任我最深的倾向。

你最深的倾向源自于内识。当你的思想清除了它的限制，当你的生命开始对正在为你呈现的更伟大召唤敞开时，这些最深倾向将变得更加有力、更加显在。你会更加容易辨识它们。这需要强大的自我信任，而这当然需要强大的自爱。信任你最深的倾向，遵循内识和成为内识学生，将重建你的自爱，并将把它置于一个世界无法撼动的坚实基础上。

在此，你在你自己的眼中被救赎了。在此，你被带进与生命的关系里。在此，你的自爱产生了你对他人的爱，因为这里没有不平等。你被唤回了，并且在你的唤回中，内识开始在世界上表达它自己。你是它首要的受益者，但比这更伟大的是它在世界上的影响力。因为在你的奉献里，你将提醒世界它没有失去希望，它不孤单，你不孤单，他人不孤单，并且他人所感知的所有对希望、真理和正义的最深倾向并非没有基础，而是源于他们自己内在的内识。这样，你将成为世界上一个确认的力量，一个同时确认他人内在内识的力量。

每小时记住你的想法，并努力运用今天遇到的所有境况来服务于唤回内识的宗旨。通过这种方式，你将看到你的整个生命能够被用于修习。当做到这点时，所有发生的一切都将服务于你，你将感受对世界的爱。你的更深倾向将点燃和鼓舞他人内在的更深倾向，这样你将成为世界上的一个内识的力量。

在你的两次深度修习里，在静心中来到你内在内识的庙宇里寻求庇护。在此努力保持静心，只是去感受你生命中内识的力量。不要带着你的问题，因为当内识在你内在升起时，这些问题将得到内识的解答。带着开放而来，寻求安慰，寻求舒适，寻求力量，寻求确定。你将体验到这些，因为这些源自你内在内识的精髓。让今天成为自我信任的一天，因此也是自爱的一天。

练习 316: 两个 30 分钟

每小时练习

Step 317

I NEED BUT RELINQUISH MY AMBIVALENCE

TO KNOW THE TRUTH.

HOW SIMPLE IT IS TO KNOW THE TRUTH when the truth is truly

desired. How easy it is to recognize ambivalence and to see its devastating impact upon your life. How simple it is to see the evidence of ambivalence in the world around you and how it undermines the deeper inclinations of all who dwell here. Seek, then, escape from ambivalence, for this is confusion. Seek, then, escape from the burden of constant decision making and choice, for this is a burden.

THE MAN AND WOMAN OF KNOWLEDGE need not burden themselves with constant deliberation of what they must do, how they must be, who they are and where they are going in life, for these things become known as each step is anticipated and taken. Thus, the great weight that you carry in the world is released from your shoulders. Thus, you begin to trust yourself and the world. Here peace is possible and assured even for those who are active in the world, for they carry stillness and openness within them. They are unburdened now and are in a position to truly contribute.

REMINDE YOURSELF OF YOUR LESSON UPON THE HOUR and as you look upon the world, see the effect and influence of ambivalence. Recognize how disabling it is and how it emanates from and supports confusion. It is the result of attempting to value the meaningless and to ignore the meaningful. Here things of no value compete with things of true value in the estimation of those who perceive them. Recognize this as you look upon the world. Let not an hour pass today without practice, for in this way this day will teach you the importance of Knowledge. It will teach you that ambivalence must be escaped and that it is the curse of confusion upon the world.

IN YOUR DEEPER PRACTICE PERIODS, escape your own ambivalence and re-enter the sanctuary of Knowledge where in stillness and in peace you can fully experience the power of Knowledge and the truth of your own nature. This is a day of freedom. This is a day of understanding your dilemma and realizing that your escape is at hand. Take this step with confidence, for today you can escape ambivalence.

PRACTICE 317: Two 30-minute practice periods.

Hourly practice.

第 317 阶 我只需放弃我的矛盾心态就能认知真理。

当真理被真正渴望时，认知真理是多么简单的一件事。认知矛盾心态并看到它对你的生命的毁灭性影响是多么容易的一件事。看到你周遭世界矛盾心态的证据以及它是如何破坏着所有居于这里人们的更深倾向，是多么容易的一件事。因此，寻求摆脱矛盾心态，因为这是困惑。寻求摆脱不断决策和选择的负担，因为这是一种负担。

内识的男女不需要用不断思量他们必须做什么、他们必须如何表现、他们是谁以及他们在生命中去向何方来烦扰自己，因为在每一步被预期和开展的过程中，这些事情会逐渐被认知。这样，你在世界上承载的巨大重负将从你肩膀卸下。这样，你开始信任自己和世界。在此和平是可能的和确定的，即使对于那些在世界上积极运作的人们来说，因为他们在内心携带着静心和开放。他们现在没有负累，能够进行真正贡献。

每小时提醒自己你的课程，当你看向世界时，看到矛盾心态的效力和影响。认识到它是多么制约以及它是如何源自并支持着困惑。它是试图珍视无意义而忽视有意义所造成的结果。在人们对所感知事物的评估里，没有价值的东西与有真正价值的东西进行着竞争。当你看向世界时认知这点。别错过任何一个小时的修习，通过这样，今天将教导你内识的重要性。它将教导你必须摆脱矛盾心态，那是困惑加在世界上的诅咒。

在你的深度修习里，摆脱你自己的矛盾心态，重新进入内识的庇护里，在此，在静心和和平里你能够充分体验内识的力量和你自己本质的真相。今天是自由的一天。今天是理解你的困境并意识到你的解脱就在眼前的一天。带着信心迈出这一步，因为今天你能摆脱矛盾心态。

练习 317：两个 30 分钟

每小时练习

Step 318

THERE IS A GREATER POWER

AT WORK IN THE WORLD.

THERE IS A GREATER POWER AT WORK IN THE WORLD because

there is a Greater Power at work in your life, and this Greater Power is at work in the lives of all who dwell here. Even if the majority of the inhabitants of your world are not yet ready to begin the reclamation of Knowledge, Knowledge dwells within them still and casts its influence upon them—an influence which will affect them in certain ways and which they will ignore in other ways. Yet, as you become the recipient and the representative of Knowledge and as you become the vehicle for Knowledge's expression in the world, you will have the power to activate and to influence all who need to receive Knowledge within themselves. In this way, everything you do, great and small, becomes a blessing upon the world. You who are now learning to give up self-condemnation and to escape ambivalence will see the efficacy of your own Inner Guidance casting its spark of life upon the world. Thus, you become a part of the force for good, a force that is serving a Greater Power in the world.

THE WORLD DEMONSTRATES ITS ERRORS with gravity and magnitude, but these errors are offset by the presence of a Greater Power in the world. Without this Greater Power, humanity would not have evolved this far. Without this Greater Power, all that has been good in your manifestations, all that has served and inspired humanity and all that has spoken of the greatness of Knowledge, directly or indirectly, would not have occurred. The Greater Power in the world has allowed the evolution of humanity to continue and has kept Knowledge alive in the world through individuals such as yourself who, through the spark of their own Knowledge, have been called into preparation so that Knowledge may be reclaimed and expressed and thus kept alive.

THEREFORE, HAVE HOPE BECAUSE A GREATER POWER is in the world. But do not think that this makes you passive. Do not think that this lifts from your shoulders the responsibility that always accompanies the reclamation of Knowledge. This Greater Power in the world requires that you be prepared to receive it and to express it. Your voice is its voice; your hands are its hands; your eyes are its eyes; your ears are its ears; your movement is its movement. It relies upon your

preparation and upon your demonstration, as you rely upon it for certainty and as you rely upon it for purpose, meaning and direction. Thus, it is through your reliance upon Knowledge and Knowledge's reliance upon you that your union with Knowledge is made complete.

UPON THE HOUR REMIND YOURSELF that a Greater Power is at work in the world. Think of this as you look upon the world in its ambivalence and error. Think of this when you look upon the world in its magnificence and its inspiring expression. If you will but look without judgment, you will see the amazing presence of Knowledge in the world. This will give you confidence in the world as you are now learning to have confidence in yourself.

IN YOUR DEEPER PRACTICE PERIODS TODAY, re-enter your sanctuary where you come to give yourself to a Greater Power that is in the world and that is within yourself. Allow your mind to be still so that you may receive and experience this Greater Power in your life. Here you learn to receive that which receives you. Here you learn to recognize that which receives the world and which gives the world its only true hope.

PRACTICE 318: *Two 30-minute practice periods.*

Hourly practice.

第 318 阶 世界上有一个更伟大力量在工作着。

世界上有一个更伟大力量在工作，因为你生命里有一个更伟大力量在工作，这一更伟大力量在所有居住这里人们生命里工作着。即使你们世界居民的大部分还没做好准备开始唤回内识，可是内识依然活在他们的内心并在他们身上施加它的影响力——这一影响力能以某种方式影响他们，而以其他方式会被忽略。然而，当你成为内识的接收者和代表者时，当你成为内识在世界上表达的载体时，你将拥有力量去激发和影响所有需要接收他们自己内识的人们。通过这种方式，你所做的一切，无论大小，都成为世界上一个祝福。那个正在学习放弃自我谴责并摆脱矛盾心态的你，将看到你自身内在指引的效力在世界上发挥它生命的光芒。这样，你成为正义势力的一部分，这一势力服务于世界上一个更伟大力量。

世界示范着沉重和巨大的错误，但是这些错误被世界上一个更伟大力量的临在所抵消。没有这个更伟大力量，人类就不会进化这么远。没有这个更伟大力量，你们显化里的所有美好事物，所有服务和启发人类的事物，以及所有直接或间接讲述内识伟大性的事物，都不会发生。世界上的更伟大力量使人类进化得以继续，并通过像你这样的人们维持了世界上内识的存活，这些人通过他们自身内识的闪耀而被召唤到准备中，这样内识就能得到唤回和表达并因此而保持存活。

因此要保持希望，因为一个更伟大力量就在世界上。但是别认为这让你变得被动。别认为这解除了你肩上那始终伴随着内识唤回的责任感。世界上的这个更伟大力量要求你进行准备去接收它和表达它。你的声音是它的声音；你的双手是它的双手；你的眼睛是它的眼睛；你的耳朵是它的耳朵；你的行动是它的行动。它有赖于你的准备和你的示范，而你依赖它提供确定性，依赖它提供宗旨、意义和方向。这样，正是通过你对内识的依赖以及内识对你的依赖，你与内识的结合实现了完满。

每小时提醒自己一个更伟大力量在世界上工作着。当你看向世界的矛盾和错误时思考这点。当你看向世界的宏伟和它启发性的表达时思考这点。如果你能不带评判地看，你将看到内识在世界上不可思议的临在。这将赋予你对世界的信心，因为你正在学习对自己拥有信心。

在你的两次深度修习里，再次进入你的庇护所里，在此你来把自己奉献给存在于世界上和存在于你内心的一个更伟大力量。让你的思想保持安静，这样你就能接收和体验你生命里的这个更伟大力量。在此，你学习去接收那个在接收着你的东西。在此你学习去认知那个接收着世界并为世界赋予它唯一真正希望的东西。

练习 318: 两个 30 分钟

每小时练习

Step 319

WHY SHOULD I BE AFRAID

WHEN A GREATER POWER IS IN THE WORLD?

WHENEVER YOU FALL INTO THE DARKNESS OF FEAR, you are

withdrawing from Knowledge and entering the darkness of imagination. Whenever you fall into the darkness of your own fear, you are denying the reality of a Greater Power in the world and are thus losing its beneficence for yourself. Whenever you fall into the darkness of your own fear, you are following the teaching of fear, which runs rampant in the world. You are allowing yourself to be a student of fear. You are allowing yourself to be governed by fear. Recognize this and you will realize that this need not be, that you have the power to redirect your studenthood and that you have the ability to re-enter true preparation.

THINK OF THIS SERIOUSLY TODAY. Why should you be afraid when a Greater Power is in the world? This Greater Power which you are now learning to receive is the source of your redemption. What can you possibly lose as this source becomes recognized, as you learn to come into relationship with this source and as you serve this source and allow it to serve you? What can the world take from you when the source of Knowledge is within you? What can the world do to itself when the source of Knowledge is within the world?

THIS AWARENESS CALLS FOR YOUR COMPLETE PARTICIPATION in the world and your complete service to Knowledge. It calls for your complete engagement in contributing to others because you are a vehicle for the Greater Power in the world. Yet, in this active participation you understand as well that it is only a matter of time before all minds awaken to the light of Knowledge within themselves. This can take a very long time, but time is with you and in patience and in confidence you may proceed, for what can undermine your preparation and your contribution but self-doubt and fear? What can dissuade you from proceeding with certainty and complete engagement but the doubt that Knowledge exists in the world?

THEREFORE, WHENEVER YOU ENTER INTO FEAR, practice this day recognizing that a Greater Power is in the world. Utilize this recognition to bring yourself out of fear by remembering that a Greater Power is in the world and by remembering that a Greater Power is in your life. Think about this on the hour and in your two

deeper meditation practices, re-enter your sanctuary where in stillness and in confidence you receive the Greater Power that is in the world. Here you must realize that your preparation requires that you step away from fear and darkness and that you step forward into the light of truth. These two activities will confirm your nature and will betray nothing that is real within you or within the world.

AS YOU LOOK UPON THE WORLD WITHOUT JUDGMENT and as you look upon yourself without judgment, you will see that a Greater Power is at work. This will restore happiness to you, for you will realize that you have brought your Ancient Home with you and your Ancient Home is here as well. This will lift the burden of fear, the oppression of anxiety and the confusion of ambivalence from your mind. Then, you will remember why you have come, and you will devote your life to contributing that which you have come to give. Then, your life will be a statement of happiness and inclusion, and all who see you will remember that they too have come from your Ancient Home.

PRACTICE 319: *Two 30-minute practice periods.*

Hourly practice.

第 319 阶 当一个更伟大力量存在于世界上时，我为什么要害怕呢？

每当你陷入恐惧的黑暗时，你是在离开内识并进入想象的黑暗。每当你陷入你自己恐惧的黑暗时，你是在否认世界上一个更伟大力量的实相，并因此失去它对你的善行。每当你陷入你自己恐惧的黑暗时，你是在遵循肆虐世界的恐惧的教导。你让自己成为恐惧的学生。你让自己受到恐惧的支配。认知了这点，你就会意识到这没有必要，你有力量重新导向你的学生身份，并且你有能力重新进入真正的准备。

今天认真思考这些。当一个更伟大力量存在于世界上时，你为什么要害怕呢？你正在学习接收的这个更伟大力量是你救赎的源泉。当这个源泉开始被认知时，当你学习和这个源泉建立关系时，当你服务这个源泉并让它来服务你时，你能失去什么呢？当内识的源泉在你心里时，世界能从你夺走什么呢？当内识的源泉在世界上时，世界能对它自己做些什么呢？

这一觉知召唤你在世界上的全然参与和你对内识的全然服务。它召唤你全然地参与到对他人的贡献里，因为你是世界上更伟大力量的载体。然而，在这个积极参与里，你同时领悟到，所有思想都将被它们自身内识的光明唤醒，这只是时间问题。这可能非常漫长，但是时间和你在一起，带着耐心和信心你将会前行，因为除了自我怀疑和恐惧之外，什么还能破坏你的准备和贡献呢？除了对内识在世界存在的质疑之外，什么还能阻止你带着确定和全然参与向前行进呢？

因此今天每当你进入恐惧时，要练习认知一个更伟大力量存在于世界上。运用这个认知把自己带离恐惧，记住一个更伟大力量存在于世界上，记住一个更伟大力量存在于你的生命里。每小时思考这点，并在两次深度冥想里，重新进入你的庇护所，在此在静心和信心里，你接收那个存在于世界上的更伟大力量。在此你必须意识到，你所做的准备要求你远离恐惧和黑暗，并迈进真理的光辉里。这两个行动将确认你的本质，并且不会背叛你内心或是世界里的任何真实的东西。

当你不带评判地看向世界时，当你不带评判地看你自己时，你将看到一个更伟大力量在工作着。这将重建你的幸福，因为你将意识到你携带着你的古老家园，而且你的古老家园就在这里。这将从你的思想里消除恐惧的负担、焦虑的压迫和矛盾的困惑。这样，你将记起你为何而来，你将把你的生命致力于贡献你来此要奉献的东西。这样，你的生命将成为幸福和包融的表达，所有看到你的人将记起他们也来自你的古老家园。

练习 319: 两个 30 分钟

每小时练习

Step 320

I AM FREE TO WORK WITHIN THE WORLD.

W

HEN THE WORLD DOES NOT OPPRESS YOU, you are free to

work in the world. When the world does not intimidate you, you are free to work in the world. When you recognize that the world is a place calling for your contribution, you are free to work in the world. Thus, the greater your experience of Knowledge within your life, the freer you are to work within the world. And work within the world you will in time, and your work will be far more effective, far more engaging and far more complete than anything you have done thus far. In your past you have been afraid of the world, intimidated by the world, angered by the world and depressed by the world. Therefore, your past contribution to the world has been limited by these reactions. You have been ambivalent about being in the world because you were afraid of the world. Perhaps you have sought refuge in spiritual things, but your true spiritual nature will redirect you into the world and bring you back with greater power, certainty and purpose, for you have come to be in the world.

UNDERSTANDING THIS, YOU WILL AGAIN REALIZE the importance of Knowledge. You will again confirm how much you want to give to the world and how painful it is for you when this giving is obstructed or withheld. You have come to work in the world, and you want to do this completely so that when you leave, you leave with your gifts given and with everything presented. You have nothing to take Home with you from the world except the reclamation of relationships. With this understanding, you will become free to be in the world.

UPON THE HOUR REPEAT TODAY'S IDEA and recognize that to whatever extent you are still ambivalent about being in the world, your ambivalence is caused and is being perpetuated by your own intimidation and fear of the world. Remember this upon the hour so that you may learn the great lesson that is being taught today, the great lesson that you are becoming free to be in the world. Here you bring your Ancient Home with you. Here you will not attempt to escape the world simply because it frightens you, threatens you or depresses you.

YOU ARE HERE TO GIVE TO THE WORLD, for Knowledge is greater than the world—the world only being a temporary place where Knowledge has been temporarily forgotten. In this, you will realize that which gives and that which receives, that which is great and that

which is small. Your work in the world can now have your complete attention and devotion. Your work can now have your complete engagement. Thus, your physical life can become fully meaningful, purposeful and filled with value.

IN YOUR TWO DEEP MEDITATION PRACTICES TODAY, rekindle the fire of Knowledge within you by re-entering your sanctuary.

Remember to be still. Remember to give yourself to practice. This is the work at hand. From this work your work in the world will be given freedom to express itself, and you who are within the world will be given the certainty and the comfort that your Ancient Home is with you.

PRACTICE 320: *Two 30-minute practice periods.*

Hourly practice.

第 320 阶 我自由地在世界里工作。

当世界不压制你时，你可以自由地在世界上工作。当世界不恐吓你时，你可以自由地在世界上工作。当你认知世界是一个召唤你贡献的地方时，你可以自由地在世界上工作。这样，你在生命里对内识的体验越强大，你就越能自由地在世界里工作。慢慢地，你将会在世界里工作，并且你的工作将比你迄今做过的任何事情都有效得多、参与得多、完满得多。过去你被世界惊吓着，被世界恐吓着，被世界激怒着，被世界压抑着。因此过去你对世界的贡献受到了这些反应的局限。你对于身处世界感到矛盾，因为你害怕世界。或许你试图在灵性事物里找到庇护，但是你真正的灵性本质将重新引导你进入世界，它让你带着更伟大力量、确定和宗旨返回世界，因为你就是来此身处世界的。

理解了这点，你将再次意识到内识的重要性。你将再次确认你多么希望奉献给世界，当这种奉献受到阻碍或抑制时，你是多么痛苦。你来此就是为了在世界上工作，你希望彻底地去做，这样当你离开时，你的礼物被奉献了，一切都被呈现了。除了唤回的关系之外，你没有留下任何东西从世界带回家。带着这一理解，你将能够自由地身处世界上。

每小时重复今天的想法，并认识到无论你对身处世界还抱有怎样的矛盾心态，你的矛盾都是由你自身被世界的恐吓和恐惧所造成并继续的。每小时记住这点，这样你就能够学习今天你被教导的伟大课程，这一伟大课程就是你正变得自由地身处世界。在此你携带着你的古老家园。在此，你不会因为世界吓唬你、威胁你或压抑你，就企图逃离世界。

你在此是为了对世界进行奉献，因为内识比世界更伟大——世界只是一个内识被暂时遗忘的临时性场所。由此，你将意识到那奉献的和那接收的，那伟大的和那渺小的。现在你在世界上的工作能够得到你全然的专注和投入。现在你的工作能够得到你全然的参与。这样，你的物质生命能够成为完全有意义、有宗旨的并充满价值。

在两次深度冥想修习里，通过再次进入你的庇护所里来重新点燃你内在的内识之火。记住要保持静心。记住把自己奉献给修习。这是眼前要做的工作。通过这个工作，你在世界上的工作将被赋予自由去表达它自己，同时身处世界的你将被赋予确定和安慰，因为你的古老家园和你在一起。

练习 320：两个 30 分钟

每小时练习

Step 321

THE WORLD IS AWAITING MY CONTRIBUTION.

TRULY THE WORLD IS AWAITING YOUR CONTRIBUTION, but

remember your contribution will express itself in all things you do, great and small. So do not imagine for yourself a role that is grandiose or that will be devastatingly difficult. That is not The Way of Knowledge. Knowledge will express itself through all of your activities, for it is a presence you carry with you. As your mind and your life become free of conflict, this presence will express itself increasingly through you, and you will be a witness of Knowledge at work, both within yourself and within your life. Here you will begin to understand what it means to bring Knowledge into the world.

YOUR IMAGINATION HAS PAINTED GRANDIOSE PICTURES and devastating nightmares for you. It is not in harmony with life. It exaggerates life in its hope and in its fear. It exaggerates your sense of yourself, primarily to your own self-deprecation. When your imagination is redirected by Knowledge, it will engage itself in an entirely new way. It will serve an entirely new purpose. Then you will be able to be free, and your imagination will not betray you.

THE WORLD IS CALLING FOR YOU. You are now preparing. In its great need you recognize your great contribution. But remember always that your contribution gives of itself, and your desire to have it give of itself is your desire to give. Your desire to have your life become a vehicle of expression is your desire to have your life become unfettered by conflict and ambivalence. Your desire to give is your desire to become free and whole. This is your desire—to have your life be a vehicle for Knowledge.

YOUR TASK, THEN, IS GREAT but not as great as your imagination might indicate, for your task is to perfect your vehicle so that Knowledge may express itself freely. You do not have to wonder or imagine how this can be done, for it is being done today and will be done tomorrow. As you follow the steps within your current preparation and as you learn to follow the steps beyond this preparation, you will see you need but follow the steps as they are given to proceed.

UPON THE HOUR REMIND YOURSELF of your lesson and do not forget. Look upon the world and realize that it is calling for you to contribute. In your deeper meditations, re-enter your sanctuary in stillness and in receptivity. In doing so, realize that Knowledge needs

you to become its vehicle. It needs you to become its recipient. It needs to fulfill itself through you. Thus, you and Knowledge are fulfilled together.

UPON THE HOUR AND IN YOUR DEEPER PRACTICES TODAY, realize the importance of your role. Realize as well that all true assistance is given to you to prepare and will abide with you in your contribution as you learn to express Knowledge and to allow Knowledge to express itself through you.

PRACTICE 321: *Two 30-minute practice periods.*

Hourly practice.

第 321 阶 世界在等待着我的贡献。

真的，世界在等待着你的贡献，但要记住你的贡献将会在你所做的一切里表达它自己，无论大事小情。因此别为自己想象一个宏伟的角色，否则那会是极度困难的。那不是内识之路。内识将通过你所有的活动表达它自己，因为它是你携带的一个临在。当你的思想和你的生命开始摆脱冲突时，这一临在将越发地通过你表达它自己，而你将成为既在你内在又在你生命里工作着的内识的见证者。在此你将开始理解，把内识带进世界的含义是什么。

你的想象力为你描绘了宏伟的蓝图和破坏性的梦魇。它和生命不相和谐。它在希望和恐惧里夸大着生命。它夸大着你对自己的感知，尤其是对自己的自我贬低。当你的想象被内识重新导向时，它将以一种全新的方式进行参与。它将服务于一个全新的宗旨。这样你将能够实现自由，你的想象力将不会背叛你。

世界正在召唤你。你正在进行准备。在世界的巨大需求里，你认识到你的巨大贡献。但要始终记住，你的贡献在奉献着它自己，你渴望它奉献自己，因为你渴望奉献。你渴望让你的生命成为一个表达载体，因为你渴望你的生命摆脱冲突和矛盾。你渴望奉献，因为你渴望变得自由和完整。这是你的渴望——让你的生命成为内识的载体。

因此，你的任务是伟大的，但并非你的想象所提示的那样伟大，因为你的任务是完善你的载体，这样内识就能够自由地表达它自己。你不必料想或想象这能如何做到，因为这今天就在进行着，明天还会继续。当你在当前的准备里遵循进阶时，当你学习遵循这一准备之外的进阶时，你会看到你只需遵循被给出的进阶就能够前行。

每小时提醒自己你的课程，不要忘记。看向世界，意识到它在召唤你去贡献。在你的深度冥想里，再次在静心和接收里进入你的庇护所。通过这样，意识到内识需要你成为它的载体。它需要你成为它的接收者。它需要通过你成就它自己。这样，你和内识共同得到成就。

在今天的每小时里以及你的深度修习里，意识到你角色的重要性。同时意识到，当你学习表达内识，并让内识通过你表达它自己时，所有真正的帮助被赋予了你，让你进行准备，并且它将在你的贡献中和你坚守。

练习 321: 两个 30 分钟

每小时练习

Step 322

REVIEW

L

ET US NOW REVIEW THE PAST TWO WEEKS OF PREPARATION.

Once again review each step, rereading its instructions carefully and recalling your practice for that particular day. Carry this forward for all the days in this two-week period. Be objective and recognize where your practice could have become deeper or more conscientious. Recognize how you still let the world overtake you and how you need to reapply yourself with greater certainty and determination. Do this objectively. Condemnation will only discourage you and will only lead you to quit your participation, for condemnation is simply the decision not to participate and the justification for not participating.

THEREFORE, DO NOT FALL INTO THIS HABIT, but view your participation objectively. Here you will learn how to learn, and you will learn how to prepare yourself and govern yourself. You must choose to participate, and you must choose to deepen your participation. Every decision you make on behalf of Knowledge is supported by the decisions of all others who are making the same decision and by the power and the presence of your Teachers who are with you. Thus, your decision for Knowledge, whenever it is made and supported, is greatly amplified by the presence of all who practice with you and by the presence of your Spiritual Teachers. This is certainly adequate to overcome any obstacle you view within yourself or within your world.

THE POWER OF DECISION IS GIVEN TO YOU. Here the power of decision is to view your participation objectively and to recognize where it can be deepened and strengthened. Resolve within the next two weeks of practice to carry forth what you have recognized as necessary this day. Here you will be acting powerfully on your own behalf, and the application of your power will be in the service of Knowledge, for you are preparing to receive Knowledge. Here your will and your determination are confirmed, for they serve a greater good.

PRACTICE 322: *One long practice period.*

第 322 阶 复习

现在让我们复习过去两周的准备。还是复习每一进阶，重新认真阅读它的指引，并回顾那一天的修习。继续回顾这两周的每一天。保持客观，并认知你的修习在哪些地方可以变得更深入或更认真。认知你还在让世界怎样地压倒你以及你需要怎样带着更大确定和决心再次运用你自己。带着客观去认知。谴责只会挫败你，只会导致你停止你的参与，因为谴责只不过是做出不参与的决策并为不参与进行辩解。

因此，别陷入这种习惯，而是客观看待你的参与。在此，你将学习如何去学习，你将学习如何准备自己和管理自己。你必须选择参与，你必须选择深化你的参与。你代表内识所做的每一个决定，都得到其他所有正在做同样决定的存有们以及和你同在的上师的力量和临在的支持。这样，每当你做出并支持代表内识的决定时，它都会被所有和你一起修习的存有的临在以及你精神上师的临在大大地放大。这足以克服你在你内在或是在你世界里看到的任何障碍。

决策的力量被赋予了你。在此，那个决策的力量就是去客观看待你的参与，并认知它在何处可以得到深化和强化。下定决心在后两周的修习里去执行你今天认知的那些必须做的事情。在此你将为了你自身的利益有力地行动起来，并且你力量的运用将是为了服务内识，因为你正在准备去接收内识。在此，你的意志和你的决心得到了确认，因为它们服务于一个更伟大正义。

练习 322：一个长练习时段

Step 323

MY ROLE IN THE WORLD

IS TOO IMPORTANT TO NEGLECT.

Y

OUR ROLE IN THE WORLD IS TOO IMPORTANT TO NEGLECT.

Therefore, do not neglect it this day. Carry forth the resolution that yesterday's Review has given to you. Carry forth that which you need to do to deepen your practice, to utilize your practice, to utilize your experience in the world for practice, to carry your practice into the world and to allow your world to support your practice. Do not neglect this, for if you neglect this, you but neglect yourself, your certainty, your fulfillment and your happiness.

DO NOT NEGLECT THE PREPARATION that is underway now. Every day you strengthen this, and as you do this every day you advocate Knowledge. You advocate your participation in life. Indeed, even in your preparation now you are teaching Knowledge, and you are strengthening Knowledge in the world. Perhaps you cannot yet see this, but in time this will become so evident to you that you will learn to value every moment, every encounter with another, every thought and every breath. You will value every experience in life because you will be present to them, and you will realize that within each, you can express Knowledge and experience Knowledge expressing itself.

REMEMBER UPON THE HOUR TODAY. Make this dedication, at the beginning of today and at the beginning of all the days to follow, to utilize your steps as completely as possible. In your two deeper practice periods, re-enter stillness to refresh your mind. Strengthen your ability and your resolution to allow your mind to become still and receptive. This you must fortify each day, for this is part of your practice. This you must give yourself to each day, for this is how you give to yourself and to the world.

DO NOT UNDERESTIMATE THE IMPORTANCE OF YOUR ROLE, but do not burden yourself with thinking that your role is beyond your grasp, for what could be more natural to you than to fulfill the role for which you have come? What could be more fully confirming of the importance and the value of your life than to carry forth what your life was meant to be? The power of decision is given you today to strengthen and to apply, yet the Greater Power behind your decision is greater even than your decision. This Greater Power abides with you now. Do not neglect your preparation. Do not neglect to move

towards the completion and the fulfillment of your role in the world,
for as you approach this, happiness will approach you.

PRACTICE 323: Two 30-minute practice periods.

Hourly practice.

第 323 阶 我在世界上的角色太重要了，不能被忽视。

你在世界上的角色太重要了，不能被忽视。因此今天不要忽视它。带着昨天复习所赋予你的决心。开展你需要去做的那些事情，以深化你的修习，运用你的修习，运用你在世界上的体验服务于修习，把你的修习带进世界，并允许你的世界来支持你的修习。别忽视这些，因为如果你忽视了这些，你就是在忽视你自己、你的确定性、你的成就和你的幸福。

别忽视正在进展中的准备。每天你都在强化它，并且每天当你这样做时，你都在倡导内识。你倡导你在生命中的参与。事实上，就在你的准备里，你在传授着内识，你在世界上强化着内识。或许你还无法看到这点，但是慢慢地这对你来说会变得如此明显，以至于你将学习珍视每一个时刻、每一个和他人的相遇、每一个想法和每一次呼吸。你将珍视生命中的每一个体验，因为你将对它们保持临在，你将意识到，在每一个体验里你都能表达内识，并体验内识在表达它自己。

每小时记住这点。在今天的开始，在每一天的开始，都做出这一声明，要尽可能全面地去遵循、去运用你的进阶。在两次深度修习里，再次进入静心里去换新你的思想。强化你的能力和你的决心，来让你的思想变得安静和接收。你必须每天强化它，因为这是你修习的组成部分。你必须每天把自己奉献给它，因为这是你对自己和对世界进行奉献的方式。

别低估你角色的重要性，但别自添重负地认为你的角色超出了你的能力所及，因为对你来说，什么能比成就你来此要担当的角色更加自然呢？什么能比开展你生命注定要成为的样子更能完全地确认你生命的重要性的价值呢？今天，决策的力量被赋予你去强化和运用，然而你决策背后的那个更伟大力量甚至比你的决策更加伟大。这个更伟大力量现在和你坚守在一起。别忽视你的准备。别忽视了你向完成和成就你在世界上的角色的进发，因为当你走向它时，幸福将会走向你。

练习 323：两个 30 分钟

每小时练习

Step 324

I WILL NOT JUDGE ANOTHER TODAY.

A GAIN PRACTICE AFFIRMING THIS IDEA. Again apply it to your

real experiences. Again strengthen your understanding that Knowledge is with you and does not require your judgment or evaluation.

DO NOT JUDGE ANOTHER TODAY. Learn to see. Learn to hear. Learn to look. There is not one person in the world who cannot give you something beneficial if you will not judge them. There is not one person in the world who, through their accomplishments or their errors, cannot confirm the importance of Knowledge and cannot demonstrate its need in the world. Thus, those whom you love and those whom you despise all offer gifts to you of equal value. Those who you think are virtuous and those who you think are not virtuous all offer what is essential to you. The world in truth is demonstrating everything that this preparation is providing for you, if you will but look upon the world without judgment or condemnation. To the extent that you look upon another with judgment, you will judge yourself. You do not want your judgment upon yourself, so do not judge another.

REMEMBER UPON THE HOUR. Do not neglect your practice today, for it is essential for your happiness. It is essential for the well-being and advancement of the world. In your two deeper practice periods, re-enter stillness. Come to give yourself to practice. Come to give yourself. You will feel your strength as you do this. Here the power of decision is yours to utilize. As you do so, it will become more potent and effective in dispelling everything that stands in its way. Remember you are a student of Knowledge, and students must practice to advance and to proceed. Do not judge another today and you will proceed in truth.

PRACTICE 324: *Two 30-minute practice periods.*

Hourly practice.

第 324 阶 今天我将不评判别人。

再次练习确认这一想法。再次在你的真实体验中运用它。再次强化你的理解，即内识和你同在，它不需要你的评判或评估。

今天别评判别人。学习去看。学习去听。学习去观察。世界上不存在任何无法赋予你某些有益东西的人，只要你不评判他们。世界上不存在任何无法通过他们的成就或错误来确认内识的重要性并示范世界对内识的需要的人。因此，无论是你爱的人还是你鄙视的人，都在为你提供同等价值的礼物。无论是你认为善良的人还是你认为不善良的人，都在为你提供必不可少的东西。只要你能不带评判或谴责地看向世界的话，世界事实上在示范着这一准备所提供给你的一切。你以何种程度带着评判看待别人，你都会同样程度地评判你自己。你不希望评判你自己，因此不要评判别人。

每小时记住这点。今天别忽视你的修习，因为它对你的幸福是必不可少的。它对世界的福祉和进步是必不可少的。在两次深度修习里，重新进入静心里。来把自己奉献给修习。来奉献你自己。当你这样做时，你将感受到你的力量。在此，决策的力量被赋予你去运用。当你运用时，它将更加有力和有效地驱散一切阻挡它道路的东西。记住你是内识的学生，学生必须修习才能进步和前行。今天别评判别人，这样你将在真理中前行。

练习 324：两个 30 分钟

每小时练习

Step 325

THE WORLD IS EMERGING INTO

THE GREATER COMMUNITY OF WORLDS.

THEREFORE, I MUST BE ATTENTIVE.

THE WORLD IS EMERGING into the Greater Community of

Worlds. How can you recognize this if you are preoccupied with your own concerns, your own hopes and your own ambitions? How can you recognize what is happening in your world? How can you see those forces that are influencing your outer life and that govern your affairs to such a great extent? Part of becoming strong with Knowledge is becoming attentive. You can only become attentive if your mind is not preoccupied with its own imaginings and fantasies.

THE WORLD IS PREPARING TO EMERGE into the Greater Community of Worlds, and this underlies its evolution and all of its advancements now. That is why conflict is erupting in the world, because those who oppose the evolution of the world will fight against it. Those who wish to further the advancement of the world will attempt to fortify the goodness of humanity and the sense that humanity is one community that must nurture and support itself beyond all division of nation, race, religion, culture and tribe. Thus it is that you who are becoming a representative and recipient of Knowledge will fortify peace, unity, understanding and compassion in the world. All this is part of the preparation of the world to emerge into the Greater Community of Worlds, because this represents the evolution of the world. This represents Knowledge within the world.

KNOWLEDGE WITHIN THE WORLD does not foster conflict in any way. It does not promote hatred or division. It does not promote anything that is divisive or anything that is cruel or destructive. It is the collective experience of Knowledge in the world that moves the world towards union and community. Because your world is part of a Greater Community, it is moving towards union and community because of its own evolution and because it is responding to the Greater Community of which it is a part. You cannot know the importance of this idea unless you can be attentive to the world, and you cannot know the importance of this to you who have come to serve this emergence unless you become attentive to yourself.

REMEMBER ONCE AGAIN that you can only lose contact with

yourself if you re-enter imagination or fantasy, because this is the only alternative to being attentive to yourself and your world. Awake from your dreams, then, and become attentive. Remember upon the hour to look upon the world without judgment, and you will see that the world is attempting to become one community, for it seeks to extend itself into the Greater Community. The Greater Community represents a community that is calling upon humanity to enter and to participate. You cannot understand the mechanism for this, for it is far too great for your eyes and for your mental capacity now, but the movement of this is so obvious and apparent if you will but look.

UPON THE HOUR LOOK, and in your deeper meditation practices, actively engage your mind in considering this idea. Today's practice is not a practice in stillness, but a practice in active and useful engagement of your mind. Consider your own response to today's idea. Take note of your thoughts for and against it. Take note of your anxieties, especially concerning the world becoming one community in its emergence and participation in the Greater Community. Take note of these things, for here you will understand that within yourself which supports your advancement and that which denies it. As you learn to look upon these things without condemnation but with true objectivity, you will understand why the world is in conflict. You will understand this, and you will not see this with hatred, malice or envy. You will see this with understanding and compassion. This will teach you, then, how you must learn to work in the world so that you may fulfill your purpose here.

PRACTICE 325: *Two 30-minute practice periods.*

Hourly practice.

第 325 阶 世界正在迈进众多世界组成的大社区。因此，我必须保持专注。

世界正在迈进众多世界组成的大社区。如果你执迷于你自己的关注、你自己的希望和你自己的野心的话，你怎么能够认知这点呢？你怎么能够认知你的世界正在发生着什么呢？你怎么能够看到那些正在影响你们的外在生活并正在以如此巨大程度管理着你们事务的势力呢？内识变得强大的表现之一就是变得专注。只有当你的思想不执迷于它自己的想象和空想时，你才能够变得专注。

世界正在准备迈进众多世界组成的大社区，这承载着它的进化和它当前的所有进步。正因为如此，冲突正在世界上爆发，因为那些对抗世界进化者将起而反抗它。那些希望推进世界进步者将努力强化人类的优点以及对人类统一社区的感知，人类必须超越所有国家、种族、宗教、文化和部落的分割去滋养和支持它自身。正是因为这样，那个正在成为内识的代表者和接收者的你，将强化世界上的和平、统一、理解和慈悲。所有这些都是世界为迈进众多世界组成的大社区进行准备的组成部分，因为这代表着世界的进化。这代表着世界里的内识。

世界里的内识不会以任何方式倡导冲突。它不提倡仇恨或分裂。它不提倡任何分裂性的东西或任何残酷的或破坏性的东西。它是世界对内识的集体性体验，它推动世界走向统一和社区。因为你的世界是一个大社区的组成部分，所以它正在走向统一和社区，这是因为它自身的进化，因为它在对它所属的大社区做出回应。除非你能对世界保持专注，否则你无法认知这一想法的重要性，除非你开始对自己保持专注，否则你无法认知这一想法对来此服务于这一迈进的你的重要性。

再次记住只有当你重新进入想象或空想时，你才会失去和自己的联接，因为这是唯一取代你对自己和对你世界的专注的东西。因此，从你的梦境中醒来并开始变得专注。每小时记住不带评判地看向世界，你将看到世界正在努力成为统一社区，因为它寻求拓展它自己进入大社区。大社区代表着一个召唤人类去迈进和去参与的社区。你无法领悟这里面的机制，因为它现在对于你的眼睛和你的思维能力来说太过广大了，但是只有你去看的话，这一运动是如此显在和显著。

每小时去看，在你的深度冥想里，积极运用你的思想去思考这一想法。今天的修习不是静心练习，而是一个对你思想进行积极、有益运用的练习。思考你自己对今天想法的反应。关注你支持它和反对它的那些思想。关注你的那些焦虑，尤其是针对世界在向大社区的迈进和参与中要变成统一社区这一点所产生的焦虑。关注这些，因为在此你将理解你内在那些支持你的进步以及否认你的进步的东西。当你学习不带谴责而是带着真正客观性去检视这些东

西时，你将理解为何世界会处于冲突里。你将理解这点，并且你不会带着仇恨、恶意或嫉妒去看待它。你将带着理解和慈悲去看待它。这样，这将教导你，你必须如何学习在世界上工作，从而能够成就你在这里的宗旨。

练习 325：两个 30 分钟

每小时练习

Step 326

THE GREATER COMMUNITY

IS SOMETHING I CAN FEEL

BUT CANNOT UNDERSTAND.

HOW CAN YOU UNDERSTAND THE GREATER COMMUNITY when

you can barely understand the community in which you live, let alone the nation in which you live and the world in which you live? Here you must only understand that there is a Greater Community and that it is a larger context in which life expresses itself. As humanity attempts to become one community and as you attempt to become one person instead of many people, you will realize that you emerge into the world as a larger person and the world emerges into the Greater Community as a larger community. Here all individuality seeks community, for in community it finds its true expression, its true contribution and its true role. This is as true for you as it is for the world.

YOU CAN FEEL THIS. It is so evident. You can know this, for this idea is born of Knowledge. Don't burden yourself with trying to understand all of this, for understanding is not necessary here. Only know and feel the reality of this. As you do this, your understanding will grow naturally. It will not be born of your own fantasy or idealism, but instead will be born of Knowledge and experience. Thus, it will abide with you, serve you and make your life more real and effective.

REMEMBER THAT YOU WILL UNDERSTAND AS YOU PROCEED, for understanding is born of hindsight and true application. Have confidence, then, that your understanding will grow as your participation grows. You need not understand the universe, but you do need to experience it. You need to feel it within yourself and around you. You need to see yourself as one person, you need to see your world as one community and you need to see your universe as a Greater Community that, within a larger sphere of participation, is attempting to unify itself as well. Thus, Knowledge works in all arenas and at all levels of participation—within each person, within each community, within each world, between each world and within the universe as a whole. That is why Knowledge is so great and why, though you receive it within yourself, it is far greater than you can

conceive of.

THUS IT IS THAT NOW YOU MAY EXPERIENCE the Greater Community and not separate yourself in attempting to understand it. Understanding comes through participation. Remind yourself of today's idea upon the hour and in your two deeper practice periods, attempt once again to think actively what this lesson means. Apply it to your experience. Apply it to your perception of the world. Recognize those thoughts that are for it and those that are against it. Recognize the inspiration and hope that this gives you and recognize the anxieties that may be aroused. Take inventory of your thoughts and experiences concerning today's idea, but do not judge it, for it emanates from Knowledge. It is meant to free you from the disability of your own imagination. It is meant to free you and the world as well.

TODAY UTILIZE YOUR MIND AND YOUR BODY to become a student of Knowledge. In this, you will learn to comprehend the meaning of yourself, your world and the Greater Community of Worlds.

PRACTICE 326: *Two 30-minute practice periods.*

Hourly practice.

第 326 阶 大社区是某种我能够感知但却无法理解的东西。

当你几乎无法理解你生活其中的那个社区，更不要说你生活其中的那个国家以及你生活其中的那个世界时，你怎么可能理解大社区呢？在此你只需理解存在着一个大社区，并且它是生命表达它自身的一个更广大背景。当人类努力成为统一社区，当你努力成为统一的人而非好几个人时，你将意识到你在作为一个更广大的人迈进世界，而世界在作为一个更广大的社区迈进大社区。在此所有的个体性都在寻求着社区，因为在社区里它找到了它真正的表达、它真正的贡献和它真正的角色。这对你来说是真理，对世界来说也是真理。

你能感知这点。它是如此显在。你能认知这点，因为这一思想源自于内识。别自添重负地试图理解所有这些，因为理解在此并非必要。只需认知和感知它的实相。当你这样做时，你的理解将会自然增长。它不会源自于你自身的空想或理想化，而是将源自于内识和体验。这样，它将和你坚守在一起，服务于你并让你的生命更加真实和有效。

记住当你前行时你将会理解，因为理解源自于后见之明和真正的应用。因此要有信心当你的参与增加时，你的理解也将增长。你不需要理解宇宙，但你的确需要去体验它。你需要在你内心和你周围感知它。你需要把自己看做统一的人，你需要把你的世界看做统一的社区，你需要把你的宇宙看做一个更大社区，它在一个更广大的参与领域里，同样正在努力统一它自己。这样，内识在所有场景里，在所有参与层面上工作着——在每个人的内在，在每个社区里，在每个世界里，在世界之间以及在作为一个整体的宇宙里。正因为如此内识是如此伟大，虽然你在你的内在接收它，但是它远比你所能构想的要伟大得多。

正是因为这样，现在你就可以体验大社区，并且不必隔离你自己以试图理解它。理解通过参与而来。每小时提醒自己今天的想法，在两次深度修习里，再次努力积极地思考今天的课程意味着什么。把它运用到你的体验里。把它运用到你对世界的感知里。认知支持它以及反对它的那些想法。认知它带给你的启发和希望，同时认知它可能引起的焦虑。盘点你关于今天想法的思想和体验，但不要去评判它，因为它源自于内识。它注定要使你摆脱你自身想象的阻碍。它注定要让你自由，同样也让世界自由。

今天运用你的思想和你的身体来成为内识的学生。由此，你将学习理解你自己、你的世界以及众多世界组成的大社区的意义。

练习 326：两个 30 分钟

每小时练习

Step 327

I WILL BE AT PEACE TODAY.

Y

OU CAN BE AT PEACE TODAY, even while you consider greater

things in the world and beyond the world. You can be at peace today even while you meet the challenge of becoming a student of Knowledge and the challenge of observing your world with objectivity. How can you be so active and have such challenge and still be at peace? The answer is that Knowledge is with you. As you abide with Knowledge, feel Knowledge and carry Knowledge out into the world, within yourself you will be still, though on the outside you may be actively engaged. There is no contradiction between peace and movement, between inner stillness and outer engagement. Though the world is a difficult and frustrating place to be, it is a natural recipient of Knowledge. Its difficulties and its frustrations need not affect your internal state, which is becoming ever more unified and harmonious. REMIND YOURSELF UPON THE HOUR to be at peace while you are in the world. Release all fear and anxiety and fortify your adherence to Knowledge as you do so. In your two deeper practice periods when you take refuge from the world, rekindle the fire of Knowledge and take comfort in its warm presence. Realize that within this fire all things that are imaginary and harmful are consumed. The fire of Knowledge will not burn you, but it will warm your soul. You can enter this fire without fear of pain or harm. It will purify and cleanse you, for it is the fire of love. Today be at peace, for today is a day of peace, and peace is given you to receive this day.

PRACTICE 327: *Two 30-minute practice periods.*

Hourly practice.

第 327 阶 今天我将处于和平里。

今天你能够处于和平里，即使在你思考世界上和世界外的更广大事物时。今天你能够处于和平里，即使在你应对成为内识学生的挑战以及客观观察你的世界的挑战时。你怎么能够如此地活跃，拥有如此的挑战而依然处于和平里呢？答案是内识和你同在。当你坚守内识、感受内识并把内识带进世界时，你的内心将是安静的，尽管你可能在外部积极参与着。和平和行动之间，内在静心和外在参与之间不存在矛盾。虽然世界是一个艰难和挫败的地方，可是它是内识的一个天然接收者。它的困难和它的挫败不必影响你的内在状态，这正变得越来越统一和和谐。

当你身处世界时，每小时提醒自己保持和平。当你这样做时，释放所有的恐惧和焦虑，并强化你对内识的坚持。在两次深度修习里，当你远离世界寻求庇护时，重新点燃内识之火，在它温暖的临在里获得安慰。意识到在这团火里，所有想象的和有害的东西都被消融了。内识之火不会灼烧你，而是将温暖你的灵魂。你能够进入这团火中，没有对痛苦或伤害的恐惧。它将净化和洗涤你，因为它是爱之火。今天处于和平里，因为今天是和平的一天，今天和平被赋予你去接收。

练习 327：两个 30 分钟

每小时练习

Step 328

TODAY I WILL HONOR THOSE

WHO HAVE GIVEN TO ME.



NCE AGAIN WE AFFIRM THIS LESSON which will affirm the

reality of love and giving in the world. Your ideas concerning giving are far too limited and small. They will need to be expanded so that you may recognize the extent of giving in the world.

UPON THE HOUR REMIND YOURSELF to remember those who have given to you. Do not only think of those who you are certain have given to you, but remember those who you feel have hurt you, who have denied you or who have stood in your way. Remember them, for they have given something to you as well. They have given you a reminder that Knowledge is necessary, and they have demonstrated to you a life without Knowledge. They have demonstrated to you that Knowledge is attempting to emerge in them as well. Whether they accept or resist this emergence, it is still present and still manifesting itself.

YOU ARE ADVANCING because others have demonstrated their inspiration and their errors to you—their acceptance of Knowledge and their denial of Knowledge. If there were no denial of Knowledge in the world, you could not learn here. You could not recognize the importance of Knowledge. Contrast in learning will teach you what is valuable and what is not, and this will teach you to be compassionate and to be loving. Understanding this will enable you to serve in the world.

UPON THE HOUR RECOGNIZE WHO IS GIVING TO YOU at that moment and recognize who has given to you in the past. In this way, this will be a day of gratitude and appreciation. You will understand how important your preparation is and how many have given themselves to you to serve you so that you may undertake this preparation.

IN YOUR TWO DEEPER MEDITATION PRACTICES, repeat today's idea and then allow to come into your mind each individual that awaits to be recognized and blessed by you. As you do this, all individuals who need to will present themselves to you. Look and see how they have served you and thank them for their service to you. Thank them for helping you to recognize your need for Knowledge. Thank them for showing you that there is no alternative to Knowledge. And thank

them for strengthening your participation in Knowledge. Bless each one and allow the next individual to come to mind. In this way, you will bless all who have been in your life and are in your life currently. In this way, you will learn to appreciate your past and not condemn it. In this way, love will emanate from you naturally, for love must be born of gratitude, and gratitude must be born of true recognition. It is true recognition that you will practice today.

PRACTICE 328: *Two 30-minute practice periods.*

Hourly practice.

第 328 阶 今天我尊重那些为我奉献过的人们。

我们再次确认这一课程，它将确认世界上爱和奉献的实相。你关于奉献的想法太受限、太渺小了。它们需要被拓展，这样你就能够认知世界上奉献的广度。

每小时提醒自己记住那些为你奉献过的人。别只想起那些你确定为你奉献过的人，还要记住那些你觉得伤害过你、否定过你或是阻碍过你道路的人。记住他们，因为他们同样为你奉献过某些东西。他们为你奉献了一个提醒即内识是必需的，他们向你示范了一个没有内识的生命。他们向你示范了内识同样努力从他们内心升起。无论他们接受还是抗拒这一浮现，它依然临在着并依然在示现它自己。

你在进步，是因为其他人向你示范了他们的灵感和他们的错误——他们对内识的接受和他们对内识的否认。如果世界上不存在对内识的否认，那么你就无法在这里学习。你就无法认知内识的重要性。学习中的对比将教导你什么是有价值的而什么不是，这将教导你慈悲和仁爱。理解这点将使你能够在世界上进行服务。

每小时认识到在那个时刻正在为你奉献的人，并认识到过去为你奉献过的人。通过这种方式，这将成为感激和激赏的一天。你将理解你的准备是多么重要，有多少人把自己奉献给了你来服务于你，从而使你能够展开这一准备。

在你的两次深度冥想里，重复今天的想法，然后让每一个等待着被你确认和祝福的人走进你的思想里。当你这样做时，所有需要呈现的人都将把自己呈现给你。看看他们如何服务过你，并感谢他们对你的服务。感谢他们帮助你认知你对内识的需要。感谢他们向你证明不存在内识的替代品。感谢他们强化你在内识里的参与。祝福每一个人，然后让下一个进入脑海。通过这样，你将祝福所有曾经在你生命里和现在在你生命里的人们。通过这样，你将学习激赏你的过去，不去谴责它。通过这样，爱将自然地从我散发，因为爱必须源于感激，感激必须源于真正认知。你今天将要修习的正是真正的认知。

练习 328: 两个 30 分钟

每小时练习

Step 329

I AM FREE TO LOVE THE WORLD TODAY.



NLY THE FREE CAN LOVE THE WORLD, for only the free can give

to the world. Only they can fully recognize the world's need and their own contribution. Only the free can love the world because only they can see that the world has supported and served them to enable them to become free and to become contributors to the world. Because the world so yearns for your contribution, it has given itself to your preparation so that you may learn to be a contributor. It has fortified this through the truth that exists in the world and through the denial of truth that exists in the world.

IN ALL WAYS THE WORLD SERVES THE EMERGENCE OF KNOWLEDGE.

Though the world contradicts Knowledge and seems to deny, to reject and to attack Knowledge, if seen from this perspective, you will realize that it actually serves Knowledge. How can anything compete with Knowledge? How can anything deny Knowledge? Anything that seems to deny Knowledge only calls for Knowledge and pleads for Knowledge to come. Those in confusion, in darkness and in despair yearn for relief and comfort. And though they do not understand the message of their own plight, those who are with Knowledge can perceive this and through Wisdom will learn how to serve these individuals, all individuals and the world as a whole.

TODAY UPON THE HOUR REMIND YOURSELF that as you become free, you will be able to love the world. As you learn to love the world, you will be able to become free because you are in this world but not of this world. Because you are in this world, you are representing that which you have brought with you from your Ancient Home. How simple and clear this is with Knowledge, and yet how difficult it is to grasp when you are in your own imagination and are entertaining your own separate ideas. That is why you practice—so you may confirm that which is natural to you and step away from that which is unnatural to you.

IN YOUR DEEPER MEDITATION PRACTICES once again receive the freedom that comes to you in stillness and receptivity. A mind that is still is a mind that is unfettered and free. It will naturally expand itself, and within this expansion it will naturally express that which is most natural to it. Thus, in your deeper meditations you practice receiving, and in your hourly practices you practice giving. You are free to love the world today, and the world needs your freedom because it needs

your love.

PRACTICE 329: *Two 30-minute practice periods.*

Hourly practice.

第 329 阶 今天我自由地爱世界。

唯有自由者能够爱世界，因为唯有自由者能够对世界奉献。唯有他们能够充分认知世界的需要和他们自身的贡献。唯有自由者能够爱世界，因为唯有他们能够看清世界一直在支持和服务他们，以使他们变得自由并成为世界的贡献者。因为世界如此渴望你的贡献，所以它把自己奉献给你的准备，这样你就能够学习做一个贡献者。它通过存在于世界的真理和存在于世界的对真理的否认，来强化这点。

世界以所有的方式服务着内识的升起。虽然世界抵触内识，并似乎在否认、排斥和攻击内识，可是如果从这个视角来看，你将意识到它实际在服务于内识。什么东西能和内识竞争呢？什么东西能否认内识呢？任何看似否认内识的东西，只是在呼唤内识，恳请内识的到来。那些处于困惑、黑暗和绝望里的人们渴望着纾解和安慰。虽然他们不理解他们自身困境所表达的讯息，可是那些和内识同在的人能够觉知这点，并且通过智慧将学习如何服务这些个体、所有个体以及作为一个整体的世界。

今天每小时提醒自己当你变得自由时，你将能够爱世界。当你学习爱世界时，你将能够变得自由，因为你身处世界但不属于世界。因为你身处世界，你在代表着你从你古老家园携带而来的东西。当你和内识在一起时，这是多么简单和明晰，然而当你进入自己的想象，并抱持自己的分离想法时，这是多么难以理解。正因为如此你修习着——这样你就能够确认对你来说很自然的东西，而远离对你来说不自然的东西。

在深度冥想里，再次在静心和接收里接收那走向你的自由。一个安静的思想是一个解放的、自由的思想。它将自然地拓展它自己，在这种拓展里它将自然地表达对它来说最自然的东西。这样，在你的深度冥想里你修习接收，在你的每小时修习里你修习奉献。今天你自由地爱世界，世界需要你的自由，因为它需要你的爱。

练习 329: 两个 30 分钟

每小时练习

Step 330

I WILL NOT NEGLECT THE SMALL THINGS IN MY LIFE.



ONCE AGAIN WE AFFIRM THIS IDEA that you not be negligent of

those simple, practical tasks that enable you to be a student of Knowledge. Remember you are not attempting to escape the world, but are working on becoming powerful within the world. Therefore, do not neglect those simple, little things that enable you and give you the freedom to become a student of Knowledge. Here all of your activities, even the most mundane and repetitive, can be seen as a form of service and contribution. In this way, all small things, however mundane and repetitive, can serve the world because they represent that you are honoring your True Self. This is the Self that exists in all individuals, the Self that exists in the world and the Self that exists in the Greater Community of Worlds.

BE ATTENTIVE TO THE LITTLE THINGS YOU DO this day and do not neglect them. If you do not fear them, you will not resist them. If you do not resist them, you will be able to attend to them. And as you attend to them, you will be able to give yourself to them. Here Knowledge will express itself in all activities and Knowledge will be taught and reinforced in all activities. The world needs this demonstration, for the world thinks that God, love, true power and inspiration exist only in ideal states and only in ideal situations. The world does not understand that God expresses God everywhere and that Knowledge expresses itself everywhere and in all things.

AS YOU COME TO UNDERSTAND THIS GREAT TRUTH, you will see the presence of Knowledge in all things. You will see Knowledge within the world. You will see Knowledge within yourself. This will give you complete confidence in your own participation and in your own service to Knowledge. You will then realize that you are saving the world time in its evolvment, advancement and salvation. This is so important for your confidence. But it is even more important for you to realize the greatness of Knowledge and the greatness that you will experience within yourself as you learn to receive it.

UPON THE HOUR REMEMBER TODAY'S IDEA and apply it so that you may be conscientious within each hour. In your two deeper meditation practices, re-enter stillness so that you may rekindle your experience of the fire of Knowledge so that the fire of Knowledge

may purify and cleanse your mind and free it from all restraint. In this way, you will be able to be in the world more completely, and small things will not be neglected.

PRACTICE 330: *Two 30-minute practice periods.*

Hourly practice.

第 330 阶 我将不忽视我生命中的小事情。

我们再次确认这一想法，你不忽视那些使你能够成为内识学生的简单、实际的任务。记住你不是试图逃离世界，而是要在世界上努力变得强大。因此，别忽视那些使你能够并赋予你自由成为内识学生的简单、渺小的事情。在此，你所有的活动，即使是最平凡、最重复的事，也能被看做一种服务和贡献的形式。通过这样，所有渺小的事情，无论多么平凡和重复，都能服务世界因为它们表明你尊重你的真正自我。这是存在于所有个体内在的自我，存在于世界上的自我，和存在于众多世界组成的大社区里的自我。

今天专注于你做的小事情，别忽视它们。如果你不惧怕它们，你就不会抗拒它们。如果你不抗拒它们，你将能够参与它们。如果你参与它们，你将能够为它们奉献自己。在此内识将在所有活动里表达它自己，内识将在所有活动里被教导和强化。世界需要这一示范，因为世界认为上帝、爱、真正的力量和灵感只存在于理想化状态和理想化境况里。世界不理解上帝在四面八方表达着上帝，内识在四面八方、在所有事物里表达着它自己。

当你开始理解这一伟大真理时，你将看到内识在所有事物里的临在。你将看到世界里的内识。你将看到你内在的内识。这将给你全然信心去投入你自己的参与和你自己对内识的服务。然后你将意识到你在节省世界进化、进步和救赎的时间。这对你的信心如此重要。但是更重要的是，这让你意识到内识的伟大，还有当你学习接收它时你将在你内心体验到的伟大。

每小时记住今天的想法并运用它，这样你每小时都很自觉。在两次深度冥想里，再次进入静心里，这样你就能够重新点燃你对内识之火的体验，这样内识之火就能净化和洗涤你的思想，让它摆脱所有局限。通过这样，你将能够更完全地身处世界上，小事将不会被忽视。

练习 330：两个 30 分钟

每小时练习

Step 331

WHAT IS SMALL EXPRESSES THAT WHICH IS GREAT.

LOOK AT NATURE AROUND YOU. Look at the tiniest creature and

realize the mystery of that creature's existence, the wonder of its physical mechanism and the truth of its total inclusion in nature as a whole. The smallest creature can express the greatest truth. The simplest thing can express the power of the universe. Does a creature that is small express life and inclusion in life any less than a creature that is great? Using this analogy, realize that the smallest activity can embody the greatest teaching. Realize that the simplest word, the most common gesture, can express the deepest feeling and emotion. Realize that the simplest thing can add to your practice and confirm the presence of Knowledge within you.

AS YOU BECOME ATTENTIVE TO LIFE, you will begin to witness the mystery of life in all things. How great this will be for you who are now awakening from the sleep of your own separate imagination. The mystery of life will inspire you and call to you. It will confirm the mystery of your own life, which is becoming ever more real and demonstrative to you.

YOU MAY FEEL SMALL, but you express the great. You do not need to be great to express the great because greatness is within you, and your physical vehicle is small in comparison to it. Your reality is born of the greatness that is with you that wishes to express itself in the simplicity of your small vehicle. Here you understand that you are of the great and you are working through the small. Here you will not contradict the relationship between the great and the small, where the small must express the great, which it does naturally. Does a little creature have to attempt to express the great? No. The great merely expresses itself through the little creature.

THUS, IN YOUR LIFE—which at any moment may look small to you, which at any moment may look separate and confined—greatness is with you. Therefore, the small is utilized, confirmed, honored and blessed. Then, there is no basis for self-condemnation and hatred. All things great and small become appreciated, for all things great and small are together.

UPON THE HOUR, THEN, WITHIN WHATEVER SMALL TASK, within whatever expression or gesture and within whatever small view, allow the great to express itself. In your two deeper practice periods, come again into the proximity of that which is great within you. Re-enter

the fire of Knowledge which purifies you. Take sanctuary in the sanctuary of Knowledge. Here you encounter the great completely. This is beyond all form. Here that which infuses all form and gives it purpose, meaning and direction awaits you to receive it. The small expresses the great, and the great blesses the small.

PRACTICE 331: *Two 30-minute practice periods.*

Hourly practice.

第 331 阶 那渺小的表达着那伟大的。

看看你周围的大自然。看看那最微小的生物，意识到那个生物存在的神秘，它物理机制的神奇以及它完全包融在作为一个整体的大自然里的真理。最渺小的生物能够表达最伟大的真理。最简单的东西能够表达宇宙的力量。一个渺小生物对于生命以及在生命里的包融的表达，会少于一个巨大生物吗？利用这一类比，意识到最微小的活动能够包含最伟大的教导。意识到最简单的文字、最普通的手势能够表达最深刻的感受和情感。意识到最简单的事情能够增添你的修习并能够确认你内在内识的临在。

当你开始对生命变得专注时，你将开始目睹所有事物里生命的神秘。对于正在从自身分离想象的睡梦里醒来的你来说，这将是多么伟大。生命的神秘将启发你和召唤你。它将确认你自己生命的神秘，这对你来说正变得更加真实和显现。

你或许觉得渺小，但你表达着伟大。你不必成为伟大的才能够表达伟大，因为伟大在你内心，你的物质载体与之相比是渺小的。你的实相源自于和你同在的那个伟大，它希望在你渺小载体的简单里表达它自己。在此你理解你属于伟大，你在通过渺小进行工作。在此你不会否认伟大和渺小之间的关系，在这里渺小必须表达伟大，它会自然地这样做。一个微小的生物必须努力才能表达伟大吗？不是。伟大只是简单地通过那个微小生物表达它自己。

因此，在你的生命里——它任何时候在你看来都是渺小的，它任何时候都看似是分离和受限的——伟大和你同在。因此，渺小被运用、被确认、被尊重并被祝福。这样，就没有了自我谴责和愤恨的基础。所有伟大和渺小的事物都得到了激赏，因为所有伟大和渺小的事物都在一起。

这样，每小时里，无论在怎样渺小的任务里，无论在怎样的表达和手势里，无论在怎样渺小的观点里，允许伟大表达它自己。在两次深度修习里，再次靠近你内在的那个伟大。再次进入净化你的内识之火里。在内识的庇护所里寻求庇护。在此你全然地面对伟大。这超越所有形式。在此，那渗入所有形式并为之赋予宗旨、意义和方向的东西，在等待着你接收它。渺小表达伟大，伟大祝福渺小。

练习 331：两个 30 分钟

每小时练习

Step 332

I AM ONLY BEGINNING TO COMPREHEND

THE MEANING OF KNOWLEDGE IN MY LIFE.

Y

OU ARE ONLY BEGINNING TO COMPREHEND THIS, for your

comprehension will be born of experience, recognition and the result of your application. Because you are a beginning student of Knowledge, you have a beginning comprehension. Take heart in this, for this frees you from attempting to draw conclusions about your participation and about your life. Thus, you need not attempt the impossible and can relieve your mind of a great burden that would otherwise overshadow your happiness and dispel your sense of peace and meaningful activity today. When you accept that you are only beginning to comprehend the meaning of your life and the meaning of Knowledge within your life, this frees you to participate and to learn more. Without the burden of judgment, which you would place upon your life otherwise, you are free to participate and your participation will make you free.

REMINDE YOURSELF UPON THE HOUR that you are only beginning to comprehend the meaning of Knowledge in your life. In your deeper practice periods, once again enter your sanctuary of Knowledge so that your capacity for Knowledge may grow, your desire for Knowledge may grow and your experience of Knowledge may grow. Only as these things grow can your comprehension grow. Therefore, you are freed from judgment. You are free to participate, where all understanding will emerge.

PRACTICE 332: *Two 30-minute practice periods.*

Hourly practice.

第 332 阶 我刚刚开始理解我生命里内识的意义。

你刚刚开始理解这点，因为你的理解将源于体验、认知和你应用的结果。因为你是内识的初级学生，你拥有一个初级的理解。对此要鼓起勇气，因为这让你摆脱了试图对你的参与和你的生命下结论的企图。这样，你不必尝试不可能之事，你让你的思想摆脱了一个巨大负担，否则这一巨大负担会遮挡你的幸福并驱散你的和平感和今天的有意义活动。当你接受你刚刚开始理解你生命的意义和你生命里内识的意义时，这给你自由去参与、去更多学习。没有了你否则会施加于你生命之上的评判负担，你能够自由地参与，并且你的参与将使你自由。

每小时提醒自己你刚刚开始理解你生命里内识的意义。在深度修习里，再次进入你内识的庇护里，这样你对内识的能力就能增长，你对内识的渴望就能增长，你对内识的体验就能增长。只有当这些增长时，你的理解才能增长。因此，你从评判中解脱了。你自由地参与，在此所有理解将会浮现。

练习 332：两个 30 分钟

每小时练习

Step 333

THERE IS A PRESENCE WITH ME. I CAN FEEL IT.

F EEL THE PRESENCE OF YOUR TEACHERS TODAY who abide with

you and oversee your preparation as a student of Knowledge.

Feel their presence today and you will feel your own presence, for you are joined together in this presence that you feel. Remember that you are not alone, and you will not become isolated in your own thoughts. You will not become isolated in your own fearful considerations.

UPON THE HOUR EXPERIENCE THIS PRESENCE, for this presence is with you upon the hour. Feel this presence no matter where you are today, whether you are at work or at home, whether you are alone or with another, for this presence is with you wherever you go.

IN YOUR TWO DEEP MEDITATION PRACTICES allow yourself to experience the presence of love, which is the presence of Knowledge, which is the presence of Wisdom, which is the presence of certainty, which is the source of your purpose, meaning and direction in the world and which contains for you your calling in the world. Come into the proximity and into the experience of this presence in your deeper meditations. Do not neglect this, for here you will experience self-love, self-worth and true inclusion in life. Take this presence with you today and receive this presence in your deeper meditations, and you will know that the presence is with you every day.

PRACTICE 333: *Two 30-minute practice periods.*

Hourly practice.

第 333 阶 有一个临在和我同在。我能够感知它。

今天感受你上师的临在，他们和你坚守在一起，注视着作为内识学生的准备。今天感受他们的临在，那么你将感受到你自己的临在，因为在你感受到的这一临在里你们结合在一起。记住你不孤单，你不会把自己隔离在自己的思想里。你不会把自己隔离在你自己可怕的思虑里。

每小时体验这一临在，因为这一临在每小时都和你同在。感知这一临在，无论你今天身处何地，无论你在工作还是在家，无论你是一个人还是和别人一起，因为无论你去哪里这一临在都和你同在。

在两次深度冥想里，让自己体验爱的临在，它是内识的临在，是智慧的临在，是确定性的临在，它是你在世界上的宗旨、意义和方向的源泉，它为你包纳着你在世界上的召唤。在深度冥想里，靠近这一临在，进入对这一临在的体验里。别忽视它，因为在此你将体验到自爱、自我价值和在生命中的真正包融。今天携带着这一临在，在深度冥想里接收这一临在，这样你会知道这个临在每天都和你同在。

练习 333：两个 30 分钟

每小时练习

Step 334

THE PRESENCE OF MY TEACHERS

IS WITH ME EVERY DAY.

EVERY DAY, NO MATTER WHERE YOU ARE, no matter where you

go, the presence of your Teachers is with you. This idea is to remind you that you are not alone. This idea is to give you an opportunity to come out of the isolation of your own imagination and to experience this presence and to receive the gift of this presence. In this gift, your Teachers will give to you the ideas and inspiration that you need. In this, you will express what you have received and thus confirm what you have received.

PRACTICE REMEMBERING THIS UPON THE HOUR by once again concentrating on the presence that is with you. You need only relax to feel it, for it is most certainly with you. In your deeper practices, once again enter stillness in the sanctuary of Knowledge so that you may receive this presence and the great confirmation and comfort that it gives to you. Allow yourself to leave self-doubt and the sense of unworthiness aside, for these things will be consumed in the fire of Knowledge and purified from your mind. When this is done, you will not need to give yourself grandiose ideas of yourself. You will not need to misrepresent yourself in the attempt to escape your sense of guilt and inadequacy, for guilt and inadequacy are consumed in the fire of Knowledge. Therefore, bring all that obstructs your participation and all fears that haunt and oppress you to the fire of Knowledge so that they may be consumed. You will sit in front of this fire, and you will see them being consumed, and you will feel your mind being bathed and cleansed in the loving fire of Knowledge. The presence is with you every day. The fire of Knowledge is with you every day.

PRACTICE 334: *Two 30-minute practice periods.*

Hourly practice.

第 334 阶 我上师的临在每天和我同在。

每一天，无论你身处何地，无论你去向何方，你上师的临在都和你同在。这一想法是为了提醒你，你不孤单。这一想法是为了给你一个机会走出你自身想象的隔离，体验这一临在并接收这一临在的礼物。在这个礼物里，你的上师将向你提供你需要的想法和灵感。这样，你将表达你所接收的，并由此确认你所接收的。

每小时通过再次专注于这一和你同在的临在，来练习记住这点。你只需放松就能感知它，因为它肯定和你在一起。在你的深度修习里，再次在内识的庇护所里进入静心，这样你就能接收这一临在以及它赋予你的伟大确认和安慰。让自己放下自我怀疑和无价值感，因为这些东西将在内识之火中被消融，从你的思想里被净化。由此，你就不必给自己那些关于你自己的宏伟想法。你就不必歪曲自己以试图逃避你的内疚和不足感，因为内疚和不足在内识之火里被消融了。因此，把所有阻碍你参与的东西以及所有萦绕和压迫你的恐惧带到内识之火里，这样它们就能被消融。你将坐在这堆火前，你将看着它们被消融，你将感受你的思想在内识之爱火里沐浴着、洗涤着。这一临在每天和你同在。内识之火每天和你同在。

练习 334：两个 30 分钟

每小时练习

Step 335

THE FIRE OF KNOWLEDGE

IS WITH ME EVERY DAY.

W

HEREVER YOU GO, WHATEVER YOU DO, the fire of

Knowledge is burning within you. Feel it burning. Upon the hour feel it burning. Regardless of what you see and what you think, feel the fire of Knowledge burning. This is the presence of Knowledge that you will feel within yourself as you feel the presence of the Teachers all around you. The fire of Knowledge is burning and as you experience this, it will consume all that holds you back—all that haunts and oppresses you, all sense of unworthiness and guilt and all pain and conflict. As these things are consumed, they will no longer cast their influence upon your life, and your life will naturally become more uniform and harmonious.

TODAY YOU TAKE A MAJOR STEP IN THIS DIRECTION by remembering and experiencing the fire of Knowledge upon the hour. In your two deeper practice periods re-enter the fire of Knowledge in the sanctuary of Knowledge. Remember that this fire will comfort you and release you. It will not burn you but will only warm your soul. It will give you comfort and reassurance. It will give you confirmation of the meaning and the purpose of your life and of the greatness that you carry within you.

DO NOT NEGLECT YOUR PRACTICE TODAY, but realize its total benefit to you. Nothing you can see in the world can possibly give you the certainty, the power, the peace and the sense of inclusion that the fire of Knowledge can bestow. Nothing can remind you of your total inclusion in life more than the presence of your Teachers who abide with you. Therefore, you have the experience that you need already, and from this experience you will learn in time to extend it to all your relationships—with others, with the world and with the Greater Community of Worlds in which you live.

PRACTICE 335: *Two 30-minute practice periods.*

Hourly practice.

第 335 阶 内识之火每天和我同在。

无论你去哪里，无论你做什么，内识之火都在你内心燃烧着。感受它的燃烧。每小时感受它在燃烧。无论你看到什么，无论你想什么，感受内识之火的燃烧。当你感知围绕着你的上师的临在时，它也是你在你内心感知的内识的临在。内识之火在燃烧，当你体验它时，它将消融所有阻止你的东西——所有萦绕你和压迫你的东西，所有的无价值感和内疚感还有所有的痛苦和冲突。当这些被消融时，它们不会再在你的生命中施加它们的影响，你的生命将自然变得更加统一和和谐。

今天通过每小时记住和体验内识之火，你向这一方向迈出重要的一步。在两次深度修习里，在内识的庇护所里再次进入内识之火中。记住这团火将安慰你和释放你。它不会灼烧你，只会温暖你的灵魂。它将给你安慰和保证。它将赋予你对你生命意义和宗旨以及你内心携带的伟大的确认。

今天别忽视你的修习，而是意识到它对你的全然益处。你在世界上看到的任何东西都无法给予你内识之火能够赋予的确定、力量、和平和包融感。没有任何东西能比那和你坚守的上师的临在更能提醒你在生命里的全然包融。因此，你已经拥有了你所需要的体验，从这个体验，你将慢慢地学习把它拓展到你所有的关系里——和他人、和世界以及和你生活其中的众多世界组成的大社区。

练习 335：两个 30 分钟

每小时练习

Step 336

REVIEW

BEGIN YOUR TWO-WEEK REVIEW by reviewing the first lesson

in this two-week period, rereading the lesson and recalling your practice for that day. Follow this subsequently for each following day. Review your practice. Realize what your practice is for and recognize what your practice is reinforcing within you. Recognize how much you want this reinforcement to occur and realize the tremendous value that you are receiving and are attempting to receive as you prepare as a student of Knowledge. Let your review today be a confirmation of the importance of your preparation. Recognize how much you need to strengthen your participation and how much you need to set aside ideas that are debilitating or that deny the existence of Knowledge within your life. Remember that Knowledge is with you and that your Teachers are with you, to be experienced and received every moment. As you learn to receive this, you will naturally express this.

IN YOUR ONE LONG PRACTICE PERIOD TODAY, review the past two weeks of practice and realize what is being offered to you. Realize how much you need to receive. Realize how much you want to receive.

PRACTICE 336: *One long practice period.*

第 336 阶 复习

从回顾这两周的第一课开始你的两周复习，重新阅读那一课并回想那天的修习。按这种方式继续后面的每一天。回顾你的修习。意识到你的修习为了什么，并认知你的修习在你内心强化着什么。认知你多么希望这一强化得以实现，并意识到当你作为内识学生进行准备时，你正在接收并在努力接收的巨大价值。让今天的复习成为对你准备的重要性的确认。认知你多么需要强化你的参与，以及你多么需要放下令你软弱或是否认你生命里内识存在的那些想法。记住内识和你同在，你的上师和你同在，它们每一刻都等待着被体验和被接收。当你学习接收它时，你将自然地表达它。

在你今天的长修习时段里，复习过去两周的修习并意识到什么在被提供给你。意识到你多么需要去接收。意识到你多么希望去接收。

练习 336: 一个长练习时段

Step 337

ALONE I CAN DO NOTHING.

ALONE YOU CAN DO NOTHING, but you are not alone. Yes, you

are an individual, but you are greater than an individual.

Thus it is that you cannot be alone, and thus it is that your individuality has great promise and purpose in the world. Thus it is that you who are part of the greatness that is greater than your individuality and you who are part of your individuality as well become whole and unified. In this, everything that you have constructed for yourself is turned for good. All of your creations are given purpose, meaning, direction and inclusion in life. Thus, your life is redeemed and reclaimed, and you become part of life and a vehicle for its unique expression. This is the true meaning of today's lesson.

ONLY IN THE SHADOWS AND THE DARKNESS OF IMAGINATION can you hide from the light of truth. You must believe that you are alone to think that your imaginings are real. To learn that you are not alone at first may seem fearful because you are afraid that your imaginings and guilt would be revealed. Yet, as you consider this honestly and without condemnation, you realize that it means that you have been reclaimed, rejuvenated and are now being prepared to receive the power that abides with you, the power that is your Source and True Self.

REPEAT TODAY'S IDEA UPON THE HOUR and realize that it is an affirmation of your strength and inclusion in life. In your deeper meditations allow yourself to re-enter the stillness of your sanctuary of Knowledge where it will become evident that you are not alone. Here you are in true marriage with life and in true union with those who have come to serve you and guide you and with those who practice with you now. In your inclusion is your happiness. In your isolation is your misery. Your misery has no foundation, for you are not alone and your success is guaranteed, for alone you can do nothing.

PRACTICE 337: *Two 30-minute practice periods.*

Hourly practice.

第 337 阶 一个人我什么都做不了。

一个人我什么都做不了，但你不是一个人。是的，你是一个个体，但你比一个个体更伟大。正因为这样，你不会是孤单一人，正因为这样，你的个体性在世界上拥有伟大的前途和宗旨。正因为这样，你作为比你个体性更伟大的那个伟大的组成部分，同时作为你个体性的组成部分，变得完整和统一了。由此，你为自己构建的一切都转向为正义服务。你的所有创造被赋予了宗旨、意义、方向和在生命里的包融。这样，你的生命被救赎和唤回了，你成为生命的一部分，成为它独特表达的载体。这是今天课程的真正含义。

唯有在想象的阴影和黑暗里，你才能躲避真理的光辉。你必须相信你是孤单的，才可能认为你的想象是真实的。认识到你不孤单，这一开始似乎很可怕，因为你担心你的想象和过失会被揭露。然而，当你坦诚并且不带谴责地思考这点时，你意识到这意味着你被救赎和焕新了，现在正在准备接收那和你坚守的力量，那作为你的源泉和真正自我的力量。

每小时重复今天的想法，意识到它是对你的力量和生命中的包融的确认。在深度冥想里，让自己再次进入你内识庇护所的安静里，在这里很明显你并非孤单一人。在此，你和生命进入真正的婚姻里，你和那些来此服务你和指引你以及那些正在和你一同修习的人们进入真正的联合里。在你的包融里你找到幸福。在你的隔离里你找到不幸。你的不幸没有基础，因为你不孤单，并且你的成功是有保证的，因为一个人你什么都做不了。

练习 337：两个 30 分钟

每小时练习

Step 338

TODAY I WILL BE ATTENTIVE.

BE ATTENTIVE TODAY so that you may see what is occurring

around you. Be attentive today so that you may experience yourself in the world. Be attentive today so that you may experience that the fire of Knowledge is burning within you. Be attentive today so that you may experience that the presence of your Teachers is with you. Be attentive today so that you may see that the fire of Knowledge is burning within the world and that the presence of your Teachers is present in the world as well. These things will naturally come to you as you are attentive, for without condemnation you will see what is actually occurring. This will confirm your spiritual nature and purpose in the world. This will confirm your true identity and give meaning to your individual life.

BE ATTENTIVE UPON THE HOUR TODAY and have confidence that being attentive will yield its own true results for you. Without judgment and evaluation, you will see through all fearful appearances that the world may present to you. You will see through all fearful appearances that your imagination may present to you, for all fearful appearances are born of and substantiated by imagination. In being attentive to the world, you recognize the world's confusion and its need for Knowledge. This will confirm your own confusion and need for Knowledge and will make you happy that you are now preparing to receive Knowledge itself.

IN YOUR DEEPER MEDITATION PRACTICES BE ATTENTIVE, be present and give yourself in stillness within the sanctuary of Knowledge. You need only be attentive. Judgment is not necessary. Be attentive and you will penetrate the false and you will receive the true. For true attention will always give you that which is true, and false attention will always give you that which is false.

TODAY YOU STRENGTHEN THIS FACULTY OF MIND, this ability to be attentive. You strengthen this for yourself and for the world, which needs to be recognized. For the world needs to be loved, and love only comes through true recognition.

PRACTICE 338: *Two 30-minute practice periods.*

Hourly practice.

第 338 阶 今天我将保持专注。

今天保持专注，这样你就能看到你周围正在发生什么。今天保持专注，这样你就能在世界上体验你自己。今天保持专注，这样你就能体验内识之火在你内心燃烧。今天保持专注，这样你就能体验你上师的临在和你同在。今天保持专注，这样你就能看到内识之火同样在世界上燃烧，并且你上师的临在同样存在于世界上。当你专注时，这些会自然地呈现给你，因为没有了谴责，你将看到真正发生着什么。这将确认你的灵性本质和你在世界上的宗旨。这将确认你的真正身份并为你的个体性生命赋予意义。

每小时保持专注，要有信心保持专注将为你带来它真正的结果。没有了评判和评估，你将看穿世界可能呈现给你的所有可怕表象。你将看穿你的想象可能呈现给你的所有可怕表象，因为所有可怕表象由想象产生并具体化。通过对世界保持专注，你认知世界的困惑和它对内识的需要。这将确认你自身的困惑和对内识的需要，这会让你快乐，因为你正在进行准备去接收内识本身。

在深度冥想里保持专注，保持临在，并在内识的庇护所里把自己奉献到静心里。你只需保持专注。评判是没有必要的。保持专注，你就能穿透虚假，接收真实。因为真正的专注总会赋予你真正的东西，而虚假的专注总会赋予你虚假的东西。

今天你强化你思想的这种能力，这种专注力。你为自己、为等待着被认知的世界去强化它。因为世界需要被爱，而爱只能来自真正的认知。

练习 338：两个 30 分钟

每小时练习

Step 339

THE PRESENCE OF LOVE IS WITH ME NOW.

THE PRESENCE OF LOVE IS WITH YOU, within the fire of

Knowledge within you. As exemplified by the presence of your Teachers, this presence permeates all things in the world. It is the context in which the world exists. It is still; therefore, it abides with everything. Can you who perceive the world perceive this abiding presence? Can you who act in the world see the effect of this presence within the world? If this presence were not in the world, the world would have destroyed itself long ago and there would be no hope for your salvation. There would be no hope for true community and for all the things that human beings are capable of in their temporary life here. All things of true value would not emanate, for the darkness of imagination and the darkness of fear would cover the world permanently and all would live in complete darkness. Without the presence of love in the world, this would be the case. Your life here would be sealed in darkness, and you would never be able to escape. THAT IS WHY YOUR LIFE IN THE WORLD IS TEMPORARY. It could not be permanent, for you are born of the light, to which you will return. How could you live in darkness permanently when you are born of the light, to which you will return? You have been sent into the world to bring the light into the world, not to confirm the world's darkness. God's Will is that you bring the light into the world, not that you be banished to the world in darkness. You are here to bring the light into the world.

YOU WHO ARE A STUDENT OF KNOWLEDGE ARE NOW LEARNING step by step to receive the light of Knowledge and the fire of Knowledge. As you experience this within yourself, you will see the fire of Knowledge burning in the world, for this is the presence of love. This is God within the world. What God does in the world God will do through you, but God's presence in the world activates Knowledge in all minds and calls to all minds to awaken. This substantiates, confirms and strengthens the emergence of Knowledge wherever it is occurring.

GOD'S PRESENCE IS PERMANENT. The world itself is temporary. The physical universe is temporary. God's presence is permanent. Can you then see what is great and what is small? Can you then see that which gives and that which must learn to receive? Can you then realize the importance of your preparation? Can you then realize the importance

of your service in the world?

UPON THE HOUR BE ATTENTIVE and experience the presence of love in the world. If you are attentive, you will experience this. In your deeper meditation practices experience the presence of love within yourself, which is the fire of Knowledge. Remember as you look upon this, within your world and within yourself, that from the stillness of this presence emanate all good works, all important ideas and the motivation for all important activities. This is what drives humanity and even the Greater Community of Worlds towards Knowledge and, with Knowledge, towards becoming one community.

PRACTICE 339: *Two 30-minute practice periods.*

Hourly practice.

第 339 阶 爱的临在现在和我同在。

爱的临在和你同在，在你内心的内识之火里。这一临在以你上师的临在为例证，它遍及世界所有事物。它是世界存在的背景。它是安静的；因此，它和一切事物同在。那个感知世界的你，能够感知这一恒久的临在吗？那个在世界上活动的你，能够看到这一临在在世界上的效力吗？假如这一临在不在世界上，那么世界很早以前就已经毁灭自己了，这里将不存在你救赎的希望。这里将不存在真正社区的希望，以及人类在他们的短暂生命里所能做的一切事情的希望。一切真正价值的事物将不会出现，因为想象的黑暗和恐惧的黑暗将永久地覆盖世界，所有人将生活在完全的黑暗里。如果世界上没有爱的临在，就会是这种情形。你在这里的生命将被封闭在黑暗里，你将永不得逃脱。

正因为如此，你在世界上的生命是暂时性的。它不可能是永久的，因为你诞生于光明，你将回归光明。当你诞生于光明并将回归光明时，你怎么可能永久地生活在黑暗里呢？你被派到世界里是为把光明带进世界，而不是为了确认世界的黑暗。上帝的旨意是让你把光明带进世界，而不是把你放逐到黑暗的世界里。你在此是为了把光明带进世界。

作为内识的学生，你正在一步一步地学习接收内识之光和内识之火。当你在你内心体验这些时，你将看到内识之火在世界上燃烧，因为这是爱的临在。这是世界里的上帝。上帝在世界上所做的事情，将通过你来做，但是上帝在世界上的临在激发着所有思想里的内识，并召唤所有思想的觉醒。无论这在哪里发生，它都在充实、确认和强化着内识的呈现。

上帝的临在是永恒的。世界本身是暂时性的。物质宇宙是暂时性的。上帝的临在是永恒的。你能因此看到什么是伟大以及什么是渺小吗？你能因此看到那奉献的以及那必须学习接收的吗？你能因此认知你准备的重要性吗？你能因此认知你对世界的服务的重要性吗？

每小时保持专注并体验世界上爱的临在。如果你是专注的，你将体验到它。在深度冥想里体验你内心爱的临在，它是内识之火。当你在你的世界里和在你的内心看着它时，记住从这一临在的安静里产生着所有有益的工作、所有重要的想法以及所有重要活动的动力。正是它驱动着人类，甚至驱动着众多世界组成的大社区走向内识，并且带着内识走向统一社区的实现。

练习 339：两个 30 分钟

每小时练习

Step 340

MY PRACTICE IS MY CONTRIBUTION TO THE WORLD.

Y

OU ARE A BEGINNING STUDENT OF KNOWLEDGE. As a

beginning student, you engage yourself completely with your practice. Do not imagine for yourself a great role as a saviour or redeemer in the world, for this will only discourage you because you are not yet prepared to carry forth things of greatness. Your duty is to follow the steps as they are given. This is the requirement. In time, greatness will grow within your experience, and you will experience greatness within the world. Yet, as we have so often indicated in our preparation thus far, the greatness you will experience will express itself in simple and mundane things. Therefore, do not imagine grandiose ideas of yourself as a saviour. Do not see yourself being crucified in the world, for these images are born of ignorance and you do not comprehend their true meaning.

FOLLOW EACH STEP, for each will require your complete attention and engagement. Without your attempting to add what is unnecessary to your preparation, you may then become fully engaged with your preparation. This will fully engage you and will elevate all of your physical and mental abilities and give them uniform purpose and direction. Your practice is your gift to the world. From your practice all gifts that you will give in the future will be able to be given with confidence, with love and with certainty.

UPON THE HOUR REMIND YOURSELF that your practice is your gift to the world. If you really wish to serve the world and if you really wish to exemplify within the world that which you hold most dear and that which you honor within yourself, then give yourself to your practice and do not neglect it this day. In your deeper meditations give yourself to practice, for practice is an act of giving. And you who are learning now to receive are also giving yourself to learn to receive. Thus, you are learning to give as well. If you cannot give yourself to practice, you will not be able to give to the world, for giving to the world is a form of practice as well. Remember that all you can do is practice. No matter what you do, you are practicing something, you are asserting something, you are confirming something and you are studying something. Given this understanding, give yourself to your true preparation, for this is your gift to yourself and to the world.

PRACTICE 340: *Two 30-minute practice periods.*

Hourly practice.

第 340 阶 我的修习是我对世界的贡献。

你是内识的初级学生。作为一个初级学生，你让自己全然参与到你的修习中。别为自己想象一个作为世界救世主或救赎者的伟大角色，这只会挫败你，因为你还没有做好准备去开展伟大的事情。你的职责是按照所给的样子遵循进阶。这是对你的要求。慢慢地，伟大将在你的体验中增长，并且你将在世界里体验到伟大。然而，正如我们在迄今为止的准备中经常提到的，你将体验到的那个伟大，将在简单而平凡的事情里表达它自己。因此，别去想象你自己是救世主的宏伟想法。别以为自己会被钉上十字架，因为这些形象诞生于无知，你并不理解它们的真正含义。

遵循每个进阶，因为每个进阶都需要你全部的专注和参与。如果你不试图给你的准备添加不必要的东西，你就能够充分参与到你的准备里。这将完全占用你并将提升你所有的身体和思想能力，并赋予它们统一的宗旨和方向。你的修习是你给世界的礼物。通过你的修习，所有你将在未来奉献的礼物都能带着信心、爱和确定被奉献。

每小时提醒自己，你的修习是你给世界的礼物。如果你真的希望服务世界，如果你真的希望在世界里示范你最珍视的和你自己内心所尊重的，那么就把自己奉献给你的修习，今天不要忽视它。在深度冥想里，把自己奉献给修习，因为修习是一种奉献行动。那个正在学习接收的你，也正在奉献你自己去学习接收。这样，你同样在学习奉献。如果你无法把自己奉献给修习，你就无法奉献给世界，因为对世界奉献同样是一种形式的修习。记住你所能做的一切就是修习。无论你做什么，你都在修习某种东西，你在主张某种东西，你在确认某种东西，你在学习某种东西。基于这一理解，把自己奉献给你真正的准备，因为这是你给自己和给世界的礼物。

练习 340：两个 30 分钟

每小时练习

Step 341

I AM HAPPY,

FOR I CAN NOW RECEIVE.

LEARN TO RECEIVE AND YOU WILL LEARN TO BE HAPPY. Learn to

give and your happiness will be confirmed. In the simplest of words, this is what you are undertaking. If you do not make this complicated with your own ideas and expectations, you will be able to see the ever present truth of this, and you will learn exactly what it means and what it will require. Remember that complexity is a denial of the simplicity of truth. The truth will carry forth its activity each day, step by step, as you are carrying forth your preparation each day, step by step. As you learn to become a student of Knowledge, you learn to live the truth. The simplicity of this is ever present to you, for truth is simple and evident to all who look for truth and to all who look without the weight of condemnation or judgment.

REMEMBER YOUR PRACTICE UPON THE HOUR and in your deeper meditations, once again reinforce your capacity and desire for stillness. For if you experience a little more stillness each day, it will grow and grow and will fill your life and emanate from your life like a great light, for you are here to be a light unto the world.

PRACTICE 341: *Two 30-minute practice periods.*

Hourly practice.

第 341 阶 我幸福，因为我现在能够接收。

学习接收，你就能学习幸福。学习奉献，你的幸福就将得到确认。以最简单的话来说，这就是你正在开展的事情。如果你不用你自己的想法和期待把这复杂化的话，你将能够看到这是始终存在的真理，并且你将准确地了解它意味着什么以及它将要求什么。记住复杂是对真理之简单性的否认。当你每天一步步开展你的准备时，真理也将每天一步步地开展它的活动。当你学习成为内识学生时，你在学习活在真理里。这种简单性对你来说是始终呈现的，因为真理对于所有寻求真理和所有不带谴责或评判的重负去看的人来说，是简单和显在的。

每小时记住你的修习，在深度冥想里，再次强化你静心的能力和渴望。因为如果你每天体验更多一点静心的话，它将不断增长，它将充满你的生命并如一道强光从你的生命里散发出来，因为你在此就是要成为照向世界的一道光明。

练习 341：两个 30 分钟

每小时练习

Step 342

I AM A STUDENT OF KNOWLEDGE TODAY.

TODAY YOU ARE A STUDENT OF KNOWLEDGE. You are following

your preparation step by step. You are learning to be unburdened of your own judgment and anxiety. You are learning to be confirmed by the presence of Knowledge within you and by the presence of love within your life. You are learning to honor yourself and learning to appreciate your world. You are learning to recognize your responsibility and learning to recognize the world's need for this responsibility to be carried forth. You are learning to be still within and meaningfully engaged without. You are learning to receive. You are learning to give. You are learning to recognize that your life is being redeemed.

BE A STUDENT OF KNOWLEDGE TODAY and carry forth today's directions as completely and as explicitly as you can. Remind yourself upon the hour that you are a student of Knowledge and take a moment upon each hour to think what this means, particularly in your current circumstances. In your deeper practice periods, actively engage your mind in considering what a student of Knowledge is. Recall what you have been taught thus far. Recognize what is being reinforced step by step and what you are being encouraged to relinquish. Your two practice periods are periods of active mental engagement where you look at today's idea and attempt to see its meaning in terms of your life. When you think, think constructively, for all thinking must be constructive. When thinking isn't necessary, Knowledge will carry you forth. In the world you must have Knowledge, and you must learn to think constructively because you are a student of Knowledge. Today be a student of Knowledge and you will honor that which guides you, that which leads you and that which blesses you. You will represent Knowledge, for you are a student of Knowledge.

PRACTICE 342: *Two 30-minute practice periods.*

Hourly practice.

第 342 阶 今天我是内识的学生。

今天你是内识的学生。你在一步步地遵循你的准备。你在学习摆脱你自己的评判和焦虑。你在学习确认你内在内识的临在和你生命里爱的临在。你在学习尊重你自己并学习激赏你的世界。你在学习认知你的责任，并学习认知世界需要这一责任得到开展。你在学习在内在保持静心同时在外在进行有意义的参与。你在学习接收。你在学习奉献。你在学习认知你的生命正在被救赎。

今天做内识的学生，并尽可能完全和明确地遵循今天的指引。每小时提醒自己你是内识的学生，并用片刻时间思考这意味着什么，特别是在你当下的环境里。在你的深度修习里，积极运用你的思想思考内识学生是什么。回顾你迄今已被传授的东西。认知什么正在一步步得到强化，以及什么是你被鼓励放弃的。你的两次修习时段是进行积极思想参与的时段，在此你检视今天的想法，并努力看清它对你生命的含义。当你思考时，要有建设性地思考，因为所有的思考必须是有建设性的。当没有必要思考时，内识将带你前行。在这个世界上，你必须拥有内识，并且你必须学习有建设性的思考，因为你是内识的学生。今天做内识的学生，那么你将尊重那指引你、引领你和祝福你的。你将代表内识，因为你是内识的学生。

练习 342：两个 30 分钟

每小时练习

Step 343

TODAY I WILL HONOR THE SOURCE OF MY PREPARATION.

HONOR THE SOURCE OF YOUR PREPARATION by being a student

of Knowledge today. Remember this upon the hour and think again about what being a student of Knowledge means. Try to recall all that has been given to you and all that is being reinforced and try to recognize objectively that which obstructs you and holds you back. Strengthen your faith. Strengthen your participation. Use your power of decision to do so, and remember as you do this that you honor and represent that which guides you and that which you serve. IN YOUR TWO DEEPER PRACTICE PERIODS, actively engage your mind in considering what today's idea means. Remember that you can only serve that which you value. If you value Knowledge, you will serve Knowledge. If you value ignorance and darkness, you will serve that. That which you value is your master, and your master will give you that which you must learn. You are a student of Knowledge. You are a student of Knowledge because you have chosen that your studenthood and the master that guides you reflect Knowledge and truth in the world. Here you only have two choices, for you can only serve Knowledge or that which attempts to replace Knowledge. Since nothing can really replace Knowledge, the desire to serve that which replaces Knowledge is the desire to serve nothing, to be nothing and to have nothing. This is what we mean when we speak of poverty. It is a state of serving nothing, being nothing and having nothing.

THEREFORE, HONOR THAT WHICH SERVES YOU. Honor that which acknowledges your reality and the meaning and the value of your presence in the world, and you will serve something real, you will be something real and you will have something real. Thus it is that you who are learning to serve will be the one who is learning to receive.

PRACTICE 343: *Two 30-minute practice periods.*

Hourly practice.

第 343 阶 今天我将尊重我准备的源泉。

今天通过做内识的学生来尊重你准备的源泉。每小时记住这点，并再次思考做内识的学生意味着什么。努力回想被提供给你的所有东西，正在被强化的所有东西，并努力客观地认知什么在阻碍着你和制约着你。强化你的信念。强化你的参与。运用你的决策力量来做到这些，当你这样做时要记住你尊重和代表那引导你的和你在服务的。

在两次深度修习里，积极运用你的思想来思考今天的想法意味着什么。记住你只会服务于你所珍视的。如果你珍视内识，你将服务内识。如果你珍视无知和黑暗，你将服务它们。你所珍视的东西是你的大师，并且你的大师将赋予你必须学习的东西。你是内识的学生。你是内识的学生，因为你所选择的学生生涯和引导你的大师反映了世界上的内识和真理。在此你只有两种选择，因为你只能服务内识，或是服务那试图取代内识的东西。因为任何东西都无法真正取代内识，所以渴望服务于内识替代品，就是渴望服务无物、成为无物和拥有无物。这就是我们所谈及的贫困的含义。这是一种服务无物、成为无物和拥有无物的状态。

因此，尊重那服务你的。尊重那认可你的实相以及你在世界上存在的意义和价值的，那么你将服务某种真正的东西，你将成为某种真正的东西，并且你将拥有某种真正的东西。正因为这样，那个在学习服务的你也将是个在学习接收的人。

练习 343: 两个 30 分钟

每小时练习

Step 344

MY KNOWLEDGE IS THE GIFT

I GIVE UNTO THE WORLD.

KNOWLEDGE IS YOUR GIFT TO THE WORLD, but first you must

become a vehicle for it to express itself. You must accept it, receive it, learn from it and give what it gives you to give. You must open yourself so that it may naturally shine upon the world through you. From your Knowledge will come everything—all meaningful activities, all important contributions, all important thoughts, all meaningful expressions of emotion and all motivation to reassure, to comfort, to love, to heal, to join and to liberate others. This simply means that the real you is finally expressing itself. This is your gift to the world.

UPON THE HOUR REMIND YOURSELF OF THIS and feel the fire of Knowledge burning within you. Feel yourself as a vehicle for carrying Knowledge in the world. Be glad that you do not need to torment yourself by trying to figure out how you will give Knowledge, how Knowledge will give itself and what will happen as a result. You simply follow the steps. As you have seen thus far, the steps require that you develop your mental abilities and apply them appropriately. They require that you be mentally present. They require that you balance and harmonize your life. Even this far in your preparation, you are realizing that you know many things about your life that you have not yet accepted or implemented. Knowledge has been with you all along and even now in your beginning preparation, as you advance with others who are advancing with you, the power and the efficacy of Knowledge is becoming ever more real to you. This is your gift to the world.

IN YOUR TWO LONGER PRACTICE PERIODS TODAY, in stillness and receptivity, practice receiving the power of Knowledge so that it may grow within you and so that you may have a greater and greater experience of it as you venture out into the world. These longer practice periods are so vital for your preparation, for they increase your capacity, they increase your comprehension, they increase your experience and they make it ever easier for you to experience Knowledge while you are in the world. For your Knowledge is your gift to the world, and your Knowledge is your gift to yourself.

PRACTICE 344: *Two 30-minute practice periods.*

Hourly practice.

第 344 阶 我的内识是我给世界的礼物。

内识是你给世界的礼物，但首先你必须成为它表达它自身的一个载体。你必须接受它，接收它，向它学习并奉献它交给你去奉献的东西。你必须敞开自己，这样它就能通过你自然地照向世界。从你的内识里将会产生一切——所有有意义的活动，所有重要的贡献，所有重要的思想，所有有意义的情感表达以及所有保证、安慰、爱、疗愈、参与和解放他人的动力。这不过是意味着那个真正的你最终可以表达它自己了。这是你给世界的礼物。

每小时提醒自己这点，并感受你内心燃烧的内识之火。感受你自己作为在世界上携带内识的一个载体。要感到高兴，因为你不必强求自己去努力理解你将如何奉献内识，内识将如何奉献它自己以及作为结果将会发生什么。你只是遵循进阶。正如你至今所看到的，这些进阶要求你发展你的思想能力并恰当地运用它们。它们要求你在思想上保持临在。它们要求你平衡和协调你的生命。尽管你的准备才进展到这么远，你也已经意识到你知道你生命的很多事情，但你还没有接受或执行它们。内识一直和你同在，即便你才开始准备，并且当你和其他与你一同进步的人共同进步时，内识的力量和效力对你来说正变得越来越真切。这是你给世界的礼物。

在今天的两次长修习时段里，在静心和接收里，练习接收内识的力量，这样它就能在你内心成长，这样当你在世界里历险时，你将能拥有对它越来越广大的体验。这些长修习时段对你的准备至关重要，因为它们提高你的能力，它们增进你的理解，它们提升你的体验，它们让你在身处世界时更容易体验到内识。因为你的内识是你给世界的礼物，同时你的内识是你给自己的礼物。

练习 344：两个 30 分钟

每小时练习

Step 345

MY KNOWLEDGE IS MY GIFT TO MY SPIRITUAL FAMILY.

YOUR KNOWLEDGE IS YOUR GIFT TO YOUR SPIRITUAL FAMILY,

for you have come into the world not only to advance yourself and the world but to advance your Spiritual Family. Your specific learning group requires that you advance so that it may itself advance, for it is seeking a greater union as well. Throughout time you have been cultivating your range of and capacity for relationship. All of your successes thus far are embodied in the expression and the evidence of your Spiritual Family.

THE RETURN TO GOD IS THE RETURN TO INCLUSION in relationship. This is beyond your ability to comprehend, and it is certainly beyond your ideas and your idealism. It can only be experienced. It must be experienced, and through this experience you will understand that you have come here not only for your own redemption and not only to serve the world, but to serve those who have sent you. In this, your role becomes ever more important. In this, your preparation becomes ever more important. If you think of this, you will know that it is true.

UPON THE HOUR TODAY think of this idea and remember your Spiritual Family, whom you are now learning to remember. In your two deeper meditation practices, re-enter your sanctuary of Knowledge and attempt to experience the presence of your Spiritual Family. If your mind is still, you will realize that they are with you now. How could they be apart from you who cannot be apart from them, and as you are in the world they are with you now.

PRACTICE 345: *Two 30-minute practice periods.*

Hourly practice.

第 345 阶 我的内识是我给我精神家庭的礼物。

你的内识是你给你精神家庭的礼物，因为你来世界不只是为了提升自己 and 世界，而且是为了提升你的精神家庭。你的特别学习团队需要你进步，这样它自己就能进步，因为它同样在寻求一个更广大的联合。你在整个时间象限里，一直在培养你关系的范畴和能力。你迄今为止的所有成功都体现在你精神家庭的表达和证明里。

回归上帝是回归到关系的包融里。这超越了你的理解能力，更超越了你的想法和你的理想主义。它只能被体验。它必须被体验，通过这一体验你将理解你来此不只是为了你自己的救赎，不只是为了服务世界，也是为了服务那些派你来的存有。由此，你的角色变得更加重要。由此，你的准备变得更加重要。如果你思考这些话，你会认知这是真理。

每小时思考这一想法并记住你的精神家庭，你正在学习记起他们。在两次深度冥想里，再次进入你内识的庇护里，努力体验你精神家庭的临在。如果你的思想是安静的，你将意识到他们现在和你同在。他们怎么可能和那个无法和他们分开的你分开呢？当你身处世界时，他们和你同在。

练习 345：两个 30 分钟

每小时练习

Step 346

I AM IN THE WORLD TO WORK.

Y

OU ARE IN THE WORLD TO WORK. Work is what you want to

do. Work is why you have come. But what is this work that we speak of? Is it your current employment, which you resist and have difficulty with? Is it the many tasks that you think are your own and that you assign to yourself? Your true work may be expressed in any of these activities, but it is truly greater. It will be your happiness and your fulfillment to carry out each step of your true work. Your true work in the world is to discover your Knowledge and allow it to express itself through you. Your true work in the world is to respond to your specific calling, which engages you with certain people in certain ways so that you may fulfill your individual destiny in the world.

THIS IS YOUR WORK. Do not think at this moment that you can understand what this work is and do not try to give it definition beyond what we have given you. It is all right not to know fully what this means. It is all right to apprehend the mystery of your life without attempting to make it concrete.

YOU ARE IN THE WORLD TO WORK. Therefore, apply yourself so that your application may reveal to you the source of your purpose, meaning and direction. It is through your work and meaningful activity that you will experience your value—the value of your individual life and the assurance of your true destiny. Your true work guarantees you all things of value and provides you escape from all things that conceal you and render you helpless and miserable.

REMINDE YOURSELF OF TODAY'S IDEA upon the hour. In your two deeper practices, once again engage your mind actively in considering today's idea. Consider how you view work itself and all of your associations with work. Review how you have responded to work in the past—your desire to work, your ambivalence concerning work and your resistance to work. Recognize how all desire to escape work has really been a desire to discover Knowledge. Realize that Knowledge will engage you with work with new purpose, new meaning and new direction. Examine your thoughts. You must understand your thoughts, for they are still very effective in influencing your perception and your understanding. When you can become objective with your own mind, you will be able to allow Knowledge to shine upon it, and you will be able to use the power of decision to

prepare yourself and to work with the content of your mind. This is effective within your range of participation, for it is not given you to determine the purpose, the meaning or the direction of Knowledge, but to become the recipient of Knowledge, to experience Knowledge and to allow Knowledge to express itself through you.

THUS, IN YOUR TWO LONGER PRACTICE PERIODS engage your mind actively. Concentrate on this one idea. Recognize all the thoughts and feelings that are associated with it. In the last portion of each long practice period, allow all thoughts to leave you. Re-enter stillness and receptivity so that you may come to know. Knowledge does not require your thinking when you are experiencing Knowledge itself, for all thinking is a replacement for Knowledge. Yet, Knowledge will direct all your thinking to serve a greater purpose.

PRACTICE 346: *Two 40-minute practice periods.*

Hourly practice.

第 346 阶 我在世界上是为了工作。

你在世界上是为了工作。工作是你希望做的事情。工作是你来的原因。但是，我们所说的这个工作是什么呢？它是你在抗拒并感到吃力的当下这份工作吗？它是你认为属于你同时你指派给你自己的很多任务吗？你真正的工作可以在任何这些活动中得到表达，但它真的更加伟大。开展你真正工作的每一步，对你来说将是幸福和成就的。你在世界上的真正工作是发现你的内识并允许它通过你来表达它自己。你在世界上的真正工作是回应你的特殊召唤，它让你以特定的方式和特定的人参与，这样你就能成就你个人在世界上的天命。

这是你的工作。此刻别以为你能够理解这个工作是什么，别试图超越我们为你提供范畴去给它定义。无法全然认知它意味着什么，这是完全恰当的。理解你生命的神秘而不试图具体化它，这是完全恰当的。

你在世界上是为了工作。因此，去应用你自己，这样你的应用就能向你示现你宗旨、意义和方向的源泉。正是通过你的工作和有意义的活动，你将体验到你的价值——你个体生命的价值和你真正天命的保证。你真正的工作向你确保了所有有价值的东西，并让你摆脱所有掩盖你和带给你无助和痛苦的东西。

每小时提醒自己今天的想法。在你的两次深度修习里，再次积极运用你的思想去思考今天的想法。思考你如何看待工作本身以及你和工作的所有关联。回顾你在过去是如何回应工作的——你对工作的渴望，你对工作的矛盾心态和你对工作的抗拒。认知所有逃避工作的渴望实际上是对发现内识的渴望。意识到内识将让你带着新的宗旨、新的意义和新的方向参与到工作中。检视你的想法。你必须理解你的想法，因为它们依然强烈影响着你的感知和你的理解。当你能够对你自己的思想变得客观时，你将能够让内识照向它，你将能够运用决策力量来准备自己，并和你思想的内容共同协作。这在你的参与范畴里是有效的，因为它并非让你去决定内识的宗旨、意义或方向，而是成为内识的接收者，体验内识并让内识通过你来表达它自己。

因此，在两次长修习时段里积极参与你的思想。专注于这一想法。认知与之相关联的所有想法和感受。在每次长修习时段的结尾，让所有的想法离开你。再次进入静心和接收里，这样你就能知道。当你在体验内识本身时，内识并不需要你的思考，因为所有的思考是对内识的替代。然而，内识将引导你所有的思考去服务一个更伟大宗旨。

练习 346：两个 30 分钟

每小时练习

Step 347

I ALLOW MY LIFE TO UNFOLD TODAY.

ALLLOW YOUR LIFE TO UNFOLD TODAY. Without your own

internal disorientation, without the darkness of your own imagination and without your own confusion and conflicts, you may bear witness to the unfolding of your life. Today represents a step in the unfoldment of your life, in the emergence of your Knowledge, in the cultivation of your true comprehension and in the expression of your true accomplishments. Be attentive this day and learn to observe your outer life and your inner life objectively. In this way, you may experience what is truly there, and you will love what is truly there, for what is truly there is true and reflects love itself.

UPON THE HOUR REMIND YOURSELF to observe your life unfolding. Within your deeper meditation practices, in stillness and receptivity, observe your inner life unfolding. Observe your outer life and inner life unfolding together as they must. Here you will feel the movement of your life. Here you will know that your life is being guided and directed. Here you will know that all things that you truly value and hold most dear and everything that we have indicated in our preparation thus far are coming into being. Here you allow certain things to fall away and certain things to emerge. Here you govern the part of your life which is yours to govern, which is your thinking and behavior. Here you allow that part of your life which you cannot govern, which is your purpose, meaning and direction, to naturally emerge and express itself. Here you bear witness to your life, which this day is emerging and unfolding.

PRACTICE 347: *Two 30-minute practice periods.*

Hourly practice.

第 347 阶 今天我让我的生命展现。

今天让你的生命展现。没有了你自身的内在迷失，没有了你自身想象的黑暗，没有了你自身的困惑和冲突，你就能见证你生命的展现。今天的进阶代表了你生命的展现，你内识的浮现，你真正理解的培养和你真正成就的表达。今天保持专注，学习客观观察你的外在生命和你的内在生命。通过这样，你可以体验到那里真正存在着什么，并且你将喜爱真正存在在那里的东西，因为真正存在在那里的东西是真实的，并反映着爱的本身。

每小时提醒自己观察你生命的展现。在深度冥想时段里，在静心和接收里，观察你内在生命的展现。观察你外在生命和内在生命在共同展现，它们必然会如此。在此你将感受你生命的运动。在此你会知道你的生命在被指引和引导着。在此你会知道，所有你真正珍视并最为珍惜的东西，以及我们在迄今为止的准备里所指明的一切都在成为现实。在此你让某些东西离去，而某些东西呈现。在此你管理着需要你去管理的你生命的那个部分，即你的思想和行为。在此你让你无法支配的你生命的那个部分，即你的宗旨、意义和方向，自然地呈现并表达它自己。在此你见证你的生命，今天它正在浮出和展现。

练习 347：两个 30 分钟

每小时练习

Step 348

TODAY I WILL WITNESS THE WORLD UNFOLDING.

WITHOUT YOUR FEARFUL SPECULATION, without your anxious

reaction to fearful appearances and without your ambitions and denials, you may see the world unfolding today. Your eyes will see this, your ears will hear it, your skin will sense it and you will feel it with your entire physical and mental being. You will know this because your being knows while your mind thinks and your body acts. Thus it is that the power of Knowledge is the power of being, of which you are a part. IT IS WITH THIS POWER that you can observe the world unfolding, for the world has a being, a mind and a body. Its being knows, its mind thinks and its body acts. Nature is its body. Your collective thinking is its mind. Knowledge is its being. Thus, as you begin to realize Knowledge within your life, you will realize Knowledge within the world. As you see Knowledge cleansing and purifying your mind, you will see Knowledge cleansing and purifying all minds in your world. As you see Knowledge guiding you into effective action, you will see Knowledge in the world guiding others into effective action. Thus, as you learn to have compassion towards yourself, you will learn to have compassion towards the world. As you witness your own unfoldment, you will witness the world's unfoldment.

TODAY UPON THE HOUR REPEAT THIS IDEA and bear witness to the unfoldment of the world. In your two longer practice periods today, with your eyes open, gaze upon the world around you. Spend these times alone, gazing upon the world around you. Look without judgment. Feel the world unfolding. You need not try to feel this. You will feel it because it is natural. Without obstruction or intervention on your part, this experience will be ever present and available to you. Feel the world unfolding, for it will confirm all that you are learning now, and all that you are learning now will serve the world in its unfoldment.

PRACTICE 348: *Two 30-minute practice periods.*

Hourly practice.

第 348 阶 今天我将见证世界的展现。

没有了你可怕的揣测，没有了你对可怕表象的焦虑反应，没有了你的野心和否认，你就可以看到今天世界的展现。你的眼睛将看到它，你的耳朵将听到它，你的皮肤将感知它，你将用你整个物质和思想的存在来感知它。你会知道这些，因为你的存有知道，而你的思想思考，你的身体行动。正因为这样，内识的力量是存有的力量，你是这存有的组成部分。

正是带着这一力量，你能够观察世界的展现，因为世界拥有一个存有，一个思想和一个身体。它的存有知道，它的思想思考，它的身体行动。自然是它的身体。你们的集体性思想是它的思想。内识是它的存有。因此，当你开始意识到你生命里的内识时，你将意识到世界里的内识。当你看到内识在洗涤和净化你的思想时，你将看到内识在洗涤和净化你们世界里的所有思想。当你看到内识在指引你进入有效行动中时，你将看到世界上的内识在指引他人进入有效行动里。因此，当你学习对自己心怀慈悲时，你也将学习对世界心怀慈悲。当你见证你自己的展现时，你也将见证世界的展现。

今天每小时重复这一想法并见证世界的展现。在两次长修习时段里，睁开你的眼睛，注视你周遭的世界。这段时间让自己独处，注视你周遭的世界。不带评判地看。感受世界的展现。你不需要努力去感受它。你会感受到它，因为这是自然的。没有了来自你的阻碍或干预，这种体验将始终存在并且你始终可以感知它。感受世界的展现，因为它将确认你正在学习的一切，并且你正在学习的一切都将服务于世界的展现。

练习 348：两个 30 分钟

每小时练习

Step 349

I AM HAPPY THAT I CAN FINALLY

SERVE THE TRUTH.

IT IS YOUR GREATEST JOY, it is your greatest happiness and it is

your greatest contentment to finally serve the truth. Your past has been frustrated and dismal because you have attempted to serve things without foundation and meaning. You have attempted to identify with things without purpose and direction. This has rendered to you the feeling that you have no purpose, meaning or direction. Feel happy now that you can represent the truth and serve the truth, for the truth gives you all that is true. It gives you purpose, meaning and direction which are what you have sought in all of your engagements, relationships, activities and endeavors. This is what you have sought in all of your fantasies, in all of your concerns and in all of your hopes.

EVERYTHING YOU HAVE TRULY WANTED is being given to you now. Learn now to receive what you have truly wanted, and you will realize what is true. You will also realize what you have always truly wanted. This enables the truth to become simple and evident. This enables your own individual nature to become simple and evident, for in simplicity all things are known. In complexity all things are concealed. Only what is mechanical in the world can be complex, yet its essence is simple and can be directly experienced. Only in controlling what is mechanical in life, which you must do to a certain extent, are there complexities, but even these complexities are simple to determine step by step. Thus, your approach to life must be simple, whether you are dealing with simplicity or complexity. The complexity that we speak of, which is a form of denial, represents the complexity of your own thinking and the difficulty in your own approach.

BE HAPPY, THEN, THAT YOU CAN SERVE THAT WHICH IS TRUE, for this will simplify all things and will enable you to deal with mechanical complexity in a direct and effective manner. Be happy, then, that your life has purpose, meaning and direction, for you serve that which has purpose, meaning and direction. Remember this upon the hour, and in your two deeper practice periods re-enter stillness with great receptivity and devotion. Remember that you give yourself here, that practice is giving, that you are learning to give and that you are learning to serve. You give what is true and you serve what is true, and

as a result you experience what is true and you receive what is true.
Therefore, this is a day of happiness because you serve what is true.
PRACTICE 349: *Two 30-minute practice periods.*

Hourly practice.

第 349 阶 我很高兴我终于能够服务真理。

终于能够服务真理，这是你最伟大的喜悦，你最伟大的幸福和你最伟大的满足。你的过去是挫败和低沉的，因为你试图服务于没有基础和意义的东西。你试图认同没有宗旨和方向的东西。这使你感到你没有宗旨、意义或方向。现在你感到高兴，因为你能够代表真理并服务真理，因为真理赋予你所有真实的东西。它赋予你宗旨、意义和方向，这是你在你所有的参与、关系、活动和努力里所寻求的东西。这是你在你所有的空想、所有的关注和所有的希望里所寻求的东西。

你真正想要的一切现在正在被赋予你。现在学习去接收你真正想要的东西，那么你将意识到什么是真实的。你还将意识到你一直真正想要的东西。这让真理变得简单和显在。这让你自己的个体本质变得简单和显在，因为在简单里，一切都被认知。在复杂里，一切都被掩盖。世界上只有机械性的东西会是复杂的，然而它的核心是简单的并能被直接体验到。只有在控制生命中的机械性事物时——你在某种程度上必须去这样做——才会存在着复杂，但即使这些复杂也能一步步简单地确定出来。因此，你对待生命的方式必须是简单的，无论你在应对简单还是复杂。我们所讲的复杂，是否认的一种形式，它代表着你自己思想的复杂和你自己方式上的艰难。

这样，要高兴你能够服务那个真实的，因为这将简化一切事物，并让你能以一种直接和有效的方式去处理机械性的复杂。要高兴你的生命有了宗旨、意义和方向，因为你服务于那拥有宗旨、意义和方向的。每小时记住这点，在两次深度修习里再次带着巨大的接收性和奉献进入静心里。记住你在这里奉献你自己，修习是奉献，你正在学习奉献并且你正在学习服务。你奉献那个真实的，你服务那个真实的，作为结果你体验那个真实的，你接收那个真实的。因此，今天是幸福的一天，因为你服务那真实的。

练习 349：两个 30 分钟

每小时练习

Step 350

REVIEW



ONCE AGAIN REVIEW THE PAST TWO WEEKS of your training,

reading each lesson and reviewing each day of practice. Once again develop your ability to be objective. Once again recognize the overall movement of your life—the slow but very important and substantive changes that are occurring within your values, within your engagements with others, within your activities and, most importantly, within your entire sense of yourself.

KEEP IN MIND THAT IMPORTANT CHANGE is gradual and often goes unnoticed until its results become evident. Realize that minor or insignificant change often involves great emotional upheavals where people think that something tremendous has just happened. The greater change is deeper and changes everything. Small, incremental change affects your point of view immediately, but its overall effect is not that lasting. The only exception to this is when your Teachers intervene into your personal sphere to demonstrate their presence or to deliver a message of potency that you absolutely require at that moment. These interventions are rare but can occur on occasion when it is required for your own behalf.

THEREFORE, VIEW THE OVERALL MOVEMENT OF YOUR LIFE. View your life unfolding. This is preparing you for the future, for this program is preparing you for the future. Everything that is taught here you must utilize and reinforce, and you must practice both within the scope of this preparation and far beyond it as well. In your longer practice period today, become a wise observer of your own development. Recognize where your practice needs to be strengthened. Realize that this emanates from your Knowledge. Follow this to the very best of your ability as we now approach the final lessons in this stage of *Steps to Knowledge*.

PRACTICE 350: *One long practice period.*

第 350 阶 复习

再次复习过去两周的培训，阅读每个课程并回顾每天的修习。再次发展你保持客观的能力。再次认知你生命的整体运动——在你的价值观、你和他人的参与、你的活动，还有最重要的是在你对自我的整体感知里，正在发生的缓慢但非常重要和实质性的改变。

记住重要的改变是平缓的并且往往不被察觉，直到其结果变得显在。意识到微小或不重要的改变往往涉及剧烈的情绪波动，以致人们以为某种巨大事情发生了。更巨大的变化要更加深刻，并会改变一切。微小而递增的改变会立刻影响你的观点，但它的整体影响不那么长久。唯一的例外是当你的上师们涉入你的个人范畴，以示现他们的临在或是传递一个你在那刻绝对需要的重要讯息时。这种干预是罕见的，但为了你自身利益而有必要的情形下，这会发生。

因此，观察你生命的整体运动。观察你生命的展现。这是让你为未来进行准备，因为这一教程让你为未来进行准备。对于这里所教导的一切你必须去运用和强化，并且你必须进行修习，无论是在这一准备的范畴之内还是在遥远的将来。在今天的长修习时段里，做你自身发展的智慧观察者。认知你的修习在哪里需要得到加强。要意识到这源自你的内识。在我们进入这一阶段内识进阶的最后课程之际，要尽你最大的能力去遵循它。

练习 350： 一个长练习时段

STEPS TO KNOWLEDGE

FINAL LESSONS

YOU ARE ABOUT TO BEGIN THE FINAL STEPS in our preparation.

These are not the final steps in your overall approach to Knowledge or in your utilization and experience of Knowledge. Yet, they are the final steps in this one great stage of development in which you are now engaged. Therefore, give yourself to the next section of practice with increased desire and intensity. Allow Knowledge to direct you in your participation. Allow yourself to be this powerful, this strong and this involved. Do not think of your past, but realize the reality of Knowledge in the moment and its great promise for the future. You are honored who honor the source of your preparation. You are honored this day as you begin the final steps in this essential stage of your development.

内识进阶

最后的课程

你即将开始我们准备的最后进阶。这些并非你整个走向内识或对内识应用和体验的最后进阶。然而，它们是你正在参与的这一伟大发展阶段的最后进阶。因此，带着更大的渴望和意志把自己奉献给下一段的修习。让内识在你的参与中指引你。让自己保持非常强大、非常坚强、非常投入。别思考你的过去，而是意识到当下内识的实相以及它在未来的伟大前途。你尊重你准备的源泉，所以你得到尊重。今天当你开始你发展的这一重要阶段的最后进阶时，你得到尊重。

Step 351

**I SERVE A GREATER PURPOSE,
WHICH I AM NOW BEGINNING TO EXPERIENCE.**

R EPEAT THIS IDEA UPON THE HOUR and do not forget. As you

strengthen this understanding, it will become ever more real and apparent to you. As it becomes ever more real, all other ideas and notions that compete with it will fade away, for this one great truth has substance. All other things which pretend to be the truth and are in conflict with this will fade because they are without substance. That which is true exists whether you want it or not, whether you believe in it or not and whether you adhere to it or not. That is what makes it true.

YOU HAVE THOUGHT IN THE PAST that all things exist because you wanted them to. This is only true in the realm of imagination, a realm that you are learning now to escape. Even in the realm of imagination, you learn to value that which is closest to the truth so that you may escape the realm of imagination. For the realm of imagination is not the realm of Creation. What creates, creates from Knowledge. This is Creation that is permanent, meaningful and has true power and value even in the world. It is not the realm of imagination.

IN YOUR DEEPER PRACTICE PERIODS ENTER STILLNESS. Come with great reverence for what you are attempting to do. Remind yourself of the importance of these times of stillness. Remind yourself that these are times of worship, times of true dedication, times where you open yourself and times where Knowledge opens itself. Allow this day to be a day of greater comprehension. Allow this day to be a day of greater devotion, for you are a true student of Knowledge today.

PRACTICE 351: *Two 30-minute practice periods.*

Hourly practice.

第 351 阶 我服务于一个我正在开始体验到的更伟大宗旨。

每小时重复这一想法，别忘记了。当你强化这一理解时，它对你来说会变得更加真实和显在。当它变得更加真实时，所有与它竞争的其他想法和观念都将褪去，因为这一伟大真理拥有实质。所有假装成真理并与它冲突的其他东西都将褪去，因为它们没有实质。那个真实的始终存在着，无论你是否希望它，无论你是否相信它，无论你是否坚持它。正是这让它成为真理。

你过去认为所有事物的存在是因为你希望它们存在。这只有在想象的王国里才是真的，你正在学习摆脱这个王国。即使在想象的王国里，你也在学习珍视那最接近真理的东西，这样你就能逃离想象的王国。因为想象的王国不是创造的王国。那在创造的，是从内识进行创造。这是恒久和有意义的创造，它甚至在这个世界上都拥有着真正的力量和价值。它不是想象的王国。

在深度修习中进入静心。带着对你努力做的事情的伟大敬畏而来。提醒自己这些静心时间的重要性。提醒自己这是敬拜的时间，是真正奉献的时间，是你敞开自己的时间，是内识敞开它自己的时间。让今天成为更伟大理解的一天。让今天成为更伟大奉献的一天，因为今天你是内识真正的学生。

练习 351：两个 30 分钟

每小时练习

Step 352

I AM A TRUE STUDENT OF KNOWLEDGE TODAY.

AFFIRM THIS UPON THE HOUR, and in your two meditation

practices enter your periods of silence with great reverence and devotion. These are your times of worship. You are truly going to church now—not from obligation, not from fear or anxiety and not from a sense of duty to an unloving God, but out of a sense of great joy and out of a desire to give yourself to that which gives itself to you. Be a true student of Knowledge. Remember all that has been told to you thus far and utilize it every hour. Engage with practice meaningfully, both internally and externally. Strengthen this day. Give this day to Knowledge as Knowledge gives this day to you so that you may learn about the presence of Knowledge in your life.

KNOWLEDGE IS GOD'S GIFT TO YOU, for Knowledge is God's extension to you. Thus, Knowledge will be God to you but will speak of greatness beyond itself, for Knowledge is here to enable you to be in relationship meaningfully with yourself, with others and with life. Through this you will be able to reclaim relationships and thus move towards your True Home in God.

PRACTICE 352: *Two 30-minute practice periods.*

Hourly practice.

第 352 阶 今天我是内识真正的学生。

每小时确认这点，在两次冥想练习里，带着巨大的崇敬和奉献进入你的静心时段。这是你敬拜的时间。你现在真的在走进教堂——不是出于义务，不是出于恐惧或焦虑，不是出于对一个无爱心的上帝的责任感，而是出于一种巨大的愉悦感和一种把自己奉献给对你奉献它自己的东西的渴望。做内识真正的学生。记住迄今为止你被传授的一切，并每小时运用它。有意义地参与到修习中，包括内在的和外在的。强化今天。把今天奉献给内识，因为内识把今天奉献给你，这样你就能了解内识在你生命中的临在。

内识是上帝赋予你的礼物，因为内识是上帝向你的延伸。因此，内识对你来说就是上帝，然而它将讲述超越它自身的伟大，因为内识在此是为了让你进入与你自己、与他人以及与生命的有意义关系中。通过这样，你将能唤回关系，从而走向你在上帝那里的真正家园。

练习 352：两个 30 分钟

每小时练习

Step 353

MY TRUE HOME IS IN GOD.

YOUR TRUE HOME IS IN GOD. Your True Home is. Your Home

is true. You are true. You are at home even now while you are in the world, though the world is not your True Home. Because you are at home in the world and because you are with Knowledge, you can give to the world and provide exactly what it needs, and you will want to give this sense of home to the world, which feels homeless and lost.

UPON THE HOUR REPEAT THIS IDEA and look upon people in the world and see how homeless they appear to be. Remember how they are truly at home but do not realize it. Like yourself, they are asleep at home. You are learning now to awaken from your sleep, and you are realizing that you are still at home because your Spiritual Family is with you, Knowledge is with you and your Teachers are with you.

THUS IT IS THAT YOU ARE AT HOME IN GOD, even though you seem to be far from your True Home now. You have brought your True Home with you. How can you be where God is not if God is everywhere? How can you not be with your Teachers if they accompany you? How can you not be with your Spiritual Family if your Spiritual Family is ever present? It may seem contradictory that you can be away from your True Home and be at home, but you only seem to be away from Home as you look upon the world and identify with the world you see. But within yourself you carry Knowledge, which is a reminder that you are truly at home and that you are in the world to extend your True Home into the world. For your True Home wishes to give itself to the world so that the world may find its Homecoming.

UPON THE HOUR REMEMBER THIS, and in your two deep meditations return home to Knowledge. Return home in the sanctuary of your inner temple. Here you experience your True Home and here it becomes more real to you. As it becomes more real to you, it abides with you more and more in your experience. You must experience your True Home while you are in the world.

PRACTICE 353: *Two 30-minute practice periods.*

Hourly practice.

第 353 阶 我的真正家园在上帝那里。

你的真正家园是在上帝那里。你真正的家园是那里。你的家园是真的。你是真的。即使现在你身处世界，你依然在家园里，虽然世界不是你的真正家园。因为你在世界上是身在家园里，并且因为你和内识同在，所以你能够对世界进行奉献，提供它确实需要的东西，并且你希望把这种家的感觉奉献给这个感到无家可归的、迷失的世界。

每小时重复这一想法，看向世界上的人们，看看他们显得多么无家可归。记住他们同样真的就在家园里，但却没有意识到它。就像你自己一样，他们在家园里沉睡着。你正在学习从睡梦里醒来，你正在意识到你依然身在家园里，因为你的精神家庭和你同在，内识和你同在，你的上师和你同在。

正因为这样，你就在上帝那儿的家园里，尽管你现在看似远离你真正的家园。你携带着你的真正家园而来。如果上帝无处不在，那么你怎么可能在上帝不在的地方呢？如果你的上师伴随着你，你怎么可能没有和你的上师在一起呢？如果你的精神家庭是始终存在的，你怎么可能没有和你的精神家庭在一起呢？这看似自相矛盾，你怎么能远离你的真正家园，而又同时身在家园里呢？但是只有当你看向世界并认同你所看到的世界时，你才看似远离了家园。可是你的内心携带着内识，它提醒你，你真的身在家园里，并且你在世界上是要把你真正的家园拓展到世界里。因为你的真正家园希望把它自己奉献给世界，这样世界就能找到它的归家之路。

每小时记住这点，在两次深度冥想里回到内识的家园里。在你内在庙宇的庇护所里回归家园。在此你体验你的真正家园，在此它对你来说变得更加真实。当它对你变得更加真实时，它在你的体验里会越来越多地和你坚守在一起。你必须在身处世界时体验到你的真正家园。

练习 353：两个 30 分钟

每小时练习

Step 354

I MUST EXPERIENCE MY TRUE HOME

WHILE I AM IN THE WORLD.

IN YOUR TRUE HOME YOU ARE HAPPY, you are included, you are

complete, you are in relationship, you are a complete participant, you are essential and you are meaningful. Your True Home is incomprehensible to you while you are in the world. In fact, your True Home will be incomprehensible to you until you have fully arrived at your True Home, until your Spiritual Family has rejoined all other Spiritual Families and all joining is complete in the universe.

YET, EVEN THOUGH YOUR TRUE HOME IS INCOMPREHENSIBLE, do not think that it is beyond your reach. It is given you this day to experience your True Home, for you carry Knowledge within you. Your only limitation here is your capacity to experience and to express Knowledge. Yet, as you take each step and as you receive each step in your preparation, your capacity to experience relationship and communication grows. As you increasingly seek freedom from your own imagination and from your own isolated thinking, you experience your inclusion in life to an ever greater and greater degree. Thus, your evolution can be gauged in terms of your ever increasing capacity to experience relationship and communication and your ever increasing capacity to experience and express Knowledge. Thus, you are at home while you are in the world, for your True Home is growing within you in your own experience. The fire of Knowledge is growing more powerful, and its consuming benevolence is ever more evident as your mind becomes free, whole and directed.

UPON THE HOUR remember this and return to your True Home in your deeper practice periods. You are at home in the world. Therefore, you can be at peace in the world.

PRACTICE 354: *Two 30-minute practice periods.*

Hourly practice.

第 354 阶 我必须在身处世界时体验到我的真正家园。

在你的真正家园里你是幸福的，你是被包融的，你是完整的，你处在关系里，你是一个完全的参与者，你是重要的，你是有意义的。当你身处世界时，你的真正家园对你来说不可理解。事实上，除非你完全到达了你的真正家园，除非你的精神家庭和其他所有精神家庭重新结合，并且宇宙中所有的结合都完成，否则你的真正家园对你来说将是不可理解的。

然而，即使你的真正家园是不可理解的，别以为它就超出你的所及。今天它被赋予你，让你体验你的真正家园，因为你在内心携带着内识。你在此的唯一局限是你体验和表达内识的能力。然而，当你在你的准备里进行每一进阶和接收每一进阶时，你体验关系和沟通的能力在增长。当你越来越寻求摆脱你自己的想象和你自身的隔离思想时，你越来越多地体验到你在生命里的包融。因此，你的进化可以用你不断增长的体验关系和沟通的能力以及你不断增长的体验和表达内识的能力来测量。因此，当你身处世界时你就在家园里，因为你的真正家园在你自身体验里正在你内心成长。当你的思想变得自由、完整并得到指引时，内识之火变得更加强大，它的强大善行变得更加显在。

每小时记住这点，在你的深度修习里回归你的真正家园。你在世界上时就身在家园里。因此，你在世界上可以保持和平。

练习 354：两个 30 分钟

每小时练习

Step 355

I CAN BE AT PEACE IN THE WORLD.

IT IS POSSIBLE TO BE AT PEACE IN THE WORLD because you have

brought the source of peace with you. You can be at peace in the world even though the world is a place of active engagement, a place of difficulty, a place of challenge and a place of necessary accomplishment because you carry peace within you and because of the fire of Knowledge. From Knowledge all meaningful thinking and activity emerge—all true inspiration, all important ideas and all great expressions. Yet, Knowledge is greater than its expressions, for it is a light unto the world.

YOU ARE AT PEACE IN THE WORLD because you are with the light of the world, and yet you are engaged in the world because you have come here to work. Only through participation by following each step can you realize that there is no contradiction between peace and work. There is no separation between stillness and activity. This you must fully experience, for it is a complete experience, and your capacity for this experience must be increasingly expanded. Your understanding and comprehension must be continually expanded. Your engagement in life must become increasingly harmonious and uniform. Your discernment regarding relationship must be increased and actually applied. All qualities that are associated with the cultivation of Knowledge must be elevated as well. This will make it possible for you to have peace in the world, for you were meant to have peace in the world. Peace in the world is an expression of your True Home in the world and in this you will find yourself.

PRACTICE 355: *Read the lesson three times today.*

第 355 阶 我能在世界上保持和平。

在世界上保持和平是可能的，因为你随身带来了和平的源泉。尽管世界是一个积极参与的地方、一个艰难的地方、一个挑战的地方和一个必须实现成就的地方，你依然能在世界上保持和平，因为你内心携带着和平，因为内识之火。从内识里升起所有有意义的思想和活动——所有真正的灵感，所有重要的想法和所有伟大的表达。然而，内识比它的表达更伟大，因为它是照向世界的一道光。

你在世界上保持和平，因为你和世界的光明在一起，然而你又参与到世界里，因为你来此是为了工作。只有通过遵循每一进阶来进行参与，你才能意识到在和平和工作之间不存在矛盾。在静心和活动之间不存在分离。对此你必须充分体验，因为它是一种完满的体验，你对这一体验的能力必须不断拓展。你的理解和领悟必须持续拓展。你在生命里的参与必须变得更加和谐和统一。你对关系的辨识力必须得到提升和切实地应用。所有与培养内识有关的品质必须同样得到提升。这将使你有可能在世界上拥有和平，因为你注定要在世界上拥有和平。世界上的和平是你真正家园在世界上的一种表达，在此你将找到自己。

练习 355：阅读三遍本课程

Step 356

I WILL FIND MY SELF TODAY.

Y

OUR SELF IS GREATER THAN YOUR CURRENT CAPACITY TO

experience it. Yet, within your current capacity you can find your Self and experience it. Remember that this is your great desire. Remember this upon the hour. Remember that you want to find your Self, for without your Self you are lost in your own thinking and in the erratic thinking of the world. Without your Self, you will feel as temporary and as changeable as the world. Without your Self, you will feel as threatened and as threatening as the world. Therefore, your true desire is to reclaim your Self and with your Self all things that are inherent within your Self that are born of your one True Source, that are expressed through your Knowledge and that live within your Ancient Home.

TODAY IN YOUR DEEPER PRACTICE PERIODS, come again to Knowledge. Come to give yourself. Come to worship. Come in devotion and reverence so that you may increase your capacity to experience yourself, both within your meditation practice time and within your time in the world. You have come into the world to reclaim your Knowledge and to allow your Knowledge to express itself. You will then express your Self, for you are in the world to express your Self.

PRACTICE 356: *Two 30-minute practice periods.*

Hourly practice.

第 356 阶 今天我将找到我的自我。

你的自我比你当下对它的体验能力更加伟大。然而，以你当下的能力你同样能找到你的自我并体验它。记住这是你的伟大渴望。每小时记住这点。记住你希望找到你的自我，因为没有自我，你会迷失在你自己的思想和世界古怪的思想里。没有了自我，你将感到像世界一样暂时和多变。没有了自我，你将感到像世界一样受到威胁同时具有威胁性。因此，你真正的渴望是唤回你的自我，和伴随你自我的所有东西，它们是你的自我内在固有的，它们源自于你唯一的真正源泉，它们通过你的内识进行表达，它们活在你的古老家园里。

今天在深度修习里，再次来到内识。来奉献你自己。来敬拜。带着奉献和崇敬而来，这样你就能提升你体验自我的能力，无论是在你的冥想修习时段里还是在你身处世界的时候。你来到世界里是为了唤回你的内识，并让你的内识表达它自己。这样你将表达你的自我，因为你在世界上就是为了表达你的自我。

练习 356: 两个 30 分钟

每小时练习

Step 357

I AM IN THE WORLD TO EXPRESS MY SELF.

EVERYTHING YOU HAVE EVER SAID and everything you have ever

done has been an attempt to express your Self. Your dilemma in the past is that you have attempted to express a self that is not your Self. This temporary self, this personal self, has been used as a substitute for your True Self, though it is only meant to be an intermediary between your True Self and the world. Because it has been used as a substitute, its own inherent confusion and lack of foundation have disabled your communication and expression. Therefore, you have not found the source of your expression or the best vehicle for your expression.

THAT YOUR TRUE SELF WISHES TO EXPRESS ITSELF is evident in all of your past activities if you will understand them objectively. Everything you have ever said to anyone contains a seed of true expression. Everything you have ever done or attempted to demonstrate contains the seed of true demonstration and expression. You need only purify your expression to have it be complete and truly representative of your nature and, therefore, truly satisfying to you.

BECAUSE YOU ARE HERE TO EXPRESS YOUR SELF, you must also learn how to express your Self, how your true expressions will affect others and how this effect can be utilized appropriately, for your wellbeing and their well-being as well. Here you learn what you wish to express and how to express it. And you also learn to realize its impact upon the world. This requires the cultivation of Knowledge within you, the cultivation of your personal abilities and the transformation of your personal self from being a substitute for Knowledge to being an intermediary for Knowledge. As an intermediary, your personal self must be developed and activated properly. Here it serves a Greater Self within you, as your Greater Self serves the Great Self of the Universe. Here everything finds its rightful place and its uniform expression.

REMIND YOURSELF UPON THE HOUR that you wish to express your Self and in your deeper meditation experiences, where you come in stillness and devotion, allow your True Self to express itself to you. Beyond words and beyond actions, your True Self will express itself and you will know its expression. You will know that you wish to receive its expression and to extend its expression into the world. The world is the place where you have come to express your Self because the world is the place where you wish to be at home.

PRACTICE 357: *Two 30-minute practice periods.*

Hourly practice.

第 357 阶 我在世界上是为了表达我的自我。

你所说过的一切和你所做过的一切，都是为了试图表达你的自我。你过去的困境在于你试图表达一个不是你自我的自我。这个暂时的自我，这个个体性的自我，被用作你真正自我的一个替代品，尽管它注定只是你真正自我和世界之间的一个媒介。因为它被用作一个替代品，所以它自己固有的困惑和缺乏基础阻碍了你的沟通和表达。因此，你没有找到你表达的源泉或是你表达的最佳载体。

如果你能客观去理解的话，你的真正自我希望表达它自己这一点，在你过去的所有活动里都非常显在。你对任何人说过的任何事情都包含着真正表达的种子。你所做过或试图示范的任何事情都包含着真正示范和表达的种子。你只需净化你的表达，就能让它变得完整并能真正代表你的本质，因此能够真正满足你。

因为你在这里是为了表达你的自我，所以你还必须学习如何表达你的自我，你真正的表达将如何影响他人，以及这种影响如何能够为了你的福祉还有他们的福祉，而得到恰当地运用。在此你学习你希望表达什么以及如何表达它。你还学习认知它在世界上的影响力。这要求你内在内识的培养，你个人能力的培养，还有你的个体性自我从内识替代品向内识媒介的转化。作为一个媒介，你的个体性自我必须得到正确地发展和活化。在此它服务于你内在的一个更伟大自我，而你的更伟大自我服务于宇宙的伟大自我。在此一切都找到它正确的位置和它统一的表达。

每小时提醒自己你希望表达你的自我，在你的深度冥想练习里，你带着静心和奉献而来，让你真正的自我向你表达它自己。超越语言，超越行动，你的真正自我将表达它自己，你将认知它的表达。你将认知你希望接收它的表达并将它的表达拓展到世界里。世界是你来此表达你自我的地方，因为世界是你希望身在家园的地方。

练习 357：两个 30 分钟

每小时练习

Step 358

I WISH TO BE AT HOME IN THE WORLD.

Y

OU WISH TO BE AT HOME IN THE WORLD. You have not come

here to escape the world. You have come here to be at home in the world. Understanding this will enable you to value your contribution and engage yourself completely in its expression. To escape the world without contributing to the world will only compound your dilemma, and you will return to your Spiritual Family with your gifts unopened and undelivered. You will then realize that you must return because the work that you set out to accomplish in the world was not accomplished.

BE GLAD, THEN, THAT YOU ARE IN THE WORLD NOW and that you need not wait to re-enter. You are here already. You have progressed this far. You are in the perfect position to fulfill your destiny here. You have brought your Ancient Home with you—within the seed and within the light of your Knowledge, which is now growing, emerging and sprouting forth.

THE WORLD IS NOT YOUR HOME, but you are meant to be at home in the world. Upon the hour think of this and realize how much you want to be at home in the world. Realize how much you do not want to condemn the world or simply escape from the world. When you are at home in the world, you will be able to move beyond the world to serve in a greater way and to experience a greater reality than the world can present to you. But you will not leave with regret, with anger or with disappointment. You will leave with happiness and satisfaction. This will complete your experience here. This will bless the world and will bless you who have blessed yourself and the world while you were in the world.

IN YOUR DEEPER MEDITATION PRACTICES, allow yourself to seriously consider what home means to you. Again, this is a practice of active mental engagement. Utilize your mind to consider the important things that are being given to you now. You will need to examine all the thoughts you have in relation to today's idea in order to understand how you are approaching today's idea and how you will respond to it. The power of decision is yours, but you must understand the current content of your mind. With this, you will be able to make an appropriate and wise decision on your own behalf, within your range of responsibility. You are meant to be at home in the world. Bring home with you so that others may feel at home in the world. In

this way, the world becomes blessed because it is not a place apart any longer. Do not escape the world today, but be present to serve the world.

PRACTICE 358: Two 30-minute practice periods.

Hourly practice.

第 358 阶 我希望在世界上身在家园。

你希望在世界上身在家园。你来这里不是为了逃离世界。你来这里是为了在世界上身在家园。理解这点将让你珍视你的贡献并完全参与到它的表达里。不为世界做贡献就逃离世界，只会加剧你的困境，你将带着你没有打开、没有递送的礼物回到你的精神家庭。那时你将意识到你必须返回，因为你设定要在世界上完成的工作未能完成。

因此要高兴你现在正在世界上，你不需要等待再次进入。你已经在这里了。你已经进展了这么远。你正处在成就你在此的天命的完美位置上。你随身携带着你的古老家园——在你内识的种子和光明里，它正在成长、呈现和发芽。

世界不是你的家园，但你注定要在世界上身在家园。每小时思考这点，意识到你多么希望在世界上身在家园。意识到你多么不愿意谴责世界或是简单地逃离世界。当你在世界上身在家园时，你将能够超越世界继续前行，以一种更伟大的方式服务，并体验一个比世界能够呈现给你的要更加伟大的实相。但是你不会带着遗憾、愤怒或失望离开。你将带着幸福和满足离开。这将完成你在此的体验。这将祝福世界，并将祝福你，因为当你身在世界时你祝福了你自己和世界。

在深度冥想修习里，让自己认真思考家园对你意味着什么。这又是一次积极思维参与的练习。运用你的思想去思考现在正在被提供给你的重要东西。你需要检视你所抱持的和今天想法有关的所有想法，以理解你是如何面对今天的想法以及你将如何对它做出回应。决策的力量属于你，但你必须理解你思想当下的内容。这样，你将能够为了你自身的利益，在你的责任范围里做出恰当和智慧的决定。你注定要在世界上身在家园。带着你的家园，这样他人就能在世界上感受到身在家园。通过这种方式，世界得到了祝福，因为它不再是一个分离的地方。今天别逃避世界，而是全然临在地服务世界。

练习 358: 两个 30 分钟

每小时练习

Step 359

I AM PRESENT TO SERVE THE WORLD.

BE PRESENT TO SERVE THE WORLD, and the presence that serves

the world will speak through you. Be present to serve the world, and you will be present to that presence. You will be engaged in every activity, and every activity will be important and meaningful. Then, you will not seek escape from your experience, you will not seek escape from the world and you will not seek to find a dark place in which to hide, for you will realize the light of Knowledge is totally beneficent. You will wish to bathe in it more and more and express it more and more within the world. This is your duty here and your great love.

UPON THE HOUR REMIND YOURSELF that you wish to be present to serve the world. Remind yourself as well that you wish to be present to have the world serve you. Remind yourself that you must learn how to receive and how to give, and that is why you are a beginning student of Knowledge. Do not burden yourself with expectations of yourself beyond what is being indicated in your program of preparation. Your Teachers recognize your current stage and they recognize your current step. They do not underestimate your power, but they do not overestimate your current capabilities, either. That is why you will need them to proceed with certainty, honesty and reliability.

IN YOUR DEEPER PRACTICES, be present to give yourself to your practice in stillness. Remember again that all practice is giving. You are giving yourself so that your True Self may be given to you. Here you bring what is small to what is great and what is great brings itself to what is small. Here you realize that you too are great and that the small is meant to express the greatness of which you are a part. The world calls desperately for this greatness to be revealed, yet you must learn how to reveal greatness in the world.

PRACTICE 359: *Two 30-minute practice periods.*

Hourly practice.

第 359 阶 我全然临在地服务世界。

全然临在地服务世界，那么那个服务世界的临在将通过你讲话。全然临在地服务世界，那么你将那个临在保持临在。你将参与到每个活动里，每个活动都将是重要和有意义的。这样，你将不会寻求逃避你的体验，你将不会寻求逃离世界，你将不会寻求找一个黑暗地方躲起来，因为你将意识到内识之光是全然有益的。你将希望越来越多地沐浴其中，并在世界上越来越多地表达它。这是你在此的职责，是你伟大的爱。

每小时提醒自己你希望全然临在地服务世界。还提醒自己你希望保持临在，从而让世界服务于你。提醒自己你必须学习如何接收和如何奉献，正因为如此你是内识的初级学生。别用那些超越你准备课程范畴之外的自我期望来自添负担。你的上师们认知你当前的阶段，他们认知你当前的进阶。他们不会低估你的力量，但也不会高估你当前的能力。正因为如此你需要他们，从而你能带着确定、坦诚和可靠性前行。

在你的深度修习里，全然临在地将自己奉献到你的静心修习里。再次记住所有的修习都是奉献。你在奉献你自己，这样你真正的自我就能被奉献给你。在此你把那渺小的带到那伟大的面前，那伟大的把它自己带到那渺小的面前。在此你意识到你同样是伟大的，那个渺小注定要表达你作为组成部分的那个伟大。世界迫切地召唤这一伟大得以示现，然而你必须学习如何在世界上示现伟大。

练习 359：两个 30 分钟

每小时练习

Step 360

I MUST LEARN HOW TO REVEAL

GREATNESS IN THE WORLD.

WITH SIMPLICITY, HUMILITY and without false assumptions,

remembering that you are a beginning student of Knowledge, you will be able to learn how to reveal greatness in the world. This is quite essential because the world is ambivalent towards greatness, towards Knowledge and towards love. If you present the world's desire to it when the world is in an ambivalent state, it will not know how to react. Therefore, its reaction will either demonstrate that it is for or against your contribution. Any individual, any community or any world that is beset with ambivalence will react in more than one way because it is ambivalent. For this reason you must learn to approach ambivalence with Wisdom, for those who are ambivalent must learn how to receive their certainty, as you are now learning to do.

RECOGNIZE THUS FAR HOW AMBIVALENT YOU HAVE BEEN regarding your life and regarding this preparation. Realize that for this reason, this preparation has been given to you in very incremental steps, one step at a time, day after day. One step at a time, you learn to develop and to accept your desire and capacity for Knowledge and you learn to express Knowledge as well. Being a student means you are here to learn, and as you learn you will demonstrate, teach and produce the great results that Knowledge wishes to produce. Yet, Knowledge cannot exceed your limitations because Knowledge cares for you and protects you as its vehicle. Because you are a part of Knowledge, you will wish to care for your vehicle as well. That is why you must take the utmost care of your mind and body as you proceed.

TODAY IN YOUR DEEPER PRACTICE PERIODS, allow yourself to be instructed in how to reveal greatness in the world. Realize that the world is ambivalent and accept this, for this is the current state of the world. Realize that you must give with Wisdom and discernment. And realize that you must let Knowledge give of itself and not try to give from your own ambition or need to avoid a sense of inadequacy. Allow your giving to be true and your giving will be true. Your giving, then, will give of itself in a way that is appropriate, that will preserve you and that will honor those who receive your gift. This will bring them out of their ambivalence, as you are now being led into the light yourself.

PRACTICE 360: *Two 30-minute practice periods.*

第 360 阶 我必须学习如何在世界上示现伟大。

带着简单和谦卑，不带错误的假设，记住你是内识的初级学生，那么你将能学习如何在世界上示现伟大。这是非常必要的，因为世界对伟大、对内识、对爱是矛盾的。当世界处于矛盾状态中时，如果你把世界的渴望呈现给它，它将不知该如何反应。因此，它的反应将显现它要么支持你的贡献，要么是反对。被矛盾心态困扰着的任何个人、任何社区或任何世界，都会以不止一种方式作出反应，因为它是矛盾的。因为这个原因，你必须学习带着智慧去接近矛盾，因为那些矛盾的人必须学习如何接收他们的确定性，正如你正在学习去做的。

认知迄今为止你对于你的生命以及对于这一准备是多么的矛盾。意识到正是因为这个原因，这一准备以非常渐进的进阶被提供给你，一次一阶，日复一日。你一次一个进阶地学习发展和接受你对内识的渴望和能力，同时学习去表达内识。作为一个学生意味着你在此是为了学习，当你学习时你将示范、传授并制造内识希望制造的伟大结果。然而，内识不会超出你的限度，因为内识关照你并保护你作为它的载体。因为你是内识的一部分，所以你同样希望关照你的载体。正因为如此，当你前行时，你必须高度关照你的思想和身体。

今天在深度修习时段里，让自己被指导该如何在世界上示现伟大。意识到世界是矛盾的并接受这一点，因为这是世界的当前状态。意识到你必须带着智慧和辨识去奉献。并意识到你必须让内识奉献它自己，而不是试图从你自身的野心或对逃避不足感的需要出发来进行奉献。让你的奉献保持真实，那么你的奉献将是真实的。这样，你的奉献将以一种恰当的、保护你并尊重接收你礼物的人的方式奉献它自己。这将带他们走出他们的矛盾，正如你自己正在被引领着走入光明。

练习 360: 两个 30 分钟

Step 361

I AM BEING LED INTO THE LIGHT OF KNOWLEDGE TODAY.

YOU CARRY THE LIGHT. Carry it with you each hour and in

every circumstance. Use your entire day to practice carrying Knowledge. Do not try to express Knowledge, for Knowledge will do this itself when it is appropriate. Your task today is to carry Knowledge, to be attentive and to remember that Knowledge is with you. Whether you are alone or with others, whether you are at work or at home and whether you are in a situation that is pleasant or unpleasant, carry Knowledge within you. Feel it burning in your heart. Feel it filling the great expanse of your mind.

IN YOUR TWO DEEPER PRACTICE PERIODS, re-enter the sanctuary of Knowledge so that you may be refreshed and renewed, so that you may be blessed and honored and so that you may find reprieve and freedom. The more you find this in your inner life, the more you will be able to carry it into your outer life, for you are meant to carry Knowledge into the world today.

PRACTICE 361: Two 30-minute practice periods.

Hourly practice.

第 361 阶 今天我正在被引领着进入内识之光里。

你携带着光明。每小时每个境况里携带着它。用全天来修习携带内识。别试图表达内识，因为内识会在恰当的时候自己去表达。你今天的任务是携带内识，保持专注并记住内识和你同在。无论你一个人还是和他人一起，无论你在工作还是在家，无论你身处一个愉快还是不愉快的情况里，都在你内心携带着内识。感受它在你的内心燃烧。感受它充满你思想的广阔空间。

在两次深度修习里，再次进入内识的庇护所里，这样你将能够得到换新和更新，这样你就能够得到祝福和尊重，这样你就能够找到纾解和自由。你越能在你的内在生命里找到这些，你就越能在你的外在生命里携带它，因为今天你注定要把内识带进世界。

练习 361：两个 30 分钟

每小时练习

Step 362

I AM LEARNING TO LEARN BECAUSE

I CARRY KNOWLEDGE WITHIN ME TODAY.

Y

OU ARE LEARNING TO LEARN. You are learning to receive

Knowledge. You are learning to value Knowledge. You are learning to carry Knowledge. You are learning to express Knowledge. You are learning to cultivate all of your mental and physical faculties that are essential for this overall preparation. You are a consummate student. Therefore, be totally engaged with your studenthood today, which will free you from false assumptions and from placing impossible burdens upon yourself. That which is given in truth you will naturally be able to do, for you are naturally created to do this. Your physical and mental vehicles, those things that are tied to this world, will naturally be engaged in your true fulfillment.

LEARN TO LEARN. Learning to learn means that you are learning to participate. It means you are both following and leading all at once. You follow your Teachers and their program for development, and you lead your mental and physical vehicles. In this way, leading and following become all the same, as giving and receiving are all the same. Thus it is that those who receive will give and those who follow will lead. Thus it is that those who give will need to continue to receive and those who lead will need to continue to follow. Here the duality of such things disappears. Their uniformity and their complementary natures are recognized because this is simple, because it is apparent and because it is true.

REMEMBER THIS IDEA UPON THE HOUR and use your two practice periods to engage yourself with Knowledge in stillness and simplicity. Allow these final practice periods in this program to have great depth. Give yourself to them as completely as you can, for in doing so you will increase your capacity for Knowledge and your experience of Knowledge. As your capacity and experience of Knowledge grow, your desire for Knowledge will grow as well, for Knowledge is your true desire.

PRACTICE 362: *Two 30-minute practice periods.*

Hourly practice.

第 362 阶 我正在学习如何学习，因为今天我在内心携带着内识。

你正在学习如何学习。你正在学习接收内识。你正在学习珍视内识。你正在学习携带内识。你正在学习表达内识。你正在学习培养对于这一整体准备来说必不可少的你所有的思想和身体技能。你是内识完美的学生。因此，今天完全参与到你的学生生活里，这将让你摆脱错误假设并避免将不可能的重负加于自己身上。你自然能把自己奉献给真理，因为你自然地创造出去这样做。你的物质和思想载体，这些和世界维系在一起的东西，将自然地参与到你的真正成就里。

学习如何学习。学习如何学习意味着你在学习参与。这意味着你在遵循的同时也在领导。你遵循你的上师和他们的提升课程，同时你领导你的思想和物质载体。通过这样，领导和遵循变成了同样的，正如奉献和接收是同样的。正因为这样，那些接收者将会奉献，那些遵循者将会领导。正因为这样，那些奉献者将继续接收，那些领导者将继续遵循。在此，这些事物的二元性消失了。它们的统一性和它们的互补本质被认知了，因为这是简单的，因为这是显在的，因为这是真实的。

每小时记住这点，运用你的两次修习在静心和简单里让自己和内识参与。让这一课程的这些最后修习时段拥有巨大的深度。尽你所能地把自己完全奉献给它们，因为通过这样你将提升你对内识的能力和你对内识的体验。当你对内识的能力和体验增长时，你对内识的渴望也将同样增长，因为内识是你真正的渴望。

练习 362：两个 30 分钟

每小时练习

Step 363

KNOWLEDGE IS MY TRUE DESIRE

BECAUSE I AM A STUDENT OF KNOWLEDGE.

KNOWLEDGE IS YOUR TRUE DESIRE. Think not that your desires

are false, for all desires, if recognized, are for Knowledge. It is because you have misinterpreted your desires or have attempted to use them to fortify other things that they have led you astray. Do not attempt to be without desire, for life is desire. Desire is purpose. Desire is meaning and direction. Yet, you must recognize your true desire, which is the desire for Knowledge to fulfill itself and to claim itself, the desire for Knowledge to save you and for you to save Knowledge. How can you save Knowledge? By holding it within yourself, by being a student of Knowledge, by carrying Knowledge everywhere you go, by reinforcing your awareness of Knowledge, by being simple with Knowledge and by not attempting to use Knowledge to fulfill your own aims and your own purposes.

CARRY FORTH THE NORMAL ACTIVITIES OF THE DAY, but carry Knowledge with you. If Knowledge is not in doubt, you need not be in doubt. If Knowledge is not afraid, you need not be afraid. If Knowledge is not changing the situation, you need not change the situation. Yet, if Knowledge holds you back, hold yourself back. If Knowledge changes the situation, change the situation. If Knowledge tells you to leave a circumstance, leave a circumstance. If Knowledge tells you to stay in a circumstance, stay in a circumstance. Here you become as simple and as powerful as Knowledge. Here you become Knowledge itself.

UPON THE HOUR REPEAT THE IDEA FOR TODAY and experience it. Within your inner life, experience it as well in your deeper meditation practices. Your inner and outer life are where you apply yourself and where you give yourself. They are where you carry Knowledge. In time, you will see that Knowledge will carry you.

PRACTICE 363: *Two 30-minute practice periods.*

Hourly practice.

第 363 阶 内识是我真正的渴望，因为我是内识的学生。

内识是你真正的渴望。别认为你的渴望是错误的，因为所有的渴望，当它们被认知时，都是为了内识。只是因为你曲解了你的渴望或是试图利用它们来强化其他东西，它们才把你引入歧途。别试图不抱任何渴望，因为生命是渴望。渴望是宗旨。渴望是意义和方向。然而，你必须认知你的真正渴望，即渴望内识能成就它自己和宣称它自己，渴望内识能拯救你并渴望你能拯救内识。你怎么能拯救内识呢？通过在你内心抱持它，通过做内识的学生，通过无论去哪都携带内识，通过强化你对内识的觉知，通过对内识保持简单，通过不试图利用内识成就你自己的目标和你自己的目的。

开展今天正常的活动，但要携带着内识。如果内识没有怀疑，你就不必怀疑。如果内识不害怕，你就不必害怕。如果内识不改变状况，你就不必改变状况。然而，如果内识阻止你，那就去阻止你自己。如果内识改变状况，那就去改变状况。如果内识告诉你离开一种境况，那就离开一种境况。如果内识告诉你留在一种境况里，那就留在一种境况里。在此你变得像内识一样简单和强大。在此你成为内识本身。

每小时重复今天的想法，并去体验它。在深度冥想练习里，在你的内在生命里同样去体验它。你的内在和外在生命是你运用自己和奉献自己的地方。它们是你携带内识的地方。慢慢地，你会看到内识将携带你。

练习 363：两个 30 分钟

每小时练习

Step 364

KNOWLEDGE CARRIES ME

BECAUSE I AM A STUDENT OF KNOWLEDGE.

AS YOU CARRY KNOWLEDGE, you will feel Knowledge carrying

you. You will feel Knowledge guiding you and directing you, preserving you, protecting you from harm, keeping you from difficult and harmful engagements, engaging you with individuals with whom you must be engaged and leading you away from divisive engagements which do not have purpose. Thus it is that you become a leader and a follower, for you follow Knowledge and you lead yourself. You yield to Knowledge, yet you exercise the power of decision upon your own behalf. Thus it is that you become a great follower and a great leader. Thus, you are in a position to serve, and you will increasingly feel as if Knowledge were carrying you through life. And you will feel that you are carrying Knowledge as well. Seen correctly, you will realize your true relationship to Knowledge. You will realize that you carry Knowledge within you and that Knowledge carries your well-being within itself. This is perfectly complementary. It is perfect because it is born of perfection itself.

BE A TRUE STUDENT OF KNOWLEDGE. Engage yourself in practice. Give yourself in practice. Do not alter your practice. Do not neglect your practice. All you need to do is practice and be attentive, practice and be attentive. Upon the hour and in your two deeper meditation practices, where you come into stillness to be with stillness itself, practice to practice, practice to learn and learn to learn. Today you are learning to learn. Today you are a student of Knowledge.

PRACTICE 364: *Two 30-minute practice periods.*

Hourly practice.

第 364 阶 内识携带我，因为我是内识的学生。

当你携带内识时，你将感知内识在携带你。你将感知内识在引领你和指导你，维护你，保护你免受伤害，阻止你进行困难和有害的参与，让你和你必须参与的人参与，并引领你远离毫无宗旨的不恰当参与。正因为这样，你成为一个领导者和一个遵循者，因为你遵循内识，你领导你自己。你臣服于内识，然而你为了你自身的利益发挥决策力量。正因为这样，你成为一个伟大的遵循者和一个伟大的领导者。因此，你能够进行服务，并且你将越来越感受到仿佛内识正携带你穿越生命。你将感知你同样在携带内识。当正确地看待时，你将意识到你和内识真正的关系。你将意识到你在你内心携带着内识，内识在它自己内在携带着你的福祉。这是完美的互补。它是完美的，因为它源自于完美本身。

做内识真正的学生。让自己参与到修习里。把自己奉献给修习。别改变你的修习。别忽视你的修习。你所要做的一切就是修习和保持专注，修习和保持专注。每小时里以及在你的两次深度冥想里，你来到静心里和静心在一起，修习如何修习，修习如何学习，学习如何学习。今天你学习如何学习。今天你是内识的学生。

练习 364：两个 30 分钟

每小时练习

Step 365

I AM COMMITTED TO LEARN TO LEARN.

I AM COMMITTED TO GIVE WHAT I AM MEANT TO GIVE.

I AM COMMITTED BECAUSE I AM PART OF LIFE.

I AM PART OF LIFE BECAUSE

I AM ONE WITH KNOWLEDGE.

WHAT IS COMMITMENT but the natural expression of your

true desire? It frees you; it does not bind you. It engages you; it does not obligate you. It fortifies you; it does not limit you. True commitment is born of true Knowledge, of which you yourself are born. In this final step in this stage of your preparation, give yourself and your entire day to practice.

HONOR YOURSELF for accomplishing a remarkable and substantial task in completing this one year of preparation. Honor your Knowledge for giving you the desire to participate and the strength to participate. Honor your Knowledge for giving you the vision that is now emerging. Honor all who have served you in your life—your family, your parents, your friends and your seeming enemies and adversaries. Honor all who have enabled you to value Knowledge and who have given you the strength and the resolve to undertake the preparation for Knowledge. Remember your Teachers as well, for they remember you and abide with you even now. Remember that you are a student of Knowledge, and with this you will be able to proceed forward in your preparation.

TODAY UPON THE HOUR and in your two deeper meditation practices, give yourself. Consider all that is given to you. Let this be a day of accomplishment and gratitude. Let this be a day to honor that Knowledge is real in you and that you are real in Knowledge. Open yourself to the next step beyond this program. The next step is awaiting you—a step that will meaningfully engage you with other students of Knowledge, a step that will meaningfully engage you with those who have advanced beyond what you have accomplished thus far, a step that will engage you in serving those who are only beginning to advance in the stage that you have just completed. Thus, you receive from those ahead of you and you give to those behind

you. Thus, all are nurtured and supported in their return Home to God. Thus it is that you follow and you lead, you receive and you give. Thus it is that all of your activities become uniform and you find escape from all negative imagination. Thus it is that you are a student of Knowledge. And thus it is that Knowledge blesses you who are meant to bless the world.

Nasi Novare Coram

第 365 阶

我承诺学习如何学习

我承诺奉献我注定要奉献的

我承诺因为我是生命的组成部分

我是生命的组成部分因为我拥有内识

什么是承诺，不就是你真正渴望的自然表达吗？它给你自由；它不束缚你。它让你参与；它不强迫你。它强化你；它不限制你。真正的承诺源于真正的内识，你自身源于内识。在你这一准备阶段的最后一个进阶里，把你自己和你的全天奉献给修习。

尊重自己，因为你在完成这一年的准备中达成了一项非凡的、实质性的任务。尊重你的内识，因为它赋予你参与的渴望和参与的力量。尊重你的内识，因为它赋予你正在呈现的远见。尊重所有在你生命里服务过你的人——你的家人，你的父母，你的朋友和你看似的敌人和对手。尊重所有让你能够珍视内识，并赋予你力量和决心去开展内识准备的人。同时记住你的上师，因为他们记着你，甚至现在就和你坚守在一起。记住你是内识的学生，带着这点你将能够在你的准备中继续前行。

今天每小时里以及在你的两次深度冥想修习里，奉献你自己。思考所有被赋予你的东西。让今天成为成就和感激的一天。让今天成为尊重内识在你内在的真实存在以及你在内识里的真实存在的一天。向这一课程之后的下个进阶敞开自己。下个进阶正在等待着你——这一进阶将让你和其他内识学生有意义地参与，这一进阶将让你和那些超出你当前成就的高阶学生有意义地参与，这一进阶将让你参与去服务那些正在开始在你刚完成的阶段里前行的人。这样，你从你前面的人接收，你为你后面的人奉献。这样，所有人在他们回归上帝的归家之路上得到滋养和支持。正因为这样，你遵循你领导，你接收你奉献。正因为这样，你所有的活动变得统一，并且你远离所有的负面想象。正因为这样你是内识的学生。正因为这样，内识祝福着注定要祝福世界的你。

那思矣 诺娃瑞 库瑞阿姆

Nasi Novare Coram

