

內識進階

第二部分

STEPS TO KNOWLEDGE

PART TWO

IN THE SECOND HALF OF OUR PROGRAM OF PREPARATION we will undertake to explore new arenas, to further cultivate your experience of Knowledge and to prepare you to be a contributor of Knowledge in the world. In the days to come we shall explore things with which you are familiar and things with which you are not familiar, things which you have recognized before and things you have never seen before. The mystery of your life calls for you because from mystery come all things of concrete value in the world.

THEREFORE, IN THE STEPS TO COME, give yourself with increasing dedication. Allay your sense of doubt. Allow yourself to proceed with greater certainty. Your participation alone is required, for as you stimulate Knowledge, Knowledge will arise on its own. It will arise on its own when the mental and physical conditions of your life have been properly prepared and adjusted.

LET US NOW PROCEED with the next step of your preparation.

內識進階

第二部分

在我們準備進程的下半部分里，我們將開始探索新的領域，進一步培養你對內識的體驗，並且讓你進行準備成為這個世界上的一個內識的貢獻者。在此後的修習里，我們將探索那些你所熟悉的東西，還有那些你不熟悉的東西，探索那些你已經認知的東西，還有那些你從未見過的東西。你生命的神秘在召喚著你，因為這個世界上的所有有著切實價值的東西，都來自於神秘。

因此，在今後的進階中，更投入地奉獻你自己。打消你的疑慮。讓自己帶著更大的確定性前進。這裡對你的唯一要求是你的參與，因為當你激發內識時，內識將自行升起。當你生命的思想和身體條件得到了恰當的準備和調整時，內識將會自行升起。

現在，讓我們進入你準備的下一個階段。

Step 183

I SEEK EXPERIENCE NOT ANSWERS.

SEEK EXPERIENCE TODAY, for experience will answer all questions and make questioning unnecessary. Seek experience today so that it may lead you to greater and greater experience. It is better for you to ask questions of Knowledge and then receive the experience that Knowledge can give you. You are accustomed to receiving so little in response to your inquiries. An answer is so very little. A true answer must be an invitation to participate in a greater preparation, in a preparation you have not prepared for yourself but which has been prepared for you. Therefore, seek not for little things that give you momentary relief or comfort. Seek for that which is the foundation of your life, which can provide life to you as never before.

TODAY, IN YOUR TWO DEEPER PRACTICES, become receptive to this experience. You may use the word RAHN if you find it helpful, but enter deeply into the experience of Knowledge. Do not seek for answers. Ideas will come to you in their own time and in their own way. You can be assured of that. As your mind is prepared, it will become truly receptive and truly capable of carrying out what it receives. This is the acknowledgement that you need. It must be born of great experience.

UPON THE HOUR REMIND YOURSELF OF YOUR PRACTICE, and realize it is genuine experience that you are seeking and not answers alone. Your mind is full of answers, and they have not answered your questioning thus far.

PRACTICE 183: *Two 30-minute practice periods.*

Hourly practice.

第 183 階 我尋求體驗，而不是答案。

今天尋求體驗，因為體驗將解答所有問題，並使得提問問題變得不必要。今天尋求體驗，這樣它將引領你進入越來越偉大的體驗。對你來說更好的方式是，你向內識提問，然後接收內識提供給你的體驗。你已經習慣於接收對你的問題少得可憐的回應。僅僅一個答案太少了。真正的解答必然是邀你參與到一個更偉大的準備之中，一個並非由你自己發明，而是已然為你預備好的準備。因此，別去尋求那些只能給你短暫的釋懷或安慰的渺小東西。去尋求你生命的基礎，它能夠為你提供一個你從未體驗過的生命。

今天，在兩次深度修習中，對這種體驗保持接收性。假如你覺得有幫助，你可以利用 RAHN（然），但要深入到內識的體驗中。別尋求答案。相關的想法會在合適的時間，以它們自己的方式出現在你的腦海裡。你可以對此充滿信心。當你的思想做好準備時，它將變得真正具有接收性，並能真正地開展它所接收的東西。這是你所需要的確認。它必然來自於偉大的體驗。

每小時提醒自己進行練習，並意識到你真正尋求的是真實的體驗，而不單單是答案。你的思想充滿了答案，但是它們至今也無法解答你的提問。

練習 183：兩個 30 分鐘
每小時練習

Step 184

MY QUESTIONS ARE GREATER
THAN I HAD REALIZED BEFORE.

WHAT YOU ARE REALLY ASKING FOR is far greater than what you have entertained before. Though your questions may have arisen out of immediate circumstances, you are asking for far more than immediate resolution to immediate things. Immediate resolution will be given, but from a Greater Source. It is this Greater Source that you are seeking, for you are seeking to realize your nature here, and you are seeking to find the preparation that will enable you to contribute your gifts so that your work in the world may be complete. Therefore, understand that you are here to serve. You are here to give. And in so doing, you will find your fulfillment. This will produce happiness for you.

IN YOUR TWO LONGER PRACTICE PERIODS TODAY, once again enter into stillness and silence, keeping in mind that stillness cultivates the mind to receive. In stillness you find that things are known already that you have neglected thus far. From these practice periods your mind will become more refined and have greater depth, greater concentration and a greater focus in all aspects of your life.

WHAT YOU ARE SEEKING TODAY is something greater than you have considered before. You are seeking to know the meaning of your Knowledge through its demonstration.

PRACTICE 184: *Two 30-minute practice periods.*

第 184 階 我的問題比我以前意識到的更加偉大。

你真正提問的問題，遠比你以前所認為的更加偉大。儘管你的問題或許產生於當下的環境，但是你所尋求的，可比對當下問題的即刻解決方案要偉大得多。你會獲得即刻的解決方案，但那是來自於一個更偉大源泉。你所尋求的正是這個更偉大源泉，因為你正在尋求去認知你的本質，你正在尋求找到那個讓你有能力貢獻你的禮物的準備，這樣你在世界裡的工作就能得以完成。因此，要理解你來此是為了進行服務。你來此是為了奉獻。通過同樣，你將找到你的成就。這將為你帶來幸福。

在今天的兩次長練習時段裡，再次進入靜心和安靜里，記住靜心是為了培養思想去接收。在靜心裡，你發現那些你以前忽視的事情實際上已經被你認知了。通過這些練習時段，你的思想將變得更加精煉，並對你生命的所有層面更加深入、更加專注，更加聚焦。

你今天所尋求的要比你以前所認為的更加偉大。你正在尋求通過內識的示範去認知它的意義。

練習 184：兩個 30 分鐘

Step 185

I HAVE COME INTO THE WORLD FOR A PURPOSE.

AGAIN WE AFFIRM THIS GREAT TRUTH, which in your Knowledge you will know to be true. Regardless of your current stage of personal development, the reality of your purpose in life remains true. Therefore, from time to time we repeat certain lessons that are essential for your well-being and development. We give them different wording from time to time so that you may have a greater and greater experience of them. In this way, they may find their way into your heart so that your heart may find its way into your consciousness.

YOU ARE HERE TO SERVE. You are here to give. You are here because you are rich with Knowledge. Regardless of your circumstance in life, your own sense of poverty will be banished forever as Knowledge arises within you, for there can be no sense of deprivation when Knowledge is being experienced and expressed. This is the promise of this program of preparation. This is the promise of your life. This is your destiny and your mission here. From this, your specific calling in the world will be given to you. It will be quite specific to your activities and behavior. Before this can happen, your mind must be cultivated, and your life must be rearranged and brought into genuine balance so that it may reflect your Knowledge and not your fears and wishes only. A greater life must come from a Greater Source within you. A greater life is made possible for you now.

YOU ARE HERE TO SERVE, but to serve you must receive. In your longer practice periods today, practice receptivity. Go deeper in your practice of stillness. Cultivate this practice. You are now learning the specific skills that will help you to do this. When your will is being experienced, the methods will follow naturally. We give only so much methodology as is necessary to aim your mind in the proper direction. From here you can refine your practice to meet your needs without betraying the instructions that are given in this course.

THEREFORE, FOLLOW THE DIRECTIONS that are given and make minor adjustments as necessary. When you learn to work with your nature, you will learn to utilize it on your own behalf. Practice upon the hour so that your practice may go with you everywhere and so that everything that happens to you today may be a part of your practice.

PRACTICE 185: *Two 30-minute practice periods.*

Hourly practice.

第 185 階 我來到世界是為了一個宗旨。

我們再次確認這一偉大真理，在你的內識里，你將認知它的真實。無論你當下處於怎樣的個人發展階段，你在生命中的宗旨始終是一個真實的實相。因此，我們不時地對某些課程進行重復，因為它們對於你的福祉和發展是必不可少的。我們會不時地變幻不同的說法來講解，這樣你對它們會擁有越來越廣大的體驗。通過這種方式，它們將會找到合適的方式進入你的內心，這樣你的內心將會能夠找到合適的方式和你的意識相聯接。

你來此是為了服務。你來此是為了奉獻。你來此因為你富有內識。無論你在生命里身處怎樣的境遇，當內識在你內在升起時，你內心的貧乏感將會永遠地消失，因為當內識得到體驗和表達時，就不可能有貧乏感。這是這一準備課程給予你的承諾。這是你生命的承諾。這是你在此的天命和使命。通過它，你在世界上的特殊召喚將被賦予你。它是特別針對你的行動和行為的。在這到來之前，你的思想必須得到培養，你的生命必須得到重整並實現真正的平衡，這樣它就能反映你的內識，而不只是你的恐懼和希望。一個更偉大的生命必然來自於你內在的一個更偉大源泉。現在，一個更偉大的生命在等待著你。

你來此是為了服務，但是為了服務，你必須去接收。在今天的長練習時段裡，練習接收性。更加深入地投入到靜心練習里。對這種修習進行培養。你正在學習一些能夠幫你實現靜心的特殊技巧。當你自身的意志得到體驗時，這些方法將會自然而然地得到運用。我們只是提供了必要的幾種能夠引導你的思想進入正確導向的方式。通過這些方式，你能夠提升你的修習來滿足你的需求，但同時又不會背離本課程所提供的指引。

因此，遵循所提供的指引，如有需要可以進行稍微的調整。當你學著和你的本質進行協作時，你將學習為了你的自身利益來運用它。每小時進行修習，這樣你的修習將會始終伴隨著你，這樣今天在你身上發生的每件事都能成為你修習的一部分。

練習 185：兩個 30 分鐘
每小時練習

Step 186

I AM BORN OF AN ANCIENT HERITAGE.

YOU ARE BORN OF AN ANCIENT HERITAGE. This will arise in your mind naturally, though it is beyond words and beyond description. In essence it is a pure experience of life and inclusion. What is remembered in this experience are those relationships that you have cultivated thus far in your evolution up until this time. Only the reclamation of relationships can be carried forward beyond your life in this world. The individuals that you have reclaimed unto yourself as your Spiritual Family now exist as your Spiritual Family. They form the growing body of Knowledge and inclusion in life which you are now capable of experiencing.

YOU ARE HERE TO SERVE YOUR SPIRITUAL FAMILY, your small

learning group that have been working together through many ages and circumstances in order to cultivate and advance their members so that your group may join with other groups, and so forth. Like streams joining together into greater and greater bodies of moving water, you follow your inevitable course to the source of your life. This is the natural way, the genuine way, the way that exists beyond all speculation and philosophy, beyond all the fears and ambitions of humanity. This is the way of things—forever mysterious, beyond your comprehension and yet fully available to serve you in the immediate circumstances of your life. Such is the greatness of the mystery of your life, and such is its application in even the smallest detail of your life. Thus, your life here is complete.

YOU ARE BORN OF A GREAT HERITAGE. Thus, greatness is with you because of your relationships. Receive this Heritage in stillness in your two deep meditation practices today and acknowledge it upon the hour. Allow this day to demonstrate both the reality and the denial of this great truth, for as you see the world in its denial attempting to act out the substitutes for Knowledge, you will learn to value Knowledge and to realize that Knowledge is here already.

PRACTICE 186: *Two 30-minute practice periods.*
Hourly practice.

第 186 階 我誕生於一個古老的傳承。

你誕生於一個古老的傳承。它將在你思想中自然地升起，儘管這超越了文字和描述的範疇。本質上，它是對生命和包融的一種純粹體驗。在這一體驗里被記起的，是你迄今為止整個進化過程中所發展的那些關係。只有這些被喚回的關係能夠超越你在這個世界的生命繼續延續下去。那些你曾經作為你的精神家庭而喚回的成員，現在正作為你的精神家庭而存在著。他們形成了內識不斷成長的軀體，以及你現在所體驗到的在生命中的包融。

你來此是為了服務於你的精神家庭，它是一個歷經久遠的年代和境遇，始終在一起協作的一個小型學習小組，其目的是為了對它的成員進行培養和促進，這樣你們這個小組將能夠和其他小組結合在一起，並以此類推。就像小溪匯成不斷增寬的河流，你在遵循著你必經的歷程，走向你生命的本源。這是自然的道路，真實的道路，它超越了所有揣測和哲學，超越了人類所有的恐懼和野心。這是事物發展之路——永遠神秘，超越了你的理解，然而它就在你生命的每個當下時刻準備著為你服務。這就是你生命之神秘的偉大，這就是它在你生命最細微之處的運用。因此，你在這裡的生命是完滿的。

你誕生於一個更偉大傳承。因此，偉大和你同在，因為你的關係的存在。在今天的兩次深度冥想里，在靜心中接收這一傳承，並在每小時里對它進行確認。讓今天來示範這一偉大真理的實相，同時示範對這一真理的否認。因為當你看清，這個世界通過對真理的否認正在試圖演繹內識的替代品時，你將學習去珍視內識，並意識到內識已經存在於這裡。

練習 186：兩個 30 分鐘
每小時練習

Step 187

I AM A CITIZEN OF THE
GREATER COMMUNITY OF WORLDS.

YOU ARE NOT MERELY A HUMAN BEING in this one world. You are a citizen of the Greater Community of Worlds. This is the physical universe that you recognize through your senses. It is far greater than you can now comprehend. The extent of its relationships are far greater than you can even imagine, for reality is always greater than imagination.

YOU ARE A CITIZEN OF A GREATER PHYSICAL UNIVERSE. This acknowledges not only your Lineage and your Heritage but also your purpose in life at this time, for the world of humanity is growing into the life of the Greater Community of Worlds. This is known to you, though your beliefs may not yet account for it.

TODAY, UPON THE HOUR, affirm your citizenship in the Greater Community of Worlds, for this affirms a greater life that you are now beginning to discover. In your two meditation practices, once again enter stillness and quietude. This growing experience of stillness will enable you to understand all things, for your mind was created to assimilate Knowledge, and this is how understanding comes about. The accumulation of ideas and the accumulation of theories do not constitute either Knowledge or understanding, for understanding is born of true affinity and experience. In this, it has no parallel in the world and can thus serve the world that you perceive.

PRACTICE 187: *Two 30-minute practice periods.*

Hourly practice.

第 187 階 我是擁有眾多世界的大社區的一名公民。

你不僅僅是身在這一單一世界上的人類的一員。你是擁有眾多世界的大社區的一名公民。它是你通過自己的感官所認知的那個物質宇宙。它比你現在能理解的要廣大得多。它的關係的廣度要比你所能想象的要廣大得多，因為實相總比想象更加廣大。

你是一個更廣大物質宇宙的一名公民。這不僅確認了你的血緣和傳承，它還確認了你身處這個時代的生命宗旨，因為人類世界正在向擁有眾多世界的大社區生命邁進。對此你是認知的，儘管你的信仰還沒能對此做出解釋。

在今天的每小時里，確認你是擁有眾多世界的大社區的一名公民，因為這確認了你正在開始發現的一個更偉大生活。在兩次冥想練習里，再次進入靜心和安靜里。這種對於靜心的不斷增長的體驗，將能夠讓你理解所有的事物，因為你的思想被創造出來是為了吸取內識，這是理解得以產生的方式。想法和理論的積累，既不能帶來內識，也不能帶來理解，因為理解來自於真正的親和力和體驗。從這

個意義上來說，它在世界上是無可匹敵的，因此它能夠服務於你所感知的世界。

練習 187：兩個 30 分鐘
每小時練習

Step 188

MY LIFE IN THIS WORLD IS MORE IMPORTANT
THAN I HAD REALIZED BEFORE.

IS THIS A GRANDIOSE IDEA? No, it is not. Does this idea betray your need for humility? No, it does not. You are here for a greater purpose than you have imagined, for your imagination does not contain the meaning of your purpose in life. In life there is only purpose and all the things that are substitutes for this purpose, which are born of fearful imagination. You are here to live a greater life than you have yet realized, and this greatness is what you carry within you. It may be expressed in the simplest of lifestyles and in the simplest of activities. Activities are great because of the essence that they convey, not because of the stimulation that they may arouse in other people. UNDERSTAND THIS DISTINCTION VERY CAREFULLY, and you will begin to learn to discern greatness from smallness and to learn how smallness can serve greatness. This will integrate every aspect of yourself, for part of you is great and part of you is small. Your personal mind and your physical body are small and are meant to serve the greatness of Knowledge. This integrates you. This is what integrates life as well. There is no inequality here, for everything is working together to serve a greater purpose, which you have come to serve.

IN YOUR LONGER PRACTICE PERIODS TODAY, engage your mind actively in attempting to understand these things. Your understanding will be born of your investigation, not merely of ideas that you find self-comforting or personally agreeable. Use your mind to investigate. With eyes closed, think on these things. Concentrate very carefully, and when your concentration comes to an end, release all ideas and enter into stillness and silence. Thus, the mind is purposefully engaged, and then it is brought into stillness. These are the two functions of the mind, which you will be practicing today.

REMINDE YOURSELF OF YOUR PRACTICE upon the hour and utilize this day for your development, which is your gift to the world.

PRACTICE 188: *Two 30-minute practice periods.*

Hourly practice.

第 188 階 我在這個世界上的生命要比我以前意識到的更加重要。

這是一種狂妄的想法嗎？不，不是。這個想法背離了你對謙卑的需要嗎？不，沒有。你來此是為了一個比你所想象的更偉大的宗旨，因為你的想象不包括你生

命宗旨的意義。在生命中，只存在著宗旨，以及所有替代了這一宗旨的東西，它們來自於可怕的想象。你來此是為了過一種比你所意識到的更偉大的生活，這種偉大是你內在攜帶的。它或許在最簡單的生活方式里和在最簡單的行動里得到表達。行動的偉大性，在於它所傳達的精髓，而不在於它在他人心裡激發的刺激。

認真地理解這一區別，這樣你將開始學習辨識偉大和渺小的區別，並學習渺小如何能服務於偉大。這將帶來你自身所有層面的整合，因為一部分的你是偉大的，而另一部分的你是渺小的。你的人格思想和物質身體是渺小的，它們注定要服務於內識的偉大。這給你帶來了整合。這也帶來了生命的整合。這裡並不存在不平等，因為所有一切共同協作，來服務於你來此服務的一個更偉大宗旨。

在今天的長練習時段裡，讓你的思想積極參與到對這些問題的理解中。你的理解將來自於你的探究，而不是來自於那些你用於自我安慰和自我陶醉的想法。利用你的思想進行探究。閉上雙眼，思考這些問題。保持高度地專注，當你完成了你的專心探究之後，釋放所有的想法，然後進入靜心和安靜里。這樣，思想有目的的進行工作，然後再被帶進靜心裡。這是思想的兩種職能，你今天對它們進行練習。

每小時提醒自己進行練習，利用今天來促進你的進步，這是你給世界的禮物。

練習188：兩個 30 分鐘
每小時練習

Step 189

MY SPIRITUAL FAMILY EXISTS IN ALL PLACES.

YOUR SPIRITUAL FAMILY IS GREATER THAN YOU REALIZE. It

exists in many worlds. Its influence is everywhere. That is why

it is so meaningless to consider yourself to be alone when you

are part of something so great that serves the greatest of all purposes.

You must relinquish your self-condemnation and your sense of

littleness to know this, for you have identified with your behavior in

the world, which is little. You have identified with your personal mind

and your physical body, which are little. Yet, now you are beginning to

realize your relationship with life itself through Knowledge, which is

great. This is done without punishing the personal mind or the

physical body, for they become useful and enjoyable as they learn to

serve a greater purpose. Then the body has health and the personal

mind is utilized, rendering them meaning which they now lack.

YOUR PHYSICAL NEED IS FOR HEALTH, but your health is to serve a

greater purpose. You need right utilization for your personal mind,

which will give it meaning and value, for it only seeks to be included

in that which is meaningful. What enables your personal mind and

your physical body to find their rightful place in your life is

Knowledge, which provides purpose, meaning and direction for you.

THIS IS TRUE IN ALL WORLDS. This is true throughout the physical

universe of which you are a citizen. Expand your view of yourself so

that you may learn to be objective about your world. Do not merely

cast human values, assumptions and goals upon your world, for this blinds you to the world's purpose and evolution and makes it far more difficult for you to appreciate that you are a citizen of a greater life. TODAY, IN YOUR TWO LONGER PRACTICES, engage your mind in active investigation of this idea. Spend the first fifteen minutes engaged in this investigation in both of your two longer practice periods. Try to seriously investigate the meaning of today's idea. Then, when your investigation is complete, allow your mind to re-enter stillness. Realize the contrast between active mental engagement and mental stillness. Understand that both are important and complement one another. Upon the hour repeat the idea and consider it as you view the world around you.

PRACTICE 189: *Two 30-minute practice periods.*
Hourly practice.

第 189 階 我的精神家庭存在於所有地方。

你的精神家庭比你意識到的更加廣大。它存在於很多世界里。它的影響力遍及四面八方。正因為如此，認為你自己是孤單一人是絲毫沒有意義的，因為你是服務於那個最偉大宗旨的某個非常偉大事物的組成部分。你必須放棄你的自我譴責和渺小感才能認知它，因為過去你把自己認同為你在世界上的行為，這是渺小的。你把自己認同為你的人格思想和你的物質身體，這些是渺小的。然而，現在你開始通過內識意識到你和生命本身的關係，這是偉大的。這裡並沒有對人格思想或物質身體的懲罰，因為當它們學習去服務於一個更偉大宗旨時，它們開始變得有價值而令人愉悅。這樣，身體擁有了健康，人格思想得到了運用，這為它們賦予了它們目前所欠缺的意義。

你的物質需要是為了健康，但你的健康是為了服務於一個更偉大宗旨。你需要對你人格思想的正確運用，這將為它帶來意義和價值，因為它唯一尋求的是被包括在真正有意義的事務之中。能夠讓你的人格思想和物質身體找到它們在你生命中的正確位置的，是內識，它為你提供了宗旨，意義和方向。

這在所有世界里都是真理。它是貫穿你身為一名公民的的整個物質宇宙的真理。拓展你對自身的看法，這樣你就能學習對你的世界保持客觀。不要只是把人類的價值觀、假設和目標加之在你的世界上，因為這會讓你無視這個世界的宗旨和進化，並使你很難去激賞自己是一個更偉大生活的一名公民。

在今天的兩次長練習時段裡，讓你的思想對今天的想法進行積極的探究。在兩次長練習時段裡，用開始的十五分鐘進行探究。努力對今天想法的含義進行嚴肅的探究。當你的探究結束時，讓思想再次進入靜心裡。認知積極的思想參與和思想靜心之間的對比。要理解兩個方面都很重要，並彼此互補。每小時重復今天的想法，並在你對周遭世界進行觀察時思考這一想法。

練習 189：兩個 30 分鐘
每小時練習

Step 190

THE WORLD IS EMERGING INTO
THE GREATER COMMUNITY OF WORLDS
AND THAT IS WHY I HAVE COME.

YOU HAVE COME INTO THE WORLD at a great turning point, a turning point only part of which you will see in your own lifetime. It is a turning point where your world gains contact with the worlds in its vicinity. This is the natural evolution of humanity, as it is the natural evolution of all intelligent life in all worlds. Your world is seeking a Greater Community. This will require that your world's own internal community become unified. This is also a part of the evolution of all intelligent life in all worlds. You have come here to serve this. There are many levels of service and many things that need to be contributed—on a personal, on a community and on a world level. You are part of this great movement of life, for you are not here for your own purposes alone. You are here to serve the world, and thus be served in return.

TODAY IN YOUR TWO LONGER PRACTICE PERIODS, investigate the idea for the day. Give it serious thought, observing those ideas that are in harmony with it and those ideas that disagree with it. Examine your feelings both for and against this idea. Examine your preferences, your prejudices, your beliefs, your hopes, your fears, and so forth. This constitutes the first half of each practice period. In the second half, enter stillness and silence, using the word RAHN if you find it to be helpful. Remember that both of these mental activities are necessary and complementary, as you shall learn in the future. Upon the hour repeat the idea for today. Allow it to provide that which you need to see the world in a new way.

PRACTICE 190: *Two 30-minute practice periods.*
Hourly practice.

第 190 階 世界正在邁進擁有眾多世界的大社區，這是我來此的原因。

你在一個偉大的轉折點來到這個世界上，在你的有生之年你只能看到這個轉折時期的一部分。在這個轉折時期里，你們的世界開始了和它周邊其他世界的接觸。這是人類的自然進化，它和所有世界所有智能生命的自然進化一樣。你們的世界正在尋求一個更廣大的社區。這要求你們世界的內部社區實現統一。這同樣是所有世界所有智能生命進化過程的一部分。你來此就是為了服務於此。有很多層面的服務，有很多的東西需要被奉獻——包括個人層面、社區層面和世界層面。你是生命這一偉大運動的組成部分，因為你來此不只是為了你個人的宗旨。你來此是為了服務於世界，作為回報你也將獲得服務。

在今天的兩次長練習時段裡，對今天的想法進行探究。嚴肅地對它進行思考，觀察你那些和它相一致的想法，和那些反對它的想法。檢視你那些或贊成它或反抗它的感受。檢視你的喜好、你的偏見、你的信仰、你的希望、你的恐懼等等。這構成了每次修習的前半部分。在後半部分里，進入靜心和安靜里，假如有幫助

的話可以利用 RAHN（然）。記住，這兩種思維活動都是必要的並且是互補的，未來你將會認識到這點。每小時重復今天的想法。讓它為你提供你所需要的，從而能以一種新方式看待世界。

練習 190：兩個 30 分鐘
每小時練習

Step 191

MY KNOWLEDGE IS GREATER THAN MY HUMANITY.

YOUR KNOWLEDGE IS BORN OF LIFE UNIVERSAL. It eclipses your humanity but gives your humanity true meaning. Greater Life wishes to express itself in your world, in your era and in the circumstances that actually exist now. Thus, the great expresses itself through the small, and the small experiences itself as the great. This is the way of all life. Your humanity is without meaning unless it serves a greater context and is a part of a Greater Reality. Without this, it is more a form of bondage—a restraint, a confinement and an imposition upon your nature rather than an affirmation of your nature.

YOUR KNOWLEDGE IS GREATER THAN YOUR HUMANITY. Thus, your humanity can have meaning, for it has something to serve. Without service, your humanity is merely a restraint, that which confines you and imprisons you. But your humanity is meant to serve a Greater Reality which you carry within you today. This Reality is in you, but you do not own it. You cannot use it for your own personal fulfillment. You can only receive it and allow it to express itself. It will express itself through your humanity, and it will give you a greater experience of yourself.

IN YOUR LONGER PRACTICE PERIODS TODAY, allow yourself to enter stillness once again, and upon the hour repeat this idea so that you may consider its true meaning. Do not accept mere assumptions or premature conclusions, for today's idea will require your deep involvement. Life has depth. You must penetrate it. You must enter into it. You must receive it and inquire within it. Then, you will become reengaged in your natural relationship with life.

PRACTICE 191: *Two 30-minute practice periods.*

Hourly practice.

第 191 階 我的內識比我的人性更偉大。

你的內識誕生於宇宙性的生命。它使你的人性相形見絀，然而，它為你的人性賦予了真正的意義。更偉大的生命希望在你的世界里，在你的時代里，在這個實際存在的境遇里，表達它自身。這樣，偉大通過渺小來表達它自身，同時渺小體驗到了它自身的偉大。這是所有生命的方式。除非服務於一個更偉大背景，並作為一個更偉大實相的一部分，否則你的人性沒有絲毫意義。沒有了這些，你的

人性與其說是對你本質的確認，不如說是一種束縛——強加在你本質上的一種壓抑，一種限制和一種負擔。

你的內識比你的人性更偉大。這樣，你的人性才能擁有意義，因為它可以服務於某個東西。沒有服務，你的人性只不過是一種限制著你、監禁著你的束縛。然而，你的人性注定要服務於你內心攜帶的一個更偉大實相。這一實相就在你的內在，但你並不擁有它。你無法利用它來實現你個人的成就。你只能夠接收它，並允許它去表達它自己。它將通過你的人性來表達它自己，同時它將賦予你對自我的一種更偉大體驗。

在今天的長練習時段裡，讓自己再次進入靜心裡，並在每小時里重復這一想法，這樣你將能夠思考它的真正含義。別滿足於假設或過早的結論，因為今天的想法需要你深刻的參與。生命是深刻的。你必須穿透它。你必須進入它。你必須接收它，並在生命中探尋。這樣，你將重新參與到你 and 生命自然的關係當中。

練習 191：兩個 30 分鐘
每小時練習

Step 192

I WILL NOT NEGLECT SMALL THINGS TODAY.

DO NOT NEGLECT THE SMALL THINGS TODAY that are necessary for you to do. Doing small things does not mean in any way that you are small. If you do not identify with your behavior and activities, you can allow your greatness to exist as you undertake them.

Someone who is great can do small things without complaint.

Someone who is with Knowledge can undertake mundane activities without any sense of disgrace. Activities are only activities. They do not constitute your true nature or being. Your true nature or being is the source of your life, which will express itself through your small activities as you learn to receive it and to see it in proper perspective.

DO NOT NEGLECT SMALL THINGS. Care for small things so that your life in the world may be stable and may progress properly. Today, in your deeper practices, again enter the greatness and the depth of Knowledge. Because you have attended to small things, you can now spend this time of devotion and giving. In this way, your outer life is managed properly, and your inner life is attended to as well, for you are an intermediary between the life of greatness and life in the world.

Thus, you attend to the small and you receive the great. This is your true function, for you are here to give Knowledge to the world.

AS BEFORE, REPEAT YOUR PRACTICE UPON THE HOUR. Take it with you. Do not forget.

PRACTICE 192: *Two 30-minute practice periods.*

Hourly practice.

第 192 階 今天我不會忽略那些小事情。

今天別忽略那些需要你去做的小事情。做小事情絕不代表你是渺小的。如果你不把自己認同為你的行為和活動的話，那麼當你做這些小事時，你將能夠允許你的偉大的存在。一個偉大的人能夠不帶抱怨地去做小事情。一個帶著內識的人能夠從事任何世俗的活動，而不會有任何蒙羞的感覺。行動僅僅是行動。它們並不構成你真正的本質或存有。你真正的本質或存有是你生命的源泉，當你學習接收它並以正確的觀點去看待它時，它將通過你渺小的行動來表達它自身。

別忽略小事。關心小事情，這樣你在世界上的生命將是安定的，並能夠適時地前進。今天在深度練習里，再次進入內識的偉大和深刻里。因為你已經處理了小事情，所以你現在能夠進入這個投入和奉獻的時段。通過這種方式，你外在的生命得到恰當地管理，同時你內在的生命也得到關注，因為你是偉大生命和這個世界生命之間的一個媒介。這樣，你參與渺小並接收偉大。這是你真正的職能，因為你來此是為了把內識奉獻給世界。

和以往一樣，每小時重復你的修習。堅持進行修習，不要忘記。

練習 192：兩個 30 分鐘
每小時練習

Step 193

I SHALL LISTEN TO OTHERS
WITHOUT JUDGMENT TODAY.

*L*ISTEN TO OTHERS WITHOUT JUDGMENT TODAY. Knowledge will indicate if what they are saying is of value or not. It will do this without any form of condemnation, without any comparison and without any evaluation on your part whatsoever. Knowledge is attracted to Knowledge, and it is not attracted to that which is not Knowledge. Therefore, you may find your rightful way without contributing judgment or hatred upon the world. This is your Inner Guidance system serving you. It will lead you where you need to be and will lead you to contribute where your contributions can be of the greatest value. If you listen to others without judgment, you will hear both Knowledge and the call for Knowledge. You will see where Knowledge exists and where it has been denied. This is natural. You do not need to judge people to make this determination. It is simply known.

*L*ISTEN TO OTHERS SO THAT YOU MAY EXPERIENCE yourself listening, for it is not your task to judge the world or to determine where and how your gifts should be given. It is your task to experience yourself in life and to allow Knowledge to arise, for Knowledge will give itself when and where it is appropriate. This allows you to have peace, for you are not trying to control the world.

*A*LLOW YOUR PRACTICES TO BE DEEP. Practice upon the hour as before. Listen to others today so that you may experience yourself in relationship with them, so that their true message to you may be given and comprehended. This will affirm for you the presence of

Knowledge and the need for Knowledge in the world all at once.

PRACTICE 193: *Hourly practice.*

第 193 階 今天我不帶評判地去聆聽他人。

今天不帶評判地去聆聽他人。內識將告訴你，他們所說的話是否具有價值。內識將這樣做，不帶來自你個人的任何譴責、任何比較和任何評估。內識被內識所吸引，而不會被任何不是內識的東西所吸引。因此，你能夠找到你的恰當方式，而不給世界添加評判或怨恨。你的內在指導系統正在服務於你。它將引導你到你需要去的地方，引導你到你的奉獻能夠產生最大價值的地方進行奉獻。如果你不帶評判地聆聽他人，你將同時聽到內識，和對內識的召喚。你將看到內識在哪裡存在著，和在哪裡被否認著。這是非常自然的。你不需要通過評判他人來做出這種判斷。它就是簡單地被認知。

聆聽他人，這樣你將體驗到自己在聆聽，因為你的職責不是評判世界，或決定你的禮物應該在哪裡，以及以何種方式進行奉獻。你的職責是在生命中體驗自己，並允許內識的升起，因為內識將在適當的時間，適當的地方奉獻它自身。這使你擁有了和平，因為你不試圖去控制世界。

讓你的修習變得深入。每小時進行修習。今天去聆聽他人，這樣你將能夠在和他人的關係中體驗自己，這樣他們給你傳遞的真正信息，將能夠被傳達和被領會。這將同時向你確認這個世界上內識的存在以及對內識的需要。

練習 193：每小時練習

Step 194

I WILL GO WHERE I AM NEEDED TODAY.

ALLOW YOURSELF TO GO WHERE YOU ARE NEEDED, where you need to go. This necessity of action will give value and meaning to your activities and will affirm your worth in all of your engagements this day. Go where you are needed, where you need to go. Discern the actual motivation for this and distinguish it from any sense of guilt or obligation to others. Do not place artificial demands upon yourself. Do not allow others to place artificial demands upon you beyond your simple duties in this day. Go where you are truly needed.

REMINDE YOURSELF OF THIS UPON THE HOUR, for its meaning must be penetrated to be experienced. If you are accustomed to guilt and obligation, today's idea will seem to compound your difficulty. Yet, today's idea is really an affirmation of Knowledge within you, providing an opportunity for Knowledge to guide you and to demonstrate its value to you. It has nothing to do with dependence, for you must be independent of false things to follow that which is true. This is the value of all independence.

IN YOUR LONGER PRACTICE PERIODS, go deeply into Knowledge. And when you are in the world, keep this idea alive. Allow yourself to

feel a deeper presence within you as you are out in the world of mundane things, as you are out in the world of small considerations. Greatness is here to serve the small. Remember.
PRACTICE 194: *Two 30-minute practice periods.*
Hourly practice.

第 194 階 今天我會去我被需要的地方。

讓自己去你被需要的地方，去你需要去的地方。這種行動的必要性將為你的行動賦予價值和意義，並將在你今天所有的參與中確認你的價值。去你被需要的地方，去你需要去的地方。辨析這些行動的真正動機，並把它和任何對他人的負疚和責任感區分開來。別對自己施加一些人為的要求。別讓他人對你施加超出了你今天的簡單職責範圍的人為要求。去你真正被需要的地方。

每小時提醒自己這一思想，因為它的意義必須被深入探究才能被體驗到。如果你習慣於內疚和責任，那麼今天的想法似乎會加重你的困難。然而，今天的想法正是對你內在內識的確認，並讓內識有機會指引你並向你示範它的價值。這和依賴性無關，因為你必須從虛假的東西中獨立出來，才能去遵循真實的東西。這是所有獨立的價值所在。

在今天的長練習時段裡，深入到內識中。當你身處在世界中時，始終帶著這一想法。當你身處在充滿世俗事務，充滿無關緊要的思慮的世界上時，讓自己感知內在的那個更深刻臨在。偉大在這裡服務著渺小。記住這點。

練習 194：兩個 30 分鐘
每小時練習

Step 195

KNOWLEDGE IS MORE POWERFUL THAN I REALIZE.

KNOWLEDGE IS MORE POWERFUL THAN YOU REALIZE. It is also more wonderful than you realize. You are as yet afraid of it because of its great power. You are unsure if it will dominate you or control you, unsure of where it will take you and what you will have to do and unsure of what the result of all this will be. Yet, as you go away from Knowledge, you re-enter confusion and the world of imagination. As you come closer to Knowledge, you enter certainty, confirmation and a world of reality and purpose. How can you know Knowledge from a distance? How can you determine its meaning without receiving its gifts?

COME CLOSE TO KNOWLEDGE TODAY. Allow it to silently abide within you, as you are learning to silently abide with it. Nothing could be more central to your natural experience than the experience of Knowledge. Be glad that it is greater than you realize, for your evaluation has been small. Be glad that you cannot understand it yet, for your understanding would only limit it and its usefulness to you. Allow the great to be with you so that your greatness may be

demonstrated and experienced today.

TAKE THIS IDEA WITH YOU AND PRACTICE IT UPON THE HOUR.

Keep it in mind throughout the day. In your two longer practice periods, allow yourself to experience the depth of Knowledge. Feel the power of Knowledge. Strengthen your resolve to do so. Dedicate your self-discipline, for here self-discipline is wisely employed. Knowledge is greater than you realize. Therefore, you must learn to receive its greatness.

PRACTICE 195: *Two 30-minute practice periods.*

Hourly practice.

第 195 階 內識比我意識到的更強大。

內識比你意識到的更強大。它也比你意識到的更奇妙。因為它的偉大力量，你至今依然對它心懷恐懼。你不確定是否它會支配你或控制你，不確定它將把你帶向何方以及你將來必須要做什麼，不確定所有這些將帶來怎樣的結局。然而，當你離開內識時，你再次進入困惑和想象的世界。當你接近內識時，你進入確定、確認和一個實相和宗旨的世界。你怎麼可能站在遠處去認知內識呢？如果不接收它的禮物，你怎麼可能確定它的含義呢？

今天去靠近內識。當你正在學習安靜地和它堅守在一起時，允許它安靜地堅守在你的內心。沒有什麼比內識的體驗更能成為你自然體驗的核心了。要慶幸，內識比你意識到的更偉大，因為你的評估是渺小的。要慶幸，你還未能理解它，因為你的理解只會局限它，局限它對你的意義。讓偉大和你同在，這樣今天你的偉大就能得到示範和體驗。

每小時里重復這一想法並修習它。今天始終記住這一思想。在兩次長練習時段裡，讓自己體驗內識的深度。感知內識的力量。堅定決心進行修習。奉獻你的自律，因為在此自律得到智慧地運用。內識比你意識到的更偉大。因此，你必須學習接收它的偉大。

練習 195：兩個 30 分鐘
每小時練習

Step 196

REVIEW

TODAY REVIEW THE PAST TWO WEEKS OF PREPARATION. Read each day's instructions and then review your experience of practice for that day. Begin with the first day in the two-week period, and follow each day step by step. You will now begin to review your preparation in two-week intervals. This is given you to do now because your perception and comprehension are beginning to bud and to grow.

REMEMBER EACH DAY. Try to recall your practice and experience. The lessons themselves will recall this experience to you if you have forgotten. Try to see the progression of learning so that you may

understand how to learn. Try to see that which confirms Knowledge and that which denies Knowledge within yourself so that you may learn to work with these tendencies.

BECOMING A TRUE STUDENT OF KNOWLEDGE will require greater self-discipline, greater consistency of application and greater acceptance of worth than anything you have undertaken thus far. Following prepares you to become a leader, for all great leaders are great followers. If the source of your leadership represents goodness and truth, then you surely must learn to follow it. And to follow it, you must learn how to learn of it, how to receive it and how to give it.

LET YOUR LONG REVIEW TIME TODAY, which may exceed two hours of involvement, be a review of the past two weeks, keeping all of these things in mind. Become objective about your life. There is no condemnation that is necessary here, for you are learning to learn, you are learning to follow and you are learning to employ Knowledge, as Knowledge will certainly employ you. Here Knowledge and you come together in true matrimony and in true harmony. Then Knowledge is more powerful, and you are more powerful. There is no inequality here, and all things find their natural course of expression.

USE THIS REVIEW TO FURTHER and deepen your comprehension of your preparation, keeping in mind that understanding always comes in hindsight. This is a great truth in The Way of Knowledge.

PRACTICE 196: *One long practice period.*

第 196 階 復習

今天對前兩周的準備進行回顧。閱讀每天的指引，然後回顧當天修習中的體驗。從第一天開始，一天天、一階階地復習。現在你開始每兩周進行一次復習。這樣做是因為，你的感知和理解正在開始萌芽和成長。

回顧每一天。努力回想你的修習和體驗。如果你遺忘了，這些課程本身將讓你回想起那些體驗。努力認清你學習的進展，這樣你將能夠理解該怎樣學習。努力認清你內在的那些確認內識的部分，和那些否認內識的部分，這樣你將能夠學習和這些傾向性協同工作。

成為內識的真正學生，和你從事過的其他任何事情相比，將要求更強的自律，更一貫的應用，以及對自身價值的更大接受。追隨，把你訓練成為一個領導者，因為所有偉大的領導者都是偉大的追隨者。如果你的領導力的源泉代表著正義和真理，那麼你當然必須學習去遵循它。並且，為了遵循它，你必須學習該如何學習它，如何接收它，和如何奉獻它。

利用今天的長練習時段，這可能需要超過兩個小時的時間，對過去兩周進行回顧，並始終在腦海裡記著上述思想。對你的生命變得客觀。沒有必要進行譴責，因為你正在學習如何學習，你正在學習遵循，你正在學習運用內識，正如內識必然會運用你一樣。在此，內識和你在真正的婚姻和和諧中融為一體。這樣，內識變得更強大，你變得更強大。這裡沒有不平等，並且所有一切都找到了它們最自然的表達途徑。

利用這一復習來促進和深化你對你的準備的理解，記住，理解總是事後發生的。這是內識之路的一個偉大真理。

練習 196：一個長練習時段

Step 197

KNOWLEDGE MUST BE EXPERIENCED TO BE REALIZED.
TODAY I WILL NOT THINK THAT I CAN UNDERSTAND Knowledge with my intellect or that I can conceptualize the greatness of life. I will not think today that by a mere idea or assumption I can fully gain access to Knowledge itself. Realizing this, I will understand what is required of me and what I must give to my practices, for I must give of myself.」

YOU MUST GIVE OF YOURSELF. You cannot merely think of ideas and hope that they will answer your greatest need. Realizing this today, repeat your practice upon the hour and in your deeper meditations give yourself completely to the experience of Knowledge. Enter into stillness. Allow yourself to be completely involved. With this you will exercise the power of your own mind on your behalf. You will then realize that you have the power to dispel distractions; you have the power to dispel fear; you have the power to dispel obstructions because your will is to know Knowledge.

PRACTICE 197: *Two 30-minute practice periods.*
Hourly practice.

第 197 階 內識必須被體驗，才能被認知。

今天我不認為我能夠通過我的智力去理解內識，或是構思出生命的偉大。今天我不認為僅僅通過一個想法或假設，我就能夠完全地進入內識。意識到這點，我將理解對我提出的要求是什麼，以及我必須把什麼奉獻給我的修習，因為我必須奉獻自己。

你必須奉獻你自己。你不能僅僅思考某些想法並希望它們能回答你的最偉大需要。今天意識到這點，每小時重復你的修習，並在深度冥想中，把自己完全奉獻到對內識的體驗中。進入靜心裡。讓自己完全地投入。這樣，你將為了自身利益去發揮你自己思想的力量。然後，你會意識到你有能力阻止注意力的分散；你有能力打消恐懼；你有能夠去除障礙，因為你的意願是認知內識。

練習 197：兩個 30 分鐘
每小時練習

Step 198

TODAY I WILL BE STRONG.
BE STRONG TODAY. Follow the plan that is given to you. Do

not hold yourself back or alter the instructions in any way.

There are no shortcuts here; there is only the direct way. You are given the steps. Follow them. Be strong today. Only your ideas of yourself speak of weakness. Only your evaluation of yourself says that you are pathetic, incapable or inadequate. You must have faith in your strength and exercise this faith to realize your strength.

UPON THE HOUR REPEAT THIS STATEMENT and attempt to experience it in whatever circumstance you find yourself. Within your two deeper practice periods today, use your strength to engage in stillness completely. Allow your mind to be freed of the chains of its own concepts. Allow your body to be freed of a tormented mind. In this, your mind and your body will settle into their natural function, and all things will fall into right order within you. Knowledge will then find expression through your mind and through your body. From this you will be able to bring into the world that which is greater than the world, and your life will be confirmed as a result.

PRACTICE 198: *Two 30-minute practice periods.*
Hourly practice.

第 198 階 今天我要堅強。

今天要堅強。遵循提供給你的計劃。別退縮，別試圖以任何方式修改指引。這裡沒有捷徑；只有這條直接的路徑。你收到了這些進階。去遵循它們。今天要堅強。只有你對自身的想法在講述著軟弱。只有你對自己的評估，認為你是可憐的、無能的或不足的。你必須對你的力量擁有信心，並通過發揮這一信心來意識到你的力量。

每小時重復這一聲明，並努力讓自己在任何環境下體驗它。在今天的兩次深度練習里，運用你的力量讓自己進入全然的靜心裡。讓你的思想從它自己想法的鎖鏈中解脫出來。讓你的身體從痛苦的思想中解脫出來。這樣，你的思想和身體將進入自然的運作中，並且你內在的所有一切將回歸正確的次序。這樣，內識將通過你的思想和你的身體找到表達。通過這樣，你將能夠把比世界更偉大的東西帶到世界上，作為結果，你的生命將得到確認。

練習 198：兩個 30 分鐘
每小時練習

Step 199

THE WORLD I SEE IS EMERGING INTO
THE GREATER COMMUNITY OF WORLDS.
WITHOUT THE LIMITATION OF A PURELY HUMAN VIEWPOINT,
you will be able to see the evolution of your world in a
greater context. Viewing the world without the distortion of your
personal wishes and fears, you will be able to observe its greater
movement and discern its overall direction. It is essential, then, that

you realize the direction of your world because this is the context that gives meaning to your purpose and to your specific calling while you are here in this world. For you have come to serve the world in its present evolution, and your gifts are meant to serve it in its life to come.

YOUR WORLD IS PREPARING TO ENTER into a Greater Community.

The evidence of this is everywhere if you but look. Without belief or denial, things can simply be recognized. In this, life's demonstration is obvious and need not be discerned from complexities. What makes life complex is that people want life to be what life is not, they want themselves to be what they are not and they want their destiny to be what it is not. Then they attempt to gain from life that which confirms their own idealism, and because life cannot confirm this, all becomes distressed, conflicted and complex. The mechanism of life may be complicated in its minute details, but the meaning of life is directly obvious to anyone who looks without the distortion of judgment or preference.

RECOGNIZE THAT YOUR WORLD IS PREPARING TO EMERGE into the Greater Community. Do this without embellishing this recognition with your own imagination. You need not give form to the future. Only understand the present course of your world. In this, the meaning of your own inherent abilities and their future application will become ever more evident to you.

UPON THE HOUR REPEAT THIS STATEMENT and consider it seriously, for it is the absolute foundation of your life and it is necessary that you understand this. It is not mere belief; it is the evolution of the world. Within your two deeper meditation practices today, engage your mind actively in considering this idea. Look at your own beliefs that speak for or against this idea. Look at your own feelings about it. Examine yourself objectively as you attempt to engage with this powerful idea. This is a time for mental engagement. Utilize your practice periods with complete dedication and involve yourself completely. Allow your mind to penetrate the superficiality of its own surface ideas.

IN KNOWLEDGE EVERYTHING BECOMES STILL AND QUIET.

Everything becomes known. Here you begin to discern the difference between knowing and thinking. You realize how thinking may only serve in the preparation for Knowledge, but that Knowledge far exceeds the range and grasp of any individual's thinking. Here you will understand how the mind can serve your spiritual nature. Here you will understand the evolution of the world.

PRACTICE 199: *Two 30-minute practice periods.*

Hourly practice.

第 199 階 我看到的 world 正在邁進眾多 world 組成的大社區。

當你不受純人類觀點的限制時，你將能夠在一個更廣大的背景里，看待你們世界的進化。當你不受個人期望和恐懼的扭曲去看待世界時，你將能夠觀察它的更偉大運動，並辨識它的整體走向。因此，認知你們世界的走向是非常重要的，因為這一背景為你的宗旨，和你在這個世界上的特殊召喚賦予了意義。因為你來此是為了服務於這個 world 當下的進化，並且你的禮物注定要服務於它未來的生命。

你們的世界正在準備邁進一個更大社區。只要你看，到處都是證據。當不帶信仰或否認去看時，事物就能被簡單地認知。在此，生命的示範是顯著的，並不需要繁瑣地辨析。使生命變得複雜的，是因為人們希望生命成為它本身不是的樣子，他們希望他們自己成為他們不是的樣子，他們希望他們的天命成為它不是的樣子。因此，他們試圖從生命中獲取那些確認他們自身理想主義的東西，因為生命無法確認這些，所以所有人都變得痛苦、衝突和複雜。生命的機制在它的細枝末節上或許是複雜的，但對於任何能夠不受評判或偏好扭曲去看的人來說，生命的意義是直接明瞭的。

認知你們的世界正在準備邁進大社區。認知這點，不要帶著你自己想象的修飾去看。你不必為未來設定形式。你只需理解你們 world 當下的進程。由此，你自身天賦能力的意義，以及它們在未來的應用，對你來說將變得更加顯在。

每小時重復這一聲明，並對它進行嚴肅思考，因為這是你生命絕對的基礎，你必須理解它。它不只是個信仰，它是這個世界的進化。在兩次深度冥想練習里，積極運用你的思想對這一想法進行思考。檢視你那些擁護這一想法，或者反對這一想法的信仰。檢視你對這一想法的各種感受。當你努力對這個強大的想法進行思考時，客觀地檢視你自己。這是個進行思維運用的時段。帶著全然投入去運用你的練習時段，全然地參與。讓你的思想穿透它自身表層想法的淺薄。

在內識里，一切變得靜止和安靜。一切變得被認知。在此，你開始辨析認知和思考之間的差別。你意識到思考只能夠服務於對內識的準備，而內識遠遠超越了任何個體思考的範疇和領悟。在此你將理解思想如何服務於你的靈性本質。在此你將理解世界的進化。

練習 199：兩個 30 分鐘
每小時練習

Step 200

MY THOUGHTS ARE TOO SMALL
TO CONTAIN KNOWLEDGE.

YOUR THOUGHTS ARE TOO SMALL, for Knowledge is greater.

Your beliefs are too narrow, for Knowledge is greater.

Therefore, treat Knowledge with mystery and do not attempt to create a form for it, for it is greater than this and will exceed your expectations. Allow, then, for Knowledge to be mysterious so that it may yield its gifts to you without restraints. Allow your thinking and ideas to apply to the visible world that you see, for here your thinking can develop in a useful manner as you understand the mechanism of your physical life and of your involvement with others. Yet, allow

Knowledge to be beyond the mechanical application of your mind so that it may flow into each situation, bless it and give it purpose, meaning and direction.

REMIND YOURSELF OF THIS IDEA upon the hour and consider it seriously in whatever situation you find yourself. In your two meditation practices today, allow yourself once again to enter stillness, using the RAHN practice if you find that helpful. Allow yourself to go beyond ideas. Allow yourself to go beyond habitual patterns of thinking. Allow your mind to become itself, for it was made to serve Knowledge.

PRACTICE 200: *Two 30-minute practice periods.*

Hourly practice.

第 200 階 我的想法太渺小，無法包納內識。

你的想法太渺小，因為內識更加偉大。你的信仰太狹隘，因為內識更加偉大。因此，帶著神秘對待內識，別試圖為它建立一個形式，因為它比這更偉大，並將超越你的期望。因此，讓內識保持神秘，這樣它將不受限制地把它禮物奉獻給你。將你的思考和想法應用到你所看到的可見世界里，因為當你理解你物質生命的機制以及你和他人的互動時，你的思想將能夠以一種有用的方式得到發展。但是，讓內識存在於你思想的機械性應用之外，這樣內識就能夠滲入每一個境況，給它祝福，給它宗旨、意義和方向。

每小時提醒自己這一想法，並在任何境況里對它進行嚴肅的思考。在今天的兩次冥想練習里，讓自己再次進入靜心裡，如果你自覺有幫助的話，可以運用 RAHN（然）的練習。讓自己超越想法。讓自己超越思考的習慣定式。讓你的思想做回它自己，因為它就是用來服務於內識的。

練習 200：兩次 30 分鐘
每小時練習

Step 201

MY MIND WAS MADE TO SERVE KNOWLEDGE.

UNDERSTANDING THIS, YOU WILL REALIZE THE VALUE of your mind, and you will not deprecate it. Realizing this, you will understand the value of your body, and you will not deprecate it. For your mind and your body are but vehicles to express Knowledge. In this, you become the recipient of Knowledge. In this, you remember your great Heritage. In this, you are comforted by the assurance of your great destiny.

THERE IS NO ILLUSION HERE. There is no self-deception here. Here all things find their right order. Here you understand the true proportion of all things. Here you understand the value of your mind, and you will not want to give it tasks of which it is not capable. Thus, your mind becomes constructively applied and will be unburdened

with attempting the impossible. Realizing this, you will see that your body is made to serve your mind, and you will understand the value of your body and its great application as a tool for communication. In this, you will accept its limitations, for limited it must be. You will also appreciate its mechanism. You will appreciate all of the encounters that you have with other individuals in this world. You will be glad, then, that you have a mind and a body so that you may communicate the power and the essence of Knowledge.

REPEAT YOUR IDEA FOR TODAY UPON THE HOUR and consider it.

In your two deeper meditation practices, allow your mind to become still so that it may learn to serve. You must relearn that which is natural to you, for you have learned the unnatural, which must now be unlearned. In its place the natural will be stimulated, for when the natural is stimulated, it becomes expressed. Then the mind re-engages with its true function, and all things find their true value.

PRACTICE 201: *Two 30-minute practice periods.*

Hourly practice.

第 201 階 我的思想用來服務於內識。

理解了這點，你將意識到你思想的價值，並且你將不會輕視你的思想。意識到這點，你將理解你身體的價值，並且你將不會輕視你的身體。因為你的思想和你的身體都不過是表達內識的載體。由此，你成為了內識的接收者。由此，你記起了你的偉大傳承。由此，你因為你偉大天命的確認而感到安慰。

這裡沒有錯覺。這裡沒有自欺。在此，所有一切找到了它們正確的次序。在此，你理解所有一切的真正比例。在此，你理解你思想的價值，並且你不會再想給它分派它無法承擔的任務。這樣，你的思想得到有建設性的應用，並擺脫了試圖嘗試不可能任務的負擔。意識到這點，你將看到，你的身體是用來服務於你的思想的，並且你將理解你身體的價值，以及它作為一個交流工具的偉大應用。由此，你將接受它的局限，因為它必然是受限的。你還將激賞它的機制。你將激賞你和這個世界里其他人的所有相遇。這樣，你因為擁有一個思想和一個身體而感到高興，因為你能夠交流內識的力量和精髓。

每小時重復今天的想法，並對它進行思考。在兩次深度冥想練習里，讓思想變得安靜，這樣它將能夠學習服務。你必須重新學習對你來說非常自然的事，因為你過去學習了那些不自然的東西，現在這些必須被摒棄。取代它們位置的將是那被激發的自然的东西，因為當那自然的东西得到激發時，它將開始得到表達。這樣，思想重新參與到它真正的職能里，並且所有一切都找到了它們真正的價值。

練習 201：兩個 30 分鐘
每小時練習

Step 202

I BEHOLD THE GREATER COMMUNITY TODAY.

YOU CAN BEHOLD THE GREATER COMMUNITY, for you are

living in the middle of the Greater Community. Because you are on the surface of the world, preoccupied with human endeavors and limited by time and space, does not mean that you cannot behold the grandeur of the Greater Community. You may behold this by looking at the sky above and by looking at the world below. You may realize this by understanding the relationship of humanity to the universe at large and by realizing that humanity is but one more race evolving to develop its intelligence and its Knowledge so that it may find a true involvement as it emerges into the Greater Community. Looking in this way gives you a greater perspective. Looking in this way allows you to understand the nature of change in the world. Looking in this way allows you to have compassion for yourself and for other people, for compassion is born of Knowledge. Knowledge does not deprecate what is occurring but attempts to influence it for the good.

UPON THE HOUR CONSIDER THE VALUE OF TODAY'S IDEA. Look out into the world and consider yourself a witness to the Greater Community. Think of your world as one of many, many worlds that are in a similar stage of evolution. Do not torment your mind by attempting to give form to that which is beyond the range of your perception. Allow yourself to live in a great and mysterious universe that you are only now beginning to understand.

IN YOUR TWO DEEPER MEDITATIONS, allow yourself to apply your mind actively in considering this idea. Try to look at your life from beyond a purely human perspective, for from a purely human perspective you will see only a human life, a human world and a human universe. You do not live in a human universe. You do not live in a human world. You do not live a purely human life. Understand that your humanity here is not denied but is given a greater inclusion in a greater life. Thus, your humanity becomes a source and a means of expression rather than a limitation that you impose upon yourself.

Allow your deeper practice periods to become very active. Use your mind constructively. Use your mind objectively. Look at your ideas. Don't simply be swayed by them. Look at your beliefs. Don't simply follow or deny them. Learn this objectivity, and you will learn to see with Knowledge, for Knowledge looks on all things mental and physical with equanimity.

PRACTICE 202: *Two 30-minute practice periods.*

Hourly practice.

第 202 階 今天我看著大社區。

你能看著大社區，因為你就生活在大社區中間。儘管你身處在這個世界上，執迷於人類事務，受到時間和空間的限制，但這並不意味著你無法看到大社區的

宏大。當你望向天空時，當你看著腳下的世界時，你能看到它。你能夠認知它，通過理解人類和整個宇宙的關係，通過認知人類不過是眾多進化中的族群之一，它正在發展它的智能和它的內識，從而能夠在它邁進大社區時找到它真正的參與。通過這種方式去看，將賦予你一種更廣大的視角。通過這種方式去看，將讓你理解世界變化的本質。通過這種方式去看，將使你對自己，對他人擁有慈悲，因為慈悲來自於內識。內識不會輕視正在發生的，而是努力為了正義去影響它。

每小時思考今天想法的價值。看向這個世界，把自己視為大社區的見證者。把你們的世界視為眾多處於類似進化階段的世界之一。別試圖強迫你的思想，去給那超出你的感知範疇之外的事物賦以形式。讓自己生活在一個你才剛剛開始理解的偉大而神秘的宇宙里。

在兩次深度冥想里，讓自己積極運用你的思想對這一想法進行思考。努力超越純人類的觀點去看待你的生命，因為以一種純人類的觀點，你只能看到一個人類的生命，一個人類的世界和一個人類的宇宙。你並非生活在一個人類的宇宙里。你並非生活在一個人類的世界。你並非生活在一個純人類的生命中。要理解，在此你的人性並非被否定，而是被賦予在一個更偉大生命里的一種更偉大包融。這樣，你的人性將成為表達的一個源泉和一個方式，而不是你強加在自己身上的一種限制。非常積極地進行這些練習。有建設性地運用你的思想。客觀地運用你的思想。檢視你的想法。別只是簡單地受它們的影響。檢視你的信仰。別只是簡單地遵循它們或否認它們。學習這種客觀性，這樣你將學習帶著內識去看，因為內識只會平靜地看待所有思想性和物質性的事物。

練習 202：兩個 30 分鐘
每小時練習

Step 203

THE GREATER COMMUNITY
IS INFLUENCING THE WORLD I SEE.

IF YOU CAN ACCEPT THAT YOUR WORLD IS PART of a Greater Community, which is simply obvious if you will look, then you must accept that the world is being influenced by the Greater Community, for the world is part of a Greater Community and cannot be independent of it. How the Greater Community is influencing your world is beyond your current ability to comprehend. But to understand that the world is being influenced allows you to view it from a greater perspective, which from a purely human viewpoint you would not be able to accomplish, for a purely human viewpoint does not allow for other intelligent life to exist. The absurdity of this point of view becomes quite evident as you begin to look at the universe objectively. This will inspire in you wonder, greater interest and caution as well. This is very important because the world is being influenced by the Greater Community, and you are part of the world that is being influenced.

AS THE PHYSICAL WORLD THAT YOU LIVE IN is being influenced by greater physical forces beyond your visual range, so the world mentally

is being influenced by intelligent life that is engaged with your world. This intelligent life represents forces for good and forces for ignorance as well. In this, you must come to comprehend a fundamental truth: Weaker minds are influenced by stronger minds. This is true in your world and in all worlds. Beyond the physical, this does not hold true, but in physical life this is the case. That is why you are engaged now in making your mind strong and learning to respond to Knowledge, which represents the force for good everywhere in the universe. As you become stronger, you come to understand and comprehend more and more. Thus, your mind must be cultivated in Knowledge to become stronger so that it may serve a true cause.

TODAY, UPON THE HOUR, repeat the idea for the day and in your two deeper practice periods, attempt to concentrate on the words that we are giving you here. Use your mind actively. Do not allow it to stray and find refuge in meaningless or little things. Think of the greatness of these ideas, but do not consider them fearfully, for fear is not called for. What is called for is objectivity so that you may comprehend the greatness of your world, your universe and your opportunity within it.

PRACTICE 203: *Two 30-minute practice periods.*
Hourly practice.

第 203 階 大社區正在影響著我所看到的世界。

如果你能接受你們的世界是一個更大社區的一部分——這非常顯在，只要你看——那麼你必然會接受這個世界正在受到大社區的影響，因為這個世界是一個更大社區的一部分，無法獨立於其外。至於大社區如何對你們世界產生影響，這超出了你當前的理解能力。但是理解這個世界正在受到影響，這使你能夠從一個更廣大的視角去看待這個世界，而從一種純人類的角度這是無法做到的，因為純人類的觀點無法接受其他智能生命的存在。當你開始客觀地看待宇宙時，這種觀點的荒謬將變得非常顯在。這會激發你的好奇，你的巨大興趣，同時還有謹慎。這是非常重要的，因為這個世界正在受到大社區的影響，而你作為這個世界的一部分同樣受到了影響。

正如你生活的這個物質世界，正在受到你們可見範圍以外的更巨大物質力量的影響一樣，這個世界的思維環境同樣受到正在接觸你們世界的其他智能生命的影響。這些智能生命既有正義的力量，也有無知的力量。由此，你必須開始理解一個根本性的真理：弱小的思想總是被強大的思想所影響。這在你們世界，同時在所有的世界里都是真理。在物質世界之外，這並非真理；但是在物質生命里，這就是真理。正因為如此，你現在正在努力讓自己的思想變得強大，並學習對內識做出回應，它代表了宇宙里到處存在的正義的力量。當你變得更強大時，你將能夠越來越多地理解和領悟。因此，你的思想必須在內識里被培養得更加強大，這樣它才能夠服務於一個真正的目標。

每小時重復今天的想法，並在兩次練習里，努力專注於我們所給出的話語。積極運用你的思想。別讓它逃逸或躲避到那些無意義的或渺小的事情中去。思考

這些想法的偉大，但不要把它們想成可怕的東西，因為這裡召喚的不是恐懼。這裡所召喚的是客觀性，這樣你將能夠理解你們世界的偉大，你們宇宙的偉大，以及你們在宇宙中的機遇。

練習 203：兩個 30 分鐘
每小時練習

Step 204

I WILL BE AT PEACE TODAY.

BE AT PEACE TODAY. Let not your negative imagination conjure up images of loss and destruction. Let not your anxiety overtake your concentration on Knowledge. To objectively consider your world and the Greater Community in which you live should not incite fear but respect—respect for the power of the time in which you live and its importance for the future, respect for your own emerging abilities and their usefulness in the world that you perceive, respect for the greatness of the physical universe and respect for the power of Knowledge which is greater even than the universe that you perceive.

REMINDE YOURSELF TO BE AT PEACE UPON THE HOUR. Utilize your strength and your devotion for this. Give yourself to this. In your deeper meditation practices, using the RAHN word if necessary, allow your mind to become still so that it may enter into the greatness of Knowledge, which it is intended to serve. Be at peace today, for Knowledge is with you. Be at peace today, for you are learning to be with Knowledge.

PRACTICE 204: *Two 30-minute practice periods.*
Hourly practice.

第 204 階 今天我將保持和平。

今天保持和平。別用你的負面想象構思出損失和破壞的景象。別讓你的焦慮影響了你對內識的專注。客觀地看待你們的世界和你們所生活的大社區，這不應該引發恐懼，而應該引發敬意——尊重你所生活的這個時代的力量和它對未來的重要性，尊重你自己正在升起的能力和它們在你感知的這個世界上的用途，尊重物質宇宙的宏偉，尊重內識的力量，它比你感知的這個宇宙更加偉大。

每小時提醒自己保持和平。運用你的力量和你的投入。把自己奉獻給你的練習。在深入冥想練習里，如果必要的話，用 RAHN（然）字讓你的思想變得安靜，這樣它將能夠進入它注定要服務的內識的偉大里。今天保持和平，因為內識和你同在。今天保持和平，因為你在學習和內識同在。

練習 204：兩個 30 分鐘
每小時練習

Step 205

I WILL NOT JUDGE THE WORLD TODAY.

DO NOT LET YOUR MIND DEPRECATE ITSELF by projecting blame upon the world. With blame the world becomes misunderstood, and your mind becomes a burden rather than an asset to you. Today's idea requires practice, discipline and application, for your mind and all minds within the world have been misunderstood, misused and misdirected. Thus, you are now learning to utilize the mind positively by giving it a true function in service to Knowledge. DO NOT BLAME THE WORLD TODAY. Do not judge the world today. Allow your mind to be still as you look upon it. Knowledge about the world arises gradually. It arises naturally. An idea may speak of it, but an idea cannot contain it. Knowledge represents an overall shift in your viewpoint, an overall change in your experience, an overall shift in your emphasis and an overall transformation of your value system. This is the evidence of Knowledge.

DO NOT BLAME THE WORLD TODAY. It is blameless, for it is merely demonstrating that Knowledge is not being adhered to. What else can it do but commit error and folly? What else can it do but waste its great resources? Humanity can only be in error without Knowledge. It can only create fantasy. It can only engage in loss. Therefore, it does not deserve condemnation. It deserves the application of Knowledge. PRACTICE UPON THE HOUR NOT BLAMING THE WORLD. Do not let hours pass without your involvement. Give this day to serve the world in this way, for without your condemnation your love for the world will naturally arise and be expressed. In your two deeper practice periods, allow your mind to enter stillness. Without blame and judgment, stillness becomes accessible because it is natural. Without the imposition of your condemnation, your mind is allowed to be still. In stillness there is no blame or judgment. In stillness love will flow from you in all directions and will continue far beyond what you can perceive through your senses.

PRACTICE 205: *Two 30-minute practice periods.*

Hourly practice.

第 205 階 今天我不評判世界。

別讓你的思想通過投射對世界的抱怨，而對它自身產生輕視。帶著抱怨，這個世界將被誤解，你的思想變成了一個負擔，而不是你的一項資產。今天的想法要求你去修習、律己和運用，因為你的思想以及這個世界里的所有思想都被誤解、誤用和誤導了。因此，你現在正在通過賦予思想服務於內識的真正職能來學習正面地運用思想。

今天別抱怨這個世界。今天別評判這個世界。當你看向世界時，讓你的思想保持安靜。關於世界的內識會逐漸地升起。它自然地升起。一個想法或許能夠談

及內識，但是它無法包納內識。內識代表著你的觀點的全然轉換，你的體驗的全然改變，你的重心的全然轉移，以及你的價值體系的全然轉變。這是內識的證據。

今天別評判世界。它是無可指責的，因為它僅僅是證實了，內識在這裡未能得到遵循。除了製造錯誤和愚蠢之外，它還能做什麼呢？除了浪費它的偉大資源之外，它還能做什麼呢？沒有內識，人類只能陷入錯誤里。它只能製造空想。它只能造成損失。因此，它不該受到譴責。它應該被賦予內識的應用。

每小時練習不抱怨世界。別錯過你的練習。以這種方式把今天奉獻給世界，因為當你不帶譴責時，你對世界的愛將自然地升起，並得以表達。在兩次深入練習中，讓你的思想進入靜心裡。當沒有抱怨和評判時，靜心會變得很容易，因為它是自然的。當你不施加你的譴責時，你的思想將能夠得以安靜。在靜心裡，沒有抱怨或評判。在靜心裡，愛將由你散髮出來，不斷地流向四面八方，遠遠超越了你通過感官能夠覺察的範疇。

練習 205：兩個 30 分鐘
每小時練習

Step 206

LOVE IS FLOWING FROM ME NOW.

LOVE IS FLOWING FROM YOU, and today you can attempt to experience this and to release those things that obstruct it.

Without judgment, without illusion, without fantasy and without the limitations of a purely human viewpoint, you will see that love is flowing from you. You will see that all your frustration in life is your inability to experience and to express this love which wishes to flow from you. Regardless of the circumstances in which your frustration arises, it is always because you cannot express love. Your evaluation of difficulties and dilemmas can certainly conceal this fact but cannot deny its existence.

UPON THE HOUR ALLOW LOVE TO FLOW FROM YOU, realizing that you do not need to engage in any form of behavior, for love will arise naturally from you like fragrance from a flower. In your deeper practices, allow your mind to become still so that love may flow from you. In this, you will realize the natural function of your mind and the greatness of Knowledge, which is within you but is not yours to own. DO NOT LET ANY SELF-DEPRECATING IDEAS or self-doubts dissuade you from this opportunity today. Without your interference, love will flow naturally from you. You do not need to put on any pretense. You do not need to acquire any form of behavior for this to happen. Your behavior in time will represent that which flows from you naturally. Allow love to flow from you naturally today.

PRACTICE 206: *Two 30-minute practice periods.*

Hourly practice.

第 206 階 愛正在從我流出。

愛正在從你流出，今天你可以試著去體驗它，並試著放下那些阻礙它的東西。當你帶不帶評判、不帶錯覺、不帶空想、不受純人類觀點限制時，你將看到愛正在從你流出。你將看到，你生命中所有的挫敗都是因為你無法體驗和表達這份想要從你流淌出的愛。無論你的挫敗產生於何種境遇里，它都是因為你無法表達愛。你對困難和困境的評估當然會掩蓋這一事實，但是卻無法否認它的存在。

每小時讓愛從你流出，並意識到你並不需要從事任何行為，因為愛將自然地從你流出，就像花兒散髮的芳香。在深度練習里，讓你的思想變得安靜，這樣愛將從你流出。由此，你將意識到你思想的天然職能和內識的偉大，它存在於你的內在，但並不為你所有。

今天，別讓任何的自我輕視或自我懷疑阻礙你這個機會。當你不加干涉時，愛將自然地從你流出。你不需要進行任何偽裝。你不需要採取任何行動讓它發生。你的行為慢慢地將會自然地體現那從你流淌出的東西。今天讓愛自然地從你流出。

練習 206：兩個 30 分鐘
每小時練習

Step 207

I FORGIVE THOSE WHOM I THINK HAVE HURT ME.

THIS STATEMENT REPRESENTS YOUR INTENTION to have Knowledge, for unforgiveness is merely the application of blame towards a situation in which you were unable to understand or to apply Knowledge. All your failures are your own in this respect. This may look like a burden of blame at first, until you realize the greater opportunity that it presents to you. For if all failures are your own, then you will realize that all correction is given to you to apply. The failure of another is not your own, but your condemnation of it is your own failure. Therefore, any failure that engenders unforgiveness in you is your failure, for another's failure need not engender unforgiveness in you or blame of any kind. In fact, the failures of others will engender your compassion and the application of Knowledge in the future and need not give rise to blame or unhappiness within you.

KNOWLEDGE IS NOT SHOCKED UPON LOOKING AT THE WORLD.

Knowledge is not dismayed. Knowledge is not discouraged.

Knowledge is not affronted. Knowledge realizes the smallness of the world and the errors of the world. It realizes this because it only knows itself, and all that is not Knowledge is merely the opportunity for Knowledge to be reapplied. Thus, your unforgiveness is simply the opportunity for you to reapply Knowledge.

REPEAT TODAY'S IDEA UPON THE HOUR and do not underestimate its value to you who now seek to be unburdened from grief and misery. In your two deeper practice periods, think of those, one by one, for whom you feel unforgiveness—individuals that you have

known personally and individuals that you have heard about or thought of, individuals that have been associated with failure. They will come to mind as you call upon them, for they are all waiting to be forgiven by you. Allow them now to arise one by one. As they do so, forgive yourself for failing to apply your Knowledge. Remind them as they appear to you that you are now learning to apply Knowledge and that you will not suffer on their behalf and they, therefore, need not suffer on yours. The commitment to forgive, then, is the commitment to realize Knowledge and to apply Knowledge, for Knowledge dispels unforgiveness like the light dispels the darkness. For there is only Knowledge and the need for Knowledge. That is all that you can possibly perceive in the universe.

YOUR TWO PRACTICE PERIODS ARE, THEREFORE, dedicated to facing those whom you have accused and forgiving yourself for failing to apply Knowledge in your understanding of them and engagement with them. Do this without any form of guilt or self-deprecation, for how could you possibly not fail if Knowledge was not available to you or if you were not available to Knowledge. Accept, then, your former limitations and dedicate yourself now to perceiving the world anew, without blame and with the greatness of Knowledge.

PRACTICE 207: *Two 30-minute practice periods.*

Hourly practice.

第 207 階 我原諒那些我認為傷害過我的人。

這一聲明代表你誓要擁有內識的意志，因為不原諒只不過意味著你對一種你無法理解或無法運用內識的境況所抱持的譴責。從這一角度來說，你所有的失敗都歸結於你自身。這一開始看似是抱怨所帶來的負擔，直到你能夠認知它為你提供的更偉大機遇為止。因為如果所有的失敗都歸結於你自身，那麼你將意識到所有的修正被賦予了你去運用。另一個人的失敗不屬於你，但是你對它的譴責則是屬於你的失敗。因此，任何你無法原諒的失敗，都是屬於你的失敗，因為另一個人的失敗，沒有必要造成你的不原諒或任何形式的抱怨。事實上，其他人的失敗只會引發你的慈悲以及未來對內識的運用，它沒有必要帶來你的抱怨或不快。

內識在面對這個世界時不會感到震驚。內識不會害怕。內識不會氣餒。內識不會被冒犯。內識意識到世界的渺小和世界的錯誤。它能意識到這些，因為它只認識它自身，而所有不是內識的東西只不過為內識的再次運用提供了機會。這樣，你的不原諒只是為你提供了再次運用內識的機會。

每小時重復今天的想法，別低估了它對你的價值，因為你正在尋求擺脫悲傷和痛苦的束縛。在兩次深度練習里，逐一地回想那些你無法原諒的人——那些你個人生活里認識的人，還有那些你聽說過的或思考過的人，那些和失敗聯繫在一起的人。當你召喚他們時，他們將進入你的腦海，因為他們正在等待著你的原諒。讓他們逐一浮現出來。當他們出現時，要原諒自己未能運用你的內識。當他們出現時，提醒他們你正在學習運用內識，你將不再因為他們而痛苦，因此他們也不

必因為你而痛苦。對於諒解的承諾，是對認知內識和運用內識的承諾，因為內識驅散不諒解，就像光明驅散黑暗一樣。因為只存在著內識，以及對內識的需要。這代表了你能夠在宇宙中覺察到的一切可能性。

因此，利用你的兩次練習時段，全然地面對那些被你指責的人，並原諒自己未能在你對他們的理解和接觸中運用內識。別帶任何形式的內疚或自我輕視，因為當內識對你來說不可及，或者你對內識來說不可及時，你怎麼可能不失敗呢？因此，接受你過去的局限，並將自己投入到對世界的重新感知里，不帶任何抱怨，而是帶著內識的偉大。

練習 207：兩個 30 分鐘
每小時練習

Step 208

ALL THINGS I TRULY VALUE

WILL BE EXPRESSED FROM KNOWLEDGE.

ALL THINGS THAT ARE MOST HIGHLY VALUED in human life—

love, patience, devotion, tolerance, forgiveness, true

accomplishment, courage and faith—all naturally arise from

Knowledge, for Knowledge is their source. They are but the outward

expression of a mind that is serving Knowledge. Thus, they need not

be forced upon oneself through arduous self-discipline. They arise

naturally, for the mind serving Knowledge can only exemplify its own

greatness and its own capabilities. What requires self-discipline is to

reorient your focus, to reorient your devotion and to reorient your

service. You either serve Knowledge or you serve the substitutes for

Knowledge, for in all things you must serve.

UPON THE HOUR REPEAT THIS IDEA to yourself so that you may

consider it throughout the day. In your two deeper practice periods,

engage your mind actively to consider the depth of this idea. You must

think constructively here. Do not simply weave images for yourself

that you find enjoyable. Do not simply make judgments that you find

abrasive to yourself or others. Learn again through practice to become

objective in applying your mind. Allow your mind to deepen its

involvement. Do not be satisfied with simple answers that you find

comforting.

THINK OF EXAMPLES OF WHAT WE HAVE SPOKEN OF TODAY, for

there are examples that you can recognize. All things you truly value

will emanate from Knowledge, for Knowledge is their source.

PRACTICE 208: *Two 30-minute practice periods.*

Hourly practice.

第 208 階 所有我真正珍視的東西，都將從內識表達出來。

所有在人類生命中得到最高評價的東西——愛、耐心、奉獻、寬容、原諒、真正成就、鼓勵和信念——都會從內識里自然地升起，因為內識是它們的源泉。

它們不過是一個服務於內識的思想的外在表達。因此，沒有必要通過嚴苛的自律把它們強加在一個人身上。它們會自然地升起，因為服務於內識的思想，只會去示範它自身的偉大和它自身的能力。真正需要自律的，是重新定向你的專注，重新定向你的奉獻，並重新定向你的服務。你要麼服務於內識，要麼服務於內識的替代品，因為在一切事務中你都必須服務。

每小時重復這一想法，這樣你能夠貫穿整天對它進行思考。在兩次深度練習中，積極投入你的思想去思考這一想法的深度。你必須進行建設性的思考。別只是簡單地為自己編織一些令你愉悅的形象。別只是簡單地給出一些對你自己、對他人來說非常嚴苛的評判。通過練習，再次學習客觀地運用你的思想。讓你的思想深入地參與其中。別滿足於一些讓你感到安慰的簡單答案。

思考那些關於今天這一想法的例證，因為你是能夠認知這些範例的。所有你真正珍視的東西都將從內識散髮出來，因為內識是它們的源泉。

練習 208：兩個 30 分鐘
每小時練習

Step 209

I WILL NOT BE CRUEL WITH MYSELF TODAY.

DO NOT BE CRUEL TO YOURSELF by attempting to wear your crown of thorns, which represents your system of beliefs and assumptions. Do not project upon yourself the weight of blame and unforgiveness. Do not attempt to force your mind to exemplify those qualities that you hold dear, for they will arise naturally from Knowledge.

INSTEAD, ENTER INTO STILLNESS in your two deeper practice periods, realizing once again that all things you most highly value will be naturally exemplified through Knowledge. All those things you find abhorrent will naturally fade away. A mind thus liberated can bestow the greatest possible gift upon the world.

CONSIDER THIS, THEN, UPON THE HOUR as you attempt to apply today's idea to all you see, hear and do. Do not be cruel with yourself today, for there is no justification for this. Allow yourself to be blessed so that you may bless the world. Allow yourself to bless the world so that you yourself may be blessed.

PRACTICE 209: *Two 30-minute practice periods.*

Hourly practice.

第 209 階 今天我不會殘酷地對待自己。

今天不要試圖通過帶上你的棘冠來殘酷地對待自己，那個棘冠代表著你的信仰和假設體系。別把抱怨和不諒解的重壓投射在自己身上。別試圖強迫你的思想去示範那些你珍視的品質，因為它們會從內識里自然地升起。

相反，在兩次深度練習里進入靜心，再次認知所有你最為珍視的東西將通過內識自然地示範出來。所有你感到厭惡的東西將自然地消褪。一個如此解放的思

想，能夠將最偉大的禮物奉獻給這個世界。

每小時思考這一想法，並努力將今天的想法運用到所有你所看、所聽和所做的事情上。今天不要殘酷地對待自己，因為沒有理由這樣做。讓自己得到祝福，這樣你將能夠祝福這個世界。讓自己祝福這個世界，這樣你自己也將得到祝福。

練習 209：兩個 30 分鐘

每小時練習

Step 210

REVIEW

TODAY REVIEW THE PAST TWO WEEKS OF PREPARATION, reading each lesson as it is given and recalling your practice for that day. In your long practice period today once again begin to assess the progression of events and all of your practices. Begin to see that there is a relationship between how you apply your mind and what you experience as a result. View your life objectively, without guilt or blame, so that you may understand how your life is truly emerging. YOUR LONG PRACTICE PERIOD TODAY will see you engaging your mind actively on its behalf. You are learning to become objective about your own progress as a student. You are learning to become objective about the nature of learning itself. You are learning to become objective so that you may see. Allow this Review, then, to give you greater perspective about the work of Knowledge in the world and the presence of Knowledge in your life.

PRACTICE 210: One long practice period.

第 210 階 復習

今天復習前兩周的準備，閱讀所提供的每次課程，並回顧你當天的練習。在今天的長練習時段裡，再次評估事件的進展以及你所有的修習。並開始看到，在你如何對思想進行運用，以及作為結果你體驗到什麼之間，存在著一種關係。客觀地看待你的生命，不帶內疚或抱怨，這樣你將能夠理解你的生命是如何真實地顯現的。

在今天的長練習時段裡，你將為了思想自身的利益，去積極地運用你的思想。你正在學習作為一名學生，客觀地面對自己的進展。你正在學習客觀地面對學習

本身的本質。你正在學習變得客觀，這樣你將能夠去看。通過這一復習，將給你帶來關於內識在世界上的工作以及內識在你生命中的臨在的更廣大視野。

練習 210：一個長練習時段

Step 211

I HAVE GREAT FRIENDS BEYOND THIS WORLD.

YOU HAVE GREAT FRIENDS BEYOND THIS WORLD. That is why humanity is seeking to enter into the Greater Community because the Greater Community represents a broader range of its true relationships. You have true friends beyond the world because you are not alone in the world and you are not alone in the Greater Community of Worlds. You have friends beyond this world because your Spiritual Family has its representatives everywhere. You have friends beyond this world because you are working not merely on the evolution of your world but on the evolution of the universe as well. Beyond your imagination, beyond your conceptual capabilities, this is most certainly true.

FEEL, THEN, THE GREATNESS OF THE UNIVERSE in which you live. Feel, then, the opportunity you have to serve the Greater Community of which your world is a part. You serve your great friends within the world and your friends beyond, for the work of Knowledge goes on everywhere. It is the attraction of God. It is the application of good. It is the force that redeems all separated minds and gives purpose, meaning and direction to the universe. Regardless of the mechanism of physical life, its value is determined by its origin and its destiny, both of which are beyond your comprehension. Realizing that Knowledge is the means that propels the world in its true direction, you can then value and receive that which gives your life purpose, meaning and direction.

UPON THE HOUR TODAY consider that you have friends beyond this world, both in other worlds and beyond the visible as well. Consider that you have this greater association. In your two deeper practice periods today, allow your mind to enter stillness so that such things may be experienced. Do not dwell upon them in your imagination, but allow instead for your mind to become still so that it may bestow Knowledge into your awareness and experience. You have friends beyond this world, and they are practicing with you today.

PRACTICE 211: Two 30-minute practice periods.

Hourly practice.

第 211 階 我在這個世界以外擁有偉大的朋友。

你在這個世界以外擁有偉大的朋友。正因為如此，人類正在尋求邁進大社區，因為大社區代表著人類真正關係的更廣大範疇。你在這個世界以外擁有真正的朋友，因為你在世界上不是孤單的，你在眾多世界組成的大社區里不是孤單的。你在這個世界以外擁有朋友，因為你的精神家庭在四面八方都擁有它的代表。你在這個世界以外擁有朋友，因為你不僅在為你們世界的進化而工作，同時也在為宇宙的進化而工作。這是最真實的，超越了你的想象，超越了你的概念性能力。

因此，去感知你生活其中的宇宙的偉大。去感知你所擁有的為你們世界所在的大社區提供服務的機會。你服務於你在世界上的偉大朋友，以及世界以外的朋友，因為內識的工作在四面八方開展著。它是上帝的吸引力。它是正義的應用。它是喚回所有分離思想的力量，它為宇宙提供了宗旨、意義和方向。不管物質生命採取怎樣的機制，它的價值是由它的來源和天命決定的，這兩方面都超越了你的理解力。當你認識到內識是推動世界向它真正方向進化的方式時，你將會珍視並接收那為你的生命提供宗旨、意義和方向的東西。

每小時思考你在這個世界以外擁有朋友，包括其他世界上的以及可見範疇之外的。思考你擁有著這一更偉大聯盟。在兩次深度練習里，讓你的思想進入靜心裡，這樣你將能夠體驗到這些。不要在你的想象里對他們進行思考，而是讓你的思想變得安靜，這樣它將把內識傳遞到你的覺知和體驗中。你在這個世界以外擁有朋友，今天他們在和你一同進行修習。

練習 211：兩個 30 分鐘

每小時練習

Step 212

I GAIN STRENGTH FROM ALL WHO PRACTICE WITH ME.

YOU DO GAIN STRENGTH FROM ALL WHO PRACTICE WITH YOU,

for every mind that attempts to engage itself with Knowledge strengthens all other minds in doing so as well. In this, you cast your influence upon the world. In this, all others who seek to serve a true purpose cast their influence upon you. This counteracts the ignorant forces of the world. This counteracts the destructive forces in the world. This casts its influence on all minds to begin to awaken.

RECEIVE FAITH FROM TODAY'S IDEA, then, for faith it will give you as you realize that your own application is so greatly supplemented by the application of others. This will transcend any sense of inadequacy that you may have. This will help you overcome any sense of ambivalence regarding true preparation, for all other minds that are engaged in the reclamation of Knowledge are available to assist you here and now.

THUS, GREATNESS IS WITH YOU, the greatness of Knowledge and the greatness of all those who seek to reclaim Knowledge. With them you share a true purpose, for your true purpose is to keep Knowledge alive in the world. From Knowledge all things of good, whether they be of a spiritual or material nature, are bestowed upon the races for whom they are intended.

UPON THE HOUR REPEAT TODAY'S IDEA, and in your deeper practice periods attempt to receive the influence of all who are attempting to reclaim Knowledge. Allow their gift to enter into your mind so that you may experience true appreciation for life and begin to understand the meaning and efficacy of your own efforts as a student of Knowledge.

PRACTICE 212: Two 30-minute practice periods.

Hourly practice.

第 212 階 我從所有和我一同修習的人那裡獲得力量。

你的確從所有和你一同修習的人那裡獲得力量，因為每一個努力與內識接觸的思想，都會強化其他所有正在進行同樣努力的思想。由此，你在世界上投射了你的影響力。由此，其他所有尋求服務於真正宗旨的人，在你身上投射了他們的影響力。這抵消了世界上無知的力量。這抵消了世界上破壞性的力量。這對所有開始覺醒的思想產生了影響力。

因此，從今天的想法里接收信念，因為當你意識到你自己的運用得到了他人運用的強大支持時，這將給你帶來信念。這將戰勝你任何的無力感。這將幫助你克服針對真正準備的任何矛盾心態，因為其他所有正在喚回內識的思想，都在此時此地為你提供著幫助。

這樣，偉大與你同在，內識的偉大以及所有尋求喚回內識的人的偉大。你和他們共享一個真正宗旨，因為你們的真正宗旨是保持內識在這個世界上的存活。通過內識，所有正義的東西，無論是靈性的還是物質性的，都將被賦予它們注定要賜福的族群。

每小時重復今天的想法，在深入練習中，努力接收來自所有正在喚回內識的人的影響力。讓他們的禮物進入你的思想里，這樣你將能夠體驗對生命的真正欣賞，並開始理解身為內識學生，你自身努力所擁有的意義和效力。

練習 212：兩個 30 分鐘

每小時練習

Step 213

I DO NOT UNDERSTAND THE WORLD.

YOU DO NOT UNDERSTAND THE WORLD. You only entertain judgments about it and then attempt to understand your judgments. The world will reveal itself to you as you look without these restraints and limitations. In this, you will find that your beliefs can become useful in allowing you to take each next step in life. They need not limit your perception of the universe. You cannot be in the world without beliefs or assumptions. Yet, your beliefs and assumptions are meant to be tools to serve your mind, to give it a temporary structure and to allow it to engage its natural abilities in a positive manner.

YOU DO NOT UNDERSTAND THE WORLD TODAY. Be happy that this is so, for your condemnation is unfounded. You do not understand the world today. This gives you an opportunity to witness the world.

UPON THE HOUR REPEAT THIS IDEA as you look upon the world.

Remind yourself that you do not understand what you see, so you are free to look again. If you are not free to look, it simply means that you are attempting to justify your own judgments. This is not seeing. This is merely entertaining your own fantasies. In your two deeper practice periods today, allow your mind to enter stillness, for without the burden of attempting to justify your fantasies, your mind will naturally seek its true place in service to Knowledge. You do not understand the world today, and so you do not understand yourself.

PRACTICE 213: Two 30-minute practice periods.

Hourly practice.

第 213 階 我不理解世界。

你不理解世界。你只是心懷對它的評判，然後試圖去理解你的評判。當你不帶這些局限和限制去看時，世界將向你展現它自己。由此，你會發現你的信仰是有用的，它們能夠讓你邁出生命中的每個下一步。它們不一定會限制你對宇宙的感知。你不可能不帶信仰或假設地生活在世界上。然而，你的信仰和假設注定是作為服務於你的思想的工具，為它賦予一個暫時性的架構，並讓它以一種積極的態度去運用它天然的能力。

今天你不理解世界。要慶幸這點，因為你的譴責是沒有基礎的。今天你不理解世界。這給了你一個機會去見證世界。

當你看向世界時，每小時重復這一想法。提醒自己你不理解你所看到的，這樣你能夠自由地再去看。假如你不能自由地去看，那麼這僅僅意味著你在試圖維護你自己的評判。這不是真正地看。這只是抱持你自己的空想。在兩次深度練習中，讓你的思想進入靜心裡，因為一旦擺脫了維護你的空想的企圖，你的思想將自然地尋求它服務於內識的真正定位。今天你不理解世界，因此你也不理解你自己。

練習 213：兩個 30 分鐘

每小時練習

Step 214

I DO NOT UNDERSTAND MYSELF.

THIS IS NOT A STATEMENT OF FAILURE OR LIMITATION. It is simply a statement to liberate you from your own impediments. How can you possibly understand yourself if Knowledge is not revealing all things to you? How can you possibly understand the world when Knowledge is not revealing the world to you? This is pure experience, beyond all concepts and beliefs, for concepts and beliefs can only follow the experience and attempt to provide a structure where the experience can arise again. In no way can beliefs, assumptions or ideas possibly imitate Knowledge itself.

OF COURSE YOU DO NOT UNDERSTAND YOURSELF or the world, for you only understand your ideas, and they are not eternal. Therefore, they cannot provide a solid foundation upon which you must learn to stand. Thus, they can only fail and deceive you if you rely upon them instead of Knowledge to reveal yourself and the world to you.

UPON THE HOUR REMIND YOURSELF that you do not understand yourself. Free yourself from the burden of justifying your own judgments. Look upon yourself in your deeper meditation practices and remind yourself that you do not understand yourself. Now you are free to enter into stillness, for you are not attempting to use your experience to justify your fantasies about yourself. Here your mind becomes free to be itself, and you become free to appreciate yourself.

PRACTICE 214: Two 30-minute practice periods.

Hourly practice.

第 214 階 我不理解我自己。

這並非一個表達失敗或限制的聲明。它只是一個把你從自身障礙中解放出來的聲明。假如內識還沒有向你示現所有一切的話，那麼你怎麼可能理解自己呢？當內識還沒有向你示現這個世界時，你怎麼可能理解世界呢？這是純粹的體驗，它超越了所有的概念和信仰，因為概念和信仰只能追隨體驗，並試圖提供一個讓體驗能夠再次出現的架構。信仰、假設或想法根本沒有可能模仿內識本身。

你當然不理解自己抑或這個世界，因為你只理解你的想法，它們只是短暫的。

因此，它們無法提供一個你必須學習去確立的堅實基礎。這樣，如果你依賴於它們，而不是依賴內識向你展現你自身以及世界的話，那麼它們只會挫敗和欺騙你。

每小時提醒自己你不理解你自己。讓自己從試圖維護你自己的評判中解脫出來。在深度冥想練習里，檢視你自己，並提醒自己你不理解你自己。現在你可以自由地進入靜心裡，因為你不試圖利用你的體驗來維護你對自己的空想。在此，你的思想可以自由地做回它自身，你可以自由地欣賞你自己。

練習 214：兩個 30 分鐘

每小時練習

Step 215

MY TEACHERS ARE WITH ME. I AM NOT ALONE.

YOUR TEACHERS ARE WITH YOU, in the background. They are very careful not to extend their influence upon you too strongly, for you are not yet capable to receive this and to utilize it on your own behalf. Realize, then, that you travel through life with great assistance, for your Teachers are with you to help you to realize and to cultivate Knowledge.

FIRST, THEY MUST HELP YOU TO REALIZE YOUR NEED for Knowledge, for your need for Knowledge must be fully established before you can engage in the reclamation of Knowledge. You must realize that without Knowledge life is hopeless, for you are without purpose, meaning and direction. Then only your errors can teach you, and only they can support your unforgiveness.

REALIZING THE FAILURE OF YOUR OWN IDEAS to be a substitute for Knowledge, you can then turn to Knowledge and become the happy recipient of its true gifts. Here all things that you have truly sought will be meaningfully satisfied. Here you will have a true foundation in life. Here Heaven and Earth will come together within you and all separation will end. Here you can accept the limitations of your physical existence and the greatness of your spiritual life. Turning to Knowledge, therefore, is of the greatest benefit for you.

REMINDE YOURSELF OF THIS IDEA upon the hour, and in your two deeper practices today, enter stillness, using the word RAHN if it helps you. Be happy today that you can receive that which frees you.

PRACTICE 215: Two 30-minute practice periods.

Hourly practice.

第 215 階 我的上師和我同在。我並不孤單。

你的上師和你同在，他們處在背景里。他們非常小心以防對你產生過大的影響力，因為你還沒有能力接收它並為你自身的利益去運用它。因此要認知，你帶著偉大的幫助穿越生命，因為你的上師和你在一起，幫助你發現和培養內識。

首先，他們必須幫你認知你對內識的需要，因為在你能夠開始喚回內識以前，你對內識的需要必須得到充分確立。你必須認識到，沒有內識的生命是無望的，因為你沒有宗旨、意義和方向。這樣，只有你的錯誤在教導你，只有你的錯誤在支持你的不原諒。

當你認識到你自身的想法無法成為內識的替代品時，你將回歸內識並成為它真正禮物的快樂接收者。在此，一切你真正追尋的東西都將得到有意義的滿足。在此，你將擁有生命真正的基礎。在此，天堂和人間在你的內心聯接在一起，所有的分離將會結束。在此，你能夠接受你物質存在的局限以及你精神生命的偉大。因此，回歸內識對你來說具有最大的益處。

每小時提醒自己這一想法。在兩次深度修習里進入靜心，假如有幫助的話，你可以使用 RAHN（然）。今天慶幸你能夠接收那給你帶來自由的東西。

練習 215：兩個 30 分鐘

每小時練習

Step 216

THERE IS A SPIRITUAL PRESENCE IN MY LIFE.

THE SPIRITUAL PRESENCE IN YOUR LIFE is ever with you, ever available to you and ever reminding you to look beyond your own judgments. It is forever providing for you the support, the

assistance and the guidance necessary to minimize the wrong application of your mind and to strengthen the right application of your mind to allow Knowledge to arise within you.

YOU ARE NOW LEARNING TO RECEIVE and to respect this Spiritual Presence, and in time you will realize its great importance to you and to the world. This will generate greatness and humility all at once within you, for you will realize that you are not the source of your greatness, but the vehicle for its expression. This will keep you in true proportion and relationship to that which you serve. In relationship you receive all of the benefits of that which you claim to be your own. And yet, with Knowledge you will not become self-aggrandized because you will realize your own limitations and the depth of your own need for Knowledge. With this understanding, you will realize and accept the source of life. With this, you will realize that you are in the world to serve Knowledge and that the world is meant to be the recipient of Knowledge.

THERE IS A SPIRITUAL PRESENCE IN YOUR LIFE. Feel this upon the hour as you repeat today's idea. In your two deeper practice periods enter deeply into this Presence, for this Presence is most assuredly with you and wishes to give itself to you this day.

PRACTICE 216: Two 30-minute practice periods.
Hourly practice.

第 216 階 在我的生命里有一個靈性的臨在。

你生命里的靈性臨在，始終和你同在，始終為你守候，始終提醒你超越自己的評判去看。它一直為你提供必要的支持、幫助和引導，從而減少你思想的錯誤運用，強化你思想的正確運用，這樣內識才能從你的內在升起。

你正在學習接收和尊重這一靈性臨在，並且慢慢地，你將認識到它對你以及對世界的高度重要性。這將在你的內心同時產生偉大和謙卑，因為你將認識到你並非你偉大的源泉，而是它表達的載體。這使你能夠與你所服務的東西保持真實的定位和關係。在你的關係里，你接收關係所帶來的所有利益，並宣稱你對它們的所有權。然而，在與內識的關係里，你不會自我誇大，因為你會認識到你自身的局限以及你對內識的深刻需求。有了這一理解，你將認知和接受這生命的源泉。

由此, 你將意識到, 你在世界上是為了服務內識, 並且世界注定是內識的接收者。

在你的生命里有一個靈性的臨在。每小時重復今天的思想並感知它。在兩次深度練習里, 深深地進入這一臨在里, 因為這一臨在最為堅定地和你在一起, 並且今天它希望把自己奉獻給你。

練習 216: 兩個 30 分鐘

每小時練習

Step 217

I GIVE MYSELF TO KNOWLEDGE TODAY.

GIVE YOURSELF TO KNOWLEDGE TODAY by undertaking today's practice with true commitment and dedication, letting no false or self-limiting ideas interfere with your genuine pursuit. In this way, you give yourself to Knowledge by allowing Knowledge to give itself to you. How small, then, is that which is asked of you and how great is your reward. For every moment you spend in experiencing stillness or engaging your mind meaningfully, Knowledge becomes stronger and ever more present within you. You may wonder, 「What is my gift to

the world?」 Your gift is what you receive here today. Give yourself to

Knowledge so that it may give itself to you.

REMEMBER TODAY'S IDEA UPON THE HOUR and enter into Knowledge in your two deeper practice periods. Throughout all of your practices today, demonstrate your intention to give yourself to Knowledge, which will require stillness and self-acceptance.

PRACTICE 217: Two 30-minute practice periods.

Hourly practice.

第 217 階 今天我把自己奉獻給內識。

今天通過帶著真正的承諾和投入進行練習, 來把自己奉獻給內識, 不要讓錯誤的、自我限制的想法阻礙了你的真正追求。通過這一方式, 你通過允許內識把它自己奉獻給你, 來把你自己奉獻給內識。因此, 這對你的要求是多麼小, 而你

的回報是多麼大。因為每次在你練習靜心或練習有意義地運用你的思想時，內識都將在你的內在變得更強大、更臨在。你可能會好奇：「我給世界的禮物是什麼？」你的禮物是你今天此時此地接收的東西。把自己奉獻給內識，這樣它將把自己奉獻給你。

每小時記住今天的想法，並在兩次深度練習里進入內識中。通過今天全天的練習，來證明你把自己奉獻給內識的決心，這需要靜心和自我接受。

練習 217：兩個 30 分鐘

每小時練習

Step 218

I WILL HOLD KNOWLEDGE WITHIN MYSELF TODAY.

ALONG WITH KNOWLEDGE COMES THE WISDOM of how to use Knowledge in the world. Thus, Knowledge is the source of your understanding and Wisdom is learning how to apply it meaningfully and constructively in the world. You are not yet wise, so keep Knowledge within yourself today. Allow it to strengthen itself. Allow it to grow. It will give itself naturally, without your attempting to force its expression. In time, you will learn to become wise, both through the demonstration of Knowledge and through your own errors. You have already committed a sufficient number of errors to demonstrate all that we are telling you.

KEEP KNOWLEDGE WITHIN YOURSELF TODAY so that it may grow strong within you. Allow yourself to extend its presence to only one or two individuals whom you recognize can appreciate it, for your awareness of Knowledge is still a tender shoot within you and cannot yet withstand the vicissitudes of this world. It has not grown strong enough in your own understanding to counteract the raging fear and hatred that sweep across the world. Knowledge can withstand this without difficulty, but you who are learning to become a recipient and a vehicle for Knowledge are not yet strong enough.

ALLOW KNOWLEDGE TO BE KEPT WITHIN YOU TODAY so that it may grow. Remind yourself of this upon the hour as you carry this jewel within your heart. In your deeper practice periods, which are times of freedom from limitation for you, allow yourself to return to your great love so that you may enter into true relationship with Knowledge. In

time, all limitations to the expression of Knowledge will be lifted as you learn to wisely apply its communication in the world. But for now, keep Knowledge within your heart so that it may grow stronger and stronger.

PRACTICE 218: Two 30-minute practice periods.

Hourly practice.

第 218 階 今天我將內識保留在我的內心。

伴隨內識而來的，是關於如何在世界上運用內識的智慧。因此，內識是你理解的源泉，智慧是學習如何在世界上有意義、有建設性地運用內識。你還沒擁有智慧，因此今天把內識保留在你的內心。讓它強化它自己。讓它成長。它將自然地奉獻它自己，而不需要你試圖去強迫它的表達。慢慢地，你將學習變得智慧，既通過內識的示範，也通過你自己的錯誤。你已經犯過足夠多的錯誤來證明我們告訴你的一切。

今天把內識保留在你的內心，這樣它將在你的內在成長壯大。只允許自己把內識的存在，展現給一兩個你認為能夠欣賞它的人，因為你對內識的覺知依然是你內心一個幼嫩的新芽，它還無法承受這個世界的變化無常。它在你自己的理解里還不夠強大，不足以對抗席捲世界的狂暴的恐懼和怨恨。內識能夠毫不費力地抵禦這些，可是正在學習成為內識接收者和載體的你卻還不夠強大。

今天把內識保留在你的內心，這樣它能夠成長。當你在內心攜帶著這顆珠寶時，每小時提醒自己這一思想。在深度練習里——這是你擺脫限制的自由時段——讓自己回歸到你偉大的愛里，這樣你將進入和內識的真正關係里。慢慢地，當你學會智慧地在世界上運用它的溝通時，你在表達內識上的所有局限將會消失。不過現在，把內識保留在你的內心，這樣它將變得越來越強大。

練習 218： 兩個 30 分鐘

每小時練習

Step 219

I WILL NOT LET AMBITION DECEIVE ME TODAY.

AS KNOWLEDGE IS NOW BEGINNING TO GERMINATE within you, do not allow your own ambition to deceive you. Your ambition is born of your personal need for recognition and reassurance. It is an attempt to counteract fear by controlling the opinions of others. Your ambition here is destructive, but like all other faculties of mind that are now misappropriated, in time it can serve the greatness of Knowledge. You have not achieved this state yet; therefore, do not attempt to do anything with your Knowledge, for it is not for you to use Knowledge but to receive Knowledge. It is in your receptivity to Knowledge that you will find Knowledge to be of the greatest service and usefulness to you.

DO NOT LET AMBITION PULL YOU WHERE YOU CANNOT GO. Do not let it misappropriate your vitality and your energy. Learn to become patient and calm with Knowledge, for Knowledge has its own goal and direction in life, which you are now learning to follow.

THROUGHOUT TODAY IN YOUR HOURLY PRACTICES and in your deeper meditations as well, allow yourself to be without ambition, for you do not know what to do with Knowledge. In your longer meditations, allow this to free you so that you may enter stillness and leave the world of physical things.

PRACTICE 219: Two 30-minute practice periods.

Hourly practice.

第 219 階 今天我不讓野心欺騙我。

當內識開始在你的內心生長髮芽時，別讓你自己的野心欺騙你。你的野心來自於你個人對於認同和保障的需要。它是試圖通過控制他人的意見來對抗恐懼的一種企圖。在此，你的野心是破壞性的，不過正像思想所有被誤用的其他特質一樣，慢慢地，你的野心也能夠服務於內識的偉大。你還沒有達到這一狀態，因此，別企圖利用你的內識做任何事情。因為你要做的不是利用內識，而是接收內識。正是在你對內識的接收里，你將發現內識給了你最偉大的服務和益處。

別讓野心把你拽向你不能去的地方。別讓它濫用了你的活力和能量。學習對

內識保持耐心和平靜，因為內識在生命里有它自己的目標和方向，而你正在學習去遵循它。

在每小時練習里，以及在兩次深度冥想中，讓自己不帶野心，因為你還不知道該用內識做什麼。在長冥想時段裡，讓這一思想給你自由，這樣你能夠進入靜心並遠離這個物質的世界。

練習 219：兩個 30 分鐘

每小時練習

Step 220

I WILL USE RESTRAINT TODAY SO THAT
GREATNESS MAY GROW WITHIN ME.

USE RESTRAINT REGARDING THOSE FACULTIES that you recognize to be harmful or debilitating to the reclamation of Knowledge. Hold yourself back intentionally so that Knowledge may grow within you. This is no limitation that you place upon yourself. Instead, it is the meaningful use of your mind and strength to cultivate an awareness of the Greater Power within you and to allow it to emerge, to guide and to direct you.

IN TODAY'S LESSON, AS IN LESSONS PAST, you are learning to recognize the source of Knowledge and the vehicle of Knowledge and not to confuse the two. Learn restraint today so that Knowledge may grow within you. Do not think that restraint merely refers to past behavior where you limited what was genuine within yourself. No, your focus today is to learn the form of intentional restraint that represents an expression of your power and self-discipline. Your power and self-discipline must now be exercised to become strong, for your mind and body are vehicles of Knowledge, and as vehicles, they must be developed and strengthened.

IN YOUR DEEPER PRACTICES TODAY, as in your hourly practices, restrain those forms of thinking and behavior that betray your Knowledge so that you may enter Knowledge in stillness and in peace. With this restraint, freedom will be discovered, for freedom is found beyond this world and is brought into this world, for freedom is the gift of Knowledge.

PRACTICE 220: Two 30-minute practice periods.

Hourly practice.

第 220 階 今天我將運用克制，這樣偉大能夠在我內心成長。

針對那些你認為會危害或減弱你對內識的喚回的特質，運用你的克制力。有意識地克制自己，這樣內識能夠在你內心成長。這並非將限制施加在自己身上。相反，它是有意義地運用你的思想和力量，去培養對你內在更偉大力量的覺知，並讓它浮現出來，引領你和指導你。

今天的課程，和以往的課程一樣，你正在學習認知內識的源泉和內識的載體，不把二者混淆。今天學習克制，這樣內識將能在你的內在成長。不要以為克制只是代表你過去那些限制你內在真實東西的行為。不，你今天的重點是學習有意識的克制，它代表了對你的力量和自律的一種表達。你的力量和自律必須通過運用而變得強大，因為你的思想和身體是內識的載體，作為載體，它們必須得到發展和壯大。

在今天的深度練習里，在每小時練習中，克制那些背叛你內識的思維和行為模式，這樣你將能夠帶著靜心和和平進入內識里。通過這一克制，自由將被發現，因為自由是在這個世界以外被發現，並被帶入這個世界里，因為自由是內識的禮物。

練習 220：兩個 30 分鐘

每小時練習

Step 221

I AM FREE TO BE CONFUSED TODAY.

DO NOT VIEW YOUR CONFUSION AS A FAILURE. Do not view your confusion as something that endangers you or belittles you. Confusion here is merely a sign that you are realizing the limitations of your own ideas and assumptions. You must give these up

to allow Knowledge to become apparent to you, for in the face of all important decisions that require your attention this day, Knowledge has already provided an answer. It is not an answer that you can find amongst the many answers that you provide for yourself or that you assume others provide for you.

THEREFORE, LET ALL SUBSTITUTES FOR KNOWLEDGE fade from you. Allow yourself to be confused, for in your genuine confusion Knowledge may arise naturally. This, then, represents your freedom, for in freedom you are free to be confused.

REMINDE YOURSELF OF THIS IDEA upon the hour, and do not be complacent with simple explanations or assumptions about its great meaning for you. You must consider it deeply and realize that the true understanding that it holds for you will be revealed in time. Today allow yourself to be confused, for you are confused, and you must always begin from where you are. Knowledge is with you. You are free to be confused. In your longer practice periods today, enter into stillness whether you are confused or not, for stillness, grace and peace are always available to you.

PRACTICE 221: Two 30-minute practice periods.
Hourly practice.

第 221 階 今天我自由地保持困惑。

別把你的困惑視為一種失敗。別把你的困惑視為某種威脅你或貶低你的東西。在此，困惑只是表明，你正在意識到你自身想法和假設的局限性。你必須放棄這些才能讓內識變得顯在，因為今天在你面對所有需要你關注的重要決定時，內識已然提供了一個答案。你無法從你為你自己提供的或是你假定他人為你提供的眾多答案中，找到這個答案。

因此，讓所有內識的替代品從你消褪。讓自己保持困惑，因為在你真實的困惑里，內識將會自然地升起。這代表了你的自由，因為在自由里，你可以自由地保持困惑。

每小時提醒自己這一思想，別滿足於簡單地詮釋或假設它對你的偉大意義。你必須深入地思考它，並意識到它為你提供的真正理解，將會隨著時間慢慢地呈

現出來。今天讓自己保持困惑，因為你的確是困惑的，並且你始終必須從你現在的位置起始。內識和你同在。你可以自由地保持困惑。在今天的長練習時段裡，不管你是否困惑，都讓自己進入靜心裡，因為靜心、恩寵和和平始終在為你守候著。

練習 221：兩個 30 分鐘

每小時練習

Step 222

THE WORLD IS CONFUSED. I WILL JUDGE IT NOT.

THE ONLY JUDGMENT THAT YOU CAN MAKE UPON THE WORLD is that it is confused. This judgment does not require anger, sadness, loss, resentment, hostility or revenge. It does not call for attack in any form. The world is confused. Judge it not. How can the world be certain when the world is without Knowledge? You may look upon your life thus far and realize the extent of your own confusion. How could it be otherwise when you were without Knowledge?

Knowledge is with you now, as it was then. You are beginning to reclaim Knowledge so its certainty can express itself through you increasingly. This is the great gift that you are now learning to receive. It is a gift the world will learn to receive through you.

EACH HOUR AS YOU LOOK UPON THE WORLD and all of its activities, judge it not, for it is merely confused. If you are in distress today, judge yourself not, for you are merely confused. In your deeper practice periods today, allow yourself to enter stillness. You enter stillness simply by wanting to enter stillness. It is a gift that you allow for yourself. To do this, you give yourself to receiving the gift. Here there is no giver and sender of the gift, for the gift reverberates between you and your Source. Knowledge and its vehicle merely affirm one another.

THE WORLD IS CONFUSED. It is without Knowledge. But you are a gift to the world, for you are learning to receive Knowledge this day.

PRACTICE 222: Two 30-minute practice periods.

Hourly practice.

第 222 階 世界是困惑的。我將不評判它。

你能夠對世界做的唯一評判是，它是困惑的。這一評判不需要憤怒、悲哀、損失、怨恨、敵意或報復。它不要求任何形式的攻擊。世界是困惑的。別對它進行評判。當世界沒有和內識同在時，它怎麼可能是確定的呢？你可以看看你自己迄今為止的生命，並意識到你自身困惑的程度。當你沒有和內識同在時，它怎麼可能不困惑呢？現在，內識和你同在，正如過去一樣。你正在開始喚回內識，這樣它的確定性能夠越來越多地透過你來表達它自己。這是你正在學習接收的偉大禮物。這是世界將學習通過你來接收的一個禮物。

每小時當你看向世界和它所有的活動時，別對它進行評判，因為它僅僅是困惑的。假如你今天處在痛苦里，別對自己進行評判，因為你僅僅是困惑的。在今天的深度練習里，讓自己進入靜心裡。你只需簡單地希望進入靜心，就能進入到靜心裡。它是你給予自己的一個禮物。為此，你把自己奉獻給對這一禮物的接收中。在此，不存在禮物的給予者和發送者，因為這一禮物在你和你的源泉之間來回傳遞著。內識和它的載體只是在對彼此進行著確認。

世界是困惑的。它沒有和內識在一起。但是，你是奉獻給世界的一個禮物，因為今天你正在學習接收內識。

練習 222：兩個 30 分鐘

每小時練習

Step 223

I WILL RECEIVE KNOWLEDGE THIS DAY.

UPON THE HOUR RECEIVE KNOWLEDGE. In your two deeper practice periods, receive Knowledge. Give yourself to receiving Knowledge. This is your practice for today. Everything else is merely a form of confusion. There is no event in your outer life that need replace your practice today, for Knowledge blesses all things within you and without. It dispels that which is unnecessary and

purposefully engages you with that which is necessary and has true potential for you.

RETURN, THEN, TO KNOWLEDGE, regardless of the circumstances of your outer life. Receive Knowledge so that you may have certainty in the world and so that you may understand your own meaning and value.

PRACTICE 223: Two 30-minute practice periods.
Hourly practice.

第 223 階 今天我將接收內識。

每小時接收內識。在兩次深度練習里，接收內識。把自己奉獻到對內識的接收里。這是你今天的練習。其他一切只不過是某種形式的困惑。你外在生命里的任何事件都無需取代你今天的練習，因為內識祝福著你內在和外在的所有東西。它驅散那些不必要的東西，並有目的地讓你參與到必要的、對你有真正潛力的事情中。

因此，回歸內識，無論你身處怎樣的外在生命環境。接收內識，這樣你在世界上將擁有確定性，並且你將理解你自身的意義和價值。

練習 223：兩個 30 分鐘

每小時練習

Step 224

REVIEW

TODAY PRACTICE OBJECTIVITY BY REVIEWING the last two weeks of practice. Once again, read each lesson for the day and recall your practice for that day. Begin with the first practice of the two-week period, and then follow each day step by step. Strengthen your ability to observe your progress objectively. See what happens on days when you are strong with practice and on days when you are weak. Imagine for a moment as you do this that you are looking through the eyes of your Teachers who are watching your life from far above. They are without condemnation. They are merely taking note of your strengths and weaknesses, strengthening the former and

minimizing the effects of the latter. As you learn to view your life objectively, you will learn to see your life through the eyes of your Teachers. This is looking with Knowledge. This is looking without judgment. Given this, the mind becomes a vehicle for Knowledge, and Knowledge will bestow upon you all the ideas and the activities that are truly beneficial for you.

ALLOW YOUR REVIEW PRACTICE PERIOD TODAY to be engaged on your own behalf. Utilize your mind purposefully and do not allow it to wander. Break the habit of thinking mindlessly. Break the habit of preoccupying yourself with foolish and meaningless things. Allow your Review today to demonstrate to you that you are a true student of Knowledge.

PRACTICE 224: One long practice period.

第 224 階 復習

今天通過復習過去兩周的修習，來練習客觀性。和過去一樣，閱讀當天的課程，並回顧那天的修習。從兩周的第一天修習開始，一步步地對每一天進行回顧。強化你客觀觀察自身進步的能力。看看你修習效果好的那些天發生了什麼，以及你修習效果差的那些天發生了什麼。用片刻的時間，想象自己正在通過你上師的眼睛看著你，你的上師們正在那高高的地方注視著你的生命。他們沒有譴責。他們只是記下你的強勢和弱勢，對前者進行強化，同時減小後者的影響力。當你學習客觀地看待你的生命時，你將學習通過你上師的眼睛來觀察你的生命。這就是帶著內識去看。這就是不帶評判去看。由此，思想變成內識的一個載體，並且內識將賦予你對你真正有益的所有想法和行動。

讓自己為了自身利益投入到今天的練習時段中。有目的地運用你的思想，別讓它四處遊蕩。打破不動腦筋的思考習慣。打破執迷於愚蠢和無意義的東西的習慣。讓今天的復習向自己證明，你是內識的真正學生。

練習 224：一個長練習時段

Step 225

TODAY I WILL BE SERIOUS AND LIGHTHEARTED
ALL AT ONCE.

THERE IS NO CONTRADICTION IN TODAY'S MESSAGE for you if it is understood. To take your life seriously is to receive its true grace, which will make you very happy. Therefore, you must be very serious with yourself as you are learning now to become a vehicle for Knowledge, and you may be very happy and lighthearted that Knowledge is with you. This, then, is the true application of your mind, for you are lighthearted with that which is lighthearted, and you are serious with that which is serious. A mind that is serious in its outward direction and lighthearted in its internal delight will be a mind that is fully integrated. This will be a mind where Heaven and Earth touch.

THE GRACE THAT YOU WILL BE RECEIVING THIS DAY will engender happiness and true appreciation, yet the application it calls for will require your serious engagement, your sincere dedication and the genuine application of your mental and physical faculties. Here your strengths represent your happiness, and your happiness is strengthened by the application of your true abilities.

THINK OF THIS UPON THE HOUR as you repeat your idea for today. As you attempt your deeper meditation practices, seriously engage your mind so that it may experience the lightheartedness and the great joy of Knowledge. In this, you will see that today's idea is entirely uniform in its meaning. In this, you will not confuse that which is happy and that which is serious. This will give you a greater comprehension of the world.

PRACTICE 225: Two 30-minute practice periods.
Hourly practice.

第 225 階 今天我將同時保持嚴肅和輕鬆。

假如你能正確理解的話，今天的信息里並不存在矛盾。嚴肅地對待你的生命，意味著接收它真正的恩寵，這將使你非常快樂。因此，你必須非常嚴肅地對待自己，因為你正在學習成為內識的載體；同時你會非常快樂和輕鬆，因為內識和你同在。這是對你思想的真正運用，因為你輕鬆地對待那輕鬆的東西，同時你嚴肅地對待那嚴肅的東西。一個在外在導向上保持嚴肅，同時在內在喜悅里保持輕鬆

的思想，是一個完全整合的思想。在這個思想里，天堂和人間銜接在一起。

今天你將接收的恩寵，將會產生幸福和真正的感激，然而它所要求的運用，則需要你認真的參與、你真誠的投入以及你對思維和身體能力的真正運用。在此，你的力量代表了你的幸福，而你的幸福也通過對你真正能力的運用得到強化。

每小時重復這一思想，並對它進行思考。當你進入深度冥想練習時，認真地投入你的思想，這樣它將體驗到輕鬆和內識的巨大喜悅。由此，你將看到，今天思想所體現的含義是完全統一的。由此，你將不會把快樂和嚴肅混淆在一起。這會給你帶來對世界的更深刻領悟。

練習 225：兩個 30 分鐘

每小時練習

Step 226

KNOWLEDGE IS WITH ME. I WILL NOT BE AFRAID.

KNOWLEDGE IS WITH YOU and when you are with Knowledge, you will not be afraid. In time, fear will become more and more external to your true experience as you learn to abide with Knowledge. The value of today's idea must be recognized in light of the fact that your mind is engaged with fear habitually to such a great extent that it seems to make the reclamation of Knowledge and the application of Knowledge very difficult for you. This appears difficult only because your mind has been so habitually engaged with fear in the past. Habits can be broken. New habits of thinking and behavior can be instilled and strengthened. It is merely the result of applying your mind. It is the result of practice.

TODAY PRACTICE ABIDING WITH KNOWLEDGE, which will undo all the habits that have cast themselves against you and the world. Being in life is practice and is always a form of service. Today practice the truth and serve the truth, and in this all errors are weakened. Their foundation is removed, and in its place you will begin to learn a new way of being in the world, a new way of engaging yourself with the world, and you will have a greater structure for applying your mental and physical faculties.

UPON THE HOUR ABIDE WITH KNOWLEDGE. Dispel fear and remind

yourself that Knowledge is with you. Remind yourself that your Teachers are with you. Remind yourself that students everywhere who are involved in the reclamation of Knowledge are with you. In this, the world will become small and you will become great. In your deeper practices, allow yourself the freedom of experiencing Knowledge. Enter the great depth and stillness of the mind, as it immerses itself into the presence of love.

PRACTICE 226: Two 30-minute practice periods.

Hourly practice.

第 226 階 內識和我同在。我不害怕。

內識和你同在，當你和內識同在時，你不會害怕。慢慢地，當你學習堅守內識時，恐懼將越來越遠離你的真實體驗。對於今天想法的價值的認知，必須伴隨著一個事實，就是你的思想是如此習慣性地進入恐懼里，以至於對你來說，對內識的喚回和運用看似非常困難。這種看似的困難，是因為過去你的思想如此習慣性地涉入恐懼。習慣可以被打破。新的思維和行為習慣可以被逐步建立和強化。這不過是對你的思想進行運用的結果。這是修習的結果。

今天練習和內識同在，這將驅散所有對你和對世界造成影響的習慣。生命就是修習，並且始終是一種形式的服務。今天修習真理並服務真理，這樣所有的錯誤將被弱化。它們失去存在的基礎，並且在它們原來佔據的位置上，你將開始學習一種新的身處世界的方式，一種新的參與世界的方式，並且你將擁有一個對你的思維和身體技能進行運用的更廣大構架。

每小時堅守內識。驅散恐懼並提醒自己內識和你同在。提醒自己你的上師和你同在。提醒自己四面八方正在努力喚回內識的學生們和你同在。這樣，世界將變得渺小，你將變得偉大。在深度修習中，讓自己擁有體驗內識的自由。當思想沈浸於愛的臨在中時，讓自己進入思想的深刻和安靜里。

練習 226：兩個 30 分鐘

每小時練習

Step 227

I WILL NOT THINK THAT I KNOW TODAY.

BEGINNING STUDENTS ALWAYS THINK THEY KNOW THINGS they don't know, and they always think they don't know things they do know. This requires a great deal of sorting out. It requires discovering the true and the false and, through this contrast, learning to separate the two. In time, you will realize the distinction between the true and the false and will not be deceived by the pretense the false can make in its imitation of the true.

REMIND YOURSELF UPON THE HOUR TODAY not to think that you know. Thinking that you know is only a form of substitution. You either know or you don't know. Your thinking here merely supports or denies that which you know. But thinking you know is thinking without Knowledge, which is always mindless and engenders confusion and self-doubt.

IN YOUR DEEPER PRACTICE PERIODS TODAY, do not be deceived by thinking that you know. Once again return to the pure experience of Knowledge itself. In stillness and in peace, totally give yourself to your practice today. Knowledge is an experience. It will engender its own ideas. It will stimulate and support those forms of behavior and those forms of self-application which are truly supportive of your true nature. Do not be content with things you think you know, for this is merely another form of denial which will leave you impoverished once again.

PRACTICE 227: Two 30-minute practice periods.
Hourly practice.

第 227 階 今天我不認為我知道。

初級學生總是認為他們知道事實上他們並不知道的，並且總是認為他們不知道事實上他們知道的。這需要大量的梳理。它要求你去發現真實和謬誤，並且通過這種對比，學習將二者分開。慢慢地，你將認知真實和謬誤之間的差異，並且不會被謬誤在模仿真實時所展現的虛偽所欺騙。

每小時提醒自己不要認為你知道。認為你知道，只不過是一種形式的替代。

你或者知道，或者不知道。你的想法只不過是支持或否認你所知道的。可是，認為你知道，是一種不帶內識的思考，這是愚蠢的並會產生困惑和自我懷疑。

在今天的深度練習里，別被你認為你知道的所欺騙。再次回到對內識本身的純粹體驗里。在靜心和和平里，全然把自己奉獻給今天的修習。內識是一種體驗。它會產生它自己的想法。它會激發和支持那些真正支持你的真實本質的行為模式和自我運用模式。別滿足於那些你認為你知道的東西，因為這不過是另一種形式的否認，它會讓你再次進入貧困里。

練習 227：兩個 30 分鐘

每小時練習

Step 228

I WILL NOT BE POOR TODAY.

YOU NEED NOT BE POOR, FOR POVERTY is neither your heritage nor your true destiny. Do not be poor today, for Knowledge is the great wealth, and once it is allowed to emerge within any mind, it begins to generate its presence naturally in the world. It begins to balance and harmonize the mind that is its vehicle, and it begins to give specifically to certain individuals in specific ways. This is the genius that is with you. How can you be poor with such a gift? Only your self-deprecating ideas and forms of behavior can engender poverty.

THEREFORE, TODAY BEGIN TO LOOK MORE DEEPLY at those things that are forms of obstruction to you. Think of this upon the hour. In your two deeper practice periods, engage your mind actively in attempting to discern specific forms of self-deception and selfobstruction. Do this without condemnation, but with the objectivity that is necessary to view yourself clearly. Do not be dismayed that there are many subtle forms of self-deception. They are merely slight variations upon very simple themes. Their seeming complexity and number are unimportant except that you recognize them. They are all born of fear and the attempt to offset fear by engaging in illusion and by attempting to engage others in supporting illusion. All ideas without Knowledge serve this purpose, either directly or indirectly. Yet, real purpose is the great force behind ideas that are for true service, as it is the great force

behind all forms of action and behavior that are for true service.
TODAY WE WILL LOOK AT OBSTACLES, but not with shame, guilt or anxiety. Look only to strengthen the presence and the application of Knowledge and only to prepare yourself to be a greater vehicle for Knowledge in the world. That is the purpose of today's practice. Therefore, practice with true intent. You are greater than the errors that you perceive, and they cannot deceive you if you look at them objectively.

PRACTICE 228: Two 30-minute practice periods.
Hourly practice.

第 228 階 今天我不貧困。

你不必貧困，因為貧困既不是你的傳承，也不是你的真正天命。今天不要貧困，因為內識是偉大的財富，當它被允許在任何一个思想內升起時，它會自然地開始在這個世界上形成它的臨在。它開始給作為它的載體的思想帶來平衡和和諧，並開始以特殊的方式特別地對某些個體進行奉獻。它是與你同在的天才。擁有這樣一個禮物，你怎麼可能貧困呢？唯有你那些自我貶低的想法和行為模式才會產生貧困。

因此，今天再次深入地檢視那些阻礙你的東西。每小時對此進行思考。在兩次深度練習里，積極運用你的思想，努力辨析那些自我欺騙和自身設障的方式。不要帶著譴責，而是帶著清晰看待自己所必需的客觀性。不要因為你有那麼多潛在的自我欺騙而感到沮喪。它們只不過是基於非常簡單主題的不同微細變換形式。除非你認同它們，否則它們看似的複雜和繁多並不重要。它們都源自於恐懼，源自於試圖通過涉入錯覺，或者試圖通過與支持你的錯覺的人交往來對抗恐懼。所有不帶內識的想法都直接或間接地服務於這一目的。然而，真正的宗旨，是存在於那些真正服務的想法背後的偉大力量，因為它是所有真正服務的行動和行為背後的偉大力量。

今天我們將檢視障礙，但不是帶著慚愧、內疚或焦慮。檢視的目的僅僅是為了強化內識的存在和運用，為了讓你進行準備成為內識在世界上的一個更偉大載體。這是今天練習的宗旨。因此，帶著真正的意圖去練習。你比你所感知的那些錯誤要偉大，假如你能夠客觀看待它們的話，那麼它們就無法欺騙你。

練習 228：兩個 30 分鐘

每小時練習

Step 229

I WILL NOT BLAME ANOTHER FOR MY PAIN.

TODAY'S IDEA REPRESENTS A TREMENDOUS SHIFT in understanding. It must be born of Knowledge to have true effectiveness, however. Its meaning is not immediately apparent, for you will soon find that there are many circumstances in which others seem completely responsible for your pain. It will be very difficult, given your habitual thinking and the assumptions upon which you live, to deny that others are indeed the cause of your pain. This, however, is not how Knowledge views you, and you must learn not to view yourself in this way.

PAIN IS ALWAYS A DECISION THAT YOU MAKE in response to any stimuli in your environment. The body will have physical pain if it is so stimulated, but that is merely a sensory response. It is not the true pain that hurts you. The pain that hurts you is the crown of thorns of your own ideas and assumptions, your own misgivings and misinformation and your own unforgiveness towards yourself and the world. This produces a pain both within your mind and upon your body as well. It is this pain we wish to alleviate this day.

THEREFORE, CONSIDER TODAY'S IDEA AS A FORM OF REMEDY against pain. If another is the cause of your pain, you have no remedy except to attack or to change the other person. Even your attempt to change them for good will be a form of attack, for underneath your altruism will be hatred and resentment. Therefore, there is no remedy for pain if its cause is beyond you. But there is remedy for all pain because Knowledge is with you.

THEREFORE, ALL PAIN MUST BE RECOGNIZED as the result of your own decision. It must be recognized as the result of your own interpretation. You may feel that you have been wronged by another or by the world. This feeling is actually present in your mind, so it need

not be denied, but you must look beyond it to its source and to the mechanism for its emergence. To do this, then, you must utilize your own faculties. This will give you great strength. You will be able to do this because Knowledge is with you and because with Knowledge you can do all things that Knowledge asks you to do.

WITHOUT CONDEMNATION, THE WORLD IS SO RELIEVED that it can begin to recover itself. Therefore, upon the hour repeat this idea and consider its meaning. Go deeply within it to discover what it truly holds for you. In your longer practice periods, enter stillness and peace, for without condemnation upon the world and upon yourself, the mind is at peace already.

PRACTICE 229: Two 30-minute practice periods.
Hourly practice.

第 229 階 我不因為我的痛苦而責備別人。

今天的思想代表著理解上的一個巨大轉變。然而，它必須來自於內識，才能擁有真正的效力。它的含義並非是顯而易見的，因為你會很快發現，很多情況下別人似乎應該對你的痛苦負完全責任。基於你的習慣性思維以及你所抱持的假設，要否認他人是你痛苦的原因是件很難的事情。然而，這不是內識看待你的方式，你也必須學習不以這種方式看待自己。

痛苦永遠是你回應環境里的任何刺激時所做的一種決定。假如身體受到了強烈刺激，它將會產生生理性的痛苦，但這只是一種感覺上的反應。它不是給你帶來傷害的真正痛苦。真正傷害你的痛苦，是你自身想法和假設的棘冠，是你自身的擔憂和錯誤信息，和你對你自己以及對世界的不諒解。這同時給你的思想和你的身體帶來痛苦。今天我們希望減輕的正是這一痛苦。

因此，把今天的想法作為治療痛苦的一種形式來進行思考。假如另一個人是你痛苦的根源，那麼除了去攻擊或改變那個人外，你根本無法治療你的痛苦。即使你出於好心試圖去改變他們的嘗試，也依然代表了一種攻擊，因為在你利他主

義下面隱藏的是敵意和怨恨。因此，假如痛苦的根源在你之外的話，你是找不到治療痛苦的方法的。然而，因為內識和你同在，所以所有的痛苦都能得到治療。

因此，必須把所有的痛苦認知為你自身決定的結果，認知為你自身詮釋的結果。你或許感覺你被他人或被世界錯待了。這種感覺的確存在於你的思想里，因此不必否認它，但你必須超越它去看清它的源泉以及它產生的機制。為此，你必須運用你自身的能力。這將給你帶來巨大的力量。你能夠做到這點，因為內識和你同在，因為有了內識，你能夠做內識要求你去做的所有事情。

沒有了譴責，世界將如此地釋懷，這樣它就能夠開始自我恢復。因此，每小時重復這一想法，並思考它的含義。深入其中去發現它帶給你的真正意義。在長練習時段裡，進入靜心和和平里，因為沒有了對世界和對你自己的譴責，思想已然處於和平里。

練習 229：兩個 30 分鐘

每小時練習

Step 230

MY SUFFERING IS BORN OF CONFUSION.

YOUR SUFFERING IS BORN OF CONFUSION. Allow yourself to be confused so that you may recognize the true path of reclamation. Is this idea confusing to you? It may be confusing because people will not accept their confusion. They will tell lies about it, saying they are certain when they are confused, projecting blame upon others to excuse themselves or projecting blame upon themselves to excuse others. All of this represents confusion.

WHEN YOU REALIZE THAT YOU ARE CONFUSED, then you can claim the means to regain your certainty. If you do not accept that you are confused, you will impose substitutes for certainty upon yourself and the world and thus remove yourself from the possibility of receiving your certainty. This is why you must realize that your confusion is the source of your suffering, and you must allow yourself to be confused to recognize your true predicament. Recognizing your true

predicament, you will see the great need for Knowledge, and this will engender in you the dedication and the self-application that is necessary for you to receive that which is your inheritance. TODAY REPEAT THIS IDEA UPON THE HOUR and do not forget to do so. In your two longer practice periods, engage your mind actively in attempting to understand the depth and the meaning of today's idea. Recognize objectively all of the feelings and the thoughts that are in favor of it and all of the feelings and the thoughts that are opposed to it. Take special care to recognize any objection that you might have to today's idea. Then, recognize the power of this idea within your own mind. This will give you a recognition of today's idea and its true meaning. This will also help enable you to realize objectively the current construction of your mind. This is all part of your education as a student of Knowledge. Give yourself to considering today's idea and do not be complacent with simple answers and explanations, for today's idea contains a gift you have not yet experienced. PRACTICE 230: Two 30-minute practice periods. Hourly practice.

第 230 階 我的痛苦源自於困惑。

你的痛苦源自於困惑。讓自己保持困惑，這樣你將能夠認知內識喚回的真正道路。這一想法會讓你感到困惑嗎？它或許是令人困惑的，因為人們無法接受自己的困惑。他們會為此而說謊，在他們困惑時卻說他們是確定的，為了開脫自己而把抱怨投射到他人身上，或者為了開脫他人而把抱怨投射到自己身上。所有這些代表著困惑。

當你意識到你的困惑時，你就會去尋找重獲確定性的方式。假如你不接受你的困惑，你就會把確定的替代品加在自己和世界上，由此失去了接收你的確定性的可能。正因為如此，你必須認知你的困惑是你痛苦的源泉，你必須讓自己保持困惑從而認知你真正的困境。認知了你真正的困境，你將看到對內識的巨大需求，這將使你的內在產生奉獻和自我運用，這對於你接收你的真正傳承是必需的。

每小時重復這一思想，不要忘記練習。在兩次長練習時段裡，積極運用你的

思想去理解今天想法的深度和含義。客觀地認知你所有支持它的感受和想法，以及所有反對它的感受和想法。特別留意你對今天的想法可能持有的任何異議。然後，認知今天的想法在你思想里產生的力量。這將帶給你對今天想法以及它真正含義的認知。這還會幫助你客觀地認知你思想現在的構架。作為內識的學生，這些都是你教育的組成部分。把自己投入到對今天想法的思考里，別滿足於簡單的答案和解釋，因為今天的想法包含著你尚未體驗到的一個禮物。

練習 230：兩個 30 分鐘

每小時練習

Step 231

I HAVE A CALLING IN THIS WORLD.

YOU HAVE A CALLING IN THIS WORLD. It is not what you think it is. It will emerge from your Knowledge once Knowledge is allowed to emerge within your mind. You have a calling in this world because you have come here to do some very specific things. Your purpose in this world is to reclaim your Knowledge and to allow your Knowledge to express itself. That is a very simple statement of your purpose, but it is a statement that contains a great deal of depth and a great deal that must be fulfilled in time.

YOU HAVE A CALLING IN THIS WORLD because you were sent here to do something. It is for this reason that your mind is the way it is and that you have a specific nature that is distinct from others. As your calling emerges, you will realize why you think and act the way you do, and all of this will be brought into true balance and harmony. This will erase all cause you have for self-condemnation, for your nature represents a usefulness that you have not yet realized. In other words, you are made specifically for something that you have not yet comprehended. Prior to this you will resist your nature, thinking it is a limitation upon you. In time, you will realize that it is an invaluable resource for accomplishment, for you have a calling in the world.

UPON THE HOUR REMIND YOURSELF OF THIS and remind yourself that you do not yet know what your calling is. Without presumptions, you will be in a position to discover the truth. In your deeper practice periods today enter stillness and silence once again, utilizing the word RAHN if you find that helpful. This is a day of preparation for you to

realize your true calling in the world. It is a day given to Knowledge and a day that is taken away from false assumptions and self-deception. A day given to Knowledge brings you closer to realizing your calling, which will arise naturally without your presumptions once you and those with whom you must be engaged are prepared.

PRACTICE 231: Two 30-minute practice periods.

Hourly practice.

第 231 階 我在這個世界上有一個召喚。

你在這個世界上有一個召喚。它不是你所認為的那樣。當內識被允許在你的思想里升起時，這個召喚將從你的內識里升起。你在這個世界上有一個召喚，因為你來此是為了做某些非常特殊的事情。你在這個世界上的宗旨，是喚回你的內識並讓你的內識表達它自身。這是對你宗旨的一種非常簡單的聲明，但這一聲明包含著大量的深刻，和大量必須慢慢去完成的事情。

你在這個世界上有一個召喚，因為你被派來做某些事。正因為這個原因，你的思想成為現在這個樣子，並且你擁有一個與他人不同的特殊本質。當你的召喚浮現時，你將意識到為何你會以這種方式思考和行動，並且所有這些將會進入到真正的平衡與和諧里。這將消除導致你自我譴責的一切根源，因為你的本質代表著一種你尚未認知的用途。換句話說，你是為了某些你尚未領會的事情而特殊設計的。在此之前，你會抗拒你的本質，認為它是加在你身上的一種限制。慢慢地，你將認知它是你達成成就的無價資源，因為你在世界上有一個召喚。

每小時提醒自己這點，並提醒自己你還不知道你的召喚是什麼。當你不帶任何推測時，你將能夠發現真理。在深度練習里，再次進入靜心和安靜里，假如有幫助，可以運用 RAHN（然）。這是你為認知你在世界上的真正召喚進行準備的一天。這是奉獻給內識的一天，是遠離錯誤假設和自我欺騙的一天。把今天奉獻給內識，這將帶你靠近對你召喚的認知，當你和那些你必須與之協作的人做好準

備時，這一召喚將不需你的假設而自然地浮現出來。

練習 231：兩個 30 分鐘

每小時練習

Step 232

MY CALLING IN LIFE REQUIRES
THE DEVELOPMENT OF OTHERS.

FOR YOUR CALLING TO EMERGE IN YOUR LIFE, it is not merely your own development that is essential, but the development of others with whom you will be directly engaged. Because your purpose in life involves your engagement with others, it is not a singular pursuit. It is not an individual fulfillment. In reality, there is no individual who is completely separate from other individuals because individuality has meaning only in terms of expressing that which binds and joins all life.

THEREFORE, THIS DAY DEVELOP THE WISDOM and the understanding that your true accomplishment is dependent upon the accomplishment of others as well. Think not that you know who all these others are, for you have not met them all yet. Some are in this world, and some are beyond the world. They may not be in your personal sphere at all.

HOW, THEN, CAN YOU PROCEED when your accomplishment is partially dependent upon others? You proceed by giving yourself to your preparation. The power of doing this will strengthen those with whom you will be engaged in your life's calling. Because your application strengthens one another, you are already in relationship; you are already influencing one another. The closer you come to that point where Knowledge emerges, the closer they will come as well. The more you hold yourself back, the more you hold them back. You cannot see the mechanism for this while you are in the world, for you must be beyond the world to see how this works. But you can understand the idea that all minds influence each other, particularly those minds that are meant to be engaged specifically with one another in life.

THEREFORE, YOUR ADVANCEMENT IS DEPENDENT upon your own efforts and the efforts of others. Yet, the efforts of others are supplemented and strengthened by your own efforts. Therefore, your achievement is very much given to you to accomplish, and yet your achievement will join you with life and will deepen the content and experience of relationship beyond what you were formerly able to

experience.

IN YOUR HOURLY REMEMBRANCES and in your longer meditations in stillness today, allow your efforts to supplement the efforts of others, which will supplement your efforts. Allow the combination of your mutual dedication, then, to be a source of strength which you will experience this day and which will be experienced by those whom you have not yet met in this life.

PRACTICE 232: Two 30-minute practice periods.

Hourly practice.

第 232 階 我生命里的召喚需要他人的進步。

為了讓你生命里的召喚得以浮現，它不僅要求你自身的進步，還要求你將直接與之協作的其他人的進步。因為你生命里的宗旨涉及你與他人的結合，它不是一個孤獨的追尋。它不是個體的成就。事實上，沒有任何個體是與其他個體完全隔離的，因為個體性唯有在表達那將所有生命聯接和結合在一起的東西時才擁有意義。

因此，今天發展這一智慧和理解，即你真正的成就有賴於他人的成就。不要認為你知道所有這些人都是誰，因為你還沒有遇見所有這些人。一些身處這個世界上，而一些存在於世界以外。他們可能根本不在你的個人生活圈里。

那麼如果你的成就部分地依賴於其他人的話，你該怎麼前進呢？你通過把自己奉獻給你的準備而向前進。這樣做所帶來的力量將會強化那些你將在生命召喚中與之結合的人。因為你們的應用會彼此強化，所以你們已經處在關係里；你們已經在彼此互相影響。你越是靠近內識升起的狀態，他們也會越加靠近。你越是退縮，那麼你也越使他們退縮。當你身在世界上時，你無法看到這一機制，因為你必須處在世界之外來看清這是如何運作的。但是，你能夠理解，所有的思想彼此互相影響，尤其那些注定要在生命里與彼此結合的思想。

因此，你的進步有賴於你自身的努力以及他人的努力。然而，他人的努力得到你自身努力的補充和強化。因此，你的成就主要是靠你來實現的，但是你的成就將把你和生命結合在一起，並將超越你過去的體驗去深化你的關係的內容和體驗。

在每小時回想和長靜心冥想里，讓自己的努力去補充他人的努力，而他人的努力也將補充你的努力。讓你們共同的奉獻結合在一起，成為你今天將要體驗到的，也是那些你在生命里還未遇見的人將要體驗到的力量的源泉。

練習 232：兩個 30 分鐘

每小時練習

Step 233

I AM PART OF A GREATER FORCE
FOR GOOD IN THE WORLD.

THIS STATEMENT IS ABSOLUTELY TRUE, though from a separated point of view it may be very difficult to understand. It is not expected that you will understand today's idea, but it is given you to experience its power and potency, for being representative of truth it can lead you to the truth, which is the experience of Knowledge. This is the greatest possibility for any idea—that it can be a doorway to Knowledge.

THIS IDEA, THEN, MUST BE APPROACHED PROPERLY. You must realize the limitations of a separated point of view and not attempt to judge the value of this day's idea. You cannot judge it. You can only respond to it or deny it because its truth is greater than your current interpretation. Recognizing your current limitations in this regard gives you access to greatness, for without protecting that which weakens you, you may find your way to that which strengthens you and gives you purpose, meaning and direction.

YOU ARE PART OF A GREATER FORCE FOR GOOD, for this force is joined and directed by Knowledge. Knowledge here is beyond what any individual can own. Therefore, there is no 「your」 knowledge and

「my」 knowledge; there is only Knowledge. There is only your

interpretation and my interpretation, and in this there can be discrepancies, but Knowledge is Knowledge. It leads people together; it takes people apart. If it is truly comprehended from stillness and objectivity, its true direction can be discerned and followed.

TAKE STRENGTH TODAY AS YOU REPEAT THIS IDEA upon the hour.

Know that all of your efforts on behalf of Knowledge are supplemented by those who practice with you—those whom you can see and those whom you cannot see. In your deeper practices allow your own self-discipline, which prepares you to enter into stillness and peace, to be supplemented as well. Thus, your accomplishment today will supplement the efforts of all others who practice, those who are unlearning the false and those who are learning the true along with you.

PRACTICE 233: Two 30-minute practice periods.

Hourly practice.

第 233 階 我是世界上代表正義的更偉大力量的組成部分。

這一聲明絕對真實，儘管從分離的角度來看這或許很難理解。並不指望你能夠理解今天的想法，但是這裡給出這一想法是讓你體驗它的力量和威力，因為做真理的代言人將把你引向真理，也就是對內識的體驗。對於任何想法來說這都是最偉大的——即成為通向內識的門檻。

因此，必須正確對待這一想法。你必須認知分離觀點的局限性，並且不要試圖去評判今天想法的價值。你無法評判它。你只能回應它或否認它，因為它的真實遠比你現在的詮釋更加偉大。認知你在此的局限性將使你能夠靠近偉大，因為當你不去維護弱化你的東西時，你將找到通向強化你並給你宗旨、意義和方向的路徑。

你是代表正義的更偉大力量的組成部分，因為這一力量通過內識聯接在一起，並接受內識的引導。在此，內識超越了任何個體所能擁有的。因此，不存在「你」的內識和「我」的內識；這裡只有內識。只存在著你的詮釋和我的詮釋，以及由此可能產生的偏差，然而內識就是內識。它讓人們結合；它把人們分開。假如能

夠在靜心和客觀里去真正理解它的話，那麼它真正的指引就能得到辨識和遵循。

每小時帶著力量重復今天的想法。認知你為內識所付出的所有努力，會得到那些和你一同修習的個體的增益——那些你能看到的和你看不到的個體。在深度練習里，讓你的自律——它使你做好準備進入到靜心和和平里——同樣得到增益。這樣，你今天的成就將增益所有其他修習者的努力，他們正在摒棄虛假，他們正在和你一同學習真理。

練習 233：兩個 30 分鐘

每小時練習

Step 234

KNOWLEDGE SERVES HUMANITY IN ALL WAYS.

KNOWLEDGE ACTIVATES ALL MENTAL AND PHYSICAL ABILITIES for good. It directs all manner of individual pursuits that are for the benefit of humanity. In the arts, in the sciences, in all endeavors, in the simplest gesture and the greatest act, Knowledge demonstrates a greater life and strengthens all of the highest qualities in individuals who are engaged with it.

BECAUSE KNOWLEDGE IS GREAT, you do not need to associate it only with great things, for the expression of Knowledge can permeate even the smallest word and the tiniest gesture. Thus, they too can have the greatest impact upon others. The power of Knowledge within one individual is to activate the power of Knowledge in other individuals and thus stimulate and support the regeneration of life within minds that are living in separate fantasies. Within the world you cannot see the overall potency of this, but you can experience it within your own life and see it demonstrated within the context of the relationships with which you are now engaged.

DO NOT THINK YOU KNOW. You either do or you do not.

Remember this, for the opportunity for self-deception is still with you because you have not yet been willing to face yourself completely, fearing that what you would find would discourage or destroy you. Yet, when you face yourself completely, all you will find is Knowledge.

IN YOUR DEEPER PRACTICE PERIODS TODAY allow yourself to enter stillness once again, utilizing the methods that you have learned thus far. Do not allow anything to distract you from your purpose. You are

part of a Greater Force, and this Greater Force is supporting you.

PRACTICE 234: Two 30-minute practice periods.

第 234 階 內識從各個方面服務著人類。

內識激發所有為了正義的思維和身體能力。它指引著為了人類福祉的所有個人追求。在藝術里，在科學里，在所有作為里，在最簡單的手勢和最偉大的行動里，內識示現著一種更偉大的生命，並強化著投身其中的個體身上的所有最高尚品質。

因為內識是偉大的，你不必只是把它和那些偉大的東西聯繫起來，因為內識的表達能夠滲入最些微的詞語和最細小的手勢里。因此，它們同樣能夠對他人產生最偉大的影響。一個個體內在內識的力量能夠激發其他個體內在內識的力量，從而促進和支持活在分離空想之思想里的生命的重生。身處世界里，你無法看到它的全部威力，但是你能夠在自己的生命里體驗它，看到它在你正參與的關係背景里的示現。

不要以為你知道。你或者知道，或者不知道。記住這點，因為你依然有可能陷入自我欺騙，這是因為你還不願意完全地面對自己，害怕你所發現的東西會挫敗你或毀掉你。然而，當你完全地面對自己時，你將會發現的就是內識。

在今天的深度練習里，使用你迄今已經學到的方法，讓自己再次進入靜心裡。別讓任何事情紛擾你。你是更偉大力量的組成部分，這一更偉大力量正在支持著你。

練習 234：兩個 30 分鐘

Step 235

THE POWER OF KNOWLEDGE

IS BECOMING EVIDENT TO ME.

IT WILL TAKE TIME FOR YOU TO RECOGNIZE the power of Knowledge, for it is far greater than anything you have imagined. Yet, it is far simpler and more subtle than that which you can yet comprehend. It can be seen in the innocence of a child's eyes; it can be imagined in the greatness of the movement of galaxies. In the simplest gesture or the greatest act, it can manifest itself.

ALLOW YOURSELF TO ACCEPT THAT YOU ARE ONLY BEGINNING to realize the presence of Knowledge in your life and in all life. This is determined by your capacity for Knowledge, which, along with your desire for Knowledge, you are now cultivating. That is why day after day you practice stillness and peace and only interrupt these practices with practicing the active engagement of your mind for great purposes. Here you are building your capacity as well as your desire, for each day you must practice because of the desire for Knowledge, and each practice develops your capability to experience Knowledge. YOU ARE BEGINNING TO RECOGNIZE the presence of Knowledge, the power of Knowledge and the evidence of Knowledge. Remind yourself of this upon the hour and do not forget. Once again, in the depth of your longer practice periods, give yourself completely to entering stillness and peace, for this will undo all blame and unforgiveness within you and will show you the power of Knowledge, which you are now learning to accept.

PRACTICE 235: Two 30-minute practice periods.
Hourly practice.

第 235 階 內識的力量正在向我顯現。

你需要時間去認知內識的力量，因為它比你想象的任何東西都偉大得多。然而，它又比你所能理解的要簡單和微妙得多。它顯現在孩童無邪的眼睛里；它暢想在星系運轉的宏偉中。它能在最簡單的手勢或最偉大的行動里示現它自己。

讓自己承認你才剛剛開始意識到內識在你生命里和在所有生命里的臨在。這取決於你內識的能力，你現在正在培養你內識的能力以及你對內識的容量。正因為如此，你日復一日地修習靜心和和平，並在其間為了偉大宗旨去修習你對思想的積極運用。在此，你正在構築你的能力還有你的渴望，因為正是因為對內識的渴望，你讓自己每天必須修習，並且每一次修習都在增進你體驗內識的能力。

你正在開始認知內識的存在，內識的力量，和內識的證據。每小時提醒自己，不要忘記。在長練習時段裡，再次讓自己全然地進入靜心和和平里，因為這將消除你內心所有的責備和不諒解，並將向你示現你正在學習接收的內識的力量。

練習 235：兩個 30 分鐘

每小時練習

Step 236

WITH KNOWLEDGE I WILL KNOW WHAT TO DO.

WITH KNOWLEDGE YOU WILL KNOW WHAT TO DO, and your certainty will be so strong that it will be difficult for you to doubt it or to argue against it. Here you must be prepared to act and act boldly. If your predominant concern is protecting your ideas and your physical body, then you will be afraid of Knowledge, fearing that it will lead you to do something that will be dangerous or harmful for you. Knowledge can only be demonstrated. Its beneficence must be experienced. It can only be experienced by accepting its presence and carrying out its direction.

WITH KNOWLEDGE YOU WILL KNOW WHAT TO DO, and your certainty will far exceed all of the pretenses you have made about certainty thus far. Self-doubt may continue in the face of Knowledge, but Knowledge is so much greater because your whole being will be engaged in the activity. Only the littleness of your self-doubt, born of your own false beliefs, can argue against it. Yet, its arguments are pathetic and pitiful and lack depth and conviction.

KNOWLEDGE WILL MOVE WITHIN YOU AT CERTAIN TIMES, for in stillness it observes all things until it is ready to act, and when it acts, it acts! Thus it is that you will learn with Knowledge to be at peace in the world, and yet when you act, you will act with true efficacy and with great result. In this way, you may be a person of action and contemplation all at once, for your contemplation will be deep and meaningful, and your action will be deep and meaningful as well.

WITH KNOWLEDGE YOU WILL KNOW WHAT TO DO. Do not think that you know what to do unless you are with Knowledge and Knowledge is indicating for you to do something with great power. Do not make small attempts at resolving your problems, for without Knowledge your attempts will be meaningless and will compound your frustration.

UPON THE HOUR REPEAT TODAY'S IDEA and consider it. In the

depth of your longer practices, utilize the skills that you have cultivated thus far to engage yourself with stillness. If Knowledge is still, you may be still as well. Thus, when Knowledge stimulates action, you will be able to act, and in so doing, the resolution that you bring will be greater than anything you could conceive of.

PRACTICE 236: Two 30-minute practice periods.

Hourly practice.

第 236 階 帶著內識，我知道該做什麼。

帶著內識，你會知道該做什麼，並且你的確定性如此強大，以至於你很難去質疑它或與之爭辯。在此你必須準備去行動，大膽地行動。假如你的主要關注是保護你的想法和身體的話，那麼你會害怕內識，害怕它將引領你去做一些危險的或是對你有害的事情。內識只能被示現。它的善行必須被體驗。你只能通過接受它的存在並遵循它的指引來體驗內識。

帶著內識，你會知道該做什麼，並且你的確定性遠遠超過你迄今對確定性所做過的任何吹噓。在面對內識時，對自我的懷疑可能依然會持續，然而內識要偉大得多，因為你的整個存有都將參與到行動中。唯有你那源於自身錯誤信仰的渺小的自我懷疑，才會與之爭辯。然而，它的爭辯是乏味的和可憐的，缺乏任何深度和確定性。

內識會在某些時刻在你的內心裡活動，因為在靜心裡它對所有事情進行觀察，直到它做好準備開始行動為止，並且當它行動時，它就會行動！因此你要向內識學習的，就是在世界上保持和平，然而當你行動時，你將帶著真正的效力和偉大的結果去行動。由此，你將同時成為一個行動和沈思的人，因為你的沈思將是深刻和有意義的，同樣你的行動將是深刻和有意義的。

有了內識，你會知道該做什麼。別自以為你知道該做什麼，除非你和內識在一起，並且內識正在提示你帶著偉大力量去做某件事情。別用一些微不足道的嘗

試來解決你的問題，因為沒有內識，你的努力將是毫無意義的並會加劇你的挫敗感。

每小時重復今天的想法，並對它進行思考。在長練習時段裡，利用你已經培養的技能讓自己進入靜心裡。假如內識是安靜的，你也同樣能夠安靜。這樣，當內識激發行動時，你將能夠行動；並且通過這樣，你所帶來的解決方案將比你能構想的任何東西更加強大。

練習 236：兩個 30 分鐘

每小時練習

Step 237

I AM ONLY BEGINNING TO COMPREHEND
THE MEANING OF MY LIFE.

YOU ARE ONLY BEGINNING TO COMPREHEND the meaning of your life. This will naturally arise in your understanding without your efforts in attempting to conceptualize it. The meaning and purpose of your life will simply arise and be expressed today and tomorrow and in the days to come, for Knowledge is that simple and fundamental. Thus, your intellect can be used to deal with the physical necessities of your life, the particulars of your life and the mechanism of your life, for this is the application of the intellect. Yet, the greatness of Knowledge provides purpose, meaning and direction, which the intellect can never provide. Therefore, the intellect is a faculty that has a true function here, for it serves the greatness of Knowledge.

YOU ARE ONLY BEGINNING TO COMPREHEND THE MEANING of Knowledge and the nature of Knowledge. Think not that your conclusions thus far are adequate to your needs, for you are a beginning student of Knowledge and as a beginning student, you will not make the mistake of relying upon your assumptions alone. For beginning students make few assumptions and are eager to learn all that is necessary for them. Be a beginning student today. Recognize how little you know and how much you must learn. You have a lifetime to learn this, and yet your lifetime must be activated and strengthened beyond what you have realized thus far. In time, the greatness that you carry will express itself through you in actions both

great and small.

TODAY, IN YOUR DEEPER PRACTICE PERIODS where you enter stillness, allow your awareness of Knowledge to be cultivated further. Attend to your practice like a patient gardener who does not demand that all plants bear fruit today, but who understands the seasons of growth and change. Allow yourself to have this comprehension, for in time you will understand objectively how human beings develop and grow and what they carry within them. When you leave this world, if you are successful in cultivating Knowledge and in allowing it to give all of its gifts into the world, you will then be able to become one of the Teachers of those who remain behind. In this way, you will fulfill your learning in the world by contributing all that you have acquired in the world to others. In this, your gift is fulfilled and theirs is furthered.

YOU ARE ONLY BEGINNING TO COMPREHEND THESE WORDS. Today strengthen your experience of Knowledge so that the comprehension of these words may deepen within you. Upon the hour repeat today's idea so that all of your activities and all of your engagements, in whatever environment you find yourself, are conducive to your practice. For there is no event or interaction which Knowledge cannot bless and harmonize.

PRACTICE 237: Two 30-minute practice periods.

Hourly practice.

第 237 階 我才剛剛開始領會我生命的意義。

你才剛剛開始領會你生命的意義。當你不試圖對它進行概念化時，它將自然地在你的理解中浮現出來。你生命的意義和宗旨，將在今天、明天和今後的日子裡，簡單地浮現出來並得到表達，因為內識是簡單和根本性的。這樣，你的智力能夠被用於處理你生命的物質需求、你生命的瑣事和你生命的機制上，因為這些需要對智力的應用。然而，內識的偉大提供了宗旨、意義和方向，在此你的智力永遠無能為力。因而在此，智力擁有了真正的職能，因為它服務於內識的偉大。

你才剛剛開始領會內識的意義和內識的本質。別以為你至此所做的結論足以滿足你的需要，因為你只是內識的初級學生，並且作為一個初級學生，你將不會

錯誤地去單單依賴你的假設。因為初級學生很少做假設，他們渴望學習所有他們需要學習的東西。今天做一個初級學生。認識到你知道的是那麼少，而你需要學習的是那麼多。你擁有整個一生去學習，但是你的一生必須得到激發和強化，這超越了你當下的認識。慢慢地，你所攜帶的偉大將通過你無論偉大還是渺小的行動來表達它自己。

今天在靜心的深度練習里，讓你對內識的覺知得到進一步培養。像一個耐心的園丁一樣參與到你的修習里，不要求所有的植物今天就結出果實，而是理解成長和變化的季節。讓自己擁有這樣的領悟，因為慢慢地你將客觀地理解人是如何發展成長的，以及他們內心攜帶著什麼。當你離開這個世界時，假如你成功地培養了內識，並讓它把所有的禮物奉獻給了世界，那麼你將能夠成為教導那些還在後面的人們的上師之一。由此，你將通過把你在世界上所獲得的一切奉獻給他人，來完成你在這個世界里的學習。由此，你的禮物得到了成就，而他人的禮物得以繼續。

你才剛剛開始領會這些話語。今天強化你對內識的體驗，這樣你將加深對這些話語的領悟。每小時重復今天的想法，這樣你所有的行動和參與，無論你身處何種環境，都能被用於你的修習。因為不存在任何內識無法賜予祝福和和諧的事件或互動。

練習 237：兩個 30 分鐘

每小時練習

Step 238

REVIEW

WE SHALL BEGIN YOUR TWO-WEEK REVIEW WITH THIS
INVOCATION:

「I AM SENT INTO THE WORLD TO SERVE MY SPIRITUAL FAMILY

which serves this world and all worlds in the physical universe. I am part of a Greater Force for good, and I am a beginning student of Knowledge. I am grateful for the gift that has been given, which I am now beginning to comprehend. In complete faithfulness and devotion, I will continue my practice today so that I may appreciate the value of my own life.」

FOLLOWING THIS INVOCATION BEGIN YOUR LONG REVIEW. Begin with the first lesson of the two-week period, review the instructions and your practice, and then proceed on day by day. When you have completed your Review, once again repeat the invocation for today and then spend several minutes in silence. In this period of stillness begin to feel the power of what you are undertaking. The power of Knowledge and the grace that it bestows upon the world is what you will be learning to receive and to express in the days and weeks to come.

PRACTICE 238: One long practice period.

第 238 階 復習

我們將以下面的祈禱開始兩周的復習：

「我被派到世界上，來服務於我的精神家庭，它服務著這個世界和物質宇宙中的所有世界。我是代表正義的更偉大力量的組成部分，並且我是內識的一個初級學生。我感謝被賦予我的禮物，對此我正在開始領悟。帶著全然的忠實和奉獻，我今天將繼續我的修習，這樣我將能夠激賞我自身生命的價值。」

在祈禱完成後，開始你的長復習時段。從兩周的第一課開始，回顧指引和你的修習，然後一天一天繼續下去。當你完成了你的復習之後，再次重復今天的祈禱，然後用幾分鐘的時間進入靜心裡。在這個靜心時刻，開始感知你的修習所帶來的力量。內識的力量和它賦予世界的恩寵，是你在未來的歲月里將要學習接收和表達的東西。

練習 238：一個長練習時段

Step 239

FREEDOM IS MINE TODAY.

FREEDOM IS YOURS WHO LIVE WITH KNOWLEDGE. Freedom is yours who need not burden yourself with the undue strain of unnecessary thinking and speculation. Freedom is yours who can dedicate yourself to your one purpose and to your specific tasks that emanate from this purpose. What greater freedom is there than the freedom to utilize your Knowledge and to fulfill its destiny in the world? Nothing else can be called freedom, for anything else is merely the freedom to be in chaos and to degenerate into misery.

YOU ARE FREE THIS DAY TO ALLOW KNOWLEDGE to abide with you.

This day in your hourly practice and in your two deeper meditations, remember that you are free. When you have the freedom to be with Knowledge in your two meditation periods, allow yourself to enter stillness and let not any feeling, idea or thought dissuade you from experiencing the great freedom that you have to escape from the world into Knowledge.

THESE PRACTICE TIMES ARE SO IMPORTANT for your overall wellbeing.

The result of this involvement will give you greater access to Knowledge in all of your outward endeavors as you learn to abide in peace with Knowledge and as you learn to follow Knowledge as it exercises its Wisdom in the world. You are free this day to be with Knowledge, for this day you are free.

PRACTICE 239: Two 30-minute practice periods.

Hourly practice.

第 239 階 今天自由屬於我。

自由屬於和內識同在的你。自由屬於擺脫了無休止的不必要思考和揣測束縛的你。自由屬於把自己投入你的唯一宗旨和源自這一宗旨的特殊工作中的你。還有什麼自由，比運用你的內識並成就它在世界上的天命的自由更偉大呢？其他一切都不能被稱為自由，因為其他一切不過是陷入混亂和墮入痛苦的自由。

今天你自由地讓內識和你堅守在一起。在今天的每小時練習和兩次深度冥想里，記住你是自由的。當你在兩次冥想中自由地和內識同在時，讓自己進入靜心

裡，別讓任何感受、想法或思考阻礙你去體驗你所擁有的遠離世界並進入內識的偉大自由。

這些修習時段對於你的整體福祉是如此重要。這些修習的結果會讓你在所有外在活動中更加靠近內識，因為你學習在和平中和內識堅守在一起，因為你學習當內識在世界上發揮它的智慧時去遵循內識。今天你自由地和內識同在，因為今天你是自由的。

練習 239：兩個 30 分鐘

每小時練習

Step 240

SMALL IDEAS CANNOT FULFILL
MY NEED FOR KNOWLEDGE.

GREAT IDEAS, FANTASTIC IMAGES or wonderful belief systems cannot meet your need for Knowledge. Ideas alone can set you on your way, but they cannot take you on the journey. They may speak of greater things awaiting you, but they cannot take you there, for Knowledge must be your guide to your destiny and your fulfillment. With ideas you stand at the beginning, pointing the way for others, but you yourself cannot go.

WHEN YOU ARE TRAVELING WITH KNOWLEDGE, Knowledge will extend itself through ideas. It will extend itself through actions, through gestures and through all the vehicles of communication in this world. Therefore, do not be content with ideas alone. Do not think that by speculating upon ideas that you are comprehending the nature of Knowledge and its true application in the world. These things can be experienced and observed, but the individuals experiencing and observing them must be moved at the very core of their being.

THEREFORE, DO NOT BE SATISFIED WITH LITTLE THINGS in place of the greatness of your true being and your purpose in the world.

Return to Knowledge, and be grateful for the ideas that have pointed you in this direction. But realize that the power that can move you, the power that gives you the strength to prepare and participate, is born of the great Wisdom and Knowledge that you carry. It requires Knowledge to follow Knowledge. It requires Knowledge to prepare for Knowledge. Thus, Knowledge is exercised even as you approach it.

DO NOT, THEN, REMAIN AT THE BEGINNING OF YOUR JOURNEY with ideas alone. Do not accept little things in place of the greatness of your function. Remind yourself of this upon the hour and in your deeper meditation practices, once again enter stillness and peace. Come to your practice without questions. Come to your practice without petitions. Remind yourself that in Knowledge all things will be given, all things will be received and all things will be applied as they are needed. As your mind becomes more simple and open, it will become a vehicle for Knowledge to express itself in the world.

PRACTICE 240: Two 30-minute practice periods.

Hourly practice.

第 240 階 渺小的想法無法滿足我對內識的需要。

宏大的想法、奇妙的形象或美好的信仰系統無法滿足你對內識的需要。想法能夠讓你啓程，但是它們無法將你帶上那個旅程。它們或許會談及正等待著你的更偉大事物，但它們無法把你帶向那裡，因為內識必須成為指引你走向你的天命和成就的嚮導。帶著想法，你只能站在起點上為他人指路，但你自己無法前行。

當你帶著內識行進時，內識將通過想法擴展它自己。它將通過行動、手勢以及這個世界上的所有溝通載體擴展它自己。因此，別只滿足於想法。別以為通過揣摩那些想法，你就能夠領會內識的本質和它在世界上的真正應用。這些能夠被體驗、被觀察，但是能夠體驗和觀察它們的個體，必然在他們存有的最核心受到了觸動。

因此，別滿足於取代你真正存有的偉大和你在世上的宗旨的那些渺小事情。回歸到內識，並感謝那些為你指明方向的想法。但要意識到，那個能夠推動你的力量，那個給你能力去進行準備和參與的力量，來源於你所攜帶的偉大智慧和內識。你需要內識去遵循內識，你需要內識去為內識進行準備。因此，就在你向內識靠近的過程中，內識已然得到實踐。

因此，別只帶著想法停留在旅程的起點上。別接受那些取代你偉大職能的渺

小事情。在每小時里和在深度冥想時段裡，提醒自己這點，並再次進入靜心和和平里。不帶任何問題地進入修習里。不帶任何訴求地進入修習里。提醒自己，在內識里，一切都將被賜予，一切都將被接收，並且一切都將在需要的時候被運用。當你的思想變得更加簡單和開放時，它將成為內識在世界上表達它自己的一個載體。

練習 240：兩個 30 分鐘

每小時練習

Step 241

MY ANGER IS UNJUSTIFIED.

ANGER IS UNJUSTIFIED, FOR ANGER ALONE is merely your response to your failure to apply Knowledge. This engenders anger at its very source. But this need not happen, because anger is a response. As a response it can generate anger in others and stimulate a violent response internally and externally wherever it is applied. Knowledge, however, will redirect anger so that it has no destructive qualities, for what you wish to express is that which fortifies Knowledge in others. It is the strength of your conviction and not your desire to hurt yourself or others that is the true efficacy of the emotion that is the core of anger. Thus, it may be said that your anger is a true communication that has been distorted by your own projections of blame and fear. Once these distortions have been cleared away, the true communication that is the seed of all anger can be expressed. This can only bring about good.

ANGER, THEN, IS NOT JUSTIFIED, for it is a misinterpretation of a true communication. Your anger is not justified because anger is born of confusion. Yet, confusion calls for preparation and the true application of Knowledge. Therefore, the sinful are not punished but are attended to. The wicked are not sent to hell but are prepared for Heaven. This is the true nature of God's purpose in the world. That is why God can never be angry, because God is not offended. God is merely applying God to a situation where God has temporarily been forgotten.

IN THE GREATER SCOPE OF THINGS, even the separation of all individual minds is a very temporary occurrence. You cannot think yet at this level and will not be able to do so for a long time, for you must

undergo the various stages of development that integrate your mind into greater and greater experiences of relationship and life. But as you proceed and as you take each vital step that expands your horizons, you will begin to understand that anger is unjustified. It merely represents a failure to apply Knowledge in a particular situation. This calls for remedy not for condemnation. Here you will realize that your anger is something to be understood. It is not to be rejected, for if you reject anger, you also reject the seed of anger, which is true communication. Therefore, we wish to clean away that which has spoiled your true communication so that your true communication may shine forth, for true communication always comes from Knowledge.

THINK OF THIS IDEA UPON THE HOUR. In your deeper practice periods, actively engage your mind in looking at every single thing that you are angry about, from very tiny things that are specific to things in general that upset or discourage you. Remind yourself as you review your inventory of anger that your anger is unjustified. Remind yourself that it calls for the application of Knowledge and that within each angry experience or feeling that you have, there is a seed which is true. Therefore, your anger need not be rejected but cleansed, for in cleansing your anger you will be able to communicate that which you intended to communicate in the beginning where you initially failed. Then your self-expression will be complete, and anger will be no more.

PRACTICE 241: Two 30-minute practice periods.
Hourly practice.

第 241 階 我的憤怒是沒有根據的。

憤怒是沒有根據的，因為憤怒本身只是你對自己沒能運用內識的反應。這引起了對其根源的憤怒。然而並不需要這樣，因為憤怒只是一種反應。作為一種反應，當你表現出憤怒時，它會帶來其他人的憤怒，而且會引發內在、外在的激烈反應。然而，內識能夠轉化憤怒，從而消除它的破壞性因素，因為你所希望表達的是那些能夠強化他人內在內識的東西。作為憤怒核心的那個情緒表達的真正效力，在於表達你的確信性的力量，而非表達你傷害自己或他人的願望。因此可以說，你的憤怒其實是一種真正的溝通，只不過它被你自己投射的抱怨和恐懼扭曲

了。一旦去除了這些扭曲，那麼作為所有憤怒的種子的真正溝通就能得到表達。這只會帶來良好的作用。

因此，憤怒是沒有根據的，因為它是對真正溝通的錯誤詮釋。你的憤怒是沒有根據的，因為憤怒源自於困惑。然而，困惑召喚的是準備和對內識的真正運用。因此，有罪者不是受到懲罰，而是得到關照。邪惡者不是被打入地獄，而是為天堂進行準備。這是上帝在世界上的宗旨的真正本質。正因如此，上帝從不發怒，因為上帝不會被冒犯。上帝所做的，只是將上帝運用到一個上帝被暫時遺忘的境況里。

從事物更宏觀的角度來看，即使所有個體思想的分離也只是暫時性的事件。你還無法在這個層面上進行思考，並且在未來很長的時間里都無法做到，因為你必須經歷很多發展階段，才能將你的思想整合到對關係和生命的越來越廣大的體驗中。但是，當你前行時，當你邁出每一個給你的視野帶來擴展的重要進階時，你將開始理解憤怒是沒有根據的。它只是代表了在某個特定狀況里沒能運用內識。這召喚的是補救，而非譴責。在此，你將意識到你的憤怒是某種需要去理解的東西。你不該拒絕它，因為假如你拒絕憤怒，你同時也拒絕了憤怒的種子，那是真正的溝通。因此，我們希望清除那些破壞了你真正溝通的東西，這樣你真正的溝通將會展現出來，因為真正的溝通總是來自於內識。

每小時思考這一想法。在深度修習里，積極運用你的思想去檢視每一件讓你氣憤的事，從那些特別小的事情，到那些普遍性的讓你感到失望或氣餒的事件。當你檢視你所累積的憤怒時，提醒自己你的憤怒是沒有根據的。提醒自己，它所召喚的是對內識的運用，並且在你的每個憤怒體驗或感受里，存在著一個真正的種子。因此，你的憤怒不需被拒絕，而是需要被淨化，因為通過淨化你的憤怒，

你將能夠溝通那些你一開始想要溝通卻沒能溝通的東西。這樣，你的自我表達將是完滿的，並且憤怒將不再。

練習 241：兩個 30 分鐘

每小時練習

Step 242

MY GREATEST GIFT TO THE WORLD
IS MY KNOWLEDGE.

THIS IS YOUR GREATEST GIFT. It is the gift that imbues all other giving and gives it meaning. This is the gift that gives value to all human expression, all human endeavor and all human invention that is intended to support the well-being of humanity in its evolution. Knowledge is not something that you can quantify and give, as if you put it into a package or delineate it with your ideas. It is a presence and a quality of life that is the very essence of life. It makes all giving and contribution meaningful.

THIS IS YOUR GREATEST GIFT, which you are now learning to receive. As you receive it, it will give itself naturally, for you cannot keep Knowledge for yourself. Once it emerges, it begins to express itself in all directions and specifically in certain directions and in certain involvements with certain people according to its design and Wisdom. Thus, if you receive Knowledge, it must be given. It will give itself, and you will want to give it because you possess wealth, and wealth can only be increased through giving. Thus, in essence, life is all about the giving of Knowledge. Wherever this giving cannot be accomplished, there is all manner of deception, disappointment and despair. But when giving is reactivated in these circumstances, these qualities of denial will be dispelled, and Knowledge will once again begin to express itself in very specific ways.

THEREFORE, UPON THE HOUR remind yourself of this great truth, and in your deeper meditations allow yourself to experience Knowledge. Allow yourself to receive it. Give yourself to this application of your mind and your body. In this, Knowledge will give itself, and you will be fulfilled because you have given life the greatest gift that can be given.

PRACTICE 242: Two 30-minute practice periods.

Hourly practice.

第 242 階 我給世界的最偉大禮物是我的內識。

這是你最偉大的禮物。這一禮物滲透在其他所有的奉獻里，並給它們賦予意義。這一禮物為所有人類表達，所有人類作為，以及在人類進化中支持人類福祉的所有人類發明賦以價值。內識不是某種你能夠量化並贈送的東西，就好像你能把它裝進禮盒，或用你的想法去描述它。它是生命的一種臨在和一種品質，它是生命的最本質核心。它為所有的奉獻和貢獻賦予意義。

這是你最偉大的禮物，你正在學習接收它。當你接收時，它會自然地奉獻它自己，因為你無法把內識留給自己。一旦它浮現出來，它就開始向所有方向表達它自己，並會根據它的設計和智慧，特別針對某些方向以及在與某些人的某些交往中進行表達。因此，假如你接收了內識，那它必須被奉獻出去。它將奉獻自己，並且你也希望奉獻它，因為你擁有財富，而財富只能通過奉獻而不斷增加。因此，從本質上講，生命完全就是對內識的奉獻。只要這一奉獻無法實現，就會產生所有形式的欺騙、失望和絕望。可是，當奉獻在這些境況里得以重新激發時，所有這些形式的否認都將被驅除，同時內識將再次開始以非常特別的方式來表達自己。

因此，每小時提醒自己這一偉大真理，並在你的深度冥想中讓自己體驗內識。讓自己接收內識。把自己奉獻到這一對你的思想和身體的運用中。這樣，內識將奉獻它自己，而你將得以成就，因為你為生命奉獻了你能夠奉獻的最偉大禮物。

練習 242：兩個 30 分鐘

每小時練習

Step 243

I DO NOT NEED TO BE SPECIAL TO GIVE.

THE ATTEMPT TO BE SPECIAL UNDERLIES ALL HUMAN AMBITION.

All human ambition that is not born of Knowledge is born of

the attempt to offset the grave disappointment and great anxiety of separation. The attempt to be special is the attempt to fortify separation. It is the attempt to make yourself greater at the expense of others. It always denies life and Knowledge and always leads to greater confusion, frustration and despair.

YOU ARE FREED THIS DAY FROM ATTEMPTING to make yourself special, for in this way you will find the true relief that you have sought in all of your previous endeavors. What is special in you is your unique form of expression of that which is inherent in all life. Then, that which joins life and is life is affirmed. Your individuality is affirmed as well, but not to the exclusion of the value of any other expression of life. Here you are not special. You are simply you. You are greater than an individual because you are part of life, and yet you are an individual because you express life individually. Here all conflict and confusion end. That which is limited expresses that which is unlimited, and that which is unique expresses that which is inherent and intrinsic. This is the resolution that you seek, for you do not really wish to be special. You only wish to have your individual life have purpose, meaning and direction.

UPON THE HOUR THINK OF THIS after you repeat the idea for today. In your deeper practices, enter into stillness and peace once again. Do not petition for answers because you do not need to do this in your meditation practices. Your time now is to practice receiving Knowledge, in which your individuality is honored and confirmed for its true purpose and in which your specialness, which has only been a grave and impossible burden for you, is gently lifted from your shoulders. Do not seek to be special today, for that is not the purpose of your life. Then, all fear of death and destruction will leave you. Then, all judgment and comparison with others will leave you. Then, you will be able to honor life and honor your relationships, which are an expression of everything today's lesson will teach you.

PRACTICE 243: Two 30-minute practice periods.

Hourly practice.

第 243 階 我不需要成為特別的人，才能去奉獻。

試圖成為特別的人是所有人類野心的基礎。所有並非源自內識的人類野心，都源於人類試圖抵禦分離所帶來的沈重失望和巨大焦慮的嘗試。試圖成為特別的人，是試圖強化分離。它是企圖以他人為代價，而讓自己變得更偉大。它總是否認生命和內識，總是導向更大的困惑、挫敗和絕望。

你今天自由地讓自己從變得特別的嘗試中解脫出來，因為這樣你將找到你在過去所有努力中所尋求的真正釋懷。你的特殊性在於你對所有生命內在固有東西的獨特表達形式。因此，那聯接生命並作為生命本身的東西得到了確認。你的個體性同樣得到了確認，但這並不排斥生命任何其他表達的價值。在此你並不特別。你只是你。你比一個個體更加偉大，因為你是生命的一部分；然而你同時又是一個個體，因為你個體性地表達著生命。在此，所有的衝突和困惑結束了。那個有限的，表達著那個無限的；那個獨特的，表達著那個內在固有的和本質的。這是你所尋求的解答，因為你並不真正希望變得特別。你只是希望你的個體生命擁有宗旨、意義和方向。

每小時重復這一想法，並對它進行思考。在深度修習中，再次進入靜心和和平里。別尋求答案，因為你不需要在你的冥想練習里找尋答案。你這個時段是修習接收內識，在此你的個體性因為它真正的宗旨而得到尊重和確認，在此過去只是作為你沈重和不可承受負擔的特殊性，被輕輕地從你肩上卸去了。今天別尋求特別，因為那不是你生命的宗旨。這樣，所有對死亡和毀滅的恐懼將遠離你。這樣，所有評判和與他人的攀比將遠離你。這樣，你將能夠尊重生命，尊重你的關係，它們是今天課程傳授給你的全部思想的一種表達。

練習 243：兩個 30 分鐘

每小時練習

Step 244

I AM HONORED WHEN OTHERS ARE STRONG.

WHEN YOU ARE STRONG, OTHERS ARE HONORED. When they are strong, you are honored. In this way, Knowledge affirms itself in the world, where Knowledge has been forgotten. Knowledge need only be affirmed through experience and expression to be given

to others. Your greatest teaching in this life is the contribution of your life as it is demonstrated to others. Indeed, this is your greatest gift to yourself, for as your life is demonstrated in its value to you, your estimation of yourself will be redeemed, and you will understand your true value in proportion to life itself.

THEREFORE, WHEN OTHERS ARE STRONG, you are honored. In this way, you will not seek to belittle another to strengthen yourself. You will not seek to affirm your advantage based upon another's disadvantage. In this way, no guilt will attend your accomplishment, for no one has been betrayed as you seek to gain experience and advancement in life.

THE LESSON FOR TODAY IS VERY DEEP and will require much consideration. Upon the hour repeat the idea for today and give it serious consideration in every circumstance in which you find yourself. In your deeper practices today, enter stillness and silence. Allow yourself this gift because the idea for today is very simple and very true. It is in no way complex, though it will require serious consideration, for you are far too used to entertaining only things of superficial value. Throughout our training together in these days, weeks and months, you are learning to engage your mind to recognize what is obvious and apparent, but which has not yet been apparent to you who have entertained yourself with shallow things.

THEREFORE, TODAY LET THIS TIME BE GIVEN TO KNOWLEDGE. Let this time be given to that which strengthens you and all other individuals in the universe. When others are strong, you are honored. In this, all separation ends, and true giving becomes apparent.

PRACTICE 244: Two 30-minute practice periods.

Hourly practice.

第 244 階 當他人堅強時，我獲得了尊重。

當你堅強時，其他人獲得尊重。當其他人堅強時，你獲得尊重。這樣，內識在這個內識被遺忘的世界上確認了它自身。內識只需通過體驗和表達來得到確認，並能被奉獻給他人。你在這次生命里的最偉大傳授，就是把你的生命作為向他人的示範來奉獻你的生命。事實上，這也是你給自己的最偉大禮物，因為當你的生命向你示現它的價值時，你對自身的評估將得到救贖，並且你將理解你相對於生命本身的真正價值。

因此，當其他人堅強時，你獲得尊重。這樣，你不會尋求貶低他人來強化自己。你不會尋求基於他人的弱勢來確認自己的強勢。這樣，你的成就將不會伴隨著內疚，因為在你在生命中尋求體驗和進步的過程中，沒有人被背叛。

今天的課程非常深刻，需要深入思考。每小時重復今天的思想，並在你身處的任何環境中對它進行嚴肅思考。在今天的深度修習中，進入靜心和安靜里。讓自己接收這個禮物，因為今天的思想非常簡單，非常真實。它沒有絲毫複雜，然而它要求認真的思考，因為你已太習慣於只是抱持那些擁有膚淺價值的東西。在貫穿我們培訓的這些日日月月里，你正在學習運用你的思想去認知那些明顯和顯在的，然而對習慣於膚淺事物的你來說又是不明顯的東西。

因此，今天把這些時段奉獻給內識。把這些時段奉獻給強化你以及宇宙中所有其他個體的東西。當其他人堅強時，你獲得尊重。由此，所有的分離得以終止，真正的奉獻變得顯在。

練習 244：兩個 30 分鐘

每小時練習

Step 245

WHEN OTHERS FAIL,

I AM REMINDED OF THE NEED FOR KNOWLEDGE.

WHEN OTHERS FAIL, LET THIS REMIND YOU of your need for Knowledge. Let your need for Knowledge not be underestimated. Thus, you need not respond with condemnation or judgment upon those who fail, but realize their great need and your great need. This will only confirm, then, the depth with which you must now prepare yourself. For you prepare yourself not only for your own advancement and fulfillment, but for the advancement and fulfillment of humanity. This is no idle claim or statement. It is absolutely the truth. For every step you take towards Knowledge, you give your accomplishment to the world, and you lessen the burden of all who struggle with their own fantasies and sense of failure.

YOUR LIFE, THEN, BECOMES YOUR TEACHING, for it is a life of Knowledge. It demonstrates the presence of Knowledge in the world, which is the presence of God. This happens as a result of your serving as an advanced vehicle for Knowledge. In your advancement all human capabilities are furthered, all human liabilities are dissipated and that which is most true and genuine in individual human life in the world is exalted. And that which is beyond all human life, but which contains human life, is affirmed as well. Therefore, another's failure is a call for your involvement with Knowledge. It is a call for your advancement and strengthening because you have come into the world to give.

REMINDE YOURSELF OF THIS UPON THE HOUR and in your two longer practice periods, actively engage your mind in comprehending this idea. Think of every individual that you think has failed and realize the meaning of today's lesson in light of those individuals serving you. Realize the need for Knowledge within their lives and within your life. They are committing errors to spark your commitment to Knowledge. They are serving you in this regard, and this calls for your gratitude not your condemnation. They are teaching you to value the valuable and to release the meaningless. Think not they are not saving you time. They are saving you time. They are demonstrating that which you need to learn and to accept. Therefore, commit yourself to their well-being for teaching you to value Knowledge. As you value Knowledge, the result of your value will be given back to them in return, and they will be strengthened and honored by your accomplishment.

PRACTICE 245: Two 30-minute practice periods.
Hourly practice.

第 245 階 當其他人失敗時，我被提醒了對內識的需要。

當其他人失敗時，讓這提醒你，你對內識的需要。別低估了你對內識的需要。

這樣，你不必用譴責和評判來回應那些失敗的人，而是認知他們的巨大需要和你的巨大需要。這只會確認你現在必須如何深入地進行準備。因為你的準備不僅是為了你自身的進步和成就，而且是為了人類的進步和成就。這不是一個可有可無的宣稱或聲明。這是絕對的真理。因為你每向內識邁進一步，你都是在把你的成就奉獻給世界，你都是在減輕所有掙扎於自我空想和失敗感的人們身上的包袱。

因此，你的生命成為了你的傳授，因為它是內識的生命。它示範了內識在世

界里的存在，這是上帝的存在。它是你作為內識的一個高級載體所進行的奉獻的結果。在你的進步里，所有的人類能力得到拓展，所有的人類債務得以消散，同時人類個體生命里最真實、最誠摯的品質在世界上得到發揚。那超越所有人類生命然而又包納著人類生命的東西，也同樣得到了確認。因此，另一個人的失敗，是對你參與內識的召喚。它是對你的進步和強大的召喚，因為你來到世界上是為了進行奉獻。

每小時提醒自己這點，在兩次長修習時段裡，積極運用你的思想去領會這一想法。思考每一個你認為失敗的人，並通過認知這些服務於你的人，來認知今天課程的含義。意識到他們生命和你的生命對內識的需要。他們所犯的錯誤激發著你對內識的承諾。他們通過這種方式服務於你，這召喚著你的感恩而不是譴責。他們教你去珍視那有價值的，拋棄那無意義的。別以為他們沒有為你節省時間。他們為你節省了時間。他們示範了你需要去學習和接受的東西。因此，為了他們的福祉去承諾你自己，因為他們教你珍視內識。當你珍視內識時，你的珍視所帶來的成果將被回饋給他們，並且他們將因為你的成就而得到強化和尊重。

練習 245：兩個 30 分鐘

每小時練習

Step 246

THERE IS NO JUSTIFICATION

FOR FAILING TO RECLAIM KNOWLEDGE.

THERE IS NO JUSTIFICATION FOR ERROR. There is no

justification for denying Knowledge. There is no justification

at all. Do not attempt to justify your errors by projecting blame upon

yourself or by accusing life of not giving you what you need. Do not

justify your errors by claiming the responsibility of your childhood,

your parents or your upbringing in determining your current

situation. Errors cannot be justified. Whatever cannot be justified can

be relinquished, for it lacks true meaning and value.

TODAY, THEN, IS A FORM OF FREEDOM, an expression of freedom to you who still, out of habit and complacency, attempt to justify your errors by assigning blame and responsibility. This is meaningless, for today you are only given to come to Knowledge and to give yourself in your approach to Knowledge. You can only justify error as an excuse not to come to Knowledge, and since there is no justification for error, there is no justification for you not to come to Knowledge. Without this justification, you are justified, for you are the expression of Knowledge. That is your destiny and purpose in the world. If error is unjustified, the truth is given all justification.

ALLOW YOURSELF TO REPEAT THIS IDEA UPON THE HOUR. Come to this in your longer practice periods in stillness and receptivity. Be grateful today that your errors have been forgiven. Be grateful today that condemnation is not justified. Be grateful today that you have this opportunity to come to Knowledge, which will affirm that which is truest and greatest within you. Be grateful today that there is no justification in denying this, for without guilt and blame you can only receive that which life has to offer you.

LET THIS BE A DAY TO CELEBRATE YOUR FREEDOM. Let this be a day to affirm that you are blameless, though you are a student of Knowledge.

Let this be a day to affirm that all the problems of the world can be solved without condemnation, for without condemnation all problems in the world will be solved.

PRACTICE 246: Two 30-minute practice periods.

Hourly practice.

第 246 階 沒能喚回內識，是沒有藉口的。

錯誤是沒有藉口的。否認內識是沒有藉口的。根本沒有藉口。別試圖通過自我責備或通過指責生命沒有為你提供你所需要的，來為你的錯誤辯解。別通過聲稱你的童年、你的父母或你的成長該為你當下的境遇負責，來為你的錯誤辯解。錯誤是沒有藉口的。任何沒有藉口的東西都能被摒棄，因為它缺乏真正的意義和價值。

因此，今天是自由的一種方式，是自由對你的一種表達，那個你，出於慣性和自滿還在試圖通過編派抱怨和責任來為你的錯誤進行辯解。這是沒有意義的，

因為今天你被要求的只是走向內識，並在走向內識的過程中奉獻你自己。你只能把你的錯誤作為不去走向內識的藉口，但是因為錯誤是沒有藉口的，因此你沒有藉口不去走向內識。沒有了這種藉口，你就是正當的，因為你是內識的表達。這是在世界上的天命和宗旨。假如錯誤沒有了藉口，那麼真理將被賦予所有的公理。

每小時讓自己重復這一想法。在長修習時段裡，在靜心和接收中走向它。今天要感恩，因為你的錯誤被諒解了。今天要感恩，因為譴責是沒有藉口的。今天要感恩，因為你擁有這個機會走向內識，它將確認你內在最真實、最偉大的東西。今天要感恩，因為否認這些是沒有藉口的，沒有了內疚和抱怨，你將只會去接收生命必然賦予你的東西。

讓今天成為慶祝你自由的一天。讓今天成為確認你是無可指責的一天，儘管你只是內識的學生。讓今天成為確認世界所有問題都能不帶譴責地得到解決的一天，因為沒有了譴責，世界的所有問題都將得到解決。

練習 246：兩個 30 分鐘

每小時練習

Step 247

I WILL LISTEN TO MY INNER TEACHERS TODAY.

LISTEN TO YOUR INNER TEACHERS, for they have wise counsel for you. Accept their counsel and work with it, realizing that only by following counsel will you understand its meaning and its value.

TAKE TIME UPON THE HOUR TO REMIND YOURSELF that your Inner Teachers are with you. Look forward to those two times in meditation today when you will be free from external obligations and involvements to spend time with your Inner Teachers. They will speak to you this day and help you to learn to listen and to discern their voice from other voices that plague your mind. They represent the one

true voice that will speak unto your soul. They are not the substitutes that you create to keep yourself stimulated in fear. Therefore, extend your trust to them as they have extended their trust to you, for they are entrusting you with Knowledge in the world—a greater form of trust and acknowledgment you cannot imagine. For you to be the vehicle of Knowledge in the world, you must bear witness to the greatness of your origin and heritage and the greatness of God's estimation of you.

THEREFORE, IN YOUR TWO DEEPER PRACTICES THIS DAY, in stillness and silence, turn your listening inward. Listen intently. Allow yourself to become receptive and you will know your Teachers are standing in the background, observing you, loving you and supporting you. And they will speak to you this day of things beyond the world and things within the world. They will remind you of your purpose and your function as you learn to listen this day.

PRACTICE 247: Two 30-minute practice periods.

Hourly practice.

第 247 階 今天我將聆聽我的內在上師。

聆聽你的內在上師，因為他們為你準備了智慧的輔導。接受他們的輔導，努力遵循它，並認知唯有通過遵循這一輔導，你才能理解它的意義和價值。

每小時提醒自己你的內在上師和你同在。你期待著那兩次冥想，這時你從外在義務和事務中解脫出來，用這個時段和你的內在上師在一起。他們今天將對你講話，幫助你學習聆聽，並幫助你學習從其他煩擾你思想的声音里辨析出他們的聲音來。他們代表著那個對你靈魂講話的唯一真正聲音。他們不是你所製造的那些讓你始終處於恐懼的刺激中的替代品。因此，把你的信任交給他們，正如他們把他們的信任交給你一樣，因為他們把世界的內識托付給你——這是一種你無法想象的更偉大信任和肯定。為了讓自己成為內識在世界上的載體，你必須見證你的偉大源泉和傳承以及上帝對你的偉大評價。

因此，在今天的兩次深度修習里，在靜心和安靜里，轉向內在聆聽。專注地聆聽。讓自己變得富於接收性，這樣你將知道你的上師們正站在背景里，觀察著

你、鍾愛著你並支持著你。他們今天將向你講述世界外的事物以及世界上的事物。

今天當你學習聆聽時，他們將提醒你，你的宗旨和你的職能。

練習 247：兩個 30 分鐘

每小時練習

Step 248

I WILL RELY UPON THE WISDOM OF THE UNIVERSE
TO INSTRUCT ME.

RELY UPON THE WISDOM OF THE UNIVERSE. Do not rely upon yourself alone, for alone you know nothing. Alone, there is no Knowledge and no relationship. Rely upon the Wisdom of the universe, which is available to you within your Knowledge, which is stimulated by the presence of your Teachers. Do not think that you alone can do anything, for alone you can do nothing. But together with life, all things that are intended for your fulfillment and your greatest contribution are indicated and are so promised.

THEREFORE, REMIND YOURSELF OF THIS IDEA upon the hour and within your meditation practices, once again seek the refuge of Knowledge in stillness and in silence. Allow the Wisdom of the universe to express itself to you who are learning to receive this Wisdom in openness and in humility.

ALLOW THIS DAY TO BE A DAY OF LISTENING, a day of contemplation and a day of receptivity. Do not fall prey to habitual judgments or preoccupations, but allow this day to be a day of true access to life so that life may give unto you who are its servant.

PRACTICE 248: Two 30-minute practice periods.

Hourly practice.

第 248 階 我將依賴宇宙智慧來指引我。

依賴宇宙的智慧。別只是依賴你自己，因為一個人你什麼都不知道。一個人，既沒有內識，也沒有關係。依賴宇宙的智慧，它存在於你的內識里，它被你上師的存在所激發。別以為你獨自一人能做任何事情，因為一個人你什麼都做不了。然而，當你和生命在一起時，所有用於實現你的成就和你的最偉大貢獻的東西，

都會被示現，並且擁有巨大希望。

因此，每小時提醒自己這一想法，在你的冥想練習里，再次在靜心和安靜里尋求內識的庇護。讓宇宙的智慧向正在學習帶著開放和謙卑去接收這一智慧的你表達它自己。

讓今天成為聆聽的一天，沈思的一天和接收的一天。別陷入習慣性的評判和執迷里，而是讓今天成為真正接觸生命的一天，這樣生命就能對你——它的服務者——進行奉獻。

練習 248：兩個 30 分鐘

每小時練習

Step 249

ALONE I CAN DO NOTHING.

ALONE YOU CAN DO NOTHING, for nothing in life is done alone. This is so very obvious if you simply observe the activity around you. No one is doing anything alone. This is so very true; it cannot be denied if you look upon the world honestly. Even if you were alone on a mountaintop without another soul in sight, you would not be alone, for your Teachers would be with you, and everything that you would accomplish there would be a joint effort, as everything that you accomplish with other people is a joint effort. This affirms the intrinsic nature of relationships and gives complete evidence to the fact that nothing can be done alone. In this, you must learn to value your relationships, for they are the vehicles for accomplishment in all areas and in all avenues of expression.

THEREFORE, WE EMPHASIZE THE VALUE of your relationships to you who now seek to reclaim Knowledge. These relationships must be imbued with the Knowledge that you are reclaiming. Then they will have the stability, the efficacy and the grace that Knowledge contains for you. For only relationships based upon Knowledge can carry the Wisdom that Knowledge will exert within the world. Relationships based upon personal attraction or personal fantasy do not have the foundation to carry Knowledge and will fail abruptly in the presence of the demands and requirements of a true life.

THEREFORE, AS YOU RECLAIM KNOWLEDGE, you also learn the

lessons of relationships. Remind yourself of this upon the hour and witness the obviousness of today's lesson in whatever context you find yourself. If you look, you will see that nothing can be done alone—on any level, in any avenue. Nothing can be done alone. There is no individual creativity. There is no individual contribution. There is no individual invention. The only thing that can be made alone is fantasy, and in this a great deal has been produced. But even this is shared and fortified as each individual fortifies it within his or her own imagination. Therefore, even illusion is shared and substantiated through relationship. Nothing can be done alone. Even illusion cannot be done alone. There is no escape from this. Yet, the fact that there is no escape from life is the true promise of your redemption, for here life will redeem you, and all that you have brought into the world will be activated and contributed.

IN YOUR DEEPER PRACTICE PERIODS TODAY, bring yourself to Knowledge and bring yourself to your Teachers in stillness and humility. Realize that you can do nothing alone. Even your attempt to discipline your mind and to prepare yourself for meditation is something you share with others who are practicing and with your Teachers as well. All power of God can be expressed through you, for nothing can be done alone.

PRACTICE 249: Two 30-minute practice periods.
Hourly practice.

第 249 階 一個人我什麼都做不了。

一個人你什麼都做不了，因為生命中沒有任何事情是獨自完成的。只要你去觀察你周遭的活動，就會發現這是非常明顯的。沒有人在獨自做事情。這是非常真實的；如果你坦誠地看向這個世界，你就無法否認這點。就算你獨自一人呆在山頂上，周圍看不到其他靈魂，你依然不是一個人，因為你的上師們會和你在一起，並且你在那裡所成就的一切依然是協同努力的結果，因為你和他人一起完成的每件事都是協調努力的結果。這確認了關係的固有本質，並全然證明瞭沒有任何事情是獨立完成的這一事實。由此，你必須學習珍視你的關係，因為它們是在所有領域和所有表達途徑所達成的成就的載體。

因此，我們向正在尋求喚回內識的你強調你關係的價值。這些關係必須灌注著你正在喚回的內識。這樣，它們將擁有內識賦予你的安定、效力和恩寵。因為唯有建立在內識基礎之上的關係，才能攜帶內識在世界上要展現的智慧。基於個人吸引力或個人空想的關係，不具備攜帶內識的基礎，當它面臨真正生命的需求和要求時會驟然失敗。

因此，當你喚回內識時，你同時在學習有關關係的課程。每小時提醒自己這點，並在你身處的任何環境里觀察今天課程的顯在性。如果你去觀察，你會看到沒有任何事情是獨自完成的——無論任何層面，無論任何路徑。沒有任何事情是獨自完成的。不存在個體性的創造力。不存在個體性的貢獻。不存在個體性的發明。唯一可以獨自完成的事情是空想，因此，大量的空想被製造出來。然而，就連空想也是被分享、被強化的，因為每個個體都在他自己的想象里強化著它。因此，即使錯覺也是通過關係被分享和被證明的。沒有任何事情是獨自完成的。即使是錯覺也無法獨自完成。這無可回避。然而，你無法逃避生命這一事實，為你的救贖帶來了真正的希望，因為在此生命將救贖你，並且你攜帶進世界的所有東西都將得到激發和奉獻。

在今天的深度修習里，在靜心和謙卑里，讓自己靠近內識，讓自己靠近你的上師。意識到一個人你什麼都做不了。即使是你對你的思想進行訓練和讓自己為冥想進行準備的努力，也是你與那些正在修習的人以及與你的上師們所共享的。上帝所有的力量都能夠通過你進行表達，因為沒有任何事情是獨自完成的。

練習 249：兩個 30 分鐘

每小時練習

Step 250

I WILL NOT HOLD MYSELF APART TODAY.

YOU CAN ONLY BE ALONE IN FANTASY, and fantasy will yield you nothing of value, permanence or meaning. Do not betray your Knowledge today by holding yourself apart. Do not punish yourself for errors which have no substance and which are in fact only an expression of confusion. There is no justification for error, and there is no justification for holding yourself apart. You are a part of life and you will need to rely upon your relationships with others and with life as a whole to accomplish anything, even to survive.

AS YOU THINK ABOUT THIS, gratitude will naturally arise within you, and you will realize that the ground upon which you walk and everything that you see and touch that is useful and beneficial is the result of giving and cooperation. Then, your gratitude will bring forth love naturally, and from your love you will begin to understand how all things are accomplished in the universe. This will give you strength and the assurance of what you yourself must learn to do.

UPON THE HOUR REMEMBER THIS, and in your deeper meditations allow yourself to receive. Do not hold yourself apart from Knowledge, which waits to bless you in your meditation practices. This is when you come to the altar of God to present yourself, and here God presents God to you who are learning to receive Knowledge.

PRACTICE 250: Two 30-minute practice periods.

Hourly practice.

第 250 階 今天我不讓自己隔離。

你只可能在空想里是孤單的，並且空想不會給你帶來任何有價值的、恆久的或有意義的東西。今天別通過隔離自己來背叛你的內識。別因為那些沒有實質意義的、事實上只是一種困惑表現的錯誤來懲罰自己。錯誤是沒有藉口的，讓自己隔離也是沒有藉口的。你是生命的一部分，你必須依賴你和他人以及和生命整體的關係來達成任何成就，哪怕只是為了生存。

當你思考這點時，感恩會自然地從你內心升起，並且你將意識到，你踏上的土地，以及你所看到、觸到的任何有用和有益的東西，都是奉獻和合作的產物。由此，你的感激將自然地帶來愛，從你的愛里，你將開始理解宇宙里所有事物是

如何成就的。這將帶給你力量，並確認了你自身必須學習做什麼。

每小時記住這點，在你的深度冥想里，讓自己接收。別讓自己和內識分離，它在等待著在你的冥想練習里祝福你。這個時候，你來到上帝的聖壇前將自己奉上，同時上帝也把上帝呈現給正在學習接收內識的你。

練習 250：兩個 30 分鐘

每小時練習

Step 251

IF I ABIDE WITH KNOWLEDGE,
THERE WILL BE NO CONFUSION
IN MY RELATIONSHIPS.

IF KNOWLEDGE IS NOT CONFUSED, how can you be confused who abide in Knowledge? To abide with Knowledge, however, means that you are not attempting to resolve things, to understand things, to control or to persuade things without Knowledge. You are not attempting to fulfill your specialness by using another to enhance it. You are not attempting to substantiate your errors by casting blame upon another.

WITH KNOWLEDGE THERE IS NO CONFUSION IN RELATIONSHIPS.

You know who to be with and who not to be with, and there is no blame in this. You know where to devote yourself and where not to devote yourself, and there is no condemnation in this. You choose this over that, not right over wrong. You go here not there because here is where you must go. How simple this is and how totally effective. This affirms Knowledge in all individuals, and no one is condemned. Here the gates of hell are opened and all are free to return to Knowledge, for the gates of hell are open already, and Knowledge is calling to all who dwell there to return to God. For what is hell but life without God and life without Knowledge? It is life imagined, that is all.

THEREFORE, RECEIVE THE CALL OF KNOWLEDGE, which is the call of God for you to awaken and participate with life. You can do nothing alone, and your relationships will be clear when you abide with Knowledge. Remember this upon the hour and in your two longer practice periods today, dedicate yourself to actively looking at every single primary relationship involvement that you have had. Recognize in them the frustrations and the confusion, the great expectations and the great disappointments, the bitterness over error,

the sense of failure and the projections of blame. Then, realize that with Knowledge none of this need be, for with Knowledge the meaning and purpose of each relationship was recognized at the beginning of your involvement and was affirmed at the end.

REALIZE IN YOUR CURRENT RELATIONSHIPS that with Knowledge all things will be clear, and you may proceed without guilt or blame and without compulsion or need. With Knowledge you may follow that which is precisely beneficial to you and to your beloved, for all relationships are honored and blessed through Knowledge, and all individuals find their rightful place with one another. In this, each person is honored and his or her Knowledge is confirmed. Let this be your understanding today.

PRACTICE 251: Two 30-minute practice periods.

Hourly practice.

第 251 階 如果我堅守內識，那麼我的關係里將沒有困惑。

如果內識沒有困惑，那麼和內識堅守的你怎麼可能困惑呢？然而，堅守內識，意味著你不會試圖不帶內識地解決事物、理解事物、掌控或說服事物。你不試圖利用他人來彰顯你的特殊性，從而成就你的特殊性。你不試圖通過責備他人來辯護你的錯誤。

有了內識，關係中就沒有困惑。你知道和誰在一起，不和誰在一起，這裡沒有責備。你知道在哪裡奉獻自己，不在哪裡奉獻自己，這裡沒有譴責。你選擇這個、不選擇那個，而非選擇正確、不選擇錯誤。你去這裡，不去那裡，因為這裡是你必須去的地方。這多麼簡單，又多麼有效。它確認了所有個體內在的內識，沒有任何人被譴責。在此，地獄的大門是敞開的，所有人擁有回歸內識的自由，因為地獄的大門已經打開了，而內識正在召喚所有留駐在那裡的個體回歸上帝。什麼是地獄呢？不就是沒有上帝的生命、沒有內識的生命嗎？它是想象出來的生命，僅此而已。

因此，去接收內識的召喚，那是上帝在召喚你醒來並參與到生命中。一個人

你什麼都做不了，並且當你堅守內識時，你的關係將變得明晰。每小時記住這點，在兩次長練習時段裡，讓自己積極地檢視每一個你所擁有過的主要關係。認知它們所蘊含的挫敗和困惑、巨大的期待和失望、因錯誤帶來的痛苦、失敗感以及所投射的責備。然後認識到，有了內識，這些都是不必要的，因為有了內識，每一個關係的意義和宗旨會在你參與的初始就被認知，並在結束時得到確認。

在你現有的關係里，要認識到，帶著內識，所有事情將是明晰的，並且你能夠不帶內疚或責備、不帶強迫或需求地前進。帶著內識，你將遵循真正對你同時對你所愛的人都有益的方式，因為通過內識，所有的關係得到了尊重和祝福，並且所有的個體找到彼此之間正確的位置。在此，每個人得到了尊重，他或她的內識得到了確認。讓這成為你今天的理解。

練習 251：兩個 30 分鐘

每小時練習

Step 252

REVIEW

LET YOUR REVIEW OF EACH LESSON in the past two weeks be a confirmation of the presence of Knowledge in your life.

Review each lesson and practice. Review objectively the extent of your involvement and realize the opportunities to give yourself more fully and more completely. Realize how meaningless your denial is and how great the promise of your reward, given your participation in life. You will realize this as you review your practices, for your practices demonstrate your ambivalence towards Knowledge and the presence of Knowledge itself.

YOU WILL LEARN IN TIME that as you come closer to Knowledge, all things that are meaningful and valuable will be affirmed, and as you go away from Knowledge, you will enter the darkness of your own imagination. This, then, will convince you of where you need to apply yourself. This will convince you of the great presence that is with you to assist you. This will convince you that you are included in life and that your Teachers are with you. Whatever obstacle or inadequacy that

you can recognize or imagine can be easily overcome with Knowledge. It is your desire for Knowledge and your capacity for Knowledge that need to be strengthened. And once this is done, Knowledge will express itself and you will be the beneficiary of life's greatest gift.

IN YOUR LONGER REVIEW TODAY, allow yourself to undertake your practice with great depth and sincerity. Allow this day to affirm your studenthood. Allow this day to affirm that you have been saved.

PRACTICE 252: One long practice period.

第 252 階 復習

把你對過去兩周每一課程的復習，作為對你生命中內識存在的確認。回顧每一個課程和修習。客觀地回顧你所參與的程度，並認知更全然、更徹底地去奉獻你自己的可能性。認知你的否認是多麼沒有意義，而因為你在生命里的參與，你獲得回報的希望是多麼巨大。當你回顧你的修習時，你將意識到這點，因為你的修習示範了你對內識的矛盾心態，以及內識本身的臨在。

慢慢地你將認識到，當你靠近內識時，所有有意義、有價值的東西將得到確認，而當你遠離內識時，你將進入你自我想象的黑暗裡。這會向你確認，你需要在哪裡運用你自己。這會向你確認，那和你在一起並幫助你的偉大臨在。這會向你確認，你包融在生命里，並且你的上師們和你同在。你所能認知或想象出的任何障礙或不足，都能被內識輕易地戰勝。需要強化的是你對內識的渴望和你對內識的能力。一旦做到這些，內識將表達它自身，而你將成為生命最偉大禮物的受益者。

在今天的長復習時段裡，讓自己帶著巨大的深刻和誠摯展開你的修習。讓今天來確認你的學生身份。讓今天來確認你已得到救贖。

練習 252：一個長練習時段

Step 253

ALL THINGS I TRULY NEED
WILL BE PROVIDED FOR ME.

TO THIS STATEMENT YOU MUST GIVE YOUR COMPLETE FAITH, though your past has been a record of discouragement and disappointment. Yet, even here you can realize that those things that you truly needed for the advancement of Knowledge and for the advancement of your true mental and physical capabilities were provided for you.

ALL THINGS YOU TRULY NEED WILL BE PROVIDED. It is when you want things that you do not truly need that your awareness of this becomes confused, and this leads you into dark speculation and grave disappointment. What you need will make you happy; what you don't need will make you confused. This is very simple, very straightforward and very direct. Knowledge is always like that. Knowledge affirms that which is essential. Here your approach to life becomes simple and direct. Thus, you experience life as simple and direct.

IF YOU APPROACH LIFE IN A DEVIIOUS WAY, life will appear devious to you. If you approach life with simplicity and honesty, life will appear simple and honest to you. Knowledge will indicate that which is truly needed and that which is extraneous, those things that you must carry and those which are merely extra baggage that will burden you. If you want what is unnecessary and devote yourself to that, you will lose touch with what is real and genuine, and your life will become confused and unhappy.

SPEAK THESE WORDS UPON THE HOUR AND CONSIDER THEM. Life around you will demonstrate that they are true. In your deeper meditation practices, enter stillness once again. Direct your effort on your own behalf, and your mind will respond to your command. It is your desire for Knowledge that will let all things come to you. This confidence in life will give you the assurance to proceed. This confidence in life will give you the assurance that your life is highly valued in the world. This confidence in life will affirm that which guides life itself, for within life there is Knowledge and there is fantasy, but life itself is Knowledge.

PRACTICE 253: Two 30-minute practice periods.
Hourly practice.

第 253 階 所有我真正需要的東西都將被提供給我。

你必須對這一聲明給予完全的信任，儘管你的過去充滿了挫敗和失望。然而，

即使在你的過去里，你依然能夠意識到，你為實現內識進步和真正思維和身體能力的進步所切實需要的東西，都已經被賦予了你。

所有你真正需要的東西都將被提供給你。只有當你想得到你並不真正需要的東西時，你的覺知才會出現困惑，這把你帶進陰暗揣測和嚴重失望里。你需要的東西將使你快樂；你不需要的東西將使你困惑。這非常簡單、非常明確、非常直接。內識總是如此。內識確認那根本性的東西。在此，你對待生命的態度變得簡單和直接。由此，你體驗的生命也是簡單和直接的。

假如你以一種曲折的方式對待生命，那麼生命對你來說將會顯得曲折。假如你簡單和坦誠地對待生命，那麼生命對你來說將會顯得簡單和坦誠。內識將指明那真正需要的東西，和那無關緊要的東西，那些你必須攜帶的東西，和那些只會給你帶來負擔的額外包袱。假如你想得到那些不必要的東西，並把自己投身於此，那麼你將失去和那真實、真正的東西的聯繫，你的生命將變得困惑和不快樂。

每小時默念這些話語，並對它們進行思考。你周遭的生命將證明這些是真理。在深度冥想練習里，再次進入靜心裡。為了你自身的利益去引導你的努力方向，這樣你的思想將對你的指令做出回應。正是你對內識的渴望，將讓所有東西來到你生命里。這一對生命的信心，將給予你繼續前進的確認。這一對生命的信心，將向你確認你在世界上的生命是具有高度價值的。這一對生命的信心，將確認那引導生命本身的東西，因為在生命里既存在著內識，也存在著空想，但是生命本身就是內識。

練習 253：兩個 30 分鐘

每小時練習

Step 254

I TRUST MY TEACHERS WHO ABIDE WITH ME.

TRUST YOUR TEACHERS, for they are entirely trustworthy. They are here to initiate Knowledge within you, to remind you of your origin and your destiny and to guide you in matters great and small. Trust your Teachers. They will not take the place of your Knowledge but will step back as Knowledge comes forward within you. Trust your Teachers, for they have already accomplished what you are now attempting, and they are teaching it to you now so that they may fulfill their destiny in the world. Trust your Teachers, for they have no goal or ambition other than Knowledge. Thus, their approach to you is entirely uniform and honest—without deception, confusion or conflict of mind.

AS YOU LEARN TO RECEIVE YOUR TEACHERS, you will learn to receive their approach to life. In this, they will give you harmony, balance, power and direction. You cannot respond to honesty dishonestly. You must learn to respond to honesty with honesty. You must learn to respond to direction with a desire for direction. You must learn to respond to commitment with commitment. Thus, in your response to your Teachers, you learn how to respond. You learn to value what is valuable, and you learn to release or overlook what is meaningless.

AS YOU TRUST YOUR TEACHERS, you will trust yourself. Remember this upon the hour. In your two times of great refuge and happiness, in meditation, return to your Teachers whom you now trust. In stillness and in silence they will abide with you, and you may bathe in the depth of their love. You may experience their universal affection and receive their grace, which will only stimulate your Knowledge, for only your Knowledge will be stimulated.

PRACTICE 254: Two 30-minute practice periods.

Hourly practice.

第 254 階 我信任和我在一起的上師

信任你的上師，因為他們完全值得信賴。他們在此啓蒙你內在的內識，向你提醒你的來源和你的天命，並在大事小情上指導你。信任你的上師。他們不會取代你的內識，而是當內識在你內在出現時退到幕後。信任你的上師，因為他們已經達成了你現在正在努力達成的，他們正在把他們的成就傳授給你，這樣他們就能夠完成他們在世界上的天命。信任你的上師，因為他們除了內識之外，沒有任

何目的或野心。因此，他們對待你的方式是完全統一和坦誠的——沒有欺騙、困惑或思想衝突。

當你學習接收你的上師時，你將學習接收他們對待生命的態度。由此，他們將帶給你和諧、平衡、力量和方向。你不能用不坦誠去回應坦誠。你必須學習用坦誠去回應坦誠。你必須學習帶著對方向的渴望去回應方向。你必須學習用承諾去回應承諾。這樣，當你回應你的上師時，你在學習如何回應。你學習珍視那有價值的，同時你學習釋放或忽略那沒有意義的。

當你信任你的上師時，你將信任你自己。每小時記住這點。在今天的兩次走進避風港和幸福的時段裡，在冥想里，回歸到你所信任的上師。在靜心和安靜里，他們將和你在一起，你將沐浴在他們的深愛里。你將體驗他們的博愛並接收他們的恩寵，這只會激發你的內識，因為只有你的內識會被激發。

練習 254：兩個 30 分鐘

每小時練習

Step 255

THE ERRORS OF THIS WORLD
WILL NOT DISSUADE ME.

DO NOT LET CONFUSION DISSUADE YOU, for all error is born of confusion. Remember that when individuals are without Knowledge, they can only commit error and express their confusion. They can only practice confusion, and they can only serve confusion. This, then, will teach you to value what is valuable and to recognize what is meaningless. This will teach you that you are always in service to that which you value; you are always fortifying that which you value; you are always practicing that which you value.

NOW YOU ARE LEARNING TO VALUE KNOWLEDGE. You are learning to practice Knowledge. You are learning to recognize Knowledge. And you are learning to serve Knowledge. This is the demonstration that you require. Do not let the confusion of the world dissuade you, for it reminds you of your great need. How can the errors of the world

dissuade you when they should encourage you? Correctly seen, they will only prompt you to give yourself more fully to your preparation now. This preparation in which you are engaged holds the promise of activating Knowledge in you. You need only follow its steps. YOU WILL NOT FIND REFUGE IN THE WORLD. You have already attempted this, and it has failed you again and again, as it will fail you again and again if you pursue it any further. It is you who must give to the world because it is you who have Knowledge. THEREFORE, RECEIVE KNOWLEDGE THIS DAY in your hourly practices and in your deeper practice periods. Do not let the errors of the world dissuade you. Let the errors of the world prompt you and inspire you towards Knowledge, for this is part of the gift of the world to you. The other part of the gift of the world is to be the arena where you allow Knowledge to contribute itself through you. Here the world is blessed and you are blessed. Then, you will be grateful for the errors of the world and for the accomplishments of the world, for one stimulates Knowledge and the other fulfills Knowledge. Therefore, this day learn to think correctly so that your mind may be a useful servant to Knowledge and so that all aspects of yourself may be honored. PRACTICE 255: Two 30-minute practice periods. Hourly practice.

第 255 階 這個世界的錯誤不會阻止我。

別讓困惑阻止你，因為所有的錯誤源自於困惑。記住當個體沒有內識時，他們只能製造錯誤並表達他們的困惑。他們只能實踐困惑，並且他們只能服務於困惑。這將教導你珍視那有價值的，認知那沒有意義的。這將教導你始終服務於你所珍視的；始終強化你所珍視的；始終修習你所珍視的。

現在你正在學習珍視內識。你正在學習修習內識。你正在學習認知內識。並且你正在學習服務內識。這是你需要做的示範。別讓世界的困惑阻止你，因為它提醒著你，你的偉大需求。當世界的錯誤本應鼓舞你時，它們怎麼可能阻止你呢？當你正確看待時，它們只會促使你更全然地把自己奉獻給你的準備。你正在參與的這一準備，能夠激發你內在的內識。你只需要遵循它的進階。

你在世界裡找不到庇護。你已經嘗試過了，它一次又一次地挫敗你，假如你

繼續尋求的話，它還將一次又一次地挫敗你。是你必須奉獻給這個世界，因為是你擁有內識。

因此，今天在每小時修習里並在你的深度練習里接收內識。別讓世界的錯誤阻止你。讓世界的錯誤督促你、啓發你走向內識，因為這是世界獻給你的禮物的一部分。世界的另一部分禮物，在於它是一個你讓內識通過你來奉獻它自己的場景。在此，世界得到祝福，你也得到祝福。因此，你將感激世界的錯誤和世界的成就，因為一個在激發內識，另一個在成就內識。所以，今天學習正確地思考，這樣你的思想能夠成為內識的一個有用的服務者，這樣你自身的所有層面將得到尊重。

練習 255：兩個 30 分鐘

每小時練習

Step 256

THE WORLD IS EMERGING INTO
THE GREATER COMMUNITY OF WORLDS.

THIS IS A STATEMENT OF TRUTH regarding the evolution of your world. It gives meaning and direction to your understanding of your participation and your contribution in the world. It is not meant to frighten you or to create uncertainty or anxiety because with Knowledge uncertainty and anxiety are not essential. With Knowledge there is no uncertainty, for the quietness of Knowledge is your certainty, the voice of Knowledge is your certainty and the movement of Knowledge is your certainty. All of your mental and physical abilities and faculties can serve to express this in whatever avenue you are destined to serve.

THE STATEMENT THAT THE WORLD IS EMERGING into the Greater Community of Worlds is an affirmation of your purpose because your perception, your understanding and your appreciation of the world must grow. Your understanding of the world's difficulties and opportunities must grow. You cannot hold a small vision of the world and possibly understand the meaning of your own Knowledge. You must think in a larger context. You must not think only of yourself—

your wants and your fears—because you are part of a greater life which you have come to serve. The world that you are serving now and will learn to serve in the future is emerging into the Greater Community of Worlds.

REPEAT THIS IDEA UPON THE HOUR and think of it as you view the world around you. In your deeper practices, engage your mind actively in attempting to understand today's lesson. Today's practice is not focused upon stillness but on comprehension. Here the mind is used meaningfully, for the mind should either be used meaningfully or not at all. Allow yourself to consider all of your ideas about today's lesson. Concern yourself with understanding your objections, your beliefs, your fears and your preferences. When these have been recognized, you will be in a position to know. Knowledge will be stimulated by today's lesson, for today's lesson is to stimulate Knowledge.

PRACTICE 256: Two 30-minute practice periods.
Hourly practice.

第 256 階 世界正在邁入由眾多世界組成的大社區。

這是針對你們世界進化的一個真正聲明。這為你如何理解你在世界上的參與和貢獻提供了意義和方向。這不是為了嚇唬你，或是製造不確定或焦慮，因為有了內識，不確定和焦慮是不必要的。有了內識，就不存在不確定，因為內識的平靜就是你的確定性，內識的聲音就是你的確定性，內識的行動就是你的確定性。你所有思想和身體的能力和技能，都能在任何你注定要服務的途徑里，服務於內識的表達。

這個關於世界正在邁入眾多世界組成的大社區的聲明，是對你的宗旨的確認，因為你對世界的感知、理解和激賞必須提升。你對世界的困難和機遇的理解必須提升。你無法抱持著一種對世界的渺小視野，而試圖理解你自身內識的意義。你必須在一個更廣大的背景里進行思考。你不能只考慮你自己——你的期望和你的恐懼——因為你是你來此服務的一個更廣大生命的組成部分。你正在服務並在未來將學習去服務的這個世界，正在邁入眾多世界組成的大社區。

每小時重復這一想法，並在你觀察周遭世界時對它進行思考。在深度修習里，積極運用你的思想努力理解今天的課程。今天的修習並非專注於靜心，而是專注於領會。在此，思想得到有意義的運用，因為思想要麼應該得到有意義的運用，要麼完全不用。讓自己思考你關於今天課程的所有想法。專注於理解你的反對、你的信仰、你的恐懼和你的偏好。當這些得到認識時，你將處在「知」的位置上。內識將被今天的課程激發，因為今天課程的目的就是激發內識。

練習 256：兩個 30 分鐘

每小時練習

Step 257

LIFE IS GREATER THAN I HAD EVER REALIZED.

LIFE IS GREATER THAN YOU HAVE EVER REALIZED and certainly greater than you have ever imagined. Its greatness is born of the fact that you live in a Greater Community of Worlds. Its greatness is born of the fact that Knowledge is the essential aspect of yourself which you carry within you. The greatness of life is affirmed with the presence of your Teachers and the presence of all who prepare to reclaim Knowledge with you.

THUS, YOU HAVE A GREATER PURPOSE IN A GREATER UNIVERSE.

Thus, you can see your world in its proper context. Thus, you can see yourself in your proper context, for you will play a small part in the greater evolution of the world, and your part will be essential. It will be within your range and grasp to accomplish. Something small done for something great means that the smallest contribution bears the greatness of that which is served. This redeems you to yourself; this redeems you to life. This casts away all darkness and dispels all negative imagination, for you are serving a greater life.

IN YOUR LONGER PRACTICES ENGAGE YOURSELF in trying to comprehend the meaning of today's idea. Use your mind meaningfully. Use it actively and objectively, for this is the purpose of your mind.

PRACTICE 257: Two 30-minute practice periods.

第 257 階 生命比我所意識到的更偉大。

生命比你所意識到的更偉大，當然也比你所想象的更偉大。它的偉大源於你身處眾多世界組成的大社區這一事實。它的偉大源於內識是你內心攜帶的你自我的核心部分這一事實。生命的偉大，因為你的上師的存在以及所有和你一起準備喚回內識的個體的存在，而得到確認。

這樣，你在一個更廣大的宇宙里，擁有一個更偉大的宗旨。這樣，你能夠從正確的背景里看待你的世界。這樣，你能夠從正確的背景里看待你自己，因為你將在世界的更偉大進化里扮演一個小小的角色，同時你的角色是必要的。它的達成，將在你的所及和掌控範圍里。為了某種偉大而去完成某種渺小的事情，意味著最渺小的貢獻里蘊含著那被服務事物的偉大。這把你喚回到你自己；這把你喚回到生命里。這掃清了所有黑暗，驅散了所有負面想象，因為你正服務於一個更偉大的生命。

在你的長練習時段裡，努力讓自己領會今天思想的含義。有意義地運用你的思想。積極、客觀地運用它，因為這是你思想的宗旨。

練習 257：兩個 30 分鐘

Step 258

WHO ARE MY FRIENDS TODAY?

YOUR FRIENDS TODAY ARE ALL WHO ARE RECLAIMING

Knowledge and all who have reclaimed Knowledge. Your friends tomorrow will be all who will reclaim Knowledge.

Therefore, everyone is either your friend or will become your friend.

It is only a matter of time, and time can only seem long to those who dwell within it without purpose. But to those who dwell in time with purpose, time moves swiftly and brings about this great result.

WHO ARE YOUR FRIENDS TODAY? Everyone is your friend or will become your friend. Therefore, why have an enemy? Why call another an enemy who is in opposition to you, for they will become your friend. Knowledge will join you. You are reclaiming Knowledge, so you are paving the way for this.

WHO ARE YOUR FRIENDS TODAY? Your Teachers and your Spiritual Family and all who reclaim Knowledge. Thus, your range of friendship is enormous. There are many avenues in the reclamation of Knowledge, but the essence of learning is always to become engaged with Knowledge itself and to allow Knowledge to express itself through you. Thus, the universe is filled with your friends—some of whom you may recognize and some of whom you may not be able to recognize, some of whom you will be able to involve yourself with and some of whom you will not be able to involve yourself with, some of whom you will be able to accomplish things with and others whom you will not be able to accomplish things with. It is all a matter of time.

REPEAT THIS IDEA UPON THE HOUR. Witness it as a signpost of reality for you. In your deeper practices, enter into stillness and silence so that you may experience the depth of your relationship with your true friends. Your life is filled with love. It is filled with the result of all those who are reclaiming Knowledge now. Your desire for Knowledge is motivated by all those who still refuse to reclaim Knowledge, for they in the future will be your friends as well. Given this viewpoint, you will recognize that even those who will be your friends in the future are in actuality your friends today, for they are serving you, and they are asking that you serve them through your accomplishment with Knowledge.

PRACTICE 258: Two 30-minute practice periods.

Hourly practice.

第 258 階 今天誰是我的朋友？

今天你的朋友是所有正在喚回內識和所有已經喚回內識的個體。明天你的朋友將是所有將要喚回內識的個體。因此，每個人或者是你的朋友，或者將成為你的朋友。這只是時間問題，時間只是對那些不帶宗旨地留駐於時間里的個體來說，似乎是漫長的。然而，對於那些帶著宗旨留在時間里的個體來說，時間飛速地流過，並帶來這一偉大的結果。

今天誰是你的朋友？每個人都是你的朋友，或者將是你的朋友。因此，為何還要擁有敵人呢？為何把另一個反對你的人稱為敵人呢？他們將來也會成為你的朋友。內識將融合你們。你正在喚回內識，因此你正在為此鋪平道路。

今天誰是你的朋友？你的上師，你的精神家庭和所有喚回內識的個體。因此，

你的朋友圈是巨大的。對內識的喚回存在很多途徑，不過學習的核心永遠是去接觸內識本身，並允許內識通過你來表達它自己。這樣，宇宙里充滿了你的朋友——他們中的一些你或許認識，而另一些你或許無法認識，一些你將能親身接觸，而另一些你將無法親身接觸，一些你將與之協同來成就事情，而另一些你將無法協同成就事情。所有這些都是時間問題。

每小時重復這一思想。把它看做你的實相的指示牌。在深度練習里，進入靜心和安靜里，這樣你能夠體驗你和你真正朋友關係的深度。你的生命充滿了愛。它充滿了所有正在喚回內識的人們所帶來的結果。你對內識的渴望被所有依然拒絕喚回內識的人激發著，因為他們未來也將成為你的朋友。帶著這一觀點，你將認識到即使那些未來將成為你的朋友的人，事實上今天同樣是你的朋友，因為他們正在服務你，他們正在要求你通過你內識的成就來服務他們。

練習 258：兩個 30 分鐘

每小時練習

Step 259

I HAVE COME TO TEACH IN THE WORLD.

YOU HAVE COME TO TEACH. All you have been doing is teaching since you arrived here. Your thoughts and your behavior are the vehicles for teaching. Even as a little child you taught and delighted and frustrated those who loved you. Throughout every stage of your life you have taught, for teaching is the natural function of demonstrating life. Thus, you naturally have a teaching function. Even if you do not carry this out in any formal sense with people, your life is a demonstration and, therefore, a form of teaching.

THAT IS WHY AS YOUR LIFE BECOMES ALLIED with Knowledge and expressive of Knowledge, your life will become the teaching itself.

Then, in whatever avenue you are directed to choose for your selfexpression, which will be genuine according to your nature, you will be able to express your teaching in gestures great and small, in words and without words and in accomplishments in every avenue and walk

of life because you have come to the world to teach. The world can only teach you that you need to teach the truth. That is the world's teaching to you. It teaches you of the great need for Knowledge, and it teaches you of the presence of Knowledge. Thus, the world serves and supports your true function, as you serve and support the true function of life.

REMEMBER THIS IDEA UPON THE HOUR. In your two deeper meditation practices give yourself to thinking of this very, very carefully. These are practices of mental engagement now. Think of the meaning of today's idea. Realize that you have always been teaching through demonstration. Think of what you want to teach with your life and think of what you want to fortify with your life. Think of what you want to give and think of what the world has given to you to stimulate this true desire. All these things will generate right thinking and right action, and through right thinking and right action Knowledge will flow effortlessly through you to bless life around you and to bring purpose, meaning and direction to your relationships.

PRACTICE 259: Two 30-minute practice periods.

Hourly practice.

第 259 階 我來到世界上是為了教學。

你來是為了教學。自從你來到這裡，你所做的一切都是教學。你的思想和你的行為是教學的載體。甚至當你還是一個小孩子時，你教導、娛悅、挫敗著那些愛你的人們。貫穿你生命的每一個階段，你都在教學，因為教學是示範生命的天然職能。這樣，你天然擁有著教學的職能。即使你沒有以任何正式的形式對人們展開教學，你的生命本身就是一個示範，因此，它是一種教學的形式。

正因為如此，當你的生命和內識聯合在一起，並成為內識的表達時，你的生命將成為教學本身。這樣，無論你被指引著選擇何種真正符合你特質的自我表達路徑，你都能夠在或偉大或微小的動作里，在利用語言或不用語言的境況下，在每一個生命路徑和職業的成就里表達你的教學，因為你來到世界就是為了教學。世界只會告訴你，你需要做的是教授真理。這是世界給予你的教育。它教導你針對內識的巨大需要，它也教導你內識的存在。由此，當你服務和支持生命真正的

職能時，世界在服務和支持著你的真正職能。

每小時記住這一思想。在兩次深度冥想練習里，把自己投入到對這一思想的認真思考中。這是運用思想的練習。思考今天思想的含義。意識到你一直在通過示範從事著教學。思考你想用你的生命教授什麼，思考你想用你的生命強化什麼。思考你想要奉獻什麼，思考世界為你提供了什麼來激發這一真正渴望。所有這些將帶來正確的和正確的行動，並且通過正確的和正確的行動，內識將通過你毫不費力地流淌，祝福著你周圍的生命，並給你的關係帶來宗旨、意義和方向。

練習 259：兩個 30 分鐘

每小時練習

Step 260

I AM A FRIEND OF THE WORLD TODAY.

YOU ARE A FRIEND OF THE WORLD TODAY, and as you experience this you will experience the world as a friend to you, for the world can only reflect your purpose as you express and experience it. Here you will experience a new world with Knowledge, a world that you had not considered before, a world that you only momentarily experienced before.

BE A FRIEND OF THE WORLD TODAY, for you have come to be a friend of the world. The world is in great need. It is demonstrating great confusion and error, and yet you have come to be a friend of the world because the world needs your friendship. In this, you receive a greater reward than anything you could secure for yourself alone, for anything you secure for yourself alone you must take from life. Yet, anything you give and receive as a friend to the world, life gives to you, and it does not lose in the exchange. Then, there is no guilt in your giving and in your receiving. Here your involvement is wholesome and clean. With Knowledge this becomes evident and is demonstrated day after day until you finally learn that it is true without exception.

UPON THE HOUR BE A FRIEND TO THE WORLD. Recognize that all anger comes from confusion and that Knowledge is emerging now to

resolve all confusion. As a result, your life is now engaged with true resolution and not with compounding the world's predicament. Your life is about resolution and not predicament. Be a friend to the world. In your two deeper practice periods in stillness, give yourself to being a friend to the world, for this will ease the world's confusion. As you learn to give this with Wisdom and discernment, you will allow the world to become a friend to you, for the world wishes to become your friend as well.

PRACTICE 260: Two 30-minute practice periods.

Hourly practice.

第 260 階 今天我是世界的朋友。

今天你是世界的朋友，並且當你體驗這點時，你將體驗到世界是你的朋友，因為當你表達和體驗你的宗旨時，世界將會反映出你的宗旨。在此，帶著內識你將體驗到一個新世界，一個你以前從未考慮過的世界，一個你以前只是偶爾體驗過的世界。

今天做世界的朋友，因為你來此就是為了做世界的朋友。世界處在巨大的需求里。它示現著巨大的困惑和錯誤，可是你來是做世界的朋友，因為世界需要你的友誼。由此，你接收著比你為自己獲取的任何東西都更偉大的回報，因為如果你想為自己獲取任何東西，你就必須從生命中攫取。然而，任何你作為世界的朋友所奉獻和接收的東西，生命都把它奉獻給你，而且它不會在這一交換中受到損失。這樣，在你的奉獻和你的接收里，不存在內疚。在此，你的參與是完整和純淨的。帶著內識，這會一天天變得顯在，並得到示現，直到有天你認識到它是毋庸置疑的真理。

每小時做世界的朋友。認識到所有的憤怒來自於困惑，而內識現在正在升起，來消除所有困惑。作為結果，你的生命正在參與真正的解決方案，而非加重世界的困境。你的生命是為瞭解決，而不是為了困境。做世界的朋友。在兩次深度修

習里，在靜心裡，奉獻你自己做世界的朋友，因為這將減輕世界的困惑。當你學習帶著智慧和辨識去這樣做時，你將允許世界成為你的朋友，因為世界同樣希望成為你的朋友。

練習 260：兩個 30 分鐘

每小時練習

Step 261

I MUST LEARN TO GIVE WITH DISCERNMENT.

IF YOU GIVE WITHOUT PERSONAL AMBITION, you will give according to Knowledge, and your gift will be specific and given in such a way that it will empower you and those who can receive your gift. This is Knowledge guiding you. If you try to give for your own self-aggrandizement, if you try to give for your own self-assurance or if you try to give to alleviate an abiding sense of guilt or inadequacy, you will not give with discernment. Your giving, then, will be ill placed and will produce increasing conflict and discouragement for you.

LIFE DOES NOTHING AIMLESSLY. Everything fulfills a purpose. Therefore, your giving must be done with discernment, and your discernment is something you must learn step by step, day by day. This is Wisdom functioning in the world. With Knowledge you must learn this Wisdom; otherwise, you will not be able to give your true gifts effectively and will misinterpret their results. Knowledge will give you that which must be given truly and will direct you to give truly. If you do not interfere with this or place an extra burden upon your giving, your giving will be totally effective and will acknowledge both the giver and the receiver.

REMEMBER THIS UPON THE HOUR. Exercise discernment. There are people you should not give to in a direct way. There are people you should give to in a direct way. There are situations you should not enter. There are situations you must enter. There are problems you should not involve yourself with. There are problems you should involve yourself with. How can you personally discern where your gifts must be placed? Only Knowledge can discern this, and you can only discern it with Knowledge. Therefore, trust your deepest inclinations today. Do not let compulsions born of guilt or fear guide you or motivate you in your desire to give. Practice this day to learn discernment. Practice this day to align yourself with Knowledge.

IN YOUR LONGER PRACTICE PERIODS engage yourself once again with attempting to comprehend today's lesson. Do not be happy with false assumptions. Consider all thoughts and feelings in favor of or against today's idea. Begin to observe your own ambitions. Begin to observe how they are born of your fears. Begin to discern how simple it is to follow Knowledge. With simplicity comes power. You must learn discernment. Learning this will take time. In this, you learn to utilize all experiences for good, for no experience should be condemned. It should always be used for learning and preparation. In this way, you will not justify error, but use it for your own development and for the advancement of the world.

PRACTICE 261: Two 30-minute practice periods.
Hourly practice.

第 261 階 我必須學習帶著辨識力去奉獻。

如果你不帶個人野心去奉獻，你將根據內識去奉獻，你的禮物將是特別的，並且將以一種能夠為你而為那些能夠接收你禮物的人賦權的方式去奉獻。這是內識在指引你。如果你試圖為了你的自我誇耀去奉獻，如果你試圖為了你自己的自信去奉獻，或者如果你試圖為了減輕一種持久的內疚或不足感去奉獻的話，那麼你將無法帶著辨識力奉獻。這樣，你的奉獻將被錯置，並將給你造成更多的衝突和挫折。

生命不做無目的的事情。一切事物都是為了某種宗旨。因此，你的奉獻必須帶著辨識力，辨識力是某種你必須一步步，一天天去學習的東西。這就是在世界上運作的智慧。帶著內識，你必須學習這一智慧；否則，你將無法有效奉獻你真正的禮物，並會誤解它們的結果。內識將賦予你那些必須被真正奉獻出去的東西，並將指引你去真正地奉獻。如果你不從中干涉，或是給你的奉獻施加多餘負擔的話，你的奉獻將是完全有效的，並將同時對奉獻者和接收者給予肯定。

每小時記住這點。練習辨識力。有些人你不應該以直接的方式去奉獻。有些

人你應該以直接的方式去奉獻。有些境況你不應該參與。有些境況你必須參與。有些問題你不應該讓自己涉足。有些問題你應該讓自己涉足。你個人如何能夠辨識你的禮物必須被置於何處呢？只有內識能夠辨識這些，而你只有當帶著內識時才能辨識。因此，今天信任你最深的傾向性。別讓源於內疚或恐懼的強制力，在你的奉獻渴望中引導你或激勵你。今天的修習是學習辨識力。今天修習讓你自己和內識達成一致。

在長練習時段裡，再次讓自己努力領悟今天的課程。別為錯誤的假設感到高興。要針對贊同或是反對今天想法的所有思想和感受進行思考。開始觀察你自己的野心。開始觀察它們是如何源於你的恐懼。開始辨析遵循內識是多麼簡單的一件事。伴隨簡單而來的是力量。你必須學習辨識。這一學習需要時間。在此，你學習恰當地運用所有體驗，因為沒有任何體驗應該受到譴責。它應該總被用於學習和準備。通過這樣，你就不會為錯誤辯護，而是利用它來服務於你自身的發展和世界的進步。

練習 261：兩個 30 分鐘

每小時練習

Step 262

HOW CAN I JUDGE MYSELF

WHEN I DO NOT KNOW WHO I AM?

IF YOU DO NOT KNOW WHO YOU ARE, you can only judge what you think you are. Your thoughts about yourself are largely based upon your expectations and disappointments. It is very difficult to observe yourself from within your personal mind, for your personal mind is made up of your personal thoughts, which are not born of Knowledge. To view yourself with Knowledge, you must be in relationship with Knowledge. This will lead you to experience yourself in an entirely new way. This experience must be repeated and expressed over and over again, in many, many situations. Then, you will

begin to get a real sense and experience of who you are. This sense and experience will not be born of condemnation and unforgiveness, for only your idea of yourself can be disappointed. Life will disappoint you in this way, for life can only fulfill you according to your true nature and True Self. To realize this means you have realized the value and meaning of life and your inclusion in it. This requires discernment. This requires Wisdom. This requires a step-by-step preparation. This requires patience and tolerance. This requires that you learn to use your experience for good not for ill.

THEREFORE, YOUR CONDEMNATION OF YOURSELF IS UNFOUNDED.

It is based merely on assumptions. Remember this upon the hour and consider it in light of all the events this day, which will teach you the meaning of today's lesson. In your two longer practice periods, once again engage your mind actively in attempting to comprehend the meaning of today's lesson.

AS YOU PENETRATE YOUR OWN SELF-JUDGMENT, realize it is born of your fear and based upon assumption. If you realize you don't know who you are and you are completely confused about this, then you will place yourself in a position to become a true student of Knowledge. You will put yourself in a position to learn all things rather than attempting to defend your assumptions. This represents your studenthood. Your function in life now is to be a student of Knowledge. Use your mind purposefully today. Use your mind objectively. Use your mind to realize what you do not know and all that you need to know. Use your mind to appreciate and to utilize the steps that are being given to you now for you to reclaim Knowledge in the world.

PRACTICE 262: Two 30-minute practice periods.
Hourly practice.

第 262 階 當我不知道我是誰時，我怎能評判我自己呢？

如果你不知道你是誰，那麼你只能對你認為你是誰進行評判。你對你自己的想法，大多基於你的期望和失望之上。你很難從你的人格思想里對自己進行觀察，因為你的人格思想是由你的個人想法構成的，它並非源於內識。為了帶著內識看待你自己，你必須和內識建立關係。這將引領你以一種全新的方式來體驗你自己。這種體驗必須在很多很多境況里，得到不斷的重復和表達。然後，你將開始對你是誰獲得一種真正的感知和體驗。這種感知和體驗不會源於譴責和不寬容，因為

在此，唯一會受挫的是你對你自己的想法。生命將以這種方式挫敗你，因為生命只會按照你的真正本質和真正自我去成就你。意識到這一點，意味著你已經意識到生命的價值和意義，以及你在生命中的包融。這要求辨識力。這要求智慧。這要求一步步的準備。這要求耐心和容忍。這要求你學習正確地而非錯誤地去運用你的體驗。

因此，你對自己的譴責是不成立的。它僅僅基於假設。每小時記住這點，並根據今天發生的所有事件對它進行思考，這些事件將教你今天課程的含義。在兩次長練習時段裡，再次積極投入你的思想，努力領會今天課程的含義。

當你穿透你自己的自我評判時，要認識到它源自於你的恐懼，並且是基於假設。如果你意識到你並不知道你是誰並且你對此完全困惑的話，那麼你將把自己置於一個成為內識真正學生的位置之上。你將把自己置於對所有一切進行學習的位置之上，而非試圖維護你的假設。這體現了你的學生身份。你現在在生命里的職能就是成為內識的學生。今天有目的地運用你的思想。客觀地運用你的思想。運用你的思想去意識到，你不知道什麼，以及所有你需要去知道的東西。運用你的思想去激賞和使用這裡提供給你的進階，從而讓你能夠在世界上喚回內識。

練習 262：兩個 30 分鐘

每小時練習

Step 263

WITH KNOWLEDGE ALL THINGS BECOME CLEAR.

WHY ENGAGE IN ADDITIONAL SPECULATION? Why project further blame or judgment? Why make your life more complex and more frustrating when all things become clear with Knowledge? Why make your mind more complex? Why attribute more and more qualities to yourself? Why invent new levels of thinking and being when with Knowledge all things become clear?

Why project more and more distinctions upon the world? Why make the world seem so hopelessly complex and meaningless when with Knowledge all things become clear?

YOU HAVE ONLY TO LEARN TO BE WITH KNOWLEDGE to see what Knowledge sees, to do what Knowledge does and to have the peace of Knowledge, the grace of Knowledge, the inclusion of Knowledge, the relationships of Knowledge and all that Knowledge contains, which the world cannot possibly duplicate.

IN YOUR TWO DEEPER PRACTICES return to being with Knowledge, in humility and simplicity, in stillness and in silence. Breathe Knowledge in. Allow Knowledge to enter and fill your body. Allow yourself to be immersed in Knowledge and all things will become clear, for with Knowledge all things become clear and all questions disappear.

PRACTICE 263: Two 30-minute practice periods.

第 263 階 帶著內識，一切事物都變得明晰。

為何做多餘的揣測？為何投射更多抱怨或評判？當帶著內識，一切事物都變得明晰時，為何還讓你的生命更加複雜、更加挫敗？為何讓你的思想更加複雜？為何要把越來越多的品質歸於你自己？當帶著內識，一切事物都變得明晰時，為何還要去發明思想和存在的新層次？為何向世界投射越來越多的差異性？當帶著內識，一切事物都變得明晰時，為何還讓世界看似如此不可救藥的複雜和無意義？

你只需學習和內識在一起，就能看到內識看到的，做內識做的，並擁有內識的和平、內識的恩寵、內識的包融、內識的關係以及內識所包含的一切，世界不可能複製這些。

在兩次深度練習里，在謙卑和簡單里，在靜心和安靜里，回歸內識。吸入內識。讓內識進入並充滿你的身體。讓你自己沈浸在內識里，這樣一切都將變得明晰，因為帶著內識，一切將變得明晰，所有問題將會消失。

練習 263：兩個 30 分鐘

Step 264

I WILL LEARN OF FREEDOM THIS DAY.

TODAY YOU WILL HAVE AN OPPORTUNITY TO LEARN more about freedom. The step you take today will be very substantial in giving you a new viewpoint about freedom, about bondage, about problem solving and about the nature of true advancement.

TODAY THINK ABOUT YOUR LESSON ON THE HOUR and think about what freedom is. In your longer practice periods, devote your mind to thinking about freedom. This is a very important focal point today. In your longer meditations in particular, devote your mind entirely to reviewing your ideas about freedom. What do you think constitutes freedom? What do you think prevents people from being free? What produces a freedom that is lasting and secure? How can this be achieved? What will support it in the future? After you spend approximately thirty minutes thinking about all this in each practice, enter into stillness and silence. Open yourself to allow Knowledge to speak to you. Abide with your Teachers there. After you have exhausted your ideas, enter into stillness and receptivity.

IT IS VERY IMPORTANT THAT YOU BE AWARE of your own ideas about freedom because until these are recognized and adjusted, they will continue to cast their influence upon you. They will continue to dominate your thinking and thus your behavior. A greater freedom is now available to you, but you must learn how to approach it. Today you shall learn more about freedom—what you think freedom is and what freedom really is.

PRACTICE 264: Two 40-minute practice periods.

Hourly practice.

第 264 階 今天我將學習自由。

今天你有機會更多地學習自由。你今天的進階將實質性地賦予你一種關於自由、關於束縛、關於解決問題和關於真正進步的本質的新觀點。

今天每小時思考你的課程，並思考自由是什麼。在長練習時段裡，把你的思想投入到對自由的思考里。這是今天的重要焦點。尤其是在長冥想時段裡，完全投入你的思想去檢視你關於自由的想法。你認為什麼構成了自由？你認為什麼阻

止人們成為自由的？什麼能產生一種持久和穩定的自由？這將如何實現？如何在未來支持它？在每次修習里，利用大約三十分鐘時間對所有這些問題進行思考，然後進入靜心和安靜里。打開自己，讓內識對你講話。和你的上師在一起。當你窮盡了自己的想法之後，進入靜心和接收里。

非常重要，你要覺知你自己關於自由的想法，因為除非這些得到了認知和調整，否則它們將繼續對你造成影響。它們將繼續主宰你的思想以及你的行為。一個更偉大的自由現在等待著你，但是你必須學習如何靠近它。今天你將更多地瞭解自由——你認為自由是什麼，和自由究竟是什麼。

練習 264：兩個 40 分鐘

每小時練習

Step 265

THERE IS A GREATER FREEDOM AWAITING ME.

KNOWLEDGE WILL REQUIRE YOU TO BE FREE OF THE PAST and free of anxiety over the future. It will require you to be present with life. It will require you to be open and honest. It will require you to have faith and consistent self-application. It will require that you not be in conflict. It will require that you have great love and respect for yourself and a great appreciation for the world. It will require that you be able to experience your Spiritual Family and recognize your true place in the universe.

KNOWLEDGE REQUIRES THIS OF YOU in order for you to fully extend yourself to accept it. In this way, you become free in learning to become free. You become guided by Knowledge by learning to become guided by Knowledge. Here you achieve the goal by taking the steps. There is no magic formula where all of a sudden you become free. There is no magic belief system which, once adopted, frees you from the restraints of your past and concerns over your future. You learn this true freedom by application, step by step. Thus, as you learn to reclaim Knowledge, Knowledge reclaims you. And as you learn what freedom is, you actually become free.

YOUR PART IS VERY SMALL AND OUR PART IS VERY GREAT. You need only follow the steps and utilize them. The steps that are given will

guarantee the result. A greater freedom awaits you and as you approach it, you assume that freedom and benefit from all of the qualities of that freedom and demonstrate all aspects of that freedom. Such is the nature of a perfect Plan that is beyond human comprehension. So perfect is it that you cannot destroy it if you follow it faithfully. This restores you and returns to you self-trust, self-confidence, self-love and comprehension of yourself in the world.

THINK UPON THIS IDEA EVERY HOUR TODAY, and in your deep meditation times enter into stillness and freedom. It is a great freedom to have this opportunity to immerse yourself in Knowledge, to immerse yourself in presence and to immerse yourself in the actual substance of true relationship in the universe. As you approach this, you will know that it is your freedom, and you will know that you are becoming free to assume it. Therefore, today you will take a great step towards realizing that a greater future is awaiting you. This great step will release you increasingly from the concern, the anxiety, the pain and the disappointment of your past. This will show you that a greater freedom is awaiting you.

PRACTICE 265: Two 30-minute practice periods.
Hourly practice.

第 265 階 有一個更偉大的自由在等待著我。

內識將要求你擺脫過去，擺脫對未來的焦慮。它將要求你完全地和生命在一起。它將要求你保持開放和坦誠。它將要求你擁有信念和一貫的自我應用。它將要求你遠離衝突。它將要求你擁有偉大的愛、對自己的尊重和對世界的巨大激賞。它將要求你能去體驗你的精神家庭並認知你在宇宙中的真正位置。

內識對你要求這些，目的是讓你充分擴展自己去接受它。通過這樣，你在學習實現自由的過程中實現了自由。你通過學習接受內識的指引，而接受了內識的指引。在此，你通過學習進階來達成目標。不存在魔法配方讓你一瞬間變得自由。不存在神奇的信仰系統——一旦採納就能把你從過去的制約和對未來的擔心中解脫出來。你通過運用來一步步地學習這一真正自由。這樣，當你學習喚回內識時，內識也在喚回你。當你學習什麼是自由時，你事實上正在變得自由。

你那部分是非常渺小的，而我們這部分是非常偉大的。你只需要遵循進階並

運用它們。這些被提供給你的進階將確保結果。一個更偉大的自由在等待著你，當你向它靠近時，你獲得這一自由，從這一自由的所有品質中受益，並示範這一自由的所有面向。這就是那個超越人類理解的完美計劃的本質。它是如此完美，只要你堅定地遵循它，你就不可能破壞它。它在世界上重建你，還你自我信任、自信、自愛和對自身的理解。

每小時思考這一想法，在你的深度冥想里進入靜心和自由中。這是偉大的自由，因為你有機會讓自己沈浸在內識里，讓自己沈浸在存在里，讓自己沈浸在宇宙真正關係的實質里。當你接近它時，你會知道它是你的自由，你會知道你正自由地去獲得它。因此，今天你將向認知有一個更偉大未來在等待著你邁出一大步。這一大步將讓你更加擺脫擔心、焦慮和你過去的痛苦和失望。這將向你示現，有一個更偉大的自由在等待著你。

練習 265：兩個 30 分鐘

每小時練習

Step 266

REVIEW

TODAY AS BEFORE REVIEW THE PAST TWO WEEKS of preparation.

Take this opportunity in your long practice period today to review all that has transpired in these past two weeks concerning the directions given in this preparation, your experiences of the practices and the overall results in your life. Carry on this Review with as much objectivity as you can, especially regarding the results in your life, many of which you still cannot assess objectively.

MANY THINGS WILL CHANGE AS YOU PROGRESS in your studies.

Some things will fall away from you; other things will begin to build.

Worldly problems will press upon you that require your engagement and application. Other things that you thought were problems will become increasingly remote and unnecessary for you to concern yourself with. Thus, your outer life adjusts itself so that you can recognize where you are to apply yourself now. Then, your inner life

and outer life can reflect one another. This is very important. You are beginning to learn how to learn, and you are seeing the world change as a result. The quality of your experience will be transformed in time so that all things, both common and extraordinary, will be viewed from a different viewpoint than before. You can then learn to take advantage of all opportunities and thus learn to appreciate life, even in its disappointments.

PRACTICE THIS IN THE REVIEW TODAY. Be very thorough in your investigation. Begin with the first lesson in the two-week period and follow it day by day. Recognize what happened in your life each day. Try to remember. Try to concentrate here. In this way, you will feel the movement of your own life. It is in recognizing this movement over a period of time and seeing how the stages of your life progress that you will realize that you are firmly on the road to Knowledge. You will then see that there will be less and less behind you to hold you back and that the future will open itself to accommodate you increasingly. This is the beneficence of life bowing before you who are becoming a student of Knowledge.

PRACTICE 266: One long practice period.

第 266 階 復習

和以往一樣，今天復習過去兩周的準備。利用這一機會在今天的長練習時段裡復習過去兩周里都發生了什麼，包括這一準備課程所提供的指引，你修習的體驗和你生命里的整體結果。帶著盡可能的客觀性展開本次復習，尤其針對你生命的結果，這其中有很多你還無法客觀地進行評估。

當你在學習中前進時，很多東西將會改變。一些東西將離開你；其他東西將開始建立。一些世俗的問題將壓向你，要求你的參與和應用。其他一些你認為是問題的東西將變得越加遙遠，你沒必要再讓自己去關注它們。這樣，你的外在生命開始自行調整，從而你能夠認知你現在該在哪裡運用自己。這樣，你的內在和外生命將彼此映射。這非常重要。你正在開始學習如何學習，作為結果你看到世界在改變。你體驗的品質將慢慢地轉變，這樣所有事物，包括普通的和特別的，都會被以一種不同以往的視角去看待。這樣，你就能夠學習利用所有的機會，並

學習激賞生命，即使是那些令人失望的部分。

在今天的復習里對此進行練習。全面地探究。從兩周的第一課開始，一天一天進行下去。認知每一天你生命里發生了什麼。努力回憶。努力保持專注。這樣，你將感知你自身生命的運動。正是通過認知在一段時間里的這一運動，通過看到你的生命階段是如何進展的，你將意識到你正堅定地行進在內識的道路上。然後，你會看到將有越來越少的東西在後面拖住你，並且未來將敞開懷抱越來越多地支持你。

這就是生命的善行在向正在成為內識學生的你鞠躬。

練習 266：一個長練習時段

Step 267

THERE IS A SIMPLE SOLUTION TO ALL PROBLEMS THAT FACE ME TODAY.

ALL PROBLEMS THAT FACE YOU INDIVIDUALLY have a very simple answer. How will you find this answer? Will you find it by struggling with yourself? Will you find it by trying every possible resolution that you can think of? Will you find it by worrying about it and fretting over it? Will you find it by denying it and seeking pleasurable stimulation instead? Will you find it by sinking into depression and thinking that life is so hard for you that you cannot meet the demands of your own circumstances?

THERE IS A SIMPLE ANSWER TO THE PROBLEMS that you face today.

It is to be found in Knowledge. Yet, to find Knowledge you must become still and observant and learn to disengage from fear and anxiety. Much of your life will be involved in solving problems, and it is in learning how to do this effectively, responsibly and even enthusiastically that you will achieve what you have come here to achieve.

REMINDE YOURSELF OF THIS IDEA THROUGHOUT THE DAY and do not be deceived by the complexity of problems. Problems are only complex when you are trying to derive a benefit from resolving them or from avoiding them. When you have a preference that is governing your mind, you cannot see the obvious. As you learn now to look at each problem with Knowledge, you will see that the resolution is

apparent. You will see that you could not recognize this before because you were afraid of the outcome in some way or you had anxiety that the resolution of the problem would leave you bereft and poor. You will have a different vision today.

IN YOUR TWO DEEPER PRACTICE PERIODS, abide with Knowledge.

Do not attempt to answer your problems, but simply be still and receptive. Knowledge is aware of what things must be addressed and will cast its influence upon you so that you may respond to it and follow its direction. Without continual interference from you, the obvious will arise, and you will learn what to do step by step. Thus it is that you will realize there is a simple answer for all problems that face you. This will be an affirmation of Knowledge, and you will be happy that life is giving you these problems so that you may exercise your true abilities in response to them.

PRACTICE 267: Two 30-minute practice periods.

Hourly practice.

第 267 階 我今天面對的所有問題都有一個簡單的解決方案。

你個人所面對的所有問題都有一個非常簡單的答案。你將如何找到這個答案呢？你會通過自我掙扎來找到它嗎？你會通過努力嘗試你能想到的所有可能方案來找到它嗎？你會通過不停焦慮和煩惱來找到它嗎？你會通過否認它或轉而尋求快樂刺激來找到它嗎？你會通過陷入沮喪並認為生命對你太艱難，以至你無法滿足你自身境況的要求來找到它嗎？

你今天面對的所有問題都有一個簡單的答案。它將在內識里被發現。然而，為了發現內識，你必須變得安靜、觀察並學習擺脫恐懼和焦慮。你大部分的生命將用於解決問題，正是通過學習如何有效、負責甚至是熱心地解決問題，你將達成你來此要達成的事情。

貫穿全天提醒自己這一想法，別被問題的複雜所欺騙。只有當你試圖通過解決它們或是逃避它們來獲取利益時，問題才會變得複雜。當你擁有某種主導你思想的偏好時，你就無法看到顯在性。現在，當你學習帶著內識去看每個問題時，你會看到解決方案是明顯的。你會看到你以前無法認知它，是因為你在某種程度

上擔心其結果，或者你擔心問題的解決方案會讓你受損或貧窮。今天你將擁有一種不同的視野。

在兩次深度修習時段裡，和內識堅守。別試圖回答你的問題，只是簡單地保持靜心和接收。內識知道什麼事情必須去處理，並且會對你施加影響，這樣你就能夠回應它並遵循它的指引。沒有了你的不斷干涉，這種顯在性將會浮現出來，你將瞭解該如何一步步去做。正是這樣，你將意識到你面對的所有問題都有一個簡單的答案。它是來自內識的確認，你將慶幸生命給予你這些問題，這樣你就可以在回應它們的過程中練習你的真正能力。

練習 267：兩個 30 分鐘

每小時練習

Step 268

I WILL NOT BE DECEIVED BY COMPLEXITY TODAY.

PROBLEMS IN THE WORLD BECOME COMPLEX when there is a difficulty that requires correction and development, and that becomes mixed with everyone's preferences, everyone's desire to protect what they have and everyone's competition with each other. Thus it is that problems in the world become complex, and no matter what you do to attempt to solve them, somebody is disenfranchised. Someone is upset. Someone loses. In your societies this is manifest. But this only represents people's fears and ambitions in contrast to their Knowledge. In Knowledge you are willing to relinquish anything that stands in the way of Knowledge. You are willing to relinquish anything that is harmful to you or to others. You are willing to disengage from any situation which no longer proves to be beneficial to you or to others. This is because Knowledge makes true honesty possible. This is a selfless form of involvement in the world, and thus it is beneficial to all.

THEREFORE, WHEN YOU LOOK AT A PROBLEM IN THE WORLD and it appears complex, it is very difficult at first to see simply what the problem is. But the solution is always very direct. It is people's fear of this that disables them from recognizing the obvious. It is given you this day to realize that there is a direct solution to all problems that

require a solution. Sometimes a solution is obvious all at once. Sometimes it must be approached in stages. But each step is very direct if you are following Knowledge.

TO APPROACH PROBLEMS IN THIS WAY you must approach them without fear or preference. You must follow Knowledge and not attempt to use Knowledge to solve things according to your own designs. You cannot use Knowledge in this way, but you can follow Knowledge, and in following Knowledge you will follow a path of resolution. This is a path that few people will be able to recognize at first, but it is a path that will prove utterly effective over time, for it will free everyone involved and provide a means of successful selfapplication for everyone involved. Thus, the man or woman of Knowledge in the world becomes a source of resolution and restitution in the world. And their presence and their activities will always influence every situation for good.

DO NOT BE DECEIVED BY THE SEEMING COMPLEXITY of the world's problems, for with Knowledge all things are simply resolved. Knowledge is not deceived, and as you learn to be with Knowledge, you will not be deceived either.

REMIND YOURSELF OF THIS IDEA upon the hour and in your two deeper meditation practices, enter once again the sanctuary of stillness within you. Become accustomed to stillness because Knowledge is still. Become accustomed to stillness because in stillness you affirm your goodness and your worth. A mind at peace is not a mind at war. A mind at peace is not deceived by the world.

PRACTICE 268: Two 30-minute practice periods.
Hourly practice.

第 268 階 今天我不會被複雜所欺騙。

當存在一個需要糾正和改進的難題，並且當它摻雜著每個人的偏好，每個人維護他們自身財產的渴望以及人與人之間的競爭時，世界上的問題就會變得複雜。因此，正是這些世界上的問題是複雜的，無論你怎樣試圖去解決它們，總會有某些人受損。某個人感到失望。某個人受到損失。這體現在你們的社會里。然而，這只是代表著人們的恐懼和野心，而非內識。在內識里，你自願放棄任何阻擋內識的東西。你自願放棄任何對你或對他人有害的東西。你自願遠離任何不再對你

或對他人有益的境況。這是因為內識使得真正的坦誠成為可能。這是世界上一種無私的參與方式，因此它對所有人有益。

所以，當你面對世界上的一個問題，並且它顯得很複雜時，一開始你甚至很難看清這個問題到底是什麼。然而解決方案總是非常直接的。是人們對它的恐懼，使得他們無法認知顯在性。今天的課程讓你認識到，所有需要解決的問題都有一個直接的解決方案。有時解決方案是立時顯在的。有時，它必須通過幾個階段來解決。然而，如果你在遵循內識的話，那麼每一步都是非常直接的。

為了以這種方式處理問題，你必須不帶恐懼或偏好地去面對它們。你必須遵循內識，而不試圖利用內識去按照你自己的規劃解決問題。你無法以這種方式利用內識，但是你能夠遵循內識，並且通過遵循內識，你將遵循一條解決之道。一開始很少有人能夠認知這一路徑，但這是一條經過時間考驗證明非常有效的路徑，因為它將解放所有參與的人，並為所有參與的人提供一種成功自我運用的方式。因此，世界上的內識男女成為了這個世界解決和重建的源泉。他們的存在和他們的活動總會給每一個境況帶來良好影響。

別被世界問題的看似複雜所欺騙，因為帶著內識，所有事情都能得到簡單解決。內識不會被欺騙，當你學習和內識在一起時，你也不會被欺騙。

每小時提醒自己這一想法，在兩次深度冥想練習里，再次進入內在靜心的庇護里。讓自己習慣於靜心，因為內識是安靜的。讓自己習慣於靜心，因為在靜心裡，你確認你的善良和你的價值。一個處於和平的思想不會是一個爭鬥的思想。一個處於和平的思想不會被世界所欺騙。

練習 268：兩個 30 分鐘

每小時練習

Step 269

THE POWER OF KNOWLEDGE WILL EXTEND ITSELF FROM ME.

THE POWER OF KNOWLEDGE WILL EXTEND ITSELF from you who are receiving Knowledge. At first this will be very subtle, but as you continue to develop and apply yourself, the power of Knowledge will become stronger and stronger. It will be a force of attraction for some. It will be a force of rejection for others who are unable to respond to it. It will influence all. That is why you must learn to be very discerning in relationships, for as you progress as a student of Knowledge, your influence over others will be greater. You must not use this influence for selfish purposes, or your activities will be destructive to you and to others.

KNOWLEDGE PROVIDES THIS RESTRAINT that we have spoken of, and you must exercise it on your own behalf. If you are ambitious with Knowledge, you will pose very great risks to yourself and to other people, for Wisdom, compassion, restraint and self-control must accompany the development of Knowledge. If you attempt to use Knowledge for your own selfish gain or for what you think the world needs, you will lead yourself astray and Knowledge will not accompany you.

ACCEPT THE RESTRAINT AND DEVELOPMENT that are called for now, for they will protect you and enable you to render your gifts with a minimum of discord and personal risk. They will guarantee the wholeness and worthiness of your contribution, for it will be untainted by selfish motives. Practice upon the hour and enter deeply into meditation twice today. Repeat your idea for the day and enter into stillness once again. Allow this to be a day where Knowledge is strengthened.

PRACTICE 269: Two 30-minute practice periods.
Hourly practice.

第 269 階 內識的力量將從我拓展它自己。

內識的力量將從正在接收內識的你拓展它自己。一開始這非常些微，但是當你持續發展和運用你自己時，內識的力量將變得越來越強大。對某些人來說，這將是一種吸引力。而對那些不能對它做出回應的人來說，這將是一種拒絕的力量。它會影響所有人。正因為如此，你必須學習在關係中保持高度辨識，因為當你作

為內識學生向前進步時，你對他人的影響力將更加強大。你一定不能為了自私目的來運用這一影響力，否則你的行動對你、對他人將是破壞性的。

內識提供了我們所說的這種自制力，你必須為了自身利益去練習它。如果你對內識抱有野心的話，你將把自己和他人置於非常大的風險之中，因為智慧、慈悲、克制和自我控制必須伴隨內識的發展。如果你試圖為了你自己自私的獲利或為了你認為世界所需要的東西而去利用內識的話，你將把自己引入歧途，並且內識將不會陪伴你。

接受這裡所召喚的自制和發展，因為它們將保護你，並使你能夠帶著最少的不和諧和個人危險去奉獻你的禮物。它們將確保你奉獻的完整性和價值，因為它不會被自私的動機玷污。每小時進行練習，並在兩次長練習時段裡深深進入冥想里。重復今天的想法，再次進入靜心裡。讓今天成為內識得到強化的一天。

練習 269：兩個 30 分鐘

每小時練習

Step 270

WITH POWER COMES RESPONSIBILITY.

WITH POWER COMES RESPONSIBILITY. Knowledge will empower you, and you must be responsible to Knowledge.

That is why you must become a follower. By becoming a follower you become a leader, for you are able to receive and you are able to be guided. Thus, you will teach others to receive and provide guidance for them. This is a natural extension of the gift that you are now receiving, which in time will find expression through you in your life.

IT IS VERY IMPORTANT THAT YOU RECOGNIZE the relationship between power and responsibility. Responsibility requires selfdiscipline, self-restraint and self-control. It requires an objectivity about your own life which very few have yet attained in this world.

Responsibility is a burden until it is recognized as a source of protection. It is the guarantee and the assurance that your gift will find a wholesome and welcome expression within you and that you will be

advanced and accomplished by the rendering of your contribution.
IT IS VERY COMMON IN THE WORLD THAT PEOPLE want power without responsibility, for their idea of freedom is that they are not beholden to anything. This is utterly counter-productive and has very dangerous consequences for those who persist in attempting it. You who are a student of Knowledge must learn to accept the responsibilities that are given to you, for they provide the protection and the guidance that you need so that you may develop appropriately, positively and completely. They are the assurance that your preparation will yield the great result that it is meant to yield.

THINK OF THIS IDEA UPON THE HOUR and do not forget it today. In your deeper practices, think very carefully about what this statement means. Think of your ideas about power and recognize how much they need responsibility to a Greater Source in order to be utilized and expressed appropriately. These two practice periods will be times of mental activity and application. Think very carefully of all your ideas surrounding the lesson for today. It is quite essential that you examine your own thinking and beliefs, for you must understand your current mental make-up in order to realize its impact upon your outer life. Today's lesson may seem sobering at first, but in time it will give you the confidence and the assurance that you will need to progress wholeheartedly.

PRACTICE 270: Two 30-minute practice periods.
Hourly practice.

第 270 階 伴隨力量而來的是責任。

伴隨力量而來的是責任。內識將給你賦權，而你必須對內識負責。正因為如此，你必須成為追隨者。通過成為追隨者，你成為領導者，因為你能夠接收，並且你能夠接受指引。這樣，你將教導他人接收並為他們提供指引。這是你正在接收的禮物的一種自然延伸，它將慢慢地在你的生命里通過你找到表達。

重要的是你要認識到力量和責任之間的關係。責任要求自律、自我克制和自我控制。它要求你對自身生命保持客觀，這個世界上很少有人達到這種客觀性。責任是一種負擔，直至你認識到它是一種保護的源泉。它保障並確保你的禮物能夠在你內在找到一種完整的、被歡迎的表達，並且你將通過提供你的貢獻而實現進步和成就。

通常，世界上的人們想要力量，卻不想要責任，因為他們關於自由的想法是他們不對任何事情承擔義務。這極沒有建設性，並且對於那些頑固堅持它的人來說，會產生非常危險的後果。作為內識的學生，你必須學習接受被賦予你的責任，因為它們提供著你所需要的保護和指引，這樣你就能夠得到適當的、正向的和全面的進步。它們確保你的準備將帶來它注定要帶來的偉大結果。

每小時思考這一想法，今天不要忘記它。在你的深度修習里，仔細思考這一聲明意味著什麼。思考你關於力量的那些想法，並認知為了使它們得到恰當地運用和表達，它們多麼有必要向一個更偉大源泉負責。這兩次修習將是進行思想活動和運用的時段。仔細思考你圍繞今天課程的所有想法。你非常有必要檢視你自己的想法和信仰，因為你必須理解你當下的思想構架，才能夠認識到它對你外在生命的影響。今天的課程乍看起來似乎是嚴肅的，但是慢慢地它將賦予你信心和確保，你需要這些以全力前進。

練習 270：兩個 30 分鐘

每小時練習

Step 271

I WILL ACCEPT RESPONSIBILITY TODAY.

ACCEPT RESPONSIBILITY, which is your ability to respond.

Accept this, cultivate it, cherish it and welcome it. It is what will make you strong. It is what will make you devoted. It is what will bring to you the relationships you have always desired. This is the empowerment you so desperately need which you are learning now to claim for yourself. With this empowerment come the conditions for empowerment—that you respond to Knowledge and follow Knowledge, that you refrain from all motivations that are not born of Knowledge, that you become objective with yourself and your motives, that you question yourself without doubting yourself and that you surround yourself with individuals who can support the emergence of Knowledge within you and are free to tell you their

own perceptions. This is essential for your well-being and development. This will protect you from self-error, which as you become more powerful will have greater and greater impact upon you and others.

ACCEPT RESPONSIBILITY TODAY. Accept this, for it represents your truest and greatest need. Responsibility will enable you to love and extend yourself into the world.

UPON THE HOUR THINK OF TODAY'S IDEA. And as you enter meditation twice today, take full responsibility for being a student of Knowledge and enter into stillness and silence with your complete being. Let no thought or doubt dissuade you. Do not let ambivalence hold you back. Press onward. Open yourself. Enter the mystery of your life so that you may be able to respond to it, for this is the meaning of responsibility.

PRACTICE 271: Two 30-minute practice periods.
Hourly practice.

第 271 階 今天我將接受責任。

接受責任，它是你做出回應的能力。接受它、培養它、珍惜它並歡迎它。它將讓你強大。它將讓你奉獻。它將把你一直渴望的關係帶給你。這是你迫切需要的賦權，現在你正學習為自己爭取它。伴隨這一賦權而來的是賦權的條件——即你要回應內識並遵循內識；你要克制所有並非來自於內識的動機；你要對你自己和你的動機變得客觀；你要質詢自己但不懷疑自己，你要讓自己置身於那些能夠支持你內在內識出現，並能自由地告訴你他們的看法的人們中間。這對你的福祉和發展是重要的。這將保護你以免犯錯——當你變得更強大時，這些錯誤會對你 and 他人產生越來越巨大的影響。

今天接受責任。接受它，因為它代表著你最真實最偉大的需要。責任讓你能夠去愛，並能夠在世界上拓展你自己。

每小時思考今天的想法。當你進入兩次冥想中時，承擔起作為內識學生的全部責任，以你整個的存有進入到靜心和安靜里。別讓任何思想或懷疑阻礙你。別

讓矛盾心態阻止你。向前進發。敞開自我。進入你生命的神秘里，這樣你就能夠對它做出回應，因為這就是責任的含義。

練習 271：兩個 30 分鐘

每小時練習

Step 272

MY TEACHERS WILL GUIDE ME AS I PROCEED.
YOU WILL REQUIRE TEACHERS TO GUIDE YOU as you proceed on the path to Knowledge, for you will be venturing far beyond your own concepts and assumptions. You will be engaged in a life that you have not yet comprehended. You will be accessing power and resources that you have not yet fully recognized. You will be venturing deeper into life, beyond human assumptions, beyond human beliefs and beyond human conventions. This will require very strong guidance for you, both from Knowledge and from your primary relationships. Your Inner Teachers represent your most primary relationships, for these relationships are completely based upon Knowledge, and they are given to you to cultivate Knowledge safely and completely.

THEREFORE, ACCEPT YOUR LIMITATIONS AS A STUDENT of Knowledge so that you may proceed with the assistance that will be required. Be grateful that such great assistance can be given to you and that it can permeate any circumstance because it is invisible to your eyes. Be grateful that you can experience it in any circumstance and that you can receive the counsel of your Teachers at those junctures in life where it is called for.

AFFIRM THE PRESENCE OF YOUR TEACHERS TODAY so that you may have great courage and enthusiasm in your support of the emergence of Knowledge. Upon the hour remind yourself that your Teachers are with you. In your two deeper practice periods, enter into stillness and silence with them so that they may render their presence and their counsel to you if needed. Accept your studenthood so that you may learn to give to the world.

PRACTICE 272: Two 30-minute practice periods.

Hourly practice.

第 272 階 當我前進時，我的上師將指引我。

當你在內識的道路上前進時，你將需要上師來指引你，因為你將冒險前行，遠遠超出你自己的概念和假設範疇。你將參與到一種你尚無法理解的生命里。你將接觸你尚未完全認知的力量和源泉。你將冒險深入生命，超越人類假設，超越人類信仰並超越人類慣例。這需要非常強大的指引，它既來自於內識，也來自於你的主要關係。你的內在上師代表著你最主要的關係，因為這些關係完全基於內識之上，並且它們被賦予你從而讓你能夠安全地、全面地培養內識。

因此，接受你作為內識學生的局限性，這樣你就能夠帶著你所需要的幫助前進。要感激如此偉大的幫助能被賦予你，並且它能滲入任何境況里，因為你看不見它。要感激你能夠在任何境況里體驗它，並且你能夠在生命中那些召喚他們輔導的關口上，接收你上師的輔導。

今天確認你上師的存在，這樣你就能夠擁有巨大的勇氣和熱情去支持內識的出現。每小時提醒自己你的上師和你同在。在兩次深度修習里，和他們一同進入靜心和安靜里，這樣如果必要的話，他們會向你呈現他們的臨在和他們的輔導。接受你的學生身份，這樣你就能夠學習對世界奉獻。

練習 272：兩個 30 分鐘

每小時練習

Step 273

MY TEACHERS HOLD THE MEMORY
OF MY ANCIENT HOME FOR ME.

YOUR TEACHERS REPRESENT YOUR SPIRITUAL FAMILY that are beyond the world. They hold the memory of your origin and your destiny for you, which you must learn to realize through your experience in the world. They have traveled the ways of the world. They know of its opportunities and its difficulties. They know of the possible errors that you can commit, and they are aware of the errors you have committed already. They are fully prepared to guide

you. They have the Wisdom and the accomplishment to do so. THEREFORE, DO NOT UNDERESTIMATE THEIR VALUE to you and always remember that they are present in your life to initiate you into Knowledge. They wish for you to become strong in Knowledge, eventually as strong as they have become. Thus, they serve your greatest need and purpose, and you must follow them, receive them and honor their presence, as a student honors a teacher. This will allow you to receive their gifts completely and will free you from any false associations you may make with them. This is a very responsible relationship, and you will mature within it.

ACCEPT, THEN, THE PRESENCE OF YOUR TEACHERS. Accept it upon the hour as you remind yourself that they are with you, and accept it in your two deeper meditation practices as you open yourself to receive them. This is a great opportunity for Knowledge. Your Teachers will initiate you into Knowledge, for they can only be known. Your images or concepts regarding them are relatively meaningless, except in that they might limit your approach. You must experience your Teachers' essence, which is their presence, to fully know them. And you will find out from this experience, as it develops, that this is how you can experience life as a whole.

THOUGH YOUR SENSES WILL PERCEIVE the form of things, your heart will experience the essence of things, and this is how things will become known. Once they are known, you will realize how you are to participate with them. Thus, all your faculties of mind will be utilized for one great purpose, for Knowledge will utilize all your faculties and the faculties of the world for the redemption of the world, which is the redemption of Knowledge within the world.

PRACTICE 273: Two 30-minute practice periods.
Hourly practice.

第 273 階 我的上師為我抱持著我古老家園的記憶。

你的上師代表著你在世界之外的精神家庭。他們為你抱持著有關你的來源和你的天命的記憶，你必須通過你在世界上的體驗去學習認知這些。他們已經經歷過世間的道路。他們知道它的機遇和困難。他們知道你可能會犯的錯誤，並且他們覺知你已經犯過的錯誤。他們做好充分準備來指引你。他們擁有為此所需的智慧和成就。

因此，別低估他們對你的價值，時刻記住他們在你生命里臨在著，以啟蒙你進入內識。他們希望你在內識里變得強大，並最終變得和他們一樣強大。由此，

他們服務於你的最偉大需要和宗旨，你必須遵循他們、接收他們並尊重他們的臨在，就像學生尊重老師一樣。這使你能夠全然地接收他們的禮物，並防止你製造和他們之間的任何虛假關係。這是一個高度責任感的關係，你會在這個關係里走向成熟。

因此，接受你上師的存在。每小時當你提醒自己他們和你同在時，讓自己接受上師的存在；在兩次深度冥想里當你打開自己去接收他們時，讓自己接受上師的存在。這是內識的巨大機會。你的上師將啓蒙你進入內識，因為他們只能被認知。你所設想的那些與他們相關的形象或概念，是沒什麼意義的，它們只會限制你的靠近。你必須通過體驗你上師的本質，也就是他們的臨在，來完全認知他們。通過這一體驗你會發現，當這一體驗不斷發展時，它正是你去體驗整個生命的方式。

雖然你的感官會感知事物的形式，但是你的心靈會體驗事物的本質，這才是事物被認知的方式。當它們被認知時，你會認識到你該怎樣參與它們。這樣，你思想的所有技能都能被用於一個偉大宗旨，因為內識會把你所有的技能以及世界所有的技能用於對世界的救贖，這是內識在世界里的救贖。

練習 273：兩個 30 分鐘

每小時練習

Step 274

I SEEK FREEDOM FROM AMBIVALENCE TODAY.

SEEK FREEDOM FROM AMBIVALENCE, for this is the source of all human confusion, misery and frustration. Ambivalence is the indecision about participating with life. It is the indecision about being in life. It is the indecision about being alive. From this indecision all manner of self-imposition, all manner of attack and all manner of confrontation are created. It is from this indecision that people live in

fantasy without Knowledge.

BEWARE OF AMBIVALENCE THEN. It is a sign that you are functioning without Knowledge and that you are trying to make your decisions based purely upon speculation, personal preference and fear. It is decision making without foundation that leads humanity astray. It is decision making without foundation that has led you astray.

Knowledge dispels ambivalence, for it sets a clear direction. It is unconcerned with choices and with deliberation, for it simply knows what is correct and leads you towards your fulfillment, step by step, with certainty and abiding conviction.

REMEMBER UPON THE HOUR THAT YOU WISH TO ESCAPE from ambivalence. Realize as you repeat your lesson how much of your life is wasted in trying to decide between this and that, in asking yourself,

「What should I do now,」 in querying yourself about what is right and

what is wrong and in wondering and worrying about the best choice and its possible consequences. Knowledge liberates you from this taxing and wasteful application of your mind. Knowledge does not deliberate. It simply waits for the time to act and then it acts. It is absolutely certain in its direction. It is unshakable in its conviction. If you follow this, which is God's greatest gift to you who live in the world of ambivalence and confusion, you will find that you will have purpose, meaning and direction and that day after day they will be very available to you.

IN YOUR DEEPER MEDITATIONS attempt to give yourself wholeheartedly to your practice. Do not be ambivalent about your practice. Do not hold back out of fear or uncertainty, for you are participating in this preparation because Knowledge has called you to do so, and every day you give yourself because Knowledge calls you to do so. Thus, as we proceed through our preparation together, your Knowledge is strengthened day by day, for it is the basis of your participation here. What other reason could you possibly have for becoming a student of Knowledge?

THEREFORE, IN YOUR DEEPER PRACTICES and in your hourly remembrances, strengthen your conviction that you must escape from ambivalence. Realize the deadly cost of ambivalence. See how it keeps people lost in their ideas, denying their engagement with life. See the human cost around you. It is tremendous. Realize that with certainty everyone will find their rightful place. The world will proceed without the friction that it now must bear. In this way, all things seek fulfillment together in inclusion in life. That is The Way of Knowledge.

PRACTICE 274: Two 30-minute practice periods.

Hourly practice.

第 274 階 今天我努力擺脫矛盾心態。

努力擺脫矛盾心態，因為它是人類所有困惑、痛苦和挫折的源泉。矛盾心態是對參與生命的猶豫不決。它是對身處生命的猶豫不決。它是對活著的猶豫不決。從這種猶豫不決里產生了所有形式的自我強制，所有形式的攻擊和所有形式的對抗。因為猶豫不決，人們不帶內識地生活在空想里。

因此要警惕矛盾心態。它表明你在不帶內識地運作著，並且你在試圖純粹基於揣測、個人喜好和恐懼來做決定。正是這種沒有基礎的決策導致人類誤入歧途。正是這種沒有基礎的決策導致你誤入歧途。內識會消除矛盾心態，因為它確立一個明確的方向。它不關心各種選擇和思慮，因為它只知道什麼是正確的，它帶著確定性和持久的確信，一步步引領你走向你的成就。

每小時記住你希望擺脫矛盾心態。當你重復你今天的課程時，認識到你的生命有多少被浪費在試圖在此和彼間做決定上，浪費在問自己「現在我該怎麼做」上，浪費在質詢自己什麼對和什麼錯上，浪費在懷疑和思慮何為最佳選擇和它可能的後果上。內識讓你擺脫這種對思想的繁復和浪費的運用。內識不會左右思慮。它只等待正確的行動時間，然後它就行動。它對它的方向絕對肯定。它的確信不可動搖。如果你遵循它，遵循這個上帝賦予生活在矛盾、困惑世界上的你的最偉大禮物的話，那麼你會發現你將擁有宗旨、意義和方向，並且隨著歲月流轉，它們會變得非常明確。

在深度冥想里，努力把自己全心投入到你的修習里。別對你的修習左右矛盾。別因為恐懼或不確定而退縮，你正參與到這一準備之中，因為內識召喚你這樣做；每一天你投入你自己，因為內識召喚你這樣做。這樣，當我們通過我們一同的準備而前進時，你的內識在一天天加強，因為它是你在此參與的基礎。除此之外，

還有什麼其他原因能讓你成為內識的學生呢？

因此，在你的深度修習里和每小時回憶里，強化你的確認，即你必須遠離矛盾心態。認識到矛盾心態帶來的致命代價。看看它如何讓人們迷失在他們的想法里，拒絕參與生命。看看你周遭人類在付出的代價。這是巨大的。認識到，帶著確定性，每個人都能找到他們正確的位置。如果世界沒有了它現在必須承受的這些摩擦，世界將會進步。這樣，所有事物在生命的包融里尋求共同的成就。這就是內識之路。

練習 274：兩個 30 分鐘

每小時練習

Step 275

TODAY I SEEK FREEDOM FROM UNCERTAINTY.

SEEKING FREEDOM FROM UNCERTAINTY means that you are seeking freedom that is genuine, that is real and that truly deserves the name of freedom. In essence, you either know what you are doing or you do not. If you do not know what you are doing, you simply wait for Knowledge. If you know what you are doing, you simply follow what you know. It is that simple. Unnecessary speculation, the attempt to make premature decisions based upon fear or preference, the requirement that you have the certainty that you lack and the projection of blame upon yourself and others for the failures of your weak decision making are what have taxed your mind, your body and your world. It is this you wish to escape today so that you may find the freedom in the certainty that God has given you. It is this certainty you must discover and follow. By following this you will reap all of its rewards and will become a contributor of these rewards in the world.

UPON THE HOUR REMEMBER TODAY'S IDEA and see its complete relevancy to the world about you. In your deeper practice periods, give yourself to stillness. Give yourself to this encounter with Knowledge. Give yourself completely and let neither ambivalence nor uncertainty hold you back. In this, you will exercise the strength of Knowledge by following Knowledge, and in time you will become as strong as Knowledge truly is. Therefore, today seek to escape uncertainty and all

that accompanies it. For this has destroyed the inspiration of humankind and has led humankind to war upon itself and the world.

PRACTICE 275: Two 30-minute practice periods.

Hourly practice.

第 275 階 今天我努力擺脫不確定。

努力擺脫不確定意味著你在尋求真正的、真實的並且真正值得自由這一稱呼的自由。從本質上講，你要麼知道你在做什麼，要麼不知道。如果你不知道你在做什麼，那麼你只需簡單地等待內識。如果你知道你在做什麼，那麼你只需簡單地遵循你所知道的。就是這麼簡單。不必要的揣測，企圖基於恐懼或偏好做過早的決定，要求自己擁有你所缺少的確定性，以及因為你脆弱決策的失敗而對自己和他人投射抱怨，所有這些給你的思想、你的身體和你的世界造成重負。今天你希望遠離的正是這些，這樣你就能夠在上帝賦予你的確定性里找到自由。你必須發現和遵循的正是這一確定性。通過遵循它，你將獲得它所有的回報，並將成為把這些回報奉獻給世界的貢獻者。

每小時記住今天的想法，並看到它與你周遭世界的全然相關性。在深度修習里，把自己奉獻給靜心。把自己奉獻給與內識的會面。全然奉獻你自己，別讓矛盾或不確定阻礙你。在這裡，你將通過遵循內識來運用內識的力量，慢慢地你將變得和內識一樣強大。因此，今天尋求遠離不確定和伴隨它的所有東西。因為它破壞了人類的靈感，並導致人類走向和自身、和世界的戰爭。

練習 275：兩個 30 分鐘

每小時練習

Step 276

KNOWLEDGE IS MY SALVATION.

KNOWLEDGE IS YOUR SALVATION, for it leads you out of your hopeless predicament which is born of attempting to live in fantasy and imagination. It leads you into the brightness and the clarity of reality. It guides your action and your thinking so that both may be effective and lead to true self-realization. Thus, God has given you the greatest possible gift: the means within yourself to correct all error, to resolve all confusion and conflict and to set your life on a true course that is aimed at your true destiny. Here you become empowered and honored and your self-worth is reclaimed. It is your value that must be reclaimed to you. God does not require that God's value be reclaimed, for it has never been lost. But your value to yourself has been lost, and this can only be reclaimed by following a Greater Plan not of your own making, but which has been created for your total welfare.

WHEN YOU REALIZE HOW MUCH OF YOUR LIFE has been wasted in ambivalence and how few results that has produced, then you will recognize the great need for Knowledge. This will give you the strength and the conviction to proceed in your preparation with the greatest possible self-involvement. Once you recognize your true need, then you will be able to recognize the true remedy that has been provided.

THUS, YOU AS A STUDENT OF KNOWLEDGE WILL REALIZE with clarity of mind and simplicity of truth exactly what is necessary, for Knowledge is your salvation. Remember this upon the hour and think of it in light of your recent practices. In your deeper meditations, allow yourself to enter stillness completely, recognizing that you are engaging yourself with the means for your own salvation and through you the salvation of the world.

PRACTICE 276: Two 30-minute practice periods.
Hourly practice.

第 276 階 內識是我的救贖。

內識是你的救贖，因為它引領你走出無望的困境，這一困境源於試圖生活在空想和想象里。它引領你進入實相的光輝和明晰里。它指引你的行動和你的思想，這樣它們都將是有效的並能導向真正自我實現。這樣，上帝賦予了你最偉大的禮物：一個你內在的工具，來糾正所有錯誤、解決所有困惑和衝突並將你的生命引向實現你真正天命的一條真正道路。在此，你被賦權，被尊重，你的自我價值被喚回。是你的價值必須被喚回給你。上帝並不需要上帝的價值被喚回，因為它從

未被遺失。然而你對你自己而言的價值被遺失了，它唯有通過遵循一個更偉大計劃才能被喚回，這一計劃並非由你自己製造，而是已然為了你的整體福祉被創造出來了。

當你意識到你的生命有多少被浪費在矛盾心態上，而得到的結果多麼少時，你就會意識到你對內識的巨大需要。這將給你力量和信念，帶著最大的自我參與在你的準備中前行。一旦你認知了你的真正需要，你就能夠認知真正的補救已經被提供給你了。

這樣，作為內識學生，你將帶著思想的明晰和真理的簡單，準確地意識到什麼是必要的，因為內識是你的救贖。每小時記住這點，並根據你近期的修習對此進行思考。在深度冥想里，讓自己全然進入靜心，認知你正在參與到為你自身帶來救贖，以及透過你為世界帶來救贖的方法里。

練習 276：兩個 30 分鐘

每小時練習

Step 277

MY IDEAS ARE SMALL,

BUT KNOWLEDGE IS GREAT.

REALIZING THE TRUTH OF THIS STATEMENT will allow you to align yourself with the source of all Knowledge. Then you can escape the darkness of the world of imagination. Imagination is unstable, and even its brightest moments can turn to darkness in a second. Even its greatest inspirations can be bitterly discouraged with the slightest provocation. Here there is no certainty. Here there is no reality. Here nothing is trustworthy, for only change can be expected. That which is gifted and valued will most certainly be lost. That which is grim and destructive will most certainly pursue you.

SUCH IS A LIFE LIVED IN IMAGINATION. Such is a life lived in the isolation of your own thinking. Do not underestimate the power of Knowledge to liberate you from this hopeless situation where nothing genuine can be discerned, where no true meaning can be acquired and

where nothing that is permanent and real can be realized and established. It is your salvation out of the darkness of your separate imagination that will lead you into the reality of life and will redeem you there.

REALIZE HERE THAT EVEN YOUR GREATEST IDEAS, even those ideas born of Knowledge, are small in contrast to Knowledge itself.

Knowledge is the great source of your being as it is expressing itself in your individual life. Therefore, honor what is great and realize what is small. Realize that in time as Knowledge begins to emerge within you and as you allow it to express itself ever more freely, you will begin to recognize those thoughts that emanate from Knowledge and those thoughts that are merely imagined. Yet, even thoughts from Knowledge, which are far more powerful and effective than any other thought that you can imagine, even these thoughts which are the seeds of true understanding in the world are small in contrast to Knowledge.

REMEMBER UPON THE HOUR THE POWER OF THIS IDEA, for it is given to liberate you from your own confusion and false assumptions.

In your deeper practice periods today, apply your mind actively.

Attempt to look at every idea that you hold dear, whether it be positive or negative. Look at any idea that you believe in or adhere to.

Examine your relationship to the primary ideas that govern your life.

Then, remind yourself after you look at each one that Knowledge is far greater than that idea. Here you will realize that there is a means for you to escape the world of ideas and enter the world of relationship, where everything is viable, real and based upon a foundation that can never change.

PRACTICE 277: Two 30-minute practice periods.

Hourly practice.

第 277 階 我的想法是渺小的，但內識是偉大的。

認識這一聲明的真理，這能夠使你向所有內識的源泉看齊。這樣，你就能夠遠離想象世界的黑暗。想象是易變的，即使它那些最明亮的時刻也能在一秒鐘內轉成黑暗。即使它那些最偉大的靈感也能因為最輕微的挑釁而遭到嚴重打擊。這裡沒有確定性。這裡沒有實相。這裡沒有什麼是值得信賴的，因為唯一能被預期的是變化。那些被賜予的和被珍視的東西必定會失去。那些冷酷的和破壞性的東西必定會追逐你。

這就是生活在想象中的生命。這就是生活在你自己思想的隔離中的生命。別

低估內識的力量，它能把你從這種無望的境況里解放出來，在那個境況里，沒有任何真實的東西能被辨識，沒有任何真正的意義能被獲取，沒有任何恆久、真實的東西能被實現和建立。正是挽救你走出你分離幻想的黑暗的這一行動，將引領你走進生命的實相，並在那裡救贖你。

在此，要意識到即使你最偉大的想法，即使那些源於內識的想法，與內識本身相比也是渺小的。內識是你存有的偉大源泉，它在你的個體生命里表達它自己。因此，尊重那個偉大的，認知那個渺小的。要認識到當內識開始在你內在慢慢升起時，當你允許它更自由地表達它自己時，你將開始認知那些從內識發出的想法，和那些僅僅想象出來的想法。然而，即使是來自內識的想法，它們遠比其他任何你能想象出的想法更強大更有效，即使這些代表世界上真正理解的種子的想法，與內識相比依然是渺小的。

每小時記住這一思想的力量，因為它是為了把你從你自身困惑和錯誤假設中解放出來。在今天的深度修習時段裡，積極運用你的思想。努力思考你所珍視的每一個想法，無論它是正面的還是負面的。思考你所相信的或是堅持的任何想法。檢視你和這些支配你生命的主要想法之間的關係。然後，在每檢視一個想法之後提醒自己，內識遠比那個想法更偉大。在此，你將意識到有一種方法能夠讓你擺脫想法的世界，進入關係的世界，在這裡一切都是鮮活的、真實的並且基於一個永不改變的基礎。

練習 277：兩個 30 分鐘

每小時練習

Step 278

WHAT IS CHANGELESS

WILL EXPRESS ITSELF THROUGH ME.

TRUTH IS CHANGELESS, BUT IT EXPRESSES ITSELF within the world of changing circumstances and changing understanding.

Thus, it appears that truth is changeable, yet the source of truth is not changeable. You who live in a world of change and are undergoing change yourself must realize that your Source is unchangeable.

Realizing this you will have a foundation for trust in your Source.

Trust can only be truly established when it is based upon that which cannot be changed, assaulted or destroyed. In this, your faith and trust will have a true foundation. You realize that what is changeless, which is the source of your trust and the recipient of your trust, will express itself in the changing world in changing ways. Thus, its expression will meet your every need. It will serve you in every circumstance. It will function on every level of understanding. It will actualize itself in every place of human endeavor. Thus, it will appear that the truth is changeable, for it operates in different ways in different environments, and it is recognized in different ways from different points of view. Yet truth itself, which is Knowledge itself, is ever changeless, ever loving and ever genuine.

THEREFORE, TODAY UNDERSTAND how relative and changeable your ideas are and how much you identify with that which is changeable, that which cannot stand upon its own. As your identity becomes founded in Knowledge and not merely on ideas, speculation or beliefs, you will begin to experience the permanence and security that only Knowledge can bestow. As you realize that your true life is changeless, then you will feel free to allow it to express itself in changing circumstances. Here you will escape all fear of death and destruction. Here you will find peace in the world, for the world is changing, but you are not.

PRACTICE 278: Read the lesson three times today.

第 278 階 那個不變的將通過我表達它自己。

真理是不變的，但它在環境不斷變化和理解不斷變化的世界里表達它自己。

這樣，真理看似多變，然而真理的源泉是不變的。生在變化世界上並且自身正在經歷變化的你，必須認識到你的源泉是不變的。認識到這一點，你就擁有了對你源泉的信任基礎。信任只有當基於不可改變、不可攻擊和不可破壞的東西之上時，才能被真正確立起來。在此，你的信念和信任將擁有一個真正的基礎。你認識到那個不變的，那個你信任的源泉和你信任的接收者，將在變化的世界上以變化的

方式表達它自己。這樣，它的表達將滿足你的所有需要。它將在所有境況里服務於你。它將在所有理解層面上運作。它將在人類運作的所有地方實施它自己。這樣，看似真理是多變的，因為它以不同方式在不同環境里運作，並且它從不同的角度以不同方式被認知著。然而真理本身，也就是內識本身，是永遠不變，永遠仁愛和永遠真實的。

因此，今天理解你的思想是多麼地相對和多變，你是多麼地認同那個多變的，那個無法自己站住腳的。當你的身份認同開始建立在內識上，而不只是想法、揣測或信仰上時，你將開始體驗唯有內識能夠賜予的永恆和安全。當你認識到你的真正生命是不變的，那麼你將自由地讓它在變化環境里表達它自己。在此，你將擺脫所有死亡和破壞的恐懼。在此你將在世界上找到和平，因為世界在變，而你不變。

練習 278：今天閱讀三遍本課程

Step 279

I MUST EXPERIENCE MY FREEDOM TO REALIZE IT.
FREEDOM IS NOT A CONCEPT OR AN IDEA. It is an experience.
Therefore, it must be realized in many, many different circumstances for you to see its universal application. This you are given time to accomplish. This will make all of your activities meaningful, purposeful and valuable. Then, you will have no foundation for condemning yourself or the world, for all things will strengthen your understanding of the necessity for Knowledge and all things will be the recipients of Knowledge.
THEREFORE, GIVE YOURSELF TO PRACTICE, preparation and application. Do not identify merely with ideas, for even the greatest idea is meant to be an expression in changeable circumstances and will itself be unstable. To have genuine stability in the world, you must identify with Knowledge and allow Knowledge to demonstrate its power, its efficacy and its benevolence within the world. You must experience your freedom to value it and to comprehend its meaning in the world. This is why you are a student of Knowledge. And this is

why you must apply everything that you are learning in your preparation here.

REMEMBER THIS UPON THE HOUR as you are engaged in the world.

Remember this in your deeper meditation practices where you are engaged in your inner life. In both arenas, Knowledge must prevail. In both arenas, your freedom must be exercised to be realized. In your deeper meditations, exercise the strength of your mind to enable it to come into stillness and quietude. Do not let fear or ambivalence dominate you this day. You are practicing your freedom and exercising it, for you can only be free when you are still inside, and if you are still inside, you are free already.

PRACTICE 279: Two 30-minute practice periods.

Hourly practice.

第 279 階 我必須體驗我的自由從而認識它。

自由不是一個概念或一個想法。它是一種體驗。因此，它必須在許多許多不同的境況里被認識，從而讓你看到它的普遍應用。對此，你被賦予了時間去完成。這將使你所有的活動擁有意義、宗旨和價值。這樣，你就沒有了譴責你自己或世界的基礎，因為所有事物都將強化你對內識必要性的理解，並且所有事物都將成為內識的接收者。

因此，把自己奉獻給修習、準備和應用。別只是認同想法，因為即使最偉大的想法也注定要成為多變環境里的一個表達，並且它本身將是易變的。為了在世界上擁有真正的穩定性，你必須認同內識，並讓內識在世界里示現它的力量、它的效力和它的善行。你必須通過體驗你的自由來珍視它，並理解它在世界上的意義。正因為如此，你是內識的學生。正因為如此，你必須將你所學的一切運用到你的準備里。

當你參與世界時，每小時記住這點。在你參與內在生命的深度冥想時段裡記住這點。內識必須在這兩個情境里佔上風。你的自由必須在這兩個情境里被運用，從而被認知。在你的深度冥想里，發揮你思想的力量從而讓它進入靜心和寧靜里。

今天別讓恐懼或矛盾支配你。你正在修習你的自由，並在運用它，因為只有當你內心安靜時，你才能是自由的，並且如果你內心是安靜的，那麼你已經自由了。

練習 279：兩個 30 分鐘

每小時練習

Step 280

REVIEW

REVIEW THE PAST TWO WEEKS, beginning with the first lesson in your Review period and continuing on each day up until the last lesson. Try to gain an overview of all that has transpired in the past two weeks. Try to see how you could deepen and improve your practice. Recognize how much time and energy are wasted in ambivalence and idle speculation. Realize how much of your energy is being wasted in doubt and confusion when you need only abide with Knowledge. Your ability to follow that which is beyond your comprehension, which is necessary here, will lead you to the greatest possible certainty that life can render to you. Through this certainty, your ideas, your actions and your perceptions will gain a uniformity that will allow them to be a powerful expression in the world, where humanity is confused and lost in the ambivalence of imagination. It is by following that you are able to give and you are able to lead. You will recognize this in time as you exercise your freedom and allow your freedom to exercise itself through you.

YOU ARE NOW A STUDENT OF KNOWLEDGE. Dedicate yourself to the application of your preparation with increasing devotion and involvement. Allow the mistakes of your past to motivate you. They need not be and should not be a source of self-recrimination. They are intended now to be understood as the demonstration of your need for Knowledge. Thus, you may be very thankful that Knowledge is being given to you, for you are realizing that above all else it is Knowledge which you seek.

PRACTICE 280: One long practice period.

第 280 階 復習

回顧過去的兩周，在你的復習里從第一課開始，繼續復習每一天直到最後一課。努力獲得對過去兩周所發生一切的總覽。努力去看你該如何深化和提高你的

修習。認知有多少時間和能量被浪費在矛盾心態和無所事事的揣測上。認識到當你只需堅守內識時，你卻把多少能量浪費在懷疑和困惑上。你去遵循那個超越你理解的、必要的東西的能力，將引領你走向生命能夠給予你的最大確定性。通過這一確定性，你的想法、你的行動和你的感知將獲得一致性，這將使它們成為世界上的一個強大表達，而人類是困惑的，並迷失在想象的矛盾心態里。正是通過遵循，你將能夠奉獻，你將能夠領導。當你實踐你的自由，並讓你的自由通過你實踐它自己時，你會慢慢地認知這點。

現在你是內識的學生。帶著更大的奉獻和參與，將自己投入到對你準備的應用中。讓你過去的錯誤激勵你。它們不需要也不應該成為自我指責的源泉。它們現在的用途是被理解為你對內識的需要的證明。這樣，你會非常感激內識被賦予了你，因為你意識到你所尋求的是內識，它高於一切。

練習 280：一個長練習時段

Step 281

ABOVE ALL ELSE I SEEK KNOWLEDGE.

ABOVE ALL ELSE SEEK KNOWLEDGE, for Knowledge will give you all else that you need. You will seek Knowledge with total conviction when you realize that any other avenue of endeavor and any other use of your mind and body will be hopeless and will lead you into greater confusion. For without Knowledge, you can only learn that you need Knowledge, and with Knowledge, all true learning will proceed. Your past has already taught you the great need for Knowledge. You need not learn this again and again. Why repeat the same lesson over and over, thinking that it will yield for you a different result?

OF YOURSELF YOU CAN DO NOTHING. Without Knowledge you can only generate more imagination. Therefore, there is one answer to your one greatest need, and the one answer will meet all other needs that emanate from your one great need. Your need is fundamental and the response to your need is fundamental. There is no complexity here, for in essence you need Knowledge to live meaningfully. You need

Knowledge to advance. You need Knowledge to realize your True Self. You need Knowledge to fulfill your destiny in the world. Without Knowledge, you will simply wander around and come once again to realize that you need Knowledge.

THIS IS A DAY OF THANKSGIVING, for your prayers have been answered. Your need has been responded to. The gift has been given to you to reclaim your Knowledge. Above all else seek that which will serve everything through you. In this, your need and the remedy for your life will become simple, and you will be able to proceed in certainty and patience, becoming a consistent student of Knowledge. Day by day you are reclaiming your True Self. Day by day you are escaping all else that seeks to pull you into the darkness of confusion. Day by day that which is unreal begins to disintegrate and that which is genuine begins to emerge.

UPON THE HOUR TODAY remember and affirm this great truth—that you seek Knowledge above all else. In your deeper meditation practices, allow yourself to enter stillness. Allow your life to be transformed. Allow Knowledge to emerge so that you may be a vehicle for its expression, for in this you will find happiness.

PRACTICE 281: Two 30-minute practice periods.

Hourly practice.

第 281 階 我超越其他一切去尋求內識。

超越其他一切去尋求內識，因為內識將帶給你其他一切你所需要的。當你意識到其他任何途徑的努力以及對你思想和身體的其他任何運用都將是無望的，並將帶你進入更大的困惑中時，你就會帶著全部的確信去尋求內識。因為沒有內識時，你只會學到你需要內識；有了內識，所有真正的學習將會繼續。你的過去已經教給你對於內識的巨大需要。你不需要一遍又一遍地學習這點。為什麼要一次又一次重複同樣的課程，並認為這會為你帶來不同結果呢？

憑你自己，你什麼都做不了。沒有內識，你只會製造更多的想象。因此，只有一個答案會滿足你唯一最巨大的需要，並且這一個答案將滿足從你唯一巨大需要產生的所有其他需要。你的需要是根本性的，對你需要的回應也是根本性的。這裡沒有任何複雜性，因為從本質上講，你需要內識才能活得有意義。你需要內識來實現進步。你需要內識來認識你真正的自我。你需要內識來實現你在世界上

的天命。沒有內識，你只會四處遊蕩，然後再次意識到你需要內識。

今天是感恩的一天，因為你的祈禱得到了回答。你的需要得到了回應。那個禮物被賦予了你，以喚回你的內識。超越一切，去尋求那個將通過你服務一切的東西。這樣，你的需要以及對你生命的補救將變得簡單，你將能夠帶著確定性和耐心前進，並成為內識一貫的學生。你在一天天喚回你的真正自我。你在一天天擺脫其他所有試圖將你拉進困惑黑暗的東西。那不真實的開始一天天瓦解，那真實的開始一天天呈現。

每小時記住並確認這一偉大真理——你超越其他一切去尋求內識。在深度冥想里，讓自己進入靜心裡。讓你的生命得到轉化。讓內識得以出現，這樣你就能夠成為它表達的載體，因為由此你將找到幸福。

練習 281：兩個 30 分鐘

每小時練習

Step 282

I WILL LEARN TO ACCEPT THE RESPONSIBILITY
OF CARRYING KNOWLEDGE IN THE WORLD.

CARRYING KNOWLEDGE IN THE WORLD requires responsibility.

Your responsibility is to follow Knowledge and to learn to express Knowledge adequately and purposefully. In this, your human abilities will need to be cultivated and elevated. Discernment and all the other qualities of value within yourself will need to be cultivated as well, for you must learn to express that which you carry. You must learn to follow it and become a worthy vehicle for it. This is the true meaning of all individual development. This is where individual development has genuine purpose. This is where your growth and advancement have direction as well.

THEREFORE, ALLOW YOURSELF TO EXPERIENCE THE MEANING of today's idea. Allow yourself to accept responsibility. It is not a weight upon your shoulders. It is a rite of passage for you, and in this all things that have confused and frustrated you within yourself will be given a new and purposeful application. Realize that Knowledge

carries responsibility. In this, you need to treat it with the seriousness that it requires, and yet with this seriousness, you receive the greatness and the peace that it will render to you. Over time, you will become a very, very finely-tuned vehicle for Knowledge in the world. In this, all things that require development will find development, and all things which merely hinder your progress will be relinquished.

IN YOUR DEEPER PRACTICES IN STILLNESS TODAY, recognize that you have a responsibility to cultivate your faculties of mind as a student of Knowledge. Exercise these responsibilities and do not drift away into imagination. Engage yourself as a student of Knowledge according to the requirements of your preparation, for you are now becoming a person of responsibility and a person of power.

PRACTICE 282: Two 30-minute practice periods.

第 282 階 我將學習接受把內識帶進世界的責任。

把內識帶進世界，需要責任感。你的責任是遵循內識，學習充分地、有目的地表達內識。由此，你的個人能力有必要得到培養和提升。辨識力和你內在所有其他有價值的品質有必要得到培養，因為你必須學習表達你所攜帶的東西。你必須學習遵循它，並成為它的一個有價值的載體。這是所有個體發展的真正意義。在此，個體發展具有了真正宗旨。在此，你的成長和進步也同樣具有了方向。

因此，讓自己體驗今天想法的含義。讓自己接受責任。它並非壓在你肩上的重擔。它是你的一個過關儀式，在此，你內在所有曾經給你帶來困惑和挫敗的東西，都將被賦予一個新的、有目的的應用。認識到內識肩負著責任。在此，你需要帶著它所要求的嚴肅性來對待它，然而帶著這種嚴肅性，你接收到它將帶給你的偉大和平。慢慢地，你將成為內識在世界上的一個非常非常精準的載體。由此，所有需要發展的東西都將得到發展，所有只會阻礙你進步的東西都將被摒棄。

在今天的深度靜心修習里，認知作為內識學生，你有責任培養你思想的技能。實踐這些責任，別慢慢飄進想象里。作為內識學生，你按照準備課程的要求，讓自己進行參與，因為你現在正在成為一個有責任感和一個有力量的人。

練習 282: 兩個 30 分鐘

Step 283

THE WORLD IS AMBIVALENT,
BUT I AM NOT.

LOOK ABOUT YOU IN THE WORLD and you will see that the world of humanity is lost in its own ambivalence. It wishes to have this and wishes to go there. It wants to keep everything it has acquired and lose nothing, and yet it wants more than it needs. It is confused as to its predicament. It is confused as to the remedy. It is confused as to its identity. It is confused as to what to value and what not to value. All arguments and debates, all conflicts and all wars are engaged in exercising this ambivalence.

AS YOU ABIDE WITH KNOWLEDGE, you will look upon the world and recognize its utter confusion. This will teach you and remind you of the great need for Knowledge in the world. Knowledge will never attack itself, and Knowledge is not in conflict with itself. Therefore, two individuals, or two nations, or even two worlds, will have no issues of contention if they are guided by Knowledge, for Knowledge will always seek to join individuals in a meaningful way and to clarify their interactions with one another. It is not possible that Knowledge be in conflict with itself, for there is no opposition within Knowledge. It has one purpose and one aim, and to this it organizes all activity. It organizes all forms of opposition into serving one purpose and one direction. Thus, it is the great peacemaker in the world. As you abide with Knowledge, you will become the vehicle for its expression. Then, you will teach peace because peace itself will be teaching through you. LOOKING AT KNOWLEDGE LIKE THIS will enable you to recognize your true involvement and your true responsibility as a student of Knowledge. The world is in ambivalence. It is in confusion and is suffering all of the results of this. But you who are now learning to witness the world without judgment or condemnation and are learning to witness the world from the certainty of Knowledge will be able to simply recognize the predicament of the world and know that you are carrying the remedy within yourself now.

IN YOUR DEEPER PRACTICES ENTER INTO STILLNESS ONCE AGAIN and use the RAHN word if necessary to help you. Because you are learning to be still, you are learning to be certain. Any individual who can acquire stillness in the world will become a source of Knowledge in the world, for Knowledge will express itself in the world wherever there is an opening in any mind. Your mind is now becoming open so that Knowledge may express itself.

PRACTICE 283: Two 30-minute practice periods.

第 283 階 世界是矛盾的，但我不是。

看看你周遭的世界，你會看到人類世界迷失在它自己的矛盾心態里。它想要這個，想去那裡。它想保住它所獲取的一切而不受任何損失，然而它想要的超過了它的需要。它對它的困境是困惑的。它對補救方法是困惑的。它對它的身份是困惑的。它對珍視什麼和不珍視什麼是困惑的。所有爭吵和辯論，所有衝突和所有戰爭都在展現著這種矛盾心態。

當你堅守內識時，你將看向世界並認知它徹底的困惑。這將教導你並提醒你這個世界對內識的巨大需要。內識永遠不會攻擊自己，內識不會和自己發生衝突。因此，兩個個體，或兩個國家，甚至兩個世界，如果他們得到內識的指引，他們就不會有任何爭端，因為內識始終尋求以一種有意義的方式把個體聯合在一起，並澄清他們彼此的互動。內識不可能和自己發生衝突，因為在內識里不存在對抗。它擁有唯一宗旨和唯一目標，並為此組織著所有活動。它組織所有的對抗形式，來服務於一個宗旨和一個方向。這樣，它是世界上偉大的和平製造者。當你堅守內識時，你將成為它表達的載體。這樣，你將教導和平，因為和平本身將通過你進行教導。

以這種方式看待內識，將使你認知你作為內識學生的真正參與和真正責任。世界處於矛盾里。它處於困惑里，並遭受著這所帶來的所有結果。但是，正在學習不帶評判或譴責見證世界並在學習以內識的確定性見證世界的你，將能簡單地認知世界的困境，並知道你在你自己的內心攜帶著補救辦法。

在你的深度修習里，再次進入靜心，如果有必要的話，用 RAHN（然）字幫助你。因為你在學習靜心，所以你在學習確定性。任何能夠在世界上獲得靜心的個體，都將成為世界上內識的一個源泉，因為內識將在世界上通過任何一個打開

的思想表達它自己。你的思想現在正在打開，這樣內識將能表達它自己。

練習 283：兩個 30 分鐘

Step 284

STILLNESS IS MY GIFT TO THE WORLD.

HOW CAN STILLNESS BE A GIFT, you may ask. It is a gift because it is an expression of certainty and peace. How can stillness be a gift to the world? Because your stillness allows Knowledge to express itself through you. How can stillness be a gift to the world? Because your stillness enables all other minds to be still so that they may know. A mind in conflict cannot be still. A mind that is desperately seeking for resolution cannot be still. A mind that is turbulent with its own evaluations cannot be still. Thus, as you present the stillness that you are now cultivating to the world, you give all other minds that recognize you the opportunity and the demonstration that will enable them to enter stillness themselves. You are, in essence, communicating that peace and freedom are possible and that there is a great presence of Knowledge in the world, calling upon each separated and tormented mind.

YOUR STILLNESS IS A GIFT. It will calm all minds. It will still all controversies. It will have a calming, soothing effect on all who suffer under the weight of their own imagination. This, then, is a great gift. It is not your only gift, for you will also give through your ideas, your actions and your accomplishments in the world. Here you will demonstrate the evolving qualities of mind that are required of you as a student of Knowledge. Yet, of all that you may contribute to the world, your stillness will have the greatest effect, for in stillness you will resonate with all other minds, you will calm all other minds and you will be extending true peace into the world and the freedom that it demonstrates.

TODAY REMEMBER THE IMPORTANCE OF STILLNESS upon the hour.

Look about at the world of turbulence and realize its great application there. In your two deeper meditation practices, give yourself again to stillness. Allow yourself to escape the ambivalence and uncertainty that haunt you and that hold you back. Come closer to the realm of stillness, which is the realm of Knowledge, for there you will find peace and certainty. This is God's gift to you, and this will be your gift to the world.

PRACTICE 284: Two 30-minute practice periods.

Hourly practice.

第 284 階 靜心是我給世界的禮物。

靜心怎麼會是一個禮物呢？你可能會問。它是一個禮物，因為它是對確定性和和平的一種表達。靜心怎麼會是給世界的一個禮物呢？因為你的靜心讓內識能夠通過你表達它自己。靜心怎麼會是給世界的一個禮物呢？因為你的靜心讓所有其他思想安靜下來，這樣它們也能認知。一個處於衝突中的思想無法安靜。一個不顧一切尋求解決方案的思想無法安靜。一個周旋在它自己評估里的思想無法安靜。因此，當你向世界呈現你正在培養的靜心時，你給認識你的所有其他思想提供機會和示範，讓它們自己也能進入靜心裡。從本質上講，你正在傳達：和平和自由是可能的，並且世界上存在著內識的偉大臨在，它召喚著每一個分離和受折磨的思想。

你的靜心是一個禮物。它將安撫所有思想。它將平定所有爭論。它將對所有承受他們自身想象重壓的人們產生一種鎮定和安撫作用。因此，這是一個偉大的禮物。它不是你唯一的禮物，因為你還將通過你的想法、你的活動和你的成就在世界上進行奉獻。在此，你將示範作為內識學生所需要的所有思想品質的進步。然而，在你能對世界進行的所有貢獻里，你的靜心將擁有最巨大的效果，因為在靜心裡你將和所有其他思想產生共鳴，你將安撫所有其他思想，並且你將把真正的和平和它所示現的自由拓展到世界里。

今天每小時里記住靜心的重要。看看周圍混亂的世界，認知它在那裡的偉大應用。在兩次深度冥想練習里，再次把自己奉獻給靜心。讓自己擺脫糾纏你、阻礙你的矛盾和不確定。接近那個靜心的王國，它是內識的王國，因為在那裡你將找到和平和確定性。這是上帝給你的禮物，並且這將是你給世界的禮物。

練習 284：兩個 30 分鐘

每小時練習

Step 285

IN STILLNESS ALL THINGS CAN BE KNOWN.

IN STILLNESS ALL THINGS CAN BE KNOWN, for the mind is able to respond to Knowledge. Then, Knowledge will find expression in your specific thoughts and activities. Your mind was meant to serve Knowledge, as your body was meant to serve your mind. In this, the contribution from your True Home is able to express itself in the world of exile. Here Heaven and Earth touch, and when they touch, true communication begins to exist, and the transference of Knowledge is made into the world.

YOU ARE PREPARING TO BECOME A VEHICLE FOR KNOWLEDGE so that all things that you accomplish, great and small, unique and mundane, will express the presence of Knowledge. Therefore, your function in the world is not grand; it is simple. It is what is expressed through your activity that is important, for the simplest action done with Knowledge is a great teaching of Knowledge and will impress and affect all minds in the world.

THEREFORE, REMIND YOURSELF UPON THE HOUR TODAY of the importance of cultivating stillness and the immediate freedom from anxiety and conflict that it provides for you. Allow your deeper practice periods today to be times of true devotion, where you come to the altar of God to give yourself. This, in essence, is the true church. This is the true chapel. This is where prayer becomes real and where your mind, which is an expression of God's Mind, in stillness, humility and openness, yields itself to its great source. In this, God blesses you and gives to you a gift to give to the world which is the result of your own development.

ALL THIS IS TRANSPIRED IN STILLNESS, for in stillness the transference of Knowledge can be completed. This is absolutely natural and totally beyond your comprehension. Therefore, you need not spend energy and time speculating about it, wondering about it or trying to comprehend its mechanism. This is not necessary. It is only required that you be a recipient of Knowledge. Do not stand apart and attempt to understand it.

DO NOT STAND APART TODAY BUT ENTER STILLNESS, for this is God's gift to you. In stillness the transference of Knowledge will be made. With this, you become a vehicle for Knowledge in the world.

PRACTICE 285: Two 30-minute practice periods.

Hourly practice.

第 285 階 在靜心裡，一切都能被認知。

在靜心裡，一切都能被認知，因為思想能夠對內識做出回應。這樣，內識將在你特定的想法和活動里找到表達。你的思想注定服務於內識，正如你的身體注定服務於你的思想一樣。由此，來自你真正家園的貢獻能夠在被放逐的世界里表達它自己。在此，天堂和大地相接，當它們相接時，真正的溝通開始存在，內識的傳遞在世界上得以進行。

你正在進行準備成為內識的一個載體，這樣你所成就的一切，無論偉大還是渺小，無論獨特還是平凡，都將表達內識的臨在。因此，你在世界上的職能不會是宏偉的；它是簡單的。是那通過你的活動得到表達的東西，才是至關重要的，因為哪怕是帶著內識進行的最簡單行動，也是內識的一個偉大教導，並將觸動和影響世界上的所有思想。

因此，今天每小時提醒自己培養靜心的重要性，以及它為你帶來的從焦慮和衝突的即刻解脫。讓你今天的深度修習時段成為真正奉獻的時間，在此你來到上帝的聖壇前奉獻你自己。從本質上講，這裡是真正的教會。這裡是真正的教堂。這裡是祈禱成真的地方，是你的思想——它是上帝思想的一個表達——在靜心、謙卑和開放里讓自己臣服於它偉大源泉的地方。在此，上帝祝福你，並賦予你一個禮物去奉獻給世界，這是你自身的發展所帶來的結果。

所有這些在靜心裡發生，因為在靜心裡，內識的傳遞得以完成。這是絕對自然的，並且完全超出你的理解。因此，你不需要浪費精力和時間去揣摩它，好奇它或是試圖理解它的機制。這沒有必要。它僅要求你成為內識的一個接收者。不要站在一旁試圖理解它。

今天不要站在一旁，而是進入靜心裡，因為這是上帝賦予你的禮物。在靜心

裡，內識的傳遞將會產生。由此，你成為世界上內識的一個載體。

練習 285：兩個 30 分鐘

每小時練習

Step 286

I CARRY STILLNESS INTO THE WORLD
WITH ME TODAY.

CARRY STILLNESS WITH YOU. Allow your inner life to be quiet as you move in the world of turbulence and confusion. There is nothing for you to resolve in your thoughts now, for you are learning to be with Knowledge. Knowledge will organize your thinking and give it true uniformity and direction. Carry stillness with you and be certain that all of your internal conflicts will be resolved through Knowledge, for you are following the source of their resolution. Each day will bring you closer to peace and fulfillment. And that which haunted you before and cast great dark clouds over your mind will simply be escaped as you walk the path of Knowledge.

CARRY STILLNESS WITH YOU INTO THE WORLD. This will enable you to be truly observant. This will enable you to see the world as it is.

This will enable you to diffuse the world's conflict, for here you are teaching peace by being at peace. This is not a false peace that you are teaching. It is born of a true association with Knowledge, for you are following Knowledge here. You are allowing Knowledge to provide the direction. You can only do this in stillness.

THINK NOT THAT STILLNESS WILL RENDER YOU INCAPABLE of genuine activity in the world. You will be active in the world, and you will participate in its mechanism, but you may be still inside as you do so. You will find, to your great delight, that you will be far more competent, more effective and far more responsive to others, with greater involvement and productivity as you carry this stillness into the world. Here your energy may be expressed in the world in a meaningful way. Here all the powers of your mind and your body are being contributed and are not wasted in internal conflict. Therefore, you become more powerful and effective, more certain and productive as you carry stillness into the world.

THROUGHOUT THE DAY REMIND YOURSELF that you are carrying stillness into the world, and in your two deep meditation practices seek the refuge of stillness. Escape the world that your senses report, and enter the serenity and the sanctuary of stillness and Knowledge. You will find as you proceed that your two longer practice periods will be

times of great rest and relief, great moments of rejuvenation. They are where you attend the holy chapel of the Holy Spirit each day. They are where you and God meet through Knowledge.

THESE PRACTICE PERIODS, THEN, become the highlight of each day as you learn to receive the gifts that are being presented to you. You will look forward to your practice sessions as an opportunity to regenerate and to refresh yourself, to find true inspiration and comfort and to enable your mind to become stronger and stronger with Knowledge so that you may carry peace and stillness into the world.

PRACTICE 286: Two 30-minute practice periods.

Hourly practice.

第 286 階 今天我把靜心帶進世界。

攜帶著靜心。當你在充滿動蕩和困惑的世界里行走時，讓你的內在生命保持安靜。現在，你的思想里沒有任何需要你去解決的事情，因為你正在學習和內識同在。內識將組織你的思想並賦予它真正的統一和方向。攜帶著靜心，並確信你所有的內在衝突將通過內識得到解決，因為你正在遵循那解決方案的源泉。每一天將帶你更接近和平和成就。當你走在內識的道路上時，那以前縈繞著你並給你的思想布下沈暗烏雲的東西，將被輕鬆地擺脫。

把靜心帶進世界。這將使你保持真正的觀察。這將使你看到世界真實的樣子。這將使你消散世界的衝突，因為在此你通過保持和平來教導和平。你所教導的和平不是一種虛假的和平。它誕生於和內識的真正聯接，因為你在遵循內識。你讓內識來提供方向。唯有在靜心裡，你才能做到這點。

不要認為靜心會使你無法在世界上進行真正的活動。你在世界上將是積極的，並且你將參與到它的機制里，但是當你這樣做時，你的內心可以是安靜的。你會非常喜悅地發現，當你把靜心帶進世界時，你會帶著更大的投入和生產力，變得更加能幹、更加高效並且更能對他人做出回應。在此，你的能力可以以一種有意

義的方式在世界上得到表達。在此，你思想和你身體的所有力量都被貢獻出來，而非浪費在內在衝突里。因此，當你將靜心帶進世界時，你變得更強大和有效，更確定和有建設性。

貫穿全天提醒自己你正在將靜心帶進世界，在兩次深度冥想里，在靜心裡尋求庇護。擺脫你的感官傳遞的這個世界，進入靜心和內識的寧靜和庇護里。當你前進時你會發現，你的兩次長修習時段將成為充分休息和放鬆的時間，成為恢復活力的偉大時刻。它們是你每天走進聖靈的神聖教堂的地方。它們是你和上帝通過內識相會的地方。

因此這些練習時段成為每天的精彩時段，因為你在學習接收正在被呈現給你的禮物。你將期待你的修習時段，把它當做再生和換新你自己、找到真正靈感和安慰並讓你的思想擁有越來越強大內識的機會，這樣你將能夠把和平和靜心帶進世界。

練習 286：兩個 30 分鐘

每小時練習

Step 287

WITH KNOWLEDGE I CANNOT BE AT WAR.

WITH KNOWLEDGE YOU CANNOT BE AT WAR. You cannot be at war within yourself or with others, for with Knowledge there is only Knowledge and there is confusion in the world.

Confusion does not require attack. Therefore, with Knowledge you are not at war, for you have one mind, one purpose, one responsibility, one direction and one meaning. The more your mind becomes uniform, the more your external life will become uniform as well. How can you be at war within yourself when you are following Knowledge? War is born of ambivalence where opposing value systems conflict with each other to gain your recognition. Competing ideas, competing emotions and competing values all wage war on one another, and you

are caught in the middle of their great battles.

WITH KNOWLEDGE ALL OF THIS IS ESCAPED. With Knowledge you cannot be at war within yourself. In time, all of your self-doubt, uncertainty, fear and anxiety will wear away. As they do so, you will increasingly feel that you are not at war and will enjoy the full benefit of being at peace. This will enable you to turn your eyes upon the world with the full force of your involvement, for all of your mental and physical energy will now be available for you to contribute to the world. What you will contribute will be greater than your actions or your words, for you will carry stillness and peace into the world.

HERE YOU WILL NOT BE IN OPPOSITION TO ANYONE, though others may choose to be in opposition to you. Here you will not be at war with anyone, even if others choose to be at war with you. This will be your greatest contribution, and this is what your life will teach through demonstration. Here Knowledge will bestow itself upon the world and teach the great lessons that you are now learning to receive for yourself. This teaching will occur naturally. You need not force it upon the world, and you need not attempt to change anyone else, for Knowledge will accomplish its true task through you.

UPON THE HOUR REALIZE THE MEANING OF TODAY'S IDEA and realize the power of Knowledge to end all of your suffering and eventually the suffering of the world. In your deeper practice periods, return to your great sanctuary and once again become a recipient of Knowledge in openness and humility. Then, you will be able to carry your abiding relationship with Knowledge into the world with greater and greater certainty. Then, what needs to be contributed will radiate from you effortlessly.

PRACTICE 287: Two 30-minute practice periods.

Hourly practice.

第 287 階 帶著內識我不會處於爭鬥里。

帶著內識，你不會處於爭鬥里。你不會和你自己或和他人進行爭鬥，因為帶著內識，這個世界上就只有內識和困惑。困惑不需要攻擊。因此，帶著內識，你不會處於爭鬥里，因為你擁有一個思想、一個宗旨、一個責任、一個方向和一個意義。你的思想越變得統一，你的外在生活也同樣越變得統一。當你遵循內識時，你怎麼可能在你內在處於爭鬥里呢？爭鬥來自於矛盾，在此相互對立的價值體系彼此衝突來獲得你的確認。競爭的想法、競爭的情緒和競爭的價值觀都在彼此發動戰爭，而你被夾在它們巨大爭鬥的當中。

帶著內識，所有這些被擺脫了。帶著內識，你不會在你內在處於爭鬥里。慢慢地，你所有的自我懷疑、不確定、恐懼和焦慮都會消逝。當它們逝去時，你將越發感到你沒有爭鬥，並且你將享受處於和平里的全部益處。這將使你能夠帶著參與的全部力量把目光轉向世界，因為你所有思想的和身體的能量都做好準備去貢獻給世界。你將貢獻的要比你的行動或你的話語更加偉大，因為你將把靜心和和平帶進世界。

在此你將不會反對任何人，儘管其他人可能選擇反對你。在此你將不會和任何人處於爭鬥里，即使他人選擇和你爭鬥。這將是你最偉大的貢獻，這正是你的生命通過示範進行教導的東西。在此內識將把自身賦予世界，並教授你正在學習為自己接收的偉大課程。這一教導將自然地發生。你不需要將它強加到世界上，你不需要試圖改變任何人，因為內識將通過你完成它真正的任務。

每小時認識到今天想法的含義，認識到內識的力量能夠終止你所有的痛苦，並最終終止世界的痛苦。在深度修習時段裡，回到你偉大的庇護所，在開放和謙卑里再次成為內識的一名接收者。這樣，你就能夠帶著越來越大的確定性攜帶你與內識的恆久關係進入世界里。這樣，那需要被貢獻的東西將毫不費力地從你身上散髮出來。

練習 287：兩個 30 分鐘

每小時練習

Step 288

ENEMIES ARE ONLY FRIENDS

WHO HAVE NOT LEARNED TO JOIN.

THERE ARE NO TRUE ENEMIES IN LIFE, for all war and conflict are born of confusion. This you must understand. A life without Knowledge can only be confused and must create its own

inner guidance system, which is merely the ideas and beliefs with which it identifies itself. Thus, individuals have their own individual purpose and self-identity. These evaluations clash with those of other individuals, and thus one to one, group to group, nation to nation and world to world, war is generated and waged.

IN KNOWLEDGE THIS IS NOT POSSIBLE, for in Knowledge all are your friends. You recognize each person to be at whatever stage of development he or she is currently engaged. You may become involved with some of them, and with some of them you may not. Some of them may be able to receive your contribution directly, while others will need to receive it indirectly. But they are all your friends. There is no opposition in Knowledge, for there is only one Knowledge in the universe. It expresses itself through each individual. As each individual becomes more purified as a vehicle for Knowledge, as each individual becomes a greater recipient of Knowledge and as each individual follows Knowledge and becomes responsible to Knowledge, then the opportunity for him or her to be in conflict will diminish and eventually will disappear.

RECOGNIZE, THEN, THAT ALL WAR AND CONFLICT simply express a lack of capacity for those involved to join. When individuals join, they recognize a common need, which becomes their primary need. This must be born of Knowledge and not idealism if it is to be actualized. It must be born of Knowledge and not mere philosophy if it is to lead to true action and true involvement. Thus, you become a peacemaker and a peacekeeper in the world as you follow as a student of Knowledge. The stronger Knowledge is within you, the weaker will be your fear and ambivalence. In this way, war within you will be ended, and your life will be a demonstration that war is unnecessary.

DEDICATE YOURSELF TODAY TO ENDING WAR within the world by ending war within yourself so that you may be a peacemaker and a peacekeeper. Upon the hour remind yourself of today's lesson and apply it to the world that you see around you. Apply it to all of the conflicts in the world of which you are aware. Try to understand its complete relevancy to these conflicts. This will require that you see these conflicts from a different point of view in order to realize the full impact and meaning of today's idea. It is this point of view that you must cultivate, for you must learn to see as Knowledge sees, to think as Knowledge thinks and to act as Knowledge acts. All this you will most certainly accomplish as you follow Knowledge each day.

IN YOUR DEEPER PRACTICE PERIODS return to stillness and silence so that you may strengthen your ability to cultivate and prepare yourself to be an emissary of Knowledge in the world. This is your responsibility today. This will permeate all of your other activities and give them value and meaning, for today you are a student of

Knowledge.

PRACTICE 288: Two 30-minute practice periods.

Hourly practice.

第 288 階 敵人只是還沒有學會結合的朋友。

生命里沒有真正的敵人，因為所有戰爭和衝突源於困惑。這點你必須理解。一個沒有內識的生命只會是困惑的，並且必然會創建它自己的內在指引系統，那不過是些它認同為自己的想法和信仰。這樣，個體有了他們自己的個人目標和自我身份認同。這些評估與其他個體的評估發生衝突，這樣一來，一對一，團體對團體，國家對國家，世界對世界，戰爭就此產生和發動了。

在內識里這是不可能的，因為在內識里所有人都是你的朋友。你認識到每個人正處於他或她所涉入的無論何種發展階段裡。你或許會和他們中的一些人參與，而不會和另一些人參與。他們中的一些人或許能夠直接接收你的貢獻，而另一些則需要間接收收它。但是他們都是你的朋友。在內識里不存在對抗，因為宇宙里只有一個內識。它通過每個個體表達它自己。當每個個體作為內識的載體變得更加純淨時，當每個個體變成內識的一個更偉大接收者時，當每個個體遵循內識並對內識負起責任時，那麼他或她處於衝突的機會將會減少並將最終消失。

因此，要認識到所有的戰爭和衝突只是表示參與者缺乏結合的能力。當個體結合在一起時，他們認識到一個共同的需要，這成為他們的主要需要。要想使它得以實現的話，它必須來自於內識，而非理想主義。要想使它導向真正的行動和真正的參與的話，它必須來自於內識，而不僅僅是理念。這樣，當你作為內識學生遵循內識時，你成為世界上的一個和平製造者和一個和平維護者。你內在的內識越強大，你的恐懼和矛盾將越微弱。這樣，你內在的爭鬥將會終止，你的生命將證實戰爭是沒有必要的。

今天通過結束你內在的戰爭，來投身到終止世界戰爭里，這樣你就能夠成為一個和平製造者和和平維護者。每小時提醒自己今天的課程，並將它運用到你在周遭所見的世界里。將它運用到你所察覺的世界所有衝突里。努力理解它與這些衝突的完全相關性。為了能認識到今天想法的全部影響和含義，你需要從一個不同的視角來看待這些衝突。你必須培養的正是這種視角，因為你必須學習像內識一樣看，像內識一樣思考，像內識一樣行動。當你每天遵循內識時，你必定會實現所有這些。

在你的深度修習里，回到靜心和安靜里，這樣你就能夠強化你的能力去培養和準備自己，以成為內識在世界上的一個使者。這是你今天的責任。這將滲入你其他所有的活動里，並為它們賦予價值和意義，因為今天你是內識的學生。

練習 288：兩個 30 分鐘

每小時練習

Step 289

TODAY I AM A STUDENT OF KNOWLEDGE.

BE A REAL STUDENT TODAY. Give yourself entirely to your learning process. Do not assume anything, for true students do not assume anything, and that is what enables them to learn everything. Realize that you cannot comprehend Knowledge; you can only receive it. You can only experience its extension through your life into the world.

THEREFORE, ALLOW YOURSELF TO BE RECEPTIVE TO KNOWLEDGE.

Do not allow yourself to be receptive to the ambivalence that permeates the world. Maintain your distance from this ambivalence, for you are not yet strong enough with Knowledge to face ambivalence and to render your gift into an ambivalent world. Do not be ambitious in this regard, or you will overstep your capacity and will fail as a result. As Knowledge grows and develops within you, it will lead you into areas where you are able to serve. It will lead you into situations where you have an adequate capacity to render it.

BE A STUDENT TODAY. Do not try to use the learning to fulfill your

own ambitions with it. Do not let your own personal ideas guide you today, but be a student of Knowledge. When you are certain of something, carry it forth as wisely and as appropriately as possible. When you are uncertain of something, return to Knowledge and simply be at peace with Knowledge, for Knowledge will guide you. In this way, you will become a true and active agent of Knowledge in the world. Knowledge will extend itself through you into the world, and all that you receive will be given into the world through you.

IN YOUR DEEPER PRACTICES TODAY strengthen your ability to enter into the realm of Knowledge. Today go deeper than you have ever gone before. Today be a student of Knowledge. Enter Knowledge. Experience Knowledge. In this way, you will become more and more engaged with its power and its grace. In this way, you will realize its purpose in the world, which can only be realized through participation.

PRACTICE 289: Two 30-minute practice periods.

第 289 階 今天我是內識的學生。

今天做一個真正的學生。把你自己完全奉獻給你的學習過程。別假設任何事情，因為真正的學生不假設任何事情，這讓他們能夠學習一切。要認識到你無法理解內識；你只能接收它。你只能體驗它通過你的生命向世界的拓展。

因此，讓自己對內識保持接收性。別讓自己接收那瀰漫世界的矛盾心態。與這種矛盾心態保持距離，因為你的內識還沒有強大到足以面對矛盾並將你的禮物送給一個矛盾的世界。在這方面不要抱有野心，否則你會逾越你的能力，並因此失敗。當內識在你內在成長和發展時，它將引領你進入你能夠服務的領域。它將引領你進入你有充足能力去奉獻它的境況。

今天做一個學生。別試圖利用學習來滿足你自己的野心。今天別讓你自己的個人想法引導你，而是做內識的學生。當你對某件事很確定時，那就盡可能智慧和恰當地開展它。當你對某件事不確定時，那就回到內識，簡單地和內識和平相處，因為內識將指引你。通過這種方式，你將成為內識在世界上的一個真正的、

積極的代理者。內識將通過你把自己擴展進世界，同時你所接收的一切都會通過你被奉獻給世界。

在今天的深度修習里，強化你進入內識王國的能力。今天讓自己比以往更加深入。今天做一個內識的學生。進入內識。體驗內識。通過這種方式，你將越來越多地參與它的力量和它的恩寵。通過這種方式，你將意識到它在世界上的宗旨，這只能通過參與來認知。

練習 289：兩個 30 分鐘

Step 290

I CAN ONLY BE A STUDENT.

THEREFORE, I WILL BE A STUDENT
OF KNOWLEDGE.

IN THE WORLD YOU ARE A STUDENT—ALWAYS. Every day, every hour and every minute you are learning and attempting to assimilate your learning. You are either a student of Knowledge or a student of confusion. You are either a student of certainty or a student of ambivalence. You are either a student of wholeness and integrity or you are a student of conflict and war. You can only learn from being in the world, and you can only demonstrate the result of your learning. THEREFORE, THERE IS NO CHOICE whether you will be a student or not, for you will be a student even if you decide not to be a student. If you decide not to be a student, you will merely study another curriculum. In this, you have no choice, for to be in the world is to learn and to demonstrate the result of your learning. Recognizing this, your decision, then, is to determine where you will be a student and what you will learn. This is the power of decision that is given to you. Knowledge will naturally guide you to make the right decision and will lead you unto itself, for it is given to you to give to the world. Thus, as you approach Knowledge, you will feel as if you are engaged in a great homecoming. You will feel a great integration within yourself, and you will feel your self-conflict and your war with yourself begin to diminish and to fade.

BE A STUDENT OF KNOWLEDGE TODAY, for a student you are. Choose the curriculum that has chosen you. Choose the curriculum that will redeem you and through you the world. Choose the curriculum that fulfills your purpose here and that exemplifies your

life beyond this world, which wishes to express itself here. Become a student of Knowledge.

REALIZE THE POWER OF TODAY'S IDEA and remember it upon the hour. Always remember to read the day's lesson prior to entering into the world so that you may begin to utilize its practice for that day.

Confirm your studenthood in Knowledge. Strengthen your involvement as a student of Knowledge. Follow today's practices with greater and greater devotion.

IN YOUR TWO DEEPER PRACTICE PERIODS, actively engage your mind in considering what it means to be a student in the world.

Engage your mind in understanding the message for today, and attempt to realize that you are a student under all circumstances. Try to realize that you have no choice here, for you must learn, assimilate and demonstrate your learning. This is the foundation for true teaching.

Realize that your purpose in the world is to become a student of Knowledge, to assimilate Knowledge and to allow Knowledge to express itself so that you may demonstrate Knowledge in the world. In the simplest way, this is an expression of your purpose, and from your purpose a specific calling will come forth to guide you in specific ways in the world according to your nature and your design.

THUS, TODAY YOU WILL STRENGTHEN YOURSELF AS A STUDENT of Knowledge. In your longer practice periods, actively engage your mind in attempting to penetrate today's idea and to recognize its absolute relevancy to your life.

PRACTICE 290: Two 30-minute practice periods.

Hourly practice.

第 290 階 我只能做一個學生。因此，我將做內識的學生。

在世界上你是一個學生——始終都是。每一天，每小時，每分鐘你都在學習，並努力吸收你的學習。你要麼是內識的學生，要麼是困惑的學生。你要麼是確定性的學生，要麼是矛盾心態的學生。你要麼是完整和正直的學生，要麼是衝突和戰爭的學生。你只能通過身處世界來進行學習，並且你只會示範你學習的結果。

因此，對於是否要做學生，你沒有選擇餘地，因為即使你決定不做學生，你依然會是個學生。如果你決定不做學生，那麼你只不過是在學習另一種課程。在此，你沒有選擇，因為身處世界就是學習，並示範你學習的結果。認知了這點，

那麼你的決定就在於你將在哪裡做學生，以及你將學習什麼。這是被賦予你的決策權。內識將自然地引導你做出正確的決定，並將引導你走向它自己，因為它被賦予你來奉獻給世界。這樣，當你接近內識時，你會覺得這彷彿是偉大的歸鄉。你將感受到你內在的一種偉大整合，並且你將感受到你的自我衝突以及你和你自己的戰爭開始減少和褪去。

今天做內識的學生，因為你就是一個學生。去選擇那選擇了你的課程。去選擇那將救贖你，並通過你救贖世界的課程。去選擇那成就你的宗旨並示範你在這個世界以外的生命的課程，它希望在這裡表達它自己。成為內識的學生。

認識到今天想法的力量，並每小時記住它。總是記住在進入世界之前閱讀當天的課程，這樣你就能夠開始為那一天運用它的修習。確認你在內識里的學生身份。強化你作為內識學生的參與。帶著越來越大的奉獻去遵循今天的修習。

在兩次深度修習里，積極運用你的思想去思考在世界上做一個學生意味著什麼。運用你的思想去理解今天的訊息，並努力認識到你在所有境況里都是一個學生。努力認識到你在此沒有選擇，因為你必須學習、吸收和示範你的學習。這為從事真正教學打下基礎。認識到你在世界上的宗旨是成為內識的學生，吸收內識並讓內識表達它自己，這樣你就能夠在世界上示範內識。這是最簡單的方式對你宗旨的一種表達，從你的宗旨里，一個特定的召喚將會出現，並根據你的本質和你的設計以特定方式在世界上引導你。

因此，今天你將強化自己做內識的學生。在長修習時段裡，積極運用你的思想努力穿透今天的想法，並認知它和你生命的絕對相關性。

練習 290：兩個 30 分鐘

每小時練習

Step 291

I AM GRATEFUL TO MY BROTHERS

AND MY SISTERS WHO ERR AGAINST ME.

BE GRATEFUL TO THOSE WHO DEMONSTRATE THE NEED for

Knowledge. Be grateful to those who teach you that it is

hopeless to engage in any pursuit in the world without Knowledge.

Be grateful to those who save you time by demonstrating the results of

things you are contemplating for yourself even now. Be grateful to

those who show you your own great need in the world. Be grateful to

those who demonstrate what you must give to the world. Be grateful

to all those who seem to err against you, for they will show you what

is necessary in your life, and they will remind you that Knowledge is

your one true purpose, your one true goal and your one true

expression.

IN THIS, ALL WHO ERR AGAINST YOU become your friends, for even

in their misery they serve you and will call upon you to serve them.

Here all folly, error, confusion, ambivalence, conflict and war in the

world can lead you to the conviction of Knowledge. In this way, the

world serves you, supports you and prepares you to serve it in its great

need. Here you become a recipient of the world's accomplishments

and are given a reminder of the world's errors. In this way, your love

and compassion for the world will be engendered.

TODAY REMIND YOURSELF UPON THE HOUR of this message and

attempt to realize its meaning in the context of all of your activities so

that everything that happens today will demonstrate the meaning of

today's idea. In your deeper practice periods, actively engage your

mind in attempting to penetrate today's idea. Recall every person who

you think has erred against you. See how that person has served you

and will continue to serve you as a reminder. This can save you great

amounts of time and energy by bringing you closer to Knowledge, by

increasing your resolve for Knowledge and by reminding you that

there is no alternative to Knowledge. In your longer practice periods

think of every person who you feel has erred against you and realize

their tremendous service to you from this point of view.

ALLOW THIS DAY TO BE A DAY OF FORGIVENESS and a day of

acceptance where you recognize and extend your gratitude to those

who have erred against you. Life is conspiring to bring you to

Knowledge. As you enter Knowledge, you will realize the great service

that life is rendering unto you, both from its accomplishments and

from its failures. Be a recipient of this gift, for in love and gratitude

you will turn to the world and wish to contribute that which is the

greatest of all contributions. Here you will give Knowledge in

gratitude and in service to the world which has served you.

PRACTICE 291: Two 30-minute practice periods.

Hourly practice.

第 291 階 我感激對我犯錯的兄弟姐妹們。

感激那些示範對內識的需要的人們。感激那些教導你不帶內識在世界上進行任何追求是無望的人們。感激那些示範你自己考慮去做的事的結果，從而節省了你的時間的人們。感激那些向你示現你自己在世界上的巨大需要的人們。感激那些示範你必須為世界奉獻什麼的人們。感激所有那些似乎對你犯錯的人們，因為他們將向你展示什麼是你生命中必不可少的，他們將提醒你內識是你唯一真正的宗旨，你唯一真正的目標和你唯一真正的表達。

在此，所有對你犯錯的人都成為你的朋友，因為即使在他們的苦難中，他們依然在服務你，並召喚你去服務他們。在此，世界上的所有愚蠢、錯誤、困惑、矛盾、衝突和戰爭都能引領你走向對內識的確信。通過這種方式，世界服務你、支持你並讓你進行準備來服務於它的巨大需求。在此你成為世界成就的接收者，同時被提醒著世界的錯誤。通過這種方式，你對世界的愛和慈悲將會產生。

今天每小時提醒自己這一訊息，並努力認知它在你所有活動里的意義，這樣今天發生的一切都將示範今天想法的含義。在深度修習里，積極運用你的思想努力穿透今天的想法。回想每一個你認為對你犯過錯的人。看看那個人是如何服務於你的，並將作為一個提醒繼續服務於你。這能夠節省你大量的時間和精力，因為它讓你靠近內識，它強化你對內識的決心，它提醒你內識沒有任何替代品。在你的長修習時段裡思考每一個你感覺對你犯過錯誤的人，並從這個角度認識到他們對你的巨大服務。

讓今天成為寬恕的一天和接受的一天，在此你認知並拓展你的感激給那些對

你犯過錯誤的人們。生命在齊心協力將你帶向內識。當你進入內識時，你將意識到生命給你提供的偉大服務，既通過它的成就，也通過它的失敗。做這個禮物的接收者，因為在愛和感激里，你將轉向世界並希望去貢獻那最偉大的貢獻。在此，你將在感激里，在對服務你的世界的服務里，奉獻內識。

練習 291：兩個 30 分鐘

每小時練習

Step 292

HOW CAN I BE ANGRY WITH THE WORLD

WHEN IT ONLY SERVES ME?

HOW CAN YOU BE ANGRY WHEN THE WORLD SERVES YOU?

When you recognize how much the world is serving you, which can only be recognized in the context of Knowledge, you will then end all of your hatred towards the world, all of your condemnation of the world and all of your resistance to the world. This will confirm your true destiny, your true origin and your true purpose for being in the world.

YOU HAVE COME INTO THE WORLD TO LEARN AND TO UNLEARN.

You have come into the world to recognize what is real and what is not. You have come into the world to be a contributor to the world, a contributor who has been sent from beyond the world to serve here. This is the real nature of your presence here, and though it may seem to conflict with your evaluation of yourself, it is true nonetheless and will be true regardless of your point of view, regardless of your own ideals and beliefs and regardless of whatever pursuits you may set for yourself. The truth awaits you and waits for you to be ready to value it. UPON THE HOUR REMEMBER TODAY'S IDEA and see its application everywhere as you look about at the world. In your two deeper practices once again bring to mind every person that you feel has erred against you, and once again attempt to understand their contribution to you in bringing you to Knowledge, in teaching you to value Knowledge and in teaching you to realize that there is no hope beyond Knowledge. There is no hope without Knowledge. Today's idea will engender love and gratitude towards the world and will strengthen this point of view, which will be necessary for you to have to look upon the world with certainty, love and Knowledge.

PRACTICE 292: Two 30-minute practice periods.

Hourly practice.

第 292 階 當世界只是在服務於我時，我怎麼能對世界感到憤怒呢？

當世界服務於你時，你怎麼能感到憤怒呢？當你認識到世界是如何服務於你——這只能在內識的範疇里被認知——時，你將停止你對世界的所有仇恨，你對世界的所有譴責和你對世界的所有抗拒。這將確認你真正的天命，你真正的來源和你身處世界的真正宗旨。

你來到世界上來學習和摒棄。你來到世界上來認知什麼是真實的而什麼不是。你來到世界上來做世界的貢獻者，一個從世界外被派到這裡服務的貢獻者。這是在這裡存在的真正本質，雖然它看似和你對自己的評估相衝突，但它依舊是真理，並且無論你的觀點如何，無論你自己的理想和信仰如何，無論你為自己設立了怎樣的追求，它都將是真理。這個真理在等待著你，等你做好準備去珍視它。

每小時記住今天的想法，並在你環顧世界時看到它無所不在的應用。在你的兩次深度修習里，再次回想每一個你感覺對你犯過錯誤的人，並再次嘗試去理解他們對你的貢獻，因為他們帶你走向內識，他們教你珍視內識，他們教你認知：除了內識，毫無希望可言。沒有內識，就沒有希望。今天的想法將帶來對世界的愛和感激，並將強化這種觀點，這對你來說是必要的，因為你必須帶著確定、愛和內識看向世界。

練習 292：兩個 30 分鐘

每小時練習

Step 293

I DO NOT WISH TO SUFFER TODAY.

STRENGTHEN YOUR RESOLVE NOT TO SUFFER today by being a

student of Knowledge, by adhering to Knowledge and by devoting yourself to Knowledge. Do not let the world draw you into its meaningless pursuits, into its hopeless endeavors or into its incensed conflicts. All these things still hold attraction for you, yet do not allow yourself to give into them today, for the persuasions of the world are born of the world's great anxiety and fear. Anxiety and fear are like diseases that affect minds. Do not allow your mind to be so affected today. You do not want to suffer today, and suffer you will if you follow the world's persuasions. Participate in the world and fulfill your mundane responsibilities, but strengthen your resolve to be a student of Knowledge, for this will free you from all suffering and will give you the greatness that you are intended to give to the world.

UPON THE HOUR CONFIRM THAT YOU DO NOT WANT TO SUFFER today and realize the inevitability of your suffering if you attempt to engage yourself in the world without Knowledge. The world can only remind you of your one great purpose and responsibility now, which is to become a student of Knowledge. Be grateful that the world will support you in the only way that it can, and be grateful that from your Ancient Home, God has extended Grace into the world for you to receive and to learn to give.

PRACTICE 293: Hourly practice.

第 293 階 今天我不想受苦。

今天通過做內識的學生，通過堅持內識，通過把自己奉獻給內識，來強化你不想受苦的決心。別讓世界把你拉進它沒有意義的追求里，它無望的努力里或是它激起的衝突里。所有這些依然對你具有吸引力，但是今天別讓自己向它們屈服，因為世界的說服源於世界巨大的焦慮和恐懼。焦慮和恐懼就像感染思想的疾病一樣。今天別讓你的思想受此感染。今天你不想受苦，如果你遵循世界說服的話你就會受苦。參與世界，履行你的世俗責任，但要強化你做內識學生的決心，因為這將讓你擺脫所有痛苦，並將賦予你你注定要奉獻給世界的偉大。

每小時確認今天你不想受苦，並認知如果你試圖不帶內識地參與世界的話，你的痛苦是不可避免的。現在，世界只會提醒你的唯一偉大宗旨和責任，那就是成為內識的學生。感激世界以它唯一可能的方式支持你，感激上帝從你的古老家

園將恩寵擴展到世界里，讓你接收，並學習去奉獻。

練習 293：每小時練習

Step 294

REVIEW

BEGIN THIS TWO-WEEK REVIEW WITH THIS INVOCATION:

「I AM NOW A STUDENT OF KNOWLEDGE. I will learn of the meaning and the purpose of Knowledge through my participation. I will follow my participation without attempting to alter its methods or its lessons in any way because I wish to learn. I am a student of Knowledge in a world where Knowledge seems to be absent. For this reason I have been sent here to prepare to give that which Knowledge will wish to give to the world. I am a student of Knowledge. I am secure in my responsibility. In this, I will receive all that I truly desire, for I truly desire to love the world.」

FOLLOWING THIS INVOCATION begin your two-week Review. Beginning with the first day in this two-week period, read the lesson for that day and remember your practice. Continue on in this way to cover all the days in this two-week period, and then attempt to have an overview of your life during this practice time. Begin to see what has occurred in your life in this two-week period.

AS YOU GAIN AN OVERVIEW, you will begin to see the movement of your life. Perhaps this will be subtle at first, but you will soon begin to realize that your life is progressing rapidly and that your values and your experience of yourself are changing. You are changing fundamentally. You are finally becoming yourself. You will realize that war, which still rages in you from time to time, will diminish and become less frequent. Only with a conscious and objective overview can this be recognized, and as it is recognized, it will give you the confidence and the conviction to proceed on, for you will know that you are following your true course and your true destiny. You will know that you are a true student of Knowledge and that you have made the right decision concerning your studenthood.

PRACTICE 294: One long practice period.

第 294 階 復習

用以下祈禱開始這次的兩周復習：

「我現在是內識的一名學生。我將通過我的參與來學習內識的意義和宗旨。我將遵循我的參與，不試圖以任何方式修改它的方法或它的課程，因為我希望學習。我是身在一個似乎沒有內識的世界里的內識學生。正因為這個原因，我被派到這裡來準備奉獻內識希望奉獻給世界的東西。我是內識的一名學生。我對我的責任是確定的。因此，我將接收所有我真正渴望的東西，因為我真的渴望去愛世界。」

祈禱之後開始你的兩周復習。從兩周的第一天開始，閱讀當天的課程並回憶你的修習。以這種方式繼續直至完成這兩周的每一天，然後努力獲得對你生命在這個修習時段裡的總覽。開始看清在你生命的這兩周時段裡發生了什麼。

當你獲得一種總覽時，你將開始看到你生命的運動。或許這一開始時是些微的，但你很快就會開始意識到你的生命正快速進展，你的價值觀和你對自我的體驗正在發生改變。你在發生根本性的改變。你終於變成你自己。你將意識到戰爭儘管還在你內心不時掀起，但它將會減弱，變得不那麼頻繁。只有通過一個有意識的和客觀的總覽，這才能被認知，並且當它被認知時，它將給你信心和確信以繼續前進，因為你將認知你正在遵循你真正的歷程和你真正的天命。你將認知你是內識的真正學生，並且你對你的學生身份做出了正確的決定。

練習 294：一個長練習時段

Step 295

I AM NOW PENETRATING

THE MYSTERY OF MY LIFE.

YOU ARE PENETRATING THE MYSTERY OF YOUR LIFE which

seeks to reveal itself to you. The mystery of your life is the

source of all that is manifest in your life. All that will be manifest

and is intended to be manifest is embodied in the mystery of your life.

Therefore, your current engagement as a student of Knowledge is

absolutely fundamental to everything you will do in the world and to everything you will realize and fulfill in this life. It is absolutely fundamental to your need.

ALLOW THE MYSTERY TO BE MYSTERIOUS. Allow the manifest to be manifest. In this way, you will enter the mystery of Knowledge with reverence and openness, and you will engage yourself in the world with a practical emphasis and a concrete approach. This will enable you to be a bridge from your Ancient Home to this temporary world. Then, you will treat life in the universe with reverence and awe, and you will treat your self-application in the world with conciseness and responsibility. Here all your faculties will be properly cultivated and integrated, and you will be a vehicle for Knowledge.

WE WILL NOW BEGIN A MORE ADVANCED SECTION of your curriculum. You may realize that much of what you are learning you cannot yet understand. Many of the steps to follow will be to activate your Knowledge, to make it stronger and more present within you and to evoke within you the ancient memory of your true relationships in the universe and the meaning of your purpose here. Therefore, we will begin a series of lessons which you will not be able to comprehend but with which you must become engaged. You are now penetrating the mystery of your life. The mystery of your life holds all the promise for your life.

REMEMBER YOUR LESSON THROUGHOUT THE DAY. Recite it upon the hour and in your two deeper practice periods, enter into stillness and peace. Allow yourself to penetrate the mystery of your life so that the mystery of your life may be revealed to you. For all meaning, purpose and direction are born of your origin and your destiny. You are a visitor within the world, and your participation here must exemplify your greater life beyond the world. In this way, the world is blessed and fulfilled. In this way, you will not betray yourself, for you were born of a greater life, and Knowledge is abiding with you to remind you of this.

PRACTICE 295: Two 30-minute practice periods.

Hourly practice.

第 295 階 我正在深入我生命的神秘。

你正在深入你生命的神秘，它尋求將它自己示現給你。你生命的神秘是你生命里所有顯化的源泉。所有將會顯化的和可能會顯化的東西都蘊含在你生命的神秘里。因此，你當前作為內識學生所進行的參與，對於你將要在世界裡做的一切以及你將在這次生命裡認知和成就的一切來說，是絕對必要的。它對你的需要來

說是絕對必要的。

讓神秘保持神秘。讓顯化保持顯化。通過這樣，你將帶著敬畏和開放進入內識的神秘里，你將帶著一種實用性的專注和一種實際的方式參與到世界里。這將讓你成為從你古老家園通向這個暫時性世界的一座橋梁。這樣，你將帶著崇敬和敬畏對待宇宙中的生命，你將帶著簡明和責任對待你在世界里的自我運用。在此你所有的技能將得到正確的培養和整合，並且你將成為內識的一個載體。

現在我們將開始你課程中一個更高階的部分。你可能會意識到，對於你即將學習的大部分東西，你還無法理解。其中的許多進階將用來激活你的內識，讓它變得更強大，在你內在更加臨在，並在你內心喚起你對你宇宙中的真正關係的古老記憶，以及你在這裡的宗旨的含義。因此，我們將開始一系列你將無法理解的課程，但是你必須參與它們。你現在正在深入你生命的神秘。你生命的神秘抱持著你生命的所有前途。

貫穿全天記住你的課程。每小時吟誦它，在兩次深度修習里，進入靜心和和平。讓自己深入你生命的神秘，這樣你生命的神秘就能被示現給你。因為所有的意義、宗旨和方向都來自於你的來源和你的天命。你是世界的一個訪問者，你在這裡的參與必須體現你在世界之外的更偉大生命。通過這種方式，世界得到祝福和成就。通過這種方式，你將不會背叛你自己，因為你誕生於一個更偉大生命，並且內識與你堅守以提醒你這一點。

練習 295：兩個 30 分鐘

每小時練習

Step 296

NASI NOVARE CORAM

TODAY'S ANCIENT WORDS WILL STIMULATE KNOWLEDGE. Their meaning may be translated thus: 「The presence of the Teachers

of God is with me.」 This is a simple translation of these words, but their power far exceeds their obvious meaning. They can evoke within you a deep response, for they are an invocation for Knowledge, born of an ancient language that has not originated in any world. This language represents the language of Knowledge and serves all those who speak a language and who still need a language to communicate. REMEMBERING YESTERDAY'S LESSON, do not attempt to understand the origin of these words or the mechanism for their service, but be the recipient of their gift. Upon the hour recite today's invocation, and in your two deeper practice periods repeat the invocation and then enter into stillness and silence to feel the power of these words. Allow them to assist you in entering the depth of your own Knowledge. When each long practice period is complete and when you return to the world of action and of form, recite the invocation once again and be grateful that the mystery of your life is being penetrated. Be grateful that your Ancient Home has come with you into the world. PRACTICE 296: Two 30-minute practice periods. Hourly practice.

第 296 階 那思矣 諾娃瑞 庫瑞阿姆

(NASI NOVARE CORAM)

今天的古老話語將刺激內識。它們的含義可以被翻譯為：「上帝上師的臨在和我同在。」這是對這些詞語的一種簡單翻譯，但它們的力量遠遠超越了它們顯在的含義。它們能在你內心喚起一個深刻的回應，因為它們是對內識的一個祈禱，它們來自於一種並非源於任何世界的古老語言。這種語言代表著內識的語言，它服務於所有操著某種語言並依然需要語言進行溝通的存有們。

記住昨天的課程，別試圖理解這些話語的來源或它們的服務機制，而是做它們禮物的接收者。每小時吟誦今天的祈禱，在兩次深度修習里重復這一祈禱，然後進入靜心和安靜里，去感受這些話語的力量。讓它們幫助你進入你自己內識的深度里。當每次長修習時段完成時，當你回到行動和形式的世界時，再一次吟誦這一

祈禱, 並感激你生命的神秘正在被穿透。感激你的古老家園和你一起來世界上。

練習 296: 兩個 30 分鐘

每小時練習

Step 297

NOVRE NOVRE COMEY NA VERA TE NOVRE

TODAY'S INVOCATION SPEAKS OF THE POWER OF STILLNESS

within your mind and the power that the stillness within your mind will have within the world. Allow your invocation to be recited upon the hour, with great reverence. Allow the mystery of your life now to unfold before you so that you may behold it and carry it with you in your adventure in the world.

IN YOUR TWO DEEPER PRACTICE PERIODS repeat today's invocation and once again enter the depth of stillness, giving yourself completely to your practice. Upon completion of your practice, repeat today's idea once again. Allow yourself to feel the presence that is with you as you do this, for your Ancient Home abides with you as you abide within the world. The ancient memory of your Home and the memory of all true relationships that you have reclaimed thus far in your entire evolution are thus remembered with today's idea. For in stillness all things can be known, and all things that are known will reveal themselves to you.

PRACTICE 297: Two 30-minute practice periods.

Hourly practice.

第 297 階 諾弗瑞 諾弗瑞 庫咪 那 唯日阿 提 諾弗瑞

(NOVRE NOVRE COMEY NA VERA TE NOVRE)

今天的祈禱講述你思想里靜心的力量, 以及你思想里的靜心將在世界上產生的力量。帶著巨大的崇敬, 每小時重復你的祈禱。現在允許你生命的神秘在你面前展現, 這樣你就能夠看著它, 並在你的世界歷險中攜帶著它。

在兩次深度修習里重復今天的祈禱, 再次進入靜心的深度里, 把自己完全奉獻給你的修習。當你完成修習時, 再次重復今天的想法。當你這樣做時讓自己感知和你在一起的臨在, 因為當你堅守世界時, 你的古老家園和你堅守在一起。這

樣通過今天的想法, 你家園的古老記憶和你迄今為止在你整個進化中已喚回的所
有真正關係的記憶都會被記起。因為在靜心裡一切都能被認知, 並且所有被認知
的一切都將向你示現它們自己。

練習 297: 兩個 30 分鐘

每小時練習

Step 298

MAVRAN MAVRAN CONAY MAVRAN

TODAY'S INVOCATION CALLS UPON THOSE who practice Knowledge with you in the Greater Community so that the strength of their undertaking and their great achievements may embellish all of your attempts and all of your practices as a student of Knowledge. Today's invocation engages your mind with all minds which are engaged in the reclamation of Knowledge in the universe, for you are a citizen of a Greater Community as well as a citizen of your world. You are part of a great undertaking existing both within the world and beyond, for God is at work everywhere. The True Religion, then, is the reclamation of Knowledge. It finds its expression in each world and in each culture, and there it acquires its symbolism and its rituals, but its essence is universal.

PRACTICE UPON THE HOUR REPEATING TODAY'S INVOCATION and as you do so, take a moment to feel its impact. You can find a way to do this in all of your circumstances today, and this will remind you of your Ancient Home and the potency of Knowledge that you carry within you. In your deeper practice periods, repeat your invocation and then enter into the sanctuary of Knowledge in stillness and in humility. When your practice period is complete, once again repeat today's invocation. Allow your mind to engage itself with that which is beyond the limited scope of human involvement, for Knowledge speaks of a greater life within the world and beyond. It is this greater life which you must now entertain. It is this greater life which you must now receive, for you are a student of Knowledge. Knowledge is greater than the world, but Knowledge has come to the world to serve.

PRACTICE 298: Two 30-minute practice periods.

Hourly practice.

第 298 階 美弗讓 美弗讓 庫內 美弗讓

(MAVRAN MAVRAN CONAY MAVRAN)

今天的祈禱召喚大社區里那些和你一起修習內識的存有，這樣他們修習的力量和他們的偉大成就能夠補充你作為內識學生的所有努力和所有修習。今天的祈禱讓你的思想和宇宙中所有在喚回內識的思想進行參與，因為你是大社區的一名公民，同時也是你世界的一名公民。你是存在於世界里和世界以外的一個偉大事業的組成部分，因為上帝在四面八方工作著。因此，真正的宗教是對內識的喚回。它在每個世界和每個文化里找到它的表達，在那裡它獲得它的符號和儀式，但是它的精髓是宇宙性的。

每小時重復今天的想法，當你這樣做時，用片刻時間感受它的影響力。今天你能在所有境況里找到方法去這樣做，這將提醒你的古老家園和你內心攜帶的內識的效力。在深度修習里，重復你的祈禱，然後在靜心和謙卑里進入內識的庇護所。當你的修習完成時，再次重復今天的祈禱。讓你的思想和那超越人類參與的有限範疇的東西進行參與，因為內識講述世界內和世界之外的一個更偉大生命。你現在必須抱持的正是這一更偉大生命。你現在必須接收的正是這一更偉大生命，因為你是內識的學生。內識比世界更偉大，但是內識來到了世界來進行服務。

練習 298：兩個 30 分鐘

每小時練習

Step 299

NOME NOME CONO NA VERA TE NOME

TODAY'S INVOCATION AGAIN CALLS UPON THE POWER of others'

endeavors in the reclamation of Knowledge to assist you in

your own. Once again it is a confirmation of the power of what you

are doing and your total inclusion in life. It affirms the truth in a

greater context, and it affirms the truth in words which you have not used for centuries, but which will become familiar to you as they resonate deeply within your mind.

PRACTICE UPON THE HOUR AND TAKE A MOMENT to feel the efficacy of today's statement. Use it as an invocation to begin and as a benediction to complete your two longer practice periods. Allow yourself to penetrate the mystery of your life, for the mystery of your life is the source of all meaning in your life, and it is this meaning which you seek today.

PRACTICE 299: Two 30-minute practice periods.

Hourly practice.

第 299 階 諾美 諾美 庫諾 那 唯日阿 提 諾美

(NOME NOME CONO NA VERA TE NOME)

今天的祈禱再次召喚其他人喚回內識努力的力量，來幫助你自己的努力。它再次確認了你所做努力的力量和你在生命里的完全包融。它在一個更廣大背景里肯定了這一真理，它用你已幾百年沒有使用的話語來肯定這一真理，但是當它們在你思想深處產生共鳴時，這些話語對你來說會變得熟悉。

每小時進行練習，並用片刻時間感受今天聲明的效力。用它作為祈禱來開始，並作為祝福來結束你的兩次長修習時段。讓自己深入你生命的神秘，因為你生命的神秘是你生命所有意義的源泉，你今天尋求的正是這一意義。

練習 299：兩個 30 分鐘

每小時練習

Step 300

I RECEIVE ALL THOSE

WHO ARE MY SPIRITUAL FAMILY TODAY.

RECEIVE THOSE WHO ARE YOUR SPIRITUAL FAMILY, who guide and assist you, whose efforts on behalf of Knowledge supplement your own and whose presence in your life is a confirmation that true community exists in service to Knowledge.

Allow their reality to clarify your own, to dispel all the darkness of

isolation and all of the weakness of individuality so that your individuality may find the strength of its true contribution. Do not dwell alone in your thoughts today, but enter into the presence of your Spiritual Family, for you are born of community and into community you now enter, for life is community—community without exclusion and without opposite.

REMEMBER THIS UPON THE HOUR TODAY. In your longer practice periods, engage your mind actively in attempting to understand the message that you are given today. Try to understand what Spiritual Family really means. Try to understand that it is intrinsic to you. You did not choose it. You are simply born of it. It represents your accomplishment in Knowledge thus far. All accomplishment in Knowledge is the reclamation of relationships, and your Spiritual Family are those relationships that you have reclaimed thus far in your return to God.

THIS WILL BE BEYOND YOUR COMPREHENSION, but your Knowledge will resonate with the message for today and the invocations that you have practiced in previous days. Knowledge will reveal what you must know and what you must do. You are not meant to be burdened with attempting to understand that which is beyond your comprehension. But you are given the responsibility to respond to the communication that is being given to you from the mystery of your own life and from the power of God in your life.

YOU ARE PART OF A SPIRITUAL FAMILY. You receive this through your experience, an experience which will confirm your participation in life and the great purpose you have come to serve.

PRACTICE 300: Two 30-minute practice periods.

Hourly practice.

第 300 階 今天我接收我精神家庭的所有成員。

接收你精神家庭的成員，他們引導和幫助你，他們代表內識所做的努力補充著你自己的努力，他們在你生命里的臨在確認了服務內識的真正社區的存在。讓他們的實相來澄清你自己的實相，來驅散隔離的所有黑暗和個體的所有軟弱，這樣你的個體性就能找到它真正貢獻的力量。今天別獨自蝸居在你的思想里，而是進入你精神家庭的臨在里，因為你誕生於社區，並且現在正在進入社區，因為生命就是社區——沒有排斥、沒有對抗的社區。

每小時記住這點。在長修習時段裡，積極運用你的思想，努力理解今天被賦予你的訊息。努力理解精神家庭到底意味著什麼。努力理解它是你固有的。你沒有選擇它。你就是誕生於它。它代表著你迄今為止在內識上的成就。所有內識上的成就都是關於關係的喚回，你的精神家庭是你迄今為止在向上帝的回歸中已經喚回的那些關係。

這將超出你的理解，但是你的內識將對今天的訊息和你前幾天所修習的祈禱產生共鳴。內識將揭示你必須知道什麼以及你必須做什麼。這並非意味著你必須試圖理解那超出你理解範圍的東西。但是你有責任對在此提供給你的溝通做出回應，它來自你自身生命的神秘和你生命里上帝的力量。

你是一個精神家庭的組成部分。你通過你的體驗接收它，這一體驗將確認你在生命里的參與和你來此服務的偉大宗旨。

練習 300：兩個 30 分鐘

每小時練習

Step 301

I WILL NOT LOSE MYSELF IN ANXIETY TODAY.
DO NOT ALLOW THE HABIT OF LOSING YOURSELF in anxiety to capture your mind this day. Accept that you are entering a greater life with a greater sense of purpose. Allow yourself to rely upon the certainty of Knowledge within you and its confirmation of your true relationships. Be at peace this day. Allow stillness to abide with you as you walk through the world.
UPON THE HOUR REPEAT TODAY'S IDEA. In your deeper practices, use it as an invocation to begin and as a benediction to complete your meditation. In your meditations allow yourself to be still. Do not let uncertainty capture you today. Do not let anxiety take you away. You are abiding with Knowledge, which is the source of all certainty in the world. You are abiding with it, and you are allowing it to spread its potency and its gifts to you who are learning now to reclaim certainty for yourself. Allow this day to be a confirmation of your studenthood.

Allow this day to be an expression of Knowledge.
PRACTICE 301: Two 30-minute practice periods.
Hourly practice.

第 301 階 今天我不會讓自己迷失在焦慮里。

今天別讓迷失在焦慮里的習慣捕獲你的思想。要接受你正在帶著一種更偉大宗旨感進入一個更偉大生命。讓自己去依賴你內在內識的確定性和它對你真正關係的確認。今天保持和平。當你走過世界時，讓靜心和你堅守。

每小時重復今天的想法。在你的深度修習里，用它作為一個祈禱來開始，並用它作為一個祝福來結束你的冥想。在你的冥想中，讓自己保持靜心。今天別讓不確定抓住你。別讓焦慮把你帶走。你和內識堅守在一起，它是世界所有確定性的源泉。你和它堅守，你允許它把它的力量和它的禮物傳播給正在學習為自己喚回確定性的你。讓今天成為你學生身份的確認。讓今天成為內識的表達。

練習 301：兩個 30 分鐘

每小時練習

Step 302

I WILL NOT RESIST THE WORLD TODAY.

DO NOT RESIST THE WORLD, for the world is the place you have come to serve. It is the place where Knowledge will express itself as you learn to become a vehicle for Knowledge. Allow the world to be as it is, for without your condemnation it will be far easier for you to be in the world, to utilize its resources and to recognize its opportunities.

DO NOT RESIST THE WORLD, for you are from beyond the world. The world is no longer a prison for you but the place for you to contribute. To whatever extent you have not been able to adjust to the world in the past and to whatever extent being in the world has been difficult for you, you are now looking at the world in a new way. You have sought the world to replace Knowledge, and now you are realizing Knowledge is being given to you from your Source. Thus, the

world is no longer being used as a substitute for Knowledge and the world can now become a canvas upon which you can express the potency of Knowledge. Thus, the world becomes what it rightfully is in your life. For this reason you do not need to resist the world today. AS YOU PASS THROUGH THE WORLD THIS DAY, remember this idea upon the hour and let yourself be present to whatever circumstance you are in. Allow your inner life to be still so that Knowledge may exert its influence and its guidance for you. Allow yourself to carry certainty today—the certainty of Knowledge. This is a certainty that you have not invented or constructed for yourself. It abides with you always, in spite of your confusion.

DO NOT RESIST THE WORLD TODAY, for Knowledge is with you. In your longer practice periods, remember this idea both before and after your meditations. In your meditations escape the world into the sanctuary of stillness. The greater your involvement in the sanctuary of stillness, the greater ease you will have in being in the world, for you will not be attempting to use the world as a substitute for your Ancient Home. Here the world becomes beneficial to you, and you become beneficial to the world.

PRACTICE 302: Two 30-minute practice periods.
Hourly practice.

第 302 階 今天我不會抗拒世界。

別抗拒世界，因為世界是你來此服務的地方。它是內識將表達它自己的地方，因為你在學習成為內識的一個載體。讓世界保持它真正的樣子，因為沒有了你的譴責，你會更容易身處世界、使用它的資源並認知它的機遇。

別抗拒世界，因為你來自世界之外。世界對你來說不再是監獄，而是一個讓你進行貢獻的地方。無論過去你怎樣難以適應世界，無論身處世界對你來說多麼困難，現在你是在以一種新的方式看待世界。你曾試圖用世界取代內識，現在你意識到內識從你的源泉被賦予你。這樣，世界不再被用作內識的替代品，而是能夠成為一塊你可以表達內識力量的畫布。這樣，世界在你的生命里成為了它本應的樣子。因此，今天你不需要抗拒世界。

今天當你穿過世界時，每小時記住這一想法，無論你身處何種境況，讓自己

保持臨在。讓你的內在生命保持靜心，這樣內識就能發揮它的影響力和對你的指導。今天讓自己攜帶確定性——內識的確定性。這種確定性不是你為自己發明或構建的。它始終和你在一起，即使在你困惑的時候。

今天別抗拒世界，因為內識和你在一起。在你的長修習時段裡，在冥想之前和之後記住這個想法。在冥想中，遠離世界進入靜心的庇護里。你越是進入靜心的庇護，你就越能輕鬆地身處世界，因為你不會試圖利用世界作為你古老家園的替代品。在此，世界變得對你有益，你也變得對世界有益。

練習 302：兩個 30 分鐘

每小時練習

Step 303

I WILL STEP BACK FROM

THE WORLD'S PERSUASIONS TODAY.

STEP BACK FROM THE WORLD'S PERSUASIONS. Recognize what is certain and what is confused. Recognize what is devoted and what is ambivalent. Let not the power of the world's frustration and confusion overtake you today, but hold the light of God within your heart. Keep it burning within yourself as you venture into the world. Thus, you pass through the world unscathed and uninfluenced because you are abiding with Knowledge. Without Knowledge, the world merely sweeps you away in its own frenzy. It sweeps you away in its inducements and its mad pursuits.

TODAY YOU ABIDE WITH KNOWLEDGE, and so you are free of the world's persuasions. Repeat today's idea upon the hour and recognize how important it is in maintaining your inner balance and your sense of self and certainty. Realize how important today's idea is in allowing you to keep stillness alive within you so that your deeper meditations, in which you will practice stillness again today, can exert their influence and their results upon all of your activities, for this is their purpose.

RECOGNIZE THE WORLD'S PERSUASIONS AND STEP BACK. This you are given to do, for here you have the power of decision. This you can do once you recognize the world's persuasions and realize how important Knowledge is. This will enable you to exercise the power of

decision on your own behalf. Here the world will not claim you, and here you will be a force for good in the world, for this is your purpose.

IN YOUR DEEPER MEDITATION PRACTICES, once again give today's idea as an invocation to prepare you. In stillness and in silence enter into the sanctuary of Knowledge so that you may rejuvenate and refresh yourself there. Find reprieve there from your own internal conflicts and from the conflicts that rage in the world. When you return from your sanctuary, remind yourself that you will not be claimed by the world's confusion. Remind yourself that you will not fall prey to the world's persuasions. Then, you will carry forth the safety that you are now learning to receive into the world around you.

PRACTICE 303: Two 30-minute practice periods.

Hourly practice.

第 303 階 今天我將避開世界的說服。

避開世界的說服。認知什麼是確定，什麼是困惑。認知什麼是獻身投入，什麼是左右矛盾。今天別讓世界挫敗和困惑的力量壓倒你，而是在你內心擎起上帝之光。當你冒險進入世界時，讓它在你內心燃燒。這樣，你會不受傷害、不被影響地穿行世界，因為你和內識堅守在一起。沒有內識，世界只會在它自己的狂暴里把你捲走。它在它的勸誘和它瘋狂的追求里把你捲走。

今天堅守內識，這樣你可以擺脫世界的說服。每小時重復今天的想法，認知它對於保持你的內在平衡和你的自我和確定感是多麼重要。認知今天的想法對於讓你保持你的內在靜心是多麼重要，這樣你今天將再次進行靜心修習的深度冥想，就能夠在你所有的活動里發揮它們的影響力和它們的結果，因為這正是它們的宗旨。

認清世界的說服並避開它。這是你要做的，因為在此你擁有決策的力量。這是你能做的，一旦你認清了世界的說服並意識到內識的重要性。這使你能夠為了自身利益行使決策的力量。在此世界不會奪走你，在此你將成為世界上一個正義的力量，因為這正是你的宗旨。

在你的深度冥想里，再次用今天的想法作為開始準備的祈禱。在靜心和安靜里進入內識的庇護里，這樣你就能夠在那裡恢復和換新自己。在那裡找到紓解，遠離你自身的內在衝突和世界掀起的衝突。當你從你的庇護所歸來時，提醒自己你將不會被世界的困惑奪走。提醒自己你將不會陷入世界的說服里。這樣，你將把你正在學習接收的安全感帶進你周遭的世界。

練習 303：兩個 30 分鐘

每小時練習

Step 304

I WILL NOT BE A STUDENT OF FEAR TODAY.

REMEMBER THAT YOU ARE ALWAYS A STUDENT—every day, every hour and every moment. Therefore, as you become more conscientious, you must select what you will learn. Here you are given a real choice, for you are either a student of Knowledge or you are a student of confusion. Do not be a student of confusion today. Do not be a student of fear today, for without Knowledge there is uncertainty and there is fear. Without Knowledge there are fearful pursuits which perpetrate greater fear and a greater sense of loss.

REALIZE YOUR RESPONSIBILITY AS A STUDENT. Realize this and accept this with relief, for you have a meaningful choice here—to be a student of Knowledge or a student of confusion. Knowledge will cast its influence upon you to enable you to make the right choice, to choose that which renders you certainty, purpose, meaning and value in the world. Then, you may become a force for Knowledge in the world to dispel confusion, darkness and fear from all minds that labor under their oppressive weight.

DO NOT BE A STUDENT OF FEAR. Make this resolution within yourself upon the hour as you recognize the fearful persuasions of the world, the confusion of the world and its dark influence upon all who feel its oppression. Allow yourself to be a liberated soul within the world. Hold the jewel of love within your heart. Hold the light of Knowledge within your heart. When you return to your two deeper meditation practices today, repeat the idea for today so that you may enter into stillness and silence within your sanctuary. Rejuvenate yourself in Knowledge and refresh yourself, for Knowledge is the great light that you carry. The more that you come within its presence, the

more it will radiate itself upon you and the more it will shine upon you and, through you, upon the world.

PRACTICE 304: Two 30-minute practice periods.

Hourly practice.

第 304 階 今天我不做恐懼的學生。

記住你始終是一個學生——每一天，每小時，每一刻。因此，當你變得更加認真時，你必須選擇你將學習什麼。在此你被賦予了一個真正的選擇，因為你要麼是內識的學生，要麼是困惑的學生。今天別做困惑的學生。今天別做恐懼的學生，因為沒有了內識，就會有不確定和恐懼。沒有了內識，就會有帶來更大恐懼和更大損失感的可怕追求。

意識到你身為學生的責任。意識到這一點，並帶著釋懷接受它，因為在此你有一個有意義的選擇——是做內識的學生，還是做困惑的學生。內識將對你施加它的影響力，來讓你做出正確選擇，選擇那在世界上給你帶來確定、宗旨、意義和價值的東西。這樣，你就能夠成為世界上一個內識的力量，把困惑、黑暗和恐懼從所有受其重壓的思想里驅散。

別做恐懼的學生。當你認知世界可怕的說服、世界的困惑以及它給所有受其壓迫者帶來的黑暗影響時，每小時在內心確認這一決心。讓自己成為世界上一個解放的靈魂。在你內心抱持愛的珍寶。在你內心抱持內識之光。當你回歸到兩次深度冥想修習中時，重復今天的想法，這樣你就能夠在你的庇護所里進入靜心和安靜。在內識里恢復自己並換新自己，因為內識是你攜帶的偉大光明。你越進入它的臨在，它就越向你發散，向你照耀，並通過你照耀世界。

練習 304：兩個 30 分鐘

每小時練習

Step 305

I FEEL THE POWER OF LOVE TODAY.

IF YOU ARE NOT CAUGHT IN THE WORLD'S PERSUASIONS, you will feel the power of love. If you are not seduced into the world's ambivalence, you will feel the power of love. If you are with Knowledge, you will feel the power of love. This is natural to you, to your being, to your nature and to the nature of all who reside here with you. Therefore, as your studenthood in Knowledge deepens, your experience of love will deepen.

ALLOW LOVE TO BE IN YOUR LIFE TODAY, for Knowledge and love are one. Allow yourself to be a recipient of this today, for in this you are honored and your sense of unworthiness is dispelled. Receive the power of love upon the hour and receive it in your deeper meditation practices, where you practice true receptivity.

ALLOW KNOWLEDGE TO REVEAL THE NATURE OF LOVE TO YOU.

Allow your love for Knowledge to generate Knowledge for you, for Knowledge loves you as its own, and as you learn to love Knowledge as your own, your sense of separation from life will disappear. Then, you will be prepared as a contributor in the world, for then you will only wish to contribute that which you have received. You will then realize that there is no other gift that can in any way compare to the gift of Knowledge, which is the gift of love. This you will wish to bestow upon the world with all your heart. Here your Teachers will become more active for you, for they will prepare you to contribute this effectively so that you may fulfill your destiny in the world.

PRACTICE 305: Two 30-minute practice periods.

Hourly practice.

第 305 階 今天我感受愛的力量。

如果你不被世界的說服捕獲，你將感受到愛的力量。如果你不被世界的矛盾心態勸誘，你將感受到愛的力量。如果你和內識同在，你將感受到愛的力量。這對你、對你的存有、對你的本質以及對所有和你居住這裡的人們的本質來說，是自然而然的。因此，當你的內識學生生涯不斷深化時，你對愛的體驗也將深化。

今天讓愛存在於你的生命里，因為內識和愛是合一的。今天讓自己成為它的接收者，因為由此你得到尊重，你的無價值感被驅散。每小時接收愛的力量，在

你的深度冥想里接收它，在這裡你修習真正的接收性。

讓內識向你揭示愛的本質。讓你對內識的愛為你帶來內識，因為內識愛你如己，當你學習愛內識如己時，你和生命的分離感將會消失。這樣，你將準備成為世界的一個貢獻者，因為那時你只會希望去貢獻你所接收的。那時你將意識到沒有任何禮物能以任何方式和內識的禮物相提並論，它是愛的禮物。你希望用盡全心將它賦予世界。在此你的上師們會變得更加活躍，因為他們將讓你做出準備以有效貢獻它，這樣你就能夠成就你在世界上的天命。

練習 305：兩個 30 分鐘

每小時練習

Step 306

I WILL REST IN KNOWLEDGE TODAY.

IN KNOWLEDGE YOU WILL FIND REST AND REPRIEVE from the world. In Knowledge you will find comfort and assurance. In Knowledge all that is truest in life will abide with you, for in Knowledge the Christ and the Buddha are one. In Knowledge all the great achievements of the great Spiritual Emissaries unite and become revealed to you. In this, their promise is fulfilled, for they have given themselves for this purpose. Thus, the Knowledge that you receive today is the fruit of their giving, for Knowledge has been kept alive in the world for you. It has been kept alive by those who have received and contributed it. Thus, their lives provide the foundation for yours. Their giving provides the foundation for your giving. Their acceptance of Knowledge strengthens your acceptance of Knowledge.

THE PURPOSE OF ALL TRUE SPIRITUAL TEACHING is the experience and the manifestation of Knowledge. This can imbue the simplest gift and the greatest gift, the most mundane action and the most extraordinary action. You are in great company, you who practice Knowledge. You receive the gift of the Christ and the Buddha. You receive the gift of all true Spiritual Emissaries who realized their Knowledge. Thus it is that your participation today is given strength and foundation as you carry on the great purpose of keeping Knowledge alive in the world.

TODAY UPON THE HOUR and in your two deep meditation

practices, rest in Knowledge, which is living within you now.

PRACTICE 306: Two 30-minute practice periods.

Hourly practice.

第 306 階 今天我將在內識里休憩。

在內識里你將找到休憩和從世界的紓解。在內識里你將找到安慰和保證。在內識里，生命所有最真實的東西將和你同在，因為在內識里，基督和佛陀是合一的。在內識里，那些偉大靈性使者們的所有偉大成就結合在一起，並被揭示給你。由此，他們的承諾得到了履行，因為他們為這一宗旨奉獻他們自己。因此，你今天接收的內識是他們奉獻的結果，因為內識在世界上為你保持著存活。它因為那些接收和奉獻它的人們而保持了存活。因此，他們的生命為你的生命提供了基礎。他們的奉獻為你的奉獻提供了基礎。他們對內識的接受強化了你對內識的接受。

所有真正靈性教程的宗旨是體驗和顯現內識。它能滲入最簡單和最偉大的禮物里，滲入最普通和最非凡的行動中。你，那個修習內識的你，有偉大的同伴。你接收著基督和佛陀的禮物。你接收著來自發現內識的所有真正靈性使者們的禮物。正因如此，你今天的參與被賦予力量和基礎，因為你繼承著讓內識在世界保持存活的偉大宗旨。

每小時里以及在兩次深度冥想里，在內識里休憩，它現在就活在你的內心。

練習 306：兩個 30 分鐘

每小時練習

Step 307

KNOWLEDGE IS LIVING WITHIN ME NOW.

KNOWLEDGE IS LIVING WITHIN YOU, and you are learning to live with Knowledge. Thus, all darkness and illusion are dispelled from your mind as you come to realize what your life has

always been and will always be. As you realize the changelessness of your true existence, you will realize how it wishes to express itself in the world of change. Your Knowledge is greater than your mind, greater than your body and greater than your definitions of yourself. It is changeless yet ever changing in its expression. Beyond fear, doubt and destruction it abides within you, and as you learn to abide with it, all of its qualities will become your own.

THERE IS NOTHING THAT THE WORLD CAN PROVIDE that can in any way compare to this, for all the world's gifts are momentary and transitory. As you honor them, your fear of losing them will increase. As you hold them to yourself, your anxiety about death and destruction will be enhanced, and you will re-enter confusion and frustration. But with Knowledge, you may possess things in the world without identifying with them. You may receive them and release them according to the necessity of doing so. Then, the great anxiety of the world will not affect you, but the power of Knowledge that you carry will affect the world. In this way, you will affect the world more than it affects you. In this way, you will be a contributor to the world. In this way, the world will be blessed.

REJUVENATE YOURSELF IN KNOWLEDGE in your deeper practice periods in stillness and remind yourself upon the hour of the power of Knowledge that you carry this day. Let not any doubt or uncertainty dissuade you, for here doubt and uncertainty are completely unnatural. You are learning to become natural because what could be more natural than being yourself? And what could be more yourself than Knowledge itself?

PRACTICE 307: Two 30-minute practice periods.
Hourly practice.

第 307 階 內識就活在我的內心。

內識就活在你的內心，你在學習和內識生活在一起。這樣，當你開始意識到你生命一直以來的樣子和未來永遠的樣子時，所有的黑暗和幻想都從你的思想里被驅散了。當你意識到你真正存有的永恆不變時，你將意識到它是多麼希望在變化的世界上表達它自己。你的內識比你的思想更偉大，比你的身體更偉大，比你對自己的定義更偉大。它永恆不變，然而又在它的表達上不斷變化。它和你堅守在一起，超越恐懼、懷疑和破壞，當你學習和它堅守在一起時，它所有的品質都

將成為你的。

世界能夠提供的任何東西，都無法以任何方式與之相提並論，因為世界所有的禮物都是短暫和臨時的。當你重視它們時，你對失去它們的恐懼將會增加。當你緊抓它們時，你對死亡和破壞的焦慮將會增強，你將再次進入困惑和挫敗里。然而有了內識，你就能夠在世界上擁有東西，卻不認同它們。你就能夠根據必要性接收它們和釋放它們。這樣，世界的巨大焦慮就不會影響你，而你攜帶的內識力量將會影響世界。通過這樣，你對世界的影響將超過世界對你的影響。通過這樣，你將成為世界的一個貢獻者。通過這樣，世界將得到祝福。

在靜心的深度修習里，在內識中恢復你自己，並在每小時提醒自己你今天攜帶的內識力量。別讓任何懷疑或不確定阻礙你，因為在此懷疑和不確定是完全不自然的。你在學習變得自然，因為，什麼能比做你自己更加自然呢？什麼能比內識本身更是你自己呢？

練習 307：兩個 30 分鐘

每小時練習

Step 308

REVIEW

IN YOUR LONGER PRACTICE PERIOD TODAY undertake the Review of the past two weeks of training according to our previous instructions. This is a very important review period, for you will be reviewing the invocations that have been given to you, and you will be reviewing as well the potency of the task that you are undertaking as a student of Knowledge. Recognize in these past two weeks your own fear of Knowledge. Realize your own fear of the mystery of your life. Recognize any attempts that you might have made to re-enter illusion and imagination. Recognize this contrast in learning which is so essential to your understanding.

REVIEW THIS WITH OBJECTIVITY AND COMPASSION. Know that your ambivalence towards life must be realized and that it will continue to

express itself with ever decreasing potency as you come closer and closer to Knowledge. Remember that Knowledge is life itself, the very essence of life. It is changeless and yet expressing itself through change constantly. To experience it, you must strengthen your participation as a student of Knowledge and remember that you are a beginning student of Knowledge so that you cannot rely upon your assumptions. You must receive the curriculum and be guided in applying it. In this way, you will be safe from all misapplication, all misinterpretation and thus safe from error.

THIS REVIEW IS VERY IMPORTANT, for you are now reaching a great turning point in your participation as a student of Knowledge. Knowledge is beginning to have potency now. You are beginning to feel its power. You are beginning to realize its total importance to you. You who have been partial with life in the past are now realizing that life is completely with you and will require that you be completely with it. This is your salvation and your redemption, for here all separation, fear and misery are dispelled. What can you possibly lose to receive such a gift? You lose only your imagination, which has haunted you, threatened you and frightened you. Yet, even your imagination will be given a greater purpose with Knowledge, for it is meant to serve you in a different way.

CARRY ON YOUR REVIEW WITH GREAT DEPTH AND SINCERITY. Do not be concerned how long this takes. Your time cannot be better spent. Review the past two weeks so that you may observe the advancement of Knowledge within yourself. You will need this understanding if you are to support others in the future in reclaiming Knowledge for themselves.

PRACTICE 308: One long practice period.

第 308 階 復習

在今天的長修習時段裡，按照我們以前的指引展開對過去兩周培訓的復習。

這是一個非常重要的復習時段，因為你將回顧被提供給你的祈禱，你還將回顧你作為內識學生所開展任務的力量。認識到過去兩周里你自己對內識的恐懼。意識到你對自己對你生命神秘的恐懼。認識到你試圖重新進入幻覺和想象的任何企圖。要認識到，學習過程中的這種對比對你的理解來說至關重要。

帶著客觀性和慈悲進行回顧。要知道你對於生命的矛盾心態必須得到認知，當你越來越靠近內識時，它還將繼續表達它自己，但力量會越來越微弱。記住內

識就是生命本身，是生命的最精髓。它是永恆不變的，然而又通過不斷的變化表達它自己。要體驗它，你必須強化你作為內識學生的參與，並牢記你是內識的初級學生，因此你不能依賴你的假設。你必須接收這一課程，並被指引著去運用它。通過這種方式，你將避免所有誤用，所有誤解，並因此避免犯錯。

這次復習非常重要，因為你現在到達了你作為內識學生的參與的一個重要轉折點。內識正開始擁有力量。你開始感知它的力量。你開始意識到它對你的全然重要性。那個過去只是部分地參與生命的你，現在意識到生命完全地和你同在，並要求你完全地和它同在。這是對你的拯救和對你的救贖，因為在此所有的分離、恐懼和悲傷都被驅散了。接受這樣一個禮物，你可能失去什麼呢？你失去的只是那些縈繞著你、威脅著你和恐嚇著你的想象。然而，帶著內識，即使你的想象也將被賦予一個更偉大宗旨，因為它注定要以一種不同方式服務於你。

帶著巨大的深度和真誠開展復習。別擔心這會花多久。你的時間不可能比這更好地被運用了。回顧過去兩周，這樣你就能夠觀察你內在內識的進步。如果你要在未來支持他人為他們自己喚回內識的話，你將需要這種理解。

練習 308：一個長練習時段

Step 309

THE WORLD I SEE IS ATTEMPTING
TO BECOME ONE COMMUNITY.

THE WORLD YOU SEE IS ATTEMPTING TO BECOME one
community, for this is its evolution. How can the world evolve
when it is fragmented? How can humanity advance when it is
opposing itself? How can the world be at peace when one faction
competes with another? The world you see is like the mind that you
experience within yourself—warring with itself, yet without purpose
or meaning. The world you see is attempting to become one
community, for all worlds where intelligent life has evolved must
become one community.

HOW THIS WILL BE ACHIEVED AND WHEN IT WILL BE ACHIEVED is

beyond your present scope, but as you look upon the world without judgment you will see the yearning in each person to join. You will see the desire for separation to be ended. The world's pressing problems merely exemplify its predicament and call for the creation of one community in the world. This is so obvious if you but look. As you yourself are becoming one person and healing all wounds within yourself as a student of Knowledge, so is the world attempting to become one world and to heal all of its wounds and all of its internal conflicts and separation. Why is this? Because Knowledge is in the world.

AS YOU ARE DISCOVERING KNOWLEDGE WITHIN YOURSELF, remember that Knowledge is latent within each person, and even in its latency it is casting its influence and extending its direction. The world contains Knowledge, too. It is a larger representation of yourself that you look upon. Thus, as you become a student of Knowledge and are able to objectively recognize your preparation, you will begin to have a true view of the evolution of the world. Here your viewpoint will not be distorted by personal preferences or fears, for the evolution of the world will simply be obvious to you. The evolution of the world is obvious to your Teachers, who look upon the world from beyond its constraints. But you who are within the world, who feel the influence of the world and who share the world's doubt and uncertainty, must learn to look upon the world without these restraints as well.

THE WORLD IS ATTEMPTING TO BECOME ONE COMMUNITY. Remind yourself of this upon the hour, and in your two deeper practice periods engage your mind actively in attempting to understand today's idea. Think of the problems of the world and the solutions that they call for. Think of the conflicts in the world and the requirement that they be settled. Realize that if any individual or group of individuals opposes these resolutions and requirements, this will induce them to wage war against the world and one another. The conflicts you perceive are merely the attempt to preserve separation. But the world is attempting to become one community and regardless of the resistance to this, it will relentlessly attempt to do this, for this is its evolution. This is the true desire of all who dwell here, for all separation must be ended and all contribution must be given. This is your purpose and the purpose of all who have come here.

REMEMBER, YOU HAVE BEEN CALLED and you are responding to your one true purpose. In time, others will be called and they will respond. This is inevitable. You are accomplishing the inevitable, which will take a great deal of time and many steps. Knowledge is your source and Knowledge is the result. Therefore, you can be certain of the final outcome of your actions. Regardless of how the world will proceed in its preparation and its difficulties, it must accomplish this

one true goal. Thus, you can proceed with certainty.

IN YOUR LONGER MEDITATIONS ATTEMPT TO PENETRATE today's idea. Do not be complacent here, but actively engage your mind as your mind was meant to be engaged. Try to recognize your own ambivalence about the world becoming one community. Try to recognize your fears and concerns about this. Try to recognize as well your desire for one community and your understanding that this is necessary. Once you take inventory of your own thoughts and feelings concerning today's idea, you will further understand why the world is in its current predicament. The world has a certain destiny and a certain course to follow, yet it is ambivalent about everything. Thus, the world itself must unlearn ambivalence, as you are now learning to do, and your accomplishments will assist it in its great undertaking, for this is your contribution to the world.

PRACTICE 309: Two 30-minute practice periods.

Hourly practice.

第 309 階 我看到的 world 正努力成為統一社區。

你看到的 world 正在努力成為統一社區，因為這是它的進化。當 world 四分五裂時，它怎麼可能進化呢？當人類和自己對抗時，它怎麼可能進步呢？當一派和另一派競爭時，world 怎麼可能和平呢？你看到的 world，就像你所體驗的你自己思想一樣——和自己爭鬥，然而又毫無宗旨或意義。你看到的 world 正在努力成為統一社區，因為所有智能生命得以進化的 world 都必須成為統一社區。

至於這怎麼能夠實現以及何時將會實現，這些超出了你目前的範疇，但是當你不再帶評判地看 world 時，你會看到每個人內心對結合的嚮往。你會看到對終止分離的渴望。world 的那些緊迫問題只是在例證它的困境，並召喚 world 統一社區的創立。只要你看，這是如此顯在。當你自己作為內識學生正在成為一個統一的人，並在療癒你內心所有創傷時，這個 world 同樣在努力成為統一的世界，並療癒它所有的創傷和它所有的內在衝突和分離。為什麼會這樣呢？因為內識在 world 上。

當你在你內在發現內識時，記住內識潛伏在每個人的內在，即使在它的潛伏

狀態里，它依然在施加它的影響和擴展它的指引。世界同樣擁有內識。你所看到的世界，是你個人的一個更廣大體現。因此，當你成為內識學生，並能客觀地認知你的準備時，你將開始擁有對世界進化的一種真正視野。在此你的視角不會被個人偏好或恐懼所扭曲，因為世界的進化對你來說就是那麼顯在。世界的進化對你的上師來說是顯在的，他們超越它的局限而看向世界。但是那個身在世界、感受世界影響並分享世界懷疑和不確定的你，同樣必須學習不受這些限制地看向世界。

世界正在努力成為統一社區。每小時提醒自己這點，在兩次深度修習里，積極投入你的思想努力理解今天的想法。思考世界的問題和它們所召喚的解決方案。思考世界的衝突和解決它們的要求。意識到如果任何個體或團體對抗這些解決方案和要求的話，這會誘使他們發動對抗世界和對抗彼此的戰爭。你觀察到的衝突只不過是維持分離的企圖。但是世界正在努力成為統一社區，不管有什麼抗拒，它都將矢志不移地努力，因為這是它的進化。這是所有居住這裡人們的真正渴望，因為所有分離必須終止，所有貢獻必須被奉獻。這是你的宗旨和所有來到這裡的人們的宗旨。

記住，你被召喚了，並且你正在對你唯一真正宗旨做出回應。慢慢地，其他人也將接到召喚，並且他們將做出回應。這是不可避免的。你在成就一個不可避免的事，它需要大量時間和很多步驟。內識是你的源泉，內識也是結果。因此，你可以肯定你行動的最終結果。無論世界在它的準備和它的艱難里將如何前進，它必須實現這唯一真正目標。因此，你可以帶著確定性前行。

在長冥想時段裡，努力深入今天的想法。在此不要自滿，而是積極運用你的思想，因為你的思想注定要被運用。努力認知你自己關於世界成為統一社區的矛

盾心態。努力認知你對此的恐懼和擔心。還要努力認知你對統一社區的渴望以及你對它的必要性的理解。一旦你盤點了你自己關於今天想法的思考和感受，你將進一步理解為什麼世界會處在它當下的困境里。世界有一個特定的天命和一個特定的歷程要去遵循，然而它對一切都是左右矛盾的。因此，世界自身必須摒棄矛盾心態，正如你正在學習做的那樣，並且你的成就將能幫助世界的偉大努力，因為這是你對世界的貢獻。

練習 309：兩個 30 分鐘

每小時練習

Step 310

I AM FREE BECAUSE I DESIRE TO GIVE.

YOUR FREEDOM WILL BE FULFILLED, your freedom will be completed and your freedom will be reclaimed forever through the contribution of your true gifts to the world. You who are now dedicating yourself to give and are learning of the nature of your gift and your responsibility as a giver are setting the stage for your own freedom and securing your own freedom within the world. Do not be discouraged that the world does not hold your values and do not be dismayed that the world does not share your commitment, for there are many within the world and beyond the world who are undertaking the same preparation as you. There are many who have accomplished your current preparation who now serve the world with all their heart and soul.

THUS, YOU ARE PART OF A GREAT LEARNING COMMUNITY. What you are learning now all of the world must learn eventually, for all must reclaim Knowledge. This is God's Will. We are now attempting to minimize the amount of time it will take and the difficulty that will be encountered. Yet, we understand that evolution must take its course within the individual and within humanity as well. Thus, Knowledge extends itself to support the true evolution of life so that life may realize itself and fulfill itself. This process continues within you and within the world. You who are claiming your studenthood in Knowledge will claim your advocacy for Knowledge. In this, you will increasingly become a force for good in the world—a force that dispels ambivalence, confusion, and conflict, a force for peace, a force for

certainty and a force for true cooperation and relationship.
REMEMBER THIS IDEA UPON THE HOUR throughout the day and in your two deeper practice periods, actively engage your mind in thinking about this. Let your mind be a useful instrument of investigation. Once again review all your ideas and beliefs that are associated with today's idea. Once again realize how ambivalence is still robbing you of inspiration, robbing you of motivation, robbing you of courage and robbing you of relationship. Strengthen your studenthood and your advocacy for Knowledge so that you may further escape ambivalence this day and receive the certainty that is your inheritance.
PRACTICE 310: Two 30-minute practice periods.
Hourly practice.

第 310 階 我是自由的因為我渴望奉獻。

通過把你真正的禮物奉獻給世界，你的自由將得以成就，你的自由將得到完成並且你的自由將永遠地被喚回。那個正在投身於奉獻，正在學習你禮物的本質，並正在學習做一名奉獻者的責任的你，正在為你自己的自由布下舞台，並正在世界上確保你的自由。別因為世界不抱持你的價值觀而氣餒，別因為世界不分享你的承諾而沮喪，因為世界上和世界外有很多正在開展和你同樣準備的存有。很多人已經完成了你當下的準備，他們正在以他們的全心和靈魂服務於這個世界。

因此，你是一個偉大學習社區的組成部分。你現在學習的東西，是世界所有人最終必須學習的，因為所有人都必須喚回內識。這是上帝的旨意。我們現在努力做的，是盡可能減少這所需要的時間以及將會遇到的困難。然而，我們理解進化對於每個人以及對於人類來說都必須順其自然。因此，內識拓展它自己以支持生命的真正進化，這樣生命就能認知自己並成就自己。這一過程在你內心和在世界里持續著。那個正在宣稱內識學生身份的你，將宣稱你對內識的倡導。由此，你將越來越成為世界上一個正義的力量——一個驅散矛盾、困惑和衝突的力量，一個和平的力量，一個確定的力量和一個真正合作和關係的力量。

貫穿全天每小時記住這一思想，在兩次深度修習里，積極運用你的思想去思考它。讓你的思想成為一個有用的探究工具。再次回顧你所有與今天思想相關的想法和信仰。再次意識到矛盾心態是如何剝奪著你的靈感，剝奪著你的動力，剝奪著你的勇氣並剝奪著你的關係。強化你的學生身份和你對內識的倡導，這樣今天你就能夠進一步擺脫矛盾心態，並接收你所繼承的確定性。

練習 310：兩個 30 分鐘

每小時練習

Step 311

THE WORLD IS CALLING ME.

I MUST PREPARE TO SERVE IT.

YOU HAVE COME TO SERVE THE WORLD, yet you must prepare to serve it. You cannot prepare yourself, for you do not know what you are preparing for, and you do not know the methods of preparation, for these must be given to you. But you do know that you must prepare, and you do know that you must follow the steps of preparation, for this is in your Knowledge already.

YOU HAVE COME TO SERVE THE WORLD. If this is denied or neglected, you will fall into disarray within yourself. If your purpose is not being served and furthered, you will feel alienated from yourself, and you will fall into the darkness of your own imagination. You will condemn yourself and believe that God condemns you as well. God does not condemn you. God calls you to recognize your purpose and fulfill it.

LET NOT AMBITION TAKE YOU INTO THE WORLD PREMATURELY.

Remember you are a student of Knowledge. You follow Knowledge in the world because you are preparing to be a vehicle for its contribution and a recipient of its gifts. This will require restraint on your part. This will require adherence to a greater preparation. A student need only follow the guidance of the instruction. A student need only trust in the power of the instructor. Your Knowledge will confirm this and will dispel your uncertainty here, for your Knowledge is returning to its Home and to its Source. It is returning to that to which it must return. It is responding to that which it must fulfill in the world.

DO NOT HATE THE WORLD OR RESIST IT, for it is the place where

you will fulfill your destiny. Thus, it deserves your gratitude and appreciation. Yet, also remember to respect the power of its confusion and its inducements. Here you must be strong with Knowledge, and though you appreciate the world for strengthening your resolution for Knowledge, you also take note of the world's confusion and enter into the world carefully, with discernment and adherence to Knowledge. All of these are important, and we will remind you of them as we proceed, for they are essential for you to learn Wisdom as a student. It is both your desire for Knowledge and your capacity for Knowledge that we must cultivate and that you must learn to receive.

PRACTICE 311: Read the lesson three times today.

第 311 階 世界正在召喚我。我必須進行準備去服務於它。

你來是為了服務世界，但你必須進行準備去服務於它。你無法準備你自己，因為你不知道你為什麼事情進行準備，並且你不知道準備的方法，因為這些必須被賦予你。但是你知道你必須進行準備，你知道你必須遵循準備的步驟，因為這已然存在於你的內識里。

你來是為了服務世界。如果這被拒絕或忽視，那麼你的內心會陷入混亂。如果你的宗旨沒有得到服務和推進，你會感到你從自己脫離了，你會陷入你自身想象的黑暗。你會譴責你自己，並相信上帝也會譴責你。上帝不會譴責你。上帝召喚你去認知你的宗旨並去成就它。

別讓野心過早地帶你進入世界。記住你是內識的學生。你在世界上遵循內識，因為你正在準備成為它貢獻的載體以及它禮物的接收者。這將需要你自身的克制。這將需要堅持一個更偉大準備。一個學生只需要遵循指引的指導。一個學生只需要信任導師的力量。你的內識將確認這點，並將驅散你在此的不確定，因為你的內識正在回歸它的家園和它的源泉。它在回歸它必須回歸的地方。它在回應它在世界上必須成就的事情。

別仇恨或抗拒世界，因為它是你將成就你天命的地方。因此，它值得你的感恩和激賞。然而，也要重視它困惑和誘惑的力量。在此你必須讓內識變得強大，

雖然你感激世界強化了你對內識的決心，但你同時也注意到世界的困惑，並帶著辨識力和對內識的堅持，謹慎地邁進世界。所有這些都很重要，當我們前行時我們會提醒你這些，因為它們對於你作為學生去學習智慧是必不可少的。我們必須培養，同時你必須學習接收的，是你對內識的渴望和你對內識的能力。

練習 311：今天閱讀三遍本課程

Step 312

THERE ARE GREATER PROBLEMS

FOR ME TO SOLVE IN THE WORLD.

MANY OF YOUR PERSONAL PROBLEMS WILL BE RESOLVED as you give yourself to a greater calling. Some of your personal problems you will need to attend to specifically, but even here you will find that their weight upon you will diminish as you enter into a greater arena of participation in life. Knowledge gives you greater things to do, but it does not overlook any detail of what you must accomplish. Therefore, small details and great details, small adjustments and great adjustments are all included. Nothing is left out. You yourself could not possibly balance your preparation in this respect, for you would not know how to establish your priorities between what is great and what is small. Your attempt to do so would merely push you deeper into confusion and frustration.

BE GRATEFUL, THEN, THAT YOU HAVE BEEN SPARED from attempting the impossible for yourself, for what is real is given to you. What you must do is become a student and a vehicle for Knowledge. This will activate all meaningful individual development and all meaningful individual education. It will require more of you than you have required of yourself, and all that it requires will be fulfilled and will yield its true promise for you.

UPON THE HOUR REMIND YOURSELF OF THIS and take heart that a greater involvement is promised which will provide you escape from your individual misery. In your deeper practice periods today, actively engage your mind to review all of your small personal problems. Review all of the things you think hold you back and all of the things you think you must resolve for yourself. As you look at each one objectively, without denial, remember and remind yourself that a greater calling is given you which will correct these things or make their correction unnecessary. Remind yourself that Knowledge will provide correction at all levels as your life becomes uniform and

directed, as your Knowledge begins to emerge and as your true sense of self begins to be recognized and received.

PRACTICE 312: Two 30-minute practice periods.

Hourly practice.

第 312 階 世界上有更重大的問題需要我去解決。

當你把自己奉獻給一個更偉大召喚時，你的很多個人問題將得到解決。有些個人問題你需要特別地去關注，但即使在這裡你也會發現，當你進入生命一個更廣大參與場景時，這些問題施加在你身上的重量將會減輕。內識給你更偉大的事情去做，但它不會忽視你必須完成事情的任何細節。因此，微小細節和重要細節，微小調整和重大調整都會被考慮在內。沒有任何遺漏。在這方面，單憑你自己是不可能平衡你的準備的，因為你不知道該如何在偉大和渺小之間建立你的優先次序。你對此的嘗試只會把你更深地推進困惑和挫敗里。

因此要感激你從那不可能的企圖中被解脫出來了，因為真正的東西被賦予了你。你必須做的是成為內識的學生和載體。這將激活所有有意義的個人發展和所有有意義的個人教育。它要求你的將比你要求你自己的更加多，並且它所要求的一切都將得到成就，並將實現它對你的真正承諾。

每小時提醒自己這點，並堅信一個更偉大的參與被承諾給你，它將讓你擺脫你個人的痛苦。在今天的深度修習里，積極投入你的思想去回顧你所有那些渺小的個人問題。回顧所有你認為阻礙你的事情，以及所有你認為你必須為自己解決的事情。當你不帶否認地客觀檢視每一個時，記住並提醒自己一個更偉大召喚被賦予了你，它將糾正這些事情或是使它們的糾正變得沒有必要。提醒自己當你的生命變得統一並得到指引，當你的內識開始浮現，並且當你真正的自我感開始被認知和被接收時，內識將會在所有層面上提供糾正。

練習 312：兩個 30 分鐘

每小時練習

Step 313

LET ME RECOGNIZE THAT

WHAT IS COMPLEX IS SIMPLE.

YOU THINK YOUR PERSONAL PROBLEMS ARE COMPLEX. You think the world's problems are complex. You think your future and your destiny are complex. This is because you have lived in imagination and have attempted to resolve questions without certainty. This is the result of using your personal beliefs to organize the universe according to your liking. This is the result of attempting the impossible, and this is the result of failing the impossible.

YOU HAVE BEEN SAVED BECAUSE KNOWLEDGE is with you. You have been redeemed because you are learning to receive Knowledge. Thus it is that all conflicts will become resolved, and you will find true purpose, meaning and direction in the world. You will find that you will still attempt to solve your problems for yourself, and this will only remind you that you need Knowledge to guide you, for all your own efforts can do without Knowledge is remind you of your need for Knowledge.

THEREFORE, TODAY REMEMBER UPON THE HOUR that Knowledge is with you and that you are a student of Knowledge. Have confidence that all problems you perceive—great and small, within yourself and without—will be resolved through Knowledge. Remind yourself as well that this does not put you in a passive state. This will require your active engagement as a student of Knowledge and the active development of your abilities for a true purpose. Indeed, you have been passive before because of your attempts at the impossible and your failure at the impossible. Now you are becoming active, and that which is active within you is Knowledge, for you are now receiving your True Self.

IN YOUR TWO LONGER PRACTICES, actively engage yourself with today's idea. Attempt to penetrate its meaning. Review all ideas and beliefs that you currently possess that are related to it. Allow yourself to take inventory of your thoughts and beliefs so that you may come to recognize the work that must be accomplished within you. You are the first recipient of Knowledge, and once you have attained a certain degree of accomplishment here, Knowledge will naturally flow through you. Your activities will then be increasingly engaged in serving the world around you, and greater problems will be presented

to you so that you may be saved from your own dilemma.

PRACTICE 313: Two 30-minute practice periods.

Hourly practice.

第 313 階 讓我認識到複雜的事情其實是簡單的

你認為你的個人問題是複雜的。你認為世界的問題是複雜的。你認為你的未來和你的天命是複雜的。這是因為你生活在想象里，並試圖不帶確定性地去解決問題。這是根據你的想法運用你的個人信仰來組織宇宙的結果。這是嘗試不可能之事的結果，這是敗在不可能之事的結果。

你已經被拯救了，因為內識和你同在。你已經被救贖了，因為你正在學習接收內識。正因為如此，所有的衝突都將得到解決，並且你將在世界上找到真正的宗旨、意義和方向。你會發現你依然試圖自己去解決自己的問題，這只會提醒你，你需要內識來指引你，因為你自己所有不帶內識的努力只會提醒你，你對內識的需要。

因此，今天每小時記住內識和你同在，並且你是內識的學生。要有信心你所感知的所有問題——無論大小，無論內在還是外在——都將通過內識得到解決。同時提醒自己這並非置自己於一個被動狀態里。這將需要你作為內識學生進行積極參與，並為一個真正宗旨去積極發展你的能力。事實上，你以前才是被動的，因為你嘗試不可能之事並敗在不可能之事。現在你變得積極起來，那在你內心活躍的就是內識，因為你正在接收你的真正自我。

在兩次長修習時段裡，積極投入到今天的想法里。努力深入它的含義。回顧你現在所抱持的所有與之相關的想法和信仰。讓自己盤點你的想法和信仰，這樣你將能夠開始認知你內在必須完成的工作。你是內識的第一接收者，一旦你在此達到了一定程度的成就，那麼內識將自然地通過你流淌。你的活動將越來越多地參與到服務於你周遭的世界，並且更重大的問題將被呈現給你，這樣你就能夠從

你自身的困境中被拯救出來。

練習 313：兩個 30 分鐘

每小時練習

Step 314

I WILL NOT BE AFRAID TO FOLLOW TODAY.

DO NOT BE AFRAID TO FOLLOW, for you are a follower. Do not be afraid to be a student, for you are a student. Do not be afraid to learn, for you are a learner. Merely accept what you are and utilize it for good. Here you end the war against yourself, where you have attempted to be something that you are not. Learn to accept yourself, and you will realize you are accepted. Learn to love yourself, and you will realize that you are loved. Learn to receive yourself, and you will learn that you are received. How can you love, accept and receive yourself? By being a student of Knowledge, because here all these accomplishments are natural. You must accomplish them to be with Knowledge, and Knowledge will accomplish them. Thus, a simple means is given to you to resolve a seemingly complex dilemma.

DO NOT DOUBT THE POWER OF KNOWLEDGE WITHIN YOU and what it can accomplish, for you cannot comprehend the meaning of Knowledge, the source of Knowledge or the mechanism of Knowledge. You can only receive its beneficence. You are only asked to receive this day. You are only asked to be a recipient of Knowledge.

UPON THE HOUR REMEMBER YOUR IDEA and give it serious consideration throughout the day. Realize the many opportunities to practice this day, as your mind now is being drawn away from fantasy and confusion. Realize how much time and energy is available to you. You will be amazed at how your life will open and what great opportunities will begin to emerge for you.

IN YOUR DEEPER PRACTICES TODAY, once again enter stillness. Once again take refuge from the vicissitudes and the confusion of the world. Once again enter the sanctuary of Knowledge to give yourself. It is in this giving that you receive. It is in this giving that you will find what you seek this day.

PRACTICE 314: Two 30-minute practice periods.

Hourly practice.

第 314 階 今天我不害怕遵循。

別害怕遵循，因為你是一個追隨者。別害怕做學生，因為你是一個學生。別害怕學習，因為你是一個學習者。只需接受你是什麼，並良好地運用它。你終止了為變成自己所不是的樣子而和自己的戰爭。學習接受自己，那麼你會意識到你被接受了。學習愛自己，那麼你會意識到你被愛著。學習接收自己，那麼你會瞭解到你被接收了。你如何能夠愛、接受和接收你自己呢？就是通過做內識的學生，因為在此，所有這些成就都是自然的。你必須實現它們才能和內識同在，同時內識將會實現它們。因此，一個簡單的方法被賦予了你來解決一個看似複雜的困境。

別懷疑你內在內識的力量以及它能夠成就什麼，因為你無法理解內識的意義、內識的源泉或內識的機制。你只能接收它的善行。今天你只被要求去接收。你只被要求做內識的接收者。

每小時記住你的想法，貫穿全天對它進行認真思考。當你的思想正在遠離空想和困惑時，你會意識到今天有很多的練習機會。意識到你有那麼多的時間和精力。你將驚嘆你的生命將怎樣地敞開，以及多麼偉大的機遇將開始為你呈現。

在今天的深度修習里，再次進入靜心裡。再次避開世界的變遷和困惑。再次進入內識的庇護所里奉獻你自己。正是在這種奉獻里，你在接收著。正是在這種奉獻里，你將找到你今天所找尋的東西。

練習 314：兩個 30 分鐘

每小時練習

Step 315

TODAY I WILL NOT BE ALONE.

TODAY DO NOT BE ALONE. Do not isolate yourself in your fear or in your negative imagination. Do not isolate yourself in your fantasies. Do not think you are alone, for this is a fantasy. Today do not be alone. Realize that those who are with you are not

persuaded by your errors or dismayed by your failures, but recognize your true nature and your Knowledge. Those who are with you today love you without exception. Receive their love, for this will confirm that you are not alone, and this will confirm that you do not wish to be alone. Why else would you want to be alone except to hide your pain, your sense of failure and your sense of guilt? These things which are the result of your separation only isolate you further. YET, TODAY YOU ARE NOT ALONE. Therefore, choose not to be alone, and you will see that you have never been alone. Choose not to isolate yourself, and you will see that you are part of life already. Confirm this upon the hour and realize again the many opportunities to consider this throughout the day. In your deeper meditation practices, begin with the invocation of today's message. Then, enter into stillness and silence where there is no separation. Allow yourself to receive the great gifts of love which are due you and dispel any sense of inadequacy and unworthiness that are merely the residue of your separate, imagined life. Today you are not alone. Therefore, there is hope for the world.

PRACTICE 315: Two 30-minute practice periods.
Hourly practice.

第 315 階 今天我將不孤單。

今天不要孤單。別把自己隔離在你的恐懼或你的負面想象里。別把自己隔離在你的空想里。別認為你是孤單的，因為這是一種空想。今天不要孤單。意識到那些和你在一起的人不會被你的錯誤所說服，或是因你的失敗而失望，相反他們認識到你的真正本質和你的內識。那些今天和你在一起的人無條件地愛著你。接收他們的愛，因為這將確認你不是孤單的，這將確認你不希望孤單。除了想隱藏你的痛苦、你的失敗感和你的內疚感之外，你還會因為什麼想要孤單一人呢？這些東西是你分離的結果，它們只會讓你更加隔離。

然而，今天你不孤單。因此，不要選擇孤單，這樣你將看到你從未孤單過。不要選擇隔離你自己，這樣你將看到你已然是生命的一部分。貫穿全天，每小時確認這點，並再次意識到有很多機會可以去思考這點。在你的深度修習里，以今

天的訊息作為祈禱來開始。然後，進入靜心和安靜里，這裡沒有分離。讓自己接收愛的偉大禮物，這是你應得的，這驅散了不過是你分離和想象生活的殘餘的任何不足感和無價值感。今天你不孤單。因此，世界擁有著希望。

練習 315：兩個 30 分鐘

每小時練習

Step 316

I WILL TRUST MY DEEPEST INCLINATIONS TODAY.
YOUR DEEPEST INCLINATIONS EMANATE FROM KNOWLEDGE.

As your mind becomes clear of its restraints and as your life begins to open to the greater calling that is emerging for you now, these deeper inclinations will become more powerful and more evident. You will be able to discern them more easily. This will require great self-trust, which of course will require great self-love. To trust your deepest inclinations, to follow Knowledge and to be a student of Knowledge will re-establish your self-love and will place it upon a firm foundation that the world cannot shake.

HERE YOU ARE REDEEMED IN YOUR OWN EYES. Here you are brought into relationship with life. Here your self-love engenders love for others, for there is no inequality here. You are reclaimed, and in your reclamation Knowledge begins to express itself within the world. You are its primary beneficiary, but even greater than this is its impact upon the world. For in your giving, you will remind the world that it is not bereft of hope, that it is not alone, that you are not alone, that others are not alone and that all the deepest inclinations for hope, truth and justice that others feel are not without foundation, but are born of Knowledge within themselves. Thus, you will be a force for confirmation within the world and a force to confirm Knowledge in others as well.

REMEMBER YOUR IDEA UPON THE HOUR and attempt to utilize all situations that you encounter today for the purpose of reclaiming Knowledge. In this way, you will see that your entire life can be used for practice. As this is done, everything that happens will serve you, and you will feel love towards the world. Your deeper inclinations will spark and encourage the deeper inclinations in others, and thus you will be a force for Knowledge in the world.

IN YOUR TWO DEEPER MEDITATION PRACTICES, in stillness take refuge in the temple of Knowledge within you. Attempt here to be

still and simply feel the power of Knowledge in your life. Bring not your questions, for they will be answered by Knowledge as it emerges within you. Come in openness, seeking relief, seeking comfort, seeking power and seeking certainty. These you will experience because these emanate from the essence of Knowledge within you. Let this day be a day of self-trust and therefore a day of self-love.

PRACTICE 316: Two 30-minute practice periods.

Hourly practice.

第 316 階 今天我將信任我最深的傾向。

你最深的傾向源自於內識。當你的思想清除了它的限制，當你的生命開始對正在為你呈現的更偉大召喚敞開時，這些最深傾向將變得更加有力、更加顯在。你會更加容易辨識它們。這需要強大的自我信任，而這當然需要強大的自愛。信任你最深的傾向，遵循內識和成為內識學生，將重建你的自愛，並將把它置於一個世界無法撼動的堅實基礎上。

在此，你在你自己的眼中被救贖了。在此，你被帶進與生命的關係里。在此，你的自愛產生了你對他人的愛，因為這裡沒有不平等。你被喚回了，並且在你的喚回中，內識開始在世界上表達它自己。你是它首要的受益者，但比這更偉大的是它在世界上的影響力。因為在你的奉獻里，你將提醒世界它沒有失去希望，它不孤單，你不孤單，他人不孤單，並且他人所感知的所有對希望、真理和正義的最深傾向並非沒有基礎，而是源於他們自己內在的內識。這樣，你將成為世界上的一個確認的力量，一個同時確認他人內在內識的力量。

每小時記住你的想法，並努力運用今天遇到的所有境況來服務於喚回內識的宗旨。通過這種方式，你將看到你的整個生命能夠被用於修習。當做到這點時，所有發生的一切都將服務於你，你將感受對世界的愛。你的更深傾向將點燃和鼓舞他人內在的更深傾向，這樣你將成為世界上的一個內識的力量。

在你的兩次深度修習里，在靜心中來到你內在內識的廟宇里尋求庇護。在此

努力保持靜心，只是去感受你生命中內識的力量。不要帶著你的問題，因為當內識在你內在升起時，這些問題將得到內識的解答。帶著開放而來，尋求安慰，尋求舒適，尋求力量，尋求確定。你將體驗到這些，因為這些源自你內在內識的精髓。讓今天成為自我信任的一天，因此也是自愛的一天。

練習 316：兩個 30 分鐘

每小時練習

Step 317

I NEED BUT RELINQUISH MY AMBIVALENCE
TO KNOW THE TRUTH.

HOW SIMPLE IT IS TO KNOW THE TRUTH when the truth is truly desired. How easy it is to recognize ambivalence and to see its devastating impact upon your life. How simple it is to see the evidence of ambivalence in the world around you and how it undermines the deeper inclinations of all who dwell here. Seek, then, escape from ambivalence, for this is confusion. Seek, then, escape from the burden of constant decision making and choice, for this is a burden.

THE MAN AND WOMAN OF KNOWLEDGE need not burden themselves with constant deliberation of what they must do, how they must be, who they are and where they are going in life, for these things become known as each step is anticipated and taken. Thus, the great weight that you carry in the world is released from your shoulders. Thus, you begin to trust yourself and the world. Here peace is possible and assured even for those who are active in the world, for they carry stillness and openness within them. They are unburdened now and are in a position to truly contribute.

REMINDE YOURSELF OF YOUR LESSON UPON THE HOUR and as you look upon the world, see the effect and influence of ambivalence.

Recognize how disabling it is and how it emanates from and supports confusion. It is the result of attempting to value the meaningless and to ignore the meaningful. Here things of no value compete with things of true value in the estimation of those who perceive them. Recognize this as you look upon the world. Let not an hour pass today without practice, for in this way this day will teach you the importance of Knowledge. It will teach you that ambivalence must be escaped and that it is the curse of confusion upon the world.

IN YOUR DEEPER PRACTICE PERIODS, escape your own ambivalence

and re-enter the sanctuary of Knowledge where in stillness and in peace you can fully experience the power of Knowledge and the truth of your own nature. This is a day of freedom. This is a day of understanding your dilemma and realizing that your escape is at hand. Take this step with confidence, for today you can escape ambivalence. PRACTICE 317: Two 30-minute practice periods. Hourly practice.

第 317 階 我只需放棄我的矛盾心態就能認知真理。

當真理被真正渴望時，認知真理是多麼簡單的一件事。認知矛盾心態並看到它對你的生命的毀滅性影響是多麼容易的一件事。看到你周遭世界矛盾心態的證據以及它是如何破壞著所有居於這裡人們的更深傾向，是多麼容易的一件事。因此，尋求擺脫矛盾心態，因為這是困惑。尋求擺脫不斷決策和選擇的負擔，因為這是一種負擔。

內識的男女不需要用不斷思量他們必須做什麼、他們必須如何表現、他們是誰以及他們在生命中去向何方來煩擾自己，因為在每一步被預期和開展的過程中，這些事情會逐漸被認知。這樣，你在世界上承載的巨大重負將從你肩膀卸下。這樣，你開始信任自己和世界。在此和平是可能的和確定的，即使對於那些在世界上積極運作的人們來說，因為他們在內心攜帶著靜心和開放。他們現在沒有負累，能夠進行真正貢獻。

每小時提醒自己你的課程，當你看向世界時，看到矛盾心態的效力和影響。認識到它是多麼制約以及它是如何源自並支持著困惑。它是試圖珍視無意義而忽視有意義所造成的結果。在人們對所感知事物的評估里，沒有價值的東西與有真正價值的東西進行著競爭。當你看向世界時認知這點。別錯過任何一個小時的修習，通過這樣，今天將教導你內識的重要性。它將教導你必須擺脫矛盾心態，那是困惑加在世界上的詛咒。

在你的深度修習里，擺脫你自己的矛盾心態，重新進入內識的庇護里，在此，在靜心和和平里你能夠充分體驗內識的力量和你自己本質的真相。今天是自由的一天。今天是理解你的困境並意識到你的解脫就在眼前的一天。帶著信心邁出這一步，因為今天你能擺脫矛盾心態。

練習 317：兩個 30 分鐘

每小時練習

Step 318

THERE IS A GREATER POWER
AT WORK IN THE WORLD.

THERE IS A GREATER POWER AT WORK IN THE WORLD because there is a Greater Power at work in your life, and this Greater Power is at work in the lives of all who dwell here. Even if the majority of the inhabitants of your world are not yet ready to begin the reclamation of Knowledge, Knowledge dwells within them still and casts its influence upon them—an influence which will affect them in certain ways and which they will ignore in other ways. Yet, as you become the recipient and the representative of Knowledge and as you become the vehicle for Knowledge's expression in the world, you will have the power to activate and to influence all who need to receive Knowledge within themselves. In this way, everything you do, great and small, becomes a blessing upon the world. You who are now learning to give up self-condemnation and to escape ambivalence will see the efficacy of your own Inner Guidance casting its spark of life upon the world. Thus, you become a part of the force for good, a force that is serving a Greater Power in the world.

THE WORLD DEMONSTRATES ITS ERRORS with gravity and magnitude, but these errors are offset by the presence of a Greater Power in the world. Without this Greater Power, humanity would not have evolved this far. Without this Greater Power, all that has been good in your manifestations, all that has served and inspired humanity and all that has spoken of the greatness of Knowledge, directly or indirectly, would not have occurred. The Greater Power in the world has allowed the evolution of humanity to continue and has kept Knowledge alive in the world through individuals such as yourself who, through the spark of their own Knowledge, have been called into preparation so that Knowledge may be reclaimed and expressed and

thus kept alive.

THEREFORE, HAVE HOPE BECAUSE A GREATER POWER is in the world. But do not think that this makes you passive. Do not think that this lifts from your shoulders the responsibility that always accompanies the reclamation of Knowledge. This Greater Power in the world requires that you be prepared to receive it and to express it. Your voice is its voice; your hands are its hands; your eyes are its eyes; your ears are its ears; your movement is its movement. It relies upon your preparation and upon your demonstration, as you rely upon it for certainty and as you rely upon it for purpose, meaning and direction. Thus, it is through your reliance upon Knowledge and Knowledge's reliance upon you that your union with Knowledge is made complete. UPON THE HOUR REMIND YOURSELF that a Greater Power is at work in the world. Think of this as you look upon the world in its ambivalence and error. Think of this when you look upon the world in its magnificence and its inspiring expression. If you will but look without judgment, you will see the amazing presence of Knowledge in the world. This will give you confidence in the world as you are now learning to have confidence in yourself.

IN YOUR DEEPER PRACTICE PERIODS TODAY, re-enter your sanctuary where you come to give yourself to a Greater Power that is in the world and that is within yourself. Allow your mind to be still so that you may receive and experience this Greater Power in your life. Here you learn to receive that which receives you. Here you learn to recognize that which receives the world and which gives the world its only true hope.

PRACTICE 318: Two 30-minute practice periods.

Hourly practice.

第 318 階 世界上有一個更偉大力量在工作著。

世界上有一個更偉大力量在工作，因為你生命里有一個更偉大力量在工作，這一更偉大力量在所有居住這裡人們的生命里工作著。即使你們世界居民的大部分還沒做好準備開始喚回內識，可是內識依然活在他們的內心並在他們身上施加它的影響力——這一影響力能以某種方式影響他們，而以其他方式會被忽略。然而，當你成為內識的接收者和代表者時，當你成為內識在世界上表達的載體時，你將擁有力量去激發和影響所有需要接收他們自己內識的人們。通過這種方式，

你所做的一切，無論大小，都成為世界上的一個祝福。那個正在學習放棄自我譴責並擺脫矛盾心態的你，將看到你自身內在指引的效力在世界上發揮它生命的光芒。這樣，你成為正義勢力的一部分，這一勢力服務於世界上的一個更偉大力量。

世界示範著沈重和巨大的錯誤，但是這些錯誤被世界上一個更偉大力量的臨在所抵消。沒有這個更偉大力量，人類就不會進化這麼遠。沒有這個更偉大力量，你們顯化里的所有美好事物，所有服務和啓發人類的事物，以及所有直接或間接講述內識偉大性的事物，都不會發生。世界上的更偉大力量使人類進化得以繼續，並通過像你這樣的人們維持了世界上內識的存活，這些人通過他們自身內識的閃耀而被召喚到準備中，這樣內識就能得到喚回和表達並因此而保持存活。

因此要保持希望，因為一個更偉大力量就在世界上。但是別認為這讓你變得被動。別認為這解除了你肩上那始終伴隨著內識喚回的責任感。世界上的這個更偉大力量要求你進行準備去接收它和表達它。你的聲音是它的聲音；你的雙手是它的雙手；你的眼睛是它的眼睛；你的耳朵是它的耳朵；你的行動是它的行動。它有賴於你的準備和你的示範，而你依賴它提供確定性，依賴它提供宗旨、意義和方向。這樣，正是通過你對內識的依賴以及內識對你的依賴，你與內識的結合實現了完滿。

每小時提醒自己一個更偉大力量在世界上工作著。當你看向世界的矛盾和錯誤時思考這點。當你看向世界的宏偉和它啓發性的表達時思考這點。如果你能不帶評判地看，你將看到內識在世界上不可思議的臨在。這將賦予你對世界的信心，因為你正在學習對自己擁有信心。

在你的兩次深度修習里，再次進入你的庇護所里，在此你來把自己奉獻給存在於世界上和存在於你內心的一個更偉大力量。讓你的思想保持安靜，這樣你就

能接收和體驗你生命里的這個更偉大力量。在此，你學習去接收那個在接收著你的東西。在此你學習去認知那個接收著世界並為世界賦予它唯一真正希望的東西。

練習 318： 兩個 30 分鐘

每小時練習

Step 319

WHY SHOULD I BE AFRAID

WHEN A GREATER POWER IS IN THE WORLD?

WHENEVER YOU FALL INTO THE DARKNESS OF FEAR, you are withdrawing from Knowledge and entering the darkness of imagination. Whenever you fall into the darkness of your own fear, you are denying the reality of a Greater Power in the world and are thus losing its beneficence for yourself. Whenever you fall into the darkness of your own fear, you are following the teaching of fear, which runs rampant in the world. You are allowing yourself to be a student of fear. You are allowing yourself to be governed by fear. Recognize this and you will realize that this need not be, that you have the power to redirect your studenthood and that you have the ability to re-enter true preparation.

THINK OF THIS SERIOUSLY TODAY. Why should you be afraid when a Greater Power is in the world? This Greater Power which you are now learning to receive is the source of your redemption. What can you possibly lose as this source becomes recognized, as you learn to come into relationship with this source and as you serve this source and allow it to serve you? What can the world take from you when the source of Knowledge is within you? What can the world do to itself when the source of Knowledge is within the world?

THIS AWARENESS CALLS FOR YOUR COMPLETE PARTICIPATION in the world and your complete service to Knowledge. It calls for your complete engagement in contributing to others because you are a vehicle for the Greater Power in the world. Yet, in this active participation you understand as well that it is only a matter of time before all minds awaken to the light of Knowledge within themselves. This can take a very long time, but time is with you and in patience and in confidence you may proceed, for what can undermine your preparation and your contribution but self-doubt and fear? What can dissuade you from proceeding with certainty and complete engagement but the doubt that Knowledge exists in the world?

THEREFORE, WHENEVER YOU ENTER INTO FEAR, practice this day

recognizing that a Greater Power is in the world. Utilize this recognition to bring yourself out of fear by remembering that a Greater Power is in the world and by remembering that a Greater Power is in your life. Think about this on the hour and in your two deeper meditation practices, re-enter your sanctuary where in stillness and in confidence you receive the Greater Power that is in the world. Here you must realize that your preparation requires that you step away from fear and darkness and that you step forward into the light of truth. These two activities will confirm your nature and will betray nothing that is real within you or within the world.

AS YOU LOOK UPON THE WORLD WITHOUT JUDGMENT and as you look upon yourself without judgment, you will see that a Greater Power is at work. This will restore happiness to you, for you will realize that you have brought your Ancient Home with you and your Ancient Home is here as well. This will lift the burden of fear, the oppression of anxiety and the confusion of ambivalence from your mind. Then, you will remember why you have come, and you will devote your life to contributing that which you have come to give. Then, your life will be a statement of happiness and inclusion, and all who see you will remember that they too have come from your Ancient Home.

PRACTICE 319: Two 30-minute practice periods.
Hourly practice.

第 319 階 當一個更偉大力量存在於世界上時，我為什麼要害怕呢？

每當你陷入恐懼的黑暗時，你是在離開內識並進入想象的黑暗。每當你陷入你自己恐懼的黑暗時，你是在否認世界上一個更偉大力量的實相，並因此失去它對你的善行。每當你陷入你自己恐懼的黑暗時，你是在遵循肆虐世界的恐懼的教導。你讓自己成為恐懼的學生。你讓自己受到恐懼的支配。認知了這點，你就會意識到這沒有必要，你有力量重新導向你的學生身份，並且你有能力重新進入真正的準備。

今天認真思考這些。當一個更偉大力量存在於世界上時，你為什麼要害怕呢？你正在學習接收的這個更偉大力量是你救贖的源泉。當這個源泉開始被認知時，當你學習和這個源泉建立關係時，當你服務這個源泉並讓它來服務你時，你能失

去什麼呢？當內識的源泉在你心裡時，世界能從你奪走什麼呢？當內識的源泉在世界里時，世界能對它自己做些什麼呢？

這一覺知召喚你在世界上的全然參與和你對內識的全然服務。它召喚你全然地參與到對他人的貢獻里，因為你是世界上更偉大力量的載體。然而，在這個積極參與里，你同時領悟到，所有思想都將被它們自身內識的光明喚醒，這只是時間問題。這可能非常漫長，但是時間和你在一起，帶著耐心和信心你將會前行，因為除了自我懷疑和恐懼之外，什麼還能破壞你的準備和貢獻呢？除了對內識在世界存在的質疑之外，什麼還能阻止你帶著確定和全然參與向前行進呢？

因此今天每當你進入恐懼時，要練習認知一個更偉大力量存在於世界上。運用這個認知把自己帶離恐懼，記住一個更偉大力量存在於世界上，記住一個更偉大力量存在於你的生命里。每小時思考這點，並在兩次深度冥想里，重新進入你的庇護所，在此在靜心和信心裡，你接收那個存在於世界上的更偉大力量。在此你必須意識到，你所做的準備要求你遠離恐懼和黑暗，並邁進真理的光輝里。這兩個行動將確認你的本質，並且不會背叛你內心或是世界里的任何真實的東西。

當你不帶評判地看向世界時，當你不帶評判地看你自己時，你將看到一個更偉大力量在工作著。這將重建你的幸福，因為你將意識到你攜帶著你的古老家園，而且你的古老家園就在這裡。這將從你的思想里消除恐懼的負擔、焦慮的壓迫和矛盾的困惑。這樣，你將記起你為何而來，你將把你的生命致力於貢獻你來此要奉獻的東西。這樣，你的生命將成為幸福和包融的表達，所有看到你的人將記起他們也來自你的古老家園。

練習 319：兩個 30 分鐘

每小時練習

Step 320

I AM FREE TO WORK WITHIN THE WORLD.

WHEN THE WORLD DOES NOT OPPRESS YOU, you are free to work in the world. When the world does not intimidate you, you are free to work in the world. When you recognize that the world is a place calling for your contribution, you are free to work in the world. Thus, the greater your experience of Knowledge within your life, the freer you are to work within the world. And work within the world you will in time, and your work will be far more effective, far more engaging and far more complete than anything you have done thus far. In your past you have been afraid of the world, intimidated by the world, angered by the world and depressed by the world. Therefore, your past contribution to the world has been limited by these reactions. You have been ambivalent about being in the world because you were afraid of the world. Perhaps you have sought refuge in spiritual things, but your true spiritual nature will redirect you into the world and bring you back with greater power, certainty and purpose, for you have come to be in the world.

UNDERSTANDING THIS, YOU WILL AGAIN REALIZE the importance of Knowledge. You will again confirm how much you want to give to the world and how painful it is for you when this giving is obstructed or withheld. You have come to work in the world, and you want to do this completely so that when you leave, you leave with your gifts given and with everything presented. You have nothing to take Home with you from the world except the reclamation of relationships. With this understanding, you will become free to be in the world.

UPON THE HOUR REPEAT TODAY'S IDEA and recognize that to whatever extent you are still ambivalent about being in the world, your ambivalence is caused and is being perpetuated by your own intimidation and fear of the world. Remember this upon the hour so that you may learn the great lesson that is being taught today, the great lesson that you are becoming free to be in the world. Here you bring your Ancient Home with you. Here you will not attempt to escape the world simply because it frightens you, threatens you or depresses you.

YOU ARE HERE TO GIVE TO THE WORLD, for Knowledge is greater than the world—the world only being a temporary place where Knowledge has been temporarily forgotten. In this, you will realize that which gives and that which receives, that which is great and that which is small. Your work in the world can now have your complete attention and devotion. Your work can now have your complete engagement. Thus, your physical life can become fully meaningful, purposeful and filled with value.

IN YOUR TWO DEEP MEDITATION PRACTICES TODAY, rekindle the fire of Knowledge within you by re-entering your sanctuary.

Remember to be still. Remember to give yourself to practice. This is the work at hand. From this work your work in the world will be given freedom to express itself, and you who are within the world will be given the certainty and the comfort that your Ancient Home is with you.

PRACTICE 320: Two 30-minute practice periods.

Hourly practice.

第 320 階 我自由地在世界裡工作。

當世界不壓制你時，你可以自由地在世界上工作。當世界不恐嚇你時，你可以自由地在世界上工作。當你認知世界是一個召喚你貢獻的地方時，你可以自由地在世界上工作。這樣，你在生命裡對內識的體驗越強大，你就越能自由地在世界裡工作。慢慢地，你將會在世界裡工作，並且你的工作將比你迄今做過的任何事情都有效得多、參與得多、完滿得多。過去你被世界驚嚇著，被世界恐嚇著，被世界激怒著，被世界壓抑著。因此過去你對世界的貢獻受到了這些反應的局限。你對於身處世界感到矛盾，因為你害怕世界。或許你試圖在靈性事物里找到庇護，但是你真正的靈性本質將重新引導你進入世界，它讓你帶著更偉大力量、確定和宗旨返回世界，因為你就是來此身處世界的。

理解了這點，你將再次意識到內識的重要性。你將再次確認你多麼希望奉獻給世界，當這種奉獻受到阻礙或抑制時，你是多麼痛苦。你來此就是為了在世界上工作，你希望徹底地去做，這樣當你離開時，你的禮物被奉獻了，一切都被呈現了。除了喚回的關係之外，你沒有留下任何東西從世界帶回家。帶著這一理解，你將能夠自由地身處世界上。

每小時重復今天的想法，並認識到無論你對身處世界還抱有怎樣的矛盾心態，

你的矛盾都是由你自身被世界的恐嚇和恐懼所造成並繼續的。每小時記住這點，這樣你就能夠學習今天你被教導的偉大課程，這一偉大課程就是你正變得自由地身處世界。在此你攜帶著你的古老家園。在此，你不會因為世界嚇唬你、威脅你或壓抑你，就企圖逃離世界。

你在此是為了對世界進行奉獻，因為內識比世界更偉大——世界只是一個內識被暫時遺忘的臨時性場所。由此，你將意識到那奉獻的和那接收的，那偉大的和那渺小的。現在你在世界上的工作能夠得到你全然的專注和投入。現在你的工作能夠得到你全然的參與。這樣，你的物質生命能夠成為完全有意義、有宗旨的並充滿價值。

在兩次深度冥想修習里，通過再次進入你的庇護所里來重新點燃你內在的內識之火。記住要保持靜心。記住把自己奉獻給修習。這是眼前要做的工作。通過這個工作，你在世界上的工作將被賦予自由去表達它自己，同時身處世界的你將被賦予確定和安慰，因為你的古老家園和你在一起。

練習 320：兩個 30 分鐘

每小時練習

Step 321

THE WORLD IS AWAITING MY CONTRIBUTION.
TRULY THE WORLD IS AWAITING YOUR CONTRIBUTION, but remember your contribution will express itself in all things you do, great and small. So do not imagine for yourself a role that is grandiose or that will be devastatingly difficult. That is not The Way of Knowledge. Knowledge will express itself through all of your activities, for it is a presence you carry with you. As your mind and your life become free of conflict, this presence will express itself increasingly through you, and you will be a witness of Knowledge at work, both within yourself and within your life. Here you will begin to understand what it means to bring Knowledge into the world.

YOUR IMAGINATION HAS PAINTED GRANDIOSE PICTURES and devastating nightmares for you. It is not in harmony with life. It exaggerates life in its hope and in its fear. It exaggerates your sense of yourself, primarily to your own self-deprecation. When your imagination is redirected by Knowledge, it will engage itself in an entirely new way. It will serve an entirely new purpose. Then you will be able to be free, and your imagination will not betray you.

THE WORLD IS CALLING FOR YOU. You are now preparing. In its great need you recognize your great contribution. But remember always that your contribution gives of itself, and your desire to have it give of itself is your desire to give. Your desire to have your life become a vehicle of expression is your desire to have your life become unfettered by conflict and ambivalence. Your desire to give is your desire to become free and whole. This is your desire—to have your life be a vehicle for Knowledge.

YOUR TASK, THEN, IS GREAT but not as great as your imagination might indicate, for your task is to perfect your vehicle so that Knowledge may express itself freely. You do not have to wonder or imagine how this can be done, for it is being done today and will be done tomorrow. As you follow the steps within your current preparation and as you learn to follow the steps beyond this preparation, you will see you need but follow the steps as they are given to proceed.

UPON THE HOUR REMIND YOURSELF of your lesson and do not forget. Look upon the world and realize that it is calling for you to contribute. In your deeper meditations, re-enter your sanctuary in stillness and in receptivity. In doing so, realize that Knowledge needs you to become its vehicle. It needs you to become its recipient. It needs to fulfill itself through you. Thus, you and Knowledge are fulfilled together.

UPON THE HOUR AND IN YOUR DEEPER PRACTICES TODAY, realize the importance of your role. Realize as well that all true assistance is given to you to prepare and will abide with you in your contribution as you learn to express Knowledge and to allow Knowledge to express itself through you.

PRACTICE 321: Two 30-minute practice periods.

Hourly practice.

第 321 階 世界在等待著我的貢獻。

真的，世界在等待著你的貢獻，但要記住你的貢獻將會在你所做的一切里表

達它自己，無論大事小情。因此別為自己想象一個宏偉的角色，否則那會是極度困難的。那不是內識之路。內識將通過你所有的活動表達它自己，因為它是你攜帶的一個臨在。當你的思想和你的生命開始擺脫衝突時，這一臨在將越發地通過你表達它自己，而你將成為既在你內在又在你生命里工作著的內識的見證者。在此你將開始理解，把內識帶進世界的含義是什麼。

你的想象力為你描繪了宏偉的藍圖和破壞性的夢魘。它和生命不相和諧。它在希望和恐懼里誇大著生命。它誇大著你對自己的感知，尤其是對自己的自我貶低。當你的想象被內識重新導向時，它將以一種全新的方式進行參與。它將服務於一個全新的宗旨。這樣你將能夠實現自由，你的想象力將不會背叛你。

世界正在召喚你。你正在進行準備。在世界的巨大需求里，你認識到你的巨大貢獻。但要始終記住，你的貢獻在奉獻著它自己，你渴望它奉獻自己，因為你渴望奉獻。你渴望讓你的生命成為一個表達載體，因為你渴望你的生命擺脫衝突和矛盾。你渴望奉獻，因為你渴望變得自由和完整。這是你的渴望——讓你的生命成為內識的載體。

因此，你的任務是偉大的，但並非你的想象所提示的那樣偉大，因為你的任務是完善你的載體，這樣內識就能夠自由地表達它自己。你不必料想或想象這能如何做到，因為這今天就在進行著，明天還會繼續。當你在當前的準備里遵循進階時，當你學習遵循這一準備之外的進階時，你會看到你只需遵循被給出的進階就能夠前行。

每小時提醒自己你的課程，不要忘記。看向世界，意識到它在召喚你去貢獻。在你的深度冥想里，再次在靜心和接收里進入你的庇護所。通過這樣，意識到內識需要你成為它的載體。它需要你成為它的接收者。它需要通過你成就它自己。

這樣，你和內識共同得到成就。

在今天的每小時里以及你的深度修習里，意識到你角色的重要性。同時意識到，當你學習表達內識，並讓內識通過你表達它自己時，所有真正的幫助被賦予了你，讓你進行準備，並且它將在你的貢獻中和你堅守。

練習 321：兩個 30 分鐘

每小時練習

Step 322

REVIEW

LET US NOW REVIEW THE PAST TWO WEEKS OF PREPARATION.

Once again review each step, rereading its instructions carefully and recalling your practice for that particular day. Carry this forward for all the days in this two-week period. Be objective and recognize where your practice could have become deeper or more conscientious. Recognize how you still let the world overtake you and how you need to reapply yourself with greater certainty and determination. Do this objectively. Condemnation will only discourage you and will only lead you to quit your participation, for condemnation is simply the decision not to participate and the justification for not participating.

THEREFORE, DO NOT FALL INTO THIS HABIT, but view your participation objectively. Here you will learn how to learn, and you will learn how to prepare yourself and govern yourself. You must choose to participate, and you must choose to deepen your participation. Every decision you make on behalf of Knowledge is supported by the decisions of all others who are making the same decision and by the power and the presence of your Teachers who are with you. Thus, your decision for Knowledge, whenever it is made and supported, is greatly amplified by the presence of all who practice with you and by the presence of your Spiritual Teachers. This is certainly adequate to overcome any obstacle you view within yourself or within your world.

THE POWER OF DECISION IS GIVEN TO YOU. Here the power of decision is to view your participation objectively and to recognize where it can be deepened and strengthened. Resolve within the next two weeks of practice to carry forth what you have recognized

as necessary this day. Here you will be acting powerfully on your own behalf, and the application of your power will be in the service of Knowledge, for you are preparing to receive Knowledge. Here your will and your determination are confirmed, for they serve a greater good.

PRACTICE 322: One long practice period.

第 322 階 復習

現在讓我們復習過去兩周的準備。還是復習每一進階，重新認真閱讀它的指引，並回顧那一天的修習。繼續回顧這兩周的每一天。保持客觀，並認知你的修習在哪些地方可以變得更深入或更認真。認知你還在讓世界怎樣地壓倒你以及你需要怎樣帶著更大確定和決心再次運用你自己。帶著客觀去認知。譴責只會挫敗你，只會導致你停止你的參與，因為譴責只不過是做出不參與的決定並為不參與進行辯解。

因此，別陷入這種習慣，而是客觀看待你的參與。在此，你將學習如何去學習，你將學習如何準備自己和管理自己。你必須選擇參與，你必須選擇深化你的參與。你代表內識所做的每一個決定，都得到其他所有正在做同樣決定的存有們以及和你同在的上師的力量和臨在的支持。這樣，每當你做出並支持代表內識的決定時，它都會被所有和你一起修習的存有的臨在以及你精神上師的臨在大大地放大。這足以克服你在你內在或是在你世界里看到的任何障礙。

決策的力量被賦予了你。在此，那個決策的力量就是去客觀看待你的參與，並認知它在何處可以得到深化和強化。下定決心在後兩周的修習里去執行你今天認知的那些必須做的事情。在此你將為了你自身的利益有力地行動起來，並且你力量的運用將是為了服務內識，因為你正在準備去接收內識。在此，你的意志和你的決心得到了確認，因為它們服務於一個更偉大正義。

練習 322：一個長練習時段

Step 323

MY ROLE IN THE WORLD

IS TOO IMPORTANT TO NEGLECT.

YOUR ROLE IN THE WORLD IS TOO IMPORTANT TO NEGLECT.

Therefore, do not neglect it this day. Carry forth the resolution that yesterday's Review has given to you. Carry forth that which you need to do to deepen your practice, to utilize your practice, to utilize your experience in the world for practice, to carry your practice into the world and to allow your world to support your practice. Do not neglect this, for if you neglect this, you but neglect yourself, your certainty, your fulfillment and your happiness.

DO NOT NEGLECT THE PREPARATION that is underway now. Every day you strengthen this, and as you do this every day you advocate Knowledge. You advocate your participation in life. Indeed, even in your preparation now you are teaching Knowledge, and you are strengthening Knowledge in the world. Perhaps you cannot yet see this, but in time this will become so evident to you that you will learn to value every moment, every encounter with another, every thought and every breath. You will value every experience in life because you will be present to them, and you will realize that within each, you can express Knowledge and experience Knowledge expressing itself.

REMEMBER UPON THE HOUR TODAY. Make this dedication, at the beginning of today and at the beginning of all the days to follow, to utilize your steps as completely as possible. In your two deeper practice periods, re-enter stillness to refresh your mind. Strengthen your ability and your resolution to allow your mind to become still and receptive. This you must fortify each day, for this is part of your practice. This you must give yourself to each day, for this is how you give to yourself and to the world.

DO NOT UNDERESTIMATE THE IMPORTANCE OF YOUR ROLE, but do not burden yourself with thinking that your role is beyond your grasp, for what could be more natural to you than to fulfill the role for which you have come? What could be more fully confirming of the importance and the value of your life than to carry forth what your life was meant to be? The power of decision is given you today to strengthen and to apply, yet the Greater Power behind your decision is greater even than your decision. This Greater Power abides with you now. Do not neglect your preparation. Do not neglect to move towards the completion and the fulfillment of your role in the world, for as you approach this, happiness will approach you.

PRACTICE 323: Two 30-minute practice periods.

Hourly practice.

第 323 階 我在世界上的角色太重要了，不能被忽視。

你在世界上的角色太重要了，不能被忽視。因此今天不要忽視它。帶著昨天復習所賦予你的決心。開展你需要去做的那些事情，以深化你的修習，運用你的修習，運用你在世界上的體驗服務於修習，把你的修習帶進世界，並允許你的世界來支持你的修習。別忽視這些，因為如果你忽視了這些，你就是在忽視你自己、你的確定性、你的成就和你的幸福。

別忽視正在進展中的準備。每天你都在強化它，並且每天當你這樣做時，你都在倡導內識。你倡導你在生命中的參與。事實上，就在你的準備里，你在傳授著內識，你在世界上強化著內識。或許你還無法看到這點，但是慢慢地這對於你來說會變得如此明顯，以至於你將學習珍視每一個時刻、每一個和他人的相遇、每一個想法和每一次呼吸。你將珍視生命中的每一個體驗，因為你將對它們保持臨在，你將意識到，在每一個體驗里你都能表達內識，並體驗內識在表達它自己。

每小時記住這點。在今天的開始，在每一天的開始，都做出這一聲明，要盡可能全面地去遵循、去運用你的進階。在兩次深度修習里，再次進入靜心裡去換新你的思想。強化你的能力和你的決心，來讓你的思想變得安靜和接收。你必須每天強化它，因為這是你修習的組成部分。你必須每天把自己奉獻給它，因為這是你對自己和對世界進行奉獻的方式。

別低估你角色的重要性，但別自添重負地認為你的角色超出了你的能力所及，因為對於你來說，什麼能比成就你來此要擔當的角色更加自然呢？什麼能比開展你生命注定要成為的樣子更能完全地確認你生命的重要性和價值呢？今天，決策的力量被賦予你去強化和運用，然而你決策背後的那個更偉大力量甚至比你的決策更

加偉大。這個更偉大力量現在和你堅守在一起。別忽視你的準備。別忽視了你向完成和成就你在世界上的角色的進發，因為當你走向它時，幸福將會走向你。

練習 323：兩個 30 分鐘

每小時練習

Step 324

I WILL NOT JUDGE ANOTHER TODAY.

AGAIN PRACTICE AFFIRMING THIS IDEA. Again apply it to your real experiences. Again strengthen your understanding that Knowledge is with you and does not require your judgment or evaluation.

DO NOT JUDGE ANOTHER TODAY. Learn to see. Learn to hear. Learn to look. There is not one person in the world who cannot give you something beneficial if you will not judge them. There is not one person in the world who, through their accomplishments or their errors, cannot confirm the importance of Knowledge and cannot demonstrate its need in the world. Thus, those whom you love and those whom you despise all offer gifts to you of equal value. Those who you think are virtuous and those who you think are not virtuous all offer what is essential to you. The world in truth is demonstrating everything that this preparation is providing for you, if you will but look upon the world without judgment or condemnation. To the extent that you look upon another with judgment, you will judge yourself. You do not want your judgment upon yourself, so do not judge another.

REMEMBER UPON THE HOUR. Do not neglect your practice today, for it is essential for your happiness. It is essential for the well-being and advancement of the world. In your two deeper practice periods, re-enter stillness. Come to give yourself to practice. Come to give yourself. You will feel your strength as you do this. Here the power of decision is yours to utilize. As you do so, it will become more potent and effective in dispelling everything that stands in its way. Remember you are a student of Knowledge, and students must practice to advance and to proceed. Do not judge another today and you will proceed in truth.

PRACTICE 324: Two 30-minute practice periods.

Hourly practice.

第 324 階 今天我將不評判別人。

再次練習確認這一想法。再次在你的真實體驗中運用它。再次強化你的理解，即內識和你同在，它不需要你的評判或評估。

今天別評判別人。學習去看。學習去聽。學習去觀察。世界上不存在任何無法賦予你某些有益東西的人，只要你不評判他們。世界上不存在任何無法通過他們的成就或錯誤來確認內識的重要性並示範世界對內識的需要的人。因此，無論是你愛的人還是你鄙視的人，都在為你提供同等價值的禮物。無論是你認為善良的人還是你認為不善良的人，都在為你提供必不可少的東西。只要你能不帶評判或譴責地看向世界的話，世界事實上在示範著這一準備所提供給你的一切。你以何種程度帶著評判看待別人，你都會同樣程度地評判你自己。你不希望評判你自己，因此不要評判別人。

每小時記住這點。今天別忽視你的修習，因為它對你的幸福是必不可少的。它對世界的福祉和進步是必不可少的。在兩次深度修習里，重新進入靜心裡。來把自己奉獻給修習。來奉獻你自己。當你這樣做時，你將感受到你的力量。在此，決策的力量被賦予你去運用。當你運用時，它將更加有力和有效地驅散一切阻擋它道路的東西。記住你是內識的學生，學生必須修習才能進步和前行。今天別評判別人，這樣你將在真理中前行。

練習 324：兩個 30 分鐘

每小時練習

Step 325

THE WORLD IS EMERGING INTO

THE GREATER COMMUNITY OF WORLDS.

THEREFORE, I MUST BE ATTENTIVE.

THE WORLD IS EMERGING into the Greater Community of Worlds. How can you recognize this if you are preoccupied

with your own concerns, your own hopes and your own ambitions? How can you recognize what is happening in your world? How can you see those forces that are influencing your outer life and that govern your affairs to such a great extent? Part of becoming strong with Knowledge is becoming attentive. You can only become attentive if your mind is not preoccupied with its own imaginings and fantasies.

THE WORLD IS PREPARING TO EMERGE into the Greater Community of Worlds, and this underlies its evolution and all of its advancements now. That is why conflict is erupting in the world, because those who oppose the evolution of the world will fight against it. Those who wish to further the advancement of the world will attempt to fortify the goodness of humanity and the sense that humanity is one community that must nurture and support itself beyond all division of nation, race, religion, culture and tribe. Thus it is that you who are becoming a representative and recipient of Knowledge will fortify peace, unity, understanding and compassion in the world. All this is part of the preparation of the world to emerge into the Greater Community of Worlds, because this represents the evolution of the world. This represents Knowledge within the world.

KNOWLEDGE WITHIN THE WORLD does not foster conflict in any way. It does not promote hatred or division. It does not promote anything that is divisive or anything that is cruel or destructive. It is the collective experience of Knowledge in the world that moves the world towards union and community. Because your world is part of a Greater Community, it is moving towards union and community because of its own evolution and because it is responding to the Greater Community of which it is a part. You cannot know the importance of this idea unless you can be attentive to the world, and you cannot know the importance of this to you who have come to serve this emergence unless you become attentive to yourself.

REMEMBER ONCE AGAIN that you can only lose contact with yourself if you re-enter imagination or fantasy, because this is the only alternative to being attentive to yourself and your world. Awake from your dreams, then, and become attentive. Remember upon the hour to look upon the world without judgment, and you will see that the world is attempting to become one community, for it seeks to extend itself into the Greater Community. The Greater Community represents a community that is calling upon humanity to enter and to participate. You cannot understand the mechanism for this, for it is far too great for your eyes and for your mental capacity now, but the movement of this is so obvious and apparent if you will but look.

UPON THE HOUR LOOK, and in your deeper meditation practices, actively engage your mind in considering this idea. Today's practice is not a practice in stillness, but a practice in active and useful

engagement of your mind. Consider your own response to today's idea. Take note of your thoughts for and against it. Take note of your anxieties, especially concerning the world becoming one community in its emergence and participation in the Greater Community. Take note of these things, for here you will understand that within yourself which supports your advancement and that which denies it. As you learn to look upon these things without condemnation but with true objectivity, you will understand why the world is in conflict. You will understand this, and you will not see this with hatred, malice or envy. You will see this with understanding and compassion. This will teach you, then, how you must learn to work in the world so that you may fulfill your purpose here.

PRACTICE 325: Two 30-minute practice periods.

Hourly practice.

第 325 階 世界正在邁進眾多世界組成的大社區。因此，我必須保持專注。

世界正在邁進眾多世界組成的大社區。如果你執迷於你自己的關注、你自己的希望和你自己的野心的話，你怎麼能夠認知這點呢？你怎麼能夠認知你的世界正在發生著什麼呢？你怎麼能夠看到那些正在影響你們的外在生活並正在以如此巨大程度管理著你們事務的勢力呢？內識變得強大的表現之一就是變得專注。只有當你的思想不執迷於它自己的想象和空想時，你才能夠變得專注。

世界正在準備邁進眾多世界組成的大社區，這承載著它的進化和它當前的所有進步。正因為如此，衝突正在世界上爆發，因為那些對抗世界進化者將起而反抗它。那些希望推進世界進步者將努力強化人類的優點以及對人類統一社區的感知，人類必須超越所有國家、種族、宗教、文化和部落的分割去滋養和支持它自身。正是因為這樣，那個正在成為內識的代表者和接收者的你，將強化世界上的和平、統一、理解和慈悲。所有這些都是世界為邁進眾多世界組成的大社區進行準備的組成部分，因為這代表著世界的進化。這代表著世界里的內識。

世界里的內識不會以任何方式倡導衝突。它不提倡仇恨或分裂。它不提倡任

何分裂性的東西或任何殘酷的或破壞性的東西。它是世界對內識的集體性體驗，它推動世界走向統一和社區。因為你的世界是一個大社區的組成部分，所以它正在走向統一和社區，這是因為它自身的進化，因為它在對它所屬的大社區做出回應。除非你能對世界保持專注，否則你無法認知這一想法的重要性，除非你開始對自己保持專注，否則你無法認知這一想法對來此服務於這一邁進的你的重要性。

再次記住只有當你重新進入想象或空想時，你才會失去和自己的聯接，因為這是唯一取代你對自己和對你世界的專注的東西。因此，從你的夢境中醒來並開始變得專注。每小時記住不帶評判地看向世界，你將看到世界正在努力成為統一社區，因為它尋求拓展它自己進入大社區。大社區代表著一個召喚人類去邁進和去參與的社區。你無法領悟這裡面的機制，因為它現在對於你的眼睛和你的思維能力來說太過廣大了，但是只有你去看的話，這一運動是如此顯在和顯著。

每小時去看，在你的深度冥想里，積極運用你的思想去思考這一想法。今天的修習不是靜心練習，而是一個對你思想進行積極、有益運用的練習。思考你自己對今天想法的反應。關注你支持它和反對它的那些思想。關注你的那些焦慮，尤其是針對世界在向大社區的邁進和參與中要變成統一社區這一點所產生的焦慮。關注這些，因為在此你將理解你內在那些支持你的進步以及否認你的進步的東西。當你學習不帶譴責而是帶著真正客觀性去檢視這些東西時，你將理解為何世界會處於衝突里。你將理解這點，並且你不會帶著仇恨、惡意或嫉妒去看待它。你將帶著理解和慈悲去看待它。這樣，這將教導你，你必須如何學習在世界上工作，從而能夠成就你在這裡的宗旨。

練習 325：兩個 30 分鐘

每小時練習

Step 326

THE GREATER COMMUNITY
IS SOMETHING I CAN FEEL
BUT CANNOT UNDERSTAND.

HOW CAN YOU UNDERSTAND THE GREATER COMMUNITY when you can barely understand the community in which you live, let alone the nation in which you live and the world in which you live? Here you must only understand that there is a Greater Community and that it is a larger context in which life expresses itself. As humanity attempts to become one community and as you attempt to become one person instead of many people, you will realize that you emerge into the world as a larger person and the world emerges into the Greater Community as a larger community. Here all individuality seeks community, for in community it finds its true expression, its true contribution and its true role. This is as true for you as it is for the world.

YOU CAN FEEL THIS. It is so evident. You can know this, for this idea is born of Knowledge. Don't burden yourself with trying to understand all of this, for understanding is not necessary here. Only know and feel the reality of this. As you do this, your understanding will grow naturally. It will not be born of your own fantasy or idealism, but instead will be born of Knowledge and experience. Thus, it will abide with you, serve you and make your life more real and effective.

REMEMBER THAT YOU WILL UNDERSTAND AS YOU PROCEED, for understanding is born of hindsight and true application. Have confidence, then, that your understanding will grow as your participation grows. You need not understand the universe, but you do need to experience it. You need to feel it within yourself and around you. You need to see yourself as one person, you need to see your world as one community and you need to see your universe as a Greater Community that, within a larger sphere of participation, is attempting to unify itself as well. Thus, Knowledge works in all arenas and at all levels of participation—within each person, within each community, within each world, between each world and within the universe as a whole. That is why Knowledge is so great and why, though you receive it within yourself, it is far greater than you can conceive of.

THUS IT IS THAT NOW YOU MAY EXPERIENCE the Greater Community and not separate yourself in attempting to understand it. Understanding comes through participation. Remind yourself of today's idea upon the hour and in your two deeper practice periods, attempt once again to think actively what this lesson means. Apply it to your

experience. Apply it to your perception of the world. Recognize those thoughts that are for it and those that are against it. Recognize the inspiration and hope that this gives you and recognize the anxieties that may be aroused. Take inventory of your thoughts and experiences concerning today's idea, but do not judge it, for it emanates from Knowledge. It is meant to free you from the disability of your own imagination. It is meant to free you and the world as well.

TODAY UTILIZE YOUR MIND AND YOUR BODY to become a student of Knowledge. In this, you will learn to comprehend the meaning of yourself, your world and the Greater Community of Worlds.

PRACTICE 326: Two 30-minute practice periods.

Hourly practice.

第 326 階 大社區是某種我能夠感知但卻無法理解的東西。

當你幾乎無法理解你生活其中的那個社區，更不要說你生活其中的那個國家以及你生活其中的那個世界時，你怎麼可能理解大社區呢？在此你只需理解存在著一個大社區，並且它是生命表達它自身的一個更廣大背景。當人類努力成為統一社區，當你努力成為統一的人而非好幾個人時，你將意識到你在作為一個更廣大的人邁進世界，而世界在作為一個更廣大的社區邁進大社區。在此所有的個體性都在尋求著社區，因為在社區里它找到了它真正的表達、它真正的貢獻和它真正的角色。這對你來說是真理，對世界來說也是真理。

你能感知這點。它是如此顯在。你能認知這點，因為這一思想源自於內識。別自添重負地試圖理解所有這些，因為理解在此並非必要。只需認知和感知它的實相。當你這樣做時，你的理解將會自然增長。它不會源自於你自身的空想或理想化，而是將源自於內識和體驗。這樣，它將和你堅守在一起，服務於你並讓你的生命更加真實和有效。

記住當你前行時你將會理解，因為理解源自於後見之明和真正的應用。因此要有信心當你的參與增加時，你的理解也將增長。你不需要理解宇宙，但你的確

需要去體驗它。你需要在你內心和你周圍感知它。你需要把自己看做統一的人，你需要把你的世界看做統一的社區，你需要把你的宇宙看做一個更大社區，它在一個更廣大的參與領域里，同樣正在努力統一它自己。這樣，內識在所有場景里，在所有參與層面上工作著——在每個人的內在，在每個社區里，在每個世界里，在世界之間以及在作為一個整體的宇宙里。正因為如此內識是如此偉大，雖然你在你的內在接收它，但是它遠比你能構想的要偉大得多。

正是因為這樣，現在你就可以體驗大社區，並且不必隔離你自己以試圖理解它。理解通過參與而來。每小時提醒自己今天的想法，在兩次深度修習里，再次努力積極地思考今天的課程意味著什麼。把它運用到你的體驗里。把它運用到你對世界的感知里。認知支持它以及反對它的那些想法。認知它帶給你的啓發和希望，同時認知它可能引起的焦慮。盤點你關於今天想法的思想和體驗，但不要去評判它，因為它源自於內識。它注定要使你擺脫你自身想象的阻礙。它注定要讓你自由，同樣也讓世界自由。

今天運用你的思想和你的身體來成為內識的學生。由此，你將學習理解你自己、你的世界以及眾多世界組成的大社區的意義。

練習 326：兩個 30 分鐘

每小時練習

Step 327

I WILL BE AT PEACE TODAY.

YOU CAN BE AT PEACE TODAY, even while you consider greater things in the world and beyond the world. You can be at peace today even while you meet the challenge of becoming a student of Knowledge and the challenge of observing your world with objectivity. How can you be so active and have such challenge and still be at peace? The answer is that Knowledge is with you. As you abide with Knowledge, feel Knowledge and carry Knowledge out into the

world, within yourself you will be still, though on the outside you may be actively engaged. There is no contradiction between peace and movement, between inner stillness and outer engagement. Though the world is a difficult and frustrating place to be, it is a natural recipient of Knowledge. Its difficulties and its frustrations need not affect your internal state, which is becoming ever more unified and harmonious. REMIND YOURSELF UPON THE HOUR to be at peace while you are in the world. Release all fear and anxiety and fortify your adherence to Knowledge as you do so. In your two deeper practice periods when you take refuge from the world, rekindle the fire of Knowledge and take comfort in its warm presence. Realize that within this fire all things that are imaginary and harmful are consumed. The fire of Knowledge will not burn you, but it will warm your soul. You can enter this fire without fear of pain or harm. It will purify and cleanse you, for it is the fire of love. Today be at peace, for today is a day of peace, and peace is given you to receive this day. PRACTICE 327: Two 30-minute practice periods. Hourly practice.

第 327 階 今天我將處於和平里。

今天你能夠處於和平里，即使在你思考世界上和世界外的更廣大事物時。今天你能夠處於和平里，即使在你應對成為內識學生的挑戰以及客觀觀察你的世界的挑戰時。你怎麼能夠如此地活躍，擁有如此的挑戰而依然處於和平里呢？答案是內識和你同在。當你堅守內識、感受內識並把內識帶進世界時，你的內心將是安靜的，儘管你可能在外部積極參與著。和平和行動之間，內在靜心和外在參與之間不存在矛盾。雖然世界是一個艱難和挫敗的地方，可是它是內識的一個天然接收者。它的困難和它的挫敗不必影響你的內在狀態，這正變得越來越統一和和諧。

當你身處世界時，每小時提醒自己保持和平。當你這樣做時，釋放所有的恐懼和焦慮，並強化你對內識的堅持。在兩次深度修習里，當你遠離世界尋求庇護時，重新點燃內識之火，在它溫暖的臨在里獲得安慰。意識到在這團火里，所有

想象的和有害的東西都被消融了。內識之火不會灼燒你，而是將溫暖你的靈魂。你能夠進入這團火中，沒有對痛苦或傷害的恐懼。它將淨化和洗滌你，因為它是愛之火。今天處於和平里，因為今天是和平的一天，今天和平被賦予你去接收。

練習 327：兩個 30 分鐘

每小時練習

Step 328

TODAY I WILL HONOR THOSE
WHO HAVE GIVEN TO ME.

ONCE AGAIN WE AFFIRM THIS LESSON which will affirm the reality of love and giving in the world. Your ideas concerning giving are far too limited and small. They will need to be expanded so that you may recognize the extent of giving in the world.

UPON THE HOUR REMIND YOURSELF to remember those who have given to you. Do not only think of those who you are certain have given to you, but remember those who you feel have hurt you, who have denied you or who have stood in your way. Remember them, for they have given something to you as well. They have given you a reminder that Knowledge is necessary, and they have demonstrated to you a life without Knowledge. They have demonstrated to you that Knowledge is attempting to emerge in them as well. Whether they accept or resist this emergence, it is still present and still manifesting itself.

YOU ARE ADVANCING because others have demonstrated their inspiration and their errors to you—their acceptance of Knowledge and their denial of Knowledge. If there were no denial of Knowledge in the world, you could not learn here. You could not recognize the importance of Knowledge. Contrast in learning will teach you what is valuable and what is not, and this will teach you to be compassionate and to be loving. Understanding this will enable you to serve in the world.

UPON THE HOUR RECOGNIZE WHO IS GIVING TO YOU at that moment and recognize who has given to you in the past. In this way, this will be a day of gratitude and appreciation. You will understand how important your preparation is and how many have given themselves to you to serve you so that you may undertake this preparation.

IN YOUR TWO DEEPER MEDITATION PRACTICES, repeat today's idea

and then allow to come into your mind each individual that awaits to be recognized and blessed by you. As you do this, all individuals who need to will present themselves to you. Look and see how they have served you and thank them for their service to you. Thank them for helping you to recognize your need for Knowledge. Thank them for showing you that there is no alternative to Knowledge. And thank them for strengthening your participation in Knowledge. Bless each one and allow the next individual to come to mind. In this way, you will bless all who have been in your life and are in your life currently. In this way, you will learn to appreciate your past and not condemn it. In this way, love will emanate from you naturally, for love must be born of gratitude, and gratitude must be born of true recognition. It is true recognition that you will practice today.

PRACTICE 328: Two 30-minute practice periods.

Hourly practice.

第 328 階 今天我尊重那些為我奉獻過的人們。

我們再次確認這一課程，它將確認世界上愛和奉獻的實相。你關於奉獻的想法太受限、太渺小了。它們需要被拓展，這樣你就能夠認知世界上奉獻的廣度。

每小時提醒自己記住那些為你奉獻過的人。別只想起那些你確定為你奉獻過的人，還要記住那些你覺得傷害過你、否定過你或是阻礙過你道路的人。記住他們，因為他們同樣為你奉獻過某些東西。他們為你奉獻了一個提醒即內識是必需的，他們向你示範了一個沒有內識的生命。他們向你示範了內識同樣努力從他們內心升起。無論他們接受還是抗拒這一浮現，它依然臨在著並依然在示現它自己。

你在進步，是因為其他人向你示範了他們的靈感和他們的錯誤——他們對內識的接受和他們對內識的否認。如果世界上不存在對內識的否認，那麼你就無法在這裡學習。你就無法認知內識的重要性。學習中的對比將教導你什麼是有價值的而什麼不是，這將教導你慈悲和仁愛。理解這點將使你能夠在世界上進行服務。

每小時認識到在那個時刻正在為你奉獻的人，並認識到過去為你奉獻過的人。

通過這種方式，這將成為感激和激賞的一天。你將理解你的準備是多麼重要，有多少人把自己奉獻給了你來服務於你，從而使你能夠展開這一準備。

在你的兩次深度冥想里，重復今天的想法，然後讓每一個等待著被你確認和祝福的人走進你的思想里。當你這樣做時，所有需要呈現的人都將把自己呈現給你。看看他們如何服務過你，並感謝他們對你的服務。感謝他們幫助你認知你對內識的需要。感謝他們向你證明不存在內識的替代品。感謝他們強化你在內識里的參與。祝福每一個人，然後讓下一個進入腦海。通過這樣，你將祝福所有曾經在你生命里和現在在你生命里的人們。通過這樣，你將學習激賞你的過去，不去譴責它。通過這樣，愛將自然地從你散髮，因為愛必須源於感激，感激必須源於真正認知。你今天將要修習的正是真正的認知。

練習 328：兩個 30 分鐘

每小時練習

Step 329

I AM FREE TO LOVE THE WORLD TODAY.

ONLY THE FREE CAN LOVE THE WORLD, for only the free can give to the world. Only they can fully recognize the world's need and their own contribution. Only the free can love the world because only they can see that the world has supported and served them to enable them to become free and to become contributors to the world. Because the world so yearns for your contribution, it has given itself to your preparation so that you may learn to be a contributor. It has fortified this through the truth that exists in the world and through the denial of truth that exists in the world.

IN ALL WAYS THE WORLD SERVES THE EMERGENCE OF KNOWLEDGE.

Though the world contradicts Knowledge and seems to deny, to reject and to attack Knowledge, if seen from this perspective, you will realize that it actually serves Knowledge. How can anything compete with Knowledge? How can anything deny Knowledge? Anything that seems to deny Knowledge only calls for Knowledge and pleads for Knowledge to come. Those in confusion, in darkness and in despair

yearn for relief and comfort. And though they do not understand the message of their own plight, those who are with Knowledge can perceive this and through Wisdom will learn how to serve these individuals, all individuals and the world as a whole.

TODAY UPON THE HOUR REMIND YOURSELF that as you become free, you will be able to love the world. As you learn to love the world, you will be able to become free because you are in this world but not of this world. Because you are in this world, you are representing that which you have brought with you from your Ancient Home. How simple and clear this is with Knowledge, and yet how difficult it is to grasp when you are in your own imagination and are entertaining your own separate ideas. That is why you practice—so you may confirm that which is natural to you and step away from that which is unnatural to you.

IN YOUR DEEPER MEDITATION PRACTICES once again receive the freedom that comes to you in stillness and receptivity. A mind that is still is a mind that is unfettered and free. It will naturally expand itself, and within this expansion it will naturally express that which is most natural to it. Thus, in your deeper meditations you practice receiving, and in your hourly practices you practice giving. You are free to love the world today, and the world needs your freedom because it needs your love.

PRACTICE 329: Two 30-minute practice periods.

Hourly practice.

第 329 階 今天我自由地愛世界。

唯有自由者能夠愛世界，因為唯有自由者能夠對世界奉獻。唯有他們能夠充分認知世界的需要和他們自身的貢獻。唯有自由者能夠愛世界，因為唯有他們能夠看清世界一直在支持和服務他們，以使他們變得自由並成為世界的貢獻者。因為世界如此渴望你的貢獻，所以它把自己奉獻給你的準備，這樣你就能夠學習做一個貢獻者。它通過存在於世界的真理和存在於世界的對真理的否認，來強化這點。

世界以所有的方式服務著內識的升起。雖然世界抵觸內識，並似乎在否認、排斥和攻擊內識，可是如果從這個視角來看，你將意識到它實際在服務於內識。什麼東西能和內識競爭呢？什麼東西能否認內識呢？任何看似否認內識的東西，

只是在呼喚內識，懇請內識的到來。那些處於困惑、黑暗和絕望里的人們渴望著紓解和安慰。雖然他們不理解他們自身困境所表達的訊息，可是那些和內識同在的人能夠覺知這點，並且通過智慧將學習如何服務這些個體、所有個體以及作為一個整體的世界。

今天每小時提醒自己當你變得自由時，你將能夠愛世界。當你學習愛世界時，你將能夠變得自由，因為你身處世界但不屬於世界。因為你身處世界，你在代表著你從你古老家園攜帶而來的東西。當你和內識在一起時，這是多麼簡單和明晰，然而當你進入自己的想象，並抱持自己的分離想法時，這是多麼難以理解。正因為如此你修習著——這樣你就能夠確認對你來說很自然的東西，而遠離對你來說不自然的東西。

在深度冥想里，再次在靜心和接收里接收那走向你的自由。一個安靜的思想是一個解放的、自由的思想。它將自然地拓展它自己，在這種拓展里它將自然地表達對它來說最自然的東西。這樣，在你的深度冥想里你修習接收，在你的每小時修習里你修習奉獻。今天你自由地愛世界，世界需要你的自由，因為它需要你的愛。

練習 329：兩個 30 分鐘

每小時練習

Step 330

I WILL NOT NEGLECT THE
SMALL THINGS IN MY LIFE.

ONCE AGAIN WE AFFIRM THIS IDEA that you not be negligent of those simple, practical tasks that enable you to be a student of Knowledge. Remember you are not attempting to escape the world, but are working on becoming powerful within the world. Therefore, do not neglect those simple, little things that enable you and give you

the freedom to become a student of Knowledge. Here all of your activities, even the most mundane and repetitive, can be seen as a form of service and contribution. In this way, all small things, however mundane and repetitive, can serve the world because they represent that you are honoring your True Self. This is the Self that exists in all individuals, the Self that exists in the world and the Self that exists in the Greater Community of Worlds.

BE ATTENTIVE TO THE LITTLE THINGS YOU DO this day and do not neglect them. If you do not fear them, you will not resist them. If you do not resist them, you will be able to attend to them. And as you attend to them, you will be able to give yourself to them. Here Knowledge will express itself in all activities and Knowledge will be taught and reinforced in all activities. The world needs this demonstration, for the world thinks that God, love, true power and inspiration exist only in ideal states and only in ideal situations. The world does not understand that God expresses God everywhere and that Knowledge expresses itself everywhere and in all things.

AS YOU COME TO UNDERSTAND THIS GREAT TRUTH, you will see the presence of Knowledge in all things. You will see Knowledge within the world. You will see Knowledge within yourself. This will give you complete confidence in your own participation and in your own service to Knowledge. You will then realize that you are saving the world time in its evolvment, advancement and salvation. This is so important for your confidence. But it is even more important for you to realize the greatness of Knowledge and the greatness that you will experience within yourself as you learn to receive it.

UPON THE HOUR REMEMBER TODAY'S IDEA and apply it so that you may be conscientious within each hour. In your two deeper meditation practices, re-enter stillness so that you may rekindle your experience of the fire of Knowledge so that the fire of Knowledge may purify and cleanse your mind and free it from all restraint. In this way, you will be able to be in the world more completely, and small things will not be neglected.

PRACTICE 330: Two 30-minute practice periods.

Hourly practice.

第 330 階 我將不忽視我生命中的小事情。

我們再次確認這一想法，你不忽視那些使你能夠成為內識學生的簡單、實際的任務。記住你不是試圖逃離世界，而是要在世界里努力變得強大。因此，別忽視那些使你能夠並賦予你自由成為內識學生的簡單、渺小的事情。在此，你所有的活動，即使是最平凡、最重復的事，也能被看做一種服務和貢獻的形式。通過

這樣，所有渺小的事情，無論多麼平凡和重復，都能服務世界因為它們表明你尊重你的真正自我。這是存在於所有個體內在的自我，存在於世界上的自我，和存在於眾多世界組成的大社區里的自我。

今天專注於你做的小事情，別忽視它們。如果你不懼怕它們，你就不會抗拒它們。如果你不抗拒它們，你將能夠參與它們。如果你參與它們，你將能夠為他們奉獻自己。在此內識將在所有活動里表達它自己，內識將在所有活動里被教導和強化。世界需要這一示範，因為世界認為上帝、愛、真正的力量和靈感只存在於理想化狀態和理想化境況里。世界不理解上帝在四面八方表達著上帝，內識在四面八方、在所有事物里表達著它自己。

當你開始理解這一偉大真理時，你將看到內識在所有事物里的臨在。你將看到世界里的內識。你將看到你內在的內識。這將給你全然信心去投入你自己的參與和你自己對內識的服務。然後你將意識到你在節省世界進化、進步和救贖的時間。這對你的信心如此重要。但是更重要的是，這讓你意識到內識的偉大，還有當你學習接收它時你將在你內心體驗到的偉大。

每小時記住今天的想法並運用它，這樣你每小時都很自覺。在兩次深度冥想里，再次進入靜心裡，這樣你就能夠重新點燃你對內識之火的體驗，這樣內識之火就能淨化和洗滌你的思想，讓它擺脫所有局限。通過這樣，你將能夠更完全地身處世界上，小事將不會被忽視。

練習 330：兩個 30 分鐘

每小時練習

Step 331

WHAT IS SMALL EXPRESSES THAT WHICH IS GREAT.

LOOK AT NATURE AROUND YOU. Look at the tiniest creature and realize the mystery of that creature's existence, the wonder of its physical mechanism and the truth of its total inclusion in nature as a whole. The smallest creature can express the greatest truth. The simplest thing can express the power of the universe. Does a creature that is small express life and inclusion in life any less than a creature that is great? Using this analogy, realize that the smallest activity can embody the greatest teaching. Realize that the simplest word, the most common gesture, can express the deepest feeling and emotion. Realize that the simplest thing can add to your practice and confirm the presence of Knowledge within you.

AS YOU BECOME ATTENTIVE TO LIFE, you will begin to witness the mystery of life in all things. How great this will be for you who are now awakening from the sleep of your own separate imagination. The mystery of life will inspire you and call to you. It will confirm the mystery of your own life, which is becoming ever more real and demonstrative to you.

YOU MAY FEEL SMALL, but you express the great. You do not need to be great to express the great because greatness is within you, and your physical vehicle is small in comparison to it. Your reality is born of the greatness that is with you that wishes to express itself in the simplicity of your small vehicle. Here you understand that you are of the great and you are working through the small. Here you will not contradict the relationship between the great and the small, where the small must express the great, which it does naturally. Does a little creature have to attempt to express the great? No. The great merely expresses itself through the little creature.

THUS, IN YOUR LIFE—which at any moment may look small to you, which at any moment may look separate and confined—greatness is with you. Therefore, the small is utilized, confirmed, honored and blessed. Then, there is no basis for self-condemnation and hatred. All things great and small become appreciated, for all things great and small are together.

UPON THE HOUR, THEN, WITHIN WHATEVER SMALL TASK, within whatever expression or gesture and within whatever small view, allow the great to express itself. In your two deeper practice periods, come again into the proximity of that which is great within you. Re-enter the fire of Knowledge which purifies you. Take sanctuary in the sanctuary of Knowledge. Here you encounter the great completely. This is beyond all form. Here that which infuses all form and gives it purpose, meaning and direction awaits you to receive it. The small expresses the great, and the great blesses the small.

PRACTICE 331: Two 30-minute practice periods.

Hourly practice.

第 331 階 那渺小的表達著那偉大的。

看看你周圍的大自然。看看那最微小的生物，意識到那個生物存在的神秘，它物理機制的神奇以及它完全包融在作為一個整體的大自然里的真理。最渺小的生物能夠表達最偉大的真理。最簡單的東西能夠表達宇宙的力量。一個渺小生物對於生命以及在生命里的包融的表達，會少於一個巨大生物嗎？利用這一類比，意識到最微小的活動能夠包含最偉大的教導。意識到最簡單的文字、最普通的手勢能夠表達最深刻的感受和情感。意識到最簡單的事情能夠增添你的修習並能夠確認你內在內識的臨在。

當你開始對生命變得專注時，你將開始目睹所有事物里生命的神秘。對於正在從自身分離想象的睡夢里醒來的你來說，這將是多麼偉大。生命的神秘將啟發你和召喚你。它將確認你自己生命的神秘，這對於你來說正變得更加真實和顯現。

你或許覺得渺小，但你表達著偉大。你不必成為偉大的才能夠表達偉大，因為偉大在你內心，你的物質載體與之相比是渺小的。你的實相源自於和你同在的那個偉大，它希望在你渺小載體的簡單里表達它自己。在此你理解你屬於偉大，你在通過渺小進行工作。在此你不會否認偉大和渺小之間的關係，在這裡渺小必須表達偉大，它會自然地這樣做。一個微小的生物必須努力才能表達偉大嗎？不是。偉大只是簡單地通過那個微小生物表達它自己。

因此，在你的生命里——它任何時候在你看來都是渺小的，它任何時候都看似是分離和受限的——偉大和你同在。因此，渺小被運用、被確認、被尊重並被祝福。這樣，就沒有了自我譴責和憤恨的基礎。所有偉大和渺小的事物都得到了激賞，因為所有偉大和渺小的事物都在一起。

這樣，每小時里，無論在怎樣渺小的任務里，無論在怎樣的表達和手勢里，無論在怎樣渺小的觀點里，允許偉大表達它自己。在兩次深度修習里，再次靠近你內在的那個偉大。再次進入淨化你的內識之火里。在內識的庇護所里尋求庇護。在此你全然地面對偉大。這超越所有形式。在此，那滲入所有形式並為之賦予宗旨、意義和方向的東西，在等待著你接收它。渺小表達偉大，偉大祝福渺小。

練習 331：兩個 30 分鐘

每小時練習

Step 332

I AM ONLY BEGINNING TO COMPREHEND
THE MEANING OF KNOWLEDGE IN MY LIFE.

YOU ARE ONLY BEGINNING TO COMPREHEND THIS, for your comprehension will be born of experience, recognition and the result of your application. Because you are a beginning student of Knowledge, you have a beginning comprehension. Take heart in this, for this frees you from attempting to draw conclusions about your participation and about your life. Thus, you need not attempt the impossible and can relieve your mind of a great burden that would otherwise overshadow your happiness and dispel your sense of peace and meaningful activity today. When you accept that you are only beginning to comprehend the meaning of your life and the meaning of Knowledge within your life, this frees you to participate and to learn more. Without the burden of judgment, which you would place upon your life otherwise, you are free to participate and your participation will make you free.

REMIND YOURSELF UPON THE HOUR that you are only beginning to comprehend the meaning of Knowledge in your life. In your deeper practice periods, once again enter your sanctuary of Knowledge so that your capacity for Knowledge may grow, your desire for Knowledge may grow and your experience of Knowledge may grow. Only as these things grow can your comprehension grow. Therefore, you are freed from judgment. You are free to participate, where all understanding will emerge.

PRACTICE 332: Two 30-minute practice periods.

Hourly practice.

第 332 階 我剛剛開始理解我生命里內識的意義。

你剛剛開始理解這點，因為你的理解將源於體驗、認知和你應用的結果。因為你是內識的初級學生，你擁有一個初級的理解。對此要鼓起勇氣，因為這讓你擺脫了試圖對你的參與和你的生命下結論的企圖。這樣，你不必嘗試不可能之事，你讓你的思想擺脫了一個巨大負擔，否則這一巨大負擔會遮擋你的幸福並驅散你的和平感和今天的有意義活動。當你接受你剛剛開始理解你生命的意義和你生命里內識的意義時，這給你自由去參與、去更多學習。沒有了你否則會施加於你生命之上的評判負擔，你能夠自由地參與，並且你的參與將使你自由。

每小時提醒自己你剛剛開始理解你生命里內識的意義。在深度修習里，再次進入你內識的庇護里，這樣你對內識的能力就能增長，你對內識的渴望就能增長，你對內識的體驗就能增長。只有當這些增長時，你的理解才能增長。因此，你從評判中解脫了。你自由地參與，在此所有理解將會浮現。

練習 332：兩個 30 分鐘

每小時練習

Step 333

THERE IS A PRESENCE WITH ME. I CAN FEEL IT.

FEEL THE PRESENCE OF YOUR TEACHERS TODAY who abide with you and oversee your preparation as a student of Knowledge.

Feel their presence today and you will feel your own presence, for you are joined together in this presence that you feel. Remember that you are not alone, and you will not become isolated in your own thoughts.

You will not become isolated in your own fearful considerations.

UPON THE HOUR EXPERIENCE THIS PRESENCE, for this presence is with you upon the hour. Feel this presence no matter where you are today, whether you are at work or at home, whether you are alone or with another, for this presence is with you wherever you go.

IN YOUR TWO DEEP MEDITATION PRACTICES allow yourself to

experience the presence of love, which is the presence of Knowledge, which is the presence of Wisdom, which is the presence of certainty, which is the source of your purpose, meaning and direction in the world and which contains for you your calling in the world. Come into the proximity and into the experience of this presence in your deeper meditations. Do not neglect this, for here you will experience self-love, self-worth and true inclusion in life. Take this presence with you today and receive this presence in your deeper meditations, and you will know that the presence is with you every day.

PRACTICE 333: Two 30-minute practice periods.

Hourly practice.

第 333 階 有一個臨在和我同在。我能夠感知它。

今天感受你上師的臨在，他們和你堅守在一起，注視著你作為內識學生的準備。今天感受他們的臨在，那麼你將感受到你自己的臨在，因為在你感受到的這一臨在里你們結合在一起。記住你不孤單，你不會把自己隔離在自己的思想里。你不會把自己隔離在你自己可怕的思慮里。

每小時體驗這一臨在，因為這一臨在每小時都和你同在。感知這一臨在，無論你今天身處何地，無論你在工作還是在家，無論你是一個人還是和別人一起，因為無論你去哪裡這一臨在都和你同在。

在兩次深度冥想里，讓自己體驗愛的臨在，它是內識的臨在，是智慧的臨在，是確定性的臨在，它是你在世界上的宗旨、意義和方向的源泉，它為你包納著你在世界上的召喚。在深度冥想里，靠近這一臨在，進入對這一臨在的體驗里。別忽視它，因為在此你將體驗到自愛、自我價值和在生命中的真正包融。今天攜帶著這一臨在，在深度冥想里接收這一臨在，這樣你會知道這個臨在每天都和你同在。

練習 333：兩個 30 分鐘

每小時練習

Step 334

THE PRESENCE OF MY TEACHERS
IS WITH ME EVERY DAY.

EVERY DAY, NO MATTER WHERE YOU ARE, no matter where you go, the presence of your Teachers is with you. This idea is to remind you that you are not alone. This idea is to give you an opportunity to come out of the isolation of your own imagination and to experience this presence and to receive the gift of this presence. In this gift, your Teachers will give to you the ideas and inspiration that you need. In this, you will express what you have received and thus confirm what you have received.

PRACTICE REMEMBERING THIS UPON THE HOUR by once again concentrating on the presence that is with you. You need only relax to feel it, for it is most certainly with you. In your deeper practices, once again enter stillness in the sanctuary of Knowledge so that you may receive this presence and the great confirmation and comfort that it gives to you. Allow yourself to leave self-doubt and the sense of unworthiness aside, for these things will be consumed in the fire of Knowledge and purified from your mind. When this is done, you will not need to give yourself grandiose ideas of yourself. You will not need to misrepresent yourself in the attempt to escape your sense of guilt and inadequacy, for guilt and inadequacy are consumed in the fire of Knowledge. Therefore, bring all that obstructs your participation and all fears that haunt and oppress you to the fire of Knowledge so that they may be consumed. You will sit in front of this fire, and you will see them being consumed, and you will feel your mind being bathed and cleansed in the loving fire of Knowledge. The presence is with you every day. The fire of Knowledge is with you every day.

PRACTICE 334: Two 30-minute practice periods.

Hourly practice.

第 334 階 我上師的臨在每天和我同在。

每一天，無論你身處何地，無論你去向何方，你上師的臨在都和你同在。這一想法是為了提醒你，你不孤單。這一想法是為了給你一個機會走出你自身想象的隔離，體驗這一臨在並接收這一臨在的禮物。在這個禮物里，你的上師將向你提供你需要的想法和靈感。這樣，你將表達你所接收的，並由此確認你所接收的。

每小時通過再次專注於這一和你同在的臨在，來練習記住這點。你只需放鬆就能感知它，因為它肯定和你在一起。在你的深度修習里，再次在內識的庇護所里進入靜心，這樣你就能接收這一臨在以及它賦予你的偉大確認和安慰。讓自己放下自我懷疑和無價值感，因為這些東西將在內識之火中被消融，從你的思想里被淨化。由此，你就不必給自己那些關於你自己的宏偉想法。你就不必歪曲自己以試圖逃避你的內疚和不足感，因為內疚和不足在內識之火里被消融了。因此，把所有阻礙你參與的東西以及所有縈繞和壓迫你的恐懼帶到內識之火里，這樣它們就能被消融。你將坐在這堆火前，你將看著它們被消融，你將感受你的思想在內識之愛火里沐浴著、洗滌著。這一臨在每天和你同在。內識之火每天和你同在。

練習 334：兩個 30 分鐘

每小時練習

Step 335

THE FIRE OF KNOWLEDGE
IS WITH ME EVERY DAY.

WHEREVER YOU GO,WHATEVER YOU DO, the fire of Knowledge is burning within you. Feel it burning. Upon the hour feel it burning. Regardless of what you see and what you think, feel the fire of Knowledge burning.This is the presence of Knowledge that you will feel within yourself as you feel the presence of the Teachers all around you.The fire of Knowledge is burning and as you experience this, it will consume all that holds you back—all that haunts and oppresses you, all sense of unworthiness and guilt and all pain and conflict. As these things are consumed, they will no longer cast their influence upon your life, and your life will naturally become more uniform and harmonious.

TODAY YOU TAKE A MAJOR STEP IN THIS DIRECTION by remembering and experiencing the fire of Knowledge upon the hour. In your two deeper practice periods re-enter the fire of Knowledge in the sanctuary of Knowledge. Remember that this fire will comfort you and release you. It will not burn you but will only warm your soul. It will give you comfort and reassurance. It will give you confirmation of

the meaning and the purpose of your life and of the greatness that you carry within you.

DO NOT NEGLECT YOUR PRACTICE TODAY, but realize its total benefit to you. Nothing you can see in the world can possibly give you the certainty, the power, the peace and the sense of inclusion that the fire of Knowledge can bestow. Nothing can remind you of your total inclusion in life more than the presence of your Teachers who abide with you. Therefore, you have the experience that you need already, and from this experience you will learn in time to extend it to all your relationships—with others, with the world and with the Greater Community of Worlds in which you live.

PRACTICE 335: Two 30-minute practice periods.

Hourly practice.

第 335 階 內識之火每天和我同在。

無論你去哪裡，無論你做什麼，內識之火都在你內心燃燒著。感受它的燃燒。

每小時感受它在燃燒。無論你看到什麼，無論你想什麼，感受內識之火的燃燒。

當你感知圍繞著你的上師的臨在時，它也是你在你內心感知的內識的臨在。內識

之火在燃燒，當你體驗它時，它將消融所有阻止你的東西——所有縈繞你和壓迫

你的東西，所有的無價值感和內疚感還有所有的痛苦和衝突。當這些被消融時，

它們不會再在你的生命中施加它們的影響，你的生命將自然變得更加統一和和諧。

今天通過每小時記住和體驗內識之火，你向這一方向邁出重要的一步。在兩

次深度修習里，在內識的庇護所里再次進入內識之火中。記住這團火將安慰你和

釋放你。它不會灼燒你，只會溫暖你的靈魂。它將給你安慰和保證。它將賦予你

對你生命意義和宗旨以及你內心攜帶的偉大的確認。

今天別忽視你的修習，而是意識到它對你的全然益處。你在世界上看到的

任何東西都無法給予你內識之火能夠賦予的確定、力量、和平和包融感。沒有任

何東西能比那和你堅守的上師的臨在更能提醒你在生命里的全然包融。因此，你

已經擁有了你所需要的體驗，從這個體驗，你將慢慢地學習把它拓展到你所有的

關係里——和他人、和世界以及和你生活其中的眾多世界組成的大社區。

練習 335：兩個 30 分鐘

每小時練習

Step 336

REVIEW

BEGIN YOUR TWO-WEEK REVIEW by reviewing the first lesson in this two-week period, rereading the lesson and recalling your practice for that day. Follow this subsequently for each following day. Review your practice. Realize what your practice is for and recognize what your practice is reinforcing within you. Recognize how much you want this reinforcement to occur and realize the tremendous value that you are receiving and are attempting to receive as you prepare as a student of Knowledge. Let your review today be a confirmation of the importance of your preparation. Recognize how much you need to strengthen your participation and how much you need to set aside ideas that are debilitating or that deny the existence of Knowledge within your life. Remember that Knowledge is with you and that your Teachers are with you, to be experienced and received every moment. As you learn to receive this, you will naturally express this.

IN YOUR ONE LONG PRACTICE PERIOD TODAY, review the past two weeks of practice and realize what is being offered to you. Realize how much you need to receive. Realize how much you want to receive.

PRACTICE 336: One long practice period.

第 336 階 復習

從回顧這兩周的第一課開始你的兩周復習，重新閱讀那一課並回想那天的修習。按這種方式繼續後面的每一天。回顧你的修習。意識到你的修習為了什麼，並認知你的修習在你內心強化著什麼。認知你多麼希望這一強化得以實現，並意識到當你作為內識學生進行準備時，你正在接收並在努力接收的巨大價值。讓今天的復習成為對你準備的重要性的確認。認知你多麼需要強化你的參與，以及你

多麼需要放下令你軟弱或是否認你生命里內識存在的那些想法。記住內識和你同在，你的上師和你同在，它們每一刻都等待著被體驗和被接收。當你學習接收它時，你將自然地表達它。

在你今天的長修習時段裡，復習過去兩周的修習並意識到什麼在被提供給你。意識到你多麼需要去接收。意識到你多麼希望去接收。

練習 336：一個長練習時段

Step 337

ALONE I CAN DO NOTHING.

ALONE YOU CAN DO NOTHING, but you are not alone. Yes, you are an individual, but you are greater than an individual.

Thus it is that you cannot be alone, and thus it is that your individuality has great promise and purpose in the world. Thus it is that you who are part of the greatness that is greater than your individuality and you who are part of your individuality as well become whole and unified. In this, everything that you have constructed for yourself is turned for good. All of your creations are given purpose, meaning, direction and inclusion in life. Thus, your life is redeemed and reclaimed, and you become part of life and a vehicle for its unique expression. This is the true meaning of today's lesson.

ONLY IN THE SHADOWS AND THE DARKNESS OF IMAGINATION can you hide from the light of truth. You must believe that you are alone to think that your imaginings are real. To learn that you are not alone at first may seem fearful because you are afraid that your imaginings and guilt would be revealed. Yet, as you consider this honestly and without condemnation, you realize that it means that you have been reclaimed, rejuvenated and are now being prepared to receive the power that abides with you, the power that is your Source and True Self.

REPEAT TODAY'S IDEA UPON THE HOUR and realize that it is an affirmation of your strength and inclusion in life. In your deeper meditations allow yourself to re-enter the stillness of your sanctuary of Knowledge where it will become evident that you are not alone. Here you are in true marriage with life and in true union with those who have come to serve you and guide you and with those who practice with you now. In your inclusion is your happiness. In your isolation is your misery. Your misery has no foundation, for you are not alone and your success is guaranteed, for alone you can do nothing.

PRACTICE 337: Two 30-minute practice periods.
Hourly practice.

第 337 階 一個人我什麼都做不了。

一個人我什麼都做不了，但你不是一個人。是的，你是一個個體，但你比一個個體更偉大。正因為這樣，你不會是孤單一人，正因為這樣，你的個體性在世界上擁有偉大的前途和宗旨。正因為這樣，你作為比你個體性更偉大的那個偉大的組成部分，同時作為你個體性的組成部分，變得完整和統一了。由此，你為自己構建的一切都轉向為正義服務。你的所有創造被賦予了宗旨、意義、方向和在生命里的包融。這樣，你的生命被救贖和喚回了，你成為生命的一部分，成為它獨特表達的載體。這是今天課程的真正含義。

唯有在想象的陰影和黑暗裡，你才能躲避真理的光輝。你必須相信你是孤單的，才可能認為你的想象是真實的。認識到你不孤單，這一開始似乎很可怕，因為你擔心你的想象和過失會被揭露。然而，當你坦誠並且不帶譴責地思考這點時，你意識到這意味著你被救贖和換新了，現在正在準備接收那和你堅守的力量，那作為你的源泉和真正自我的力量。

每小時重復今天的想法，意識到它是對你的力量和生命中的包融的確認。在深度冥想里，讓自己再次進入你內識庇護所的安靜里，在這裡很明顯你並非孤單一人。在此，你和生命進入真正的婚姻里，你和那些來此服務你和指引你以及那些正在和你一同修習的人們進入真正的聯合里。在你的包融里你找到幸福。在你的隔離里你找到不幸。你的不幸沒有基礎，因為你不孤單，並且你的成功是有保證的，因為一個人你什麼都做不了。

練習 337：兩個 30 分鐘

每小時練習

Step 338

TODAY I WILL BE ATTENTIVE.

BE ATTENTIVE TODAY so that you may see what is occurring around you. Be attentive today so that you may experience yourself in the world. Be attentive today so that you may experience that the fire of Knowledge is burning within you. Be attentive today so that you may experience that the presence of your Teachers is with you. Be attentive today so that you may see that the fire of Knowledge is burning within the world and that the presence of your Teachers is present in the world as well. These things will naturally come to you as you are attentive, for without condemnation you will see what is actually occurring. This will confirm your spiritual nature and purpose in the world. This will confirm your true identity and give meaning to your individual life.

BE ATTENTIVE UPON THE HOUR TODAY and have confidence that being attentive will yield its own true results for you. Without judgment and evaluation, you will see through all fearful appearances that the world may present to you. You will see through all fearful appearances that your imagination may present to you, for all fearful appearances are born of and substantiated by imagination. In being attentive to the world, you recognize the world's confusion and its need for Knowledge. This will confirm your own confusion and need for Knowledge and will make you happy that you are now preparing to receive Knowledge itself.

IN YOUR DEEPER MEDITATION PRACTICES BE ATTENTIVE, be present and give yourself in stillness within the sanctuary of Knowledge. You need only be attentive. Judgment is not necessary. Be attentive and you will penetrate the false and you will receive the true. For true attention will always give you that which is true, and false attention will always give you that which is false.

TODAY YOU STRENGTHEN THIS FACULTY OF MIND, this ability to be attentive. You strengthen this for yourself and for the world, which needs to be recognized. For the world needs to be loved, and love only comes through true recognition.

PRACTICE 338: Two 30-minute practice periods.
Hourly practice.

第 338 階 今天我將保持專注。

今天保持專注，這樣你就能看到你周圍正在發生什麼。今天保持專注，這樣

你就能在世界上體驗你自己。今天保持專注，這樣你就能體驗內識之火在你內心燃燒。今天保持專注，這樣你就能體驗你上師的臨在和你同在。今天保持專注，這樣你就能看到內識之火同樣在世界里燃燒，並且你上師的臨在同樣存在於世界上。當你專注時，這些會自然地呈現給你，因為沒有了譴責，你將看到真正發生著什麼。這將確認你的靈性本質和你在世界上的宗旨。這將確認你的真正身份並為你的個體性生命賦予意義。

每小時保持專注，要有信心保持專注將為你帶來它真正的結果。沒有了評判和評估，你將看穿世界可能呈現給你的所有可怕表象。你將看穿你的想象可能呈現給你的所有可怕表象，因為所有可怕表象由想象產生並具體化。通過對世界保持專注，你認知世界的困惑和它對內識的需要。這將確認你自身的困惑和對內識的需要，這會讓你快樂，因為你正在進行準備去接收內識本身。

在深度冥想里保持專注，保持臨在，並在內識的庇護所里把自己奉獻到靜心裡。你只需保持專注。評判是沒有必要的。保持專注，你就能穿透虛假，接收真實。因為真正的專注總會賦予你真正的東西，而虛假的專注總會賦予你虛假的東西。

今天你強化你思想的這種能力，這種專注力。你為自己、為等待著被認知的世界去強化它。因為世界需要被愛，而愛只能來自真正的認知。

練習 338：兩個 30 分鐘

每小時練習

Step 339

THE PRESENCE OF LOVE IS WITH ME NOW.

THE PRESENCE OF LOVE IS WITH YOU, within the fire of Knowledge within you. As exemplified by the presence of

your Teachers, this presence permeates all things in the world. It is the context in which the world exists. It is still; therefore, it abides with everything. Can you who perceive the world perceive this abiding presence? Can you who act in the world see the effect of this presence within the world? If this presence were not in the world, the world would have destroyed itself long ago and there would be no hope for your salvation. There would be no hope for true community and for all the things that human beings are capable of in their temporary life here. All things of true value would not emanate, for the darkness of imagination and the darkness of fear would cover the world permanently and all would live in complete darkness. Without the presence of love in the world, this would be the case. Your life here would be sealed in darkness, and you would never be able to escape. THAT IS WHY YOUR LIFE IN THE WORLD IS TEMPORARY. It could not be permanent, for you are born of the light, to which you will return. How could you live in darkness permanently when you are born of the light, to which you will return? You have been sent into the world to bring the light into the world, not to confirm the world's darkness. God's Will is that you bring the light into the world, not that you be banished to the world in darkness. You are here to bring the light into the world.

YOU WHO ARE A STUDENT OF KNOWLEDGE ARE NOW LEARNING step by step to receive the light of Knowledge and the fire of Knowledge. As you experience this within yourself, you will see the fire of Knowledge burning in the world, for this is the presence of love. This is God within the world. What God does in the world God will do through you, but God's presence in the world activates Knowledge in all minds and calls to all minds to awaken. This substantiates, confirms and strengthens the emergence of Knowledge wherever it is occurring.

GOD'S PRESENCE IS PERMANENT. The world itself is temporary. The physical universe is temporary. God's presence is permanent. Can you then see what is great and what is small? Can you then see that which gives and that which must learn to receive? Can you then realize the importance of your preparation? Can you then realize the importance of your service in the world?

UPON THE HOUR BE ATTENTIVE and experience the presence of love in the world. If you are attentive, you will experience this. In your deeper meditation practices experience the presence of love within yourself, which is the fire of Knowledge. Remember as you look upon this, within your world and within yourself, that from the stillness of this presence emanate all good works, all important ideas and the motivation for all important activities. This is what drives humanity and even the Greater Community of Worlds towards Knowledge and,

with Knowledge, towards becoming one community.
PRACTICE 339: Two 30-minute practice periods.
Hourly practice.

第 339 階 愛的臨在現在和我同在。

愛的臨在和你同在，在你內心的內識之火里。這一臨在以你上師的臨在為例證，它遍及世界所有事物。它是世界存在的背景。它是安靜的；因此，它和一切事物同在。那個感知世界的你，能夠感知這一恆久的臨在嗎？那個在世界上活動的你，能夠看到這一臨在在世界上的效力嗎？假如這一臨在不在世界上，那麼世界很早以前就已經毀滅自己了，這裡將不存在你救贖的希望。這裡將不存在真正社區的希望，以及人類在他們的短暫生命里所能做的一切事情的希望。一切真正價值的事物將不會出現，因為想象的黑暗和恐懼的黑暗將永久地覆蓋世界，所有人將生活在完全的黑暗裡。如果世界上沒有愛的臨在，就會是這種情形。你在這裡的生命將被封閉在黑暗裡，你將永不得逃脫。

正因為如此，你在世界上的生命是暫時性的。它不可能是永久的，因為你誕生於光明，你將回歸光明。當你誕生於光明並將回歸光明時，你怎麼可能永久地生活在黑暗裡呢？你被派到世界裡是為把光明帶進世界，而不是為了確認世界的黑暗。上帝的旨意是讓你把光明帶進世界，而不是把你放逐到黑暗的世界裡。你在此是為了把光明帶進世界。

作為內識的學生，你正在一步一步地學習接收內識之光和內識之火。當你在你內心體驗這些時，你將看到內識之火在世界上燃燒，因為這是愛的臨在。這是世界里的上帝。上帝在世界上所做的事情，將通過你來做，但是上帝在世界上的臨在激發著所有思想里的內識，並召喚所有思想的覺醒。無論這在哪裡發生，它

都在充實、確認和強化著內識的呈現。

上帝的臨在是永恆的。世界本身是暫時性的。物質宇宙是暫時性的。上帝的臨在是永恆的。你能因此看到什麼是偉大以及什麼是渺小嗎？你能因此看到那奉獻的以及那必須學習接收的嗎？你能因此認知你準備的重要性嗎？你能因此認知你對世界的服務的重要性嗎？

每小時保持專注並體驗世界上愛的臨在。如果你是專注的，你將體驗到它。在深度冥想里體驗你內心愛的臨在，它是內識之火。當你在你的世界里和在你的內心看著它時，記住從這一臨在的安靜里產生著所有有益的工作、所有重要的想法以及所有重要活動的動力。正是它驅動著人類，甚至驅動著眾多世界組成的大社區走向內識，並且帶著內識走向統一社區的實現。

練習 339：兩個 30 分鐘

每小時練習

Step 340

MY PRACTICE IS MY CONTRIBUTION TO THE WORLD.
YOU ARE A BEGINNING STUDENT OF KNOWLEDGE. As a beginning student, you engage yourself completely with your practice. Do not imagine for yourself a great role as a saviour or redeemer in the world, for this will only discourage you because you are not yet prepared to carry forth things of greatness. Your duty is to follow the steps as they are given. This is the requirement. In time, greatness will grow within your experience, and you will experience greatness within the world. Yet, as we have so often indicated in our preparation thus far, the greatness you will experience will express itself in simple and mundane things. Therefore, do not imagine grandiose ideas of yourself as a saviour. Do not see yourself being crucified in the world, for these images are born of ignorance and you do not comprehend their true meaning.
FOLLOW EACH STEP, for each will require your complete attention and engagement. Without your attempting to add what is unnecessary to your preparation, you may then become fully engaged with your

preparation. This will fully engage you and will elevate all of your physical and mental abilities and give them uniform purpose and direction. Your practice is your gift to the world. From your practice all gifts that you will give in the future will be able to be given with confidence, with love and with certainty.

UPON THE HOUR REMIND YOURSELF that your practice is your gift to the world. If you really wish to serve the world and if you really wish to exemplify within the world that which you hold most dear and that which you honor within yourself, then give yourself to your practice and do not neglect it this day. In your deeper meditations give yourself to practice, for practice is an act of giving. And you who are learning now to receive are also giving yourself to learn to receive. Thus, you are learning to give as well. If you cannot give yourself to practice, you will not be able to give to the world, for giving to the world is a form of practice as well. Remember that all you can do is practice. No matter what you do, you are practicing something, you are asserting something, you are confirming something and you are studying something. Given this understanding, give yourself to your true preparation, for this is your gift to yourself and to the world.

PRACTICE 340: Two 30-minute practice periods.

Hourly practice.

第 340 階 我的修習是我對世界的貢獻。

你是內識的初級學生。作為一個初級學生，你讓自己全然參與到你的修習中。別為自己想象一個作為世界救世主或救贖者的偉大角色，這只會挫敗你，因為你還沒有做好準備去開展偉大的事情。你的職責是按照所給的樣子遵循進階。這是對你的要求。慢慢地，偉大將在你的體驗中增長，並且你將在世界上體驗到偉大。然而，正如我們在迄今為止的準備中經常提到的，你將體驗到的那個偉大，將在簡單而平凡的事情里表達它自己。因此，別去想象你自己是救世主的宏偉想法。別以為自己會被釘上十字架，因為這些形象誕生於無知，你並不理解它們的真正含義。

遵循每個進階，因為每個進階都需要你全部的專注和參與。如果你不試圖給你的準備添加不必要的東西，你就能夠充分參與到你的準備里。這將完全佔用你並將提升你所有的身體和思想能力，並賦予它們統一的宗旨和方向。你的修習是

你給世界的禮物。通過你的修習，所有你將在未來奉獻的禮物都能帶著信心、愛和確定被奉獻。

每小時提醒自己，你的修習是你給世界的禮物。如果你真的希望服務世界，如果你真的希望在世界里示範你最珍視的和你自己內心所尊重的，那麼就把你自己奉獻給你的修習，今天不要忽視它。在深度冥想里，把自己奉獻給修習，因為修習是一種奉獻行動。那個正在學習接收的你，也正在奉獻你自己去學習接收。這樣，你同樣在學習奉獻。如果你無法把自己奉獻給修習，你就無法奉獻給世界，因為對世界奉獻同樣是一種形式的修習。記住你所能做的一切就是修習。無論你做什麼，你都在修習某種東西，你在主張某種東西，你在確認某種東西，你在學習某種東西。基於這一理解，把自己奉獻給你真正的準備，因為這是你給自己和給世界的禮物。

練習 340：兩個 30 分鐘

每小時練習

Step 341

I AM HAPPY,

FOR I CAN NOW RECEIVE.

LEARN TO RECEIVE AND YOU WILL LEARN TO BE HAPPY. Learn to give and your happiness will be confirmed. In the simplest of words, this is what you are undertaking. If you do not make this complicated with your own ideas and expectations, you will be able to see the ever present truth of this, and you will learn exactly what it means and what it will require. Remember that complexity is a denial of the simplicity of truth. The truth will carry forth its activity each day, step by step, as you are carrying forth your preparation each day, step by step. As you learn to become a student of Knowledge, you learn to live the truth. The simplicity of this is ever present to you, for truth is simple and evident to all who look for truth and to all who look without the weight of condemnation or judgment.

REMEMBER YOUR PRACTICE UPON THE HOUR and in your deeper

meditations, once again reinforce your capacity and desire for stillness. For if you experience a little more stillness each day, it will grow and grow and will fill your life and emanate from your life like a great light, for you are here to be a light unto the world.

PRACTICE 341: Two 30-minute practice periods.

Hourly practice.

第 341 階 我幸福，因為我現在能夠接收。

學習接收，你就能學習幸福。學習奉獻，你的幸福就將得到確認。以最簡單的話來說，這就是你正在開展的事情。如果你不用你自己的想法和期待把這複雜化的話，你將能夠看到這是始終存在的真理，並且你將準確地瞭解它意味著什麼以及它將要求什麼。記住複雜是對真理之簡單性的否認。當你每天一步步開展你的準備時，真理也將每天一步步地開展它的活動。當你學習成為內識學生時，你在學習活在真理里。這種簡單性對你來說是始終呈現的，因為真理對於所有尋求真理和所有不帶譴責或評判的重負去看的人來說，是簡單和顯在的。

每小時記住你的修習，在深度冥想里，再次強化你靜心的能力和渴望。因為如果你每天體驗更多一點靜心的話，它將不斷增長，它將充滿你的生命並如一道強光從你的生命里散髮出來，因為你在此就是要成為照向世界的一道光明。

練習 341：兩個 30 分鐘

每小時練習

Step 342

I AM A STUDENT OF KNOWLEDGE TODAY.

TODAY YOU ARE A STUDENT OF KNOWLEDGE. You are following your preparation step by step. You are learning to be unburdened of your own judgment and anxiety. You are learning to be confirmed by the presence of Knowledge within you and by the presence of love within your life. You are learning to honor yourself and learning to appreciate your world. You are learning to recognize your responsibility

and learning to recognize the world's need for this responsibility to be carried forth. You are learning to be still within and meaningfully engaged without. You are learning to receive. You are learning to give. You are learning to recognize that your life is being redeemed.

BE A STUDENT OF KNOWLEDGE TODAY and carry forth today's directions as completely and as explicitly as you can. Remind yourself upon the hour that you are a student of Knowledge and take a moment upon each hour to think what this means, particularly in your current circumstances. In your deeper practice periods, actively engage your mind in considering what a student of Knowledge is. Recall what you have been taught thus far. Recognize what is being reinforced step by step and what you are being encouraged to relinquish. Your two practice periods are periods of active mental engagement where you look at today's idea and attempt to see its meaning in terms of your life. When you think, think constructively, for all thinking must be constructive. When thinking isn't necessary, Knowledge will carry you forth. In the world you must have Knowledge, and you must learn to think constructively because you are a student of Knowledge. Today be a student of Knowledge and you will honor that which guides you, that which leads you and that which blesses you. You will represent Knowledge, for you are a student of Knowledge.

PRACTICE 342: Two 30-minute practice periods.

Hourly practice.

第 342 階 今天我是內識的學生。

今天你是內識的學生。你在一步步地遵循你的準備。你在學習擺脫你自己的評判和焦慮。你在學習確認你內在內識的臨在和你生命里愛的臨在。你在學習尊重你自己並學習激賞你的世界。你在學習認知你的責任，並學習認知世界需要這一責任得到開展。你在學習在內在保持靜心同時在外在進行有意義的參與。你在學習接收。你在學習奉獻。你在學習認知你的生命正在被救贖。

今天做內識的學生，並盡可能完全和明確地遵循今天的指引。每小時提醒自己你是內識的學生，並用片刻時間思考這意味著什麼，特別是在你當下的環境里。在你的深度修習里，積極運用你的思想思考內識學生是什麼。回顧你迄今已被傳授的東西。認知什麼正在一步步得到強化，以及什麼是你被鼓勵放棄的。你的兩

次修習時段是進行積極思想參與的時段，在此你檢視今天的想法，並努力看清它對你生命的含義。當你思考時，要有建設性地思考，因為所有的思考必須是有建設性的。當沒有必要思考時，內識將帶你前行。在這個世界上，你必須擁有內識，並且你必須學習有建設性的思考，因為你是內識的學生。今天做內識的學生，那麼你將尊重那指引你、引領你和祝福你的。你將代表內識，因為你是內識的學生。

練習 342：兩個 30 分鐘

每小時練習

Step 343

TODAY I WILL HONOR THE SOURCE
OF MY PREPARATION.

HONOR THE SOURCE OF YOUR PREPARATION by being a student of Knowledge today. Remember this upon the hour and think again about what being a student of Knowledge means. Try to recall all that has been given to you and all that is being reinforced and try to recognize objectively that which obstructs you and holds you back. Strengthen your faith. Strengthen your participation. Use your power of decision to do so, and remember as you do this that you honor and represent that which guides you and that which you serve.

IN YOUR TWO DEEPER PRACTICE PERIODS, actively engage your mind in considering what today's idea means. Remember that you can only serve that which you value. If you value Knowledge, you will serve Knowledge. If you value ignorance and darkness, you will serve that. That which you value is your master, and your master will give you that which you must learn. You are a student of Knowledge. You are a student of Knowledge because you have chosen that your studenthood and the master that guides you reflect Knowledge and truth in the world. Here you only have two choices, for you can only serve Knowledge or that which attempts to replace Knowledge. Since nothing can really replace Knowledge, the desire to serve that which replaces Knowledge is the desire to serve nothing, to be nothing and to have nothing. This is what we mean when we speak of poverty. It is a state of serving nothing, being nothing and having nothing.

THEREFORE, HONOR THAT WHICH SERVES YOU. Honor that which acknowledges your reality and the meaning and the value of your presence in the world, and you will serve something real, you will be

something real and you will have something real. Thus it is that you who are learning to serve will be the one who is learning to receive.

PRACTICE 343: Two 30-minute practice periods.

Hourly practice.

第 343 階 今天我將尊重我準備的源泉。

今天通過做內識的學生來尊重你準備的源泉。每小時記住這點，並再次思考做內識的學生意味著什麼。努力回想被提供給你的所有東西，正在被強化的所有東西，並努力客觀地認知什麼在阻礙著你和制約著你。強化你的信念。強化你的參與。運用你的決策力量來做到這些，當你這樣做時要記住你尊重和代表那引導你的和你在服務的。

在兩次深度修習里，積極運用你的思想來思考今天的想法意味著什麼。記住你只會服務於你所珍視的。如果你珍視內識，你將服務內識。如果你珍視無知和黑暗，你將服務它們。你所珍視的東西是你的大師，並且你的大師將賦予你你必須學習的東西。你是內識的學生。你是內識的學生，因為你所選擇的學生生涯和引導你的大師反映了世界上的內識和真理。在此你只有兩種選擇，因為你只能服務內識，或是服務那試圖取代內識的東西。因為任何東西都無法真正取代內識，所以渴望服務於內識替代品，就是渴望服務無物、成為無物和擁有無物。這就是我們所談及的貧困的含義。這是一種服務無物、成為無物和擁有無物的狀態。

因此，尊重那服務你的。尊重那認可你的實相以及你在世界上存在的意義和價值的，那麼你將服務某種真正的東西，你將成為某種真正的東西，並且你將擁有某種真正的東西。正因為這樣，那個在學習服務的你也將是個在學習接收的人。

練習 343：兩個 30 分鐘

每小時練習

Step 344

MY KNOWLEDGE IS THE GIFT

I GIVE UNTO THE WORLD.

KNOWLEDGE IS YOUR GIFT TO THE WORLD, but first you must become a vehicle for it to express itself. You must accept it, receive it, learn from it and give what it gives you to give. You must open yourself so that it may naturally shine upon the world through you. From your Knowledge will come everything—all meaningful activities, all important contributions, all important thoughts, all meaningful expressions of emotion and all motivation to reassure, to comfort, to love, to heal, to join and to liberate others. This simply means that the real you is finally expressing itself. This is your gift to the world.

UPON THE HOUR REMIND YOURSELF OF THIS and feel the fire of Knowledge burning within you. Feel yourself as a vehicle for carrying Knowledge in the world. Be glad that you do not need to torment yourself by trying to figure out how you will give Knowledge, how Knowledge will give itself and what will happen as a result. You simply follow the steps. As you have seen thus far, the steps require that you develop your mental abilities and apply them appropriately. They require that you be mentally present. They require that you balance and harmonize your life. Even this far in your preparation, you are realizing that you know many things about your life that you have not yet accepted or implemented. Knowledge has been with you all along and even now in your beginning preparation, as you advance with others who are advancing with you, the power and the efficacy of Knowledge is becoming ever more real to you. This is your gift to the world.

IN YOUR TWO LONGER PRACTICE PERIODS TODAY, in stillness and receptivity, practice receiving the power of Knowledge so that it may grow within you and so that you may have a greater and greater experience of it as you venture out into the world. These longer practice periods are so vital for your preparation, for they increase your capacity, they increase your comprehension, they increase your experience and they make it ever easier for you to experience Knowledge while you are in the world. For your Knowledge is your gift to the world, and your Knowledge is your gift to yourself.

PRACTICE 344: Two 30-minute practice periods.

Hourly practice.

第 344 階 我的內識是我給世界的禮物。

內識是你給世界的禮物，但首先你必須成為它表達它自身的一個載體。你必

須接受它，接收它，向它學習並奉獻它交給你去奉獻的東西。你必須敞開自己，這樣它就能通過你自然地照向世界。從你的內識里將會產生一切——所有有意義的活動，所有重要的貢獻，所有重要的思想，所有有意義的情感表達以及所有保證、安慰、愛、療癒、參與和解放他人的動力。這不過是意味著那個真正的你最終可以表達它自己了。這是你給世界的禮物。

每小時提醒自己這點，並感受你內心燃燒的內識之火。感受你自己作為在世界上攜帶內識的一個載體。要感到高興，因為你不必強求自己去努力理解你將如何奉獻內識，內識將如何奉獻它自己以及作為結果將會發生什麼。你只是遵循進階。正如你至今所看到的，這些進階要求你發展你的思想能力並恰當地運用它們。它們要求你在思想上保持臨在。它們要求你平衡和協調你的生命。儘管你的準備才進展到這麼遠，你也已經意識到你不知道你生命的很多事情，但你還沒有接受或執行它們。內識一直和你同在，即便你才開始準備，並且當你和其他與你一同進步的人共同進步時，內識的力量和效力對你來說正變得越來越真切。這是你給世界的禮物。

在今天的兩次長修習時段裡，在靜心和接收里，練習接收內識的力量，這樣它就能在你內心成長，這樣當你在世界裡歷險時，你將能擁有對它越來越廣大的體驗。這些長修習時段對你的準備至關重要，因為它們提高你的能力，它們增進你的理解，它們提升你的體驗，它們讓你在身處世界時更容易體驗到內識。因為你的內識是你給世界的禮物，同時你的內識是你給自己的禮物。

練習 344：兩個 30 分鐘

每小時練習

Step 345

MY KNOWLEDGE IS MY GIFT
TO MY SPIRITUAL FAMILY.

YOUR KNOWLEDGE IS YOUR GIFT TO YOUR SPIRITUAL FAMILY,
for you have come into the world not only to advance
yourself and the world but to advance your Spiritual Family.

Your specific learning group requires that you advance so that it may
itself advance, for it is seeking a greater union as well. Throughout
time you have been cultivating your range of and capacity for
relationship. All of your successes thus far are embodied in the
expression and the evidence of your Spiritual Family.

THE RETURN TO GOD IS THE RETURN TO INCLUSION in
relationship. This is beyond your ability to comprehend, and it is
certainly beyond your ideas and your idealism. It can only be
experienced. It must be experienced, and through this experience you
will understand that you have come here not only for your own
redemption and not only to serve the world, but to serve those who
have sent you. In this, your role becomes ever more important. In this,
your preparation becomes ever more important. If you think of this,
you will know that it is true.

UPON THE HOUR TODAY think of this idea and remember your
Spiritual Family, whom you are now learning to remember. In your
two deeper meditation practices, re-enter your sanctuary of
Knowledge and attempt to experience the presence of your Spiritual
Family. If your mind is still, you will realize that they are with you
now. How could they be apart from you who cannot be apart from
them, and as you are in the world they are with you now.

PRACTICE 345: Two 30-minute practice periods.
Hourly practice.

第 345 階 我的內識是我給我精神家庭的禮物。

你的內識是你給你精神家庭的禮物，因為你來世界不只是為了提升自己 and 世界，而且是為了提升你的精神家庭。你的特別學習團隊需要你進步，這樣它自己就能進步，因為它同樣在尋求一個更廣大的聯合。你在整個時間象限里，一直在培養你關係的範疇和能力。你迄今為止的所有成功都體現在你精神家庭的表達和證明裡。

回歸上帝是回歸到關係的包融里。這超越了你的理解能力，更超越了你的想

法和你的理想主義。它只能被體驗。它必須被體驗，通過這一體驗你將理解你來此不只是為了你自己的救贖，不只是為了服務世界，也是為了服務那些派你來的存有。由此，你的角色變得更加重要。由此，你的準備變得更加重要。如果你思考這些的話，你會認知這是真理。

每小時思考這一想法並記住你的精神家庭，你正在學習記起他們。在兩次深度冥想里，再次進入你內識的庇護里，努力體驗你精神家庭的臨在。如果你的思想是安靜的，你將意識到他們現在和你同在。他們怎麼可能和那個無法和他們分開的你分開呢？當你身處世界時，他們和你同在。

練習 345：兩個 30 分鐘

每小時練習

Step 346

I AM IN THE WORLD TO WORK.

YOU ARE IN THE WORLD TO WORK. Work is what you want to do. Work is why you have come. But what is this work that we speak of? Is it your current employment, which you resist and have difficulty with? Is it the many tasks that you think are your own and that you assign to yourself? Your true work may be expressed in any of these activities, but it is truly greater. It will be your happiness and your fulfillment to carry out each step of your true work. Your true work in the world is to discover your Knowledge and allow it to express itself through you. Your true work in the world is to respond to your specific calling, which engages you with certain people in certain ways so that you may fulfill your individual destiny in the world.

THIS IS YOUR WORK. Do not think at this moment that you can understand what this work is and do not try to give it definition beyond what we have given you. It is all right not to know fully what this means. It is all right to apprehend the mystery of your life without attempting to make it concrete.

YOU ARE IN THE WORLD TO WORK. Therefore, apply yourself so that your application may reveal to you the source of your purpose, meaning and direction. It is through your work and meaningful

activity that you will experience your value—the value of your individual life and the assurance of your true destiny. Your true work guarantees you all things of value and provides you escape from all things that conceal you and render you helpless and miserable.

REMINDE YOURSELF OF TODAY’S IDEA upon the hour. In your two deeper practices, once again engage your mind actively in considering today’s idea. Consider how you view work itself and all of your associations with work. Review how you have responded to work in the past—your desire to work, your ambivalence concerning work and your resistance to work. Recognize how all desire to escape work has really been a desire to discover Knowledge. Realize that Knowledge will engage you with work with new purpose, new meaning and new direction. Examine your thoughts. You must understand your thoughts, for they are still very effective in influencing your perception and your understanding. When you can become objective with your own mind, you will be able to allow Knowledge to shine upon it, and you will be able to use the power of decision to prepare yourself and to work with the content of your mind. This is effective within your range of participation, for it is not given you to determine the purpose, the meaning or the direction of Knowledge, but to become the recipient of Knowledge, to experience Knowledge and to allow Knowledge to express itself through you.

THUS, IN YOUR TWO LONGER PRACTICE PERIODS engage your mind actively. Concentrate on this one idea. Recognize all the thoughts and feelings that are associated with it. In the last portion of each long practice period, allow all thoughts to leave you. Re-enter stillness and receptivity so that you may come to know. Knowledge does not require your thinking when you are experiencing Knowledge itself, for all thinking is a replacement for Knowledge. Yet, Knowledge will direct all your thinking to serve a greater purpose.

PRACTICE 346: Two 40-minute practice periods.
Hourly practice.

第 346 階 我在世界上是為了工作。

你在世界上是為了工作。工作是你希望做的事情。工作是你來的原因。但是，我們所說的這個工作是什麼呢？它是你在抗拒並感到吃力的當下這份工作嗎？它是你認為屬於你同時你指派給你自己的很多任務嗎？你真正的工作可以在任何這些活動中得到表達，但它真的更加偉大。開展你真正工作的每一步，對你來

說將是幸福和成就的。你在世界上的真正工作是發現你的內識並允許它通過你來表達它自己。你在世界上的真正工作是回應你的特殊召喚，它讓你以特定的方式和特定的人參與，這樣你就能成就你個人在世界上的天命。

這是你的工作。此刻別以為你能夠理解這個工作是什麼，別試圖超越我們為你提供的範疇去給它定義。無法全然認知它意味著什麼，這是完全恰當的。理解你生命的神秘而不試圖具體化它，這是完全恰當的。

你在世界上是為了工作。因此，去應用你自己，這樣你的應用就能向你示現你宗旨、意義和方向的源泉。正是通過你的工作和有意義的活動，你將體驗到你的價值——你個體生命的價值和你真正天命的保證。你真正的工作向你確保了所有有價值的東西，並讓你擺脫所有掩蓋你和帶給你無助和痛苦的東西。

每小時提醒自己今天的想法。在你的兩次深度修習里，再次積極運用你的思想去思考今天的想法。思考你如何看待工作本身以及你和工作的所有關聯。回顧你在過去是如何回應工作的——你對工作的渴望，你對工作的矛盾心態和你對工作的抗拒。認知所有逃避工作的渴望實際上是對發現內識的渴望。意識到內識將讓你帶著新的宗旨、新的意義和新的方向參與到工作中。檢視你的想法。你必須理解你的想法，因為它們依然強烈影響著你的感知和你的理解。當你能夠對你自己的思想變得客觀時，你將能夠讓內識照向它，你將能夠運用決策力量來準備自己，並和你思想的內容共同協作。這在你的參與範疇里是有效的，因為它並非讓你去決定內識的宗旨、意義或方向，而是成為內識的接收者，體驗內識並讓內識通過你來表達它自己。

因此，在兩次長修習時段裡積極參與你的思想。專注於這一想法。認知與之相關聯的所有想法和感受。在每次長修習時段的結尾，讓所有的想法離開你。再

次進入靜心和接收里，這樣你就能知道。當你在體驗內識本身時，內識並不需要你的思考，因為所有的思考是對內識的替代。然而，內識將引導你所有的思考去服務一個更偉大宗旨。

練習 346：兩個 30 分鐘

每小時練習

Step 347

I ALLOW MY LIFE TO UNFOLD TODAY.

ALLOW YOUR LIFE TO UNFOLD TODAY. Without your own internal disorientation, without the darkness of your own imagination and without your own confusion and conflicts, you may bear witness to the unfolding of your life. Today represents a step in the unfoldment of your life, in the emergence of your Knowledge, in the cultivation of your true comprehension and in the expression of your true accomplishments. Be attentive this day and learn to observe your outer life and your inner life objectively. In this way, you may experience what is truly there, and you will love what is truly there, for what is truly there is true and reflects love itself.

UPON THE HOUR REMIND YOURSELF to observe your life unfolding. Within your deeper meditation practices, in stillness and receptivity, observe your inner life unfolding. Observe your outer life and inner life unfolding together as they must. Here you will feel the movement of your life. Here you will know that your life is being guided and directed. Here you will know that all things that you truly value and hold most dear and everything that we have indicated in our preparation thus far are coming into being. Here you allow certain things to fall away and certain things to emerge. Here you govern the part of your life which is yours to govern, which is your thinking and behavior. Here you allow that part of your life which you cannot govern, which is your purpose, meaning and direction, to naturally emerge and express itself. Here you bear witness to your life, which this day is emerging and unfolding.

PRACTICE 347: Two 30-minute practice periods.

Hourly practice.

第 347 階 今天我讓我的生命展現。

今天讓你的生命展現。沒有了你自身的內在迷失，沒有了你自身想象的黑暗，

沒有了你自身的困惑和衝突，你就能見證你生命的展現。今天的進階代表了你生命的展現，你內識的浮現，你真正理解的培養和你真正成就的表達。今天保持專注，學習客觀觀察你的外在生命和你的內在生命。通過這樣，你可以體驗到那裡真正存在著什麼，並且你將喜愛真正存在在那裡的東西，因為真正存在在那裡的東西是真實的，並反映著愛的本身。

每小時提醒自己觀察你生命的展現。在深度冥想時段裡，在靜心和接收里，觀察你內在生命的展現。觀察你外在生命和內在生命在共同展現，它們必然會如此。在此你將感受你生命的運動。在此你會知道你的生命在被指引和引導著。在此你會知道，所有你真正珍視並最為珍惜的東西，以及我們在迄今為止的準備里所指明的一切都在成為現實。在此你讓某些東西離去，而某些東西呈現。在此你管理著需要你去管理的你生命的那個部分，即你的思想和行為。在此你讓你無法支配的你生命的那個部分，即你的宗旨、意義和方向，自然地呈現並表達它自己。在此你見證你的生命，今天它正在浮出和展現。

練習 347：兩個 30 分鐘

每小時練習

Step 348

TODAY I WILL WITNESS THE WORLD UNFOLDING.

WITHOUT YOUR FEARFUL SPECULATION, without your anxious reaction to fearful appearances and without your ambitions and denials, you may see the world unfolding today. Your eyes will see this, your ears will hear it, your skin will sense it and you will feel it with your entire physical and mental being. You will know this because your being knows while your mind thinks and your body acts. Thus it is that the power of Knowledge is the power of being, of which you are a part. IT IS WITH THIS POWER that you can observe the world unfolding, for the world has a being, a mind and a body. Its being knows, its mind thinks and its body acts. Nature is its body. Your collective thinking is

its mind. Knowledge is its being. Thus, as you begin to realize Knowledge within your life, you will realize Knowledge within the world. As you see Knowledge cleansing and purifying your mind, you will see Knowledge cleansing and purifying all minds in your world. As you see Knowledge guiding you into effective action, you will see Knowledge in the world guiding others into effective action. Thus, as you learn to have compassion towards yourself, you will learn to have compassion towards the world. As you witness your own unfoldment, you will witness the world's unfoldment.

TODAY UPON THE HOUR REPEAT THIS IDEA and bear witness to the unfoldment of the world. In your two longer practice periods today, with your eyes open, gaze upon the world around you. Spend these times alone, gazing upon the world around you. Look without judgment. Feel the world unfolding. You need not try to feel this. You will feel it because it is natural. Without obstruction or intervention on your part, this experience will be ever present and available to you. Feel the world unfolding, for it will confirm all that you are learning now, and all that you are learning now will serve the world in its unfoldment.

PRACTICE 348: Two 30-minute practice periods.

Hourly practice.

第 348 階 今天我將見證世界的展現。

沒有了你可怕的揣測，沒有了你對可怕表象的焦慮反應，沒有了你的野心和否認，你就可以看到今天世界的展現。你的眼睛將看到它，你的耳朵將聽到它，你的皮膚將感知它，你將用你整個物質和思想的存在來感知它。你會知道這些，因為你的存有知道，而你的思想思考，你的身體行動。正因為這樣，內識的力量是存有的力量，你是這存有的組成部分。

正是帶著這一力量，你能夠觀察世界的展現，因為世界擁有一個存有，一個思想和一個身體。它的存有知道，它的思想思考，它的身體行動。自然是它的身體。你們的集體性思想是它的思想。內識是它的存有。因此，當你開始意識到你生命里的內識時，你將意識到世界里的內識。當你看到內識在洗滌和淨化你的思想時，你將看到內識在洗滌和淨化你們世界里的所有思想。當你看到內識在指引

你進入有效行動中時，你將看到世界上的內識在指引他人進入有效行動里。因此，當你學習對自己心懷慈悲時，你也將學習對世界心懷慈悲。當你見證你自己的展現時，你也將見證世界的展現。

今天每小時重復這一想法並見證世界的展現。在兩次長修習時段裡，睜開你的眼睛，注視你周遭的世界。這段時間讓自己獨處，注視你周遭的世界。不帶評判地看。感受世界的展現。你不需要努力去感受它。你會感受到它，因為這是自然的。沒有了來自你的阻礙或干預，這種體驗將始終存在並且你始終可以感知它。感受世界的展現，因為它將確認你正在學習的一切，並且你正在學習的一切都將服務於世界的展現。

練習 348：兩個 30 分鐘

每小時練習

Step 349

I AM HAPPY THAT I CAN FINALLY
SERVE THE TRUTH.

IT IS YOUR GREATEST JOY, it is your greatest happiness and it is your greatest contentment to finally serve the truth. Your past has been frustrated and dismal because you have attempted to serve things without foundation and meaning. You have attempted to identify with things without purpose and direction. This has rendered to you the feeling that you have no purpose, meaning or direction. Feel happy now that you can represent the truth and serve the truth, for the truth gives you all that is true. It gives you purpose, meaning and direction which are what you have sought in all of your engagements, relationships, activities and endeavors. This is what you have sought in all of your fantasies, in all of your concerns and in all of your hopes.

EVERYTHING YOU HAVE TRULY WANTED is being given to you now. Learn now to receive what you have truly wanted, and you will realize what is true. You will also realize what you have always truly wanted. This enables the truth to become simple and evident. This enables your own individual nature to become simple and evident, for in

simplicity all things are known. In complexity all things are concealed. Only what is mechanical in the world can be complex, yet its essence is simple and can be directly experienced. Only in controlling what is mechanical in life, which you must do to a certain extent, are there complexities, but even these complexities are simple to determine step by step. Thus, your approach to life must be simple, whether you are dealing with simplicity or complexity. The complexity that we speak of, which is a form of denial, represents the complexity of your own thinking and the difficulty in your own approach.

BE HAPPY, THEN, THAT YOU CAN SERVE THAT WHICH IS TRUE, for this will simplify all things and will enable you to deal with mechanical complexity in a direct and effective manner. Be happy, then, that your life has purpose, meaning and direction, for you serve that which has purpose, meaning and direction. Remember this upon the hour, and in your two deeper practice periods re-enter stillness with great receptivity and devotion. Remember that you give yourself here, that practice is giving, that you are learning to give and that you are learning to serve. You give what is true and you serve what is true, and as a result you experience what is true and you receive what is true. Therefore, this is a day of happiness because you serve what is true.

PRACTICE 349: Two 30-minute practice periods.

Hourly practice.

第 349 階 我很高興我終於能夠服務真理。

終於能夠服務真理，這是你最偉大的喜悅，你最偉大的幸福和你最偉大的滿足。你的過去是挫敗和低沈的，因為你試圖服務於沒有基礎和意義的東西。你試圖認同沒有宗旨和方向的東西。這使你感到你沒有宗旨、意義或方向。現在你感到高興，因為你能夠代表真理並服務真理，因為真理賦予你所有真實的東西。它賦予你宗旨、意義和方向，這是在你所有的參與、關係、活動和努力里所尋求的東西。這是在你所有的空想、所有的關注和所有的希望里所尋求的東西。

你真正想要的一切現在正在被賦予你。現在學習去接收你真正想要的東西，那麼你將意識到什麼是真實的。你還將意識到你一直真正想要的東西。這讓真理變得簡單和顯在。這讓你自己的個體本質變得簡單和顯在，因為在簡單里，一切都被認知。在複雜里，一切都被掩蓋。世界上只有機械性的東西會是複雜的，然

而它的核心是簡單的並能被直接體驗到。只有在控制生命中的機械性事物時——你在某種程度上必須去這樣做——才會存在著複雜，但即使這些複雜也能一步步簡單地確定出來。因此，你對待生命的方式必須是簡單的，無論你在應對簡單還是複雜。我們所講的複雜，是否認的一種形式，它代表著你自己思想的複雜和你自己方式上的艱難。

這樣，要高興你能夠服務那個真實的，因為這將簡化一切事物，並讓你能以一種直接和有效的方式去處理機械性的複雜。要高興你的生命有了宗旨、意義和方向，因為你服務於那擁有宗旨、意義和方向的。每小時記住這點，在兩次深度修習里再次帶著巨大的接收性和奉獻進入靜心裡。記住你在這裡奉獻你自己，修習是奉獻，你正在學習奉獻並且你正在學習服務。你奉獻那個真實的，你服務那個真實的，作為結果你體驗那個真實的，你接收那個真實的。因此，今天是幸福的一天，因為你服務那真實的。

練習 349：兩個 30 分鐘

每小時練習

Step 350

REVIEW

ONCE AGAIN REVIEW THE PAST TWO WEEKS of your training, reading each lesson and reviewing each day of practice. Once again develop your ability to be objective. Once again recognize the overall movement of your life—the slow but very important and substantive changes that are occurring within your values, within your engagements with others, within your activities and, most importantly, within your entire sense of yourself.

KEEP IN MIND THAT IMPORTANT CHANGE is gradual and often goes unnoticed until its results become evident. Realize that minor or insignificant change often involves great emotional upheavals where people think that something tremendous has just happened. The greater change is deeper and changes everything. Small, incremental

change affects your point of view immediately, but its overall effect is not that lasting. The only exception to this is when your Teachers intervene into your personal sphere to demonstrate their presence or to deliver a message of potency that you absolutely require at that moment. These interventions are rare but can occur on occasion when it is required for your own behalf.

THEREFORE, VIEW THE OVERALL MOVEMENT OF YOUR LIFE. View your life unfolding. This is preparing you for the future, for this program is preparing you for the future. Everything that is taught here you must utilize and reinforce, and you must practice both within the scope of this preparation and far beyond it as well. In your longer practice period today, become a wise observer of your own development. Recognize where your practice needs to be strengthened. Realize that this emanates from your Knowledge. Follow this to the very best of your ability as we now approach the final lessons in this stage of Steps to Knowledge.

PRACTICE 350: One long practice period.

第 350 階 復習

再次復習過去兩周的培訓，閱讀每個課程並回顧每天的修習。再次發展你保持客觀的能力。再次認知你生命的整體運動——在你的價值觀、你和他人的參與、你的活動，還有最重要的是在你對自我的整體感知里，正在發生的緩慢但非常重要和實質性的改變。

記住重要的改變是平緩的並且往往不被察覺，直到其結果變得顯在。意識到微小或不重要的改變往往涉及劇烈的情緒波動，以致人們以為某種巨大事情發生了。更巨大的變化要更加深刻，並會改變一切。微小而遞增的改變會立刻影響你的觀點，但它的整體影響不那麼長久。唯一的例外是當你的上師們涉入你的個人範疇，以示現他們的臨在或是傳遞一個你在那刻絕對需要的重要訊息時。這種干預是罕見的，但為了你自身利益而有必要的情形下，這會發生。

因此，觀察你生命的整體運動。觀察你生命的展現。這是讓你為未來進行準備，因為這一教程讓你為未來進行準備。對於這裡所教導的一切你必須去運用和

強化，並且你必須進行修習，無論是在這一準備的範疇之內還是在遙遠的將來。在今天的長修習時段裡，做你自身發展的智慧觀察者。認知你的修習在哪裡需要得到加強。要意識到這源自你的內識。在我們進入這一階段內識進階的最後課程之際，要盡你最大的能力去遵循它。

練習 350：一個長練習時段

STEPS TO KNOWLEDGE

FINAL LESSONS

YOU ARE ABOUT TO BEGIN THE FINAL STEPS in our preparation. These are not the final steps in your overall approach to Knowledge or in your utilization and experience of Knowledge. Yet, they are the final steps in this one great stage of development in which you are now engaged. Therefore, give yourself to the next section of practice with increased desire and intensity. Allow Knowledge to direct you in your participation. Allow yourself to be this powerful, this strong and this involved. Do not think of your past, but realize the reality of Knowledge in the moment and its great promise for the future. You are honored who honor the source of your preparation. You are honored this day as you begin the final steps in this essential stage of your development.

內識進階

最後的課程

你即將開始我們準備的最後進階。這些並非你整個走向內識或對內識應用和體驗的最後進階。然而，它們是你正在參與的這一偉大發展階段的最後進階。因此，帶著更大的渴望和意志把自己奉獻給下一段的修習。讓內識在你的參與中指引你。讓自己保持非常強大、非常堅強、非常投入。別思考你的過去，而是意識到當下內識的實相以及它在未來的偉大前途。你尊重你準備的源泉，所以你得到

尊重。今天當你開始你發展的這一重要階段的最後進階時，你得到尊重。

Step 351

I SERVE A GREATER PURPOSE,
WHICH I AM NOW BEGINNING TO EXPERIENCE.

REPEAT THIS IDEA UPON THE HOUR and do not forget. As you strengthen this understanding, it will become ever more real and apparent to you. As it becomes ever more real, all other ideas and notions that compete with it will fade away, for this one great truth has substance. All other things which pretend to be the truth and are in conflict with this will fade because they are without substance. That which is true exists whether you want it or not, whether you believe in it or not and whether you adhere to it or not. That is what makes it true.

YOU HAVE THOUGHT IN THE PAST that all things exist because you wanted them to. This is only true in the realm of imagination, a realm that you are learning now to escape. Even in the realm of imagination, you learn to value that which is closest to the truth so that you may escape the realm of imagination. For the realm of imagination is not the realm of Creation. What creates, creates from Knowledge. This is Creation that is permanent, meaningful and has true power and value even in the world. It is not the realm of imagination.

IN YOUR DEEPER PRACTICE PERIODS ENTER STILLNESS. Come with great reverence for what you are attempting to do. Remind yourself of the importance of these times of stillness. Remind yourself that these are times of worship, times of true dedication, times where you open yourself and times where Knowledge opens itself. Allow this day to be a day of greater comprehension. Allow this day to be a day of greater devotion, for you are a true student of Knowledge today.

PRACTICE 351: Two 30-minute practice periods.

Hourly practice.

第 351 階 我服務於一個我正在開始體驗到的更偉大宗旨。

每小時重復這一想法，別忘記了。當你強化這一理解時，它對你來說會變得更加真實和顯在。當它變得更加真實時，所有與它競爭的其他想法和觀念都將褪去，因為這一偉大真理擁有實質。所有假裝成真理並與它衝突的其他東西都將褪去，因為它們沒有實質。那個真實的始終存在著，無論你希望它與否，無論你相

信它與否，無論你堅持它與否。正是這讓它成為真理。

你過去認為所有事物的存在是因為你希望它們存在。這只有在想象的王國里才是真的，你正在學習擺脫這個王國。即使在想象的王國里，你也在學習珍視那最接近真理的東西，這樣你就能逃離想象的王國。因為想象的王國不是創造的王國。那在創造的，是從內識進行創造。這是恆久和有意義的創造，它甚至在世界上都擁有著真正的力量和價值。它不是想象的王國。

在深度修習中進入靜心。帶著對你努力做的事情的偉大敬畏而來。提醒自己這些靜心時間的重要性。提醒自己這是敬拜的時間，是真正奉獻的時間，是你敞開自己的時間，是內識敞開它自己的時間。讓今天成為更偉大理解的一天。讓今天成為更偉大奉獻的一天，因為今天你是內識真正的學生。

練習 351：兩個 30 分鐘

每小時練習

Step 352

I AM A TRUE STUDENT OF KNOWLEDGE TODAY.

AFFIRM THIS UPON THE HOUR, and in your two meditation practices enter your periods of silence with great reverence and devotion. These are your times of worship. You are truly going to church now—not from obligation, not from fear or anxiety and not from a sense of duty to an unloving God, but out of a sense of great joy and out of a desire to give yourself to that which gives itself to you. Be a true student of Knowledge. Remember all that has been told to you thus far and utilize it every hour. Engage with practice meaningfully, both internally and externally. Strengthen this day. Give this day to Knowledge as Knowledge gives this day to you so that you may learn about the presence of Knowledge in your life.

KNOWLEDGE IS GOD'S GIFT TO YOU, for Knowledge is God's extension to you. Thus, Knowledge will be God to you but will speak of greatness beyond itself, for Knowledge is here to enable you to be in relationship meaningfully with yourself, with others and with life. Through this you will be able to reclaim relationships and thus move

towards your True Home in God.

PRACTICE 352: Two 30-minute practice periods.

Hourly practice.

第 352 階 今天我是內識真正的學生。

每小時確認這點，在兩次冥想練習里，帶著巨大的崇敬和奉獻進入你的靜心時段。這是你敬拜的時間。你現在真的在走進教堂——不是出於義務，不是出於恐懼或焦慮，不是出於對一個無愛心的上帝的責任感，而是出於一種巨大的愉悅感和一種把自己奉獻給對你奉獻它自己的東西的渴望。做內識真正的學生。記住迄今為止你被傳授的一切，並每小時運用它。有意義地參與到修習中，包括內在的和外在的。強化今天。把今天奉獻給內識，因為內識把今天奉獻給你，這樣你就能瞭解內識在你生命中的臨在。

內識是上帝賦予你的禮物，因為內識是上帝向你的延伸。因此，內識對你來說就是上帝，然而它將講述超越它自身的偉大，因為內識在此是為了讓你進入與你自己、與他人以及與生命的有意義關係中。通過這樣，你將能喚回關係，從而走向你在上帝那裡的真正家園。

練習 352：兩個 30 分鐘

每小時練習

Step 353

MY TRUE HOME IS IN GOD.

YOUR TRUE HOME IS IN GOD. Your True Home is. Your Home is true. You are true. You are at home even now while you are in the world, though the world is not your True Home. Because you are at home in the world and because you are with Knowledge, you can give to the world and provide exactly what it needs, and you will want to give this sense of home to the world, which feels homeless and lost.

UPON THE HOUR REPEAT THIS IDEA and look upon people in the world and see how homeless they appear to be. Remember how they are truly at home but do not realize it. Like yourself, they are asleep at home. You are learning now to awaken from your sleep, and you are realizing that you are still at home because your Spiritual Family is with you, Knowledge is with you and your Teachers are with you. THUS IT IS THAT YOU ARE AT HOME IN GOD, even though you seem to be far from your True Home now. You have brought your True Home with you. How can you be where God is not if God is everywhere? How can you not be with your Teachers if they accompany you? How can you not be with your Spiritual Family if your Spiritual Family is ever present? It may seem contradictory that you can be away from your True Home and be at home, but you only seem to be away from Home as you look upon the world and identify with the world you see. But within yourself you carry Knowledge, which is a reminder that you are truly at home and that you are in the world to extend your True Home into the world. For your True Home wishes to give itself to the world so that the world may find its Homecoming.

UPON THE HOUR REMEMBER THIS, and in your two deep meditations return home to Knowledge. Return home in the sanctuary of your inner temple. Here you experience your True Home and here it becomes more real to you. As it becomes more real to you, it abides with you more and more in your experience. You must experience your True Home while you are in the world.

PRACTICE 353: Two 30-minute practice periods.

Hourly practice.

第 353 階 我的真正家園在上帝那裡。

你的真正家園是在上帝那裡。你真正的家園是那裡。你的家園是真的。你是真的。即使現在你身處世界，你依然在家園裡，雖然世界不是你的真正家園。因為你在世界上是身在家園裡，並且因為你和內識同在，所以你能夠對世界進行奉獻，提供它確實需要的東西，並且你希望把這種家的感覺奉獻給這個感到無家可歸的、迷失的世界。

每小時重復這一想法，看向世界上的人們，看看他們顯得多麼無家可歸。記住他們同樣真的就在家園裡，但卻沒有意識到它。就像你自己一樣，他們在家園

裡沈睡著。你正在學習從睡夢里醒來，你正在意識到你依然身在家園裡，因為你的精神家庭和你同在，內識和你同在，你的上師和你同在。

正因為這樣，你就在上帝那兒的家園裡，儘管你現在看似遠離你真正的家園。你攜帶著你的真正家園而來。如果上帝無處不在，那麼你怎麼可能在上帝不在的地方呢？如果你的上師伴隨著你，你怎麼可能沒有和你的上師在一起呢？如果你的精神家庭是始終存在的，你怎麼可能沒有和你的精神家庭在一起呢？這看似自相矛盾，你怎麼能遠離你的真正家園，而又同時身在家園裡呢？但是只有當你看向世界並認同你所看到的世界時，你才看似遠離了家園。可是你的內心攜帶著內識，它提醒你，你真的身在家園裡，並且你在世界上是要把你真正的家園拓展到世界里。因為你的真正家園希望把它自己奉獻給世界，這樣世界就能找到它的歸家之路。

每小時記住這點，在兩次深度冥想里回到內識的家園裡。在你內在廟宇的庇護所里回歸家園。在此你體驗你的真正家園，在此它對你來說變得更加真實。當它對你變得更加真實時，它在你的體驗里會越來越多地和你堅守在一起。你必須在身處世界時體驗到你的真正家園。

練習 353：兩個 30 分鐘

每小時練習

Step 354

I MUST EXPERIENCE MY TRUE HOME
WHILE I AM IN THE WORLD.

IN YOUR TRUE HOME YOU ARE HAPPY, you are included, you are complete, you are in relationship, you are a complete participant, you are essential and you are meaningful. Your True Home is incomprehensible to you while you are in the world. In fact, your True Home will be incomprehensible to you until you have fully

arrived at your True Home, until your Spiritual Family has rejoined all other Spiritual Families and all joining is complete in the universe. YET, EVEN THOUGH YOUR TRUE HOME IS INCOMPREHENSIBLE, do not think that it is beyond your reach. It is given you this day to experience your True Home, for you carry Knowledge within you. Your only limitation here is your capacity to experience and to express Knowledge. Yet, as you take each step and as you receive each step in your preparation, your capacity to experience relationship and communication grows. As you increasingly seek freedom from your own imagination and from your own isolated thinking, you experience your inclusion in life to an ever greater and greater degree. Thus, your evolution can be gauged in terms of your ever increasing capacity to experience relationship and communication and your ever increasing capacity to experience and express Knowledge. Thus, you are at home while you are in the world, for your True Home is growing within you in your own experience. The fire of Knowledge is growing more powerful, and its consuming benevolence is ever more evident as your mind becomes free, whole and directed.

UPON THE HOUR remember this and return to your True Home in your deeper practice periods. You are at home in the world. Therefore, you can be at peace in the world.

PRACTICE 354: Two 30-minute practice periods.

Hourly practice.

第 354 階 我必須在身處世界時體驗到我的真正家園。

在你的真正家園裡你是幸福的，你是被包融的，你是完整的，你處在關係里，你是一個完全的參與者，你是重要的，你是有意義的。當你身處世界時，你的真正家園對你來說不可理解。事實上，除非你完全到達了你的真正家園，除非你的精神家庭和其他所有精神家庭重新結合，並且宇宙中所有的結合都完成，否則你的真正家園對你來說將是不可理解的。

然而，即使你的真正家園是不可理解的，別以為它就超出你的所及。今天它被賦予你，讓你體驗你的真正家園，因為你在內心攜帶著內識。你在此的唯一局限是你體驗和表達內識的能力。然而，當你在你的準備里進行每一進階和接收每一進階時，你體驗關係和溝通的能力在增長。當你越來越尋求擺脫你自己的想象

和你自身的隔離思想時，你越來越多地體驗到你在生命里的包融。因此，你的進化可以用你不斷增長的體驗關係和溝通的能力以及你不斷增長的體驗和表達內識的能力來測量。因此，當你身處世界時你就在家園裡，因為你的真正家園在你自身體驗里正在你內心成長。當你的思想變得自由、完整並得到指引時，內識之火變得更加強大，它的強大善行變得更加顯在。

每小時記住這點，在你的深度修習里回歸你的真正家園。你在世界上時就身在家園裡。因此，你在世界上可以保持和平。

練習 354：兩個 30 分鐘

每小時練習

Step 355

I CAN BE AT PEACE IN THE WORLD.

IT IS POSSIBLE TO BE AT PEACE IN THE WORLD because you have brought the source of peace with you. You can be at peace in the world even though the world is a place of active engagement, a place of difficulty, a place of challenge and a place of necessary accomplishment because you carry peace within you and because of the fire of Knowledge. From Knowledge all meaningful thinking and activity emerge—all true inspiration, all important ideas and all great expressions. Yet, Knowledge is greater than its expressions, for it is a light unto the world.

YOU ARE AT PEACE IN THE WORLD because you are with the light of the world, and yet you are engaged in the world because you have come here to work. Only through participation by following each step can you realize that there is no contradiction between peace and work. There is no separation between stillness and activity. This you must fully experience, for it is a complete experience, and your capacity for this experience must be increasingly expanded. Your understanding and comprehension must be continually expanded. Your engagement in life must become increasingly harmonious and uniform. Your discernment regarding relationship must be increased and actually applied. All qualities that are associated with the cultivation of Knowledge must be elevated as well. This will make it possible for you to have peace in the world, for you were meant to have peace in the world. Peace in the

world is an expression of your True Home in the world and in this you will find yourself.
PRACTICE 355: Read the lesson three times today.

第 355 階 我能在世界上保持和平。

在世界上保持和平是可能的，因為你隨身帶來了和平的源泉。儘管世界是一個積極參與的地方、一個艱難的地方、一個挑戰的地方和一個必須實現成就的地方，你依然能在世界上保持和平，因為你內心攜帶著和平，因為內識之火。從內識里升起所有有意義的思想和活動——所有真正的靈感，所有重要的想法和所有偉大的表達。然而，內識比它的表達更偉大，因為它是照向世界的一道光。

你在世界上保持和平，因為你和世界的光明在一起，然而你又參與到世界里，因為你來此是為了工作。只有通過遵循每一進階來進行參與，你才能意識到在和平和工作之間不存在矛盾。在靜心和活動之間不存在分離。對此你必須充分體驗，因為它是一種完滿的體驗，你對這一體驗的能力必須不斷拓展。你的理解和領悟必須持續拓展。你在生命里的參與必須變得更加和諧和統一。你對關係的辨識力必須得到提升和切實地應用。所有與培養內識有關的品質必須同樣得到提升。這將使你有可能在世界上擁有和平，因為你注定要在世界上擁有和平。世界上的和平是你真正家園在世界上的一種表達，在此你將找到自己。

練習 355：閱讀三遍本課程

Step 356

I WILL FIND MY SELF TODAY.

YOUR SELF IS GREATER THAN YOUR CURRENT CAPACITY to experience it. Yet, within your current capacity you can find your Self and experience it. Remember that this is your great desire. Remember this upon the hour. Remember that you want to find your Self, for without your Self you are lost in your own thinking

and in the erratic thinking of the world. Without your Self, you will feel as temporary and as changeable as the world. Without your Self, you will feel as threatened and as threatening as the world. Therefore, your true desire is to reclaim your Self and with your Self all things that are inherent within your Self that are born of your one True Source, that are expressed through your Knowledge and that live within your Ancient Home.

TODAY IN YOUR DEEPER PRACTICE PERIODS, come again to Knowledge. Come to give yourself. Come to worship. Come in devotion and reverence so that you may increase your capacity to experience yourself, both within your meditation practice time and within your time in the world. You have come into the world to reclaim your Knowledge and to allow your Knowledge to express itself. You will then express your Self, for you are in the world to express your Self.

PRACTICE 356: Two 30-minute practice periods.

Hourly practice.

第 356 階 今天我將找到我的自我。

你的自我比你當下對它的體驗能力更加偉大。然而，以你當下的能力你同樣能找到你的自我並體驗它。記住這是你的偉大渴望。每小時記住這點。記住你希望找到你的自我，因為沒有自我，你會迷失在你自己的思想和世界古怪的思想里。沒有了自我，你將感到像世界一樣暫時和多變。沒有了自我，你將感到像世界一樣受到威脅同時具有威脅性。因此，你真正的渴望是喚回你的自我，和伴隨你自我的所有東西，它們是你的自我內在固有的，它們源自於你唯一的真正源泉，它們通過你的內識進行表達，它們活在你的古老家園裡。

今天在深度修習里，再次來到內識。來奉獻你自己。來敬拜。帶著奉獻和崇敬而來，這樣你就能提升你體驗自我的能力，無論是在你的冥想修習時段裡還是在你身處世界的時候。你來到世界是為了喚回你的內識，並讓你的內識表達它自己。這樣你將表達你的自我，因為你在世界上就是為了表達你的自我。

練習 356: 兩個 30 分鐘

每小時練習

Step 357

I AM IN THE WORLD TO EXPRESS MY SELF.

EVERYTHING YOU HAVE EVER SAID and everything you have ever done has been an attempt to express your Self. Your dilemma in the past is that you have attempted to express a self that is not your Self. This temporary self, this personal self, has been used as a substitute for your True Self, though it is only meant to be an intermediary between your True Self and the world. Because it has been used as a substitute, its own inherent confusion and lack of foundation have disabled your communication and expression. Therefore, you have not found the source of your expression or the best vehicle for your expression.

THAT YOUR TRUE SELF WISHES TO EXPRESS ITSELF is evident in all of your past activities if you will understand them objectively.

Everything you have ever said to anyone contains a seed of true expression. Everything you have ever done or attempted to demonstrate contains the seed of true demonstration and expression.

You need only purify your expression to have it be complete and truly representative of your nature and, therefore, truly satisfying to you.

BECAUSE YOU ARE HERE TO EXPRESS YOUR SELF, you must also learn how to express your Self, how your true expressions will affect others and how this effect can be utilized appropriately, for your wellbeing and their well-being as well. Here you learn what you wish to express and how to express it. And you also learn to realize its impact upon the world. This requires the cultivation of Knowledge within you, the cultivation of your personal abilities and the transformation of your personal self from being a substitute for Knowledge to being an intermediary for Knowledge. As an intermediary, your personal self must be developed and activated properly. Here it serves a Greater Self within you, as your Greater Self serves the Great Self of the Universe. Here everything finds its rightful place and its uniform expression.

REMINDE YOURSELF UPON THE HOUR that you wish to express your Self and in your deeper meditation experiences, where you come in stillness and devotion, allow your True Self to express itself to you. Beyond words and beyond actions, your True Self will express itself and you will know its expression. You will know that you wish to receive its expression and to extend its expression into the world. The world is the place where you have come to express your Self because the world is the place where you wish to be at home.

PRACTICE 357: Two 30-minute practice periods.

Hourly practice.

第 357 階 我在世界上是為了表達我的自我。

你所說過的一切和你所做過的一切，都是為了試圖表達你的自我。你過去的困境在於你試圖表達一個不是你自我的自我。這個暫時的自我，這個個體性的自我，被用作你真正自我的一個替代品，儘管它注定只是你真正自我和世界之間的一個媒介。因為它被用作一個替代品，所以它自己固有的困惑和缺乏基礎阻礙了你的溝通和表達。因此，你沒有找到你表達的源泉或是你表達的最佳載體。

如果你能客觀去理解的話，你的真正自我希望表達它自己這一點，在你過去的所有活動里都非常顯在。你對任何人說過的任何事情都包含著真正表達的種子。你所做過或試圖示範的任何事情都包含著真正示範和表達的種子。你只需淨化你的表達，就能讓它變得完整並能真正代表你的本質，因此能夠真正滿足你。

因為你在這裡是為了表達你的自我，所以你還必須學習如何表達你的自我，你真正的表達將如何影響他人，以及這種影響如何能夠為了你的福祉還有他們的福祉，而得到恰當地運用。在此你學習你希望表達什麼以及如何表達它。你還學習認知它在世界上的影響力。這要求你內在內識的培養，你個人能力的培養，還有你的個體性自我從內識替代品向內識媒介的轉化。作為一個媒介，你的個體性自我必須得到正確地發展和活化。在此它服務於你內在的一個更偉大自我，而你的更偉大自我服務於宇宙的偉大自我。在此一切都找到它正確的位置和它統一的表達。

每小時提醒自己你希望表達你的自我，在你的深度冥想練習里，你帶著靜心和奉獻而來，讓你真正的自我向你表達它自己。超越語言，超越行動，你的真正自我將表達它自己，你將認知它的表達。你將認知你希望接收它的表達並將它的

表達拓展到世界里。世界是你來此表達你自我的地方，因為世界是你希望身在家園的地方。

練習 357：兩個 30 分鐘

每小時練習

Step 358

I WISH TO BE AT HOME IN THE WORLD.

YOU WISH TO BE AT HOME IN THE WORLD. You have not come here to escape the world. You have come here to be at home in the world. Understanding this will enable you to value your contribution and engage yourself completely in its expression. To escape the world without contributing to the world will only compound your dilemma, and you will return to your Spiritual Family with your gifts unopened and undelivered. You will then realize that you must return because the work that you set out to accomplish in the world was not accomplished.

BE GLAD, THEN, THAT YOU ARE IN THE WORLD NOW and that you need not wait to re-enter. You are here already. You have progressed this far. You are in the perfect position to fulfill your destiny here. You have brought your Ancient Home with you—within the seed and within the light of your Knowledge, which is now growing, emerging and sprouting forth.

THE WORLD IS NOT YOUR HOME, but you are meant to be at home in the world. Upon the hour think of this and realize how much you want to be at home in the world. Realize how much you do not want to condemn the world or simply escape from the world. When you are at home in the world, you will be able to move beyond the world to serve in a greater way and to experience a greater reality than the world can present to you. But you will not leave with regret, with anger or with disappointment. You will leave with happiness and satisfaction. This will complete your experience here. This will bless the world and will bless you who have blessed yourself and the world while you were in the world.

IN YOUR DEEPER MEDITATION PRACTICES, allow yourself to seriously consider what home means to you. Again, this is a practice of active mental engagement. Utilize your mind to consider the important things that are being given to you now. You will need to examine all the thoughts you have in relation to today's idea in order to understand how you are approaching today's idea and how you will

respond to it. The power of decision is yours, but you must understand the current content of your mind. With this, you will be able to make an appropriate and wise decision on your own behalf, within your range of responsibility. You are meant to be at home in the world. Bring home with you so that others may feel at home in the world. In this way, the world becomes blessed because it is not a place apart any longer. Do not escape the world today, but be present to serve the world.

PRACTICE 358: Two 30-minute practice periods.

Hourly practice.

第 358 階 我希望在世界上身在家園。

你希望在世界上身在家園。你來這裡不是為了逃離世界。你來這裡是為了在世界上身在家園。理解這點將讓你珍視你的貢獻並完全參與到它的表達里。不為世界做貢獻就逃離世界，只會加劇你的困境，你將帶著你沒有打開、沒有遞送的禮物回到你的精神家庭。那時你將意識到你必須返回，因為你設定要在世界上完成的工作未能完成。

因此要高興你現在正在世界上，你不需要等待再次進入。你已經在這裡了。你已經進展了這麼遠。你正處在成就你在此的天命的完美位置上。你隨身攜帶著你的古老家園——在你內識的種子和光明裡，它正在成長、呈現和發芽。

世界不是你的家園，但你注定要在世界上身在家園。每小時思考這點，意識到你多麼希望在世界上身在家園。意識到你多麼不願意譴責世界或是簡單地逃離世界。當你在世界上身在家園時，你將能夠超越世界繼續前行，以一種更偉大的方式服務，並體驗一個比世界能夠呈現給你的要更加偉大的實相。但是你不會帶著遺憾、憤怒或失望離開。你將帶著幸福和滿足離開。這將完成你在此的體驗。這將祝福世界，並將祝福你，因為當你身在世界時你祝福了你自己和世界。

在深度冥想修習里，讓自己認真思考家園對你意味著什麼。這又是一次積極思維參與的練習。運用你的思想去思考現在正在被提供給你的重要東西。你需要

檢視你所抱持的和今天想法有關的所有想法，以理解你是如何面對今天的想法以及你將如何對它做出回應。決策的力量屬於你，但你必須理解你思想當下的內容。這樣，你將能夠為了你自身的利益，在你的責任範圍里做出恰當和智慧的決定。你注定要在世界上身在家園。帶著你的家園，這樣他人就能在世界上感受到身在家園。通過這種方式，世界得到了祝福，因為它不再是一個分離的地方。今天別逃避世界，而是全然臨在地服務世界。

練習 358：兩個 30 分鐘

每小時練習

Step 359

I AM PRESENT TO SERVE THE WORLD.

BE PRESENT TO SERVE THE WORLD, and the presence that serves the world will speak through you. Be present to serve the world, and you will be present to that presence. You will be engaged in every activity, and every activity will be important and meaningful. Then, you will not seek escape from your experience, you will not seek escape from the world and you will not seek to find a dark place in which to hide, for you will realize the light of Knowledge is totally beneficent. You will wish to bathe in it more and more and express it more and more within the world. This is your duty here and your great love.

UPON THE HOUR REMIND YOURSELF that you wish to be present to serve the world. Remind yourself as well that you wish to be present to have the world serve you. Remind yourself that you must learn how to receive and how to give, and that is why you are a beginning student of Knowledge. Do not burden yourself with expectations of yourself beyond what is being indicated in your program of preparation. Your Teachers recognize your current stage and they recognize your current step. They do not underestimate your power, but they do not overestimate your current capabilities, either. That is why you will need them to proceed with certainty, honesty and reliability.

IN YOUR DEEPER PRACTICES, be present to give yourself to your practice in stillness. Remember again that all practice is giving. You are giving yourself so that your True Self may be given to you. Here you

bring what is small to what is great and what is great brings itself to what is small. Here you realize that you too are great and that the small is meant to express the greatness of which you are a part. The world calls desperately for this greatness to be revealed, yet you must learn how to reveal greatness in the world.

PRACTICE 359: Two 30-minute practice periods.

Hourly practice.

第 359 階 我全然臨在地服務世界。

全然臨在地服務世界，那麼那個服務世界的臨在將通過你講話。全然臨在地服務世界，那麼你將對那個臨在保持臨在。你將參與到每個活動里，每個活動都將是重要和有意義的。這樣，你將不會尋求逃避你的體驗，你將不會尋求逃離世界，你將不會尋求找一個黑暗地方躲起來，因為你將意識到內識之光是全然有益的。你將希望越來越多地沐浴其中，並在世界上越來越多地表達它。這是你在此的職責，是你偉大的愛。

每小時提醒自己你希望全然臨在地服務世界。還提醒自己你希望保持臨在，從而讓世界服務於你。提醒自己你必須學習如何接收和如何奉獻，正因為如此你是內識的初級學生。別用那些超越你準備課程範疇之外的自我期望來自添負擔。你的上師們認知你當前的階段，他們認知你當前的進階。他們不會低估你的力量，但也不會高估你當前的能力。正因為如此你需要他們，從而你能帶著確定、坦誠和可靠性前行。

在你的深度修習里，全然臨在地將自己奉獻到你的靜心修習里。再次記住所有的修習都是奉獻。你在奉獻你自己，這樣你真正的自我就能被奉獻給你。在此你把那渺小的帶到那偉大的面前，那偉大的把它自己帶到那渺小的面前。在此你意識到你同樣是偉大的，那個渺小注定要表達你作為組成部分的那個偉大。世界迫切地召喚這一偉大得以示現，然而你必須學習如何在世界上示現偉大。

練習 359: 兩個 30 分鐘

每小時練習

Step 360

I MUST LEARN HOW TO REVEAL
GREATNESS IN THE WORLD.

WITH SIMPLICITY, HUMILITY and without false assumptions, remembering that you are a beginning student of Knowledge, you will be able to learn how to reveal greatness in the world. This is quite essential because the world is ambivalent towards greatness, towards Knowledge and towards love. If you present the world's desire to it when the world is in an ambivalent state, it will not know how to react. Therefore, its reaction will either demonstrate that it is for or against your contribution. Any individual, any community or any world that is beset with ambivalence will react in more than one way because it is ambivalent. For this reason you must learn to approach ambivalence with Wisdom, for those who are ambivalent must learn how to receive their certainty, as you are now learning to do.

RECOGNIZE THUS FAR HOW AMBIVALENT YOU HAVE BEEN regarding your life and regarding this preparation. Realize that for this reason, this preparation has been given to you in very incremental steps, one step at a time, day after day. One step at a time, you learn to develop and to accept your desire and capacity for Knowledge and you learn to express Knowledge as well. Being a student means you are here to learn, and as you learn you will demonstrate, teach and produce the great results that Knowledge wishes to produce. Yet, Knowledge cannot exceed your limitations because Knowledge cares for you and protects you as its vehicle. Because you are a part of Knowledge, you will wish to care for your vehicle as well. That is why you must take the utmost care of your mind and body as you proceed.

TODAY IN YOUR DEEPER PRACTICE PERIODS, allow yourself to be instructed in how to reveal greatness in the world. Realize that the world is ambivalent and accept this, for this is the current state of the world. Realize that you must give with Wisdom and discernment. And realize that you must let Knowledge give of itself and not try to give from your own ambition or need to avoid a sense of inadequacy. Allow your giving to be true and your giving will be true. Your giving, then, will give of itself in a way that is appropriate, that will preserve you and that will honor those who receive your gift. This will bring them out of their ambivalence, as you are now being led into the light yourself.

PRACTICE 360: Two 30-minute practice periods.

第 360 階 我必須學習如何在世界上示現偉大。

帶著簡單和謙卑，不帶錯誤的假設，記住你是內識的初級學生，那麼你將能學習如何在世界上示現偉大。這是非常必要的，因為世界對偉大、對內識、對愛是矛盾的。當世界處於矛盾狀態中時，如果你把世界的渴望呈現給它，它將不知該如何反應。因此，它的反應將顯現它要麼支持你的貢獻，要麼是反對。被矛盾心態困擾著的任何個人、任何社區或任何世界，都會以不止一種方式作出反應，因為它是矛盾的。因為這個原因，你必須學習帶著智慧去接近矛盾，因為那些矛盾的人必須學習如何接收他們的確定性，正如你正在學習去做的。

認知迄今為止你對於你的生命以及對於這一準備是多麼的矛盾。意識到正是因為這個原因，這一準備以非常漸進的進階被提供給你，一次一階，日復一日。你一次一個進階地學習發展和接受你對內識的渴望和能力，同時學習去表達內識。作為一個學生意味著你在此是為了學習，當你學習時你將示範、傳授並製造內識希望製造的偉大結果。然而，內識不會超出你的限度，因為內識關照你並保護你作為它的載體。因為你是內識的一部分，所以你同樣希望關照你的載體。正因為如此，當你前行時，你必須高度關照你的思想和身體。

今天在深度修習時段裡，讓自己被指導該如何在世界上示現偉大。意識到世界是矛盾的並接受這一點，因為這是世界的當前狀態。意識到你必須帶著智慧和辨識去奉獻。並意識到你必須讓內識奉獻它自己，而不是試圖從你自身的野心或對逃避不足感的需要出發來進行奉獻。讓你的奉獻保持真實，那麼你的奉獻將是真實的。這樣，你的奉獻將以一種恰當的、保護你並尊重接收你禮物的人的方式奉獻它自己。這將帶他們走出他們的矛盾，正如你自己正在被引領著走入光明。

練習 360：兩個 30 分鐘

Step 361

I AM BEING LED INTO THE LIGHT
OF KNOWLEDGE TODAY.

YOU CARRY THE LIGHT. Carry it with you each hour and in every circumstance. Use your entire day to practice carrying Knowledge. Do not try to express Knowledge, for Knowledge will do this itself when it is appropriate. Your task today is to carry Knowledge, to be attentive and to remember that Knowledge is with you. Whether you are alone or with others, whether you are at work or at home and whether you are in a situation that is pleasant or unpleasant, carry Knowledge within you. Feel it burning in your heart. Feel it filling the great expanse of your mind.

IN YOUR TWO DEEPER PRACTICE PERIODS, re-enter the sanctuary of Knowledge so that you may be refreshed and renewed, so that you may be blessed and honored and so that you may find reprieve and freedom. The more you find this in your inner life, the more you will be able to carry it into your outer life, for you are meant to carry Knowledge into the world today.

PRACTICE 361: Two 30-minute practice periods.
Hourly practice.

第 361 階 今天我正在被引領著進入內識之光里。

你攜帶著光明。每小時每個境況里攜帶著它。用全天來修習攜帶內識。別試圖表達內識，因為內識會在恰當的時候自己去表達。你今天的任務是攜帶內識，保持專注並記住內識和你同在。無論你一個人還是和他人一起，無論你在工作還是在家，無論你身處一個愉快還是不愉快的情況里，都在你內心攜帶著內識。感受它在你的內心燃燒。感受它充滿你思想的廣闊空間。

在兩次深度修習里，再次進入內識的庇護所里，這樣你將能夠得到換新和更新，這樣你就能夠得到祝福和尊重，這樣你就能夠找到紓解和自由。你越能在你的內在生命里找到這些，你就越能在你的外在生命里攜帶它，因為今天你注定要

把內識帶進世界。

練習 361：兩個 30 分鐘

每小時練習

Step 362

I AM LEARNING TO LEARN BECAUSE

I CARRY KNOWLEDGE WITHIN ME TODAY.

YOU ARE LEARNING TO LEARN. You are learning to receive Knowledge. You are learning to value Knowledge. You are learning to carry Knowledge. You are learning to express Knowledge. You are learning to cultivate all of your mental and physical faculties that are essential for this overall preparation. You are a consummate student. Therefore, be totally engaged with your studenthood today, which will free you from false assumptions and from placing impossible burdens upon yourself. That which is given in truth you will naturally be able to do, for you are naturally created to do this. Your physical and mental vehicles, those things that are tied to this world, will naturally be engaged in your true fulfillment.

LEARN TO LEARN. Learning to learn means that you are learning to participate. It means you are both following and leading all at once. You follow your Teachers and their program for development, and you lead your mental and physical vehicles. In this way, leading and following become all the same, as giving and receiving are all the same. Thus it is that those who receive will give and those who follow will lead. Thus it is that those who give will need to continue to receive and those who lead will need to continue to follow. Here the duality of such things disappears. Their uniformity and their complementary natures are recognized because this is simple, because it is apparent and because it is true.

REMEMBER THIS IDEA UPON THE HOUR and use your two practice periods to engage yourself with Knowledge in stillness and simplicity. Allow these final practice periods in this program to have great depth. Give yourself to them as completely as you can, for in doing so you will increase your capacity for Knowledge and your experience of Knowledge. As your capacity and experience of Knowledge grow, your desire for Knowledge will grow as well, for Knowledge is your true desire.

PRACTICE 362: Two 30-minute practice periods.

Hourly practice.

第 362 階 我正在學習如何學習，因為今天我在內心攜帶著內識。

你正在學習如何學習。你正在學習接收內識。你正在學習珍視內識。你正在學習攜帶著內識。你正在學習表達內識。你正在學習培養對於這一整體準備來說必不可少的你所有的思想和身體技能。你是內識完美的學生。因此，今天完全參與到你的學生生活里，這將讓你擺脫錯誤假設並避免將不可能的重負加於自己身上。你自然能把自己奉獻給真理，因為你自然地被創造成去這樣做。你的物質和思想載體，這些和世界維繫在一起的東西，將自然地參與到你的真正成就里。

學習如何學習。學習如何學習意味著你在學習參與。這意味著你在遵循的同時也在領導。你遵循你的上師和他們的提升課程，同時你領導你的思想和物質載體。通過這樣，領導和遵循變成了同樣的，正如奉獻和接收是同樣的。正因為這樣，那些接收者將會奉獻，那些遵循者將會領導。正因為這樣，那些奉獻者將需要繼續接收，那些領導者將需要繼續遵循。在此，這些事物的二元性消失了。它們的統一性和它們的互補本質被認知了，因為這是簡單的，因為這是顯在的，因為這是真實的。

每小時記住這點，運用你的兩次修習在靜心和簡單里讓自己和內識參與。讓這一課程的這些最後修習時段擁有巨大的深度。盡你所能地把自己完全奉獻給它們，因為通過這樣你將提升你對內識的能力和你對內識的體驗。當你對內識的能力和體驗增長時，你對內識的渴望也將同樣增長，因為內識是你真正的渴望。

練習 362：兩個 30 分鐘

每小時練習

Step 363

KNOWLEDGE IS MY TRUE DESIRE

BECAUSE I AM A STUDENT OF KNOWLEDGE.

KNOWLEDGE IS YOUR TRUE DESIRE. Think not that your desires are false, for all desires, if recognized, are for Knowledge. It is because you have misinterpreted your desires or have attempted to use them to fortify other things that they have led you astray. Do not attempt to be without desire, for life is desire. Desire is purpose. Desire is meaning and direction. Yet, you must recognize your true desire, which is the desire for Knowledge to fulfill itself and to claim itself, the desire for Knowledge to save you and for you to save Knowledge. How can you save Knowledge? By holding it within yourself, by being a student of Knowledge, by carrying Knowledge everywhere you go, by reinforcing your awareness of Knowledge, by being simple with Knowledge and by not attempting to use Knowledge to fulfill your own aims and your own purposes.

CARRY FORTH THE NORMAL ACTIVITIES OF THE DAY, but carry Knowledge with you. If Knowledge is not in doubt, you need not be in doubt. If Knowledge is not afraid, you need not be afraid. If Knowledge is not changing the situation, you need not change the situation. Yet, if Knowledge holds you back, hold yourself back. If Knowledge changes the situation, change the situation. If Knowledge tells you to leave a circumstance, leave a circumstance. If Knowledge tells you to stay in a circumstance, stay in a circumstance. Here you become as simple and as powerful as Knowledge. Here you become Knowledge itself.

UPON THE HOUR REPEAT THE IDEA FOR TODAY and experience it. Within your inner life, experience it as well in your deeper meditation practices. Your inner and outer life are where you apply yourself and where you give yourself. They are where you carry Knowledge. In time, you will see that Knowledge will carry you.

PRACTICE 363: Two 30-minute practice periods.

Hourly practice.

第 363 階 內識是我真正的渴望，因為我是內識的學生。

內識是你真正的渴望。別認為你的渴望是錯誤的，因為所有的渴望，當它們被認知時，都是為了內識。只是因為你曲解了你的渴望或是試圖利用它們來強化其他東西，它們才把你引入歧途。別試圖不抱任何渴望，因為生命是渴望。渴望是宗旨。渴望是意義和方向。然而，你必須認知你的真正渴望，即渴望內識能成

就它自己和宣稱它自己，渴望內識能拯救你並渴望你能拯救內識。你怎麼能拯救內識呢？通過在你內心抱持它，通過做內識的學生，通過無論去哪都攜帶內識，通過強化你對內識的覺知，通過對內識保持簡單，通過不試圖利用內識成就你自己的目標和你自己的目的。

開展今天正常的活動，但要攜帶著內識。如果內識沒有懷疑，你就不必懷疑。如果內識不害怕，你就不必害怕。如果內識不改變狀況，你就不必改變狀況。然而，如果內識阻止你，那就去阻止你自己。如果內識改變狀況，那就去改變狀況。如果內識告訴你離開一種境況，那就離開一種境況。如果內識告訴你留在一種境況里，那就留在一種境況里。在此你變得像內識一樣簡單和強大。在此你成為內識本身。

每小時重復今天的想法，並去體驗它。在深度冥想練習里，在你的內在生命里同樣去體驗它。你的內在和外在生命是你運用自己和奉獻自己的地方。它們是你攜帶內識的地方。慢慢地，你會看到內識將攜帶你。

練習 363：兩個 30 分鐘

每小時練習

Step 364

KNOWLEDGE CARRIES ME

BECAUSE I AM A STUDENT OF KNOWLEDGE.

AS YOU CARRY KNOWLEDGE, you will feel Knowledge carrying you. You will feel Knowledge guiding you and directing you, preserving you, protecting you from harm, keeping you from difficult and harmful engagements, engaging you with individuals with whom you must be engaged and leading you away from divisive engagements which do not have purpose. Thus it is that you become a leader and a follower, for you follow Knowledge and you lead yourself. You yield to Knowledge, yet you exercise the power of decision upon your own behalf. Thus it is that you become a great follower and a great leader.

Thus, you are in a position to serve, and you will increasingly feel as if Knowledge were carrying you through life. And you will feel that you are carrying Knowledge as well. Seen correctly, you will realize your true relationship to Knowledge. You will realize that you carry Knowledge within you and that Knowledge carries your well-being within itself. This is perfectly complementary. It is perfect because it is born of perfection itself.

BE A TRUE STUDENT OF KNOWLEDGE. Engage yourself in practice.

Give yourself in practice. Do not alter your practice. Do not neglect your practice. All you need to do is practice and be attentive, practice and be attentive. Upon the hour and in your two deeper meditation practices, where you come into stillness to be with stillness itself, practice to practice, practice to learn and learn to learn. Today you are learning to learn. Today you are a student of Knowledge.

PRACTICE 364: Two 30-minute practice periods.

Hourly practice.

第 364 階 內識攜帶我，因為我是內識的學生。

當你攜帶內識時，你將感知內識在攜帶你。你將感知內識在引領你和指導你，維護你，保護你免受傷害，阻止你進行困難和有害的參與，讓你和你必須參與的人參與，並引領你遠離毫無宗旨的不恰當參與。正因為這樣，你成為一個領導者和一個遵循者，因為你遵循內識，你領導你自己。你臣服於內識，然而你為了你自身的利益發揮決策力量。正因為這樣，你成為一個偉大的遵循者和一個偉大的領導者。因此，你能夠進行服務，並且你將越來越感受到彷彿內識正攜帶你穿越生命。你將感知你同樣在攜帶內識。當正確地看待時，你將意識到你和內識真正的關係。你將意識到你在你內心攜帶著內識，內識在它自己內在攜帶著你的福祉。這是完美的互補。它是完美的，因為它源自於完美本身。

做內識真正的學生。讓自己參與到修習里。把自己奉獻給修習。別改變你的修習。別忽視你的修習。你所要做的一切就是修習和保持專注，修習和保持專注。

每小時里以及在你的兩次深度冥想里，你來到靜心裡和靜心在一起，修習如何修

習, 修習如何學習, 學習如何學習。今天你學習如何學習。今天你是內識的學生。

練習 364: 兩個 30 分鐘

每小時練習

Step 365

I AM COMMITTED TO LEARN TO LEARN.

I AM COMMITTED TO GIVE WHAT I AM MEANT TO GIVE.

I AM COMMITTED BECAUSE I AM PART OF LIFE.

I AM PART OF LIFE BECAUSE

I AM ONE WITH KNOWLEDGE.

WHAT IS COMMITMENT but the natural expression of your true desire? It frees you; it does not bind you. It engages you; it does not obligate you. It fortifies you; it does not limit you. True commitment is born of true Knowledge, of which you yourself are born. In this final step in this stage of your preparation, give yourself and your entire day to practice.

HONOR YOURSELF for accomplishing a remarkable and substantial task in completing this one year of preparation. Honor your Knowledge for giving you the desire to participate and the strength to participate. Honor your Knowledge for giving you the vision that is now emerging. Honor all who have served you in your life—your family, your parents, your friends and your seeming enemies and adversaries. Honor all who have enabled you to value Knowledge and who have given you the strength and the resolve to undertake the preparation for Knowledge. Remember your Teachers as well, for they remember you and abide with you even now. Remember that you are a student of Knowledge, and with this you will be able to proceed forward in your preparation.

TODAY UPON THE HOUR and in your two deeper meditation practices, give yourself. Consider all that is given to you. Let this be a day of accomplishment and gratitude. Let this be a day to honor that Knowledge is real in you and that you are real in Knowledge. Open yourself to the next step beyond this program. The next step is awaiting you—a step that will meaningfully engage you with other students of Knowledge, a step that will meaningfully engage you with those who have advanced beyond what you have accomplished thus far, a step that will engage you in serving those who are only beginning to advance in the stage that you have just completed. Thus, you receive from those ahead of you and you give to those behind you. Thus, all are nurtured and supported in their return Home to

God. Thus it is that you follow and you lead, you receive and you give. Thus it is that all of your activities become uniform and you find escape from all negative imagination. Thus it is that you are a student of Knowledge. And thus it is that Knowledge blesses you who are meant to bless the world.

Nasi Novare Coram

第 365 階

我承諾學習如何學習

我承諾奉獻我注定要奉獻的

我承諾因為我是生命的組成部分

我是生命的組成部分因為我擁有內識

什麼是承諾，不就是你真正渴望的自然表達嗎？它給你自由；它不束縛你。它讓你參與；它不強迫你。它強化你；它不限制你。真正的承諾源於真正的內識，你自身源於內識。在你這一準備階段的最後一個進階里，把你自己和你的全天奉獻給修習。

尊重自己，因為你在完成這一年的準備中達成了一項非凡的、實質性的任務。尊重你的內識，因為它賦予你參與的渴望和參與的力量。尊重你的內識，因為它賦予你正在呈現的遠見。尊重所有在你生命里服務過你的人——你的家人，你的父母，你的朋友和你看似的敵人和對手。尊重所有讓你能夠珍視內識，並賦予你力量和決心去開展內識準備的人。同時記住你的上師，因為他們記著你，甚至現在就和你堅守在一起。記住你是內識的學生，帶著這點你將能夠在你的準備中繼續前行。

今天每小時里以及在你的兩次深度冥想修習里，奉獻你自己。思考所有被賦予你的東西。讓今天成為成就和感激的一天。讓今天成為尊重內識在你內在的真實存在以及你在內識里的真實存在的一天。向這一課程之後的下個進階敞開自己。

下個進階正在等待著你——這一進階將讓你和其他內識學生有意義地參與，這一進階將讓你和那些超出你當前成就的高階學生有意義地參與，這一進階將讓你參與去服務那些正在開始在你剛完成的階段裡前行的人。這樣，你從你前面的人接收，你為你後面的人奉獻。這樣，所有人在他們回歸上帝的歸家之路上得到滋養和支持。正因為這樣，你遵循你領導，你接收你奉獻。正因為這樣，你所有的活動變得統一，並且你遠離所有的負面想象。正因為這樣你是內識的學生。正因為這樣，內識祝福著注定要祝福世界的你。

那思矣 諾娃瑞 庫瑞阿姆

Nasi Novare Coram