

Let go of fear

放下恐惧

the third thing that we're realizing
is that there's no

第三件事是我们意识到，背负着
real point in carrying any fear on
恐惧没有任何实际意义

for another second.

哪怕只有一秒。

there's no point carrying any fear
on.

背负着任何恐惧都没有意义。

there's just no point.

就是毫无意义。

no point carrying any insecurity
on or any anxiety on.

背负着任何不安或任何焦虑都没有意义。

now, if you are that way, that's
fine,

现在，如果你现在处于那样的状

态，没关系的，
but after a while,
但过一会，
you've got to get to a place
where you recognize that
你要到达一个境地，就是你意识到
到
it's not making a difference,
它不会带来什么改变，
that the heightened emotion
那加重了的情绪
is really not making a difference,
真的不会带来什么改变，
that the thought processes are
really
那思虑的过程真的
not making a difference,
不会带来什么改变，
that what you've been doing on
a physical level
那你在物质层面的所作所为
is not really making a difference,

真的不会带来什么改变，
that you are very much going to
be called into action，
你终会被迫采取行动，
that what's supposed to happen is
going to happen，
该发生的事情还是将会发生，
that your life is going to unfold
你的生活将会以
in exactly the way that it's
supposed to，
其注定要展开的方式展开，
and that there's an amazing
freedom in that.
而在那之中，有一种奇妙的自由。
and right around the time
差不多在
when you get to that revelation
当你揭开了这一点的面纱的时候
is when it starts to get joyful，
它就开始带来愉悦了，
because then you can start to

have fun with it.

因为然后你就可以开始在这点上找到乐趣了。

no matter what's going on.

无论将要发生什么。

you can start to

你可以开始去

feel a sense of appreciation

对于事实领会到一种

for the fact that you're going

through it

感受，那就是你正如其所是地

in the way that you are.

走在这条路上。

so even if you're not exactly at

the,

所以即使你还不能实际到达，

oh my god, I'm so grateful

我的天呐，我是如此感恩

for the fact that I'm going

through this crisis

于事实上我正在穿过生活中的

or struggle phase of your life
right now,
这个危机或挣扎阶段，就现在你的
生活，
which for some of you is a bit
of a leap
让你从你所正体验中，使你的这
方面
given what you're experiencing.
得到了一个跃进。
you can be thankful for the
support,
你会为这份拥护，
for the love, for the expertise,
for the guidance,
这份爱，这份专长，这份指导
for all of the ways in which
为支持你的，生命的所有
life is supporting you.
方式感到感恩。