

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
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。

your circumstances don ' t define you

你的境遇无法定义你

our state of being is not
circumstantial.

我们的存在状态并非依赖环境。

it's not determined by what we're
going through.

它并非由我们所经历什么决定。

we can be in the hospital recovering
from

我们可能在医院里面从

a heart procedure and still be peaceful

一场心脏手术中康复，而依然保持
平静

and still use everything that's been
shared here.

并且仍然运用这里所被分享的一
切。

come into the acceptance of ourselves,
进入自我接纳，
coming to the embracing of ourselves,
开始自我拥抱，
coming into the love of ourselves.
步入我们的自爱。

and so what's happening,
所以发生的这些事情，
and I'm very grateful for the fact that
it is,

我非常感恩于事实上，正是，
is that you are realizing that your
你正在意识到你的
inner state is independent of all
external

内在状态是不依赖于所有的外在

form and phenomenon.

形式和现象的。

being peaceful

临在于平静

has nothing to do with what's
happening in your life.

与你生活中正在发生什么毫无关
系。

being joyful has nothing to do with
whether

临在于喜悦与你的

any family member in your life is
ever going

家庭中的任何成员在你的生活中
是否曾经

to crack a smile,

展露过微笑毫无关系，
ever within the course of their life
or not.

无论在他们的有生之年是否曾经有过。

God forbid they melt, right?

上帝禁止他们软化，是这样吗？

being the love that you are

临在于你所是的爱

has nothing to do with anything.

与任何事物毫无关系。

and so after a while,

所以过一会，

you begin to realize that there is an

autonomy

你开始去意识到你有一种自主权

or independence

或独立性

that you have

在那

as it relates to what's happening inside
of you.

作为你的内在所发生了什么的关
系上。

and when you think about it

而且当你仅仅

just on a very practical, rational level,
在一个非常现实、理性的层面思考
它时，

how powerful is that?

这何其强大？

how powerful is it

能够在

to be able to determine being peaceful
in the midst of

生活正在进行的每一件事中，在发
生的每一件事情中，

everything that life is doing,

决定临在于平静，

in the midst of everything that's going
on?

这是何其的强大？

harmony will be restored

和谐终将恢复

sometimes in life we feel bad about things.

有时在生活中，我们因某些事感到不悦。

how things turned out, how we behaved, how life unfolded.

事情是怎样的结果，我们如何表现的，生活如何被展开。

so often in life, we use these things against ourselves.

所以经常在生活中，我们用这些东西和我们自己过不去。

the decisions we made, the choices we made,

我们做出的决定，我们做出的选择，

the way that we used to live.

我们曾经生活的方式。

and what's interesting is that for so many of you,

然而有趣的是对于你们当中的许多人，

those choice points or decision points become

这些选择的点或决定的点变成了
a point of disqualification

一个作为

as it relates to your receiving.

它关系到你接收的不合格的点。

and you're allowing

而且你允许

yourself to be the love that you are,

你自己去成为你所是的爱，
or to be the light that you are,
或成为你所是的光，
or to step into the truth of yourself.
或成为真实的你自己的台阶。
and I can promise you that at some
point in the future,
而且我能向你保证，在未来的某些
点上，
and it will happen within your
lifetime,
它将会在你的有生之年发生，
that whatever it is that you're still
feeling bad about
无论你正仍为了什么感到不悦
or still holding onto

或仍然耿耿于怀

or making yourself wrong for in any way,

或以任何方式苛责你自己，

will automatically and authentically

将会无意识地且真正地

and organically

且自然地

come to a place of resolution.

达成和解。

somehow, in some way,

某种程度，在某些方面，

harmony and balance will be restored.

和谐和平衡将会恢复。

and so maybe we can spend

所以也许我们可以花

less time being upset with ourselves
or

更少的时间在和我们自己闹别扭
或

frustrated with ourselves

为我们自己懊恼于

for the things that we've done

那些我们已经做过的

that we can't change.

无法改变的事物上。

and maybe we can just spend more
time

也许我们可以仅仅花更多的时间

allowing ourselves to be who we are,

knowing that

允许我们自己成为我们所是，知道

if indeed there is anything
如果实际上有任何事
that has to be brought into a place
of resolution,
需要达成和解，
it will be, the life will do it.
它会完成，生命将会完成它。

Focus on your peace
专注于你的平静
it is even more important that you
focus on your peace,
世界上没有什么比你现在专注于

你的平静

and you focus on your joy,

专注于你的快乐，

and you focus on your love right now
in the world.

专注于你的爱更重要了。

and you disengage from all the noise,

而且你脱离了所有的喧嚣，

everything around you.

周遭万物。

and you finally get to a place

最终你到达了一个境地

where you realize that this is between
you

就是你意识到这就在你与

and yourself. and that mastery isn't

having some power

你自己之间。而且这种掌控并不是有某些力量

or some dominion over someone else.

或某些主控权去支配他人。

it's finally getting to a place where

它最终抵达的是“生活在发生”

life is happening.

这个境地。

you accept the fact that life is happening.

你接受了事实上“生活正在发生”。

you can't do anything about the fact that

你对既成的、已经发生的

what's happened

事实

has happened.

无能为力。

but what you can do is come back
to your breath.

但你能做到的是回归于你的呼吸。

give yourself the gift of peace.

给予自己平静这份礼物。

give yourself the gift of love.

给予自己爱这份礼物。

give yourself the gift of kindness,

给予自己仁慈这份礼物，

even in the most unlikely of
circumstances.

即使在最不喜欢的环境下。

and I'm going to tell you something.

然后我要告诉你一切东西。

it's not that every day

并不是每一天

life doesn't provide me opportunities

的生活不给我提供机遇

to put into practice

去实践

everything that I'm sharing here,

我所分享在这里的一切，

because it does.

因为它提供了。

and it would be easy

而且它会容易

to be influenced by the moods of
others,

受到他人的情绪，
or the emotions of others,
或他人的情感，
or the feelings of others, or the
thoughts of others,
或他人的感受，或他人的想法
the jealousy
其他人的
or the envy or the incompleteness of
other people.
嫉妒或渴望或不圆满所影响。
it would be easy. but guess what?
这很容易。但猜猜怎样？
we're now
我们现在
at a place where we have sovereignty

and autonomy

正处在一个境地，在于我们有对于
我们自己状态的

over our state.

主权和自主。

and that's the liberation.

那么这就是解放。

Living an empowered life

活出赋予力量的人生

everything that constitutes the illusion

一切都是由幻象构成的

which is the world of Maya,

“玛雅世界”，

which is everything outside of you.

即在你之外的万物。

is designed to draw your energy,

被设计成将你的能量、

your light,

你的光，

your attention and your focus outside
of you.

你的关注和你的聚焦向你之外牵
引。

when you allow your energy to be
drawn outside of you,

当你允许你的能量被向你之外牵
引时，

you are basically giving your power

away.

你基本上来讲就是在让渡你的能量。

so this is what it means to give your power away, right?

所以这就是“让渡你的力量”的含义，对吧？

you are allowing something

你在允许某些东西

to get in between you

插入与你与

and the conscious experience of your peace,

你自身平静、

your light, your love, and who you are.

你的光、你的爱、与你所是的觉知
体验之间。

when you think about it,

当你思考它时，

the acceptance

对自己的

and the embracing of yourself

接纳与拥抱

and resting in the awareness of your
breath

和在知觉你的呼吸之中的休憩

allows your awareness and your
attention

允许你的意识和你的注意

and your energy to be focused and
prioritized on you.

和你的能量，聚焦和优先于你。

so now all of a sudden, you're not.

所以现在突然间，你不再。

it's not being pulled outside of you

它不再被拉扯到你之外

into news headlines,

进入新闻头条、

into what's happening in the family,

进入家庭琐事、

to what's happening with other people,

拉入他人际遇、

what's happening with your friends,

你的朋友发生了什么、

what's happening down the road.

道路的那边发生了什么。

so to be empowered

就是，“被赋予力量”

is to keep your attention, your energy
and your focus

就是把你的注意力，你的能量和你的
聚焦

here,

放到这（心门）

inside of you where your heart is.

在你之内的心之所在。

that's to be empowered. that's to live
an empowered life.

这就是被赋能。去活出一个被赋予
力量的人生。

Emerging into beauty

绽放于美之中

we're living at a point where the bulbs

我们正活在那如球茎

are becoming daffodils every day.

每天都正在化为水仙花的这点上。

we knew that they would.

我们知道它们会如此。

but how they're

但是它们是如何

emerging into their beauty and their

uniqueness

在它们的美与独特中绽放

is mind blowing.

实属令人惊叹。

so the more you

所以你越是

love yourself,

爱你自己，

the more you recognize that there's
some magic at work.

你就越会意识到有一些魔力在运
作。

now, on to the next part.

现在，进入下一部分。

what happens as it relates to those
bulbs or daffodils,

它系于球茎或水仙花之间发生了
些什么，

or whatever the plural for daffodils

is.

或无论水仙花的多种多样如何。

well, that was already predetermined.

嗯，这是早已预先设定的。

so the way the bulb came into your life,

所以这球茎来到你生命中的方式，

that captured the essence of the potential

这已体现了潜藏于

of the daffodil itself

水仙花自身的本质

was already predetermined.

是早已预设。

the way the daffodil itself emerged

水仙花自身从

from the bulb

球茎绽放的方式和

and went through its developmental
progressions,

它的生长过程，

well, that was already predetermined.

嗯，这早已预设好。

and then the point at which that
那么生命的美丽绽现

beautiful manifestation of life begins
to wither

开始了枯萎

and fade away,

和消逝的节点，

well, that was already determined by
life.

怎样呢，那也早已被生命预先设定。
the time that you're supposed to be
here for

你注定要在这里的时刻
you will be. and you'll show up
你就会在这。你将会以
in whatever capacity you were always
meant to.

你所注定的无论何种身份展现。

Knowing who you are
知道你是谁
when you know that who you are
is enough,

当你知晓你是谁时就已丰足，
it really doesn't matter
生活中发生的什么事情
what's happening in your life
anymore.

真的再也无所谓了。
like, once you finally get to a place
where you know
就好像，一旦你最终到达一种境界，
that you're capable of living your life,
就是知道你有能力过好你的人生，
there's no longer any hyper fixation
with tomorrow
就不会继续对明天、
or next week, or
或者下周、或

next month, or next year.

下个月、或明年有任何过度纠结了。

it just doesn't matter

它只是无关紧要了

because you so fundamentally know

who you are

因为你从根本上知道了你是谁

and that you know you're going to

be okay.

而且你知道了你会安好。

there's an amazing freedom

这有种惊人的自由

that you access

被你所获得

because you realize that your

empowerment

因为你意识到你的赋权

has only

仅仅

ever been about your relationship with
yourself.

在你与你自己的关系之间。

this is where we begin to just
experience this neutral,

这就是我们开始去仅仅体验这中
立的、

loving, peaceful,

爱、平静的、

joyful, pleasant way of being.

欢愉的，存在于惬意的办法。

your heart deserves your love

你的心值得你的爱

there's still the peace within you, the
love within you,

仍有平静在你的内在，爱在你的内
在，

the joy within you,

欢愉在你的内在，

I think one of my favorite sentiments,

我认为我最喜欢的感情之一，

one of my favorite expressions

我最喜欢的表达之一

that have emerged over the last three

months

在过去三个月所浮现的

were the following. your face
deserves your smile.

就是接下来这些。你的面容值得你的
微笑。

your heart deserves your love.

你的心值得你的爱。

and your nervous system deserves
your peace.

你的神经系统值得你的平静。

it almost sounds like, an

这听起来几乎就像，

an Irish blessing from the old country.

来自古老乡土的爱尔兰祝福。

really does.

真的。

it's as poetic and beautiful as those
wonderful

这就像这些美妙的爱尔兰祝福一
样

Irish blessings.

充满诗意又美丽。

seriously, they always take my breath
away.

说真的，它们总是能让我屏息。

Your relationship with yourself

你与你自己的关系

everyone has to deal with stuff on
a daily basis.

每个人每天都要应对日常琐事。

however, you're going through

无论如何，你正在以一种

the things that you're going through

比你生命中以往的

by coming back to your breath

任何阶段都要

in a more peaceful and aligned and
harmonious way

更加平和、对齐与和谐的

than you ever have at any other point
in your lives.

方式回归于你的呼吸。

those of you that have been here for a while.

你们当中那些已经在此一段时间的人。

in fact, so much so that your kids, 事实上，以至于与你们

some of you who you had tumultuous relationships with,

一直关系紧张的你们的孩子们，

are now writing you notes telling you

现在正在给你们写笔记告诉你们

how amazing you are and how much they appreciate you,

你们有多么的了不起，他们是多么地感激与你，

which is something that was never
on your bingo card.

这些正是你们始料未及的。

so what you're discovering, is in fact,
所以你正在发现的，是事实上，

that your relationship with yourself,
你与你自己的关系，

and the degree to which you can be
at peace

你能与你自己内在

within yourself,

保持平和，

or calm within yourself,

或你自己内在保持镇静，

or come back to your breath and
return to that state,

或回归于你的呼吸并重返那种状态的程度，

is the degree to which you are empowered.

就是你所被赋权的程度。

and in being empowered,

而且被赋权时，

that then spills over into every other relationship

它就会溢出到每一个其他关系

and every other situation.

和每一种状况之中。