

萊斯特利文森自傳
Lester Levenson Autobiography



無攀冀無負累
No Attachments No Aversions

Lester · Levenson 原著

Azure 中譯

一位美國大師靈性啟明的故事

An American Master's Own Story to Spiritual Enlightenment

出版序

For the first time, a living American Master tells the story of his life and details step by step in simple, everyday English how he achieved the extraordinary powers of omniscience, omnipresence, and omnipotence.

這是有史以來第一次有活生生的美國籍大師，用簡單而日常的英語，告訴我們他生活的故事；以及以逐步的方式，告訴我們他是怎樣達到全知(omniscience)、全然(omnipresence)、和全能(omnipotence)的超常能力的。

This twentieth century Master came into his immortality not by the shores of the Ganges, nor on the heights of the Himalayas, but in the bustling heart of New York City.

這位二十世紀的大師證道的地方，並不是在恆河的岸邊，也不是在喜瑪拉雅山上的高處，而是在人車熙攘往來的紐約市中心裏。

In the past, anyone who has sought information and understanding of ultimate happiness and peace has had to turn to the exotic teachings of the East.

在以往，任何尋求至高幸福與安寧消息和知識的人，都得取道於東方異國的教誨。

Lester Levenson - born in New Jersey, a former physicist and businessman-points the way to freedom that Westerners can readily

understand and follow.

而萊斯特·利文森--出生於紐澤西州(New Jersey)，一位前物理學家和生意人--則以西方人能立即就明瞭和遵循的方式，指出了通往自在的路徑。

賴瑞·凱恩

*賴瑞·凱恩: 萊斯特「釋放術」Release Technique 作者和講師

目 錄

出版序 2

作者序 4

壹: 覺醒前的日子 6

愛是信任 LOVE IS TRUST 7

關於我 MYSELF 9

愛就是因為他人就是他那個樣子而愛他 LOVE IS LOVING THE OTHER
ONE BECAUSE THE OTHER ONE IS THE WAY THE OTHER ONE IS 17

愛是按照人們原來的樣子接受他們 LOVE IS TAKING PEOPLE AS THEY
ARE 25

愛和瞭解是同一回事 LOVE AND UNDERSTANDING ARE THE SAME 36

人並非去滋長她的愛只是擺脫她的仇恨而已 ONE DOES NOT INCREASE
HIS LOVE ONE MERELY GETS RID OF ONE'S HATE 43

愛我們的敵人才是愛的高度 TO LOVE OUR ENEMY IS THE HEIGHT OF
LOVE 51

當一個人真的在愛時他永遠不會受到傷害 WHEN ONE REALLY LOVES
ONE CAN NEVER BE HURT 60

不論何時當一個人感覺良好時她就是在愛中 不論何時當一個人感覺
不良時她就是不在愛中 ANYTIME ONE FEELS GOOD ONE IS LOVING
ANYTIME ONE FEELS BAD ONE IS NOT LOVING 67

貳：獲得自在 73

愛會消弭恐懼 愛才是至上的 LOVE ELIMINATES FEAR LOVE IS THE
ULTIMATE 74

參：覺醒後的日子 85

愛背負一切 愛相信一切 LOVE BEARS ALL THINGS LOVE BELIEVES ALL
THINGS 86

愛讓愛更加華麗 LOVE FLOURISHES IN LOVE 94

肆："為什麼"的智慧 99

愛是會傳染的 LOVE IS CONTAGIOUS 100

愛是不具個人角度的 LOVE HAS NO PERSONAL ANGLES 112

愛是方法也是目的 LOVE IS THE MEANS AND THE END 119

愛會尋求它自己的同類 LOVE SEEKS ITS OWN LIKENESS 126

愛是讓其它人自在的放手 LOVE IS A FREEING OF THE OTHER ONE 134

愛是接納 LOVE IS ACCEPTANCE 138

作者序

When I think this book is going to be about me, I get cringing feelings. It's not easy for me to be an ego and yet I must talk as an ego in order to communicate.

每當我想到這本書所要講的內容是關於我的時候，我就會有一種退縮的感覺。因為對我來說，再變回成一個自我(Ego)是件不容易的事，而為了溝通的關係我又得以像是一個自我在講話的方式來發言。

Once you see your real inner Self, it's very difficult to identify as a separate individual-an ego.

因為一但你見到過你真正的我(Self)之後，那就很難再自認是一個個別的個人--自我。

But I can go through with the telling of this story.

但我還是能說完這整個故事的。

I fell into something that everyone is looking for. I had no idea it was there. All of my desires were fulfilled; all my miseries dropped away; all my sicknesses disappeared. I came into an exalted state of happiness, so tremendous, it is difficult to describe.

我掉到一個大家都在尋找的名堂裏去了，其實我跟根本就不知道它在那兒。我所有的欲望都被滿足了；所有的憂悽都脫落了；所有的病痛都不見了。我進入到一個極致的幸福狀態，這狀態很鉅大，很難去加以形容。

This joy is what everyone in the world is seeking. This is what very few

people are finding. But the way this fell upon me can be given to others, so that it can fall upon them also.

這種愉悅就是世界上的每一個人所在追尋的。這也就是那幾個極少數的人所找到的。只是這個讓這個掉到我身上的方法是可以授受給它人的，由此這個名堂也同樣的可以掉到他們身上去。

I'm talking about something that hardly anyone has yet experienced. How can I describe it? No limits on anything in any direction whatsoever. The ability to do anything for the mere thought of it. Yet it is more than that.

我現在要講的是一種幾乎沒有人曾經經驗過的名堂，那我又要怎麼去形容它呢？不論在什麼角度上任何事物都不會有限制，只要想像就能讓所有事情成辦的能力，而還不只是這些而已。

Imagine the highest joy you can have, multiply it by a hundred, and tell me what it is. You will only feel it to the degree that you're capable of feeling it, experiencing it. It can't be gotten intellectually through the mind.

想像一下你所能擁有的最高愉悅境界，把它乘上百倍，然後告訴我那是什麼。你只能盡你所能的去感受它、體驗它而已，並無法以智能性的心智去加以捕捉的。

Imagine being madly in love with your mate and embracing your mate, with your mind on nothing else but the joy of the embrace. Now double that for two people, quadruple 使成四倍 it for four people, and then make it four billion times greater by including the four billion people on earth.

想像一下你和你的伴侶陷入瘋狂的戀愛並擁抱著你的伴侶，你的心中

除了擁抱的愉悅以外什麼都沒有。然後把那愉悅乘以 2 代表兩個人，乘以 4 代表四個人，然後將它繼續擴大到 40 億倍以包括地球上的四十億人。

That's the feeling.

就是那個感覺。

Lester · Levenson

萊斯特·利文森

壹：覺醒前的日子

愛是信任 LOVE IS TRUST

I was an average guy seeking happiness in money and women, battling my way through life like everyone else. Never finding it, I continued banging my head so hard on the brick wall of the world that I almost smashed my brains out. I had ulcers, migraine, jaundice, kidney stones and, finally a coronary attack which put me near death.

我只是個在金錢與女人堆中尋找幸福的普通傢伙，像所有的人一樣在為生命搏殺自己的出路。但沒找著，我繼續的用我的腦袋猛力的往「世界」這堵磚牆上撞去，幾乎都要把腦漿給撞出來了。我患有胃潰瘍、偏頭痛、黃疸、腎結石，還有最後差點讓我送命的冠狀動脈病變發作。

That extremity drove me into the right direction, to the knowledge of

what life is all about.

This knowledge gave me contentment, actually a peace which cannot be disturbed. People can yell at me, scream, do anything, and the peace in the background never changes.

It's there all the time.

那個極端狀況把我導入了正確的方向，導向生命究竟是什麼的了知上。

這個認知給了我以饜足(contentment)，事實上就是一種無法被攪擾到的安寧感(peace)。別人可以對我吼、對我咆哮、或對我做任何事，但這背景上的安寧卻從不曾變動過。

I was a rebel against society and I banged my head on its brick wall until I discovered the way out.

我是一個反抗社會的叛逆者，而且我用我的腦袋去撞這堵磚牆，一直到我發現到了出口為止。

Now that I have discovered it, others don't have to bang their head so hard to find it. It's available for anyone who wants it.

現在我已經發現到這個了，其它的人就不需要再這麼兇的去撞他們腦袋才找著的。任何想要的人都是可以取便的。

Anyone who really wants the knowledge and freedom gets it. All you need is you and the desire for it. You are the book. You are the real book. An intense desire for it opens up the real you to you.

任何人真想要這個知識(knowledge)和自在(freedom)的便得著，你所需要的就只是你自己和想要得到它的想望 (desire)而已。你就是書，你就是真正的書本，只要一個強勁對它的望想就會把真正的你翻開來給你的。

That's what happens. But we're so plagued with blindness today that we need a teacher, one who knows and can keep pointing out the way.

這就是實際的狀況，但我們卻都被折騰於時下的迷信，說我們需要一個導師，一個知道並能不斷指點迷津的人。

Within you is unlimited power, knowledge and intelligence. You just open yourself up to that which you subconsciously already know, have always known and always will know. 在你內在的是無限制的能力、知識和智能，你只要打開你自己去面對你潛意識上已經知道、一向知道而且一直都會知道的就行。

‡~‡~‡~‡~‡

From the beginning, I was bewildered. I couldn't understand the world. I rebelled against it, yet I wanted to do right, be right with the world. From post-college days on until 1952, I just kept trying to do what I thought was the correct thing.

打從一開始起我就一直覺得很困惑，我無法理解這個世界。我反抗它，卻又想要做的對，對於這個世界是正確的對。打從我大學畢業後的日子開始一直到 1952 年為止，我就一直嘗試著去做些我認為是正確的事。

I had a degree in physics and I wanted to be the world's greatest physicist. I was graduated from college in 1931. No jobs for physicists then, so I shifted into engineering. I worked as an aeronautical, civil, mechanical, electrical, marine and construction engineer.

我擁有一個物理學學位，也想要成為世上最偉大的物理學家。我是畢

業於 1931 年間，當時並沒什麼給物理學家做的工作，所以我轉行到工程界，我作過航空、土木、機械、電器、海洋和結構工程師。

I'd get a job and wouldn't last a year because it just didn't feel right. So I'd go into another type of engineering and yet another. I tried going into business for myself. I've been in many businesses, again for short periods of time. I'd get them successful, lose interest, then lose them.

我每找到工作都無法維持上一年，因為總就是覺得有點什麼不對勁的。

所以我就得轉到別個形態的工程領域去，然後再轉到另一個去。

I just kept changing and changing, never understanding why until 1952. Then I realized what I was looking for was not in a job or business. No job, no business, even when I was into it and successful, could give it to me.

我就是這樣變了又變、變了又變，從來也不明白到底是為什麼的，直到 1952 年。然後我明白了我所尋求的名堂並不在工作或生意裏，並沒有任何工作或任何生意，即使我曾身入其中並獲得成功，是不能給予我這個名堂的。

During my whole life, I was unconsciously seeking what I discovered in 1952.

在我整個生命中，我都是無意識的在尋求我 1952 年所發現到的這個名堂。

關於我 MYSELF

I was born in Elizabeth, New Jersey, July 19, 1909.

我在 1909 年 07 月 19 日出生於紐澤西州(New Jersey)的伊利莎白市

(Elizabeth)。

My earliest recollection was of water. I always loved water.

我最早的記憶印象是水，我一向喜歡水。

When I was four, I used to walk two long blocks and two short blocks to a large docking and recreation wharf in Elizabeth port.

在我四歲的時候，我經常徒步走過兩個大街區和兩個小街區，到伊利莎白港一個大型的停泊兼遊樂的碼頭去。

I'd climb up on a wall at the edge of the dock-it was about two feet high and about three feet wide-and I'd just lie down on it with my head over the edge watching the water flow by for hours at a time, for so many hours that my mother went looking for me. When she found me, she almost collapsed seeing me, a tot, hanging over the edge of the dock, and gently took me by the hand and with a smile said, "Come on home." She never scolded me. She just told me I shouldn't do that because I might fall in.

我會爬到碼頭邊緣的一堵大約兩呎高三呎寬的牆上去，然後趴下來把頭伸出去看著流過的海水，一看就是好幾個鐘頭，時間久到我母親都開始四處找我了。當她找著我的時候，她是幾乎暈了過去的看著我；一個小不點，把腦袋懸在碼頭邊牆外面；然後臉上帶著微笑的用手溫和的把我抱起來說：「回家囉。」她從來不責罵我，她只跟我說我不該那麼做因為我可能會掉下去。

But I never fell in. I didn't believe it.

但是我從沒掉下去過，我根本不相信會。

Liking the water so much I'd wander back to the dock.

由於這麼喜愛水，所以我都再偷偷的溜回去。

Even as a child I wasn't believing what others told me. My mother warned me that green bananas made people sick. I used to love bananas. I had eaten green bananas and had not gotten sick. So to prove a point, one day I ate a dozen green bananas and said, "Look, Ma! I feel fine!"

雖然我還小，但我並不會相信人家所告訴我的。我母親警告我說沒熟的香蕉會讓人生病的，那時我很喜歡香蕉，我曾吃了沒熟的香蕉但也沒生病。所以為了證明這一點，有一天我就吃了一整打的綠香蕉，然後跟她說：「媽，妳看！我覺得很好啊！」

She just laughed.

她就笑開了。

My mother used to get a delight out of me. Here I was, so little and acting like a grown-up, teaching her by proving things to her.

我母親經常從我這邊得到愉悅。像這次，我這麼小卻儼然大人般的用實證來給她教導。

“我們是不受限制的存在—

只受限於執持在我們心智中的限制性觀念”

My mother was an unusually loving person. Never in her whole lifetime

did she ever scold me. Never.

我母親是一位很有愛心的人，在她的一生中從來不曾斥責過我，從來沒有。

She was so good, whatever she asked, you had to do it for her. Not only I, but my three sisters did the same thing. We could never refuse her because she herself went way out of her way to help us all the time. She never said "No" to us. Wouldn't even "No" us on anything.

她是這麼的好，不論她要求什麼，你都無法拒絕。不只是我而已，就連我的三個姐妹們也都是這樣。我們無法拒絕她是因為她不論什麼時候都是在竭盡所能的幫助我們，她從來不會對我們說“不”，她甚至不會在任何事情上對我們說“不”。

When she died, mobs and mobs of people came to the funeral and we never expected it. She loved every person she met. What a winning personality! All of my friends, everyone, loved her.

她去世的時候，一群又一群我們沒預料到的人來參加她的葬禮。她愛她所遇到的每一個人，這是多麼贏得人心的人格啊！我所有的朋友，每一個，都愛她。

She was the real guiding light in the family.

她真是這個家庭裏的導引明燈。

She was so very giving. I'd come home, get undressed and throw my shoes and clothes all over the place. She'd follow after me and pick up, never with a harsh word.

她是這麼非常的在付出，我回到家，一路上衣服鞋子的脫得到處都是，

她會跟在我後頭一路撿，從沒說過一次重話。

My father was the opposite. "Now you do it or else... !" I'd defy him and then run to get behind my mother for protection.

我父親則恰好相反，“現在你就給我做不然我就…”。我會反抗他，然後再跑到我母親後面尋求庇護。

When I became a teenager and was dating girls, she gently said, "Just be careful, Lester, Just be careful."

到我少年階段開始和女孩子約會的時候，她溫和的說，“要當心點，萊斯特，要當心點”

I said, "Don't worry, Mom. I know what I'm doing." I thought I was a man.

我說，“別擔心，媽，我知道我在做些什麼” 我想定我是個男人了。

‡~‡~‡~‡~‡

I was a bewildered, quiet, small child, always down at the end of the line in school because of my short height. My predominate characteristic was shyness.

我是個困惑、安靜、小個頭的小孩，在學校排隊總是排在最後面，因為我矮。我最顯著的特徵就是害羞。

It's a horrible thing being shy. In the first grade when I was supposed to recite a Christmas poem, my mother was so delighted, she diligently helped me learn it. I was trying not to, but I did learn it only to make her happy. Then I got sick the day of the Christmas party. I really played sick.

愛害羞實在是件很恐怖的事。在一年級的時候，我得擔綱聖誕詩歌的

朗誦，我母親是這麼的高興，她很勤快地幫助我學習。我試這不要這樣，但只為了讓她高興所以還是學了。然後在聖誕派對那天我就生病了，我是真的在裝病。

I did the same thing throughout high school and college. I never got up in front of the class. I was always out sick on days of oral compository when I would have had to speak to the class. I just couldn't. Even when a teacher called my name, I'd blush and blush, and feel incapacitated 失能.

從高中一路到大學我都在幹同樣的事，我從來也沒辦法站到班級前面去。每當詩文朗誦日該到我面對班級演說時，我總是請病假。我就是辦不到，即使是老師點到我的名字，我也只會害臊再害臊，然後全身無法動彈。

When I'd blush, people would say, "Look, he's blushing!" I would turn redder and redder and I just would want to die.

當我害臊的時候，大家都會說，“你看，他臉紅了！”然後我的臉就會更紅再更紅，然後巴不得趕快死掉。

Even after college, if I'd see a girl I liked coming down the street, I'd walk around the block to avoid passing her, even if I were on the other side of the street. I used to die when approaching a girl I liked.

即便大學畢業以後，如果我看到我喜歡的女孩子從街上迎面走來，我還是會拐過這個街區以免和她相錯經過。

Yet I was able to force it, eventually, slowly, and the shyness would go away with that particular girl.

但畢竟我還是能夠強迫自己，慢慢的，對那個特定的女孩不再害羞。

I was extremely withdrawn and introspective as a child, wondering what this life was all about. It never added up. I never felt as though I belonged to my family, to society. I could never understand the why of life itself. It never made any sense to me. I felt like a stranger in this world. That feeling I could never get away from. Until I got my realizations I never felt as though I belonged or fitted here.

我小時候是極度內向和內省的，對這整個生命到底是什麼回事感到迷罔，但從沒搞清楚過。我不曾感覺到過我屬於這個家庭、這個社會。我從來無法明白生命本身是要幹什麼用的，我從來就不曾對這個產生意識過。我覺得我像是這個世界的陌生人，從來沒擺脫過這種感覺。我不曾覺得我屬於或適合這裏，一直到我覺醒為止。

Maybe it was a sense of this isn't the place to be in?

也許那是一種「這不是該歸命的地方」的意識？

But I tried to fit in. I tried to do what was right. I tried to be as I was expected to be. Tried to be like everyone else was.

不過我試過去配合它，我試過去做些所謂正確的事，我試過去成為所被期望的人，試著變成跟所有其它的人一樣。

But I was always bewildered. Always wanted to know the why's and just had no answers to them.

不過我總還是覺得困惑，總想知道這麼多的為什麼，也總沒得到答案過。

‡~‡~‡~‡~‡

My father, was a tall, very good-looking, egotistical fellow, nattily 整潔地 dressed all the time. He was not the intellectual type; he was interested in the usual goals of the world. My mother, on the other hand, was always interested in culture. When I was a kid, she'd take me to shows and museums in New York City. But dad stayed home.

我父親是一個身量高大、長相好看而自我本位的傢伙，不論任何時候都是穿戴得整整齊齊的。他不是知識型的人，他感興趣的是一般世俗的鴻圖。我母親，相反的，則總是對文化感興趣；在我小的時候，她會帶我到紐約市的劇場和博物館去，而爸爸則待在家裏。

She took me to Broadway shows, musicals, Barnum and Bailey Circuses. I guess it was her way of introducing me to culture and fun.

她會帶我去看百老匯的戲劇(Broadway Shows)、巴嫩與白力馬戲團(Barnum and Bailey Circuses)的表演，我想這就是她向我引介文化和娛樂的方式。

(巴嫩與白力馬戲團)

My parents wanted me to be a doctor or lawyer. My father used to brag all the time about me, except if I were present. Then he'd switch to the opposite. It was silly.

我父母希望我成為一個醫生或律師，我父親總是把我拿出去自誇、吹噓；除了我在場以外，這時他就會反過來，實在是很驢。

My father was very emotional; he would hug and kiss me in public, even when I was in my twenties. I thought it unmasculine and used to hate it. He was very warm and emotional that way.

我父親很情緒化，即使我已經是二十歲的人了，他還會在眾人面前擁抱並親我。我覺得很失男子氣概並討厭這樣，他是這種溫暖和情緒化法。

My parents were not really religious, but my grandfathers on both sides were holy people, Rabbis. I've seen pictures of my great-grandfathers, very aristocratic and distinguished looking Rabbis.

我父母並不真的算是有宗教性的，但我祖父則從裏到外的是個聖潔的人--猶太教祭司(Rabbis)。我曾經看過我曾祖父的畫像，是位很貴氣、長相出眾的猶太教祭司。

My grandfather left Russia to avoid having his sons pulled into the army. He bought a passport with the name Levenson on it. That's how I got my name. I was originally Prehonnica.

我祖父是為樂了避免他的兒子被拉去充軍而離開俄羅斯(Russia)，他買到一個姓氏為利文生(Levenson)的護照，這就是我得姓的由來，我原本的姓氏是皮宏尼卡(Prehonnica)。

I have three sisters: Florence, a year and a half older than I, Doris, five years younger, and Naomi, ten years younger.

我有三個姊妹：弗蘿倫絲(Florence)，大我一歲半；桃麗絲(Doris)，小我五歲；以及娜咪(Naomi)，小我十歲。

My father favored Florence. She would tease me and start a fight and I would always get blamed for it. I couldn't do anything about it.

我父親偏愛弗蘿倫絲，她會調戲我然後引發爭執，而挨罵的總是我，我對這個真是無可奈何。

But with my younger sisters I always got along beautifully. When my father passed on, I really became their father and took care of the family.

但和我的小妹們我總是處得非常好，在我父親去世後，我還真的成為她們的父親並照料這個家庭。

My kid sister has been like a baby to me always. Now she's a grandmother, but to me she's still a baby. I can understand now why eighty-year-old parents treat their sixty-year-old children like kids.

我最小的妹妹在我心目中一直都是幼兒(baby)，現在她都已經當祖母了，但對我而言她仍然像是個幼兒。現在我能明白為什麼那些八十歲的父母還會像對待小孩一樣的對待他們六十歲的子女了。

Our family was always close. My sisters and I used to meet after dates, around the refrigerator in the kitchen, one, two, three in the morning and talk for hours.

我們的家庭一向親密，我妹妹和我經常在約完會後碰頭，就在廚房冰箱旁邊，凌晨一點、兩點、三點的聊上好幾個鐘頭。

So it was a friendly group.

所以這是一個友善的群組。

My father was a business man. He was in the grocery business. He had about half a dozen workers, and this was before the days of the A & P

and chain stores.

我父親是個生意人，他作的是雜貨生意，他手下大約有半打的工人，而這是在超商(A & P)和連鎖店出現之前的時代。

We always lived a little better than most of the people around us. My father was never rich, though. In fact, during my adult life, he was usually in debt. The A & P put him out of the grocery business.

我們一直過得比周圍多數的人要好一點，但我父親則也從未富有過。事實上，在我成人的日子裏，他都是在舉債。那個 A & P 超商把他擠到雜貨生意之外了。

Then in the '20s my father went into real estate, pyramiding, owning lots of land everywhere. But in 1929, he did beautifully, and had a car-that was a big thing in those days. 然後在 20 年代，我父親改行做起房地產來，用金字塔式加碼交易方式，在四處擁有一堆土地。

Then in 1930 he opened up a luncheonette. Actually it was a stationery store, but I introduced sandwiches and coffee and it became more successful as a luncheonette.

然後在 1930 年他開起了簡餐屋(luncheonette)。事實上那是間文具店，是我引進了三明治和咖啡，然後就更成功的變得更像是間簡餐屋。

The luncheonette was the center of the family until the sudden passing away of my mother because of pneumonia. My father never got over it. He became ill and for a year and a half gradually withered away from pining for our lost mother.

簡餐屋一直是這個家庭的中心，直到我母親因為肺炎突然過世為止。

我父親一直沒熬過來；他開始生病，然後一年半間因為思念我們失去

的母親，漸漸的也離開了。

When my father passed on, my uncle wanted me to say the very sacred and holy prayer that you say for the dead. I looked him right in the eye and said, "Will that bring him back? If it does, I'll say it."

我父親去世後，我叔叔要我致禱詞，就是那種大家為死去的人所致的那種非常裝嚴神聖的禱詞。我看著他的眼睛說：

“這能讓他活過來嗎？可以的話我就唸。”

He just turned away.

他調頭就走。

I didn't say the prayer because I didn't think it would.

我沒致禱詞，因為我認為這沒用。

When my father passed on, I sort of became the father of the family. My youngest sister, Naomi, was in high school. Doris was already out of it, and Florence had begun teaching. She was really on her own.

我父親死後，在一個角度上我就成為這家庭的父親了。我的小妹娜咪，還在唸高中；桃麗絲已經畢業了；而弗蘿倫絲則開始教書了，她是真的全靠自己的。

And so, I took over as the head of the household and ran the luncheonette. When I took it over, it had a ten thousand dollar indebtness because of my father's illness.

就這樣，我變成了家長並負責經營簡餐屋了。在我接管的時候，由於我父親生病的關係，負有一萬美元的債務。

And because it wasn't doing well, I held onto my job as an air conditioning engineer. I really worked around the clock keeping that place going. 因為簡餐屋營運的並不理想，所以我就抓緊了我空調工程的工作，我真的是夜以繼日地的工作來維持那個地方的營運。

My father left us with heavy debts. Wanting to uphold the honor of the family, I was determined to payoff all of the debts. So, I did a few little things to the store and it started making money. Within a year's time, I had the debts taken care of.

我父親留給了我們一筆沉重的債務，為了要維持家族的信譽，我決定把它們都還清。因而我給那間店舖動了幾個小名堂，然後它就開始賺錢了。在一年之內，我就把債務給清理掉了。

After my mother died, I missed her so much myself, I couldn't sleep one night's sleep the first year. At the time, I thought grieving was the right thing to do. Now I know it was nothing but selfishness. I wanted the comfort of her being around me, to give me the love she used to give me. I missed the affection she had been giving me.

我母親死後，我自己也非常的思念她，在頭一年裏我無法睡成一個整晚的覺。在當時我認為去傷慟是對的，但現在我知道那是除了自私外什麼都不是。我想要她在旁邊安慰我，給我像她以前所給我的愛；我思念的是她所曾給過我的慈愛。

At that time I believed there was no life after death. Nothing was real except that which you could feel, sense, touch and prove right in front of your eyes. My beloved mother had become dust.

那時候我相信人死後是沒有生命的，除了那些你能感覺得到、意識得

到、摸得到，並可以在你眼皮下被證明是對的之外，沒有什麼是真的。

我親愛的母親已經成為一抔黃土了。

愛就是因為他人就是他那個樣子而愛他 LOVE IS LOVING THE OTHER
ONE BECAUSE THE OTHER ONE IS THE WAY THE OTHER ONE IS

When I was a child the streets in Elizabeth were mostly unpaved dirt streets. Only the main street was paved with cobblestones. Horses and wagons were the way of transportation. Electricity wasn't in yet. We had gas lights, although all my neighborhood friends had homes with kerosene lamps.

在我小時候，伊利莎白市的街道泰半是沒有鋪面的泥巴地，只有主要街道是有鵝卵石鋪面的。交通往來的方式是馬匹和馬車；還沒有電力。

我們家有瓦斯燈，而所有我們的朋友和鄰居都還在用煤油燈。

My father took us out riding Sundays by hitching the horse to the surrey.
我父親在星期天會給馬匹套掛輕馬車帶我們出去跑跑。

People worked twelve hours a day, six days a week then. But they were friendlier. Come Sunday, we had picnics or would visit.

那時候人們一天工作十二小時，一週工作六天，但人際比較親切；到星期天時，我們會出去野餐或互相探訪。

There was very little entertainment so people would get together for fun. It seemed a nicer way of life than today.

那時候並沒有什麼娛樂，所以大家都會聚在一起來取樂，那似乎是一種比如今還怡然的生活方式。

There was no radio, television or movies. I first remember movies around 1918. It cost 5 cents to see Pearl White, Tom Mix and all those serials.

那時候還沒有收音機、電視或電影。我對電影最早的記憶是在 1918 年，那時看一部珀兒懷特、湯姆密克茲或所有這種系列的電影，要價是五分錢。

(珀兒懷特) (湯姆密克茲)

I built a radio way back about 1920 when radio was in its infancy. I was in high school. Got an oatmeal box and wound some wire on it, put on a slide tuner, added a crystal and a pair of earphones, and to my surprise, it worked. The first song I heard was "Tomorrow, tomorrow, how happy I will be." It was such a thrill that I never forgot it.

在無線電還在發展的初期，我在 1920 年時就組裝了一個收音機。那時我還在唸高中，就拿了一個裝燕麥片的空鐵盒在上面纏了幾圈電線，安上一個滑動式調頻器，再配上一顆石英和耳機；讓我驚奇的是，這居然能用了。我所聽到的第一首歌是“明日，明日，我將會如何的快樂。”那真是令人內心為之振顫，我永遠無法忘記。

I always had a tendency to like science and mechanics. I was always playing around up in the attic, where I had an electronic lab, always experimenting with little gadgets.

我一直都有喜歡科學和機械的傾向，我總是躲在閣樓裏玩東玩西的，在那兒我有一個電氣實驗室，經常在做些小玩意兒的實驗。

As a child I'd take everything apart in the house. I'd take the clocks apart

and usually get them working again with a few extra parts left over.

在我小的時候我把家裏所有的東西都拆解過，我把時鐘拆解開來，也通常都能讓它再運轉，然後多出幾個零件來。

I was probably nine, ten years old when I took apart the player piano. Just got it together in time before my father got home.

大約在我九歲、十歲的時候我拆解了自動鋼琴(Player Piano)，然後就在我父親回到家前及時的組合了回去。

(自動鋼琴)

I remember once taking the steel spring out of the victrola, and boy, what a job that was getting it back! It took me days, but they didn't use the thing, so I got away with it. With extreme, unusual forcing, I finally got that heavy steel spring back into its place and the victrola working again.

我記得曾經有一次我把手搖留聲機(Victrola)裏的鋼製彈簧拿出來，還有主部件。把它們塞回去可真是個大工程啊！可花了我好幾天的時間。但是他們並沒在使用它，所以我就把它攜走，使出了極度、異常大的力量，終於把那個鋼製彈簧歸回原位，手搖留聲機又可以使用了。

(手搖留聲機)

My parents knew my tendency and I was always being warned: Don't touch!

我父母知道我的傾向而我也常被告戒說：別碰！

first clock didn't work when I put it back together.

第一座拆解的時鐘在組合回去之後不會動了。

I remember being caught at something else.

我記得還有被逮到過一些其它的。

I was nine years old. I was told I could have anything I wanted in the store. That led me into taking cigarettes.

我九歲的時候，被告知可以擁有店裏任何的東西，這導致我開始學抽煙。

It was the kids in the gang who encouraged me. I used to take a pack of cigarettes-Luckys-they still have them. Then we shifted to Camels.

這都是那些死黨小孩慫恿的，我通常是拿包幸運牌的(Lucky)——現在還有得買，然後我們又改抽駱駝牌(Camel)的。

We'd gather at night up in the hayloft, my father's hayloft for the horses, and would we be big-shots, smoking away. We even tried cigars one Saturday, and after the smoke we went swinging on the swing below the hayloft. The awful sickness and nausea, that resulted finished any more interest in cigars.

我們夜間在秣草棚上聚會，我父親馬匹的秣草棚，我們會大口的吸然後吐出去。我們在週末甚至還會試試雪茄，在抽完之後我們會到底下的鞦韆上蕩來蕩去，結果那種糟糕的噁心和不適讓我從此對雪茄不再感到興趣。

I was so sick that my mother couldn't help noticing, although I was trying to hide it. I fought her calling in a doctor for fear he would know I was smoking cigars.

我的不適是這麼的明顯，以致我母親無法不察覺到，即便我有盡力去掩飾。我執意不讓她叫醫生來，怕他知道我在抽雪茄。

I once gave a cigarette to Doris. Doris was only four years old. She asked for it and I said, "Sure," and I gave it to her.

有一次我給桃麗絲一支煙，桃麗絲那時才四歲。她跟我要，我說：“好啊，”然後就遞給了她一支。

This was in the kitchen. I didn't know my father was around.

這是在廚房，而我並不知道我父親就在左近。

She took a big puff, breathed it in, and coughed and coughed and coughed. And just as she started to cough, in walked my father!

她大大的吸了一口，吞了進去，然後就咳啊…咳啊…咳啊…咳的。就在她開始咳嗽的時候，我父親走過來了！

Oh! Did I get it! Did he yell!

噢！我有嗎！他有慘叫嗎！

I scrambled. I left the house because I felt that this was going to be catastrophic.

我尖叫著直奔屋外去，因為我覺得這將會是個毀滅性的大災難。

In those days no good women smoked. It was really considered an evil thing to do. And you certainly did not give a girl four years old a cigarette.

在那個年頭是沒有良家婦女在抽煙的，那真的是被看作是邪惡的事。

你當然是不會給一個四歲的小女孩遞煙的。

In my elementary school days, parents were so busy making a living that we were on our own. When we came home from school, the first thing we'd do would be to get out on the street and meet the gang. With a broomstick as a bat, and a piece of it cut off as a caddy, we'd play ball. We'd also use tin cans to play duck-on-the-rock and other games devised by our ingenuity. There was really a good camaraderie amongst kids in those days. We were fortunate in not being smothered by parental over attention. We better learned how to take care of ourselves, an advantage we had over kids today.

在我唸小學的日子裏，父母親都在為討生活忙碌，所以我們就自己管自己了。放學後的第一件事，就是跑到街上去找那群死黨。拿根掃帚柄當球棍，切一段下來當球槓，然後就開始打球。我們也用錫罐來玩擊落石(duck on the rock)和我們運用巧思發明出來的遊戲。在那個年代的孩童間真的具有很好的同志愛，我們很慶幸沒有被父母的過度關切所扼殺，我們更能學到怎麼去照料自己，是一個比今日的孩童還好的優勢。

I remember getting a bicycle for myself.

我記得我給自己弄台自行車的事。

At the age of ten I prayed to God every night for a bicycle for half a year. But the bicycle didn't come. I wanted it so badly. I went into much thought. I realized I could get a job delivering newspapers and maybe buy one myself. I did get the job. At 50 cents a week the money didn't accumulate very fast, but it got me my first bicycle- a five-dollar, beat-up,

second-hand one.

在十歲的時候，我每晚都向上帝禱告要部自行車了半年，但是自行車並沒有送來。我實在是想要的很厲害，結果我明瞭到如果我找份送報的工作，或許可以自己買一台。我找到工作了，但每週才 50 分錢積攢得並不算快，但還是讓我得到了我的第一部自行車--一部 50 塊錢、破舊的二手車。

‡~‡~‡~‡~‡

My mother, a great pacifist, taught me early that it's always better to run away from a fight than it is to fight. It was an awful thing to teach me, because in those days the kids were cruel and would gang up on me because I was a Jew and I was small.

我母親，一個大大的和平主義者，很早就教我說逃離爭鬥總是比爭鬥要好。那對我可真的是個很糟糕的教誨，因為那時候的小孩都很殘酷，並且會聯手起來對付我，因為我是猶太人而且個子很小。

One day I was on the ground with five of them punching away at me. I couldn't take it any more and lost my temper. I began furiously punching back. They started to run, and I was chasing all five of them!

有一天我倒在地上被他們其中的五個拳打腳踢，我再也按捺不住的飆了起來，開始瘋狂地還擊回去，他們開始逃跑了，然後我追打他們五個全部！

I stopped suddenly and took a look. I said, "Oh my God! I used to die of fear of them and here they are, five of them running away from me!" I

resolved, "Never again will I show any fear." I was nine years old and in the third grade at the time. That lesson never left me.

我突然停下來看了一下，說：「噢，我的天！我以前怕他們怕得要死，而現在他們其中的五個反倒開始逃離我了！」我的問題解決了，「我再也看不到任何恐懼了」。那時候我九歲，唸三年級；我永遠記得這一課。

We moved around quite a lot during my school days. As soon as I'd enroll in a new school I knew from experience that the school bully was going to challenge me because I was a little Jew-boy. So I would quickly challenge the bully and scare him to the point where we wouldn't have to fight. I was scared but I learned how to hide my fear. However, as time went on, my fears actually diminished, because assuming fearlessness taught me fearlessness.

在我學齡時我們搬家搬的很勤，每當在新學校報到後，我的經驗告訴我學園裏的凌霸一定會來挑釁我，因為我是一個瘦小的猶太男孩；所以我會很快的就向凌霸挑戰，把他嚇到不需要再打架為止。我那時是很害怕，但是我學會了怎樣把恐懼隱藏起來；然而隨著時光的流逝我實際上的恐懼也變小了，這是因為佯裝的無懼教會了我真正的無懼。

In 1952, through my realization, I lost all fear. How nice that is!

在 1952 年，經由覺醒，我失去了所有的恐懼。這是多麼好的事啊！

‡~‡~‡~‡~‡

I don't think I ever had any spiritual experiences when I was a boy. If anything, I was very much against all that nonsense.

我不認為當我還是個男孩子的時候我曾經有過什麼靈性方面的經驗，
我很反對所有這類的無稽之談，如果有的話。

In fact, I was strongly anti-religious. I even fought my parents on it, especially my father with his ideas of dietary law. I upset the kosherism of the house because I thought it nonsense.

事實上，我是強烈反宗教的。我甚至為這個和我父母抗爭過，尤其是對我父親所持的飲食教規。我對家裏的飲食恰當主義(kosherism)很不滿，因為我認為那根本就是狗屎。

We had a maid, and I got her to buy steaks at a non-kosher butcher store. Kosher steaks, being fresh, were tough, like leather. The non-kosher steaks were aged and tender.

我們有一個女僕，我叫她到非恰當(non-kosher)屠宰店去買牛排。恰當牛排比較生鮮，很堅韌，像皮革；非恰當牛排，比較陳熟與柔嫩。

As my father ate, he remarked how great the steaks were.

當我父親吃到的時候，他稱道這牛排是怎樣怎樣的好吃。

I said, "you like them?"

我說：「喜歡嗎？」

He said, "They're excellent."

他說：「太好吃了。」

"Well," I said, "they're not kosher."

「呃」我說：「這是非恰當牛排。」

He gave me a look and I thought he was going to tear me apart. He didn't say a word, he was so furious. But he didn't stop eating the steaks.

他瞪了我一眼，我心想他大概準備要把我大懈八塊了吧。他沒再說半個字，他是這麼的狂怒，但他並沒有停止吃他的牛排。

I shouldn't have done that. It showed the rebel in me at times.

我實在是不該那麼做，但這也顯示出我那時內在的叛逆性。

‡~‡~‡~‡~‡

The only reason we kept a kosher house was that my grandfather lived nearby. My grandfather and his father were holy, orthodox men.

我們維持為恰當家庭的維一原因是因為我祖父就住在附近；我祖父和曾祖父是都聖潔而正統的人。

I was given the usual early religious training until I was twelve.

直到我 12 歲之前，我接受的都是一般的早期宗教訓練。

When I entered college and began some deep thinking on religious training I thought, "Gee, how they fooled me!" I rebelled and went the complete reverse. I was so anti-religious I used to mock God.

在我進入大學並開始對宗教訓練做一些深入思考時，我心想：「啊，他們多麼的愚弄我啊！」，我開始反抗並反其道而行。我是這麼的反宗教乃至於我經常在嘲諷上帝。

I remember once saying to my orthodox grandfather, "You cannot prove your God. What makes you believe in God?"

我記得有一次我跟我那位正統的祖父說：「你並無法證明你的上帝，那又是什麼讓你相信上帝的呢？」

And he answered, "All my life I have believed in Him. Now, near the end, should I take the change of not believing?" This made me aware of his broadmindedness and his love towards me.

他回答道：「我一輩子都在信仰祂，現在，到了末了，我應該冒險不信嗎？」。這讓我警覺到他寬大的心胸和他對我的愛。

愛是按照人們原來的樣子接受他們 LOVE IS TAKING PEOPLE AS THEY ARE

The one person I really spoke to intimately while I was in high school was Si, a friend who was beyond me in years. He taught at Rutgers University, in Newark, the next town, and I really looked up to him as a guide.

在我高中時，一個我真正能和他熟稔交談的人就是錫(Si)。他在鄰鎮紐華克(Newark)的羅特格斯大學(Rutgers University)擔任教席地。而我真的是景仰他，把他看作是一個指導人。

You don't talk philosophically to a fellow who's of your own age. I was way beyond my years in what I was reading and studying. In grammar school I was studying the medical books of my father's aborted medical career, that he had around the house. And in high school I was reading psychology, economics and philosophy. So by the time I hit college, I was very deep into all these things.

你不會和你同年紀的人用哲學的方式來交談的，當時我所閱讀和研習的科目是遠超過我的年紀的。在小學(grammar school)時，我所讀的是我父親放在家裏的那些他所未實現的醫師生涯所留下來的醫學書籍，

而在高中時我讀的是心理學、經濟學和哲學。所以在我要進大學時，我對這些就已經有深入的瞭解了。

Si really led me into the heart of all the philosophies-Kant, Hegel, Schopenhauer -I can't remember the other ones but I read them all very studiously and I understood them.

錫真的是把我引入哲學的殿堂去了-- 康德(Kant)、黑格爾(Hegel), 叔本華(Schopenhauer) --還有我記不得名字的其它人，但我都非常仔細的研讀過他們的大作，並且真正的瞭解。

We were also very interested in Freud and so we studied in a very intense manner-much better then you would in college-philosophy, psychology, economics, both of us seeking the answers.

我們對佛洛伊德(Freud)也很有興趣，所以我們以非常密集的方式去研究--比你在唸大學時還密集的方式。哲學、心理學、經濟學，我們兩個都在找答案。

He never got them. He thought the answer was economics until he eventually saw it wasn't, but he never saw what was.

他從沒找到，他以為答案就在經濟學裏，直到他看出那個並不是，但從沒看到什麼才是是的。

But he was a guiding light, so to speak, for many, many years through high school, college days and post college days.

不過他，這麼說吧，是我從高中、大學一路到畢業後的這麼、這麼多年來的指路明燈。

He's the one who liked camping and led me into it. We would spend the summer up in the Catskill Mountains, and occasionally in the Adirondack Mountains of New York State.

他是個喜歡露營的人，也帶領我進入了這個領域。他會在紐約州的卡茲凱山脈(Catskill Mountains)上，偶爾也在阿迪龍戴山脈(Adirondack Mountains)上，消磨夏天。

We had a beautiful community life of campers-quite a variation of types there. We had Mr. Coar who was a minister, a reverend. And we had Jack, taxicab driver, who was a real New York City rebel activist. And then we had Si who was the college professor and very philosophical And there were others.

我們有一個很美好的社團生活--在那兒有相當多不同的類型。我們有受人尊敬的考爾(Coar)牧師；我們有傑克(Jack)，一個計程車司機，他是真的紐約市的叛亂份子；然後我們有錫，一個很有哲學味的大學教授；以及其它的人。

Each one would set up his own camp for himself and maybe another one. And in the evenings we'd get together around the campfire. We'd make our favorite, what we called slum gullion. We'd get a big washing pail -two-and-a-half gallons-and throw everything into it, beans, meats, salamis, spices, onions, vegetables and hot dogs. It would cook for hours and hours. And it really was delicious.

我們每個人都會為自己架好帳篷，有時會多架上一頂。晚上時我們會聚在營火前煮我們最喜歡、大家管叫它作貧民格利恩(slum gullion)的雜燴湯。我們有一只 2.5 加侖的鐵桶，然後會把所有的東西都丟進去，青豆、肉片、香腸、蔬菜和熱狗等。煮上好幾個小時又好幾個小時，

然後就好吃得不得了。

And often, after everyone went to bed, Si and I would talk deep into the night. We talked about all the philosophies and the "why's" of life. We discussed mainly the two major philosophical schools of idealism and materialism. We rejected agnosticism and getting nowhere. Then, I thought philosophy was the greatest means of understanding. Now, I see philosophy as nothing more than going in circles with words, as you do not get the understanding of life.

經常，在大家回去睡覺後，錫和我會聊到深夜。我們聊到所有的哲學和所有人生的“為什麼”。我們會討論哲學的兩大主流，唯心論(idealism)和唯物論(materialism)。我們拒談不可知論(agnosticism)，因為不會有結論。之後我便視哲學為明瞭事物的最偉大方式。現在，我看哲學則只是在文字間打滾而已，因為你並未搞清生命是什麼。

Materialism appealed to me then. The other seemed silly. I built such a beautiful, solid, concrete, materialistic philosophy that I thought it was unshakable. I could prove to anything I would say. It was like the law of gravity. I'd hold a pencil and keep dropping it. It worked all the time. I'd say, "This is the law of gravity. Now prove to me your God. You can't. Therefore there is no God. It's nonsense."

唯物論那時對我的啟發是，其它的理論都是很蠢的。我建立了一個我認為攻無不克的完美、切實、具體的唯物哲學，我可以證明我所講的一切。像說是地心引力吧，我會拿支筆然後反復的放手讓它落下來，而每次它都會落下來。我就說：「這就是地心引力，現在把你的神證明給我看。做不到是嘛？所以根本就沒有神，那都是胡扯的」。

‡~‡~‡~‡~‡~‡

In high school I became the intellectual type, interested in books and the so-called-better-things-in-life. Music interested me, especially jazz. I taught myself how to play the piano. I could really play jazz, didn't need notes. I could hear a tune and then play it.

在高中時我變成智慧型的人，對所謂生命中較美好的事物發生興趣，我對音樂有興趣，尤其是爵士樂。我自己學會彈鋼琴，我真的能演奏爵士樂，不需要樂譜，光聽曲子就能演奏出來。

I was good in all the sports. I played handball and tennis with the top winners in high school and college. And I could beat them, as long as it wasn't in competition.

我對所有的運動都拿手，我和高中及大學的冠軍打手球和網球。只要不是比賽，我可以打贏他們。

Competitively, I was no good. So I could never be on the teams.

比賽性的我不行，所以我從來進不了校隊。

I was graduated from high school in 1925. I was an honor student but always had the weird feeling every time I took an exam that I was going to fail. Instead I'd come out with the highest marks. This went on for 12 years! What anxiety and sweat I would go through before an exam! That was how little I thought of me. Isn't that what an inferiority complex is?

我高中畢業於 1925 年。我是一個榮譽生，但每當考試的時候我總有一種其怪的感覺，就是我可能要不及格了。不過每次放榜的結果卻相反，我是最高分的。這種情形持續整整 12 年！我考前都是多麼焦慮和緊張啊！這就是我把自己看的多渺小的樣子，這不就是人家在說的

自卑感嗎？

My marks in math and science, without studying, were always in the 90's. English and history I would just struggle through with 80's. I had no interest in them.

我數學和科學的分數，不需用功，總維持在九十幾分間；英文和歷史則總在八十分邊緣掙扎，我對它們沒興趣。

Anyone is smart in any subject he is interested in; anyone is dumb in any subject he is not interested in.

每個人對他感興趣的課目都會變得機靈；對沒興趣的課目都會變得呆滯。

‡~‡~‡~‡~‡

In high school, even though I had this inferiority complex which made me think myself unattractive, the girls used to say, "Oh, isn't he cute."

高中時，雖然我有覺得自己並沒吸引力的自卑感，但女生們的說法卻都是：「噢，他很可愛啊。」

It's a funny thing to go through life being one way, and feeling the opposite all the time. The girls thought I was good looking; I thought I wasn't. It was a habitual belittling of myself.

生活是一個樣子但感受上卻是另一個樣子是很有趣的事。女孩子們認為我長得很好看，而我認為自己不好看；我是習慣性的小看我自己的。

I was intensely sexed and my whole life centered around sex. Wanting women made me, with tremendous effort, break through my shyness. I used to scheme, "How can I get them?" It was through observing that I learned to get the women I wanted. And it worked out beautifully.

我性慾濃烈，而我的一生也是繞著性打轉。想要女人的欲望讓我--透過極大的努力--擊穿了我的羞澀感。我經常在盤算：「我要怎麼才能夠得到她們？」。透過觀察我領會到了怎麼去得到我想要的女人，而且行之有效。

I used to watch what the other fellows did. I'd notice what the girls did and didn't like. The other fellows would throw out compliments so loosely that the girls knew it was just flattery and not real. I saw that girls liked compliments. Every girl had nice things about her. So I complimented them, but only on the things that were really true.

我經常在看其它人是怎麼做的，我注意到女孩子喜歡和不喜歡些什麼。其它人都隨隨便便的丟出恭維，隨便到女孩子都知道那只是在阿諛不是真的。我看出女孩子都喜歡被恭維，而每個女孩也都會有她不錯的地方；所以我恭維她們，但僅止於真實的事物。

Also, I noticed the boys talked a lot about themselves; the girls didn't like that. They liked to be talked about. So I didn't talk about myself; I talked about them.

同時，我也注意到男孩子談論自己談的很多，女孩子不喜歡這個；她們喜歡被談論。所以我不談論自己，我談論她們。

These things always got me the girl I wanted. Always.

這些技倆總是幫我贏得我想要的女孩，總是的。

I knew how to make a play for a girl and win; this, in spite of the tremendous obstacle of shyness. After I established rapport, then the shyness was no longer an obstacle; it was an asset. Girls loved it!

我懂得怎麼在女孩子面前演戲並致勝；這個，要無視於羞澀的極大障礙。一旦開始交往後，那個羞澀就不再是一個障礙了，那是一筆資產，女孩子喜歡這個！

I looked up to, worshiped and idolized women, and therefore couldn't have anything to do with a prostitute, or some girl picked up on the street. I could never understand my college fraternity brothers saying they wouldn't dare touch their girlfriends-but they would go to bed with strange girls they picked up on the street, who in no way compared with their girlfriends.

我景仰、崇拜並視女人為偶像，所以我無法與賣淫或在街頭勾搭女孩子之類的事產生任何關連，我從來也無法理解我大學兄弟會的弟兄們說，他們不敢碰他們的女友--但他們卻跟街上所搭到根本無法和他們女友相比的女孩子上床。

Do you know why the fellows did that? That's what they thought of sex. 你知道他們為什麼會這樣嗎？因為那就是他們所認為的性。

To me, sex was made for the girl you loved. That was so natural! 對我而言，性是為你所愛的女孩而設的，這是天經地義的事！

Sex brought out the finest emotions in me. I had the highest respect for women. Wanting to protect their reputations, I would never tell anyone of my affairs. In those days, for an unmarried women, having sex was committing the unpardonable sin.

性誘發出我內在最美好的情緒，我對女人充滿至高的敬意。為了要保護她們的名聲，我絕不會跟任何人提到我的韻事；在那個年代裏，一個未婚女子而有性行為是被看作是無法饒恕的。

Basically, sex brought out my finer feelings of love and really made me a giving person.

During those days, when people asked me if I believed in God, I would say, "Yes." And when they would ask, "What is your concept of God?" I would say, "Sex!" On their surprise, I would explain that it brought out in me the noblest and finest of human feelings, and that nothing could bring out these feelings as well as sex could.

基本上，性帶出了我對愛的美好感覺並真的讓我變成一個付出的人。

在那些日子裏，每當有人問我信不信上帝，我就會說：「信」；當他們問起：「你對上帝的概念是什麼呢？」，我會說：「性！」。在出乎他們預料的當下，我會解釋說因為它能帶出我內在中人類最高貴和最美好的情操，而且沒有任何事物能像性這樣帶出這些感覺的。

Later I discovered that sex pegs your joy at that level and keeps you from increasing your joy. I've reached a state where now I always have more joy than what sex can give at its best. There is no limit to the joy that one may experience.

後來我發現性會把你的愉悅栓在那個層次並阻礙你繼續增長愉悅的。

我已經到達一種狀態，我現在不論何時都充滿著比性盡全力所能給予的還多的愉悅。

‡~‡~‡~‡~‡

Even in grammar school I was always madly in love. Every grade I was fell in love with one beautiful girl. I remember the first one, Marcella Higgins in the first grade, Marcella Kahn in the second, Ethel Solomon in the third, and so on. Although I was so intensely enamored of them, they never knew it.

甚至早在小學時我就經常性的處於狂戀中，每一個年級我都會愛上一個漂亮的女孩子。我記得第一個是瑪瑟拉希金絲(Marcella Higgins)，在一年級的時候；瑪瑟拉侃(Marcella Kahn)，二年級；依舍所羅門(Ethel Solomon)，三年級的時候；就像這樣。儘管我是多麼的愛戀她們，但她們從未知道過。

Ethel Solomon was seated right across the aisle from me. And every time she looked at me, I turned red. I almost died every time she'd speak to me. Shyness to the extreme.

依舍所羅門就坐在我旁邊走道的對面。每次她朝我看來時，我就臉紅；每次她跟我說話時我就幾乎要死掉；害羞到極點。

Can you see what a torturous life I lived?

你得看出我日子過得有多折磨了吧？

During my adolescent years, we had many parties. The fellows were always crude and forward with girls, so the girls ran away from them to me for protection, because I was nice!

在我青少年時，我們有很多派對，男生們都經常粗魯的對待女孩子，所以女孩子們會離開他們跑到我這裏來尋求保護，因為我人很好！

Because of my shyness, I was never forceful with them just the opposite.

I really wanted to protect them, beside enjoying the pleasant feeling of being their hero.

因為我的羞澀，我從沒強求她們過，相反地，我是真的想保護她們，不是光只想享受當她們英雄的快感而已。

Through protecting them, we got involved. It was natural.

由於保護她們，我們搞在一起了，那是自然的！

I had sex all my life, never really promiscuously, but with many women, one at a time. I never cared to have more than one at a time. I wanted love with the girl I went to bed with.

我一生都充滿性，也沒真的淫亂過，但交往過很多女人，一次一個。我從不介意一次有好幾個，但我想要愛的是願意同我上床的女孩子。

‡~‡~‡~‡~‡

I was in love and kept going with Annette in high school and halfway through college.

我從高中開始就和安妮特(Annette)相愛一路到大學中期為止。

We had a good, healthy, natural sex relationship, the way it should be when two people are in love. When you're a teenager, sex is very intense.

我們擁有一個良好、健康和自然的性關係，一種當兩人相愛時所應該會有的關係。當你在十來歲的時候，性是非常密集的。

I was going to Rutgers in New Brunswick, New Jersey while she was going to the University of Pennsylvania. We couldn't see each other because of distance.

我要就讀紐澤西州(New Jersey) 紐邦司維克(New Brunswick)羅格斯(Rutgers)大學時，她要去賓夕凡尼亞大學(University of Pennsylvania)，由於相距甚遠我們無法相見。

She started dating other fellows and over the phone she told me about it.

她開始跟其它男生約會並在電話裏告訴我。

I was so extremely jealous it was tearing my insides apart. I couldn't take it. I almost flunked out that third year in college. I had to take a re-exam in my major. It was one term only, so I still made honors.

我是這麼的嫉妒，嫉妒到了極點，乃至我的心都被撕碎了。我受不了這個；那年大學三年級我差點被當掉，還重考了主修科目。不過那只是一學期而已，我後來還是當上榮譽生的。

‡~‡~‡~‡~‡

When I started college, dormitories were few, and I was rooming far off campus. Being against the idea of fraternities with their exclusiveness, I avoided them. However, the inconveniences of off-campus living were great. So I finally moved into a fraternity house, right on campus.

我剛上大學時，宿舍非常少，我住的離學校很遠。由於對兄弟會(fraternities)成員的理念和排它性很反感，我避著他們。然而，住校外的確很不方便，所以最後我還是搬進一所兄弟會之家，就在校園內。

Living there gave me a very balanced collegiate life. I was a good student and also participated in all the social activities, attended all athletic

events-even followed the football team around-and was very active in handball, tennis and swimming.

住在那裏給我帶來了非常均衡的學院生活。我是一名好學生，也參與所有社團活動、出席所有體育盛事--甚至跟著橄欖球隊四處跑，在手球、網球和游泳方面也很活躍。

I loved college. It gave me avenues of freedom that made it easier for a shy person like myself to move into the world.

我愛大學，它給了我一條讓像我這麼害羞的人能更容易的走入世界的自由大道。

You suddenly became a man when you entered college. You moved out of your being-treated-like-a-child family into your own home, your fraternity house.

當你進入大學你突然就變成男人了，你搬出那個把你當小孩子看待的家，搬入你自己的家，你的兄弟會之家。

I was a man and we were men talking about important, bigtime worldly subjects. Oh, we were smart! We knew more than our professors knew!

我是個男人，而我們也都談論些時事、要聞之類的男人話題。噢，我們很聰明！我們知道的比我們的教授還多！

We talked about the world and women, played cards, often until the sun came up. Then we'd go to bed to get an hour or two sleep before eight o'clock class.

我們聊世界和女人、玩撲克牌，經常是通宵達旦。然後我們會在八點上課前上床睡個一兩個小時。

I remember the glamour of college in those days. "Rah, Rah, Rutgers. I'll die for dear old Rutgers!" The whole thing was Hollywoodian naive-fairytaleish!

我還記得那時候的校歌：「啦，啦，我願意為親愛的老羅格斯而死！」，完全就是個好萊塢式的天真神話。

At that time, usually only the sons of rich men went to college. I never considered myself one of them. Although my father started me, I had to finish by working my way through.

在那年代，通常只有有錢人的兒子才會去上大學，我從不認為我是其中之一。雖然我父親幫我起了個頭，但我還是得自己想辦法去唸完。

I went to work during the third year of college when I got a letter which said, "Dear Lester, I can't send any more money. Love, Dad." The Depression had broken him financially.

我大學三年級時開始打工，當我收到一封信說：「親愛的萊斯特，我不能再給你寄錢了。愛你的，爹。」，大蕭條讓他財務崩潰了。

I thought that my world had come to an end, as I equated my college education to my world. I even considered suicide, which was a thought that would reoccur to me on occasion until 1952.

我當時認為我的世界末日到了，因為我將學院教育和的世界劃上等號了。我甚至想過要自殺，就是那個在我 1952 年事件中會再度產生的念頭。

It took me three days to figure out I could work my way through college! Immediately I got a dual job in the fraternity house in which I was living, washing dishes and stoking the coal furnace. That partly took care of me.

A few months later, I managed to get a real position as a laboratory assistant in the physics department.

我花了三天的時間才盤算出我可以自力唸完大學！我立刻的在我所住的兄弟會之家找到一份雙料的工作，洗碗盤和替火爐加炭，這幫了我一把。幾個月後，我開始計劃在物理系理取得正式實驗室助理的職位。

I always felt poor. Compared to the other fellows, I was. My father was a millionaire-in the thirties! But it didn't bother me that they were rich. It bothered me that I felt poor.

我一直都覺得窮；跟其它男生比起來，我確實是。我父親在 30 年代還是個百萬富翁呢！但他們有錢並不困擾我，困擾我的是我覺得窮。

We didn't differentiate in the fraternity house. We were frat brothers, and naturally we worked for one another. We felt like one happy family, freed from parental oppression.

我們在兄弟會之家並不會互相歧視，我們都是自家兄弟呀，自然我們都會互相幫忙。我們覺得像是一個快樂的家庭，沒有父母壓制的家庭。

‡~‡~‡~‡~‡

I rebelled against compulsory daily chapel. We had to go to chapel every day. Some of the fellows would take decks of cards and play while the poor chaplain gave the sermon. There was so much talking that no one could hear him. I felt sorry for him. But we won our point; chapel was changed to Sundays only, and voluntary.

我反對強制性日行禮拜，我們每天都必需去作禮拜。有些男生會帶一

疊撲克牌去，就在那位可憐的牧師講道的時候玩起來。那裏的交談聲非常吵根本沒有人能聽到他在說些什麼，我實在是替他難過。不過我們也贏得了勝利，禮拜改成只在禮拜進行，而且不強制。

They were giving us the usual organized religious teaching, which doesn't go far enough. When you're in college and you're young, you're thinking, and you can see how silly the stuff is they're pouring out to you.

他們只給我們一般性編纂的宗教課程，不夠深入的那種。當你在大學而且你年輕，你就會思考，而且你會看出他們灌輸給你的東西是有多愚蠢。

Rebellion came out in our day also in the form of our dress. We wore raccoon coats and derby hats! What an odd combination. But such things always went on, and go on today.

Youth always objects. Youth rebels, not knowing really what they're against. It is simply non-freedom.

我們那個年代的叛逆也表現在我們的衣著上，我們穿上浣熊裝然後戴上大禮帽！多怪異的搭配。不過這種事總是不斷的在上演，現在也還在上演。年輕人總是在反彈，年輕人反抗但並不真的知道是在反對些什麼。其實只是不自在而已。

‡~‡~‡~‡~‡

R.O.T.C. was compulsory and I protested military training. I was anti-military, and was the worst soldier in the worst company.

預備軍官訓練團(Reserved Officers Training Corps)是強制性的而我反

對軍訓，我是反軍事份子，我是最差勁的連隊裏最差勁的士兵。

We were given old World War I uniforms. They were heavy wool and itchy. My jacket was too short and pants were too long. With my jacket buttoned, I could just about breathe. My pants looked like bloomers. My boy-scout-looking hat set on top of my head. I looked like a real Hollywood comic.

我分配到的是第一次世界大戰的舊制服，是厚毛料做的穿起來癢癢的那種。我的夾克太短褲子又太長，夾克扣上鈕扣後簡直無法呼吸；我的褲子看起來像女人的燈籠褲；戴上那頂像童子軍的帽子後，我看起來活像是個好萊塢的滑稽演員。

I liked this comic dress. It fit in with my attitude about the military. Drill was where I could express the way I felt. I'd play dumb. They'd command, "Right, march!" and I'd go left.

我喜歡這身的滑稽裝扮，這與我對軍事的看法一致。出操是我可以表達感受的地方，我裝笨，當他們喊：「向右轉」時，我會向左轉。

One time at drill our officer, a recent graduate from West Point, wanted to give us a rest. He had us stack our rifles and went into a speech emphasizing the point of not going near the stacked arms: "Stay away from the arms. When you break ranks, don't move through the stacks. Move back away from them. Stay away from them. And remember, don't touch the arms!"

有一次出操時，我們的長官--剛從西點軍校畢業--想讓我們休息一下。他要我們架槍，並發表嚴正聲明強調別靠近槍堆：「離槍枝遠點，等下解散時，別穿越槍堆，要後退離開，離它們遠點。還有，要記得別碰槍枝！」。

As he said that, I instinctively put my arm out to touch a stack, thinking he wouldn't see me. But at that moment his head swung around and he saw me touch it. I quickly pulled my hand back. But unfortunately, the stack of rifles had been wrongly stacked, and down it went, hitting the next stack, which hit the next one.

就他在說這些時，我下意識地就把我的手伸出去碰槍堆，我想他是不会看到的。但是就在那個時候他頭剛好轉過來，看到我在碰槍。我趕緊把手縮回來，但是很不幸的那堆槍沒架好，垮下去了，然後碰到下一堆，下一堆再碰到下一堆。

Did the officer have it in for me! He was so furious that he huffed and he puffed. He just couldn't say a word to me.

長官真是恨死我了！他氣得腮幫子一鼓一鼓的，說不出話來。

I got a big share of demerits for that.

為了這件事我被記了一支大過。

The two West Point graduates who were in charge called me in for a conference after the second year, at the end of the course. They told me they were going to flunk me.

這兩位主事的西點軍校畢業生在第二年課程末了時召見我，他們說要把我當掉。

They said that although my class marks were in the 90s, my drill work had so many demerits that I would have to take the last year over again.

他們說雖然我學科得到九十幾分，但我的術科有太多瑕疵，所以我必需再重修一次第二年的課目。

I thought it over. Then I pointed my finger at them and said, "Okay, remember. You fellows flunk me, and you're going to have me another year!"

我想了一下，然後用手指著他們說：「好吧，記著，你們當我，那你們就準備再看到我看一年喔！」。

They looked at each other and then said, "You're passed!"

他們對看了一眼，然後說：「你過了！」。

I was a wise guy. I knew the military wouldn't do anything to me in peacetime. They didn't have a guardhouse!

我是個聰明人，我知道軍方在平時不會對我怎麼樣，他們連崗哨都沒有！

愛和瞭解是同一回事 LOVE AND UNDERSTANDING ARE THE SAME

I graduated from Rutgers in 1931 at the age of twenty-two.

1931 年我 22 歲時從羅特格斯(Rutgers)大學畢業。

I wanted to be the greatest physicist in the world, but I couldn't get a job. The very few physicists working in those days had been laid off. Still I felt as though I was going to conquer the world. I never let up seeking work. I was turned down day in and day out, but I never stopped looking.

我想成為世界上最偉大的物理學家，但找不到工作，那極少數在這些日子裏有工作的物理學家都被裁員裁掉了。但我還是覺得像是要去征服世界一樣，沒放鬆過找工作；我日復一日的吃閉門羹，但我從沒停

下來過。

Since I couldn't get a job as a physicist, I decided to go into engineering. Physics was the basis for all engineering, and as extra study I had taken electrical and mechanical engineering. I had also taken the required educational courses to qualify for a teaching certificate.

既然我找不到物理學家的工作，我就決定轉進工程界。物理是所有工程的基礎，另外由於額外加修課目，我也同時擁有電機和機械的學位。

我也修了所需的教育學分取得了教學證書。

So I came out of college qualified for several things.

所以我是兼具好幾個資格畢業的。

My first job with an aeronautical engineer lasted only three months, because they went out of business.

我的第一個工作是航空工程師，但只做了三個月，因為他們關門大吉了。

Then I looked for work as a teacher.

之後我改找教書的工作。

Jobs being so hard to get, I would go every day to the superintendent of schools' office and ask him for a job. Week in and week out, I was doing this, until one day-I believe in order to get rid of me-he gave me a job substituting for a man who had a class of incorrigibles. These boys had already been expelled from school for having done violent things, and were on their way to reform school. This class was an attempt to possibly bring some of the boys back into the school system rather than send them on to the reform school.

工作真的是很難找，我每天都會到學校辦公室找教務長問他有沒有工

作，我一週又一週地這麼做。直到有一天--我相信這是因為想擺脫我的關係--他給了我一份工作，去幫一個教放牛班的老師代課。這些男孩子都是因為暴力行為被趕出學校準備送往感化院去的，這個班級是一個試看看有沒有可能拉幾個孩子回學校體系而不是送感化院去的地方。

Wanting a job so badly, I was happy to be given this work. However, on the way into the school, Jacques Street School, Number Nine, I met the supervisor of physical education for the city, Mr. Allison, my old gym teacher from Battin High. When I told him where I was headed, he said, "Don't go in there. If I were you, I wouldn't do it. Yesterday they took the substitute teacher before you, and actually threw him over the fence. And he's bigger than you. Stay away."

因為想要工作想得厲害，我很高興能接到這份工作。然而就在前往學校--杰珂街(Jacques Street)九號--的路上，我遇到市體育教育督導埃里森(Allison)先生--我在百廷(Battin)高中時的體育老師。當我告訴他我要去哪的時候，他跟說：「別去，如果是我的話，我是不會去的。昨天他們把你之前的那位代課老師活捉起來，當真丟到圍牆外頭去，而且他的塊頭還比你大。還是離遠點吧。」。

I was so determined and so wanting work, I said, "I'll try it anyway." With my learned fearlessness, I dared the assignment.

我是鐵了心而且非常想要工作，所以我說：「不管怎樣我還是要試試。」。

以我所學到的無懼，我膽敢接下這個派任。

I walked into the class-they were in their carpentry shop-and it was pandemonium. One kid was sawing his desk in half, another was chopping plaster out of the wall with a hammer, and every other one was doing anything and everything that he wanted to do.

我走進教室時--他們在工藝教室--那真是一團混亂；有一個孩子正在把桌子鋸成兩半，另一個拿著榔頭正在用力的把牆上的灰泥給敲下來，而其它的則是每個人都在做任何他們想做的每一件事情。

So I went up to the boy sawing his desk in half and told him to stop it. He just looked at me and turned around as though I weren't there.

所以我走上前到正在把桌子鋸成兩半的男孩旁邊叫他停下來，他只看了我一眼然後就回過頭去了，好像我根本就不存在一樣。

I went to the boy chopping plaster out of the wall and asked him to stop. He answered, "Go to hell!"

我又走到正在敲牆上灰泥的男孩旁邊叫他停下來，他回答說：「你去死吧！」。

I went to the front of the class, I picked up a plank -a four inch-wide plank about three feet long-and yelled out, like a thunder clap, "Quiet!"

我走到教室前面。我拿起一根木板，一根大約四吋寬、三呎長的木板，像打雷一樣的吼說：「安靜。」。

However no one paid any attention to it, except for just a moment.

然而就除了靜了一下子外，又沒人理會了。

I went for the fellow sawing his desk in half, hit him and he stopped.

我走到正在鋸桌子的傢伙旁邊，給了他一個大板然後他停下來了。

Then I went for the fellow who was chopping the plaster out of the wall and he started running, but I caught him in the back. I didn't hurt him much.

然後我向正在把牆上灰泥給敲下來的傢伙走去時他開始逃跑，但我從背後逮着他；我沒給他太慘痛的教訓。

What I was doing gave me the attention of the class. So I went back to the front of the class, and again yelled, "Quiet!" Then something started that I was concerned might happen: the leader of the class, stood up and said, "Okay boys, let him-" and before he could say the words "have it" I went for him. With both my hands on the plank, I came down over his head and he fell back into his seat, stunned. Fortunately, the plank broke in half, which allowed me a better grip on it.

我的行為引起了全班的注意，所以我回到教室前面再喊一次：「安靜。」。

然後有件我擔心會發生的事情開始了，這個班級帶頭的那個站起來了，

說：「好了男生們，我們給他…」，在他還沒來得及說出「…好看。」

的時候我就衝上前去，用兩隻手抓著木板往他頭上夯下去，而他跌坐

回椅子上，目瞪口呆。好的是木板斷成兩截了，這讓我更容易抓緊了。

Then I went for a second fellow who had moved to join him. He started to run away. But I swung at him and cut four of his fingers. For me it was do or die. I was really in there ready to take on the whole class.

然後我走向另一個想過來加入他的傢伙，他開始跑了。但是我向他一

夯，打到四根手指頭。對我而言這是不成功便成仁的事，我是真的準

備好要來接管這個班級的。

From that spot, I yelled, "Okay! Who's next?" Then as a group, the whole class sat down in their seats. They submitted to my challenge and became absolutely quiet.

站在那裏，我叫道：「好了，還有誰要的？」。然後像個班級一樣的，全部都坐回座位上去。他們屈服在我的挑戰之下，然後變得安安靜靜了。

I then opened the door and soon Miss Kellog, the principal, peeked in. She looked stunned. I said, "Come in, Miss Kellog." When she did, she couldn't talk. She had expected to find me in pieces, but I was fine and the kids were perfectly still. I said, "Everything is fine." She stuttered something and walked out, a little dazed.

然後我打開門。沒多久凱洛(Kellog)小姐--校長，探頭進來看了一下，然後呆住了。我說：「請進，凱洛小姐。」；她進來後，講不出話來。她想說我應該早已被分屍了，沒想到我卻好端端的而孩子們也乖的不得了。我說：「一切都很好。」，她結結巴巴的不知道說了些什麼之後就走出去了，帶點暈眩的樣子。

This all happened in the first minutes of my coming into the class. For the rest of the week I had excellent rapport with the boys, much more so than I believed, because at the end of the last day with the class I said to them, "Mr. Peters will be back tomorrow," and they all exclaimed in unison "Aw-w-w." I said, "What's the matter?"

這都是發生在我走進教室的那一刻的事。往後的一個星期裏我和這群男孩互動的很好，比我原本以為的還好。因為在最後一天的放學前我跟他們講：「彼得(Peter)先生明天就會回來的。」，他們卻異口同聲的

嘆了一聲：「噢~~~」。我說：「怎麼了？」。

"Oh, we like you. We wish you'd stay!"

「哦，我們喜歡你，我們希望你留下。」

This puzzled me at first. Then I realized the reason for it was I was talking to them in the language they understood. I was talking to them at their level. I was not hitting them out of blood-thirstiness. I wasn't even wanting to hit them.

這讓我納悶了一下，隨即我明白過來之所以會這樣的原因是，我是以他們能懂的語彙和他們交談的。我是以他們的層次和他們交談的，我並沒有噬血般的去揍他們，我甚至根本就不想打他們。

I had guts and they liked that. I was able to communicate better than I realized because I understood them. I was given the job of being the leader, the teacher. They were challenging it. I took the challenge and showed them that I could be the leader. This they understood and this they accepted, and this they liked.

我有膽識而他們喜歡這個，我能溝通得比我所明白的還好是因為我懂他們。我受命作為他們的頭兒--老師；他們來挑戰，我接受了這個挑戰並證明我有資格當他們的頭兒。他們懂這個也接受了，而這是他們所喜歡的。

I was telling them, "Look, this is my job. I've been given the position of being the leader here. You fellows shouldn't, and can't take it away from me. If you do, I'll do whatever is necessary to re-establish my leadership here."

我沒有告訴他們說：「搞清楚，這是我的工作，我是受聘來當這裏的

領導的。你們不該、也可以從我這邊拿走的。如果你們這麼作，我會無所不用其極的把它給扳回來。」。

You couldn't have a class with you unless you were with it, unless you had a feel for it, unless you had love for your pupils. A teacher who had hatred for a class couldn't control it.

你無法讓一個班級同你一道，除非你同他們一道，除非你對他們有感情，除非你對你的學生有愛心。一個對這班級充滿敵意的老師是控制不了的。

Because of my ability to communicate, the kids were with me. I got the reputation of being a good disciplinarian. I was told I would lose my job if I hit the kids, but I did it anyway. It was necessary, I thought, for control.

由於我有溝通能力，所以這些小孩就跟我站在一起，我獲得了紀律落實者的名聲。我被告知如果我揍小孩我就會丟掉工作，但我終究還是揍了。那是必要的，我想，為了取得控制。

It's interesting how my students reacted. I once lost my temper and swung a blackboard pointer at a boy as he was running away. I caught him across the forehead and forearm, and he developed two welts.

我學生的反應是很有趣的。有一次我大發脾氣，在一個男孩要逃開時我用黑板指示杆朝他打去，我打到他的額頭和手臂，然後留下兩道鞭痕。

next day in school he came to me and said, "Gee, Mr. Levenson, my old man beat the hell outta me, wanting me to tell him who did this to me. But I wouldn't."

第二天到學校他來找我說：「啊，利文森先生，我老頭把我打得半死要我跟他講是誰幹的，但我就是不說。」

He protected me.

他在保護我。

That wild experience with the thirty "incorrigible" boys earned me respect and my first regular teaching assignment. I taught geometry to juniors and seniors in the high school I had graduated from. Battin High had been made an all girls high school. I was twenty-two, teaching girls who were eighting! It was humiliating.

跟這三十個「無可救藥」的男孩的狂野經歷，讓我贏得了尊敬以及我的第一份正式的教職，在我所畢業的高校教初中部和高中部的地理。這時的白廷高校已改制為女子學校，那時我 22 歲，要我去教 18 歲的女孩子，那真是讓人難堪極了。

Because of my extreme shyness, the girls would tease me by coming up after class and crowding around me, pushing against me. I'd squirm, and they knew I was squirming.

因為我極為羞澀，所以女孩子們會在下課的時候跟上來作弄我，她們會把我團團圍住然後擠來擠去，然後我會變得很窘，而她們也知道我很窘。

Some would sit purposely letting their dresses go above their knees. And I'd have to look away.

有些人還會坐的故意讓裙擺跑到膝蓋上來，則我的眼睛必需找別的地方看去。

I used to walk home from school, as I lived only a half mile away. Some of the girls with cars would slow down and shout to me, "Yoo-hoo, would you like to have a ride?"

"No, thank you," I'd say, hoping the principal or another teacher saw it. They teased the life out of me.

我的住處只有半哩遠，我都是走路上下班。有些開車的女孩會把車慢下來，然後對我喊：「呦~呼~，要不要搭個便車啊？」，我會說：「不用了，謝謝。」，然後冀望校長或其它老師會看到，是她們在調戲我的生活。

Jobs being very scarce, I wanted to hold that position. I couldn't risk having the principal or anyone else see anything that didn't look perfectly respectable for a teacher.

那時候工作機會很少，我想保住那個職位，我擔不起風險被校長或其它人看到什麼作為一個老師卻不夠莊重的事。

At the end of the teaching year, the teacher that I had replaced returned and I was sent to a junior high school in the poorest section of Elizabethport, New Jersey. I was given the most difficult kids to work with, the group with the lowest I.Q.

在這年度教學終了，我原先所取代的老師回來了，我被轉往紐澤西伊利莎白港最貧困地區的初中去。我分配到最難教的孩子，就是智商最低的那種。

It was a weird thing, that experience of teaching. In a way I was rough with the kids, but I never had the attitude that I was their superior. I dealt with them person to person. My attitude was one of understanding

them and what they were doing, and behaving accordingly.
Understanding and love are the same.

這段教學的經驗是有點詭譎的。我對待孩子們是相當粗魯的，但我從沒有我比他們優越的心態，我以人對待人的方式來和他們相處。我的態度是理解他們，以及知道他們相對會有的作為和舉止的態度。理解和愛是一樣的。

They certainly protected me. They could have had me thrown out of the school system again and again for hitting them, and they knew it. But they never did.

他們當然是在保護我了，他們可以因為我打他們而把我仍出去、再扔出去，而他們也知道這個，但他們從沒這麼做過。

You see, it is not what you do, but your attitude as you do it that counts.
所以你知道，不是你做什麼，而是你在做什麼的時候的態度才算數的。

During the second year of teaching I grew tired of it and quit. It was dull. I wanted to be a scientist. There were no jobs. I was frustrated and I was confused. I felt heavy, heavy all over.

在教學的第二年我開始感到厭倦並且不幹了，我覺得那很枯燥。我想作為一個科學家，但苦無工作機會。我覺得很挫折也很困惑，我覺得整個就是沉重、又沉重。

人並非去滋長她的愛只是擺脫她的仇恨而已 ONE DOES NOT INCREASE HIS LOVE ONE MERELY GETS RID OF ONE'S HATE

About the middle of the Depression I had no job so I went camping for the summer. I loved camping. It was the nicest recreation I knew. For many years, working or not working, I'd take the summer off and go camping. I'd just throw up a piece of canvas and bed under it. I usually camped with one or two others.

大約是在經濟大蕭條的中葉，我因為沒有工作做所以夏天就跑去露營。

我喜歡露營，這是我所知道最好的休閒活動。好幾年以來，不論有沒有工作做，我都會自己放暑假然後跑去露營。我就只是架頂帳篷然後裏面鋪個床而已，我通常會和一兩個其它人一起紮營。

We caught fish by hand. Belly-tickling, it was called. It was illegal, but the fastest way of catching fish. I'd feel under the rocks for speckled brook trout. While under the rock, the fish thinks your hand is part of the environment floating by, and feels safe. Once I made contact, I worked my hand up toward the fish's head, grabbed it tightly, and quickly threw it on the bank as it was slipping out of my grasp.

我們徒手捉魚，並管叫這作「搔肚皮」。這是違法的，但卻是最快的捕魚方式。我會用指頭在岩石底下探索溪斑鱒(speckled brook trout)；在岩層底下時，鱒魚會以為我們的手指只是周遭漂流物的一部份，而覺得安全。一但我碰觸到了，我就將手順著魚頭的方向摸去，然後緊緊的握住，並在它爭脫之前迅速的扔到岸邊上去。

(溪斑鱒)

But there was a twenty-five dollar fine for each fish, so we'd fish in twos. One of us would watch out for the game warden. Each time we'd catch a

fish, we'd hide it and get another one. In a matter of minutes, we got a meal together that way.

但是每條魚的罰鍰是二十五塊錢美金，所以我們得兩個人一組的去捕，其中一人負責把風。每次捉到魚都得先藏好再來捉下一條。只需要幾分鐘時間，我們就可以用這種方式一起弄到一頓飯。

I loved to live naturally. We tried to live off the land, eating the apples and berries that grew wild in the Catskills and the corn, vegetables and milk that the farmers sometimes gave us. We even drank milk warm from the cow, although it had an odor and didn't taste good, thinking that was natural.

我喜歡自然的生活；我們嘗試過憑藉土地的原產來過活，吃些卡茲凱山(Catskills)上野生的蘋果、草莓和包穀，以及一些農人們偶爾會送給我們的蔬菜和牛奶。我們喝過剛從母牛擠下來還溫溫的牛奶，雖然有點膻味也並不算好喝；但想想看，是純天然的耶。

My camping was an escape from the world. Every time I'd go camping, in a day or two all my pains and ulcers would disappear; when I'd get back to the city, in a few days my sicknesses would return.

我的露營是對這個世界的一種逃避；每次我出去露營，在一或兩天之內我所有的疼痛和潰瘍就會不見；每當我回到都市裏，不要幾天我的毛病就統統又回來了。

‡~‡~‡~‡~‡

One summer, I camped in the Catskills. I arrived at camp late at night dead tired. Fred was arguing with four of the other fellows about some

girl Virginia. They were all agog about her. The argument kept going on and I wanted to sleep. So I said, "Fred, will you shut the hell up and go to sleep?"

有一年夏天，我在卡茲凱山上露營，我很晚才抵達營地而且累得要死。

弗萊德(Fred)和其它四個男生正在為一名叫做維吉尼亞(Virginia)的女孩子爭吵，他們對她都很心儀。他們吵個沒完而我又想要睡覺，所以我說：「弗萊德，你能不能閉上鳥嘴快點去睡覺？」

"Aw, keep quiet, Levenson, you haven't got a chance anyhow."

「噢，安靜，利文生，反正你是沒機會的。」

Well, that was a challenge and I always responded to a challenge. So I jumped up out of bed and said, "What do you mean I don't have a chance! She's my girl."

這下好了，這擺明是一個挑戰，而我對挑戰一向是有反應的。所以我就從被窩裏跳出來，然後說：「你說我沒機會是什麼意思？」

It ended with only Fred and I arguing. Fred said, "Well, I want to marry her!" He thought that would shut me up.

結果到後來就只剩下弗萊德和我在爭論，弗萊德說：「好吧，我想要娶她！」，他想說他這麼說就會讓我閉嘴的。

So I stopped that by saying, "Well, I want to marry her, too!"

結果我回了一句說：「好吧，我也是想娶她啊！」

In the arguing he had forgotten that I hadn't even met her yet.

在爭吵的時候他忘了我根本連見都沒見過她呢。

And then Fred in a gallant, dramatic gesture stuck his hand out and said, "Well, let the best man win." And we shook hands on that. I thought to myself, "Thank God! Now I can go to sleep."

然後弗萊德以一個很有風度和戲劇化的方式伸出他的手說：「好吧，讓最好的人得勝吧。」，然後我們握握手。我心想：「謝天謝地！現在我終於可以睡覺了」。

The next morning when I got up, stacks and stacks of dishes, unwashed, were piled around the kitchen area. Things were as dirty as disorganized as they could be. I got disgusted and I said, "I can't stay here. I'll camp with two fellows I know a few miles up the road in Olivera."

第二天早上當我醒來時，看到一疊又一疊沒洗的盤子堆在炊事區附近，又髒又亂到了極點。我覺得很噁心，就說了：「我受不了這裏，我要到往上再幾哩路的奧利弗里亞(Olivera)和兩個我認識的人一塊紮營。」

So I took off for Olivera. When I went back to get my things, on the way there was a very attractive girl hitchhiking towards Big Indian where the boys were. I picked her up and when I got to the bridge where I had to turn left, I said, "Well, I'm going left here."

所以我就去奧利弗里亞了。當我回頭要來拿我的東西時，半路上碰到一位很迷人的女孩子想要搭便車到大印地安(Big Indian)，就是那些男生紮營的地區。我讓她上了車，然後到橋頭我該左轉的地方，我說：

「呃，我要在這裏左轉了。」

She said, "Well, that's all right. I'm going left."

她說：「呃，沒關係，我也要往左邊去。」

Then a quarter of a mile, and I said, "I'm going left here."

過了四分之一哩，我說：「我要在這裏左轉了。」

She said, "Fine. I'm going left."

她說：「很好，我也要往左去。」

I got to the driveway and said, "I'm going in here."

到引道我說：「我要往這裏開進去了。」

She said, "Well, that's where I'm going."

她說：「呃，我就是要去那兒的。」

I said, "Where are you going?"

我說：「就是妳要去的地方？」

She said, "I'm going to visit the boys at the camp."

她說：「我就是來探訪一下在這裏紮營的男孩們。」

I said, "Oh. That's where I'm going."

她說：「噢，那我就是要去的地方。」

And so, there I drive in with Virginia.

就這樣，我就載著維吉尼亞進去了。

Of course, Freddy and Kessle said, "That son of a gun. What a double crosser he is! Says he's going to camp in Oliveria and he sneaks out and picks her up."

當然了，弗萊德和凱索(Kessle)就說了：「那個 x 子養的，真是個見色

忘友的傢伙！說他要到奧利弗里亞紮營，結果是溜出去找她了。」

The battle was on. Immediately they started making wisecrack remarks about me. Then Freddie said, "Ah, I know what he's doing. He's playing on her sympathy." So he led all the fellows in singing that song, "Sympathy."

於是戰爭開始了，他們立刻就開始說我風涼話了。然後弗萊德就說了：

「啊，我知道他在幹什麼了，他在玩弄她的感情。」，接著他帶著所有人開始唱那首歌，「感情(Sympathy)」。

And that got me furious.

這讓我很惱火。

I said to myself, "This is it. I'm going all out." I wasn't really terribly interested in her. She seemed artificial. But the challenge and what they were doing made me determined.

我就跟我自己講：「就這樣了，老子跟你們拼了。」，我並不當真對她有很大的興趣，她看起來其實有點忸怩兼矯作，但他們的挑戰和他們的所作所為讓我下定了決心。

I used the old head. Well, she lived in Oliverea so I had an advantage in that. Next she had a girl friend, Midge, who was one of the most brilliant girls you could ever meet. But she was as homely as she was brilliant. Luckily, her father was a wealthy doctor so she had the money to overcome the looks with unusually smart clothes. Virginia was jealous of Midge's mind. And Midge was jealous of Virginia's looks.

我動用了我那老謀深算的腦筋。先是，她住在奧利弗里亞我有近水樓台之利；再來是她有個女朋友，米姬(Midge)，她是你所能見到最靈

巧的女孩子之一。但她宅在家裏的程度和她的靈巧成正比。好在的是，她父親是個有錢的醫生，因而她有錢去利用異常巧思的衣服來補足她的外貌。維吉尼亞嫉妒米姬的靈巧，而米姬則嫉妒維吉尼亞的外貌。

I made a play for Midge only to get Virginia.

我引誘米姬以便得到維吉尼亞。

And it worked.

而且成功了。

But before that, one day Freddie invited Virginia to camp. She asked me for a lift. I said, "Sure."

但在這之前，有一天弗萊德邀請維吉尼亞到營地去，她要我幫他一下忙，我說：「沒問題。」。

Virginia and I drove into the camp where Fred and the boys were. As I parked the car, Fred immediately got in on the other side and started making a strong play for Virginia. I let it go on, I had no choice. I kept quiet until he said, "Oh, I think love is one of the most wonderful things."

維吉尼亞和我開車進入弗萊德和其它男孩的營地。我才停好車，弗萊德立刻靠到另一邊去開始強力的引誘維吉尼亞。我讓他去，我沒得選擇，我保持安靜直到他說：「喔，我想愛情就是最美妙的事了。」。

Then I said, "Fred, you are so right!" And I leaned over and put both my arms around Virginia and gave her a real warm kiss and held her tightly.

我才說：「弗萊德你說得完全正確！」，然後我靠過去用兩隻手臂環過維吉尼亞給她一個結實溫暖的吻並緊摟著她。

Fred almost died.

弗萊德差點死掉。

Virginia was floored because I really was not at that time that close to her. I had known her only a few days. After the incident was over, I told Virginia what I was doing. She didn't like it. She liked the attention of men and I was upsetting her chances with the boys.

維吉尼亞吃了一驚，因為那個時候我和她還沒有那麼親密，我跟她認識才沒幾天。事情過去之後，我跟維吉尼亞解釋了我到底是在幹什麼。她不喜歡這樣，她喜歡男人的注意而我是在搞擰她跟男生接觸的機會。

Virginia was a beautiful girl, and an artist. She outdid Hollywood sophistication. We became very close.

維吉尼亞是個漂亮的女孩，也是個藝術家。她超過好萊塢的高水平標準，而我們後來走的很近。

I was awfully nice to Virginia. I'd do anything and everything for her-except marry her.

我對維吉尼亞實在是非常好，我會為她做任何事--除了結婚以外。

Poetry, flowers, moonlight swimming together!

詩詞、鮮花、月光下一起游泳！

I fell in love. But because I wouldn't marry her, she later left me. That was rough.

我戀愛了，但是因為我不和她結婚，後來她就走了；那很難挨。

But the mountains! Up there it was heavenly! So ideal. No worries, no cares. Pure romance, swimming, handball, tennis, dancing at night, nature.

但是山裏，在上面像是個天堂！這麼理想，沒有擔心，不會在意。純粹的浪漫、游泳、手球、網球、夜晚的舞蹈、大自然。

It doesn't sound as though I had such a miserable life, does it, when I talk about that summer?

在我談起這個夏日的時候，是不是看起來我日子並不悲慘？還是有？

Ah, but what agonies when we were breaking up! One beautiful summer and a broken heart for years.

啊，但是當我們分手時那是多麼的痛苦啊！一個美麗的夏日，一整年的心碎。

‡~‡~‡~‡~‡

I had an unconscious fear of getting tied up in marriage, that was so strong it prevented me from ever marrying. Because I felt so bound up all the time I feared marriage would put a big increase on that non-freedom I was feeling.

我無意識裏有一種怕被婚姻束縛的恐懼，這感覺是這麼的強烈以致於我無法結婚。因為我時時刻刻都感受到一種束縛感，所以我害怕婚姻會大大增加我所感受到的不自在感。

I tried once to force marriage with an awfully nice girl from Elizabeth. This was toward the beginning of World War II.

我曾試過一次強迫自己和一個來自伊利莎白港的天壽好的女孩子
結婚，這差不多是在第二次世界大戰快要開打的時候。

President Roosevelt had signed the draft act. I thought, "Well, I might go to war and be killed. I should get married and leave some offspring."

羅斯福(Roosevelt)總統已經簽署了法案，我想！「這個，我可能會要參戰然後被殺，我應該結個婚先留下一後代。」。

So I said to Selma, point blank, "Would you like to get married?"

所以我直截了當的就跟歌瑪(Selma)說：「妳想結婚嗎？」。

"Yes!" she said.

她說：「想！」。

I said, "Okay, would you go down to the state of Virginia with me right now?"

我說：「那好，妳願意現在就跟我一起前往維幾尼亞州(Virginia)

嗎？」。

She said, "Yes."

她說：「願意。」。

So we took off for Virginia where you can get married right away. All the way down I couldn't talk. After driving a couple of hours, I swallowed hard and with a gulp 吞咽 asked, "Are you hungry?"

所以我們就朝可以即刻註冊成婚的維幾尼亞州出發了，一路上我都無法說話。開了幾個小時之後，我勉力的咽了一下口水，還咕一聲的問

說：「妳餓了嗎？」。

And she said, "Yes." 她說：「餓了。」

"Okay, we'll eat." 「好吧，那就吃飯。」

Throughout the meal I couldn't talk. I felt as though I were Atlas with the whole weight of the world on my back. But I was determined to go through with it.

一整頓飯我都無法說話，我覺得我就像是阿特力士(Atlas)背著整個世界一樣，但我還是決意繼續完成。

We crossed the Virginia state line and stopped at the first place with a sign "Marriages Performed Immediately."

我們跨過維幾尼亞州界就在第一個寫著「立即婚禮」的地方停了下來。

A minister came out and said, "Oh, you'd like to get married? Fine."

一個牧師走了出來，說：「噢，你們要結婚嗎？好的。」

When he said, "Fine," I blacked out for a moment.

當他在說：「好的。」的時候，我昏厥了一下。

Then he said, "Now, you have to take a place in town and stay three days before I can do this. The new law requires that." 然後他說：「現在，你們得在鎮上找個地方住上三天我才能夠為你們證婚，法律上的新規定。」

I saw my way out. "Oh! In that case, I can't wait because I must be back for work." It really was no excuse, it blurted out uncontrolled. I felt as though the world had rolled off my back.

我見到一道曙光了，「噢！這樣子的話我就不能等了，我得趕回去上班。」，這完全就不是個理由，但它就是不受控制的脫口而出；頓時我覺得有一顆地球從我的背上滾了下去。

I just couldn't go through with it.

我就是無法做到。

On the way home not a word was said.

在回家的路上沒有半個字。

After this incident I never saw Selma again. I was just too ashamed. I wanted to see her. But I just couldn't.

這件事情之後我沒再見到過歇瑪；我實在是太羞愧了。我有想過要去見她，但我就是做不到。

The marriage obstacle was unconscious then. Now, of course, I know what it was.

當時這個對婚姻的障礙是無意識的；現在，當然了，我知道那是什麼的。

Unconsciously I wanted freedom so much that I couldn't allow myself the tie of marriage.

我是無意識的這麼想要自在以致我無法容許自己再被婚姻給綑綁起來。

愛我們的敵人才是愛的高度 TO LOVE OUR ENEMY IS THE HEIGHT OF
LOVE

After that summer, and the break-up with Virginia, I decided to go abroad and escape from my unhappy world. The Depression was on and everything was so difficult. I was terribly unhappy and frustrated at the way my life was working out.

在那個夏天，以及和維吉尼亞分手之後，我決定出國並逃離我那個不快樂的世界。大蕭條還在持續當中而一切也都還很困難。我非常不喜歡我生命展現出來的樣子並感到挫折。

One hundred and twenty-five dollars bought me a roundtrip ticket to Liverpool, England, and launched me on a period of freedom from my inner extreme frustration, tensions and anxieties. I spent most of the time abroad in Helsinki.

我花了一百二十五美元買到一張往返英格蘭利物浦(Liverpool)的來回票，並開始了一段從我內在的極度挫折、張力和焦慮中脫離出來的旅程。我多半時間待在赫爾辛基(Helsinki)。

It was such an ideal, quiet, clean city! And the rate of exchange was so favorable. I'd get hundreds of their marks for one dollar. On three dollars a week, I had everything I needed.

那是個多麼理想、寧靜又乾淨的城市啊！而且匯率也很划算，我一美元可以換到他們的一百馬克。只要每週三塊錢美金，我就可以支應所有的開銷。

For that period I just lived. I had saved enough money from teaching.

那段時間裏我只是生活著，我在教書時存了足夠的錢。

I did nothing but observe. The nicest thing was the escape from me and my miseries. Here I was in a strange country, strange ways, language-everything different. It fascinated me and incidentally broadened me. I saw that what was right conduct in one country was often wrong in another. This taught me greater acceptance of all peoples and their ways. I believe I gained more of a practical knowledge of living and people by traveling than I had learned in four years of college.

我沒作什麼，只是觀看而已。最好的就是得以從我和我的悲愴裏脫離出來。在這裏我是在一個陌生的國度、陌生的習俗、陌生的語言、陌生的一切裏。這些都讓我著迷，也意外的打開了我的眼界；我看到在一個國家是對的行為，經常在另一個國家是錯的。這讓會我對人們和他們的方式變得具有較大的接納性。我相信我在旅行中所獲得的對生活和人民的實際知識，比我在大學四年中學到的還多。

I personally felt that traveling was the very nicest way of entertaining myself. Next to traveling, it was camping out in nature.

我個人覺得旅行是犒賞自己的最佳方式，其次就是在大自然中露營。

Even in Europe I always found a girl, and lived similarly as I did in America.

即便是在歐洲，我總是會找個女伴，並活的跟我在美國的生活相似。

‡~‡~‡~‡~‡

I came back from Europe in 1935 and sought a job as an air conditioning

engineer. I thought air conditioning was the coming thing. It was just starting about that time.

我 1935 年從歐洲回來並想找一份空調工程師的工作，我想空調將會是未來的趨勢，因為空調在那時才剛起步而已。

I applied for a job and was told by Kelvinator that they didn't need another engineer. I told them I'd work for nothing, and actually offered my services free.

我去應徵一份工作然而家榮華(Kelvinator)告訴我它們並不需要額外的工程師。我告訴他們我不要報酬，並實際的提供我的免費服務。

They started me and in a week or two paid me fifteen dollars a week. It didn't take long before I was getting fifty dollars a week. For that time it was excellent pay. I soon tired of the work and quit before the year was up. I figured out that I could sell at Kelvinator's cost and make their mark-up by going into business on my own. I used the address and phone number of a friend who was clerking in a legal office. My office was in my hat. I was my own salesman, engineer, installation man, electrician, plumber and serviceman.

他們啟用我，並在一個還是兩個禮拜之後，就開始給付我一週十五美元。到我得到每週十五美元之前的時間並不長，而在那個時候這已經是很高的薪水了。很快的我就厭倦這個工作了，並在年終之前辭了職。我和計出如果我自己開業來做，我能以家榮華的成本價來出貨，還可以賺到跟他們同樣的利潤。我用我一個在商務法律事務所當職員的朋友的地址和電話，而我的辦公室就在我的頭皮下。我是我自己的推銷員、工程師、組裝工、電工、水管工、和服務人員。

The first job I installed in the Red Cross Shoe store. When I put the job in, I did it in the way I knew would be the very best. I slowed the fan and slightly over-sized the equipment. I knew it would last.

我第一筆生意是在 1937 年，架裝在紅十字皮鞋行。當我架上去時，我以一種我知道效果會很好的方式來架裝；我減低風扇的轉速並把葉片稍稍加大。我知道這樣會比較耐用。

When I was selling the job. the store owner asked, "How do I know this is going to work? Two thousand dollars is a lot of money, you know."

當我在推銷這筆生意時，店東問我說：「我怎麼知道這個東西會管用？兩千塊錢可是筆大數目啊，你知道。」

I had an idea. I said, "If it doesn't work, you don't pay me! Just let me put it in, but sign the contract now."

於是我有了一個主意，我說：「如果這個不管用，你就不用付我錢！讓我先裝上去，只要先簽合同就行了。」

I knew that with his signature I could borrow money from the bank next door. To put the job in.

我知道只要他簽了字我就可以到隔壁的銀行貸點錢來把設備架上去。

I installed it, it worked well, and he paid for it.

我架好了，它也管用，而他也付錢了。

That started me off in the air conditioning business. I discovered I could work four months a year and make more than I made as an engineer working a whole year.

這樣就開始了我空調的事業。我發現我一年只要做四個月，所賺的錢比當工程師做一年的還多。

That was at the time my father died and left a luncheonette business with a ten-thousand-dollar indebtedness. So I ran the air conditioning business and the luncheonette at the same time. I just wanted to payoff the family debts and dump 拋售 the luncheonette. That's what I did.

這是在我父親逝世並留下一間簡餐屋以及一萬塊錢債務的時候，所以我是同時做空調生意和經營簡餐屋的。

I was restless and bored. I thought I would hit the big town, New York City. I dropped New Jersey and went to New York in 1938 with a smart idea. I opened up a very small and very efficient luncheonette called the Hitching Post. It was the smallest restaurant in New York, so said a newspaper eleven seats around a circular counter.

我馬不停蹄的在做但也覺得很乏味，於是我想到大都市去發展，紐約市。在 1938 年我帶著一個聰明的主意離開紐澤西到紐約去，我開了一間非常小也非常有效率的簡餐屋叫做駐馬樁(Hitching Post)的。

I designed the counter out of ash wood, and an old craftsman from Germany hand made the stools. They were beautiful so much more beautiful than the usual chrome and red plastic furniture of those days, The walls were mahogany. The whole place had a natural air of wood, with a fireplace in a corner.

我設計了白蠟木的櫃檯，並由一位德國的老師傅手工製做了高腳椅。

這樣看起來很漂亮，比那時候流行的黃、紅色塑料傢俱漂亮多了。牆

壁是紅木的，整個地方透露著木料的天然氣息。牆角還有一個壁爐。

I really engineered the food business. I was able to get the prices very low and the percentage profits very high.

我真的是工程化了食品生意，我可以把價格放的很低而報酬率又很高。

We sold a hot roast beef sandwich on a warm soft roll dipped in natural gravy for ten cents, and a hot Virginia ham sandwich on a warm soft roll dipped in natural gravy for ten cents. Our home-made buttercrust apple pie was baked on the premises, and a lamode or with a slice of cheese, the price was ten cents. The pie was really delicious.

我們的溫軟包炙牛肉三明治加天然醬肉汁只賣十分錢；而溫軟包熱維幾尼亞火腿三明治加天然醬肉汁也只賣十分錢；我們的家常奶油皮蘋果派是現場烘焙的，加上一片起司賣的也是十分錢。這派真的是很好吃。

Although these prices were very low, the percentage profit was much higher than the majority of eating places.

雖然這些價格都很低，投資報酬率則比多數賣吃的地方要高出許多。

By 1941 I had three Hitching Post restaurants going and a fourth was underway. I was making twelve hundred dollars a week and, at the time, living in the Hotel Taft on Broadway, New York City.

到了 1941 年我就有了三家駐馬樁並正準備開第四家之中。我一週賺一千兩百美元，那時候，住在紐約百老匯的太福酒店(Taft Hotel)裏。

I used to work twelve to fourteen hours a day-around the clock -seven

days a week. I always worked long hours-for two reasons: first, because I always started in business with no money; second, I need the difficult involvement to escape from my turbulent, unhappy mind.

我通常一天工作十二到十四個小時--馬不停蹄--每週七天。我總是長時間工作的原因有兩個：第一個，是因為我總是還沒錢就開始創業；第二個，是因為我需要個有難度的投入來逃避我騷亂、不快樂的內心。

Then the war interfered.

然後戰事開始了。

In July 1941 I was called in as an engineer for U.S. Maritime Commission in Washington, D.C.They needed ships to deliver the war material to England. I worked in the engineering plan approval division, on ships piping and machinery.

1941年七月我以工程師的名義被華盛頓特區的海事委員會(U.S.

Maritime Commission)所徵召，他們需要船隻來運送戰爭物資到英格蘭。我在工程計劃審核部，管的是船舶的管路和機件。

From the start of this job I always had the thought of leaving it and returning full time to the restaurants. However, I was locked into my job. Because of the war, I could not leave my employment. I was considered necessary to the war effort so they sent a deferment to my draft board.

打自一開始我就總想著要離開這個工作回去全時段的經營簡餐館，但是我被這個工作給陷住了。因為戰爭的關係，我無法離開我的職務；我的專長被認為是戰爭所需的，所以他們開了一紙延役令送到兵役處(draft board)去了。

Every Saturday afternoon at 1 p.m. I left Washington for New York, to look after the Hitching Posts; every Sunday night at 7 p.m. I'd drive back to Washington, 470 long miles, roundtrip.

每個禮拜六下午一點，我離開華盛頓回紐約照顧我的簡餐館；每個禮拜天晚上七點，我開車回華盛頓。一趟來回是 470 英哩。

But I couldn't operate them from afar, and I lost all the Hitching Post restaurants.

但我實在是無法遠距操持它們，所以我失去了所有的簡餐館。

At the Maritime Commission I was surprised to meet strong anti-Semitism amongst my fellow engineers.

在海事委員會時我很訝異於我工程師同僚間強烈的反猶太情緒。

When I first walked into the Commission, an elderly engineer said, "Come here." I walked over to him. He asked me if I were a Jew. When I told him, he said, "Well, I hate all Jews."

當我第一次走進委員會時，一個年事稍長的工程師說：「過來一下。」，我就過去了；他問我是不是猶太人。在我跟他說了之後，他說：「呃，我討厭猶太人。」

"Why?" I asked.

我問說：「為什麼？」

"Well, all Jews are crooks " he answered.

他答道：「猶太人都是小偷、騙子。」

"Are you calling me a crook?" I asked.

我說：「你是在說我是小偷、騙子？」

"Well, all Brooklyn Jews are crooks," he replied. So I answered, "I come from Brooklyn," although I really didn't. He just turned away and wouldn't talk with me anymore.

他答道：「呃，所有布魯克林(Brooklyn)來的猶太人都是小偷、騙子。」。

所以我回答說：「我就是從布魯克林來的。」，雖然我並不是。他就調頭走掉了，並從此不再跟我講話了。

That was my introduction to the Maritime Commission. My blood used to boil when confronted with anti-Semitism but I suppressed the anger, at least outwardly.

這就是我對海事委員會的自我介紹。每次在我面對反猶太情緒時，我都會熱血沸騰，但我會壓制我的憤怒，最少是表面上的。

At another time, one of my co-workers came up to me and said, "Oh, I got this thing in one of your stores." I said, "What do you mean?" I didn't have any stores in Washington.

另外有一次，我一個同組的人走過來跟我說：「噢，我在你一家店裏買到了這種東西。」，我說：「什麼意思？」，我在華盛頓並沒有分店。

"I got gypped " he said.

他說：「我被騙了。」

"One of my stores?" I inquired again.

「在我分店裏？」，我再問一次。

"You know, I bought it in a Jew-store."

「你知道，我在一家猶太人的店裏買的。」

That was the way it went, again and again, with my fellow engineers.

這就是事情發生的模式，一而再、再而三的，我的那些工程師同僚們。

While working for Kelvinator as an engineer in 1936, the senior engineer said to me one day, "You know, Lester, before met you I thought all Jews and niggers were the same. But now I think the Jews are a little bit better."

1936年在我還在家榮華當工程師的時候，有一天主任工程師跟我說：

「你知道，萊斯特，在碰到你之前我以為所有的猶太人和黑人鬼子都是一樣的，但現在我覺得猶太人是有比較好那麼一點點」。

These are not special incidents. This sort of thing went on all my life until I gained my freedom and realized that I was responsible for everything that was happening to me. Then it stopped.

這些並不是特例，這種事情一再的發生在我的生命裏，直到我獲得了自在並瞭解到我是所有發生在我身上的一切的責任主，它才停了下來。

I was beat up when I was a kid for being a Jew. In high school I was often ostracized and attacked. In college I joined a Jewish fraternity. The fellows I played touch football with in non-Jewish fraternity across the street wouldn't talk to me if they met me at a college dance.

我從小就因為我是猶太人而被揍；在高校時我經常被排斥和攻擊；在大學時我加入的是猶太的兄弟會，那些住在對街非猶太兄弟會和我打觸身式橄欖球(Touch football) 的傢伙們不會要跟我講話，如果他們在學院舞會裏碰到我的話。

I got this kind of treatment continuously all my life until 1952. I'd hear remarks all the time, everywhere, on the streets. I was never away from it.

我的一生持續的在遭受這種待遇一直到 1952 年。我在街上隨時隨地都聽得到評語，我從來也沒擺脫過這個。

When jobs were extremely scarce and I needed work, I was first accepted and then turned down by the Manhattan Project because I was a Jew. That was the project to develop the atomic bomb. I never was sorry about that one.

當工作機會極為稀少而我又需要工作時，我先是被曼哈頓計劃 (Manhattan Project) 所錄取然後再被否決，因為我是猶太人。那是研發原子彈的計劃，我從沒為這次惋惜過。

‡~‡~‡~‡~‡

I was classified 2B. Humorously, I thought that means to be here when they go and to be here when they come back.

我被歸類為 2B；好笑的是，我以為這就是說他們出征的時候我在這裏、他們回來的時候我也在這裏的意思。

2B meant essential to the war effort. Engineers especially were very needed to produce the goods. So that got me a deferment right through the war, although I was tied in as tightly as any man in uniform.

2B 的意思是說「戰事重點人員」的意思，特別是很需要工程師來生產物資。所以終其整個戰事我都獲有緩召令；雖然我還是跟個穿軍服的人一樣，被綁得死死的。

All my bosses were in uniform and were either generals or near-generals. I had no freedom to move around. I had to go where they sent me. So in a way it was like being in the Army without being in a uniform.

我的老闆全是軍人，不是將軍就是準將；我沒有自由選擇要去哪裏，我得到他們派我去的地方；所以從一個角度上來看，我就像是個沒穿軍服的軍人。

When I saw some of my fellow workers, who also had deferments, being drafted, I thought, "Well, one of these days I'll have to go."

當我看到和我同組一樣領有緩召令的一些人被徵召入伍的時候，我就在想；「嗯，總有一天我也是要去的。」

But I couldn't get myself to the place where I could kill. I just felt that I could never kill a man.

但我無法讓自己變到能去殺人的地步，我就是覺得我沒法去殺人。

But then I said, "Well, I'll have to kill I might get to the front line." So I began training myself so that in case I were drafted, I'd be able to kill. I used to read all the Nazi atrocities to the Jews and I'd imagine myself as being one of them.

但隨後我又說：「嗯，我必定要殺人，我有可能上前線的。」。所以我就自我訓練，以便一旦我被徵召我，就能殺人。我去閱讀所有納粹加諸猶太人的暴行，並假想自己也是其中的一個。

But even though I kept doing this for months, I still ended up with the feeling that I couldn't kill.

然而即便我持續這樣做了好幾個月，結果還是我覺得我沒法去殺人。

I said, "Well, if I have to, maybe I'll close my eyes and do it."

我說：「嗯，如果我必定要殺人，那我就閉著眼睛做好了。」

In 1943 I was shifted to Philadelphia. There I got fed up with ships and pipes, and worked my way into the U.S. Engineers, working out of 120 Wall Street, getting up plans and specifications for construction at army installations. I had gotten back home to New York City! That was my plan.

在 1943 年我被轉移到費城(Philadelphia); 在那裏我受夠了船隻和管路，我想辦法把自己弄進美國工程師協會(U.S. Engineers)，外役到華爾街 120 號工作，為軍方的建設工程做起草以及訂定規格的工作。

But through all this period, I was sick mentally with anxieties and depression, sick physically with ulcers, hay fever, gastro-intestinal imbalances and migraine headaches.

不過在這整個期間，我在心智上是有焦慮和憂鬱症，在生理上則是有腎結石、乾草熱、偏頭痛和腸胃道失整。

While I was in Washington I had begun to develop fears of going under a bridge or into a building, thinking they might collapse on me. Even though rationally I knew they couldn't, I couldn't get rid of the fear. I was forcing myself to go under railroad bridges.

在我還在華盛頓的時候，我開始對穿越橋下或走入建築產生恐懼，總覺得它們可能會塌到我身上來，即便我理性上知道不會，但我就是無法擺脫這種恐懼，我得強迫我自己才能走得過鐵軌高架橋下。

This made me think I was going insane. And when you think you're going insane, you really get scared! It drove me to seek a way out. I went into

the study of Freud with intensity.

這讓我想到我是不是要瘋了，而一旦你想到你快瘋了時，你真的會害怕起來！這促使我去尋求解決之道，我開始密集的研讀起弗洛伊德來。

Then I went into psychoanalysis. Four years of it-four times a week-under a former associate of Sigmund Freud. In 1946 I was discharged with the comment that some people cannot be helped.

然後我就去作精神分析，前後四年--每週四次--在前弗洛伊德協會 (associate of Sigmund Freud)。在 1946 年他們歸結說有些人是無法獲得助益的，就讓我畢業了，

It had done me no good.

這沒對我產生過療效。

當一個人真的在愛時他永遠不會受到傷害 WHEN ONE REALLY LOVES
ONE CAN NEVER BE HURT

After being turned away by my analyst I went my usual way.

在被我的分析師推開之後，我還是照我平常的方式過活。

When the war ended, having been a marine engineer for two years and a construction engineer for three years, I looked for a good business to get into. There was a dire shortage of homes, and lumber was hard to get. So I decided on the lumber business.

在戰爭結束後，我當了兩年海事工程師和三年的結構工程師，我在找

一門較好的生意來投入。那時住屋極度缺乏，木料的取得也很困難，所以我決定從去事木料生意。

I never had money when I started a business. I always had to work on ideas. Money does not make money. Ideas make money.

我從來都是在還沒有錢的時候就開始創業的，我總是得靠點子來運作。

錢不會賺錢，是點子在賺錢。

A planing mill in Canada charged three dollars a thousand board feet; in the States, the cost was ten dollars. Seven dollars was the normal profit per thousand feet. That made it a good business.

在加拿大刨木廠每千裁(board feet)的收費是三美元；而在美國，是十美元。每千裁通常的利潤是七美元，這使得這門生意有利可圖。

I got into my car and drove to Canada. For one dollar, I rented all the space around a planing mill in St. Raymond, about thirty miles out of Quebec City. In return, the owner of the planing mill would get all my business. I arranged for the sawmillers in the area to air-dry their timber there.

我上了我的車，向加拿大出發。以一美元代價，我在離魁北克市(Quebec City)大約 30 英哩的聖雷蒙德(St. Raymond)，租下了一個刨木廠周邊所有的空地；為了回報，刨木廠的業主將獲得我所有生意的訂單。我也安排了這地區的伐木工人在這裏乾燥他們的原木。

I got another fellow to work for me and handle the New York office which was my apartment on 225 West 23rd Street. We'd sell the lumber in the New York-New Jersey area, and he'd take orders and take care of the customers.

我有一個伙計為我工作和打點紐約的辦公室，那市在我 23 街 225 西的公寓裏。我們把木料賣到紐約-紐澤西一帶，他會收訂單和招呼客戶。

In Canada I'd have the planing mill take the lumber from the stacks of drying lumber, put it through a belt line through the planer into a railroad car.

在加拿大，我讓刨木廠從一堆堆乾燥中的原木中拿取原木，放到輸送帶上通過刨床再送到鐵軌車廂上。

The mill owner would seal the car, write out a bill of lading, hand it to me, and I would give him a check for the lumber and the planing of it.

刨木廠會把車廂封固起來、填發提貨單、交到我手上，而我會給他一張支付原木和刨鋸費用的支票。

I'd air mail the bill of lading to my man in New York. He'd run to the customer, get the customer's check, then deposit it to cover mine.

我再將提貨單用航空郵件寄給我在紐約的伙計，然後他去跑客戶、拿客戶的支票，然後回存來補足我這邊的差額。

I got up to shipping two carloads of lumber a day and I was making three hundred dollars a carload. I could have made four or five hundred a carload, but I was satisfied with three.

每天我都要出兩車的木料，而一車我可以賺到三百美元。我一車其實是可以賺到四或五百美元的，但我覺得三百美元就夠了。

Very early in this business, a customer left on vacation and was gone for

several weeks. That could've wrecked me as I needed his check to cover mine for the two carloads I had just shipped to him. I always had good credit but I was a stranger in Canada and one check bouncing would have ruined me. A carload averaged \$2500 and I had a \$5000 check that had to be covered.

在開始這門生意的早期，曾經有一個客戶跑去度假，而且一去就是好幾個星期。這一來可能危害到我，因為我需要他的支票來回填我出給他那兩車木料的空缺。我向來信用都維持的很好，但是在加拿大我是一個陌生人，只要一張跳票就會讓我全毀。平均一車木料是兩千五百美元而我有五千美元的空缺要補。

I immediately took an airplane back to New York City and asked two or three banks for a loan to cover my lumber. They asked what security I had, and I told them-none. I didn't get the loan.

我立刻搭機飛回紐約，並和兩三家銀行洽商貸款以回填木料的缺口。他們問我有沒有什麼擔保，我說沒有，於是我沒得到貸款。

I had to cover that \$5000 check or lose the business I'd just started. I remembered from the past how my confidence would flow over to the one I was speaking to. I figured I was lacking confidence. So I took two days off to develop it. I would bring up the feeling of confidence and strengthen this feeling until it just oozed out of me. Then I had it.

我得補足那五千美元的缺口，不然就會失去我那剛起步的生意。我記起以往我的自信是如何會影響跟我講話的人的經驗，我和計這是因為我缺乏自信的關係。所以我放下事務兩天來培養它，我帶動我那個自信的感覺並擴展這個感覺，直到它就是會從我裏面自己冒出來為止，然後我做到了。

I walked into a strange bank, the Trade Bank and Trust Company, on Seventh Avenue and 34th Street. I knew they were dealing with the big lumber companies and I figured they'd understand lumber.

我走入一家陌生的銀行，商務銀行暨信託公司(The Trade Bank and Trust Company)，在第七大道和第三十四街交口。我知道他們和大木料公司友往來，並估計他們應該懂得木料。

I wanted to see the president, but he was away on vacation. "Well, in that case," I said, "I'll see the VP."

我想見總裁，但他放假去了。「嗯，這樣的話」，我說，「那我見副總好了。」

They introduced me to him, the toughest guy in the bank. I knew I was going to get the loan. I never deviated from that.

他們幫我引見給他，全銀行最難搞的傢伙。我知道我就要得到貸款了，我從沒動搖過。

He asked many questions and I answered them. "All right," he said, "Come in tomorrow. I think I'll give it to you."

他問了很多問題而我就回答他。「好吧」，他說，「明天再來，我想我會給你的」

I went in the next day and he started asking more questions. I could see he did not want to give me the loan.

第二天我去了，而他開始問更多的問題，我看得出來他並不想貸款給我。

He asked, "Did you say this?"

他問：「你是說這個嗎？」

I said, "No, I said this." He was asking me about some very positive things that I had been thinking but had not voiced. I knew I had not said them. Yet he had picked them up! I thought it was very weird. To me mind reading was all nonsense in those days.

我說：「不是，我說的是這個。」，他在問我的是一些我想過但沒講出來的十分正面的東西。我知道我沒講過這些，但他卻接收到了！我覺得非常詭異；在那時候，讀心術對我而言完全是種胡說八道的東西。

In the middle of his questioning he stood up, reached over, grabbed my hand in both of his and said, "Be careful, just be careful, I'm letting you have it."

在他提問到一半的時候站起來了，靠過來，用他兩隻手握著我的手說：

「小心啊，要小心啊，我貸給你。」

My security for the loan was the invoice. I would invoice the customer, assign the invoice to the bank, and the bank would give me eighty percent of the invoice, which covered all my costs. Ten thousand dollars credit was granted. That got me going again-just in time. It took about six to eight days to clear a check, and now my check was covered.

我提供給這筆貸款的擔保是發票。我開發票給客戶，然後把存根簽發給銀行，銀行就會提撥百分之八十面額的款項，這就足以涵蓋我整個的成本。我獲得一萬美元的額度，這剛好讓我及時得以為繼，那時候的票據大約都要六到八天的時間才會交換，而現在我支票的缺口已經補上了。

Here's another strange incident. One time I wanted to make a good buy in lumber and needed \$4000 cash. I was in St. Raymond, Quebec at the time. I walked into the Royal Bank, wrote out a personal check for \$4000 on my New York bank and handed it to the cashier to cash. She called over the manager and he asked me, "What do you want it for?" 還有一件奇怪的事。有一次我想好好的大買一回原木，需要四千元美金。那時候我是在魁北克的聖雷蒙德，我走進皇家銀行(The Royal Bank)，簽了一張我在紐約銀行的私人支票共四千美元整，並交給出納兌現。她叫了經理，而他問：「你要這些錢做什麼？」

"I want to buy lumber." I said.

「我要買原木」，我說。

He simply replied, "Okay," and gave me the cash. As I walked out of the bank I thought how weird this situation was-I, a stranger, was walking out of the door with \$4000 cash in my pocket!

他就只回答：「好吧。」，就給我現金了。在我走出銀行時我心想，這真是很奇怪的一件事--我，一個陌生人，居然口袋裏裝著四千元美金的走出這個大門。

I went back and asked the manager why he had given me the cash so readily. I said, "You know I can walk out of this door and you could be out \$4000." He said, "I'm not afraid."

我調頭回去問經理為什麼他這麼胸有成竹的就兌我給現金。我說：「你知道我可以就這樣的走出這個大門，而你可能就要損失四千美元的。」，他說：「我不怕。」。

I said, shaking his hand vigorously, "Thank you. You're a hundred percent safe. You'll never be hurt." And I walked out.

我使熱烈的和他握手說道：「謝謝你，你是百分之百安全的，我不會害你的。」，然後走出大門去。

A stranger in a strange country-in a bank that I had not been in before-I wrote out a personal check for \$4000. Trying to understand things like that used to give me a headache, so I would drop thinking about it. I said to myself, "The confidence in me goes over to him. But what makes him so trusting, I cannot understand."

一個陌生人在一個陌生的國家--在一間從來沒去過的銀行--用私票兌了四千元美。想搞懂這種事情經常會讓我頭痛，所以我都把牠丟到腦後去。我心想：「我的自信感染到他了，但是究竟是什麼讓他這麼信任的呢？我搞不懂。」

I always got credit and I always paid back.

我總是獲得額度也總是有還回去。

‡~‡~‡~‡~‡

As I was buying direct from sawmillers and by-passing the Canadian brokers, it didn't take long for the brokers to gang up on me. I was the only American by-passing them and getting lumber they couldn't get. I paid the sawmillers more, so I got the first choice on the lumber.

因為我都是跳過加拿大掮客的仲介直接跟伐木工人購買原木，沒多久這些掮客就聯合起來對付我。我是唯一跳過他們還買得到連他們自己都買不到的原木的美國人，因為我付給伐木工人的錢比較多，所以我

買得到首選的原木。

I had started this way: I met a Canadian sawmiller who had twelve or fourteen kids. I asked why he let his kids run around in the winter without shoes. He broke down and cried, and said he didn't earn enough money to buy his kids shoes. The Canadian brokers were cruel to the sawmillers. They wouldn't let them make a living, even when lumber was as valuable as gold.

事情是這麼開始的：我遇到一個加拿大伐木工人，他有十二還是十四個小孩。我問他為什麼讓他的小孩在冬天裏不穿鞋子四處跑；他當場崩潰並哭出來，說他賺不到足夠的錢來幫他的小孩買鞋子。加拿大搨客對伐木工人很殘酷，他們不讓伐木工人有生活，即使在原木貴的像黃金一樣的時候。

I told the miller that I'd give him three dollars more per thousand feet for his lumber. It was the normal profit he should've been making. After that, naturally, I got all the lumber I wanted from him and all the other sawmillers.

我告訴這工人我願意多付給他每千裁原木三塊錢美金，這是正常他該賺到的利潤。這之後，自然的，我就從他以及其它伐木工人得到我所要的的原木了。

I had accumulated about \$80,000 worth of inventory when the Canadian brokers got after me.

在加拿大搨客盯上我時我已經屯積了大約價值八萬塊美金的木料了。

They filed a charge against me for trying to leave the country while owing them \$15,000. They did it late on a Friday afternoon, knowing that I wouldn't have time to get a bond before Monday.

他們提出告訴，指控我在積欠他們一萬五千美金的情況下，企圖離開這個國家。他們在星期五下午很晚才遞狀，知道這樣我在星期一前是找不到保人的。

The judge ordered me to jail until the bond was posted. I was so furious that I held on to the bars with such strength that the jailer couldn't push me into the cell. We were locked in a struggle.

法官判定我羈押到交保為止。我飆怒的緊握鐵條，緊到獄警都無法把我推進勞房裏，牢房是在爭扎中鎖上的。

A lawyer, who happened to be there, saw what was going on, felt sympathy for me, and vouched for me. I was released on his recognizance. After that I made him one of my attorneys.

剛好有一個律師在那兒看到這個情形，覺得很同情我並幫我作擔保；我是在他的具結下被釋放出來的。這之後我延聘他當我的辯護律師。

While the court case was on a stranger, who worked in the court, came up to me and said, "You know, you're going to win the case, but they're going to refile the same charge for \$50,000."

當這樁訟案交辦到一個在法院裏工作的陌生人時，他來找我說：「你知道，這件案子你會勝訴，不過他們打算重遞同樣的訴狀，這次說是五萬美元。」

I quickly saw my lawyer and he told me that I'd have to go to court for every charge and prove my innocence. The brokers had a scheme to keep

me continuously tied up.

我很快的去見我的律師，他告訴我我得每個指控都到庭證明我的清白，這些搨客是有計畫的要把我給綁死的。

I knew I was licked. Before the verdict came out, I went home, packed my things, and flew to New York to gather myself and make a decision as what to do next.

我知道我是被耍了。所以在判決出來之前我就先回家打包行李，並飛回紐約收拾自己以及決定再下來該怎麼做才好。

The owner of the planing mill was a good fellow, so before I left I said to him, "Look, you take care of my things. There's a lot of money here, about \$80,000 in lumber that I've paid for. Fight this out in court for me." He agreed.

刨木廠的業主是個好人，所以在我離開前我告訴他：「聽著，你幫我看住東西，這是很大的一筆錢，大約有八萬美金在這些木頭上，幫我打完這場官司。」，他同意了。

It took many years of court actions until the court ordered the lumber sold to pay costs. I lost everything. I zeroed again.

這場官司打了許多年，直到最後法院裁定變賣這些原木以支付費用為止。我失去了這一切，我又歸零了。

不論何時當一個人感覺良好時她就是在愛中 不論何時當一個人感覺不良時她就是不在愛中 ANYTIME ONE FEELS GOOD ONE IS LOVING
ANYTIME ONE FEELS BAD ONE IS NOT LOVING

Losing businesses seemed to be a habit with me, but that didn't stop me. A week after I left Canada I flew to San Francisco looking for lumber in northern California. I was there for only a few weeks, when I was informed that there was a good deal in New Mexico. Within a week I landed in Albuquerque.

似乎失去生意對我有習慣性，但這並阻止不了我。在我離開加拿大一個星期以後我就飛到舊金山(San Francisco)去找尋北加州(northern California)的原木。我在那裏只待了幾個星期，在我得知新墨西哥州(New Mexico)有一大堆這個東西時，我一個禮拜之內就在阿布奎基(Albuquerque)落地了。

I bought a sawmill and a planing mill for one dollar. The mills were in debt for almost \$100,000 and the bank had foreclosed them. The bank sold them to me for one dollar with my promise that I'd pay off the bank first, and then the labor.

我用一美元買下一座鋸木廠和刨木廠，這間工廠因積欠債務幾達十萬美元，所以銀行將拿來它拍賣。銀行之所以會賣我一美元是因為我承諾我會優先清償銀行債務再來支付工資。

I never had been in that business before. But here I was with an opportunity to get lumber, a scarce commodity, right at the source--the tree.

我以前從沒做過這門生意，但在這裏我有取得原木的機會，一種珍貴的商品，就在它的來源上--樹木。

The sawmill was in Datil. The planing mill was very large, covering about half a mile alongside the railroad in Magdalena, with huge trucks,

conveyors and equipment. I soon had a tremendous operation going, and I liked the bigness of it.

鋸木廠在達堤爾(Datil)。刨木廠非常大，延著梅格達萊納(Magdalen)鐵道綿延約有半英里長，裏面有巨型卡車、輸送帶和一些設備。很快的我就有一個很龐大的作業開始運作了，而我喜歡這種浩大的感覺。

I started up the operation, managed to payoff all the debts-then the market for lumber collapsed! More than half of the post-war business was in the hands of small sawmillers like me. So the two biggest moguls had gotten together and suddenly dropped prices below our costs.

我開始營運，並打算清償所有的債務--然而原木市場卻崩盤了！超過一半的戰後生意都是掌握在像我們這樣的小型鋸木廠手裏的。所以就有兩個重量級的業者就聯手起來將原木價格突然降到成本之下。

I had millions of board feet of paid-for lumber cut and drying, and owing the bank about \$150,000 on it. I sold it for less than it cost me, paid off the bank, and ended up with nothing.

我有好幾百萬闊呎(board feet)的原木切削和乾燥的費用要支付，因而積欠銀行十五萬美元。我以低於成本的價格將它們賣掉，還清銀行債務，然後一無所有的畫下了句點。

I was left with some old lumber, so I decided to build homes with it. I got a commitment for twelve homes from the Federal Housing Administration guaranteeing \$100,000 of mortgages. All I needed was to own the land I wanted to build on. For next to nothing I was able to get title to enough land.

我有留下一些老原木，所以我決定拿它們來造房子。我得到聯邦住屋局 (The Federal Housing Administration)一紙十二座住宅，並擔保會有

十萬美元抵押借款的委託狀，我所需要作的就是去找塊蓋房子的用地。

在幾乎兩手空空的情況下，我這才有能力取得足夠的土地。

I did a beautiful job on those houses, as though I was going to live in them myself. The town fathers were selling similar houses for \$12,500; I was selling them for \$8,000, and still making \$1,500 per house.

這批房子我蓋得很好，就像是我自己打算住進去的一樣。這小鎮的鎮

長也在販售類似的房子，要價是一萬兩千五百美元；而我只賣八千美

元，還每戶可以賺到一千五百美元。

Labor was working then at forty cents an hour. I said to the men, "I'll start you at eighty cents an hour and if you're good I'll give you a dollar. If you're not, I'll let you go." I didn't realize that I was spoiling the local low-cost labor market.

那時候的工人每小時的工資是四十分錢，我跟那些人說：「我給你們

起薪每小時八十分錢，如果做的好我就給你們一塊錢，如果做不好我

就請你們走路。」，我並沒有意識到我正在剝奪當地的廉價勞工市場。

So the town fathers went for me.

所以鎮長就來找我了。

They sent Leslie to get me. He had been discharged from the army as a mental case. He entered my kitchen through the back door, sat on the edge of the kitchen table and told me that I had to leave town. When I refused, he pulled out a forty-five pistol, steadied his hand on the table with his finger on the trigger and as he said, "I'm going to let you have it," my eyes focused on his trigger finger and I thought, "Is this true? Can I be killed? Maybe he'll miss or just hit me on the shoulder."

他差遣萊斯利(Leslie)來找我，他因心智問題剛從軍中退伍。他從後門

進到我家的廚房來，坐在餐桌邊邊上告訴我說我得離開這個城鎮。當我拒絕時，他掏出了一把點四五口徑的手槍，把手靠在桌子上手指扣在扳機上說：「那我就讓你走。」。我眼睛盯在他在扣扳機的手指，心想：「這是真的嗎？我會被殺嗎？說不定他會失誤或者只是打在我的肩膀上。」

As he began to squeeze the trigger I said to myself, "This is impossible! It can't be!"

Immediately on that thought there was a sudden loud rapping on the front door. Leslie, startled, stopped his action and ordered me to go into the living room, answer the door and tell the party, "I'm busy."

在他開始扣緊扳機時，我跟自己說：「這不可能！這怎麼會！」。就在這個當口突然前面有人在用力的敲門，萊斯利驚了一下收住了動作，並叫我到起居室去應門並告訴對方「我正在忙」。

I opened the door, and as I started to say, "I'm busy" my next door neighbor, not listening to me, brushed me aside, walked into the kitchen, exclaimed to Leslie, "What are you doing with that gun?" and took it away from him.

我開了門，就在我要說「我在忙」時，我鄰居聽都不聽的就衝了進來，走到廚房對著萊斯利叫說：「你拿那把槍幹什麼？」，就從他手上把它給奪過來了。

I never could understand what impelled him to come in the nick of time, nor could he tell me more than just, "I had a feeling to come in."

我從來也無法理解到底是什麼促使他在這千鈞一髮的時後及時趕過

來的，而他除了：「我就是有壹種想要進來的感覺」外，也說不出個所以然來。

Being a strong defender and a fighter for principle I said to myself, "I'm going to throw the legal book at that guy." But then I figured, "Hell, he's got two kids and a wife." So I went to him and said, "Les, I'm forgetting about that incident." He was so relieved that he grabbed me by the hand, shaking it and exclaiming, "Thank you, Thank you."

我是一個會對原則加以強力捍衛和抗爭的鬥士，我對自己說：「我要對這個傢伙狠狠的提出告訴。」；然而我又想到：「天殺的，他還有妻子和兩個小孩。」。所以我走過去跟他說：「萊斯，我不想計較這件事了。」；他大大的鬆了一口氣，握著我的手大聲的說：「謝謝你！謝謝你！」。

Then Manuel got after me. He entered my home and said, "If you don't give me \$600 for the masonry work I've done, I'm going to beat you up." The job was worth only \$50.

接著是曼紐(Manuel)來找我了，他進到我家裏說：「我砌磚的工錢如果你不算六百塊錢給我的話，我就揍你。」，而那工作實際只要五十塊工錢。

Manuel was a big bruiser and he had another even taller and tougher friend with him. This was rough country.

曼紐是一個愛鬥狠的彪形大漢，而且和他一道來的還有一個塊頭比他更大、更難搞的朋友；這真是個野蠻國家。

I said, "You can go to hell!" The two of them started for me, and as they did, I got an idea.

I held my hand to stop them and said, "Okay, I'll give you the money." I sat down and wrote out a check for \$600.

我說：「去死吧你！」，結果他們兩個就準備動手了。在他們要動手時，我想到一個點子；我作出手勢要他們停下來並說：「好吧，我給你錢。」。然後我坐下來開了一張六百元的支票。

The moment they left, I called the bank and stopped payment on the check.

他們一離去，我就打電話給銀行止付了那張支票。

Then I got into my car and drove to the bank. As I reached the entrance they were coming out. I yelled, "Ha, Ha, Ha," right in their faces. I knew they wouldn't do anything in public.

Manuel said, "You son-of-a-bitch! I'm going to get you. You wait."

然後我上了車並開到銀行去，在我抵達的時候他們剛好從裏面出來；我就當著他們的面對他們大笑：「哈！哈！哈！」，我知道在公眾場合他們不敢對我怎麼樣。曼紐就說了：「你這婊子養的！我會找你算賬的，你給我等著瞧」。

After that I thought, "If he tried it one time, he could do it again. I'd better do something." So I went up to the college of mining in town where I knew a student who had a fast repeater pistol, a P-38, and I borrowed it. From another friend I borrowed a rifle.

之後我心想：「他會做第一次，就可能有第二次，我最好想點對策。」。

所以我就到城裏的礦冶學院去，我知道有個學生有一把 P-38 手槍，

我跟他借了；再向另外一個朋友借了把來福槍。

Later Manuel and his buddy came back. I met them outside my home and pulled the pistol on them.

稍後曼紐和他的兄弟來了，我到門外會見他們並拔出手槍指著他們。

"If I ever see you guys within seeing distance, I'm going to kill you!" I said.

我說：「別讓我再看到你們，不然我就宰了你們！」

The taller one said, "Oh, you're pretty big with a gun."

個子比較高的那個說：「噢，你拿把槍就了不起了嘛。」

I answered, "Big enough to kill you right now," as I aimed for his head and pretended I was pulling the trigger. His legs buckled but he caught himself from falling. I was under full control at the time and kept my cool.

我回答說：「夠現在就把你們給宰了。」，同時我瞄準他的腦袋並假裝正在扣緊扳機。他的腳絆了一下，他抓了一下才沒跌下去。我完全掌控了局面並一直保持我的冷靜。

They went away scared. They bothered me no more.

他們被嚇跑了，再也沒回來騷擾我過。

When I went into my bedroom, saw the rifle by my bed, the pistol in my hand, I said to myself, "What the hell is going on here, Lester? Are you mad? You're not a gunman. What am I doing?"

當我回到臥房，看著床上的來福槍和手上的短槍，我對自己說：「這到底是怎麼回事，萊斯特？你瘋了嗎？你並不是殺手，我這到底是在

幹什麼啊？」

All this was during the time that I was on phenobard to knock out the migraine headaches, and dexadrene sulphate to keep me going. I had to drink every weekend to escape the so heavy world, to be able to face it again on Monday morning. I really was down, down.

這些都是我還在服用鎮痛劑以克服偏頭痛，以及使用中樞神經刺激劑來維持我行動能力時候的事；每個週末我都得用酗酒來逃離這個沉重的世界，以便週一早晨還能再度的面對它。我真的就是消沉又消沉的。

Looking at the guns, I made the decision right there and then to get out. What the hell was I doing here? My friends and family were back East.

看著槍，我在當場就做了決定並走了出來。我到底是在這裏幹什麼啊？

我的家人和朋友都在東部啊。

I packed up, pulled out of the area and headed East.

我打包了行李，離開這塊地方，回東部去了。

I arrived in New York and immediately got over busy. Not only did I start two miners working a lead mining claim in Belin, New Mexico, but at the same time raised funds and started drilling for oil in Kentucky. The work load and my anxieties culminated in a coronary thrombosis.

我到達紐約就又立刻忙碌起來，我不僅開始開採兩個在貝琳(Belin)和新墨西哥(New Mexico)發現的鉛礦，同時也籌設基金開始在肯塔基(Kentucky)鑽起油來。最後由於我的工作量和焦慮，終於引發了冠狀動脈阻塞的心臟病。

This extremity was the turning point in my life.

這個極端狀況也就是我生命的轉戾點。

貳: 自在

愛會消弭恐懼 愛才是至上的 LOVE ELIMINATES FEAR LOVE IS THE
ULTIMATE

I was told by the doctor not to exert myself, that I must live a sedentary life, because I could drop dead at any moment. This scared me almost to death! After several days I said to myself, "I'm still alive! Drop this useless fear and instead use all you've got to see what you can do about it."

醫生告訴我說不能操勞我自己，我必須過著靜養的生活，因為我隨時都可能死去。這話把我嚇得半死！幾天後我跟自己說：「我還活著！別管這些沒的恐懼，相反的，盡所能的看你能對這狀況做些什麼。」

I resolved that either I get the answers or I'll take me off this earth, that no coronary was going to do it. And I had the where-with-all, enough morphine to do it-and in the most pleasant way. The doctors allowed me to have morphine to use when I would be overtaken by a kidney-stone attack.

我決定要不就是找到答案要不就是我自己離開這個世界--不勞我的冠狀動脈來做這事。我擁有足夠的嗎啡可以以一種最愉快的方式來做這事。醫生許可我自帶嗎啡以便碰到腎結石發作熬不住時使用。

The major thing I did after my coronary thrombosis was cut out from the world, one hundred percent. Formerly, I had been very active socially in the arts, opera, jazz, ballet and theatre, whenever I was in New York. It

was my necessity for escape.

在我罹患冠狀動脈血栓後，我所做的最主要事情就是百分之百的切斷和這個世界的關連。在以前，不論任何時候只要我在紐約，我在藝術、歌劇、爵士樂、芭蕾和戲劇方面都很有社交活躍性，這是我用以逃避的必需品。

However, for three months I stopped all social activity, did no dating, and even cut out the weekend visits to my sisters and their families. I also cut off the phone.

然而，整整三個月我停止了所有的社交活動，沒有任何約會，甚至停止每週末對我姐妹和她們家庭的探視。我也切斷了電話。

It was a total cut-out from the world. I isolated, right in New York City. I'd only go out to buy food between 2 and 5 A.M. when the city streets were the emptiest. Stores were open all night in Manhattan. I saw no one except the grocer.

那是完全地切斷與這個世界的關連，我把自己隔離起來--在紐約市裏。我只在凌晨 2 點到 5 點間街道上最空蕩的時段出去買食物，曼哈頓的商店都是通宵營業的，我除了賣雜貨的以外沒見過任何人。

I was all out, hellbent on getting the answers.

我豁出去了，不顧一切地在追求答案。

I had spent over forty years of my life, mostly very unhappily. Friends would tell me, "Gee, Lester, you've got everything." I felt I had nothing.

我已經花掉自己人生的四十多年，多半時候是不快樂的。朋友們告訴我說：「啊，萊斯特，你已經得到了每一樣東西。」，但我卻覺得我

什麼也沒得著。

I had a nice family and an unusually loving mother. I was given a good education. I was living on 116 Central Park South-and in the penthouse. My friends were many. But my life was unhappy and sick. I had suffered twenty years with hay fever, fifteen years with ulcers and a half dozen perforated ulcers, enlarged liver and kidney stones. About twice a year I'd get jaundiced. I developed migraine headaches. Then heart trouble. And fear, anxiety and frustration all my life.

我有一個很好的家庭和一位異常有愛心的母親，我得到了良好的教育，我住在南中央公園 116 號--以及閣樓裏，我有很多朋友，但我的生活是不快樂並充滿病痛的。我被乾草熱折磨二十年了；患潰瘍 15 年，有半打穿孔性潰瘍；肝腫大和腎結石；大約一年會黃疸兩次；有偏頭痛；然後是心臟病。並且恐懼、焦慮和挫折感充斥於我的一生。

After my coronary I was told I might drop dead any minute. "Don't climb a stair unless you absolutely have to," I was warned.

在我冠狀動脈血栓後，我被告知我隨時都有可能會死去。我被警告說：

「除非絕對必要，不可以爬樓梯。」

That was in 1952. I was forty-three years old.

那是在 1952 年，我 43 歲的時候。

I was desperate.

我那時很絕望。

This fear of dying scared me more than I've ever been scared in my life. It caused me to conclude with determination, "Either I get the answers, or

I'll take me off this earth. No heart attack will do it!"

這死亡的恐懼對我的驚嚇遠超過我畢生所遭遇過的驚嚇。這讓我下定決心：「要不就是找到答案，要不就是我自己离开这个世界，不讓心臟病做这事了。」

And I had a nice easy way to do it, too-morphine that the doctors had allowed me for my kidney stone attacks.

而我有好又容易的方法可以做到--嗎啡，醫生允許我在腎結石發作時使用的。

That determination to get the answers was the thing that gave me full realization of what life and happiness are.

那個想找到答案的決心，就是讓我對生命和快樂是什麼完全明瞭的東西。

After a few days of fear of dying, I resolved that there was nothing I could do brooding about it.

在幾天的害怕死亡之後，我明白了在這之中並沒有什麼我可以去怨懟的。

I started thinking of a way out. I sat alone in my apartment and just thinking, thinking, thinking.

我開始思考答案，我獨自坐在公寓裏思考、思考再思考。

I had a problem and had to get the answer. So I sat me down and said, "Lester, you were considered smart. You were an honor student in high school. You won a scholarship when only three scholarships to Rutgers University were awarded through competitive, statewide examinations.

You were an honor student in college." But for all of that, I was dumb! dumb! dumb! I did not know how to get the very elementary thing in life-how to be happy!

我有一個問題並且必需得到答案。所以我坐下來對自己說：「萊斯特，你是個聰明人。在高中你是一個榮譽生，你通過競爭激烈的州考試，贏得了只有 3 個名額的羅格斯特大學獎學金，你在大學裏也是一名榮譽生。」但儘管這樣，我還是笨！笨！笨！我不知道怎樣去獲得生命中最基本的東西--如何變得快樂！」

Well, what do I do?

那，我該怎麼辦呢？

All of my past knowledge was useless. So I decided to drop it all and start from scratch.

所有我過去的知識都不管用，所以我決定把它們全都扔掉然後從零開始。

Okay. Well, what am I? What is this world? What is my relationship to it?

好，那麼，我是什麼？這個世界是什麼？我和它的關係又是什麼？

I began reviewing the little happiness I had known and it was always related to a woman.

我開始回頭檢視我所記得的小小幸福，而那總是跟女人有關。

"Oh, being loved by a woman is what happiness is!" Then I thought, "Well, here I am. I've had and still have lovely women wanting me. But I am still miserable!"

「哦，被女人所愛着就是幸福！」然後我想，「好，看看我自己，我

曾經擁有過並且現在仍有可愛的女人想要我，但我仍然是很悲悲哀的！」

I thought, "Then it's not being loved!" I began reviewing it again and I discovered that when I was loving them-then, I was happy.

我想，「那麼那就不是被愛著！」於是我又再回頭檢視，然後我發現當我在愛她們的時候，這時，我是幸福的。

Conclusion: my happiness equates to my capacity to love.

結論：我的幸福對等於我能夠去愛的容量。

Then I went through a very keen process of trying to love others. I would review my past behavior. Where I thought I had been loving, I saw I wanted to be loved. For instance, when I saw that I had been nice to a girl only because I wanted something from her, I would say, "You son-of-a-gun, Lester. Correct that!" Then I would love her for what she was, not for what I wanted from her. I kept on correcting this until I could find no more to correct.

我操演了一個非常深切的試著去愛別人的程序，我會檢視我過去的作為。在我認為我是去愛的地方，我看到其實我是想要被愛。比如說，當我看到我之所以會對一個女孩好，是因為我想要從她那裏得到些什麼時，我會說：「你這個婊子養的，萊斯特，矯正它！」然後我會就她原來的樣子去愛她，而不是因為我想要從她那裏得到什麼。我不斷的矯正這些，一直到我找不到可以矯正的為止。

The next big awareness that came to me was what intelligence is. I got a picture of a single overall intelligence that each one of us is blindly using,

available to us to the degree we do not cut off.

下一個迎向我的大覺識(Big Awareness)是「智能(Intelligence)是什麼」。

我得到一個我們每一個人都盲目的在使用它的單一的總體智能的樣貌，一個依我們對它未切斷(not cut off)的程度而得以使用的智能。

I also discovered that I am responsible for everything that happens to me. Then I discovered that every thought materializes, sooner or later. Thereafter I took responsibility for everything that was happening to me. Looking for it, the initiating thought would come up in mind, and it being conscious, I would then be able to drop it.

我也發現我是所有發生在我身上的每一件事情的責任主。然後我發現每個想法，或早或晚，都是會實物化的。從此我對發生在我身上的每一件事情都負起責任。只要去搜尋，那個原始的想法就會浮現到心底變成有意識的，然後我就能夠放掉它。

I was letting go and undoing the hell I had created. By squaring all with love, trying to love rather than trying to be loved, and by taking responsibility for all that was happening to me; finding my subconscious thought and correcting it, I became freer and freer, happier and happier.

我釋放(letting go)和解除(undoing)我自己所創造的地獄，經由以愛相乘--試著去愛而不是想要被愛；以及對發生在我身上的一切負起責任；搜尋我潛意識中的思想並加以矯正。我變得越來越自在、越來越快樂。

The picture of intelligence that I received I think is interesting. I suddenly got a picture of the amusement park entertainment consisting of bump-cars that are made difficult to steer so that the drivers continually

bump into each other.

我所接收到的智能的樣貌，我覺得是很有趣的。我突然冒出一個遊樂園裏的碰碰車(Bump-cars)因為難以操控所以大家不停碰來碰去的景象。

They were all getting their electrical energy from the wire screen above, through a pole coming down to every car. The power above was symbolic of the overall intelligence and energy of the universe coming down the pole to me and everyone else, which we were all using and bumping into each other, instead of driving along together in harmony.

它們都是從上方的電網取得電力，透過一根連桿送到每輛車上。上方的電力是總體智能的象徵化，而宇宙的能量透過連桿送向我和其它的每一個人，但我們都用來互相碰撞而不是一道協調地行駛。

We use this intelligence in life and we just bump! bump! bump! That was the first picture I got of life and intelligence.

我們在生命中使用這種智能，然而我們只是碰！碰！碰！這就是我所得到的第一個生命和智能的景像。

We all have a direct line to that infinite intelligence up there and we are using it blindly, wrongly, and against each other.

我們都有一條連接上方無限智能的直通線，而我們是在盲目的、錯誤的使用它並互相對抗。

For the first two months I was getting answers to, "What is happiness, intelligence and love?" As the answers came, I was gradually being unburdened of my miseries and tensions.

在前兩個月中我獲得了「什麼是快樂、智能和愛？」的答案，當這答

案出現後，我逐漸的卸下我的悲悽和張力的負擔。

‡~‡~‡~‡~‡

The very first insight was on love, seeing that my happiness was determined by my capacity to love. That was a tremendous insight. It began to free me. Any bit of freedom when you're plagued feels so good. I knew that I was in the right direction. I had gotten hold of a link of a chain and was determined not to let go until I had the entire chain.

最首先的洞見是愛，看到了我的快樂取決於我去愛的容量。這是一個非凡的洞見，這讓我開始變得自在起來。當你在遭受折磨時，任何一點的自在都會讓你感覺到非常地好。我知道我是踏在正確的方向上的，我抓到了一條鏈條的一端，而我決定不將整條鏈條拉出來絕不罷手。

Then I saw that my sum-total thinking was responsible for everything happening to me, and that gave me more freedom. I could control my life by undoing the compulsive behavior, all of which had been determined in the past, and was now subconscious.

然後我看到我所有思想的加總就是所有發生在我身上的一切的責任主，而這給了我更多的自在。我可以藉著解除那些過去所決定而現在成為潛意識的強迫性行為來掌控我的生命。

The third phase was discovering and recognizing who and what I really am. I began to see that we are infinite beings with no limitations; that all limitations were only concepts in our minds, learned in the past, and being held on to.

第三個是發現並認知到我到底是什麼以及是誰。我開始看到我們都是

沒有任何限制的無窮存在；看到唯一的限制就只是那些存在於我們自己心中，從過去所學來並執持到現在的限制性觀念而已。

When we see what we really are, we can see that we are not that limited being that we had thought we were, and we can then easily drop the limitations.

當我們看到我們自己真正的本質後，我們就能夠看到我們並不是我們所以為的有限制性的存在，然後我們就能夠很容易的拋棄掉這些限制。

Working on those three things, I became freer and freer. My heart became lighter. I was happier, more at peace. My mind got quieter. Then my curiosity took me all the way. I said, "If this is so good, I must find just how good it can get. I'll go the limit."

經由這三方面上的努力，我變得越來越自在。我的心變得輕盈了，我更快樂了，更安祥了，我的心智變得比較安靜了。然後是我的好奇帶著我走完全程的；我說：「如果這真的是這麼好，那我就一定要搞清楚它究竟能好到什麼地步，我要走到邊際。」

I'd had a life mostly of misery. So when this wonderful thing of happiness began coming in, I wanted all of it. I doggedly kept at it.

我有的是一個泰半悲慘的人生，所以當這個美妙的幸福開始到來時，我就想要它的全部，我頑強的堅持這一點。

And then all of a sudden powers fell in on me. I could know anything anywhere.

然後突如其來的，能力落到我身上來了；我能夠知道任何地方的任何

事。

I saw there were people just like us on endless numbers of planets.

我看到在無以數計的星球上都有著就像我們一樣的人類。

Then I took a look across the country to Los Angeles. I called up this friend and said, "In the living room there are three persons," and so on. I started telling him what was going on. Dead air! Suddenly I realized I had frightened him. I had to cut the conversation short.

然後我看了一下在國土另一端的洛杉磯，我給這位朋友撥了個電話說：

「在客廳裏有三個人，」等等。我開始告訴他正在發生些什麼事。一

片死寂！突然間我意識到我已經嚇到他了，我得把談話切短了。

I was amazed at the very pleasant sensation of watching divine laws in operation. The fascination was not the powers themselves, but the watching and witnessing of the divine laws operating. I really didn't feel like the doer.

我很驚訝於那種觀看神性法則運作時的異常愉悅感受。迷人的並不是它們力量的本身，而是對於神性法則運行的觀看和見證。我真的不覺得像是一個行為者(doer)。

I knew these things were not to be latched on to. I knew that if I got interested in them, I'd stop progressing.

我知道這些事物是不該去黏著的，我知道一旦我對它們產生了興趣，就會阻礙到我的前進。

I had seen by this time that this world is a mentation -a dream. So to get interested in the dream again through interest in powers would trap me

back into what I was wanting to get out of.

在這一次裏我看到世界是一種精神作用--一種夢境，所以對夢境又再度產生興趣--對力量產生興趣--會把我陷回到那個我一直想要掙脫的。

Toward the end of my period of seeking, I one day saw that, my gosh! This whole thing is like a dream in my mind, just like a night dream! And it's a dream that never really was any more than a dream you had last night was. Was it a real thing, that dream you had last night? No. It was only in your mind. But of course until one awakens out of this everyday waking state, it seems real to one.

在我尋追求後期，有一天我看到，天哪！這一切的一切完全就是一個在我心智中的夢境，就像一個夜間的夢！那是一個未曾實際存在的夢，不比你在昨晚所做的夢更具任何真實性。你昨晚所做的夢有任何真實性嗎？不，它僅僅存在於你的心智裏。但是當然了，直到一個人從這裏面覺醒過來之前，這對他仍似乎是真的。

The new reality was that I am, and that's all there is! That my beingness is the changeless essence of the universe, of course, I was punch-drunk, slap-happy, and in a state of euphoria

這個新的真相就是真正的我，而且這就是一切的一切！我的存在本身就是宇宙不曾改變過的本質，我是沉醉的、無比快樂的處在一種安逸 (euphoria)的狀態。

In this state the whole world looks perfect. Looking at my body, I also saw this body as part of that perfection. This instantly corrected all my ailments.

在這狀態裏整個世界看上去就是完美的。看看我的身體，我也看到這身體是這個完美的一部分，這個立刻就改正了我所有的毛病。

Several times on the way up I'd get a realization that would so supercharge my body, I'd have to walk for miles and miles at a good pace.

一路上有好幾次在我得到某些會超荷挹注我身體的領悟時，我都必需以相當快地速度步行上好幾英哩。

Some of those realizations are really more than a body can take. You can't sit still. Many a time I was forced to walk off the new, intense energy.

這些領悟有些真的是超過一個身體所能負荷的，你無法坐著不動。有好幾次我都被迫出去步行來消耗掉這些新的、密集的能量。

‡~‡~‡~‡~‡

I was undoing the subconscious hang-ups, tendencies, predispositions, realizing more and more that I am free, that freedom is my basic nature. I was getting freer and freer and I automatically went into a state where, having undone enough of the mental limitations, the real Self of me began presenting itself to me.

我解除潛意識裏的苦惱、偏好、性向；意識到我越來越自在，意識到自在是我的基本天性。我變得越來越自在，並由於解除了夠多的心理限制，我自動地進入了一種真正的我(Self)開始向我呈現出祂自己的狀態。

I saw that the real "I" of me was only beingness, was only existence, and that my beingness was exactly the beingness of the universe. And when I saw that, I identified with every being in this universe; I identified with every atom in it. And when you do that you lose all sense of being a separate individual, an ego.

我看到我這個真正的「我」完全只是一種立在(beingness)，只是存在(existence)，而我的立在(beingness)準確的就是宇宙的立在(beingness)。

當我看到這點時，我與宇宙中的每一個立在(being)認同了(identified)；我認同於其中的每一顆原子。當你這麼做時你就會失去所有個別個體的感受，自我(ego)。

When I saw that, that I AM the Amness of this universe, I then saw the whole world as just an image in my imagination, like a dream.

當我看到我就是這個宇宙的「是」(Amness)時，我就視整個世界就只是我想像力中的一個想像而已，像個夢境。

I imaged or dreamt that I was a body. And I'm dreaming right now that I'm this body.

我想像或夢到過我曾經是具驅體，而現下我也正在夢見我就在這具驅體裏面。

In reality, the only thing that is, is Isness, That's the real, changeless substance behind everything.

實際上，唯一真實的就只是「是」(Isness)，這是唯一的真實，所有事物背後的不變的實體。

And you are that, too.

而你也一樣，是那個。

‡~‡~‡~‡~‡

When I started, I couldn't have been much lower. I was plagued with all these ailments accumulated over the years topped with a coronary, and with deep depths of depression and intense misery.

在開始時，我的狀況是差到不能再差了。我被以冠狀動脈血栓為至高點的那些累積了好幾年的各種疾病所苦，並帶著深度的抑鬱和強烈的悲悽。

Three months later I was at the other extreme; I was so happy I had a smile on my face that I could not take off. I felt a euphoria and lightness that is really indescribable.

三個月後我則是在另一個極端；我是這麼快樂以至於我臉上始終掛著一抹無法卸得下來的微笑，我感到一種真的很難加以描述的安逸和輕快。

Everything of life itself was open to me--the total understanding of it. It is simply that we are infinite beings, over which we have superimposed concepts of limitation. And we are smarting under these limitations that we accept for ourselves as though they are real, because they are opposed to our basic nature of total freedom. However, they are just mentations, mental concepts.

生命中的每一件事物都是對我敞開的--全面性對它們的瞭解，這只因為我們是無限的存在。在這之上我們給它披上限制性的觀念，然後我們又在這些限制之下很聰明的讓我們自己認可它們是真實的，因為它

們實際上是違反我們全然自在的基本天性的。然而，它們只是一種精神運作、一種心智上的觀念而已。

Life before and after was at two different extremes. At first it was just extreme depression and sickness. After, it was a happiness and serenity that's indescribable.

這之前和之後的生活完全是兩個不同的極端，一開始那是完全的抑鬱和一身是病的，之後，那則是無法言喻的快樂和恬適的。

Life itself became so beautiful and so harmonious that all day every day everything would fall perfectly into line. As I would drive through New York City, I would rarely hit a red light.

生活本身變得這麼美妙、這麼和諧，每一天的每一件事都會完美的自然對齊；像我要開車穿越紐約市時，就很難得會碰得上紅燈。

When I would go to park my car, people, sometimes two or three people, would stop and even go into the street to help direct me into a parking space. There were times when taxicab drivers would see me looking for a parking space and would give up their space so I could go into it. And after they did they couldn't understand why they did it. Here they were out, double-parked!

當我打算要停車的時候，人們，有時是兩個或三個，就會停下來，甚至是站到街道上去幫我引導進入車位。有幾次是計程車司機看到我在找車位，就讓出自己的位子來給我停車；之後他們也都不明白為什麼自己要這麼做，他們讓出位子，自己卻去並排停車！

Even policemen who were parked would move out and give me their parking place. And, again, after they did it, they couldn't understand why

they gave up their place to me. But I knew they felt good in doing what they had done. And I was thankful all the time.

甚至是連已經停好車的員警，也會把車挪出來讓給我他們的停車位。

然後，一再的，事後他們也無法理解為什麼他們要把位子讓給我。但我知道他們對所作的事覺得很美好，而我則是時時刻刻都充滿感激的。

But there wasn't anything I did in those days that didn't seem to affect everyone around me. My vibration made them feel good. It made them feel giving. It made them more loving. And so they would try to help me.

但在這些日子裡，似乎沒有哪件我作的事是不會影響到周遭每一個人的。我的震頻讓他們感覺到美好，讓他們感覺到想要付出，讓他們具有更多的愛心，因而他們就會想要幫助我。

If I went into a store, the salesman would happily go out of his way to help me. Or if I would order something in a restaurant and after change my mind, the waitress would bring just what I wanted even though I didn't tell her. Actually everyone moves to serve you as you just float around.

如果我到一家商店去，裡面的售貨員就會很高興的走出來幫我。或者是我在一家餐廳點了些菜，隨後又改變了主意；侍應生就會端來就是我要的，即便我根本就沒跟她講過。事實上是只要你在左近晃蕩，所有的人就都會過來為你服務的。

When you are in tune and you have a thought, every atom in the universe moves to fulfill your thought. And this is true.

當你的頻率對了而有某個想法時，宇宙裡的每一個原子都會過來實現

你的想法，而這是真的。

Being in harmony is such a delightful, delectable state, not because things are coming your way, but because of the feeling of God-in-operation. It's a tremendous feeling, you just can't imagine how great it is. It is such a delight when you're in tune, in harmony -you see God everywhere ! You're watching God in operation. And that is what you enjoy,rather than the thing,the incident, the happening. His operation is the ultimate.

處於協和是這麼的令人愉悅、這麼迷人的狀態，並不是指得所有的事情都照你的意思在進行，而是指神性正在運作的感覺。那是一種無以名狀的感覺，你絕對無法想像出那是有多棒的。當你對頻、協和時，那是這麼的令人愉悅—你看到神性在每一個角落! 你正看著運作中的神性。而那就是你所在享受的，不是事物、巧合或造設，祂的運作才是那最終極的。

When we get in tune, our capacity to love is so extreme that we love everyone with an extreme intensity which makes living the most delightful it could ever be.

當我們一旦對頻時，我們去愛的容量會是這麼的巔峰，以致於我們會以極濃稠的愛去愛每一個人，而這讓生活達到了它所能達到的空前愉悅。

參：覺醒後的日子

愛背負一切 愛相信一切 LOVE BEARS ALL THINGS LOVE BELIEVES ALL THINGS

I got the feeling that I wanted everyone, the rest of me, to know what I had discovered. That was the first thing that hit me. But how could I do it?

我有一種感覺就是我想要每一個人，其餘的我，都知道我所發現的這個。這是我第一件想到的事，但我該怎麼去做呢？

I thought I could be most effective in getting this knowledge to children through the educational system, especially to children from the first grade on.

我想我最有效率的做法就是藉由教育系統把這些知識教給學童，特別是從小學一年級開始的學童。

It came to me that there would be entire villages in Long Island available because of non-payment of FHA mortgaged towns.

我想到在長島(Long Island)上是可以找到一整個村子的，因為那裏是聯邦住屋局(FHA)不提供抵押信貸的鄉鎮。

Were I in the real estate business, I'd be in a position to step in. I decided to go into it.

當我還在經營房地產時，我曾經涉足過那裏。所以我決定往那裏去。

However, after I had gotten into it, one day while contemplating, it came to me that I had no right to interfere in the relationship of children and their parents who wanted them to get the conventional training. It would be interfering with the karma of a child and the parent. So I had to let go of that plan.

然而，在我去到那裏後，有一天當我在冥想時一個意念冒進來，說我

沒有權利去干擾學童和希望他們接受傳統教育的家長們之間的關係，這會干擾到學童和家長的業行(Karma)。所以我不得不放棄那個計劃。

Karma is the law of compensation. Everything you give out comes back to you. I had no right to interfere in what was going to be the children's way of life, because their life was going to be in accordance with choices they had made.

業行(Karma)就是回償法則(Law of Compensation)，就是你所給出去的每一樣事物都會回到你身上來。我沒有權利去干擾將造就學童生命方向的東西，因為他們的生活將按照他們以前所作的決定來定形。

I realized that the only thing I should do was to present my discovery to those who wanted to it.

我明白到我唯一該做的就是把我所發現的呈現給那些想要它的人。

And that I knew I was going to do.

而我知道我會去做的。

The second thing that hit me was that I must prove everything, and being a scientist, that was natural. If I proved everything I could be more effective when I would talk about it.

我第二件想到的事就是我必需驗證所有的事。身為一個科學家，這是理所當然的了。如果我驗證過所有的事，那麼在談論這件事時會比較有說服力。

So I went through a process of proving all this new knowledge that came

to me. I began imaging things that I wanted, small things, and they came very quickly.

所以我就進行了一項驗證所有這些降臨到我身上的新知識程序。我開始想像我所要的物件--小物件，它們來的很快。

Then I realized that the only things that stopped me from getting something big, was that I just didn't dare to think big. So I asked myself, "What's the biggest thing I can think of in the way of things?" And I said, "Gee! A Cadillac, with a specially built body." I pictured a Cadillac with a specially built body, and I saw myself handling it and riding in it, and it was mine. Then I let go of the picture because I was so sure I had it.

然後我明白到，唯一讓我無法取得大物件的原因，就是我不敢去想大的。於是我問我自己：“以物件的角度而言，我所能想到的最大是什麼？”，然後我說道：“喔！一部凱迪拉克，有特殊車身的那種”。我就想像一部有特殊車身的凱迪拉克，並看到我自己正在弄它和駕駛它，以及它是我的。然後我就放掉想像，因為我是這麼的確定我已經得到它了。

In about two weeks, an acquaintance came to me and said, "Lester, I just bought you the most beautiful Cadillac," and he described it. It was the color I had in mind, everything just as I had seen it. He said, "A friend of mine bought it, got a specially built body, but he doesn't want it, and I got it for only \$4,000."

差不多在兩個禮拜之後，一個並未深交的人來找我說：“萊斯特，我剛為你買了一部最漂亮的凱迪拉克”，並加以形容了一下。那正是我心目中的顏色，所有的一切就正如我所看到的那個樣子。他說道：“我的一個朋友買了這部車，還有特殊的車身，但他並不想要它，所以我

只花了 4000 塊錢就買到了”。

When he said that, I looked at him. I didn't have the money.

當他在說時，我看了他一眼，我沒錢啊。

"Oh, don't worry about the money," he said, "I'll pay for it."

“喔，別擔心錢的問題”他說“錢我來付”。

I said to him, "Well, will you give me until tomorrow to give you my answer?"

我跟他說：“這個，你可以等明天我給你答覆之後再給我嗎？”

He quizzically looked at me. Who takes a day to give an answer to a thing like that? But he said, "Yes, sure."

他很困惑的看著我，有誰會需要一天的時間去回答要不要這麼好的物件呢？但他仍然說：“當然，那當然了”。

I thought it over. I had just gotten rid of my old car. In New York City, it was a nuisance. Also, I didn't like the idea of being ostentatious with a Cadillac. I felt a unity with people. Most people didn't have Cadillacs and I did not want to be in a position that would make them envious. I also thought, "Well, if I did it now, I can do it any time."

我重新思考過，我才剛處理掉我的那部舊車，在紐約，那簡直就是一個困擾。同時，我也不喜歡用一部凱迪拉克來招搖自己的想法。大多數人都開不起凱迪拉克，而我也不想把自己弄到一個會招引他們羨慕的位置去。我也想到；“這樣吧，如果我現在做得到這些，那我就隨時可以再做到的”

So when tomorrow came, I refused the car. It was quite a surprise and almost a shock to my friend.

所以到了隔天，我就回絕了那部車。我那位朋友是十分意外到簡直是震驚了。

And likewise, I proved out 證實 every other law that I realized.

就像這樣，我也證實了其它我所知道的每一個法則。

‡~‡~‡~‡~‡

I knew from the very beginning that I would have to come back in to the world. But I was so far out, I couldn't at that time.

打從一開始的時候我就知道我可能必需要回到這個世界上來，但我實在是走的太遠了，在當時我實在是做不到。

Everybody's mind was a wide open book. I would say to a person, If you would do this, your problem would resolve. I could zero in on what they needed and I'd give it to them in one sentence. But it was too far away from them. It was of little effect.

每一個人的心智都是一本完全敞開的書。我會告訴人家，如果你肯這麼做，你的問題就會獲得解決。我可以把注意力集中在他們所需要的事物上，而且只要一句話我就可以統統給他們。但對他們而言這太無法置信了，收不了什麼成效。

Sometimes I would answer questions without being asked, or someone would ask me a question and my answer would be something entirely

unrelated to the question. I was answering what people really wanted to know rather than the voiced question.

有時候我不待別人發問就開始回答問題，或有時候人家問我問題而我的回答和問題完全不相干，我是在回答人們所真正想要知道的，而不是他們嘴巴上所問的問題。

Then I became aware that there were groups who were studying this subject-metaphysics. What I knew couldn't be put into words-yet there were groups talking about it! I decided that I should meet the people who were talking about these things. And I was led into it.

然後我開始注意到那兒有些團體在研究一種科目--形上學。我所認識到的名堂是無法訴諸語言的，但在那裏卻有團體在談論這個！我想定我應該去見見那些談論這些東西的人，而我也被引見了。

I read all the major schools of metaphysics to acquire their language to speak to all people, only to discover that the very best language was the most simple and to-the-point: everyday English.

我研讀了所有主要流派的形上學以取得他們在對人們講述時的語法，結果卻發現最好的語法就是最簡單也是最切要的：「日常英語」。

I used to go often to Steinway Hall in New York, attending various metaphysical lectures, and I met people there that I helped in small ways. But just a few individuals, that's all. I'm not a mass teacher.

我時常到紐約的史丹威演藝廳(Steinway Hall)去，出席好幾種形上學的演講，並在那裏以小量幫助的方式與大家會面，不過也就幾個個人而已，就這麼多；我並不是一個群眾型的教師(Mass Teacher)。

‡~‡~‡~‡~‡

To my family the change in me was puzzling.

對我家人而言我的改變更是讓人覺得迷離惝恍。

My sister Doris phoned to invite me to supper. Before she could ask me, I said, "Okay, Doris, I'll be there for supper. I'll see you in fifteen minutes," and I hung up. Then I realized she hadn't even asked me!

我妹妹桃麗絲打電話來請我去吃晚飯，在她還沒來得及開口前，我就說：「好的，我會過去吃晚飯，15 分鐘後見。」並掛上電話，然後我才想到她根本都還沒開口咧！

I would visit my brother-in-law Nat, and my sister, and Nat would say, "Lester, you're an engineer. Fix my radio."

我會探視我妹夫納特和我妹妹。而納特會說：「萊絲特，你是工程師，幫我修理下收音機吧。」

I'd look at it and say, "Nat, it's just that loose tube." I'd tighten it in its socket and the set would work.

我會看一下然後說：「納特，這只是真空管鬆脫而已。」，再來我會把它往基座上推一下，然後收音機就正常了。

Well, after I did this six or eight times, Nat caught on and said, "Hey, Lester. There's something strange about this. Every time my radio or hi-fi goes bad, it's always just a loose tube, and you tighten it and it starts playing. How come?"

但是呢，在這麼搞了 6 次還 8 次之後，被納特看出來了。他說「欸，萊絲特這事情有點不太對勁耶。每次我的收音機或音響(Hi-Fi)壞掉時，

都說是管子鬆了，然後你推一推就又正常了。這是怎麼回事呢？」

I said, "It just happens to be a loose tube, Nat." I knew he wouldn't believe me if I told him. He couldn't accept the unusual.

我說：「它剛巧就只是管子鬆脫而已，納特。」我知道如果我跟他實講他是無法相信的，他是無法承認超常事物的。

I just saw the radio as perfect and only adjusted the tube to make it understandable to him. 其實我只是視收音機完美無缺，然後動一下真空管讓事情變得像在他理解範圍之內而已。

‡~‡~‡~‡~‡

After my realization, I wanted to prove to others that you can have anything you want. I even became a millionaire.

在我醒悟之後，我想證明給別人說你能擁有任何你所想要的東西，我甚至把自己變成了一個百萬富翁。

I started a real estate business. My thinking was, "How many buildings can I buy in Manhattan if I have no money invested in each one?" That's what I had at the time-no money!

我開始做起不動產生意，我的思維是：“如果我沒投資任何錢在任何一幢上，我能買下曼哈頓多少建築？”，那就是我當時所有的--什麼錢也沒有！

With no cash invested in each building, I saw that I could buy the entire island of Manhattan! I proceeded with that idea.

在沒投資任何錢在任何一幢的情況下，我看到我能買下整個曼哈頓島！

於是我就照那主意做下去了。

The first buildings I bought were two ten-family houses, contiguous as one unit. The price I got it for was so good, that when the bank appraised it, the mortgage offered was more than the purchase price by a thousand dollars.

我買下的第一批建物是兩個十戶的住宅群，互相毗鄰，就像是同一個區分一樣。我買入的價格是這麼的低，以致銀行來評估時所開出來的貸款額度還比我的買入價格要多出一千元。

So now I had two buildings and an additional thousand dollars. Next, I put five hundred dollars down as deposit 訂金 on a contract for eighteen one-family houses in a row on East 79th Street. Within three weeks I sold the contract for a twenty thousand dollar profit.

所以現在我有兩群建物和額外的一千元。再來，我用五百塊錢付了一紙在 79 東街上一排十八個單戶住宅合約的訂金，然後在不到三個禮拜時間內賣掉了這合約並賺進了兩萬塊錢。

In about two years' time, I owned twenty-three apartment houses with twenty to forty units per house. They were all bought with no cash by buying them on first and second mortgages and, if and when necessary, with an additional personal loan from my lawyer. The income from the buildings had to be enough to make all payments, including amortization 分期攤還 of all mortgages, and yet show a profit.

在差不多兩年時間內，我便擁有了二十三座各二十至四十戶的公寓群。

這些都不是用現金買的，都是利用一胎和二胎抵押貸款以及--如果並

必要時--我律師的額外私人借款買的。從建物所得的收入足以支付所有的開銷，包括分期攤還所有貸款在內，然後還有盈餘。

The properties were building up a beautiful equity.

這些產業都是在完美而公正的基礎上建立起來的。

Every deal that I was in had to be good for everyone involved. That was one secret of my success.

所有我參與到的交易都必需是對所有關係人都有好處的，那是我成功的秘訣之一。

I would go to the banks and ask if they had any real estate for sale. I discovered there were many estates that were being liquidated. When they wanted to liquidate older apartments, and older apartments would not sell quickly and so they would sell them for roughly one-half market price. I would immediately buy them without even looking at them. I quickly sold them for three-quarter market price.

我會到銀行去並詢問有沒有不動產要賣的，我發現那裡邊有許多因違約要拍賣的不動產。當他們要拍賣較老舊的公寓時，這些舊公寓並無法迅速的賣出，所以他們會以大約市價二分之一的價格來賣。我會立刻將它們買下，甚至連看都不用看一眼，然後以四分之三市價的價格迅速賣掉。

Things were going along beautifully. And I spent most of the time contemplating, working only four hours a day, if that much.

一切都運作的很完美，所以我大部分時間都是花在享受恬靜上，每天只工作四個小時，如果這也叫做多的話。

As I was deep in contemplation one day, I was hit with this: "Now walk out of here with just the shirt on your back as Jesus did. Just walk out with nothing but that which you can carry."

有一天當我沉浸在冥想裏的時候，有一個訊息冒出來：「現在離開這裏，就像耶穌一樣只帶著你身上穿的衣服。就是直接離開，除了提得動的以外不帶任何東西。」

immediately stood up and walked to the door. I said, "Wait a minute, Lester. There are first mortgages, second mortgages and personal loans on these buildings. See to it that these people are taken care of first."

我立刻起身並走到門口，我說：「慢點，萊斯特，這些房子還有一、二、三胎貸款和一些私人借款的問題，先過去看一下那些人是不是都已經在處理了。」

That decision was a mistake. I should have given it to God and everyone would have been taken care of.

這個決定實在是個錯誤，我應該就把它交給上帝然後每個人就都會自己去料理的。

Well, after I got that inner direction, I unloaded the real estate at giveaway prices, that is, all except five buildings that I could not sell because they were lemons. I had bought them because I was told that they were going to be condemned in a few months by the city for a new housing project, and therefore would be profitable.

而，自從我得到那個內在的指示後，我就以大賤賣的價格將房地產脫手。這是說，除了五件有瑕疵的房子我不能賣以外的全部房地產。我之所以會買下它們，是因為有人告訴我說，它們在這幾個月內會被市

政府劃入住宅重劃區內，因而會有利可圖。

I turned those buildings over to a broker to take care of, bought a new Chrysler car, and left for the West.

我把這些房子委託給一個經紀商去關照，然後買了輛克萊斯勒 (Chrysler) 的車，就往西部出發去了。

I wanted an isolated spot somewhere, and found this acreage I'm now on in Sedona, Arizona, 160 acres at the end of the road, naturally isolated away from everything. A perfect place for a retreat!

我想要在個什麼地方找個隔絕的處所，然後是找到了這塊地。我現在是在亞利桑那州(Arizona)的西多納市 (Sedona)，在道路盡頭的 160 英畝地裏，與外界的一切自然隔絕，是個僻居的絕佳處所！

I told the broker I'd take it, even though I had no money for the deposit. In a day or two, a check came in the mail to tie it up.

雖然我並沒有錢可以支付定洋，但我還是跟仲介商說我要了。一天還是兩天之後，我收到了一張郵寄過來的支票，就把它給付清了。

I hadn't known the check was coming. It was a small check from the real estate in New York. With it I put a down payment on this property. Shortly after, I got notice that the city wanted those five buildings. With the money from them, I was able to close the deal and pay cash for the land.

我並不曉得有支票要寄過來，那是張從紐約房地產寄來的小額支票，就用這款項我付了這房產的頭款。之後沒多久，我注意到市政府想要那五棟房子了，就用它們所給的錢，我用現金支付的方式了結了這筆

房地的交易。

Since 1958 when I left New York, I've been supported by letting go and letting God do it.

You see, another thing that came to me when I got that direction to walk out of my New York apartment with only the shirt on my back. It was that accumulation is nonconviction. If I am taken care of, I have no need to accumulate. Do birds and animals have need to accumulate? If God will take care of them, He certainly will take care of me.

自 1958 年我離開紐約起，我都是由讓它去和讓上帝做(Letting go and letting God do it)來維生的。你知道，在我收到只帶身上穿的衣物離開我紐約寓所的指示時，我還得到另外一個訊息。那就是，積蓄(accumulation)就是缺乏信念；如果我是被照顧到的，我就沒有積蓄的必要。天上的鳥兒和地上的動物需要積蓄嗎？如果上帝會照料牠們，當然祂也會照料我的。

If you have full confidence you're going to be taken care of, you don't have any thought of future security. The only security there really is, is to be able to produce at will.

如果你對你會被照顧擁有完全的信心，你就不會有任何關於將來的保障(future security)方面的思想。

From that day on, everything that I needed came to me as I needed it.

And it's still that way. 從那天起，所有我所需要的東西都會在我需要的時候自動送上門來，到現在還是如此。

愛讓愛更加華麗 LOVE FLOURISHES IN LOVE

When I came to Sedona, Arizona in 1958 I had no plans. I parked my body here and remained in the state of ecstasy for approximately two years. I was alone during this time, but I was impelled from within to go out on occasion.

當 1958 年我來到亞利桑那的西多納時我並沒打算要做些什麼，我只是把我自己安頓在這裏並流連在狂喜狀態之中大約兩年之久。這段時間裏我都是一人獨處，但我內在也驅使我偶爾出去。

I went to New York to speak to small groups. Notes were taken and from them was published "The Ultimate Truth Book."

我去紐約同一小群人講話，他們作筆記，再整理出版成至上真理書 (The Ultimate Truth Book)。

From that, other groups formed spontaneously. I would talk to them for a few sessions, leave and then return in a half a year or so. They'd gather again, the same people with additional people, and again I'd hold sessions with them. The time lapse was to allow them to assimilate.

從此，自發性地也形成了其它的群體。我會跟他們講授個幾講，然後離開大約半年左右再回來。他們會再集合，同一批人外再多出幾個；然後我會再次的對他們開講。而這時間上的間隔為的是要讓他們去消化。

However, I quit doing this a year ago.

不過，從去年起我就不再這麼做了。

I really never saw myself as a teacher and I have no wish to start anything like a new movement. People were pulling on me and I was

giving because they were pulling.

我真的從未自視是一個導師過，也從沒想過要引發任何像新運動之類的名堂，純粹只是因為大家在向我要所以我就給而已。

In the process they starting taping these sessions in 1964. Because of those tapes, we now have the printed series of "Sessions with Lester." That can be found in The Ultimate Truth Book.

期間，他們從 1964 年開始替講座錄音，也由於有這些錄音，我們現在才有了一系列的萊斯特講座(Sessions with Lester)的印刷品，這在至上真理書(The Ultimate Truth Book)裏可以找得到。

My coming back into the world had made me see things differently. When I originally talked to groups I never saw any opposition. It was God talking to God. But now, I see much opposition coming at me from people. I never saw it originally. Now, I see it as my imposing when they are opposing what I'm telling them. I feel I have no right to impose. Now I can present what I have to say in black and white and they can read it or not, as they choose. I no longer feel the need to go out anymore. ◦

這趟的重返人間讓我對事情的看法產生了改變，起初我在對人群講話時我從沒見過有任何的抗拒，那是神與神之間的對話(God talking to God)。可是現在，我看到不少從人群中對我而來的抗拒，這是我始料未及的。現在，當他們在抗拒我所告訴他們的的時候，我視為是我在對他們進行強迫灌輸；我覺得我並沒有權利去強制別人。現在我可以用白紙黑字的方式來呈現我應該要說的，而他們可以依他們自己的選擇決定看獲不看，我不再覺得我有出去的必要了。

I see that most people don't want the truth. What they want is to make the world a better world. That's fine and I'm happy for them to have a better world. They're welcome to use the data that comes through me for that purpose. It is a step forward.

我看得出來大多數人其實並不想要真理。他們要的是把這個世間變成好一點的世界而已。這也很好，而且我也會為他們追求好一點的世界而高興。我也歡迎他們利用從我而來的資料去作那個用途，這總還是向前邁進一步了嘛。

Most of the people seeking, I'd say ninety-five percent of them, are only seeking a good life. They're not seeking the ultimate. When they get to that place where they can make life nice and easy and comfortable, they stop their growth.

多數人所尋求的，我說是 95%的人，都只是在尋求一個美好的人生，他們並沒有要追求至上的。當他們抵達能掙得美好、輕鬆、舒適的人生的地方時，他們就停下他們的成長來。

They go so high and life gets so easy-and then they level off. But what happens is that they can't remain happy. They'll never be satisfied until they go all the way. So there they are stuck. I can point out a group in Los Angeles that I had worked closely with. Their businesses became good. The couples got along exceptionally well. Life became a ball. But now, four years later they feel awful. Business is not good as it used to be. They get headaches and they're very frustrated. They really are miserable.

他們爬得這麼高而人生也變得這麼容易--然後他們就開始改平了。但事情是他們無法留住快樂；除非他們一路走完全程，不然他們是無法得到滿足的。所以他們就卡在那裏。我可以指出一個我在洛杉磯曾密

切工作過的團體為例，他們的生意變好了，夫妻相處得異常融洽，生活變得像是在開舞會一樣。但是四年後的現在，他們覺得遭透了；生意不再像過去那麼的好，他們開始頭痛也覺得挫折；他們真的很悲慘。

There is no standing still. If one is not going forward, he is going backward. If he is going in the direction of the world, he is in the opposite direction of freedom from limitation, as the world is of limitation.

沒有所謂的靜止不動；一個人如果不是在前進，那麼他就是在後退。

如果他是朝著世界的方向走，那他就是和從限制中自在出來(freedom from limitation)的方向相反，因為這世界是具有限制的。

Eventually, though, everyone makes it. That's what we're all being driven toward when we're looking for happiness in the world. We're really looking for the highest and most felicitous state there is. In the world we call it happiness. But happiness isn't there, and sometime, sooner or later, we learn that and then take the right direction.

雖然如此，但到頭來每個人都還是會成功的，因為當我們在這世界中尋求幸福時，祂就是我們所有的人所被驅策對準的方向。我們確實是在尋求那個既有的至高且最妥貼的狀態，在世間中我們稱之為幸福；但幸福其實並不在這裏。遲早在某個時候我們會學到這一點，然後踏上正確的方向。

‡~‡~‡~‡~‡

All of my teachings are now in print and in a course called "The Abundance Course" See the back of this book for more information. But the ones who really want what I can give are few. To quote, "Of a thousand, one seeks Me. Of a thousand who seek Me, one finds Me."

所有我的教導都已經付印，現在匯集在一部叫作豐盛課程(The Abundance Course)的課程裏，請參閱本書封底進一步的訊息。但真正想要我真能給出的人很少，總歸一句：「千人之中，只有一人來找我。找我千人中，只有一人找到我。」

We are in a world period that is so ignorant of truth. We are so blinded that we are seeking the way of the spirit via materiality. We are seeking to make the material an ideal materiality, more cars, more machines, more power, and more money.

我們現在正處於一個對真理極為無知的時代，我們甚至盲目到向物質界裏去尋求性靈之道。我們尋求如何讓物質變成一個理想的物質界；更多的車子、更多的機器、更多的動力和更多的錢。

Our God today is the dollar. This country worships the dollar more than anything else. By worship, I mean we're devoted to it. You think businessmen are not devoted to money?

They eat, breathe and sleep it. They really worship, but worship money. And because of it, they're unhappy, there is no peace or serenity for them.

我們今日的上帝是鈔票，這個國家崇拜鈔票甚過於崇拜其它的。說崇拜，我的意思是全力以赴，你想生意人會對錢不全力以赴嗎？他們吃它、睡它還呼吸它；他們真的是在崇拜，只不過崇拜的是錢。也因為是這樣，所以他們並不快樂，他們無法找到安祥或妥貼的。

‡~‡~‡~‡~‡

When I first arrived in Arizona I just sat for two years in isolation. I withdrew into that beautiful high state. The only thing similar to it in your experience would be deep sleep with no dream, where you feel so good when you wake up, and you remember it.

我初抵亞利桑那時我只是隔絕的坐在那裏兩年，我沈潛在美妙的高度狀況裏。在你的經驗裏唯一可以跟它比擬的就是無夢的深沈睡眠，那種讓你醒來時會覺得非常好，而你也會記得它的。

I was in that state, but aware. That state is awareness itself. When you're in that state, any particular thing that's necessary to become conscious of, you do.

我就是處於那種狀態，只不過是醒著的。那種狀態就是覺識

(Awareness)本身，當你處於那種狀態時，任何有必要去意識到的特定事物，你就會意識到。

It was definitely a withdrawal from the world. Yet, all the time, I held on to my commitments that I'm now going through.

那絕對是從世界的一種抽離。然而，我始終都沒忘記過我的承諾，而我現在就要去履行它。

I again spoke to small groups, especially in Los Angeles and New York after two years. In 1962 I went to Phoenix and that brought me more into contact with people. From 1965 to 1970 I was pretty active, most of the time in Los Angeles, as follows.

這兩年之後我再度對一些小團體發言，特別是洛杉磯(Los Angeles)和

紐約(New York)的。1962 年我到鳳凰城(Phoenix)去，而這更把我帶入與群眾的接觸。接下來，從 1965 年到 1970 年間我相當的活躍，多數時候是在洛杉磯。

I bumped into an unusual scientist. His idea was to do away with poverty world-wide, by tapping the energy of the atom.

我曾碰到個一個異類的科學家，他的主意是藉由從原子裏擷取出能量的辦法來消滅全球性的貧困。

I managed a \$300,000 project for him. We worked to produce aluminum metal that would have a higher thermal conductivity than silver. Silver has the highest of any known metal. This would lead to higher electrical conductivity that would lead to tapping the energy in the atom.

我籌措了一個三十萬美元的工程計劃給他。我們致力於製造一種比銀還具熱導性的鋁金屬。銀是已知金屬中最具熱導性的了。這會引生更高的電導性而導致原子裏的能量被敲取出來。

While in L.A. I became active in teaching groups. My purpose was to come back more so into the world. Coming back to the world is to me, simply behaving as though the world is miserable and difficult as most people see it.

在洛杉磯的那段時間裏我變得活躍於教授各路小眾人馬。我的目的是要讓自己更深入的回到這個世界來。對我而言，回到這個世界的意思就是，單純的只是行為得像世間是悲哀而艱苦的，就像大多數人所看到的那樣。

Once you realize how effortless the highest way of life is, it takes tremendous effort to assume the opposite.

一旦你明白最高段的營生方式是多麼的不費氣力後，那就真是需要極大的努力才反串得起來的。

肆："為什麼"的智慧

愛是會傳染的 LOVE IS CONTAGIOUS

In the beginning after my realizations, I was involved in individual healings. One thing would be healed and after that there would be another. Then it came to me that it would be far better to teach people to heal themselves.

在我覺醒後的初期，我曾捲入個人療愈裏去。但是一個問題解決了，隨後又會有另一個問題。於是我想到如果教大家自我療愈應該會要好些。

Spiritual healing is the best; it's instantaneous. cannot do it spiritually, do it mentally. That's from instantaneous to quick. However, if you cannot use these two, then see a doctor. To each his own.

靈性治療(Spiritual healing)是最好的；它的療效是立即的。無法做到靈性治療，就用心智(Mental)治療，這從立即降為迅速。但是，如果你兩種都無法使得起來，那就看醫生。青菜蘿蔔各有所適。

Spiritual healing is done by knowing the perfection that is. It causes you to let go of the imperfection by seeing only the perfection.

靈性治療是以了知這一切都是完美的(knowing the perfection that is)

來完成的，藉由看到一切只有完美會讓你釋放掉不完美。

Mental healing is taking your mind off the sickness, and thinking of or visualizing your body as healthy. It is impossible to be sick without holding the picture of it in your mind!

心智治療是把你的心從疾病上挪開，並思惟或視覺化你的身體是健康的。如果不是心裏緊握著疾病的影象不放，人是不可能生病的！。

I was involved with healing only for a short while, from 1952 to 1956 and only on an individual scale. People who went along with it did have instantaneous healings, even over the telephone.

我涉入療愈領域只一小段時間，從 1952 到 1956 年，而且是僅及於個人的尺度而已。照這做的人確實會得到立即的療愈，即使是透過電話。

Once a girl phoned me and said, "I've been to the doctor and he said I've got a ruptured diaphragm. He wants to operate. What should I do?"

有一次一個女孩子打電話給我說：「我剛去看醫生，他說我有創傷性疝氣，他打算要動手術。我該怎麼辦？」

I saw her as whole and perfect and said, "Just look at it as being all perfect. You're all okay."

我視她如同既完整又完美的，然後說：「只要視它如同是全然完美的，妳就沒事。」

And she said, "Yeah! That's right!" I felt her acceptance of the perfection.

然後她說：「是呀！就是這樣！」，我感受得到她對完美的接受。

I then told her, "All right, now go back to the doctor for a check up." She did and she no longer had it. The doctor was astonished.

然後我對她說：「好了，現在回去找醫生再檢查一次。」，醫生目瞪口呆。

I didn't attract any attention to myself with these healings. I was always in the background. You do not feel yourself as the healer; you just get yourself out of the way. You let go and let God. And, as you do this, the healing happens.

在這些治療中我並不是把任何注意力放在自己身上，我永遠都是站在背景裏。你不覺得你自己是個治療者，你只是把自己從路徑上挪開而已。你放手並讓上帝接手。而，在你這麼做的同時，療愈就發生了。

Jesus said that it was the Father who worketh through Him. A mass teacher has to go out and talk to the masses. But he's not ostentatious about it. He feels that it is God talking to God.

耶穌說過那是透過他而工作的父；一個群眾型導師必須走出去跟群眾講話，但他並未自我膨脹，他覺得那是神在跟神的講話。

Jesus said that unless ye see signs, ye believe not. So He gave people signs to help them believe. All these healings are done to help someone get some spiritual revelation. Healing for the sake of healing is not really done. It has to be more than that.

耶穌說過除非你們看到跡象，不然你們不信。所以他給予人們跡象來幫助他們得信。

In my growth I have always held in the back of my mind, that I only know

that which I can do. If I say I can do something, I don't know it unless I do it. This kept me from fooling me.

However there is a paradox, here. If I Lester, try to perform a miracle, I cannot. If I succeed in getting Lester out of the way by letting go and letting God, then it happens.

在我成長過程中我內心中始終秉持著我只知道那些我做得到的的想法。如果我說我能做什麼，除非我做過不然我不知道；這讓我免於被愚弄。然而在這裏這會有一個悖論(paradox)存在；如果我萊斯特，想去施行一個奇蹟，我做不到；如果我用讓它去讓神來(letting go and letting God)成功的將萊斯特從路徑上挪走，它就發生了。

There must be no sense of doership here.

這一定不能有作為者的意識(sense of doership)在哪兒。

Radical reliance on God is what does it.

對上帝的極度信賴是成敗的關鍵。

If someone tries to perform a miracle and it doesn't work for him, then his knowledge is not complete. You must have the understanding. You must get your little self out of the way. You must let go and let God, and it happens immediately. But you do not think of trying it out or testing it. You know it is and you just let it be.

如果有人想施行奇蹟而對他又不生效，那他的知識必定不完整。你必需將你的小我從馬路上趕走，你必需讓他去讓神來，它才會立刻發生。

但是你不要想要去試試看或測試它一下，你知道它然後你就讓它這行 (let it be)。

People ask me, "Lester, can you do miracles?"

麻煩問我一下：「萊斯特，你能行神蹟嗎？」

I say, "No, I can't." That's the truth. Yet there isn't anything I have not experienced by getting me, Lester, out of the way. By letting go of the sense of egoity, anything and everything can happen.

我說：「不，我不能。」，這是實話。然而透過讓我，萊斯特，不去擋路，沒有什麼事情是我還沒經歷過的。藉著讓自我感(sense of egoity)離去，任何事、所有的事都會發生。

‡~‡~‡~‡~‡

As Jesus said, "In my Father's house are many mansions." After people drop the body they go into a world similar to this where they meet old friends. The main difference is that everything there is immediate. Whatever you think comes into being right away. So much easier a life than this.

就像耶穌講的：「在我父的房裏有著許多的豪宅。」。在一個人放下這驅體後，他會進入一個跟這相似的世界，在那裏他見到老朋友們。主要的差別是那裏的每一件事都是立即的，不論你想什麼都立刻變成現實，比這裏的生活輕易許多。

It's heavenly, compared to this. But because of its being so easy, there's little incentive to grow. Here, the opportunity for growth is the greatest.

跟這相比，那簡直是天堂。但因為它的輕易，所以成長的誘因很少。

在這裏，成長的機率是最大的。

‡~‡~‡~‡~‡

If you die with an intense desire to stay with something here, you stay with it. Big executives come back to sit in their chairs, and they're furious because there's another guy in there, and they can't get him out. People who want something here hang on, and they're the ghosts.

如果你死的時候帶著強烈的想和什麼東西在一起的欲望，你就會跟它留到一塊。掌大權的人回來坐在他們的位置上，並因為有另一個傢伙在那兒而火冒三丈，而且他無法把他趕出去。一個想要這裏什麼東西的人會掛在這裏，那就是鬼魂。

Some of them are able to make a little noise like a rap on the wall, or to move blankets and small things like that. But that's as far as they can go. They can't do anything to us, though some people are frightened of them.

他們當中有一些能製造些小噪音，像是牆裏的碎動，或是移動毯子和一些這一類的小東西。但這也是他們能做到的極限，他們不能對我們怎麼樣，雖然有些人怕他們怕的要死。

There is nothing in the universe that can harm us but our acceptance of the thoughts that we can be harmed.

宇宙間沒有任何事物可以傷害我們的，除非我們接納了我們能被加害的思想。

‡~‡~‡~‡~‡

I notice from B.C. experience that when I had confidence, it transferred over to others. I can explain it now. Anything we have an absolute conviction of is, or very quickly becomes so. I was so confident I was going to get a loan from the bank! I knew it without a doubt, and that caused the banker to lean in my direction and give me a \$10,000 loan without security.

我從覺醒前的經驗中察覺到，當我充滿自信時它會轉移給別人，我現在能解釋是為什麼了。任何我們具有絕對堅定信心的事情都會這樣，或很快的變成這樣。我是這麼有信心說我會得到銀行的貸款！我知道這個，沒有一點懷疑。這導致銀行人員朝著我的角度靠攏並貸給我一萬美元，免擔保。

Everyone reads everyone else's mind, unconsciously. When two people meet, I smile sometimes at how they react to each other, unconsciously reading each other. I'm aware of it. We all read each other.

每個人都在讀取其它人的心智，下意識的。當兩個人相遇，有時候我會為他們兩人如何的相互反應而微笑。我察覺得到這些，我們都在相互讀取。

I was against all those things in the days before realization. try to reason them out, unsuccessfully, then I'd throw them out as nonsense.

在覺醒前我是不信所有諸如此類的事情的；我曾試著去推論它們，但沒成功，於是我就把它們視為無稽之談扔到一邊去。

‡~‡~‡~‡~‡

I used to work seven days a week, twelve to fourteen hours a day, driven

by inner anxieties. I was relieved from them by keeping myself occupied all the time. That was the main reason I worked so hard. I excused it by saying I was always starting businesses with no money, so I had to work hard. But I didn't. It was just escape.

由於內在焦慮的驅使，我習慣於一週工作七天，每日 24 小時。藉著讓我自己持續的隨時都被佔據，我得以從它們當中解放出來；這是我之所以這麼努力地工作的主要原因。我藉口說我總是還沒錢就開張生意，所以我得努力的工作。但我不是，我只是在逃避。

This point should be brought out: I lived life the way a person should live it, in that I tried to be good, make money, be the best in my profession. I tried to do all the things everyone is trying to do. I was after the goals that were accepted by society-success, wealth, being known, or renowned 有名的.

這點應該說明了：我過過一個人所應該過的方式的生活，這中間我試過變優秀、攢錢、成為業界裏最好的。我嘗試過去做所有每一個人都想做的事，我追求被社會所接受為成功的目標--成功、財富、交遊、名望。

And I tried to do it within the rules. But I kept going down, down, down in physical and mental health, until I came to the near-end with the coronary.

而且我是試著在規則範圍內去做的。但是我在生理和心理健康上不斷的走下坡、下坡、下坡，直到我走到垂死邊緣的冠狀動脈病變為止。

No matter how you strive the way you're supposed to, in accordance with the rules of society, even achieving its goals, you do not get what

you want.

不論你如何以你所應當的方式去奮鬥、遵照社會規則、甚或達到目標，
你還是不會得到你所想要的。

You wind up behind the eight ball. The world is actually set up that way.
You can't win in the world.

你是被困在一道無解的題目裏，這世界事實上就是以這種方式建構起
來的，你無法在世間裏贏得勝利。

The world is set up that way, hellish, so that we will someday transcend
it and go back to being anything but a limited physical body, which is the
least thing we could ever be.

這世界是以這種方式建構起來的，煉獄般地。因而終有一天我們會超
越它，回到原本一切的一切，而不是受限制的生理驅體。

‡~‡~‡~‡~‡

I was extremely suppressed, unable to express my feelings. I became
suppressed because, not understanding the world and wanting
acceptance, I would suppress all my own feelings in order to have the
approval of others. I did this from the earliest of years, and it caused me
to be quite neurotic.

我以前極度壓抑自己，我之所以會壓抑自己是因為無法理解這個世界
卻又想要獲得認同，我會壓抑我所有的感情以獲得其它人的認同。我
從早年起就這樣，而這也導致我變得十分神經質。

Carrying out the directions that the world thought right, wanting to do
what they wanted, I suppressed my own feelings.

照這個世界所認為正確的方向走去，做他們要我做的事，我壓抑住自己的感覺。

I could never understand the values of the world. I was never really interested in money. I never enjoyed it, because I was forcing myself to make money. I never liked competition. I felt it wasn't right. And even though I was an excellent handball player and tennis player-good enough to play with the champions-I could beat them out of competition, but I could never win in competition. So I could never be on the teams.

我從來無法理解個世界的價值觀。我從沒真正對金錢感興趣過，我從沒對金錢覺得享受過，因為我是在逼迫自己去賺錢。我從沒喜歡過競爭，我覺得那是不對的。此外，即便我打手球和網球打得很好--好到可以和冠軍球員對--我可以在非比賽中擊敗他們，但從來無法在比賽中獲勝，所以我從來無法進入球隊。

Competition didn't feel right. It was oppositional. It wasn't right for one to win over the other. Games of sport should be played just for the fun of it, the skill, the exercise, not to win.

競爭總讓人感到不對勁，那是在對立，讓一個人去贏過另一個人是不對的。運動遊戲應該是為了樂趣、技巧、施展而開打，不是輸贏。

‡~‡~‡~‡~‡

During all the time of my seeking, sleep got less and less until it disappeared entirely. We need sleep for one reason only-to escape from this world we think is so real. We want it so much, but it's so heavy to us that we have to cut out from it on the average of eight hours a day.

在我追尋真相的期間，睡眠變得越來越少，直到整個完全消失為止。

我們之所以需要睡眠只是為了一個原因而已--逃離這個我們認為非常真實的世界。我們是這麼地想要它，但它對我們而言又太沉重，以致於我們必需以平均每日八小時的長度從它這邊脫離出來。

When you're in tune and in harmony, you never get tired. Fatigue is only due to mental conflict. When all mental conflict is gone, you never, ever tire. All the energy in the universe is available to you when you're in tune. Should you want to use it, it's there for your use.

當你對頻並協調時，你永遠不會累。疲勞的唯一原因是心智衝突，當所有的心智衝突都消失了，你永遠、永遠都不會累。當你對頻時，宇宙裏的所有能量都隨你取用；只要你想用，它就在那裏等你用。

In the days that I didn't sleep, I had far more energy than at the time I did sleep. Wanting to be like other people, I started to sleep again. At first I tried it for an hour, then two hours, and finally up to six hours. Now I keep it that way, although it still is irregular.

在我不需睡眠的日子裏，我遠比需睡眠的日子要有精力得多。為了跟大家一樣，我再度開始睡眠。開始時我嘗試一小時，然後兩小時，最後提高到六小時。現在我維持著這個模式，然而這仍然不是固必的。

I can sleep one hour or six. It's all the same to me now.

我可以睡一個小時或六個小時，這對我而言都是一樣的。

‡~‡~‡~‡~‡

Before my realization, I believed the doctors and nutritionists who said I couldn't get too much protein. In the morning I'd have, with my eggs, a

big ham steak or a rasher of bacon. At noon and at the evening meal, I'd always have meat.

在我覺醒前，我信任醫生和營養師，他們說我不可以攝取太多蛋白質。

在早晨我會吃一大塊火腿排或培根片，配上我的雞蛋。在中餐和晚餐我也總是吃肉。

When I got my realization, I saw that our animal family was related to us. I looked upon them as pets. Can a man eat his pets?

當我獲得覺醒後，我看到我們的動物家族和我們是和我們有關連的，我視牠們如同寵物，一個人會去吃他的寵物嗎？

‡~‡~‡~‡~‡

If a hunger pang turns on, I turn it off, and then it's gone. So I never suffer from hunger.

如果饑餓感來了，我就把它關掉，然後它就不見，所以我從未苦於饑餓。

This can be accomplished by anyone with practice. Do not eat when you're hungry, and eat when you're not hungry. You can still have three meals a day that way. It's just a method of mastering the body. You go into control instead of the stomach controlling you.

經由練習每個人也都做得到這些。在饑餓的時候不要吃，在不餓的時候吃。這樣你仍然可以維持一日三餐，這只是一種主宰身體的辦法，由你去掌控它而不是讓胃來掌控你。

‡~‡~‡~‡~‡

The happiest moments in my life before realization in 1952 were falling in love with beautiful girls. It was the same thing again and again. I'd fall madly in love, we'd eventually break apart, and I'd have the insides ripped out of me. The first time I broke up was with Annette, the girl of high school and college days. It took me about five years to completely get over that. It hit me so hard, I used all my energies fighting it. I was in a constant gloom for a long time because of it.

在 1952 年我覺醒前的生活裏最快樂的時光就是和漂亮的女孩子一起掉進愛河。相同的事一而再、再而三的重演；我會瘋狂的戀愛，終究還是分手，然後我的心會被扯碎。第一次我是和安妮特(Annette)分手，就是那個從高中一路愛到大學的女孩子，這次花了我五年的時間才完全的走了出來。這對我打擊非常大，我得用盡全力去和它搏鬥，為了這個我有很長的一段時間是處在經常性的憂鬱之中。

Then I met Virginia and I fell in love with her. And then we broke up. This time, it took only three years to get over it.

然後我遇到維吉尼亞(Virginia)並掉入了愛河，然後又分手了。這回，花了我三年才走出來。

Being in love was of more interest to me than anything else in life. My problem was that I was so unfree I just could not bear more of the non-freedom that I felt marriage would give me. And because I would not marry, the girls would leave me.

戀愛比起生命中的任何事情都要讓我感興趣。我的問題是，我已經是這麼的不自在(unfree)了，我實在經不起我所感到的婚姻所會帶給我的非自在(non-freedom)。而因為我不會結婚，女孩子就會離我而去。

I didn't want to go through those agonies any more, so I had to do something about it. I knew the girls would leave me if I didn't marry them, so I evolved a system to prevent the extreme misery of parting.

我不想再經歷這種痛苦了，所以我必得想些什麼辦法來。我知道只要我不娶她們，女孩子就會離開我，所以我演化出一套系統來防止分離時的極度悲傷。

When a love affair reached its height, and I could see it starting to go downhill, I would begin to get ready for the break.

當一段戀情達到它的最高點時，我可以看見它開始走下坡了，我就會開始為分手作好準備。

But having suffered, I didn't want these girls to suffer the way I had. So I would have them throw me over.

我自己承擔苦果，我不想要這些女孩子像我一樣的遭受折磨，所以我會讓她們來拋棄我。

I discovered that if a man chased a girl, she ran. If he ran away from her, she ran toward him. So, with words, I would start fencing them in with love. I'd say, "Honey, where have you been? You should have been here sooner. I need you around. Don't do that again." They'd get tight and uncomfortable. It was all fencing in, and I knew how to work it beautifully.

我發現，如果一個男的去追女生，她會跑；如果他離開她，她會倒追回來。所以，在言語上，我會開始用愛把她們包圍起來。我會說：「親愛的，妳到哪去了呀？妳應該要快些到這兒，我需要妳的陪伴，千萬別再這樣了。」，她們會感覺到被束縛和不舒服。我全面包圍，而我

也知道怎麼做得漂亮。

This was all head work. I just learned by watching what made people move. I really didn't understand it psychologically.

這全是腦內作業，我只是透過觀察到底是什麼在促使人們行動中所學到的，我真的不是心理學上瞭解這些的。

‡~‡~‡~‡~‡

The total effect on me of my love affairs was misery!

我這些戀情的總體效益是悲慘的！

But those blows of love, passion, and then heartbreak are really good. Were it not for the blows, we'd be forever sunk in this delusion, which is bits of pleasure and long periods of pain. That's the pattern in the world-for each ounce of pleasure we pay with pounds and pounds of pain. The pain is so great, most people get accustomed to it and don't even see the extent of it.

但是這些愛情、感情以及心碎的打擊真的是很好的。如果不是這些打擊，我們會永遠的沉淪在這些妄想裏，一種歡愉零星卻痛苦冗長的妄想。

‡~‡~‡~‡~‡

My first clue that a love relationship was starting to go downhill came when the girl first started hinting, then talking, and finally nagging, about marriage. When the nagging started, it was nearing the end. By that time, I would have another girl set, so that I wouldn't suffer the acute pain that formerly I had suffered.

我第一條關於愛戀關係開始走下坡的線索是，當女孩子開始暗示、然後是談起、最後是叨個不停關於結婚的事。當叨喋一開始時，終點就不遠了。這時候我會準備好另外一個女孩，這樣我才不會承受到之前所承受的尖銳痛苦。

There was nothing worse than that suffering. You can't turn it off. You can't put any salve on it, except the one salve I discovered-getting another girl!

沒有什麼比這種痛苦還糟糕的了，你沒辦法關掉它，你沒辦法給它敷藥膏；除了一種我發現的藥膏之外--找到另外一個女孩。

In most love relationships, that which one wants from the other is mostly ego approval. That is why the majority of people are not happily married. They're picking at each other most of the time, wanting ego approval. That makes for a bad marriage.

在大多數的愛情關係中，互相從對方所想要的是自我上的認可(ego approval)，這就是大多數人婚後無法幸福的原因。多半時候他們互相挑剔、想要自我上的認可，這導致了不良的婚姻。

What makes a successful marriage? Two things-having interests in common and friendship.那又有什麼是會讓婚姻成功的呢？兩件事--共同的興趣和友誼。

‡~‡~‡~‡~‡

I was sitting in the 23rd Street Cafeteria in New York City with two

friends. This was about 1945. We were sitting around the table having pie and coffee and Joe remarked, "Gee, I never have any sex."

我和兩個朋友一起在紐約市的「第 23 街自助餐廳」，這大概是 1945 年的事。我們圍著桌子坐，有派和咖啡，喬(Joe)說了：「啊，我從來沒有過性生活。」

And I said, "Joe, what about last weekend with so-and-so?"

我說：「喬，那上個禮拜跟某某某的事又怎麼說呢？」

And Joe said, "Oh, that doesn't count."

喬說：「噢，那個不算數。」

"And what about so-and-so the weekend before that?"

「那再之前的那個禮拜跟某某某的事又怎麼講呢？」

"Oh, that doesn't count."

「噢，那個不算數。」

"And what about so-and-so the weekend before that?"

「那再之前的禮拜跟某某某又怎麼講呢？」

"Oh, that doesn't count."

「噢，那不算數。」

Then Fred chimed in, "Gee, I never have any sex either."

然後弗萊得插進來說：「啊，我也從來沒有過性生活。」

I said, "Fred, what about so-and-so last weekend?"

我說：「弗萊得，那上個禮拜跟某某某的事怎麼說呢？」

"Oh, that doesn't count."

「噢，那不算數。」

"And what about so-and-so the weekend before that?"

「那再之前的禮拜跟某某某又怎麼講呢？」

"Oh, that doesn't count."

「噢，那不算數。」

And then I got a tremendous realization. I saw that I, too, felt the same way: that I never have any sex! And I said, "Are we insane? What is this?" And I saw that what we wanted was not sex, but love. And not getting the love we were saying, "We're not having any sex."

I let go of the feeling that I never-have-sex after that, but it didn't help much. I still felt that I couldn't get love. I still felt that I didn't have love.

然後我得到了一個巨大的瞭解；我看到我，也一樣，有著相同的感覺：

「我從來沒有過任何性生活！」。然後我說了：「我們是瘋了嗎？這是什麼跟什麼啊？」。然後我看到我們所要的不是性，而是愛。而當沒得到這份愛我們就會說「我們沒有任何性生活！」。之後我釋放「從來沒有性生活」的感覺，但沒起多大的幫助；我還是覺得我得不到愛，我還是覺得我沒有愛過。

I think this is the reason why many people today are indulging in so much sex: they are identifying it with love, and not finding love through it they go in for more and more sex all the time.

我想這就是今天有很多人會耽溺於這麼大量性愛的原因：他們把它和

愛混為一談；由於從這裏面沒找到愛，他們總是就挪向更多、更多的性。

愛是不具個人角度的 LOVE HAS NO PERSONAL ANGLES

You don't get free by fighting the world. You get free from within.

你不是透過和世界抗爭來獲得自由的，你是從內在獲得自由的。

When Nancy Sinatra was asked on a talk show what she thought of the women's liberation movement, she said she couldn't understand it. She said, "Freedom is a personal thing. I don't feel that I have to fight for freedom."

在一個脫口秀(talk show)節目裏，當南西辛納屈(Nancy Sinatra)被問到她對女性解放運動(women's liberation movement)的看法時，她說：「自由是個人的事，我不覺得我必需透過抗爭來獲取自由。」

She implied that she already felt she had that freedom.

她透露她已經覺得已她獲得那種自由了。

The whole movement made no sense to her. And she had the right idea, that freedom is a state you achieve personally.

這整個運動對她來講並沒有意義。而她的想法是對的，自由是一種你很個人的所達到的狀態。

‡~‡~‡~‡~‡

Women are acting like second-class citizens in our society-so much, so

that many of them accept it and don't even see it!

女人是這麼的像二等公民(second-class citizens)一樣的生活在我們的社會裏，以致於她們之中有很多人接受這個，甚至無法看得出來。

The reason why women are in a secondary position is that they think of themselves as secondary. If they would correct their own thinking and actually think of themselves as equal to men in everything, they would be. Then the "women's lib" movement would be in every woman and there would be no need for the movement.

女人之所以處在次要地位的原因在於她們認為她們自己是次要的，如果她們能改正她們的想法並真正的認為她們自己在每一方面都和男性平等，她們就會是的。之後「女性解放運動」就會在每個女人裏面，也就沒有這個運動的必要了。

The Constitution of the U.S. has always given equal rights to all citizens-women included.

Yet, how many Presidents have been women? How many members of Congress are women? How many executives of corporations are women?

美國聯邦憲法一向賦予全體公民平等的權利--包括女人。然而有多少位總統是女性？有多少國會議員是女性？有多少家公司的總裁是女性？

‡~‡~‡~‡~‡

Most of the great masters we know have been men. Women who are masters do not have the acceptance that the world gives men, and

therefore tend to remain out of sight.

我們所知道的偉大導師多數是男的，女性的大師缺乏這個世界給予男性的接受性，因而她們傾向避免露臉。

The nature of man is reason; the nature of woman is feeling. Feeling is closer to the Self than reason. Therefore, women are closer to the Self in that they operate on feeling.

男人的天性是推理，女人的天性是感覺。感覺是比推理靠近真我(Self)的，女人就她是以感覺來運作上是比較靠近真我的。

It reminds me of one businessman who never would make an important decision until he brought his client home for his wife's approval. He had learned from experience that her feeling or intuition was always right. He said he couldn't explain it, but he knew that it was so.

這讓我想起了一個生意人，他從不在帶客戶回家並獲得他太太認可前做重大決定的。從他的經驗裏他學到，她的感覺或直覺經常是對的。他說他無法解釋，但他知道事情就是這樣。

You see, there are two different natures, and this is why, sometimes, we have a difficult time understanding one another.

你看，這裏有兩種不同的天性，而這也就是為什麼，有時候，我們在相互了解時會發生困難的原因。

In some of the groups I've worked with, the men were always questioning. And they were brilliant. The women hardly ever said anything-but they moved beyond men! The women felt it, they experienced it. Women work by feeling; men by reasoning.

在一些我所致力的群組中，男生總是在問問題，而且他們都很聰敏；

女人則難得說上一句話，但實際上她們走的比男生還遠！女人是去感受、去體驗，她們以感覺來運作；而男人則用推理。

Women have the advantage.

女人比較佔優勢。

‡~‡~‡~‡~‡

It came to me why some men and women are homosexuals. As we go through our many, many lives, we change sex at certain times. For instance, if I had been a woman in my last lifetime, and this time I took on a male body, I'd have a certain amount of natural attraction for women because of my male body, but I'd have more of my feminine feelings carried over from my last lifetime. The more lifetimes I continue in a male body, the more masculine become my feelings, and the less homosexual I would be.

我忽然想到為什麼有些男人和女人是同性戀的(homosexuals)。在我們所活過的許多、許多生中，我們會在一些特定的時機改變性別。譬如，我上輩子是女人，而這輩子我改用男性的軀體；我就會因為男性的軀體而對女性有一定程度的吸引力，但是我卻會具有更多從前世帶來的女性情愫。我維持在男性的軀體裏越多世，我的情感就會變得越男性化，也就越不會同性戀。

You find homosexuality among all peoples. It's natural. We change sex to get more experiences.

在所有的人群裏都有同性戀，這是自然的現象，我們改變性別以獲取更多的體驗。

It is good that homosexuality is more accepted today. Until recently it was criminal to be that way. That was cruel.

同性戀現在是比較被接受了，這是很好的。直到不久之前同性戀還都被看成是種罪惡，那其實是殘酷的。

‡~‡~‡~‡~‡

I saw, too, that infants are not mental nothingnesses. If you'll remember back to the days you were an infant, even to the day you were born, you'll see that you knew who your mother was, who your father was, and even who the doctor was. You knew all these things, even though you couldn't talk. You knew what was going on.

我也看到，嬰兒也並不是心智上的什麼也沒有。如果你去回想你嬰兒時的日子，即使是出生的那一天，你會知道你知道誰是你母親，誰是你父親，甚至誰是醫生。你知道所有的這些事情，雖然你不會講話，但你知道發生了些什麼事。

Your only interests were to satisfy your needs. If Momma didn't give you milk, you cried, and Momma gave it to you.

你唯一關心的是去滿足你的需求；如果媽媽不給你牛奶，你就哭，然後媽媽就會給你。

My oldest sister spoke at the age of six months. But I didn't talk until I was three. This caused everyone to worry about me. They thought I was stupid. But I didn't need to talk. I got everything I wanted by pointing and making a sound. I used to wonder why they were worried about me.

我姊姊在六個月大的時候就會說話，而我則是到了三歲大的時候才開

始說話。這導致每個人都擔心我，他們以為我很笨。但是我並不需要說話，我只要指一指並弄點聲音就可以取得我所要的所有東西，我還想說他們幹嘛擔心我呢？

Not needing to talk, I didn't until I was three-but I'm making up for it now!

並不需要說話，直到我三歲--不過我現在也正在彌補！

After my realization, I went back in memory and relieved my infancy. What every infant wants, is his needs satisfied. If they are, he's happy; if they're not, he uses the only language he mows 收割-crying!

在我覺醒後，我有回到我以前的記憶並釋放掉嬰兒期。每一個嬰兒所要的，就是滿足他的需求。如果需求滿足了，他就快樂；如果沒滿足，他就使出他用來收割的唯一的語言--哭。

A child should never be left to cry. It is not lung exercise. It's cruel to let a child cry without finding out what he wants and taking care of it. This taking care of the needs of children would alleviate much of their insecurity in adulthood.

不該放著小孩讓他一直哭，那不是什麼肺部運動。讓小孩放著一直哭，而不去看看他需要什麼並加以照料，是件殘酷的事；對小孩需求的這種照料，可以大幅減輕他們成人以後的不安全感。

‡~‡~‡~‡~‡

Education today is a total miseducation.

今日的教育完全是一種錯誤的教育。

You take an infinite being and you try to jam rote stuff into him, stifling his capacity to evolve and be creative. You're also stifling his evolution.

你捉著一個無限的生命然後想硬塞給他一些死記的東西，這會窒息他演化的能力以及創造性，你也同時窒息了他的進化。

Do you have to teach a flower how to grow beautiful? We should have the same attitude toward a child. We should allow the child to evolve naturally, to express his inner abilities.

When you look at it that way, you can see how confining our educational system is.

Take the colleges. They tell you you must learn to think for yourself. But if you think differently from the professors, you flunk.

你需要去教一朵花怎樣去長得漂亮嗎？我們對兒童也該具有相同的態度。我們應該允許兒童去自然的演化，去表現他內在的能力。當你以這個角度去看時，你就可以看我們的教育制度是多麼狹隘的。以大學為例，他們告訴你說你必須自己去思考，但如果你想的跟教授的不一樣，你就會被當掉。

In my first term in college, I was told, "Now that I'm in college, I should think for myself." So I started doing it. The first two marking periods I flunked all the subjects where I had to think for myself.

我進大學的第一個學期我被告知，我現在已經進大學了我應該自己去思考，所以我就照做了。結果在前兩次的期中測驗中，所有需要我自行思考的科目都被當掉了。

I really struggled with it, until finally I asked one of the professors if he would allow me to see the exam papers of the others who got good marks.

我心裏頭真的是很掙扎，最後我問其中一位教授能不能讓我看一下其它得高分的人的考卷。

I read them and discovered that they were giving him back exactly what he was telling us.

Then I saw the whole picture: if I thought the way he thought, I was smart; if I didn't, I was dumb, even though he told me to think for myself.

我看了後發現，他們完全按照他所告訴我們的內容給作答回去。然後就我整個明白了；如果我以他思考的方式思考的話，那我就聰明的；如果不是，那就是頑鈍的。即便他曾告訴我說應該自己去思考的。

So it's not true that they want you to think for yourself; they want you to think the way they think.

所以他們並不真要你自己去思考，他們要你以他思考的方式去思考。

After that, it was easy. I kept excellent notes and made sure I always gave back the prof his ideas. With the least amount of studying, I got the best marks.

這之後一切就很簡單了，我作了很好的筆記並記得把教授的想法給答回去；以最少的用功，我得到了最高分。

‡~‡~‡~‡~‡

All drugs are poisons. Poisons tend to push you out of your body and give you a feeling of detachment from its heaviness. By letting go of the attachment to the body, you expand your consciousness beyond the

body consciousness.

所有的毒品(drugs)都是一種毒藥(poisons)。毒藥的特性是將你推離你的身體，並給予你一種與身體的沉重感分離的感受。藉著釋放你對身體的附著感，你會擴展你的意識到超越身體意識。

The harm of smoking marijuana or taking any drug is that you give it the credit for doing something that you can and should do without it. Being high is our natural state, and must gotten by our own doingness. The more we use marijuana or other drugs, the more we depend on them to feel high. Therefore the less capable we become of being high on our own.

吸食大麻或其它毒品的危害，在於你給了它一個你可以，並且是應該可以，不靠它就能做到的事情的信譽。狂喜是我們自然的天性，也必需要靠我們自己的作為來取得。大麻或其它毒品吸食的越多，我們就越必需依靠它來變得高亢，因而我們靠自力變高亢的能力就會越來越弱。

Also, when we do it on our own horsepower rather than with drugs, we can go way beyond the limits of the highness that the drugs allow, and experience the way beyond the most fantastic of our imaginings. You see, there is actually no limit to how high we can go on our own, without drugs.

另外，我們靠自己的馬力而不是毒品來做的時候，我們可以達到超越毒品所能提供的高亢極限，並經歷到超越最驚人想像力極限的狀態。

One thing, however: Marijuana could be an eye-opener in it may give you a preview of something you might never have had without it. But I don't advocate taking drugs. You can get the same preview with more

intensity by just getting your mind quiet enough. 然而有一件事；大麻可以打開你的眼界，在裏面它可以給予你一個預覽，一個你沒嚐它之前可能從來沒有經歷過的東西的預覽。但我並不鼓勵吸食毒品，只要你將心智足夠的安靜下來，你也可以得到同樣但更強烈的預覽。

‡~‡~‡~‡~‡

Cancer, close to Leo, is my astrological sign. Astrological data has been accumulated by compilation of the lives of many, many known people. Therefore, it fits many people.

But my opinion is that, as much as those planets out there influence me, how much influence does this planet earth have on me? Earth is not thrown into consideration of the planets when astrologers develop your charts. Yet, its influence is greater than all the other planets put together.

我的星座是巨蟹座，靠近獅子座。占星資料是由很多、很多有名的人所累積出來的對生命模式的編輯，所以它適用於很多人。但我的看法是，相對於外面的那些星球對我的影響有多少，這顆地球對我的影響又該有多少？但是占星學家在製作占星圖時卻沒有把地球算進去，而它的影響比把其星球放在一起的還要大。

Also, who is smarter? Clods of soil out there in space, or my intelligence? The planets are matter. Should they determine my intelligence? I say, no! This is my attitude towards astrology. When matter like planets determines us, we should turn it around and determine for the planets. I'm not going to subject myself to a distant clod of dirt guiding and influencing me.

而且，誰比較聰明？是太空中的泥巴塊還是我的智能？這些星體都是

物質，應該是由它們來決定我的智能嗎？我說：「不！」這就是我對占星學的態度。當像星體一類的物質在決策我們的時候，我們應該扭轉過來去決策星體。我是不會讓一堆遠方的泥巴塊來影響和導引我的。

‡~‡~‡~‡~‡

Although intelligence is defined as the ability to resolve new problems, I define it as the ability to be happy. Man wants happiness more than anything else. Should not his intelligence be judged by his ability to get what he most wants?

雖然智能(intelligence) 是被定義為解決新問題的能力，但我把它定義為變得快樂的能力。人們想要幸福遠勝於想要任何其它東西，智能不該以取得他最想要東西的能力來衡量嗎？

‡~‡~‡~‡~‡

You use your car to take you around, but you don't say, "I am the car." Likewise, your body is a carcass, or better, a "car-case." You're using it as a vehicle now. If you say, "I am body," it's the same as you driving your car and saying, "I am the car."

你利用車子戴著你四處跑，但你不會說：「我是車子」。同樣的，你的軀體只是一付骨架，或說是「車架」，你使用它就跟使用車輛一樣。如果你說：「我是軀體」，那就跟你開著車子說：「我是車子」一樣。

愛是方法也是目的 LOVE IS THE MEANS AND THE END

The word "atom," by definition, means the smallest indivisible particle. Up until 1952, having been trained in physics, I carefully followed the latest findings of the atom and atomic theory. The atom, which originally was supposed to have been the basic building block of the universe, already had more than thirty particles in it. I saw that it could no more be accepted as the indivisible building block.

按定義，「原子」這個單詞的意思，就是無法再分割的粒子。一直到1952年為止，由於受過物理學訓練，我很注意的在跟上原子和原子理論方面的最新發現。原子，這個原來應該是建構這個宇宙的最基本單元，已知道有超過三十種的粒子在裏面。我看到它已經無法再被認可為不可再分割的建構單元了。

I saw that our total knowledge of all natural phenomena added up to zero. We didn't know what gravity, magnetism, electricity, light or heat were.

我看到我們對自然現象的所有知識加總起來等於是一個零，我們根本就不知道重力、磁力、電力、光或者熱是什麼。

Science progresses by trial and error, because science today doesn't understand natural phenomena. The reason for it is man's low understanding of the science of being. The world is on a destructive course because of that lack of understanding.

科學以嘗試和錯誤(trial and error)方式來推進的原因，是因為今日的科學並不了解自然，而不了解的原因是因為人們對存在科學(the science of being)的不了解。由於缺乏這種了解，這個世界是朝著破壞性的方向發展的。

Today, we get our energy by destroying matter. If you keep destroying matter, by natural principle, it's going to destroy you. And that's what's happening in the world today. An eye for an eye, a tooth for a tooth--the law of compensation!

今天，我們靠著破壞物質來取得能源。如果你繼續破壞物質，按照自然法則，這是會回過頭來破壞你的。這就是今日世界正在發生的事，以牙還牙以眼還眼--回償法則(The law of compensation)！

We've poisoned the atmosphere with our destruction of the fossil fuels, coal and oil. Now it's poisoning us.

我們一直在以破壞石化燃料(fossil fuels)，煤炭和石油來毒化大氣，現在它在毒害我們了。

We're poisoning the water. And we're poisoning the food. We can't go on doing this and survive.

我們一直在毒化水源，我們也一直在毒化食物；我們是無法這麼繼續下去而還能活命的。

We must go with nature rather than destroy it. We must learn that if we do not and continue our present direction, it will destroy us. This is already becoming obvious.

我們必需和自然站在一起而不是去破壞它，我們必需學到如果我們不這麼作而仍繼續我們目前的行徑的話，它是會毀滅我們的；這是已經是越來越明顯的事了。

We can and we must. And the way is by the study of man and his beingness. The science that would correct all other sciences as it is basic

to all other sciences.

我們可以做到也必需做到，而辦法就是透過研究人和他的立在 (beingness)。這門學科可以匡正其它的學科，因為它是所有其它學科的基礎。

Sooner or later we must understand the science of nature, understand the atom and then we'll use the atom in which is unlimited free energy.

或早或晚我們必然要了解自然科學、了解原子，然後我們才會懂得如何去利用原子所內含的無限免費能源。

If we would let go of our destructiveness and hate, the mind would be cleared so that we could see the simplicity of nature and natural law. It is not complicated as our physicists try to make it.

如果我們釋放掉我們的憎恨和破壞性，我們的心智就會變得清明，乃至我們可以看到自然和自然律(Natural law)的簡易性。它不像我們的物理學家試圖去做的那樣複雜的。

infinite power is right there in front of our eyes and we can't see it. Nature is here to serve us. We're not here to fight it, smash it, or crash it. But everything we do, we do the hard way. Our basic research instrument, the cyclotron, smashes atoms.

無盡的動力現成的就擺在我們眼前，但我們卻看不到。大自然在這裏是要服侍我們的，我們在這裏不是要和它對抗、去搗毀它、或瓦解它的；但每次我們在做時，挑的都是困難的方式。我們的基本研究工具，粒子迴旋加速器(Cyclotron)，就是用來瓦解原子用的。

That's because the major science, that is the basic science of all sciences, the science of being, man has little or no interest in. The science of being would explain and make all the other sciences known.

那是因為最主要的科學，也是所有科學基礎的立在(beingness)科學，人們對它缺乏興趣，或者根本沒有興趣。立在科學能闡釋一切，並讓其它科學變得有知識起來。

If we were in tune with nature, in tune with ourselves, loving rather than hating, nature would be allowed to fulfill and serve us with a bounty that would make everyone not only affluent, but also extremely happy.

如果我們能和自然對頻(in tune)、和我們自己對頻，充滿愛而不是恨；就能允許自然去自我完成，並饗宴我們每人予以豐盛，不僅是大量財富而且還是極為歡樂的。

‡~‡~‡~‡~‡

We have theories that we keep changing. Every physicist is aware of this. If they were correct they would need no change. The atom was supposed to be the basic building block that everything else is built out of. We know now that that theory is wrong. And yet, we hold on to it.

有理論說我們是時時刻刻在變動的，每個物理學家都明白這個道理。如果他們是對的，那他們就需要一個不變的。原本原子應該是建構一切其它事物的基本單元，但我們已經知道這個立論是錯的，可是我們仍舊緊握著它不放。

Gravity and magnetism we don't understand. We don't even know what electricity is, but we can use it. Through trial and error we've learned

how. By crossing a magnetic field with a copper conductor, we get a current. We've learned to produce electricity that way. Why it happens, we still don't know.

我們並不知道重力和磁力是什麼，我們甚至連電力是什麼都不知道，但我們還能使用它，經由嘗試和錯誤我們學到了這些。如果用銅線掃過磁場就會產生電流，我們學會利用這種方式來發電。至於為什麼會這樣？我們並不知道。

We don't understand gravity-nothing about it, and that's why we are so earthbound. When we discover what it is, we will freely and easily travel the universe.

我們並不了解重力--完全不了解，而這也就是我們為什麼會這麼的被束縛在地球上的原因。一旦我們發現它是什麼的時候，我們輕易的就可以自由旅行在宇宙間。

Everything in nature goes two ways. If there's a plus, there's a minus; if there's a hot, there's a cold; and if there's gravity, there's anti-gravity. Only when we understand gravity will we have the key to anti-gravity. Only then, we can leave this planet and travel the universe. We will travel on the magnetic lines of the universe.

自然界裏的所有事物都是成對的。有一個正的，就有一個負的；如果有一個熱的，就會有一個冷的；而如果有一個重力，那就會有一個反重力。只有當我們了解了重力時，我們才能掌握到通往反重力的鑰匙。

While man is of the destructive mind that he is now, nature keeps him bound to his planet. Otherwise he would go to other planets to conquer

them. He would cause havoc and destroy the harmony of the universe.

既然現在的人類心智還是具有破壞性的，大自然也就繼續的把他束縛在地球上；不然他會跑到別的星球去並征服它，他會製造浩劫並破壞宇宙間的和諧。

So nature confines him here. When we get more understanding, more loving, and therefore our minds quieter, we'll begin to see the natural law. Then we'll see what gravity is, and how to leave this planet with ease.

所以大自然把他禁錮在這裏。當我們變得更理解、更有愛心時，我們的心智就會變得比較安靜，然後我們就會開始看得見自然律。然後我們就會開始看見什麼是重力，以及怎樣輕易的離開這個地球。

We'll see how to get unlimited free energy from the atom in a non-destructive way.

我們會看到怎樣以非破壞性的方式取得原子內的無窮能源。

We do now that the energy is there. We use it in our atomic bombs.

我們是有在收取現成的能源，但我們是把它用到原子彈上去。

As I've said before, our research into the atom is by smashing it's cyclotrons. We learn by destruction, a very unfortunate approach.

就像我之前講的，我們對原子內部的研究是利用粒子加速器來裂解。

我們使用破壞來學習，一種很不幸的方式。

We must reverse and learn by constructing. Then we'd get correct answers. We should look at the universe out there, and learn how it is constructing itself and, in the process, the atom. In mowing how the

atom is constructed is the secret to its unlimited power.

我們應該反過來改用建構來學習，我們會得到正確答案的。我們應該向外觀察宇宙，然後學習它是如何建構自己的，以及它建構原子的程序。從建構原子之中擷取能源就是無窮動力的秘密。

The atom of our physical universe is the photon particle. It's the smallest particle we are capable of measuring. As the light particle, it hits our retina and registers as light. That same particle is basically the force of gravity and magnetism, and the energy level of the atom.

我們這個物理宇宙的原子就是光子(Photon)，它是我們所能加以觀測的最小粒子。作為一個光的粒子，當它擊向我們的視網膜時就被感知為光線。相同的這種粒子，基本上就是所謂的重力和磁力，以及能量層次上的原子。。

But this is way-out physics and physicists will say that it is ridiculous.

不過這些都是異類物理學，物理學家會說這是荒唐的。

‡~‡~‡~‡~‡

Matter is nothing but energy standing at a point. Physicists know this. There is a certain amount of energy standing still in this coffee cup resting on this table. When the cup moves, it becomes energy. If I hit you with this cup, you'd know there was energy coming at you. It is really that simple.

物質不是別的東西，它只是停駐在一個點上的能量(energy standing at a point)；物理學家們知道這個。在這隻放在桌面上的咖啡杯裏的，是一定量停駐在那裏的能量。當這隻杯子移動時它就變成能量；當我用

這隻杯子丟你的時候，你就會知道那是一團能量在向你飛過來。事情真的就是這麼簡單。

From the highest point of view I saw that matter is frozen energy, and energy is nothing more than mind in motion. That all of it is just mentation! The whole universe is only a mentation. The whole thing is an image in our minds!

從最高角度的觀點而言，我看到物質只是凍結的能量(frozen energy)，而能量則只不過是運作中的心智而已，而這一切的能量都只是心智作用(mentation)而已！整個宇宙都只是一種心智運作而已，這一切的一切就只是我們心智中的一個相想(image)而已。

This I try to show by saying, park your mind, go to sleep. Then where is this world? Don't wake up, and it never is again!

關於這一點我想用以下說明來闡釋。放下你的心，去睡覺；然後這個世界又在哪裏呢？別醒過來，那麼它就永遠也不會再回來！

Where is that world but in your mind? Put your mind away permanently and there never again is the world.

那個世界在哪裏呢？只不過是在你心智中而已。如果把你的心智永遠的放到別處去，那就永遠也不會再有這個世界的。

When you see your oneness, when you see your real Self, you see this entire universe as a dream in your mind, just as in night-dream.

當你見證到你的全一性(oneness)，當你見證到你的真我(real Self)，你就會看到這整個宇宙就像是你心中的一個夢境一樣，就像是夜晚裏的

夢境一樣。

You imagine all your dreams, the characters in them, the action going on, the relationship between characters. The same way you wake up out of a night-dream, some day you wake up out of this waking-state dream to the fact that you're dreaming the whole thing. You'll say, "Oh, my gosh! It's nothing but a dream!" And you'll laugh and that's the end of your being an effect of the illusion. If you come back to it, you'll try to help the rest of you wake up.

你想想你所有的夢境，包括裏面的角色、他們的作為以及他們之間的關係。和從夜晚裏的夢境醒過來的方式一樣，有一天你從這個清醒狀態的夢境醒過來，回到你在夢想所有的一切的真相裏時，你會說：「噢，我的天哪！這都只不過是一個夢境而已」；然後你會大笑，而這就是你結束幻覺(illusion)的開始。如果你回到那裏面去，你就會試著幫助其它的你(the rest of you)覺醒過來。

‡~‡~‡~‡~‡

My definition of real is: That which never changes is real. The reality is changeless. It is absolute-truth never changes. It is always true.

我對真實(real)的定義是：那個永遠不會改變的就是真實。實相(The reality)是永不改變的，這是永遠不變的絕對真理；這永遠是真理。

Let me give you an illustration that comes from the East: You're walking along the road at dusk and there's a rope on the ground. You imagine it to be a snake. Then you get all wrought up and involved in the fear of that snake and what it can do to you.

讓我以一個東方的寓言來作比喻吧：你走在一條幽暗的路上，地上有

條繩子。而你把它看成是條蛇，於是就著急起來並陷入對那條蛇以及牠可能對你造成的傷害的恐懼裏去。

Now the snake represents the world. The rope represents the reality. The rope is harmless, emotionless and changeless. But that snake is a terrible, dangerous thing.

現在那條蛇代表世界(world)，那條繩子代表實相(reality)。那條繩子其實是沒有傷害、不帶情緒、不會改變的，但那條蛇則是一種又可怕又危險的東西。

The world is like that snake, an imagining, an illusion. All questions of the world are like questions about the snake. Will this snake attack me? How can I protect myself from the snake, and so forth and so on.

這世界就像那條蛇一樣，是一種相想、一種幻覺。所有對這世界的問題，就像是對那條蛇的問題一樣。這條蛇會咬我嗎？我該怎樣防範這條蛇呢？諸如此類的。

It's all about something that really isn't! The reality is the rope. The reality of the world is the beingness behind it.

這都是些跟事實不相干的事！真相是那是一根繩子，這世界的真相就是隱藏在它背後的立在(beingness)。

When you get your realization, the world doesn't disappear, but your knowledge of it changes completely. Instead of the world being separate, out of your control, you discover that it only exists because of your beingness. You're imageing the whole thing.

當你達成你的覺醒時這個世界並不會消失，但你對它的認知則是會完

全的改變。相對於這個世界是分離的、不受你掌控的，你會發覺它只因你的立在(beingness)而存在(exists)的，是你想像出這所有的一切事物的。

Then you see it as a dream, while before it seemed to be so real to you. That's the only difference before and after realization. But as long as you think the rope is a snake, you're very involved with it.

然後你就會把它看作是一個夢境，儘管在之前這些對你而言似乎都還是非常真實的。這就是覺醒前與覺醒後唯一的差別。然而只要你把繩子認作是蛇，你還是會糾結進去的。

I could give it to you another way, too.

我還可以用另一個比喻來說明。

The world is an illusion, just like an oasis on the desert. When you look over a desert, it sometimes looks as though there is water there. As long as you don't go over and check it, you'll always think it's water.

這個世界是一個幻覺，就像沙漠裏的綠洲一樣。當你從沙漠裏眺望過去時，有時候看起來會覺得那裏好是像有水的樣子，只要你不走過去看個真確，你會一直以為那裏有水。

When you go to the spot, you discover there is no water there, only sand. The next time you look at it, you still see the illusion with this difference. Now you know it's an illusion.

When you know your real Self, you discover it's totally sufficient unto itself, that you have satiety, or everything you want. And you drop your thirst for the oasis.

當你走到那個點上時，你會發覺那裏沒有水只有沙；現在你已經知道

那是幻覺了。當你認知到你的真我時，你會發現它其實完全是本就自
足的；你會饜足，或得到一切你所要的。

愛會尋求它自己的同類 LOVE SEEKS ITS OWN LIKENESS

There is a natural way for each nature to achieve realization. What's
natural to you is the best way for you. That's why there are four major
ways that embrace everyone's nature.

每一種本質(nature)的人都會有一種自然的途徑來達成覺醒，對你而
言最自然的方式，就是對你對好的途徑。這就是為什麼會有四種涵蓋
所有人本質(nature)的主要途徑的原因。

The four ways are the rational, which is the mental way; the scientific,
which is the specific methodological way; the emotional, which is the
love and devotional way; and the active way, which is rendering selfless
service to mankind.

這四種途徑是：理性的，就是心智途徑；科學的，就是特定方法學
(methodological)的途徑；感性的，就是愛和奉獻的途徑；以及行動性
的，就是實踐對人類無私服務的途徑。

‡~‡~‡~‡~‡

To uncover yourself it takes only wanting to and looking in the right
direction.

要揭露你自己，所需要的就只是想要的欲望和正確的方向而已。

When you look for the I-that-I-am, it has to be sought just behind the mind. The mind can never conceive of infinity because the mind itself is finite.

當你尋找「我是」的我(I-that-I-am)時，它必定是恰好在心智的後方被找着。心智永遠無法涵蓋無限，因為心智它本身就是有限的。

When your mind is quiet enough so that you'll see through the noise of the mind, then you'll see the real "I" that you are.

當你的心智安靜到足夠讓你望穿心智的噪音時，你就會看到你就是的真「我」。

The more you work to quiet the mind, the more you succeed. You keep it up until complete success is there.

你在安靜心智上越是下工夫，你越是會成功。你要不停的直到全然的成功現前為止。

‡~‡~‡~‡~‡

Mind is only creative. What we hold in mind comes into actual manifestation. The mind thinks in pictures. If I say the word "shoe," the mind pictures a shoe, and not the word.

心智是只有創造性的，我們在心智中所掛記的事物都會進入實際上的顯化。心智是以圖像思考的，比方我們說「鞋子」這個字眼，心智顯現的會是鞋子的圖像而不是文字。

The mind cannot picture the words "not" and "don't." Whatever you "don't," you're holding the picture of what you don't want, and therefore you're creating that which you don't want.

心智無法顯現「不」(No) 和「不要」(Don't) 的圖像，不論你是在「不要」些什麼，你在心智中記掛的就是你所不要的圖像，所以你是在創造你所不想要的事物。

When I say to myself, "Don't forget your watch, Lester," I forget my watch. If I say, "Don't spill the tea," the tea spills.

當我跟自己講：「別忘了手錶，萊斯特。」，我就忘了手錶；如果我說：「別把茶水給灑了。」，茶水就濺的四下橫流。

It's a weird thing to watch. The first thing I used to get me back with the world was negative words. At first I had no negative words in my vocabulary.

這是一件值得注意的怪事，我第一件用來把自己拉回這個世界的事物是就是負面字眼(negative words)，一開始我在我的語彙裏是找不到負面字眼的。

You'd be surprised how many negative words most people use. Check it. You'll see some interesting results.

你會驚訝於大多數的人所使用的負面字眼有多少，留意一下，你會看到些有趣的結果的。

Well, for me it was natural not to use them. So when I started learning how to come back into the world I had to latch on to "don'ts." It's an established habit for me now. It helps me stay with people.

而，不會使用它們對我而言是件很自然的事，所以當我開始在學習如何回到這個世界上時，我得緊盯著「不要」不放的。現在這對我而言

已經是個定型的習慣了，這有助於讓我留在人群裏。

But remember, the mind is only creative. If you "don't" something, you're holding in mind the picture of something you do not want, but will create. You see, "don't" is not a picture in the mind, but the thing you are "don'ting" is. If you say, "Don't fall," "fall" is the picture.

但是請記住，心智是只有創造性的，如果你在「不要」些什麼，你
在心智中記掛的就是你所不要的圖像，但一樣是會被創造的。你看，「不
要」並不是心智中的圖像，但你正在「不要」的事物則是圖像。如果
你說：「別掉下去了。」，「掉下去」是個圖像。

‡~‡~‡~‡~‡

You can throw anything out of your mind that you really want to.
Anything you resolve to do, you do.

你可以將你真想要丟掉的任何東西丟出心智外，任何你定意去做的你
就做得得到。

We should think in positives. I say to people, "Give me the opposite of
the negative you're thinking," and they can't do it. The difficulty is habit.
But you can change a negative habit to a positive habit.

我們應該以正向的方式去思考。我常跟人講：「給我你正在思想的負
面事物的反面。」，而他們都做不到。困難之處在於習慣，但是你能
改變一個負面習慣為正面習慣。

Just put in a positive thought with more power than the negative
habitual thought. It'll overwhelm and knock out the negative thought.

One powerful thought can knock out hundreds of negative subconscious thoughts at once.

就是賦予一個正面思想比負面習慣思想更多的力量，這會壓倒性的踢除負面思想。一個有力的思想可以立刻踢除潛意識裏上百個負面思想。

What makes the difference in the power of a thought? The amount of resolve, determination, or willpower that you put behind the thought.

那又是什麼在決定思想力量的差別呢？就是你加在思想背後的定意、決心、或意志力的總量。

‡~‡~‡~‡~‡~‡

If you can pose and hold the question "What am I?" until what you really are presents itself, this is the fastest way to complete freedom. I have yet to meet the person who has done it.

如果你能提起並盯住「我是什麼？」(What am I?)的疑問，直到真正的你呈現出祂自己來，那麼這就是獲得全然自在的最快方法。我還有待去會見那些辦到的人。

But If you'd stay around the clock with only "What am I?" rejecting all other thoughts, in a matter of a few weeks, you'd have it.

如果你能一天二十四小時的和「我是什麼？」廝守在一起，摒除所有其它思想。那就只消幾個星期時間，你就能辦到的。

In any event, you should always have "What am I?" in the back of your mind regardless of what you're doing.

在任何情況下，不論你在做什麼，你必需一直在心智的背後維持著「我是什麼？」的疑問。

‡~‡~‡~‡~‡

If you're not successful with that, then the next big step is to drop your ego sense. When there's no more ego, what's left over is the infinite you.

如果你無法做到這些的話，那麼下一個大方法就是卸下你的自我感 (ego sense)，當自我消失時，剩下的就是那個無限的你。

If taking on the ego all at once seems too much at first, then start by dropping the effects of the ego, your tendencies, predispositions, likes and dislikes. Everyone can drop tendencies and predispositions easily, if he really wants to.

如果一開始就要你一鼓作氣的卸下整個自我似乎太難的話，那麼就從解除自我所連帶的效應開始，就是你的傾向、特質、好惡等。每個人都可以輕易的解除它的性向和特質的，如果他真的想要的話。

Start with the small ones and go on to bigger ones as I've told you. The simple tendency to walk on the right side of the street can be changed to walking on the left. The tendency to sleep eight hours can be changed to sleeping six.

如我先前所說的，要從小一點的事項開始然後再朝大一點的做去。簡單的傾向像是走路靠馬路右邊走可以改成靠左走，每天睡眠八小時的傾向可以改成每天六小時等。

Habitual tendencies don't have to be cut out permanently just for a time,

to demonstrate who is the master.

習慣性的傾向並不需要完全的加以根絕，只要一小段時間來展現誰是主子就行。

The tendency to seek approval is a big one to deal with. Everyone's attention is taken up in seeking approval. Everyone is doing it, and it's such a waste of effort and time.

尋求認可的傾向是比較大的一個，每個人的注意力都是佔用在尋求認可上。每個人都在這麼做，這簡直是在浪費時間和精力。

Let me say that when you seek, whether it's with the ultimate question, "What am I?" or by dropping the ego sense or tendencies, isolation is necessary. Get quiet.

這麼說好了，當你在尋求時，不論你用的是終極問題：「我是什麼？」，還是用卸下自我感，還是解除傾向。與外界隔離(isolation)是必要的，要靜下來。

Isolation helps you quiet the mind. However, isolation can be had even in the city, or wherever you are. I isolated at 116 West 59th Street in the heart of New York City.

與外界隔離能幫助你靜下心智來。不過隔離，不論是在大都市裏或是在任何地方都是可以做到的，我就是避居在紐約市中心的第 59 西街 116 號的。

‡~‡~‡~‡~‡

It's possible to grow every day through all our different relationships and

meetings. We're here for growth, not a test. This is not a proving ground, it's a learning ground, a schoolroom.

經由所有我們的不同關係和相會來每日成長是可能的，我們來這裏為的是要成長，並不是測驗。這裏不是個校驗的場所，這是一個學習的園地。

There are different grades of schoolrooms for different planets. This one is a postgraduate course. It is of the most difficult, and therefore affords the greatest growth. All of us who are here are advanced souls--advanced in that we have chosen an extremely difficult place of abode. We wanted a higher course, a tougher one, and we've got it!

在不同的星球上有著不同級別的教室，這一個是大學畢業後的課程 (postgraduate course)。這一個是最困難的，也因此能獲得最偉大的成長。所有在這裏的我們，都是進階的靈魂(advanced souls)--進階在我們選擇了一個極端艱困的地方來落戶。我們想要一個更高級的課程，艱難一點的，然後我們如願以償了！

‡~‡~‡~‡~‡

The vast majority of people's concept of love is actually hate, more or less. "I need you, I must have you, I can't live without you, you're mine," is all non-love.

絕大多數人觀念中的愛其實或多或少是恨。「我需要你，我一定要擁有你，沒有你我活不下去，你是我的」，這都是非愛(non-love)。

Love is letting the other one have what the other one wants. Not what I want. What we call love in this world is usually a sensual, selfish

emotion-a deal-if you do what I want I love you, and if you don't do it, I don't love you.

愛是任其它人擁有其它人所想要的，而非我所想要的。在這個世上我們所謂的愛，通常都是一種感官上的自私情緒，有點--如果你的作為是我所想要的，我就愛你；否則我就不愛你--的味道。

Sex and love are often tied in as the same, and they're not. If you want to know what sex is, observe the animals. Sex is a means of procreation. If we were living normal sex lives, we'd use sex only for that purpose. Man superimposes love on sex.

性和愛經常是被綁在一起視為相同的，但它們不是。如果你想知道性是什麼，看看動物就知道了。性的意思是生殖，如果我們過的是正常的性生活，我們的性只會用在那個目的上，是人把愛重疊到性上面去了。

‡~‡~‡~‡~‡

Fortunately and unfortunately, sex brings us closest to God. It usually brings out the finest of our feelings. It is fortunate in that we begin to get a taste of our feelings of love, and unfortunate in that it pegs us there and prevents us from getting deeper and intenser feelings of love.

是幸也是不幸，性把我們帶到最靠近上帝的地方，它通常會帶出我們感覺中最好的部份來。幸運的是，在這裏我們開始嚐到我們愛的感覺；而不幸的是，它也會把我們栓在這裏，妨礙我們獲得更深沉更密集的愛的感覺。

Unknown to most is that when our love is capable of being expressed directly and not limited through the senses, it has no limits and therefore our joy has not limits. Joy can be and should be thousands of times greater than the greatest joy we have ever experienced in sex.

多數人所不知道的是，當我們的愛得以直接展露而不經感官限制時，它是沒有極限的，因而我們的喜樂也就沒有極限了。喜樂可以是，也應該是，千倍於我們從性裏所曾經驗過的最大愉悅。

I would suggest two things: First, to know the foregoing. Second, moderation, or even restraint, if possible, until one constantly has more joy than sex can give. Then it is easy to let go of it because you don't want to be limited in your joy. You want to keep on increasing it until you reach the ultimate joy.

我會建議兩件事情：第一，了解前面所說的。第二，節制或甚至是克制，如果可能的話，直到一個人能經常性的擁有比性所能給還多的喜樂為止。然後就容易放掉它了，因為你不會希望被限制住你的喜樂的，你會希望它繼續滋長直到你構到終極的喜樂為止。

‡~‡~‡~‡~‡

An illiterate person has a much better chance of achieving total freedom, because he's not clogged by accrued, accumulated encrustations of dogma, doctrine, education, ideas. The less ideas we have, the less education we have, the less demand we have to behave in accordance with the world, and therefore we're freer to dive into ourselves.

一個未受過教育的人會有較大的機率達到全然的自在，因為他還沒被一堆又一堆孳生累積出來的價值、教條、教養，思想的硬殼所塞滿。

我們有的思想越少、我們所受的教育越少、我們需要配合世界的行為

越少，我們就能更自在地潛進自己裏面。

The less cobwebs we have in the way of seeing ourselves the less we accept from society, because society is very much in the wrong direction. So anything it gives us becomes an obstacle.

我們從社會所接受的東西越少，我們在望見自己的路徑上的蜘蛛網就越少，因為這個社會是在相當錯誤的方向上發展的，所以它所給予我們的任何東西都會變成是障礙的。

‡~‡~‡~‡~‡

The start of the feelings of failure comes from the earliest days. Our parents tell us what to do, they tell us what not to do. Every time we want to do something and they say, "Don't," we feel we can't, we don't know how.

挫敗感的產生起自於生命的早期；我們父母告訴我們什麼該做、什麼不該做。每當我們想要做些什麼而他們說「不可以」時，我們可以感覺到我們不能夠，但我們不知道為什麼。

If we don't want to do something and they say, "Do," again we feel that we don't know.

All the "doing" and "don'ting" by parents gives us the feeling that we can't, we don't know, from the first days on. And this continues because it goes on through everyone's life.

如果我們不想做些什麼事情，而他們說：「做這個，」時，我們又再度感到不知為什麼。打從第一天開始，所有從父母來的「做」和「別」所帶給我們的是，覺得我們不可以、但不知道為什麼。而這種感覺會

繼續下去，因為在所有人的整個一生當中它都在發生。

Every teacher has it as part of his make-up that we cannot do. So they tell us what to do, and repeat it, and pound it into us, and they continue that negativity that started at infancy.

在每個教師所扮演的角色裏也都含有這個成分--我們不可以；所以他們告訴我們該做什麼，一再的重複，然後把它敲進我們的心裏去；於是他們就延續了那個起自嬰兒期的消極情緒。

So maybe ninety-nine percent of us have a feeling of failure that we can't do. We don't know how.

所以可能我們當中有百分之九十九的人會有這種挫敗感--我們不能夠，但我們不知道為什麼。

When we look at ourselves as we really are, and discover what we are, we discover that all things are possible unto us, that all intelligence is available to us, that we have a direct line to omniscience, to omnipotence. And the only thing that keeps us from using it are these pre-indoctrinated dictums from our parents and teachers: Do. Don't.

當我們看見自己實際上是誰，並發現我們的是什麼時，我們會發現：對我們而言任何事情都是可能的、所有的智能我們都是可以取得的、我們都有一個直接的管道連向全知和全能的。而唯一導致我們無法去使用這些的，就是這些家長和教師灌輸給我們的格言：「不」；「不要」。

So, by discovering ourselves we see how ridiculous it is to hold on to the concept that we cannot. And when we see that everything is possible, methodically those concepts are dropped.

所以，透過發覺我們自己，我們會看到緊握著我們不能的概念是件多

麼荒唐的事。而當我們看到一切都可能時，很理哲的，這些概念就會脫落掉。

There should be no negative words in any language-no "can'ts," no "don'ts," no "not's." Really it would be a terrific thing if we took them out of the language.

不論在什麼語言裏，都不應有負面的字詞--沒有「不能」沒有「不可以」，沒有「不是」。真的，如果能把他們剔出我們的語言之外，那將是一件極好的事情。

You'll discover that you can say everything you want to say in a positive way. Think only what you want, and that is all that you will get.

你會發現你能用正向表達的方式，說出一切你所想說的每一件事。只想你所想要的，那麼那些就是所有你會得到的。

All in all, it's the inabilities that are pounded into us from birth on that limit us. Our parents have it; their parents gave it to them. It goes on and on and on, unconsciously being handed down to those whom we think we love so much.

總而言之，就是那個從出生開始就敲進我們心裏的無力感在限制我們。

我們的父母也有這個，他們的父母送給他們的。它是這樣的一再發生又發生，於是不自覺的它又被傳下去給那些我們認為我們非常疼愛的人了。

愛是讓其它人自在的放手 LOVE IS A FREEING OF THE OTHER ONE

I've experienced everything I talk about; that's why it's effective when I talk to others. If I had read it in a book, it would have no import to the one I'm speaking to. But when one experiences it, then tells it, as that one tells it, that infinite power that he has gained is right behind it.

我所說的事每一樣我都經歷過，這就是為什麼在我跟別人講起時會得信的原因。如果我是從書上看來的，那麼聽講的人就不會得到輸入；但如果一個人是有經歷過才講起的，那麼在他講起的當時，那股他所得到的無限力量就會在後面支撐他。

There is a power in his word, even when it is written down it is said.

他的語言裏會有一種力量，即便是從轉述而做成的文字記錄也是。

But it is felt even more so when it is person to person.

不過在面對面時所感受到的是比這多的。

‡~‡~‡~‡~‡

Man is really infinite, and considers himself the opposite. Just quiet your mind enough and discover that which is just behind your mind--your omniscience. "Wherever you are, you can use every incident, every relationship to grow by. Just Then don't stop seeking.

人真的是無限的，但卻以為自己是相反的。只要充分的安靜你的心智，然後發掘正貼在你心智後面的那個--你的全知(omniscience)。不論你在哪裏，你可以利用每一個事件、每一個關係來成長，就是不要停止追尋。

Seeking should be a twenty-four hour quest. Almost everything you're doing is unfree behavior. Examine it and let go of it. Every time you see non-love, turn it to love. Only when you are all-loving are you free.

尋求(Seeking)應該是件二十四小時不間斷的探索(quest)，幾乎你所做的每一件事情都是不自在的，審視它並讓它走。每次當你看到非愛，就把它轉化為愛，只有當你是全然在愛(all-loving)時你才是自在的。

Get to the place where no one and nothing can disturb you. Take full responsibility for what's happening to you. Get the habit of bringing the unconscious causative thought up into consciousness, so that you can drop it and be free of it.

去到那個沒有任何人也沒有任何事可以攪擾到你的地方。對發生在你身上的事情負起完全的責任。養成將潛意識裏的肇因思想提到意識層面上來的習慣，你這才能扔掉它並從它那裏解放出來。

I developed this. Every time anything unpleasant would happen to me, I would say, "What did I do to cause this?" Immediately the causative thought would come up, I would see it and drop it.

我發明了這個技巧。每次只要是有不愉快的事情會發生在我身上，我都會說：「我是做了什麼引起這個的？」，肇因思想就會立刻的冒到意識層面上來，我會看著它並把它丟掉。

I was driving to Los Angeles with Bill Casso. We had been driving all day and night, and I was tired. We were nearing San Bernardino.

我與比爾卡索(Bill Casso)開車去洛杉磯，我們開車已經開了一天一夜，而我累了。當時我們正在駛近聖伯納迪諾(San Bernardino)。

Bill said, "Lester, do your eyes hurt you?" I was tired so I didn't even answer, but I was listening to him.

比爾說了：「萊斯特，你覺得眼睛難過嗎？」。我累了，所以我甚至連回答都沒有，不過我有聽到他說話。

Then the radio announced high smog in that area. And a second time Bill asked, "Lester, are your eyes smarting?" Again, being very tired, I didn't answer. However, his thought went into me, subconsciously.

隨後聽到收音機廣播說這地區有高煙霧(high smog)，然後比爾第二次問我說：「萊斯特，你的眼睛會不會刺痛？」。同樣的，因為很累的關係，我沒有回答。然而，他的思想鑽進了我心裏，潛意識地。

The next day my eyes were burning and tearing. As I lay back on the bed with closed eyes in a Los Angeles motel, I asked myself, "Now what did I do to cause this?"

第二天我的眼睛就在刺痛和流淚。在我閉上眼睛躺回在洛杉磯一家汽車旅館的床上時，我問自己：「好了，我是做了什麼才引起這個的？」

Then I heard Bill saying it the first time. I reversed it.

然後我聽到比爾說的第一次，我把它扭轉過來了。

Then I heard the radio saying it. I reversed that.

然後我聽到收音機說的，我把它扭轉過來了。

And I heard him saying it the second time and again I reversed it. I opened my eyes and there was no more burning, no tearing. And that was the end of it!

而我也聽到他說的第二次，我一樣把它扭轉過來了。我睜開眼睛，也

不刺痛也不流淚了。這件事就這麼結束了！

You have to reverse everything you hear that's negative, otherwise it goes in subconsciously. You reverse it by dropping the negative and then asserting the positive. "My eyes are fine, my eyes are perfect."

你必需把你所聽到的一切負面訊息都轉過來，不然它就會不自覺的往裏頭去。你是透過丟棄負面訊息然後插進正面訊息來扭轉它。「我的眼睛很好，我的眼睛是完美的。」

If, when Bill had asked me whether my eyes were smarting, I had answered, "My eyes are fine," everything would've been okay then. I would not have accepted subconsciously that smog causes my eyes to smart and tear.

如果在比爾問我眼睛是否會刺痛時，我回答：「我的眼睛很好。」，那麼一切都會沒事，我不會不自覺的接受那個令我眼睛刺痛和流淚的煙霧訊息。

Always reverse the negatives that you hear, each time as you hear them. We live in a time when there is so much negative emphasis all around us, that it's necessary to do this, if we want a good, happy life.

始終扭轉你所聽到的負面訊息，在你聽到它們的每一次。我們是生活在一個有這麼多負面訊息圍繞著我們的時代，如果我們想要有一個快樂幸福的生活的話，就確實是有必要要做這些的。

Because of so much negativity in the world, it's very difficult to get quiet. You really have to isolate. However, you can isolate in New York City.

由於這個世界有這麼多的負面訊息，要安靜下來是很困難的，你真的

需要避居獨處；不過你也是可以在紐約市裏避居的。

Isolation from the world is dogged determination to avoid the outer worldly direction and dive deeply into the inner direction of seeking your real Self-so much so, that you keep your direction and attention constantly inward.

與外界隔絕是一種避免被導向外界，並深深向內潛入內在尋求真我的頑強決心，頑強到你能經常性的維持住你向內的導向和注意力。

One day we'll all wake up to the dream, see that it was a dream, and laugh at the whole thing.

總有一天我們都會從夢中醒來，並看見這是一個夢境，然後對著整件事情大笑一場。

Meanwhile, in the dream I'm trying to wake others out of it, if they want to wake up.

同時，在夢境中我也試著喚醒其它的人來，如果他們想要醒的話。

I feel no urgency. But for those who want it, for the rest of me who wants this, now the teaching is available. I would gladly give them my hand and pull them' up to awareness if they would go it, if they would take the direction and work at it as a daily routine-continuing to grow by getting freer and freer every day, until they're totally free.

我是覺得並沒有迫切性，但是對於那些想要的人，對於那些想要這個的其他的我而言，教導現在已經是現成的了。我也很樂意伸出我的援手，並拉他們到覺識層面上來；如果他們願意來的話，如果他們願意往這個方向走，並將這個列為每日的常規工作努力的話--藉由日復一日的自在和更自在而持續成長，直到他們完全自在為止。

愛是接納 LOVE IS ACCEPTANCE

People who surrender to Jesus get an experience which is delightful, wonderful. It feels right. Associated with it are love and good feelings. These should be expanded.

臣服於耶穌的人會獲得一種令人覺得愉快、美妙的經驗，讓人覺得就是對。連帶著的是愛和各種好的感覺，這些都是應該加以擴展的。

However, the young people having no complete methodology to do it, cannot continue their growth. If they don't have a complete way, a complete method to follow, they cannot make the goal.

然而，年輕的人如果缺乏一套完整的方法可供遵循，他們就無法繼續成長。如果他們沒有一個完整的途徑、一套完整的方法可供遵循，他們就無法達成目標。

Growth must be continuous until the ultimate is achieved. It must be daily. If you are not going forward, you are necessarily going backward. Sustained growth is absolutely necessary, if you want to achieve the goal.

成長必須是持續性的直到達成最終目標為止，它必須是日行的。如果你不前進，你就必然會倒退，持續的成長是絕對必要的，如果你有想要抵達目標的話。

And for this you must know the complete way. I think this thought might be an aid to those who are so uplifted by Jesus: Don't believe in Jesus, but believe as Jesus believed. Emulate Jesus. Behave as Jesus did.

而為了這個你必須要知道完整的途徑。我想以下的想法可能對那些被耶穌所深深激勵的人會有些幫助：不要相信耶穌，但相信耶穌所信的。

模仿耶穌，行為得像耶穌一樣。

Also, the highest point of His way was the Resurrection, the attaining of immortality. The Crucifixion was only a step to the Resurrection.

同時，他的途徑的最高點是復活，達到了不朽；受難只是一個走向復活的臺階。

Seek to attain what He attained--immortality!

尋求達到他所達到的--不朽！

Orthodox religions are good in that they teach God and Good.

傳統宗教之所以叫好，是因為它教導上帝和美好。

I go farther. I try to teach from the top. I say, God is all and also God is perfect. If God is all, that certainly must include us.

我則走的更深入些，我試著從最頂層來教導。我說，上帝是一切，而且上帝是完美的。如果上帝是一切，那當然必然包括我們在內了。

Orthodox religions are led by too many people who don't the realization or revelation of this perfection.

傳統宗教被太多不明瞭或不察覺這個完美的人所領導了。

Preaching of sin should never be preached.

佈道不該是滿口原罪(sin)的。

A preacher should tell people what great, infinite beings they are, made in the image of God-not that they are lowly sinners. It's terribly destructive to man to tell him he's no based good, when, in truth, he's just the opposite! He's infinitely spent good in his basic nature, and this

ought to be brought out.

一個佈道的人應該告訴人們他們是個如何偉大、無限的生命體 (beings)，是以神的形象創造出來的；而不是說他們都是卑微的罪人。告訴一個人他的出身就是個壞胚子是極具破壞性的，尤其是實際上他又正好是相反的時！他的根本本性上充滿了無窮的美善，而這才是應該要去把他帶出來的。

Since God is all, our basic beingness is God, and goodness and love are our inherent nature.

既然上帝是一切，則我們的根本立在 (beingness) 就是上帝，美善和愛是我們當然的天性。

Yet any religion is ahead of all other studies because it speaks of God and good. Science speaks of the machine as God. Materiality speaks of money and fame as God. Religion is ahead of psychology, philosophy and the like, because it's in a more correct direction.

而，任何宗教之所以會成為所有其它學術的領袖，是因為它談的就是上帝和美善。科學所講的上帝是機器，物質主義者講的上帝是金錢和名利。宗教是心理學、哲學等諸如此類學科的領袖，因為它是站在一個比較正確的角度上。

‡~‡~‡~‡~‡

Beginning with "Genesis," the Bible is the story of our descent as God into gods, and then into man. "Revelation" is just the reverse; it tells of the seven states that man goes through to return to his God-state.

聖經從「創世紀」開始，講的是我們從上帝(God)下生成為眾神(Gods)，然後再成為人的故事。「啟示錄」則是正好相反，它講的是從人回到祂的上帝狀態，所需經過的七個狀態。

The Bible was originally very-good, very-high and inspiring, with specific methodology, as it should be. But because it was outlawed and driven underground during the Dark Ages, and also because so many people without full understanding retranslated it, most of the methodology has been left out.

聖經本來甚好，是非常崇高和啟發人心的，也含有具體的方法，如它所該的。但由於在黑暗時代它是非法以及被迫轉入地下，同時也由於有太多沒完全了解的人的轉譯，導致其中大部分的方法都已經散失了。

Where is the methodology in the Bible? That's the most important thing: How to do it! Only in Eastern teaching has the methodology been preserved.

聖經裏的方法在哪？這是最重要的東西：怎麼去做！只有在東方的教法中，這些方法才有被保存下來。

Our Bible is also codified. The Book of "Revelation" is code based on inspirational revelation. Even ministers who have spent their lives studying it cannot understand "Revelation," the most important chapter of the Bible.

我們的聖經也是經過編碼的。「啟示錄」是建立在感召重現 (inspirational revelation) 上的編碼的。即使是花了一輩子時間在研究的牧師，也是無法理解「啟示錄」這篇聖經中最重要章節的。

‡~‡~‡~‡~‡

I've always advised people to get the Red Letter Edition of The New Testament, and read only the red letters. The Red Letter Edition has everything said by Jesus printed in red the rest in black. There you have set out the very-best of the Bible, the direct words of Jesus.

我一直建議人家去取得紅字版(Red Letter Edition)的新約聖經，並只閱讀紅字的部份。紅字版的聖經將所有耶穌所說話的都用紅字列印，其餘的則是用黑字。這樣你就有了一部架構的非常好的聖經，耶穌的直接話語。

‡~‡~‡~‡~‡

If Jesus walked down the street today, hardly anyone would recognize Him, because of their preconceived, possibly Hollywoodian ideas of what Jesus is. Instead of trumpeting king, He is the most humble individual you could ever meet, more quiet, modest and unassuming. However, if you communicated with Him you would definitely notice that he's not usual. The signs would be inner rather than visible. A receptive individual will feel His power. His magnetism, His love.

如果今天耶穌走在街上，應該是幾乎沒有人會認出祂來的，這是因為他們先入為主的認知的關係，很有可能是好萊塢式耶穌的印象。不是吹著號角的國王，相反的祂是你所能遇到的最謙遜的人，只是還要更安靜些，更溫和些以及不自大些。不過，如果你與祂溝通的話，你肯定會注意到祂的不平常。徵候是出自內在的不是肉眼可見的。感受性強的人就可以感覺到祂的力量、祂的磁場、祂的愛。

Jesus came only to show us the way back to our Godhead. He came to show us the way to our immortality and limitlessness, and He taught those things that would get us there. He said, "Greater things than these, ye shall do," implying that we will do things even greater than the things He was doing.

耶穌來這裏僅是為了向我們指示出回到我們神性的道路。他來是為了向我們指出回到我們永生和無限的道路，而且祂教了那些能讓我們到達那裡的東西。祂說：「甚於是，爾將行(Greater things than these, ye shall do)」，這意味著我們將會做些甚至比他所做過的還大樁的事。

He set an example for us to follow. But the example was for us to follow in His footsteps, and to do what He did. And through that be what He is. 他為我們建立了一個典範以便跟進。不過這個典範是要讓我們隨著他的腳印踩、做祂所做的，並因此成為祂所成為的。

If you surrender to Jesus, surrender cannot be lip service. Surrender to Jesus means carrying out His will and His way, which amounts to living as a Christ!

如果你臣服於耶穌，臣服就不能只是空談。臣服於耶穌就是實踐他的意志和行他的道，這加總起來就是活得像一個基督！

‡~‡~‡~‡~‡

I knew there were men before me who had discovered what I discovered, like Jesus, and they are still around.

我知道在我之前就有人發現到我所發現的名堂，像耶穌就是；而祂們仍然還在附近。

They do exist in a body, one made of finer substance than the physical body. They are still with the world, helping those of us who want help. Being in the higher realm, they are far more helpful because they can be anywhere at any moment.

祂們確是有一個身體，一個由比較細緻物質所構成的身體，不是肉體。

祂們仍然跟這個世界在一起，幫助我們當中那些想要獲得幫助的人。

由於處身在較高的層次裏，祂們更遠是能幫得上忙，因為祂們可以在任何時間出現在任何地方。

They are conscious of the fact that separateness is a dream. They are conscious of their commitment to help those in the dream wake up out of the dream-and know that they too, are the infinite One.

祂們明白分離性是一種夢境的事實。祂們也明白祂們自己對幫助那些在夢境中的人從夢裏醒過來的許諾，而祂們知道他們也都是無限的個體。

There is never a time when these great ones are not offering their hands. It's called grace. To the degree that we open ourselves to it, to that degree we receive it.

從沒有任何一個時候這些偉大的個體是不伸出祂們的援手的，這個就叫作美德(grace)。我們對它敞開自己的程度是多少，我們能得到它的程度就有多少。

It's gotten by one way only-through surrender. Not my will, but Thy will be done. It's pushing the ego sense to the background, and letting it go, for the time being. That allows Them in.

只有一種方法能得到它--經由臣服。非我意，但將成全(Not my will, but

Thy will be done)。這是將自我感推推到背景裏去並放它走，暫時性的。

這會允許祂們進來。

You see, the ego sense is a stubborn conviction that the little me knows. When we get that out of the way, then help comes in.

你看，自我感(the ego sense)是一個小我可以知曉的頑強信念，當我們把它從路徑上挪開後，援助就進來了。

The thing that allows us to surrender is the desire to surrender. It's simple. When we really desire to surrender, we do it. But the desire to be this big-shot ego-body is so strong with us, that we don't easily let go of it. It is usually stronger than the desire to meet with the great ones.

那個讓我們能夠去臣服的因素，就是我們想要臣服的欲望。原因很簡單，當我們真正渴望要臣服時，我們就會去做。但是與「自我-軀體(ego-body)」這號大哥混在一起的欲望是這麼的強烈，我們無法輕易的就放下它。它通常是強過想會見偉人的欲望的。

If you can surrender, you can meet with Jesus.

如果你能臣服，你就能見到耶穌。

Every meeting you have with these great ones leaves you other than what you were before. They always do something for you. They leave you with a tremendous new revelation.

每次與這些偉大的人會面都會讓你和之前的你有所不同，祂們總是會為你做點什麼事，他們會留給你一些新的巨大洞見。

They never leave you the same. And this is the way you can tell whether

the meeting is real, or whether it's just your imagination.

牠們從不會讓你入寶山而空手歸來，而這就是你可以判別究竟這個會面是真實的，還是只是你自己的幻想。

‡~‡~‡~‡~‡~‡

It's difficult, to tell a true teacher from others because he usually is humble and his qualities are inner qualities. Of the things to look for, I would say the greatest is a teacher's inner, But imperturbable peace. He does not go up on praise, nor down on condemnation.

要以第三者的身份來說明，怎樣才是一個真正的老師，真的是很困難的。因為通常他都是很謙遜的，而且他的特質都是內在的。若要說所該看的地方，我會說最偉大的就是老師的內在，一片全然不會受到打攪的平和(peace)。他不會因為被讚美就興奮，也不會因為被譴責就消沉。

Next, he sees everything with equal mindedness. Everyone is treated alike and the same by him. He shows not one ounce of favoritism towards anyone, whether that one is an angel, a villain, or an animal.

其次，他以平等心看待一切。他以同樣的方式，一視同仁的對待每一個人；他不會對任何人顯現出任何的偏好，不論那個人是天使、惡棍、還是動物。

Contentedness and complete acceptance of all that is, are also signs to look for. Lastly, he gives his knowledge-freely.

饜足(contentedness)以及全然的接受所有的既然(all that is)，也是要看

的跡象。最後，他的知識是免費給予的。

‡~‡~‡~‡~‡

The path is the way to the ultimate truth of man.

路徑(the path)就是帶領人們走向至上真理(ultimate truth)的方式。

A Master is one who has become a master over his body and a master over his mind, and thus has achieved the ultimate freedom.

大師(master)是一個已經成為他自己身體主人和他心智主人，並從而完滿了終極自在(freedom)的人。

The word "guru" means teacher. With a capitalized "G" GU-R-U Gee you are you-it means a fully realized teacher, or a Master.

「大師(guru)」的意思是老師，使用一個大寫的「G」，GU-R-U；欸，you-are-you (你是你)，這就是完全覺醒的老師，或大師。

A Master can help us go free.

大師可以幫助我們變得自在。

Could you imagine the ocean to be infinity? Well, we, the ocean of beingness, imagine little tiny circles around parts of us that we call drops; and this drop says, "I am separate from that drop and separate from all the other drops." It's an imagined circle around part of the ocean calling itself a drop.

你能想像海洋是無限的嗎？那麼我們，立在(beingness)之洋，把自己想像成是那些小小圓圓我們稱之為水滴的極小部分，而這水滴說：「我和那滴水滴以及其它所有水滴是分離的。」，這就是由像想所形成的

小小圓圓海洋的一小部分，稱自己為水滴的情形。

But actually, every drop is the ocean. It has all the qualities of the ocean: It's wet, it's salty, it's H₂O, and so forth. And everything that the infinity is, we are.

但實際上，每一顆水滴都是海洋。它擁有海洋所有的特質：它是濕的，它是鹹的，它是一氧化二氫(H₂O)，等等。而一切無限所有的特質，我們都有。

You see, it's a false apperency that the drops are separate from the ocean.

你知道，海洋和水滴是分離的只是一個不實的表像。

When you see the truth, only then do you understand this.

唯有當你看到真相之後，你才會明白這一點的。

All the masters never lose sight of the oneness or allness. But they choose to play-act a game of separateness, to help the rest of their Self that's asleep to wake up out of the dream of separateness.

所有的大師從來就沒有遺失過一體性(oneness)或是整體性(allness)的。

但是，他們選擇扮演分離的遊戲，以便幫助他們其它部份熟睡中的自己從分離的夢境中醒過來。

It's that simple. Point of view changes when you get realization-from separateness to oneness. Simple! Simple! Simple!

就是這麼簡單；當你獲得覺醒--從分離性到一體性，觀點就會改變。

簡單！簡單！簡單！

Before, everything is separate from you. After, everything is in you.
Before, the world seems intensely real. After, you'll see the panorama of life as a dream. You'll know it's dream texture and you'll let the dream run.

在這之前，一切都和你是分離的；這之後，一切都在你裏面。在這之前，世界似乎是極度的真實；這之後，你會視生命的全貌是一個夢境。你會知道它是夢境的肌理，並讓夢境繼續去運行。

Then, when you're ready to leave the dream, you gather in all your forces, and with a big smile on your face, you consciously exit the body into your immortality.

然後，當你準備好要脫離這個夢境時，你把所有的力量都召集回來，然後在臉上掛上一個大大的微笑，有意識地離開這個軀體進到你的不朽(immortality)裏。

‡~‡~‡~‡~‡

The real you is your very own real Self, the "I" of you as you really are. It is not confined to the body or mind that you now think you are.

真正的你是你非常實有的真我(Self)，你真正的「我(I)」。它並非如你現在所認為的受限於軀體或心智。

Our real beingness, our real Self, is like the screen in a cinema show. Your real Self is the changeless screen and the fitting pictures are the world.

我們真正的立在，我們真正的真我，就像是電影院裏的銀幕一樣。你真正的真我是不動的銀幕，而打上去的映像就是世界。

The Self of us the screen, never moves but all the pictures on the screen do.

我們真正的真我銀幕，從來沒有動過，但所有在銀幕上的映像則會。

When you're looking at the characters on the screen and all the play that goes on, the fires, floods, and bombs don't touch the screen. The fires don't burn it; the floods don't wet it; the bombs don't destroy it.

當你看著銀幕上的角色以及所上映的戲碼時，這裏面的火災、洪水、炸彈並沒有碰觸到銀幕；大火不會燒到它，洪水不會淹沒它，炸彈也不會摧毀它。

That screen, like our very own Self, is changeless and untouchable, perfect.

這個銀幕，就像我們自己的真我，是不動的，碰觸不著的，完美的。

But superimposed on the Self, as there is superimposed on this screen, is all this action. When you wake up to the fact that this cinema show of our universe is only as solid as a picture show, from that point on, you know world action to be as real as the movies.

但這整齣戲碼確實是疊加在真我上的，就像疊加在銀幕上一樣。當你覺醒過來回到這齣宇宙戲碼只不過是像電影裏的那種真實的實相時，從這一刻開始，你就知道世界的戲碼只不過是像電影裏那種的真實而已。

結語 After words

My wish for everyone is that everyone attain the highest state possible,

so that here on earth we have that heaven that everyone dreams of, where life is beautiful, life is easy and everyone has the greatest love and respect for each other!

我對每個人的願望是每個人都能到達最高的境界，因而就在我們所在的地球上我們擁有一個每個人都在夢想的天堂，在那裡生活是美好的、生活是容易的，每個人有有最大的愛心和對對方的尊重！

This would cause all misery to drop away, all sickness to disappear, all thoughts of war and destructiveness to be eliminated from our minds, and in place of it, just the opposite: love, beauty and joy.

這將使所有的憂戚脫落、所有的疾病消失，所有的戰爭和破壞性的思想都從我們的心智中被剔除，取而代之的，正好是相反的：愛，美好和歡樂。

To sum up, my overall wish is for everyone the rest of me! to fully know what I know so that all misery and unhappiness is at an end.

總而言之，我整體的願望是讓每個人--其餘的我！完全的知道我所知道的，因而讓所有的苦難和不幸從此成為絕響。

Love,
Lester
Written in 1972

愛，

萊斯特

寫於 1972 年