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SESSION 86 第86节精神酵素,理念带电,内在交流

SEPTEMBER 9, 1964 9 PM WEDNESDAY	1964年9月9日星期三晚上9点定期课
(While trying psychological time on Wednesday, September 9, after reaching a pleasant state, the author was aware of a rather strange sensation of my legs being pulled or stretched, as though some force were pulling on the bottom of each foot, rather strongly a sensation of grinding, or a downward pull, or stretching. It had some duration also; I had plenty of time to lightly explore the sensation.	(9月9日星期三晚上8点15分，我在尝试心理时间后，有一种相当奇怪的感觉，我的腿被拉扯或拉伸了。我强烈地感觉到每个脚踝的底部被抓住的感觉，拉伸。这种感觉也有一定的持续时间；我有足够的时间轻轻探索感觉。
(Bill MacDonnell arrived to witness the session. With him he brought a piece of copper sheeting for our table, which Jane had read recently had been found to emit negative ions to the air. A negative ion is a particle of matter with a negative charge. It is thought that negative ions effectively increase one's psychic abilities.	(比尔·麦克唐纳来见证课程。他为我们带来了几张铜板，简最近读到过，这两张铜板在通风口放出负离子。负离子是带负电荷的粒子。负离子被认为实际上增加了一个人的心灵能力。)
(I thought the copper insufficient in quantity, but we unrolled it up and lit the incense. Its pleasant musty aroma might bring forth some rather punitive comments from Seth. Jane was not nervous before the session, but she was quiet and amused as usual.)	(我认为铜片的数量不够，但我们还是把它展开放了香。其令人愉快的霉味可能会引出赛斯的一些惩罚性评论。简在课前并不紧张，只是安静地开始传述，速度相当慢。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
I appreciate the many and varied preparations made for this evening's expected arrival.	我很感谢今晚为期待我的到来所做的这些五花八门的准备。
Next you will undoubtedly suggest that I place my navel, carve a likeness, and set it upon your table.	接下来，你们肯定会建议我摆个姿势，凝视我的肚脐，雕个像，摆在你们桌子的桌面上。
I do not seriously imagine that you would entertain such a ludicrous situation certainly contains humorous overtones, and I would not let anything like this pass without comment.	我并不是认真的假设你们会这样一个可笑的想法来。这种情况肯定带有幽默的色彩，我也不会让这种事就这样过去而不说两句。
My welcome to Mark, with his enthusiastic good intentions. Nor is the idea behind all this ridiculous in any manner. Good intentions are important, and what you think will work, will work.	我欢迎马克，带着好意的热情。事实上，这一切背后的想法并不荒唐。良好的意图是重要的，你认为有用的，就会有用。
(It might be added that this evening it had rained, and now the night was hot and humid. The windows were open, and we could hear a phonograph playing far away, the heavy air. Traffic noise also seemed to carry her head at an unusual angle. Jane's speech was by now very slow.)	(可以补充的是，傍晚下过雨，现在晚上非常湿热。窗户敞开，我们可以听到留声机在播放的音乐，声音在沉闷的空气中传播。交通噪音似乎也让她抬头时大得多。珍在传述时，速度相当慢。)
I would like to discuss some material that we have left unfinished, that you understand that there are reactions from mental enzymes, that are also in the psychic energy into physical construction.	我想讨论一些我们尚未完成的资料，你们明白有精神酵素的反应，这些反应也存在于将灵性能量建构为物质构
There are interactions here of utmost importance. For simplicity's say that ideas are electric, in that they spark enzymes, which then automatically begin the work of physical construction, in line expectations as outlined earlier.	这里有些极为重要的相互作用。为了简单起见，你说为它们在这个机制内引发了酵素，然后按照早先勾物质建构的工作。
I have spoken of mental enclosures. Theoretically there is no such closed system. However for all practical purposes there is one which allows the least amount of interference closed entirely but nevertheless is the enclosure within which your self-of camouflage communication at hand.	我谈到过精神围场。理论上讲，是没有所谓的封闭系统。实际的目的，有一个允许最少的干扰的精神系统是完全封闭的，但是如此，从原则上来说，这也就是说，只有最低限度的，伪装的围场。
(Seth began referring to mental enclosures, mental enzymes, etc. sessions ago, at the same time he began to give information on senses. By the time the 20th session was held these discussions of material were in full swing.)	(赛斯在许多许多节课以前，就开始提到精神围场，精神酵素，等等。他也开始给出关于内在感官的信息。到了第20节课，这些关于物质的讨论已经全面展开。)
The system or the mental enclosure, again, is only closed comparatively speaking. An endeavor is made to provide the alternate or inner communication conscious ego could be said to exist approximately its center.	这个系统或精神围场，再一次，只是相对地封闭。人们尽力保持交替的或内在沟通渠道的开放。作为意识自我可以说存在于这个圆管之内，大约位于其中心。
(Jane had picked up a roll of copper sheeting. Now she touched the left end of the tube as she held it before me.)	(珍拿起一卷铜板。现在她碰触左端的管子，这时她把它放在我面前。)
This end would then represent the extension of the self outward to the physical universe. This extension would be in the world of inner reality would the other end of this tube. And in the same manner the extension of the self into the world, end of this tube represent the extension of the self into the inner	这一端将代表自我的延伸，朝外延伸到物质宇宙。这一端将代表自我的延伸，朝外延伸到物质宇宙。内在实相的世界在理论上是无边界的，然而，这个管子的另一端代表自我向内的延伸。以同样的方式来说，管子的另一端代表自我向内的延伸。
(Again, as it has done quite often, the class suddenly deepened, and retained some of the voice's timbre for a while.	(又一次，就像在最近的课上经常发生的那样，珍的声音突然变得深沉，并保留了一段时间的声音特质。)
Now using the analogy again, in our mental enclosure, we attempt to open this channel of communication with the other universe. So open.	现在再次使用这个比喻，在我们的精神围场内，我们尝试与另一个宇宙建立这个沟通渠道。所以。这一端(译注：指相反的另一端)我们开放。
Now this is what you attempt when you experiment with psychological time when your communication comes through the inner realm. And all living consciousness initially enter your plane of awareness such a mental enclosure.	这就是你在实验心理时间的尝试，当你的交流通过内在领域时。而一切众生的意识一开始都是经由这样的精神围场进入你的意识层面。

All psychic energy comes through such a mental enclosure. Now, we up to a point. You remember, I am contraction, along with other discus with the inner self, communication approached from one or the other different, and one is more often tried than the other.

所有灵性能量都经由这样的精神围场而来。现在，信你还记得我谈到了延伸和收缩以及其他关自己内心自我沟通，和与更深层次的自我沟通，可以从两种这些处理的方法是不同的。其中一种比另一种更常

I suggest your first break.

我建议你们第一次休息。

(Break at 9:26. Jane was dissociated, she said, but not to much de The neighbor's phonograph bothered her, she said, and so did the It was the first time she could remember that any outside influence themselves felt while she was dictating.

(9:26休息。珍解离了，她说，但程度不深。她说邻交通噪音也是，她说，这是她第一次在传记中记起这种影响。

(Jane resumed in a voice a little deeper but still with her very sl 9:31.)

(9:31珍用略微低沉的声音继续传述，速度仍然很

Now, it is only the initial approach that is different.

现在只有一开始的接手方式是不同的。

Extension of energy must have contraction as an after effect, and c lead to extension. Therefore, if you begin with the contraction of consciousness and energy, in the hope of finding contact with reality, then indeed will your consciousness, like a fist, open and expand. And if you begin with the expansion of consciousness, then will this expansion come crushing and closing

能量的伸展必然有收缩作为后效，而收缩会导致伸展。因此，如果你的意识和能量，希望达到与现实相接触的沟通，那么你的意识将像拳头一样收缩，然后开放并扩展。如果你从意识的扩展开始，那么这种扩展将会挤压和封闭

The end can be achieved in either manner. Concentration upon one limited, contracted object will reveal the universe to you. It said that within even the molecule there is a world of comprehension?

两种方式都可以达到目的。专注于一个微小的、有限的、收缩的物体，将会向你揭示宇宙。我不是说过吗？甚至在分子和原子的内部，也有一个理解的世界？

A mental enclosure cannot be seen or touched, yet no man is ever fr mental enclosure but that he is alone. Here is not a pressure, but a delicate, even precarious instability of pressures. creativity arises from an evenness of pressure, but in constant instabilities, ever seeking to achieve a balance.

精神围场既看不见也摸不着，然而没有人在精神围场里你寻求的不是压力的均衡，而是一种微妙的、甚至不稳定的压力。创造力不是来自于均衡的压力，而是在不断寻求平衡中。

This mental enclosure can be thought of as somewhat of a manufac from which all material manifestations come. The products that the form come through another entrance.

这个精神围场可以被想成有点像一个制造厂，所有的物质形态的制品从另一个入口进来。

I am going to make this a short session.

我打算上一节短课。

There are some good reasons for this. The outside distractions, fro for the first time it seems, are keeping Ruburt at a level of consci is not quite adequate for my delivery of the discussion that I had i

这有一些很好的理由。来自街道的外界干扰，似乎是第一次，这意识层次对于我原本想要进行的讨论是不

It may be significant that such distractions did not bother him unti they were supposed to. There is a reason also in that a deeper sta consciousness is sometimes needed when the upper level of his sub is concerned, as it still is since he gave notice at the gallery.

可能具有重要意义的是，这样的干扰并没有打扰到他，应该影响到他。这也有一个原因，那就是当涉及到要更深的意识状态时，他在画廊提出辞呈以来，

Usually we have little difficulty in achieving a deeper state in com Tonight however a really satisfactory state was not reached, consi rather difficult material I had planned to give you. A note here: Of experimentation on your own will benefit.

通常，我们在达到更深层的补偿状态上没有什么困难。今晚满意的状态，考虑到我计划给你们的资料相当困难。自己做实验当然会有帮助。

I will now bring the session to a close regretfully, and despite the copper so thoughtfully presented. Indeed, under most circumstances prove beneficial, although with all good respects for what you have would have to literally line the walls with copper in this room.

现在我将遗憾地结束这一节，尽管熏香和铜都这么周到地呈现。在多数情况下，它们可以证明是有利的，尽管对你们必须在这个房间的墙上铺满铜片才行。

The negative ions are of help, but only in the attempt to produce advantage in itself of help.

负离子是有帮助，但仅仅在这样的条件下，任何情况下都是有帮助的。

A most fond and regretfully early good evening.

一个最深情而遗憾的提前晚安。

("Good evening, Seth."

("晚安，赛斯"。

(End at 9:55. Jane was dissociated to some degree. The music from way had stopped sometime during the session, but the neighbor's noise continued to bother her. She said she felt excluded during such sessions in stating that she may have allowed Jane would try to avoid this pitfall in the future.

(9:55结束。珍解离到某种程度。从前面传来的音乐在某时停止，但珍说交通噪音继续干扰着她。她之前一直认为课程期间，应该排除外部的刺激因素。她说，赛斯说珍被打扰了，珍说她今后会尽量避免这个陷阱。

(Seth's reference to experimentation on our part involved a discus holding another "seance" involving Jane and Bill. We had hoped for such an effort but neglected to do so.)

(赛斯提到我们这方的实验涉及的是珍和比尔再举行一次"灵媒"会。我们本想为这样的尝试确定一个日期，但没有这么做。)

(This material is included here because it is rather lengthy and is in the next session.

(这段资料包括在这里，因为它相当长，在下一节

(Thursday evening, September 10, John Bradley visited us while on trip to Elmira for his company, Sea Hill Drug, and also to see 63rd session, June 17, 1964, Volume 2, pages 1 and 2 for John, stating that John's reference to a "seance" involving Jane which will affect his participation in that session.

(9月10日，星期四晚上，约翰·布拉德利来我们这儿，他在去埃尔米拉的途中顺道拜访我们。他是海德利公司的代表，顺道来看第63节，1964年6月17日，第2卷，第1和2页。赛斯给约翰的信中提到珍和比尔将举行一次"灵媒"会，这会影响他在那一节中的参与。)

(Tonight John told us that on September 2 he was meeting at his ho Williamsport, PA, with his district manager. John has in the past ap to date has not granted his requests. Searle Drug is beneath the surface are continuing, John informs us. John's district manager not too sure of his own job. Whether the meeting of September 2, time will tell.

(今晚约翰告诉我们，9月2日他在宾夕法尼亚州威廉姆斯波特与他的区经理开会。约翰过去曾申请调到西部，但从来没有批准。他的要求一直被搁置。赛斯在第63节谈过这件事。约翰告诉我们，这些动荡还在继续。约翰对自己的工作不太有信心。约翰的区经理对自己的工作也不太有信心。关于9月2日的会议，时间会告诉我们。)

(John also noted that he was keeping alert for any sort of trouble woman neighbor who lives three doors down the street from him. See mentioned this in the 63rd session. See John's map at the end of t

(约翰还说，他一直在警惕着与他隔着三条街的一个女邻居的麻烦。见约翰在那一节结束时的地图。赛斯在第63节也提到了这一点。)

(In the 84th session, September 2, Volume 2, pages 329 and 331, S that Jane was blocking "a picture(9月2日，星期四，《阿卡》第2册，第329和331页，赛斯说珍

entity. Without much thought Jane had given the name of Seth to the entity. It happened that the 84th session also fell due on September 2. So no "disagreement in a kitchen" was close by, " on September 2. So now, or precognition, with the actual date being blocked by Jane, or whether plain in error.)

利普尼是赛斯给的名字。发生的是，第84节课也是9月2日。因此，没有“在厨房里有什么争执”。还有一个核子在旁边。所以我们现在想知道这个期望被珍挡住了，或者珍纯粹就只是出错而已。)

SESSION 87 第87节精神围场,囊括的理解,梦解读

SEPTEMBER 14, 1964 9 PM MONDAY SESSION 87 THE FULL-EGO 9月14日 星期一 晚上9点 定期课

(On September 7 Jane had an odd dream. In it she was aware of an woman, but not of her personal presence, of 83 or 85. The old woman died, yet her last day was filled with activity and work. She was a, she passed from life to death with a smooth transition, continuing almost without interruption after death. Jane envied her greatly.

(9月7日，珍做了个奇怪的梦。在梦中她注意到本人的存在，老妇人有83岁或85岁。刚刚去世，和工作。她是充满活力的，她从生到死的过渡很顺利，工作非常羡慕她。)

(Then, Jane in the same dream found herself in an old persons home opened the door into a room containing full-sized beds, though smaller, bed. Jane's friend De Masters, who had been the gallery where Jane works, and who has been dead a long time, was doing something at an agitator-type washing machine, fussed with the machine, and a small quantity of water dropped floor. Jane then had the feeling that somehow she, Jane, was the who had died.

(然后，珍在同一个梦里发现自己在一间老人院面有一张双人床和另一张成年人用的床，但比较小。(Dee Masters)，曾经是珍工作的画廊的主管，搅拌式的洗衣机前做什么。珍也在忙着洗衣机，面。然后珍有一种感觉，她，珍，就是那个死去的)

(On September 9 Jane dreamed that she spoke to two sick men, say them, "Don't worry. The material is good." Jane also said the material, of course. Jane said the content in spite of its unpleasant content that indeed she spoke to the two wondering if the dream might be precognitive.

(9月9日，珍梦见她和两个病人说话；对他们说：“别担心。材料很好。”当然是指赛斯资料。珍说这个很短。它的内容令人不快，但她没有惊觉有危险或担心的。的话时，当愉快地相信这个梦是可能的。)

(Jane was also concerned because of what she considers the poor September 9, when she was so affected by outside conditions. She nervous before tonight's session, however.

(珍也很担心，因为她认为9月9日那节课很糟糕，响。不过今晚上课前，她并不紧张。)

(Over the weekend Jane's father and his companion Miss Elmira on their way to Florida for the winter. Jane wondered if tonight might deal with them, yet had no idea of its content. dictating in a voice somewhat stronger than usual, while pacing were dark.)

(上周末，珍的父亲和他的同伴，米娅(Miss Elmira)，过来度冬过佛罗里达。珍想知道，今晚的课是否会涉及到他们，但对其内容毫无所知。她开始用比平时更强有力的声音传述，同时踱来踱去。屋内黑。)

May I wish you a hearty good evening.

我衷心地祝你们晚上愉快。

("Good evening, Seth.")

("晚安，赛斯"。)

I have several items that I would like to cover this evening. And mention that I was ready to have a session last evening, conditions, and because of the woman's need.

今晚我有几件事要谈。首先我想说的是，昨晚我本有一节课，但由于这个女人的需要(注：指米娅)，有些状况。

She would have been helped, and I could have shocked her into her self-pity. The woman desperately needs help, and condition.

她本来会得到帮助，我也会让她震惊，让她放掉自助，而我本来可以处理好她的状况。

She would have benefited. I understood the reasons why neither of such a session. I was not calling one, but was willing to have the woman's need.

她本来会受益的。我了解你们两人都不想要这样一节课，但为了满足这位女士的需要，我愿意上

I would also have greeted Ruburt's father, but I was not invited graceful family circle. I would not be one to upset such a quiet woman, seriously, has found some comfort with Ruburt's father, but personality is in sore trouble, and exploits. I will not devote any this subject now.

我也想问候鲁伯的父亲，但我确实没有被邀请加入会是一个破坏这种安静聚会的人。这位女人，说真了安慰，但性格上有很大的问题，而且是爆炸性的。我现在不讨论这件事了。

Instead I would like to give you some more material dealing with enclosures. These are in some respects artificial and only partial formed, artificial and only partial enclosure which the inner self momentarily and temporarily as much psychic energy about it as it is capable of receiving withstanding. The mental enclosure in most cases is self-limiting represents a setting up of barriers on all sides but it is the ultimate purpose of intense concentration of energy, resulting expansion of this energy that has been transformed and pressurized speak, into new patterns.

相反的，我想要给你们些关于精神围场的资料。同的伪装，是种自己形成的人工的、只是部分的、内在的自己在其中暂时地、临时地聚集、保留和收集它灵性能量。在大多数情况下，精神围场是自己设限的。面所设置的障碍，只除了是个例外。但它的限制仅最终目的是从而导致这种已经转化和加压的能量入新的模式。

The side which is open allows free flow of energy from the inner se momentarily the outlet for this energy is blocked up. This holding gathering and collection without instant outlet is one of the processes involved not only in the construction of energy into any other form, and concerned, as I have mentioned, and pulsation disappear imperceptibly, even while they seem to give continuity to particular object.

未设置障碍的那开放的一面，让内在自己的能量自暂时被封闭。这种抑制，这种没有即时出口的汇聚程之一不仅涉及到将能量构建成物质，而且涉及态，它与我提到的暂停和脉动密切相关，因为原子天，尽管它们看起来似乎给特定物体以连续性。

You may consider a mental enclosure as a cube. The dimensions may vary with the individual, but as open or transparent, the line itself being drawn only for conven

你可以认为个精神围场在其最简单的条件下有点立方体。其尺寸会因人而异，但最后的一面将被表示为开放或透明，的线仅为了便利。

Into the cube then pours psychic energy. The front, like a gate, can open or close; and it pours into the cube. As energy pours into our cube it momentarily held within the enzymes help transform the energy into patterns, from which physical matter, can result.

然后向立方体中注入灵性能量。立方体的前面或最可以打开或关闭；它将向实体物质的外部世界倾泻。当它暂时被留在立方体内。精神酵素帮忙将能量转化中可以产生物质，即实体物质。

The front gates of our cube then open, freeing the transformed energy for the construction of matter and the subconscious gates. Even as incipient signals given by the way it brushes through the front gates represent our subconscious awareness of the physical plane, so to speak, and even shaped, finally, here.

然后我们立方体的前门打开，释放出转化的能量意识打开的信号代表物质的建构及其形态的许可即使是初期的物质流过最终的形态也是它扫过的方式，必须在这里诞生，至后的成形，都必须

The properties of matter have been assigned in the mental enclosure, as indeed the child is formed in the womb, but may be damaged in the act of passing.

物质的属性是在精神围场内被赋予的，也就是说被赋属性是被赋予的，正如一样，而婴儿在子宫里形成，损坏。

I suggest your first break.

我建议你们第一次休息。

(Break at 9:30. Jane was fairly well dissociated, and had no sense bothered by outside stimuli. However, as we sat, evening were closed, and the house itself was very quiet. She resumed in slightly heavier voice at 9:34.)

(9:30休息。珍的解离相当好，没有被外界刺激困个寒冷的夜晚，我们的窗户都关着；房子本身也非低沉的声音恢复传述。)

Now. Such enclosures are the innermost basis of any consciousness regardless of the type of consciousness. They could be said to represent even of the most minutes cell.

现在。这种围场是任何意识的最内在的基础，无论以说，代表了甚至是最微小细胞的内在灵性型态。

They represent the necessary pause, though this pause understand physical plane is unperceivable. Mental enclosures represent the psychic duration in which energy, to some extent and transformed, either forms.

精神围场代表了必要的停顿，尽管这种停顿在物质的物质平面是不可察觉的。然而，精神围场代表了一个灵性上的持续时间，能量可以在所有程度上被改变和转化，无论是形成物质的形式或灵性形式。

We have to some extent touched upon the various ways by which this carried out. The process is carried out so quickly as to seem simultaneous your plane, but the pause and resulting pulsation always present, enclosure is arbitrary, necessary and devised by the self. to limit the extension of consciousness, and yet it does not.

我们在某种程度上已经触及了这个过程进行的各种方式。这个过程进行的快，以至于在你们层面上似平是同时进行的，但之间的停顿和结果脉动总是存在，这种精神围场是任意的，也是必要的，是自己为了限制意识的延伸，但它并没有。

The dimensions of such mental enclosures are governed by the part of the particular consciousness to receive, hold and utilize, ability is more or less elastic; that is the ability can expand, and apply to it in a limiting manner.

这种精神围场的维度由特定意识的接收、保持和利用部分决定。这种能力或多或少是有弹性的，也就是说，这的规则可以限制的方式制约它。

Within it will be found the capsule comprehension of which we have earlier. This is an attribute of energy, so to speak, broken down or individualized way either lessened or simplified.

在精神围场内会发现我们之前所说的囊括的理解。这是能量的属性，即使当它被分解或个别化时，囊括的理解方式减弱或简化。

This point is extremely important. All consciousness, therefore, complicated psychic gestalt such as an individual cell or molecule, themselves mental or psychic enclosures, capsule comprehension which is an attribute of all energy.

这一点极其重要。因此，所有的意识，无论是复杂的心理格式塔，如单个细胞或分子，都在自身中形成了精神或心理围场，其中自然包含囊括理解，这是所有能量属性的。

And in this mental enclosure, also, the energy which is received is momentarily held and transformed and the record, you realize that when conscious ego, but rather to inner consciousness, distributed throughout material image.

在这个精神围场中，所接收的能量也会立刻被保留并变成其他方面。当你记录时，你会发现，当我们意识自我时，不是指内在意识，而是指分布在物质形成

I suggest your break.

我建议你们休息一下。

(Break at 9:55. Jane was dissociated as usual; her manner; her voice was normal now, her speech very slow. She resumed at 10:05.)

(9:55休息。珍解离如常。她以同样缓慢的方式继续；她现在声音正常，说话非常缓慢。10:05恢复传述。)

This capsule comprehension I call capsule comprehension since in comprehension of itself and its working as part of you may regard it as part of all energy, regardless of the camouflage it might take, or regardless of the camouflage it might form of itself.

这个囊括的理解力我称之为囊括的理解，因为对其自身及其运作的理解，你可以把它想成是你所有能量的一部分，也可以把它想成是所有能量的纤维或构成的一部分，无论它可能采取的特定形态或伪装，也无论它可能对自身形成什么伪装。

The comprehension of itself and its working as part of energy, a part of energy, cannot be therefore pointed out, and from energy itself, being a part and not a addition throughout energy, or within it, in much the same way distributed throughout or within, say, a particular personality.

对自身及其运作的理解，作为能量的一个属性，也不能被指出来，也不能与能量本身区分开来，因为它是能量的一个添加。因此，它遍布在能量之内，或能量之内，就像分布在人格，或遍布在其中，比方说，一个特定的人格。

The results of it can be perceived in the actions carried out by a personality, but as you cannot separate creative ability individual for examination, so you cannot separate comprehension energy.

它的结果可以在一个特定的人格所执行的行动中被但能力分离出来，或把它从一个个体身上拿出来检理解与能量分开。

Now. This comprehension, latent in all energy, piecemeal within individualized consciousness, as if it were condensed; and indeed into a capsule

现在。这种潜藏在所有能量中的理解，并没有在散碎的个体意识中完全呈现，就像它被浓缩了一样；而且，它确实是一个囊括的形式。

The comprehension is condensed, but the term capsule is merely one have chosen. All units of individual comprehension, and it represents which a mental enclosure, or self, and cannot be, than this.

理解力是浓缩的，但囊括只是我选用的一个词。个体的囊括式的理解，它代表着意识最微小的单位，也是一个心理围场，或自己，没有比这更小的单位了，也不可能有。

It is the ability of such a unit of consciousness to utilize dimensions of itself that regulate the effective self. You understand that about the other elements of self are constructed into physical environment. This process, in various fields, continue

正是这样一个意识单元，运用或创造自身的其他形神围场和有效的自己之维度。你们知道，围绕着这其他元素被构建，以及物质形象和它在物质环境中领域不断地进行着。

The entity, each entity, was formed in this manner, creations in terms of other personalities and their own psychic as well as physical being transformed within the mental enclosure, transformed into matter, but also into other constructions.

存有，每个存有，都是以这种方式形成的，然后物质，也就是其他人格，而这些人格又反过来创造其当我谈到能量在精神围场内被转化的时候，我提到它被其他的构建

Certainly all energy does not go into the physical plane, as you should know; dreams are not sterile, but also construct according to the nature

当然，不是所有的能量都进入实质的物质建构，即该知道；我在过去曾提到，梦也是会繁衍的，也会

properties.

建构。

I will here mention Ruburt's dream, in which he spoke reassuringly who were ill with cancer by telling them that this material said tha cancer.

我在这里要提一下鲁伯的梦，在梦里，他安慰两名这个资料说他也患有癌症。

This dream is a sequel to another, in which Ruburt was aware of th old woman who was a medium, and I will need to explain the first d the earlier one, to make the other dream comprehensible.

这个梦是另一个梦的续集，在那个梦中鲁柏注意到广，我需要解释第一个梦，也就是先前的那个梦，

In the first dream Ruburt remembered his earlier death. He was a w medium in Boston, dying at 82 or 83 of cancer. He was not afra death, knowing its true nature, and in the surrounding rooms there people. Two in particular were mediums, dreadfully afraid of death, and cancer.

在第一个梦中，鲁柏想起了他先前的死亡。他曾是波士顿的一名灵媒，82或83岁死于癌症。他当时并不害怕，死亡因为知晓其真实本质，房间里还有其他人。其中有两位是男性，非常害怕死亡，也害怕癌症。

(See the details of Jane's dreams detailed on page 5. For more de immediate past lives of Jane and Bostonians before the Civil Wa 59th session, Volume 2, page 140. Our relationship with Dee Maste mentioned by Seth in this session, is also dealt with briefly in the

(珍梦境的细节，见本节课的第一段。关于珍和我们顿的更多资料，见第一册第59节。塞斯在那次中关系，)

In Ruburt's second dream he experienced no feeling of dread when having cancer, because at the time he was not afraid. He One was a shipyard worker. One was a lawyer. One was a la trouble he died poor.

在鲁伯的第二个梦中，当他说到自己得了癌症时，他并不害怕。他安抚了那两个人。他一个是造船厂师，但由于麻烦，他死的时候很穷。

The second dream was brought on by the memories subconsciously r the first dream, and the whole memory was triggered by the fact that Ruburt had in the present, so to speak, been on his mind, brought to his conscious mind difficulty as being a cancer symptom.

第二个梦是由第一个梦中的记忆在潜意识中释放的，整个记忆是由鲁柏目前的几经有一些问题而释放的，这是他意识心思想到这种困难可能是一种癌症症状。

He threw this thought back to his personal subconscious, but by as triggered memory of a previous death by cancer which was then pl through the dream. But even then he reassuring dream, he was aware that the woman worked and was constructive and also that she passed the transition with little personal jolting

他把这个想法扔回了他的个人潜意识，但通过联想亡的记忆，然后通过梦境回放。但即使如此，那个在第一个梦中，他意识到那个女人一直在工作的，而且她在过渡期没有受到什么个人的颠簸。

It was only after this dream that the knowledge that the woman had cancer was allowed to emerge. The fact that Ruburt experienced, in or following it, no sense of either a premonitory or prediction that the dream was not clairvoyant in terms of a future predictio

只有在这个梦之后，那个女人死于癌症的认知才被所经历的，或梦境之后所体验的，既没有命中注定这是一种提示，就预测未来而言，这个梦并不是遥

He became worried about the dream only much later, because many dreams have been clairvoyant in that fashion, and he wondered ther distinguished this dream from the others.

他后来才开始担心这个梦，因为许多其他的梦都是这个梦与其他的梦有什么区别。

I — do you want a break?

我——你们想休息一下吗？

("Yes.')

(“是的”。)

I will continue this after.

我之后会继续说这件事。

(Break at 10:40. Jane was fully dissociated once again, far out My writing hand felt little fatigue, but I asked for the break because might want it. She said she felt fine, she resumed in the same nor 10:47.)

(10:40休息。珍完全解离一次，再远。如她所说的，有点累，但我要求休息，因为我认为珍可能想休息。她说她感觉很好，用同样的方式继续传述。)

The men, reassured by Ruburt in the dream, appeared without being although the original event of the death was the cause of the distortion of the personal subconscious, and also the two dreams.

在梦中被鲁柏安慰的两个人，看起来不老了，但前不过是个人潜意识的扭曲，使两个梦看起

On a conscious level, even though Ruburt remembered the dreams, there s be nothing to connect them. This is a point which sometimes inclination of the subconscious to block out such knowledge.

在意识层次上，即使鲁柏记得这两个梦，但似乎没这和潜意识有时候必须挡住这类知识的倾向是一致

A point here: It is not understood at all that the uppermost or pers the subconscious is concerned with a point of view and a position of the conscious ego. Its self-imposed limitations and ego.

这里有一点：人们根本不理解潜意识的最高层或自我的传播制约和地位，它的抑制措施是为了自我

I will not extend this session for any length of time. You will find your dreams will further your inner knowledge, and also in the outer world. I suggest you keep your dreams in a journal possible; and that copies of dreams be placed on the table before sessions.

我不会延长这节课的时间。你会发现，对你的梦的认知会使你在外部世界的路更容易走。我建议你在可行的情况下把梦记录在日记本上，并且把梦的副本放在桌子上。课前

There is also a reason why Ruburt saw the former gallery administr woman dream, immediately after he perceived the old woman dead mentioned that this woman was known to you in previous lives. It is that Ruburt saw her. However, the elements of the dream were and he saw the woman in the form with which he is familiar with he The washing machine that he saw is an excellent example of subcon knowledge distortion and fabrication.

鲁伯在梦中察觉到老妇人死后，为什么立即就看到有原因的。我提过这个女人是你前世认识的人。正看到她。然而，梦中的元素是他看到的，他看到的样子。他看到的洗衣机是潜意识知识扭曲和编造

He was bound up with you in the past life and what he did not knew much, he has picked up telepathically from you since the was machine was a visual distortion of the idea of a ship, which he int tub. And from tub he leaped to washing machine, filled with water.

他在前世与你结缘，他当时不知道的事，他其实知晓应的方式得到了你，因为洗衣机是一艘船的概念的缸，而从浴缸他跳到洗衣机，里面装满了水。

This referred to a ship instead on the water at a time when you Atlantic and came to Boston. In the dream the tub or washing but only briefly. This referred to a ship. This event, you notice, is even further back in time; and the was also, though not so far back in time.

这指的是在水面上的一艘船，当时你横跨大西浴缸，或洗衣机漏水，但只是短暂的。这指的是在船到的这件事，你注意，在时间上是更早以前的事；而船没有那么久远。

The dream sequence for that group of days involved perception, fir actual previous death, and then leaped back to earlier events. The purpose of the overall nature had to do with the approaching winter and the ever symbolic death that it suggests.

那几天的梦境顺序涉及到感知，首先是鲁柏在前一晚上将她跳回了更早的事件。整个序列的目的是将到来的冬天和它所暗示的象征性死亡的内在反应

On one level then Ruburt was psychically anticipating winter with i

and he involved you in his concern.	在某一个层次上，鲁伯在心理上预见到多年的纠缠，梦中说，你参与了这个问题，就
yet lived again, and that as you would the basic selves always survive.	虽已死亡，但又活了过来，一样，基本的自己也会一直存活下去。
At the same time the more nearly conscious worries present in every	同时，鲁伯在对癌症的担忧中感受到，存在于每个
felt by Ruburt in his cancer concern, and the dream said, You have	人的意识层次上的担忧，梦中说：你已经死于癌症，它不会再发生。
of cancer, it will not happen again. So the dream had meaning on	
levels.	含义。
There is no point in giving you a superficial analysis, since dream	给你一个肤浅的分析是没有意义的，因为梦通常传
impart knowledge that can be utilized by the whole personality.	递一个能被整个人格所利用的知识。
consciously the information perceived and filed by the conscious	尽管有意识地被感知并带入意识层次的信息，但潜意识的知识并不被自我理解，但它还是会被整个人格所利
subconscious may not be at all conscious to the ego, but it is	
utilized by the whole personality.	
I will here close the session, and I will also say that you may have a dream.	我将在此结束课程，并且我也说你们可能有个好梦。
(“Good night, Seth.”	(“晚安，赛斯”。
(End at 11:15. Jane was once again far-out, losing track of the	(11:15结束。珍再一次处于神游状态，失去了对资料的
material. We had barely begun to dictate material when she began	记录。我们刚开始口述资料，她突然开始传述，而她就坐在我对面的
dictating again while sitting opposite me. 11:18.)	时候。11:18。)
I would add one remark. In the dream, Ruburt said, the material told	我想补充一句。在梦中，鲁伯说资料告诉他，他得
had cancer, because in a previous life he had clairvoyant knowledge	通过他的通灵能力，对他未来的疾病有千里眼的
through his psychic ability, of his future disease, and since this has	才通过这份资料被揭示出来，所以你可以看到其中
only lately come to light with this material, you can see the connec	
(End at 11:20.)	(11:20结束。)

SESSION 88 第88节潜意识的各个层次

SEPTEMBER 16, 1964 9 PM WEDNESDAY	1964年9月16日 星期三晚上9点
(At 8:50 this evening Jane had no idea what the session would	(今天晚上8:50珍对今晚的课程内容毫无所知。她
She was very tired, in fact more so than she had hoped, and she	很累，而且她希望能有一个短课。她没有告
short session. She did not tell me because she did not want to dis	诉我，因为她不想让我失望。)
(In line with the material of the last session Jane had been studying	(根据上节课的资料，珍一直在重新研究她的梦笔
notebook with renewed respect, and I had resolved to begin one with	记本，我决定开始口述一个，对她做什么。珍准时开始传述，她的传述起初很慢，
doing anything about it. Jane began dictation on time; her delivery	然后加速；她的节奏也很慢，她的眼睛像往常一样黑。)
first, then speeded up; her pacing was slow also, her eyes dark as	
I will now say good evening.	我现在要说晚安了。
(“Good evening, Seth.”)	(“晚安，赛斯”。)
You should keep track of your dreams. Jots in the dreams, after	你应该记下你的梦。梦中的笔记，经过分析后，可
be used from them, after analysis, to impart knowledge that can	以用来传授知识，这种知识可以被整个人格所利
utilized by the whole personality.	
All dreams are not clairvoyant. As there are levels of unconscious	所有的梦都不是遥视。由于无意识或潜意识有许多
consciousness, so do each of these levels have a certain degree of	的活动层次，并根据不同程度的潜意识来转译、象征和
translate, symbolize and often distort valid data according to the	透过这些潜意识层得以浮现。
degree of sub-consciousness through which the data were able to e	
What psychologists speak of as association is definitely an important	心理学家所说的联想绝对是一个重要的心理特征。
psychological characteristic. What psychologists do not understand	心理学家不理解的是，在深层次的潜意识活动中的联想可能源自内在
that in deep levels of subconscious activity associations may spring	的经验。
inner self’s latent knowledge and experience of past lives.	
There are of course peculiar sets of associations that have been c	当然，有一些仅在此生汇集的特殊联想，但即使在
this existence only, but even among associations that seem to be	此生中，也有一些联想，通常是关键性的联想，来自先
existence there are those associations, usually key associations, f	前的存在，这些联想与现在的联想合并在一起。
existences which merge with those of the present.	
The topmost layer of the subconscious contains predominantly pres	潜意识的最表层主要包含今生的联想，但在这些联
associations, but in these are mixed and interwoven associations w	想中，混杂和交织的联想。这些可以称为自己统一（self-unifying as sociati
their origin elsewhere. These may be called self-unifying associati	联想，仅仅因为它们就在潜意识最上层的存在，它们就提供一种统一的感觉。
merely by their presence in the uppermost layer of the subconscious,	在潜意识最上层的存在，它们就提供一种统一的感觉。
provide a unifying sense of psych. For one thing, there are basic	此外，无所觉察的基本差异，个体的人格在不同的转世中存
aware. For one thing, there are basic similarities between an indiv	在。一方面，在不同的存在中，个体的人格在不同的转世中存
personality in various existences, so that quite naturally many ass	自然地会出现许多相同性质的联想。
same nature will arise.	
When I speak of levels of the subconscious I do so only for simpli	当我说到潜意识的层次时，我这么说只是为了简单
since there is after all no top or bottom to the mind, but only a pr	明了，毕竟没有顶层或底层这回事，而只是一个心理的焦点（point
focus from which viewpoints may be taken, and new perspectives fo	从这个焦点出发，可以采取观点（viewpoints），并形成新的视角（perspec
theoretically possible, for example, to change the focus to a vie	tives）。例如，在理论上，改变焦点，就像回到两世之前一样，然
were two lives back, and look upward from that perspective to the	后从那个视角向上看。
The ego cannot so change its focus, but the inner ego of which we	自我不能如此改变其焦点，但我们所说的内在自我
is indeed the self that dreams, and is the whose experiences when	才是真正做梦的自我，而且是我的“我”睡着后仍在经历的那个“我”。
sleeps.	
When hypnosis is more clearly understood and used, and when certa	当催眠被更清楚地理解和使用时，当某些其他心理
psychological devices are discovered, it will then be possible for	学设备被发现时，这种方式将改变焦点，并通过心理测试发现人格类型
such a manner, and through psychological testing discover the pers	的个体类型。
the individual types who dwell in various stages of the subconsciou	
These various stages of the subconscious represent what was once	这些潜意识的不同阶段代表着曾经的个体之有意识
conscious ego of an individual, left now almost like archeolog	的自我，现在几乎像活生生的考古学遗产，现在的个体可以从中汲取
from which the present individual may draw both knowledge, psychic	知识、心理平衡。
and balance.	
What was once the subconscious of these individuals is once more	曾经是这些个体的潜意识再次与内在的自我结合，
inner ego, which always represents the true individual, and these	而这些个体根据他们自己的能力和欲望进阶。
according to their own abilities and desires.	
I now suggest your break.	我现在建议你们休息。

(Break at 9:25. Jane was dissociated as usual. Her delivery was voice but a little heavier than at the start of the session. She res same manner at 9:30.)

(9:25休息。珍像往常一样解离，她现在的语速要些，9:30她以同样的方式继续。)

Like the fossilized layers within the physical earth, so do the subc layers hold intact the traces of a very ancient past. A fossil can be eras of time may be deduced through the study of fossils. In the rock, so can the time and place of the origin of the layers of the subconscious.

就像实体地球里的化石层一样，潜意识层也完整地保存了古老的过去。化石可以通过研究实体化石的时间和地点也可以通过研究潜意识层来推断。

The personal present subconscious could be compared, using this a the topmost layer of soil dealing with the presents. Through roots of living emotions and desires, it may be deemed that be found the nutrients and seeds of those desires. In the subconscious hold then, first of all, those conscious, unrealized needs and desires; and under these those more deeply buried, even backward to birth, even as the loose, dry autumn leaves still contain earlier pigment.

用这个类比，人格现在的潜意识可以比作当前土壤的最上层。通过触及活生生的情绪与欲望的根源，就在这层类比，人格现在的潜意识中，首先是这些欲望的养分和种子。潜意识的意识的，只是在表面之下的需求和欲望；而在这些埋藏得更深的，则向后回溯到出生，即使是散落的干枯秋叶仍

The second layer, still of the personal subconscious, contains thos most deeply feared for personal physical well-being. These frequently arise as in an earthquake, so do those that have ego.

第二层仍然是个人的潜意识，包含了那些最为个人身体安危而深深恐惧的东西。这些东西经常出现，就像地震一样，那些像地震一样经常出现的东西会打破自我。

Beneath this layer, in a third subconscious level still dealing personality, lie those possibilities of development which have were not sufficiently strong to send up seeds to bloom in the sun o ego.

在这层之下，在第三层潜意识中，仍然涉及到自我的可能性，这些可能性经常无法有足够的力量的阳光下绽放。

It is from this layer that so-called secondary personalities may so usually due to one of the psychic earthquakes mentioned earlier. A earthquakes cause lava to boil up seemingly from the core of the some secondary personalities in their explosive emergence bring with debris from other levels of the subconscious often personifying the the guise of those buried and frightening fears that have, until the vehicle for expression.

正是从这层开始，所谓的第二人格有时会出现。灵性地震引发地震导致岩浆似乎从地球内心格在其爆炸性的出现中也会带来潜意识其他层面的可怕的恐惧为幌子将自己人格化，直到那时，才找

It is also possible that these secondary personalities, emerging, g buried abilities and benign constructs that have been the heavier fears that weighed them down. This division of what we may call the personality accounts for a small dimension of the most easily accessible portions.

也有可能是这些次要人格的出现，以当前人格获得构能力，这些能力被埋藏在更深重的恐惧之下不层次代表了我们可以称之为自我的潜意识的最自己的一小部分，只由最容易接触的部分组成。

There are methods, some of which you know, that make entry into th comparatively easy. Before I continue, I shall give a brief hence into a following dissertation, according to their origin in these statement.

有一些方法，其中一些你知道，使进入这些层次相层次，并接着论述，根据这些层次的起源来之前，我要先做一个简单的、相关的声明。

The beneficial or detrimental effect of the emergence of secondary must and may be judged by its effect for good or bad on the dom personality, for in your existence the dominant personality is nece be maintained in an authoritative position, to deal with the physic

次要人格出现的有益或有害的影响，必须并且可判断，因为在你的存在中，主导人格是必要的地位上，应对物质世界。

(Now Jane smiled. With one foot up on the chair, she spoke in a most amused voice.)

(此时珍笑了。只脚踏在椅子上，倾身向我，

I do not represent such a secondary material for your edification when I am.

我并不代表这样一个次要人格。然而当我在你认为资料时，我将会参考。

This phenomena is more common however than you would suppose, th unfortunately in many cases the secondary personalities buried fears and fantasies that are not only this, but because they are forcibly and sometimes with more so that they are in a position to dictate terms to the dominant pers

这种现象比你以为的要普遍，但不幸的是，在很多情况下次要人格代表了被埋在心底的恐惧和幻想。不仅如此，而且因为它们是被强迫地释放出来的，有时比现在的人格所能承受的力度更大，这样它们就可以给主导人格下达条款。

The secondary personalities in such cases are, you see, of a whole of powerful unified subconscious. You see, in such cases, the personality, or the personality so formed, has in many cases, and is set upon by those diverse environment.

你看，在这种情况下，次要人格是一个整体强大的、统一的潜意识，主导人格或到目前为止，长期以来一直遭受着、被各种各样的社会环境强加给它的那

I suggest your break.

我建议你们休息一下。

(Break at 10:00. Jane was dissociated as usual. She appeared tired before the session began, so I suggested that we take a hand felt no fatigue as yet, although it had been a rather fast sess

(10:00休息。珍像往常一样解离。虽然她在这一次会开始前显得很疲惫，我建议我们先休息一下。我手上还感觉得到，尽管到目前为止，这一次会话进行得相当快。)

(Jane resumed in a normal voice at 10:40.)

(10:40珍以正常的声音恢复。)

Such personalities, that is such secondary personalities, do not re incarnations therefore, although some of the qualities may originat life.

这样的人格，也就是这样的次要人格，并不因此就是前世的化身，尽管一些品质可能源于某个前世。

Such secondary personalities in many cases will often mask themse adopting for a while moral posture. These such secondary personality; but these will be so to mask themselves; but as further insinuates itself.

在很多情况下，这样的次要人格往往会通过暂时采取道德姿态来掩盖自己；但随着次要人格的逐渐入侵，这些

If I were such a secondary personality for example, I would have lo discarded any semblance of concern for the patterns of which I would have be themselves.

例如，如果我是这样一个次要人格，我早就抛弃了表面关心的模式，我本来会构成的恐惧模式也早就

Nor would any intrinsically valuable information have come through course Ruburt had no strong, utilized the opportunity to act as a benevolent secondary personality which indeed, act as an outlet for abilities that the dominant ego has been unable to use.

也不会有任何本质上有价值的信息传过来。当然，利用的创造性出口，因为很多时候，作慈的第二人使用的创造能力的出口，作为一个

Here for the moment we finish with the idea of the subconscious. We

直接的个人潜意识。我们暂时结束到这里。潜意

Now, since we are thinking in terms of a geological layer, we will try to express ourselves along those lines. So if you begin to examine your subconscious you will find upon examination either through hypnosis or association, a layer dealing with the period before this life, and a layer before this one.	现在，既然我们是以考古学的地层来思考，我们会尝试沿着这些线条来表达自己。所以，如果你开始检查你的潜意识的话，通过催眠或应用联想，你会发现，在检查之前，你会找到一个涉及到今生之前的时期的层，以及前一世之后的层（中阴层或滞留层）。
Since this period was to some degree at least free of camouflage, communication can be received dealing with the entity's knowledge of un-camouflaged reality. From this undifferentiated gap or experience of camouflage existences, valuable information may be received dealing with reality which exists behind, and independent of, matter.	由于这个时期至少在某种程度上没有伪装的，从自己的知识，和未被伪装的实相的交流。在伪装存在的间隙中，可以接收到有价值的讯息，处理存在于物质背后的实相，和独立于物质之外的实相。
From this focus position communication may be set up between the essences no longer in the physical and those still in it are able to remove focus from the general to the particular, this focus point then that communication between what is termed the dead may take place.	从这个焦点位置可以建立起不再在物质场中的人格本质之间的沟通，前提是仍然在物质场中的人还能将焦点从一般转移到特定的层次。正是从这个焦点开始，通过这个特定的层次，才可能发生。
The necessary focus point may be achieved through trance, hypnosis, hypnosis, or through certain other disciplines. It may happen spontaneously when a severe emotional reaction is set off, through external circumstances. What Ruburt has read in the past along these lines is partially correct.	这个必要的焦点可能透过出神、催眠，或自我催眠，或透过某些其他的纪律。当严重的情绪反应被触发时，它可能会自发地发生。由外在环境所引发。鲁伯特过去在这些方面所读过的东西是部分正确的。
Emotional outbursts or reactions do cause chemical conditions and chemical conditions can facilitate such communications. However, that as a rule the communications cause the chemical reactions rather other way around.	情绪的爆发或反应确实会引起化学状况，而某些化学状况可以促进这些沟通。然而，这一事实是，作为一项规律，是交流导致了化学反应，而不是反过来。
On a particular level however this makes little difference, because communications are carried on constantly at subconscious levels, so reaching ego awareness, so that individuals are able to remove focus and underline subconsciously conditions, the ego, such communications when since these chemical changes also occur, on a practical level happen. These chemical changes will result in clairvoyance or telepathy conscious. When the proper focus communications will result in rapport between the living and that personality essences, or so-called dead, who are still at least psychically connected with life on your field.	然而，在一个特定的层次上这并没有什么区别，因为沟通是在潜意识层次上持续进行的，很少到达自我意识，所以个人能够主动地移开焦点，并强调潜意识的状况，自我，这样的沟通，当这些化学变化也发生时，在实际层次上，这些化学变化将会发生。这些化学变化将导致千里眼或灵感应，在某些情况下变成有意识。当适当的焦点被调整时，这些沟通将会导致活人与死者之间的沟通，和人格本质，或所谓的死者，他们至少在精神上与你的领域保持着心灵上的联系。
I suggest your break.	我建议你们休息一下。
(Break at 10:32. Jane was far-out, fully dissociated. She said that she was ready to continue. The pace had been quite fast. I was beginning to feel it. Jane resumed in the same normal, if rather fast, manner at 10:40.)	（10:32休息。珍出去很远，完全解离。她说，赛珍已经准备好继续。步伐一直很快。我开始感觉到了。珍以同样的正常，虽然有点快，方式恢复了10:40。）
Obviously people vary in their ability to change their point of focus, many have difficulty in changing it at all. Some because of extreme self-absorption, feel communication with the inner self, feel subconsciously secure, enough to focus spontaneously, as one might listen to one radio station and still retaining knowledge of the basic I who listened.	显然人们在改变焦点的能力上各不相同。许多人很难改变它。有些人因为极度的自我陶醉，感觉与内在自己的沟通，在潜意识上感到安全，足以自发地改变焦点，就像一个人可能听一个电台，然后仍保留听的人的基本我的认知。
This is entirely within Ruburt's natural ability. However control in this life made his abilities late in showing themselves, and now confidence must be given before he can spontaneously adapt himself.	这完全在鲁伯特的自然能力范围内。然而在这生中控制迟迟不能显示出来，现在必须给予信心，他能自发地适应自己。
His ego would have been in great danger, a direct intuitive self, because of the necessary mechanism against the most difficult and threatening aspects of his mother's	他的自我原本会处在很大的危险，成为他直觉的自我，因为必要的机制来对抗他母亲的最困难和威胁的方面。
As it is, he does not have sufficient inner confidence to give reign for changing his focus point. It was that saved him from becoming a must adopted such a stone-like ego, then circumstances, since his strong have shattered the stone image.	事实上，他没有足够的内在自信来支配他的能力，以改变他的焦点。是这样的方式拯救他免于成为一个必须采用这样石头般的自我，那么在这种情况下，因为他强烈的自我造成的冲击，最终会粉碎石头的形象。
Finding you Joseph, as a partner, also helped deliver him from such a partnership, finally used his psychic abilities in any case, but they would have conditions been tools, or used as tools, personal subconscious ways, shattering beyond repair the unity and integrity of the perso	找到你，约瑟，作为伴侣，帮助他从这样的伙伴关系中解救出来，最终使用了他的灵性和性能力，在任何情况下，他们会成为工具，或者以个人潜意识的方式被使用，粉碎了统一性和完整性，无法修复。
Beneath this undifferentiated subconscious layer we will find and can find through testing and hypnosis, successively with each previous existence, and separated by a layer lives that is, again, undifferentiated.	在这个未区别的潜意识层下面，我们会发现，并通过测试和催眠，由记忆组成的潜意识层，依次处理每个前世，分开，这个层也是未区别的。
Historical knowledge and verifications of identity—identities—may through communication with those at a lower levels of the subconscious lives. But no information may be gained from the previous personality as a particular previous personality as a focus point, looking back to these levels as a focus point, but this is unusual.	本人身份的历史知识和身份的验证——或身份——可通过与潜意识较低层的人的沟通而获得。但没有信息可从前一个特定的前世人格获得，因为没有人知道有关特定前世人格的信息，将这些层作为焦点回顾这些层，但这是不寻常的。
Communications that give valid information concerning the reality camouflage world must be attained through one of the separating layers between lives.	带来伪装世界之下的实相之者效讯息的沟通，必需透过一个分开生命之间的层来获得。
At the bottom so to speak, will be found a layer of the subconscious racial heritage, concerning the dim past, a heritage dealing with a comprehensive matter before the physical evolution of the self within its mental enclosure, and its psychic energy to form the first minute physical materials which all other physical constructions then flowed.	在底层，如果这样说，会发现一层涉及种族传承的潜意识层，关于遥远的过去，一个关于人类实相的遗传物质的理解，接着是在它的精神围栏内的自我，和它的灵性能量，形成第一个最微小的物质，从此开始，其他所有物质结构都由此流出。

These sessions come from, or are we could say through, or are using terms of succession, from the limitations of Ruburt's personal consciousness.

这些课来自于，或者说是通过时间途径获得，因为我们可以称之为从属关系的术语，从属于鲁伯特个人意识的局限。

Without his blocking therefore, he would have access to the previous three lives that he has lived, and in detail. And he is strong enough to have access to your previous three lives, since he picks up much information from you telepathically.

因此，如果他没有阻挡，他能接触到他活过的三个前世，并且细节清晰。他的能力很强，他也可以接触到你的前三世，因为他从你那里接收到很多信息。

I suggest a brief break, and then we will resume, for I will continue with the material that I am leading up to when I am given in this session.

我建议短暂休息一下，接着我会继续这段时间内将不会在这节给出的材料。

(Break at 11:05. Jane was dissociated as usual. Her voice was a little weak at the close of the delivery, though she said she did not feel very tired. Her hand was fatigued however. Jane resumed in the same manner at 11:15.)

(11:05休息。珍像往常一样解离，她的声音在传达结束时有点微弱，她说她不觉得很累。不过我写字的手有点累。珍以同样的方式继续了11:15。)

These so-called layers of the subconscious, however, are not really layers, but part of the spacious present.

不过，这些所谓的潜意识层，根本不是真正的层，而是广阔现在的一部分。

Actually, all of these previous lives and this one are taking place at the same time, but this idea cannot be comprehended on a conscious level.

实际上，所有这些前世和今生都是同时发生的，但这个观念无法理解的意识层面。

The Frank Watts material represented communication on the first level of undifferentiated fields. Both Ruburt and I are using the data of our own experiences. According to an individual's ability to use the data, so that it encompasses realities and in this Ruburt has come far. Ruburt has gone to Chicago to give a talk to the Chicago chapter of the Caesar's. "Give unto Caesar's" is a good one. You are better acquainted with both phrases than either of you.

法兰克·沃茨的资料代表了未区别的场域交流。我们正在使用自己的经验数据。根据个人的能力，和发展他可以改变自我的关注越来越远的现实相，在这一点上，鲁伯特已经走了很远。鲁伯特去到芝加哥给凯撒俱乐部的分会做了一个演讲。“给凯撒的东西”是个好的说法。你俩都比任何人更熟悉这两个短语。

(Jane delivered the above tidbit in a high degree of dry humor.)

(珍以高度的幽默传达了上面那一小段话。)

In other words, Ruburt's ego should be and is properly concerned with development and progress in the inner ego which is intuitional and guides his books are written; and I expect to appraise what we have done here, with the suggestions to you that I might make in our sessions, I know I can be of better advantage, through examination of our material, of its validity.

换句话说，鲁伯特的自我应该，并且适当地关注内在自我的发展和进步，这个自我很关键，是他直觉的自我，给他的书指引方向。我期待给你们俩和你的自我建议，我会批判性地评价我们在这里做的事，以及意识到我可能向你们提出的建议。我知道我在课程中也应该得到善用，我知道只有当他的自信和有效性时，这种情况才会出现。

This is as it should be. It is only because his abilities and his faith in you are so strong that we can put the material to the test and have it freely accessible to the use of his own abilities as time goes by.

这也是应该的。只是因为他的能力和他对你的信心很强，我们才能对资料进行测试，随着时间的推移，他将更加自由地使用自己的能力。

I am suggesting that psychological time experiments be again adopted when both. Ruburt has great faith in such experiments when they are such when he knows I am not connected with these experiments. The next season in this respect. When our next session arrives, we will discuss furthermost level of the subconscious from the present ego, the particular advantage of the undifferentiated levels, and at least begin a discussion of dreams and the types of dreams that spring from the various levels.

我建议你们两个继续进行心理时间实验。当这种实验与这些实验没有关系时，鲁伯特对这种实验就非常有信心。下一个有关这个方面的季节。当我们下一节课到来时，我会讨论潜意识的最远层次，从现在的自我，区别的层次特有的优势，并至少开始讨论梦和从不同层次出现的梦的类型。

I wish you now a fond good evening.

我现在祝你们有个美好的晚安。

Dear Joseph, when I spoke of your overall vital psychic reserves, I did not mean that I overlooked your very severe back trouble, and Ruburt's general health was, believe me, excellent. If you will remember your severe back trouble, and Ruburt's which has recently ended, you will be able to see what I meant.

亲爱的约瑟夫，当我说你的整体灵性储备都很好的时候，我并不是说我忽略了你的背痛问题，而且鲁伯特的整体状况都很好，好的很。如果你还记得你之前严重的背痛，那你应该能够明白我的意思。

I expect reasonable criticism, indeed I enjoy it. But pity me, I say, not the most ungrateful. And now, old friends, you may call it an evening, or anything you like.

我期待着合理的批评，而且很享受这种批评。但那时候我不知好歹。现在，老朋友们，你们可以称它为晚安，或随你们怎么称呼它什么都行。(译注：youmaycallitanevening 他的幽默)。

("Good night, Seth."

(“晚安，赛斯”。

(End at 11:31. Jane was dissociated as usual. She ended the session with a touch of heavy humor. She was now quite alert and remarked that for the session was in the start of the session, she had to be out of her way give any session at all My writing hand was also tired.)

(11:31结束。珍像往常一样解离。她用一句幽默结束了这节课。她现在相当警觉，并说，就她在课程开始时的状态而言，她本应该离开我的道路，否则根本无法上课。我写字的手也很累。)

SESSION 89 第89节业,不是以牙还牙,路易的私人课

SEPTEMBER 19, 1964 10:10 PM SATURDAY AND SUNDAY SEPTEMBER 19 AND 20 JANE SPENT VISITING BROTHER WILLIAM RICHARD AND HIS WIFE IDA, MOCHESTER NY. BILL HAS AS CUSTODIAN OF THE SECOND CARBON OF THE SETH MATERIAL. JANE AND I MADE IT A POLICY TO HAVE A CARBON OF ANY WRITTEN MATERIAL — POSSIBLY SEPARATE HANDS OUTSIDE OF OUR HOUSE, AS A PROTECTION AGAINST LOSS FIRE, ETC. 10:10 临时课

(Saturday and Sunday September 19 and 20, Jane spent visiting brother William Richard and his wife Ida, Rochester NY. Bill has as custodian of the second carbon of the Seth material. Jane and I made it a policy to have a carbon of any written material — possibly separate hands outside of our house, as a protection against loss fire, etc.

(9月19日和20日，星期六和星期日，珍和我去看我弟弟威廉·理查德(William Richard)(注：比尔是负责赛斯资料第二副本的保管人。珍和我同意的资料—散文、诗歌等写作的—应有副本交给我们家以外的人，以防意外、火灾等造成的损失。)

(We had not asked that Bill follow the material from session to session that it was for him to decide when to give it to us. We were therefore pleasantly surprised to find that Bill had read a few sessions of the material; and while not hostile to the material, he did not have a strong belief in it — an attitude Jane and I much prefer to blindly undertaken.

(我们没有要求比尔照着资料一节一节的读，觉得应该由他来决定何时给我们。因此当我们发现比尔阅读了一些资料时，我们很高兴。虽然对资料没有敌意，但也没有强烈的信念——珍和我宁愿采取怀疑态度，而不是盲目地抱着任何目的盲目地开始。)

(Ida's brother, Louie, had also been following the material somewhat thoroughly, and he visited the four had more experience than Jane or I. We will be with E.S.P. and the sensitive. Louie 路易(Louie)也一直在关注这些资料了。我们四个人在超感官知觉活动方面比珍和

of conversation the question of Jane's session might be. Jane had
somewhat surprised, not anticipating any such idea. However, we
quite welcome to Ida, Bill and Louie only out of curiosity Jane
try to hold one.

(珍提出了这个问题：珍今晚会开一节课吗？我们有点惊讶，没有预料到这样一个想法。然而，当我们和伊达、比尔和路易都非常欢迎有这么一节课，就算只是出于好奇，珍也会尽量开一节课。)

(We sat in the fully lighted living room. I held on my lap a sheaf o
had my pen handy. Jane sat quietly in a corner. We exchanged ideas on the subject
an active day traveling and visiting, we had no inkling of any possible subject matter.

(我们坐在灯火通明的客厅里。我在膝上放了一摞纸，笔在手边。珍安静地坐在一角。我们交换了关于主题的想法，整天旅行和拜访，我毫无头绪，不知道任何可能的主题。)

such a session might be. Jane had no idea of any possible subject matter.

(否能会出现这样的一节课。珍也不知道任何可能的主题。)

could give one, and no inkling of any possible subject matter.

(Jane then arose abruptly and began to dictate, in a voice somewhat
than usual, without greeting. Bill called out, "Let me take s
loudly but paced at an average rate. Her eyes, I noticed, were exc
dark.)

(然后珍突然站起来，开始用比平时更强劲的声音口述，没有问候。比尔喊出了时间："让我来记吧。"珍说话的声音相当大声，但步调适中。我注意到，她的眼睛特别黑。)

I will not here endeavor to deliver a session.

我不会在这里努力给出一节完整的课。

Nevertheless I do here welcome all those who are present into what we may call a welcomed, into what we may call a cozy family gathering.

然而，我在此欢迎所有在场的人，并希望自己也被欢迎加入我们可以称之为愉快的家庭聚会。

It was not necessarily my intention to deliver a session this evenin
Nevertheless, I did feel a legitimate intention to do so. I feel as if I know very well two of
already as if I know very well two of them personally.

我不一定有意要在今晚给出一节课。然而，我确实感到有合理的意图这么做。我感觉自己对这两位已经非常熟悉，就像认识他们俩一样。

(Here of course Seth refers to Bill and Louie, their past lives in various sessions ago.)

(这里当然是指比尔和路易，他们前世的资料在很多节课之前。)

The other man was not involved with any of you in past lives, nor, indeed at all in England in any era. Instead, the man was in the 1500's, and it is from this period that his present speech impediment originated.

另一个人在过去生中与你们任何人都没有关系，我的英国人也不是在任何时代。相反，这个人是在16世纪的地中海地区，他现在的语言障碍从1507年那个时期开始。

The impediment, beginning in this life 1507, represented a time when he could not speak out, and he should have, for a man's life was at stake. He was unable to speak out because of fear, and now when he wishes most to speak out he cannot.

语言障碍从1507年那个时期开始，代表了他没有说出来，因为一个人的生命受到了威胁。他因为害怕说不出来，现在最想说出来的时候，他却说不出来。

This can be remedied. A sense of guilt carried throughout one lifet
somewhat understandable. A sense of guilt carried throughout one lifetime is understandable.
1500's is indeed carrying conscience in this life since then. This guilt has been carried
up for the original offense, which was the betrayal of the original offender, and in that
circumstances.

这点是可以补救的。一生中都带着内疚感是可以理解的。这个在16世纪以来，良心一直在这一世中带着这个内疚感。这个内疚感一直持续下来，为最初的罪行赎罪，最初的罪行是背叛最初的罪犯，在那种情况下是合理的。

(Here Jane pointed at Louie.)

(这里珍指着路易。)

There was an army from another country, an invading army, and there was one man who was thought to be disloyal. This man—

有一支来自另一个国家的军队，入侵军队，有一个人被认为是不忠的。这个男人——

(Again Jane pointed to Louie.)

(珍再次指向路易。)

—was thought to be the disloyal man—the man who was thought to be the disloyal man—that another innocent man was the culprit. He was then to save his own life he let the innocent man was th

被认为是那个不忠的人——被认为是不忠的人——那个无辜的人是罪犯。他当时要救自己的命，他让无辜的人被处死。

He has paid time and time again for this. Now, one last time, he is asked, that you forgive him, then, even then, conscientious, and therefore, loyal, he has paid by his own betrayal. In his immediate past life he chose to punish himself useless arm; right arm, you see, so he could point out again, in this life, self-adopted defect is less, a mere annoyance.

他为此付出了一次又一次的代价。现在，最后一次，他被要求你们原谅他，甚至在那时，他也是有良心的，因此，他对自己的背叛比别人多付出了代价。在他刚过去的一世，他选择惩罚自己的手臂无用；右手，你们看，这样他可以指出这一世，他自己采取的缺陷较少，只是烦扰。

But such a mere annoyance becomes indeed a form of torture. There
longer any need for this. In other ways, through constructive action, he has made his way.

但这样一个烦人的毛病其实变成一种折磨的形式。在这方面，通过建设性的行动，他已经取得了更多的成就。

(Now Jane pointed at me.)

(现在珍指着我。)

You should know, and Ruburt should certainly know, that you form your physical image in a most actual and practical manner, with all your own reasons. And so has he.

你应该知道，鲁伯特当然也应该知道，你以最真实又实际的方式，带着所有的缺陷，基于自己的理由。而且他也是如此。

The realization that he has more than made up for the initial betra
result, if he takes the information to heart, a lessening of symp
result, again, in their disappearance.

如果他把这个信息放在心上，明白他已经超越了弥补初期背叛的结果，这会减轻，而且逐渐消失。

(Jane smiled.)

(珍笑了。)

And, he knows the man whom he once so betrayed. In this life he k
and he—

而且，他认识他曾经这样背叛过的那个男人。在这一世，他——

(Again Jane pointed to Louie.)

(珍再次指向路易。)

—he has given up much for this man, once, out of fear, betrayed.

——他对他很好，他为这个曾经出于恐惧而背叛的人牺牲了很多。

Nor does karma say anything about an eye for an eye, nor is there
suggestion of punishment. Karma is, rather, a form of personal development, and represents
psychically and physically part of a whole. When we hurt another we wound ourselves.

业力也没有说以牙还牙，也没有任何惩罚的暗示。业力是个人发展的一种形式，代表的是逐渐成熟的心灵，在心灵和身体上是整体的一部分。当我们伤害别人时，我们伤害的正是我们自己。

We do not have to bear such scars forever. We may subconsciously forget where we have trespassed.

我们不必永远承受这样的伤痕。有时候，我们必须在潜意识中忘记我们曾经侵犯的地方。

I suggest your break.

我建议你们休息一下。

(Break at 10:32. Jane was fully dissociated. She had been worried
a session before three witnesses, many. During the conversation at the table she did
not use his right hand for all things associated this, which neither Jane nor Bill
life a right arm had not been used by Louie.

(10:32休息。珍完全解离了。她一直在担心在三个证人面前上课。在休息期间的谈话中，她没有使用右手做所有的事情，而是有点左右开弓。这与珍和我都没有意识到路易的右臂从来没有使用过的事实联系起来。)

(Jane resumed in the same strong (珍用一强有力的语气继续)传述 10:38.)

It is indeed a basic anxiety and fear. The personality can express
其实是一种根本的焦虑和恐惧。这个人格很能表
well. In the 1500's he was eloquent
达自己，过去曾是一位很有口才的人。
so persuasive, so smooth-tongued
才很有说服力，很圆滑。但是，因为这种口才如此有力，
the accusations against the innocent
对无辜者的指控，他现在害怕使用口才，因为他
eloquence, because he once let it run away with him.

It is the present personality's desire to express himself opposed
正是现在的人格想要表达自己的欲望，被过去的
subconscious memories of that past life with its fear, of the effect
不谨慎使用口才的影响的恐惧，导致他现在的困难
used without discretion, that now cause his difficulty.

His present desire for expression will certainly not change. It is
他现在对表达欲望肯定不会改变。因此，必须消除
of expression that must be erased
表达方式
realization by this personality that
人格没有意识到他确实可以信任自己这种消除
and the anxiety is based simply upon
焦虑都是基于对口才或口头表达能力的不信任
eloquence or verbal expression.

Since I will not give a session simply to give a session, and because
因为我不会只为了上课而上课，因为我不会让鲁
Ruburt parade me as part of his psychosis, I will speak for myself,
的部分，所以我在这里确实是代表我自己发言，
but in terms that help anyone, and for the other.
另一个人的福祉而说话，尽管我们的焦虑和愤怒
And despite our anxious Ruburt's furious attempts, I do not
说，那个曾经被相关人格背叛的人，这个人格现
indeed say that the person who was once betrayed by the personality
——
was the present father of the personality, and he knows it—

(“Who knows it?”) (“谁知道这件事？”)

—subconsciously, and subconsciously the father knows. And why else
潜意识里，潜意识里父亲也知道。否则他为什
demand from a son that which no father ought to demand? He
无权要求的事情呢？这位父亲潜意识里知道
subconsciously knew and remembered that a child was
保现在这个人格付出代价，而且是全部的代价。
the present personality paid, and paid in full.

I am not implying that the father
我并不是在暗示这位父亲有意识地打算不加掩饰地报
revenge, any more than I am implying
仇，亦特别是(注：鲁的前妻)不加掩饰地报复，然而，这
revenge on Walter Zeh; yet was the result, and is it not the
结果吗？

(Jane pointed to Louie.) (珍指着路易。)

He has taken at least as much as he gave, and there were only and
他得到的至少和他给予的一样多，而父亲用狡猾的
in which the father repaid him. Yet here we have a further consolation,
这里，我们有更多的安慰，因为现在的儿子确实爱
the present father loves the present son, not the son that he
不是现在这个儿子。而是儿子曾经是的那个男人。
is the man that son once was.

So, as the father pays back his old betrayer, he hurts him with
所以，当父亲报复那个曾背叛他的人时，他伤
why. He cannot understand his own cruelty toward the man, or he cannot
他无法理解自己对儿子的残忍，也无法理解自己被
impelled to perform. Nor can the son understand the father's cruelty
迫不能理解父亲的残忍或他自己被迫残忍的行为。
for grain; rather, he welcomes the cruelties, for they
对谷物；相反，儿子欢迎这些残忍的行为，因为这些行为让他觉得
as if he is doing penance, and for what?
呢，

For an offense that has been paid for in full. And each cruelty
为一个已经被完全偿还的罪行。而父亲所做的每
father hurts the father more, for he is bewildered by the
更大的痛苦，因为他对自己对儿子的残忍行为感
actions toward the son, toward whom his feelings are indeed
的感情确实是如兄弟般的博爱。再说——
fraternal. And again—

(Jane pointed to Louie.) (珍指着路易。)

—he knows this, and he knows that by enduring the small acts of cruelty
——他知道这点，他也知道忍受这小小的残忍行为
two ends.

One, he attempts to convince himself of something that is indeed
第一，他试图说服自己相信一件确实是事实的东西
nothing else to do penance for. By enduring the cruelty, he makes
以忍受无休止的残忍行为，他做了必要的赎罪，但
he does needless penance, but at the same time he strikes back at
时而进行反击。在所有关系中，这些相交的
father hours of remorse. In all relationships, these interwoven effects
的效应。
times, most unpleasant effects.

The personality left, to return. He
这个人格离开了，又回来了。他回来时
paid this subconscious debt, as if
带着意识的债，而他的B确已经偿还了，现在这个人格
took over, and the old ways and the
的方式和旧的反应
(I believe this passage refers to the fact that Louie had returned
(我相信这段话指的是路易几个月前从加州回到罗
from California a few months ago.
not being married, and is working
和他的父母住在一起，还没有结婚，在他父亲的生
also remarked that his speech im
他在加州时的语言障碍没有像现在这样困扰
he lived in California, as it does currently.)

I suggest your break. Nor do I here
我建议你们休息一下。我在这里
considered a slight invasion of family
家事的稍微侵犯而道歉，因为如果所提供的信息被
understood and applied, then the vicious circle
性循环就可以被打破，并且最终可以达到一种新的
and a new constructive relationship can at last be attained.

(Break at 11:02. Jane was again fully dissociated far out. There
(11:02休息，珍再次完全解离，出去很远。随后
conversation mainly between Louie and Bill
的谈话，其中讨论了家庭事务。由于不熟悉这些
discussed. Not being versed in these
多，而且我们也不知道这次谈话的资料有多有效，
way of knowing how valid the session
(Jane resumed in the same forceful manner with many gestures at
(珍以同样的声音恢复，带着许多手势，11:20，
pointing again at Louie.)

In order to rationalize, this personality and all personalities to
为了合理化，这个人格和所有的人格为了给现在
identity a more or less logical explanation for a symptom that
建的解释，来解释一个源自过去的症状，这个人格
the personality will bring forth an actual incident which can, then
事件可以被个人的潜意识指为替罪羊。
the personal subconscious as a scapegoat.

Everything becomes plain. Such and such happened to me at the age
一切都清晰了。我在五六岁的时候发生了这样那样
six, and ever after have I acted thus and so. So with Ruburt's
这样做。以鲁相的眼睛来看是这样。恐慌反应，是
panic reaction, which is true, the fear of this
他小时候一样，这确实是这个症状的症状，而
child; but this indeed is only a symptom of a symptom, and not an
(Louie), and was not known to anyone else.

The incident, and I will mention it
这个事件，我会提到它，但在意识上它并没有

incident represented the individual 多次失败后终于成功制造出火灾，这当时情况将的
forth circumstances that would then 的一组特殊症状，以尝还旧债。cause, the pe
symptoms that he felt necessary in order to repay old debts.

Saturday afternoon he was five, not six, and for unforeseen reason
a mere ten minutes in a large house 是期六下午，他五岁而不是六岁，由于不可预见
brief time no one was present. He 大房子里仅十分钟，当时的情况是，只有短短的时
incident was so simple and uncomplicated 实际事件是如此简单和不复杂，在一般情况
would have resulted in no such results.

The time, 3 PM. He went out to the kitchen where the ball after he
finally rolled. A portion of a stove had been left on, and though th
danger of fire, the child was afraid of fire. But this was not the ca
sudden terror.

It was indeed the sight of that portion of the stove glowing, however
him try to call out. There is something more here, but our illustrio
pigheaded Ruburt has indeed implied that I should somewhat maintain

The fact remains that the child did try to scream. At the same time
by slammed abruptly. Unused to being alone, the child tried vehemently to the unaccustomed isolation as he burned but only slightly his hand on the floor and started loudly.

This time when the child tried to scream, he could not. The sound
associated with the burn in his mind. When a few moments later
returned he tried to explain why he cried, for she had heard the fir
stuttered.

He stuttered because the pain from the small burn through subconsc
association became, for the first time, a remembered past offense. Now. The pain continuously to show itself, but for the child experienced those more as the pain grew child must indeed endure.

In many cases such symptoms show themselves immediately, even be
situation can be seized upon to justify them. In this case there was
personality could have avoided them.

There is a subconscious domination of father over son, always an i
always an insidious circle of reaction. If the father and son can understand the circumstances, then it is not necessary that the personality he If he can understand the circumstances, then he and the father, if he can understand the circumstances, then he and the father, if he can understand the circumstances, then he and the father, if

deal with Ruburt with a heavy hand.

须出重手来应付鲁柏。

He does not believe that a houseguest should behave in any such m then I am not a houseguest. And I wish he is far more shorter session Monday, since I owe you another.

他认为一个客人应该有这样的行为，当我不是客人，我也认为自己是客人。我真心诚意祝福您，并且希望周一的课比较短些，因为我欠您一节。

I may sound irascible, and if I do then indeed certainly I shall try Ruburt, and say it is a distortion, rather painful duty, self imposed, consider myself rather dignified are too few who can, either, look material does anything, it must be must be applied in your case in human terms.

我可能听起来很暴躁，如果是这样，那么我肯定会劝说鲁柏，说这是一种歪曲，只是这不是否认。然而这是一项苦差，自己施加的责任，我认为自己很有尊严。但是，能够坦诚地审视自己的人太少了。物质层面的东西必须以知识为导向；知识必须以适合人类的方式应用于你的情况。

(End at 12:07. Jane was dissociated as usual.)

(12:07 结束。珍解离如常。)

SESSION 90 第90节路易私人课-续,冥想的渐进程序,自我要有归所

SEPTEMBER 21, 1964 9 PM MONDAY

1964年9月21日 星期一 晚上9点定期课

(Jane and I have not yet resumed the study of psychological time frequently as we are drifting off to sleep we will have brief experi had several vivid ones lately, including a fall tree in full color, a child with an open mouth.

(珍和我还没有恢复心理时间的学习，尽管我们经常在入睡时会有几次生动的经历，包括一棵全彩的秋树和一张嘴的小孩头。

(Company left this evening at 8:55 PM and Jane had no idea of the the session. She had also been too busy to begin the session time in a rather normal voice, and late. Her pacing was eyes dark as usual. And as she has done so often recently, she beg wearing her glasses, not appearing at all handicapped.)

(客人在今晚8:55离开，珍对今晚课的内容还是没有头绪。她准时开始传述，声音相当正常，速度适宜，并且很紧张。最近她经常这样，不戴眼镜就开始，看起来一如既往地黑。)

I will here wish you a good evening.

我在此祝你们有个美好的夜晚——

(“Good evening, Seth.”)

(“晚安，赛斯”。)

— and open our quiet session.

——然后开始我们安静的课。

Our last session proved to be a most confidence to hold a session away far from strangers, are nevertheless not closely associated in daily

我们上一节被证实是非常有益的一节课。远离自己人，在日常生活中并没有密切联系的人面前上课，处

It goes without saying that had Ruburt known beforehand the subject the session, he would have blocked it certainly did not mysteriously session, though I was glad to be of help, as far as the personality problems the session revolved.

不用说也知道，要是鲁柏事先知道那节的主题，然并没要求上课，但就那节课讨论的问题之所涉及，我上忙。

It was however I’d as quite sincere curiosity, and her open-minded perceive, that subconsciously caused Ruburt to agree to the session rapport existing as a rule between twins, Loriza, L-o-r-i-z-a and her twin intuitive, but partial, inner comprehension of telepathy.

然而，我这样的好奇心以及她开放的心态，意识到，潜意识里，那节课，作为双胞胎之间的规则，鲁柏同意上课（Loriza 的确实存在）着融洽的关系，这在很大程度上说明了直觉，但是部分的内心感应等要素的理解。

Twins use communication of the inner senses all unknowing and, wh read of the material moved her subconscious to intuitive realization communication between twins is freer than it is with others. Twins to using inner communication, and instances come more easily to m

双胞胎在不知不觉中使用了内在感官的交流，当里产生了直观的认识。双胞胎之间的交流比与其他人惯于使用内在交流，情况更容易出现在心智中。

(And here I must admit that although Seth gave the entity name for Ida, I did not think quickly enough to ask for the entity name of Jane and I are curious to see if there is any similarity in circumstances, and I will make it a point to ask Seth for the name.

这里，我必须承认，虽然赛斯给了比尔的妻子艾达的名字，我没来得及问他艾达双胞胎姊妹的存在名。我们俩好奇是否会有相似之处，下次我要特意问赛斯。)

I knew that the material was being read. However I did not feel it point of telling you because this knowledge would have se and on both of your parts.

我知道有人正在读这资料。然而我觉得特意告诉你们这个知识本身就会设置障碍，而且是在你们两个人的身上。

It is reasonable, logical and even necessary at this time that you yourselves, giving sessions as one when an honest request is made e and when you know that the person other conditions are appropriate, meet with the request.

在这个时候，你们不炫耀自己，像个因素演讲那样举行课程，甚至是必要的，然而当有人真诚地要求这种请求的人是真诚的，如果其他条件合适，那么这个请求一定要满足。

I am not suggesting for example that five sessions, or four this time; only that sincere requests should not automatically they do not fall within the schedule. And upon occasion make adjustments when you request them.

我并不是建议在这个时候，比方说一周内举行五节或四节课；只是说真诚的请求应该自动拒绝那种真诚的请求，因为它们不在安排的时间内，就自动拒绝。偶尔，你们要求上课，我总是会做出调整的。

(At this point I began to sneeze. Hay fever season not yet over. sneezed many times, and Jane paused at intervals to let me catch up copy.)

(这时我开始打喷嚏了。不幸的是，花粉症季节还没过。我打喷嚏，珍不时地暂停，以便让我赶上记录。)

Knowledge on your physical plane must be applied in human terms a values, or the possibility of help needs to be considered, either through a session we held last time, or through a more regular session, shou ignored.

在你们物质层面上的知识，必须以人类的说法和人的价值观来应该被考虑，无论是通过我们上次举行的课程，都不应该被忽视。

Would you like a break?

你想休息一下吗？

(“No.”)

(“不用”。)

The last session falls under a category of applied knowledge. I su break.

上一节课属于应用知识的范畴。我建议你休息一下。

(Break at 9:20. Jane was dissociated as usual. She said my sneezi bother her that Seth was willing to wait, but also that Seth probab break early because of my continued sneezing.)

(9:20休息，珍如往常一样解离。她说我打喷嚏并不烦扰她，但也说赛斯可能因为我一直打喷嚏而提前休息。)

(Jane resumed dictation in the same quiet manner this time wearing glasses, at 9:28.)

(9:28珍用同样平静的方式开始传述，这一次她戴

There must be abstract knowledge and concept before there can be knowledge in real terms. The more philosophical or theoretical, what can be called academic material, suits both of you greatly, and is in own interests mainly lie.

在任何可以实际应用的知识之前，必须先有抽象的资料，或者哲学的或理论的，以为学术性的资料，这非常适合己兴趣的主要所在。

However the human element must not be ignored and whatever personal and inner understanding this material provokes in you, curiosity, and this is all to the good. Not only are the recipients of such benefited, but so are you yourselves.

然而，不能忽视人的因素，无论这些资料给别人带理解，都会激发他们的求知欲，这都是好事。接受你们自己也会受益。

Your personal work, both yours and Ruburt's, will benefit whoever sees paintings or reads Ruburt's poetry. It is performed, however, divorced, as it must be, from an intimate contact with people. It is that you carry this over into our sessions. Preferring that they be such contact. This is not only understandable but in many instances that it allows for a diversity of subject matter.

你的个人作品，你的和鲁柏的，无论谁看到你的画盘。然而，它是在孤身与分离的状态中进行的，并为它必须如此。你把这一点带到我们的课上。很自触的情况下上课。这不仅是可以理解的，而且在许允许主题的多样性。

I abhor fanaticism of any type yet I do not feel, myself, that a sin under ordinary circumstances should be denied. I, however, feel far from ordinary on the evening when the woman were here, and under such circumstances I do not recommend a session.

我厌恶任何类型的狂热主义，但我自己不觉得在普通情况下请求是罪过。然而，在晚上的父亲和那女人在的时候，我感到非常不寻常。在那种情况下一般来说，我不建

It was the woman's deep need which would have let me make an exception, yet I promise you that on no occasion will I try to coerce Ruburt into a session. By the same token I will not be coerced, ever, into giving

是这个女人的强烈需求让我破例了，但我向你保证，我决不会试图胁迫鲁伯上课。同样的道理，我也决不会

(Jane delivered the above paragraph quite forcefully, facing me with on a chair. She now took a rather long pause, looking out before resuming delivery. It was the visit of Jane's father, on the explaining some of the Seth material to emotional "nudges" from Seth to our visit with Bill and Ida in Rochester had finally acceded to the lively welcome, held the session. Neither for Jane's father and Midge, due to the turbulent circumstances.)

(珍相当有力地传述了上面这一段，一只脚踩在椅子上。她现在稍作停顿了很久，走到窗前向外看了看，然后继续传述。这是父亲来访时，在就一些问题提到的那个晚上，珍在向她父亲解释一些塞斯资料时，塞斯给她的情感暗示“推”了一下。特别是此次和比尔艾达的拜访，她就没有这种感觉。然而，在那热烈的好奇心和活泼的欢迎下，最终同意了上课。我们两个人都没有认真考虑为珍的父亲和米姬举行课程。由于动荡不稳定，没有考虑为珍的父亲和米姬举行。)

I hesitate because I am not certain that Zibreth, Z-i-b-r-e-t-h (Louie), who is a sister to the twin before the suggestions given them, and do the following.

我犹豫不决，因为我不确定是否要讨论另一个女孩，她是孪生姐妹的姐妹。然而，我强烈建议齐布雷思Zybrgh（路易），就是上课围绕着他们在讨论的那位女孩对照以下事情做。

He should take a half-hour's brisk walk. This will allow him to use the aggressive energy which does not belong in the matter of discipline, that he senses an enlargement of self in loom so large.

他应该走半个小时的快步走。这将使他能够建设性地能量，这能量不属于纪律问题，他感觉到自己的广大，如此巨大的忧虑和

This next may sound Pollyannaish to an extreme, but he should make to help another human being in any way, three times a week. I do not suggest, you develop psychologically into a se suggest that three times a week is he makes it a point to express hi diverse opinion from the one being presented.

接下来这个听起来可能有点极度乐观式的作法（th 为一个人在任何微小的方式帮助另一个人类，每周三次。我并不建议你在心理上成长为一个自己的人。我强烈建议，每周三次是一种常规。然在任何事情发生时，如果他的意见与所提出的意见不

The personality is extremely sensitive, it does not take me to see intuitional. It is also very strong because normal aggressiveness has practice of quietly but firmly exp release the inner pressure.

这个人格非常敏感，这一点不用我说也能看出来。也非常强大，因为正常的霸道会人格表现自己的力量；只是因为正常的霸建立这种安静但坚定地表达自己观点的做法也有

The personality should live alone for a while and work, separate from establishment. It, the personality, must avoid a rigid, formal attitude only hamper the native intuition but serve to divorce the personali environment.

这个人格应该独自生活一段时间，工作也要和家庭格，必须要避免僵化的态度，因为这不仅会妨碍他离他的环境。

A balance here is extremely important. There should always be this. The personality, being intuitively strong, should apply some of this outward toward other human beings. If such is achieved through then the personality should so be able to relate itself outward.

这里平衡极为重要。应该一直保有这种平衡。这个把这种直觉的强的部分用外用于其他人类。如果独述公这个人格就应该能让自己向外发展。

A confident ego is indeed a prerequisite for psychic venturing, for confident ego which ultimately feels secure enough to give self in the long run.

一个自信的自我确实是灵性探险的先决条件，for 长会最终感到足够安全，才能给内在自己留出余地。

I suggest your break.

我建议你休息一下。

(Break at 10:00, Jane was dissociated as usual. She delivered the material with many pauses, some of them long seconds, duration resumed in the same manner at 10:03.)

(10:00休息，珍解离如常。她传述上述资料时有好几个长秒。10:03她以相同的方式继续。)

For safety's sake a firm relationship between the ego and its envir should be considered a prerequisite for psychic investigation. The ego must have some hold. This is important. I do not mean to discourage unseen reality. I do want to caution inner goals in this direction are difficulties for the ego.

为了安全起见，自我与环境之间的稳固关系应该之先决条件。自我必须要有所固守。这一点极为重人格对看不见的实相的兴趣，那是值得赞许的。但在这个方向的内在目标要实现，就必须先克服最我并非不必要的难题。

With such a firm foundation he will achieve such a foundation. Then he environment. The feet of the ego, when the venturing self returns to be no sound foundation t

有了这样一个坚实的基础，他确实会取得最大的成个基础。然后他可以在内在的知识应用在自我的环我的双脚，都不能停留在流沙上，否则当冒险的自碰来接触他。

If this sounds difficult then indeed it is, because I will not deal i

如果这听起来很难，那它确实是，因为我不想用陈

the exercise of the inner abilities 练需要自我像堡垒一样的调整,它自己适应外在
achievement of an ego that can adapt 成就这可以让自我稳定自己,而内在自己则可以
its own while the inner self is then freed to go its way.

Discipline then should not only be considered, as it is by some sch 那么,纪律就不应该像某些学派所认为的那样仅
thought, as a mere mental discipl 仅是心智的纪律
body by the inner self, but indeed 或身体各部分的精神约束,而实际上是内在自己对
the inner self, so that the ego as 而使自我作为一个个体,实现与物质宇宙的良好平
relationship with the physical universe.

(Now, Jane's voice abruptly becam 现在珍的声音突然变得更低,沉且更洪亮,似乎
maintained this tone and volume f 维持了一段时间,然后有所减弱,直到下次
somewhat, but did not quiet down 常的音调。)
mal pitch until the next b

And despite all comments to the contrary, this is by far the most d 尽管有各种相反的评论,但这是迄今为止最困难的
discipline; but without it the inne 纪律;没有它,内在自己
boat with no harbor to receive it, 就像一艘没有港湾
place to return. The personality, 可以回来的地方。人格,
astray by those who begin such a 在某种程度上,(强调某种程度)
return.

Legitimate, balanced psychic journeyings will result in a beneficia 合理的、平衡的灵性旅程会产生有益的影响,
as the ego and its ability to hand 因为自我和它处理
journeyings or investigations resu 能力的旅程或探索
circumstance then anyone so invol 情况下,任何卷入其中的人都应该立即
and abruptly halt.

I do not speak here of acquaintan 我这里说的不是那些不理解灵性探索重要性的熟知
psychic investigation. I speak no 自己的能力。如果开始得当,并且如果自我与物
psychic investigation will, and sh 探索将会,而且应该,增加这种能力,
and if the ego is properly related 如果自我与物质宇宙
the physical environment.

The suggestions given herein, tha 这里给出的建议是非常重要的,对于上述所提到的
apart from the family, walk brisk 家庭分开工作,每天经过快步半小时,在私
altruistically helping others and 观点时,透过帮助他人
when he does not agree, are very 当他不同意时,
important.

A 15-minute daily meditation period 持续三个月每天15分钟的冥想将是非常好的。
weeks meditation; a month of half-h 续一个月每天半小时冥想;接着是一个星期不冥
meditation; and for a year a daily 半小时的冥想时段,不过这些时段要有规律。
meditation period, these periods to be regular however.

I suggest that they follow the lines of expansion rather than contra 我建议他们遵循扩展而不是收缩的路线,这样这个
personality projects itself outward to 人格会向外投射自己,从而汲取宇宙的能量,并延伸自己的触
energy of the universe, and extending the reaches of the self.

This discipline however should be followed rigorously only with a p 然而,这种纪律应该严格遵循自我定位的程序
orientation, in which the ego tries to 自我试图以最适合这个特定人格的方式
for this particular personality, to 来说
he feels a diverse opinion, when 当他感到受委屈时,
are unexpressed that they are dang 这些意见未表达时,才是危险的,被压抑的愤怒会阻碍所需
the desired psychic development. 的灵性发展。
that will make desired states of being difficult to achieve.

The personality also contains good intellectual capacities, and he 这个人格也有很好的智性能力,他也应该根据他
examine psychic experience in the 的灵性经验来检
which the intellect cannot perceive 验这些真理,但智力无法感知的
represents a firm and reliable pa 代表一条坚定可靠的道路,而灵性经验
psychic experience — I repeat, psy 重复,灵性经验
scrutiny.

A steady program, such as I have outlined, because of its conditio 一个稳定的程序,如我所概述的,因为它的条件
will allow the personality a progres 将允许人格有进步,
that is firm, and will also strengt 这个程序是稳固的,也会加强自我
not to suggest that the ego is wea 不是说自我是软弱的,
relate to others on the physical p 因为它与物质宇宙相关的能力需要加强,特别是因为这个人格
personality is vitally concerned with psychic investigation.

I suggest your break. 我建议休息一下。

(Break at 10:40. Jane was dissociated as usual. She said she thou 休息。珍解离如常。她说,她认为赛斯会
would end the session at about 11:00. My writing hand felt some fa 写字的手感觉有点累。10:45 珍以正常的声音恢
resumed in a normal voice at 10:45.)

I will end the session shortly. This is material that I would have g 我很快就会结束这节。如果在前节我们有时间
had the time in our last session, and for that reason I wanted to g 料,为此,我想在今天晚上讲出来。
evening.

We will return to other matters fo 我们将在下一节课回到其他事情的讨论。
overall condition, regardless dea 无论如何,为了
steps before next season to rid y 在下一个花粉症季节前采取
hay fever.

Ruburt is coming along well in the gallery situation. You should ha 鲁特在画廊的情况下进展顺利。你们俩应该会有
winter, both of you. If Ruburt can 能忍受冬天。如果鲁特
after he leaves the gallery, during 在离开画廊后,在工作时间
about his apartment while instruc 关于他的公寓意识的指导
interval, and completely divorcing 间隔里,将他的意识与他的写作完全分离。
period of time. Such a method wil 这样的方法会发挥
more practical utilization of energy. 更实际的利用。

I will now, my two peaches, end t 现在我的两颗桃子,我将结束这节课,
soon however, after a few importa 不过很快,在几节重要的课之后,
humor for variety. Even I am some 我自己有时也会为了多样性而感到幽默。
Good night, Seth. 晚安,赛斯。

(End at 10:52. Jane was dissociated 结束。珍解离如常。我写字的手很累。

SEPTEMBER 23, 1964 9 PM WEDNESDAY 9月23日，1964年 星期三晚上9点 定期课

(This afternoon I had delivered to our landlord's supper club here large oil paintings which we mount on the walls. Our landlord finished redecorating his establishment a few days ago and I plan to use his rather spacious walls as a hanging space for my wo the exhibits periodically.

(今天下午，我给我们房东的晚餐俱乐部送去了四幅大油画，我们将把它们挂在俱乐部的墙上。我们的房东刚刚完成了对他的俱乐部的装修，我计划把他相当宽敞的墙壁当作我这些原创的艺术作品的悬挂空间，并定期轮流展出。

(Jane expressed a desire to see the work in place so when I pick up the gallery we stopped off at the club to see it where upon Jane m remark that she wanted Seth to call for the session, so we could at opening of the club this evening.

(珍表示，她想要看看作品摆在好的样子，所以当我们在俱乐部停了下来，珍在那里即兴地说，她希望赛斯来接她，这样我们就可以参加今晚俱乐部的开幕。

(Jane had no idea of the material due as session time approached to her a vivid dream I had recently involving my father in the would discuss it. I had not written it down but plan to start my dr before long.

(上课时间临近时，珍对资料并没有概念。我向她讲述了我最近做的一个与我父亲有关的梦，希望赛斯能讨论这个梦。我还没有把梦写下来，但计划在近期就会开始记梦笔记。

(Jane began dictation in a rather slow, i speaking at a rather than usual. Her pacing was also fa slower pace, her eyes dark as usual.)

(珍开始听写，速度相当慢，声音比平常低沉，步调也慢了些，眼睛一如往常黑暗。)

Good evening.

晚安。

("Good evening, Seth.")

("晚安，赛斯"。)

I am indeed going to hold a very brief session, out of the goodness and for the sole purpose of letting you know that I do not only occa you some time off. And also simply to break up your schedule for t diversity.

出于我的善好心意，我的确打算上一节很短的课，即使只是偶尔，我的确有给你们一些时间休息。还为了清晰地来自我们的课。他现在，也就是鲁伯现在将要做的事。

(Jane now gave a quite satisfied smile.)

(珍走来走去，露出一个相当满意的笑容。)

I will not here take credit for Rubuert's novel outline. However important inner guts, concerning space travel, indeed come sessions. He will now, that is Ruburt will now, do very well.

我不会在这里为鲁伯的小说大纲邀功。但是必须的内涵，关于我们的课，他现在，也就是鲁伯现在将会做得很好。

(This we take as a reference to Jane's decision to leave the gallery concentrate upon a writing career. This is the last week she is to gallery.)

(这句话我们认为是指珍决定离开画廊，专注于写作生涯。这是她要在画廊工作的最后一个星期。)

Earlier he was not yet ready, for various reasons.

早些时候，由于各种原因，他还没有准备好。

It is a particularly splendid autumn evening. You may go to your o prefer, visit Mark's studio, or merely take a walk. In any case, I a you this evening.

这是一个特别灿烂的秋夜。如果你们愿意，你们可以去马克的工作室，或者只是去散个步。无论如何，我今天晚上会见你们。

(It will be remembered that Mark is the entity name for Bill Macdor witnessed a number of sessions. He moved out of his parents home and into a where he is going to live and at the same time maintain his studio. It will be recalled that in several differents sessions, he expressed a wish to live alone, lest he suffer a recurrence of his lung trouble.)

(记得马克是比尔麦克唐纳的存在实体名称。他曾参加过多次课程。他从父母的家搬出，搬进他现在将要居住的地方，同时保持他的画室。还应该记得，在几节课中，他表达了独自生活的愿望，以免他的肺部问题再次发生。)

To be less facetious, I am giving you a brief session also to let you since you did hold an unscheduled session. I will endeavor to qua situations occur of this sort.

为了不那么开玩笑，我给你们一节短课，也是要让你们知道，因为你们进行了一节临时课，每当发生这种情况时，我都会尽力。

I wanted to deal further during our last session with material o unscheduled session, otherwise I would have cut the last session b always of course necessarily miss a session because of an unsched since circumstances will always vary.

在我们的上一节课，我想要进一步处理源自于那节临时课的资料，否则我本应当缩短上一节课。当然我不会一直为了这节临时课而总是不同。

My hearty congratulations that you r on your g a new establishment, and they will affect many people.

我衷心祝贺你们，你们的朋友在新店里的新画作将会影响许多人。

It always pains me to speak so briefly and run. However, upon this shall indeed do so, but our sessions this autumn shall be meaty, that you digest them.

讲这么几句话就得走了，总是让我觉得痛苦。不过，我们今年秋天的课将是内容丰富的，我希望做，但我们今年秋天的课将是内容丰富的，我希望

My most fond good evening. I am sure Ruburt, that I could be so magnanimous?

我衷心祝晚安。我很确定，鲁伯，我如此宽宏大度吗？

("Good night, Seth."

("晚安，赛斯"。

(End at 9:07. Jane was dissociated as usual. She reported that the material she had a timeless feeling that little actual had passed. She had thought it to be about 9:30 or so. Jane also s somewhat put out, or "pulled up short", or "pulled up short." I evening she had expressed the wish for a short session, or i we could attend the opening of the supper club operated by our lan

(9:07结束。珍解离如常。她说，在传述这份资料时，她觉得自己有点被淘汰了，或者说"被拉短了"，或"拉短了"。这是一节短课，或者根本没有这样的一节课，我们就可以参加俱乐部的开幕仪式。)

SESSION 92 第92节

SEPTEMBER 28, 1964 9 PM MONDAY 9月28日，1964年 星期一晚上9点

(After supper this evening Jane told me she thought Seth might tal dreams and the subconscious at the session when we met. Seth h this, and also discuss our dreams and illustrating the material, I read the vivid dreams that I have had with the other members of my family. The material I read to Jane was from m notebook, which I have finally begun.

(今天晚餐后，珍告诉我，她认为赛斯在这节课中会谈论梦和潜意识。我们的梦也就是我曾提到的梦，并讨论我们的梦。为了说明这个梦，我读了两个非常生动的梦，涉及我的父亲和其他家庭成员。我给珍读的梦来自我开始记梦的笔记。

(Jane was not nervous before the session. She is also talking, Set and not writing for three days after leaving the gallery. This is and she has begun to paint our apartment by way of diversion.

(珍在课前并不紧张。她接受了赛斯的建议，在辞去画廊工作后三天内不写作。这是她在家的第一天，她开始粉刷我们的公寓，当

(As session time neared I lay my d on the table, and as Seth suggested we do. Jane began dictation in a rather slow, her pacing slow, her eyes qu than usual. Her delivery was average,

(随着上课时间的临近，我按照赛斯的建议，把我的笔记放在桌上。珍开始口述，声音比平常慢，步调也慢了些，眼睛比平常黑暗。她的口述平常，步调稍微慢一点，她的眼睛比

again, she began without wearing her glasses. (Jane smiled broadly as she put them on.)	很累。再次，她没戴眼镜就开始了。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
I would like to continue our discussion concerning the layers of the subconscious, in connection now with a study of dreams.	我要继续有关所谓的潜意识层的讨论，这现在和梦
I had intended to cover this earlier but we were sidetracked. The discussion of the subconscious layers was necessary, since these various levels, and should therefore be interpreted according particular symbolisms inherent in the realm of reality to which they	我本来打算早点讲的，但我们跑题了。对潜意识层 梦起源于这些不同的层次，因此应该根据梦可能所 象征来解释
Considerable confusion can result if a dream from one level of the is interpreted in the light of data which belongs to another. Individuals feel easier with certain symbolisms that they may be more aware of or are relatively unaware areas, and be relatively unaware of others. They may consider either fearful or at best unfamiliar.	如果根据完全属于另一层次的信息来解释来自潜意 相当大的混淆可能发生。个人体会这种潜意识的某些 而觉得较容易接受原自特定潜意识区域的梦，而 没有意识到他们可能认为这些梦是可怕的，或者
We will find in many cases, first of all, dreams originating in that subconscious, the most simple being those that have a direct relationship to daily conscious life. While such a dream is nevertheless an amazing construction, we will find, on perceived objects or events of such objects and events that have applied, that may be versions of the day, have nevertheless been carefully chosen.	我们在很多情况下会发现，首先是源于潜意识 些最简单的是与日常意识生活有直接联系的梦。虽然这样的梦 它仍然是一个惊人的建构，但我们会发现，可能是当天的翻版的那些在日常 象和事件，但经过精心挑选。
(Here Jane smiled broadly as she looked at the audience.)	(这里珍一边看观众，一边灿烂地笑着。)
And while it may seem that all dreams are random symbols or events, we will see that, of the most important dream is indeed discrimination.	虽然看起来所有的梦都是不相关的象征符号或事件 到，任何梦的最重要的属性之一确实是是它区别对
For out of a seemingly endless number of possibilities, our individual actually discriminates with great care. It chooses only those symbols that have meaning to him and those dreams that are of his purposes. And even a simple dream that would seem to be concerned with trivial daily events is in reality concerned with much more.	因为在看似无穷无尽的可能性中，我们的个体做梦 甄别，只选择那些对他有意义的象征符号或事件 且的之梦境对象。即使是一个看似与日常琐事有关 更多的事情层层相关。
(Now Jane began to speak with much emphasis and anything she became a little stronger. She appeared to choose her words with great care. Her delivery did not speed up however.)	(现在，珍说话有着更多的强调，如果说她的声音 谨慎地选择她的词语。但她的语速并没有加快。)
The dream objects are in fact chosen with such precise discrimination. In many instances, they will be seen to mirror the concerning the dreamer's daily conscious existence, and each object may be seen to apply on many levels at once.	事实上，梦境对象是以如此精确的甄别力来选择的 检视，它们不仅体现与做梦者的日常意识存在有 家，以及每一个梦境对象，都可能被视为同时适用
The dream objects, then, are so cunningly and so personally chosen, that the simplest of them may refer to instances in this existence, personally subconsciously desired or feared objects or instances in past lives. They such dream objects method or means with which the inner self warns the personality of possible disappointments or disasters.	所以，梦境对象是如此狡猾地、如果我可以这样说 择，它们中最简单的对象，可能是指这存在中的 或害怕的对象或情况，或是指前世的生活中渴望或 这样的梦境对象，可能是内在自己在警告人格不来 手段
One dream object may represent simultaneously a simple daily and portion of conscious life, a strong feared or desired portion of the subconscious layer, an event or object from a past life and future event or future possibility, as the case may be.	一个梦境对象可能同时代表了有意识生活中简单的 的潜意识层中强烈的恐惧或渴望的部分，来个前世 惧或渴望的未来事件或未来的可能性，视情况而定
An equation exists here. One dream object has reality in four different levels of reality simultaneously the one object being and equal to realities that have existed or will exist and future being therefore contained simultaneously within the dream virtue of a quite real psychic contraction and expansion.	这里存在一个等式（equation）。一个梦中的对象 相中具有现实性，这个梦境对象超过它自身，而且等同 在或将要存在的实相。因此，过去和未来同时包含 相当真实的灵性收缩和扩展。
The expansion is the dream. The contraction is the return of the dream back into the original single object from which originated, as for example all numbers originate from the number o	扩展就是梦。收缩是将梦中的元素返回到最初的单 源自于此，就像所有的数字都来自于数字一。
I suggest your break.	我建议你们休息一下。
(Break at 9:30. Jane was fully dissociated. She said, that for some was aware that when the session began, she would be far out had not told me before the session began, but now I noted that she very tired by 9 PM, after painting all day. But now she feel fine.	(9:30。珍完全解离。她说，由于某种原因，她觉 上出神很远，这节开始前，她没有告诉我，但现在她 的墙上绘画了一天，在晚上9点时已经非常疲倦了。但现在她
(She resumed in the same forceful manner and continued.)	(9:34她用同样有力的方式继续。)
I will here digress for a moment.	在此，我想岔开话题。
Friends knowing of our sessions have asked at one time or another explain what appeared first in the universe, such ponderous voices. They want a first thing, or a first person discussion on dreams we have indeed an excellent example of how achieved.	知道我们的课的朋友们，曾一度要求我解释，宇宙 么开始了这一切，他们用如此沈重的声音向。他们 人。在这次关于梦的讨论中，我们确实有一个很好 现的。
At the risk of sounding childishly simple and that each creation of idea or matter, is a first creation	冒着听起来很幼稚简单的风险，我要说，而且我不 质的，创造，实际物质的创造，都是第一次创造
It is only according to where you happen to come in this, first of all, begins with psychic energy which into physical matter but into a reality and the idea into a dream object or even dream object itself gains existence, and exist's in numerous dimens	这只根据你这次碰巧来到哪里，可以这么说。每 始，个体不是把它转化成实体物质，而是把它转化 的实相。他以惊人的甄别力将想法转化成梦境对象 本身就获得存在并在多个维度。
(Jane's voice remained at times quite loud, and echoed.)	(珍的声音有时，仍然相当响亮，但她的声音变得缓
It does not seem to exist in various dimensions dream object or event does so strad le what you call not and if as I say dream objects and creations maintain some independ the dreamer, then you must see that although the dreamer creates for his own purposes, selecting only those mb o ms, which have meaning	它似乎并不存在于各个维度。实际上确实如此存 件确实跨越了你所称的不仅是时间而且是空间，如 和创造物与做梦者保持一定的独立性，那么你们 他自己的目的创造梦境，选择那些有意义的 们向外投射，以实现值的充盈和灵性扩展。

he nevertheless projects them outward in a value fulfillment and ps
expansion.

The expansion occurs, again, as the dream drama is acted out. For
dreamer a contraction occurs as he finishes the events of
own purposes, but energy cannot be taken back.

Energy projected into any kind of construction, psychic or physical,
recalled, but must follow the laws of the particular form into which
the moment molded. Therefore, when the dreamer contracts his multi
objects backward, ending for himself the so-called dream that he c
he ends it for himself only. But the reality of the dream continues.

I do not care if this idea now appears to be a fantasy or a
Ruburt or to others. The fact remains that it is so.

The fact also remains that on other levels, but consciously, every
every individual knows that the dream world, when considered as
foolish and irrational, is indeed constructed by the inner self,
with a precision known only by the intuitions. And each individual
such a splendid creation as this then exists beyond the self that w

Are your hands tired?

("No.")

(Jane looked at me. It was 9:58. My hand was in fact tiring,
because I thought Seth wanted to continue, in order to make some p
point.)

It is therefore only in a world obsessed, that the question
necessarily obsessed, that the question first has an

Your conscious energies are focused upon the physical field and
cause and effect theory holds sway.

It is your focus, intensive, that allows you to see that the question
allow you to see that the question

You create this universe individually and collectively, man and all
within it, in the same manner that you create your dreams, and
that your conscious energies are focused upon the physical field
creation, and all other larger fields are created by a relatively
simply so that the bulk of your attention may be focused upon
area.

I will here suggest your break, since I do not want to stretch the a
attention.

(Break at 10:05. Jane was again full of energy and
back on. She resumed in the same voice, but at a faster rate.)

We will indeed return to our dreams as connected with various
subconscious, but this is in itself connective material, so to speak
continue.

I can hear anticipated objections. Even those who are familiar with
and know the various means by which we gather and
of physical data and call it the physical world, while they agree
that the individual is in fact the creator of his own reality
cooperation of others, that universe has a recognizable form
recognizable form that the dream world does not have.

They will then think that there is no real comparison to be made, be
two, since each individual dream world would be a conglomeration
individualistic symbols, even if they were projected into a type of
which the conscious mind was ignorant.

First of all, the physical universe is indeed a conglomeration of
individualistic symbols, none of which mean exactly the same
individuals, and in which even so-called basic qualities, like color
in space, cannot be relied upon or agreed with.

You merely focus upon the similar

(Jane laughed and knocked upon the

Telepathy could be called, indeed, a
precarious position, so that anyone
or where it is at any given time.

So, when you consider the dream world, you have the same sort of
only one constructed on or within a field which you perceive.
perceive. But it has more continuity than the world known to the
intimately, and there are similarities within it that are amazing

You know that many, but not all by any means, dream symbols appro
mean the same thing, but only approximately, and not all of them
human beings who experienced related events, or who lived
short period. The symbol of fire for example, a symbol
exist in the way that it does now for warmth, or to cook his food.

The old symbol of fire still does exist, fire as mysterious grandeur
Only later did it become a symbol of warmth and
dream symbols are cultural.

The basic symbols are beyond cultural

I want to make a point however, that
as your own, and that the same glue
not only as much reality but validity
in actual terms.

For one thing, and I will go into this
existence on the physical level more or less because of certain
before on the physical level at about the same historical period,
an inner familiarity, a cohesiveness that belongs to a more or less

---

当梦中的戏剧演出后，扩展再次发生。对做梦者来
事件或戏剧时，会发生收缩，但能量不能收回。

投射到任何构建的心理或物理结构中的能量，无论是灵性的或物
遵循它当时被塑造成的特定形态的规律。因此，当
象在固收缩的他所构建的所谓梦境的
但梦的实相仅在继续。

我在乎这个理念现在是否显得荒诞或难以置信
他人或事实是，它就是如此。

在其他层次，事实也是如此，但，是在有意识的层
道，有意识的心智认为如此愚蠢和不合理的梦境，
的谨慎，以只有直觉才知道的精确度构建的。每一
煌的创造，存在于作为其起源的自己之外。

你的手累了吗？

（“没有”。

（珍看了看我。时间是9:58。我的手其实很累，但
继续，以便提出一些特定的要点。）

因此只有在一个执迷于物质世界的，而且有某种程
果必然如此的问题才有意义。

你们的意识能量聚焦在物质领域，扭曲的因果理论

正是你们强烈的专注本质掩盖了其他的感知
来？这个问题是没有意义的？”

你们个别地和集体地创造了这个宇宙，人类以及其
如同你们通过自己梦的同样方式，创造这个宇宙
能量只集中在创造了一个相当微小的方面，所有其
感官隔绝了，只为了让你们内部的注意力集中
区。

我将在此建议你们休息，因为我不想扩大你们的注
意。

（休息至10:05。珍再次充满活力。现在，她恢复
音调恢复，速度更快，）

我们确实会回到我们的梦境，因为它与潜意识
就是连接性的资料，可以这么说，我将继续。

即使那些熟悉我们资料的人，知道个体通过各种
的物质感官获取资料，称之为物质宇宙，甚至这些
个体在与其他个体的合作中创造物质宇宙，但那个
以及可识别的形态，而梦境世界缺乏这种
的形态。

然后他们会认为这两者之间没有真正的可比性，因
同的个人主义的象征符号之集合体，即使它们被投
的宇宙中。

首先，物质宇宙确实是一个由多样的个人主义
中没有一个象征符号对任何两个人来说是完全
中，即使是所谓的基本品质，如颜色和空间中的配

你只是关注相似之处。这很重要。

（珍笑着敲了敲桌子以示强调。）

心灵感应可以被称为一种物质宇宙的一个在
一样任何人都可以同意的特定的物体是什么或
置。

因此，当你想到梦世界时，你有同样的一个宇宙，
官无法感知的领域上，你在其中构建的宇宙。但它
界有更多的连续性，而且其中有一些相似之处，让
多的惊人的相似。

你知道许多，但绝不是所有的梦境象征符号大
但不是全部，而且对特定的人类群体而言，他们在
间较短的实际事件，例如，火的象征作为梦境的象
火取暖或烹饪食物之前早在人类出现的时代，不
为了温暖。

古老象征现在仍然存在，火是神秘的辉煌或毁
和温暖的象征，所以某种程度上梦的象征符号是与

基本的象征符号是超越文化的，稍后我会在
然而，我想说的是梦境宇宙和你们自己的宇宙一样
灵感应作为粘合剂，不仅赋予它同样多的现实性，
效性。

有一点，我很快会深入探讨，那些现在在物质层
多或少是因为他们曾经在物质层次上生活过某些周
期。他们拥有一种内在的熟悉感，一种属于或多或
及之前的时期，在那里他们居住在同一类的物质宇

period, and to periods before, where they inhabited the same sort universe.

Their dream worlds are not then so diverse in some ways as you mi supposed. Certain symbols are co then, in much the same manner that the physical universe.

所以他们的梦世界在某些方面并不像你们以为的那宇宙里被建构成现实，就像某些理念在物质宇宙中

Do your precious fingers tire?

你宝贵的手指会累吗？

("No."

(“不累”。

(Jane spoke leaning close to me, quite amused. It was 10:36 and answered in the negative although my hand was tiring. I think she make a particular point.)

(珍倾身贴近我说话，很乐的样子。时间是10:36回答说没有，因为我认为她想表达一个特别的观点

The same sort of psychic agreement holds the dream universe toget holds the physical universe together. Without such concentration upon those hidden, elements in the physical universe could focus upon the dissimilarit universe, he would wonder what gave physical object upon which men could agree.

同样的灵性协议将梦宇宙维系在一起，就像将物质宇宙维系在一起。如果人能够真正把注意力集中在物质宇宙中那要素上，那么他能够看到隐藏在表面之下的差异性，而不是相似性，他会想知道是什么让任何一个物质对象达成一致。

He would wonder what collective madness made or permitted man to from a virtual infinity of what would appear to be similarities, and call it a universe.

他会想，是什么集体的疯狂使人，或允许人，从看似无限的虚拟相似之处，并称之为宇宙。

So do you, viewing the seeming chaos of dream reality, wonder how that similarity here occurs, and cohesiveness and actuality and permanence. The dream means something, but in order for him to use it selects its elements most carefully,

你也一样，看着这看似混乱的梦实相，惊讶我怎么及凝聚力和真实性，还有相对的持久性。梦对其体很仔细地选择它的元素，但是为了利用它，必

He projects it in a dimension unperceived by the conscious mind. B though it has served his purposes, and he cannot call it back. He projection of energy has taken place and he withdraw from it.

他把它投射到一个有意识的心智感知不到的维度。的，他收缩了，能量的扩展和投射已经发生，他撤回。

As—you may take your break.

正如——你可以休息一下。

(Break at 10:46. Jane was dissociated as usual. She said she had painted too long today; but although she was tired before, she feels fine now. She said she could end the session soon. She resumed in the same forceful manner at

(10:46休息。珍解离如常。她说，她今天确实粉前她很累，但她现在感觉很好。她说她现在可以感就会结束这一节。10:46她以同样有力的方式继续

The conscious mind does not even know, and cannot of itself command to walk across the floor. Is it any wonder that the conscious know how it creates the dream universe?

有意识的心智甚至不知道，也不能自己指挥双腿走智不知道它是如何创造梦境的，这有什么奇怪吗？

But the legs do walk, and the dream universe does exist. As the en and originates new personalities, and these personalities then b independent individuals, so do the individuals create dream or so- realities and individuals of the dream universe, which are indepen

但双脚确实在走，梦宇宙也确实存在。就像有人人格随后成为独立的个体，这些个体也创造了梦境的个体，这些个体是独立的。

The term “dream” I use because you are familiar with it. It is not necessarily. I will use the term, stories, or whatever, personalities or individuals given existence by mankind in his drea

我使用“梦”这个词是因为你们对它很熟悉。这不一定。我将使用这个词，稍微扩大它指的是人类赋予存在的人格或个人。

You may add to the word, dual-hybrid constructions. This is perhap

你可以在这个词后面加上：双重复合建构（dual-好。

At our next session I will continue with this, and continue into an dreams as they affect the individual, and relate them with the levels of the subconscious, that the elements of the dream world existence when the dreamer may have adopted or adopting any type energy, given momentarily to adapt to the laws inherent therein.

在我们下一节，我将继续讨论这个话题，并继续讨梦对个体的影响，并将它们与潜意识的各层物质领域的存在联系起来。你们明白梦中的元素，起源于能量，在做梦者可能采用或正在采用任何能量，被暂时适应其中固有的规律。

All energy, once manifested in any manner, will follow the proporti manifestation. It will ultimately be transformed but an individual quality cannot be annihilated once manifested, the indi energy then comes under the law of value fulfillment.

所有的能量，一旦以任何方式显化出来，将遵循其化，最终会转化，但个体质量不能被湮灭。性就会处于值的充盈的规律之下。

Energy can be transformed from one state to another, but once it a personalized gestalt the individuality which has formed must fol of value fulfillment, and this involves distinctions which have n in our sessions. You have no idea of how little we have scratched t

能量可以从一种形态转化为另一种形态，但一旦它形成的个性就必须遵循某项值的充盈的法则，而对比区别。你们不知道我们

I will now close the session, with the ESP book and our material expand, or his utilization of them expectation line have really begun to the fantastic leap.

现在我将结束这一节，带着我对你们俩最美好的祝那本超感知觉的书，以及我们的资料将被出版者说他对这些能力的运用会扩展，而你们俩在期待相当奇妙的飞跃。

As always, I could continue. My and the feeling is shared.

和往常一样，我可以继续下去。我对你们俩的感共同拥有的。

(“Yes. Good night, Seth.”

(“是的。晚安，赛斯”。

(End at 11:07. Jane was dissociated as usual. She had been all nig otherwise she wouldn't have gotten up. My writing was very because of her weariness. My arms and hand cramped.)

(结束于11:07珍解离如常。她说出神了一整晚，前一天分钟。我写作的速度很慢，主要是因为她的疲倦。我的手臂和手筋抽了筋。

SESSION 93 第93节梦的象征符号在潜意识各层的不同解读,潜意识区域

SEPTEMBER 30, 1964 9 PM WEDNESDAY EVENING

9月30日，1964年，星期三晚上9点钟 第93节

(While conducting these sessions, Jane and I have had remarkably interruptions either during them or

(在上这些课时，无论是课间还是课前，珍和我很

However, this evening we did have a pause. It was short.

晚 我们 确 实 有 一 个 这样 中 断 的 经 历 了 虽然 很 短 。

(At 8:50 a friend of ours, Howard Kimball arrived. He is on the board of directors of the gallery, which Jane has just left. Howard wanted to see paintings, and of course some conversation ensued. Howard invited the gallery, the new director, who was discussed by Seth in the 74th session.)

(8:50，我们的一个朋友，霍华德·金博（Howard Kimball）来了。霍华德是那间画廊的董事会成员。霍华德想看一些画，当然会成员。霍华德邀请了画廊的新主管，赛斯在第74节讨论过他。)

(Howard bought a small tempera of mine, a painting, and Jane's surprise he bought off the wall of our apartment, a small abstract painting. Jane and I had produced jointly in a humorous attempt at working together, and the little painting had turned out well and attracted much notice. It was the first work Jane had ever sold, and she was pleased.)

(霍华德买了我的一幅小蛋彩画，画的是两个人，令珍妮惊喜的是，他从我们公寓墙上的一幅小抽象油画，那是珍妮和我共同创作的。这幅小画的效果不错，吸引了很多关注。这是珍妮卖出的第一件艺术品，她很开心。)

(Howard left at 9:11 PM. Jane said the visit had disturbed her so that I had not appreciated from observing her. She told me that I had been waiting. At 9:12 she began to dictate the session. Her voice gathered as she progressed, and again she did not wear her glasses. The session progressed at a rather unhurried pace. Her eyes were dark as usual.)

(霍华德于晚上9:11离开。珍妮说，他的来访让她心烦意乱，以至于我从观察她时没有感觉到这一点。她告诉我，我一直在等着。9:12她开始口述这次课程。她的声音随着课程进行变得更有力，而且再次没戴眼镜。她的眼睛像往常一样黑。)

Good evening.

晚安。

("Good evening, Seth.")

("晚安，赛斯"。)

Due congratulations to Ruburt on his sale of his painting.

恭喜鲁伯特卖出他的画。

I hope that you will not find that he is now big headed as well as, you know I speak only in jest. I did never the less tell you that he had one time, did I not?

我希望你不会发现他现在不但有人头，还自负，我只是开玩笑。不过，我确实告诉过你，他曾经是

("Yes.")

("是。")

(See the 2nd session, December 4, 1963 and the 3rd session, December 14, 1963.)

(见第63册，1963年12月4日第2节。1963年12月14日第3节。)

The interruption did bother him somewhat as he was prepared for the time, per usual. I will however continue along the lines of our previous discussions.

这次中断确实让他有些困扰，因为他像往常一样准时。我们之前的主题。

Dreams, then, come from various levels of what you call the subconscious as a particular dream, although they originate in a particular level, nevertheless have meaning on all levels, however, may be the same. That is, the particular dream may be a good method of saying things or bringing different messages, the one particular dream, being translated by the various levels of the subconscious in terms of interpretation given by any particular subconscious level to the dream symbolism.

那么，梦来自你们所说的潜意识的各个层次。任何特定的层次，但在所有层次都有意义。然而，其就是说，这个特定的梦，可能是一种表达不同事物义的解释。

The dream could be said to be a message to the multitudinous levels. For purposes of analogy only, imagine that each subconscious layer personified into a personality, who is then subjected to rendition of more, who watches a screen upon which the dream images flicker.

梦可以说是给自己的众多层次的一个信息。仅仅出个潜意识层都被人格化，观看着一个屏幕，上面闪个或更多的梦的演绎。

Every subconscious personality then would see and hear the same dream. Many persons may watch the same movie and as each person may view it, so many persons may watch the same dream and as each person may view it, so does each layer interprets the symbolism of the dream differently. So does each layer subconscious interpret differently the same elements of one dream.

每个潜意识的人格都会看到和听到同样的梦，就像样，就像屏幕里的每个对观剧的象征意义有不一层对一个梦的相同元素有不同的诠释。

Now. The "I" who dreams, who is aware of motion, action and participation in dream, this "I" is of course the inner self, focused momentarily upon particular subconscious layer at which the dream is originated.

现在。做梦的"我"，知道梦中的运动、行动和参已，暂时专注于梦境起源的特定潜意识层。

I will here suggest that the term "subconscious" be dropped and in its place we will refer to "subconscious areas."

在这里我想说，"潜意识层"这个词已经过时了它的"潜意识区域"。

In dreams the inner "I" changes its point of focus, and this is important therefore able to view the self as a whole, with its past and present because the focus brings it outside of camouflage time and space, able to project itself into what you call the future.

在梦中，内在的"我"改变了它的焦点，这很重要。个完整的自己，包含了它的前世与今生。而且，由的时间和空间之外，能够把自己投射到你所说

In other words, a dream allows the inner self to view itself within present. Now, chemically the physical body does need to dream. The dreaming is a necessity if the physical body is to survive. This certain chemical reactions and chemical necessities, chemical excess build up during the days, inciting the mental dream mechanism.

换句话说，梦允许内在自己在自己的现在中观察自确实需要做梦。也就是说，如果肉体要存活，做梦应和化学必需品的结果，白天中积累的过剩化学物制。

Without dreams the outer camouflaged self would lose all touch with realities, or would be in danger of losing touch with realities, and the physical body is so constructed that it would be in danger transformed into human action, clogged with poisons.

如果没有梦，外在的伪装自己就会和内在的实相完此而失去与现实接触的危险，因此，肉体要存活，必须被排出并转化为人类的活动，否则身体的机制

I suggest your first break.

我建议你休息一下，这是今晚的第一次休息。

(Break at 9:35. Jane was dissociated as usual. She now told me that she been upset by the delay in starting the session. She resumed in a rather unhurried manner, at 9:40, but stronger, at 9:40.)

(9:35休息。珍妮解离如常。她现在告诉我，开始课程的延迟让她心烦意乱。她以一种不急不缓的方式恢复了，9:40，但更有力。)

When I spoke of the fine discrimination used in the construction of had reference to the amazing work of the inner self in building individualized symbols, which would be a unique way of communicating levels of the subconscious.

当我谈到构建梦境的精细辨别时，我指的是内在自己为个人创造这些象征符号的惊人工作，这将是一种与潜意识的各个层次沟通的独特方式。

The dream objects are not randomly chosen, but only those are chosen will be significant to the many layers of the subconscious. The dreamer according to that part of the subconscious selects those objects the portion which is directly a part of the dreamer's consciousness, and out the dream drama while other parts of the self-observe.

梦中的对象不是随机选择的，而是根据需要，只有意义的多层次潜意识的一部分，只选择那些对自己有意义的梦境活动的一部分，而自己的其他部扮演梦中戏剧的一部分，而自己的其他部

You must again realize that we speak of the self as being divided simplicity's sake. While the self is whole and complete, for efficiency's sake, but beneath conscious levels are conscious self is most necessary. However, it cannot be stressed that that consciousness is merely a state of focus, and not a self.

你们必须再明白，我们说的自己之所以被这样区分是为了效率的缘故，但为了效率的缘故，自己被划分成自己是敞开的。同样，有意识的自己是最必要的。然而，这一点再怎么大大强调也不为过自己，而不是自己。

Consciousness is the direction in which the individual at any given time observes the world.

意识是个人在任何给定时间内观察世界的方向。

(Jane delivered the above sentence with much emphasis; her voice

(珍非常强调地说出了上述句子，声音有时会变得

considerably at times.)

That is perhaps the most important sentence of this section and many

那或许是这一节最重要的一句话，这里还有许多其他句

For the direction or the focus of the self does indeed change and

确实在改变，甚至在你们自己的日常生活中，你们

own daily lives you experience the fact that what is conscious today

意识到的东西，明天可能就不会意识到了。

tomorrow.

The self, in this manner, looks about. The direction in which the self

自己，以这种方式，环顾四周。自己看的方向并不

the self. In dreams the self looks elsewhere, and the

其他地方，而是我，个有意识的“我”，其工作

the working ability is tremendous. It sees in many directions

知它从许多方向上观察到的实相，不受伪装存在之

observes in many directions, being free from the intense focus with

缠。

directions of camouflage existence.

It then constructs its dreams in such a way that the symbols within

然后，它以这样一种方式构建它的梦，里面的象征

all areas that are themselves less able to survey large vistas but

些区域本身不太能够勘察大的远景，但其能量是沿

energies are focused along specific lines.

Without dreams the whole self would have no way of holding its various

如果没有梦，整个自己就没有办法把它的各种显化

manifestations together, and the so-called conscious ego would

当下一个格格不入的自我就会动摇。如果你现在能想像

soon falter. Imagine if you will now a row of the headlights

里，你的远光灯在闪着光，你能够看到一些灯光

beams of the headlights gleaming, and you may see a few lights

只能照到车子直接经过的道路。这些人可以比作是

seen; and some with low beams shining only on the road directly passed.

有的存在状态，能看见局部。

The men can be compared to the partitioned areas of the

subconscious, with partial vision of existing conditions.

Another man in an airplane above sees the whole landscape, and

只一个人在飞机上看到了整个景观，并通过无线电

communicates to those below about what he sees. The man in the airplane

知的情况，那么，飞机上的人可以被比作内在的自

perceive. The man in the airplane

这些区域的能量和注意力必然是以有限的

sending messages to other areas are focused necessarily used in limited fashion.

Only in this case the man in the airplane is a radio broadcasting station

只是在这种情况下，飞机上的人，不是广播信息

radio directly into the mind mechanism of the sending messages in coded symbols which would be interpreted automatically by the men

智机制发送以编码符号呈现的梦境，剧本，然后被

Now. The conscious self responds without knowing it, often changing

现在，有意识的自己在不知不觉中对这些他经常不

conscious ego, the so-called conscious self, and direction, to these dreams of

改变路线和方向。自我，有意识的自我，所谓有意

lines, supported by multitudinous areas of the subconscious, and whose messages come to him only through the correspondence

锋，由他不知道的自己的众多区域和部分支持，它

know, and whose messages come to him only through the correspondence

传递给他。

dreams.

I am, again, not minimizing the practicality of the conscious ego as it

我再次强调，我并不是在贬低有意识的自己的实际

appears to be. But man is much more than the conscious self, and

在的，但是人远远不止是有意识的自己，他所谓有

the conscious self is merely the what he sees when the whole self

已选择其能量和焦点的方向后所看到的那个方向

the whole self chooses to direct its energies and focus.

A man stands in the center of a room. When he looks to the right you

个人站在个房间的中央。当他看向右边时，你

is my conscious self." When he looks to the left, you say "This

当他看向左边时，我们又有了别的东西。你说：

You say "This is the dreaming self." When he looks to the

如果你想的话，也可以叫它左撇子自己，

handed self, indeed is as important, if you wish, and

要整个自己，是改变了方向和焦点，并将其能量

self merely changes direction and focus, and directs its energies

particular line.

It turns beams of attention off and on. It has many facets and many

它把注意力的光束关闭和开启。它有很多面向、很

many dimensions. It acts out roles, and

individual innately knows and is

着各种角色，但整体自己是完整的，个体

of the whole self. And in dreams

体自己的意图和目的在梦中、在直觉中、在未说

individual comes to terms with the

自己可以成共识，而这些只是整体自己的一部分，还

and not necessarily the dominant portion.

(Now Jane perched on the table, sitting down upon it and laughed

(此时珍暂歇在桌上，坐在上面，笑着指着我。)

at me.)

I will here give a brief personal

我在这里简短讲个私人的例子。

Our friend Ruburt prides himself

我们的朋友鲁柏特自己感到骄傲的，是他有意识的

began, started a book called The

手写了个名为《作为物质宇宙的意识构建》的

ha, did he really now?

(The Physical Universe as Idea Construc

The idea that sparked the book came

虽然他可能忘记了，但引发这本书的想法是以两种

First as intuition; in other words

换句话说，当他坐下来写诗时，灵感来自他的直觉

poetry, and in a dream the following

的梦。

night.

Intellectually he followed the ideas, but his inner self gave him the

在智性上他遵循了这些想法，但他的内在自己给了

initial message. His poetry does not stems from conscious, and

诗歌不是从有意识的自己产生的，然而他不会因

not disinherit it for that reason. Intuition represents the direction

代表了内在自己的方向，它突破了意识的障碍。

breaking through conscious barriers.

Messages from the inner self if strong enough will pass through the

来自内在自己的信息如果够强，就会穿越意识的屏

barriers, and the conscious ego is

intuitions have usually first appeared

意接受它们。直觉通常先以梦的形式出

and many such messages appear in

很多这样的信息提前出现在梦中，在情况有需要

the conscious mind when situations demand it.

I had forgotten your break. Take

我忘了你的休息时间。休息一下吧。

(Break at 10:22. Jane was fully dissociated, so much so, she said

(珍完全解离出去，程度很深，以至

hadn't followed the material at all, and had no idea whether it was

料在讲什么，也不知道它是好是坏。

not.

(Jane well remembers the evening when she first consciously conceived

(珍清楚地记得她第一次有意识地构思"理念建构"

Construction, and so do I. Checking

的日记，发现她做第一个笔记的日期是1963年

September 10, 1963, as when she made

在我在公寓后面的工作室里做完这个笔记

to the living room where she wrote

诗的第一句话是：“哇，我有个伟大的想法！”

my studio in the back of the apartment.

关于理念建构的想法。我并没有很好地理解

"Boy, have I got a great idea,"

她说那天晚上根本没有写诗，这个想法在

or

construction, which I didn't go fo

她一晚上都在忙这件事。

up, she said that she never did do

a night; the idea

she sat down to write poetry after supper, and she spent the evenin
(It might be interesting to quote here the first paragraph of notes
evening: "Basic idea is that the senses are developed to perm
of an already existing material world, but it is a created world
projected by the senses outward to create the world of appearance
in reverse, for the eye, for example."

(在此引用珍当晚所做笔记的第一段，可能很有意
展不过是为了得以认识一个已经存在的物质世界，而
念）被感官向外投射，创造出表象的世界。例如，
的眼睛，例如。）

(As Seth states, Jane did have a dream about the idea the followin
September 11, 1963. She recalls it quite vividly. The next morning
record of the dream, since this was her first attempt at keeping
keeping a dream notebook. As mentioned, this was a very important
her poem The Fence, written in May of 1963, is a clear reflection
material, dealing with [but not always by] the theme of reincarnation,
reincarnation, dreams, unperceived worlds, etc. [See the poem on p
Session 5, in Volume I of The Early Sessions]

(正如赛斯所述，珍在隔天晚上即1963年9月11日
法的梦。她很容易就回忆起它。然而，她没有为这
在她的记梦本中记下梦的习惯之前。然而，如很多
诗歌《围栏》（Volume I 第5节）清楚地预示了赛
朋友的名字]做梦的主题，梦境和感知的世界等这
第5节]

(Jane resumed in the same manner (1a0t: 3130珍以同样的方式继续，)

Now. The conscious mind perceives only a very small portion of its
matter directly, but by a very indirect process. The conscious mind
directs a certain portion of its energies in that direction.

现在。有意识的心智感知到了物质的一小部分。但即使如此，
是通过一个非常间接的途径，而是因为整体自
那个方向。

The conscious self does not perceive the so-called conscious selves
perceive, the equally valid dream constructions you will discover
self is composed of many so-called conscious selves. But neither
conscious selves are aware of the existence of the others.

有意识的自己没有感知到，或者说所谓有意识的自
梦建构。你会发现，整体自己是由许多所谓有意识
成的自己。但那些有意识的自己们都没有觉察到其他自

The dreaming self, dear friends, is not aware of the conscious self
self, the entire inner self alone, knows the dreaming self. The
moves. The directions can be likened to a person who has achieved
physical level who has achieved great success. The conscious self
conscious self was intuitively (and directly) aware of the other
selves of which he could not be consciously aware.

亲爱的朋友们，做梦的自己没有觉知到有意识的自
内在自己，掌握着对其运动方向的知识。这些方向
物质层面取得伟大成就的人都是这样
自己是直觉地（并且）觉知到他人的有意识地觉知

Men are not islands, even unto themselves. They merely perceive
they perceive bits of realities. The dream correlates the various
of the self with the whole portion. Dreams bring intuitive knowledge
self to its own parts.

人不是岛屿，甚至不是自己的岛屿。他们只是感知
到现实的点点滴滴。梦将自己的各种现实与整个
己的直觉知识带到他自己的各个部分。

I will end the session shortly, after mentioning briefly an example
levels of the subconscious interpretation. We will take Rubut,
we have already interpreted on some levels and only symbol, t-u-b
u-b.

简短提一下潜意识各个层次如何解读一个象征符号
这一节。我们将以鲁伯的梦为例，我们已经在某些
我们只讲一个象征，那就是浴缸这个象征，t-u-b

(See the 87th session, page 11, (见第87节等。)

The tub was the unifying symbol of the dream, interpreted by the va
the subconscious. On the most superficial level the dreaming
day I shall be an old tub," meaning the disappearance of early youth,
female personality.

浴缸是这个梦的统一象征，由潜意识的各个层次来
梦的最表面层次，鲁伯认为"有一天我将成为一个旧浴缸"意思是
青春的消失有关，而且对这个表层的女性人格有着

The tub was next interpreted as a washing machine, a secondary
was in itself a symbol leading to the next interpretation, in
that of an old tub that leaked. In this dream the washing machine
him into a third level, where the tub was a symbol for the old ship
when you Joseph, were a passenger on your way to Boston in a past

浴缸接下来在第二层被解读成一台洗衣机，而它本
层的解读下来属于第二解读，即一个漏水的旧船。在
这个梦中，洗衣机把他带入第三个层次，这里浴缸象征一艘漏水的旧船
这艘船前往波士顿时。

The connection picked up again. The past administrator of the gall
known to you in that life, and was passenger on that ship. He
was led backward to the first level, and to the ship, and was
not be the old tub, she was and is, and he, in the dream, was
jealousy because the former administrator spent so much money on
appearance.

连结再度接上。你在那一世认识画廊过去的主管，
这里鲁伯暂时被带回到第一层，被安置到船上。
现在，在梦中，他穿服装如女人，因为这
和以前的管理人员花费了很多钱修饰外表。

(See the 59th session for the data on Seth, and see the 87th se
myself in Boston, prior to the Civil War; and see again the 87th se

(关于赛斯，见第59节；关于珍，见第87节；和我自己在内战之前在波士
见第87节。)

Ruburt knew he could look better if he spent half the time and effo
jealous anyway. So here the symbol is coincided. He obtained
information concerning your past life; the one symbol, for these
purposes. It gave him information that helped overcome his jealousy
transition from surface significance to deeper knowledge.

鲁伯知道，如果他花一半的时间和精力，他可以更
此，这里的象征是吻合的。他得到关于你前世的
信息；一个象征有三个目的。它给他信息，它帮助他克服了嫉
深层知识的过渡。

At the same time the word tub referred also to a friend of his, a
maiden name was Tubbs, and informed him, subconsciously, that she
difficulties, as when the tub or old washing machine leaked. Here
the tub referred to the leaking ship on one level, and to the difficu
being experienced by her old friend on another.

同时浴缸这个词也是指他的一个朋友，她的娘家姓
意识通知他，她遇到了难关，就像浴缸或洗衣机
漏水在一个层次上指的是漏水的船，而在另一个层
经历的困难。

I am not sure here. The woman may have been in childbirth and the
broke.

这里我不确定，这个女人可能正在分娩，羊水破了

(This bit of data really made me sit up and take notice. Jane has n
her school girlfriend Marie Tubbs (Madreis Tutbobrsy) of Tampa, Florida
we did not know it. They have exchanged letters from time to time
years, and have not met since the early days of our marriage, which
ago. But because they were such good friends in school, they
managed to keep in touch with each other over the years.

(这个资料确实让我挺直身子并引起注意。珍有
一个在佛罗里达州坦帕的学校女朋友，玛丽·特布斯（Madreis Tutbobrsy）的
消息，我们不知道。她们一直通过信件保持联系，
自从我们结婚以来，她们没有见面。这
年前。但因为她们在学校时是好朋友，多年来他们
设法保持联系。

(Jane will now write to Marie to see if Seth's correct, if not, or
distorted, Jane will try to learn from Marie what association she
involved in with water. Maries married name is Marie Sterrett of
Beach, Florida.)

(珍会写信给玛丽，看赛斯是否正确；如果不正确，
或扭曲，珍将尝试从玛丽那里了解她与水有关的关联。玛丽婚后
(Marie Sterrett)，住在佛罗里达州，博因顿海

Now, in any dream you will find a symbol that will seem to
the conscious mind. But it will seem to be a symbol that is
dream you found the word tub referred to a friend, in cases
cases you will find various other meanings, all of which seem
seems most unfortunate to you that you do not interpret

现在，在任何一个梦中，你都会发现一个统一的象征
似乎和这个浴缸的象征一样多元。但它会对自己的
中，你发现浴缸这个词指的是你多年的朋友，但
种其他的含义，像所有的图像都会被连接在一起，
幸的是，你的有意识的智慧无法解释它们。

However, I have said that the conscious self, and the information thus received, is not the self, and the information thus received upon or assimilated, regardless of conscious cognition.

（然而，我已经说过，有意识的心智及其整体自己的信息，通过他们的接收或吸收，而与意识认知无关。）

This information itself may enable you to interpret effectively, and should enable others who read the dreams with more sense.

这个信息本身可以使你更有效地解释自己的梦，并且应该使其他阅读梦境的人，能够更有意义地解读他们自己的梦。

It is not as important as you may think, since often times you act wisdom automatically, and the conscious mind is extremely slow to knowledge that the intuitions know by heart.

这并不像你们想的那么重要，因为你们经常自动地行动，而且意识的心智在吸收出直觉而心领神会的知识是极其缓慢的。

I hope to get into your fathers apparatus now, if you wish me to continue. However, the explanation will take nearly an hour, although if you wish me to continue I will do so now that we end the session.

我希望进入你父亲的装置，现在，如果你希望我继续。但是，解释将需要近一个小时，不过，如果你希望我继续，我现在结束这一节。

("I guess not.")

（“我想还是不了”。）

(Usually I would be willing to continue, but it keeps Jane working longer.)

（通常，在这种情况下我会愿意继续，但这会让 Jane 工作更久。）

I will then wish you both a fond good night. I make more this year through writing than poor Professor Von James son apparently was. Very kind and considerate, and say what you may. My fondest good wishes to you both.

那么我希望你们俩晚安，有个美好的夜晚。我今年通过写作赚的钱比可怜的冯·詹姆斯教授的儿子显然赚的多。很善良和体贴，说什么都行。我向你们俩致以最美好的祝福。

("Good night, Seth.")

（“晚安，赛斯”。）

(End at 11:02. Jane was dissociated as usual. She was wearing her glasses. Jane's delivery had been quite a tiring session. My writing hand was also tired.)

（结束于 11:02。Jane 如常出现了解离。她戴着眼镜。Jane 在这节课中的发言相当累人。我的写字手也很累。）

(I will include a copy of the very long, vivid and involved dream I will send to Jane, Bill Macdonnel, three friends of a family from Sayre, and whatever session Seth uses to discuss this dream also was followed by a sequel, a week or so later. I believe to be a sequel, a week or so later.)

（我将在赛斯讨论这个梦之前，附上一份我做的非常长、生动且复杂的梦的副本，发给 Jane、Bill Macdonnel、三位来自 Sayre 家庭的朋友和我父亲。这个梦境也是赛斯用来讨论的梦境之一，紧接其后的还有一个我认为是续集的梦。）

(The two dreams following are included here because they are dealt with extensively by Seth in the following 94th session. They are taken from my dream notebook, which I have just recently begun to keep.)

（下面的两个梦被包括在这里，因为在接下来的第 94 节中，赛斯对它们进行了广泛的讨论。它们出自我的梦笔记，我最近才开始记梦。）

(September 18, 1964, Friday: This was a long, complicated and very vivid dream that seemed to consume hours. It was in full color. Bill Macdonnel; Clark, Alice and Larry Potter and myself were living in a place we did not recognize but took to be occupied by Jane and me. Clark and Alice Potter had been our landlords in Sayre, PA for four years. They had liked each other from the start and had always gotten on well. There is their teenage son, and they have another son, older by two years, who was not in the dream.]

（1964 年 9 月 18 日，星期五：这是一个漫长、复杂且非常生动的梦，它似乎消耗了几个小时。它是全彩的。比尔·麦克唐纳；克拉克、爱丽丝（Alice）和拉里·波特（Larry）以及我住在公寓里，我们认出这是珍和我住的公寓。克拉克和爱丽丝在宾夕法尼亚州的塞尔（Sayre）当了四年的房东。他们一开始就很好相处，彼此喜欢对方，关系一直很好。他们还有一个十几岁的儿子，他们还有一个比他大两岁的儿子，他不在这个梦中。）

(Kneeling beside an old-fashioned living room table with a shelf underneath, I saw a foot-high pile of Jane's drawings. I was surprised at the vivid colors in the form it contained. A pastel drawing of a tree and I exclaimed to Bill and the others that Jane's drawings were more than I had thought them to be, or had realized she could do.

（跪在一张老式的客厅桌子旁，下面有个架子，我看到一堆 Jane 的画作，高一英尺。我惊讶于画中鲜艳的色彩和其中包含的形式。一幅粉彩画吸引了我的注意，我对比尔和其他人说，Jane 的画作比我原来以为的要好，或者我没有意识到她能做到这么多。）

(Then Bill and Jane were gone. I was in the living room of the apartment of Alice and Clark, looking back toward the kitchen. In an intermediate room I saw Larry in a tweed jacket with knitted cuffs. He seemed to be, which was about known him to be, that Larry was frantically busy at the sink, gushing forth a stream of water from its outlet, into a bucket that

（然后比尔和 Jane 就走了。我在克拉克和爱丽丝的公寓的客厅里，朝厨房方向回望。在一个间隔房间里，我看到拉里穿着一件带针织袖口的粗花呢夹克。他似乎比我认识他的时候要忙得多。他在水槽旁疯狂地忙碌着，从水龙头流出一股水流，流进一个桶里。）

(Glaring at me, Larry shouted at me to get him a pie pan, that the pie pan was going to overflow the bucket any second. I yelled back that a pie pan could hold much. The machine was jumping around while Larry held it down. I recall any water on the floor. The next I knew Larry was very angry and stood right beside me and towered over me yelling something about some kind of nut or dope, and that I needed a good punch.

（拉里瞪着我，对我吼着，叫我拿一个派盘（pie pan），说派盘马上要溢满水桶了。我回喊道，派盘盛不了多少东西。我记得地板上没有水。接下来我知道，拉里很生气，站在我旁边，耸立在我面前，对我吼叫，骂我是某种坚果或毒品，我需要好好被揍一顿。）

(Then, Alice Potter and I were driving down Route 17 to Sayre. She was sympathetic to me, and I may have forgotten. She was wearing a nightgown but am not positive. Alice parked the car in front of parents home in Sayre, put her arm around my shoulder and said so then got out of the car and she drove away; but I did not go on Wilbur Avenue, but I did not go into Key's Lone Avenue, instead I started around the corner toward Key's Lane Avenue. I did not go a theatre, a big one, on the corner of Key's Lane and Mohawk Street, but none exists there. I was now in striped pajamas. I have none like covered by the pajamas, which were loose and baggy, and not at all

（然后，爱丽丝·波特和我开车沿 17 号路开往塞尔。她对我表示同情，我可能记错了原因。我相信她当时穿着一件睡衣，但我并不确定。Alice 将车停在塞尔的父母家门口，把手臂搭在我的肩膀上，说了些什么。然后我下了车，她开车离开了。我没有沿威尔伯大道开车，但我没有进入 Key's Lane 大道。相反，我开始沿着街区外的基斯大道走去。我没有去一个剧院，在霍克的拐角处，一个大剧院，但实际上那里没有剧院。我现在穿着睡衣，宽大又松垮的睡衣。我全身一点都不觉得尴尬，也不担心别人会或可能看到我。这当然是不太可能的，但我清楚地知道我在寻找着什么人或东西，但我找不到。）

(Next I was walking up the center aisle of the darkened, crowded, still in my pajamas but not at all embarrassed or concerned that other could see me. The place was dark of course but I could see well enough to know I was looking for someone or something I could not find.

（接下来，我走在黑暗的、拥挤的电影院中间的过道上，还穿着睡衣，但并不觉得尴尬，也不担心别人会或可能看到我。这当然是黑暗的，但我清楚地知道我在寻找着什么人或东西，但我找不到。）

(Then the show was over and the crowds were leaving the theatre. It was outside, and I was sitting on the green grass in front of the theatre at Mohawk St., again quite unconcerned about many well-dressed people by. I still wore the pajamas and was quite in possession of myself.

（演出结束后，人群继续离开剧院。外面是晚上，我坐在莫霍克街旁的绿草地上，当许多衣着光鲜的人经过时，我仍然穿着睡衣，完全自若。）

(Then my brother Dick, looking perhaps a little younger than he is [36], was approaching me, smiling down at me and saying something. Dick was fully dressed wearing a jacket.)

（这时，我的弟弟迪克看起来可能比现在年轻一些[36]，朝我微笑着走来，对我说了些什么。迪克穿戴整齐并穿着一件

faced man in dark-rimmed glasses and colored tie, and a slim rather couple with Dick did not speak to

瘦长的脸的男子，戴着黑边眼镜，穿着深色西装和彩色领带，还有一位我不认识的苗条美丽的女人。我记得，我们与迪克夫妇没有说话。

(Next, Jane and I had been attending a party in a building on a bus street corner, on the second floor there at the party. Many people were left the stairway to move out on dressed, and it was daytime. As all directions, I stretched my arms saw my father ride past me, past familiar brown hat, and a long bro his present age. His face was ver very healthy, and he seemed to pedal past me quite easily, as a yo

(接下来，简和我在市中心一个繁忙的街角的大楼里参加一个聚会。当天晚上，我们在那里参加了聚会。当我们走到楼梯间走到户外呼吸新鲜空气时，我进入了梦中的这一部分。当时是白天。当我站在那里时，四面八方伸展手臂时，我惊讶地看到我的父亲骑着自行车从我身边经过，就像一个年轻人一样轻松地从我身边经过。

(I was very surprised to see Father. As he passed me he turned his back at me over his left shoulder, smiling serenely all the while. C surprise with my arms up in the air, I felt my heart skip a beat. I was holding it stiff, and waved at Father with my hand, leaving my arm bend my arm but waved at him awkwardly with the left hand. moved. Father did not speak a word to me, nor did I speak to him. He kept on pedaling, seeming ly unaware of me. This was the end of the dream, and it made quite an i upon me.

(看到父亲时，我很惊讶。当他经过我身边时，他转过肩膀直接对着我微笑着。我被吓了一跳，没想到会被惊吓。我的手臂高举，保持僵硬，用手腕处的手向父亲挥手。我没有弯曲手臂，而是僵硬地朝他挥手，所以只有手在动。我也没有跟他说话，没叫他。他继续踩着脚踏车，似乎对我毫不在意。这就是这个梦的结局，它给我留下了相当深刻的印象。

(September 24, 1964, Thursday: Is this dream a sequel to the previ Again in color. My two brothers, Loren and Dick, and I were in a r something like a courtroom, seated behind a long low polished dark table. The three of us sat facing our mother, who was behind some higher desk or bar. She was her present age.

(1964年9月24日，星期四。这个梦是前一个梦的续集吗？再次出现色彩。我的两个兄弟，洛伦和迪克，和我在一个类似法庭的房间里。我们三个人面对着我们的母亲，她坐在一张长桌后面的一个较低的抛光深色桌子前面。她是她现在的年龄。

(Some kind of steady noise pervaded the air. Mother spoke to us, o asked her what the trouble was, I though I saw her lips move plainly leaned toward her. I believe it was said over the noise which was some the table, I then heard mother say This was the end of the dream, and it woke me up.

(空气中弥漫着某种稳定的噪音。母亲对我们说话。我问她发生了什么麻烦，我不确定是哪个。我认为我看到她的嘴唇在动，但是我靠近她说话。我相信她说的话是在这种噪音上方说的，我在桌边向前倾斜，然后我听到母亲说，“F点。”这就是梦的结束，它让我醒了过来。

(These two dreams impressed me considerably and I wondered wheth were clairvoyant in that they might part. I might as well add here, as not get together very often — on the because we all live in different c of course each person is always busy

(这两个梦给我留下了深刻的印象，我想知道它们是否具有透视力，因为它们可能表示我父亲的疾病或死亡。我不妨在这里补充说，我们不经常在一起——在节日期间——因为我们都住在不同的城市。当然每个人总是忙于他或她自己的生活。

(However, the three of us did meet with our parents last Sunday Oc 1964, to handle some family business. None of us knew of any such the time of my above dream of Sep not been scheduled yet, or indeed was the involvement in the problem October 4, that I completely forgo had dreamed of a family get-toget clairvoyant aspect of the second dream is discussed by Seth in the session.)

(然而，我们三个人确实在1964年10月4日上周日与父母会面，处理一些家庭事务。我们三个人都不知道我做梦时还没有安排好的9月24日的梦。甚至我们也没有意识到我在梦发生前几个小时忘记了当时的情况。这个梦的透视方面将由赛斯在本节课程中讨论。

SESSION 94 第94节

OCTOBER 5, 1964 9 PM MONDAY

梦的研究，解读以及这两个梦 1964年10月5日星期一

(Our landlord and his wife, James, and Marian Spaziani were scheduled attend tonight's session, and to a very a the Seth material from the beginning, and I read some of the ea sessions; indeed, it was Jane's borrowing Jim's Ouija board in Nov that led to the flow of the Seth material.

(我们的房东詹姆斯和他的妻子玛丽安·斯帕齐安尼原定今晚来参加今晚的课。3:30左右，我开始阅读赛斯资料，并读了一些早期的课；事实上，就是珍在小名吉姆的灵应盘，才有了赛斯资料的涌现。

(In spite of the fact that we are all good friends, Jane grew some w the day wore on, because the Spaziani had never witnessed a ses although both of them are interested in ESP and Jim has read a gr books on the subject.

(尽管我们都是好朋友，但珍开始变得紧张，因为斯帕齐安尼夫妇从未见证过课程，但是两人都对超感官知觉（ESP）感兴趣，吉姆也阅读了关于这个主题的书。

(By 8:40 the guests had not arrived, and Jane was up from her nap. laying down she had instructed he would have witnesses, but upon a expressed a desire to obtain in the as possible, well in advance of the telephone last-minute verification is difficult, and we may have a

(到8:40客人还没有到，珍从小睡中醒来。躺下之前，她指示她的朋友，如果有证人，但应她的要求，她表示希望尽可能早，提前很多时间，最后一刻电话确认困难，因此我们可能

(After supper Jane had read the two dreams quoted previously invo father. My dream notebook lay ope Jane no longer felt nervous. I cou and when she began delivery I tho expressionless quality that could deliberately, in measured phrases loudly, and as though she were gi Again her glasses were off, her eyes very dark. Her pacing was als

(晚餐后，珍读了之前引用的涉及我父亲的两个梦。我的梦笔记本摊开。随着上课时间的临近，珍不再觉得紧张。然而，我开始担心，我认为她的声音有种特殊的平淡无奇的质感，她说话很谨慎地字字斟酌，高音。比平时低些，面前演讲似的一样，她摘掉了眼镜，眼睛很暗。慢慢地，

Good evening.

晚安。

(“Good evening, Seth.”)

(“晚安，赛斯”。)

I would like here to discuss a fact about which we have spoken bri

我想在这里讨论一个我们过去曾简短说过的事实；

past; that is, that the inner world indeed the main purpose of the outer senses is the interpretation o camouflage existence.

在感官来检验事实上外在感官的主要目的是解

The outer senses as you know are themselves camouflage constructi specific tools formed for a specific purpose. They are not equipped to handle o do so.

如你所知，外在感官本身就是伪装的建构，是为操成的特定工具。它们不具备处理其他实相的能力。

They were adapted to meet a specific situation in which the inner s must operate, and it therefore to constructions. Therefore since dre cannot be interpreted or investigat any success through the outer senses.

它们被调整以满足内在自己必须在其中运作的特这些特定的建构。因此，由于梦是内在实相的产化宜来解释或研究。

They must be interpreted instead through the use of those inner se I have spoken, for these are the frowned upon to speak in terms of whole reality because of a built-in intellect by itself cannot grasp o thought of as a deficiency inherent in intellect.

它们必须通过使用我所说的那些内在感官来解释。我意识到，就有限的智力而言这样说话是不存在内建的缺陷；无法理解整个实相；然而，单理解内在实相，但这不应被视为智力中固有的缺陷

A study or investigation of inner reality was not the purpose of the intellect, again, was also and is a means by which the inner self r the camouflage physical universe which it has itself constructed.

研究或调查内在实相并不是智力的目的。同样，智手段，内在自己将自己与它自己构建的伪装物质宇

Dreams therefore cannot adequately be understood or probed into o intellectual level. The results of another kind of investigation may intellect, which may then be able to register the facts involved, but difficulty since the intellect is bound and determined to study fac so-called cause and effect, which appears so logical to the intellect deals so often with appearances registered by the outer sen's es, th interpret them into some kind of order.

因此，梦不能在智性层次上被充分理解或探究。智的结果，然后它也许能够接收所涉及的事实，但有果，并决定根据所谓的因果关系来研究事实，这在因为它经常处理由外部感官记录的表象，然后试图

The investigation of dreams, then must be accomplished in or on a subconscious level. In order to study dreams properly you must find yourself in that medium in which dreams occur. The non-intellectual usual consciousness will itself distort the true nature of dreams, a hold any such conscious examination of dreams within rigid bonds.

所以，梦的调查必须在潜意识层次之中或之上完成须让自己沉浸在梦发生的那个媒介中。通常强烈的曲梦的真实本质；而自我也会把任何这种对梦的有束缚中。

Now. The tendency exists to suppose that any true evidence or proc depends upon those effects that can be perceived, which to us are This tendency exists simply because we by usual sensuous consciousness validity, whose impact is every bit as shown itself, even the intellect must admit it cannot understand.

现在。存在着一种倾向，认为任何真正的证据或些可以通过外在感官意识的效果。这种倾向的存类型的有效性；它们的影响是同样真实的，事实上甚至智力也必须承认自己无法理解。

Hypnosis is one method of examining dreams. Our method is perhap one. The inner self constantly changes its focus in order to examine the reality of dreams within the inner self to those directions in which the not limit its scope to camouflage reality only.

催眠是检查梦的一种方法。我们的方法也许是最好变其焦点。我已经说过，意识只是内在自己为了检验梦的真实性，需要将内在自己的焦点转移到这时自我的范围不再局限于伪装实相。

This in itself, this change of focus, is not difficult. What is diffic facility to change focus from one for a return to the usual necessary balance be maintained and manipu uninterrupted.

这本身，这种焦点的改变本身并不困难。难的为一个领域的能力或倾向，并始终为回到日常的必有效的平衡，并在物质领域上保持相当不间断的操

I suggest your first break.

我建议你们开始第一次的休息。

(Break at 9:28. Jane was dissociated as usual. She had begun the without her glasses but now put them on.

9:28休息。珍解离如常。她一开始的时候没有戴

(I was somewhat concerned because once again she said that she w and I felt her voice revealed her alternatives, finally deciding that a session whether witnesses were not. We also talked of moving the least during the winter months when it gets dark early.

(我有些担心，因为她又一次说她很累，我觉得她的声音揭示了她的状况。最后决定无论是否有证人在场，都要在课之前给她一个小时的时间。我们也谈到将开始时间至少在冬天天黑得早的时候要这样做。

(I would like to remind the reader here that when Seth uses the ter means what up until recently he has called the subconscious he states, the subconscious is not neatly divided into levels but intertwined, like a labyrinth. Seth has mentioned this at various ti

(当赛斯使用“区域”（area）一词时，他指的是直到最近为止一直称为潜意识的东西。实际上，他说，潜意识并没有分成层次（levels），而是交织在一起，就像一个迷宫。赛斯在不同的时

(Again in the same rather flat and deliberate voice although it was now, Jane resumed at 9:34.)

(9:34继续，还是用同样平淡和谨慎的声音，但现

The tools of investigation will therefore be different.

因此调查的工具将是不同的。

This does not mean that the investigation will not be as valid carried on with different tools.

这并不意味着调查不会像那些用不同工具进行的探

Now during the dream drama the inner self may focus at various of various subconscious areas which it uses as a point of departure whichever one it may be, will be the one in which the dream s originates and in which the dream activity occurs.

现在，在梦的戏剧中，内在自己可能集中在不同的它把这些区域作为一个出发点。这个区域，不管是列的发源地和梦活动的发生地。

The dream objects and activities will then be interpreted at other areas, so that to understand a dream, one must find the subconscious area it originates. Dreams do not have a given origin for themselves, after an at is only then can the individual find the dreams.

然后，梦中的对象和活动将在其他潜意识区域被解梦，我们首先应该发现它起源于哪个潜意识区域。梦境之后，个体可以自己找到这个起源点。

A familiarity must be gained by an individual with the general natu dreams first, as Ruburt now has so that he can distinguish between dreams that originate in other and those which originate in other differentiate.

个体必须首先熟悉他自己的梦的一般性质，因为鲁使他能够区分源自其他区域的梦，以及源不能进一步区分。though he is not yet able

A state of dissociation is necessary in order that inner symbolisms can be of focus alone will aid in intuition more easily through the subconscious areas.

解离的状态是必要的，故而自我中心的障碍仅仅是焦点的改变就会有助于直觉的领悟，潜意识领域的渗透。

They will indeed burst through, or appear, through, into the egotist consciousness if given the opportunity, but the ego is not go after them. The ego will always erect defenses, but intuition has always been able to pierce such defenses.

如果有机会，它们确实会冲破，或出现在自我中心意识中，但随它们去吧。自我总是会竖起防御，但直觉一直能穿透这些防御。

In the interpretation of your dreams, then Joseph, with Ruburt's change our focus, for what appears a logical interpretation examination is often distorted.

那么，在解释你的梦时，约瑟夫，就像解释鲁伯特的梦一样，我们必须改变焦点，因为通过有意识的检查而显得合乎逻辑的解释常常会扭曲。

The basic and originating dream sequence occurred in that area of subconscious having to do with past and origins, as areas. The dream was partially triggered by Ruburt's old friend, related individuals, by Ruburt's own experiences featured.

基本的和最初的梦境序列发生在潜意识的那个与过去和起源有关的区域，这些梦境部分是由鲁伯特的老朋友、相关的人物、鲁伯特自己的经历所触发的。

(Again, see the 87th session for Joan's dream. See also the 87th session.)

（关于琼的梦请见第87节。请见第87节。）

It, the sequence, referred again to that ocean voyage, and gave you subconscious knowledge, informing you that acquaintance was a seaman on the dream because during that voyage none.

这一连串的梦境再次提到了那次远洋航行，并给你提供了潜意识知识，告诉你你的熟人是一位在梦中出现的海员，因为在那次航行中他有地位，而你作为一个旁观者则没有。

And when you were discovered it was he a first mate, who had you duty, and who belittled your efforts until finally, he stated which you were not willing to face in the dream.

当你被发现时，是他，一个大副，你会执行任务，还打压你的努力，直到最终，他说了一句，你在梦中并不愿意面对这一点。

(True. See page 48. At this moment there also popped to mind the have a collection of perhaps 30 books on old sailing ships, the sea, I had not looked at them recently, indeed having begun years ago, before I was married, when I became interested doing research for some artwork. But ever since I built up the collection insisted on carting it about with us each time we changed location.

（是，真的，见第48页。此刻，我的脑海中也浮现出我有一个关于老式帆船、大海、海盗等的藏书，大约30本。事实上，我是在几年前开始收藏的，当时我还没结婚，研究时对这个主题产生了兴趣。但自从我建立了这个收藏，每次搬家时，我都坚持把它带在身边。）

Because of the present situation, where the man in your present life, lad, the dream then changed levels. The vessel became a man's cultural symbol. The first symbol was built around Ruburt's old friend, involved the symbol; that is, the present Ruburt's interpreted vessel as tub, the washing machine, the leaking vessel becoming a leaking washing machine.

因为现在的情况是，在你这世，这个人只是个小伙子，梦境随之变成了另一个层次。那条船变成了一个男性的象征。第一个象征是鲁伯特的老朋友——一个涉及一个女人的象征。鲁伯特的现在的解释将这条船变成了澡盆，洗衣机，漏水的船变成漏水的洗衣机。

Your dream began with this, but you quickly changed into a masculine interpretation. A ship is thought of as a female woman: she who carries men within her. Because of a slip of the tongue, dream, you chose the Potter lads from one area to another. Even in location to another.

你的梦开始于此，但你很快就变成了男性的解释。船被认为是一个女人：她在她的内部携带男人。由于舌头的一个失误，在梦中，你选择了Potter小伙子从一个区域到另一个区域。甚至在你的梦中，她也是用车把你从一个地方带到另一个地方。

Even this, however, gave you additional information. The mate died journey. He struck you. You were then much younger than he. Two leaped to your defense, not out of great kindness of heart disliked him. He received a wound, not obviously critical, which poisoning.

然而，即使这样，也给了你额外的信息。那个大副死了。他打了你。那时你比他年轻得多。另外两个人马上跳出来保护你，主要是因为他们不喜欢他。他受了伤，不是很致命，但中毒。

You found out later and felt somewhat at fault in the dream the lad's mother is seen to comfort you, this being a way of relieve the past that at a certain subconscious area still lingers. At the time the very early thirties, but you were much younger.

你后来发现了，觉得有些过错。在梦中看到小伙子的母亲安慰你，这种缓解过去不安的方式，这种不安在某个潜意识区域仍然存在。在那个时候，小伙子大概三十出头，而你却年轻得多。

("Do you know what year it was?")

("你知道是哪一年吗？")

No.

不知道。

The ship had the word "maiden" however, and carried Southampton to Boston.

不过，船的名字里有"少女"（maiden）这个词，它从南安普敦开往波士顿。

You then found yourself, in the dream, wearing pajamas; first the front of your parent's home, but not entering. This being a transference not yet into this life that is, not just immediately preceding birth you found yourself in the dream entering a theatre, looking for someone.

然后你发现自己在梦中穿着睡衣；先是放在你父母家的前面，但没有进入。这是一个象征性的联系，还没有进入这世，也就是，不是刚刚出生前。但就在出生前，你发现自己在梦中穿着睡衣，正要进入一个剧院，在寻找某人。

The pajamas merely represented symbolically your refusal to admit first, nakedness; to hold off birth, permitting yourself to be born again on the physical plane, this always having been somewhat a portion of your makeup.

睡衣只是象征性地代表你拒绝承认赤裸裸的事实；首先，推迟出生，在物质层面上再次出生，这种不安在某个潜意识区域仍然存在。这一直一直是你的一部分。

You were looking for the person you found him, or he found you. attire, incidentally, because in your dream you had not yet elected

你在寻找那个将成为你兄弟的人，而你确实找到了他，或他找到了你。顺便说一句，你梦中的人没有注意到你奇怪的着装，因为你出生时还没有选择。

A woman with your brother you did not recognize. The three of you communicated before your birth. The woman appeared before. You then planned was carried out. You also however with the man who is now your father.

和你弟弟在一起的女人你没认出来。你们三个人在你出生前交流过。她曾经出现过。然后你计划了这个计划。然而你也打算与现在是你父亲的那个人建立密切的关系。

But though you met both the present, Dick and Loren, your relationship would be in this life, instead, your father. Hence the being a symbol of youth. That is, because you imagined that contemporary in age, you saw him on a bicycle, a child's method of transportation, but because he was born earlier the vehicle carries

但是，尽管你见到了现在的迪克和洛伦，你们的关系在这个人生中会像兄弟般的终生关系，而这个人是你的父亲。他与你擦肩而过，自行车是青春的象征。也就是说，因为你看到他骑着自行车，一个孩子的交通工具，相信他是同时代的人，以车子载着他经过，但因为他出生在更早的时代，车子载着他经过。

You stretch, a symbol of the relatively sleepy youth, in which you were caught, hence the stiff arm to keep the man who is your father. Hence the smile and do not speak because communication between you

你伸了个懒腰，这象征着你陷入了相对困顿的年轻时期，因此你的手臂僵硬，因此无法让作为你父亲的人靠近。他微笑着点头，然而你没有说话，因为你们之间的沟通一直

His nod however was a blessing up on your wish, of course, that he would necessarily die before you. But this dream did not involve an immediate clairvoyant knowledge of his death.	然而他的点头是对你的祝福，当然是在他一定会比你早死的意义上。但这个梦并不涉及对他死亡的直接透视。
Now we come to a dream that originated quite differently, in a quite different area, and that did include a certain clairvoyant knowledge. It gave you warning to prepare for last Sunday's very real occurrence, in which, indeed to some extent sit in judgment. There was necessarily of course distortion, and rather tricky distortion at that.	现在我们来看一个完全不同的潜意识领域，它起源于一个完全不同的领域，并且包含了一定的透视的认知。它给你警告，让你为上周日的实际发生的事件做好准备，在这个过程中，你确实在某种程度上进行了判断。当然，这一过程中存在扭曲，而且是相当棘手的扭曲。
Your mother sat in the dream before a higher bar symbolizing your conviction, based on early rather primitive childhood bases, that your mother actions should be judged, and a child's natural but unfortunate vindictiveness, "She who has hurt me, particularly if my mother and female, shall have her in the dream before the bar of justice.	你的母亲在梦中坐在一个更高的栏杆前，象征着你早期相当幼稚的童年基础，你的母亲和她的行为应该被判断，梦中你把她放在法庭的被告席前。
The other sons are present. On the childlike area of the subconscious, you believe your mother mainly responsible, which you recognize as a defense, this particular instance, was that your father, and could not permit, of this kind, since at this childish area, I believe you wished as a child, to have the power to do the same thing.	其他儿子也在场。在潜意识的孩子般的领域里，你认为你母亲主要责任是自然而她的辩护，在这个特定实例中，表面上是正确的，这就是你父亲的责任，而且不允许这种分类，因为在这个幼稚的领域，我相信你作为一个孩子，你会希望有能力做同样的事情。
So, even in the dream you misinterpreted and distorted the violence, having your mother say "He hit me through your identification with your father, and also for the violence. "He has a spot on his lungs," there is no reason, and yourself for the violence.	因此，即使在梦中，你也误解和扭曲了暴力。你没有部分是因为通过与你父亲的认同惩罚你自己和你父亲的暴力行为，而且没有理由说明这一点，因此你会惩罚自己和你父亲的暴力行为。
However, the dream was basically clairvoyant, in that it foresaw the situation of Sunday, in which the mother ended up on trial before your, actual situation rather intact, since you had already faced it on an	不过，这个梦基本上是透视，因为它预见到了星期日的情况，在这个情况中，母亲最终在你的儿子面前受审；它确实为你做了准备，使你自己在实际情况基本完整的情况下，因为你已经在另一个层次上面对了它。
You were aware incidentally of your own misinterpretation, and the opposition between both parents, and also of your father in both the dreams the subconscious life.	你顺便意识到了自己的误解，你在两个梦中的父亲在两个梦中的对立，因为父母双方的对立也是你的潜意识生活中的。
A spot on the lungs also suggests bleeding or leaking, which returns leaking vessel image once again, and also refers to the wound which blood, that was inflicted upon the first mate.	肺部的斑点也暗示着出血或渗漏，这让你再次回到渗血的伤口，那是施加在大副身上的。
You will find such sequences often, and this should be expected. They allowed you to see ahead of time because of the fact that the dream arrive on Sunday, and you were much aware of your actual situation. dream tipped you off as to the tactics and also allowed you to punish you actually, for a violent tendency within yourself, toward as readily apparent, but repressed, in yourself.	你会经常发现这样的序列场景，这应该是可以预期的。这些序列场景让你提前预见到了星期日的情况，而这种情况确实在周日到来了，而且你对自己的误解也有很清晰的认知。梦中的暗示让你提前做好准备，使用了这个梦中的暗示，而且也允许你惩罚你自己和你父亲，实际上是惩罚你自己身上的暴力倾向，而这种倾向在你身上容易显现，而且是压抑的。
Had the dream not so prepared you, you may well have struck out very your father most forcibly, in an actual attempt to make him suffer, rather restrained violence, because you would have feared and not face its somewhat weaker but still definite latent manifestation in	如果这个梦没有让你做好准备，你很可能会对你的父亲最有力地出手，实际是想让他为他自己相当克制的暴力而受苦，因为你会害怕并对它在自己身上略微弱化，但仍然明确的潜在显现。
Because I have kept you without your break, I will now close the session not want to break the context or the continuity here, and it was. Ruburt remain in a constant state of deep dissociation for the most interpretation of the dreams.	因为我没有让你休息，我现在要结束这一节。我不想打断这个语境或连贯性，而且这个对这些梦的解释，最后实际是Ruburt一直处于深度分离的状态。
You will see from our previous discussion that such a state is by far beneficial if a faithful interpretation of the dreams. I will conclude for a few closing remarks after break, if you prefer.	从我们之前的讨论中你会看到，如果要得到一个忠实的梦的解释，这个状态是最有利的。如果你愿意的话，我将在休息后为最后的结束语做一个结束。
("Okay."	("好的"。
(Break at 10:50. Jane was fully dissociated, so far-out, she said, conception of the passage of time. Actually we had missed two breaks quite dry and hoarse, and I had been Seth did take one.	(10:50休息。珍完全解离了，她说，很远，她说，她对时间的流逝的概念。实际上我们已经错过了两次休息，变得相当干涩和嘶哑，而我一直在等赛斯休息时，我正准备。
(Actually, I had been well aware that Seth was skipping breaks, and watched Jane rather closely to see if she became uncomfortable. The longest uninterrupted delivery by far since 1963, and she appeared to go through beyond the quite natural hoarseness that by the time break arrived my right hand shoulder.	(事实上，我很清楚赛斯跳过休息时间，也很仔细观察了珍，看她是否不舒服。这是自1963年以来最长的一次连续授课，她似乎整个过程中，除了在结束时很自然的嘶哑之外，几乎没有变化，至于我自己，我可以说，在休息时，我的右手和肩膀。
(Since Seth had not actually discussed the very beginning of my first dream, Jane and I spoke of this during break. I was a mistake, because did the subject come up than Jane began again, but, one minute was, she remained seated at the table sitting, with her eyes closed glasses off. Her voice, surprisingly, was quite at ease.)	(由于赛斯没有真正讨论过我第一个梦的最开始，我和珍在休息时谈到了这个问题。这是一个错误，因为这个话题刚刚出现，珍开始继续，但是，一分钟，她仍然坐在桌旁，闭着眼睛，摘掉了眼镜。令人惊讶的是，她的声音相当轻松自在。)
The dream of the drawings occurred on another level, and we will detail these various subconscious only for convenience. The dream represents future, a knowledge that Ruburt was strong abilities in that direction the type of painting he can ultimate Your surprise in the dream represents that you are surprised that he is not u Therefore the quality of the painting in the dream amazed you.	绘画的梦发生在另一个层次，我们将详细讨论这些潜意识只是为了方便而把它们分开来说。这个梦代表了过去，对鲁伯特在遥远的过去的知识，他在这个艺术家的能力中确实是个强大的能力；它代表了你内心对他不太相信，如果利用这种能力，他可以创作出梦中的画的类型。你在梦中的惊讶代表你觉得他没有使用他的天赋，你感到惊讶。因此梦中画的质量让你惊叹。
My fond and best wishes.	向你们俩致以最美好的祝福。
("Good night, Seth."	("晚安，赛斯"。
(End at 10:55. Jane was dissociated as usual. She said that while	

delivering the above material on 10:55 Seth “on another level” that she supper on session nights. She has occasions before, and as before she level at a time.	(10:55结束，珍妮离开如常。她说，当她在这个层面上接收到赛斯的一个想法时，她应该在晚上提供一顿晚餐。她以前就有几次提过这种要求，而和以前一样，她一次只发声。)
(The pastel drawing of Jane's that I saw in my dream was so vivid retain it clearly, and plan to do a course have been aware of her art to get her to use it more regularly have tried to teach her, she has no she calls her work primitive, and paint her own way.	(我在梦中看到的珍的粉彩画是如此生动，所以我能清晰地记住它，并计划做一个油画。我当然都察觉到了她的艺术能力，经常地使用这种能力。虽然她理解我试图教给她的东西，但我更喜欢通过透视法来创作；她称自己的作品原始，并以自己的方式作画。)
(Thinking the session now over, I distortion in Seths interpretation being born I saw my brother Loren many sessions ago that Loren had been three times a man, but never had a woman’s life ahead of him.	(现在回想这节课，我又提出一个想法，我怀疑赛斯对他出生之前，我看到我弟弟洛伦是个女人的解释有扭曲。洛伦曾有三世是男人，但从未当过女人，前说过，他前途无量。)
(Jane, washing her face in the next room, agreed with me. Then she came through again, striding out in the living room, speaking in deep voice. Again she was without her glasses. Resume at 11:00.)	(珍，正在隔壁房间洗脸，同意我的看法。然后，她大步走到客厅里，用相当低沉的声音说话。她又没戴眼镜。恢复于11:00。)
The man you know as Loren has never lived on the physical plane. The overall entity has a feminine one.	你所知道的洛伦这个人从未在物质层面上活过。整体实体拥有女性的一面。
This is why you saw him as a woman, and why you did not recognize next life will be forcibly one of a woman. Or rather, the personality itself forcibly as a woman in most flamboyant terms because used its abilities nor expressed the strong intuitive portion of its	这就是为什么你看到他是个女人，以及为什么你没认出他下一世将强制成为女人。或者说，人格本身将以最光鲜耀眼的方式强制成为女人。到目前为止，它还没有使用它的能力，也没有表达其强烈的直觉部分。
Because the entity has not expressed nature, it has fed back upon itself as feminine simply because there is a backlog of those characteristics of as feminine.	因为存有没有表达，而是扣留了其本质中的基本女性特征，以至于存有的整体身份看起来是女性的，仅仅是因为有一个女性特征的积压。
An entity is composed of what you may call feminine and masculine characteristics, but when all energy is focused upon masculine personalities then a backlog develops so that the entity is left un-manifested, so-far-denied feminine characteristics.	一个存有是由你所谓的女性和男性特征组成的，但当所有能量都集中在男性人格上时，就会出现积累，这样存在的整体就会被留下未表现的、至今被否认的女性特征。
The same sort of situation develops if the male type of characteris repeatedly denied fulfillment or immediately, as the same sort of Loren in the past.	如果男性类型的特征一再被拒绝实现或立即被否定，也会发生类似情况，因为过去洛伦的同类误。
And now good night.	现在，晚安。
(“Good night, Seth.”	(“晚安，赛斯”。
(End at 11:06.)	(11:06结束。)

SESSION 95 第95节能量自己延续永不撤回,未曾有过一个开始,人格完全独立

OCTOBER 7, 1964 9 PM WEDNESDAY	1964年10月7日 星期三晚上9点定期课
(At 8:15 PM John Bradley arrived to be a witness. John has witnes sessions; with him he brought the which he has been reading. This for us questions on beginnings and John is also an indefatigable worker free time to typing up extra copies score also. Needless to say Jane most grateful to John for his efforts.	(晚上8点15分约翰·布拉德利抵达，来当见证人。约翰参加了几次课；带来了赛斯资料第一册的第一部分。他一直在阅读。这对我们的问题是开始与结束、时间和永恒。约翰也是个不知疲倦的工作者，正在利用空闲时间打印额外的副本。不用说，珍和我在这方面一直懒惰。毫无疑问，珍对约翰的努力感激不尽。)
(It will be remembered that in the 63rd session, June 17, 1964, Se he could “also see a sort of troub lives three doors down the street there somehow involving two children pages 159. 60.	(记得在1964年6月17日的第63节课上，赛斯说他能“看到一种麻烦”在街道三间房子外的邻居，涉及两个孩子。见第159、160页。)
(John told us that although he had knew of nothing happening to any such neighbor although he explai Johns map in the 63rd session, two such women neighbors with children three doors from him. John had been on vacation for two weeks in however, and said he may have missed out on something developing given by Seth has no particular meaning for him, he said.	(约翰告诉我们，尽管他一直睁大眼睛和竖起耳朵，听说过这样的邻居发生过什么事，虽然透过第63节课的地图解释了这样的女邻居，带着孩子住在他隔壁的第三间。两个星期以来，他说他可能错过了某些事情的发展。他没有特别的意义。)
(At 8:35 Bill MacDonnell also arrived to be a witness. It will be re John and Bill had been witnesses to various sessions but not both They had however met here before on other than session nights.	(8:35，比尔·麦克唐纳也赶来当见证人。记得约翰和比尔曾参加过几节课，但不是一起出席。不过，他们之前在没有课的晚上见过面。)
(The arrival of two unexpected witnesses made Jane a little nervou mood passed rather quickly she to making coffee. She began delivery usual, and rather strong. Her pac her eyes very dark.)	(两个预料之外的见证人使珍有点紧张。她的情绪很快消失了，她去厨房煮咖啡。她开始时正常，相当强。她的节奏缓慢而有力。她摘掉眼镜，眼睛很黑。)
Good evening.	晚安。
(“Good evening, Seth.”)	(“晚安，赛斯”。)
I will here welcome Mark and Phil	我在此欢迎马克和菲利普参加我们的课。
The material may be a mixed versi meeting we discussed dreams and your concept, distorted concept o must have a beginning and an end.	今晚的资料可能是各种主题的混合版本。在上一节课中，我们讨论了梦和意识。更早的时候我提到，你们的概念，扭曲的概念，导致了这样的想法：有一个开始和一个结束。

Also I mentioned that the spacious present knows no beginning or ending, of which everything is composed. Individualized energy never lose its individuality, and anything which has ever existed go out of existence, but merely change.

我还提过，广阔的现在不知道开始或结束，万事万物不能被撤回。个体化的能量也永远不会失去它的个人特性，任何曾经存在过的东西也永远不会消失，而是仅仅改变。

Since energy cannot be withdrawn but only change its form, then a contraction such as that which I have earlier explained must then follow, the expansion in your terms bringing a beginning.

既然能量不能被撤回，而只是改变其形态，那么就必须有前面解释的那样收缩。然后扩展必须随之而来，用你们的术语来说，扩展开始。

Ruburt, at the age of I believe seventeen (I believe I was 17岁的时候，我相信是在我十七岁的时候，在写诗的开头，我想我应该用“结束”这个词来结束这首诗。) will forgive me I will quote: “The beginning and end of all things.” In your terms, you are obligated to think in terms of beginning and limitations, and necessary ones, because of the limitations imposed by your perceptions.

鲁伯特，请原谅我，我将引用一句话：“一切事物的开始和结束。”用你们的术语来说，你们有义务从开始和结束的方式来思考，这些是必要的限制，因为你们的感知所施加的限制。

Ruburt in the child's perceptive poem could not let go this idea, and speak as he did then, in terms of beginning and end. But I do speak in terms, since in themselves they serve to relate a most unfortunate concept.

鲁伯特在这首从孩子的视角写的诗中，无法放下这个想法，并像那样，用开始和结束的方式说话。但我不赞同这个说法，因为这些本身有助于延续一个最不幸的扭曲性概念。

Energy is self-perpetuating. The energy is self-sustaining and all planes and unity of existence, come indeed from what you may call energy, a vital force, or Ruburt's stubborn blocking, from personality essence or psychic ego, you may refer to as God if you prefer. An actual statement is an extremely simplified version of actuality.

能量是自己延续的。生命力和所有存在的层面和统一性，实际上来自你们称为能量的东西，或者，鲁伯特的固执阻碍，来自人格本质或灵性自我，如果你们愿意，可以称之为上帝。对实际情况的一个极其简化的版本。

(See the 81st session and the material on the God concept. By now Jane's voice had strengthened, although it was still low. But she spoke with expressive determination, using many gestures and smiling often.)

（见第81节，上帝概念的资料。现在，珍的声音已经加强了，但她说话时表现得很坚决，使用了许多手势，经常微笑。）

Before any universe as you know it or I know it, there existed only striving. To make this as simple as possible and as direct as possible, I will simplify for me. In ultimate terms, there is an and never was a beginning. This strains the intellect, and so I will say that in your practical terms, there was what you may refer to as the beginning, when strife and striving (striving) and a wish to be formed itself sufficiently together to form a whole in which all were latent.

就你们所知道的或我所知道的，任何宇宙存在之前，只有一个要尽可能简单和直接的斗争。对我来说，这个过程变得简单。从最终的角度来说，没有开始，从来也没有过开始。这会损害智力，所以我会说，由你们的实际说法来讲，这是，有一个你们大家都可以称之为开始的时候，那时斗争（斗争）以及一个自己成形的愿望，将自身充分地聚在一起，成为一个整体，其中潜藏着所有的可能性。

You will ask me, then, the source of the wish to be? You will of course ask me the source of the source, and I will say again that in your terms and in your intense but limited camouflage universe does such a question have validity.

那么，你们会问我，这个愿望的来源是什么？你当然会问来源的来源，我会再次说，在你们强大但有限的伪装宇宙中，这个问题有意义或有效。

(Seth's next amused remark refers to Jane's joke.)

（赛斯的下一句风趣的话指的是珍。）

Far be it from me to reinforce my little atheist's early catechism. However I substitute the word God for energy but still say that energy is and always will be.

我不会去加强我的小无神论者的早期教义课程。然而，我用“上帝”这个词代替能量，但还是要说，能量一直在，也将永远存在。

It is not to minimize the importance of the intellect that I once again reality will only be known directly. The intellect must deal and interpret with the intellect, being its purpose.

我再次重申，这不是要贬低智力的重要性：现实只能直接被认识。智力必须处理和解释现实，智力的目的是存在。

There is a constant, ever-enfolding and ever-unfolding psychic gestalts of which I have spoken, and all endings, which again expand into new beginnings and new forms.

有一个持续的、不断环绕的、不断扩展的心理实相。我所表达的心理格式塔，所有的开始和所有的结束，而这又再次扩展成新的开始和新的形态。

Philip should read the sessions dealing particularly with the laws that is with the inner laws of the universe. The universe within all universes is spontaneous, which I have found it is worth backtracking to repeat that long discussion, but as the universe attributes spontaneity and durability and simultaneous while containing within it all pasts and all presents, and as Philip understands the meaning of expansion in terms of space but of value fulfillment, so will he intuitively then grasp that occurs with actual reality when I say that there is no beginning and

菲利普应该阅读特别涉及宇宙法则的章节，也就是宇宙的内在法则。在所有宇宙中的这个宇宙是自发的，同时具有持久性和持久性，同时存在的，同时包含所有的过去和所有的现在。菲利普了解扩展的意义不在时间或空间上，而在于价值实现，没有开始和没有结束时，他就能凭直觉地掌握到这个实际现实的实相没有矛盾。

I will let you take your break before.

我让你们休息后再继续。

(Break at 9:31. Jane was dissociated as usual. As soon as she sat, she put her glasses on. She resumed in the same strong and energetic voice. 9:36.)

（休息。9:31。珍解离如常。她一坐下就戴上眼镜。9:36。她以同样强有力的声音恢复。）

As there is in actuality no beginning or end to any reality. A dream does not then begin and end only the dream of a dream begins and ends.

由于梦境实际上没有开始和结束，所以任何实相也没有开始和结束，梦没有开始和结束，有的只是你对一个梦的觉知之梦。

You come into awareness of a dream, and you leave awareness of a dream, the dreams that you seem to dream long have been long in terms of time. They seem to begin tonight because you are aware of them tonight, so you think that reality must begin and end.

你进入对一个梦的觉知，你离开对一个梦的觉知，你们所谓的时间来说，梦已经存在很久了。它们似乎从今晚开始，因为你们意识到了它们，所以你认为那个实相一定有开始和结束。

You indeed create your own dreams as you realize. Joseph, you do not create your own dreams during a specific point in time. To use that distortive term again, the beginnings of dreams reach back lives of which you are not aware, and beyond even this the origins heritage before your planet even existed.

你的确创造了你自己的梦，如你意识到的一样。约瑟夫，你并没有在一个特定的时间点上创造你自己的梦。再用一个扭曲的术语来说，梦的开始可以追溯到你不知道的过去世，甚至超越这个星球尚未存在之前就有的一个传承的一部分。

For every consciousness on your plane there is a corresponding simultaneously and in essence even beyond your world. And what you are yet as some still unfulfilled possibility, but exists in actuality.

因为在你们这个层面上的每个意识，甚至在你们所谓的世界开始之前就存在。然而，你现在仍然存在，而不是作为一些尚未实现的可能性，而是存在于现实中。

What you will be, Joseph, what Mary and Philip and Jane will be now, not in some misty half-real form not aware of these selves anymore as you refer to as past selves.

你将成为的样子，约瑟夫，玛丽、菲利普和珍现在将要成为的样子，不是以某种缥缈的半真实的形式，不再意识到这些自我，就像你们没有意识到你们所谓的过去的自我一样。

The material that I have given you on the nature of reality in all levels of consciousness is handy here. I have told you that a plane is not necessarily a plane

我给你们的关于各层面意识的实相本质的资料，在这里会很方便。我告诉你们，一个平面不一定是一个平面

but even a mere focus of awareness in another plane, whereby the various portions of itself so that

层面的意识焦点，也会使其各部分保持联系，以便保持内在的沟通。

I do not believe that Philip has read the material dealing with the universe, in which the dream is projected and in real existence, independent of the dreamer.

我不相信菲利普读过关于视角的宇宙之资料，在其化身持久和相当真实的存在，独立于做梦者。

Now. I have said that any of you and all of you create a dream univ validity, actuality, durability, and the same manner that the entity projects there is no contact between the is no contact on a conscious level world which has its own independent existence.

现在。我已经说过，你们中的任何人和所有人都创造一个梦世界，其有效性、现实性、持久性和相当有力的方式，自己决定的实体投射出来。在这个梦世界和有意识的层次上没有接触。梦者的自己和拥有独立存在的梦世界。

And in the same way that the dream world has no beginning or end, does the universe with which you this includes the energy used in the dream world. You continually create your own existence, and you can destroy it.

就像梦世界没有开始或结束一样，你所熟悉的宇宙包括用于持续创造梦世界的能量。你创造了你自己的存在，你可以摧毁它。

We will now come to one main attribute as anything I know — that it may be called

现在我们将谈到所有实相的一个主要属性，以及我所知的最终实相——它可以称之为主要的能量完形。

For a compulsion is here that becomes an attribute, and this compulsion is the one main attribute and ultimate characteristic of this infinite energy force, the one main law from which value fulfilment then flows.

由于强迫性（compulsion）在这里成为一个主要属性，相对面以人的特征。因为这无限能量的一个主要和最终特征，这是驱动力，是值的充盈随之流动的一个主要法则。

I will let you take your break, out of the goodness of my heart, and might have the benefit of your brilliant conversation, but we must regret, and deeply, that we must split one before the other, for this continuity, cause and effect, past am completely determined to put into proper place.

出于我的善心，我将让你休息一下，也许会受益于你的精彩谈话，但我们必须遗憾地、深深地遗憾地分开，我们一个接一个地分开，因为这种连续性、因果关系、过去和现在的一切，我完全下定决心要把它们放在适当的位置。

(Break at 10:02. Jane was dissociated as usual at break, having delivered the above material without wearing them hand felt some fatigue.

（10:02 休息。珍妮解离如常。休息时，她再度把眼镜都没戴。我写字的手感觉有点累。

(John and Bill, Jane and I engaged in a discussion of free will, an make some points I was sure the in something that was becoming more material has now reached such a some lightly and others deeply, the prompt recall.

（约翰和比尔、珍和我进行了关于自由意志的讨论，我确信我提出了一些观点，我再次意识到有一件事变得越来越重要，这样的话题现在已经达到了这样的深度，有些人深入，有些人浅入，以至于我无法再把所有的东西都及时回忆起来。

(Jane resumed in the same good v(oli0c:el,7 珍以同样良好的声音继续，再次没戴眼镜。

My dear friends. There are no end personality, no ends that must be

我亲爱的朋友们。没有任何标准人格必须存在的终点，没有必须获得的人格。

There are only various planes of existence in which energy wishes to manifest itself. The entity then projects an existence, equipping it with whatever camouflage senses, mechanis protections that are necessary for survival on that plane.

只有各种存在的层面，在这些层面中，能量希望或存在该存在层面内投射出一个实体，为它配备任何伪装感官、机制和保护措施。

The personality is on its own, with what you may call the power of determination and free will. If you had value fulfillment, you would know the built-in necessity for value fulfi in other words, on a particular level operates, and it cannot choose other particular level on which it has been projected.

人格是靠自己的，拥有你可以称之为自我决定和自由意志的力量。如果你拥有价值的充盈的资料，你就会知道对价值的充盈的必要性。换句话说，人格必须获得某特定存在层次之内运作，别无其他选择。

No child, no infant commits suicide. It is impossible. The adult wh suicide has still gained experience to some degree within your pla the necessity for experience, operates only after complete material orientation within your plane.

没有孩子，没有婴儿会自杀。这是不可能的。自杀者在某种程度上获得了经验。这个法则、这个经验的必要性，只有在你的层面内定位之后才会运作。

A child is not completely materialized upon your plane. personality may refuse to gain such experience before a plane. This necessity for value fulfillment through experience upon the existence plane, is the only detriment if you wish to think of it th will.

一个孩子在你们的层面上没有完全实质化，也没有人格可能拒绝得到这样的经验。这个为了实现值的充盈的必要性，是对自由意志的一种伪装的，具体这样想的话。

Now. No other commands are built in, no other prohibitions given, course into this necessity for experience is the compulsion to wa fulfillment, and as you know this does not apply to growth, w a camouflage materialization of value fulfillment along one line on

现在，没有其他的指令是内置的，没有其他的禁止要性中，当然也包含了对值的充盈的强迫性，正如用于成长，它不适用于值的充盈的一种伪装的具体

Personalities may indeed become entities. One personality may not personality in your terms, as I have mentioned, a man or one p be seen in terms of a father, a teacher, an artist, a community mem forth.

人格确实可能成为存在。一个人格可能不是你们的提到的，一个人、一个人格，可能被看作是一个父亲、一个老师、一个艺术家、一个社区成员等等。

The father does not negate the reality of, say, the artist. The fath the artist of free will, nor does the artist negate the reality of the personality who makes the choices. There is also no choice that the personality may make choice made by the personality, but the personality chooses to take.

父亲并没有否定艺术家的现实，比如说，艺术家的自由意志，也不否定做出选择的人格的现实。存在也没有剥夺人格的自由意志，人格在做出的任何选择。没有可能不喜欢人格所做的选择，但人格有，不能改变人格，所选择的方向。

If you say that the personality cannot take any choice of which the aware, then this is true; but it is also true that the entity cannot changing that choice made by the personality, even though the enti about the choice ahead of time, so to speak.

如果你说人格不能做出任何存有不知道的选择，那是正确的；但是也有完全没有能力改变人格做出的那个选择，即使存有可以这么说。

With his superior knowledge the entity must leave hands off. His, the only hope is to allow the personality complete independence for it

存有以其卓越的知识，仍必须放手不管。他的，存有的唯一希望是允许人格完全独立，因为人格比存有更清楚地了解他所存在

personality who understands more clearly than he the conditions of plane upon which his existence happens.	
There is here no puppet, and there is no hand that moves the strin were you see, you would indeed have a much more perfect world, but not have that one built-in prerequisite; complete as possible exist facets, and manipulation within all facets, of a given plane.	这里没有木偶，没有拉线的手。如果有的话，你知的世界，但你就不会有一个内建的先决条件，尽可方面的存在，以及在各方面的操纵。
Now. What you call karma has meaning only in basic terms within yo plane. I do not want to get too complicated, but Never the less personal plane work out individual problems within that plane through Here we have also free will, but a continuity, so purpose is forced upon any personality. the personality adopts reincarnations upon your plane those purposes most needs. And for Marks sake may I say that levels imply higher or lower levels, but concentric levels, subconscious do not imply upper and lower levels, but are merely t the sake of simplicity.	现在。你们所说的业，只在你们的特定层面内有基条。然而，在你们层面上的人格通过不同的存在来们也有自由意志，但可以说是自的的连续性。没有的。这个人格，在你们的层面上的各种轮回中的。他为了这些目的，不可以说是永久的。我可以说在这个层次不次而是同中心的层次，即便是潜意识各层也不意了简单方便而使用的术语，并非是指上下层次
Mark should read the material dealing with psychic phenomena portion will answer one of his questions.	马克应读与涉及心灵现象的部分，这将回答他的其中一个问题。
I will let you take your break—all of you, those portions of your know, for those other portions of yourselves as always continue al lines of focus.	我会让你们休息一下——所有的人，你们知道自己的其他部分，总是沿着他们自己所聚焦的方向继续
(Break at 10:46. Jane was dissociated as usual. See page 58 for a b been all night. Bill MacDonnell left for the meeting. Jane resumed in about the same energetic manner at 10:50.)	(10:46休息。珍解离如常。有关约翰相关材料的内容，请参阅第58页。她说一晚上都没有睡觉。比尔·麦克唐纳因为他的会议而离开。珍大约以相同的精力恢复了工作。)
I will here begin to close the session, though he was never began at a specific point in time and paced this floor, though he was not aware of the m end in your terms, with your changes of planes. have known each other in the past and in the future sessions exist in the spacious present, where time as such has no.	我在这里要开始结束这个节，虽然菲利普的学习从来没有在特定的时间点开始，虽然他在这个地板上踱步之并没有觉知到它们。它们会结束，或者说它们将随的方式结束，但它们不会结束，正如我们在过去这些课程存在于广阔的现在，在那里时间没有意义。
And incidentally, the events I mentioned in connection with Philip's neighborhood did occur indeed, as a check upon the newspapers mi show.	顺便说一句，我提到的与菲利普的邻居有关的事件可能就会看到。
I will now close our session, though I could go on for hours your concept of time which slows down information.	现在我要结束我们的课，但是再说一个小时，我可以讲时间概念拖慢了我们的信息流。
("How about a clue as to those events in Johnson's neighborhood in ")	(关于约翰在威廉波特那些街坊邻居的事件，可以
My heartiest appreciation for Philip's attempts to have the material my rather impatient request that Rubert begin his work of preparing for publication.	我最衷心地感谢菲利普尝试打印资料的举动，以及我的耐心地请求鲁伯特开始他的工作，准备出版资料。
The woman involved, her initial a fondest wishes to you all.	所涉及的女人，她的首字母是"V"，其他信息如实美好的祝福。
("Good night, Seth."	("晚安，赛斯"。
(End at 10:58. Jane was dissociated as usual. See page 58 for a b of the material involving John Bradley's neighbors. Again, John said the initial V meant returned home he planned to do with the place three doors from his own place who is connected somehow with ch newspaper back-issue file might be the easiest way to check.	(10:58结束。珍解离如常。有关约翰相关街坊邻居的内容，请参阅第58页。再次，约翰说过的V对他来说意味着当他回到家时，他所能做的事情是在他的住所隔三家的地方，或者与孩子的父亲有某种关联的人。我建议查阅报纸过期文件可能是最简单的方法。)
(Leaving, John took with him the first carbon of sessions 24-38 t two female volunteers determination in making copies of the Seth m a massive amount of work—I can testify to that personally!)	(离开时，约翰带走了第24-38节的第一份复印本两位女志愿者决心制作赛斯资料的复印件。这项工作量非常大——我可以证实！)

SESSION 96 第96节无限的实相,首要的能量完形,三位一体的概念

OCTOBER 12, 1964 9 PM MONDAY	1964年10月12日星期一晚上9点定期课
(At 8:45 Jane had no idea of the material for tonight's session to sleep at 7:30, without success. She said she felt strange, don't have any idea of what he's going to talk about, and has begun the study of psychological time on a regular basis, but has to report yet, beyond a few glimmerings.	(8:45分，珍对今晚课程的内容毫无概念。她曾试成。她说她还是觉得有点奇怪，居然对他要谈的开始了定期研究心理时间，但除了几次隐约的一提的心得。
(I have yet to resume psychological time study. I now have my dreams in full swing, and since I had more dreams on the order of the two discussed by Seth, I had my dream notebook open on the table approached in case these dreams were used in the material.	(我尚未恢复心理时间的研究。我现在全力成在我梦，就像赛斯已经讨论过的那两个梦一样，在上课打开放在桌上的梦境笔记本以防这些梦被用在资料中。
(Jane began dictating again with her glasses off her eyes. Her voice was normal, her pacing slow and her rate of delivery rat interspersed by pauses.)	(珍开始传述时还是摘下了眼镜，眼睛一如往常很她的传讯速度很慢，而且夹杂着停顿。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
A few remarks here, tying in with previous sessions.	这里有几句评论，与之前的课程相关。
There is no one reality. There are many, many, infinite realities beginning and end. When beginnings and endings are spoken of, implication is always there, that there must be a beginning and an ending in time.	没有单一的实相。有许多实相，事实上是无限的实谈到开始和结束时，总是存在着一个暗示，那就它无疑有一个时间上的开始和一个时间上的结束。
I have tried to explain the distortions which make these questions intrinsically valid, but it is only from your angle of vision that of beginning and end, and only because of your self-adopted limita	我曾试图解释这种扭曲，它使得这些问题看起来本自己的角度出发，你才会用开始和结束的方式思考

continue along these lines.

限制，你才会沿着这些思路继续下去。

Realities merge, one into the other. Personalities or any type of energy, may pass through various realities. The appearance of energy form could be said to end in that form we call the existence spacious present, in which all realities are simultaneous.

实相相互合并，一个融入另一个。人格，或任何类各种实相。如果不是广阔的现在的存在——在其中能量以一种形态出现，就以那种形那么就可以说能量以一种形态出现，就以那种形

I could therefore with some justification let you continue to believe and endings, and leave the more complicated explanations out. my way. And unless I am forced to do so, I do not like to water down to make it more palatable.

因此，我可以有理由让你继续相信开始和结束，而不是我的方式。除非我被迫这样做，否则我不喜欢受。

It is true that the pyramid gestalts of which I have spoken can be into what you may refer to as a unitary and even sublime being, but grossly simplified.

诚然，我所谈到的金字塔完形可以说是融合成了崇高的存在，但这是严重简化了。

We shall have a session dealing almost entirely with the nature of gestalts, and you will see that while they may at one hand, achieve a unitary character, on the other hand they form only an approximation of the unitary gestalt which we may call energy gestalt.

我们将有一节课几乎全部会讨论能量完形的性质，你将会看到一方面金字塔能量完形可以实现统一的特性，而另一方面它们只形成统一能量完形的近似物，我们可以把它称为能量完形。

This primary energy gestalt may be thought of as straddling all reality, that is unitary, there is again an infinite number of personalities. Nor are these personality gestalts dependent or submissive to any one dominating personality gestalt.

这个首要的能量完形可以被认为是跨越所有的实在的一元限制的，实相中又然有无数的人格。这些组成主要人格完形的人格任何一个主导人格的从属。

This material will take some studying. You will perhaps recognize a similarity between this concept and the Trinity concept, while hinting distorted by man's own sense of duality.

这份资料需要一点功夫研究。你也许会认出到这个概念之间有某种相似性，只是三位一体概念虽然暗示但被人类自己对二元性所扭曲的不幸的二元性错觉。

The Trinity concept in your terms is a God concept the duality which all originated with the male the dual

用你们的话说，三位一体的概念是一个上帝概念，但是二元性的概念源于男性的二元性概念。

You have in the Trinity Father, Son and Holy Ghost. Here man attempts to externalize a division he feels within himself, individually. He is a father, and always within him he feels that part of himself by another, which is neither father nor son, but which is within him father, and while he is son.

你们在三位一体中有圣父、圣子和圣灵。这里人试图外化一个人内心的分裂感，分别地给予外化。他是人子，然后是人父，并且总是在内在的那个部分感到自己的一部分，那个部分既不是人子也不是人父，但它就在他之内。当他为人子时，它就在他之内。

This of course being the Holy Ghost, or rather that which he thought terms. When he attempted to further formulate his God concept projected upon it those mysteries of self.

这当然就是圣灵，或者更确切地说，是他这样想的上帝概念。他就把那些自己的奥秘投射到它上面

I suggest your break.

我建议你们休息一下。

(Break at 9:28. Jane was dissociated as usual. She put her glasses ending delivery, but took them off again upon resuming in the same deliberate manner at 9:34.)

(9:28休息。珍妮解离如常。她把眼镜放下结束了，但又再次摘下眼镜，态度同样安静谨慎，9:34。)

As you know, inner data must be perceived through the inner senses formulating a theory concerning the primary energy gestalt, the by the peculiar set of outer sensory equipment characteristics of an of reality. This is known, that man forms his god in his own image.

如你所知，内在资料必须透过内在感官来感知。在论时，资料会被任何既定实相面所特有的外在感知的一套感官装备的特性所形成他自己的神。

The irony is that in part this image will be true. That is true of the primary gestalt, but a facet so infinitesimal in the overall primary gestalt that it distorts beyond recognition momentarily from camouflage data can any larger concept be obtain

讽刺的是，这个形象有一部分是真实的。这就是说一个方面在首要完形的整体实相中是一个方面，但这个方面在首要完形的整体实相中是扭曲得无法辨认。只有通过暂时摆脱伪装资料，才

A personality in the primary gestalt is indeed focused upon your reality, but to suppose that the whole primary gestalt is so mankind's ego playing with one of its most preposterous proposals.

首要完形里的一个人格确实聚焦在你们现在的实相形都是如此聚焦，这代表了人类的自我在玩弄它最

The primary energy gestalt did not have a beginning in time, nor will time. It is a result of an expansion, again, in terms of value expansion that has nothing to do with either time or space, as men them.

首要的能量完形在时间上没有一个开始，也不会在的结果，同样，这是就值的充盈而言，这种扩展与无关系。

The expansion resulted from a contraction of energy but because of attributes inherent in both value fulfillment and the spacious pr simply was not an initial or first contraction or expansion.

扩展是由于能量的收缩，但由于值的充盈和广阔本不存在最初或第一次的收缩或扩展。

I will not say that there was, simply in order to make the material logical, since only appearances can be made logical, that is appearances deal with, data that you are physically equipped

我不会说有，只是为了让这份资料看起来更有逻辑，因为它们处理的，就是表象处理的，

You create appearances. You create and so what you perceive through the and again, there are infinite realities than your own, but presently you are not focused upon them.

你创造表象。你创造了外在的感官感知这些表象，感知到的东西看起来确实是合乎逻辑的，同样地，实相十分多样，甚至有比你们自己的更加广阔的，但现在你们并未聚焦于它们。

And since you are not, you do not have the peculiar sets of camouf perception necessary to experience the same space and time that you at the same planes of reality. You simply do not have the equipment them.

因为你并没有专注于它们，所以你就没有在你们此刻所占据的同一空间和伪装感知器械，现在你们并没有感知它们的伪装配备。

They, or the inhabitants of such realities do not perceive your for the same reason. This does not mean that one plane is valid than another. The closest field of reality you call the dream world, and that you imagine to be unsubstantial, fleeting, having no reality except during your own contact with it.

他们，或这类实相的居民并不感知你们的原因，也没这并不意味着任何一场域或层面比另一个更有效创造的领域，你称之为梦世界的那个，你想像它是虚无的，除了在你自己和它接触的期间之外，并无实相

It may be thought of in an analogy but without conscious knowledge. existence. But it does not vanish when the

它可以被比喻为一场影子戏，你自己投射它，但你自己并没有意识知晓。但是当我遮蔽了你自身存在的自然结果，它并没有消失。它的存在和你自己的存在一样是永久

whole self. Its existence is as permanent as your own.	
I suggest your break.	我建议你们休息一下。
(Break at 9:58. Jane was dissociated as usual and again resumed glasses at break. During break I wondered about whether the dream world of another plane might be able to tune in on our dream world from the, you might say, and through the dream world thus locate our plane. flying saucer people had located our plane in that fashion.	(9:58休息。珍像往常一样解离，休息时又戴上了眼镜。在休息时，我想知道是否能够从另一边调整频率到我们的层面的居民，并透过梦世界找到我们的层面。也许，碟人就是这样找到我们的。)
(My writing hand felt some fatigue. I now did not feel particular to a sinus condition. She resumed in the same quiet manner, with f pauses, at 10:05.)	(我写字的手感觉有些累。现在我并没有特别的鼻窦炎的原因。10:05她以相同的方式恢复，经常停顿。)
A note here. If Ruburt would resume his back exercises sinuses. The exercises should be done very slowly, however and without str he did them too quickly.	这里有一点说明。如果鲁伯特能恢复他的背部运动，鼻窦。这些运动应该慢慢地做，没有压力。有时候他做得太快。)
(Jane now took a rather long paus(珍现在来回踱步，停顿了很久。and forth.)	
There is more, but he is up to his tricks again blocking me. I will through for his own benefit in the near future. I will be al the now.	还有更多要说的，但他又开始耍花招了，把我挡掉。他会在不久的将来把资料传过来。现在这个话题就到这里。
You know then from past discussions that the dream world as you know is result of your awareness of a plane of existence which you help cre which you manipulate. In other words, on an unconscious level you manipulate in another plane of existence entirely, one in which you camouflage ego may not enter.	所以从过去的讨论你知道梦世界是你所知的梦世界的结果。这个层面是你帮助创造的，并且是你操纵的。换句话说，你在那里完全操纵另一个存在层面，一个会进入的那个层面。
It is not part of the particular camouflage necessities on that plan levels you exist and manipulate on other planes which are conscious to you, planes which are as valid as your own, and in which your ex also a natural result of your own psychic make up. I refer he all individuals.	在那个层面上，它不是特定伪装需求的一部分。现他层面上存在并在其中操纵，那些层面是你在意识自己的层面一样有效，而且在其中，你的存在也是你的结果。我在这里指的当然是所有的个体。
This has nothing to do with reincarnation, but involves levels of e manipulations in other realities, that are a natural result of the p gestalt of a human individual.	这与轮回无关，但涉及到经验的层次，在其他实相的操纵，是人的灵性-物质完形(psycho-physical gestalt)的自然结果。
The chemical and electrical construction of the human individual o pathways, and requires other activities of other realms of the conscious ego is familiar. The mechanics are partially caused by chemical poisons and physical survival, so there are other realms of existence, built within and natural time necessitate experience upon other fields of reality.	人类个体的化学与电子建构打开了其他的途径，需要意识自我所熟悉的那些。机制是部分由化学毒物造成的，使得人类成为身体存活的必要。因此，实际上还有其他领域进行体验机制，对它们而言是自然的。
Many purposes are thereby served. You have a focus in many more w you know. One is a conceptual energy, which is a kind of reality in some theoretical world of ideas, but which is quite real in a constant manipulation of ideas. The physical world is not the physical in your terms, is nevertheless a construct, and in your terms, is manipulated and applied force in the realm of physical reality, but it is a result.	许多目的因此得以实现。你在许多比你知道的更多领域有一个焦点。一是概念性能量的实相(conceptual energy)，是一种理论世界的实相，但是在这个实相中，它是一个不断操纵的概念的构建，虽然在你们看来它不是，物质的力量被操纵和应用的领域，其中物质可能是一个结果。
This matter does not appear howe然而，这种物质并不出现在你们的宇宙中，而是在	
I am going to end the session somewhat earlier as I am initiating material.	我打算提前结束这一节，因为我开始跟你们讲新资料。
An effort is involved here, as concepts of rather complicated nature broken into words between us for the first time. This involves the most difficult, in order that the most evocative phrases be used wh that as many distortions as possible be avoided in word translation	这里需要一份努力，因为相当复杂的概念必须在我们之间第一次分成一个个字。这涉及到一种最困难的甄别，以便使用最令人回味的词句，同时注意在文字翻译中尽可能地避免扭曲。
My best and fondest wishes to you both. Always I am very happy extremely pleased with tonight's material.	我向你们俩致以最美好的祝福。永远往常一样，我不仅感到非常满意。
(“Good night, Seth.”	(“晚安，赛斯”。
(End at 10:30. Jane was dissociated more fully, as she said, than she earlier in the session. We were somewhat surprised at the rather a the session, but not displeased either. My writing hand felt better.	(10:30结束。珍说，比起这节稍早时，她现在解离得更完全。这样突然地结束，我们有点吃惊，但也没有不高兴。我写字的手感觉好多了。)

SESSION 97 第97节宇宙是循环的,所有意识都会做梦

OCTOBER 14, 1964 9 PM WEDNESDAY 1964年10月14日星期三晚上9点定期课	
(At 8:55 this evening Jane had no idea of what Seth would talk abo session. She did not feel-good, however, and was half-prepared f session or perhaps none at all.	(今晚8点55分，珍不知道赛斯会讲些什么。然而，她对这节短课准备不足，或根本没做准备。)
(I thought she might be unhappy about a letter she received last M the Macmillan Co. of NY, in which The Fence, very much, but could poetry, having abandoned for the poetry books. The fact that Macm would take on The Fence, had not at the moment.	(我想她可能对上周收到的一封来自纽约麦克米伦公司的信感到不满，他们在信中说，他们非常喜欢她的诗篇《围栏》，但是她暂时放弃了诗歌。她们也出版了诗集。麦克米伦说他们将为《围栏》出版商会接受《围栏》，前提是这诗篇目前尚未出版。)
(She began dictation on time, again without glasses. Her voice little stronger than normal, her pacing regular, her eyes dark as usual delivery in the beginning was rather slow and interspersed with pa a page or so it began to pick up speed, until she had me writing at rate. At the same time Jane's pacing also picked up speed.)	(她又没戴眼镜，准时开始传述。她的声音比平时稍微有力一点，节律规律，眼睛也和平时一样黑。开始的时候她的语速比较慢，间歇多。但过了一页左右就开始加快速度，直到她让我写字的速度也加快了。珍的步伐也加快了。)
Good evening.	晚安。
(“Good evening, Seth.”)	(“晚安，赛斯”。)

Ruburt's indisposition is the result of a sense of guilt.

鲁伯特的不适是不必要的罪感造成的。

Were he not so honestly and unfortunately ill-disposed, the affair would be ludicrous. Last week he began and finished an outline, as well as holding our sessions and engaging once more in psychological time experiments.

要不是他那么老实，不幸的是脾气不好，这件事将会荒唐。上周他开始并完成了部优秀的短篇小说，还完成了一个大纲，并且还再度开始了他的心理时间实验。

Monday he also worked, and the following day, he did not at immediately begin another story. And here we see his translations of his rather natural into tragic forebodings. No idea. And his further of course projects tomorrow, and a succession of days. But, he from himself the dsequence he must have an excuse.

星期一他也在工作，第二天他没有立刻开始另一个故事。这里我们看到他把这种相当自然的事情转化为悲剧性的预感。没有主意。他的进一步计划当天也没有。但是，他必须有一个借口。

He is ill-disposed, and quite honestly so. Therefore he covers himself. not get an idea tomorrow he has the excuse anticipated of being also serves as a punishment. He will punish himself any day put in his allotted hours in what he considers a constructive manne

他脾气不好，老实说是这样。因此他掩饰自己。他明天没有想法，就会有借口；预料到自己会生病，而这也是一种惩罚。他会以建设性的方式投入他所分配的时间中。

And incidentally, necessary business concerning the sending out of he does not subconsciously consider should be considered part of day.

顺带提一下，有关邮寄稿件的必要事务，他在潜意识上不认为该被当作是他写作日的一部分。

Consciously he knows better. I will not pursue session this evening, but I may shorten it. He will learn short and to work a realistic program, the new schedule will be, as it should be, flexible and disciplined, he cannot expect a new idea every day.

在意识上他清楚得很。我不会推迟今晚的课，但我可以缩短它。他将学习短期工作和现实的计划，新的日程将是，如此，灵活且有纪律，但他不能指望每天都有新的想法。

It is ridiculous for him to so punish himself. If the joyous spontaneity is so important to the habits.

他如此惩罚自己是很可笑的。如果欢快的自发性是如此重要的习惯，也没有帮助。

I would like to comment on a remark made earlier, rather drastic, however.

现在，我想评论一下你早些时候的一句话，这句话很有启发性，不过，有点极端。

(Here Jane laughed, then took a long pause, as she paced about the room. remark of mine to be diseased was one I had made around supper, was now rather surprised to see it crop up in the material.)

（这里，珍笑了，然后停顿了很久，同时在房间走来走去。我在晚餐时提出来的，现在看到它在资料中被提到，我有点惊讶。）

You spoke about this plane, mentioning I believe the possibility that had some specified but unknown end, after which the cycle begain a course new personalities participating.

你谈到这个层面，我相信提到了这个层面有一些特定但未知的目的，之后循环重新开始，当然有新的人格参与。

You were indeed partially correct in your remarks, even though perhaps — and that would be predetermined — even if the end is predetermined, the idea of a new life is not to be taken literally.

你的确说对了一部分。然而，即使是预定的结局——而且是预定的——即使结局已经预定，新生活的想法也不应当被当作字面意义来理解。

This would imply that despite the development of the inhabitants of the world would end at a particular point, and this is not the case. However, you have had, and will continue to have, such cycles, but they are not to end in those terms.

这就意味着，尽管居民们的发展如何，他们的世界将在某个特定点结束，并非如此。然而，你们曾经有过，并将继续有这些循环，但是就那些术语来说，并没有预先确定的结局。

This is an extremely difficult subject. Certainly areas of the physical change form, are disassembled and reassembled in other forms. There are certain laws inherent in the field of physical matter. However, this your idea would result in unavoidable. There are cycles, but they are not to be masse by the personalities active on your plane.

这是一个极其困难的课题。当然，物质的某些领域会改变形态，被拆解并以其他形态重新组装。物质领域内固有一定的规律。然而，除此之外，你们的理念会导致不可避免的结果。有循环，但它们并非由活跃在你的层面上的人格构成。

Probable universes are by their very nature existing universes. You that when and if you become an entity, and it would gain existence in the first periods, such as another such cycle, in say, fourth or fifth century.

可能的宇宙本质上就是存在的宇宙。你提到，当你成为一个人格时，它将在另一个这样的周期的最初时期，比如说，第四或第五世纪。

You forget that in the spacious present you already are not only what but what you have been. Therefore such personalities that you projected, and only the veil of unawareness separates one field or plane from another.

你忘了，在广阔的现在，你已经不仅是你将成为的，你曾经是的。因此，你要投射的这类人格已经投射出来了，唯有无觉察的面纱将把一个领域或层面与另一个分开。

I suggest your break.

我建议你休息一下。

(Break at 9:29. Jane was dissociated as usual. Upon resting she put on her glasses. She reported that she felt all right while delivering the also that she felt a little better now. She resumed in the same voice faster pace at 9:35.)

（9:29 休息。珍解离如常。休息时，她戴上了眼镜。她报告说，她觉得还好，并说现在觉得更好了。9:35 分，她以同样的声音开始，快了。）

Concerning our friend Ruburt, another valid inner sense of guilt here, in his poetry.

关于我们的朋友鲁伯特，还有一个说明那颗心灵里的内在感，因为他忽视了他的诗歌。

At least an hour a day should be devoted to it. He was utterly and surprised upon learning that Macmillan never expected any financial return in his recent neglect of it he may one.

每天至少要有一个小时的时间在于此。当他在读到麦克米伦公司从来没有期望他的新诗集时，他完全彻底地感到惊讶。他对它的忽视，他可能上的回报。他想到自己最近对诗歌的忽视，他可能

Because of his rather intense mental work, I would suggest walks and other physical activities. Small social relationships on an informal basis practical. They will prevent too much inner involvement open new psychic refreshment, and also provide our hungry friend with his ideas. As indeed his latest story was initiated by a remark made b

由于他的精神工作相当紧张，我会建议散步和其他活动。小型社交关系将是切实可行的。它们将防止过多的投入内在，并开启新的心灵清新，也为我们饥饿的朋友提供他的新思想。的确是由邻居的一句话引发的。

Rather frequent informal relationships are more practical than formal ones, and Ruburt is already involved in the diversified household chores, which are also a break from strict mental work. Even in winter time I will suggest he take walks and these should enjoyment. Hammering at his subconscious is not a good thing. After all, negates their purpose. Too much of a good thing. After all, his sub would like some rest too. He is such a hammerhead in this respect.

频繁的非正式关系比正式的更为实用，而鲁伯特已经参与到了对他来说令人满意的多样化的家务劳动中去，这也是一种休息。即使在冬天的时候，我也会建议他散步。这些散步应该是纯粹的享受。像他那样在为数不多的散步中锤炼自己的潜意识是不好的事。过犹不及，毕竟他的潜意识也会失去它们的目的。太多的好事。毕竟，他的潜意识也应该休息一下。他实在是个榔头。

We should have a balance here, and he must allow room for potential remembers his early lack of discipline in keeping matters disciplined now. On session nights particularly regardless of my efforts there is some physical mental strain though these are greatly minimized.

我们在这里应该有个平衡，他必须留有自发性的空间。他记得早期缺乏纪律，但他现在已经很有纪律了。工作事务已经井井有条。工作时间被拉长了，无论我如何努力，都会有一些身体和精神上的压力。这些压力已经大大减少了。

His subconscious will provide all the spontaneous ideas that he need own work, but he cannot sit in a corner, lecture it, and demand

他的潜意识会提供自己工作所需的一切自发的想法，但他不能坐在角落里，责骂它，并要求

specific tasks. His subconscious knows exactly what particular means should be used by minute instructions.

我对它进行说教，并要求它完成非常明确的具体任务。他的潜意识更加知道应该用什么特定的手段来获得预期的指示。

I would not take up session time for this material except that my study, followed, will be most helpful. Also, I have given him a note of encouragement: seemingly-undisciplined times were disciplined by his strength, balanced and sometimes overbalanced by his tutelary self-control that he never ceased writing from the day that he began.

我不会占用上课时间来处理这些资料，只是我的学生做，将是最有帮助的。另外给他一个提示：即使是看似纪律的时期也是有纪律的，这表明他有持续的自我控制力量，有时甚至过度平衡，因为他从开始写作的那一天起从未停止。

He is face to face with himself, with his abilities, ambitions and limitations, with a whole day more or less to spend as he pleases. This is fine, a driving force, urgency. Time devoted to what appears aimless, a lot of fruits.

他现在面对着自己，面对着自己的能力和抱负和局限，要朝着自己的目标努力的时间几乎整天都是非常紧迫。他的力量有一部分来自于他对自然的亲密接触，以在看似漫无目的的思考和猜测上花费时间会结出硕果。

I would have thought that any advice to Rubirt would have involved curtailing his robust and ever curious intuitional abilities down with too heavy a hand. He so feared that he would become too stern a keeper of his own inner fires.

我本来应该想到，给鲁柏的任何建议都免不了涉及压制他的强壮和永远好奇的直觉能力的暗示。他出于害怕他们的力量会变得过于严厉，以至于他对自己内在的火焰变得过于严苛。

I will close this part of our discussion and give you a break.

我将结束这部分的讨论，并建议你休息一下。

(Break at 10:00. Jane was dissociated as usual. She said she now bit better. Her pace had speeded up and my writing hand was feel resumed in the same faster manner, although still with occasional p 10:07.)

（10:00 休息。珍解离如常。她说她现在感觉好多了。她的步伐加快了，我的手可以感觉得到。10:07 她又以同样较快的速度恢复了，虽然还偶尔顿。）

We have not yet finished our consideration of the nature of dreams, given more or less in bulk.

我们对梦的本质的探讨还没有结束，这部分的内容大体上给出。

Dream interpretation will be an occasional but continuing proposition general discussion of dreams will then serve as a guidepost.

解梦将是一个偶尔但又持续的命题，对梦的一般性讨论将成为指南。

The dream world is indeed a natural by-product of the relationship self and the physical being. Not a reflection, but a by-product, not only a chemical reaction but the transformation of energy from another.

梦世界确实是内在自己与身体存在关系的自然副产品，不是反映，而是一种副产品，不仅涉及化学反应，而且涉及能量状态的转化。

In some respects all planes or fields of existence are indeed by-pr others. For example, without the physical world, the interrelationship existing between the physical world would not exist. But conversely, the dream world is the continued existence of the physical individual.

在某些方面，所有存在的层面或场域确实是其他的副产品。例如，没有物质世界，在自己身体存在的相互关系所引发的梦世界就不存在。但反过来，梦世界是物质个体继续存在的

This point is extremely important. As you know, animals dream. Wha know is that all consciousness dreams, even atoms and molecules have consciousness, nevertheless forms its own dream physical image.

这一点极为重要。你们知道，动物会做梦。你们不知道的是，意识本身，甚至原子和分子也会做梦。我们已经说过，在某种程度上，即使是原子的微小的意识也形成自己的梦，从另一方面来说，它形成了物质的

Now, as in the physical field atoms combine for their own benefit, a into more complicated structure gestalts, so do they also combine gestalts, though of a somewhat different nature, in the dream world

现在，就像在物质场域里原子为了自己的利益，单一结构成更复杂的结构，它们也会组合成这样的完形，在梦世界中，

I have said that the dream world has its own sort of form and perm physically oriented, though not to the degree that the physical world. In the same manner that the physical world is oriented, the dream image built up. You can refer to the dream image help you here, but the dream world construction.

我曾说过，梦世界有它自己的某种形态和永久性，虽然没有达到物质世界的程度。就像物质世界的定向，梦境形象也是由个体建立起来的。你可以参考梦境形象，这对你有帮助，但梦世界并不是一个建构。

It does not exist in bulk, but it does exist in form. This is not a distortion. The true complexity and importance of the dream world independent field of existence has not been appreciated upon your world and the dream world are basically independent pressures and influences, one upon the other.

它并不是大量存在的，但它确实是以形态存在。这并不是扭曲。梦世界作为一个独立存在的场域，其真正的复杂性和重要性的印象。然而，虽然你们的世界和梦世界基本上是独立的，它们对另一个产生影响。

I will expand this discussion because understanding of the dreams bring you closer to understanding other fields of existence with wh so familiar.

我会扩大这个讨论的范围，因为对梦世界的理解会让你更接近理解其他熟悉的存在场域。

I will shortly end this evening's session, so with your permission t break.

我很快就会结束今晚的课程，所以如果大家同意，

(Jane looked at me for confirmation as she paced about the room, nodded. It was 10:28.)

（珍在房间里踱步，并看着我等我确认，我点了点头。10:28 结束。）

It is important that you realize that the dream world is a by-produc existence. And because it is connected to the physical world leaves open the entryway of interaction between the dreams are a by-product of any conscious being and the physical world matter, being formed about individual consciousness, degrees, also participates in the involuntary construction of the dr

重要的是，你要意识到梦世界是你自身存在的副产品。因为它与物质世界相连，这就打开了相互作用的入口。梦是任何意识参与物质的副产品，这就使我们得出正确的结论——梦是自己所有的实体物质，都是由不同程度的意识参与了梦境的非自愿建构。

I will here end our session, and a better. Had I put off the session Now my two pigeons, good night pie together, save that I am the baker and the crust both. Some re

我将在此结束我们的课程，并高兴地提早下课。如果我推迟会话，我现在感觉糟糕多了。现在，我的两只鸽子，晚安了。我们都吃同一个派，除了我是面包师和派皮。

(“Good night, Seth.”

（“晚安，赛斯”。

(End at 10:38. Jane was dissociated as usual. She now felt much so that her last delivery was (quite) animated and cheerful.)

（10:38 结束。珍解离如常。她现在感觉好多了，以至于她最后一次的发言(相当)活泼和欢快。）

(These notes are taken verbatim from Jane's notebook, listing her experiments with psychological time.

（这些记录是从珍的笔记本上逐字逐句摘录的，列出了心理时间的实验。）

(October 8, 1964, Thursday, 11 AM: 1964年10月8日，星期四；上午11点：

(October 12, Monday, 3:30 PM: 1964年10月12日，星期一；下午3点30分：

(October 13, Tuesday, 11:15 AM: 1964年10月13日，星期二；上午11点15分：

heard noise outside. Feeling struck Spaziani [our landlady]. Definite knock, which didn't come. Though was Jimmy, Marian's husband. He some time.	听到外面有声音，感觉强烈。确定的敲门声，不是预期的，虽然没有敲门。Spaziani 太太[我们的房东]。是Marian的丈夫Jimmy。他在这里工作了一段时间。
(October 14, Wednesday, 11:15 AM:	(10月14日，星期三，上午11:15：没有结果。)
(October 15, Thursday, 11:15 AM: a flood of light, same quality as fixture, unlike any here. So defin eyes must be open — but they were — definitely had not seen the ligh	(10月15日，星期四，上午11:15：确切的说，是一股光线，与此一样的性质。[在其中，像在此灯具上的任何灯饰都不和如此明确、生动、无误的灯具。] 我必须睁开眼睛——但是没有。然后它就消失了。我睁开眼睛——肯定没看见这个灯具。)
(October 16, Friday: Didn't try Psy-time, but lay down for a tired. Exactly the same thing happened as yesterday except that a different light fixture, off to the left of my vision. Again, was almost sure eyes must be open but they were closed. Again, resemblance to any in room.	(10月16日，星期五：没有尝试心理时间，但躺下了。昨天一样的事情发生了，只是这次我看到了一个不同的灯具，在我的左边。同样，它是如此的清晰，我几乎确信眼睛是睁开的。但是它们是闭上的。同样，灯具与房间里的任何灯具都无相似之处。)
(October 19, Monday, 11:15 AM:	(10月19日，星期一，上午11:15：没有结果。)
(October 19 also: Closed eyes, tired from reading, jewel, maybe pin, on a floor rather a distance off. Heard voices of object. They may have wondered where it was. I snapped too, but remember what I said — sure that I wasn't speaking aloud, I heard "heard" the others.	(也是10月19日：闭上眼睛，看书看累了。清楚地看见一颗宝石，也许是别针，在距离远的地板上。听到有声音，在知道它在哪里。我也回了话，但不记得说了什么，确定不是大声说出来，我听到了其他人的声音。)
(October 20, Tuesday, 11:15 AM:	(10月20日，星期二，上午11:15：没有结果。)
(For myself: I haven't begun regular experiments with Psy-time yet layoff but plan to soon. In the me usually soon after going to bed. preparatory to lying down. It was of a blonde young woman in riding down. Her clothes were brown. I down.)	(至于我自己：还没有开始常规的心理时间实验，但计划很快就会开始。在躺下准备睡觉的时候，我通常很快就会开始。最近的一次，是我坐在床上准备躺下的时候，看到一个穿着骑马服的金发年轻女子的非常清晰的画面。她的衣服是棕色的。当我躺下的时候，我看到了。)

SESSION 98 第98节疾病的发生-自身的恐惧与权威人士的负面暗示

OCTOBER 19, 1964 9 PM MONDAY	1964年10月19日，星期一晚上9点定期课
(It will be remembered that in the 87th session of September 14, 1 began an interpretation of Jane's dream from this dream are still spreading session, of September 30. In it Jane's schoolgirl friend, Marie childbirth at the time of Jane's with a possibility that the broken during birth. The unifying symbol of the dream had been a t	(记得在1964年9月14日，第87节定期课，开始解释Jane的梦。这个梦的影响仍在蔓延。在9月30日的第98节定期课上，再次处理了这个梦。在梦中，Jane的女学生朋友Marie Tomlinson，在分娩时，可能会发生意外，且有可能破裂。这个梦的统一象征是贯穿整个梦境的水。)
(After this seane wrote to Marie in an effort to verify the above st two women have not seen each other correspondence. In her reply dated been involved in childbirth for two on a cruise to Bermuda, in which near the water for about ten days hurricane Cleo had been descending had plenty of water around then during the storm. It went right thro	(在那节课之后，我给玛丽写信，试图证实上述情况。这两个女人并未见面。但在她的回信中，她依然保持着断断续续的通信。自从9月14日以来，她一直参与分娩。不过，她确实曾经在7月份乘坐一艘开往百慕达的游轮上，在水上或水域附近大约十天。当时，飓风克利奥正在向佛罗里达海滩方向下降。在暴风雨期间，周围有很多水。)
(So, since there was some kind of discrepancy between what S considered a possibility and the fact that Marie had not been given, naturally wondered what was correct, and hoped the session tonigh with it.	(所以，既然这里有某种差异，在赛斯认为的事实之间，我们自然想知道什么是正确的，并希望今晚的课能解决这个问题。)
(Earlier today feeling somewhat tense, Jane had visited a chiropra treatment. While talking with him recently on the inside of her left that it could be an arthritic nodule her by saying that it was more like remembering any injurious incidents, Jane came home quite upset.	(今天稍早，珍感觉有点紧张，去了一位脊医的治疗。与他谈话时，她提到最近在她的左手腕内侧出现了一个硬点。她猜测这可能是关节炎结节。他看到这让她更加紧张，说这像是受伤的结果。珍不记得有任何受伤的事件，回家时心情很不好。)
(She was still upset as session time approached, and had been una her nap before the session. She concerning the nodule, and left it began on time, again without her pauses. Her voice was normal, her pacing regular.)	(课时间临近，她仍然心烦意乱，且午睡前无法入睡。她关于结节的问题，将其放在桌子上。她准时开始了课程，再次没有停顿。她的声音正常，节奏规律。)
Good evening.	晚安。
("Good evening, Seth.'')	("晚安，赛斯"。)
I do not know precisely where to	我不知道到底该从哪里开始。
Ruburt's mood is such that it is shortly. I will therefore begin wit	鲁伯特的心情是这样的，以至于我相信，为时不久，很快。因此，我将从到鲁伯特的朋友寄来的信开始说起。
The precise interpretation had to do with information in the dream the cruise, the tub, here again, incidental knowledge picked up telepathically when the woman in q described her journey, rather than from the trip itself.	准确的解释是与梦中有关航行的信息有关，浴缶在这里，在这位女士描述她的旅程时通过心灵感应获得的偶然知识，而不是从旅行本身获得的。
The woman told the events of the trip to friends, and in this dream the woman recounted these events that Ruburt picked up the information connecting her friend with wa	女人把旅行中的事情告诉了朋友，然后当晚梦见了朋友，在这个梦中，这个女人复述了这些事情。鲁伯特捡到了这些事情，将她的朋友与
In the friend's dream Ruburt played a small part, and this served a connective.	在朋友的梦中，鲁伯特扮演了一个小角色，这起到了连接作用。

(“Were these two dreams simultaneous?”)

(“这两个梦是同时发生的吗？”)

(As usual in such interesting cases, I could have asked many questions, but I felt that it was not worth while to do so. I could not recall ever reading whether such investigation. Let alone whether one dreamer's dream.)

(像往常一样，在这种有趣的情况下，我本可以提出很多问题，但我不认为这样做值得。我不记得曾经读到过这样的调查。更不用说一个梦者是否可以通过心灵感应接收另一个梦者的梦。)

In your time, yes. Water was of course abundant.

在你们的时代，是的。当然，周围都是水。

A note here, pertaining to a different matter. Rubert read that electrons come as no surprise.

这里要说明的是，与不同的问题有关。鲁伯特读到电子来自纯能量，在我们讨论了物质的本质之后，这一点并不奇怪。

I have mentioned that atoms and molecules possess consciousness degree, as do electrons of course. Joining of particles lies within the within all cases.

我已经提到，原子和分子在一定程度上拥有意识，电子也是如此。原子和分子的结合原则在所有情况下都是内在的。

The organizing ability grows and potentials become more actual as particles combine. However all potentials are regardless of size, and no combination are governed by inner principles are voluntary, and based upon principles within and causes those acts or motions which are conducive to the more complicated gestalts.

当这种粒子结合起来时，组织能力就会增长，潜能变得更加现实。然而，所有的潜能都潜藏在每个单元中，无论大小，没有任何组合是受内在的组织原则支配的。所有粒子的组合都是自愿的，并基于内部的原则，它在内部运作，并导致那些有利于复杂形态的动作。

Action and counteraction, operating through chemical enzymes, enable purposeful activity in which no motion or particle gives evidence of that basis the camouflage pattern necessary that is composed of diverse but interwoven activities and correlations. That is, unapparent activities and correlations, as you know, operate through the physical universe.

通过化学酶运作的作用和反作用，使有目的的活动成为可能，没有任何运动或粒子给出了那种基于将你们宇宙内部操纵所需的伪装模式具有多样性但交织在一起的场域印记的证据。也就是说，在你们自己的宇宙中，这些多样的、交织的活动和相互关系，并不具有实体性，却在物质宇宙中出现并通过物质宇宙运作。

This should not seem strange. What appear as rigid from other viewpoints to have no form within your system may well have form outside your

这应该不会显得奇怪。在你们的认知中显得僵硬的东西，从其他观点看来并不僵硬。在你们的系统内看似没有形态的东西，可能在你们的系统之外有形态。

Effects which appear within your system, without form in some, indeed many cases, represent activities or acts that actually have their origin from your because of their different speed and of course making their impression upon it.

在你们的系统内出现的效应，通过你们的仪器可以感知，实际上在许多情况下，这些效应代表着活动或行为，实际上是来自于你们的系统之外；但由于它们的速度不同，它们可以穿过你们的系统，当然也会在你们的系统上留下印记。

Electromagnetic fields perceived and used within your system have elsewhere. Nevertheless they affect your universe even though you to perceive them except in limited dimension.

在你们的系统内感知和使用的电磁场起源于他处。然而，它们仍影响着你们的宇宙。你们感知它们的维度中感知它们，它们仍影响着你们的宇宙。

I suggest your break.

我建议你们休息一下。

(Break at 9:29. Jane was dissociated, as usual, but more toward the end of the delivery than in the beginning. Seth has not yet mentioned on her wrist, and we agreed that he was probably waiting until she deeper state before he dealt with personal material of this sort.)

(9:29 休息。珍像往常一样解离，但是在传述的中间比开始时更多。赛斯还没有提到她手腕上的结节，我们一致认为他大概是等她更深的解离状态，然后再处理这类个人资料。)

(The last few paragraphs of the above material we thought to be an of Seth's rather cryptic statement in the 97th session on page 72 to in some respects all planes or fields of existence are indeed by-products.)

(上述资料的最后几段，我们认为是赛斯在第97节第72页的大意是：在某些方面，所有存在的层面或场域都是产品。)

(Jane resumed delivery in the same rather quiet voice again with pauses, and again without her glasses, at 9:37.)

(9:37 珍以同样平静的声音恢复传述，同样有时停顿，且再次不戴眼镜。)

I will now endeavor to answer Rubert's question.

现在我要尽力回答鲁伯特的问题。

The formation on the wrist is not a joint. It is not a joint. You may wish to read. I have told him that he will not develop arthritis.

手腕上的结节不是关节。不是关节炎。你可以把这句话重复给他听。我已经告诉他，他不会得关节炎。

The hand was not injured, that is not knocked as by bunking, but was due to a change of wrist motion occurring while he was typewriter, which he had not used for a time, differently. The automatic wrist motion was knocked askew, the pattern brought induced strain. This caused the irritation and the subsequent nodu

手并没有受伤，也就是说没有被撞伤，但是由于他在使用打字机时手腕动作发生了变化，而以受到刺激的方式，暂时停止了手腕自动运动，模式被扭歪了，随后出现了诱导应变。这就造成了不适和随后出现的结节。

The regular typewriter should be used. There is no use for occasion to do anything more than state, then, I suggest that Ruburt does not dwell upon the irritation.

应该使用平常的那台打字机。在这种情况下，除了说明，没有必要做任何更多的事情。我建议鲁伯特不要老是想着他的不适。

I would state furthermore that indeed Ruburt did have occasion to the chiropractor, since with an emotional stress, such a suggestion could changed by the strong powers of adverse poorly used, into the form of what is of heartbeat, with the unthinking patient's fears an actual harmless formation like Ruburt's into an arthritic condition.

我还要进一步指出，其实鲁伯特确实有理由对脊椎按摩师提供意见，像他这样不经思考的建议，仅凭最薄弱的证据，在一个不够谨慎、情绪不安的人格来说，环境性的。而在一个不够谨慎、情绪不安的人格来说，的暗示可能会导致一个无害的、具有保护作用的结构，或者更确切地说，期待的使用不当，改变成所谓的心跳不规律，在医生不经考虑的暗示下，把鲁伯特这样相当无害的功能障碍一样，暗示也可以使病人的实际功能障碍一样，暗示也可以使病人的实际功能障碍一样，暗示也可以使病人的实际

healers are themselves tired, proceed automatically in self-defense respond subconsciously to what subconscious dread, picking it up themselves, on a subconscious level of course.	在场的医生或其他治疗师自己也很累，会容易受到病人的自动反应中，他们会自动说出病人潜意识里接收到的感觉，是钟对自己的，当然是潜意识层面的
And in many cases this is true. A give his illness literally away, s responds subconsciously to what	而在很多情况下，这是事实，同样在潜意识里，去掉他从他身上铲除掉它，所以，往往医者会在潜意出反应。nsiders a legitimate threat.
Nevertheless, because the patient is in a condition where he is mo to suggestions, a great responsibility treat illness. The chiropractor's suggestion was made positively; that is, with normal at all, it is an arthritic nodule. been a poor one, and moreover one the statement, adding that such a simple irritation to the joint.	然而，由于病人处于最容易受到暗示影响的状态，大。整骨师说不这是关节炎的这个暗示被肯定地结示："没有想一点也不正常，关节炎结节很糟糕。而且也不能肯定与是他修改了这个说能是关节受伤或单纯的刺激所致。
Despite Ruburt's understanding, his intellectual understanding of h arthritis, he was thrown into an with which he grappled with at least other circumstances could have been authority that would say "Your fear certain conditions such an individual fastened upon him.	尽管鲁伯特理解，他在智力上理解他对关节炎的恐惧解，某种遗感的情绪状态。但他与之搏至少取看到了在其他情况下可能成为最后根稻草的东西道理的"的权威之言。这种情况下，在某些条件恐惧，因此，他将会被紧紧抓住。
He would be convinced so of the diagnosis, that a disease that he escaped would be brought to phys because the consequences that Ru by others.	他会被诊断的结果所说服。他可能逃过的疾病会被所以清楚地讨论这个问题是因为鲁伯特的后果
I will suggest your break.	我要建议你们休息一下。
(Break at 10:12. Jane was dissociated as usual and also quite Seth's explanation. She had begun using her old typewriter for writings since leaving the gallery a few weeks ago with the idea do all the Seth material work on this machine, which is the best of own, some wear and tear might be saved on it.	(10:12休息。珍像往常一样解离，对赛斯的解释开画廊后，她就开始用她那台旧的打字机来写初稿有的赛斯资料都是在这台机器上完成的，这是我们台，也许可以节省一些磨损。
(Jane said she was "really out" when resumed in the same quiet manner.	(珍说，赛斯在给出她手腕的资料时，她"真的出去了"，以同样的安静方式恢复。)21.)
I am pleased that Ruburt has begun his psychological time experiment. His results are better than they would have been had he not been and had continued demanding results from the subconscious.	我很高兴鲁伯特开始他的心理时间实验。他的结果比继续向潜意识索取结果的情况下要好。
The consciousness of atoms and molecules can be likened to the su as you now know it, in that it is generated to a large degree but propelled. You should perhaps realize, by the way, that the components, is composed or forms a unitary force field of its own.	原子和分子的意识可以比作你们现在所知道的潜意识，但是能量推动的。你现在也许应该意识到，顺便说一句，组成部分是由自己组成或形成一个单元力场的。
The subconscious is a radiation outward from the mental enclosure considered as a nucleus. The consciousness, the primary field. Emanations from this energy that is transformed as you your universe perceived in terms of endless atoms and molecules spinning of such patterns that would appear another field.	潜意识是一种由精神围场向外的辐射，可以被认为是核心。意识是主场，外围场域发出的辐射继续转化为你所知道的能量。这些能量被转化为你周围的宇宙，你会根据无数的原子和分子网络来看待宇宙。这些模式对来自另一个场域的观察者来说，一开始是随机的。
This is precisely the appearance that your system gives I am not s necessarily in terms of size, although you know it is extremel and it is only within the physical domain that is granted impo outside of it intelligence does not need so massive a house.	这正是你们的系统给出的外观。我现在说的不一定是极其相对的，只有在物质场域内，大小才会被赋予，智性并不需要如此庞大的屋子。
We will go into this more thoroug	我们将在另一个场合更深入地讨论这个问题。
You do not have to wonder at the small physical symptoms which ha both of you lately. Before our sessions began your reactions were recall, much more vehement. The interaction between body and mind present. It is only when adverse symptoms arise that you pay attention	你们不必对最近困扰你们俩的身体小症状感到奇怪。你们的反应，你们可能还记得，要激烈得多。身体在。只有当不良的症状出现时，你们才会注意到它
Good health is as much a result of this interaction, you know, and symptoms as you have had have been more considered. I fear, however, that you are weary. Joseph, this evening prefer I will close the session.	你知道，健康就是这种互动的结果，甚至更多。通只是恼人的毛病，我怕你会疲惫。赛斯，今晚我宁愿结束课程。
("No."	("不用"。
(Seth-Jane had caught me yawning.	(赛斯-珍逮到我打了个哈欠。)那我就继续。
Then I will continue.	我要回来讨论期待和身体健康的问题，因为从鲁伯很多一般性的知识。
I will return to the consideration of the specific situation there Ruburt's	当然，疾病不是在任何特定的时间点上产生的，而定的时间点上变得可察觉的足以造成危险。从心理中存在着对多种所谓疾病的潜在倾向，这些倾向是出来的。
A disease of course is not brought about at any particular point in latent, and merely becomes perceivable enough to cause danger at approximates a particular point in time. Psychologically there exis given individual the latent leaning toward a multitudinous variety o diseases, these tendencies being picked up through early condition environment.	这并不意味着个体一定会生这些病，但这意味点反映了，在物质建构方面的能力不足，而这些能完善造成的。
This does not mean that the individual will necessarily fall ill, to n it does mean that the physical structure has weak points that reflec result of, an inability along the lines of physical construction, tha from an imperfection in manipulation.	内在的恐惧囊袋（inner pockets of fear）留下的效率可以通过理解，通过有效地使用灵性能量身，而在于被投射在物质上。
Inner pockets of fear hold back n the physical body. Efficiency may	需要的能量在恐惧的第一时间被扣留，没有用于身被激活时，它恐惧从物质建构中消耗更多的

through the efficient use of psych 短路的机制 gy 事实上 Ture 明确的 cle 电 ln 在这里 s 被激活 。 itself, but is projected upon it.	
Needed energy is held back in the first of fear, and not used for f within the physical body. When the fear is activated in the fear d energy from the physical construction, contracting the fear being circuit mechanism; and indeed definite electrical forces are here a	这些都是可以测量的。伴随着这种情况发生的是一化学方法来弥补特定区域的能量损失。身体的防御 说，试图守住堡垒并进行修复，直到所需的能量
These can be measured. With this occurs a chemical overexertion, chemically to make up for loss of energy in a specific area. The b defenses, with oftentimes insufficient energy at their command, att the fort and make repairs, until the needed energy is again availab	这里发生一个相当复杂的过程。当人们了解到， 了自己的身体形象时，就会更加留意，这样这种程 展出来。
A rather involved process here occurs, which I will go into these matters more thoroughly, but Ruburt's situ not only matter but his own physical appearance, a 注意有关健康或外表的言论总是明 so that early fear patterns of such 越高 extent 你的建议 will 就会被赋予更多的权威 。	我还将更深入地探讨这些问题，但鲁伯的情况给了 自己的仪容，这
I will also go into these matters more thoroughly, but Ruburt's situ an excellent occasion. It is always wise to take heed, in your own remarks made pertaining to health or physical appearance, for the esteem you are held by others, the more authority will be given to suggestions.	我现在将结束课程，我觉得无论如何，我已经很好 你们俩致以最诚挚的问候。
I will now close the session, feeling that I have done well in setti any rate. My fond regards to you both.	（晚安，赛斯”。
（“Good night, Seth.”	（10:58结束。珍解离如常。我写字的手也累了。 了请赛斯特别澄清珍关于她朋友玛丽涉及生产的说 询问这个问题。）
（End at 10:58. Jane was dissociated as usual. My writing hand was After the session was over, I realized that I had neglected to ask specifically clear up Jane's use of the 第 99 节灵性能量的游离和肉体衰败的原因 frien being involved in childbirth. I will make a point to inquire about t session.）	

SESSION 99 1964年10月21日星期三晚上9点定期课

OCTOBER 21, 1964 9 PM WEDNESDAY 课程之前 SESSION 99 赛斯	（为了进一步澄清赛斯对珍9月7日的梦所做的相当 珍在第93节涉及珍的 话。
（In an effort to further clear up Seth's rather involved interpretati dream of September 7, I made it a point to ask Jane just before th was due tonight about the statement Seth-Jane had made on page 4 Jane's friend, Marie Tubbs, in childbirth. Marie wrote Jane on Oct she has not given birth for two years, and Seth dealt with what loo discrepancy between the two sets of facts to a partial degree in th session. See pages 74. 75.	玛丽在10月1日写信给珍，说她已经两年没有生 理了这两组事实之间看似有出入的问题。
（Tubbs, of course, was Marie's maiden name 塔布斯是玛丽婚前的姓氏 她婚后的名字是M Sterrett, of Boynton Beach, Florida 佛罗里达州博因顿海滩。	
（John Bradley, of Williamsport, PA, who has witnessed several sess stopped by this afternoon on his regular rounds, but could not stay session this evening. Affairs involving John with Seal Life, more or less quiet and uneventful. John reported Seth has, at machinations below the surface at Seal in various sessions, also that things are percolating below the surface and he requste find out what we could about the current state of affairs involving Seth tonight.	来自宾夕法尼亚州威廉波特的约翰·布拉德利见证过 期访问客户的行程中顺道过来，但不能留下 说涉及他在塞尔制药公司工作的事情，多少有些 中说到了塞尔公司表面之下的计谋。约翰现在也感 酝酿，他要求珍和我今晚从赛斯那里了解一下关于
（Jane had a rather unexpected opportunity also, to verify Seth's di nodule on her left wrist yesterday afternoon. A little while later she was given a ride by our family doctor to a nearby store and was injured in an injury accident. The result of an injury was harmless, the result of an injury accident. He advised it alone, saying it was protective in nature. Seth's diagnosis on page 77. Need 珍很高兴赛斯的诊断被验证了 was verified.	昨天下午，珍也有一个相当意外的机会，验证了 她开车行进时，附近一家商店里我们的家庭医生顺路 他告诉她这个结节是无害的，是受伤的结果。他并 告诉她不用管它，说它是防护性的，自行消
（Also while on this walk, Jane had the thought that approach personality when the personality becomes less and less able to focus energies fully on this plane, when one can no longer control well as in the past. She thought Seth might discuss this subject th	在走路的同时，珍也有这样的想法，当一个人格 焦在这层面时，当他不能再像过去那样控制自己 近这个人格。她认为赛斯今晚可能会讨论这个议题
（Jane began the session with a smile. Her voice was at a normal pi pacing regular, her speed of dictation normal. Once again she bega glasses, and her eyes were dark as usual.）	（珍面带微笑开始这一节。她的音调正常，踱步均 她不戴眼镜就开始，眼睛还是那么黑。）
Good evening.	晚安。
（“Good evening, Seth.”）	（“晚安，赛斯”。）
We will here embark upon our evening's journey.	我们将在此开始我们今晚的旅程。
I find that the climate is more favorable this evening, and much to amusement I discovered that Ruburt saw fit to collaborate my condition existing on the left wrist by speaking to a doctor, who d collaborate my statement.	我发现今晚的气氛比较有利，令我感到非常好笑的 谈，看看是否可以对我对左手腕存在状况的诊断表 的说法。
I understand the reasons that you seek such collaboration. I would appreciate Ruburt taking me at my word sometimes. Later this evening perhaps add a few remarks along these lines.	我理解你寻求这种一致的原因。不过，要是鲁柏有 感激。今晚稍后，我也许会在这方面补充几个看法
Ruburt did anticipate with some correctness part of this evening's matter, having to do with apparent deterioration of the quality of m composes the physical body. Since you know that atoms constantly coming into formation,	鲁柏所预料的今晚的部分主题，确实是有几分正确 质量明显恶化有关。既然你们现在知道，所有的物

instantaneously, and that these a continually appear and disappear, compose appears permanent, then physical forms should deteriorate as far as the atoms and molecule compose them are concerned.

提由原子和分子构成的物质形体瞬间形成消失，如此迅速地使它们构成的物质形态看起来永久存在，那么物质形体就应该因组成它们的原子和分子而衰败。

You are, however, left with the fact that physical matter, while app permanent for practicality's sake, does exhibit a certain varying degrees. Since the cause lies not within that which compos physical terms, then wherein does the cause originate?

然而，你却不得不面对这样一个事实：实质物质虽然出于实用性的缘故，看似永久存在，但也确实表现出一定程度的衰败。既然原因不在构成物质形体的物质之中，那么原因又何处而来呢？

Will it be possible, for example, to eliminate such causes to any a degree, and therefore prolong man's existence within the physical field? This of course would lead such elongation serve, in which direction, certain physical organisms seem for a greater period of your time. consider in due time.

是否有可能，比方说，把这些原因消除到任何程度，从而延长人的存在？这当然会引出这样的问题：这样的延长会朝哪个方向发展？某些物质有机体似乎会在你们的时间当中，能够将它延续到更长的时间。我们会在适当的时候加以考虑。

We will begin by examining the cause behind the breaking up of nec physical patterns so that survival Now. Existence within the physica energy, in the subconscious const material survival is not possible.

我们将从研究必要的物质模式被打破的原因入手。现在，在物质场域内的存在取决于灵性能量的聚焦，机体的潜意识建构中，如果没有灵性能量的聚焦，物质世世代代的生存是不可能的。

You may refer here to past sessions dealing with the mechanisms ir Existence within any field of real It involves something like a sleigh self upon another part. As an actor gestures that make the play neces the play is a play, he must still fo the props available.

这里你可以参考过去涉及有关机制的那些课程。在任何现实场域内的存在需要在该场域中集中焦点。它涉及到一种类似变戏法的东西，即一部分自我投射到另一部分上。作为一个演员，如同戏剧中的演员，为了做出使戏剧成为戏剧的姿态，同时他意识到戏剧是一出戏，他仍然必须把注意力聚焦在现有的道具上。

In much the same manner, existence within the physical universe in most intense self-hypnotic trance where attention becomes focused along certain lines while other realities are closed off perception and comprehension for a certain while.

以大致相同的方式，在物质宇宙中的存在也涉及最强烈的自我催眠恍惚状态，那里注意力变得聚焦在特定方向上，而其他现实则被隔绝在一段时间的感知和理解之外。

No play can go on forever. Individ indefinitely. Neither can the vibra limitations of one field continue

任何游戏都不可能永远进行下去。个体的专注力不会无限期地持续下去，一个场域的限制也不会无限期地持续下去。

I will suggest your break.

我建议你休息一下。

(Break at 9:30. Jane was quite well. become quite energetic. She said she said, but could no what was coming next.

(9:30休息。珍解离得相当好，她说。她的传讯变得相当活跃。她说，她好像在听另一个人说话，但却无法记住她所听到的内容，也无法记住接下来要说什么。)

(She resumed in this newer more

(9:37她以更积极的方式继续传述。)

Energy cannot be imprisoned for long by its very nature, will not restrain necessities and perceptions necessary for survival within any one reality.

能量不可能长期被禁锢在一种形态中。个体的整体将自己无限地限制在任何一个特定的实相场域内生存条件和感知上。

It changes its focus, grows restive necessities that exist within other composition of matter as you conc downfall, or natural inevitable disintegration.

它改变自己的焦点，变得不安分，它采用新的形式，以满足其他实相场域中存在的必要条件。在你所设想的物质构成中，没有任何衰落或自然的不可避免的解体。

Since matter does disintegrate, o dissolution is inherent within it, organizes the physical body weaken you call early adulthood, begins yet attained its full depth.

既然物质确实会解体，或者似乎会解体，你们就理所当然地认为物质固有的，但事实并非如此。组织身体的能量减弱的方式，在你们所谓的成年早期最强，它开始失去活力，但它还没达到它的完全深度。

The similarity here may not be easy for you to perceive, because o emotions with which you view child an unrealized degree, is free of the Even while he molds and is molded still uninvolved. His subconscious with infantile fears of course.

这里的相似性对你们来说可能不容易察觉，因为你带着不同的情感来看待儿童，在未意识到的程度上，儿童是不受束缚的。即使他在塑造他的环境和被他的环境塑造时，他仍然置身事外。他的潜意识中充满了婴儿的恐惧。

Yet on a deeper level he still retains hold upon, other existences, he even yearns subconsciously for those past realities, which means their problems have already been solved. He is unbound emotionally psychically by physical time, even minutes.

然而在更深的层次上，他仍然保留着对其他存在的控制，他甚至在潜意识里渴望着那些过去的实相，意味着安全感，因为他们的问题已经解决了。他在情绪上和灵性上都不受物理时间的束缚，甚至分秒滴答地作响时。

By adulthood the trance, the intense focus, is most strongly upon h this period that the trance little old age the inner attention is alre energy needed to maintain the spl longer given. The conscious ego w bewilderment, for has it not always sensed immortality?

到了成年期，催眠状态，强烈的聚焦是最强烈的。这个时期，催眠状态开始减弱。到了老年期，内在的注意力已经减弱。维持你们所谓的老年期，内在的注意力已经减弱。维持你们所谓的老年期，内在的注意力已经减弱。维持你们所谓的

During that period you refer to as old age, once again emotionally, psychologically the individual is bound by physical energies. He, there is the whole self no longer, makes available sufficient psychic energy for the maintenance of the physical organism.

在你们所说的老年时期，个体在情绪和灵性上再次束缚于物质能量。他不再也就是整体自己不再为维持身体的有

This accounts for the disintegration. There is much more that must these lines, and in time we will go into the reasons for this disintegration focus of the whole self has already been withdrawn from the necessary pattern organization for the physical, taken from their attention to physical matters, and becoming more whole self from which they were originally delegated.

这就是解体的原因。这些方面还有很多必须要说的讨论。然而，整体自己的主要焦点已经开始游离组织能量已经不再，从对物质事务的关注中抽离委派的整体自己。

Now. A more complicated, involved, intricate physical organization man, necessitates on the part of the whole self a tremendous output maintenance of the psychic-(hyphen) physical structural relationship

现在。像人这样的更为繁杂、错综、复杂的组织，需要整体自己付出巨大的能量来维持灵性—物质（psychic-physical）结构关系。

There is not only a physical survival at stake but, also a highly de to be maintained. Since man is aware subconsciously of a heritage ever seeks, and yet which for many reasons he cannot grasp while i physical state, he must know and not know, and experiences strain he or bird or worm experiences. This subject also will be fully elabor

这不仅关系到身体的存活，而且还需要保持一种高意识里知道他一直在寻求的传承，但由于许多原因法掌握，他必须知道而又不知道，这里有一种张压力。这主题也会得到充分的阐述。

I also intend, and had intended this evening to go into the causes difference with which various physical individuals and species man, their physical forms endure, as far as continuity in your time is co this will have to wait.

我还打算，也曾打算，在今晚深入探讨各种物质不形态经久不衰的差异背后的原因，就你们的时间的到以后再说。

As far as Philip is concerned, they attend St. Agnes Church. One for doing anything, and this man Philip suspects is not the man this man is not, in as strong a position as the man whom Philip sus

关于菲利普的事，他们也在圣艾尼亚教堂。有一个不会做任何事的人，菲利普怀疑的那个人，他不是这个人，这个人的地位不是如强

(“Can you give us a name?”

（“你能给我们一个名字吗？”

(It will be remembered that Philip incidentally is the entity name Bradley.)

（顺便说一句，菲利普是约翰·布拉德利的存有名。）

He has brownish hair and glasses and a slight mole on one of his not even aware of his own feelings in the matter, but consider him something of a father image as far as Philip is concerned, and feel betrayed.

他有一头褐色的头发，戴着眼镜，一边脸颊上有痣事上的感受，但他认为自己对菲利普而言，是一个父亲形象了。

Two other men up rather high in the organization make no difference not achieve certain stated goals unless he takes strong measures, unstated goals on his part will be met.

菲利普除非采取强有力的措施，否则不会实现某些既定目标会得到实现。

There was no distortion but some confusion as far as the childbirth bag episode was concerned. As is so often the case, there is a misinterpretation, which I will attempt to clear.

就分娩和水袋事件而言，没有失真，但有些混乱。种误解，我将试图澄清。

Ruburt's dream itself dealt with vessels. The correct interpretation vessel, the ship, in which the Tubbs woman toured; the breaking ba unexpected during a day of travel during the cruise.

鲁伯的梦本身和容器（vessels）有关。对容器的正乘的船；破袋子，在游轮旅程中意外的飓风。

For his own reasons Ruburt did automatically receive the correct for himself. However, I have said that we must deal with word symbols first of all.

由于鲁伯自己的原因，他确实自动接受了自己的正们必须和文字打交道，首先就是要分解象征符号。

Part of Ruburt's dream, you see, did have to do with a ship; and he second vessel and the water, you find Ruburt's dream actually was a vessel. subconscious level to Ruburt concerning his first dream that session dealing with the main theme, you see there was a deep sense of bewilderment on the part of Ruburt is a mother, since neither of them part of their personal futures.

你看，鲁伯的部分梦境确实与一艘船有关。而这里现，在潜意识层面上鲁伯得到了关于他朋友的旅涉及主要梦境的那节课，你会看到其中的关联。然深深的困惑感。鲁伯朋友是一位母亲，因为她们两把做母亲当作个人未来的一部分。

(True. Jane and Marie went through high school together. Both girl interested in writing more than mothering. Through the years I ha Jane wonder aloud, many times, about the fact that Marie decided t children, rather than place her emphasis on writing, as Jane chose

（没错。珍和玛丽是高中同学，两个女孩对写作的关心远胜于养育。多次听到珍高声惊叹，玛丽决定生孩子，而不放在写作上。

(For the data given by Seth on Jane's dreams see the 87th, 93rd, sessions, as well as this one.)

（赛斯针对珍的梦给出的资料，请见第87，93，次

This sounds extremely involved. But while Ruburt did get the correc another topmost layer of his subconscious, shifting the vessel as w symbolism of vessel as ship, into vessel as womb, container of life which also achieved its purpose, the water image was translated in the bag of water that burst.

这听起来极为复杂。不过虽然鲁伯确实得到了正确个最顶层意识进行了改变，将船作为容器的象的容器。在这个层次上，也达到了目的，水的形象是爆裂的水袋。

The Tubbs woman was to be given still another child when no more desired, by Ruburt in childish retaliation. Both are all right, you see, but Ruburt took the opportunity (unconsciously of course) information, that of the trip, as a method of getting back for the i unreasonable treachery of her friend.

当塔布斯这个女人不想再生孩子时，鲁伯就再给她复。两种字面解释都是正确的。你看，但鲁伯就任地）利用了有关这次旅行的可靠消息，作为报复想的手段。

You must understand that such occurrences are in no way unusual. I interpretations appear complicated because we are viewing them from the entire tapestry, the subconscious folds them into the dreams are composed and they have their validity.

你必须明白，这种情况的发生绝非罕见。如果我们因为我们是从梦境的整体来看，这次解释看似很复杂。我们是从梦境的高次层来看。但这样的解释，对那个繁复织锦的理解，梦境是由潜意层次上简单的。但这样的缺乏，对于梦境的有效性，它们的有效性。

Nor have we yet discussed those dream elements which have sufficie propulsion to maintain existence in the plane upon which they were Such material, I am afraid, must wait, as you do not have the nece background in fundamentals to give it comprehension.

我们也还没有讨论过那些梦境元素，它们有足够的创造的层面上的存在。这种资料，恐怕必须等待，理背景，无法理解。

Thoughts and dreams do indeed possess a validity and reality of subconscious has always been aware, and there is in some sense a responsibility here involved.

想法和梦确实具有有效性和现实性。潜意识一直都这里涉及到一种责任。

It is impossible to discuss fully in one or two sessions the specific topics

由一两节课当中不可能充分讨论可能出现的特定议题

arise, but they will be taken care of. I am sure that if such a thing should be permitted.

(理如果出现的话，我还要在十点钟关闭。)

("Yes.")

(“好”。)

And at the danger of being considered a nag, despite Rubert's insistence that this arrangement, the bedroom looks better the way it is, your bed should be moved so that your head is upon the wall that I specified months ago.

冒着被认为是唠叨的危险，尽管鲁伯特坚持认为卧室的布局现在这样更好，您的床应该挪动一下，让床头靠在我几个月前指定的墙上。

You should know by now that my hot water bottle is rather amazingly to your view, for your benefit.

你们现在应该知道我的温暴水袋经奏效了，有益于你们。

(Still quite amused, Jane pointed out that we had set up, to shield the room. She had said it gave her a feeling that she appear

(珍仍然很开心的样子，她指着我们布置的一种隔屏和房间的其他地方隔开了。她曾说过，这给了她一种感觉。)

This arrangement, while rather a contraption, does help to serve that I mentioned last spring. Some sort of a permanent fixture might rest Joseph, since you would be harassed no longer.

这种安排，虽然颇为笨拙，但确实有助于达到我去年春天提到的目的。某种永久的固定装置可以让你们安心，约瑟，因为你将不再受扰。

Now briefly before I close, and again on a personal note the condition Ruburt's wrist will take care of itself and vanish. He should continue the back exercises, which he usually forgets, and the turn of the bed will alleviate a soreness of his ribs on the left side.

现在，在我结束之前，我再简单地说说个人的看法：鲁伯特的手腕会消失的。他应该继续做背部运动，他通常会忘记，床的移动将会减轻他左侧肋骨的酸痛。

I will not go deeply into this, but there is an interruption of vibrational crosscurrent. It is too late to discuss this fully. Your psychological balance should be maintained, for psychic and physical benefits are achieved through momentary releases from physical a other times. Ruburt's beneficial during some periods of the month, and not beneficial at

我不会深入谈这件事，但那里有震动的中断，有交叉问题。已经太晚了。你们两个人的心理时间应该维持，因为通过物理时间的瞬间释放而获得的身体益处和心理益处。鲁伯特在某些时期是有益的，在其他时间则无益。

(“When are the good times?")

(“什么时候好？”)

Most of all, the hand will clear up. Let's not be bothered in any way. exercises will help it also. The period after mentioning is good here close our session. I will be more than glad to hold a question session, whenever you prefer.

最重要的是，手的问题会清除。怎样都不应该烦恼。锻炼也有助于此。经期过后的那段时间吃益有好处。我要在这里结束。只要你们喜欢，我都很乐意举行一节问答课。

(Again Jane laughed, and indicated the screen behind which we sat.)

(珍再次笑了起来，并指了指我们坐的屏风。)

The permanent setup, whenever and if ever arranged will here be more beneficial, and in ways that I will not, now, be discussing. I will make a connection with mental enclosures, though it is a subconscious and psychological one.

永久性的设置，无论何时，和是否有安排，在这里会有益，并以我现在不讨论这些方式。我将和精神围场有关系，虽然这是一种潜意识的和心理上的关联。

Now, my most fond best wishes, and good night, Seth. Ruburt's fire keeper, in connection with the furnace. He stokes his own flames f

现在，我最诚挚的祝福和晚安，赛斯。鲁伯特的火守护者，R这位老守火者与炉子有关。他给自己的火焰加煤。

(“Good night, Seth.")

(“晚安，赛斯”。)

(End at 11:11. Jane was dissociated as usual. Many months ago Seth suggested putting the head of our bed to the north, without going into detail as to reasons. He referred to a question he had mentioned the idea a list of questions. The furnace refer to a list of questions. The furnace today of the usually automatic gas thermostat developed some as yet unknown bed data, Jane has been mentioning for some time now that she has soreness of the ribs on her left side.)

(珍解离如常。几个月前，赛斯曾建议把我们的床头朝北，没有细说原因。他提到一个问题清单。赛斯提到了一个问题清单。今天，通常自动的瓦斯暖气恒温器发生了某种尚未知的变化，珍一直提到她的左侧肋骨隐隐作痛。)

(The following psychological time notes and related material are taken from Jane's notebook:

(下面的心理时间记录及相关资讯摘自珍的笔记本：

(October 21, Wednesday: No results. Mid-term.

(10月21日，星期三：没有结果。中断。

(October 21, Wednesday: A small incident. In the morning I thought of Venetian blinds, that I would like some for the kitchen windows, although we have none to find and cannot afford them. This is a spontaneous, vivid wish on my part.

(10月21日，星期三：小事件。早晨我想要威尼斯百叶窗，想在厨房的窗户上安装一扇。我想像着它们的样子，虽然我们一扇也没有，也买不起。这是我自发的、鲜明的愿望。

(Going down cellar at noon to check on the furnace, which had been found three Venetian blinds, set out before. I am sure of this because the furnace trouble. Our landlord blinds, since someone in the house wanted to use these. So I took them.

(中午到地下室去检查暖气炉，发现了三扇威尼斯百叶窗。我敢肯定这一点，因为我们的房东和我在一起，他告诉我我可以用这些百叶窗，因为屋里的人也想使用这些百叶窗。所以我就拿了。)

(October 22, Thursday: Feeling of lightness and well-being.

(10月22日，星期四：轻盈的感觉和安适。)

(October 23, Friday: Brief but clear. Saw yellow-brown

(10月23日，星期五：短暂但清晰。看见黄褐

(October 26, Monday: I saw a large scrapbook filled with pasted-in articles, then an envelope in the book. Half in and out of the envelope snapshot of Rob and me.

(10月26日，星期一：我看到一本大的剪贴簿，里面有一个信封。信封里有一半是我和罗的旧照片。

(Also: I also had a very brief impression of standing up and off to myself, only I was in the body of an older woman that I did not recognize, not my body surely but must large, with a bony frame, dark hair, a face, and glasses.

(另外：我也有一个非常短暂的印象，我站起来，离开我自己，只是我在一个我不认识的年长女人的身体里。那肯定不是我的身体，但必定是个高大、骨架突出、黑发、脸比较方、戴着眼镜。)

(October 27, Tuesday: No results. Mid-term.

(10月27日，星期二：没有结果。中断。)

(I would like to add here something that may be of interest.

(我想在这里补充一些可能感兴趣的内容。

(On October 21, last Wednesday during the session, a remark I made to recall that on the night before machine that leaked and flooded; was the automatic washer in the cellar down as a matter of routine.

(10月21日，上周三的课程中，我的一句话让珍想到前一晚洗衣机漏水而淹水了。她告诉我，她不确定是地下室的洗衣机吗，我照例把它关了下来。)

(Last night, the washing machine in the cellar sprang a leak, a pipe and flooded the cellar. Our water was cold this morning. Inspecting after breakfast, Jane discovered a foot of water there, and of course immediately called the landlord.)

(昨晚，地下室里的洗衣机漏水了，水管破裂，淹水了。我们早晨的水是冷的。早餐后检查地下室，珍发现那里有一只多脚。当然，她马上叫了房东。)

SESSION 100 第100节一百节的坚持不懈--课才刚开始,房东太太的经验

OCTOBER 26, 1964 9 PM MONDAY 1964年10月26日星期一晚上9点定期课

(Our first session took place on November 26, 1963, quite brief groping during November.)

(我们的第一节课是在1963年12月26日,在11月期间相当短暂的摸索之后。)

(This evening Jane and I had supper with Marian and Jim Spazia is our landlord. We were back home from their place in Pine City, distant, by 8:40. Jane had a "slight feeling that some one would at session, yet she was not sure the feeling was legitimate. She could she felt that way being unable to determine at least, yet when such legitimate. As it developed, we had no witnesses.)

(今天晚上,珍和我与玛丽安和吉米·斯帕尼亚尼一家。我们从松树市他们的住处回到家,离开了8:40的感觉,觉得有人会参加今晚的课。但她不确定这种感觉是否合法。她会有这种感觉,因为至少不能确定,但当这种情况发生时,并没有任何见证人参加。)

(The Spazianis know about the Seth material, of course. This evening asked if Seth could help him locate the missing cover for the thermo of the apartment house. Since the is located in the downstairs hall been misbehaving to some degree lately, he is quite anxious to find which he believes he misplaced some months ago tampering with the delicate thermostat mechanism. We promised to help.)

(斯帕尼亚尼夫妇当然知道赛斯资料。今晚,吉米问赛斯能否帮助他找回公寓楼下大厅里失踪的恒温器盖子。由于炉子最近表现有点不佳,他认为几个月前他把盖子放错地方,以防止他错误地操作恒温器机械装置。我们答应请赛斯帮忙。)

(The Spazianis also related a mutual experience they underwent involving Jimmy's deceased father quite vivid happening. Since it is the session where Seth takes notes used for future reference.)

(斯帕尼亚尼夫妇还讲了他们最近经历的一次共同经历,涉及吉米亲生父亲的逝世。由于这是赛斯做笔记的那节课,这个相当生动的事件被纳入了描述资料的段落,以供日后参考。)

(I have yet to resume a planned study of psychological time, but as previously I continue to have small experiences almost daily. Usually place just after we retire, when I am in a relaxed and drowsy state

(我还没有重新开始有计划的心理时间研究,但如前所述,我几乎每天都会有一些小的经验。通常发生在我们就寝之后,当我处于放松的、昏昏欲睡的状态时。)

(Jane was not nervous before the session, and had no idea of the dealt with. Once again she began voice normal, her pacing regular. pauses.)

(珍在课前并不紧张,也不知道资料会有什么内容。她再次开始平常的声音,节奏均匀,偶尔会有停顿。)

Good evening.

晚安。

("Good evening, Seth.")

("晚安,赛斯"。)

This will be a fairly informal session, and I am indeed aware that hundredth session.

这会是一节非正式的课,我确实知道这是我们的第一百节。

(Now Jane smiled broadly as she began to walk to and fro.)

(现在珍咧嘴笑着开始来回走动。)

As I told you many sessions ago, I tell you once again: Our session barely beginning. I did want to mention the fact that Ruburt is doing the initial chapter that will introduce our material.

正如我在许多节课之前告诉你们的那样,我再次告诉你们:我们的课才刚开始。我确实想提一下,鲁伯在介绍我们的资料的第一章。

I also hope that you both realize how your abilities have begun to our sessions have led you into an increased awareness and activity. We are as I have told you going slowly and yet the be a steady one that rests upon disciplined sensitivities, without dangers that can result when there is an overlaid or fanatical one line of focus, and a lack of disciplined understanding.

我也希望你们都能意识到,你们的能力已经开始成熟了。我们在所有的关注和活动的途径上都有了更强的觉知。我们的进展是缓慢的,然而这种进展将是一种稳定的,感受力纪律的感知,而没有那些可能的危险,当过度集中或一条关注线,以及缺乏纪律的理解时可能会出现危险。

We are not attempting to enlighten the intuition at the expense of We are attempting to work in such a manner that added knowledge of intuitional inner self is also made known to the intellect.

我们不打算以牺牲智性为代价来启迪直觉。我们试图以这样一种方式来工作,即对直觉的内在自己的添加知识也能为智性所知。

Ruburt, in writing his Introduction this afternoon used a term which excellent one.

鲁伯今天下午在写他的序言时,用了一个绝佳的词。

He spoke of the undiscovered man in terms of the whole self, who are so little known, and this is precisely what we are light: the vast areas within the self, which have been left undiscovered unknown.

他从整体自己的角度来谈论未被发现的人,整体自己知之甚少,而这正是我们在这里试图揭示的:在自己之内的广袤领域。

We are attempting in these sessions to develop both of your abilities areas, while we still maintain a one part of you does not get top-heavy nevertheless there is a definite From the beginning of our sessions which we will explore the whole self foolhardy expeditions.

我们试图在这些课程中发展你们俩的能力和领域,同时保持一部分不至于头重脚轻,但有一个明确的方向。从我们课程的开始,我们将探索整体自己,而不会进行鲁莽的探险。

We are equipping ourselves with the necessary background and know This does not mean that a stiff rigid Ruburt now can allow himself some necessary protector, and its barrier It must first feel secure and become nature.

我们正在为自己配备必要的背景和知识。这并不意味着僵硬的限制。鲁伯现在可以让自己多一些必要的自我保护者,它的屏障不应该被强势施压。它必须首先感到安全,同时保持其本质的完整性,保持其本性。

(In line with the above material, I can to go easy with her "ecstasy" experience "trance" (the 54th session, May

(根据上述资料,我可以提醒一下,赛斯在1964年5月54节课的实验中,要轻易地对待她的"狂喜"经历"出神"。)

She had achieved this ecstatic state, as she described it, several date. She had also been concerned experience while she was alone in Jane would achieve this focusing psychological time, and furthermore was unwittingly directed toward some of witchcraft. Any energy can be used for almost any purpose."

她所描述的这种狂喜的出神状态,到那一天为止,有几次了。她也关心过,当她一个人在屋里的时候,这种经验要如何才能实现。他并没有意识到珍会这么专注于心理时间,此外,这种能量指向其他东西,可能会产生巫术的隐患。任何能量都可以用于几乎任何目的。"

(After that session Jane stopped trying to experiencing it to this date.)

(在那节课后,珍不再试图达到这种状态,至今也没有经历过。)

It is actually a most dependable concerned, in that if it becomes fear for its own survival. And its survival is obviously a necessity

就其本身而言,这实际上是最可靠的衡量标准,因为如果它变成了对自己的存活而产生的恐惧。如果其生存显然是必要的

within the physical field, if it is a存在于物质场域内存在的必要条件。 fla

The ego however is not an afterthought disconnected from the whole. 自我并不是个与整体自己脱节的事后考量，当智 when the intellect becomes aware of data, given to them, it can inform 它的资讯时，它就有能力通知自我，然后自我就会 self, it is then capable of informing the ego, which then can change 样，我们就能保证整体自己的行作，避免分裂自 accordingly. This way we are assured of the cooperation of the whole 部分，对抗另一个自己。 avoid any possibility of splitting one self, one part of the self, ag

This is one of the main reasons why I advise Ruburt to stay away from certain particular experiments, which he can now handle. 这也是我建议鲁伯特远离某些特殊实验的主要原 处理好这些实验了。

In the past few sessions we have begun discussing some material, the basis for many other sessions and, we hope, may be considered as a outline for another year's work. 在过去的几节课上，我们已经开始讨论一些资料， 的基础，而且也可被视为下一年工作的总纲。

There are many specifics to be filled in. Past material is imp time you did not have the background for full comprehension. The 过去的资料有很多具体的内容需要补上，很简单， 的背景知识。这就是为什么比如说，我没有去讲 example, I did not go into the molecular structure of the dream wo 们所熟悉的物质世界在很多情况下都有所不同， from the material world with which you are familiar in many instan 个必要的先决条件。 material dealing with the nature of matter was a necessary prerequ

I suggest your break. 我建议你休息一下。

(Break at 9:28. Jane was dissociated as usual. After a slow begin delivered the bulk of the above material at a steady, comfortable r resumed in the same manner at 9:33.) (9:28 休息，珍解离如常。经过一段缓慢的开始后 资料，速度适宜，9:33 她以同样的方式恢复。)

You will make many gains during the following year. You must realiz own attitudes have changed for the better and this is reflecting its r daily life. 在接下来的一年里，你们会有很多收获。你们必须 更好了，这也反映在你们的日常生活中。

I am tempted to give you some new material this evening, although decided to hold a brief session, merely because of certain rhythms activity, that ebb and flow. I had intended this to be an informal discussion, and definitely mean to mention again that the general room is now excellent, regardless of what additions or so forth you to make. 今晚我很想给你们一些新的资料，但是我决定上一 的节奏和高峰，起起伏伏。我本想做一次非正式的 再次提到，不管你们想做什么添置，现在这个房间

The division here in the room into spheres of more or less sp is of great benefit. The bed is again in the position I suggest additional small detail that I make (pointing to Ruburt's leg a bit) you are both better off, actually, without the ra covered, because of the collection of dust particles. 在这里将房间划分为或多或少分开的活动领域，是 的位置也是我建议的。我还说了个小细节（这是 拉鲁伯特的腿），其实，暖气不盖起来，对你们两 灰尘

I am myself rather dusty this evening since I am very relaxed, and with a certain smug satisfaction in having survived one. You may feel a smug satisfaction also. 今晚我自己也是尘土飞扬，因为我很放松，确实为 意的满足感。你们可能也会感到一种沾沾自喜的满

It is no small feat. The maintenance of overall equilibrium has be maintained, with nevertheless optimum results as far as the develo psychic abilities. The early stages of our sessions were the crucial respect. Yet there is always the necessity of maintaining an overal spontaneous inner freedom with disciplined attention. Both are req 这是个不小的成就。整体平衡的维护得到了很好 灵性能力的发展而言，仍然有着最佳的结果。在这 至关重要的。然而，始终有必要在内在自由与纪律 的平衡。两者都是必需的。

I am fully aware that your landlord and friend has asked me to loca thermostat cover. 我很清楚你的房东朋友要求我找出他的旧温度调节

(Jane now began to take some rather lengthy pauses as she delive personal material. I did not feel that she was worried about its a particularly merely that such information may come out at a Seth lest it arouse such outer ego reactions, hence it comes out at a See page 88 for information on the thermostat cover.) (珍在讲这些更私人的资料时，开始有了些相当 担心资料的准确性，只不过赛斯提供这样的信息显 这种外在的自我恐惧。因此它出来的速度比较 前面相关页面。)

He intended to place it on a shelf in the cellar but instead sho metal objects, where it ended up on the floor of his Jeep, with some rubbish. 他本打算把它放在地下室的架子上，但却把它和其 了他的吉普车内，埋在一堆垃圾中或垃圾下面。

It was dumped either someplace on the attic floor or in the b area, whichever area is by a hill, and Nora found it. It was not damaged. I trust this will satisfy. 它若不是被扔在阁楼房间上的某个地方，就是被 个区域都是在一座山丘旁，而且它还在那里，没有 信这能让他满意。

(“Can you tell us when this happened?”) (“你能”告诉我们这是什么时候发生的吗？”)

There were two occasions. One when he took the most at hand, mistake into the Jeep, where it lay forgotten and hidden, and not three weeks later when it was dumped. I believe both occasions las early in spring. 有两次。一次是他拿着控温器不小心把它扔进了 掩藏起来，一次是三周后它被扔掉了。我相 初春的时候。

He had removed it and let it sit off then in a hurry. Later he noticed to put it in the cellar so it would not go back on then. That is all. 他把它取下来，放在一边后来，他匆忙间发现 以免丢失。他当时就不想费事把它装回去。就是这

Upon another occasion however, we will discuss your relationship with his wife, and the rather bizarre circumstances that surround the ma youngest son. 不过，我们会讨论你和他与他太太的关系，以 子周围的相当奇怪的情况。

(Jimmy's youngest son, J.J., is six years old. The first time Jane two of them, over four years ago, was struck by the mistaken ab between them, not only in physical appearance but in mannerisms, a likeness between father and son has grown with the passing years, a standard topic of conversation when the Spazianis and the Butlers together. As Jimmy's wife Marian said to us, this evening, a "some drops of my blood in J. J. somewhere..." Jimmy's of Italian. Marian is Irish and French. (吉米的小儿子 J.J.，今年六岁。珍和 他们之间明显的相似所震撼，不仅在外形上而且 之间有相似性，那随着岁月的流逝，他们父子之间 直到现在这已经成为斯帕尼亚尼一家和巴特勒一家 聚的话题。当吉米的妻子玛丽安在今晚吃晚餐时对我们说的那样， 流着几滴我的血液在J. J.身上。”吉米当然是意大利人。玛丽安 混血。)

(Jimmy is obviously proud of this similarity between Jane and Jim evening he showed Jane and I a family photograph taken when he wa J.'s age, and of course the physical similarity was seen, incidentally old family photograph, incidentally included Jimmy's father, who m had not met, and who is referred to in the following session. materi (吉米显然对珍和自己这个相似性感到自 他在J.J.这个年纪的拍的全家福，当然，即使在 是显而易见的。顺便说下，这张旧的全家福照片 没见过他的父亲，在下一节的资料中提到了他。)

I am of the opinion that your psychological time experiences will s more vivid, Joseph; and also Ruburt's sponsor, after he tried too hard during the last of the summer. 我的看法是，你的心理时间经验很快就会变得更加 在今年夏天末尾他很努力的用功之后，内在的自发 Ruburt

The informal social engagements that you have been enjoying are m
你们一直享受的非正式社交活动是最有益的，在合
beneficial, and within reason should be continued. The change in t
的改变也有助于在那里进行的心理时间实验。
the bed will also aid in psychological time experiments, when tried

(I might also add here that in the short time since the bed was cha
(我在这里补充一点，自从床的位置改变，使床头
position, so that its head points north, I have lost the persistent
的左侧肋骨已经没有了持续的酸痛感。见前面的说
the ribs on her left side. See the note on page 87.)

Most of all in this session, I merely intend to congratulate you both
在这一节，我最主要的想祝贺你们俩的坚持不懈
perseverance, and I hope you will congratulate me for mine. The ex
屈不挠。我这边的经验一直是非常愉快的。
my part has been most enjoyable.

("Is this the first such experience
("这是你第一次有这种经验吗？"

(Jane now smiled.)
(珍现在笑了。)

I will never cease to enjoy the tricky notes of your voice when you
我总是很享受你声音里那种狡猾的口气，当你想让
catch me off guard. And I have already occasion answered
回答过一次你的问题。另外，如果你还记得，我
question. Also if you recall, I early told you that. Jane, I
自己是一个教育家，给了你一些关于我的教育哲
and gave you some hint of my educational philosophy.

You may if you prefer ask me questions, relatively open, you may take the
如果你喜欢问我问题，可以自由提问；或者，既然
可以借休息时间提前结束。
and close early.

("Let's take a short break. I'll ask you questions and close early.
(让我们休息一下。我会问你一个问题，然后我们
As you prefer.
随你喜欢。

(Break at 10:05. Jane was dissociated as usual. I did remember Se
previous answer concerning the topic of his experience with Jane and I is
would elaborate on the experience page number for the previous answer
for the material, and have not yet covered that particular session.

(休息时间10:05。珍解离如常。我确实记得塞斯之前
答案大意是他与珍和我的经验是他的第一次，至少
他能详细介绍一下这段经历，很遗憾，我无法提供
页码。我正在为这份资料制作目录，但还没有
涉及这个特定课程。

(Talking it over at break, we thought that at first we could ask Set
briefly on a very vivid dream I had on Friday evening, Oct. 10, and
thought it better to ask for a comment on the vivid nature of Marian
Spaziani had, concerning Jimmy's deceased father, recently.

(休息时谈到此事，我们想，首先我们可以请塞斯
晚上做的一个非常生动的梦做一个简短的评论，然
安和吉米·斯帕齐亚尼夫人最近关于吉米故父亲的生

(We made that the official question. Marian had described the exper
Jane a few days previously but at supper tonight Spaziani
again for our benefit. And since it is full fresh in mind, it is
below, although Seth does not discuss it in any detail in this sess
account can be used for future reference.

(We made that the official question. Marian had described the exper
Jane a few days previously but at supper tonight Spaziani
again for our benefit. And since it is full fresh in mind, it is
below, although Seth does not discuss it in any detail in this sess
account can be used for future reference.

(The experience: Jimmy operates a supper club in Elmira, which Ja
frequently. Some of my paintings hang there. As a matter of fact, I
by NY law he cannot serve drinks. And so on Friday evening, Oct. 10,
the first week in October 1964, he took a waitress to her home
AM he took a waitress to her home. On the way home he stopped
fresh tomatoes, and with these he stopped at the club.
way back to the club.

(His mothers home was dark, of course, and not wanting to disturb
leave the tomatoes, Jimmy left the tomatoes on the back porch.
few months ago, and while he stood on the porch, he thought
loved since childhood, Jimmy thought he saw the apparition.
apparition, then I could tell Ma, meaning his mother, that
Jimmy waited beside the dark and waited, but he saw and heard nothing unusual.
but he saw and heard nothing unusual. He is well acquainted with t
on psychic phenomena.

(He estimates that this little episode took place at about 1:20 AM
into his Jeep, he drove back to the club. A few blocks away, he arr
about 1:30. Just as he entered the kitchen, the telephone rang. It w
Marian, in a state of high agitation. Marian then hastened to Jimm
and startling experience she had just undergone.

(Being tired, she had gone to bed a little after midnight, instead o
Jimmy as she usually did. She fell asleep immediately. Upon awakening
of time, she then was awakened out of sleep by what appeared to be
thunderously loud voice which shook her. This voice was so real to her, so loud
us this was so real to her, so loud, so thunderous, that she sat bolt upright in bed,
with thunder, that she sat bolt upright in bed, fully awake and alert.
She had not been having a nightmare. She immediately went to the telephone to call her father.
immediately went to the telephone to call her father. After a pause to collect herself, she then
while to collect herself, then put her father on the phone. She said that she recognized the voice
father; Marian said she recognized it unmistakably.

(Jimmy of course related to Marian his thoughts about seeing his f
apparition. Doing a little figuring, he concluded that Marian had had her
conclusion that Marian had had her experience, he had been standing in back of her
he had been standing in back of her. Jimmy speculated that perhaps Marian
Jimmy speculated that perhaps Marian, in answer to his wish, even though he, Jimmy had seen or heard not
in answer to his wish, even though he, Jimmy had seen or heard not

(Jane now resumed in a somewhat
(珍现在以更快的速度和更大的声音恢复，复述1,0时1

I should have known better than to
我早该知道，我应该指望珍是或不是的简单问

Now. The experience involving your landlord, his wife and his dece
was a legitimate one; but one tha
long discussion of questions dire
is, the question as to the surviva
called death, and the lingering ab
personality.

现在。涉及你的房东、他的妻子和他已故的父亲的
但我想用一些例子对最近一些课程直接产生的问题
是，关于所谓的死亡后存活，以
不再的问题。

I do not want to begin an involved discussion this evening. I will s
mentioned experience did involve a communication
taking place through the cooperation of the wife
evening, though I will begin the discussion at our next session if y

我不想在今晚开始一场有所涉及的讨论，我想说的
亲和儿子的沟通，是通过妻子的合作进行的。今晚
果你们愿意，我将在下一次课上开始讨论。

(“Okay.”

(“好的”。

(Jane and I now wonder if it is coincidence that we were discussing matter a few days ago, and wondering when Seth would begin to cov subject.)

(珍和我现在想知道，我们几天前讨论同样的事情时候会开始讨论这个话题。)

The woman involved could gain immeasurably through the developme own abilities. However she is fearful of the discipline. The ego, her ego, is afraid to allow her any such inner freedom. Yet her ego cries out for the sort of development of these abilities.

参与事件的这个女人可以通过发展自己的能力获得巨大收益。但这些能力主要是由内在纪律。自我，她的自我，不允许她有任何这样的内在自由。然而这样的内在自由，她的自我哭喊着要这些能力的发展。

Such a development would result in the strengthening of her ego confidence. And her abilities are strong enough, so that they do some efficiency when her ego does let down its guard.

这样的发展会增强她的自我信心。而她的能力确实能有效地发挥她的自我放松警惕时，这些能力确实能有效地发挥

The man represents, now, an example of a personality highly endow intuition, and inner senses that are highly developed. There are so unusual circumstances here, in family and past family situations.

现在，这个男人代表了一个具有高度直觉禀赋和内在感官高度发展的人。这里有一些相当不寻常的情况，在家庭和过去家庭情况中。

The boy, the youngest son, is also well endowed with already effic senses. The father did communicate. The boy did not. However, because of a lack of understanding of circumstances. We shall disc

那个男孩，最小的儿子，禀赋也很好，已经有了高效的感官。父亲确实沟通了。男孩没有。然而，由于对情况缺乏了解，这使对某些人来说成为困难。我们以后再讨论这

(This reference to J. J., Jimmy's youngest son, reminds Jane and m Jimmy has often mentioned to us that as a boy he used to talk to his father about the “playmates” he had when he was quite intrigued by the fact that J. J. related such things to him up until he was Jimmy states that J. J. related such things to him up until he was years old. J.J is now six.)

(提到吉米的小儿子J.J.，让珍和我想起吉米经常在说话的时候，就开始跟他父亲讲那些陪伴他的“playmates”。他对J.J.向他讲述这样的故事感到很好奇，因为J.J.一直向他讲述这样的故事，直到他六岁。吉米表示，J.J.现在六岁。)

We shall discuss this later. A personality, or personalized energy, destroyed; but transformation of each personality, and in some cases living, of this fact, can lead to resistance, longer connected with the physical with, and results in difficulties that the part of those so-called living.

我们稍后会讨论这个。人格或个性化的能量不会被破坏；但每个人格的转变，以及在某些情况下，在某些情况下，这个事实，就会导致抵抗，不再与物质场相连的人格，而这些人格会产生困难，而这些人格的部分被减少了。

You must understand that to me now mankind's insistence upon rec alive only those personalities with which he deals is a limiting concept.

你们必须明白，现在对我来说，人类坚持只承认那些人格才是活的，这是一个最局限的概念。

I will go into this more deeply. I will also discuss your dream at a Since I attempt to use such incidences as examples to expand your comprehension along many lines, it is almost impossible to bring u variety of such incidences as they occur.

我会更深入地探讨这个问题。我还会在另一节课上讨论你的梦。这样的事件作为例子，多方面地扩展你们的理解力，这样的例子如所发生的这类事件。

I will say however that the dream involved experiences a long many the coat represents something far different than you imagine. And evening I will close, with again my most warm good wishes.

不过我想说的是这个梦涉及到很多方面的经验，外套代表的东西远远不同于你想像的东西。今晚我将带着我最温暖的祝福结束。

(“Good night, Seth.”

(“晚安，赛斯”。

(End at 10:42. Jane was dissociated and had been at the end of the last session.

(10:42结束。珍像往常一样解离，她现在相当疲惫。)

(Almost as soon as she began delivering this last material, she asked her to do so, since I could see fact that after some sessions she feels while after others she is tired; at the same time she said that meaning for her while she is delivering the material.)

(几乎在她开始传述最后这段资料时，我就请我让她这样做，因为我能明显看出。珍说，有些课程结束后，她觉得没有力气了，而在其他课程结束后，她觉得很累；同时，她说，这些资料对她有特别的意义，当她在传述的时候。)

(The following material is taken from my notebook.

(以下资料摘自我的笔记本。)

(October 28, Wednesday: Feeling

(10月28日，星期三：感觉

(October 29, Thursday, 11:15. 11:45 A.M. impression of Rob striding forward think we [or you] should do with tin

(10月29日，星期四，11:15。11:45 A.M.：我对罗布大步向前走的印象。我想我们[或你]应该如何处理结婚证。)

(I then saw something, an item that Lizzie's. She was the one who used

(然后我看到了一些东西，一件我现在已经忘记的东西。丽兹的。她就是那个以前经常使用这些东西的人。)

(Now, at 1:20 PM, Rob tells me: This morning, a new friend, c him at the office. They were there from about 1:20 until noon and kidding about marriage, etc. But he does not recall any specif a marriage license as such.)

(现在，下午1:20，罗布告诉我：今天早上，一个新朋友，一个同事，来找他。他们从1点20分左右一直待到中午。谈着关于婚姻的事情。但他不记得有特别提到结婚证的说法。)

(I have resumed the study of psychological time on a regular basis following material is from my notebook.

(我已经恢复了对心理时间的定期研究，以下是我的资料。)

(October 27, Tuesday 11:45: Upon retiring, I had a definite and of stretching in my legs, as though a force were pulling at my feet hands. At the same time, my familiar drowsing sensation flooded quite strongly.

(10月27日，星期二，11:45：就要睡着时，我感觉好像有股力量在拉我的脚，仿佛是用手在拉。当强烈地淹没了我。)

(It may be coincidence, but upon checking my back records I found psychological time experiment I had listed for September one above. See my notes on this on page 1, the 86th session.

(这可能是巧合，但在检查我过去的记录时，我发现我列出的心理时间实验，和上述的情况一样。见第86节我的笔记，第1页。)

(October 28, Wednesday, 5:30 PM: Today I had been working on a p apples. Trying psy-time, I saw apples in gray and violet, and I saw small stem detail, etc. The second time time in full color. I could discern the paint, etc.

(10月28日，星期三，下午5:30：今天我一直在苹果上工作。尝试心理时间，我看到苹果是灰色和紫色的，我看到苹果的小部分细节等。第二次，我可以辨出颜色的细节，绘画的颜色，等等。)

(In between these two sightings I sleeves, sitting at a kitchen-type me. He had a definite cauliflower

(在这两次观测之间，我看到一个穿着长袖的男子，坐在厨房式的桌子旁，坐着我的右边，他的侧面对着我。他有一朵面色红润，带红色的花椰菜。)

reddish tinge. He did not move. He
MacDonnell's father, but it was not
has done of his father in a similar position, but from a full-face a

亲，但不是他的父亲。他一动不动。我不记得他曾为他父亲画过一幅小正面的角度画的。我回忆起他为他父亲在类似位置上的画，但是从一

SESSION 101 第101节中间层面,参照点,再谈第五维度

OCTOBER 28, 1964 9 PM WEDNESDAY EVENING 9A6Y4 A S0 S1 C8 HE 星期三晚上 9 点 定 期 课

(Jane slept from 8 to 8:30 this evening and upon arising felt quite
does not like to get up when it's dark outside. Actually she s
few minutes of the allotted time. She decided that after this she'll
during daylight hours on session days.

(今晚珍从 8 点睡到 8 点半，起床就觉得很不舒服。她不喜欢在天黑的时候起床。其实她只在那段拨出的时间睡了最后几分钟。她决定在这课期间的白天的时候小睡。)

(She had no idea of the material
She began dictation in a normal
glasses. Her eyes were dark as us
Good evening.

(随着课时间的临近，她对今晚的资料毫无想法。她开始正常的口述，没有停顿，仍然戴着眼镜。她的眼睛黑暗，步调均匀。)

晚安。

(“Good evening, Seth.)

(“晚安，赛斯。)

We will be concerned with many va
I will indeed use an explanation of a particular instance to add to
knowledge. I have told you that the
father and himself was a valid one
taken place. In at least some of the
as a relay station.

今晚我们会关注很多不同的主题。我确实会用一个具体的例子来补充你们的一般知识。我曾经告诉你们，我父亲和他本人之间的沟通确实有效。其中一些情况下，就像这次这样，这位男士的妻子充当了中继站。

(See the account of the experienc

(见第 10 节对这次经历的叙述。)

The father is mainly finished with the physical field. He is on wha
mid-plane of existence. Personalities such transitions are therefore
acclimate themselves in a period of neutrality, and relative passivi

这位父亲基本结束了在物质的场域。他处于你可以称之为存在的中间层面。人格们，因此能在这种过渡期的人格们，因此能在中立和相对被动的时期内适应。

They exist in actuality, but not in a form with which you are
familiar. The neutrality is protective, a duration within the space
where nevertheless there is a certain acceleration in terms of valu

他们实际存在，但不是以你通常熟悉的形态存在。中立是保护性的，在空间内的现在的一段持续时间，然而在值的范畴方面，有某种加速。

(See the 41st session for Seth's first long dissertation on the spa
This was delivered April 6. The 44th session includes much on the
the inner universe also, as do the other sessions received during t
this material continues to expand it becomes more difficult to pinp
references on a subject to a given few pages.)

(见第 41 节，赛斯对空间的现在首次发表的长篇论述。44 节也包括了很多内在宇宙的基本法则。在此期间，这些资料的不断扩充，要把某一主题的参考资料更加困难。)

The relative, neutral passivity is attained as various portions of t
once more collect together. The acceleration of the whole self
divergent portions of the whole self into a different
sequence or action that will eventually be the
the whole self into another field
and becomes more unified.

随着整体的各个部分再次聚集在一起，相对的中立和相对被动性得以实现。当整体的不同部分相互作用时，整体的加速顺序或行动，最终将有助于使整体自己投入到另一个领域中，并变得更加统一。

At this point of course the self moves beyond or through the partic
involved. The term itself merely applies to a reference point, durat
meaning only in so far as it is related to a specific personality th
transitional frame between dimensional actualities.

在这一点上，自己当然会超越或穿过所涉及的特定人格。这个术语本身只是适用于一个参照点的持续时间，只有当它与处于特定人格有关时，才具有意义。

The personality itself therefore, as a mental action is responsible
mid-plane, for without the personal mental action, this particular
point or mid-plane would have no meaning.

因此，人格本身做为心理精神行动，要为这个参照点或中间层面负责，因为没有人格或精神行动，这个特定的参照点或中间层面没有意义。

You will need perhaps to reread your material on the spacious present
explanation here will be necessarily terse, for events
know in the spacious present events are actually simultaneous. When
personality withdraws itself from the physical image therefore, in
motion of actual simultaneous happenings, this is what occurs.

你可能需要重新阅读关于广阔的现在的资料，因为这里的解释必然会简洁，因为事件的顺序，而你知道，在广阔的现在，事件实际上是同时发生的。当人格从身体形象中抽离出来时，因此，是在一种实际同时发生的事情的运动中，这种情况发生。

The physical image does not immediately disappear, for a number o
The personality, through the inner
physical form, but the very material
its peculiar consciousness, as you know.

身体形象不会立即消失，原因有很多。人格通过内在的身体形态，但正如你所知，建构它的物质本身有其特有的意识。

This consciousness of organs, atoms and molecules, cells and othe
components, is left undiminished when the physical
vitality they originally possessed
organization to any degree. However,
those others who view it. An explanation will find in o
the nature of matter.

器官、原子和分子、细胞和其他成分的意识完全不减少，当物质体消失时，它们最初拥有的生命力和组织程度不可能保持。然而，这个形象被那些其他的观看者保持着。解释中将找到对此的解释。

There is much involved here that a reading of past sessions on mat
plain. You realize of course that the
image continually change during e
speak, for the influx of new materi
the inner self. When it abdicates
of molecular action.

这里面涉及很多东西，读过关于物质的课程会很明显。当然，你们意识到身体形象的原子和分子，在整期间不断变化，说的话，因为新物质涌入身体形态的开口是由内在自己所放弃。它就会失去这种复杂的可能性。

I suggest your break.

我建议你们休息一下。

(Break at 9:30. Jane was dissociated as usual. She felt much bette
the session was under way. Again with glasses off, she resumed
deliberate manner at 9:37.)

(9:30 休息。珍像往常一样解离。现在课开始了，她感觉好多了。再次戴上眼镜，以同样慎重的方式继续。)

Remembering again your material of the spacious present, a portion
personality retention however still surrounds those physical refere
which the personality was familiar.

再次记住你们那个阔的现在的资料，人格的一部分保留的方式仍然围绕着那些物质参照点。

In actuality this retention is mental, a mental attraction to other n
personalities; but this attraction while mental, is not into the physical field. The attraction was also mental, and
the attraction

实际上这种滞留是精神上的，是对其他精神活动的精神吸引。但这种吸引虽然是精神上的，但并不以某些方式指

certain conditions are met, communication can continue.

弱，但在一定的条件下，如果某些条件吻合，沟通可能会持续一段时间。

There is usually strain involved here, since points of reference must change.

由于参照点必须改变，这里通常会有一种紧张感。

The personality is already immersed in the physical field, so to speak.

换句话说，人格已经沉浸在物质场中了。

The emotional need of those within the personality to the pull or force of the physical field, transformation.

人格中的那些人，因情绪的需求而将存在的吸引力或力量，将人格的一部分捆绑在转换中遇到的阻力。

They add to the pull or force of the personality to the physical field, transformation.

personalities in transformation.

This may cause bewilderment and disorientation to such a transformed personality. Later, so to speak, when entrance into another higher-dimensional field is achieved, then such a higher-dimensional personality may without difficulty communicate with your field.

这可能会对这样一个在转换中的人格带来困惑和迷失。后来，也就是说，当进入另一个更高的场域时，那么这样一个高维度的人格就可以轻松地与你们的场域进行这类的沟通。

By this time he can change his reference points although his experiences are much more vivid, and so much fuller, proportionately, that one could be likened to going down into a small cramped tunnel.

到这个时候，他可以改变自己的参照点，不过他的经验变得更加生动、更加饱满，对他来说，这种经验可以比作为下到一个拥挤的小隧道。

This is one of the difficulties with our sessions, in that you cannot experience concepts directly. That is, you cannot experience them directly, and then, dimensionally speaking, in order that you can perceive more limited dimension.

这也是我们课程的困难之一，因为你们无法直接领会概念。也就是说，你们无法直接体验它们，我必须削减它们，从维度上来讲，为了让你们在更有限的维度上感知它们。

Ruburt, incidentally, is to be congratulated, as he is just beginning on physics, in order to intellectually keep up with the material as he is having read such books before, he was astounded to discover that he did not. He should be used to this by now.

顺便说一句，鲁伯特值得祝贺，因为他刚刚开始阅读物理学，为了在智力上跟上我给的资料，他以前从未读过这类的书，他不知道的东西，他现在应该已经习惯了。

(Jane delivered the above paragraph with a smile. It is true that she, to a lesser extent, have begun to read physics and neglected the subject since school days. As a child she could not relate to references to it in other reading, and everyday life now. Jane has been playing such a major role in these books that tally with what Seth has said and have served as jumping-off points for Seth's material, also.)

（珍带着微笑说出了上面这段话。的确，她也开始读物理学了，从学生时代起，她就基本忽视了这个学科。她阅读中也遇到过关于这门学科的参考资料，而且在现在的生活中，她扮演着如此重要的角色，这相当惊人地发现，这些书与塞斯所说的相符合，并成为塞斯资料的起点。）

In his reading he came across a statement to the effect that imaginary dimensional people could not comprehend a three-dimensional system, and obviously in the physical system, and a concept of your terms for four dimensional. Your dream world, of which I have spoken, could be compared to third-dimensional universe. However, the dimensions in which you are, again, the result of your own point of reference, and of the system you are enclosed.

在他的阅读中，他看到了这样一种说法：大意是想象的维度人士不能理解三维系统，显然在物质系统中，按照你们的术语来说，四维是个概念。你们的梦境世界，我已经说过，可以比作为第三维的宇宙。然而，是你们自己的参照点和你们被在其中的系统的结果，再次，是你们自己的参照点和你们被在其中的系统的结果。

A fifth-dimensional universe does not have to possess all the attributes of the previous four, for example. Once freedoms are attained in the fifth dimensional universe, then freedoms are attained in the four dimensions unnecessary.

例如，一个第五维的宇宙不一定要具备前四维的所有特性。一旦在五维宇宙中获得自由，这将使之前四维度的自由变得不必要。

This will be the direction toward which physics must move in the future.

这将是未来物理学必须要走向的方向。

Before I mention briefly the fifth dimension, I suggest you take a break.

在我简要提及第五维之前，我建议你们在许多次课之前休息一下。

(Break at 10:02. Jane was dissociated as usual. See the 12th and 15th sessions, among others, for material on the fifth dimension.)

（10:02休息。珍解离如常。关于第五维度的资料，请参阅第12节和第15节。）

(Again with her glasses off, Jane resumed in a faster and more animated manner at 10:10.)

（10:10珍又摘下眼镜，以更快的速度和更生动的方式继续。）

Beyond a certain point freedoms are attained. There are many, literally numberless, other dimensions which physicists cannot imagine because of limitations of your system.

超越某一点，自由就达到了。还有许多维度，简直数不胜数，因为你们系统的局限性，物理学家们想像不到。

Width, height, length have no meaning in dimensions that do not have in space as you know it. Time as a reference point has no meaning in dimension that has its existence wholly within the spacious present.

在你们所知空间中不存在的维度里，宽度、高度、长度没有意义。时间作为一个参照点在完全存在于广阔的现在的维度里没有意义。

Such a reference point does not exist. I have told you many times, planes or fields, or dimensions of activity, whatever you prefer, through each other often, and do not collide. If their reference points were the same, they would collide.

那里不存在这样的参照点。我曾多次告诉过你们，不管你们喜欢怎么称呼它们，都经常穿越彼此，不会相撞。照点相同，它们就会相撞。

I have told you also, long ago, that a plane may appear as something else. Ruburt picked up his book on physics.

很久以前，我也告诉过你们，一个层面上看起来是另一种东西。而鲁伯特在看物理学。

I have told you that a plane was not necessarily a location in space. The mental vitality. The material that I have given you on the fifth dimension prove invaluable. I have told you that it is space, this was the subject of our discussions. During our earlier sessions I simplified the term space for your sakes, which is explained in your dictionary. The dimensional space was far different than what you consider space.

我告诉过你们，一个层面不一定是空间中的一个位置。我提供给你们的关于第五维度的资料，在这里证明是无价的。我曾告诉你们，它是空间，这是我们那时刚开始讨论的主题。在我们早期的课程中，为了你们，我简单地使用了术语空间，这个词在你们的字典里有解释。这个第五维空间和你们认为的空间有很大的不同。

(I presume here that by "earliest session" Seth refers to his first session. See the 85th session, Volume 2, page 336, for Seth's statement concerning the Frank Watts material.)

（我推测，赛斯所说的最早的课，是指他在第1节课上提到了作为第五维度的资料。然而，在第85节课上，他提到了关于弗兰克·沃茨资料的声明。请参阅第2卷，第336页。）

The imaginary framework that I set up for you is an excellent one, a good model for the actuality. And even such a model as I carefully could not be constructed physically within your particular system, because it contains degrees of mobility that your system has no room for.

我为你们设立的想像架构是一个极好的架构，是一个现实的好模型。而即使是我仔细描述的这样一个模型，也无法建成物质的，因为它所包含的流动性程度，你们的系统没有空间。

(Jane smiled.)

（珍笑了。）

I would suggest Joseph, that when you feel, or if you can, insert here into material, in which I set up the imagined structure of mazes.

我会建议约瑟夫，当你有感时，或如果你能够强迫鲁伯特为你这样做，请插入一份早期的资料，以方便任何读者，我在构想迷宫的结构。

You can see that in that fifth-dimensional existence there can be no communication, since far as reference points are concerned, by the very nature of the camouflages are adopted to fit numbers other dimensions as the itself continually changes.

你可以看到，在那个第五维度存在中，就参照点而言，从维度的本质来看，随着结构本身的不断变化，会采用伪装来适应其他维度。

A rereading of the material will make this plain, but there are still dimensions based upon entirely different systems, And between these there can be no communication. They are strange to me.

重读资料就会明白这一点，但还有其他的维度是基于完全不同的系统，这些维度之间，不可能有任何交流。它们对我来说很奇怪。

When I say there can be no communication I speak of course from my points of reference. There are even physical dimensions which appear physical to you, your antimaterial beings, or planes. But there are other dimensions, or planes or fields, contain others, and some are unto themselves, with others dependent upon it, as for example you dimension as I have explained it.

当我说不可能有任何交流时，我当然是从我自己的参照点来说的。有些维度在你们看来并不是物质的，你们的反物质存在，或者说是其他的维度。有些维度，或层面或场或，还包含其他的维度。有些维度，则依赖于它，例如我刚才解释的维度。

But there are dimensions that cannot be understood by any algebraic basis rests upon emotional equations that can never be solved, approach from your system. These emotional equations show very that oftentimes react within your system, And your emotional appear transformed into mass within one such system.

但有些维度是用任何代数都无法理解的，它们的基础建立在情感方程式上，这些方程式远无法解决，甚至无法向你们的系统中形成一效应，时常在你们的系统内发生反应。而你的情感则会变化为质量出现在这样的一个系统中。

I will continue for a short few moments and then end the session if you are tired you may take a break.

我会再继续几分钟，然后结束课程，或者如果你的疲倦了，可以休息一下。

(“Okay, I’ll take the break.”

(“好，我休息一下”。

(Break at 10:35. Jane was fully disassociated. She had been going at a good pace and found a way to get a lot more out of the material than I had known was there. She had been going at a good pace. and my writing hand was nearly

(10:35休息。珍完全解离了。她形容出来很远，比我所知道的更多的东西，她为着说的速度，她的写作手几乎

(She resumed in the same brisk manner, although actually she was not quite as brisk. I will not keep you much longer.

(她以同样轻快的方式继续，虽然实际上并不是那么轻快。我不会留你们太久。

We will indeed before too long delve into the means by which these are made possible, and the reasons also for Ruburt’s fatigue at the of the sessions, and his exuberance at the end of others.

用不了多久，我们就会深入研究这些课是通过什么手段成为可能的，也会探讨鲁伯特在一些课结束时感到疲惫，而在另一些课结束时

There are chemical as well as psychic reasons, for these effects, sometimes of course he operates more efficiently than others. During these is a constant translation of energy from one level to another, his part a change of reference points, allowing for such translations.

这些效应有化学上的原因，也有灵性上的原因，当然，在某些时候他更有效率。在课程期间，鲁伯特能不断地从一个能量层面转换到另一个层面，他这边的参照点也在改变，使这种转换得以发生。

The psychic organism is much better equipped to handle such transformations and translations than is the physical organism. The latter is quite natural, from surrounding psychic influences, to act as resistances.

灵性的机体比身体的有机体更适合处理这种转换和翻译。后者很自然，由于周围灵性环境的影响，可以起到阻抗作用。

These resistances of course require energy, and do not affect me. We will go specifically into these matters at a later

这些阻抗当然需要能量，并且不会影响我。我们会在以后专门讨论这些问题。

I will say merely that when during these sessions Ruburt is open, some other reference points both within and vulnerability to other influences. The resistances that block such influences may effects may enter your system.

我只想说，在这些课期间，鲁伯特对你们的系统开放时，内外的参照点都会发生改变，使其容易受到其他影响。他设置的阻抗可以阻挡这些影响进入你们的系统，但效应可能会通过。

This takes energy, and on those occasions when there is much activity of sort, he will be seen to become fatigued. However. It is this same sort of resistance to block me whenever his ego becomes active, and close our session. It has been a pleasure to you this evening.

这需要消耗能量，在这类活动多的情况下，会看到他变得疲惫。然而，正是这种同样的阻力在一个简单的情况下会阻挡我，当他的自我变得过于活跃时，他就会用这种阻力来阻挡我。这是成果丰硕的一节课，我感到很高兴你们今晚过得愉快。

(End at 10:53. Jane was fully disassociated. She had a smile. She was tired, but not so much as at the end of the last ses

(10:53结束。珍再次完全解离了，面带微笑地结束课程。她很累，但不像上一节结束时那么累。

(From Jane’s psychological time notes:

(摘自珍的心理时间笔记：

(October 30, 11:30. 12 noon, Friday, 13 March 1970. I had hoped that I would hear by mail this week, or today or tomorrow, ESP book to Fell, I believe, with short story I suppose, but did think at the time of the experience, as already heard.

(10月30日，星期五，1970年3月13日。中午12点。我希望本周或今天或明天，我就会收到邮件，关于超感知觉的书，我相信，是给Fell的。我想它可能是一个简单的故事，但我认为是指这本书。在经历发生期间，我的情绪到“消息”了。

(The whole half hour was a study in psychological sensation. My left foot began to feel airborne, ready to depart. The feeling went partially up my right leg, with the presence. The feeling went partially up my right leg, with the presence. The feeling went partially up my right leg, with the presence

heels quite forcibly, and at one time he said to a young woman: "You are my oldest daughter. I have great faith in you." (Once a middle-aged man with gray hair, I forgot other instances.)

年男子对一位年轻女子说：“你是我的大女儿。我对你有很大的信心。”（我忘记了其他的事情。）

(October 31, Saturday, 8 PM: Again in a variety of effects. Suddenly my sensation came over me from the feet to the head. My hands felt very far from the head down to the feet. At one time [3] apart, though in actuality they are quite close. Once my hands felt as though they would rise up. This was rather a steady progression of experiences.)

（10月31日，星期六，晚上8点：同样是各种各样的效果。突然，我的感觉从脚到头都笼罩了我。几分钟后，它从头到脚。我的手和脚感觉好像会升起来。我听到了断断续续的声音。相当稳定的经历。）

SESSION 102 第102节再谈比尔的灵异能力,赛斯讨好珍

NOVEMBER 1, 1964 11:05 PM SUNDAY

1964年11月1日星期天晚上11:05临时课

(Perhaps the affairs of this evening were arranged long in advance. Jane and I voiced the thought that we might try some kind on Sunday night. This, of course, provided we were alone.)

（也许今晚的事情，早在几天前就已经安排了。珍和我说出了周日晚上尝试某种超感官知觉的实验。当然，我们可能在独处的时候。）

(Through last week, also, Jane had enjoyed a burst of painting activity after a rather long time away from it. She enjoyed her work much, and we discussed them at length. She was showing them to Bill, and Jane, Bill, and I were fascinated with the images on canvas. I thought her work was very good and her ideas were very fresh. Jane persisted in thinking of her paintings as childish.)

（上周，珍在很长一段时间没有画画之后享受了一阵画画的冲动。她很享受她的画作，我们对此也讨论了很久。她向比尔展示她的画作，珍和我对画布上的图像着迷。我认为她的画很好，她的想法很新鲜。珍坚持认为她的画很幼稚。）

(We had company after supper. Before this couple left, Bill, Jane, Bill and I were eventually left alone, and since Bill is an artist, we three of us joined a rather animated discussion of Jane's work. We talked for perhaps an hour.)

晚餐后我们有客人。在这对夫妻离开之前，比尔、珍、比尔和我最终只剩下珍和我，由于比尔也是一位艺术家，我们三人进行了相当热烈的讨论。大概持续了一个小时。

(Here, I would like to call attention to my dream of September 18, page 47. Seth has discussed this dream in considerable detail, with much about the opening sequence of the dream. Jane, Bill, the members of the Potter family were at the living room. I was pulling out some of Jane's drawings and paintings showing them to Bill, and Jane, Bill, and I were fascinated with the pictures. Particularly did we express surprise over their high quality. The evening that the discussion between Jane and Bill bore some rather remarkable parallels to the dream sequence. I wondered whether that portion of the dream could have been a prevision of the discussion. We may comment on this in the next scheduled session. The main difference between the dream and "reality", of course, is that the Potter family present this evening.)

（这里，我想提醒大家注意我在1964年9月18日的梦，第47页。赛斯对梦的开头部分讨论了很多。在这个梦里，珍、比尔、波特一家人和我在客厅里。我拿出一些珍的画作给比尔看，珍和比尔对这些画作着迷。我们对这些画作的高质量表示惊讶。然后，今天晚上我突然想到，珍和比尔的讨论与梦境序列有一些相当显著的相似之处。我想知道梦的这部分是不是赛斯可能会在下一节定期课上提及的预见。我们可能会在下一节定期课上对此发表评论。梦与"现实"的主要区别在于，波特一家今晚并不在场。）

(Since it was getting late, any ESP experimentation this evening seemed improbable. We did discuss the feasibility of trying a "seance" of sorts without doing anything about it. We were both rather tired. We also apparition Bill had seen in the bathroom, which in turn led to Bill's telling of some very strange and upsetting dreams he had in recent days; in these dreams, he said, he was visited by apparitions or strangers, he said entirely unfamiliar to him. From material we had received on the dream world, it sounded as if he was in contact with other parts of his inner or whole self.)

（由于天色已晚，今晚任何超感官知觉实验似乎不可能。我们讨论了尝试某种降神会的可行性，但什么也没做。这时我们俩都有点累了。我们也讨论了比尔在浴室门口看到的幽灵，这在第68节描述过。这反过来又导致比尔说他最近几天做的一些非常生动和令人不安的梦。在这些梦中，他说，他被幽灵或陌生人侵扰了，他完全不认识的。根据我们从梦境世界收到的资料，我说，这听起来好像是比尔在与他内在的其他部分或整体自我接触。）

(It will be recalled that at various times Seth has said that Bill Meyer has much natural psychic ability, and that is largely untrained. Seth was gifted in many lines of psychic ability, among the perceptions. Seth also stated that Jane and I did not see as much apparitions. We were both too "fussy" about what we would allow ourselves because we were both too "fussy" about what we would allow ourselves.)

（记得赛斯曾在不同的时候说过，比尔·麦克唐纳有很多天生的灵异能力，基本上没有经过训练。赛斯说比尔在很多方面都有天赋，其中包括知觉。赛斯还表示，我和珍没有看到那么多的东西，赛斯也表示，我们都太挑剔了，东西都太挑剔了。）

(Now as the discussion progressed, the three of us sat in the living room our coffee table, staring into the open bathroom door, and exchanging remarks about apparitions. Bill then "announced" that he saw the form" within the doorway, in the same manner detailed in the 68th session, except not to that degree. Jane and I could see nothing, as before.)

（随着讨论的进行，我们三人围坐在客厅的咖啡桌旁，盯着开门的浴室门，互相开玩笑地交换着关于幽灵的看法。然后比尔宣布，他看到了"形体"在门口，感觉，和第68节描述的方式相同，没有达到那个程度。珍和我看不到任何东西，和以前一样。）

(I would like to say here that recently Jane had remarked, several times, that she would feel better if she herself could see some physical evidence of phenomena. She had not seen the apparition of course, nor had she been able to see the change in her facial features described in the session. Even though I reminded her of Seth's promise to show us something, she still expressed the wish that we see something that would convince her that the material was legitimate. We both remembered of course that Seth had said in no uncertain terms that he was not in favor of demonstrations for demonstrations sake, and that he would not perform.)

（我想在这里说的是，最近珍曾多次说过，如果她自己能看到一些物质证据，她会感觉更好。她没有看到这个幽灵，当然，也没有看到她的五官特征的变化，这在第68节也有描述。即使我提醒过她赛斯的承诺，要推动者"看一些东西"，但她仍然表示希望看到一些东西，以说服她物质是合法的。当然，我们都记得很早以前，赛斯就明确表示，他不会应要求而表演。）

(Since the subject had been under discussion for some time, certain mood or feeling might be sensed. Jane remarked that she could feel Seth "buzzing around." This mean much to us, and we paid little attention. Instead we tried to form Bill said he could see in the doorway. We did not succeed.)

（由于这个话题已经讨论了一段时间，因此可以说一种特定的心情或感觉可能被感知到。珍说她能感觉到赛斯"在周围嗡嗡作响"。这个声明对我们来说意义重大，但我们并没有太在意。相反，我们试图辨别比尔说他能在门口看到的形体。我们没有成功。）

(I then became aware, at 11:00 PM, that Jane had fallen silent. She was on the divan, her legs drawn up beneath her. Her expression was smiling but fixed. The shadows grown very dark beneath the lower eyelids, cleared up shortly after she began to be unaware of it. She had taken her glasses off.)

（晚上11点，我才注意到，珍已经沉默不语了。她坐在沙发上，双腿蜷在身下。她的表情是微笑的，但固定不变。她在下眼睑处变得非常黑，这种相当奇特的外貌在她开始表现出意识之后不久就消失了。珍摘掉了她的眼镜。）

(I had an impulse to try to get back to my studio to get some paper

this was followed by another impulse — to forget about notes for a c
though Jane was obviously about to give a lesson, I followed
course, since she seemed unconcerned about notes. Bill and I waited. Jane began dictating in a voice somewhat lower than normal, and remained seated throughout. As soon as the session was over, she closed her eyes, and to my continuing surprise she kept her eyes closed but faced the direction also. After a while one session, except for one brief instance, she remained seated with her eyes closed. a rather strange procedure, for we were expecting Jane to give a lesson. Since there was no evidence of confusion on her part. In addition, eyes played a part in an interesting little development that will al later.

(我当时有一种冲动，想要回避作笔记，接着
笔记，尽管这显然是在准备开始要进行一节课。
并不关心是否要记笔记。此外，我等待着。珍以
音调比平常低一点的声音口述，整个课程都保持着这种状态。她在整个
说话，就闭上了眼睛，令我继续感到惊讶的是，在
瞬间，她整个课程都一直闭着眼睛，但面向相同
的方向。这一点，加上她没有任何困惑，表明她
这一点后面也会提到。因此，她的眼睛对于
没有注意笔记。

(As soon as the session was over, I began notes on it, and covered material given. Since what follows is reconstructed from memory, extent out of chronological order. I found that I could write out a abridged version of the material Seth covered, and did not miss an points. Undoubtedly I missed some minor asides, and changed phra's punctuation. Yet I feel that what follows is a good account.)

(这节课结束，我就开始记笔记，并涵盖了资料所
是根据记忆重建的，所以多少没有按照时间顺序的
地写出赛斯所讲的资料的节略版，而且没有错过
任何一些小的旁白，并改变了措辞和标点。然而
我觉得接下来的叙述是一个好的叙述。)

For once Joseph will not have to take notes.

这一次，约瑟就不用做笔记了。

I have been with you this evening for some time as you know, and you are not particularly necessary to take notes; what I have to say, and Joseph, enjoy the rest.

我今晚和你们在一起已经有段时间了，你们知道
特别需要做笔记；约瑟，你应该享受接下来的时间

I am not, as you know, particularly in favor of physical effects. such a well-known doubter I will go along with him. We will have effects, effects that even he will not be able to deny.

如你所知，我并不特别赞成物质效应。但既然鲁伯是
着他的意思做。我们必须要有我们的物质效应，甚

What will be necessary is that, at least in the beginning, the three necessary for this to be possible. You, Joseph, make these sessions session at least once every two weeks. Later two may be sufficient. And discipline.

需要的是，至少在开始的时候，你们三个人是必要
建议你们三人至少每两周参加一次课程。开始时，
以后就可以有所减少。你们三个人，就需要有奉献

Joseph is committed to these sessions. He believes. Ruburt is a d way back. He is intelligent but he is not yet emotionally You, Joseph, make these sessions possible. Without you Ruburt would never have held a single me come through. Without you Ruburt would never have held a single

约瑟致力于这些课。他相信。鲁伯是个怀疑论者，
性上他很感兴趣，但在情感上还没有投入。约瑟，
没有你，鲁伯是不会让我过来的。没有你，鲁伯连

Ruburt has been in search of discipline. He was always in search o discipline he lacked. His intuitions were always in search of discipline, but it has been overdone. He has found discipline, and it must be lessened. Spontaneity must be restored. He is now doing better. He must let this spontaneity expand, fully committed to these sessions for them to accelerate in scope.

鲁伯一直在寻找纪律。他一直在寻找他所缺乏的纪
现在他有了纪律，但已经过头了。它已经变得非
律。自发性必须恢复。鲁伯现在做得更好。他必
须让这种自发性扩展到生活的其他方面。鲁伯必
须完全投入这些课程，让它们的范围加速扩大。

If he wants physical effects he should have them. Physical effects at this time are necessary.

如果他想要物质效应，他就应该有他的物质效应。
个人。

You, Joseph, had the discipline always. You were afraid to trust yo and the circumstances of your earlier lives. You have learned to trust yourself and have a good deal of confidence in you will continue to expand your abilities and your life.

你，约瑟，一直有纪律。你害怕相信自己的直觉
和你早期生活的情况。你现在已经学会了信任自己
，并且有很多的自信。你将继续扩大你的能力，在你的绘画和

Mark, you need discipline, but it is discipline that you will acquir here let me say that Ruburt's strong feelings are correct. You knows. You should move into your own place. You should be able to give shows of your paintings by other persons. You will be asked to give shows by other persons. It will be up to you to use your inner intuitions, in d which persons to refuse and which to accept.

马克，你需要纪律，但这是你将在生活中获得的纪
律。鲁伯的强烈感受是正确的。鲁伯知道他的话。
你应该搬到你自己的地方。你应该能够给别人展
示你的画。你应该能够给别人展示你的画。你将
会被要求展示你的画。你应该还有其他的知
识，能够决定使用你的内在直觉，在哪些人
中接受和拒绝哪些人。

(It will be remembered that Mark is Bill's MacDonnell's entity name. the process of transforming a downtown store into a combination ar living quarters.

(应该记得，马克是比尔·麦克唐纳的存在名。比尔
店改造成艺术画廊兼住所。

(As Jane delivered the above material in quite an animated fashion up a piece of paper lying on the table and, taking a pencil, sketch on the back of the already-used sheet. I had roughed out Jane's features, strongly suggesting her closed eyes. had drawn, upon the closed upper eyelid, a small, open eye. Jane's closed eye an open one. I understood that he was seeing an eye or eyes upon Jane's closed lids.)

(珍生动地讲述资料，比尔拿起桌上的一
张纸的背面，快速地画了一张草图。我已经
勾画了珍的面部特征，强调她闭着眼睛的样子。
而在珍的闭眼上，画了一个睁开的眼睛。我
注意到，这个闭着的眼睛上有一只或两只眼睛。)

Also, Mark, you should not be afraid of your dreams. They do not m think they mean. They are, briefly, parts of your whole self. You have contact with other parts of yourself. Long ago you learned more last year than you learned in the first ten. If you want, we will discuss them in a regular dreams and what they really mean. Above all you should move into your own place.

还有，马克，你不应该害怕你的梦。梦境并不代表
你以为它们代表的意思。它们是你整体自己的一部分。你已经和自己的
其他部分有了联系。很久以前，你学到的东西比你在过去十五年学到的还要
多。如果你想，我们会在定期课上讨论它们
你的梦和它们的真正含义。最重要的是，你应该
搬到你自己的地方去住。

(Telling us about his recent dream and apparition experiences, Bil mentioned that at times when his eyes were closed he was aware of a white light, or glow, that varied in intensity and different times interested in this description because it related, with an effect o often in psychological time experiments. This feeling of a light though the eyelids are squeezed tightly shut. At times he has seen after the appearance of this inner light. Bill has seen only the experienced this type of inner glow on a few isolated occasions, b few images in this manner.)

(比尔在告诉我们他最近做的梦和幽灵的经历时，曾
提到他感觉到一种内在光，或称辉光，在不同的时间里
珍对这个描述很感兴趣，因为这与她在心理时间实
验中的一个效应有关。即使眼睑紧闭，也能感觉到里面有光。有时，
到影像。但只看到了光亮。比尔也曾在少数情况下
的内在光亮，但很少以这种方式看到图像。)

If it is physical effects you want then I will go along. After all, I

to some extent, since without him paintings upset him is that they aware. It is true that his poetry take this for granted. But the much improved over his earlier efforts, doubter of the material, he sees upset.

如果你们想要物质效应，那么我会配合到一定程度，因为没有他，我就无法说话。他的画之所以让他不安的原因在于，他对内在的知识很清楚这一点。诚然，他的诗作可以这样理所当然地接受。但这些画作，对他来说是全新的经验。由于他还是怀疑内在的知识有了新的认识，于是就懊恼了。

(Jane smiled broadly, gesturing a(珍露出灿烂笑容，坐在沙发上比划着。)

We have all known each other in the past. We have been more close and have had more experience in realms than you can imagine, and you can now know. I can not say that this will make it all clear, there will be reunions and reminiscences, mark my words.

我们过去都认识彼此。我们之间的联系比你们想像的紧密，而且在领域的经历也比你们现在能知道的还要多。我现在还不能说这会使一切清楚，但会有团聚和回忆，记住我的话。

And there will be physical effects if the three of you want them, and they will meet faithfully, and in a committed way. There will be effects, and even the greatest doubter cannot deny.

而且如果你们三个人想要的话，会有物质上的效应，并以一种承诺的方式。届时会有效应，即使是最怀疑的人也不能否认。

Nor is it any accident that those certain people come to the sessions who did come, just as it is no accident that Philip's mother is also arthritic, just as Ruburt's mother is.

那些来上课的人，那些确实来了的人，也不是偶然，就像菲利普的母亲是风湿病在床的关节炎患者，和鲁柏的母亲一样，这也不是偶然。

I have been with you while you stare at the dot, and I am never more than you know, and I am never more than you know, and I am never far from you. I am with you while you hear about a sale. I cannot tell you more about this now.

当你们盯着这个点看的时候，我一直在陪着你们。你们知道的远要多，我从来不真正远离你们。当你们听说卖出的时候，我一直在陪着你们。我现在不能告诉你们更多。

(See Jane's psychological time experience in the Oct. 30, page 102.)

(见珍的心理时间经验10月30日，第102页。)

As for a party, I don't see why not. Joseph does not have his doubts that I am perfectly capable of producing as good effects as here at the housewarming.

至于开个派对，我不明白有何不可。约瑟夫没有自己能力营造出我向你们承诺的，在乔迁派对上那样好的效应。

The physical side of these sessions is accepted by Joseph. He knows Ruburt's commitment. He demands the validity of this material, his physical effects and then freezes up. He questions everything, and sometimes I think he believes none of it.

这些课的物质面为约瑟所接受，他知道他看到了什么鲁柏的承诺上帝的。尽管他有心理时间经验，他质疑这个物质效应的真实性，然后就僵住了。他要求物质效应，然后冻结。他质疑一切，有时我认为他根本不相信。

But I will do my best, and it will be considerable. I will not, paraphrasing effects for you tonight, however. Ruburt and I shall be and respect and respect and respect no matter what I said about Ruburt's discipline earlier. But we will do our best, and we will have effects, never fear.

但我会尽力而为，而且会很努力。不过，今晚我不会应我要求重述我的课程。我会遵守纪律和尊重，不管我之前对鲁柏的纪律说了什么。但我们会有我们的效果，绝对不要害怕。

And now, my best wishes and good night.

现在，我最美好的祝福和晚安。

(I did not think to note the time the session ended but certainly it was an hour. Jane said Seth knocked her out quickly and that was a trance except for the self induced one of January 10, 1964 (See Vol. 983.). Yet as usual she could hear herself speaking, although she could the sense of what she was saying, nor did she try to.

(我没想到要记下课结束的时间，但肯定是在半小时。珍说赛斯很快敲出去了，这是她最深的一次出神，除了1964年1月10日的自己引导的一次外。见第983册。然而像往常一样，她能听到自己在说什么，但也没试着去理解。)

(Jane spoke with her eyes closed throughout except for one instance cigarette had burned very short; stabbing her hand toward an ashtray coffee table, she struck it a glancing blow on the rim and knocked eyes popped open for an instant.

(珍一直闭着眼睛说话，只有一次例外。她的香烟烟头的烟灰很短，她伸手朝烟灰盘打到咖啡桌上，她击中它的侧面边缘，把烟灰盘打到地上。)

(Bill MacDonnell explained that the superimposed eyes he saw upon closed lids had no pupils, but resembled inset eyes, covered by also said that whenever Jane spoke to me and gestured in my direction, effect followed, yet I noticed nothing unusual in Jane's features. effect began when Seth first mentioned him in the session.

(比尔·麦克唐奈尔解释说，他在珍闭合的眼皮上看到的眼睛，并没有瞳孔，而是像被白内障遮住的眼睛。他还说，每当珍跟我说话，并朝我的方向做手势时，眼睛的效果就会随之而来，但我却没有发现珍的特征有任何异常。比尔表示这种效应是从赛斯在课上第一次提到他时开始的。)

(Philip, of course, is the entity name, familiar to Jane and Ruburt, who has witnessed several sessions.

(当然，菲利普是珍和鲁柏熟悉的实体，曾参加过几次课。)

(Seth mentioned the physical effects often throughout the sessions, repetition of this. He did not say anything specific about what kind would produce. Jane spoke at a somewhat faster rate than usual, and been taking notes I believe I could have kept up for the most part.

(赛斯在整个课中经常提到物质效应，因此我重复造出什么样的效果。珍说话的速度比平常快，不过我相信大部分时间我都能跟上。)

(Bill's first sketch of the effect he saw on Jane's closed eyes during session.)

(比尔的第一张草图，是他在珍闭眼时看到的效果。)

(Bill's second sketch. "Exterior iris.")

(比尔的第二幅草图。"外面的眼睛"，他写道："虹膜"。)

(After the session Bill finished for Jane and me the "press release" account about his gallery that had worked on while we talked before. This can be used for radio and newspaper publicity. He signs his his middle name, Cameron. Bill wrote:

(课结束后，比尔为珍和我完成了关于他的画廊的"新闻稿"，我们课之前交谈时所做的工作。这可以用于电台和报纸宣传。他签署名字的中间名，卡梅隆。比尔写道：)

(Elmira artist opens gallery to promote artists and art. Elmira-Coming-Binghamton, New York

(埃尔米拉艺术家开设画廊推广艺术家和艺术。埃尔米拉-康宁-宾汉姆顿，纽约州)

(Cameron MacDonnell will hold a grand opening on Friday, November 8 at 344 East Water Street on Sunday.

(卡梅隆·麦克唐纳将于11月8日(周五)在东水街344号开幕。)

(The purpose of the gallery is to provide an outlet for painters, sculptors, ceramicists to bring their work be welcome to arrange for one-and-two-man shows featured in the future. Interested between 1:00 and 3:00PM on Saturdays and Sundays at the gallery.

(画廊的目的是为画家、雕塑家、陶艺家提供一个将作品带来的渠道。欢迎这些艺术家安排单人和双人展览，将来会有地区艺术家可以在周六和周日下午1:00至3:00之间在画廊。)

(The Grand Opening exhibition will consist of a two-man show of sculpture by two well-known Binghamton artists, Harold Spaulding and Walter Buhr. Along with this Mr. MacDonnell will have on display some of his oil watercolors, and graphics. Walter Buhr has had his work shown in galleries in New York State as well as in Pennsylvania. He is a start class as well as working at his own sculpturing. The media he works from terra cotta to bronze to wood. Harold Spaulding has exhibited Roberson Gallery in Binghamton, and has participated in Oaweso and

(盛大的开幕展将包括Harold Spaulding和Walter Buhr两位知名宾汉姆顿艺术家的雕塑作品。此外，MacDonnell先生还将展出他的油画、水彩画和图形作品。Walter Buhr的作品曾在纽约州和宾夕法尼亚州的画廊展出。他同时也在从事自己的雕塑创作。他的作品有：陶土、青铜、木。哈罗德·斯伯丁曾在宾汉姆顿的罗伯森画廊举办过两人的展览，他曾在纽约Oaweso的Arnot艺术画廊和宾夕法尼亚州的艺术作品也曾在埃尔米拉的Arnot艺术画廊和宾夕法

Two Rivers Gallery in that city. He has had a one-man show at I.B. New York. His art has also been exhibited at Arnot Art Gallery in E shows, and in Scranton, Pennsylvania.

(Cameron MacDonnell is a graduate of Buffalo, New York, with a Master of Education at Buffalo, New York. He has had his work exhibited in Gallery, J.N.'s Gallery, Encores Gallery, and in Scranton, Pennsylvania. received favorable reviews in both [well-known English art critic], and in the Buffalo Evening News.)

(卡梅隆·麦克唐纳在纽约州立大学布法罗分校毕业于布法罗的教育硕士学位。他的作品曾在布法罗的许多画廊展出，包括J.N.画廊、Encores画廊和Scranton画廊。他的作品在英国艺术评论家[知名英国艺术评论家]和布法罗晚报上获得了好评。)

(Mr. MacDonnell teaches art in grades 1 9 at Painted Post Junior School.)

(麦当劳先生在Painted Post初中教授一年级至九年级。)

(From Jane's psychological time notebook:

(摘自珍的心理时间笔记：

(November 2, Monday, 11:30 AM: Feeling of three minutes duration. Uneven in circular motion inside closed eyelids. Light feeling.

(11月2日，星期一，上午11:30：感觉三分钟的持续时间。不均匀，以封闭的眼睛内侧圆周运动。轻盈感。

(Later, resting on bed after work with eyes closed, saw a quick but vision of a round, very bright day clearer than daylight, and to be a mirror. At the same time it spun around, with a sudden violence that was incredibly brief.)

(晚些时候，工作后闭眼躺在床上，看到一个圆圆的很快但很强烈的视觉。这种视觉似乎比白天更清晰，且如镜子。同时它还在旋转，有突然的暴力，非常短暂。)

(From my psychological time notebook:

(从我的心理时间笔记本上看到：

(November 1, Sunday, 12:30 AM: Upon retiring, saw a whole host of football players actively connected with watched football on TV that afternoon. This lasted for several minutes. saw full-face heads, usually in sections, as half, a face, etc., usually with the lips moving soundlessly. As I saw the first head swept over me quite strongly, and continued for some little while.

(11月1日，星期日，凌晨12点30分，我在散会时看到一群足球运动员在活动。当天下午在电视上看到的足球赛有关的活动。当天下午通常分段的，如半张脸、半张脸、一个面孔、一个头颅等，通常是无声地移动。当我看到第一个头颅时，我的感觉相当强烈，并持续了一些小时间。

(November 2, Monday, 5 PM: Varied sensations upon lying down for legs felt as though the bed was so quite strongly as though it was so definite. My hands grew thick and out of themselves. I saw many variegated to my right. I had my sensation and heard vague voices.)

(11月2日，星期一，下午5点：躺下时，双腿感觉床铺在下沉，感觉很强烈，好像床铺被压得很低。我的手变得又粗又胖，好像会自己伸出来。我看到许多颜色相当模糊的条纹朝向我的右边移动，我感觉到了模糊的声音。)

SESSION 103 第103节喝酒与解离,珍的出体经验

NOVEMBER 2, 1964 9 PM MONDAY

(1964年11月2日星期一晚上9点定期课

(By 8:55 PM Jane had no idea of the material for the session tonight, she nervous.

(晚上8:55，珍对今晚的课程资料没有概念，也没有紧张。

(She began dictation on time in a voice somewhat stronger than usual, became almost loud at times. She spoke with some pauses. Again she spoke with pacing regular.)

(她准时开始传述，声音比平时稍强，有时几乎是大声。中间有些停顿。再次，她没戴眼镜，她的节奏规律。)

Good evening.

晚安。

("Good evening, Seth.")

("晚安，赛斯"。)

Our session may be somewhat brief this evening, to make up for unscheduled one.

今晚我们的课可能会简短一些，以弥补临时课占用的时间。

It is of course true that within our rather rigid schedule we miss occasions for sessions, as far as Ruburt is concerned. That is instances when his abilities are at high peak. Yet overall we plan well. And particularly in the beginning such regularity is important

当然，就鲁伯而言，在我们相当严格的时间表内，我们错过了他能力最强的时间。也就是说，我们错过了上课时机。然而总体上我们计划得很好。尤其是在开始的时候，这种规律性是重要的。

When a particular situation arises, have in the past held unscheduled sessions compensate by cutting the next one short, or cutting it out entirely

当出现特殊情况，或者当他的能力异常高的时候，我总是试图通过缩短下一次课的时间来弥补临时课。

(Offhand, I do not recall any instance where Seth has eliminated a entirely. But I can think of many instances where succeeding sessions cut short in compensation.)

(我不记得有任何一次赛斯完全取消了一次课。但而缩短了下一节课的时间。)

For reasons of convenience on your part completely would not be practical. With your advantage of such peaks of activity in the future but if and when still maintain a general practice of not holding more than two sess

为了你们这边的方便，完全不安排课程表是不现实的。能会尝试在少后更好地利用这种高峰，但如果每周不超过两次课的一贯做法。

At some still rather far date, the a more spontaneous framework. Such a future framework and a more whereby we take fuller advantage of such peaks would also tend to distortions. This would obviously be most valuable.

在某个仍然相当遥远的日期，我们目前固化的时间自发的架构。这样一个未来的架构，以及我们更充分地利用这些高峰，也会减少扭曲。这显然是最有价值的。

This kind of procedure, while appearing less disciplined would in require added discipline, since this would be necessary to avoid of either too many or too few sessions.

这种程序虽然看起来纪律性不强，但实际上却需要免课次数过多或过少的不平衡是必要的。

If the procedure were attempted prematurely it would also tend to added strain upon you both, particularly upon Ruburt, who would ha the decision in the last analysis.

如果过早地尝试这个程序，也往往会给你们两个人伯，他必须在最后的分析中做出决定。

Also here a word concerning wine 在这里还要说一下酒的问题 与课有关。

It is a fact that alcohol is a depressant, that conscious inhibition lessened with indulgence of varying degree. Since, however, he has not drop of wine during a given session indulging, so I would like to make a brief explanation.

事实上酒精是一种抑制剂，随着不同程度的放纵意识抑制力减弱。但是，他没有沉迷到任何程度。但是，他注意到在某次课中一滴酒，他感觉得很好，好像一直在放纵。所以我想做一个简短的解释。

(Jane smiled as she paced about the room. I had heard her mention after a session she would feel as though she had drank rather in the habit of sipping at some during sessions, since voice constantly. If she uses wine it is seldom more than a glass o often she favors milk or iced coffee.)

(珍笑着在房间里踱步。我经常听她说，在一次课有点多，因为她经常用喝在课程期间酒，很少超过一两杯。大多数情况下，她喜欢喝牛

It is quite simple. At certain stages a state of dissociation is a indulgence of alcohol. This stage is reached by Ruburt without such and it is this state that he recognizes.

这很简单。在某些阶段，如果沉溺于酒精，就会达没有这种放纵的情况下达到了这一阶段，他认识到

Now. Conceivably at times during a social evening several glasses under certain conditions bringing him quite naturally to the same he goes through and passes beyond in these sessions, could lead h misinterpret his data, or get his signals crossed.

现在。可以想像，有时在一个社交的夜晚，几杯酒自然地进入到他在这些课中所经历和超越的那种状，可能导致他误解信息，或把他的信号弄混了。

There is little real danger of this, but a state of dissociation is a which he is already beginning to be vulnerable, or more sensitive, to what causes the state to come about.

这一点并没有什么实际的危险，但解离状态就是一种然而这种状态已经开始让他感到脆弱，或者说更加敏感了，无论是什么原因导

This was true long before the Seth sessions began. In such a state, regardless of its causes, the data. I am making this plain, naturally for your benefit.

早在赛斯课开始之前就是这样了。而且在这种状态，无论其原因如何，任何一个人都会对内容。我这点说清楚是为了你们自己的利益。

There is little danger here except under the most unusual circumsta an inconvenience or a feeling of only a certain rather well-defined conducive to our sessions. That is limited extent really, the fine balance begin would not be possible, if for evening than good sense would ordinarily permit.

这里没有什么危险，除了最不寻常的情况外，只有一种不舒服或一种不适的感觉，在你们的课中，实际只有在一定的相当明确的范围内，也就是说，在我们的课上喝了相当有限的酒，这种平衡是可能的，如果不使我们的课开始。drank more

He has wondered about this. However, he does not have to worry or about beginning a session on the much drink. If he had truly that m session, even if I were idiotic en would not be.

他曾想过这个问题。不过，他并不用担心在开始一节课，如果他真的喝了那么多，他根本就没有意愿成为一节课。我向你保证，即使我愚蠢至极，我也不会这样做。

I must tell you however, that a se a few drinks, would not suffer as mention the affair in general merely so that you can be aware of the and to aid Ruburt in the development of his inner distinctions.

不过，我必须告诉你，就资料本身而言，由于错误在喝了几杯酒之后，不会受到影响。我大致地提到各种可能性持警惕，并帮助鲁伯发展他的内在区

In any state of dissociation any individual is more sensitive to inn sensitivity varies in accordance to line, which is why I make the point few glasses of wine are drunk, and aware of inner data, there is not this happens only occasionally. In wine is somewhat beneficial, but be overdone, and this is important.

在任何一种解离状态下，任何个体对内在信息都比一般个体在这方面的敏感性不同。这也是我为什么要强调的原因。如果喝了几杯酒，如果鲁伯没有意识到内在信息，那么这种情况只是偶然发生，那么这种情况只是偶然发生。明智的做法是喝酒是有点好处的，但决不要过度，这一点非常重要。

Under circumstances of which I do not approve, I will not permit a distinctions are not always the same certain social, peculiar niceties meaningless patterns, to which I would be attuned myself to social situations seem social transgressions to you.

在我不赞成的情况下，我不会允许这样做。然而，某些相同的社会上的、奇特的细节，是以不断变化的模式来保持的，我不会对此作出回应，也许是在社会情境或社交的过程中，或对你来说可

So in these purely superficial pa mention here as example — do you want to take a break?

所以在这些纯表面的行为模式中，我和鲁伯必须判断，你要不要休息？

(Jane interrupted to look at me. It was now 9:35. I shook my head, seemed to want to go on, and was not talking fast that I had dif up.)

(珍停下来看着我。现在是9:35。我摇摇头，且语速没有快到我难以跟上。)

I mention here as example the evening when Ruburt's father and his visited. You and Ruburt had been drinking, but Ruburt was not usual. The woman, unfortunately, was not as restrained in her drink

我在这里举个例子，鲁伯的父亲和他的女人来访的酒，但没有比平时喝得更多。那个女人，不幸的是，

Now. Ruburt was in a splendid state of dissociation. He was also and intuitively attuned because of his fathers influence. irritability, meaning excitability, which often accompanies dissoci an outer aloofness, but an inner sensitivity to different stimuli.

鲁伯那时处于极佳的解离状态。因为他父亲的影响，他也处于一种敏感状态，也就是说，兴奋的状态，离开一种外在的冷漠，但对不同的刺激也有一种

Ruburt was more than ordinarily affected by the woman's inner pla problems that she finds she is less and does not cope. Ruburt was message, and in a conducive state was also in communication with

鲁伯受到这个女人内在求助的影响大过平常，这里一些问题。鲁伯接收到那个讯息，在有利的状态在。

I was perfectly willing to hold such a session. I knew you were I did not truly appreciate considerations that were strong enough recall I did not come through. But this was in deference to you personally. To me the social entanglements and — ah — possible social abilities did not exist.

我完全愿意举行这样一次课。我知道你的不情愿，会到你强烈的考虑，而你记得，我并没有过来。但尊重，对我来说，社交的纠葛与——□——可能的在。

(Notice Jane's hesitation above. She for the right words, evidently, and gestures as she did so. "Disagree" is certainly is not commo

(注意到上面珍的犹豫。她在找这段资料的时候，显然在找合适的词语，而且在做的时候有很多面部表情和手势。"不同意"是不太常用的说法。)

I would always catch any real possibility of danger. I would catch that would be strongly disagreeable, I know beforehand, but I am not ne possibilities in that line, unless I am particularly alert, not considered by me. In the particular case in point session would have led, if held, know in advance, and not hold such a session.

我总会抓住任何真正可能发生的危险。如果真的要强烈不满的发生，我事先会知道，但我不一定知道性，除非我特别的警惕，所以这些可能性不被我考例子中，如果举行这样的课，如果举行的话会发生这样的课，那么我事先知道，而不会举行这样的课。

I will let you take your break.

我让你休息一下。

(Break at 9:59. Jane was dissociated. 9:59休息。珍处于非常一样解离状态，事实上，她说

(9:59休息。珍处于非常一样解离状态，事实上，她说

She had talked steadily for almost an hour, pausing only briefly to catch her breath. (Jane 说，几乎一个小时一直在稳步地说，只在换气时稍作停顿。如果她的步伐有所减慢，她的声音变得安静了，以这种方式结束。) either count. Her voice had quieted if she had paced herself. (Jane 说，几乎一个小时一直在稳步地说，只在换气时稍作停顿。如果她的步伐有所减慢，她的声音变得安静了，以这种方式结束。) up, and in this manner at 10:06.)

In such cases therefore you must make your own decisions, and you may have a session if for any reason you do not feel comfortable about applies to both of you. 因此，在这种情况下，你必须自己做决定，如果你出于任何原因感到不舒服，就不应该进行一节课。这适用于你们两个人。

There must be an agreement on both of your parts or the session will Dissociation opens or makes available a channel for communication, but there is no need instance. 你们双方必须达成一致，否则课程将受到影响。解离会开启或使通道可用，但没有必要在任何特定的时间或场合使用。

Your feelings on the mentioned evening were legitimate as far as they were concerned, even though those feelings were based on an illusion. This information should be used as guideposts in the future. 就你们提到的那天晚上的感受而言，你们的感受是合理的，虽然这些感受是基于一种幻觉。这资料应作为今后的指南。

Now if, and this has occurred, Rupert finds his abilities suddenly circumstances are advantageous, it's perfectly legitimate to hold though it is not a scheduled one. I will automatically make adjustments refers to sessions with or without witnesses. 现在，如果这种情况发生了，鲁伯发现自己的能力突然有了，那么，举行一次课是完全正当的，虽然这不是一个计划内的课。我将自动调整，这是指有或没有证人的课。

Naturally, conditions being beneficial, such sessions may allow us advantage of high peaks of activity and increased spontaneity we will decrease rarely occur, except in personal matters, because of doubts. During pressure because of doubts. During high peaks of activity are minimized. 自然地，在条件有利的情况下，这样的课可能让我们利用活动的高峰期和增加的自发性，而随着信心的增强，我们将减少干预。这种情况很少发生，除非是在个人资料中，或者是在鲁伯因为怀疑而受到压力的时候。在活动的高峰期，疑虑会被降到最低。

I am aware of your resumed psychic rapport. 我知道你们恢复了心理对话的经验。

This will not be a long session. The effect seen last evening was I will discuss it at a later date. 这次课将不会太长。昨晚看到的效果是合理的，我将在稍后讨论它。

(Jane now took a rather long pause as she paced about. The effect referred to, Jane told me later, was the one seen by Bill MacDonnell Sundays unscheduled session — the opaque white eyes superimposed Jane's closed eyelids.) (珍现在停顿了一段相当长的时间，踱来踱去。珍后来告诉我，所提到的效果是——比尔·麦克唐纳在周日的不定期课上看到的效果——不透明的白眼叠加在珍紧闭的眼皮上。)

There will indeed be a welcome surprise for you in this regard. Rest assured I will give this matter my full attention at this moment as to details. 在这方面，确实会有一个令人欣喜的惊喜等着你。请放心，我现在会全神贯注地处理这件事的细节。

The increased appearance of his ability creatively as seen in his should be apparent to you Joseph and is objectively apparent to unscheduled session, if you recall. His short stories date that time display a much increased facility and knowledge. 从他自己的写作中以看出，他的创作能力的提高应该对你们来说是显而易见的，从他收到的信中也是客观明显的。他的能力显然是在周日的不定期课上得到提高的，如果你还记得的话。他的短篇故事显示出他的能力和知识自那时起有很大的提高。

(See the unscheduled 82nd session. In this one Seth for the first time that Jane should work full time at her writing. This was August 27 September she had left the gallery by 2 p.m. and, working at home, This move was not dictated wholly by the Seth material but certainly its part. Since leaving the gallery and building up her work, Jane many very favorable letters from publishers, invariably they comment much improved quality of her work. This improvement has seemed to like magic, and we feel that the time when Jane begins to sell her will soon arrive.) (请见第82节临时课。在那节课上，赛斯第一次提到珍应该全职从事她的写作。这是8月27日的事。到9月底，她离开了她兼职四十年的画廊。这个决定并非完全由赛斯的资料决定的，但这肯定起到了一定的作用。自从离开画廊，珍收到了许多来自出版商的非常赞许的信件。他们评论说她的作品质量大为提高。这种进步仿佛魔法一样绽放，我们感觉珍开始卖画的日子很快就会到来。)

The poetry is also steadily improving, and this inner increased spo are the results directly of intuition and the increased freedom paintings, allowing him to use knowledge to him. 诗作也正稳定进步，而这内在增强的自发性和直觉是直接的结果，使他能够使用以前没有的知识。

Such results are also now showing in your own work. The understan inner freedom is enabling you to use more and more aspects of your and to develop these further. 这样的结果现在也在你自己的工作中显现出来。理解力的自由正使你越来越多地使用自己能力的各个方面，并进一步发展它们。

(This, I can testify, is certainly true. In recent weeks alone, my w remarkably; I am objective enough to point it out. I can be sure, recent paintings I have solved problems I have been contending with for years. I paying off, but it is also interesting to note that in this special times while working recently I have had a real sense of whatever it was I wanted to do.) (这一点，我可以作证，确实如此。仅在最近几周内，我的绘画进步很大；我很客观地看到了这一点。我可以确定，在最近的几幅画中，我已经解决了多年来我一直在与之搏斗的问题。这也许是一种回报，但这也值得注意的是，在这个特殊的时期，在最近的工作中，有时候，我确实有一种真正做我想做的事情的能力。)

In quite practical terms also you have been selling paintings, because do not hold back, and you will continue to improve and this improv cause others to be drawn to your work. 从相当实际的角度来说，你也一直在卖画，因为你不会退缩，而且你会继续进步，而这种改进会使别人被你的作品所吸引。

I told you a while ago that what seems practical is not practical, but fulfillment is the only true practical ability. 不久前我跟你们说过，看似实际的并不实际，而成就才是唯一实际的实用能力。

I will here close the session. We are doing well. Nevertheless I was sure that our precious balance, in terms of energy involved, and maintained, though I am in fine form and perusual could carry on f 我将在此结束这一节。我们做得很好。然而，我想确定，就能量而言，我们宝贵的平衡，尽管我的状态很好，照例可以继续保持。

I would suggest when it is convenient that you record be repaired be kept in a handy place in this room, set up for recording any when I could speak less formally, that is quicker, conversation the need of your taking notes. 我建议在方便的时候把你的录音机修好，把它放在这个房间里方便的地方，以便在我可以不那么正式地发言的场合录音，这样会快一些，不需要你做笔记。

This would not happen very frequently, since it would take much work on your part, in then transcribing the machine. 这种情况不会经常发生，因为从长远来看，它涉及很多你的工作，因为接着你得转录录音机内容。

My best regards to you both. I am word like a gob of glue. Good evening to you both. 我向你们俩致以最美好的问候。我现在有点黏黏糊糊的。祝你们两位晚安。

(“Good night, Seth.” (“晚安，赛斯”。

(End at 10:35.) Seth said, “Came through quite well dissociated. real clear and strong from the beginning. (10:35结束。)赛斯说，“从一开始，解离相当好。珍解离相当好。”

(Jane said that the fingers of her right hand had been slightly “fast session, particularly her index finger. (珍说，她右手的手指在课程结束时有点“胖”，尤其是食指。)

(This was the first manifestation either of us had had of such a sig

sessions. The 59th session furnis(这是我们俩这么多次课以来,第一次出现这种迹象。Seth labels as the attempt of the 赛斯将其称为身体试图配合灵性或内在的 or inner, expansion. See the detail 详见第59节。 also. As in the past, Jane's sensation 和过去一样,在课结束,珍的感觉 ended; by the time I looked at her hand I could not see anything ou 时,我看她手上已经看不出任何异常之处。 ordinary.

(Jane said that Seth gives breaks just for our own benefit. When s (珍说,赛斯是为了我们自己才休息。举个例子,当她 hour, for example, she ends up in a deep state of dissociation us 离状态通常比半小时的时候更深。 the half-hour periods.

(Seth's remarks about the recorder point up the reason we do not u (赛斯关于录音机的说明指出了我们不用录音机 routinely record the sessions for (原因是显然我们在录音的情况下,我不仅要和珍一起坐着 the session with Jane even though transcription I would have to expe 还得花同样多的时间再听一次课程,再加上打字所需 session again, plus the time nece 和停止时间 for typing, and starting and many times.)

(The following is from Jane's psychological time-note book. Her ext (以下是珍的心理时间笔记。她在周三的非凡经历 experience of Wednesday is listed separately.

(November 3, Tuesday, 11:30 AM: Not much of anything I saw, a me (11月3日,星期二,中午11:30:没有更多内容。 gadget of some sort, quickly but not clearly enough to describe. I (不够清晰,无法描述。我不知道那是什么。) what it was.)

(The following are from my psy-time note book: (以下来自我的心理-时间笔记:

(November 3, Tuesday 7 AM: Getting dressed for work this morning, (11月3日,星期二,早上7点。今天早上穿好衣服 had the rather clear thought that I should be back at 7 o. 时,我有个很清晰的想法,那就是我应该走回我的工作室 the garage, blocking the exit of my car. 看到车辆在停车库前面挡住了我的车从车库出 windows, I received a jolt when I 到车辆就这么停着,挡住了我的车,的时候 my own car.

(I wonder: The car blocking mine belonged to a young man who live (我很好奇:挡住我的车的是一位住在楼下公寓的年 downstairs apartment. By agreement we park so as not to block eac 轻人。按照约定,我们停车时不会挡住对方的汽车进出。这一天 automobile comings and goings, a 由于特别的情况 on this particular occasion his car 车被停成这样,也许是因为有辆车临时占用了 another car had temporarily taken 知道他的车停在 friend of downstairs knew 楼下的朋友 telepathic communication from him 的心灵感应 after breakfast, I saw the car was 早餐后,我下楼,发现那辆车 considerably earlier than is usually his habit, since he leaves for 比通常他的习惯更早地移走,因为他 after I do.

(November 4, Wednesday, 8 PM: After lying down for a few moments (11月4日,星期三,晚8点:躺了一会儿后,我 experienced my familiar sensation of leaving my 的熟悉感觉 then had many instances of hearing 接着有很多次听到 some quite involved. I saw many 的声音,有时很复杂。我看到许多面孔,有男有女,有的 duration, as a fat man with glasses 持续时间,比如一个戴着白色眼镜的胖男人 uniform, etc. 制服等。

(It is of considerable interest to me that since I have resumed the (自从10月27日开始恢复对心理时间的定期研究 of psychological time from October 27, 以来,这让我相当感兴趣。反过来,珍收到的视 people. Jane on the other hand received visual data on many in 觉信息,特别是灯具、门具等等。 objects, particularly lights, light fixtures, door fixtures, etc.)

(Jane's Account of Psychological Time Experience, November 4, 1964 (珍1964年11月4日,[星期三]的心理时间经验 [Wednesday]

(A rather crazy experience today — I will separate it into parts as (今天的经历比较疯狂——我会把它分成几个部分 part in the morning and part in the afternoon. I am writing this 午。我写这篇文章的时候,我还不是我自己,因为 myself as I do not want to fall off 我不认为这是明智的,但我想记录这 wise, and would like to describe both experiences while they are s

(I put in my usual morning writing hours 8:30 to 11:30 and then tri (我照惯例把早上的写作时间放在8:30到11:30, psychological time according to s 时间表到中午。我定好闹钟,躺在卧室里,闭上眼 clock, lay down in the bedroom, c 放松。当时处于良好的放松状态,但什么都没有 myself any suggestions except tha 说:我真的很快就能做好一笔买卖吗?"[意思 state but nothing was happening o 是:珍的奶奶"这句话。] 我想到那是毫无意义的 to make a good sale soon?" [mean 当"伟大的 grandmother," sprang to mind. I figured that was meaningless and i

(Then, suddenly, the whole thing began. I was laying straight in be (突然间,整个事情开始了。我直直地躺在床上, sides. Without warning I felt as if the bed was a 我感觉到床在我的手底下滑走了,就像沙子会散开 as sand will shift away, leaving p 一样。我的拇指绝对感觉到好 My thumbs definitely felt as if they 边缘的洞口进一步扩大,在面前延伸开来几分钟 were being pushed in 我的身体的感觉完全被带走了,瞬间惊 nothingness; the holes enlarged f 觉到快速的明确的和身体的推搡的往外走,就像我 later, this is most difficult to de 样,长长的冲动感完全被带走了,瞬间惊 outward as if I was suddenly shoo 吓的感觉,至少我认为我"是这样做的。 strong frightening sense of motion 惊 panicked and stopped... whatever it was, at least I think I did.

(Then I was angry because I had been frightened but was still caut (然后我生气了,因为我虽然受到了惊吓,但 didn't want to get in over my head 困境。当时我不想马上,我可以安全地去任何地方旅 safely and return safely but that 会慢慢地走。我很欣赏这样的 would welcome such a valid exp 我手底下消失的感觉。闭上的眼睑后面是浓烈的红 disappearing beneath my hands. Strong feeling of heat in head, shoulders, back 到部位发凉,和身的眼睑内有扩大的感 Sense of expanded radius inside closed eyelids. The feeling was like 溶解,我想这是最好的描述。有悬浮的感觉, belly...dissolved, I guess is the best description. Feeling of suspe 但我还是躺在那里,静开眼睛时稍稍有 motion. Then the alarm rang, yet stay there and some slight 睁开眼睛,有悬浮的感觉依然存在,感觉到一些 opening eyes but did so. Even with eyes open, feeling of suspe 但决定超过正常时限的实验是不明智的, continued. Felt some resistance [on chest?] against 是 not wise to experiment beyond normal time limit, and got up.

(Was left with light feeling [not a weakness or anything], feeling a (事后我感觉很轻[不是虚弱之类的],感觉好像我 up bodily, and quite definite sensation of having an empty space a

wrists. Took our cat out though, s有很明显的空间s 但我i还是把我们的R猫带出去，c必
work; feeling diminished. Got lun觉h减退了。d吃R了午餐w，h我告h诉罗p发生的d事情e离开
to post office to mail manuscript,了杂n货店t。午餐o时c，e手y腕s和o双r手有D轻n微但明显
but noticeable lightness in wrists但不n认为h有什d么重要性，t想o要出去办点事t的d事d
important. Intended to do my errand点。, come home and write from 1:

(Second Part (第二部分：

(It's a terrific autumn day, sunny. Walked perhaps half a block or s
thinking suddenly that Seth might(秋天的天气真好，阳光明媚。走了大概半个街区s
world of physical matter doesn't a的课上，赛斯可能会说以下的内容：在真正意义上
Atoms and molecules etc. are our 是这样的。存在着原子与分子等等，都是我们对这些
images or transpose them into appl 但成或m们的形象d或者把它们转换成明显有效的形
is a marvelous feeling of lightness 是，一种奇妙的轻盈感，m我觉得与其说是浮力s不
resistance; physical resistance. F力r。螺脱了身h体y的c体重b物k理上的阻力y，就像l
say, sometimes we imagine we mig 像那样a飞起来。我并没有注意到，i只是感觉异常的
This didn't register at first thoug 我的脚u步轻盈e，觉察到u一种与l万物合o一的满e足j。o y
conscious of the lightness of my step, aware of a satisfying unity

(Remember going to post office. Regular store was closed due to d
family, sign on door said this, an(记得当时是去邮局i寄东b的一s家商店f因为m家d有丧m
to go to another store though this 着w路u过的m位k女人a也这样告诉我r，此次去a另一
Stood on corner to cross street. 刚e的要p通o路在街角要横街，m电话公司的人在修电
men high on pole. One man on road 。。S一个人在地面w上t不知怎的e，d电线p掉了下，来c，a落
falling maybe two feet from where 的地方t。o我完全没注意到；n这t似乎并不重要d。i要n是
important. Ordinarily I would have jumped.

(Headed across playground to strange street, not on my ordinary ro
there in, the sensation of lightnes 穿过操场e来到陌生的街道，o不是我平常走的路x线。
region. Seemed no effort at all to 遍全身k，除了胸部区域。l走起来似乎毫s不费力s完
resistance at all to overcome; no 阻力和需要克服；m比如没有肌肉运动的感觉。r美妙的
Fabulous sense of wellbeing; offl 样走了大约四个街区；h去商店t感觉很轻l松d像平
four blocks; went to store, feeling 交谈。he same; talked to woman who
ordinary manner.

(Left; started way home. By now, however, felt as if lightness rose
and this changed so that suddenly, I felt as if lower part of body ha
completely, up to chest. No muscul 离开；开始回家的路。但是，到了现在，我感觉i轻
quarts of milk, and book and ciga 突然感觉下半身到胸口完全消失了。拎着装有三夸
worried; realized for the first tim 书和香烟的袋子，却完全没有肌肉运动的感觉。我突然担心起来
extraordinary good humor or good 在那里纯粹是幽默感，或健康、好得异乎寻常的e或
First, I was aware that I felt as 奇。首先，我感觉到自己的身体好像在膨胀下溶
thought that it really might have. 能这样走上教堂街的人行道。疑问完全
took no effort at all; the usual ef 起脚步的感觉毫不费力；不过，裤子困扰着我；f在他们似乎很重
bothered me though; they seemed 但e觉得很沉重。如果身体的下半部分被溶解了
felt scared that if lower part of 那么我就会直接倒下，腰、肩膀和都倒在街上。
chest and shoulder and head region 突然出现了这个画面。这个时候，虽然内心到一
shoulders, and head on street. Dis 愉快的。。。飘浮的感觉消失，胡桃街穿过那些
popped into my head. By this time 自己的窗户。注意到我如像在飘过去。。。而不是走过
delightful...suspension...looked fo 的毫无保护地去在街上。回到家。告诉罗布。
windows that showed through trees 摩尼亚。Nothing。
by...rather than walking. Afraid I 。。。

pulse normal. Her hands also felt relaxed at the same time surprised on the general score that in these She had no trouble talking, although her legs were rubbery; but to no great degree.

(当她回到家的时候，她的眼睛看起来很正常。她的手感觉放松的同时也惊讶的总体来说，在这些实验中，她毫无困难地说话，尽管她的腿像橡胶一样；但程度不是很大。)

(I made her coffee, which she did not seem to want very much. The capsule we tried as an experiment; we did not think she needed it, wanted to see what effect the pungent odor, if any, she had none that we could detect, except that Jane coughed briefly. I cold shower but we did not try it.

(我给她煮了咖啡，她似乎不太想喝。我们试了阿米尔胶囊作为实验；我们不认为她需要它，但我们想要看看刺激性的气味；结果，除了珍急促地咳了几声之外，它没有任何我们能检测到的效果。我们没有尝试冷水澡。)

(The effects took some time to wear off. She first began to type up the experiment at about 2:30 PM, but appeared to relax at 3:00 and much effort in this direction. She had no trouble with the program easily enough, etc.] as she had in Jaunary episode, when she use a pen effectively for a time. I felt that even at its height, she state she was in, and was not alarmed. She agreed with me that she overdone it, however, and we spent some time discussing ways in which of us could appreciate the first warning signals, and halt any exp involved too much, too fast.

(药效过了一段时间才消失。她在下午2:30左右开始重新打字实验，但似乎在3:00左右放松了。她在这方面花费了很多精力。她在协调方面太没有困难了。她轻松地完成了程序，等等，[如她在Jaunary episode中，当她能有效地使用一支笔一段时间。我觉得，即使在最紧张的时候，她也明白自己的状态，并没有警惕。她同意我的看法，认为她做得有些过头了，我们花了一段时间讨论了我们如何能欣赏最初的警告信号，并停止任何涉及太多、太快的实验。)

(Ever since she traveled to her home in Jaunary, she has wanted to travel again.

(自从珍在Jaunary回到她的家乡纽约州萨拉托加后，她一直想再次旅行。)

(See Volume 2, page 65, April 30 (见第2册第65页，1964年4月30日)

(She believes that her experience today was an effort at travel, and why it was apparently so much more difficult to accomplish now than April. Seth deals with the problem somewhat in the following, 104t

(她认为，她今天的经历是为旅行所做的努力，她为什么显然比去年4月要困难得多。赛斯在接下来的104t

SESSION 104 第104节赛斯谈珍的出体经验,自发与纪律间的平衡

NOVEMBER 4, 1964 9 PM WEDNESDAY

(1964年11月4日星期三晚上9点定期课

(Naturally, after Jane's experience with psychological time earlier wondered whether there would be however Jane appeared to feel al usual, provided Seth himself did Jane had no idea of what material foreknowledge went.

(自然地，在珍今天早些时候经历了心理时间方面的体验后，她想知道会不会有课。然而，随着时间的推移，珍似乎感到很轻松，只要赛斯不取消课程，或珍没有改变主意。就预知而言，珍对赛斯将会涵盖的内容一无所知。)

(Jane and I have talked to our landlord, Jimmy Spaziani, concernin given by Seth in the 100th session, concerning the missing cover t thermostat in our apartment house. Seth stated that Jim had vert disposed of the cover "either some place on his own property, dumping area, whichever area is by, a" with Seth's reminder, he does recall last spring; the description, acco dump, which Jane and I have not hills, and covers many acres. I as where in the dump he disposed of states that attendants there direct the dump precludes any detailed search, so we conclude that the co probably never be found.

(珍和我已经和我们的房东吉米·斯帕齐亚尼谈过了赛斯在第100节中提供的关于我们公寓恒温器盖子丢失的事。赛斯说，吉米要么把盖子丢在"公共场所的某个地方，"或是丢在"公共倾卸区，"以哪个区域最近为准。在赛斯的提醒下，他记得上个春天的事情。根据珍和我尚未见过的倾卸区的描述，它覆盖了很多英亩。我们问他把盖子丢在倾卸区的哪个地方，他说他不记得了。倾卸区的工作人员告诉我们，进入倾卸区进行详细的搜索是不允许的，因此我们得出结论，盖子很可能永远找不到。)

(Concerning Seths statements that Jane will soon make a writing, s nothing to report yet. See pages 102-107 and 114 in this volume. continues however to receive very complimentary letters concerning

(关于赛斯说珍将很快就会写出一份作品的说法，本册第102-103页和114页内容。然而，她继续收到

(Jane began dictation on time in then gradually speeded up. Again Good evening.

(珍准时开始口述，音调正常，而且速度比较慢。然后逐渐加快。再一次，她的眼睛很累。)

晚安。

("Good evening, Seth.')

("晚安，赛斯。")

Our Ruburt has already put in qui

我们的鲁伯特已经忙了一天了。

If you recall, I told you that the fruitful now, but Ruburt really came

如果你还记得，我告诉过你，我们的时间现在会更有成效，但鲁伯特真的带来了一个桃子。

(See page 92 in Session 100.)

(见第100节。)

Again, we are involved with the necessity for a delicate balance b spontaneity and discipline. Considering the circumstances and all handled himself very well.

我们又涉及到必须在自发性和纪律性之间取得微妙的平衡。考虑到情况，鲁伯特自己处理得非常好。

The experience did involve several course, conscious knowledge. Several lessons may also be learned The inner self is well aware of its innate capabilities in certain directs its efforts along these lines.

这段经历确实涉及到他在没有意识到的情况下所做的一些事情，当然，有意识的知识。从中学到的教训。内在的自己很清楚自己在某些方向上的天生能力，并沿着这些方向努力。

Ego in its own way senses these them as say a dog might sniff dang frightened dog takes very careful little.

自我也以自己的方式感觉到这些特殊的潜能；仅仅是说，一条狗可能会闻出危险一样，它会引导它的努力去阻止它们。一条受惊的狗会非常小心，否则你可能会失去一只手而收获甚微。

Ruburt's strategy was brilliant from through the head represented the image.

鲁伯特的策略从一个角度来说是很高明的。从头部冲出的一道闪光代表了内在自己从身体形象上的最初流动。

(While delivering the above sente paced about. She had not been speaking now slowed somewhat, broken by frequent pauses.)

(在传述上述句子的时候，珍来回踱步。她一直在说话，但由于经常停顿，她的语速现在有点慢了。)

It happened so quickly that Rubur almost completely, and the whole affair might have been successful

事情发生得太快，鲁伯特的自我几乎完全

purpose being achieved, had not 是那迅雷般的震撼感觉，始终未能唤醒自我满足的睡梦中醒来
to rouse from its pleasant doze. 能是成功的。

The sensation occurred mere seconds before the outward rush, but 这种感觉发生在向外冲的前几秒钟，但即将到来的冲动
just enough of a dim warning to the ego to lessen the 只有一点点模糊的警告，使自我减
rush. It did not react in time. The ego's standpoint. It yelped and pulled back its imaginary coattails.
无法及时反应。自我的观点是不够的。它叫了一声，并缩回它想像中的尾巴。

Quietly but firmly, without antagonizing the ego further, Ruburt qui
the suggestion of safety and slow 默默地但坚定地，没有进一步对抗自我，卢伯特用暗
suggestion and/or coupled with the 示安全和慢速的暗示，或两者兼顾，
expertly, that is slyly, by the subtle 巧妙地，也就是狡猾地，通过微妙的
several hours before trying again. 暗示，等待几个小时后再尝试。

(I would say a little less than two 我会说，其实不到两个小时。)

In the meantime, that is for the remaining half-hour, 在这期间，也就是在剩下的半小时里，
preliminary acclimating and familiarizing sensations 初步适应和熟悉感觉
somewhat conditioned and convinced of the benefit of these experi 调教了，并相信这些实验
find nothing really objectionable. 的可以反对的。

As a rule Ruburt's ego will jealously guard its interests. When 一般来说，卢伯特的自我会警惕地保卫它的利益。当
him it is good to lessen the pace 最好在剩下的时间里减慢速度，就像他试图做的那
to do. The wording of any suggestion is "very important to 非常重要。任何暗示的措辞，如"会安全地前进"，
will progress safely", is an excellent one to use, since it allows 继续和前进。
and progress balanced by safety.

The word slow, or slowly, is not good in this connotation, since of 慢这个词，或慢慢地，在这里的含义上并不
not necessarily suggest safety, but 一定意味着安全，而只是一种中性的暗示。
far Ruburt is doing well, and will 暗示时的措辞，如何操作卢伯特的速度和流动
acceleration and flow, or rush of 差他的进步，他将学会如何控制在没有冲刺
through experience, will learn that 的情况下，通过经验学会，
would be most unjust, and needless 如果不给自己这种必要的保证，那将是最不公正的
reassurance; and also the inner self 自己也应该表达内心对自我保护性
its gratitude for the egos protective concern. 传达它对自我保护的感激。

This involves a simple communication both ways. Familiarity with such
experiences, again, will quickly teach Ruburt how to 这涉及一种简单的双向交流。熟悉这样的经验，
to control this acceleration and rush 的接触，学会如何控制自己的这种加速和冲刺，
that is, leaving the physical image and returning to it; as with you 不要离开与这回身体形象的就像你们的飞机一样
believe, landing is important, without a crash. 重要。

We anticipate no airline disasters. 我们预计不会发生空难。
bumping's along the ground. These 控制从长远来看，
individually, directly through experience, but I can be of some aid. 只能通过经验来学习，
I suggest your break. 我建议你休息一下。

(Break at 9:34. Jane was dissociated as usual. She was speaking s
by the end of her delivery. She said that the 休息。珍妮如常。她说到最后，
outward movement of the inner self 时内在自己通过头部的向外移动，这
earlier psychological time experiments 是她想起在早期心理时间实验中
"bump on top of the head" sensation 的感觉。
unpleasant. This would be several months ago. 不愉快的。这是几个月前的事。

(When Jane began dictating again her voice became 当珍再次开始传述时，她的声音已经从相当正常
more formal and harsh in tone and 的语气，变成了更正式和刺耳的声音，
louder. At times it had a hard-to-describe singsong quality, empha 有时，她的声音有一种难以描述的
syllables and elongating them. Her dictation became very elaborate. 某些音节并拉长它们。她的口述变得非常复杂。
maintained this voice, moreover, until the end of the session. Resu 直到课结束。9:39 继续)

There are always new things to be learned as new levels are reache
controls to be mastered, new balances 当达到新的层次时，总会有新的东西要学习，新的
must be adopted; and initially this 控制必须掌握，新的纪律必须采用，
energy and increased activity, before 在之前，这会确实涉及到自然的能量消耗和
level, and is comfortable in its manipulations. 水平，并对其操作感到舒适。

For the present Ruburt's ego will exert balancing resistance like
perhaps, or a weight. However the 就目前而言，卢伯特的自我会施加平衡的阻力，也许
there will be a brief jolting while the relationships and forces wor 然而内在的自己也会经历一段新的自我关系和力量
to achieve a new, integrated balance. 会短暂颠簸，以实现一个新的、综合的平衡。

I expect no real difficulties. If any should develop not really deve
pull back before then, but if any 我预计不会有什么真正的困难。如果有任何困难
really uncomfortable turns, then we will do either or both of two
interval. 的或真正不舒服的翻转，那么我们会在一段时间内

We will either cut our friend down as to allotted time per day for a
will not have him experiment alone in the apartment. Any difficulties
caused by a temporary impasse of ego and inner self, which should
up. I do not foresee difficulty. 决。我没有预见到什么困难。

It is a matter of Ruburt's own forces that must always work in bal
rather harmless diversities of purpose and temporary imbalance m
probably be expected at various times while the whole self becomes
with a new level of achievement. 时的不平衡。

This is to be expected as minor and 随着总体的调整，这是可以预料的，
would be dangers. Too much smoothing 没有掌握真正必要的控制和纪律之前，
before the whole self had mastered the controls and disciplines re
We find here a difference between this experience and the one in w
journeyed psychically, but actually 这里，我们发现了这次经历和卢伯灵性旅行的不同，
quite some years ago. That journey was powered by emotional impel
personal emotional impetus. 动。

(Jane had this experience on April 30, 1964, at 11:30 AM. See Volu
65. This was a few days before the 珍于1964年4月30日上午11时有过这样的经
Jane's experience on that date, 前几天。这个日期的经历，
began with a feeling of "a blow on 开始就有一种"头上挨了一拳"的感觉。这

version. On April 28, 1964, Jane sensation; perhaps in preparation later. And the sensation of rushing this morning was, Jane said, very similar to those earlier "bumping

The personal emotions and memories necessarily destined by the particular emotions destination was one, incidentally, one to which both ego and subconscious

It was therefore along the lines of a preliminary test flight, and ego would not therefore object. This was vastly more complicated, though it did not completely come off.

The ego is now somewhat in the confidence of the whole self, there more to contend with. We are no longer and sometimes almost disastrously the whole self, so that it will allow mother can finally be convinced that alone.

This analogy is not a very good one, however, since the child does leave the parent, but it is a true one because the physical image with which the ego is so concerned, when it passes the physical field.

During ordinary plateaus between levels, there is little such difficulty relatively harmless difficulties have increased confidence and achievement and controls learned.

Also this ability to handle energy is carried over into other life areas in this life. It is no coincidence that Rubulis writing is also showing advancement to a higher level of his own as you shares in your increased abilities to use and handle inner energy.

You have each your own characteristic way of advancement. You will Joseph, that your ability to receive so-called telepathic data is psychological time experiments and dreams, as well as in spontaneous during regular consciousness.

(See my notes on my experience of November 3, involving the car b garage. This may fall within the t(e见我plalt用β日 那个经g历的笔记，h涉及到汽车堵塞 it simply because of the time proble灵感的范畴。因为时间原因，我没有问赛斯。I珍 we would like to. Many times when 的问题。很多时候，当我们想要赛斯 by Seth, we mention it before a ses 希望它能得到处理。这个例子见第116页。 particular instance is on page 116.

(Also notice that on page 116, I mentioned that I have received ma images durintgmpes yecxhpœlroigmiecmatls, and that people 并且我所感知的人，常常看起来是在和我说话，但 perceive appear to be talking to me, but soundlessly.)

You are allowing more of this through than previously. The images more clearly within the near future 你比以前允许更多这种图像通过。在不久的将来 be as you allow further data to emanate, say, from the images of 更多的资料呈现时，更多资料也将会被你接收到 these, which add extra and necessary 像呈现出来的情况。你对这些有些担心 the information.

If your hands are tired you may take 如果你的手累了，可以休息一下。

("Okay."

("好的"。

(I meant that I felt okay, although 我的意思是我感觉还好，虽然我的手累了。但因 thought the session would end soon 很快就会结束。)

This is your present line of development and you have utilized it through your portraits, faces of those images of which you were unaware 这是你目前的发展路线，你在过去通过你的画像运 Consider attention should be paid dreams, the suggestion given by you that you will recall them.

I am going to end the session, even though our friend is doing extr since he has dealt with quite enough 我要结束这节了，尽管我们的朋友表现得非常好 look out for him in a protective manner during his experiments. For we shall keep a check upon his excellent progress, which should co also assure ourselves that proper controls are being maintained.

My most sincere wishes to you both. One note further: The sale has at this time, and future sales have been s 向你们致以最诚挚的祝福。再说明一下：此时交易 all. 经透过小说而启动。就这些。

("Good night, Seth."

("晚安，赛斯"。

(End at 10:21. Jane was dissociated as usual. She had maintained sing-song voice until the end. It had 结束。珍解离如常。她一直保持 that her voice had felt different chords, but served as a vehicle 的声音；直到结束，她感觉她的声音不 emerged. Jane did not particularly 同和谐，而是作为一个载体或渠道，声音通 me there was no doubt that the voice 过。珍并没特别意识到这个想法。对我来说，毫无疑问，我听得出 was recognizably hers.

(Seth's statements about my receiving telepathic images interested since I have been aware for some 赛斯所陈述的，关于我接收心灵感应图像的话题 portrait without a model. That is, 我一直有意识到这几年来，我更喜欢在没有模特的情况下画一幅 character, then paint it. I have found 人物，然后再画出来。我发现，编造人物角色，不 boring and somehow limiting. My best 当无聊的，也有点受限。我最好的画，尤其是水墨 been produced in this fashion, and 作出来的。我曾经觉得自己喜欢用这种方式创作 work this way. In fact, Jane has often 到。我甚至很少用她做模特。珍经常这样做几次。不 remedied however, since as my work 为随着我的创作持续扩展，我现在发现我也想要用 want to use models also, and have several paintings planned in which 她出现。 appear.

(Concerning Jane making sale of her writing soon, the last statement in session above now makes four times either through sessions or Jane's notes and 125. In writing out the last line for granted the information referring to the session ended, that it referred to other future sales. While we were her feet and began dictating again. Her manner and voice were more now, and grew progressively quieter and slower as she talked. I will pauses where they took place. Resume at 10:26.)

(关于珍很快就会出售她的作品的最后一段话现在共出现四次，通过课程或珍的笔记。在写出最后一段话的时候，我理所当然地认为信息指的是几笔销售。后来，这两笔销售并不是现在完成的事实，这一点变得越来越明显，珍开始重新开始口述。当我们暂停脚步，随着她的谈话逐渐变得安静和缓慢，我会在停顿处继续。)

A sale has already developed (Pause) This is a conclusion.

销售已经发展起来（停顿）这是结论。

Future sales having to do with stories, results in the near future, not yet actually developed, but the framework that will ensure them been laid.

未来的销售，与小说有关的交易也会有结果。目前尚未实现，但确保它们的框架已经铺设好了。

Communications, not physical, have been established through elements energy both within the stories and between certain individuals, although Ruburt is not physically acquainted with these persons.

沟通，不是实质上的沟通，而是通过小说中的能量元素建立起来的，虽然鲁伯特与这些人并不熟悉。

(Jane's voice now became even quieter and slower about.)

(珍的声音现在变得更安静和缓慢。)

A collegiate-type man, graying hair, large feet, and mustache of faded color, two children, that is, gawky-type man whose eyes are something to do with one sale, the leather chair, small room, stories times by three men.

一个学院型的男人，灰发，大脚，褪色的胡子；两个孩子，也就是说，笨拙型的男人，两只眼睛会影响一笔交易。关于一间办公室，有一张现代皮椅，一个小房间，高点，也不优雅。三个男人在不同时间使用的办公室。

A manuscript now from Ruburt lays on a desk. Some excitement over o'clock, PM. New York City. (Pause) Ruburt enters. He has three children. I cause distortions, this time, that unwillingness.

现在有鲁伯特的一份手稿摆在桌子上。有些兴奋的时间是下午10点。纽约市。（停顿）鲁伯特进来。他有三个孩子。我会造成扭曲，这次是因为疲惫。

I give you what I can. This sort of thing Ruburt is not yet acclimated distractions from other places nearby may cause him to confuse image all.

我给你我能给的。这类事情鲁伯特还不适应，附近其他地方的干扰可能会让他困惑图像。仅此而已。

(End at 10:40. Jane was again dissociated. She ended upon this very note, speaking quite slowly. As she spoke, she told me two things. One was that as she spoke a mental image of this chair. It had finish, a cushioned seat and back without arms. Jane could not describe furnishings in the room, or a door, a window, etc.

(10:40结束。珍再次解离。她以这种非常平静的语调结束。当她说话时，她告诉我两件事。一件是当她说话时，她脑海中出现了这把椅子的图像。它有一个圆木腿，表面光滑，有坐垫和靠背，没有扶手。珍不能描述房间里的其他摆设，或门、窗等等。)

(She did say that as she mentioned "stories high," she had a definition of looking out over many other lower buildings. Talking about also had an impression that "something was trying to about a rug that either usually was on the floor was sent out for was never there. The only thing she is sure of in this instance is trying to receive something about a rug. She had no vision of it.

(她确实说过，当她提到“几层楼高”时，她有一个多于其他较低的建筑。在谈论那把椅子的时候，她还有一种东西“试图告诉她一块地毯的事”，这块地毯要么是通常在地板上的，要么是从来没有出现过。在这个例子中，唯一确定的是试图接收有关地毯的东西。她没有它的视像。)

(Jane has quite a bit of material to various publishers. From we have learned to be careful in trying to interpret this kind of material, will not try very hard with this information referring to see what then include it in the record.

(珍送出很多资料给各家出版社。从过去的经验来看，我们学会了谨慎地解释这类资料，因此对于这种信息，不会太努力地参考。我们将参考这种信息，看看发展情况，然后将其纳入记录。)

(It might be noted here that Seth/Jane also gave a brief physical d person on page 84, in the 99th se John Bradley's superiors in, pres this yet, not having seen John re infrequently we may have to wait a while for it.

(应该在这里注明一下，赛斯/珍也在第99节中给出了约翰·布拉德利的简短身体描述，拉德利在芝加哥的主管的资料有关。我们可能要等待一段时间，因为我们还没有看到约翰·布拉德利。)

(I was tempted to ask Seth whether he referred to distractions around me here in Elmira, or possible ones in New York City, but that Jane was tired and ready to end the session.)

(我很想问赛斯他说的干扰是在艾尔米拉的我身边的干扰，还是纽约市的。但很明显珍累了，准备结束这一节。)

(The following material is from Jane's notebook.)

(下面的资料摘自珍的笔记本。)

(November 5, Thursday 11:30 AM: (11月5日，星期四，上午11:30。)

(November 6, Friday 11:30 AM: A very definite prolonged feeling of dissolving below chest. First, feeling of a sense of whole body vibrating gently. Then they moved of own accord side to side but do not think they actually did of gentle pressure beneath them. It reached the coldness at the same time. It reached [I was actually partially dressed the feeling my body might rise with The alarm rang. My limbs very cold and feet are still abnormally cold. Was shaking with cold when alarm

(11月6日，星期五，上午11:30。一种非常明显的胸部以下溶解的感觉，持续很长时间。首先是一种平衡的感觉，好像头倒向一边，然后感觉整个身体轻轻地来回振动。然后它们自己移动到两侧，然后它们主动向两边移动，摇摆着，但我不认为它们实际上移动了。我的脚和脚趾异常冰冷。它还伸到了我的身体。我实际上穿了部分衣服，而且差点两次醒来。我的脚冰冷，我开始发抖。)

(Now in the very beginning, I felt a sudden need for Rob. * Quite e he was dead and I wanted him. Sp Quick intense sorrow. Had just th Feeling vanished. I forgot it unti was in any trouble, got no answer with the * I found myself substituting Maybe something happened to Wall there wasn't any sense of danger particularly an immediate event, or even necessarily one in near fu

(刚开始的时候，我突然觉得需要罗布。* 非常情绪化地，他死了，我想念他。强烈的悲伤。刚刚消失了。直到现在我才想起来。感觉消失了。我不记得发生了什么事，没有得到回答，[当我写下这句话的时候，我发现自己把罗伯（Rob）的名字与沃特（Walt）搞混了。也许沃特出了什么事。这时没有任何紧迫感，或甚至不一定是最近的事件。)

(November 9, Monday, 11:30 AM: Lightness etc., good state. Had up dream last night. Asked about it whether the following vision happ

(11月9日，星期一，上午11:30。轻盈等，状态良好。昨晚做了梦。问起它是否在接下来的几天内发生了以下视)

Saw two nurses, or a doctor and nurse, but got the words, "Well, sit down at bed or table, which also them. Very quick duration. No fee Since last night's dream involved affair seems to tie in. But am cautious in attempting to interpret s	后认为是两个护士或一名医生的服装，听到了交谈，但记得几个字："好，坐下来看看床或桌子，而我以前也是从那个角度观察他们。很快的时间。没有感觉到危险。由于昨晚的梦，我想这件事似乎与此有关。但我在试图解释这些资讯时
(Also November 9, Monday, 7 PM: about a death. If so whose? If not, saw a brown hand mirror held out. I guess afraid I'd see my own face. wouldn't have to be mine. Upset. was of my mother's death, in Dec experiences, today and Friday, were Mcllwain. Linda was not involved.	(同样是在11月9日，星期一晚上7点：我醒时，关于死亡。如果是，是谁？如果不是，这讯息是什么？我看见棕色的手持镜伸出来。我害怕看到自己的脸。当它消失时，我就想到那不一定是我。这个讯息是警告我母亲的去世。在1964年12月，与海伦·麦克尔温的警告有关。今天和星期五，这些经历似乎与此有关。我在试图解释这些资讯时，要谨慎。琳达没有参与。)
(The following account is from Jane's dream notebook. It is included to present all the pertinent material. The material is discussed extensively in the following, 105th, session.	(以下的描述来自珍的梦笔记。把它列在这里是为了提供所有相关资料。这些资料将在下面的第105次课上广泛讨论。
(Jane's dream, Sunday night, November 8, 1964	(珍的梦，1964年11月8日，星期一晚上：
(A boy handed me a long, legal-sized envelope addressed to Helen McIlwain. was the return address, written in block letters on the envelope. She was my mother's, now dead.] I took the envelope to contain notification of mother's death. I guess I opened and read inside, but not to be certain doing so. Then with relief saw that the death was not to be that of my mother, but a young girl. Got the name Linda and the last name, I've forgotten—don't think it was Butts. But there was a connection	(一男孩递给我一个长长的、法律大小的信封，上面是海伦·麦克尔温的名字，是用油墨写的。她是我母亲的，现已去世。[我拿到信封，里面是母亲的死亡通知。我想我打开信封看了看。然后松了一口气，看到死亡的时间不是我母亲的，而是一个年轻的女孩。得到琳达这个名字，有姓不是巴茨。但和琳达是有关系的。
(I was relieved that it wasn't my mother, but my reasoning was cold. First I thought: "Well, I've always feared my mother's death, and relieved that it was over. Then realized it was her death, but else's.	(不是我母亲，我松了一口气，但我的理由是冷血的。我曾经想：'好，我一直害怕我母亲的死，因为这一切结束了。'而是别人的死时就松了一口气。
(If it is a death, and in Robs family say of Linda, but the return name of my mother's friend? Who was not? Joan? Joan? In the dream, the death must already happened. My death? No feeling that it was thought could substituted names. But the person to die was younger than I am. who was the boy? He waited while I read the message inside. But remember reading it, just interpreting it. Somewhat unsettling drea	(如果是有人死了，而且是罗布的家人，就说琳达吧，但是我母亲的朋友的名字呢？谁不是？是琼？琼？在梦里，死亡一定已经发生了。我的死？没有感觉到以自己名字来代替。但是这个人死的人是一个年轻的女孩。我不认识。那个男孩是谁？在我读信时，他一直等着。但不记得读过，只是解读。有点令人不安的梦。)
(From my psychological time notebook	(摘自我的心理时间笔记：
(November 5, Thursday, 8:15 PM: Mild sensation upon lying down. Fuzzy people and voices. Used Seth's suggested phrase from the session will progress safely," as a safety measure.	(11月5日，星期四，晚上8:15：躺下时有轻微的感觉。模糊的人和声音。用了赛斯在第104节讲的暗示句："我会安全地前进"，作为安全措施。)

SESSION 105 第105节解读珍的一个死亡梦

NOVEMBER 9, 1964 9 PM MONDAY	1964年11月9日 星期一晚上9点定期课
(Last Friday, November 6, John Bridgers briefly. John could offer us no home office in Chicago. This information 84. John recalls no one fitting the general description given	(上个星期五，11月6日，约翰·布里吉斯来自芝加哥的总部，简短地告诉我们。约翰无法提供任何信息。这份资料在第99节的第84页。约翰记不起任何符合非常笼统的描述的人。)
(Seth also stated at that time that John will have to take some risks, if he wants to achieve certain goals. John recalls that he has been in a district manager this week, and that indeed the two men have been John's route together. The visit has given John a chance to state transfer and more money, and John has been vigorously doing just t	(当时赛斯也表示，如果约翰想实现某些目标，他必须冒险。约翰记得在本周拜访过他的区域经理，这两个人确实一直在一起。这次拜访，让约翰有机会陈述他想要调职和加薪的事，并且约翰一直在积极地做这件事。)
(Jane has been quite concerned because of her dream of November she feels to be clairvoyant, and which she feels are related to the experiences, taken together, may be of some help in deciding as to how much credence to give the pendulum experience.	(珍一直很担心，因为她在11月的梦中做了一个她认为是透视的梦，她觉得与最近的经历有关。时间经历当这两个梦放在一起时，可能会有帮助，决定应该给予摆动经验多少可信度。)
(She had no actual idea of the subject matter for the session, as the approached. She began dictation in a normal voice, but struck a deeper undertone. Her glasses were off, her eyes dark. He slow, and she spoke rather slowly, with frequent pauses.)	(随着上课时间的临近，她对课的主题没有确切的想法。她开始口述，偶尔会发出低沉的声音。她没戴眼镜，眼睛很暗。她说话很慢，经常停顿。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
I can see that you both had	我看得出你俩都过得很开心。
Ruburt's abilities have indeed jumped jumpy, if you will excuse the pun.	鲁伯的能力确实又跃升了一个层次，所以他才会这么紧张，如果你不介意我的双关语。
I realize that Ruburt in particular is in no mood for levity, and I tell him that the information contained in his dreams of late, in the past he was not aware. However, received a communication from son the received further information on psychological time experiences.	我知道，尤其是鲁伯，他没有心情幽默，我告诉他，他最近的梦中所包含的信息，过去他潜意识的不知道。然而，我不能告诉他这些，因为他确实收到了一个他母亲的朋友海伦·麦克尔温的传讯，并且在心理时间经验中，还接收到进一步的信息。
(It might be of interest to note that Helen McIlwain, the communica dream of November 8, has been deceased informed her in a letter. Jane had years, she estimates, and remembers years.	(也许值得注意的是，海伦·麦克尔温，传讯者，在11月8日的梦里，已经去世两年了。珍的母亲在信中这样告诉她。她估计是两年，并记得是在珍上小学时。)

(Thus, Seth seems to be saying in the above paragraph that Jane r
communication through a personal
Jane described her dream to me
McIlwain was still alive.)

(因此，赛斯似乎是说，珍通过一个已经
讯。珍向我描述她的梦境时，我理所当然地认为

First of all, when he cried out silently for your during his recent psy
experience, it was because he sensed, through a communication
situation concerning a death in which he would have to
cry was his regret at having to depend upon your support,
energy from your work; and a regret based on fear, that he always
whenever he is forced to rely upon someone's strength.

首先，当他在最近的一次心理时间经验中无声地呼
通讯，他感应到一个和死亡有关的情况，在这种情
况下，他将不得不依赖你的支持而感到遗
憾，因为你的工作能量；还有一份基于恐惧的遗憾，每当他被迫依
赖别人的力量时，他总会为此而遗憾。

(See Jane's psy-time experience on 16 March 1972.)

(见1972年3月16日的珍心理时间经历。)

He fears that he will be loved when he gives support, but not loved
on seeing death immediately
was yours. Joseph, since he heard him call for your
sacrifice his previous husband in your place. Therefore the mix-up
when he wrote down his experience.

他害怕，当他给予别人支持时，他会被爱，而当他
不会被爱。感应到死亡，立刻害怕是你的死亡。
因为他听见你立刻试图牺牲他的前夫来代替你，
所以在记录他的经历时，名字弄混了。

He then attempted to forget it. Later he
the night before.

然后他试图忘记这件事。昨晚的梦——

(Jane now paused beside my table, this time
stopped to look at Seth with blinked eyes.)

(珍这时在我的桌旁停了下来，看着眨眼睛的赛斯。)

Ruburt is trying not to block me, but there is some difficulty which
to overcome.

鲁伯特试着不阻拦我，但有一些困难，我们会试着克
服。

Last nights dream was a communication from the Helen who was the
Ruburt's mother. The message was directed to Ruburt. He did not
from his mother. The envelope, that was obviously black
it did enable Ruburt to see the name of the woman who was sending
message. And the import of the dream was clear to him
of that simple data, the black envelope with the name in the
corner, and though he does not recall it, his name on the envelope
to whom the communication was sent.

昨晚的梦是来自海伦的通讯。她是鲁伯特的母亲。
不是从他母亲那里接收的。那个信封，那个明显黑色的信
但它确实使鲁伯特看到了发信息的女人的名字。这个
在感知到那个简单的信息，那黑色的信封，以及在
然他不记得了，他的名字写在信封上，就是信件的
信件的接收人。

Even in his dream he was stunned afraid that the death was his own
why he could not remember that the envelope was addressed to him.
dream, therefore, which he knew he would remember because
then added shielding fabrications, interwoven with the valid inform

甚即使在梦中，他也被吓到了，害怕死的是自己。
是写给他的。因此，在他的梦中，因为他的训练，
梦中加上了屏蔽性的捏造，与有效信息交织在一起。

His mother's name — let this pass. The
sentence cannot be completed.

他母亲的名字——跳过这句吧。我们做得很好，但
完。

(Jane had again paused and gestured, hands up, eyes closed. Her v
now quiet, and she paused often. I
the content of the material, and
session at once if I thought intuit
drawn, her eyes very dark beneath
mostly.)

(珍又停了下来，做了个手势，举起双手，闭上眼
睛。现在安静了，她经常停顿。我考虑到资料的内容，
如果我直觉地认为有必要的话，我会立即结束这一节。
非常黑的眼睛低垂着，她大部分时候都闭上了。)

He then attempted to substitute the name of Linda, your niece, and
not to know whose death was being perceived. Not
message, or the name that was inside. That's why he cannot remem
opening the envelope. In any case, opening the envelope was super

然后他试图用你侄女琳达的名字来代替，并假装不
知道被感知的是谁的死亡。不是信，或者里面的名字。这就是为什么他
记不起信封上的名字。无论如何，打开信封是多余的。

The relief he felt after deciding that he had safely tricked himself
the morning, was due to the fact that he had safely tricked himself
own, but one involving a relative. It was not his own death
was the result of his partial success. He felt relieved
distortions the sender came through, and that he
was unfortunately perceived.

在决定了自己安全地骗了自己之后，他感到轻松，
是由于事实上他安全地骗了自己。不是他自己的死亡，也不是他母亲的。
涉及亲戚的死亡。这是他部分成功的结果。他感到放松，
因为发送者通过了扭曲，而且他不幸地被察觉到死亡者的性别。

(It might be added here that last September 2, Jane's dream notebo
Jane had a dream involving Helen
dead for at least five years, and
remembers the brother rather bett
dream involving the brother was
least on the surface does not invo
appear to signal a communication from the brother.)

(在这里可以补充一下，去年9月2日，珍的梦笔记
本上有一个海伦的梦，海伦是一位亲戚的妻子，
至少五年前就已经死了，珍对哥哥的记忆要深刻得
多。关于哥哥的梦在表面上并不涉及通讯，
似乎并没有发出来自哥哥的信号。)

That is, in your state of affairs, a future death certainly seems un
ninth degree, but the perception
of, it is beneficial insofar as it
prepare those in any way involved.

也就是说，在你的状态下，未来的死亡无疑是极其
的，因为它可以帮助那些以任何方式涉及的人做好
准备。

We are going about this explanation in our own way; Ruburt and I h
now, of which he is not conscious
conventions, which I am perfectly
rule he will. It involves my not sho
working around it rather craftily,
across.

我们正以自己的方式进行解释；鲁伯特和我有一些
他意识不到的约定，我完全愿意遵守某些礼节或惯例，这点我完全愿
意。这涉及到我不会通常情况下，他都会这样做。这比较狡猾地绕过它，
而是巧妙地绕过它，但仍然以我自己的方式。

Are your hands tired?

你的手累了吗？

(Jane paused to look at me. I nod
continue. She did not look well,
Since the trance state appeared to
to digest the material at a slower

(珍停下来看看我。我点了点头，示意不累，心想
我想她看起来不太好，似乎还撑得住。所以我没有
继续。因为出现了恍惚状态的作用，让她以较慢的速度消化资料。

(Jane had also begun rubbing her hands together in a way;
meant they again felt "fat" or enlarged
50's, this phenomena had been common
of it occurred in the 103rd session
I would prefer then to continue
appears advisable to do so.

(珍也开始用一种方式搓手，我记得；那表示她又
伴随着肿胀或变大。在前几节的时候，这种现象
在第50节左右时，这种现象是在第103节。我宁愿继续，
但如果认为应该休息，则应该休息。

It is more difficult for Ruburt if he has a break under such conditi
that exist this evening.

如果鲁伯特在今晚这样的情况下休息，那就更难了。

The boy who delivered the message in Ruburt's dream was partially
construction, representing a George
affinity in early life; a relative,

在鲁伯特的梦中传递信息的男孩部分是梦的建构，
代表乔治·沃特·史密斯，鲁伯特早年的亲戚；有一

Ruburt's mother, and who is subconsciously the cause of his death of his grandfather, since that boy is now a man, that time.

鲁伯的母亲，谁是无意识的原因，他的死亡，因为那个男孩现在已经长大成人，当时。

The psychological experience today was reinforced by messages tied to others, which again Ruburt tried to forget and could not quite manage he has now trained himself to recall such data.

今天的心理体验是一个强化的信息，与其他信息联系，鲁伯试图忘记，但无法完全做到，因为他现在已经训练自己回忆这样的数据。

Such communications, though not necessarily tragic ones, are being by every inner self. In this case, even, when distortions come through validity of basic undistorted material.

这样的交流，虽然不一定是悲剧性的，但每个内心深处都会接收。在这种情况下，即使有扭曲的东西传过来，也有基本的不扭曲材料的有效性。

I here suggest that Ruburt break at this point and take a solid food, and then if he is up to it, he shall be,

我在此建议鲁伯休息一下，吃点固体食物，然后如果他感觉好，我想他应该能接受，我们就继续。

(Break at 9:40. Jane was dissociated as usual. She was also physi her stomach. She said she could not have thought of milk seemed most unpa taking some she began to feel be cookies.

(9:40休息。珍解离如常。她也胃部不适。她说她不能想牛奶，她觉得很不舒服。她喝了牛奶，几块饼干。)

(Jane said that she felt the material was a burden at this point. She trustful of it at the moment. She dream and psychological time data Seth would ever come out with such involved.

(珍说，她感觉此刻资料是个负担。她现在对它不信任。她梦和心理时间资料是正确的。而且她也不会说塞斯会拿出这样的东西。无论涉及到谁的死亡。)

(Again, I was prepared to end the session at any time. Jane seemed carry on. The food and drink seemed most helpful. However, resumed dictation in a quiet voice. She paused often and paced qu Resume at 9:54.)

(我又一次做好了随时结束课程的准备。珍看起来要继续。食物和饮料似乎很有帮助。然而，她又开始轻声传述。她经常停顿，节奏缓慢。)

The distortions referred to, represent those occurring in the dream psychological time experiences, particularly in today's experience Ruburt saw the white-gowned hospital personnel.

提到的扭曲，代表那些发生在梦中以及在心理时间经验中，尤其是今天的经验中，鲁伯看到穿白袍的医务人员。

This made him more worried that the future death foreseen was his doctor. Jane looked down at her hand, heard the words spoken by a nurse. She then said, "She is coming out of the words so that he remembered them as being, "She is coming out of

这让他更加担心预见的是他自己未来的死亡，因为医生。珍低头看自己的手，听到护士说的一句话。她接着说了，“她刚从震惊中出来”，以便他记住的是，“她刚从震惊中出来”。

The incident or hospital scene was valid in that the death will occ surroundings. It reinforced the sex of the person involved, and in a environment. Ruburt however constructed the images subconsciously perceived them.

事件或医院的场景是有效的，因为这个死亡将发生。当事人的性别，还添加了四周的环境。总之，鲁伯潜意识地构建了这些图像，然后感知它们。

The particular event as he saw it was not valid but the information therein was valid. The words, "She is still in shock," however refe person whose death was being perceived, but the words referred to Jane) still being in a state of shock because of the clairvoyant inf

他所看到的特定事件是无效的，但其中所载的信息是有效的。休克中，这句话，并不是指被感知到死亡的那个人，但是因为千里眼的信息而惊魂未定。

Thinking that the words referred to the physical condition of the p death was foreseen, Ruburt changes the situation. You will see here that the identity of the person whose death positive statement, though it may in no way involved.

鲁伯认为这句话指的是被预见死亡的人的身体状况，改变情况。你会看到，在这里，我们在谈论死亡事件的话题。死亡的那个人的身份，特别是当我们肯定的陈述，虽然看起来是消极的，但与此事毫无关系。

(Jane's voice was much quieter by now.)

(珍的声音现在平静很多了。)

Ruburt is calmer now, and I may add that not only his death but also that his death will not occur for many years touchy, for all his training, upon this subject in general.

鲁伯现在平静多了，我可以补充说，不仅他的死亡，而且他的死亡在很多年内都不会发生。总的来说，他虽然还是特别敏感，尽管经过训练，但在这个话题上。

We can progress now to the subject of the road incident.

我们现在可以继续谈论汽车事件的话题了。

You thought you hit something in the road, a stone perhaps, and insistent that he had seen a cat, and that the car had struck it what had happened to the cat, and you went back together to see.

你以为你在路上撞到了什么东西，也许是一块石头，鲁伯坚持说他看到了一只猫，而且车撞到了它。他想知道那只猫发生了什么事，你们一起回去看了看。

There was no cat. The above mentioned items are in the mind under good circumstances are in the field used to collect leaves, and usually curb with leaves in it and it, uh, had, ah, metal eyelets and ano

没有猫。上述的事情都在他的心里。他的眼睛在情况良好的情况下看到了一个棕灰色的容器，用来收集树叶，通常在人行道的边缘里面有树叶，它有，呃，有，金属的金属孔和另一个。

(Jane had paused here, groping for the right words. Standing with closed, she attempted to describe by gesture what she meant and, "another projection." I didn't get it.

(珍在这里停顿了一下，搜索合适的字眼。她闭着眼，站着，她试图通过手势来描述她所说的眼孔和另一个凸起物，我没有理解。)

(The incident Seth is describing took place this afternoon. Long after it was on our minds, for we did not like to think of an injured an perhaps, crawled away to die.)

(塞斯描述的事件发生在今天下午。这件事过去很久，它在我们的脑海中，因为我们不愿意去想一只受伤的动物，或许，爬走去死。)

It had been disconnected from a mower. The man left it momentarily called inside. You hit this and threw it into the pile of leaves there well with the pile of leaves there finished, we can return again to the mirror, again, would have offered the grew frightened. And the mirror information could be made intelligible larger terms did not exist.

它已经从割草机上拆下来。一个人暂时把它留在那里，叫进屋。你撞上这个，把它扔在那里的落叶堆上。它并没有与落叶堆相连。当你完成了，我们回来的时候，它已经不见了，然而镜子，我们的镜子，会提供一个幻觉，那里有一个镜子。如果鲁伯看到镜子里的东西，他会吓坏了。镜子开始害怕，再次成为一种理解信息的工具，甚至更大的角度来看，镜子并不存在，

This does not make the experience any less valid. Merely it was the mental implement, through which valid information could be received use the implement, that is he would not look into it.

这并不会降低经验的有效性。只不过是使用这种工具，接收有效的信息。他没有使用这个工具，也就是说他不会看进去。

Now. We can say that Ruburt has received valid information concerning mothers death, which has not yet occurred, but the conditions which have begun.

现在。我们可以说，鲁伯已经接收到了关于他母亲死亡的有效信息，但这个死亡尚未发生，但造成死亡的条件已经开始了。

(Jane took long pauses before and after this sentence.)

(珍在这句话前后停顿很久。)

I will not give you a date at this time.

我现在不会给你一个日期。

The physical conditions are irreversible, because of conditions tha

physical within the personality. 物质条件是不可逆转的，因为在人格内有非物质性

I will here close the session, giving you a fairly brief one because circumstances, and I suggest for this week that Rubert psychological time experiments to fifteen minutes a day, rather than simply because he is under some strain.

我将在这里结束这节课，因为情况的关系，给你们一个相当简短的。在本周剩下的时间里，鲁伯特把他的心理时间实验限制在每天15分钟，只是因为他的压力有些大。

You will be given all support from me, and from others, in the situation we develop, and Ruburt will find that the situation will be a difficulty, considering the normal relationship that has existed between him and his mother.

在即将发生的情况下，我和其他人将给予你们一切支持，而鲁伯特会遇到困难，考虑到他和他母亲之间存在着不寻常的关系，这会有额外的困难。

The situation for his mother would be much worse, if she lingered, and simply has not known in this particular existence.

如果他的母亲留连不去，情况会更糟糕，她会发现和安宁感，这是她在这个特殊的存在中根本不知道的。

I close now with sympathy and best wishes as always, and with some I find myself in a position of corroborating this material, your increased abilities will make you aware of much, and you may pleasure, as well as sometimes bringing you discomfort, this kind. Even now they serve to give you time for their preparations.

现在，我怀着一如既往的同情与最好的祝福结束这节课。自己正处于印证这类资料的位置。不用说，你们增加的能力会让你们更多地意识到，并带来更多的乐趣，有时也会带来这种不适。它们也能给你时间做它们的准备。

("Good night, Seth.")

("晚安，赛斯"。)

(End at 10:31. Jane was dissociated as usual. She was not sick but hilarious, and also looked much better. Actually she said she felt having the information out in the open so that she did not have to wonder whether it was valid, distorted, etc.

(10:31结束。珍解离如常。她现在没有不舒服，好多了。其实她说，她觉得好了很多，因为把这些信息公开了，这样她就不用怀疑这些信息是否有效，是否被歪曲等等。)

(A reminder might be added here that Jane obtained the December mother's death through the pendulum on page 128. Seth seems saying that the event will occur soon, but we must wait. Jane has mother for some years now; the two women do correspond regularly.)

(这里需要提醒一下，珍只是通过灵摆获得了她母亲12月28日的死讯。赛斯似乎在说，这件事很快就会发生，但我们必须等待。不过，两个女人确实经常通信。)

(One development of possible interest concerning her mother took month, in October. Jane received a hand-knitted sweater from her Christmas present. In her accompanying letter Jane's mother wrote that she was sending the sweater ahead "because she did not be around" by Christmas. I remember that Jane and I were struck the letter, but in all honesty neither did we attach very serious have the letter. If it is found it will be filed with other data material.

(上个月，也就是10月份，发生了件关于她母亲的事。珍的一件手工编织的毛衣作为圣诞礼物。珍的母亲在来信中写道，是因为圣诞节前她"预计不会在身边"，所以她提前寄毛衣。我记得珍和我曾经被震击到，但说实话，我们都没有太当回事。珍可能没有保留信件，我们也没有太严肃对待。如果找到，它将和其他与赛斯资料有关的资料一起归档。)

(At the close of the session Jane felt "fat" or swollen.)

(在课程结束时，珍的右手觉得"胖"或变肿了。)

(Since Seth's suggestion Monday that Jane confine her psychological experiments to 15 minutes, she has nothing to report for Tuesday, Wednesday, November 10. 11, except for a rather mild feeling of lightness.)

(由于赛斯周一建议珍将她的心理时间实验限制在15分钟，她周二、周三和11月10日除了有一种相当温和的一般轻快的感觉外，没有任何报告。)

(The following material is from my psychic time notes:

(下面的资料来自我的心理时间笔记：

(November 10, Tuesday, 8:30 PM: Strong sensation several times, f over whole body very pleasantly. Followed, beginning at 8:30, by several strong sensations in the upper body as though they felt or sensed an machinery. This had good duration. It's very like watching a father and son, in old-fashioned clothing, riding a bicycle, the kind with a large front wheel.

(11月10日，星期二，晚上8:30：几次强烈的感觉，遍及全身，很愉快。随后，从8:30开始，上身部分的感觉仿佛感觉或感应到一种机械。这持续很久。我看到一个画面，父亲和儿子穿着老式的服饰，骑着老式的自行车，在城市的街道上。这种自行车有一个大的前轮。)

(Also Tuesday: While falling asleep near midnight, I saw my brothe clearly if briefly. He was with a group of young men and women appeared to be summer. Loren wore a short-sleeved shirt, a narrow light brown straw hat with a narrow brim, and a cane in his right hand. He stood on the left side of the scene, facing toward me. I did not hear him say anything.

(同样在周二，午夜时分入睡时，我很清楚地看见我的弟弟，虽然只是一瞬。他与一群年轻男女在一起，似乎是夏天。他穿着短袖衬衫，戴着一顶浅棕色的窄檐草帽。我的右手拿着一根手杖。他站在我视野的左侧，面对着我。他对我做了个手势，没有说话。)

(Thursday, November 12, 7 AM: This morning, again while dressing had an experience very similar to the 10th, on Tuesday. I did not have a clear-cut thought that I found myself walking back to the blocking the exit of my car from belonging to a tenant living down parking here.

(11月12日，星期四，早上7点：今天早上，我再次穿衣时，有了一次与10日星期二的经历很相似的经历。这次我发现我走回窗边，挡住了我车库的出口。这也是和之前一样的客人。我再说一遍，不是这里正常的停车制度。)

(However I did not think much of this and since Jane was already breakfast at the other end of the apartment, I forgot to mention it time I sat down to eat. And as before, by the time I left the apartm car had been moved.

(不过我并没有多想，因为珍已经在公寓的另一头吃早餐了，我忘了告诉她这件事。和以前一样，到我坐下吃的时候，就忘了。而且，当我离开公寓时，我的车已经移走了。)

(What I did not know was that right after I left the apartment Jane strong urge to walk back to the studio and look out. She almost without thinking, for she felt my garage was blocked, b She did not see the car that had been blocking the way by then. She saw me back out of the garage as usual. I did not lo her for I did not expect to. Jane says this is the first time she ca she has checked up to see if the garage was blocked. Nor does she leave for work. She too forgot the incident until it happened to me experience at lunch.)

(我不知道的是，就在我离开公寓后，珍突然有一股强烈的冲动走回工作室的窗户外面看一看。她发现自己几乎是不假思索地这样做，因为她感觉我的车被挡住了。她没有看到当时在车库前的车，因为那时早已经移走了。她看到我像往常一样从车库退了出来。我没有抬头去看她，因为我没有预料到。珍说这是她记忆中第一次记得去查看车库是否被挡住。她也忘了这件事，直到我在午餐时偶然提到我的经历。)

SESSION 106 第106节物质宇宙不以你们以为的方式存在,参照点

NOVEMBER 11, 1964 9 PM WEDNESDAY 1964年11月11日星期三晚上9点定期课

(Today marks a week since Seth's statements concerning a writing Jane's part. See the 104th session, pages 125-6. Jane has yet to

(今天是赛斯发表关于珍的写作部分声明一周后的。参见第104节，第125-6页。珍还没有)

of a sale of any kind.	到任何销售的消息。
(She does continue to receive encouraging letters from publishers. arrived yesterday from Playboy Magazine. It was a long letter and asked to see more of Jane's work. She met two executives there who have taken some cognizance of Jane's work, and we now speculate that the situation described by Seth on Playboy. It will be interesting to check future events.	(她确实不断收到出版商的鼓励信。最近的一封是最近的一封是从《花花公子》杂志寄来的。这是一封长信，编辑要求看更多珍的作品。她有见过那里的另外两位主管，他们对她的作品有一定的认知，赛斯在第104节描述的情况可能适用于《花花公子》。我们现在推测，赛斯在第104节描述的情况可能适用于《花花公子》杂志。这将是有趣的。)
(It is also interesting to note that the nodule or ganglion on Jane' almost gone. Seth dealt with this that the nodule would disappear. reminded of it because of a slight head for an extended period of time.	(有趣的是，珍的左手腕上的结节或神经节几乎消失了。赛斯说这个结节会消失，珍现在已经把它忘记了，因为当她把手臂举过头顶很长一段时间时，她感觉不到。)
(Jane had no idea of the material for the session. She was not nervous, appeared to have fully recovered from the impact. Her manner was normal in all respects.)	(珍对这一节的资料毫无概念。她并不紧张，似乎已经从冲击中恢复过来。她的举止在各方面都很正常。)
(Again, she began dictation with her glasses off. Her eyes were her voice normal her pacing rather slow although speeded up later. delivery was not fast, and also broken by pauses.)	(再次地，她摘下眼镜开始传述，眼睛像往常一样，声音正常，节奏慢，但后加快了一点。她的传讯速度不快，还不时出现停顿。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
I have been promising you a short one. Unless of course I get carried you one.	我答应给你们一节短课很久了，所以今晚我可能会给你们一节。除非当然我会被带走。
I am most pleased with the chapter that Ruburt has written to open [How To Develop Your ESP Power] and as you shall soon discover work out as I predicted they would 'in the late summer'.	我对鲁伯为我们的书如何发展你的超感官知觉能力写的开篇很满意，你很快就会发现事件会像我在夏末所预测的那样发生。
Of course we have more material yet to cover on the nature of matt appears to you. Much of this material concerning the construction of the new subjects also to concern us.	当然，我们还有更多的资料要涵盖在你们看来是物质的性质上。这些资料大部分与有关多维度的建构资料有关，也会在全新的主题上关注我们。
I am holding a rather brief and quiet session this evening, because involved for Ruburt in our last session. It quite made up for two and I will not go into that subject matter at all this evening.	由于我们上节课为鲁伯所做的努力，今晚我将举行一个相当简短且安静的课，因为我们上一节课弥补了两节课。今晚我将完全不谈物质。
Nor will we discuss clairvoyance, except to mention that as such appear frequently within the sessions as Ruburt's confidence details have appeared is evidence of increased confidence on his p	我们也不讨论千里眼，只想说，随着鲁伯信心的增加，这些细节的出现就是他信心增强的证明。
I do not consider these small helpful hints of future events to be demonstration which in certain circumstances seem to be annoyance that I do feel is merely the demonstrations may hide.	我不认为这些未来事件有帮助的小提示，是证明某种情况下似乎是烦扰的表现，而我所感到的任何烦扰仅仅是我要求示范可能会隐藏的。
You are both moving into a most profitable season, and a most fulf many respects, and this is the result of disciplined and focused energy of your parts.	你们都进入了收获丰盈的季节，也是一个在许多方面最满足的季节，这是你们双方纪律和聚焦能量的结果。
One small note here that I meant very large respect, that your physical manner in which you suppose that exist, but in a way in which your	这里有一个小提示，我指的是，从一个很大的方面来说，你们的物质实体并不存在你们以为的那样，但在某个意义上，它确实存在着，但以某种方式你们无法感知到的。
(Note that this relates to the idea November 4. See page 116.)	(注意，这与珍在11月4日的心神实验中的想法有关。)
As you know, it is the focus of your perception upon certain refere the exclusion of others, that helps distinguished other quite legitimate universe would be indistinguishable perceptions, lost in a maze of seemingly reference points, come into your them, and they change the horizons they do so.	如你所知，正是你的注意力集中在某些参照点上，而将其他的排除在外，这样的资料迷宫中，这样的资料才会进入你的视野，改变你的视野，改变你的认知。
As for example Freud added a dimension true subconscious, as far as he was perceive it.	就如弗洛伊德发现了真实的潜意识，在他能够感知的范围内增加了一个维度。
Before this your psychological world made, and new reference points be impossible before.	在这之前，你们的心理学世界和心理面的世界，到新的参照点，这在以前是不可能的。
These points are highly significant, and the world of the inner man to gain depth, shape, motion, in realm will be fully as magnificent physical matter; and again, because the physical universe, an expansion actually expand and change the universe, and in a way that could be achieved in no other manner.	这些参照点意义重大，内在人的世界将会被发现深度、形状和动态。在这个领域的发现将完全像物质实体一样宏伟；同样，由于理念和灵性能量构成了物质宇宙，由内的扩展和推动将引起实际扩展和改变你们的宇宙，而这是以其他方式无法实现的。
I suggest your break.	我建议你们休息一下。
(Break at 9:27. Jane was dissociated as usual. She said she felt f not know whether she needed the press for a longer session. Jane same manner at 9:30.)	(9:27分休息。珍解离如常。她说她感觉很好，不过，我们很快决定不强求一节比较长的课。9:30，珍没戴眼镜。)
Ruburt's attempt at predictions is may find that his scope of perceptio	鲁伯对预测的尝试是一个很好的想法，应该继续下去，他可能会扩大他的范围。
It is difficult, rather, for me to leave you so early, since I enjoy o Nevertheless I will follow my own resolution. Ruburt has sufficient already this week, and his energy should be directed elsewhere recuperates. There is no serious energy loss here. My purpose is both in a state of disciplined exuberance however, and I keep a mo eye on any, even minute, psychic	对我来说，这会早就离开你们是很困难的，因为我享受与你们在一起。尽管如此，我还是会按照我自己的决定行事。鲁伯这周已经做了足够的能量应该用在其他地方。这里没有严重的能量损失。我一直处于一种有纪律的旺盛状态，我对任何，哪怕是微小的关注。他并没有灵性疲乏。这仅仅是我的一个也

fatigue. This is a mere and perhaps unnecessary precautionary gesture.

His own work will go well this week and his energies be refreshed by usual activities, and also through playing the games. The limit for psychological time experiments should be kept up to the current point which time I will give other directions according to the situation.

本周他自己的工作进展会很顺利，而且他的能量可以通过常规活动，也可以通过玩游戏来补充。心理时间实验的限制应该维持到我们下一节课届时我会根据情况给出其他指示。

My heartiest good wishes to you both. With your permission I will look from time to time before our next scheduled session simply because I enjoy your company.

我向你们俩致以最诚挚的祝福。如果你们允许，我会在我们下一节预定的课程前，不时地看看你们，只是因为我喜欢有你们为伴。

(“Good night, Seth.”)

(“晚安，赛斯”。)

(End at 9:39. Jane was dissociated as usual. She felt somewhat let down disappointed that the session was so short. It seems really odd to the person who expects company for a nice long chat, only to have them say hello.”)

(9:39结束。珍解离如常。她对课时间如此之短感到有点轻微的失望。这感觉就像一个期待同伴好好聊一聊的人，只得到一句“你好”。)

(The following are from Jane’s psychological time experiment notebook:

(以下摘自珍的心理时间实验笔记本：

(November 12, Thursday: 15 minutes, 9:15 PM.)

(11月12日，星期四：15分钟，晚上9:15。)

(November 13, Friday, 11:30. 45 AM. 11月13日，星期五，上午11:30。45分。)

(身体的轻盈感，运动的、跳动的奇怪感觉。)

(Falling off to sleep, I saw very clearly a white door. So plainly I thought my eyes were open.)

(我睡着了，我很清楚地看到一个白色的门。我为自己的眼睛是睁开的。)

(November 16, Monday 11:45 AM: Good state achieved.)

(11月16日，星期一，上午11:45：达到良好的状态。)

(The following account is from Jane’s dream notebook, and is included because Seth mentions it in the 107th session. This also is related to Jane’s dream of November 8. See pages 128-129.)

(下描述来自珍的梦笔记，因为赛斯在第107次课中提及。这个梦也与珍11月8日的梦有关。)

(Jane's dream, Monday, November 16, 1964 9 PM MONDAY 9 AM SESSION 107 星期一 晚上9点 定期课)

(珍的梦，11月16日，星期一，晚上9点 定期课)

(I was with Doctor Kiley and another man who was also a doctor. He also dead, has been for some years, at least seven, and he was a brother McIlwain; she was in my dream of November 8 related to my mother. subsequent statements concerning her death. Now Doctor Kiley and doctor were joking and clowning around, laughing about another doctor connection with my mother.

(我和凯利（Kiley）医生以及另一个也是医生的男人在一起。他也已经去世好几年了，至少7年，他是海伦·麦克莱恩的兄弟；她在我11月8日的梦中与我母亲有关。海伦出现在我的梦中，那个梦涉及我母亲随后关于她死亡的陈述。现在凯利医生和这另一个医生在开玩笑，闹着玩，谈论关于我母亲的另一个医生。)

(Somehow, Doc. Kiley grabbed me. My clothes were in disarray I told him on the other doctor they spoke of both?

(不知何故，凯利医生抓住了我。我的衣服乱糟糟的。我告诉他们这个玩笑。他们谈论的另一个医生都有？)

(I remember Doc. Kiley best from my grade school days, just as I did Helen. I didn’t see as much of them in high school. I remember his last years were tragic. He became an alcoholic. When I was small remember a toy merry-go-round. He was a big heavyset man with a s

(我对凯利医生的印象最深的是在我念小学时，就像海伦。我和他们在高中时候，我就很少见到他们了。我记得他晚年是悲剧的。他变成了一个酒鬼。在我小的时候，我记得一个旋转木马玩具。他是一个身材高大、身材

(Then I was in Saratoga Springs, I thinking pointed to a spot in the telephone pole, and spoke about the two men — Kiley and the other had “crashed through” a barrier or some kind. And that’s how or wh Saratoga. Not clear here.

(当时我在萨拉托加温泉市，我想着指着电线杆一个地方，谈论两个人——凯利和另一名医生——撞穿了某种障碍。或原因。这里不清楚。)

(I then spoke to Nan Zeizing, a good friend of mine, but think I said to Nan that those two men, and to get my moth

(然后我跟我的一个好朋友南·泽静（Nan Zeizing）说话，但我想我对南说，那两个人，是和接我母亲的。)

(Nan also said Playboy was a good magazine, agreed saying that to read uncritically as most do, then Playboy would hurt you least good stories, and were considering my work. I told her Nan sat on a doorway.)

(南也说《花花公子》是一本好杂志，我同意，我说过，如果人们不批判地阅读，那么《花花公子》对你的伤害最小。我告诉她，南坐在栏杆上或门口。)

(The following are from my psychological time experiment notebook:

(以下内容摘自我的心理时间实验笔记：

(November 12, Thursday, 8:55 PM: Strong sensation of enlargement in tops of feet and hands, felt as though they would lift up out of themselves. Also some vagu figures.

(11月12日，星期四，晚上8:55：短暂强烈的脚一段时间，特别是手臂，感觉好像会从自己身上抬影。)

(November 13, Friday 8:30 PM: Moderate sensation a few times. Hands feet enlarged on the tops again to some degree. Once very slick beneath me “rippled.” For a moment I thought I might be attempting lift up.

(11月13日，星期五，晚上8:30：有几次温和的感觉。手脚顶部再次有一定程度的扩大。有一次很快不在我下边波动。有那么一会儿我会尝试抬起或浮起来。)

(Also saw a boys head with dark curly hair on an unrolled scroll of didn’t know him. Could have been a drawing. Another glimpse of a profile, though this was not clear at all.

(还看到一个男孩的头，卷发的黑色卷发，在一幅展开的卷轴上。我不认识他。能是画的。又看到一个男孩，也是轮廓，但是很不清楚。)

(November 15, Sunday, 8:30 PM: Moderate sensation; some enlarge hands and feet. Good state achieved. My hands felt as though crossed upon my waist, though actually they lay at my sides.)

(11月15日，星期日，晚上8:30：温和的感觉；手脚扩大。我的手在腰部交叉，但实际上是放在两侧。)

SESSION 107 第107节你在比你所知的更多的实相中存在并产生影响

NOVEMBER 16, 1964 9 PM MONDAY 9 AM SESSION 107 星期一 晚上9点 定期课

(While taking a nap late this afternoon, I had a dream which I felt was

(今天下午在小睡时，我做了一个梦，我觉得是

(Reading some of the recent sessions this morning, I felt the idea that Seth would talk about dreams this evening.

(今天早些时候看了一些最近的课节，我觉得赛斯今晚会谈梦。)

(Jane did some work on one of her paintings last night. She later while working on it she felt quite uneasy. The feeling lasted definite thoughts came to her about the sense of unease, and she putting it into words.

(珍昨晚画了一点她的画作。她后来告诉我，在作画时感觉特别不安。这种感觉持续了一段时间。她对这种不安的感觉有明确的想法，并将其表达。)

(She began dictation on time and were off, her eyes dark, her pacing and continued to use them. However as the session progressed her

(她准时开始口述，语调正常。她摘下了眼镜，眼睛黑暗，说话节奏有些停顿，然后继续说了下去。但随着课程的进

manner became rather more determined, and a trifle grim.)	加坚决，甚至有点严峻。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
I am somewhat taken back to discover that Ruburt, in using his abilities, would also attempt to censure the direction of their use.	我回过头来才发现鲁伯在运用自己的能力时，也会试图规范其使用方向。
It is as if, with his ordinary eyesight, he tried to so censure himself to only sunlight. Oftentimes information is received by the psychic organism but not correctly interpreted or understood. Oftentimes the psychic organism is bound in nervous tension for seems to be no cause.	就好像，他以普通的视力竭尽责备自己只看见阳光。信息虽然直接被接收到，但是解读或理解并不正确。被束缚在紧张的神经结构中，似乎没有任何原因。
(And this certainly seems to fit the mood of Jane's last night.)	(这当然很符合珍昨晚的心情。)
You cannot deny the normal coming of night by refusing to face it, your outer eyes would only result in the night you tried to avoid. Nor would the pleasant night would forever mean terror and recognition due it, and never explored.	你不能通过拒绝面对黑夜来否认黑夜的正常到来，你的外眼只会导致你试图避免的夜晚。令人愉快的夜晚也不会被人们永远视为恐怖和应有的认可，从未探索。
So. The information that Ruburt has been receiving by the very fact of the method of communication used, the information itself is proof that death is much more than an ending.	所以。鲁伯一直在接收的信息，从信息的来源以及沟通方式本身就证明了死亡远不止是一个结束。
(Jane's voice now became much louder and brighter.)	(珍的声音现在变得响亮了许多。)
If this information comes from a personality no longer in physical earth, then surely this is an indication that death is but entrance dimension.	如果这个信息来自一个在你们地球上不再以肉体存在的人，那么这一定说明，死亡只是进入另一个维度的入口。
The information brings, because of its nature, much more than its implications. In wishing to close himself off from beneficial knowledge and exploration which in itself expands and opens barriers that are no barriers but doorways.	由于信息本身的性质，它所带来的影响远远超出了它的含义。在希望把自己隔离开来的情况下，他也会希望把自己封闭在这些信息之外，这种本身就会扩展的探索，探索会打开障碍，而障碍不是障碍，而是门径。
This sort of experience does, for you, indeed have its unpleasant side. Nor is this to be expected for any physical death, or knowledge of any such physical death automatically by the ego. Hence Ruburt fears that he, and not his mother, is here	这种经验对你们来说，的确有其不愉快的一面。肉体的死亡，或者知道任何这种肉体上的死亡，都会自动地被自我所感知。因此，鲁伯担心是他，而不是他的母亲，在这里。
I wanted to explain this clearly.	我想解释清楚。
Now. Connected with the above material, the data is in no way along other but parallel lines. I would like to return to those questions. What was the first act of creation? How did it all begin?	现在，上述资料相互联系，但无法被看透，我会朝着平行线前进。我想再次回到那些被问到的问题上。创造的第一步是什么？一切是如何开始的？
It is basically as meaningless in essence to ask this kind of question, as it would be to pause in the middle of a dream and wonder when first the dream was created: To stand facing a dream landscape and wonder at what time the rocks had their origin. For there is a great similarity between called world of dreams and the so-called world of matter, as you shall	问这样的问题，基本上在本质上是没有意义的，就像在梦中的地点是什么时候最先产生的一样：站在梦中的一个梦中的一个梦中，应该知道，在所谓的梦境世界和所谓的物质世界之间，有很大的相似之处。
The material of the physical universe is created spontaneously and even as the dream locations in the dream world are created spontaneously and impossible in terms of time as you know it, so it is impossible for the physical universe is concerned.	物质宇宙的物质是自发地、不断地被创造出来的，也是如此被创造出来的；就你所知道的时间而言，是不可能的，因此，就物质宇宙而言，不可能做到这一点。
There has always been development but not along any single line. You are aware of development along certain lines because you focus upon those lines, do not focus upon others. There is a give and take between the mind and the physical world, and each makes or causes effects in the ot	一直都在发展，但不是沿着任何一条路线发展。你们意识到沿着某些路线的发展，因为你们只关注那些路线，而不关注其他路线。在心灵和物质世界之间，有一种相互妥协的取舍，彼此影响或引起影响。
In time as you know it, there simply is no point of first origin, since spacious present the past does not exist. The dream world is more concerned with terms. The dream world is more concerned with experience in the spacious present dealing with recognizable projections of material reality.	在你们所知的时间里，根本没有最初的原点，因为广阔的现在过去不存在。梦境世界与物质世界的连结，但它仍然是在你们的视角上处理。
Because of its relative freedom, however, the self, returning from world, can impart to the individual knowledge of much the physical ordinarily be aware. Much of this knowledge, then, resides in the s while the ego goes on its way.	然而，由于它的相对自由，从梦境世界返回的自己通常无法意识到的知识。在自我行进的同时，这种知识大部分留在潜意识中。
I will suggest your break.	我建议你们休息一下。
(Break at 9:30. Jane was dissociated, she said, but not to her usual extent.) When she began dictating again she spoke in a very determined manner; at the same time she spoke a little faster. Res	(9:30。珍有解离，但没有达到平常的程度。当再次开始口述时，她以非常坚定的态度说话；同时她说话的速度也快了。)
This connection between the dream world and the world of material unusual.	梦世界与物质世界之间的这种连结并不罕见。
While the two dimensions seem entirely separate, and while it is nearly impossible, to dwell within both simultaneously, there are occur in both. The two perspectives or dimensions do exist simultaneously though you cannot inhabit them simultaneously.	虽然这两个维度似乎是完全分开的，虽然同时栖息于两个维度几乎是不可能的，但还是有发生在这两个维度的。两个视角或维度确实是同时存在的，尽管你不能同时居住在其中。
The barrier, if it may be so called, is not so much in the nature of dimensions themselves, but in your focused mainly in one of these. You attained, awareness, or rather dimension at a time, though experiences may be received separately.	这个障碍，如果可以这么称呼的话，并不在于两个维度本身的局限性，而在于你们主要集中在其中一个维度之前的觉察，或者更确切地说是直接觉察。虽然可以分别接收其他维度的不同程度的经验。
As awareness develops, so do the abilities develop that enable the handle ever-varying data, and the therefore manipulate and function perspective of its meaning. There are —	随着觉察力的发展，种种能力也在发展，使整体能够处理不断变化的资料，因此能够操纵这些资料，并在其意义的视角下运作。
(Here, I abruptly had a coughing spell, as I attempted to swallow a was rather severe and I had to stop my taking of notes. Jane waited watching me while I tried to breath. Perhaps a minute passed.)	(在这里，我试图喝下一口牛奶时，突然咳嗽起来。这次咳嗽相当严重，我不得不停止了做笔记。珍静静地等待着，看着我，我尝试着呼吸。大概过了一分钟。)

I suggest a brief break.

我建议简短休息一下。

(Break at 9:43. Jane was this time more fully dissociated, she said "funny" when I started to cough, so I felt suspended between the trance state and the waking state, she couldn't pull out of the trance. She wasn't able, for instance, to recall this is the first time an interruption of this kind has occurred during dictation.

(9:43 休息。珍这一次解离比较充分。当我开始咳嗽时她说“奇怪”，因为我便暂停了传达，她仍然觉得悬浮在清醒状态和出神状态之间，她不能轻易地摆脱出神状态。她无法回忆起这是口述中断的第一次。)

(Again without her glasses, Jane (珍又没戴眼镜。在9:48分恢复正常)。

There are other dimensions, some however you exist, or have some where in one way or another you f

还有其他的维度，其中有些维度你们几乎不可察觉地存在，或者有一些存在方式，你用某种这样或那样的方式形成十个参照点。

You are not known for what you are in your human form. You are known you are chemically and even electr

在这些维度中，你并不是以你之所是而被认识。你只是借由你的肉身而被认识。在某些维度中，你相当地是化学的，甚至是电磁的。

In some, only the constant telepathic psychic communications are These, in this particular other dimensions appear as something compared to the winds that sweep across your own earth.

在某些维度中，只能接收到不断的心灵感应的心灵通讯。这些特别的其他维度中，这些似乎可以与扫过你们地球的风相比拟。

These projections, from this dimension into others in this manner unusual. Projections in terms of reference points appear and you have as little knowledge or understanding of their true inhabitants of other dimensions have of your own.

这些投射，从这个维度以这种方式投射到其他维度，是不寻常的。参照点的投射出现在你们的维度，你对它们的真实本质的知解，就像其他维度的居民对你们自己的维度缺乏知解。

In all these cases the available projections are interpreted according to the conceptions of those in whose dimension interpreted according to the particular camouflage patterns which for existence within a given dimension.

在所有这些情况下，可用的投射都是根据它们出现的维度的人们的观念来解释的，根据特定的伪装模式来解释，存在于给定的维度内的固有模式。

Yet these projections or effects from your dimension into others and dimensions into your own, do cause reactions which they occur; and various attempts will be made and are made but always within the framework of a concept such attempts in this manner are doomed to failure.

然而，这些从你们的维度投射到其他维度，以及从其他维度的投射或影响，确实会在它们发生的层面内引发反应，各种尝试也会对它们进行解释，但总是在公认的概念框架内。因此这种方式的尝试注定是要失败的。

As you know, camouflage elements are formed from the vital energy forms of itself all dimensions and all realities. It exists since the camouflage itself is merely the form that is adopted. The any dimension, or whatever makeup, are still whole-self construction

你们知道，伪装元素是从生命能量之中形成的，生命的维度和所有的实相。它存在于所有伪装之中，因为伪装本身仅仅是被采纳的形式。任何维度的居民或者说不管是什么组成，都是整体自我建构。

The whole self as you know has its existence in uncamouflaged ene therefore capable of the assimilation of all energies. It chooses, be basically unaffiliated and perspective. In actual practice the general purposes the inner self retains perspectives, and is aware in various existence outside of them.

你们所知道的整体自我在未伪装的能量中存在，因此有能力同化知识。如果它选择的话，基本上独立于视角。在实际的实践中，这需要一个最高的视角，但内在自我也能从各种的视角中保持自由，并在不同的视角之外的存在。

Through the inner senses, therefore, some enlightenment can be felt both the actual existence of dimensions, that the physical self can and also through the inner senses achieved through the inner self's knowledge of its freedom.

因此，通过内在感官，某些开悟可以得到——既可以感受到肉身自在的启迪，也可以通过内在感官通过内在自我的知识和连续性的感觉，confidence and conti

The subconscious has great and rather astounding effect in dimens than your own, and it sends vivid appear there and are in their turn camouflage senses of those inhab hints of your reality.

潜意识在你自己以外的维度中有巨大且相当惊人的效应，它发送生动的视觉。这些投射出现在那里并又被那些其他的视角中的伪装感官所吸收。然而他们的内在感官却暗示着你们的现实。

You exist and have effects in more realities than you know, and you and pieces of other perspectives I have told you, long ago, that you applies to your own dimension, and numberless projections that appear separated from it.

你在比你所知的更多的实相中存在并产生影响，你们的视角的碎片在其他视角中。我很早就告诉过你们，这适用于你们自己的维度，因果理论是荒谬的。无数的投射出现在那里并又被那些与你们的宇宙分离的维度中。

I will not say outside of it since as you know it, then in space that separates, it is the focus and form of energy.

我不会说它之外，因为在很多情况中，如果你认识它，那么在空间上很多视角是一起出现的。分隔点和形态是能量的形式。

You may take a brief break.

你可以稍作休息。

(Break at 10:15. Jane was fully dissociated this time, tiring, since her rate of dictation had continued to be fast.

(珍这次完全解离。我写字的速度很累人，因为快速的口述一直持续。)

(Jane had been delivering the material while pacing barefoot aroun At one point she inadvertently kn The blow made a good noise and least wince. However she continue now told me she felt her foot strike have bothered her a lot more than it did.

(珍一边传达资料一边赤脚在房间里踱步。有一次她无意中踢到了桌腿。桌腿撞得很大声，我以为她会畏缩一下，但她继续说下去，像什么都没发生一样。她现在告诉我她的脚踢到桌腿，通常情况下，她会比现在更不舒服。)

(Jane resumed in a slightly slower fashion with more pauses. She began, and this accompanied her remarks concerning her practi psychological time. Resume at 10:19.)

(珍以稍慢的方式继续，停顿更多。开始时她笑了，并伴随她关于练习的看法。10:19继续。)

I am indeed going to end the sessions shortly, giving Rubert some ones.

我很快就会结束此节，给鲁柏一些相对简短的课。

He has been doing so well at his work.

他的功课一直做得很好。

I still do suggest the fifteen minutes time, until the end of the week. And then we shall see.

我还是建议他把每日时间限制在15分钟，直到本周末。

You will find that we have gone somewhat ahead this evening in our wanted to mention the fact that the subconscious has definite effe definite projections into other dimensions or perspectives, as a ba thorough discussion on the levels of the subconscious.

你们会发现，今天晚上我们的资料有些超前了。我有明确的影响，并向其他维度或视角投下明确的投射，意识层次的基础。

So far we have covered the areas 到目前为止我们几乎是从三维的角度涵盖了这些领域，注意定义只是最浅显的阶段，我们将按照我们应该的
dimensional view, using depths to be just the initial stage, and we will progress as we should.

There are here in what you call the subconscious; abilities and 在你们所谓的潜意识中；这里有你们知之甚少的能力，如何将自己投射到其他维度时，你们也会更清楚
you know little, and as you see how the subconscious projects itself 以形成你们自己的物质世界的。这里有很多需要解
dimensions, so will you see more clearly how energy is projected to form your own world of matter. There is much here to be explained.

My most dear friends, I will now close our session and may I say it 我最亲爱的朋友们，我现在要结束我们的课，如果
will let me: Be of good cheer, for there are rights where you think 说：要开心，因为在你认为黑暗的地方也有光。容
darkness. And may I again assure him that his existence is in no w 与他所收到的任何信息毫无关系。
with any of the information he has received, at all.

Your help, Joseph, has been most beneficial to him, and it is 约瑟，你的帮助对他大有裨益，对他来说，处理这
him to manage this sort of data; but if he could not manage it, 如果他应付不了，就不会接收到它，因为我们正在
received it, since we are developing integrations and 培养了他的整合能力，他不易受到那些经验的影响，或
him from a vulnerability to experiences that would be, or that would 或对人
danger to the overall balance of the personality.

I am developing, or helping him develop, abilities that are 我正在小心翼翼地发展，或帮助他发展他的能力。
abilities are indeed developing a 现在正在成长，以不同的方式，在表面之下，但它
beneath the surface, but they will show themselves, and much to yo 很大的好处。
Now, my most fond good wishes to you. 现在，我向你们致以最诚挚的祝福。
(“Good night, Seth.” (“晚安，赛斯”。

SESSION 108 第108节没有模特的肖像画,能量的向内性,正负场同时形成

NOVEMBER 18, 1964 9 PM WEDNESDAY 1964年11月18日星期三晚上9点定期课

(Trying psychological time for fifteen minutes, on the 15分钟心理时间，以及
Wednesday, November 18, Jane achieved a very excellent state on each 天，简都达到很好的状态。
(I have little to report concerning my recent psychological experiences, 关于我最近的心理时间经验，除了适度的感觉之
beyond a moderate sensation. This place is my low point for m 外。这里是我的一个低谷。
(Yesterday a friend from our Sayre days visited us. We had not seen 昨天，我们住在赛尔时的一个朋友来访。我们
several years. She is a nurse, has been attached to a Soary rehabilitation 有几年没见了。她是一名护士，现在给一个
a few months in this country before joining Sonja in. She had 在国家待了几个月，然后与索尼娅一起工作。她
various times had urged me to sell the painting, and I did even 曾多次劝我把画卖给她，我甚至
sell her the painting, and I did even 卖给她。这幅画对我和珍有特别的感情价值，但我还是卖
I.
(The portrait is one of my “people” that I had painted without a mo 这幅肖像是我在没有模特的情况下画的“人”之一，这
my favorite way of doing people. Seth has spoken of this 是我最喜欢的画人方式。赛斯说过这幅画是未知人物的肖像，因为我收
unknowns because I have received 曾经一度决定不卖掉这幅画，但根据自己的
decided never to sell the portrait 感受，连同其他人的影响，我会改变主意。我
light of my own feelings, along with the influence of others, I may 为什么想要这幅画，所以决定卖掉它。我觉得这
work to influence others. Yesterday Sonja wanted the painting, and so 或者前世的某个地点，这幅画比较抽象，但暗示了
remind her of a past life, or a particular life location. The painting was 那种生活
but hinted at a Middle East background, and the head was in a turb
(I did not know it at the time, but Jane would have preferred that I 我当时并不知道，但珍更希望我保留这幅画。说
painting. Truth to tell, we both miss it after Sonja left. However 都很想念那幅画。不过我有它的照片，我会再划
photographs of it and will now do another one, in a different 好，因为我现在是一个更好的艺术家。
better since I am a better artist now.
(Jane had no idea of the material for the session. She began dictat 珍对今晚的课程内容没有概念。她开始传述，声
a bit deeper and stronger than usual, and again without glasses. 又是没戴眼镜。她的眼睛很黑，踱步缓慢，说话
were dark, her pacing slow, and she spoke with her usual pauses.)
Good evening. 晚安。
(“Good evening, Seth.”) (“晚安，赛斯”。)
I also miss the painting that hung there upon the wall; and while I 我也很怀念那幅挂在墙上的画；虽然我不会在这节
much of this session with this material, I will never miss making 资料，但我还是要在这里就这幅画的出售对家发表
comments concerning the person to whom the painting was sold.
No doubt here of jumbled relationships, as far as the personality is 毫无疑问，就人格而言，这里有混乱的关系。我们
We find here a personality once a war lord in the year 1400 and 现在这个人格与这个国家
empire, and no coincidence that the personality is now involved wi
No coincidence here either, the difficulty of establishing definite 难以建立明确的性别角色，在这里也不是巧合，这
painting always struck the personality deeply, reminding him, because 格，因为脸部肖像和背景，让他想起他曾经来自和
face portrait and the background, the bare and ancient land from 老土地。
had once come, and to which he returned.
I would like to speak this evening 今晚我想进一步谈谈伪装方面的资料。正如你们所
as you know camouflage, the outward aspect of consciousness. It is formed through the inwardness, not the other way around. 外性是通过向内性形成的，反之亦然。
There is always an excess of this inwardness struggling to express 这向内性总是过剩的，努力以一种外在的形态来表
outward form. For this reason a study of the outwardness will never 向外性的研究永远不会导致对向内性的真正理解。
comprehension of the inwardness. There will always be that inside 性。
unexpressed.
The inwardness is individualized. This is the rule. There is no uni 向内性是个体化的。这是规则。没有非个体化的能
energy. There is no energy that is not to some extent aware of itself 种程度上觉察到自己；在以某种方式寻求并实现了
sought and achieved expression through physical form in one way o 它并不满足，而是永远寻求更复杂的完形。
is not satisfied but forever seeks more complicated gestalts.
The inwardness therefore flows through and forms matter, and the i 因此，这向内性流过并形成物质，当向内性在任何
remains when it has finished expressing in any given form. As you 情况下，记忆
case of man, memory, experience 向内性仍然存在。你知道在人的情况下，
and value fulfillment is not lost, a 为向内性扬弃一种形态而丧失。这将否定了价值的充
inwardness disregards one form. This would deny value fulfilment

I have told you that energy always regenerates itself, but the implications here are psychically are astounding, as the inward energy forms gestalt after gestalt, and each gestalt itself then continues to go on regenerating itself, regenerating personalities which are never destroyed.

我告诉过你们，能量总是能再生，但这里在灵性上的含义是惊人的，因为内向的能量形成一个又一个的完形，每个完形本身再生，形成新的人格，而这些人格永远不会被摧毁。

The entities, like master memory files, are stored in the brain cells, or in the personalities; and even these entities are made up of many parts, and each segment retains the complete data that belonged to the original entity.

在有们，就像主记忆细胞一样储存它的，或在它们的完有也常常被分成许多部分，每个部分都保留属于原实体的全部资料。

Here you see, psychically and electromagnetically, something close to your birth process, but without the sexual aspect. The psychic creation is spontaneous. It is the existences, and pushes its way into all of all.

这里从灵性上和电磁上来说，有某种接近你们的出生过程的东西，但没有性的方面。灵性的创造是自发的。它是所有存在的基础，并推动其进入一切之所是。

There are possibilities in all inwardness that seek to establish coherent elements, will make it possible for them to come into being. There was also therefore from the inherent in inwardness, collect many possibilities, setting up coherent elements, began with the psychic possibility, in consciousness.

在所有向内性中都有些可能性寻求建立起凝聚的类似元素，可能性力图为存在而汇集，内向性中固有的可能性，可以说，建立起凝聚的类似元素，始于灵性可能性，开始在意识中成为现实。

They formed atoms and molecules, after first spreading out a positive field. There was also therefore from the beginning here a negative field, and they weaved matter in and out of this psychic beginning framework, they the world of matter and of negative matter.

它们先展开一个正场（positive field）之后，形成了物质和负物质的世界。有当时在这个灵性开始的框架中，它们同时形成了物质和负物质的世界。

The inwardness, as you know, is conscious of itself; but forming the universe it could express its consciousness by forming a new beginning with the innate, rather than the original, consciousness. When sufficient atoms were formed from giennwear and zendecrognys, combinations became possible, and could be made apparent.

如你所知，向内性是有意识的；但形成这个新宇宙开始，以固有的、而非原有的意识来表达自己的意识。当足够的原子形成时，组合就成为可能，并可以加速的意识。

I suggest your break.

我建议你们休息一下。

(Break at 9:30. Jane was well dissociated for a first delivery. Her again become quite positive and elaborate almost forceful and resumed in this manner at 9:39.)

（9:30休息。珍在第一段的传讯时完全解离。她详尽，几乎是强有力和响亮的。9:39她以这种方

This inwardness is so adaptive and self-generating, seeking all ou possibilities, that it not only in new ways, operating through the additional field or plane within and while yet within the physical universe made possible because of the physical themselves.

这个向内性是如此的具适应性和自生性（self-generating），寻求所有可能性，不仅以新的方式，通过物质宇宙内的运作，在物质宇宙内建立一个附加的场或平面，并完全贯通，或建构在另一侧，而在物质宇宙内成为可能，这是因为物质的机制与参与本身而成为可能。

And then within this same physical universe, the inwardness was not find expression through but one form, but to degrees. What you call reincarnation is only one aspect of a particular process within your physical universe.

然后在这同一个物质宇宙中，向内性并不满足于只以多种形态和程度来表达。你们所说的转世，只是整个再生过程中的一个特定关注的一面。

Remember now that the abilities of the inwardness determines the form, species and so forth. In the beginnings, within your universe characteristics grouped into units of attraction, so that mental enclosures formed that could be compared to the smallest physical particle.

现在记住，向内性的能力决定了向外的形态、物种等等。在宇宙的开始，在你们的宇宙内，灵性特征被分组成为吸引的单位，因此精神围场形成了，可以比较的最小物质粒子。

Initially these mental enclosures formed such units could manage, capturing other enclosures, through attraction, in which case the two groups joined together, the additional matter that they could form and when two such enclosures joined they could between them form matter through interrelationships, than either could alone.

起初，这些精神围场尽可能多的形成有关自己的物质，过吸引捕获其他围场，在这种情况下，这样的两个群体结合在一起，形成了额外物质而受益。因为有这种过剩的物质，它们可通过相互关系形成更多的物质，比单一的围场要多。

The unified units, then stronger, began again the process of joining such units through attraction. Some such units therefore captured, so to speak, at this stage; and they became self-contained units.

统一的单位，然后更加强大，又开始了通过吸引与这样的单位结合的过程。有些这样的单位封闭了自己的边界，因此可以说，在这个阶段捕获了；它们成为自足的单位。

These units however, while not adding any more matter to themselves self-contained, could and did become units for other units which continued, not yet building block units, while not exhausted, and so more complicated gestalts.

这些单元虽然没有给自己增加更多的物质成为自足的，可以并且成为其他单元的基础，使其继续，尚未完成的构建单元，并没有耗尽，然而成为更复杂的完形。

It will be found in some important respects that the dream universe even then, has somewhat the same relationship to the physical universe on a psychic level, that the physical universe has to the universe of nature. They represent skins, layers of skin, all belonging to the same fruit. holding the fruit might be able to peel away the layers, but as for the layers while making up the fruit are to all intents and purposes

在一些重要的方面会发现，甚至从那时就开始了的梦宇宙，在灵性层次上，与物质宇宙与自然宇宙的关系，在灵性层次上，与物质宇宙与表皮、外皮、层层的外皮，都属于同一个果实。拿着果皮，但就水果本身而言，各层虽然组成水果的各层实际上都是分开的。

I suggest your break.

我建议你们休息一下。

(Break at 9:59. Jane was again well dissociated. Her again completely resumed in the same energetic and manner at 10:02.)

（9:59休息。珍再次完全地解离。她又以同样的态度继续，说话精力充沛。10:02）

A note here.

这里要说明一下。

In your paintings, Joseph, you attempt to show the inwardness behind completed physical construction, which is imprisoned briefly in the outwardness.

约瑟，在你的画作中，你试图表现已完成的物质建构背后的向内性之无尽的本质，暂禁锢在向外性中。

When Ruburt attempts his paintings he tries to catch the inwardness moment of construction, with the fully completed appearance is for this reason that he has so much difficulty with his perspecti

当鲁伯尝试他的绘画时，他试图在其构筑的瞬间之完全呈现，而是在两者之间。正因为如此，他的透视有困难。

He is concerned with inwardness in the perspective. You, Joseph, look through the completed and perfection, through to the inwardness which fills your paintings

他关注的只是向内性。你们，约瑟，透过完成与完美，穿透向内性，它充满了你的绘画。

objects, as it fills physical objects themselves.

Through the outwardness, beautifully constructed you hint at the s
within, and you bring it out, actually through the form, but such
inwardness, trying to express itself in form, the coming together a
before the physical event.

通过向外性，精美的建构，你暗示在其内的意义；
出来，事实上展示，向内性，试图在实际行动聚合的
它。

He hints at the object, looking from the inside outward. You do not see
partnership that applies to your relationship in general, the reason
technical inability in painting, and his technical ability in writing

他用内而外暗示这个对象。你在这里看不到一种适
系。这也是他在绘画上技术欠佳，和也是他写作技能的

Allegorically speaking, from the inside he reaches outward, his hand
inwardness, but it is you who form the image, and he is afraid
afraid of what you considered, but it is you who form the image.
And he was afraid of what he considered, and the image was not
once formed.

比喻地说，他从内部伸向外，双手满是向内性的
是你，在过去，你所考虑的，他害怕的是你形成的
他害怕的是他考虑的，而形成后的实质本质。

He is now more able to deal with this, and you are much better equ
grapple with the inwardness, so that you have helped each oth
in this way.

他现在更有能力去处理这个问题，而你现在也更有
你们就以这种方式极大地帮助了彼此。

This has been somewhat, though not too far off the subject, and it
still will, involve us in a discussion of the parallel development
universe, the world of negative matter, and the dream world. For e
depends upon the existence of the other.

这有点离题，虽然不是太远。我本来打算，而且仍
将涉及物质世界和梦世界的平行发展的讨论。因为
在。

There are so many interconnections, and the universe inward energy was so invisible at first, but it will early to show themselves. Anything could be expected, in any field, attai

有如此多的相互联系，向内的能量是如此具有创造
性的，一开始是看不见的，但它也早早地开始显现出
迹象。任何东西都会被期待，在任何领域，

Reality means consciousness, and through the very physical appara
developed by inwardness, which was embellishments became possible for only formed physical matter then, itself, new dynamics from which consciousness could originate.

实相意味着意识，通过内性所发展出的物质装置
饰品成为可能。这一步的色彩只形成了当时不成形的
物质本身，新的维度，意识可以从此产生的新动力

As within your universe, as a personality reincarnates into differe
have the retention of the original subconscious; and you have the a personality time after time.

就像在你们的宇宙中，当一个人格转世成不同的形
式时好坏保留在潜意识中；你会一次次地

There is a splitting away from the original psychic branch but wit
previous individual existence.

有脱离了原来的灵性分支，但带有先前个体存在的

(See the 54th session, May 18, 1964, Volume 2, page 91, etc. Seth
this fact to some extent as far as
not Seth now, he states, not his s
Ruburt is, now, an extension and
time, centuries ago. See also the
theme.)

(见第54节，1964年5月18日，第2卷，第91页等，赛斯
以一定程度处理这个事实。他说，现在不是赛斯，不
是鲁特现在是一个延伸和扩展，几个世纪前。
参见第63节对同主题的简要提及。)

The individuals continue to exist, and express themselves accordin
development in other fields not c
your plane. No particular identity
meaningless. And in other ways to
through art of any kind, the physi
consciousness, in his own way the
other fields or planes of attraction, which according to their abili

个体在你们的层面上结束时，他们继续存在，并
其他领域的发展来表达自己。没有特定的身份
是无意义的。以某种方式整个过程通过任何艺术，
意识形成的肉身生活，以他自己的方式作为依据他们
物质的能力，建构其他

This is not difficult to understand when you consider even the simplest of
understanding even the simplest of physical phenomena alone.

如果你考虑到，即使是单单理解最简单的物理现象
也不难理解。

You may take a break and I will c session.

你可以休息一下，然后我再讲一会儿，或者如果你
节。

("I'll take a short break, then.")

("那我先休息一下。")

(Break at 10:29. Jane was again well disassociated. My writing hand
otherwise I would not have taken the break quite so quickly. Jane's pace had been f
She resumed in the same active manner at 10:34.)

(10:29休息。珍再次相当解离。我写字的手很累，
否则我不会这么快地休息。珍的步伐一直相当快。
她以同样活跃的方式继续。)

It is impossible to go into many matters which you are waiting for
ins are made.

在没有更多的相关事物联系配合之前，不可能去讨

The communications occurring from your landlord's father forgotten on my part. It is merely that the questions you ma
often require a complicated background in an answer.

例如，来自房东父亲的通讯，这些我都没忘记。只
是需要复杂的背景来回答。

Nor have I forgotten any of the psychological time incidences. The
covered in a particular sequence of particular matter, and could
chunk, so to speak. Nor could I have even begun this explanation
relationship and growth of the physical universe, the universe of n
and the dream universe at a much earlier date. The preparations ha

我也没忘记任何一个心理时间的事件。这些都将在
以特定的顺序，整块地端出来说明可以这
候就开始解释物质宇宙、宇宙和梦宇宙的关
项先奠基好。

There is a communication possible between your universe and the u
negative matter, but it does not im
confined to our imaginary fruit, y
thoroughly than you do, and its th
degree.

你们的宇宙和负物质宇宙之间是有沟通的可能性，
但它不会限制在我们想像的水果中，然而
道的更透彻地了解它，以它的方式可以理解到

When you attempt space travel for example you are attempting to t
the complete fruit, but only within
important; and traveling in one di
even, would require more, much much more, a bit it's than you have

例如，当你们尝试太空旅行时，你们是在尝试不绕
在果皮的层之内或上旅行。这圆满实很重要；
行甚至是在物质层面上旅行，所需要的能力也比

There will be much more said here, but it cannot be said now. It will
sense to you. I am afraid that I will have to run through, continue with the
psychological time period again until I get to a point where I will have
proper balance, and whether he realizes it or not, he is becoming a
controlling energy acceleration, and automatically adapting himself

这里还会有更多的要说，但现在不能说。你们还听
用较短的心理时间段，继续下去，直到我们到达一个
他不自己意识到这点，他已经开始习惯于控制能量
加速，并自动调整自己。

(Jane now gave a broad smile as she took a bow.)

(珍在屋里鞠躬，露出灿烂的笑容。)

This session has been extremely fruitful, and a number of points have been

It amuses me, as a last thought, suggesting depth for considering is built around it.	最后一个想法，我觉得很“有趣”，你讲的“坑”暗示着深度，以内在为核心的深度。你可以看到这
I will have more to say also about your convenience, and so I say a most fond good evening to you both.	关于你们的事情，我还会有更多的话要说，约瑟。
I will now close, although I am in fine form, and could indeed carry on splendidly for quite a while. However, I will your convenience, and so I say a most fond good evening to you both.	我现在要结束了，虽然我状态很好，很清楚地传过阵子。不过，我会考虑到你们的方便，所以在此向
(“Good night, Seth.”	(“晚安，赛斯”。
(End at 10:50. Jane was dissociated as usual. Seth, she said, “c am like a bell.” My writing hand was tired.	(10:50结束。珍解离如常。她说，赛斯，“像铃铛
(As this material continues to expand indeed nothing is simple in explanation. For this reason we have questions concerning a quick explanation on any subject that might the moment. Most of the time now we do not even ask.	(随着这些资料的不断扩展，珍和我越来越意识到 释。出于这个原因，我们已经缩减了那些我们目前 要快速得到解释的问题。现在大多数时候我们甚至
(Both of us have kept strict records of our psychological time stud example, with the hope that Seth now piled up to such an extent, however, this Seth can ever cover them, as he detail. Even if he began a discussion of same problem arises with dreams, settle for what we can obtain each gathering material is quite limited, yet it keeps us busy.	(比如说，我们两人都严格记录了自己的心理时 实，然而，这些记录现在已经积累到了这样的程 如果他能够像他在同时间内承诺的那样非常详细地 讨论它们，它们还是会累积起来。同样的问题也发 上等等，所以我们满足于我们每次所能得到的。 的时间是相当有限的，却让我们很忙。
(I am not sure that Seth's statement on page 150 constitutes a dis he mentions that a communication between negative matter is possible. In the companion universes to ours, calling them and lumping them under the general session Seth states that our universe universe of negative matter can never of a “meeting” he was referring to in psychic communication in the present session.)	(我不确定，赛斯在本节的陈述是否构成扭曲，他 之间的交流是可能的。在第63节，他也提到了与伴 称它们为前影像与后影像，并把它们归为负物质或 书中，赛斯说我们的宇宙和出负物质构成的两个宇 的关键是，他在第63节中所说的“相遇”是指什 的是一种灵性的沟通。
(The following material is from Jane's psychological time practice.	(以下资料来自珍的心理时间笔记：
(November 19, Thursday, 11:30 AM:	(11月19日，星期四，上午11:30：
(November 20, Friday, 11:30 AM:	(11月20日，星期五，上午11:30：一样。
(November 23, Monday, 11:45 AM: with red wood. It was not wood in it might be a persons.	(11月23日，星期一，上午11:45：看到一个有着红色的木头。里面不是木头，我在Tulsa时，到“人”可能是一个人的名字。
(It will be recalled that Jane is still limited by Seth to fifteen minutes psychological time practice a day. See the 105th session.)	(应该记得，赛斯仍然限制珍每天只有15分钟的心
(The following material is from my psychological time practice.	(以下资料来自我的心理时间笔记：
(November 19, Thursday, 8:30 PM: Mild thrilling sensation upon lying Hands enlarged somewhat on tops, that my left heel came to feel that off the edge of the bed. The sensation unmistakable. I verified that my foot pressure. This sensation is like some achieved a much greater degree, however, as when she attempted to psychically and ended up in her trance of November 4, 1964. See p	(11月19日，星期四，晚上8:30：躺下时有轻微 不寻常的感觉。我的手掌变得稍微大了一点。我的左脚后跟以下感觉什么都没有，就像悬在床边一样。 持续了好一阵子，不会弄错的。我通过施加压力来 感觉就像珍最近经历的一样，不过她达到的程度 4日试图灵性旅行，结果进入了出神状态。第105
(November 23, Monday 8:15 PM: This was my first session after resuming psychological time study. Most of the sightings and sounds were very vivid at the time, and I did achieve partial duration	(11月23日，星期一，晚上8:15：这是我恢复心理时间研究后的第一次。我经验到了视觉和听觉部分的景象和声音，但它们在当时是非常生动的，我确实在一定程度上实现了持续。
(Among other things I saw a skull stem above a box of some kind like concern involved on my part. It flashed very briefly in the middle saw a bright yellow light flash behind the seated figure of a man a not know the man.	(在其中，我看到了一个骷髅头，突然从相当清晰的一根摇晃着的杆子上冒出来。我没有任何惊吓的关心。它闪现了一下，在中间不远不近，另外我还看到一个坐在办公桌前的男人的后面闪现了一道明亮黄色的光。我不认识这个人。
(When I first lay down I had the feeling that a door had opened out to the left, letting light creep sure it was closed. The right eye me several times. One time I saw deserted house into a field of knee plainly.	(当我刚躺下的时候，我有一种感觉，在我的视线左侧，一扇门开了出来。我不得不坚持在右眼以确保它是关闭的。我这感觉闪现了几次，有一次我看到一间空房子走出来，进入一片齐膝高的褐色和绿色的草地，很清楚。
(Monday night, November 23, 12 PM: Upon retiring I experienced many sightings of painted trees, bushes, etc. I fall colors working on such a landscape today.	(11月23日，星期一，午夜12点：睡觉时，我看见了等等，秋天的颜色，持续了相当一段时间。今天
(November 24, Tuesday, 12:00 PM: retiring I had a recurrence of seeing switched to receiving other vague plainly.	(11月24日，星期二，午夜12:00点：又是一次。睡时我又看到了画中的树木，有一小段时间然后开始收到其他模糊的景象，但我很快就不记得了。
(Then, evidently in a good state between waking and sleeping I found myself looking down upon a covered, landscape with white mountains and flat white expanses, a blue sky. It was rather brief but very clear. I saw a round hole in the ice; at the hole were two men wearing white fur suits, and moving as though perhaps fishing through the ice.	(然后，显然是处于醒时和睡眠之间的良好状态下 象。在高空中，我发现自己俯视着白雪覆盖的大地 色田野，还有鲜艳的蓝天。时间很短，但很清晰。我 面上张开的圆洞边有两个穿着白色毛皮套装的人 像在冰上钓鱼。
(The scene flickered at full strength for a second then was gone. I surprised I spoke aloud; Jane answered I wouldn't forget it by chance until speaking to her, I again saw the the rough white terrain.	(画面全力闪烁了一秒钟然后就消失了。我很惊讶 声，珍就回答了。我不经意地描述了一下，直到与她说话后，我又模糊地看到那两个身影在粗糙的白色地
(Seth's recent statement that my more vivid seems to be working o the 100th session.)	(赛斯最近说过，我的心理时间经历很快就会变得 第100节。)

SESSION 109 第109节梦宇宙与物质宇宙平行发展

NOVEMBER 23, 1964 9 PM MONDAY	1964年11月23日星期一晚上9点定期课 SCHEDULED
(Jane feels she could have had a session at about 3:30 PM, Saturd rejection from Playboy arrived in the mail. The rejection slip was accompanied by a letter and this made her angry. She thought of S statements in the 104th session, concerning a sale that developed. wondered just what the statement meant. She doubted its veracity. received from Seth, mentally a firm statement regarding a sale developed. I was talking to her at the time but she did not mention me.	(珍觉得自己本可以在周六下午3:30左右有一个课。来自《花花公子》的拒绝函随信附上一封信，这让她很生气。她还记得第104节课中关于一个已经发展起来的销售的陈述，她想知道这句话究竟是什么意思。她怀疑其真实性。然后，她在精神上从赛斯那里收到了一个关于一个销售已经发展起来的明确陈述。当时我正在和她谈话，但她没有提到我。
(Around suppertime Saturday when we were again discussing the ma interpretation of prediction data, Jane again felt Seth nearby. This mentioned it to me but I left it up to her as to whether she wanted did not take me up on the situation and so none was held.	(星期六晚餐时分，当我们再次讨论预测资料的解释时，简再次感到赛斯在附近。这次她跟我提了，但我让她自己决定是否想要。她没有接受我的意见，所以没有举行任何课。
(As session time approached Jane had no idea of the material for She told me she "still feels funny," even after this time.	(随着上课时间的临近，珍对这节的内容毫无概念。她告诉我她"还是觉得很奇怪"，即使在这段时间之后。
(Jane began dictation in a normal voice, the voice were off, her eyes dark, her pacing regular.)	(珍以正常的声音开始口述，但声音有点不对劲，她的眼睛黑暗，她的节奏规律。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
We have a variety of topics for this session.	今晚我们有各种各样的话题。
A small note here, mentioning a fact of which Rubut is surely now momentary difficulty in the short story that he did not finish was a very temporary relapse because of pressure. He has been long accustomed subconscious to deliver an idea, as he has been long accustomed t	在此做个小小的说明，提到一个鲁特现在肯定知道的事实，他在短篇小说上所暂时遇到的困难，只是因为压力而造成的暂时倒退。他没有像他一直以来习惯做的那样，等待他的潜意识来传递一个想法，通常是由于不耐烦造成的。
When he grabs upon a definite whole, a definite idea, it is past caused by impatience. He is past the momentary lapse.	当他抓住一个确定的整体，一个确定的想法，通常是由于不耐烦造成的。他现在已经克服了暂时的失误。
I would like to speak concerning the parallel development of the un matter as you know it, the universe of negative matter, and what is universe of dreams.	我想谈谈关于你们所知道的物质宇宙、负物质宇宙和梦宇宙的平行发展。
We have spoken concerning the relative impossibility of first origi consider them, occurring at a particular time. The energy existed before the conception of being an interpretation of the space-time continuum originally began but continues in time. The development before the conception never have come into existence.	我们已经谈到了你们所认为的，在特定时间发生的第一个原因的相对不可能性。在你们的时间概念之前，内在的能量早已存在。你们的时间连续体显然是对广阔的宇宙现象的一种解释，它开始了，但是在时间上继续。在概念之前的发展实际上从未出现。
There are points, quite imaginary, that can be used as reference those who ask concerning the time of the origin of consciousness, w universe, are those who do not understand that the most minute phy particle, the most microscopic, is a materialization of inner, awar	有些点，相当虚构，可以作为参考。然而，那些问到意识的起源时间的人，是不明白最微小的物质粒子，最微观的物质，是内在、觉知的物质化。
To those who ask concerning the origin of that inward energy you m the inwardness came from itself. There can be no point of origin in time. camouflage perspective that this mean that you still cannot grasp experience.	对于那些问到关于你们那股向内能量的来源的人，你们可能会认为内在性是从自身而来的。在时间上不可能有起源。只有在你们的伪装视角下，这句话才显得不合逻辑。这意味着你仍然无法掌握它的内在经验。
Every man dreams. I have told you that as the dream is only conne smallest thread to your time, so also although it is difficult, you pinpoint the apparent beginning of a dream in your time, intuitively, has no psychological inner relationship to the dreams.	每个人都会做梦。我告诉过你们梦与你们的时间的最细线相连，因此虽然困难，但你也可以用钟表时间来确定一个梦的表面开始时间，直觉地知道，与梦的经验没有心理上的内在关系。
It is true that physical stimuli may signal a dream, but the stimuli stimuli, does not actually signal a dream; but this stimuli attention to the dream, which has been in the darkened theatre and began to see the movie going on.	的确，身体的刺激可能标志着梦境；但这个刺激，并没有引发梦的开始；但它却能唤起你对梦的注意，在黑暗的剧场开始看到正在进行的演出。
You would know better than to think that your awareness of the mov that the movie began only when you automatically, so to speak, with or without you wake or sleep, and whether you are symbol manipulation that is carried out by-product of your own physical electromagnetic constitution.	你会更清楚，对影片的觉察并不意味着影片只在你醒着还是睡着的时候开始，换言之，无论你是否觉察到这些变化，你都会自动地构建梦境，这是一种内在象征符号操作的副产品，是你自己身体和灵性结构的副产品。
As the dream does not begin then at any particular moment, neither physical universe begin at any particular moment, nor do the inwardness become born in terms of cause and effect.	如梦并不是在某个特定的时刻开始的，你们的物质宇宙也不是在某个特定的时刻开始的，内在性也不是以因果而生。
These are not mysteries. You have simply not tried to understand t your physics will soon glimpse the truths behind these statements, merely glimpse possibilities.	这些并不神秘。你只是没有试着去理解它们。其实你们的物理学将很快瞥见这些说法背后的真相，但它们将只是瞥见了可能性。
(Now Jane smiled. She was quite amused.)	(此时珍笑了，她颇为开心。)
I will truly confuse you. I will here confuse you. I will here had no particular origin in your time. We have spoken, continually go in all directions, even now to be traveling as far b	我真的会把你们弄糊涂的。我现在会把你们弄糊涂的。我现在要说的是，这里没有特定的起点。我们的时间在我们的时间中没有特定的起点。我们可以这样说话，还可以不断地向各个方向延伸，甚至现在，即使现在，它们也在同时地向后、向前、向上、向下延伸。
I will suggest your break.	我建议你们休息一下。

(Break at 9:20. Jane was dissociated as usual. As soon as she stopped dictating she put her glasses on again, and at 9:29 the break arrived. She said that while she dictated she felt a strong sense of certainty that the series is not come from her s she felt an energy she knew she did not have available ordinarily.)

(休息。珍解离如常。她一停止传述就又戴上眼镜，9:29休息时间就到。她说，她口述时感到一种强烈的确信，这些课程是来自她的能量。她感到一种她平时没有这种能量。)

(Jane's delivery had gradually become more emphatic as the session progressed, and she resumed in this more energetic manner, although pauses, at 9:35.)

(随着课的进行，珍的传述逐渐变得更加有力。9:35，尽管仍有停顿。)

The first origin, my dear friends, is constantly recurring, but never in exact manner, never in terms of a phonograph record, a record over.

第一个源，我亲爱的朋友们，是不断重复出现的，但从来没有像唱片那样重复播放的方式的方式出现，从来没有像唱片那样重复播放的方式。

(Seth has touched upon this subject before. See Seth's lecture on this subject, the 79th session.)

(赛斯以前提过这个主题。见赛斯第79节。)

Again, it is your comparatively one-lined perspective that makes you terms of one particular beginning. This is your relatively one-lined perspective that makes you think in terms of one particular beginning. nevertheless there are countless beginnings, an infinite number of beginnings, occurring at different reference points, or points of perspective. Nevertheless there are countless points, or points of perspective, occurring at different reference points. impossible to trace backward your lines of perspective. Your lines of perspective, actually a part of so many others. Your lines of perspective, in fact, are actually a part of so many others.

同样，这是你们相对单线的视角，让你们从一个特定的开端考虑问题。但是，有无数个开端，或者说无数个开端，或者说无数个开端，你们自己的宇宙都在不同参照点上发生。而你们自己的单线视角是不可能追溯其源的。实际上，你们的视角是许多其他视角的一部分。实际上，你们的视角是许多其他视角的一部分。

You, any man, participates in more varied perspectives than he knows consciously, and appears in one. You may again recall our first parts were ultimately interconnected, and that the origin in terms that could be comprehended in one particular unit within.

你们，任何人，参与的视角比他意识上知道的多。你们现在所知道的多。你们现在所知道的多。你们现在所

observation in your laboratories.

But the significance is not seen. No energy is not used. Entropy do

It is the appearance only of an effect. The seemingly unusable energy helps to form the universes which you seem to get no work physically in value, is plowed backward into universes without which you could not exist even as physical being.

For without the dream universe you could not exist physically. I am quickly embark into the universe of the interwoven quality of existence, and how we will follow it in d

For energy regenerates itself. And energy, continually manifests itself in various forms. Now Rememb sessions explanation of mental enclosures, composed of aware energy, materializing itself in physical form, and at a partic closing off and becoming more or less a closed system.

Do you recall?

("Yes."

(See the 78th session, August 10, 1964, [Volume 2] for Seth's discussion on the fallacy of the end of physical concept in physics.)

A closed system could become captured, so to speak, and be used a building block, still retaining its individuality, as other systems. this manner your physical universe, and matter have come together, while retaining their boundaries closed system. You will have to understand that closed. Now. We have not said nearly about the dream universe, to really launch and discuss concerning product. Nevertheless I shall tell you that its by-product is the wo matter.

I wanted to make this point for your edification. You will know whe is going. But there is much to be explained before you can grasp interconnections.

Now—you may take a break, or I will continue. I pleasure end the session. I am that good-natured

("All right, I guess we'll take a break."

(Break at 10:29. Jane ended, the delivery with a smile. She was we dissociated, she said, and had indeed been a good state. Eve writing hand was tiring, otherwise I would not have taken the break

(Jane resumed at a somewhat faster rate, with without

For practical reasons for our discussion, we will speak of these un forming a closed system.

Energy seemingly lost or dissipated, or unusable in the physical universe, indeed leave it; but it transfers itself, seeps into the dream universe, helps to insure the existence of the physical universe, since of each of these fields or universes is dependent upon the existen others, in most actual ways.

The energy is then transformed in the dream universe, and again re and used in the formation of the universe. These energies from the dream universe. Our discussions have to do with nature of the dream universe before we consider negative matter, but it will not hurt if you keep the above mentione

All the universes, while seemingly closed, have their origins one. We I mentioned sessions ago the connection between negative matter, concerning the pulsations of energy in matter, and told you that you existed as long as the physical universe as y but I did not say that you existed identically.

(See the 61st session, June 10, 1964, [in Volume 2] for Seth's dis pulsations, and negative and positive matter.)

In some manners you do exist identically in the negative world, most manners you do not. Psychologically there is no identity, time discuss a fascinating facet, though, identical twins, in which slip-ups occur in this line.

Psychologically there is no identity, although some aspects are speaking here of identity between your selves, and the existence of in the world of negative matter. That parallel self would not be, re as psychologically identical, and is indeed quite independent. But since all beings can be said to be products in one respect, imply any lack of equality.

We have gone quite far enough this evening, and I will shortly clos Ruburt should remain for a short period only, the shortest psychological time. And in no case has there been a distortion concerning Ruburt's sales. Not distortions as such. There has been lack of correlation; and as you supposed, Joseph, sometimes in int

(This last statement would refer to the 104th session, November 4, pages 125. 6. Here Seth made rather strong statements concerning Jane of her writings. Since none have been delivered yet as far as Jane notified is concerned, we wonder how we should interpret such mate

Ruburt's own experiments with predictions will accelerate his ability segments, concerning any one particular prediction, through. You have received some quite legitimate bits and pieces, have not been correctly correlated. You can put them together. But with practice there will be better, and if yo pun, more predictable results.

观察在你们的实验室。

但是看不到意义。没有能量被使用。熵

表象。那看似无法使用的能量，其中助

物质性，似乎不能作用的能量，那似乎价值降低的能

形，成为一个效应。这些能量，被倒

入宇宙，以便使你们成为物质存在。

因为如果没有梦宇宙，你就无法在物质上存在。我

很简短地告诉你存在的交织品质，我们

将会跟进它。

因为能量自行再生。而且，我已经告诉过你们，意识

形态显化自己。现在，记得上一节对精神围场的解

化的、觉察的能量组成，以物质形态实体化，并在

多多少少封闭的一个系统。

你还记得吗？

（“记得。”

（见1964年8月10日第78节，第二册。赛斯对物

质的概念。）

可以说，一个封闭的系统可被捕获，并被作为一个

保留其个体性。以这种方式，你们的物质宇宙、梦

一起，同时保留它们的边界，作为一个或多个封

白。我是为了简单才这样说，因为没有一个系统是

梦宇宙说得还不够多，还不能真正展开关于它的讨

要告诉你们，它的副产品就是负物质的世界。

我想说明这一点是为了启发你们。你们会知道这

们掌握其中的内在连结之前，还有很多东西需要解

现在——你们可以休息一下；不然我就继续讲一会

这节课。我就是这么好脾气。

（“好吧，我想我们就休息一下吧。”

（10:29休息。珍面带微笑结束传讯。她充分解离

的状态，她说，并且有一个好的手写状态。否则我不会休息。

（珍以稍微加快的速度恢复讲话，没戴

为了我们讨论上的实际考量，我们会讲，这些宇宙

在物质宇宙中看似失去或消散或无法使用的能量，确

移了自己，渗入梦宇宙，在那里帮助确保物质宇

域或宇宙的每个存在，都以最实际的方式彼此

在。

然而这些能量在梦宇宙中发生转化，再次再生，

从梦宇宙渗入负物质宇宙中。我们的讨论将彻底

有希望考虑负物质宇宙，如果你把以前提到的事实

虽然看似封闭，但所有的宇宙全部源自于彼此。我

与正物质之间的关联，关于你们宇宙中能量进入原

们存在于物质宇宙之外的时间和你们存在于

我没有说你们的存在是相同的。

（见1964年6月10日第61节[第二册]赛斯关于脉

在某些方面，你们确实在负物质世界中完全相同地

但并不存在负物质世界中。在心理上，你亲爱的朋友

会时常讨论一个非常有趣的面向，虽然要提到一个令人震

这方面发生了失误。

在心理上，并不存在完全相同性，尽管有些方面是共同

个自己之间的同一性，以及在负物质世界中存在的

已不会被你承认在心理上是相同的，事实上，平行

个是完全独立的。但是，所有的存在体在某方面都可

副产品，在一个方面上，意味着没有任何平等性。

今晚我们已经走得够远了，我很快就会结束。有

要继续一小段时间，还是维持简短的心理时间。练习

没有失真。不是失真这样的。是有些缺乏关联性

时候是在解读上。

（最后这句话指的是1964年11月4日第104节，

出了相当强力的声明。因为就珍收到的通知而言，

应该如何解读这样的资料。）

曾伯特已的预测实验会加速他的能力，让较长的段

测，在我们的课中得以传过来。你们已经收到了

是这些资讯没有按照你们的用语正确地关联起来。

合在一起。但随着练习，会改善，如果你不介意我

到的结果。

I will now close, though again I myself am in a frisky, companionable
if you ever get your recorder serviced we can use it on Tuesday and
instances; when the regular session is concluded and you and I are
can chat.

我现在要结束了，尽管我自己又是在愉快又好相处
把录音机维修好了，我们就可以偶尔用一下，只
上完了，你的手也累了的时候，我们可以聊聊天。

My heartiest congratulations with your own progress Joseph. And
night, most fond chums.

我衷心地祝贺你的进步，约瑟。晚安，我最亲爱的

("Good night, Seth."

("晚安，赛斯"。

(End at 10:55. Jane was fully dis
10:55结束。Mary完全解脱了的样子相当累

(Seth has mentioned using the recorder before. I have wondered how
how much we will use it, when it is finally ready, the end of a
tired, ready to quit. I would not be in favor of extending the
She would have to continue in the same manner as when dictating to
having a respite would do her no good.

(赛斯曾经提到过使用录音机。我想知道，当它
常在一次课结束时，珍已经累了，准备要结束了。
间。因为，若是这样，她必须继续以同我传述时的
机会对她并没有好处。

(I presume Seth's congratulations to me refer to the accelerated ra
painting sales, since I began to p
(我假定赛斯对我的祝贺是指我的画作销售速度加
growing, much to my surprise. Indeed, I
些建议。销售量一直在增长，这出乎我意料之外。
not yet finished; this is the first
的工作尚未完成；这是我第一次在销售画作方面处
far as selling paintings goes.)

(The following data are from Jane
(以下资料来自珍的心理时间笔记：

(November 24, Tuesday, 11:30 AM: Good afternoon, Seth. Let's
(11月24日，星期二，上午11:30：达到良好状

(November 24, Tuesday, 12:00 PM: Before falling asleep, I saw a
Time magazine and was reading it
I don't recall what it said
headlines or cover. I then saw what looked like a cover. It was
type, but blurred.

(11月24日，星期二，中午12点：在快睡着之前
然后就读了起来。我不记得说了什么。我要求看标
为是封面的内容。是大型红色粗体字，但很模糊。

(November 25, Wednesday 11:45 AM: Good afternoon, Seth.)

(11月25日，星期三，晚上11:45：)

(The following data are from my psychic time notes:

(以下资料来自我的心理时间笔记：

(November 24, Tuesday 12 PM: By mistake, I
152; that is, before Monday's session
(11月24日，星期二，中午12点：我错把这一天当
天的资料是在周一的课之前，而不是在周三的课之

(November 25, Wednesday, 7:30 PM: I saw my painted trees again,
with good duration. I also had some
could not retain. However, I had a
of mine on November 19, in which
disappeared beneath it. Today the
the bed was gone from beneath bo
felt suspended in air. I could ver
by exerting a downward pressure.

(11月25日，星期三，晚上7:30：我又看到了我
还看到了一些其他的异象，但无法记住。
好的一次，这是我11月19日的经历，在那
像床在下面消失了。今天床从下面完全消失了，
以下肩膀完全悬空了。我可以通过向下施压来
双腿之间的感觉悬浮在空中。

(The sensation lasted for many minutes and was quite pleasant. At
again had the feeling, also, of a
left heel to the inside of my right
sensation of having my wrists con
upon my back. All three of these
experienced my standard thrilling sensation a few times, to a mild

("这个感觉持续了好几分钟，而且很舒服。有一次
我又有了一种类似的感觉，这是从我的左脚跟到我
右脚内侧的连接感觉。这样的感觉当我躺在床上时，我的手腕也以同样的
方式被束缚住了。这三种感觉都非常明确。我经历过几次
我的标准令人兴奋的感觉，程度轻微

SESSION 110 第110节赛斯回答了三个问题

NOVEMBER 25, 1964 9 PM WEDNESDAY
1964年11月25日，星期三，晚上9点定期课

(On Tuesday November 24, we had as our guests Dee and Joe Ma
They no Longer live in Elmira. It will be remembered that Seth has
both of them at various times in past sessions. Until about a year
Jane's supervisor at the art gallery. Some predictions concerning
found in the 63rd session for June 17, 1964.

(11月24日，星期二，我们请马斯夫人迪和乔
他们已经不住在艾尔迈拉。记得在过去的课上，
他们俩多次出现过。直到大约一年前，迪还是珍在艺术画廊的
主管。可在1964年6月17日的第63节课上找到。

(Jane and I tried some ESP experiments with Dee and Joe, and obta
results. In one of them Dee achie
proceedings, and will include the
at some point in the future. Seth
in any way.

(珍和我都与迪和乔做了些超感官知觉实验并
实验中，迪达到了轻微的出神状态。我们将关于实验
的讨论这些问题纳入记录，赛斯完全没有参与

(On Wednesday November 12, Jane
Budrys, science fiction editor of
once, at a science fiction confere
group they called "The Five." Let
letter of November 12 Jane asked
replied on November 22, stating that
he would like Seth's answers to three
grew up?", "What do you love?", and

(11月12日，星期三，珍给《科幻杂志》的科
幻小说编辑Avram Davidson和其他三位科幻小说作
家组成的团体"五人组"的书信交流了一段时间。
在11月12日的信中，珍问了赛斯三个问题："你最大的
爱是什么？"，"自己什么时候出生？"

("When is the self born?"

(A.J.'s letter arrived this afternoon, Wednesday November 25. Since
was due tonight, Jane studied the
with it this evening. Just before
questions aloud. Jane did not feel
for a session.

(今天11月25日，星期三下午收到了A.J.的来
信。今晚赛斯会以珍选择讨论它的问题。珍觉得
不像平时那么好，没有特别想要

(The session turned out to be one of the slowest I can recall. Jane
dictation on time and in a normal voice. She spoke very slowly and
pauses. Again her glasses were off; her eyes dark as usual. Her pa
also quite slow. A.J.'s letter lay on my writing table.)

(这次课是我记忆中最慢的一次。珍准时开始传述
顿很多。她又摘下了眼镜，眼睛还是那么黑。步履
放在我的写字台上。)

Good evening.

晚安。

("Good evening, Seth.")

("晚安，赛斯"。)

We will indeed at least begin with the questions which are being as

我们的确至少要从提出的问题开始，尽管我将以自

will answer them in my own way.

(Jane smiled and picked up the letter.)

(珍笑着拿起信。)

And I answer them, also, out of politeness, because they are asked of me, and because my answers will add to some of our previous discussions.

而我回答这些问题，也是出于礼貌，也是因为部分答案有所补充。

I will also, though not necessarily at this session, have some remarks concerning the man who asks for the answer.

我也会，虽然不一定在这一节，但会在本节或下次课表示一些意见。

(Now Jane lay the letter on the table and leaned forward, studying it.)

(这时珍把信放在桌子上，倾身，端详它。)

I will answer now. The first question I presume refers to growth in, which growth is usually considered a coming toward maturity in terms of physical and mental approach to a hoped-for fulfillment.

我现在就回答。第一个问题我假设是指通常所说的成长，是向成熟，在身心所希望的成就。

In these terms, and giving the simplest explanation since you are acquainted with our previous discussions, my last growing-up period on Denmark, in the same approximate period as the one given previous life of your own, Joseph, and of Rubert's.

在这些方面，给的是最简单的解释，因为你们的朋友，我的最后一个成长时期发生在丹麦，与前面给鲁伯的前世的人致时期相同。

That was the last time that I grew up.

那是我最后一次的成长。

("Do you want to give me the year?")

("你能给我那个年份吗？")

(In the 4th session, December 8, 1963, Seth started his lived in Denmark, I did also, according to Seth's statement, in the centuries ago, and that Jane and I did live in Denmark. It was situated near Eastern Road, the use of the word Roads connotation may have a maritime meaning. See Vol. I of The Early Sessions.)

(在1963年12月8日的第四次课上，赛斯开始讲述他在丹麦，我和珍也住在丹麦，根据赛斯的说法，很久以前。它位于东方路附近，使用Eastern Roads一词的含义有沿海的意思。见早期课第一册。)

(Note also that Seth did not answer my question right away. This is the case.)

(还请注意，赛斯没有立即回答我的问题。这种情况。)

I will continue. In terms of maturity, I did not fulfill myself at that time. Growing as far as value fulfillment is concerned, Growing up, to use your thinking, implies a growth or expansion, as of physical stature. The of which I speak carries no such connotation.

我将继续。就成熟度而言，我当时并没有实现我自己。在成长中，成长，使用你们的思维方式来说，意味着扩展，如身体的充盈。我所说的值的充盈没有这样的内涵。

As to what I love, I find that question inquiring consciousness in whatever form it appears is the most direct and spontaneous answer that I could possibly give.

至于我爱什么，我发现这个问题本身就是很多复杂的探究意识无论以何种形态出现，这是我可能给出的最直接和自发的答案。

(Jane smiled as she paced about the room.)

(珍微笑着在房间里踱步。)

Another thought here is the love of continuing creation which is formed by, through, and because of inquiring consciousness. It consciousness, as you know always, individualized, and because of amazing diversity that so many forms are possible.

这里的另一个思想是对继续创造的热爱，它是由探究意识而形成的。它，探究意识，如你们所知，总是个体化的，因为这种惊人的多样性，可能有如此多的形态。

Everything that is, is a materialization of aware, individualized, inquiring consciousness; and to love this is a discipline and devotion. I say discipline because inquiring consciousness expresses spontaneity; and this is not contradictory. It disciplines it.

一切的存在，都是有意识的、个体化的、探究的意识的具体化；而爱这一点是纪律和奉献。我说纪律，因为探究意识以形态表达自己的自发性，而这并不矛盾。它规范它。

Form always implies a discipline. Inquiring consciousness has always been my energy, and the source of my energy.

形态总是意味着纪律。探究意识一直是我的能量，也是我的能量之源。

As to the third question, I suggest a break. Let us take a short intermission, incidentally, giving fairly brief answers, as requested.

至于第三个问题，我建议休息一下。让我们休息一下，顺便说一句，给出相当简短的回答，如要求的。

(Break at 9:28. Jane was dissociated as usual. She said she felt as delivering the material, but not as good during break. Her rate of comparatively slow that perhaps half as much material as usual came.)

(9:28休息。珍解离如常。她说她在传递资料时感好了。她传递的速度相对地如此之慢，传过来的资料可能只有平时的一半。)

(She resumed in the same manner at 9:33. 33.)

(她33分以相同的方式继续。)

Indeed, as for my not defining terms, I prefer to use words, not definitions, as I experience concepts directly, as you know, and I find it difficult to break down into words that follow one another in a continuous flow. As such, I must end up trying to use your language rather than mine.

的确，说起我的不严格定义术语，不定义术语是不可能，如你们知道，我直接体验概念，这些概念必须被分解成一个接一个的连续流的词语，因此，我最终必须尝试使用你们的语言而不是我的。

(Again Jane bent over A.J.'s letter.)

(珍再次俯身看着放在桌上的A.J.的信。)

Words are quite ineffectual methods of communication. The question "When the self born?", would take many sessions to answer. As simply as self, the inner self with which the ego is on very intimate terms, inner strength, continuity and identity that gives the ego its vital inner self, dear friend, is constantly being born.

言语是相当无效的沟通方式。"自己是何时诞生的"才能回答。尽可能简单来说，自己，自我仅仅略微是内在的与自己亲密无间的关系的内在自我，自己赋予自我重要的力量、连续性和同一性，亲爱的朋友，正在不断地诞生。

There is no point in time as you know, when the self born. It is a state of becoming. It expands and develops in terms of value that has nothing to do with space and time.

自己的诞生，并不在你们所知的时间点上。它不断在状态。它以种与空间和时间无关的方式，在值的

It develops, again, as you know, Joseph and Rubert expands and expands, taking up no space. The self may project itself into the space and time, but the projection is a small part of its actual uppermost or surface elements of the self with which you are familiar and the uppermost layers of the subconscious, even these cannot be born at any given time, in time as you conceive it.

它发展，再次地，如你们所知道的，约瑟和鲁伯特展，不占空间。自己可以投射自己本身到时空的维度，但这一小部分。即便是你们熟悉的那些在自己最上层或最上层的潜意识，甚至这些也不能说是在任何特定时间里诞生。

The self, Mr. A.J., is more than you know. It is capable of making distinctions finer than you now use. It is capable of as other sections of this material explain. It has methods not only but of criticism and judgment, that man in general does not take nearly as much as he could.

自己，A.J.先生，比你知道的更多。它能够拥有你们现在思像的更精细的区分。自己，正如这份不仅有感知的方法，还有批评和判断的方法，正如人们用。

The self is limited only by its own ideas.

自己只受限于自己的思想概念。

Man has always feared what he could not objectify. He has always attempted objectify, to separate whatever reality he could from himself so, to speak, so that he could observe and study them.

人总是害怕他无法客体化的事物。他总是试图将任何现实出来，把它们握在手中，可以这么说，以便他能够观察研究。

Those things, those realities which were most intimately connected those realities which he could not objectify and those realities attempted to deny the existence of such realities. He attempts to deny the existence of such realities, yet

那些东西，那些与他自己关系最密切的实相，那些实相，他害怕他无法客体化的实相，他企图否认这类实相的存在。然而

a psychological experience in you may be indeed heavier than a rock color, to continue our analogy, may experience as you can see a gray rock.	石头一样把一个心理经验握在手里虽然它的分量比它放在石头上虽然它的颜色，继续我们的类比，像看到一块灰色的石头一样看到一个心理经验。
A psychological experience may take up no space as a rock takes up but when a psychological experience deny the existence of a psychological from yourself and examine it with its validity is well known to everyone cannot be examined through the use the self that they cannot be separated from it and objectified.	心理经验不像石头占据空间般的占据空间，但当心理经验被否认，你自己的存在，并从自己身上检视它，它的效力人人皆知。然而你不能通过心理经验的存在来检视它，因为它无法与自己分离和客体化。
This does not mean that they do not exist nor does it mean that vi definite evidence for their existence cannot be received, and evid be accepted by the intellect. The method of investigation is simply	这并不意味着它们不存在，也不意味着不能接收它们的证据；而且会被智性接受的证据。调查的方法
I suggest your break.	我建议你们休息一下。
(Break at 10:02. Jane was dissociated as usual She now said that much better than she had before the session began. She still stuck slow delivery however.	(10:02休息。珍解离如常。她说她现在感觉比课是坚持了她非常缓慢的传递方式。
(During break we quickly looked through the early sessions to see establish the year of Seth's birth in 1655, in a fire in Sweden. Much Jane and I asked many questions sessions, but as the material began aside. Seth has said at various times information up to date, but it seems becomes one more category about which we have many unasked ques	(在休息期间我们迅速查看了早期的课，看看是否没有给出。我们确实找到他死于1655年，死于瑞典的一场火灾。珍和我在开始的课程中问了许多问题，但资料开始展开时，这类问题被推到一边。塞斯在这一点上曾以不同方式提供过最新信息，但似乎我们从未来得及做。这类资料更新成为一个类别，我们有很多问题。
(Jane resumed in the same quiet and slow manner again without he 10:12.)	(10:12，珍以同样安静又缓慢的方式继续，再次
There must always be a balance maintained between spontaneity and discipline.	必须始终保持自发和纪律之间的平衡。
A combination of intuition and discipline can be used with most va definite results, as a tool for investigating those parts of the self interwoven that they cannot be separated from the self.	直觉和纪律的结合，可以得到最有效和明确的结果，自己中那些相互交织无法与自己分离的部分。
In a very actual respect chemical self permeate your universe. For amount of data that need concern where the self at one point is said to exist and at another is consi	以化学上电磁的一个非常实际的方面来看，你的自我渗透你们的宇宙。出于实际考虑，为了减少需要相关资料的量，当自己被说成是存在的某一点时，自己在另一点时
Outward extensions of the self can be more clearly objectified, the at the outward extensions being less more concentrated areas within the sees but it cannot see itself. In to examine that which it is. Therefore inward, since going outward will not allow him to perceive the inne himself.	自己的向外延伸可以更清楚地被客体化，在外延处的关联性则被保留在肉身自己边界内更集中的区域自己(self)也是如此，自己也不能有意识地。他的能力向内旅行，因为向外走将不会让他感知到
He has not done so to any great extent. Until most recently, he would the existence of anything unless he could objectify it. Now, even in studies he discovers that his senses have often misled him, his pre objects for example found to be solid only to his senses, an appea by the limitations of his sensual perceptions.	他没有在很大程度上这样做。直到最近，他这不承认任何东西，除非他能把它客体化。现在，即使在他的科学研究中，他发现他的感官是固体的，例如，他珍贵的固体物体只对他的感官是固体，他的感官经常误导他。他对自己的感官的表象的局限性所赋予的表象。
It is not that the senses are not within the framework of certain d	这并不是说感官不可信，只是说感官只有在某些确定的限制范围内。
I am going to end our session. Fo existence in the year approximate called Triev, in the eastern part	我将结束我们的课程。作为参考，我们这次会面的时间大约是1648年，发生在瑞典的一场火灾中。我们问了很多问题，但随着资料开始展开，这类问题被推到一边。塞斯在这一点上曾以不同方式提供过最新信息，但似乎我们从未来得及做。这类资料更新成为一个类别，我们有很多问题。
I was indeed rather spicy myself. My kindest regards to Ruburt and my regards to the man who asked two other lives, one in Spain app 1800's; this one as a banker in Lo the position of being distrustful in this life—	我自己确实比较火辣。我向鲁伯特和问我问题的人致以最诚挚的问候。我向鲁伯特和我的那位问我问题的人致意。他还经历过另外两世，一世是在西班牙，这是一世是在伦敦的一名银行家。这一世是怀疑的位置，这一世经常误导对自己内在强烈的感情心灵分
("Can you give us his entity name	(?"你能给我们他的存有名吗？")
—and alternates between an over-reliance on discipline on the one intuition on the other, not yet able to weld the two so that they be of one reliable tool. Strong abilities in both directions however Salden, S-a-l-d-e-n. I will now end the session. I cannot obviously cover all the matters that have been suggested here.	时而过度依赖纪律，另一方面又过度信赖直觉，为一个可靠工具的两面。然而，在两个方面都有很强的能力。我现在要结束这一盖所有提出的问题。
("Good night, Seth."	("晚安，赛斯"。
(End at 10:50. Jane was dissociated as usual. She felt much better the session began. Note that the date of Seth's death, given as 1655, wrong. Jane and I think it should been born in 1586 he would have the discrepancy in the next session.)	(10:50结束。珍解离如常。她感觉比课程开始时好。注意塞斯死亡日期，给出的是1655年，这是错误的。珍和我认为应该是1586年。如果他生于1586年，他将在1656年去世。我们没有注意到这一点，所以没有问及这一节课提供的日期。更有可能是正确的。我们将在下一节课上讨论这一差异。)
(During our first test on Saturday, that I would think of a series of number in mind, she tried to match	(在第一个测验中，星期六晚上，我会想出一系列随机数字。每次我告诉她我想到的一个数字，她试图匹配。
(In the second test, each time I s she could, without thinking. She	(在第二个测验中，每次我说一个数字，她都会不假思索地说出。她被挡住了。
(Jane and I usually go dancing Saturday evenings, leaving the house PM. Shortly before 7 PM Jane told me that she felt very mood of pleasant anticipation; she thought she might be trying to r	(珍和我通常在星期六晚上去跳舞，大约7点出门。7点前不久，珍告诉我她感到很好，充满了愉快的期待。她想她可能

information, but did not know how 道该 怎么 做about it.

(I was working at the time but we decided to take advantage of her 当时我正在工作，但我们决定利用她的心情。现
now dark outside. The night was windy and wet. We turned out the 潮湿。我们关了灯，坐在起居室凸窗边的桌旁。光
at our table by the bay windows in the living room. Shadows were a 房间照得很亮。
room was rather well lighted by Lights from passing traffic.

(First we concentrated on trying to move a small brass ring 首先，我们专注于设法移动在我们之间桌子上的
between us, without success. At times the moving shadows gave us 时，移动的影子让我们产生了错觉，以为戒指确实
that the ring did move. Next we sat, in our living area away from 在场的（离窗？）寻求帮助。
and concentrated on our Kennedy rocker, but did not move an ounce 情，再一次，不断变化的影子让我们产生了错觉。
attempting this from anyone who might be present. She felt a 移动。
mood of anticipation. Again, the changing shadows gave us the 移动。
rocker did move slightly at times.

(Next, in an effort to "break through" Jane's mood, we tried a 接下来，为了“突破”珍的心情，我们尝试了一个
test that failed. Then I tried a word association test 测试。我们试了一个单词联想测试。我看得很清楚，
write without turning on lights; then, I tried a word association test. I saw 验证珍心情的是与书籍、出版商、小说和纽约
some associations connected with Jane's mood. Jane's books, publishers, novels and New York
City, but did nothing as far as enhancing her mood 她今晚“成就”一些事情，没能够快速地达
evening, at least quickly.

(Now we turned on a closet light and left the door ajar so that the 现在，我们打开壁橱的灯，留下门半开着，这样客
softly lighted. Jane said her mood would improve with a 说她的心情会逐渐好转。
would accomplish little. We began to talk 看来我们的成就不大
want to call on Seth and had not seen 珍不想到赛斯那里打扰，从开始就没有
obtaining some kind of effects that 能看到的效果，而不是被别人观察的人。
one observed by others.

(By attaining a certain mood, and then talking quietly, Jane had 通过达到一定的心情，然后轻轻地说话，珍在过
produced the Sarah Wellington and the Malba material. See Volume 示巴的资料。见第1册，第12节，16节和18节。
64, 103 and 127. She had shown rather 变化。对于莎拉，她说话的方式相当孩子气，对
Sarah she had spoken in a rather 躁、老气、不太聪明、教育程度不高。在两种情况
sounded rather petulant, grown, not too bright and poorly educated 音
there was no doubt that the voice was Jane's.

(Nor was there this evening. Sarah and Malba were of course 今晚也不在那里。莎拉和马尔巴当然是女性，我
the voice and the personality Jane used 现出的人格主要是男性。我们坐在茶几的两侧。珍
male. We sat on opposite sides of 的五官特征、她的声音不太相反，听起来有
source and I could not see her features. Her voice 质。
Instead it acquired a very dry and 许多桥、拱和其他这样的桥接。但我觉得
and urns and other such bridges, 而不是下一个词或词组的构思模式。
manner rather than Jane's groping for the next word or phrase.

(Jane began speaking in this manner as we exchanged idle 当我们闲聊时，珍开始用这种方式说话。我没有
not aware of any sharp point of 我意识到她的状态发生了变化。我就开始提出更
change in her state had taken place. 们对话的还原。我没有试图做笔记。我们只是以正
What follows is my reconstruction 常的方式交换了单词，
notes. We merely exchanged words in a normal manner and at a

(Jane began by telling me that "Several of us are much older than 珍首先告诉我“我们这几个人的年龄比你大得多
watch and we try to help you develop your abilities. I am not at 展你的能力。我现在还不能告诉你我的身分，也不
give you my identity, or that of the others.

(I never did obtain any hints of identity. I tried three times specif 我从来没有得到任何身分的暗示。我特别试了三
time in a most dry and amused, even pleased way, that Jane and I could not be told 平淡、最有趣、甚至是高兴的口气坚定地说，现在还
why at this time. I learned that 得知，有三位参与了观察。这个团体过去不常和我
involved in the watching. The group had not been very often with us. They 他们说他是个教育家，他们也知道我们在发展你的一
knew Seth. They said he was an educator and that they were 多数是通过梦传递到我们存在的层面的。这时
the more interesting points the spokesman made, was that much passed on to our plane of existence through dreams; this was when the 情，再一次，不断变化的影子让我们产生了错觉。
more relaxed.

(Jane had recently had some more levitation dreams. The nameless 珍最近又做了一些悬浮的梦。无名的人格说，这些
said the group had assisted in these dreams, and that Jane had done 在这团体的协助下，珍在灵性上的表现，迄今为止
psychically, with them, than she had done physically. It also 它还彰显了珍在小时候就开始发展的灵异能力，以
Jane had begun to develop her psychic abilities as a child as a 家庭境况。我列举了一些在珍的成长岁月中和她密
protection and escape from a very unhappy family situation. Names 经去世了的人。言人说，这些人在“其他的”层面上，
people, now dead, with whom Jane had been closely involved in her 他可以不与他们联系。
years. The spokesman said these personalities were on "other plane,"
he could not contact them.

(In a most amused way the personality said he and the others did n 以一种很逗趣的方式，这个人格说，他和其他人
of our fumbling around with various tests in trying. 测试不太重视。当我们试图移动戒指时，这个团体
when we tried moving the ring; it was not taken 们专注在摇椅上时，我们在一起的房间里。
rocker. "A corridor had been open 我预测一个主动提供。未来的接触是可能的
were volunteered. Future contact may 和赛斯的进展感兴趣”。他们认为赛斯是一个
in watching our progress with Seth 我们为什么他们要否认虽然通过梦传递对这个
some instruction was given to persons 是因为自己一直在防卫，所以不容易在
difficult because of the ever-guarded 教育方面取得更多的成就。
in the way of education after personalities had left this plane.

(The foregoing sums up the bulk of our conversation. The nameless 以上是我们谈话的主要内容。无名的人格宣布他和其
announced that he and his fellows 珍就脱离这个状态持续时间不超过
left the state. It did not last more 片刻，
PM.

(Jane remembered parts of what had been said. Her mood was now n 珍记得说过的部分内容。她现在的情绪与常
far as I recall, the personality 珍没有说过任何关于珍今晚稍早前心情极好的
for her excellent mood earlier in 人格，
way of trying to establish contact 珍想和团体建立联系的方式。珍说话的方式
at all like Seth, either in manner 语调上不有时她的声音太干涩听起来带着刺耳的
it had a rasp.

(The closest I came to getting any kind of personal information we 我得到的最接近个人信息的一次是关于三个世
remarks about our Denmark existence, 的

politely told I would not even be in the family.)	礼貌地告知，我甚至不会被纳入这个家族。）
(The following data are from Jane's psychological time experimentation daily.)	（以下资料来自珍的心理时间笔记：）
(November 27, Friday, 11:45: Feeling that some part of me was leaving my body, very slowly and gently through the head, rising and curling up. Not alarming.)	（11月27日，星期五，11点45分：感觉我的某个部分从我的身体里，轻柔地穿过头部，升起并卷曲在我的身体外面。不惊慌。）
(Upon retiring for the night I saw clearly a bed lamp and a yellow bowl, with dark gold trim.)	（临睡时，我清楚地看见一个床头灯和一个黄色的碗，带暗金边。）
(November 28, Saturday: During the late afternoon and evening I felt excited, almost exultant. This evening trying some experiments with the "group" contact. See pages 167. 68.)	（11月28日，星期六：在下午晚些时候和晚上，我感到兴奋，几近狂喜。今晚，和罗尝试一些实验，我得到了一个接触。）
(November 30, Monday, 11:45 AM: Good state achieved. Hand moved accord.)	（11月30日，星期一，上午11:45：达到良好状态。手随之移动。）
(It will be remembered that Seth still limits Jane to fifteen minute psychological time experimentation daily. See the 105th session.)	（记得，赛斯仍然限制珍每天的心理时间实验时间为十五分钟。）
(The following data are from my psychological time notebook:)	（以下资料来自我的心理时间笔记：）
(November 26, Thursday 8:30 PM: Nothing results.)	（11月26日，星期四，晚上8:30：没有结果。）
(November 27, Friday, 9:45 PM: Good 37 minutes, 9:45 PM: Feeling of lightness up in hands and forearms, and low voices heard at the feet. A hint of voices.)	（11月27日，星期五，晚上9:45：37分钟。晚上9:45：感觉手和前臂轻盈，感觉脚下有声音。）
(November 29, Sunday 2:00 AM: While dropping off to sleep I saw calligraphic-type symbols of squares within squares, triangles, circles, white line on a dark ground. They appeared to be moving about. Similar chalk diagrams on a blackboard.)	（11月29日，星期日，凌晨2点：在渐渐睡着时，我看见书法式的符号，方形中的方形、三角形、圆形等，白线在黑暗的地面上。它们似乎在移动。类似于黑板上的白色粉笔图。）
(November 30, Monday 8:15 PM: Quite a few glimpses of male and female faces and figures. One was very good: the figure of a heavy faced man, shaven, well dressed in a tan topcoat, in the act of bending to his left to pull out a chair. Several different women.)	（11月30日，星期一，晚上8:15：瞥见了不少男女面孔和人物。一个很好：一个面容沉重的男人的形象，胡子刮干净，衣着得体，正向左边弯腰，像要拉出一把椅子。几个不同的女人。）
(Also, quite definite and with some duration, I had the feeling that were once again crossed upon my arms as usual. At one point here the deception was quite definite, and I felt my hands were extending themselves through my arms to meet across my body.)	（另外，相当明确并持续了一段时间，我感觉双手又交叉在我的手臂上，像往常一样。在这里的一个时刻，欺骗性很强，我明确地感觉到我的手正伸展穿过手臂，试图在我的身体上方相遇。）
(More calligraphic symbols upon dropping off to sleep.)	（在渐渐入睡时出现更多书法符号。）

SESSION 111 第111节三重宇宙场域,所有系统都是关联的

NOVEMBER 30, 1964 9 PM MONDAY	1964年11月30日，星期一 晚上9点 定期课
(Jane was somewhat tired before the session began and had no idea material that might be covered.)	（课程开始前，珍有点累，对可能涵盖的资讯一无所知。）
(Shortly before the session was due I mentioned that I hoped Seth up the discrepancy concerning the date of last session. We think it should be 1456 instead of 1556.)	（课程开始前不久，我提到我希望赛斯能澄清他上一节课日期的差异。我们认为应该是1456年，而不是1556年。）
(I also mentioned that I hoped Seth would say something about our of last Saturday evening, when Jane contacted the "group." See pages 167. 68. In particular we were interested to learn were given so little actual information.)	（我还提到，希望赛斯能对我们上周六晚上的经历说点什么，当时珍联系了"团体"。参见第167-68页。我们尤其想知道为什么只给了这么少实际的信息。）
(Jane began dictation on time, in a voice that was pitched just a usual. Her delivery was faster than in last sessions, specially pacing was regular, her eyes dark, and again she was without her glasses.)	（珍准时开始口述，音调比平时低一点。她的语速比以前课程更快，节奏规律，眼睛很黑，这次特别是没戴眼镜。）
Good evening.	晚安。
("Good evening, Seth,)	（"晚安，赛斯"。）
We may have a brief session.	我们可能会有一节短课。
First of all, I will mention that the existence is correct.	首先，我要提到的是，我在4月6日的课程中提到的日期是正确的。
Our prospects for the immediate future will involve discussions of universal fields, their development, interrelationship, correlations points.	我们对近期的展望，将包括讨论我们的三重宇宙场系、关联性和参照点。
Data from one such universe can and does serve as a reference poi another. In such a circumstance, the universe in which it appears. matter, and be perceived in both world, but in such a case each un within, its own framework of reference.	来自这样一个宇宙的资料可以，而且确实可以作为参照点，彼此相关。在这种情况下，资料当然要根据它所出现的宇宙来解释。物质世界，并在两个宇宙中被感知，但在这种情况下，每个宇宙内部，并在自己的参考架构内解释。
There will be seen to be correlations that will appear in each of th They would seem to be distortions. They represent the same action, and are viewed from different dimensional poin	会看到这些宇宙中的每个宇宙都会出现关联性。它们似乎代表同一行动的反映（反射），从不同的维度视角来看。
A study of the correlations with their distortive effect would seem different data. Only an observer could judge that one action, and discuss at first such correlations universe of matter, since the dreams and electromagnetic terms.	对其扭曲效应的相关性进行研究，似乎会得出完全不同的资料。只有观察者才能够判断，这是发生在三个宇宙域中的同一动作，并开始讨论这种发生在物质宇宙与梦宇宙中的关联性。梦宇宙在灵性和电磁方面都离你们最近。
As we progress and pick up the study of our dream universe once m be involved also with the study of mental events as they occur with systems. And because I am present only in spirit, it is possible for me to give instances as they occur of such mental act	随着我们的进步和再次开始研究我们的梦宇宙，我也会参与研究心理事件。因为我目前只以精神参与，我能够给出这种精神行动发生的实例。物质宇宙和梦宇宙中都能被感知到的这种精神行动

are perceived in both the universe of matter and the dream univers

These acts are not only interpreted differently, they also of course
which are caused not only by the
appearance of the action in a given
made not only to the act itself; b
initial act, as it is projected into
projection into a second system,
act itself. To all effects and purp
while in actuality it is the same.

这些行动不仅有不同的解释，它们当然也具有效应
行动所引起，而且也是由该行动在一个既定系统的
精神行动的反应不仅是对行动本身作出的；而且
反应因为它被投射到第二个系统中，还是它的显
因此，行动本身的明显变化，就所有的效应和
了。对不同的行动，而实际上它是一样的。

If you will again recall our material on the fifth dimension, you wi
must be the case. It will be far more simple to see such a distortion
mental action as it occurs in the dream and material universes. In a
the mental action occurs simultaneously in all systems in which it
reality; in which it can be used as a reference point in other words

如果你再回想一下我们关于第五维的资料，你就会
一个精神行动发生在梦和物质宇宙中时，看到这种
在所有这些情况中，精神行动同时发生在它将具有
现实；在这些系统中，它可以被用作为一个参照点。

All mental actions are not used as reference points in all systems
into the reasons for this now.

所有的精神行动在所有系统中都不是作为参照点用

(See the 12th session [in Volume (1关于第五维的资料，见第12节[第一卷])

There may be the appearance of a time lapse of one kind or another
mental actions and their appearance
a distortive effect. Such distortion
within a given system, and accepted
all further data is then accepted
accepted within this framework, the
behind them.

在精神行动与它们的出现或投射到其他系统之间，
可能延时的外观。但这是一种扭曲效
在给定的系统内，被相关联起来，并被接受
所有进一步的资料就根据这个架构被可以轻易接
认为是其背后的实际情况。

We will have many sessions yet dealing with the dream universe. B
interpretation of dreams specifically, in which you realize you are
beside the explanation of dreams as they apply to your manipulation
of matter, we will discuss dream symbols as they apply not to the w
but to the dream universe itself.

我们还会用很多节来讨论梦宇宙。除了对梦的具体
感兴趣，除了解释梦之外，除了解释梦如何适用于
我们还将讨论梦的象征符号，它们不适用于物质世
身。

We shall look in from the other side, for there is a looking-in also
side. I have mentioned before that the dream universe has effe
truly transparent. I have said that dream universe, as your universe has its effect upon the dream universe
that the dream universe is at least as familiar with your own universe
familiar with it; and as you tune in on it, so to speak, and while you
for its survival, creating it, so does the dream universe tune in on
survival dependent upon its survival, and so does it create you as
you are looking at your universe from the other side.

我们将从另一边看进去(looking in)，因为从另一边
曾提到，在伪装之下，第五维是真正透明的。我说
宇宙有影响，就像你们的宇宙有影响一样，梦宇宙也
自己的宇宙一样熟悉你的宇宙，这也是事实。你
所需，它的同时，梦宇宙也调准到你。所以，
它也创造了你，如果你是从另一个侧面

I suggest your break.

我建议你们休息一下。

(Break at 9:32. Jane was dissociated as usual. During break she
building up throughout the delivery
half an hour a day, instead of fifty

(9:32休息。珍解离如常。她说她能感觉到赛期
建立资料到最后一段paragraph of materi

(Her delivery had been rather fast but it slowed down when she
9:38)

(她的传讯相当快，但在9:38恢复后，速度有所减

The last statement should not surprise you.

最后一句话你应该不会感到惊讶。

All systems, and this is a general statement, are inter-involved.
inter-involved. This applies to the
system

所有的系统，这是一个一般性的说法，是有关系的
的。这适用于最大的系统和最小的系统。

I have said and I will repeat: In fact there are no closed systems
appear closed to those within, but they are not closed and they
what appear closed places. We will deal
with specific mental actions, and
the dream and matter universes.

我已经说过，我再复述一遍：事实上，没有封闭的
它们可能看似封闭，但它们并不封闭，在看似封闭
未来的梦资料中直接处理具体的精神行动，以及
表象。

This will involve as much work as we have already done on the nature
and will involve us further in that discussion. We will also
threads as we go on, in order to make even one concept clear. This
becomes vigorous, of trying to view our system from the outside w
greatly.

这将涉及到和我们已经在物质本质上所做的一样多
涉入那个讨论。我必须在我们继续进行的过程中始
的只是让一个观点变得清晰。当这种试图从
变得强有力时，将对你大有裨益。

We touched briefly on this when I spoke of objectifying. The study
universe will require a journey inward
will also require a certain objective
then from the other side. This involves
willingness to momentarily detach
intuitions from familiar camouflage reference points.

当我说到客体化的时候我简要地提到了这一点
向内的旅程通过潜意识和超越潜意识。还需
观点，从另一个侧面来看待你自己的宇宙。这涉
暂时将自我和直觉的能力从熟悉的伪装参照点分

Keep in mind here, though a discussion will wait for quite a while,
relationship occurs between the dream universe and the world of
matter. There is surrounding this three-fold system an energy
uncamouflaged psychic phenomena, in other words, psychic energy
which we will speak much later. They are important however, and
now know you realize that these energy forms represent manifestations
operating in the same manner as our earlier comments of which we spoke
discussing the early development of energy within the physical fiel

在这里要记住，虽然讨论还需要等上一阵子，但梦
在类似的关系。在这个三重系统的周围，有一层笼
性现象。换句话说，就是灵性能量完形，我们稍后
的。你们现在所知道的，你们了解到这些能量形
运作方式与我们先前在讨论物质场域内能量的早期

These therefore for all intents and purposes are closely interconnected
three systems and accepting no further
evolve they may attract other energy
and build extensions to

因此，这些实际上是紧密结合在一起的，意味着三个
不接受进一步的增加。随着它们的演化，它们可能
吸引其他能量系统的延伸。

The inwardness, or inward energy which forms all these systems, is
stabilizer; and yet in its search it never creates new outlets that
chaos, a lack of temporary balance
inwardness then, operating through
which the most seemingly unexpected

形成所有这些系统的向内性，或者说内向能量，是
的探索中，它总是创造新的出路，导致创造性的混
再加以平衡。那么，正是从这个向内性，透过其形
而来，并且可以预期看似最意外的发展

I suggest your break.

我建议你们休息一下。

(Break at 10:00. Jane was dissociated as usual. During break she
that she wanted to know if she could
half an hour a day, instead of fifty

(10:00休息。珍解离如常。休息时她提到她想
时间不是每天分钟的时间。我说我

something about the "group" Jane 系c的 那t a c 团e体 ” S a 见 t u r d 苛y。 n i g h t . S e e p a
68 .

(Jane resumed in the same rather (s l o w 7 a n 珍 以 d同 样 i 缓 e 慢 r 而 慎 重 的 a 方 式 e 继 r 续 a 说 道 0

Now. Your experience the other e v 现 在 i n g 你 们 w 那 天 晚 n d 的 经 d 历 q u 是 相 当 合 理 的 i m a t e

My friend's manner was meant as a gentle reprimand to me and as 我 朋 友 的 态 度 本 来 是 要 轻 斥 责 我 一 下 ， 而 且 当 作
between us, since I had told him 我 告 诉 过 他 ， 我 不 希 望 他 把 你 们 弄 糊 涂 ， 或 讨 论 我
discuss matters being covered in our material.

I did not want him coming in as a 我 不 希 望 他 以 代 课 老 师 的 身 份 来 上 课 w 而 且 本 着 最
in the world causing any misunder 成 任 a 何 误 解 g 所 以 n ， 作 为 对 我 的 一 个 玩 笑 e ， 他 什 么
would tell you nothing at all, and 你 a 的 任 w 何 问 题 h a r d l y a n y o f y o u r q u e s t i o
We are well acquainted. Our educ 我 们 o 是 n 很 熟 识 的 t h e d 你 们 的 v 教 育 y 方 法 不 a 同 。 i 仅 此 而 已
your amazement or amusement we 或 开 y 心 c o 我 们 可 以 找 t h 个 晚 上 o r m 下 e v 但 不 i 是 在 定
not during a regular session. And 可 能 性 s 。 i s n o t a n y t h i n g b u t a p r o b a b

I have told you that this will be a 我 告 诉 过 你 们 b r i 这 f 会 s 是 e s s i o n 节 相 当 简 a n d 短 的 课 s o 所 以 也
try a half-hour psychological time e x p e r i m e n t 话 ， 他 可 以 在 明 天 和 周 三 尝 试 半 小 时 的 心 理 时 间 练
chooses, and then we will see. Th 课 非 常 好 。 我 向 你 们 俩 致 以 最 美 好 的 祝 福 ； 如 果 你
fond good wishes to you both; and if you do not want to carry on c
with my friends you do not have to.

I told them you were both very particular about what you saw, and t
would deign to speak. Particularly 尤 其 是 那 个 顽 固 的 鲁 伯 。 在 我 无 力 的 玩 笑 之 后 ， 我
weak joke I will say good evening.

("Good night, Seth." ("晚 安 ， 赛 斯 ”。

(End at 10:17. Jane was dissociated as usual. As she sat down, she (10:17 结束。珍 解 离 如 常 。 当 她 坐 下 来 时 ， 她 说
may have said good night, but he 晚 安 ； 赛 斯 。 我 们 静 静 地 坐 了 一 两 分 钟 ， 以 防 珍
a minute or two in case Jane resumed dictation. Then she announce
was gone. 斯 已 经 走 了 。

(Jane ended the session with a smile. Evidently she picked up my t 珍 带 着 微 笑 结 束 了 这 节 课 。 显 然 ， 她 接 收 到 了 我
conversing with Seth's friends. As I took her dictation, I was wonde 法 。 在 我 一 边 记 录 她 的 传 述 期 间 ， 一 边 想 ， 我 们 如
we would go about speaking with more than one entity at a session.
answered my thoughts in closing out the session. 话 。 然 后 ， 她 在 结 束 课 程 前 回 应 了 我 的 想 法 。

(The following data are from Jane('s 以 下 资 料 来 自 珍 的 心 理 时 间 笔 记 ：

(December 1, Tuesday 11:30 AM: Excellent 星 期 二 上 午 11:30 极 佳 的 状 态 。
I had the definite feeling that I could 我 可 以 上 升 。 全 身 都 是 如 此 。
(December 2, Wednesday 11:30 AM: Again, a good state achieved. (12 月 2 日 ， 星 期 三 上 午 11:30 ， 又 达 到 了
white-covered table, with an item on it, I wanted to see what 白 布 的 桌 子 ， 上 面 有 一 个 东 西 。 我 想 看 看 那 是 什 么
feeling that I glided over to the table, some fashion since it 某 种 方 式 滑 行 到 桌 子 旁 ， 因 为 我 确 实 接 近 了 桌 子
table. I saw that the item was a hamburger then it faded. The 堡 包 。 然 后 它 就 消 失 了 。 那 个 东 明 治 看 起 来 不 是 很
very thick looking. [I also had, slightly that feeling of being hit o
head.] 那 种 感 觉 。]。

(Note: Jane tried psychological t (注 意 珍 在 上 述 两 次 中 ， 都 是 半 小 时 的 心 理 时 间 实
Seth had agreed to this in the last 赛 斯 在 最 后 一 点 s e s s i o n .)

(For December 1 and 2, I tried p (s l y 2 c 月 d 1 日 o 和 2 c 日 a l 我 也 尝 试 了 心 理 时 间 实 验 a v e 但 没
report beyond a few minor sensati 有 什 么 可 报 告 的 n d s .)

SESSION 112 第112节精神行动与时间概念,周年日

D E C E M B E R 2 , 1 9 6 4 9 P M W E D N E S 1 D 9 A 6 Y 4 年 A I S 2 月 S 2 C H 日 星 期 三 晚 上 9 点 定 期 课

(By coincidence this session fell due, on the anniversary of our first
made contact with Frank Watts in that session. Seth did not announ
presence until the 4th session. See Volume 1, page 23. (刚 巧 ， 这 节 课 正 好 是 我 们 第 一 次 课 的 周 年 纪 念 日 ， 当
沃 次 接 触 。 赛 斯 直 到 第 4 节 才 宣 布 他 在 场 。 见 第 1 卷

(Jane had no idea of the material for the session tonight. Again she
tired. She has increased her writing during hours recently and is st
the change. (珍 对 今 晚 的 课 程 资 料 没 有 概 念 。 她 又 相 当 疲 惫 。 她
时 间 ， 还 不 习 惯 这 种 变 化 。

(She began dictation on time in a normal voice and at a much fast
she has been using lately. Her pacing was also faster. Again her g
off, her eyes dark.) (她 用 正 常 声 音 准 时 开 始 传 述 ， 比 最 近 用 的 速 度 快 。 她 的 节 奏 也 更 快 。 她 摘
下 了 眼 镜 ， 眼 睛 很 黑 。)

Good evening. 晚 安 。

("Good evening, Seth.") ("晚 安 ， 赛 斯 ”。)

Our bright-eyes Ruburt has been l 我 们 眼 睛 明 亮 的 鲁 伯 特 最 近 眼 神 不 太 明 亮 。

This is merely due to the additional time that he has added to his 这 只 是 由 于 他 在 日 程 上 增 加 了 额 外 的 时 间 ， 他 很 快
he will quickly acclimate himself to the new conditions.

For a daily schedule however, six 不 过 对 于 每 天 的 w 日 程 安 排 来 说 ， 六 个 小 时 的 写 作 时
a daily walk should certainly be p 日 的 散 步 当 然 是 要 加 上 的 。

Mental activity does demand more energy of one kind than does physi
activity, and the reason here is a rather strange one, in that the mental
creative work demands the extra energy used in a sort of repression
for example, are not directly carried out or fully constructed in a

They are expressed yet they are repressed from or they are kept f
complete physical construction by the very act of artistic creation
division of self involved.

The idea is bared, not permitted expression in complete physical f
energy then that would be used in complete physical construction
material form is, rather, transfixed suspended more or less
incompleted, and therefore in many respects immortal.

The extra energy needed is that energy that is used to hold back th
finding completion in concrete terms. It is to allow the idea to find
channel. The impulse for such creative impulse in you is fixed

although other elements may enter here, the same desire exhibited in the dissatisfaction with the universe to it in its own terms. Hence the search for a condition of existence both within and without the ordinarily conventionalized framework.	因素也可能进入其中，表现出的是对宇宙的不满的同样欲望，能量也会为了适应它自己的条件来增加其中。因此，我们寻找一种既在常规的惯例框架之内和之外存在的条件。
As with a landscape there is often an attempt to speak, those elements of life with which the artist is dissatisfied.	就像风景画一样，我们经常试图，窃取生活元素，并将它们转移或固定，以这样一种方式使其中的其他元素不满的艺术家。
Such processes are extremely complicated. The human psyche adds these processes, and it is of these processes that we have been speaking. Nevertheless, there are important correlations existing between man's creative vitality and creation and innovation, for inherent impetus of all energy toward forever seeks to perfect itself in precisely this fashion.	这些过程极其复杂。人的心灵加上了自己的扭曲效应，这些过程正是我们一直在谈论的。尽管如此，在人的创造力和所有能量本身的内在冲动之间还存在着重要的相关性；因为能量本身永远寻求在这种方式中完善自己。
Ruburt has added more time to his writing day, and is now also doing painting. The same kind of energy is at work here, however for him to catch up, and expected.	鲁伯特已经增加了写作的时间，现在也在画画。多的能量在这里起作用，但对他来说要赶上进度的时间会很短，很快他将拥有。
I will close this discussion.	我将结束这次讨论。
Now that you know something about the nature of matter you will see matter is objectified mental action and that such action, simultaneously in the spacious present, formed by individualized energy, the formation of mental enclosures.	既然你知道了些关于物质本质的事，就会明白物质是客观化的精神行动，基本上这样的行动同时发生在广阔的现在，由个别化的能量形成，形成精神围场。
These simultaneous actions, happening at once, appear in multitudinous fields of activity. And it would seem from this that many fields are involved. You know however that time is caused by the apparent change of action as it enters any given camouflage field.	这些同时发生的行动，同时出现在多的活动场域中。似乎你所知道的时间也涉及其中。然而你知道，时间是由于行动在进入任何给定的伪装场域时的明显变化。
The action is only apparent or visible in a particular field when it camouflage coloration of the field. Basically the action is not changed. The camouflage distortion is like the effect that water reflects upon the image that falls across the water.	当行动在特定场域中表现为该场域的伪装色彩时，它只是在该场域中表现出来。基本上，行动并没有改变。伪装扭曲就像水的反射对跨过水面的图像的效应一样。
A tree reflected in the water is still the same tree and unchanged. As the reflection of the tree appears a distorted appearance, so as the idea is projected into another field seen in a distorted fashion.	水中倒映的树仍然是同样的树，没有改变。就像精神行动的倒影，现出一种扭曲的表象，所以当思想投射到另一个领域时，它也是以一种扭曲的方式被看到。
The distorted reflection of the tree in no way changes the actual tree distortions that occur as a mental act appears in another field in the mental act. You may take your break.	树的扭曲倒影丝毫不改变实际的树。精神行动出现在另一个领域中的扭曲，也绝不会改变精神行动。你可以休息了。
(Break at 9:33. Jane was dissociated as usual. She felt all right but tired as soon as break came. She produced quite a bit of average however. She resumed in the same brisk manner at 9:37.)	(9:33休息。珍解离如常。传述的时候感觉还不错，但一休息就感觉疲倦。她比平时提供了更多的资料。9:37她以同样的轻快方式继续。)
Now. I used the above analogy to make the point that there is also an important difference here. However, we must be very delicate in the way we handle this.	现在，我用上述比喻来说明这一点：这里也有一个重要的区别。但是，我们必须在处理这方面非常细腻。
In your field, when the tree is reflected in the water, the tree itself remains stationary, but it would never crashing into the water.	在你们的场域里，当树倒映在水中时，树本身是固定的，但它仍会坠落到水中。
(Jane smiled as she paced about the room.)	(珍微笑着在房间里踱步。)
This would happen as follows. The action, the mental action, constantly to recreate itself. It recreates itself in slight variations and differentials or projects itself into, those fields of activity, and attracts a differentials.	这接下来就会发生：行动，精神行动，不断地重建自己。它通过微小的变化和差异来重建自己，并带有不同的差异或投射到那些活动场域中，吸引特定差异。
Yet these projections or reflections do not alter the fact, or change the nature of the so-called original mental action. The tree itself remains stationary, as does the stationary own reflections as does the stationary reflections in the water.	然而这些投射或反射并没有改变事实，或改变所谓原初精神行动的本质。树本身仍然保持固定，就像水中的反射一样，它的反射也保持固定。
We are merely adding dimensions to the tree and we are also adding a different mobility, which your tree does not.	我们只是在这里增加了你的树所没有的实际维度，没有的差别移动性。
This discussion may require more understanding than you or Ruburt but I do not believe so. In all of this, we are using the original or initial ideas only to make certain ideas clear, because you think within a reference continuity.	这种讨论可能需要比你或鲁伯所拥有的更多的理解，但我不相信。在这一切中，我们使用原初或初始的想法只是为了使某些想法清晰，因为你们是在连续性的参照中思考的。
I wanted to give you this material because it is basic for any comprehension of mental acts as they occur in the dream universe and the universe. There will also be additional information concerning the concept of time. The experience of time is strongly connected with the mental acts are projected outward from their center into the fields of various dimensional systems.	我想给你们这些资料，因为它是理解任何精神行动的基础，无论它们在梦宇宙和物质宇宙中发生。还会有关于时间概念的额外信息。时间的经验与精神行动的运动密切相关，因为它们从中心向外投射到各种维度系统。
It is the effect of the camouflage which is responsible for the experience as you think of it.	这就是伪装的效应，它导致了你所认为的时间体验。
I suggest your break.	(9:53休息。珍解离如常，留意这次不寻常、比较久。她说赛斯本来会在10点前结束这一节，但她决定继续。)
(Break at 9:53. Jane was dissociated as usual. Note the unusual, extended time. She still felt tired. She said she would break at 10 o'clock, but that she decided to continue.)	(还是没戴眼镜，9:59以较慢的节奏继续。)
(Again without her glasses, she resumed at a slower pace at 9:59.)	时间只是在既定系统内由该系统本身引起的效应，精神行动进行的操作。
Time is merely the effect caused within a given system by the system operating upon a mental action as the action enters within its frame.	这里还有一些其他的东西，关于时间的出现，我不会因为你们不会理解它。这是很重要的一点，也是我的一点。

There is something else here also could not have undertaken with you it. It is an important point, and it evening.	如果你回想一下当时我们谈到的有意识的个体化能量，谈到各单元在收集有关自身的资料，在不同的点上并在自身内部积累或多或少的稳定储备。
If you recall, when we spoke of the development of conscious indiv energy within your field, we spoke of units collecting material abo and at various points becoming more or less closed systems, accum within themselves a more or less stable reserve.	（相关资料，见第86和第109节。）
(Among others, see the 86th and 109th sessions.)	现在。其他单元的行为方式和这些原子的行为方式各种扬域宇宙。请记住，没有系统是真正封闭的，这些单元，无论大小，周围都存在着一种阻力；正才必须出现，单元的特性或伪装才会在其中运作。
Now. In much the same manner as these atoms behaved, so also do behave, including large ones such as various field universes. Reme systems are really closed, but on about or around such units, large a mental action must appear, and within which the characteristics o camouflages of the units operate.	对于所有的系统来说，所谓的时间是以任何既定障的进入或投射衡量的。
For all systems, so-called time is measured with the entrance or p any given mental action through this resistance barrier. The mental projected must continue to project. When it passes completely thro then within the system it appears that the mental action has cease again time is marked.	投射出来的精神行动必须继续投射。当它完全通过内，精神行动似乎已经停止，时间再次被标记上。
The apparent lapse between the entry and departure points of this appears then as a convenient measurement within the system, that i within your system as time.	这个运动的进入点和离开点之间的明显间隔，在系量，在你们的系统内被称为时间。
Because both of you seem weary this evening, and since the materi through that I wanted to deliver, we will have a shorter session. and the session is the important factor, a lot of work goes into to many circumstances. However, I realize that your Frank Watts in understand how much you have learn What you have already learned can never be taken away, and will se	由于你们两个今晚似乎都很疲惫，而且我想传递有一节短课的规律性是重要的因素，你们知道而变化多端。不过，课进行得非常顺利。我意识到你们事后会发现你们都明白自己学到了多少东西。这西一定不可能被拿走，而且会对你们很有帮助。
As for me, I have been around now, here, for quite a while myself a the experience most enjoyable. It is sessions that I am not overly concerned sessions.	至于我，我已经在这里待了好一阵子，并发现这个经历很愉快。我希望举行这样的课，但并不过度关心每节课。
I hope you do not tire of me. I wi	我希望你们不要对我感到厌倦，我现在要祝你们有
And Joseph, you could give me at serious this evening than I usually	还有约瑟，你可以给我一个战友般的微笑，这说明一切。
("Good night, Seth."	（“晚安，赛斯”。）
(End at 10:18. Jane was dissociated as usual. Both of us had been throughout the session.)	（10:18结束。珍解离如常。我们两个一整节课都
(The following data are from Jane's psy-time notebook:	（以下资料来自珍的心理时间笔记：
(December 3, Thursday, 11:35 AM:	（12月3日，星期四，上午11:35：
(December 4, Friday, 11:30 AM: Impression that someone "drifted u kissed me on the check. I saw dim lights and a glass and a lit lamp Also, quickly, I saw clearly the birds on top of the through the window.	（12月4日，星期五，上午11:30：印象中，有人轻吻了我的脸。我看到一盏灯和一个玻璃杯。还有一盏灯。还有鸟，清楚地看到了我们屋顶上的鸟。
(While lying down for half an hour clearly. I thought for a moment my	（今天晚上躺了半个小时，我清楚地看到了我家门口
(December 7, Monday, 11:30 AM: No	（12月7日，星期一，中午11:30：没有结果。
(Jane is now trying psychological	（珍现在每天做半个小时的心理时间实验。）
(From my psy-time notebook:	（来自我的心理时间笔记：
(Thursday, December 3: Missed.	（12月3日，星期四：错过。
(December 4, Friday, 9 PM: A general expectant feeling of being al seemed to weigh less. The sensation had some lightreduration. My h arms seemed to rest upon a somewhat higher level than the rest of	（12月4日，星期五，晚上9点：我有一种即将开始感觉持续一小段时间。我的手和胳膊似乎比身体其
(December 5, 6, 7: Missed.)	（12月5、6、7日：错过。）

SESSION 113 第113节准备放假

DECEMBER 7, 1964 9 PM MONDAY	1964年12月7日星期一晚上9点定期课
(Jane had no idea of the material to be covered in the session as approached. She began dictation in a somewhat stronger and usual. Her pacing was also faster. Once again her glasses were off dark as usual. She smiled.)	（随着上课时间的临近，珍对这节课所要涉及的资音比平时更有力，也更快。她的节奏也更快。她常一样黑。面带微笑。）
Good evening.	晚安。
("Good evening, Seth.")	（“晚安，赛斯”。）
I wanted to give you the following, I suppose welcome news that y some time off. I had not meant particularly to hold so many sessions giving you some sort of vacation.	我想告诉你们以下这个我想是受欢迎的消息，你们是特别想让你们上这么多课，却不给你们一些假期
I get quite carried away for one thing and our material has been c well that I quite forgot that a rest period has been due. It will, duration. However, it will suffice to give you both a breather.	一来是因为我欲罢不能，二来是我们的资料过来得息一段时间了。放假时间不会太长。但是，这足以
Even though such a period is due, as you might guess, knowing me b	虽然这个休假是应该的，但我发现自己对安排任务

I will despite my own feeling end 我将不顾自己的感受很快结束这节课。 Thursday session without
Wednesday session, and that will 周三没有课。我本来打算今晚给你们完全的自由，但我
planned to give you tonight completely free, but I want to make a f

It is necessary, even regardless of your physical health which is in
condition, and your mental health which is fine, 这是必要的，即使你们的身体健康状况良好，精神
a period of relaxation from time to time. It will probably be so for 必要不时地给你们一段放松的时间。可能在相当长
yet, but in a more distant future this will not necessarily apply. 是在更遥远的未来，就不一定了。

I prefer this period to fall now rather than later, 我比较喜欢现在安排这个假期，而不要在更晚的
having to do with situations related 些与特定情况有关的，以及一些影响我将来的
later merely for your convenience 你们。

The point that I wanted to make is that in all instances energy, ind
energy, materializes itself on any 我想说的是，在所有的情况下，能量可以物化自己
which are of themselves not formed 何场域，或任何场域内具体化自己，但它们本身并没有
points formed of pure energy for 能量形成的点，用于纯粹能量的给定的场域
given field.

Again, such entries or projections 同样，这种进入或投射最初是单纯的
with however all potentialities for 有可能性的潜力
This must be understood, for it will be the basis for further discus
three close universal fields. If it 这一点必须理解，因为这将是进一步讨论我们三个
give you a rest period until you 要给你们一段休假
responsibilities in this matter. I 然而，我知道我在这件事上的责任
There may be the possibility, if you 如果你们提出要求，在圣诞节假期期间
Christmas holidays, but only at your request.

(By now Jane was in high good humor. She 到现在，珍妮很高兴。她的声音清晰
She smiled often as she paced about 快地走来走去时经常微笑。)
at a fast rate.)

I have told you myself that I would 我自己跟你们说过，我现在要结束
windbag. I may say this, you may not 我可以这样说，你们可不行
It would be quite difficult for me 对我来说，你们离开整整十个星期实在很不容易
shall come back even stronger. Two 的时间真的没什么坏处，我回来时
you do not really need that much, 两周。 so I see no reason for taking

My heartiest wishes to you both. 祝你们两位致以最诚挚的祝福。
(“I don’t know. What do you want?”) (“我不知道。你想要什么？”)

I should certainly get a present 我当然应该得到某种礼物，或者我应该给你们
We shall see. I will not come loaded 圣诞树一样挂满饰品而来，但你不应该说不准。我
never tell. I may come decked out 不会。我可能会以某种方式
And now, until next Monday, good evening; and enjoy yourselves, 如果是这样，你会知道的。现在，周一见，晚安；
the opportunity. It may be another six or seven months before you 也许要再过六七个月你们才会有另一次机会。
opportunity.

(“Good night, Seth.” (“晚安，赛斯”。

(End at 9:23. Jane was well dissociated for a first delivery, 9:23结束。珍妮第一段传述时解离得很好。她
as surprised as I was at the session. We have spoken and there extra time 和我一样惊讶。我们直接说还不错；如果我们需要从
feeling fine; if we needed a rest from these sessions we were not aw 没有意识到这一点。我们没有想过要放假。)
hadn’t occurred to us to ask for any time off.)

(The following data are from Jane’s personal time notebook: (以下资料来自珍妮的个人时间实验笔记：
(December 8, Tuesday, 11:30 AM: (12月8日，星期二，11:30 AM：达到一个非常好
(December 9, Wednesday: Missed. (12月9日，星期三：错过。
(December 10, Thursday, 11:30 AM: (12月10日，星期四，11:30 AM：达到非常好
(December 11, Friday: Missed. (12月11日，星期五：错过。
(December 14, Monday, 11:30 AM: (12月14日，星期一，11:30 AM：我又看到了一些
voices but didn’t retain what they said. Felt I could see through my 音，但没有记住他们说了什么。我觉得我闭着眼皮
eyelids.)

(From my psychological time notebook: (从我的心理时间实验笔记：
(December 8, Tuesday, 8:30 PM: Quick full figure glimpse of Lois W
she stood facing me and making a "come hither" gesture. 晚上8:30快速一瞥全身露
woman sitting in a chair, profile, 身形。她面对我站着，并做出“过来”的手势。然后
me at an angle. She was smiling. 人坐在椅子侧面，面向我的右侧。她微笑着
black horn-rimmed glasses. He seemed 黑框眼镜。他似乎就站在我的左眼上方，
stand right over my left eye, so that 所以我必须
some kind of notepad and said something 拿着某种记事本说：“No, wait, if you 等一下，如果你允许我
it like this....” 这样做……”

(I had good duration with feeling of 两只手的手臂都有增大的感觉，持续
legs from the knees down felt considerably longer. Along with this, 不少。除了这种感觉之外，我还感觉它们奇怪的
also felt curiously stunted, with the right leg bent and drawn up at an 弯曲，而且有一部分往上拉。实际上它们是直直地躺
angle. In actuality they lay straight on the bed.

(Also at times my body felt lighter, as though it were engaging in e
movement. (此外，有时感觉身体也很轻，仿佛正在做探索性

(December 9, Wednesday, 8:30 PM: This was a very interesting ses
achieving a good state I began to feel 12月9日，星期三，晚上8:30：这是一段非常有
movements while lying prone. There 俯卧时开始感觉或感受到各种运动
to the left, then to the right, as 向左，然后向右，仿佛以腹部为中心
sensation was quick but quite def 但相当明确。感觉还有点轻微的移动感。
of movement. During this experience 定程度上的震颤感。
degree.

(Then the central part of my body felt depressed down to bed level
thought that I was more aware of the bed beneath my middle body than
the body itself. It was almost as though that part of the body was
same time, my arms and hands, remaining where they were, then fel
This feeling was also definite, with duration.

(When the alarm rang to end the session 当定时闹钟响起结束
was quite dark, very nearly pitch black. 我像往常一样睁开眼睛。

a symbol that Seth had described crossed line diagonally almost like a small symbol, with some initials, that Bill MacDonnell should have has no memory of it, however.	像一个半弧形，斜面有一条斜线，几乎像一个带有一些首字母的小符号，即在普赛斯描述的上，比尔·麦克唐纳在那里待了几个星期应该没有印象。
(The symbol as I saw it appeared from me, and although the room was black line. Naturally, what I did furnished by Seth.	(我看到的符号似乎悬浮在离我几英呎远的空中，我似乎看到了它的黑色线条。当然，我所看到的，料所做的重建。
(December 10, Thursday, 8:30 PM:	(12月10日，星期四，晚上8:30：达到良好状态。
(December 12, Saturday, 2:00 AM: Jane and I had been dancing and retiring I saw many visions of male and female dancers. I also exp whole string of glimpses of people some of them very striking clos features, as eyes, etc.	(12月12日，星期六，凌晨2时：珍和我一直在跳舞者的幻象。我还瞥见了一连串的人，其中些如眼睛等。
(December 13, Sunday, 8 PM: Few	(12月13日，星期日，晚上8点：几次小小的
(December 14, Monday: Missed.)	(12月14日，星期一：错过。)

SESSION 114 第114节粒子,宇宙也是单元

DECEMBER 14, 1964 9 PM MONDAY	1964年12月14日，星期一晚上9点定期课
(This is our first session since last Wednesday, and I hope that Seth gave us a brief rest, el last Wednesdays sessio	(这是我们自上周三以来的第一次课，我希望赛斯给了我们一个简短的休息，上周三的课。
(Jane had no idea of the material for the session as the time for i She began dictation in a voice a little stronger than usual and she took with quite a few pauses. Her eyes were as usual, and she took off as the session began. Her pacing was quite slow.)	(珍对课的资料一无所知。随着上课时间的临近，传述的速度相当慢，有不少停顿。她的眼睛和往常一样，镜摘了下来。她的步伐相当缓慢。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
I hope that you enjoyed your brief vacation. I would like this even more concerning the interrelationship of various units for, when I interrelationship of universes, remember that these universes are you prefer, systems.	我希望你们享受那短暂的假期。今天晚上，我想系：因为当我讲到宇宙的相互关系时，请记住，这你们比较喜欢这么说，也是系统。
They are merely of a more complex gestalt, yet they share in the p inherent in all units or systems, regardless of apparent size or co again, there are no closed systems, although some may app to those inhabitants within.	它们只是一个更复杂的完形，但它们分享了所有单其表面大小或复杂程度如何。同样没有封闭的系单元对其中的居民来说似乎是封闭的。
There is an interrelationship between all systems or units that interrelationship is independent of time. You once believe that interrelationship between units or systems is therefore between that now appear actual to you, but between units or units that to be future or past, with those that appear to be present.	所有的系统或单元之间都存在着一种相互关系。这的，正如你们所设想的那样，单元或系统之间的相互关系因此，单元或系统之你来说是实际的那些单元之间的关系，但是你认或单元，与那些看起来是现在的系统或单元之间的
This interrelationship is not in terms of cause and effect, as this distortive misinterpretation of actual systems has nothing to do with c basically simultaneous actions. A system or unit is a plan that is the action system.	这种相互关系并不是从因果上来说的，因为这个法所有单元或系统之间的相互关系与你们所说的系统或单元是一个行动。在每一个行动系统中，受到了行动系统的限制。
Man is himself a particular system of unit of action within other action, and he is himself composed of other units of action. This interdependence is in itself responsible for that interpla action which results in the individual consciousness, that is, with	人本身就是其他行动系统中的一个特定系统或行动动单元组成的。这种统一性和相互依存性本身就相互作用的原因，这种相互作用导致了个人意识，
I have told you that for various reasons all inner energy cannot be within any given action. That part within a given system seeks it elsewhere. The individual psychic energy that resi physical manifestation; and this direction is open to it.	我告诉过你们由于各种原因，全部的内在能量不在任何给定的行动中。在某个系统中找不到这个部分存在个别的灵性能量驻留在其中。你可以说，每个部分断地在任何方向开放的方向寻求创造性。
So do portions of each entity find simultaneous expression within systems or units of action, and they must then progress within these according to the specific properties of the systems. Units or systems open, interdependent and simultaneous in actuality.	每个存在的部分也是如此，在各种系统或单元中找们必须根据系统的特定属性在这些系统中发展。单放、相互依存、同时存在。
They are formed as I told you earlier individualized awareness for their camouflage frameworks. They have a meaning that they are not strung out in your time one at Because they are units or systems, they do possess a resistance which serves to give them unity, a resistance attract like and repel unlike elements.	它们的形成就像我之前告诉你们的那样。个体化的意识为其伪装结构的基础。我说过，它们不是连续的，也就是说一个在前，一个在后串联起来的。因为它们是单元或系统，它们确实拥有一种阻力，这种阻力使它们具有统一的身分，排斥不同类的元素。
Yet also at this point of resistance will be found in the case of particles that are part of your system and also part of another system, words, where two systems merge the outer resistant edges of each same.	然而在这个阻力点上也会发现，以你们的系统来说部分，也是另一个系统的一部分。换句话说，在两的外在阻力边缘是一样的。
I suggest your break.	我建议你们休息一下。
(Break at 9:28. Jane was dissociated that she hadn't smoked at all during steadily during sessions; even I hadn't	(9:28休息。珍解离如常。在休息时，她发现她从没有吸烟。她通常在课间会不断吸烟；甚至我也没注意。
(By now I was also aware of a mild feeling of enlargement in the fi right hand. The third finger was t many experiences of this kind in sessions [in Volume 2] for more p	(这时我也意识到在右手的第三根手指有轻微的扩大感。第三程中都没有太多这样的经验。更加显著的效应，请参

measurements.

(Jane resumed in the same quite slow manner.) (珍妮以同样缓慢的方式恢复传述。)

These particles attract and repel; they both. 这些粒子既相互吸引也相互排斥，两者都有。

If we may speak in an analogy, then these particles have two faces. 如果我们可以用比喻来讲，那么这些粒子就有两面
consider them as soldiers guarding the parie frs or the boundaries. 或边界的士兵；那么你就必须想像一个奇怪的生
would have to imagine a strange creature; our particle as a soldie 界上的士兵；面向又远离有关的国家。
boundary facing toward and away from the country in question.

He would be composed of the stock of each country, so that neither 他是由每个国家的原材料(esrtoicmkp)组成的，任何
could decipher any alien within h(m) 他人 concerns all units or systems. The 何异类。这是相当重要的一点。因为它关系到所有
of such particles is the main issue 内部排列和电磁结构是问题的主要内容。
two different units or systems. And 当这些粒子作为边界的抵抗力量时，它们也是联
boundary forces, they are also unit 能分离又能联合的，结缔组织
tissue that both separates and unites.

These identifying particles, as we would call them, that both close a 这些我们将称之为识别粒子的粒子，它们既围绕着
yet still unite it to other systems. These particles also enclose 系统联系在一起，这些粒子也是任何单元或系统的
any unit or system. Availability of energy and energy transformation 能量转化为系统的特定伪装需求则是其他属性
particular camouflage necessities of the system are other properti

No system is able to utilize all of its energy. However, and 然而，没有一个系统能够利用其所有的能量，能量
another characteristic of a system 另一个特征。伪装的主动性是另一个这类的特征。
characteristic. Within the limitations set by its system, may 范围内，一个系统还是可以根据它所拥有的机会，
from the opportunities available to it, vary its camouflage patterns

A system may say that within its limitations there is room for still 一个系统可以说，在它的限制范围内还是有空间
transformation of energy into still more varied forms. 各种的装形态。
generally said, but only generally. 可以笼统地说，但只是笼统地说。
system which has great diversity of 大多样性伪装模式的系统，在这种系统中，能量
individualized, is then given expression 个性化，然后允许进一步个
materializations, which then allow 体化形态表达出来。
for further individualization to 益
whole system.

The system exists basically, again, not in space, does it exist 系统的存在，基本上，再说一次，不在空间
you conceive it. It exists and expands in terms of depth that take 重扩展。它是以不占空间的深度，以值的充盈的方
in terms of value fulfillment.

We have discussed this before but it should not be forgotten in any 我们之前讨论过这个问题，但在任何讨论中都不应忘记
discussions. The urge and drive towards value provides 动力，为任何系统或单元的启动提供了火花。通过
the initiation of any system or unit. 化，将其转化为更复杂的伪装模式，提高自身的意
itself, through the manipulation and materialization of its own ene 为一个特征
complicated camouflage patterns, is another characteristic of a sy

None of this goes on in any one 这些都不是在任何一个单一的层次上进行的。有很多的
mentioned in an earlier session, 在前课提到的，内向能量本身也会被产生的
and enriched by the camouflage form 响并丰富起来
I suggest your break. 我建议你们休息一下。

(Break at 10:03. Jane was quite well. 10:03 休息。珍妮相当解离。同样，自从上次休息
since last break. I still maintained the feeling of enlargement in 手的手指仍然有放大的感觉。
right hand.

(An interesting little experience now came to light. Jane's delivery 现了一个有趣的小经验被曝光了。珍妮的传述过
very slow; as slow as the 110th session. 节课一样的慢，那节课是我记忆中最慢的一次。
I mentioned this Jane was quite sure 在传述的过程中，她觉得自己讲的很快。
felt she was speaking rapidly. In 而这一次头脑步到另一头，
times she paced from one end of 间有多次不同的理解可以补充的是在第
to the next word. Thus it is seen 的速度很慢。
same amount of camouflage time. be added that during the 此
session, Jane was aware that she was speaking at a slow rate.

(She resumed in a somewhat faste(rl 0m:a n0 ude 以稍快的方式继续。)

The particles of which we spoke 我们所说的粒子不仅可以看作是边界，而且可以
gateways, both separating and dividing systems. 统。

To you they would be seen as mysterious connectors of links. Energy 对你们来说它们会被视为神秘的连接器或链接。
through these particles from one system to another, more or less. 然传递到另一个系统，或多或少是不断的。然而，它
they themselves, taking energy from system A into an 为可以被系统B接收的一种适应形态。
that can be received by system B.

These particles are, then, transformers of a kind, receiving energy 因此，这些粒子是某种转化器；从系统B接受能量
B, they transform it before passing it through these particles. 其转化。这些粒子在自己的单元系统内既包含正离
positive and negative ions within their own unitary system, for the 们本身当然也是单元。
also units in themselves.

This transformation of energy should be quite comprehensible since 这种能量的转化应该很容易理解，因为你知道
that you subconsciously transform 物质、精神、创意或心理状态操纵它们使之对你有
psychological states, manipulating 释那些既是能量又是单元的粒子。
“particle” to explain those units 虽然很多都是粒
many are particles, this is only 说，这符合你的定义的架构。
framework of your definition. said to fall w

They are smaller than small, to be sure, but soon your scientific in 可以肯定的是，它们比小还要小，但很快你们的科
detect them; though I do not believe 然我不相信它们的意义会被理解。但是，这些
many such units cannot by any stretch 是这些单元下的粒子，虽然它们的共振应
particles in these terms; and while 学方法探测到它们，能直接用仪器检测
chemically and electrically within 学方法探测到它们，能直接用仪器检测
with instruments.

Dreams are such connectives, for you see that. This preliminary matter 梦就是这样的联结。因为你看，就我们的梦宇宙而
much to the point as far as our dream universe is concerned and 有针对性的，它本身就是那次讨论的联结。这将是
connective to that discussion. This will be the basis for our next 将看到梦是如何充当另一个面孔，所以人本身站在
will see how dreams also serve as the other face so that man himself 或者站在一个障碍上也是一个门槛。
a threshold that is also a barrier, or stands at a barrier that is al

The dream universe and your own are both actualities and both are 梦宇宙和你们自己的宇宙都是现实，二者都是相互
systems that are interconnected.

(Jane's voice had by now become a little deeper and quite a bit more
She rapped upon my writing table for emphasis.)

(珍的声音此时变得更加低沉，也更有力。她拍着

This interconnection means that the existence of the one is made possible by the existence of the other. Yet both are independent parts of several points that I will leave for the next session.

这种相互联系意味着每个系统的实相和实际情况都成为可能。然而两者都是独立的部分，这给我们带来了下一节课再说。

It goes without saying however that the characteristics of any system have given here must apply to the dreamer universe and to your own universe. These characteristics vary only in terms of intensity from system to

然而不言而喻，我在这里给出的任何系统或单元的特征，只适用于你们自己的宇宙。这些特征只是在强度上

This has been a most rewarding session and I have enjoyed it. I would here that our hardheaded friend, Ruburt, refresh himself tomorrow his schedule somewhat, and gaining new strength, or perhaps an aimless walk, or quiet contemplation.

这是最有收获的一节课，我很享受。在此，我建议我们的朋友鲁柏，明天可以放松一下自己的日程安排，通过漫步，思考获得新的创造能量，从而使自己焕然一新。

And now I will close our session, hoping that you will apply tonight's material to your own lives. I add this to the lecture, because it adds to the lecture that I spoke of the so-called "instantaneous appearance of matter" for you when I spoke of the so-called "instantaneous appearance of matter" system.

现在我将结束我们的课，希望你们将今晚的资料应用于你们自己的生活。我在讲到所谓的物质在你的课上面，因为它强化了我在谈到所谓的物质在你们面前瞬间出现的整体画面。

And now, fond friends, good night.

现在，亲爱的朋友们，晚安。

("Good night, Seth.")

("晚安，赛斯"。)

(End at 10:35. Jane was again well at all during the delivery. She stopped tempo of her delivery had picked up since last break, but to no gre

(10:35结束。珍又是相当的解脱。她在整个阅读期间一直很好。她仍然觉得她说得很快，自上次休息后她的节奏加快了，

(I was still aware of the feeling of enlargement in my right hand. I to confuse this with any cramping. The feeling now became more pronounced felt thicker, against a thicker palm. Usually such effects begin to wane instance the sensation was strong some fifteen minutes or so, during which time it gradually declined

(我的右手仍有放大的感觉。我小心翼翼地避免将混淆任何痉挛。然而，现在这种感觉变得更加明显，当我握着更厚的手掌。这种活动受限的感觉通常会减弱，但这一次，这种感觉在开始后以往持续了大约十五分钟左右，在这期间，这种感觉逐渐减弱。

(For the record, I note here that I also experienced the same sensation same hand for a few minutes on last Sunday afternoon, December 13, working in my studio. Seth has said that in such instances the sense my sensing his presence, if only subconsciously.)

(为了记录，我在这里注记一下，上周日12月13日，是同一只手经历了同样的感觉。赛斯说过，在这种场合下，我感应到他在场，即使只是在潜意识上。)

(The following are from Jane's psychological time notebook:

(以下是来自珍的心理时间实验笔记：

(December 15, Tuesday, 11:30 AM: Missed. Felt the sensation, and one also from head and foot.

(12月15日，星期二，上午11:30：错过。我感到一种感觉，脚和脚也感到一种。)

(December 16, Wednesday, 11:30 AM: Saw a few vague faces wide closed opaque curtain, and a

(12月16日，星期三，上午11:30：看到一些模糊的面孔，以及一面宽阔的不透明窗帘，墙。)

(From my psychological time notebook:

(我的心理时间实验笔记：

(December 15, Tuesday: Missed.

(12月15日，星期二：错过。

(December 16, Wednesday, 8:15 PM: Another quite interesting expe After achieving the desired state, I saw a few vague faces then began to tell myself I would see Seth's house. After a few minutes of this I abruptly became aware that my lower though they were off the edge of the bed, suspended in space. The startling and quite definite. I was aware of it in the left and the right ankle and foot. I could not feel the pressure of the bed.

(12月16日，星期三，晚上8:15：另一个相当有趣的经验。我看到了几张模糊的面孔，有男有女。然后我开始对自己说，我会看到赛斯的房子。这样过了几分钟后，我突然意识到我的下半身好像离开了床的边缘，悬在空中。这种感觉令人惊讶，且非常明确。我意识到它在左膝盖以下，以及右脚踝和脚。我感觉不到床的压力。

(While this sensation attained some duration, I began to experienc of existing upon two levels again. This sensation had also definite and prolonged. First, my knee felt nonexistent] upon the bed. I then became aware that my left itself to be some inches higher than my right arm and hand limbs I felt the presence of the bed. It appeared that the point of between the two levels existed somewhere within, or beneath, my b not aware of it consciously. While I knew the bed lay beneath either that I was not aware of the bed beneath my lower legs. Good durati effects.)

(当这种感觉持续了一段时间后，我又开始体验到两个层次的存在。这种感觉也是明确而持久的。首先，我的膝盖感到不存在，[不存在]地压在床上。然后我意识到我的左臂和手臂比我的右手臂和手掌高出几英寸，感觉到床的存在。这个点似乎存在于我身体内部或下面的某个地方，但我不是有意识地意识到它。虽然我知道床在我的胳膊下面，但请注意，我并没有意识到我的下半身下面的床。良好的持续时间和效果。)

SESSION 115 第115节梦丰富你的存在,助你理解值的充盈的概念

DECEMBER 16, 1964 9 PM WEDNESDAY 1964年12月16日星期三晚上9点定期课

(Jane had no idea of the material She said that a day or two after a dream; she has to read it to verify

(珍对课程内容没有概念。她说两天或两天后，她对课的记忆就像做梦一样；她必须阅读课程内容以证实。

(She began dictation in a much stronger voice than normal, and ma throughout the session. At times it was quite loud, but not growling She also spoke somewhat faster than last session. Again her eyes dark as usual. Her pacing was regular.)

(她用比平常有力得多的声音开始口述，并整节课保持。有时声音很大，但并没有变低沉。她说话的速度也比上一节课快。她的眼镜再次使她的眼睛和平时一样黑。她的步伐很有规律。)

Good evening.

晚安。

("Good evening, Seth.")

("晚安，赛斯"。)

I would like to speak a few words

我想就实相的本质讲几句话。

This will serve as a further connective to our discussion of the dre and its interaction with the world of physical matter. Your definition of reality is extremely limited, and excludes more t

这将进一步连接到我们对梦境的讨论，以及它与物质世界的互动。你们对实相的定义极其有限，而且排除了比

Even within the experience of men there are realities that are enti from the realities of physical objects. In the experience of men there exist indisputable reality. Ideas are another reality. Dreams are another st

即使在人的经验中，也存在着与实物的实相完全不同的实相。人的经验中存在着无可争辩的现实。想法是另一种现实。梦是另一种梦

effects of such realities may appear in physical form, but such experiences cannot be captured within physical matter.

以物质形态出现，但这些经验的原本实相无法在物质内被捕捉。

If such experiences appear less real than more obviously material, they also have at times a peculiar vividness that cannot be overlooked. If such realities are simply different from the nature of physical realities, they seem insubstantial, it is because their substance is of a different quality.

如果说这种经验比您更明显的物质实相显得不那么真实，那是因为它们的本质与物质实相的本质不同，它们显得虚无缥缈，那是因为它们的实质具有不同的特质。

They appear to lack the apparent physical durability of, say, a table and chair, the table and chair being examples of much more durable, and they impress realities, in their strong and some of the same ways, as much more durable realities. Such realities do not bow to the laws of physical matter in daily life you in daily life.

它们似乎缺乏像桌子或椅子那样明显的物质耐久性，桌子和椅子是耐久性更强的例子，然而它们的效果却要持久得多，它们强烈地以某些方式留下印象，并在这种现实中成为更持久的现实。这种现实不屈从于日常生活中物质法则的限制。你们的日常生活中的人们

They move through psychological time, time, as you focus on them, and once they have passed from your awareness of them has vanished. Thus they focus — because you focus —

它们穿越心理时间，时间在你对它们的关注中流逝，一旦它们从你的意识中消失，它们的意识就消失了。因为你专注于它们，因为你专注——

(At 9:15 there was a knock on the door. Jane stopped dictation in a sentence. She looked at me worriedly, as I walked toward the door before I reached it I heard her say I'm all right now.)

(9点15分，有人敲门。珍说到一半就停止了传述。她看着我，担心地，我走向门口之前，我听到她说：我没事了。)

(It was the paperboy. I paid him, and both of us joked with him, two before we left. Jane's manner was her regular one. After Jane said his knock stopped her delivery a bit, but quickly enough of the light trance she, however, within thirty seconds, she said.)

(是送报生。我付了他钱，我们俩和他开玩笑，在他离开前。珍的态度是她平常的样子。珍说，男孩的敲门声稍微打断了她的递送，但她没有很快从轻微的恍惚中清醒过来，她立刻可以在30秒内完成。)

(She resumed in the same strong, last session, she was smoking during one.)

(她以同样有力的声音继续。上次课，她在抽烟。)

Just because your attention is no longer focused upon such realities not mean that they do not continue to exist.

虽然你的注意力不再集中在这种实相上，但这并不意味着它们不再存在。

You do indeed give them energy, as they also give you energy. Dream universe, exists even while certain portions of it even while degree independent of you. As your with the physical world, so do your accordingly, and enrich it.

你确实给予它们能量，因为它们也给予你能量。梦宇宙即使在其部分区域处于休眠状态时，也存在。你的确实赋予它们能量，但它们在某种程度上独立于你。随着你与物质世界关系的变化，你的梦宇宙也会相应地发生变化，并丰富它。

The dream universe also enriches your own existence. There is here, and a continual interchange transformed and recharged, so to between fields. Dreams, perhaps understand the concept of value fulfillment, and of the expansion take up space.

梦宇宙也丰富了你自己的存在。这里有一个持续的互换，可以说，通过它们在场域之间的不断传递，能量被转化和充能。梦或许能帮助你更清晰地理解价值的充盈的概念，以及空间的扩展。

(Jane now smiled broadly as she was a bit stronger. It was close to 9:30.)

(珍现在在房间里踱步的时候大笑得很灿烂，声音更有力了些。现在已经接近九点半了。)

Dream locations do not exist like small skull hold a replica of a might be a rock head? You need not couldn't resist making it, however.

梦中的地点并不是如实物般地存在于你的脑壳中。怎么装得下一个你小泥人建筑的复制品呢？即便这脑壳可能是个石头脑袋？当做是针对你个人的，约瑟。不过，我还是忍不住做了。

These dream locations are realities. They do exist, even though they in space as you know it, and certain There would be no room for anything once the Crucifixion, saying that it not take place in your time. It took place in the same sort of time in felt undeniably by generations, and it influenced the world of physical ever could.

这些梦境地点是实相。它们确实存在，尽管它们并不在你知道的空间里，当然它们也不会占用脑壳里的空间。否则就不能作为这里的一个简单的旁证，我曾经提到耶稣受难的事实，说这发生在你们的时间里。它发生在像梦境这种时间里，并被感受到，并被反应出来。它不是物质实相，但它对物质实相都产生了影响，这是纯粹的物质实相都无法做到的。

(See the 81st session for Seth's statements on the Crucifixion. The and the 96th, among others, dealt much with the God concept, psyche myths, etc.)

(见第81节赛斯关于耶稣受难的陈述。这一节和第96节，很多关于上帝的概念、灵性完形、神话等。)

The Crucifixion was one of the gigantic realities that transformed both the universe of dreams and the universe of dreams. It was a main be compared physically to an event within the universe.

耶稣被钉十字架是巨大变化和丰富梦宇宙与物质宇宙的事件之一，它是梦宇宙的一个主要贡献，可以从物质宇宙中出现了一个新的星球来比喻。

The reality, the physical reality, of fire was such a contribution physical universe to the universe dreamed of it, thereby immeasurably discovery in the physical universe contribution to the dream universe.

火的实相，物质的实相，就是这样一个物质宇宙对梦宇宙的贡献，从而极大地丰富了梦宇宙。物质宇宙发现火是对梦宇宙所做出的贡献。

The ascension of Christ did not occur in time as you know it. It is of the universe of dreams to your own universe representing the dream universe that man was independent of physical matter ult

基督的升天并没有发生在你所知道的时间里。它是梦宇宙对你自己宇宙的贡献，代表着梦宇宙中的知识，人最终是独立于物质实相的。

I suggest your break.

我建议你们休息一下。

(Break at 9:42. Jane was dissociated as usual. After some thought was aware that she was speaking had no sense of quickly passing session.

(9:42休息。珍解离如常。她想了想，意识到她说话的声音很有力。但她并没有像上一节课那样感觉到时间快速流逝。)

(Again without her glasses, she resumed in the same strong, not too manner at 9:51.)

(9点51分，她又摘下眼镜，以同样有力但不太快的方式继续。)

You necessarily limit your own knowledge when you limit your definition of reality

当你限制了你对实相的定义或实相的可能性时，你必然限制了你自己的知识。

Many concepts, huge advancements and practical inventions, simply abeyance in the world of dreams until some man accepts them as possible within his frame of reality. Why man so often rusts the dream escape me, if I did not know the nature of the ego.

许多概念、巨大的进步和实用的发明，只是在梦宇宙的悬置状态中，直到某个人接受它们的可能性，如果不是我知道自己的实相架构内接受它们的可能性。为什么人常常生锈在梦中的实相，如果我不知道自己的本质，我怎么会忽略呢？

It feels insecure at best in a world which fights any new adoptions within the

在一个它相当熟悉的世界里，感到顶多只是不安全，它极力反对任何新的收养。

Now, and this can hardly be called a controversial statement, the imagination is a connection of dream data, and applies it to particular circumstances or problems in the physical universe. Imagination is never based on actual ego construction may be weak, or incapable of holding its own, in the imagination is often said to be too excitable, and to be at fault.

现在，这几乎不能称之为是有争议的声明，想像力是经常重述梦境资料，并将其应用于物质宇宙中的特定情况或问题。想像力从来都不是基于实际的自我建构，在这种情况下，想像力经常被认为是太容易激动，并且会犯错。

I cannot impress upon you too strongly that imagination is another nonphysical reality, with a basis of its own, and interrelations both and matter. Again, its effects may appear within and be composed of matter.

我再怎么给你们留下深刻的印象都不为过：想像力是另一个非物质的现实，有其自身的基础，并与物质和相互关联。现在物质中，但它本身并不是由物质组成的。

These realities, because of their continuing effects within your system, actual transformation of it, should be considered in this way. Like transformations are made in the dream universe. Often, again, the will, some day, completely transform concepts as actualities or possibly breakthroughs that are sorely needed.

这些实相，因为它们在你们的系统内的持续影响，应该被视作对它的实际转变，应该这样来看待。就像在梦宇宙中做出的转变一样。通过概念的发展，可能会阻碍这些概念的发展，并推迟现实性或可能性的突破。

Such developments would mean the releasing and availability of ad into your field, that would have e concepts are nonphysical actualit concentrate it. The dream world which the inner self is so aware. constructions as your own univers its own framework.

这样的发展将意味着释放和提供额外的能量到你们的领域，这会产生深远的影响。概念是非物质的现实，会集中能量。梦境世界更紧密地存在于内在自我意识的范围内。不像你们自己的宇宙那样，这种建构方式的行动受限制。

It might be said then, that in many ways the dream universe depend to give it expression, in the same manner that your universe depends expression, although in this case the impact of any given dream has phys psychological and psychic reperc and they not only represent a par they affect most deeply the ordinary channels of everyday life.

那么人们可以说，在许多方面，梦宇宙依靠你们来表达。表达方式，尽管在这种情况下，任何给定梦的影响对物质的、心理的和灵性的反响这些有深远的影响。它们不仅代表了你们内在环境的一部分，也对日常生活的一般渠道产生最深刻的影响。

The type of dream, or the types of dreams experienced by any indiv determined by many factors. I am occurs, and not of the remnant of As an individual creates his phys abilities and defects, and in line inner needs, so does he create hi environment which he has created.

梦的类型，或任何个体所经历的梦的类型，是由许多因素决定的。我是指发生时的梦，而不是剩余的梦。个人可以创造自己的身体形象和环境，并根据自己的期待和缺陷，相应地创造了自己的梦境；而这些相互作用。

However, with the ego at rest the individual may allow communicati dream constructions through, past become in some ways free. If for when the ego rests he may recreate resulting dream will then partiall shoddy physical constructions, and beneficial path. In other words, physical environment through lifting inner expectation.

然而，随着自我的休息，个人可以允许交流和梦境构造通过，并在某些方面变得自由。例如，当自我休息时，他可能会重新创造一个期待的梦境，部分地打破不良的循环与他的物质环境。换句话说，这样的梦可以成为一条更有益的道路前进。

I will continue at our next session.

我将在下次课上继续。

(“Good night, Seth.”

(“晚安，赛斯”。

(End at 10:29. Jane was dissociated until the end of the session, with

(10:29结束。珍娜解离了，直到课程结束，她都保持着高度的紧张。)

(The following data are from Jane's personal notebook:

(以下资料来自珍娜的个人笔记本：

(December 17, Thursday, 11:30 AM: I concentrated on trying to see Marian Spaziani's kitchen, and kept repeating her name over and over. second I glimpsed a small kitchen that reminded me of Marian perhaps there? I had a feeling of rising. Also another hard-to-describe feeling, one of an overall

(12月17日，星期四，上午11:30：我集中精神试图看到玛丽安·斯帕扎尼的厨房，并不断地重复她的名字。一瞬间，我瞥见了一间让我想起玛丽安的小厨房。也许玛丽安在那里？我有一种极度上升的感觉。以及一种整体的内在运动的感觉。

(December 18, Friday, 11:30 AM: (Also in the afternoon of the same day.) I felt a kind of no bed under ankles or feet, and then my hands rose. My thumbs then seemed to hold on to a pocket of “no sp

(12月18日，星期五，上午11:30：（也在当天下午。）我感觉脚踝和脚下都没有床，然后我的手升起来。我的拇指似乎紧紧抓住一个“无空间”的口袋。

(In my upper left field of vision I then saw a note that was handwri dark pencil. It was torn along the edges and wrinkled as though it smoothed out. It was rectangular in shape. This was a visual image couldn't read it.

(在我视野的左上方，我看到了一张便条，可能是用铅笔写的。它沿边缘被撕破了，皱巴巴的，仿佛曾经被铺平过。它是长方形的。这是一个视觉图像，但我看不懂。

(Now came a second image, partly continuing and was still there, as seemed to wear some kind of uniform shaped hats on. A work crew perhaps evacuation or disembarkation. I tried snow. I saw this in several successive times to see it clearly.

(现在出现了第二个画面，部分是连续的，部分是视觉印象。它还在那里，仿佛我可以“收听”。看到几个穿着某种制服、戴着类盔或头盔状的帽子的人。也许是一个工作人员在疏散或上岸的活动。我接着看到类似的东西。我试了几次连续看好几遍才看清楚。

(During the whole half-hour of the experiment I shivered constantly cold even though I was covered by a blanket. The shivering was in rhythm of varying intensity.

(在实验的半个小时里，我一直在发抖，虽然盖着毯子，但还是冷。颤抖是有节奏的，强度不一。

(December 21, Monday 11:30 AM: Heard mentally, separately the name Foster, Lancaster. I was speaking them mentally. I was so two people had the impression of a doctor and a nurse, ushering someone into and then closing another door that "blocked my vision" of Lancaster.)

(12月21日，星期一，上午11:30：分别听到了名字福斯特和兰卡斯特。我在心理说出这些名字。我两人印象是一个医生和一个护士，他们把一个人领进一个侧室，然后关上另一扇门，挡住了我的“视线”。我不认识什么福斯特和兰卡斯特。)

(The following data are from my personal notebook:

(以下资料来自我的个人笔记本：

(I would like to note here that one night during the second week in

possibly around the 11th or 12th, (我想在这里指出，在12月的第11个星期的一个晚
that both arms and hands were in 睡中醒来，意识到我的双臂和双手都有一种相当熟
enlargement and of elevation. The 大的感觉，要集中在四肢顶端，仿佛它们在肿胀
tops of the limbs, as though they 痛的感觉不能混为一谈。这两种感觉我都经历过
the overall thrilling or tingling sen 这是我第一次在睡醒后经历这种状况时，
both sensations many times. As far 理时时使用的姿势。
the first I have experienced upon coming out of a sleep. I was lyin
back at the time, and this is the position I use while trying psycho
(December 17, 18, 19: Missed. (12月17、18、19日：错过。

(December 20, Sunday 8 PM: Another interesting experience. Upon 经
I experienced my familiar thrilling sensation three separate times 次那种熟悉的震颤感，最后一次很强烈。我短暂地
strongly. I saw briefly various ma 中一些显然是怪物的类型。
and female figures, some of th
monster types.

(My enlarging sensation began on backs of hands and in feet quite 我的手背和脚部很快就开始有放大的感觉。我相
believe I then either dozed briefly 信我当时要么小睡片刻，
telling myself I would visit Ed Robin 告诉自己要来拜访埃
as though it were gathering itself 我的整个身体似乎都在聚集起来，
energy, in preparation for travel. 这种感觉非常强烈，充满了期待。
My stomach felt empty or gone, my 我的胃感觉空空如也或消失了，
enlarged. This was the peak of the 这是经历的顶峰。
developed. Briefly, and I could be 我可能弄错了，但我有一种
suspended perhaps a foot or so above my body. 在身体上方大约一英尺的感觉。

(After this I saw, as though in the distance, a group of small, glear 在这之后，我仿佛看到远处有一堆闪闪发光的小
carefully arranged in two parallel rows. They were identical in des 的设计是一样的，都有木质的手柄。
wooden handles.

(December 21, Monday 8:15 PM: In the 12月21日，星期一，晚上8:15，被楼下要求的
prior to this a good state achieved 之前很好。我看到了几个人影，有男，有女。
(I had one interesting experience, before the interruption, and felt
have had more. I was on the sidewalk of the main street of a small 在中断之前，有一次有趣的经历，我觉得还可以
up the rather empty and depressing 镇主街的人行道上。我抬头望着一家空□□的令人沮
storefront with big gray-colored plate glass windows. There was an 能看到一个大灰色的玻璃窗。里面有个白色的人
male personage or figure on the sidewalk before me, passing the 上，有一个模糊的男性人物或身影，经过这空□□
storefront. I then heard my own voice coming out of the store, saying 己的声音从后里传出来，说了这样一句话：“现在
to this effect: "Now, tonight's session is one of experiment." 话，那个人开始匆匆朝店面后退，同时仿佛失去平
scramble backward up the street toward the store, falling backward
losing its balance at the same time.)

SESSION 116 第116节启动新的传递程序

DECEMBER 21, 1964 9 PM MONDAY 1964年12月21日，星期一晚上9点定期课
SCHEDULED SESSION

(Jane received her first intimation that something new might develo
sessions when she was reading over 珍在晚餐后阅读课程时，第十次得到了
tonight. She came up with the idea 她想出了一个主意，可以躺着进行今晚的部
while lying down. Her first thought 她的第一个想法是恐慌，因为她不会像往常
was one of panic, in that she wouldn't know the passage of time as

(It might be interesting to note that at the time Jane received this 可能有趣的是，当珍收到这个想法时，
working on an index for the 35th 正在为第35节课制作索引。
Seth talked of having us try vario 赛斯谈到要我们尝试各种
senses; tonight's session was of 今晚的课当然是实验性质的。
not know what session I was work 珍不知道我正在做的是
rooms at the time. 两个房间。

(Then, lying down at 8:15 this evening, Jane felt that she went into
trance state, one that was experim 然后，今天晚上在8:15分躺下来，珍感觉自己进
particularly trying psychological 一种实验性的、特别具有挑战性的心理状态。
herself for a new development. She 在熟悉不新“的发展”。她没有看到“赛斯”
feel Seth around. She was, however 附近。不过，她有些担心，如果在脑海中的资料
would have over the material if, 上会如何控制资料，
trance.

(Jane had no idea of the material for the session as the time for
although she said her arms felt a 随着时间的临近，珍对于这节的资料没有任何概
8:15 and later. Nor had she been 念，虽然她说她的手臂感觉有点轻。在8:15分，及后来达到的状态中。她
above. 过。

(The session did begin in a new way. At 9 PM Jane was sitting opp
our living room table, where I tak 课确实以一种新的方式开始。晚上9点，珍坐在我
but instead of rising to begin pac 里做笔记。她像往常一样摘下眼镜，但她没有起身
eyes were closed, and remained c 着。她的眼睛是闭着的，而且在整个晚上
throughout the evening. Her voice 她的声音很正常，语速很快，但也有停顿。
pauses. For the most part she sat 坐着，一只胳膊搁在膝盖上，手在头部
the knee, her hand to her head as 支点燃的香烟。
cigarette in the other hand.

Good evening. 晚安。

("Good evening, Seth.") ("晚安，赛斯。")

We may possibly this evening try 今晚我们可能会尝试一些不太过激的小实验。
experiment.

I will speak concerning the ego's censorship and even to some 我将谈论自我的审查，甚至在某种程度上谈论个人
concerning the censorship of the personal subconscious.

Communications such as this must 像这样的交流必须经过许多渠道，并进行许多相互
interconnections. We shall achieve 取得重要进展，让更多的资料通过审查。我绝对不
getting more material through the censorships. I will in no way pre
to go further than is beneficial for him. 是对他有利。

He is also however somewhat anxious for us to progress so we must progress. For future reference, Joseph, you should not probably need this for now," will always suffice to return Ruburt to his more usual conditi	然而，他也有些急于发展自己的能力，如果他要这将来的参考，约瑟夫，你可能再需要一次，是将来，你做，届时“好了，珍现在回“来了”，这句话总能让
We are merely now experimenting. If at any time Joseph, you do not any particular procedure or condi the words that I have given you, a normal one.	我们现在只是在实验。如果，约瑟夫，任何时候，你不需要任何特定的程序或情况，你可以立刻说出我给你的那些话，那个
This procedure, and your consent will give Ruburt a feeling of trust I do not believe he would otherwise proceed. In other words the conditions will not be out of your hands at any time. Nor shall we keep to any one procedure. I believe that certain experiments will more complete data through censorship.	这个程序，和你的同意，将给鲁伯特一种信任感，没有继续下去。换句话说，情况和状态在任何时候都不一定要遵守任何一种程序。我相信某些实验可能会提供更完整的资料。
(Jane still sat opposite me, her eyes closed. Her delivery was even more halting in manner than usual. Her eyes were closed. Her now burned down, and to put it out she groped about for her ashtra as she talked.)	(珍依然坐在我对面，闭着眼睛。她的传达虽然很更加缓慢而犹豫。她的眼睛仍然闭着。她的烟已经一边说一边摸索着去找桌上的烟灰缸。)
Nor would I have attempted such a procedure until I knew that Rubu for it, or at least ready to begin. This is of course a training period never frightened. It is simply a m certain props that are basically u such props as the divisions of se minutes.	在我知道鲁伯特已经准备好了，或至少准备好，要开始之前，我决不会尝试这样的程序。这当然是一个训练期。他从来从不害怕。这只是一个不必要的道具，实际上并没有真正本质上的重要性。这样的分段，彼此之间的停顿，组成的十五分钟。
Clock time is one prop that even in our usual sessions. Ruburt is, a rely upon, though not of course to the extent that he relies upon it of more ordinary consciousness.	钟表时间是一个道具，即使在我们平时的课中，鲁伯特会依赖它，但不像他在更普通的意识时期中那种依赖的程度。
The pacing back and forth has always been a symbol and a manifest insistence that he stay on his feet, also a manifestation of control on Nor is he now relinquishing control another, and allowing me to speak am no threat to any portion of his individuality as a self.	来回踱步一直都是他坚持站稳脚跟的象征和表现，关于控制的表现。他现在也没有放弃控制，并允许我以这种方式说对他作为一个自己的个体性之任何部分都不构成威
There may be a slowness or uneven and this is to be expected. I ask your consent,	在我们尝试这样的实验时，可能会有一个缓慢或不到的。我现在问你是否同意，约瑟夫。
("Yes."	(“同意。”)
(I gave this answer almost as a matter of routine. It is now quite a as I type this material, and Jane shown outright opposition to expe know she is still not enthusiastic become accustomed to—the pacing understandable. Jane's hesitancy beginning sessions, when it early answers to questions mentally, even did not want to dispense with the board for some time.	(我几乎是例行公事般的给出了这个答案。现在我打字这些资料的时候，珍和我已经有时间考虑了。她并没有表现好几天，珍和我已经有时间考虑了。她并没有表现出公开的反对。我知道她对放弃任何一个她已经习惯的各种言论，仍然不热衷。这是很可以理解的。珍在这等等——仍然不热衷。这是很可以理解的。珍在这开始的那些课程中的犹豫，当时她很明显是在精神上使用的是灵应盘。她过了一段时间才不用灵应盘。
(As for myself, I have qualified the approval I gave, making it dep Jane's own approval. Our approach unwittingly push her into anything then, we have decided to see what developments, we plan to return to year.	(至于我自己，我的同意是有条件的，使其取决于谨慎地，和往常一样。我不想无意中把她推向任何事。目前，我们决定看看会发生什么。如果我们中的任何发展，我们计划回到过去一年。我们一直在使用的方式
(Jane's delivery of the above material had been somewhat slow and but clear. It gave me the feeling copy reads as well as any of the time, as though she might fall as appeared to be restless now, shifting between phrases were indeed quite long.)	(珍对上述资料的传递有些缓慢和犹豫，但很清晰。我注意到打印好的稿子读起来和其他资料一样顺畅。她的时间，好像可能会睡着。她的声音并没有减弱。她现在似乎有些不安，换句话说，短语之间的停顿确实很长。)
Then we shall proceed.	那我们就开始吧。
There will be varieties of adjustments, this procedure will take less out of usual regularity. Since we are trying shall proceed this evening, for I do and safe progress. And even now, would most certainly rise up in arms.	会有各种调整，这也是可以预期的。例如，这个程序将会减少我们的常规。由于我们正在尝试一种新的东西，我们将进行到什么程度，因为我不要晚上的进展。即使是现在，如果我走错一步，那我就会反抗。
There are however many advantages to this sort of procedure, when become used to it. There are few advantages to health or safety, incidentally. Not the way we shall handle it.	然而，如顺利的话，如果我们习惯了这种程序，就会有许多好处。没有太多的优点或安全方面的优点。不是那种我们必须处
A short dissertation. There is never terms, there has been no beginning	一篇简短论述。没有开始的术语，从来没有结束。远古时期就开始了。
(It was now 9:30. Jane's delivery	(现在是9:30分。珍的传递结结巴巴的。)
Frameworks change their form, yet the energy of which we have spoken constantly renew itself and recha it passes from one field of activity to another.	架构改变其形态，但它们原有的形态仍然存在。我们谈论的能量不断地自我更新，并在从一个活动场域转移到另一个场域时
As it forms new fields of activity renewal. The fields themselves are discussions concerning fragments potentialities of the parent, inner energy?	当它形成新的活动场域时，它就会增加自己的更新。场域本身就是能量的潜力。你还记得我们关于片段的讨论吗？这种类型的所有潜能，内在能量你明白吗？母体的潜能（能量吧？
("Yes."	(“是的”。)
(It was 9:35. Jane took five minutes to deliver the above two paragraphs. For the material on fragments see very early sessi scattered throughout them.)	(时间是9:35分。因此，珍花了5分钟时间讲完上面两段。请看非常早期的课；它分散在那些课里。)

Therefore they constantly create 因此他们不断地创造能量energy. It creates itself in multitude 它以多种形态创造自己 forms, and then replenish each other. No energy is lost. 然后再创造 No energy is meaningless. 所有能量都是可互补的 能量是无意义的

(Jane used several long pauses during the session. One was so long I thought she had fallen asleep. Yet her diction was very clear.)
(珍在传递过程中有几段较长的停顿。有一次长到我以为她睡着了。她坐在椅子上一动不动，头枕在一手上。但她的发音很清晰。)

Every action affects every other action. Mental enclosures are energy possessing all the characteristics of the universe. You know that all action is basically the same. As no action is meaningless, so there are no isolated events. Mental enclosures are constantly replenish each other, and are camouflage acting symbols for inner action.
每个行动都会影响其他每一个行动。精神围场是能量，具有宇宙的所有特征。你们知道，所有的行动基本上是一样的。没有行动是没有意义的，所以精神围场不断地相互补充，并在这两个宇宙中进行，是内在行动的伪装。

The actions in the various fields affect each other. These actions like twin fires in different worlds, but they are always different. And while their nature is basically the same, it is always different. We have proceeded well for a beginning. I suggest you break pieces; and that Ruburt now snap back to himself.
各个场域的行动相互影响。这些行动几乎就像在不同世界中的双生火焰，但它们总是不同的。虽然它们的本质基本相同，但它们总是不同的。我们进展顺利。我建议你们休息一下；鲁伯现在回过神来。

(Break at 9:45. Jane's eyes immediately opened as her head came up. She looked sleepy, and reached for her 9:45休息。珍的眼睛立刻睁开了。她看起来很困倦，并伸手拿过一杯水喝了一口。她说，她解释说她的状态比较深。她听到了自己的声音，但听到的回答和她对时间的感知相差甚远。她顿了顿，但认为那没什么。) delivery. She said her state of distance was deep. She heard her voice however, and heard a response, but the amount of time that had passed. She paused, but had they were "nothing."

(Jane was not frightened at the new development but still felt uneasy relinquishing control, as she put it during a session. For instance, she felt about not knowing the time, yet once the session began she thought. She did feel she had given consent for the experiment. She did not would try "pushing through" any startling information tonight.
(珍对新的发展并不感到害怕，但仍用她自己的话说，在课程中放弃控制感到不安。例如，她担心自己不知道时间，但一旦课程开始，她就想了。她确实觉得自己同意了这个实验。她不认为她会尝试“推进”任何惊人的信息。)

(Jane moved over to the couch before the session resumed, and remained there once she began dictating again. Again, she went to her chin, and again she used a frequent and sometimes long pause. The diction was good. Resume at 9:59.)
(在课程继续之前，珍移到了沙发上，当她又开始口述时，她一直在那里。再次，她把手放在下巴上，又经常停顿。发音清晰。9:59分继续。)

We will not attempt to push much material through this evening since we are trying a new venture.
由于我们正在尝试一项新的冒险，所以今晚我们不会尝试推进太多材料。

In all respects there must be complete honesty here and conditions should be reached where there is no fear of ridicule on Ruburt's part, fear of successful data, or failure.
在所有方面，这里都必须完全诚实，而且应该达到没有对鲁伯的嘲笑、不怕没有成功的资料，也不怕失败。

All like communications have similar roads to follow, and all such communications must evade censorship. Some such communications are bound to occur, and is no reflection upon you Joseph, but is instead a natural which attempts to surmount and pass through obstacles. This of course everything being equal.
所有类似的交流都有相似的道路可循，所有这类的交流必须规避审查。某些这类交流必然会发生，这不是对约瑟夫的反映，而是一种自然的反映，试图克服并穿越障碍。当然，一切都是平等的。

As long as our attempts are completely honest, above board, there is disgrace in any distortion of message than there is a like distortion communication, such as the misreading of a letter.
只要我们的尝试是完全诚实的，光明正大的，任何信息的扭曲更丢人，正如读错一封信。

This should be clearly understood. We trust, and fears of this nature will paragraph stated again, it is that important to us.
这应该被清楚地了解。我们信任彼此，这种性质的恐惧将阻碍我们的进步。你可以考虑把上面的段落再说一遍，重要的是。

We will also initiate more question periods in the future; I hope you would enjoy them.
今后我们还将增设提问时间，我希望你会喜欢。

Ruburt's idea of writing down his predictions is a help to him, and it will help him develop his abilities. While freedom, I believe. That is, he will speak freely. I hope, allow me to speak with
鲁伯想写下他的预测的想法非常有帮助，这将有助于他发展他的能力。在短时间内，他就会给我更多的自由，我相信。也就是说，他将自由地发言。我希望，允许我说话。

This is enough for our initial serious attempt with this procedure. Wednesday's session as usual, unless because of the season. I will understand if this is the case.
对我们首次认真尝试这个程序来说，这样就够了。周三的课程照常进行，除非因为季节的原因与你们的情况有冲突。如果是这样，我会理解。

My fondest wishes to you both. Ruburt may return now. session. One note: I hope in the future to be able to add comments then to our sessions, opening up vistas to Ruburt to illuminate or complement any given discussion. We have done very well. These my heartiest wishes to you both.
我向你们俩致以最美好的祝福。鲁伯现在可以回来了。有一点要说明的是：我希望今后能够在我们的课上增加评论，打开视野以照亮其他途径来补充任何给定的讨论。好。的确，我向你们两人致以最衷心的祝愿。

(End at 10:16. Jane was fully disoriented when the session ended. This time voice. She was not aware of the darkness. Her attention was elsewhere.)
(结束。珍和之前一样，完全迷失方向。这次，除了她的声音，她什么也不知道。她没有意识到黑暗。她的注意力在别处。)

(Jane said it would be easier to block any material that frightened while delivering material. The new method was pacing about. The ingredient of the long pauses, made it difficult to block the pauses interrupted the sense of time and remove the impact from words or material that would alert them.
(珍说，在传递资料时，她会比较容易地阻挡任何令她害怕的资料。新方法是来回踱步。长时间的停顿可能使阻挡变得困难。停顿打断了时间的感觉，并消除了通常会引起她注意的资料的影响。)

(Jane was quite intrigued because she had no conception of darkness while delivering material. She was aware of using her voice. She words after they were spoken, but could not retain them.
(珍很好奇，因为她在传递资料时，对于黑暗或光明没有概念。她意识到自己在使用自己的声音。她听到了说出的话，但却记不住。)

(While delivering the last paragraph of the session, Jane had the perception or feeling that Seth might receive visual data dictating.)
(在传述这节的最后一段时，珍有一种感知或感觉，认为赛斯可能在传述时收到视觉资料。)

(The following data are from Jane's notes in the dictation.)
(以下资料出自珍在口述时的笔记。)

(December 28, Monday 11:30 AM: (12月28日，星期一，上午11:30：) straight at me. They were moist and dark, human eyes, yet did not appear to be human either.
我看到一双湿润的、黑暗的、柔和的眼睛，它们不是人的眼睛，但也不是动物的。

(December 29, Tuesday 11:30 AM: A suspension and lightness. I had t	(12月29日星期二上午11:30分：有一种悬浮感。我有一种升腾的感觉。)
(December 30, Wednesday, 11:30 AM: I believe they were people I know. Roberts, editor at Dell, said some firm. Yet now I am not sure.)	(12月30日星期三上午11:30分：我想他们是我认识的人。我无法记住他们说了些关于Dell出版公司的罗伯茨（Dick Roberts）先生说了些关于加州的事。但现在我不确定了。)

SESSION 117 第117节最短的一节课,圣诞假期

DECEMBER 23, 1964 9 PM WEDNES	1964年12月23日星期三晚上9点定期课
(This is the shortest session to date. Jane had been working in the day in preparation for the holiday very tired. At 8 PM Jane began to event there was a session, although had not felt Seth about. I wonder schedule we had become used to.	(这是迄今为止最短的一节课。珍在白天一直在加班为假期做准备，很累。晚上8点珍开始清理她的桌子。虽然是她这么做，但赛斯并不确定会有一节课。她没有感觉赛斯在身边。我想知道赛斯对我们习惯的时间表中的调节可能会起到什么作用。)
(Both of us lost track of the time. We were standing beside our Ch when Jane took off her glasses and somewhat stronger than usual. She closed once again. She spoke rat of the brief and somewhat enigmatic session.)	(我们俩都忘了时间。我们正站在圣诞树旁边，这个时候珍摘下了眼镜。她的声音比平时有力些。她说话的节奏和平时一样。她再次闭上眼睛。以下是我对这个简短而费解的课的重组。)
There is no necessity for taking	没有必要记笔记。
There is something here that you can This event you are about to celebrate Nevertheless you can use it, and future.	这里有些东西你们可以在自己的日常生活中好好用上。这个你们即将庆祝的事件在历史上并没有发生过。然而，你可以利用它，我们将在未来的课中讨论这件事。
There will be no session. If I may, various times over the holidays.	没有课。不过，如果可以的话，我想在假期的不同时间上课。
(The session was over in a minute or two. Jane said she was surpri abrupt way it began. She also said that cold. The sensation passed as soon as the session ended.)	(这节课两分钟就结束了。珍说她对这么突然开始的方式感到惊讶。她还说，一结束，这种感觉就消失了。)

SESSION 118 第118节物质有机体

JANUARY 4, 1965 9 PM MONDAY	1965年1月4日星期一晚上9点定期课
(Because of the holidays we did not hold sessions for Monday, and Wednesday, December 30.	(因为假期的关系，我们在12月28日星期一和12月30日星期三没有课。)
(The following data are from Jane's notebook:	(以下资料来自珍的心理时间实验笔记本：
December 31, Thursday, 11:35: A strongest I've experienced so far later traces of lightness and suspen of rising.	(12月31日星期四，11:35：一次相当奇妙的最强烈的一次。不过没有任何声音或视象。现在的迹象还在。还有一种小小的挥之不去的上升感。)
January 4, Monday, 11:30 AM: No	(1月4日星期一，11:30：没有特别的结果。)
(As session time approached Jane became increasingly nervous. Sh way because of our rather long presentation of the sessions them for the session, nor did she know pace about as usual.	(随着上课时间的临近，珍变得越来越紧张。她之所以如此是因为我们很长时间以来一直在呈现课程的主题。她不知道自己会闭目而坐，还是像往常一样踱步。)
(As it developed she did both. She took off her glasses and began to eyes were dark. Her voice and rate of delivery were normal.)	(结果她两样都做了。晚上9点到了，她坐下来，摘下眼镜，慢慢地踱步。她的眼睛又一次变黑了。她的声音和说话速度正常。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
I will indeed vary the procedure. experiments within our sessions important to our overall progress.	我确实会更动一下程序。不过，通过我们课内的各种实验，我们将大有进步。其中一些实验对我们的整体进步应该是相当重要的。
Ruburt may feel betwixt and between, as occasionally. We must have some should supplement our lectures, experimenting as he is with the tr is a good idea that some of this excellent supervision; and after	鲁伯可能会觉得摸棱两可，夹在两者之间。他的确有时是这样。我们必须有些实验来补充我们的讲课，正如他现在在心理时间实验中那样。出神状态是个好主意，这样一些实验在专家的监督下进行应该是个好主意。经过考虑，我想
He has fought me a good deal of the time. and to yours. We do not want any undisciplined. He knows what he week, and yet this also adds to your you both ultimately, and not ultim are held.	他一直跟我对抗好一阵子。然而这对他，和你们俩也有好处。我们不想任何的纪律。他知道他想要什么。他的状态一周一周地增加了你们俩的信心，最终取决于你们俩，而不是我。无论这些东西是否被保留。
I presumed that you knew this.	我假定你知道这一点。
We have left many loose ends since possible to tune in on the dream can also be done in the so-called	自上次课以来，我们留下了许多尾巴。我跟你们讲过，有可能调谐到梦境中的东西。你知道这是在睡眠中完成的。它也可以在所谓的"清醒状态"中完成。
There are quite a number of your have to discuss. One of the reason that you have tuned into other realities, and the realities must be	你们的心理时间实验有不少是我们一须讨论的。其中一个原因是，你们已经调入了其他的实相，而且必须讨论你们

before your experiments can be discussed.

这些实验开始之前。

(I now became aware that Jane seemed to be pacing about the room eyes closed, or very nearly so. Certainly they were far from being they usually were when she was on her feet. From my last observation be closed, but from the confident manner in which she moved about thought she could see a little at least.)

(我现在意识到，珍似乎闭着眼睛在房间里踱步，她的眼睛这没有像她站着的时候那样睁得大大的。乎是闭着的，但从她在房间里走动的自信态度来看东西。)

A few of them did involve a tuning into the dream universe. There stations, so to speak, to tune into indiscriminately. Planes of actual mean that literally. The apparent these are not necessarily worlds imaginable spaceship.

其中有几个确实涉及到调入梦宇宙的问题。可以说，你们相当不加区别地按捺着仪表盘上的各个按钮。我的意思是字面意义上的。表面的现实空间并非必然是这个意思。你能想像中的最先进的宇宙飞船探测器。

Many of these planes of actuality can never be explored by any phy They would appear as incomprehensible as you would appear to a single fly, who set out would be impossible. To you physical space that you would lose your way existed at all.

这些实际的层面，有许多是任何物质载具都无法探测的。对一只在墙上爬行的苍蝇来说，这样的现象是难以理解的。对你们来说，物质物体在空间中会显得不可能。为方向感和根本无法感知实际存在的样子。

You would not be able to perceive a sufficient amount of data to ma deductions. This is not to say that such planes of actuality some manner be perceived, but they would not be perceived as exploration. In dreams, when the self is somewhere else, perhaps it is possible for the self, then to travel in actuality; but since they are as bizarre to the self as is the dream then there is no way, usually, for the sleeper to distinguish between of dreams or other actualities.

你们无法感知到足够数量的资料来进行任何推论。这并不是说，这样的实际场域不能以某种方式被感知，而是说它们会逃过探测。在梦境中，当自己身在其他地方时，也许自己有可能以自己的身份进入实际场域之内；但由于它们对自己来说就像梦境一样怪异，情况下，睡眠者没有办法区分梦宇宙或其他现实。

These fields or planes are more various than you can imagine and formed in the same manner, basically as your own universe was, and many of those inhabitants tune in on your universe spontaneously accidentally. But the inhabitants of such planes are no more actual existence than you are of their existence.

这些场域或层面的种类比你所能想像的还要多，它们自己的宇宙形成的方式一样，其中许多居民自发地调入你们的宇宙。但是大多数这类层面的居民对你们的实际存在更有觉察。

In most cases there simply is no way of such actual fields indeed they are formed by the same energy which c

在大多数情况下，这种实际场域根本没有办法相遇，能量形成的，但是没有无法相遇的线路。

I suggest your break.

我建议你们休息一下。

(Break at 9:26. Jane's eyes opened wide, and once again she looke Her delivery had not been slow, however. She said she was in a de state than when her eyes are fully open.

(9:26 休息。珍睁大眼睛，又一次显得很困惑。她的出神状态比眼睛完全睁开时更深。

(Part of the time her eyes were fully closed as she paced about the said, but she could not give me a reason for this. Her eyes were "cracked open" just enough to allow her to see intended that she begin the session at 9:30. I think it reasonable that as compensation for the early experiment.

(珍说，她在房间里踱步时，一部分时间是完全闭上的，但她不能给出理由。她的眼睛“睁开一条缝”只够让她看东西。赛斯原本要她从9:30开始这个晚间实验。我认为这是合理的赛斯为此所做的补偿。)

(After break Jane again resumed now occasionally they opened as unchanged, her glasses once again 9:34.)

(休息过后，珍又恢复了踱步。她的眼睛又偶尔睁开，这种情况并不常见。她的声音没有变化，她的眼镜再次出现。9:34继续。Resume at 9:34.)

It will be impossible to go into

哪怕是这些层面实际层面的一小部分，也不可能进

We will only concern ourselves with a few those of which I am at familiar. These planes of actuality of course operate within present, and with a value climate. While portions of them may not physical actuality, they will do so with varying proportions.

我们只关注几个，我至少部分熟悉的几个。当然，这些现实的现在中运作，并且具有价值气候。虽然它们的比例凸显。现到物质现实里，但它们会以不同的

Many of them barely exist in a physical manner at all. Others to yo appear physically lopsided, with all the value of a plane one place. The actuality of a plane is not determined by its material makeup. Only some planes number only. Your mistake is in judging the validity you are familiar with matter, and this attitude foreseeable future without basic change. This attitude is most understandable, since your plane or field of actuality relationship with material construction. There is a freedom, however independence from material construction that inhabitants are familiar other actualities.

它们中有许多几乎不以物质的方式存在。有些看起来在物质上的一面倒的情况，它们的所有物质可以说都集中在一个地方。实际性，一层面的有效性，不是由它的物质构成决定的。只有少数。你们的错误在于过分强调你们熟悉的物质，但这种态度确实持续到任何可预见的未来，在这种态度基本没有任何防御机制，非常可以理解，因为你们的态度是对物质建构的关系。然而，这里有一种独立于物质建构的自由，其他现实中的居民所熟悉的。

I am myself, now, to a large extent so freed. Were it not however f independence of the inner self from material human as you know be impossible.

我自己，现在，在很大程度上是如此的自由。然而基本独立于物质，你所知道的人类生活也将是不可

We must also clear up some points on other topics. We will shortly concerned more directly with discussions that a firm ground be prepared for discussions into the dream universe: chemical psychological doorways. All three simultaneously, but any one door will automatically open the others

我们还必须澄清关于其他主题的一些观点。我们不久将更直接地讨论这种讨论准备一个坚实的基础，梦的讨论。有必要这样做：化学方法电子和心理的三者必须同时立即任何一扇门都会自动打开其他两扇门。

They open infrequently in the waking state. When they are clicked but not always chemically through the waking state. When the organism itself is connected to the universe; and to some degree the this connection.

它们在醒时状态下不常打开。当它们被点击时，但并不总是通过化学方法。当有机体本身就连结到梦宇宙；以在某种程度上，物质有机体也会通过这种连结受到影响。

(Jane now sat down in a wicker chair opposite my writing table. Sh been smoking while delivering the about on the table for her cigarette closed.)

(珍现在坐在我写字台对面的藤椅上。她在陈述的时候一直在抽烟，资料上摸索着她的香烟，眼睛闭上。)

It is not understood that this conn degree influenced by the physical

人们不明白这种连结的存在，但新陈代谢在某种程连结的影响。物质有机体不仅对实际情况开放，而

organism is not only open to, but influenced by, factors as yet hardly considered possible by your scientists as part of actuality than is supposed; and this is not to say that a man has no control over his organism. It is to say that many matters involved in the maintenance of the physical organism are beyond the control of the organism whose purpose it is to deal with such data.

The pores of the skin are such mechanisms.

There are many more. It is known now that the physical organism exists as radio waves, but can perceive radio waves differently than it does to you. The balances of which your scientists are aware are small portion of the whole story, and not indeed the whole kettle of fish.

The physical organism itself then reacts and influences, and is influenced by, and its existence as you know it is dependent upon its existence with ignorant.

I suggest your break.

(Break at 10:03. Once again Jane looked sleepy as her eyes opened much more dissociated than when she said, and also in a deep trance with her eyes shut part of the time.

(Jane said she had the idea that Seth got her to sit down by letting Just before she sat down she was (pause) to reach for what she was saying. As soon as she did so, the strain vanished. As soon as she sat down, she began between phrases at times, as she spoke, but her diction remained clear, her voice normal.

(When she began dictation again (pause) her glasses off, and she was smoking. Resume at 10:12.)

The physical organism also has capabilities and freedoms which it constantly, and of which the intellect is not yet aware.

The physical organism protrudes into many fields of actuality and extent perceived within these fields and influences those fields the physical organism. It is because you conceive of the body as one field only that you have not had more success in dealing with h

There are automatic processes that are constantly carried out by t which you are intellectually unaware. When such processes occur, there are ways of surgery but a proper communication the subconscious to the inner self.

The inner self, which has been called the soul, has connections thr entire physical organism, and is not a concept adjustments are made by the physical organism that exists in many fields, I mean but is a part of them in an intimate materialized within your universe has its existence, and is a blending of data from many planes, that considered foreign by the intellect.

The physical organism as you know constantly changes, and cannot be the same from one of your moments to the next. On many of the fields within, which seen as flickering, as say a fire.

The overall pattern of organization in a physical sense must be ma however, and always under the auspices of the inner self which imprisoned by its construction, although like any good guardian it of its time at home, in maintaining the structure.

The molecular structure indeed is such a formal alignment, and is t because of its formal molecular s

This has been a fruitful session, and I am pleased to find us back You will discover that this evening particular will be most helpful, p other deal with the maintenance o material. I hope it explains the c pattern which composes the body, constancy; and one of the prices that the inner self is not bound by.

I will now end our session. My mo this is the beginning of your new

(End at 10:36. Once again Jane was well dissociated. And again sh conscious of light or dark, or images. She was aware of her voice however.)

SESSION 119 第119节我不是珍的阿尼玛斯,潜意识内的那些次人格

JANUARY 6, 1965 9 PM WEDNESDAY 1965年1月6日星期三晚上9点定期课

(The following data are from Jane's psychological time notebook, January 6, Wednesday: No results in particular. Weden. 11:30 AM first light trance first, then felt as though my hands were crossed, but they weren't. Extreme sensation of lightness and rising, as if from some beneath me. Left hand moved occasionally of its own accord.

(以下资料来自珍的心理时间实验笔记，1月6日，星期三，上午11:30首先达到了一个轻度的轻盈感和上升感，但知道它们没有交叉。极度的轻盈感和上升感，仿佛来自我身下。左手偶尔会自动地动一下。)

(John Bradley, of Williamsport, PA, was invited to attend several sessions. He could not attend on this occasion. He wrote a question concerning transubstantiation, but literal results, if any of this Catholic ceremony.

(约翰·布拉德利，来自宾夕法尼亚州威廉姆斯特，被邀请参加多次课程。他这次无法参加。他写了一个关于变体论的问题，但没有字面结果，如果有的话。)

(Jane has been reading Jung for the last few days. This afternoon she thought Seth might talk about the work of Jung. As she approached she had no idea of what Seth would talk about. She would sit, stand, pace, open or close the window, or ask for breaks if it seemed the message might carry past the cu hour limit.

(珍最近几天一直在读荣格的书。今天下午她告诉赛斯，荣格的工作可能会谈谈。当她接近时，她对赛斯将谈论什么毫无概念。她会坐着、站着、踱步、开窗或关窗，或要求休息，如果信息似乎可能超过课程时间限制。)

(She was sitting opposite my table in a wicker chair as 9 PM arriv not get up, or remove her glasses, but began to speak in a normal eyes closed and her head down somewhat. She was smoking.)

(晚上9点的时候，她坐在我桌子对面的藤椅上，她没有起身，也没有摘下眼镜，而是开始用正常的声音说话，闭着眼睛，头低着。她在抽烟。)

Good evening.

晚安。

("Good evening, Seth.")

("晚安，赛斯。")

Ruburt should learn much of advantage from reading. And I would like to mention Jung's animus.

鲁伯特应该从阅读荣格的书中学到很多好处。我想提一下荣格的阿尼玛斯。

(The word was unfamiliar to me and I asked Jane to repeat it. She still did not understand it very clearly and decided to wait until I Jung myself.

(我不熟悉这个词，我让珍重复一遍。她复述了，她还不太清楚，决定等我自己可以查阅荣格的时候再说。)

(It will be recalled that in the 83rd session, August 31, 1964, commented on the work of Freud and Jung and some of the distortions Jung's work in particular contains.)

(记得在1964年8月31日第83节课上，[第一册]作品，并特别提到了荣格的作品中所包含的一些扭曲。)

You will understand, Joseph, when you read the book.

你会明白的，约瑟夫，当你读到这本书的时候。

Jane's animus is indeed quite a different sort of chap from myself, omnipotent to Jane's subconscious ego, which is the organizing principle into other worlds; toward worlds of awareness of itself or possess self. Its attention and focus is, rather dormant. But it is not.

珍的阿尼玛斯的确是与我完全不同的一类人，对珍的潜意识自我全能得多。它是组织原则的主导力量，在自我意识方面或拥有自我意识方面，它的注意力和焦点是休眠的。但其实不然。

It is the ego or directive consciousness behind all personified as subconscious; in dormant fashion however and not as active within the subconscious and in the remnant memory personalities of past lives. Its shadows and yet they are not powerless. The inner ego, the director of the subconscious, also is the part of the self which is familiar and methods of which the outer ego is ignorant. It is this organized not only the movements of the physical body, but those intimate survival mechanisms, without which the physical body exist, and upon which the existence of the outer ego is so depende

在潜意识的所有人格化方面背后的是自我，或指挥意识；以休眠的方式，而且与荣格的主张相反，在潜意识内部，在过去生活的残余记忆人格中。它的阴影和它们并不是没有力量的。内在自我，潜意识的组织指挥者，也是自我所不知道的活动和方法。正是这个组织运动，从而从内部指挥那些密切的存活机制，没有这些机制，物理身体就不存在，而外在自我的存在又如此依赖这些机制。

It is this inner director who maintains all of these functions, and responsible for the physical health communicate when health fails. There discuss at later date. It is this such a way that they will be mean and who is responsible for the am which is given to the outer ego by means of the intuitions.

正是这个内在的指挥者在维持着所有这些功能，并对物理健康负责。当健康出问题时，它会与外在自我沟通。有关这方面的问题，我们将在稍后时间讨论。正是这个内在的指挥者在选择数据，以一种意义深长的方式提供给外在自我，使外在自我能够理解这些数据，并负责将潜意识资料以直觉方式提供给外在自我。

If the outer ego would be content counterpart, then many severe difficulties would be sidestepped.

如果外在自我能满足于与内在自我对应的基础，许多严重的困难就能被避开。

(Jane now paused, waved a hand and frowned. She was still had indeed slid quite a ways down in the chair, her feet up on she was actually very nearly in a prone position as she spoke. Her closed.)

(珍现在停了下来，挥了挥手，皱起了眉头。她仍然滑落了一段距离，双脚放在暖气通风闸上，实际上，她说话时几乎处于俯势。她的眼睛是闭着的。)

I forgot, you wanted the spelling.

我忘了，你想要的拼写。

The outer ego, being of later development, is jealous of its position. This is impossible, cannot anything hidden, but the very mechanism itself, and it knows only the feel

外在自我，由于发展较晚，嫉妒这内在对应者的地位。这是不可能的，外在自我不能忍受有任何东西隐藏，但机制本身就是隐藏的。它只知道它自己表面的感觉。

In many respects it is a reflector, the surface of the self looking this is necessary, the whole remain or caretaker who did not focus his on the front porch of the house, ego does not want to meet the inner the existence of the inner ego. As mirror, so the outer ego could not see itself, were it not that hides in the depths of all reflections.

在许多方面，外在自我是一个反射器，是自我的表面，这是必要的，整个余留部分，不能集中注意力在房子的前廊，仅仅是坐在房子前面的管家或看守人。外在自我不想与内在自我的存在相遇。就像眼睛不能看到自己，如果不是隐藏在所有反射的深处，外在自我无法逃离这个内在自我。

When the outer ego, from the surface of its consciousness, reflects world, it sees reflections of the eye; and as the self creates matter, self creates matter subconsciously, matter in line with inner and not viewing the material universe, ego; and the outer ego cannot escape from this inner self.

当外在自我，从它的意识表面反映物质世界时，它看到物质的反映，就像眼睛看到它自己。由于自我创造物质，自我也在潜意识地创造物质，与内在和外在的物质一致，而不是与外在物质宇宙一致。当外在自我从内在自我看物质宇宙时，外在自我无法逃离这个内在的自我。

I now suggest your break.

我现在建议你们休息一下。

(Break at 9:30. Jane's eyelids were heavy, and she had trouble keeping her eyes open for some few minutes. She had a definite feeling of going into a deep trance after the first few words of the session. It was overly long, and she knew what she was saying but forgot it.)

(9:30休息。珍的眼皮沉重，有几分钟她都难以睁开眼睛。说了开场几句话后，她就进入了深度出神状态。这次的时间过长，她在说什么，她知道，但随后就忘记了。)

(Jane's definition of Jungs animus is the male characteristics in the female subconsciously. Anima would be the female characteristics subconsciously incorporated in the male.)

(珍对荣格的阿尼玛斯（animus）的定义是，女性潜意识中的男性特质。阿尼玛（anima），是指男性潜意识中融入的女性特质。)

(Jane said that when she delivers material while sitting and with her eyes closed, she is aware of a feeling of resistance at going into a deep state. The feeling is not strong, but she is aware of it. Once more resumed dictation while sitting down and with her eyes closed. At 9:44 again in the prone position, which she achieved by sliding down in her chair, and elevating her feet upon the register. Resume at 9:44.)

(珍说，当她闭眼坐着传述资料时，觉察到了一种进入深度状态的抗拒感。这种感觉不强，但她意识到了。现在她再次坐着闭眼传述。9:44，恢复传述。她再次躺在椅子上往下滑，双脚放在暖气通风口上。)

Nor could I possibly live up to Jane's animus than Ruburt because the animus belongs to Jane, and the anima belongs to Ruburt.

我也不可能符合珍的阿尼斯玛斯，我在这里用珍的阿尼玛斯，属于珍，阿尼玛属于鲁伯特。

Talk about reflections, because Ruburt has an anima!

说到反映，因为鲁伯特有一个阿尼玛！

Scientists have glimpsed the complications of the human body. They scarcely glimpsed the complicated realities of the mind. If it were that the areas of the subconscious were indeed populated by many sub personalities, then they would not be so besieged with ailments, or that the dominant personality so often contradictory terms.

科学家已经窥见了人体的复杂性。他们几乎没有看到潜意识的复杂现实。如果潜意识的确存在着许多次人格，那么他们会被疾病围困，或者主导人格经常以矛盾的方式出现。

The subconscious is not a cellar piled high with explosives in the foundations of the ego. The subconscious contains a collection of varied and vital personalities who represent the best of the human send one of them to the topmost level, or to the surface of the self.

潜意识不是一个堆满炸药的地窖，在自我的根基上。潜意识包含一个由多样的、有生命力的人格组成的集合，他们代表人类最优秀的一面。潜意识会将其中一个送到最顶层，或者自己的表面。

The choice was made and is always made by the inner ego, who does the appointing according to his knowledge of its knowledge of the personal qualities. Any of these subconscious personalities could have been fashion to cope with the outside world as well as the present dominant for various reasons of inner development they could not be so trusted.

选择是由内在自我作出的，而且总是由内在自我作出。内在自我根据对人格品质的了解来进行这种指派。这些潜意识人格中任何一个都可以采取不同的方式来应对外部世界，以及目前占主导地位的人格。由于各种原因，如内在发展，他们不能被如此信任。

These sub personalities are not unconscious to themselves. They are aware of themselves, but they are not conscious of the outer ego. They are conscious of needs of themselves. They are different from the inner ego or direct representation of itself, but of the outer ego, and although not too much concerned with unless the whole self becomes jeopardized through the actions of the outer ego.

这些次人格并非对自己没有意识。他们意识到自己的存在。他们意识到自己的需求和驱动力，以及与内在自我或直接代表自己的不同。因为内在自我不仅意识到自己，还察觉到外在世界的存在，尽管不太关注它，除非整个自我因外在自我的行为而受到危害。

The inner ego knows when to apply safety valves, and is aware of the foundations and balance, which is very important. The inner ego is concerned with maintaining the overall balance of the self. The inner ego is open to messages from the inner senses, and is aware of the outer ego afford to recognize because of its nature. The outer ego is supposed to represent personalities who still dwell in the unconscious and poorly represents these subdominant arms, and when conditions are favorable momentary weakness on the part of the dominant ego. But without this they may momentarily take over or express themselves through function, such as speech or motion, while the outer ego is blissful

内在自我知道何时应用安全阀，并在外在自我警惕。内在自我关心的是维持整体自己的基础和平衡。这是非常重要的。内在自我通过内在感官接收信息是开放的。内在自我知道外在自我的存在，因为它的本性而无法认出这种现实。这些重要的面向代表了仍然在潜意识中的次要人格的外在自我。这些次要人格仍然在潜意识中，而外在自我对这些次要人格的表现不佳。当条件有利时，外在自我会通过瞬间的弱点来表达自己。如果没有这样的功能，内在自我可能会暂时接管或通过单一的功能表达自己，例如言语或动作，而外在自我则处于幸福状态。

I suggest your break.

我建议你们休息一下。

(Break at 10:06. Jane's eyes opened slowly. She said she was so dissociated that she could not remember what she said. She was aware of hearing her voice. She was not bothered by any concepts of time speaking; yet she still wanted to be sure she came out on time.)

(10:06休息。珍的眼睛缓缓睁开。她说，她解离得厉害，以至于她记不清自己说了什么。她依稀记得听到自己的声音。她在说话时，并不为时间的概念所困扰，但她还是想确定自己是否按时"出来"。)

(During break I mentioned John Bradley's question on transcuptanti Jane's voice was quite strong, indeed, when speaking. She remained seated with her eyes closed, and was smoking. Resume 10:16.)

(在休息时，我提到了约翰·布拉德利关于全息转录的问题。珍的声音颇为有力，的确很响亮。她仍然闭着眼睛坐着。她一直在抽烟。继续。)

The consciousness had its origin in the subconscious, from which consciousness was not at one time the center of the subconscious. the inner ego was always the center of the subconscious.

意识在潜意识里有它的根源，意识从潜意识中跃出。意识并非一时成为潜意识的中心。然而，内在自我始终是潜意识的中心。

As the self became more involved with objectivity, the subconscious began the formation of the consciousness which evolved as portion became specialized for the purpose of out-terialization.

当自己与客观性越来越密切时，潜意识开始了意识的形成，以达到外化（out-terialization）的目的。

(Out-terialization, above, is just (as Jane's "out-terialization", 完全按)

The center of consciousness, that is the center of the outward consciousness, outer ego, is finally chosen by the inner ego after show greater tendencies for objectification, the subconscious personalities around one of the subconscious subpersonalities which then wins out the outer ego, the manipulator for and the spokesman for the whole

意识的中心，也就是向外的意识（outward consciousness）的中心，最终由内在自我选择。在自己的某些部分展现更大的客观化倾向之后，潜意识人格会围绕着潜意识中的某一个次人格，然后成为外在自我，即操纵者和代言人，代表整体自己。

This out ego, among its purposes, has the duty of expressing not to a lesser extent those various hidden personalities in the subconscious. In larger terms and more the whole field of the complete subconscious, and entity. There is no end to the past any given self; and though it is not forward thrust of the subconscious of any given self.

这个外在自我在它的目的中，不仅有表达自己的潜意识的各种隐藏的人格的责任，在程度较小的情况下也是如此。从整体自己，完整的潜意识和内在自己的整个实体。对一个自己的潜意识过往没有任何镜像。理解任何一个自己的潜意识的前推力，是极有益的。

At death on your plane the ego merely changes the focus of its awareness. have come through very well this evening, and I, where we end our

在你们层面上死亡时，自我只是改变它觉察的焦点。好，我将在这里结束我们的课。向你们俩致以最诚

fondest wishes to you both. We will talk to you about this topic at a later time.
asked by our friend, at a not distant date.

将来与我们的朋友所提出的话题转体的问题。

(“Good night, Seth.”)

(“晚安，赛斯”。)

(End at 10:29. Jane struggled to keep her eyes open. She was well dissociated, she said, and for some 30 minutes she remembered only the last sentences her diction clear. She had been v sitting position to a practically prone one.

(结束于10:29。珍努力睁开眼睛。她说，她完全解离，她只记得他最后传递的几句话。她的语音一直清晰。她一直坐立不安，从直立的坐姿到几乎倒下的

(Jane said she now believes her traditional pacing about has becor distraction largely; she thinks she feels brief periods of resistance whole she feels there is much less less active physically. She receiv aware of outside distractions, such as passing the house, p hall outside our door, etc.

(珍说，她现在认为自己惯常的踱步在很大程度上是分心；她认为自己偶尔会感到抵抗的短暂时间。总的来说，她觉得身体不太活跃。她收到的信息清晰度较低。她对外界的干扰也不太在意，如经过房子、我们门外的大厅等等。)

(Jane said her voice sounded to her as though it is issued from a poi foot in front of her mouth. This was a new feeling, as far as she co although she wasn't sure whether or not it began at last break.)

(珍说她的声音听起来好像是从嘴前一尺处发出来。这种感觉是新的感觉，虽然她不确定这种感觉是否始于上次休

(The following data are from Jane('s 下资料来自珍的心理时间笔记：

(January 7, Thursday 11:30 AM: Mentally I saw Mother's old house writing a poem as a child that I had completely forgotten, and seemed tremendous to me. I recalled only the first two lines: "My garden, In beauty unsurpassed." I saw the old kitchen linoleum in outside cellar roof. I recalled an item on the roof I had been tryin couldn't see it clearly. My left hand moved by itself.

(1月7日，星期四，上午11:30：在心里，我看到母亲的老房子写的一首诗，这首我已经完全忘记了，当时我觉得这对我来说非常重要。我只记得前两句：“我的后院是不花园，美丽无胜收。”我看到外面的地窖屋顶。我想起屋顶上有一件东西，我最不清晰的轮廓，在暗红色的背景下，是一棵长满叶片了了分明。还有已经忘记的心里的对话。我的左手自己动了起来。)

(January 8, Friday, 11:30 AM: Feeling of hands crossed again. Saw myself clear silhouette of full-leafed tall bush or tree, against background. The leaves were distinct and separate. Also mental co I've forgotten.

(1月8日，星期五，上午11:30：又有了双手交叉的感觉。我看到自己满叶的高大灌木或树的轮廓，在暗红色的背景下，是一棵长满叶片了了分明。还有已经忘记的心里的对话。)

(January 11, Monday, 11:30 AM: Saw a pair of scissors. Later received a mental impression of Linda Butts and perhaps her mother am not certain it was Linda, but whoever was was very an frightened. Linda and Betts could have been arguing [although this far as I know Linda is away at school]. All this was a mental m of a jumbled sense of sound and emotion, a clutter, with but vague i not see Linda clearly yet assigned this data to her.

(1月11日，星期一，3:00上午。看到一把剪刀。后来收到了一个关于琳达·巴特斯（Linda Butts）还有或许是她母亲贝茨（Betts）的心理印象。我不确定是琳达，但不管是谁，不是很生气就是很害怕。琳达和贝茨可能[据我所知，琳达去学校了。]所有这些都是音和情感的杂乱感，只有模糊的影像。我并没有清晰地看到琳达。我将这个资料派给了她。)

(Right after this I felt a most odd strong cluttering motion, jumbled translated into specific information picked up someone else's physical and emotional jumbles.

(就在这之后，我感到一种非常怪异的感觉。一股强烈的杂乱无章的运动在我的脑海里翻滚，像愤怒的具体的信息，里面有一种声音的感觉。仿佛我接收了别人的混乱。)

(At the same time I felt the same sensation at the left knee left kneecap, which instantly snapped up, leaving my leg up. All this was a direct, kinetic on my part.

(同时，我的左膝盖也有同样的感觉，突然程度较轻的左膝盖，或猛地抽起的感觉。所有这些都是我直接的、动态的。)

(The time was approximately 6:30(时间大约是傍晚6:30。)

SESSION 120 第120节身体存在于许多场域中,物质和能量是一回事

JANUARY 11, 1965 9 PM MONDAY 1965年1月11日星期一晚上9点定期课

(By 8:55 PM Jane was uncomfortable and nervous because she didn' what Seth was going to talk about, and because she was also not sure when she would be able to sit down during the session, or pace about phrase to bring her out of the trance should she begin to pace during the session. She had placed the Kennedy rocker opposite my writing table. Jane r seated as the session began. She rocked back and forth lightly as she dictated, although she was smoking as the session began; she did so more than usual; it might also be noted that in most cases the pauses during delivery are not now as long.)

(到了晚上8:55，珍很不舒服，很紧张，因为她不知道赛斯要开始谈什么。她也不确定课间休息时是要坐下还是要踱来踱去。赛斯建议的一句话可以让她出神状态。如果她表现出要在课程中踱来踱去，就要把她从出神状态中带出来。我把肯尼迪摇椅摆在我的写作桌对面。课开始时，她轻轻地前后摇晃。她一边口述一边抽烟，这比往常更频繁；也值得注意的是，在大多数情况下，她在口述时的停顿现在不再那么长。)

Good evening.

晚安。

(“Good evening, Seth.”)

(“晚安，赛斯”。)

First of all, on a jovial note, may I remark upon the new furniture adding that for your purposes the second room divider will prove m advantageous.

首先，让我高兴地谈谈新的家具布置，就你们的目的而言，第二间屏风将证明是最有利的。

It appears that I have lectured you official manner. But in some sess and more friendly time. I am concerned that we do not lose the basic friendly nature of our comm

看起来我一直在跟你们说教，而且是相当正式的讲课。不过在某些课程上，我们将有一个不那么正式和更友好的时间。我担心我们不要失去我们的基本友好性质。

As far as our experiment with this new procedure, it is coming alor are taking it gradually and gently momentarily panic-stricken, though come out of his state more or less now been set up as a precaution.

至于我们对这种新程序的实验，进展顺利。我们正在慢慢地和温和地进行。我暂时感到惊慌，虽然我相信他不会或多或少地自动脱离他的状态。我相信这个信号是预防措施。

We will speak this evening concerning the importance of the existe or fields of actuality which are as yet unknown to man, and which field. Due to man kinds present fields of actuality but his own, the

今晚我们要谈谈在你们自己的场域内，尚未被人类发现的重要性。由于人类目前普遍坚持除了自己的现实场域，不知道的进步受到削减。当人们

will be made to determine the existence of such actualities as are not believed to exist in the first place, particularly when discovery would shatter the very foundations of knowledge as it now

时，就不会努力去确定这种现实的存在或重要性，有知识的基础时，尤其是当发现会动摇知识的基础时。

It is precisely because of this failure, because of man's endeavor in terms of his own field only, that such phenomena seem mysterious, or beyond the realm of the senses, or even supernatural. This course mankind severely limits perception. He tries, therefore, to construct a course from the handful of available clues.

正是因为这种失败，因为人类只努力用自己的领域来看待事物，所以这种现象看起来神秘莫测，超出了感官的范围，甚至超自然。这样的路线大大限制了人类的感知。因此，他试图从仅有的少量可得的线索来建构一个宇宙模型。

The clues which he does not look for would lead toward not mere dr generalized facts, but facts that are at the basis of the universe a Facts indeed that make such a universe possible. The study of so-called extrasensory perception, unrelated to other fields of knowledge. The reason the data that would connect such a study with the other fields or inte recognized. The study of the inner workings of the self is closely c the study of the universe as it exists in all its levels of reality.

他没有寻找的线索，不仅指向抽象的概括事实，而是指向宇宙的基础事实。这些事实确实使这样的宇宙成为可能。所谓超感官知觉的研究，与其他知识领域无关。原因是将这种研究与其他领域联系起来的资料不被认可。对自己内在运作的研究与宇宙存在于实相的所有层次密切相关。

The pieces to the puzzle are at mankind's fingertips, but he has pu awkward, ill-fitting miniature model of the universe as a puzzle with part. If the physical universe existed on a physical field of the greatest miracle of all, for it would be, impossible. The inner w we have so often spoken, and whose ways I have described, the force which itself forms the physical universe, and without which manifestation would be possible. Yet this inner self, this inner, the main clues which man refuses to recognize, calling it an unrea assumption, but not willing to examine for those characteristics to be the most reasonable and logical of phenomena.

拼图的碎片就在人类的指尖，但他却拼凑出一个笨拙、不合适的宇宙微型模型。如果物质宇宙只存在于物质场上，这是最大的奇迹，因为这是不可能的。我们经常谈到的内在生命力，这种内在生命力是形成物质宇宙的力量，没有它，这种表现是不可能的。这个内在的自我，这个内在，这个人们称它为不合理的假设的主要线索之一，但不愿检查这些特征。这些特征表明它是最合理和最合乎逻辑的现象。

In other sessions I have explained precisely and in detailed fashio which this individualized vitality forms its own energy and which are the basis for further more advanced steps, and which the examination of such forces, may be made to disclose ignorance.

在其他课上，我已经准确而详细地解释了这种个体化的活力如何形成自己的能量，并成为进一步更先进的步骤的基础，并且这些力量的检视可以揭示无知。

I suggest your break.

我建议你们休息一下。

(Break at 9:25. Once again Jane's eyes opened sleepily. She had b dissociated, she said, much farther out in space than she had been began to sit down. Her cigarette had become a cigarette. She lis herself speak as though listening to a recorder.

(休息。9:25。珍又一次睡眼惺忪地睁开了眼睛。她说，她已经完全解离了，比之前的更远。她开始坐下。她的香烟变成了香烟。她听着自己说话，好像听录音机一样。

(Again Jane began dictating while seated in a rocking chair. Her voice louder and her pace faster. Her eyes closed. Resume at 9:34.

(珍又开始坐在摇椅上口述。现在，她的声音更响亮，她的节奏更快。她闭上了眼睛。恢复口述。9:34。

Your own universe has its existence within many fields, and it exerting force, within these fields.

你自己的宇宙在多个场域中都有它的存在，并在这些场域中，施展着力量。

Force of various kinds is also exerted by these fields upon your u is thoroughly understood little real progress can be made. Man kind with surfaces, depending mainly as he does upon the powers of the whose purpose it is to deal only with surface reality.

各种各样的力量也被这些场域施加在你们的宇宙。没有真正的进步可以取得。人类仍在处理表面的问题，主要是依靠外在自我的力量，其目的只是处理表面的实相。

This is not to say that such surface reality is not a vital and important information about its own nature cannot be gained from it. Much small amount can be so obtained. Those fields of forces influences upon the physical organism as these forces are and balanced by the subconscious, and not by the outer ego.

这并不是说，这种表面的实相不是绝对必要和重要的信息，其自身性质的信息，只能通过它获得。很少的量可以这样获得。这些力场对物质有机体的影响，这些力量是由外在的自我来处理和平衡的，是由潜意识来处理和平衡的。

Excess of chemicals within the body are drained off by the subcons through its ability to act as a channel. These chemicals are sent as projections into other fields. Energies from other planes or fields are used.

身体内过量的化学物质被潜意识排除掉，通过潜意识的能力，这些化学物质被投射到其他需要这些化学能量的某些场域，或者被投射到这个场域中，在那里被使用。

Transformation of energy from one field to another is a lively one. I stress too strongly the fact that, particularly in several fields, and it cannot be explained or understood when one of one field only. Nor can it be made in the basic causes of the problems is not known, and treatment at best m

能量从一个场域到另一个场域的转化不断进行。我强调这一点，即在实际的现实里，尤其是在许多场域中，存在着许多场域，产物时，就无法解释或理解。在身体出现问题的时候，因为不知道问题的基本原因，治疗充其量也是没有

In all instances of ill health, the psychic inner forces are being m aim of medicine should then be to aid the inner self along other lines. Now. With the aid of the inner self in several main ways, and with several forces can be properly directed toward release of the chemicals into other fields. A buil to among other things forms of in which show themselves in mental or personality symptoms.

在所有不健康的例子中，内在的灵性力量都被误导。因此，医学的目的应该是帮助内在的自己沿着其他的路线引导。现在，内在的自己以几种主要方面被误导。这些力量可能在几个主要方面被误导。这些力量可能在几个主要方面被正确地引导到释放多余的化学物质的积聚可能会导致精神或人格症状的失调，除其他之外，还导致精神或人格症状的失调。

It is possible to treat such disorders from a chemical standpoint, sometimes being done, but the acquired artificial chemical balance cases not be maintained, because there is not been signaled that an error is should not occur. There are also allowed such difficulties to come here is a lack of understanding a portions of the self, so that seemingly the left hand does not know hand is doing.

从化学的角度来治疗这类失调是可能的，有时也在做，但后天的人工化学平衡将无法维持，因为没有发现有错误发生的情况。在理想情况下，当然不应该出现这样的困难出现。原因是在大多数情况下，各个部分之间缺乏理解和沟通，所以看似左手不知右手在做什么。

The first treatment should always communication, and we will have more to say later on this subject.

第一个处理办法总是应包括沟通，这种交流或关系，而更多要说的将在稍后。

Existence within any field is more complicated than you dream or reasonable. It depends upon simultaneous actuality in many delicate balances and communications, the balances in all cases be

任何场域的存在都比你们想像的更复杂，无论是可能的或合理的。这取决于许多场域同时的实际现实，以及微妙的平衡和沟通，在所有情况下，平衡

determined by the efficiency of the connections.

取决于沟通的效率。

I mentioned earlier the connection between excess chemicals and the physical field. Now. Before we take a break, I tell you that the physical body have not only a chemical basis and reality, and that these basis existence.

我之前提到了过多的化学物质和场域之间的联系。现在，在我们休息一下之前，我告诉你们，身体内的物质不仅有化学的基础和实相，而且这些基础也与其他存在场域的存在相关。

I now suggest your break.

我现在建议你们休息一下。

(Break at 9:58. Jane was well disconnected, hardly being able to recall of what she had said. Again sitting down, and resumed in the same rather loud and clear voice at 10:10.)

(9:58休息。珍完全解离，几乎想不起她说过的话。再次坐下，以同样响亮而清晰的声音继续。)

So-called extrasensory perception and many connected endeavors, represent the recognition, by some of those important pieces of data, usually not recognized.

所谓的超感知觉，以及许多相关的努力，只是代表认可的重要资料的认识。

Successful experiments along these lines appear as disconnected events, merely because the context in which they have taken place, and the existence of their existence possible, is not known or recognized. Telepathy goes constantly, my dear friends, in all fields of actuality. Telepathy goes between the cells. Telepathy exists because no systems are the systems.

沿着这条路线成功的实验似乎是不相关的偶然事件，只是因为它们的存在成为可能的背景并不为人所知或被认可。亲爱的朋友们，在所有的实际领域，我一直在不断地进行着。心灵感应之间进行着。心灵感应之所以存在，是因为细胞之间的系统。

Clairvoyance exists and is possible because of its basis within the present, and this is not known because man will not accept the available. Clairvoyance exists because matter and energy are one and the same. There is clairvoyance within the organs of the body are not, quote unquote, just matter, energy which itself into matter. Such inner data continually and automatically is every other portion of the human framework except by the outer ego. outer ego, however, acts all unknowingly often on the basis of such which it will not admit it has received, and often such action saves circumstances.

遥视存在而且是可能的，因为它的基础在当前的现实中。遥视存在，因为人类不会接受现有的资讯。遥视的存在，是因为物质和能量是同一的。身体本身的器官内就有遥视，因为身体的器官不，引用，只是物质，这种内在的资料不断地、自动地被人类能量，将其转化为物质。除了外在的自我，然而，即使是这个外在的自我，也几乎总是根据这种信息采取行动，而外在自我不会承认自己已经收到了这种信息，而这种行动通常使它从困境中获救。

As you know, at one time it was necessary for the ego to focus exclusively on outer data, but the channels never closed between the inner self and the outer. The ways for communication between the two have not been left open, man would have any inner existence. There is no real duality. The inner self is the all-important. For the species this present period is a brief one, but if drawn out, could bring about results most unfortunate.

如你所知，曾经有一段时间，自我有必要只关注外部数据，但内外自我之间的渠道从未关闭。两者之间的沟通方式一直在保持开放，人类将对自己的内在存在有所了解。真正的二元性不存在。内在自我是一切的重要。对物种来说，这个时期是短暂的，但如果拖长，可能会带来最不幸的结果。

Two main possibilities come to mind. One, a continued lack of acceptance of the inner self could lead to world-wide chaos. The other, the inner self, restrained and denied for too long, could overwhelm the ego so that existence could be explosive. It would be difficult, since the ego is equipped to handle such a power. It must indeed be halted, but it must be done in a way that will not upset the balance between the two and inner selves. Other matters better left until mentioned this evening will thoroughly discussed then also.

我想到了两种主要的可能性。其一，持续缺乏对内在自我的接受可能会导致世界性的灾难。另一种，被压抑和拒绝太久的内在自我，可能会压倒自我，从而使存在成爆炸性的。这很困难，因为自我已经具备了处理这种操纵力量的能力。自我必须被暂停，但必须以不会破坏内在自我之间的平衡的方式进行。今晚提到的其他事项，更值得留待以后讨论，届时将会彻底讨论。

My best regards to you both, and to Ruth also. Good night.

向你们俩以及Ruth致上我最诚挚的问候，也给鲁柏喝彩。

("Good night, Seth.")

("晚安，赛斯")。

(End at 10:29. Jane came out of her deep state slowly as usual. She remembered little of the material she said. Seth's comments during the sessions, n delivering the material while sitting down and with her eyes closed.)

(10:29结束。珍像往常一样慢慢从深度出神状态中出来。她记得不多。她说，赛斯的喝彩指的是她在上课期间的发展，而且是在她闭上眼睛坐着传述资料。)

SESSION 121 第121节细胞,心电感应,星光体

JANUARY 13, 1965 9 PM WEDNESDAY 1965年1月13日星期三晚上9点定期课

(Jane had no idea of the material for the session, as time for it approached she was not nervous as she was last session on a gain in the beginning while sitting in the rocking chair opposite my table. Her eyes were closed she was not smoking. Her glasses were off. Her voice was rather quiet clear, and she spoke at a comfortable rate without undue pauses.)

(随着上课时间的临近，珍对这节的资料毫无概念。她再次坐在我桌子对面的摇椅上开始传述。她紧张。她的眼睛闭上了，她没抽烟。她的声音很轻，但很清晰，说话停顿。)

Good evening.

晚安。

("Good evening, Seth.")

("晚安，赛斯")。

I wanted to add here that evidences for those other fields of actuality found even within the body itself; that is within the physical body. evidences are not recognized for what they are; rather, contrary to fit these into the framework of conventional knowledge, they fit but poorly.

我想在这里补充一点，甚至在身体本身，也就是在身体内，那些其他现实场域的证据。但这些证据并没有被认出。人们试图将这些证据纳入传统知识的架构中，而事实上，并不合适。

Also, such placement of them is misleading when other deductions are made. Such evidences of other actualities could serve as important clues. followed could then begin to unravel the secrets which are secrets because of man's refusal to pursue them.

此外，在其他推论被做出时，这样的置入也会引起误解。这样的证据可以作为重要的线索。如果遵循这些线索，那么就可以开始解开秘密，人类拒绝追究而成为秘密的秘密。

These clues could lead to proper understanding so that it would be the physical body does exist in many fields of actuality and through various portions of the body many glimmerings could be received the various fields of actuality themselves.

这些线索可以导向正确的理解，从而知道身体确实存在于现实的多个领域，通过对身体各部分的研究，可以得到许多关于现实领域的线索。

To study the human body from only the physical standpoint, or to co exclusively a physical phenomenon, is to severely limit your perce of reality as a whole. To study psychology exclusively in terms of effect upon the physical body is like wise hamper and limiting. merely that portion of, that very small portion of the mind which

只从物质的角度来研究人体，或者把人体看作是一个纯粹的物质现象，是极大地限制了你对现实整体的认识。只从心理学的角度来研究人体的影响，同样是阻碍和限制。因为头脑只是心智的一小部分，

within matter. As such within your physical field, your field. The mind, having its existence within matter, but independent of it, is a much more fertile study through means of physical instruments. In this case the mind cannot be found by such procedures.

分子在物质中是明显的因此在你们的物质场域的法则。心智，在物质场域的范围内有它的存在，但独立于它，是一个更丰硕的研究对象。当然，不是通过物质仪器或手段来研究。通过这种程序都不能找到心智。

The mind will be found to be closely allied with the spacious present actuality of which I have spoken. Again, the actuality is not to be found within matter alone. The elements of matter are intangible ingredients, and the study of the mind and a study of those which the mind creates its dream images could lead to a basic understanding of the manner in which man subconsciously produces the physical imagery of his own material universe.

心智将被发现与广阔的现在密切相关。心智的能力类对我所谈过的这些其他现实场域的体认。心智，处理这些不同的现实。同样，一个实际现实的有效性，也不仅仅在物质内部。物质的成分首先是无形的成分，研究心智，与这些无形的成分能够发现心智在潜意识中产生自己实质物质宇宙的方式的一个基本的了解。

This study alone would involve an introduction into a knowledge of actuality. Biology has made many strides, but the study that intangible which is behind all organisms and will be found of an entirely new field, along the lines of organic psychology. The forced to recognize the innate ability of all cells for what we may for there will be no other solution in answering many questions.

仅仅这项研究就需要引介入对其他现实场域的知识。生物学已经取得了很大的进展，但最终必须关注那个隐藏在所有有机体背后的无形的东西，这将是一个全新的领域，沿着有机心理学（organic psychology）的路线开展。人们被迫承认细胞的天生能力，我们称之为心灵感应，因为在所有细胞中，没有其他解决方案。

In the most simple of living structures telepathy is a necessity for particularly before the inside energy has built up sufficient of more complicated pattern or nervous system to allow for the and physical complications are evolved to the point where communications system within the cells which cannot be carried through a physical medium, simply because untranslatable by its nature into physical materialization.

在最简单的生命结构中，心灵感应是交流的必要条件，尤其是在内部能量建立起足够的复杂模式或神经结构之前，即物质复杂性发展到一个阶段，心灵感应仍然在运作，细胞内的通讯系统必须通过任何物质媒介传递，因为物质无法转译为实体媒介，简单地说，它的本质决定了它无法转译为物质实体化。

These points are all extremely important. Many of you have telepathy itself, since there are many types, you may find from what I have said. This in itself is an intimate, innate ability. I finished it will be shown that telepathy is an intimate, innate ability

这几点全都极为重要。很多人有心灵感应这个词本身，因为有多种类型，你们可能从我所说的内容中看出这点。我讲完之后将可表明心灵感应是所有细胞内在的能力。

I suggest your break.

我建议你们休息一下。

(Break at 9:27. Jane was well dissociated, unaware of outside stimuli. She opened slowly. She said she feels (9:27 休息至9:27。珍完全解离，对外界刺激毫无知觉。她慢慢地睁开眼睛。她说她感觉比以前更"浓缩"了，也就是说，用更少的词语。当然，课程像以前那么长了。她还说她相信她在传播也变成了分心的东西。fewer words. Certainly the session was also said she does not believe she does anymore while dictating that too has become a distraction.)

(Sitting with her eyes closed, Jane again begins speaking in her quiet voice. 9:36.)

(9:36，珍闭着眼睛坐着，开始轻声地说话。)

Now. On its simplest level, and this is what you call telepathy operates

现在。在它最简单的层次上，而这并不简单，但你们称之为心灵感应的是以下方式运作的。

Telepathy on this level is the intangible, nonmaterial communication energy, or inside energy, to the physical materialization of itself physical field. This elementary telepathy is not such, but is the communication of intent, desire, and purpose. It is communication of inner energy to various still-forming aspects so to speak, of invisible paths or bridges. And at the same time of these intangible paths serve as the inner framework over which future physical lines or structures will be laid.

在这个层次上的心灵感应，是内在能量或内部能量的自己所做的无形的、非物质性的沟通。这种基本的心灵感应不是如此，而是意图、欲望和目的的交流。因此，它是内在能量的各种面向之交流，可以说，是尚未成形的无形之道路或桥梁。同时，这些无形道路的铺设，也是未来物质线路或建构将铺设的框架。

No physical communication systems such as nerves and organs are accomplished before these invisible energy patterns set forth, for these impress within the unformed physical structure and ways which the physical structure will follow in the future. The telepathic lines continue to exist within the physical structures after completed, and for a while after the physical structures have been

在这些无形的内在能量之心灵感应结构未建立之前，诸如神经等等，因为这些内在能量之心灵感应结构内留印烙印，物质结构将遵循这些习惯和方式。物质结构完成后，将继续存在，在物质结构完成之后，并且在物质结构完成后的一段时间内。

I have until this point said very broadly that I dislike the term. For another, I have first prepared you for not only the existence of the ego, but its purpose and its logic.

到目前为止，我对所谓的"自我"一词（ego）的广义上（broadly）表示不喜欢。另一个原因是，我不想讨论这些问题。除非我首先让你们不仅知道自己的存在，而且知道自己的目的和逻辑。

(Many sessions ago Seth stated he did not like the term. See the 40th session, 4 [Vol. 1].)

（很多节课之前，赛斯说过他不喜欢这个名词。参见第40节，第4卷[第1卷]。）

You can perhaps now see where this so-called astral body has its origin, about whose lines or, actually, is constructed. Now. This sort of necessity since the first formation of the physical structure. Sometimes, particularly those explanations, I have to make you clear, and you will see that the involve such elementary telepathic communication between cells.

你们现在也许可以看出所谓的星光体有它的起源，在能量线或形成的无形结构上，实际上是建构的。现在。这种基本的心灵感应必要性从物质结构的第一个阶段开始。我们过去一些课程，尤其是那些解释，我必须让你们清楚，你们会看到细胞之间的这种基本心灵感应的交流。

As inner energy forms more complicated gestalts through the process we have earlier explained, then inner energy continues its communication physical matter that it creates about its own complicated gestalt, then it purpose through the matter which the complicated inner telepathic pattern matter. The manners in which telepathy of the divergence of definition here individual. To the human being it psychic communication occurring The ego, you see, has one definition for the self and its own ideas limitations of itself.

当内在能量通过我们前面解释的过程形成更复杂的完形时，它会继续与它所创造的关于它自己的物质进行沟通。当内在能量通过它所创造的物质进行沟通时，它的目的是通过它所收集到的关于自己的复杂内在心灵感应模式来传达这个意图和目的。心灵感应的运作方式在解释、定义的发散方面有所不同。对人类来说，心灵感应是个别的。对人类来说，心灵感应是个别的。自我，你们看，有一个定义是关于自己和自己的观念的限制。

The ego considers itself the self and considers anything outside of being either no self or another such separate identity, and so the

自我自认为就是这个自己，并认为自己之外的任何

is led to believe that telepathy is a more basically alone, separate and the level of the ego, although its Telepathy operates within the inner the subconscious, where the ideas nearly so limiting.	是一个独立的个体，因此个人被引导去相信基本上单独的、分开的，远离自己的意识层次，虽然它的行动可能会受自我的领域不同的层次内，在潜意识的领域内，那里的想法根本没有那么局限。
The type of telepathy which is most commonly thought of as telepat course not the elemental type of which I spoke earlier, but a diffe particular, more advanced telepathy could not and did not occur complicated form until the development within your plane of psychi developed personalities. This development involved separations and concentrations of energy into self-conscious identities. This development is an advancement, yet this advancement led also to a separation of consciousness, into dual segments of subject and object.	最常被认为是心灵感应的类型当然不是我之前所说的同类型。这种特殊的、更先进的心灵感应，无法也直到在你们的层面发展出灵性上已发展的人格和集中到自己-意识的本体中。这个发展是一种进步，但这个进步也导致了主体和客体的双重部分意识的分离和客观化。
I suggest your break.	我建议你们休息一下。
(Break at 10:07. Jane was again we voice, again while sitting down and	(休息10:07。珍再次很好地解离了继续说话，仍然坐着，闭上了眼睛，10:14。)
I have explained in the past the p You may refer to those discussions capsules; and the 41st for material	我过去曾解释过自己的种种潜能和无限的质。如可以参考那些讨论，例如第6、9、14节胶囊，和第41节关于物质的现在的资料。)
You can see that the inner self is ego self, and that while divisions inner self constantly change.	你可以看到，内在的自己比自我的自己更加广阔和无边，而且虽然可以有不同，内在自己的边界也在不断变化。
Inner telepathic communications exist wherever its sympathies or vitalities are attracted in a manner we discuss, psychically it surrounds information, operating psychically same manner that a simple amoeba physically will surround food.	每当内在自己的关照，只要它的同情心或生命力通就存在。以一种在灵性上围绕着信息的方式，这的运作方式，灵性上与一个简单的变形虫在物质上会
This may not be a very apt analogy analogy. This is complicated to explain for telepathy operates mainly when similarities and attractions are like attracts like; and not, as it would seem, when as it appears o separate identity is connected with another.	这可能不是一个非常恰当的比喻，但这个比喻背后很复杂，然而非常需要解释，因为心灵感应的运力建立起来的时候，在同类吸引同类的时候；而不是的或独立的本体与另一个本体相联系时。
What I am trying to get across here done so far, it seems that telepathy limitations set by the ego on the of those in telepathic communicat idea of the self held by the ego not conscious of the underlying bo momentarily, the identities involved.	我在这里想表达的是，因为自我在灵性上的限制，因为自我在对自己的定义上设定的限制，灵性上的沟通正是基于心灵感应的那些人的相似或同情心。自我所持有的对自己的有限观念，横亏和扭曲了这些潜在的底层的同情纽带，这些纽带存在的时间暂时合并。
This, dear friends, is quite enough Next time I will add the sauce. My	亲爱的朋友们，这对今天来说已经够了。我会在下次加些酱料。向你们两位致以最美好的问候。
("Good night, Seth."	("晚安，赛斯"。)
(End at 10:27. Jane was again we	(10:27结束。珍再次充分解离。)

SESSION 122 第122节电性场,神经脉冲,思想是电性实相

JANUARY 18, 1965 9 PM MONDAY	1965年1月18日星期一晚上9点定期课
(While trying psychological time on January 18, Monday, 11:30 AM, achieved the following results: "E sense of physical pressure upon the experiments I have been getting the beginnings of the sessions."	(在尝试心理时间1月18日，星期一，上午11:30，我获得了以下结果："我对没有感觉到身体压力的最近的实验中，我在课程的开始阶段都有一种强烈的
(Jane did not feel well, but decided to attempt the session anyhow dictation was about average, her session.)	(珍觉得不舒服，但还是决定试着上课。她坐着说话，听写速度一般，声音正常。她在课间没有吸烟。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
This procedure, in which Ruburt sits previous methods, but it has many experiment along various lines.	鲁伯特静坐着的这个程序，确实不如我们之前的很多优势，我们朝着各种路线进行试验，是有益的
Your interest in these sessions must indeed compete with ordinary endeavors, and there will be, as indeed energy. The regularity of continue. Ruburt is of course free very brief one. You may of course reasons of your own. You are not them because you want them. Anything else would defeat their purpo	你们对这些课程的兴趣确实会与日常的努力相竞争，你们的兴趣和精力会有波动。我们上课的规律性会继续。当然鲁伯特可以自由地说话，他说的话会不时地被切断，但我更喜欢在条件允许的情况下举行某种形式的课，哪怕是非常简短的课。你当然会有自己的理由。你不应该觉得自己想要上课。其他任何原因都会破坏上课的目的。
To continue along the lines of the various fields of actuality in wh body exists, these fields or systems identity, within which certain inner these fields, by the very act of e that can be accepted by the given into it is in a different form from fields of actuality which are fields the same manner that the dominating data is the same manner that the dominating force or data within your plan	沿着人体存在的各种现实场域线下去，这些场或系统具有特定本体身份的内在场域，其中一些特定的场域的力量，仅仅通过进入场域的行为就转变成了能被接受的电性场，其间的数据资料与它进入场域的资料与数据资料以不同的方式一样。在现实场域中，主导数据资料与你计划中的主导力量或数据资料以相同的方式一样。

In this field, electrical force is the main method by which inner en
itself. This is rather difficult to explain. However, looking at it, you
Personality gestalts within this field are the electrical components
components, without physical matter, and that so far man has
electrically computed. Your own personality gestalt within this
field.

在这个电性场内，电力是内在能量自我表现的主要方式。这
解释起来颇为困难。然而，从你们的角度来看，这样的个性
来的，没有物质成分，只有电的成分，并且人类迄今为止
方式计算。你自己的个性格式在这个电性场内以某种方式存在。

This field projects itself, as should be obvious, into your own fiel
and as such the personality itself. Two systems, being open, are dependent
in one system threatens survival of the most closely allied with the
your known physical universe, the planets of your own system.

这个场域把自己投射到你们自己的现实场域中，这应该是显
而易见的。两个开放系统彼此相依，一个系统的存亡会威胁
另一个与之最紧密相关的系统。它们相互连结着你们已知的
物质宇宙，也连结着你们自己系统中的一个个行星。

Existence in this field has great importance, particularly as far as
brain mechanism is concerned, and it may well be that your scientists
two fields continually, and interrelationships are
infrequently does the electric field do it appear in a form
it is indeed tangible, but not in the form of physical matter.
what you call growth in your own brain cells. The electrical impulses
molecules are part of the structure, but not the electric field itself.

这个场域的存在具有极大的重要性，特别是就人类大脑机制
而言。你们的科学家所发现的要远远多得多。这两个场域彼
此不断地相互连结着，而且很少以一种最密切的方式将它们
相互连结着。电场的存在方式可以被看出来，然而在电场内，
它的物质性是显而易见的，但不是以物质的形态存在。这个
场域也和你们脑细胞的成长有关。电脉冲是你们大脑结构的
一部分，并不能被直接感知，但在电场内可以被直接感知。

Where matter would exist there, a concentration of energy forms wh
think of as a body form, body meaning material terms. Such manifestations in the electric field are
of intensity per mass unit, than anything you know of on the
which will come up with us again in the future. Now, I
scientific thought, there are at least two kinds of electric
your scientists have not yet discovered, and that so far man has
the intensity of thoughts as they arise from the intangible mind
to the physical brain and then into action, as the case may be.

在物质存在之处，能量的集中形成你所认为的身体形式，
身体意指物质方面。这种显化是电场中的这种强度，
比任何你们所知道的东西都要强大得多。这是我们会再次提
到的一种非常特别的现象。现在再说一遍，不管现在的科学
思想如何，你们的科学家们还没有发现的这种电力，人类迄
今为止只发现了一种相对较弱的电荷，这种电力会随着心智
中形成的想法，然后转化到物质的大脑，并视情况而定。

I suggest your break.

我建议你们休息一下。

(Break at 9:28. Jane was well dissociated as usual. Her delivery, h
but it slowed up somewhat when she resumed sitting down an
eyes closed, at 9:35.)

(9:28休息。珍解离如常。她的传递速度很快，但有所减慢，她又坐下来，闭上眼睛。

It is not simply that some weak electrical force exists within the p
but that a portion of the physical body is in actuality
force field; that the whole physical body does
force field, and that so far man has discovered only one
electrical charges of one particular kind in general, that most obv
into the physical universe.

这不仅仅在于一些微弱的电力存在于身体内，而是身体的一
部分实际上在电力场内；在于整个身体在这个电力场中可以
存在，并且人类迄今为止只发现了一种相对较弱的电荷，这
种电荷一般来说，大部分会进入物质宇宙。

The physical body, in other words, exists as an electrical body tha
material, that has a peculiar mass but no weight, the
apparent in terms of not varying weight, but varies
concentrations of electric force. There are
mind, which is not physically represented in the material body, does
electrically. The brain, which exists physically as part of the
structure. The organs exist electrically. The skin does not exist
counterpart, although the physical skin does contain electric force

换句话说，身体以电体的形式存在，不是物质的，
具有特殊的质量，但没有重量，不同于电力的强度和
浓度。这里的心智在物质身体上并没有实质地呈现出来，
心智不存在于物质身体上，但在电性结构中是存在的。
以物质存在的大脑，在电性结构中是心智的一部分。
皮肤并不存在于这个电性的对应物中，尽管实际的皮肤
确实含有电力。

Now. If you could see the body as it exists within the electric fiel
certainly not recognize it, for its shape would be
physical shape as you know it. The electric
exists, then, as an identity formed
or less as one. It is an electric
as actualities, ever-moving spheres
systems.

现在，如果你们能看到存在于电性场中的身体，你肯定
不会认出它，因为它的形状没有任何相似之处。你所知道的
身体形状没有任何相似之处。因此，它作为一个整体运行而
是由各种电性系统或多或少地作为一个整体运行而
来的电性实体，这个实体很贴切地被称为思想的现实，
是独立的电力系统的不断移动的领域。

Emotions are also, then, actualities within the overall electric sys
not as representations of feelings, but
possible to get the idea over that this system
experienced and vivid, and also that in some ways emotions and
more directly perceived in that field than your physical
readily apparent, with more force than anything
environment, without any intermediary steps, they exist
and thoughts, exist immediately within the environment as electric
that system. In your system they need to be translated and given re
method of interrelationships. Your field attains its actuality only a
cooperating merger of many other independent systems.

因此，情绪也是整个电性系统中的实相，不是作为
情感的表现，而是作为电力的实相。可能的话，我想让大家
为明确的带电的运行动而存在。可能的话，我想让大家
体验和生动的种种实相，而且在某些方面，情绪和
思想在电场内比你们的物质身体更容易被感知。它们
更直接地被感知。它们容易显现，并且有
质域内没有任何中间步骤，就是说，它们立即
显现。情绪和思想立即在你们的电性系统中
存在。在你们的系统中，它们需要被转换和赋予实相。
关系的方法来被转换和赋予实相。你们的场域只有
并的结果下才能达到它的实际现实性。

The trouble has been that your scientists see or perceive electrica
systems, for example, only in the physical
not realize that these systems exist in the electrical
electrical and even chemical systems
system than matter plays within the physical
world of physical matter, but the electrical
them.

问题在于，你们的科学家们只看到或感知电性和化
学系统，他们没有认识到这些系统存在于他们自己的宇宙中。
电性和甚至化学系统在你们的场域中所扮演的角色，比物质
在它们的系统中所扮演的角色要多得多。物质在物质宇宙的
情况下存在，但电性和化学系统并没有物质成分。

I suggest your break.

我建议你们休息一下。

(Break at 10:01. Jane was dissociated as usual. She resumed in th
manner as before at 10:13.)

(10:01休息。珍解离如常。10:13以同样方式继续。

As within your field inner energy is translated into physical matter
which I have earlier described, within the electrical system inner e
translated into the characteristics peculiar to that system.

正如在你们的场域内，内在能量通过我之前描述过的
方式转换为物质，在电性系统内，内在能量也被转换为该系统所

Because your system is dependent upon the electrical system in on
another, counterparts exist within the electrical system, and so
However, the electrical system contains phenomena

your system, although some projections so far have never been studied objectively, but only in their relation to the physical field

感知到它的一些投射，这些投射迄今从未被研究过的只是在它们与物质场域的关系。

Matter has little effect within the electrical system, but the effect system upon physical matter are great in electric reality; a human thought as such it continues to exist without point of origin. This is another idea that referred to later.

物质在电性系统内影响不大，但电性系统对实质物理的影响在电性实相中是很大的。人的思想，在一个电性实相中作为电性行动，它继续存在，脱离开它的起源点后的很长一段时间内。这是另一个重要的信息，后面还会提到。

The thought, as an electrical reality, is not subject to the physica the physical body. The durability of the thought, as an electrical a by its initial electric charge. This electric charge can propel the electrical action, through the application of your physical manner that it can exist simultaneously within your past and your Because a thought, as electric action, may exist both within your present, this is not to say that it becomes two electric actions, one past and one existing in the future. Rather the one electric action simultaneously projected, through a peculiarity of its axis, so that within your field, not in two places at once, but in two times at on

思想，作为一个电性实相，不受制于肉身形体之物。思想的电性行动的耐久性由它的初始电荷决定。这个电性行动的电荷能够推动电性行动，穿过你们物理时间的维度，以一种可以同时存在于你们的过去和现在的方式。因为思想，作为电性行动，可以同时存在于你们的现在，并不是说它变成了两个电性行动，一个存在于过去，一个存在于未来。而是这一个电性行动或思想是同时投射的，透过你们的场域内，不是同时出现在两个地方，而是

All thoughts, as mental or electric actions do not necessarily so means. I hope to go into these matters more deeply at our next have I forgotten that I spoke of an information session; when you we will have such a session, when you can be relieved for once taking, Joseph. And I will even make room for questions.

所有的思想，作为精神或电性行动，未必以任何方式。我希望能在下一节课上深入地讨论这些问题。我也没有忘记我曾经说过要开一次信息会。等你们的录音机修好了，我们就开一次这样的课，等你们不需要记笔记了，约瑟。我甚至会留出空档让你们提问。

My fondest wishes to you both.

向你们俩致以最诚挚的祝福

(“Good night, Seth.”

(“晚安，赛斯”。

(End at 10:32. Jane was dissociated as usual. She now said, she felt she had before the session began.)

(10:32结束。珍解离如常。现在她说，她感觉比

SESSION 123 第123节续谈同类相吸,情绪气候-身体状况的最佳指标

JANUARY 20, 1965 9 PM WEDNESDAY 1965年1月20日星期三晚9点定期课

(While trying psychological time on January 19 and January 20 excellent states of “ecstasy” both times.

(1月19日和1月20日在尝试心理时间时，珍两次

(Jane had no idea of the material for the session before it began. again in the Kennedy rocker, acro(s material with her eyes closed. Sh this evening was rather soft; she ones for the most part.)

(在课开始前，珍对这节的资料毫无概念。她再次摇椅上，闭着眼睛传达资料。期间，她没有抽烟，但这天晚上的一些停顿，总的来说大部分都不是很长。)

Good evening.

晚安。

(“Good evening, Seth.”)

(“晚安，赛斯”。)

I am glad to see the progress that is being made on the book deali Seth material.

我很高兴看到关于赛斯资料的书正在取得进展。

I would like to speak on some of the topics that were discussed in session. If you recall, I said that thoughts and actions, and once initiated are then independent existence. Tha actualities apart and independent from their point of subjective or

我想要谈谈我们上一节讨论到的一些话题。如果你记得，我说过思想和情绪都是作为电性行动存在的。一旦启动，它们就是独立于主观起源点之外的实际现实。

They are brought into existence in a subjective manner, but they th independent action, and as such may continue to exist in a dual physical field, according to their or emotions, as electric actions, can be set up, and are set up. The responsible for their own attractiv and here indeed like attracts like.

思想和情绪以一种主观的方式被带入存在，但随后它们可以按照它们原有的电势在物质场域内持续存在。思想或情绪作为电性行动可以设置，并被设置。它们应为自己的吸引力负责。这里，确实同类相吸。

Various emotional factors within each personality cause what we ma characteristic emotional climate. Since these electrical fields of attraction with Uncharacteristic thoughts or emot Habit, then, has not only a psycho nature and implication.

每个人格内部的各种情绪因素造成了我们可以称之为特征性的情绪气候。由于这些吸引电场的存在，其中被接受的思想和情绪会更容易。相反，不属于这些电场的思想或情绪会遇到一些阻力。因此，习惯不仅仅是心理学的，而且具有电性和含义。

It will be easier (i.e., there will be less resistance; put that in pa given individual to accept certain for him to accept certain others. no system is closed, each system resistance to form sufficient-enough retained.

它会更容易（也就是说阻力较小；把这一点放在括号里）给予某个人接受某些思想或情绪会更容易，而对其他的思想则不容易。没有封闭的系统，每个系统都有足够的阻力来形成足够充分的边界，以保持。

So does the personality, through negative charges, cause boundari about its own emotional system. emotions, or electric actions, wh charged emotional climate; and it have the greatest dissimilarities well those thoughts and emotions which are habitually accepted by personality.

人格也是如此，通过负电荷，围绕自己的情绪系统设定边界。哪些吸引它的思想和情绪，或电性行动，这些思想气候有相似之处的那些有最大差异性的思想和情绪。因此，好好研究那些被人格特定习惯接受的思想和情绪。

The emotional climate, though intangible, is intimately known by ea as it exists within himself, and it for thoughts and emotions as inde directly upon the physical mechan flash through the entire nervous

情绪气候虽然无形，但每个人都很清楚，因为它存在于自身内部，并且它对思想和情绪作为独立的身体状况的最佳指标，因为思想和情绪作为独立的有很大的影响。它确实像电风暴一样闪过整个神经系统，视情况而定，当然还有许多介于两者中间的多

be, and with of course many middle varieties of influence.

Thought and emotion then, is not only generally related to the phys
mechanism, but as electrical actions and emotions act di
the system. Again here you see, however that just as the individual i
initiates his own emotional climate, and then suffers or enjoys the

We must go much further into this particular subject. Nevertheless
clearly understood that thoughts and emotions are actualities, and
directly work upon the physical mechanism. Again that just as the individual
directly affect the physical body. Because thoughts and emotions
actualities, are independent from their subjective point of origin,
or emotion, initiated by an individual, may be received by him, and
thought or emotion is similar to those usually accepted and then
for new electrical patterns must be set up. But an idea, a thought or
rejected still has independent actuality, and may be attracted to th
climate of another.

Many psychological intangibles, including dreams, have such an ele
and do exist as electric actions. Very many of these intangibles
between the emotional climate and physical health, which
understood, because emotions were not known to directly a
They were not known to directly affect the physical body. Here
the chemical relationships here.

I suggest your break.

(Break at 9:34. Jane was well dissociated. Her eyes opened slowly
time. She said her voice as she dictated, sounded as though
feet above my head."

(In a somewhat louder voice, and frequently even though her eyes
closed, Jane resumed at

The point here is that you are, yourselves, familiar with such a sm
reality.

You are familiar with such a limited portion of the actuality of you
These thoughts are things, so to speak, subjective
acquainted only with their purely
the electric field, great attraction
directly the reality of a thought is
power behind it.

Its manifestations are greatly concentrated, and its patterns attra
different terms in the electric field
between an individual's dreams and
condition at any given time. The
exists purely and simply in the electric
directly into the physical field although its effects appear within i

Each thought or emotion exists then as electric action within the m
action is transformed and translated
directly are felt, and the brain then
then, being independent however,
body. The physical barriers of sk
structure, do not exist and are not
recognize only electrical systems.

Every individual is pelted, so to speak, with numberless such elect
constantly. He accepts only those
not aware of their possible origin
thoughts and emotions have an ac
appear appalling to some. Unless
physical structure will never be understood.

Positive and negative thinking is more than a turn of phrase. Dime
indeed exist within this electrical field of which I have spoken, an
understood that I speak of an inde
apparent electrical effects that ca
system. The electrical reality of
dimension that has been complete
dimensions; as within your field
and thickness, so in the electrica
space reality, electrical mass and potentiality, which is different
and polarity.

All electrical actions exist with th
existence as valid as your own. In
system is an effect caused by this
covered here. There are units, wo
conveniences sake, whereby your ve
actuality beside the one that you know.

I suggest your break.

(Break at 10:06. Jane was fully dissociated unaware of all outside
She resumed in the same manner, sitting down and with her eyes cl
10:12.)

Electricity is one of the attractions which make the existence of p
possible.

You can see now how a subjective experience, can have an electrica
through this reality directly affects the human physical
being electric actualities, depend upon an electric system of patte
communicate their data to the various levels or areas of the inner

In the past I spoke of the innate capsule comprehension, which exi
cells. These are also electrically coded. Whole comprehensions
within physical structure while taking up no physical space. Dream

因此，思想和情绪不仅一般来说与物质机制有关，
情绪直接作用于系统。然而在这里你再次看到，
绪，候然后受或享受其结果。个人
我们必须更深入地研究这一特定主题。然而，我们
情绪本身就是实际的现实，直接作用于身体机制。
接影响到肉身形体。因为思想和情绪作为主的现实
点的，所以由一个个体所启动的某一思想或情绪，
这思想或情绪与通常接受的思想或情绪相似时，那么
性模式必须先建立起来。但一个这样被拒绝的观念
的现实，并且可能被另一个情绪气候所吸引。

很多心理的无形事物包括梦都有这样的电性实
存在实际是值得重视的。情绪气候与身体健康之
这样的关系以前未知道，因为人们不知道情绪有这样的电性实际。
就这些东西而言，人们了解的比较少。

我建议你们休息一下。

(9:34休息。珍解离如常。她在休息时缓缓睁开眼
听来，好像"在我头上两英尺高。"

(9:42分珍继续说，声音稍大些，表现得更加活
地做着手势。)

这里的重点是，你们，你们自己，对实相只熟悉如

你们对自己思想的实际现实只熟悉如此有限的部分
说是孤立的，只与实际的东西有关系。但你们只熟悉它们
内在的力量。
实相的全部实际现实，你们会惊讶于它背后的力量。

这些思想的具体化非常集中在它的模式吸引着大多数
形式在个人的梦、思想、情绪、和身体状况
在任何给定时间。智独立于脑纯粹只是存在于电系统
仅仅存在于电场内，物质场内。尽管其影响出现在物质场内
直接进入物质场。

每一个思想或情绪都是作为心智的电性行动而存
并被送到大脑，在那里直接感受到的影响然
而思想和情绪是独立的，并不受身体的束缚的
物质屏障，那个结构的，物质限制并不存在，也不被
认识电性系统被思想或情绪

每个人都是不断受到无数这样的电性行动
吸引的对象往往不能意识到它们在他们系统之外的可
感觉之外有一个实际现实，这个事实对某些人来说
除非接受这一事实否则人类的身体结构将永远无

正面和负面的思维不仅仅是一个措辞的转换。在我
着维度应该要理解我所说的是一个独立的电场
以观察到的微弱的表面的电性效应。情绪和
空间和时间、高度和厚度一样在电场系统中有强
实相实质重量和潜力，这不同于强度和极性。

所有的电性行动都是以这些特征存在的。它们和当
自己的存在一样有效。在别处方面可以说，物质系
应这里还有很多内容要讲。有些单元、方便
作，你的实质重量借此以电的形态存在是你所知
个实际现实。

我建议你们休息一下。

(10:06休息。珍完全解离，对外面的影响毫无所
述，坐着，闭着眼睛。)

电是使实质物质的存在成为可能的吸引力之一。

你现在可以看到，个主观的经验如何能有一个电
接影响人的身体结构，梦，也是电性实际，它依靠
内在的各个层次或区域，它们
过去我谈过先天的囊理解力，它存在于所有细胞内
此整个理解力可以存在于物质结构中，而不占用

particularly interesting from this viewpoint, as the first experiences of dreams are direct electrical experience, decoded then by the various areas of the inner self which take up no physical space, but are emotionally or subjectively experiences exist first of all electrically.	看来特别有趣，因为最初的梦经验是一种直接的然后再为内在自己的不同区域重新解译所有这些质空间，但是情绪或主观上被感受到的经验首先都是电性的。
(Jane smiled broadly while delivering this material, and rapped upon my table emphasis and rapped upon my table. She remained	(珍微笑着说出这资料时，咧着嘴笑着，敲桌子强调，敲桌子强调。她说话带着强调。她眼睛仍是闭着的。
The human system then translates the experience, but its original actuality is electrical. This is why your dreams take place in space, either within your skull or in your physical universe, and yet that these dream locations did exist. The existence is electrical, partake of the dimensions of the electrical system as I have given	人类系统然后转译经验，但它原本的存在和实际现你们的梦境地点不占据任何物质空间，无论是在你质宇宙中。然而我已经说过，这些梦境地点确实存它们属于电性系统的维度。我给你们的电性系统的维度。
Dreams are felt directly through electrical patterns, and then decoded original experience, then, again, felt by the human system, according to the data, as I have spoken much concerning the data, and I will speak more shortly, that you understand the electrical and though more to say on this subject shortly.	梦是通过电性模式直接感受的，然后解码原本的经验，再次，根据数据，人类系统感受到，如我曾经多次讲的，为了你们理解电性的，我很快就会有更多话要说。
You will also remember that I spoke long ago of the connections between emotions and physical weather. The emotions and physical weather. Also our mental genes and mental genes are fully.	你也会记得我很早以前就说过情绪和物理天气之间的关联。也很重要的是，我们的精神基因和精神酶素，这些
This has been an excellent session. I hope you are not all charged let you out of my charge, and not charge you for the charge for	这是一节非常棒的课。我希望你们没有充满电（all 现在要让你们脱离我的管控（out of my charge），（charge you）。（译注：赛斯在玩 charge 的双关
My fondest regards to you both.	向你们俩致以美好的问候。
("Good night, Seth."	("晚安，赛斯"。
(End at 10:30. Jane was dissociated as usual. She ended the session smile.	(10:30结束。珍解离如常。她带着微笑结束了这
(For some material on cellular comprehension, see the 29th session others. Mental genes are mentioned in the 26th session, among other mental enzymes are dealt with in the 13th, 16th, 19th, 20th sessions, others. Dreams and related phenomena have been discussed in sessions. Emotions as connected with physical weather was rather discussed in the 56th session.	(关于细胞的理解力的一些资料，见第29节以及其因，第13、16、19、20节等等，则提到了精神酶 有讨论。关于情绪与物理天气的关联，在第56节
(Note: The first mention of the translation of thought took place in session. See Volume 1, page 40.	(注：第一次提到思想的转译是在第8节，见第一册
(The first mention of mental enzymes took place in the 8th session 1, page 41.	(第一次提到精神酵素是在第一册第8节。
(Mental genes were first mentioned in the 9th session. See Volume	(在第九节首次提到精神基因。见第一册
(See sessions 86 and 87 for material on mental enclosures, and Sess also for material on capsule comprehension.	(精神围场的资料，见第86和87节，关于囊理解
(See the 44th session for material on dreamlike locations.)	(关于梦地点的资料，见第44节。)

SESSION 124 第124节临时课,ESP实验要先达到潜意识的聚焦

JANUARY 23, 1965 10:50 PM SATURDAY	1965年1月23日星期六晚上10:50
(This session was unplanned. Bill MacDonnell, who has witnessed these sessions and has been involved in some of the effects obtained during sessions, was visiting us. He did not feel well, and I was quite restless however, so we began to try various small ESP experiments tried for physical effects without success. After an hour or so of trying decided to call on Seth. I brought out my notebook.	(这节课是计划外的。比尔·麦克唐纳来拜访我们，他见证了这些课程，所获得的一些效应。他感觉人不舒服，我不安，所以我们就开始尝试各种小型的超感官实验但没有成功。这样做了一个小时左右，珍决定召唤赛斯。我带出了我的笔记本。
(Jane sat down at about 10:30. One light was on in the living room bothered her, even though she sat with her back to it. I turned this and turned one on in the kitchen; this cast an indirect light into the enough for me to see to write.	(珍在10点半左右坐下。客厅里有一盏灯亮着，但灯坐着。我就把这盏灯关了，然后把厨房的灯打开客厅里，这样间接地照亮了，以便我看清，以便记录。
(But this light also bothered Jane to such an extent that within a switched it off. This left the room in a somewhat dim light. We waited in the dark room. Jane finally began to speak, and in a voice a little heavier than usual. At the same time she rose to pace slowly about.	(但是，这盏灯也干扰了珍，以至于几分钟内她就在车辆的灯光间歇地亮着。我们在黑暗的房间里等相当快，声音也比平时低沉了些。与此同时，她站步。
(I could not distinguish her features. I tried to take notes in this gave up after half a dozen lines. (What follows is an attempt at reconstruction of Seth's material. The material is as accurate as I can make it, however, the first transcript.)	(我看不清她的模样。我试着在这儿做笔记，但在几行后放弃了。(以下是对赛斯的资料的重建。资料尽可能准确，但是第一段。)
I only suggest that you watch Rubert as he moves; and I must remind upon other occasions when results have been achieved along these directions focused. Whether you are conscious at all times must be achieved first focus had been achieved it had been achieved.	我只建议你们在鲁伯特移动时观察，我必须提醒你那些时候，你们的意识已经沿着这些方向集中了。你们是否觉察到你们的灵性能量已经如此集中了。任何时候都必须先达到潜意识的聚焦，使你们已经达到了聚焦，已经实现了。
More matters than you know enter into such achievements. All of relatively scattered this evening, Mark's in part cause. Rubert's insistence darkness was an attempt to increase your concentration. At regular sessions, I have introduced effects, but for various reasons either failed to observe them, or have not been able to.	这种成就所涉及的问题比你们知道的还要多。今晚其是马克。鲁伯特坚持房间要暗，是为了提高你们内我有时会引入一些效果，但由于各种原因，你们要够观察到。

(It will be remembered that Mark (请记住，马克是Dick的表兄弟，唐纳的朋友名。)

(Jane now sat down. Her chair was facing south and reflected traffic lights, although I could not distinguish her features.)

(珍现在坐下来。她的椅子朝着南方，不过反射出交通信号灯的影子，虽然我看不清她脸部的特征。)

I suggest you watch Ruburt's face. If any effects are to occur they within three minutes.

我建议你们看着鲁伯特的脸。如果会有任何效应，那

(We sat quietly for perhaps one minute. Bill said nothing. Jane then spoke.)

(我们安静地坐了大概一分钟。比尔没有说话。珍随后开口说话了。)

If you see any effect, it will be the aura.

如果你们看到任何效果，那将是灵气光晕。

(For some little time longer we waited without observing any change in Jane. Our cat Willy moved about the dark apartment in a normal manner, apparently not sensing anything strange to him. Jane finally switched saying that Seth was gone.)

(我们又等了一会儿，没有观察到珍有关的任何变化。公寓里的猫威利正常活动，显然没有感觉到任何异样。珍终于关了灯，说赛斯走了。)

(I had not seen an aura about her. Bill said that at first he thought but then discounted it upon second thoughts because the impression received had been so fleeting and faint; he could not be sure of an

(我没有看到她周边有光晕。比尔说，起初他认为有，但打了折扣，因为他接收到的印象是一闪而过和隐约的；他不能确定。)

(I had thought Seth would stay, to say something about why results good, but Jane said the session was over as usual. She had felt "weird" at the end, when she had just become used to speaking, and approximately 11:00.

(我本以为赛斯会留下来说说为什么效果不好，但珍说课如常结束了。她觉得有点怪异，在刚开始习惯于传述时，大约在11点结束。)

(See the 68th session for the change in Jane's features, and for Bill's cognition of the eyelids. It will be noted that the 102nd session was also unscheduled and dealt with the subject of obtaining physical effects.)

(见第68节，珍的五官变化，见第102节，比尔是见证人。睁开的眼睛。需要注意的是，第102节也是一个未安排的课，处理获得物质效应的问题。)

SESSION 125 第125节电性场的深度,维度与强度,对ESP实验的评论

JANUARY 25, 1965 9 PM MONDAY 1965年1月25日星期一晚上9点定期课

(Once again throughout the session Jane delivered the material while down, and with her eyes closed. Her voice remained rather quiet. Once her delivery slowed down, but seemingly in compensation it would t up. She did not smoke during the session, and her glasses were off

(再一次，珍在传述资料时，整节课都坐着并且闭着眼。她的传述会慢下来，但似乎是为了补偿，接着会变得响亮。没有吸烟，也不戴眼镜。)

Good evening.

晚安。

("Good evening, Seth.")

("晚安，赛斯"。)

I am pleased, as always, to begin another session, and we rather allied subjects this evening.

我一如既往地很高兴开始另一节课，我们今晚将涵盖

These will include material that directly follows from our previous also a few comments concerning experiments which you have been c more or less on your own.

这些将包括直接跟着我们之前的课而来的资料；还在进行的实验的评论。

We have been speaking of the electrical reality and actuality of the u emotions, and of dreams, and of all such experiences which appear psychological in origin, and take up no space in your physical univ

我们一直在谈论思想和情绪的电性实相和实际现实，乎纯粹源于心理的经验，在你们的物质宇宙中都不

I have also mentioned that the electrical field has its own variety with which you are not familiar. Now, indeed, the electrical field and emotions and dreams have an independent actuality, this field depths and dimensions of a sort most difficult to explain.

我也提到过，电性场有它自己的各种维度，你们并场中，思想情绪和梦都有独立的实际现实，这深度和维度

Depths are contained within this system that are not depths in terms but rather definite depths and dimensions. There is also a duration that is closely connected with intensity, but continuity in terms of time, as it is usually understood in the phys

这个系统中包含的深度不是空间上的深度，而是不度。这里还有一个与强度密切相关的持续时间，但时间上的连续性，

In the electrical field it is the intensity of any given actuality tha sort of duration, and the intensity can project such an actuality in dimensions at once. The intensity itself, determines the actuality height and thickness determine the strength of any organism. Within the depths are responsible for the potentiality, but a different sort; a mass that takes know it, but mass whose thickness or form a definite shape, a separate field counterpart for physical matter.

在电性场中，决定这种持续时间的是任何一个既可以同时将这种实际现实投射到许多维度，电性的强度本身就决定了实际现实的其他维度，而决定任何有机体的潜力在于持续时间和电质量，这是一种不同的质量，你所知道的物质构成的，而是一种质量，其厚度和强度决定了一个独立的电场，这是实质物质

It is difficult to explain this to you, since you would concepts must be used But in this electrical system a travel through time would be through intensities. This has many implications, as you should see read it.

这很难向你们解释，因为你们的概念必须以新的方式中，一个穿越时间的旅行只会涉及到穿越强度的旅应该就会明白。

(Jane, here, took quite a long pause one of the few such that she the session.)

(在这里，珍停顿很久。这是她在这节中为数不多

There is indeed an electrical journeying through these intensities. constant motion in this system, as the electrical system makes motio is indeed, here, an electrical im moments.

在这些强度中确实有一个电的历程。在这个系统中其他系统一样，电性系统内的不断运动使得你能"时间"在这里确实是一种按强度而行的按时刻

To speak of backward and forward is meaningless. There are only v electric pulsations of varying intensities, weaker, to fading and again to stronger, are indeed natural results of weak one present and one past. Yet with in physical field, and

谈论向后和向前是没有意义的。只有各种不同强度越来越强，较弱，到越来越弱；再到越来越强。这自然结果，那里将会有一个称为过去和一个称为现们的物质场域内，以物理时间，你们驾驭着这些脉

you ride the waves of these pulsations, so to speak.

When the pulsation is weak you call it past, when it is strongest you present, and the one that seems to have no present, as you see, is the future. For you make the divisions yourselves, and in such a manner the framework and all the possibilities, potentials and limitations a system set up with a divided time system.

当脉动弱的时候，你们称它为过去；当它最强的时候，你们称它为现在；看来没有现在的，你们称它为未来。因为你们自己以这样的方式划分的时间系统设置的框架和一切可能性、潜力和局限性。

I suggest your break.

我建议你们休息一下。

(Break at 9:27. Jane was well dissociated as usual. She resumed in the same manner at 9:35.)

(9:27休息。珍解离如常。9:35她以同样的方式继续。)

Nor, in the electrical system, is there any distance in time or space.

在电性系统中，也没有时间或空间的距离。

There is, again, depth which is a depth of intensity, and yet within this intensity there exists distances in terms of action which is a fair these sessions.

再次，深度是强度的深度。然而，在这种强度的深度中，在这些课中是一个相当新的理念。

You conceive of action in terms of time, since within the physical action appears to actually take up time, so that action seems to take up space. The chair actually does not take up space of what you call space. Nor does time take up space in the call time. Nevertheless, in the electrical system the action. Each action is separate and distinct from the other action continuity.

你们从时间的角度来设想行动，因为在物质场域内，行动似乎占用了时间，以至于行动似乎占用了空间。椅子似乎占用了空间的部分，而是你所说的空间的部分。然而，在电性系统中，行动是分开的，与其他行动连续。

The distance occurs within the intensity of an action within the electrical field, so that you could fall into depths of action. The action as it happened falling into what I mean by distance as a simple analogy, in a dream you are distance in essence, although within the space does not exist, so that spatially no distance would exist.

距离发生在电性场域内的行动的强度内，以至于你可能会陷入行动的深处。行动发生的情况是落入我所说的距离，作为一个简单的比喻，在梦中，你实质上是在处理距离，虽然在你的物质宇宙空间中不存在距离，因此在空间上不会存在距离。

I mean that the distance would not exist, in the electrical system. Action within the electrical system would be without space; the road would the road be an imaginary road of intensi

我的意思是距离将不存在，空间里不存在，但距离会在电动系统中存在。电动系统内的行动将没有空间；道路将是一条强度的想象道路。

Now, I would like to make some comments on the experiment.

现在，我想就你们自己的实验发表一些评论。

They can indeed be beneficial. As certain conditions, we met, our sessions began, so certain conditions must be met before your in other directions bear fruit. Sometimes you meet some of them, you meet none of them. Yet a trial and error period is also natural, and should in your cases natural, and should not lead to discouragement.

它们确实可以是有益的。然而，在我们的课开始之前，你们的其他方向的实验取得成果之前，也必须满足某些条件。有时你会遇见其中的一些条件，有时你会一个都遇不到。然而，试错期也是自然的，在你们的情况下也是自然的，因此气馁不应该因此气馁。

As in many other instances I do not try to push you, for you must learn things by yourselves, and your own subconscious will pace you. You learn. You know that a conscious determination such as Rubert shows will get you nowhere. A deadly serious can, but is not detrimental.

就像在许多其他情况下一样，我不会试图催促你们，因为你们必须自己学习事物，你们自己的潜意识会为你们调整节奏。你们学习。你们知道，像鲁伯特偶尔表现出来的那种有意识的决心，会一无所成。真的可以，但不一定是不利的。

Some discipline is of course needed. But a sense of spontaneity is important, and indeed a momentary since there is a connection here, connection here with the electrical conditions have their existence within the mind will then be duplicated within the electrical field.

当然需要一些纪律。但自发性的感觉是最重要的，而且实际上是一个瞬间的联系。因为这里有一个联系，这个联系与电性场的状况有关。你们现在知道，心理状况在电性场中以其存在的方式存在，因此，心智将被复制。

Many effects are built up in this manner. Any personalities, any energies enter your physical plane must use some form of material, physically perceived. In such circumstances Rubert would act as a director, gathering together the subconscious energies of those making those energies available to any possible entity.

许多效应都是以这种方式建立起来的。任何人格、任何能量进入你们的物质层面，必须使用某种物质形式，如果被感知到，必须使用物质感知。在这种情况下，鲁伯特会扮演某种指挥者，把那些和你们在一起的人的潜意识能量聚集在一起，并把这些能量提供给任何可能的存有。

The energies would be transformed into a form that the entity could then use. But many conditions must be present for this t

这些能量将被真正地转换为实体可以使用的模式。但这种转变需要很多条件。

Friday, or Saturday, were poor evening for various reasons. The weather, emotional climate, and a lack of emotional state. Had you been prepared the night might have been

周五、或周六，由于各种原因晚上的情况很差。天气、情绪气候、以及缺乏情绪状态。如果你们准备好，或许会成功。

We will have more to say in the future regarding such experiments. Naturally it is possible to have very successful experiments as long Again, conditions must be met. Subconscious you will make your progress. You will simply not have visiting around to Monday nor will you ever be certain ahead of time, regardless of proficien success of such ventures. There is too much involved. You will learn

关于这类实验的一般情况，我们将来会有更多要说。当然，非常成功的实验是可能的。同样，必须满足条件。在潜意识中，你们会取得进展。你们根本不会知道到周六都有来访的幽灵，就算在周五也不会。你也永远不会提前确定。这里面涉及太多。熟练程度如何，你也永远不会提前确定。这里面涉及太多。你会在实践中学到。

I suggest your break.

我建议你们休息一下。

(Break at 10:05. Jane was deeply dissociated as usual. Mark is Bill Macdonnel's entity name. The unscheduled session with Bill presen last Saturday January 23.

(10:05休息。珍深度解离，如常。马克是比尔·麦克唐纳的实体名。比尔在场的临时课是在上周六，10月23日。)

(Jane began speaking again, in the same manner, at 10:20.)

(10:20珍开始说话，相同的方式，再次。)

There is one point of help I can give you.

有一点我可以帮你。

Holding hands is most helpful. The feet however are also significant placement. The best arrangement when possible physically would be each individual sit with his feet together and possible a circle also with the feet, or at least an arrangement where the feet touch

握手是最有帮助的。然而，脚的位置也很重要。最佳安排是让每个人双脚并拢而坐。如果可能的话，还可以是双脚相接触的安排。至少是双脚相接触的安排。

Sitting in various separated portions of the room is a disadvantage. Under some circumstances, as our situation, this makes no differen

分散坐在房间的各个区域通常是不利的。在某些情况下，如我们的情况，这没有影响。

Your room dividers are even beneficial from this standpoint. From two standpoints; of negative smoke, and also because of the smelling itself, has an electrical reality. Smell dulls the senses and helps dissociation and concentration, and the lessening of camouflage da

从这个角度来看，你们的房间隔屏甚至是有益的。从两个角度来看；烟雾中的负离子，也因为气味；闻本身就有电性现实。气味会麻木感官，并帮助解离和集中注意力。装饰的减少是有帮助的。

Various people will of course be affected differently by the system. As I have told you, beneficial to some. Perhaps, as far as the system is, as I have told you, beneficial to some.

不同的人当然会受到不同的影响。正如我告诉你们的，对某些人来说是有益的。也许，就你们的目的而言，对某些人来说是有益的。

not beneficial. Wednesdays, Saturdays, for reasons we do not go into now, may give you a sense of weather, will take up the advantage.	日会给你们一点S感觉d由于a各y种原因a，我o现在先不气的原因，其他日子会占优势 times other d
It is good for Ruburt to wear dark clothing not for any dramatic effect for practical reasons that we will discuss thoroughly at a later date. A good color to wear under certain conditions. Yellow should be avoided. These are merely aids.	鲁伯穿深色衣服会很好，不是为了什么戏剧性的效果，因实用的理由，我们以后再详细讨论。在某些情况下穿红色是好的选择。黄色应该避免。这些只是辅助手段。
The recorder worked because you worked to make it work. An excellent demonstration.	录音机起作用，是因为你想让录音机发挥作用。这是一个绝佳的示范。
If you are tired, I suggest a brief break, and I will speak very briefly closing the session.	如果你们累了，我建议稍作休息，在结束课之前，我
(Break at 10:26. Jane was dissociated as usual. Her eyes opened slowly. She now looked tired.	(10:26休息。珍解离如常。她慢慢睁开眼睛；她
(During last Saturdays effort Jane Bill and I sat in different parts of the room not holding hands of course. We had been using incense during the 86th session. This is a habit we have cultivated somewhat since it was introduced at the 86th session. We have not used it on session nights however	(上周六，珍、比尔和我坐在房间的不同位置，当然不在用熏香。自从比尔在第86节课上向我们介绍这个习惯，不过在那之后，我们没有在上课的晚上用
(Sunday night while we had company Jane and I got out the recorder of the moment; to our surprise we found the quality of the tapes we made was excellent. It ceased working several months ago and we have been talking about putting the recorder in shape for a few sessions. The last session we recorded was the 70th, on July 13, 1964 John Bradley was a witness.	(周日晚上，朋友来访时，珍和我一时兴起拿出录音机。令人意外的是，我们录制的磁带质量非常好。录音机大概几个月前就不工作了，我们一直在考虑把录音机修好，以备几次课。最后一次录音是在1964年7月13日，第70节课，当时是见证人约翰·布拉德利。
(Again sitting down and with her eyes closed. She spoke at an average rate of speed, with a few pauses. Her voice was normal for the most part, her glasses off.)	(珍再次坐下来，闭上眼睛，平均速度说话，偶尔停顿。她的声音大部分都很正常，眼镜摘下。)
All of this takes development. And, again, rather than force an interpretation before the subconscious is ready you carry on as you have been, at your own pace. Mistakes are to be expected, but you will learn from your successes.	所有这些都需要发展。而且，再次，与其强行强加，更不希望你们按照自己的节奏前进。预料中的错误但你们会从你们的成功中学习。
This sort of growth allows also for the development of inner discipline to grow simultaneously with inner spontaneity and screening process develops that is indeed beneficial for your protection. You two together. Ruburt displayed good sense Sunday evening in not to try to continue, but stopping where you did. And it is well f	这种成长也可以让内在的纪律性得到发展，它将与内在的自发性同步成长，并且各种筛选过程也会发展，这有利于对你们自己的保护。你们俩在一起。鲁伯在周日晚上表现出了良好的判断力，他听从了而是在你停下来的地方打住。而他这样做是很好的
There will be an interaction good for you both. It was natural for h continue, under the circumstances, but to continue would not have been wise. You will learn to feel your way.	会有一个对你们双方都好的互动。在那种情况下，继续并不明智。你们会学会摸索自己的方式。
My fondest regards to you both.	向你们俩致以最美好的祝福。
(“Good night, Seth.”	(“晚安，赛斯”。
(End at 10:39. Jane was dissociated.	(10:39结束。珍解离如常。
(We tried an impromptu seance with Jane Deed and Lee Wright one evening. We burned incense during the seance, and we sat at a coffee table and held hands.	(周日晚上，我们与简·迪德和李·赖特一起进行了一次即兴的降神会。我们点了香，并围在咖啡桌旁。
(As in the case with Dee and Joe Masters on the evening of November 24, 1964 — see the 110th session — some results were obtained involve Seth in any way. This time the suggestions; these suggestions were generalized statements designed Jane appeared to act as an agent accomplishes this, but feels intuitively that it is so.	如同1964年11月24日晚与迪·马斯特和乔·马斯特的降神会（见第110节），我们得到了一些结果，但没有以任何方式涉及赛斯。这一次，赛斯通过暗示作出指示；这些暗示是一般性陈述，类似于在这两个事件中珍似乎都充当代理人。她自己是怎么做到的，她直觉上觉得就是这样。
(It is of interest to note that Judy and Lee do not know about Seth existence of the material. Twice results which seem to fit in with and their use. Once he achieved another room; the other time he enlarged a great deal. Jane and I during psychological time experiments also.	(值得注意的是，苏蒂和李并不知道赛斯的存在。两次结果似乎符合赛斯对资料的描述和使用。一次，他实现了一种在灵媒之间转移到另一个房间；另一次，他扩大了很多。珍和我在心理时间实验中也都有类似的经历。
(Lee Wright also breathed very heavily during the seance, felt a great deal of energy and yet also felt he could end the experiment at any time. After he had been done for a while, he wanted Jane to continue. I felt that enough had been done for a Jane acceded to my wishes.)	(李·赖特在降神会期间呼吸也很重，感觉很放松，但实验。在第一次结束之后，他希望珍继续。我觉得了，珍答应了我的要求。)

SESSION 126 第126节电性编码的思想,情绪与灵感

JANUARY 27, 1965 9 PM WEDNESDAY	1965年1月27日星期三晚9点定期课
(John Bradley who has witnessed several sessions was a visitor but not a witness this evening.	(约翰·布拉德利见证了几次课，他是今天下午的访
(While trying psychological time experiments in the 12:52 am session on the 2nd, Jane was in her now customary state of lightness or "trance" to a fair degree.	(在1月25日和12月2日52分的心理时间实验期间，珍的轻盈或"恍惚"状态
(Again Jane delivered the material for the session while sitting down with her eyes closed. She spoke at an average rate of speed, with a few pauses. Her voice was normal for the most part, her glasses off.)	(珍又一次闭着眼睛坐着传述这节的资料。她讲话停顿。她的声音大部分都很正常，眼镜摘下。)
Good evening.	晚安。
(“Good evening, Seth.”)	(“晚安，赛斯”。)
We will speak again concerning a variety of subjects.	我们将再次讨论各种相互关联的议题。
First of all, let me make it plain that systems, you must remember that	首先，让我说明一点，当我说到独立的场域和系统体时，请记住每一个系统都可以找到每个系统的痕迹

found in each system, because no 基本上是封闭的，虽然它们可能看起来封闭的。
they may appear closed.

They are closed enough to retain identity and separateness of char 它们足够封闭到可以保留同一性与特征性质的独立
natures, but because they are all formed from one reality they are 生命力所形成，所以它们实际上是相互关联的。当
interrelated; and when I describe fields or systems, I describe man 我描述的是一个实相的许多部分，一个实相的许多面。
one reality, many faces of one reality.

In such a manner a simplicity is given which is helpful in explanati 以这样一种方式给出的简单性有助于解释，但
be kept in mind that all these exp 是必须记住的是，梦境物质系统内有明确的影响。它
have a definite effect within the 是通过物质系统，但它并不是为人类物质系统内的
the aid of the physical system, but they are not directly experienced 实际的物质系统只是感受到初始梦境经验的转译。
the original dream experience is felt by the actual physical system

The dream experience is felt directly by the inner self. Dreams hav 梦境经验是由内在自己直接感受的。梦境有一种电的实
actuality, as I have told you. In this electrical reality it is independent 这种电性现实中，它们独立于做梦者而存在。
independently of the dreamer, although the same manner do thoughts and emotions have spoken. Therefore, within the 同样，思想和情绪也具有我所说的电性实相。因此，
emotions exist as actualities, and 在梦境物质系统内，思想和情绪作为实际现实存在，
not in the form of matter as you are familiar with it. 虽然它们不是以你们所熟悉的物质形态存在。

All of these systems are intimately connected and delicately balan 所有这些系统都紧密相连，微妙地保持平衡。
alteration in one sets up an alteration in the other. There 系统内的改变，这种相互关系是无法逃避的。因此，
this interrelationship. A man thought knows. They exist in more dimens 他所知道的更深入。它们存在于更多的维度中，
unaware. They are as concrete, in 实际上，它们就像在任何建筑物中一样具体。想法
in many guises within many system 观，一旦产生就无法撤回，一旦启动就无法停
and once set into motion cannot be stopped. The same applies for

All of this material concerning fi 所有这些关于场域系统的资料，如果你们阅读的第
read in connection with our fifth 五维度的资料，则有价值。
(For some material on the fifth di 关于第五维度的一些资料，请见第12节。)
on in

Now. The inner self and the subconscious are not in the ph 现在。内在自己和潜意识并不在物质宇宙中，
universe, insofar as they take up no space. They exist in 的任何空间。它们存在于电性系统内。它们影响着
electrical system. They affect the physical system and operate closely 密切地联合运作。然而，它们在物质系统中是找不到
it. Nevertheless they will not be found within the physical system.

Thoughts are psychic patterns set up by the mind and trans 思想是灵性电模式，由心智设定，并由大脑转换为
human codes by the brain.

The mind is always with you. The particular brain is the physical m 心智永远与你同在。大脑是转译心智的思想的物质
translates the thoughts of the mind to you without saying that it 属于物质系统，在这里你可以清楚地看到所存在的
belongs to the physical system, and here in clear terms you see the 合作。思想是灵性电模式，是内在自己的产物，必须经过转
cooperation that exists. Thoughts are psychic electric patte
form, productions of the inner self that must be translated in order
the physical self.

Inspiration is often a more or less instantaneous translation, occu 灵感往往是一种或多或少的瞬间转译，没有大脑的
various reasons which I will give you later. Inspiration is without the brain 干预。这是灵感的特征，我稍后会告诉你们。灵感经常在意
intervention. It is this strangeness 外的情况下发生。这种灵感来源于内在的自己。
know where the thought comes from 知道这个思想从哪里来，因为你不知道他的头脑在这
characteristic mark of his brain 方面的特征。灵感来源于内在的自己。
inspiration originates with the inner self.

I suggest your break. 我建议你们休息一下。

(Break at 9:28. Jane was well dissociated as usual. While she was 9:28休息。珍解离如常。在她传送资料时，我们
the material our cat, Willy, jumpe 开始顽皮地拉扯她的羊毛衫。对此，珍似乎并不受
tug at her wool sweater. Jane did 干扰，我最终还是把他赶走了。不久后，珍开始
Willy kept it up I finally dislodge 给他有打扰珍的机会。
interrupting Jane. She said she w 但她坚决认为这是第一次。
This is the first time Willy has paid any attention to Jane for many

(Jane resumed dictation in the sa 9:36珍以同样的方式继续口述。)
me manner.)

In a most ingenious manner, then, 那么，以一种最灵妙的方式，所有这些系统虽然是
portions of one unified reality. 实相之一部分。

The outer senses cannot perceive the unity. The outer senses can p 外在感官无法感知统一性。外在感官只能感知物质
the apparent diversity within the physical realm. The outer senses 除了物质系统，外在感官不能直接感知任何其他系
not perceive directly any other system but the physical one.

The inner senses can be thought of as transformers, where various 可以把内在感官想成是变压器，各种资料被送到人
is sent to proper channels within the personality. Channels which 体普通的物质通道。因此，它们可以并存。
physical channels. They then can exist side by side. Therefore, they are 物质空间和时间中旅行。这些原因我还没有告诉你
which I have not yet given you, that travel through physical space and time. These reasons have to do with the electr
the inner self, and with that counterpart of the physical body which
the electric field.

Personal identity, the basic "I", is a product of the subconscious, 个人的本体身分，也就是那个基本的“我”，是潜意
exists as an actuality within the electric field; because of this, it is 性场中的实际现实。因此，它基本上是
independent of the physical field. It is mainly by the ego that the 独立于物质场。这个自我把本体身分导向物质取向。
the identity toward physical orientation. This is an important point

The ego does not exist within the electrical field. The ego is a pro 自我不存在于电性场。自我是物质场的产物，
physical field, formed from physical heredity and environment. The ego, 如你们所知，自我的本体身分和个体性早在很久之前就
as you know, has its origins long before birth. It is in this 为了能在物质世界中操纵，自我必须发展。自我
order to allow manipulation within the physical world. The ego 是由物质遗传和环境组成的。自我的大部分是允许透过物质遗传和
is composed of portions from the 发展。
to develop through physical heredity and environment.

The breath of life, so to speak, is 生命的气息，可以说，是自我内在的一部分。
that point on the ego is independent.

(Jane now took a very long pause. (珍这时停顿很久。闭着眼睛，轻摇着头。)
All of these influences have a part in the formation of the physical
his existence is dependent upon a 所有这些影响都在物质个体的形成中起作用，他的

instances, to use an analogy, serious accumulate. The dream universe, like sharpness. The systems lose compared systems operate together most efficiently.

持续一些情况下，打个比方，严重的短路会积累。梦宇宙，如梦幻般，可能会以异常的敏锐度侵入这些系统。这些系统相当有效，能够协同运作。

Even the electric reality of a dream is decoded, so that its effects experienced not only by the brain cells in the human body. Dream exp contained as electrically coded w felt in any one portion of human e effect is felt in all other possible immediately obvious. This is also an extremely important point to r

甚至梦的电性现实被解码，因此它的效应不仅被人体的脑细胞所经验到。梦境经验以电编码形式包含在人体的细胞内。如果在人类经验的任何一部分中感受到，这种效应应该在所有其他可能的方式中显现出来。这也是需要记住的极其重要的一点。

I suggest your break.

我建议你们休息一下。

(Break at 9:58. Jane was well dis manner at 10:06.)

(9:58休息。珍解离如常。10:06她以同样的方式结束。)

Every effect of any kind, experien electrical signals and codes, that electrical pattern.

人类所体验到的任何一种效应，都是以一系列电性编码信号和代码本身就形成了一种模式，一种电性模式。

They exist within the cells, or I should more properly say that the them. These electric coded signal experience, as it has been felt by independent of the physical syste individual from birth on forms his continuous electric signals. At ph complete form, and of course esca were an integral part of the physical system.

它们存在于细胞内，或者我应该更恰当地说，细胞编码信号。然后形成完整经验的电性，因为它感受到了。它，这个模式是独立于物质系统的，个人从出生起就从建立起来的，一个连续的电信号。在肉体死亡时，它将以其完整形式逃脱，当然，如果它是物质系统的一个组成部分，就会遭受的那种模式。

This electrical pattern the personality, with all the experiences of It then can join or partake of the adopted originally by the inner self environment, it does not die; but into electrical reality. It is still part of the inner self, and its exp the many personalities that have composed the inner self.

这个电性模式就是人格，带着它所有的经验。它随后可以参与或分享内在自己的一部分，它最初是被内在自己所采纳的，它并没有死，它的存在仍然是物质环境的一部分，但它变成了电性现实。它仍然是内在自己的一部分，它的经验和构成内在自己的许多人格的总和。

In the composition and buildup of the personality, you can easily s dreams, thoughts, emotions and p important than any mere physical more actual than a table or a chair.

在人格的构成和积累中，你很容易看出，梦、想法、情感和人格的一部分，比任何单纯的物质资料更重要，对人格而言，它们比桌子或椅子更真实。

Tonight's material, taken with our last few sessions should add one to much of the knowledge that you had previously. I am very pleased is keeping his dream notebook. Correlations will indeed be found, of subconscious focus in this manner will certainly bring results.

今晚的资料，和我们前几节课一起看，应该会为你以前的知识增加很多。我很高兴曾先生一直在保存他的梦笔记。相关性将会发现，以这种方式聚焦的潜意识习惯，肯定会带来结果。

The material given here on dreams will also add to previous the subject, and should be studied in that manner. Another here: Rubu indeed discovered something at which he has been a third time. In his daily predictions he has begun to notice a phrase seen for more than one event in some cases.

这里提供的关于梦的资料也会增加之前关于这个主题的内容，应该以这种方式来研究。这里要说明的是：曾柏确实发现了一个短语似乎代表了不止一个事件。不过是在不同的关联上。在他每日的预测中，他已经注意到了。

I spoke of this in connection with constructed, so that any particular levels of the subconscious. The appearance of this in Rubert's pre represents a first glimpse of real progress.

我在谈到梦的时候，谈到了这点，说梦是很机巧构造的，对潜意识的不同层次都有意义。在特定的象征符号，对潜意识的不同层次都有意义。在这里出现，代表着第一次瞥见真正的进步。

(See the 93rd session, among many others, including a dream)

(见第93节课，其中包括关于梦的内容。)

During our next session I will go into this much more thoroughly, not only interesting but extremely informative, and we shall spend our next session dealing with it.

在下一节课中，我将更深入地讨论这个问题，因为不仅有趣，而且信息量极大，我们将在下一节课花很大一部分时间处理它。

Perhaps I shall look in on you before then. In any case, my best regards both, and I will close our session. I may indeed see you before the who knows, you may see me too; and that will give Rubert something over.

也许我该在那之前就来看看你们。无论如何，我的最诚挚问候，我将结束我们的课。在那之前我可能真的会见到你们。谁知道，可能见到我；那会给曾柏一些沉思的东西。

His confidence however is slowly growing, but it is growing. And so shall we progress.

然而他的信心正在慢慢增长，但确实在增长。而我们也将进步。

("Good night, Seth."

("晚安，赛斯"。)

(End at 10:32. Jane was dissociated as usual.)

(10:32结束。珍解离如常。)

(Seth had something to say about the electric nature of ideas in the session.)

(赛斯在第86节，谈到了理念的电性本质。)

(See also the 8th session [in Volume Three] of thoughts.)

(亦见思想的转译。见第三册第8节。)

SESSION 127 第127节心智解码电脉冲,象征符号的多层意义

FEBRUARY 2, 1965 9 PM TUESDAY

1965年2月2日星期二晚上9点

(MAKEUP FOR MONDAY)

(补星期一的定期课)

(On February 2, began to make a list of daily predictions as Jane doing for some time now.

(2月2日，我开始列一份每日预测的清单，珍已经做了一段时间。)

(Due to the work involved in hanging pictures, we met at the Harris Hill Inn, last night's regular session was not held.)

(由于要在哈里斯山庄的宾馆(Harris Hill Inn)挂画，昨晚的常规课没有举行。)

(In addition Jane and I visited Jim and Marian Spazziani, our landlo wife, to make arrangements for them to attend the sessions on the next February 8. The Spazzianis will also bring a mutual friend.

(此外，珍和我拜访了吉姆和丽安·斯帕齐亚尼，我们的房东夫妇，为他们参加下周的课，2月8日的课。斯帕齐亚尼夫妇还会带来一位共同朋友。)

(Jane and I anticipated no difficulty in holding the session tonight night. She had no idea of the mate

(珍和我预料在今晚而不是昨晚上课不会有困难。她不知道

rocking chair, across from my table and clear voice, with few long pauses, remained closed while she delivered material throughout the sessio	像往常一样，她坐在我桌子对面的摇椅上，以准时清晰的声音开始。期间有几次长时间的停顿，她闭上了眼睛，在整节课的过程中保持沉默。
Good evening.	晚安。
(“Good evening, Seth.”)	(“晚安，赛斯”。)
There is no reason to blame yourselves, if you occasionally miss a However, it is a good idea to make it up.	如果你们偶尔错过一节，也没有理由自责。不过，最好设法补上。
We were speaking, among other things, of intensities, and this is c both dream symbols and other such as I explained, must be decoded to have subconscious and the personality. There will be other significant data ability. And much of this significant predictions will also apply to dream symbols.	除其他话题外，我们还谈到了强度，这与梦的象征和其他类似的东西一样，如我所解释的，需要被解码才能显现出潜意识和人格的意义。在我们的预测中，也将会有其他重要的资料被观察到，而这些预测也将适用于梦的象征符号。
This has to do, again, with intensities which are decoded in many complicated fashions. The meaning must be separated meaningful to many psychological areas, some of which would not e speak the same language.	这又是与强度有关，强度的解码方式很多也很复杂。为了使其对许多心理区域都有意义，需要分开来，其中一些区域甚至不会说同一种语言。
(It might be worth noting here that many sessions ago Seth stated substituting the word “area” for “level” was made. The reason being that levels, but is made up of many interconnected rooms, etc.	(可能值得一提的是，很多节课以前，赛斯曾表示用“区域”取代“层次”的原因是潜意识并不是被划分成许多相互连接的复杂的走廊、房间等组成。)
(I would also like to state here that Jane's predictions made dai begun to prove out with what seems to be an amazing frequency" effectiveness runs in cycles, but her percentage of "hits" or partia steadily increased.)	(我还想在这里声明，珍每日做的预测，最近开始证明了看似惊人的频率。它们的有效性是有周期性的，但她的“命中”或部分命中的比例稳步上升。)
To be so decoded, there are also delicate manipulations in terms o distinctions. An intensity pattern variation in intensity is meaningful placement in space and the like may a specific type of information is a experience, which is composed of intensity.	要想如此解码，还要在细微的差别方面有精细的操作。信号组成的模式以及强度的每个细微变化有意义的：在空间中的布置摆放等都必须被理解为某种特定类型的信息。梦经验是相对整个人格而言的一部分，而它由强度方面的模式组成。
The various levels of the subconscious and the personality are attu particular intensities of the dreams interpret, and which has meaning and, again, more concentrated than is supposed.	潜意识各层次和人格适应于梦经验的特定强度，他们有意义的梦经验是梦经验的大部分的要大得多。
(Here, our cat Willy jumped up on Jane's lap as she sat while dicta just eaten and was getting playful. Jane did not appear to be both sure I lay my notes aside and put Willy in another room. While I wa about Jane sat quietly. I did not speak to her during the episode.)	(这里，我们的猫咪威利，在珍坐着传述的时候，刚刚吃完东西，正想玩。珍似乎并没有被打扰，但为了确保，我把笔记放到一边，将威利放到另一个房间。在我走动的时候，珍静静地坐着。我没有在发作期间与她说话。)
It is also constant, but simultaneous following the other.	梦经验也是持续不断，但同时发生的，并不是一个接一个发生。
Various portions then of the entire self are attuned to their own in picking up signals, interpreting only portions of the dream. am using the term dream experience because it is a part of the However, the dream experience, you see, represents only a portion range of intensities from a larger experience. In dreams you perce	然后整体自己的各个部分都在调整自己的强度，接收信号，解释梦的部分。我之所以用梦经验这个词，是因为它是你所感知的梦的一部分。看，梦经验只代表了更大经验中的一部分，或你所感知的只是一部分。
I have told you that you create your dreams, in actuality, not in th create an actuality, a dream universe, as real as the physical univ cannot be directly perceived with the physical senses. The reality interaction. You can perceive the dream universe, but you cannot particular intensities, because you created it, and you must create it universe of those intensities. But the dream universe, like thoughts and emotions, are independent the dream universe but you cannot create it. You can perceive the created it, and you must create it within the range of intensi for its existence, for there are no other conditions or agreeable ra intensity within which the dream experience can exist.	我告诉过你们你创造你的梦，在实际现实中，而不是创造一个梦宇宙，一个如物质宇宙一样真实的现实。梦宇宙是实际的现实，可以直接感知。现实是存在的，你能感知梦宇宙，但不能感知特定的强度，因为你在那些强度的宇宙中创造了梦的经验。梦宇宙和思想和情绪一样，是独立于你而存在的。你能感知梦宇宙但不能创造它，你必须在它存在的范围内创造它。梦经验存在的范围内，没有其他条件或合适的强度范围内梦经验存在。
You must, then, project or materialize the dream universe outside self in an electric reality, and then reinterpret it, because the or experience has an electric reality that cannot be perceived or used creators, until it is decoded.	那么，你必须将梦宇宙投射或体现在肉身自己之外的电性实相，然后重新解释它，因为最初的梦经验有一个电性实相，在它被解码之前，创造者，也无法感知或使用。
I suggest your break.	我建议你们休息一下。
(Break at 9:25. Jane was dissociated as usual. She resumed in the manner at 9:32.)	(9:25休息。珍解离如常。9:32她以同样方式继续。)
The dream universe, the dream experience, is only a small portion experience.	梦宇宙、梦经验，只是另一个经验的一小部分。
The experience of emotions and thoughts and other psychological r do not take up space physically with small portions of, what I will for emotional reality, and the reality personality through their existence in this classification also. All of and recognized by various levels of the self, through their identify	情绪和思想的经验以及在你们的宇宙中不占实际空间，表现在所说的初始经验的一部分，小部分心理实相，通过它们作为各种强度的存在而成为对人格的灵魂实相也都在这个类别里。所有这些，连同梦强度一样，被不同层次的自己所接收和认出。
They are then decoded and the experience is translated or interpre meaningful data. In the original dream experience, then, the dream is broken down, so to speak, into its varying intensities	然后，它们被解码，经验被转译或诠释为有意义的数据。在梦的原始经验中，梦的原性实相，被心智分解成了不同强度。
The mind then formulates meaningful, psychological symbols, but sti electric symbol, and only in the brain are the particular symbols t various levels of the human personality.	然后，心智形成有意义的心理符号，但仍然是以电的形式，只有在大脑中，特定的符号才会被发送到人类人格的各个层次。

One symbol will be meaningful to many portions of the personality. 一个符号会对人格的许多部分都有意义。
will be the same. That is, any given 一个给定的符号都将是相同的，
chosen by the mind that it will have 心智选择的，它将被赋予
self, and the meanings may be quite 自己，意义可能完全不
intensities are separated into the 强度被分成最微小的值，
impulse representing any one of 脉冲中，任何一个
are contained within a given impulse, 都包含在给定的脉冲中。
the mind. 心智。

The mind breaks the impulse down 心智将这个脉冲分解成更特定的形式，
within separate fields those impulses 在不同的场内，那些脉冲
forms from them a new electrical pattern, 然后从中形成一个新的电模式，
meaningful to the individual, because they have been somewhat decomposed 因为它们已经在某种程度上被破解，
put together in a more recognizable form. 在一起。

This form is the electric symbol. It is received by the brain and ch 这种形式就是电符号。它被大脑接收，并改变，
more or less pure psychological symbol. 或者多少纯粹的心理符号。
changed into a dream symbol. The 在梦中，它被改变成一个梦
pattern of electrical impulses, 电脉冲的模式，
intensity. 强度。

The mind breaks down this pattern into still more refinements of in 心智将这种模式分解为更多的细化强度，每一次细
refinement making possible a refinement of meaning. The dream is 化能。然后，梦被传递给大脑。在那里，电符号成为
on to the brain, where the electric symbol becomes a psychological 实际上没有一种脉冲的强度与其他任何脉冲强度相
symbol. No intensity of impulse is actually ever the same as any ot

It is for this reason that such a 正是由于这个原因，这种象征符号才可能有如此丰
for this reason that one symbol can 原因，一个象征符号对人格的不同层次可以有不
the personality. The various meanings of any given symbol are 符号的各种意义，都会随着强度的细微变化而得到
recognized as the intensity ever so minutely changes. This also has 经解释过了。这也与你们对物理时间的观念有关。
also has something to do with your idea of physical time.

Within the mind the dream has an electrical reality. Within the bra
has an electric and psychological 在心智内，梦有一个电性实体。在大脑内，梦有电
is, it still exists as an electrical 得多的心理性实体。也就是说，梦仍然作为电性实体
brain or the psychological awareness 体的心理认知所识别。对个人而言，梦只有心理实
dream has only a psychological reality.

I am going to give you a break, and then discuss what I meant by d 我打算让你们休息一下，再来讨论我说解读预测和
interpretation concerning predictions and dreams.

(Break at 10:01. Jane was dissociated. She resumed her 休息。珍妮解离。她同样平静
quiet manner, sitting down and with her eyes closed, at 10:10.) 地坐下，闭上眼睛。

When I spoke of interpretation of data in predictions or clairvoya 当我说到预测或遥视的资料解读，我不是在谈心理
speaking in terms of psychological interpretation.

For such material to be made meaningful to the conscious personal 为了使这种资料对有意识的人格有意义，在大多数
of abilities along the lines of interpretation 能力的线索上，绝对必要的是这种资料
Such material is a part of what we call 这种资料是我们所说的初始
electrical nature, received through the mind 电性，通过心智接收，在那里被分解
and then received by the brain where it 如何解释过的，
psychological symbol form. 心理符号形式。

It has changed, in other words, as far as pattern is concerned. New
formed, groupings of intensities 换句话说，就模式而言，它已经改变了。新的模式
personality. To make such data meaningful 格的各个层次都有意义。要使这样的资料对有意
steps of subconscious interpretation 意识解读的其他步骤，这实际上与电性重组和重新
regrouping and realignment.

This cannot be done, obviously, at a conscious level. The subconscio 显然，在意识层面上，这无法做到。潜意识可以被
trained to do so, but usually it is necessarily hampered in that it 受到阻碍，因为它无法使用那些，对自我构成意义
ranges of intensity which make up meanings for the ego. Hence the 你可以称为扭曲的现象。
of what you may call distortions.

This data must be interpreted in such a way that the conscious min 这个资料必须以这样的方式来解读，以便有意识的
give a prediction, say, but also in such a way that it may exist 以预测，比如说，但也以这样的方式，使它的实体
with consciousness, but never so 与意识同时存在，决
alarmed. This is often done by the 变得警觉起来。这经常是通过使用对意识来说不是
apparent to consciousness, and thus 明显的，因此是允许通过自我来关闭它的门
the ego to close its gates against 的方式。用象征符号必须具有一种性质，
nature so that they will become more 即它们将成为对意识有意义的象征符号，
extent as possible after emergence. 尽可能多。

The experimentation with daily predictions will show you quite cle 每日预测的实验，经过演练，将向你清楚地展示这
practice, the nature of such distortions as you see the difference 种实践，你会看到预测的事件和实际发生的事件之间的差异。此外
predicted event and the event that occurs. As for electronic and 的原因，象征符号可以代表一个物质实相，在
given above, symbols may stand for more than one physical reality, 预测也是如此。
they in some of the earlier predictions given in this material.

We have spoken of expectations. These you see, are electrical rea 我们谈过期待。这些，你知道，都是电性实相，这
may explain their importance; for you not only sometimes predict 为你不仅有时预测所谓的未来事件，而且你也在电
future events, but you create their actuality within the electrical 实，因而确保它们以某种方式存在物质场域中
therefore insure their existence one way or another within the phys

I told you that in measuring your physical time, you actually measu 我告诉过你们，在测量你们的物理时间时，你们实
Your creations in the electrical universe may be said to appear 性宇宙中的创作，可以说是作为在你们物质宇宙中
the physical universe. This point is important, for it may lead 重要的，这将解释许多其他问题。我使用术语
other questions. My use of terms is merely for the sake of simplicity. 单纯为了简洁起见。
seem to dissect them and separate 看到它们被分开和分离，
identities. This has been a most 身份。这一直是最重要的一部分。我不耽误你们
will not keep you now, but do intend that we hold our regular sessi 今晚，但打算如期举行常规
evening, as planned.

("Good night, Seth." ("晚安，赛斯"。

(End at 10:30. Jane was dissociated. She resumed her 10:30 结束。珍妮解离。她恢复了正常。)

SESSION 128 第128节思想和梦都有形状,质量强度

FEBRUARY 3, 1965 9 PM WEDNESDAY 1965年2月3日星期三晚上9点定期课

(Jane remained seated, and spoke with her eyes closed, for the entire session. At times her delivery was slow. Her voice was louder; she did not wear her glasses. Jane was dissociated as usual. She resumed in the manner as previously at 9:3k. It follows that the whole self has material.)

(在整个课期间珍一直坐着闭着眼睛说话。有些低沉,但并不大声;她没戴眼镜。珍解离如常。9:31以同样的方式恢复。由此可见,整体自我在物质场域之外的存在多场域中存在。)

Good evening.

晚安。

("Good evening, Seth.")

("晚安,赛斯"。)

I see that we are holding two sessions tonight. This is unusual.

我知道我们今晚连上了两节课。这很不寻常。

Man has always attempted to examine those realities that he could through the outer senses. Because this has been comparatively easy for him to do, he has varied, more complicated, than you of the same sort of universe with certain substitutions being ma

人类总是试图检视那些他能通过外在感官感知到的现实。因为这对他来说比较容易做到,整个宇宙比你们的复杂,也更复杂,可以被设想为同一种宇宙,但要进行某些替代

You could imagine it for example as having a shape, but the shape formed by matter, but by pattern matter, the shapes on it, would be composed even clearer, you could even imagine it as an organism, of which your universe the inner senses, you yourselves dissect it, the inner self acting as the imaginary knife.

比如,你可以想像它有一个形状,但这个形状不是由物质形成的,其中的形状,即在它上面的形状,都是更清楚,你甚至可以想像整个宇宙是一个有机体,你们的宇宙只是其中的一部分。然而,你们用内在感官,或至少在类比上,是在剖解它,内在自我像那把虚拟的刀。

In such imaginary dissection, at first only small sections are Change our knife image now into an imaginary rocket ship, dissection involves many more dimensions. The rocket ship inquiring inner self in motion. This will be in terms of electric impulse. All this will be bound t of counteraction.

在这样的假想剖解中,起初只有小部分暴露出来。现在将刀的形象变成一个想像的火箭飞船,这样我们的剖析就会涉及更多的维度。火箭船将是不停探索的内在自我,这个移动中的内在自我。所有这些都将以电脉冲的形式出现。所有的冲突都将受到制约。

Realities existing within this electrical universe are counteractions with the human personality and others. All psychological and experiences which are not materialized within the physical universe. their actual reality and existence within the electrical universe.

存在于这个电性宇宙中的实相,是通过与人类人格的冲突和其他的。所有在物质宇宙中没有具体化的心理实相和经验,在电性宇宙中的实相和存在。

Thoughts have shape in terms of intensity mass though you cannot see them. You cannot perceive your own shapes of dreams to a certain extent. You do not see the dreams here, after giving a dream reality existence, you must put into simpler terms so that you can perceive what you have indeed c

思想在强度/质量上是有形状的,虽然你看不到它们。你不能感知到你自己梦的形状。在某种程度上,你在自己之内看到了梦的身影,因为即使在这里,在赋予梦实相和电性存在之后,你必须把它们简单化,这样你才能感知到你确实创造了什么。

But thoughts have shapes, as do dreams. I use the word shape for sake, but the electrical universe perceived by the inner self, for the electrical universe. If all of this shapes that you perceive meaning cannot perceive at all.

但思想是有形状的,梦也有形状。我用形状这个词是为了方便,但电性宇宙是内在自我所感知的,因为电性宇宙。如果这一切听起来很奇怪,那么请记住你所感知到的形状,自我场域内的很多其他物质和结构根本无法感知到。

I suggest your break.

我建议你们休息一下。

(Break at 9:24. Jane was dissociated as usual. She resumed in the manner as previously at 9:3k.)

(9:24休息。珍解离如常。9:31以同样的方式恢复。)

It follows that the whole self has beside the physical field.

由此可见,整体自我在物质场域之外的存在多场域中存在。

The brain, because of its purpose and its close connection to camouflage material will be discarded although it has a secondary existence purely electrical mind.

大脑由于其目的及其与伪装操纵的密切连结,它在电性心智中虽然有次要存在,但它将作为伪装资料被丢弃。

The physical body is formed about its electrical counterpart, yet intertwined in completely different present ego is retained in electrical camouflage material will be discarded individual is concerned. The matter other gestalts, in the manner that I have explained in earlier sessi

肉体是围绕着它的电性对应物形成的,但它与完全不同的物质纠缠在一起。现在的自我所获得的所有知识都是以电性伪装资料作为个人而言。物质将被其他完形以我在先前的课程中

The idea image of the physical body is of course retained by the ir idea shape may be used or not used the personality wishes to extend and its senses, electrically coded adopted to meet the demands of a longer has any prime interest.

肉体的理念形象当然由个体保留。根据人格希望扩展的可以使用或不使用理念形状,它不再需要为了运动和感官,电性编码的,也不再需要,因为它们是为了满足某一特定格的需求而采用的,不再有任何主要的兴趣。

In codified form these outer senses still exist, and with codified sensuous or sensual data that has been experienced may be experienced again. And with some, though very few personalities such experiences indeed constantly played back, though of course not indefinitely.

在经过编码的形态下,这些外在感官仍然存在,而任何已经经历过的感性或感官资料都可能再次被体验。然而,极少数人格,但这样的经历确实是不断回放的,当然不是无限期的。

(Seth had something to say about psychic healing as long ago as the 9th session, Dream concepts. See Volume 1, p

(赛斯在1963年2月18日的第9次课上就心灵疗法发表了看法。见第1册,第96节。)

I told you once that with your outer senses you could not directly e concept. Perhaps now you will see varying intensities that make up as, say, you can move through a move through as that you directly the day or the storm.

我曾经告诉过你们,用你们的外在感官你无法直接接触概念。也许现在你会看到构成概念的不同强度,比如说,你可以穿越风暴或晴天。与其说是你穿越风暴,不如说是你在晴天或风暴里面,而不是在它之外。

(Among others, see the 37th and 38th sessions [in Volume 1] for ma concepts and some of the inner senses.)

(见第一册第37节和第38节,其中有关于概念和一些内在感官。)

To be inside a concept is to be in intensities, each intensity meaning taken together forming a particular electrical field. I told you, I b

置身于一个概念之中,就是置身于由不同强度形成的意义的不同强度,也是独立的,然而所

an error to think at all in terms of size. I cannot yet explain to you, these intensity, do not have size.

成了大小。我现在还不能解释给你们听，我的意思是，这种电场域的强度上具有质量，但没有大小。

All depths here, and all dimensions here in the electrical system of intensity alone. And for a reason too difficult now to explain, having a certain sort of mass that is not matter, of course, does not anything like your idea of size.

这里的所有深度，以及电性系统里的所有维度，仅在强度上具有质量。现在太难以解释的原因，强度虽然具有某种不是物质的质量，当然，并不是你们观念中的大小。

(Giving this information, Jane also smiled.)

(提供这些信息时，珍也微笑。)

Its dimensions are in terms of values and value fulfillments. The a shapes, if you could see them with appear and disappear as pulses b thought and dream and experience individual, distinct electrical imp not only isolated for example, or pattern of that personality who or pattern, but it does also exist independently of him.

它的维度是在价值和价值的充实方面。这些明显的形状，如果你们能看到它们，似乎会随着脉冲的变强或变弱而出现和消失。一个人的思想和梦想和经验都是作为一个单独的、独特的电流而可重复的强度。它不只是例如孤立的，或为最初创造它的那个人格的模式的一部分而存在的一部分，但它也确实独立于他而存在。

I suggest your break.

我建议你们休息一下。

(Break at 9:59. Jane was again well dissociated. She resumed in the manner at 10:06.)

(9:59休息。珍再次很好地解离。10:06以同样方式)

Now. Basically and ultimately, all are electrical.

现在。基本上说，最终来说，所有的路径和所有的是电性的。

At a later date I will explain the idea of electrical reality is extremely limited, but dimly, as a mere shadow of itself.

日后，我将解释这种电性实相的真实本质，因为你们的观念在你们的场域内，它只是模糊地被感知，看成是它自身的影子。

I told you at one time that my form was somehow a man's form rarely. The electric reality of it, in my possession, in what you may analogy. But an explanation will have to wait until you understand the nature of electrical reality itself.

我曾经告诉过你们，我的形态某种程度上来说是男形式。它的电性实相，在一个特定的强度范围内，经以你可以称之为囊的形态，虽然这不是一个好的比喻。但要清楚地理解了电性实相本身的本质之后。

Now, if you will follow me closely, the inner self. It is composed, that is, each inner self is composed a particular range of electrical intensities which are their identities insured, since the identity is composed of particular within the range.

现在，如果你们能仔细听我说，你至少会得到关于内在自组成是，也就是说，每个内在自己在结构上都是由成的，不同的人格在这个电强度范围内确保了他们的身份，因为这个特定强度构成的。

These personality intensities are appear minute, but contain within discussions concerning the nature to an understanding of those pyramid 81st session for some material on

这些人格强度本身就是在看似微小的范围内形成的，但经验性质时间的一个单位，相当于10亿。在一些讨论中，我们已将更加理解我所说的那些金字塔形的资料，见第81节。

This electrical reality will be a the basis behind my contention that is important also to realize that many positive attractions exist between that there is constant motion and

这种电性实相将是未来许多讨论的基础，你将看到我地点确实存在于实际现实中。同样重要的是，要认识到这种电性场之间和内部，存在许多积极的吸引力，它们之间有不断地移动和进出。

Various intensity identities may, retaining actuality in their own.

各种强度的身份，因此可以出现在其他场域，保持着实际现实。

I am going to end our session. I will be with you tomorrow night.

我将结束我们的课。我祝你们有个美好的夜晚。

("Good night, Seth."

("晚安，赛斯"。)

(End at 10:23. Jane was well dissociated. She resumed in the manner at 10:26.)

(10:23结束。珍如常解离。10:26以同样方式)

(Jane felt that this was all Seth wanted to say on the above material, hence his abrupt end to the session. She thought he had more material ready but did not want to start in now. She believes the electrical makeup of the entity itself.)

(珍觉得这就是赛斯今晚想说的关于上述资料的全部内容，因此他突然结束了课。她认为他还准备了更多关于这个主题的资料，但不想现在开始。她相信这与实体本身的电性构成有关。)

SESSION 129 第129节补偿是自己的选择,茱蒂和李·赖特

FEBRUARY 7, 1965 APPROX- 11:15-12:00 PM SUNDAY UNSCHEDULED

1965年2月7日星期日大约11:15-12:00临时课

(Recently Jane and I have made friends with a young couple from and Lee Wright. They have lived in Elmira, N.Y. for a year, and are psychic study.

(最近我和珍结识了一对来自德州的年轻夫妇茱蒂和李·赖特。他们在埃尼亚拉住了一年，对灵性研究感兴趣。)

(Prior to this evening Jane and I had not mentioned the Seth mater although the four of us have tried page 231 of the 125th session. To spontaneously and ended with Set not particularly planned it that way.

(在今晚之前，珍和我没向他们提起过赛斯资料，虽然我们四人曾尝试过。见第125节第231页。晚间的实验自发地开始，结束于赛斯。我们并没有特别计划这样做。)

(In the beginning the four of us sat on the floor, grouped around o and holding hands as suggested by done before. Jane spoke for some inducing a relaxed state within us lights were on. We had been using these monotonous inductions, and part.

(一开始，我们四个人坐在地板上，围坐在咖啡桌旁，按照以前的做法，手拉着手。珍代表我们说话，以此来诱发我们内心的放松状态。灯没有关。我们一直在用这些单调的诱导音乐，但没有意识到这是个错误。)

(We became cramped physically. J began to speak. Now Jane, Judy divan. Our idea was that our recent to speak for another personality self. I did not try to bring Seth into the exercise. Jane had been sp perhaps ten minutes, however, when Jane abruptly began to speak f

(我们的身体变得僵硬。珍开始说话。现在珍、茱蒂和李都倒在沙发上。我们的想法是，最近的经验可能会让我们中的一个人代表另一个人格说话，或者为另一个层次的自己说话。我并未试图把赛斯带入练习。珍说了十分钟，珍突然从她骑着的位置开始替赛斯说

from her prone position. She lay flat on her back but soon sat up.

(This of course startled our guests, but they listened without interr
voice was quite loud and somewhat deeper than usual. Indeed, she
much more animation than she has of late. Her voice rose
began to deliver the material from a sitting position. Her eyes rem
now however, but she spoke much more rapidly and gestured often.

(The recorder was not on, and I was not taking notes. I thought the
be short and decided to rely upon memory for the second half.
regretted this, for Jane talked rapidly and I was unable to keep up
She took a break eventually and I set down to write down what I had
a brief summary of the first half of the session, and a verbatim
verbatim transcription of the second half.

(Seth began by stating that he had been with us throughout the eve
we had chosen a poor method of experiment, for Jane has been condition
contact with discarnate entities. My idea had been that a new mind
another personality, such as in the Sarah Wellington or the Malba
instances. See Volume 1, page 64 for the former, and 103 and 127

(Seth expressed much pleasure at being able to speak in a natural
without dealing with the usual philosophical and complicated subje
up most of the sessions. My own thoughts as soon as he began, so
that I had made a mistake in method, as it appeared to our guests.
surprise to our guests. Seth reinforced this by saying that he
be careful if I did not want it to happen again. Jane and I now like
witnesses beforehand, since the material has become so lengthy an
complicated that it is increasingly difficult to explain briefly.

(Seth repeated several times that he felt in fine form, and Jane's
manner so indicated. I asked some questions designed to elicit
the level of reincarnational data, since I had some questions
subject. Seth said I had not known Judy in a past life. I was
"involved" with Judy in a past life." I asked if Judy was a man
said "the life of which you are now so ashamed." In that life Judy
man, and a sailor. This reminded me that Seth had given similar
friend Bill Macdonnel; he too had been a sailor in a Denmark conte
existence, but as I recall I did not ask Seth whether Judy and Bill
each other in that life. As it happens, Bill had been a guest also
leaving just before the session.

(Judy's entity name was given as Rayuk and Leeas Wonlin. Wbi
Jane was now up on her knees, getting freely ready to leave, and
she did not get up and pace about. Break came after 11:30. I had
to get the recorder set up. Jane resumed at 11:40 in the same rath
voice, but at a somewhat slower rate.)

Our material has been excellent, but we have missed the emotional c
Ruburt, because of the change in our pace, has been deprived
for this reason the more friendly atmosphere that he enjoyed
deserted us. The state which he has achieved this evening, with yo
Joseph, allowed us to achieve that informality to some small degre

If indeed I still sound like a lecturer, as I do when I write
because old rock head Ruburt continues to be a lecturer, as is to b

If it were [done] differently we would never have achieved the resu
have achieved.

We have everything in order now. He now, however, is a stiff old th
make him move about as I would move now. We achieved this earlier
conditions were different.

I would sit with you now as a friend would, if it were not so
difficult as you should understand. I am, and your two guests are doing very we
themselves, considering the ci

I realize also that your precious recorder is playing, and I would s
and then it be put to such good use.

("That's why we wanted to get it fixed," I said.)

(See the 125th session, page 231.)

You had help.

At one time these two were brothe
the man committed an act which p
a good family. He was however cr
when such cruelty was indeed accepted, and sensitivity was hardly

(Here, Seth of course was referring to Judy and Bill.)

("Can you give us the family name?")

Manheuton. Part of the family had been from France. I am not clear
He owed gambling debts. It was because of these gambling debts th
wronged his sister, and it was because of that wrong that they now
have come together at a different relationship.

As you should know here, I do not speak in terms of payment, I do
terms of suffering, of making up. I speak in terms of his own
to make up, because of a past lack
exhilaration felt in those days in
held no sway, but what he conside
reasoning, divorced from emotions led him into his own betrayal.

This time we see the development of the personality. We see that b
been made here, we see the emotio
personality. We also see, as I me

(这当然吓了我们的客人一跳，但他们听着，没有
且比平常要低沉得多。事实上，自从她开始坐着传
节定期讲的表现要活跃得多。但是，她的眼睛现在
还经常做手势。

(录音机当时没有开，我也没记笔记。我想这一节
我很快就后悔了，因为珍说得很快，
我把录音机准备好，以下就
半部分的简要总结，以及后半部分的逐字记录。

(赛斯首先表示，他整个晚上都和我们在一起。
们选择了一个糟糕的实验方法，因为当我们寻求与
习惯了通过他来回应。我的想法是，珍可能会代表
惠灵顿(Sarah Wellington)或马巴·布朗森(
节。后者见第1节。

(赛斯表示很高兴能够以自然的方式发言，而不涉
的哲学性且复杂的主题。他一开始发言，我自己就
的出现与客人们的意料不一样。珍和我现在喜欢事先
我不希望这种情况再次发生。赛斯随后强调
经变得相当长且复杂，越来越难简短地解释了。

(赛斯重复地说过几次，他觉得自己的状态很好，
点。我问了一些问题，用意是让资料停留在转世资
已经读过这方面的资料。赛斯说，我以前并
前世和我有过牵扯。他说，就是我在丹麦的
那一世"。在那一世，茱蒂是个男人，是个水手。
及尔·麦克唐纳提供过类似的资料；他在丹麦的
我没有回赛斯，茱蒂和它在那一世是否认识
做过客，就在课开始前离开了。

(茱蒂的存有名是雷亚克(Rayuk)，李的存有名是
跳地，自由的比划手势。她仍然闭着眼睛，没有站
足够的时间设定好录音机。11:40珍
声音变慢了。)

我们的资料非常好，但我却错过了情绪上的接触。
为此，他所享受的那种比
之晚在你约瑟的帮助下，他所达到的境界使我们
态。

如果说，我听起来确实还像个讲师，有点像个老古板
继续我行我素，这是意料中的，
如果换一种方式，我们永远也不会取得现在的成果

我们现在一切就绪了。然而，他现在是个僵硬的老古板
在这样四处走动。我们之前做到了，但条件不同。

我现在很愿意像朋友一样和你们坐在一起聚会聊天
难。不过，我和他相处得很好，考虑到目前的情况
好。

我也发现，你们的宝贝录音机正在录音，我建议你

("这就是为什么我们想把它修好，"我说，"如你所见，我们

(见第125节)

你有帮手。

曾经这两人是兄弟。在1612年这一世，他60岁，英
这让他成了他妹妹很多年的监护人。他来自一个很好的家庭
残酷的年代，这样的残酷确实是被公然接受的
感性并不被重视。

(这里，赛斯当然指的是尤迪和茱蒂。)

("你能告诉我们这个家族的姓吗？")

曼休顿(Manheuton)。他们家有一部分人来自法
赌债。正是因为这些赌债，他亏待了他的妹妹，
现在又以一种不同的关系走到了一起。

这里你应该知道，我说的不是付款。我说的不是
因为过去缺乏感性，因为在那些日子里，他对残酷
的种种情绪没有支配力，反而是他认为
离开情感的理性导致了他自己的背叛。

这一次我们看到了人格的发展，我们看到这里的
对人格的影响更强，我们也看到，如我在你们

attempt to overcompensate. As one看到了一种过度补偿的企图。由于他曾经不信任
not trust his reason, this being a 自己的理智，这就是一种补偿的企图。它的目的是好
a good one, but any compensation 何情况下都必须由人格本身来平衡。
personality itself in all cases.

There was difficulty with the left foot at one time. There was a 左脚曾经不便。曾经左手的食指有问题。
with the forefinger of the left hand.

(Unfortunately, we are unable to distinguish here as to whether Jan 遗憾的是，这里无法分辨珍说的是食指(forefi
the word forefinger, or the two words 或两个词。这两者
clear enough on the tape for us to 发音在录音带上不够清晰，无法区分。
arises because after the session 在课后，
injured the forefinger of his left 注到现在还留有一道创痕。
near the tip. Seth's use of the phrase 前世，或者是他这一世的一个较早时期。
either a past life of Lees, or an earlier period in his present one.

(Lee said he didn't recall any injury 李说他不记得他的左脚在这一生中有任何受伤或

(Prior to the session, neither Jane 在这节课之前，珍和我都没有注意到赛斯的右手食指有几

Death came at one time from a knife wound. The involvement between 有一次死于刀伤。就先前在其他世的承诺而言，这
personalities of the man and the woman at this time is a good one, 格之间的牵扯，在这一世的，这里我们也发现
commitments previously in other lives concerned. We find here a 也是补偿。
of strong points and weak points, and again, compensations.

("Can you give us the location of the 能告诉我们这个英格兰小镇或村庄的地点吗？)

I cannot now. It was a locality rather close to Wales. There was 我现在不能。那是一个很靠近威尔斯的地方。附近
believe that there was a family crest; I think two dragons, the image
George, and a shield on the crest.

I will close now our brief session, giving you all my best regards, 我现在要结束我们的短课，向所有人致以最美好的
you tomorrow evening.

One point, Joseph. I believe that 有一点，约瑟夫。我相信今晚对我们来说是一个突破

("In what way?") ("哪方面？")

In the way that I have mentioned 在我稍早前提过的那方面，在情绪氛围上，在心理
psychological climate, is coming 我们会更加清晰。
There should be an extra dimension added to the material, and now 应该给资料增加一个额外的维度，并且不时地有一
the freedom for some informal discussion. We can arrange a more comfortable conversation 你的录音机，我们也许能安排一个更舒适的谈话，
material itself is concerned, it is 而言，它是相当有价值的资料，我必须用它来高你
over the head with it. If I did not 的水平。如果我不是对它保持警惕，我就不会
would not get it at all.

I do not say this to make you feel 我这样说并不是要让你或曾柏自卑。这是说，很难
to mix the material with a light atmosphere. I do believe 起，尽管我相信我们可以保留情感上的亲密，这
the emotional closeness which does seem to be in order. 向你们致以美好的祝福。我向你们的两位来访者致
fond good wishes. My best regards to your two visitors, and we may
meet again.

("Good night, Seth.") ("晚安，赛斯"。)

(End at approximately midnight. Jane was quite well dissociated, 大约在午夜结束。珍充分解离，她说，大约是她
about the usual state she has been attaining recently.

(It will be noted that although Seth evidently wanted her to pace 在此注明，赛斯显然想要她四处走走，可是
not do so. She was very active as 她非常活跃，而且她的传达很生动。但她最接近于
delivery was quite animated. But the closest she came to getting 话时跪着的时候。
when she rose to her knees while speaking.)

(The following recent notes are from 以下的近期摘自珍的心理时间笔记。
(February 1, Monday, 11:30 AM: I heard a voice. I saw the word "chlorine." I saw a 2月1日，星期一，上午11:30分：我听到了声音。我看到相邻的墙上
remember the word "chlorine." I saw a 得氯"。我看到一条路，白色的和灰色的，可能还有绿色
we have no wall. I saw a road with white gravel, and possibly some green. I 墙。我看到这条路，像我正在行经这条路，笔直向前，那是个阴天。
saw this road as though I was traveling on it, heading straight ahead. The 我正在行经这条路，笔直向前。那是个阴天。
gray day. The sensation of forward movement was definite. I saw houses on both sides of the road in the distance, 在矮矮的丘陵地上上下下。我看到远处道路两旁的
low hills. I saw houses on both sides of the road in the distance, 村。
village of Chemung.

(February 8, Monday, 11:30 AM: Good state achieved. Once beyond 2月8日，星期一，上午11:30分：达到良好状态。
bright white light, as though it was approaching me. Upon opening 亮的白光，仿佛它正在向我靠近。实验结束后，我
the experiment I lay staring at the walls of the room. I then experienced 间的墙壁。然后我经历了一种明确的分离的感觉
feeling of "separation." During psychic time, a 异的类似时间，身体的感觉，仿佛我准备离开我的身体
though I was ready to leave my body. But I believe I became alarmed 止了这情况的发生。)
prevented this from happening.)

(And these additional notes: (还有这些补充说明：

(February 5, Friday, While getting supper in the kitchen this evening 2月5日，星期五，今晚在厨房做晚餐时，我听到
Lee Wright's voice, although I could not understand what he said 他在说什么。我清楚地听到他的南方口音。他不是
southern accent clearly. He was not visiting us.

(February 7, Sunday, 10:45 PM approx: While trying our seance with 2月7日，星期日，晚上10:45分左右：当我们与
Judy Wright, I had a quick impression that a man stood to one side of 时，我有一个快闪的印象，一个男人站在我的旁
wore I believe a dark suit of some kind. It was not Robert Lee, and 的西装。不是罗伯特·李，笨蛋则坐在我对面的沙
opposite me on the divan. When I turned quickly to look there was 时，那里没有人。据我询问，没有人看见它。
No one else saw it, upon my questioning.

(February 10, Wednesday: While resting briefly just before noon, I 2月10日，星期三：中午前稍作休息时，我看到
in some kind of ski outfit, in the lower branches of a tree. Just as 一棵树的比较低的树干间。就在我的问她在那里做
what she was doing there, she fell. I did not see her face. She was 我没有看到她的脸。她中等身材，体型可能比我稍
average in size, perhaps a little larger than me.)

SESSION 130 第130节解答鲁柏的昏昏欲睡--半出神状态

FEBRUARY 8, 1965 9 PM MONDAY 1965年2月8日星期一 晚上9点定期课

(Due to illness, the witnesses scheduled for this session could not attend.)	（由于生病，原定参加这节课的证人没来。）
(Jane felt quite lethargic and sleepy today, which she felt was not a state had anything to do with our work. She was very interested in this morning, but grew increasingly drowsy as the session went on.)	（珍感到昏昏欲睡，但她不认为这种状况与她的工作有关。她对今天早上的工作进行得很好，但随着时间的推移，她越来越困倦。）
(Jane also read the book The Self in Transformation by Joseph Campbell, Harper and Brothers, 1963, NY and London. She found it excellent.)	（珍也阅读了约瑟夫·坎贝尔的书《变形中的自我》，哈珀兄弟出版社，1963年，纽约和伦敦。她认为这本书非常好。）
(After supper Jane took a nap. After the nap she still felt drowsy. She told this to me, but I had no real intimation that she was in anything but a state. I suggested she have coffee, which she did. Jane also wanted to have a session. She had no idea of the material to be covered.)	（晚餐后，珍打了个盹。醒过来后，她仍然觉得昏昏欲睡。她对我说了这件事，但我并没有真的感觉到她有其他问题，只是在非常状态下。我建议她喝点咖啡，她也喝了。珍也想要上这节课。她对将涵盖的内容一无所知。）
(Once again she spoke sitting down and with her eyes closed during the delivery. She used some pauses; I will try a new method of indicating where they occur in the text. Her voice was very quiet, yet clear. She wear her glasses.)	（她又一次坐着整个传达过程中闭着眼睛说话。我将尝试一个新的方式，在文中把停顿的地方标示出来。她的声音很安静，但清晰。她戴眼镜。）
Good evening.	晚安。
("Good evening, Seth.")	（“晚安，赛斯”。）
I would have thought that my friend Ruburt would have realized what about.	我本以为我的朋友鲁伯会意识到他是怎么回事。
A combination of circumstances has momentarily disrupted his orie going to hold a fairly brief session, and then I will have some sugg fact, I will give the suggestions now.	种种情况曾暂时打乱了他的方向。我打算上一节相当建议。事实上，我现在就会给出建议。
The book which Ruburt has been reading the book to us.	鲁伯一直在读的那本书，让他超前向内转。
(Pause.) He is becoming fairly proficient now in the use of the tra in its controls. However, so slowly did he slip into a semi trance s not realize what had happened. His energy today was turned inward was turned outward.	（停顿）。他现在使用和控制出神状态已经变得相当进入了半出神状态中，以至于他没有觉察到发生了什么。今天他的精力更多，而不是向外。
The slight but perceivable feeling of lightness in his hands could b notice of this fact. The situation began as a complete psychic experiment, and has continued. He was not wholly the inner world nor to the outer, and therefore was not efficient in	手上轻微但能感知到的轻盈感，本来可以让他注意到这一点。情况开始时是完全的心理时间实验，并持续到现在。他没有完全面向外在世界，因此两方面都没效率。
The symptoms of such a semi trance state include the sleepiness a feeling with which he was afflicted throughout the day. They should be taken as signs that the individual is supposed to be going to sleep, then be taken as a sign that the properly directed for the case at hand.	这种半出神状态的症状包括他所遭受的困倦和迷醉感。不应被视为表示个人应该入睡的迹象，而是应该视为表示个人应该进行正常的身体工作的迹象。这些症状就可以被认为是一个迹象表明个人没有处于手头的工作。
I am going to suggest that our friend take a walk when we are finis brisk one. The situation is in no way alarming. He has been used d and of course with what you call the normal waking state, and to become acquainted with this transition phase. He passes through as a rule. As a transition step, it is most necessary. Otherwise not allow efficient behavior in any particular reality.	我打算建议我们的朋友在我们的课结束后去走走，速度要快。不用担心。他已经习惯了出神状态，当然也习惯了你们所谓的正常清醒状态，只是碰巧还没熟悉这个过渡阶段。他通常很快通过这个阶段。这是非常必要的。否则，在任何特定的现实中，行为不能有效。
What we are looking for here, and indeed one of the purposes of ou is efficient use of various portions of the realities, and of an overall perception by the whole self, which transcends them.	我们在这里要找的，实际上也是我们这些课的目的之一，是各个部分来感知自己的现实，以整体自己的方式，整体自己超越其他部分，即使它是由其他部分构成的。
This involves efficient, complete use of the outer senses in their p camouflage reality, and of joyful, effective behavior and manipulat field of camouflage in which you operate within it you should indeed phases as possible, and be it to a much greater degree than is usu achieved, the conscious mind using its senses, then experience and itself. And then the switch to use of the inner senses. The great co refreshes the whole self.	这包括有效地、完全地利用外在感官对伪装现实的、欢乐的、有效的行为和操作的领域，你在其中操作时，你确实应该尽可能多的阶段中完成，并且要比所达到的更大的程度，那么有意识的心智在经验中然后转换到对内在感官的使用。这已大的区别就会更新整个自己。
(Pause.)	（停顿）。
The inner senses therefore should also be used as fully as the outer Experience within both realities lets the inner self know its own potentialities and its own selfness.	因此，内在感官也应该像外在感官一样被充分使用。在两者内的经验使内在自己或整体的自己更充分地认识其自身的潜能。
The state into which Ruburt fell as a rule allows no such focus in a suspension. It is necessary only as a mental pause. It is just a g present psychological time experiments be carried on once a day. reason to give further time to it, in the evening at this time. This Ruburt. We want contrast.	鲁伯所处的状态，通常在两者之间的任何一点相当于一种暂停。它只是一种过渡阶段。为了心理时间实验，每天进行一次。没有理由再给它更多时间。这是针对鲁伯的。我们要的是对比。
(Pause.) This transitionary stage is quite difficult to observe in to wonder himself, and since it is a relative state, it is understandable that he did not recognize it for what it	（停顿）。这个过渡阶段相当难以察觉，他开始怀疑自己的体验，而且是一种相对的状态，所以他没有认识到自己的。
The outer senses are dulled, but the inner senses have not yet bee The state is an unhappy one, where the sensitivity of perception is limited. I am speaking at length about it, but I have to do it under certain circumstances. All the symptoms of the trance state itself pass unnoticed for some time.	外在的感官变迟钝，但内在的感官尚未开展。这种状态是不幸的，在其中感官的敏锐度极其有限。我之所以长长地谈论它，是因为在某种情况下必须这么做。所有出神状态本身的症状可能会在一段时间内不被注意。
I suggest your break.	我建议你们休息一下。
(Break at 9:30. Jane was dissociated as usual. She was unable to the gist of what she was saying, whereas usually she has little or	（9:30休息。珍解离如常。她无法理解她所说的要点，而她通常几乎没有。）
(She told me that after taking her nap after supper she began to ge "especially so when she became aware of the nap. She told me about it, but then decided she didn't want to tell me about it, but then decided she "disconnected," and recalled her "sleepy."	（她告诉我，在晚餐后的小睡之后，她开始“起疑”，尤其是当她意识到小睡。她告诉我这件事，但后来决定不想告诉我这件事，但后来又决定要说。她早上的心理时间实验，当时她感觉“迷糊”。）

in which she felt "separated." See pages 248 in began. She resumed i
(Jane now felt better than before the session began. She resumed (珍现在的感觉比课开始前好了点。9:33她以同样
quiet and clear voice at 9:33.)

A plunge into the world of the outer senses will be immediately res
although I know Ruburt has no inclination to take a brisk walk this
suggest that he do so.

It has often been said that the subconscious has a generalized foc
subconscious and inner senses have a focus of the conscious mind
different nature, and in this state which is not possible.

I do not believe that any future d

(Long pause.) What we would like is the ability to fully perceive b
world and the outer world, to alternate between them
and know it, and know ourselves in it; and finally, while we are in one reality
ourselves in it; and finally, while we are in one reality we should
it, to hold our knowledge of the other. In this way our whole selves
freedom.

The semitrance state does not allow a clear awareness in either wo
passed through very quickly as a result of the
way out of one. It is of course a part of this
is true that there is much this evening
discussions, but Ruburt, particularly
would also suggest that he forget
Monday.

For this reason I will close the session
mind into some innocent diversion

("Good night, Seth."

(End at 9:48. Jane was dissociated as usual. She was surprised at
ending to the session; she had hoped Seth would discuss other mat
She now felt much better, but did not care about going for a walk.
went for one together, and before the evening was through she was

SESSION 131 第131节梦,思想和心理经验都有电性实相

FEBRUARY 10, 1965 9 PM WEDNESDAY 1965年2月10日星期三晚上9点定期课

(The following notes are from Jane's out of body notes:

(February 11, Thursday: While resting, I was told, so to speak, that
Anderson. He was invited to go to the fee.
involved. He decided to go but not pay the fee.

(February 12, Friday: Heard or saw words, "Our ways are not your ways."
had a feeling of enlargement and projection, and
at the same time light, a resemblance to the way I feel when reading
for the recorder, during the Father Trainor experiment yesterday. T
came upon me right after I had asked my subconscious to give me
what had happened during the tape recording, when the voice I used
belong more to Father Trainor than to me.

(Jane felt fine today. She'd had no aftereffects either yesterday o
inadvertent semitrance state of last Monday. See pages
this evening while sitting down and with her eyes closed and in a
voice. Her pace was very slow and filled with pauses. If I indicate
as in the last session, their frequency would mar the text.)

Good evening.

"Good evening, Seth,")

We have seen that dreams and thoughts and psychological experien
an electric reality.

We have seen that all experience is retained in electrically coded
cells, and that the material of the cells forms a body of data
have seen that the ego begins, so to speak, as a focus of
influenced by heredity and physical environment
continues to exist gradually building up
experiences form into coded data within the cells.

At any given point, the ego is as complete within electrical reality
psychologically complete within the physical universe. This includes
the retention of its dreams, as well as the retention of purely phys

I mentioned that the electrical universe is composed of electricity
different from your idea of it. Electricity is not
merely an echo emanation, or a source of pulsations,
of pulsations, which give reality to images, which are familiar,
are not apparent in physical form
system.

I can say little until much more background is given but this electr
vastly dense.

(Jane now took one of her frequent pauses. At break she told me th
spoke the word dense, and during this pause she
image of a field of points of light
said, as though she looked at a picture
scab the myriad points of light comparable to

(珍现在的感觉比课开始前好了点。9:33她以同样
(长时间停顿。我们想要的,是能够完全感知内在世
之间交替的能力。但我们应该在一个世界中,了解
者我们应该置身另一个世界中,在其中认识我们自
相中时,我们应该能够,甚至在其中持有我们对另
们的整体自己就成就了自由。

半出神状态没办法在两个世界中的任何一个有清晰
了不论是在进入出神状态还是离开出神状
的部分这一点不言而喻。今晚有很多内
论中,但是鲁特别是在昨晚的课之后,应该
周十之前不要再做心理时间实验。experimen

为此,我将结束本节课,他应该去散散步,把他的
遣上,玩个游戏之类的。向你们致以最美好的祝

("晚安,赛斯"。

(9:48结束。珍解离如常。她对课的快速结束感至
谈其他资料。她现在感觉好多了,但不想出去散步
了午夜之前,她就恢复原来的样子。)

SESSION 131 第131节梦,思想和心理经验都有电性实相

FEBRUARY 10, 1965 9 PM WEDNESDAY 1965年2月10日星期三晚上9点定期课

(The following notes are from Jane's out of body notes:

(February 11, Thursday: While resting, I was told, so to speak, that
Anderson. He was invited to go to the fee.
involved. He decided to go but not pay the fee.

(February 12, Friday: Heard or saw words, "Our ways are not your ways."
had a feeling of enlargement and projection, and
at the same time light, a resemblance to the way I feel when reading
for the recorder, during the Father Trainor experiment yesterday. T
came upon me right after I had asked my subconscious to give me
what had happened during the tape recording, when the voice I used
belong more to Father Trainor than to me.

(Jane felt fine today. She'd had no aftereffects either yesterday o
inadvertent semitrance state of last Monday. See pages
this evening while sitting down and with her eyes closed and in a
voice. Her pace was very slow and filled with pauses. If I indicate
as in the last session, their frequency would mar the text.)

Good evening.

("晚安,赛斯,")

我们已经确定,梦、思想和心理经验都有一个电性

我们已经确定,所有的经验都保留在电子性的细胞
是围绕着这个编码过的经验形成的自我
而开始存在的,受遗传和物质环境的影响
渐建立起自己的电性实相,如同它的经验在细胞内

在任何一个既定的点上,自我在电性实相中都是完
心理上的完整,这当然包括梦的保留,以及纯

我提到电性宇宙是由电构成的,它和你们的电
感知到的电只是一种回声辐射或者说是这些
图像,赋予你们所熟悉的许多现象以实相和实际
并不以有形物体的形式出现

在没有提供更多的背景资料之前,我能说的不多,

(在频繁地停顿中,珍现在又停顿了一下,休息时
密。"这个词时,她在停顿期间,她的脑海中出现
像一束光点是多么地久久,她说,就像她在看一张
的光点与电性场域的密度相比,有如在一个非常小

very tiny scab.

(Jane also said the above image was receiving information two ways.)

(珍也说，在她察觉到自己同时通过两种方式接收信息的画面。)

We run into difficulties, for I do not speak of denseness as you print. This is a denseness that does not take place in space of the denseness caused by an infinity of electrical fields within them. There are no two of these electrical fields within them.

我们遇到了困难，因为我所说的稠密并不是你们所理解的稠密。这是一种由无数不同强度范围的电性场构成的稠密。这些电性场中没有两个是相同的，而且其中也没有相同的。

The gradations of intensities are so minute that it would be impossible to measure them, and yet each field contains endless eons; contains therefore, what you would call the past, the future of unnumbered universes; contains the actual data of consciousness that has been or will be, in any universe, those that appeared to vanish, and those which seemingly do not yet exist.

强度的渐变层次是如此微小，以至于不可能测量它们，但每个场都包含无穷尽的永恒；因此，它包含了任何宇宙中的过去、现在和未来；包含了任何宇宙中任何意识的实际编码资料；那些似乎已经消失的意识，那些似乎尚未存在的意识。

In our past sessions I have explained time distortions and you are the spacious present. So it should be no surprise to realize that the future is in existence now, and the past has never been swept away. physical field you merely look away, or turn your focus from one po

在我们过去的课里，我已经解释过时间扭曲，你们是宽广的现在。因此，意识到，基本上未来存在于当下，而过去从未被推开。物质场域中，你只是看向别处，或者把你的焦点从

(See the 41st session for material on time distortions and the spacious present.)

(见第41节课关于时间扭曲和宽广的现在的资料。)

The actuality of what I call the past has not gone out of existence, exists in actuality in the past. These lectures were merely for edification, and I will continue.

所谓的过去的实际现实并未消失，未来存在于过去的实际现实中。这些说明，只是为了让你们有所启发；我还会继续。

This density is extremely important, for it is a density of intensity, infinite variety and gradations of intensity that makes all identities all gestalts, all identities in terms of planets and fields and this density, this infinite variety of intensity, which allows for bo change.

这种密度是极其重要的，因为它是强度的密度。正是这种强度的无限多样性和层次，使所有的本体身分成为可能，以及所有完形，以及各种场域和星球。正是这种密度，这种无限多样化。

I suggest your break.

我建议你们休息一下。

(Break at 9:27. Jane was well dissociated. Her eyes opened slowly became aware that my right hand felt "heavy." Jane then became aware that both her hands felt "heavy." I had noticed the same sensation in the session. I had tried to quickly cut a paper strip to measure the circumferences of my fingers, but before I could do this the sensat disappeared.

(9:27休息。珍很好地解离了。她慢慢地睁开眼睛。我发现我的右手很"沉重"。珍随后也发现她两只手都很"沉重"。我在课前注意到了这种感觉。我试图快速剪纸条来测量手指的围长，但还没来得及做这件事，感觉就消失了。

(See Volume 2, page 5 in the 43rd session for a brief explanation of phenomenon. Also the 43rd and 47th sessions.)

(关于手的现象的简要解释，见第二册第43节和第47节。)

(Jane resumed in the same quiet and slow manner.)

(珍以同样的平静而缓慢的方式继续。)

The electricity that is perceivable within the physical plane or field projection of a vast electrical system that you can perceive, nature and construction of the physical system itself.

在物质层面或场内可以感知的电，只是一个庞大的电性系统的投影，你能感知的，只是这个系统本身的性质和构造，所以你无法感知那个电性

The electrical system possesses many dimensions of reality that ca perceived within the physical system. So far scientists have only b study electricity by observing the potentials of their frames of reference. As their physical instruments become more sensitive they will be able to glimpse more of this reality, but since they will explain it within their known system of references, many curious an explanations of reported phenomena will be given.

电性系统拥有许多在物质系统中无法感知的实相维度。迄今为止，科学家们只能通过观察在他们的参考架构内可感知的电的投影来研究电性。当他们的仪器变得更加灵敏，他们将能够瞥见这个实相的更多内容。但是，因为他们将在已知的参考系统内解释它，因此将对报导的现象作出很多奇怪的解释。

(Jane now took a very long pause.)

(珍停顿了很久。)

Yet the inner self offers so many answers for the inner self is a individual; and yet it operates outside of physical system of reference itself free of all distorted effects peculiar to the physical system dreams—your scientists consider such work beneath them. Why has suspected that dream locations, for example, have not only a psych reality, but a definite actuality?

然而内在自己提供了许多答案，因为内在自己是每个人的；然而它在物质参考系统之外运作，本身免于物质系统所有扭曲的影响。梦的研究——你们的科学家认为对梦的研究低于他们的水平。没有人怀疑过梦的地点，比方说，不仅具有心理上的现实，也具有明确的实际现实呢？

A study of dreams, of dream locations, is most important. Dream lo not take up any space physically, mass density and intensity. Here are no two of these electrical fields identical. Definite work may be done dreams. Definite work may be done are not tired.

对梦和梦地点的研究是最重要的。梦的位置在物质上不占空间，它们是由电性质量的密度和强度组成的。这些电性场中没有两个是相同的。在梦中，可以完成明确的工作，而且梦中也没有疲倦。

(See the 44th session for material on the dream locations and the exp the value climate of psychological reality.)

(关于梦地点的扩展的心智、心理实相的价值气候相关资料，见第44节课。)

This would seem contrary to your known laws, yet no one has looke reasons for this seeming contradiction with the laws of physics. We shall at a later session. Nothing is constant. Electrical identities move and change. Nothing is constant motion. There is negative or gradations between.

这似乎与你们已知的法则相违背，但没有人研究这种似乎与物理法则的矛盾。我们将在以后的课里研究这个问题。没有东西是恒定的。电性的本体也在移动和变化。现在是一个不断的运动。在负和正之间还有无限的程度。

(Now Jane took another long pause.)

(此处，珍再次停顿很久。)

It is most difficult at this time to even hint at the myriad complexi of the electrical actuality as it exists when you consider that the of thoughts is composed of a unique intensity of impulses and that the same may be said for every dream you have and that all your experience is gathered together again completely unique, codified and that the summation of all this exists in one minute range or band of intensities, and that all your is. For all human beings are likewise composed of electrical else, with few exceptions within your physical field, whether or as physical matter. Yet I tell you that this not only applies to your to all fields.

这个时候，甚至暗示电性实际现实的无数复杂性是极其困难的。当你考虑到你自己的每一个思想都是由独特的强度脉冲组成的，而且你的每一个梦也是如此，而且你的全部经验都是独特的强度范围内的完全独特、被编码的，而且这一切的总和存在于一个极小的强度范围或波段中，那么你就会明白这一切。对所有人类来说，也都是由同样的电性组成，而且你的一切，除了少数例外，都是如此。然而我告诉你，这不仅适用于所有的场域，也适用于所有的场域。

Your field is contained within its own unique range of intensities, electrical impulses a million times smaller than any one hot'e plcke

你的场包含在它自己独特的强度范围内。一个微小

from the entire mass of musical compositions that will be written.	经由所写出来的或将要写出来的音乐作品中随机挑百万倍。
Yet as you know, none of this is made for the sake of brings its own responsibility.	然而你知道，这一切都不是为了给人们带来的，感己的责任。
(Jane now took her longest pause of the evening. She sat without m over a minute.)	(珍现在做了她今晚最长的一次停顿。她一动不动
This material, as I have mentioned, is difficult mouth, and now and then we travel beyond the words intuition, in a flash, can traverse a thousand words.	这份资料，如我提过的，很难。我必须把话说到们会时不时地超越语言的地方。直觉，在一瞬间穿越语
I suggest your break.	我建议你们休息一下。
(Break at 10:07. Jane was dissociated as usual. Her eyes opened s said she has no feeling of strain during the pauses. She thinks Se make clear things that almost cannot be put into words, t sits waiting he assembles words for he to speak. Jane hears nothi during pauses, all is quiet.	(10:07分休息，珍像往常一样解离。她慢慢睁开她没有紧张的感觉。然而，她认为赛斯是在试图阐的事情当她坐着等待时，他为她组装语言，在到，一切都很安静。
(She resumed in the same very slow and deliberate way.)	(她以同样缓慢和独特的方式继续。)
I am not going to go too deeply into this because you are not ready because of the truly infinite range of intensities available within which he can move.	我不打算太深入讨论这个问题，因为你们还没有准度范围确实是无限的，每个人都有无限的，可在
All motion is mental or psychological motion, and all mental and ps motion has electric reality. The inner self moves by changing intensities from your physical field up a new pulsation intensity, and electrical field.	一切运动都是精神或心理的运动，而一切精神和心在自己从你的物质场中的一种强度移动到一种新的脉动强度，因此在电场中
To move through intensities within the physical field, of moving through physical time.	在电系统内通过强度移动，在物质场中移动，就会产界时间。
Here is a clue for so-called astral travel. Again the inner self ha intensities of pulsation available to it. When the inner self in its travels through an impulse range which it has once experienced, to will appear as a journey into the past.	这里有一个所谓灵体旅行的线索。再次，内在自己内在自己在其不断的运动中行经它曾经历过的脉冲显示为是一次进入过去的旅程。
When the inner self achieves an impulse range it has not yet will seem a journey into the future.	当内在自己达到一种脉冲强度时，它来说是新的脉冲强度时，将进入未来的旅程。
In actuality of course both impulses exist simultaneously. The inne this, but the ego does not. All of this material should add dimensi understanding of capsule comprehension and of the initial appeara consciousness within the physical field, as I explained it earlier.	在实际现实中，当然这两种脉冲同时存在。内在的不知道。所有这些资料都应该增加你对囊理解的维中最初出现的理解，如我之前解释的。
The material in these last sessions will be basic for further discus going much deeper into the meaning of reality and the aspects of present procedure is working out very well and it is enabling me matters that were too complicated for our earlier method. Before w you to understand that your experiments in psychological time add mobility and subconscious manipulation within the electrical universe psychic experience must have reality, which means that your psychic experience which does not have such electric reality. psychological experiments give you familiar ground thereto walk u on; grounds of reference and even of safety.	最后这几节课的资料将是进一步讨论的基础。我们现在的程序正在做得非常好，帮助我们解决一个相对复杂的问题。我们目前的方法来说太复杂的问题。在我们结束之前，我们先要让你们理解，你们在电性宇宙内的增加了你们在心理时间上的实验在心理时间上的潜意识操纵。电性宇宙内的灵性经验在这里都必须有实际的电性，也就是说，你的心理实验使你有的灵性经验不具有这种电性，实际上就不是灵性经验。这种心理实验使你走，可以游历，有参考依据，甚至是安全依据。
This is why I speak often of more or less disciplined experiments, gradations. For following our analogy, your psychic pathway stones laid out in some order, and not too far from one another, th both away from the ego and back to it safely.	这是为什么我经常说大致上有纪律的实验，带着，缓类比，你的灵性步道是由按某种顺序排列的石头组不会太远，这可以引导你既远离自我，又能安全返
I will now close our session.	我现在要结束我们的课。
("Good night, Seth."	("晚安，赛斯"。
(End at 10:37. Jane was dissociated as usual. She feels the recent are better than we think they are.)	(10:37结束。珍解离如常，她觉得最近的课比我

SESSION 132 第132节崔诺神父的声音实验,赛斯的关照

FEBRUARY 15, 1965 9 PM MONDAY 1965年2月15日星期一晚上9点定期课	
(This afternoon Jane and I met a Horseheads, NY. She borrowed a copy of Mine.	(今天下午，珍和我见了一位来自Horseheads，NY的女士。她借走了
(Jane spoke for the session while sitting down and with her eyes c voice was somewhat heavier throughout, her rate of delivery somew than usual.)	(珍闭着眼睛，坐着为这节课说话。整个过程中声音
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
First of all, Ruburt may continue with his daily psychological time But these are to be carried on but once daily, and if he tries any experiment, such as he tried with the Father Trainor psychic then he is not to attempt his regular psychological time experiment	首先，鲁伯可以继续他每日的心理时间实验。但这如果他尝试任何其他类型的实验，比如上周他尝试骑，那么他就不要在当日去进行常规的心理时间实
One half-hour a day is more than sufficient, considering these also, I am at present against these frequent sessions where hand, Ruburt pretends that he is merely resting, but actually he is expanding his energies and expending them just this amounts to more than one psychological time experiment daily.	考虑到这些课，每天半小时是绰绰有余的。而且，的课，目前我反对这些频繁的课。另一方面，鲁伯假装自己只是在休息，也就是他在扩展他的能量，而且同样迅速地消耗能量，因心理时间实验。
You were quite correct, Joseph, in cautioning Ruburt against the p the other evening. He knew this but was obstinate, however. I have told you, though, that this is not merely a matter of stubbornness.	你做得很对，约瑟夫，那天晚上警惕鲁伯不要进行朗点，他却很固执。然而，我告诉你，这不仅仅是固执的问题。

as the complete self or personality or identity.

完整的自己或人格或者认为自我构成了整个本体

The identity, indeed, is as much and more the inner self as it is the been mentioned in the past, but Ruburt's identity with the inner self in early life that he was more or less spontaneously accepts this identity depressant.

本体身份的确是内在自己也是自我，但更多的是过去提到的，但是鲁伯在早年的生活中对自己的内在自我的认同，特别是他在很大程度上自发地接受了这种认同，这令人沮丧。

Then he dares to go forward, only the lack of caution is not. The exp one. All in all however, Ruburt did lost entirely too much last week.

然后他才敢往前走，只有到那时，他才必须注意自谨慎的缺乏是不应该的。关于诗歌的经历是一个令人理解的经验。不过，总的来说，鲁伯上周失去了太多。

We are dealing with delicate balances that must be maintained. Wit schedule that I have suggested this focused, but for a short period of of the abilities already developed inner focus. Too many attempts at intensification, and can lead to the found himself last week.

我们面对的是必须保持的微妙平衡。按照我所建议的时间表，这种强烈地聚焦，但只是在你的一小段时间内。这开发的能力并再次使我们能够，很好地集中在内在的许多短暂而又极佳的强化尝试可能导致鲁伯上周出现特殊的半出神状态。

A complete change from intense focus outward to intense focus inw beneficial, but this does not mean that every few minutes spent in psychological time experiments. Walks should be a Ruburt's schedule in any case, and walking also refreshes the inne

从向外的强烈聚焦，完全改变为向内的强烈的聚焦是有益的，但这并不意味着把几分钟的空档都用在心理时间实验上。无论如何，每天的日程安排之一，散步也能让内在自己焕然一

I do not approve of a whole day being given over to the sort of exp carried on by Ruburt last week in do agree with Ruburt, in that any better advantage carried out using suggestions as possible.

我不赞成把整天的时间都花在鲁伯上周进行的那种面试上。我确实同意鲁伯的看法，即任何朋友进行任何实验了，并尽可能地提出暗示。

A few drinks, again, are even ben

喝几杯酒，同样也是有益的，但过量就不然了。

I suggest your break.

我建议你们休息一下。

(Break at 9:30. Jane was not as deeply dissociated as she has bee She knew the gist of what she had episode, she said she was somewhat conduct such a lengthy experiment again.

(9:30休息。珍不像以前那样深度解离。她知道发生了什么，但在这一集中，她说她有些害怕，不会再

(A copy of Jane's account of the Father Trainor affair will be foun this session. This took place on recorded. A shorter repetition, al Wright on the evening of February objected.

(珍的描述崔诺神父事件的副本将在本节最后进行。这发生在2月12日星期五晚上，为了录音。简短重述，也有录音。我反对的就这一次。)

(It will be noted that in the 12th session, January 21, 1964, asked by us, stated that he "knows Jane's old friend." Father Trainor was an Irish Catholic priest who visited for years, during Jane's grade and high school days. He has been o some time. Jane has a photograph of him.

(在1964年1月21日的第12节课上，赛斯在我们要求下提到，他“认识珍的老朋友”。崔诺神父是位爱尔兰天主教牧师，多年来经常去看望珍和她年轻的母亲。珍小学和中学时代。他已经去世一段时间了。珍有一张他的照片。)

(Jane resumed in the same manner. (9:39珍以同样的方式继续。)

We now have a good deal of spontaneity in the framework of di good deal, simply because we are quite understand Ruburt's curiosity when Father Trainors voice di come through, although far from p that Ruburt has learned an import even more important that he take contact with others is maintained.

我们现在在我们的框架中拥有大量的自发性和自由。很多，仅仅是因为在一个纪律的框架内工作。我很理解鲁伯的好奇心当崔诺神父的声音真的传来，虽然这也确实代表了鲁伯能力发展的一个阶段。我相信鲁伯学到了重要的课。因为他的能力，日常和他人接触这件事更加重要。

I do not mean daily social hours. Now and then experiments with gu However, his energies on weekends am sorry that it has been necessa is an excellent way of recharging humorous plays, such as you some relaxation.

我不是指每天的社交时间。偶尔做实验是可取的。通常应该更为自由，我很抱歉有必要减少你们的这是一种极好的充电方式。自发的即兴游戏，就像你们一样，是一种愉快的放松方式。recorder, is ar

I am not saying that you should not talk about sessions, or al friends, only that one night or sometimes two of social discourse certainly contain some more outward enjoyments. It would do Rubur either to resume his painting. His time as a rule is very busy usually with mental work. It is all the more important therefore that have some outward aspect to it, and when possible of an active nat

我并不是说，你们不应该和朋友谈论我们的课或相关主题，只是说一晚上或有时两个晚上的社交谈话肯定应该包含一些外向的享受。这会对鲁伯也没有什么坏处。他的时间通常是非常繁忙的。因此，更重要的是，他的脑力工作通常伴随着某种外向的方面，并尽可能地参与活动。

His Saturday housecleaning, believe it or not, is excellent for him story work is a very good balance mine that he is working on. I had young people with whom you work, have. Mark is good for you both, both out of the house has been a good one.

他在周六打扫房间，不管信不信，对他来说是极好的。故事工作是很好的平衡。我的意思是，他正在写的短篇小说作品。我曾经是一个年轻人的老师，和你一起工作的年轻人，都是你们两个的好朋友。马克在很多情况下对你们两个都是好的。把你们两个从房子里出来的

(Mark is the entity name for our f(马克是我们的朋友的名字。)

I am not saying that you should always spend your weekend evenings particular manner. Evenings at home with guests are very good evenings should not constantly be taken up with experiments and d though they have their place at such gatherings now and then.

我不是说你们应该总是用周末晚上的方式度过你们的特别时间。在家和客人在一起是很好的，但同样的，这样的夜晚不应该经常被实验所占用。尽管在这样的聚会上，它们偶尔也有自己的一席之

I am not saying you should always go dancing, but this is an excell for you both, and leaving the house good for you both. I would not take I did not feel that it was importa friends could go dancing together example go with Mark to one of his such as dancing is available the change is still good.

我不是说你们应该总是去跳舞，但这对你们俩来说是一个很棒的选择，也是离开家的一个很棒的选择。我不会花太多时间讲。我觉得这些资料不重要。你们俩可以一起去跳舞。例如，比方说，跟马克去你们俩的一个朋友的地方。即使没有像跳舞这样的娱乐活动，改变也是好的。

Surely you can have enjoyable evenings together again at times these have their place. Our sessions are in a state of becoming. We hope to become more professional. We become overinvolved. I would prefer that he channels his new ability, though not exclusively, in our sessions.

当然，你们可以在一起享受愉快的晚间时光。有时这种方式仍有其存在的意义。我们的课程本身处于一种流变状态。我们希望变得更专业。我们投入过多。我比较想要他专门用在我们的课上。

As far as the sessions themselves are concerned in relation to Ruby and reinforcement are necessary; confidence, which indeed you have greatest possible development of further the sessions themselves.

就课本身与鲁伯的关系而言，你的鼓励和支持是必要的；你确实一直给予他信心的环境，这确实将他的能力在这些课程中发展至最大可能。这也会进一步促进课本身。

The fear of failure is insidious, does very well. I suggest your break.

对失败的恐惧是潜伏的，正是这一点，我们必须克服。我建议你们休息一下。

(Break at 10:05. Jane's eyes opened slowly. She reported that she more dissociated than during her first delivery. Spoke in the heavy voice at 10:16.)

(10:05休息。珍的眼睛慢慢睁开。她说比起她的第一次分娩，她现在更加分离。她在10:16分继续，声音同样相当低沉。)

These suggestions are in the way of setting up checks and balances maintain you at your best levels. Now and then it seems that such a this is necessary.

这些建议是在建立制衡机制，使你们保持在最佳水平。时不时看来似乎是必要的。

Now, on session days Ruburt should rest one half hour. You diet, has been good. I am should both keep up your exercises at your situation from all angles while I am about it to see if any adjustments should be made.

现在，在上课日，鲁伯应该休息半小时。我的意思是，你们俩应该坚持锻炼。你们的饮食一直很好。我正试着从各个角度看待你们的处境，同时我也在考虑，看看是否还需要做些其他的调整。

(Jane now took a rather long pause.)

(珍此时停顿了很久。)

I do not see any other adjustments.

目前我认为不需要做任何其他的调整。

You have both done very well during the winter season. Your uneasy Joseph, or the period in which you are in a cold season. Our friend's, our dear Ruburt's, has avoided it largely. His overall condition is suggestions now. His energies quickened however from then until suggestions are followed I anticipate no difficulties. I feel that Ruburt should sufficient rest, particularly now through early spring.

你们俩在这个冬季做得很好。你的不安期，或你处于冷季的时期，我们的朋友，亲爱的鲁伯，还没有过多干预。总体状况确实良好。然而，从那时起直到建议被采纳，我预期不会有任何困难。我觉得鲁伯需要充分的休息，尤其是现在早春时分。

If possible, also vitamins from now until early spring. This for you Ruburt's uneasy period usually begins about mid-January. He has avoided it largely. His energies quickened however from then until and I did not want him to get into the habit of overbalanced degree. I think this will now be avoided.

如果可能的话，从现在到早春也要补充维生素。顺带一提，鲁伯的不安期通常从一月中旬开始。他大体上避开了这个阶段。然而，从那时起直到早春，他的能量都在加快，我不想让他养成任何不平衡的程度。我现在认为这种情况可以避免。

These energies now will, I believe, And some arrangements for physical also.

这些能量，我相信，现在会进入我们的课，也会进入身体上的发泄方式，也会有帮助。

We will have so many dreams to discuss handled in groups. Much of the background should not be too long before we do such a prolonged discussion.

当我们谈到梦的时候，我们会有很多梦可以讨论。大部分背景资料已经给了你们，所以离我们开始这样的长时讨论不会太久。

I am very pleased with both of your particularly, Joseph, with your position. You will do very well.

我对你们俩的实验和你们的进展非常满意，尤其是约瑟夫，你的立场将会做得很好。

One small note. Upon another occasion, recent seizure. He is very loyal, particularly, Joseph, and, your own way as trustworthy a friend as you have ever had; this having experiences also.

一个小提示。改天有机会，我想要谈谈马克最近的发作。他很忠诚，尤其是对你，约瑟夫，他确实以他自己的方式，成为你们最可信赖的朋友；这也和过去的经验有关。

(While visiting us on a recent weekday evening, Bill MacDonnell ruptured a blood vessel in his nose. It bled the emergency room at one of the hospitals. He became quite ill. Just as the hospital bleeding stopped. Being afraid to move overnight. He was better in the morning, although he developed that Bill has been troubled by this ailment since childhood. He did not know about it, however, and this was his first such seizure.)

(最近一个平日的晚间，比尔·麦克唐纳来看我们时，鼻血流到了他鼻子里。此时，比尔·麦克唐纳生病了。我们打电话到急诊室，医院的一个急诊室。他变得病恹恹的。正当医院指示我们把他送去医院的时候，他的鼻血止住了。因为害怕太激动，那晚就留在我们家过夜。第二天早晨他好多了。他知道比尔从小就被这种疾病困扰着，但他并不知晓。然而，这是他第一次发作。)

My very best wishes to you both. We shall have an excellent session Wednesday, when I hope to finish discussing, at least. Even and then you ever want an additional agree. I do not mean extra sessions sessions are open to anyone who you ever feel the desire for an additional session, I would comply.

我向你们俩致以最诚挚的祝福。我们将有一个很棒的课，周三，当我希望至少讨论完一些资料。即使是现在，如果你们偶尔想要增加一节课，我都会同意。为了保证举行额外的课，因为这些课对任何人开放，真诚欢迎。如果你觉得想要增加一节课，我会同意。

Again, my best and most fond wishes to both of you. I do not mean with Ruburt, but I did wish to make necessary suggestions which I needed now.

我再次向你们两人致以最美好的祝福。我并不是要提出我认为现在需要的必要建议。

("Good night, Seth.")

("晚安，赛斯"。)

(End at 10:37. Jane was well dissociated. Once in a while Jane and discussed extra sessions, but usually we do not have time to participate other experiments like the one involving Father Trainor, would like a session dealing with some specific problem, and may approach. Also one involving questions and answers.)

(10:37分结束。珍解离如常。偶尔珍和我会商议有时间，尤其是当其他实验突然出现时，比如崔诺神父实验一节处理一些特定问题的课，可能会尝试这个课。)

(Notes from Jane's version of the Father Trainor experiment of Feb 1965.

(珍为1965年2月11日崔诺神父实验所做的记录：

(I am not sure exactly what happened, what caused it. I thought that if I tried reading Gray's Lepanto, and Gray's Elegy in a Country Church-yard the way Father used to, my memory would be refreshed. I wanted to describe his poetry readings for the sketch.

我不确定到底发生了什么，更不用说是什么原因。我想，如果我试着像崔诺神父以前朗读散文小品。我想，如果我试着像崔诺神父以前朗读《勒班陀》和《乡村教堂墓地的挽歌》（Elegy），我的记忆会被唤起。我想在小品里描述一下他的诗歌朗诵。

(I stood up and began to read. The sudden volume and depth and tone of voice was instantly apparent, and startled me. I read all of the Lepanto and of the Elegy in this manner. My voice bounded more like Trainor than like myself. The volume of my voice was really tremen

我站起来开始朗诵。突然间，我声音的音量、深度和音调立即显现，并让我一跳。我以这种方式读完了所有的《勒班陀》和《挽歌》。我的声音听起来更像崔诺神父，而不像我自己。我的音

(When I finished this I kept wondering what was the change in my voice? Was it just a small change? I tried to do as striking as the first time, but certainly something on.

(当我读完这后，我一直在想，我的声音有什么变化？是像我想的那么小的，还是跟第一次一样惊人？我试了一次，但肯定有些事情正在发生。

(After lunch I decided to try again. At lunch I played the tape for posing for him I suggested to mys began to read, and that Father Tr through me, if he was available. Except, for what reason I do not depress the "record" button.

(午餐过后我决定再试一次。午餐时，我给罗伯放了录音，我建议自己暗示自己开始朗诵，并且神父会进入我的身体，如果他空闲的话。然而我不知道出于什么原因，我打开了录音机。

(This performance was as good as the first one. I felt carried away almost outside of myself, very light, recall that the book itself, which tingled as I read. My hands perspired Rob came out of his studio to listen recorded nothing this time I felt most unusual.

(这次的表现和第一次一样好。我感觉被声音带着几乎脱离了自己，很轻，我记得这个声音跟这个花园本身，当我读着的时候，我的手出了不少汗。罗伯从他的工作室出来听。我什么也没录。当我发现这次我什么也没录，我感到非常奇怪。

(I was so angry that I did the whole thing over again. Lepanto is a poem. This time the performance was recorded. Perhaps if I feel subject tonight. I don't know where the voice came from. Perhaps it is what actors call memory, could also be used to sum begin with Jane could not conscio within a few lines she was so ho always read the Lepanto and the E not remember his reading anything else.

(我很生气，所以我又重新做了一遍。《勒班陀》是一首诗。这次的表现和第一次差不多，已经录下来了。也许如果我感觉今晚可能会成功。我不知道声音从何而来。也许这就是演员们所说的记忆，也可以用来总结一开始，简单来说，这是一种潜意识的行为，那个女人在几行诗句之内就变得如此诚实。她总是朗读《勒班陀》，除非是在周日来访，总是朗读别的东西。

(The volume and male inflection quite amazing. I noticed that toward the end of each verse, would reach a crescendo of volume and emotion that was brief periods her voice would sound very alien. For other periods, seemed to be letdowns, I would know the voice was hers. But still much stronger and lower in timbre than her natural voice.

(珍几次不同的朗诵期间，她的音量和男性特征令人惊讶。我注意到，在每一节《勒班陀》的结尾处，她的音量和激动会达到顶峰。有短暂的时刻，她的声音会听起来非常陌生。在其他时候，我会知道这声音是她的。但还是比她自己的声音更低、更沉。

(This voice was not the Seth voice by any means. Even at its strongest voice is a dry and intellectual one. The Father Trainor voice was by contrast. I do not believe that the Father Trainor voice at its best, Seth at his best, and vice versa.

(这个声音绝不是赛斯的声音。即使在最强烈的时候，也是干燥的、理性的声音。相比之下，崔诺神父的声音是非常的。我不相信崔诺神父的声音在最好的时候，会胜过赛斯状况最佳时的赛斯，反之亦然。

(It might be added that during the whole days experimentation Jane suffer from any voice fatigue, nor bore up as well as when she was today's experiment lasted something would overdo it however.)

(可以补充一点的是，在这几天的实验中，珍没有出现任何声音疲劳症状，虽然今天的状态持续了五个小时，但她表现得很好。但我担心她会做过头。)

SESSION 133 第133节没有完成,没有结束,真正的知识是直接经验

FEBRUARY 17, 1965 9 PM WEDNESDAY 1965年2月17日星期三晚上9点定期课

(The day after the last session Jane realized that she had burned back of her right leg, just above the heel. While it was not very was deep enough to have formed a scar, yet she could not recall when been burned. She later realized she had done it during the last ses

(在最后一节课的第二天，珍发现自己的右腿后部烫伤了。虽然不是很严重，但烫伤的程度很深，已经形成了疤痕。但她记不起是什么时候被烫到的。后来她发现是在上一节课。

(During sessions now, Jane sits in our rocker across from my writi usually faces our big bay window. At times this metal window seat. At times Jane sits with her feet propped up discovered that while in her usual exactly with the edge of the seat becoming too hot, but had taken it her feet when it became too warm least once, yet had felt no pain. interrupted by her. Both of us have sensitive to pain while in her trance state.

(现在上课时，珍都会坐在我写字台的对面的摇椅上。她通常面对大窗户。有时，珍坐在传述时会把脚放在窗台上。窗台下面有个暖气罩，上面覆盖着一个金属窗台。有时，珍坐着传述时会把脚放在窗台上。她发现，当她以平时的姿势把脚翘在座位上时，脚跟恰好碰到座位的边缘。我曾一度怀疑过座位是否会变得太热，但她没有把脚放下。显然，她至少曾经这么做过一次，但并没有感到疼痛。如果课被她打断，我也会记得。我们俩都怀疑在她处于出神状态中是否对疼痛不太敏感。

(Jane's voice was quite dry tonight, and it remained so when she b dictating. The however. She spoke at a rather st eyes closed.

(珍今晚的声音很干涩，当她开始传述后，声音依然如此。她说话的语速很稳定，有点哑。声音逐渐消失。她说话的时候闭着眼睛。

(Note also the variation in the opening of this talk.)

(也注意一下这个开场白的变化。)

Now my dear friends...

现在，我亲爱的朋友们...

Though we speak in definite terms of the inner self, the entity and the ego, neither the inner self, the entity and the ego are static and complete. We freeze them, so to speak, in order to hold them, but they will be completed when we cannot, nor is there a time, as such, when they will be completed.

虽然我们用明确的字眼谈论内在自己、存有和自我，但内在自己、存有和自我都不是静止和完成的。可以说，我们冻结它们以便把握之中，但我们做不到，也不存在它们将完成或我们不能完成的时间。

They are forever in motion. They change constantly. As you cannot hold your ego in the palm of your hand, so you cannot hold the inner self in your mind. They always escape in essence.

它们永远在运动。它们不断地改变。就像你逮住自我的样，你也无法把内在自己扣留在心智里。它们的精髓总是逃脱。

The entity should therefore not be thought of as completed. The electric universe, of which you know so little, is a reality and yet it is a mere shadow of another reality. For behind even this electric universe, a universe which cannot be explored in terms of speech, a universe, which, electric reality, has a reality beyond even this electric reality, a reality beyond all universes, which causes the electric reality and the universe, composing everything that is, cannot be touched, but it is conceived of in your terms. This vitality is the most immediate and aspect that composes the camouflage appearance within all fields. by far more than the camouflage.

因此，不应认为存在已经完成。你们所知甚少的电宇宙是一种实相的象征。因为即使在这个电性宇宙的实相，因为所有的意识，虽然有一个电性宇宙的实相的实相。这个宇宙的生命力成一切之所是，以及所有宇宙的生命力和宇宙的生命力，构成一切之所是，虽然无法触碰，但这种生命力是构成所有场域的最直接的和最密切的面向。然而它远不止是伪装。

It has many realities, forming all fields of existence within which you are as you are within it. It is not form as such, but it is a form of reality, and it is not static and never completed.

它有许多实相，形成所有宇宙和所有场域。你在它之内，你在其中。它确实有一种实相，不是这样的形式，而是一种实相，并且它从不完成。

(There came a knock upon the door. At times I had wondered how I would react to an interruption while in heavy and deep state. Now I have an answer: Her body jumped in her chair and her eyes popped open as from shock. For a moment she appeared disoriented. Then she heard my query to the effect that she was all right.)

(敲门声响起。有时我在想，当处于新的、更深的状态时，我会作出怎样的反应。现在我至少有了一个答案。她的身体在椅子上跳了一下，眼睛突然睁开，好像受到了惊吓。有那么一瞬间，她迷失方向。然后她听到我的问话，大意是她没事。)

(Bill Macdonnel, who has witnessed several sessions, was at the door and remained for the balance of the session. Jane had thought Seth would take the interruption as our first break, but shortly, she announced, he would continue. When she resumed her voice was a bit deeper, stronger, and it remained so for the balance of the session. Resumed at 9:26.)

(比尔·麦克唐纳见证了几次课，他站在门口，并留到课程结束。简原以为赛斯会以这次中断持续，作为我们的第一次休息，但很快，她宣布赛斯将继续。当她重新开始时，她的声音变得更深沉、更坚定了，并且在课程剩余时间里一直如此。)

It is indeed closer to you than your own breathing.

它的确比你的呼吸更贴近你。

Many sessions ago I used the analogy of air within your physical field comparing it with the vitality of the universe. Many sessions ago I used the analogy of air within your physical field comparing it with the vitality of the universe. You are conscious of air. Yet it is part of the universe. Because you do not think of it, it is inaccessible, most inward and secret part of the universe, which you seek, is so a part of the universe, which you seek, is so a part of the universe, though in it you have your very existence. But even this is also a camouflage.

多节课以前我曾用你们物质场域中的空气作类比，将它与宇宙的活力相比。多节课以前我曾用你们物质场域中的空气作类比，将它与宇宙的活力相比。你们意识到空气的存在。然而，它是宇宙的一部分。因为你通常没有想到它，它最不可及、最向内和最隐秘的部分，你寻找的宇宙，就是宇宙的一部分，根本就是你的一部分，虽然你的存在就在其中。但这也是一种伪装。

When I speak of the electrical universe, indeed this represents but one facet of reality. But all of these discussions concerning density of energy are only a part of the whole. You see it: Even though the electrical universe is real, what you know, nevertheless you do not see all of what is. Even though you know, nevertheless you do not see all of what is. Even though you know, nevertheless you do not see all of what is. Even though

one part of the pond in which he lies; and the forest part of the earth which is part of another universe.

只是孤立的青蛙生活的池塘是他所在森林的一部分；森林则是宇宙的一部分，而这个宇宙又是另一个宇宙的一部分。

It makes no difference to the frog nature of the smallest cell within him, if you choose to enclose what you call his unit called frog, or whether you consider instead the complete identities still remain the same.

如果你选择把你所称的牠，附上一个叫做青蛙的观点完整的画面，这对青蛙来说，对青蛙的本质来说，改变牠体内最小的细胞。本体身分还是一样的。

I suggest your break.

我建议你们休息一下。

(Break at 9:55. Jane was again well dissociated. She resumed in her voice again at 10:05.)

(9:55分休息；珍再次充分解离。10:05分，她

Such explanations are needed only because we are speaking in terms of indirect experience.

之所以需要这样的解释，只是因为我们是从间接经

All true knowledge is direct experience. It cannot be classified, named, it cannot be set down in black and white. True knowledge is experience, direct experience, and a matter of the inner senses.

切真正的知识都是直接的经验。它不能被分类，地确定下来。真正的知识只是经验，直接的经验，

Even my explanations to you involve a verbal dissection, which in the very nature of the matter under examination, and the electrical universe do not bring you direct contact with it. But again, cannot hold that which is even more intimate personality which attempts the examination.

即使我对你们的解释，也涉及到言语上的剖析，题的本质。我们所有关于电磁宇宙的论，并不会经直接与它接触。但同样的，如你不能持有甚至更亲密的那种人格的东西。

Direct experience alone will bring you such knowledge, and yet it will by the conscious mind or by the ego, momentarily projected within these communicated to the various levels know.

只有直接经验会给你这样的知识，然而它不会被在瞬间投射在这些领域内。传达给自己的各个层次，你应该知道，

And again, dreams are themselves never completed, but continue on not your perception of them continues. look into the mirror you see the camouflage field though you know that it exists. But chosen for particular reasons. It lines, and made an arbitrary boundary not exist.

再者，梦本身是永远不会完成的，并且继续下去。你对梦的感知不是永远的。因为当你照镜子时，你看到的是伪装。我，虽然你知道它存在，但是出于特定的原因选择的任意单元。它不是一个东西，你画了线，并人为地划定界限。这并不意味着它不存在。

It means that the word is nothing, and that it is merely a symbol for can neither see nor feel nor touch yourselves which you permit your express that portion of an unseen operation for purposes of manipulation camouflage field.

这意味着，这个字词本身是空洞的，仅仅是对你无东西的符号。它仅仅是你允许自己的意识去感知的在它是一个象征，用来表达那个可见的自己的部分的物质形象的目的。它被最明显地带入了运作的

The ego then, is only part of a multiple self you are not perceive the whole self you are identity, and call this the "I." This the nature of that indivisible self You succeed in cutting off, in the one part of the self from

所以，自我只是一个大得多的自己的部分。你不能自己，而只以你任意地从一个真正不可分割的本体身份，称为"我"。这种命名，这种分类，会影响那个不可分的自己的意识态度。在理论上，你成功地将自己的一部分

This duality then affects your own perception in a most diverse fashion man against himself. We will go into this matter further later in the course, as it will lead us further into some new areas. This has been a most session. My best regards to all of you. I would suggest that you keep your Miss Callahan from Thursday on or next week.

这种二元性以最多样化的方式影响你自己的认知。在下次课上更清楚地探讨这个问题，因为它将引领我们进入一些新领域。这是一次成果丰硕的课。我向大家致以最诚周四开始，留意一下你们的卡拉汉小姐。

("Good night, Seth."

("晚安，赛斯"。

(End at 10:25. Jane was fully dissociated, she said. Miss Callahan retired teacher who lives in the enough, she had her first stroke Since her illness then, Seth has 17, as well as in the 29th, 31st, others. Jane has also had clairvoyant dreams involving Miss Callah

(10:25结束。珍说她完全解离。卡拉汉小姐是一位退休老师，住在附近的一栋公寓楼。很奇怪的是，她从1F9e6b4年开始，赛斯在1917年以及第29、31、33等几节课中不同程度地提到过她的梦。珍还做过其他人的梦。

(After leaving the hospital, Miss C returned home, to live with a h Miss C, preferring to be alone, fi She has been quite weak since the weaker since doing everything for keep an eye on her. Miss C's memo is low also. She is extremely thin.

(出院之后，卡拉汉小姐回到家与一位管家同住。她宁愿独自一人，所以管家一直在照顾她。自从发病以来，她变得很虚弱。一切都要由自己来做，显得更加虚弱。珍经常去探望她。卡拉汉小姐现在的记忆力很差，显然她的能量也很低。

(See also the 63rd and 83rd sessions.)

(卡拉汉小姐的相关资料也可参阅第63节和第83

SESSION 134 第134节情绪来来去去,有许多起源,是伪装前的生命力

FEBRUARY 22, 1965 9 PM MONDAY 1965年2月22日星期一 晚上9点定期课

(Jane was upset about her work this evening so much, so in fact that have missed the session had I not been too lazy to dancing. It was cold and windy night. While we were discussing our problems we held the session.

(今晚珍为她的工作感到沮丧，事实上，如果不是我懒惰不想跳舞，她甚至会错过这个课。这是一个寒风凛冽的夜晚。在我们讨论问题的时候，我们就上课了。

(Jane spoke at a fairly normal rate, in a voice that was for the most strong and loud. She sat down, and smoking during the first part of the 9:02.)

(珍说话的速度相当正常，声音大部分都很洪亮。她坐下来，并在开始的第一段时间吸烟。她还抽着烟斗。实际上是在9:02分。)

The weather is indeed stormy.

的确是狂风暴雨的天气。

The inner discipline, the inner utilization of energy, the inner direction of energy on Ruburt's part in these sessions, would have impossible but a few years ago.

鲁伯在这些课上的内在纪律，内在能量的利用，内在能量的利用，几年前是不可能的。

This involves on his part not a conscious, but a subconscious chan
The new habit he has acquired very well. The psychic explosions th
fairly regular with him in the pas
degree since our sessions began.
personality, however, and it is hi
arises, outward in some manner, w
not be directed at another individ
and less disruptive than he thinks
concerning Ruburt's fidelity to th
have become important to you. Ru
sessions, although it is true that he sometimes consciously resents
involved in their regularity.

这,涉及的不是有意识的 ni ze d 而是潜意识的习惯的改变
好。 on 从我们的课开始以来 ing 过去他经常有的
度了 at 然而,I 没有 ac 试图搅乱他的人格 ag 攻击性
h 发 ll 泄是他的自然反应 s 同时 ub 也是迷信他小心
个人。对 Th 这 is 是 th 种相当健康的反应,he al
鲁伯 Y 的课的怀疑度 b,e 你一直有某种程度的不信任。
这时候 ar 会放弃这些课 e 。 a 他也有时
性所涉及的纪律。 time would not dispen
然而,在潜意识里,正是这种规律性使他感到安心
起落和流动,但存在着一种相当永久性的模式。我
讨论这些问题。然而一些评论还是有帮助的。

Subconsciously however, the very regularity is reassuring to him s
permanent pattern exists despite the flux and flow of conscious in c
not going to give over a full sess on to these matters However so
will be helpful.

Without Ruburt's now and then, really rather petty explosions, the
working habits and the stability of
regular. The explosions are after
have a definite balancing tendency
though this is quite an exaggerated
up also your hidden frustrations and
consciously he does not know this
harmlessly dispels pent-up, small
you both.

如果没有鲁伯偶尔的那种相当小的爆发,他的工作
应的稳定度,几乎就不可能这么规律。这些爆发
是无害的;有一定的平衡倾向。我亲爱的约瑟,这
然,这些爆发也不仅是他的;因为他吃接受了你
感受到它们,但在意识上他不知道。然后他在这些
属于你们两个人的积压的、小而有力的情绪炸弹。

There is also, though this will vanish a strong giving of self in the
Ruburt's part, a giving of self that
And when he is angry he does not
any feeling on his part of being s
occasionally, and only when he is perturbed at something else.

还有,虽然这情况会消失,但在这些课程中鲁伯
已的情形,这种给出自己,包括暂时的放弃情绪。
自己的愤怒。将会消失的是他潜意识里被推迟的感
而且只有在他为其他事情感到不安时才会有这种感

The material itself however shows that we are coming along very we
to get across delicate shadings o
earlier. Our sessions have had a
continue.

然而,资料本身表明我们进展得很好,能够表达
这方面的微妙色调。我们的课对你们双方都产生了稳定的影响,并

I will let you have your break now
(Break at 9:24. Jane was well dis
appeared that only two or three m
rather strong manner at 9:34.)

我先让你们休息一下,然后我再继续讨论其他资料。
(9:24休息。珍解离如常。她说时间过得很快,
尚未有力的方式继续。)

Only one more additional note here

关于这个问题,还有一点要补充。

On a conscious level you, Joseph
therefore more concerned when Ru
with him, as with you, the peculia
spontaneity that makes the sessio
rebellion, that allows the session

在意识层次上,你,约瑟,更注重规律,因此,当
鲁伯的时候,你会更加关注。然而,正是由于他和你一样,
结合在一起,才使这些课程成为可能;而鲁伯的这种
自发性,使课程得以继续。

For without a rebellious nature neither of you would have permitted
to begin. From this mixture all cre
a necessity. This does not mean h
missed, or that such a missed ses
symptom. Overall our schedule wi
merely the spontaneity that comes
discipline.

因为如果没有叛逆的天性,你们都不会允许课程开始
这种混合,我们有规律的时间表现在是必要的。然而
这并不意味着一节课没有被错过,或这样一节错过的课应该被视为一种
症状。总的来说,我们的时间表将保持不变,但我们不想要僵化,只是
自发性的自由。

This may not seem so to you, but
not consciously, Ruburt trusts bot
sessions. He will not allow the ra
our schedule, but because he trust
disturbed as you are if a session

这在你看来可能并不是这样,但因为在潜意识里,基本
但鲁伯既相信自己的直觉,也相信我们的课程的有效性。
的暴躁部分打乱我们的时间表,但因为他在潜意识
过一次课,他不会像你一样感到不安。

This is because you are more apt
your temperament, though you trust

这是因为你的性格更倾向于强调规律性,虽然你和
自己的直觉 in tu it ve in the sessions,

We have truly done much in a year
position, you would be more willing
critical sense would block me much
your position Ruburt would not do

我们一年中确实成就很多。我们会做得更多。
你会比他更愿意规规矩矩;但我亲爱的约瑟,你的
尤其是在细节上。而且在你的位置上,鲁伯也不会

You have set up more blocks than he has. He will be more vulnerabl
receptive to your moods than you a
because of the constant emotional
involved. You fear Ruburt's moods
swept away by them. For as a child
raw emotions of your parents, and
I have said, you two temperamentally balance each other well.

你设置的阻碍比他还多。他会比你更容易受你的心情影响,
因为你们的情绪交流。你害怕鲁伯的情绪,害怕被
这个原因,你也害怕鲁伯的情绪。你小时候,你就害怕自己被父母的原始情绪吞没。你对
父母的原始情绪,正如我说过,你们两个在性情上相互平衡得很好。

You know by now that emotions even change the physical cells, we
through them as wind through branches and leaving imprints within the reality
of dreams, the physical reality,
reality, in terms of coded systems.

你现在知道了,情绪甚至会改变物质细胞,像风穿
多实相中留下印记,在梦的实相、物质的实相、电
码的系统方面。

There should be an easy flow and
come and go; but ego often holds
case they become imprisoned, and
of emotions is something that we

应该轻松地流动和接受这样的情绪,它们来来去去
经常紧紧地抓住它们,在这种情况下,情绪被禁锢
的起源是我们仍要讨论的议题,因为有许多起源。

Some emotions originate within the
that are then rationalized and hel
and will pass to be replaced by others, unless the ego holds them

有些情绪源于人格内部,但另一些情绪是像风
情绪的确是动态的,而不是静止的,并且会被别的
情绪所取代,除非自我坚持它们。

Emotions also are electrically coded, and also have an independen
reality. On a physical level they
strength of emotions cannot be ove

情绪也是电性编码的,也有独立的电性实相。在物
质层面,情绪的电性特性,其力量不可高估。因为

tinged form the uncamouflaged vitality of your inner self. Emotions represent, the constructed into camouflage.

代表了你内在自己的生命力，它被建构成伪装之前的纯粹形式。

It has been tinged psychologically in its entry through the subconscious is all. Emotions are the most vital tools with which you have to work. reason that you must learn how to use them.

情绪在通过潜意识进入时，它在心理上染上了色彩。情绪是最重要的工具。正是因为这个原因，你必须学习如何使用它们。

I suggest your break.

我建议你们休息一下。

(Break at 10:00. Jane was well dissociated, and still amazed now a passage of time during her delivery. She resumed in the same stron 10:13.)

(10:00休息。珍解离如常，现在还在惊讶于传达以同样有力的方式继续。)

Joseph is now facing the fact of his own aggressions, as he never any strong extent in the past. Consciously he realizes that since the subconscious data is at least as strong and in the dreams aggressive tendencies are actually in an actual manner, as satisfying within the physical field. And to dreams such aggressions find physical outlet, and save you quaches and pains, by the way.

约瑟现在正面临着自己攻击性的事实，因为他过去从来没有过强烈的攻击性。因为潜意识的资料至少同样强烈，梦境中的攻击性倾向确实被释放出来了。体现在物质场域内的锻炼一样，潜意识通过肌肉的运动，即使在梦境中这样的攻击性也能找到出口，减少疼痛。

Again, you Joseph feared aggression in the past so strongly that y allow yourself to even recall such knowledge of aggressive dreams, fears violence. This is one of the moods.

再一次，你，约瑟，过去如此强烈地恐惧攻击性，以至于你甚至不允许自己回想起这类的梦境。你害怕暴力。这是你情绪的一种。

He is too meek in many ways, for he is not basically a meek temper for this reason I always encourage him physical activities. He afraid to face natural aggression, and both of you are fearful he're

他在很多方面都太温顺了，因为他基本上不是个温顺的脾气。因此我总鼓励他多运动。他害怕面对自然的攻击性，你俩都害怕他的攻击性。

I will not go into particular dreams now warning concerning either of you, however.

我现在不谈特定的梦境。不过，我要提到的那个梦境，有关告诫你们俩中任何一个的警告。

I have to some extent attempted to tie in personal material with more information this evening. Ruburt's psychic state, late winter state, and this seasonal influence also somewhat for his occasional, really deep feelings of discouragement.

今晚我在一定程度上，试图将个人资料与更一般性的信息联系起来。比如通常的晚冬状态要好很多，这种季节性影响也在某种程度上导致了他偶尔出现非常深的沮丧感。

These feelings of discouragement, however, though much deeper in should be dissipated as quickly as possible, and the energy used in a new plunge into work. The feelings of discouragement could in the despondency, and his intuitional sound one.

然而，这些沮丧的感觉，尽管在过去要深刻得多，应该快速地驱散，然后能量用来重新投入工作。现在没有这种气氛在某些情况下可能会变成一种不健康的沮丧，通过寻求人们的帮助来治疗这种沮丧，是一个合理的决定。

(Just as our wall clock indicated 10:30 PM, an unfortunate thing cat Willy had several times jumped up on Jane's lap as she spoke. disturbed Jane's trance state to some extent, and I had been trying to away from her.

(就在我们的挂钟指着晚上10点半的时候，不幸的事情发生了。猫威利多次跳到珍的腿上。她说话的时候，威利多次跳到珍的腿上。这在一定程度上干扰了珍的恍惚状态，我一直试着不让他靠近珍。

(Willy now jumped up once more. Reaching for him to make him mov grabbed his tail and at the same time easily lost his balance and pull backward. He came loose, but at the same time claws caught in Jane's lap. I had to pull a claw out of her skirt. The action the claws scrape across Jane's eyes snapped open and she cried out. It was evident that the cat had scratched her through Jane clearly did not know what had happened exactly. She appeared dazed. I said nothing, not wanting to pull her out of her state. was then surprised to see her sitting quietly, with her eyes closed. her full state. If Willy's scratches hurt she gave no sign. Indeed, she began speaking again. Resume at 10:31.)

(威利现在又一次跳上去。我伸手想让他移开，我失去平衡。我把威利往后拉。他逃脱了，但同时他的爪子在珍的裙子里钩住了。我不得不把爪子从裙子里拉出来。爪子在珍的眼睛上留下的印痕，睁开了眼睛，她尖叫了起来。很明显，那只猫隔着衣服抓伤了她。珍显然不知道到底发生了什么。她看起来恍惚。我什么也没说，不想再突然把她从状态中拉出来。我惊讶地发现，她静静地坐着，闭着眼睛。她完全解离了。威利的抓伤，她也没有表现出来。事实上，珍面带微笑，再度开始说话。)

You would have both been incapable of producing your present work ago.

即使在一年前，你们俩也不可能做出现在这样的作品。

I will here add Joseph, that you did not know what you was, and as my entity is. I am sure you know what I am.

我想在这里加上一句约瑟，你确实把我画得很像存在的样子。我相信你知道我指的是什么。

And do not fall, either of you, into winter doldrums. I will not melt in the springtime. You are both progressing in your work does not grow in even ways, but in seeming sudden bursts of and in seeming wastefulness, which is not waste at all.

你们俩谁也不要陷入冬季的消沉。因为我是一个快化。你们都在工作中不断进步。创造性的工作不是看似突然冒出的活动中，在看似浪费的方式下成长。

My best good wishes to you both.

我向你们俩致以最美好的祝福。

("Good night, Seth."

("晚安，赛斯"。

(End at 10:35. Jane was well dissociated, as before. She did remem something scratching her, and it developed that Willy had drawn a blood.

(10:35结束，珍完全解离，和以前一样。她的确记得有东西抓了她，而且发现威利抓了几道血印。)

(I have just finished an oil painting of two heads, male; one of the appealed greatly to Jane, and had since the beginning. I had not g thought, beyond wondering where I had gotten the idea for the painting with. I had taken it somewhat for granted that I was using some kind of telepathic information. I had assumed that the head Jane likes is of a blond man, a male head. The features are rather regular, the jaw square, the eyes blue. Jane painting although as I worked on the picture I was as much intrigue as by the other.

(我刚刚完成了一幅油画，画的是两个头像，男性。珍对这幅画印象深刻，从一开始就有。我没有多想，只是想知道我从哪儿得到的灵感。我曾经想当然地认为，我画的脸是某种心灵感应信息来源。赛斯曾说过，我经常用这些信息来源。珍喜欢的头像是个金发男子的头像。特征比较规整，下巴方正，眼睛蓝色。珍对画中的另一个头像感兴趣，画的时候，我对这个头像和另一个头像都很感兴趣。)

(I have been keeping a record of my dreams for several weeks now, Jane's example. It is a fascinating exercise, and I have borne some small fruits as far as understanding. Lately the dreams have taken the form part, and it had been my own idea. I suppose this aggressiveness re good thing.

(几个星期以来，我一直在仿效珍，记录我的梦境。这是个迷人的练习，我也取得了一点成果。最近梦境中出现了很多我的攻击性的行动，我自己也放任了这种攻击性。我想这是件好事。)

(The particular dream Seth refers to on page 270 concerned one l night of Sunday, February 21. In that dream he received news of his wife his inner senses, by which he sees her in a physical sense, by which he sees her dies many miles away. The apparition appeared in the dream. It was still the dream was very vivid, and somewhat upsetting. We believe this of clairvoyance, and that possibly the identity of the a in the dream.)	(赛斯在上面提到的那个梦和我在2月21日星期 个晚上梦见了他妻子过世的消息。 他看到她的幽灵出现在他面前。我在梦中看到 还是非常生动，且有些让人不安。我相信这里有 了我在梦里看到的幽灵的身份。)

SESSION 135 第135节没有任何行动是完成的,距离在电性强度中发生

FEBRUARY 24, 1965 9 PM WEDNESDAY	1965年2月24日星期三晚9点定期课
(John Bradley, of Williamsport, PA, has attended session he has attended since that 1964 has visited us often since then, and session. The sessions regula	(来自宾夕法尼亚州威廉斯波特的约翰·布拉德利，是这节课以来他参加的每一次课程。从1964年以来，他经常到访我们这个课。)
(Perhaps because of the presence of a witness, Jane was nervous b session began. Once again she dictated while sitting down and wit closed. She spoke quite rapidly, in a somewhat louder and e usual, and continued in this vein throughout the session. She was a animated than usual, and used much emphasis and many gestures. P were quite rare.	(也许因为有证人在场，珍在这节开始前很紧张。 再次，她说得很快，声音比平时更大更低沉，在整节 更活跃地用了很多强调和很多手势。很少停顿。)
(It will be remembered that Philip is John's entity name and that Macdonnel's entity name is Mark.)	(请记住，菲利普是约翰的存有名，比尔·麦唐纳的存 有名是马克。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
([John]: "Good evening, Seth.")	([约翰]："晚安，赛斯"。)
I will here welcome Philip to our sessions and continue along the material, I will continue along the sessions.	我将在此欢迎菲利普参加我们的课程，由于他熟悉我 的资料，我将继续这样的课程。
Much of the information that you have been receiving lately can be verified by physicists and mathematicians. But this does not mean that it will necessarily come about.	你最近收到的很多信息都可以被物质学家和数学家 证实是可能的。但这并不意味着一定会发生。
Your letter, by the way, to the publisher, was an excellent move on book being prepared by Ruburt is coming along well. Some more w needed on pages 52, 70 and 90. If he will read these sections th changes will occur to him. I will see to it.	顺便说一句，你们写给出版商的信，是你们这边一 写的书进展顺利。在52、70和90页，需要再下功 就会做些必要的修改。我会关注着。
(After the session, Jane said she had no idea of what Seth m those particular pages of the Seth manuscript. But she does not wa them until she is ready to go to work on them.)	(在课结束后，珍说她不知道赛斯手稿的那些特定页 看这些资料，直到她准备好要去编写这些资料时。)
It is most pleasant this evening, with our small group. I am still w Ruburt in an attempt to make the sessions more comfortable, and it takes a while for him to become accustomed to our new method o	今晚和我们的小团体在一起真是太愉快了。我仍在 莫雷，尽管他必然需要一段时间来适应我们的新方
The Mr. Gottlieb of whom you have spoken is Morris Gottlieb. I m difficulties, I am afraid. We will return to other discussions.	你们刚才提到的戈特利布先生（Morris Gottlieb）， 我们将回到其他讨论上来。
I have said that the electrical universe is, again, a materialization inner vitality, of which everything is composed. This vitality has a independently of any and all such materializations, which brings us interesting point.	我说过，电性宇宙，同样的，是一种内在生命力的 组成的。这种生命力有一个独立于任何和所有这种 到一个很有趣的点上。
It is most difficult for you to contemplate the existence of that w independent of its own materializations, this vitality, in your terms, formless. But our discussions should have led you into intangibles.	对你们来说，很难思考那独立于它自身物质化之外 所有其他形态，而这个生命力，用你们的话来说，是 宙的讨论应该已经把你们领入了无形的领域。
It should be easier now for you to understand this vitality, since w spoken in terms of reality existing in a framework. You have also spoke of distances in terms of actions and the angles between perceivable framework of the sort with which you are familiar. distance that had its reality in terms of various intensities wit electrical actuality.	现在你们应该更容易理解这种生命力，因为我们已 相应地，你们会听得我曾以行动的角度谈到过距离， 熟悉的那种可感知的架构中。我所说的距离有它的 实相中，以各种不同的强度而言。
(See many of the recent sessions.)	(请参看这节最近的课程，特别是第112、255节以后。)
Therefore, traveling through such distance would involve travel electrical intensities that go into the existence of an action electrically occurs. This idea of action within action, of distance within action, is a fairly new one in our sessions.	因此，经这样的距离，将涉及到行经任何既定行 这种行动中的行动，行动中的距离和运动，在电性 心。
No electrical reality is composed of simply one impulse. Although speak in these terms for simplicity's sake, every electrical impulse composed of a truly endless variety and range of intensities. each electrical impulse contains within its own infinity of varia	没有一个电性实相是由单一脉冲组成的。虽然为了 个语来说明，但每一个电脉冲本身就是由真正无穷 的一个范围内的强度所组成。每一个电脉冲都含有它自己的无
It is difficult here to do more than simply give you this statement your leisure, consider the makeup of your own dreams. You may p intuitively understand what I mean. For the distance is not in dreams, you may go but a little way; yet this distance as we said, space. This comes close to evoking an understanding of distance a electrically, existing within an action.	在这里，除了简单地给你们这番陈述之外，很难再 闲暇时，想想自己梦的构成，你可能会部分地、直 的距离是无止境的，尽管你所能只是一小段路 说过的，并占空间。这接近于唤起对距离的理解 生的，存在于一个行动之内。
I suggest your break.	我建议你们休息一下。
I do not, and I have said this before, want to break up the tone am not sure that I could put you back together again.	我以前说过，我不希望你们的任何破碎成 的相关语调，因为我不确定我是否能把你们重新组
(Break at 9:20. Notice that break came quite early. Jane was well she said, and her eyes opened slowly. She resumed in the same for manner at 9:30.)	(9:20休息，注意这次休息来得很早。珍说她充分 开，9:30她以同样有力的方式继续。)
The intensities merge one into the other. Even though we may	这些强度一个融入另一个。即使是我们用来描述它们

them are at best poor symbols, fo 的象w征en因为当p我ake到 o-f项a行n动a时c,t他乎,我i说 的w是
I spoke of one indivisible concre 行动c,o而情况并e非如此sue, and such is n

No action basically is ever complet 基本上没有任何行动是完成的。这句话以后将把我
further realms. All possibilities are 可能性都对一个行动开放，电性行动。而同样
again, within it are an infinity of va 化和深度的强度，这使行动在许多维度同时具有实
a reality in many dimensions simultaneously. Where strong intensit 之处，这个实际现实，就会被说成是投射在属于那
then the actuality will be said to project within the field of reality 场中。
the range of that particular intensity group.

Such electrical realities then, through the strength of their intens 这样的电性实相通过其强度的力道和特定范围
particular range, are projected in 投射到其他场域中向所谓的时间旅行的干涉及穿
Any so-called travel through time 仪器的内在来说显然不可能，但对内在自己来说并
intensities. This is obviously impo 自己有自己的电性实相，它同样是由特定的脉冲和
is not impossible for the inner se
reality, which is again composed of particular impulses and intensi

All depth, all dimension and all distance is therein contained with 所有的深度、所有的维度和所有的距离都包含在宇电
universe. There is here, as I have 这里没有你们所说的大小，也没有你们所说的
shape in your terms: but there is 对的实质而是变化的，可以说它在无限的强度内，
varying, and which can be said to
within the infinite intensities. And 任何一个给定场域内的所有实体，都是在
within such intensities.

Once more, your own inner psychological experiences, and the 再有，你自己的内在心理体验，以及每个个体的
individual, can lead you to some understanding along the lines 这些方面有些理解。如我前面所说，这些不应
earlier, should this seem so strange 对他看不见的东西也会命名和识别，而且他还区别
he cannot see, and he divides and 镜子看时你看不到你的自我。你永远看不到它。
into a mirror you do not see your ego. You can never see it. You ex 也直接体验我所说的这种距离
directly, and so do you experience directly this sort of distance of

But as you cannot find life by dissecting a frog, you cannot find 但正如你无法通过解剖青蛙来发现生命一样，你也
distance by exploring space. When you dissect the frog you destroy 种距离。当你解剖青蛙的时候，你破坏了你直
you had been seeking. You are left with a carcass. You can only directly 装。只有通过直接经验，才能知道这些事情。
will anyone know of these matters.

Again, by looking where nothing seems to be, you will find much. A 同样，通过在看似无物之处寻找，你会发现很多东
exploring that which you cannot touch, you will discover that which 融摸之处，你会发现那比触摸更接近你的东西，
to you than touch, for the outer senses touch one of the most 有的直接经验最接近的对应物之一。它包含了相
counterparts of direct experience that you have. And it contains d 变层次和种类，这以其自身的方式，接近一个电
gradations and varieties that cannot be recorded by scientific instr
this comes near in its own way to the infinite varieties presented wit
electrical action.

I would also suggest Joseph, that will allude respects that within 我也建议约瑟，您我直言，在你拥挤的日程安排中
schedule you find time now and then for psychological experiments. 心理时间实验。正如许多老师所说，熟能生巧，而
many teachers say, practice makes perfect, and lately in this respe 配得上一颗奖励金星。
exactly deserve a gold star.

Nor does Ruburt. He either goes overboard and overdoes, or does n 鲁伯也不够格。他要太过火，太过火，要么
that respect, and I believe in other respects. The half-hour limit s 信在其他方面也是如此。半小时的限制应该
maintained, however. You should be able to experience how, directly 直接体验到我所提到的那种距离。
distance to which I have referred.

I will now suggest your break. 我现在建议你们休息一下。

(Break at 9:50. Jane was dissociated as usual and again had trouble 9:50休息。珍像往常一样解离，而且再一次难以
her eyes. They "felt like they were glued shut," she said. Her trance 她的眼睛。她说为即使她坐着，她的出神状态也比
state was somewhat deeper than usual even when she is seated.

(She resumed in the same strong (m1a0n:n0er。她以同样的强力的方式继续。)

I find the conversation most amusing, and myself will have a hand 我觉得这个对话很有趣，对任何批评，我都能帮上
critics.

And if I do not seem spiritual enough for anyone who reads the mate 如果对任何阅读资料的人来说，我似乎不够有
it be said that I have never pretended to be the Holy Ghost. Such a 没有假装是圣灵（Holy Ghost）。这样的说法也是
also based upon your definition of spiritual, which is at best a 以在你们的当代社会中，充其量也是很有限的
contemporary society, and whose limited conception is indeed the re
duality which has besieged mankind now for centuries. 人类几个世纪的二元性的结果。

(Seth talked about this duality as (赛斯早在第一节课第25节就谈到这个二元性。)in

What I have been telling you this evening, and my discussions in a 今晚我一直在告诉你们的，我在所有课上的讨论，
sessions, all my comments, have 本的和简单的事实，这些事实对人类的天性来说并
not alien to mankind's nature, but 密。超过一百三十年以来，这些基本知识，这
that over one hundred and thirty s 人确实已经脱离了自己的灵魂本质。
in itself, adequate proof of how m
nature of its own spirit.

I am always amused and somewhat agitated at talk of so-called spi 我总是对谈论所谓的灵感很好笑，也有些激动，
when barriers have been effectively 把人的本质切割成两半时，我会有效地处理任何这
and I will effectively deal with any 重点上，这种情况下我希望你们不要说出口
mouths. Indeed, I would prefer, under
speak out.

Most of our material will indeed be shown as valid. I do not speak 我们的大部分资料确实会被证明是有效的。我不谈
matters as far as definite times are 不打算鲁伯特经常的自我中心，而且你们都能处理这
Ruburt is egotistical enough as it 些资料将会广泛的流传，
continue on. The material will see
both able to handle such circumstances.

I show to you those facets of my personality with which you can at 我向你们展示了我人格中你们最容易适应的那些面
most readily. I am indeed here, and 们意识到的更多。因为你看到的是我的体验，现在
your experience of me now exists 编码资料中。我就是我自己，我依然存在于
systems. I am myself. I still exist, however, in electrically coded 的电性编码资料中。我解释过，所有个体的经
about, yourself; as I have explained that all individual experience 保留的。
electrically coded and retained.

I thought that you would understand this automatically, but apparen 我以为你会自动明白这一点，但显然你没有。我代
I am pleased with Philip's interes

out, so to speak, on his behalf.	高兴。而我也确实在留意着，可以说，以他的名义
There are many reasons why such a rapport was first established and continued. And there will be in the future an event that will bind them together.	之所以能先建立这样融洽的关系，然后又继续下去，一件事，将你们三个人连结在一起。
There mention once more that you keep some watch upon Miss Callahan. This would indeed suggest that Ruburt, the mail to Miss Callahan. This will not be a concern is felt here.	这里再提一次，你们要留意卡拉汉小姐。也真的会建议，鲁比亚特，拿信件给卡拉汉小姐。这样卡拉汉小姐不会为了拿信爬楼梯感到是在乎的时段要留意。
(It is Friday night as I type this, Callahan appears to be all right. Jane saw her at 3 PM, been picking up Miss Callahan's mail and also some manages to look in on her at another time of day.	(我打这封信的时候是星期五晚上，课的两天后。还好，珍在下午3点看到她，送信时间从珍听建有时也会在其他时间去看她。
(Miss Callahan is not completely a noon meal for her, and usually stay about 1 PM.)	(卡拉汉小姐并不完全是个人。她现在有个妇女带午餐，通常会陪她到下午1点左右。)
During our next session we will go more deeply into those pyramid which we have spoken in the past, entirely the scope and nature that frameworks these pyramid gestalts existence goes beyond not the range because of the strength of their ideas field of actuality that exists.	在下一节课中，我们将更深入地探讨我们过去讲过的金字塔完全从另一个角度来看待的概念的范围和性质，这些金字塔完全形成了这种格式塔的框架。存在的范围不仅仅是超出了现实的范围，而是因为它们强大的思想而存在于其他实际现实的领域中。
I will now close our session. When the three of us are together occasion, then perhaps we shall see about your effects show me, Ruburt. And here you see this Because Mark has seen what has seen, our Ruburt is dubious. Why? Because Mark has seen what seen!	现在我将结束我们的课。当我们三人在其他场合相聚的时候，让我看看你的效果。让我看看，让我看看，让我看看，鲁比亚特。这里，你看见的东西，我们的鲁比亚特是半信半疑。为什么？因为马克见过的东西，马克见过的东西！
Mark's abilities, while untrained, are excellent. He is naive and reason his abilities allow him to see what has been out before him. more along these lines. However Ruburt would not take kindly all in his debt to some degree. My heartiest wishes to you. I will consider prolonging the session. However, we shall end it as prefer.	马克的能力，虽然没有经过训练，但他的能力是非常优秀的。他是个天真的人，但他的能力让他能够看见摆在他面前的东西。由于这个原因，他的能力让他能够看见摆在他面前的东西。鲁比亚特不会太喜欢这些线索。然而，我毕竟欠他一多少程度上的债。我真心的祝福你们要的话。我会考虑延长这一次课。如果你们要的话，我们就结束吧。
("I guess we'd better.")	("我想我们最好结束吧"。)
Then by all means do so. I will give you a puzzle to solve five, a Saturday evening. And that is all I will say.	那就结束吧。我给你们一个谜题要解决，周六晚上。这是我要说的全部。
("Good night, Seth."	("晚安，赛斯"。)
(End at 10:29. Jane was again well dissociated. John Bradley said was much harder to follow, when witnessed a session. It was much communicate with Jane mentally while company, Searle Drug. But since considered his efforts a failure, for whatever reason.	(结束时间10:29。珍再次完全分离。约翰·布拉德利说，当他见证这次课时，跟踪这次课要困难得多。这次课的沟通比与珍精神沟通要困难得多。但是，由于他的公司，塞尔药品公司，的原因，他认为他的努力是失败的，不管出于什么原因。)
(Jane finished the session in good effects, Mark, and the like. And I my little puzzle	(珍顺利地结束这次课，特别是关于马克的效果等等。我对我的小谜题很好奇。)

SESSION 136 第136节没有重复的东西,一切投射相似但不相同

MARCH 1, 1965 9 PM MONDAY AS DULY RECORDED	1965年3月1日 星期一晚上9点定期课
(Jane dictated while sitting down and clear. She spoke at a fairly rapid rate), and smoked part of the	(珍坐着，并且闭着眼睛口述，她的声音安静而清晰。她说话相当快的速度，并抽烟。)
Good evening.	晚安。
("Good evening, Seth")	("晚安，赛斯"。)
Before we begin with other material, I would suggest that Ruburt spend a day a week for the marketing of his own manuscripts.	在我们开始其他资料之前，我要建议鲁比亚特每周抽一天为他的稿子。
During the rest of the week, he should do what he can to promote this aspect. This is a suggestion, and not a command. It is all.	一周其余的时间，如果可能，他应该尽力推广这方面。这只是个建议，并此而已。
The components of the electrical universe are drawn from all energy manner that could be described as a constant jugglingact. For this never still, and it goes without saying that no electrical impulse instant of reality to the next. That is, it is never the same, or identical. It is not therefore of the same intensity, though it same approximate electrical mass.	电性宇宙的组成部分是从所有能量中提取的其方式因为这种能量从来都不是静止的。不言而喻，从来没有一个电脉冲是稳定的。也就是说，它从一个现实瞬间到下一个瞬间。因此，它的强度是不一样的，尽管它不是相同的。因此，它的强度是不一样的，尽管质量。
Change alone allows for the possibility of identity within any universe change there can be no value fulfilment, no experience, and no identity of the electrical universe are projected into many fields. Therefore some degree is recognized as a reality within many fields.	仅仅是变化就能让任何宇宙中的本体身分成为可能。没有变化，没有经验，也没有本体身分。电性宇宙的部分投射到许多领域内。因此，在某种程度上被承认为许多领域内的实相。
Practically, your own identities exist electronically as well as have been codified form. At some later occasion we shall go into, such duplications are only apparent, and nature that could be reflective result. In such cases almost though not entirely without a duplicate is projected by an original electronically. We are for this material. I wanted however to mention the occurrences, since such projections have and do happen with some	实际上，你们自己的本体身分是以电性形态存在的，以电子形式存在。在以后的某个场合，我们将讨论看似如此的复制品，其本质可与反映的结果相比较。在这种情况下，几乎没有例外，但这种重复是由一个原创，以电性方式投射的。我们在这个情况下。我想提一下这种情况的发生，因为这个资料完全准备好了。然而，我想提一下这种情况的发生，因为这种投射已经而且确实经常发生。
If you will consider the projection of a thought, that is intangible, another individual, and hence both physical matter, then you may consider We have here a rather delicate point	如果你会考虑一个思想的投射，那是无形的，它会到另一个人，因此两者都是物质的，那么你可以考虑间接地影响到实质物质的行动。我们这里有一个相当微妙的问题。我已经说过，没有

Yet you may say, are not some thoughts identical? Is not the same thought when it reaches B? This is rather important, since an explanation will do much to explain a frequent difference that occurs in telepathic communications.

说有些思想难道不是重复的吗？这些变化可能确是微小的，但是有意或无意地传递的思想到达B时，A的思想并非同一个思想。

Whether or not A, the sender, knowingly transmits this apparent duplicate of its transmission the sender formulates a electrical impulse, pa supposed to duplicate the original thought. But no such identical possible, as far as I know, within reality of any kind.

不管发送者A是否有意地传送了这个明显的副本，成了一个电脉冲模式，这模式应该是复制原来的思想。但它不是相同的思想。

A side note: Identical twins, for example, are not identical.

附注：比如孪生兄弟，几乎没有相同的。

As soon as the attempt is made to duplicate the original thought, that the attempt itself strains and distorts the original thought, so that greater degree. The point that I wish to make is, that the attempt to duplicate actually forces, because of the attempt itself, to line up in a different pattern. When B receives this thought, it is not the thought, bearing great resemblance to the original thought.

一旦企图复制原来的思想，那么就会发现，这企图本身会使原来的思想发生变化，或是更大程度的变化。任何这种复制的企图，由于企图的本质，实际排列。当B接收这个思想时，它已经是一个新的思想，但它不是相同的思想。

In this case action forces change and by the very nature of action duplications can occur. It may be said for practical reasons that A and B have identical thoughts. But the thoughts are not identical.

在这个情况下，行动迫使改变，而根据行动的本质于实用的原因，可以这么说，A和B有相同的思想。

I suggest your break.

我建议你们休息一下。

(Break at 9:25. Jane was dissociated. She said she thought it session, rate, still in the same quiet voice.)

(9:25休息。珍解离。她以最慢的,声音。9):32.)

An identity is by definition and nature.

本质上,从定义和本质上看，是一。

An identity can appear, be perceived, in many places, but there is but one identity being viewed from many perspectives.

本质可以在多个地方出现、被感知，但在这种从多个视角被观察到。

We will be going into some matters that may appear complicated in but this is only the effect, again, fashion, one before the other. Regard might appear before this particular nature cannot be duplicated.

我们将讨论一些在讲述中可能显得复杂的事情，但这只是效果，再一次，一个接一个地。关于这个特定的本质可能出现在此之前，本质不能复制。

I cannot explain everything at once, and so obviously many questions remain unanswered until we can get to the end. Prior to actually be transmitted, then A would have it no longer. Since it is transmitted to B, A thought, then B has not the identical thought, but it is a similar but still un-identical thought.

我不可能一下子解释所有的事情，所以很显然，很多问题在没有答案之前，直到最初的思想，正常传递给发送者A，你将不得不面对不可避免的结果：如果它传到了B，那么A就不再拥有它了。既然A显然失去了思想，则B并不是完全的重复，而是相似，但仍是一个相似但还是不同的思想。

Prime identities cannot be duplicated. Duplication, exact duplication, merely an effect of insufficient knowledge. Two identities may indeed appear identical, but whether in certain circumstances two identities may appear identical, duplication is impossible. Now. When a person receives a thought, he may react and interpret, to a particular range of frequencies that the original.

原始的身份不能复制。重复，完全相同的重复，只是不充分知识的效果。两个思想可能确实显得相同，但是否在某些情况下两个思想可能确实显得相同，重复是不可能的。现在，当一个人接收一个思想，他可能会对这个思想中，与原始思想相似的部分作出反应和解释。

He may, on the other hand, react to and interpret portions of the thought not similar. He may then react and interpret, to various overall frequencies that the original believe I explained to you somewhat earlier.

另一方面，他可能对思想中不相似的部分作出反应和解释。这里的反应取决于一系列因素，包括思想的脉冲的强度，以及他对特定强度范围作出反应的习惯性地进行各种。他可能会以整体的全面性的频率作出反应，这大概是我早些时候向你们解释过了。

An individual will therefore feel more at home operating within certain frequencies, and he will feel less at home when operating within other frequencies. The original thought used as a pattern, therefore, for the new electrical impulse, it may or may not be directed at any given receiver. It is obvious that duplicate is present; and were it not for this attempt to duplicate, would be little similarity between any separate identities.

因此，个人在某些频率范围内操作时，会感觉更舒适，而在其他频率范围内操作时，则会感觉不自在。因此，最初的思想作为模式，因此，对于新的电性冲动，这个新的电性冲动可能针对或不针对任何给定的接收者。显然，复制的企图是存在的；如果不是这复制的企图，就不会有什么相似之处。

Because of the nature of this material, the session, I suggest that we take a short break.

因为这份资料的本质，建议现在休息一下。

(Break at 9:54. Jane was well dissociated. She said she thought it session, because "my head feels as though there is absolutely nothing but the session." She thought Seth was trying to use her abilities could, in order to present the material without mix-up.

(9:54分休息，珍解离,如常。她觉得这节很好,因为“我的头感觉什么都没有。她认为赛斯是在尽其所能地利用她的能力来呈现这份资料。

(Jane resumed in a little faster m(a 0 e 2 , a珍以稍快的速度恢复。)

Identical realities, therefore, do not exist.

因此，不存在完全相同的实相。

Now. The nature of the thought that is received by our sender B is many factors. We shall merely consider the original intensity of the thought as far as possible, the familiar range of frequencies that compose the new thought to any intended receiver.

现在，我们的接收者B收到的思想，其本质由许多因素决定。我们将先考虑这些因素，包括A所拥有的思想的能力，以及A形成的熟悉思想单元的频率范围，对预期的接收者来说，新思想的频率范围。

The receiver will understand and interpret in general the intensity in the habit of using himself. Some fall within his range, and some may fall within his range, and some may not. proof of sorts can be achieved.

接收者一般会理解和解释他自己习惯使用的强度。有些落在他的范围内，有些可能不会落在他的范围内，有些可能会落在他的范围内。在这种情况下，可以到达某种科学证明。

It may happen however that the dissimilarity is what falls within his accustomed range, in which case the thought which are similar to the accustomed range.

然而，也有可能是思想相异的部分落入他的特定

be received by those individuals occur simultaneously.	下，这样的思想会被那些同时发
Now. I have told you that emotions also possess an electrical reali formed and sent out within the impulse of emotional energy. The mes of the peculiar nature of emotional electrical masses particularly strong electrical masses have very intensities. For reasons that we will in a strong emotional impetus under a tendency toward duplication, and are apt to be interpreted with sor	现在我告诉过你们，情绪也具有电性实相。在情绪的冲动下，往往会成功地复制。因为情绪电脉冲本身的特性质量，它们通常也落入强大的电荷强度之内。由于强烈的情绪冲动，形成的思想将带有更大的倾向，并且容易被错误地诠释。
Also, all individuals have had familiarity with emotions as they e electrical intensities, and are accustomed to reacting to them. The process is instantaneous. However, the thought which is now an apt of the original thought, and actually an identity of its own—	同样，所有个体都熟悉情绪，因为它们存在于电性作出反应。整个过程是瞬间的。然而，与原本思想上是它自己的本体——。
(There now came a knock on the door. It was 10:23. Once again, as 133rd and 134th sessions, Jane was disoriented, groping for her bearings, and further the shock by getting up to open the door. We stopped. As before, Jane then drifted into trance, and the session continued at 10:25.)	(这时传来敲门声。时间是10:23。再一次，就像133rd和134th sessions，Jane脱离了她的状态，茫然地摸索着她的方向。不是通过开门来进一步加深震惊。我们停下了。如前，珍随后进入了出神状态，并继续了10:25。)
The thought is changed once more	这个思想被接收者再一次改变。
He does not interpret the thought. He interprets its meaning and f thought identity.	他没有解释这个思想。他阐释了它的意义，形成了
With our new system of communication interruptions are shocking t suggest that we end this evening's session.	在我们的新沟通系统下，中断对鲁柏是惊吓。我建
("Good night, Seth."	("晚安，赛斯"。
(End at 10:28. Jane was dissociated as usual. We did not like to s session end so abruptly. Since interruptions are a matter of a hazard because of Jane's deep state, we have decided the sessions into our bedroom. We have also placed a table and chairs; the better yet, the room is isolated from the other rooms by a soundproof barrier.	(10:28结束。珍像往常一样解离了。我们不喜欢看的深度出神状态，突然结束。鉴于珍的状态，中断是一种危险，我们已经决定将这些课程放入我们的卧室。我们也放了一张桌子和椅子；更好的是，这个房间与其他房间隔着一道隔音屏障。
(Jane said that an interruption while she is in this new deeper sta doused with ice water. It is really shocking and she does not want it if it can be avoided.)	(珍说，当她处于这种新的更深层次的状态时，被让人震惊，如果可以避免的话，她不想再经历这样

SESSION 137 第137节行动的本质

MARCH 3, 1965 9 PM WEDNESDAY	1965年3月3日星期三晚上9点定期课
(This session was held in our bedroom. The doors were closed. The quite unusual. We were also free from the tea of interruptions. Ev setting was also a little strange to Jane, for she did not begin spe 9:02.	(这节是在我们的卧室举行。门是关着的。这份心被打断。显然，新的环境对珍来说也有点陌生，说话。
(She sat down as usual, kept her eyes closed and used a rather qu Her pace was average at the beginning, but became progressively s the session wore on.)	(她像往常一样坐下来，闭上眼睛，用相当安静的度很平均，但随着课的进行，速度逐渐变慢。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
The new arrangement should work out well now, although it would n the past.	这新的安排现在应该很好，虽然过去不会管用。
Our last session was an extremely fruitful one, a fine one, a n important in our future discussions.	我们上一节课是成果极为丰硕的一节课，其中许多资要。
We will further consider this evening the nature of identities In o discussions concerning the nature of matter, we made it plain that individual created any given material object through use of the in and following certain rules which were mentioned.	今晚我们将进一步研究本体身分的本质。在我们先我们明确指出，每个人都通过使用内在感官，并遵这里任何特定的物质对象。
Since any materialization is in effect a mental image, we ideal which is, by nature, of itself not material, and a perceivable symbol of the ideal, each materialization must have some camouflage elements. Within the physical universe all are composed of matter, which is a combination of atoms and mo Each individual, creating, say, his version of any given chair, use different atoms and molecules in his subconscious construction of	因为任何物化实际上都是我们可以称之为理想的象征之间的中介，从本质上讲，这理想本身并没有必须由一些伪装的元素组成。在物质场域内，这些的，物质是原子和分子的集合体。每个个体在创造椅子的版本时，在他的潜意识里对椅子的构造使用不同的原子和分子。
He sees or perceives only his own construction. A rereading of ses with the nature of matter will help you understand the individual, and perceived by him, is a reality in that it is created without any exact duplication. Basically, a body or an object atoms and molecules would have to be used and duplicated. The chair is an identity, and yet in a time the atoms and molecules that are already replaced by others. This process also in the previous sessions.	他看到或感知的只是他自己的建构。重读一节课有们有所帮助。那个由任何特定的个体所创造就是个体或任何特定的时间都存在，没有要想出现任何复制，就必须用到完全相同的原子和的。椅子是一个特定的时刻，然而在任何特定的时刻，它已经改变，已经被其他的原子和分子取代。这个过程也在以前的课程中有详细的解释。
(Among others, see the 60th-65th	(见第60-65节)。)
There are obviously many kinds of identities. Now in our last ses that our imaginary sender "A" does not transmit a given thought. He even send an exact duplicate. Action therefore is a transmission of nature, the electrical reality of the thought itself. This is point.	显然，本体有很多种。在我们的上一节课中，我们的想象"A"并没有发送一个给定的思想。他甚至没有发输的行动本身，就改变了思想的本质，改变了思想重要的一点。
Nor does the receiver receive the thought in the same condition.	接受者也不以同样的条件接收思想。思想，原本的

the original thought, is retained identical as his possibilities allow. He receive the thought in its present form and critics it, changes it. He forms a thought as nearly identical as possible, and

而，A形成了一个他的可能性所允许的几乎相同的B。但B无法接收在当前状况下的这个思想，因为他形成了一个只可能接近完全相同的思想，并对它

Action can never be considered apart from that which is seeming for action becomes a part of structure. Action begins from within, of inner vitality inherent within all realities. Some action itself is not a thing alone. It is not an identity. Action is a dimen

行动永远不能脱离那看似的行动来考虑，因为行动从内部开始，是一切实相中固有的内在生命力的一部分。行动本身并不是一个单独的东西。它不是一个身份。行动是一个

I suggest your break.

我建议你们休息一下。

(Break at 9:26. Jane was dissociated as usual. She resumed in the manner, but at an even slower rate, at 9:31.)

(9:26休息。珍解离如常。9:31分，她以同样的方式，但以甚至更慢的速度恢复。)

Action is a dimension arising out of the reality of the

行动是从现实存在的一个维度。

It cannot be considered separately. It may appear in many guises, nature of the particular reality of which it is part, and involves motion. Action may be considered as simply the spontaneous n inner vitality toward various expressive materializations.

它不能被分开考虑。由于它所处的特定实相的本质，它可以采取多种形式，并且涉及的远不止是移动。行动也可以简单地看作是内在生命力朝向各种表现的物化之自发的本质。

There is no separate outside identity or force such as "force." The here are being used with different meanings. There is no separate causes action. All of these points are extremely important, and if is to insure words as nearly correct as possible. Action is perceiv cases, and not in others.

没有分开的外在本体或力量（如“力量”。这里的“力量”和“力量”被用于不同的含义。没有独立的力量引起行动。所有这些要点都极其重要，如果我讲得慢，那是为了确保词语尽可能地正确。行动是可感知的，而在其他情况下则不能。

Action is more like growth than force. It is a by-product of any rea of all reality. You should be able to see many implications in this material over. Again, action involves more than movement, for value fulfillment is action. Action involves action within the dream, but the action of dreams is seen. You may glimmering of the connection between certain types of action and have mentioned it briefly. There is always action within action and any experience is instantaneous action. Motion is the type of action you are most familiar, but motion attains importance only because of your particular outer senses. For much action is unperceived by you, particularly on a conscious level.

行动更像是成长，而不是力量。它是任何实相的副产品。你应该能够看到这份资料中的许多含义。再一次，行动涉及的不仅仅是运动，因为价值实现是行动。行动涉及梦中的行动，但梦中的行动，可以看出是梦。你可能会对某些类型的行动和连接有些许模糊的连结，并且简单地提到了它。总是有行动在行动中，任何经验都是瞬间的行动。运动是你最熟悉的行动类型，但运动在物质领域内有它的重要性，仅仅因为很多行动是完全不被你们感知的，尤其是在意识层面上。

The continued existence of your physical body is dependent on consciously you are not aware of most of this action. It may be going any place. Action, by its nature, is a part of changes that reality and forms from. This should b

你的身体的持续存在是由行动决定的，虽然在意识层面上，你并不意识到这大部分行动。这种行动可能看起来没有任何去处。行动本质上是现实的一部分，但它必然会改变那个现实相并从中形成。这应该是显而易见的。

There will be much more in this material when you read it than you realize. Action approximates as nearly as possible that energy which cannot be completely materialized, and cannot be directly (underlined) perceived. But is effects upon camouflage can often be perceived.

当你读这份资料时，将会有更多你的领悟。最初没觉察到的在生命力或能量中，那无法在任何伪装、任何层面上完全物质化的，行动本身不能被直接感知（下划线）。由于这个原因，行动本身不能被直接感知。但是它对伪装的影响通常能被感知到。

This material is leading up to some future discussions, and the nat will be most important. Action is voluntary, or whether it occurs within the reality either way. Again, it is not vitality of which all camouflage is inner vitality's attempt to complete inability to do so.

这份资料将引领出未来的一些讨论，而行动的本质将最为重要。行动是自愿的，还是发生在梦中或思想中，行动都是实相的一部分。再次，它也不是外在的力量。伪装的生命力试图在内在生命力试图完成其自身的过程中，以及无法做到这一点的结果。

I suggest your break.

我建议你们休息一下。

(Break at 9:56. Jane was dissociated as usual. She resumed in a very manner at 10:04.)

(9:56休息。珍解离如常。10:04她以非常缓慢的方式恢复。)

As yet your scientists and physicists have only a very vague idea of the laws concerning action and force. The laws of physics only within the physica

目前，你们的科学家和物理学家对行动的概念还很模糊。力学定律只适用于物质领域或内部的物质。

Action is basically electrical, but within your field only the most c electrical action have been perceived. Action is the electrical manifestation of the psychic nature began to make its become apparent.

行动基本上是电性的，但在你们的领域内只有最常见的电性行动被感知到。行动的电性表现是心灵本性开始显现的结果。

Discovery of these other electrical realities will explain much that which mankind is intimately concerned and valid an electrical reality as a lightning bolt projects itself into your awareness through the outer senses.

发现这些其他的电性实相将解释许多以前无法解释的现象。人类密切关注的所有实相都是以电性为基础的，并且同样有效的电性实相，闪电通过外感知投射自身进入你的意识。

We shall have to consider, later, color as it appears in dreams, but time for such a discussion. Identities exist within dreams also, and same nature of identities applies as those given earlier. The laws apply here in the dream reality.

以后，我们必须要研究梦中出现的颜色，但现在不是讨论这个问题的时间。身分也存在于梦中，在这里，身分的本质，如前面给出的身分一样，适用。行动的法则也适用于这里的梦实相。

(Jane now took a very long pause. She had paused many times while since last break.)

(珍现在停顿很久。自上次休息后，她说话的停顿很多。)

Action is not affected by time as you know it. Action also takes pl spacious present. You may, however, feel action more clearly and apart from it. Any such division is action itself. All that changes is your perception of it.

行动不受你所知的时间影响。行动也发生在广阔的当下。你可能会感知行动的一部分，但清楚和直接地感知行动自身。任何这样的划分都是任意的，并且不会影响行动自身的本质。改变的只是你对它的感知。

By slowing down his perception of action, man imagines that he len This of course is not the case. He and pieces, and fights its flow. O yet in it all action is contained. In dreams action is given more free fashion.

通过放慢对行动的感知，人类以为他延长了时间。这当然不是这样。他把行动看成是零碎的，并抗拒它的流动。然而，在其内，包含着所有的行动。在梦中，行动被赋予了更多的自由，以更少受阻的方式。

The result is an effect of more rather than a deepening of perspectives. Action is not exclusively direction, though you may take a direction and action is a portion of other dimensions. Action should make this point fairly clear.

其结果是一种更多而不是更少的时间的效应在许多方面加深了。行动并不完全沿着任何给定的路线或方向发生，尽管你可能会采取一个方向，而行动是其他维度的一部分。这里的讨论应该清楚地说明这一点。

In dreams also, where no space as you know it exists, you have the freedom of space. When the ego gives up its claim of space in a dream, all space is available.

在梦中也是如此，在梦中，没有你所知道的空间，你有空间的自由。当自我放弃它对梦中空间的主张时，一切空间都是可用的。

We may end the session. Or if you prefer you may take a break and continue.

我们可以结束课。或者如果你愿意，你可以休息一下并继续。

("All right then, I guess we'll take a break.")

("那好吧，我想我们要休息一下。")

(Break at 10:26. Because Jane did not appear tired, I took the opportunity of adding a little material to tonight's very low session. Jane was as usual, and said she was not aware of speaking so slowly. She spoke at a faster rate, when she resumed at 10:34.)

(10:26休息。因为珍看起来并不累，我借此机会在今晚非常低的课程中添加一些材料。珍像往常一样，她说不知道自己说得这么慢。她说话的速度快了很多。)

Action always involves change.

行动总是涉及改变。

Again, it may not involve motion in terms with which you usually reckon many kinds of motion, for example, that it may not involve any motion in a physical field. Action tampers with identity, yet without it would be impossible. It may, here, sound like a contradiction, but identity must completely renew itself and each renewal is a termination. Yet without the termination of one action on the part of identity, an identity must completely renew itself and each renewal is a termination. Yet without the termination of one action on the part of identity, an identity would be possible. And without action no identity can be aware of its existence.

同样，它可能不涉及你通常所指的运动，例如，它可能不涉及物质场内的运动。行动会扰乱本体，然而如果没有它，本体就不可能存在。在这里，这听起来可能有点矛盾，但为了本体必须完全更新自己，而每一次更新确实是一个终止。然而，如果没有行动，本体的一个终止，本体可能有新的行动。而没有行动，任何本体都不可能存在。

Remember here, however, that by action we do not necessarily mean action you perceive it. Action is the breath of life, the vital spark of which all of any kind are composed. It represents the relationship between unexpressed inner vitality and materialized vitality.

然而，这里要记住，我们所说的行动不一定是指你感知它。行动是生命的呼吸，生命的火花，任何形态的其他化都是由它组成的。它代表了生命力和其体化生命之间的关系。

There is always an imbalance here that may of itself be termed action. It may be perceived as any one thing, for it is a relationship and a dimension perceived most directly, and with the dream state in mind, it is allowed the freedom of itself. Here you have a tendency of this inner vitality to have been materialized within the realm of the material. In the dream state the tendency for resistance. Action within actions appear and are experienced as such. But you may experience action with less limitations lets down its guard.

这里总有一种不平衡，它本身可以称为行动。它可能被视为任何一件事，因为它是一种关系，也是一个维度，在梦的状态中，它被最直接地感知，且把较少的自由赋予它自己。因为在这里，你有这股内在生命力的倾向被物质化的倾向在物质领域内。在梦的状态中，阻力的倾向几乎不会遇到。行动中的行动会产生阻力。这样的行动出现并被体验为如此。但你可以体验到较少限制的行动，因为树立限制的自我放下了它的警惕。

I would suggest that this session and the last session be read over carefully. For again, they will be used as a basis for further material. My heartiest wishes, and a very pleasant good evening.

我建议非常仔细地读这节和上一节。因为它们再次被用作进一步材料的基础。我最诚挚的祝福，并祝你们有一个愉快的夜晚。

("Good night, Seth.")

("晚安，赛斯")。

(End at 10:50. Jane was dissociated as usual.)

(10:50结束。珍解离如常。)

SESSION 138 第138节本体就是行动对自身的展开,行动内的行动,三个困境

MARCH 8, 1965 9 PM MONDAY AS 1965 HE DUE ED

1965年3月8日星期一晚上9点定期课

(On September 26, 1964, Jane and I sent sessions 91 to the publisher Frederick Fell, NY, NY. On February 16, 1965 we asked for the rest of material On March 5, 1965, F. Fell wrote that these sessions were being read.)

(1964年9月26日，珍和我将第91至138节寄给出版商Frederick Fell)。1965年2月16日，我们要求提供剩余材料。1965年3月5日，F. Fell回信写道，这些课的资料正在被仔细地读着。)

(See pages 102, 107, 114, 125 and 136 for some predictions of sales concerning Jane's writings. Page 102 and 107 are from session 91 to November 11, 1964. The rest are statements made during sessions 91 to November 11, 1964. The session 136 was read to F. Fell on February 16 to F. Fell was referred to by Seth in the 135th session.)

(关于珍的著作的一些销售预测请见前面相关章节102、107、114、125和136。第102和107页来自第91节至1964年11月11日。其余的陈述是在1964年11月11日的课程期间做出的。第136节提交给了Fell先生。2月16日给佛雷德·佛雷德。赛斯在第135节提到了Fell。)

(Jane has been studying psy-time regularly and reports that almost of routine now she attains what she calls a definite state of much lightness and separation the verge of being able to travel the idea very gradually. She often but as yet always exercises control to avoid going too far, too fast.)

(珍一直在定期研究心理时间，并报告说她现在几乎成了惯例，她达到了她称之为一种非常轻盈和分离的状态，并且在逐渐习惯这个想法的边缘。她经常感到自己总是控制自己，以避免走得太远、太快。)

(Once again we held the session in our back bedroom, and found it peaceful and quiet behind closed session. She spoke while sitting quiet and clear throughout the session. Her speech was slow; some of her pauses were long. She began speaking at 9:01.)

(我们又一次在后面的卧室举行了课，发现关上门的课程平静安静。她坐下来说话。她在整个课程中保持安静和清晰。她说话的速度很慢；她的一些停顿时间很长。她开始说话的时间是9:01。)

Good evening.

晚安。

("Good evening, Seth.")

("晚安，赛斯")。

We will continue this evening in our discussion of identities and actions.

我们今晚将继续讨论本体身份和行动。

Unfoldings continually occur, and all identities, with a few exceptions within them also other identities, not duplicates. Our discussion concerning gestalts should make this point clear. The frameworks and boundaries, the extents and limitations of identities, are not physical.

开展持续发生，除了少数例外，所有的本体身份在是重复的。我们过去关于完形的讨论应该清楚地说明这一点。范围和限制都不是物质上的。

(For the material on psychic gestalts see the 59th, 62nd, 68th, 81st, 86th, 96th sessions, among many others.)

(关于灵性完形的资料见第59、62、68、81、86、96等。)

Identities may be termed action which is conscious of itself. For t

our discussion, the terms action and identity can be used interchangeably. There is basically no such separation existing in reality. Action within action, action and identity interweaving of action with itself.

本体和行动可以被称为对自身有意识的行动。我们这两个词必须分开使用。然而，基本上不存在这样的存在，一个维度，即行动中的行动，是行动对自身的展开，通过这种反应，形成本体，分开。

The reality of such an identity then exists within the action. The action, the workings of action with itself causes here that we will consider other causes here that we will consider. Action, action and identity cannot be separated. This applies from the most simple to the most complex.

因此，这样一个本体的实相就存在于行动之中。行动，行动对自身的作用，形成了本体的动力。这里还有其他的原因，我们将考虑。行动，行动和本体是不可分割的。这适用于从最简单到最复杂的。

Once more, action is not a force outside that acts upon matter. Action, instead, the inside vitality of the inner universe wants to completely do so. This was also discussed briefly in sessions dealing with the first appearance of matter within the physical field.

再次，行动不是作用于物质的外在力量。相反，行动，内宇宙的内在生命想要完全做到这一点。这也是在关于物质在物质场域内的第一次出现的两难困境的会议中简要讨论过的。

(See the 60th session, among others, along with the aforementioned psychic gestalts, etc. See also the 137th session.)

(见第60节，以及前面提过的灵性完形资料等等。)

Action is therefore a part of all structure. Here again is an apparent exquisite imbalance whose result consciousness and existence. Consciousness and existence do not exist because of delicate balance much as they are made possible by lacks of balances or they would be no reality as it is understood to be, if balance were ever

因此，行动是一切结构的一部分。这是一个明显的微妙失衡，其结果是意识和存在。意识和存在不是因为微妙的平衡而存在，它们是由于缺乏平衡，或者说，如果永远保持平衡，就不会有我们所理解的现实。

I spoke of this second dilemma. The first dilemma is that which exists when inner vitality struggles to completely materialize, though it cannot materialize. The reasons for its inability to completely materialize given in a previous session, and I will discuss this matter again at

我谈到了第二个困境。第一个困境是存在于，当内在生命力努力完全具体化的时候，无能力完全具体化。其无法完全具体化的原因在之前的会议中讲过，我将在以后再次讨论这个问题。

(See the 133rd session among others.)

(见第133节及其他节。)

This first dilemma results in action and identity. We have seen that identity was formed and discuss the second dilemma after your break. I suggest your break

这一个困境的结果是行动和身份。我们将在你们休息之后讨论第二个困境。我建议你们现在就休息。

(Break at 9:27. Jane was well dissociated. She said she believes she is "out" when the sessions are very slow, as tonight. The hour as far as she is concerned or knows.)

(9:27休息。珍解离如常。她说她相信当课进行缓慢，像今晚一样。就她所关心或知道的情况而言。)

(Jane said some subjective feelings are difficult to put into words about action and identity, she had some kind of inside visual sense of this description is as direct as she can make it. Jane said she is not conscious of it. It seems to be part of it.

(珍说，有些主观的感觉很难用语言表达。她在概念和本体的问题上没有看到任何内在的视觉，但这是她所能做的最直接的描述。当被问到这样的事情，她说她不知道。似乎是其中的一部分。)

(This appreciation of concepts is according to Seth the using of inner senses, and he has mentioned that many times. He has called sense the conceptual sense, and began to develop upon this about March 23, 1964, in the 37th session.)

(根据赛斯的说法，这种对概念的理解是运用了内在感官，他多次提到过。他把第四种感官称为概念性的感官，并开始发展这个概念。约在1964年3月23日，第37节课上。)

(Jane resumed dictation in the same slow and quiet manner. Seth 37)

(珍以同样缓慢而安静的方式继续口述。)

I will shortly comment upon Rubur's inner experience which you have noted, as it is directly connected with the material now under discussion, indeed is an example of the matter of which I have been speaking.

我将简短评论一下你刚才提到的鲁柏的内在经历，因为它与我现在讨论的主题直接相关，确实是我一直在讲的一个例子。

First we will speak of our second dilemma.

首先，我们将谈谈我们的第二个困境。

(Jane now took a very long pause.)

(珍此时停顿很久。)

Action, having of itself, and because of its nature formed identity because of its nature would seem to destroy identity, since actions change. And any change would seem to threaten identity.

行动，因其本质，本身就形成了本体，现在也因为其本质，因为行动必然涉及改变似乎都会破坏本体。任何改变似乎都会威胁本体。

It is however a mistaken notion that identity is dependent upon stability because of its characteristics, will continually seek stability, which is impossible. And this is our second dilemma.

不过，认为本体依赖稳定，这是一个误解。本体，因其特性，将持续寻求稳定，但同时稳定又是不可能的。这就是我们的第二个困境。

It is this dilemma, precisely between identity's constant attempts, and stability, and actions inherent drive for change, that results in the exquisite creative by-product that is consciousness. Identity must seek stability while action must seek creative strains. Identity could not exist without change without action, for it is the and not apart from it but a part of it.

正是这种困境，正是本体的不断企图维持稳定，和行动内在的变化驱动力之间的平衡，这个精妙的创造性副产品就是自己的意识。本体必须寻求稳定，而行动必须寻求变化。本体就不可能存在，因为本体就是行动的结果，行动的一部分。

Identities are never constant, as you yourselves are not the same, from one moment to another. Every action is a termination, and yet without the termination identity would cease to be conscious. For consciousness without action would cease to be conscious.

本体从来都不是恒定的，因为你们自己，有意识地，一个时刻，都不相同。每一个行动都是一个终止，如果没有终结本体就会停止存在，因为没有行动意识就会停止存在。

Consciousness therefore is not a thing in itself. It is a dimension, an almost miraculous state, made possible by what I choose to call creative dilemmas.

因此，意识本身不是一样东西。它是行动的一个维度，是由我选择称之为一系列创造性的困境，而成的一个几乎奇迹般的状态。

I will add a word here, only to remind you once more to read those regarding inner vitality and the initial appearance of physical matter. discussion will help you with this one.

我在这里加一句，只是想再次提醒你们，去阅读那些关于内在生命和物质初次显现的那些课，因为那些讨论会有助于你们理解这一点。

(Jane took a very long pause.)

(珍停顿很久。)

It should be fairly easy to understand now how the second dilemma the first. I have said that the second dilemma is a result of the first in, consciousness of self. Now. Consciousness of self is the result of the first dilemma. Consciousness of self is not a thing in itself. It is a dimension.

现在应该相当容易理解第二个困境，是如何从第一个困境，即意识的结果。我说过，第二个困境是第一个困境的结果。意识是第一个困境的结果。意识本身不是一样东西。它是一个维度。

consciousness of ego self. Consciousness of self is not a result of action, but rather is connected with action.	意识和自己自我的意识不是一回事。意识与行动相关。
Ego consciousness is the result of action.	自己的意识是行动的结果。
I suggest your break.	我建议你们休息一下。
(Break at 10:02. Jane reported she was as well dissociated as she had been. She used to be afraid that when she was out, she would but she has discovered the state is not like that at all.)	(10:02休息。珍说她如往常地完全解离。她以前曾经害怕，她会失控，但她发现状态并不是那样。)
(Groping for words, Jane explained that she feels as though she is material [not implying a struggle however], from some other deep part of her consciousness that, below her conscious, that just recently she has in some manner begun experiencing, in some more involved, different dimension of consciousness, a state, perhaps, she hadn't attained before, perhaps until as recently as the last session one.)	(搜索着字句，珍解释说，她觉得自己好像在用自己意识的某一深层部分，从赛斯或其他来源处，猛取资料，但这不是一种斗争。最近，她已经以某种方式开始经验概念，以更参与的方式，在意识的一个维度，一种状态，也许直到最近才达到过的感知状态。)
(Indeed, Jane said, although she now thinks, she was aware of this concepts in the last session, she did not mention it because her awareness of it was so fleeting. Even now, she cannot say how long session itself she is involved in this manner. It is a very rich experience. also believes the quiet back room we now use for the sessions is v	(事实上，珍说，虽然她现在认为自己在上节课握概念，但她没有提及，因为她对此事的有意识的觉察太短暂。她也不清楚课程中，她以这种方式参与了多久。珍也认为，我们现在用来上课的这个安静房间帮助
(She resumed in the same quiet and slow voice.)	(她以同样安静而缓慢的方式继续。)
The ego is a state resulting from the creation of a conditioning when consciousness of self attempts to separate from action.	自我是由于创造性的条件反射而产生的一种状态，当自我意识试图分离出来时，这种状态就发生了。
Since this is obviously impossible, because they are without action, because they are	因为这显然是不可能的，因为如果没有行动任何因为它们是不可分割的，因为我们有了第三个困境
A note of further explanation here. The difference between as a result of our second dilemma and consciousness as a third dilemma, should be made very clear.	这里有进一步的解释说明。自己的意识是我们意识则是我们第二个困境的结果，这两者的差别应
Consciousness of self involves a consciousness of self within, a part of action. ego consciousness consciousness of self attempts to part of consciousness to perceive consciousness, in this attempt, but to perceive it in such a fashion separate from itself, that is separate from the ego, but that action the ego, and a result rather than a cause of ego's own existence.	自己的意识涉及到自己的意识，在行动之内，处于其自我意识，涉及到自己的意识企图使自己与行动图把行动视为对象来感知。在这里，我们看到，自己意识，为了把行动观察为客体的，而且以这样一种方式来动不仅与自身分离，而且行动是自己的结果，而不是原因。
These three dilemmas represent three areas of reality within, which or inner vitality, can experience. and here we have also the reasons why, inner vitality can never achieve complete. The very action involved in vitality's attempt to materialize itself dimension of inner vitality.	这三个困境代表了内在实相，或者说内在生命力能而在这里，我们也有了内在生命力永远无法实现完原因之一，生命力试图实现自身具体化的行动本身在维度。
Action basically can never complete itself. Inner vitality, whatsoever, at once multiplies the possibilities of further same time, because inner vitality is self-generating only a inner vitality is needed to seed a whole universe.	行动基本上永远无法完成自己。内在生命力，任一步具体化的可能性倍增。同时，由于内在生命力一小部分内在生命力就可以播种整个宇宙。
Inner vitality attempts therefore to materialize itself completely of its very nature, with each materialization, it increases itself impossible. This is the basic dilemma from which all types of course leads us to the necessity for further discussion concerning of inner vitality itself.	因此，内在生命力企图将自己完全具体化，然而由都会增加自己，使这种尝试变得不可能。这就是基都是从这个困境中产生的。这当然使我们有必要进本质。
You may take a break, and I will continue or you may end the session prefer.	你们可以休息一下，我会继续，或者你也可以结束
("We'll take the break then."	("那么我们就休息一下吧"。
(Break at 10:31. Jane was dissociated. She feels she has attained knowledge of concepts, meaning that she feels them within. She also she was aware of what she dictated to me during the session, word-for-word order of the material. She called this a psychological She obtained the information one way, and passed it on to me anotl	(10:31休息。珍解离了。她觉得她已经获得了概从内在感受到了它们。她还觉察到，她清楚在课间不是一字接着一字的顺序。她称此为心理经验。她另一种方式传递给我。
(Jane also now realized that she had at her command the full 60th session, although again not in word-for-word order. This has been aware of this experience. She did not feel tired, nor did me.	(珍现在也认识到，她已经掌握了第六十节课的全字的顺序。这是她第一次注意到这种经验。她并不此。
(She resumed in the same quiet voice though at a somewhat faster 10:42.)	(10:42她以同样安静的方式继续，但节奏稍快。)
In line with the statement that action necessarily changes (in parentheses: which is basically itself) then the following that the these sessions changes the nature of the sessions.	根据，行动必然改变它所作用的对象（括号：基本上是），这些环节中涉及的行动就会改变环节的性质。
I have spoken often of consciousness also being merely the direc focus. Action implies infinite possibility of focus, straight line, although at times you may perceive it in such a fashi	我经常说意识也只是焦点的方向。行动意味着焦点是沿着直线发生的，尽管有时你可能会以这样的方
(Seth-Jane had some material on consciousness and the direction the 94th session, among others.)	(在第94节课上，赛斯-珍有一些关于意识和焦点
Action exists within action. There are dimensions of action from w diversity arises. All individuality that seems to be swept away by action seems to terminate another's individuality is indeed the dimensions of action.	行动存在于行动之中。有一些行动的维度，所有的行动似乎终止另一个行动，所有的个体性似乎被是行动之种种维度的结果。
I will discuss this more thoroughly. Many more dimensions of action. He experiencing action gestalts	我将更深入地讨论这个问题。然而，Ruburu鲁伯正在经历行动完形。
(Jane now took another very long pa)	(珍这时再一次停顿很久。)
To some degree he becomes action. He always action, but this evening he experiences action without the usual attempt of the self to separate from action.	在某种程度上，他成为行动。像每一个其他的意识晚上他在某种程度上直接经验行动，而没有自己图分离行动的通常尝试。

I mentioned in our last session that future sessions, and so I will certainly make no attempt to cover the evening.	我在上节课提到过，这份资料将是未来很多课的基础，因此我一定会为这份资料做准备。
It is true, then, that another dimension has been added to our sessions. These are natural unfolding, and their own nature, and in their own itself still another.	那么，的确是，我们的课又增加了一个维度。我希望通过这些课程指导布鲁顿。我已经告诉你们这些更直接的感知路线。这些都是自然的展开，按照它们的本质和自己的规律发展。最近的这一次发展可能还会涉及到另一个发展。
My fondest regards to you both. Good evening.	我向你们俩致以最美好的问候。我们的下一次课将安。
("Good night, Seth"	（“晚安，赛斯”
(End at 10:58. Jane was again well dissociated.	（10:58结束。珍再度充分解离。
(She felt Seth could have continued but did not push her. Jane felt these recent developments mean Seth has given some kind of consent along with the sessions into a deeper trance state, to step back far ego. A step at a time, very cautiously.	（她觉得赛斯可以继续，但没有逼她。珍现在觉得这些最近的发展意味着赛斯已经给了某种同意，随着课进入更深的出神状态先非常谨慎。
(Jane thinks that tonight her ego didn't experience anything, although of her did. She thinks her ego gave up and assimilated the experience. She feels Seth because of her experience with psychosis, session. At times she was not conscious of being anyplace else.	（珍认为今晚她的自我并没有经历什么，尽管她的一部分经历了。她认为她的自我放弃了并吸收了这个经验。她感到赛斯因为她在精神分裂症方面的经验，在课间有时她在她的身体里，然而她也没有意识到自己在别处。
(Jane said an interaction takes place between us that makes the session possible. It happens within her, also necessary. She has a feeling afraid.)	（珍说，我们之间发生了互动，使课成为可能。它在她内部发生，但我也是必要的。她有一种毫不费力的感觉。）

SESSION 139 第139节行动的本质就是创造新的行动

MARCH 10, 1965 9 PM WEDNESDAY	1965年3月10日星期三晚上9点定期课
(The session was held in our back room. Jane spoke while sitting down, her eyes closed, in a low clear voice. Jane seemed to lose the idea of the material for the session.	（这节课在我们后面的房间举行。珍坐下来说话，闭着眼睛，声音低沉清晰。珍似乎失去了她在开始发言之前准备的资料。9:01.）
Good evening.	晚安。
("Good evening, Seth.")	（“晚安，赛斯”。）
I am most pleased with our sessions.	我对我们最近的课非常满意。
Though both of you give much in time and sessions, you will receive much more than you give. You will know it without my telling you so, because much of your time passes	虽然你们俩都为我们的课付出了很多时间和精力，你将远远超过你们的付出。我现在告诉你们这些，你们也会知道，因为你们大部分时间
Action itself cannot be directly perceived. It cannot be seen, touched, or tasted. Its nature can never be examined from an objective viewpoint. The objective viewpoint will, at best, give but hints and signs. Action, to be examined in such a manner, would have to be stopped. Any such attempt would cut action off from its basic nature of action, because any such tampering causes it to change.	行动本身不能被直接感知。它既看不见也摸不着。它的本质不能从客观的观点充其量只能提供一些暗示和迹象。行动，要以这种方式检视，就会被迫停止。你不能干扰行动，不能任何这种企图都会使行动发生变化。
Action can be experienced directly, however, but only when no effort is made to tamper with it. It must be plunged into, not structure. Action is inseparable from action, as I have explained. Your action comes closer to the real nature of action. For in dreams the ego makes little you see or feel your arm move, yet the physical body may not move.	然而，行动可以直接体验，但只有在不努力篡改它的情况下才能。必须深入其中，再次，行动不是结构的功能。行动与结构是不可分割的，正如我已经解释过了。你的行动在梦中更接近行动的真实本质。因为在梦中，自我做的事情很少。虽然在梦中，你看到或感觉到你的手臂在动，但身体仍然可能不动。
You cannot touch the action. You cannot touch the action as you write. You see the results of the action. You can feel the action, but you cannot directly perceive the action itself. Since action is upon action, then it should be seen that it is impossible for an idea of stability, since total stability would destroy it.	你无法碰触行动。你碰触不到行动的手臂的行动！如你写作。你看到行动的结果。你能感觉到行动的效应，但你无法直接感知行动本身。既然行动是依赖于行动，那么就应该看到，本体是不可能的稳定会毁掉它。
We come here also to one of the other causes of the dreaming state those of which we have spoken in the past. The other causes, from the ego, must still be action of inner vitality, being composed of inner vitality, become the constructions of that kind, spoken. But action can never come to an end, and the dream universe itself forms anew other constructions.	除了我们在过去谈过的那些原因之外，我们在这里也谈到了梦境的另一个原因。来自自我的其他原因，必须仍然是行动，由内在生命力组成的，必须具体化，成为这些内在生命力的构造。但行动永远不能完结，梦宇宙本身也会形成新的构造。
(Jane now took a very long pause.)	（珍在这里停顿很久。）
Here is an analogy. Imagine then that but a sphere of more dimensions than you can called action, but this is deceptive because action is the basis of a sphere itself. Action is its composition. Action is that from which it moves, it acts outward. But all outwardness turns again outward in all directions. And each inward action forms a new that must, again, be thrust outward toward utilization.	这里有个比喻。想像一下，内在生命力是某个球体，但是维度多到超过你的想像。它的运动可以称为行动，但这是欺骗，因为行动就是球体本身的基本组成部分。行动是球体的组成部分。它从哪儿移动，它向外行动。但一切向外的行动都会转向外，朝着各个方向行动。而每一个向内的行动都必须再次向外推进，以供利用。
Yet each outward thrust turns again inward in all directions. And each inward action forms a new that must, again, be thrust outward toward utilization.	然而每一个向外的推力又转向内的推力，而每一个向内的行动都必须再次向外推进，以供利用。
action, is the creation of new action.	是创造新的行动。
I suggest your break.	我建议你们休息一下。
(Break at 9:28. Jane was well dissociated. On a reduced scale, she	（9:28休息。珍解离如常。她说，在较小的范围内

was again aware of the concept of action and dealt with it in detail in the notes to the last session.

中的行动的概念，并对其进行了详细讨论。

(Jane now added the information that the concept of action reminded her of the "red chair episode." See the 1046th session.)

(珍现在补充说，行动的概念让她想起了"红椅子"插曲。参见第1046次课程。)

talking about a sale of her work, which took place in her studio, and that the sale might have something to do with the modern red leather chair, small round, and high, which she had at the session took place on November 4, 1966.

谈论她的作品的销售，这件事甚至还没有发生在她的工作室，而且销售与现代的红色皮革椅子有关，椅子小巧圆润，高度适中，她在1966年11月4日的课程上发现了这张椅子。

give a more detailed description of the red leather chair. For this

更详细的描述。

(Jane resumed in the same quiet and slow manner.)

(珍以同样安静而缓慢的方式继续。)

Now. To continue with our analogy, this would be a model for every action.

现在，继续我们的类比，这个模型将像宇宙一样适用于每个行动。

Because of its own nature it must act, yet no action can ever compl sphere would act in as many ways as were open to it and every action that which is acted upon. Therefore, a new action would create a new such a manner are all fields activated.

由于它自身的本质，它必须行动，然而任何行动都无法完全。宇宙会以尽可能多的方式对它开放的各个方式行动，而每个行动都会改变被行动的事物。因此，一个新的行动会创造一个新的实相。以这样的方式，所有的场都被激活。

If you will remember the three creative dilemmas discussed in our you will see that we have here the reason for termination within it, and thought were held forever, no other and no identity. In your own intimate psychological experience of every recognition of the thought.

如果你还记得我们上节课所讨论的三个创造性困境，你会发现我们在这里有终止的原因，在这个实相中。如果思想永远持续下去，没有其他的实相，也没有身份。在你自己的亲密心理经验中，在每个思想的认知中，你会发现这一点。

Thought cannot be seen or touched. The thought is action. A thought must vanish, be terminated, disappear before it can be replaced. The identical thought will not return. A very similar thought may arise thoughts will not be identical, although you may perceive them as is an error of perception.

思想是看不见摸不着的。思想就是行动。在你们的思想被取代之前，必须消失、终止、消失。相同的想法不能再回来。一个非常相似的想法可能会出现，但这两个思想不会是相同的，尽管你可能会把它们看成是相同的。这是感知的错误。

No two actions are ever identical. Although they may be similar, they must be considered as a pulsation; you will recall we spoke of the pulsation of atoms and

没有两个行动是完全相同的。虽然它们可能相似，但必须将每个行动视为一次脉动；你会记得我们谈论过原子的脉动。

(For some material on pulsation see the 60th session.)

(关于脉动的一些资料，请参见第60节课。)

Now. I have just told you that one thought must terminate before an can appear. Although this might sound, I am not. The action of our imagination simultaneous, and in all directions spacious present, but all action of further action, i.e., materializations.

现在，我刚刚告诉你们，一个思想必须终止，另一个思想才能出现。虽然这听起来像是，但我不是。我们的想像是同时的，而且是在所有方向上的。所有的行动基于广阔的现在，但所有的行动都不能意识到自己，除非它采取进一步行动，即物质化。

While so materialized, action is aware of itself, in two basic ways: innate comprehension of itself, and, through a secondary, more focused perception of a self belonging to such a materialization. The comprehension of course involves us with the inner self. The second belonging to the materialization gives us, within your field, the eg

当如此具体化的时候，行动以两种基本方式意识到自己：内在的理解，以及通过对属于这种具体化的自己之次要的、更聚焦的理解。当然涉及我们与内在的自己。属于具体化的第二个给了我们，在你的场内，我

Action does not involve time as you know it. Action does not involve you know it. The semblance of continuity is merely the result of a some actions from an infinite number of simultaneous actions.

行动并不涉及你们所知的时间。行动也不涉及你们所知的时间。连续性的假象只是从无限同时的行动中选择一些行动的结果。

I suggest your break.

我建议你们休息一下。

(Break at 10:03. Jane was well dissociated. She said she no longer running past regular break time every half-hour as she once did when she began to deliver the material sitting down.

(10:03休息。珍解离如常。她说她不再像以前那样每半小时跑过常规休息时间，尤其是在她开始坐着传述资料时。)

(While speaking tonight, Jane said she has within a definite "feel pulsation"; it might be likened to the perpetual opening and closing said, with each opening and each closing creating a new reality, and moving itself perpetually on.

(今晚传述时，珍说她内在有一种明确的"脉动"感。这个拳头的永续开合，每一次张开和闭合都会创造一个新的现实，并且永久地移动。)

(Jane resumed at a somewhat fast pace.)

(珍以稍快的速度继续。)

I have several things I want to say.

我有几件事想说。

First I want to make certain that action is understood, insofar as discussed it. Action of the inner many ways as possible. Its action however, must result in the creation which it is composed. And this new and so the cycle is never completed.

首先，我想确定，到目前为止，你们理解我们所讨论的内在行动。行动尽可能以多种方式进行。然而，它的行动必须导致新的现实的创造，而这个新的现实又会同样具体化。因此，这个循环永远不会完成。

The word materialization is used because it is applicable within your Nevertheless, as you know such materializations hardly all result construction of matter.

使用具体化这个词，是因为它适用于你们的场域。然而，正如你们所知，这种具体化很难全部导致物质的建构。

One word to you, Joseph. I do most honestly and sympathetically un your own problems. The sessions detract from your painting, although time wise. The sessions have great visions and intuitions, and to free paintings.

对你说一句话，约瑟夫。我确实非常真诚和同情地理解你的问题。这些课程不会影响你的绘画，尽管在时间方面。这些课程提高了你使用内在视觉和直觉的能力，以释放你的绘画。

(This, I can attest, is most certain.)

(这一点，我可以证明，的确是真的。)

A note now concerning thought, as it is a form of action with which familiar. Here you can see that you identity. Thought's actions are actions apart from them; and because of a thought. For it, the ego, has but perceives action now as if action way around.

现在要说明的是关于思想，因为它是所有人都熟悉的行动形式。在这里，你可以看到，你的自我接受思想的行动，并与它们分开；而且由于自我的本质，思想。对它，自我，只是最近才刚刚脱离行动，所以现在将行动视为自我的区域范围，而不是相反的，反之亦然。

But ego's seeming independence from action is basically meaningle ego is also action, and can never from itself only adds to the total

但自我看似不依赖行动的独立，基本上是没有意义的。自我也是行动，永远不会是其他的行动。任何这样的自我分离的

perceive itself from as many viewpoints as possible, so that the action's action upon itself. Any one action can never be complete for the action within any given dimension continues.

(体现为它增加了行动从尽可能多的观点来感知自己的行动对自身的行动。任何一个维度都必然导致动作的行动都不可能完成自身，而是继续下去。)

(Jane now took a very long pause.)

(珍此时停顿了很久。)

I do not want to push Ruburt in any way. And to prevent the possibility of attempting to take another step, I will close our session now. My regards to you both.

我不想以任何方式逼鲁柏。为了避免他试图采取另一步，我将结束我们的课。我向你们俩致以最诚挚的问候。

("Good night, Seth.")

("晚安，赛斯"。)

(End at 10:32. Jane was again well. There was a definite sense of Seth's affection for us both at the end of the session.)

(结束于10:32。珍再次充分解脱。她说，在课结束时，赛斯对我们俩的感情。)

(Jane said that at the end of the session she felt a definite, although strong, sensation of pulsation within her head. It was as though she physically in a pecking motion, she said demonstrating for me. Of observed no such movement as I watched her while she dictated.)

(珍说，在课结束时，她感到头部有明确的脉动感，虽然强烈。这样的头好像在做啄木鸟的动作，她边说边做，示范给我看。我没见到这样的动作。)

(Jane said she found herself then considering just setting up the pulsation had manifested itself. It was as though the idea came rather than anything she deliberately dreamed up herself. It was at believes, that Seth decided to end the session.)

(珍说，在脉动出现后，她发现自己当时考虑的是这个想法是来到她身上，而不是她自己刻意想出的东西。赛斯决定结束这一节。)

SESSION 140 第140节珍做过头的心理时间实验

MARCH 15, 1965 9 PM MONDAY

1965年3月15日星期一晚上9点定期课

(On November 4, 1964, Jane unwittingly achieved a trance state of psychological time, that lasted for several hours. See the 3rd session February 8, 1965, through a combination of reading certain material another psy-time experiment, she again put herself into a dissociated Seth called this one a semitrance. See the 130th session.)

(1964年11月4日，珍在心理时间实验中不知不觉进入了一种恍惚状态，持续了几个小时。见第103节。1965年2月8日，通过阅读某些材料的结合，她再次将自己置于解离状态。赛斯称这次为半恍惚。见第130节。)

(Today Jane again achieved a prolonged state that was begun during time experiment. She usually tries to reach this state when I arrive home at 12:15, today when I arrived home at 12:30. This is a sign Seth said to be alert for, a sign that Seth said would come. At finally admitted that somehow she could not achieve the regular end of her psy-time period.)

(今天珍再次达到了一种持久状态，这是在30次心理时间实验中开始的。她通常试图在我下午12:15到家时达到这种状态，今天我到家是12点半。很明显，赛斯说要警惕的迹象，赛斯说会来。在我们最终承认她不能在通常的心理时间结束时达到理想的状态。)

(The state appeared to be progressing slowly, as in the above two Jane had a tendency to stay put, and once she did not want to move, she found herself making mistakes our other errands earlier in the day, such as shopping, walking, etc. She had no trouble, and she talked quite animatedly.)

(状态似乎进展缓慢，就像上述两个例子一样。珍倾向于保持不动，一旦她不想动了，她就发现自己会犯错误。然而，她发现自己会做我们早上的其他事情，比如购物、走路等等。她说话很活泼。)

(The state had lifted after supper. Both of us wanted to hold the s to learn what had happened. Jane felt unwittingly given the suggestions during the experiment. She had also achieved a good yesterday Sunday; indeed, this was the first weekend during which psy-time, and she speculated that she had overdone it by experimenting days in a row. I felt she had alerted herself somehow, and that going through the usual psy-time routine. This experience, Jane said very enjoyable, whereas the one of February 8 had been great fun. had felt "half dissolved."

(晚餐过后，这种状态解除了。我们两个都想要了解发生了什么。珍感觉她在实验中不知不觉给予了自己不当的暗示。星期天晚上，这是一个很好的状态；其实，这是她尝试心理时间的第一个周末。她连续几天进行实验，已经过头了。我觉得她在某种程度上警惕了自己，以某种方式，而且在经历常规的心理时间程序中犹豫不决。珍说，这次的经历非常有趣。今天晚上"半溶解"了。)

(Jane did not feel overly tired as session time approached. She ha the material beforehand. Once again in the room, and Jane spoke somewhat more animated than it has been. She spoke at a normal rate.)

(珍并没有过分疲倦，因为课时间接近时。珍事先对材料有了解。再次进入房间后，珍坐着说话，比以前稍微活泼一些。她说话的速度正常。)

Good evening.

晚安。

("Good evening. Seth.")

("晚安。赛斯"。)

There is no real need to fret or worry concerning Ruburt's experience However, I am afraid that we must temporarily clip his wings for would go too fast, too soon.

对于鲁柏今天的经历，没有什么真的需要担心或忧虑。但是，我担心我们必须暂时剪掉他的翅膀，因为他确实会飞得太快，太早。

These things vary with personality; with Ruburt, while the ego immediately participate in such, shall we say excursions. It never kept up to date, and give consent. The concentration of energy is increasing. His capability for such focus is increasing.

这些事情因人格而异。在鲁柏身上，虽然自我无法立即参与这些，姑且说是短途旅行。但它必须知道最新状况，并且给予同意。他的这种专注能力正在增强。

(This reminded me that Jane recently remarked that when she tries psychological time now, it is the usual thing for her to achieve wha "excellent" state.)

(这让我想起珍最近说过，她现在尝试心理时间时，她达到"优秀"状态。)

When such focus of energy quickens, it will often then propel itsel having built up momentum. This is what would not allow the suggestions have been used in what you may call up. The difficulty lay not necessa trouble was that the energy that would have been used to carry out suggestions was dammed up by the ego.

当这样的能量集中加速时，它往往会在积蓄了动力之后推动自己。这就是发生的事情，就是这样，自我会阻止暗示被用来实现你目前称之为失控的东西。困难并不是必须给出的暗示。问题是应该被用来执行暗示的能量被自我阻挡了。

The ego simply feared the sudden 自我只是害怕这突然增加的集中能量，而按照一般
on general principles. For a week 鲁伯特要尝试任何形态的外在实验，这段时期
any kind. After this period we shall see 过后我们才会看到他过去的常规。 But there will not be a re
routine for quite a while.

Other substitutes may prove adequate and effective, while offering 其他的替代品可能证明是适当和有效的，同时提供
opportunity for checks and balances. The experience was exhausting 让他筋疲力尽，这样的经历是应该避免的。
and such experiences are to be avoided.

Psychological experiments as whole present him with an excellent 心理实验，整体上，为他提供一种利用他的能量
using his energies. However at times we must, as now, cut him down 须，就像现在，减少他的次数，可能他明天会累
possibility that he will be tired tomorrow, although hopefully not. Su'c 与另一部分的拉扯，是会让人灵性疲劳的。
one part against the other is psychically tiring.

I did indeed contemplate putting 我确实考虑过因为这个原因推迟我们的课。我建议
that you take your first break, as 休息时间，因为今晚我们要稍微放松一下。
(Break at 9:18. Jane was not as well dissociated as usual, she said 9:18休息。珍说她不像平时那么解离，在她说
water somewhere in the house and 她很烦。她说她不觉得累，也不想要一节短课。
she did not feel tired and didn't want a short session. She resumed 续。)
rate at 9:25.)

Tonight's session will indeed be a 今晚的课真的会是一节短课。

Caution is always intelligent action in such matters. Rubut has be 在这种事情上，谨慎永远是明智的行动。鲁伯特现在
of a trance as it is. However, even 他而言，即使是代表我在这节课上发言也是有益的
beneficial, as far as he is concerned. That is why I held the session 课。
with.

I did indeed attempt to tell him to use caution immediately after 在他上次的心理时间实验之后，我确实曾试图告诉
psychological time experiment. It is of course necessary that you 必要通过直接的经验来学习。如果你没有经历过
direct experience; and my warning against your unfortab 服的影响的警告，就没有那么大的意义。
would not mean nearly as much if you did not, Rubut, experience a

Were it not for my supervision, you could easily have experienced 要不是我的监督，你很容易经历更多这样的事情。
Our next session will cover much material and I resume that Rubu 资料，我认为鲁伯特上课的状况会好很多。
much better condition to hold it.

(Jane now smiled. Her delivery had been rather quick and animated (珍现在笑了。她在整节课中的传递速度相当快，
the session, giving the impression that Seth was more than a little 斯对今天发生的事情感到非常有趣。)
the day's events.)

Perhaps we can lengthen it. However, we don't feel Rubut is in 也许我们可以延长它。然而，我们觉得鲁伯特今天不应
a trance state today, any longer than 该比他已经停留的时间更长。如果我们的谈话减慢
the material, there is no need to 拖延时间的问题。我们有足够的时间
Patience, my pigeons. And if Rubut 耐心点，我的鸽子们。如果鲁伯特继续这样喂他的
then they will all be as big as barns. 样大。

My most sincere wishes to you both. I feel your emotions also at 我向你们致以最诚挚的祝福。我有时也能感受到你
fondness for you both grows. Remember, Rubut's ability 爱与日俱增。还要记住，鲁伯特的能力极具前景，所
extremely promising, which is why we must be careful when and how 它们的时间和方式。
them.

As for you, Joseph, you were extremely helpful to him, because 至于你，约瑟夫，你对他帮助很大，因为你的存在和
and your understanding. I will bring 短课。 our short session to its close.

("Good night, Seth." ("晚安，赛斯"。

(End at 9:26. Jane was not as well dissociated as she has been in 9:26结束。珍并不像近期的课那样充分解离。
sessions. Toward the end of the session she received a feeling a 到一种感觉，一个概念，她不应该因为短
Seth to the effect that she should not feel "cute," and "silly," 认为这是既"可爱"又"傻"，我们有足够的时间
thought it "cute," and "silly," that we should be so concerned, w 却这么担心。)
the time we need to get all the information we want.)

SESSION 141 第141节行动与本体意识,意识是感知自身的行动

MARCH 17, 1965 9 PM WEDNESDAY 1965年3月17日 星期三晚上9点定期课
SCHEDULED

(Yesterday, Tuesday, Jane suffered no apparent psychic fatigue from 昨天，星期二，珍没有因为她上周一延长的出神
prolonged trance state of last Monday. Seth, the last session. She 状态而产生明显的心灵疲劳。当然，从那以后，她就没再尝试心理时间
tried no psychological time experiments since then.

(Jane and I had an interesting little adventure this evening. Jane 珍和我今晚有一个有趣的小冒险。珍走路去我们
neighborhood store while I set to 的邻居商店，而我开始打字。
as usual, I became a little concerned 因为她不像往常那样很快回来，我开始有点担心。
increased. I continued typing. The 担心增加。我继续打字。然后我发现自己拿起笔
scrap piece of paper I wrote down 在一张纸上写下了这个想法：
thought had come to me clearly. 出现。)

(Jane returned at 7:05 PM, and confirmed my thought. She had inde 珍在晚上7:05回来，证实了我的想法。她的确是
impulse, visited Bob and Mary Pip 凭冲动，拜访了鲍勃和玛丽·派珀夫妇。
many months. She had not conscio 几个月没见面的朋友。她并不知道
left me. She recalled mentioning 离开我的时候，她记得在和玛丽·派珀的谈话中经常提到
particularly to the effect that I m 特别是，她，珍，应该及时回来而感到担心。
return promptly. It will be recalled 派珀夫妇见证了珍的离开。
[See Volume 2].

(Once again the session was held in our back room, and Jane spoke 同样地，这一节在我们后面的房间进行。珍坐着闭
down and with her eyes closed. She 眼睛说话。她的声音比较安静，
sessions now. Her voice was rather 如往常一样。)
usual.)

Good evening. 晚安。

("Good evening, Seth.") ("晚安，赛斯"。)

The experience this evening concerned telepathic communication be 今晚的经验涉及到你们俩之间的心灵感应交流。
two of you.

We will continue our discussion concerning action and identities. I

identity is a part of action, and attempts to form meaningful patte Consciousness is action that perc stand off from itself.

我们将继续对论行动和本身分开来说，意识是行动中密不可分。试图以有意义的模式形成一个自我是行动。试图脱离自身的企图。

Action may show itself as motion, but it is much more than motion which you usually use, and motion realm. All types of consciousness perception within itself. There is simultaneous. Identities, some id particularly the ego, perceive a the manner in which such identities and consciousness view availab

行动可能显示为运动，但它远不止是你们通常所说的运动，但行动是内在的小维度。所有类型的意识都代表了能看见自己的全部。所有的行动都是同时的。某些特定的身份，尤其是自我，感知现有的行动。这些身份和意识看待现有资料的方式的结果。

A consciousness is characterized by the particular ways in which it perceives available action. It is characterized by the type of action more likely to perceive. It is characterized by the pattern of perce

意识的特征是以特定方式观察或感知现有的行动。它的特征是感知到的行动类型。它的特征是感知模式本身。

Since action is not apart from structure, but is indeed the form and nature, then it is obvious that generally characteristic perception patterns of a consciousness will determi structure, and not the other way around.

既然行动并不脱离结构，而确实是结构的形成者，那么显而易见，一般来说，意识的特征感知模式的类型、本质、程度和范围将决定结构，反之亦然。

There is no one particular pattern followed by consciousness in its itself as action. Mankind is more familiar with certain patterns, unfamiliar with others. Any action changes its consciousness not forced upon action from some outside agency, but is simply a p nature.

意识在其对自身作为行动的感知中，并没有遵循特定模式。人类比较熟悉，对其他模式则相对陌生。任何行动都会改变意识。这个规则并不是某种外在媒介强加给行动的，它只是自然的一部分。

Action, you may say, is carried away by itself. Reality possibilitie You are familiar with very small p characteristics at this time dicta perceive. You can, however, focus types of consciousness and identi into perception patterns with which it can focus upon certain aspec

你可以说，行动，是被自己带着走的。现实可能性相当小。你现在的感知特征，决定了你能感知的。然而，你可以非常清晰地专注其他意识类型和身份。你可以用这种模式专注于感知模式的结果。它可以用这种模式专注某些方面。

It may be thought that such percep this is hardly the case. For witho perceived. There is much here that line can theoretically be drawn an consciousness. And herein lies your freedom.

这可能会被认为，这种感知模式或本体身分可能是这样。因为如果没有它们，实相的整个部分将永远不会被感知。这里有很多东西，我们将花很长的时间来解释。理论上，这条线可以画在任何地方。你的自由就在这里。

I suggest your break.

我建议你们休息一下。

(Break at 9:25. Jane was well dis content of the material.

(9:25休息。一如往常，珍充分解离。她不记得资料的内容。

(She was aware, she said, of a pu but not very strong. Jane likened floor of a house, say from traffic see if this was the effect she had traffic does pass our house rather

(她说在传达时，她觉察到内在的脉动。很明确，但不很强。珍将这个人在房子地板上感受到的震动，比如说，附近车流时，她检查了一下，看看这是否是她所感觉到的效果。我们家的车流量有时候确实很大。

(Jane also likened this feeling, which she called feeling a "certair rhythmical, not-too-strenuous ope used this hand analogy to describe 295.

(珍将这种感觉，她称之为"某种方式"的节奏感，不太费劲的张开和闭合。她在第9节中使用这个手势来描述这个295。

(Jane resumed in a voice a bit str

(珍恢复了一点坚定的声音变得更强了。)

The dimensions of consciousness They are open, they are action.

意识的维度不是任意的。它们是开放的。它们是行动。

They are a dimension, as I mentio therefore consciousness is not of terms of a self. A self is a gesta together through attraction.

它们是维度，如我提过的。意识不是一个东西，因此意识不是根据自己来设定的。自己是行动感知模式的组合成形。

This, when it occurs, and this par occur, but when it occurs it is a dilemma. The self as you know it

这种特定自己的形成可能发生，也可能不会发生。但当它发生时，它是一个困境。你所知道的自我。

(For material on the three creative

(关于内在生命力的三个创造困境的资料，见第13节。)

The ego, if you recall, is self's attempt to set itself apart from ac or perceive action as an object. dominance, and resents change. I out many perceptions of which the become fairly rigid.

自我，如果你还记得的话，是自己试图将自身与行动分开或将行动视为对象。它试图主宰，并且讨厌改变。这个自己所知晓的许多感知方式变得相当僵硬。

An ego could be compared to a small dam in this respect. However constantly forms perceptual patte patterns are formed one within the imaginary structure which we called

在这方面，自我可以被比作一个小水坝。然而，行动不断形成感知模式。这种模式中，它可以观察自己。同样，这些模式是一个接一个形成的，我们可以说，是形成了我们在很多节课之前称之为第五维度的虚构结构。

(See the 12th session, of January 1964 Volume 2.)

(见第12节，1964年1月第二册。)

A particular consciousness is a gestalt of these conceptual patterr nothing to prevent a consciousness conceptual patterns or patterns of not decrease, any given conscious convenience. We therefore say that perception, by which action knows grow, and the consciousness reac no longer the same consciousness same consciousness, on the other itself. So words can confuse us.

个特定的意识是这些概念模式的完形。没有什么能阻止意识从概念模式或感知模式来增长自己。通过体验其他概念模式，意识会增长。任何既定的意识，我们使用文字，或者说词语，会减少。因此，我们说，意识是感知模式的完形，行动通过它们来知晓。意识会增长，意识也会延伸。意识已经发生了改变。因为它已经延伸了，然而它又是同一个意识。然而，因为它延伸了自己的那个意识，所以词语会把我们搞糊涂。

A consciousness can be said to be a gestalt of patterns of percept while the definition stands, it can only apply to a fleeting breath of an instant, since the pattern changed; and the particular consc

那么，意识可以说是感知模式的完形，虽然这个定义成立，它只能适用于一瞬间，因为感知模式，作为行动，会改变；那个特定意识，我们试图限制和确定的那个特定意

tried to limit and pin down, is gone.

Yet as you can see, what it was when we spoke of it is still present by now have become. The ego, through its own nature and character attempts to limit such change, but it succeeds only in limiting its perceptions. It still must change, as is obvious. But it changes along lines, moving within certain patterns of perception which are charac

It cannot maintain stability, for all its efforts, and it cannot begin, and it, the ego, merely does not perceive because it will not perceive perception patterns, and that larger scope with which the whole self involved.

I suggest your break.

(Break at 9:55. Jane said she was even more dissociated than during delivery. Seth, she said, felt very pleased with the fifth dimension material; as if to say, "Seeing material is why I, any more of the fifth dimension to you, way back in the 12th session

(Jane resumed in the same manner (1at 0:0120珍以2同样的方式继续。)

This material on action, and identities and consciousness, will add understanding of dreams, of the whole self and of other aspects of I will speak shortly.

The self, then, is not static by any means. Actually the term itself is used only for convenience, and in fact the concept of the ego, which considers itself the self

The self then, being action which has formed itself into gestalts of perceptions, by which it knows itself, is a range of effective perception, starting within patterns. For convenience, some particular range of perception patterns, taking the self as a smaller or larger at any given time.

The self then, unknown to the ego, perceives itself in a vast variety experiences, and in, indeed, a vast number of realities, for one blends into the separate field. Each is therefore patterns that happen to lie within be termed other selves, or minor are considering.

From the standpoint of these seemingly minor selves however the would be entirely different. If we take for example a particular perception patterns, for convenience sake and label them one, the various patterns within would appear to be minor selves forming th

If however we changed our arbitrary boundary points, the either end would now seem to be portions of other selves. For practical purposes it may be said that a self is composed of a series of patterns, within which a fairly constant efficiency is maintained. T definition I can give you at this time.

As this effective field of perception patterns changes, so do the boundaries of the practical self. It is improbable that we move away concept of a self as an indivisible, rigid and limited reality almost to continue, since I do not want to confuse you.

The fact is, that any given self, as we have described the self, than one ego, though these egos will not be aware of each other, operating simultaneously. You have information on the inner ego, dream ego, in that there is within that reality field, a directive part is concerned with the construction of purpose and meaning.

You may take a break now, and if you do so I will be ready to continue.

("Okay.")

(Break at 10:25. Jane was again well out of the self-conscious self behind the ego, the self-conscious self-conscious self.)

(Jane resumed in the same manner (1at 0:2190珍以9同样的方式继续。)

You can here indeed see where I am.

The deeply and strongly dimensioned sphere I used as an analogy if you recall, for any portion of any entity being composed of such an outward in all directions, and each looking inward and outward, back beyond. And yet each action, or without another. And none of it is has the meaning that you give it.

And what meaning you give it is there meaning are yourselves part of it action which forms the egos, and have spoken.

Part of the self knows, and knows that it knows. Part of the self not know it knows. The creative dilemma of which I have spoken for all realities, and the heart of all meaning.

I will now close a most excellent session.

("Good night, Seth.")

(End at 10:37. Jane was well dissociated.)

(She reported that at the end of the session she received a strong feeling from Seth. It was directed towards us and was to this effect action, see how I'm a part of you both now, and how foolish it is o

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tried to limit and pin down, is gone.

然而，正如你所看到的，当我们谈及那（曾经的）意
在于它将成为的意识中。自我透过它自己的本质和
变，但透过限制它的感知，它只是成功地限制了它
是很显然的。但它沿着某些路线改变，在它所特有
自我无法维持稳定，尽管它做出了所有的努力，它
己。它，自我，只是没有感知，因为它不会感知那
体自己不断参与的那个更大的范围。

I suggest your break.

我建议你们休息一下。

(Break at 9:55. Jane said she was even more dissociated than during delivery. Seth, she said, felt very pleased with the fifth dimension material; as if to say, "Seeing material is why I, any more of the fifth dimension to you, way back in the 12th session.)

(9:55休息。珍说，她甚至比第一段传讯期间更加
度的资料。对此，赛斯感觉非常满意，仿佛在说：
第12节课上不能再多向你们解释第五维度的原因。

(Jane resumed in the same manner (1at 0:0120珍以2同样的方式继续。)

This material on action, and identities and consciousness, will add understanding of dreams, of the whole self and of other aspects of I will speak shortly.

这些关于行动、本体身分和意识的资料，将大大增
以及我将很快讲到的实相的其他面向的理解。

The self, then, is not static by any means. Actually the term itself is used only for convenience, and in fact the concept of the ego, which considers itself the self

因此，自我并不是静止的。实际上，这个术语只是
便而使用的，事实上，自我这个概念是一个自我的概
己是自我。

The self then, being action which has formed itself into gestalts of perceptions, by which it knows itself, is a range of effective perception, starting within patterns. For convenience, some particular range of perception patterns, taking the smaller or larger at any given time.

那么，自我，作为行动，通过把自己形成了模式感
己，这个自己不断地改变有效感知的范围，在模式
模式中的。为了方便起见，我们将不得不把我
上把自己作为一个特定的完形在一个特定的感
形组成；尽管实际上，这个范围在任何既定的时间

The self then, unknown to the ego, perceives itself in a vast variety experiences, and in, indeed, a vast number of realities, for one blends into the separate field. Each is therefore patterns that happen to lie within be termed other selves, or minor are considering.

那么，自我不为自我所知，在太量的经验中感知
实相中感知自己，这些所谓的实相中的每一个都
立的场域，因为一个融入了另一个。因此，每一个
感知模式组成，那些我们所考虑的自己的场
域，可以被称为其他的自我，或次要的自己。

From the standpoint of these seemingly minor selves however the would be entirely different. If we take for example a particular perception patterns, for convenience sake and label them one, the various patterns within would appear to be minor selves forming th

然而，从这些看似次要自己的角度来看，观点会完
把特定范围内的各种感知模式，为了方便起见，贴
此范围内的各种模式就会显得是构成整体的次要自

If however we changed our arbitrary boundary points, either end would now seem to be portions of other selves. For practical purposes it may be said that a self is composed of a series of patterns, within which a fairly constant efficiency is maintained. T definition I can give you at this time.

然而，如果我们改变了任意断定的边界点，那
现在似乎是其他自己的一部分。为了实际的目的
式的完形组成的，在其中保持着相当稳定的效率。
义。

As this effective field of perception patterns changes, so do the boundaries of the practical self. It is improbable that we move away concept of a self as an indivisible, rigid and limited reality almost to continue, since I do not want to confuse you.

这有效的感知模式场域会改变，实际自己的表面边
脱自己是不可分割的、僵化的、有限实相的概念。
要继续说下去，因为我不想把你们弄糊涂了。

The fact is, that any given self, as we have described the self, than one ego, though these egos will not be aware of each other, operating simultaneously. You have information on the inner ego, dream ego, in that there is within that reality field, a directive part is concerned with the construction of purpose and meaning.

事实是，任何一个被描述的自己，正如我们所描述的
我，尽管这些自我不会察觉彼此，即使它们同时
意。也有一个梦中的自我，因为在那个实相场域之
是与目的与意义的建构有关。

You may take a break now, and if you do so I will be ready to continue.

你们现在可以休息一下，如果你愿意的话，我随时继

("Okay.")

(“好的”。)

(Break at 10:25. Jane was again well out of the self-conscious self behind the ego, the self-conscious self-conscious self.)

(10:25休息。珍再次充分解离。意识自我在自我、
背后的那个意识自我。)

(Jane resumed in the same manner (1at 0:2190珍以9同样的方式继续。)

You can here indeed see where I am.

这里你确实可以看到我在引导你的方向。

The deeply and strongly dimensioned sphere I used as an analogy if you recall, for any portion of any entity being composed of such an outward in all directions, and each looking inward and outward, back beyond. And yet each action, or without another. And none of it is has the meaning that you give it.

我用来比喻的那个至深且强大维度的球体，如
果你可以进一步想像，为任何实体的任何部分，
在所有方向上向外看，每个部分向内和向外看，向
后和向前看。然而每一个行动或存在都是另一个的
部分。并且没有意义的，然而在整体的方式上，所
有的一切都有你赋予它的意义。

And what meaning you give it is there, and part of it, since you are meaning are yourselves part of it. The inner self is therefore, that action which forms the egos, and through the dilemma as have spoken.

而你所赋予的意义就存在，部分在其中，因为你
身就是它的内在部分。因此，内在自己就是形成种
种自我的行动的内在部分，通过我说过的困境。

Part of the self knows, and knows that it knows. Part of the self not know it knows. The creative dilemma of which I have spoken for all realities, and the heart of all meaning.

部分的自己知道，也知道它知道。部分的自己
不知道它知道。所说的创造性困境是一切实相的基础，也是一切意
义的核心。

I will now close a most excellent session.

我现在要结束这超棒的一节课。

("Good night, Seth.")

(“晚安，赛斯”。)

(End at 10:37. Jane was well dissociated.)

(10:37结束。珍解离如常。)

(She reported that at the end of the session she received a strong feeling from Seth. It was directed towards us and was to this effect action, see how I'm a part of you both now, and how foolish it is o

(她说在这节最后，她从赛斯那里得到了一种强
的，大意是：通过行动，看我现在是如何成为了

about identities, when all identit	体身分是多么傻呵呵的所有的体身分都是如此
(Jane quoted this to me immediate here without change. My point is consciously tinker with the though	(在课结束后，珍立即引述了这句话，我把它原原是，她没有时间有意识地修饰这个思想没有时间

SESSION 142 第142节存有的定义,自己,自我

MARCH 22, 1965 9 PM MONDAY AS1 9S6 5 年 3 月 22 日 星 期 一 晚 上 9 点 定 期 课	
(Neither Jane or I felt well, but w unless we had to, or Seth decided	(我和珍都觉得不舒服，但我们也不想放弃这节课，除非不得已，或赛斯决定放弃这节课。)
(Jane began at 9:02. She spoke w usual, and in a quiet voice. Her d	(珍于9:02分开始。她像往常一样，坐下来闭目养神，声音很安静。她的声音断断续续。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
If you will forgive me, you do not	请恕我直言，你们今晚好像没有太多的行动。
There are some points that should self, or a self, as I gave it to yo	我在上一节课所提过的一些关于自己或任何一个自我的定义，应该提到。
The definition of course stands. interpretation is given to the defi that there are no boundaries to confines, where it can be said, "Here	这个定义当然成立。我只是想确保，对定义给出的解释，就像我对你们说的那样，自己或任何一个自我，不是任何特定的东西。把它圈在安全的范围内，在那里可以声称："这就是自己。"
It is also true however that this development and expansion that would self is not nebulous. Action changes therefore, is never the same self, comprehension.	然而，这也是事实，这种缺乏边界的情况，允许发展和扩展的自己并不是不可能的。自己不是模糊不清的。正因为变它自己。因此，任何自己，从来不是同一个自己，因为行动包含着自己的理解。
Because there is no time, as you a memory of all its previous actio Action is aware of itself in all of The self that you are, in a basic within this existence, the self or existences within the physical fie in various perception experiences	因为没有时间，正如你们所认为的时间，我们不会说，一个行动的记忆所有以前的行动。因为这个行动在所有的行动中都能觉察自己。基本意义上来说，你们所是的自己，在这个存在中的自己，或是现在的自己，在物理领域内的自己，也是你们在各种感知经验中未知的自我。
Your self is all this, as well as wanted to make it clear that the being indeed a series of simultane from meaningless, containing with portions.	你的自己就是这一切，还有你们称之为未来自己的那些东西。我想说，确实是一系列同时发生的东西，毫无意义，在自己之内包含着各个部分。
Once again I make the point, a se The self at any given moment is n since it is that which changed.	我再次提出这个重点：一个看似连贯的观点。在任何给定时刻的自己不是原来的自己，也是变后的自己。
It acts upon itself, being action. which changes itself. We come now which cannot really be defined, bec However, the entity can be partial given range of action, the simultane cannot yet exist, since action can impetus forever frustrated on the	作为行动，它作用于自身。内在的自己也在改变，自己。我们现在终于接近了对行动有的定义，行动不的不语中定义法其正界定它。然而，存在的行动范围内的所有自己的总和，这个同时存在的在，因为行动永远不能完成自己，但却代表着行动永远受挫的那股动力。
The blueprint is action's intent. blueprint.	蓝图是行动的意图。自己就是朝着这个蓝图进行的
I suggest your break.	我建议你们休息一下。
(Break at 9:27. Jane was well dissociated. She said she started "f again toward the end, when Seth concerning what it was like to be words, really.	(9:27分珍休息。珍解离如常。她说她在接近尾声，赛斯开始谈论关于作为存在是什么样子，但很模糊。)
(Jane resumed in a slightly strong	(珍继续，声音稍大，语速较快。)
There are selves within selves. E each self, being composed of acti change, development, expansion,	在自己之内还有自己。每个自己都与其他所有的一个自己都是由行动组成的，在它之内有行动的发展和走向实现的动力。
Herein also lies the freedom of each the past of capsule comprehension indivisible from action, equally interwoven	每个自己的自由也在于此：不被限制。我们过去行动的一个特征，与行动不可分割，同样交织在行
Therefore each portion of action all levels. Again, action carries previous gestalt affiliations. Now is an identity—	因此，行动的每一部分都觉察到它在所有层次中的自己走。因此，每一个自己都觉察到它先前的完形关系。自我，也可能没有自我。原子是一个本体——一个
(Jane had been delivering the above to sneeze, without warning. Jane remained closed, and she rocked constituted an interruption of sort trance state unbroken. Had someo Jane's state she would have been	(珍传达上面段落时，停顿很多次，没有预警地打喷嚏。珍紧闭着眼睛，轻轻地前后摇晃着。这个干扰，然而珍的反应却很平静，她的出神状态被打断。如果别人中断了珍的状态，她会痛苦地觉察到它。)
(Many sessions have dealt with cap the 24th, 27th, 29th, 62nd-64th; the 87th and 131st, particularly, as ones.)	(有很多节课都涉及到囊括理解，其中有第24、27、29和第131节，以及后来的几节。)
Do you want a break?	你需要休息一下吗？
("No, I'm all right now.")	("不用，我没事了"。)

It is a self materialized in physical action. The fact that it may be part of a self-image of a greater self is not relevant. It is conscious of the part of the whole which it is.

它是一个以物质形态具体化的自己。它对于它自己能是一个更大自己的一部分，这个事实并不相关。它对它是其一部分的整体形成有意识的部分。

It is materialized action, a self, part of other selves; as you are part of other selves. The intensity here is different. You and I are, being what we are, a capability, an attraction, an electrical field of great intensity that efficiently acting as a unit within the physical field.

它是具体化的行动，自己，是其他自己的一部分；你和我，作为我们现在的样子，是一种能力，一种吸引力，一种强度很大的电性场，能够在物质场域中作为一个单位有效地行动。

You may also be part of a self operating within another field and, within another system of units. The inner self operates as a reference point for the various seemingly disconnected selves and only contact with the inner self that knowledge of the whole self can be

你也可能是在其他场域内运作的自己之一部分，也在内在单位系统内运作。内在自己如同一个参照点，为各种看似互不相关的自己。只有通过与内在自己的接触，才能发现整体自己的

The inner self could be called, then, the nucleus, the original point which all the other emanations that form the whole self begin. You may see no limitation upon the direction in which action may move, or the dimensions which action may create.

那么，内在的自己可以被称为核心，是行动的原点，所有其他的散发都是从这里开始的。在这里，你可以看到，对行动可能创造的维度也没有任何限制。

The inner self would be then any given outthrust of origin action, explained earlier. This outthrust would, because of its nature, go as far in as many directions as possible for it. And because no action can complete its outthrust and no action can materialize, then each outthrust or initiation would result in into the original action from which it came, but into itself.

那么，内在的自己将是任何给定的最初行动向外的推力。这个外推力会因为它的本质，立即为它尽可能多的方向推力。而且因为没有行动可以完成其外推力，而没有行动可以具化，那么每一个外推力或启动都会导致一个的最初行动，而是进入它自己。

This gives us the creation of new inner selves and all this is effected by composition, and you should recall the information given you concerning the manner in which electrical fields are formed.

这就给我们创造了新的内在自己，而这一切都由电场的组成而实现，你们应该记得关于电性场域形成方式的讯息。

(See the 122nd-127th sessions.) (见第122至127节。)

Again, this is no reason to feel that the individual is nothing, simply because one of so many. Action development has little to do with size. Action working on consciousness. Action working on consciousness I do not mean what you mean by the word.

同样，我们没有理由认为个体是微不足道的，只因为是众多中的一个。根据行动的发展，而且与行动与大小和数量无关。行动作用于意识。行动作用于意识。当我谈到意识时，我的意思是那个词的意思。

Your concept of consciousness is fearful and limiting and depends upon existence upon ignorance and barriers that divide parts of others, from other parts of the self and from other selves, and from of the selves.

你们对意识的概念是恐惧和限制性的，它的存在依赖于无知和障碍将部分的自己与其他的自己的其他部分，其他自己分开来。

Value fulfillment opens the many eyes of the self to its various portions and enables the self to expand, to join with the other selves, to lessen the ego which leads you to believe that the other selves are separate and lessening of consciousness on the other.

值的充盈打开了自己的许多眼睛，看到自己的不同部分，和其他的自己加入到一个完整的自己，减弱自我，导致你们认为其他的自己是分开的，而另一方面会导致意识的减弱。

My dear friends, there is so much that mankind never uses, or very seldom uses.

我亲爱的朋友们，这里有太多人类要说的，有些是人类从来不用的，或很少用的。

I suggest your break.

我建议你们休息一下。

(Break at 10:09. Jane was dissociated as usual. She did not remember material, and delivered it with many pauses, interrupting some long. Both of us felt much better than when the session began.

(10:09休息。珍解离如常。她不记得资料的内容，停顿时间相当长，中断了一些。我们俩都感觉比课开始时要好很

(I might add here that my arbitrary designation of an average pause part might run to perhaps ten seconds or very long pause that twenty or thirty seconds. These are not as long as they would be if Jane is not aware of the pauses; as far as she is concerned they not exist; or conversely, they could be an hour long.

(我这里可以补充一下，我断定珍那边停顿的平均长时间或非常长时间的停顿会达到二十三十秒。这情况并不如她意时，珍并没有察觉这些停顿，对她来在，或者反过来说，这些停顿可能长达一个小时。

(Jane resumed at a faster pace and continued, voice lower, 10:22.)

(珍在10:22分继续，速度较快，声音更大。)

And yet in another sense all selves are one self, and all selves

然而在另一种意义上，所有的自己都是一个自己

But action must attempt to materialize itself and fulfill itself. In do so, and the result is the formation of many selves that are formed from action; and therefore each self must continue in the other selves.

但是，行动必须试图把自己具体化，完全实现自己。这样做，而且结果是形成许多自己，这些自己是行动的一部分，由行动形成；因此每个自己必须继续创造其他自己。

Selves are not destroyed. They change into other selves and yet are themselves, for each new self is also the previous self which changes acting upon itself. There will be no huge contraction of action back those terms. There may very well be a conscious realization of each is a part of the original action self.

自己没有被摧毁。它们变成其他的自己，但仍然是自己，因为每个新的自己也是先前的自己，它通过对自身的作用而改变。自己的收缩行动回到它自身。每一个自己很可能会有意识地实现每个自己的一部分。

Lest we forget, action is another word for inherent vitality. Selves are by effective ranges of comprehension, which may be expanded or contracted, for action cannot wipe out comprehension of itself. The coded data of which we have spoken cannot be removed, for an action withdraw a previous action.

我们别忘了，行动是内在生命力的另一个词。自己的有效理解范围可以扩展。它们不能被收缩，因为行动不能抹除理解。我们所说的电性编码资料不能被删除，因为行动不能撤回先前的行动。

You understand that when I speak I am not saying that continuity in and present, exists. I am using these terms merely for your convenience. action can never negate itself. There may be counteraction, but no wiped out.

你明白，我在说的时候，我并不是在说过去和现在的连续性存在。我只是为了方便你们才使用这些术语。一个行动永远不能否定自己。行动都不可能被抹灭。

The ego is indeed a necessity with the development. The ego is in a state of flux. The ego was centuries ago, and it will not be the same. The ego will not admit the change, but its refusal to admit change in no way sto

在人类发展的这个点上，自我确实是物质场域内的必要。自我处于流变的状态。自我几个世纪前的自我不是现在的自我，自我不会承认改变，但它的拒绝承认改变并不

Efficient manipulation within the physical field will soon be required and portions of the self be utilized and recognized. In a manner, the can be compared to the nationalistic states of man's development, but already growing past these and perhaps even m against the survival of the species, where once it aided that survi

在物质场域内的有效操纵将很快就会需要利用和认出自我的部分。在一种程度上来说，自我可以被比作国家的民族主义状态的人类发展，但已经越来越过时了，甚至可能会对物种的生存有害，而曾经帮助过人类的存活。

The worldwide view of man as a species, worldwide brotherhood, in

人类同为一个物种的世界观，世界性的兄弟情谊，

hampers or endangers the individual, but it will represent one of the main hopes without which no nation can endure.

体现，也不会危害个人，而是会代表人类的主要希望之一，任何国家都不会长久。

In like manner, when the ego concept is discarded as a concept, as the idea of nationalism will be discarded, the individual self will expand, as the individual will be able to learn of, and cooperate with, other men as brothers under one planet.

同样，当自我概念作为一种概念被抛弃时，如同民族主义的概念被抛弃一样，个体的自我将会扩展，个体将能够通过了解其他人类并与之合作，作为同一个星球上的兄弟。

But as it is not wise to dispense with the idea of nationalism without growths of understanding and preparation, and the ego cannot suddenly be dispensed with, nationalism cannot suddenly be dispensed with, and even when it is overthrown overnight; and even when it is left behind, it will serve as a handy reference point; and through all expansion outward, and expansion inward or outward, are hampering and limiting safety. The self does not need imaginary fences to protect its solitude. Only the ego is afraid of challenge, and therefore speaks of limiting safety.

但是，在没有逐渐增长的理解和准备的情况下，自我不能突然被抛弃，民族主义也不能突然被抛弃，即使它被推翻，即使它被抛在脑后，它仍然会作为一个方便的参考点；通过一切自己的扩张，无论是向内还是向外的扩张，都是一种增益，所有的界限，无论是向内还是向外，都是不受限制的。自己不需要想像中的围栏来保护自己的孤独。只有自我害怕挑战，因此才会说到这种有限的、虽然民族主义的观念不能突然被摒弃，自我之间被推翻，即使它最终被抛在脑后，它仍然会作为一个方便的参考点；通过一切自己的扩张，无论是向内还是向外的扩张，都是一种增益，所有的界限，无论是向内还是向外，都是不受限制的。自己不需要想像中的围栏来保护自己的孤独。只有自我害怕挑战，因此才会说到这种有限的、单独的、只有自我害怕挑战，因此才会说到这种有限

If the self were the ego then indeed such concepts would be necessary. The ego is a small part of the self. Necessary, indeed, but still not less necessary than once was.

如果自己是自我的话，那么的确这种准则是必要的。自己是自我的一部分。确实仍有必要，但仍然，比起它曾经的必要性

I suggest your break. Or if you prefer, we can end the session now.

我建议你休息一下。如果你愿意，我们也可以结束

(“All right then, we'll end the session.”

(“那么好吧，我们就结束这一节。”。

(End at 10:45. Jane was well dissociated. This last delivery was most rapid. Jane said she felt carried away. See pages 261. 63. DTuhriisngtthekspeaker episode. See pages 261. 63. DTuhriisngtthekspeaker experiment, while reading some passages, had often read to her when she was an enormous male volume and strength, it was Father Trainor's voice, at it was not the Seth voice; I had never known Father Trainor.

(10:45结束。珍解离如常。这最后一段传递的速度最快。珍说她感觉被带走了。参见261、63。D在5在验期间，珍朗读现在去世的崔诺神父在她高F中时时珍的声音出现在她的男性音量和力量在我所有时，那是崔诺神父的声音，或非常接近崔诺神父斯的声音，我不认识崔诺神父。

(Jane said that tonight her voice felt, although it was being dictated, that she was swept along by energy, as she dictated, that she was sweep along by energy, as her sail filled with wind.” The voice was all around. She was very pleased at recognizing the reeling sense of invasion. She felt supported, like flying, yet not disembodied.

(珍说，那晚她的声音感觉好像是在她传述时被带着走，就像被灌满风的帆。她说，那声音就在她周围。她很高兴认出崔诺神父事件的感觉，让她很高兴。她感觉被支撑着，就像飞翔，又没有脱离肉体。

(Jane also said she wasn't sure the session was over. I had asked her to spare her fatigue, as a matter of routine. She barely had time to give me the above information, when she sat down again, resumed her trance and began dictating. 10:48.)

(珍还说她不确定课是否结束。我要求珍，是为了例行公事。她还没来得及告诉我上述信息，就又坐了下来，恢复了恢复出神状态，10:48开始传述。)

We will close here this evening's session, since I believe you need the experience. However, I will make one exception. Ruth's experience this evening. He is indeed doing very well.

我们将在这里结束今晚的课，因为我相信你们需要的经验，我星期三有些话要说。他的确做得非常好

My fondest regards to you both.

向你们俩致以最美好的祝福。

(“Good night, Seth.”

(“晚安，赛斯”。

(End at 10:49. Jane again was well dissociated and her voice was very and strong. She has manifested few voice changes since she began while seated, and with her eyes closed.

(10:49结束。珍再次充分解离，她的声音一度变着闭着眼睛说话，就很少表现出声音的变化。

(Jane said that as soon as she resumed her seat she felt carried away, entered the state more rapidly than she would like. Also, the end, quickly that she found herself groping briefly, in an effort to “put it again.” The experience made her uneasy.

(珍说她一回座就感觉被带走了。她进入状态的速度太快，快到她发现自己摸索了一会儿，“努力，经历让她不安。

(Jane said she believes Seth is using these experiences, within the session itself, as a compensation for the loss of the session, as he has requested her to abandon for a while the 140th session Seth stated that at soon", with her own experiments. Seth's ideas are a more controlled approach within experiences were Seth's ideas re a more controlled approac

(珍说她相信赛斯在利用这些经验，在课本身内，作为课程的补偿。自从第140节，赛斯曾表示，他将在实验中推进得太快。他建议她暂时放弃这些经验。最近这些经验是赛斯的一种更受控制的方法。

SESSION 143 第143节罗生病的原因,疗愈源自内在的理解和灵性的领悟

APRIL 5, 1965 9 PM MONDAY AS SESSION 143 1965年4月5日 星期一晚上9点定期课

(Because of illness on my part this is our first session since March 24, March 29, and missed the regularly scheduled sessions of March 24, March 29, and This is the longest gap in the flow of the material since December 2, 1963. Both of us were eager to resume the regularly scheduled that the enforced layoff was making her nervous. It was the same kind of nervousness she used to experience before each session the early months.

(因为我生病了，所以这是自3月24日以来，我们3月29日和3月31日的定期课。这是自12月2日以来资料流动的最长空白。我们俩都急于恢复定期课。珍紧张，她说，这和最早几个月她在每节课之前所

(Jane has not been experimenting with 5 hours of a trance state since March 24. Seth suggested she stop at the time of the last session. She woke me up, and told me about them:

(自从3月24日以来，珍一直没有进行5小时的出神状态。赛斯建议她在上一节课时停止实验。她叫醒了我，并告诉我这些事情：

(Lying in bed in a drowsy state last night, Jane believes from Seth. She woke me up, and told me about them:

(昨晚躺在床上昏昏沉沉，珍相信是赛斯传来的。她叫醒了我，并告诉我这些事情：

(About my illness: “Some things you can't give yourself.”

(关于我的病：“有些事情你给不了自己。”

(Also about my illness: Seth does not like to give warnings of future particularly when they may be only strong possibilities. But it is very at cases the suggestion itself could under some conditions, bring the about.

(还是关于我的病：赛斯不喜欢对未来的事件发出警告，特别是当它们可能只是很大的可能性。但是，在这些事情，有时候，在这些情况下，建议本身就可以使事件发生。

(About the subconscious: According to Freud, the subconscious is blame for present ego difficulties being that the present ego did not. Seth has discussed Freud and Jung to some extent, in the 83rd and sessions, among others.)	关于潜意识：根据弗洛伊德的观点，潜意识常常是当前自我困难的祸首。这许多情况下并非如此，真正的问题是，当前的自我并未经历。除其他外，在第83节和第119节，赛斯讨论了弗洛伊德和荣格。
(Once again the session was held in our secluded back room. Jane sitting down, and with her eyes closed. During sessions now. Her voice was delivery speeded up as the session progressed, and somewhat louder.)	(课又一次在我们僻静的后屋举行。珍坐下来，闭上眼睛。她的声音很平缓开始的速度比后来加快了，也变大些。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
I did indeed communicate briefly with Rubert last evening. He words correctly.	我昨晚确实与鲁伯有简短的交流。他正确地转述了
In regard to your illness, no healing of any sort can ever take place understanding and psychic comprehension. educator. Any healing brought about in the short run, and I would be only particularly of a serious variety, surface ones.	关于你的病，如果没有理解和灵性的领悟，任何治疗都不会发生。我的兴趣是一个教育者的兴趣。任何外部带来的治疗，在短期内，我非常愿意在任何情况下提供帮助，管我的帮助的好处会是表面的。
I realize that such surface help at times could be most desirable, however in your case the illness was not serious, and would derive from my help in a healing capacity would have been only entirely by several disadvantages that are almost always present, healing that does not originate from inner comprehension.	我明白，这种表面上的帮助有时可能是最理想的。你的病并不严重，你从我的帮助中得到的疗愈能力完全抵消，这些不利因素几乎总是存在，当疗愈的解不源自内心理解。
(Seth has discussed this inner comprehension in the 98, 99 and 120th sessions, among others.)	(赛斯在第98、99和120节等等讨论过这种内心理解。)
I would have been removing the problem from you, and in this instance you of the opportunity of solving and abilities. As it was, your illness have been had it occurred last year, have been were it not for the understanding that you have derived sessions.	我本来会把问题从你身上移开，在这种情况下剥夺了你增加自己的能量和能力的机会。当时情况是，如果发生在去年，当然也许会有的病和现在缩短了，好几倍，当时并没有得到理解。
I certainly do not mean to sound less than compassionate. My may leave much to be desired, and my pills are not those in a doctor's black bag.	我当然不是想听起来缺乏同情心。我的诊疗态度可能欠佳，药丸也不是那些装在医生的黑袋子里的那种。
However, I can indeed do more, in fact, my friends, somewhat difficult to do.	不过，我确实可以做得更多，因为我的药丸是知识，实在有些难以消化。你们不会介意。
("No.")	("不会"。)
(Jane delivered the above paragraph with a broad smile.)	(珍带着大大的微笑传达上面这一段。)
The basic source of your difficulty was not new. It did not even, superficially, represent a dangerous and quite disastrous eventually in any individual can annihilation. The illness did represent into physical reality as illness. A tendency on your part, though slight, was meant to bring you up short, to make you think.	你的困难其根本来源并不新鲜。除了表面上看起来，这误或复杂情况除外，那些真正危险的和灾难性的最终会在任何个体的身上发生。疾病的形成是物质实相化为疾病。有一种倾向，虽然轻微，但意图是让你思考。
It was no coincidence, however, that you plunged into reading the papers during your stay in bed. Not that it is not natural world events, but that in your particular case there are time you, such concentration upon world's evils becomes extremely unwhol	然而，你在卧病期间投入到阅览纽约报纸，这并非偶事。不是说不自然，而是说在你这特殊情况下，对你来说，有时变得极其不健康。
Your reactions at such times are not good for yourself, and your reactions good at such times for the condition actually worsen the conditions that you adopt a bland, idiotic, male prosperity and health from the roof poverty and ignorance.	你在这种时候的反应对你自己不利，你在这种时候的反应对你的状况也不利，这样的反应实际上会使你的状况变糟。建议你采取一种温和的、愚蠢的、男性的观点，从房顶上高呼繁荣和健康，当下面的世界仍陷于贫困和无知。
However it is your duty, and the duty of every individual in so far as power, to maintain his own psychic health and vitality. Negative expectations protecting either the individual or those with whom he comes in contact actually, to a greater or lesser degree, turn as destructive as any	然而，保持自己的灵性健康和活力是你的责任，也是每个人的责任，根据这种生命力的力量，他会保护自己和他人。不能保护个体或他所接触的人，实际上会或多或少有破坏性。
I suggest your break. How do you	我建议你休息一下。你喜欢我的药丸吗？
("Very good.")	("很好"。)
(Break at 9:26. Jane was dissociated good state. She smiled as she ended the monologue.)	(9:26休息。珍解离如常，也就是说她达到一种好状态。她结束独白时微笑。)
(I spent eight or nine days in bed, the victim of what is generally no time however did I blame a virus, permitting the virus to come to the "goofed" psychically. As time passed, and York City newspapers plus Elmira extent that poor expectations on my part had much to do with my fa	(我在床上躺了八、九天，这种通常被称为病毒性罪，到病毒上，而是觉得真正的原因是灵性上的，我为自己在灵性上做了傻事感到有些尴尬。随着时间纽约市的日报加上埃尔迪拉的日报时，我才有一期待与我的生病有很大关系。)
(I finally reached the point where I told Jane, the day before this due, that I had decided to stop reading the newspapers. I found it a sad experience to read about the conditions of life and crime in New York City, and that much of this news meant some problems.	(在这一节定期课前一天，我告诉珍，我决定停止阅读纽约的报纸了。我发现读到有关纽约市的生活条件和犯罪情况等等是一种悲哀的经历，意味着，对一些紧迫的问题采取行动。)
(For some other examples of the psychic power of negative expectations, see the 9th, 15th and 17th sessions, among others. Also see the 17th and 66th sessions for material on the death of o	(关于负面期望的灵性力量有一些案例，请见第9、15和17节等等。)

Mischa.

克海滨的事。另外，关于我们的狗米莎的死的资料

(Jane had begun the session rather slowly, and softly. As her speed speeded up and her voice acquired more volume. She resumed at 9:34.)

这节开始时，珍的速度比较慢，声音也比较轻了，声音也大了起来。9:34分以这种方式继续。

Such newspapers as you read do a definite service that should not overlooked or thoughtlessly condemned.

你所读的这类报纸，的确起到了一定的作用，不应

They definitely open the eyes of many who would otherwise pay no Particularly in the race question they have aroused deep, creative, who otherwise would not have been have helped change the situation for the better.

它们肯定会让许多原本不注意的人睁开了眼睛。特别是在种族问题上，它们激发了深刻的、创造性的、情感的、这些能量有助于改变现状。

Such dire conditions cannot be pretended out of human existence, they be. But in your case, you are, but you must not allow your being, so that you are pinned the danger for which you must be alerted.

这种悲惨的情况，无法假装不存在人类的。但在你的情况下，你知道你是谁，但你不能让你的存在被压垮，使你被压在下面，能量被吸走，这就是你应该警惕的危险。

I am aware that you would prefer that I continue with my But indeed we have here quite a practical application other earlier symptoms that should have, and did not, give you war

我知道你比较希望我继续讨论行动。但事实上，我们这里有一个相当实用的应用，涉及其他早期的征状，这些征状应该有，并且没有，给你发出警

Ruburt sensed one in particular, and did indeed react in a manner annoying. Ruburt's feelings and was concerned left much to be desired caused an unpleasant reaction on subconsciously, interpreted your basically dangerous to you. And so it was.

鲁伯特特别感觉到其中一个，也确实做出了令你觉得烦恼的反应。鲁伯特的感觉和关心，让人很不满意，在某个时候他的不愉快反应。然而他正确地解读了你的意识，把你的反应解读为基本上是危险的。事实上的确如此。

Note: The attitude was partially just a symptom of a new appearance of such negativism is a psychic problem to you, it was potentially dan

注意：这种态度有部分是合理的，但不合理的部分只是一种新出现的征状，而且因为这种消极主义对你来说是一种灵性上的问题，对你来说是一种潜在的危险。

Your attitude was, in some manner, more realistic than Ruburt's, an attitude was the healthier. Both of characteristic of your own nature sometimes, to be overly pessimistic overly optimistic but overly docile world are concerned.

你的态度从某种程度上说，比鲁伯特的态度更现实，态度更健康。你们俩都在相反的方向上表现得太过了，这是你们自己的特性；有时候，倾向于过度悲观，而鲁伯特就不是过于乐观，而是过于温顺。就与世界的关系而言。

His nature is independent, but the independence is blunted when he of what he is dealing with. You felt his reaction to your attitudes should have questioned yourself at that point. Ruburt was able to temporary but overall negative storm by his own creative energies strongly to protect you both. He would have been able to do. You have learned something from this, Jones, and you will be stron you would not have learned it if it had not run its course, and if y the reason behind it.

他的本质是独立的，但当他不确定自己面对的是什么时，独立性就变得迟钝了。你感到他的反应，应该在那个时候问问自己。鲁伯特能够以自己的创造力抵消暂时的但全面的消极风暴，保护你们俩。你们俩人都应该能做到这一点的。你从中学到了一点东西，琼斯，你会因此变得更强大，但如果没有顺其自然地面对它背后的原因，你就不会学到它。

You of all people should realize that when valid concern for world into an obsession with world injustices, then all personal enjoyment, then troubles the man who is capable of joy is world. Joy is not a weak spineless bitterness.

你们所有人都应该明白，当对世界问题的合理关注变成对世界不公正的执着，那么所有的个人享受就会消失，然后麻烦来了。能够享受乐趣的人，在很大程度上是一种武器。能够享受乐趣的人，愉悦也不是软弱无骨的懦弱，脊梁骨是苦涩。

Joy is the muscle of action, and without it there would be no actio strongly to you at times, it is because tendency, while much le formerly, must be kept very well in control, Joseph.

愉悦是行动的肌肉，没有它，就没有行动。如果我现在比以前更强大，因为这种倾向必须要控制得当，虽然现在比以前很少了，琼斯。

Basically this concern for human welfare is indeed virtuous, but ov becomes loaded with possibilities that could be most unfortunate. was going to light into you this evening, as Ruburt would say. What is the balance. Neither plunge yourself into the ignorance doubts so that you can see nothing else, nor close your eyes to them. But a place within you where these do not exist, or the freedom of the be hampered, as far as its connection with the ego is concerned. Y consideration for human problems has indeed helped lead you to th sessions.

基本上，这种对人类福利的关注确实是有德行的，但它有可能充满最不幸的可能性。你知道我今晚要指责鲁伯特的话里，我想要的是平衡。既不要让自己陷入无知、怀疑，什么也看不见，也不要对它们闭上眼睛。但在你之内的某个地方，这些都不存在，否则内在自己的自由将受到阻碍。就与自我的关系而言。你对人类问题的深思挂念，确实有助于你进入这些

I suggest your break.

我建议你休息一下。

(Break at 10:01. Jane was dissociated as usual. The pace of the di been quite fast, and Jane's voice the same fast rate, although in a quieter voice, at 10:12.)

(10:01休息。珍解离如常。独白的速度相当快，珍的声音也相当大。她以同样快的速度恢复传述，但声音较小。10分钟。

There is one matter that I should clear up.

有一件事我要澄清一下。

There was a possibility at one time, for a particular period of time various reasons your Miss Callahan was in danger of falling down t of stairs. For several reasons the possibility was strongest when s the mail.

曾经有一段时间，出于某些特定的时间段内，由于各种各样的原因，你的卡拉汉小姐在从前面的楼梯上摔下来的危险。基于种种原因，在她去拿邮件的时候，这种可能性最大。

Her anxiety is high upon such occa mail for her, to cover that period But the strong possibility for it did exist.

在这种场合，她的焦虑感很强。我建议鲁伯特把邮件送给她，覆盖那段时间。但强烈的可能性确实存在。

I know that you wanted me to expla warnings, since suggestion could looms, merely as an unfortunate p

在这种场合，我建议鲁伯特把警告送给你，因为暗示可能会发生。但它只是作为一种不幸的可能性，而不是

(Just before tonight's session I told Jane I hoped Seth would clear up. See the 133rd and the 135th sessions. The 133rd session also list of previous sessions in which Seth has dealt with Miss Callahan degrees. Miss Callahan, a retired schoolteacher, was also acquain Frank Watts. It was Jane's initial contact with the Frank Watts per through the Ouija board, that led to these sessions. F. Watts has b perhaps twenty years, and is one of the personalities making up th

我知道你想让我解释一下。就给予警告而言，我希望赛斯会澄清。第133节和第135节。第133节还列举了赛斯在前几节课中不同的事件发生方面发挥一定的作用，这只是一种不幸的现实。

(Also see the first page of this sessions for other material on suggestion and hypnosis. For other material on suggestion see the 98th, 99th & 120th sessions.)

(就在今晚的课之前，我告诉珍，我希望赛斯会澄清。第133节还列举了赛斯在前几节课中不同的事件发生方面发挥一定的作用，这只是一种不幸的现实。法兰克·沃茨的人格接触，才促成了这些课。法兰克·沃茨大概是一位退休教师，也是一位业余天文学家。关于暗示的其他资料见这节的第6.8、7.9和12.19节。)

There is much to be said along these lines, but you still need prep terms of information, before you can be of any real assistance here for example into many questions. The terms, is foreordained, and is at no moment fixed.

关于暗示的其他资料见这节的第6.8、7.9和12.19节。)

It is true that what will occur, in your terms, has already occurred and that it is possible to perceive the future. But you must be very careful of tampering with "your" future. I suggest that quotes.

在这些方面有很多要说的。但你必须小心地处理这些资料，然后才能帮助你。例如，在这里，"我们"到了很多需要做好准备的时候。这里的"未来"并不是预设的，没有一刻是固定的。

(See the 134th-137th sessions for some material on time travel.)

诚然，用你们的术语来说，将发生的事情已经在其中发生，超越过你的现在，而感知到你所谓的未来。但在这里，我非常小心地篡改"你的"现在，就会篡改"你的"未来。我建议用引号。

When we have discussed further the nature of action, then we can d into these questions, for they inv(见第134节和137节关于时间旅行的资料。)re in connected with energy's action upon itself.

当我们进一步讨论了行动的本质，我们就可以进入这些问题，因为它们涉及到行动的能量对自身的作用。

I am going to suggest also that Ruburt continue with the procedure psychological time is concerned, that is, that he lets it go until I otherwise. The experience, the subject of the exercise, of Ruburt's part, was meant as a practical demonstration of the very pleased that we did so well with it, and various other such co experiments can be expected in the future.

我还要建议鲁柏，就心理时间方面而言，继续这个程序，也就是，让它继续发展。上一次课的经验，主题是作为一个无限自己的实践演示。我很高兴我们做得很好，以后还可以期待其他各种这样的控制性实验。

(See page 308.)

The conditions of our sessions allow us on the one hand more fre the other hand more control. Also they add to the value of the sess themselves. We will have much more to say concerning the limitless connection with action.

我们课的条件，方面使我们有更多的自由，另一方面有更多的控制。此外，它们还增加了课本身的价值。关于无限的连接，我们还有很多要说。

The material, our material, will indeed be published. This material attitude is the most beneficial of the parts.

这份资料，我们的资料，将会出版。但不太有益的部分。

At any time that you may wish it, you may do so. I will not suggest it. It is up to you.

只要你愿意，你随时可以在任何时候上课。但是，我不建议。决定。

(This information came through, I presume because earlier I had b with Jane about making up the sessions we had missed. I do not i our daily routine is busy enough now.

(我想，这个信息的传来，是因为早些时候我一直和珍谈过的课补上。我怀疑这是否可能，我们现在的日常

(Jane now gave a broad smile.)

(珍此时笑容满面。)

You have taken your medicine very well this evening.

你今晚的药吃得很好。

A note I wanted to add: It was indeed a time when you were so filled with guests when you be inner vehemence. It was very well you spend not spend more time

我想补充一句：你们接待的时候，你家的客人那么多，是被自己内心的激烈情绪所吸引。这很好。你在一起，这很好。

Ruburt, without realizing it, entered into psychic word play with chronic and critical inner bitterness sought out your own. On some occasion I will discuss this particular character with you, for ther learned here.

鲁伯在不知不觉中，展开了灵性上的劲拔弩张性的内在苦涩找上了你自己的。在其他场合，我将因为这里有许多值得学习的。

The others did not come for the same reason although your illness cause of their visits. John, your Phil was definitely called and he responded. The other two visitors were neutral psychically of this at a later date, when it will be pertinent to another discuss

其他人不是基于同样的原因而来，虽然你的病是他们的菲利普，肯定是被召唤来增援的，而他也回应了。中立的。这一点我稍后会再多说一些，当它与另一

My heartiest regards for your health. You are on the mend. In your convalescence, I will end the session.

我对你的健康表示最诚挚的问候。你正在康复。你可以在这里休养期间，我将结束课。

("We'll take a short break, then.")

("那么，我们稍微休息一下吧")

(Break at 10:36. Jane was well di(sl0:36休息。珍状况良好。)a little longer.

(Our host of visitors during my illness was another subject we'd ho would discuss this evening. From March 24 to April 2, Jane and I total of 21 visits from 16 different individuals. Of these 7 had sessions. Some of the visits lasted four hours and left Jane very ti

(在我生病期间，我们接待的来访者是我们希望赛斯今晚讨论的一点。从3月24日到4月2日，珍和我共接待了16位不同的人的21次访问。有些探访持续了几个小时，让珍有7人见证过课。)

(Since the visitors began to appear on the first day, I was in bed matter of hours, Jane and I soon thought there would be more than visitors the first day, 3 the second day, 4 the third day, 4 Moreover two of our first four visitors, Sonja Carbon and Louis were from out of town.

(由于访客在我卧病的第一天，我在几个小时内卧床，珍和我很快认为这不仅仅是第一天有4位访客，第二天3位，第三天4位，第四天4位等等。此外，我们的前四位访客中，有两位来自镇外。索尼娅·卡伯恩(Sonja Carbon)和路易斯-德安德烈诺(L

(Sonja bought a painting from me on November 18, 1964 and is me Seth in the 108th session of that date. Louis, witnessed the 8th Rochester, NY, and was also discussed by Seth in the 9th session. visitor that first day was Jim Beckett, who witnessed the 47th and Thus Jim and Louis were the two neutral visitors referred to by Se

(索尼娅在1964年11月18日向我买了一幅画，赛斯在那天的第108节课中提到了这件事。路易斯见证了在纽约州罗切斯特举行的第8节课，并且也被赛斯在第9节课中提到。此外，第一天的另一位访客是吉姆·贝克特，他见证了第47节课。因此，吉米和路易斯就是赛斯所说的两位中立

(Philip of course is the entity name for John Bradley, who has witn
sessions. While visiting us on the second day of my illness, John
events transpiring within the drug film representents. Seal apo
predictions made by Seth some time ago. Seth had mentoned, tim
several years for some of these predictions to work themselves out
counseled patience on Johns part. See the 37th session, of March
and the 70th session, of July 13, 1964, among others.

(菲利普当然是约翰·布拉德利的代称，他见证了
天，约翰来看我的时候，他说他所代表的制药公
乎印证了赛斯前段时间的预测，赛斯曾提到，有些
并建议约翰耐心等待，见1964年3月23日第37节
等等。

(My younger brother, William Richard, also from Rochester, NY, was
March 28. He is custodian of the second of these sessions. Another
witnessed the 89th session. Another visitor was Bill MacDonnell
Mark, and several times a witness. On file I have a complete recor
visits Jane and I received.

(我弟弟威廉·理查德(William Richard)(亦名
是3月28日的访客。他是这些课第二份复写本的保
位访客是比尔·麦唐纳，存有名马克，也见证过好
整的记录，记录了我和珍接待的21次来访。

(Jane now resumed at an average (rla0t:e4 3o珍 以 平 均 速 度 恢 复 0 :)4 3 .)

They were called by your illness fo r various reasons and drawn to you.

他们因各种原因被你的病召唤而来。

The two neutral parties came earnestly, however, with a subconscio
help. They were drawn by your predicament and psychically wa
be sensitive to it. However, they were not able to rally any notea
force of their own.

不过，这中立的两位带着潜意识中一份想要帮忙的
你的困境吸引而来，灵性心也能够敏感地感应到它
聚出自己明显的灵性力量。

Had the conditions been different, or the situation worse, they would
rallied. Philip added his constructive energy to Ruburt's and Ruburt
counter your inner vehemence, and you reached to the admit
degree of which you were capable at the time.

如果情况不同，或者情况更糟，他们就会这样团结
能量加在鲁伯的能量上，在鲁伯试图反击你内在激
达到你当时能力所及的小小程度。

Sonja, all unwittingly, came to prey upon the situation. She herself
desperate need of help. Ruburt seemed to know and utilized this fo
attempted, for a time, to counter the vehemence of your house.

索尼娅不知不觉地利用了这局面。她自己有一份
这一点，如果不是他自己的能力那么强，鲁伯可能
因为他曾一度试图抵制在你们家中开始的大规模破
your house.

He did have some support from you, of course, you see, you were far from
this time. The other assorted company during the week was most be
indeed. From this standpoint you were indeed not alone, and it was
for you to be alone, although you may have wished for privacy.

他确实从你那里得到了一些支持，因为你看，你根
里，其他各类组合的同伴确实是最有益的。从这个
人，这也不是你独自一人的时候，虽然你可能希望
I could indeed continue now along other lines. However, I think it ba
retire for the evening. I did not neglect you, either, while you were
circumstances did not warrant a direct action on my part. I was here
inquiring, sometimes severe, sometimes amused, sometimes concern
always watchful eye upon the household.

我现在其实可以继续讲其他方面的事。不过我觉得
吧。在你生病的时候，我也没有忽略你，但当时的
动。我在这里。我一直在探询着，有时严厉，有时
心裏冀地关注着这个家。

And now my best regards to you both. I am glad that we resume our
once again. Ruburt had a vacation of sorts, but I will see that ther
enough for him now.

现在我向你们两位致上我最好的问候。我很高兴再
是度了一个假；但我现在会让他有足够的行动。

(“Good night, Seth.”

(“晚安，赛斯”。

(End at 10:58. Jane was well dissociated. She said she retained
of the gist of the material given during her first monologue, but th
monologues she lost all idea of what she had said.

(10:58结束。珍充分解离。她说，在第一次独白
在随后的独白中，她完全不知道自己说了什么。

(It might be noted that now her eyes open quite easily at break tim
end of the session. When she first began to speak while seated, an
eyes closed, she had difficulty opening her eyes.

(值得注意的是，现在她到了休息时间和课程结束
始闭上眼睛坐着说话时，她很难睁开眼睛。

(Jane had told me that during my illness she hadn't felt Seth aroun
times during my illness when I had a parade of visitors. I did not see
after talking to the ones I did see, and tried to capitalize upon this appa
us twice; almost at once I understood, and decided not to let it bother me.
this, however.)

(珍曾告诉我，在我生病期间，她没有感觉到赛斯
次我有一大队络绎不绝的来访者。我并未见到
很快，我就觉察到，在与我所见到的人交谈后，我感
点，我就相当刻意地想利用这种明显的能量交换
几次；几乎立刻就明白了，我决定不让它困扰我。
我很担心珍在这方面的消极性质，
Jane bearin
当然，不过)

SESSION 144 第144节访客洛琳的个人资料,能量结

APRIL 7, 1965 9 PM WEDNESDAY

1965年4月7日星期三晚上9点定期课

(Mrs. Lorraine Shafer witnessed tonight's session. She was introduced
Seth material by John Bradley, who has witnessed several sessions
much of the material himself. Lorraine took her own shorthand notes
material. She has also offered to do some typing for Jane and me.

(洛琳·雪佛太太(Mrs. Lorraine Shafer)见证
赛斯的资料，约翰见证了几次课，自己读了很多
速记笔记，她还主动提出要为珍和我做一些打字工

(Since Jane began to achieve a deeper trance state and to speak
down and with her eyes closed, she has become much more sensitiv
interruptions. For this reason we have been holding recent sessions
protected back room. This room is too small to hold three people, c
however, so for the session we moved back out to the living room.
sessions have been held there. We chanced interruptions but none

(自从珍开始达到一种更深的出神状态，并开始坐
变得更加敏感。因此，我们最近的课程都是在一个
而，这个房间太小了，无法舒适地容纳三个人，所
行大部分的课程都是在那里举行的。我们直着中
生。

(Jane was a little nervous before 9 PM. Once again she spoke while
down and with her eyes closed, and in a voice somewhat stronger a
than usual.)

(晚上9点之前，珍有点紧张。她又一次坐下来，
有力、更快。)

Good evening.

晚安。

(“Good evening, Seth.”)

(“晚安，赛斯”。)

May I wish you all a pleasant evening, and thereby acknowledge th
of our guest.

让我祝你们全都有个愉快的夜晚，并在此感谢我们

There will be more later to follow concerning the predicament in w
yourself, Joseph. However, we will save it for another time.

关于你所处的困境，约瑟，稍后会有更多的内容。
鲁伯今天早上得知的信息，在本质上是正确的。你

The information which Ruburt learned this morning, in its essence, is

you will see that the data I gave 的资料就要发生了。 sessions back is coming

(See Volume 2, page 158 of the 63rd session of June 17, 1964.) 见1964年6月17日第二册第63节。 If data would be entered on the record, had not Seth mentioned it without prompting. 如果不是赛斯提到了,我怀疑是否会将这些资料收进记录。 It concerns the husband of a friend of Jane's and a drug addict with narcotics. 它是关于朋友的丈夫和吸毒成瘾的事件。 The couple no longer live in Elmira. 这对夫妇已经不住在埃尔迈拉了。 Several Elmira people are informed concerning them, and one Elmiran happens to work in the state town in which they live. 其中一个艾尔迈拉人恰好在他们住的州府工作。

(This morning Jane learned through this individual that the husband has been involved with narcotics, (今天早晨,珍通过这个人得知,她的丈夫曾经涉及 newspapers at the new location. 居住地的报纸都没有报导。 Jane has not seen the reports. 珍还没有看到这些报导。

(A companion prediction to this one made by Seth at the same time concerning the outbreak of a narcotics investigation in the Elmira three months, developed as predicted.) (除了这件事情,赛斯同时也做了另一个预测,是关于这爆发的结果在三个月内,如预测的那样展开了。)

I have told you that action cannot deny itself. An action cannot be is, called back out of existence. Once an action has begun, it will completion. An action may be recalled in terms of memory, but it cannot taken back, or denied or undone. 我告诉过你们,行动无法抵赖它自己。一个行动无法被收回、抵赖或撤消。 一旦行动开始了,它就会试图完成。一项行动存在。

Your idea of consequences is derived from this fact. Nevertheless consequences takes into consideration the original act. 你们对后果的看法是根据这一事实得出的。然而,后果会考虑到原始的行动。 You perceive, in other words, that your action takes form in your own physical field, and the part you play in the original act. 换句话说,你感知到你的行动在你自己的物质场域中成形了,而这个因素你扮演了初始的

You perceive however but one flicker, as a rule. As in the case of your effect of the mental action, which was 然而,一般来说你所感知到的只是一个闪烁,作为一个小细节。就像你的心灵行动一样,你感知到的只是事件的小部分。 the entity name of our visitor is 我们这位访客的存有名是玛蕾诺(Marleno)。

(Seth/Jane obligingly spelled out (在赛斯的要求下,珍很乐意地拼出了名字。

We find in the present personality knots whereby action is not particularly in terms of expansion. There is strong concentrated energy inward, but it is not turned inward far enough to be effective. 我们发现在目前这个人格的结点中,行动没有自由,特别是在扩张方面。强的集中能量向内转移,但它没有向内转移到足够

It is turned inward mainly in terms of the ego. There is awareness inner self, but the main energy is turned inward in terms of the ego. 转向内的主要是自我这方面。这里是有内在自己的 same time the personality does not 紧张和防备。同时人格又没有更新它的能量 personality were turned further inward, 转移或反过来进一步向外转移,朝向外部世界 outward toward the outside world, 方面就会有所改善。 additional, recharged energy. be an improvement in

The knot, or the main concentration of focus, refreshment, either through the inner self or from the outside world. energies is indeed caused by fear and can be dissolved. The knot energies amount to a frozen immobility, where nothing is lost, but anything gained. 这个结,或者说主要的焦点集中在自我的关注上,通过内在自己还是来自外在的世界能量的结晶。实化解。纠结的能量相当于一种冻结的静止,在那里什么收获。

The situation here can be eased, and it is within the ability of the personality to do so. There is an forgive the word, sensitivity, that is also, and I believe always has to untie or dissolve this knot of immobilized energy. 这里的情况是可以缓解的,这也是目前的人格能做 word 敏感性的,如果你不介意这个词,敏感度将会 人格方面也有解开或化解这种不动的

At one time the personality was involved with very early paper man believe Belgium. The personality was male. The personality has been involved with communication in one form or another in various 曾有一段时间,这个人格参与了非常早期的造纸业 人格当时是男性。在很多世中一直是以不同的形

Until this life the communications involved have been in outward m This time there is on the part of which the personality was not be bewilderment, since in the past c awareness of that which is not easy to communicate. 在这一世之前所涉及的沟通都是向外的体现。这 实相的觉知,而这是人格以前所不关心的。还有一 很容易沟通现在觉察到不容易沟通。

There is now an earnest desire to travel inward, but in the past th was involved with outward communication as a main aspect. where the communication involved of energy, among other things, temporary inability to change the methods of communication. 现在有一种向内旅行的热切愿望,但在过去人格 人格是这个人格的主要面向。然而,这生开启了一 通道的确会有不同的种类能量的结晶除此之外 暂时无法将兴趣的焦点从向外的沟通方式转

I am not suggesting here that this individual turn all focus away fr world, far from it. I am saying that be maintained. 我在这里并不是建议这个个体把所有的注意力都从此。我是说,放开是必要的,然后就会维持住平衡

In the past lives, again, desire for communication was strong. It is However, it is as if the personality stands in an anteroom and will not open the door leading in the direction from which he has to the door that leads out indecision here that is important. 在过去的一些世中交流的欲望非常强烈。现在也 abilities for communication can turn 在另一扇门前的沟通的能力可以转动把手,但他不 personality stands in an anteroom 前厅里带着他所有纠结的能量,犹豫不决,不愿 转向另外方向也就是他来的那个方向那扇向 是重要的。

Were the personality content between the two doors, there would fo be little problems. I am not saying into a world of energetic psychic saying that the personality only many are ignorant. 如果这个人格甘愿介于两扇门之间,那么前面不 这个人格现在还没有发现的多人都很懵懂的内在实相。

I suggest your break. 我建议你们休息一下。

(Break at 9:34. Jane was dissociated as usual. Lorraine told us the name was Meredith, and that her mother intended to call her Mary Lou, but never did so. There is a similar entity name, Marleno. (9:34休息。珍像往常一样解离。洛琳告诉我们,她的母亲在给她取名玛莉提丝洛(Mary Lou),但一直没有这么做。这和存有名玛

(Lorraine thought the last sentence confirmed that she has been interested of her past jobs involved writing copy for a radio station.

(洛瑞认为最后一句话证实她对自己的过去感兴趣。她过去的工作中有一份是为一家广播电台撰写稿件。

(Jane resumed in a slower manner(9a:45 以较慢的声音继续。)

(珍以较慢的声音继续。)

There was a village in the southern primitive mason. A crib turns over personality died in infancy. Later of fifteen years. Also a drummer hand, also an ear. At times a throat difficulty.

在法国南部有一个村庄。这个人格是一个原始的石匠。一个小孩死了，婴儿床翻了。Bela 的人格隔了一代出现，到比利时时，这个人格还是内战中的士兵。也有一个鼓手，有时喉咙也有问题。

(After the session Lorraine told us that she has no difficulty.

(课后洛瑞告诉我们，她没有任何喉咙问题。)

In general in the present, the personality should relate firmly with and also come to grips with the moderation that allows for spontaneity evaluations. The personality has female child who did not reach adulthood.

一般来说，在当下，这个人格应该和外在现实紧密联系，并要面对现实。但这种适度要允许自发性和评估。人格有两种：男人，女人。女人是一个未成年的女孩。

The name Kronski was a family name (Kronski).这个名字曾经是一个姓。

(Again, Seth spelled out the name.)

(再一次，赛斯拼出这个名字。)

Now. Action is something like a mirror basically, we can see all actions, of all actions.

现在。行动就像一面镜子，它反映了自己。在一个，看到所有的行动，通过一个行动，我们可以达到所有的行动。

The apparent dimensions within action as the movement of a muscle as sleeplike as any dream.

行动内的表面维度，是由我们刚才说过的分离造成的，当行动试图从自身中脱离出来时。梦和肌肉的运动一样，都是行动，而肌肉的运动是类似于睡眠状态。

We are all within action. However is limitless within it. In energies, we seem to see new act changed; and in changing, has form action.

我们都在行动之中。我们是行动的一部分。然而，行动内的选择是无限的。在行动中，我们将自己的能量和能力投入其中，似乎都能看到新的行动。但这只是我们的焦点发生改变；而在改变中，行动会形成新的行动。

For the benefit of our visitor, let me say that action is the vital it from which all realities spring. This will make our discussion simpler action may be withdrawn. Nothing is motionless; therefore when hesitates between his two doors, he is not motionless but uses as in indecision as should be expended in purposeful direction.

为了方便我们的访客，让我这么说，行动是生命的源泉，所有现实都从它诞生。这将使我们的讨论简单一些。行动可以撤回。没有什么是不动的。因此，当我们的客人在他的两扇门之间犹豫不决时，他并不是不动的，但他使用了应该在有目的的方向上的动能。

Action cannot be dammed up, for balances to be maintained. The dreams is also action, and as such it affects called physical universe, for the inner self, also helps to construct

行动不能被阻挡，因为它会成为爆炸性的。有许多平衡需要保持。梦世界也是行动，因此它影响到所有其他行动。梦境是行动，因此它影响到所有其他行动。除了这个被称为物质宇宙之外的世界，因为梦宇宙通过它和内在自己的联系，也有助于构建物质宇宙。这可不是小事。

It matters more than you know, and like that play on words, Joseph?

这比你知道的更重要得多。我会告诉你事情是什么，约瑟？

(Jane gestured and smiled broadly turning her head toward me, eyes remained closed.

(珍做了个手势，咧嘴一笑，把头转向了我，虽然眼睛一直闭着。

(“It’s beautiful.”)

(“漂亮。”)

I suspect some hint of sarcasm.

我怀疑有一丝讽刺的意味。

(“Oh no.”

(“哦，没有”。

(Seth has dealt with dreams in many and the 122nd-131st sessions, among others.)

(赛斯在多节课中都谈论过梦。见第44、92至102、122至131节等。)

But after the lecture that you took from me at our last session I do as long as it is not carried too far.

但经过上一节你听了我的讲话之后，我不会怪你，只要不过分。

Now. As you know, among other things dreams reflect inner expectations visitors edification, dreams are molecular structure and reality, are usually familiar.

现在，如你所知，除其他之外，梦反映了内心的期望。访客的启发，梦是由每个分子结构组成的，并被赋予现实的结构。梦通常是熟悉的。

Dreams cannot be taken, however, expectation, since too many other

但是，不能把梦当作是对内在期待的准确描述，因为有太多的其他因素。

Nevertheless, the actual individual bear a close resemblance to the the individual. And here we come evening, and even now we will

然而，每个个体所创造的真实的个别梦世界，将与物质环境非常相似。这里，我们谈到了我在前几天晚上简要提到的一个主题，我们也只想点到为止。

There is much involved. The individual possibilities in the dream world. attempt to solve them through solutions.

这其中涉及的内容很多。个体，任何个体，都有潜在的可能性在梦世界中遇到问题，他可能会试图通过在梦中解决问题来解决方案。

These possibilities then become surely as they would if he acted in They are not myths, they are not reality within another field of actuality.

这些可能性就在梦的场域内变成实际现实。它们的确会成为现实，就像他在物质世界中以同样的方式行事一样。它们不是迷思，它们是存在于另一个现实场域内的实相，不会消失。

Consciously our individual may not know, what he has done. Consciously not even know the problems which he has set before him, but he has worked subconscious level. But he will have chosen his solution and in the world an event will shortly occur which will be close to a duplicate dreams which he has created.

在意识上，我们的个体可能不知道他做了什么。在意识层次上，他甚至不知道他面前的问题，但他已经在潜意识层次上解决了这些困扰他的问题。但他已经选择了他的解决方案，并在物质世界中不久会发生一件与他创造的梦境相似的事件。

When he dreamed the dream, and problems, he had already subconsciously chosen which he would construct within the physical field.

当他梦见这个梦，并选择这个可能性作为他问题的解决方案，他已经选择了他要在物质场域内构建的事件。

This is a rather tricky point, but however, still exist as reality within unfolding. Your past material on this will help you on this.

这是相当棘手的问题，但很重要。然而，其他可能性仍在现实场域中存在，因此它们仍然会展开。你们过去的那些资料会帮助你们了解。

I suggest your break.

我建议你们休息一下。

(Break at 10:22. Jane was well dis

(10:22休息。珍解离如常。她的话语速度相对较

rapidly at comparatively yet took some long pauses.

(The first part of the following material was delivered with many p
them long. When Jane sat down ag(以下资料的第一部分有很多停顿，有些停顿时间
remained quite motionless, with her eyes closed, a(神状态时，她闭着眼睛，一动不动，保持了一分多钟
began at 10:29.)

There was no personal connection 在以前 with 你们三位之间并没有私交 in past

There was however a telepathic connection. The present personality
visitor was aware of the sessions before Philip mentioned them
the association will continue. The number fifteen is an important o
visitor.

(Jane now took a very long pause. It will be remembered that Phili
name for John Bradley who first m(珍这时候停顿了很久。还记得，菲利普就是约翰布
told us later that she was not con(个向洛林提到这些课的人。洛林后来告诉我们，在
before John told her about them. (洛林提到这些课的存在。她还说，根据她所知，这
particular significance for her as(然而，赛斯提到了一个十五年的时期，与她前世过
of fifteen years, however, in connection with past lives for her. Se

Once the personality was blind, physically, and evolved a communic
means of the texture of a particular cloth, the hand. He
then a male, he could by educating his fingers distinguish the mos
variation of roughness and texture.

He was near to being a beggar, living in poverty. Reaching out to
touching their garments, he could accurately tell their social and
standing through the touch of the cloth. He sang for money or what
given him.

He was blinded in his teens, an accident, boys playing with stones
were very sensitive, and since then he has always developed the ab
his hands to advantage in nimble ways. He was then brawny, strider
personality's first experience with being a mother.

The daughter of the present personality, however, was once a siste
difficulties between the sisters. The youngest son was once a
difficulties. The youngest son was once a
that the conscious mind does not re
existences?

Memory is there, within the inner self. Lessons learned in the past
upon. You would indeed be laden with relatives, if you were aware o
relationships.

I am rather pleased with the evenings session. Indeed, I feel in ra
spirits, if you will again forgive the phrase. We will at our next se
down again to business, as far as our discussions are concerned.
There is still much to be said here. Nor was Flatered at Ruburt's
his discovery that what I told you in the past, concerning your re
coming to pass. He should have expected it. He is anything more
than even I gave him credit for, and I gave him credit for a good d
headedness.

He is somewhat better than he was. He does not look more as much
and our material has been coming through very well. However, he
to me, show somewhat more confidence in my abilities. He certainly
enough confidence in his own, though, in his psychic ability. An
hedges. But I will run him around that particular hedge.

You may now do as you like. You may close the session, or you may
break and continue for a few social pleasantries.

(“Well, I think we’d better close.”

(As usual, I didn’t want Jane to become fatigued. Seth had been b
state of high good humor, however, and I regretted passing it by. T
though, that I was getting very tired also.)

I will then meet with you at our regular time. May I add that when I
pleasant you should at least take
course, and not mine. I bid you a
so concerned of late with our less
than say hello and good-bye, and
some more relaxed social discourse
social time.

All joking aside, I will indeed say good-bye, and mean it.

(“Good night, Seth.”

(End at 11:05. Jane was well dissociated. As the session ended, sh
with her eyes still closed. It became apparent that she was having
opening them. She finally made it. “He didn’t want to go,” she sai

(Since her eyes appeared to want to remain closed, I suggested that she do so
with more dictation if she cared to. at 11:08.)

I was hoping, Joseph, that we could have some give and take. How
been unfair, and I will admit it. I realize that you have been
tease you. It is one of my failings. So I will now leave, though wit
misgivings.

(“Why?”)

I leave out of due consideration for you, and magnanimous. My best and hearti
(“Good night, Seth.”

(End at 11:11. Jane was fully dissociated, and ended her eyes opened promptly.)

(“好吧，我想我们最好结束吧”。

(和往常一样，我不想让珍太疲惫。不过赛斯一
状态，我占得了便宜。不过，我也很累了。)

我会在预定的时间和你们见面。容我补充一下，当
少利用它了，当然是为了你们自己，不是为了我。
晚。不过，我最近太专注于我们的课了，除了问候和
别的事情，我确实时不时地想给你们更轻松的
要有一个社交时间。

玩笑归玩笑，我真的要说晚安了。

(“晚安，赛斯”。

(11:05 结束。珍充分解离。课结束时，她静静地
显，“她很难睁开眼睛。最后，她终于做到，“他不
(由于她的眼睛似乎想闭上，我就告诉她，如果
我会在时间允许的情况下更加详细地口述。)

我对今晚的课相当满意。事实上，如果你不介意我
(回到我们关于行动的讨论，当
还有很多要说的。鲁伯发现我过去对你们说的关于
吃一惊，我也不觉得受挫。他早该料到的。我给他
等比我给他的评价还要更加顽固。

他比以前好一些。他不像以前那样阻拦我了，我
在我看来，他可以对我的能力表现得更有信心，这些
出足够的信心，虽然不是对他的灵性能力啊，这
回避之处追着他跑。

现在可以随你喜欢。你可以结束课，也可以稍作休

(“好吧，我想我们最好结束吧”。

(和往常一样，我不想让珍太疲惫。不过赛斯一
状态，我占得了便宜。不过，我也很累了。)

我会在预定的时间和你们见面。容我补充一下，当
少利用它了，当然是为了你们自己，不是为了我。
晚。不过，我最近太专注于我们的课了，除了问候和
别的事情，我确实时不时地想给你们更轻松的
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显，“她很难睁开眼睛。最后，她终于做到，“他不
(由于她的眼睛似乎想闭上，我就告诉她，如果
我会在时间允许的情况下更加详细地口述。)

约瑟，我希望我们可以有些相互让步的做法。但
我知道你一直在生病，我不应该取笑你。这是我的
走了，尽管有些疑虑。

(“为什么？”)

我离开是出于考虑到你们的方便，以示我可以宽
好意和最后的晚安。

(“晚安，赛斯”。

(11:11 结束，珍充分解离，她立即睁开了眼睛。)

SESSION 145 第145节爱是满足的,是值的充盈,是认识自己的行动

APRIL 12, 1965 9 PM MONDAY AS 1965年4月12日星期一晚上9点定期课

(One afternoon during my illness, as I lay drowsily in bed, I had two impressions. First, while my eyes were closed I felt that the area they encompassed to the left and right was suddenly and definitely sensation was brief, yet lasted long enough for me to be sure of it.)

(在我生病期间的一个下午，当我昏昏沉沉地躺在床上时，我有两个印象。首先，当我闭上眼睛时，我感觉到眼睛所包围的左侧和右侧的区域突然明显变宽了。这种感觉很短暂，但持续的时间足够让我确定。)

(So was the second impression, which came immediately after. This suddenly "saw" a shorter left leg (as perceived from my own point of view) of normal length. This new leg reached from my hip to the foot and a knee as it stemmed from my hip. It was a dwarf.)

(紧接着出现的第二个印象也是如此。这个突然“看见”的左腿（从我自己的视角来看）比正常长度的腿要短。这条新腿从我的臀部开始，从髋部延伸到脚和膝盖，因为它从我的髋部开始。它可能是一个侏儒。)

(I thought the two impressions could be examples of inner expansion and contraction. I reminded Jane of them again just before the session. I hope that Seth might be ready to discuss them.)

(我认为这两个印象可能是内在扩展和收缩的例子。我在课前提醒了珍。我希望赛斯或许能准备好讨论它们。)

(Once again Jane spoke while sitting down and with her eyes closed. She was slow, her voice rather low and husky. She was rather sleepy from the day. It began at 9:01.)

(珍又一次坐下来，闭着眼睛说话。她的语速很慢，声音较低沙哑。她有点困，9:01开始。)

Good evening.

晚安。

("Good evening, Seth.")

("晚安，赛斯"。)

It is good to be by ourselves again.

再次只有我们自己上课，真好。

I am going to speak about your past condition, and I am also going to speak about action. Although the reason is personal causes, indeed in one way, or in another way, it is the ego's attempt to stand apart from that which is a part of it, and sometimes it fights against itself.

我要谈谈你过去的情况，我也要谈谈行动。虽然你的原因是个人的，实际上，以一种或另一种方式，这是自我试图从构成它的行动中分离出来，因此有时它会与自己作对。

(See the following sessions: 139, 141, 142.)

(见以下几节：139、141、142节。)

Part of what I am about to say may sound callous, but you should not be the case. From the viewpoint of the concerned and conscient self, truly there appears to be great and disastrous evil, that over the cup of human existence.

我接下来要说的部分内容可能听起来很无情，但你不应如此。从关心和有良知的自我-自己（ego-self）的角度看，确实似乎存在巨大的灾难性邪恶，像毒药一样溢出人类生存的杯子。

When he sips of it, as you have sipped of it, and as all conscientious beings sip of it, then indeed the medicine is bitter, and you may well add that all, or many, medicines are bitter. But if one who sips such a medicine finds it bitter, then it can do him good. Basically, all action is a unfolding. With the limited perception he is not visible, and it sees what it is, and you must indeed strike out against that which appears evil to you.

当他喝饮它时，就像你喝饮它一样，就像所有有良知的生命体喝饮它时，确实是苦的。然而，人可以说所有的药物都是苦的。但如果一个喝饮这种药物的人发现它是苦的，那么它可以对他有好处。基本上，所有的行动都是展开。由于他的有限知觉，他看不见整体，他只看见它是什么，而你必须对你的道德领域内的一切发动攻击，那些在你们的道德领域内看来是邪恶的东西。

This is a responsibility laid upon you by the code of limitations which itself has adopted as a part of its own. I follow me here without any strong a priori. You may find it difficult to understand my point of view, but you do not morally blame the wind for the destruction it causes, or the wind not punish the wind, so you must see the wrongdoer, in your eyes, is no more foolhardy to ignore the results of activity. Nevertheless, I tell you there is much you do not see or know.

这是自我所采用的限制守则赋予你们的责任，我是自己的一部分。我在这里跟随我，没有任何强有力的肯定。你可能很难理解我的观点，但你在道德上谴责风造成的破坏，或风惩罚风，你必须看到作恶者在你们的眼中并不比忽视这类活动的结果更愚蠢。然而，我现在告诉你们，还有很多你们看不到或不知道的。

You see perhaps havoc within the physical field and the chaos, as aid is given to the victims of action as they appear within the field, as long as you insist upon viewing your physical universe as the ego-self; for the ego-self attempts to cut itself off from that as is a part, and in so attempting it loses contact with this larger reality.

你看到的也许是物质场域中的混乱，这的确是要面对和处理的，就像援助被给予行动的受害者一样。但是，只要你坚持从自己的物质宇宙，即自己的自我来看待你的物质宇宙，你就只熟悉在物质场中出现的行动，而它是其部分的行动切断自己与这样的实相的联系；而在这样的尝试中，它失去与这个更大的现实的接触。

This loss of contact applies only to the ego. It does not apply to other portions of the self, and it is through the inner self through inner self that to some degree the nature of action can make itself known. And made known it will be seen then—

失去联系的只有自我。自己的其他部分并未失去联系，通过内在的意识，在某种程度上，行动的本质可以被看到，然后——

(Jane now took a very long pause, one lasting, at least a minute. During periods she will sit quietly in her chair, her eyes closed, her hands unmoving in her lap. When she resumes she merely carries on with at hand as though there had been no interruption.)

(珍这时候停顿很久，持续至少一分钟。在这段时间，她将安静地坐在椅子上，闭着眼睛，双手放在腿上一动不动。当她恢复时，她只是继续前的思路，仿佛没有被打断过。)

—that which you call evil represents a falling short of value fulfillment, in particular, or in any particular, case. Those who court injustice and persecute There are those who murder. There are those who seek to slain.

—你所谓的邪恶，代表着在某一特定的情况下，或在任何情况下，价值的充盈有不足之处。那些追求不公正和迫害的人。有些人谋杀。有些人想被杀死。

They seek each other out for many complicated reasons. This would be difficult but I will not simplify matters as I could I would prefer thoroughly. Nothing here must even be taken as a justification for humanity's terms. For many practical reasons at this point, it is necessary that humanity's terms, and that what strengthens himself immeasurably by so doing.

他们出于许多复杂的原因相互寻找。这整个主题是困难的，但我不会简化事情，虽然我可以这么做。我更愿意彻底地做。这里绝不能以人性的角度，来看作是对恶行的辩解。在目前这个时刻，出于许多实际原因，有必要将人类的标准和他认为的恶行与自己的力量到不可估量。

It is also true however, in a completely different framework that evil creation, at least evil as he thinks of it. And if a crime is to be humanity's terms, often the victim is as guilty as the murderer, in terms of guilt that no court can weigh.

不过，在一个完全不同的架构里，恶其实也是他自己的创造，至少是他认为的恶。而如果以人性的角度来指定罪行是基本上说，受害者往往与凶手一样有罪。

I suggest your break.

我建议你们休息一下。

(Break at 9:34. Jane was dissociated as usual for a first monologue that she retained some idea of what she had the parallel thought that

(休息时间9:34。珍像往常一样分离了第一次的独白，她保留了一些对刚才说话内容的想法。

popular in some quarters, among 在某些人群中受欢迎，在那些可能希望将这个词资
for their own purposes.

(Jane now felt fully awake. She 珍妮现在感觉完全清醒了。她以轻快的声音继续
We all have our roles. As we exis 我们都有自己的角色。当我们存在于不同的场
roles to the exclusion of much el 色，而排除了许多其他的角色。
That part of us as you know which 如你所知，我们扮演这些角色的那部分就是自我，c
intimately the role which was ass 分配给它的角色中，自我是整体自己的十分部分。 w
The health and psychic condition of an individual is not primarily 然而，一个人的健康和灵性状况主要不是由自我决
the ego, however. It is only when 太多的内容时，个体才会被剥夺太多整个自己的
individual is deprived of much of 它的角色。它只能在被形成的现实之限制范围内
acquainted with only its role. It 意愿和顾四周看到灾难和恐怖时，它不知道这些
the reality which it was formed to 色，而这些角色是暂时的。
intentions and sees disasters and
also play their roles, and that the roles are temporary.
It becomes bitter and mortally frightened, with no place to turn, ar 自我变得痛苦和极度恐惧，无处可逃，它萎缩并生
body, and shrivels, and concentrate 境的病态方面，直到它甚至不能感觉自己的辉煌成
of its environment, until it canno
of itself, and the joys that are peculiarly part of the ego.
This, temporarily, is something like what happened to you, Joseph. 这就像暂时发生在你身上的事情，约瑟。内在的自
self is aware of other realities. 自我的。在这里请记住，自己的意识和自我之间的
It is aware of the ego. Remember 要。自我只是自己的一部分，是有意识的自己的一
difference between consciousness and the ego is important. The ego is but part of 上。
the self, part of the conscious se
in one direction.
The inner self, feeling itself part of a action, is aware of facets of 内在的自己，感觉到自己是行动的一部分，觉知自
the ego is ignorant. It knows that roles can be reversed. There is 面。它知道角色是可以逆转的。这里有这么多的事
to be explained, and so many questions that must be answered. For 必须要回答，有着被严重误解的风险，我告诉你：
the risk of being misunderstood I tell you that the only one real 如果你愿意，你可以将唯一的现实等同于善
fulfillment, which you may, if you like, equate with goodness.
There is no such thing as evil, except 除了人所制造的魅影之外，并没有所谓的邪恶。他在
sees hate in his own heart, what 眼中的恨，其实不过是恐惧，所以他把恨投射到另一
into another man's face and says 他的脸上并杀了这个人。但恨从来不存在过，也就是
But the hate never existed, that is what mankind thinks of as hate
Hate is unreasoning fear. Fear is 恨是不合理的恐惧。恐惧源于缺乏理解，缺乏值
value fulfillment. Hate is that wh 爱的。爱是满足的实现或者说是充盈的。爱是唯一的，充
fulfillment. It is action that knows 并在其各个部分中荣耀自己，为了认识自己而分离
separated to know itself, and in 分离的行动自己不再分离
Hate is that which fears to join, 恨就是害怕结合的，因此是分离的，就是这样的
If all men could learn to love, in terms of which I have spoken, the 如果所有的人都能学会爱，在我所说的方面，那么
be no need for any kind of punishment, and the word 任何形式的惩罚，这个词将从你们的词汇中消失。
vanish from your vocabulary.
The subconscious is not the cause or carrier of hatred. The difficulty 潜意识不是仇恨的原因或载体。这里的困难在于自
of an ego's refusal to assimilate subconscious experience.
The ego may assimilate only a part of a given experience. Sometim 自我可能只吸收一个既定经验的一部分，有时它根
assimilate or accept an experience 据自己的价值观来决定自己与自己的意识的不同
difference between the ego and con 经验。这里要再次强调，自我只有必要吸收所有对自己的意识而故意的经验。
the ego assimilate all experiences 些对现实物质环境中操纵有重要意义的经验。
must have at hand, however, those
manipulation within the physical environment.
Any gap of assimilation here can 这里任何吸收的缺口都可能是最不幸的，有时甚至
disastrous. Consciousness of self 如果你还记得前面所解释的那样，它
retains self as a part of action, 行动中的一部分，是在行动中感知自己。有
Ego, originally a part of this con 意识的一部分，如前面所解释的那样，它
explained, and attempts to dissoc 事实上，是把行动看成是自己的结
a result of itself; that is, to view 是结果而不是原因。
Due to the difficulty of the material that I am trying to explain as 由于这份资料的难度，我尽可能简明扼要地解释，
possible, I suggest a brief break.
(Break at 10:15. Jane was more deeply dissociated. She had spoken 休息。珍妮离得更深。她稳定地说了半
for half an hour, but upon coming out of the trance state felt that 觉得只过了几分钟。
minutes had passed.
(Jane resumed in the same rather 珍以同样轻快的声音继续说道。
There are many freedoms, Joseph, 有很多自由，约瑟夫，你要学会让自己自由。
You must not allow yourself to become constricted, 你一定不要让自己变得拘谨，因为在拘谨中没有扩
expansion and little creativity. The 计划的每一散步不仅是个极好的主意，而且如果
idea, but had you carried this through in the past you would not 你能就不会生病。因为在你的场域中的物质不质中
have become ill. For there is that in the physical na
field that is automatically refreshing and renewing.
By way only of a suggestion, I would 只是提个建议，为了你们俩，我会在即将到来的春
coming season as much as possible, for both of you.
Within the framework of your disciplined nature you must allow 在你自律的本质架构之内，你现在必须允许更多的
spontaneity. You will find it most rewarding in many ways. And the 方面都是有益的，而且益处还会反映在你的工作上
be reflected in your work. At the 必须在这里加上一句古老的真理：只有恐惧能拖你
that only fear can hold you back, in any direction.
There is much that you can expect if you can free yourself from fea 如果你能摆脱恐惧的束缚，你可以期待很多东西
allow yourself to travel. This is a 种身体的扩展方式，不应该被忽视。恐惧为安全
overlooked. Fear speaks for secur
symptoms of old age are the phys 老年的身体征兆是恐惧在组织中的物质显化。你，
There is no reason why you, or any 没有理由，直到死亡。你和鲁伯特经学到了很多，
death. You and Ruburt have learned much, and will learn more.
The inner self that knows its existence within action, has a firm fo 内在的自己，知道自己存在于行动中，在实相中有
reality. The ego can perform its function in its response in the 物质场域中发挥它的功能履行它的责任并能自
physical field, and be free to know adequate joys and pleasures. B

inner self must be renewed within. 趣。但这样，一个内在的自己必须在行动中得到更新

Your seasons, and the physical nature of your universe is that part which is instantly renewing, and which automatically lets you feel relation to that reality of which it is a part.

你们的季节，和你们宇宙的物质，本质，是行动的一部分，自动地，甚至能让自我都感觉到，它与它是其中的一

Your personal potentials, Joseph, are excellent. A knowledge of past be most helpful to any personality, not only of lessons learned and achieved; but also of problems passed and solved. We will have more to say concerning what you may call moral problems, but such discussions always be tied in with reality as it exists.

你个人的潜力，约瑟，是极好的。对前世的了解，对任何人格，不仅是学到的教训和取得的辉煌成就，而且是你们所谓的道德问题，我们会有更多要说的，但这些讨论总会与现实联系在一起。

I wish you both a most pleasant evening. Nor have I forgotten your Joseph, that I speak concerning your health. However, a discussion of them will be in the next session.

我希望你们俩有一个愉快的夜晚。我也没有忘记你，约瑟，我谈论你的健康。不过，关于它们的讨论将在下一节课中进行。

My best regards again. My energy is at a low ebb at this time.

再次致以最诚挚的问候。我的能量经常与你们同在

(“Good night, Seth.”

(“晚安，赛斯”。

(End at 10:42. Jane was well dissociated. Seth's affection from Seth at the end of the session. Jane was not aware that Seth had said anything else when she came out at 10:44, in a deeper

(结束。珍解离如常。她说在结束时，她的情感来自赛斯。生这种情况，当她在1:44醒来时，她没说什么。)

One small note, Joseph. Because I have given you so much advice, you to know that I realize that you have already taken significant will, I know, continue.

一个小按语，约瑟。因为我给了你这么多建议，我已经迈出了重大的步伐，我知道，你会继续下去。

Ruburt will get his from me in due time. He is being directly helpe through the mere fact of holding this session. Ruburt also to some extent partakes of my energy. Though I will be is one that we shall discuss most thoroughly in the will be able to understand what you are concerning our communications in terms of actions involving-action

时候到了，鲁伯特会得到我给他的东西。仅仅通过举行这个课程，他直接得到了帮助。因为通过他说话，他也在某种程度上参与了我的能量。虽然我将在不久的将来进行实质性的讨论，但你能够理解你们的关系，我将会在涉及行动的层面上与你们沟通。

I will indeed now close. And again, maintaining your discipline, allow yourself freedom, for within you will find spontaneity and new discipline.

我现在真的要结束了。再次，维持你的纪律，但允许自己自由，在其中你会发现自发性、增加的维度，甚至新的纪律。

(“Good night, Seth.”

(“晚安，赛斯”。

(End at 10:50. Jane was dissociated. Seth's affection from Seth.)

(结束。珍解离如常。)

SESSION 146 第146节人格永远在流变状态,自我,人格,内在自己

APRIL 14, 1965 9 PM WEDNESDAY 1965年4月14日星期三晚上9点定期课

(Recently, just after retiring for the night, Jane had the feeling that she had left her body. Her actual whereabouts at the time, if any, not say where she had been, if anything. If she said it was brief, she said, and hard to describe. It will be before tonight's session.

(最近，刚睡下的珍有一种瞬间离开身体的感觉。如果说是去了别的地方，她说不清自己去了哪里。时间很短，很难描述。事实上，她刚在今晚的定期课前到达。)

(Jane now misses trying psychological time quite a bit. It will be that Seth suggested she give up the concept of time. comment that she had been trying too hard. The above experience stems from her psychic experiments. them she had achieved a similar effect.

(珍现在很怀念心理时间。将会记得，赛斯建议她放弃时间概念。她评论说她想做的太多，太快了。珍认为上述经验源于一些实验中，她曾经取得过类似的效果。)

(Jane had no idea of the material for the session. Once again she usual, with her eyes closed. She session progressed her delivery than usual.)

(珍对这节的资料毫无概念。她又一次像往常一样，闭眼。当课程进展，她的语速加快。)

Good evening.

晚安。

(“Good evening, Seth.”)

(“晚安，赛斯”。)

You realize that in order to speak though some aspects were isolate

你认识到，为了谈论行动，我们要把某些方面与其情况隔离开。

In order that you understand it is necessary, as I have told you, fo down concepts. In this way much of you. We have spoken at various times manifestations. We have discussed matter, the electrical universe, the layers of the subconscious and the nature of the whole self.

为了让你们理解，如我告诉你们的那样，我们必须把概念降低。这样，很多我们在一定程度上讨论过的现象。我们在讨论物质、电宇宙、梦宇宙、以及诸如潜意识的各层次和整体自我。

There is always the danger in such discussions that effects which separately will appear to be separate discussing in all these topics is, you know it is action. As such the materialized. You cannot hold it in your hand. You can only observe for it is never still, and to probe into it yourself is to change it.

在这样的讨论中，总是存在着这样一种危险，即被分别看待的效果似乎是分开的。但我们在所有这些话题中所讨论的，正是行动的本质。因此人格并不是实质化的。你不能观察到它的运动，因为它从来没有静止。改变它。

In very important aspects it always escapes you, though you are pa is. Men speak of having their own personalities as if the personal thing that they had in their possession, a always-to-be-counted-on possession.

在非常重要的方面，它总是逃脱你的理解，虽然你参与其中。他们谈自己的人格好像人格是他们所拥有的一种东西，一种始终可靠的拥有物。

But the personality is always in a state of becoming and forever personality is an excellent example of action. also to realize that while the personal is always here is not one of mobility in space as you know it. It is most defi terms of value fulfillment.

但人格始终处于流变(becoming)的状态，永远。人格是行动的极好例子。此处很重要的是，要认识到，虽然人格的运动并不是你们所知道的空间中的移动。在涉及的是价值实现的层面上，它是一种运动。

There are here also thrusts in all directions, with certain identifyi that underlie all, and that have the universe forms, of itself, the

在这里也有各个方向的推力，带着一些特别的识别性的脉络，它们是源于内在的自己。如同宇宙的生命力本

as vitality itself takes on the colors of emotions and camouflage patterns within them, as it takes on camouflage patterns of the personality for every thought of as a separate field of activity; and all the data relating activity may be seen to apply to any consciousness as well.

边界。生命力本身就具有各种情绪的色彩，并在其中呈现伪装模式，即使通过人格的伪装模式，也以个人意识来说，既形成了情绪，又形成了人格，也所有与活动，场域有关的资料，也可以被视为

(As I was transcribing the above involved sentence from Jane's dic somewhat aware that it contained incomplete phrases. I thought it continue, rather than to backtrack, in an effort to straighten it out mind was on getting the next word on paper rather than to critical each one. Jane now took a long pause before resuming.)

（在我照着珍的传述抄录上面那个复杂的句子时，完整。我认为最好是继续去，而不是回过头来努的心思都在把下一个字写在纸上，而不是去审慎地了很久才重新开始。）

We find once again a basic reality, that of the personality, which is recognized within the physical field, even while it does not appear definite physical unit. It can indeed be examined but the examination action, changes it. For the personality, true to the role of action, the new action and form of it new realities and unities with itself.

我们再次发现了一个基本的实相，即人格的实相，认，尽管它在那里并不作为一个明确的物质单元出检视本身，作为行动，就改变了它。因为人格，忠的行动，并从中形成新的实相，并与自身合为一体

The personality and the ego are not the same.

人格和自我是不一样的。

I suggest your break.

我建议你们休息一下。

(Break at 9:22. Jane was dissociated as usual for a first delivery remembered the last bit of the material. She resumed in a deeper v slower manner at 9:29.)

（9:22休息。珍在第一回的传述时解离如常。她记 9:29分继续，声音更为低沉，速度更为缓慢。）

The personality has strong connections of itself.

人格与自己有着很强的连续性。

The personality is that consciousness of self of which I have spoke aware of itself within, and a part of action. The ego attempts to stand apart from the personality, and to mold the ego more or less permanent and stable, dependent portion of the ego it

人格就是我所谈到的自己的意识（consciousne并且是行动的一部分。自我试图脱离行动，脱离人多或少永久和稳定的，依赖于自我本身的那一部分

(Again, see the following sessions: 399、1441、114422.等等

The ego would if it could, stop personality's motion and developme security of stability. The ego would if it could, stop personality's motion and develop channels. This consciousness-of-self—this consciousness-of-self—this consciousness-of-self—this consciousness to one degree or another.

如果可以的话，自我会为了稳定的安全感而停止人格的运动，并发展出新的渠道。这个自己的意识（con自己的意识之间加上连字符——这个自己的意识人格，然而它在所有类型的意识中都程度不

Therefore, consciousness-of-self can appear with or without the ex ego. Consciousness-of-self is an attribute regardless of their classification name given to this class of self, as personality changes and acts upon seen to operate as a field of action relation to action as a whole.

因此，自己的意识可以在有，或没有自我存在的情况下出现。自己的意识是所有实质，物种的属性，无论其分类，如何给这类自己的称呼，作为在人类之内的应用和观察。人格改变并作用于其他的行动，那么人格可以被看作是作为本体本身的一个领域，它与行动是整体的关系是有意识地与

The peculiar and individualistic aspects of personality are the res camouflaging abilities of which we have spoken, are those which escape ego's a personality which escape ego's attempts to control the eyes. ego considers them as invaluable. When ego is forced to admit that this knowledge. The more rigid an individual will have difficulties in all kinds of adjustments.

人格之奇特的个人主义的一面，就是我们前讲过的一些逃出自我企图控制的人格中的那些部分，在自我眼中，自我认为它们是无价的。当自我被迫承认这种认知的时候，自我越是僵化，个体在各种方面都会有困难。

Because of its nature ego does not want to adjust. It wants adjustm made to it. Because ego is another impossible for its aims to be realized ego itself constantly changes. ego you know it, yet ego is to a large Basically, ego fears both the past has already lost control of the past control of it. It seeks continuity today is hardly the "I" of thirty years ago.

由于自我的本质，自我不想调整。它想要根据它而做的调整。自我是另一个目的，它的目标当然不可能实现。尽管自我本身却不断改变。正如你们所知，自我抗拒改变，然而自我在很大程度上要为你们的时间感负责。它害怕过去和现在。它害怕过去，因为它已经失去了对过去的控制。它寻求连续性，然而它被迫无法控制未来。它寻求连续性，然而它被迫每一十年前的"我"。

It is the ego which fears death so strongly. And yet the stability w urgently seeks would, indeed, result in a death, since no further a allowed.

是自我如此强烈地恐惧死亡。然而，自我如此迫切地寻求的稳定性，因为不允许有进一步的行动，因此，实际上会导致死亡。

(Jane now took one of her very long pauses. For well over a minute still, her eyes closed.)

（珍又停顿了很久。她静静地坐了一分多钟，眼睛

Ego also fears spontaneity, for it cannot control action; being a p most of its efforts of necessity are between ego's struggles for stabi spontaneously, that is at the basis is certainly the basis for much of his art.

自我也害怕自发性，因为它不能控制行动；作为它大部分为了必要的努力都在自我的斗争之间。然而，正是这种自发的稳定性，是人类的基础，当然是人类许多艺术成就的基础。

In his art we have the nostalgia of the ego for past time and for l self that has already vanished, and changed into something new. plans for the future, trying to anticipate the environment in which Its anticipations, of course, then form that environment.

在人类的艺术中，我们有自我对过去的时间的怀念，事物的自己之原有控制的春恋。计划未来的自我，运作的环境。它的预期，当然，后形成那个环境。

The ego therefore is a very necessary force within your field. It is regardless of current psychological beliefs. For example. All aggression is not detrimental, for example.

因此，在你们的场域内，自我是一种非常必要的力量，无论当前的心理学信念。比方说，并非所有的攻击性通常也是攻击性的基础。比方说，并非所有

I suggest your break.

我建议你们休息一下。

(Break at 9:59. Jane was well dissociated. She remembered no material. Her last delivery was broken by some very long pauses. S in the same manner at 10:08.)

（9:59休息。珍解离得很好。她不记得任何资料。停顿而中断。10:08以同样的方式继续。）

Because the personality is that part of the individual which is con as a part of action, and therefore awareness of its relationship is that part of the individual which survives physical death.

因为人格是个体的一部分，是个体意识到自己是行人格觉知自己与行动的关系，人格是个体在肉体死

The personality is not the whole self. It is a portion of the whole activated during a particular existence. The ego, as I have explained

人格不是整体自己。它是整体自己的一部分，在特

vanish. However, it must always be realized that the self-conscious self in its entirety is the focus whereby the self attempts to objectify itself.

我所解释的，自我不会消失。然而，在此必须始终认识到，自己意识的自我是自己整个的焦点，自己通过这个焦点来使自己客体化。

It simply ceases to so objectify itself, or at least that objectification.

它只是不再如此客体化自己，或者说，至少保留了那个记忆。

The personality necessarily continues to change after physical death the personality simply ceases to project itself, as physical field, and no longer focuses within it.

肉体死亡后人格必然会继续改变。在肉体死亡后，人格只是停止投射在物质场域内，不再聚焦于物质场域内。

The personality is much more extensive and expansive than you realize. Remember here our discussions upon the subject of the limitations

人格比你体认到的要宽广得多。记得我们在这里讨论

(See the following sessions: 141, 142, 143, 144, 145, 152. 等等。)

(见以下几节：第141节，第142节，第143节，第144节，第145节，第152节。)

Theoretically, the self is unlimited if you will recall limited because of the nature of its ego. The ego operates as a agent. It directs and uses the ability of the personality physical universe. It can mobilize a small or large amount of the according to its own strength. It has a small focus but a powerful

理论上，自己是没有限制的，如果你还记得的话。但因为它的本质，自我是有限的。自我作为一个代理人，它指挥并使用人格的能力在物质宇宙内进行操纵。依据它自身的实力，它能调动一些能量。它的焦点虽小，却很强大。

I mentioned earlier that the personality is an excellent example of sometimes projected into the physical field, while not a pearing, tangible form. For here we see many actions characteristics: does not necessarily involve space, the thrusts outward, and the thrusts inward. We see action acting upon itself and constant change. thorough study of the personality will be an excellent exercise close to the nature of action itself. The exercises about which example, involved actions of the personality and not, of course, Expansion and contraction occur constantly as characteristic of action explained.

我稍早前提过，人格是个绝佳的例子，因为它有时会被投射到物质场域中，而不是以有形的形态出现在物质场域中。因为，在此不一定涉及空间的移动性，向外的推力和向内的推力。我们看到了作动对自身的作用和不断的变化。对人格的透彻研究将会是个绝佳的练习，接近行动自身的本质。关于人格的练习，会带你接近行动自身的本质。例如，你向内的行动，而当然不是自我的行动。正如我已经解释过的，人格的特征不断地发生扩张与收缩。

The ego is scarcely conscious of these. Your experiences occurred ego, because of your illness, was momentarily weakened. The personality was then momentarily able to act ordinarily attempt to block. These were in strength, but interpreted differently by you.

自我几乎意识不到这些。你的经历发生在自我身上，因为你的疾病，自我暂时变弱了。人格当时暂时能够采取行动了。自我通常会试图阻挡的行动，实际上具有相应的强度，但被你解释得不同。

(See page 323, of the 145th session, for a description of my experience see the 86th session.)

(关于我的经历，见第145节第323页。另见第86节课。)

I will have more to say concerning this after I have developed certain matter that is important. If I did not make personality is a portion of the inner certain parts of the personality will reasons, the inner self simply sees physical field.

在我发展了某些重要的主题之后，我还会有更多关于此的说明。如果我没有让人格是内在自我的一部分，人格的某些部分似乎会消失。因为这种情况，由于内在自我只看出它们在物质场域内的任何表现。

There is a very delicate balance always maintained, and later on whole section of our material that will deal with this phenomena. We are speaking of it in relation to such objects part of action. As we speak of such objects in phenomena, again it must be kept in mind that such realities are considered often from one aspect only, but that their reality extend other dimensions.

这里一直保持着一种微妙的平衡，稍后我们将有一整部分的资料会处理这种现象。今晚我们主要从它作为行动的一部分来谈论这些主题与各种现象的关系时，必须再次牢记，这些实相通常从一个方面来考虑，但它们的实相却延伸到很多其他维度。

Many of these dimensions cannot be discussed at this time. But you indeed, that the nature of action, the viewpoint or dimension from which examine for you reality from as many from the limitations of your own others.

这些维度有很多目前还无法讨论。但你们会看到，行动的本质，都在很大程度上受到对其进行检视的视点或维度的影响。这里的目的是从尽可能多的方面为你们审视实相，并且提出，来自你们自己的限制与其他维度的优势。

I suggest your break.

我建议你们休息一下。

(Break at 10:36. Jane was well dissociated. Although she had used her delivery the pace had been fairly fast, and my writing hand resumed in the same fast and quiet manner at 10:45.)

(10:36休息。珍充分解离。虽然她在传讯中时有节奏的速度很快，10:45我的手以同样快速而安静的方式继续。)

It must, once again, be realized that there is no particular point where begins or ends.

必须再次认识到，自我的开始或结束，并没有一个特定的点。

There is no particular and definite line between the ego and the inner self. They must merely be discussed in such terms or not, no particular and specific and definite boundary between not self. If we isolate such portion isolation is artificial, and in no way affects the nature of reality

在自我、人格和内在自己之间没有特定又明确的界线。不管你信不信，他们只是在这个术语中来讨论。不管你信不信，什么是自己与非自己的，没有特定的界限。如果我们为了讨论而把某相的这部分孤立起来，这种孤立是人为的，绝不会影响实相本身的本质。

Such a remark may appear so simple that it is not worth saying, but extremely important that it be understood. There is no particular boundary or line of demarcation between physical universe. Any seeming boundary one into the other, and an action in one affects the other.

这句话看似简单得不值一提，但非常重要的是要理解这一点。在物理宇宙之间，并没有特定的界限或分界线。任何表面的界限实际上是相互融合的，且其中一个的行动会影响另一个。

The self is extended, so to speak, existing, within many dimensions, as vitally and actually in the dream universe. It is as much a part of the universe. It is as much a part of the electrical universe as of psychological motivation. The intertwinings are infinite in all d

自己是延展的，可以说，存在于许多维度中，在梦的宇宙中的延展一样重要和实际。它是电性宇宙的一部分，在各个方向上的交织是无限的。

The ego fears death, yet in the space of your own physical lifetime the self have undergone like transformations and changes, of which unaware.

自我恐惧死亡，然而在你自己的肉身形体的生命空间，自我经历了无数次类似的变换，而自我却不知道。

We will continue with this discussion at the next session, or you may end this session now, or you may take a short break and continue i

我们下一节会继续讨论这个话题，你们想要现在结束这个课，或者可以作个短暂休息再继续。

("Well, I guess we'll say good night." 或 "Well, I guess we'll say good night.")

("嗯，我想我们就说晚安吧。")

In that case my best wishes to you both. It has been a most fruitful may have a surprise session some evening, when we will deal with matters.

既然如此，我向你们俩致上最美好的祝福。这是一个成果丰硕的课。在某个晚上举行一次突击课，届时我们将处理一些事情。

("Good night, Seth.")

("晚安，赛斯。")

(End at 10:55. Jane was well dissociated as usual, and my writing hand was very tired.)

(10:55结束。珍一如往常充分解离，而我写字的

SESSION 147 第147节赛斯再次建议珍戒烟

APRIL 19, 1965 9 PM MONDAY AS 1965年4月19日星期一晚上9点定期课

(Last Thursday, April 15, as we were driving about Elmira on errands, Jane mentioned to me that she missed her psychological time. She wondered when, if ever, Seth would allow her to resume the 140th session. She believes she received the information, from Seth, to the effect that she would soon be allowed to resume psy-time, but only for fifteen-minute periods during the evening when I would be home with her.

(上周四，4月15日，当我们开车去埃尔迈拉办事，珍提到她失去了心理时间。她很想知道，如果还能，赛斯什么时候会允许她再开始第140节。珍后来接收到她相信是赛斯传来的讯息，她相信赛斯传来的讯息，大意是她很快会被允许继续心理时间，但只是一次只能持续15分钟，只在我晚上回家陪她的时候。)

(Today Jane received word from F. Fell, publisher of the book, Hidden Powers Within You; the spring of 1966. Jane has the book she listed in the book for the reader the Seth material in her own case the ESP book.

(今天珍收到佛德瑞克·费尔（Frederick Fell）公司的书，《隐藏的力量如何让超感官知觉发挥作用》；1966年春季出版。珍在书中列出的读者使用赛斯资料的实例中，也是赛斯资料的一个组成部分。)

(In the 92nd session, of September 28, 1964, Seth predicted the sale of this specific book by name. See page 140. I think may refer to the offices of individuals, etc. This material can be shortly checked out. A woman mentioned as influencing a sale; Jane's editor, Mara Thomases; is She was not editor when the manuscript was submitted to F. Fell.

(在1964年9月28日第92节，赛斯预测了这本书的销售，并以书名指明了这本书。参见第140页。我认为可能是指佛德瑞克·费尔公司在纽约市的办公室、某些人等等。这个资料可以很快查到。提到的一位影响销售的女士，珍的编辑，玛拉·托马斯（Mara Thomases）；当手稿提交给费尔公司时，她不是编辑。)

(Seth has predicted sale of the ESP book and of the material in this The latest was in the 143rd session. See the notes following the 138th session for a partial list of such predictions. We will endeavor to compile a specific statements, by session number, and attach it to a succeed

(赛斯多次预言超感官知觉这本书以及这份资料本身。最近一次是在第143节。关于这些预测的部分清单，见第138节之后的笔记。我们将尽力编纂一份明确陈述的完整清单，按照课的节数，附加在接下

(Once again Jane spoke while sitting down and with her eyes closed. The session was held in our small back room. She used her now familiar combination of rather rapid delivery broken by pauses. Her voice clear. She began at 8:58.)

(再一次，珍闭上眼睛坐着说话。这节在我们后面的小房间里进行。她使用了现在熟悉的那种相当快速的表达方式，不时停顿。她的声音很清晰。她8:58分开始。)

Good evening.

晚安。

("Good evening, Seth.")

("晚安，赛斯"。)

There are, as you know, actions within and out and in all directions. And the vitality that of itself would bring

如你所知，在行动之内，还有行动，向前、向后、向内和向外，向所有方向。此外，在这里有一个极好的能量集中，这个极好的能量本身会带来行动，这个能量正是我所预见的，

(Jane now smiled.)

(珍现在笑了。)

We have here an excellent focus of energy, an excellent focus of action itself propels itself onward; I might say, perhaps, that it is faith. Nevertheless, that which is obvious to me is not so obvious to you, and it is not too difficult for me to see why you appear to be when such predictions are made.

我们在这里有一个极好的能量集中，一个极好的行动焦点，行动本身会推动自己前进；我可以略带试探地说：或许，你们这小信的信心。然而，对我来说显而易见的事情，对你们来说往往并不显而易见。我不太难看见在作出这种预测时，你们有时显得缺乏信心。

I am going to deal with some personal material here this evening with Ruburt. I have left him alone in this respect for long enough. I seriously begin to tackle the smoking problem, for his health in many significant ways will benefit.

今晚我将在这里处理一些个人资料，与鲁伯有关。在这方面我让他独自一人太久了。我郑重地建议他认真地开始解决吸烟问题，因为他的健康在很多重要的方面受益。

Also, several basic causes for the habit exist which have contributed to some degree, but I will not help him.

此外，有几个基本原因导致这种习惯的存在，在某种程度上都助长了这种习惯，但我不会为他做所有的工作。

(Here, Jane shook her head most definitely.)

(这里，珍很明确地摇摇头。)

Smoking represents among other things, to him, a blanket of insulation between himself and exterior reality. He is fully capable now of operating without such insulation reality. It is most beneficial for him to dispense with it.

除其他外，吸烟对他来说，代表一层绝缘的毯子，在他自己和外在现实之间。在实相之间也是一种毯子。他现在完全有能力在没有这种绝缘层的情况下进行操作，而放弃这种绝缘层对他来说是最有益的。

I expect a serious attempt to meet this problem for he can this respect. I never do insist, but this is my recommendation. You the coming season to be a most beneficial one, in terms of your wo indeed of your health.

我期待他能认真地尝试直面这个问题，因为他能在这方面坚持。我从不坚持，但这是我的建议。你们俩都会发现，即将到来的季节对你们俩都是最有益的，在你的工作和你的健康方面都是最有益的。

Ruburt is more stable a personality than he knows, and thus he can himself without dependence upon others. I find that work on his book will go very well, and as I have told you, our material will indeed be published.

鲁伯的人格比他自己所知道的要稳定得多，因此他能够独立自己，不需要依赖人为的支持。我发现他的书会发展得很顺利，而且正如我告诉你们的那样，我们的资料将会被出版。

Action does not always move in what you would consider a straight line. Because you view action in narrow terms, usually seeing only, you are inclined to think of it as a straight line from point A to point B. This is hardly the case.

行动并不总是以你认为的直线运动。因为你从狭隘的角度来看待它，通常只看到一点，你倾向于把它当成从A点到B点的直线。但事实并非如此。

Any action that affects the physical individual also has its reality other fields, and its effects and indeed any art form, contains action, psychological acceptance or rejection, materials or subject matter or nature without saying that such a work a energy, which is action, and which has its effects.

任何影响实质个体的行动，在许多其他领域中也有其实质，其效应和本质上任何艺术形式，或者实际上任何艺术作品，并没有说这样的作品蕴含行动，心理上的接受或拒绝，或作品的资料或主题材料或性质的结果。不言而喻，这个集中的灵性能量，这就是行动，它有它的效应。

The energy charge in this particular manuscript, is focused. It has already had a vivid effect on the world. There suggest your first break.

在这份特定的手稿中，能量电荷不仅非常鲜活，而且聚焦。它已经产生了鲜活的影响。你们知道的还要多。我在这里建议你们第一次的休息。

(Break at 9:21. Jane was dissociated as usual; that is she retaine

(9:21休息。珍解离如常；也就是说，她对所说的

general idea of what she had been 曾多次轻描淡写地谈过她的烟瘾。见第一册第32节和第33节。 smoking habit rather lightly at various times in her past lives. See Volume 1, 32nd and 33rd sessions.

(Jane resumed at a fair pace and in a quiet manner. 珍以平稳的速度和安静的方式恢复。)

Ruburt may indeed resume psychological time experiments, however, if he did understand me correctly. His experiments from now should be limited to a fifteen-minute daily period, and they should be held in the evening.

不过，鲁伯确实可以恢复心理时间实验，而且他应该理解我的话。他的实验目前应该限制在每天15分钟，而且应该在晚间进行。

Joseph should be in the house. The session should be held in the evening.

约瑟夫应该在家里。然后我们再看看有没有人在家。

I expect everything to go well. This evening's session will be a short one. Ruburt is quite exhausted, though he may not realize it, and he will be quite exhausted by morning. The emotional activity, the contrasts of today, exhaust one thing alone.

我预期一切顺利。今晚的课将是一节短课。鲁伯已经筋疲力尽，虽然他可能意识不到，到了早上他就会完全恢复。今天的情绪波动，不仅仅是一件事。

This again concerns the nature of action, and I will in our next session discuss the emotions as they are related to action. Ruburt's momentary exhaustion this evening is a simple natural result here of counterthrusts of emotional action and reaction.

这又涉及到行动的本质，我将在下一节课开始讨论情绪，因为它们与行动相关，并且是行动的一部分。鲁伯今晚短暂的疲惫不堪，应造成的简单自然的结果。

It is most important, again, to realize that action does not move in a straight line. Action may have mass. It may not have, in other instances, a single effect. Action never have one effect only. This is a rather important point. When one seems to have but one effect, then there is a lack in perceptive ab

再次强调，最重要的是要认识到行动不是直线运动的。行动可能有质量。在其他情况下，它可能没有单一效应。行动永远不会只产生一个效应。这是一个相当重要的观点。当一个行动似乎只有一个效应时，那必是感知能力的缺乏。

Action within your field may appear to be at rest, but is never at rest of action which is physically material. Action within your field may appear to have a beginning and an ending—but is, again, an error of p

在你们的场域内的行动可能看起来是静止的，但在物质上的行动永远不会静止。在你们的场域内的行动可能看起来有个开始和结束，但这再次是一个错误。

(Seth had quite a bit to say about 赛斯在第505节课上对"源头"的源头有不少说法。)

Action which is materialized within your physical plane appears in your field, disappears from your field. This in no way affects the basic nature itself. That is, it does not change the basic laws of action. Action both within your physical field and outside your physical field. You of a small part of action, that portion which is materialized within

在你们的物质层面具体化的行动，在你们的场域内出现，在你们的场域内消失。这丝毫不影响行动本身的基本本质。也就是说，它不改变行动的基本法则。行动在你们的物质场域内和物质场域外都会发生变化。你们只是行动的一小部分，即在你们的系统内具体化的那部分。

You say that an action has begun when it enters your system. You say that action is completed when it passes out of your system. In these terms, began long before; and the action as it occurs within your system, even the action which we have described, and this action within action beginnings and endings within action, and no beginning, a real ending, carries within it action which has come before.

当一个行动进入你们的系统时，你们说它已经开始了。你们说它已经完成了。在这些条件下，行动，在那些条件下，即使是在你们的系统内发生的行动，即使是我们描述的行动，这种变化本身就意味着开始和结束，没有结束，没有开始。因为每个开始都带着之前的行动中的开始。

Again here, when I speak in terms of before and after I speak only for convenience, for there is no before or after, only a present, occurring out of itself, spontaneously into all directions. itself all the infinite fields and systems of actuality.

同样在这里，当我用之前和之后的说法时，我只是为了方便，因为没有之前和之后，只有一个从自己出现的现在，从自己出现，自发地向所有方向。它本身就是所有无限的场域和实际的系统。

I am here going to suggest another break, and then we will continue. 在这里我要建议再休息一下，然后我们再继续。

(Break at 9:46. Jane was fully disassociated present in the 41st session. Jane resumed in the same manner at 9:

(9:46休息。珍完全解离了赛斯在第41节课上出现。珍以同样的方式继续。)

You will both find the coming season very rewarding. 你们都会发现即将到来的季节很充实。

As the springtime progresses this will be an excellent time for Ruburt to stop his smoking, as his abilities renew themselves. Earlier in the year time.

随着春天的到来，这将是鲁伯停止吸烟的绝佳时机，因为他的能力会更新。年初的时候时机不好。

(Jane has made several unsuccessful attempts to stop smoking in recent months.)

(近几个月来，珍曾多次尝试戒烟，但都没有成功。)

I believe that now you can trust this prediction. By summer he will have the habit for good, and it will no longer be a worry. The various effects that seem to be caused by smoking are not caused by the much, as by those psychic habits which cause a personality to seek within such habitual patterns that become compulsive.

我相信现在你可以信任这个预测。到了夏天，他将永远戒掉烟瘾，这不再是个烦恼。似乎因吸烟引起的各种不幸的影响并非由吸烟本身造成的，这些习惯造成的，这些习惯使人格在习惯模式中寻求安全感。

When the inner patterns are broken, the effects cease, but the inner associated by the personality with those outer habits need the habits creates the exterior habit. This almost a mechanistic restriction, confining, and indeed detrimental to expansion.

当内在模式被打破时，影响就会停止，但内在模式与人格对外在习惯的需要创造了外在的习惯紧密相连。事实上，这几乎是一种机械的限制，拘束的，而且确实不利于扩展。

Some personalities need a habit security and will switch from one another. Ruburt is strong enough now so that this will not be the case. keep a close watch upon his smoking now, and immediately after his should break the habit completely. And I believe he will.

有些人格需要一种习惯的保障，会从一种习惯切换到另一种。鲁伯现在足够强大，所以不会出现这种情况。他现在应该密切关注他的吸烟，生日一过，他就应该彻底改掉这个习惯。我相信他会这么做。

We will have a full session Wednesday. My best regards to you both have most pleasant dreams this evening. And again, your energy ascendancy.

我们星期三会有一节完整的课。我向你们两位致以最诚挚的问候。再一次，你们所有的能量都在上升。

("Goodnight, Seth.")

("晚安，赛斯"。)

(End at 10:07. Jane was well dissociated.)

(10:07结束。珍充分解离。)

(Seth's comment above on switching habits is of interest to me. It reminds me that although I quit smoking in 1959, I tried for the years, first, to cut down. I then found quitting altogether immediately switched to chewing gum to the habit then gradually fell away practically without year. This habit then gradually fell away practically without consci

(我个人对赛斯关于转换习惯的评论很感兴趣。这提醒我，虽然我在1959年戒烟了，但在最初的两年里，我一直在努力减少吸烟。然而，我发现完全戒烟就会立即改嚼口香糖。然后，我的习惯逐渐消失了，几乎不需要刻意的努力，并且持续了一年。

SESSION 148 第148节极短课,谈鲁伯戒烟的问题

APRIL 21, 1965 9 PM WEDNESDAY 1965年4月21日星期三晚上9点定期课

(Jane has not yet resumed her study of psychological time, even though Seth said it was all right for her to begin again on a daily fifteen-minute basis.	(珍还没有恢复对心理时间的研究，尽管赛斯说她可以开始每天一节。)
(Jane did not feel at all well before this evenings session, and I was not at my best either. I suggested to Jane that she take a few days off if possible. We were both tired, and as it developed we had good results recently in our application of the evening's session. It would be advisable for us to continue to improve in using it in a practical way to forestall va	(在今晚的课前，珍觉得很不舒服，而我的状况也不佳。我建议珍尽可能休几天假。我们俩都很疲倦，如果可能的话，我们都很好奇因此发现了一些基本的成因，结果是，我们得到了很好的结果。最近在晚间课的应用方面，我们似乎有不错的效果。当然，这种应用在课后，我们希望在实际应用中继续改进，以防止
(The session was short. Jane spoke in a quiet voice, sitting down, eyes closed; and, strangely enough, in a rather rapid manner.	(这节很短。珍闭着眼睛坐着，轻声说着；而且，奇怪的是，语速相当快。)
Good evening.	晚安。
("Good evening, Seth.")	("晚安，赛斯"。)
I see that we are all in high spirits.	我看出来，我们都兴致勃勃。
You realize that when one of you is indisposed, you may of course skip a session.	你知道，当你们中的一人身体不适时，你们当然可以跳过一节。
There is, indeed, nothing seriously wrong with our cigarette smoke. Tension however has caused a disturbance in Ruburt's sleep. This tension arises indeed from the realization that his book will indeed be published. This tension also needs to relax.	事实上，我们的烟民雷伯，并没有什么严重的问题。奇怪的是，紧张是因为发现他的书真的要出版了。紧张也需要放松。
I was going to speak this evening rather in depth concerning action as there is much to be said here concerning action and how actions are formed. However, this action is available to us, and need not worry us as long as our overall pattern is maintained.	今晚我本来要比较深入地谈谈行动中的行动，因为这里有很多要说的关于行动的内容，以及行动是如何形成的。然而，这将是可以为我们所用的，只要我们的总体模式得以维持，就不必担心。
(Jane now smiled.)	(珍这时笑了。)
Ruburt may, if he wishes, delete this.	鲁伯可以，如果他希望的话，删除这一节的记录。
There is a definite connection between his desire to stop smoking and that he has found silver threads among the black. His ego image, in this instance, is that of, among others, a black-haired woman and that of a woman writer who smokes.	他想戒烟的欲望，与他在黑发中发现几缕银丝这个事实，有明确的关联。我形象或在此情况下，珍的自我形象，除其它之外，是一个抽烟的女作家。
Disturbing the image in two ways at once is indeed difficult and as I believe you suggested Joseph, that the smoking problem be taken not try to change our image overnight, in any way at once. This also helped add to Ruburt's tension. It grabbed him rather viciously.	同时以两种方式扰乱形象确实很难，我相信赛斯，正如你建议的，这个问题应该这样处理：不要试图在一夜之间，以任何方式，立即改变我们的形象。这些事情也会加剧鲁伯的紧张。今天它狠狠地抓住了他。
I would suggest that Jane do what I presume is womanly, and to a well logical under the circumstances. Rather than a clever attempt at problem, our Ruburt suddenly decided concerned.	我建议珍去做我认为属于女人味的事情，在这种情况下合理的。我认为这里是一个聪明的尝试，无论如何都要抓紧她的准备。因为在这个问题上，我们的鲁伯突然决定把焦点从吸烟问题上移开。
(Jane shook her head in mock consternation, her eyes closed.)	(珍假装扭捏地摇了摇头，眼睛闭着。)
This horror, these few white hairs, very visibly increase smoking, for he now has a feeling of feel sorry	这份恐怖，这几根白发，很明显地成为他吸烟更多的原因，因为现在他自己感到遗憾。
I am going to save my planned discussion until our next session, and evening's session. It would be advisable if Ruburt enjoyed either this evening, or perhaps your television. But no more heavy reading	我将把我计划中的讨论留到下一节，并结束今晚的课。如果鲁伯能享受一下，或者看看电视，那是最好的。但今晚不再沉重阅读。
(Before the session Jane had been reading a book on abnormal psychology, noticed this and suggested she read with illness and my poring over the 143rd session.)	(这节课前，珍一直在读一本关于变态心理学的书，赛斯注意到了这一点，建议她读一读。我最近生病了，每天都在翻阅第143节课。)
Perhaps you might rub his back before retiring. He should feel well morning. I would like here to mention outings. The two of you should, when enjoyment once a week. The important your apartment, and also that you beneficial for you both.	也许你可以在就寝前给他揉揉背。早上他应该会感觉好些。我想在此提一下外出活动的建议。如果经济上可行的话，你俩应该每周一次享受一下。这里的重点是你们要出门，而不是在公寓里，也要和其他人在有益于你们俩的地方。
I will make up for this briefer session, and also this.	毫无疑问，我会弥补这节短课，并且下次课也会弥补。
("Good, night, Seth."	("晚安，赛斯"。)
(End at 9:19. Jane was dissociated as usual for a first delivery. She wasn't happy with the short session, she has begun a session she has yet to mind continuing it.	(9:19结束。在第一段传述时，珍像往常一样解离了。她不满意这节短课，因为一旦她开始一节课，她就不介意继续下去。)
(Jane also thought she knew something of what Seth had planned to this evening, relative to action within action concerned the action place within the action of dreaming, reincarnation, etc.)	(珍还认为她知道赛斯今晚计划讨论的一些内容，与行动中的行动相关，涉及梦中发生的行动、转世等。)