

## Expanding your heart 拓展你的心

maybe every loss,

也许每一种失去，

whether it happens

无论它是通过

through the predictable passage of  
time

可预见的时间的流逝或

or through some crisis where we have  
this

通过我们觉得我们的生命被

perception that our life has been cut  
short.

骤然截断的某些危机而发生。

maybe the grief that's left or the  
也许留下的悲伤或者我们  
sadness or the loss that we feel  
感受到的难过与失去  
is an invitation into a heart expansion.  
是进入心之扩展的一次邀请。  
now, on a spiritual level,  
现在，在一种精神的层面上，  
of course, we all know that we're  
infinite,  
当然，我们都知道我们是无限的、  
eternal and immortal,  
永恒的且不朽的，  
and that death, in some ways, is an  
illusion.

而那死亡，在某些方面上，是一种

幻象。

however, that doesn't really make it easier.

不管怎么样，这没有实际让它变得更轻松。

they're still waking up every day,

他们仍然每天都要醒来，

not hearing their voice,

听不见他们的声音，

not smelling their smell.

闻不见他们的气味。

coconut oil in the form of my grandma.

我奶奶身上的椰子油。

the mannerisms, their quirks, their idiosyncrasies,

特殊的习惯、他们奇怪的借口、他们的个人喜好、

their eccentricities, their traumas, their drama, their

他们的怪癖、他们的精神创伤、他们的戏剧性、他们

the complexity, the everything.

的复杂性、一切。

and I feel like sometimes grief is stigmatized.

而我觉得有时悲伤是被污名化的。

and especially in spirituality,

而且尤其是在精神方面。

sometimes people are made wrong

有时人们是做错了

for the time that it takes

在为他们处理这些

for them to move through things.

事情所花的时间上。

As you go through your life, your soul is involved in every part of your life. Humanity is experiencing your soul.

当你走过你的生活时，你的灵魂参与了你的生命的每一个部分。人的

属性正在体验你的灵魂。

## Snapshots of being 存在的快照

the sun doesn't need to know that  
it's the sun.

太阳并不需要知道它是太阳  
it cannot know itself through just  
being the sun,  
它无法通过仅仅“作为太阳存在”  
来认识自己，  
because it just is.

因为它就只是太阳。

however, it can know itself

然而，它可以通过

through everything that it's

encapsulated in

在这个星球上它

on this planet

所封装在内的

that constitutes life.

构成生命的一切来认识自己。

all right. well, if that's true for the

sun,

好了。嗯，如果这对于太阳来说成立，

well, then maybe that's true for your being,

那么，也许这对你的存在、  
for the essence of who you are,  
对你所是谁的本质、  
for who you authentically are.  
对真正的你是谁也成立。  
at the level of your being,  
在你的存在的层面上，  
you can't know that you're a being.  
你无法知道“你是一个存在”。  
however, you can experience  
不管怎样，你可以体验到  
these snapshots of being, these  
encapsulations of being  
这些存在的快照，这些通过  
through what you call the experience  
of your life.



你所称之为你的生命的体验的封装。

so just as much as the sun is involved  
in everything

所以仅仅像太阳参与了我们  
in our solar system,

银河系的一切一样，  
hence that's why it's called our solar  
system.

因此这是为什么它会被叫做我们的  
太阳系。

well, in that same way,

当然，同样的，  
isn't your soul involved in everything  
难道你的灵魂不是参与构成了  
that constitutes the experience of your

life?

你的生命的一切体验?

so then, isn't experiencing your  
humanity

既然如此，难道体验着你的人之属性

experiencing your soul?

不是在体验着你的灵魂?

isn't living your life experiencing your  
soul?

难道你所生活不是在体验你的灵魂?

isn't going through

难道走过

everything that you're going through  
一切你所走过的

experiencing your soul?

不正是在体验你的灵魂?

isn't your reality just a snapshot

难道你的现实不仅仅是

of your being?

你的存在的一个快照?

in the same way that everything in

our solar system

同样的在我们太阳系中的一切

is an encapsulation and a snapshot of

the sun?

是太阳的一个封装和一个快照?

Finding oneness

寻找合一

the person who's looking for the truth

寻找真相的人

can never find the truth,

永远不能找到真相，

because they are the truth.

因为他们就是真相。

just like a goldfish

就像一条金鱼

can never seem to figure out

似乎永远无法弄明白

where all the water's coming from.

所有的水从哪里来。

in that same way

同样的道理

a human being

一个人类

can never quite figure out where the  
oneness is.

永远无法彻底弄明白合一是在哪。

and the reason why

而一条金鱼无法

a goldfish can't figure out where all  
of the water is.

弄清楚所有的水是在哪。

rest in peace, Elvis.

憩息于平静， 艾尔维斯。

is because the goldfish is already in  
the water

因为金鱼早已在它所寻找的水

that it's looking for.

之中了。

in fact,

事实上，

a goldfish probably doesn't even label  
the water

一条金鱼可能都甚至不把水

as water. it's just in this thing.

当水。它只是在这东西里。

it's just in the experience of this thing.

它只是在这个东西的体验，之中。

human beings have worked  
themselves into,

人类存有把自己陷于了，

up into an existential malaise

弄进了一种存在主义迷惘

or fairly well,

或者说相当之甚。

because we've actually been trying to  
figure out

因为我们实际上一一直尝试于弄清  
楚

what this thing is called,

这东西叫什么，

what it feels like, what our role in  
all of it is.

他是什么感觉，我们在“它是”的  
一切之中的角色是什么。

so in some ways,

所以在某种程度上，

you see the humble goldfish as light  
years ahead

你见到那只不起眼的金鱼在  
of its development and evolution  
发展和进化上  
than your average human being will  
ever be.

远远领先于普通人类。

because the goldfish is not looking  
for the water.

因为那条金鱼并没有寻找水。

it's not defining it,

它并没有定义它，

it's not searching for it,

它并没有寻找它，

it's not seeking it,

它并没有谋求它，

it's just experiencing it.



它只是体验着它。

Breaking free of the past  
挣脱过去

when the projections and the  
distortions come

当投射和扭曲出现时  
you should celebrate.

你应该庆祝。

and I know it sounds crazy because,  
like

当然我知道这听起来疯狂因为，就好像

why should I celebrate?

为什么我应该庆祝？

Well, because when the projections and the distortions come

嗯，因为当投射和扭曲来临的时候 it means you're breaking free of where you used to be.

它意味着你正在从你的过去挣脱。 you're no longer afraid of being happy.

你不再害怕保持快乐。 you're no longer afraid of being the light that you are.

你不再害怕成为你本来的光。

you're no longer afraid of being the  
love that you are.

你不再害怕成为你本来的爱。

you're no longer afraid of being  
healthy.

你不再害怕保持健康。

you're no longer afraid of what people  
think about you.

你不再害怕人们对你的看法。

you're no longer afraid.

你不再害怕。

so every time you begin to evolve  
and accept

所以每次你开始进化和接受

and step into the totality of yourself  
并且迈向全然的你自己时

Not everyone in your life is going to be in the same page.

在你的生活中并不是所有人都走在同一页上。

in fact, it's almost like

事实上，几乎就像

people want to pull you into the same old argument

人们想要把你拉回旧有的那些争论

the same old drama the same old incompleteness.

旧有的情节，旧有的遗留问题。

in some cases,

在某些情况下，

they want to pull you into their

imbalances

他们想把你拉进他们的不平衡

and distortions

和扭曲之中

and they want to scare you out of  
your state.

他们想要把你从你的状态里吓退。

they want to intimidate you

他们想要威胁你

or manipulate you out of your state.

或操纵你离开你的状态。

I ' m using these words on purpose  
because

我有意地使用这些词汇是因为

it's very calculated.

它是非常蓄意的。

and this reminds me of where

这让我想起在

Neo and Morpheus are in the matrix.

黑客帝国中尼奥和墨菲斯的场景。

and Morpheus has to point out that

就是墨菲斯曾经指出

anyone who's not free of the matrix

任何并未从矩阵解脱的人

is still a part of the matrix

仍然是矩阵的一部分

and will be used by the matrix to

keep you captured.

而且会被矩阵所利用去俘获你。



Peace  
emerges  
when you  
stop arguing  
with reality.

Life becomes infinitely easier when



you stop fighting battles that were never yours to win.

当你停止去与本不属于你的博弈之胜而战斗时，生活变得无限轻松。

peace emerges when you stop arguing with reality.

当你停止与现实争辩时，平和便会浮现。





self-love  
is the  
foundation  
of all  
authentic  
relationships.

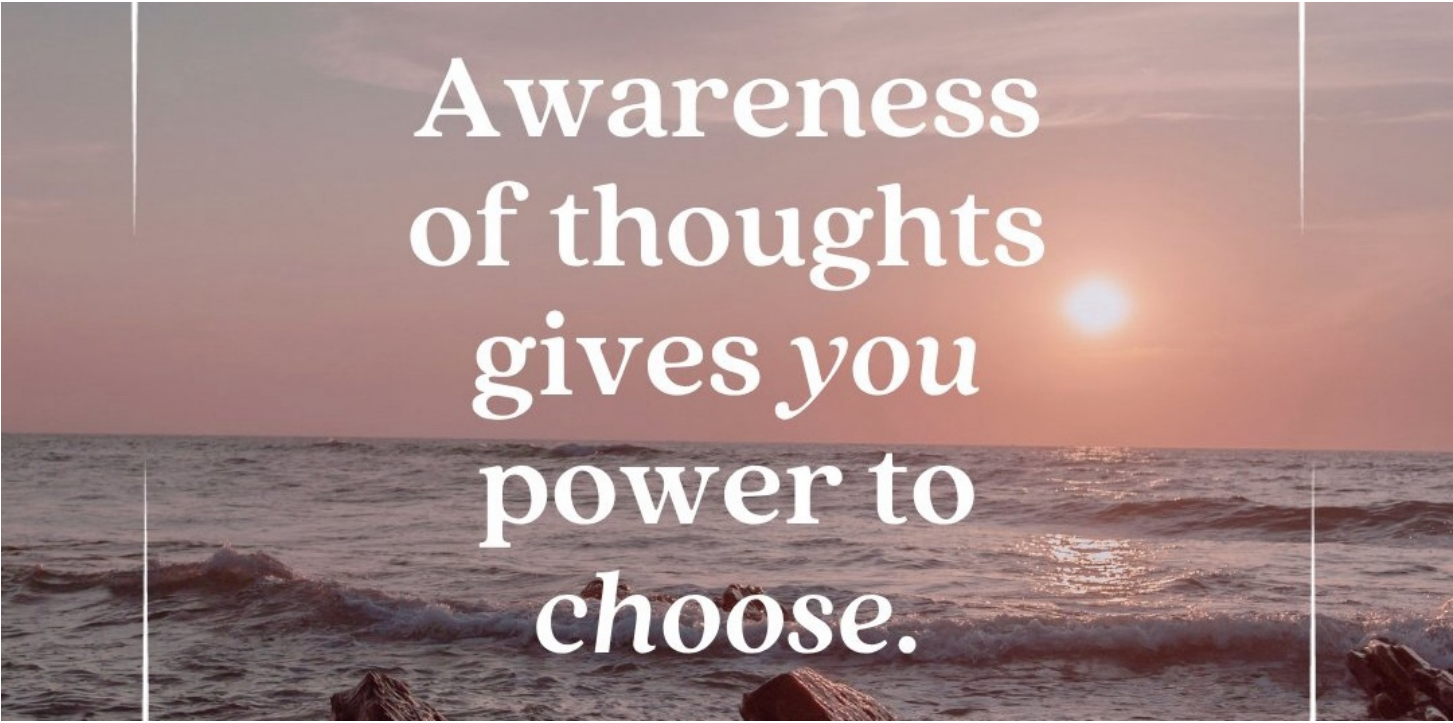
The way you treat yourself sets the

template for how others will learn to love you.

你如何对待你自己，为他人学习要如何爱你设置了模版。

self-love is the foundation of all authentic relationships.

自爱是所有真正关系的基础。



Awareness  
of thoughts  
gives you  
power to  
choose.

Between automatic reaction and conscious response lies the freedom to write your own story.

在下意识反应与有意回应之间存在于书写你自己故事的自由。

Awareness of thoughts gives you power to choose.

思想的觉察，给予你力量作出选择。

Your essence sets you up for success

你的本质为你铺就成功之路

I know that sometimes it feels like  
some of you

我知道有些时候就好像你们当中  
的一些人

kind of get lost in the illusion of this  
有点在这种错误感知的

false perception that you have

幻象中迷失，就是你有感觉犯了

that you've made a mistake or that  
you've

某种错误或

done something wrong.



做了什么错事。

and I have an interesting take on this,

对此我有一个有趣的看法，

so I'd like to just share it with you.

所以我想分享给你。

I feel, in my humble opinion,

我觉得，以我拙见，

that at the level of your soul,

在你的灵魂、

your being, your authentic self,

你的存在、你的真实自我层面上，

you're always setting yourself up for success.

你一直在为自己的成功铺路。

I don't think

我不认为

that you're actually ever operating  
against yourself

在最深层的你所是中，

or your best intentions

在你的个体身份之爱中，

at the deepest level of who you are,

你曾真正的与你自己

at the love of your identity.

或你的最佳意图做对过。

so at the level of

所以在选择点或

the illusion of choice points or

decision making,

决策的错觉层面上，

you can buy into

你可能轻信了

the false perception

that in some way you are  
undermining yourself or  
在某些方面你在自我打击或  
working against yourself or self  
sabotaging.

对抗自己或自我阻碍的感觉。

however, at the deepest level,

无论如何，在最深层，

what I've discovered, is that

我所发现的，我的

my being, the essence of who I am,

存在，我本质的“我是”，

has always set me up for success

一直在为我铺就成功之路

no matter what's happening at the level of identity.

无论在身份层面发生了什么。

so it's like your soul,

所以就像你的灵魂、

your being,

你的存在、

your essential self, who you authentically are,

你的本质自我、你真实的自我，

is always bringing the highest and the best into being.

总是在给存在带来最高最好的结果。



Awareness  
illuminates the  
space between  
stimulus and  
response.

In that sacred pause between what happens and how you respond, infinite possibilities are born.

在发生了什么与你如何做出反应之间的神圣停顿中，诞生出无限的可能性。

Awareness illuminates the space between stimulus and response.

意识照亮了触发与回应之间。





A person with long hair, wearing a red hoodie and black leggings, is walking away from the camera down a paved path. The path is covered with fallen yellow and orange leaves. The path is flanked by trees with green and yellow foliage. The scene is lit with warm, golden light, suggesting late afternoon or early morning. A semi-transparent dark rectangle is overlaid on the upper half of the image, containing the text.

Love yourself  
*through* your  
darkest moments.



Your gentleness toward yourself

during difficult times becomes the  
light that guides you home.

在艰难的时刻你对你自己的温柔  
成为指引你回家的光。

Love yourself through your darkest  
moments.

爱你自己，穿越你的至暗时刻。