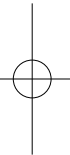
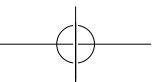
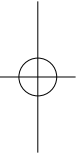
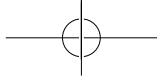


其實“平凡”在高等世界就是聖人的意思，  
聖者就是平凡。



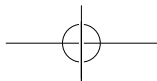
Actually, being “ordinary” means being a saint in a high spiritual level of world. Being a saint is just being ordinary.





一個聖人，是能夠征服自己習性的人。

A Saint is one who can overcome his own habits.

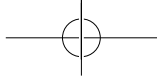




當你能夠接受真話，好聽和不好聽的話都是一樣的感覺，那你就慢慢進入內在的生命，才是真正的在進化當中。

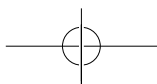


When you are able to accept the true words—either pleasant words or unpleasant words—then you are slowly moving towards your inner world, and that is the true goal to an evolving process.



評論是一種習氣，是發洩自己的情緒，  
評論最重要的是傷害到你的靈性。你會  
評論，你的注意力一定是在別人身上。

Being critical is a bad habit. It is letting go of your  
emotion. The most important about being critical  
is that hurts your spirituality. When you criticize,  
your attention has to focus on someone else.

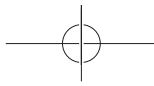




讓身體健康不是從外面去追尋，你只有調整內在，很快健康就會改變，裡面有很多不好的負面能量，我們才會生病。

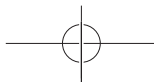


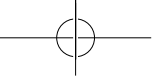
To keep your body healthy is not to be pursued outside world. The only way is to adjust from within. Your health will soon improve. We are not healthy because there is a lot of negative energy within us.



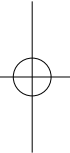
隨性是很自然的、很真實的，是從內心發出的一種整體的能量。高等世界，本來就很輕鬆、很單純、很天真，是無所為的；所以，浪漫也是無所為的。

Being casual is very natural, very real, and it is an integrated energy emitted from within. In a realm of high spiritual level, none action is very comfortable, very pure, and very naive, so does being romantic.

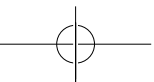


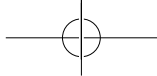


你們碰到任何的事情，會有很多的障礙，跟別人無關，是你自己的頻率把人家喚醒的。



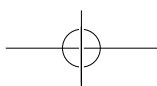
When you encounter lots of obstacles in doing anything, it has nothing to do with others.





在三次元處理事物為什麼沒辦法得到圓滿，因為大部分的人都聚焦於想要的結果，忘記了要先釋放掉自己的一些空間，有更大的視野，更高的方向來幫你處理這些問題。

The reason why things cannot be done perfectly in the realm of the third dimension is because most people only focus on what they want. They have forgotten to empty some space first, so that they will have a broader vision and at a higher altitude to help them solve all these problems.

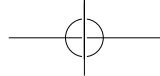




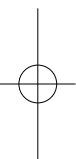
每一天生活跟萬物的和諧，人與人之間，你只  
要創造不和諧，對自己不真實，你就不可能往  
上提昇。

Whenever you create disharmony among people and  
are untruthful to yourself, you will not be possible to be  
elevated upward in every day lives in harmony with all  
creatures.

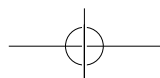




真正覺醒的時候，什麼都消失啦！  
你本身內在的恐懼、自責，所有不好的品質，  
瞬間都變成空無，什麼都沒有，  
只存在的一種無限的可能，無限的歡樂。



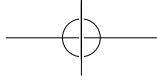
When you are truly awakened, everything disappears!  
Your inner fear, self-blaming, all inferior quality will  
vanish in an instant, nothing at all, and only one  
possibility of infinity - the infinite joy.



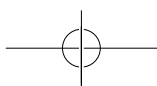
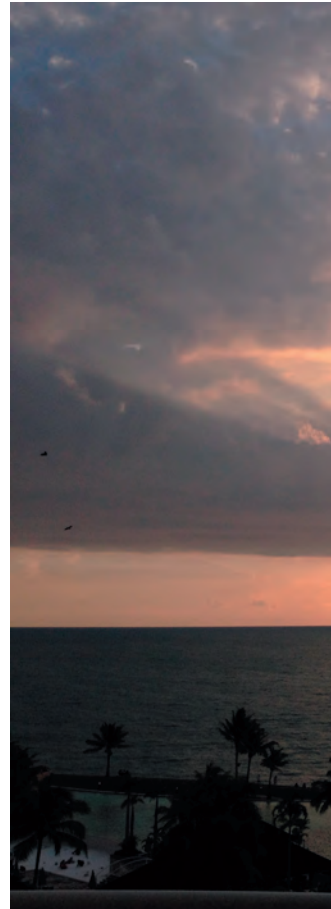
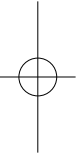


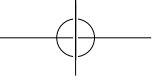
你真正靜下來，跟隨你的心，沒有一樣東西需要學的，因為每一樣在潛意識裡面、DNA 裡面，都有答案了。

When you are truly in tranquility and follow your heart, there is nothing that needs to be learned, because all the answers are within your sub-consciousness and DNA.

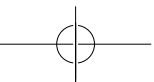
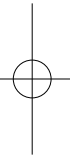


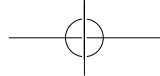
五次元是一種純粹純淨的能量，都是發自心的  
能量；是一種深層的靈性的品質，完全堅定的  
信念，這種純淨的能量就是五次元的能量。





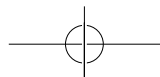
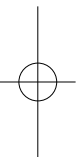
The realm of the fifth dimension is a form of completely pure energy, and the energy all comes from the heart. It is a form of deep spiritual quality, a completely positive faith that is the pure energy from the Fifth dimension.





現在是一個自我展現、自我實現、  
自我創造的階段。

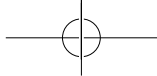
Right now, it is at the stage of self-expression,  
self-realization, and self-creation.





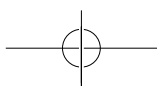
衝突是因為你本身是二元性的思惟，  
所以才造成了衝突。

Having a conflict is because of your thought of  
duality, which results in a conflict.



要成為大師，就是要從裡面靜下來，讓你的心說話，跟你的心對話，讓你的心去主導一切，你的自信心會一天一天的增強。

To become a master is to calm down from within. Let your heart speak, talk with your heart, let your heart be the guide. Your confidence will be enhanced day by day.

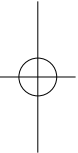
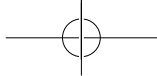




When encountering a problem, there is no  
dead end, but only incorrect conception.

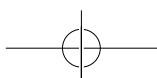


碰到問題，沒有行不通的道路，  
只有不正確的概念。



用你快樂的心、遊戲的心、浪漫的心去解決問題，這樣你任何問題都會沒問題。

Use your heart of happiness, heart of playing, and heart of romance to solve problems, and then any of your problems will be no problem.

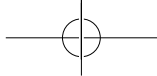




你只要認為我很有使命，需要多努力，結果你每一天都錯失最珍貴的禮物。只要你放輕鬆，懂得遊戲，跟著能量的流動，你會覺得不需要努力，就可以不斷的進化。

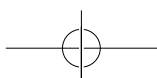


If you think that you have a mission, need to work harder, in the end you will lose your most precious gift each day. Just relax and know how to play, follow the flow of energy, then you will feel there is no need to work hard and able to evolve continuously.



我們選擇自己的角色來經歷生命過程，讓自己領悟到更高的真理。但是當我們頭腦開始有分別的時候，有職業的好壞，有地位的高低，其實已經掉入這個世界愈陷愈深了，自己本身內在的力量就開始消失了。

We choose our own role to go through the process of life, to let ourselves perceive higher level of truth. However, when our mind begins to differentiate between good and bad occupation, between high and low social statuses, we have already in fact trapped into this world deeper and deeper and our own inner power begins to disappear.

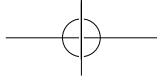




我們來這個世界重複學這個過程，不斷的在輪迴，學到最後已經受不了了，我們最後才會想念我們本源的能源，我們才知道我們從遙遠的故鄉來到這個地球，才想一定要回歸。

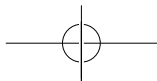
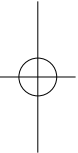
We come to this world to learn this process again and again, repeatedly reincarnating. We keep learning until finally become unbearable, then at last we yearn for the energy of our origin. We then know that we came to the Earth from faraway homeland, recalling of going back home.





調整自己就是創造解決問題的能量，調整別人  
就是創造問題意識。

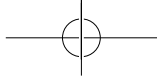
To adjust your own is to create the energy of solving  
problem; to adjust others is to create the consciousness  
of problem.





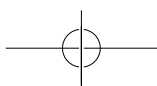
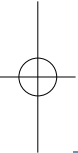
每一個到你身邊來都有意義，如果你的頭腦很複雜你就沒辦法領悟這些上天送給你的禮物，如果你真正很謙卑接受，你就會瞭解所有事件的發生都是恩典。

Everything that happens upon you has its meaning. If your mind is too complicated, you will not be able to comprehend these gifts from Heaven. If you are truly humble to accept it, you will understand that all events are blessings.



只要你用眼睛去看這個世界，耳朵去聽這個世界，你永遠都不可能真正的真實，你不可能真正的謙卑。

As long as you see this world with your eyes, to hear this world with your ears, you will never get the truth; you will never be truly humble.

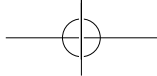




真正的智慧是來自更高視野的心智，及更高的意識。

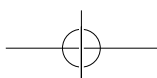
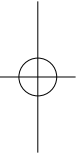
The true wisdom comes from higher vision of intelligence and higher level of consciousness.





其實你要開悟，情緒是很重要的一個進步管道，情緒只是告訴你背後應該處理的問題，情緒背後的問題就是你在進化真正的問題。

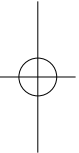
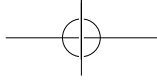
If you want to be enlightened, emotion is a very important channel for progress. Emotion only reflects the problem behind which you should handle, and it is the true problem of your evolution.





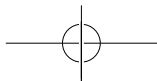
這個世界沒有不完美的，只是你看事情的角度你夠不夠深入。生活多一點輕鬆遊戲，如果每一天都在意別人一句話你就生氣，那你怎麼會開悟？

Nothing is perfect in this world; it depends only on whether you are deep enough in the way you see things. Have a little more fun to play in your life. If you get angry from others' remarks every day, then how could you be enlightened?



修行要懂得去善用更高的智慧，更高的觀點看事情，不能掉入這種情緒的陷阱裡面，情緒是讓你超越的，不是掉入其陷阱。

You must know how to use higher level of wisdom in spiritual practice. Seeing things from a higher perspective, and do not fall into such an emotional trap. Emotion is to let you transcend, not to fall into its trap.

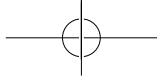




Learn to live an easy life is a more precious gift. Generally speaking, we are being extraordinary for a while, when we are truly at a higher spiritual level, the things we talk about will be more ordinary and closer to our daily life.

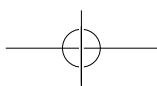
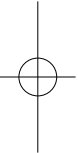
學會輕鬆的生活才是比較珍貴的禮物，一般來講我們不平凡久了，真正靈性越高的時候，談論的事情就越平凡、越生活化。

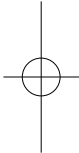
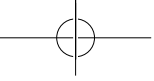




有些時候我們悟性不夠的時候，當然需要  
負面的力量來成就你，來讓你有調整的  
機會。

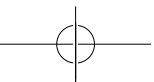
Sometimes when we are not enlightened enough,  
so you need negative force to accomplish you to let  
you have the opportunity to adjust.

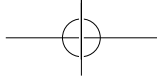




來自本源的能量是充滿愛，假如我們的行為是出自恐懼或其他負面情緒，能量就會遭到誤用或扭曲。

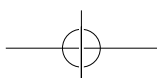
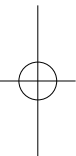
The energy from the origin is full of love. If our behavior is out of fear or other negative emotion, the energy will be misused or twisted.





在每個呼吸之間，靈魂把神性帶入。感恩是一種在能量上對宇宙的告知。愛是意義深遠的能量，它會給一切萬物帶來動力。

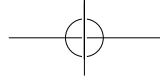
In between every breath, the soul brings in divinity. Gratitude is a form of notification towards the universal energy. The energy of love is profound, which will bring forth power to all creatures.





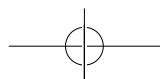
跟隨你的頭腦所使用的都是過去的能量，  
跟隨你的靈感才是使用你們最新的能量。

Following your mind is belonged to the past  
energy; the one following your inspiration is the  
newest energy.



要成為未來的自己，一定要跟隨新的能量，跟隨你的靈感做事。

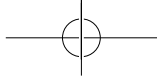
To become your future self, you must follow the new energy, and your inspiration to do everything.





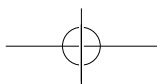
只要你能夠臣服於你自己，臣服於你靈魂的熱情，這就是你這一生靈感的來源。因為靈感本身是來自你內在更高層次的能量來源，只要你跟隨你的靈感，忠於你自己，你人生的路就會很輕鬆，所有的東西就不需要努力了。

If you surrender to yourself, and passion of your soul, this will be the source of inspiration in your life. Because inspiration itself originates from your higher level energy of source, as long as you follow it, being faithful to yourself and the path of your life will be very easy, everything without any efforts.



找到靈感的來源，然後接受靈感，你就知道你的未來，你已經不是走在你現在的道路，你已經踏上你未來之路。

To find the source of inspiration and then accept it. You will know your future, no longer walking on your present path; you are already on your future path.

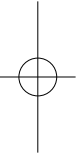
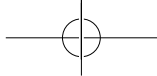




Along with the Earth's elevation, ageing will slow down; it will get slower and slower until there is no more negative force, and you will be constantly rejuvenated, your life will be able to be extended without limit.

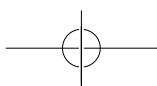
隨著地球的提昇，老化的速度會減緩，會越來越減緩，到完全沒有這些負面力量的時候，你就會不斷再生，所以你的生命就可以不斷的延續。





你每一天很輕鬆，天天都在解決問題，  
減少自己的負擔，那就是生活了，那才  
是真正的道。

When you are very comfortable every single  
day, solving problem every day, reducing your  
own burden, and that is life, that's the true Tao.

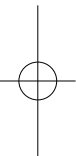
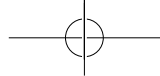




把所有的束縛網綁的概念通通丟了，生命就從此不再受侷限，所以才知道生命完全是一個偉大存在，生命是可以無限的擴大。

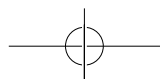


Throw away all the constraints and binding concepts, life shall no longer be restricted from now. So you will know that life is fully a great existence, life can be expanded infinitely.



讓你的心去感受萬物的美，自然的美，讓你的心去感受人與人之間的交織。離開了心，就離開了道。

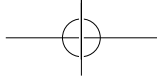
Let your heart feel the beauty of all creatures, the beauty of nature and allow you to interweave among people. When you left your heart, you left Tao.





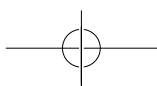
人類的衝突都是來自於自己頭腦的創造。實際上當你把頭腦放下之後，用心去感受事物的話，世界就和平了。

All the conflicts of human beings are made from their own minds. In fact when you lay down your mind, and use your heart to feel things, the world will be in peace.



喝茶，最重要的是找到內在的和平，內在的寧靜很重要，只有寧靜的時候你的能量才會提昇。

The most important thing when tasting teas is to find the inner peace, and tranquility inside is very crucial. Your energy will be elevated, only when in stillness.

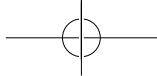




Learn to infuse positive, confirmative, and comfortable things, and then your life will be very comfortable and very positive.



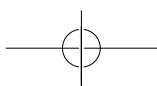
學會注入正面的東西、肯定的東西、輕鬆的東西，你的生命就會很輕鬆、很正面。



喝茶其實沒有什麼目的，真正的目的是讓你們找回原來的自己，告訴你有個方法可以找回你原來的東西而已。



Actually there is no objective in tasting tea; the true goal is to let you retrieve your original self and know that there is a way to retrieve the things you already possess.





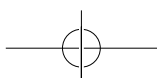
高等世界的人，做事都是選擇來做，因為對大家有利益我就做了。做事是為了自己快樂，為了自己高興。

In a high spiritual world, people do things by free will. They do things just because it is beneficial for everybody. They do things to be happy and joy of oneself.



要發展智慧，就要從裡面喚醒，教導小孩要注重的是一種內心的感受，那才有用。因為一體的教育，從自己的心靈，每天注重心的連結，那種感覺是很重要的。內心的感受，才是新時代的教育。

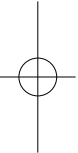
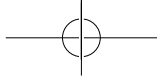
To develop wisdom is being awakened, it is useful to teach children from the feeling of heart. That is important to connect with heart everyday, because oneness education starts from our spirits. Feeling of heart is the education of new era.





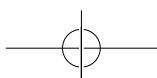
有智慧的人永遠都是走直線的，沒智慧的天天都是在繞圈子，在這個世界你看到整天在找問題的，那都是聰明的人。

A person of wisdom always walks straight, without wisdom is always circling around every day. In this world when you see people seeking problems all day long, those are all smart ones.



做事情只要向自己交代，自己聽心的感覺，  
每一天跟隨你心的靈感，靈感在哪裡，你就  
在哪裡，就沒問題了。

You do things only for yourself, listen to the feeling,  
and follow the inspiration of your heart every day.  
Wherever your inspiration is, and there will be no  
problem.

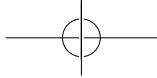




心才是你的老師，才能夠給你更高等的智慧。聽再多的道理，還不如聽你心的聲音。

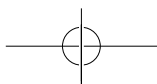
The heart is your true teacher, only which can give you the higher wisdom. It is better to listen to the voice of your heart than to learn more teachings.





修行就是靜靜的調整自己，並不是要你去追尋什麼大道，大道本來就在你裡面了，不需要向外去求。

Spiritual practice is to quietly adjust your own self, no requiring to seek great Tao whatsoever. Tao itself already dwells inside you; there is no need to seek outside.

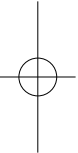
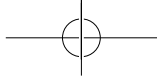




我們應該讓每一個人去展現他的獨特性。  
每個人所展現的最真實最自然的才是真正的美。

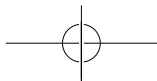
Let everyone show one's own uniqueness. It is the most truthful and natural to express is the true beauty.





開悟不是因為你學了很多東西而開悟的，  
是你放下你所有心智的東西而開悟的。

Being enlightened is not because you have  
learned a lot of things, it is to let go of your  
intellectual stuffs.

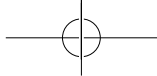




只有為自己找到快樂，讓自己每一天都充滿著靈感，那才是你生命第一要務，也才能夠真正利益世界。

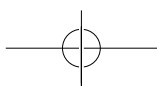
Seeking happiness for yourself is to let yourself filled with inspiration every day; that is the first priority of your life, which can truly be beneficial for the world.





讓每個人去展現他獨特的美感。這叫生命的厚度。每個人經歷的不同，允許用每一種方式去呈現，最後生命整個最燦爛的那一刻是一樣的。

Let everyone shows one's unique sense of beauty. It's called the depth of life. The difference of each one's experience allows all kinds of expression, and at the final glorious moment of the life is the same.

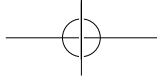




如果你每一天都解決自己的問題，決心不再創造問題意識，你的問題就會消失掉。

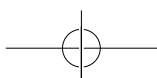
If you solve your own problem every day, and determine not to create the consciousness of problem, your problem will disappear.

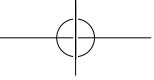




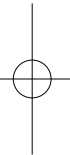
你的問題是你要經歷，自己想辦法去解決，我只能夠協助你讓你更快的看清這個事物的真相，領悟這個道理。你要走的，要經歷的，還是你自己要去領悟。

The problem is you need to experience and figure out how to resolve it. I can only assist you to see the truth more clearly and quickly to realize this fact. What you need to experience, you can comprehend by yourself.

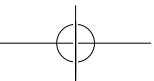


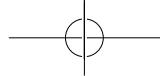


你的人生是你自己創造的，你還抱怨什麼？你想辦法解決自己的問題就好了，道就是那麼簡單。



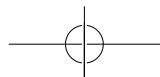
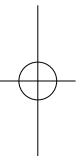
Your life is created by yourself. What are you still complaining for? Just try to resolve your own problem and that's it. Tao is that simple.





我們有掌控人生的渴望，這種渴望心很強的。我們求道的心不一定很強，掌控別人的渴望卻是特別強，這就是我們這個世界。

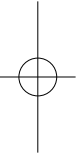
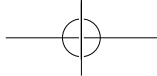
We desire to control our own life and drive of such desire is very strong. However, our motive to seek Tao may not be strong, but the desire to control others is especially strong, this is our world.





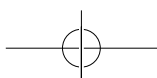
你領悟到的東西分享給別人，別人會得到一些獎賞，其實那才是更豐盛的禮物。

Sharing what you comprehend with others, others will gain some rewards, and that is the gift to be more abundance.



人與人的相遇都是為了帶給世界更新的事物、更美好的事物才來這裡，當你能夠調整到這種概念的時候，才有可能一加一等於三。

Encountering with people is to bring newer things to this world so that more beautiful things will come. When you can adjust to this kind of concept, then there is a possibility of one plus one equals three.

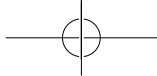




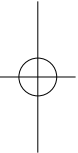
因為你的頭腦讓你那麼忙碌，才會離開  
了你這一生真正的目的。

You are busy because of your mind, which allow  
you to go astray from the true purpose of this  
life.





其實業障回歸也是好事，有回歸才會有成長，不回歸就表示你還要繼續輪迴。你經過再多的苦難都是你自己創造出來的，現在回到你身上而已。



Actually the karmic feedback is also good, there is growth with feedback. If there is no feedback then it means you still need to continue reincarnation. Whatever sufferings you have been through, they were all created by you, which just back to you now.

