For most people their misery is derived by their inability to sit quietly in a room by themselves, most of us are so distracted, they're so over stimulated, they're so interrupted, they don't create the silent spaces where their genius can present to themselves, and just because 95% of the population does this, we think this is how we should live, and so I'm suggesting to you the mass of humanity the reason they're doing this is a flight from pain that's deep within their subconscious.

对大多数人来说，他们的痛苦源于他们不能独自安静地独自坐在房间里，大多数人太心烦意乱，太焦躁，受到太多干扰，他们的天赋展现需要安静的空间，但他们却从不创造这种空间，仅仅因为95%的人都这样做了，我们就认为这是我们应该有的生活方式。然而我认为：大多数人这样做的原因，是为了逃离他们潜意识深处的痛苦。

And why are they in pain, why do they need the medication of distraction, it's because they don't want to feel the pain, it's uncomfortable, it takes bravery to feel the pain, and all I'm suggesting to you is if you have betrayed your potential, if you're not bringing it on, if you're not shining your light in the world, and if you're not standing in the highest expression of your fullest talents, and not only doing a disservice to the world, you're growing the pain.

为什么他们会痛苦，为什么他们需要分散注意力的药物，这是因为他们不想感受痛苦，这不舒服，而且感受痛苦需要勇气，但我只想告诉你，如果你已经背叛了你的潜力，如果你没有充分利用它，如果你没有在这个世界上闪耀你的光芒，如果你没有最大程度地展现自己的才能，那这不仅是对世界的伤害，你也在增加自己的痛苦。

1.**misery**[ˈmɪzərɪ]

 痛苦，悲惨；不幸；

2.**be derived by**

由…衍生的；

3.**distracted**

  心烦意乱的；思想不集中的；

4.**over stimulated**

  过度刺激的；

5.**the mass of humanity**

  大多数人；

6.**a flight from pain**

  对痛苦的逃避；

7.**deep within their subconscious**

  在他们潜意识深处；

8.**the medication of distraction**

  分散注意力的药物；

9.**bravery** ['breɪv(ə)rɪ]

  勇敢；勇气；

10.**bring it on**

  魅力四射；

11.**fullest talents**

  全部的天赋；

12.**do a disservice to**

  对…造成损害；