There are many universal laws, but the one I will be talking about is the law of reaping and sowing. This universal law states whatever you plant in your mind, you will eventually manifest in the outside world.

世上有很多宇宙法则，其中我要讲的这一条就是播种收获法则。这个法则是说，无论我们在脑海中种下什么样的种子，最终都会在外界表现出来。

It is just like planting an apple tree. You first gather rich fertile soil, you choose which apple seed you would like to plant, you give ample(丰富的；足够的；宽敞的) amount of water and sunlight, and when the time is right, and the season is set, that seed has to sprout(发芽；长芽) into a mighty(有力的；强有力的；有势力的) apple tree.

就像种一棵苹果树一样。首先你要准备肥沃的土壤，之后挑选要播种的苹果种子，然后再给它们足够的水和光照，等时机成熟，季节一到，这颗种子就会长成高大的苹果树。

The same goes with your life, except the soil is your mind, the seeds are your thoughts, the water is your actions, and the sun is your feelings. One thing I can guarantee, if you plant any idea in your mind, and feel as if it is already yours, and works steadily towards it, it has to manifest. It has no choice, because it's a law.

这也适用于大家的生活，你的大脑就是土壤，你的思绪就是种子，你的行为就是水份，你的感觉就是太阳。有件事我可以保证，那就是：如果你在大脑中种下了一个想法，并感觉这确实是你的所思所想，那就请朝它努力，总有一天，它会长出来。它别无选择，因为这就是法则。

But then you say, Justin, if that's the case, then why is it that most people don't get what they want in life. And it's simple, most people don’t get what they want, because they are trained to focus and think about the things they don’t want.

或许你会说：贾斯丁，如果真是这样，那为什么绝大多数人都没有得到他们想要的结果呢？这很容易解释，绝大部分人没有得到他们想要的结果，是因为他们没有真正关注和聚焦到自己想要的事情上。

1.**universal laws**

 普遍规律；普遍法则；

2.**the law of reaping and sowing**

  播种和收获的规律；

3.**manifest**['mænɪfest]

  表明；显示；

4.**fertile**['fɜːtaɪl]

  富饶的；肥沃的；

5.**sprout into a mighty apple tree**

  长成一棵高大的苹果树；

6.**The same goes with sth.**

  …也是一样；同理…；

7.**plant any idea in your mind**

  在你的头脑中植入想法；

8.**if that's the case**

  如果是那样的话；

9. universal 普遍的；通用的；宇宙的；全世界的；全体的