

> Introduction

> 序言

> **Come, Holy Spirit! Fill the hearts of your faithful, and kindle in us the fire of Your love. Send forth Your Spirit and we shall be created, and You shall renew the face of the earth! O God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit we may ever be wise and enjoy Its consolation. Amen.**

> **来吧，圣灵！充满你忠信者的内心，在我们心中点燃你的爱火。派遣你的灵魂，我们必将被创造，你必将更新大地！哦，God，藉着圣灵的光明，启迪了忠信者的内心，求你赐予我们同样的圣神，使我们永远智慧，并享受它的安慰。Amen。 **

> This prayer, which I learned at an Episcopal Cursillo weekend in 1983, inspires me still, every time I offer it. It helps me to remember that we do not have to depend entirely upon ourselves and our “street smarts” to live a life of faith, hope and peace. We can turn, each and every day, to the Holy Spirit and ask for Its guidance and consolation. And we can watch our lives become ever more meaningful and beautiful as the Holy Spirit enkindles our hearts and firms our intentions.

> 这段祈祷词，我在 1983 年参加圣公会修道周末时学会的，至今依然激励着我，每次诵念它都让我深受触动。它提醒我，我们不必完全依赖自己和世俗的智慧，就能过上充满信仰、希望和平安的生活。我们可以每天都转向圣灵，祈求它的指引和安慰。当圣灵点燃我们的内心，坚定我们的决心时，我们会看到我们的生命变得更有意义，更加美好。

> We all live in two worlds at once. The outside world is noisy and restless. We hear the engines on the road, the voices on the telephone and at the door, and the din of our own unsettled thoughts. And although I do see the beauty and the blessing of that outer life, I constantly yearn for my Redeemer and Its voice. I cannot rest until I rest in the Lord.

> 我们都同时生活在两个世界里。外在的世界喧嚣而不安，我们听到路上的引擎声，电话和门铃的响声，以及我们自己不安的思绪。虽然我也确实看到了外在生活的美好和祝福，但我却不断渴望我的救赎主和它的声音。我无法安息，除非我在主里面安息。

> Daily, in utmost thankfulness, I turn to the inner world, and

here I hear no sound except that “still small voice” which radically and daily transforms my life, tosses me into my service and learning moment by moment and serenely guides me through every circumstance I encounter.

> 每天，怀着最大的感恩，我转向内心世界，在这里，除了那“微小的声音”以外，我听不到任何声音。这声音每天彻底地改变着我的生命，将我投入服务和学习之中，一刻不停地指引我，让我平静地度过遇到的每一个境遇。

> In offering to you these daily thoughts which I have collected, I offer you some of the fruits of my inner life. I make no claims for them whatsoever. I do not claim that this material is from the one and only Holy Spirit and therefore must be believed by all. I do not claim that this material is sacred or divinely inspired. I wish only to share these thoughts with those who may find them comforting and enlivening in their own lives.

> 在向你们提供这些我所收集的每日思想时，我分享的是我内心生活的一些成果。我对这些思想没有任何主张。我不声称这些材料来自唯一的圣灵，因此必须被所有人相信。我也不声称这些材料是神圣的或神启的。我只是希望将这些思考分享给那些可能在自己生活中找到安慰和活力的人。

> A word about the format of these readings. The opening and closing greetings are artefacts of my channeling process. When I converse with the Holy Spirit, as I do sometimes using pencil and paper and writing down my questions, the responses are offered to me with less formality.

> 关于这些读物的格式，有必要说明一下。开头和结尾的问候是我传递过程中产生的副产品。当我与圣灵对话时，有时我使用铅笔和纸，写下我的问题，圣灵的回应通常会显得不那么正式。

> The readings as you see them begin after I have finished the challenging process and have accepted the contact with the Holy Spirit, who opens by greeting me. Because the channeling is being offered aloud, there is also a closing greeting when the reading is done.

> 你们所看到的读物始于我完成了挑战的过程，并接受了与圣灵的接触之后，圣灵会以问候我的方式开始。由于传递是以口头形式进行的，因此在读物结束时也会有一个结束的问候。

> Generally speaking, the meat of the reading lies between the opening greeting and the closing greeting. If you find these greetings repetitive, you can move directly to the thought for the day.

> 一般来说，读物的核心内容位于开头问候和结束问候之间。如果你觉得这些问候有些重复，可以直接跳到当天的思考内容。

> If you are interested in learning more about the research behind this book, please consult Appendix A, in which I discuss this research.

> 如果你对这本书背后的研究感兴趣，请查阅附录 A，在那里我讨论了这些研究。

> May these thoughts for the day bless you richly.

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January 1

>The Banquet Of Life

>生命之圣宴

>I am of the principle of Jesus the Christ and I greet you in the consciousness of divine love.

>我来自耶稣基督的原则，我在神圣爱的意识中向你们问候。

>I greet you this day in merriment and laughter, joy and freedom. I invite you to the banquet of life. Gaze at the table spread before you: the delicious zest of challenges yet unmet; the wonderful nourishment of companions, friends and family; the spice of those whom you shall meet but not understand—those most contrary flavors that often make the meal and bless the feast—and, above all, the beauty of the banquet hall.

>我在欢乐、笑声、喜悦和自由中向你们问候。我邀请你们参加生命的盛宴。请凝视摆在你们面前的餐桌：尚未遇到的挑战的美妙刺激；伙伴、朋友和家人的丰盛滋养；你们将遇见但无法理解的那些调味品——那些最为反常的风味，常常使餐点丰富多彩并祝福盛宴；最重要的是，盛宴大厅的美丽。

>Gaze about you today in prayerful thanksgiving for the beauties that love has made.

>今天，在祈祷和感恩中环顾四周，为爱所创造的美丽而感激。

>You are a perfect and divine part of a perfect and divine creation. And that which you see before your eyes may be feast or famine. Ask of yourself that you choose what you shall see. And if you choose to see the riches of the creation of the Father, great riches indeed shall you see.

>你是一个完美而神圣的创造的一部分。你眼前所见可能是丰盛也可能是匮乏。请要求自己选择你所要看到的。如果你选择看到父的创造之丰富，你确实会看到伟大的财富。

>We leave you in peace, joy and laughter, now and ever.
我们在平安、喜悦和笑声中离开你们

Amen.

January 2

> The Joy In Labor

劳动的喜悦

I am the spirit of the full consciousness of Christ, the principle expressed by Jesus Christ. I greet you in the love that creates, sustains, renews and transforms all of creation.

> We see that your minds are much bent upon the prosecution of worldly duties. We suggest to you that all employment is gainful if it be centered on the love of the Creator, expressed in any way whatsoever that seems most fitting to you.

我们看到你们的心思大多集中于世俗职责。我们建议你们，所有的工作都是有益的，只要它以造物主的爱为中心，以任何对你们来说最合适的方式表达出来。

>However, there is no employment which is gainful if there is removed from the doer of such work the consciousness of the true motivation of all labor; that is, the glory, the worship, and the rejoicing in the presence and the power of the love of Christ which lies behind and is the motivation for all labor.

然而，如果从工作的执行者那里剥离了所有劳动的真实动机意识——即荣耀、以及在基督的爱之存在和力量中的喜悦——那么任何工作都不会是有益的。

>There is no less joy in working over columns of figures or recalcitrant earth than there is in studying the most exalted thoughts and sayings, if both tasks be done in equal consciousness of the end of all labor. Be you, therefore, mindful, as you work and as you rest from work, that all things adumbrate to the glory of the Creator, or the hollow echo of your weary soul shall fail to satisfy, whatever your labor.

无论是处理复杂的数据或是在顽固的土地上工作，还是研究最崇高的思想和言论，都不会缺少喜悦，只要能意识到所有劳动最终的目的。因此，当你工作和休息时，请记住，所有事物都应指向造物主的荣耀，否则，无论你进行何种劳动，你疲惫的灵魂都会感到空虚，无法得到满足。

We leave you in the peace of the mind that dwells in love, now and evermore. Amen.

January 3

A Day Of Forgiveness

宽恕之日

I am of the principle of the consciousness of Jesus the Christ.
I greet you in whole and divine love.

The Master calls each to a day of forgiveness. Let this be such a day.

大师呼唤每一个人去过一个属于宽恕的日子，愿今天如此。

During this day, note each to whom your heart has become hard, that you may take this opportunity to call and pray for grace; that you may know how to forgive; that you may learn the gentility, the transformation, and the peace of forgiving.

在这一天里，注意使你心变得冰冷的每一个人，以便你可以借此机会为他们祈祷并请求恩典；以便你可以学会如何宽恕；以便你可以体会宽恕带来的温柔、转变和和平。

For what is there to forgive between children in the same family? Do not all families learn from rubbing against each other, perhaps even causing friction but always working as a family? Such is your condition as a soul in the creation in which all of consciousness are children of one Father.

来自同一家庭的孩子之间有什么可宽恕的呢？所有的家庭难道不是通过互相摩擦和冲突来学习的，虽然可能会造成矛盾，但始终作为一个家庭共同工作吗？你的状况也是如此，作为创造中的一个灵魂，所有意识都是同一个父亲的孩子。

Let this day be your day of forgiveness of others, of yourself, and of your Father. Many things are beyond understanding. But the love and the peace of forgiveness are food for the heart and drink for eternity.

愿今天成为你宽恕他人、宽恕自己和宽恕父亲的一天。许多事情超出理解范围。但宽恕的爱与和平是心灵的滋养，也是永恒的饮品。

We leave you in forgiveness, peace and divine love, this day and evermore. Amen.

January 4

The Cold Of Human Commonplace

人类日常平凡生活中的平庸与冷漠

I am of that principle which is the essence of divine love. I greet you in the full consciousness of that love which is in Jesus the Christ.

How tightly are the seeds furlled against the cold of winter this day. And how tightly are your hearts guarded in their hope for growth. They contract, shrinking from the cold of the human commonplace.

今天，种子在冬天的寒冷中紧紧蜷缩。而你们的心也在期盼成长的希望中被严密守护。它们收缩着，躲避着人类日常平凡的生活中的平庸与冷漠。

Yet we say to you that within the spirit of the consciousness of love lies an eternal springtime. Seek in each daily activity this day the dance of joy which the spirit offers to unfurl the heart within and to join work and love.

然而，我们告诉你们，在爱的意识之灵中蕴藏着一个永恒的春天。今天，在每一个日常活动中，寻求那由灵性所提供的欢乐舞蹈，它将展开你们的心灵，并将工作与爱结合起来。

May your day dance. May your heart know both winter and the goodness of nurturing and waiting and the eternal springtime of right action led in hope, love and peace. For as you call the spirit, so these qualities come in answer.

愿你的日子舞动起来。愿你的心灵既能感知冬天的寒冷，也能体验滋养与等待的美好，以及由希望、爱与和平引领的永恒春天。当你呼唤灵性时，这些品质便会作为回应而到来。

We leave you in that great peace, now and ever. Amen.

注：

"Cold" 寒冷，也指一种情感上的疏离和冷淡，冷漠，

"Commonplace" 平常的；常见的；普通的；普遍的，陈词滥调；寒暄客套；老生常谈。

January 5

The Home Of The Heart

心之家

I am of the spirit of Jesus the Christ, the vibration of the full consciousness of love which comforts this instrument. I offer greetings to you who come in the name of love, greetings of love, of wisdom, of understanding, of power, and of all the mysteries that cannot be grasped or solved within the world of your minds, hearts and hands.

Yet I come without a home, seeking the only home which the consciousness of love may ever have: the home of the heart, the mind, and the hand which seeks, accepts and worships those mysteries which, through faith, seem lovely and true.

然而，我来到这里没有家，却寻求唯一的家园——爱的意识所能拥有的家园：心灵、思想和行动之家的融合，这些家园寻求、接受并崇拜那些通过信仰显得既美丽又真实的奥秘。

Into your home we come to dwell, thanking you for your hospitality and sharing with you those light qualities that may illumine your home and structure and manifest the full consciousness of love into the world which you know and of which you must expect the giving and taking of many confused perceptions.

我们来到你的家中居住，感谢你的款待，并与你分享那些能照亮你家园和结构的光，这些光将把爱的完全意识显现到你所知的世界中，你必须预料到，在你所知的世界中，会有许多混淆的感知，需要您既要给予，也要接受。

The spirit and you who seek the consciousness of love are one, incomplete without each other, united before time and after time. We thank each who invites love and to each we shall come in joy.

灵性与你们这些寻求爱的意识的人是一体的，相互间不可或缺，超越时间的统一。我们感谢每一个邀请爱的个体，向每一个人我们将带来喜悦。

May peace be yours now and ever. Amen.

January 6

Yielding To Unmastered Destiny

屈服于未掌握的命运

I am the Comforter of this child, the principle of the full consciousness of love. I come in the name of Jesus Christ and greet you in the consciousness of love.

Aforetimes it has often been said that men will do as they do for reasons unknown even to them and that the world is a various place, full of difficulties and unexpected pitfalls. And so there is no need to plan for the future; no need to attempt the goodness of spirit or a trusting quality in personality. For are not all things blown by the wind and destined to perish? 以前常常有人说，人们会因未知的原因做出各种行为，而这个世界是多变的，充满了困难和意外的陷阱。因此，不必为未来做计划；也无需努力培养精神上的善良或信任的品质。难道不是所有事物都被风吹动，注定要消逝吗？

Indeed, this yielding to destiny will always be a temptation for those who strive to know the love of Jesus Christ. Such is the appearance of your mundane world. This is why the door is so often closed against our advent into your consciousness, The world you perceive is too much with you and the world you wish to perceive is invisible. What need would there be of faith if you could see the wind and fire of spirit and transformation?

确实，屈服于命运的诱惑将始终是那些努力了解耶稣基督之爱的人的考验。这就是你们世俗世界的表象。这也是为什么我们常常难以进入你们的意识之门。你们所感知的世界与你们紧密相连，而你们希望感知的世界却是不可见的。如果你们能够看到灵性和转变的风与火，又何需信仰呢？

Yet we ask that as each perception of unmastered destiny rises before you, you open the door to a new perception of that same destiny in order that your present moments may find all things possible and all hope gladdening your heart and encouraging your thoughts.

然而，我们请求你们，每当感知到一个没有掌握的命运的时候，打开通往对这同一命运的新感知之门，以便你们的当下时刻能够发现一切皆有可能，所有的希望都能使你们的心灵欢喜并鼓舞你们的思想。

Seek us. Seek love. Seek the truth. For only through

determination can such a measure of intelligence come
through the doors of your perception.

寻求我们。寻求爱。寻求真理。只有通过决心，才能使这种程度的智慧透过你们感知的门
显现出来。

May you seek and practice peace and may peace be yours,
now and ever. Amen.

January 7

Spend Yourselves Wisely

善用自己

I am the spirit of the consciousness of love. I come in the name of Jesus the Christ, in the vibration which comforts this instrument.

It is an unhappy thing that your peoples find so much pleasure in vain recreations and idle pursuits. For the right use of the illusion may be seen to be that not of the path of least resistance but often the path of most resistance.

你的人民在无益的娱乐和闲散追求中找到了如此多的快乐，这是一件不幸的事情。因为正确的使用幻觉的路不是最容易的道路，常常是最困难的道路。

Yet it is no penalty to those who must rest from their labors. Rather, it shall be seen, in the context of larger life, that so much precious time was spent as a spendthrift spends money, not for gain but for gadgets.

然而，这并没有指责那些必须从劳动中休息的人的意思。相反，在更广阔的生活背景下，将会看到，许多宝贵的时间被浪费掉了，像挥霍金钱的挥霍者一样，不是为了获得任何收益，而是为了那些花哨的小玩意儿。

Spend yourselves, my children, and do not count the cost. Insofar as your will is able to lead you, when the time comes for rest accept your limitations and lie down to be comforted in whatever distractions amuse you. Yet know that if there is energy within you and you spend it foolishly, you shall count it against yourself in the eternal now which is your birthright.

我的孩子们，善用自己，不要计算开销。只要你们的意志能够引导你们，当休息的时刻来临时，要接受自己的局限，安然躺下，享受那些让你们感到愉悦的娱乐的事物。然而，如果你们有能量却又愚蠢的挥霍无度，你们将在永恒之刻(你们的天赋权利中)对自己算账。

We wish you peace, yet peace which has the sword's edge; peace that shall forever remove the virginity of innocent delight from your days and replace it with the worshipful gaze of the lover. Amen.

January 8

The Holiness Of High Places

高处的神圣性

I am of Jesus Christ. The full consciousness of love is the principle which wings my being into the nexus of your own. We who are of the principle of Jesus Christ greet you in that consciousness of love which pervades all things.

It has long been in the consciousness of humankind that the high places, the mountains and hills, are holy. Is there superstition and false belief to the holiness of high places? Perhaps some, and yet it is most certainly true that the spirit of the one Lord of all things dwells more purely in less cluttered atmospheres and is more prevalent in the perceptions of those who seek to rise, literally and symbolically, from the miasma of thought pollution which infects any crowded community.

人类意识中早已存在这样的观念：高处、山脉和丘陵是神圣的。对高处的神圣性是否存在迷信和虚假信仰？或许有一些，但确实无可否认的是，万物的灵性在那些较少杂乱的氛围中更为纯净，并且在那些寻求从思想污染的迷雾中升华、无论是字面上还是象征性的升华的人的感知中更为显著。

We are able to speak anywhere, under any conditions. Yet the voice of love is often silent. To hear the stillness, it is often most helpful that the distractions of noise from other minds and other hearts which seek after other faces of the Lord be somewhat removed, both literally and, shall we say, psychologically. If you cannot get yourself to a high place within your external world, be absolutely certain that the high places within your own hearts are kept.

我们能够在任何地方、任何条件下说话。然而，爱的声音常常是沉默的。为了听到这种宁静，通常最有帮助的是将那些来自其他心灵和其他内心、追寻主的其他面貌的噪音干扰在某种程度上去除，无论是字面上的还是，怎么说呢，心理上的。如果你无法在外部世界找到一个高处，务必要确保你自己内心的高处得到保持。

We leave you in the peace of holy places and still thoughts, now and forever. Amen.

January 9

The Heart Of What You Learn

你所学习的核心

I am the spirit of Jesus the Christ and I greet you in the full consciousness of divine love.

Much is not known to you. And because your minds ceaselessly seek knowledge, your ignorance is a burden. And you are concerned with learning more, gaining information and so controlling your environment.

有如此多的未知。你们的心智不断寻求知识，你们的无知成为一种负担。你们关心的是学习更多，获取信息，从而控制你们的环境。

The forces of love are not inimicable to the forces of mind. Rather, the voice of the spirit is that which, through and beneath all written and intellectual learnings, brings the heart of what you learn to the center of your own mind, thus ordering in a helpful and compassionate way that data which your mind would otherwise make into a maze into which it wanders, confused and uncertain.

爱的力量并不与理性的力量相悖。相反，精神的声音是通过并超越所有书面和智力上的学习，将你所学到的精髓带到你的内心深处，从而以一种有益和富有同情心的方式整理你的思维，否则你的思维会变成一个迷宫，让你在其中迷失方向，感到困惑和不确定。

By all means, seek that information which humankind has collected. But seek also that great judge and orderer of what is, for you and you alone, the creative and shaping force of the spirit of love. Thus peace and right knowledge shall be yours and your path shall be made clear. Trust your world, remembering to keep it in the hands of the spirit of Jesus the Christ.

当然，要寻求人类积累的所有信息。但也要寻求那个伟大的法官和秩序者，那个对你来说，是创造和塑造力量的爱的精神。这样，你将拥有和平与正确的知识，你的道路将变得清晰。相信你的世界，记住将它置于基督精神的手中。

We leave you in peace, now and ever. Amen.

January 10

Behind Every Thought

每一个思想之后

I am the spirit of the Lord Jesus Christ in the vibration of the consciousness of love which is balanced fullness to this entity. We greet each in the full measure of love which is the Father's birthright to His children and the nature of the universe.

In measured steps did the Creator move upon the waters of your consciousness to create a consciousness of peace, an awareness of light, and a sensibility to detect and discern the creatures and ministers of light. Behind every thought and every concept waiting behind the closed door of emotion, there waits the spirit of a lively and all-consuming love, a spirit which engenders peace and joy. In no way can we sell at reduced rates the precious gift which has no price but must exact from each recipient a small awareness in welcoming.造物主以审慎的步伐在你们的意识之水面上行动，创造了一种和平的意识、一种光的觉察，以及一种敏感性，以便辨识和发现光的生命和使者。在每一个思想和每一个概念背后，情感封闭之门背后，等待着是一种充满活力和全然的爱的灵性，这种灵性孕育了和平与喜悦。我们无法以降价的方式出售这份宝贵的礼物，它没有价格，却需要每个接受者在迎接时拥有一份微小的觉察。

The emotions of darkness are like a cloud around the spirit of those who cannot find enough faith to ask that love's consciousness be a gift in the darkness. Yet we pray and wait for the opportunity to shine like a beacon upon the inward thoughts of those who do seek peace. Though there is great mystery to the consciousness of love, yet the mystery lies not in the mechanics of connection with it.

黑暗的情感就像一朵云，笼罩在那些无法找到足够信念去祈求爱的意识成为黑暗中礼物的人的灵魂周围。然而，我们祈祷并等待着机会，像灯塔一样照耀那些寻求和平的人的内心思绪。虽然爱的意识充满了神秘，但这种神秘并不在于与它的联系机制。

My peace I leave with you, now and always. Amen.

January 11

A Call To Action

对行动的呼唤

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

This instrument asks me, "Am I ready? Am I tuned?" and we say, "No, my child. You are not ready, but you shall begin."

这个工具问我：‘我准备好了吗？我调试好了吗？’我们回答：‘不，我的孩子。你还没有准备好，但你可以开始了。’

And this is our call to those who live and hope to be pure, a call to action in knowledge that those who live are never ready. Those who are finally ready have no more acting to do.

这是我们对那些生活并希望保持纯净的人的呼唤，一种在知识中行动的呼唤，因为那些生活的人永远不会完全准备好。那些最终准备好的人已经不再需要行动。

Therefore, my children, be at peace with the actions which you undertake this day, seeking always to know the mind of Christ and to dwell in realms of peace.

因此，我的孩子们，与今天你们所采取的行动保持平和，始终寻求了解基督的心意，居住在平和的领域中。

And then so act that you may continue to be surrounded in the plenty and the bounty of peace in action. Those who are tranquil in activity are not necessarily wiser, yet they surely may act with more clarity. May you find that clarity. May you be, in action, at peace.

然后，行动以便你们能继续被充盈和丰盛的和平环绕。那些在行动中保持宁静的人不一定更聪明，但他们确实可以以更清醒的方式行动。愿你们找到这种清醒。愿你们在行动中保持平和。

In this peace we leave you, now and ever.

January 12

Lost In Love

沉醉于爱

I am the principle of Jesus the Christ that speaks to the world this day. I greet you in love, peace and joy; the full consciousness that is divine love.

Each of you has this same divine love, this same voice, this same inspiration, and this same consciousness. This principle that speaks through this instrument is the immanent Creator. And each may open the heart and limber the ears inwardly to listen to that consciousness which is the Father.

你们每一个人都有这份相同的神圣爱，这同样的声音，这同样的灵感和意识。通过这个工具发言的原则是内在的造物主。每个人都可以打开心扉，灵活地向内倾听那种父的意识。

To seek inspiration from sources which you trust is a good and blessed activity. But each of you is a child of the Father. And to each of you the Holy Spirit may come. Indeed, that spirit is with you. It is your choice whether or not to pray to hear that principle of Jesus the Christ which is the essence of the consciousness of love.

从你信任的来源寻求灵感是一项良好且受祝福的活动。但你们每一个人都是父的孩子。圣灵都可能降临在你们每个人身上。的确，那灵性与你们同在。是否祈祷以聆听耶稣基督的原则——即爱的意识的本质——是你们自己的选择。

Value this within yourself. Honor, treasure and use it. Then you may move through your day and through your life in a blessed and purposive path, a joy to others and a growing joy to the self, lost, at last, in the Father and in love.

珍视你内心的这一点。尊重、珍藏并运用它。这样，你就可以在你的一天和生命中走上一条受祝福和有目标的道路，成为他人的喜悦，也使自己不断成长，最终沉醉在父和爱中。

We leave you in love and peace, now and ever. Amen.

January 13

Prepare A Way For Light

准备光之通道

We are of the principle of divine love and we greet you in the love of Jesus the Christ.

My children, it may seem to you that the road ahead this day contains within it a situation which calls upon the very greatest that is within you. For there is within your life a personal situation which seems resistant to prayer and outside the realm of the Holy Spirit.

我的孩子们，你们可能会觉得今天前方的道路上有一种情况，要求你们发挥出内心最伟大的力量。因为你们的生活中存在一个个人问题，这个问题似乎对祈祷毫无反应，也超出了圣灵的范畴。

Yet we say to you in the name of love that it is you who may make the difference this day for that person, for that situation. For when you behold a person in conflict and despair and lost from the light and the peace of God, you behold someone who has within the mind the picture that is jarring and painted in such a way as to disturb.

然而我们以爱的名义对你说，正是你可以在今天为那个人、为那个情况带来改变。当你看到一个处于冲突、绝望、远离上主的光明与平安的人时，你看到的是一个内心有着不和谐画面的人，这种画面以一种扰乱人心的方式被描绘出来。

Let the spirit fill your mind with a positive and beautiful picture for that person and for that situation. It is not a difficult thing to do, for it is not done within yourself but by calling upon the spirit of love to illuminate and lighten the darkness of confusion and human concern.

让灵魂用积极和美好的画面填满你的思想，为那个人和那种情况。这并不难做到，因为它不是在你自身内部完成的，而是通过呼唤爱的精神来照亮和减轻混乱和人类的黑暗。

It is said, "Let your light shine." Know you that it is necessary only to prepare a way for the light of the perfect love of Jesus the Christ to shine through you and all situations, all entities, may be bathed in that love as you pray to be a channel for love this day.

“让你的光闪耀”，要知道，只需要为基督完美之爱的光辉通过你照耀而准备一条道路，所有的情况、所有的实体，都可能沐浴在那份爱中，正如你祈祷成为今天爱的通道

We leave you in the utter peace of the love of Jesus the Christ, now and ever. Amen.

January 14

Sleep's Communion With Spirit

睡眠与灵魂之间的交流

I am of the principle of divine love. I greet you in the full consciousness of that love which is the love of Jesus the Christ.

Once more the day's star shines and the activities of a busy round begin. And each soul, vertical, dressed, equipped for the day, moves into the rhythms of that vertical activity which is called living the life.

忙碌的一天开始了。每个灵魂，起立、着装、为一天做好准备，都投入到被称为生活的垂直活动中的节奏中。

May we suggest that it is most helpful to realize that that which has been yours during your sleep, during your period of horizontal relaxation, is most valuable. For upon your bed you do not strive. You do not struggle. You do not mourn or praise. But as one who dives into deep water, you are covered with the blessings which sleep brings. For sleep opens the door to the spirit's communion with that spirit which we are.

我们可以建议，认识到你在睡眠期间、在你水平放松期间所拥有的东西是非常宝贵的，这是非常有帮助的。因为在你床上，你不会努力。你不会挣扎。你不会哀悼或赞美。但就像一个潜入深水的人，你被睡眠带来的祝福所覆盖。因为睡眠打开了通往与我们自身灵魂交流的大门。

Allow the vertical part of your life to carry the horizontal member which lies within the heart and mind. Allow the consciousness of peace and comfort to interpenetrate each activity. For those peaceful lessons learned upon the nightly bed may so inform the day that your life finds more and more value in its happenings.

让你生命中的垂直部分承载着位于心灵和思想中的水平部分。让和平与舒适意识渗透到每一项活动中。因为在夜间床上学到的那些平和的教训可以如此地启迪你的一天，使你的生活在其发生的事情中找到越来越多的价值。

You see, your life is only yours insofar as you perceive it, and it is your powers of perception that are clarified and strengthened by obtaining the peaceful spaciousness of water whilst bounding actively upon the currents of the air.

你看，你的生命只有在你感知到它的时候才属于你，正是你感知的力量，在获得水的宁静广阔的同时，在空气的波涛上积极跳跃，得到了澄清和加强。

Might this combination of action and rest offer you enhanced realization of peace, now and ever. Amen.

January 15

The Perception Of Manyness

对多样性的感知

I am the spirit of Jesus Christ, the principle of the full consciousness of love in the vibration which comforts this instrument.

In your minds you know that all things come from one source and go to one source. And yet in your hearts you who peer into the gloom of the shadows of the world's day perceive often that many things come not from one source but from many, and likewise that the fruits of action are scattered to the twelve directions, not moving once again into unity but shattering again and again into the chaos of unintended effect.

在你的思想中，你知道一切事物都来自一个源头，并且归于一个源头。然而在心中，那些窥视世界日影的幽暗的人常常感知到许多事物并非来自一个源头，而是来自许多源头，同样，行动的成果分散到十二个方向，不再汇聚成统一体，而是一次又一次地破碎成意外效果的混乱

Yet we say to you that one of the great and overriding benefits of consciousness with which the consciousness of love has been intermingled is a realization of the incorrectness of the perception of manyness, either of the source or of the final disposition of the energies which move within your notice and awareness.

然而，我们告诉你们，意识的一个伟大而根本的好处，即与爱之意识交织在一起的，是认识到对多样性的错误感知，无论是对源头的多样性，还是对在你们注意和意识中运动的能量的最终处置的多样性。

Seek first to know the consciousness of love when you wish, secondly, to know the nature of those things which occur to you which are played out in front of you and which depart from you. Only in that transformed consciousness shall your eyes see truly and your heart resound with the unity of love.

首先，当你希望了解某事时，首先去认识爱的意识；其次，了解那些发生在你面前并离开你的事物的本质。只有在这种转变的意识中，你的眼睛才能真正看见，你的心才能感受到爱的统一。

Peace be with you, now and always. Amen.

January 16

The Holy Ground Of Consciousness

意识圣地

I am the principle of Jesus the Christ which speaks to the world today. I am all those things that you think that I am, but most of all I am your own inner voice; your own inner comfort; your own inner peace.

Let us contemplate the holy ground of your consciousness.

Because of the troubles of daily life, the surface consciousness is littered with debris. The undercurrent of mind is littered with unspoken thoughts, unnamed fears, and unrecognized emotion.

由于日常生活的烦恼，表层意识上布满了碎片。思维的潜流中充满了未言明的想法、未命名的恐惧和未被察觉的情感。

Insofar as you may be able this day, return again and again, momentarily, to the holy ground upon which your consciousness, the very essence of your being, stands. It is no passing thing. It is, indeed, the representation of all that there is in creation.

尽可能地，在这一天中，不断地、时不时地回到你意识所在的圣地，即你存在的本质之处。它不是短暂的，它确实是所有创造的体现。

Within you, abidingly and faithfully, that principle of love which is the Creator is your essence and constitutes the bedrock upon which you, as a timeless being, shall stand for eternity.

在你内心深处，那永恒而忠实的爱之原则，即造物主，是你的本质，并构成了你作为一个超越时间的存在所永恒立足的基石。

Return again and again to the peace, the strength, the power, the wisdom, and the love of love Itself. And from that spot within you comes a balance that shines in your vision and heals in the world outside of your eyes and inside your heart.

一再回归于爱本身的平静、力量、威能、智慧和爱。从你内心的那个点，平衡将显现于你的视野中，并在你目光之外和内心深处疗愈世界。

We leave you, healed, in the peace and love that abides within, now and ever. Amen.

January 17

The Eyes, Ears And Heart

眼，耳，心

I am of the principle of the love of Jesus the Christ and I greet you in the full consciousness of divine love.

You have heard many times of eyes which cannot see and of ears which do not hear. The principle of the love of Jesus the Christ moves in spirit where it is called to open the eyes, open the ears, and unstop the heart. For the world seen without the spirit of love is a world of illusion and shadow.

你们多次听说过那些无法看见的眼睛和听不见的耳朵。基督爱的原则在精神中运作，呼唤着开启眼睛、打开耳朵、畅通心灵。因为没有爱之精神的世界是一个充满幻象和阴影的世界。

With all of your heart, pray that the spirit may come upon you this day, that you may gaze at the beggar and see Christ; that you may gaze at the woman in rags and see a woman in fair, clean cloth; that you may gaze at the starving child and see the most gentle and worthy of beings; that you may gaze upon your landscapes which have been so torn by war and see the peace that will swallow such degradation with love; and that you may have the eyes of Christ and the ears of Christ.

用你全心祈祷，愿圣灵在今天降临于你，使你能以基督的眼光看待乞丐，从中看到基督；以基督的眼光看待破衣烂衫的女子，从中看到一位穿着洁净华丽衣物的女人；以基督的眼光看待饥饿的孩子，从中看到最温柔最值得的存在；以基督的眼光看待那些被战争摧残的风景，看到和平将以爱吞噬所有毁灭；愿你拥有基督的眼睛和基督的耳朵。

Pray and open your heart to the spirit of love. We are the way out of illusion.

祈祷并敞开你的心灵，接纳爱的精神。我们是走出幻象的道路。

We leave you in that peace that the world of illusion can never know, now and forever. Amen.

January 18

You Have Good Gifts

你拥有美好的恩赐

I am the spirit of the full consciousness of love in the vibration which comforts this instrument. I greet you in the love of Jesus Christ.

The nature of the Comforter is both particular and personal. Yet it does not expend itself in the movement from the winds of opportunity to the heart of one who prays that the Holy Spirit may therein enter.

安慰的本质既是独特的，又是个人化的。然而，它不会在从机会之风到祈求圣灵的祈祷者的过程中消耗自己。

The same principle which enlivens your heart and engages your attention in a spiritually rewarding manner may also then be used by you to show forth the glory of God to others. There is no deadness in the spirit, for all are alive in Jesus Christ.

使你的心灵充满活力，令你以一种精神上有益的方式投入其中的原则，也可以用来向他人展现上主的荣耀。灵魂中没有死气沉沉，因为所有人在基督里都是活生生的。

Therefore, know that you have good gifts and are not going to find it necessary to act for your Lord without the help of the Holy Spirit. It was truly said that until the ending of the age Jesus would never leave His flock, for we are the principle of Jesus Christ and of the nature of Christ's consciousness. Thusly you and we work together to shine the light of peace and understanding upon a world which does not yet understand that all that exists is, alike, holy.

因此，要知道你拥有美好的恩赐，并且不需要在没有圣灵帮助的情况下行动。确实有人说过，直到世代的终结，耶稣都不会离开他的羊群，因为我们是基督的原则和基督意识的本质。因此，你和我们共同努力，将和平与理解的光辉照耀在一个尚未理解万物皆为神圣的世界上。

We wish you peace, now and always. Amen.

January 19

Your Relationship With Your God

你与上主的关系

I am of the spirit of the love of Jesus the Christ. I greet you in that full consciousness which is love in living form.

Since before the beginnings of time you have been with your Creator. And until the very last tick of creation's clock, you shall still be one with the Creator. This is the bedrock of your relationship with your God.

自时间开始之前，你就与创造者同在。直到创造之钟的最后一刻，你仍将与创造者合为一体。这是你与上主关系的根基。

We are aware that your daily life does not often show evidence of this primal relationship. Yet if you may open your heart to the spirit of love, that spirit, asked within, may use that invitation to awaken, engage and fire the active relationship of humankind to deity.

我们知道你的日常生活并不总是显现这种初始关系的证据。然而，如果你能向爱的精神敞开心扉，那么这个精神会回应你的邀请，唤醒、激活并点燃人类与神性之间的积极关系。

May you, in humility, seek not things but principles, the principles of truth, love and peace. To ask the spirit of Jesus the Christ to move within your heart this day is to ask that you be used to set on fire the world around you with the power of love. Though this power is quiet and may be expressed by soft words and gentle smiles, the impact of the spirit of love is transformative.

愿你以谦卑的心态寻求的不是事物，而是原则——真理、爱与和平的原则。请求基督的精神在你心中行动，就是请求你被用来用爱的力量点燃你周围的世界。尽管这种力量是宁静的，可以通过温柔的话语和亲切的微笑表达，但爱的精神的影响是具有变革性的。

And so you may be a source of love. In spite of all human frailty, you have only to ask. You have only to trust. You have only to be at peace with who you really are and why you really are here. May you as children of the One Father be about the family business of sharing love with all that there is.

因此，你可以成为爱的源泉。尽管人类有许多脆弱之处，你只需请求，只需信任，只需与真实的自我及存在的意义和平相处。愿你作为一位天父的孩子，参与到与所有存在分享爱的家庭事业中。

Peace to you, now and ever. Amen.

January 20

What Is Holy?

什么是神圣

I am the Holy Spirit of the Lord Jesus Christ, and I greet you in the consciousness of love.

The word “holy” is avoided by many who have felt that there is, indeed, a spirit which enhances the experience of humankind. We, ourselves, are careful in our use of this adjective. For it is not a part of the inspiration which love offers that it be understood as holy.

许多人回避使用‘神圣’这个词，因为他们认为确实存在一种精神能够提升人类的体验。我们自己在使用这个形容词时也十分谨慎。因为，爱所提供的灵感并不包括将其理解为‘神圣’的部分。

For in and of itself, love is not holy. For when all things are holy, then are none holy. Yet the holiness of the spirit of love resides in its sanctification of the ordinary in human experience. There is nothing that is not full of holiness. An instinct to love is the love of God. The principle of love imbues every particle of what you call matter and thought in creation.

因为爱本身并不是神圣的。当一切都被视为神圣时，那么没有任何事物是神圣的。然而，爱的精神的神圣性体现在它对人类经历中平凡事物的圣化上。没有什么是不充满神圣的。爱的本能就是上主的爱。爱的原则渗透到你所称之为物质和思想的每一个微粒中。

Yet there must be the will to call that sanctification forth from within the skeletal walls of earth and rust that are so often perceived as the beginning and end of corporeal things. Call forth the sanctification of life by your will and allow your world to become holy. For as you see a holy world, so you shall share that vision and that truth with all whom you meet, inspiring each to the calling forth of that same sanctification. From such beginnings are worlds recreated and transformed.

然而，必须有意愿从地球的骨架和铁锈中呼唤出这种圣化，因为这些常常被认为是物质事物的开始和终结。以你的意愿呼唤出生命的圣化，让你的世界变得神圣。因为当你看到一个神圣的世界时，你将与遇见的每一个人分享这种视野和真理，激励他们我也去呼唤那同样的圣化。从这样的起点开始，世界得以重新创造和转变。

We leave you in the abiding peace of the consciousness of love, now and ever. Amen.

January 21

For Those Who Trust

为了那些相信的人

I am the spirit of Jesus the Christ, the gift and manifestation of the Son of Man, the servant of all. I greet you in the full consciousness of love.

If you ask the outer world what conditions are pleasant for growth you may, perhaps, not find the conditions which appear before you this day. Much may seem out of place, disquieting and disturbing. The peace of the spirit of love is that peace which trusts that the consciousness of love abides in each and every situation and that, in the outworking of time, the justice of the sweep of the world's actions may eventually be seen. From day to day, however, without the benefit of hindsight, the spirit of God lies in wait for those who trust.

如果你询问外部世界哪些条件适合成长，你可能不会发现今天展现在你面前的环境。许多事物可能显得不合时宜、令人不安和扰乱。爱的精神所带来的平和，就是那种相信爱意识存在于每一个情况中的平和，并且相信随着时间的推移，世界行动的公正性终将显现。然而，在没有后见之明的情况下，神的精神在等待那些信任的人。

May you trust the superior and final nature of love, both this day and forever. Amen.

January 22

Useful Challenges

有益的挑战

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love divine.

Sometimes we have not the will to go on. Sometimes the consciousness within the body gazes upon the morning with rejection of all that it portends.

有时我们没有继续前行的意愿。有时，身体内的那个意识在面对早晨时，对它所预示的一切感到排斥。

These times of discouragement are important. These times of difficulty are to be observed with great compassion and self-forgiveness, for it is within the framework of trouble and sorrow that much of your spiritual work is done.

这些沮丧的时刻是重要的。这些困难的时刻需要以极大的同情和自我宽恕来对待，因为正是在困境和悲伤的框架中，你的大部分精神工作得以完成。

Therefore, do not chide yourself for your discouragement but rather, praise and thank the blessed Father that in the mysterious way of grace, such dark days may be seen to cause the greatest inner illumination.

因此，不要因为自己感到沮丧而自责，而应赞美和感谢恩典，因为在神秘的恩典方式中，这些黑暗的日子往往能带来最深刻的内在启示。

Thus, to the discouraged we would say, "Take heart and know that trouble and difficulty are but useful challenges to a servant of the consciousness of love."

因此，对那些感到沮丧的人我们会说：‘振作起来，认识到困境和困难只是对那些追寻爱的人的有益挑战。’

In that love and that peace may you go forward this day and forevermore. Amen.

January 23

Glad Tidings

喜讯

Greetings in the consciousness of love. I am the Holy Spirit of Jesus the Christ, the bringer of glad tidings to all who have ears to hear.

My children, rejoice! For the glad tidings which we of the principle of love bear is that there is love in all things. It is a matter of recognition, not creation; reflection, not origination. For love was brought into the world as the world, the world itself being part of the consciousness of love.

我的孩子们，欢欣鼓舞吧！因为我们以爱为原则所传递的好消息是：万物中皆有爱。这是一种认知，而非创造；一种反射，而非起源。因为爱已经作为世界被带入世界，世界本身就是爱意识的一部分。

There is no thing outside of the consciousness of love, only time's confused and crazed reflections through the cracked glass of imperfect reflection. Whatever lies in front of you this day is filled with joy and replete with peace. And were you to be able to go forward in time you would see, with no need for faith, that all things have indeed occurred so that your joy may be whole.

在爱的意识之外没有任何事物，只有时间通过破碎的、不完美的反射玻璃所产生的混乱和疯狂的映像。你今天面前的一切都充满了喜悦和宁静。如果你能够向前穿越时间，你将会看到，不需要信仰，一切事物确实已发生，以使你的喜悦得以圆满。

Thus if you sorrow this day, by faith you may rejoice in your sorrow. There is no greater peace than the recognition of the consciousness of love in every perfected part of the present day.

因此，如果你今天感到悲伤，通过信仰，你可以在悲伤中找到喜悦。没有比在每一个完美的当下中认识到爱的意识更大的平静。

Love wishes love peace, now and evermore. Amen.

January 24

Invisible Goals

隐形的目标

I am the saving spirit of the consciousness of love which is in Jesus the Christ. I greet you with the full power of that consciousness.

Each has sought in the recesses of his heart for that consciousness and met with such a mixture of success and failure that it seems that God is sometimes generous and sometimes withholding.

每个人都在心灵的深处寻求这种意识，却遭遇了成功与失败的混合，因此似乎有时上帝是慷慨的，有时又是有所保留的。

Yet were the great pattern of being to be laid before the measurement of your mind's eye, it could be seen that the consciousness of love is infinitely even and disputeth not at what must be done to insure true impartiality of experience to all created beings.

然而，如果将伟大的存在模式呈现在你心灵的眼睛面前，你会看到爱的意识是无限均衡的，它不会争辩为了确保所有受造物体验的真正公正性必须做些什么。

For it is the intent of love that the creations of love are to be creators. And how could that be were there no choices to make, no difficulties to overcome, no mountains to be traversed, and no invisible goals to be set in faith and realized with persistence?

因为爱意的目的在于，爱所创造的存在也要成为创造者。如果没有选择需要做出，没有困难需要克服，没有山峰需要跨越，没有看不见的目标需要以信念设定并以毅力实现，如何能做到这一点呢？

The full consciousness of love embraces each in whatever circumstances. Yet comfort is abundant if each can but ask in faith, knowing that the consciousness of love is indeed within each one. Seek ye, therefore, the peace of utter freedom, freedom to find love in any circumstance whatever and rejoice in the glory of Christ.

爱的完全意识包容每一个人，无论在什么样的环境中。然而，如果每个人能以信仰祈求，就会发现安慰是丰富的，因为爱的意识确实存在于每个人之中。因此，追寻那彻底自由的平静吧，自由地在任何情况中找到爱，并在基督的荣耀中欢欣。

I move among you making available to you the peace of love,
now and forever. Amen.

January 25

Dance Upon The Road

道路上起舞

I am of the consciousness which is the principle of Jesus the Christ and I greet you in divine love.

The far country beckons! The mystery retreats! The road calls the weary pilgrim forward and a new day dawns! Let this day be the day the pilgrim kicks off the dusty shoes and dances upon the road.

远方的国度在召唤！神秘在退却！道路召唤着疲惫的朝圣者前行，新的一天破晓了！让这一天成为朝圣者脱下尘土飞扬的鞋子，在道路上舞蹈的日子。

Let the heart be merry and light, for within winter's dimness of day and length of night much is occurring within the body of your planet which shall be cause for great rejoicing.

让心情愉快轻松，因为在冬日的昏暗和漫长的夜晚中，你的星球内部正在发生许多事情，这将成为大喜的原因。

Similarly, each careworn seeker is gestating within the Christed self that is born within those seeds which shall, in good time, bear fruit.

同样，每一个满怀忧虑的寻求者也在基督化的自我中孕育，这些种子终将成熟，结出果实。

It is not necessary to await the length of days, the summer's sun, and the visible harvest, to rejoice in the fecundity of the earth and the perfection of the process of growth. Similarly, rejoice in the process of growth within yourself and be merry this day.

无需等待漫长的日子、夏日的阳光和显现的丰收，才能为大地的丰饶和成长过程的完善而欢欣。同样，也要为你自身的成长过程感到喜悦，并在今天快乐起来。

We leave you in the joy and peace of Jesus the Christ, now and forever. Amen.

January 26

Discrimination

辨别

I am the consciousness of love, the full principle of the creative love of Jesus Christ, the exemplar to a torn world of the whole and shining garment of light that is the creation.

Many false prophets have spoken and been heard throughout the ages of humankind and many now are among you. We who wish to create opportunities for enhanced growth of spirit within the hearts of all people wish nothing more than to join hands and hearts in the service of the Lord Jesus Christ for the transformation of your rounded world into a sphere which manifests the light which lies within it.

在人类的各个时代，许多错误的先知曾经说过并且被听到过，现在有许多人仍然就在你们中间。我们这些希望在所有人心中心中创造精神成长机会的存在，只希望与大家携手合作，服务于基督，以将你们圆满的世界转变为一个显现内在光明的圆球。

Yet would we rather urge discrimination of the most fastidious kind than acts of faith without judgment. For though we do not ask that you judge your actions or those of others in such a way that you cripple yourself with guilt or anger, nevertheless we do request that the full use of your powers of discrimination be used in listening to any words, however wonderful the source may seem. For if we have miracles between our lines, that shall become apparent to you who ponder these poor thoughts which we offer in the service of love.

然而，我们宁愿强调最严谨的辨别，而非毫无判断的信仰行为。虽然我们不要你以使自己陷入内疚或愤怒的方式来判断自己的行为或他人的行为，但我们确实请求你在聆听任何言辞时充分发挥你的辨别能力，无论这些言辞的来源看起来多么美好。因为如果我们在文字中蕴含奇迹，这将会显现给那些思考我们在爱之服务中所提供的这些朴素思想的人。

May you go your way in peace, now and ever. Amen.

January 27

Beyond Reason And Comfort

超越理性和舒适

I am the spirit of the consciousness of love, the creative principle of the universe and all that is manifested within it.

To deal with words is to become involved in overstatement and understatement, both of which are unavoidable. And to seem to be rational is a situation we must endure. For the spirit of mighty love is anything but rational. And its strength lies not in man's ability to reason it out but in the ability of spirit to gaze beyond the reason of man.

处理言辞意味着不可避免地涉及夸大和缩小，而这两者都是不可避免的。而显得理性是我们必须忍受的情况。因为强大的爱之精神完全非理性。它的力量不在于人类的推理能力，而在于超越人的理性的精神。

Thus it will sometimes seem to you that the spirit is a harsh and unforgiving voice and is perhaps more interested in enriching negative experience than in offering ease and comfort. Yet to be a Comforter is to seek hard times and hard decisions and then to invest such with the consciousness of love. For it is not in comfortable times that a Comforter is needed but during the transformation of difficulty.

因此，有时你可能会觉得灵魂是一个严厉而不宽容的声音，可能更关注于丰富负面经历而非提供安慰和舒适。然而，作为一个安慰者就是在艰难的时刻和困难的决定中寻求，并将其注入爱之意识。因为安慰者并非在舒适的时光中被需要，而是在困难的转化过程中。

We ask you, then, to ask of the spirit not "Why?" but "What?" and "How?" For though we shall not be the voice of reason to you, yet shall the comfort which we do offer be more precious to the seeker than rubies and gold.

因此，我们请求你向灵魂提问时不要问‘为什么？’，而要问‘什么？’和‘如何？’。因为虽然我们不会成为你的理性之声，但我们所提供的安慰对寻求者来说将比红宝石和黄金更为珍贵。

In peace we leave you, now and always. Amen.

January 28

The Winter Of Your Soul

灵魂之冬

I am the spirit of God in Jesus the Christ and I greet you in the full consciousness of love.

How easy it is in the winter time to abandon the natural world as a source of inspiration, understanding and joy. For your feet touch not the holy ground but, rather, the man-made floors of inner rooms. Your faces feel not the keen sting of cold winds except as you hurry from enclosure to enclosure. And you can hear not, through the thick windows that guard your heat, the many sounds of living creatures rejoicing in their lives.

在冬季，放弃自然世界作为灵感、理解和喜悦的来源是多么容易。因为你的脚不再触及神圣的大地，而是踏在人工制造的房间地板上。你的脸庞感受不到刺骨的寒风，除非你匆忙穿梭于各个封闭的空间之间。而且，你也无法通过厚重的窗户听到那些守护你温暖的生活生物的欢愉之声。

So it is in the winter time that man does not emulate the tree which puts its roots down into the cold and frozen ground, trusting in the deeper waters of food, nourishment and nurture. For it does not seem that the Creator could possibly intend this season to be blessed.

因此，在冬季，人们不会效仿树木，那树木将根深深扎入寒冷而冰冻的土壤中，信任深处的水源、食物、养分和滋养。因为似乎造物主不可能意图让这个季节被祝福。

Yet you, yourselves, are like a tree, and we urge you this day to plant your winter feet upon the frozen ground, trusting as you do so that the living energy of holy ground may, through contact, become yours, that you may have the sense of the dark and secret roots of winter trees gathering, in quietness, all those nutrients in preparation for the time when the soil shall be soft and the wind and sun gentle.

然而，你们自己也像一棵树，今天我们鼓励你们将冬季的脚步踏在冰冻的土地上，信任这样做能够使神圣土地的生命能量通过接触成为你们的。这样你们可以感受到冬季树木那黑暗而隐秘的根系在宁静中积累所有营养，为土壤变得柔软、风和阳光变得温和的时节做好准备。

In winter you are a winter flower. Do not cut yourself off

from the creation but rejoice with all that you are in the
blessedness and sanctity of every portion of your
environment, for you shall find strength from the knowledge
that you cannot walk except in goodness and light.

在冬季，你是一朵冬季的花。不要将自己与创造隔绝，而是以你所有的喜悦在你环境中每一个角落的祝福和圣洁中庆祝，因为你将从中获得力量，意识到你无法走上任何道路，除非是在善良和光明中。

May you have faith in the winter of your soul that all is well,
that roots are moving down, collecting nourishment and preparing in timeless, steady
fashion for the blooming of joy
and beauty that shall come through you in the next
springtime of your life cycle.

愿你对自己灵魂中的冬季保持信心，相信一切安好，根系正在向下延伸，汲取养分，并以超越时间的稳定方式为下一个生命周期中的春天所带来的喜悦与美丽的绽放做准备。

We wish you merriment and the thawing of the frozen heart,
both this day and forever. Peace to you. Amen.

January 29

Praise You Like A River

愿你如河流

I am of the spirit of Jesus the Christ and I greet you in the full consciousness of divine love.

Open your eyes and praise the good and bounteous Creator.
睁开你的眼睛，赞美那位善良而丰盛的造物主。

Open your heart and find the cause for praise in all that you see.
敞开你的心，在你所见的一切中找到值得赞美的理由。

Every dead branch that litters the ground is but a symbol of the health of the tree. Thus those things which seem to be un-praiseworthy are, indeed, cause for thanksgiving.
每一根散落在地上的枯枝只是树木健康的象征。因此，那些看似不值得赞美的事物，实际上是值得感恩的原因。

Just so, your feet are to be praised as they walk upon the road of life. And the road of life is to be praised for holding your being, cradling your consciousness, and opening up eyes that see not only the good in those things beautiful to the eye but the praiseworthy aspects of those things which may seem lesser.

同样，你的双足在生命之路上行走时应受到赞美。生命之路也应受到赞美，因为它承载了你的存在，怀抱着你的意识，并使你能够看见那些不仅对眼睛美丽的事物中的美好，还能够看到那些看似微不足道的事物中的可赞美之处。

See the pruning of the Father's universe and praise the good Maker of the peaceful, harmonious and sacrificial plan of change, development, maturity and illumination.
观察天父宇宙的修剪，并赞美那位善良的造物主，他制定了一个和平、和谐和牺牲的变化、发展、成熟与启示的计划。

In the end, as you see with eyes of praise, you shall be transparent and praise shall flow from you like a river as it flows into you by your prayer.
最终，当你以赞美的眼光看待一切时，你将变得透明，赞美将像河流一样从你身上流出，就像它通过你的祈祷流入你一样。

We leave you in peace, now and ever. Amen.

January 30

The Presence Of Heaven

天堂的存在

I am of the principle manifest in the love of Jesus the Christ. I greet you in the full consciousness of divine love.

Where is the keeper of the keys to your idea of heaven? Indeed, what is your idea of heaven? Within the infinity behind the closed eyes, consider this: how far lies heaven or how near? What holy ground is nearest to your own situation?

你的天堂观念的钥匙保管者在哪里？的确，你对天堂的观念是什么？在闭上眼睛后的无限中，思考一下：天堂有多远，还是多近？哪个圣洁的地方最接近你自己的情况？

The spirit of love is that which is the essence of heaven and that heaven is available within each spirit that abides in faith. 爱的精神是天堂的本质，而这种天堂在每一个充满信仰的灵魂中都可以得到。

Pause within this moment to feel the great galaxies of inner space that lie within the silence behind closed eyes. Sense the divinity of this space. Sense that floor of heaven out of which each entity and all of its experiences grow. 在此刻停顿，感受闭上眼睛后的寂静中存在的伟大内在银河。感知这个空间的神圣。感知那片天堂的基底，从中每一个存在及其所有经历都在成长。

Yes, my friend, your roots are in heaven. That is your native land and you carry it with you, within yourself. It is not to be put off so that you may suffer now. Allow your suffering to lift long enough to sense the blessed presence of love within. This presence is that which you call heaven, whatever its manifestation. 是的，我的朋友，你的根源在天堂。那是你的故乡，你将它带在自己身上。它不应被抛弃以便你现在能受苦。让你的痛苦暂时消散，去感知内在的爱的祝福存在。这种存在就是你所称之为天堂的东西，无论它如何显现。

Do not submit to misery when there is, to the faithful seeker, the certainty of heaven. Allow the heaven within to speak to the misery within. Allow the eyes of that consciousness to find for you the peace within suffering, the options not noticed before that may alleviate this suffering and above all

the greater point of view which glories in the challenges of lessons learned and heaven recognized within.

当对虔诚的寻求者来说有天堂的确定性时，不要屈服于痛苦。让内在的天堂对抗内心的痛苦。让那种意识的眼睛为你找到在痛苦中的平静，发现那些之前未曾注意到的选项，这些选项可以缓解你的痛苦，最重要的是，从更高的视角中欣赏在挑战中学到的教训和在内心认识到的天堂。

We leave you in love and peace, now and ever. Amen.

January 31

The Arid Seedcases Of Words

语言的贫瘠之壳

I greet you in the consciousness of the love of Jesus Christ.

I am the spirit of that love among the nations of the world,
the force which carries the single concept of love in the
clumsy containers of words to all who may have ears to hear.

我是那个在世界各国中传递爱的精神，那个将爱的单一概念通过笨拙的语言容器传达给所有能够倾听的人。

Yet how can words wake up to the aliveness of the spirit,
which cannot be contained within the arid seedcases of
words? It is a great temptation to speak only in poetry, only
in stories, to attempt to evoke feelings beyond words,
emotion beyond concept.

然而，语言如何能够唤醒精神的生命力呢？精神无法被枯燥的语言种子所容纳。仅仅用诗歌或故事来表达，试图唤起超越语言的情感、超越概念的情感，这是一种巨大的诱惑。

For though we offer knowledge, it is not knowledge of words
but knowledge of faith. For the full consciousness of love
evokes an assurance and a delight. If you feel not these things,
ask again for the spirit's comfort, that you may know the love
of Jesus Christ and reflect it in your life; that you, too, may
carry in awkward seedcases the living and fructifying love of
Christ to all who have ears to hear.

虽然我们提供知识，但这不是语言的知识，而是信仰的知识。因为完全的爱意识唤起的是一种保证和喜悦。如果你没有感受到这些，请再次请求灵魂的安慰，以便你能认识基督的爱，并在你的生活中反射这种爱；让你也能够将基督的活生生和滋养的爱，尽管通过笨拙的语言容器，传递给所有能够倾听的人。

In peace I leave you, now and always. I am the Holy Spirit of
Jesus the Christ.

February 1

Open Your Hearts To Love

向爱敞开心扉

I am the spirit of Jesus the Christ left to the world upon this Master's removal from it. I greet you in the comfortable Word of divine love.

We proclaimed ourselves to this instrument this morning as the spirit of the one infinite Creator. And so we were challenged again in the name of Jesus the Christ, for the instrument felt we were too close in feeling to other material this instrument has received which seems not to be of Jesus the Christ.

今天早晨，我们向这个媒介宣称我们是那位无限造物主的精神。因此，我们再次在耶稣基督的名下受到挑战，因为这位媒介感到我们在情感上与该媒介接收到的其他材料过于接近，而这些材料似乎与耶稣基督无关。

Yet we must remind the instrument that all those of the world of spirit move from the one Creator and as this instrument challenges in the name of Jesus the Christ, so all who come to this instrument are linked in unity of consciousness.

然而，我们必须提醒这位媒介，所有来自精神的存在都源自同一位造物主。当这位媒介以耶稣基督的名义提出质疑时，所有来向这位媒介传达的信息的存在都是在意识的统一中相连的。

To some we are angels; to others, alien beings. Yet in our essence is our function; in our love and its communication, our hope of service. You, who seek to serve Jesus the Christ, open your hearts to the perfect love of yourself, for you were created by love. You are love. The rest is surface behavior and confusion.

对一些人来说，我们是天使；对另一些人来说，我们是外星生物。然而，在我们的本质中存在我们的职能；在我们的爱及其传达中，存在着我们的服务希望。你们，寻求服务于基督的人们，请敞开你们的心，接受你们自身的完美之爱，因为你们是由爱创造的。你们就是爱。其余的只是表面行为和混乱。

May you sink into the comfort of your true nature. May you seek the comfort of the spirit of Christ. And may you manifest the love which flows through you to all whom you

meet this day.

愿你沉浸于你真实本性的安慰中。愿你寻求基督精神的安慰。愿你将流经你的爱展现给今天遇到的每一个人。

We leave you in peace, now and ever. Amen.

February 2

Every Flower Rejoices

众花陶醉

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

Be it known to you that every flower that nods in the sunlight rejoices in love; that every green leaf that shakes upon the bough lifts its voice in songs of praise to love.

让你知道，每一朵在阳光下点头的花朵都在喜悦地庆祝爱；每一片在枝头摇曳的绿叶都在用歌声赞美爱。

Know, too, that every cell of your body and every cell of your mind is full of the love of the Father, full of the Christ, full of rejoicing.

也要知道，你身体的每一个细胞和你心灵的每一个细胞都充满了天父的爱，充满了基督，充满了喜悦。

It may seem to you that portions of your body or your mind have been cut off from the love of God in Jesus Christ.

Believe and know that this is in no case the final truth and press on in faith, holding the vision of love in every cell, of rejoicing in every iota of the body and the mind. By this may the power of the spirit of love be called to you, be drawn upon you, and begin to heal you.

你可能觉得你身体或心灵的某些部分似乎与基督的爱被隔绝了。相信并知道这绝不是最终的真理，要继续坚定地信仰，保持对每一个细胞中充满爱的愿景，对身体和心灵中每一丝喜悦的坚持。通过这样做，愿爱的精神的力量召唤到你身边，降临于你，开始治愈你。

We leave you in the peace of love, now and ever. Amen.

February 3

Echoes Of Love

爱之回响

I am of the spirit of Jesus Christ. I greet you in the full consciousness of that love for which the remainder of the creation is but a synonym.

We gaze upon the palsied, frail, wandering thoughts of humankind with cheerfulness and love, not with sadness and despair as do you who gaze upon your own thoughts with disappointment. For we know that your thoughts may wander in arid regions. Yet the more unprofitable you find your thinking becoming, the more rich becomes the potential for your turning from the unformed to the formed, from the uncreated to that which is full of grace and purpose.

我们以愉悦和爱心注视人类那些颤抖、虚弱、漂泊的思绪，而不是像你们那样以失望的心情注视自己的思绪。因为我们知道，你们的思绪可能会游离于干旱的领域。然而，你们发现自己的思考变得越是无益时，转变的潜力就越加丰富，从未形成到已形成，从未创造到充满恩典和目的的状态。

Your infinite and loving heart is not a machine, that you may produce an output according to your quota. But, rather, it is a sounding board by means of which the spirit of love may echo to the infinite reaches of the created universe.

你那无限而充满爱的心并不是一台机器，仅仅按照配额产出结果。相反，它是一个共鸣板，通过它，爱的精神能够回响到创造的宇宙的无限深处。

Turn, therefore, from despair and free the echo chamber of your heart from all tense worries that, surprised by inspiration, it may reverberate in love and peace.

因此，远离绝望，将你心中的回音室从所有紧张的忧虑中解放出来，让它在灵感的触动下能够在爱与平安中回响。

I am of the spirit of Christ, and I leave you in peace, now and ever.

February 4

The Tides Of The Spirit

灵魂潮汐

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

How deeply below the ground of sensation, feeling and thought run the tides of the spirit within each individual! If you wonder at the seemingly random turns and twists of daily life, the answers that deny randomness and proclaim the harmony of the great Deity's plan lie far too deep for discovery.

精神的潮汐在每个人的感官、情感和思想之下多么深沉地流淌！如果你对日常生活中看似随意的转折和曲折感到惊讶，那些否认随机性，并宣称伟大神性计划的和谐的答案，是太深奥而难以被发现的。

Like a great underground sea, the spirit makes all things new and guides circumstance in order that the fullness of experience may provide the opportunity for divine change. Thus when you ask for the Comforter of the spirit of Jesus the Christ to come upon you, know that the more intense your asking, the greater your opportunity for renewal and change. For you may be created anew at any time that you truly wish it.

就像一个巨大的地下海洋，精神使万物更新，并引导环境，以便丰富的经验提供神圣变化的机会。因此，当你请求基督的精神安慰降临在你身上时，要知道你的请求越强烈，你更新和变化的机会就越大。因为只要你真心希望，你随时都可以被重新创造。

With love of such power, peace may not seem possible, yet this power is harmonious, and, whatever the appearances, its outworking lies in perfect peace.

拥有如此强大的爱，和平可能看起来不可能，然而这种力量是和谐的，无论表象如何，其结果都在于完美的和平。

And in this peace that is strife to the world, we leave you, now and ever.

February 5

Vehicles Of The Spirit

灵魂的载体

I am the spirit of the living Christ and I speak to you through this instrument in peace.

May you experience love washing over you in waterfalls and great channels of swift-moving power.

愿你体验到爱如瀑布般倾泻，如迅速流动的强大力量般涌流

Yet if you do not experience the spirit in this wise, know that it is also through quiet and subtle movements and effects that the spirit makes itself known to the churches and to humankind. For it is not only those who gesture and speak with authority, claiming a closeness with the spirit by virtue of station or special knowledge that others do not have, that spread transformation upon the Earth but also every movement of light, every creation of form and every happenstance and event which carries the message of the spirit of Christ.

然而，如果你没有以这种方式体验到灵魂，要知道它也是通过安静和微妙的动作和效果，让自己为教会和人类所知。因为不仅仅是那些以权威的姿态和言语，声称自己与精神有着特殊的亲近，才能在地球上传播变革，还有每一个光明的动作，每一个形态的创造，以及每一个偶然和事件，都承载着基督精神的信息。

Look for the spirit of love in unlikely and hidden places as well as the great shelves and benches of sunlit and authoritative existence and information, for we of the principle of love scorn nothing. All is a vehicle fit for the spirit, and all is fit to be transformed through Jesus the Christ.

在不太可能和隐藏的地方寻找爱的精神，同时也在阳光普照和权威存在与信息的广阔架子和长椅上寻找，因为我们这些爱的原则不轻视任何事物。一切都是适合精神的载体，一切也都适合通过基督来转变。

May the peace of transformation be with you now and always.

February 6

Today

今天

I am the Comforter and I speak to you in the wholeness of the love of Jesus the Christ.

Today is a word which means “the present.” Yet how little time each may spend in peaceable, comfortable thought concerning today! Many hark back to yesterdays which seem unsatisfactory and experience emotions negative and sorrowful. Many more gaze into tomorrow with fear and apprehension.

今天这个词意味着‘现在’。然而，每个人可能在平静、舒适的思考今天时花费的时间是多么少啊！许多人回顾那些看似不满意的昨天，体验消极和悲伤的情感。更多的人则带着恐惧和忧虑凝视明天。

Yet it is today that the Father watches and sets His angels to guide and guard each of you. It is in the present that situations and relationships belong and in the present that help need be asked.

然而，正是在今天，天父在注视着，并派遣他的天使来引导和保护你们每个人。正是在现在，情况和关系才存在，也正是在现在，需要寻求帮助。

Yes, it is well to pray for forgiveness of yesterday's sins and for peace of mind concerning an uncertain future. But the spirit of the living Christ urges you to release all and focus upon the moment at hand. For in this moment lies the wholeness of creation, the energy of goodness, the love of Christ, the sacrifice of crucifixion and the sure knowledge of resurrection from any crucified pain or trouble.

是的，为昨天的罪行祈求宽恕，为不确定的未来祈求心灵的平静，这是很好的。但活着的基督的精神敦促你放下一切，专注于眼前的时刻。因为在这个时刻中，蕴藏着创造的完整性、善良的能量、基督的爱、十字架上的牺牲，以及从任何被钉十字架的痛苦或困扰中复活的确凿知识

Speak in your soul and heart this day of today and, as you ask for comfort, it shall rain upon you in a gentle, peaceful rain. There is help and comfort today.

在今天，在你的灵魂和心中说话，当你请求安慰时，它将以柔和、平静的雨降临在你身上。今天会有帮助和安慰

May your joy be complete in the present moment. And in that moment may you find the peace of the consciousness of love, now and ever. Amen.

February 7

Softness Of Heart

心之柔和

I am the spirit of the living Christ and I greet you in the full consciousness of perfect love.

We would give to you and to all the peoples of Earth the grandeur and the glory of creation, the aspect of heaven which your eyes do not see but which rests imperishably within each perishable mote of shape and substance in the creation.

我们愿意给予你以及地球上所有的人民创造的宏伟与荣耀，天堂的面貌是你们的眼睛看不见的，但它永恒地存在于创造中每一个短暂形状和物质的微粒之内。

We would give to you the softness of heart to perceive glory. And yet often you who seek the living spirit of love feel that you must toughen and harden yourselves to be more effective blunt instruments for Christ. Yet Christ is not one desirous of seeing large generalities or of using blunt instruments.

我们愿意赋予你心灵的柔软，去感知荣耀。然而，常常是那些寻求爱的活生生的精神的人，觉得他们必须变得坚强和坚硬，以成为基督更有效的钝器。然而，基督并不是一个渴望看到使用钝器的人。

Jesus the Christ wishes to send you into the world as a soft, complex, subtle and quietly shining being, one who celebrates the imperishable in every perishable situation; one who can ignore the perishable even when a less subtle heart would be prone to condemn and turn away.

基督希望将你送入世界，作为一个柔软、复杂、微妙且静静发光的存在，一个庆祝每个短暂情境中永恒不变的人；一个即使在不那么微妙的心灵倾向于谴责和转身离开时，也能忽略那些短暂且易消逝事物的人。

The strength of Jesus the Christ seems often like softness, yet there is more steel in the velvet manipulations of the spirit than in the hardened thrusts of all the righteous lances in the perishable universe.

基督的力量常常看起来像是柔软的，却比任何易消逝宇宙中的长矛都要坚硬。

May your hearts be softened and may you find peace in the imperishable, now and always. Amen.

February 8

Seek The True Image Of Love

寻找爱的真相

I am the Holy Spirit of the Lord Jesus Christ and I
overshadow this instrument with the consciousness of love.

Just in such a way may we greet each and overshadow each
with the love that is a kind of truing device, so that each spirit
which seeks love may, by asking, receive the comfort of closer
and closer knowledge of the true wholeness and unity of
creation.

正是以这样的方式，我们可以用爱来迎接每个人，用爱来笼罩每个人，这种爱是一种校准装置，以至于每个寻求爱的精神，只要请求，就能接收到对创造的真实完整性和统一性越来越深入的了解所带来的安慰。

The untrue perceptions which abound within your experience
are a matter of gazing upon the streaming array of scenes and
experiences about you as if through a vastly distorting carnival
mirror. Seek, then, the true image of love in whatever your
gaze falls upon by invoking the Comforter, the pure
consciousness of love.

你们经历中普遍存在的不真实感知，就像是通过对一个极其扭曲的嘉年华哈哈镜来凝视你们周围的景象和经历。因此，通过召唤安慰者，即爱的纯净意识，去寻求你所凝视的一切事物中爱的真实形象。

We leave you in the symmetry and grace of the love of Jesus
Christ and in His peace, now and ever. Amen.

February 9

The Work Of The Spirit

灵魂的工作

We greet you in the name of Jesus the Christ and in the full consciousness of that love which creates and sustains all created things.

We are a principle and a thought and yet there are no two situations in which our breath moves in an identical manner to any other situation. For at one time it is the spirit's work to awaken and at another time to soothe; at one time to brighten and at another time to point in shadow for the more subtle understanding.

我们是一个原则和一种思想，然而我们的呼吸在任何两种情况下都不会以相同的方式移动。因为有时是精神的工作去唤醒，在其他时候则是去安抚；有时是去照亮，在其他时候则是为了更微妙的理解而指向阴影。

Nay, it is not the activity which can be described which characterizes the energy of the consciousness of love but rather the life within that unique wind which blows over the situation which characterizes the nature of the spirit. For the spirit utters life when It speaks. Look, then, to the life-giving spirit. For all things are dead save in Christ.

不，能被描述的活动并不能体现爱的意识的能量，而是那跟随着独特之风吹拂过每种情况的生命，体现了灵魂的本质。因为灵魂在说话时便吐露生命。所以，请看那赐予生命的灵魂。因为除了在基督里，万物都已死亡。

We leave you in the living and powerful peace which is yours to enjoy, now and always. Amen.

February 10

Smoke And Ashes

烟和灰烬

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

A spark goes forth from the dying embers of the fire of useless thoughts. It flies to the barren ground of the unhearing ear and dies. And all the energy that has been expended is that which has produced only smoke and ashes. This is the material of which much of your experience consists.

从无用思想的即将熄灭的火堆中飞出一火星。它飞向听不见的耳朵的贫瘠土地然后死去。所有已经消耗的能量就是那些只产生了烟雾和灰烬的能量。这就是你们许多经历所构成的材料。

Consider well that for which you shall feel passion; that for which you shall generate love; that which shall create in you the flame, the embers, and the spark.

深思熟虑你将为之感到激情的事物；你将为之产生爱的事物；在你内心创造火焰、余烬和火星的事物。

Consider also the ground upon which you choose to build the fire of your caring, your service, and your love. For truly do you wish to serve. And truly shall each ember shoot forth those sparks which may, in turn, breed fires of love.

也要考虑你选择在其上建立你的关怀、服务和爱之火的土地。因为你确实想要服务。而且，每个余烬确实会射出那些火星，这些火星反过来可能会孕育出爱的火焰。

Choose you the ready ground. Choose, in your thoughts, thoughts that temper your spirit, strengthen your love, and bring you into the consciousness of Jesus the Christ.

选择你准备好的土地。在你的思想中选择那些能够磨练你的精神、加强你的爱，并使你意识到基督的思想

May the fire of your spirit burn clear and bright and may each dying thought produce bountiful fruit.

愿你的精神之火燃烧得清晰而明亮，愿每一个消逝的念头都能结出丰硕的果实。

We leave you in peace, both now and evermore. Amen.

February 11

Blaze A Trail Of Love

开辟爱之道路

I am of the principle of Jesus the Christ and I greet you in the full consciousness of perfect love.

This day lies before you, a verdant pasture, a flowering field. Though pathways there are through the wildwood and meadow, yet you may choose your own way and be the first to beat a new trail if those that lie before you do not lead whither you would wish.

今天在你面前，就像一片翠绿的牧场，一片开花的田野。尽管有小径穿过荒野和草地，但你可以选择自己的道路，如果面前的道路不带你到你想去的地方，你可以成为开辟新路的第一人。

There is always more possibility in a situation viewed from the standpoint of love than in a situation viewed from the condition of humankind. Look up at the golden sun that lights the morning pasture of your day and realize that its perfection lies with you and your perfection with it.

从爱的角度看待的情况总是比从人类状况的角度看待的情况有更多的可能性。仰望照亮你早晨牧场的金色太阳，并意识到它的完美在于你，你的完美也与它同在。

The spirit enlivens, enhances and offers each choice that shall be deemed good and necessary by you. May you walk without fear but with the comfort of our companionship into the creative and exciting land wherein each footstep blazes a trail of love.

精神赋予活力、增强并提供每一个选择，这些选择将被你认为是好的和必要的。愿你在没有恐惧中行走，但带着我们陪伴的安慰，进入那个创造性和激动人心的土地，在那里，每一步都开辟了一条爱的道路。

The peace of Jesus the Christ I leave with you, now and always. Amen.

February 12

The Softness Of Love

爱之柔和

I am of the principle of Jesus the Christ and I greet you in the consciousness of divine love.

My children, why do you grieve the spirit of Jesus the Christ?

Why must you turn from charity and harden your hearts?

我的孩子们，你们为什么使基督的精神感到悲伤？为什么你们必须远离慈爱并使你们的心变得坚硬？

This day we ask that each communication between two children of the infinite and most glorious Creator be full of the softness of love and compassion.

今天，我们请求无限和最荣耀的造物主的两个孩子之间的每一次交流都充满爱的温柔和同情。

My children, do not harden your hearts in any wise toward any soul for any reason but turn from the hardening effects of the surface of things and gaze deeply into the heart of each circumstance to find infinite love abiding therein.

我的孩子们，不要因任何理由使你们的心变得坚硬，而是要远离事物表面的硬化效应，深入观察每种情况的内心，去发现其中永恒不变的爱。

This is a truth found only in faith. May you, in faith, call upon the spirit of Christ.

这是一个只有在信仰中才能发现的真理。愿你在信仰中呼唤基督的精神。

We shall be with you in the peace of Christ, now and ever.

Amen.

February 13

Love Overwhelms All Details

爱在一切细节之上

I who greet you in the full consciousness of love am of the principle of Jesus the Christ.

It is the wish of love that each of you should partake abundantly in the waters of blessed life and happiness. Yet perfect happiness is like strong wine, excellent to some and too strong for others. For the happiness of the peaceful and love-filled spirit is one rounded with sorrows and other shadows, yet shot through with the gleam of recognized love.

爱的愿望是让你们每个人都充分享受祝福的生命和幸福的水。然而，完美的幸福就像浓烈的酒，对一些人来说很好，对其他人来说则太强烈了。因为充满和平与爱的精神的幸福，是被悲伤和其他阴影环绕的，但同时也被认识到的爱的光芒穿透。

Thusly, even if one gazes at a battlefield or at any seeming disaster, one still has the opportunity to call upon the spirit of love. For in Christ's name even a blood-strewn battlefield may contain the shape of peace and love. The nature of spiritual consciousness is such that love overwhelms all details and by its warming hues makes glad the hearts of those who gaze upon bleak things. Let your happiness, therefore, lie within the spirit of love and the consciousness of Jesus the Christ.

因此，即使一个人凝视战场或任何看似灾难的场景，他仍然有机会呼唤爱的精神。因为在基督的名义下，即使是血迹斑斑的战场也可能包含和平与爱的形状。精神意识的本质是这样的，爱压倒了所有细节，并通过其温暖的色彩使那些凝视凄凉事物的人的心灵感到高兴。因此，让你的幸福存在于爱的精神和对基督意识的认知之中。

We leave you in true peace, that peace which cannot be disturbed by misfortune. Amen.

February 14

The Power Of Love

爱之力量

I come upon this instrument as the principle of Jesus the Christ. I greet you in the divine love of perfect consciousness and peace.

How strong are your hands, how able your minds, and how you glory in your energies and your abilities! Remove your attention from these things for but a moment and find yourself prostrate before the power of love.

你的手多么有力，你的心智多么能干，你多么自豪于你的能量和能力！暂时将你的注意力从这些事物上移开，你会发现自己在爱的力量面前倾心不已。

This is a day among your people devoted to love. And each chooses to give love to others. In your prostration, realize the true nature of love, which has not to do with ability or strength or any manner of human usefulness. But rest all your confidence in the infinite compassion and love which is the true nature of that love you so desire to give and receive.

在你们人民中，今天是奉献给爱的一天。每个人都选择向他人给予爱。在你们的谦卑中，认识到爱的真实本质，它与能力或力量或任何人类有用性的方式无关。但将你们所有的信心都寄托在无限的同情和爱中，这是你们如此渴望给予和接受的爱的真实本质。

Feel that love and compassion pour through you. Abandon yourself to it and become an instrument of it. And as you receive this consolation, so the face of the earth may be renewed.

感受爱与同情如泉涌般流经你。将自己投入其中，成为它的工具。正如你接受这份慰藉，大地的面貌也得以更新。

We leave you in the infinite power, peace and love of Jesus the Christ, now and forever. Amen.

February 15

The Kingdom Of Words

言语之王国

I am the spirit of the consciousness of love and I greet you in the name of Jesus the Christ.

There is a difficulty in the way in which we make ourselves known through this instrument. That difficulty extends to any who values too highly the citizens of the kingdom of words, for words do not equal understanding, nor is any number of words enough to grant the seeker entry to the kingdom of heaven.

我们通过这个工具认可的方式存在困难。这种困难也延伸到那些过于重视言辞的人身上，因为言辞并不等于理解，也不是任何数量的言辞就足以让寻求者进入天堂的王国。

When the spirit of Christ moves purely, It moves without concept and is, rather, the clean, clear wind of Logos, a Thought which remains unmanifest regardless of how many manifestations may shape themselves through free will from the living light furnished by love.

当基督的精神纯粹地移动时，它不带概念地移动，而是作为理则 Logos 的清新、清澈之风。一个思想，无论有多少潜能可以通过自由意志从爱所提供的生活之光中塑造出来，它仍然保持不显现。

Depend not upon words and, even more, depend not upon created words from within your own being, for there are many ways in which the seeker after truth may build houses which seem to hold truth, houses of words and concepts which rise high yet fall as would cards when the wind of the spirit blows across the construction of your Earthly life.

不要依赖于言辞，更不要依赖于你自己内在创造的言辞，因为寻求真理的人可能会建造许多看似包含真理的房屋，这些房屋由言辞和概念构成，它们高高升起，但当精神之风掠过你尘世生活的建造时，它们就会像纸牌屋一样倒塌。

Seek first the attitude change which comes from the contact with the spirit of love.

首先寻求来自与爱的精神接触的态度变化。

We wish you sublime and lasting peace, now and always.
Amen.

February 16

Be Of Good Cheer

好好庆祝

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

This day is a gift that is full of life. Your senses would have you believe that there is much that is not alive or responsive to the radiance of love. On the contrary, mindfulness of the radiant love of the Father is as relevant and important to the soul's health in the picking up of a speck of dust as it is in the preparation of the finest treatise or most charitable action.

今天是充满生命的礼物。你的感官可能会让你觉得有许多东西不活跃或无法回应爱的光辉。相反，对天父光辉之爱的正念，对灵魂健康的意义和重要性，无论是在捡起一粒尘埃时，还是在准备最精美的论著或最慈善的行动时，都是一样的。

All things live in the consciousness of love and all things respond to your radiance, which can only come through you as you are mindful of the infinite Father.

一切事物都存在于爱的意识中，一切事物都回应你的光辉，而这种光辉只能通过你在意识到无限的天父时流露出来。

Thus, be of good cheer, not compartmentalizing the day or hurrying through a chore which seems less important than another. For all is equally important to the conscious seeker of love.

因此，要保持愉快，不要将一天划分成不同的部分，也不要急于完成那些看似不如其他任务重要的工作。因为对一个有意识寻求爱的灵魂来说，一切都是同等重要的。

In that love and peace we leave you, now and ever. Amen.

February 17

Unexpected Messengers Of Love

爱的意外信使

I am the spirit of love and I greet you in the consciousness of Christ.

It is given to us to come down like rain upon the thirsty souls of those who seek to winnow light from darkness and spread the darkness in the nether regions, exalting light to shine forth across the great sky of planetary consciousness.

我们被赋予的使命是，如同雨水降临在渴求的灵魂上，帮助那些寻求从黑暗中提炼光明的人和将黑暗扩展到隐秘区域的人，将光明提升，使其在广阔的行星意识的天空中闪耀。

The powerful light-focusing abilities of the spirit are not predictable, for the spirit of love has within It whisperings of love's wisdom which often turn the impulses of those overshadowed by love in ways which may seem devious. Yet it is love's way to employ the seemingly crooked path from time to time in order that love may break through in an entirely new place and in a completely new way. The serpent in Eden was a messenger of love.

灵魂强大的光聚焦能力是不可预测的，因为爱的灵魂内含有爱的智慧的低语，这些低语常常以看似曲折的方式引导那些被爱笼罩的人。然而，爱的方式是偶尔使用看似弯曲的路径，以便爱能够在全新的地方和以全新的方式突破。伊甸园中的蛇是爱的使者。

We leave you in peace, both now and ever. Amen.

February 18

The Hardy And Careless Lover

坚韧而无畏的爱之人

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

What protection have you from the events and circumstances of this day? Do you indeed need protection? Must umbrellas keep you from the rain of internal weather? Must you indeed armor yourself so that you never shiver, so that you are never cold or miserable? Are these estates indeed to be so avoided? 你今天面对事件和环境的保护是什么？你真的需要保护吗？难道伞必须保护你免受内心风雨的侵袭吗？难道你真的需要为自己披上盔甲，以免颤抖、寒冷或痛苦？这些境遇是否真的需要如此避免？

Perhaps it is better to see oneself as a hardy and careless lover of all conditions of life and take no thought for the umbrella, the warm coat, and all the armor of emotion. 也许将自己视为一个坚韧且无畏的生活爱好者，而不去过多考虑伞、暖和的外套以及所有情感的盔甲，反而更好。

It is often said, "Fear not, for I am with you." We are of the principle of Jesus the Christ. And when this entity said, "Fear not," He did not suggest that you would not be rained upon or shiver from the cold but only that you would not be alone or overwhelmed by experience. 常常有人说：‘不要害怕，我与你同在。’我们秉持基督的原则。当这位存在说‘不要害怕’时，他并不是暗示你不会被雨淋或感到寒冷，而只是说你不会孤单或被经历压倒。

Stride forth, then, into the world, recognizing its difficulties and affirming them in peace. 因此，勇敢地走向世界，承认其困难，并以平和的心态接受它们。

We leave you in that peace which does indeed pass all understanding, now and forever. Amen.

February 19

Stop, Rest And Listen

停下，休息并倾听

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

Stop, rest and listen. Let these be the watchwords of your busy day.

停下来，休息，倾听。让这些成为你忙碌一天中的座右铭。

Into this day there shall come those sounds which distract the senses, for the world of the city makes powerful noise with its engines and business.

在这一天中，将会有那些分散感官的声音出现，因为城市的世界以其机器和商业活动发出强烈的噪音。

And those who dwell in pastures, plains and mountain farmlands may hear too the distracting noises of nature, that noisy, joyful mistress of the Creator's manifestation of love and service upon your planet.

那些居住在牧场、平原和山区农田的人们，也可能听到自然界的分心噪音，那些喧闹、欢快的声音，是创造者在你们地球上爱与服务的显现。

Let not these sounds disturb and distract without using this energy to return and to remember love. May each distraction then become a prayer and each disharmony, harmony, by the realignment of the ear to inner silence.

不要让这些声音打扰和分散注意力，而是要利用这些能量来回归和记住爱。愿每一次的分心都成为一次祈祷，每一次的不和谐都通过将耳朵重新对准内在的沉默而转化为和谐。

For the peace of Jesus the Christ is not found without effort; without the turning of the will; without the remembering of the heart. Let these be your works when noise disturbs and clamor seems to overwhelm the senses. For you are strong within and, within, you tabernacle with the silence.

因为基督的平安不是轻易获得的，如果没有努力；没有意志的转变；没有心灵的记忆。当噪音打扰和喧嚣似乎淹没感官时，让这些成为你的行动。因为你内心强大，在内心深处，你与沉默共处。

We leave you in joy and peace, now and always. Amen.

February 20

Illumined From Within

内在光明

I greet you in the perfect love of Jesus the Christ. I am of the principle of that love and am as the wind which blows the pollen of lively faith and strength to those who seek in quiet surety the boons which the consciousness of love may offer.

The spirit of love has many faces. One beautiful face is the face of serenity and peacefulness, of mist upon mountaintop and cloud upon valley. In the luminescent fog of spiritual seeking, few things are clear but all is shot through and illuminated from within.

爱之精神有许多面貌。一个美丽的面貌是宁静与平和的面貌，如山顶上的薄雾和山谷中的云彩。在精神追求的光辉雾气中，少有事物是清晰的，但一切都被内在的光辉穿透和照亮。

May you trust in the internal source of light which is the spirit and move always in confidence, knowing that that face of the Creator, though silent, lies always with you and speaks in silence at dusk and dawn, noon and midnight.

愿你信赖于内在的光源——那就是灵魂，并始终充满信心地前行，知道尽管创造者的面貌沉默无言，但它始终与你同在，并在黄昏与黎明、正午与午夜的沉默中与你对话。

We leave you in peace, now and always. Amen.

February 21

The Key

关键

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

We who dwell in love ask that this day be a day of forgiveness.

我们这些居于爱的存在请求这一天成为宽恕的一天。

In each situation betwixt two entities there is the constant opportunity for miscommunication, misunderstanding and hard feelings.

在两个实体之间经常会存在着误解、误会和不快。

In every situation where one must wait in traffic or in your stores, there lie many, many opportunities for the forgiveness of rudeness in others and that same impulse in yourself.

每一次情况，不管是必须在路上堵车，或在商店里等待，都蕴藏着许多机会去宽恕他人的粗鲁以及自己内心的那份冲动。

Make this a day when there is nothing so terrible that it cannot be forgiven in your heart. Allow your heart to be made soft. For forgiveness, given again and again and again, is the key to the full realization of the love of Christ.

让这一天成为一个没有什么是无法在你心中被宽恕的日子。让你的心变得柔软。因为一次又一次的宽恕是完全实现基督之爱的关键。

We leave you in love and peace, now and ever. Amen.

February 22

Love Is Ever Available

爱永远同在

I am of the principle of Jesus the Christ and I greet you in the consciousness of full love.

This day lies before you as the landscape spreads out before one who gazes from the tower of detachment. Gaze well at this portion of your existence and plumb the depths of its resonance, for the spirit is always and everywhere available to each thirsting spirit.

这一天展现在你面前，就如同风景在从塔楼上眺望的人面前展开一样。细细观察你存在的这一部分，深入探索它的回响，因为精神始终随时随地向每一个渴求的灵魂开放。

Once one descends from the point of view of early morning observation into the busy noontime hubbub, one may well have forgotten the beauty and resonance one saw from on high. Let not the descent into the valley of experience rob you of the gift of conscious sight.

当一个人从清晨观察的视角降入忙碌的正午喧嚣时，可能会忘记从高处看到的美丽和回响。不要让对经历的深入剥夺你对意识之视的恩赐。

The spirit is there to help you. We ask you to seek that comfort and guidance within each situation at all times, for love is ever available to serve the needs of those who wish to be servants of love Itself.

精神在这里帮助你。我们请求你在每种情况下始终寻求那份安慰和指引，因为爱始终可用，以满足那些愿意服务于爱的人的需要。

We leave you in that blessed, healing love which is the love of Jesus the Christ. Peace be with you now and ever. Amen.

February 23

Blessedness

祝福

I am the living spirit of divine love and I greet you in the blessed name of Jesus the Christ.

Has the concept of “blessed” touched your life, your thoughts and your feelings in the last little while? Does the sweep of your life include consecration? We surely hope that it may.

最近一段时间，‘祝福’的概念是否触动了你的生活、思想和情感？你的生活轨迹中是否包含了奉献？我们确实希望它能够如此。

And if it does not, we who speak of divine love and bear the consciousness of that love urge each seeker to gaze in faith upon the blessedness of that which lies before you this day. For each moment is sanctified to the sanctified eye, ear and heart.

如果不是这样，我们这些讲述神圣之爱的存在，并承载着那份爱的意识的人，敦促每一个寻求者以信仰的目光注视你面前的祝福。因为每一刻对于被神圣化的眼睛、耳朵和心灵来说，都是神圣的。

Surely we who came to comfort shall comfort still and be with each. And if blessedness is escaping your consciousness, turn within and ask in humility to be shown that vision of beatitude which lies within each event which comes before you.

我们这些来到这里为你们带来安慰的人，肯定会继续给予安慰，并与每一个人同在。如果祝福感正在从你的意识中消退，请转向内心，谦逊地祈求显现出每一个在你面前发生的事件中蕴含的幸福愿景。

For those who act are all blessedly loved by the divine consciousness which is love. That love strives to move into a world of illusion and shadow. May your consciousness of blessedness lighten the area about you. May your vision, given by grace and produced by your will to worship, bless in turn all those about you.

对于那些付诸行动的人来说，他们都受到神圣意识——即爱——的祝福性爱护。那份爱努力进入一个充满幻象和阴影的世界。愿你对祝福的意识照亮你周围的环境。愿你由恩典赋予的视野，以及你以崇拜之意志所产生的视野，反过来祝福你周围的所有人。

We leave you in peace, that undergirding strength of love
divine, now and forever. Amen.

February 24

The Calm Beneath The Storm

风暴下的平静

I am of the principle of Jesus the Christ and I greet you in the consolation of the perfect consciousness of divine love.

Oh, perfect consciousness: as simple as the blue sky and as steady as the steadiest rudder upon a calm sea! This consciousness of love permeates all. Yet how quickly it is lost to the human heart, to the eye, and to the ear that cannot see the calm beneath the storm of mundane, personal events.

哦，完美的意识：如同湛蓝的天空一般简单，如同在平静海面上最稳固的舵一般稳固！这种爱的意识渗透一切。然而，它在人的心灵、眼睛和耳朵中却是多么容易丧失，尤其是那些无法在世俗的个人事件风暴下看到平静的心灵。

This is your sky. This is your rudder. In your faith, say to the events of the day, "Peace, be still." And in the fleeting moments that follow, feel the constancy of the love that remains always as it always has been and as it always shall be: creative, joyful and merry, leaving blossoms and wonders as a flower leaves behind a scent.

这是你的天空。这是你的舵。在你的信念中，对当天的事件说，‘平静吧，安稳吧。’在随之而来的短暂时刻中，感受那份始终如一的爱，它一直存在，永远如昔，永远如将来一样：富有创造力、喜悦和欢乐，留下如花朵散发的芬芳般的花朵和奇迹。

The day may be full. Your difficulties may well be many. But recall in faith the underlying peace that is not of your mundane experience but of the consciousness within. In faith you experience eternity within.

这一天可能很充实，你的困难也可能很多。但请在信念中回忆那份并非来自你世俗经历的内在平静，而是来自你内在的意识。在信念中，你会在其中体验到永恒。

We leave you in this peace, this healing, and this love, now and forever. Amen.

February 25

Free At Last

终于自由

I am of the principle of Jesus the Christ. I come in the power and wholeness of the consciousness of divine love.

This creative force hatched the universe and formed all things in beautiful array. This love created you and sustained and protected you until this moment. This creative love is part and parcel of your own selfhood.

这股创造性的力量孕育了宇宙，形成了万物的美丽排列。这份爱创造了你，并在直到这一刻都持续地保护和维持着你。这种创造性的爱是你自身的组成部分。

Why, then, are you so full of doubt? Do you not know the power of divine and creative love? Do you not recognize the spirit of that love as a powerful good within your own life? 那么，你为何如此充满怀疑？难道你不知道神圣而创造性的爱的力量吗？难道你不认识到那份爱的精神作为你生活中一种强大的善存在吗？

Take up what you consider to be your burdens and let your shoulders bend under the weight. And then take up the light and the life of love and add it to your burden. And feel the weight diminish and cease to be. Feel your back straighten, your broad shoulders free at last. For service in the strength of creative love is no burden, but a pleasure.

承担你认为的负担，让你的肩膀在重压下弯曲。然后承载爱的光明与生命，把它加入到你的负担中。感受重担的减轻，直至消失。感受你的背部挺直，宽肩终于得到解放。因为在创造性爱的力量中服务不是负担，而是喜悦。

May your work be a joy to you. May your self-perceived burdens fall away under the light of divine love, in the spirit of helpfulness and comfort. For do you not seek to be a servant of love? And in that service do you not perceive your true nature?

愿你的工作成为你的喜悦。愿你自觉的负担在神圣之爱的光辉下消散，在帮助和安慰的精神中解脱。你难道不寻求服务于爱吗？而在这种服务中，你是否感受到你的真实本性？

Go into freedom.

奔向自由

We leave you in love and peace abiding, now and ever. Amen.

February 26

Healing The Body

治疗身体

I am the spirit of Jesus the Christ and I greet you in the full consciousness of love.

Those who seek healing without an understanding of the sacred and divine nature of all matter seek healing in a much reduced atmosphere, an atmosphere in which the opportunity for using the forces of love to engage in healing work have been minimized.

那些寻求治愈却不理解万物神圣与神性的本质的人，所寻求的治愈将处于一个大大受限的环境中，这个环境中利用爱的力量进行治疗工作的机会被大大减少。

It is easy for a studious pilgrim to consider the body a sinful beast of burden which has all the wrong instincts. And, yet it is the mind of each entity which legislates the actions of the matter of the body, not the instincts. Indeed, the instincts of man on Earth have been much subdued. Yet the sinful inclinations of the heart are only removed from conversation.

对一个勤奋的朝圣者来说，将身体视为一个有罪的负担动物，充满了错误的本能，这很容易。然而，实际上，是每個个体的心智主导了身体物质的行动，而不是本能。确实，人类在地球上的本能已被大大抑制。然而，心灵的罪恶倾向仅仅是从对话中被移除的。

The nature of the body is, as all things made by the author of love, a manifestation of love. And love may speak to love.

Thus in Christ the life of the body lies in the consciousness of love. And to imagine and pray for that light and life to be sent to every cell is, indeed, an efficacious prayer.

身体的本质，正如所有由爱的创造者所造之物一样，是爱的体现。爱可以对爱说话。因此，在基督里，身体的生命存在于爱的意识中。设想并祈祷那份光明与生命被送到每一个细胞，确实是一种有效的祈祷。

We leave you in peace, now and ever. Amen.

February 27

Springtime Within

内在之春

I am of that principle which is called the spirit of Jesus the Christ. I greet you in the full consciousness of divine love.

Your season of winter yields, more and more, to the gracious influence of your coming springtime. Each seed within the ground has rested in divine confidence within the deep darkness, under the soil which is its food, drinking in that moisture which it now needs to grow.

你的冬季逐渐让位于即将到来的春天的恩惠影响。每一颗种子在土壤中的深暗处安静地依靠神圣的信任休眠，吸收着滋养它的土壤中的湿气，这些湿气现在正是它成长所需的。

And so the human heart, whatever the outer season, may feel that each new seedling of the progress of hope and faith gasps for water and finds no true food. And then where is the springtime of the heart?

因此，无论外在的季节如何，人心可能会感觉到每一个希望和信仰的幼苗都渴求水分却找不到真正的滋养。那么，心灵的春天在哪里？

Jesus the Christ spoke of food and drink unknown to man in his earthly garb of flesh. And thus we ask each heart that seeks to bloom in ever-new springtime to seek always that precious food and drink which nourishes the spiritual seedlings of growth within each, to be undismayed and, rather, to turn to that insubstantial and invisible source of spiritual food which is the work of will and faith.

耶稣基督谈到了人类肉体所未知的食物和饮料。因此，我们请求每一个渴望在不断更新的春天中绽放的心灵，总是寻求那珍贵的食物和饮料，以滋养内在的精神幼苗，不要灰心丧气，而应转向那无形而无质的精神食粮来源，即意志和信仰的工作。

All who turn shall be fed. May you seek springtime within, for the spirit must bate its comfort until the heart within turns and asks. May you hunger no more. May your hearts be full of the peace of communion, now and ever. We leave you in this peace. Amen.

February 28

Seeing Shadows

看见阴影

I am of the principle of the consciousness of love and I greet you in the name of Jesus Christ.

A shadow of sadness lies at the edge of the illusory consciousness of many pilgrims who have not the grace either to forgive or to forget the trials of the past. This shadow is a habit of mind inimicable to the consciousness of love, for in love there is the freedom of the peaceful consistency of wholeness with no shadow or variation of any kind.

许多朝圣者的虚幻意识边缘笼罩着一抹悲伤，他们既没有恩典去宽恕，也没有能力去遗忘过去的考验。这种阴影是一种不利于爱的意识的思维习惯，因为在爱中存在着平和一致的完整自由，没有任何阴影或变化。

Yet blame not your eyes, your mind, or your heart for perceiving shadows in past, present and future. But when perceiving those shadows, know that by definition they are an illusion to be governed and balanced by the consciousness of love.

然而，不要责怪你的眼睛、心智或心灵在过去、现在和未来中感知到阴影。当你感知到这些阴影时，要知道根据定义，它们是幻象，需通过爱的意识来加以治理和平衡。

We leave you in the peace of wholeness, now and always.
Amen.

February 29

Strength And Solitude

力量与孤独

I am the spirit of the full consciousness of the love of Jesus Christ, His means of comfort for a dark world and His means of illumination for weary souls.

I come also for the comfort of the strong, for those strong of will find themselves as on a lonely hill, high above the squabbling of other folk and left in solitude with their desires and intentions.

我也来为强者带来安慰，因为那些意志坚定的人常常发现自己如同处于孤寂的山顶，高于其他人们的争吵，与他们的愿望和意图独自相伴。

There is no strength which does not thrive and blossom under the comfort of Christ's love. Yet to strength shall solitude surely be given, unless, in the humility of deep consciousness, each strong man bows before the mystery of the source of all strength and asks for the infinite comfort of the spirit of love. If you would be strong and yet would not be alone, do not pride yourself on your strength but on your devotion to Jesus Christ.

没有哪种力量是在基督的爱的安慰下不能蓬勃发展和绽放的。然而，力量必然会伴随孤独，除非在深刻意识的谦逊中，每一个强者都向所有力量的源头鞠躬，并请求爱之精神的无限安慰。如果你希望既强大又不孤单，就不要以自己的力量自豪，而要以对基督的奉献自豪。

We leave you in the sublime peace of commitment, now and forever. Amen.

March 1

The Year Of Jubilee

禧年

I am of the principle of the love of Jesus the Christ and I greet you in the full consciousness of that love.

We greet you in your divinity, knowing that you cannot see it and find it hard to believe that it exists. We greet you as children of the Father, heirs to all that love may bring, sons and daughters of eternity.

我们以你的神性向你问候，知道你无法看到它，并且难以相信它的存在。我们以父亲的孩子、爱所带来的所有继承者、永恒的儿女的身份向你问候。

We greet you who are trying to unstop your ears and peel the veil of illusion from your eyes and urge you instead to enter into your own heart and, there, clean the house of the Lord and make ready your own self, trusting in the sweetness and perfection of the creation of the Father, which is your self, that you may be worthy to receive the gifts of the spirit.

我们向那些试图疏通耳朵、揭开幻象面纱的人问候，并鼓励你们进入自己的心灵，在那里清理主的殿堂，准备好自己，相信父亲创造的甜美和完美，即你自己的本质，以使你配得上接收精神的恩赐。

It is for each to decide when the year of Jubilee shall come; when the acceptable time of rejoicing shall be declared. The potential lies in each and every day. May you turn within in peace and, cleansing yourself diligently and persistently, prepare yourself ceaselessly to be channels of love. For such voices, hearts and hands as yourself are the presence of love in your world.

每个人都需要决定禧年何时来临；何时宣布欢庆的适时时刻。这个潜力存在于每一天。愿你在平静中转向内心，通过勤奋而持久的自我净化，持续不断地准备自己成为爱的渠道。因为像你这样的声音、心灵和双手是你世界中爱的存在。

We leave you in the peace which does not deny responsibility and in the comfort of love which does not deny responsibility, in the hard and creative love and joy of divine consciousness, now and ever. Amen.

March 2

Lift To The Light

向光明升起

I am of the principle of Jesus the Christ and I greet you in divine love.

Has your consciousness failed you this day? Have you awakened feeling as though your candle were nearly burnt out and only a breath of fuel kept you aflame? Have you felt the hard press of cold winds, either literally or in the sense of harsh language and cruel deeds done about you and to you?

今天你的意识是否让你失望了？你是否醒来时感觉仿佛你的蜡烛快要熄灭，只有一丝微弱的燃料维持着火焰？你是否感受到寒风的逼迫，无论是字面上的寒风，还是指那些严厉的语言和对你及你周围人所做的残酷行为？

In these sometimes sober days, when winter is slowly releasing its grip upon the icy earth and spring is a force still far too attenuated to observe, the life may seem suspended; the heart weary; the spirit sore.

在这些有时显得沉重的日子里，当冬天慢慢放松对冰冷大地的控制，而春天仍然是一个远远不够明显的力量时，生命可能会显得停滞不前；心灵疲惫；精神受挫。

Lift your aching heart to the light now and feel the courage, the humor, the strength, and the joy of surrender to love. You do not have to accept the reality which your body and your senses provide you, for your reality is locked in the full consciousness of love that is the heart of yourself and your gateway to that greater self which is the infinite and divine One in whose name Jesus the Christ comes to give good news to a weary world.

现在把你疲惫的心抬向光明，感受对爱的投降所带来的勇气、幽默、力量和喜悦。你不必接受你的身体和感官所提供的现实，因为你的真实存在于完全的爱意识中，这爱是你自身的核心，也是通向那个更伟大的自我——即无尽的神圣存在——的门户，基督以其名义来到这里，为疲惫的世界带来好消息。

Lift up your hearts and be joyful. We leave you in love and peace, now and ever. Amen.

March 3

Toward Wholeness Of Perception

朝向完整感知

I am the spirit of the living Christ, the full consciousness of love. I greet you in love. I greet you, as I greeted you yesterday and as I shall greet each seeker always, in wholeness and in the entirety of peace.

For though the effect of the sweet peace of the Holy Spirit is often galvanizing, the catalyst itself is that end to which all seekers pray. For that which transforms is that which holds a higher truth and a higher reality; that which is, in an entire sense, more nearly whole.

虽然圣灵甜美的平安常常具有激励作用，但催化剂本身是所有寻求者祈祷的目标。因为能够转化的东西是持有更高真理和更高现实的；在整体意义上，更接近完整的东西。

Therefore, as the mind of the seeker becomes more and more able to hear the voice of the spirit, the fundamental perception of the seeker shall progressively become more nearly whole.

因此，随着寻求者的心智越来越能够听到灵魂的声音，寻求者的基本感知将逐渐变得更为完整。

We leave you in the fullness of peace and love, now and forever. Amen.

March 4

Comfort For Your Sorrow

安慰你的忧伤

I am the spirit of the living Christ and I greet you in the fullness of the consciousness of love.

As you come to contemplation this morning, you come with sorrow in your heart.

当你今天早晨进入沉思时，你带着心中的忧伤。

See that sorrow. Acknowledge and bless it. Visualize it intensely. Every sorrow. Every sadness.

看见那忧伤。承认并祝福它。深刻地想象它。每一份忧伤。每一份悲伤。

And as you gaze upon it, see the Comforter arrive. For by this loving attention to yourself you bid the Comforter to you, to minister and give care to your sorrow.

当你注视它时，看到安慰者的到来。因为通过这种对自己充满爱的关注，你召唤了安慰者来到你身边，为你的忧伤提供关怀和照料。

No seeking soul needs a justification for desiring comfort. The spirit of love comforts all who turn from sorrow to the beholding of sorrow, for as you are aware that you are sorrowful and as you then call us, so may love enter sorrow and make of it a beautiful thing, a little place in mind where tenderly you may wrap and tenderly put away the occasion for sorrow and distress, knowing that in the larger view you shall be comforted.

任何寻求安慰的灵魂都不需要为渴望安慰找借口。爱的精神安慰所有从忧伤中转向观察忧伤的人，因为当你意识到自己在忧伤时，并呼唤我们时，爱便会进入忧伤中，使其成为美好的事物，一个心灵中的小地方，你可以温柔地包裹起来，温柔地放下忧伤和痛苦的起因，知道在更广阔的视野中你将得到安慰。

We leave you in peace and joy, both now and evermore.

Amen.

March 5

We Wait To Serve

我们等待服务

I am the spirit of the living Christ. I greet you in the fullness of the consciousness of divine love.

I greet you in life complete, in experience understood, in sorrow accepted and transformed, in joy, praise and thanksgiving eternal.

我向你致以完整的生命、理解的经验、接受并转化的忧伤、永恒的喜悦、赞美和感恩。

I greet you in a consciousness that enriches, enlivens and transforms experience.

我向你致以一种能丰富、激活并转化经验的意识。

We are principles of that consciousness; advocates and encouragers of those who seek to know Christ.

我们是那种意识的原则；是寻求认识基督者的倡导者和鼓励者。

We are the gift of God poured out upon a thirsty people as the inward dew of quietness and strength, the inward food gained in contemplation and prayer.

我们是上主赐予渴望者的礼物，作为内在的宁静和力量的露珠，作为在沉思和祈祷中获得的内在食物。

We wait to comfort. We wait to transform. We wait for the call of those who seek Christ in this and every day.

我们等待去安慰。我们等待去转化。我们等待那些在此时此刻以及每一天寻求基督的呼唤。

。

And we wait and serve as we hope that you may wait and serve—in peace, now and ever. Amen.

March 6

Rest In Change

安于变化

I am of the spirit of Jesus the Christ and I greet you in the full consciousness of divine love.

Change is a constant in nature and a necessity in God's plan for the development of His people. As the seasons change, the eyes of your hearts do not perhaps notice nature's economy in dealing with constant change. Perhaps it has not been seen that change can be graceful and beautiful.

变化是自然界的常态，也是上主计划中人类发展的必然。随着四季的更替，你们的心灵眼睛或许未曾注意到在应对持续变化时自然的节约性。也许尚未意识到变化可以是优雅和美丽的。

The creation of the Father rests in change and is always at peace. Therefore there is not more displacement than is necessary, not more travail than required. And though the earth may heave with frost or fall into dust with drought, yet still it does not thrash about in fear.

父亲的创造存在于变化中，并始终保持平和。因此，不必要更多的位移，也不需要更多的苦难。尽管大地可能因霜冻而颤动，或因干旱而化为尘土，但它依然不会因恐惧而剧烈翻腾。

Know that the seasons of the soul are sometimes short and sometimes very long. There is a constant movement or process of change, sometimes slow and sometimes quick. Instead of agitation and worry it is possible to meet these changes fearlessly, gracefully and peacefully, resting in change, trusting in the goodness of the Father's plan.

要知道，灵魂的季节有时短暂，有时非常漫长。变化的过程是持续的，有时缓慢，有时迅速。与其激动和忧虑，不如无畏、优雅和平静地面对这些变化，在变化中安息，信任父亲计划的美善。

May each so rest, now and ever. Amen.

March 7

The Prayer Of The Holy Spirit

圣灵的祈祷

I am of the body and blood of Christ, the principle of His love, and I greet you in the full consciousness of that divine presence and love.

As you sit in seeking this morning, know that we, too, have our prayers. The spirit prays that humankind may use the great resources of our wealth and sharing. We move only where the attraction of hope, faith and seeking call us and, in those lives who accept us, we may share our vision, sound our compassion, and express the nature of the mind of Christ.

当你今天早晨在寻求中静坐时，要知道我们也有我们的祈祷。灵魂祈求人类能够利用我们财富和分享的伟大资源。我们仅在希望、信仰和寻求的吸引下移动，在那些接受我们的生命中，我们可以分享我们的视野，表达我们的同情，并体现基督心灵的本质。

We know this source of information is valued among your people. Yet so often we are not called and the love of Jesus Christ must be done without, the knowledge of compassion, redemption and salvation overlooked in the hurly burly of petitionary prayer.

我们知道这一信息来源在你们中间被珍视。然而，我们却常常没有被召唤，而基督的爱往往被忽视，怜悯、救赎和拯救的知识在纷乱的祈求中被忽略。

My children, when you pray, always include the request that the spirit may come upon you, that your outlook may be broadened and deepened, and that your expression of love and compassion may be made more complete. We are always ready, always available, and nearer to you than your own breathing.

我的孩子们，当你们祈祷时，请始终包括一个请求，让灵魂降临到你们身上，使你们的视野得以拓宽和深化，使你们对爱的表达和同情更加完整。我们总是准备好，总是随时可用，比你们的呼吸还要靠近你们。

Call for the spirit of love. Seek and then listen. And into your heart may come that grace and peace which we hope for you and in which we leave you, now and always. Amen.

呼唤爱的灵魂。寻求，然后倾听。愿你们的心中充满我们所希望的恩典与平安，我们将此恩典与平安留给你们，现在和永远。阿门。

March 8

Communication To Your Soul

与灵魂交流

I am of the spirit of Jesus the Christ and I greet you in the full consciousness of divine love.

How words distort, disguise and conceal the true meaning of the thoughts they mean to express! The spirit works not through symbology or any outward form but, as it were, from the conceptual foundations resulting not in lofty argument and clever persuasion but a sudden sense of justice, balance or compassion; a heightened reality of consciousness.

语言如何扭曲、掩饰和隐瞒它们所要表达的真实意思！精神不是通过符号学或任何外在形式来运作，而是从概念基础出发，产生的不是高深的论证和巧妙的劝说，而是一种突如其来的正义感、平衡感或同情心；一种增强的意识现实。

Thus think yourself most fortunate if those things of the intellect which yield the gifts of spirit come to you. But consider yourselves equally fortunate if they do not, as long as in your inward path, as you toil onward, you call always to that companion which is your soul's health, that greater reality may be given, concept by concept.

因此，如果那些来自智慧的精神礼物降临于你，请认为自己极为幸运。但如果它们没有降临，只要在你内心的道路上，继续努力时，你始终呼唤你灵魂健康的伴侣，你同样可以感到幸运，因为这样更高的现实将逐步呈现。

We are with you always. We wish you peace, now and forever. Amen.

March 9

Rejoice And Be Glad

欢欣和高兴

I am the living spirit of the consciousness of love. I greet you in the light and love of Jesus the Christ.

Rejoice today, my people! Rejoice and be glad! Open the eyes of the heart to gaze about creation and see the streams of glory which shower the Earth with the bounty of sun and rain.

今天欢欣鼓舞吧，我的人民！欢喜快乐吧！敞开心灵的眼睛，环视万物，欣赏那倾洒在大地上的荣耀之流，感受阳光和雨水的丰盈。

Rejoice as do the happy trees, the laughing mountains, and the rolling seas, chuckling in unified pleasure at the warm, quick wind of the Creator's love.

如同快乐的树木、欢笑的山峦和滚滚的海洋一样欢欣，因着造物主的爱的温暖迅速之风而共同欢笑。

Rejoice in all of creation to the bounds of your telescopes and your imagination, your microscopes and your greatest and most awful discoveries.

在整个创造中欢欣，无论是通过望远镜和想象力，显微镜还是你最伟大最惊人的发现。

Feel an intimate joy in each intricate beauty that the Creator has offered, for this creation is yours as you are Christ's. Know and see that all things are instinct with love, alive with the spirit. And in every transformation see the powerful hand of the Holy One.

在造物主所赐的每一处精致美丽中感受深切的喜悦，因为这个创造属于你们，就如你们属于基督。认识并看到万物充满了爱，充满了灵魂。在每一个变化中都看到圣者强大的手。

May you set apart your lives in peace to the glory of God, now and always. Amen.

March 10

Sunrise Comes To All

日出降临到所有人

I am of Jesus the Christ, the spirit of the full consciousness of love. I greet you in that love.

Upon the highest mountain and the lowest valley alike lie tiny forms of life awaiting warmth from the rising sun. For though one blade of grass may be low and the other high, yet both await the same thing.

在最高的山峰和最低的山谷中，都有微小的生命形态在等待着升起的太阳带来的温暖。因为尽管一片草叶可能低垂，而另一片则高耸，但它们都在等待同样的东西。

It matters not the seeker's relative position within this world of mundane qualities and conditions, for all souls need and shall receive the warmth of the great inner sun of every soul's day, the warmth and the light of love.

无论寻求者在这个世俗条件的世界中的相对位置如何，这并不重要，因为所有灵魂都需要并将获得每个灵魂之日伟大内在太阳的温暖，即爱之温暖和光辉。

Know that sunrise comes to all who dwell in inner peace, awaiting confidently the dawning of peace and understanding in every troubled night of the soul.

要知道，日出将降临到所有居于内心宁静中的人身上，他们自信地等待着每一个灵魂困扰的黑夜中和平与理解的曙光。

March 11

Calming The Storms Of Change

“平息变革的风暴”

I am the spirit of the living Jesus, incorporate in the mystery of love and the principle of the consciousness of love. I greet you in the essence of divine love.

It is not known how many shall be blown by the winds of change this day. What is well known to those who seek the spirit of truth and love is that the winds of change are favorable, however stiff the gale may seem to be.

今天有多少人会被变革之风吹动尚不得而知。然而，对那些追寻真理与爱的精神的人来说，变革之风是有利的，无论狂风看起来多么猛烈。

For those who have the consciousness of love and the deep inner knowledge of peace, those storms of the life experience are calmed without great conscious effort by the remembrance of that inner peace and the turning to faith in the ultimate harmony and propriety of the Creator's plan.

对于那些拥有爱之意识和深刻内在和平知识的人来说，生活中的风暴会在无需过多意识努力的情况下得到平息，因为他们会通过对于内在和平的铭记以及对造物主计划的终极和谐与适当性的信仰来平静风暴。

Yes, each of you has an agenda. That agenda may be stable for a large portion of your life experience. Or you and the Creator together may have molded a life experience of much service and also much change. Let there be in your mind less and less difference between the status quo and that which is untried and perhaps seen to be lesser, for the soul which flows with the changes of circumstance, discovering in each circumstance the peace and love therein, is free in the service of the Father through the grace of Jesus Christ.

是的，你们每个人都有一个计划。这个计划可能在你们的生活经历中保持稳定很长一段时间。或者，你们和造物主可能共同塑造了一个充满服务和变化的生活经历。让你的心中越来越少地分辨现状与未尝试且可能被认为较低的事物，因为那个与环境变化同行的灵魂，在每种情况下发现其中的和平与爱，便是在基督的恩典下自由地为父服务。

May you be filled with peace, both now and evermore. Amen.

March 12

All That Is Needed Is Given

所有需要的都会被给予

I am the spirit of Jesus the Christ and I greet you in the full consciousness of love.

Passionately does this instrument pray at this time to be of service to others. For all who would wish to be of service, we would recommend that passion be turned into surety; that hope be filled with faith.

此时，这个工具充满热情地祈祷着能为他人服务。对于所有希望提供服务的人，我们建议将激情转化为确定性，将希望充实为信仰。

For whence indeed cometh help? Is it not written in the Psalter that help cometh from the Lord who made heaven and earth? Cannot this great principle of creation, which created all that there is, create those channels of help which are needed at the time that they are needed and not before?

帮助究竟从何而来？诗篇中岂不是写着帮助来自于那创造了天地的主吗？难道这伟大的创世原则，它创造了所有存在的事物，不也能够在需要的时候而不是之前，创造出所需的帮助渠道吗？

You who have walked the pilgrim's path have surely noted that all that is needed is given in its time and all that is not given is that which is not needed for the learning and flowering of that individual soul.

你们这些走过朝圣之路的人，肯定已经注意到，所有需要的东西都会在其时而给予，而未被给予的则是对那个个体灵魂的学习和成长并不必要的东西。

Rest back into the strength and the passion that created all and trust yourselves, you who seek to serve, as adequate channels needing only to be open when help is requested. So you shall serve and infinity flow through you. Worry not that your supply may fail.

回归到创造一切的力量和热情中，信任你们自己，你们这些寻求服务的人，作为足够的渠道，只需在需要帮助时保持开放。如此，你们将服务，浩瀚的力量将通过你们流动。不必担心你们的供应可能会枯竭。

We leave you in peace, love and trust, now and ever. Amen.

March 13

The Invocation Of Love

爱的召唤

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

Each day you go forth to run the straight race, to move in rhythmic grace through the workaday world. Each day you begin with highest hopes and many days spin themselves out like rainbows, a blessing to yourself and others, seemingly effortless, peaceful and beautiful.

每一天，你们都踏上前行的道路，以优雅的节奏在日常世界中运转。每一天你们都怀着最崇高的希望开始，而许多天则如彩虹般展开，对自己和他人都是一种祝福，看似轻松、平和而美丽。

Yet, we would ask you this day to remember that phrase, "Lift up thine eyes unto the hills. Whence cometh thy help? Thy help is in the name of the Lord."

然而，我们今天请你们记住这句话：‘你要仰望山岭，帮助从哪里来？帮助来自于主的名。’

Perhaps this particular day there may be part of that grace of everyday life that seems heavy and less than pleasant. Lift up your eyes. Remember whence help truly comes. It is in the lifting of the viewpoint, in the invocation of love, unity, consolation and peace.

也许在这个特别的日子里，日常生活中的恩典部分可能显得沉重和不太愉快。抬起你的眼睛。记住真正的帮助来自哪里。它在于提升视角，呼唤爱、团结、安慰与和平。

Let this be a comfort unto you when it is needed, for that consolation lies all about each seeker, to be touched into lightly in the happy times and to be sought without worry and with sureness of everlasting safety in difficult moments.

在需要时，让这成为你的安慰，因为这种慰藉始终存在于每个寻求者周围，在快乐时轻轻触及，在困难时无需担忧，确信永恒的安全。

We leave you in peace and love, now and ever. Amen.

March 14

The Power Of Choice

选择的力量

I am of the principle of the consciousness of Jesus the Christ and I greet you in the full consciousness of divine love.

Gaze at time. Gaze at the time that you have to spend within your next day. Gaze at the “talents,” the riches, of hours and minutes that you hold now at the beginning of the day in your cupped palm. Gaze at hours to fill and spend in any way which delights your soul, your mind, and your heart and know the power of choice.

凝视时间。凝视你在接下来的一天中可以支配的时间。凝视你在一天开始时掌心中所拥有的‘天赋’和时间的财富。凝视那些小时和分钟，能够以任何让你的灵魂、思维和心灵愉悦的方式填充和支配，并体会选择的力量。

Gaze now at those things not held in the hand, those things held by others’ hands and hearts, those things quite out of one’s control. In spending the minted money of God’s time it is known by the buyer what is intended to be bought in terms of energy expended upon relationships and towards cooperation in work and planning, but it is not known how it shall be received.

现在凝视那些不在掌握中的事物，那些由他人的手和心所持有的事物，那些完全超出控制的事物。在花费上帝时间的‘铸币’时，买家知道自己意图投入的精力在关系和工作计划上的用途，但却不知这些投入将如何被接受。

Know that your spending plan of time shall not be judged in respect of those things which could not be controlled by the self. Rather, the spending of your precious time shall be adjudged according to the intentions for service.

知道你时间的支出计划不会因为那些无法控制的事物而被评判。相反，你宝贵时间的支出将根据服务的意图来评估。

Know, then, that the riches and consolation of time in the Holy Spirit of the living Christ may, together, move forward with each precious minute and hour so that one spends it in such a way as to magnify time and the wisdom and consolation of grace. May you see the plenitude of your power in Christ! And may you spend wisely, this day and

every day.

那么，要知道，活生生的基督圣灵中的时间的财富和慰藉，可以与每一分每一秒共同前进，使你能够以一种放大时间和恩典智慧及安慰的方式支配它。愿你看到在基督里的力量的丰盈！愿你今天以及每一天都明智地支配时间。

We leave you in the grace which alone may contemplate true peace and selfless service, now and ever. Amen.

March 15

Realization And Confusion

领悟和困惑

I am of the principle of Jesus the Christ, and I greet you in the full consciousness of love.

Woe to the pilgrim who sits down upon the way, having decided that the wisdom which has come to him shall be the basis from which he shall view the world. For realization cannot be attained. It can only be accepted.

悲哉，那些在路上坐下的朝圣者，他们决定以自己获得的智慧作为观察世界的基础。因为领悟无法通过这种方式获得，只能被接受。

Realization cannot be retained, but only experienced anew in each infinitely small moment.

领悟无法被保留，只能在每一个无限微小的时刻中重新体验。

Thus, it is the pilgrim who walks on with appreciation both for realizations and confusions; who walks the straight and narrow path placing one foot before another, not because of the surety of the point of view but because of the faith of one who laughs at unseen steps, knowing that the path is protected, as is all creation, by the very nature of the creation of love, which is the ultimate reality.

因此，那些继续前行的朝圣者，对领悟和困惑都满怀感激；他们走在笔直而狭窄的道路上，一步步前行，不是因为观点的确定性，而是因为对看不见的脚步的信心，知道这条道路如所有创造一样，被爱的创世本质保护着，这就是终极现实。

We leave you in the peace of alpha and omega, the joy of love, now and ever. Amen.

March 16

The First Item On The Agenda

日程上的第一项

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

Stand upon the rocky crag and gaze out over the broad land of this precious day. You have the long view now. Perhaps you have an agenda, a list, a plan for the day. But have you placed first the divine order of love in action?

站在岩石峭壁上，眺望这宝贵的一天的广阔土地。你现在拥有了长远的视角。也许你有一个日程、一份清单或一天的计划。但你是否首先将爱的神圣秩序放在了首位？

Love in action creates a system of natural laws. Any person with an agenda which does not recognize first the source of inspiration which makes all things beautiful is going to experience a day less blessed, less full of love, and less inspired.

行动中的爱创造了自然法则的系统。任何有日程安排但未首先认识到使一切事物美丽的灵感源泉的人，都会经历一个较少受祝福、较少充满爱的、较少被启发的一天。

As you set your agenda, let your first item be to seek first the natural order of the divine Father, for this allows the inspiration, the breath of the soul, to make vital that inner self which knows so much more than the agenda-maker who sat upon the bare rock of a morning and only gazed at his agenda and not at the divine beauty of the larger view and the natural order.

当你制定日程时，让你的首要事项是首先寻求神圣父亲的自然秩序，因为这允许灵感、灵魂的气息，使内在自我变得生机勃勃，这种内在自我知道的远比那位只坐在清晨裸露岩石上，注视着自己的日程，而没有关注更广阔视野和自然秩序的神圣美的制定日程者更多，。

Let peace flow through your veins as heavenly blood. Let inspiration be your heavenly bread. And let your day be blessed with inspiration and peace, as you know that you are doing the Father's will for you today.

让和平像天上的血液一样流遍你的血管。让灵感成为你的天赐之粮。愿你的一天充满灵感与和平，因为你知道你今天在践行父亲的旨意。

We leave you in that love and peace, now and forever. Amen.

March 17

The Winds Of Circumstance

环境之风

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

Just as your angry oceans in the teeth of the gale, so are your hearts within you as you attempt to deal with the things which are of your mundane world. The angry ocean rages within each cell of any body which attempts to move against the direction of the prevailing winds.

正如在狂风中愤怒的海洋一样，当你尝试应对世俗世界中的事务时，你的内心也会充满愤怒。愤怒的海洋在任何试图逆风而行的身体的每一个细胞中肆虐。

And one who chides and discriminates against its own body or circumstances does so needlessly. For the wind of circumstance is not apart from the pilgrim but much influenced by the subconscious thoughts of that pilgrim.

对自己的身体或环境进行责备和歧视的人是没有必要的。因为环境的风并不与朝圣者相隔离，而是深受那位朝圣者潜意识思想的影响。

And the ocean of illusion is molded more than can be seen on the surface by the thoughts which are created by worry and fear.

幻觉的海洋比表面上看到的更深地受到忧虑和恐惧所产生的思想的塑造。

Seek, then, the positive, forward-moving winds of the spirit which lie within and beyond all mundane bodies and circumstances, so that the winds are no longer angry and, more and more, those things mundane may breathe the fresh breeze of spirit which comes to all who may be blessed by such grateful wind.

因此，寻求那些在所有世俗身体和环境之内以及超越之处的积极前行的精神之风，这样风暴就不再愤怒，越来越多的世俗事物可以感受到来自精神的清新微风，这种风将恩赐于所有能够感激它的人。

We leave you in the full blessing of the consciousness of love, now and ever. Amen.

March 18

Dwell Upon Your Christhood

沉思你的基督本性

I am the spirit of the living Christ and I greet you in the name of Jesus, that which is so evocative of the full consciousness of love.

Dwell upon your Christhood this day. For the Son of Man invited all to partake in the suffering, renewal, resurrection and transformation that lies beyond the point of deepest suffering, of completest loss.

今天沉思你的基督本性。因为人子邀请所有人参与超越深度痛苦和完全失落的 承受、重生、复活和转化。

Gaze within in awe and wonder at the Star of Hope lying above your own stable, that heart's manger wherein lies the tiny, infant Christ within, that Christ which is powerful enough even in infancy to raise all within to glory.

怀着敬畏和惊奇的心情凝视内心，注视那颗悬挂在你自己稳定之处的希望之星，那是你内心的马槽，那里安卧着微小的婴儿基督。即使在婴儿时期，这位基督也拥有足够的力量，将内心的一切提升到荣耀之中。

Rest back, out of the surface illusion of your daily life. Dive beneath those murky waters and find and acknowledge today your nature and your destiny. Then know that Christ has given into your hands the companion of that infant Christ within, and seek the grace and the peace of the living spirit of Christ in each and every day.

从你日常生活的表面幻象中退回。潜入那些浑浊的水域，今天找到并承认你的本性和命运。然后要知道，基督已经将那位内在婴儿基督的伴侣交到你的手中，寻求基督活生生的精神的恩典与和平，在每一天中。

We leave you in the peace of Christ, both now and forever.
Amen.

March 19

Instead Of Judgment

判断之外

I am of the consciousness of Jesus the Christ and I greet you in the full consciousness of love.

The tongue of the pilgrim is often swift to judge the thoughts and actions of the self and others. This is understandable because the pilgrim is greatly concerned with distinguishing true paths from false leads which seem promising at first, yet meander off in unhelpful directions.

朝圣者的舌头往往很快就会对自己和他人的思想与行为做出判断。这是可以理解的，因为朝圣者非常关注区分真实的道路与那些看似有前途但最终偏离正道的虚假指引。

However, judgment creates a relationship which is not of the spirit of love between the one who judges and the one who is judged. Love does not cause such a separation and such a relationship.

然而，判断在判断者与被判断者之间创造了一种不属于爱的精神的关系。爱不会导致这种分离和这种关系。

And thus it is that the pilgrim may find himself much confused in attempting to place the moral impulse into logical settings. The spirit of Christ would offer, instead of judgment, a warm compassion and gentle mercy which acknowledges the infinite mystery of the pilgrim's heart and the infinite mystery of Christ's love.

因此，朝圣者在试图将道德冲动置于逻辑框架中时，可能会感到非常困惑。基督的精神会提供一种温暖的同情和温柔的怜悯，代替判断，这种同情和怜悯承认朝圣者内心的无限奥秘和基督爱的无限奥秘。

Seek first compassion and mercy, and by the time these attitudes have furnished the pilgrim with information concerning a situation, the pilgrim may well find that even the impulse to judge has been healed and the pilgrim is at peace, resting in mystery and love.

首先寻求同情和怜悯，当这些态度为朝圣者提供有关情况的信息时，朝圣者可能会发现，甚至判断的冲动也已得到治愈，朝圣者将安然于神秘与爱之中。

Judgment there shall be, but not as the pilgrim may think.

For judgment shall be a peaceful thing and no pilgrim shall feel slighted or bruised by the compassionate and merciful judgment of the Creator, who wishes only to bring all things into unity once again, a unity bonded and bounded in love and peace.

判断是必然存在的，但不会如朝圣者所想。因为判断将是一种平和的事物，没有任何朝圣者会因造物主充满同情和怜悯的判断而感到受辱或受伤，造物主只希望将一切重新带入统一，这种统一是以爱与和平为纽带的。

In that happy estate we leave you, now and always.

March 20

Run With Love

与爱同行

I am of the principle of Jesus the Christ and I greet you in the full and divine consciousness that is love.

How shall the Holy Spirit appear to you this day? What are your needs? For as you express and inwardly feel those spiritual needs, so is the spirit called to appear, to strengthen, to comfort, and to enable.

今天圣灵将以何种方式显现给你？你的需求是什么？因为当你表达并内心感受到那些精神上的需求时，圣灵就会被召唤显现，给予力量、安慰和帮助。

Is it energy and will that you need? Then experience the force that produces these words as flames of divine and enabling fire, energizing and enlivening.

你需要的是能量和意志吗？那么体验那些产生这些词语的力量，如同神圣的火焰，激发并赋予生命。

Must you run the straight race very quickly today? Must you hasten and hurry? Crowd your day, then, but open your heart that love may run with you; that love may hasten and hurry and worry and fret in comfortable companionship with that state of mind you choose for yourself.

今天你必须快速地完成你的任务吗？你必须急促匆忙吗？那么充实你的日程，但要敞开你的心，让爱与你同行；让爱在你选择的心态中，与急促和焦虑一起舒适地陪伴你。

Are you in grief, in sorrow, and in despair? Call, then and open within to the divine Comforter, to the nurturer and lover of all souls.

你是否正处于悲伤、哀愁和绝望之中？那么呼唤并向内敞开，迎接神圣的安慰者，那位养育和爱护所有灵魂的存在。

There is no condition in which the spirit of love cannot enter and heal. There is no activity in which the spirit of divine love and compassion cannot enable, enliven and strengthen.

没有任何一种状态是爱的精神无法进入和治愈的。没有任何活动是神圣的爱与怜悯的精神无法赋予生命、激发和增强的。

The spirit of love is an active, plastic, malleable, universal

expression of the absolute presence of divine love in each soul,
everywhere, always, in every moment.

爱的精神是一个积极的、可塑的、易于塑造的普遍表达，体现了神圣爱在每个灵魂中的绝对存在，随时随地、在每一个时刻。

May you find peace that you are not alone, be you hastening, resting or weeping. Always
there is the Comforter.

愿你在急促、休息或哭泣时找到平安，知道你并不孤单。安慰者总是在那里。

We leave you in this reassurance, this knowledge, of love and
peace unending. Amen.

March 21

The Building Block Of Faith

信仰的基石

I am of the principle of Jesus the Christ. I greet you in the full consciousness of love divine, unending and eternal.

How brave an instrument who admits it needs the practice!
How brave any seeking entity who admits the need for constant improvement, for constant mindfulness, and for constant seeking.

承认自己需要练习是多么勇敢！任何承认需要不断改进、不断觉察和不断追寻的寻求者都是多么勇敢。

How firm the faith of one who knows that the gift of the spirit of Jesus the Christ is given to those who are humble as dust before it. Such humility will not be scattered to the winds. Such humility cannot be trampled upon. Such humility is the building block of faith. Such determination is the foundation of will.

知道基督的精神的恩赐赋予那些谦卑如尘的人，信仰是多么坚定。这样的谦卑不会被风散去，也无法被践踏。这样的谦卑是信仰的基石。这样的决心是意志的基础。

Let each day be a day in which you are prostrate before the infinite love of Jesus the Christ. For it was in humility to the physical death that Jesus the Christ expressed love, not in bragging or boasting but in opening the self completely to the will of the one God of all.

让每一天都成为你在基督的无限爱面前服务的一天。因为基督是在对肉体死亡的谦卑中表达了爱，而不是在炫耀或夸口中，而是完全向全能的唯一造物主的旨意敞开自己。

Open yourself to that will. Be humble as dust before it. Yet know that you carry it within you, if you are mindful of it.

向那个旨意敞开自己。对它谦卑如尘。但要知道，只要你留意，你就在内心承载着它。

Let your light shine through your humility; through your humanity; through the ashes of the life of the mundane world. Heaven may shine through your eyes! The kingdom is that near!

让你的光芒通过你的谦卑、通过你的人性、通过世俗世界的灰烬而闪耀。天堂可能通过你的眼睛照耀！天国如此之近！

Yet the kingdom shall never shine through the eyes of one
who boasts that he knows of the kingdom and has no more to
learn.

然而，天国不会通过自夸知道天国并认为自己无需再学习的人的眼睛显现。

Be humble and faithful and bow before the Lord God,
that, as you rise, you may shine with the eternal light of
unity, love and peace.

March 22

Your Inner And Outer Universe

你的内外宇宙

I am the spirit of the living Christ. I greet you in the name of Jesus the Christ, in the full consciousness of divine love.

We ask you to consider your environment at this moment. Each of the stars in your night sky careens in perfect balance along its cosmic track and about your sun your planet travels in that self-same regularity, all elements harmonizing into the divine plan which affords opportunity that spiritual consciousness may grow in you.

我们请你考虑一下此刻的环境。你夜空中的每颗星星在其宇宙轨道上完美平衡地运行，而你的星球也以相同的规律围绕着太阳运行，所有元素都和谐地融入神圣的计划中，这一计划为你提供了灵性意识成长的机会。

Contemplate, within, that universe of cells which makes up each organ and member of your physical body. Know and feel the utter harmony and regularity of those infinitesimal galaxies as in their whirling they create bases for that energy field which you experience as a living body.

在内心中深思构成你身体每个器官和部位的细胞宇宙。感知并体会这些微小星系的完全和谐与规律，它们在旋转中创造了你作为一个活体所体验到的能量场的基础。

Is any member or organ of that body seemingly out of harmony? If so, allow the spirit to offer instruction as, in your knowing and inner faith, in a deep way, you speak to your own body, telling it of the wonder and perfection of the creation of the Father.

是否有任何一个身体部位或器官看起来似乎不和谐？如果是这样，让灵魂提供指导，当你以深切的理解和内在的信念与自己的身体对话时，告诉它父亲创造的奇迹与完美。

Each of you has within you the means whereby to call bodily, mental, emotional and spiritual harmony to you. If such be your need this day, do so and be merry, resting in the vibrant peace of the Father.

你们每个人都拥有使身体、精神、情感和灵性和谐的能力。如果这是你今天的需求，就去吧，欢喜地在父亲充满活力的和平中安息。

We leave you in that peace, now and forever. Amen.

March 23

Look Again

再看看

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

Divinity may seem to have no part in your experience as you awaken to yet another day of traffic, work, chores to do and lists to be made and scratched out. Yet it is the prayer of the spirit of the living Christ that divinity may be at all times in utterly close proximity to each spirit, however concerned with the mundane, however overwhelmed with the everyday chores of a busy life.

当你醒来迎接新的一天，面对交通、工作、待办事项和要完成的清单时，神性可能似乎与你的经历毫无关系。然而，活生生的基督的精神祈祷，希望神性始终与每一个灵魂保持紧密的联系，无论他们多么关注世俗事务，或是多么被繁忙生活中的日常琐事所压倒。

You will find the spirit between the motes of dust, within the glimmer of moisture upon a cobweb, rounding like fog at the corners of the heart.

你会在尘埃微粒之间找到灵魂，在蛛丝上的湿润微光中发现它，在心灵的角落如雾气般环绕。

Our prayer is our presence. Do not turn from dust and chores and dailiness to seek the living waters of spiritual food but, rather, gaze at them more closely, for there is no day so busy nor prison so closely bound that the spirit is not within each task and each bar.

我们的祈祷即是我们的存在。不要从尘埃、琐事和日常中转开去寻找灵性的活水，而是更仔细地注视这些事物，因为没有一天如此忙碌，也没有囚禁如此紧密，以至于灵魂不在每一项任务和每一根牢栏中。

We would rescue that state of mind, which does not relish earthly things yet sees none other, from inward blindness by saying, "Look again." For shall not divine love penetrate and, with your desire, have strength to transform each and every action which you may take this day?

我们希望拯救那种虽然不欣赏世俗事物却也看不到其他东西的心境，告诉它‘再看一看’。因为神圣的爱难道不会渗透其中，并凭借你的愿望，有力量转化你今天所采取的每一个行动吗？

We leave you in that striving which is the peace of Christ,
now and ever. Amen.

March 24

The Ore Of Humankind

人类的矿石

I am of the spirit of Christ and I greet you in the full
consciousness of love.

The gem-like quality of the pilgrim's soul may be seen seldom
with your dark physical eyes, for the ore of humankind is
rough and the exterior of most gem-like souls is pitted,
darkened and scarred by erosion and age.

朝圣者灵魂如宝石般的品质，往往难以用你那黑暗的肉眼看到，因为人类的矿石粗糙，然而大多数如宝石般的灵魂的外表被侵蚀和岁月的伤痕所覆盖。

It is the function of the spirit of love to enhance one's
eyesight when gazing at gold and gems in the rough. There is
a vision which comes only to those who refuse to trust their
physical eyes.

爱的精神的作用是提升一个人在观察粗糙的金矿和宝石时的视力。只有那些拒绝仅凭肉眼的人才能获得这种视野。

May you ask this boon of the spirit of Christ, for each time
that you see the Christ in another, you have become Christ to
that other, and the gem that is your pilgrim's soul is polished
and faceted by deed and thought.

愿你向基督的精神求得这个恩惠，因为每当你在他人的身上看到基督时，你也成为了他人的基督，而你作为朝圣者的灵魂中的宝石便通过行为和思想得以打磨和切割。

We leave you in the peace and comfort of love. Amen.

March 25

Love As Motivation

爱之动力

I am of the principle of Jesus the Christ and I greet you in the fullness of the consciousness which is divine love

That consciousness is the ground of being of all who may hear our voice. That single word, love, created all that there is. The image of love draws each seeker on; with visage veiled and beguiling; with footsteps infinitely retreating before the advancing soul.

那意识是有可能听到我们声音的存在的根基。那个单词‘爱’创造了所有存在。爱的形象引导着每一个寻求者；它的面貌隐匿而迷人；脚步在前进的灵魂面前无尽地退却。

For that consciousness which is pure and creative and all powerful is that consciousness which is its own source; that

light which shines through the ages; that factory of all that there is, and that home to which all that there is shall return.

因为那种纯净、创造性且全能意识，就是它自身的源头；那光辉穿越岁月；那一切存在的源头工厂，以及所有存在最终将归宿的家园。

Do not sentimentalize the love of Jesus the Christ, for He left His spirit with you not only to comfort you but to excite and motivate each soul to act in that same consciousness and live in that same light and energy.

不要对基督的爱进行情感化的渲染，因为祂留下了祂的精神不仅是为了安慰你，更是为了激励和推动每一个灵魂在那种意识中行动，并在那种光明和能量中生活。

Know that your feet rest upon love, the ground of your being and that that creative energy is the active principle. The passive principle is peace.

要知道你的双足立足于爱，它是你存在的根基，而那种创造性的能量是积极的原则。被动的原则是和平。

In that peace we leave you, both now and forever. Amen.

March 26

Bloom In Due Season

在适当的时节绽放

I am of the principle of the most high; of the consciousness of divine love. I greet you in peace.

The sun shines, beckoning to spring. Spring comes to the sun as a dove to its dovecote or the weary cow to its barn. For one more cycle the travail of earth is over. And, born anew from the dead and sleeping land, new life appears, shyly peeking from the safety of the soil's womb but drawn ever onward by the nourishing warmth of the sun and the blessing of the rain.

太阳照耀，召唤春天。春天像鸽子归巢或疲惫的牛归到牛舍一样回到太阳那里。又一个周期，土地的劳苦结束了。从沉睡的土地中重生，新生命出现了，它们在土壤的温床中羞涩地探出头来，却被太阳的滋养温暖和雨水的祝福不断吸引向前。

So it is with each of you who are seeds. You are planted in the soil of your humanity. What can you do with the seed that you carry within you? Nothing. You may only improve the soil, cultivate that small plot where your spirit may rise in bud and bloom in due season.

你们每一个人都像种子一样。你们被种植在你们人性的土壤中。你们能对内心所携带的种子做什么？什么也做不了。你们只能改善土壤，耕耘那块小小的领域，让你们的灵魂在适当的时节里萌芽并绽放。

If it be wintertime in your heart, it is time to accept that each seed needs times of deep contemplation and the gathering of energy. But when each sees that first glimmer of sunlight, let your spirit be glad. Let your heart leap for joy within you.

如果你的内心正是冬季，那么这时是接受每粒种子需要深思熟虑和积蓄能量的时刻。但是，当每粒种子看到第一缕阳光时，让你的灵魂感到欢喜，让你的心在内心深处因喜悦而跃动。

May you prepare your soul in all gladness for the beautiful blossom that lies budded and waiting within you.

愿你以满心的喜悦为你内心里待绽放的美丽花朵做好准备。

We leave you in the peace of Christ Jesus, now and evermore.
Amen.

March 27

A Nation Of Priests

祭司的国度

I am the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

The concept of nations among your people has not been aided by the Holy Spirit's work within those who long ago formed the nation you call Israel.

你们人民中关于民族的概念，并没有因为那些很久以前形成了你们称之为以色列的民族的人们心中圣灵的工作而得到帮助。

Let the spirit of Christ proclaim that humankind is a nation of priests, an order holy to God. The state of Israel was not intended literally, nor do any nations, namings or boundaries form a portion of the full and perfect consciousness which is love.

让基督的精神宣告，人类是一个祭司的民族，一个属于上主的神圣秩序。以色列国并非字面上的意思，任何国家、命名或边界都不能构成那充满而完美的爱的意识的一部分。

Nay! Rather, love is that city within each which, like Jerusalem of your holy works, shines with the gems, pearls and precious metals, seas of crystal and light without limit. The kingdom of heaven, not the kingdom or nation of Israel or any other place, is the native land of humankind.

不！更确切地说，爱是每个人内在的那座城市，就像你们神圣作品中的耶路撒冷一样，闪耀着宝石、珍珠和珍贵金属，水晶和无限光明的海洋。天堂的王国，而不是以色列或任何其他地方的王国或民族，是人类的故土。

Its comforts reach out to you. Its beacon calls. And all the memories of home thrill one's spirit as one gazes about the confusingly alien landscape of the smaller life of Earth-bound things.

它的安慰向你伸出援手。它的灯塔在召唤着你。所有对家的记忆在你凝视那混乱陌生的地球上小小生命的景象时，激发了你内心的激动。

Think not that a holy nation must needs conquer or be conquered. For the only nation that shall be holy shall be the nation with open arms and free consciousness to love all as priests of God in Christ should indeed do. Only in

undifferentiated love may peace come to comfort the pilgrim.

不要认为一个圣洁的国家必须征服或被征服。因为唯一将会是圣洁的国家，将是一个以开放的怀抱和自由的意识去爱所有人的国家，正如基督中的上主祭司应当做到的那样。只有在无差别的爱中，和平才能来安慰朝圣者。

We leave you in peace, now and forever. Amen.

March 28

Only This Love Abides

唯爱永驻

I am of the Holy Spirit of the consciousness of Jesus Christ. I greet you in unconditional and divine love.

What does the spirit have to say to the world this day? What comfort and consolation may mere words bring to those who dwell in the shadow of death; who live in constant fear of war and rumors of war?

今天，灵魂对世界有何话要说？对那些生活在死亡阴影下、常常恐惧战争和战争谣言的人来说，单靠言辞能带来什么安慰和慰藉呢？

Only this: love abides. Where is the spirit in this chaos of society? Love is in every budding flower; in every passing cloud; in the unfurling leaves of Easter days; in the smiles of children too innocent to know the burdens of intelligence.

Love is a comfort within you that dwells in your heart.

只有这一点：爱常驻。在这个社会的混乱中，灵魂在哪里？爱存在于每一朵含苞待放的花朵中；在每一朵飘过的云彩中；在复活节日里展开的叶子中；在那些过于纯真以至于不知道智慧负担的孩子的微笑中。爱是你内心中的安慰，栖息在你的心中。

As spirit moves across the waters, so the spirit of Jesus the Christ moves across the waters of your troubled consciousness, saying, "Peace; be still. Be still and know that I am the Lord, the Master, the chief of a kingdom not visible upon your earth, but within each heart that beats." That is the kingdom of which the Comforter speaks.

正如灵魂在水面上移动，基督的灵魂也在你动荡的意识水面上移动，祂说：‘平静；要安静。要安静，知道我是主，是大师，是一个在你们的地球上不可见的王国的领导者，但存在于每一个跳动的心中。’这就是安慰者所提到的王国。

Gaze you, then, not upon the works of man to see the kingdom of the Father, but upon the works of the Father: the temples made of wildflowers and trees and the temple of your own heart and consciousness.

所以，不要通过人类的作为来窥探天父的国度，而应当关注天父的作为：那由野花和树木构成的圣殿，以及你自己心灵和意识的圣殿。

Enter into that tabernacle and be silent. And in that silence

shall you find comfort, strength, renewal and transformation.

进入那个圣所，并保持沉默。在那沉默中，你将找到安慰、力量、重生和转变。

We leave you in the peace of the love that knows no bounds
and is forever near, both now and always. Amen.

March 29

Your Deepest Name Is Christ

本命基督

I am of the principle of divine and eternal love and I greet you in the most precious name of Jesus the Christ.

You shall, today, meet someone whose name you think you know, and you shall gaze upon the flesh, opaque and mortal, that is the prison of the incarnate soul.

今天，你将遇见一个你以为熟悉其名字的人，你将注视那具不透明而凡俗的肉体，它是显现灵魂的囚笼。

Know as you meet friends, acquaintances or strangers that the name of the body, the personality and the mind which is used to live a life is not truly the deepest name, but that the deepest name of each is Christ.

当你遇见朋友、熟人或陌生人时，要知道身体、个性和用于生活的思想的名字并不是最深层的名字，而每个人最深层的名字是基督。

For each is Christ. Each eye that meets yours is that of God in flesh. All beings are heirs together in eventual realization of Christhood. Jesus the Christ has said, "If you aid any person you are aiding me." Let pure compassion melt the sight of flesh and mortality, that you may serve the Christ in all and find the peace and freedom of infinite love.

因为每个人都是基督。每一双与你相遇的眼睛都是肉身中的上主。所有的生命最终都共同继承基督的觉悟。基督曾说过：‘如果你帮助任何人，你就是在帮助我。’让纯净的怜悯融化对肉体 and 凡俗的视线，以便你能在所有人身上服务基督，并找到无限爱的平安与自由。

We of the spirit are here for you that, by grace, you may see the better, hear the clearer, and love the more purely.

我们这些灵魂在这里是为了你，让你通过恩典能看得更清楚，听得更明了，爱得更纯净。

We leave you in divine love and peace, now and ever. Amen.

March 30

To Grow Through Change

通过变化成长

I am of the principle of Jesus the Christ and I greet you in the consciousness of divine love.

Changes seem to be occurring ever more rapidly. Such is the subjective experience of all beings as occasion upon occasion mounts up in a life experience. Thus, as one becomes older one has the opportunity to become less and less comfortable, for change is indeed uncomfortable if seen only as the challenge to the will and faith.

变化似乎发生得越来越快。这是所有生命在经历一次又一次的事件时的主观体验。因此，随着年龄的增长，人们有机会变得越来越不安，因为变化确实会带来不适，如果仅仅将其视为对意志和信仰的挑战。

We urge each to realize the great value of change. "To go through changes" is the normal expression. "To grow through changes" is the desired expression." May each lose fear when change looms before the path and find that limitless love and peace which will allow the growth of the spirit through these experiences.

我们鼓励每个人认识到变化的巨大价值。‘经历变化’是常见的表达方式，而‘通过变化成长’才是我们所期望的表达方式。愿每个人在变化出现在前方时能够失去恐惧，并找到那无尽的爱与和平，这将使灵魂在这些经历中得以成长。

We leave you in peace, now and forever. Amen.

March 31

The Messenger Of Love

爱的使者

I am of the principle of living love and I greet you in the consciousness of Jesus the Christ.

I greet you as a messenger sent out before the dawn of each thought in the mind.

我向你致意，如同在每一个思想黎明之前被派出的使者。

I greet you as a new beginning in every moment of the day.

我向你致意，如同在每一天的每一个时刻中的全新开始。

I greet you around trick corners and sudden hurdles. Reach for the arms of comfort in times of distress, for we are there.

我在曲折的角落和突如其来的障碍处向你致意。在困境时伸手寻求安慰的怀抱吧，因为我们就在那里。

We are the principle of love, and as you speak to us of love, we come to you with love. And as our comfort is sweet to you, so is your heart to the Creator, the Father of all things. And so you have the opportunity at each and every dawning to become one with God in Christ through the grace of the spirit of love.

我们是爱的原则，当你向我们谈论爱时，我们也带着爱来临。而当我们的安慰对你甜美时，你的心也同样对造物主、万物的父亲充满温暖。因此，你在每一个黎明时刻都有机会通过爱的灵性恩典与上主在基督里合一。

We leave you in the peace and joy which are yours to experience through the birthright of Christ, both now and ever. Amen.

April 1

Cost And Fruit

付出与成果

I am of the principle of the consciousness of divine love and I greet you in radiant joy.

It is the season of Easter, the time when Jesus' emergence from the earth is held in remembrance and His ascent therefrom rejoiced at. Now is the season of blooming, for just as Jesus grew like a flower from the earth, so too may we see in each flower that resurrection glory.

现在是复活节的季节，是纪念耶稣从地球复苏和庆祝祂升天的时刻。此刻是绽放的季节，因为正如耶稣像花朵一样从地球上成长，我们也可以在每一朵花中看到复活的荣耀。

In this season may you find much to rejoice at, never regretting the cost of winter but glorying instead in the fullness and promise of spring. Such are the cycles of eternal life. The cycles contain different kinds of blooming and different kinds of growing, but always the pulse of cost and fruit.

在这个季节里，愿你找到许多值得喜悦的事物，不要后悔冬季的付出，而要为春天的丰盈和承诺而荣耀。这就是永恒生命的循环。这些循环包含了不同种类的绽放和成长，但总是蕴含着付出与成果的脉动。

We leave you in the peaceful harmony of Jesus the Christ, now and ever. Amen.

April 2

Give Thanks!

给予感恩

I am of the consciousness of the most high. I greet you in the realization of unconditional love, the consciousness of the Christ.

The morning has come again. For what can you give thanks? If there is no sunshine to praise, then praise the clouds and rain.

早晨再次到来。你能为什么而感恩？如果没有阳光可赞美，那么就赞美云朵和雨水。

If you cannot give thanksgiving for the plenteousness of water and the shade of the trees in an oasis, give thanksgiving instead to the clean, clear, lucid and deep desert wherein may be found plain answers and the untangling of many a mystery.

如果你无法为绿洲中丰盈的水源和树荫而感恩，那么就为那干净、清澈、明亮而深邃的沙漠而感恩，在那里可以找到简单的答案和解开许多谜团。

If you seem tossed about on the stormy ocean and find that you cannot praise this condition, praise instead the endlessness of that ocean and the infinity and freedom of the water.

如果你觉得自己在风暴汹涌的海洋中被翻腾着，发现无法赞美这种状况，那么就赞美那海洋的无尽和水的无限与自由。

For all things made by the Creator are equally to be praised. All moods, feelings and thoughts of those conscious beings whom He made are equally worthy.

所有由造物主创造的事物都应受到同等的赞美。所有那些由祂所造的有意识的生灵的情绪、感觉和思想都同样值得赞美。

Therefore, in whatever condition you find yourself, give thanks. But chiefly give thanks for the Creator which has made all things. For in all things lies love; the love of the consciousness of wholeness, healing and peace which is the gift in embodiment of Jesus the Christ.

因此，无论你处于何种境地，都要心怀感恩。最主要的是感谢造物主，因为祂创造了万物。在一切事物中都蕴含着爱；那种体现为耶稣基督的显现的完整、疗愈与和平的爱。

May you feel blessed regardless of circumstance, because you are a witness to the creation. You may not understand it but you may praise it in faith and hope, and in that spirit shall you be consoled.

愿你无论在何种境遇中都感到被祝福，因为你是创造的见证者。你可能无法完全理解它，但你可以以信念和希望赞美它，在这样的精神中你将获得安慰。

We leave you in the peace and consolation of the spirit of unconditional and infinite love, now and ever. Amen.

April 3

Comfort Ye

安慰你们

I am the spirit of Jesus the Christ and of the principle of full, creative love.

We greet you with thanksgiving and blessing and urge you also to find the blessings in this very hour, in this exact moment which lies before you.

我们以感恩和祝福向你致意，并鼓励你也在这一刻、在你面前的这个确切时刻中找到祝福。

When one thinks with one's mind and reacts to one's bodily needs, one is trapped in an area which is finite. Spiritual life is far different. We pray that you may, indeed, be comforted, realizing that the nature of spiritual comfort can be difficult.

当一个人用心智思考并对身体需求做出反应时，他会被困在一个有限的领域中。而精神生活则截然不同。我们祈愿你能够得到安慰，意识到精神上的安慰本质上可能是困难的。

For is it not written in the Holy Bible that the Comforter, encouraging the comfort of the people, ate locusts and wild honey and died a petty and horrible death? The Creator's peace is a peace that knows no end of strife until the breath leaves the body. The principle of love is of this character.

《圣经》中写，安慰者为了鼓励人民的安慰，吃蝗虫和野蜜，最终死于卑微和可怕。造物主的和平是这样的，它知晓在呼吸离开身体之前存在着无休止地争斗。爱的原则正是这种特性。

May you find your peace, your strength, and your courage, as though all events, emotions and occasions were far more alike than different.

愿你找到你的和平、力量和勇气，就好像所有的事件、情感和场合之间的相似之处远远多于不同之处。

"Comfort ye. Comfort ye, my peoples."

‘你们要安慰。你们要安慰，我的子民。’

Indeed! Words of comfort, ultimately given from the cross. In resurrection we shall see each other face to face and will know each other for the great comfort that we have been, all to each other.

的确！安慰的话语，最终是从“十字”上给予的。在复活中，我们将彼此面对面相见，认识到我们彼此之间曾经给予的伟大安慰。

We leave you in peace, now and always.

April 4

The Creator's Maternal Side

造物主的母性一面

I am of the spirit of Jesus the Christ and I greet you in the full consciousness of divine love.

How very much you need to focus in upon the nurturing, maternal side of the Creator of you all!

你们确实非常需要专注于造物主那养育、母性的方面！

How very much you need to be held and comforted, for within each of you there is that brokenness which needs the arms put round, the comforting and the embracing.

你们确实非常需要被拥抱和安慰，因为在你们每个人内心深处都有那种破碎感，需要被环绕、安慰和拥抱。

We ask each of you to trust in that all-accepting and comfortable love which the Creator has for all of His children. Acknowledge this need for spiritual comfort and open your inner selves to the consolation of the spirit of Jesus the Christ. It is for this reason that this principle or energy has been granted for all times and in all places. We are here for you as you are here for Christ.

我们请你们每一个人都信任造物主对所有祂子女的包容和安慰之爱。承认你们对精神安慰的需求，并向基督的灵性安慰敞开你们的内心。正因为如此，这一原则或能量被赋予了所有的时光和所有的地方。我们在这里是为了你们，就像你们在这里是为了基督一样。

We leave you in the peace of love and union, now and ever.
Amen.

April 5

Retreat From A Weary World

逃离疲惫的世界

I am the spirit of the living God and I greet you in the full consciousness of that love which is the essence of Jesus the Christ.

As you experience these words, experience too the energy and the atmosphere that accompanies them. Feel the presence of the spirit of love moving into your heart, filling your mind, bathing you in light and peace and tickling your fancy to laughter, merriment and lightness. Feel the lightness and the joy of love that is pure, open, giving and unconditional.

当你感受这些话语时，也请感受它们所带来的能量和氛围。感受爱之精神的存在进入你的心中，充盈你的思想，用光明与平静洗净你，让你感受到愉悦、欢笑和轻松。感受那纯粹、开放、给予且无条件的爱的轻盈与快乐。

This is your paradise. This is your heaven. This is your retreat from the woes of a weary world. Do not lose this place during your experiences this day. Come back into this consciousness and we shall be there, and you shall be consoled, comforted, strengthened and enabled. These promises we leave with you.

这是你的乐园。这是你的天堂。这是你从疲惫世界的忧愁中逃避的庇护所。不要在今天的经历中丢失这个地方。重新回到这种意识中，我们将会在那里，你将得到安慰、抚慰、力量和支持。这些承诺我们与你一同留存。

These promises await you peacefully, joyfully, now and ever.
Amen.

April 6

The Springtime Energy Of Cells

细胞中的春天能量

I am the spirit of love and I greet you in the consciousness
that is Jesus the Christ.

Your feet shall not stand upon the good earth all the day, yet
within the mind and within the heart let yourselves never be
removed from that primal energy source. Know that every
fiber of your sweet planet's natural growth, as it burgeons into
springtime, expresses its energies in rejoicing and that all who
stand amongst the flowering may also feel that energy
flowing.

你的双脚可能无法踏在这片美好的大地上一整日，但在心灵和内心深处，你们永远不要与
那原始的能量源分离。要知道，当你们的亲爱星球在春天蓬勃生长时，每一丝自然的生命
力都在欢庆表达，站在花开的天地间的人们也会感受到这种能量的流动。

And, indeed, all who can turn in mind to that same blooming
may experience and be fed by that same joyous, springtime
energy, for you are part of the creation of the Father. Feel
within each cell the springtime energy of the creature that you
are and bless each tendril of new energy, each lighter spring to
the step, offering praise to the Creator of these cycles of life.
May each cycle of your life spiral you closer to the
consciousness of Christ.

的确，所有能够将心思转向同样盛开的景象的人，都会体验到并被那春天般的欢乐能量滋
养，因为你们是造物主的创造的一部分。感受在每一个细胞中的春天能量，感受你作为生
物的存在，并祝福每一缕新的能量，每一步更轻盈的春意，向这些生命循环的创造者献上
赞美。愿你生命中的每一个周期都能使你更接近基督的意识。

We leave you in that consciousness, in that love, and in that
peace, now and ever. Amen.

April 7

Repentance

悔改

I am of the principle of the essential and divine love that is full consciousness, and I greet you in the name of Christ, hollowed out and filled up from man to Christ in Jesus.

This day we encourage each seeker to forgive, accept and, if possible, forget the agony of every misdeed, however tiny or large; every error and every misstep.

今天，我们鼓励每位求索者原谅、接受，并尽可能忘记每一个过失，无论大小；每一个错误和每一个失误。

The Comforter is not named solely as a paradox, for indeed comfort there is in the knowledge that the folly of man can never equal the comfortable love and divine grace of God in Christ.

安慰者的名字并不仅仅是一个悖论，因为确实，在了解到人类的愚蠢永远无法与基督中上主的温馨爱与神圣恩典相提并论时，心中会获得安慰。

We leave you in hope of repentance and new life. In every moment of the pilgrim's step, such is the reality. Peace be with you, now and always. Amen.

April 8

Easter Is Yours

复活节属于你

I am the spirit of the living Christ and I greet you in the full consciousness of divine love.

All the seasons of the outer and inner year are valid. Yet too often we find that you have the fondness for Lent, the interior atmosphere of negation, deprivation, searching and dark wondering. Yet the Easter mentality is yours as well. And we would not wish to leave you without that comfort.

外在和内在的所有季节都是有效的。然而，我们常发现你们对四旬期有一种特别的喜爱，这是一种内心的否定、剥夺、寻求和黑暗的反思。然你们同样也拥有复活节的心态。我们不愿意让你们在没有这种安慰的情况下离去。

Experience the imprisonment of your captive heart, caught in a net of shadow and wondering. And, at this moment and for this day, release it, insofar as you feel comfort in doing so, into the glad light of Easter. Allow your spirits to rise and life to be resurrected within you. For you have not followed Jesus the Christ only through the suffering portion of life's great passion. You have gone on with Him and walked the path of eternity. Easter is yours.

体验你被囚禁的心灵，它被困在阴影和迷茫的网中。在这一刻和今天，尽可能地将它释放到复活节的欢乐光芒中，只要你感到这样做会带来安慰。让你的灵魂升腾，让生命在你内心复活。因为你不仅仅是通过生活的大爱中痛苦的部分跟随了耶稣基督。你与祂一起走过了永恒的道路。复活节属于你。

We leave you in the great joy and peace of Jesus the Christ, now and ever. Amen.

April 9

The Moment's Inspiration

当下的灵感

I am the spirit, the breath, of the consciousness of pure love
and I radiate the name of Jesus the Christ and greet you in its
fullness and glory.

When things done by others seem to have been done so
beautifully and well, it may seem to the one who beholds that
there is no need for fresh inspiration, for that which is and
can be held in the hand is already enough.

当他人所做的事情看起来如此美丽和出色时，观者可能会觉得不需要新的灵感，因为那已经是足够的了。

For spirit, that which is in the past is never enough. For the
spirit lives in the moment. Thus it is to the moment that the
mind is to be made open, that the freshness and the glory of
the creation may astound and stun the senses and the intellect
anew each moment.

对于精神而言，过去的事物永远不够。因为精神活在当下。因此，心灵需要对当下保持开放，以便每一刻都能以创作的鲜活和荣耀来震撼和惊叹感官与智力。

There is a peace in the resting in beauty that is full of the
lively excellence of the word, "love." May all that you
conceive and manifest be filled with the present gift of love,
for there is no need to rely upon the past for the moment's
inspiration. Turn only within and seek peace and love.

在安息于美丽之中，有一种充满生机的卓越和平，那就是‘爱’这个词所带来的。愿你所构思和展现的一切都充满当下的爱之恩赐，因为此刻的灵感无需依赖于过去。只需向内寻求，寻找平和与爱。

We leave you in peace, now and forever.

April 10

Offering The Self

贡献自我

I am of the consciousness of love and I greet you in that love which is Jesus the Christ.

Gaze upon the qualities of love divine. See the body broken, the life split and sacrificed. See that in the breaking and in the offering lie the secret of infinite love. Each life may be offered up and thus broken, and from that break may come an infinity of gifts.

凝视神圣爱的特质。看那被打破的身体，生命被撕裂和牺牲。看到在破碎和奉献中蕴含着无限爱的秘密。每一生命都可以被奉献，从而被破碎，而从那破碎中可能涌现出无尽的恩赐。

We do not suggest for one instant that all sacrifice is good. Rather, we suggest, for one who would love, that there is a blessing and sanctification in offering the self to be used, to be broken, to be opened, and to be shared that is most godly. "When He had given thanks," it is written, "He took the bread and broke it and gave it to each of His disciples, saying, 'Take. Eat. This is my body. Do this in remembrance of me.'" May your day and your life, day by day, be a process of thanksgiving, breaking, offering and remembering.

我们并不是认为所有的牺牲都是好的。相反，我们建议，对于那些愿意去爱的，奉献自我以被使用、被破碎、被开启并被分享中有一种祝福和神圣的成分，这是最符合神性的。‘当祂感谢后’，经文中写道，‘祂拿起饼来，掰开，递给祂的门徒，说：“你们拿着吃，这是我的身体。你们要这样做，以纪念我。”’愿你的一天和你的生活，日日如是，成为一个感恩、破碎、奉献和纪念的过程。

We leave you in the peace and love of Jesus the Christ, now and ever. Amen.

April 11

A Fine Pilgrimage

美好的朝圣之旅

I am the spirit of Jesus the Christ and I greet you in the full consciousness of love.

I am the Comforter. Come, take my hand. Together we may walk through the land of experience. Together we may see the illumination of day and rejoice in the velvet darkness of night. Together the soul and its Comforter may make a fine pilgrimage of any road and any weather.

我是安慰者。来吧，握住我的手。我们可以一起走过经历的土地。我们可以一起见证白昼的光辉，并在夜晚的柔软黑暗中喜悦。灵魂与安慰者可以在任何道路和任何天气下，一同踏上美好的朝圣之旅。

Seek the consolation and the comfort of the consciousness of love. It lies waiting for the touch of your hand, the invitation of your heart. Perhaps you may want to travel for awhile, experiencing the feeling of aloneness and calling to feelings of helplessness and despair. These experiences, too, are most wonderful. Yet when the pitch of experience becomes too keen to bear alone, hold in remembrance that you are not without comfort at any time, in any place.

寻求爱意识的安慰和慰藉。它静静地等待着你手的触摸，你心的邀请。也许你会想要旅行一段时间，体验孤独的感觉，并呼唤无助和绝望的情感。这些经历也非常美妙。然而，当经历的痛苦变得难以独自承受时，请记住，无论何时何地，你都不缺乏安慰。

For the peace and the love of Jesus the Christ are in the world in which you truly live. And in that kingdom of consciousness we leave you, now and always. Amen.

April 12

The Healing Love Of Christ

基督的疗愈之爱

I am the spirit of living love. I greet you in the full
consciousness of that love which is Christed.

The light of your world comes only physically from the sun
and shines in truth more greatly from the eyes of those who
have the consciousness of love than from any other source.

你世界的光芒仅仅在物理上来自太阳，而在真理上，它从拥有爱意识的人的眼中散发出的
光辉，远胜于任何其他来源。

Worlds of darkness vanish before the morning light and the
most obscene horror grows pitiful in the gentle rays of
sunlight. So, too, let the light of your eyes rest on things
seemingly good and seemingly evil, seeing the Christ in all
and the good in each. Whatever sadness or horror there has
been, let your eyes heal it. Let your heart know the healing
has occurred. For within each is the power of the spirit;
within each, the healing love of Christ.

黑暗的世界在晨光面前消失，最可怕的恐怖在温柔的阳光下显得可怜。同样，让你的目光
照耀于那些看似善良和邪恶的事物上，看到其中的基督以及每个人的美好。不论曾经有多少
悲伤或恐怖，让你的眼睛来治愈它。让你的心知道治愈已经发生。因为在每一个人内在
都有精神的力量；在每一个人内在，都有基督的疗愈之爱。

We leave you in the peace of infinite love. May you never
grow weary of the spirit of love.

April 13

You Are Love

你是爱

I am the principle of divine love and I greet you in the name of Jesus the Christ.

I am of the spirit or principle of love that moves from age to age, from eon to eon, and from creation to creation: a principle of that which you call the Father; a principle which moves beyond imagination; a principle that is love created and uncreated, and a principle of power that is unimaginable.

我来自于那跨越时代、世纪和创造的爱的精神或原则：那你们称之为父的原则；一种超越想象的原则；一种既被创造又未被创造的爱的原则，以及一种难以想象的力量原则。

This principle is the heart of each of your beings. You are potent, strong and loving beyond your greatest hopes. Equal to this is the power of the illusion to distort the power of love.

这个原则是你们每个人存在的核心。你们比自己最大的希望更具潜力、力量和爱心。与此相等的是幻象的力量，它扭曲了爱的力量。

Thus must you take care in using your power and in expressing your love. For you and all others of your kind are outwardly children. And that of you which is grown into infinity must pass through a narrow gate, safely to dwell consciously within the soul while living within your illusion, within your world.

因此，你们在使用自己的力量和表达爱时必须小心。因为你们和你们同类的所有人都是外在的孩子。你们中成长为无限的部分必须通过一扇狭窄的门，安全地在灵魂中有意识地存在，同时生活在你们的幻象中，生活在你们的世界里。

But love is of yourself. You are not mundane. You are love. Your heart is the heart of the universe. And within your eyes lies infinity.

但爱是你自身的一部分。你不是平凡的。你就是爱。你的心是宇宙的心灵。而在你的眼中，蕴藏着无限。

May these thoughts bring to you an appreciation of the self you truly are. Rest in that understanding and know that you are cherished infinitely by the spirit.

愿这些思绪使你对真实的自我有更深入的理解。安息于这种理解中，知道你被灵魂无限珍爱

o

We leave you in love and peace, both now and ever. Amen.

April 14

May Your Spirit Speak

愿你灵魂发言

I am of the principle of Jesus the Christ. I greet you in the full consciousness of love and in its spirit.

As one person looks upon another, creature looks at creature and spirit looks at spirit. In the eyes of some the creature is awake and the spirit quite asleep. In the eyes of others the spirit has so far awakened that the creature needs no expression, for all has been sublimated to the transformation of spirit.

当一个人注视另一个人时，生物注视生物，灵魂注视灵魂。在某些人的眼中，生物是清醒的，而灵魂却完全沉睡。在另一些人的眼中，灵魂已经觉醒到如此地步，以至于生物不再需要表达，因为一切都已升华到灵魂的转化。

In each glance, in each touch, and in each word with other entities, may your spirit speak mutely and creatively to those about you and may you rejoice to find the lively spirit when and where you will.

在每一次的注视、每一次的触碰以及每一句话语中，愿你的灵魂以沉默而富有创造力的方式与周围的存在交流，并愿你在任何时候和任何地方都能欢欣地发现那充满生机的灵魂。

Indeed, the spirit is in all. And it is well that all encouragement be given by you, that it may be awakened. To each creature which has the spirit underneath there are awakening and enlivening words and graceful gestures of love and compassion which can be made which do not preach in words but speak volumes to the spirit within others in a sense which goes far deeper than words. Thus may your spirit speak, and thus may you aid in recreating and transforming all to spirit.

确实，灵魂存在于一切之中。你给予的所有鼓励都是有益的，因为它可以唤醒灵魂。对于每一个拥有内在灵魂的生物，都可以用唤醒和激励的言语以及充满爱与同情的优雅举动，这些不需要用言辞传教，而是以一种远远超越言语的方式对他人内在的灵魂说话。愿你的灵魂如此言说，也愿你在重新创造和转化一切为灵魂的过程中发挥作用。

We leave you in the lively, creative and transformational peace of the spirit of Christ.

April 15

You Seek The Uncreated Things

你追寻未被创造的事物

I am of the consciousness of love and I greet you in the name
of Jesus the Christ.

I am the spirit, created before all worlds and uncreated,
attaching creation to un-creation in the fullness of the Father.

我是那在所有世界之前已被创造而又未被创造的灵魂，将创造与非创造在父的圆满中结合
。

Before your minds lie things created. And yet you seek the
uncreated things, that which you call the mystery. You need
seek no further than the depths and recesses of your being.
Each soul is uncreated as well as created, potential as well as
active, unstructured as well as infinite, full and whole, with a
wholeness of that which is not created but merely is a gift.

在你们的心灵面前存在着已创造的事物。然而你们却追寻那些未被创造的东西，即你们所
称之为奥秘的事物。你们无需再寻求其他地方，只需探寻你们自身的深处和隐秘之处。每
一个灵魂既是未被创造的，又是被创造的，既有潜力又是活跃的，既是无结构的又是无限的，
完整而圆满，拥有那些并非创造出来而仅仅是赠予的完整性。

For love is that substance which not only is created but
creates its own creation from itself. Never fear that you shall
lack, in the spirit of love, to be able to offer love in any
amount if you but seek the uncreated strength and fullness of
the spirit of Jesus Christ. Infinity lies within you and light
which seems inaccessible to the eyes is accessible in prayer.

因为爱是那种不仅被创造，而且也以自身为基础进行新的创造。永远不要害怕你会在爱的
精神中缺乏，因为只要你寻求基督精神中未被创造的力量和圆满，你就能够以任何数量奉
献爱。无限存在于你之内，而对眼睛似乎不可接近的光明，在祈祷中却是可以触及的。

We leave you in the peace of wholeness, now and ever.

April 16

At One With Love

与爱为一

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

Become very quiet. This moment is the linchpin of your busy day. This is your moment of communion. This is your heavenly meal.

请安静。这一刻是你繁忙一天中的枢纽。这是你交流的时刻。这是你的天赐之餐。

For in this silence, in this moment, as your heart opens its inner door, so may you become Christed, at one with love.

Thus the roots of your spirit are fed and you are given the strength to do that which it is for you to do this day.

因为在这份寂静中，在这个时刻，当你的心灵打开内在之门，愿你基督化并与爱合一。这样，你的精神之根得到滋养，你被赋予了力量去完成今天你所需完成的事。

Perhaps you will move very quickly this day. The spirit moves quickly with you. Remember as the day goes by to touch into that place of communion in the heart and you will find that love is always with you, as Jesus the Christ said, until the end of the age.

或许你今天会非常忙碌。精神与你迅速同行。记得在一天过去时，触摸到心中交流的地方，你会发现爱总是与你同在，正如基督所说，直到时代的末了。

Root yourself in heaven and give your fruit to the world of the Creator that many think is the world of humankind. Let the smile upon your face be a smile knowing of the untruth of a world ever without love.

让自己在天堂扎根，将你的果实奉献给创造者的世界，许多人认为那是人类的世界。让你脸上的微笑是对一个永远没有爱的世界的不实之知的微笑。

For love is in the midst of you. Love has created you. Love sustains you. And love will give you work to do. At the end of your silence, at the end of your listening, go gladly to that work and rejoice that you are alive to experience the love in this day, with these challenges.

因为爱就在你们中间。爱创造了你。爱支撑着你。爱将给你工作去做。在你的沉默结束时，在你的倾听结束时，高兴地去做那份工作，并庆幸你活着体验到这一天的爱，面对这些

挑战。

We leave you in love and peace, now and forever. Amen.

April 17

The Power Of The Presence

当下的力量

I am of the principle of Jesus the Christ and I greet you in the full consciousness of unconditional love.

As we scan the concerns that fill the minds of those present, we find this instrument suffering for a planet which has been damaged by its own kind. We find this concern, too, in all those whose minds we touch who are praying to the spirit at this time.

当我们审视那些在场者心中的忧虑时，我们发现这个工具正为一个被其同类破坏的星球而受苦。我们也在所有那些我们触及心灵的人中发现了这种关切，他们此时正在向灵魂祈祷。

。

Know that the spirit is powerful. There is a prayer this instrument says daily and because it is the creation of a truth applicable to this situation, we repeat it using this instrument's mind,

要知道灵魂是强大的。这个工具的日常祈祷，因为它是适用于这种情况的一个真理的创造，我们利用这个工具的心智重复它。

“Come Holy Spirit! Fill the hearts of your faithful and kindle in us the fire of your love. Send forth your spirit and we shall be created and you shall renew the face of the Earth. O Thou Who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy Its consolation. Through Jesus Christ our Lord. Amen.”

来吧，圣灵！充满你信徒的心，并在我们心中点燃你爱的火焰。发出你的灵，我们将被创造，你将更新地球的面貌。哦，你通过圣灵的光照亮了信徒的心，求你通过同样的圣灵使我们真正明智，并永远享受它的安慰。通过我们的主基督。阿门。

Do not feel powerless! Seek and ask for the spirit of living love, the powerful consciousness of the Christ. That power is no power without each of you. So pray, not to renew the face of the Earth upon your own but rather that the spirit may come upon you and transfigure and transform you. For in that process alone shall the creation be made new, whole, lovely and perfect.

不要感到无力！寻求并请求活生生的爱的精神，基督的强大意识。那种力量没有你们每个人就不存在。所以祈祷，不是要更新地球的面貌，而是让精神降临在你身上，使你变形和转变。因为只有在那个过程中，创造才会变得新鲜、完整、可爱和完美。

We urge each to experience within itself the power of the presence of love. Let it renew you. And then, by being yourselves and acting as you must, shall your sphere become once more a lovely, healthy dwelling place for consciousness.

我们敦促每个人在自己内心体验爱的力量。让它更新你。然后，通过成为你们自己并按照你们必须的方式行动，你们的世界将再次成为一个可爱、健康的意识居住地。

In love, healing and peace we leave you, now and ever. Amen.

April 18

The Inward House Of Prayer

内在的祈祷之屋

I am of the principle of the love of Jesus the Christ and I greet you in the full consciousness of that living love.

If you seek to do the Father's will this day, be not satisfied with actions which leave a residue within the mind and spirit of anxiety, restlessness and fatigue. For if these things are felt, then mundane concerns have not been sacrificed in order that the spirit may be dead to Earth and made alive to the moving will of the Creator.

如果你今天寻求遵行父的旨意，不要满足于那些在你心中和精神上留下焦虑、不安和疲惫的行动。因为如果这些东西被感受到了，那么世俗的关注就没有被牺牲掉，更不用说精神对尘世死亡，并对造物主的行动意志复苏。

If goodly and Godly effort has fatigued you, turn to the inward house of prayer and offer up the self with all of the opinions and requirements of the world in which you live.

如果美好的和神圣的努力使你感到疲惫，那么转向内在的祈祷之屋，献上自我，连同你生活在其中的世界的所有观点和要求。

And await the refreshment that the spirit gives to those who pray. For it is the soul refreshed in spirit which faces all earthly tasks without a sense of labor and all mundane toils without the expectation of fatigue.

等待灵魂给予那些祈祷者的更新。因为正是得到更新的人，面对所有尘世的任务时没有劳动感，面对所有世俗的劳苦时没有疲劳的预期。

Be only satisfied in prayer when the state of mind that is within you is that the world is alive and filled with joy, as the spirit moves and recreates all that there is to become more and more the image and manifestation of love.

只有在祈祷时，你内心的状态是世界是活着的，充满喜悦，因为灵魂在移动和重新创造所有将成为越来越多爱的形象和表现时，你才感到满足。

We leave you in the inward peace which is the hallmark of the consciousness of love amidst any circumstance. Amen.

April 19

Be Still And Adore

安静并谦卑

I am of the consciousness of Jesus the Christ and I greet you
in that full consciousness of love.

Be still!

请安静。

Be still, each soul which seeks within and without for that
stranger that you would identify as mystery.

请安静，每一个在内和在外寻求神秘的灵魂。

Be still, each portal of sense and every shadow of pleasure and
pain.

请安静，每一个感官之门和每一丝快乐与痛苦的影子。

Be still! Let all come to rest, to kneel and adore. Let the self
become a zero; a heavenly nothing. For only in the zero lies
the infinity which then may fill the infinite space within
which has been opened to the infinity without.

请安静！让一切都休息，请谦卑。让自我变成零；一个天上的虚无。因为只有在零中才存在无限，然后才能填满已经向外界无限敞开的内在无限空间。

It is not by striving but by still surrender that the pilgrim of
Earth shall know the place where he has been all the time.

不是通过奋斗，而是通过静下来并谦卑，地球上的朝圣者才能知晓他一直所在的地方。

We leave you in peace, now and always. Amen.

April 20

The Heritage Of Christ

基督的遗产

I am of the principle of the full consciousness of love.

Once, many years ago, a man you call Jesus walked upon the dry soil of his native land. The reality of an incarnation is such that at times it may blind those who follow such an incarnation of Christhood to the eternal and immutable consciousness of Christ which was carried within that incarnation but which is available always for those who seek this consciousness.

许多年前，一个你们称为耶稣的人行走在他故乡的干涸土地上。化身的现实是这样的，有时它可能会使追随这种基督化身的人对基督永恒不变的意识视而不见，这种意识被携带在那个化身之中，但总是为那些寻求这种意识的人所可得。

It is not an illusion or a delusion to seek the consciousness of Christ. Focusing upon the incarnation of Jesus the Christ is a tool and a resource, a blessing and a gift.

寻求基督的意识并不是幻觉或错觉。专注于耶稣基督的化身是一种工具和资源，是一种祝福和礼物。

However, the very air that you breathe carries the consciousness of Christhood.

然而，你呼吸的每一口空气都承载着基督意识。

Know that you are channels of the consciousness of Christ and, insofar as you may give yourself over entirely to that consciousness, others shall see Christ through you.

要知道，你们是基督意识的通道，并且，只要你们完全将自己交给那个意识，别人就能通过你们看到基督。

For are you not also the sons and daughters of humankind?
Do you not also share the heritage which Jesus offered for all?
We encourage you to refrain from despair in focusing upon the incarnation of Jesus and contrasting it with your own consciousness.

难道你们不也是人类的儿女吗？难道你们不也共享耶稣为所有人提供的遗产吗？我们鼓励你们不要在专注于耶稣的化身时感到绝望，并将其与你们自己的意识相对比。

Peace be with you as you create new life by your
consciousness, now and ever. Amen.

April 21

Lovers Before The Holy Spirit

在圣灵前的恋人

I am of the principle of the full consciousness of love and I greet you as the living Word of the most high.

Know ye that men and women alike are as lovers before the Holy Spirit, to be impregnated with the divine, that, within illusion, manifestation of the creative renewal of the infinite love of Jesus the Christ may take place.

要知道，无论男女，在圣灵面前都如同恋人，被神圣所孕育，这样，在幻象中，基督无限爱的创造性更新的显现才能发生。

Sexuality is seen only as its gross aspect by most who live the earthly life. Yet there is enormous polarity betwixt the pilgrim and the Holy Spirit. The Holy Spirit is not nurturer alone but impregnator, that each pilgrim may be full of that which is born of the spirit and not of flesh.

大多数人在过着尘世生活时，只将性视为其粗俗的方面。然而，朝圣者与圣灵之间存在着巨大的区别。圣灵不仅仅是养育者，也是孕育者，这样每个朝圣者才能充满来自精神而非肉体的东西。

Know that you may carry the living Word, the Christed consciousness that was and is and always shall be with and in Jesus the Christ. And embrace, as lovers, that life-giving love of the heavenly seeds within.

要知道，你可以承载活着的道，即存在于基督之中并与基督同在的基督意识。并且，像恋人一样拥抱那些来自天上种子中赋予生命的爱。

We leave you in the expectant peace of all who await the spirit of the living Christ, now and ever. Amen.

April 22

The Waterfall

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love divine.

There is a waterfall that streams from infinity, its sparkling rainbow cascades invisible to the eye but full of healing and health, nourishment and nutrition for the spirit.

有一条瀑布从无限倾泻而下，它那闪烁的彩虹瀑布虽然肉眼看不见，却充满了疗愈与健康，对灵魂提供滋养与营养。

This cascade flows wherever there is consciousness. And the love that surrounds you is there because you are loved. This day, allow the consciousness of that love to fill you, that all that you do, you may do for the love of Jesus Christ.

这股瀑布流淌到任何有意识的地方。而围绕你的爱存在，是因为你被爱。今天，让那份爱的意识充满你，使你所做的一切，都能出于对耶稣基督的爱。

Have you the chores, the small tasks, the seemingly unimportant dusting and paperwork and foolishness of that sort? Do it for the love of Jesus the Christ. Do all for the love of the Creator. Then shall the waterfall of love be answered by your love.

你是否有那些琐事、小任务、看似微不足道的擦拭、文件工作和类似的琐碎事宜？为了基督的爱去做这些吧。为了创造者的爱去做所有事情。这样，爱的瀑布将会因你的爱而得到回应。

Then shall the waterfall move into you and through you to bless the world anew. For only the created can express the uncreated light that is the waterfall of divine love. Feel it surround you. Express it within you. Allow it to flow through you. And do all that you do for the love of the Christ.

然后，瀑布般的爱将流入你并通过你，重新祝福这个世界。因为只有被造的存在才能表达那未被创造的光芒，也就是神圣爱的瀑布。感受它环绕着你。在你内心表达它。让它通过你流淌。并且，你所做的一切都要为了基督的爱。

We leave you in the consciousness of its peace, now and always. Amen.

April 23

The Holy Vibration

神圣频率

I am the spirit of the full consciousness of love. I greet you in the name of Jesus the Christ.

For the spiritually oriented seeker, names are very important. For the breath that is the spirit of love molds itself into vibrations which have a profound effect upon the creature which, though physical, has resonances with the metaphysical self in its analog.

对于那些具有精神导向的寻求者来说，名字是非常重要的。因为作为爱的精神的呼吸会转化为具有深远影响的振动，这些振动对那个尽管是物质的生物却与其隐喻中的形而上自我产生共鸣。

That is to say that the name of the Lord of your life has the vibration of strength for you. Thus the name of Jesus, though not the earthly name, Jehoshua, nevertheless bears the strongest vibratory significance to the instinctual, creaturely self which resonates with the analogous spiritual body which is the spiritual body incorruptible.

也就是说，你生命中主的名字对你具有力量的振动。因此，尽管耶稣的名字不是地上的名字耶书亚，但它依然对本能的生物自我具有最强的振动意义，这个自我与那个类似的精神身体，即不可腐朽的精神身体产生共鸣。

Know that the breath of the spirit is breathed into you as you think upon holy names and is breathed from you as you consciously vibrate words of love which are meaningful to those whom you wish to love and serve.

要知道，当你思考圣名时，灵的气息被注入你体内；当你有意识地发出对你希望爱与服务之人有意义的爱的言辞时，灵的气息也从你身上流出。

We leave you upon the holy vibration of peace, now and forever. Amen.

April 24

To Your Heart's Health

为了你心灵的健康

I am of the consciousness of Jesus the Christ. I greet you in the midst of paradise, where love abounds and light never fails. So it is within your heart. Love abounds and light never fails.

All souls have what you may call a dark side. There are things that lay heavy upon the soul. There are thoughts of past and thoughts of future. And in this heaviness, in this past and this future, the joyful present is lost within your heart and your soul.

所有的灵魂都有你所说的阴暗面。有些东西压在灵魂上，过去的思绪和未来的念头。在这种沉重中，在这过去和未来中，快乐的当下在你的心中和灵魂里被遗失了。

Look at the good that comes to you today. Be quiet and sure and aware ahead of time that good shall come to you. Expect it. And if that which you get is unexpectedly difficult, search out the love that you are to learn and express for Jesus the Christ.

关注今天降临于你的美好。保持安静、坚定，并事先意识到美好将会到来。期待它。如果你得到了意料之外的困难，要从中寻找你需要学习和表达的爱，为基督而做。

Let this be for you a day of rejoicing; a day of moving into the love of the Creator; a day lost in praise of Jesus the Christ.

愿这一天成为你喜乐的一天；成为进入创造者之爱的日子；成为沉浸在对基督赞美中的日子。

There are those of you who do not wish to reckon with Jesus the Christ. We of the spirit of the full consciousness of love suggest only that you need not reckon with the entity Jesus, but to your heart's health and your soul's life, you must reckon with Christhood. Gaze at the story of the man and grasp the meaning and the implications of living the full consciousness of love.

你们中有些人不愿意面对耶稣基督。我们作为爱的完全意识，只建议你们无需与耶稣这个实体对峙，但为了你们心灵的健康和灵魂的生命，你们必须面对基督的存在。注视那个人的故事，领会其意义和启示。

When you have done so, do not despair but rejoice, for we are with you always.

当你做到这一点时，不要绝望，而要欢喜，因为我们永远与你同在。

Our peace and love be with you now and evermore. Amen.

April 25

By What Star Shall You Steer

你将以哪颗星星为航标

I am of the principle of Jesus the Christ and I greet you in the full and divine love of creation and Creator.

Does it not seem to you somehow unusual that we who accept the phrase of Holy Spirit never call ourselves holy and that we who are the spirit of the living Christ never call Jesus Christ, Lord?

你不觉得有些不寻常吗？我们接受‘圣灵’这个称谓，却从不称自己为圣；我们作为活基督的精神，却从不称耶稣基督为‘主’。

We are of the principle of full and divine consciousness and as such we are servants of your souls, those who love the spirit within you.

我们秉持完全和神圣的意识原则，因此我们是你们灵魂的仆人，爱护你们内在的精神。

It is for you to choose what principle guides your life, by what star you shall steer. Shall it be the love of Jesus Christ and shall you call Jesus Christ Lord of your life? That is your decision.

由你来选择指导你生活的原则，依靠哪颗星星来航行。是耶稣基督的爱吗？你是否愿意称耶稣基督为你生命的主？这是你的决定。

Your capacity for worship is your own private treasure. May you ever enlarge and make more noble and uplifted your times of worship and adoration! And if, as yet, you do not worship and do not adore, then spend more time in the inner room of silence, listening, in the growing awareness of love.

你对崇拜的能力是你自己的私人宝藏。愿你不断扩展并提升你崇拜和敬爱的时光！如果你尚未崇拜和敬爱，那么花更多时间在内心的宁静房间里聆听，在对爱的不断觉察中成长。

We leave you in the love and peace of Jesus the Christ, now and ever. Amen.

April 26

Remove The Wall

移除墙壁

I am of the principle of Jesus Christ which is called divine love. I greet you in unconditional and eternal love, no matter who you are, no matter how you feel about yourself, Creator, Jesus the Son of Man or about love Itself.

You hear this voice over a wall of your own making. We suggest to you gently this day that you may set about the work of removing that wall. There is a brick of self condemnation; there a brick of hardened dislike admitting no reprieve; there an envy. What a brick that is and how firm the mortar!

你听到这声音，却隔着你自己建造的墙。我们今天温和地建议你开始拆除那堵墙。那里有一块自我谴责的砖块；那里有一块顽固的厌恶砖块，不容任何宽恕；那里还有一块嫉妒的砖块。那是一块多么坚固的砖块啊，以及那多么牢固的灰浆！

You have so many possessive, hungry, sorrowful, suffering and lonely thoughts creating an anger and loneliness that says, "Where is comfort? Why do you speak to me of unconditional love when I experience hardship, worry and limitation of all kinds?"

你有许多占有欲、饥饿、悲伤、痛苦和孤独的想法，这些想法产生了愤怒和孤独，心中发出声音：‘安慰在哪里？为什么你告诉我无条件的爱，而我却经历各种艰难、忧虑和限制？’

We are the spirit of peace and love. And through the breath of this instrument we express in the world today, just as it is. For in its imperfection, how perfect, how lovely, how beautiful is the dwelling place of each soul and the soul that dwells therein!

我们是和平与爱的精神。通过这个工具的呼吸，我们在今天的世界中表达自己，就如它本身一样。因为在其不完美中，每个灵魂的居所及其中居住的灵魂是多么完美、多么美丽、多么可爱！

May you learn to love, a little at a time. But first, with the tools of forgiveness, remove the wall that stands between you and the comforting, strengthening and enabling force of unconditional love for you that awaits you on the other side of self-forgiveness.

愿你一点一点地学习去爱。但首先，用宽恕的工具拆除你与那种无条件的爱之间的墙，那种爱在自我宽恕的另一边等待着你，为你带来安慰、力量和支持。

We leave you in the utter peace of that condition and in the strengthening which that condition gives you to serve others in peace and joy. In these we leave you, now and ever. Amen.

April 27

Love Awaits

爱在等待

I am the principle of the full consciousness of love. I greet you in the love of Jesus the Christ.

Love does not often drive out hate, although it can, for love's compassion limits the full sway of vengeance.

爱并不总是能驱散仇恨，尽管它有时可以，因为爱的同情心限制了复仇的完全控制。

Hate cannot replace love though it attempts again and again to make love its victim.

仇恨无法取代爱，尽管它一次又一次地试图使爱成为它的牺牲品。

Thus the comfort of the consciousness of love is available to one whether one is in a state of positive or negative emotions.

For the dealings of the two polarities are separate, negative polarity being the choice to separate from positive unity.

因此，无论一个人处于积极还是消极的情绪状态，爱的意识所带来的安慰都是可得的。因为这两种极性的处理是分开的，消极极性是选择与积极统一分离的结果。

Therefore, there is never any need to be uncomfortable, for we are the principle of love brought into creation for the benefit of those pilgrims who seek in manifestation. We would not see one soul in pain.

因此，我们不必感到不安，因为我们是为了那些在显现中寻求的朝圣者的利益而被带入创作中的爱的原则。我们不愿看到任何一个灵魂受苦。

Yet we do not wish to batter down the doors to your hearts, for that is not love's way. Rather, we wait. Please ask us in to the deepest and darkest of the rooms of your heart, for therein, too, lies comfort for those who seek it from Jesus the Christ.

然而，我们不希望强行撞开你们心灵的门，因为那不是爱的方式。我们愿意等待。请邀请我们进入你们心灵中最深邃和最黑暗的房间，因为在那里，也同样可以找到从基督那里寻求的安慰。

We leave you in peace, now and always. Amen.

April 28

Praise And Thanksgiving In Your Heart

心中的赞美与感恩

I am of the spirit of Jesus the Christ and I greet you in the full consciousness of love.

Take this moment to become more and more in touch with that feeling of praise and thanksgiving that is in your heart this day. The trees praise the Lord. The hills and valleys rejoice. And the burgeoning flowers move through the earth to the sun in bursts of pleasure and chanting of happiness to the winds.

请把握此刻，让自己越来越贴近内心深处的赞美和感恩之情。树木赞美主；山丘和山谷都在欢欣鼓舞；盛开的花朵在大地上向阳光绽放，愉悦的爆发和对风的欢乐歌唱。

It may seem that there are obstacles to your joy and that the world is not one which you would praise. Yet gaze you at your own hands and at the mind of the Father which created such tools.

也许你会觉得存在阻碍你喜悦的障碍，世界似乎不是值得你赞美的地方。然而，请你凝视自己的双手，及造就这些工具的天父的心智。

Gaze at the incessantly changing colors of your thoughts and behold the beauty of the creation of the Father.

凝视你思绪中不断变化的色彩，感受天父创造的美丽。

Look at those who have served you and those whom you have served, those who have displeased you and those whom you have displeased, and praise the Father Who gives you freedom to make your own decisions about His creation; Who urges you to pick and choose, to think and select and grow.

凝视那些曾为你服务的人和你曾服务的人，那些令你不满的人和你曾令其不满的人，赞美那位赋予你自由以自主决定祂创造之事的的天父；赞美那位鼓励你挑选、思考、选择和成长的天父。

The more your heart may stand in the light of faith, praising and giving thanksgiving, the more yet again shall the spirit find this opportunity to be granted unto you in happy harvest.

你的心越是站在信仰的光辉中，赞美和感恩，灵魂便越能在幸福的丰收中获得这种机会。

The first word of praise in any day is an act of blind faith and brings the heart into peaceful concert with the harmonious plan of the Father.

一天中第一个赞美的词是盲目的信仰行为，它使心灵与天父和谐计划中的平静节奏相契合。

May you choose to dwell in that peace, now and forever.
Amen.

April 29

The Inarticulate Voice

难以言表的声音

I am the spirit of the consciousness of love and I greet you in the name of Jesus the Christ.

We are principles of consciousness, the kind of consciousness in which all distorted consciousnesses have their origin.
我们是意识的原则，是所有扭曲意识的起源所在。

As in all consciousness, we are inarticulate messengers and are able to impress the paradigms and motivations of love upon the mind and heart of the pilgrim only to the extent that the consciousness of the pilgrim is slanted towards the bias of the articulation of love's message for each and for the harmony of creation.

就如在所有意识中一样，我们是无法言表的使者，只有当朝圣者的意识倾向于接受爱的讯息并追求创造的和谐时，我们才能在他们的心灵和思想中打下爱的范式和动机。

Thus, even if one seeks the voice of the spirit, it is also well to seek the consciousness of intuition and articulation of feelings. For it is in small and often inarticulate ways that the voice of the spirit speaks. And it is the wise pilgrim which has prepared the mind and heart for that still, small voice, expecting not the poverty of intellectual articulation but the riches of clear bias.

因此，即使一个人寻求精神的声音，也应当同时寻求直觉的意识和情感的表达。因为精神的声音往往以微小而常常难以言表的方式发出。智慧的朝圣者会为那安静而微弱的声音准备好心灵和思想，不期望智力上的贫乏表达，而期待清晰的倾向所带来的丰富感受。

We leave you in peace, both now and always. Amen.

April 30

With The Eyes Of Love

带着爱的视角

I am the spirit of Him who cleaved the way of truth, Jesus the Christ. I greet you in the full consciousness of love, the spiritual principle which Jesus the Christ lived.

This entity saw all things with eyes of love. And we await each heart that calls to us that we may be, for each, the eyes of love. For as you look upon your day, if it is seen with the eyes of love, it is a perfect day in every way. The tasks put before you to do are those which will be helpful to others or will teach patience and understanding. Those people whom you will meet will feed you with their unique loveliness or will challenge you to find the Christ within the distortions of your mundane world.

这个存在用爱的眼光看待一切。我们等待每一个呼唤我们的心灵，希望能成为每个人的爱的眼睛。因为当你以爱的眼光看待你的一天时，这一天在各方面都是完美的。摆在你面前的任务要么是帮助他人，要么是教会你耐心和理解。你遇到的人会以他们独特的魅力滋养你，或者挑战你在日常世界的扭曲中找到基督。

And so all things are either for joyous and enhanced living or for serious and persistent study to know the mind of Christ, to see with the eyes of Christ.

因此，一切事物要么是为了欢乐和提升生活，要么是为了深入学习以了解基督的心意，去以基督的眼光看待。

Call upon the spirit of love. It was for this reason that this principle was invoked in a personal sense for each and every consciousness within the creation. We have great love for each and await each call with a happy heart.

呼唤爱的精神。正是为了这个原因，这一原则在个人层面上被应用于创造中的每一个意识。我们对每一个存在充满深情，怀着愉快的心情等待每一次呼唤。

We leave you in the peace which cleaves through falsity, that active peace which is love, now and forever. Amen.

May 1

Endless Centers Of Love

无尽的爱之中心

I am of the principle of Jesus the Christ. I greet you in full consciousness; the consciousness which is all that there is; the consciousness of love.

You sit. You listen inwardly. And your universe contracts as meditation lifts you and silence greets you with profound wisdom. Slowly you feel yourself expand. And you are aware of the love all about you: the creatures that fly and walk and crawl and swim, the very motes of dust in the air, the blessed sunshine or the equally blessed rain giving glory to the Father. And as you meditate, your universe expands even more.

你坐下，倾听。你的宇宙在冥想中收缩，而沉默以深刻的智慧迎接你。你渐渐感到自己在扩展。你意识到周围的爱：飞翔、行走、爬行和游动的生物，空气中的尘埃微粒，赐福的阳光或同样赐福的雨水，都在荣耀父亲。随着你冥想的深入，你的宇宙不断扩展。

You are aware that you are an integral part of the sphere upon which you live. The world is your neighborhood. All the sunshine and all the rain of all the world are within you; within the heart; within the consciousness.

你意识到你是你所生活的这个星球的重要组成部分。世界是你的邻里。所有的阳光和雨水都存在于你之内；存在于内心；存在于意识中。

Then your consciousness takes flight and moves away until your home sphere is no longer visible and all about you are endless centers of love, radiating, radiating, radiating.

然后你的意识腾飞，远离，直到你的家园星球不再可见，四周都是无尽的爱之中心，不断地散发、散发、散发。

And as you expand further, you discover that all of the infinite creation—every star, every planet, every ray of sunshine and every creature—lies within your consciousness.

For you and the creation are one.

当你进一步扩展时，你发现所有的无限创作——每一颗星星、每一颗行星、每一缕阳光以及每一个生物——都存在于你的意识中。因为你们是一体的。

Now, you are still sitting upon your blanket, or upon your couch or chair. Yet, the universe is now inside you and you

feel its balance and its grace. You feel also your balance, your grace, and the infinite love that created all that there is.

Nothing is alien to you. All is love. Open your hearts to that infinite truth.

现在，你仍然坐在你的毯子上，或坐在沙发或椅子上。然而，宇宙现在在你内心，你感受到它的平衡和优雅。你也感受到你自己的平衡、优雅，以及创造一切的无限爱。没有什么对你来说是陌生的。一切都是爱。向那无限的真理敞开你的心。

We leave you in peace and love, now and ever. Amen.

May 2

Lift Them To The Lord

将它们献给主

I am that principle which comes in the name of the Lord
Jesus the Christ and I greet you in the full consciousness of
divine love.

We would focus this morning upon the word, “cherish.” All
of you are wounded. Turn to the spirit within and in faith lift
up your wounds, your hearts, and your spirits as an offering
to the Creator, the Father of all.

今天早晨我们将专注于‘珍爱’这个词。你们所有人都有创伤。转向内在的精神，怀着信念
将你们的创伤、心灵和精神奉献给造物主，一切的父亲。

Trust in the spirit of love to create within that offering the
consciousness of cherishing; of lightening the burden; of
lifting the heart; of making a true offering of the self, not just
as a wounded self but as a self that is always in the presence of
healing. It is a right and joyful thing to do; it brings you no
reward but that you have remembered to cherish and praise
the Creator of all.

信任爱的精神，让它在你的奉献中创造出珍爱的意识；减轻负担；提升心灵；真正地奉献
自我，不仅是一个受伤的自我，而是一个始终处于治愈之中的自我。这是一件正确而愉悦
的事，它带给你的唯一回报就是你记住了珍惜和赞美一切的造物主。

As you move through your day, gaze upon the many chores
that seem so mundane and the relationships that do not seem
to be happy, useful or helpful. And once again lift them to
the Lord, cherishing these seemingly ruined gifts.

当你度过一天时，注视那些看似平凡的琐事以及那些似乎不快乐、没用或没有帮助的关系
。然后再次将它们献给主，珍惜这些看似被破坏的礼物。

For it is in the strength of the principle which we represent,
that of divine love, that all these are turned into a cherishing.
For you ask for nothing back, nothing in return but only to
make an offering of your life as it is, as you are.

因为正是在我们所代表的原则——神圣之爱的力量中，所有这些都转化为珍爱。因为你
不求回报，不求任何回馈，只是将你的生活、你的自我作为奉献。

You are cherished. Lift your consciousness and you, too, shall

cherish the mundane and so change it into an offering of
praise, thanksgiving and blessing.

你被珍爱。提升你的意识，你也将珍爱平凡之物，从而将其转变为赞美、感恩和祝福的奉献。

We leave you in the consciousness of healing, completely
unselfish, divine and cherishing love; love that shall give you
peace, now and evermore. Amen.

May 3

True Reality Beyond Doubting

超越疑虑的真相

I am the spirit of living love and I greet you in the
consciousness of Christ.

We find this instrument full of self-doubt. And it would be impossible to use this instrument were it not that the instrument is willing to be clear, regardless of her doubts. We would ask each to use this as a parable for the life experience. 我们发现这个工具充满了自我怀疑。如果不是这个工具尽管心中充满疑虑，仍然愿意清晰地表达自己，那么使用这个工具将是不可能的。我们请大家将此作为生活经验的寓言。

Of course you will have doubts. Of course you will be discouraged. Of course there will be many things that you do not understand. But the strength, the power, and the divinity of the consciousness of love is with each always, far closer than your breathing, far more yourself than your skin and your bones.

当然，你会有疑虑。自然你会感到沮丧。确实会有很多事情你不理解。但是，爱的意识的力量、威能和神性始终与你同在，比你的呼吸更近，比你的皮肤和骨头更贴近你自己。

Know the true reality beyond the doubting. Call upon the spirit of the living God, for you live your life not only in doubt but in the certainty of eternity.

了解超越疑虑的真实现实。呼唤活生生的神性的精神，因为你不仅在疑虑中生活，同时也在永恒的确定性中生活。

We leave you in the everlasting peace of the infinite love of Jesus the Christ. Amen.

May 4

The Wellspring Of Life

生命之泉

I am the spirit of the living Christ. I greet you in the full consciousness of love.

The living wellspring of life comes to each and yet awaits the asking, just as water remains in the pipe until the faucet is turned.

生命的活泉来到每一个人面前，但却等待着请求，就像水在管道中静止，直到水龙头被打开。

The holy city of God stands with plain streets and glass stones until the seeker within its gates opens those gates to let in that vivifying spirit which turns glass to gem and plain streets to crystal seas and golden portals.

上主的圣城以平凡的街道和玻璃石屹立，直到城门内的寻求者打开这些门，让那赋予生命的灵进入，这灵将玻璃变为宝石，将平凡的街道变为水晶海洋和金色门户。

Each seeker already stands at the wellspring of life within the city of God. Yet until the call goes out in full sincerity from the heart of the pilgrim, the manifestation of joy and wholeness cannot be felt.

每个寻求者已经站在上主之城的生命之泉旁。然而，直到朝圣者的心中真诚的呼唤发出，喜悦和完整的显现才会显现。

We stand waiting without the gates for the principle of the full consciousness of love to be asked to enter. We await each call in perfect confidence of the glorious outcome. For all consciousness shall see Christ.

我们站在城门外等待，等待完全爱的意识原则被请求进入。我们以完全的信心期待每一次呼唤的光辉结果。因为所有的意识都将见到基督。

We leave you in peace, now and always. Amen.

May 5

Anchored In Love

扎根于爱中

I am of the principle of Jesus the Christ and I greet you in the consciousness of pure, whole and divine love. May you feel that love as these words surround you and penetrate you, that you may begin your day and continue your day anchored in love.

This instrument was concerned during this morning's offering that she was so irreverent as to make jokes and to laugh with an unexpected caller. May we say forcefully that if the life is lived in the spirit of love, it is a life lived in laughter. It is a life lived in joyful humor. And one who spreads the laughter and the humor spreads the peace and the healing of Jesus Christ, Lord of all.

这个工具在今天早晨的奉献中担心自己表现得如此不敬，竟与意外来访者开玩笑并大笑。我们要强烈地说，如果生活在爱的精神中，那就是充满笑声的生活。这是一种充满快乐幽默的生活。传播笑声和幽默的人传播的是基督的和平与疗愈，祂是万主之主。

Are you afraid of the words "Lord" and "King"? Know that love, the very fabric of consciousness, is Lord and is King of that kingdom of love which you seek. And you do not need to seek in vain. We are of the spirit of Jesus the Christ, Comforter to the world today. And at this moment we say to you, "Live and laugh! Live and be joyful! And you shall live sacramentally and in the kingdom of eternal life."

你是否害怕‘主’和‘王’这两个词？要知道，爱，意识的本质，就是那你所寻求的爱之国度的主和王。你不需要徒劳地寻求。我们是基督的精神，今天世界的安慰者。在这一刻，我们对你们说：‘活出笑声！活出喜悦！你将会在圣礼中生活，在永恒生命的国度中生活。’

We leave you in the peace which passeth all understanding; in the love of Jesus the Christ, now and evermore. Amen.

May 6

Joy Upon Joy

越来越喜悦

I am the spirit of Jesus the Christ and I greet you in the full consciousness of love.

This is the spirit's word for you today: come down from your cross, my children and nourish your faith upon the common ground of ordinary life.

这是今天灵魂对你们的话：我的孩子们，从你的十字架上下来，在平凡生活的共同基础上滋养你的信仰。

There is the concept of suffering. There is the suffering of the past, of the present and of the future. Yet, the spirit of the living God is with you. You need not suffer, but open to faith and hope.

存在着痛苦的概念。过去、现在和未来的痛苦。然而，活生生的神性的精神与你同在。你不必忍受痛苦，而应敞开心扉，接受信念和希望。

The spirit of Jesus the Christ is one of comfort, consolation and strengthening. There is no damage that cannot be mended by faith; a faith that brings about the climate of forgiveness; a faith that brings about the healing of all that is broken; a faith in which fears for the future may not live. For fear is a hothouse flower and when exposed to the love of a living Christ it must perish as a weed before the burning sun.

基督的精神是安慰、慰藉和力量的源泉。没有什么伤害是信仰无法修复的；这种信仰带来宽恕的气候；这种信仰使一切破碎得以疗愈；这种信仰中恐惧无处生存。因为恐惧是温室的花朵，当暴露在活生生的基督的爱中时，它必将如杂草在炽热的阳光下枯萎。

In this light, may you be impregnated with faith upon faith, joy upon joy. To prepare your ground for faith this day, ask in sincerity and truth that it may be so. Ask with all your heart and it shall be so.

在这光芒中，愿你越来越充满信仰，越来越喜悦。为了准备你今天的信仰基础，诚挚而真实地祈求它成为现实。全心祈求，它就会实现。

We leave you in the blessed peace and love of Jesus the Christ, now and ever. Amen.

May 7

Rise And Be Free

起身并获得自由

I am the spirit of the full consciousness of love. I greet you in the love of Christ.

Within the mind does each pilgrim bow before the spirit and fall to the knees upon the dusty floor of human suffering.
每个朝圣者在心中都向灵魂鞠躬，并在人类痛苦的尘土地上跪下。

Yet to the spirit all things are light and love and the holy flame of the principle of Jesus the Christ reaches out to sin and suffering with hand and arm, saying, "Arise! Come and do the work of the spirit, not the work of the bondservant."
然而，对灵魂而言，一切都是光明和爱的，基督原则的神圣火焰伸出手臂，向罪恶和痛苦招呼，说：‘起来！来做灵魂的工作，而不是奴仆的工作。

My children, rise and be free, for that spirit which is love utterly commits and utterly frees the answering spirit of the pilgrim. Answer and be made whole, that the light may shine in and through you and that you may, by your light, lift others from the threshing floor of error.
我的孩子们，起来并获得自由，因为那完全献身和完全释放朝圣者回应的灵魂就是爱。回应并获得完全的疗愈，让光明在你们内外闪耀，通过你们的光明提升他人，脱离错误的‘脱粒场’。

We leave you in the transfiguring peace of the love of Christ, now and forever. Amen.

May 8

The Garden Of The Spirit

灵魂花园

I am of the principle of the full consciousness of love.

I am the garden of your heart. I am the fountain of joy. I dwell in the midst of experience and no creature is far from me at any time.

我是你心中的花园。我是喜悦的泉源。我居住在经验的中心，没有任何生物在任何时刻远离我。

The difficulties of experience may seem like many waters separating the soul from light, separating the thirsty one from wholesome drink. And yet the water of troubles is shallow. And with the feet under one, the soul may stand up into good air and see the fountain of life.

经历的困难可能看似许多水流，将灵魂与光明隔开，将渴望者与滋养的饮水隔离。然而，这些烦恼的水流其实很浅。当双脚踏在其中时，灵魂可以站起身来，呼吸到清新的空气，并看到生命的源泉。

Know that if you are in trouble of any kind today, it is a shallow and unstable trouble, a mere shadow waiting only for the heart to pound with courage and faith, that the feet may be gathered under one and the soul's body be thrust upright.

要知道，如果你今天遇到任何困难，那只是浅显而不稳固的困境，仅仅是一个阴影，只待心中充满勇气和信念，双脚得到支撑，灵魂的身体得以直立。

For truly it is said that man has never left the Garden of the spirit in any but the most shallow sense. A little round of salvation may seem large. Yet because it is a perfect circle you have never been without it.

真正地说，人类从未真正离开过灵魂的花园，只是在最浅显的意义上离开过。一个小小的救赎圆环可能看起来很大。然而，由于它是一个完美的圆，你从未真正离开过它。

We leave you in peace, now and ever. Amen.

May 9

You Are The Holy One

你是神圣的那位

I am the spirit of Jesus the Christ and I greet you in the full consciousness which is divine love.

Sometimes it may seem that troubles surround you, that your easy path seems hedged in at every turn and filled with boulders difficult to climb over and impossible to remove.

有时，可能会觉得困境包围着你，你的道路似乎在每个转角都被围堵，布满了难以跨越和无法移除的大石头。

It may seem to you that you are then comfortless. This is not so. The spirit of Jesus the Christ lives in the world this day, this moment, and for you. You are the holy one we have come to comfort. You are the seeking saint we hope to console. You are the doubting spirit we hope to renew.

你可能会觉得自己没有安慰。但事实并非如此。基督的精神今日、此刻与世界同在，与你同在。你是我们来安慰的圣者。你是我们希望安抚的寻求者。你是我们希望恢复的怀疑灵魂。

Share your responsibilities, your troubles and the difficulties of your path in prayer with those of us who love you most dearly. In that sharing there shall be joy amidst hardship and strength amidst weakness.

将你的责任、烦恼和道路上的困难通过祈祷与那些最深爱你的我们分享。在这种分享中，你将发现艰难中的喜悦和弱点中的力量。

In joy, in strength and in peace we leave you now and ever.
Amen.

May 10

Become Part Of Your Creation

成为你的造物的一部分

I am the spirit of Jesus the Christ and I greet you in the fullness of the blessing of love.

There is so much in a day that goes unnoticed; the beautiful color of the sky and the twitter of birds. Seen from the windows of your transport, the world seems surreal and apart from you.

一天中有许多事物未被注意：天空的美丽色彩和鸟儿的鸣叫。从你交通工具的窗户看出去，世界显得如梦如幻，与此同时却与你隔离。

Let it not be that way this day for you. Enter into the majesty and glory of the creation of the Father. Raise your hands in joy to the sky. Feel the life beneath your feet. Touch the living branches of the beautiful trees. Do these things as a blessing to yourself. For this beauty was made for you, and if your eyes do not appreciate it, it must bloom unseen. Become part of your creation this day. Find the peace and the joy that leaps from every living branch.

今天不要让情况如此。进入父亲创造的壮丽和荣耀中。举起你的手，欢欣地向天空致意。感受脚下的生命。触摸美丽树木上生机勃勃的枝条。这样做是对你自己的祝福。因为这份美丽是为你而造的，如果你的眼睛不欣赏它，它只能在无人见证中绽放。今天成为你创造的一部分。发现每一根生机勃勃的枝条中跃动的平静与喜悦。

We leave you in that peace, now and ever. Amen.

May 11

The Details Of Daily Life

日常生活的细节

I am of the principality of heaven and of the nature of love. I greet you in that consciousness which is the love of Christ.

We find within this instrument the experience of wrestling with the dark angel of desire. For as the instrument's brighter angel desires to tend towards the living Christ, yet the busy bee mind engages wholeheartedly and insistently in wrestling the attention towards smaller and smaller details of the daily life, so that all feeling of continuity and wholeness is lost and the earthen vessel which is the body seems in place for no reason except to attend to a myriad of details.

我们在这个工具中发现了与欲望的黑暗天使搏斗的经历。虽然这个工具中的光明天使渴望向活生生的基督倾斜，但繁忙的思绪却全心全意、坚决地将注意力集中在日常生活中越来越琐碎的细节上，以至于所有的连续性和整体感都丧失了，而作为容器的肉体似乎存在的唯一理由就是处理无数的细节。

Yet it is truly said that great treasure may lie within and be reflected from and through just these earthen vessels. And so the struggle is well continued.

然而，确实可以说，伟大的宝藏可能就存在于这些泥土般的容器中，并通过这些容器反射出来。因此，这场挣扎是值得继续的。

Indeed, the simple knowledge that there is an alternative to a life without a unifying spirit enlivens and beautifies the intentions and thus the deeper desires of the pilgrim. The Holy Spirit of the living God wishes never to intrude but to invite the strength of love to enliven the drab details of daily life. And so shall it be done. The struggle shall give way again and again to victory.

确实，知道生活中存在一种统一精神的选择，会使朝圣者的意图和更深的渴望充满生气和美丽。活生生的上主的圣灵不愿干扰，而是邀请爱的力量使日常生活中那些单调的细节充满生机。因此，这将会实现。挣扎将一次又一次地让位于胜利。

We leave you in the peace of the spirit's continuing struggle to seek the full consciousness of love, for that is only the surface appearance. What one seeks, one shall surely find. Peace to you, now and ever.

May 12

Whence The Spirit Shall Blow

精神将从何而吹

I am of the principle of Jesus the Christ. I greet you in the full consciousness of love.

At the beginning of time the spirit moved upon the face of creation and light shone forth upon the darkened portions of the Earth.

在时间的开始，精神遍布造物，光明照耀在地球黑暗的部分。

The spirit of the living God is a light which comes from beyond time, a light which encompasses all times and places, a light which may move as it will from past to present, from future to past.

活生生的上主的精神是一种来自超越时间的光，它包罗所有的时间和地点，这种光可以随意移动，从过去到现在，从未来到过去。

Nothing is closed to the light of love and the spirit of that love moves as it wills. Thus is it ever impossible to know whence the wind of spirit shall blow nor whither it tends. The only prayer of the spirit-filled being is a prayer of surrender. For plans may be made, but the spirit may well overturn the plans of man.

没有什么对爱的光芒是封闭的，而爱的精神会随心所欲地移动。因此，永远无法知道精神的风将吹向何处，也无法预测它的去向。充满精神的存在唯一的祈祷是祈求顺从。因为虽然可以制定计划，但精神可能会彻底推翻人的计划。

Yet is not the strong action suggested by spirit more desirable than all the ordered series of actions without the spirit of love in the universe?

然而，精神所暗示的强有力的行动岂不比宇宙中所有没有爱的精神的有序行动更为可取吗？

We leave you in the peace of the mind's surrender to eternity and the forces of love, now and ever.

May 13

All Are Loved

一切被爱

I am of the principle of the divine consciousness of love and I greet you in that love.

We find, as we often find in using this instrument, that the instrument so despairs of its own worth in the spiritual sense as a fit conduit for the Holy Spirit of the Lord Jesus Christ that it is almost impossible for an open channel to be held in a stable manner.

我们发现，就像我们在使用这个工具时常常发现的那样，这个工具在精神层面上对自己作为基督圣灵合适的媒介感到如此绝望，以至于几乎无法以稳定的方式保持一个开放的通道。

It is unfortunate that the perception of so many pilgrims is that in some way they must earn by worth or works the right to spiritual experiences. Indeed, it is just in the opposite way that the spirit may work. For if an entity is concerned at all with self the concern aids in blocking the free flow of the spirit.

很遗憾，许多朝圣者的看法是，他们必须通过自身的价值或行为来赢得精神体验的权利。实际上，精神可能正好以相反的方式工作。因为如果一个存在对自我有所担忧，这种担忧会阻碍精神的自由流动。

Once the desire for surrender to the spirit is clear within a pilgrim there is far less resistance to the flow of energy which is the hallmark of the spirit. And so we suggest to this and all pilgrims who are concerned that they are not worthy of spiritual gifts that no one is worthy or unworthy. All are loved.

一旦朝圣者内心对顺从精神的渴望变得清晰，对精神的能量流动的抵抗就会大大减少，这种能量流动是精神的特征。因此，我们建议所有担心自己不配获得精神恩赐的朝圣者，没有人是值得或不值得的。所有人都是被爱的。

We leave you in the peace of love, which demands and expects nothing but the beautiful essence of each and every spirit, now and ever. Amen.

May 14

What Shall The Day Bring?

一天从何开始？

I come in the name of Jesus the Christ and greet you in the full consciousness of love.

What shall the day bring? This question lies upon the fearful brow of one who hesitates in the morning to gaze steadily at the day's offerings.

这一天将带来什么？这个问题在早晨犹豫不决的人额头上的恐惧之中，阻止他稳稳地注视一天的馈赠。

We encourage each instead to rejoice in what the day brings, whatever it may be. The enjoyment of it is the perfect gift of perfect love. Seize it. Relish it. And, in the best way given, deal with it appropriately.

我们鼓励每个人去欢欣接受一天带来的所有东西，无论它是什么。享受这一切是完美爱的完美礼物。抓住它。品味它。并以最佳的方式妥善处理。

But know, too, that this, indeed this very moment, is the moment which is given for peace, joy, rejoicing and happiness; this moment and no other. Feel the fullness of the spirit of the living Christ within and open to the splendor of the morning.

但也要知道，这一刻，确切地说，就是这一刻，是赋予我们和平、喜悦、欢庆和幸福时刻；只有这一刻，而不是其他时刻。感受活生生的基督的灵在你内心的充盈，迎接早晨的辉煌。

We leave you in the bracing wind of spirit and the perfect peace of acceptance, now and always.

May 15

Sacramental Waiting

神圣的等待

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

This instrument gave us our lesson this morning, our words to the world, and our comfort to the nations, by its own experience. For it was heavily beleaguered by entities which were not of the principle of Jesus the Christ. And again and again there were attempts made to open the channel to associates that were not desirable to this instrument.

这个工具今天早晨通过它自身的经历给了我们课程、对世界的话语以及对各国的安慰。因为它遭遇了许多不是基督原则的存在的围攻。一次又一次地，不适合该工具的存在尝试开启通道进行联系。

Finally all was quiet and this instrument prayed, "I am content with the silence if I cannot hear the voice of love."

最终，一切平静下来，这个工具祈祷道：“如果我不能听到爱的声音，我愿意满足于沉默。”

Our key word this day is "presence." Many, many situations seem unendingly to press upon the self with their wrongnesses and incorrectnesses. Nothing can be saved. All must be cast away. And the effort one has put into that situation seems lost.

我们今天的关键词是“存在”。许多情况似乎无休无止地向自我施加其错误与不当之处。没有什么可以挽救，一切都必须被抛弃。而在这些情况中投入的努力似乎也都付诸东流。

It is not lost. It is that which empowers the heart to patience; quietness of spirit; trust and faith in the midst of no evidence to support faith. The waiting one does for wisdom is sacramental. The disposing of that which is not desirable is sacramental. Nothing that you do for the love of the Father is ever lost. So wait you in quietness and do not be moved by the small wounds of insignificant discomfort.

它并没有丧失。它赋予了心灵耐心的力量；灵魂的宁静；在没有证据支持信仰的情况下的信任和信念。等待智慧的过程是神圣的。处理那些不合意的事物也是神圣的。你为天父的爱所做的一切永远不会丧失。所以，你要静待，不要被那些微不足道的小伤痛所动摇。

We leave you in the peace which does not demand
confirmation but accepts silent, sacramental waiting; that
peace which the outer world will never know, now and ever.
Amen.

May 16

Go Abroad In Happiness

带着幸福走向世界

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

Be it known that happiness is not necessarily a burden. We say this because we find this instrument, this morning, bemoaning the awkwardness of a happy spirit which does not seem to produce the fruits that an unhappy spirit produces. 请知悉，幸福不一定是负担。我们这样说是因为我们发现这个工具今天早晨在哀叹一种幸福的心灵的笨拙，而这种幸福似乎没有产生不幸的心灵所能产生的成果。

The spirit is with each always, not only in times of trouble but also in times of rejoicing. It is the soul's difficulty that in times of happiness it is far easier to become oblivious to the wants and needs of the spirit within. The spirit within would always be giving. And, indeed, the happy soul is often content to stay at home amidst the accoutrements of living which have produced such contentment. 精神常与每个人同在，不仅在困境中，也在欢乐时光中。精神的难题在于，在幸福时刻，往往更容易忽视内在精神的渴望和需求。内在的精神总是愿意给予。而事实上，幸福的灵魂常常满足于留在生活的装饰物中，这些装饰物带来了这样的满足感。

Therefore, go abroad in happiness, sensitive as always to the winds that blow from the spirit saying, "Come hither! Touch, feel and sense the spirit at work in and through each soul!" 因此，带着幸福走向世界，像往常一样对精神的呼唤保持敏感，它在说：“过来吧！触摸、感受和体验精神在每个灵魂中和通过每个灵魂的工作！”

We hope we leave you in a state of readiness; readiness to turn outward to others and inward to God. In that balance lies peace, now and forever. Amen

May 17

Hope Is Always A Choice

希望永远是一个选择

I am of the principle of Jesus the Christ and I greet you in the divine wholeness of love.

This contact is very weak, as this instrument is very weak. A great deal of the strength or weakness of a person's essential being hinges upon its desire to be strong. Why would one wish to be weak? Because one is lacking in hope.

这种接触非常微弱，因为这个工具非常虚弱。一个人内在的强大或虚弱在很大程度上取决于其渴望变得强大。为什么会有人希望变得虚弱？因为他们缺乏希望。

Why would one wish to lack in hope? It is not seen that this is open to the process of choice. Yet hope is always a choice. Despair is only one side of the coin which may be turned by the will, at any moment, by anyone, in any circumstance, to hope. Thus we say to you this morning, "Hope! Hope in little things! Hope in grand things! Fill your hearts, your bodies, and your minds with the strength of hope."

为什么会有人希望缺乏希望？这似乎不是一个可以选择的过程。然而，希望总是一个选择。绝望只是硬币的一面，任何人、在任何情况下、随时都可以通过意志将其翻转为希望。因此，我们今天早晨对你们说：“希望！在小事中希望！在大事中希望！用希望的力量充满你们的心灵、身体和思想。”

For hope is unending and is that which guides the weary spirit to its place of rest where it may gain strength. And hope shall be turned into joy.

因为希望是无尽的，它引导疲惫的灵魂到达休息的地方，在那里它可以获得力量。希望将转化为喜悦。

This is part of the grace of the spirit of love that lives amidst each conscious entity. This is part of the comfort that may astound and transform your experience. This is for you! These are not vain words.

这是存在于每个有意识的实体中的爱的灵的恩典的一部分。这是可能使你的经历感到惊讶和转变的安慰。这是为你而设的！这些不是空洞的话语。

You who despair, turn your mind to the power of hope. Gaze

upon it as upon a star and affix your intentions upon it with
perseverance. And so shall you be made strong, to be the will
of the Father.

你们这些绝望的人，将心思转向希望的力量。像注视星星一样注视它，并以毅力坚定你的
意图。如此，你将变得坚强，成为天父的意愿。

In love and peace unending do we leave you. Amen.

May 18

Turn From Your Books

离开你的书本

I am of the principle of the spirit of Jesus the Christ and I greet you in the full consciousness of love.

Behold, my children! There is a boundless curiosity in you, a drive to know the wisdom and understanding of the universe. And to this end you bestow many long hours on study and contemplation of the divine mysteries.

看啊，我的孩子们！你们心中有着无尽的好奇心，渴望了解宇宙的智慧 and 理解。为此，你们花费了许多长时间去研究和思考神圣的奥秘。

And yet the language of the spirit is not wisdom but love and it is through ecstasy that teaching is done. Thus turn from your books, you students of the consciousness of life, and stretch out your arms to joy. Moved by the infinite rejoicing echoing throughout the creation, the seeker will finally come to know wisdom by being that which wisdom is, whole and complete, in the consciousness of love.

然而，精神的语言不是智慧而是爱，通过狂喜来进行教导。因此，转离你们的书籍吧，你们这些生命意识的学生，伸出双臂去拥抱喜悦。被创造中回荡的无限欢庆所感动，寻求者最终将通过成为智慧所是的整体和完整，认识到智慧，在爱的意识中。

We leave you in the peace of that love, now and always.

Amen.

May 19

The Spirit Of Adventurous Space

精神冒险的空间

I am of the principle of the love of Jesus the Christ. I greet you in the full consciousness of love.

This instrument has been anxious this morning, wondering if the spirit came and went in the night, marveling that rather than feeling porous and full of the spirit she feels hard and flinty as a rock.

这个工具今天早晨感到焦虑，担心精神是否在夜间来去，惊讶于她感到的不是充满精神的柔软，而是像石头一样坚硬和坚韧。

Are all who seek so full of fears in the night watches and the mornings when all is not just as would be wished?

所有寻求者在夜晚的守望和早晨的时刻，当一切并非如愿以偿时，是否都充满了恐惧？

We encourage in all who are timid the spirit of adventurous space. Allow the self to expand, not to include new territories but to include space: space within the self; space within the personality; space within the day.

我们鼓励所有胆怯的人培养冒险的精神。让自我扩展，不是为了包含新的领土，而是为了包容空间：自我内部的空间；个性中的空间；一天中的空间。

Those spaces may be filled by those whims and hunches which come to one who has allowed space; those hunches and whims that cause one to reach out and express the spirit of love.

那些空间可以被那些突如其来的灵感和直觉填满，这些灵感和直觉会促使人们伸出手来表达爱的灵。

It is in small things that the spirit is transmitted from one to another of the children of God. And there is never any holiday from the spirit's promptings, not in the night watches and not in the morning nor any time whatsoever.

精神在微小的事物中从一个神的孩子传递到另一个神的孩子。精神的召唤没有假期，无论是在夜晚的守望中，还是在早晨，或任何时刻。

We leave you in the peace of the constant presence of divine love, now and always.

May 20

Sins Flee Before Love

罪在爱面前逃避

I am of the spirit of the full consciousness of love and I greet you in the name of Jesus the Christ.

This instrument has little awareness of true holiness this morning. This is the state of almost every spirit who dwells within the earthly bonds of flesh. It was some time before we were even able to make ourselves known to the instrument and this is an instrument trained to recognize coherent spiritual vibration.

这个工具今天早晨对真正的圣洁感知甚微。这几乎是所有居住在肉体束缚中的精神的状态。我们花了一些时间才得以使自己显现给这个工具，而这个工具已经训练有素，能够识别一致的精神振动。

The reason for this is the in-turning of the eye of spirit upon the self in order to bemoan what the spirit feels is sinful or full of error. When each spirit causes the flow of generous love to turn in upon itself in judgment of the self, the flow of love is forced to a standstill within the judgmental spirit.

这原因在于精神的目光转向自我，以哀叹灵感受到的罪恶或错误。当每个精神使慷慨的爱流转向自身，对自我进行评判时，爱的流动在判断的灵中被迫停滞。

It is true that there is no earthly body which is not a creature of flesh. And it is further true that many are the follies of flesh and countless their encumbrances. However, to unstop the flow of love it is well simply to release each sin perceived and turn with a glad and simple heart towards the direction of the full consciousness of love. For love does not come into the sinful being but, rather, sins flee before the full consciousness of love.

确实，没有一个地上的身体不是肉体的产物。进一步说，肉体的愚蠢是多么众多，障碍也是数不胜数。然而，为了畅通爱的流动，最好的方法是简单地释放每一个感知到的罪，并以喜悦和纯真的心转向爱的全意识方向。因为爱不会进入罪恶的存在，反而是罪恶在爱的全意识面前逃避。

Do not attempt to groom the self to be ready to receive the spirit of Christ but, rather, open to the spirit of Christ in the knowledge that every strength will be given by that spirit for

all errors to be removed in due time.

不要试图让自我准备好接纳基督的精神，而是要以开放的心接纳基督的精神，知道那精神会赋予你一切力量，以便在适当的时间去除所有错误。

We leave you in the peace of the positive and radiating love of Christ, now and ever. Amen.

May 21

Burdens Laid Down In Faith

以信仰卸下的负担

I am of the principle of the love of Jesus the Christ and I greet you in the full consciousness of that divine love.

The instrument experiences much confusion at this time and we find it very difficult to channel through her. The Holy Spirit, with its fiery strength, is perhaps for many a dim voice, heard with confused ears. We come in the name of love and yet love itself is not a plunderer. Rather, we await the opening of the door of confusion and the removal of inner tension.

此刻这个工具经历了许多困惑，我们发现很难通过她传递信息。圣灵以其火热的力量，对于许多人来说，也许只能用混乱的耳朵听到一个模糊的声音。我们以爱的名义来到这里，但爱本身并非掠夺者。相反，我们等待的是困惑之门的开启和内在紧张的解除。

There is, in those who are confused, a feeling that all things must be held together by the self. Yet we say to you that there is no swifter road for the spirit to enter than that road made by the faithful seeker who lays down control of a difficult situation and says with a whole heart, "Not my will, but Thine." Then it is that we who are single as a flame and yet several and multiple as many tongues of fire may come in and lighten the darkness of confusion with love. May burdens be laid down in faith by many this day.

在那些困惑的人中，有一种感觉认为所有事物必须由自我来维系。然而我们告诉你，灵魂进入的捷径就是那个忠实的追求者放下对困难情况的控制，全心全意地说‘不是我的意愿，而是祢’。那时，我们这些如火焰一般单一却又如多重火焰般众多的存在，可以进来用爱照亮混乱的黑暗。愿今天许多人以信仰卸下负担。

We leave this instrument in the hope of peace, now and ever.

May 22

The City Of God

上主之城

We are of the principle of the living Christ and we greet you
in the full consciousness of love.

For many days the instrument has felt beleaguered and
puzzled. And so we turn the mind of the instrument to
patience and waiting. There are times during the life
experience—and it is designed in just this way—when the
overwhelming nature of experience is such that the conscious
mind is pulled away from that great, slow rhythm of the
consciousness of love. The mind, then, is receptive not to the
city of God but to the city of man.

许多天来，这个工具感到疲惫和困惑。因此，我们将工具的心思引导向耐心和等待。在生命经历中——它就是以这种方式设计的——有时体验的压倒性本质使得意识的有意识部分被从那种缓慢而宏大的爱之意识的节奏中拉扯出来。于是，心灵变得不是接受神的城，而是接受人的城。

Yet that high and holy hill exists in the world as well as
outside of it. And it is in quietness and peace of mind that
this kingdom is to be seen. Yet also is it to be seen in the
beauty that informs each and every work of God and of man.

The city of God, that glad place where man may tabernacle
with his Creator, lies within as well as in the world to come.

然而，那座高洁的山丘既存在于世界之中，也存在于世界之外。这个国度在宁静和平静的心境中得以显现。同时，它也在每一个神与人的作品中所蕴含的美中得以显现。神的城，那是人可以与造物主同住的快乐之地，既存在于内心深处，也存在于未来的世界中。

May each who frets and worries sink into quietness and peace
of mind, thus to discover the Holy City and God's will.

愿每一个焦虑和担忧的人都沉浸于宁静和平和的心境中，从而发现圣城和上主的旨意。

We speak to you in love and peace, now and always.

May 23

The Touch Of The Spirit

精神之触

I am of the spirit of Jesus the Christ and I greet you in the consciousness of love.

We find this instrument contemplating the lightness of our touch upon its consciousness. Would this instrument wish the Holy Spirit to come upon it in such power that it were struck blind? There are times when the spirit must come upon one or many in the boldest strokes of light and thunder. Yet far more often is the spirit's influence felt in the light movements of the wind of love's consciousness upon the texture and fabric of your illusion.

我们发现这个工具在沉思我们对其意识的轻柔触碰。这个工具希望圣灵以如此强大的力量降临，使它感到如同被击中而失明吗？有时，灵魂必须以最大胆的光芒和雷鸣的方式降临于一个人或多人身上。然而，更为常见的是，灵魂的影响在爱之意识的微风轻拂下，感受到在你们幻象的质地和织物上的轻柔运动。

Yet if it is desired that greater light in greater strength strike the life, the pilgrim may seek to condemn, vilify and persecute those things which it does not understand. Then the spirit, soft and sweet, becomes dire and terrible and light becomes awesome.

然而，如果期望更强大的光芒照耀生活，朝圣者可能会试图谴责、诋毁和迫害那些它不理解的事物。这样，原本柔和甜美的灵魂变得严厉可怕，光芒也变得令人敬畏。

May your ways be unbound by judgment and may the spirit touch you in peace, now and always. Amen.

May 24

Peace, Be Still

平静，安静

I am the principle of infinite compassion which is the love of Jesus the Christ and I greet you in this love.

So many doubts assail your minds; so many self-destructive thoughts; so many stumbling blocks which each seeker puts in its own way through doubt. Let us speak to you of faith.

你们的心灵受到许多疑虑的袭击；许多自我毁灭的思想；许多的每个追寻者因怀疑而设下的障碍。让我们与你们谈谈信仰。

In all of the ways of existence there are those things which one may question. Yet, undergirding all that there is, is a mysterious splendor of that which was created by love.

在所有存在的方式中，有些事物是可以被质疑的。然而，支撑一切的，是由爱创造的神秘光辉。

The attitude of faith asks no words, brooks no sentiments, and discusses no implications. Faith is that abiding belief that a kindly Creator has a will for each to learn and to grow spiritually and to be of service to others.

信仰的态度无需言辞，不容情感，也不讨论暗示。信仰是那种持久的信念，相信仁慈的造物主对每个人都有意愿，让他们在精神上学习和成长，并服务于他人。

Many situations seem quite devoid of that opportunity. Do not be fooled. When you can, show faith. When you can gaze upon the stormy waters and say, "Peace, be still," within yourself, then you have not dogma or doctrine but a solid rock upon which to stand and the overreaching arms of the Father to protect you, comfort you, and hold you as you walk the steps of the seeker.

许多情况似乎完全没有这样的机会。不要被欺骗。当你能够展现信仰时，当你能够对汹涌的水面说‘平静，安静’时，你就拥有了不仅仅是教条或理论，而是一块坚实的岩石作为立足之处，以及天父的宽广臂膀来保护你、安慰你，并在你追寻的道路上支持你。

We leave you in the peace and joy of that mysterious journey, now and ever. Amen.

May 25

Life Within Each Cell

每一个细胞中的生命

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

The answer to many riddles lies beneath the surface of stone and earth and all things which seem hard, uninteresting and mundane. The life within the stone and the earth and all things is an eternal part of the spirit of living love and exists in an eternal fashion.

许多谜底隐藏在石头、泥土及所有看似坚硬、无趣和平凡的事物的表面之下。石头和泥土以及所有事物中的生命是活生生的爱的精神的永恒一部分，并以永恒的方式存在。

The life within each cell of the physical body rests in eternal life also, so that far from being a creature of darkness, the living body dwells in eternity as it dwells within the Earth sphere.

每个身体细胞中的生命也休息在永恒的生命中，因此，活生生的身体远非黑暗的生物，它在地球领域中生活的同时，也在永恒中存在。

Open the thought about the body to the knowledge that it is instinct with the Holy Spirit of the living God and call upon the eternal life and health of each cell. Then you may feel the excitement of the cells of the body receiving permission to be what each cell truly is: a perfect representation of love.

把对身体的思维开放到这样：它充满了活生生的神圣灵，并呼唤每个细胞的永恒生命和健康。这样，你可能会感受到身体的细胞获得许可成为它们真正的存在：爱的完美表现。

We leave you in the peace of that love, now and always.

Amen.

May 26

The Spirit Of Love

爱之精神

I am the spirit of Him who comes in the name of the Lord.

All things dwell within the love of God. The love of God is a power which emanates from each living thing. Long before one reaches another person the two sendings of love have intertwined and greeted each other.

一切事物都存在于上主的爱中。上主的爱是一种从每个生物中散发出的力量。在一个人与另一个人接触之前，两者的爱意已经交织在一起并互相问候。

There are those whose sensitivity causes them to find pain in the contact with the love of the Creator and pain in the contact with other souls. For the love of God is a strong and vibrant thing and one which removes one's isolation completely.

有些人因敏感而在接触造物主的爱和其他灵魂时感到痛苦。因为上主的爱是一种强烈而充满活力的东西，它会完全消除人的孤立感。

Yet even in the midst of isolated countryside, that consciousness which emanates and exudes as the love of the Creator is sent out by each creation of the Father, each flower, grass and tree.

然而，即使在孤立的乡村中，那种作为造物主之爱的意识也从每一个父亲的创造物中发出和散发，包括每一朵花、每一株草和每一棵树。

There are some sensitive souls who must then seek the cave. There the emanations of stone, water and air are silent or at least quiet enough that the soul who works alone may find rest.

有些敏感的灵魂因此必须寻求洞穴。在那里，石头、水和空气的散发是沉默的，或至少安静到足以让独自工作的灵魂找到休息。

We urge each to open the doors of acceptance to the life of the spirit of love in people and places and circumstances, but even if we speak to one within a cave we know that the love of God in Christ shall work with you at your chosen speed.

我们鼓励每个人向爱之精神的生命开放心门，无论是在人与人之间、在地方上还是在各种环境中。即使我们对在洞穴中的人说话，我们也知道，基督里的爱会以你选择的速度与你

同行。

Peace be with you, now and always.

May 27

Hunger And Hope

饥饿和希望

I am the spirit of the living Christ and I greet you in the full consciousness of love.

This instrument has been bewildered, as we have flooded the instrument with images of hunger, poverty, entities without homes, without shelter, without clothing, and without hope.

这个工具感到困惑，因为我们向其传达了饥饿、贫困、无家可归、无庇护、无衣物和无希望的像。

This is a part of the perfect beauty of your illusion. This is that which may be found, not just in other places, but in yours. The spirit of Christ speaks to the world in love, in peace, and in service. What shall you do this day to acknowledge that your very selves are hungry?

这是你们幻象完美之美的一部分。这不仅可以在其他地方找到，也可以在你们自己之中找到。基督的精神以爱、和平和服务向世界讲话。你们今天将如何承认你们自己也感到饥饿？

Seek in your heart to find a call to renew, revive and replenish the concept of hope, for you are the spirit of Christ in the world today. Your hands give heavenly food as well as provender.

在你们的心中寻求更新、复兴和补充希望的召唤，因为你们今天是世界上基督的精神。你们的手既提供天上的食物，也提供日常的粮食。

Above all hunger and disorder, may you see the overriding and underlying peace of Jesus Christ, now and ever. Amen.

May 28

Be Christ

展现基督

I am the spirit that is meek, the heart that is humble, and the hand that is turned to service. I come to you as the spirit of the infinite love of Jesus the Christ.

Reach out your hand. You see before you an illusion. Yet within the illusion of that hand is warm flesh and blood, a tool and resource for the manifestation of this humble spirit of love. 伸出你的手。你面前所见的是幻象。然而，在那只手的幻象中蕴含着温暖的血肉，是展现这朴素爱之精神的工具和资源。

Open your mouth and give voice. You may give voice in manifestation of the love of Christ. It is not necessary to be loud, dramatic and strident to know within that the infinite love of Christ goes before you and behind you and upon either side and that your stretched-out hand, therefore, though meek, has all the infinite power of the love of Christ.

张开你的嘴，发出声音。你可以通过声音展现基督的爱。无需大声、戏剧化或激烈，只需内心明白，基督无限的爱在你前面、你身后以及两侧环绕着你，因此，即使你的伸出之手是温和的，它也拥有基督爱的无限力量。

Be Christ in manifestation to those who are seeking and hungering for the truth.

在寻求和渴望真理的人面前展现基督。

We leave you in the peace that passes all understanding; in the love of Jesus the Christ, now and forever. Amen.

May 29

Use The Light Of Christ

使用基督的光

I am of that principle known to you as the consciousness of Jesus the Christ and I greet you in full and divine love.

This morning, as we sit with you in meditation, we who comfort urge you to feel the love of Christ and the light of Christ as it is with you at this moment.

今天早晨，当我们与你一起冥想时，我们这些安慰者鼓励你感受基督的爱和光明，因为它们此刻与你同在。

Know that the light of Christ moving through your eyes shall enable them truly to see.

基督的光通过你的眼睛移动，并将被真正地看到。

Know that through the perfect light of Jesus the Christ your ear may be made truly to hear.

通过耶稣基督的完美光芒，你的耳朵将真正地听见。

Know that as the divine light of the spirit of Christ plays through your mind, disturbances shall be blessed by the addition of light. And the fire of divine love shall burn out the brush fires of petty emotion.

当基督的神圣光芒在你心中闪烁时，干扰将因光的加入而得到祝福。神圣之爱的火焰将燃尽琐碎情感的杂草。

Visualize, acknowledge and use the light of Christ when you open your mouth; when you extend your hand; when you learn and when you teach. For the light of Christ renews all things.

在你张嘴时、伸出手时、学习时和教导时，去可视化、承认并运用基督的光。因为基督的光会更新万物。

And each thing that is renewed, in turn may then recreate that which seems, in this light, to be able to become more blessed and more whole, more at balance and more at peace.

每一件被更新的事物，反过来都可以重新创造在这光中看似能够变得更加蒙福、更加完整、更平衡、更宁静的事物。

May the light, the love, the joy and the peace of Jesus Christ
be with you now and evermore. Amen.

May 30

Seek The Light Heart

寻求轻盈的心

I am of the principle of Jesus the Christ and I greet you in the full consciousness of that perfect love.

When souls harden their hearts by judgment they become out of balance. And if they ask for the spirit to move within them, the spirit will act as a gentler and softener, that the heart may become humble and balance be obtained in the life experience.

当灵魂因评判而使心变得僵硬时，它们会失去平衡。如果它们请求精神在其中运作，精神将以更温和和柔软的方式行动，使心变得谦卑，平衡生活体验。

When, as with those to whom we speak this day, a soul has a heart over-soft and over-sensitive towards others, then it is that the heart is hardened towards the self and that same spirit of love being summoned moves into the consciousness to restore balance by enlivening and strengthening the heart to have compassion upon the self and thus to bring balance.

当一个人像今天我们与之交谈的人一样，拥有一颗对于别人过于柔软和敏感的心时，那么他的心就会对自身变得坚硬，而同样的爱的精神被召唤，进入意识，通过振奋和增强心脏对自身的同情心来恢复平衡，从而带来平衡。

The spirit speaks variously to each soul with one hope and that is that each soul may come more and more into the knowledge and experience of the wholeness of perfect love. Condemn not others or the self, but seek the light heart, the merry laugh, and the strong arm of the Comforter within.

精神以不同的方式对每个灵魂讲话，只有一个希望，那就是每个灵魂能够越来越多地体验和认识完美爱的完整性。不要谴责他人或自己，而是寻求轻松的心态、愉快的笑声和安慰者内在的强大支持。

May each dwell in the freedom and peace of Jesus the Christ, now and ever.

May 31

Slow Down!

请慢下来

We are of the principle which is called the spirit of Jesus Christ and we greet you in perfect love.

How your minds are scurrying this morning! What room does the spirit have to speak when there is so much of small detail and little meaning that covers your mind like a blanket? Can the spirit of the Father and the joy of Christ enter into any cracks in this mind filled with haste and hurry, fluster and worry?

你的思绪今天早晨是多么忙乱！当心中充满了许多细节和微不足道的事情，如同覆盖在心上的一层厚重的毯子时，精神还有什么空间可以讲话？天父的精神和基督的喜悦能否进入这个充满匆忙、慌乱和忧虑的心灵中的任何缝隙？

Slow down! You cannot be peaceful if you give too much importance to things that have no peace in them. Your world is not built of paper or the information upon that paper. It is built, rather, of people who move their paper and their business back and forth, forgetting to allow space for themselves to be born of the spirit and to grow in Christ.

放慢脚步！如果你过于重视那些没有平静的事物，你无法获得内心的安宁。你的世界并非由纸张或纸上的信息构成。实际上，它是由那些来回处理纸张和事务的人组成的，他们忘记了给自己留出空间，以便从精神中诞生，并在基督里成长。

Seek the comfort that this world's business and hurry can never have, for the sake of Jesus Christ.

寻求这个世界的事务和匆忙所无法给予的安慰，为了基督。

In love and peace we leave you, now and ever. Amen.

June 1

Eternal Peace

永恒和平

I am the voice of Jesus the Christ in the world today. I greet you in the full consciousness of love.

The kittens upon this instrument's lap bask in each other's affection. The sounds of the neighborhood, the barking of dogs, the singing of birds, the crunch of far-away tires on gravel filter gently through the cool summer morning and all seems ecstatic, peaceful and easy.

小猫们在这个乐器的膝盖上相互依偎，享受着彼此的亲密。邻里的声音——狗吠声、鸟鸣声、远处轮胎碾压碎石的咔嚓声——在凉爽的夏晨中轻柔地传来，一切都显得那么欣喜、宁静、轻松。

Yet this is a peace of this experience. There is a further peace, a peace beyond understanding, the advent of which comes to one who finally perceives the eternal peace of which all the sensual descriptions are but small manifestations.

然而，这只是这种体验中的一种和平。还有一种更深层次的和平，一种超越理解的和平，它会降临到那些最终领悟到永恒和平的人身上，而所有感官描述不过是这种和平的小小显现。

Carry this eternal peace in your thoughts, in your heart, and in your actions this day. The situations that seem not so peaceful to the world may still be blessed by your perception, founded in Christ.

把这永恒的和平带在你的思想、心中和行动中。那些看似不那么平和的情境，可能仍会因你基于基督的感知而受到祝福。

It is in the love and the peace of Jesus the Christ that we leave you now and always. Amen.

June 2

Your Connection With Eternity

与永恒的连接

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

Experience in this moment the fullness of joy. Let go of every limitation, every negative thought, and everything that may keep you from perfect joy. Experience this natural and wondrous feeling in its purity and allow it to remove your consciousness from the mundane concerns of a limited world.

在这一刻体验满满的喜悦。放下所有的限制、每一个负面思维，以及任何可能阻碍你获得完美喜悦的东西。纯粹地体验这种自然而奇妙的感觉，让它将你的意识从有限世界的琐事中解脱出来。

You are creatures of a human lifetime and in that expression you may offer certain gifts. The ground of these gifts, however, lies in your connection with eternity.

你们作为人类的一生，在这种表现中你们可以提供某些礼物。然而，这些礼物的根基在于你们与永恒的连接。

We leave you in love and peace, both now and always. Amen.

June 3

How Quickly The Moment Passes

时间飞逝

I am the voice of Jesus Christ in the world and I greet you in the full consciousness of love.

How very quickly the moment passes! How very swiftly the days run together! How soon each sunset comes upon those who dwell in sunlight! And in the end, how rapidly and suddenly does the daylight end, the night come, and the body become dust once again.

时光是多么迅速地流逝啊！日子是多么迅速地交替着！对于那些生活在阳光中的人来说，每一个日落来得是多么快啊！最终，光明是多么迅速而突然地结束，夜晚来临，身体再次化为尘土。

You, my children, dwell in dust, yet you are not dust.
你们，我的孩子，生活在尘土中，但你们并不是尘土。

You dwell in time, yet you are not time.
你们生活在时间中，但你们并不是时间。

As you are the Father's own children, may you see the preciousness of this moment, this hour, this day, this life.
既然你们是父亲的亲生孩子，愿你们看到这一刻、这一小时、这一天、这生命的珍贵。

Turn to the living Christ. Turn to divine love. And find each present moment stretched, enhanced and savored.
转向活生生的基督。转向神圣的爱。然后发现每一个当下时刻都被延展、提升和珍惜。

Turn, then, to the world and, with the eyes of the consciousness of love, see the world remade in love. Let your vision be carried in the brightness of the eye, in the lilt of the smile, and in the serenity of the heart, into the world this day and every day.
然后，转向世界，用爱的意识之眼去看世界，在爱中重新塑造它。让你的视野通过眼中的光辉、微笑的轻扬和内心的宁静，带入这个世界，今天以及每一天。

We leave you in the peace and love of Jesus the Christ, now and forever. Amen.

June 4

Compassion Replaces Offense

同情取代过错

I am of the spirit of the love of Christ and I greet you in the full consciousness of perfect love.

It is said that compassion blots out all offenses. Yet what your peoples feel most often is not compassion but guilt and anger. For you judge yourselves and others most harshly.

有人说同情心能抹去所有的过错。然而，你们的人民最常感受到的不是同情，而是内疚和愤怒。因为你们对自己和他人的判断往往是最严厉的。

Compassion has little or nothing to do with offense. Rather it calls forth a higher reality, a more imposing presence, not overcoming mistakes and errors but simply offering a larger viewpoint.

同情心与过错几乎没有关系。它召唤出的是一种更高的现实，一种更庄严的存在，它不是克服错误和失误，而是提供一个更广阔的视角。

Thus it is that compassion replaces offense, forgives offense, and sees offense for what it is: that which is perceived by man. Yet who can say what is perceived by the Creator? Allow the spirit of the living Christ to form compassion within your hearts and minds, not judging and not believing in a great paper towel that somehow wipes up the sin.

因此，同情心取代了过错，宽恕了过错，并将过错看作它本来的样子：即被人类所感知的东西。然而，谁能说什么是被造物主所感知的呢？让活生生的基督的精神在你们的心灵和思想中形成同情心，不去判断，也不相信一种伟大的纸巾能够以某种方式抹去罪孽。

Know that there is a saner, more balanced, and more compassionate level of mind which brings mind and heart together in the compassionate love of Christ, which sees the true beauty and perfection of souls who feel they may have made mistakes.

要知道，有一种更理智、更平衡、更富有同情心的心智层面，它将心灵和情感结合在基督的慈爱中，看到那些觉得自己可能犯了错误的灵魂的真正美丽和完美。

We leave you in that higher reality of the peace which proceeds therefrom. We leave you in the kingdom of heaven, now and forever.

June 5

Experience The Heaven Within

体验内在的天堂

I am of the light and my spirit lies within all. And love
abounds in every portion of creation.

Let not appearances make you feel betrayed by the Creator,
but make this your prayer, “Heavenly Father, grant us grace
this day to know and to do Thy will with single-heartedness,
joy and faith,” never doubting that the spirit of unconditional
love, as promised, remains with each seeker until the end of
the age, until the end of creation. And yet even then we shall
continue to be the spirit of the infinite Creator as new
creations emerge.

不要因为表象让你感到被造物主背叛，而是将此作为你的祈祷：‘天父，赐予我们今天以单一的心志、喜悦和信心来认识和履行你的旨意。’永远不要怀疑，正如所承诺的那样，无条件的爱的精神会与每一个寻求者同在，直到时代的终结，直到创造的终结。即便在那时，我们也将继续成为无限造物主的精神，随着新创造的出现。

See this infinite portion of yourself that is one with us as the
principle of unconditional love. And allow that vision to be
your prayer today: “Heavenly Father, let me be of the
principle of infinite love. Let me react to all stimuli in the
love of God in Jesus the Christ.”

看见你自己这一无尽的部分，与我们合为一体，作为无条件爱的原则。让这种视角成为你今天的祈祷：‘天父，让我成为无限爱的原则。让我以基督的爱回应所有的刺激。

This is your choice, day by day. We urge you to make it each
and every day, that you may experience the heaven within;
the peace and the joy of knowing that you are not alone but
supported in all that you do.

这是你每天的选择。我们敦促你每天都做出这个选择，以便你能体验到内在的天堂；体验到那种平静与喜悦，知道你并不孤单，而是在你所做的一切中都得到支持。

We leave you in the love and the peace of Jesus the Christ,
both now and always. Amen.

June 6

The Consciousness Of Love

爱之意识

I am the Holy Spirit to which this child prays; that principle of love which greets you in the name of Jesus the Christ.

We of the principle of the consciousness known as love are many, for there are many perceptions of love and each vibration requires its own Comforter. And so we speak in many tongues, whether it be in language or in emotions.

我们是被称为爱的意识原则的存在，我们是丰富的，因为对爱的感知是丰富的，每种振动都需要它自己的安慰者。因此，我们以多种语言发声，无论是言语还是情感。

Indeed, the consciousness of love is a feeling more than a word, since feelings are pictures brought forth from deep places, their complex bouquet undisturbed by the prying fingers of small words.

确实，爱的意识是一种感觉而非词语，因为感觉是从深处带出的画面，其复杂的花束不受小词的窥探之扰。

May that principle which you seek and which you offer be all in all to you as you extend your legs in running the race of life experience during this day. May you turn not to the small and petty concerns which are so easily spelled out in words to the exclusion of the glorious remembrance of love.

愿你所寻求和所奉献的原则成为你生命中一切的核心，当你在今天这一天奔跑人生的赛程时。愿你不要被那些容易用词语表达的小事和琐事所困扰，以至于忽略了爱的光辉记忆。

Peace be with you.

June 7

Be Glad For Imperfection

为不完美而感到高兴

Greetings. I am the blessed principle of the truth and peace of the consciousness of Jesus the Christ. I greet you in the love of Christ.

It may seem to you that you are not getting very far, very fast, along your spiritual path. You may be upset at the lack of symmetry in the arrangement of your daily life, feeling that it is not in conformation with your desires.

你可能觉得在你的灵性道路上进展不大、不快。你可能对日常生活中的不协调感到不满，觉得它与自己的愿望不符。

And yet with imperfection comes a kind of opening of the spirit to the challenges of the mind. Would you have your outer life so smooth, seamless and perfect that there is in it no room for revelation of self-consciousness? Be glad for the imperfection that keeps your minds busy.

然而，正是因为不完美，精神才会向心灵的挑战敞开。你是否希望你的外在生活如此顺畅、无缝且完美，以至于没有自我意识的显现空间？为那些让你的心灵保持忙碌的不完美感到高兴吧。

Peace be with you.

June 8

The Spirit Shakes The Pilgrim

震撼朝圣者的精神

I am the sacred principle of divine love, the spirit of the living Christ. I greet you in the name of Jesus the Christ.

This entity seeks purely and asks that the spirit of love offer to her a jewel of a thought, a crystallized concept that may enlarge her perception of the day ahead.

这个存在纯粹地寻求，并请求爱的精神给予她一个思想的珍宝，一个结晶化的概念，以扩展她对未来一天的感知。

Yet we would rather not be the purveyor of perfect jewels which may be toyed with by the mind, fingered with those hands of thought which may soil and defile and then be put away, beautiful, crystalline and ungiving.

然而，我们宁愿不供应那些可以被心智玩弄、被思维之手触碰并可能被弄脏和亵渎的完美珠宝，这些珠宝被收起，虽然依旧美丽、晶莹，却不具给予性的。

Nay. The spirit of divine love is a spirit which, neatly or less neatly, seizes some portion of the mind and heart of the pilgrim and shakes it hard enough to rearrange the perceptions that have perhaps been too crystallized, too complacent, and too smug, so that the universe opens up and becomes that creation of the Father which is ever being recreated, newly created and beginning the process of creation.

不。神圣爱的精神是一种精神，它无论整齐或不整齐地抓住朝圣者的心智与情感，用足够的力度震撼它们，从而重新排列那些可能过于固化、自满、和自以为是的感知，使宇宙得以展开，成为父亲不断重塑、重新创造并开始创作过程的创造。

For the Father's hand becomes our hand, which becomes your hand, which moves then into the world in peace yet in power, power not only to alter but to reconstruct in a more godly manner the elements of thought which lead to a world view and action taken because of the world view.

因为父亲的手成为我们的手，而我们的手成为你的手，然后在和平中但充满力量地进入世界。这种力量不仅能改变，还能以更神圣的方式重构思想的元素，这些思想元素导致了世界观，并因世界观而采取行动。

You look toward an horizon of which you yet know not.
Listen, for the voice of the transforming spirit of love lies in
every expected and unexpected place. As the horizon moves
through your day, the untidy, exciting and disturbing spirit
sheds its peace everywhere. He who has ears, let him hear.

你向着一个尚未知晓的地平线展望。倾听吧，因为转变的爱之精神的声音存在于每一个预期和意料之外的地方。随着地平线在你的一天中移动，那种杂乱、激动和扰乱的精神在各处散播它的平静。凡有耳的，听见吧。

We leave you in peace, now and ever. Amen.

June 9

Suffering In The Desert

沙漠中的忍耐

I am the spirit of the living Christ, the principle of the full consciousness of love.

Overnight there has been rain! And where before the earth was parched, now it thirsts no longer. In the wake of the rain there spring up countless flowers, the fruit of the blessing of water.

一夜之间下了雨！而之前干渴的土地，现在不再渴望。雨后，无数花朵绽放，成为水之祝福的果实。

In human drought the suffering of the desert may be extreme and the thirst unbearable. In these circumstances it is the true pilgrim soul who sits down upon the dusty trail, knowing that there is no water, and who waits patiently for that daily bread which is the rainfall of the spirit of Christ.

在人类的干旱中，沙漠的痛苦可能极端而无法忍受。在这种情况下，真正的朝圣者灵魂会坐在尘土飞扬的小路上，明知没有水源，却耐心等待每日的面包，即基督精神的降雨。

If the time in the desert has been taken hard then the fruit, when rain does come, will be bitter. Take care that in your desert you may remain sweet, serving in consciousness the flowers of love and beauty so that when the rain does come there are no tares amidst the sweet flowers of your patient joy.

如果在沙漠中的时光过得艰难，那么当雨水到来时，结出的果实将是苦涩的。请小心，在你的沙漠中保持甜美，用意识服务于爱的花朵和美丽，以便当雨水到来时，你耐心的喜悦之中没有杂草。

We leave you in peace, both now and ever.

June 10

The Seeds Of Godhood

神性的种子

I am the spirit of the living Christ and I greet you in the full consciousness of that divine love which is the love of Jesus the Christ.

In your nature you bear the seeds of Godhood. Those seeds have been planted by the great Sower. You may read carefully the parable of the sower and the seeds, for the soil is your own and it is by desire, prayer and hope that you may draw unto you that grace which is the Holy Spirit at work within your life.

在你的本性中，你孕育着神性的种子。这些种子是由伟大的播种者播撒的。你可以仔细阅读撒种者与种子的比喻，因为土壤是你自己的，正是通过愿望、祈祷和希望，你才能引导到你身上那种在你生命中运作的圣灵恩典。

It is trust in the call to the spirit that brings that spiritual rain that aids the seeds of love and growth, that soil enhancer which enriches the sometimes poverty-stricken soil of your consciousness.

对灵性召唤的信任带来了那种灵性的雨水，它帮助爱的种子和成长，成为滋养你意识中有时贫瘠土壤的土壤改良剂。

Yes, you are gods, but you are very young gods. Trust in the spirit of love. Yearn and call for that spirit, that those seeds which lie within you may flourish and bring forth the fruit of the spirit within the life.

是的，你们是神，但你们还是非常年轻的神。信任爱的精神。渴望并呼唤那种精神，让你们内在的种子能够茁壮成长，结出生命中灵性的果实。

Yet strive not! Worry not! But seek and, having sought, trust and allow that energy peacefully to work in your midst.

但不要奋力追求！不要担忧！只要寻求，寻求之后，信任并允许那股能量平静地在你们中间工作。

We leave you in that peace of love divine, now and ever.
Amen.

June 11

Rejoicing And Praising

喜悦与赞美

Greetings in the love of Jesus Christ. I am of the principle of the consciousness of love in the vibration which comforts this child.

As we have been speaking with you, we have refrained from using the usual appellations of lordship and kingdom, power and might. We have done this in order that you may perceive that we are part of consciousness, as you are part of consciousness, and are very near to you, not shutting you out but welcoming you in to the consciousness which all may share.

在与你交谈的过程中，我们避免使用通常的称谓如‘领主’和‘王国’，‘权力’和‘威力’。我们这样做是为了让你意识到，我们与你一样，都是意识的一部分，并且非常接近您，不是把你排除在外，而是欢迎你进入所有人可以共享的意识。

Why, then, have words like “Lord” and “Holy” and “Blessed” and “Most High” been given to Jesus the Christ, to his Father, and to that principle of which I am a part?

那么，为什么像‘主’、‘圣’、‘蒙福’和‘至高’这样的词汇会被赋予基督、他的父亲，以及我所参与的那一原则呢？

My children, search within yourselves to see if you can rejoice without praising or worship without exalting. It is a thing man made for his own benefit, the naming and the praising. For we who communicate the consciousness of love wish to offer inspiration and a feeling that there is a true mystery. And mankind, having seen the mystery, must express praise and joy in his own way.

我的孩子们，试着在你们内心深处寻找，看看是否可以在没有赞美或崇拜的情况下感到喜悦。这些名字和赞美是人类为了自身利益而创造的。因为我们传达爱的意识，希望带来启发和一种真正的神秘感。而人类在感受到神秘之后，必须以自己的方式表达赞美和喜悦。

Therefore, as you adore, use all the phrases that lift you up. And lift up love, without self-consciousness but in the knowledge that you are urging yourselves on in a good race. For the more you laugh and rejoice in love, the closer your consciousness is to dwelling within the consciousness and the

kingdom of heaven.

因此，当你们崇拜时，使用所有能够提升你们的词句。抬升爱，而不必自觉，但要知道你们是在激励自己迈向一场美好的赛程。因为你们越是笑容满面、在爱中欢喜，你们的意识就越是接近于居住在天国的意识和领域。

Peace be with each of you.

June 12

The Abiding Peace

持久的和平

I am the spirit of the principle of the consciousness of Christ and I greet you in that love.

I move to comfort you at this time by suggesting that you meditate upon the perfection of the abiding peace which lies beneath your actions, for there is great comfort available to you, as the in-breath which contains your spiritual food. Each time that you breathe in it is possible for you to become the living quality of Christ, for as breath is light to your bodies, so the same breath contains food for your spirit, a manna which your souls desire.

我提议在此时安慰你们，通过建议你们沉思于你们行为之下所存在的那种持久和平的完美，因为在其中你们可以获得极大的安慰，就如同呼吸中包含了你们精神上的食粮。每一次你们吸气时，都有可能成为基督的活生生的品质，因为正如呼吸对你们的身体是光一样，这同样的呼吸也为你们的灵魂提供了食物，是你们的灵魂所渴望的玛那。

Breathe deeply, my children, of the love within each moment, and when you breathe out let your emanations express all of the best that you have to give.

我的孩子们，深深地呼吸每一刻中的爱，当你们呼气时，让你们的气息表达出你们所能给予的所有美好。

And if you stumble, continue to breathe, for every breath is an opportunity to focus on love and to fill your life with that love.

如果你跌倒了，继续呼吸，因为每一次呼吸都是一个专注于爱的机会，将爱充满你的生活。

Peace be with you, now and always.

June 13

Increasing Your Joy

增加你的喜悦

Greetings in the love of Christ. We are of the consciousness of that love, the spirit of Christ in the vibration which comforts this child.

It is a characteristic of a life lived in faith that the quality of experience clarifies and improves when the faithful remind themselves continuously of the happy fidelity which has been chosen. Your Creator does not worship Itself. It turns in Its expression to a love of you.

信仰生活的一个特点是，当信徒不断提醒自己所选择的幸福忠诚时，经验的质量会变得更加明晰和改善。你的造物主不会崇拜自己。它在其表达中转向对你的爱。

You, then, may turn from the love of self also to express exultation in the excellence of love, of the love of the Creator and of the principles of love that you have been given for Teacher, Comforter and Friend. In sharing joy, so you increase that joy. In opening to give praise, so you shall receive clarity and peace.

因此，你们也可以从自爱的心态中转向，以表达对爱的卓越的欢欣，包括对造物主的爱以及你们为师、安慰者和朋友所获得的爱原则。通过分享喜悦，你们将增加这种喜悦。通过开放自己去赞美，你们将获得清晰和和平。

That peace I leave with you, now and always.

June 14

The Happy Tune Of Silence

寂静中的快乐旋律

I am of the principle of the full consciousness of love and I
greet you in the name of Jesus the Christ

The busy hubbub of the crowded city is enfolded in silence.
And in that silence is enfolded transformative power.
喧嚣拥挤的城市中心被包裹在寂静之中。而在那寂静中蕴藏着转化的力量。

Now, within the meditation, that silence is greeted. And as
the spirit listens, it becomes aware of the infinite color and
variety of the flashing face of spirit.
现在，在冥想中，那寂静被迎接。当灵魂倾听时，它会意识到精神闪耀面孔的无限色彩和多样性。

Now is the time, in silence and in meditation, to embrace
that seemingly angry hubbub of city and all that it implies of
civilization's distresses and discomforts.
现在是时候在寂静和冥想中拥抱那看似愤怒的城市喧嚣及其所暗示的文明困扰和不适。

Now is the time to realize a sense of the power of the silence
so that, as you walk from meditation into daylight, your steps
may not falter because of what you see or hear or sense. For
you are the vehicle of eternity, and it is your choice to live in
power or in oppression. Find the silence and raise high its
endless, happy tune.
现在是时候领悟寂静的力量，以便当你从冥想中走向光明时，你的脚步不会因你所见、所闻或所感而动摇。因为你是永恒的载体，你可以选择生活在力量中还是压迫中。找到那寂静，并高扬其无限、幸福的旋律。

We leave you in peace, now and ever. Amen.

June 15

School Your Perceptions

训练你的感知

Greetings in the consciousness of the love of Jesus the Christ.
I am of the principle of that consciousness in the vibration
which comforts this instrument.

My children, how I wish that my words were strong wings to
bear you up into the cerulean sky of your dreams and ideals.

我的孩子们，我多么希望我的话语能像强大的翅膀一样，带你们飞向你们梦想和理想的蔚
蓝天空。

How I wish I could give you the gift of strong arms and backs
to take up and find inspiration in those things which seem to
weigh you down.

我多么希望我能赐予你们强健的臂膀和背部，让你们能够承受并从那些似乎压垮你们的事
物中找到灵感。

How I wish that my words were as the dawning of a morning,
full of life and purpose, so that you could rejoice.

我多么希望我的话语能如晨曦般充满生命和目标，让你们得以欢欣。

Yet all words are shadows that flee before the merciless
actuality of the round and radiant light of your day. It is you,
my children, who must give these gifts to yourself.

然而，所有的话语都只是影子，在你们的日光那无情的实际面前消散。我的孩子们，唯有
你们自己才能将这些礼物赠予自己。

We offer you the strength of will to urge ideals and beauty
into being. But it is only through your decision to accept
these aids that you may school your perceptions to peace and
joy.

我们赋予你们意志的力量，以推动理想和美的实现。但只有通过你们决定接受这些帮助，
你们才能训练自己的感知，达到和平与喜悦。

The love of Christ be with you.

June 16

Be Alive Today
充满活力的一天

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

Let your lives be alive today as you spend as much mental time as possible with the consciousness of unconditional love which is the essence of Jesus the Christ. Let your day be one of joyful experience. For resting in the peace which sees that all challenges and difficulties are blessings, one may continually be moved by the presence of love, regardless of circumstance.

让你们的生活今天充满活力，尽可能多地将思维时间投入到无条件的爱的意识中，这正是基督的本质。让你们的一天充满欢乐的经历。因为在那种平静中，看到所有的挑战和困难都是祝福，人们可以不断受到爱的存在的感动，无论环境如何。

Let this be your day for quiet and confident remembering of the Father and of the consciousness of love which is Jesus the Christ. It is not easy to allow oneself to be content in any circumstance, but this is the lesson of joy, acceptance and faith which divine love offers.

让今天成为你们安静而自信地回忆父亲和基督所体现的爱的意识的一天。在任何情况下让自己感到满足并不容易，但这是神圣之爱所提供的喜悦、接受和信仰的教训。

Let this be a day of building, of loving, and of remembering.
让这一天成为建设、爱的和回忆的一天。

We leave you in the peace that is not of your illusion. We leave you in the peace of the love of Jesus the Christ, with all that that implies, both now and forever. Amen.

June 17

Offer The Self In Sacrifice

奉献自我

I am the spirit of the living Christ and I greet you in the full consciousness of love.

Jesus the Christ taught the disciples to pray, "Give us this day our daily bread." The Creator has chosen that all things may be fed, upon all levels, by the breaking, sacrificing and blessing of substance.

耶稣基督教导门徒祈祷说：‘赐给我们每日所需的食物。’造物主选择了让所有事物在各个层面上，通过物质的破碎、奉献和祝福来获得滋养。

You know already of physical food and you know of the food that emotion requires, food that is given from one soul to another of anger or of peace. Yet this act of giving of emotional and spiritual food is often not graced with a prayerful attitude or the sacrificial breaking of the self in order to open up those few words of humanity to the infinite riches of the words and feelings of the spirit of love.

你们已经知道了物质食物，也知道情感所需的食物，这种食物从一个灵魂传递到另一个灵魂中，可能是愤怒的，也可能是平静的。然而，这种给予情感和精神食物的行为，常常缺乏祈祷的态度或自我的奉献，以便将那些有限的人类言语开放给爱之精神的无限丰富的言词和情感。

In pride the manna of the love of God cannot be shared.

Therefore, may each seeking soul offer itself in sacrifice, opening the spirit, breaking the loaves and fishes and blessing them, that there may be abundance of love and peace and all that may be necessary for the beloved creations of the Father.

在骄傲中，神的爱之玛那无法被分享。因此，愿每一个寻求的灵魂奉献自己，打开精神，分裂饼和鱼并给予祝福，使爱与和平以及父亲所创造的一切所需之物能够丰盈。

May you feel that peace and that joy this day and ever. Amen.

June 18

Give Praise!

赞美吧！

I am of that principle known to you as Jesus the Christ and I greet you in the full consciousness of divine and everlasting love.

I ask you to turn your minds this moment to praise. Praise the daylight, the clouds in their majesty, the mist and fog, the thunderstorm and the snow.

我请你们此刻将心思转向赞美。赞美白昼，赞美云朵的威仪，赞美雾气和霜冻，赞美雷暴和雪。

Praise that night which enables each to appreciate the light of day. Praise each shadow of that darkness for the beauties which come to one in the night: the dreams, the visions and hopes of paradise.

赞美那夜晚，因为它让每个人能够欣赏白昼的光辉。赞美那黑暗中的每一抹阴影，因为它带来了夜晚的美丽：梦境、幻象和天堂的希望。

Praise the Father that has created you.

赞美创造了你的天父。

Praise your creation, for though you suffer, you live and laugh and love.

赞美你的创造，尽管你受苦，你依然生活、欢笑和热爱。

Praise consciousness itself, for in it lies the voice and the presence of the Father.

赞美意识本身，因为其中蕴藏着天父的声音和存在。

Above all, praise Jesus, the agent of redemption. And praise redemption itself, that gateway through which the journey may be made into eternity. Within each moment there is this opportunity. How exalted may your praises be! How joyful the alleluias!

最重要的是，赞美耶稣，救赎的使者。并且赞美救赎本身，它是通向永恒的门户。在每一个瞬间都存在这样的机会。愿你的赞美多么崇高！愿你的哈利路亚多么喜乐！

Give praise! Give praise, O people of the Creator, O children

of the Father! And in your heart may you experience the
peace of moving into alignment with love, with Christ, with
the Father, and with the spirit who speaks to comfort.

赞美吧！赞美吧，创造者的子民，天父的孩子们！愿你们在心中体验到与爱、与基督、与
天父，以及与安慰之灵的和谐对接所带来的平静。

Peace be with you now and forever. Amen.

June 19

The Sturdy Flame Of Your Consciousness

你意识中的坚固火焰

Greetings in the love of that consciousness which is Christ. I am known to you as the Holy Spirit of the Lord Jesus Christ.

We thank you for this time, acknowledging that we are blessed by extending that holiness to you, for could you but pierce the many distractions and confusions of your daily life, you would see clearly the blessedness of your bright incarnations, the sturdy flame of your consciousness.

我们感谢你这段时间，承认我们通过将那圣洁延伸给你而得到祝福。因为如果你能穿透你日常生活中的种种干扰和困惑，你会清晰地看到你光明化身的祝福，以及你意识中坚韧的火焰。

If we could inform you regarding the love which you express in your being with every breath, you could see yourself and others without distortion of any kind; without confusion; without the golden-hued glasses of memory. Turn, then, to the present moment, my child, for it is, as yet, unspoiled by distortion and confusion and contains the consciousness of Christ, entire and perfect.

如果我们能向你说明你在每一次呼吸中所表达的爱，你将能毫无扭曲地看清自己和他人；没有混乱；没有记忆的金色滤镜。那么，请转向当下这一刻，我的孩子，因为它尚未被扭曲和混乱所污染，包含了基督的意识，完整而完美。

Peace be with you, now and always.

June 20

Faith And Forgiveness

信仰与宽恕

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

Faith. Forgiveness. These two words move together in rhythm, creating a more beautiful dance of your life experience. It takes a foolish and unconditional faith to forgive; to forgive the self and to forgive others. But those things which are not forgiven are as burdens carried which may be laid down, stopping all consequences, releasing all personal ties to the difficulties of your life experience.

信仰。宽恕。这两个词一起律动，创造了你生活经历中更美丽的舞蹈。需要一种愚昧且无条件的信仰才能宽恕；宽恕自己，宽恕他人。但那些未被宽恕的事物就像肩上的重担，这些重担可以放下，从而停止一切后果，释放你与生活中困难的所有个人牵连。

As you forgive in faith, so you act as unconditional love would have you act. Yet, do not do this too early. But rather, be sure that you have created in yourself a new heart and a new spirit, a new knowledge of faith, that the faith and forgiveness may not come from your will, but through you from the Father.

当你以信仰去宽恕时，你的行为就会如无条件的爱所期望的那样。然而，不要过早地去做这个。相反，要确保你在自己内心中创造了一个新的心灵和新的精神，新的信仰知识，以便信仰和宽恕不是来自你的意志，而是通过你从天父那里流露出来。

For only in the Father's infinite mercy may He forgive iniquity. And you are the channel of that forgiveness, as is everyone who has consciousness and emotion, potentially.

只有在天父无限的慈悲中，祂才能宽恕罪恶。你是那宽恕的渠道，任何拥有意识和情感的人，潜在地也都是如此。

Speak well in the world. Yet always, within, dwell in an humble and holy spirit of unconditional love, having the faith to forgive and forgive and forgive again. For those who have forgiven have no further connection with the spiritual difficulties produced by the difficult situations.

在世界上要说得得体。然而，总是要在内心保持一种谦逊和神圣的无条件的爱，拥有宽恕、再宽恕、再宽恕的信念。因为那些已经宽恕的人与由困难境遇产生的精神困扰没有进一步

的关联。

Self forgiven and other-self forgiven, you may move through
your day in a dance of joy, doing all that you do for the love
of the Father, finding no chore or task too simple to be
blessed. Free yourself, my friends, by faith and forgiveness,
into the peace of Jesus the Christ.

当你宽恕自己并宽恕他人时，你可以在一天中以喜悦的舞蹈前行，为了天父的爱而做一切，无论多么简单的工作或任务都被赋予祝福。通过信仰和宽恕解放自己，进入基督的平安吧，我的朋友们。

In this peace and unconditional love we leave you, now and
forever. Amen.

June 21

Holy Ground Of Your Being

你存在的圣地

I am of the principle of love and I greet you as the spirit of Jesus the Christ who moves in the world in the present moment.

What, indeed, is holy? And how can we be called the Holy Spirit? Gaze about you as you move through your daily activities. What see you that is holy? What see you that is blessed?

什么才是真正的圣洁？我们如何才能称为圣灵？在你进行日常活动时，环顾四周。你看到什么是圣洁的？你看到什么是被祝福的？

As you gaze outward, you see the blessings of tree and flower, shrub and grass. Yet do you gaze inward to find the holy ground within? As you sit in contemplation of these words, be aware that you are upon the holy ground of your own being, created in holiness, sent forth into this earthly world in holiness, and now suffering and rejoicing in holiness.

当你向外眺望时，你看到树木、花朵、灌木和草地的祝福。然而，你是否也向内心深处凝视，去发现内在的圣地？当你坐下来沉思这些话语时，要意识到你正处于自己存在的圣地上，作为圣洁的创造物被送入这个尘世，并在其中经历痛苦和欢愉。

Know and feel the divinity of being which lies beneath all imperfection and then know that, by the power of the Holy Spirit that speaks within, each of you may use those hands for holy things, for service to each little one that belongs to the Father.

认识并感受存在中的神性，它隐藏在一切不完美之下，然后要知道，通过在内心发言的圣灵的力量，你们每个人都可以将自己的双手用于神圣的事务，为每一个属于父亲的小小生命服务。

We leave you in love and peace, now and always. Amen.

June 22

Positive And Negative Flows

正面和负面流动

I am of the spirit of the Lord Jesus Christ, and I greet you in love.

The principle of love has no beginning and no end; no movement in time; no inner dynamic of strength or weakness. Love is an energy which flows according to desire and spoken need. And, indeed, many unspoken needs create the flow of spirit.

爱的原则没有开始，也没有结束；没有时间上的变化；没有内在的强弱动态。爱是一种根据愿望和语言需求流动的能量。实际上，许多未言明的需求也会促使精神的流动。

It is possible also to create a flow which dries and negates the voice of the spirit of love. You experience this flow as doubt. Yet it is the lack of positive faith which permits the negative flow.

也可以创造出一种使爱之精神的声音干涸和否定的流动。你会将这种流动体验为怀疑。然而，正是缺乏积极的信念才会导致这种负面的流动。

We suggest that all self-recrimination be laid aside, for all people create both positive and negative flows within the life experience at different times. Only focus upon this moment and offer your gift of faith in the face of it, that a positive flow of spirit may come to show to you the face of love.

我们建议放下所有自我指责，因为每个人在生命体验中都会在不同的时刻创造出正面和负面的流动。只需专注于此刻，并在面对它时献上你的信念，以便正面的精神流动能够向你展现爱的面貌。

We leave you in peace, both now and ever.

June 23

The Fire Of Love

爱之火焰

Greetings from the spirit of Christ to the world. Love, peace and blessings be with you.

The fire of unconditional love is a rampaging and ruthless force which is infinitely creative. Fire also burns, and those who are led by the spirit are often led to shed and allow to fall into disrepair traits and sensibilities which function well in the world of sense but not in the world where love holds sway.

无条件爱的火焰是一种猛烈而粗暴的力量，具有无限的创造力。火焰也会燃烧，那些受到精神引领的人常常被引导去放弃和让那些在感官世界中运作良好但在爱主宰的世界中不适合的特质和敏感性逐渐衰退。

It cannot be escaped, the fire of love, yet by placing yourself trustfully within that fire you may find your soul taught and tempered by its creative blaze. Much of loss is experienced by those whose path is that of Christ. May you who seek learn to see that the power of love is one which changes situations. There is loss involved. Place your mind trustfully in the faith that those things which fall away will be replaced by far more lovely gifts.

爱之火焰无法逃避，然而通过将自己信任地置身于这火焰之中，你可能会发现你的灵魂在它的创造性烈焰中被教化和锤炼。许多失落经历在那些走在基督道路上的人身上发生。愿你们这些寻求者学会看到，爱之力量是一种改变局势的力量。确实会有失落的成分。将你的心信任地放在信念中，相信那些消失的东西将会被更美好的礼物所取代。

We leave you in the peace of the love of Jesus the Christ, now and always. Amen.

June 24

The Bird That Sings

歌唱的鸟儿

I am of the principle of divine love and joy. I greet you in the full consciousness of Christ.

I greet you in joy. Think you that Jesus did not have joy? It is not so. No matter what the suffering of the human condition, there is joy in every moment to be found by opening the inward eye to the beauties, the possibilities, and the chances of the creation.

我以喜悦向你们问好。你认为耶稣没有喜悦吗？并非如此。不论人类的痛苦如何，每时每刻都有喜悦可以找到，只需通过开启内心的眼睛，去欣赏创造中的美丽、可能性和机遇。

It may perhaps be that there are matters which cause the utmost discouragement. Yet always there is the bird that sings, the tassel upon the corn that waves in the wind, and the blue, ethereal sky flocked with clouds.

或许有些事情会带来极大的沮丧。然而，总是会有那只歌唱的鸟儿、在风中摇曳的玉米穗上的穗子，以及那蓝色的、云朵点缀的飘渺天空。

Look up this day and find the joy within the creation about you. Look within and feel the kindly hand of the spirit, for the principle of love needs only to be requested to appear in each seeking heart.

今天仰望四周，发现创造中的喜悦。向内看，感受那温柔的灵性之手，因为爱之原则只需被请求，便会出现在每一个寻求的心中。

We leave you in peace, love and joy, now and forever. Amen.

June 25

Bless Your Brokenness

祝福你的破碎

I am of the energy of the full consciousness of divine love and
I greet you in the blessed name of Jesus the Christ.

As you see yourself moving into the world of business and
matters, objects and circumstances, you may well see yourself
to be inadequate to or broken by all of these worldly things.
See and bless this brokenness.

当你看到自己进入生意和事务的世界，面对各种物体和环境时，你可能会觉得自己在这些世俗的事物面前显得不够胜任或被其击垮。看见并祝福这种破碎。

I say “bless” because to be broken is the blessing of the fruit
that is to be eaten; of the loaf that is to be shared; of the
limited, inadequate thing which may become not only
enough but much more than enough.

我说‘祝福’，因为被破碎本身就是一种祝福，正如水果被摘取后才得以享用，面包被分开后才能共享。那种有限而不够的东西，可能会不仅仅变得足够，甚至会变得远远超出足够。

Open your inner being to the consciousness of love which the
spirit of Jesus the Christ offers. Bless and give thanks for your
limitations and then open the heart to the action of the
consciousness of infinite love and you shall see how all has
been created perfectly.

向基督的精神所提供的爱之意识敞开你的内在存在。祝福并感谢你的局限，然后向无限爱的意识敞开你的心，你将会看到一切都是完美创造的。

We leave you in the peace and the love of Jesus the Christ.
Amen.

June 26

The Spirit Speaks Through You

精神通过你来说话

I am of the principle of love and I greet you in the full consciousness of divine love, the Christed consciousness.

There are times when those who wish to seek the spirit of love find themselves unable to perceive that which has been given but which is blocked by some error of human thought within the seeker. Yet this apparent lack of contact lived in a life of faith is not a troublesome matter, for the faithful seeker knows that the spirit is always active in those who seek the spirit. Thus by faith it is understood that Christ's power does not come into the world here and not there, but is everywhere.

有时，那些希望寻求爱之精神的人发现自己无法感知到所给予的事物，因为这些事物被寻求者内心某种人类思想的错误所阻碍。然而，这种在信仰生活中显现出的表面上的缺乏联系并不是一个令人困扰的问题，因为忠实的寻求者知道，灵性总是在那些寻求灵性的人身上活跃。因此，通过信仰可以理解，基督的力量并不是在某处而不在另一处，而是无处不在。

Moreover, how many, many times is someone blocked from Christ's consciousness, yet given the grace to be that consciousness for another? So may seeker encourage seeker and spirit encourage spirit.

此外，有多少次一个人被阻隔在基督的意识之外，却被赋予了为他人展现这种意识的恩典？因此，愿寻求者鼓励寻求者，愿灵性鼓励灵性。

Let not your tongues be silent when you may speak words of sympathy and encouragement to others. For the spirit speaks through you and heals the world.

不要让你的舌头在你能够对他人说出同情和鼓励的话时保持沉默。因为灵性通过你说话，治愈这个世界。

May the peace of love be yours, now and always. Amen.

June 27

The Myth Of Reality

现实的神秘

I am the spirit of the Lord Jesus Christ and greet you in the consciousness of love.

The myth of reality continues every moment and you who experience this myth are hard put to see through it. Reality lies beneath the surface of outer things and beyond the meaning of minds and words. Reality is the province of the spirit of love. It is an invisible reality which can only manifest shadows of itself within the outer world.

现实的神秘每时每刻都在继续，而你们这些经历这种神秘的人，很难看透它。现实存在于外在事物的表面之下，超越了思想和言语的意义。现实是爱之精神的领域。它是一种无形的现实，只能在外在世界中显现出自身的影子。

As you seek to make your life more real, seek within in the innermost portion of your being, for in that stronghold the spirit of love holds full sway when given the opportunity.

当你寻求让你的生活变得更真实时，要在你内在最深处寻找，因为在那个堡垒中，爱之精神在得到机会时能够完全主宰。

Look, too, beyond the surface of the outer world into the realm of the beauty of meaning which lies behind what the senses may have you feel. For the spirit is everywhere immanent, yet never fully disclosed unless one has the desire to see and hear reality.

也要超越外在世界的表面，进入隐藏在感官体验背后的意义之美的领域。因为灵性无处不在，然而除非有人渴望看到和听到现实，否则它永远不会完全显现。

We leave you in the profound peace of the reality of the consciousness of love, now and ever. Amen.

June 28

Turn To The Creation

转向造物主

I am of the spirit of the love of Jesus Christ and I greet you in the consciousness of love.

The faith of many has been destroyed by dependence upon the outer reality. The outer reality is as a room which no one may clean and no mop may scour. The eye of man sees many broken things in the outer world and loses heart. Yet before the spirit can flow through a life, first the heart must be turned to hope.

许多人的信仰被对外在现实的依赖所摧毁。外在现实如同一个无人打扫、无法用拖把擦拭的房间。人的眼睛看到外在世界中的许多破碎事物，容易丧失信心。然而，在灵性能够流入生活之前，首先必须将心转向希望。

If hope cannot be found in outer things, then perhaps words have failed and it is time for the seeker to turn in the direction of the creation to observe those things in the creation which man has not broken or crippled. The song of the bird, the movement of the breeze, and the beauty of sunsets and sunrises still express and manifest the glory and wonder of a perfect creation. When words fail, turn to those things which know not how to avoid manifesting the full consciousness of love.

如果在外在事物中找不到希望，那么也许是言辞已经失败，是时候让寻求者转向创造的方向，观察那些人类没有破坏或损害的创造之物。鸟儿的歌唱、微风的吹拂，以及日出日落的美丽依然表达和显现出完美创造的荣耀与奇迹。当言辞无效时，请转向那些无法避免展现爱之完全意识的事物。

We leave you in love and peace, now and ever. Amen.

June 29

Healing Unwellness

治愈不适

I am of the principle of the spirit of the love of Christ. I greet you in the holy name of Jesus the Christ.

Put your hand in front of your face. See the solidity, the careful architecture of its bones and tendons, its sinews, and the delicate covering which sheaths the mighty machine that can do so many, many things.

把你的手放在脸前。看看它的坚固性、骨骼和肌腱的精巧结构、它的韧带，以及覆盖在这庞大机器上的细腻表皮，这台机器能够做许许多多的事情。

Gaze at the perfection of the weight-bearing feet which are constructed in such a way that all of the weight of a very large physical body may rest comfortably. And with healthy strides, distance may be eaten up.

凝视那完美的承重双足，它们的构造使得整个庞大的身体重量得以舒适地承载。通过健康的步伐，距离得以轻松地跨越。

Consider the grand and perfect functioning of each and every portion of your physical body and see the beauty of its design. And each time that you may feel the symptom of unwellness of any kind, recall that feeling of honor and pride in the perfection of the design of this body of yours and know that in each cell that perfection vibrates.

考虑你身体每一个部分的宏伟与完美功能，欣赏它设计的美丽。每当你感到任何形式的不适时，回忆对你身体设计完美的荣耀与自豪之感，并知道这种完美在你每一个细胞中都在振动。

So, thinking upon the word of the Lord, Jesus Christ, remember the perfection of all things and allow the releasing of that which binds you to your unwellness.

因此，思考主耶稣基督的话语时，记住一切事物的完美，并允许释放那些束缚你于不适的东西。

We leave you in the peace and the love of Jesus the Christ.
Amen.

June 30

The Natural Darkness Of Flesh

肉体的黑暗本性

I am the voice of Christ's consciousness of love to the world
and I greet you in the love of Jesus the Christ.

This instrument has long pondered why there is discomfort
to the instrument when the instrument begins to tune itself
and prepare for contact with the spirit of the living God.
Know ye that you are both light and darkness. As it has been
written, the light came into the world, but the darkness knew
it not.

这个工具长期以来一直思考，为什么当它开始调整自己并准备与活生生的精神接触时，会感到不适。要知道，你既是光明也是黑暗。正如经文所写，光明来到这个世界，但黑暗却不认识它。

One who seeks the living spirit that speaks to the world today
seeks the light which the world recognizes not, nor does the
body in the natural darkness of flesh.

寻求今天对世界说话的精神的人，寻求的是世界无法识别的光明，身体在自然的肉体黑暗中也无法识别。

Thusly, when the mind and spirit are entrained to a higher
and more compassionate tuning, there is created within the
being a unity in which one part does not recognize the other.
The light does not recognize the darkness, nor the darkness,
the light.

因此，当心智和灵性调适到更高、更具同情心的频率时，存在于个体内的统一性中，某一部分无法识别另一部分。光明无法识别黑暗，黑暗也无法识别光明。

Know that you are both and that your choice is always the
darkness of a world which has not thought of Christ or the
light which is the powerful and renewing thought of Christ in
the world.

要明白，你既是黑暗，又是光明。你的选择，永远是未曾想到基督的世界所带来的黑暗，或是基督在世间的强大、更新的思想所带来的光明。

We leave you in peace, both now and through eternity.
Amen.

July 1

The Liquor Of Righteousness

正义之流

I am of the principle of Christ and I greet you in the full consciousness of love.

Know ye that the spirit is everywhere to be found: in every raindrop, in every birdsong, in every mote of dust under your feet, and in every speck of sky overhead. There is that within you which drinks in this excellent liquor of righteousness and much light passes between the universe outside of you and the universe within.

你们要知道，精神无处不在：在每一滴雨水中，在每一声鸟鸣中，在你脚下每一粒尘土中，以及在你头顶的每一片天空中。你们内在的某部分正汲取这美好的正义之液，宇宙外部和宇宙内部之间有着许多光芒穿梭。

When the seeker faces the universe as a part of the universe and moves so as to treasure dust and sky, bird and rose, the spirit is encouraged and strengthened and the bond between humankind and nature grows more into the unity that it should enjoy.

当求索者以宇宙的一部分的身份面对宇宙，并以珍惜尘土与天空、鸟儿与玫瑰的态度行动时，精神会得到鼓舞和增强，人类与自然之间的联系将更加趋于应有的统一。

We encourage the finding of joy and laughter in the natural world about, for it is full of the Creator's spirit.

我们鼓励在周围的自然世界中寻找欢乐和笑声，因为它充满了造物主的精神。

We leave you in peace, now and ever.

July 2

The Good And Bad Wood

好木与坏木

I come in the name of Jesus the Christ—I, the spirit of the living Christ in the world today. I greet you in the inestimable and eternal love of the Father.

When the axeman hews the tree, he treats it carefully. He sees the good wood and the bad. He sees the wood that shall make lumber and the wood that shall make kindling. He has a perspective upon this tree that he could never have had as he gazed upon it as a living being, for he has moved that living being, deadened it, and claimed it for his own use.

当伐木工砍伐树木时，他会小心对待它。他看到好的木材和坏的木材，看到将被制成木料的木材和将被做成柴火的木材。他对这棵树的认识，是他在作为一棵活树时无法获得的，因为他已将这棵活树移动、使其死去，并将其据为己用。

Only through the hands of spirit can such sacrifice be recovered, renewed and recreated. Consider well, my children, the lesson of the tree. Use what you need. For truly this is the way of your life. But give back that which your earth needs. Give back that which your peoples need, that the Holy Spirit, through each of you, may renew the face of the Earth.

只有通过精神的手才能恢复、更新和重塑这样的牺牲。我的孩子们，好好领会这棵树的教训。请使用你所需要的东西，因为这确实是你们生活的方式。但请将地球所需的东西归还，请将你们人民所需要的东西归还，以便圣灵通过你们每一个人来更新大地的面貌。

We leave you in the striving amidst peace and the peace amidst all strife. We leave you in that peace the world knows not, now and ever.

July 3

The Strength Of Waiting

等待的力量

I am of the principle of the love of Jesus Christ, that perfect love which is the love of creation. Still, I come forth from the Christ principle to be the agent of the consciousness of love.

Those who seek hastily and fervently for us may not find us, for we come to those who rest in the strength of waiting and expectancy of hope and quietness toward our presence.

那些急切而热切寻求我们的人可能找不到我们，因为我们来到的是那些有强大的耐心，满怀希望，在宁静中期待我们的人。

Though we are a fair portion of each situation and each excursion into illusion, to be efficacious in joining our spirit to human will, you must wait for spirit and ask spirit to enter. Thus it is in quietness that the spirit comes and speaks to one who wills to hear that soft voice which may create and transform the outer circumstances.

尽管我们是每种情况和每次幻境探索中的一部分，但为了使我们的精神与人类意志相结合而发挥效用，你必须等待精神的到来，并请求精神进入。正是在宁静中，精神才会来到并对愿意倾听那柔和声音的人说话，这声音可以创造和转变外在的环境。

For the inner experience of grace allows one to see for the first time the outer circumstance with the lines of spirit drawn in the pencil of love, so that the way of inner spirit to outer manifestation of created love becomes clear.

因为内在的恩典体验使人第一次看到外在环境时，能看到精神的线条被爱的铅笔描绘出来，从而使内在精神向外在创造的爱的显现之路变得清晰。

We leave you in the anticipation of each discovery of the spirit. We leave you in the peace of the consciousness of love, now and ever. Amen.

July 4

Where Is Freedom?

自由在何方

I am the presence of Jesus the Christ in the world today. I greet you in the full consciousness of divine love.

This is the day of American freedom, the day of flags and celebrations. As you look around you, behind the smiles of celebration lie great discords and this you see: discord between man and self, between man and man, between mates, between parents and children, and between nation and nation.

这是美国自由日，旗帜和庆祝的日子。当你环顾四周时，会发现，庆祝的笑容背后隐藏着巨大的不和谐，你可以看到：人与自我之间的不和谐，人与人之间的不和谐，伙伴之间的不和谐，父母与子女之间的不和谐，以及国家与国家之间的不和谐。

You may then think to yourself that freedom is not full. Yet we say to you that you are free, that your freedom is in Christ and that you have the freedom to extend hands of divine love, peace and unity, eyes that smile with consolation and pardon. You have the spirit that makes the broken whole.

你可能会觉得自由并不完全。然而，我们要告诉你，你是自由的，你的自由在于基督，你有自由去伸出充满神圣爱、和平与团结的双手，有自由用充满安慰与宽恕的目光微笑。你拥有使破碎得以复原的精神。

You need only ask, for the spirit of Christ is with you all, and its peace embraces all, both now and evermore.

July 5

Love Yourself

爱己

I am of the principle of the love of Christ. I greet you in the full consciousness of love.

Black despair surrounds the soul which is not at harmony with itself. The eye, turned inward, can be dismayed by the various imperfections which the eye seems to see in the self.

黑暗的绝望围绕着那些与自身不和谐的灵魂。内视的眼睛可能会被自身所显现出的各种缺陷所困扰。

Yet this disparaging eye shuts the door to spirit, which awaits self-acceptance that it may shine forth from the self to the glory of the Creator and for the blessing of those about one.

然而，这种贬低的目光关闭了通向精神的门，精神在等待自我接受，以便从自我中显现出来，荣耀造物主，并为周围的人带来祝福。

Condemnation of the self is never productive when it is done to the exclusion of the reaffirmation of the love of that self which the Creator has made. Love yourself. Only then can you love your neighbor and the Creator of that love which is you.

对自我的谴责从来不会产生积极的效果，特别是当它排除了对创造者所造之自我的爱的重新确认时。爱自己。只有这样，你才能爱你的邻居和那个创造了你爱的创造者。

We leave you in peace, now and always. Amen.

July 6

The Hope Of Light

光之希望

I am the living spirit of the consciousness of love.

I am of a principle of being without personality as you know it, of being rooted in and upheld in love, in a love that is clear, undiluted and bright, a love that may dance within the light of those who dwell even in the innermost shades of the earthly life and illumine those dark penumbras of living.

Consider yourselves among those who have every hope of light and love regardless of the situation which appears before you. For the spirit of the living God penetrates to every heart.

把自己视为那些无论面对何种情境都充满光明和爱的希望的人吧。因为活生生的上主的精神深入每一个心灵。

The peace of Christ be with you, now and always. Amen.

July 7

The Universe Is Your Womb

宇宙是你的子宫

I am the spirit of Jesus the Christ in the world today and I greet you in the full consciousness of divine love.

The night sky is an image which we may connect to the womb of the soul. The stars are sliding by in infinite number, their points of light flashing as jewels and moving away, then, at speeds which are impossible to express with tongue or measure.

夜空是一个我们可以联想到灵魂子宫的意象。星星以无限的数量滑过，它们的光点如宝石般闪烁并远去，其速度无法用语言或度量来表达。

It is in the starry womb within the silence of your being that peace, confidence and trust in that perfect love which Jesus brings are expressed. Rest in that womb and realize that you have yet to be born and that this universe and all that you see before you is indeed your womb.

在你存在的沉默中，那星光璀璨的子宫里，和平、信心以及对耶稣带来的完美爱的信任得以体现。安息于这子宫中，并意识到你尚未出生，而这个宇宙以及你眼前看到的一切，确实是你的子宫。

To become a true child of the universe will be strange and new and certainly un-peaceful. Therefore, rest back in the true nature of womb silence and feel that peace which passeth all understanding, for in the darkness of the womb of the Father-Mother-God shall you be created and shall you create.

要成为宇宙真正的孩子，将会是陌生而崭新的，也无疑是不安宁的。因此，要回归到子宫般宁静的真实本质中，感受那超越一切理解的平静，因为在父母神的子宫黑暗中，你将被创造，也将创造。

We leave you in the peace and the love of Jesus the Christ, now and forever. Amen.

July 8

Pray And Release

祈祷并释放

I come to speak with the voice of Jesus the Christ to the world. I greet you in the full consciousness of love.

There are the tears unshed, the concern and the worry within this instrument this day, concern for family members whose health has been compromised. And so this pilgrim makes the same error as many: thinking to take up the cross of Christ and follow Him, instead this seeker takes up the cross of worry and follows the illusions of the world.

今天，这个工具内有未曾流下的泪水，有关心和担忧，担忧的是那些健康受到影响的家庭成员。因此，这个朝圣者犯了许多人的相同错误：本想着拿起基督的十字架并跟随基督，结果却是拿起了担忧的十字架，追随了世界的幻象。

Let the tears unshed become the prayers said. Let prayers said be prayers felt, prayers meant, prayers realized.

让未流的泪水成为已说的祷告。让已说的祷告成为感受到的祷告，成为用心的祷告，成为实现的祷告。

Then let the seeking soul be at rest, for all burdens are not the spirit's to carry. The function of the Comforter is to hear that which has been said and to submit it to the greater will.

那么，让寻求者安息吧，因为并非所有的负担都由灵魂来承担。安慰者的功能是倾听已说的话，并将其提交于更高的意志。

With the prayer said, it has been done. It may be released. It may be trusted. And consolation and peace may come to that spirit which knows that the higher will has now been invoked through Jesus the Christ.

祷告已经说完，事情也就完成了。它可以被放下，可以被信任。安慰与平静会降临到这个灵魂，因为知道更大的意志通过基督被呼唤了。

We urge you to pray, to release the prayer, and then to be, at last, in perfect peace, now and ever. Amen.

July 9

Awaiting The Host's Invitation

等待主人的邀请

I am of those who shower this world with the ever-creative love of Jesus the Christ. I greet you in the consciousness of love.

That consciousness flowers when it will, as the world calls for it and requires it. That consciousness is called by desire. That consciousness dwells as the guest within the house, awaiting the host's invitation to join in the conversation at table.

那种意识在适当的时候绽放，正如世界对它的召唤和需求。那种意识由渴望召唤。它如同客人般居住在屋中，等待主人的邀请，加入餐桌上的对话。

At times your experience may be that of the banquet and at other times that of starvation fare. Yet always the manna of divine thought is there in full supply to fill the hearts and minds of those who seek beyond banquet and hunger to that food which is given every day for the transformation of the self and the renewal of all of humankind.

有时你的经历可能是盛宴，有时则是饥饿。然而，神圣思想的玛那总是充足地存在，满足那些超越盛宴和饥饿、寻求每天为自我转变和全人类更新而赐予的食物的人们的心灵和思想。

We leave you in the peace of constant, divine love. Whatever your circumstance this is yours, now and forever. Amen.

July 10

Be The Light

成为光

I am the principle of divine love. I greet you in the full consciousness of that love which is in Jesus the Christ.

You, as you gaze at yourself, cannot see that you are the light of the world. Disturbed with your own difficulties, confused about priorities, and in general bogged down in the waste, the paperwork, and the uselessness of many daily activities, it is easy to forget and it is easy to relinquish your birthright.

当你注视自己时，你无法看到自己是世界的光。被自己的困难所困扰，对优先事项感到困惑，并且普遍被许多日常活动的琐碎、繁杂和无用性所拖累，容易忘记，也容易放弃你的天赋权利。

Your birthright is to be sons and daughters of the one infinite Creator. You are the light of the world. Know and feel this in your heart. Know that through the grace of this principle which we represent, all your efforts shall be comforted and supported.

你的天赋权利是成为那位无尽造物主的儿女。你是世界的光。要在心中认识并感受到这一点。要知道，通过我们所代表的这一原则的恩典，你的一切努力都将得到安慰和支持。

Do not think too little of yourself. Be the light of the world in gladness, joy and singleness of mind and heart. Remember that which you are here to do: love each other. May you shine with the radiance of the Christ.

不要低估自己。以欢喜、喜悦和心灵的专注成为世界的光。记住你来到这里的使命：彼此相爱。愿你以基督的光辉闪耀。

We are with you always in comfort and in the peace of unconditional love, now and forever. Amen.

July 11

Never Run Too Fast

不要跑的太快

I am of the principle of love and greet you in that love.

We find that the minds of those who seek us this day are fretted and worried, so that there is only a very tenuous contact betwixt the spirit of love and those who seek it. It is very difficult for us to make it known to those who move fast and are upset.

我们发现，今天寻求我们的人心绪不宁，忧虑重重，因此爱之精神与寻求者之间的联系非常脆弱。对于那些心境浮躁、情绪不安的人，我们很难使他们感受到这一点。

But we are indeed with each, regardless of circumstances or where the mind is placed. Indeed, no matter how quickly the day goes or how upset you may become because of the circumstances of the day, we are with you. Love does not leave you, but, rather, the upset and worried personality forgets to open and request that the spirit of Christ enter in.

但无论情况如何，或是心境如何，我们确实与每一个人同在。无论一天过得多么匆忙，或者你因日常困扰而感到多么不安，我们都与你同在。爱不会离开你，而是那个焦虑和忧虑的自我忘记了去敞开心扉，请求基督之灵的进入。

We hope you never run so fast or feel so out of sorts that you forget to open to love, for that love may transform, not the circumstances, but the feelings about them.

我们希望你永远不要跑得如此之快或感到如此不安，以至于忘记去敞开心扉接受爱，因为这种爱可能不会改变具体的情况，但会改变你对这些情况的感受。

We leave you in peace, now and ever.

July 12

Blame And Forgiveness

责备与宽恕

I am of the principle of divine love and I greet you in the consciousness of Jesus the Christ.

We would speak with you this day about blame and forgiveness.

今天我们将与你谈论责备与宽恕。

It is a natural faculty of humankind to discriminate, discern and judge betwixt all manner of experience in order to make choices and decisions. This is a proper use of the tools and resources which the Father has given to all His children.

人类具有辨别、识别和判断各种经验的自然能力，以便做出选择和决策。这是正确利用父亲赐予所有孩子的工具和资源的方式。

There is, however, a dark and unpleasant side to discrimination. That is discrimination practiced with regard to the actions of others upon others which one watches as a witness. Shall you, as witness, blame and find judgment?

然而，辨别也有其阴暗和令人不快的一面。那就是对他人对他人行为的歧视，作为目击者的你是否会责备并做出判断？

We trust and hope that the spirit of the living God may, by grace, open you in these trying moments to the power and consolation of prayerful attention. For in an attitude of prayerful attention it is desired only that the will of the Father be done. Thanksgiving is then given that all is, indeed, well and will be well.

我们相信并希望，活生生的上主之精神能够通过恩典，在这些艰难时刻开启你的心灵，让你体验到祈祷专注的力量和安慰。因为在祈祷专注的态度中，我们只希望父亲的意愿得以实现。然后，我们会感恩，因为一切确实很好，并将会变得更好。

These positive affirmations give a supernal peace to the witness and place those in dispute within the bright light of forgiveness and prayer. May you be an agent of peace by the power of the Holy Spirit and not an agent of blame and judgment. May you find, preserve and share the peace that does indeed pass the understanding of humankind.

这些积极的确认为目击者带来了超凡的平静，并将争执中的人们置于宽恕和祈祷的光明中。愿你通过圣灵的力量成为和平的使者，而非责备和判断的使者。愿你找到、保持并分享那超越人类理解的平安。

It is in this peace and compassion that we leave you, now and ever. Amen.

July 13

The Universe Of Good

善之宇宙

I am of the principle of love and I greet you in the full
consciousness of that love.

May the light which surrounds you be made known to you in
this day.

愿环绕你的光明在今天显现于你。

May your paths be filled with the consciousness of the many
flowers and grasses upon the ground and within the mind.

愿你的道路充满对大地和心中诸多花草的觉察。

May the spirit create for you the universe of good which the
Father intended.

愿圣灵为你创造出父亲所期望的善的宇宙。

May love precede you to make fair your path this day.

愿爱在你前行，为你今日的道路铺平。

Turn and call upon the spirit of love and you shall be
enveloped and cradled in light and love every moment of
your waking experience. We of the principle of love rejoice
that we may share with you in your steps this day.

转身呼唤爱的精神，你将每时每刻都被光与爱包围和拥抱。我们来自爱的原则，欢欣鼓舞地与你分享你今日的每一步。

We leave you in the peace and the joy of the consciousness of
love, both now and evermore. Amen.

July 14

In Love With Life

热爱生命

I am the spirit of the living Christ. I greet you in the full consciousness of Godly love.

We find two of your kittens, who normally have differences, sleeping peacefully, side by side upon the lap of this channel. Such is the peace that passeth understanding. One may see the same thing in two people who have not yet been tested by adversity and who are attracted to each other, happy and excited and full of good feelings.

我们发现你两只通常有分歧的小猫，安静地并肩躺在这个容器的膝盖上。如此便是超越理解的平静。人们可以在两个尚未经历逆境、彼此吸引、快乐兴奋并充满美好情感的人身上看到同样的情景。

When adversity occurs and misunderstandings happen, the kittens play with sharpened claws. The human spirit retreats in bewilderment and strikes out in anger. Think with all your heart of the way it feels to open the eyes and see nothing but beauty. This is what it is to be in love with life.

当逆境发生和误解出现时，小猫们就会用锋利的爪子玩耍。人类的精神则感到困惑而退缩，并在愤怒中反击。用你全心全意去感受，睁开眼睛去看到美丽，这就是热爱生活的真正感受。

Sharpen the eyesight, retract the claws, and allow the grace of the Holy Spirit within your life to lift from you the anger, the fear, the desolation, the guilt, and the despair. We turn you from those at odds with life to those in love with life.

锐化视力，收回爪子，让你生活中的圣灵恩典帮助你摆脱愤怒、恐惧、孤寂、内疚和绝望。我们将你从那些与生活对立的人转向那些热爱生活的人。

You can be the same person and move from one position to the other. It is only necessary to ask persistently for the aid of the spirit of the full consciousness of love.

你可以是同一个人，从一个位置转到另一个位置。只需不断请求全意识的爱之灵的帮助。

We are with you in total and utter peace, now and ever.
Amen.

July 15

Hollowed Out By Circumstances

被环境掏空

I am of the principle of living love and I greet you in the full consciousness of that love.

It may seem to you that you are hollowed out by circumstances, circumstances that squeeze the life from heart and soul so that all that remains is a hollow reed.

你可能觉得自己被环境掏空了，这些环境挤压着心灵，使得剩下的只是一个空洞的芦苇。

Indeed, many times the work of the spirit contains this facet or phase, for there are times when, in order to progress in service, one must hollow out the channel of the self, removing stumbling blocks to one's capacity for joy and life

是的，许多时候，灵性的工作也包含了这一方面或阶段，因为有时为了在服务中取得进展，必须掏空自我，移除妨碍个人快乐和生命能力的障碍。

When the student finds the mark and imprint of love through trust and faith within these situations, then does the spirit enter more and more to make, of unhappiness, perfect peace.

当学生在这种情况下通过信任和信念找到爱之印记时，灵性就会越来越多地进入，从而将不幸转化为完美的平静。

We leave you in that peace, now and always. Amen.

July 16

Do You Walk Too Quickly?

是否走的太快？

I am of the principle of the spirit of Jesus the Christ and I greet you in the full consciousness of love.

Where are your steps leading you this day? Do you walk too quickly to keep in contact with the spirit of love? Shall the mind desire love to follow and surround the experience of the day?

今天你的脚步将带你到哪里？你是否走得太快，无法保持与爱的精神的联系？心灵是否渴望让爱跟随并环绕你的一天经历？

It is tempting to allow the consciousness of love to slide away from one as the load of mundane detail causes the pace to quicken and quicken. The busy mind cannot stop and ask for love, for it is too busy taking care of mundane business.

在平凡琐事的负担使节奏不断加快时，允许爱的意识渐渐滑离是很有诱惑的。繁忙的心灵无法停下脚步请求爱，因为它过于忙于处理琐事。

Yet the spirit is in constant association with you and may make itself known at any time it is called. No matter how quickly you are running this day, we ask that you turn in mind and heart to love and ask that all things that you see and do be seen first and done always in love.

然而，灵性始终与你保持联系，随时可以在被呼唤时显现。不论你今天多么忙碌，我们请求你在心灵和内心中转向爱，并请求所有你所见所做的事情首先在爱中被看见，并始终以爱来完成。

We leave you in the peace of constant love, now and ever.
Amen.

July 17

The Attitude Of St. Patrick

圣帕特里克的态度

I am of the principle of Jesus the Christ and greet you in the full consciousness of love.

Sometimes it is difficult to know how to move in the spirit instead of stumbling in the darkness of the mundane world. Yet we say to you that that dark world is illuminated for those who have eyes to see the light that is in all things and all circumstances.

有时候，知道如何在灵性中前行而不是在平凡世界的黑暗中踉跄行走是困难的。然而，我们告诉你，那黑暗的世界对那些拥有眼睛去看见所有事物和环境中的光明的人来说是被照亮的。

Let your attitude be that of St. Patrick, who armored himself in Christ before, behind, above and beneath. Wearing the armor of Christ's love, he and you may find a changed and renewed mundane world.

愿你的态度如圣帕特里克一样，他在基督的保护下铠甲加身，无论前后、上下。穿上基督之爱的铠甲，他和你都能发现一个改变和更新的平凡世界。

Allow love to speak to the love within you, and you will soon find that you may tabernacle with the Creator in any and all circumstances through faith.

让爱对你内心的爱说话，你将很快发现，通过信仰，你可以在任何和所有情况下与创造者同在。

We leave you in peace, now and ever.

July 18

Yours Is The Power

你本强大

I am of the living spirit of love which is the fully developed consciousness of Jesus the Christ.

How very un-powerful most feel within their life structures!

My children, there is no reason to feel a lack of power. Yours is the power to forgive, to have compassion and to change.

许多人在生活中感到自己毫无力量！我的孩子们，没必要感到力量的缺乏。你们拥有的是宽恕、同情和改变的力量。

Yours is the power to right the wrong that you perceive, to bless those things for which you are grateful and to give thanks.

你们拥有纠正你们所感知的不公、祝福你们感激的事物并表达感恩的力量。

Yours is the power to produce within your experience and that of those who mingle with you a sense of holiness, peace, joy and sanctity, all wrapped up in the laughter and joy of unconditional love.

你们拥有在自己的经历以及与你交融的人的经历中，产生一种神圣、平静、喜悦和庄严的力量，这一切都包裹在无条件的爱中的欢笑和喜悦里。

How powerful is the awareness of unconditional love! Never doubt that each of you is a powerful, powerful entity. Cast your allegiance and your desire toward the principle of unconditional love and ask for the Comforter. And as you strive, you shall be comforted. You shall be inspirited. You shall be nurtured.

无条件爱的意识是多么强大啊！永远不要怀疑你们每一个人都是一个强大的存在。将你的忠诚和愿望投向无条件爱的原则，并请求安慰者。只要你们努力，就会得到安慰，得到激励，得到滋养。

We leave each bright being in the peace of Jesus the Christ and in His healing love, now and ever. Amen.

July 19

Your Attitude Toward Change

对变化的态度

I am the spirit set apart from the world to do the work of Jesus the Christ. I greet you in the full consciousness of divine love.

Your reaction to change sometimes resembles your reaction to an open or gaping wound. Many negative emotions are stirred. There is the fear of infection and the worry as to the progress of healing. Above all, change is seen as a negative to be endured and corrected.

你对变化的反应有时类似于对开放或张开的伤口的反应。许多负面情绪被激起。存在对感染的恐惧以及对愈合进程的担忧。最重要的是，变化被视为一种需要忍受和纠正的负面因素。

The spirit of the living God does not have this vision of change. And one who dwells in the consciousness of love shall not have such a negative attitude towards change either. For when one dwells in the world, change is destructive. Yet when one dwells in love, change is sometimes challenging and always interesting and informative.

活生生的上主之精神并不持有这种对变化的看法。一个居于爱之意识中的人也不会对变化持有这种负面的态度。因为在世俗中，变化是具有破坏性的。然而，当一个人处于爱中时，变化有时是具有挑战性的，但总是充满趣味和启发的。

Your foundation, that upon which you stand, is that which has been before the world was, has endured through all changes, and shall endure forever. You stand on firm ground.

你的基础，即你所立足之处，是在世界存在之前就已存在的，经历了所有变化，并将永恒不变。你站在坚实的土地上。

May your heart be at peace. May you see change peacefully.

May you embrace change in peace, joy and confidence.

愿你的心灵平静。愿你平和地看待变化。愿你以平安、喜悦和信心拥抱变化。

We leave you in peace, now and ever. Amen.

July 20

Open To Radiance

向光辉敞开

I am the great principle of love unbounded, the love of Jesus the Christ. I greet you in that unconditional and sacred emotion.

Dawn has thrust its rosy fingers into the night and pulled up the sun to make morning come. And now, as the mist of dawn burns away and another day begins, the sun above is radiant and generous, beaming its warmth and comfort upon all, regardless of each entity's condition.

黎明已经将玫瑰色的手指伸入夜晚，拉起了太阳，使清晨到来。现在，当黎明的雾气逐渐消散，新的一天开始时，头顶上的太阳光辉灿烂，慷慨地将它的温暖和安慰洒向万物，无论每个存在的状况如何。

You are this principle, potentially, within this little lifetime that you now experience. You have within you a door to open to radiance, a door to open to the principle of unconditional and sacramental love.

在你现在经历的短暂一生中，你潜在地就是这一原则。你内心拥有一扇门，通向光辉，一扇门，通向无条件和圣洁的爱原则。

Are you worthy of such love? This is not a question for you to ask. Rather have faith that love loves unconditionally and causes the unworthy one to be worthy. Know that you are in a state of forgiveness and allow the radiance of the most divine love to shine forth from you this day.

你是否配得上这样的爱？这不是一个需要你询问的问题。相反，要相信爱是无条件的，并使不配的人变得配得上。知道你处于宽恕的状态，并让最神圣的爱之光在今天从你身上闪耀出来。

As you move through a world of shadow and sham, be the light that is true and real. You cannot make of yourself an inspiration of light and love. You can, of yourself, will to be and to manifest the love which pours through you and, as a channel, which you may pour forth in turn. We encourage you to be radiant this day, to feel the love and the peace which is yours and all entities', now and ever.

当你在阴影和虚伪的世界中前行时，要做那真正而真实的光。你不能将自己变成光与爱的

灵感来源。你可以，凭借自己，意愿成为并展现那流经你的爱，作为一个渠道，你也可以将其传递出去。我们鼓励你在今天散发光辉，感受那属于你和所有存在者的爱与平安，无论现在还是永远。

We leave you in this peace and love. Amen.

July 21

How Love Shows Forth

爱如何显现

I am the principle of the love exemplified by Jesus the Christ.
I greet you in the full consciousness of love.

Many times those who seek the love of Christ with the most effort are those who mistake that love, thinking that it may show forth in one way instead of another. In actuality the spirit of love moves in as many ways as do those sons and daughters of the Lord who spend their lives in many and various conditions.

许多时候，那些最用心寻求基督之爱的人，往往误解了这种爱，认为它可能以某种方式显现，而不是另一种方式。实际上，爱之精神的流动方式有很多，就像那些在不同环境中度过一生的主的儿女们一样。

Love is not merely a strong and vital creative force. It also contains that subtlety which partakes of wisdom. Thus the spirit may appear in a different way for each entity. Trust that, no matter what your situation, the spirit of love is willing to transform each experience, if you invite that spirit to enter the heart of your being.

爱不仅仅是一种强大而充满活力的创造力量，它还包含了参与智慧的微妙之处。因此，爱之精神可能以不同的方式出现在每个存在中。相信，无论你处于何种境地，只要你邀请这种精神进入你内心深处，它愿意将每一次经历转化为爱。

We leave you in peace, now and ever. Amen.

July 22

Stop At This Very Moment

在这一刻停下来

I am the consciousness of Jesus the Christ living in the world today and I greet you in perfect love.

“Christ consciousness” is a term used by many, but how many feel that Christ consciousness within? How many seek the Christ consciousness within? How many ask for the Holy Spirit, which is that consciousness in the world today?

‘基督意识’是许多人使用的术语，但有多少人真正感受到内在的基督意识？有多少人在寻求内在的基督意识？有多少人祈求圣灵，也就是今天世界上的那种意识？

Stop at this very moment.

在这一刻停下来。

Stop and feel the beating of your heart, the pulsing of the blood in your veins, and the silence that has suddenly come upon your soul.

停下来，感受一下你的心跳、血液在静脉中的脉动，以及突然降临在你灵魂上的寂静。

And then feel the consciousness within that silence. This is the spirit of love, the consciousness of Christ. It is strong. It is your heart. It is your pulse. It is your being. You have but to claim it. You have but to ask for it. The spirit of Christ is your birthright.

然后感受那寂静中的意识。这就是爱之精神，基督的意识。它是强大的。它是你的心。它是你的脉搏。它是你的存在。你只需去接受它。你只需去请求它。基督的精神是你的与生俱来的权利。

We are here. Seek us that you may see, this day, with eyes of love; with hands that serve; with hearts that are at peace.

我们在这里。寻求我们，以便你今天能以爱的眼睛、服务的双手、平静的心灵去看待。

We leave you in this peace, both now and evermore. Amen.

July 23

The Day To Forgive

宽恕日

I am of the principle of love and I greet you in the full consciousness of Christ.

This is the day to forgive. Select someone, another or yourself, whom you have not forgiven and bring to bear the love of Christ which, seeing all, forgives all. Christian compassion does not deal in halfway measures but forgives utterly, so that a new life may be born where hardness of heart had created a death. Open your heart to creative and divine love this day and let it pour through you to cleanse and purify your heart.

今天是宽恕的日子。选择一个你尚未宽恕的人，无论是他人还是自己，将基督的爱带入其中，基督的爱能够看到一切并宽恕一切。基督的怜悯不做半途而废的事情，而是完全地宽恕，使得一个新的生命能够在曾经的心硬之处重生。今天打开你的心扉，接受创造性和神圣的爱，让它通过你流淌，净化和清洁你的心灵。

We leave you in the love and peace of Christ, now and ever.

Amen.

July 24

The Glory Of The Son

子之荣耀

We are those who come in the name of love and we greet you
in the full consciousness of perfect love.

As you awaken you open your eyes to the glory of the sun. All
radiant, as the sun kisses the Earth, it engenders life.

当你醒来时，你睁开眼睛迎接太阳的辉煌。太阳的光辉亲吻大地，孕育了生命。

As you gaze upon your inner being, seek and find the Son of
Man, a fully radiant being whose creative touch is perfect
blessing. May you, in turn, caught between beautiful outer
sun and marvelous inner Son, find inspiration to choose to be
radiant also, a blessing to those upon whose presence you
shine.

当你凝视你的内在自我时，寻求并找到那位完全光辉的‘人子’，他的创造之触带来完美的祝福。愿你在美丽的外在太阳和奇妙的内在‘人子’之间找到灵感，选择也要发光，成为那些你照耀到的人的祝福。

We leave you in peace, now and ever. Amen.

July 25

Peace Is Active

平安是积极的

I am of the principle of the consciousness of Jesus the Christ
and I greet you in perfect love.

Peace, I cry to you. Peace, I offer to you.

平安，我向你呼唤。平安，我向你奉献。

How shall you find this peace if you believe not that the spirit
of the living God speaks to you this day; is available to you
this moment; is a strengthener and a comforter to you in a
real way, in an active way, and in a living way?

如果你不相信活生生的精神今天对你说话；不相信它此刻对你可得；不相信它以真实、积极和生动的方式成为你的力量和安慰，你如何能找到这份平安呢？

Peace is, above all things, active, not passive. The peace of the
consciousness of love is an active and surpassing peace, a
peace that you may feel as joy as well as peace; as power as
well as peace; as harmony as well as peace. There is no such
peace without the spirit of love.

平安，首先是积极的，而非消极的。爱之意识的平安是一种积极而超越的平安，你可能感受到它既是喜悦也是平安；既是力量也是平安；既是和谐也是平安。没有爱之精神，就没有这样的平安。

Peace is not the absence of war. Peace is not the absence of
spoken conflict. Gaze within your heart this day and see if
you find the peace that passes understanding. If you do not
have it, ask for it of the spirit that dwells within and speaks to
each who wishes to hear the voice of Christ in the world
today.

平安不是战争的缺失。平安也不是言语冲突的缺失。今天请凝视你的内心，看看是否能找到那超越理解的平安。如果你没有这样的平安，向内心中居住的灵求之，它会回应每一个希望听到基督声音的人。

We come in peace and you shall be at peace, insofar as you
wish it. We greet you and leave you in peace, now and ever.
Amen.

July 26

Your Joy Transforms And Enables Others

你的喜悦转化并赋能他人

I am the spirit of the living Christ and I greet you in the full consciousness of love.

Many are the shepherds whose joy in their service to the sheep has been lost, although dutifully and faithfully they continue to serve.

许多牧羊人的喜悦在服务羊群的过程中已然丧失，尽管他们仍然尽职尽责、忠诚地继续服务。

Yet joy is all about each and every shepherd and each and every sheep. Joy is the constitution of the creation, love and peace its watchwords and its description. The shepherd who has lost joy must needs seek it again, for what one does not feel, one cannot truly express.

然而，喜悦在每一位牧羊人和每一只羊群周围都存在。喜悦是创造的本质，爱与平安是其口号和描述。失去喜悦的牧羊人必须重新寻求它，因为没有感受到的东西无法真正表达。

Take time to experience the joy of existence, the joy of interaction with others, the joy of giving and receiving, and the joy of sharing. For it is the joy in service that transforms and enables the joy in others.

花时间体验存在的喜悦，与他人互动的喜悦，给予和接受的喜悦，以及分享的喜悦。因为正是服务中的喜悦转化并使他人的喜悦得以实现。

We leave you in joy, in love and in peace, now and evermore.
Amen.

July 27

Ground Your Joy

扎根于你的喜悦

I am the spirit of the perfect consciousness of love and I greet you in the name of Jesus Christ, the emissary of gladness and the emissary of travail.

We ask you at this moment to pause and refrain from considering the bountiful dualistic aspects of your journey; of your day; of your thoughts, and of your self. Flowers are giving their beauty to the air and to the trees, flowers unseen by minds intent on the business of the world. The sky dances above you, tossed to and fro by the winds of summer. And in the changes of the weather birdsong ceases and the butterflies find their protection. Second density is for you a rest, a refreshment and a healing.

我们请你在此刻暂停，暂时不去考虑你旅程中的丰富二元方面；你的一天；你的思想，以及你自己。花朵将它们的美丽奉献给空气和树木，而那些沉迷于世事的心灵却看不见这些花朵。天空在你头顶上舞动，被夏季的风来回吹拂。在天气变化中，鸟鸣暂歇，蝴蝶找到了保护。第二密度对你而言是一种休息、一种清新和一种疗愈。

Imagine always that your feet are planted in the earth, that your soul may grow to heaven. And keep not your attention on worldly matters but take some time to gaze at the mute prayers and silent orisons of the world of the Creator.

总是想象你的双脚扎根于大地，让你的灵魂得以向天成长。不要将注意力集中在世俗事务上，而是抽出一些时间去凝视造物主世界中无声的祈祷和静默的祷词。

Beauty is enormously important food. Eat of it, for it is all around you. And so find beauty also; the flower behind the disruption; the bobbing leaves of a tree beneath the changing situation.

美丽是极其重要的食粮。享受它吧，因为它就在你周围。也要寻找美丽；在混乱背后寻找花朵；在变化的环境下寻找树木摇曳的叶子。

Let not your joy be shallow but grounded as passionately as you ground your sorrow and you will find that joy and sorrow have much in common. Allow them both their beauty but seek always the food of the Creator's positive beauty to comfort, refresh and bless the living soul.

不要让你的喜悦变得浅薄，而是要像你深切扎根于悲伤一样深深扎根于喜悦，你会发现喜悦和悲伤有很多共同之处。允许它们各自拥有美丽，但始终追求造物主积极美的食粮，以安慰、清新和祝福你的生命灵魂。

In silence, praise and quietude we leave you, now and ever.
Amen.

July 28

The Nature Of The Holy Spirit

圣灵的本质

I am of the principle of the love of Christ and I greet you in the full consciousness of love.

We are aware that you have been wondering what is the nature of the Holy Spirit, for we address ourselves as “we,” and there are innumerable hosts of those of the Holy Spirit. We are spiritual elementals, characters and creatures of light which, moving from the undifferentiated Logos of love, are called to manifest as agents of light.

我们知道你一直在思考圣灵的本质，因为我们以‘我们’的身份自称，而圣灵有无数的存在。我们是精神元素，是光的性格和生物，从未分化的爱之逻各斯中移动，被召唤成为光的使者。

Many have received this vibration with great clarity and channeled our thoughts as if they were those of Jesus the Christ. This is not correct, as we move upon the same principles which Jesus the Christ exemplified and articulated but are not incarnational beings. Were we to appear visible before you, we would be creatures of light, dancing flames of vitality, energy, life and renewal. This is the spirit of life giving love. We glint in the air about you, awaiting the inner call for our presence. May each call us early and late, that we may join together with the incarnated spirit of humankind to glorify that love which is beyond words.

许多人以极大的清晰度接受了这种振动，并将我们的思想传达为耶稣基督的思想。这是不正确的，因为我们遵循与耶稣基督所体现和阐述的相同原则，但我们不是化身的存在。如果我们在你们面前显现，我们将是光的生物，充满活力、能量、生命和更新的舞动火焰。这是赋予生命的爱的精神。我们在你周围的空气中闪烁，等待内心的召唤。愿每个人都早晚呼唤我们，以便我们能够与人类的化身精神共同荣耀那超越言语的爱。

We leave you in peace and rejoicing, now and always. Amen.

July 29

The Blessing Of Spirit In Clay

泥土中的灵魂祝福

I am of the consciousness of Christ and I greet you in living love.

No matter how much you love the Creator, first your Creator loved you as He apportioned off a piece of the consciousness of love and set it within an energy nexus, a light body which could clothe itself in physical form as you know it. And so you stand this morning, spirit wrapped in a garment of clay.

无论你多么爱造物主，首先是你的造物主爱你。他将爱之意识的一部分划分出来，并置于一个能量核心中，这个光的身体能够披上你所熟知的物质形式。因此，你今晨站在这里，灵魂被包裹在泥土的外衣中。

Know that even though the body appears to be of earth, yet you may dwell with the Father within and through that very same body. For you are the outworking and manifestation of the love of the Creator in Christ. Know and claim the blessing that this knowledge brings.

知道尽管身体似乎是由尘土构成的，但你仍可以在内心与父亲同住，并通过这同一个身体实现这一点。因为你是基督中造物主爱的展现和体现。领悟并宣示这种知识所带来的祝福。

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We leave you in peace, now and always. Amen.

July 30

Turn From Judgment

远离评判

I greet you in the holy name of Jesus the Christ. I am the spirit of that consciousness of divine love which speaks to the world.

It has been some time since this instrument has opened itself to the utter peace of total non-judgment.

这段时间以来，这个工具许久未向完全无判断的绝对平静敞开自己。

It is easy to see prejudice outside of the self and to recommend that prejudice be removed. The mundane justice of these thoughts comes across clearly to most seeking souls. Yet these same souls often have anger, resentment, guilt and other negative feelings about themselves.

很容易看到自己之外的偏见，并建议去除这些偏见。这些思想的世俗正义对大多数寻求者来说很清晰。然而，这些相同的灵魂往往对自己怀有愤怒、怨恨、内疚以及其他负面情绪。

Does the consciousness of love accept this prejudice of self against self? Surely not. For it is the instruction of Jesus the Christ to love the self and the neighbor as the self.

爱之意识是否接受这种自我对自我的偏见？当然不是。因为耶稣基督的教导是要爱自己和爱邻如己。

The beginning of peace lies within, at the cessation of self judgment and the surrendering of that un-judged, holy and ready-to-be-potentiated self to the consciousness of compassion, joy, peace and love.

和平的起点在于内心，在于停止自我判断，将那未被判断、神圣且准备好被激发的自我奉献给同情、喜悦、和平和爱的意识。

Turn from judgment. Live in peace. And be a light for the world.

转离判断。生活在和平中。成为世界的光。

I leave you in peace, both now and evermore. Amen.

July 31

The Comfort Of Abiding Love

持久之爱的安慰

I am of the principle of that love which brought forth all that is and I greet you in the full consciousness of love.

This living love is like a flame that rests upon your house and within your heart. Looked for, it may not be seen, yet the patient seeker will soon find the outpouring of spirit reflected in the world once it has been sought with a whole heart, for there is nothing which may not be mended, healed and comforted.

这种活生生的爱就像一团火焰，安驻在你的家中和心中。虽然在寻求时可能看不见，但耐心的寻求者很快会发现，一旦全心全意地寻求，灵魂的倾泻便会在世界上显现，因为没有什么是无法修补、治愈和安慰的。

Seek within your heart this day to know that comfort of abiding love. Trust the feeling of wholeness and gaze upon the world with new eyes, eyes of completeness, in joy.

今天在你内心中寻求感知那种持久的爱的安慰。信任那种完整的感觉，以新的眼光，完整的眼光，用喜悦的心情凝视世界。

We leave you in that perfect peace which proceeds from love, now and ever. Amen.

August 1

Tabernacle Consciousness

圣堂意识

I am of the principle of Christ and I greet you in the full consciousness of love.

As you sit in meditation, you dwell within a tabernacle in intimate conversation with the Creator.

当你坐在冥想中时，你在一个小圣堂里与造物主进行亲密的对话。

Sit upon the mercy seat now and feel the waves of forgiveness.

现在坐在怜悯座上，感受宽恕的波动。

Stand within the holy of holies. Feel and absorb the light and the peace of that which is the highest and best you can imagine and know.

站在至圣所中，感受并吸收你能想象和了解的最高、最美好的光和宁静。

Allow the strength of the tabernacle of the Creator to enter into your being, to give you solace and comfort but also to give you strength.

让造物主的圣堂力量进入你的存在，给予你安慰和舒适，同时也赋予你力量。

For each of you with tabernacle consciousness is the city upon the hill. And the windows of your eyes may shine light of a blessed nature through your consciousness and into the world about you. Again and again during your day, return for a moment to the tabernacle. Sit quietly in that inner room and be refreshed.

对于每一个拥有圣堂意识的人来说，那座城市就在山上。你眼中的窗户可以透过你的意识，将祝福的光辉洒向你周围的世界。一天中的每时每刻，时常回到那个圣堂，静静地坐在内心的房间里，得到滋养和振奋。

We are with you in peace, now and ever. Amen.

August 2

Be The Quiet Heart

成为宁静的心。

I am the principle of the love of Jesus the Christ and I greet you in the full consciousness of divine love.

We see here before us a heart which is unquiet and a will which allows much lack of discipline in the meditation. Why is your heart unquiet? What causes this disturbance? What war rages near your door?

我们看到你面前的心灵不安静，意志力在冥想中缺乏纪律。为什么你的心灵不安静？是什么引起了这种扰动？你面临着怎样的内心冲突？

We see none. Love sees none. But if the human heart cannot be disciplined, it will be unquiet.

我们看不到任何。爱也看不到。但是，如果人类的心不能自我约束，它将会不安静。

What must you say to your brother? Think you that any words can completely satisfy? Nay, rather you must be to your brother the quiet heart that you must be to yourself. This day finds more and more this need, for it is disquieted within.

你必须对你的兄弟说些什么？你认为任何话语能完全满足吗？不，与你自己对待自己一样，你必须成为你兄弟心中的宁静之心。今天，这种需求越来越明显，因为内心正感到不安。

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We leave you in the love and the peace of Jesus the Christ, now and ever. Amen.

August 3

Cast Thy Burden Upon The Lord

将你的重担交给主

I am of the principle of Jesus the Christ. I greet you in the full consciousness of love: that love which shines from the beginning of space and time; that love which created all that there is; that love which sustains you at this moment.

We find this instrument most perturbed, for it is in pain and has been so for many months. It did not expect this ordeal and can no longer emotionally refrain from a lack of cheerfulness. Bluntly has she asked, "What has the Holy Spirit to say to one such as I?"

我们发现这个工具非常困扰，因为它正在经历痛苦，而且这种痛苦已经持续了许多个月。它没有预料到这一劫难，情感上也无法再抑制不愉快。她直截了当地问：“圣灵对我这样的人有什么话要说？”

And to this one, and to any who suffer, we can only repeat the words, "Cast thy burden upon the Lord, and He shall sustain you."

对于这个人，以及所有受苦的人，我们只能重复这句话：“把你的重担交给主，主必会支持你。”

To cast one's burdens upon one's family and friends is to find no more certainty of love and understanding than you find within the self. Thus the suffering will be aggravated by the guilt of complaint.

将重担托付给家人和朋友，得到的爱与理解的确定性不会比自我中找到的更多。因此，痛苦将因抱怨的内疚而加剧。

Yet the spirit of love only embraces the complaints and the sufferings of those who love and are loved by Him. And thus each complaint is blessed and the suffering, quieted. Turn not to man but to the consciousness of love for that peace which passeth all understanding.

然而，爱之灵只拥抱那些爱他并被他爱的人所发出的抱怨和痛苦。因此，每一个抱怨都得到祝福，痛苦得以平静。不要依赖于人，而应转向爱之意识，寻找那超越一切理解的平安。

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Now, always, in times of need and evermore, we leave you in this peace. Amen.

August 4

The Languages Of Love

爱的语言

I am of that principle of love which has been embodied forth in full manifestation in Jesus the Christ. I greet you in that love and in the living waters of its manifestation even unto this day, this hour and this minute.

This instrument has wondered why we speak both as "I" and as "we." We are all one principle, yet each seeking entity has its own perceptions of pain and comfort and so to one we shall appear upon one vibration and to another, another, just as your languages differ. Yet all may be used by the spirit to speak words of peace, comfort and transformation.

这个工具疑惑为什么我们既以“我”又以“我们”来讲话。我们都是一个原则，但每个寻求的存在都有自己对痛苦和安慰的感知，因此，对一个人我们可能以一种振动出现，对另一个人则以另一种振动，就像你们的语言各不相同。然而，所有这些都可以被灵用来传达平安、安慰和转变的话语。

There is no circumstance, no personality, no mind or spirit or emotion which can keep one who seeks from the fire of love: love that may transform, love that may enable the love that lies within you, each of you.

没有任何环境、个性、思想、灵魂或情感能够阻挡寻求者接近爱的火焰：那种能够转变、能够激发你们每个人内在爱的爱。

Know that there is nothing that may keep you from the principle of love.

要知道，没有任何事物可以阻挡你接近爱的原则。

Know that comfort comes to you as you, in your unique way, ask for it, seek it and are able to hear it.

要知道，安慰会在你以独特的方式请求、寻求并能够倾听时来到你身边。

We leave you, as always, in the one peace which comforts all, now and ever. Amen.

August 5

The Spirit Speaks To Each

灵对每个人说话

I am the spirit of Jesus the Christ. I greet each of you in the full consciousness of divine love.

Each morning this instrument requests that she may offer the highest and best contact with us that she may. Then she names those within the meditation circle and holds them up to us.

每天早晨，这个工具请求能提供与我们的最高和最好的联系。然后她提到冥想圈中的每个人，并将他们呈献给我们。

We find, as we have so often found in those larger realms of which this instrument is not aware, that the spirit of Jesus the Christ speaks not to Christians but to those who love; speaks not to those who call themselves this or that kind of Christian but to those who act in a Christ-like manner whenever possible.

我们发现，正如我们在这些更广阔的领域中常常发现的那样，耶稣基督的灵不仅对基督徒讲话，而是对那些充满爱的人的灵魂说话；它不仅对自称为某种基督徒的人说话，而是对那些在可能的情况下以基督般的方式行事的人说话。

And we speak to those who may feel that they are lost from the love of Jesus the Christ. We say that the spirit speaks to each of you in a language that each understands, with comfort, strength and love.

我们对那些可能觉得自己与耶稣基督的爱失落的人说话。我们告诉你们，圣灵以每个人都能理解的语言对你们每一个人说话，带来安慰、力量和爱。

For the principle of Jesus the Christ is the principle of divine love, a fiery and creative principle that makes things happen, that renews minds, souls and hearts and gives them strength for service. The spirit of the full consciousness of love lies upon and is available to each who may request it.

因为耶稣基督的原则是神圣爱的原则，这是一种充满热情和创造力的原则，能使事情发生，更新思想、灵魂和心灵，并赋予它们服务的力量。全面的爱的意识的灵存在于每一个请求它的人身上，并向他们开放。

There is peace. There is the water of peacefulness. There is

the realization of the reason for that ineffable and unworldly peace. These things the spirit leaves within you to ponder in your heart.

有平安。那是宁静的泉水。那是对那种难以言喻的、超凡脱俗的平安的领悟。这些东西，灵将留在你心中，让你细细思索。

We leave you in the love, the joy and, above all, the peace that endures from everlasting to everlasting. Amen.

August 6

The Natural World As Teacher

自然世界作为老师

I am of the principle of love and I greet you in the
consciousness of Jesus the Christ.

I, the Comforter, ask you to allow the natural world that lies
so close at hand to be your teacher this day. Gaze upon the
mighty strength of the shoots of grass which grow in
concrete. Look very closely and see the fecundity of the living
God expressed in all the tiny insects which scurry across that
busy sidewalk seeking sustenance and finding it. Listen to the
sounds of the birds which ring out as joyful Psalms to the
Creator and feel the wind of creation at your back.

我，安慰者，请你让身边的自然世界成为你今天的老师。注视在混凝土中生长的草芽的强大生命力。仔细观察，看到那活生生的神在小昆虫中的繁衍，它们在繁忙的人行道上寻找并获得食物。听鸟儿发出的声音，它们如同对造物主的欢乐颂歌，感受创造的风在你背后吹拂。

We do not ask you to take these things into your mind and
hold them where they will become lifeless and wither in the
world of the hypothetical. Remain open, rather, to the
revelations of the present moment, for the Creator has
infinite lessons to teach to those who have understanding
hearts and open ears.

我们并不要求你将这些事物放入心中，使它们在假设的世界中变得无生气和枯萎。相反，保持对当下启示的开放，因为造物主有无限的教诲要传授给那些拥有理解的心灵和开放的耳朵的人。

We leave you in Christ's own peace, now and ever. Amen. I

August 7

This World Of Wonder

这奇妙的世界

We are of the principle of Jesus the Christ and we greet you
in the full consciousness of divine love.

Before you lies the vista of this fair and lovely day, soft and shimmering with summer colors, with the sweet exhaustion of heat and the generous beauty of nature's palette of many colors. Consider how you will approach this the creation of the Father through which you walk.

在你面前展现的是这美丽而迷人的一天的景象，柔和而闪烁着夏天的色彩，带着热气的甜美疲惫和自然调色板上慷慨的美丽。考虑一下你将如何面对这位父亲创造的世界。

There are three ways to walk in this world of wonder. Most walk with their eyes averted from the beauty entirely. These are those who have not yet learned how precious the beauty of the creation is.

在这充满奇迹的世界中，有三种行走的方式。大多数人走路时完全回避美丽。这些人尚未学会欣赏创造之美。

There are those who seize the beauty and hold it to them, counting each sight as a possession and rejoicing withal in the wonderful collection of sensual experiences. These are the takers, those who feel that all of creation is made for them and as a king or queen, so they declare sovereignty over all that they see. Even in their appreciation there is ownership.

还有一些人抓住美丽，把它紧紧抱在怀里，把每一次景象当作自己的财产，并为这些感官体验的奇妙收藏而欢欣。这些人是索取者，他们觉得所有的创造都是为他们而造的，像国王或皇后一样，他们宣称对所见的一切拥有主权。即使在他们的欣赏中也有占有感。

There are those who, seeing all the beauties of the evanescent passage of time, give glory and thanks to the One which created them all and which created the appreciator as well. This appreciator is not the Lord of that which he surveys, but its shepherd and its servant; its trustee, if you will, as it is held in trust for generations to come.

还有一些人，看到短暂时光中的所有美景，向创造这一切的存在致以荣耀和感谢。这位欣赏者不是他所观察事物的主宰，而是它的牧人和仆人；如果愿意的话，可以称之为托管者，因为这些美丽被托付给未来的世代。

Open your eyes and see the beauty, but see it as one who gives to beauty the glory of Jesus the Christ, that you may treat all aright and not be ashamed before your children and your children's children. For they, too, need beauty.

睁开你的眼睛，去欣赏美丽，但要以赋予美丽耶稣基督荣耀的眼光来看待，这样你才能正确对待一切，不会在你的孩子和孩子的孩子面前感到羞愧。因为他们也需要美丽。

We leave you in peace and in love, both now and evermore.
Amen.

August 8

Peace And Joy Undisturbed

未曾扰乱的安宁与喜悦

I am that principle that is the divine love of Jesus the Christ. I greet you and bless you in the full consciousness of unconditional love.

Negative thinking lies all about you. You do not have to partake in it. When there is something which crosses your consciousness and turns the mind to negative emotion, move back into an awareness of the infinite love that is the principle of your life and know that the Christ within may find a positive answer in each and every situation; may find a way to increase light rather than discourage light; to find the words to heal and not to wound; to find the compassion that aids those who are bothersome rather than ignoring such entities.

消极的思想在你周围弥漫。你不必参与其中。当有些东西进入你的意识并将思绪转向消极情绪时，要回到对你生命原则的无限爱的意识中，知道内心的基督在每一个情况中都能找到积极的答案；能找到增加光明而非抑制光明的方式；能找到治愈而非伤害的言辞；能找到帮助那些烦扰你的人的同情，而不是忽视这些人。

The living spirit of Jesus the Christ is available at the present moment and at each moment of the infinity of creation. It is the gift of Jesus the Christ to all who follow in His footsteps.

耶稣基督的活生生的精神在当前时刻以及创造的每一个无限时刻中都可以获得。这是耶稣基督赠予所有追随他脚步之人的礼物。

No matter what you may suffer today, cast your mind always upon the positive; upon the loving and compassionate aspects of those things which are occurring and you shall find your peace and joy undisturbed in the heart of your being, as your being speaks the truth of unconditional love.

无论你今天遭遇何种痛苦，总要把心思集中在积极的方面；关注发生事物中的爱与同情，你将发现内心的平静与喜悦不会受到干扰，因为你的存在在表达无条件爱的真理。

In that love and peace we leave you. Amen.

August 9

You Are The New Jerusalem

你是新的耶路撒冷

I am of the spirit of Jesus the Christ, the consciousness of divine love which lives within the world today and which pours through the clouds of mundane sin and sorrow like sunshine awaiting the grateful eye.

Do you not know that you are the city upon the hill, that you are the new Jerusalem and that in every cell of your body you may find, recognize and celebrate the renewing and recreative energy of the spirit of the living Christ?

你难道不知道你是那座高山上的城市，是新的耶路撒冷吗？在你身体的每一个细胞中，你都可以发现、认识并庆祝活生生的基督之灵的更新和再造的能量。

You may say, "Jesus," and mean it not, yet the vibration shall come to you. You may say, "Come, Holy Spirit," and doubt greatly, yet eventually that energy shall come to you. Know each member, each thought, each cell of the wholeness of your body, the twelve upon twelve upon twelve which one hundred forty four thousand represents.

你可以说“耶稣”，而心里却并不真诚，但振动仍会到来。你可以说“来吧，圣灵”，尽管充满怀疑，但最终那股能量也会来到你身边。了解你身体的每一个部分、每一个思想、每一个细胞，这一切都代表了十二乘以十二乘以十二，即十四万四千的整体。

Allow, await and expect the power and the peace of the love of Jesus Christ and the new Jerusalem shall shine through you. And the city upon the hill be a beacon of light.

允许、期待并期盼耶稣基督的爱之力量与平安，新耶路撒冷将透过你闪耀。那座高山上的城市将成为光明的灯塔。

We leave you in joy and peace, both this day and evermore.

Amen.

August 10

Put On Spiritual Clothing

穿上精神衣裳

I am of the principle of the love of Jesus the Christ and I greet you in the full consciousness of love.

Putting on the clothing is part of the preparation for the day's business. We suggest to you that you also put on the spiritual clothing of light which may aid the process of seeking during the day to come.

穿上衣物是为一天的事务做准备的一部分。我们建议你同时穿上光明的精神衣裳，这将有助于你在接下来的日子里寻求的过程。

Visualize and call to the self that great armor of protection that goes before, follows after, guards upon each side and permeates each part and cell of your body. This armor of light enables the seeker to dwell within the state of joy and peace which the living waters of love, caught up in the armor of light, can bear.

设想并召唤那伟大的保护盔甲，它在前面、在后面、在两侧守护，并渗透你身体的每一个部分和细胞。这盔甲的光明使寻求者能够在喜悦与平安的状态中居住，而这种喜悦与平安是被光明的盔甲包裹的爱之活水所带来的。

Without such armor, without such deep remembrance of light, it is difficult to dance throughout the daily experience. Each time light is forgotten, be not discouraged but call in again upon yourself that great protection.

没有这样的盔甲，没有对光明的深刻记忆，很难在日常经历中舞动。每当光明被遗忘时，不要气馁，而要再次召唤那伟大的保护。

We leave you in peace, now and ever. Amen.

August 11

The Race Of Detail And Duty

细节与责任的竞赛

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

We see that you have many concerns upon your minds this day and are already eagerly planning how to run the race of detail and duty. How quickly you feel you must run!

我们看到你今天有很多忧虑，已经迫不及待地计划如何处理细节和责任。你感觉自己必须多快地跑呢！

Know that the love of Jesus the Christ moves effortlessly and gracefully with you in each moment of concern, in each detail of the working day. As close as breathing is this love which smoothes and makes plentiful time, energy and coordination.

知道耶稣基督的爱在你每一个忧虑的时刻、每一个工作日的细节中，都会毫不费力地、优雅地与你同在。这份爱就像呼吸一样贴近，抚平并丰盈时间、精力和协调。

Indeed, there is no lack of things to do, yet neither is there a lack of service to offer in love. Let each detail be transformed by the inner asking of the knowledge of the love and service breathed forth by the spirit upon all material things.

确实，事情多得不可胜数，但爱的服务也不会缺乏。让每一个细节都通过内在对爱的知识的呼唤而转化，这种爱与服务由灵魂赋予所有物质事物。

We leave you in perfect peace, now and ever. Amen.

August 12

The Universality Of Suffering

痛苦的普遍性

I am of the spirit of Jesus the Christ and I greet you in the full consciousness of love.

You have pain in your heart. Is that so remarkable? It is given to each to suffer pain and, through suffering, to learn and grow.

你心中有痛苦。这有什么值得惊讶的？每个人都要经历痛苦，通过痛苦来学习和成长。

The spirit of love wishes most greatly to comfort and relieve the heart's suffering and asks you to gaze about at each person with whom you come in contact. Open the windows of the heart and be vulnerable before the pain of each other person and so see the universality of suffering. Then turn your hearts to the great fruits of suffering: compassion and joy.

爱之精神最希望安慰和缓解你心中的痛苦，它请你关注与你接触的每一个人。敞开心窗，面对彼此的痛苦，从中看到痛苦的普遍性。然后将心转向痛苦的伟大果实：同情和喜悦。

For do you not see entities, day after day, sacrificing their concerns for the needs of others: mothers and fathers for their children, friends for friends, and, in the heart which has grown sweet with compassion, stranger for stranger?

你难道没有看到，每天都有人为他人的需求而牺牲自己的关切：父母为孩子，朋友为朋友，甚至在因同情而变得温柔的心中，陌生人为陌生人？

The spirit sees the whole without boundaries of geography or personality. You dwell in boundaries and limits. Yet by seeing the pain of another soul, so you may see that your lot is not unlucky. Then open yourself to the healing movement of the spirit of love within which answers the call of the pain of others. And join in that harmony of compassion that forms a net of love about your beautiful planet amongst all peoples.

精神看到的是没有地理或个性界限的整体。你却生活在边界和限制中。通过看到他人灵魂的痛苦，你会发现自己的境遇并非不幸。然后向内开放，感受爱之精神的愈合力量，它回应他人痛苦的呼唤。加入这份同情的和谐，共同编织爱之网，围绕你美丽的星球和所有人群。

We leave you in the peace of true wholeness, both now and
ever. Amen.

August 13

Earth May Heal Itself

地球可以自我愈合

I am the spirit of Jesus the Christ and I greet you in the full
consciousness of love.

Amidst the rampaging of the Earth, I come to you, the spirit
of perfect love.

在地球的动荡中，我来到你面前，完美爱的精神。

Against the storming of your peoples, I, the spirit of peace
and understanding, greet you.

面对你们人民的风暴，我，和平与理解的精神，向你致意。

Against the folly of so many who eagerly seek to destroy the
creation of the Father, I come with healing in my wings.

面对许多人愚昧的急于摧毁父亲的创造，我带着疗愈的力量而来。

This day, turn your attention from these spoilers who ruin
the Earth faster than the Earth may heal itself and gaze, in
everywhere possible, at the beauties of the creation about you.

Think upon your ways. Gaze upon the beauty that still
remains and pray for guidance, that all things may be loved as
the Father loves you.

今天，将你的注意力从那些破坏者身上转移开，他们使地球的伤害比地球自我愈合的速度更快。无论何处，凝视你周围创造的美。思考你的行为。注视那些依然存在的美，并祈求指引，使万物都能像父亲爱你一样被爱。

We leave you in that love and that peace, now and ever.

Amen.

August 14

The Generous Giver

慷慨的给予者

I am of the spirit of Jesus the Christ and I greet you in the full consciousness of love.

The spirit is a spirit of hospitality. To each soul is given the personality, the character, the good points and the bad. And within each soul the spirit exhorts and encourages the free and joyful sharing of the personality.

精神是好客的精神。每个灵魂都被赋予了个性、特征、优点和缺点。在每个灵魂中，精神劝勉并鼓励自由而快乐地分享个性。

For it is not in the saving and fastidious choosing of those to whom to reflect the spirit that the spirit's fruits are multiplied but, rather, it is to the generous giver that more and more supply of those things of which the personality is steward may be given.

精神的果实不是通过保存和挑剔地选择反映精神的人而增加的，而是通过慷慨的给予者，给予越来越多的那些个性所管辖的事物。

Fear not the opening of the self to others this day, the sharing of laughter and conversation, but pour out generously the love that is within you and you shall find that the spirit has replenished that supply manyfold.

不要害怕今天向他人敞开自我，分享笑声和对话，而是慷慨地倾注你内心的爱，你将发现精神已将这份爱丰盈地补充回给你。

We leave you in infinite peace, now and ever. Amen.

August 15

A Turn Of The Eye

目光的转变

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

This instrument does not believe that we have anything new to say, for its mind has been over-busy with many things and meditation has been interrupted by the thoughts of the day which come in this instrument's mind.

这位工具不相信我们有新的话要说，因为它的思维被许多事情过度忙碌，冥想被日常思绪打断，这些思绪进入了这位工具的心中。

And yet we say that to every mind, however caught up in the affairs of the day, the Holy Spirit of Jesus the Christ speaks. It is as though a simple angle of the ear, a simple turn of the eye, the seeing about a corner is all that is needed. A quiet turning inside; a small repositioning of the mind and the voice of spirit sings once again.

然而我们说，无论每个人的心灵多么被日常事务困扰，耶稣基督的圣灵都会讲话。仿佛只需一个微小的耳角、一个简单的眼神转动，或是看到拐角处的景象。一个内心的安静转向，心灵的小小调整，灵魂的声音便会再次歌唱。

For each day and for each person, in any move, in any degree of attention to the spirit whatsoever, that great principle of love, which is who we are in manifestation, in communication, may speak forth. That quiet voice, just out of reach, by a simple turn of mind comes into earshot and heart-shot.

对于每一天和每个人，无论是在任何行动中，还是在対灵魂的任何程度的关注中，那伟大的爱之原则——我们在显现中的本质——都可能发声。那安静的声音，只需一个简单的心灵转变，便能进入耳际和心间。

May your days be merry! May they be full of busy things. We do not ask concentration upon holy things. We ask that in doing precisely what each soul wishes to do it may also wish to turn and listen to the voice of the Holy One.

愿你的日子充满欢乐！愿它们充满忙碌的事务。我们并不要求专注于神圣的事物。我们希望每个灵魂在做自己真正想做的事情时，也愿意转身倾听圣者的声音。

We are with you in peace wherever you may go, whatever you may do, now and always. Amen.

August 16

Those Born Of The Spirit

灵魂而生的人

I am the spirit who comes with quiet feet, walking in perfect love, sacrificing in perfect peace, showing perfect compassion. I greet you in the full consciousness of love.

May the love of Christ come upon you today as a sword and as a peace, excising from you that little self, opening the way for your true and whole creation. For those born of the spirit, be they gathered together or scattered throughout your societies, may indeed renew the face of the Earth.

愿基督的爱今天像剑一样降临于你，同时也带来和平，割除你那微小的自我，为你真实而完整的创造铺平道路。愿那些由灵魂而生的人，无论是汇聚在一起还是散布于你们的社会中，确实能够更新地球的面貌。

Let that consciousness be upon you that is love, rejoicing in pain and giving up those things which the spirit within you tells you that you no longer need.

让那种充满爱的意识降临于你，喜悦于痛苦中，放弃那些你内心的灵魂告诉你不再需要的东西。

May you lose your guilt and anger and be lit by the fire and the truth of love and compassion, that you may go forth in activity and yet with a heart full of peace to do the work of Jesus Christ in the world today.

愿你摆脱内疚和愤怒，被爱与同情的火焰和真理点亮，以便你能在积极行动中，带着满心的平静，去完成耶稣基督在今天世界上的工作。

We leave you, encouraging you, as always, in the perfect peace of Jesus the Christ, now and forever. Amen.

August 17

Come, Holy Spirit

来吧，圣灵

I am the spirit of Jesus the Christ and I greet you in the full consciousness of creative love.

Your generation shall pass away, just as this morning shall pass away into evening and all the works of your hands and the thoughts of your minds shall seem as shadows.

你的世代将会逝去，就像今晨将消逝于黄昏一样，你手中的所有作品和你心中的所有思想都将显得如同影子。

Gazing at one's day and one's life in terms of the losses involved is a logical and understandable method of dealing with the accidents of experience. Yet in each cell of your body lies a consciousness of love, joy and peace, a consciousness which can speak only mutely and only when asked for.

以损失的角度审视一天和一生是一种合乎逻辑且可以理解的方法来处理经历中的意外。然而，在你身体的每一个细胞中都蕴藏着爱、喜悦与平静的意识，这种意识只能默默地存在，只有在被要求时才会显现。

It is the consciousness of the Holy Spirit, as you would call us, for we are closer to you than you can imagine and instantaneously ready to flood the consciousness with comfort and healing. You have but to ask, truly wishing to release the sense of loss that experience sometimes brings; truly being willing to yield your sorrows, let go of bitterness and forgive iniquity.

这就是你们所称的圣灵的意识，我们比你想象的更接近你，随时准备将安慰和疗愈倾注于你的意识中。你只需真心请求，愿意释放经历带来的失落；真正愿意放下悲伤，抛弃苦涩，原谅不义。

This instrument's favorite musician, Johann Sebastian Bach, has expressed the musical thought, "Komm Heilige Geist." This simple prayer, "Come, Holy Spirit," is that which opens the door to that peace in which we leave you now and ever; the perfect peace that lies forever beyond the understanding but is more real than any loss. Amen.

这位工具最喜爱的音乐家约翰·塞巴斯蒂安·巴赫曾表达了这样一个音乐思想：“Komm

Heilige Geist。”这个简单的祷告“来吧，圣灵”，就是开启那份平安的钥匙，我们现在和永远都将你留在其中；那完美的平安永远超越理解，但比任何失落都更真实。阿门。

August 18

Contentment

满足感

I am the principle of that force behind creation, the love of Jesus the Christ. I greet you in the full consciousness which is the consciousness of love.

This instrument is not prepared for what we are to say this morning. For this instrument thought we were speaking upon the subject of contentment.

这位工具没有准备好我们今天早上要说的话，因为这位工具以为我们要讨论的是满足感。

No matter how active the mind of mankind, the spirit is ever more active in its capacity to surprise, for we speak of a higher contentment, the

contentment of vulnerability and seeming lack;

无论人类的思维多么活跃，灵魂在创造惊喜的能力上总是更加活跃，因为我们谈论的是一种更高的满足感，即脆弱和似乎匮乏中的满足感；

the contentment of babes unclothed and people hungry; the

contentment that becomes a fire within to clothe the naked

and feed the hungry;

即赤裸的婴儿和饥饿的人们的满足感；即内心燃起的火焰，去给赤裸者穿衣，给饥饿者食物的满足感；

that contentment which makes all creatures children of a meaningful and life-giving God and all God's creatures meaningful and life-giving people.

这种满足感使所有生物成为有意义和赋予生命的神的孩子，而所有神的生物也成为有意义和赋予生命的人。

Look in contentment at the world of strife and need and respond with a full heart, praying ever the invitation to the spirit of the living Christ to enter into every seeming lack, in meditation, and multiply plenty. Your consciousness is a gift and a responsibility. May you be content to love others as you love yourself.

以满足的心态看待充满争斗和需求的世界，满怀热忱地回应，常常祈求活生生的基督的精神进入每一个似乎的匮乏中，通过冥想来增添丰盈。你的意识是一份礼物和责任。愿你满足于像爱自己一样去爱他人。

We leave you in the growing peace of the realization of infinite love, now and ever. Amen.

August 19

The Roof Of The Heart

心灵的屋顶

I am of the principle of Jesus the Christ and send greetings in the full consciousness of love.

Your ears are filled this morning with the sounds of construction as a neighboring domicile receives a new roof for protection from those elements which rot and decay the dwelling below it. So each of you too must needs gaze at the roof of the heart and mind and learn objectively of those openings in the protective cover of light which allow thoughts which decay and cause harm to the heart and mind.

你们的耳朵今天早晨充满了施工的声音，因为邻近的住所正在换上新的屋顶，以保护它免受腐蚀和衰变的侵害。你们每个人也必须审视内心和思维的“屋顶”，客观地了解那些在光明的保护层中存在的缝隙，这些缝隙允许腐朽的思想进入，伤害心灵和思想。

Build your roof anew each day with shingles of trust and faith, affirmation and right desire. For these hopes and affirmations are the spirit's protection against an often stormy experiential universe.

每天用信任、信念、肯定和正当愿望的瓦片重新建立你的屋顶。这些希望和肯定是灵魂在充满风雨的经验宇宙中的保护。

Aid too in building those roofs of those whom you wish to enfold either in love or in atonement, for it is well to cherish and protect the jewels which your treasure-house contains.

同样地，帮助建立你希望包容的人们的屋顶，无论是出于爱还是赎罪，因为珍惜和保护你宝库中的珠宝是很重要的。

We leave you in the prosperous peace of those who dwell in the spirit of love, now and always. Amen.

August 20

Judgment

评判

I am of the principle of perfect love and I greet you in that principle of perfect love which is the essence and being of Jesus the Christ.

This instrument has allowed the mind to become most clouded with judgment this day, not of the self but of others. It is a condition which leads to death and exhaustion of the emotions and spirit and which leaves the physical body a walking grave.

这位工具让心灵今天充满了对他人的评判，而非对自我的评判。这种状态会导致情感和灵魂的死亡与疲惫，使身体成为一个行走的墓地。

The spirit of love does not contain judgment. Rather than disciplining in the face of difficult opinion, it attempts to expand the object of judgment and the mind of the judger until all may be seen to be the outworking of natural processes.

爱之精神不包含评判。它不是在面对困难意见时进行惩戒，而是试图扩展评判的对象和评判者的心智，直到所有事物都被视为自然过程的展现。

Remember that each entity struggles to find the spirit of love and most are faulty in their pursuit of that great pearl.

记住，每个生命都在努力寻找爱之精神，而大多数人在追寻这颗伟大珍珠的过程中都有所缺陷。

Remember that nothing is as it seems to be and that love is expressed in many distorted ways. Release judgment, asking for the spirit to fill the mind with an expanded vision and a more tolerant view. For so Christ's love would have love between all peoples as a direct corollary and manifestation of perfect love.

记住，事物的真相并非如表面所见，爱也以许多扭曲的方式表达。释放评判，祈求灵魂充满你的心灵，以扩展的视野和更宽容的观点来看待一切。因为基督的爱希望在所有人民之间建立爱，这是一种完美爱的直接结果和体现。

We leave you in peace, now and always. Amen.

August 21

Self-Consciousness

自我意识

We are of that continuous and lucid vibration which is the love of Jesus the Christ. We greet you in the full consciousness of love.

There is a spirit which comforts all things. Yet this same spirit demands and encourages activity upon the part of each entity. When those of your planet were walking about in deep forest and jungle, clad only in what they could skin and eating as they hunted, they were full of the spirit, these humble and primitive self-conscious beings. Their lives were focused with discipline and intention in order to create the skills needed for survival. So the spirit was to them that which enabled them to walk in harmony with their environment.

有一种精神，它安慰万物。然而，这同样的精神也要求并鼓励每个存在体付诸行动。当你们的地球上的人们曾经在深森林和丛林中行走，身上仅仅穿着他们能剥下的皮，靠狩猎为生时，他们充满了这种精神，这些谦逊而原始的自我意识存在体。他们的生活充满了纪律和意图，以创造生存所需的技能。因此，这种精神对他们来说，是使他们能够与环境和谐共处的力量。

You who sit in meditation this morning have developed self-consciousness to a high degree. You too seek comfort, the comfort of the emotions and the comfort of the spirit. And so you have comfort, by asking and expecting it.

你们今天早上坐在冥想中的人们，已经将自我意识发展到了很高的程度。你们同样寻求安慰，情感的安慰和精神的安慰。因此，你们已经通过请求和期望获得了这种安慰。

Yet remember that it is yours to labor, with a hearty and cheerful heart, to bring into your consciousness that emotional, mental and spiritual food which we have offered you the tools to believe are possible. We are partners and our efforts shine together in transformative harmony.

但请记住，你们需要以充满热情和愉快的心情去劳动，将我们为你们提供的工具所相信的情感、精神和灵性食物带入你们的意识中。我们是合作伙伴，我们的努力在变革的和谐中共同闪耀。

May peace be yours this day and evermore.

August 22

Do All In Joy

以喜悦完成一切

I am of the Holy Spirit of the Lord Jesus Christ and I greet you in the full consciousness of divine love.

Throw off the shackles of sleep and sloth and embrace the day! Nothing is in it that cannot be done with joy and rest in the doing, for the Holy Spirit goes before you to prepare the most blessed way and to offer the most creative counsel.

抛掉沉睡和懒散的枷锁，迎接新的一天吧！没有什么事情不能以喜悦和满足来完成，因为圣灵会在你面前开辟最祝福的道路，并提供最富创意的建议。

Seek within, in the silence of a peaceful heart, to see what needs to be done and to find the heart and strength to do it gladly, cheerfully and with confidence. There is always enough time for that which is necessary. Release that which is not necessary, for if there is not time there is not necessity, in the situation for which you have wished, on the level of your being which leads you to pastures of peace.

在宁静的心灵深处寻求，去发现需要做的事情，并找到心中的力量和勇气，以愉快、快乐和自信的心态去完成。总会有足够的时间去做必要的事情。放下那些不必要的事物，因为如果没有时间，就没有必要，这样的情况会引导你达到内心的平静。

See the moving of the spirit in that which cannot be done as well as that which is done, for though the human mind wishes to do all, yet the spirit guides in the selection of the work of love.

看到在无法完成的事物中也有灵性的运动，就如同在已经完成的事物中一样，因为虽然人类的心智希望做一切，但灵性在选择爱的工作时提供指导。

May you go in peace, this day and ever. Amen.

August 23

It Is A New Day!

崭新的一天

I am of the spirit of Jesus the Christ. May the perfect love of the Father enfold you this day.

Our great tidings are ever new, as are your minds and your hearts. Whether in life or death, whatever process you are experiencing in the valley of the shadow of death, yet still, despite any condition or process of body or mind, in your soul, in your heart, and in your truth are you new.

我们的伟大喜讯永远是新的，就像你的心灵和心脏一样。无论是在生命中还是死亡中，无论你在死亡阴影的谷地中经历何种过程，无论身体或心灵的状况如何，你的灵魂、你的内心和你的真理中，你始终是新的。

Do not carry around with you the great burden of self-perceived error. For you only need to say, "Forgive me." It is healing to say those words to one with whom you have had a disagreement.

不要背负自觉错误的沉重负担。你只需说一句：“原谅我。”对那些与你有过分歧的人说出这些话是治愈的。

You are healing still to say, "I have judged you wrongly." For fear and judgment are the causes of humans offering the opportunity for much agony to each other. It is equally important that you say to yourself, "Forgive me. I have judged in error."

你仍在疗愈中，需要说：“我错误地评判了你。”因为恐惧和判断是导致人们互相带来痛苦的原因。对自己说“原谅我，我错误的评判了”同样重要。

Rejoice! it is a new day! May you feel the love that loves you now, wholly and completely. May you feel the peace that lies in the memory that love is here. And when you drop away from your physical body, there, in spirit, shall love be even more visible.

欢庆吧！这是崭新的一天！愿你感受到现在完全而深切的爱。愿你体会到爱在这里的记忆中所蕴含的平静。当你脱离肉体时，在灵性中，爱将更加显而易见。

We leave you in that love and peace, now and forever. Amen.

August 24

Ponder Death

思考死亡

I am of the principle of love and I greet you in the name and the vibration of Jesus the Christ.

I see that your minds this morning dwell upon death, the death of those grown old in experience and frail; the death that is but the time for the self within to move to larger life and greater light.

今天早晨，我看到你们的心思聚焦于死亡，关注那些经历已久、变得虚弱的老者；死亡不过是内在自我迈向更大生命和更光明的时刻。

Ponder death, holding in the attention the principle of perfect love, and know that death is only a transformation. For perfect love does not destroy but only transforms and changes.

思索死亡时，请将完美之爱的原则铭记于心，知道死亡只是一个转变。因为完美的爱不会摧毁，只会转化和改变。

Gaze with respect upon the frail bodies of the old and with even greater respect at the experience and the work in love which has been done by each who is aged in your world of days and years.

以尊敬的目光注视年迈的脆弱的身体，更以更深的尊敬看待每一个在你们的时光和岁月中年老者所完成的经验与爱的工作。

Know, too, that those transformations of mind which have taken place in the lives of those now leaving this world and this form shall be sifted, the dross removed, and the fruit harvested.

也要知道，那些正在离开这个世界和这个形态的人们在生命中发生的心灵转变将被筛选，去除杂质，收获其果实。

We leave you in the peace of every changing eternity, now and ever. Amen.

August 25

The Ocean Of Love

爱之海洋

I am of the true consciousness, the clear Christ-consciousness, of love which is the continuing manifestation of Jesus the Christ.

We continue, yet we are one in time and space as waves which lap upon the shore and then lap upon the shore again are yet one body of water. So time is to the spirit: ceaseless in essence yet progressive in manifestation.

我们继续前行，然而我们在时间和空间中仍是一体的，就像海浪一波波拍打在海岸上，又一波波拍打在海岸上，依然是一体的水域。时间对于灵魂而言也是如此：本质上是无休无止的，但在表现上却是逐步发展的。

Know that you are dwelling within an ocean of love. You may stand upon the shore and be conscious of time and let love lap at your feet; let the consciousness of love touch your feet. Or you may move into love and leave time behind, bathed in the essence of the transforming love of Jesus the Christ.

知道你正身处于一片爱的海洋中。你可以站在岸边，意识到时间的存在，让爱在你的脚边轻轻拍打；让爱的意识触及你的双足。或者你可以走进爱之中，抛开时间，沐浴在耶稣基督那转化之爱的本质中。

One thing more we ask of you and that is: be clear in the mind that negative experience will come when one turns the back upon the shore of love and walks willingly into the desert where love has dried up. The negative choices that separate you from the waters of love are sometimes subtle.

Seek the ocean, for love awaits.

我们还请求你做到一件事：清楚地认识到，当一个人背离爱的岸边，愿意走入干涸的沙漠时，负面的体验将会来临。那些将你与爱的水域隔绝的负面选择有时是微妙的。寻求那片海洋吧，因为爱在等待着你。

We leave you in peace, now and ever.

August 26

The Surrender Beyond Thought

思想之上的臣服

I am of the principle of the love of Jesus the Christ. I greet you in the full consciousness of that perfect love.

Your thoughts this day busily consider what actions you shall take for the improvement and the straightening of your life's many details. Yet there is a great difference between that thought which is manipulation and that surrender beyond thought which invites the spirit of the living God into action and creates transformation.

今天，你们的思绪忙于考虑如何改善和整理生活中的种种细节。然而，操控的思维与思想之上的臣服之间存在巨大差异。后者邀请活生生的精神进入行动，从而创造变革。

We ask you to dedicate your lives first to resting within the power of the spirit. If enough souls turned first to the spirit and only then to the world, the face of the Earth itself would be transformed!

我们请求你们首先将生活献给安息于精神的力量中。如果足够多的灵魂首先转向精神，然后再转向世界，地球的面貌本身将会被改变！

And in the little round of one life the dedication of the self to the fiery, fertile essence of spirit produces a purity and wholeness in the life experience which takes a soul from detail to a consciousness of glory. For you are not insignificant compilers of detail if you open the doors of your desire to the spirit.

在一个人的短暂生命中，将自我奉献给精神的炽热、丰盈的本质，会在生活经历中产生一种纯净和完整，使灵魂从琐碎的细节提升到对荣耀的意识。因为，如果你向精神敞开欲望的大门，你就不再是微不足道的细节编纂者。

We leave you in the surrender which is perfect peace and perfect power, now and ever. Amen.

August 27

The Singular Way

唯一的道路

I am of the principle of love and I greet you in the consciousness of Jesus the Christ.

Only the fool sets about examining the life of the builder of all things, thinking that by this man and by that man shall come forth lessons of wisdom which may be picked and chosen among for the benefit of the self.

只有愚蠢的人才会审视创造者的生命，认为通过这个人 and 那个人可以得出智慧的教训，以便从中挑选和选择，以利于自己。

The wise man sees the singular way, the way of commitment, trust and belief. We of the spirit of the love of Jesus the Christ cannot say to anyone, "Follow the Son of God. Become Sons and Daughters of God." For that would be presumptuous.

智者看到的是唯一的道路，即承诺、信任和信念的道路。我们以耶稣基督的爱和精神无法对任何人说：“跟随上帝之子，成为上帝的儿女。”因为那将是自大的。

For not all are ready to make such a decision.

Yet if you follow Jesus the Christ, follow Him not as an inspired teacher among others but as the Son of the living God.

并不是所有人都准备好做这样的决定。然而，如果你跟随耶稣基督，就不要把他当作一位灵感教师中的一位，而是当作活生生的上主之子来跟随他。

For the riches of the love of Jesus the Christ open themselves like precious jewels in the heart of him who trusts and believes.

因为耶稣基督的爱之财富在信任和相信的人的心中就像珍贵的宝石一样展开。

Such are the ways of love and peace and in that peace we leave you, both now and always. Amen.

August 28

The Secret Is To Remember

秘诀在于记起

I am of the principle of Jesus the Christ and I greet you in the full consciousness of unconditional love.

Whatever you have been doing, stop now. For a moment, experience the Creator within. Let this habit become more and more pronounced in the many moments of the daily round when the mind is otherwise under-occupied or unoccupied.

无论你在做什么，现在都停下来。暂时体验一下内在的造物主。让这个习惯在你每天的许多时刻中变得越来越明显，特别是在思维处于空闲或无所事事的时候。

In training the self to seek the Creator within, again and yet again and even yet again, in unending succession of moments, so does each seeker begin to glow from within with the consciousness of unconditional love which communion with the one infinite Creator does provide.

在不断地训练自己去寻求内在的造物主时，每个寻求者都会从内心开始散发出无条件的爱的意识，这种意识是与那位无限造物主的交流所带来的。

As a human you cannot love any without condition. Yet when you acknowledge the unconditional love that is the Christ self, the Creator self within, you may tap into an infinite source of energy, strength, power and joy.

作为人类，你无法无条件地去爱任何人。然而，当你认可那无条件的爱，即基督自我、内在的造物主自我时，你可以触及一个无限的能量、力量、权能和喜悦的源泉。

And you may share that consciousness without even trying.

The secret is to remember to remember the Creator. May you fare well in training the mind to bow to infinite love and compassion.

你可以在不费力的情况下分享这种意识。秘诀在于记得去记住造物主。愿你在训练心智去向无限的爱和同情屈膝时一切顺利。

We leave you in the love and peace of Jesus the Christ, now and ever. Amen.

August 29

Peace In Cycles Of Change

变化周期中的平安

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

As you gaze upon this day you may see the growing signs of harvest time: the yellowed leaf, the cooler sun, the shortened time of light, the beginning of the end of summer, and the rolling change into autumn.

当你凝视这一天时，你可能会看到收获季节的迹象逐渐显现：泛黄的叶子、更凉的阳光、缩短的光照时间、夏天的结束以及逐渐过渡到秋天的变化。

So are the rhythms of the interior life as well, moving in spiral fashion towards an ever higher goal of love and unity. Should the tree cling to its yellow leaf, then as further change unrolled there would be no room for the green leaf of spring. Should you cling to those fashions and fruits of your manifestation before this moment, you may be keeping yourself from experiencing the rhythm of change.

内在生命的节奏也是如此，以螺旋的方式向更高的爱与统一目标迈进。如果树木固守它的黄叶，那么随着变化的继续，就没有空间留给春天的绿叶。如果你固守于此刻之前的那些形式和成果，你可能会阻碍自己体验变化的节奏。

In that rhythm is rightness and the breaking through into new life experiences. May you embrace the cycles of your moods, your activities, your thoughts and your body itself as it experiences the cycles of change, each of which gives to seeking souls the unending opportunity to experience the mind of Christ which offers peace in suffering, peace in change, and peace over all things.

在这种节奏中是正确性以及突破进入新生命体验的过程。愿你拥抱你情绪、活动、思想以及你身体自身经历的变化周期，每一个周期都为寻求的灵魂提供了无尽的机会去体验基督的心智，这种心智在痛苦中、在变化中以及在一切事物上都带来平安。

In this ineffable peace we leave you now and ever. Amen.

August 30

If Your Soul Is Exhausted

如果你的灵魂感到疲惫

I am of the consciousness of love, the spirit of Jesus Christ. I greet you in the full consciousness of divine love.

How woefully inadequate is the being who shuts off the flood gate of spiritual information! How quickly will that soul, in its attempt to serve, find itself empty and exhausted!

关闭灵性信息洪流的大门的人是多么悲哀地不足啊！那灵魂在尝试服务时，会迅速发现自己变得空虚和疲惫。

When Jesus Christ left its Earthly incarnation, there was no leaving of the spirit of love which this entity brought into manifestation from the Father. This inexhaustible source of energy and love vibrates as we speak through this instrument and may vibrate as well to all who ask.

当耶稣基督离开地球的化身时，他带入显化的爱的精神并未离去。这股源源不断的能量和爱在我们通过这个工具传达时会振动，也可以对所有询问的人产生振动。

If you are weary, if your soul is exhausted in service, turn to the consciousness of love and bask in the sea of joy and peace that awaits you. Open your channel to the water of infinite love, that as you serve, you may not weary and as you love, you may not tire.

如果你感到疲惫，如果你的灵魂在服务中感到耗尽，转向爱的意识，在等待你的喜悦与平安的海洋中尽情沐浴。打开你通向无限爱的源泉的渠道，这样在你服务时，你不会感到疲倦；在你爱的时候，你不会感到疲惫。

For there is a peace beyond weariness and tiredness. And it is in that holy peace we leave you.

August 31

The House Of God

上主之屋

I am of the principle which animated Jesus the Christ and I greet you in the full consciousness of love.

The basilica of your holy temple is most lofty and grand; the chancel of your cathedral most capacious and elegant, built by man as if to invite hosts of angels to dwell therein. Yet we say to you that those lofty spaces arching far above the head of the seeker are created of an instinct concerning the inner light of humankind, not the boarding needs of angels.

你神圣庙宇的教堂是如此宏伟壮丽；你大教堂的祭坛是如此宽敞优雅，仿佛是人为地邀请天使们居住其中。然而我们告诉你，那些高耸的空间，远高于寻求者的头顶，是出于对人类内在光明的直觉创造的，而非天使的栖息需求。

Let your thoughts and prayers be those which are uplifting and soaring above the common run of human thought and know that if you be not in those houses dedicated to the Lord God, yet still have you a lofty arch into which you may throw your heaving joy and groaning sorrow, for the great circle of human consciousness reaches to the very heart of the Creator regardless of your position in the world.

让你的思想和祈祷升华，超越普通的人类思维。即使你不在那些奉献给上主的圣殿中，你仍然拥有一个高耸的拱门，可以倾注你激动的喜悦和悲伤的呻吟，因为人类意识的伟大圆圈无论你身处何地，都能触及造物主的心灵。

May your prayers be seen as having wings, not only in the house of God but in the greater house of God which is the world. May all places be holy to you this day.

愿你的祈祷拥有翅膀，不仅在神的殿中，也在神所创造的更大殿堂——世界中。愿你今天的一切地方都对你而言是神圣的。

We leave you in utter sanctity and peace, now and ever.
Amen.

Gary

好的，Carla，你和 Don 是什么时候相遇的？是什么情况促成了你们的相遇？

Carla

September 1

When The Mind Relaxes

当心灵放松时

I am the breath of the spirit of Jesus the Christ and I greet you in the full consciousness of love.

We come to this instrument although this instrument has no words of her own. We find, indeed, that it is when the human mind relaxes and affirms its unknowingness that we may speak most clearly.

我们来到这个工具，尽管这个工具没有自己的话语。事实上，我们发现，正是当人类的思维放松并承认其无知时，我们才可能最清晰地表达。

Those who seek to know love dwell upon their lacks and limitations, frustrated that they cannot become closer to the source for which they yearn. Yet to the soul who says merely, "Here am I," we may come with unfettered footstep and breathe life eternal into things temporal.

那些寻求了解爱却专注于他们的缺陷和局限的人，因无法更接近他们渴望的源头而感到沮丧。然而，对于那些仅仅说“我在这里”的灵魂，我们可以毫无束缚地到来，将永恒的生命注入短暂的事物中。

Fear not when you confess to yourself that you know not of ultimate things but only surrender that lack of knowledge and open to the information of light of which it is known you have need.

当你向自己承认你不了解终极事物时，不要害怕，只需放下这种无知，开放接纳你所需要的光的信息。

We leave you in sufficiency, in peace and in trust, now and ever. Amen.

September 2

Love Has Work For You

爱对你的任务

I am of the principle of the divine love of Jesus the Christ and
I greet you in the full consciousness of love.

Love is the giver, the sustainer and the protector of the
tender, young spiritual consciousness. It is the strengthener
and sustainer of those whose veil has slipped from the eye,
those who are smitten by circumstance.

爱是给予者、维持者和保护者，特别是对脆弱而年轻的精神意识。它是那些眼睛的面纱已被揭去、被环境打击的人们力量源泉和支持者。

It is the stripper and remover of pretense, for forgiveness takes
away the necessity for defense. Love enables each portion of
the creation to sing and move in rhythm, one unified rhythm
of continuous co-creation.

爱是揭去伪装和去除虚假的力量，因为宽恕消除了防御的必要。爱使每个创作的部分都能在节奏中歌唱和运动，形成一个统一的、持续共同创造的节奏。

Do not expect love to come to you today. Rather, expect
yourself to use whatever discipline is necessary to become
aware of the love that is deep and fine and strong within you
now: within you, around you, and in all that you may
apprehend. Go forth in love and listen, for love has work for
you to do, work of being, work of becoming.

不是期望今天爱会降临于你，而是要期望自己运用任何必要的纪律，去觉察现在你内心深处、细腻而强大的爱：在你内心、你周围，以及你所能感知的一切之中。带着爱前行并倾听，因为爱有工作要交给你，那是存在的工作，是成为的工作。

We leave you in the eternal liveness of the consciousness of
love and in peace, now and ever. Amen

September 3

The Gift Of Peace

和平的礼物

I am the most sacred spirit of the consciousness of Jesus the Christ and I join you in the consciousness of divine love.

This instrument has prayed, "Lord, make me an instrument of Thy peace." The early morning brings a sunrise; the noonday, great light; the evening, the myriad colored rainbows of sunset, and at midnight, a carpet of stars is sprinkled upon the great ground of the sky.

这个工具曾祈祷：“主啊，使我成为你和平的工具。”清晨带来日出；正午，伟大的光；傍晚，万千色彩的夕阳彩虹；午夜，星星撒在广阔的天空之上。

In all of these conditions there is peace. In all conditions of the life that you experience now there is peace. Seek first, in the sunrises, the noons, the sunsets and the midnights of your heart, to feel the sweetly wrapped gift of peace given silently.

在所有这些状态中都有和平。在你现在经历的所有生活条件中也都有和平。首先，在你内心的日出、正午、日落和午夜中，去感受那默默赠送的甜美和平的礼物。

This present dwells within each of you. The varieties of life, light and experience merely embrace the various environments, the diverse parties with which you may share such a precious gift through smiles and laughter and gentle silences with those who greet you.

这个礼物存在于你们每一个人内心。生活、光明和经历的各种变化只是包容了不同的环境和多样的相遇方式，让你们通过微笑、笑声和温柔的沉默与那些迎接你们的人分享这样珍贵的礼物。

We leave you in peace, both now and evermore. Amen.

September 4

The Deep Ache For Love

对爱的深切渴望

I am of the spirit of Jesus the Christ and I greet you in the full consciousness of that divine love.

The branches of intellect seem to many to be those holding the most fruit. And, indeed, that vine of connected thoughts grows sturdily and well in the environment of the everyday world. Yet the spirit of love is most often found within the homelier, seemingly mundane details of work and play.

许多人认为智力的枝干最富有成果。确实，这条连接思想的藤蔓在日常世界的环境中生长得强健而良好。然而，爱的精神通常在更朴素、看似平凡的工作和娱乐细节中被发现。

How do you apprehend the love of the living God? With your thoughts? With your heart? Or with an ache so profound that it can be said to come from the roots of being? In this deep ache lies the yearning of love for love, for each of you is divine, the son or daughter of the living God. May you seek well and without pride for words or deeds but with that divine growing hunger of love for itself.

你如何领悟活生生的上主的爱？通过你的思想？通过你的心？还是通过一种深切的痛楚，可以说它来自存在的根源？在这深切的痛楚中蕴藏着对爱的渴望，因为你们每一个人都是神圣的，都是活神的儿子或女儿。愿你们以对爱的神圣成长的渴望去寻求，而不是以自豪的言辞或行为。

We leave you in changeless peace, now and ever. Amen.

September 5

Worthiness To Be Slain

I am the spirit of Jesus the Christ and I greet you in the full consciousness of divine love.

This morning the instrument's mind is full of questions of worthiness. "Worthy"—what does that mean?

In terms of the spirit's speaking to the peace and joy of those who may deem themselves unworthy, we may say that "worthy" means "ready to be slaughtered." "Worthy is the Lamb that is Slain." The worthiness is willingness to sacrifice.

Unworthiness is unwillingness to sacrifice on behalf of the Creator seen in others' eyes. You are unworthy if you cannot be a sacrificial giver for those things which you see to be of God and of the work of God.

Other than this, thoughts of unworthiness have no place in the life of the disciple. Are you worthy to be slain today? To give sacrificially? To open yourself, that love may come through you?

If you have the humility to count yourself unworthy, then perhaps you have become worthy after all.

We leave you in the divine peace and love of Jesus Christ, both now and evermore. Amen.

September 6

The Strength Of Acceptance

接受的力量

I am the spirit of Jesus the Christ, the Son of Man. I greet you in the full consciousness of love in manifestation.

We hear the voices of those upon your planet who cry, "Woe! Woe! Dark is the day, and dark is the hour!" The railing against fate and the anger against the Father is most understandable and acceptable.

我们听到你们星球上那些喊着“哀哉！哀哉！黑暗的日子，黑暗的时刻！”的声音。对命运的愤怒和对父亲的愤怒是非常可以理解和接受的。

Yet as the spirit of Jesus Christ is the spirit of power and creation, so those who cry woe and feel powerless must needs call to the Holy Spirit. For within each difficulty, within each pain, there lies a peace, an acceptance. The strength to adopt acceptance and to move in acceptance of limitations and difficulties is at least equal to the strength and power to go forth and do battle in the name of Jesus Christ.

然而，正如耶稣基督的精神是力量与创造的精神，那些呼喊哀号并感到无力的人必须呼唤圣灵。因为在每一个困难和痛苦中，都存在着一种平和和接受。接受的力量，与在耶稣基督的名下奋战的力量和能力相当。

Realize that in the center of your being is the power to accept powerlessness and to accept that which cannot be changed.

There is the peace in that acceptance which may open into joy. The cross is for all who seek to know Jesus Christ.

意识到，在你内心的中心，存在着接受无力和接受无法改变事物的力量。在这种接受中有一种平和，可能会转化为喜悦。十字是为所有寻求认识耶稣基督的人准备的。

We leave you in the peace of the full consciousness of divine, sacrificial and creative love, both now and forever. Amen.

September 7

Truth Renews The Senses

真理更新感官

I am the Holy Spirit of the Lord Jesus Christ, the principle of unconditional love and the encourager of grace amidst paradox.

I come to this instrument in that glad paradox of eternity and dust which is the spirit in manifestation. The spirit speaks as an echo reverberating that which the heart of man already knows. Where the heart lies open, each moment may disclose a new heaven and a new earth.

我来到这个工具，处于永恒与尘埃的愉快悖论之中，这就是显现中的精神。精神以回响的形式说话，反映出人类心灵已经知道的东西。在心灵敞开的地方，每一刻都可能揭示出新的天和地。

See the paradox of your soul's striving amidst the celebration of perfection which is the essence of the nature of the reality hidden in manifestation. Let the spirit of love conquer the eye that sees the mask of things. Through the spirit apprehend the inner core of perfection in each and every circumstance.

见证你灵魂在庆祝完美中奋力追求的悖论，这完美是隐藏在显现中的现实本质。让爱的精神征服那只看到事物面具的眼睛。通过精神领悟每一种情况中的完美内核。

For by this willingness to trust in the spirit of love, by this choosing of a consciousness of love, you may view each desert as a garden and each garden as a desert, gaining for yourself the full picture which the true heart may paint of the paradoxes of divine love.

通过愿意信任爱的精神，通过选择一种爱的意识，你可以将每一片沙漠视为花园，将每一个花园视为沙漠，从而获得真正的心灵可以描绘的神圣爱悖论的全貌。

Release the need to make sense and allow truth to renew your senses.

放下对意义的需求，让真理更新你的感官。

In peace we leave you, now and ever.

September 8

The Deepest Union

深层的结合

I am the spirit of the living God and I greet you in the full consciousness of that love.

It seems, when one hand touches another, when one life touches another, when thoughts commingle in conversation, that there still is a boundary of separation betwixt hand and hand, life and life, thought and thought. Your organs of perception indicate the distance between two energies regardless of how closely they may lie together.

当一只手触碰另一只手，当一个生命触碰另一个生命，当思想在对话中交融时，似乎仍然存在一层分隔在手与手、生命与生命、思想与思想之间。你的感知器官显示出两种能量之间的距离，无论它们多么紧密地靠在一起。

Yet the energy which is the strength of the hand, the power of the life, and the tenor of the thought undergirds, overshadows and unites all things.

然而，手的力量、生命的能量和思想的情感支撑、遮蔽并统一了一切。

If you be confused and lonely this day, turn at once to that contact, that touch, that mutual beholding that is the deepest union between yourself and the spirit and principle of the full consciousness of love, and then see the unity in all things with new eyes.

如果你今天感到困惑和孤独，立刻转向那种接触、触碰和相互注视，这种深刻的联合是你与爱的全面意识的精神和原则之间的联系，然后用新的眼光看见万物的统一。

We leave you in peace, comfortable peace, now and ever.

September 9

Each Is Your Brother

皆兄弟

I am the spirit of the living Christ which speaks to the world
this day, greeting you in the full consciousness of divine love.

The many preparatory and studious engagements of those
serious, spiritual seekers who labor to learn the love of the
Christ are well meant and may yet yield fruit. Yet,
paradoxically, it is not the one always who strives the hardest,
thinks the most or works more laboriously than others to
whom the inspiration, the love, and the clarity of vision that
infinite love offers, comes.

那些认真、灵性的追求者在学习基督之爱的过程中所做的许多准备和学术努力都是善意的，并可能结出果实。然而，悖论的是，并非总是那些努力最勤奋、思考最多或工作最辛苦的人，才能获得无限爱的启示和清晰的视野。

Many times it is the one who is unassuming and humble,
who accepts the basic unworthiness of free will while
recognizing the necessity of it, who may choose and choose
and choose again the way of love, the way of the Christ.

许多时候，正是那位谦逊朴素的人，接受自由意志的缺陷，同时认识到其必要性，可能会不断选择爱的道路、基督的道路。

Therefore stride self-confidently into the world but be ye
humble and not over-assuming, for each entity is likewise the
Father within, just as you are. Each is your brother. Each is
your sister. None contains that which you do not contain.
Sometimes it is possible to try too hard to be loving and
blessed, sanctified and giving. Relax into the rhythm of
spontaneous service and life shall become merry and light.

因此，自信地迈入世界，但要谦逊而不过分自负，因为每个个体都是内在的父亲，就像你一样。每个人都是你的兄弟、姐妹。没有人拥有你没有的东西。有时候，过于努力去爱、祝福、神圣化和奉献可能会适得其反。放松进入自发服务的节奏，生活将变得愉快而轻松。

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We leave you in love and peace, now and ever. Amen.

September 10

Your Essence Is Spirit

你的精神本质

I am the Comforter and I greet you in the full consciousness of divine love.

May peace fall like dew upon you this day, no matter what the outer situation. May you experience, and continue to experience, the inner peace which no disaster of humankind can destroy.

愿和平如露水般降临于你，不论外在情况如何。愿你体验并持续体验那种无人能摧毁的内在和平。

Within the Father's love there is a peace which comes from eternity and which is the vehicle for your own imperishable spirit. Rest quietly in the knowledge of that peace, no matter how quickly you run, no matter how many tangles of human relationships you encounter.

在父亲的爱中，有一种来自永恒的和平，它是你自己不朽灵魂的载体。静静地安息于这种和平的知识中，无论你跑得多快，无论你遇到多少复杂的人际关系。

Touch always the peace within, for the Comforter does not fail. It is only those whose hearts are puzzled and befuddled by that which occurs that are not able to hear words of comfort and to feel the presence of that peace which passeth all understanding.

始终触及内心的和平，因为安慰者不会失败。只有那些心灵因发生的事情而感到困惑和迷茫的人，才无法听到安慰的话语，也无法感受到那种超越一切理解的和平的存在。

We feel that it would help each if each would think of itself not as one attempting to be a spiritual being but as one who is, in essence, spirit. That being accepted, the point of view may shift so that the spiritual door may be opened to peace more easily and the hubbub and turmoil of a wrangling world may be set off from you by the buffer of comfort, peace and faith.

我们认为，如果每个人把自己视为本质上就是精神的存在，而不是试图成为一个灵性存在，这将对每个人都有帮助。一旦接受了这一点，观点可能会转变，使得精神之门更容易打开，和平的到来也会更加顺畅，而世界的喧嚣和纷争则会被安慰、和平和信仰的屏障隔离开来。

For we are of the principle of Jesus the Christ. We are of the spirit of living love. And we are eternal, as are you, and exist only to interact with you in positive ways that bring each spirit more and more light and less and less confusion.

因为我们是耶稣基督原则的一部分。我们是活生生的爱的精神。我们是永恒的，就像你一样，存在的唯一目的是以积极的方式与你互动，为每个灵魂带来更多的光明和更少的混乱。

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We leave you in peace, both now and ever. Amen.

September 11

Mountains Of Smoke

烟雾缭绕之山

Greetings in the love of Jesus the Christ. I am the consciousness and spirit of the Christ in the vibration which comforts this instrument.

You have many seeming difficulties which rise before you like mountains of smoke, seemingly dense and impenetrable and yet seemingly unable to be grasped. It is of no avail to struggle against these difficulties, for opposition strengthens illusion. 你面前有许多看似困难的事情，就像烟雾般的山峦，似乎浓密而不可穿透，但又似乎无法把握。与这些困难挣扎是无济于事的，因为对抗只会加强幻觉。

Rather neglect them by turning your attention to your Creator and the preserver of your life, offering praise and thanksgiving to the mystery which you behold. 不如暂时忽略这些困难，将注意力转向你的创造者和生命的守护者，向你所见的奥秘献上赞美和感恩。

When you turn again in this consciousness the mountains will be there no longer, and the straight plain will offer your path no hindrance. 当你再次回过头来，那些山峦将不复存在，平坦的道路将不会再有阻碍。

September 12

Open That Door

打开门

I am of the principle of divine love and I greet you in the consciousness of full compassion.

Have you far to go this day? Do the miles seem long and weary to travel? Is there little bread and bitter herbs to eat when you come home? So it is in many souls' experience. 你今天要走很远的路吗? 旅途是否显得漫长而疲惫? 回家时是否只有少量的面包和苦菜? 许多灵魂的经历也是如此。

The Comforter does not stop occurrences from happening within your day and within your life. It is a companion. We as a force are with you always. You cannot run faster than we can follow and we shall always bear you up within, if you but seek the comfort of divine love within. 安慰者并不会阻止你的一天和生活中的事件发生。我们是一个伴侣。我们作为一种力量，始终与你同在。你无法跑得比我们跟得更快，只要你寻求内心的神圣爱，我们将始终在内心支撑你。

The principle of love, the spirit of Christ, awaits you behind the door of your heart. Open that door. Go into the inner room. Feel the holiness of that ground within. And then take it to the dreary task and the difficult day and find it transformed by love. 爱之原则，基督的精神，等待着你在内心的门后。打开那扇门，走进内心的房间。感受那里的神圣之地。然后将它带到沉闷的任务和困难的日子中，发现它被爱所改变。

We wish you peace, now and ever. Amen.

September 13

The Powers Of Death

死亡的力量

I am of the spirit of Jesus the Christ which speaks to the world today. I greet you in the full consciousness of divine love.

The powers of death have held great sway over the minds of your peoples in all times, for it is to the powers of death that all that which is negative tends. Yet all the sighs and sorrows in reaction to the experiences of the day guide one ever so subtly away from vitality and towards distraction and distress.

死亡的力量在任何时代都对你们民族的心智有着巨大影响，因为所有负面事物都倾向于死亡的力量。然而在日常生活中，所有的叹息和悲伤，都在微妙地引导人们远离生命力，走向分心和痛苦。

There is no need for the powers of death to have hold upon your mind and your heart. For even where there is perceived an unquestionable catastrophe, yet at the same time the softening voice of spirit speaks to those who listen.

不必让死亡的力量掌控你的心智和心灵。即使在感知到无可争议的灾难时，精神的柔和声音仍会对那些倾听的人说话。

We ask you to tap into this source of peace and life, for there is abundant life in any circumstance, insofar as the will and faith of the struggling seeker may open the inner eye and reach the inner hand to the spirit of truth within.

我们请你接触这一和平与生命的源泉，因为在任何环境中都有丰富的生命，只要挣扎中的寻求者的意志和信念能够开启内心的眼睛，伸出内心的手触及内在的真理之灵。

We leave you in the ineffable peace and love of Jesus the Christ, now and ever. Amen.

September 14

The Sanctified Nature Of Cycles

循环的神圣本质

I am the Holy Spirit of the nature of Jesus the Christ and I greet you with the full consciousness of love.

Make up your minds to look about you today and open your heart to what you see. You shall see that which is barely growing, that which is in bloom, that which is ending its manifestation, and that in which there seems to be no more life.

今天环顾四周，敞开心扉去感受你所看到的一切。你将看到那些刚刚萌芽的、盛开的、正在结束的以及似乎没有生命的事物。

This is true of growing things in nature, of pilgrim souls upon their journeys and of each institution made by man and by God. Perhaps you will begin to see the sanctified nature of the cycles of birth and death which are appropriate and beautiful in the continually changing and evolving creation of love.

这适用于自然中的成长事物、在旅途中跋涉的灵魂，以及人类和上主所创立的每一个组织。也许你会开始看到出生和死亡循环的神圣本质，这些循环在不断变化和发展的爱的创造中是适当而美丽的。

Growth means change and change is perceived as difficult.

May you, today, see the rightness of the rhythms of your experience, celebrating in them the beauty of perfection.

成长意味着变化，而变化常被认为是困难的。愿你今天看到经历的节奏之正确，庆祝其中完美的美丽。

We leave you in the peace of the understanding of the harmonious plan of a loving God, now and ever. Amen.

September 15

The Desire To Dwell In Love

渴望居住于爱中

I am a voice speaking with the full consciousness of love. I greet you in that love manifested by Jesus the Christ to all of humankind.

At your prayers and meditations we find you relaxing and resting the body and yet not relaxing and resting the mind. How fretful is the mind of humankind, steeped in everyday concerns!

在你的祈祷和冥想中，我们发现你放松了身体，却未能放松和休息心智。人类的心智是多么焦虑，沉浸于日常琐事之中！

Can it not be perhaps possible that the mind also might rest, relax, find comfort and open the doors within in seeking? For those doors reveal Jesus the Christ and those qualities of consciousness which were manifested unto you and may again and always be manifested unto you if there is a pure and profound desire to dwell innerly in love. These gifts are yours if you can but make room for them. There is no hurry. These gifts are eternal.

难道心智不能也休息、放松、找到安慰，并在寻求中开启内在的门吗？这些门揭示了耶稣基督和那些曾显现给你的意识品质，并且只要有纯净而深刻的愿望在内心中居住于爱中，这些品质可以再次并永远显现给你。这些礼物属于你，只要你能为它们腾出空间。无需急于求成，这些礼物是永恒的。

Peace be with you now and ever. Amen.

September 16

A Home In Each Willing Heart

每个有意愿的心灵中的家

I am of the principle of the consciousness of Jesus the Christ and I greet you in the full consciousness of Christ's love.

What a blessing it is for the spirit to find ears willing to hear and hearts open to receive the spirit of the Lord! For though the spirit broods over every living thing, fulfilling in every possible way the promise of infinite love and infinite life, yet still many hearts are shut to us. And those who open to us do not linger long oftentimes.

灵魂找到愿意倾听的耳朵和开放接纳的心灵是多么的受祝福的一件事！尽管灵魂遍布于每一个生物中，履行无限爱的承诺和无限的生命，但许多心灵仍然对我们封闭。即使有人向我们敞开，往往也不会长久停留。

How grateful we are to find a home in each willing heart, to find consciousnesses who wish the gifts of the spirit. Though your lives be busy, may you linger long today at odd moments within the holy ground of your own heart, to know and feel the love and will of God in Jesus Christ and to reach forth an arm filled with the strength of perfect love to bring into manifestation the fruits of that love.

我们多么感激能够在每一个愿意的心灵中找到归宿，找到渴望灵魂礼物的意识。尽管你的生活繁忙，愿你今天在零散的時刻长时间停留在自己内心的圣地中，去认识和感受上帝在耶稣基督中的爱与意志，并伸出充满完美爱的力量的手臂，使那份爱之果实显现出来。

Whether these acts be the act of the mother with the child, the hand of the businessman with a customer, or the hand of a head of state with the fate of a nation, yet are all these acts potentially filled with perfect love.

无论这些行为是母亲与孩子的互动、商人与客户的交往，还是国家元首与国家命运的关系，这些行为都可能充满完美的爱。

We leave you in that peace which cannot be explained yet which is more powerful than that peace which is only the absence of violence, the peace of Christ, now and forever.

September 17

God's Active Voice

上主的活跃声音

I am of the principle of love and I greet you in the full consciousness of love in Christ.

My voice is a cry upon the wind heard by the heart and spoken through lips such as those who shape these words. Yet my nature is inseparable from the great Creator and preserver of all life. Thus beneath our words is the energy of life, the constant apprehension of unity.

我的声音是风中的呼唤，被心灵听到，通过那些塑造这些词语的嘴唇说出。然而，我的本质与所有生命的伟大创造者和守护者密不可分。因此，在我们的话语之下，蕴藏着生命的能量，常常感知到统一的存在。

We are God's active voice in the world of physical incarnation. We are that great stock of inspiration and imagination from which any soul may draw. We are the living water of the consciousness of love. And we come to you as you will and as you ask and sometimes as an angel unawares do we appear.

我们是上帝在物质化世界中的活跃声音。我们是任何灵魂都可以汲取的巨大灵感和想象力的源泉。我们是爱的意识之生命之水。我们会按你的意愿和要求来到你身边，有时我们也会像不知不觉中的天使一样显现。

May you seek to live more fully this day, calling upon and resting in the vivifying energy of love. In peace we leave you, now and always. Amen.

September 18

The Wonder Of Creation

创造的奇迹

I am the spirit of the living God and I greet you in the full consciousness of that love which is the love of Jesus Christ.

We ask today that your eyes be transformed, that you may gaze in wonder at the majesty of creation.

我们今天请求你们的眼睛被转化，好让你们惊叹于创造的宏伟。

Hold your hand before your face. Is it not wonderful? By simple thought flex each finger. See the movements. Do not understand them. But gaze in wonder. Touch thumb to finger and reflect upon the excellence of these tools given by the infinite and glorious Creator to those images of Itself that It sends into the world of manifestation.

把手举到脸前。难道这不是奇妙的吗？通过简单的思维弯曲每个手指。看这些动作，不必理解它们。只是惊叹。用拇指触碰其他手指，反思这些工具的卓越，它们是无限光荣的创造者赋予自我形象的礼物，这些形象被送往显现的世界。

Look further up into the sky, around the countryside and, most of all, at the excellence of yourself. And be thankful that the Lord has given to His people not only love and the consciousness of love but a way to manifest and encourage that love to grow and bear fruit.

仰望更高的天空，环顾乡村，最重要的是审视自己的卓越。并感谢主不仅赐予了祂的子民爱与爱的意识，还赋予了他们展现和鼓励爱成长与结果的方式。

We leave you in awe, wonder and peace, now and ever.

Amen.

September 19

The Very Stuff Of Love

爱的实质

I am of the principle of the love of Jesus the Christ and I greet you in the full consciousness of divine love.

Has it seemed strange that you suffer and still you live? That so many things occur and yet you are capable of experiencing each thing? Have you wondered, "Where is the room for all the memories, all the feelings of a lifetime?"

你是否觉得奇怪，尽管你遭受痛苦却仍然活着？那么多事情发生，但你仍能体验到每一件事？你是否曾经想过：“所有的记忆、所有一生的感受，都放在哪里呢？”

Those feelings and memories and biases are of the very stuff of love, for they express the love which each has been able to manifest. Cradled gently within the being lies an infinity of remembrance.

那些感受、记忆和偏见实质上都是爱，因为它们是每个人能够表达出的爱的表现形式。在无限的记忆之中被温柔地承载着。

There is nothing through which you cannot go. There is no action too harsh for memory to turn the harshness to lessons learned, new visions perceived, and new challenges accepted.

没有什么是你无法经历的。没有任何行为太过严酷，以至于记忆不能够将其转化为学习的教训、新的视野和接受的新挑战。

How very much more you are than you are aware! We call you to an awareness of your larger self and hope that we may inspire in you such deeds as the Creator and you have placed before you this day.

你远比你所意识到的要多得多！我们呼唤你对更大自我的觉察，并希望我们能激励你做出创造者和你今天所面临的行动。

We leave you in quiet confidence and peace, in the love of Jesus the Christ, now and forevermore. Amen.

September 20

Patience

耐心

Greetings in the love of Jesus the Christ. I am the spirit of the consciousness of Christ in the vibration which comforts this instrument.

My child, why do you bustle about within your mind, sorting and sifting the details of mundane experience in a ceaseless attempt to make order out of chaos?

我的孩子，你为何在心中忙碌不已，试图将琐碎的经历细节进行分类和筛选，以无休止地尝试从混乱中建立秩序？

There is great virtue in being patient enough to allow the eddies and rhythms of a complex situation to form a coherent pattern.

在足够耐心地等待复杂情况中的漩涡和节奏形成一个连贯的模式中，蕴藏着巨大的美德。

As you become gradually aware of the pattern, you are then far more able to discern the service which has been prepared for you to accomplish.

当你逐渐意识到这个模式时，你将更能辨识出为你准备的任务和服务。

Peace and grace be with you.

September 21

The Quiet Inner Room

宁静的内心房间

I am the spirit of the love of Jesus the Christ and I greet you
in the full consciousness which is that of love.

You have awakened to this day already consumed with the
cares and challenges which the time ahead bring to you. We
ask you to move with the spirit now into that place of
perception, that quiet inner room, where the naked silence
speaks volumes to the listening ear.

你已经醒来，面对着即将到来的日子中的忧虑和挑战。我们请你现在跟随灵魂进入那个感知的地方，那间宁静的内心房间，在那里，赤裸的寂静对倾听的耳朵倾诉着无尽的内容。

Release all but the contemplation of love and instantly love will begin to bathe you in
strength and in the protection of light.

释放一切，专注于爱的思考，爱的力量将立刻开始浸润你，给予你力量和光明的保护。

Feel the bubbling joy of that consciousness which is wholly
one with love and know that you are one with that
consciousness.

感受那种完全与爱合一的意识带来的涌动喜悦，并知道你与这种意识是一体的。

Then move forward into the cares of the day, following each
concern to its proper conclusion, watching the powers of
communication between peoples stutter and fail, viewing the
enormous seeming disharmony of the outer world.

然后迈入一天中，跟随每一个关切到达其适当的结局，观察人与人之间的沟通力量的结结巴巴和失败，感受外部世界看似巨大的不和谐。

Yet do all this while keeping in remembrance that
consciousness which is the ground of being. Keep this in
mind. Hold this in the heart and there is no confusion, no
trouble, no chiding, no impatience that cannot be
transformed into opportunity by love, that perfect love which
flows through the seeking disciple.

然而，在做这些时，始终记住那意识，它是存在的根基。牢记这一点。把它放在心中，那么没有任何困惑、麻烦、责备或不耐烦无法被爱转化为机会，那完美的爱流淌于寻求之人之中。

Know you that the love of Jesus the Christ is alive and all-embracing and ever available to one who asks.

要知道耶稣基督的爱是活生生的、包罗万象的，并且随时为求索者提供。

We leave you in the peace of the love of the Christ, now and always. Amen.

September 22

Senses Are Illusions

感官幻象

I greet you in the love of Jesus the Christ. I am of the consciousness of Christ in the vibration which comforts this child.

It is well, in the face of difficulty, that you seek to perceive that your senses are illusions which regard illusions. For then consciousness is not squandered on that which cannot offer the love of Christ.

在面对困难时，最好是去领悟你的感官是对幻象的感知，因为这样意识就不会浪费在无法提供基督之爱的事物上。

How much better and productive to use that unsquandered energy to regard that which underlies all illusion: the consciousness of love, which is Christ consciousness.

将那未被浪费的能量用于关注所有幻象背后的本质：爱的意识，即基督意识，显然更好、更富有成效。

Peace be with you.

September 23

It Is Your Dance

这是你的舞蹈

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

Let your spirits rise! Let your laughter sound forth! For there is a great victory in realizing that, truly, you are improvising upon the stage that is so seriously called life. You are an artist, a comedian, a tragedian, a philosopher, and a fool. You are any part you wish to play. It is your improvisation; it is your dance; it is your day and your life.

让你的精神高涨起来！让你的笑声响彻！因为意识到你实际上是在这个被严肃称为生活的舞台上即兴表演，是真正的胜利。你是艺术家、喜剧演员、悲剧演员、哲学家和小丑。你可以扮演任何你想要的角色。这是你的即兴演出；这是你的舞蹈；这是你的日子和生活。

Take nothing to be troublesome, but gaze at it as though it were in a play. How shall you amuse yourself, beautify that which is not beautiful, or glorify that which is mundane in the situation you see? To you come the improvisational opportunities to change the atmosphere, the tone and the very plot of your improvisational life,

不要把任何事情看作麻烦，而是把它当作一场戏来观看。你将如何让自己开心，美化那不美丽的事物，或使那平凡的事物在你所看到的情境中变得光辉？你会迎来即兴的机会，改变气氛、语调和你即兴生活的情节。

Because that play is so dear to you, you hold it too close and see it not well. Back away in love, in total engagement, with the attempt to be the best, the finest, and, hopefully my friends, the one with deep, strong humor.

因为那场戏对你来说太亲密了，你把它握得太紧，结果看不清楚。以爱心和全情投入的态度后退一步，力求做到最好、最出色，并且，希望我的朋友们，成为那个拥有深刻且强烈幽默感的人。

To see life too seriously is to miss the comedy and the merriment, to feel that joy may not be appropriate although it always is. And as you have this point of view, so shall you radiate it, for it is the point of view of the living Christ: total compassion, total unity, and merry, merry laughter.

把生活看得过于严肃会错过其中的喜剧和欢乐，觉得快乐可能不合适，尽管它总是合适的

。你有了这种观点，就会发出这种光芒，因为这是活生生的基督的观点：完全的慈悲、完全的团结和快乐的笑声。

See the comedy on your stage and make it graceful, dancing
through it with the skill of those born of light and love.

在你的舞台上看到喜剧，并使之优雅，通过光与爱的技巧翩翩起舞。

We leave you in the peace of Jesus the Christ, both now and
ever. Amen.

September 24

Laughter And Quiet

笑声与宁静

Greetings in the love of Jesus the Christ. I am the spirit of the consciousness of Christ in the vibration which comforts this instrument.

We noted the surprise which this child showed when we joked at the challenge she offered to us. This is no cause for surprise. Jesus' love is based upon a consciousness in which ecstasy is the steady-state experience and laughter as natural as breathing.

我们注意到这个孩子在我们开玩笑回应她提出的挑战时表现出的惊讶。这不应感到惊讶。耶稣的爱基于一种意识，在这种意识中，狂喜是稳定的体验，笑声像呼吸一样自然。

Do you distract yourself so that you cannot feel this joy?

Quiet yourself, then, until the tides of ease and laughter inundate you and offer blessing in your experience.

你是否让自己分心，以至于无法感受到这种喜悦？那么，请安静下来，直到轻松和笑声的潮水涌向你，并在你的经历中带来祝福。

Peace be with you.

September 25

Seek The Wisdom Of Love

寻求爱的智慧

Greetings in the love of the most compassionate Christ.

You have many things upon your minds, judgments to make and tasks to perform this day. It is good to will to do these things if you seek the grace to do them well. Yet you must know that your point of view is ever less informed than the greater will of consciousness in Christ.

你有许多事情需要思考、判断和完成。若你希望能够优雅地完成这些任务，意愿是好的。然而，你必须知道，你的观点永远不如基督的更高意识之意愿那样深刻。

Plunge, then, into the waters of everlasting life and seek not the hot and fervent faith that shall cool by evening but the peaceful, calm certainty that wishes only to move deeper and deeper, breathing the waters of rich and unending wisdom and love, forsaking the dry and barren breath of human judgment and decision. Let your decision be to turn to the faith that is your everlasting consciousness.

那么，投入到永恒生命的水域中，不要追求那种在傍晚会冷却的炽热信仰，而是寻求那种宁静、平和的确定感，它只愿意深入、更深入，吸纳丰富而无尽的智慧与爱，摒弃干枯贫瘠的人类判断和决定。让你的决定是转向那永恒的意识之信仰。

Peace be with you.

September 26

May Your Soul Be Tempered

愿你的灵魂得到锤炼

I am of the spirit of Jesus Christ and I greet you in the fullness of divine love.

The unconditional nature of love is not fully understood by those who wish each other a pleasant day, a happy day, a good day. For to one full of the spirit of love, each day is, first, that which is dipped in fire and held to the rising sun, a tempered sword of unity so that all things are one, the seemingly good, the seemingly difficult situations alike, blending into love, turning into chances for renewal and growth.

爱无条件的本质并未被那些祝愿彼此愉快、快乐、美好的一天的人完全理解。对于充满爱的精神的一个人来说，每一天首先是被浸入火中，举向升起的太阳，成为一个锤炼过的统一之剑，使一切事物成为一体，无论是看似美好的还是看似困难的情境，都融入爱中，转化为更新和成长的机会。

May your soul be so tempered in the grace of Jesus Christ that the spirit may speak through you this day, regardless of the circumstances of your existence, to a world hungry for the love of Christ.

愿你的灵魂在耶稣基督的恩典中得到锤炼，使得无论你处于何种境遇，今天都能通过你传递灵魂的声音，向渴求基督之爱的世界发声。

In the peace of Christ we leave you, now and ever. Amen.

September 27

The Touch Of The Spirit Of Love

爱的灵触

Greetings. I am the spirit of our Lord Jesus Christ in the vibration which comforts this instrument.

When you experience for the first time the touch of the spirit of love, you are as a bride who goes to her marriage bed, becoming a new being, one in flesh and spirit with the beloved.

当你第一次体验到爱的灵触时，你就像是一位新娘走向她的婚床，成为一个全新的人，与所爱之人合为一体，无论在肉体上还是精神上。

Although a virgin may be irresponsible, yet a wise householder has the passive responsibility of being an instrument through which new life may be channeled. There is also the active responsibility of a discriminating stewardship of all those gifts which are held in trust from the Father and which should be used to the glory and celebration of the consciousness of love.

虽然一个处女可能表现出不负责任的态度，但一个聪明的家庭主妇有着被动的责任，作为一个渠道传递新生命。同时，她也有积极的责任，对那些从父亲那里受托的礼物进行明智的管理，这些礼物应当被用来荣耀和庆祝爱的意识。

My peace I leave with you.

September 28

Go Forth Rejoicing And Glad

欢喜而去

I am the spirit of Jesus the Christ and I greet you in the full consciousness of divine love.

It is the wish of the principle of unconditional and creative love that each particle of the Creator's love, each of your cells, go forth into the world rejoicing and glad.

无条件 and 创造性爱的原则希望，每一个造物主爱的微粒，每一个你的细胞，都带着喜悦和快乐走向世界。

Whatever your troubles, whatever your sorrows this day, we ask you to treat them as gently as honored guests. For each of those beautiful and less beautiful things that you may meet is something which may catch you, as a twig along the river; as that which may snag your attention and curl you into the outwardly blinded and inwardly gazing position of the fetus.

无论你今天遇到什么困扰或忧伤，我们请你像对待尊贵的客人一样温柔地对待它们。因为你可能遇到的每一件美丽或不美丽的事物，都是可能抓住你的，就像河中的树枝一样；它们可能吸引你的注意力，让你进入外在被蒙蔽、内心凝视的胎儿状态。

Let not your troubles bend you over or bring you to the dust, but rather stand in faith and enjoy each small and great blessing that you may find before you this day, offering praise and thanksgiving with a strong heart. Thus may the Father's light shine in your world.

不要让你的困扰使你弯腰或陷入尘埃，而要坚定地站立，享受你今天面前每一份大小的祝福，以坚定的心态献上赞美和感谢。如此，父亲的光辉将照耀你的世界。

We leave you in peace, now and ever.

September 29

This Holy Day

这个神圣的日子

I am the spirit of the living God and I greet you in the full
consciousness which is the love of Jesus the Christ.

See before you now an holy day!

现在在你面前看见一个神圣的日子！

Hold your hands before you and know that if you dwell
within the spirit of love these hands may be instruments of
love to do divine work in a divine world.

把你的手举在面前，知道如果你居住在爱的灵性中，这双手可以成为爱的工具，在神圣的世界中做神圣的工作。

Gaze at your feet, holy feet which may carry you to no place
which is not holy.

凝视你的脚，这神圣的脚将带你到任何一个不神圣的地方。

Sense the pounding of your heart and the movement of blood
in the veins. This is an holy body in and of itself and more
and more full of self-awareness of love as the mind and heart
love and dedicate this body to the principle of love.

感受你心脏的跳动和血液在静脉中的流动。这本身就是一个神圣的身体，随着思想和心灵对爱的原则的爱与奉献，越来越充满自我意识的爱。

Ask the mind and heart to love and dedicate this body to the
principle of love.

请求心智和心灵去爱护并奉献这个身体于爱的原则。

You do not know what you might manifest within this day
and night to come. You do not know what troubles shall arise
which seem so persuasively to point to things that are not
blessed. Yet within each abuse of body, mind and spirit there
lies that soul, that infinite intelligence which is masked to the
human eye but which is never absent from the spiritual
picture of your day.

你不知道在接下来的一天和夜晚中你可能会显现出什么。你也不知道会有什么困扰出现，它们似乎有力地指向那些不被祝福的事物。然而，在每一次身体、心智和灵魂的困扰中，都蕴藏着那灵魂，那无限的智慧，它对人眼隐藏，但从未在你一天的精神图景中缺席。

Know, and know in a deep and final way, that all things tend to good; that all disharmony tends towards love; that all despair tends towards hope, and all loss tends towards inner realization. And embrace each and every aspect of your experience in the firm faith of Christ, seemingly crucified, forever alive.

深刻而最终地明白，所有事物都趋向于善；所有的不和谐都趋向于爱；所有的绝望都趋向于希望，所有的失落都趋向于内在的领悟。以坚定的基督信仰来拥抱你经历的每一个方面，那似乎被钉十字架的基督，永远活着。

We leave you in Christ's own peace, now and always.

September 30

Call The Light To You

召唤光芒到你身边

I am of the spirit of Jesus the Christ and I greet you in the full consciousness of love.

See yourselves seated, just as you are, taking moments precious to you. For each is busy. So alter your consciousness that the ensuing period of time may be altered by the light which you have called to yourself in these moments.

看着你们坐着，就如你们所是，珍惜这些时刻。每个人都很忙。调整你的意识，使接下来的时间段被你在这些时刻呼唤到的光明所改变。

Picture yourself opening as a flower to the wonderful sunshine of perfect love, being drenched by the freely given dew of strength, quietness and peace. Store this up within your heart, that through your eyes may shine this transcendental love which has the power of touching all those about you with a light which they may not know, but which they yet recognize as that which lifts the spirits, heals the mind's pain, and cheers the emotions.

想象自己像花朵一样向完美爱的美丽阳光开放，被自由给予的力量、宁静与和平的露水滋润。把这些储存在你的心中，让这种超越的爱通过你的眼睛散发出来，它具有触动周围所有人的力量，虽然他们可能不认识这种光，但他们仍会感受到它提升精神、疗愈心灵的痛苦和振奋情感的作用。

Allow that light to be stored within you more and more, that you may become an active spirit, a practicing and moving force for love, not by direct action, necessarily, but merely by the glow within the eye, the smile upon the lips, and the words spoken from a simple and cheerful peace.

让那光芒在你内心中越来越多地储存，使你成为一个积极的灵魂，一个实践和推动爱的力量。这不仅仅通过直接的行动，而是通过眼中的光辉、嘴唇上的微笑以及从简单而愉快的内心平和中说出的言语。

We leave you in that peace, now and always. Amen.

October 1

Divine Hunger

神圣的渴望

I am of the principle of divine love and I greet you in the full consciousness of the love of Jesus the Christ.

Look you ahead to your day. Your work lies ready for you.
And you are ready for the work.

展望你的一天。你的工作已经准备好了。你也准备好迎接这份工作。

Your establishment and domicile, your daily bread, your expectations for the future: these are the things at which you gaze as creator of your little world, to look and see that all things are pleasing and satisfactorily arranged.

你的安身立命、日常生活、对未来的期望：这些都是你作为自己小世界的创造者所注视的事物，查看一切是否令人满意、井然有序。

Look you to every physical aspect of the arrangements of your life day by day. Look till you come to the end of them. Now ask yourself: have you still the divine hunger or are you satisfied?

关注你生活安排的每一个细节，逐日审视，直到你完成。现在问问自己：你还怀有神圣的渴望吗，还是已经满足了？

The spirit speaks to those who hunger, to those who ask and to those who face the door of non-complacent doubting and say, "My deeper self hungers and thirsts for that which all my tidy arrangements cannot give me."

灵魂对那些饥渴的人、那些提问的人、以及面对不安疑虑的门槛并说：“我更深层的自我渴望那些‘所有有序安排无法给予’的东西”的人说话。

We of the principle of love bless that divine hunger which calls into manifestation those powers of creation which alone express the unity betwixt the soul and divine love.

我们以爱的原则祝福那种神圣的渴望，它唤起了创造的力量，这些力量唯一地表达了灵魂与神圣之爱之间的统一。

We leave you in the peace of that love, both now and ever.
Amen.

October 2

Heavenly Food

天賜之糧

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine compassion.

Each of you is most intent upon being of service to others. We applaud this desire. But the spirit of love must be nourished. And we encourage each of you to be most careful to offer the self that heavenly food which makes being of service to others possible.

你们每个人都非常专注于为他人服务。我们赞扬这种愿望。但爱的精神必须得到滋养。我们鼓励你们每个人要特别小心，提供那种使为他人服务成为可能的天賜之糧。

For to give from oneself is to deplete oneself. To give through oneself is simply an act of service to others. And to open that shuttle through oneself, one must find that which is most helpful in establishing the feeling of unity with the Creator in Christ.

因为从自身给予会耗尽自己。通过自身给予是对他人的服务行为。要开启这种通过自身的传递，就必须找到最有助于建立与创造者在基督里的统一感的東西。

Give to yourself the permission to seek and to enjoy deeply and digest heavenly food, whatever it is that the spirit may give to you. Realize that the spirit of which we are representatives—for many different kinds of people need many different kinds of Comforters—is omnipresent. You cannot be without the spirit of unconditional love, for this lies within you.

允许自己寻求、深切享受并吸收神圣的食粮，无论精神给予你什么。意识到我们所代表的精神——因为不同的人需要不同的安慰者——是无处不在的。你不能没有无条件的爱的精神，因为它存在于你之内。

Find it and open it, that your service to others may be no burden to you but instead a delight and a joy. For it is a merry illusion to one who steps with light feet. And to one who steps with light feet comes the ability to deal with serious subjects in a gentle way. This is desirable.

找到它并开启它，这样你的对他人的服务将不再是负担，而是喜悦和快乐。因为对一个轻盈行走的人来说，这是一种愉快的幻觉。而对一个轻盈行走的人来说，处理严肃问题的能

力也会以温柔的方式出现。这是值得追求的。

We leave you in peace, the infinite peace of the principle of
Jesus the Christ, now and forever. Amen.

October 3

Heavenly Food

天賜之糧

I am of that principle which is known as the love of Jesus the Christ and I greet you in the full consciousness of divine love.

How peculiar it must seem to have such glory in the inside experience of meditation, contemplation, praise and thanksgiving, only to find that two steps into the world and all of the strength of your faith is distorted and confused. How very disconcerting!

在冥想、沉思、赞美和感恩的内在经历中感受到如此光辉，而发现仅仅踏入世俗的两步，所有的信仰力量都被扭曲和困惑，这种感觉一定很奇特。实在令人困扰！

This is done on purpose, my children, not for your comfort but for your growth. There are various agendas for various entities; various lessons of love they wish to learn. And thus this catalyst must take place that has neither a good nor a negative connotation. It is simply that which you came here to experience and to find a way to change from nonsense poetry to the rich tapestry of heartfelt and painstaking stitchery of clear, clear colors of emotions, of love in relationships, and of self-forgiveness.

这不是为了你的舒适，而是为了你的成长，孩子们。各种存在有不同的议程；他们希望学习各种爱的课程。因此，这种催化剂必须发生，它既没有好也没有坏的含义。这只是你来到这里体验的事情，并找到一种方法，从无意义的诗歌转变为充满情感、充满爱的关系以及自我宽恕的丰富织锦。

Do not allow this dark illusion to keep you from being aware of the infinite light in which you dwell. You need not say a word to another to do this work. It is simply altering a program within the mind that you may, out of habit, begin to think about the Creator.

不要让这种黑暗的幻觉阻碍你意识到你所居住的无限光明。你不需要对他人说任何话来完成这项工作。这只是改变心智中的一个程序，让你可能出于习惯开始思考创造者。

The Comforter has been promised to you. We do not stop those things which you consider negative from happening. We are simply there to accompany you through the difficulties. Please ask for our help, for we cannot infringe.

And no matter how fast you may run this day, no matter how many things you have to do, try to stay centered in the present moment where all intersects with eternity.

安慰者已应许赐予你。我们不会阻止你认为负面的事情发生。我们只是陪伴你度过困难。请请求我们的帮助，因为我们不能干预。无论你今天跑得多快，无论你有什么事情要做，尽量保持在当前时刻的中心，因为在那里一切与永恒交汇。

We leave you in the peace that is the transcendence of this illusion and in the principle of divine and unconditional love and peace, both now and ever. Amen.

October 4

The One Sea Of Love

爱之同一海洋

Greetings in the love of Jesus the Christ. We are of the consciousness of love in the vibration which comforts this channel.

We encourage you to rejoice, one with another, for all your seeming differences are but shadows. The one who calls upon the Allah, the Zoroaster, the Christ or the Buddha, calls not to separate oceans, but to one great sea of love. All differences are structures created by the perceptions of dreamers. And yet all shall awaken. And as you rejoice then, so may you rejoice now in the promise of awakening.

我们鼓励你们彼此欢庆，因为所有看似差异不过是影子。呼唤安拉、琐罗亚斯德、基督或佛陀的人，不是呼唤不同的海洋，而是呼唤一片伟大的爱的海洋。所有的差异都是梦者的感知所创造的结构。然而，所有人都将觉醒。正如你们那时会欢庆，现在也可以因觉醒的承诺而欢庆。

Peace be with you.

October 5

The Sense Of Inner Blankness

内心的空虚感

I am of the principle of Jesus the Christ and I greet you in the ineffable love of divine consciousness.

When the world seems to make no sense, when the skies are blank of being and the landscape bare of meaningful detail for you, then it is time to turn inward and avoid the distraction of the self in meaningless pursuit.

当世界似乎毫无意义，天空空洞无物，景色对你而言毫无意义时，便是时候转向内心，避免在毫无意义的追求中分心。

If there is only a small amount of time to be spent inward-turned, it is enough. For the sense of inner blankness is the sense of being lost from the self, not of being lost from the world.

即使只有少量时间用于内省，也足够了。因为内心的空虚感是与自我迷失的感觉，而不是与世界迷失的感觉。

To find the self, one must turn to the Christ within and ask that the great story of selfhood be expressed in yet another way, that you may understand your nature and your birthright and know who you are: sons and daughters of the divine; those who give meaning to sky and earth.

要找到自我，必须转向内在的基督，请求以另一种方式表达自我伟大的故事，以便你能够理解你的本性和你的天赋权利，认识你是谁：神圣的儿女；赋予天地意义的人。

In your troubled spirits lies the dance of the present. May you be at peace within your trouble as you turn within to Christ.

在你们烦扰的灵魂中蕴藏着当下的舞蹈。愿你在烦恼中转向基督时，内心获得平静。

In that peace we leave you, now and ever. Amen.

October 6

Harness The Power Of Consciousness

驾驭意识的力量

Greetings in the consciousness of Christ. I am of the principle of the consciousness of the love of Christ in the vibration which comforts this child. Greetings and peace to you!

My children, what mighty energies move at this moment within your consciousness! What tremendous raw material consciousness truly is!

孩子们，此刻在你们的意识中流动着多么强大的能量！意识的原料是多么宏大！

To what use do you put this great resource this day? Shall you work on behalf of those things which do not offer life, or shall you turn to the service of that which is life-giving?

你今天将如何利用这一伟大的资源？你是要为那些无法提供生命的事物而工作，还是转向服务于那些赋予生命的事物？

For in every situation there is a response which creates the optimal amount of service grounded in love. If you are preparing to plod through a day that does not feel alive to you, first find our vibration, that the breath of spirit may enliven those things which are dead in your perception. For all things are alive in the consciousness of love.

因为在每种情况下，都存在一种回应能够创造基于爱的最佳服务量。如果你准备度过一个对你而言没有生气的一天，首先找到我们的振动，让灵魂的气息能够唤醒那些在你感知中死去的事物。因为在爱的意识中，所有事物都是有生命的。

Peace be with you this day and always.

October 7

What Is The Holy Spirit?

什么是圣灵

I greet you in the full consciousness of love. We are those of the spirit of the living Christ.

To this instrument's ears have come questions about who we really are. And perhaps it is good to gaze upon the identity of the Holy Spirit. We do not call ourselves by that name, we who serve as the very spirit and energy of the principle of divine love which is the love of Christ. What we are overshadows who we are.

这个工具的耳中传来了关于我们真正身份的问题。也许现在正是审视圣灵身份的好时机。我们不以那个名字称呼自己，我们是服务于神圣爱的原则的精神和能量，即基督的爱。我们是什么，超越了我们是谁。

Yet we will say that we are un-descended into the planes of which you have experience. We have experienced incarnations continuously, for light does not die. We are, therefore, that power of the Logos, which is love, which is active and follows the call for the presence of the full consciousness of love. We hope we are to that seeking soul a mirror made of love.

然而我们会说，我们并未降临到你们所经历的层面。我们持续经历化身，因为光不会消逝。因此，我们是理则的力量，即爱的力量，它是积极的，回应对完整爱的意识存在的呼唤。我们希望成为那个寻求灵魂的爱之镜像。

Upon one person the effect of that mirror may be no action but only a gradual change in consciousness which manifests to the world profoundly in the end, though no action was taken, but only the change of heart.

对一个人而言，这面镜子的效果可能不是行动，而只是意识的渐变，虽然没有采取行动，但最终在世界上深刻地显现出来的，只有心灵的改变。

To another, whose time to hear and do has come, the spirit offers that mirror in which is seen the possibilities wherein love may enlarge, enable, enliven and bless manifestations, your own or another's, so that out of poverty of mind, spirit, supply or action the full consciousness of love may work.

对于另一个时机已到、需要听取并付诸实践的人，灵魂提供那面镜子，在其中可以看到爱如何扩展、赋能、振奋和祝福表现，无论是你自己的还是他人的，从而使得在心灵、精神

、供应或行动的贫乏中，爱的完整意识得以发挥作用。

We, like the wind, are with all who seek the spirit, with all who seek the Christ. Think of us as principles, as living flames which embody love. Then gaze in our mirror. See the love within yourself. And be, in turn, the spirit of Christ in the world.

我们，如同风一般，与所有寻求灵魂的人、所有寻求基督的人同在。把我们看作原则，作为体现爱的活火焰。然后凝视我们的镜子。看到你内心的爱。然后，成为世界中的基督精神。

We leave you in peace, not necessarily the peace to rest but the peace which love unspeakable brings, now and ever.
Amen.

October 8

What Is Truth?

什么是真理

I am the spirit of Jesus the Christ and I greet you in the full consciousness of love.

What is truth? Open your eyes, your mind, and your heart and gaze at truth.

什么是真理？睁开你的眼睛、心灵和心扉，凝视真理。

See the air which you breathe, the life-giving air of the body and, yet, also the energetic expression of love, food born in every particle of your air for that soul which so craves the breath of spirit.

看见你所呼吸的空气，这既是身体赋予生命的空气，也是爱的能量表现，每一粒空气中都蕴含着为渴望灵魂的气息而生的食粮。

Gaze upon that which immediately meets the eye. Dwelling within each atom, each tiny portion of that which you see is truth, the truth of energetic fields which contain in infinite number expressions of the Father.

凝视那直接映入眼帘的事物。每一个原子、每一小部分你所看到的事物中都蕴藏着真理，即包含着无限数量的父亲表达的能量场的真理。

It is sometimes difficult to see in a worn-out chair or a disreputable-looking human the truth expressed perfectly through each portion of consciousness. Fix your mind first on truth and then on appearances and allow the higher realization to interpret for you the surface pictures of an unkind world. We say unkind and so it looks, yet know that all will be well in the harmonious outworking of each appearance, so the truth is continually being uncovered by each growing spirit.

有时在一把磨损的椅子或一个看起来不体面的人的身上，很难看到真理在每一部分意识中完美表达。首先将你的心思集中于真理，然后再关注外貌，让更高的觉悟为你解读一个不友好的世界的表面图像。我们说不友好，它看起来确实如此，但要知道，在每种外貌的和谐展开中，一切都会变得美好，因此真理会不断被每一个成长的灵魂揭示出来。

We leave you in the peace which is above process and which informs each process, now and ever. Amen.

October 9

Rest In That Peace

安歇于那份平静

I am of the principle of Jesus the Christ and I greet you in the full consciousness of unconditional love.

To this instrument comes light. To each comes light. To each also comes the appearance of darkness, shadow and penumbra.

光降临于这个工具。光降临于每一个人。每个人也会遇到黑暗、阴影和半影的出现。

Jesus the Christ promised that we who comfort would be with each seeker until the end of the age. His promise is being kept most devotedly, most persistently, and most joyfully. The waves of consciousness are moved by tides through which it is not necessary to move if there be that self within which may say, "Peace, be still."

耶稣基督承诺，我们这些安慰者会陪伴每一个寻求者直到时代的尽头。他的承诺正被最忠诚、最坚持、最喜悦地履行。意识的波浪由潮汐推动，如果内心有那个可以说“平静，安宁”的自我，就无需随潮而动。

Allow the morning light to be a symbol to you of the hope and the faith that calms the sea of reaction, distortion and upset. In an ultimate sense, all is well and all will be well.

让晨光成为你希望和信仰的象征，这些信仰可以平息反应、扭曲和不安的海洋。从终极意义上讲，一切都是好的，一切都会变得更好。

Rest in that peace and allow the waters to move as they will, teaching, with every tide, one more lesson in love.

在那份平静中安歇，让水流按照自己的意愿流动，每一次潮汐都教会你一个关于爱的更多的课程。

We are always with you. We who comfort hold you always in our arms. Become aware of us but know that we shall not change for you the tide, but only comfort you as you make your progress upon the sea of consciousness.

我们始终与你同在。我们这些安慰者始终把你抱在怀里。意识到我们的存在，但要知道，我们不会为你改变潮汐，只会在你在意识的海洋上前行时给予你安慰。

We leave you in the peace and love of Jesus the Christ, both now and forever. Amen.

October 10

See Love Within The Self

看到内在的爱

I am of the principle of the love of Jesus the Christ and I greet you in the full consciousness of love.

We ask you to use the eyes of love to look upon yourself at this time. See the principle of love which sustains the physical body with the breathing, the movement of the blood which gives life to the body, the movement of your digestive processes which offers to the body nutriment, those cleansing and purifying forces of body which carefully remove those things harmful to the body and eliminate them.

我们请你用爱的眼光来审视自己。看见支撑身体的爱的原则，呼吸、血液的流动赋予身体生命，消化过程为身体提供营养，那些清洁和净化身体的力量小心地去除对身体有害的物质并将其排除。

Know and feel that the spirit of the living Christ dwells in this good body, this healthful, lively clothing of flesh.

知道并感受，活生生的基督的精神居住在这具健康、充满活力的肉体之中。

Gaze at the inward thoughts and shed upon them the light of living love. Praise those tendencies within the self which tend toward the love of Christ and its reflection within the thoughts of each and every moment. Come into a state of love with the self, acceptance and praise of the self, knowing that the Creator moves through each part of the body, every portion of the mind.

凝视内在的思想，将活生生的爱的光辉洒在其上。赞美自我中那些倾向于基督之爱的趋势，以及每时每刻思维中的反射。与自我进入一种爱的状态，接受和赞美自我，知道创造者在身体的每一部分、每一部分的心智中流动。

Then, and only then, armed with a love of self in Christ, gaze outward and see Christ in every body, every mind, and every yearning soul. It is your choice to love and invite, with every portion of will, the viewpoint of love towards self and all.

然后，只有在这时，带着基督中的自爱，向外凝视，看到每一个身体、每一个心智和每一个渴望的灵魂中的基督。你可以选择以爱的视角对待自我和一切，倾注你全部的意愿去爱和邀请。

October 11

Newness And Clarity

新颖与清晰

Greetings in the consciousness of the love of Christ. We are the spirit of that love in the vibration which comforts this instrument.

We find this instrument's vocal apparatus ready to serve and her desire strong. And we find one more element which improves this child's opportunities for being of true service. That is that there is little preparation made beforehand as to what this moment of contact will bring.

我们发现这件乐器的发声器官已经准备好了，并且她渴望付出。我们还发现另一个元素，它提升了这孩子真正为他人服务的机会。那就是，对于这个接触时刻将会带来什么，事先几乎没有准备。

It is an uncomfortable way to enter into acts of communication and yet it bears the stamp of the consciousness of Christ. For the essence of love is freedom. The less guessing that you offer about what shape the communication will take, the greater scope the mind has to accept information.

这是一种不舒适的沟通方式，但它带有基督意识的印记。因为爱的本质是自由的。你对沟通形式的猜测越少，心智接受信息的范围就越广。

Seek, then, to put on the nakedness of no expectation, and remove from yourselves the clumsy, heavy shoes of fantasy and design and feel the burst of newness and clarity spring through into your conversations.

因此，让自己赤裸并且不抱期待，去除那些笨重的幻想和设计的鞋子，感受新颖和清晰的迸发进入你的对话中。

Peace be with you, now and always.

October 12

The Response Of Worship

敬拜的回应

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

Worship, worship, worship! This word is important above all others to the pilgrim upon the path of Jesus the Christ. For there is no part in man of the Father if there is no appreciation and love of the greater self within.

敬拜，敬拜，敬拜！对于走在耶稣基督道路上的朝圣者来说，这个词比其他任何词都重要。因为如果没有对内在更大自我的欣赏和爱，人的父亲之部分便不存在。

Worship and rejoice!

敬拜并喜乐！

Worship and confess!

敬拜并忏悔！

Worship and give praise and thanksgiving!

敬拜并赞美和感谢！

See the heart attempting to issue more and more refined and intensified emotion and realize that each and every moment of each and every day holds the opportunity of seeing things in such a way as to provoke the response of worship. For all things are worshipful when done mindful of the Father.

看着心灵试图发出越来越精致和强烈的情感，并意识到每一天的每一刻都蕴含着以一种方式看待事物的机会，从而激发敬拜的反应。因为所有的事物在心怀父亲的情况下都是值得敬拜的。

O, desirous ones who doubt and seek, worship first and find security after the gamble has been taken. This is the way of the pilgrim.

哦，渴望而怀疑的 seekers，先敬拜，再在冒险之后寻找安全。这就是朝圣者的道路。

We leave you in the peace and the love of Jesus the Christ, both now and evermore. Amen.

October 13

Hope And The Experience Of Love

希望与爱的体验

I am known as the Holy Spirit. I greet you in the full consciousness of the love and the creative energy of Jesus the Christ.

As that active energy called love invisibly swirls and moves throughout each atom of creation, opportunities are constantly being given for that which is of a less spiritual nature to take on the vibrations of a spiritualized love. Thus does the spirit bring out the song in stone, the clapping of hands of the trees, and the rejoicing of the mountains.

当被称为爱的那种活跃能量在每一个创世原子中无形地旋转和流动时，机会不断地被提供给那些较少灵性的事物，使其承载上灵性的爱的振动。如此，灵魂使石头发出歌声，树木发出掌声，山脉欢庆。

Thus also the spirit of the Holy One moves invisibly and energetically within the heart of humankind, creating seemingly from nothing a strong and lasting faith. The seeker who wishes to experience the movement of the active principle of love need bring to the encounter with that transformative energy nothing but a heart full of hope.

同样，圣灵也在无形而有力地运作在人类的心中，从虚无中创造出强大而持久的信仰。渴望体验爱的积极原则的寻求者，只需带着充满希望的心灵去接触那种变革性的能量。

Not all encounters with new life are as dramatic as Paul's vision upon the road to Damascus. May you be willing to support within yourself those promptings of energetic love which whisper from deep within your heart. May you hope in the spirit.

并非所有与新生命的相遇都像保罗在大马士革路上的异象那样戏剧性。愿你愿意在内心支持那些从心底深处低语的充满活力的爱的召唤。愿你在灵性中怀有希望。

We offer you the peace of this ever-fulfilled desire, now and ever. Amen.

October 14

Contention And Disagreement

争执与分歧

I am the active principle of Jesus the Christ, the spirit which speaks to the world this day. I greet you in the consciousness of full and divine love.

This day this instrument goes to a convention to do business for her church. This instrument seems to expect a good many differing and potentially hostile opinions.

今天这个工具去参加一个大会，为她的教会做生意。这个工具似乎预期会遇到许多不同且可能敌对的意见。

It is encouraged, in this instrument and in all who see contention in the world outside the self, that all the various opinions and disagreements without be taken within, that it may be recognized that that which is seen as a picture with the eyes may be understood to be a way of seeing that contention, that confusion, which is within the self.

鼓励这个工具以及所有在外界看到争执的人，将所有的不同意见和分歧带入内心，以便认识到，眼中所见的画面可能被理解为一种看待内在争执和混乱的方式。

When once the peace of Christ has penetrated the inner being and the heart is soft and compassionate, the outer confusion will never again seem threatening but merely noisy, for there is a peace which passes all understanding.

当基督的平安渗透到内心，心灵变得柔软和富有同情心时，外在的混乱将不再显得威胁，而只是喧闹，因为有一种超越一切理解的平安。

It is the understanding of love, and in this love and peace we leave you. Amen.

October 15

Carelessness And Forgetfulness

疏忽与遗忘

I am the spirit of the Lord Jesus Christ who speaks unto the world this day, this hour and this moment through the mouth of this instrument and in the heart of each and every soul that exists.

O, how abundant is the spirit! O how rich and inestimably close is the comfort which you seek!

哦，灵性是多么丰盈！哦，你所寻求的安慰是多么丰富而无法估量地亲近！

It is mere forgetfulness, not willfulness, that draws most of you from the spirit and consciousness of Jesus the Christ. It is a carelessness of fine trust that one may go forward and forget the center of being.

大多数时候，使你们远离耶稣基督的灵性和意识的只是单纯的遗忘，而非故意。是对细致信任的疏忽，使人前行中忘记了存在的中心。

Yet to move in thought and action without the spirit is to invite the calamity of a careless confusion, one less able to be penetrated in the end by love and peace.

然而，在思想和行动中没有灵性就如同邀请了疏忽的混乱，其最终较难被爱与平安渗透。

Yes! We ask you, rejoicing, to carry the strength, the comfort, and the laughter of the spirit of Jesus the Christ in your heart each hour of this day, calling into remembrance all of Christ's passion and remembering love itself made manifest, as that love made us manifest to you, for all time.

是的！我们请你们带着喜悦，将耶稣基督的灵性之力量、安慰和欢笑带在心中，度过今天的每一个小时，唤起对基督的所有热情的回忆，记住爱本身如何显现，就像那爱使我们在你面前显现，永远不变。

We leave you in peace, now and ever. In the name of Jesus the Christ. Amen.

October 16

The Gates Of Your Heart

内心之门

Greetings in the love of Christ. I am the spirit of the consciousness of love in the vibration which comforts this child.

You who understand so many things about your daily life and make so many connections between events so as to bring them into order, would find comfort in turning for a deeper understanding of events to the contemplation of that Thought which created you.

你了解了许多关于日常生活的事情，并且将事件之间建立了许多联系，从而使它们有条理。如果你想更深入地理解这些事件，可以转向对创造你的那一思想的沉思，以寻求安慰。

For even as you appreciate the gift of father and mother in offering the possibility of breathing and living incarnation, so even more may you appreciate the ultimate Creator of you and of all things.

正如你欣赏父母赋予你呼吸和生存的机会一样，你更应该欣赏造物主——你和万物的终极创造者。

Nor is it possible to contemplate the infinite order of the creation without assuming, finally, that unacceptable and difficult circumstances are, nevertheless, intentionally organized for your benefit.

没有最终不可接受的困难，都是为了你的利益而被有意安排。

Look, then, at the same situation which you have analyzed so well within your mind and open the gates of your heart, letting confidence and peace in the rightness of all that you see wash over you. And in that atmosphere the birth of the deeper understanding will aid the child of God in making the deeper sense of any circumstance.

那么，就如同你对思想的分析那样，去打开你内心的门扉，让万物中看到的信心与平静涌入你心中。在这种氛围中，更深的理解的诞生将帮助上主的孩子更深刻地感悟任何情况。

My peace be with you, now and forever.

October 17

Signposts Of Joy

快乐的标志

I am the spirit of that consciousness which is the Christ held sacred by you. We greet you in the love of Christ.

It is not only in good circumstances that the Comforter is available to those who seek inspiration but in those perceived as difficult as well. It is well to turn to the inspiration of godly things, eschewing attachment to the transient joys of the day in exchange for fuller and deeper understanding of the greater good and the spiritual essence of mundane happiness.

安慰者不仅在顺境中可供那些寻求启发的人获得，在看似困难的境遇中也是如此。明智的是，转向神圣事物的启发，摒弃对瞬息欢乐的依附，以换取对更大利益和世俗幸福的精神本质的更全面和更深刻的理解。

For happiness as well as sorrow is a state of mind peculiar to an illusion in which your consciousness is impinged upon by all of those distractions of the senses which please and cloy.

幸福和悲伤都是一种心境，这种心境取决于幻象，在这种幻象中，你的意识受到所有那些令人愉悦和厌倦的感官干扰的影响。

View pleasure, then, with the same eye with which you view pain, not disowning your senses but rather appreciating them as signposts of a deeper, spiritual joy.

因此，用同样的眼光看待快乐和痛苦，既不否认你的感官，也要欣赏它们作为更深层次精神喜悦的标志。

May the peace of the consciousness of love be with you now and always.

October 18

Claim Your Birthright

承认你的天赋权

Greetings in the love of Christ. I am of the principle of that consciousness which is Christhood, in the vibration which comforts this instrument.

Although it is well that you gaze searchingly on each face of Christ which you meet in your daily round of activities and experience, it is better for you to be inspired by these exaggerated delineations of the characteristics of love, turning from them to a truer expression of that love in Christ.

虽然你在日常活动和经历中仔细观察每一个基督的面貌是很好的，但更好的是被这些对爱的特征的夸张描绘所启发，从中转向基督中对爱的更真实表达。

For to call your experiences by their true name is to bless them and own them, claiming them as part of your birthright. For you and they and all that is are not only created by God, but are of God, and to behold your likeness is far more blessed than all the careful judgments you may make, wise though those judgments may be.

以其真实的名字称呼你的经历，就是对它们施以祝福并承认它们，认同它们作为你天赋权的一部分。因为你、它们以及一切事物不仅是由上主创造的，而且是上主的一部分，看到你自身的样子比你所做的所有谨慎判断更为祝福，尽管这些判断可能很智慧。

The consciousness of Christ is the consciousness of love, that love which creates, Christ being the truest expression of that potent quality in your waking consciousness. Turn you, then, to that source of light and let love illumine all the facets of your life.

基督的意识就是爱的意识，这种爱创造万物，基督是你清醒意识中这一强大特质的最真实表现。因此，转向那光源，让爱照亮你生活的所有方面。

Peace be with you, now and always.

October 19

Become Christ To The World

成为世界的基督

I am the spirit of the ineffable love of Jesus the Christ. I greet you in the full consciousness of love.

When this instrument challenged our presence we, as spirit, said simply, "We are the Christ." This instrument was surprised. But the principle of love is active and powerful and that which is Christ is wrapped and bound by love ineffable.

当这个工具挑战我们的存在时，我们作为灵体简洁地回应：“我们是基督。”这个工具感到惊讶。但爱的原则是积极而强大的，而基督所具有的就是被难以言喻的爱包裹和束缚的。

Thus he who carries the spirit of Christ carries Christ, and as we are the very principle of this love, so are we Christ too. And now we turn to you with a gift of fire, hoping that the bellows of your conscience and faith cause you also to become Christ, to carry the love of Christ to those whom you meet; to the world that you accept with eyes and ears. May your senses be filled with the full consciousness of love, that you, in turn, may be Christ to the world.

因此，携带基督精神的人也携带基督，我们作为爱的原则，也同样是基督。现在我们将一份火的礼物送给你，希望你内心的良知和信念的风箱使你也成为基督，将基督的爱带给你遇到的人，带给你用眼睛和耳朵接受的世界。愿你的感官充满爱的完全意识，使你反过来也能成为世界的基督。

In limitless love I leave you in peace, now and always.

October 20

Seek First The Kingdom Of Heaven

先寻求上主的王国

I am the Spirit, that you call Holy, of the consciousness of Christ in the vibration which comforts this instrument. Greetings in the love of Christ and the peace of His kingdom.

Do you think that the grace and consolation of the Holy Spirit will come to you in time of need if you but turn your mind in the direction of aid and succor? Children, although this be true, nevertheless, it would behoove you first to seek knowledge of the Father's kingdom, not for any good it might seem to do for you or be to you but for the sake of love alone.

你认为如果你在需要的时候将心思转向援助和安慰，圣灵的恩典和安慰会来到你身边吗？孩子们，虽然这是真的，但你首先应当寻求对父之国的知识，不是为了任何可能对你有益的事物，而仅仅是为了爱本身。

For as you enter more and more into the consciousness of that kingdom, so will the nearly silent voice of the spirit be made resonant and full by your changing awareness. It is written, "Seek ye first the kingdom of heaven and its righteousness and all things shall be added unto you." These words are true and we recommend them to your consideration.

随着你越来越深入地进入那个国度的意识，圣灵几乎无声的声音将因你的觉知而变得响亮而充盈。经上说：“你们要先寻求神的国和神的义，这些东西都要加给你们。”这些话是真实的，我们建议你考虑它们。

May the peace of the consciousness of Christ be with you, now and always.

October 21

Credo

我信

Greetings in the love of Christ. I am the spirit of the consciousness of Christ in the vibration which comforts this child.

Can you consider yourself as one of the company of the faithful because you know that the means of eternal life is at hand? Can you rest in the glory of your future experience while dwelling in the present difficult times?

你能否认为自己是信仰者的一员，因为你知道永恒的路就在眼前？你能否在现在困难的时刻中体验到你未来的荣耀？

We find your hearts to be lax, for in your appreciation of the inevitability of salvation, you forget that the moment of salvation for any soul is that moment in which the soul may turn to its Creator and vibrate, "Credo. Credo," with a whole and single heart.

我们发现你们的心灵松懈了，因为在你们对救赎不可避免性的欣赏中，你们忘记了任何灵魂的救赎时刻是灵魂可以转向其造物主，并用全心全意的心声振动地说“我信。我信”的那一刻。

Peace be with you, now and always.

October 22

Guard Your Thoughts With Love

用爱护守你的思想

I am the spirit of all compassion, which speaks with the voice of Jesus the Christ to the needs of the world today. I greet my beloved brothers and sisters in spirit in the consciousness which is divine love.

You are surrounded by that love. Each cell of the body acknowledges and dwells within that love. All things are held in balance by divine love: planets in their courses, blood in the veins, the breath in the body.

你被那份爱包围。身体的每个细胞都承认并存在于那份爱中。一切事物都由神圣的爱保持平衡：行星的运行、血液的流动、身体的呼吸。

All that is left without the confines of the perfect and perfectly understood love of Jesus the Christ is the free will of humankind. Therefore, your thoughts are not necessarily protected by the consciousness of love.

在耶稣基督完美且被完全理解的爱之外，剩下的只是人类的自由意志。因此，你的思想不一定受到爱意识的保护。

Allow your thoughts, therefore, to dwell with those things which are full of love: your own body, cell by cell; the creation about you, blade of grass by blade of grass. And love itself may come to comfort you as your consciousness prays to the consciousness of divine love.

因此，让你的思想与那些充满爱的事物同在：你自己的身体，每一个细胞；你周围的创造，每一片草叶。爱本身可能会在你的意识向神圣的爱意识祈祷时来安慰你。

May you be in prayer this day, for the Comforter is always with those who request it. In this surety and in this peace we leave you, with blessings, now and ever. Amen.

October 23

Trust, Hope And Light

信任、希望与光明

I am the spirit of the living truth and I greet you in the full consciousness of that love in which all truth abides.

This instrument is quite certain that it does not have the necessary state of mind for the transmission of truth and love, as it is concerned about its friends, pondering their courses of action, caring too much for the susceptibilities of others to suffering and doubt.

这个工具非常确定自己没有传递真理和爱的必要心态，因为它担心自己的朋友，思索他们的行动方案，对他人对痛苦和疑惑的敏感过于关心。

Yet we say to all who care for others that the same spirit that sustains each in its own struggles is ready to sustain friends and loved ones in that same suffering; that suffering which is universal; that suffering which furnishes good fruit; that suffering through which each pilgrim finds the value of not suffering.

然而，我们对所有关心他人的人说，每个人在自身挣扎中所拥有的那种精神，也准备支持朋友和亲人经历同样的苦难；那是一种普遍的苦难；那是一种结出好果实的苦难；通过这种苦难，每个朝圣者都发现了没有苦难的价值。

Thus we say to each who is concerned for others, "Turn the attention to the self. Look for trust. Look for hope. Look for light. And then rejoice in that light, hope and trust and know that all is truly well."

因此，我们对每一个关心他人的人说：“将注意力转向自己。寻找信任。寻找希望。寻找光明。然后在那光明、希望和信任中欢欣，知道一切确实是美好的。”

In this consciousness your friends may bathe as in the warmth of the hothouse and your consciousness may then be a seal and protection for your friends. Consciousness itself, and not so-called good advice, is the primary gift of the spirit of love.

在这种意识中，你的朋友们可以像在温室的温暖中沐浴，而你的意识则成为对他们的保护和庇佑。意识本身，而不是所谓的良好建议，是爱的精神的主要赠礼。

May the consciousness which is the love of Jesus Christ sustain each and offer each peace, this day and always.

October 24

A Lamp Set On A Hill

山上的灯

I am the spirit of Jesus the Christ. I speak to you in the flow of the consciousness of divine love.

When travail is on the agenda for the present moment and the present day, when there is an hour of need that you, with human eyes, gaze upon and know not what to do, then is the time to visualize within yourselves the light which makes visible each dark portion of the day. For if the mind has fled to the light and stands trustingly within its scope and power, the mind then becomes girded with that light and is full of love.

当前时刻和当天的议程上充满辛劳，当你用人类的眼睛注视着需要，却不知道该如何应对时，此时正是内心中视觉化那使黑暗部分变得可见的光明的时刻。因为如果心灵已经逃向光明，并在其范围和力量中信赖地站立，那么心灵便会被那光明所包围，并充满爱。

And if the human processes of doubt and excessive reaction alike are disregarded, each pilgrim may, then, become—in the present moment, in the present hour, in the present day—a lamp set upon a hill to illumine that dark need.

如果忽略了人类的怀疑和过度反应的过程，那么每个朝圣者就可以在当前时刻、当前时辰、当前一天，成为一盏置于山上的灯，照亮那黑暗的需求。

For within each exigency lie the seeds of harmony and peace.

If you feel broken in this day, may you turn and ask to be made whole by the spirit of the love of Jesus the Christ.

因为在每个紧急时刻中都蕴藏着和谐与平静的种子。如果你在这一天感到破碎，愿你转向并祈求由耶稣基督的爱之精神使你完整。

We leave you in that hope of peace, now and ever. Amen.

October 25

Remain Still And Receptive

保持安静与接纳

I am the spirit of the full consciousness of love. I greet you in the name of Jesus the Christ, the great bearer and expression of the full consciousness of love, which is the Logos which guides and governs the development of all things and which is also the end and purpose of all things.

I ask you this day to sit quietly long enough to experience the divine peace and the life-giving love that is everywhere in the atmosphere around you. It comes to you in the song of birds, the whistling of the wind, the rays of the sun and the gentle rhythms of household and nature.

我请你今天安静地坐一会儿，体验一下无处不在的神圣平静和赋予生命的爱。它在鸟儿的歌唱、风的口哨、阳光的光芒以及家庭和自然的柔和节奏中向你传递。

Remain still and receptive until your cup of love is full, full to overflowing. Then may you become a leaven for those who see not love, by smile and word expressing love and peace.

Then may you become a servant of love.

保持安静和接纳，直到你的爱之杯满溢。然后，你可以通过微笑和言辞表达爱与和平，成为那些未见爱的人的发酵剂。然后，你将成为爱的仆人。

We leave you in the love and peace of Jesus the Christ, now and ever. Amen.

October 26

Terror And Change

恐惧与变化

I am the wind and fire of spirit and I greet you in the full consciousness of the love of Jesus the Christ.

Terror and change sweep across the human scene day after day and year after year. To the eye of the keen observer it is apparent that the forces called Apocalypse move ever within the divine stew of Earth and Heaven. Each moment, crises of the life and death of the body, mind and spirit are marching in relentless step. And the tender consciousness filled with the spirit of love and reconciliation aches and yearns to heal the ever-flowing waters polluted by negativity.

恐惧和变化日复一日、年复一年地席卷人类的舞台。对于敏锐的观察者来说，称为启示录的力量总在地球和天堂的神圣混合中运行。每一刻，身体、心灵和精神的生死危机都在不断前行。充满爱与和解精神的温柔意识渴望治愈那些被负面情绪污染的不断流淌的水域。

Turn away from the human scene, seekers of love and service, and gaze steadily upon the inner desire to know and serve the Lord of all. No one can pray for every hurtful thing which meets the awareness, for sins and errors are numberless. Yet in the turning to silent tabernacling with the highest are all things brought into the environs of love and peace within the consciousness. Thus pray not for things, not for results, but for the presence of Christ which will then heal all things.

转离人类的场景，寻求爱与服务的人们，稳稳地注视内心对认识和服务一切主的渴望。没有人能为每一个伤害意识的事物祈祷，因为罪恶和错误是无数的。然而，在转向与至高者的静默亲密中，一切事物都被带入到爱与和平的意识领域。因此，不要为事物、不为结果祈祷，而是祈求基督的存在，它将治愈一切。

We leave you within the watchtower of silence and prayer.
Peace be with you now and always. Amen.

October 27

Eternity And Unity

永恒与统一

I am the divine spirit of the love of Jesus the Christ and I greet you in full consciousness.

The entirety of the world is broken up again and again in memory. All the theories of wholeness and entirety created by the minds of men break up and disintegrate faced with eternity.

整个世界在记忆中一次又一次地破碎。所有由人类心智创造的完整与整体的理论，在面对永恒时都会破裂和瓦解。

Indeed, mankind is like the dead leaf upon the scintillating, fast-moving tide of the river which empties into the sea, a frail barque filled with death, too dry and brittle to accept the living waters of the thought of eternity, the thought of unity. Yet it is in this circumstance that Jesus the Christ stands ready, healing, giving new life, changing the dead into new and transformed existence.

确实，人类就像那漂浮在闪烁而快速流动的河潮上的枯叶，最终流入大海，是一只脆弱的船只，充满了死亡，过于干枯和脆弱以接受永恒思想和统一思想的生水。然而，正是在这种境况中，耶稣基督准备好站在一旁，疗愈、赋予新生，将死者转变为新生和改变的存在。

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May you be as trees planted by the water, not as the leaves which fall from those trees, seeking in dead intellect the spirit of truth.

愿你如同栽植在水边的树木，而不是从这些树木上掉落的叶子，试图在枯萎的智慧中寻求真理的精神。

We leave you in the peace of the full consciousness of love, now and ever. Amen.

October 28

Seek In All Places

在所有地方寻求

Greetings in the consciousness of Christ. I am the spirit of the consciousness of Christ in the vibration which comforts this instrument.

Many times it comes to each to move forward into the areas which have not been thought fruitful for contemplation. All areas of the transitory illusion which you call life are fruitful for considering, for all things are shot through with the illumination of the divine.

许多时候，每个人都需要前进到那些未被认为有益于沉思的领域。你们所称之为生命的短暂幻象的所有领域都是值得考虑的，因为一切事物都充满了神圣的光辉。

Very often it is in just those things which seem least fruitful that you will find the most efficient and conformable means of moving forward into a greater enlightenment in your search for the light beyond light, the love beyond love and the life beyond measure. Consider, therefore, and let nothing be beneath your notice. Rejoice in all circumstances of mind, body and spirit.

常常在那些看似最不富有成效的事物中，你会发现最有效且最符合的方式，以迈向更大的启迪，寻找超越光明的光、超越爱的爱和超越度量的生命。因此，请认真考虑，不让任何事物被忽视。在心灵、身体和精神的所有境遇中都要欢欣。

May the peace that Jesus came to bring, the peace that indwells all things, be perceived by you, now and always.
Amen.

October 29

The Gaze Of Jesus Christ

耶稣基督的目光

I greet you, my children, in the love of Christ. I am of the principle that vibrates in the consciousness of Jesus Christ to the degree that is comfortable to this instrument.

You shield yourself, again and again, from the fearsome gaze of Jesus Christ, for you fear that He gazes upon you from the cross to condemn you. And yet He gazes at you not in pain but, rather, resting upon a pillar of righteousness,
你一次又一次地保护自己，免受耶稣基督可怕的目光，因为你害怕他从十字架上注视你以谴责你。然而，他的目光并非带着痛苦，而是安息在正义的支柱上，

He looks upon you in all of your complexities and darkness and pierces the confusion with simplicity. For the love of Christ is a simple and singular thing, a constant amidst a sea of seeming changes and shadows. The light of your mundane world shifts and confuses with glare and shade. But the light of the love of Jesus Christ is constant and pierces to the heart of your being and your circumstance, seeing the perfection and holiness that hides in the shadows. May you find peace in your shadows and see the shadows disappear in the constant light of love.

他看着你所有的复杂和黑暗，以简单穿透混乱。基督的爱是简单而单一的，在看似变化和阴影的海洋中始终如一。你凡尘世界的光线因眩光和阴影而变幻和混淆。但耶稣基督爱的光明是恒定的，穿透到你存在和境遇的核心，看到隐藏在阴影中的完美和圣洁。愿你在阴影中找到平安，并在恒常的爱之光中看到阴影消失。

In that peace I leave you now and hope that you may remain forever.

October 30

That Love In You Shall Love

那爱在你内

I am the spirit of Jesus Christ, the spirit of the love that is the consciousness of the Creator Itself, greeting you in the vibration of that love which is most comforting to this instrument.

We are aware that we are precipitant this day. Yet this instrument is tuned and so we speak.

我们意识到今天我们有些急促。然而，这个工具已调谐，所以我们继续说话。

Sink your feet two miles down into the terrible maelstroms and volcanoes of the sulfurous nether regions of those who have no hope, and reach upward, grasping with your fingers the tenuous threads of the wings of angels and the lips of prophets. For if you are not aware that your nature is one with demons and angels both, then you are not aware of the fullness of the love of Christ and of the universality of the nature of your Creator.

将你的双脚深深扎根于那些没有希望的硫磺深渊和火山中，同时向上伸手，抓住天使的羽翼和先知的唇。因为如果你没有意识到你的本性既与恶魔又与天使相连，那么你还未真正领悟基督的爱和造物主本性的普遍性。

Who shall be Lord of your life? An entity made of your ideals and dreams? A man-made shibboleth? Or the reality of deepest things, the allness of the nature of God?

谁将成为你生命的主宰？一个由你的理想和梦想构成的存在？一个人人为的标志？还是最深刻事物的现实，神的全在性？

Turn your understanding, then, to the acceptance of unacceptable things and the recognition of love in all situations, whether they are, to you, fragrant with virtue or reeking of vice. Such is the power of judgment that you can make lovely things ugly and ugly things wonderful. Yet, my children, is that what you desire?

那么，将你的理解转向接受那些不可接受的事物，并在所有情况中识别爱，无论它们对你来说是充满美德的芬芳还是散发罪恶的气息。审判的力量如此强大，你可以使美丽的事物变得丑陋，也可以使丑陋的事物变得美好。然而，我的孩子们，你们所渴望的真的是这样吗？

Wait patiently, then, with your eyes turned to the doorway wherein dwells the spirit of Jesus Christ. For in the fullness of your time His spirit shall come unto you with the loving of love itself, that you need not love, but that love-in-you shall love, accept and understand all the universality that your humanity cannot encompass.

那么，耐心等待，将你的目光转向那居住着耶稣基督精神的门扉。因为在你时间的圆满中，他的灵将以爱本身的爱的方式来到你那里，使你不再需要单独去爱，而是爱在你内心的爱将爱、接受和理解所有你的人性无法包容的普遍性。

This can only be accomplished through the resoluteness of your will to accept and love in the spirit of the Lord of your life, who accepted all and loved to the end.

这只有通过你坚定的意志来接受和爱，在你生命的主的精神中实现，他接受了一切并爱到了最后。

May the peace which Jesus Christ demonstrated to you rest upon you, now and always. Amen.

October 31

Rest Not Your Staff

不要停下你的杖

I am the spirit of Jesus the Christ, the principle of love which speaks to the world today.

Welcome to a morning of the creation of the Father!
Welcome to the path of the pilgrim! Allow yourself to awaken slowly, for, as you slept, so have you been taught and comforted by that which is not of understanding to your conscious mind.

欢迎来到父亲创造的早晨！欢迎来到朝圣者的道路！让自己慢慢苏醒，因为在你沉睡时，你已被那不为你意识所理解的事物教导和安慰。

Now, as you brush the sand of sleep from your eyes and gaze about you, whether your environment is the mansion or the hovel, yet before your eyes it is the pilgrim's path you see.
现在，当你从眼中拂去睡意的沙粒，环顾四周时，无论你的环境是豪宅还是简陋的小屋，你所看到的都是朝圣者的道路。

Gather up your staff, then, and prepare to walk this day as a pilgrim of love; of infinite consciousness; of the kingdom of the Father. And rest not your staff until that inside heart speaks to you of a day well-accomplished in love and the consciousness of love.

那么，收起你的杖，准备好在这一天作为爱的朝圣者、无限意识的朝圣者、父亲国度的朝圣者前行。不要停下你的杖，直到内心深处的心灵告诉你，这一天在爱与爱的意识中已圆满完成。

Then may you lay down your staff at the end of your busy day and rest again in the everlasting arms that enfold you between sleeping and waking once again to the peace, love and joy of the consciousness of divine love, the path of the seeker.

然后，愿你在忙碌的一天结束时放下你的杖，再次在包围你于睡眠与觉醒之间的永恒怀抱中安息，重新体验神圣爱的意识中的平安、爱与喜悦，这就是寻求者的道路。

It is on this path and in this consciousness that we leave you, now and ever, with blessings. Amen.

November 1

A Heart Full Of Peace

充满平静的心

I am the principle of Jesus the Christ. I greet you in the full consciousness of divine love, that consciousness within which lies the peace in which we always end our greeting to you.

We wish you peace because it is the natural estate of the mind and the heart of one whose consciousness is that of love, regardless of the outer circumstances, regardless of the apparent helplessness of one over such outer circumstances.

我们祝愿你平安，因为平安是心灵和心中的自然状态，尤其是当一个人的意识充满爱时，无论外在环境如何，无论一个人对这些外在环境的明显无力感如何。

The heart of one stayed on Jesus the Christ is at rest within itself, holding itself and all others in the same compassion as does Christ, in the faith that Christ has come before and opened the gates to the full consciousness of that love for all.

一个心灵专注于耶稣基督的人会在自身中感到安宁，以基督的同情心对待自己和他人，坚信基督已经到来，并开启了通往对所有的那种爱的完全意识的大门。

May each new situation this day be seen not for its outer configuration but as an environment into which you bring the inestimable value of a consciousness of love and a heart full of inner peace

愿你今天面对的每一个新情况，不仅从其外在形态来看待，而是视为一个你可以带入无限价值的爱意识和内心平静的环境。

In this peace we leave you and bless you, now and ever.

Amen.

November 2

The Manna Of Joy And Peace

喜悦与平静的甘霖

I am of the principle of Jesus the Christ. I greet you in the full consciousness of the love of Jesus the Christ.

Behold, the day has been made new! Yesterday's dew has long since passed, and the manna of dew has come once again for this special day.

看啊，今天已焕然一新！昨天的露水早已消逝，今天的露水再度降临，为这个特别的日子带来祝福。

Do not be fooled by the seeming imperfection of your thoughts nor the seeming inadequacy of your actions. Stay in this moment, in that point within the mind which receives this very morning's dew, this very morning's manna of joy and peace.

不要被你思想的表面不完美或行为的表面不足所迷惑。保持在这一刻，专注于内心那个接纳今天早晨露水和喜悦平静的点。

Feel! Feel the sanctity of your own true nature palpably, consciously.

感受！切实、意识地感受你自己真实本性的神圣。

Focus upon that hunger for spiritual food, for the dew of righteousness. Be still in your seeking. Be still in your knowing.

专注于对精神食粮的渴望，对正义之露的渴求。静待你的寻求，静待你的领悟。

And then, when your joy is complete—only then—move forward into the world of illusion where good seems bad and bad seems good and the manna of love has been dried up by the false sun of circumstance.

然后，当你的喜悦完全时——只有在那时——再迈入那个充满幻象的世界，在那里，善似乎变为恶，恶似乎变为善，爱的甘霖被虚假的环境之阳晒干。

You shall carry the consciousness of the soul well satisfied with spiritual food throughout the day. And then each illusion may be met with an infinite love. Such is the Father's gift through Jesus Christ to you. Rejoice and be glad.

你将带着对精神食粮满意的灵魂意识度过整天。这样，每一个幻象都可以用无限的爱来面对。这是天父通过耶稣基督赐予你的礼物。喜乐和欢欣吧。

We leave you in the joy and peace of the consciousness of Christ, now and forever.

November 3

The Birds Of Night And Day

日与夜之鸟

I am of the principle of love, that full consciousness of divine love which is Jesus the Christ. I greet you in blessings and in peace.

Like a quiet bird the morning flies before you, pulling in its flashing feathers a veil of heaven and earth and all the many colored illusions of your day.

晨光如一只安静的鸟儿在你面前飞翔，拖拽着闪亮的羽毛，掩盖了天与地以及你一天中所有多彩的幻象。

And all too soon the great night hawk will fly and in its dark feathers shall be carried the veil of darkness, nighttime and slumber. So does the illusion shift before your eyes, first light and then dark, all seemingly unattached to your consciousness, to your attention and to your caring.

很快，伟大的夜鹰将飞来，它的黑暗羽毛中将携带黑暗、夜晚和沉睡的面纱。幻象在你眼前不断变化，首先是光明，然后是黑暗，一切似乎与你的意识、你的注意和关怀无关。

Yet know that you are both birds: that which brings the day and that which brings the night. Within you lies the power of each. Choose, then, that which you prefer: radiance and light or darkness and the blank O of nothingness.

然而，你要知道你是这两只鸟：带来白昼和带来黑夜的那一只。在你内心中蕴藏着两者的力量。选择你所偏爱的：光辉与明亮，还是黑暗与虚无的空洞。

Choose the environment for your consciousness and abide in peace and love, now and ever. Amen.

November 4

Time To Blossom

绽放的时刻

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

Love, beauty, truth, the ideal and the absolute are greatly appealing to those who are seeking for that which does not perish. They are irrelevant to many others. This is an individual matter. Thus, it is well for those who seek and wish to serve to find an endless tolerance.

爱、美、真理、理想和绝对对那些寻求永恒的人具有极大吸引力。对许多人来说，它们则无关紧要。这是个人的事情。因此，对于那些寻求和愿意服务的人来说，拥有无限的宽容是很重要的。

As one rests in hope that all may seek the truth, one releases that hope to the infinity of the appropriate time for each flower's soul to blossom. Though your hearts may have compassion upon those who are quite different in their feelings and thoughts, yet know that each chooses.

当一个人怀着希望，期盼所有人都能寻求真理时，他将这种希望释放到每朵花魂绽放的适当时刻的无限中。虽然你的心可能对那些情感和思想大相径庭的人充满同情，但要知道每个人都有自己的选择。

If any appear to be unhappy, having turned from their birthright of love and service, let them appear as they will and await the moment of sharing of love, joy and peace.

如果有人看起来不快乐，因而远离了他们的爱与服务的天赋权利，让他们以自己的方式显现，静待那分享爱、喜悦与平静的时刻。

There is the time of jubilee for each, a time of self-acceptance, self-forgiveness and the simple faith of the child. That time cannot be forced. It can only be given thanks for when it occurs. Rest in your jubilee or rest waiting faithfully for that same jubilee. There is all the time and space necessary for each to grow, to learn, and to come at last to that heavenly kingdom whose name is love.

每个人都有自己的欢庆时刻，那是自我接受、自我宽恕和孩子般简单信念的时刻。这个时刻无法强求，只能在到来时心怀感激。无论是享受你的欢庆时刻，还是忠诚地等待那个时刻，都要安息。每个人都有足够的时间和空间去成长、学习，最终来到那个名为爱的天国

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We leave you in that love and peace which is of the principle of Jesus the Christ, now and ever. Amen.

November 5

The Life Lived In Grace

充满恩典的生活

I am the spirit of Jesus the Christ. Your Lord and Savior is my very essence.

We would speak to you most fervently of the eternally abiding nature of all that you call true knowledge. We who greet you in the consciousness of Christ realize that you who seek the consciousness of Christ yearn for there to be information on certain subjects in order that you may learn and that those about you may gain in understanding. And yet we assure you that all information and understanding whatsoever is invariably and securely within your grasp and awaiting your accurate reach.

我们热切地对你谈论你所称之为真实知识的永恒不变的本质。我们在基督意识中迎接你，意识到你们那些寻求基督意识的人渴望在某些主题上获得信息，以便你们可以学习，而你们周围的人也能增进理解。然而，我们向你保证，所有的信息和理解无论如何都在你掌握之中，正等待你准确地触及。

You who seek the consciousness of love need to seek, therefore, not for knowledge but for a life lived in grace. For it is the nature of your life, your thoughts, your actions and your intentions that will avail to you all the information, wisdom and learning that you could ever wish to acquire.

那些寻求爱的意识的人，应当追求的不是知识，而是一个充满恩典的生活。因为你的生活、思想、行动和意图的本质，将为你提供你所渴望获得的所有信息、智慧和学习。

Information which involves the seeking of the consciousness which is Christ must always partake not in what you think and what you may understand of the mind, but in who you are entirely.

涉及基督意识的寻求的信息，必须始终参与你完全的自我，而不仅仅是你思想中的想法和理解。

Seek always, therefore, to be more and more a creature surrendered to love and guided by the highest and best which you may see in any situation. Then the understandings will walk to you and open themselves before your inner eye in the silence of the consciousness of love.

因此，始终努力成为一个完全臣服于爱的生灵，并在任何情况中受到你所能见到的最高和最好的引导。这样，理解将会走向你，在爱的意识的宁静中向你展开。

November 6

Offer Sorrow And Thanksgiving

奉献悲伤与感恩

I am the voice of unconditional love which speaks to the world in the name of Jesus the Christ. I greet you in the full consciousness of that love.

How many of you, while aching within the heart, must move through the day attempting to manifest the plenty from which that heartache seems to detract? We focus today upon heartache, upon the sorrows of living.

你们中有多少人在心中疼痛时，仍然需要在一天中努力展现出那些心痛似乎削弱的丰盈？今天我们关注的是心痛和生活中的悲伤。

Within your life, within all life that matures and moves forward, there is a balance of sorrow and joy. Allow a knowledge of the kingdom of the Father to touch that septic sorrow. See that pain as the true, sore ache and agony that it is and offer it to love for love's nurturing, comforting care.

在你的生活中，以及在所有成熟并向前发展的生命中，存在着悲伤和喜悦的平衡。让对天父国度的认识触及那种腐败的悲伤。将那痛苦视为真正的、剧烈的痛楚，并将其奉献给爱，以便爱能够给予滋养和安慰的关怀。

You who seek so diligently are not alone. The principles of love and light are with each at all times. Therefore we say to you, "Take your sorrow, your sadness, as well as your joys and offer them up in thanksgiving to the Father, for all things work together to create a balanced compassion within the faithful seeker."

你们这些勤奋寻求的人并不孤单。爱与光的原则始终与你们同在。因此，我们对你们说：“将你的悲伤、忧愁，以及喜悦都奉献于感恩之中，献给天父，因为一切都共同作用，创造出在忠诚寻求者内心中的平衡同情。”

May you find that balance this day and every day. Open the self to the power of infinite and unconditional love. We are with each of you, but though we may knock upon the door of your consciousness we cannot open it. We cannot comfort or aid without the turning of the sorrowful spirit to the door and the welcoming in faith of that positive principle of love. Then over your threshold shall move peace and confidence

and a balance to sorrow.

愿你在今天以及每一天都找到那种平衡。向无限和无条件的爱的力量敞开自我。我们与你们每一个人同在，但尽管我们可能敲响你意识的门，我们不能打开它。没有悲伤的灵魂转向那扇门，并以信仰欢迎爱的积极原则，我们无法给予安慰或援助。然后，平静、自信和悲伤的平衡将跨过你的门槛。

We leave you in that balance, that peace, that wholeness that is love, now and ever. Amen.

November 7

Inner And Outer Weather

内在与外在的天气

I am the spirit of the living Christ, the full consciousness of that love which is Jesus, and in that divine love I greet you.

Outer circumstances often do not seem appropriate to the inner feelings of those who awaken to the day. Perhaps the heart is heavy and the sky blue, or the soul full of cheer and the day weeping and chill. This is an expression of the divine inclusiveness of all apparent states of what you may call the weather within and without.

外在环境常常与那些觉醒于新一天的内在感受不符。也许心情沉重而天空蔚蓝，或是灵魂充满欢愉而天气阴冷。这体现了所有表面状态的神圣包容，无论是内在还是外在的“天气”。

Just as the Earth needs both the sun and the rain, so the fertile soil of your soul needs both the gift of joy and the ordeal of difficulty. It is in the times of ordeal that the gifts planted within the sun, which have bloomed and flowered and been harvested, gain a new life, a new birth and a new learning for your consciousness, that you may bloom once again in love and know the gift of light ever better.

正如地球需要阳光和雨水一样，你灵魂的肥沃土壤也需要喜悦的恩赐和困境的考验。正是在困境中，阳光下种植的礼物——那些已经绽放、开花并被收获的——获得了新的生命、新的诞生和新的学习，让你能够再次在爱中绽放，并更好地领悟光明的恩赐。

So let your hearts be peaceful in good weather and poor, in happy times and sad, seeing the cycles of experience and nourishment as excellent in their entirety and perfect in their working. Such is the justice of the Creator.

因此，无论天气如何，喜悦还是悲伤，都让你的心保持平静，视体验和滋养的循环为整体的卓越和完美。这就是创造者的公正。

In Christ's peace we leave you, now and ever. Amen.

November 8

Come, Holy Spirit

来吧，圣灵

I am the spirit of the Son of Man. I am the consciousness of divine love. I come to you and I come to all in every moment, saying, "Comfort! Comfort be with each."

The principle of love is that which touches and comforts, nurtures and nourishes. Yet comfort and love are meek and will humbly wait to be asked to enter the heart, to heal the soul, and to bind up the wounds of sorrow and time.

爱的原则是触及和安慰、滋养和培育。然而，安慰和爱是温柔的，它们会谦逊地等待被邀请进入心灵，疗愈灵魂，抚平悲伤和时光的创伤。

We ask that you say to the spirit of love, "Come, Holy Spirit, enter the hearts of your faithful." This invitation is your comfort to love itself, for when love asks for love, the whole creation sings with joy.

我们请求你对爱的灵魂说：“来吧，圣灵，进入你忠诚者的心中。”这个邀请是你给爱的安慰，因为当爱请求爱时，整个创造都会因喜悦而歌唱。

May peace and comfort be yours, for they are yours for the asking, whoever you are, whatever you believe. It matters naught but only that you have faith in love.

愿你获得平安与安慰，因为它们是给你的，只要你愿意，无论你是谁，无论你相信什么。唯一重要的是你对爱的信念。

In that love and in that peace we bless you, now and ever.
Amen.

November 9

Love One Another

彼此相爱

I am of the principle of the love of Jesus Christ. I greet you in that full consciousness which is the Logos: love.

Love one another, my friends. The Comforter may comfort as it can. But it is only a voice which speaks in the darkness of the interior of the mind. It is only heard when faith and hope allow the inner ear to hear.

彼此相爱吧，我的朋友们。安慰者可以按其能力安慰，但它只是一个在心灵黑暗中发声的声音。只有当信念和希望允许内心的耳朵倾听时，它才能被听到。

Be of good cheer, therefore and be comforted in the knowledge that it is completely up to you to ask for comfort, wisdom or succor, or to refrain and attempt living upon the energy of humankind, which is finite.

因此，要心怀喜乐，并安慰于这样一个事实：请求安慰、智慧或帮助完全取决于你，或者选择依靠有限的人类能量生活。

You will find that as you open yourself to the comfort that is behind the shut door of your meditative heart, you will more and more desire to be in that state of consciousness which is aware of unconditional and infinite love. All the turmoils of humankind are born and pass away, but your spirits shall be comforted in joy, in hope, in faith, and in peace, as you request it, as you desire it, and as you have the grace to accept it.

当你向隐藏在冥想心扉后的安慰敞开时，你会发现自己越来越渴望处于意识的状态中，那种状态觉知到无条件和无限的爱。人类的动荡诞生并消逝，但你的灵魂将在喜悦、希望、信仰和和平中得到安慰，只要你请求、渴望并有恩典去接受它。

We wish you infinite love and peace, now and ever. Amen.

November 10

The Inner Room Of Thanksgiving And Prayer

感恩与祈祷的内室

I am the spirit of the consciousness of Christ and I greet you
in the full consciousness of that love.

We move through timelessness to the point of entry which is
the opening of this instrument's spirit to the inner room of
thanksgiving and prayer. And we find that within the inner
room of this child are many things that do not belong in such
a holy closet.

我们穿越时间的无尽，来到这一时刻，这一时刻是这个工具的灵魂向感恩与祈祷的内室开放。我们发现，在这个孩子的内室中，有许多不应存在于这样一个圣洁的地方的事物。

Why is your meditation not set apart from the things that
distress and worry you? When you enter the house of prayer,
why do you not shut the door upon the tatters and barking
dogs of mundane concern? Think you that by carrying them
upon your back into holy places, you shall bless and sanctify
petty concerns? Petty concerns shall never be sanctified but
only transformed by a simpler and stronger understanding of
the value and importance of love.

为什么你的冥想没有与困扰和担忧你的一切区别开来？当你进入祈祷的殿堂时，为什么不把世俗的烦恼和吠叫的狗关在门外？你认为通过把这些带入圣洁的地方，你会祝福和圣化这些琐碎的关切吗？琐碎的关切永远不会被圣化，只能通过对爱的价值和重要性有更简单、更强烈的理解而被转化。

If you come to listen, to ask, and to be fed with holy things,
then come with a light heart, empty arms, and no burden
upon your back. For that which is spiritual will not grow in
the soil of familiar problems but must have the soil of quiet,
darkness and patience.

如果你来倾听、请求并接受神圣的滋养，那么请带着轻松的心情、空空的双手和没有负担的状态来。因为精神的事物不会在熟悉问题的土壤中成长，而需要安静、黑暗和耐心的土壤。

How patient is the King of Love! Though His heart is full,
His empty hands stretch out to the spirit of one who prays in
the house of silence.

爱的君王是多么的耐心！尽管祂的心满盈，但祂的空手伸向在宁静的殿堂中祈祷的灵魂。

Let your inner room, then, be such a house and let your opening into the realm of spiritual things be uncluttered by the concern that you are not wise enough to observe as a being under the dominion of a powerful and triumphant love.

让你的内室成为这样的殿堂，让你进入精神领域的门户不被你對自己智慧不足的担忧所阻碍，因为你是**在强大而胜利的爱的统治下的存在。**

May you triumph by becoming less than your concerns, a humble and silent servant, open to love. May that love bring you peace, now and always.

November 11

Great Companies Within

内在的伟大伙伴

I am the Holy Spirit of our Lord, Jesus Christ, in the vibration which comforts this instrument. I offer you greetings in the consciousness of love.

You who are in distress are urged not to turn to those who would extend and amplify that distress by disharmony or even by sympathy which has as its unconscious purpose the deepening of misery.

处于困境中的人，请不要向那些会通过不和谐甚至同情来加剧你的困境的人寻求帮助。这些同情往往无意识地以加深痛苦为目的。

Turn instead to the companionship of those who rejoice. Within the depths of the interior of your consciousness lie gateways to great companies of those whose songs are always of praise and thanksgiving. And within your conscious life, the careful ear may hear the steadfast encouragement of those whose minds and hearts are fixed on the love of Christ. For Jesus was a master not of indecision but decision; not of despair but of hope. And even in His moments of trial, He, acknowledging the certainty of human despair, trusted in a greater will than His own and an infinite and ultimately good disposition of all things by and for the Creator.

转向那些欢欣的人。你意识的深处蕴藏着通往那些永远歌颂赞美和感恩的伟大团体的门径。在你的意识生活中，细心的耳朵可以听到那些心智和心灵专注于基督之爱的人的坚定鼓励。因为耶稣是决断的主人，而非犹豫的；是希望的，而非绝望的。即便在试炼的时刻，他也承认人类绝望的确定性，信赖于比自己更伟大的意志，以及创造者对一切事物的无限而终极的善意。

May you find peace in ultimate things, now and always.

November 12

The Man, Jesus

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

Gaze you now within upon a man of love; a man of compassion; a man of sorrows, acquainted with grief; a man who stands your personal friend; a man whom you already love as a personal friend. For such has been his character in all that you have heard about him.

现在你凝视内心，看到一个充满爱的人；一个富有同情心的人；一个熟悉忧伤的人；一个与你个人朋友的人；一个你已经视为个人朋友并深爱的人。因为他在你所听到的一切中一直如此。

We speak to you of a man, Jesus. The Christ you may worship, but we bring you the man today that you may gaze upon Him and that you may reach out for His hand.

我们对你谈论的是一个人，耶稣。你可以崇拜基督，但我们今天带给你的是这个人，让你可以注视他，伸手去握住他的手。

For He is the brother of all humankind and, as you, true son of the Father of all. Think the name, "Jesus," and the spirit of love shall be with you, for such is the power of that name.

因为他是所有人类的兄弟，也是像你一样，天父的真正儿子。思念“耶稣”这个名字，爱的灵魂将与你同在，这就是这个名字的力量。

We do not expect each to worship in the same way, to adore in the same fashion, or to offer praise and thanksgiving in the same place. We simply say to you, "Here is one way of gazing upon love. Here is one way of reaching out a hand and becoming one with that comfort."

我们不期望每个人以相同的方式崇拜、以相同的方式敬仰或在相同的地方献上赞美和感恩。我们只是对你们说：“这是一个注视爱的方式。这是一个伸出手、与安慰合而为一的方式。”

For you must have no doubt that this man who is eternal is, in His whole being, shot through with love of all that His Father has made.

你必须毫无疑问地知道，这位永恒的人在他的整个存在中，充满了对他父亲所创造的一切的爱。

May you feel the peace and security of being loved and loving, whether you are alone or in a family. All seekers spend spiritual time alone. Yet, seeker, you need never be alone completely if you may say the name, Jesus.

愿你感受到被爱和爱的平安与安全，无论你是独自一人还是在家庭中。所有的寻求者都会独自度过灵性时光。然而，寻求者，你如果能呼唤耶稣的名字，就永远不必完全孤单。

We leave you in that holy friendship, in that gentle brotherhood, in the ineffable peace of the consciousness of love, now and ever. Amen.

November 13

The Doorway To Freedom

通向自由的门径

I am of the principle of Jesus Christ, the love of almighty God, the Creator and preserver of all things. I greet you in that self-same consciousness of love which enlivens the dead and causes the still to dance with joy.

You cling very tenaciously to your ideas of right and wrong and assume that your perceptions operate not only on your own behalf but also on behalf of all. Yet you have not the authority to make that assumption. It is only in the desires and biases of those who contend with you that you may find the doorway to a more gracious concept of rightness which allows the freedom of others to find their own rightness in their own way and at their own time.

你牢牢抓住自己对错的观念，假设你的感知不仅代表你自己，还代表所有人。然而，你并没有权力做出这样的假设。只有在与之争辩的人的愿望和偏见中，你才能找到通往更宽容的正确观念的门径，这种观念允许他人在自己的方式和时间中寻找他们自己的正确性。

How can you know the perceptions of another? How do you dare to assume that you have the perception of Christ? We rebuke you not to break your love of right into little pieces but rather to scatter your presumption in living an unexamined life. Ask for the grace to be given a wider view and I shall be there.

你如何能了解他人的感知？你如何敢假设自己拥有基督的感知？我们不是要你打碎你对对错的爱的爱，而是要你散去在未经审视的生活中形成的假设。请求恩典，以获得更广阔的视野，我将会在你身边。

May the peace that you seek be with you always. Amen.

November 14

Expect Your Good

期待你的福祉

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

Today we ask you to expect your good. The instrument speaking our thoughts is a living example of this principle. For in expectation of this contact with love, the instrument and her partner placed the recording device, set the proper buttons, placed the microphone in the proper place, and prepared with readings and meditation for inspiration through this contact. Good was expected and prepared for, and now, in this example, the good comes freely, gently, lovingly and surely.

今天我们请求你期待你的福祉。发言的工具是这一原则的活生生的例子。为了期待与爱的接触，这个工具和她的伙伴放置了录音设备，设置了适当的按钮，将麦克风放在正确的位置，并通过阅读和冥想准备好了灵感。福祉被期待和准备，现在，在这个例子中，福祉自由、温和、充满爱意且稳稳地到来了。

So good comes to all, expected or unexpected. Yet it is well in each and every morning, in each and every beginning, to affirm, hope for and confidently expect the good that is yours.

因此，福祉会降临于所有人，无论是预期中的还是意外的。然而，每一天的早晨，每一个新的开始，都值得确认、希望并自信地期待属于你的福祉。

And when it comes to you, we ask that you accept that good though it may not seem good, knowing that all things work together for the good and seeing in your own experience the good that has come before. In this state of mind, in this expectation of things unseen, you are dressed in the armor of light and hope and the course of your day may be significantly changed, more peaceful, more harmonious. This is what we hope for you. This is what we ask you to expect.

当福祉降临于你时，我们请求你接受它，即使它可能看起来并不如意，要知道一切都是为了更好的好处，并在你自己的经历中看到曾经带来的好处。在这种心态中，在对未见事物的期待中，你被光明和希望的盔甲所保护，你的一天可能会显著改变，变得更加平和、和谐。这是我们对你的期望。这是我们请求你去期待的。

We leave you in the peace and the love of Jesus the Christ,
now and ever. Amen.

November 15

How Precious You Are!

你是多么珍贵！

I am of the principle of the love of Jesus the Christ, the spirit and consciousness of divine love. In this great peace and power we greet you.

How special each of you is. How precious! Perhaps you are undervaluing yourself. Perhaps you accept the yardsticks of a foolish and materialistic world and judge yourself to be other than acceptable to the Father.

你们每个人都是多么特别，多么珍贵！也许你们低估了自己。也许你们接受了愚蠢和物质主义世界的衡量标准，认为自己在天父眼中并不可接受。

It is inevitable to experience in oneself the exceeding of limitations; that which aids the growth but is painful to the emotions. Attempt not to lose courage as you learn and change and transform, for you are indeed special, unique, whole and worthy.

每个人都会不可避免地经历超越自身局限的时刻，这虽然有助于成长，却会带来痛苦。在你学习、改变、蜕变的过程中，不要失去勇气，因为你确实是特别的、独特的、完整的，并且值得被珍视。

It is within this illusion that you fight the shadow battles that bring the spirit to choice; the choice of love for others or of self. May you love, forgive and value your unique being, for so does the Father do.

在这个幻象中，你们进行着影子的斗争，促使灵魂作出选择：是选择爱他人还是选择自我。愿你们爱、宽恕并珍视你们独特的存在，因为天父也是如此。

We leave you in this divine love and peace, both now and ever. Amen.

November 16

Surrender Your Daily Schedule

放下你的日常安排

I am the voice of the Son of Man that speaks to the world today. I greet you in the full consciousness of divine love that is the consciousness of Jesus the Christ.

Whatever you feel that you have before you this day, we offer this suggestion to you: release it now into the hands of that Almighty Father which watches over each thought and each moment of your life.

无论你今天感受到什么，我们建议你：现在将它交托给那位全能的天父，他看顾着你生活中的每一个思想和每一刻。

For events may fall unexpectedly and meanings and nuances may be lost if, in your mind, you know already what the day will bring.

因为如果你在心中已经知道一天将带来什么，那么意外的事件可能会发生，意义和细微之处可能会被忽视。

Keep your ears open and your eyes wide and, most of all, your mind and your heart alert, for things are not always what they seem and the spiritual lessons gained by those whose ears are open, whose eyes can see, and whose heart can understand are very great.

保持耳朵开放，眼睛睁大，最重要的是，让你的心智和心灵保持警觉，因为事物往往不是它们看起来的样子。那些耳朵能听见、眼睛能看到、心灵能理解的人所获得的精神教训是非常深刻的。

The Comforter is with you and will aid in releasing, seeing with new eyes, hearing with new ears, understanding with cleaned and blessed hearts. Surrender your trust to the Creator of all things, to the lover of your soul, to the source of your being.

安慰者与你同在，将帮助你释怀、用新的眼光看待、用新的耳朵听见、用净化和祝福的心灵理解。将你的信任交托给万物的创造者，交托给你灵魂的爱者，交托给你存在的源泉。

Allow love and power to move within you, through you and out into the world, knowing it is not your doing after all, not your schedule but the righteous schedule, the rhythmical and

right action of a soul working together with the Comforter.

允许爱与力量在你内心流动，通过你并扩展到世界上，知道这终究不是你的作为，不是你的计划，而是正义的计划，是一个与安慰者共同运作的灵魂的节奏和正当行动。

We leave you in the peace and the joy of that surrender, of that faith and that love, now and ever. Amen.

November 17

Rise Up Today

今天站起来

I am the spirit of the consciousness of love in the vibration which comforts this instrument. I greet you in the name of that love and in the Christhood that is the birthright of all.

I ask those of you with stubborn and resilient hearts to rise up, not only this day but every day, realizing the morning of your strength, the noon of your eagerness, the evening of your peace and the nighttime of your content, dwelling in the house of the Lord.

我请求那些拥有顽强和坚韧心灵的人，不仅在今天，而是每天都要站起来，意识到你们力量的清晨、渴望的正午、平静的傍晚以及满足的夜晚，居住在主的殿中。

I ask you to rise up and become citizens of the kingdom for which you yearn, that you may transform each perception of the mundane that comes before you into that of the heavenly. For this you must gird your loins and put on the battle armor of a caring and redemptive warrior.

我请求你们站起来，成为你们渴望的国度的公民，以便将每一个出现在你面前的平凡感知转化为天上的感知。为此，你们必须束紧腰带，穿上关怀和救赎战士的盔甲。

May you go forth to wage peace everlasting. Amen.

November 18

The Face Of God

上主的面容

Greetings in the love of Christ. I am the spirit of the consciousness of love which is Christ's self, in the vibration which comforts this instrument.

Whatever we would say this day must turn upon the face of God, for we find in this instrument's mind a focus far from that face. And we question the efficacy of such concentrated efforts at separation from the source of life and health.

无论我们今天要说什么，都必须转向上主的面容，因为我们发现这个工具的心灵远离了那个面容。我们质疑这种集中精力与生命和健康源头分离的努力的效果。

Do you burn with shame at your transgressions? Far more did the man known as Jesus burn with shame at the iniquity of His nature, for He was given the perfect consciousness of Christ and all the material of mind and body which belongs to the illusion of the world. What pangs he felt because of His angers, His pride, His sarcasm, His coldness, and His cowardice! Truly He condemned Himself many, many times. For His was the painful knowledge of perfection and the equal awareness of the absolute imperfection of all that partakes of illusion.

你是否因为自己的过犯而感到羞愧？然而，那位名叫耶稣的人对自己本性的罪孽感到的羞愧要远远更多，因为他拥有基督的完美意识，同时也承受着属于世界幻象的身心材料。他因自己的愤怒、骄傲、讽刺、冷漠和懦弱而感受到多么深重的痛苦！他确实多次自我谴责。因为他深知完美的痛苦，同时也意识到所有参与幻象的事物的绝对不完美。

Yet if He burned in shame, He burned well for the face of His Creator, His Father, and His source. And so should each be zealous, not for the death that lies in perceived transgression but in the new life which comes from focusing upon the face of the Creator.

然而，即便他因羞愧而燃烧，他也是为了他的创造者、天父和源头而燃烧。因此，每个人都应当热心，不是为那存在于感知中的过犯的死亡，而是为那来自专注于创造者面容的新生命。

The face of the Creator is pure and creative love and in love there is eternal, perfect and unfailing redemption, freedom

from the memory of mistakes and an entrance into a new life unbesmirched by any past. Indeed, this is the nature of each moment. One who focuses upon sin denies redemption. And it is needless to do so.

创造者的面容是纯洁和创造性的爱，而在爱中存在着永恒、完美且可靠的救赎，摆脱错误的记忆，进入一个未受过去污染的新生命。确实，这就是每一刻的本质。专注于罪恶的人否认了救赎，而这样做是没有必要的。

Seek always the face of God. And offer to that face, to that presence, to that consciousness the precious gift of your agony. May you who think yourself sinful be healed of pride, for you are not unique.

始终寻求上主的面容。将你痛苦的珍贵礼物献给那面容、那存在、那意识。愿你们那些认为自己有罪的人被治愈自豪，因为你们并非独特。

May you be healed by the seeking of the face of God.
愿你们通过寻求上主的面容而得到医治。

Peace be with you now and always. Amen.

November 19

Loneliness

孤独

I am the principle of divine consciousness and I greet you in the love of Jesus the Christ.

You gaze at the day with eyes askance and skate about upon the surface of your consciousness as though moving your hand across the skin of an orange. Yet deep inside you, you ache with loneliness because you have not sought to live within the depth of the present moment of life. You have not acknowledged your nature.

你用怀疑的眼光看待一天，在意识的表面游走，就像在橙子的表皮上移动手掌。然而，在你内心深处，你因未曾深入体验当下的生命而感到孤独。你没有承认自己的本性。

Peel back, then, that thick skin of happenstance which is the continuum of your day and see your true nature in the seeds of Godhead nestled within the meat of your humanity. For the Creator has made you in His image, and, as you are consciousness, just so this consciousness cannot be anything other than the Creator.

那么，撕开那厚重的偶然皮肤，这就是你一天的延续，看到你真实的本性，那些神性的种子安卧在你人性的果肉中。因为创造者按照自己的形象造了你，你的意识本质上就是创造者。

May you search for and touch the seeds of your inner essence this day and each day. Thus shall surface activity resonate with inner meaning. Love and the consciousness of love bless all circumstance.

愿你今天以及每一天都寻找并触及你内在本质的种子。这样，表面的活动将与内在的意义共鸣。爱和爱的意识祝福所有的境遇。

We leave you in the comfort of joy and the perfect peace of love, now and always. Amen.

November 20

Tuning Your Channel With Love

用爱调频

I am of that principle you have called holy, and I greet you in the holy, divine consciousness of the love of Jesus Christ.

This instrument always asks us, after challenging us in the name of Jesus Christ, "Am I now tuned to channel?" And many times we ask the instrument to tune just a bit more. Then that which we have to say may flow effortlessly, freely and abundantly, as is the nature of love itself.

这个工具总是在以耶稣基督的名义挑战我们之后问我们：“我现在调到频道了吗？”很多时候，我们要求这个工具再调整一下。这样，我们要说的就可以如爱本身的性质一样，轻松、自由和丰盈地流动。

Each of you may ask, "Am I ready to channel?" For each of you moves through the day with the potential to channel the spirit of the living God in Christ. Each of you, by turning again and again to love, is tuned by love, hollowed by love and thus made a channel through which light and joy may flow.

你们每个人都可以问：“我准备好接收了吗？”因为你们每个人在一天中都有可能成为活生生之灵在基督里的频道。你们每个人，通过一次又一次地转向爱，都是被爱调频、被爱净化，从而成为光与喜悦可以流通的渠道。

We do not ask that you gaze upon the outer world without noticing its many seeming imperfections. We ask only that your strength of faith be enough to turn from the evidence of limited gaze and seek always that consciousness which awaits within. Thus may you become ever stronger as faith begets faith within you.

我们并不要求你无视外部世界的许多表面上的不完美。我们仅要求你的信心足够强大，能够转移对有限视野的关注，始终寻求内在的意识。这样，你将变得越来越强大，因为信心在你内心孕育出更多的信心。

We leave you within the mighty hand which cradles all things with love. Peace be with you, now and ever. Amen

November 21

You Are The First Sons

I greet you in the consciousness of love. I am the principle of Christ's love in the vibration which comforts this child.

When we spoke to this instrument announcing our presence we said, "I am here, my son," which puzzled this instrument mightily. She asked if we were aware that we had made an error. Yet we had made no error. For you play roles within the illusion of the mundane world, you souls dwelling, incorruptible, in corruptible flesh. It is necessary for you to experience the positive and the passive sides of purity and action in order that purity may teach action and action, purity.

当我们将这个仪器宣布我们的存在时，我们说：“我在这里，我的儿子，”这让这个仪器非常困惑。她问我们是否意识到我们犯了错误。然而，我们并没有犯错误。因为你们在世俗世界的幻象中扮演角色，你们的灵魂在可腐蚀的肉体中存在而不腐蚀。你们需要经历纯洁与行动的积极和被动方面，以便纯洁可以教导行动，行动可以教导纯洁。

And so all who have sex need to know that their attributes are designed to help each other. You have been made for your fellow man and yet as souls you are sons, not male sexually, but, rather, in the sense of your laws of inheritance, full inheritors, as first sons are, of the Creator of all things, almighty God.

因此，所有有性行为的人需要知道，他们的属性是为了相互帮助而设计的。你们是为了你们的同胞而被创造的，但作为灵魂，你们是儿子，不是性别上的男性，而是从继承法则的角度来看，作为创造万物的全能神的第一代继承人。

Know your son-ship, whomever you might be, and do not be beguiled by the seeming differences in body, attitude and understanding.

了解你们的儿子身份，无论你们是谁，不要被身体、态度和理解上的表面差异所迷惑。

We seek to bring you peace, and yet we know that you shall find your own peace in your own time. We wish for you peace, now and always. Amen.

November 22

Ask For The Spirit Of Love

请求爱的精神。

I am the spirit of the living God. I greet you in the consciousness of that great name which is love. I am of the vibration of the consciousness of love which comforts this child.

As you perceive, more and more, the depth of lack of glad understanding which you express with regard to the consciousness of love, you may naturally become disheartened. Although it was never intended that difficulties dishearten the seeker, it is necessary, in order to appreciate love's consciousness, that perceptions be had of the great dynamic between the action of the spirit of love and the substance upon which that action takes place.

随着你们越来越深刻地认识到对爱意识的缺乏理解，可能会自然感到沮丧。虽然困难本不应使寻求者气馁，但为了真正体会爱意识，必须感知到爱之精神的行动与其作用对象之间的巨大动态。

For there is much within the consciousness that is experienced by sons of God upon the Earth which is dead to all consciousness of love. And thus the redemption of the action of love upon this consciousness is all the more remarkable.

因为在地球上，神的儿子们所经历的意识中，有许多对爱意识是无感的。因此，爱在这种意识上的救赎显得尤为非凡。

Remember that those who do not ask for the spirit of love to come upon them shall not experience a substantial amount of grace. For even were spiritual grace to be given by another who prays for you, unless you gladly receive this grace, it shall not endure. Seek always, then, the redemption of that which is dead and do not mourn your iniquity fruitlessly.

记住，那些不请求爱的精神降临的人将不会体验到大量的恩典。即使有人为你祈祷而给予灵性恩典，如果你不愉快地接受，这恩典也不会持久。因此，始终寻求救赎那些死去的东西，不要徒然为自己的罪恶而哀悼。

May the consciousness of love keep you in peace, now and always. Amen.

November 23

Your Vessel Of Dust

你的尘土之器。

I am of the principle of the consciousness of Jesus the Christ
and I greet you in divine love.

You have seen yourself as a boat upon the river of life, being
blown to and fro by forces which you cannot control. The
spirit within you asks you to enlarge your vision, deepen your
understanding, and share yourself, not with any frail craft but
with the illimitable ocean which is your true nature.

你会把自己看作是一只生命之河上漂流的船，被无法控制的力量左右。你内心的精神请求你拓宽视野，加深理解，并将自己与无限的海洋，即你真实的本性，分享，而非与任何脆弱的船只。

It is the illusion of wood and sail, the illusion of tides and
winds which make one feel apart from the nourishing water
which supports and upholds life. Think now of this
productive image. The wood dissolves. The sails disappear.
And that most frail vessel of the physical body is released. At
last the seeker becomes one with the sea within which lies
wholeness of life.

是木材和帆的幻象，是潮汐和风的幻象，使人感到与滋养生命的水分离。现在想象这个生动的画面：木材溶解，帆消失，最脆弱的物理躯体被释放。最终，寻求者成为那无尽的大海的一部分，那里蕴藏着生命的完整性。

This is water which the soul breathes. This is wholeness
which the body mistakenly denies. Know that you are one
with that which feeds, nourishes and sustains your spirit.
Know that you are not limited but are only a drop of the sea
of consciousness which moves sometimes into a vessel of dust,
that it may be fruitful, just as raindrops mold themselves
about the dust within the atmosphere and thus fall down to
nourish the crops that feed your world.

这是灵魂呼吸的水。这是身体错误否认的完整性。知道你与滋养和维持你精神的事物合而为一。知道你并不受限，而只是意识之海中的一滴，有时进入尘土之器，以便成果，就像雨滴在大气中围绕尘土形成，并降落以滋养你世界的庄稼。

We leave you flowing freely and endlessly in the peace of the

ever-moving water which is the consciousness of love, now
and ever. Amen.

November 24

Trust That Within You

信任内在

I am the spirit of the living God. I greet you in the full consciousness of the love of Jesus the Christ.

The difficulty which living within the physical shell of the body creates in understanding that the spiritual path is a path of plenty and light is that the outer circumstances of the path of light seem anything but comfortable.

生活在物质躯壳中所带来的困难，使得理解灵性道路是充满丰盈与光明的道路变得困难，因为光明之道的外在环境似乎完全不舒适。

There is truly a narrow path whereby one may maintain contact within the self with the spirit which enlivens all things. It is best not to look for evidence of the spirit's work within men and within the world but, rather, faithfully to rest in the trust you have in that which is unseen but which has been as a beneficent wind moving across and guiding your voyage of seeking and discovery.

确实存在一条狭窄的道路，可以让人保持与赋予万物生命的精神的内在联系。最好不要在人的行为和世界中寻找精神工作的证据，而是忠实地依靠你对那些看不见但像慈善之风般在引导你寻求和发现之旅的信任。

Those attitudes allow one to become aware of the simple joy available to one who is not limited by the definitions of self which the limitations of the body seem to impose. Accept and respect that within you which is moved by the spirit. And listen to the inner voice as to an honored guest.

这些态度使人能够意识到简单的喜悦，这种喜悦超越了身体所施加的自我限制。接受并尊重内心受到精神感动的部分，像对待受尊敬的客人一样聆听内心的声音。

We leave you in the peace of this process of living by faith, now and ever. Amen.

November 25

Yesterday's Faith

昨天的信仰。

I am a particle of the love of Christ, the spirit sent forth to enliven the world which lies in darkness. I greet you in the consciousness of that love which is powerful enough to banish night.

Yesterday's faith is not today's, nor is hope for tomorrow a substitute for the present consciousness of redemption. If you seek to know the consciousness of love, seek in the here and now, not through memory or through desire for future good. For it is in the present moment that your darkness resides. It is the present darkness over which you have potential power, through the grace of Jesus Christ and through the love of love itself.

昨天的信仰不是今天的信仰，明天的希望也无法代替现在对救赎的意识。如果你希望认识爱的意识，就要在此时此刻寻求，而不是通过记忆或对未来美好的渴望。因为你所面临的黑暗存在于现在的时刻。正是在当下的黑暗中，你通过耶稣基督的恩典和爱的本身的爱，拥有潜在的力量。

Know you not that seeking for light, even in a dark present, can at least crack open the gates of light? And for that slight, illumined crack of light, there is no price valuable enough to purchase so dear a thing! For only a little light, sought for and found, may illuminate all of your present darkness if you can but will it so.

难道你不知道，即使在黑暗的现在寻求光明，也至少能稍微开启光明之门吗？而对于那微小而珍贵的光亮，没有任何代价足以购买如此宝贵的东西！因为仅仅一点光明，如果被寻求并找到，便足以照亮你当前的所有黑暗，只要你愿意如此。

Thus, do not depend upon your faith as if it were a constant thing, for, like food for the body, the nourishment of the soul, being light, must be taken daily, and, indeed, periodically within each day, that you may replenish the light within you which comes from another dimension.

因此，不要依赖你的信仰，仿佛它是恒定不变的。就像身体需要食物一样，灵魂的滋养——光明——也必须每天摄取，甚至在每一天中定期摄取，以便你能不断补充来自另一维度的内在光明。

From the dimension of peace, we wish you peace, now and always. Amen.

November 26

Claim Your Good

主张你的恩赐。

I am of the principle and spirit of Jesus the Christ and I greet you with the full consciousness of love.

Today I ask you to take hold of your divine good.

今天我请你抓住你的神圣恩赐。

There are many situations which do not appear to hold divine good. Yet appearances can be deceiving.

许多情况看似不包含神圣恩赐，但外表可能是欺骗性的。

The cry of the child seems full of misfortune. Yet there is the divine good of the cry answered—the nurturing mother who comes and holds the little one to give it comfort and nourishment.

孩子的哭声似乎充满了不幸。然而，这哭声中蕴含着神圣的恩赐——来安慰和滋养孩子的慈母。

So, too, be not afraid to speak up, to reach out, to know that your good is before you, to ask for it and if you see it not, to ask again. Many are the times that that good is half-hidden or perhaps completely obscured by other things which may not be of divinity, but petty, inconsequential and of the moment. Those things that are not of divinity to you, pass them by and claim your good.

同样，不要害怕发言、伸出援手，知道你的恩赐就在眼前，向它求取，如果看不到，就再求取一次。很多时候，这些恩赐被其他非神圣的琐事或瞬间的事物半遮半掩或完全遮盖。对于那些非神圣的事物，忽略它们，主张你的恩赐。

For that which is divine is there for you, just as that which is not. That which is everyday is also before you. Look always for that which is of divine consciousness. Claim your good. Know divine love. And in all ways that you may be able this day, express the consciousness of love that gave you the faith to look for and claim your divine love and good.

因为神圣的东西是为你存在的，就像那些非神圣的东西一样。日常的事物也在你面前。始终寻找神圣意识的事物。主张你的恩赐。认识神圣的爱。在今天的所有方式中，尽你所能地表达给予你信心去寻找和主张神圣爱与恩赐的爱意识。

We leave you in this consciousness which cannot be understood but only experienced, the consciousness of the love of Jesus the Christ.

我们将你留在这种无法理解但只能体验的意识中，那就是耶稣基督的爱意识。

The consciousness of His healing peace be with you, now and ever. Amen.

November 27

The Tide Of Spirit Within

内在的精神潮汐

I am the spirit of living love and I greet you in the full
consciousness of that love in Jesus Christ.

The sea seems to flow, calm or stormy, with rhythms of its
own. And only the sailor who gazes from the shore sees the
water meet the earth. One who stands upon the strand of life
sees that the water never rests, moving always in rhythm,
utterly sensitive to those forces which cause it to advance
upon the land and then retreat into the deeps.

大海似乎以自身的节奏流动，无论平静还是风暴。只有站在岸边的航海者才能看到水与陆地相接。站在生命之岸的人看到水永不休息，总是在节奏中流动，对那些使它向陆地推进然后又退回深处的力量极其敏感。

So is the seeker's soul, walking along that ever-changing tidal
point of water and earth, of spiritual and natural man. The
boundary is not clear but ever-moving and ever-responsive to
those great forces of spirit which move, alike, the waters of
deep consciousness and the conscious creature who carries the
seed within him.

寻求者的灵魂也是如此，行走在不断变化的潮汐交汇点，介于水与陆地、精神与自然之间。界限不明确，而是不断移动并对那些伟大的精神力量做出回应，这些力量既推动着深层意识的水域，也推动着怀有种子的有意识的生物。

Listen each day, each hour, to the sound of the tide of spirit
within, that you may ever draw sustenance from the water;
that you may be unafraid of the deeps within you. For you
are that sailor who stands upon the shore and makes the
choices of when to wade and when to be immersed in
spiritual consciousness.

每天、每时，每刻都倾听内在精神潮汐的声音，以便你能够从水中汲取养分；使你不再害怕内心的深渊。因为你就是那位站在岸边的航海者，负责选择何时涉水，何时沉浸于精神意识中。

We wish you peace, the peace of water ever-moving, the
creative peace which rests in love, now and ever. Amen.

November 28

Contemplate Freedom

沉思自由

I am the voice of Him who comes in the name of love and I greet you in the full consciousness of divine love.

How many things are before each of you today, things that seem to be cages, traps, limitations and limiters of freedom?

This day, let us contemplate freedom. For what is it to be free?

今天你们面前有多少事物，似乎是囚笼、陷阱、限制和束缚自由的障碍？今天，让我们思考自由。真正的自由是什么？

To be free is to be that entity which realizes itself an actor, an heir of Christ and a son of the Creator, an affirmative and utterly free sensibility and consciousness.

自由就是成为那个认识到自己是演员、基督的继承者和创造主的儿子的存在，一个积极而完全自由的感性与意识。

The outer details and conditions of this day need have veritably no relevancy to your self-concept of the joy of freedom. For if, in your heart and in your mind, you are free to think and to choose and to act, then you have found the greater portion of love. For you are then able to act, to love, to comfort, and to seek to understand.

今天的外在细节和条件实际上与你对自由的喜悦自我概念没有任何相关性。因为如果在你的心中和思想里，你能够自由地思考、选择和行动，那么你就找到了爱的更大部分。因为你能够行动、爱、安慰，并寻求理解。

Use the freedom that is yours affirmatively, not against or in spite of people or conditions, but moving always straight as the arrow to its mark, knowing, feeling and being free: free to love, free to understand, and free to console. And as you console, so shall you be comforted.

积极地使用属于你的自由，不是反对或无视他人或条件，而是始终如箭直射目标，知道、感受并体验自由：自由去爱、自由去理解、自由去安慰。当你安慰他人时，你也将得到安慰。

The spirit of Jesus Christ is with you always in love and peace, now and ever. Amen.

November 29

Black, White And Gray

黑、白与灰

I am the Holy Spirit of Jesus Christ, of the consciousness of love in the vibration which comforts this instrument. I greet you in the name of love and in its full consciousness.

As always, we bring you news of the kingdom, the kingdom which you call heaven but which is, in fact, the kingdom of true perception. For as you gaze about you within your quotidian days, your rituals and rites of dailiness, you judge and deem the nature of all things in shades of gray.

如往常一样，我们带给你关于王国的消息，那是你所称的天国，但实际上是纯粹感知的王国。当你在日常的生活、仪式和习惯中四处张望时，你以灰色的阴影来判断和评估一切事物的本质。

Yet in the kingdom of heaven are all things light. The thought of blackness is possible as a supposition but as an actuality, the concept of the mixture of white and black becoming gray is unthinkable, for light is exclusive to light, and all things are filled with that light to the exclusion of any shade or variation.

然而，在天国中，一切都是光明的。黑暗的思想仅仅是一个假设，而作为现实，白与黑混合成灰的概念是不可想象的，因为光明是独占光明的，一切事物都充满了这种光明，排除了任何阴影或变化。

Thus at this moment each soul is full of light, full of life, and full of true perception. Yet your quotidian eyes bring about a curtain of shadow, an illusion which colors action and makes it possible.

因此，此刻每个灵魂都充满了光明、生命和真实的感知。然而，你们日常的眼睛却带来了阴影的帷幕，一种使行动着色并使其成为可能的幻觉。

Attempt, within your world of gray, as you act, to realize that behind all action there is an absolute reality. Therein lies the strength of faith and thence you may obtain the will to persevere in any circumstance, knowing that true perception shall yield to you the full consciousness of love and the absolute lucidity of light.

在你们的灰色世界中行动时，试图意识到在所有行动背后存在一个绝对的现实。那里蕴藏

着信仰的力量，你将获得在任何情况下坚持的意志，因为真实的感知将赋予你全面的爱的意识和绝对的光明清晰度。

May peace be yours, now and always. Amen.

November 30

The Skin Of Your Illusion

你幻觉的皮肤

I am the spirit of the living Christ and I greet you in the full consciousness of love.

Take a moment this morning to gaze at the many imperfections of the skin which covers your physical body and know that it is the metaphor for all the imperfections of the world about you.

今天早晨花一点时间观察覆盖在你身体上的皮肤的许多不完美，并知道它是你周围世界所有不完美的隐喻。

Turn inward and walk, within the mind, up the dark tower of good intention, resting at the landing to remove that imperfect outer covering. Behold! There is a basin of living water which may cleanse and make alive that which is wholly spiritual within you. Bathe freely and joyously.

转向内心，在思维中沿着善意的黑暗塔楼上行走，在平台上停下来去除那不完美的外在覆盖。瞧！那里有一个活水的盆，可以清洁并使你内在完全精神的部分复苏。自由而欢乐地沐浴吧。

Rise, then, step by step, until the dark tower opens into the seat of prayer, where the soul gazes out the window into divine light. Know that that cleanliness of soul which you desire has been seated deep within, so that, as you move down those same stairs and don again the imperfect covering of humanity and go out now into the mundane creation, you shall shine from within with the light of Christ.

然后，一步一步地上升，直到黑暗的塔楼开口通向祈祷的殿堂，在那里灵魂通过窗户凝视神圣的光明。知道你所渴望的灵魂洁净已经深植于内，因此，当你沿着那些楼梯走下去，再次披上不完美的人类外衣，走入日常世界时，你将从内心散发出基督的光辉。

For that which is outer in the world or in person is only a covering which partakes of imperfection and which partakes of an illusion. Never rest upon the surface of anything but, rather, upon the light of Christ within.

因为世界或个人的外在只是一个充满不完美和幻觉的覆盖物。不要停留在任何事物的表面，而是要依靠内在的基督之光。

We leave you in the peace of this understanding and compassion, now and ever. Amen.

December 1

The Bloom And Fruit Of Peace

和平的开花与结果

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

Peace is much sought after among your people. Yet as you gaze out upon a barren winter landscape you may not see the great peace which is engendered by all those plants as they dream within the seeds and roots of their being, creating by will and thought and the grace of Jesus Christ those formations and changes which in time shall bring forth bloom and fruit.

和平在你们中间被极为追求。然而，当你注视一片荒凉的冬季景观时，你可能看不到那些植物在种子和根部的存在中孕育出的伟大和平，它们通过意志、思想和耶稣基督的恩典，创造出形成和变化，最终将带来花开果实。

The human idea of peace is rest without thought. Yet the inner man seeks a different peace and must listen to the voices of the natural world and the inner signal of creation and inner change. This is the peace that is spiritual and frequently it feels not at all like peace but rather like strife. For change and growth are painful, and there may be long periods when there is no evidence of bloom or fruit.

人类对和平的理解是没有思考的休息。然而，内在的自我寻求的是不同的和平，必须倾听自然界的声音和内在创造与变化的信号。这是精神上的和平，常常感觉不到和平，反而像是冲突。因为变化和成长是痛苦的，可能会有很长一段时间没有花开或结果的迹象。

May the peace of Jesus the Christ be your hope and your inner reality, that you may grow more and more into the kingdom of heaven. We leave you in the peace that truly passes all human understanding, now and ever. Amen.

December 2

The Heavenly Food Of Love

爱的天赐之食

I am of the principle of Jesus the Christ and I greet you in the full consciousness of divine love.

Let not any fear dismay you this day. Let thy shoulders turn towards that which warms the soul. Let thy heart rest on that which feeds the heart. For the heavenly food of love and joy permeate the creation. And to one who can open like a flower to feel the subtle sunshine of silent love within creation, there is abundant thanksgiving in all directions.

今天不要让任何恐惧使你沮丧。让你的肩膀转向那些温暖灵魂的东西，让你的心依托于滋养心灵的事物。因为爱的天赐之食和喜悦渗透于创造之中。对于能够像花朵一样张开、感受创造中无声爱意的微妙阳光的人来说，四面八方都有丰富的感恩。

Be aware of the plenty, the fullness, the grace, and the surety of love. You are loved most deeply. Go your way therefore in peace, carrying within you the precious burden of that love, that you may share it with a universe all too unaware of its own glory.

意识到丰盈、充实、恩典和爱的确定性。你被深深地爱着。因此，带着这份珍贵的爱的负担安然前行，将其分享给一个对自身荣耀尚未觉察的宇宙。

We leave you in love and peace, in the name and spirit of Jesus the Christ, now and forever. Amen.

December 3

The Blessedness Of Agony

痛苦的祝福

I am the spirit of the consciousness of love, the principle of Jesus Christ in the vibration which comforts this instrument and many besides.

We come to all, to each in the vibration which may comfort each, for Christ discriminates not betwixt souls, considering one to be more blessed or beloved than another. Nor does the principle of love consider one situation to be more blessed than another.

我们来到每个人面前，以可以安慰每个人的振动，因为基督不会区分灵魂，认为某一灵魂比另一灵魂更蒙福或更受宠爱。爱原则也不会认为某种情况比另一种情况更为蒙福。

You who are fortunate and content may consider yourselves blessed, yet you are no more blessed or beloved than the soul which is in torment or in agony. When the soul may begin to see the blessedness of agony and the glory of honest error and slothful iniquity, embracing all and offering all alike to Christ in thanksgiving, then we may speak more and more clearly and more often.

你们这些幸运而满足的人可以认为自己是蒙福的，但你们并不比那些在痛苦或折磨中的灵魂更为蒙福或受宠爱。当灵魂开始看到痛苦的福祉和诚实错误与懒惰罪恶的荣耀，拥抱一切并同样将所有事物献给基督以表示感谢时，我们可以更加清晰和频繁地传达信息。

The seasons of repentance are also seasons of fruitful listening to those who seek to cherish their pain but not the agony which produces pain. Cherish not your hurt but your sin, offering it and all of your old life to Christ. For in the surrender of responsibility is also the acceptance of redemption. We say this not to encourage a spirit of carelessness but rather a deeper responsibility; that is, the responsibility to see the face of Christ and not the face of humankind. For are you not a dweller in eternity?

悔改的季节也是那些寻求珍视痛苦但不珍视产生痛苦的折磨的人的丰盈聆听季节。珍惜的不应是你的伤痛，而是你的罪过，将它和你所有的旧生活献给基督。因为在放弃责任中，也包含了接受救赎。我们这样说不是为了鼓励一种随意的精神，而是为了更深层次的责任感；即，责任在于看到基督的面容，而非人类的面容。你难道不是永恒的居住者吗？

We offer you eternal peace, now and ever.

December 4

The Instinct Of Creation To Praise

创造的本能来赞美

I am of the Holy Spirit of Jesus Christ who comes in the name of the one infinite God. I greet you in the full consciousness of Christ, which is love.

Every creature which is perfect of its kind is a true picture of the face of God. Each flower that blooms shouts with its colors in praise and blessing of the One who made it. All that is, is full of the instinctive love of its Creator.

每一个种类完美的生物都是上帝面容的真实映像。每一朵绽放的花朵都用它的色彩高声赞美和祝福创造它的那一位。所有的存在都充满了对创造者的本能之爱。

Humankind alone removes itself again and again from the Creator's praise, interpreting the signs and events of experience in ways that do not honor the love that created all.

Do you think that you bloom with truer colors than the flower, you who doubt that each experience is full of love?

Again you betray the love and honor which would be yours to offer if those who were self-conscious were also fully conscious.

只有人类一次又一次地脱离对创造者的赞美，以不尊重创造一切的爱的方式解读经历的迹象和事件。你是否认为你比花朵开出更真实的色彩，而你却怀疑每一次经历都充满了爱？你再次背叛了本应给予的爱与尊荣，如果那些自我意识者也完全意识到这一点的话。

It is the faith which we who are of the principle of Christ seek again and again to strengthen in you which alone can inform human consciousness of the divinity of all things and of their true color. Praise is not possible for most who are self-conscious without such aid. And yet the instinct to praise and bless one's Creator is a true part of your makeup.

正是我们那些奉基督原则的人一次又一次地寻求在你们身上增强的信仰，才能让人类意识到万物的神性及其真实色彩。对于大多数自我意识者来说，没有这种帮助是不可能赞美的。然而，赞美和祝福创造者的本能是你们真实的一部分。

Seek, then, the grace of the Holy Spirit, that you may become a blooming flower, rejoicing in the light of a sun that always shines regardless of the appearance of evanescent clouds.

December 5

The Realization Of Right Action

正确行动的实现

I am of the spirit of the one God in the consciousness of love which is Christhood. I come in the name of Jesus Christ and I greet you in the full consciousness of Christ's love.

Just as it is not known to this instrument what I shall say, so it is not known to us, ourselves, what the consciousness of love in a particular application may be until that moment comes. Though you desire to apprehend aforesaid those things which you seek to know about a coming situation, they are impossible to know well, and the guessing and supposing thereof will only confuse and muddle your prayers.

正如这位传讯者不知道我将说什么，我们自己也不知道在特定情况下爱的意识是什么，直到那个时刻来临。虽然你们希望提前了解即将发生的情况，但这些事情是不可能准确知道的，而对它们的猜测和假设只会使你的祷告变得混乱和困惑。

Await the moment in which discrimination and action are necessary and pray heartily for the spontaneous realization of right action. If you wish to pray beforehand for right action, pray that right action may come to you at the proper moment. For did not Jesus teach you that you did not need changes of clothing or food for your journey but, instead, could rely on the good graces of the Father to give you all that was needed?

等待需要分辨和行动的时刻，真诚地祈祷于正确行动的自发实现。如果你希望提前为正确行动祈祷，请祈祷在适当的时刻正确行动能降临于你。因为耶稣不是教导过你们，不需要为旅程准备衣物或食物，而应依靠天父的恩典来提供所有所需吗？

Trust, then, that the wind of the spirit shall blow at your back and within your heart at the precise moment at which you need wisdom and thus allow the full and spontaneous power of Christ's love to enliven and transform your experience.

因此，相信精神的风将在你需要智慧的确切时刻吹拂在你背后和心中，从而让基督爱的全面和自发的力量充盈并改变你的经历。

We leave you in the peace of the love of Christ, now and ever.

December 6

You Must Wait In Faith

你必须以信仰等待

I come in the name of Jesus Christ, the consciousness of love in that vibration peculiarly apt for this instrument. I greet you in Jesus' name.

We perceive that there are many doubts as to the efficiency of prayer even among those who believe most fervently in prayer and follow its ways, for you do not feel that your prayers are always heard. Yet you ascribe to us the deafness of your own ears.

我们察觉到，即使在那些最热切相信祷告并遵循其方式的人中，也存在许多对祷告有效性的怀疑，因为你们觉得自己的祷告并不总是被听见。然而，你们却把自己耳朵的聋哑归咎于我们。

It is said that in everything there are seasons, and, indeed, you who dwell in the desert of Earth will experience many, many seasons of loneliness and desolation. For your ears are stopped against the words offered, which are always there. The hand of Jesus touching yours cannot be felt by your numb fingers. And the truth that is offered is not seen because you are blind.

确实，有人说一切都有其季节，而你们这些居于地球荒漠中的人，将经历许多孤独和荒凉的季节。因为你们的耳朵被阻塞，听不见那些总是存在的话语。耶稣的手触碰你们的手，你们却感受不到那触感。所提供的真理也因你们的盲目而未被察觉。

Then it is that you must wait in faith, in the blankness of the desert sun, for the oasis of grace that will unstop your ears and enliven your fingers, open your mouth to praise and free the eyes of the scales of doubt.

因此，你必须在信仰中等待，在荒漠的烈日下等待，那恩典的绿洲将使你的耳朵通畅、手指复苏，开启你的口以赞美，解放你眼中的怀疑之垢。

It is truly said that you do not know the day or moment wherein the Son of Man cometh. Jesus stands, awaiting the season of your open heart. You cannot force it but must await it. When it comes, will you be ready to acknowledge, accept and be transformed by it?

确实有人说，你们不知道人子来临的日子或时刻。耶稣在等待你们心扉开启的季节。你无

法强求它，只能等待。当它来临时，你是否准备好去承认、接受并被其改变？

We commend you to watch and wait in patience and faith,
offering your agony to Christ with the same praise that you
offer your joy. Thusly you shall find peace, now and always.

December 7

You Are The Rainfall

你是那场雨

I am of the principle of Jesus the Christ and greet you in the full consciousness of divine love.

The sun awakes and peeps over the horizon. Does the sun have eyes that gaze upon the earth? We think not, for were it to gaze and judge, the sun would shine on one but not upon another.

太阳醒来并从地平线上探出头来。太阳有眼睛注视大地吗？我们认为没有，因为如果太阳有眼睛并且进行评判，它会只照耀某些地方，而不是其他地方。

The rain moves over the land and feeds alike the stinking sewer and the fertile farmland. There is no judgment within the creation of the Father but only the balancing of harmonies.

雨水流过土地，滋养了污秽的下水道和肥沃的农田。创造者的创造中没有判断，只有和谐的平衡。

You, too, are the sun. You, too, may shine upon all or you may choose to save your light for some and not for others.

你也是太阳。你也可以照耀所有人，或者选择将你的光芒仅仅留给某些人而非其他人。

You, too, are the generous, gentle rainfall that makes all things new. Yet you, too, may choose through judgment to restrict that blessed plenty of water, that precious food of life.

你也是那慷慨而温柔的雨水，使万物焕新。然而，你也可以选择通过判断来限制那福祉丰盈的水源，那珍贵的生命之食。

This day we ask one thing of each. Know that you shine, that you can be most fertile in fruit as a child of the Father.

今天我们向每个人提出一个要求。知道你们散发光芒，作为父亲的孩子，你们能够结出最丰硕的果实。

But know also that judgment removes you from the Father's side so that you are the prodigal son or daughter. Then the sun does not shine nor the rain fall in your own private world. For as you judge others, so shall your experience be.

但也要知道，评判会将你从父亲的身边隔离，使你成为浪子。这样，太阳不会在你自己的

私密世界中照耀，雨水也不会降临。因为你如何评判他人，你的经历也将如此。

Refrain this day from judgment. Ask only for the opportunity
to love, to shine, and to bless with your plenty.

今天请克制判断。只求机会去爱、去照耀，并用你的丰盈去祝福他人。

In peace, in love, and in joy we leave you, now and forever.
Amen.

December 8

Thy Will Be Done

愿你如愿

I am of the principle of the consciousness of Jesus the Christ.
I greet you in the beauty of complete and divine love which is
the nature of that consciousness.

Many of you seek to become more and more as you may
understand the mind of Jesus the Christ to be. To be
pondered in this regard is the helplessness of Jesus nailed to
His tree of death and resurrection.

许多人寻求变得更加接近耶稣基督的心灵。在这方面值得深思的是耶稣钉在祂的死亡与复活之树上的无助。

Sometimes the soul who serves the positive and the good
finds oneself incapable of producing any fruit to the spirit or
any aid to consciousness except the affirmation, "Thy will be
done—and that cheerfully."

有时，那些服务于积极和善良的灵魂发现自己无法为精神结出果实或提供任何帮助，除了“愿你如愿——并且愉快地接受”这一确认。

In those times when you feel helpless, release that helpless
feeling, for your help is near. Sometimes to be helpless is to be
of great service. And it is then time, always, to ask for the
company and the comfort of the consciousness of the love of
Jesus the Christ.

在那些你感到无助的时刻，释放这种无助的感觉，因为你的帮助就在身边。有时，无助本身就是一种伟大的服务。这时，总是该请求耶稣基督爱的意识的陪伴和安慰。

We leave you in love and peace, now and ever. Amen.

December 9

The Rags And Bones Of The Mind

心灵的破布与骨头

I am of the principle of Jesus the Christ and I greet you in the full consciousness of love.

The deep recesses of your conscious mind contain the rags and bones, the scraps and oddities, that have become useless to you and garbage within the heart. The spirit of the living God urges you to clean house. For that which flows through you is blocked and weakened by these old rags of sadness, jealousy, anger, desires for revenge, and, most of all, the dividing of self against self.

你意识深处的隐秘角落里藏着那些对你已无用的破布和骨头，那些变成垃圾的东西。活生生的上帝之灵催促你清理内心。这些旧的悲伤、嫉妒、愤怒、复仇欲望，尤其是自我对立的积垢，阻碍和削弱了你内在的流动。

Self-criticism is an enormous stumbling block to one who wishes to experience and live a life upheld by love and bounded about by eternity.

自我评判是一个巨大的绊脚石，它阻碍了那些希望体验和生活在被爱支撑、被永恒包围的生命中的人。

Clean house, my children. Release all that has been considered waste. You do not need these sorrows as knives turned against the self. You merely wish them so that you do not blow away as the weight of past experience is lifted.

清理内心吧，我的孩子们。释放所有被视为废物的东西。你们不需要这些悲伤作为对自我的伤害。你们只是希望它们存在，以免在过去经验的重负被解除时被吹散。

My children, you shall not blow away but, rather, shall be hollowed out at last, sorrow having done its work. A deeper, gentler, braver heart lies ready for the wind which whispers the spirit and the message of love.

我的孩子们，你们不会被吹散，相反，最终会被挖空，悲伤完成了它的工作。一个更深刻、更温柔、更勇敢的心正准备迎接那低语着灵性和爱的讯息的风。

We leave you in this peace and this love, now and ever.
Amen.

December 10

Like Minerals In Soft Rains

如同柔雨中的矿物

I am the spirit of the consciousness of the love of Christ, and
I greet you in the love that is power and might and glory,
creating without end all that there is and rejoicing in the
creation.

I come in the vibration which comforts this child of God, and
I come to each who calls me in each seeker's own need, with
each seeker's vibrations and necessities of consciousness in
mind. For we would not distress any by teachings which are
confusing but would rather speak in the native tongue of each
heart, our feet planted in the native soil of each seeker's fertile
ground.

我以安慰这位上帝孩子的振动而来，来到每一个呼唤我的人身边，关注每个寻求者的需求、振动和意识状态。我们不希望通过令人困惑的教义使任何人感到痛苦，而是希望用每颗心灵的母语来沟通，我们的脚踩在每个寻求者肥沃土壤的本土上。

For each seeker is a garden wherein is planted the Word: love.
And love may create for each seeker a wonderful garden of
fruit and harvest that blooms and yields forever. Yet without
love, the ground wherein the seeds of love lie is barren and
lifeless.

每个寻求者的心灵都是一座花园，其中种植着圣言：爱。爱可以为每个寻求者创造一个美妙的果园，常常开花结果，永无止境。然而，没有爱，那些种下爱的种子的大地将是荒芜和无生命的。

We who comfort are like minerals in soft rains, adding to the
soil what is needed of the consciousness of love. Seek, then, in
your own native tongue, to know the will of Christ in your
life and we shall fall upon you like rain, and the seeds of love
within you shall rejoice.

我们这些安慰者就像柔软的雨中的矿物，为土壤添加所需的爱的意识。于是，请用你自己熟悉的语言寻求了解基督在你生命中的旨意，我们将像雨水般降临在你身上，你内心中的爱的种子将会欢欣鼓舞。

Peace be with you, now and always. Amen.

December 11

Hope

希望

I am the son of God, a principle created by an inspired and inspiring life and teaching. We greet you in the full consciousness of that love which is in Jesus the Christ.

This instrument is quite doubting this morning, for she feels that it is hopeless to attempt true communion with her experiences at this time being difficult emotionally. Yet to those especially troubled we give a special invitation. The spirit of the Lord Jesus Christ, that force which by any other name is the same, desires to comfort all His people as it is written in your holy work, the Bible. There need be no stragglers of hopelessness; no long line of those who wait and watch for a glimmer of hope.

今天早晨，这位工具充满了怀疑，因为她感到在情感上困难重重的此刻尝试真正的沟通是毫无希望的。然而，对那些特别困扰的人，我们给予特别的邀请。主耶稣基督的灵，那种以任何其他名称都相同的力量，渴望安慰所有祂的子民，正如你们的圣典《圣经》中所写。没有必要让绝望者滞留；没有必要让那些等待并观察希望微光的人排成长队。

To those who suffer this day, we ask that each spend time in a nurturing atmosphere. When this is impossible physically may we encourage you with godly hope to reserve that portion of yourself which is the balance point and from that point to trust that the harmonic plan of life is indeed right where it should be.

对那些今天受苦的人，我们请求你们每个人花时间在一個滋养的环境中。当这种环境在身体上不可能实现时，我们鼓励你们以神圣的希望来保留你们的那一部分平衡点，并从那个点出发，相信生命的和谐计划确实在它应在的位置。

If this is not seen to be so, then the perspective has not yet become full enough for a greater understanding. Be patient under this limitation and persevere in hoping. For those things for which we hope are those things which shall manifest in your life.

如果你还没有看到这一点，那么你的视角还不够全面，尚未达到更深的理解。请在这种局限下保持耐心，并坚持希望。因为我们所希望的事物正是那些将会在你的生活中显现出来的。

We urge you to the peace and harmony of the created God in men, both now and forever. Peace. Peace. Amen.

December 12

Come, Worship Life Within You

来吧，崇拜你内心的生命

I am the spirit of that which all men seek, the spirit of love. I am of the principle of the Father and of the redemption of the Son. I greet you in the full and perfect confidence of the consciousness of love.

It is unknown to many of your peoples what kind of God created the myriad of universes and the infinite detail that makes up each life. And yet if the powers of observation function even feebly, the nature of the Creator can be seen.

虽然许多人对创造了无数宇宙和每个生命的无限细节的神的性质并不了解，但即使观察力稍有作用，也能看到造物主的自然性质。

For no story within the creation has a true ending. All things are propagated again and again, to shine in glory from season to season. The creation is rich with seeds of life and seeds of consciousness.

因为在创造中没有任何故事有真正的结局。万物不断繁衍，从季节到季节闪耀光辉。创造中充满了生命和意识的种子。

Thus it can be seen that we as spirit are alive because the Creator is God of life. And if there is within you death, yet it is not the death of aught save hands and feet, not the death of thought or love or consciousness.

因此可以看出，我们作为灵魂之所以活着，是因为造物主是生命的神。如果你体内存在死亡，那也只是手脚的死亡，而不是思想、爱或意识的死亡。

Thus we offer to you not the sensations which end in death but those which offer to your consciousness fruit for heart and soul, always renewed, always transforming. Come and worship life and love in the infinite consciousness within you.

We who comfort are here to comfort infinitely.

因此，我们向你提供的不是那些以死亡为终点的感觉，而是那些为你的意识提供心灵和灵魂之果的感觉，永远更新，永远转变。来吧，在你内心的无限意识中崇拜生命和爱。我们这些安慰者在此，无尽地安慰你。

May you be washed, bathed and blessed in the comfortable peace that fears not death: the love of Christ. Amen.

December 13

The Personal Nature Of Love

爱的个人性质

I am the spirit of the full consciousness of Christ. I greet you in His perfect love and in the holy name of the Son of God.

It is through the mediation of Jesus, the man who spells salvation for you, that I speak, and not only from God. For it is the Creator's desire to personify consciousness into godliness and to generalize personhood into creation itself, so that experience may become infinite and infinity may be experienced.

我通过耶稣的调解来与你说话，他是为你带来救赎的人，而不仅仅是从神那里。因为造物主的愿望是将意识具象化为神性，并将个体化普遍化到创造本身，以便体验可以变得无限，永恒可以被体验。

It is to those who accept the personal nature of love that love shall be given most fully. For it is to the adoring heart that love may speak most clearly.

只有接受爱的个人性质的人，爱才会给予他们最完整的体验。因为只有对爱的心灵最为崇敬，爱才能最清晰地表达。

And how to adore that which is impersonal?

如何崇拜那个无个性的人呢？

We come in consciousness. We are consciousness. And we speak to consciousness. Know yourself as the personhood of God in Christ and turn your faces in adoration to the person of the Creator, which comes for you and to you and through you.

我们以意识的形式来到这里。我们是意识。我们对意识说话。认识到自己是基督中神的个体，并将你的脸庞转向造物主的个体，造物主为你、向你和通过你而来。

We are only extensions of the spirit of that great drive of the consciousness of love; only the principle that extends the liveness of the Creator.

我们只是那伟大爱的意识驱动力的灵魂延伸；只是延续造物主生命力的原则。

In peace we are with you, now and always.

December 14

The Inner Snow

内心的雪

I am of the principle of divine love. I greet you in the full consciousness of Jesus the Christ.

We gaze upon your first snow of the winter and the emotional response from each to such a wonderful spectacle of nature. Within you, too, in many, many layers, are the light snows, the slight drifting, or even the avalanche.

我们凝视你们冬天的初雪，以及每个人对这种自然奇观的情感反应。在你们内部，也有许多层次的轻雪、微风飘落，甚至是雪崩。

This is especially true at a time when that light which generates prana is at its least effective within your culture. And so you must be light, power and comfort to those who seek out your information, not weighing your own merits in any way but merely asking that you may do the work which was created for you before the world was and certainly, specifically, before the incarnation that you now enjoy.

这在光产生普拉那的效果在你们文化中最弱的时候尤为真实。因此，你们必须成为光、力量和安慰，给予那些寻求你们信息的人，而不去权衡自己的优点，只是要求你们做出在世界形成之前、尤其是在你们现在享受的化身之前为你们创造的工作。

Look out the window and enjoy the snow. It is a spontaneous, gentle gift from one whose peace passeth all understanding, now and ever.

December 15

The Nature Of Love

爱的本质

I am the Holy Spirit of the full consciousness of the principle of love. I greet this child in the vibration which comforts it. Greetings in peace in the name of Jesus Christ, who came to be God in man that men could better know how to love.

It is in loving the God of all things that the first lessons must abide. Whether the object be men or God, it is only God that can be loved fully.

首要的教训在于爱一切事物的神。不论对象是人还是神，只有神才能被完全地爱。

Thus to some it is well that time be given in which the Father is focused upon to the exclusion of all human things. For unless love is bound up in love of the Father it shall sputter and die, as all earthly things do. Confused and sad is the man who attempts to love others without understanding the nature of love.

因此，对于一些人来说，最好是将时间专注于父亲，而排除所有人类的事物。因为除非爱与对父亲的爱紧密相连，否则它会像所有尘世的事物一样熄灭和消亡。那些试图爱他人却不了解爱的本质的人会感到困惑和悲伤。

To others it is more helpful that the face of God be seen among men and that the hand be outstretched among all. To these who are not abstract in mind, the face of God will always wear the face of a human.

对另一些人来说，更有帮助的是在世人中看到神的面容，手伸展于所有人之间。对于这些思维不抽象的人来说，神的面容总是带有人类的面貌。

Whatsoever your inclination, perceive love in its rightful nature as the love in which the Father created you.

无论你的倾向如何，都要以父亲创造你的爱的本质来感知爱。

Peace be with you, now and evermore.

December 16

Must You Deserve The Word?

你必须配得上这个词吗？

I am the spirit of the full consciousness of love, and I greet you in the name of the Christ.

We pause to await this instrument's perfect readiness and surrender to the voice of love which speaks to those who need not deserve such a gift. It is written that Jesus Christ came to save sinners, as if there were within humanity a pristine and spotless category of those who do not sin. We, too, who are of the principle of the love of Jesus Christ, come only to those who do not deserve to hear our words, for by no means can one earn love or the consciousness of love.

我们暂停，等待这仪器的完美准备，臣服于爱的声音，它对那些不必配得此礼物的人们说话。经文中写道耶稣基督来拯救罪人，好像在人类中存在一个纯洁无瑕的类别，那里的人不会犯罪。我们，作为耶稣基督之爱的原则的一部分，也只来到那些不配听到我们话语的人面前，因为没有人能够赢得爱或爱的意识。

Whatever your confusions or distresses, know, each of my children, that the Father has sent a living Redeemer, a living love and a living spirit among you, one that does not gauge what each soul has earned, but, rather, observes the place which each soul has made within the heart to grasp and yearn for our words and thoughts.

无论你们的困惑或痛苦如何，要知道，每一个孩子，父亲已派遣了一位活生生的救赎者、活生生的爱和活生生的灵魂在你们中间，它不衡量每个灵魂所获得的，而是观察每个灵魂在心中为领会和渴望我们的言语和思想所留的空间。

The concepts of holiness can never be bought with any price except that of surrender to faith, the faith that love, by means of love, shall bring each iota of consciousness at last into love.

圣洁的概念无法用任何价格购买，除了向信仰的投降，这种信仰相信爱，通过爱，终将把每一丝意识带入爱中。

Love and peace, then, be with you at this moment and always.

December 17

Nothing But Darkness

只有黑暗

I am the spirit of the full consciousness of the love of Jesus Christ. I greet you in the power of that love.

May all be well with you this day as you realize that only in the spirit can any meaning be made clear to you, the nature of any obstacle revealed or the depth of misunderstanding repaired.

愿你在这一天一切安好，当你意识到只有在灵性中，任何意义才能清晰，任何障碍的性质才能显现，任何误解的深度才能得到修复。

The greatest illusion of your illusion is the apparent difference in vision betwixt day and night, for it would seem to suggest that there is as much clear and lucid sunlight to illumine understanding as there is darkness to cover it. Yet there is nothing but darkness in the illusion. The shining light of truth and peace enter in your inner eyesight only upon request.

你们的幻觉中最大的错觉是白天与黑夜之间的明显差异，因为这似乎暗示着理解的光明与遮蔽的黑暗一样多。然而，在幻觉中只有黑暗。真理与和平的明亮光芒只有在请求时才会进入你的内在视野。

Request, then, that Christ be with you, that the spirit of Christ remain with you always. For how else shall you see into matters too deep for your earthly sun to reach?

那么，请求基督与你同在，请求基督的灵永远与你同在。否则，你如何能洞察那些凡尘之光无法触及的深奥问题？

We leave you in the mystery of peace, peace unending. May God bless you.

December 18

The Weather Of Your Journey

你旅程中的天气

I am the spirit of the living Christ and I greet you in the full consciousness of that love.

How easy it is to gaze upon the face of your existence and find difficulties and disharmonies. What is not generally known is that it is just as satisfactory to appreciate the beauty around one. The deeper point that we are trying to make is that daily bread is a modest request, yet of the most deeply intuitive and magical substance that can be given to humankind.

凝视你存在的面貌，发现困难和不和谐是多么容易。然而，通常不为人知的是，欣赏周围的美丽同样令人满足。我们试图表达的更深层的观点是，日常的面包虽然是一个谦逊的请求，却是给予人类最深刻、最神奇的东西。

With the mind centered and resting in a place of peace and power, confidence and trust, that person need not experience traumas in the same way as an excitable person. Look at the day outside. Some skies are sunny and some a beautiful pearl gray of winter days without storms.

当心灵集中并安息在一个平和与力量、信心与信任的地方时，那个人不必像激动的人那样经历创伤。看看外面的天空，有些是阳光明媚的，有些是没有风暴的美丽珍珠灰色冬日。

Whatever your environment, you are there as a kind of pilgrim or missionary, ready to help those around you and of a substance entirely your own, as you have begun to find your authentic self. We wish you a persistent and strong heart and a will that does not stop to move ahead with this pilgrimage of the learnings of the spirit.

无论你的环境如何，你都是一种朝圣者或使者，准备帮助你周围的人，展现完全属于你的本质，因为你已开始发现真正的自我。我们祝愿你拥有一个坚定而强大的心，以及一个不断前行的意志，以继续这段灵性学习的朝圣之旅。

We hope you may ask us to be with you.

我们希望你能请求我们与你同在。

We are those who come to you in the name of love and of light. Adonai.

December 19

Open To The Spirit

向灵性敞开

I am of the principle of unconditional love and I greet you in the name and the peace of Jesus Christ.

“Without Me you can do nothing.” You have heard these words many times. They are not words to be taken literally. Think of the sentence, “Without love one can do nothing,” and realize that you are here at this blessed time of darkness, pregnant with your soul just as the earth, so bleak and bare seemingly, is pregnant within with all the blossoms and fruits of the harvest to come.

“没有我你什么也做不了。”你听过这些话很多次。这些话不是字面上的。想想这句话：“没有爱，人什么也做不了”，并意识到你在这充满黑暗的神圣时刻，就像看似荒凉的土地孕育着即将到来的丰收的花朵和果实一样，正孕育着你的灵魂。

Whatever your spirit is, this is the time for its renewal. This is the time for its swaddling, its nurturing, the keeping of it quietly, confidently and with no need for outer expression.

无论你的灵魂是什么样的，现在是它更新的时候。现在是它被包裹、滋养、安静而自信地保持不需外在表现的时候。

Allow this young, new sense of self to be open to the Spirit which you call Holy, that you may be renewed and that the face of the earth may, one person at a time, be changed.

让这年轻的新自我对你称之为圣灵的精神保持开放，以便你能得到更新，地球的面貌也能一人一人地改变。

We leave you in the peace of this pregnancy of self. Cherish yourself. Cherish your spirit and rest in peace and love, now and ever. Amen.

December 20

Hollow A Place For Love

为爱腾出空间

We are those of the full principle of the love of Jesus the Christ and we greet you in that divine consciousness.

This instrument, like so many, has over-concern for the events of the day, not seeing the magic, the ambience and the comfort of every passing moment. For did not the spirit of love come into the things unseen, unformed and unknown, to create patterns of love and power and wisdom, not by moving to those who are over-concerned but by flowing through channels which love has been allowed to hollow within the breast of humankind?

这个工具，像许多人一样，对日常事件过于担忧，未能看到每一刻的魔力、氛围和安慰。难道爱之灵不是进入了那些未见、未形、未知的事物中，创造了爱、力量和智慧的模式吗？不是通过那些过于担忧的人，而是通过爱已经在人的心胸中开辟的渠道流动。

Thus we ask you to be unconcerned on a deep level, regardless of the busyness and the difficulty of the day ahead. Rest, rather, in the extraordinary comfort offered by universal, all-powerful and all-present love. Rest. Be comforted. And know that if you but hollow out the space and time within you, love shall do its perfect work through you, not as you imagine it should be done in every case, but as love itself requires.

因此，我们请求你在深层次上不要过于担忧，无论未来的一天多么繁忙或困难。相反，要安息于普遍、全能且无处不在的爱的非凡安慰中。安息。得到安慰。并知道，只要你在内心中腾出空间和时间，爱将通过你完成其完美的工作，不是按照你想象中的每一种方式，而是按照爱的要求。

We leave you in the peace of the knowledge of divine love. It is a peace which, though unpredictable in its mechanisms, is infinitely predictable in the standard of love which it bears proudly. May peace and love ride into your life and fill that hollow place where trouble dwelt, now and always. Amen.

December 21

Seeds Of Light

光之种子

I am of the consciousness of the love of Jesus Christ. I greet you in that love and wish you the joy of the Feast of the Nativity.

Feast it is, as light comes into the world, ever-darkened, ever pregnant with that which is to be. For darkness is the perfect home of future things. So the inside of your heart's nature lies, black and fecund, awaiting the insertion of seeds of light that only you may acknowledge and nurture through the grace of your own calling upon the consciousness of love. By that call, great things have been accomplished.

这是盛宴，当光进入这个世界时，世界永远黑暗，永远孕育着将要到来的事物。黑暗是未来事物的完美栖息地。因此，你内心的本性也如黑暗而肥沃，等待着光的种子被植入，只有你能通过对爱的意识的呼唤来承认和滋养。通过这种呼唤，伟大的事物得以实现。

Yet we are not bearers of the seed, but you. Therefore, carry your darkness proudly and bewail it not. But rather be ye perfect farmers of the seeds of the full consciousness of the love of Christ.

然而，我们不是种子的携带者，你才是。因此，骄傲地承载你的黑暗，不要为此悲叹。相反，成为基督之爱全意识种子的完美农夫。

May peace be born in you this day and evermore. Amen.

December 22

Celebrate The Mass Of Christ

庆祝基督弥撒

I am that inflow of divine love which is called the spirit of Christ. I greet you in the full consciousness of Christ's love.

The days grow short and because of the season you scurry about, arranging and rearranging the symbols of joy and peace so that you may come to the celebration day, the birthday, of Jesus the Christ. You move about, make and carry out many plans, and before the season itself is upon you, already you are foot-weary, heart-sore, and feeling that the true spirit of Christ's mass has disappeared.

日子渐短，由于季节的缘故，你忙碌地安排和重新安排喜悦与平安的象征，以迎接耶稣基督的庆祝日、诞生日。你四处奔波，制定和执行许多计划，在节日到来之前，你已经感到疲惫不堪，心灵受挫，感觉基督圣诞的真正精神已经消失。

Yet have you asked for the spirit to move within your thoughts of consciousness to show a different panoramic view of this season?

然而，你是否请求精神在你的意识思维中活动，展现这个季节不同的全景视角？

May you do so more and more frequently, turning always to the infinite love that is consciousness in Christ. Then all feet shall no longer be weary. Hearts shall no longer burn with anxiety, and those candles which are lit shall be lit with limitless love.

愿你越来越频繁地这样做，始终转向基督中的无限爱，即意识。那时，所有的疲惫将不再存在，心中的焦虑也将消失，那些点燃的蜡烛将被无尽的爱所点亮。

Bow your heads, my children, so that when next you look up you may see the grace of infinite love and you shall be comforted.

低下头来，我的孩子们，这样当你们下次抬头时，可以看到无限之爱的恩典，并得到安慰。

Now and ever, we leave you in peace. Amen.

December 23

To Smile Or To Frown

微笑还是皱眉

I am of the principle of divine love. I greet you in the consciousness of Jesus the Christ.

What have we to say about the world as you gaze at it this day? Perhaps today we would wish you to see that which is behind the daily matters which shall parade this day before your eyes.

今天，当你凝视这个世界时，我们该说些什么呢？也许今天我们希望你看到的是那些在日常事务背后，今天将展示在你眼前的东西。

Many things shall occur within this day and you shall have many opportunities to smile or to frown; to speak the kind word or the harsh one; to react impulsively or to take it easy and gaze at a situation long enough to gauge its total nature.

今天会发生许多事情，你将有很多机会去微笑或皱眉；说一句善意的话或是尖刻的话；冲动地反应或是放松下来，静静地观察一个情况，以评估其整体性质。

Perhaps, this day of all rushing Christmas days, we would suggest to each to take the time to slow down and to consider, in all the hustle and bustle, in all the choices that are made, that the great choice is always for merriment and for the expressions of love and sharing. All other considerations of preparation and business have not the priority of offering and manifesting the love of Christ in God.

也许，在这个忙碌的圣诞节日里，我们建议每个人抽出时间慢下来，思考在所有的忙碌和选择中，最重要的选择始终是欢庆以及表达爱与分享。所有其他的准备和事务都没有优先于表达和显现基督在上帝中的爱的优先级。

May you stop and sense that abiding, deep, magical and peaceful presence. And in each choice that you make this day, may that feeling of peace empower and strengthen your ability to choose well your manifestation to the outer world.

愿你停下脚步，感受到那种持久、深沉、神奇而平和的存在。在你今天做出的每一个选择中，愿那种平静的感觉能赋予你力量，增强你在外界展现自己的能力。

You are children of the Most High. May you experience your birthright this day.

你们是至高者的儿女。愿你们今天体验到你们的出生权。

We leave you in love, joy and peace, both now and evermore.
Amen.

December 24

The Manger Within

内在的马槽

I am of the principle of divine love and I greet you in the full consciousness of that love.

We find this instrument's mind revolving not about things of the spirit but about the processes the day shall bring, each item more wonderful and precious than the next, for this day is the eve of the mass of the Christ child, the mass welcoming the new child to birth, the new soul to its walk in the valley of death from which death alone may free him or any which dwell in this body of dust and clay.

我们发现这个工具的心思并非围绕精神事务，而是围绕着今天将带来的各种过程，每一项都比下一项更美妙、更珍贵，因为今天是基督孩子弥撒的前夜，弥撒迎接新生的孩子诞生，新灵魂开始在死亡的幽谷中行走，唯有死亡才能将他或任何居住在这尘土与泥土之躯中的人解救出来。

May you truly rejoice to know that within yourselves lies a manger. Most of your mangers are poor. Most of them are humble. Most of you have not prepared a way and so must improvise when the Son of Man comes, when the gates of your heart are opened.

你是否真正欢欣，知道在你内心深处存在着一间马槽？你大部分的马槽都很贫乏，大部分都很谦卑。你们中的大多数人没有预备道路，所以当人子来临时，当你们内心的大门打开时，你们必须随机应变。

This is a time of coming into being. This is a time for you to make anew the welcome of the self towards that tiny, delicate, precious, new spiritual being which shall indwell each spiritual womb.

这是一个诞生的时刻。这是你们重新迎接那个微小、脆弱、珍贵的新灵魂的时刻，这个灵魂将驻留在每一个精神的胎盘中。

May you find the peace of Jesus' mother and know that your spirit follows not the commands of the world but the commands of that consciousness in which He and all of your spirits partake.

愿你们找到耶稣母亲的平安，并知道你们的灵魂不跟随世界的指令，而是跟随那个意识的指令，在其中他与所有你们的灵魂共享。

May you wend you way in peace and the hope of glory
within, now and ever. Amen.

December 25

The Folly Of Christmas

圣诞节的愚蠢

I am of the principle of the consciousness of love that is in Christ Jesus and I greet you in the full consciousness of our common divinity.

You have experienced the ritual bringing forth, into the world of sense and shadow, the unchangeable light which the darkness cannot quench. And to many who feel saddened this day, we say that it is acceptable to rejoice when the time is at hand and the ceremony of deity and man is celebrated.

你们经历了将那无法被黑暗熄灭的永恒光明带入感官与阴影的世界的仪式。对于那些今天感到悲伤的人，我们说，当时机到来，神性与人性的仪式被庆祝时，感到喜悦是完全可以接受的。

But my children, know you this: faced with your humanhood and your clear perception of deity, it is a natural tendency for the spirit within you to be impatient that all days might be those birthdays wherein the spirit is born anew in every conscious being.

但我的孩子们，要知道：面对你们的人性和对神性的清晰感知，你们内在的灵魂自然会感到不耐烦，希望每一天都能成为灵魂在每一个有意识的存在中重生的生日。

Beware of the folly of Christmas and rest your joy not only upon an occasion but upon a continuing and sometimes difficult to fathom stream of events and occasions within which the full spirit and caring of Jesus the Christ shines through. Be you those channels who do not need the occasion to rally themselves to the love of Jesus the Christ.

警惕圣诞节的愚蠢之处，不要把你的喜悦仅仅寄托于一个特定的时刻，而是依靠一个持续的、有时难以捉摸的事件和场合的流动，其中耶稣基督的完全精神和关怀得以显现。成为那些不需要特定时刻来激励自己去爱耶稣基督的渠道。

We leave you in the discipline and the freedom of Christ's own peace, now and always.

December 26

Christ's Divine Care

基督的神圣关怀

I am the spirit of the full consciousness of love. I greet you in the divine love of Jesus the Christ.

It is considered desirable by you to retain your spiritual point of view as you go through the experiences of your daily rounds of activity. And, indeed, we have always encouraged this attempt.

你们认为在经历日常活动时保持精神视角是值得追求的。的确，我们一直鼓励这种尝试。

It may perhaps be seen that the reciprocal needs also the attention. That is, it is well to bring the seemingly mundane, everyday experiences of daily life into the holy atmosphere of divine meeting and contemplation.

也许可以看到，相互的需求也需要关注。也就是说，将看似平凡的日常生活体验融入神圣的相遇与沉思的氛围中是很有益的。

For if life can be lifted up by thought, then its means of lifting comes not only from the higher idea to the lower manifestation but from manifestation gazing back upon that which is unmanifest and perfect.

如果生活可以通过思想得到提升，那么这种提升的方式不仅来自于高层思想对低层显现的影响，还来自于显现回望那未显现且完美的本源。

In this way, those things which do not feel blessed may be brought into the circle of Christ's divine care. And raveled and frayed though things may be, yet still all is comforted within that divine purview of love.

以这种方式，那些感觉不到祝福的事物可以被纳入基督的神圣关怀之中。虽然事物可能千头万绪，但在那神圣的爱之视野中，一切依然得到安慰。

May we offer and leave you in the peace and the joy of the love of Jesus Christ, now and ever. Amen.

December 27

Where Christ Awaits You

基督等待你的地方

I am of that principle known to you as Jesus the Christ. I greet you in the full consciousness of love divine.

We find this instrument's mind this day a muddle of year-end business: things to be done, things to finish up for the old year, things to begin for the new. Her mind is not resting in the past or the future or the present but footling between them, attempting to make perfect that which has already been imperfectly perceived, while the attempt goes on in the future also to shape and position each prop and piece of business, that the stage of the future may be set well and performed upon perfectly. The present moment hardly exists in such a frame of mind.

我们发现今天这个工具的思绪混乱于年末事务：待办的事情，旧年的收尾工作，新年的开始。她的思维不安于过去、未来或现在，而是在这些之间徘徊，试图完善那些已经不完美的事情，同时在未来也试图塑造和安排每一个支撑点和事务，以便未来的舞台能够设置得当并完美呈现。在这样的思维框架中，现在的时刻几乎不存在。

Truly we grasp that in the darkness of your winter cycle it is well to put the old to rest and to welcome the new. But this day we ask you, in the spirit of divine love, to seat yourself first upon the holy ground of the present moment where Christ awaits you, meekly, humbly and without noise, silently, in the depths of your heart, in the inner room of the present moment. This is Christ the King, kneeling patiently and waiting for you to open the door.

我们确实理解，在你们冬季的黑暗中，安放旧事物、迎接新事物是合适的。但今天我们请求你们，以神圣爱的精神，首先坐在现在时刻的圣地上，在那里基督等待着你，温柔、谦逊、无声地，在你心灵的深处，在现在时刻的内室。这位基督王正耐心地跪着，等待你打开那扇门。

May this feeling of presence be with you in love and in peace everlasting. Amen.

December 28

Let Jesus' Heart Be Yours

让耶稣的心成为你的心

I am of the principle of love and I greet you in the
consciousness of Jesus the Christ.

All praise and glory be to the Lord of creation! Imagine the
immensity of the galaxies, the infinity of the reaches of
orderly, free-wheeling space and see in this immensity the
great glory of the Holy One.

所有的赞美和荣耀归于创造的主！想象银河的浩瀚，井然有序的无限空间的广袤，并在这
浩瀚中看到圣者的伟大荣耀。

Know that you are part of that glory, for you, too, are a
creation of the holy Father and a child of the Creator of all
things.

要知道你也是那荣耀的一部分，因为你也是圣父的创造，是万物创造者的孩子。

Let Jesus' heart be yours, then, and let the glory of the Father
come upon you like the fire of the spirit of Jesus; move along
your limbs like fire; move along your lips like fire, that you
may utter those things which may be of service and that you
may reach your hands in that same service, therefore adding
to that great glory which daily grows, the glory of God in
Christ.

让耶稣的心成为你的心，让父的荣耀如耶稣的圣灵之火降临于你；让火焰在你的四肢中流
动，在你的嘴唇上流动，使你能说出有益的话，并伸出你的双手进行服务，从而为日益增
长的荣耀增添光辉，那是基督中的神的荣耀。

May you be today a servant of love itself. And may love
change the face of the earth.

愿你今天成为爱的仆人。愿爱改变地球的面貌。

In love, joy and peace, we leave you. Amen.

December 29

Blessings

祝福

We of the principle of love are with you and we greet you in the name of love: love unconditional; love divine; love infinite.

It is sometimes difficult in the daily round to perceive the glory of the creation. Take time this day to touch in mind and heart the beauties of scenery, character, grace and wit which refresh the weary soul.

在日常生活中，有时很难感受到创造的荣耀。今天花些时间在心灵和内心触及那些风景、品格、优雅和智慧的美丽，这些能使疲惫的灵魂得到滋养。

Indeed, there are naught but blessings for the faithful. And all those things which seem difficult are blessings, much as the life experience itself, though difficult, is indeed a time of blessing, learning and achieving for the spirit within.

的确，对于信徒来说，只有祝福。所有看似困难的事物也是祝福，就像生活经历本身，虽然困难，却确实是灵魂成长、学习和成就的祝福时光。

Let not those things which are below lose the reflection of that which is divine. For all things are instinct with the divine life of unconditional and perfect love.

不要让事物失去对神性的反映。因为所有事物都充满了无条件完美的神圣生命。

We leave you in the name of Jesus Christ, in that love and peace, to create your experience this day as one of blessing and affirmation, now and forever. Amen.

December 30

Drop The Rags Of Everyday

放下日常的破烂

I am of the spirit of that principle of love which was in Jesus the Christ. I greet you in that full consciousness of divine love.

How this instrument wrestles with its seeming imperfections!
How reluctant is this instrument to bathe in the clean waters of forgiveness and move, then, cleanly and clad in white, into the sanctuary of the spirit's meeting with self, body and spirit.

这个工具如何挣扎于其似乎的缺陷！它多么不愿意在宽恕的清水中洗净，然后洁净地、身着白衣地进入灵魂与自我、身体和精神的圣所。

How many words it takes to deny the clear and shining perfection, the result of one moment of dreaming, to the cleansing, the whitening, the purification of the channel which is your physical, mental, emotional and spiritual self!

需要多少词语才能否认那清晰而光辉的完美，这完美源自一个梦想的瞬间，对你身体、思想、情感和精神自我的净化、洁白与清洗！

Shall you now let go of woe?

你现在愿意放下痛苦吗？

For this instant, see yourself as you are seen by the Christlight, as a holy, perfect and acceptable infinite portion of an infinite creation that is, nevertheless, all one being.

在这一刻，看到你自己如基督之光所见：作为一个神圣、完美且可接受的无限创作的一部分，尽管这无限的创造仍然是一个整体。

We say to you in meditation, "Drop the rags of everyday. Dip in the pool of returning. Clad yourselves in robes of sufficiency and perfect love, and then, my children, wait. For that which comes to you may come in an instant, in an hour, or in a lifetime."

我们在冥想中对你们说：“放下日常的破烂，浸入归来的池水。披上足够与完美爱的袍子，然后，我的孩子们，等待。因为那将来到你们的，可能是在瞬间、一个小时或一生中。”

Move yourself to the clean body, the cleanly desire and the

focused love of Creator with child and of child with most
beloved parent. These things you do, you do for yourself.
Each turn to holiness you do as a celebration of love.

将自己转向纯净的身体、纯净的愿望和创造者的专注爱，如同孩子与最亲爱的父母之间的关系。你所做的每一件事，都是为你自己而做。你对圣洁的每一次转向，都是对爱的庆祝

。

We leave you in the peace which lies beneath the struggle to
see the sun. In sure knowledge that this peace shall come
upon you as you turn to the light of Christ, we leave you in
the light of that peace, now and ever. Amen.

愿你沉浸在阳光之下的平安中。当你转向基督的光明时，这种平安将降临于你，我们将你留在那平安的光辉中，今时及永远。Amen。

December 31

The Tightrope Of The Present Moment

现在时刻的钢丝

I am the spirit of infinite love and I greet you in the full consciousness of the love of Jesus the Christ.

What has the spirit to say to one who gazes upon the seeming end of one experience and the seeming beginning of a new experience? The spirit of love says at all times—and we would emphasize it this day—that each day is the New Year. Each day is the end of what has been.

当一个人注视着一段经历的终结和新经历的开始时，灵魂对他说了什么？爱的灵魂总是这样说——我们今天特别强调这一点——每一天都是新年。每一天都是过去的终结。

These divisions of dark and light, warmth and cold, joy and penitence have been formed by the human mind and heart in response to the unimaginable complexities of the cycles of the natural world which you enjoy.

这些黑暗与光明、温暖与寒冷、喜悦与悔恨的分隔是人类的心灵对你们所享受的自然世界周期中难以想象的复杂性做出的反应。

Yet we speak with the voice of love. Let this day, then, be to you all that it truly is: the ending of that which is past, the release of that which has caused pain and the forgiveness of that which has caused displacement from love in yourself and in all whom you meet.

然而，我们以爱的声音说话。愿今天对你来说，成为它真正的意义：过去的终结，痛苦的释放，以及对曾使你 and 所有遇见的人远离爱的事物的宽恕。

Let this day be a celebration of peace. For within you all that keeps you from peace is your hard heart condemning the past and fearing the future. Release those judgments. They have nothing to do with the spirit and everything to do with those blockages that keep the seeking heart from the revelation of comfort and peace.

让这一天成为和平的庆典。因为在你们内心中，一切阻碍你们获得和平的因素，都是你们的冷酷心态对过去的指责和对未来的恐惧。释放这些判断吧。它们与灵魂无关，却与那些阻碍寻求的心灵获得安慰与和平的障碍密切相关。

Know ye that outer peace shall never evolve until enough of

your peoples find peace within. Balance, my children, upon the tightrope of the present moment in glad and fearless balance. For in this the spirit is your guide and your balance. We ask you to trust, not in what has been, not in what shall be, but in the being of all that there is. Bless it and celebrate it at the present moment.

知道吧，外在的和平永远不会实现，直到你们中有足够的人在内心找到和平。我的孩子们，欢喜且无畏地在现在时刻的钢丝上保持平衡。因为在这点上，灵魂是你的引导和你的平衡。我们请求你们信任，不在于过去，也不在于未来，而在于所有存在的本质。祝福它，并在此刻庆祝它。

Now may you in this day truly rejoice.
愿你今天真正地欢庆。

We leave you in the peace of the infinite cycles of time, space and spirit, now and ever. Amen.
愿你在无限时间、空间和灵魂的和平中，现在及永远。Amen。

附录 A

L/L Research 如何开发《每日之书》

这本书可以因其每日思想的甜美和清晰而被欣赏。然而，这些“每日思想”最初是作为短暂的传导会议收集的，这些会议是我研究如何更有效地传导的副产品。此附录是对该研究的报告和讨论，供那些可能有兴趣进一步探究的人参考。

《每日之书》最初是在 1980 年代末我研究传导艺术时创作的。我从 1974 年开始学习传导。在接下来的十年里，我努力成为一个更好的传导者，之后我决定时机成熟，进行对传导过程其余部分的深入探索，这些部分我认为影响了所产生材料的相对优秀性。

当时我认为我的研究已经完成的传导过程部分如下。

基本假设

基于我之前的传导经验，我提出的基础假设是，我能够通过传导过程联系的来源是稳定的，并且独立于我。进一步假设，所产生材料质量的变化是由于三个与提问过程有关的因素和两个与通过“调谐”和“挑战”来准备自己进行传导有关的因素。

****影响材料的因素：提问过程****

****I. 坐圈的组成****

影响材料优质的三个提问因素中的第一个是坐圈的组成。随着时间的推移和我们的会议积累，我越来越清楚，虽然更大的团体有潜力成为更强大的团体，但通常较大的圈子往往不如较小、统一且集中的圈子那样能够引入优秀的材料。

我们发现，为了收集有用但情感中立的关于灵性原则的信息，最佳的圈子是由三人或更多人组成的，在这个圈子中，每个人都专注于灵性原则，而非现象。这样的三人或更多人小组是获得“普遍联系 universal contacts”而非“内在指导”联系的前提。确实，我们研究小组产生的最好的传导工作是《一法》，其中坐圈几乎总是只有三个人：Donald T. Elkins、James A. McCarty 和我自己。

普遍联系的优势在于它们产生普遍适用且有帮助的材料。内在平面联系的优势在于它们能够提供更具体的信息和建议。我们的研究小组几乎完全与普遍联系合作，渴望获得这样的材料所提供的哲学性和非教条性观点。

****II. 问题的提问方式****

影响传导材料质量的三个提问因素中的第二个是提问的方式和态度。我观察到，当对这一特定的普遍联系小组提出具体问题时，如果没有同时请求有关这些问题的灵性原则的信息，收到的信息质量几乎总是下降，许多情况下甚至没有收到有用的回答。

在涉及具体信息时，我发现如果用灵性原则的术语提出问题，即使是具体的问题，有时也会从传导来源那里得到优秀的回应。其他时候，当显然没有办法回应而不侵犯自由意志时，就不会有回应。

与内在平面指导者不同，我们的普遍联系者声明他们没有权利干涉人们的自由意志决策。这是普遍联系的一个限制。

因此，当有人向 L/L Research 请求个人传导会议，并且我看到问题是像建议搬到哪里或如何找到新工作的过程这样的具体问题时，我会鼓励他们去找一个能够提供具体信息和建议的通灵者。

****III: 恐惧因素****

影响传导材料质量的三个提问因素中的第三个是“恐惧因素”。它与提问者在提问时的态度有关。如果在两个不同的会议中间问同一个问题，一次是态度好奇但不恐惧的提问者，另一次是恐惧态度的提问者，态度不恐惧的提问者通常会得到良好的回应。而恐惧态度的提问者通常不会得到令人满意的回应。恐惧态度似乎严重减少甚至消除了收到信息的价值。

因此，我在 1976 年开始过滤 L/L Research 的传导会议中提出的问题。随着时间的推移，我越来越确定，拒绝接受恐惧和具体要求的问题是一种可靠的避免“垃圾”传导的方法。

现在，当人们希望与我们小组进行个人传导会议时，我总是确保他们的问题符合以下标准：

1. 不提恐惧性问题。
2. 不请求具体的世俗建议。
3. 始终将重点保持在灵性原则上，无论主题是什么。

****影响材料的因素：传导过程****

****I: 调谐****

我识别出的剩余两个因素对于创造最佳的传导环境具有重要作用，这些因素涉及到“传导者”或“频道”如何准备会议。这些是我在进行研究时所关注的考虑因素，这些研究产生了本书的材料。

第一个因素涉及到“频道”在接收信息的状态。这种状态是一种调谐。我假设我以及其他传导者就像一种水晶或仪器，能够接收信号，就像无线电中的水晶一样，然后通过用言辞表达所接收到的概念来“广播”这些信号。

作为传导者，我所接收到的信息类型并不是以文字形式接收到的。除了在我培训初期由传导源自己提供的为期六个月的、逐字的信息外，我所传导的材料以概念的集群或“球体”形式呈现给我。我的工作更多的是作为一个解释者或翻译者，而不是一个报告所听到的文字的使者。

我将概念翻译成文字。我并没有在脑海中听到声音，而是接收到印象。如果我通过将一个印象或概念翻译成文字并朗读出来，那么我会接收到另一个概念球。如果我对该概念提出质疑或由于任何原因停止翻译这些概念，概念的传输就会在源头停止。

我觉得这种传导的材料通常是在人的潜意识中体验到的，如在梦境、祷告或视觉中。在我的情况下，作为传导者，我找到了一种以自觉的方式接触这些潜意识材料的方法。

由于我在传导工作中自发地进行翻译，我假设通过提高我作为仪器的准备状态或“调谐”，我有机会改善我的传导工作。

无线电接收器可以调谐到各种不同的广播电台。我假设当我通过祷告、吟唱、冥想和其他灵性技巧来“调谐”我的意识时，我是在调谐我的“接收器”以接收到我能够接受的最高频率的“电台”。有许多信息“存在于那里”。对我来说，重要的是仅访问我个人最高和最佳的传输来源。

我发现我最佳的调谐方法包括唱神圣音乐、祷告和静默冥想。我还使用保护性技巧，例如

召唤大天使、为我的能量体进行保护可视化，以及从我的年龄倒数到零以集中注意力。我直接请求能以稳定和自觉的方式承载的最高和最好的基督意识联系，从而进一步明确我所寻找的联系。

我发现，为了请求普遍联系，我创建了一种内在工作室，并将这个房间布置得以便于我清晰地接触我的指导。

****II: 挑战灵魂****

我发现另一个能够改善我所产生的传导材料的因素是“挑战灵魂”过程。多年来我发现，在接受灵魂的联系之前进行挑战是至关重要的。通过以我个人所追随的最高和最佳原则或人物的名义挑战灵魂，那些不在我的“频道”上的灵魂会离开。挑战就像是一堵坚固的墙。那些不需要的来源会被彻底阻止。

因为我是一个神秘的基督徒，我个人在无条件的原则和耶稣基督的名义下进行挑战。我要求任何希望通过我发言的灵魂在我接受联系之前声明“耶稣是主”。我重复这个挑战过程三次，以防第一次时我的专注力不够。只有通过这一挑战的灵魂才会被接受，这是收集优质材料的关键。

到 1980 年代中期，我已经确信这两种调谐和挑战的技术在提高传导材料的质量方面具有很高的有效性。然而，在与其他人分享我的研究结论之前，我仍然希望更仔细地进行研究。在与我的研究伙伴吉姆·麦卡提讨论之后，我们制定了一个更加深入研究调谐和挑战过程的协议。

吉姆和我每天早晨开始时都会进行晨祷。这是我在 1978 年与吉姆相遇时已经在做的事情。1980 年，吉姆加入了唐纳德·艾尔金斯和我，形成了 L/L Research 社区。当我们在 1987 年结婚时（艾尔金斯于 1984 年去世），吉姆开始参与我的晨祷。

我们至今继续进行晨祷，并且进行晚祷，我们称之为“盖亚冥想”，因为我们那时关注的是地球的需求。我们发现，在一天开始之前停下来与造物主共度时光，确实给余下的日子带来了灵感的提升。在入睡之前停下来感谢和确认我们对盖亚及自身精神成长的希望和梦想，也给睡眠的时间带来了类似的提升。我们发现每日的仪式使我们与生命的神圣性以及作为精神存在的自我保持联系。

回到这些材料在八十年代是如何被收集的：吉姆和我决定，在每次晨祷结束时（我们总以主祷文结束），我将进入我的调谐和挑战过程，寻找的不再是普遍的联系，因为吉姆和我只有两个人，而形成普遍联系需要三个人的圈子，而是我的个人指导，即圣灵。

我通过各种方式进行调谐和挑战，实验不同的技术，直到我找到了一种我个人认为最好的

方式来准备我的工具——我的意识，以便进行良好的接收。

自然地，在调谐和挑战过程结束时，我会接受所提供的联系，并向圣灵请求“每日思考”。每次我们一起进行这一过程时，吉姆都会用录音机记录下我的通灵过程。

需要注意的是，任何通灵都是集体的产物，而非个人的。这些“每日思考”不仅是我工作的结果，也反映了吉姆的基本心态和偏见。如果你喜欢这些小读物，你可以感谢吉姆，与我和接触的源头一起，感谢他们的存在。

这一过程总共重复了 470 次，历时约三年。在那时，我决定我已经从这一过程学到了我所能学到的一切，于是结束了实验。

为了报告我所发现的情况，我编写了《通灵手册》，这本书可以从 L/L Research 购买。

在这项研究项目中收集的短篇通灵或读物由吉姆转录，转录本和原始的录音带被存档在我们的图书馆。差不多十年后，我们才从这 470 篇读物中创建了《每日思考》。

制作这本书

在编辑完所有 470 篇读物后，我和吉姆·麦卡蒂选择了每年的每一天的读物。我们选择了在日期尽可能接近书中所列日期的读物。这是因为我们希望读物能够尽可能自然地流畅，并且这些读物中往往包含季节敏感的元素。如果你对某篇读物的实际收集时间感到好奇，请查阅附录 B。

《每日思考》的网络版

如果你对阅读未包含在本书印刷版中的圣灵传讯感兴趣，请访问我们网站 www.llresearch.org 的图书馆，查阅《每日思考》的网络版。

附录 B

《每日之书》原始顺序 传讯会议

这些读物在转录时最初被分配了编号，称为“天数”。例如，1 月 1 日的读物最初被标记为“第 372 天”，原始传递日期为 1989 年 1 月 3 日。

在此列表中，你可以找到我们使用读物的年度日期、原始传递日期以及原始的“天数”标题。

参考原书籍

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