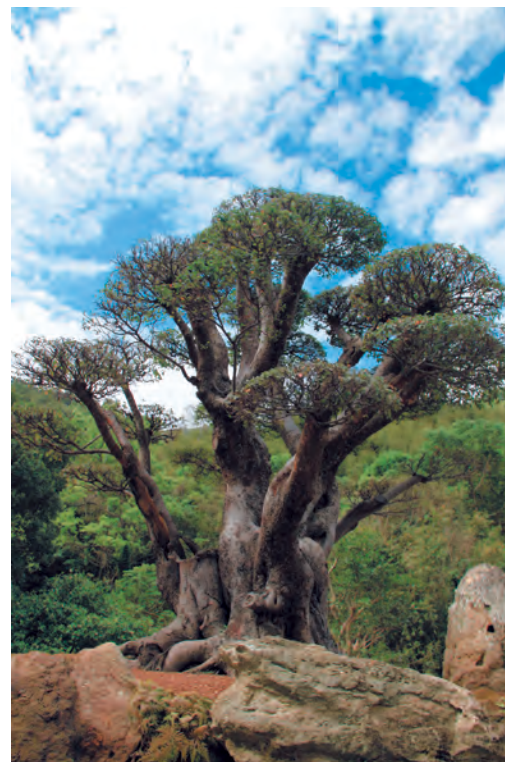




快樂是個決定，而非一個經驗。



Happiness is a decision, rather  
than an experience.

無條件與人分享，是給世界最了不起的禮物。



Sharing with others unconditionally is the greatest gift to the world.



真正的快樂，是從內心找到的。

True happiness originates from the heart.

事實上，沒有時間這樣一個東西，  
只有永不休止的持續過程。



In fact, there is no such thing as time; there is only a never-ending process.



人類經驗裡，每個結論都是幻覺。

Each conclusion in human experience is an illusion.

真正大師是在破裂與衝突面前體驗到平安的。



A real master experiences quietude throughout the ruptures and conflicts.



Everything is a gift of life, everything is originally perfect.

生命的一切都是禮物，一切都是完美的。

瞭解你所見的一切都不是真的，  
你就能找到內在的和平。

When you realize that everything you can see is  
unreal, you will be able to find your inner peace.



感激的意義，就是成長。



Having gratitude means growth.



忠於自己內心的能量，使其在地球上流動。

Follow your inner energy, let it flow on Earth.

你只須專心地讓自己「順其自然」，  
讓生命的神奇力量發揮作用，並 信任它。

You only need to "go with the flow", let the magical  
power of life play a leading role, and trust in it.



來這世界，並非為了幫助別人，  
而是認出自身的光並讓它扎根於地球。

The purpose of life is not to help others but  
to recognize your own light, and let it take  
root in the Earth.



真正幫助別人，是把你的能量用在問題「解決  
辦法」上，而不是問題本身。

To help others genuinely, you need to use your energy in  
“finding solutions” rather than focusing on the problem  
itself.



If you feel that your work is full of inspiration and joy, you can be sure that it comes from your inner wish.



如果你感受到工作中充滿靈感和喜悅，  
就可以肯定是內心所願。

真正的靈性指導，是使他們看到問題的意義和價值。

True spiritual guidance helps others to see the meaning and the value of problems.

愛自己，並讓意識之光照耀自身的恐懼和情緒痛苦。

Love yourself and let the light of awareness shine on your own fear and emotional pain.



當你們可以連結並表達自己的靈魂能量，就會在生命裡感受到真正的充實，這就是創造力的本質。

When you can connect with and convey the energy of your soul, you will feel the real enrichment of life, which is the essence of creation.

You must link with your inner core to  
make your light shine on Earth.



為了讓自身的光在地球上閃耀，  
你必須與你的內在核心連結。

Insist to be yourself, free yourself from chains.



堅持真正的自己，就能解脫束縛。

藉由接納情緒，  
你會找到原本感覺指南針，  
並在地球上體驗到喜悅與滿足。

By accepting your emotions, you will retrieve  
your original sensory compass and live in joy and  
satisfaction on Earth.



恐懼令你與大地隔離，你會活在過去。

Fears isolate you from the earth and make you live in  
the past.

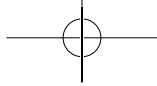
未來給你希望，過去給你養分，  
永恒則介於兩者之間。

The future gives you hope, the past nourishes you,  
eternity is in between.

默默無聞，將使你內在綻放無窮生命。

Doing things quietly will allow you infinite lives in  
the inner world.





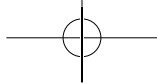
想成為什麼，就是阻礙生命之流。

Still wanting to become somebody  
obstructs the flow of life.

你們擅長的是生存，真正的生活是  
多麼閃亮，多麼歡欣鼓舞。

You are good at survival, but to live truly is  
very bright, very joyful.





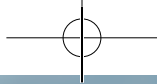
你創造出一個「解決問題的能量」，  
別人就有可能透過你而打開自我療癒的門。

By creating “energy to solve problems”, other  
people will have the possibility of opening the  
door to self-healing through you.

智慧來自於內在知識和真實體驗的人。

Wisdom comes from inherent knowledge and real-  
life experiences.



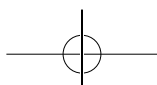


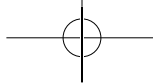
要真正開始療癒，  
你必須接受疾病的全部，  
你必須直視它，採取友好的態度。

To truly begin to heal, you must accept all about  
diseases, you have to look through it, and adopt a  
friendly attitude.

唯有面對痛苦和不適，  
面對恐懼和厭惡的感覺，  
你才能獲得真正的內在自由。

Only by directly facing the pain and discomfort,  
the feeling of fear and disgust, can you obtain real  
inner freedom.





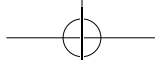
「死亡」是個讓你重建自己身份的過程。  
所謂的「天堂」，  
就是你重建身份的地方。

"Death" is a process to rebuild your identity. The so-called  
"paradise" is a place where you rebuild your identity.

生命就像一場遊戲，別視它為一樁  
生意，不然你會錯過它。

Life is a game, do not treat it as a business, or  
you'll miss it.





出生和死亡，  
都是創造的時刻。

Birth and death are both moments  
of creation.

「天堂」就是得到你想要的，「地獄」就是得  
到你不想要的。  
而「地獄」根本不存在，除非你自己創造出來。

When you get what you want, you feel like you are in  
“paradise”; when you get what you don't want, you feel  
like you are in “hell”. And “hell” simply does not exist,  
unless you create it yourself.

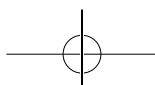


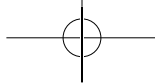
一個真正優越的人不需要去證明，  
因為他就是優越的。

A truly superior person does not need to  
prove it, because he *is* superior.

天才被誤解是命中注定的，  
如果一個天才沒有被誤解，  
那麼他就不是天才。

The destiny of a genius is to be misunderstood  
by people; if that person is not misunderstood  
that he or she is not a real genius.





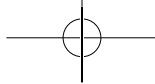
生命是一種持續不斷成長、擴大、自我展現、  
自我創造及自我實現的過程。

Life is a continuous process of growth,  
development of self-expression, self-creation  
and self-realization.



一體性是新文化內涵的基礎。

Oneness is the foundation of what new  
culture implies.



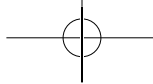
只要是純粹的真愛，  
不論以什麼形式展現都是恰當的。

As long as love is pure, it can show itself in any form and  
it will be always appropriate.



唯有三元性，  
才能使無限前進成為可能。

Only the ternary qualities can make unlimited  
progress possible.



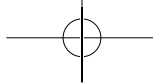
提昇自我意識就是將你的意識  
與心靈和神聖的自我連續上。



人們如此專注於鍛鍊個別的感覺，  
才會忘記全部交織起來的實相。

People are so focused on exercising  
individual feelings that they forget the  
intertwined reality.

Enhancing self-awareness is to link  
your consciousness with the soul  
and the divine self.



當我們提昇自己意識，  
完全接受內在神性，  
我們所有的天賦能力將再次恢復。

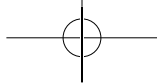


When we enhance our own consciousness, accept fully our inherent divinity, our innate abilities will be restored in their entirety.



你的人生境遇，不是根據你的「認知」吸引而來，而是根據你的「習氣」。「習氣」帶有比認知更強烈的能量。

Your life's circumstances are mainly built from your "habits" rather than your "knowledges". "Habits" carry more intense energies than cognition.

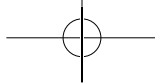


喜悦不是來自你做的事，  
而是從你內在深處流入你所做的事，  
繼而流入這個世界之中。

Joy does not come from the things you do, but  
from your heart. It flows into what you're doing,  
then flows into the world.

「不抗拒」是掌握宇宙間強大力量的關鍵。抗拒使得這個世界和屬於它的事物，變得更加真實，更加堅固，也更為持久。

"Do not oppose" is the key to mastering the powerful force of the Universe. Opposing makes the things of this world more real and tougher, also more durable.



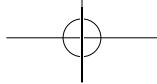
這個世界吝於給你的，  
其實是你吝於給予這個世界的。

What this world is too mean to give to  
you, is in fact, just what you are too mean  
to give to this world.



真正自由和開悟生活的三個面相：  
不抗拒，不評斷，不執著。

The three facts in a truly free and enlightened life: do  
not oppose, do not judge, do not attach.



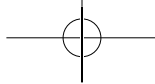
生命中的每個情況，  
都是靈魂創造出來的學習經驗。

Each situation in life is a lesson to learn. They  
are created by the soul.



你能給別人最好的禮物，  
就是開放心懷接受他們對你的愛。

The best gift you can give to others is to adopt an  
open attitude, to accept their love for you.



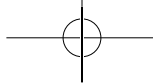
想達到至善，  
你要願意放棄限制性的觀點，  
擴大對生活的看法。

To achieve perfect kindness, you should be  
willing to give up restrictive approaches and  
enlarge the way you see life.

專注於更高的本性，  
那麼較低的本性就會因缺乏注意而枯萎。

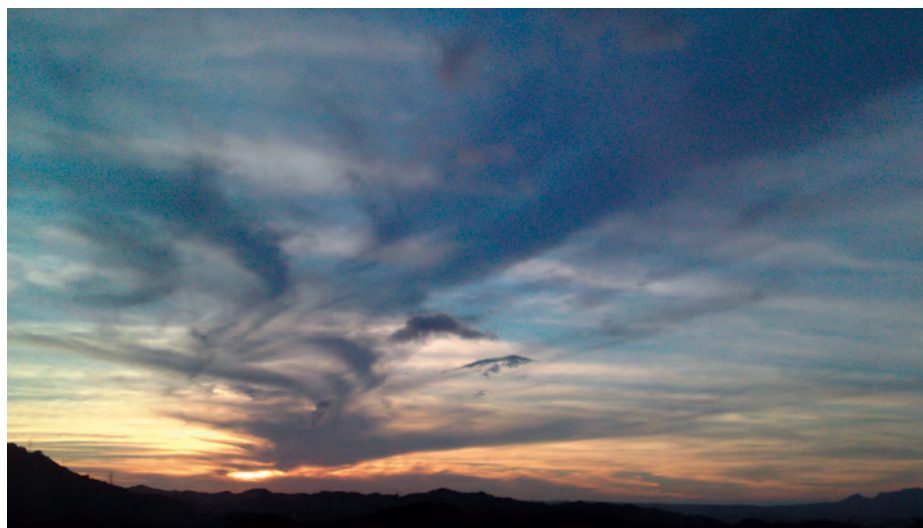
Focus on the higher self-nature then the lower  
levels will wither due to lack of attention.





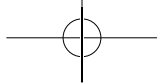
快樂的人會遺忘別人，憂愁的人不喜歡被遺忘。

Happy people forget others; sad people do not like to be forgotten.



除非將所學的真理，完全融入你的意識和心裡，否則這些知識將堆積在你的腦中，不會有所幫助。

Unless the truth is fully integrated into your consciousness and heart, it is not helpful if this knowledge accumulates in your brain.



「氣能」影響你的演化，比演講重要。

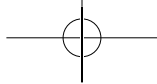


沒有愛，所有的練習與密法都沒有意義。

Without love, all the exercises and tantric practices make no sense.



Energy of Qi can influence your evolution;  
it is more powerful than speech.

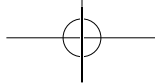


從心去創造，就是從源頭創造，  
因為心就是一個整體。

Create from the heart, this is creating  
from the source, because heart means  
Oneness.

宇宙裡沒有巧合，  
生命中注定相遇的人事物必會來到，  
當自身的意識越提昇，就越不會錯過該遇到的善緣。

There are no coincidences in the Universe. You will meet  
people who are destined to be in your life. When your  
awareness improves, you will not miss good people when you  
need them.

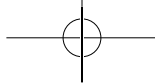


探索與體驗古老聖地，不在於知道廣博精深的考古知識，而是連結古老智慧與我們源頭有關。

To explore and experience ancient sites, the point is not to study the extensive archaeological knowledge of these sites but to link this ancient wisdom with what is related to our origins.

透過不斷的練習與體驗，去學習如何讓心說話。

Through constant practice and experience, learn how to let your heart speak.



心靈力具有使人提昇、高貴的特質，與粗魯的外力相反。  
外力是局部的，心靈力是整體的。

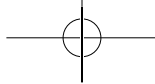
The force of the soul carries the noble quality of enhancing awareness, in contrast with the crude external force. External force is fractional; soul force belongs to Oneness.



每一天都選擇開放你的愛心和靈智來回家。

Every day choose to open your heart, let love and spirituality return home.





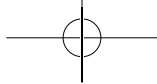
除非你有充分的意圖並時時刻刻在意識上實踐，  
你的神聖意志的全然覺醒，不會自動顯化。

Unless you have focused intention and practice  
consciously every moment, the complete awareness of  
your holy willpower won't automatically manifest.



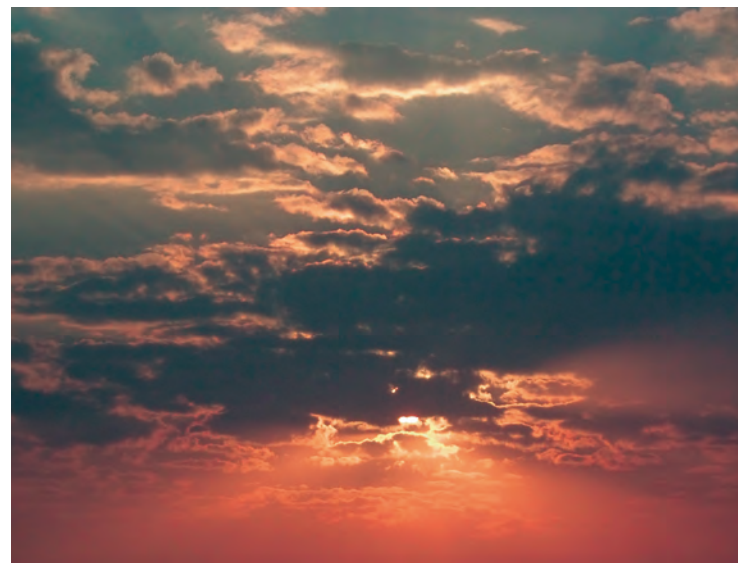
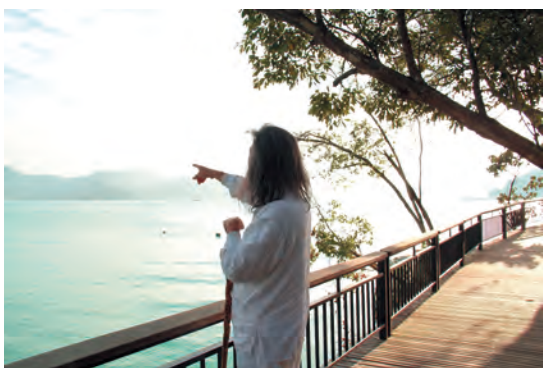
愛是為了引領你到更純淨的國度，  
在那兒，你會有更高的視野去看待事情。

Love leads you to a purer kingdom, where you  
will have an enhanced vision to regard things.



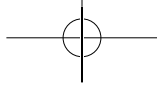
真正的力量來自同一體，  
自同一體處升起。

True power comes from Oneness, rises from  
Oneness.



茶道是一種自我了悟的方式，  
只要喚醒內在的力量，  
我們每個人都有改變世界的力量。

Tea Tao is a kind of self-awareness, it just  
awakens our inner force, each of us has the power  
to change the world.



請讓你與他人關係反射你內心的豐盛，  
它們會增加那份豐盛。



Please let your relationships with others reflect the fullness of  
your heart, they will increase this fullness.



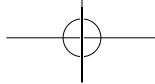
做最獨特的自己，才能看見活生生的神。

Be your most unique self, then you can  
see the living God.



將所有的領導交給你的心，  
而非心智去指揮。

Give leadership to your heart rather  
than have the mind directing.



當你停止選擇已替你選擇好的那一天，  
就是你解脫的那一刻。

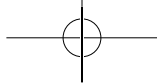
When you stop choosing the day, which is  
already chosen for you, it's at just that moment  
that you can free yourself.



幻覺並不是你在忍受的東西，而是你選擇的東西。

Illusions are not something you endure, but something you  
choose.





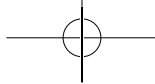
感恩的態度，開啟了奇蹟之門。

The attitude of reconnaissance opens the door  
for miracles.



愛引導你進入沒有限制的自由大道，  
你從愛而來，為了愛而回歸。

Love guides you into the unlimited way of freedom, you  
come from love, and for love you return to the source.



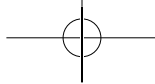
神聖的愛，神聖的智慧和神聖的能力，  
這三層生命火焰  
可以讓我們自然的不朽。



真正的覺醒不會發生在未來，只能發生在現在這一刻。

The real awakening will not occur in the future, it can only occur in the present moment.

Divine love, divine wisdom and divine ability,  
these three-tiered flames of life make us  
immortal naturally.



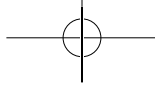
你的追尋導致你的迷失，  
因為同一體和永恒早已在這裡。



當你訴說「問題」時，你已經進入問題意識了，  
這裡面沒有解脫之道。

When you talk about "problems", you have already  
entered into the consciousness of problems, there is  
no way out.

Your quests cause you to become lost, because  
Oneness and eternity are already here.



享受生命最好的方法，  
就是不要把現狀當作問題看待。

The best way to enjoy life is not to regard the  
current situation as a problem.

當你無所求的感謝與祝福，  
回饋自己到一個程度之後，  
便會打開神性的次元。

When you give thanks and blessings without any  
conditions, they will return to you until you access  
the divine dimension.