

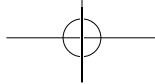
相信上帝，是認識上帝的障礙。
相信是頭腦運作功能。

Believing in God is an obstacle to knowing God.
Believing is a function of the mind.



所有的創造都是從你想像開始，
那是你意識顯化的工具。

All creations start from your imagination,
which is a tool for your manifestations of
consciousness.



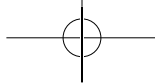
茶道生活，
帶你走向內在與內心最深處的自己連結，
迎向充滿靈性的人生。

Tea Tao life links you to the inner world and the
deepest part of your heart, welcomes you to a
spiritual life.



當你迷失在頭腦裡，以我執在運作，
你就和生命的源頭分離了。

When you get lost in the mind, operating
from your ego, then you are separated from
the source of life.



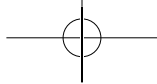
偉大的心靈在於自我的完成，
是完全自己自主。

A great soul is the completion of the self, he
entirely masters his own destiny.



生命最深層的目的，
就是不斷的提昇自己，
一個永恆的追尋過程。

The deepest purpose of life is to constantly
upgrade ourselves; it's a process of eternal
quest.



Chasing things that you desire but do not need is the origin of all trouble.

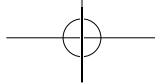


追逐那些想要而不需要的外物，
是一切煩惱的緣起。

從情緒開始，
找出那些情緒背後真正的渴望，
並想辦法一步一步實現。



Begin from emotions, identify the true envy behind them and achieve these envies step-by-step.



你習慣與周圍的人建立很深的連結，以至於被拖入他們的痛苦、問題和負面情緒之中，因此與自己的核心和內在平靜失去連結。

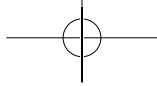
You get used to building a deep relationship with the people around you, and then you are dragged into their pain, problems and negative emotions, so that you lose the connection with your inner core and serenity.



唯有你與自己分享，
才能夠與別人分享。
你無法給別人你沒有的東西。

Only when you know how to share
with yourself, will you be able to
share with others. You cannot give
someone something you do not
have.





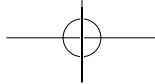
只要對自己真實，你也不會對他人虛假。

As long as you are true to yourself, you will not treat others falsely.

世界是幻相，善用這個幻相，
來體驗偉大的實相，
這是來世間的目的。



The world is illusory, make good use of this illusion to experience the great reality, it is the purpose for coming to this world.



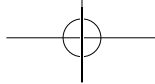
我們常會不知不覺的，
以為自己更高等，
請你不要這麼做，
沒有一個存有不是造物主的最愛。

Unconsciously we often consider ourselves superior.
Please do not do it, no one here is not God's
favorite.

健康是自由的，
是我們創造了自己的健康或疾病。



Being healthy is your freedom; it's us who
create our own health or disease.



宇宙是廣大無邊，不要自我設限，
強迫所有事情只有唯一的解決方法。



學會轉化能量，超越批判，就能達到高
超的境地。

Learn to transform energies, overstep critics; then
you can achieve a transcending level.

The Universe is immeasurable, do not limit yourself,
and compel unique solutions for all things.



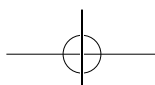
義務分享知道的一切，不是去鼓吹散播恐懼的種子。

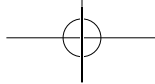
Share all that you know freely, do not advocate the seeds of fear.

向上提昇自己，
能夠解決看起來像是沉重包袱的業障。

Evolve yourself, and then you will be able to solve the
so-called heavy burden of karma.

100 · 101



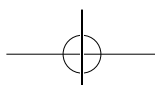


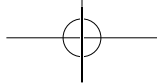
身體並不是只有在物質層面成長，
還有心靈和情緒三方面
都要成長為多次元存在體。

The growth of the body is not only the
material aspect, there are also spiritual
and emotional aspects, all of them
should grow into a multidimensional
existence.

我們不肯騰出空間讓能量流經自己，把自己用
塞子栓緊，反而產生巨大反作用力。

We often refuse to vacate the space to let energy flow
through us; on the contrary, we fasten ourselves and will
be hit by the huge reaction force.





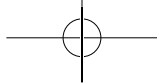
當我們散播生命的恐懼時，
就封閉了自己的身體，
扼殺源源不絕的生命力。

When we spread fear of life, we close our
own body; strangle the endless supply of vital
force.

任何阻擋你們有所成就的，只不過是觀念。

Nothing blocks off your achievement, but concepts.





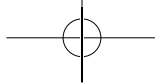
當恐懼滋長時，也就是力量消失時。

When fear grows, force disappears.

生命是個漫無目的的遊戲，
它沒有想到那兒去，
它只享受著自己。

Life is an aimless game, it does not expect to go
anywhere, just to enjoy itself.



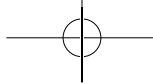


如果能再次變成小孩，你就成就了一切。
聖者就是一個再次誕生的小孩。

If you can become a child again, you
achieve. The Holy One is a re-born
child.

一個人開始虔誠求道後，
這神聖病就可能發生在他身上。

When a person starts to be a devotee of Tao, this “sacred
disease of attachment” may happen to this person.



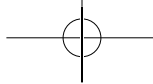
把注意力放在自己身上，
連結內在的寧靜，
才能與他人建立真正的連結。

Put attention on yourself, connect with inner
peace, then you enable yourself to establish a
real link with others.



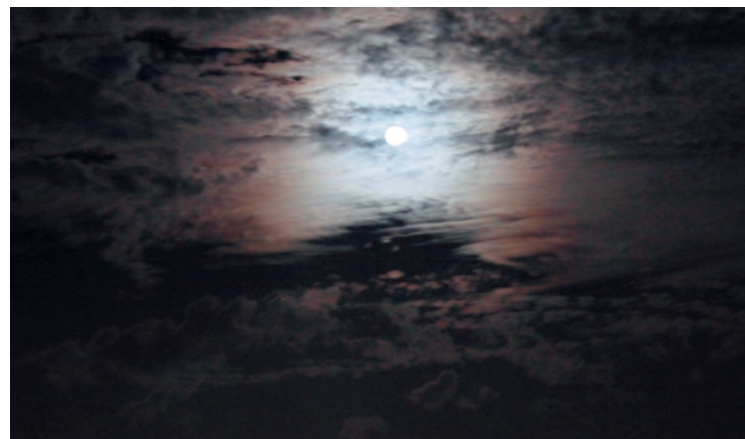
所有的自然災難，都是從不平衡的「氣能」開始升起。因為人為亂用創造的能量，負面的思想，對不同生命型態缺乏互愛與聯繫，這一切不和諧的能量累積成漩渦，影響了地球的磁柵而爆發成災。

Natural disasters start from unbalanced energy of Qi, because human beings indiscriminately use the energy of creation, sink into negative thoughts, lack mutual love and contact among the different forms of life, all discordant energies accumulate into a whirlpool and impact the Earth's magnetic grid causing disasters.



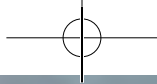
不要用大腦來設想自己去愛了，
用你的愛來引導自己去愛。

Do not use the brain to imagine
yourself to love, let love guide you to
love.



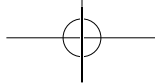
如果你決心要解決什麼，
專注在它身上，
它就會進入一種螺旋能量的持續循環，最後它便會
藉由螺旋而讓自己消失。

If you are determined to resolve something, focus on it, it will
enter a continuous circulation of spiral energy. Finally, it will
disappear following the spiral.



這是一個幻象，一個舞臺，
無論是誰站上了舞臺，
最好都要賣力演出，
才能達到登臺的目的。
目的不在獲得掌聲，而在「自我完成」。

This is an illusion, a stage, no matter who stands on the stage, this person had better perform hardly in order to accomplish the purpose of acting. The purpose is not to gain applause, while in practicing "self-achievement".



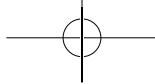
自由意志是這個星球實相的基礎，
人類的集體命運由人類來決定。

Free will is the basis of the reality of this planet;
humans will decide humanity's collective fate.



一滴雨滴在你臉上感覺，你覺得沒有什麼，
這種平凡的狀況，卻是難以言傳。

Feel a drop of rain falling on your face, you don't think
it is such an extraordinary situation, but it is difficult to
explain in words.



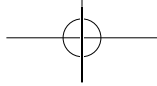
掛慮別人也是一種念著，
那根本不是慈悲，那是煩惱。

Worrying about others is also a kind of attachment, it
is simply not compassion, but trouble.



當你內在感覺很深很深的平安時，
你會覺悟到不再掛慮紅塵的得與失，
這不是得到而有的平安，
而是捨棄各種念著而來的平安。

When you feel deep, deep inner peace, you will
realize that you no longer worry about the gains and
losses of this world. This inner peace doesn't come
from obtaining, but from abandoning all kinds of
attachments.



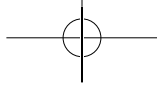
所謂「成佛」，
並不是說你沒有的東西變成有，
而是看見本來就有的東西。

To achieve Buddha-hood is not to obtain things you do
not have. But to see what you already have.



每一天，不管你做什麼，帶著愛心去做。

Every day, no matter what you do, do it with love.



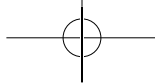
不管你想什麼，帶著神性和光的意識。

No matter what you think, think with divine qualities and a consciousness of light.

不管你說什麼，分享智慧的言語。

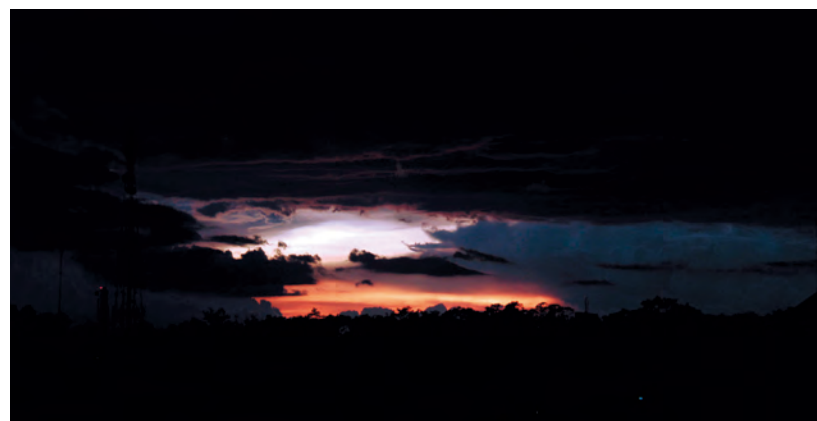
No matter what you say,
share words of wisdom.





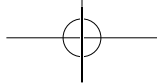
回家是指通過完全的知曉、完全的體驗、完全的覺知你真正是誰。

Returning home is to know fully who you are through complete awareness, complete experience, and complete consciousness.



有一種超越時間的生命，
活的是一種內在的生命，不可見，
摸不著，但它們轉化了人類的意識。

There is a life that transcends time, living in an inner way, invisible, intangible, but it transforms humankind's consciousness.



信任造物主所給予的天賦，
才是感受熱情的方式。

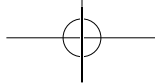
Trust the talents, which are given by God, it is
the way of enthusiasm.



偉大的事物，總以輕鬆的心來完成。

Great things are always accomplished by a
relaxed heart.





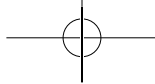
追求平凡，
因為在平凡之中，
平凡本身即是神性的表達。

Pursue the ordinary in ordinary, ordinary is a divine expression.

在這樣一個提昇的時代，每一個參與者都在舞臺上綻放耀眼的光芒，因為瞭解自己光明本性。

In such an elevated era, each participant's dazzling light blooms on the stage, because they know their own bright self-nature.





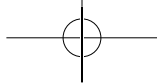
和物質世界－我們佈置的舞臺－連接太強，
強到沒有辦法離開這樣的世界。

We are so strongly linked to the stage that we designed in
this material world that it becomes too hard to quit.

一旦你真正下定決心，願意奉獻你一生的時間，
來完成你的靈魂來到人間想做的事，就會發現
自己的生命變得更寬廣，更多采多姿，充滿了
意義與目標，而得到更大的展現力量。



Once you are truly determined and willing to dedicate
time in your life to accomplish what your soul wants to
do in this world, you will find your life becomes vaster,
more colorful, full of meaning and purpose, you will get
a stronger force in your life development.



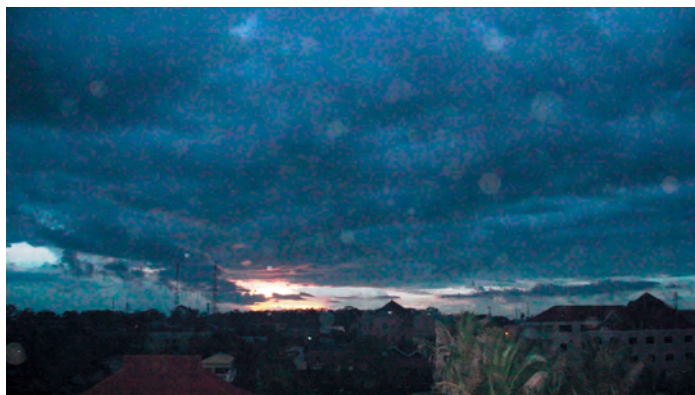
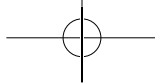
嘗試新的生活方式，學習相信「直覺」是一種藝術。你設法在這一夜之間就掌握技巧，如果你害怕犯錯，可能一輩子都無法學會。

Try a new way of life; learning to trust your instinct is an art. You manage to master the skills overnight. If you're afraid to make mistakes, you may not learn during your lifetime.

跟隨內心深處的靈感而活，
不要受制於內在的恐懼和缺乏自信。

Live by following the inspiration of the heart, not restricted by inner fear and lack of self-confidence.



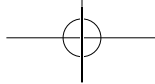


從內在的恐懼和懷疑中解放出來，為靈魂創造空間。

Free yourself from inner fear and doubt, create space for your soul.

心之能量的特徵是輕鬆的流動，當事情毫不費力就能成功，你需要的一切都自動出現在你的路途上時，就表示你跟隨自己心的流動。

The energy of the heart is characterized by an easy flow, do things successfully without effort, all you need will automatically appear on your journey, and then it means that you follow the flow of your own heart.



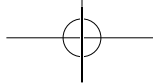
所謂「靈性」，正是生命本身的呼喚。
人的靈性，即是人對生命與神的最深理解及互動。

"Spirituality" is life itself calling. Spirituality is the deepest understanding and interactivity of life with God.

真正滋養愛的方式就是將愛給出去，
這樣你才能從自己造物主中取得新的粒子，
讓愛重新進入自己並點燃這些粒子。

The real way to nourish love is to offer love, so that you
can obtain a new particle from your own God, let love
re-enter this particle and light it up.



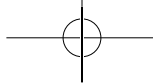


倘若你選擇成為愛心、慈悲、慷慨、寬容或喜悅，
你就直接進入那個狀態。
我們整個人類，也是以這種方式創造實相。

If you choose to become love, compassion, generosity,
tolerance, and joy, you will enter directly into that state.
The whole of humanity creates its reality in this way.

頭腦可以博學多聞，但是無法有智慧；
只有心敞開那扇門，唯有愛能使你有智慧。

The mind can be scholarly, but not wise;
only the heart can open those doors, only
love can make you wise.



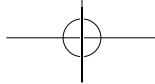
你們是新時代的大師，
透過散發出自己內心的平靜，
為這個二元性的世界帶來和平。

You are masters of the new era, through
transmitting your inner peace, you bring peace
to this world of duality.

「富裕」是為家人，
為全人類服務累積的生命價值。

“Richness” is a cumulative value of a life
spent serving a family or all of humanity.





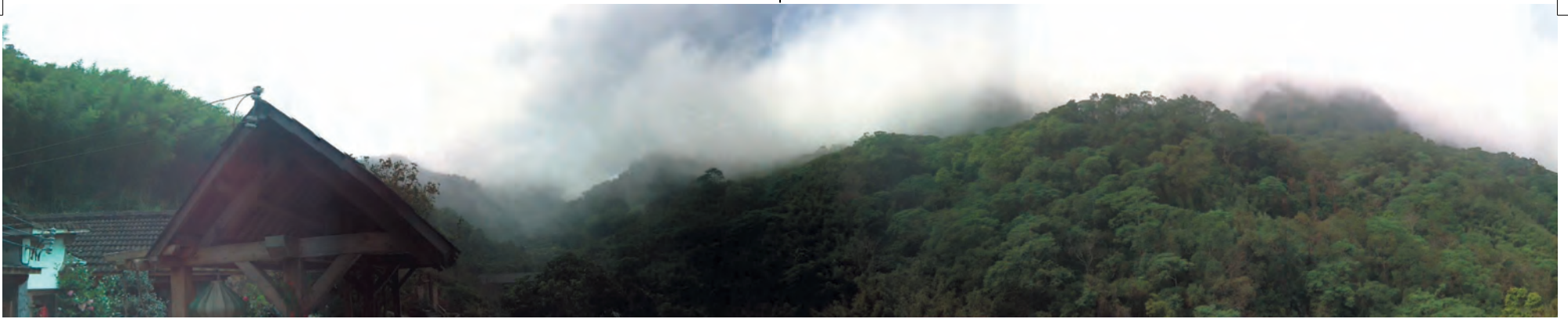
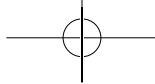
你在哪裡遺失了自己，而你又在哪裡尋找它呢？遺落在你的內在世界，但你竟在外頭尋找。

Where did you lose yourself? Where do you look for it? It's left behind in your inner world, but you are actually seeking it on the outside.

聖靈和靈魂之間平衡的交互作用，
是最大創造力和愛的來源。

Balanced interaction between holy
spirituality and the soul is the source of
the greatest creativity and love.



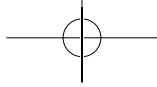


許多人專注於忙碌、賺錢，甚至過度重視靈性，因而忘記要讓生命單純、笑聲、喜悅、純真的樂趣。

Many people focus on business, making money, even placing too much emphasis on spirituality, and thus forget to make life simple, smiling, joyful and have pure fun.

心智的經驗是有限的，
靈魂的了解是無限的。

Mental experiences are limited, the soul's understanding is infinite.



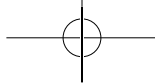
當磁場弱化超過零點，人類的記憶會消失。

When the magnetic field decreases below zero,
human's memory will disappear.



如果你能感覺，那麼每一個片刻都是神性的。

If you can feel, each moment is divine.



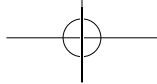
你傾聽自己靈魂的語言，
它透過你的感覺對你說話。

Listen to the words of your soul; it speaks to you through
your feelings.

當你從心去觀察時，善惡之爭並不存在，
因為心的實相超越這兩者。

When you observe from the heart, good and evil do
not exist, because the reality of the heart is beyond
them.

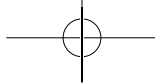




心想事成，來自能量的匹配。
Energies converge together to make
all wishes come true.

新時代是由兩性攜手與宇宙共同創造。
The new era will be co-created by the two genders' and
universal energies.



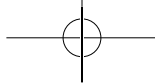


和平與富足長久統治世界，
歡樂祥和的黃金時代終於來到人間。

Peace and prosperity will rule the world for a
long time, and finally Earth will experience a
joyful and peaceful golden age.



152 · 153

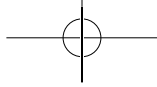


每一個人內在都有一顆光的粒子，
帶領我們來到這個意識層面，
好幫助進化到下個層次，
靈魂之旅就是為了這個目的。

Everyone has a light particle, it leads us to this level of
consciousness, helps us to evolve to the next one, this is
the purpose of the soul's journey.

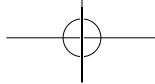
對我們人類來說是開始，對高次元卻是停止，
我們這種時間和靈魂的時間完全不同，但卻一致。

Time of this world and time of the soul are completely
different, but consistent. For human beings it starts, for higher
dimensions it stops.



當你的意識在蹺蹺板靜止的中心找到固定點時，
你就放掉了自己與業力輪回之間的結。

When your consciousness finds a fixed point in the
center of the seesaw and keeps still, you let go of the
junction between you and your karma.



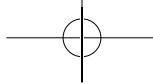
一生中，不可輕易捨棄的事物很多，
其中最難放棄的，就是對掌控人生的渴望。

Many things in a lifetime cannot be easily discarded, that
which is the hardest to give up, is the desire to control your
life.

與靈修有關的症狀，通常是放下舊有的情緒包袱
時引起的身體反應。
覺察內在會使舊傷痛和舊信念浮出表面。

The symptoms related to spiritual practices are usually the
physical reactions when you let go of old emotional baggage.
Awareness of the inner world may cause old wounds and old
beliefs to bubble to the surface.





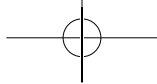
一般來說，與他人相處時失去能量，顯示你並未忠於自己。你的任務不是拯救世界，是為自己來到此地。你來是為了愛自己、接納自己，做到這一點，就會獲得內心的平靜。

Losing energy when you live with others shows that you are not true to yourself. Your mission on Earth is not to save the world but to love yourself, accept yourself; you'll achieve inner peace by doing this.

新時代的人際關係，無論是私人關係或更廣泛的合作關係，只能透過堅強獨立的個體來承載。唯有對自己情緒痛苦負責時，才能追求成熟的關係。

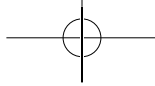


Only a strong and independent individual can carry the human relationships of the new era, whether they are personal relationships or a broader cooperative relationship. When you are able to be responsible for your emotional pain, you can pursue a mature relationship.



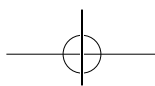
運用光的思想與意念，
即能創造新地球、新文明與個人願景。

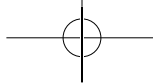
Using the thoughts and ideas of light, you are capable of
creating a new Earth, a new civilization and a new personal
perspective.



未來世界，是由愛與瞭解建立宇宙意識，
它會是一種世界政府的形態。

A cosmic consciousness based on love and
understanding will be built in the future world,
it will be a form of world government.





何風細語 -- 直覺之美

Breeze of the Soul -- the Beauty of Intuition

作者 何在彬 Ho Tsai Ping

國家圖書館出版品預行編目 (CIP) 資料

何風細語 - 直覺之美 / 何在彬撰. 初版.

苗栗縣公館鄉 : 行家茶道研究會,
2013.02

165 面 ; 12.8 * 20.48 公分

ISBN 978-986-83983-4-4 (平裝)

1. 茶道

978 9868398344

出版發行 行家茶道研究會

HANG-JIA TEA TAO RESEARCH SOCIETY

臺灣 苗栗縣 公館鄉 363 開礦村 開礦 167 號

No.167, Kaigong, Gongguan Township,
Miaoli County 363, Taiwan (R.O.C.)

Tel. +886-37-234275

Fax. +886-37-237003

<http://www.teataolove.com/>

E-mail:tealove2012@gmail.com

Printed in Taiwan Feb.2013 初版一刷 (紀念版)

☆ 歡迎翻印 以廣流傳 事先聯絡 提供協助 ☆

166 · 167