

The importance of consistency

坚持下去的重要性

so this is how it works

这就是它的运作方式

this is where the consistency, the
commitment

这就是“始终如一”、承诺

and the repetition is so powerful,

和重复是如此的有力，

because some days it doesn't make sense,

因为有些日子并没有什么意义，

but you keep going,

但你坚持下去，

oh, God bless your little cotton climbing
socks,

哦，上帝保佑你们的小棉攀登袜，

you cuties. you keep going, man.

小可爱们。你们坚持下去，哥们儿。

and that's the key.

而且这就是关键。

so the more you keep going,

你们坚持地越久，

after a while,

过一会儿，

there's a point where you have this vibe shift.

就会迎来振动频率的转折点，

and that vibe shift is so powerful.

而且这种频率的转变是如此之强大。

because it rearranges

因为它重组了

your life, it takes care of everything.

你的生活，它会照料好一切。

It actually happens all by itself.

它确实是自然而然发生的。

your life just rearranges itself all by itself.

你的生活只是自然而然地自己重组了

and then I'll get the call, oh, my God.

然后我将突然惊叹到，oh，我的上帝，

I'm in a relationship with someone who
actually loves me.

我与真正爱着我的人在一起。

I've got investments that are peaceful,

我已有了稳定的投资，

that are doing things for me.

为我所用。

because the more you love yourself,

因为你越爱你自己，

the more life loves you back,

生活就会回给你越多的爱，

the more life can love you.

生活也就可以更爱你。

The comfort of knowing

认知带来的慰藉

in my humble opinion,

以我谦虚的意见，

it's become a lot easier to be a human
being

作为一个人类和经历世事

and to go through things.

变得非常简单。

and now we know that

而现在我们明白

going through things isn't a sign that,
you know,

经历世事并不意味着，你知道，
the universe has abandoned us.

“宇宙遗弃了我们”。

going through things is just a part of
life and living.

经历世事只是生活和生命的一部分。

you never know.

你永远不知道。

you never know what's gonna happen.

你永远不知道将会发生什么。

you never know where you're going to
end up.

你永远不知道你会在哪里终结。

you never know how life is going to
translate itself.

你永远不知道生命将如何诠释自己。

and you begin to find a sense of comfort

认知到这些，然后你开始

in knowing that.

寻找一种慰藉。

that I've got what it takes to live my
life.

那就是我拥有过好我的此生所需要的一切。

Loving your body

爱你的身体

all these different spectrums of human
experience

所有的这些人类体验的能量或振动

and energy or vibrations,

的不同光谱，

rates of vibration.

不同的共鸣。

you've got all these different

你拥有所有这些不同的

luminous expressions of life, right,

璀璨的生命表达，对吧，

that constitute who we are

它们构成了我们是谁

right, when you put it all together, it's

you

对吧，当你把它们全部整合，它就是

in your totality.

完全全然的你。

it's about loving

它关于爱

all of these different spectrums of light,

构成你人类体验的光的所有这些不同的光谱，

all of these different vibrations and frequencies

所有这些不同

that constitute your human experience.

的振动和频率。

so loving your body means loving.

所以爱你的身体就意味着爱。

loving the body that you have now,

爱你现在所拥有的身体，

being grateful for it,

为它而感恩，

irrespective of what you're going
through.

无论你正在经历着什么。

especially if you're going through a
disease

尤其是如果你正在经历某种疾病
or an illness,

或病痛，

it's loving your body in the midst of
that

在这个过程中依然爱你的身体

and loving the thing that you're going
through,

并且爱你正在所经历的，

which can be cancer. it can be some
illness,

它可能是癌症。它可能是某些病痛，

some disease, some diagnosis, some
imbalance.

某些疾病，某些诊疗，某些失衡。

whatever it is, it doesn't matter, right?

无论它什么，都不重要，对吧？

the question is, can we love what's
happening?

问题是，我们能否爱当下所发生的？

and at first, of course,

一开始，当然，

probably not, because it's going to be
shock.

可能不会，因为它发生的十分的冲击。

there's going to be grief, there's going
to be anger,

这会悲伤，这会愤怒，

there's going to be denial.

这会有拒绝接受。

you're going to go through all of the stages with it.

你将要经历它发生的所有阶段。

but after a while, it's like, okay, but wait a minute.

但过一会，它就像，okay，但是等等，

this is the only body that I have.

这是我唯一拥有的身体。

I don't have a spare lying around

anywhere.

我并没有在任何地方有一副备用的。

then maybe the whole point

然后也许我存在

of my being in this body is to love my
body

在这副身体里的所有核心就是去爱我的
身体

through all of the many seasons,

穿越所有的季节，

all of the many changes,

所有的改变，

all of the many shifts

所有的转变

that I'm going to go through on a physical

level

我作为一个人类存有

as a part of being a human being.

在物质层面所要经历的。

Finding your vibrational match

找到你的同频共振

vibrational match is like blood type.

共振频率就像血型。

all of a sudden you're like,

突然间，你就像，

oh, I'm so unique in who I am

哦！我因“我是”而如此的独特，

and everything's so out of resonance with
me

所有的一切都不在我的共振之内

and I'm not in alignment with anything.

而且我没有任何能对其的东西

and then all of a sudden

然后就突然间

you open up this whole universe to you

你开启了整个宇宙对你

of this vibrational match

共振每一个人的

where everyone,

频率的敞开

all of a sudden everything that's

alignment with you.

突然间，所有的一切与你和谐起来。

so if you're a B positive,

这就是好比你是 B 型阳性

you start attracting all this B

你便会开始吸引 B 型阳性

positive into your life.

进入你的生活。

now be careful, you're not manifesting

anything.

现在注意下，你并不是显化任何东西

you, you didn't get out your wand and

give it away,

你，你并没有拿出你的魔杖

even shalom a do or something

念个咒语什么东西的

and make it happen.

让它发生。

no, you're just finally now allowing it
to happen.

不，你只是最终开始允许它发生

because you're living in your heart.

因为你正活在你的心中。

and when you begin to live from your
heart,

而什么时候你开始从你的心开始生活
every area of your life begins to shift.

你生活的每一个领域都开始转变。

you're the same person but every area
of your

你还是同一个人，但你生活的每个领
域

life begins to shift totally in every way.

都开始在方方面面彻底地转变。

and then all of a sudden it's like panache.

然后一切突然间变得光辉明朗。

I can't believe it.

我简直不敢相信。

like people, people around me are starting
to be happy.

就好像人们，在我周围的人们开始变得快乐。

like we're listening to different music in
the house.

就好像我们在房子里正听着不同的音乐。

like we're dancing in the mornings

就好像我们在清晨中跳舞。

and everything's beginning to shift and

而所有的一切都开始转变

I can't believe it.

我简直不敢相信。

I can't believe what's happening. you know,

我简直无法相信发生了些什么，你知道，

and that's what it is.

这就是它的本真。

heart based manifestation

基于心的显化

is the conscious manifestation of yourself,

beloved.

是你自己觉知的显化，心爱的。

Opening your Heart

打开你的心灵

and let's begin by putting our, non juicy,

让我们开始通过将那些，不够多汁的、

slightly bitter

略带苦涩的部分

in this mango heaven of our heart chakra.

也放入我们心轮的芒果天堂中



so just allowing anyone

现在开始就只是，允许任何

that you're having a hard time with

使你感到棘手时光的

right now,

人们，

or anyone that you're having a great time

with

或任何此刻使你感受到相处愉悦

right now

的任何人

to reside in the domain and the kingdom

of your heart.

居于你心灵中的领域与王国。

the light, the love and the presence of
your heart.

你的心中的光，爱与临在。

and just noticing what happens when you
allow

然后仅仅去注意到当你允许

any human being, every human being,

任何人，每一个人，

to be accepted and embraced in you.

被你接纳和拥抱时会发生什么。

you allow them,

你允许了他们，

you stop surviving them, right?

你停止了从他们而挣扎，对吧？

because sometimes you're just surviving people.

因为有时候，你仅仅是挣扎着应对某些人。

like sometimes some of you are in relationships

就像有时你们在的某些关系中，

and you're just surviving the relationship.

仅仅是在挣扎着维系那段关系。

instead of surviving the relationship,

取代挣扎着维系关系，

accept and embrace it

以接受和拥抱它

and allow it to come up to the heart.

允许它进入心灵。

A moment of meditation

冥想的时刻

just becoming aware of your every
inhalation and

只是开始留意你的每次吸气与

exhalation and just allowing yourself to
connect

呼气，允许你自己连接

to this love that you are.

你的本质之爱。

it's amazing how

它很奇妙

anytime anyone experiences god or

当任何人体验到 GOD 或

experiences the divine

体验到神圣

or whatever they believe to be this higher

power,

或任何他们相信这是更高力量的时候，

they always speak of it in the same way.

他们总是以同一种方式形容它。

it's always love.

它总是爱。

it's always love beyond description,

它总是超越描述的爱，

love beyond anything that

超越任何他们

they could ever comprehend or imagine.

能理解或想象的任何事物的爱。

so. just getting in touch with this love,

所以。只要触碰这份爱，

that's the truth of you.

那是你的真实的本质。

because really

因为真实的

who you authentically are is love.

真正的你 就是爱。

so becoming aware of each inhalation and
exhalation

所以开始把注意力放在每次吸气与呼
气之中

and allowing yourself

并且允许你自己

to become aware of the love that you
are.

去意识到你本真是爱。

now, here's where it gets interesting.

现在，开始变得有趣了。

when you start to align with your heart

Chakra,

当你开始与你的心轮对齐时，

the next step in all of this or the next

在这整个过程中的下一步

piece that unfolds

或展开的下一环节

is to cultivate your ability to live from

it.

是孕育你为爱而生的能力

to live from the heart, to live from love

从心而活，为爱而生。

and knowing that you're fully capable
of doing so.

并且知道你完全有能力做到。

so just resting in the awareness of the
breath

所以只要安住于呼吸中的觉知，

and just becoming profoundly aware

只是深刻地体认到

that who you really are

你的本真

Is love.

是爱。

pure love.

纯粹的爱。

Living the love that you are

活出你的临在之爱

I'm ready to be who I authentically am.

我已准备好成为真正的我。

and it's safe for me to manifest my final
form,

显现我的最终形态对我而言是安全的，
love, pure love.

爱，纯粹之爱。

and I accept and embrace everything
within me

我接纳和拥抱在我之内

that has me believing otherwise as it
arises.

浮现的与我信念相悖的一切。

because it is my destiny to embody the
love that I am.

因为它是我的天命以体现我的临在之
爱。

and to live it.

去活出临在之爱。

accepting and embracing the childlike
parts of me

接纳和拥抱我如孩子般的部分

that are afraid,

感到恐惧的它们，

that felt powerless.

感到无力的它们，

accepting and embracing

接纳和拥抱

the adolescent aspects of myself,

我的不成熟的面向，

the adult aspects of myself,

我的成熟的面向，

and just letting everyone know now

然后只是让它们每一位知晓，现在

that they're okay, that it's okay, that

we're okay.

它们很好，一切都好，我们很好。

