Now if you want to create a better future for yourself, if you want to have a universal force backing you up and in your corner, then from this point on, it’s essential that you purify your intents and your actions especially towards other people.

现在，如果你想给自己创造一个更好的未来，如果你想拥有普遍存在的力量，来给自己撑腰，支持自己，那么，从现在开始，让自己变得纯粹并用善意对待他人就变得格外重要了。

I promise that you will never be happy if you are focused on making others miserable. I assure that you will never be successful if you wish failure onto others. I guarantee that you will never live in prosperity if you create havoc for others.

我敢保证，如果你总想着让别人痛苦，那你永远也不会开心。我能确定，如果你总是希望别人失败，那你也永远不会成功。我能肯定，如果你破坏别人的生活，那你也注定过不好这一生。

We are all one and we are all connected. Now I can’t tell you if this force is conscious or not, but it does keep score, It does see you in moments of silence. It keeps track of your moments of honesty and dishonesty, and it keeps record of the thoughts, feelings and actions you take each and every single day.

我们所有人是一个整体，相互连接。现在我虽然不能确定是否存在意识层面的力量，但这种力量时刻记录着你，它在静默之时看着你。它记录下你的一举一动，无论你是否诚实。他还会记录下你每天的想法、感受和行为。

So purify yourself. Let go of destructive thought patterns and behaviors. Rid yourself of toxic people who make it easier to make negative decisions. Stop gossiping about your co-workers about your neighbours about the person who makes your sandwiches at subway.

所以，让自己变得纯粹一些吧。放弃那些破坏性的思维模式和做法。让自己远离负能量的人，因为他们智慧让你更轻易地做出负面的决定。不要再对别人说三道四了，无论是你的同事、邻居，或是赛百味为你做三明治的服务员。

Forget about all that. And see the beauty in yourself and in others and operate in kindness as a reflection of that beauty.

忘掉这些吧！看到自己和他人美好的一面，然后学会像镜子一样，把你所看到的美好反馈给他人。

1.**back you up**

 支持你（此处back是动词）；

2.**in your corner**

  全力支持你；

3.**from this point on**

  从此以后；

4.**it’s essential that**

  重要的是；

5.**purify your intents**

  让你的意图变得纯粹；

6.**live in prosperity**

  过富裕的生活；

7.**create havoc for others**

  给他人制造混乱；

8.**keep score**

  保留得分；记录分数；

9.**keeps track of**

  记录；跟踪；

10.**Let go of**

  释放，放开；

11.**thought patterns**

  思维方式；思维模式；

12.**Rid yourself of toxic people**

  让你自己摆脱负能量的人；

13.**gossip about**

  闲聊…，说…闲话；