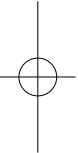
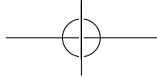




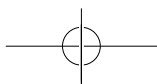
注入更強大的光跟愛，這個世界就會愈來愈光亮。

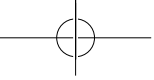
Infusing more intensified light and love, this world will become more and more brighter.



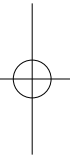
你一直都不相信自己就在「道」裡面，  
所以才到處去追尋。

You never believe that you are within the  
“Tao”, and so you keep seeking everywhere.

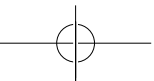


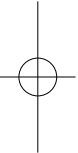
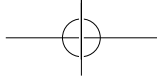


是你的創造跟選擇決定了你的一生。



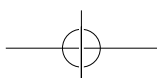
It is your creation and choice that determines your life.





喝茶就是大家聚集起來，可以提昇光跟愛的強度。

Tasting teas is to get everybody together, which can elevate the intensity of light and love.





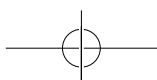
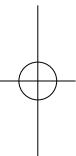
來到這裡，不是讓你展現我執，而是要讓你  
學會謙卑。

Being here is not to display your ego, but to let you  
learn to be humble.



當你決心要改變的時候，你才有可能真正掙脫。

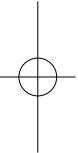
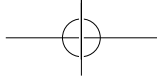
When you are determined to change, you can then escape truly.





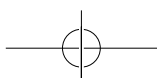
你展現我執的時候，你是完全的失去自我。

When you display your ego, you have lost your own self completely.



一個靈性高的人永遠都是尊重自己。

One who is high in spirituality always respects oneself.

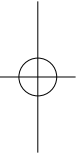
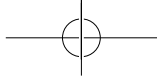




你給出去是很輕鬆的能量，回到你身上的  
的都是很輕鬆。

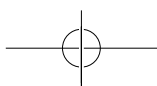


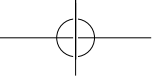
The energy you give out relaxingly, what comes  
back to you will be comfortable as well.



如果我們還不屬於自己，就沒有辦法跟自己的內在核心連結。

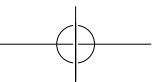
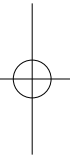
If we have not belonged to ourselves yet,  
there is no way to connect to our inner  
core.

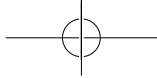




所有的經歷就為了讓你領悟到「和諧」兩個字。

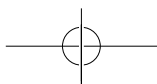
All you have gone through is to let you perceive the word of “harmony”.





在生活中裡面去鍛鍊，才有可能找到真正的道。

To train in your life is the only possibility to find the true Tao.

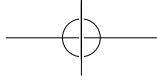




隨時融入更高速能量的運行，這才是最快速的進化方式。

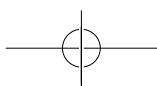
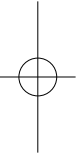
Always blend into the operation of higher speed energy. This is the fastest way of evolution.

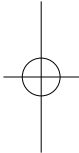
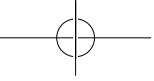




每一件事情對別人有利益，  
你自然就會得到利益。

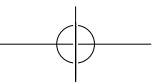
Whatever is beneficial for others, you  
will naturally be benefitted.

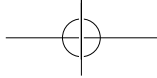




超越是要一點決心。

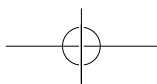
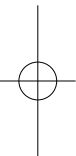
To transcend needs a bit of determination.

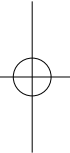
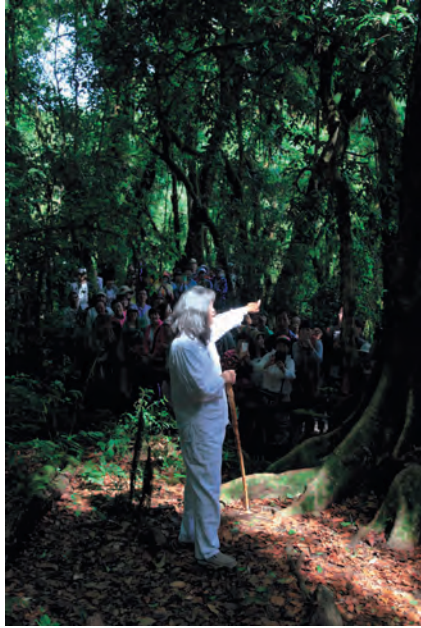
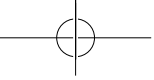




靈性夠的話，才能夠聽內在的聲音。

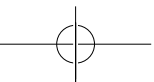
Only when your spirituality is high enough, you  
can hear the voice inside.

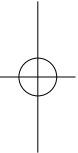
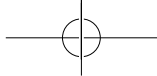




沒有一件事情不是你自己的意念創造出來的。

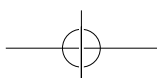
There is no single thing that is not created by your own mind.





是你的心變了，所以世界才跟著變。

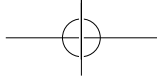
It's your heart that has changed, therefore the world will be changed as well.





跟一個厚重的人做事，那就是地獄；  
跟一個輕鬆的人工作，那就是天堂。

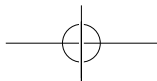
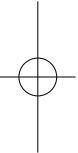
Working with someone mentally heavy is like  
being in hell; working with someone relaxed is  
like being in heaven.



當你自己改變的時候，別人就會跟著改變。



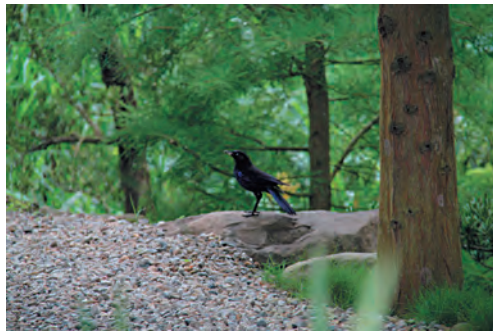
When you change yourself, others will change as well.

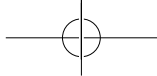




你們發展愛心，回饋給自己，你就一直累積你的能量，累積到一個程度，瞬間就會開花，瞬間你的次元的通道就會打開。這跟花開的一剎那，是一樣的道理。有時候借用萬物自然開花，感受到我們整個靈性的奔放，靈性的開花，是非常有意義的。

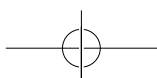
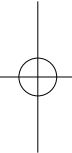
If you develop compassion and feedback to yourself, you will keep accumulating your energy. When it is accumulated to a certain extent, instantly it will bloom and your channel of realm will open. This is like the instant flower blooming. Sometimes through the metaphor of flower blossom in nature, we can feel the overflow of our entire spirituality. The blossom of spirituality is very meaningful.





我們都是為了創造更美好的事物，才來到這個世界。

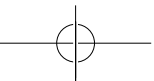
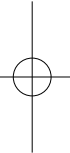
We come to this world all for the sake of creating better things.

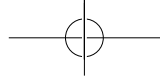




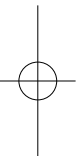
宇宙間最大的愛，就是讓每個人都有真正的自由，讓每個人都自由選擇，靈魂選擇他要經歷的過程，他想要協助，我們才能介入。

The greatest love of universe is to let everyone to own true freedom, to let everyone choose with free will. The soul chooses the process to go through. We can only intervene when one wants help.

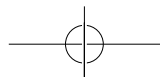




我們內在有一條河流，包括生命、愛，無限的豐盛，所有最珍貴的、最完美的禮物，裡面都會供應。當你能夠成為你內在生命之流的設計師的時候，所有的禮物都會呈現出來。



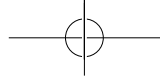
Inside us, there is a river, which consists of life, love, and unlimited abundance. All the most precious and perfect gift, that will provide within. When you can become the designer of your inner river of life, all the gifts will emerge.



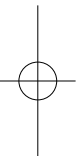


只要你不願輪迴，你就必須要終止這個不斷的意識再創造的過程。當你要終止過去，不再創造，當然你需要先調整現在，決定要放下。

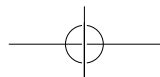
As long as you want to stop reincarnation, you must stop this repeated process of conscious recreation. When you want to terminate the past, not to create, of course, you need to adjust the present and determine to put down.



如果你會有很多障礙，很多苦難，  
都是因為你的我執。



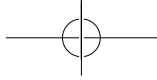
If you have many obstacles and sufferings,  
it's all because of your ego.





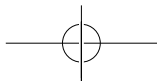
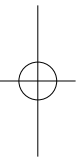
盡量用心去感受，語言再傳遞，就不會有問題。

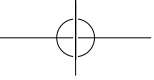
Try using your heart to feel, then no matter how language is delivered, there will have no problem.



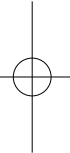
當你跟心連結的時候，很容易就跟源頭的能量連結。

When you are connected with your heart,  
it will be very easy to connect with the  
energy of the source.

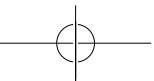


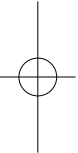
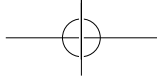


喝茶，能夠讓你感受到這個美好的世界，  
能夠讓你很平靜的跟這個自然連結，你會  
很享受。



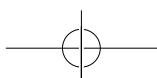
Tasting teas can let you feel this beautiful  
world and allow you to connect with the nature  
peacefully, and you will enjoy very much.

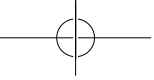




「上善若水」，有智慧的人心一定是很柔軟的。所以他不會去搏鬥，他會順著能量的流動，不會去抗拒這種能量。

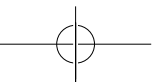
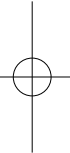
The utmost virtue is like water. The heart of a person with wisdom must be very soft. Therefore, he will not fight against, but to follow the flow of energy, not resisting such energy.

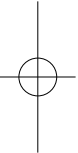
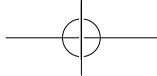




只有你不污染這個世界，才能夠談到幫助別人。

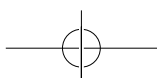
Only when you stop polluting this world, you can talk about helping others.

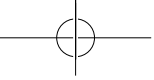




你常忽略你的靈感，還是利用你的  
習氣在做事，所以才會有問題。

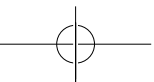
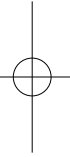
You often neglect your inspiration, and  
still rely on your habits to work. That 's  
why there is problem.

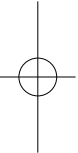
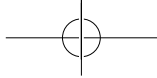




我們最難突破的就是內在，是自己的  
頭腦阻礙了自己。

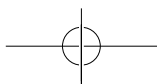
The most difficult for us to break though is  
our inner self. It is our mind that obstructs us.





當你不屬於你自己，你就不可能真正發光發亮。

When you no longer belong to yourself, you will never be able to truly glow and emit light.

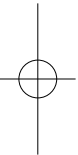
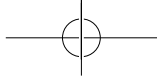




快樂不起來，笑不出來，都是因為少了「愛」這個元素，所以你沒有辦法在你的心靈裡面得到更多滋養。

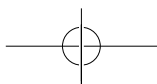
It is all because of lacking the element of “love” that you are unable to be happy and unable to laugh. Therefore, you could not gain more nourishment from your spirit.





每一個人讓你去接觸，就是讓你看到你裡面的東西。當你看到每個人呈現給你看的東西，你也會看到你裡面的品質也是這樣子。

Everyone you encounter is to let you see your characteristics inside. When you see the characteristics shown by everyone, you will also see inside yourself the same quality.

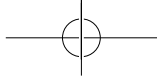




小草人物，在過去生早就轟轟烈烈了，這輩子希望自己不要再掉入這個陷阱，所以愈低調，愈平凡，就是為了進入高等的次元。

Those who looked humble had lived magnificently in their past lives. They do not want to fall into this trap again in this life. Therefore being in low profile and ordinary to a further extent is for the sake of entering a higher spiritual level.

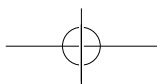




其實生命都是我們自己創造的，只要你跟你的心連結，就有改變的力量。



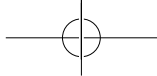
In fact, life is all created by our own, as long as you are connected to your heart, you will have the power to change.





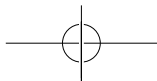
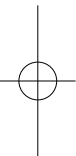
只有在流動之中，才感受到你們變  
柔軟變謙卑。

Only being in a flow, you can have the  
feeling of getting softer and humbler.



只要你能夠放下你的自我意識，  
你才能夠進入更高等的意識。

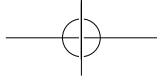
As long as you are able to lay down your  
self-consciousness, you are able to enter a  
higher level of consciousness.





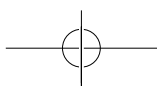
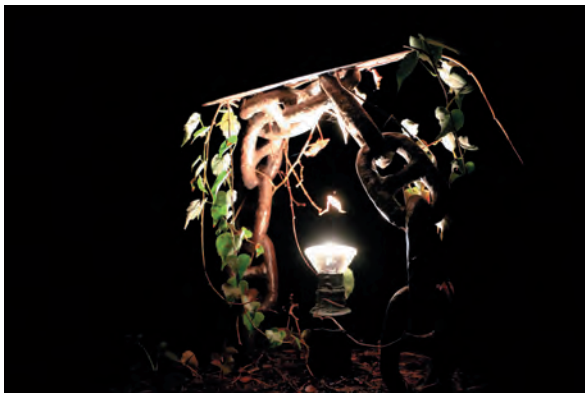
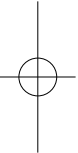
外面的高山容易征服，  
內在的高山是最難突破的。

The mountain outside is easy to conquer,  
it is the inner mountain that is the most  
difficult to break through.



要逃離監獄容易，要逃離榮華富貴不簡單。

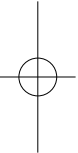
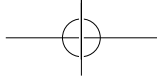
It is easy to escape from prison, but it is not easy  
to escape from splendors and wealth.





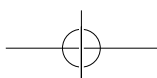
藝術就是不管你做任何事，放手的去  
做，只要不掉入邏輯的陷阱，那才是  
真藝術。如果一直想爭取所有人的認  
同，就會失去自己的信念，失去你的  
自我，而靈性的提昇也是一樣。

Art is no matter what you do, just do whatever  
you could not falling into the logical trap, that  
is the true art. If you are always trying to win  
the recognition of everyone, you will lose your  
faith and lose your own self. Spiritual elevation  
is like-wise.



你要得越多，捆得越緊，越難跳脫。什麼叫空？就是你能夠看懂這個幻想的世界。這個幻想的世界有哪一個是永恆存在的？只有靈魂是永恆的生命。

The more you desire, the more you are tied up, and the harder to escape. What is called vanity? That is you are able to see through this world of illusion. In this illusionary world, which one exists eternally? Only the soul is eternal life.

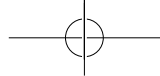




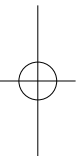
地球是一個完美的學校，唯一的缺點就是你們會忘記回家的路。這個世界太真實了，在你不開悟之前，很難跳脫這些幻想；但你靈魂知道這是不真實的，所以你就一直在調整、進化。

The Earth is a perfect school; the only drawback is that you will forget the way home. This world is too realistic prior to your enlightenment, and it is very difficult to escape from these illusions. But your soul knows this is not real so you are constantly adjusting and evolving.

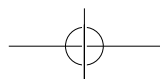




我們最需要成長的部分，卻是我們內在  
裡面最想防衛、最不願意承認的部分。



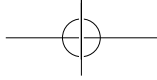
The part of growth we need the most happens  
to be our inner self that we want to protect and  
reluctant to acknowledge mostly.





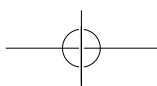
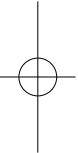
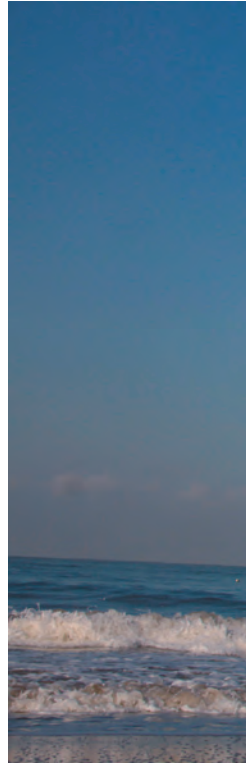
禪修，是一種展現生命力的能量；  
但是如果我們每一天都機械式的練習，你說我們怎會浪漫？

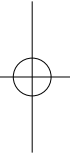
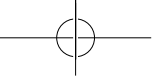
Zen practice is a kind of energy that displays the vitality. However, if we practice mechanically every day, tell me how could we be romantic?



每一天，能夠感受到每一棵植物、一陣風所帶來的生命價值。每一天都感受生命的遠景，從風中、陽光中、下雨當中所帶來人生中真正的訊息！

Be able to feel the value of life that brings by each plant and a gust of wind every day; to feel the outlook of life within a wind, a beam of sunlight, and within a rain that brings the true message of life every day!

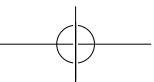


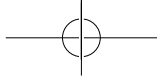


真實自然平凡才是真正神性的表現。

Being real natural and ordinary is the true  
manifestation of divinity.

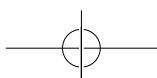
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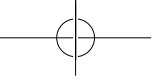




要唱一個永恆的聲音，就是能夠觸動我們生命深層的頻道一種聲音，能夠讓靈魂接受的一個喜悅的聲音。傳遞這種微細的愛的能量，我們很輕鬆，我們靈魂聽起來，就會很容易觸動。

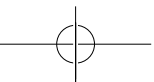
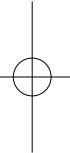
To sing a song of eternity is a kind of sound that can touch the channel of our profound life, which is a joyful sound can be accepted by the soul. When delivering such subtle energy of love, we are very relaxed, which will be touched easily when heard by the soul.

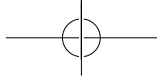




活在內在生命的人，他不需要擁有任何的東西，隨時可以跟不同的能量，反映出內在的豐盛，當然自己也一定擁有豐盛，這就是活在內在生命的人。

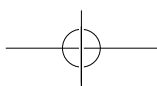
One who lives within inner life does not need to possess anything. He is able to reflect abundance with different kind of energy at any time, and of course himself must also possess the abundance. This is one who lives in an inherent life.





現在大家的生活，也要改變，尤其是觀念的改變，是很急迫性，因為你要跨上不同的空間，你必須有不同空間的概念。如果，你本身沒有這個概念，怎麼努力，是不可能達到的。

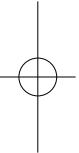
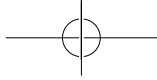
You must now change your lifestyle, especially the change of concept, which is very urgent. Because if you want to ascend to a different realm, you must have the concept of different realm. If you do not have such concept yourself, no matter how hard you try, it is impossible to achieve.





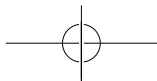
如果每天講的話讓人家沈淪，自己的負擔就加重，你每天都是喚醒人家，意識就會提昇。

If the words you speak everyday let others sink, your burden will become heavy. If you awaken others every day, your consciousness will be elevated.



你讓人家不舒服的時候，就是你頭腦在考量事情的範圍太小。

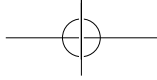
When you let someone feel uncomfortable, it's because the limit of your consideration is too narrow.



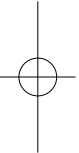


我們頭腦喜歡聽假的東西，靈魂喜歡聽真的，所以我們也常常處在兩股能量交替裡面選擇。一開始很甜美，結果卻是很苦；一開始聽的很真實，結果當然就很甜美。

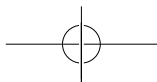
Our brain loves to hear false things; the soul loves to hear the truth. Therefore, we often lie in between the choice of two interchanging energy. What begins very sweet and ends very bitter; what heard truthfully at the beginning and certainly ends very sweet.



放鬆，是臣服於宇宙的能量。



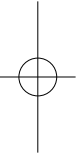
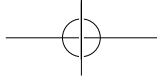
To relax is to surrender to the energy of universe.





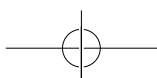
修行最重要的不是要保護，而是要你勇敢的接受挑戰。

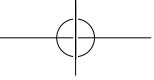
The most important thing in spiritual practice is not to protect, but to accept challenges bravely.



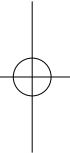
神性是無法經由去做很多事而得到的，  
也不是經由熱切迎合社會、宗教加諸  
你們的許多規矩可以獲得。它們永遠  
無法在你們靈魂裏注入真正的靈性。

Divinity cannot be attained by doing many things;  
neither can it be attained by enthusiastically  
following lots of rules set upon you by society or  
religions. They can never infuse true spirituality  
into your soul.

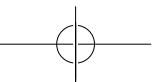


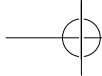


每一個靈性的路都是非常特別的。來到這裡  
是一個平凡的世界。但是平凡之中，處處都  
是神性的顯現，所以這才是高等的世界。



Every spiritual path is unique. This is an ordinary  
world where we come from. However, within  
ordinary, divinity manifests everywhere. That's why it  
a world of high spiritual level.

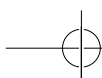


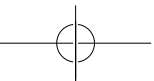
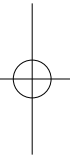
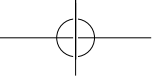


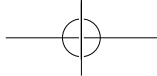
# 讓天堂顯現在地球

## 平凡之美

聆聽 能夠觸動我們 生命深層的聲音  
恢復 你意識上 更高的醒覺  
發掘 生命嶄新的 自由與驚歎  
接受 你那神聖和永恆的天性  
永遠保持著輕鬆的心 活潑好玩的本質  
維持能量的高度 才是真正利益世界  
真正的享受生命 體悟這個生命  
真正的享受生命 體悟這個生命  
用奉獻與愛 創造回家的道路  
讓每個人去表現他獨特的美感  
跟隨內心生活 讓天堂顯現在地球上  
展現柔和輕鬆的能量 成為真正浪漫的人  
跟隨內心生活 讓天堂顯現在地球上  
展現柔和輕鬆的能量 成為真正浪漫的人  
平凡之中處處都是 神性的顯現  
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何風細語 -- 平凡之美

Breeze of the Soul -- the Beauty of the Ordinary

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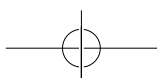
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