

愛與光之圖書館合集

(1974-1979 譯文初稿)



Translated by T.S.

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June 6, 1974

1974-06-06 Deltron : 尋找幸福的藍鳥

(Unknown channeling)

(未知者傳訊)

(Inaudible) in my presence. I am a new teacher to this instrument and (inaudible). I have also this evening which you would say is many miles away (inaudible).

(聽不見) 在我的存在中。我是這個器皿的一個新的老師 (聽不見)。我同樣在今晚擁有你們會說是許多英里遠 (聽不見)。

I would like to say but a few words; that there will be many teachers that will come to you. There will be many different kinds of channels. There will be some who can see the future, (inaudible). And there will be more than one teacher who (inaudible). And you will know the difference of the vibration and (inaudible).

我僅僅想要說一些話，將會有很多的老師將會來到你們身邊。將會由很多不同類型的管道，將會由一些管道能夠看到未來，(聽不見)。將會有多於一位的老師 (聽不見)。你們將會知曉振動的不同 (聽不見)。

It is remarkable and unusual and delightful to see, I would say, the younger generation interested in our thoughts. But again, if you really think that, haven't you always known this? But at times when you do (inaudible). We know if you feel (inaudible) ... It is in your actions and it is the way you say you feel. And the way (inaudible). The way you help and the way you do help (inaudible). You all must work and the work is not easy. And it will not be done for you, but you will be guided as we always try to do. You will be given suggestions, as one of your words—a hint—of a means. And sometimes (inaudible). And what one can figure out himself. To do something yourself (inaudible).

看到，我會說，較為年輕的世代對我們的想法感興趣，這是顯著的，非常尋常的且令人高興的。但是，再一次，你們是否真的認為，你們難道不是一直都知曉這一點嗎？但是，在一些時候，你們並不 (聽不見)。我們知道，如果你們感覺的話 (聽不見) 它是在你們的行動，它是你們說你們感覺到的方式。方式 (聽不見)。你們幫助的方式與你們進行幫助的方式 (聽不見) 你們全都必須工作，工作不是容易的。它將不會為你們被完成，但是，你們將會被指引，如我們一直都嘗試去做的一樣。你們將會被給予對一條途徑的建議，如同你們的一個詞語一樣——一個暗示。時常 (聽不見)。一個人能能夠為他自己弄清楚的事情。去做某個事情你自己 (聽不見)。

(Inaudible)

(聽不見)

I will not speak any longer because I know that you must be weary. But if (inaudible) will avail himself, Deltron would like to speak for just a brief

moment. I leave you with this thought in mind: all there is, you are. My love. I am Nona.

我將不會發言更長的時間，因為我知道你們必定是疲倦的。但是如果（聽不見）將會讓他自己被取得，*Deltron* 想要發言僅僅一小段時間。我離開你們，請將這個想法記在頭腦中：你們就是一切萬有。我的愛。我是 *Nona*。

(Unknown channeling)

(未知者傳訊)

(Inaudible) in the radiance and love of the infinite One. I am known as *Deltron*. I am fairly new with this speaker. I have been here for some time and I have been observing classes of students that my brother *Hatonn* is working with. I have found communication with your people interesting and delightful. I have not spoken through an Earth instrument until a few months ago when I spoke through this instrument for the first time. I told him, at this time, I was not of this galaxy. I am from another galaxy entirely different from this planet's.

（聽不見）在無限太一的愛的輻射中。我是被知曉為 *Deltron* 的實體。我對於這個發言者是相當新的。我已經在這裏有一些時間了，我一直都在觀察我們的兄弟 *Hatonn* 正在與之一同工作的這個學生的班級。我已經發現與你們的人群的溝通交流時有趣的且令人愉快的。我一直到幾個月前都尚未通過一個地球的器皿發言過，在幾個月前，我第一次通過這個器皿發言過。我在此刻告訴他，我並不是屬於這個星系的。我是來自於與這個行星的星系完全不同的另一個星系。

I and many of my brothers have answered the call to come and assist the people of Earth. We have been up to now merely observing and learning the techniques of contacting the Earth people. Some of our observations are very interesting. We find your people still devoting a great deal of their time to elaborate ritual, to the building of fabulous houses. We find your people searching in all directions for that which they call the light of their Creator.

我和我的很多的兄弟都已經回應了呼喚，以便於前來幫助地球上的人。我們至今僅僅一直都在觀察並學習與地球人進行接觸的技巧。我們的一些觀察是非常有趣的。我們發現你們的人群仍舊在將它們大量的時間投入到苦心經營的儀式，投入到了構建漂亮的房屋之中。我們發現你們的人群在所有的方向上尋求它們稱之為它們的造物者的光的事物。

My friends, there is a story upon your planet. I believe it is referred to as the search for the bluebird of happiness. In this search, an individual was seeking happiness and much to his own surprise he did not find happiness until he looked in his own backyard.

我的朋友們，在你們的星球上有一個故事。我相信它被稱為尋找幸福的藍鳥。在這種追尋中，一個個體正在尋求快樂，會讓他感到極其吃驚的事情是，一直到他在他的自己的後院裏尋找之前，他都沒有找到快樂。

My children, this is the truth of your searching. Search no further than yourself because your Creator has endowed you with all you will ever need. It is there for you to find. It is found in sincere searching through love for yourself and

for your fellow man. It is found (inaudible) within yourself. It is found through consideration, compassion and the reflection of love and understanding to those about you. You are well on your way and there are many more to guide and direct you. It is up to you to open your heart and to reflect that radiant light, that loving presence that is within you today.

我的孩子們，這就是你們的尋求的真理。不要在比自己更遠的地方尋求，因為你的造物者已經賦予了你們所有你們將會需要的事物。它就在那裏讓你去發現。它是通過對你自己的愛，以及對你的夥伴的人在真誠的尋求中被找到的。它是在你自己內在中被找到的（聽不見）。它是通過考慮，同情心以及對那些在你周圍的人映射的愛與理解而被找到的。你們是很好地走在你們的道路上的，會有遠遠更多的實體要指導並指引你們。開放你們的心，並將今天在你們內在之中的輻射的光與有愛的存在映射出來，這是由你們決定的。

I believe I have spoken long enough this evening and I shall extend to each one of you the love, the understanding, and the warmest blessings from myself and from my brothers. May each of you walk in the light of that radiant light. Fill yourselves with light [from] those of us.

我相信我已經在今晚發言足夠長的時間了，我將會向你們每一位致以愛，理解以及乃至我自己以及我的兄弟的最熱情的祝福。祝願你們每一位都走在那種輻射的光的光明中。用來自我們的光充滿你們自己。

I am Deltron. I [bid] each of you go in peace and be of good cheer in the days to come. Vasu. Vasu, my friends.

我是 *Deltron*。我在平安中向你們各位告別，在即將到來的日子裏振作精神。*Vasu*。
Vasu 我的朋友們。

June 6, 1974

Hatonn : 真實的進展

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn. I greet you, my brothers, in the love and in the light of our infinite Creator. I am most pleased to greet each of you this evening. It is a privilege to be speaking with this group of seekers. My friends, it is a very pleasing circumstance to us to notice that your paths have all crossed for this meeting.

我是 *Hatonn*。我的兄弟們，我在我們的無限造物者的愛與光中向你們致意。我在今晚向你們每一位致意是極其高興的。與這個尋求者的團體發言是一種榮幸。我的朋友們，注意到你們的道路已經因為全都交匯來進行這次集會，這對於我們是一種非常令人高興的場合。

We have been aware of your desire to serve for, in some cases, a considerable length of time as you know. No one can know better than some of you here tonight that our mission on planet Earth has not been as successful as we had hoped. The harvest is coming, my friends, it is coming very quickly. And the harvest will be somewhat smaller than we had ever hoped. And in this fact we experienced a degree of sadness for we attempted to the best of our ability to alert all of those on the planet known as Earth who could hear to the possibility of a higher existence. And in many, many cases this information was not recognized or desired. You, too, from attempting to express the thoughts of the Creator have often found this to be so. And I am aware of the great sadness that you too feel.

我們已經察覺到你們對服務的渴望，在一些情況中，有一段相當長的時間了。沒有人能夠比今晚在這裏的你們中的一些人更好地知曉，我們在行星地球上的使命並未如同我們已經期待地一樣是成功的。收割正在到來，我的朋友們，它正在非常快速地到來。收割將會是比我們曾經期待過的要多少有些更為小的。實際上，我們體驗到一種程度的傷心，因為我們盡我們最大的能力嘗試去提醒所有在被知曉為地球的行星上的能夠聽到的人，存在有一個更高的存在性的可能性。在很多很多情況中，這個資訊尚未被認出或者被渴望。你們，同樣，在嘗試去表達造物者的想法的時候，已經發現就情況就是這樣子的。我察覺到你們同樣感覺到的巨大的悲傷。

My friends, although this call bides within us all, let us not spend more time than is necessary to accept this experience for there is a great deal to do for the ones who have not rejected the higher experience. There will be many who still seek and some who flounder (inaudible) and there is much that ones who are aware of truth can do to encourage those who are seeking towards a path that will lead them into the real creation.

我的朋友們，儘管這種呼喚是在我們全體內在之中等待著的，讓我們不要花費比需要的時間更多的時間來接受這個體驗，因為會有大量的要為那些尚未拒絕更高的體驗的人去做的事情。將會有很多人仍舊是在尋求，會有一些人會慌亂地應付

(聽不見)會有大量的那些察覺到真理的人能夠做的事情，以鼓勵那些正在向著一條道路尋求的人，這條道路將會引領它們進入到真實的造物中。

True progress, my friends, is without the dimension of time and without the dimension of space. That which you do for one, you do for all. And as you meditate, my friends, your meditation is the totality of what you can offer. Do not be discouraged, but continue in your seeking and through daily meditation keep yourself grounded well in the creation of the Father, for we have much to do yet and it is our greatest privilege to share with you our thoughts. We may be of much help, my friends, never doubt that.

我的朋友們，真正的進展是沒有時間的維度且沒有空間的維度的。你們為一個人做的事情，你們就是為所有人做了。當你們冥想的時候，我的朋友們，你們的冥想就是你們能夠提供的事物的全部了。不要感覺洩氣，而是在你的尋求中繼續，並通過每日冥想讓你自己良好地紮根于天父的造物中，因為我們擁有大量要去做的事情，與你們分享我們的想法是我們最大的榮幸。我們可以產生很多的幫助，我的朋友們，永遠不要懷疑那一點。

I would like to condition others of this group who desire for a period. And then I will transfer this contact to another instrument if he will avail himself. I am Hatonn.

我想要調節這個團體中的其他的渴望的實體一段時間。接下來，我將要將這個接觸轉移到另一個器皿，如果他願意讓他自己可供利用的話。我是 *Hatonn*。

(Unknown channeling)

(未知者傳訊)

I am (inaudible) a great honor to be with you through these group meditations. You will find (inaudible). I and my brothers are (inaudible). I will at this time transfer to another instrument. I am Hatonn.

我是 (聽不見) 通過這些團體冥想與你們在一起是一種巨大的榮耀。你們將會發現，(聽不見)。我和我的兄弟是 (聽不見)。我將會在此刻轉移到另一個器皿。

(Carla channeling)

(Carla 傳訊)

We are having some difficulty, my friends, contacting the instrument known as R. If she will avail herself to our contact, we will attempt to communicate a brief message through her. I am Hatonn.

我的朋友們，我們在與被知曉為 *R* 的器皿接觸的過程中正在遇到某種困難。如果她願意讓她自己可以為我們的接觸所取得，我們將嘗試去通過她交流一個簡短的資訊。我是 *Hatonn*。

(Pause)

(暫停)

I am again with this instrument. I am Hatonn. I will leave you now, my friends.

I leave with a thought. The thought is one of love, my friends. The simple and eternal question is always, "What is love?" Love is all, my friends. He is love. Be one with love and allow the divine love of the Creator to flow through you. In this way, my friends, you know the ecstasy that comes with being one with [all] that there is.

我再一次與這個器皿在一起了。我是 *Hatonn*。我現在將要離開你們，我的朋友們。我留下一個想法。這個想法是具有愛的想法，我的朋友們。簡單而永恆的問題一直都是，“愛是什麼？”我的朋友們，愛是萬物。造物者是愛。與愛合一，並允許造物者的神聖的愛流經你們。我的朋友們，用這種方式，你們會知曉伴隨著與一切萬有合一而出現的狂喜。

I leave you in the love and in the light of our infinite Creator. I am *Hatonn*. *Adonai*.

我在我們的無限造物者的愛與光中離開你們。我是 *Hatonn*。 *Adonai*。

June 7, 1974

Hatonn : 想像死亡

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I greet you, friends, in the Creator 's light and love. It is a great privilege to speak with you this evening. I am aware of your questions. Although we are capable, as members of the Confederation, of perceiving and understanding the (inaudible) thoughts of those upon your planet, we are reluctant to attempt to explain certain of these thoughts. The intention of the (inaudible) personality, as we would call it, is to achieve understanding of some aspect of your illusion which the entity is experiencing in a waking state which is causing him confusion. By means of alternate representation of the waking illusion, the sleeping individual is able to, shall we say, come to terms with the illusion. This is sometimes a lengthy process and the dream recurs unchanging as the understanding that is needed is acquired.

我是 *Hatonn*。我的朋友們，我在造物者的愛與光中向你們致意。在今晚與你們發言是一種巨大的榮幸。我瞭解了你們的問題了。儘管我們，作為星際聯邦的成員，能夠感覺並理解那些在你們的星球上的人的（聽不見）的想法，我們不情願嘗試去解釋這些想法中一定的想法。（聽不見）人格的意願，如你們對它的稱呼一樣，是去取得對實體在一種醒著的狀態中正在體驗到的你們的幻象的某個正在對它造成混淆的面向的理解。藉由對醒著的幻象替代性的表現，睡著的個體同樣也能夠，容我們說，友好相處。這有時候是一個漫長的過程，夢境會原封不動地作為需要被取得的理解而重複出現。

To explain what the symbols of a dream mean before the waking personality is ready to understand the dream may not be helpful. Therefore, we will not comment upon the dream of which you spoke except to indicate that it is a normal and ongoing pretense (inaudible) of the individual of whom you speak to attempt to understand the natural processes which occur within the physical illusion, especially within the context of time. I am sorry that I cannot satisfy your curiosity. And most specifically, however, it is my privilege to have been able to answer you as best as I could.

要對一個醒著的人格解釋一個夢境的象徵意味著什麼，就是要準備好理解夢境可能是沒有幫助的。因此，我們將不會對你們談及的夢境進行評論，而僅僅是指出，它是一個通常性的，進行中的（聽不見）你們談及的個體嘗試去理解在物質性的幻象中，尤其是在時間的背景中，發生的自然而然的過程。我們很抱歉，我們無法滿足你們的好奇心。然而，極其明確地，已經能夠盡我們最大的能力來回答你們，這是我們的榮幸。

My friends, this evening I would like to say a few words about the concept of death. Why do I bring this up, my friends? It seems the proper time to ask you to hold it as clearly as you can as a concept of a real and specific context within your imagination. Imagine your own death, my friends. Imagine each death and dismal corridor of pain and difficulty and lack of faith (inaudible).

Imagine all the evil, the negativity, the limitations. Imagine it all, my friends. Allow it to build and build and build until you have a big and towering mountain of death and destruction.

我的朋友們，今晚我想要關於死亡的觀念說一些話。為什麼我提出這個觀念呢，我的朋友們？它看起來似乎是適當的時間來請求你們盡你們所能地清晰地將其作為一個真實而明確的觀念保持在你們的想像力之中。想像你自己的死亡，我的朋友們。想像每一個死亡，痛苦與困難的陰鬱的通道，缺少信心（聽不見）。想象所有的邪惡，負面性，限制性。想像它的全部，我的朋友們。允許它積累，積累，不斷積累，一直到你擁有一座巨大而高聳的死亡與毀滅之山為止。

What are you looking at, my friends? What are you imagining? What are you afraid of? What do you know about death, my friends? You have been exposed to much information. It is now that the time has come to begin to absorb this information. What do you know about negativity, my friends? Do you then run for death? There are many on your planet who do. Instead of being involved in the cycle which is of the day, they are involved in the glory of the cycle which may be described as of the night. They sincerely hope for death, either of a searching concern or because they are aware that things will be better to grasp their beginning after the physical death.

我的朋友們，你們正在看著什麼呢？你們正在想像什麼呢？你們害怕什麼呢？你們關於死亡知道什麼呢？你們已經接觸過大量的資訊了。現在就是開始吸收這個資訊的時間了。你們關於負面性知道什麼呢，我的朋友們？你們在那個時候會奔向死亡嗎？在你們的星球上有很多人會這樣做。與其被包含在白天所屬於的週期中，它們寧願被包含在可以被描述為黑夜的週期的榮耀之中。它們真誠地希望死亡，要麼出於一種尋求上的利害關係，要麼因為它們察覺到事情將會在物質性死亡後可以更好地掌握它們的意義。

But what do you know, my friends? As you meditate what pours forth from within your soul? Are you not aware that which is light and dark which is darkness? That which is life and which is death is merely part of the infinite cycle of an eternal and unchanging creation. A creation which has neither life nor death, my friends, neither dark or light, but is all things, is all cycles, not unmatched and resolved in unity and love. Facing darknesses, my friends, you have nothing to lose but the fear that is holding you within a prison of your own choosing within your mind.

但是我的朋友們，你們知道什麼呢？當你們冥想的時候，什麼事物從你們的靈魂中噴湧而出呢？你們難道不知道，光之所是，以及黑暗之所是的黑？生命之所是與死亡之所是，僅僅是一個永恆而很久的造物的無限的週期的一部分。這樣一個造物既不是生命，也不是死亡，既不是黑暗，也不是光明，而是所有事情，是所有的週期，這樣一個造物是匹配並消融在統一與愛中的。我的朋友們，在面對黑暗的時候，除了恐懼之外你們沒有任何要失去的事情，那種恐懼會將你們囚禁在你們自己在你們的心智中選擇的一個監獄中。

I will attempt now to transfer this contact to another instrument. I am Hatonn.

我現在將嘗試去將這個接觸轉移到另一個器皿。我是 *Hatonn*。

(Unknown channeling)

(未知者傳訊)

I am Hatonn. I am now with this instrument. We would like to, at this time, to speak with you upon the subject of love as experienced by the people of your planet. We have expressed many times that those upon your planet do not truly realize the concept of love. (Inaudible) attempt to define the concept (inaudible). Yet we find that it is the only word to express that which will (inaudible).

我是 *Hatonn*。我現在與這個器皿在一起了。我想要，在此刻，在被你們星球的人群體驗為愛的主題上對你們發言。我們已經很多次表達過，在你們的星球上的人群並不真正領會愛的觀念。(聽不見)嘗試去定義觀念(聽不見)。而我們發現，它是唯一表達了將會(聽不見)的事物的詞語。

(Inaudible)

(聽不見)

I shall leave you at this time in the love and the light of our infinite Creator. Adonai vasu borragus.

我將要在此刻在我們的無限造物者的愛與光中離開你們。*Adonai vasu borragus*。

June 8, 1974

1974-06-08 Hatonn : 對實相的察覺與欣賞

(Don channeling)

(Don 傳訊)

I am Hatonn. I greet you, my friends, in the love and light of our infinite Creator. It is a great privilege to be with this group once more. It is always a great privilege for those of us in the Confederation of Planets in the Service of the Infinite Creator to speak to those of planet Earth who desire our services. 我是 Hatonn。我的朋友們，我們在我們的無限造物者的愛與光中向你們致意。再一次與這個團體在一起是一種巨大的榮幸。我們這些屬於服務於無限造物者的星際聯邦的實體對那些行星地球上渴望我們的服務的人發言，這一直都是一種巨大的榮幸。

We are here to attempt to aid man on Earth, but in order to aid him he must desire this aid, for this is our understanding of the Creator 's plan and the Creator 's desires: that man, wherever or whoever he may be, should receive exactly and totally what he desires. We have been for many of your years attempting to aid the people of this planet. We have been required by our understanding of our Creator 's principle to remain in hiding, for we cannot serve one individual and at the same time do a disservice to his neighbor by proving within his own mind that we exist, for many of those of planet Earth at this time do not desire to believe in or have proof of our existence. For this reason we find it necessary to speak to those who seek through channels such as this one. We find it necessary to give to those who seek that which they seek in such a way that they for themselves may appraise its value and accept or reject on their own terms those thoughts that we bring, and being our understanding of the reality of the creation in which all of us exist.

我們在這裏是來嘗試去幫助在地球上的人，但是為了要幫助他，他必須渴望這種幫助，因為這就是我們對造物者的計畫與造物者的渴望的理解：人，無論他可能在哪里，無論他可能是誰，他都將會準確地並完全地接收到他渴望的事物。我們在你們的很多年的時間中已經一直都在幫助屬於這個星球的人了。我們已經被我們對我們的造物者的原則的理解要求留在隱藏處，因為我們無法服務一個個體，並同時藉由在他的鄰居的頭腦中證明我們是存在的而對他的鄰居產生損害，因為在此刻很多屬於行星地球的人並不渴望去相信或者證明我們的存在性。因為這個原因，我們發現需要通過諸如這個管道之類的管道來對那些尋求的人發言。我們發現需要用這一種方式來給予那些尋求的人它們尋求的事物，它們可以為它們自己評價它的價值，並依靠它們自己來接受或者拒絕我們帶來的想法，我們的帶來的想法是我們對我們全都存在於其中的造物的實相的理解。

Man upon Earth is conscious and intelligent and yet for the most part he is unaware of reality. He is unaware of the simple reality that he is capable of sensing with his physical senses. In addition, he is unaware of the much greater reality that lies outside the boundaries of his physical senses. For the most part, man on Earth has neglected the beauty and the order of the

creation that surrounds him. He neglects notice of his total support by this creation. He neglects noticing that he breathes the atmosphere without which his physical body could not exist. He neglects perceiving that he partakes of the food that is amply supplied by the Creator.

在地球上的人是有意識且有智能的，而他大部分並未察覺到實相。他並未察覺到他藉由他的身體的感官能夠感覺到的簡單的實相。另外，他並未察覺到存在於他的身體感官外部的遠遠更大的實相。在地球上的人大部分都已經忽略了包圍著它們的造物的美麗與秩序。他沒有注意到它是完全被這個造物支持的。他沒有注意到他呼吸著空氣，沒有空氣，他的物質性身體就無法存在。他忽略了感覺到他吃掉了被造物者豐盛地供給的食物。

My friends, man on Earth has come to look at these things as being provided by his own technology and devices. He has become very shortsighted in appreciation of the creation. He does not understand the true meaning of the simple and beautiful life that surrounds him. He does not appreciate its generation and regeneration. He learned that the very atmosphere that he breathes is cycled through the plant life to be regenerated to support him and his fellow beings and creatures. And yet this seems to the vast majority of those who dwell upon this planet to be an exercise in technology rather than one in theology.

我的朋友們，在地球上的人已經開始將這些事情視為是被他自己的技術與設備所提供的。他已經在對造物的欣賞中變得非常短視了。他並不理解包圍著他的簡單而美麗的生命真實的意義。他並不欣賞它的產生與再生。他瞭解到他呼吸的空氣是通過植物生命被迴圈的，以再生來支持他，他的夥伴與生物。而這對於居住在這個星球上的絕大多數人看起來似乎是一個科技方面的實踐，而不是在神學方面的一個實踐。

And there is no awareness of the Creator's plan to provide for His children, to provide for their very desire and to provide a state of perfection. Man on Earth has lost the awareness that is rightfully his. And why, my friends, has he lost this awareness? He has lost this because he has focused his attention upon devices and inventions of his own. He has become hypnotized by his playthings and his ideas. He is but a child in his mind.

沒有對造物者要為祂的孩子們提供的計畫，對造物者要為它們的內在的渴望提供的計畫，對造物者要提供一個完美的狀態的計畫的認識。在地球上的人已經失去了這種正當地就是屬於他的認識。我的朋友們，為什麼他失去了這種認識呢？他已經失去了這種認識，因為他將他的注意力聚焦在屬於他自己的計畫與發明上了。他已經被他的小玩意與他的觀點催眠了。他不過是在他的心智中的一個孩子。

And all of this may be very simply remedied, and man can once more return to an appreciation of reality rather than an appreciation of the very false illusion created by his mind. All that is necessary, my friends, is that he individually avail himself to this appreciation of reality through the process of meditation, for this process stills his active conscious mind which is continually seeking stimulus within the very false illusion developed over so many centuries of time upon planet Earth. And very rapidly then he can return to an

appreciation of the reality in the functioning of the real creation.

所有這些都可以非常簡單地被糾正過來，人能夠再一次返回到一種對實相的欣賞，而不是一種對由他的心智創造的非常虛假的幻象的欣賞。我的朋友們，所有需要的事情，就是個體通過冥想的過程讓他自己受益於對實相的欣賞，因為這個過程會讓他的活躍的有意識的心智安靜下來，這個有意識的心智是持續不斷地在非常虛假的幻象中尋求刺激物的，這個非常虛假的幻象是在行星地球上經過了如此多個世紀的時間被發展出來的。非常快速地，他就能夠返回到一種對在真實的造物的機能中的實相的欣賞。

That is the only reality that surrounds the reality of the love generated by his creation which in turn generated himself and all of the beings and all of the animal life and all of the bird life and all of the fishes in the sea and all of the vegetation, all of the planets, all of the stars, and all of the systems that surround us. My friends, your illusion is very complex. It is meaningless, your cities, your political systems, your concept of science, your concept of philosophy, they are all complex. They require great intellectual ability to encompass them, and yet they are nothing compared to the one simple Thought of your Creator who created you and all of the real creation: the simple Thought of absolute love.

那就是包圍著被這個造物產生出來的愛的實相的唯一的實相，這個造物相應地會產生出他自己所有的存有，所有的動物生命，所有的鳥類生命，所有海洋中的魚類的生命以及所有的植物，所有的行星，所有的恒星，所有的圍繞著我們的系統。我的朋友們，你們的幻象是非常複雜的。它是無意義的，你們的城市，你們的政治系統，你們的科學的觀念，你們的哲學的觀念，它們全都是複雜的。它們需要巨大的智力的能力來完成它們，而它們與創造了你們以及所有真實的造物的你們的造物者的那一個原初的想法：絕對的愛的簡單的想法相比什麼都不是。

This, my friends, is what man on Earth must return to if he is to know reality: this simple Thought of absolute love, a Thought of total unity with all his brothers regardless of how they might express themselves or whom they might be, for this is the original Thought of your Creator.

我的朋友們，這就是在地球上的人，如果他想要知曉實相的話，必須要返回到的事物了：這個絕對的愛的簡單的想法，一個具有與他的兄弟完全的統一性的想法，無論它們可能如何表達它們自己或者它們可能是誰，因為這就是你們的造物者的原初的想法。

Your creation supports you. It was designed in thought by your Creator to support and to provide you with all of your desires. It was the Thought of your Creator that each part of this creation should serve all other parts, for this is the Thought of absolute love, the Thought of total service. When man on Earth is once more able to realize this Thought and then express it in every aspect he then will know his creation, for he will be at one with this Thought and this love.

你們的造物支持你們。它是被你們的造物者通過想法設計出來，以支持並為你們提供所有你們的渴望。你們的造物者的想法就是，這個造物者每一個部分應該服務所有其他的部分，因為這就是絕對的愛的想法，完全的服務的想法。當在地球

上的人再一次能夠意識到這個想法並接下來在每一個方面表達它，他接下來就將會知曉他的造物了，因為他將會是與這個想法，與這個愛是合一的。

Seek this understanding through meditation, for all rewards are within. Move backward to the simplicity that is the creation. Still the conscious mind and become aware of love.

通過冥想尋求這種理解，因為所有的回報都在內在之中。更多地返回到造物之所是的簡單性。讓有意識的心智安靜下來，並察覺到愛。

At this time I will transfer this contact to another instrument. I am known to you as Hatonn.

在此刻，我將會將這個接觸轉移到另一個器皿。我是你們知曉的 *Hatonn*。

(Carla channeling)

(Carla 傳訊)

I am now with this instrument. I am Hatonn. Meditation, my friends, is one word with one concept we project over and over. We do this for a simple reason: it is the best fruit that we have to give you, for all that we can do, my friends, is to point you in the direction of that which you are seeking. We can only point you in the direction of your inner self, for your inner self is one, truly one, with the Creator, and you are a creation.

我現在與這個器皿在一起了。我是 *Hatonn*。我的朋友們，冥想是一個詞語，它帶有一個我們一次又一次地投射的觀念。我們是因為一個簡單的原因這樣做的：它是我們所要給予你們的最佳的成果，因為我的朋友們，所有我們能夠說的事情，就是想你們指出你們正在尋求的事物的方向。我們僅僅能夠向你們之處你們的內在的自我的方向，因為你們的內在的自我是與造物者合一的，真正地合一的，你們是一個創造物。

My friends, we are aware that (inaudible). There are various expressions of what you would call happiness. My friends, this happiness seems to be something that is sought as being of great importance upon your planet. We ask you, my friends, if you look at this happiness that you may gain through use of the cycles and polarity of your physical manifestation, if you can in any way compare this so-called happiness with the experience of being one with an unchanging creation of love.

我的朋友們，我們察覺到，（聽不見）。會有對你們稱之為快樂的事物的各種各樣的表達。我的朋友們，這種快樂看起來似乎是某種作為在你們的星球上具有巨大的重要性的事物被追尋的事物。我們問你們，我的朋友們，如果你們檢查這種你們可以通過對你們的物質性的顯化物的週期與極性的使用而取得的快樂，如果你們能夠用任何方式將這種所謂的快樂與那種和一種愛的持久的造物合一的體驗相比較。

There are two paths, my friends. There are two kinds of happiness, my friends, the happiness within the illusion that you know of as the physical illusion that you now enjoy, and happiness known only as understanding. One can only

seek one's choice of these two. 我的朋友們，會有兩條道路。會有兩種類型的快樂，我的朋友們，在你們知曉為物質性的幻象的你們現在正在享受的幻象中的快樂，以及僅僅被知曉為理解的快樂。一個人僅僅能夠尋求一個人對兩者的選擇。

The effects of the seeking is to present one with what one desires. So we urge you, my friends, to be very careful as to what you are truly seeking. Do you seek within this illusion which shifts and is so changeable? Or do you seek for reality? Only meditate, my friends, and you will be seeking in the direction of the reality you seek.

尋求的作用就是向一個人呈現它渴望的事物。因此，我們鼓勵你們，我的朋友們，在關於你們真正尋求什麼的方面成為非常小心謹慎的。你們是在這個幻象中尋求會變化的，且如此易變的事物嗎？或者你們是在尋求實相嗎？我的朋友們，僅僅冥想一下，你們就將會是在你們尋求的實相的方向上尋求了。

I would like to speak briefly through a newer instrument. I will condition each of you who desires it and will at this time attempt to contact the instrument known as R.

我想要簡短地通過一個較新的器皿發言。我將會調節你們每一個渴望它的人，並將會在此刻嘗試接觸被知曉為 *R* 的器皿。

(Pause)

(暫停)

I am Hatonn. I am having some difficulty in contacting the instrument known as R. We find this difficulty often when the new instrument has not availed himself for use as an instrument. Too often when the reason (inaudible). There is nothing to be concerned about. If it is again desired to be of service, my (inaudible) friend, it is only necessary to begin to avail himself in the regular manner and new ability will become fluent in a very short time.

我是 *Hatonn*。我在接觸被知曉為 *R* 的器皿的過程中正在遇到某種困難。我們經常會在新的器皿尚未讓他自己作為一個器皿可供利用的時候遇到這種困難。過於經常地，當理由（聽不見）。沒有任何要擔心的事情。如果它再一次被渴望進行服務，我的（聽不見）朋友們，僅僅需要開始用有規律的方式讓他自己可供利用，新的能力將會在一段非常短的時間中成為流暢的。

We will now attempt to contact the instrument known as T, if he will avail himself.

我們現在將嘗試接觸被知曉為 *T* 的器皿，如果他將會讓他自己可供使用的話。

(T channeling)

(*T* 傳訊)

I am Hatonn. I am now with this instrument. It is a pleasure to be with this instrument. This instrument is also experiencing some difficulty in relaxing (inaudible).

我是 *Hatonn*。我現在與這個器皿在一起了。與這個器皿在一起是一種快樂。這個器皿同樣也在體驗在放鬆（聽不見）的某種困難。

We would at this time [like] to say a few words about (inaudible).
我們想要在此刻所一些話關於（聽不見）。

Will now attempt to transfer this contact to the one known as E.
現在將嘗試轉移這個接觸到被知曉為 *E* 的實體。

(E channeling)
(*E* 傳訊)

(Inaudible)
(聽不見)

(Tape ends.)
(磁帶結束。)

June 9, 1974

1974-06-09 Hatonn : 不是答案的答案

(Don channeling)

(Don 傳訊)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is a privilege once more to be with this group. We of the Confederation of Planets in the Service of the Infinite Creator are always ready to serve those who seek and desire our services. At this time I and my brother Laitos will condition each of you and then we shall attempt to use each of you who desire our service as an instrument.

我是 Hatonn。我的朋友們，我在我們的無限造物者的愛與光中向你們致意。再一次與這個團體在一起，這是一種榮幸。我們服務於無限造物者的星際聯邦一直都準備好去服務那些尋求並渴望我們的人。在此刻我和我的兄弟 Laitos 將會調節你們每一位，接下來，我們將嘗試將你們每一位元渴望我們的服務的實體作為器皿使用。

I am at this time going to contact the instrument known as Carla.

我將在此刻接觸被知曉為 Carla 的器皿。

(Carla channeling)

(Carla 傳訊)

I am with this instrument. I am very happy to speak with you. It is (inaudible) to join our services to yourself. We wish to assure that the service of channeling will be one which is very valuable in your immediate days to come. It is not (inaudible) that you will be asked specific questions by many who seek, although this will certainly be true. It is also that this contact will give you confidence and with this confidence you may the more carefully carry on your own program of seeking in such a way that you will recognize that which is there for you to do, for you to know, and for you to be aware. Much of the attempt which is initially made by those who begin seeking to discover their inner selves is such a confused attempt that it must be simply guided into another attempt. Therefore, many questions which you will receive will have very little meaning to you in light of your contact with the knowledge and understanding of the One Who is All.

我與這個器皿在一起了。我非常高興對你們發言。將我們的服務與你們自己結合起來，這是（聽不見）。我們希望保證，傳訊的服務將會是一種在你們即將來到的日子裏非常有價值的服務。它不是說（聽不見）你們將會被很多尋求的人詢問特定的問題，儘管這將肯定是真實的。它同樣也是說，這個接觸將會給予你們信心，藉由這種信心你們可以，用這樣一種你們將會認出哪一個事情是你們要去做的事情，是你們要去知曉的事情，是你們要去察覺到的事情的方式，更為小心謹慎地執行你們自己的尋求的方案。對於那些開始尋求去發現它們內在的自我的人，被它們在初期做出的大量的嘗試是這樣一種混亂的嘗試，以至於它必須要被簡單地引導進入到另一種嘗試的。因此，很多的你們將會接收到的問題，在你們

與萬物之所是的太一的知曉與理解的接觸的光之中，將會對你們是幾乎沒有意義的。

That which you say under those circumstances must (inaudible) a very careful line. You must not give false information; you must not be discouraging. You must be encouraging and somehow understanding within the light of that which you know to be true. In many cases, my friends, this will entail an answer that is not an answer, which may temporarily confuse the person you are attempting to help in which you will not be what you as your previous illusory self would have answered. In this contact with us it is good, therefore, in your service in two ways. First, in giving specific answers to specific questions which have an answer which can be given. And second, in giving you confidence as a channel for the thoughts of the original creation so that you are able to speak as its servant rather than as your own limited earthly self.

你們在那些情況中說的事情必須要（聽不見）一條非常小心謹慎的線路。你們必須不給予虛假的資訊，你們必須不成為令人洩氣的。你們必須是令人鼓舞的，並以某種方式在你們知曉是真實的事物的光之中是理解的。在很多情況中，我的朋友們，這將會產生出一個並不是答案的答案，這個答案可能會暫時讓你正在嘗試去幫助的那個人感到混淆，在這個答案中，你們將不會如同你們之前的幻象的自我本來已經會回答地一樣回答。在這個與我們的接觸中，它在兩個方面在你們服務中是有益處的。首先，如果問題是擁有一個能夠被給予的答案的具體的問題，在對其給予具體的答案的方面。其次，在給予你作為對原初的造物的想法的一個管道的信心的方面，這樣你就能夠作為造物者的僕人，而不是作為你自己的受限的塵世的自我說話了。

There is much in this work ahead of you which the world will not understand. And this, my friends, is precisely the difficulty. Because the world does not understand, my friends, we are here. For it is seeking to understand and we hear its cry. The service that you are performing is truly, truly an important one. Have faith that your seeking is in the direction of progress and continue, my friends, if you desire. We are very, very grateful to you for your attempts to serve and we welcome you to our company.

在你們的前方在這個工作中會有大量的事情是世界將不會理解的。我的朋友們，這恰恰就是困難了。因為世界並不會理解，我的朋友們，我們因此來到了這裏。因為它是在尋求去理解，我們聽到了它的呼喚。你們正在執行的服務，真正地，真實地是一個重要的服務。擁有信心，你們的尋求是在發展的方向上，並繼續下去，我的朋友們，如果你們渴望的話。我們為你們嘗試去服務對你們是非常非常感激的，我們歡迎你們與我們為伴。

I would like to speak further and to contact the instrument known as T at this time. I am Hatonn.

我想要更進一步發言，並在此刻接觸被知曉為 T 的實體。我是 Hatonn。

(T channeling)

(T 傳訊)

I am Hatonn. I am now with this instrument. I wish to continue as saying, as I said before, many people will not understand what you will tell them. Your daily contacts will at a time in the near future provide a very fertile field for the dissemination of information. Many people will ask questions, my friends. This may not seem very likely in the present, but I assure you that the situation will change to a large degree. Many people will ask questions. More than likely in many instances after you have answered their questions, they will not believe you. They will not believe what you have told them. Again, this is to be expected and to be prepared for it. It is not something to be discouraged about, my friends. They will in their own good time come to understand and accept what you say or what someone else tells them. Your attempts at service in this manner will bear much fruit either immediately or in the future. So prepare yourself, my friends. Prepare yourself through daily meditations. Prepare yourself through group meetings such as this.

我是 *Hatonn*。我現在與這個器皿在一起了。我希望如我們正在說地一樣繼續，如我之前說過的一樣，很多人將不會理解你們將告訴它們的事情。你們日常的接觸將會在不久的未來中的一個時刻為資訊的傳播提供一個非常肥沃的田地。很多人將會詢問問題，我的朋友們。這可能在現在看起來不是非常有可能地，但是我向你們保證，情況將會在一個很大的程度上改變。很多人將會問問題。在很多情況中遠遠更加有可能的是，在你們已經回答了它們的問題之後，它們將不會相信你們。它們將不會相信你們已經告訴它們的事情。再一次，這就是被期待的事情，這就是要為其做好準備的事情。它不是某種要對其感到洩氣的事情，我的朋友們。它們將會在它們自己的適當的時刻開始理解並接受你們說的事情，或者某個其他人告訴它們的事情。你們用這種方式對服務的嘗試，將會結出很多的果實，要麼是立刻，要麼在未來。因此，我的朋友們，讓你自己做好準備。通過每日冥想讓你自己做好準備。通過諸如這個集會之類的團體集會來讓你自己做好準備。

I will now attempt to transfer this contact to the one known as B. I am Hatonn. 我現在將嘗試去將這個接觸轉移到被知曉為 *B* 的實體。我是 *Hatonn*。

(B channeling)

(*B* 傳訊)

I am Hatonn. I am now with this instrument. I wish to continue (inaudible). Through your daily meditations you will be supplied with many answers to questions that will shortly be asked you. I and my brother Laitos will be at your disposal at any time that you wish to communicate with us. It is our sincere hope that through more meditation the newer channels of this group will be able to take on, as you say, more (inaudible). I and my brothers are very pleased at the progress made by this new channel.

我是 *Hatonn*。我現在與這個器皿在一起了。我希望繼續 (聽不見)。通過你們的每日冥想，你們將會被提供很多的對於那些很快就將會向你們詢問的問題的答案。我和我的兄弟 *Laitos* 將會在任何你們希望與我們進行交流的時刻供你們差遣。我們真誠的希望是，通過更多的冥想，這個團體的較新的管道將會能夠，如你們會說的一樣，承擔起更多的(聽不見)。我的我的兄弟對這個新的管道做出的

進步是非常高興的。

In the days that follow, many hardships will come to the planet known as Earth. I and my brothers will try to answer all the questions that are put to us. On many occasions you will find that some questions asked again [and] again. Many people that (inaudible). I will repeat. Many people known as friends will not believe the message that some of the channels will try to (inaudible). It is not the duty, so to speak, of these channels to only look to friends at a time like this. Many, many people will be questioning and there are not enough channels to meet with all. Through the developing (inaudible) instruments, people will be guided to you with questions and (inaudible). I am sure that all who dedicate (inaudible) will find great inspiration through their channeling. 在接下來的日子裏，很多的困難將會出現在被知曉為地球的行星上。我和我的兄弟將會嘗試回答所有對我們提出的問題。在很多的場合，你們將會發現一些問題被一次又一次地詢問了。很多人（聽不見）。我將重複。很多被曉為朋友的人，將不會相信一些管道將嘗試去（聽不見）的資訊。僅僅在諸如這樣的時刻之類的一個時刻去照顧朋友，這不是這些管道的，可以說是，一個責任。很多很多人將會在提問，不會有足夠多的管道來與所有人集會。通過發展（聽不見）器皿，人們將會帶著問題被指引到你們身邊，（聽不見）。我相信，所有致力於（聽不見）的人都將會通過他們的傳訊找到巨大的啟發。

I at this time will try to communicate with the one known as E. I am Hatonn.
我將會在此刻嘗試去與被知曉為 *E* 的實體進行交流。我是 *Hatonn*。

(E channeling)
(*E* 傳訊)

I am Hatonn. I greet you once again. Meditation is very important for all channels. There will be new information given during meditation. New channels should meditate as much as they can in order to understand new information that will be given. (Inaudible). Stay in meditation as long as you can in order to acquire understanding. 我是 *Hatonn*。我再一次向你們致意。冥想對於所有管道是非常重要的。將會有新的資訊在冥想期間被給予。新的管道應該盡可能多地冥想，以便於理解將被給予的新的資訊。（聽不見）。呆在冥想中，能呆多長時間就呆多長時間，以便於取得理解。

At this time I will again contact the channel known as Don. I am Hatonn.
在此刻，我將會接觸被知曉為 *Don* 的管道。我是 *Hatonn*。

(Don channeling)
(*Don* 傳訊)

I am with this instrument. I am Hatonn. It is a privilege to be able to speak through each of the instruments present this evening. As I have stated, meditation is of utmost importance. Meditation will allow you to become

totally aware of the concepts which we bring to you. These concepts are very simple, but they cannot be communicated effectively with words alone. When you become aware of these concepts in their total nature, there will be a transformation in your thinking, a transformation that you presently desire. If you did not desire this you would not be seeking it. This transformation is necessary if you are to be totally effective in serving with us our Creator.

我與這個器皿在一起了。我是 *Hatonn*。能夠通過今晚在場的每一個器皿發言，這是一種榮幸。如我已經說過的一樣，冥想是具有最大的重要性的。冥想將會允許你們完全知曉我們帶給你們的觀念。這些觀念是非常簡單的，但是它們無法單單藉由言語而被有效地溝通交流。當你們在其完全的屬性中認識這些觀念的時候，將會在你們的思考中有一種轉變，一種你們現在渴望的轉變。如果你們並不渴望這種轉變，你們就不是在尋求了。這種轉變是需要的，如果你們要在與我們一起服務我們的造物者的過程中是完全有成效的話。

This transformation has been demonstrated to you at a previous time upon your planet. The last teacher with whom you are familiar who so demonstrated this transformation of thought was known to you as Jesus. This man lived and acted quite simply. However, this thinking was unique. This thinking was recognized by those around him as being unique. It was also recognized as being correct by many of those who were aware of it. We wish to bring to you that which you seek—that transformation of thought that has been demonstrated so clearly to [you] by this man. My friends, you may obtain this transformation through meditation. It is of the awareness. Spend time in meditation. Spend time to become aware of that which is already yours—a total knowledge of the love and the understanding of our Creator. This is all that is necessary for you to serve in your fullest capacity.

這種轉變在你們的星球上的一個之前的時間已經被看到對你們示範過了。你們熟悉的上一位是示範了這種想法的轉變的老師，是被你們知曉為耶穌的實體。這個人相當簡單地生活與行動。然而，這個思考是獨一無二的。這個思考是被他周圍的人視為是獨一無二的。它同樣被很多知曉它的人視為是正確的。我們希望帶給你們那個你們尋求的事物已經被這個人如此清晰地對你們示範出來的想法的轉變。它是認識的轉變。在冥想中花時間。花時間來察覺到已經屬於你們的事物——一種對我們的造物者的愛與理解的完全的知曉。這就是你們要用你們最為充分的能力開進行服務需要的所有的事物了。

It has been a great privilege to bring to you these thoughts. It is always a very great privilege to serve those who seek. We bring to you the answers to all of your questions. I am aware of your question. It is very good to seek in all directions. There is much to be gained from these activities. However, meditation is in all cases of primary importance. I am at this time attempting to answer this question. Seeking takes many forms and many expressions.

帶著你們這些想法，這已經是一種巨大的榮幸了。去服務那些尋求的人，這一直都是一個非常巨大的榮幸。我們帶給你們對你們所有的問題的答案。我知曉你們的問題。在所有的方向上尋求是非常好的。會有大量的事情是要從這些活動被取得的。然而，冥想在所有的情況中是具有根本的重要性的。我在此刻正在嘗試去回答這個問題。尋求會呈現很多的形式與很多的表達。

(Pause)

(暫停)

I am with this instrument. I am Oxal. I am using control. It will be necessary to use control. I am aware of this question. I am sorry but it is impossible at this time to answer this question. I am Oxal.

我與這個器皿在一起了。我是 *Oxal*。我正在使用控制。使用控制將會是需要的。我知曉這個問題了。我很抱歉在此刻無法回答這個問題。我是 *Oxal*。

(Pause)

(暫停)

I am Hatonn. I am once more with this instrument. It has been a privilege to speak with this group this evening. I am sorry that we have not been totally capable of fulfilling your immediate desires. However, all things come to those who wait. I shall transfer this contact for my departure to the one known as Carla.

我是 *Hatonn*。我再一次與這個器皿在一起了。在今晚對這個團體發言已經是一種榮幸了。我很抱歉，我們尚未完全有能力滿足你們的直接的渴望。然而，所有的事情都會來到那些等待著的人的身上。我將會為了我的離開而轉移這個接觸到被知曉為 *Carla* 的實體。

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn. I am now with this instrument. I am having some amount of difficulty with this instrument. If you will please be patient we will condition her for a short period.

我是 *Hatonn*。我現在與這個器皿在一起了。我正在與這個器皿遇到一些困難。如果你們願意有耐心，我將會調節她一小段時間。

There are pieces of information that are of importance and there are pieces of information that are not. As we told you before, there are many times in which questions must be turned away. Wisdom is a rather lonely matter, my friends. You must accept this truth as you acquire the burden of wisdom. That which you know you are to be careful of, for what you know in the real creation has power. And that which you desire is all of the direction which that power will be aimed at. But have faith, my friends, in what you know and what you are learning. And feed your faith and your understanding through meditation. The farther that you go along this path, my friends, the more meaningful you will find this simple statement: meditate. It begins as a simple process and little by little it becomes the way in which you live. Observe it, my friends, as you progress along your own spiritual path.

會有一些資訊是具有重要性的，會有一些資訊是不具有重要性的。如我們之前告訴過你們的一樣，會有很多的時候，在其中問題是必須要被轉移開來的。智慧是

一個相當孤單的問題，我的朋友們。你們必須在你們取得智慧的重擔的時候接受這個真理。你們知曉的事情是要對其小心謹慎的，因為你們在真實的造物中知曉的事情是擁有力量的。你們渴望的事情是所有那些力量將會在其上被瞄準的方向。但是，我的朋友們，對你們知曉的事情以及你們正在學習的事情擁有信心。通過冥想為你們的信心與你們的理解添加燃料。你們沿著這條道路走得越遠，我的朋友們，你們就將會發現冥想這個簡單的說法越有意義。它是作為一個簡單的過程開始的，一點一點地，它會成為你們通過其生活的方式。我的朋友們，當你們沿著你們自己的靈性的道路前進的時候，遵循它。

It has been a great privilege to speak using each of you. We are most honored and we hope that we have been able to be of some aid to you. We are with you always. We leave you only seemingly as we leave this instrument. We leave you in the love and in the light of the One Who is All. I am Hatonn. Adonai. Adonai.

通過使用你們每一位來發言，這已經是一種巨大的榮幸了。我們感到極大的榮耀，我們希望我們已經能夠對你們具有某種幫助了。我們一直都與你們在一起。在我們離開這個器皿的時候，我們僅僅是看似離開你們。我們在萬物之所是的太一的愛與光中離開你們。我是 *Hatonn*。 *Adonai*。 *Adonai*。

June 11, 1974

Hatonn : 接收接觸

(Don channeling)

(*Don* 傳訊)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is once more a great privilege to be with this group. It is always a very great privilege to be with this group. We of the Confederation of Planets, as we have said, are here to serve those who seek.

我是 *Hatonn*。我的朋友們，我在我們的無限造物者的愛與光中向你們致意。與這個團體在一起，這再一次是一種巨大的榮幸。與這個團體在一起一直都是一種巨大的榮幸。我們星際聯邦，如我們說過的一樣，是來這裏來服務那些尋求的人的。

There are more people upon this planet seeking than there have been in the past. However, many are quite confused in their attempts to seek and there is a need at this time for many more channels such as this one who can receive directly the thoughts that so many of the people of this planet are now seeking. We are attempting at this time to generate greater numbers of proficient vocal channels who can receive our thoughts quite readily. This requires daily meditation. This is all that is required: daily meditation. It is assumed, of course, that as this daily meditation is performed there is a desire for our contact.

在這個地球上會有比過去更多的尋求的人。然而，很多人在它們去尋求的嘗試中是感到相當混淆的，在此刻會有一種對遠遠更多的諸如這個能夠管道之類的直接接收想法的管道的需要，這些想法是這個地球上如此多人現在正在尋求的想法。我們在此刻正在嘗試去產生出更大數量的能夠相當順利地接收我們的想法的熟練的語音的管道。這需要每日冥想。這就是所有被需要的事物：每日冥想。當然，被假設的事情是，隨著這種每日冥想被執行，會有一種對我們的接觸的渴望。

We have been contacting people of planet Earth for many, many of your years. We have been contacting at intervals of thousands of years those who sought our aid. It is time for many of the people of this planet to be contacted for many now have the understanding and the desire to seek something outside the physical illusion that has for so many years involved the thinking of those of this planet. The process we are stimulating is one which is self-generating. As more and more of those who desire our contact receive it and pass it on to others, then those who receive this passed-on information will they themselves be able to reach a state of thinking and understanding sufficiently in tune, shall I say, with our vibrations in order to receive our contact.

我們在你們的很多很多年的時間中一直都在接觸行星地球上的人。我們每隔數千年的時間就會接觸那些尋求我們的幫助的實體。現在就是在這個地球上很多人被接觸的時刻了，因為很多人現在擁有理解與渴望，以尋求某種在物質性幻象之外的事情，這樣的理解與渴望已經在如此多年的時間中捲入到了那些屬於這個星球

的人的思考之中了。我們正在刺激的過程是一個自生 (*self-generating*) 的過程。隨著越來越多的渴望我們的接觸的人接收到它，並將它傳遞給其他人，接下來，那些接收到這種傳遞的資訊的人將會靠它們自己就能夠抵達一種與我們的振動充分地協調一致的思考與理解的狀態，以便於接收到我們的接觸了。

For this, my friends, is how contacts work. It is first necessary, if the entity is to be able to receive our contact, for him to become of a certain vibration as a result of his thinking. This is greatly speeded by involvement in groups such as this. And then it is finally done through meditation.

我的朋友們，因為這就是接觸工作的方式。如果實體要能夠接收我們的接觸，首先需要的事情是他，作為他的思考的一個結果，具有一定的振動。這是會因為被包含在諸如這個團體之類的團體中而極大地被加速的。接下來，它最後是通過冥想而被完成的。

In other words, the verbal communications given to the entity by the channels such as this one create a system of thought and a desire for spiritual awareness that raises his vibration. Through meditation he is able to attune his thinking to those of us who serve planet Earth. He then can receive and repeat what we give to him, in order to regenerate, from its beginning, the process of teaching and of instructing others who will follow in the same path. Through this technique there will be many more of the peoples of the planet Earth made aware of the truth and the love that is theirs, as it is the will of their Creator.

換句話說，藉由諸如這個管道之類的管道而被給予了實體的言語的交流，創造出了一個想法的系統，以及一種對會提升他的振動的靈性上的認識的渴望。通過冥想，他能夠將他的思考與我們這些服務行星地球的人的思考協調一致。他接下來就能夠接收並重複我們給予他的事物，以便於從它的開端就產生出教導與知道其他的將會跟隨相同的道路的人的過程。通過這種技巧，將會有遠遠更多的屬於行星地球的人察覺到屬於它們的真理與愛，因為這就是它們的造物者的意志。

We of the Confederation of Planets in the Service of the Infinite Creator are very sorry that we cannot step upon your soil and teach those of your people who desire our service, but, my friends, as we have said before, this would be a very great disservice to those who do not desire our service at this time. And we are afraid we would have little effect in bringing understanding even to those who desire it, for understanding, my friends, comes from within. We can only guide. We can only suggest. We are attempting to do this in such a way so that the seeking of the individual will be stimulated to turning his thinking inward, inward to that single source of love and understanding, the Creator that is part of us all, part of everything that exists, for everything that exists, my friends, is the Creator.

我們服務與無限造物者的星際聯邦非常抱歉，我們無法踏足於你們的土地並教導你們對你們的人群中的那些渴望我們的服務的人進行教導，但是，我的朋友們，如我們之前已經說過的一樣，這對於那些在此刻並不渴望我們的服務的人會是一種非常巨大的損害。我們擔心我們甚至在對那些渴望理解的人帶來理解的過程中都幾乎不會有任何作用，因為我的朋友們，理解是來自於內在之中的。我們僅僅

能夠指引。我們僅僅能夠建議。我們正在嘗試去用這樣一種方式來進行這個工作，這樣個體的尋求將會被刺激，以將他的思考轉向內在，向內轉向那個單一的愛與理解的源頭，轉向造物者，造物者是我們全體的一部分，是每一個存在的事物的一部分，因為每一個存在的事物，我的朋友們，都是造物者。

We are very privileged to have those of you who join with us in this great service at this time in the history of your planet. For, my friends, this is a very great time, a great transitional period in which many of the Earth's people will be raised from their state of confusion to a simple understanding: the love of their Creator.

我們對於在你們的星球的歷史中的此刻擁有你們這些加入我們的人是非常榮幸的。因為，我的朋友們，這是一個非常偉大的時刻，一個偉大的轉變的時段，在其中很多地球人將會從它們的混淆的狀態中被提升到一種簡單的理解：對它們的造物者的愛。

It has been a great privilege to speak to you through this instrument. At this time I will transfer this contact to another instrument. I am Hatonn.

通過這個器皿對你們發言，這已經是一種巨大的榮幸了。在此刻，我將會轉移這個接觸到另一個器皿。我是 *Hatonn*。

(Tape ends.)

(磁帶結束。)

June 12, 1974

Hatonn : 質疑與信心

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I am now with this instrument. It is a pleasure to be able to use this instrument. As I was saying, my friends, for your meditations we suggest that you may be able to experience (inaudible).

我是 *Hatonn*。我現在與這個器皿在一起了。能夠使用這個器皿是一種快樂。如我們正在說的一樣，我的朋友們，對於你們的冥想，我們建議你們可能能夠體驗（聽不見）。

Within the illusion, my friends, there are many obstacles. The illusion, in fact, is designed to produce the obstacles which will deliver unto you the choices which you desire for learning how to be of greater service to others. The lessons of this density, my friends, are lessons of service to others. And each obstacle is an opportunity which is a (inaudible) within the illusion think it is difficulty. Each obstacle is your opportunity to grow. (Inaudible).

我的朋友們，在幻象中，會有很多的障礙物。幻象，實際上是旨在產生出這些障礙物的，這些障礙物將會為你們提供你們為了學習如何對其他人進行更大的服務而渴望的選擇。這個密度的課程，我的朋友們，就是服務他人的課程。每一個障礙物都是一個機會，它在幻象中是一個（聽不見）認為它是困難。每一個障礙我都是你們成長的機會。（聽不見）。

There is much to learn and you, my friends, are just (inaudible) on the path. That which you have gone through up until now is the beginning without which we (inaudible). With that which lies ahead is a new chapter. It will be a unique experience for you, my friends. It will be a difficult experience in some ways. Yet it will be a uniquely designed opportunity to be very rapidly progressed along the path of seeking and service.

會有大量要學習的事物，我的朋友們，你們僅僅是（聽不見）在道路上。你們截至現在已經經歷過的事情，是開始，而沒有我們（聽不見）。存在于前方的事物，是一個新的篇章。它將會對於你們是一種獨特的體驗，我的朋友們。用某種方式，它將會是一種困難的體驗。而它將會是一種被獨一無二地設計好的機會，以沿著尋求與服務的道路非常快速地前進。

I am aware that there is not precisely a question, but a thought within this group, and I would respond in this manner. It may be of the nature of a beneficial experience to you to open these meetings at a certain time to those who are not specifically of the Confederation of Planets in the Service of the Infinite Creator. We would not suggest this to an introductory group because it is necessary for those who listen to contact (inaudible) the astral plane that they have a firm grasp of objective reality. The personalities with whom you might make contact can be very informative and interesting to you. However, they are not free of the density which you are also now within and

therefore their information will be to an extent subjectively different than objectively (inaudible), simply because they will be under the same illusion which you (inaudible).

我察覺到，精確地並沒有一個問題，而是在這個團體中有一個想法，我會用這種方式來回應。在一定的時間將這些機會向著那些按類別分並不是屬於服務於無限造物者的星際聯邦的實體開放，它可能是對你們是具有一種有益處的體驗的屬性的。我們不會對一個初級的團體建議這一點，因為那些聆聽接觸的人是（聽不見）星光層，它們對客觀性的真相擁有一種堅實的掌握。你們可以與之建立接觸的人格，能夠對於你們是非常富有教益且有趣的。然而，它們並未取得對你們現在同樣在其中的密度的自由，因此它們的資訊將會是具有一種程度的主觀性的不同，而不是客觀性地（聽不見），單純地因為它們將會是處於與你們（聽不見）相同的幻象之下的。

Therefore, it cannot be recommended that a meeting be opened up to such entities when the group is not totally aware of the creation of the Father. We do not feel that you can gain a great deal of spiritual information from them. However, there is one aspect which (inaudible) and that is, my friends, the beginning of an understanding of just how miraculous and vast the universe is. The number of portions of the creation which exist upon a planet such as this one is actually infinite. However, you might perhaps best understand what we intend to tell you if we (inaudible) and individualized portions of consciousness which are the Creator. This piece of understanding is extremely helpful in its own way in that it begins to give this illusion its proper place within your thinking. (Inaudible).

因此，當團體並未完全認識天父的造物的時候，一場集會對這樣的實體開放，這是不被推薦的。我們並不覺得你們能夠從它們得到大量的靈性的資訊。然而，會有一個面向（聽不見），我的朋友們，那個面向就是對於宇宙真的是多麼神奇與宏大的理解的開始。存在於諸如這個星球之類的一個星球上的造物的部分的數量，實際上是無限多的。然而，如果我們（聽不見）與造物者之所是的意識的個體化的部分，你們也許可以最佳地理解我們打算要告訴你們的事情。這條理解用其自己的方式是極其有幫助的，因為它開始給予了這個幻象它在你的思考中的適當的位置。

I would like to move to another channel after a brief period of conditioning for each of you who desires it. I am Hatonn.

我想要移動到另一個管道，在一小段時間的對你們每一個渴望它的人的調節之後。我是 *Hatonn*。

(H channeling)

(*H* 傳訊)

I am now with this instrument. I would wish to speak to you upon the subject of what you would consider to be (inaudible). We hope that in our communications that many times there shall be needed by all a total confidence and acceptance of the world of the Creator. This total confidence is to be considered (inaudible). There are (inaudible) of aiding the growth of

your planet. The one that we suggest that you utilize mostly and the one which is most beneficial to you is your meditation. In your periods of meditation you shall attain knowledge which is not directly impressed upon your intellect, yet when you face situations in your daily life this knowledge shall penetrate from within your being and shall function through you. This knowledge and this growth brings about your faith which is so greatly needed.

我現在與這個器皿在一起了。我希望在你們會認為是（聽不見）事物的組合體上對你們發言。我們希望，在我們的交流中，很多時候所有人都將會一種對造物者的世界的完全的信任與接納的需要。這種完全的信任是要被考慮為（聽不見）。會有對你們的星球的成長的幫助的（聽不見）。我們建議的一個要主要利用的方法，以及對你們是最有益處的方法，就是你們的冥想。在你們冥想的時段中，你們將會取得知曉，那種知曉不是被直接印刻在你們的智力上的，而當你們在你們的日常生活中面對各種情況的時候，這種知曉將會從你們的存有內在之中滲透出來，並將會通過你們起作用。這種知曉與這種成長會產生出如此極大地被需要的你們的信心。

There is also a need of enabling your faith which you contain within your intellect. The intellectual faith is also quite valuable and is also a need to your meditation. The growth of this intellectual faith comes about by your understanding. Each difficulty or each situation which you experience contains truth and within this illusion the truth of each situation is very difficult to find by utilizing your thoughts. Allow the intellect to be guided by meditation and it shall be able to find the great lessons which lie in (inaudible).

同樣會有一種對你們在你們的智力中包含的資訊的賦予力量的需要。智力的信心同樣也是相當有價值的，並同樣也是一種對你們的冥想的需要。這種智力的信心的成長會藉由你的理解而產生出來。你們體驗到的每一個困難或者每一個情況都包含有真理，在這個幻象中，每一個情況的真理都是很難藉由使用你們的想法來找到的。允許智力被冥想所指引，它將會能夠找到存在於（聽不見）中的巨大的課程。

In many circumstances the situation will try greatly your confidence in the world of your Creator. You shall experience times when you shall question His word and wonder to yourself if it is (inaudible). This is normal in your growth for your intellect does continue to operate and we find this the path of the intellect of your people. Yet, each time you question, turn to your meditation. Meditate upon this question and the awareness and the answer which is needed shall come to you. In this way the intellect is aided, for seeing the truth and finding the answers in meditation, it gives you the intellectual knowledge of faith.

在很多環境中，情況將會極大地測試你們對你們的造物者的世界的信心。你將會體驗到那些在其中你將質疑這個世界並將會對你自己懷疑，是否它是（聽不見）的時刻。這在你的成長中是正常的，因為你的智力確實會繼續運轉，我們發現這就是你們的人群的智力的道路。而每一次你們質疑的時候，轉向你們的冥想。對這個質疑進行冥想，被需要的認識與答案將會出現在你們的頭腦中。用之中方式，

智力就得到了幫助，因為當你在冥想中看到真理並找到答案的時候，它會賦予你們對信心的智力的知曉。

You realize that [you] may seek the guidance when you see it and in many circumstances you shall see it within your life come about. (Inaudible) but do not allow the intellect to be your only means of prayer for it is (inaudible). The great necessity [is] that you seek the guidance in all situations through meditation. We of the Confederation of Planets in the Service of the Infinite Creator are pleased to have the opportunity to serve the peoples of your planet. And it is most gratifying to us to see so many individuals who have desired to aid in our service to your people.

你們意識到，你們可能在你們看到它的時候尋求指引，在很多情況中，你們將會考慮到它在你們的生命中出現。（聽不見）但是不要允許智力成為你們唯一的祈禱的途徑，因為它是（聽不見）。有極大的需要的事情是，你們在所有的情況中都通過冥想尋求指引。我們服務於無限造物者的星際聯邦很高興擁有機會來服務你們地球上的人。看到如此多的個體已經渴望在我們對你們的人群的服務中幫忙，這對於我們是極其令人滿足的。

This group and many like it upon your planet shall shortly be prepared to render great service to all of the people. We wish shortly to indulge upon lessons of a higher knowledge which shall be of great aid. And we are pleased to see the formation of this group and of others like it for it is our intention to avail this knowledge through these groups.

這個團體以及很多在你們的地球上類似於它的團體，在不久之後都將會準備好為所有人提供巨大的服務。我們希望在不久以後就沉溺于具有更高的知曉的課程了，這些課程將會是具有巨大的幫助的。我們很高興看到這個團體以及其他類似它的團體的形成，因為我們的意願就是去通過這些團體使得這種知曉是可供利用的。

The knowledge of which we speak would be at this time, shall we say, too intense for beginners upon the path of seeking. But as we stated earlier this evening you are well established upon the path to begin (inaudible). Yet the path shall express throughout (inaudible). This path shall only culminate when you attain a true meaning of the Creator. We welcome you for we also follow the path you have chosen and we wish to aid you. So we are aware of your needs upon this planet.

我們談及的知曉，在此刻會是，容我們說，對於在尋求的道路上的新手是過於強烈的。但是如我們在今晚早些時候說過的一樣，你們是在道路上被很好地確定下來，以開始（聽不見）。而道路將會貫穿（聽不見）表達。這條道路僅僅會在你們取得對造物者的一種真正的意義的時候才會達到頂點。我們歡迎你們，因為我們同樣跟隨那條你們已經選擇了的道路，我們希望幫助你們。因此，我們察覺到你們在這個星球上的需要。

I wish at this time to attempt to transfer this contact to another instrument. I am Hatonn.

我希望在此刻將這個接觸轉移到另一個器皿。我是 *Hatonn*。

(B channeling)

(B傳訊)

I am now with this instrument. It is a great honor to once again to have this chance to speak through this instrument. I and my brothers are now in the room with you. I am now going to (inaudible) each of you. I would now like to speak on the subject of ... I am having trouble with this instrument. I shall rephrase the sentence. I would now like to speak on the subject of loyalty to others of your peoples.

我現在與這個器皿在一起了。再一次擁有機會去通過這個器皿發言是一種巨大的榮耀。我和我的兄弟現在在房間中與你們在一起了。我現在將要 (聽不見) 你們每一位。我現在想要在.....的主題上發言。我在這個器皿身上正在遇到麻煩。我將會對句子重新措辭。我想在想要在對你們的人群中的其他人的忠誠的主題上發言。

As one goes about his life on the planet Earth, he develops many loyalties to people and family. This loyalty is very important if evolved as perfect mentally and partially (inaudible). Although many times on your planet this loyalty is taken advantage of, while one reaches a higher vibration, he is made more aware, so to speak, of the appreciation that one has for loyalty. It is very important that you carry through. Although there are times when I am sure everyone in this group will be faithful, no loyalty will be part of this. I will prove this (inaudible).

隨著一個人在行星地球上著手進行他的生命，他會發展出對人與家庭的許多的忠誠。如果這種忠誠是完全心智上的且部分 (聽不見) 被發展了的，這種忠誠是非常重要的。儘管很多時候，在你們的星球上，這種忠誠是被利用了，當一個人抵達一種更高的振動的時候，他會，可以說是，更多地瞭解他為了忠誠而擁有的感激。你們堅持到底，這是重要的，儘管會有一些時候我相信在團體中的每一個人都是有信心的，卻沒有忠誠將會成為這個團體的一部分。我將會證明這個(聽不見)。

I am very, very privileged at being able to speak with this group. It was indeed a great honor to once again speak through this channel. I will attempt to communicate at this time with another instrument. I am Hatonn.

我對於能夠對這個團體發言是非常非常榮幸的。再一次通過這個管道發言，這確實是一種巨大的榮耀。我將嘗試去在此刻與另一個器皿溝通交流。我是 *Hatonn*。

(T channeling)

(T傳訊)

(Inaudible)

(聽不見)

I will now attempt to transfer this communication. I am Hatonn.

我現在將嘗試轉移這個接觸。我是 *Hatonn*。

(E channeling)

(E傳訊)

Greetings once again, my friends. I would like to (inaudible).

我的朋友們，再一次致意。我想要 (聽不見)。

(Inaudible)

(聽不見)

(Tape ends.)

(磁帶結束。)

June 13, 1974

1974-06-13 Hatonn : 青蛙王子的故事

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. It is as always a great pleasure to speak with you. My brothers and I are here to aid you in any way that we can and to send you our thoughts and the love and the light of the One Who is All. We are aware that you have questions at this time. We are aware that you wish to know if we are, as you say, robots. No, my friends, we who are speaking to you are individualized portions of consciousness in the same mode of being as are you. The robots or computers that you became acquainted with in your reading about Uri Geller are not of the same type as what you know as robots or computers. It is more simple than it sounds, my friends. The Confederation is a unity of thought and of mind, my friends. There are many (inaudible) and types of entities who dwell within this creation who wish to be of service to others and who have joined as brothers in this Confederation to serve the Creator, each in his own way.

我是 *Hatonn*。我的朋友們，我在我們的無限造物者的愛與光中向你們致意。與你們交談這一如既往是一種巨大的快樂。我的兄弟和我來這裏來用任何我們能夠的方式幫助你們，並對你們送出我們的想法以及太一的愛與光，太一就是萬物。我們察覺到你們在此刻有問題。我們知道你們希望瞭解是否我，如你們說的一樣，是機器人。我的朋友們，不是的，我們這些對你們發言的實體是和你們一樣的處於存有的相同的模式中的意識的個體化的部分。你們在你們關於 *Uri Geller* 的閱讀中熟悉的機器人或者電腦，與你們知曉為機器人或者電腦的事物並不是屬於相同類型的。它是比它聽起來更加簡單的，我的朋友們。星際聯邦是一個想法與心智的統一體，我的朋友們。在這個造物中居住有很多(聽不見)與類型的實體，它們都希望服務他人，並已經作為兄弟加入到這個聯邦，以服務造物者，每一個實體都用他自己的方式來服務造物者。

The system which this Confederation uses for communication is not a simple computer as you know it but a construct in a timeless dimension of thought. The thoughts of the Creator which those of the Confederation wish to program and the destination intended for these thoughts can be given instantaneously and delivered instantaneously. There are other abilities that go with this communications system. The limitations of this system are those of your letters. We speak to you as though by telephone and you can answer and we can adjust our information to adapt to yours. The communications which Geller received were only capable of being given within certain preset parameters. If the answer had not been prepared it could not be given.

這個聯邦用來溝通交流的系統不是一個簡單的電腦，如你們對電腦的知曉一樣，而是一個在想法的無時性的維度中的一個構架。那些屬於聯邦的實體希望去編程的對造物者的想法，以及對這些想法的被打算好的目標，能夠被瞬間地被給予並瞬間地被傳遞。會有其他的能力是與這個交流系統相伴的。這個系統的局限性就

是你們的字母的局限性。我們就好像用電話一樣對你們發言，你們能夠回答，我們能夠調節我們的資訊來適應你們的資訊。*Geller* 接收到的溝通交流僅僅能夠在一定的預設的參數中被給予。如果回答尚未被準備好，它就無法被給予。

We are within your time dimension. We are here on a special mission. We are the teaching (inaudible) of a very vast Confederation. The complexity of this Confederation is only an illusion, as each one of us, by means of our awareness, is constantly and completely aware of the ongoing attitudes and progress of each of the other portions of the Confederation. We do this by achieving, through mediation, our awareness of unity with each other, as we are one in the Creator.

我們是在你們的時間的維度中的。我們在這裏是來進行一個特別的使命的。我們是教導（聽不見）一個非常巨大的聯邦。這個聯邦的複雜性僅僅是一個幻象，因為我們每一個實體，藉由我們的認識，都是持續不斷且完全地察覺到了聯邦的每一個其他部分的進行中的態度與發展的。我們是藉由通過冥想，取得我們對與相互彼此之間的統一性的認識而這樣做的，因為我們在造物者中是一體的。

We are speaking to you in person because we do not wish to convince you of physical phenomena but to guide your seeking. It is upon your shoulders that a certain carefully arranged service will fall. This service can only be performed by those who have been apprenticed for some time to the discipline of meditation and to the thoughts of the Creator, which only become understood through meditation. The type of contact which occurred with Uri Gellar occurred precisely because these people, in spite of being extremely and unusually positive and powerful individuals, could not seem to be contacted by the means of meditation. Therefore, because these entities had a mission to perform, they were contacted in a more gross and material manner.

我們正在用個人的方式對你們發言，因為我們並不希望說服你們相信物質性的現象，而僅僅是希望指引你們的尋求。一定的被仔細安排的服務將會落到你們的肩上。這個服務僅僅能夠被那些已經成為了對冥想的修煉以及對造物者的想法的學徒有一段時間的實體所執行，造物者的想法僅僅是通過冥想才能被理解的。在 *Uri Gellar* 身上出現的接觸的類型恰恰是因為這些人，儘管它們是極其且不同尋常地正面性且強有力的個體，看起來似乎無法藉由冥想的途徑而被接觸到才出現的。因此，因為這些實體擁有一個要執行的使命，它們是用一種更加粗糙與物質性的方式被接觸的。

I am aware of another question at this time. I am aware that this instrument wishes to know why the meditation group has become smaller. Watch out. Do not be naive. There are cycles in all things. You have sent out one harvest and this harvest is beginning to give its service to others. In time there will be another season and you will prepare for the further harvest. Meanwhile, that service which you perform is simply to abide in your understanding and to leave the door open for such meditations.

我在此刻察覺到另一個問題。我察覺到這個器皿希望知曉，為什麼冥想的團體已經成為較小的了。小心。不要成為天真的。在所有的事情中都有週期。你們已經

送出了一個收穫物，這個收穫物正在對其他人給予它的服務。在適當的時間，將會由另一個季節，你們將為更進一步的收割做好準備。同時，你們執行的服務就是單純地留在你們的理解中，並讓門為這樣的冥想保持開放。

I am aware that there is another question. Do you wish to ask it?

我察覺到會有另一個問題。你們希望詢問它嗎？

Questioner: Yes. Several times in the past you have spoken upon ... of tests that will be for members of this group (inaudible) to give us an opportunity to prove our newfound awareness. Are these to be individual tests or are they just to come as one huge test, one large test?

提問者：是的。在過去你們已經數次談到過.....將會有這個團體的成員的考驗(聽不見)給予我們一個機會來證明我們新發展的認識。這些考驗是個體的考驗嗎，或者它們僅僅是作為一個巨大的考驗，一個大型的考試而出現的嗎？

These will be individual for the present.

這些考驗暫時將會是個體性的。

Questioner: I have a question. This dreadful fear that I have. Is it real or not?

提問者：我有一個問題。我擁有的這種可怕的恐懼，它是不是真的呢？

Fear is always an illusion. What can happen to you? You can die. That is a birth. You can (inaudible). Debt is a kind of death.

恐懼一直都是一個幻象。什麼事情能夠發生在你身上呢？你能夠死去。會有一次出生。你能夠(聽不見)。情義(*debt*)就是一種類型的死亡。

Questioner: This fear I have is (inaudible).

提問者：這種我擁有的恐懼是(聽不見)。

Carla: I didn't hear you (inaudible).

Carla：我沒有聽到你(聽不見)。

Questioner: This fear that I have ... is it a test?

提問者：這種我擁有的恐懼.....它是一種考驗嗎？

(Inaudible) friend, do not look to your fear for your test but look behind the fear, for there is a mistaken idea which is causing this fear. This is the test.

(聽不見)朋友，不要在你的恐懼中尋找你的考驗，而是看穿那個恐懼，因為會有一個正在造成這種恐懼的錯誤的觀點。這就是考驗。

Questioner: (Inaudible).

提問者：(聽不見)。

The happening may be swayed by your thinking. It is extremely helpful to project peaceful and optimistic views of the future to replace traumatic visions, for what will happen, will happen, and there is no need to fear.

發生的事情是可能被你的想法所影響的。去投射對未來的和平與樂觀的觀念以替代創傷性的景象，這是極其有幫助的，因為將會發生的事情，將會發生，沒有必要去害怕。

My friend, we do not feel that it is desirable for us to inform you as to the future. The test is in your own mind. It is your tool. You may use it but you should not let it use you. If a thought is not one which is designed to help yourself or another then it is somewhat suspect. If it is a negative amount of help to yourself or someone else then it is definitely not a desirable thought. These thoughts are yours. They surround you. They are real. They exist within the etheric realms of your planet. That which you think remains with you and predicts to a certain extent your future. Adjust your thinking and you adjust your future. This is why we advise you again and again to spend your days in awareness of the creation of the Father for there is nothing but love in the true creation and your present awareness of this will guide you into calmer waters.

我的朋友我們並不感覺到，我們告訴你關於未來的事情，這對於我們是可取的。考驗是在你自己的頭腦中的。它是你的工具。你可以使用它，但是你不應該讓它使用你。如果一個想法不是一個旨在對你自己或者另一個人有幫助的想法，接下來，它就是多少有些靠不住的了。如果它是對你自己或者某個其他人的一種負面性的幫助，接下來，它肯定不是一個可取的想法。這些想法是你的想法。它們包圍著你。它們是真實的。它們存在於你的星球的乙太的層面中。你思考的事情是與你留在在一起的。調節你的思考，你就調整你的未來了。這就是為什麼我們一次又一次地建議將你們的日子花費在對天父的造物的察覺中，因為在真實的造物中除了愛沒有任何事物，你們當前對這個造物的察覺將會指引你們進入到更為平靜的水域中。

This, then, is the test and we hope that we have guided you in how to meet it. We offer you these ideas hoping they will help you. They are indicative of our methods. We too must meditate to retain contact with that we know to be truth.

接下來，這就是考驗了，我們希望我們已經在關於如何面對它的方面指導過你了。我們提供這些觀點，以希望它們將會幫助你。它們是表示我們的方法。我們同樣必須冥想來保持我們與我們知曉為真理的事物的接觸。

I would like at this time to exercise the newer channels and to give a short message to each. I will attempt to transfer this contact to the instrument known as E, if she will avail herself to my contact.

我想要在此刻訓練較新的管道，並對每一個管道給予一個短小的資訊。我將嘗試將這個接觸轉移到被知曉為 E 的實體，如果她將會讓她自己受益於我們的接觸的話。

(E channeling)

(E 傳訊)

I am Hatonn. Greetings once again, my friends. It is indeed a pleasure to use the newer channel. Once again may I say to use your time wisely (inaudible)

your understanding of the creation. During your daily activity keep in mind the creation as it exists all around you (inaudible) just as below. Secure yourself in the love of the Creator and all is well.

我是 *Hatonn*。再一次致意，我的朋友們。使用較為新的管道確實是一種快樂。再一次，容我們說，要明智地利用你們的時間（聽不見）你們對造物的理解。在你們的日常生活的活動中，記住造物，因為它是遍及你們周遭存在的（聽不見）就好像是在下面一樣。讓你自己安住於造物者的愛中，一切都是好的。

I will transfer now to the one known as T.

我現在轉移到被知曉為 *T* 的實體。

(T channeling)

(*T* 傳訊)

I am Hatonn, and am now with this instrument. I wish to (inaudible) goes without saying (inaudible) must (inaudible) meditation if possible these should be at somewhat regular intervals. Secondly, my friends, if at all possible try to set aside times that are somewhat devoid of (inaudible).

我是 *Hatonn*，我現在與這個器皿在一起了。我希望（聽不見）當然不用說（聽不見）必須（聽不見）冥想，如果有可能的話，這些將會用多少有些有規律的間隔出現。其次，我的朋友們，如果有任何可能的話，嘗試去留出時間，時間是嗎少有些缺少（聽不見）。

(Side one of tape ends.)

(磁帶一面結束。)

(T channeling)

(*T* 傳訊)

(Inaudible) this channel will in the near future begin to develop enough confidence to challenge us (inaudible) questions (inaudible) this after all will be one of the primary functions or services I should say as a channel and (inaudible) questions (inaudible) my friends (inaudible) great opportunity for service. I would now transfer this contact to the one known as Carla. I am Hatonn.

(聽不見) 這個管道在不久的未來將會開始發展出足夠的信心來挑戰我們（聽不見）問題（聽不見）這畢竟將會是，我應該說，作為一個管道的，一個主要的功能或者服務，（聽不見）問題（聽不見）我的朋友們，（聽不見）巨大的服務的機會。我現在會將這個接觸轉移到被知曉為 *Carla* 的實體。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument. I am Hatonn. What is your question?

我與這個器皿在一起了。我是 *Hatonn*。你的問題是什麼呢？

Questioner: Last night at the group meditation everyone experienced after meditation was over a very high state of ... a very ... the situation was very ... a very high energy. Does this mean that your messages came through at a greater intensity (inaudible) a better understanding (inaudible) because of our seeking or because of our place and our seeking at this time?

提問者：昨天晚上在團體冥想中，每一個人都在冥想結束之後體驗到一種非常高的狀態……一種非常……情況是非常……一種非常高的能量。這是意味著你們的信息是用一種更高的強度通過的嗎（聽不見）一種更好的理解（聽不見）因為你們的尋求，或者因為我們在此刻的位置與我們的尋求？

I am aware of what you are asking. The energy which you are aware of was the sum of the desire of each person present plus the state of awareness of each person present toward the other people present. This awareness of each other in that particular group was somewhat more unified than several other groups and this increased the energy as well as a fairly unified group desire to obtain information. However, this high energy level does not indicate that you have learned what is spoken. It only indicates a desire to meditate and to learn. Other desires can intervene. We desire for certain types of information as opposed to simply rewards of the Creator. It is a somewhat self-limiting desire since it eliminates some of the more advanced information. This is somewhat ironic, as you would say, because the very desire to obtain the so-called higher information can prevent obtaining higher information due to an incorrect assumption as to the nature of higher information.

我瞭解了你正在詢問的事情了。你察覺到的能量是每一個在場的人的渴望，加上每一個在場的人對在場的其他人的察覺狀態的總和。這種對在那個特定的團體中的相互彼此的察覺是比數個其他的團體要多少有些更加統一性的，這種增強的能量，同樣還有一個相當統一的團體渴望取得資訊。然而，這種高的能量層次並不表示，你們已經學會了被講述的內容了。它僅僅表明一種對冥想，以及對學習的渴望。其他的渴望能夠插入。我們渴望一定類型的資訊，而不是簡單地渴望造物者的回報。它是一個多少有些自我限制的渴望，因為它刪除了某些更加高級的信息。這是多少有些更加諷刺性的，如你們會說的一樣，因為恰恰就是對取得所謂的更高的資訊的渴望能夠阻礙取得更高的資訊，這是由於在關於更高的資訊的屬性的方面的一種不正確的假設。

The most appropriate way to ensure understanding what is said in an unusually high energy meeting is to allow it to leak over into your everyday thinking during the time following the meditation and if you do this you will discover a way to put this teaching into demonstration. At this point you will begin understanding in a true sense, for that which is not demonstrated is not understood. This is not to say that the high level of energy which you experience is not valuable. It is very valuable, but it must be, like any other power, guided carefully or its power can be dissipated or wrongly used. Guidance comes from listening rather than predicting.

去確信理解在一次不同尋常的高能量的集會中被說過了的事情的最為適當的方式，就是允許它滲入到在冥想之後的時間期間的你們的日常生活的思考中，如果你們這樣做，你們將會找到一種方式去將這種教導示範出來。在這個位置，你們

將會開始用一種真實的方式理解了，因為並未被示範出來的事物不是被理解的。這不是說，你們體驗到的高的能量層次是沒有價值的。它是非常有價值的，但是，它必定，類似任何其他的能量，被小心謹慎地指引，否則它的能量就能夠被浪費或者被錯誤地使用。指引是來自於聆聽而不是預測。

We are attempting to gain a somewhat more stable contact, if you will be patient. We have been here, my friends, many times in the past and we have attempted to give to those upon your planet the specific type of information which many seek but we have discovered that it is an infringement rather than a service in the balance of time. Therefore, higher information, if you may picture it as having any particular characteristic, is characterized by less of a physical specificity and more of a mystical or paradoxical nature. There are abilities within some of the newer channels which will begin to be developed as they gain confidence in delivering these higher messages. They will be people who will be capable of speaking in a more abstract manner. We are satisfied that there are many in groups such as yours and others who will be very capable at this task and will give a very valuable service to more advanced grades of students in the future.

我們正在嘗試去取得一種給多少有些更為穩定的接觸，如果你們將會是有耐心的話。我們在過去已經很多次在這裏了，我的朋友們，我們已經嘗試去向那些在你們的地球上的人給予很多人都尋求的具體類型的資訊了，但是我們已經發現，它是一種侵犯，而不是一種在平衡的時間的一種服務。因此，更高的資訊，如果你們可以將它想像為擁有任何特定的屬性的話，是以較不具有一種物質性的特異性，且更多具有一種神秘的或者矛盾的屬性為典型特徵的。在一些較為新的管道中會有將會開始被發展的能力，隨著它們在傳遞這些更高的資訊方面取得信心。它們將會是那些有能力用一種更為抽象的方式發言的人。我們對於在諸如你們的團體以及其他的團體之類的團體中有很多人將會非常擅長這個任務，並將會在未來對更加高級的級別的學生給予一種非常有價值的服務是感到滿意的。

Have I answered your question adequately?

我已經充分地回答你的問題了嗎？

Questioner: Yes. Thank you.

提問者：是的。感謝你們。

I am regretful that it is such a scattered answer but you were dealing with a somewhat multiple experience, if we may say that within the framework of unity.

我和抱歉，它是一個如此散亂的答案，但是你們正在與一種在統一性的框架中的多少有些多重的體驗，如果我們可以說那樣說的話，打交道。

Questioner: I have one more question. I would like to ask this question if I may (inaudible).

提問者：我還有一個問題。我想要詢問這個問題，是否我可以（聽不見）。

Carla: (Inaudible). You're not going to believe this (inaudible)! All I see is a frog.

I can't possibly channel a frog. Wait a minute. Let me see if I can follow it, OK?
Carla : (聽不見)。你們將不會相信這個 (聽不見) ! 所有我看到的就是一隻青蛙。
我不可能能夠傳訊一隻青蛙。等一會兒。讓我看看是否我能夠跟上它 , 好嗎?

(Carla channeling)

(Carla 傳訊)

I am sorry for the levity, my friends. Consider the state of a simple frog. This frog is suddenly one day thrust into the wet wonderland which is his home. He is almost transparent when he moves with many others of his kind and evades many enemies. Gradually he attains shape, color, discovers that he can make sound (inaudible) and that he can take life and give it. He discovers that his consciousness is flooded with many thousands of images daily, that he has great power in his hands, and that he has a fate which he must follow. One day the frog is no more, for its body is no longer inhabited and it sinks back into the bottom of the pond from which it originated.

我為輕浮而抱歉，我的朋友們。考慮一隻簡單的青蛙的狀態。這只青蛙有一天突然沖入潮濕的仙境之中，那裏就是他的家。當他與很多其他的它的同類一起一同並逃避許多的敵人的時候，他幾乎是透明的。逐漸地，他取得了形狀，顏色，並發現他能夠發出聲音 (聽不見) 他能夠擁有生命並給出生命。他發現，他的意識每天都充滿了數千幅圖像，他在他的手中擁有巨大的力量，他擁有一個他必須要跟隨的命運。一天，青蛙不存在了，因為它的身體不再被居住了，它沉入到它源自於的池塘的底部了。

This frog is a very important person to himself. His awareness is very central and that which he loves and that which he dislikes are very real to him. But, my friends, we who are of the type of entity which you call human are aware that a frog is a frog. Who is right, my friends? We would like to point out the frog is correct, that you are correct, and that both of you are incorrect, for the nature of both is consciousness—consciousness which comes from one source and which is going ultimately to its own source. There is no beginning and no end. There is only the unity, the freedom of (inaudible) and the joy of reunion. Any other opinion of self or meaning of consciousness is quite real but is unreal.

這只青蛙對於他自己是一個非常重要的人。他的認識是非常中心性的，他愛的事物與他不喜歡的事物對於他是非常真實的。但是，我的朋友們，我們是屬於你們稱之為人類的那種類型的實體，我們知道一隻青蛙是一隻青蛙。我的朋友們，誰是對的呢？我們想要指出，青蛙是正確的，你們是正確的，你們雙方都是不正確的，因為兩者的屬性都是意識——來自於一個源頭並將最終前往它自己的源頭的意識。沒有開始，沒有結束。僅僅只有統一，(聽不見) 的自由以及重新合一的喜悅。對自我或者意識的意義的任何其他的觀念都是相當真實的，但卻不是真的。

There is always much you may do to be of service. There are always lessons to learn. There is a reality to illusion, but, my friends, remember the frog. You are a prince to yourself and your right and your wrong are extremely important

and that which you love and that which you dislike are very real to you. But you are only a (inaudible) and there is much hope. Allow your consciousness to rise into the light which created you and ultimately the questions will be answered for you will know that you are where you are and who you are and that all is well.

一直都會有大量你們可以做以進行服務的事情。一直都會有要學習的課程。對於幻象會有一個實相，但是，我的朋友們，記住青蛙。你對於你自己是一個王子，你的正確與你的錯誤是極其重要的，你愛的事物與你不喜歡的事物對你是非常真實的。但是你僅僅是一個（聽不見）會有大量的希望。允許你的意識上升進入到創造了你們的光中，最終問題將會被回答，因為你將會知曉你就是在你所在之處，你就是你之所是，且一切都好。

I would like to transfer this contact to the instrument known as T, if he will avail himself to my contact.

我想要將這個接觸轉移到被知曉為 *T* 的器皿，如果他將會讓他自己受益於我們的接觸的話。

(T channeling)

(*T* 傳訊)

I am Hatonn. (Inaudible).

我是 *Hatonn*。(聽不見)

(Unknown channeling)

(未知者傳訊)

I am now with this instrument. I was speaking of service and we are aware ...

我現在與這個器皿在一起了。我正在談及服務，我們察覺到.....

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn. I greet you once more, my friends, in the love and in the light of our infinite Creator. It is a great privilege to be able to be attempting to aid you in your seeking. We are aware of your questions and we will attempt to answer them.

我是 *Hatonn*。我再一次在我們的無限造物者的愛與光中向你們致意，我的朋友們。能夠嘗試在你們的尋求中幫助你們，這是一種巨大的榮幸。我們察覺到你們的問題，我們將嘗試回答它們。

The acquisition of understanding is not the phenomenon which you think it is, my friends. The acquisition of understanding is part and parcel of something much more basic. It does not come before this basic quality but rather is a result of this basic quality. One can only acquire understanding to the level at which his desire has led him.

對理解的取得不是你們認為它是的那種現象，我的朋友們，對理解的取得是某種

遠遠更為基礎性的事情的一部分。它並不是出現在這種基礎的屬性之前的，而母寧是這個基本的屬性的一個結果。一個人僅僅能夠取得對他的渴望已經在其上引導他的層次的理解。

Desire, my friends, is also not what you think it is. Desire is a great deal more than you think it is. The desire of a man is the man. It is his directional movement. This motion is the expression of his basic consciousness and is the most basic thing about him.

我的朋友們，渴望，並不是你們認為它是的事物。渴望是一種比你們認為它是的事物遠遠大得多的事物。一個人的渴望就是那個人。它是他有方向的運動。這種運動就是他的基本意識的表達，並且是關於他最為基礎的事物。

Now, your question is not answered by these facts, but they are necessary facts to understand before we can give you an answer. What one desires, my friends, and the purity of that desire, becomes and is the individual once he is aware that this is true. The man who is centered within his desire becomes whole and unified. This life, my friends, is a whole, it is one thing: an interconnected galaxy of time and space and meaning. Nothing may be untwined from anything else, for all is one. There is no strain or confusion in his life for he is aware at all time of who he is. He is the one who desires that which he desires. He is a seeker after truth. He is on a path. That which the path offers to him is what he is looking at, is what he is learning, and is what he is demonstrating. If he discovers that he has not followed all of his steps he learns from this discovery and never leaves the pattern of his desire.

現在，你的問題不是被這些事實所回答的，但是在我們給予你們一個答案之前，它們對於理解是需要的事實。一個人渴望的事物，我的朋友們，以及那個渴望的程度，會成為那個個體，並就是那個個體，一旦他察覺到這是真實的。那個處於他的渴望的中心處的人，會成為完整且統一的。這個生命，我的朋友們，是一個完整的事物，它是一個事物：一個相互連接在一起的時間，空間和意義的星系。沒有任何事物可以與任何其他事物解開，因為萬物一體。在他的生命中沒有張力或者混淆，因為他是在所有時間都察覺他是誰。他就是那個渴望他渴望的事物的人。他是一個真理的尋求者。他是走在一條道路上的。那條道路提供給他的事物是他正在看著的事物，是他正在學習的事物，是他正在示範的事物。如果他發現，他已經跟隨了所有他的腳步，他就會從這個發現學習，並永遠都不會離開他的渴望的模式。

You may, if you like, compare this self-aware existence with a knitted garment. Each stitch is interconnected with each other stitch. As it comes off the needles it is held safely in place.

如果你們喜歡的話，你們可以將這種自我察覺的存在性與一件針織衣服進行比較。每一條縫線都是與每一條其他的縫線相互彼此連接在一起的。當它從編織針上取下來的時候，它是安全地固定就位的了。

My friends, the attempt to analyze one's life by means of external and intellectual concepts is much like removing one's stitches from the needles. It is very easy for them to get misplaced or temporarily lost and it may take

some time for these stitches to be properly discovered again and put back into pattern. Therefore, it is much better to do without this intellectual picking. It is much better to simply accept one's existence and realize at all times who one is and what one is seeking. If one can do this it matters not whether one is sick or well or whether one is rich or poor for these things are minor details having little to do with the purpose for which your life has been dedicated.

我的朋友們，嘗試去藉由外部與智力觀念的手段來分析一個人的生命，非常類似於將一個人的縫線從針上移除。它們非常容易放錯位置或者暫時丟失了，這些縫線要再一次適當地被發現，並被放回到圖案中，這可能要花一些時間。因此，在不使用這種智力性拆解的情況下分析一個人的生命，這是好得多的。去單純地接受一個人的存在性並在所有的時候都意識到一個人是誰以及它在尋求什麼，這是要好得多的。如果一個人能夠這樣做，是否它是生病的，還是健康的，或者是否一個人是富還是窮，這是不重要的，這些事情都是與你的生命已經致力於的目的是幾乎沒有任何關係的瑣屑的細節。

The seeking which led you to this meeting also leads you to each item of information which you obtain. My friends, if your seeking is not ready to absorb this information then you will not demonstrate this information and you will therefore not have this information. It will not be your information. That which is not seen through you is not within you. There is indeed the possibility of what this channel sometimes calls cosmic indigestion. However, this is not the fault of the information or the fault of the entity who is not completely ready to demonstrate this information. It is simply a slight mismatching of information and it makes no difference to the seeking.

將你們引導到這次集會的尋求，同樣也將你們引導到了你們取得的每一條資訊。我的朋友們，如果你們的尋求沒有準備好吸收這個資訊，你們將不會示範這個信息，你們將因此不會擁有這個資訊。它將不會是屬於你們的資訊。被看到流經你們的事情並不是在你們內在之中的。確實會有這個管道有時候稱之為宇宙的消化不良的可能性。然而，這不是資訊的錯，或者尚未完全準備好示範這個資訊的實體的錯。它單純地是一個輕微的資訊的錯配，它對於尋求不會產生影響。

The true difficulty which you experienced was due to your intellectual efforts to analyze and to predict items which were beyond your intellectual ability. There are many things which one may think and man is a creator. Man creates many, many thoughts and, my friends, he lives with these thoughts. These thoughts are his thoughts. He does not create them to fly away. He creates them to surround him and they surround him more and more as he thinks upon the same thoughts. If you wish to have a certain thought about you, then think it, my friends. If the thought which you are entertaining is not full of faith, hope, charity, love and concern for the spiritual welfare of your fellow man then you may put those thoughts aside and you will not be responsible for their generation.

你們體驗到的真正的困難，是由於你們對分析並預測那些超出了你們的智力能力的項目的智力性的努力。會有很多的事情是一個人可以思考的，人是一個創造者。人創造了很多很多的想法，我的朋友們，他藉由這些想法而活。這些想法就是他的想法。他並不是創造出它們來讓它們飛走的。他創造出它們來讓它們包圍他，

它們會隨著他思考相同的想法而越來越多地包圍他。如果你們希望擁有關於你們的一定的想法，接下來，思考它。如果你們正在招待的想法不是充滿信心，希望，清晰度，愛以及對你們的夥伴的靈性的福利的關心，接下來，你們可以將這些想法放在一邊，你們將不用為它們的產生負責任。

If you could be in the dimension which immediately follows yours along the scales of planes you would see your thoughts, my friends. You would see your emotions. You would discover for yourself how very undesirable it is to surround yourself with those things which cause fear, sickness, pain and lack. My friends, you would see the great strides that can be made by the constant generation of thoughts of the Creator. The intellect cannot understand these matters and for this reason we had you meditate to make you more conscious of the Creator 's thoughts. We can only approximate with words what we are attempting to tell you and that is that your difficulties are due to your own ability to create by intellectual thought that which you feel that you desire intellectually but in truth certainly do not desire. Concentrate upon your desires, my friends. Do not be afraid of any information but only know who you are and what you desire.

如果你們能夠處於在層面的等級上緊跟在你們的維度後面的維度中，你們就會看到你們的想法了，我的朋友們。你們能夠看到你們的情緒。你會為你自己發現，用那些會產生出恐懼，疾病，病痛與缺乏的事物包圍自己，這是怎樣非常不可取的。我的朋友們，你會看到藉由持續不斷產生出屬於造物者的想法能夠被做出的巨大的跨越。智力是無法理解這些事情的，就是因為這個原因，我們讓你們進行冥想來讓你們更多地察覺到造物者的想法。我們僅僅能夠用言語近似地表達我們正在嘗試去告訴你們的事情，那就是你們的困難是由於你們自己藉由智力的想法創造了你們感覺到你們智力上渴望的事物的能力，而這個事物實際上肯定不是你們渴望的。集中注意力在你們的渴望上，我的朋友們，不要害怕任何資訊，而知曉你們是誰，你們渴望什麼。

We send you our love and our light, for we are one with you. We send you all of the creation, for we are one with the creation. We send you great beauty. Galaxies of bursting stars. We send you many thoughts and many dreams and great ecstasy. All of these things are in the creations of the Father and they are yours, my friends. We hope that we have been able to be of service. We urge you to lift up your heart, for there is much to rejoice concerning.

我們向你們送出我們的愛和我們的光，因為我們是與你們是一體的。我們想你們送出所有的造物，因為我們與造物是一體的。我們向你們送出巨大的美麗，具有爆炸的星星的星系。我們向你們送出許多的想法，許多的夢想與許多的狂喜。所有這些事情都是在天父的造物中的，它們是你們，我的朋友們。我們希望我們已經能夠進行服務了。我們鼓勵你們提升你們的心，因為會有大量要為之歡慶的事情。

I am desirous at this time of speaking for a time with each of you, if you will avail yourself to my contact. I will attempt to contact at this time the instrument known as T.I am Hatonn.

我渴望在此刻對你們每一個人說話一會兒。如果你將會讓你自己受益於我們的接

觸的話。我將嘗試在此刻接觸被知曉為 *T* 的實體。我是 *Hatonn*。

(T channeling)

(*T* 傳訊)

I am *Hatonn*. I am now with this instrument. My friend, I would like to say (inaudible) to you concern. The instrument has confused himself through (inaudible) attempts to analyze. My friends, I wish only at this time to exercise the new instruments. This is a common method or technique with new instruments. We send our thoughts on a rather basic level. The instruments should not concern themselves at first with the message they are receiving. No amount of analyzing by an instrument will make his message any more meaningful or profound, my friends. Merely relax and avail yourself to our contact. We will do the rest, my friends. It is not really a complicated thing receiving our thoughts. Our thoughts come to (inaudible) quite easily to some people on your planet who have never before consciously thought of our contact. This ease owes to their ability to totally relax their body and mind, thus becoming very receptive and merely repeating what they see and what they hear in their mind. I will now attempt to make contact with the instrument known as (inaudible). I am *Hatonn*.

我是 *Hatonn*。我現在與這個器皿在一起了。我的嘖，我想要說（聽不見）你的擔憂。這個器皿已經通過（聽不見）去分析的嘗試讓他自己感到混淆了。我的朋友們，我僅僅希望在此刻訓練新的器皿。會有一種新的器皿工作的通常的方法或者技術。我們在一個相當基礎的層次上送出我們的想法。器皿不應該在一開始就讓他們自己擔心他們正在接收到的資訊。一個器皿無論進行多少分析，都不會將會使得這個資訊更為有意義或者更加深入，我的朋友們。接收我們的想法，這真的不是一個複雜的事情。我們的想法會來到（聽不見）相當容易地出現在你們的星球上的一些之前從未有意識地想到過我們的接觸的人的頭腦中。這種容易歸功于它們完全放鬆它們的身體與心智，並因此成為非常有接受性的能力，它們單單重複它們在它們的頭腦中看到與聽到的事物。我現在將嘗試與被知曉為（聽不見）的器皿建立接觸。我是 *Hatonn*。

(Tape ends.)

(磁帶結束。)

June 21, 1974

1974-06-21 Hatonn : 無法衡量的冥想

(Unknown channeling)

(未知者傳訊)

(Inaudible) our infinite Creator. It is once more a great privilege to be with you. This evening I will attempt to condition each of you if you will avail yourself.
(聽不見) 我們的無限造物者。與你們在一起這再一次是一種巨大的榮幸。今晚我將嘗試去調節你們每一位，如果你願意讓你自己受益於它的話。

(Carla channeling)

(Carla 傳訊)

(Inaudible). I am with this instrument. Again, my friends, I greet you in the love and in the light of our one infinite Creator. I express to you my feeling of great privilege to be allowed to condition you and to ... speak with you at this time using these instruments. My friends, I would speak to you for a few minutes about your meditations. Although we have been over this material many times we approach it again, my friends. That which we have to tell you is, in itself, very simple. All we can do is vary the approach which is used in explaining it. We would like to look at this time at the aspect of meditation in which your feeling about the activity of meditation is demonstrated.

(聽不見)。我與這個器皿在一起了。再一次我的朋友們，我在我們的太一無限造物者的愛與光中向你們致意。我向你們表達我對於被允許調節你們，被允許.....在此刻使用這些器皿來對你們發言的巨大的榮幸的感覺。我的朋友們，我會花幾分鐘來對你們談談你們的冥想。儘管我們已經很多次地在涉及到這個材料了，我們會才一次處理它。我的朋友們，我們必須要告訴你們的事情，在其自身，是非常簡單的。所有我們能夠做的事情改變在解釋它的過程中被使用的手段。我們想要在此刻檢查冥想的這樣一個面向，在這個面向中，你們對於冥想的活動的感覺是被示範說明了的。

How do you picture that which you do in meditation, my friends? How do you measure your gains? With what instrument are you grading yourself? We are afraid, my friends, that it is the inevitable habit of those upon planet Earth to demand a type of grading system even for those things which do not lie within the grading systems you have available. That which is measured is inevitably that which is lost, my friends. What you measure is what has been expended. And in mediation, my friends, nothing is expended. Meditation is a becoming ... a becoming aware of that which already is in a timeless fashion. One cannot grade it for it is entirely a living activity. Not living, my friends, in the sense of this illusion but living in the sense that eternity lives. It is beyond that which you may know as judging.

你們如何想像你們在冥想中做的事情呢，我的朋友們。你們如何衡量你們的收穫呢？你藉由手段來為你自己打分呢？我的朋友們，我們恐怕，那些在行星地球上的人的無可避免的習慣就是去要求一種類型的評分系統，甚至是對那些並不存在

于你們可以利用的評分系統中的事情。被衡量的事物會無可避免地是會被失去的事物，我的朋友們。你們衡量的事物就是已經被耗盡的事物。在冥想中，我的朋友們，沒有任何事情是被耗盡的。冥想是一種成為……一種對已經用一種無時性的方式存在的事物的察覺。一個人無法為它評分，因為它是完全是一個活生生的活動。不是從這個幻象的意義上是活的，我的朋友們，嗯，而是從永恆生命的意義上是活的。它是超越了你們可以知曉為評判的事物的。

To the human mind, my friends, that which you see about you as progress could be compared to a great coral reef. You observe that which has been left behind by previous effort, that which in fact is a pile of used physical vehicles. You can see this. You can measure it and this comforts you, but my friends, meditation is an opposite process. Free yourself from the desire to measure your progress in meditation. Free yourself from the fetters of your own systems of measurement for that which you are desiring is measureless and limitless, my friends. Simply allow yourself to seek and to accept through meditation the contact with the Creator of us all. That is your duty as a portion of this creation.

對於人類心智，我的朋友們，你們在你們周圍視為是發展的事物，能夠被比作一個巨大的珊瑚礁。你們觀察到的是已經被之前的努力留在後面的事物，它實際上是一堆被用過的物質性的載具。你們能夠看到這種發展。你們能夠度量它，這會讓你們感到安慰，但是，我的朋友們，冥想是一個相反的過程。讓你自己從度量你在冥想中的發展的渴望上解脫出來讓你自己從你自己的度量系統的束縛中解脫出來，因為你正在渴望的事物是無法度量且不受限制的，我的朋友們。單純地允許你自己尋求並通過冥想接受與我們全體的造物者之間的接觸。

I would like to continue to condition each of you and at this time I will attempt to continue this contact through another instrument. I am Hatonn.

我想要繼續調節你們每一位，在此刻我將會嘗試通過另一個器皿繼續這種接觸。我是 *Hatonn*。

(Unknown channeling)

(未知者傳訊)

I am Hatonn. I am now with this instrument. My friends, the subject of meditation, as we said earlier, has been gone over many times. While the benefits that you receive from meditation are with you and need no measurement, your daily, shall we say habits, necessities, need to be honored so that you can find time for your meditation. This, my friends, is the greatest value of repetition on our part concerning the need to meditate. Do not allow any more than absolutely necessary your daily activities to encroach upon your mediation. Your daily activities may at times be of such a nature that you have to set aside temporarily your meditation. This is ... this is your choice, my friends. Try to order your daily life so that (inaudible). Each day as you continue to meditate it will seem to become easier to—again, to use your phrase—to fit your meditation (inaudible) to your (inaudible) schedule. My friends, this is due to the fact that your awareness, your, shall we say, sense of

values is shifting. The realization that through your meditation all problems, questions will be answered (inaudible).

我是 *Hatonn*。我現在與這個器皿在一起了。我的朋友們，冥想的主題，如我們早些時候說過的一樣，已經被重複過很多次了。雖然你們從冥想接收到的益處會是與你們在一起且不需要度量的，你們的日常生活的，容我們說，習慣與需要，需要被榮耀，這樣你們就能夠為你們的冥想找到時間了。我的朋友們，這就是我們在關於冥想的需要的方面在我們的部分上的重複的最大的價值了。不要允許除了你們的日常生活絕對需要的事情之外的任何事情侵犯你們的冥想。你們的日生活的活動時常是具有這樣一種屬性的，你們不得不暫時將你們的冥想放在一邊。這是……這是你們的選擇，我的朋友們。嘗試去整理你們的日常生活，這樣（聽不見）。隨著你們繼續冥想，每一天都將看起來似乎是更為容易——再一次，使用你們的措辭——適應你們的冥想（聽不見）適應你們的（聽不見）日程。我的朋友們，這是由於你們的認識，你們的，容我們說，價值感正在轉變。通過你們的冥想，所有的問題與疑問都將會回答，這種領悟（聽不見）。

So, my friends, do not hold any recriminations toward yourself if you are unable to adhere to your meditation, but, my friends, (inaudible). It would seem to some that this is likened to forming a habit, but not really because a habit is usually something that (inaudible) necessarily (inaudible) derived benefit from. I will now attempt to transfer this contact to another instrument. I am *Hatonn*.

因為，如果你們無法堅持你們的冥想，我的朋友們，不要對你自己抱有任何責難，但是，我的朋友們，（聽不見）。對於一些人看起來似乎，這可以被比作形成一種習慣，但不是真的形成一種習慣，因為一種習慣通常是某種（聽不見）必須地（聽不見）從其得到益處。我將嘗試將這個接觸轉移到另一個器皿。我是 *Hatonn*。

(Unknown channeling)

(未知者傳訊)

I am *Hatonn*. I am with this instrument. Meditation, my friends, will provide you the access to the door through which you must pass to find all of the creation that is about you. This is what we are attempting to bring to those on Earth who will avail themselves to truth. We are trying to lead them to that doorway through which they must pass in order to experience all of the benefits of their creation. It is a very simple process. Avail yourself to meditation and you will surely find the doorway. It is there for all peoples throughout all of the creation, in all places at all times. It is only necessary that they attune their thinking with that of their Creator. This may be done in meditation. Seek and ye shall find it has been written. What ye shall find is more, much more, than you could ever imagine. Find it. Find it through mediation. It is there waiting. I will leave you at this time. I am *Hatonn*. Adonai vasu.

我是 *Hatonn*。我與這個器皿在一起了。我的朋友們，冥想將會提供給你們通往門的入口，你們必須要穿越那扇門以找到所有在你們周圍的造物。這就是我們正在嘗試去帶給那些在地球上將會讓它們自己受益於真理的人的事物了。我們正在嘗試將它們引導到那個他們必須通過的入口，以便於體驗到它們的造物的所有的

益處。這是一個非常簡單的過程。讓你自己受益於冥想，你將肯定會找到入口。對於貫穿整個造物的所有人，它在所有地方，在所有時候都在那裏。唯一需要的事情是，它們將它們的思考與它們的造物者的思考協調一致。這可以在冥想中被完成。尋求，你們將找到，這是已經被寫道過的。你們將會找到的事情，是比你們能夠想像到的要遠遠多得多的。找到它。通過冥想找到它。它就在那裏等待著。我將在此刻離開你們。我是 *Hatonn. Adonai vasu.*

June 22, 1974

1974-06-22 Telonn：情緒的色彩與淨化

(Inaudible)

(聽不見)

(Unknown channeling)

(未知者傳訊)

I greet you, my friends, in the love and in the light of our infinite Creator. I am once more with you. I and my brothers are here. Here to serve you. We will serve you for a period of time now during your meditation. All that is necessary is that you avail yourselves to our company.

我的朋友們，我在我們的無限造物者的愛與光中向你們致意。我再一次與你們在一起了。我和我的兄弟在這裏，在這裏來服務你們。我們將會現在，在你們冥想期間為你們服務一段時間。所有需要的事情就是，你們讓你們自己受益於我們的陪伴。

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I am now with this instrument. I greet you again, my friends, in the love and the light of the One Who is infinite. As you continue upon your path of seeking, my friends, you will find that even in group meditation there will be profound silence, for with those who have obtained direct contact with us there are many concepts which may best be presented within the silence. We have been expressing to you at this time certain thoughts having to do with service. You are aware that we are here to serve you, my friends. Have you considered the way in which we offer that service? That which we offer is left, as it were, my friends, upon your doorstep. We do not remain to discover whether you will take our gift within your dwelling places, nor do we check the uses to which you put it. We do not come bowing to you, my friends, and we do not come requesting that you bow to us. We are here to serve you. We are here to serve ourselves. There is no inequality between us. There is no separation between us. We are here and we are you. We give at the same time that we take. There is no difference. The entire experience is service.

我是 Hatonn。我現在與這個器皿在一起了。我在太一的愛與光中再一次向你們致意，我的朋友們，太一是無限的。隨著你們繼續走在你們的尋求的道路上，我的朋友們，你們將會發現，甚至在團體冥想中都會有深入的靜默，因為與那些已經取得了與我們之間的直接的接觸的人，會有很多的觀念是必須要在靜默中才能最佳地被呈現出來。我們在此刻一直都在對你們表達一定的與服務有關的想法。你們知道我們在這裏是來服務你們的，我的朋友們。你們已經考慮過我們通過其提供那種服務的方法嗎？我們提供的事物，我的朋友們，可以說是，留在你們的門口的。我們不會留下來以弄明白，是否你們將會將我們的禮物拿到你們的住所中，我們也不會檢查你們將它用於何處。我們不是來向你們鞠躬的，我的朋友們，我們不是來要求你們向我們鞠躬的。我們是來這裏來服務你們的。我們是來這裏

來服務我們自己的。在我們之間沒有不平等。在我們之間沒有分離。我們在這裏，我們是你們。我們在我們拿走的同時給予。沒有區別。整個體驗都是服務。

As you allow yourself to rest within the silence then accept these thoughts which in language are such halting phrases for, my friends, you are beginning to find that your desire to serve is growing and sharpening. We are aware of this. We can assure you that there will be a great plenty of work for you to accomplish in the service of the infinite Creator. All that is necessary is a continued seeking toward the source of light and love which is within each of you.

當你允許你自己在靜默中休息的時候，接下來，接受這些想法，它們在語言中是如此不完善的措辭，因為，我的朋友們，你們正在開始發現你們對服務的渴望是在不斷增加，並正在變得銳利的。我們察覺到這種渴望了。我們能夠對你們保證，將會有大量的工作是你們要在服務無限造物者的方面去完成的。所有需要的事情就是一種朝向在你們每一個人內在之中的光與愛的源頭的持續不斷的尋求。

We will pause again, my friends, and we will speak to you within the silence and after a period we will transfer this contact. I am Hatonn.
我的朋友們，我們將再一次暫停，我們將在靜默中對你們說話，在一段時間後，我們將轉移這個接觸。我是 *Hatonn*。

(Unknown channeling)

(未知者傳訊)

(Inaudible) be more aware of what we speak in the silence (inaudible). There is trouble with this instrument. (Inaudible). What we said before, my friends—you should not try to measure (inaudible) transfer this contact (inaudible). I am Hatonn.

(聽不見) 更多地察覺我們在靜默中談及的事物 (聽不見)。這個器皿遇到了麻煩。(聽不見) 我們之前說過的事情，我的朋友們——你們不應該嘗試去衡量 (聽不見) 轉移這個接觸 (聽不見)。我是 *Hatonn*。

(Unknown channeling)

(未知者傳訊)

(Mostly inaudible)

(大部分聽不見)

I am Hatonn. (Inaudible) once more, my friends, in His love and His light. (Inaudible) meditation ... (inaudible) meditation is good for each individual entity. It is also good for the (inaudible). A period of silence (inaudible) meditation. (Inaudible) individual ... This instrument is very unsure. (Inaudible) each individual entity to relax and (inaudible) and flow of energy (inaudible) able (inaudible) individual entity to receive our thoughts (inaudible) and reflect, shall we say, putting away our thoughts (inaudible). It strengthens the entity's desire to meditate in order to receive our thoughts. (Inaudible)

meditation to allow that entity a better opportunity to meditate and pick up our thoughts.

我是 *Hatonn*。(聽不見)再一次，我的朋友們，在祂的愛中，在祂的光中。(聽不見)冥想.....(聽不見)冥想對每一個個體的實體都是有益處的。它的對於(聽不見)同樣也是有益處的。一段靜默的時間(聽不見)冥想。(聽不見)個體.....這個器皿是非常不確定的。(聽不見)每一個個體的實體，要放鬆(聽不見)能量的流動(聽不見)能夠(聽不見)個體的實體接收我們的想法(聽不見)思考，容我們說，將你們的想法放到一旁(聽不見)。它增強了實體為了接收我們的想法而進行冥想的渴望。(聽不見)冥想以允許那個實體擁有一個更好的機會去冥想並接收我們的想法。

We are having difficulty with this instrument. She is (inaudible) unsure. I am Hatonn. I will leave this instrument now. (Inaudible).

我在這個器皿身上正在遇到困難。她是(聽不見)不確信的。我是 *Hatonn*。我將會現在離開這個器皿。(聽不見)。

(Carla channeling)

(Carla 傳訊)

I am Teal'onnn. This is not quite right. I am Fillonn. I wish to only break in for a moment. I am new to this channel. I am new to this group. I'm new to this planet. I am only learning how to deal with this planet. I am studying under those of Hatonn. I am with the Confederation of Planets in the Service of the Infinite Creator. I am here to offer what I can offer of that which I am to that which you are. I am here to give to you all of the aid which I possess, of which I possess none, for I am a channel as transparent as sunlight. I only serve to focus the light of the Creator so that another who is seeking may spot this light in a world of murky shadows.

我是 *Teal'onnn*。這並不是相當準確的。我是 *Fillonn*。我僅僅希望打斷一會兒。我對於這個管道是新人。我對於這個團體是新人。我對於這個星球是新人。我僅僅正在學習如何與這個星球打交道。我正在 *Hatonn* 實體下面進行學習。我是屬於服務於無限造物者的星際聯邦的。我來到這裏來向你們之所是提供我能夠提供的我之所是的事物。我來到這裏來給予你們所有我擁有的幫助，我什麼都不擁有，因為我是如同陽光一個透明的一個管道。我僅僅進行服務以將造物者的光聚焦起來，這樣另一個尋求的人就可以在一個含糊不清的陰影的世界中認出這種光了。

My friends, I do not know very much about you yet. I am only learning. I wish to say to you with all my heart, my friends, look up. Pay attention, my friends. Every day, every breath is fantastic. Don't lose time, my friends. Don't lose consciousness. That which you are experiencing is precious unto you. Horde it and be aware of it. You are experiencing physical existence. This is very precious, my friends. You will not find such intensity possible in other forms of existence. You will not find the ability to experience with such rapidity and such purity those things which you call emotions. Each moment is a moment of adventure and magic. My friends, look up. Pay attention. Do not let these things go by you. Allow yourself to experience each thing that is yours. Allow

those things known as emotions within you to mature so that each emotion, my friends, is as pure and true as a living color.

我的朋友們，我並不是對你們非常瞭解的。我僅僅是在學習。我希望全心全意地對你們說，我的朋友們，尋找。留心，我的朋友們。每一天，每一個呼吸都是奇特的。不要浪費時間，我的朋友們。不要丟失意識。你們正在體驗到的事物對於你們是寶貴的。珍惜它並察覺到它。你們正在體驗物質性的存在性。這是非常寶貴的，我的朋友們。你們將不會在其他的存在性的形式中找到有可能的這樣的強度。你們將不會找到能力用這樣的速度，用這樣的純度來體驗那些你們稱之為情緒的事物。每一刻都是一個冒險與魔法的時刻。我的朋友們，尋找。留心。不要讓那些事情從你們身邊經過。允許你自己體驗每一個屬於你的事情。允許那些被知曉為情緒的事情在你們內在成熟，這樣每一個情緒，我的朋友們，就會如同一種活生生的色彩一樣純淨而真實了。

Each emotion, my friends, is indeed like a living color. It may be clear or it may be murky. Those upon your planet seem to be somewhat murky in their emotions. They are attempting to purify their emotions for they are truly the things that survive. They are not actually emotions but you know them as emotions. They are the colors of the spectrum of light. They are consciousness. They are all the Creator. And to experience truly these colors or emotions is to experience truly the Creator, which is the sum of all which there is.

我的朋友們，每一個情緒，都確實是好像一個活生生的色彩一樣。它可以是清晰的，或者它可以是渾濁的。在你們的星球上的人看起來似乎在它們的情緒中是或多或少有些渾濁的。它們正在嘗試去淨化它們的情緒，因為它們是真正會存活下來的事情。它們實際上不是情緒，但是你們將它們知曉為情緒。它們是光譜的色彩。它們是意識。它們全都是造物者。要真正地體驗這些色彩或者情緒，就是去真正地體驗造物者，造物者就是一切萬有的總和。

Each expression which you feel may be purified to its complete end or final form. That master known as Jesus upon your planet is a master among many but one whom you are all aware of, I believe. This master had a great ability to experience in a purified form the emotions of which his waking consciousness became aware. You also may do this, my friends, and I urge you to attempt to follow the teaching of the one who is known to you as Jesus. This man maintained an inner contact with his infinite Father and he experienced each moment for that moment and thereby was able to absorb and use the experience which was his reason of coming. He left an example for you to follow. Many others have done the same.

你們感覺到的每一個表達都可以被淨化到它完整的終點或者最終的形式。被知曉為耶穌的大師是在你們的星球上的很多大師中的一位，但是我們相信，你們是清楚瞭解這個大師的。這個大師擁有一種巨大的能力用一種純淨的形式來體驗他的醒著的意識所察覺到的情緒。你們同樣可以這樣做，我的朋友，我鼓勵你們嘗試去跟隨被你們知曉為耶穌的實體的教導。這個人與他的無限的天父保持一種內在的接觸，他為每一刻而體驗那一刻，並由此能夠吸收並利用體驗，那就是他前來的原因了。他為你們留下了一個去跟隨的榜樣。很多其他人都已經做了相同的事情了。

It has been a great privilege to meet you. I am hopeful that I will be able to speak with you again. I hope that in some small way I have been able to share a thought which may be helpful with you. My blessings upon each of you. I will leave you now. I am Teronn. Farewell and love, my brothers.

與你們集會已經是一種巨大的榮幸了。我希望我將能夠再一次對你們發言。我希望用某種小小的方式，我已經能夠分享一個可能對你們有幫助的想法。我將現在離開你們。我是 *Telonn*。我的兄弟們，再見與愛。

(Side one of tape ends.)

(磁帶一面結束。)

June 23, 1974

1974-06-23 Hatonn : 另一個實相的大門

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I am with you once again, my friends, in the love and the light of our infinite Creator. We are surrounded by love. You are surrounded by the same love and that which flows between us makes us one. We are here, my friends, in your skies at this time to speak with those upon your planet who desire to hear our voices. We sing an anthem of praise to the Creator. We offer the rejoicing and the ecstasy of all of these portions of reality in hopes that the light we share may reflect upon you and that we may see reflected back a growing awakening of the light and the portion of reality which deals with each of you. This is a somewhat stately and slow-moving task. We have not been hasty, my friends. We have observed that which we have attempted and we have in many cases altered our methods. We have tried many new ways as time passed upon your planet and we are progressing in our program in such a way that we hope to give you the most completely efficient display of that which we have to give you and that we (inaudible).

我是 Hatonn。我再一次在我們的無限造物者的愛與光中向你們致意，我的朋友們。我們是被相同的愛所圍繞著的，在我們之間流動的事物讓我們成為一體的了。我的朋友們，我們在此刻在你們的天空中來對在你們的星球上的那些渴望聽到我們的聲音的人發言。我們歌唱一首讚美造物者的聖歌。我們提供可實相的所有這些部分的歡呼與狂喜，以希望我們分享的光可以在你們身上映射，我們可以看到一種越來越更加令人覺醒的光，以及你們每一個人與之打交道的實相的部分被反射回來。這是一個多少有些穩定而緩慢地進行的任務。我們並不著急，我的朋友們。我們已經觀察到我們已經嘗試過的事物，我們在很多情況中已經改變我們的方法了。我們已經隨著時間在你們的星球上流逝嘗試過很多新的方法了，我們用這樣一種方式在我們的計畫中進展，我們希望給予你們對我們所要給予你們的事物的最為完全地有成效的展現，我們（聽不見）。

And what do we have to give you, my friends? We have to give you most of all a door. Only a doorway. Only a suggestion. We have to give you the suggestion of another world. Another complete reality. A reality that transcends this reality, that includes this reality, that explains this reality, that will completely outlast this reality and to which reality you will repair after this brief experience upon the earth plane.

我們所要給予你們的事情是什麼呢，我的朋友們？我們所要給予你們的事物最主要地是一扇門。僅僅一個入口。僅僅一個建議。我們必須要給予你們對另一個世界的建議，另一個完整的實相，一個超越了這個實相，包含了這個實相，解釋了這個實相，將會完全延長超過這個實相，且在你們在地球層面上的這次短暫的體驗之後你們將會修復成為的實相。

We can give you this suggestion of eternity. We can offer you our suggestions as to how to approach this doorway. We have spoken many times of

meditation. This is the most efficient way of approaching this door, the desire within you to go through the door and that alone will lead you through. Meditation, my friends, creates the possibility of nearing the door.

我們能夠給予你們這個具有永恆性的建議。我們能夠對你們提供我們在關於如何接近這個入口的方面的建議。我們已經很多次談及冥想了。這是接近這扇門的最有成效的方法，在你們內在之中去穿越那扇門的渴望，且單單只有那個渴望將會引領你們通過。我的朋友們，冥想，創造出了接近那扇門的可能性。

What do we have to give you? We have to give you something that you are seeking. It is only important to those who are already aware that they do not have what they are seeking. This is our great difficulty in speaking with you. We can only speak to those who already know that there is something to speak about. To those people to whom reality within the illusion is acceptable, our words will be nothing and less than nothing. To those people who are seeking our words will find a place. Our words will become your words, my friends, as you seek. For as you seek you will find, and as you are seeking upon the same path which we have trod, our thoughts and your thoughts will become as one and we will vibrate in harmony.

我們必須給予你們的事情是什麼呢？我們必須要給予你們某種你們正在尋求的事情。它僅僅是對於那些已經察覺到它們並未擁有它們正在尋求的事物的人才是重要的。這是在我們與你們說話的過程中的巨大的困難。我們僅僅能夠對那些已經知曉會有某個事情是要談及的人發言。對於那些在幻象中的實相是可以接受的人，我們的話語將什麼都不是，且比什麼都不是還不如。對於那些尋求的人，我的朋友們，我們的話語的將會找到一個位置。我們的話語將會成為你們的話語，我的朋友們，如你們尋求的一樣。因為當你們尋求的時候，你們將會發現，當你們在與我們走過的道路相同的道路上尋求的時候，我們的想法和你們的想法將會成為一體的，我們將在協調一致中振動。

What do you seek? You are already aware of the very seed of that which you seek. What are you going to do to seek it? My friends, we suggest that you look at your meditation as the seed which is growing in the rich soil of your physical existence. It will bear fruit within your existence. And the fragrance and the beauty which meditation sheds throughout the illusion will last far beyond the illusory flower, for the gifts of this fruit last forever.

你們尋求什麼事情呢？你們已經察覺到你們尋求的事物的種子了。你們將要做什麼事情來尋求它？我的朋友們，我們建議，你們將你們的冥想視為是在你們的物質性的存在性的豐富的土壤中生長的種子。它將會在你們的存在性中結出果實。冥想在貫穿整個幻象發出的香味與美麗，將會持久遠遠超過幻象的花朵，因為這種果實的禮物將會永遠持續。

Allow the seed of meditation to be endlessly nurtured within each day and, my friends, that which you need to do to bloom will come to you. The fruit which you need to supply to be of service to others will be possible for you to produce. The energy which you need to grow and flourish will be yours and when you need rest there will be time for rest for once you are committed to the gentle cycles of eternity the physical illusion very quietly falls into place.

允許冥想的種子在每一天中無盡地被滋養，我的朋友們，你們為了開花兒需要去做的事情將會來到你們面前。你們為了服務他人而需要提供的果實將會是你們有可能產生出來的。你們為了生長與繁茂而需要的能量將會是屬於你們的，當你們需要休息的時候，將會有休息的時間，因為一旦你們致力於永恆的溫和的週期，物質性的幻象將非常快地各就其位。

We are most pleased to be speaking with you. We would like to transfer this contact at this time. I am Hatonn.

我們極其高興對你們發言。我們想要在此刻將這個接觸轉移。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn. I am again with this instrument. I am very happy to be with you and to be able to speak with you. At this time I will ask if there are any questions.

我是 *Hatonn*。我與這個器皿在一起了。我對於能夠與你們在一起並對你們發言是非常高興的。在此刻，我將會詢問，是否有任何問題。

Questioner: (Inaudible).

提問者 : (聽不見)。

I am reluctant to speak ahead of the time appointed. All will be well. You must work for this is a matter of free will. Do you understand?

我不願意在指定的時間之前發言。一切都將是沒問題的。你必須要進行工作，因為這是一個自由意志的問題。你理解了嗎？

Questioner: (Inaudible).

提問者 : (聽不見)。

Carla: I'm just not getting anything except a contact point. The contact is just strong. They just ... they're sending light.

Carla : 我僅僅除了一個接觸點之外沒有得到任何事情。接觸是僅僅是強有力的。它們僅僅.....它們僅僅在送出光。

Questioner: (Inaudible).

提問者 : (聽不見)。

You would understand this section as headquarters. We are a field organization. The activities of our united peoples are manifold and varied and we have recourse to a central organism which is somewhat like a computer but which does not become classified as an inanimate object in your system of understanding as it is at present. This computer-like entity is made of thought and is dimensionless, thus unifying that which is somewhat diverse. This means that instructions may be set in ... in a more specific way than by contacts such as this one. This computer-like entity has powers within the

realm of mass. We are not operating under this type of (inaudible). We may work in time (inaudible). We may speak flexibly (inaudible). We have different jobs to do. There are conditions under which activities of the central organization and we in the field may merge. These conditions are very stringent.

你們會將這個區域理解為司令部。我們是一個實地的機構。我們的聯合起來的人的活動是各式各樣且多變的，我們已經向一個中心的有機體求助，這個有機體是有些類似於一台電腦，但是它並不會被分類為在你們的理解系統中的一個無生命的事物，如同你們的理解系統在此刻認為的一樣。這個電腦一樣的實體是由想法構成的，且是超越維度的，並因此將多少有些各不相同的事物統一起來了。這意味著，指導可以用.....用一種比諸如這個接觸之類的接觸更為具體的方式被固定下來。這個電腦一般的實體在物質的領域中是擁有力量的。我們不是在這種類型的（聽不見）下運轉的。我們可以在時間中工作。我們可以靈活地發言（聽不見）。我們擁有不同的工作要進行。會有一些情況，在其中中心機構與我們的活動，在實地，是可以結合起來的。這些情況是非常緊迫的。

As to why those particular people were chosen we can explain it best by telling you that we were looking for people of a specific type of vibration. These were people who have been intended for his particular experience at this particular time. The one known as Uri is an exceptional and rare person in that he is not native to this planet except for his inclination. His powers are only a small part of that which he had awareness of previous to this excursion into this density.

在關於那些特定的人為什麼被選擇的方面，我們能夠藉由這樣告訴你們來最佳地解釋它，我們正在尋找具有一種特定類型的振動的人。這些人是已經為這個特定的時刻的這個特定的體驗被計畫好的人。被知曉為 *Uri* 的實體是一個例外且罕見的人，因為他除了並非這個星球本地的，除了他的傾向之外。他的力量僅僅是他對進入到這個密度的這次短途旅行之前已經認識到的力量的一小部分。

Andrija Puharich is a person who has worked within this planet's influence in other incarnations. His progress through several incarnations along the path of service has been very steady. He has desired to be of service on a planetary level through several lifetimes and he will be true to this desire. For this reason we have asked that he be the keeper of this small (inaudible).

Andrija Puharich 是一個已經在這個星球上在其他投生中工作過的人。他沿著服務的道路通過數次投生的發展已經是非常穩定的了。他已經通過數次生命渴望在一個星球的層次上進行服務了，他將對他的渴望是真誠。因為這個原因，我們已經請求他成為這個小小的（聽不見）的保管者。

What they have seen is a result of who they are. The fact that their vibrations (inaudible) and that they are not either one able to relax and meditate is somewhat regrettable, not because of our convenience but because there is much comfort to the spirit to be found within meditation. When one is weary (inaudible) without meditation discomfort is somewhat (inaudible).

它們已經看到的事物是它們之所是的一個結果。它們的振動（聽不見）且它們沒有任何一個人能夠放鬆並冥想的事實是有些令人遺憾的，不是因為我們的方

便,而是因為在冥想中會有大量對靈性的安慰可以被找到。當一個人是疲倦的(聽不見)且沒有冥想的時候,不舒服是有些(聽不見)。

Do we have further questions?

我們擁有更進一步的問題嗎?

Questioner: What is the purpose of your (inaudible)?

提問者: 你們的目的是什麼(聽不見)?

The one who questions knows this answer. It is an advertisement. We are aware that this thought is already within your mind. An advertisement that cannot be proven but an advertisement that has increased in specificity from previous advertisements. We mentioned earlier that we [are] experimenting, trying new things, attempting to spread our message in each and every way that we can think of that does not revoke the unalterable law of free will. You are already aware of the procedure by which doubt may be maintained even though the power of the one known as Uri cannot be disproven. By the same token it cannot be identified.

提問的人知道這個答案。它是一個廣告。我們察覺到這個想法已經在你們的頭腦中了。一個無法被證明的廣告,但卻是一個已經比之前的廣告在具體性的方面增加了的廣告。我們早些時候提到過,我們正在進行實驗,嘗試新的是事情,嘗試用每一種我們能夠想到的,不會廢除自由意志的不可動搖的法則的途徑傳播我們的資訊。你們已經知曉藉由其懷疑可以被保持的步驟,即使被知曉為 *Uri* 的實體的力量是無法被反證的。藉由相同的憑證,它是無法被證實的。

Questioner: (Inaudible).

提問者:(聽不見)

We seek power. We find it in your atmosphere. We do not mine or disturb the ecology of your atmosphere but we are recharged, as it were. It may be that this landing will not occur as planned or will occur in an altered form for we are not experiencing the degree of acceptance that we had hoped. It is possible for us to accomplish our goal at a slower rate but quite nearly invisible. This may be chosen as a better path.

我們尋求能量。我們在你們的大氣層中找到它了。我們並不會破壞或者攪亂你們的大氣層的生態,但是我們在,實際上是,重新充電。會有可能這種登陸將不會按計劃發生,或者將會用一種改變的形式發生,因為我們沒有體驗到我們本來期待的那種程度的接納。

Questioner: (Inaudible).

提問者:(聽不見)。

My friends, be of good faith. We cannot speak to you directly on this matter. Bring the wisdom that is within you and you will discover the true answer to your question.

我的朋友們,抱有信心吧。我們無法在這個問題上直接對你發言。將在你內在之

中的智慧拿出來，你將會發現對你的問題的真正的答案。

Are there any other questions?

會有任何其他問題嗎？

(No further queries.)

(沒有更進一步的問題。)

My brothers, as I found you so I leave you: surrounded by love, made totally one by light. I am the one known to you as Hatonn. Adonai, my friends.

我的兄弟，如我發現你們一樣，我這樣離開你們，我們被愛圍繞著，並藉由光完全合一了。我是你們知曉的 *Hatonn*。Adonai，我的朋友們。

June 29, 1974

1974-06-29 Hatonn : 正面性與負面性

(T channeling)

(T傳訊)

[I am Hatonn.] Greetings, my friends, in the love and the light of the infinite Creator. It is a pleasure to once again be with you, my friends. We are in a craft high above your planet. We come to you this evening with a few words that you may call advice.

[我是 Hatonn。]致意，在無限造物者的愛與光中致意。我的朋友們，與你們在一起，這再一次是一種快樂。我們是在你們星球上方高空的一艘飛船中。我們今晚是帶著一些你們可能稱之為建議的話語來到你們身邊的。

We are here, my friends, to assist you in any way possible. It is only necessary, my friends, for you to avail yourself. The best method, of course, to avail yourself to our help, to our thoughts is through meditation. Meditation opens the doorway—the doorway that leads to truth. The truth you seek will be realized by all of you in time (inaudible). Some members of your group are active in their seeking. Others not so active. But all, my friends, are seeking (inaudible) and will eventually arrive at the same realizations.

我的朋友們，我們在這裏是來用任何有可能的方式來幫助你們的。我的朋友們，唯一需要的事情，就是你讓你自己受益。當然，讓你自己受益於我們的幫助，我們的想法的最佳的方法，就是通過冥想。冥想會打開入口，通往真理的入口。你們尋求的真理將會在適當的時間被你們所有人意識到（聽不見）。你們的團體中的一些成員在它們的尋求中是活躍的。其他人並不是如此活躍。但是，我的朋友們，所有人都在尋求（聽不見）並將最終抵達相同的領悟。

Do not concern yourselves that one or another member of your group seems to, shall we say, stray away just a little. Many peoples of your Earth will soon not begin to seek, but rather quicken the rate of their seeking or change the direction of their seeking. Many peoples now seem to be actively engaged in seeking only physical experience. And many of these, my friends, are so very close to the turning point where they will turn inward and begin to seek. It will be a fact, my friends, that many of these people once they have begun to seek will be exposed to some small degree of knowledge. And will in fact turn away and at least for the moment not accept what they have been exposed to.

不要讓你們自己擔心你們的團體的這樣或者那樣一個成員看起來似乎，容我們說，有一點點迷路了。在你們的星球上的很多人都不會很快就開始尋求，而毋寧是會加速在它們的尋求的速度，或者改變它們尋求的方向。很多人現在看起來似乎是積極地參與到僅僅對物質性的體驗的尋求中。我的朋友們，這些人中很多人是如此非常接近轉捩點的，在那個轉捩點上，它們將會轉向內在並開始尋求。我的朋友們，這些人中的很多人，一旦他們已經開始尋求，它們將被暴露在某種少量的知曉中，並將實際上轉身背離它們已經被暴露於的事物，並至少不會暫時接受它，這將會是一個事實。

This will come to you and to others members of your group as disappointment to you, my friends. But, always [look] ahead—not backward. Look ahead at the new souls who will be seeking. Look only to the ones, my friends, who are interested, who are actively seeking. The others will come back. Allow no negative, or as little as possible, to block your path of your service because of people who seemingly reject what (inaudible).

我的朋友們，這將會對於你們作為失望的事情出現在你們，以及你們的團體的其他成員的身上。但是，一直都往前看——不要往後看。向前看到那些將會在尋求的新的靈魂。我的朋友們，僅僅看到那些有興趣的，在積極地尋求的人。其他人將會回來。不要允許負面性，或者要允許盡可能少的負面性，因為那些在表面上似乎拒絕了(聽不見)的人，而阻塞你們的服務的道路。

This seems to be on your Earth plane a large reason for, shall we say, (inaudible) in many things that your peoples attempt to do. This is their doting [on] their failures and to a great degree ignoring their successes. This (inaudible) ... This is nothing other than negative thinking. Actively employ the positive, my friends. Squeeze out as much as possible the negative in your thinking and also in your spiritual seeking, and your spiritual consciousness. Meditation may relinquish, it is the answer, my friends, to this problem. Meditation may answer you in subtle ways (inaudible).

這在你們的地球的層面上看起來似乎是一個巨大的原因，容我們說(聽不見)在很多你們的人群嘗試去做的事情中。這是它們對它們的失敗的偏愛，並在一個很大的程度上忽略了它們的成功。它們的(聽不見).....這恰恰就是負面性的思考。我的朋友們，積極地使用正面性。將在你們的思考中，同樣也在你們的靈性尋求，你們的靈性意識中的盡可能多的負面性擠出來。冥想可以戒除，我的朋友們，它冥想就是對這個問題的答案。冥想可以用微妙的方式回答你們。

I would now like to attempt to transfer this contact to another instrument. I am (inaudible).

我想要嘗試去將這個接觸轉移到另一個器皿。我是(聽不見)。

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I am now with this instrument. As I saying, we request that you attempt at all times [to] concentrate your energy on those positive forces within your thinking in order that as you attempt to perform your service to the Creator, you may perform a true service and avoid infringing upon that very service by negativity. It is to be remembered, my friends, that service to others is service to oneself. Notice that we do not say that service to others is like unto service to oneself. There is no similarity between others and ourselves—there is identity. There is completion and unity. Therefore, that which is felt of a negative nature towards a sheep of the flock is felt towards oneself, and is felt towards the Creator. This enters the service which you [are] attempting to give to yourself and to the Creator through service to another

and causes a blot or a stain upon the perfect service you would have performed. It must be remembered that each person is a completely free entity whose independence must in no way be shaken and yet whose identity remains one with you.

我是 *Hatonn*。我現在與這個器皿在一起了。如我們正在說的一樣，我們請求你們在所有的時候都嘗試將你們的能量聚焦在你們的思考中的那些正面性的力量上，以便於在你們嘗試去對執行你們造物者的服務的時候，你們可以執行一種真正的服務並避免藉由負面性侵犯那個服務。我的朋友們，要被記住的事情是，對他人的服務就是對自己的服務。注意到，我們並未說，對他人的服務就好像是對自己的服務一樣。在其他人和自己之間沒有類似性——會有同一性。會有完全與統一。因此，被感覺到是具有一種對羊群中的一隻羊是負面性的屬性的事物，就是被感覺到朝向自己，被感覺到朝向造物者的。這種負面性會進入到了你們正在嘗試去通過服務他人而給予你自己以及給予造物者的服務，並會在你們本來已經進行了的完美的服務上造成一個瑕疵或者一個污點。必須要被記住的事情是，每一個人都是一個完全自由的實體，它的獨立性必須絕對不被動搖，而它的一致性會保持與你們是一體的。

It is necessary to walk with the feet of each whom you wish to serve. It is necessary to look through this man's eyes. And it is necessary to observe precisely what this person is observing. At that time, my friends, you are capable of accepting this person's oneness with you on an intellectual (inaudible) level. On the level of (inaudible) spirituality there is no need for such detailed understanding. To be one with another person, with a planet, with a rock, with a tree, or with a star, it would all be equally possible. But, you wish your service and so we speak to you upon the identification of yourself with the person whom you serve.

穿上每一個你們希望去服務的人的鞋子來走路，這是有必要的。通過這個人的眼睛來觀察，這是有必要的。分毫不差地看到這個人正在看到的事物，這是有必要的。在那個時候，我的朋友們，你們就能夠在一個智力的（聽不見）層次上接受這個人與你們之間的一體性了。在（聽不見）靈性的層次上，不會有對於這樣的具體細節的理解的需要。要與另一個人成為一體的，與一個星球，與一個石頭，與一棵樹，或者以一顆星星成為一體的，它全都是同等地有可能的。但是，你們希望你們的服務，因此我們對你們談及你自己與你服務的人之間的一致性。

(The message is interrupted.)

(信息被打斷了。)

I am Hatonn. I am sorry for delay. I will continue.

我是 *Hatonn*。我為延遲而抱歉。我將會繼續。

The question then, my friends, is how to understand in a true and final way the identity between yourself and each one whom you serve. There is no intellectual way to do this, my friends. Within the holy work which [was] recorded following the actions of the master known to you as Jesus lies very revealing passages upon this subject. The master known to you as Jesus said that any [one] who fed a hungry man or clothed a naked one, or visited those

in prison or helped the widows and orphans had done this for this master's sake. For even as they had done this to the least of his brothers, they had done it unto him.

我的朋友們，問題，接下來就是，如何用一種真實而最終的方式來理解在你自己與每一個你服務的人之間的一致性。我的朋友們，沒有智力性的方式能夠做到這一點。在記錄了你們知曉為耶穌的大師的行動神聖著作中在這個主題上擁有令人啟發的段落。被你們知曉為耶穌的大師說，任何人，只要它餵養一個饑餓的人，或者為一個赤裸的人提供衣服，或者訪問那些在監獄中的人，或者幫助孤兒寡婦，它就已經為這個大師進行了這個工作了。因為甚至是當它們已經為他的兄弟中最小的兄弟做了這個事情，它們都已經對他了這個事情了。

We are aware that is almost impossible for the human mind while entrapped in the chemical illusion to truly believe that other men are identical to yourself. Thus, it is far more possible through faith that you may begin to understand that each man whom you wish to serve is the Creator. In a higher source, you and they can merge and it is this seed which we suggest that you develop in your understanding. We will have great need of your understanding in the days to come. It is important that you do not deal in any negative way with those who would request answers to questions. Therefore, we hope that you will take these thoughts and allow them to grow as you meditate.

我們察覺到，當人類的心智被束縛在化學性的幻象中的時候，要真正相信其他人是與你自己是一致的，這對於人類心智幾乎是不可能的。因此，通過信心，你們可以開始理解每一個你們希望服務的人都是造物者，這是遠遠更加有可能的。在一個更高的源頭中，你們與它們是能夠結合起來的，我們建議你們在你們的理解中發展的恰恰就是這個種子了。我們將會在即將到來的日子裏擁有巨大的對你們的理解的需要。你們不要用任何負面性的方式來與那些會請求對問題的答案的人打交道，這是重要的。因此，我們希望你們將會採用這些想法並允許它們在你們冥想的時候生長。

Negativity is a type of power. It has many, many manifestations. Those religions which you know of as Oriental or Eastern personify these negative impulses in many beautiful shapes of gods and goddesses. While you who are dwelling within, as you would call it, Western culture, can think of negative manifestations in the terms of Satan and demons. Modern science with its intellectual explanations has derived a great multitude of [physiological] phrases and descriptions for these negative manifestations. All of these manifestations are indications that those who are aware of them are under the illusion that they are not one with the Creator. They are all expressions of separation and isolation. There is only one true positive method of polarization. It may go by many different names, but [you] may identify it because of its simple unity, that which is sought being union with the Creator. Under whatever name you may find this, you may be sure that within this path lies positivity.

負面性是一種類型的力量。它擁有很多很多的顯化。那些你們知曉為東方或者西方的宗教信仰，會將這些負面性的衝動通過很多美麗的神與女神的形式來擬人化。你們這些居住在，如你們對它的稱呼一樣，西方文化中的人，你們能夠用撒

且或者魔鬼的措辭想到負面性顯化。現代科學，藉由其智力性的解釋，已經派生出極其大量的對這些負面性的顯化的生理學的措辭與描述了。所有這些顯化都是對那些察覺到它們的人是處於它們不是與造物者是一體的幻象之下的人的指示。它們全都是對分離與隔離的表達。僅僅只有一種真正正面性的極化的方面。它可以用很多的名字來表達，但是你們可以因為它簡單的統一性來定義它，這種統一性就是被尋求的與造物者的合一。無論你們可能發現這種統一性是用什麼名字，你們都可以確信，在這條道路中存在有正面性。

At this time I will attempt to transfer this contact. I am Hatonn.

在此刻，我將嘗試轉移這個接觸。我是 *Hatonn*。

(Don channeling)

(*Don* 傳訊)

I am with the instrument. I am Hatonn. I will continue using this instrument. It is a privilege to be able to use all of the instruments who are present. It is not often that we are able [to use] all present as instruments for the communications of our thoughts.

我與器皿在一起了。我是 *Hatonn*。我將繼續使用這個器皿。能夠所用所有在場的器皿，這是一種榮幸。我們能夠將所有在場的人都用作我們交流我們的想法的器皿，這並不是經常的事情。

We of the Confederation of Planets in the Service of the Infinite Creator are very, very privileged to be working with those who are upon the surface aware of their need to serve their fellow man. This awareness, my friends, is a very natural thing. It is an awareness that is a product of maintained contact with reality. Many of the peoples of your planet at this time are not aware of the need for service. My friends, this is the way that Creation is designed. It is designed so that each part of it should provide a service, a freely given service to support all of the rest of the Creation. It is only necessary to look about you to realize this, to realize that all parts are performing a service.

我們服務於無限造物者的星際聯邦對於與那些在星球表面上察覺到它們服務它們的夥伴的需要的人一同工作是感到非常榮幸的。我的朋友，這種認識是一個非常自然的事情。它是一種認識，這種認識是與實相保持接觸的一個產物。你們地球上很多人在此刻並未察覺到對服務需要。我的朋友們，這就是造物被設計的方式的。它是這樣被設計的，這樣它的每一個部分就將會提供一種服務，一種被自由地給予的服務，以支援所有其他的造物。唯一需要的事情就是去觀察你們周圍來意識到這一點，一直到所有的部分都在執行一種服務。

Even though your service may seem to be extremely small, it is, I can assure you, as great as the largest service that you can think of. For service, my friends, is service, regardless of how you interpret it. A blade of grass performs a service. It performs its service to the very limit of its ability. And yet its service is as great as the service of a tree which is many times, many, many times the size the tiny blade of grass. For the tree is also performing [to] the limit of its ability its service.

即使你們的服務可能看起來是極小的，我能夠對你們保證，它是和你們能夠想到的最大的服務一樣大的。因為，我的朋友們，無論你們如何解釋服務，服務就是服務。一株草執行了一個服務。它在它的能力的範圍內執行它的服務。而它的服務是和比那株微小的草在尺寸上大很多很多倍的一棵樹的服務是一樣大的。因為樹同樣在它的能力範圍內執行它的服務。

All that is necessary, my friends, is for you to recognize that this is what is occurring in the Creation that surrounds you. All that is necessary is for you to recognize how to perform the service that you may give. All that is necessary for you to realize this is for you to become aware as simply as the blade of grass, or as the tree has become aware to serve, simply by being, being in a way we have expressed as being in meditation. For through this process you will understand and you will serve, for this you have always intended to do just as every other part of the creation of the Father. It is only when man forgets his real creation's purpose that he becomes isolated and lost and unable to avail himself of the love that is given to him by all of the rest of the Creation. Become aware of your service. Become aware of your purpose. Do this through meditation and you will awaken. You will awaken to the ecstasy that was meant to be experienced by each part of this infinite creation.

我的朋友們，所有你們需要認出的事情是，這就是在包圍著你們的造物中正在發生的事情。所有你們需要去認出的事情是，如何執行你們可以給予的服務。要意識到這一點，所有你們需要的事情就是，你們開始如同一株草一樣簡單地察覺，或者如同樹木已經察覺到的一樣，單純地藉由存在，藉由處於一種你們在處於冥想中的時候已經表達了的方式，來進行服務。因為通過這個過程，你們將會理解，你們將會服務，因為這就是你們已經一直都打算要做的事情，如同天父的造物的每一個其他的部分一樣。僅僅是在人忘記了他真正的造物的目的的時候，他才會成為隔離的，迷失的，並無法讓他自己受益於被造物所有其他的部分給予它的愛。通過冥想這樣做，你們將會覺醒。你們將會覺醒於被打算好要被這個無限造物的每一個部分體驗到的狂喜。

It has been a great privilege speaking with you this evening. I shall leave this group at this time. I am known to you as Hatonn. It has been my service to speak using these instruments this evening. We shall use the other instruments at another time. Adonai. Adonai vasu.

在今晚與你們發言，這已經是一種巨大的榮幸了。我將會在此刻離開這個團體。我是你們知曉為 *Hatonn* 的實體。在今晚通過使用這些器皿來發言，這已經是我的服務了。我們將在另一個時候使用其他的器皿。 *Adonai. Adonai vasu.*

July 2, 1974

1974-07-02 Hatonn : Uri 的稀有現象

(Carla channeling)

(Carla 傳訊)

I am with this instrument. I am Hatonn. We are sorry to have difficulty contacting this instrument. We find that this instrument's attentions are not evenly concentrated within the meditative state and we suggest that she allow her mind to become unified within one vibration. This instrument is somewhat fatigued. However, we have been conditioning her while we have [been] speaking. We believe that we may now proceed.

我與這個器皿在一起了。我是 *Hatonn*。我很抱歉在接觸這個器皿的過程中遇到了困難。我們發現這個器皿的注意力並不是均衡地集中在冥想狀態中，我們建議，她允許她的心智在一個振動中成為一致性的。這個器皿是有些有些疲倦的。然而，我們在我們發言的時候一直都在調節她。我們相信我們現在可以前進了。

That which you are speaking of is not the phenomena which you are waiting for. There is another one of a more local nature. There was a sign available for you on the night in mention which some of you saw. The general and gradual effect within the night sky will be accomplished over a period of time. And you will have no doubt of its progress because those of your technology, which you call scientists, will speak, offering explanations of the subject as its progress occurs more and more within the night sky.

你們正在談及的事情不是你們正在等待的稀有現象。會有另一個具有一種更為本地屬性的現象。在你們提及的那個晚上曾經有一個可以為你們所利用的信號是你們一些人看到了的。在夜空中的廣泛的與逐漸的作用將會在一段時間之後被完成。你們將不會懷疑它的過程，因為你們的那些具有你們的技術的人，那些你們稱之為科學家的人，將會發言，並隨著它的過程越來越多地發生在夜空中對那個主題提供解釋。

It is a very difficult thing to communicate specific information. We communicated several pieces of information to you which in some cases were somewhat confused. However, there was an occurrence in the night sky upon the night we mentioned at the changing of the season. And if you will remain aware of comments from those who are called scientists, you will discover the gradual effect in the night sky of which you are searching.

要交流具體資訊是一個非常困難的事情。我們曾經對你們交流過數條資訊，它們在一些情況中是有些令人混淆的。然而，在季節改變的時候，在我們提及的晚上在夜空中會有一個事件。如果你們願意對那些被稱為科學家的實體的評論保持留心，你們將會發現，在夜空中你們正在搜尋的事物的逐漸產生的效果。

Have you any other questions regarding this or on any other subject?

在這個或者任何其他主題上你們有任何其他問題嗎？

Questioner: (Inaudible)

提問者：(聽不見)

The question is, rather, why all do not acquire these powers. We are not being facetious. All of you have so many powers due to the fantastic amount of energy in your body, not of a physical nature, not of light nature, that you are capable of phenomena far, far greater than anything Uri Geller can do. Uri himself only vaguely remembers what he can do. I am afraid that due to the extreme isolation which marked the illusion chosen by those of your planet you can remember nothing for the most part of the birthright of your energy.

問題，毋寧說是，為什麼不是所有人都擁有這些力量。我們不是愛開玩笑的。你們所有人都擁有如此多的力量，這是由於在你們的身體中的驚人的數量的能量，不是具有一種物質性的屬性，不是具有一種光的屬性的能量，以至於你們有能力來進行比任何 *Uri Geller* 能夠進行稀有現象遠遠更大的稀有現象。*Uri* 他自己僅僅是模糊地回憶起了他能夠做的事情。由於被你們地球上的人選擇的讓幻象變得明顯的極度的隔離，我恐怕你們對於你們的能量的天賦權利的絕大部分是什麼都不記得的。

Those who, after watching Uri, are able to demonstrate a certain amount of power, are simply remembering how reality works. It is not an intellectual process. It is a direct process. It is a process of consciousness. As each tiny portion of the universe is made of light, molded and shaped by consciousness or love, consciousness directed can mold light into new forms. This is direct use of energy. This should be the norm.

那些在觀看 *Uri* 之後，能夠展現一定數量的力量的人，單純地是回憶起了實相是如何工作的。它不是一個智力的過程。它是一個直接的過程。一個意識的過程。因為宇宙的每一個微小的部分都是由光構成的，是被意識或者被愛所塑造或者塑形的，被指導過的意識能夠將光塑造成為新的形式。這是對能量的直接的使用。這應該是平常的事情。

In a very mild way, Uri can demonstrate what is normal to us. Those who watch him and who duplicate his demonstration have simply allowed themselves to fully remember that portion of their normal ability. Your thought is more powerful than any physical illusion. Thus it is said in your holy works that faith can move mountains. Faith is in consciousness whereas a mountain is that which consciousness has molded and can unmold at will. The strange and unusual thing is to watch man upon Earth go through a long process of analysis and technological tool-using in order to do what is a very fundamental and simple job.

用一種非常溫和的方式，*Uri* 能夠展現對於我們是通常的事物。那些觀看他並重現了他的示範的人，單純地已經允許它們自己充分回憶起它們通常的能力的那個部分。你們的想法是比任何物質性的幻象更加強有力的。因此，在你們的神聖著作中是這樣說的，信心能夠移山。信心是對意識的信心，而一座山是意識已經形成的事物，是能夠隨意被移動的。奇特且不同尋常的事情是，看到在地球上的人經歷一個漫長的分析與科技性的工具使用的過程，以便於進行一個非常基礎且簡單的工作之所是的事情。

Does that answer your question?

那回答了你的問題嗎？

Questioner: (Inaudible)

提問者：(聽不見)

Continue in meditation. There is a long road, not long in time but in sacrifice, of that which is illusion. It is entirely within your grasp depending upon your desire to become capable of moving mountains. There is much of the illusion that must be shed. And in many cases this is too painful for the entity to accept. However, if the entity accepts those things which must be done, the entity will discover that she is a person who can move mountains.

繼續冥想。有一條長長的道路，不是在時間中的漫長，而是在對幻象之所是的事物的犧牲中的漫長。取決於你們對於能夠移動山的渴望，它是完全在你們的能力範圍內的。會有大量的幻象是必須要脫去的。在很多情況中，這是過於痛苦以至於實體無法接受。然而，如果實體接受了那些必須要進行的事情，實體將會發現，她是一個能夠移山的人了。

Is there another question?

有另一個問題嗎？

Questioner: (Inaudible)

提問者：(聽不見)

My friends, I wish to say to you tonight a word or two concerning your vulnerability. We know how easy it is to become used to anything and so cease feeling the miraculous side of it. It is possible to do that with both the positive and negative feelings. And because of the difficulty of life within the physical illusion, the ability to be invulnerable is highly prized upon your planet.

我的朋友們，我希望今晚在關於你們的易受傷害性的方面對你們說一兩句話。我們知道，要習慣於任何事情並因此停止感覺到它的奇跡的面向，這是多麼容易的事情。有可能同時對正面性和負面性的感覺那樣做。因為在物質性的幻象中的生命的困難，成為不易受傷害的能力在你們的星球上是被高度讚賞的。

(Tape ends.)

(磁帶結束)

July 3, 1974

1974-07-03 Hatonn : 球與鏈子的故事

(H channeling)

(H 傳訊)

(Inaudible)

(聽不見)

(Carla channeling)

(Carla 傳訊)

I am now with this instrument. I am Hatonn. I greet you once again, my friends. It is my privilege and pleasure to be here for it is our greatest pleasure to serve those of you who are seeking the truth.

我現在與這個器皿在一起了。我是 *Hatonn*。我再一次向你們致意，我的朋友們。在這裏是我的榮幸與快樂，因為為你們中的那些正在尋求真理的人服務是我們最大的快樂。

I would like to tell you a little story about a person who was much like each of you. His thoughts were as your thoughts, and in his, as you would say, work-a-day world he was neither perfectly good nor perfectly evil, but somewhere in the middle, attempting to do the best that he could. This man carried about his ankle a ball and chain, as you call it, a heavy weight attached with an unbreakable lock. And everywhere he went, he had to take infinite pains to make each step. This man spent ... many years carrying—this instrument has made an error. We will attempt to continue. This person spent many years attached to his ball and chain. He grew accustomed to it and he thought that it was a normal situation. One day he discovered some information that interested him. It was information on how to remove that particular type of ball and chain from his ankle. He followed the instructions, not perfectly, but acceptably and the ball and chain became lighter and this caused him to become interested in the instructions. And as he practiced the instructions, his ball and chain gradually disappeared.

我想要和你們講一個關於一個人的小故事，這個人非常類似於你們每一個人。他的想法就和你們的想法一樣，在他的，如你們會說的一樣，日常生活的世界中，他既不是完全善，也不是完全惡，而是在中間的某個位置上，並同時嘗試去做他能夠做的最好的事情。這個人在他的腳踝上掛著一個球與鏈子，如你們會稱呼它的一樣，它們是用一把無法打破的鎖連接到一個沉重的重物上的。他無論前往什麼地方，他都不得不忍受無限大的痛苦來走出每一步。這個人花費了……很多年的時間來攜帶——這個器皿犯了一個錯。我們將嘗試繼續。這個人花費了很多年時間嘗被附著在他的球和鏈子上。他逐漸熟悉了它，他考慮它是一個正常的情況了。有一天，他發現了某個讓他感興趣的資訊。它是關於如何將那個特定類型的球和鏈子從他的腳踝上移除的信息。他跟隨指導，不是完美地，但是可以接受地，球和鏈子變得更輕了，這使得他對那些指導感興趣了。隨著他練習指導，他的球和鏈子逐漸消失了。

My friends, your physical bodies and your personal sense of self which you call ego is a ball and chain to you, making your infinite spirit to take great pains in order to move about. You, whose birthright is freedom, have to crawl about on the sides of ... using mechanical conveyances when within you is freedom to be anywhere at anytime. We offer you some simple instructions on how to lighten and remove the hampering limitations of your ball and chain. This set of instructions has to do with meditation. In meditation, my friends, you are separating the sense of body and the sense of ego from the sense of consciousness. And you are freeing your consciousness to be at one with the source of love and light that is the infinite Creator. Only through meditation and its allied pursuits can you remove your own need of this ball and chain.

我的朋友們，你們的物質性身體和你們對你們稱之為小我的自我的個人的感知，對於你們就是一個球和鏈子，它們使得你們無限的靈性為了要四處移動要承受巨大的痛苦。你們的天賦權利就是自由，你們不得不四處緩慢爬動，在.....的一面，使用機械性地運輸器，當在你們內在之中有在任何時刻在任何位置的自由的時候。我們對你們提供一些關於如何減輕並移除你們的球與鏈子的妨礙性的限制的簡單的指導。這套指導必定是與冥想聯繫在一起了。在冥想中，我的朋友們，你們將身體的感知，對小我的感知與意識的感知分開了。你們在讓你們的意識成為自由的，以與無限造物者之所是的愛與光的源頭合一。僅僅通過冥想以及與它結盟的追尋，你們才能夠移除你們自己對這個球與鏈子的需要。

We do not speak unkindly of this ball and chain because it is necessary for you at this time. You have chosen, you have chosen these limitations in order that you may bring yourself face to face with lessons of the universe. You are learning lessons of love and patience and of understanding. If you are not learning them, then you will have another chance at the same lessons at a future time. And you will meet that lesson until you have learned it. There is no failing in this type of school. In this planetary school, one simply continues in the same grade until one has learned all the lessons. There is no sense of failing, there is only a sense of graduation when one had learned all of the lessons of one cycle.

我們並不是不懷好意地談及這個球和鏈子，因為在此刻它對於你們是需要的。你已經選擇了，你已經選擇了這些限制以便於你可以讓你自己與宇宙的課程面對面。你正在學習愛，耐心與理解的課程。如果沒有學習它們，接下來，你將會在一個未來的時間在相同的課程上擁有另一個機會。你將會遭遇那個課程，一直到你已經學會它為止。在這種類型的學校中沒有失敗。在這個星球的學校中，一個人單純地繼續留在同樣的年級，一直到一個人已經學會所有課程為止。沒有失敗的感覺，僅僅只有在一個人學會了一個週期的所有的課程的時候的一種畢業的感覺。

Each of you is within his own cycles, and the lessons are necessary and good. But, my friends, you may speed your trip to graduation very, very much by the use of meditation. Through meditation you make contact with the infinity of understanding which lies within the consciousness of the Creator. When

you come back to the limitation of your physical body and personality you are carrying with you an infinite amount of understanding which you may choose to put to use.

你們每一個人都是在他自己的週期中，課程是需要的且是有益處的。但是，我的朋友們，你們可以藉由對冥想的使用非常非常大地加速你們前往畢業的旅程。通過冥想，你們可以與存在於造物者的意識中的理解的無限性建立接觸。當你返回到你的物質性身體與人格的限制的時候，你就在你身上攜帶了無限數量的理解，你可以選擇去將這些理解付諸實踐。

Therefore, we urge you to meditate, as always. We especially wished to speak upon meditation for we are aware that we are speaking to a new person. What we have to say is quite simple. No matter how many or how few times you hear us speak, you will find that we are offering that which we understand to be understanding. And the greatest tool towards bringing you freedom of understanding is meditation.

因此，我們，一如既往，鼓勵你們冥想。我們尤其希望談及冥想，因為我們察覺到我們是對對一個新人發言。我們所要說的事情是非常簡單的。無論你們聽到我們發言怎樣多或者怎樣少的次數，你們都將會發現，我們在提供我們理解的事物以成為理解。朝向帶給你們理解的自由的最大的工具，就是冥想。

I would like to transfer this contact again. I am Hatonn.

我想要再一次轉移這個接觸。我是 *Hatonn*。

(T channeling)

(T傳訊)

I am Hatonn. I am now with this instrument. I will say, my friends, that lessons learned and knowledge gained during your meditation has to be applied in your daily life. This is your choice. Meditation alone will give you the awareness you need to adjust your daily activities or habits, to [gain] a finer appreciation of your own and the peoples you meet and the needs of these people. But, my friends, an active attempt at application to your daily situations is necessary, lest your conscious mind stray too far from the lessons and the awareness that you began to acquire in your meditations.

我是 *Hatonn*。我現在與這個器皿在一起了。我將會說，我的朋友們，在你們的冥想期間被學會的課程與被取得的知曉必須要在你們的日常生活中被應用。這是你們的選擇。單單冥想就將會給予你們那種你們需要的認識，以調節你們的日常活動與習慣，以取得一種對你自己，你遇到的人以及這些人的需要的精細的瞭解。但是，我的朋友們，一種對應用於你們的日常的情況的積極的嘗試是需要的，除非你的有意識地心智過遠地偏離了你在你的冥想中開始取得的課程與認識。

Each person that (inaudible) sets up a, shall I say, a field of action and interaction between you and yourself. We are saddened to say that in many instances upon your planet Earth, this field contains very much negativity. To learn to recognize when one is either acting or reacting in a negative way is one of the great benefits of your meditations. To know this and then to make

the attempt to adjust one's conscious behavior to a more positive way of acting is the best possible [way] to bring all aspects, both physical and spiritual, as close to one as your present awareness will allow.

每一個人 (聽不見) 設置了一個，容我們說，行動與在你與你自己之間的互動的一個場域。我們很傷心地說，在你們行星地球上在很多情況中，這個場域包含了大量的負面性。要在一個人用一種負面性的方式，要麼行動，要麼做出反應的時候學會去認出，這就是你們的冥想的巨大的益處之一了。去知曉這一點，接下來，嘗試去將一個人的有意識的行為舉止調節到一種更為正面性的行動的方式，這是將所有的面向，同時包含物質性與靈性的面向，帶到你們當前的認識將會允許的最接近一個人的位置的有可能最佳的途徑。

This is very difficult to do at times because upon your planet in your physical illusion the natural reaction to negativity is negativity. And this, my friends, makes participating in it only create more negativity. To counter negativity with a positive attitude tends to at least equalize the negativity if not overcome it a little.

這時常是很難做到的，因為在你們的星球上你們的物質性的幻象中，對負面性的自然的反應就是負面性。我的朋友們，這使得對它的參與僅僅會創造出更多的負面性。要用一種正面性的態度來反擊負面性，至少會平衡負面性，如果沒有戰勝它一點點的話。

So, my friends, do not contribute more negative thought and action to your physical illusion. Always to the degree that is possible exude positive thoughts, thoughts of love for every situation. (Inaudible). Love consciously directed at another person or a particular situation is doubly positive, my friends, simply because not only is the love itself involved but the, shall I say, the positive thought that caused the emanation of that love for the particular situation. So the love is compounded, my friends, when you send it to your fellow peoples (inaudible).

因此，我的朋友們，不要對你們的物質性的幻象貢獻更多的負面性的想法與行動。一直都在某種程度上每一個情況流露出正面性的想法，愛的想法，這是有可能的。(聽不見)。有意識地被指向另一個人或者一個特別的情況的愛，是加倍地正面性的，我的朋友們，單純地因為不僅僅愛其自身是被包含在內的，容我們說，正面性的想法同樣也是被包含在內的，正面性的想法會產生出對那個特別的情況的愛的輻射。因此，我的朋友們，當你對你的夥伴送出愛的時候，愛是被混合起來了的。

I would like to at this time to attempt to transfer this contact to another instrument. I am Hatonn.

我想要在此刻嘗試將這個接觸轉移到另一個器皿。我是 *Hatonn*。

(E channeling)

(E傳訊)

(Inaudible)

(聽不見)

(Carla channeling)

(Carla 傳訊)

I am Telonn. I have spoken through this instrument before. I greet you in the love and in the light of our infinite Creator. I am privileged to speak with you. I am fairly new to speaking in groups such as yours. I have much to learn. I want to tell you that I have much to learn. I want you to know that I am as you. I am such as you. Those of us who are here from Telonn are such as you. And although the circumstances do vary within various groups of the Confederation of Planets in the Service of the Infinite Creator, the truth that we are basically such as you remains the same.

我是 *Telonn*。我之前已經通過這個器皿發言過。我在我們的無限造物者的愛與光中向你們致意。我對於向你們發言是感到榮幸的。我對於在諸如你們的團體之類的團體中發言是相當生疏的。我擁有大量要學習的事情。我想要告訴你們，我擁有大量要學習的事情。我想要你們知道，我是和你們一樣的。我是像你們一樣的實體。我們中的那些從 *Telonn* 來帶這裏的實體是諸如你們之類的實體。儘管情況在服務於無限造物者的星際聯邦的各種各樣的團體中確實會改變，我們基本上就是諸如你們之類的實體，這個真理是保持不變的。

We are upon a planet. We have stepped across one blockage that you have yet to achieve. But there are many steps ahead of us. We are looking back and holding out our hands so that you may step over that blockage with as much ease as you possibly can. We wish to help you. We wish to share with you what we have. But we are not infallible. We can only communicate that which we think is truth. We suggest that you take nothing for granted in what we say. We suggest that you try what we suggest and see for yourself. It should not take very long for you to discover whether you think we may have something.

我們在一個地球上。我們已經跨越了一個障礙物，這是你們尚未取得的。但是，在我們前面有很多的臺階。我們往回看並伸出我們的手，這樣你們就可以帶著你們有可能能夠擁有的最多的容易跨越那個障礙物了。我們希望幫助你們。我們希望與你們分享我們擁有的事物。但是我們不是不會犯錯的。我們僅僅能夠交流我們認為是真理的事物。我們建議，你們不要將我們所說的事情當成是理所當然的。我們建議你嘗試我們建議的事物，並為你自己弄明白。你們要發現是否你們認為我們可能擁有某個事情，這不應該花費你們很長的事情。

We are here to express the Creator 's love and light. His consciousness, His understanding, His wisdom is love. That is all. We are not here to exact any promises or to make any demands. Only to be of service. Each choice is up to you completely.

我們是在這裏來表達造物者的愛與光的。他的意識，他的理解，他的智慧就是愛。那就是全部。我們不是來這裏來強求任何的許諾或者做出任何的要求的。我們僅僅是來進行服務的。每一個選擇都是完全由你們決定的。

This is what I wished to say to say to you. It has been a privilege. I will leave

you. I leave you in the love and in the light of our infinite Creator. I am Telonn.
Adonai vasu.

這就是我希望對你們說的事情。它已經是一種榮幸了。我將會離開你們。我在我們的無限造物者的愛與光中離開你們。我是 *Telonn. Adonai vasu*。

(H channeling)

(H傳訊)

I am Oxal. (Inaudible) in the love and the light of our infinite Creator. I am experiencing difficulty with this contact with ...

我是 *Oxal*。(聽不見)我們的無限造物者的愛與光。我正在對這個接觸體驗到困難.....

I have desired to establish contact with this group this evening so that I may ...

我已經渴望在今晚與這個團體建立接觸，這樣我就可以.....

(Inaudible)

(聽不見)

July 14, 1974

1974-07-14 Hatonn : 一元性的理解

(Unknown channeling)

(未知者傳訊)

[I am Hatonn.] We greet you in the love and in the light. It is a great privilege to be with you this evening. It is a great privilege to be with you [at] any and all occasions when you find time to prevail yourselves in our thoughts.

[我是 Hatonn。]我在愛中，在光中向你們致意。在今晚與你們在一起是一種巨大的榮幸。在任何場合，以及在所有你們在其中找到了時間來讓說服你們自己處於我們的想法中的場合，與你們在一起都是一種巨大的榮幸。

We of the Confederation of Planets in the Service of the Infinite Creator are always with you. This seems strange to you that we would be at all times with you. But this, my friends, is the case. Your awareness of the illusion is such that you do not understand the real properties of that principle that you understand as time. You are that principle that you understand as space. My friends, it is possible for you to be in one place or all places at the same instance. For, my friends, in truth there is only one instance and that instance is the one that you are experiencing. There is an illusion of past and an illusion of future. However, my friends, you exist only in the present. The other illusions are never (inaudible).

我們服務於無限造物者的星際聯邦一直都與你們在一起。我們在所有的時間都與你們在一起，這對於你們看起來似乎是奇怪的。但是，我的朋友，這就是實情。你們對幻象的察覺就是如此，以至於你們並不理解你們理解為時間的原則的真實的屬性。你們就是你們理解為空間的原則。我的朋友們，你們有可能處於一個位置，或者在相同的時刻處於所有的位置。因為我的朋友們，僅僅是有一個時刻，那個時刻即使你們正在體驗到的時刻。會有一個過去的幻象和一個未來的幻象。然而，我的朋友們，你們僅僅處在於當下之中。其他的幻象從未（聽不見）。

In this present it is possible for you to be in constant contact with all you so desire [at this time.] For this reason the Confederation of Planets in the Service of our Infinite Creator are at all times in touch with those whom we serve. It does not require a portion of what you know as time to make the contact that you desire. You have the contact at all times. It is constantly with you. All that it requires is your desire to initiate the conditions such as has this channel. Simply by desiring he has (inaudible) received that which he desires. Our aim in understanding (inaudible). This instrument has become able to receive and then transmit our thoughts at any time he so desires. He has done this through practicing daily meditation. His desire that he be of service to his fellow man in channeling our thoughts has created his ability to do so. 在這個當下中，你們是有可能與你們在此刻如此渴望的所有的事物處於持久的接觸中的。為了這個原因，服務於我們的無限造物者的星際聯邦在所有的時刻都是與那些我們服務的人在一起了。建立你們渴望的接觸，並不需要你們知曉為時間的事物的一部分。你們在所有的時間都擁有那個接觸。它是持續不斷地與你們在

一起的。要所有它需要的事物就是你們對啟動諸如擁有這個管道的條件之類的條件的渴望。單純地藉由渴望，他已經（聽不見）接收到了他渴望的事物了。我們在理解的方面的目標（聽不見）。這個器皿已經能夠接收並接著傳遞我們的想法，在任何他這樣渴望的時候。他已經通過練習每日冥想做到這一點了。他的渴望是，他通過傳訊我們的想法對他的夥伴有所服務，他的渴望已經創造出了他這樣做的能力了。

We are here to aid any of those of this planet who desire to serve others, to serve peoples who dwell upon this planet. We will serve by giving to those who will meditate our understanding, our understanding of the law of (inaudible) given to all men by their Creator.

我們在這裏來幫助在這個星球上的任何渴望服務他人，渴望服務那些居住在這個星球上的人的實體。我們將藉由給予那些將會冥想的人我們的理解，我們的對由所有人的造物者賦予它們的（聽不見）律法的理解來進行服務。

At this time I will (inaudible) of another instrument.

在此刻，我將（聽不見）另一個器皿。

(Pause)

（暫停）

(Unknown channeling)

（未知者傳訊）

I am now with this instrument. I am Hatonn.

我現在與這個器皿在一起了。我是 *Hatonn*。

That which we wish to give you, my friends, is that which you are seeking. And the weapons that we have to use are few. We can speak to you when you meditate, through intellectually sent words, and through direct contact.

我們希望給予你們的事物，我的朋友們，是你們正在尋求的事物。我們所要使用的武器是很少的。我們能夠在你們冥想的時候，通過用智力性的方式被發送的詞語，通過直接的接觸，對你們發言。

Perhaps we should say a word or two about that which we are attempting to help you with. Understanding is a term which is very ambiguous. It is very general. It is a term which does not specify what the content of understanding is. We wish to explain that understanding includes understanding of each and every portion of the Creation of all that you can see, feel, touch, imagine or comprehend. Understanding is unitary. Understanding is light. Understanding is direct awareness of love.

也許我們應該在關於我們正在藉由其來嘗試幫助的事物對你們說一兩個詞語。理解是一個非常含糊不清的詞語。它是非常一般性的。它是一個並未具體指出理解的內容是什麼的詞語。我們希望解釋，理解包含了對你們所有能夠看到，感覺到，接觸到，想像或者領會的造物的每一個部分的理解。理解是一元性的。理解是光。理解是對愛的直接的認識。

Consider your planet, my friends, as it moves in its orbit. It can be seen to be a complete and unitary orb. It can be understood as an entity for it is light and it is love. Let us approach closer. We may now differentiate. There are different physical shapes and sizes of objects which we may call air and land and ocean. And we may understand each of these things to be a direct awareness of love, the love of the Creator, Who created these things. We move again closer. We stand upon the surface of this [world] and we see that it is irregularly shaped and that it is covered with all manner of living things and that they are doing many, many different things and thinking many, many different thoughts. And we can see that there are many things to understand upon this planet. And we see that this understanding is, in essence, still one thing. For each of these is a direct example of the love, the original Thought of love, of the Father of us all.

我的朋友們，當你們的星球在它的軌道上移動的時候，考慮它。它能夠被看到成為了一個完整的，一元性的球體。它能夠被理解為一個實體，因為它是光，它是愛。讓我們靠近一些。我們現在可以進行區分了。會有我們可以將其稱之為空氣，陸地與海洋的事物的不同的物質性的形狀與大小。我們再一次更加靠近一些。我們站在這個世界的表面上，我們看到它是形狀不規則的，它是被所有類型的活的事物覆蓋著的，它們在做很多很多不同的事情，思考很多很多不同的想法。我們能夠看到，在這個地球上會有很多的要理解的事情。我們看到這種理解，實質上，仍舊是一個事物。因為這些事物中的每一個都是愛，原初的愛，我們全體的天父的一個直接的範例。

Understanding is unitary. It does not change, it does not [evolve] within the definitions of changing and [evolving] within that which you are witnessing. It merely presents to that person who now understands the awareness of that which he is observing is love. It is this which we are attempting to give to you: a unitary understanding of the love and the light of the infinite Creator. You may understand what you will. The world is for you to understand. You may understand to the extent that you are able to imagine. As you meditate, allow your thoughts to rise upward into the vibration of that which is love and light, so that you become one with the original Thought of the Creator. It is to this that we point you.

理解是一元性的。它並不會改變，**它並不會在你們正在見證的事物內在之中的改變與發展的定義中發展。**它僅僅對那個現在理解了的人呈現出了他正在觀察到的事物就是愛的認識。我們嘗試給予你們的事物恰恰就是這種認識：一種對無限造物者的愛與光的一元性的理解。你們可以理解你們意願的事物。世界就是供你們理解的。你們可以在你們能夠想像到的程度上理解。當你們冥想的時候，允許你們的想法向上升起，記錄讓到愛與光之所是的振動中，這樣你們就可以與造物者的原初的想法合一了。我們對你們指出的就是這一點。

I would like to transfer this contact at this time. I will leave this instrument. I am Hatonn.

我們想要在此刻轉移這個接觸。我將會離開這個器皿。我是 *Hatonn*。

(Pause)

(暫停)

(Unknown channeling)

(未知者傳訊)

I am Hatonn. I am now with this instrument. (Inaudible).

我是 *Hatonn*。我現在與這個器皿在一起了。(聽不見)。

(Unknown channeling)

(未知者傳訊)

(Inaudible)

(聽不見)

(Unknown channeling)

(未知者傳訊)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. I greet you in fire, in wind, and with the forces of your planet which also greet you. I am at this time not too far from you. I am far above you, and yet I greet you within your heart. For I am all things and I am you. It is my privilege to speak with you this evening. I am aware that you are seeking the truth.

我是 *Hatonn*。我在我們的無限造物者的愛與光中向你們致意。我在火中，在風中，藉由你們星球的力量向你們致意，你們的星球同樣也向你們致意。在此刻我並不是距離你們過於遙遠的。我是在你們上空的，而我在你們的心中向你們致意。因為我是一切事物，我是你。在今晚對你們發言是我的榮幸。我察覺到你們正在尋求真理。

How hard are you working my friends to live the best life? Are you attacking each moment as if you could wrest out of it spiritual awareness and happy results? This is indeed the approved mode of operation upon your planet, and it is difficult for you who are within the physical illusion to avoid approaching the illusion with this attitude of active competition against an alien environment. My friends, as long as you retain this consciousness that you must exact from an alien universe that which is yours, you will have struggle and difficulty.

我的朋友們，你們正在多麼努力地工作以活出最佳的生命呢？你們在攻擊每一刻之中，就好像你們能夠從中奪取靈性的認識與快樂的結果嗎？這確實是在你們的星球上的已經被承認的運轉的模式，你們這些在物質性的幻象中的人要避免用這種與一個相異的環境的主動競爭的態度來處理這個幻象，這對於你們是困難的。我的朋友們，只要你們保留這種你們必須要從一個相異的宇宙中強求的那個屬於你們的事物的意識，你們將遇到掙扎與困難。

Question yourself as to who it was that accomplished the so-called miracles that occurred within the experience of the master known to you as Jesus.

Remember that according to your holy works he did not take credit for this working of miracles, but instead gave full credit to the Creator Who was within him and did the work for him. My friends, this is a great secret. It is a simple change in point of view, but it is centrally important to your understanding of that which is about you. You do not live your life, my friends, any more than I live my life. You look over your shoulder and the Creator lives your life. Your consciousness and you learn but if you let that which is within you, which you may call a spark of the Creator, do that which is to be done, all things will come to you naturally that belong to you. My friends, if you were to be completely, unalterably contented, then your existence would then ... this illusion would not be very useful to you.

在關於誰完成了在被你們知曉為耶穌的大師的體驗中發生的所謂的奇跡的方面詢問你自己。回憶起，根據你們的神聖著作，他並未將這個奇跡的工作歸功於他自己，而毋寧是完全歸功於在他內在之中並未他進行了工作的造物者。我的朋友們，這就是一個偉大的秘密了。它是一個在視角上的簡單的改變，但是它對於你們對在你們周圍的事物的理解是中心性地重要的。你們不是在活出你們的生命，我的朋友們，就如同我不是在活出我的生命一樣。你扭過頭來看到，造物者活出了你的生命。你的意識和你僅僅是學會，如果你讓那個在你內在之中的事物，讓你可以稱之為造物者的一個火花的事物，來做要被做的事情，所有屬於你的事情都將會自然而然地來到你身上。我的朋友們，如果你要成為完全地、無可改變地滿意的，接下來，你的體驗就會.....這個幻象不會對你們是非常有用處的。

The point of view of which we are speaking certainly does not give one a perfect contentment. What it does give to one is a means for a (inaudible) each crisis may be accepted, dealt with, and dropped away, in such a manner that those who see you may learn by your example that it is possible to live in an illumined fashion.

我們正在談及的視角，肯定不會給予一個人完美的滿意。它確實會給予一個人的事情是一條取得一種（聽不見）的途徑，每一個危機都是可以接受的，可以被處理，並用這樣一種的方式被丟下，那些看到你的人可以藉由你的榜樣來學會，要用一種發光的方式生活，這是有可能的。

As you meditate, my friends, clarify within yourselves that which you seek and allow yourselves to become aware at this time of the unity of all that is about you, with yourself. Allow yourself to become aware that your environment is one of unity and that that which you seek is completely within yourself. And allow the peace which follows upon this awareness to expand throughout your conscious mind.

我的朋友們，當你們冥想的時候，在你們自己內在之中澄清你們尋求的事物，並允許你們自己在此刻察覺到所有在你們周圍的事物，與你自己的統一性。允許你自己察覺到，你的環境是一個具有統一性的環境，你尋求的事物是完全在你自己內在之中的。允許跟隨著這種察覺的平安貫穿你的整個有意識的心智拓展。

We wish to give you understanding, my friends. This understanding is very simple and it cannot be attacked, nor can life itself be attacked. It comes naturally, without pride, humbly, easy to accept and easy to forget. Yet this

understanding, my friends, may lift each of you into the presence wherein you may lift yourself as have we. We do not tell you this in a sense of great pride and achievement, for we are aware that we are simply a step ahead on the path. We tell you this because we wish you to know that this path leads upward and that it is possible to follow it. Accept this understanding, as it becomes natural to you, not before. But we hope that we may, through you and others like you, share this understanding with as many as possible.

我們希望給予你們理解，我的朋友們。這種理解是非常簡單的，它無法被抨擊，生命其自身也無法被攻擊。它會自然而然地出現，沒有驕傲，謙遜地，容易接受且容易遺忘。而這種理解，我的朋友們，可以將你們每一個人提升進入到在其中你可以提升你自己的存在中，如同我們已經提升我們自己一樣。我們不是在一種巨大的驕傲與成就的意義上告訴你們這一點的，因為我們察覺到，我們單純地是在道路上前方一步的位置上。我們告訴你們這一點，因為我們希望你們知曉，這條道路是通往上方的，去跟隨它是有可能的。接受這種理解，因為它對於你們是自然而然的，而不是在你們前面要去追尋的。但是，我們希望我們可以，通過你們以及其他類似你們的人，與盡可能多的人分享這種理解。

I would like to transfer this contact at this time. I am Hatonn.

我想要在此刻轉移這個接觸。我是 *Hatonn*。

(Inaudible)

(聽不見)

(Tape ends.)

(磁帶結束。)

July 23 1974

1974-07-23 Hatonn : 不要擔心你要進行的服務

(Unknown channeling)

(未知者傳訊)

I am Hatonn. I greet you, my friends, in the love and in the love of our infinite Creator. It is once more a great privilege to speak to you. As always, we of the Confederation are privileged to be of service to those who seek our service. We are here in great numbers and yet at this time our service is sought but very little. This somewhat saddens us, for we had hoped that more of those of your planet would have initiated a seeking outside of their illusion. It will soon be time, my friends, for them to experience a catalyst which may in some instances (inaudible) their seeking.

我是 Hatonn。我的朋友們，我在我們的無限造物者的愛與光中向你們致意。對你們發言這再一次是一種巨大的榮幸。一如既往，我們星際聯邦對於服務那些尋求我們的服務的人是感到榮幸的。我們在這裏是數量巨大的，而在此刻，我們的服務僅僅只有很少被尋求了。這是多少有些讓我們感到傷心的，因為我們本來希望你們地球上會有更多的人已經啟蒙了一種在它們幻象外部的尋求了。我的朋友們，它們很快就將會遇到體驗一個催化劑的時刻了，這個催化劑在一些情況中可能會（聽不見）它們的尋求。

My friends, in truth, the only reason for the illusion that you now experience is to act as a catalyst, to act in such a way as to generate a condition which helps the individual to initiate a spiritual seeking. It might seem strange that you should go through such an unusual experience only for the purpose of stimulating your spiritual seeking. However, this, in fact, is true. Each of you in his daily experience is acted upon in many ways. The actions and experiences that you feel cause changes in your attitude, cause reactions which you interpret and identify as emotion. All of this, my friends, is for a specific purpose and you have chosen to experience your present illusion in order to achieve this purpose. The purpose, my friends, is the evolution of your spirit. You dwell within a (inaudible). This is a (inaudible) an illusory culture (inaudible) identified by the very few.

我的朋友們，實際上，你們現在體驗到的幻象的唯一的原因就是去作為一個催化劑而行動，去用這樣一種方式來行動，這種方式會產生出一個會幫助個體啟動一種靈性的尋求的情況。你們經歷這樣一個不同尋常的體驗，僅僅是為了刺激你們靈性上的尋求的目的，這可能看起來似乎是奇怪的。然而，實際上這是真實的。你們每一個人在他的日常生活的體驗中都是用很多種方式被其所作用的。你們感覺到的行動與體驗會在你們的態度中產生出改變，會產生出你們將其解釋並定義為情緒的反應。我的朋友們，所有這些都是為了一個明確的目的，你們已經選擇體驗你們當前的幻象以便於取得這個目的。我的朋友們，目的就是你們的靈性的演化。你們居住在一個（聽不見）中，這是一個（聽不見）一個虛幻的文化（聽不見）被非常少的人認同。

Yes, my friends, as you know, only the very few of those who now dwell upon

your planet are now aware of the purpose of their existence. They have not reached in their conscious evolution that salient point of transition, from that point which causes a great, great acceleration in their evolution in the spiritual sense. That point at which they become consciously aware and then upon becoming consciously aware of their existence in its (inaudible) begin to utilize the conscious manner for those experiences that are to teach them, use that (inaudible) in an efficient manner in order to accelerate and stimulate, by their own efforts, their spiritual (inaudible).

我的朋友們，如你們知曉的一樣，那些現在居住在你們的星球上的人中只有非常少的人現在察覺到了它們的存在性的目的。它們尚未在它們有意識的演化中抵達那個顯著的轉變的位置，從那個位置，在它們在靈性的意義上的演化中，會產生出一種巨大的，重大的加速，在那個位置上，它們會有意識地察覺到，並接下在有意識地察覺到它們的存在性的時候，在它（聽不見）開始利用有意識的方式來取得那些會教導它們的體驗，並用一種有效的方式利用那個（聽不見）以便於藉由它們自己的努力來結束並刺激它們的靈性上的（聽不見）。

I ask each of you here tonight to question yourselves, for this you desire. The individual shall ask this (inaudible) transition, from blind reaction to the catalytic nature of mind (inaudible) to conscious and full utilization of such lessons, or, "Am I yet in that period of transition?" My friends, each of you will draw your own conclusion. It is very difficult living within a society such as yours. (Inaudible) primarily to the gratification of the physical within the illusion, to separate this thinking from such folly and to seek that which is not transient.

我請求你們在這裏的每一個人今晚都問你們自己，因為這就是你們渴望的事物。個體將會詢問這個（聽不見）的轉變，從盲目的反應到心智的催化劑的屬性（聽不見）到對這樣的課程的有意識的，充分的利用，或者，“我是處於那個轉變的時期中嗎？”我的朋友們，你們每一個人都將會得出你們自己的結論。在諸如你們的社會之類的一個社會中生活是非常困難的。（聽不見）主要是對於在幻象中的物質的事物的滿足，以將這種思考與如此的愚蠢分開，並尋求並不是短暫的事物。

My friends, I am with this instrument this evening to help you realize the importance of first totally understanding yourself, and then generating the discipline itself that is necessary to maximize the effectiveness of the experiences that are now creating the pathway of your spiritual (inaudible). We have spoken to you many times about the nature of this [bridge,] about the total unity that permeates all men and all things that is the Creator, that is the Creator. Of this you are consciously aware. But, my friends, this knowledge must be constantly put to use within this (inaudible). In order to do this it is necessary to spend time each day in meditation. It is necessary to be aware of your reaction, to be aware of your emotions. My friends, it is necessary for you to be aware. To be aware, my friends, is to know yourself. To first know yourself, this is the initiation of awareness. With this knowledge you then can begin your climb for those things which are the expressions of our (inaudible). Only then, my friends, can you effectively apply this knowledge. It is harder to

do this, my friends. It is very necessary that you spend time in meditation.

我的朋友們，我今晚與這個器皿在一起以幫助你們意識到首先完全地理解你自己，接下來產生出修煉其自身的重要性，這種修煉對於讓現在正在創造出你的靈性的（聽不見）的道路的體驗的成效最大化是必不可少的。我們已經很多次對你們談到過這種橋樑的屬性，談到過遍及所有人與所有事物的完全的統一性，那種統一性就是造物者，那就是造物者。你們是有意識地察覺到這一點的。但是，我的朋友們，這種知曉必須要持續不斷地在這個（聽不見）中被付諸使用。去察覺到你們的反應，去察覺到你們的情緒，這是有必要的。我的朋友們，去成為察覺的，就是知曉你自己。首先知曉你自己，這就是認識的啟蒙。藉由這種知曉，你接下來就能夠開始你的攀登，來取得那些我們的（聽不見）的表達之所是的事情。我的朋友們，僅僅是在那個時候，你們才能有效地利用這種知曉。我的朋友們，要這樣做是更加困難的。你們在冥想中花費時間是非常需要的。

(Pause)

（暫停）

I am sorry. The instrument was analyzing the communication. He will have left at this time clearly his mind. I shall attempt to continue. Please be patient.
我很抱歉，這個器皿正在分析我們的交流。他本來是要在此刻讓他的頭腦保持清晰的。我將嘗試繼續。請有耐心。

As I was saying, self-awareness is of the utmost importance. My friends, each action, each thought, each ... each word that you say is of utmost importance, for this, my friends, is what is you in expression. And what is you in expression to those about you ... is of very great importance, for, my friends, this is the reason for experiencing the illusion.

如我正在說的一樣，自我認識是具有最大的重要性的。我的朋友們，每一個行動，每一個想法，每一個.....你們說的每一個詞語都是據有最大的重要性的。我的朋友們，因為這就是在表達中你們之所是了。你們在對那些你們周圍的人的表達中的你們之所是，是具有非常巨大的重要性的，因為，我的朋友們，這就是體驗幻象的原因了。

Many of the people of your planet have experienced that illusion that you now experience many, many times, and yet they are experiencing and will experience it again and again. And they learn, but they learn by the blind action from the experiences that befall them. And this then changes their attitude, holds their consciousness, evolves their spirit, but this evolution is not accompanied by being conscious, [and living a] purposeful life but the action of the illusion. They simply evolve. They do not stimulate the true knowledge [that] this evolves.

你們星球上的很多人都已經體驗到過那個你們現在體驗的幻象很多很多次了，而它們正在體驗並將要一次又一次地體驗它。它們學習，但是它們是藉由對落到它們身上的體驗的盲目的行動來學習的。這接下來會改變它們的態度，抓住它們的意識，並發展它們的靈性，但是這種發展不是並伴隨著成為有意識的，並或者一種有目的的生命的，而是伴隨著幻象的行動的。它們單純地發展。它們並不刺激這會發展出的真實的知曉。

Become aware of what is happening. Become aware of how you are growing, growing and understanding. And then with this awareness, know your thoughts. Know your thoughts by (inaudible). Accelerate your evolution in the direction that you desire. This, my friends is the great turning point. This, my friends is a place long awaited. Mark it well. Utilize this information. Discipline your thinking. Create your own evolution. This is the difference, my friends, between mastership and simple growth of spirit. And what creates this difference? No matter how you may express it, there is one, and only one, thing that will allow you to totally and completely know your own (inaudible), to totally and completely make this transition from emotional reaction, from a blind and stumbling reaction to your environment to a controlled and sincere seeking path.

察覺到正在發生什麼事情。察覺到你們正在如何成長，成長與理解。接下來，帶著這種認識，知曉你們的想法。藉由（聽不見）知曉你們的想法。在你們渴望的方向上加速你們的演化。我的朋友們，這就是偉大的轉捩點了。我的朋友們，這是一個等待了很長時間的位置。清楚地將它標記出來。利用這個資訊。訓練你們的思考。創造你們自己的演化。我的朋友們，這就是在精通與簡單的靈性的成長之間的不同。什麼創造出這種不同呢？無論你們可能如何表達它，有一個且僅僅只有一個事情將會允許你們完全且徹底知曉你們自己的（聽不見），完全且徹底地產生出這種轉變，從情緒反應，從對你們的環境的一種盲目的，絆倒的反應，到一種受控的且真誠的尋求的道路的轉變。

My friends, the only thing that will allow you to do this is meditation. Daily meditation will create the foundation necessary and then, my friends, each of you will grow at such a fantastic rate that it will be beyond even your own (inaudible) that you (inaudible) attained beyond anything that you (inaudible). Spiritual growth, my friends, is the function of the individual. It is not given to you. It is something that you must find. It is something that you have always had, but it must be uncovered. This must be done through your own activities, through your own understanding. We are able to provide only the guideposts, only the simple instructions, only a helping hand. It is you that must, through your own efforts and perseverance, uncover particle by particle that truth that permeates. By only yourselves in all of this creation may this be done at any rate that you desire. Your desire, my friends, is (inaudible).

我的朋友們，唯一將會允許你們產生這種轉變的事情就是冥想。每日冥想將會創造出所需的基礎，我的朋友們，你們每一個人接下來就將會用這樣一種極大的速度成長，以至於它將會超越甚至你們自己的（聽不見）你們（聽不見）取得超越任何你們（聽不見）的事情。靈性的成長，我的朋友們，是個體的機能。它不是被給予你們的。它是某種你們必須要找到事情。它是某種你們已經一直都擁有的事情，但是它必須被揭露出來。這必須通過你們自己的行動，通過你們自己的理解被完成。我們僅僅能夠提供路標，僅僅是簡單的指導，僅僅是一隻幫助的手。是你們，必須要通過你們自己的努力與堅持不懈，一點一點地揭露出那個遍及一切的真理。在所有這個造物中僅僅藉由你們自己，這個工作才能用任何你們渴望的速度被進行。我的朋友們，你們的渴望是（聽不見）。

We extend to you a helping hand. We implore you to take it. Develop your awareness. Know your own (inaudible) eliminate the personal biases which have been generated by experiences in your rather unusual illusion. We establish our ... the single truth that is all things. This is the simple process followed by all of those who have attained the enlightenment that causes them to be known as masters. This is the simple process followed by the one known to you as Jesus. This simple process has [been] spelled out to you in many, many ways, many writings in your holy works, and in many other ways, and yet this simple process seems to be very difficult to acquire. My friends, the only thing that limits your application in this process is your desire to apply.

我們向你們伸出一隻幫助的手。我們懇求你們接受它。發展你們的認識。知曉你們自己的（聽不見）會消除已經在你們相當不同尋常的幻象中被體驗產生出來的個人的偏向性。我們構建我們的.....所有事物之所是的單一的真理。這就是被所有那些已經取得了那種使得它們被知曉為大師的覺醒的人所跟隨的簡單的過程了。這就是被你們知曉為耶穌的實體跟隨的簡單的過程。這個簡單的過程已經用很多很多方式在你們的神聖著作中在很多的文字中，並很多很多其他的方式被講述了，而這個簡單的過程看起來似乎是很難取得的。我的朋友們，唯一限制了你們在這個過程中的應用的事情，就是你們去應用的渴望。

Meditate. Know the magnitude of your desire and then know yourself. Express the love and understanding of our infinite Creator. This can only be done if you first continue yourself. Continue yourself through self-knowledge. Continue yourself through this infinite love. Continue yourself through the meditation that is so necessary to [come] to the conscious state, totally one with the infinite Thought that is all things. When you do, my friends, you will know you have done for you will experience an ecstasy beyond, beyond anything that you have known.

冥想。知曉你的渴望的重要性，接下來，知曉你自己。表達我們的無限造物者的愛與理解。如果你首先延續你自己，這是能夠被完成的。通過自我知曉來延續你自己。通過這種無限的愛來延續你自己。通過冥想來延續你自己，冥想對於取得那種有意識的狀態，以及與萬物之所是的那個無限的想法完全合一是如此之必不可少的。我的朋友們，當你們冥想的時候，你們將會知曉你已經做到了，因為你們將會體驗到一種遠遠超出任何你們已經知曉的事情的狂喜。

(Pause)

(暫停)

At this time I will leave this instrument. I am Hatonn. It has been a great, great privilege to speak with this group this evening. This message this evening has been a slightly more personal message. It is hoped that it has been (inaudible) and instructed it is hoped that each of you will climb (inaudible) to be in your personal secret that has been (inaudible). My friends, I will say once more, each of you has this desire. If you did not have this desire you would not have received this message. I shall leave this instrument at this time. I am Hatonn. Adonai vasu (inaudible).

在此刻，我將離開這個器皿。我是 *Hatonn*。在今晚對這個團體發言已經是一種巨大的，很大的榮幸了。今晚這個資訊已經是一個稍稍更加個人性的資訊了。被希望的事情是，它已經被（聽不見）並被指導了，被希望的事情是，你們每一個人都將要攀登（聽不見）在你們個人的秘密中成為已經（聽不見）的事物。我的朋友們，我將會再一次說，你們每一個人都擁有這個渴望。如果你們並未擁有這個渴望，你們本來是不會已經接收到這個資訊了的。我將在此刻離開這個器皿。我是 *Hatonn*。 *Adonai vasu*（聽不見）。

(Unknown channeling)

(未知者傳訊)

I am *Hatonn*. I return to you very briefly because I wish to speak to one who questions. We wish to emphasize that that person who is attempting to give service to others need not worry as to recognizing the service that is to be performed. As we have stated earlier this evening it is necessary primarily to remove all doubt within yourself as to the identity of yourself. You must by some method realize that you are fragmenting your precious consciousness when you desire more than one thing. And, my friends, there are very few upon your planet who do not desire more than one thing. It is necessary only [to] desire to be in the presence of the Creator and to know His love. If that desire is perfect within you, you will be of enormous service. You cannot help being of enormous service if you are aware of your identity in seeking. Only seek to know the Father and you will pour forth the fruits of this knowledge as readily as the sun gives light.

我是 *Hatonn*。我非常短暫地回到你們身邊，因為我希望對一個提問的人發言。我們希望強調，那個正在嘗試去對其他人給予服務的人，不需要在認出要被進行的服務的方面感到擔憂。如我們今晚早些時候已經說過的一樣，首要地需要的事情是，將在關於你自己的身份的方面的所有的疑慮從你自己身上移除。你必須要藉由某種方法意識到，當你渴望比一個事物更多的事物的時候，你就是在讓你珍貴的意識變得破碎了。我的朋友們，在你們的星球上只有非常少的人並不渴望比一個事情更多的事情。唯一需要的事情就是去渴望處於造物者的存在之中並知曉祂的愛。如果那個渴望在你們內在之中是完美的，你們將會進行巨大的服務了。如果你們在尋求中察覺到你們的身份，你們就是情不自禁地進行巨大的服務了。僅僅尋求去知曉天父，你們將會如同太陽給予光一樣容易地將這種知曉的果實傾瀉而出了。

Indeed, my friends, your problem in truth is and will be not what your service will be, but whether you are capable of accepting each service. Remember to yourself that the master known as Jesus had his chance to pass the terrible pain of death by, and after deliberation he chose to accept that heavy service. The service itself was quite obvious to him. He had a choice as to whether or not he should take it as he was quite aware of the service. So it always is with you, my friends, if you are aware of your spiritual seeking and are not fragmenting that consciousness which is your very identity by desiring various objects within the illusion.

確實，我的朋友們，你們的問題實際上不是，並將不會是你們的服務將是什麼，

而是是否你們能夠接受每一個服務。讓你自己憶起，被知曉為耶穌的大師本來擁有機會去越過死亡的可怕的痛苦的，在仔細考慮之後，他選擇去接受那個沉重的服務。服務其自身對於他是相當明顯的。他在關於是否他應該接受它的方面擁有一個選擇，因為他是相當察覺這個服務的。我的朋友們，對於你們一直都是如此的，如果你們察覺到你們的靈性的尋求，而不藉由渴望在幻象中的各種各樣的目標而讓你的核心的身份之所是的那個意識成為破碎的。

Seek to know the Father and your service will follow very naturally. Service cannot be given by you, my friends. You will have nothing to do with any service that you give. You are a channel for the Father. It is necessary only to keep yourself open, and the love and the light that is needed by others will flow through you. You cannot adjust, interpenetrate or confuse the service of the Father. You can only channel it thorough your physical being. You can only let it shine out of your eyes and let it flow through your fingers. Each of you will find yourself very much placed before your service. You will know it and it will be your choice whether or not to accept it. Have no fear that you must do this or do that in order to be of service to know the Father. And those sheep which are in need of the light which you have will be drawn to you irresistibly. We can give you no dogma or creed for each person's path is different, being the culmination of all that he has is known and remembered for many, many lifetimes. But each person's path, my friends, has one single end and it is to that end that you may look through meditation to know the Father's love and light and to prepare yourself always for the service that will be yours, and that is yours now.

尋求去知曉天父，你們的服務將會非常自然而然地跟隨在其後。服務無法被你們給予，我的朋友們。你們與你們給予的服務是沒有任何關係的。你們是天父的一個管道。僅僅需要讓你自己保持開放，被其他人需要的愛與光將會通過你流動。你們無法調節，貫通或者攪亂天父的服務。你們僅僅通過你們的物質性的存有傳訊它。你們僅僅能夠讓它從你們的眼中閃耀出來，並讓它通過你們的手指流動。你們每一個人都將會發現你自己是恰好就被放置在你的服務前面的。你將會知曉它，是否要接受它，將會成為你的選擇。為了要進行服務以知曉天父，不要擔心你必須要做這個或者那個事情。那些需要你擁有的光的羊，將會無法抗拒地被吸引到你身邊。我們無法給予你們教條或者信條，因為每一個人的道路都是不同的，成為所有他擁有的事物的定點，是要用很多很多次生命來被知曉並被憶起的。但是，每一個人的道路，我的朋友們，都擁有一個單一的終點，你們可以通過冥想看到那個終點，以知曉造物者的愛與光，並讓你自己一直都會服務做好準備，那個服務將會是屬於你的，現在就是屬於你的。

Be aware, my friends, that you are already serving. Each of you in this room has served, is serving, and will serve. We are not talking at this time to those who are not of service already. We are speaking to those who are already seriously seeking. And so we give encouragement. We give you our support and our love and our light. We are with you always. Know this, my friends. Never doubt it. Call upon us and we will be there to bless each of you. I hope that this has also been a help to you who seek. I will leave you. I am the one known as Hatonn. Adonai.

我的朋友們，察覺到你們已經在服務了。在這個房間中的你們每一個人都已經服務了，都正在服務，將將會服務。我們並不是在此刻在對那些尚未進行服務的人說話的。我們是在對那些已經在嚴肅地尋求的人發言的。因此，我們給予鼓勵。我們給予鼓勵。我們給予你們我們的支持，我們的愛和我們的光。我們一直都與你們在一起。知曉這一點，我的朋友們。永遠都不要懷疑它。呼喚我們，我們將會在那裏來祝福你們每一位。我希望這同樣已經對於你們這些尋求的人是一個幫助了。我將會離開你們。我是被知曉為 *Hatonn* 的實體。 *Adonai*。

(Pause)

(暫停)

(Unknown channeling)

(未知者傳訊)

I am with the instrument. I greet you, my friends, in the love and in the light of our infinite Creator. It is a very great privilege to speak with you this evening. However, I will speak (inaudible).

我與器皿在一起了。我的朋友們，我在我們的無限造物者的愛與光中向你們致意。在今晚對你們發言是一種非常巨大的榮幸。然而，我將會談談 (聽不見)。

My friends, this evening I have one thing, one thing of which to remind you.

我的朋友們，今晚我有一個事情，一個要提醒你們的事情。

(Tape ends.)

(磁帶結束。)

July 28, 1974

1974-07-28 Hatonn : 自然而然的答案

(Unknown channeling)

(未知者傳訊)

[I am Hatonn.] ... and gives both great beauty and sweet smell, so as you open to that primary Thought which created you, you blossom within. I come, shall we say, with a watering can. I come to encourage your growth in the spirit, my friends. I urge you through your meditation neither to add nor to subtract. It is very easy to make demands of yourself and to attempt to accomplish goals through meditation. It is also an extremely likely happening that you will at some time attempt to remove some part of that which you are through your meditation.

[我是 Hatonn。].....同時給出了巨大的美麗與甜美的香味，當你們向著那個創造了你們的原初的想法開放的時候，你們就是這樣在內在之中綻放的。我們是，容我們說，帶著一個澆水的罐子來到這裏的。我前來鼓勵你們在靈性中的成長，我的朋友們。我鼓勵你們通過你們的冥想，既不去增添，也不去減少。要對你自己提出要求並嘗試通過冥想完成目標，這是非常容易的。同樣也是一種極其有可能會發生的事情是，你們將在某個時刻嘗試去通過你們的冥想將你們之所是的某個部分移除。

We do not speak against these practices. They are simply outside of our interest. They are among the many, many choices which you have within your physical illusion, but there is one choice which is outside of the illusion and that choice, my friends, is the choice to seek your Creator. This is the choice that ultimately transcends illusion. And within this choice there is neither addition nor subtraction, but an opening precisely as you are now accomplishing, not even really aware that this is the heart of your seeking.

我們並不是在反對這些練習。它們單純地是在我們的興趣之外的。它們是在很多很多的你們在你們的物質性的幻象中擁有的選擇當中的，但是，會有一個選擇是在幻象之外的，我的朋友們，那個選擇就是尋求你們的造物者的選擇。這是終極地超越幻象的選擇。在這個選擇中，即不會有增加也不會有減少，而是恰恰就如同你們現在正在進行的一樣的一種開放，甚至不會真的察覺這就是你們的尋求的核心。

In your daily meditations, both in groups and alone, sit in meditation without thought of what you wish to accomplish. Only open in the direction of that which you are seeking. Imagine that this mortal physical body is a door which you may go through. Each of you will go through this door. It is not difficult to imagine this. It is called upon your planet, death. There is a certain joy connected for those who understand these things, with the idea of going through the door of the physical death. My friends, within you there are many such doors. They are opened and you transcend each shell when the experience for which it is provided is no longer necessary. If you truly seek to open yourself to the innermost core of all of these shells, your journey will be

immeasurably quickened, so that you may at last become one with that which you seek.

在你們每日的冥想中，同時在團體冥想與獨自一人的冥想中，在不考慮你們希望去完成的事情的情況下坐在冥想中。僅僅在你們正在尋求的事物的方向上開放。想像這個凡俗的物質性的身體是一扇你可以穿過的門。你們每一個人都將會穿過這扇門。要想像這一點並不是困難的。它在你們的星球上被稱為死亡。會將那些理解這些事情的人，會有一定的喜悅是穿越物質性的大門的觀念連接在一起的。我的朋友們，在你們內在之中會有很多這樣的門。它們是被打開了的，當對於被提供的事情的體驗是不再需要的時候，你們就超越了每一個外殼了。如果你真正尋求讓你自己向著所有這些外殼的最為內在的核心開放，你的旅程將會是無法估量地被加快的了的，這樣你就可以在最後與你尋求的事物成為一體的了。

That which you seek, my friends, is unimaginable. We can call it a thought, we can call it an impulse. You have the word consciousness in your language. In some dim way this concept of consciousness is correct. The source of all consciousness is the Creator. We are all a part of this consciousness. This consciousness is infinite. And in its infinity it yet remains a gloriously illuminating source of light, perfect light and love within each of the Creator's children.

我的朋友們，你尋求的事物是難以想像的。我們能夠稱之為一個想法，我們能夠稱之為一個衝動。你們已經在你們的語言中擁有意識這個詞語了。用某種模糊不清的方式，這個意識的觀念是正確的。所有意識的源頭都是造物者。我們全都是這個意識的一部分。這個意識是無限的。在它的無限性中，它仍舊保有一個光輝地發光的光的源頭，以及在造物者的每一個孩子內在之中的完美的愛與光。

That which you seek, then, rests within yourselves. The separation is within yourselves. This separation is not evil. This separation is functional. Your consciousness has been given you by all consciousness so that you may individually seek and find the beauty and the understanding which is the Creator. And all that is necessary, my friends, is that you do so. Open yourself and allow yourself to unfold inwardly so that you may blossom, not as you would at some particularly difficult time. Choose that as your higher self would choose. We speak to you on this subject at this time because we are aware of your questions.

那麼，你們尋求的事物是存在於你們自己內在之中的。分離是在你們自己內在之中的。這種分離不是邪惡的。這種分離是有功能的。你們的意識已經被一切意識給予了你們，這樣你們就可以個體地尋求並找到造物者之所是的美麗與理解了。所有需要的事情，我的朋友們，就是你們這樣做。開放你自己並允許你自己向內展開，這樣你就可以綻放了，不是如同你會在某個特別困難的時刻會如同你的高我會選擇地一樣選擇。我們在此刻在這個主題上對你們發言，因為我們知曉你們的問題。

This instrument is having a certain amount of difficulty maintaining contact as she is not aware of this information.

這個器皿在保持接觸上正在遇到一定數量的問題，因為她沒有察覺到這個資訊。

(Pause)

(暫停)

We will continue.

我們將繼續。

We simply wish to emphasize that in our experience it has been found that the attempt to decide what to do, even at the most spiritual level, will become a negative experience, although it requires additional amounts of patience. This is precisely the reason why these difficult situations arise. Patience is necessary in order to maintain the ability to keep contact through meditation with one's higher self. Circumstances which require the application of patience are designed to instruct one in patience. The answers that you are seeking will evolve with a naturalness which may be sudden but which will be able to be experienced without the negative effects of having imposed an arbitrary decision upon your higher self.

我們單純地希望去強調，在我們的體驗中，已經被發現的事情是，去決定要去做什麼的嘗試，甚至是在最為靈性的層次上，都將會成為一個負面性的體驗，儘管它需要額外數量的耐心。這恰恰就是這些困難的情況升起的原因。為了要維持通過冥想與一個人的高我保持接觸的能力，耐心是需要的。會要求對耐心的應用的環境是旨在通過耐心指導一個人的。你們正在尋求的答案將會藉由一種自然而然發展，這種自然而然可能是突然的，但是將會能夠在沒有將一個專橫的決定強加在你們的高我上的負面性的作用的情況下被體驗到。

Mankind lives on this little ball, multiplies, and his kind are many. Upon his planet he considers himself a highly unusual being and master of all he surveys. Man is indeed master of all he surveys, if he is master of himself. This, my friends, has been in many cases misunderstood. To be master of yourself does not mean the ability to control, according to arbitrary decisions, that which you think and do. To be master of oneself is to know one's reality. This mastery is given, my friends, from within, through the gentle and passionless unfolding. And yet, my friends, there is no greater passion than the blazing desire which fills the heart of those who seek to know, to really know, the presence, the love, and the light of the Father.

人類生活在這個小小的星球上，它們成倍增加，他的類別是眾多的。在這個星球上，他將他自己視為是一個高度不同尋常的存有，是周遭一切的主人。人確實是他周遭一切事物的主人，如果他是他自己的主人的話。我的朋友，這在很多情況中已經被誤解了。成為你自己的主人並不意味著依照專橫的決定去控制你思考的事情與你做的事情的能力。成為一個人自己的主人就是知曉一個人的實相。這種掌控力是，我的朋友們，通過溫和與冷靜的展開，從內在之中被賦予的。而我的朋友們，沒有比充滿了那些尋求去知曉，真正地知曉天父的存在，愛與光的人的心的熾熱的渴望更大的熱情了。

I give you a paradox, my friends. There is nothing else to give you while I am speaking any language. But at this time I will maintain silence for a period while I condition each of you who desires it. After this period of conditioning, I

will attempt to contact another instrument. I am Hatonn. 我的朋友們，我給予了你們一個悖論。在我在講述任何話語的時候，沒有任何其他的事物是我要給予你們的。但是，在此刻，我將會保持安靜一段時間，同時我將調節你們每一個渴望調節的人。在這個調節的時段之後，我將嘗試接觸另一個器皿。我是 *Hatonn*。

(Inaudible)

(聽不見)

(Unknown channeling)

(未知者傳訊)

I am Laitos. I greet you, my friends, in the love and in the light of the One Who is All. I am very privileged to be with you. I am here to aid the brothers of Hatonn. It is my special privilege to be of service to those who desire to become instruments and join the service of the Creator in this way. I will be attempting to condition the one known as B1. I will also condition the one known as S, the one known as B2, the one known as M. I will attempt to make you aware of my presence in this room.

我是 *Laitos*。我在太一的愛與光中向你們致意，我的朋友們。我非常榮幸與你們在一起。我在這裏來幫助 *Hatonn* 兄弟。對那些渴望成為器皿並用這種方式加入到造物者的服務的人進行服務，這是我們特別的榮幸。我將嘗試去調節被知曉為 *B1* 的實體。我同樣將調節被知曉為 *S* 的實體，被知曉為 *B2* 的實體，被知曉為 *M* 的實體。我將嘗試讓你們察覺我在這個房間中的存在。

My blessings to each of you. I will be with you at any moment that you desire my presence, for this is my chosen specialty. If you take five minutes and you call for me, I will be there. At any time you can go into a light enough meditation so that you may call for this contact. I will, if you wish, attempt to bring you a conditioning wave. There are many ways of feeling this conditioning wave. However, the one thing that is common is that each of you will doubt. Accept this, my friends. Go right ahead and doubt. But if you wish to serve as an instrument, simply continue availing yourself, and it will not be long before you are able to register our contact and relay our thoughts to those who would wish to know them. It is indeed my privilege to be with you. I thank you for allowing me to speak.

我向你們每一位致意。我將會在任何你們渴望我們的存在的時刻與你們在一起，因為這就是我們選擇好的專長。如果你們花五分鐘時間，你呼喚我們，我們就將會在那裏了。在任何你們能夠進入到一種足夠輕鬆的冥想中的時候，你們就可以呼喚這個接觸了。如果你們願意的話，我將會嘗試帶給你們一種調節性的波動。會有很多感覺這種調節性的波動的方式。然而，一個常見的事情是，你們每一個人都會懷疑。我的朋友們，接受這種懷疑。筆直前進，並懷疑吧。但是如果你希望作為一個器皿服務，單純地繼續讓你自己可被取得，在你能夠對我們的接觸留下印象並將我們的想法傳遞給那些會希望知曉它們的人之前，將不會有很長時間。與你們在一起確實是我的榮幸。我為允許我發言而感謝你們。

I leave you, but only the sound of my voice is leaving you. Any five minutes that you wish to speak with me, I promise you I will be there. It does not take a great solemn meditation to begin to become a channel, for we are most eager to speak with you. And it is your seeking, more than any other characteristic, which creates the correct vibration for us to be able to make contact.

我離開你們，但是僅僅是我說話的聲音在離開你們。任何你們希望與我們說話的五分鐘的時間，我向你們保證，我將會在那裏。開始成為一個管道，這並不需要一次極其莊重的冥想，因為我們是極其渴望與你們說話。它是你們的尋求，比任何其他特性更大的尋求，它創造了正確的振動讓我們能夠建立接觸。

I am Laitos. I leave you in love and in light. Adonai, my friends.

我是 *Laitos*。我在愛與光中離開你們。*Adonai*，我的朋友們。

(Tape ends.)

(磁帶結束。)

July 30, 1974

1974-07-30 Hatonn : 發展認識的技巧

(Unknown channeling)

(未知者傳訊)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is once more a great privilege to meet with this group. We, of the Confederation of Planets in the Service of the Infinite Creator, are always ready to serve those upon planet Earth who seek our service. It is a very great privilege to give this service to those who seek it. And, my friends, this is our entire purpose at this time, to offer to those who seek that which they seek.

我是 Hatonn。我的朋友們，我在我們的無限造物者的愛與光中向你們致意。與這個團體進行集會，這再一次是一種巨大的榮幸。我們是服務於無限造物者的星際聯邦，我們一直都準備好服務那些在行星地球上尋求我們的服務的人。要對那些尋求它的人給予這種服務，這是一種非常巨大的榮幸。我的朋友們，這就是我們在此刻全部的目的，即向那些尋求的人提供它們尋求的事物。

There is, my friends, only one thing worth seeking. Nothing else is of any value. And that one thing, of course, is understanding; an understanding of your Creator's Thought. My friends, this is the only thing that lasts. Anything else that you might seek will be transitory and will vanish with time. When man realizes that this is his true objective, then he has made that great turning point in his development. We are here to aid those who have turned the corner, so to speak, turned the corner toward their ultimate goal, that goal of reuniting with their Creator.

我的朋友們，僅僅只有一個事情是值得尋求的。沒有任何其他事情是有任何價值的。那一個事情，當然就是理解，對你們的造物者的想法的一個理解。我的朋友們，這是唯一持久的事情。任何其他的你們可能尋求的事情都是短暫的，並將會隨著時間而消失。當人意識到這是這是他真正的目標的時候，接下來，他就已經在他的發展中產生出了那個偉大的轉捩點了。我們在這裏來幫助那些已經，可以說是，轉過了拐角的人，轉過拐角前往它們終極的目標，那個與它們的造物者重新結合在一起的目標。

People of planet Earth at this time seek many things, and yet how many of these things will last, last past the limits of their present physical life experience? Very few, my friends. Those few that will last are all of an identical nature. They are of a nature to be an increase in awareness, an increase of awareness of their Creator. We are here to help those who desire this increase of awareness find it.

行星地球上的人在此刻尋求很多的事情，而這些事情中有多少事情將會持久，持久超越了你們當前的物質性的生命體驗的邊界呢？非常非常少，我的朋友們。那些少數的將會持久的事情，全都是具有一個同一性的屬性的事情。它們是具有這樣一種屬性的，它們會在認識中產生一種增長，一種對它們的造物者的認識的增長。我們在這裏來幫助那些渴望這種認識的增長的人找到它。

We will help in many ways. There are many routes to this awareness, but each of these pathways is very similar. We are here this evening for a specific purpose. At this time, we wish to instruct this group on specific techniques of arriving at that which they seek. It is known that a group is limited by the understanding of the least of the group. The material that is given during a group meeting must always be tailored to the understanding of, shall we say, the newest of the group. For this reason, this evening we will begin on somewhat more of an advanced level, for this group we find to be quite advanced in its understanding.

我們將會用很多的方式來幫忙。會有很多途徑通往這種認識，但是，這些途徑中的每一條都是非常類似的。我們今晚在這裏是為了一個特別的目的。在此刻，我們希望在抵達它們尋求的事物的特別的技巧的方面指導這個團體。被知曉的事情是，一個團體是被團體中最差的人的理解所限制的。在一次團體的集會期間被給予的材料，必須一直都根據，團體中最新的人的理解被裁剪。為了這個原因，我們今晚將在一個多少有些更為高級的層次上開始，因為我們發現這個團體在它的理解中是相當先進的。

This understanding, my friends, has nothing to do with your intellectual understanding, your ability to manipulate ideas, or propositions. This understanding, my friends, of which we speak, is your basic agent. It is much more than an intellectual idea. It is your awareness, which totally transcends all intellect and creates all of your present fallacies with respect to your fellow man.

我的朋友們，這個理解與你們的智力的理解，你們去操縱觀點，或者主張的能力是沒有任何關係的。我們談及的這種理解，我的朋友們，是你們基本的動因。它是比一個智力性的觀點要遠遠更多的。它是你們的認識，它完全超出了所有的智力性的，且創造出了所有在關於你們的夥伴的方面的你們當前的錯誤的事物。

This evening, my friends, with this instrument, we will speak to you at a somewhat higher level than we have in the past, in an effort to bring each of you that which you seek: a technique, my friends, of continuing to develop your awareness at a most satisfactory rate.

我的朋友們，今晚，藉由這個器皿，我們將會在一個比我們在過去多少有些更高的層次上對你們發言，我們會努力為你們每一個人帶來你們尋求的事物：我的朋友們，那就是一種用一種極其令人滿意的速度持續發展你們的認識的技巧。

At this time my brother Oxal will speak for a short period through another instrument. At that time we will return to this instrument. Please be patient while I condition the other instrument.

在此刻我的兄弟 *Oxal* 將會通過另一個器皿發言一小段時間。在那個時候，我們將返回這個器皿。請在我調節其他器皿的時候有耐心。

(Pause)

(暫停)

(Inaudible)

(聽不見)

(Unknown channeling)

(未知者傳訊)

Greetings, my friends, in the love and the light of the one infinite Creator. It is indeed a privilege to have the opportunity to speak with you for a short period this evening. We of the Federation (inaudible). To be available to those who seek the understanding of the Creator and his (inaudible) as our brother Hatonn has mentioned we are aware that at this time that those present are, shall we say, at a level of awareness which shall allow our information to (inaudible).

我的朋友們，在太一無限造物者的愛與光中致意。在今晚擁有機會來向你們發言一小段時間，這確實是一種榮幸。我們屬於聯邦（聽不見）。要對那些尋求對造物者以及他的（聽不見）的理解的實體成為可供利用的，如我們的兄弟 *Hatonn* 已經提到過的一樣，我們知道，在此刻那些在場的人是，容我們說，處於一個認識的層次上，這個認識的層次將允許我們的資訊（聽不見）。

(Unknown channeling)

(未知者傳訊)

I am with this instrument. I am Hatonn. I will continue. I was saying that this evening we will bring to you certain ideas which are of a slightly more advanced level.

我與這個器皿在一起了。我是 *Hatonn*。我將繼續。我正在說，今晚我們將帶給你們一定的觀點，這些觀點是具有一種稍稍更加高級的層次的。

First, my friends, let us clear our minds as best we possibly can of all thoughts that you may have concerning your daily lives. My friends, let these thoughts of your daily lives drift away, for these are very transient thoughts. These thoughts will be gone in a few days. Let them go now. Let the influence that your material environment has upon your thinking, leave you. Let your mind be clear. Let it be as a child. Do not attempt to understand, do not attempt to understand, my friends, and then you will know. For you cannot understand by a process of trying. You must understand by a process of knowing. Do not try to come to a conclusion. Do not try to analyze. Do not try to utilize past experiences. Simply allow your mind to become clear.

首先，我的朋友們，讓我們盡我們的所能來將所有你們可能擁有的關於你們的日常生活的想法都從我們的頭腦中清除掉。我的朋友們，讓這些你們的日常生活的想法都逐漸消散，因為這些都是非常短暫性的想法。這些想法將會在一些日子之後消失掉。讓它們現在就離開。讓你們的物質性的環境已經對你們的思考產生的影響離開你們。讓你們的心智成為清晰的。讓它如同一個孩子一樣。不要嘗試去理解，不要嘗試去理解，我的朋友們，接下來，你們將會知曉。因為你們無法藉由一個嘗試的過程來理解。你們必須藉由一個知曉的過程來理解。不要嘗試去得出一個結論。不要嘗試去分析。不要嘗試去利用過去的體驗。單純地允許你們的心智成為清晰的。

When this is accomplished, my friends—and we are aware that you may not be able to accomplish this immediately but you may practice this at a later time—when you have done this, my friends, when you have allowed your mind to become clear, to become receptive and as a small child, then, my friends, become aware of yourself. Nothing else matters, simply yourself. Do not think about your thinking. Do not analyze yourself. Do not use the intellectual mind. Simply become aware of your own being. Allow this awareness to grow, to grow from a very clear and unfettered mind. Become aware of yourself and nothing else. Think of nothing else, my friends. Become aware of only yourself surrounded by nothing.

我的朋友們，當這個過程被完成了之後——我們察覺到你們可能無法立刻完成這個過程，但是你們可以在一個以後的時間練習這個過程——當你們已經完成了這個過程之後，我的朋友們，當你們已經允許你們的心智成為清晰的，成為有接納性的，並如同一個小孩子的時候，接下來，我的朋友們，察覺到你自己。不要分析你自己。不要使用邏輯的心智。單純地察覺到你自己的存有。允許這種認識生長，從一個非常清晰且不受束縛的心智生長。察覺到你自己，不察覺任何其他事物。不思考任何其他事物，我的朋友們。僅僅察覺到你自己被空無所圍繞著。

Try this now, my friends. Allow all other thoughts to escape, to be released, to no longer remain in your conscious mind. When you have done this, become aware of yourself, only yourself. Let this awareness of yourself expand. Let your own being expand. Let it move outward in all directions. Let it encompass all of infinity. Let it then know that it, in an infinitely expanded state, is all that there is. It is one in the same with every other thing, with every other experience, with every other particle, in this entire infinite creation. Nothing, my friends, is excluded. Know that you and all are one single being. Do not try to understand this. Simply practice these three simple steps. Clear your mind. Become aware of yourself, and then expand. Feel yourself expanding infinitely, until you touch every other particle in this creation. Then, my friends, you will know your true nature, for this is your true nature.

我的朋友們，現在就嘗試這個過程。允許所有其他想法都離開，被釋放，不再留在你們的有意識的心智中。當你已經完成這個過程，察覺到你自己，僅僅是你自己。讓這種對你自己的察覺拓展。

In the illusion that you now experience, man has been conditioned to think of himself as a separate or isolated being. This bias creates within you certain vibrations of thought which are unlike those vibrations that created you. We have given an exercise, an exercise in expanding awareness, so that you may change those vibrations of thought which have been brought about within your present illusion, so that you may return to that vibration that created you. That vibration is reality.

在你們現在體驗到的幻象中，人已經被調節到認為他自己是一個分離的或者被隔離的存有了。這種偏向性在你們內在之中創造出了一定的想法的振動，它們與那些創造了你們的振動是不相似的。我們已經給予了一個練習，一個拓展察覺的練習，這樣你們就可以改變那些已經在你們當前的幻象中被產生出來的想法的振

動，這樣你們就可以返回到那種創造了你們的振動。那種振動就是實相。

It is a very simple process, my friends. It does not require great knowledge. It does not require any knowledge. It simply requires knowing your true relationship with everything else that exists in this infinite creation. If you can accomplish these three simple steps, you will then be one with your Creator. Meditation and continued practice of this exercise will very greatly increase your awareness. You must know, my friends, that this oneness exists, that this oneness is. You cannot know this with the intellectual mind for it is very inferior to it. It is heavily biased within the illusion and will not be of great service to you in this undertaking.

我的朋友們，它是一個非常簡單的過程。它並不需要大量的知曉。它並不需要任何的知曉。它單純地需要知曉你們與在這個無限造物者存在的每一個其他事情的真實的關係。如果你能夠完成這三個簡單的步驟，你們接下來就將會與你們的造物者合一了。冥想，以及對這個練習的持續性的實踐，將會極大地增強你們的認識。你們必須知曉，我的朋友們，這種一體性是存在的，這種一體性即是。你們無法藉由智力的心智知曉這種一體性，因為它是在智力性的心智的非常下面的。智力性的心智在幻象中是嚴重地有偏向性的，並將會不會在這個工作中對你們具有巨大的服務。

It will be necessary that you spend some time first allowing your mind to become clear, then allowing the self-awareness to develop, and then allowing this awareness, this self, to expand—the all-important step, my friends. Feel yourself expanding in all directions, expanding infinitely in all directions, so that you encompass everything that there is. So that it is you and you are it. When you have accomplished this, you will no longer be able to identify anything that exists as anything but yourself. This identification will not be intellectual. You will not have to tell yourself this. It will be a simple reality, a reality that you experience automatically. As you breathe the air about you automatically you will experience this unity with every one and every thing that you meet.

你們首先花費一些時間來允許你的智力性的心智成為清晰的，這將會是需要的，接下來，允許自我察覺發展，接下來，允許這種察覺，這個自我拓展——完全重要的步驟，我的朋友們。感覺你自己在所有的方向上拓展，在所有的方向中無限地拓展，這樣你們就將每一個存在的事情都包含在內了。這樣，它就是你，你就是它。當你已經完成這個過程之後，你將不再能夠將任何存在的事物定義為除了你自己之外的任何事情。這種定義將不會是智力性的。你將不必告訴你自己這一點。它將會成為一個簡單的實相，一個你自動地體驗到的實相。如同你會自動地呼吸在你周圍的空氣一樣，你將會體驗到這種與每一個你遇到的事物之間的一體性。

And then, my friends, you will be known as a master, for this is all that is necessary to attain this dignity. This was all that was necessary as the man known to you as Jesus. He was aware of his relationship to the creation. He was aware that he and all were one. Each of you here tonight can accomplish this awareness very quickly, for you already have it within you. All that is

necessary is that you practice, through meditation, this simple exercise necessary for cleansing from you the illusion which has temporarily created a condition of, shall we say, loss or misunderstanding. Your meditation, my friends, and the practice of this exercise will rapidly bring you into true focus out of the effect of the minor aberrations of thinking that have been impressed upon you in your present illusion.

接下來，我的朋友們，你們將會被知曉為一個大師，因為這就是取得這種威嚴的所有需要的事情了。這就是你們知曉為耶穌的那個人所有需要的事情了。它察覺到他與造物之間的關係。它察覺到了他與萬物是一體的。你們每一個今晚在這裏的人都能夠非常快速地實現這種察覺，因為你們已經在你們內在之中擁有它了。所有需要的事情就是你們，通過冥想，練習這個簡單的訓練，它需要從你們身上清除已經暫時創造了一個，容我們說，失去或者誤解的情況的幻象。你們的冥想，我的朋友們，對這個訓練的練習將會快速地將你們從在你們當前的幻象中已經被印刻在你們的頭腦中的你們思考的小小的偏差帶出來，帶入到真實的焦點中。

Remember these steps well. Clear the mind. Become aware of yourself, and then expand. Expand infinitely and be one. If this is practiced in daily meditation you will no longer question. You will no longer question anything or any condition, for you will know, for you will be with that knowledge that has created you and is the creation. A very simple knowledge, my friends. It has been called by the people of your planet a knowledge of love. A knowledge of a love that is so intense that it is beyond expression in your language. This you will know. This you will experience. With this experience of infinite love you will then be able to serve. You will then be able to serve in a very, very great way. You will be able to bring to your brothers that which they truly desire. There will be in the very near future many of the peoples of planet earth developing this awareness. We are here to aid them in this development.

好好記住這些步驟，清空頭腦。察覺你自己，接著拓展。察覺你自己，接下來，拓展。無限地拓展並成為一體的。如果這是在每日冥想中被練習的，你們將不再提問。你們將不再質疑任何事情或者任何情況，因為你們將知曉，因為你們將會與那個已經創造了你們，且就是造物的知曉在一起。一個非常簡單的知曉，我的朋友們。它已經被你們星球的人稱之為一種對愛的知曉。對一種如此強烈以至於它超越了你們的語言的表達的愛的一種知曉。這是你們將會知曉的。這是你們將會體驗的。藉由這種對無限的愛的體驗，你們將接下來能夠服務。你們將接下來能夠用一種非常非常巨大的方式進行服務。你們將能夠帶給你們的兄弟它們真正渴望的事物。在非常近的未來中將會有行星地球上的很多人發展這種認識。我們在在在裏在這種發展中幫助它們。

My friends, your illusion is heavily with you. And yet it is with you for a purpose. You have desired this experience. You have desired this test. You have desired these conditions. All of these conditions are for the purpose of your growth, just as they are for the purpose of the growth of all other entities within your illusion. You may now grow very rapidly. It is dependent only on your desire. We are aware of your true desire, for we are aware, quite simply, of the desire of all of the people of the planet. It is printed upon them as it is

upon the cover of a book. It is as easily distinguishable as the coloring of the various lights that adorn your Christmas tree. There is a radiation from every individual that makes it impossible for those who are aware of this to mistake this desire, for it is color within this radiation. We have brought to you what is very obvious as to be your desire. We are very privileged to be able to do this, for, my friends, to do this is our desire.

我的朋友們，你們的幻象對於你們是沉重的。而它是為了一個目的與你們在一起的。你們已經渴望了這個體驗了。你們已經渴望了這種考驗了。你們已經渴望了這些情況了。所有這些情況都是為了你們成長的目的，就好像它們是為了在你們的幻象中的所有其他實體的成長的目的。你們現在可以非常快速地發展。它僅僅是取決於你們的渴望。我們知曉你們真實的渴望，因為我們相當簡單地察覺到在地球上所有人的渴望。它是被印刻在它們身上，就好像它是被印在一本書的封面上一樣的。它是如同裝飾你們的聖誕樹的各種各樣的燈的色彩一樣容易辨認的。會有一種來自於每一個個體的輻射，這使得那些察覺到這種輻射的實體是不可能弄錯這種渴望的因為它是在這種輻射中的色彩。我們已經帶給了你們在成為你們的渴望的方面非常明顯的事物了。我們非常榮幸能夠這樣做，因為，我的朋友們，這樣做就是我們的渴望。

We extend to you our infinite love as we extended to ourselves for we and you and all that there is is the same: one infinite, loving, totally loving Creator. Become aware of your reality. Become aware of your true nature. Become aware of your identity. This awareness will be total. You will very shortly attain. The speed at which you attain is only governed by your desire. Seek, my friends, and ye shall find. Everything awaits you. Those who you will serve, await you. This is your purpose. This is the only reason that you have selected your present experience. Shortly you will know, or shortly you will understand. 我們將我們無限的愛延伸到你們身上，如同我們將無限的愛延伸到我們自己身上，因為我們，你們以及一切萬有都是相同的，是一個無限的，有愛的，完全有愛的造物者。察覺到你們的實相。察覺到你們真實的屬性。察覺到你們的身份。這種認識將會是完全的。你們將非常快地取得它。你們取得它的速度僅僅是被你們的渴望所掌控的。我的朋友們，尋求，你們將會找到。每一個事情都等待著你們。那些你們將會服務的人，等待著你們。這就是你們的目的。這就是你們已經選擇你們當前的存在性的唯一的原因了。很快你們將會知曉，或者很快你們將會理解。

I will leave this instrument at this time. It has been a great privilege to speak with you this evening. I am Hatonn but I am also you. For you and I and everything else in this entire infinite creation are one thing. Adonai, my friends, Adonai vasu.

我們將會在此刻離開你們。在今晚對你們發言已經是一種巨大的榮幸了。我是 *Hatonn*，但是我同樣也是你們。因為你們和我，以及在這個完整的無限造物中的每一個事情，都是一個事情。 *Adonai*，我的朋友們， *Adonai vasu*。

(Unknown channeling)

(未知者傳訊)

I am Hatonn. I greet you in the love and in the light of the One Who is All. It is my privilege to speak to you very briefly. It is my special privilege to condition those who desire to be instruments. I will be conditioning each of you. I would like to tell each of you what a pleasure it is to experience the vibration in this group at this time. The Earth, in general, emits a somewhat more dark painting, shall I say, in its vibration, and the experience of your vibration together is a very light spot in comparison to the surrounding darkness. It is as though it were night and as we look down we see two flickering campfires, but for the most part, no source of light. We greet the light as we see it and we are most pleased to be speaking with you.

我是 *Hatonn*。我在太一的愛與光中向你們致意。非常簡短地對你們發言是我的榮幸。去調節那些渴望成為器皿的實體，這是我特別的榮幸。我將會調節你們每一位。我想要告訴你們每一個位，在此刻體驗到在這個團體中的振動，這是一種怎樣的快樂。地球，一般性地，在它的振動中散發出一種多少有些更為陰暗的，容我們說，色調，你們的振動在一起的體驗，相比周圍的黑暗是一個非常明亮的點。它就好像現在是晚上，當我們俯視的時候，我們看到兩團搖曳的篝火，但是絕大部分，沒有光源。在我們看到光的時候，我們向光致意，我們極其高興對你們發言。

My friends, I wish to say to you, be aware of yourself. As you learn each lesson attempt to remain enough aware of what you are doing and what you desire that the activity of meditation does not become separate from you. Meditation, my friends, shall not be something that you do if you wish to go on with anything. Meditation is you. I am sure that you are already aware that there are lions that guard the temple of understanding. You have become aware of several things already. We are not speaking with those who are beginning on the path. You have become aware already that outer experience is illusion and that reality lies within. And after you are aware of this, my friends, did the lions not harm you whenever you slipped and behaved as though you were not aware of this knowledge? We became aware that it was necessary to demonstrate the perfect love which you have become aware of. And since that time, my friends, have you not been painfully aware of the times when the lions turned on you when you demonstrated that which was not love? Now you stand at another initiation. There are many more. This one is an important one. It is a large step (inaudible).

我的朋友們，我希望對你們說，察覺你自己。當你們學習每一個課程的時候，嘗試去對你們正在做的事情以及你們渴望的事情保持足夠多的察覺，以至於冥想的活動是不會與你們分開的。冥想，我的朋友們，將不會是某種如果你們希望對進行任何事情的時候你們做的事情。冥想就是你們。我相信你們已經知曉，會有獅子守衛理解的聖殿。你們已經察覺到了數個事情了。我們不是在與那些在道路上的新手談話。你們已經察覺到了，外部的體驗是幻象，實相是存於內在之中的。在你們已經察覺到這一點之後，我的朋友們，在任何你們會滑倒，並好像你們並未察覺到這種知曉一樣地行為舉止的時候，獅子難道不會傷害你們嗎？我們察覺到，去示範你們已經察覺到的完美的愛，這是有必要的。從那個時候開始，我的朋友們，你們難道沒有痛苦地察覺到當你們示範了並不是愛的事物的時候獅子轉

向你們的時刻嗎？現在你們站在另一次啟蒙的位置上了。會有更多的啟蒙。這一次是一次重要的啟蒙。它是一個巨大的腳步（聽不見）。

(Tape ends.)

(磁帶結束。)

August 6, 1974

1974-08-06 Hatonn : 類別與簡單性

(Unknown channeling)

(未知者傳訊)

... in the love and the light of our Creator. It is a very great privilege to (inaudible). We of the Confederation of Planets in Service of the One Creator ...

.....在我們的造物者的愛與光中。這是一種非常巨大的榮幸（聽不見）。我服務於無限造物者的星際聯邦.....

(Inaudible)

(聽不見)

(Unknown channeling)

(未知者傳訊)

I am Hatonn, I greet you, my friends, in the love and the light of the One Creator ... It is a very great privilege to speak to this group, to those who have arrived ... I am what you apparently would call from the planet Hatonn. I am not in a physical body such as yours. I communicate through this instrument by thought. He receives my thoughts, so that they are part of him. To you, I have [chosen] to operate what you know as the flying saucers, the UFO's. However, I am not in a physical body at this time. But you have consented to be the physical body known as my brothers ... our existence in the physical body as you ... it will be quite physical to you ... We are nonetheless the same. We regardless of less density who existed are all quite the same.

我是 *Hatonn*，我的朋友們，我在太一造物者的愛與光中向你們致意.....對這個團體，對那些已經抵達的實體發言，這是一種非常巨大的榮幸.....我是你們在表面上會稱之為來來自於行星 *Hatonn* 的實體。我不是在諸如你們的物質性身體之類的物質性身體中的。我是藉由想法通過這個器皿進行交流的。他接收到了我們的想法，因此，那些想法是他的一部分了。對於你們，我已經選擇去操作你們知曉為飛碟，*UFO* 的事物了，然而，我在此刻不處於一個物質性身體中。但是你們已經同意成為被知曉為我們的兄弟的物質性身體了.....我們在物質性身體中的存在性和你們.....它會對於你們是相當物質性的.....雖然如此，我們是相同的。不考慮那些存在的較低的密度，我們全都是相同的。

We of the planet Hatonn are here for a purpose, a very singular purpose. Like our brothers, we are here to serve the people of the planet Earth ... primarily to service to awareness of the people to earth. We are here to help those who desire our aid to increase their awareness, which is our purpose. For this reason, we are constantly available to those who desire our service. At this time, our friends, at this time ...

我們屬於行星 *Hatonn*，我們來到這裏是為了一個目的，一個相當單一的目的。就好像我們的兄弟一樣，我們來這裏是來服務那些屬於行星地球的人的.....主要

是來服務地球上的人的認識。我們是來這裏來來幫助那些渴望我們的幫助的人，以增強它們的認識，這就是我們的目的。為了這個原因，我們持續不斷地是可以為那些渴望我們的人所取得的。在此刻，我的朋友們，在此刻.....

(Unknown channeling)

(未知者傳訊)

I am now with this instrument. I am Hatonn. I (inaudible). I wish to speak through this instrument, and while this instrument is speaking, my brother, the one known as Laitos, will be conditioning each of you who desires that service. We are aware that within your thinking there are many shades of differences and that you are fascinated with the idea of the various steps you must take in order to proceed on the path. We are aware that you have a desire to understand the various categories of experience, the various densities, that you have a desire for naming that which you will begin to understand. We did not understand these things when we first came here, but we have become more sophisticated in the ways of your planet through the years we have spent within this sector of time and space. We know your people better than we used to, and we know the desire of your people for their categories to be named.

我現在與這個器皿在一起了。我是 *Hatonn*。我（聽不見）。我希望通過這個器皿發言，在這個器皿正在說話的時候，我的兄弟，被知曉為 *Laitos* 的實體，將會調節你們每一位元渴望那個服務的實體。我們知道，在你們的思考中，會有很多具有差別的色調，你們對你們為了要在道路上前進必須要走出的各種各樣的步驟是感到著迷的。我們知道你們擁有一種渴望去理解各種各樣的類別的體驗，各種各樣的密度，你們擁有一種渴望去對你們將會開始理解的事物進行命名。在我們一開始來到這裏的時候，我們並不理解這些事情，但是我們已經通過我們在這個時間和空間的區間中度過的多年的時間對你們的星球的方式變得更加富有經驗了。我們比我們過去更好地知曉了你們的人群了，我們知道你們的人群渴望讓它們的類型被命名。

This instrument is almost reluctant to speak this to you due to the fact that her thinking has been upon these very thoughts. But we can assure her that this is not her fault but ours. These thoughts are true thoughts but we (inaudible). My friends, we can only tell you that the very idea of density and category and the colors of the rainbow, each of those categorical functions that the human mind so values, is a trap and a delusion in the spiritual sense. We cannot put it any more gently and have you understand what we mean. You have to understand that your categories are occupants of this illusion which you now enjoy, which you have enjoyed since your physical birth and which you will cease enjoying upon your physical death. There is absolutely no harm in understanding the categories with which you must cope within the illusion. However, to allow this to seep into that which you know as your spiritual form is to allow a crippling influence, a halting and blinding influence, to encroach upon your search for the source of life within you.

這個器皿幾乎是不願意對你們談及這一點的，這是因為她的思考恰好已經考慮過

這些想法了。但是，我們能夠向她保證，這不是她的錯，而是我們的錯。這些想法是真實的想法，但是我們（聽不見）。我的朋友們，我們僅僅能夠告訴你們密度，類別與彩虹的色彩的觀點，這些分門別類的功能中的每一個人類心智如此重視的功能，在靈性的意義上都是一個陷阱與一個幻覺。我們無法用更為溫和地表述它，我你們已經理解我們的意思是什麼了。你們需要理解，你們的類別是這個你們現在享受的幻象的居住者，自從你們的物質性的出生開始你們就已經享受這個幻象，一直到你們的物質性的死亡的時候，你們才會停止享受這個幻象。在理解你們在幻象中必須要與之打交道的類別的方面，是絕對沒有害處的。然而，允許這種類別滲入到你們知曉為你們的靈性的形體的事物中，就是去允許一種令人成為殘疾的影響了，一種讓人變成瘸子且讓人變成瞎子的影響，就是侵害你們對在你們內在之中的生命的源頭的追尋。

Our understanding, my friends, is that all things are one. Nothing could be simpler than this understanding. To ask for ramifications, categories, colors of the rainbows, densities or any other list of characteristics is to attempt to impose illusion on reality. Reality is not a process, reality does not change. That which is light, simply is. It is neither active nor passive. It occupies no paradoxes. The beginning and the ending are disunity. At the end of the physical lies all eternity, and yet, eternity implies a process, an endless process. 我的朋友們，我們的理解是，萬物一體。沒有任何事物能夠比這種理解更加簡單了。要請求支流，分類，彩虹的色彩，或者任何其他特性的列表，就是嘗試去將幻象強加在實相上。實相不是一個過程，實相並不改變。光之所是，單純地是。它既不是主動的，也不是別動的。它不擁有悖論。開始和結束是不統一的。物質性的終點存在有全部的永恆，而永恆暗示了一個過程，一個無盡的過程。

My friends, this is true, for there are many other lessons to be learned, many other categories to be understood, as you grow closer and closer to that which is your beginning and your end. For it is our understanding that there is a point at which eternity itself is no more. And in the eyes of one who truly understands, one simply becomes that which is. Becoming is done. The circle is complete. Unity is truly known. It is possible to move closer and closer to this understanding through meditation. We are pleased with this group in that its group desire is aimed largely towards an understanding of the metaphysical. Therefore, we may give you information such as this. It is our desire that we are able to give philosophical information. For information such as this is of the higher type, whereas information on such things as density and other categorical questions are lesser in their importance to your spiritual journey.

我的朋友們，這是真實的，因為隨著你們成長越來越接近你們的開始與你們的結束之所是的事物，會有很多其他的課程要被學習，會有很多其他的類別要被理解。因為我們的理解是，會有一個位置，在其上，永恆其自身是沒有更多的了。在一個真正理解的人的眼中，一個人單純地成為了其之所是。成為被完成了。圓是完整的了。統一被真正知曉了。有可能通過冥想越來越更加接近這種理解。我們對這個團體感到高興，因為它的團體的渴望是大部分以一種對形而上學的事物的理解為目標的。因此，我們可以給予諸如這個資訊之類的資訊。因為諸如這個資訊之類的資訊是具有較高的類別的，而在諸如密度之類的事情，以及它的類別的問

題，在它們對你們的靈性的旅程的重要性的方面都是較小的。

I am going to attempt the transfer of this (inaudible) to one of the other channels. I am Hatonn.

我將會嘗試轉移這個（聽不見）到一個其他的管道。我是 *Hatonn*。

(Unknown channeling)

(未知者傳訊)

I am Hatonn. I am with the instrument. I greet you, my friends, in the love and in the light (inaudible). It is a privilege to be with you. I have been listening during your meeting, not only the words but through the instruments and our brother Hatonn, but also to the thoughts [emanating] here this evening. It is very interesting to those of us who are here to serve to find the thinking in groups such as this one evolving as a result of the efforts of our Confederation. We are here for this purpose, to create an evolution in thinking.

我是 *Hatonn*。我與這個器皿在一起了。我的朋友們，我在（聽不見）的愛與光中向你們致意。與你們在一起是一種榮幸。在你們的集會期間，我一直都在聆聽，不僅僅通過器皿以及我們的兄弟 *Hatonn* 聆聽話語，同樣也聆聽今晚在這裏散發出來的想法。對於我們這些來到這裏來服務的人，發下在諸如這個團體之類的團體中的思考，作為我們星際聯邦的努力的一個結果而發展了，這對於我們這些實體是非常感興趣的。我們來到這裏就是為了這個目的，為了在思考中創造出一種發展。

My friends, you are at the turning point [in] the evolution of your thinking. It is very easy for you to successfully negotiate this [change]. In turn, an almost (inaudible) that is generated by the people of your planet. (Inaudible). And friends, when I say almost no intentional (inaudible), I am referring to what you might consider to be a fantastic multitude of thoughts, the thoughts generated by this society in which you exist, thoughts that you might label as political, economic, business, social (inaudible) thoughts. These, my friends, are all the same things. These, my friends, represent more than you are. Friends, we consider these to be very specialized, to be a very singular process having to do with (inaudible). You might (inaudible) the evolution of consciousness. (Inaudible) does not matter what you find. It is simply a return to the thinking that created you with the simple Thought of total love expressed by the Creator. This, my friends, is true thinking, to get from where people of your planet (inaudible) to this side (inaudible), but it may only be done within the limits of our knowledge by one process. It may only be done by the process of meditation, simple, daily meditation. Meditation at the (inaudible), a myriad of confused thoughts and ideas, a society in which you (inaudible), in your conscious lives, and allows them to be replaced with a single Thought of your Creator, a Thought of total and absolute love, a Thought so complete, so total, and so pure that it and it alone was able to create this entire (inaudible). A Thought so powerful, my friends, that it was

generated through selves in every other [planet]. 我的朋友們，你們是處於你們的
思考的發展的轉捩點處的。要成功地通過這個改變，這對於你們是非常容易的。
相應地，你們星球的人產生出了一種幾乎（聽不見）。（聽不見），我的朋友們，
當我們說幾乎沒有有意的（聽不見）的時候，我指的是你們可能認為是極其大量的
想法，由這個你們存在於其中的社會產生出來的想法，你們可以標記為政治性、
經濟性、商業、社會性的（聽不見）的思考的想法。我的朋友們，這些全都是相
同的事情。我的朋友們，這些想法表現了比你們之所是更多的事物。我的朋友
們，我們認為這些想法是非常專門化的，是一種非常單一性的過程，它是與（聽
不見）有關的。你們可能（聽不見）意識的演化。

（聽不見）你們發現了什麼事情，這並不重要。它單純地是一種回歸那種，藉由
具有被造物者表達的完全的愛的簡單的想法創造了你們的思考。我的朋友們，這
就是真正的思考，要從你們星球的人群從（聽不見）到這個（聽不見）的一邊，
但是，在我們知曉的範圍內，它僅僅可能藉由一個過程而被進行。它可以藉由冥
想的過程而被進行，簡單的，每天的冥想。對（聽不見）的冥想，數不清的混淆
的想法與觀點，一個你們在其中（聽不見）的社會，在你們的有意識的生活中，
允許它們被一個屬於你們的造物者的單一的想法，一個具有完全且絕對的愛的想
法，一個如此完全，如此完全，如此純淨，以至於它，且單單只有它能夠創造出
這個完整的（聽不見）的想法所替代。我們朋友們，它是一個如此強有力的想法，
以至於它在每一個其他的星球上都通過自我被產生出來了。

My friends, this is what we consider, thinking this through. This was also our
objective, for we are still (inaudible). We think it's absolute in its most purest
form is thought (inaudible). It is a very simple task, very complex it seems, for
man to follow. Complex, my friends, because it is difficult for you to return to
simplicity, to the thought patterns with the purest suggestion. With this
Thought, all things are one, for it asks to accomplish all things, even the
complexities you experience with (inaudible) are accomplished by this
Thought as it expresses itself in an infinite and variable acts, and yet we direct
you back, back to the way in its various experiences the reality and purity of
the simplicity, the simplicity of pure and total love (inaudible), pure and total
love that is every thought every (inaudible).

我的朋友們，這就是我們考慮的事情，仔細思考這一點。這同樣也是我們的目標，
因為我們仍舊是（聽不見），我們認為在其最為純淨的形式中的絕對的事物是想法
（聽不見）。它是一個非常簡單的任務，人要去追尋這個任務，這看起來似乎是
非常複雜的。我的朋友們，複雜的，因為你們要返回到簡單性，返回到帶有最
純淨的建議的想法的模式，這是困難的。藉由這個想法，所有的事情都是一體
的，因為它要求完成所有的事情，甚至是你們對（聽不見）體驗到的複雜性，都
是被這個想法完成的，當它用無限且多種多樣的行動表達它自己的時候，而我們
指引你們返回，返回到在其各種各樣的體驗中的簡單性的實相與純度，這種具有
純粹且完全的愛的簡單性（聽不見）的方式，純粹且完全的愛就是每一個想法，每
一個（聽不見）。

All that is necessary is for you to return to this understanding, eradicate any
experience (inaudible) in the simplicity of love ... Unity (inaudible) and you will
know all things and you will be all things. You are all things ... you are limited
only by your desire. All that is necessary to practice (inaudible) meditation,

elimination, cleansing, new birth, transition in thinking of nothing, in thinking of something, requires no special (inaudible), no special instructions. All that is required is (inaudible) all of unity is desired. We are here to instruct because of your desire. You will find your path because of your desire.

你們要返回到這種理解，所有對於你們是需要的事情，就是根除任何的體驗（聽不見）在愛的簡單性中.....統一（聽不見）你們將知曉所有的事情，你們將會是所有的事情。你們是所有的事物.....你們是僅僅被你們的渴望所限制的。所有需要去練習的事情（聽不見）冥想，消除，清理，新生，在對空無的思考中的轉變，在想到某個事情的時候，不需要特別的（聽不見），不需要特別的指導。所有被需要的事情就是（聽不見）所有的統一性都是被渴望的。我們因為你們的渴望來到這裏來指導。你們將因為你們的渴望找到你們的道路。

I am [Hatonn]. I have been privileged to speak with you this evening. I leave in the love and the light of the (inaudible). Adonai (inaudible).

我是[Hatonn]。我已經有幸在今晚對你們發言了。我在（聽不見）的愛與光中離開你們。Adonai（聽不見）。

September 22, 1974

1974-09-22 *Hatonn* : 給出一切的空無

(Don channeling)

(*Don* 傳訊)

... (inaudible). I will transfer this contact at this time (inaudible).

..... (聽不見)。我將會在此刻轉移這個接觸 (聽不見)。

(Carla channeling)

(*Carla* 傳訊)

I am *Hatonn*. I am now with this instrument. When we say that we know those whom we wish to help and those whom we do not wish to help, we do not speak of knowledge in your sense, and, therefore, that which we say to you concerning your progress as channels is prone to misunderstanding and even error. And yet, the fact remains that there is a flock and those of you who have the calling must be shepherds to that flock. And it is true that there are those who wish to be of the flock and that there are those who do not wish to be of the flock. And we say to each of you who is a channel, your inner eye is unclouded. It is only your outer eye which becomes confused and which sees mists and quicksand. Therefore, in your work, which is a good service, use your inner eye for that alone will serve you as you do the will of the Father.

我是 *Hatonn*。我現在與這個器皿在一起了。當我們說，我們知道那些我們希望去幫助的人以及那些我們不希望去幫助的人的時候，我們並不是用你們對知曉的意義來談及知曉的，因此，我們在關於你們作為管道的發展的方面對你們說的事情是易於誤解，甚至是易於出錯的。而依舊會有這樣一個事實，會有一個羊群，以及那些得到了召喚必須要成為那個羊群的牧羊人的實體。真實的事情是，會有那些希望成為羊群的人，會有那些並不希望成為羊群的人。我們希望對你們每一個是一個管道的人說，你們內在的眼睛是未被遮蔽住的。僅僅是你們外在的眼睛被混淆了，並看到了迷霧與流沙了。因此，在你的工作中，你的工作是一種有益處的服務，使用你內在的眼睛來發現，當你執行天父的意志的時候的那個獨一無二地會對你起作用的事物。

Before me, as we are here together, each of you sits bathed in [light] and from inside each of you I have the privilege of perceiving your desire to be of service. That this fountain may run clear and sweet is our chief concern. For that which is through you is of the Father, and each of you are his channels.

當我們在這裏在一起的時候，在我們的面前，你們每一個人都坐著並沐浴在光中，從你們每一個人內在之中，我有幸感知你們去進行服務的渴望。我們主要的關注點是，這個泉水可以清澈而甜美地流動。因為通過你們流動的事物是屬於造物者的，你們每一個人都是祂的管道。

What can we say to you to encourage you that you have not [already] heard?

Does it seem to you, perhaps, my friends, that in your service you are forever to be stunted and thwarted and always misunderstood? I can think of many things to say to you, many words, many thoughts, all of which are true, all of which would be kindly and encouraging, but, my friends, for you I will share with you that which is of another level of understanding. For within service, as within all things, there are many levels of comprehension.

我們能夠對你們說什麼你們尚未聽到過的事情來鼓勵你們呢？我的朋友們，難道在你們看來似乎是，也許在你們的服務中，你們永遠都是被阻礙，被挫敗，並一直都是被誤解的嗎？我能夠想到很多事情，很多話語，很多的想法要對你們說，所有這些都是真實的，所有這些都會是好心且令人鼓舞的，但是，我的朋友們，對於你們，我將會與你們分享屬於另一個理解的層次的事物。因為在服務中，如同在所有事情中一樣，會有很多領會的層次。

As you desire to go forth and serve, therefore, know this, that you must be prepared to give away all that you have to give. You must be prepared to walk away and not look back. For there is nothing that you can do for your Creator, but everything. It is a hard lesson and people have, always, the illusion [with which] to [part] within this [lesson] and they say, "Everything? Not everything!" But, my friends, everything must belong to the Creator. This is hard and yet, if you may realize this [fact] within your own [thinking,] your service will become such a thing as I cannot possibly describe.

因此，當你們渴望去前進並服務的時候，請知曉這一點，你們必須要做好準備去給出所有你們要給予的事物。你們必須做好準備去走開而不回頭看。因為除了一切事物之外，沒有任何事物是你們能夠為你們的造物者做的。這是一個艱難的課程，在這個課程中的這個部分上，人會一直都擁有幻象，它們會說，“一切事物？不是一切事物！”但是，我的朋友們，每一個事物都必定屬於造物者。這是困難的，而如果你們可以在你們自己的思考中領會這個事實，你們的服務就將會成為諸如我們不可能描述的事情之類的一個事情了。

There is an inevitable blooming of every [plant] and each tree will bear fruit in its time. The fruit of your service is a long time coming. For you have worked towards this moment for a long time to your way of thinking and as you approach this time, you have achieved many lessons, but the final fruits [come] only after the fruit has [dropped] from the plant which gave it life. Do not [take] these words in intellectual [ingestion], attempting to [coddle] an understanding from their specific [meaning,] for we are speaking not of the physical, but of that which is spiritual. Do not think in terms of the visible, for service is invisible. All those things which are visible, in reality, are invisible, [eternal] and completely without (inaudible), for they are all one thing. They are all the Creator. Everything must be given to the Creator because the Creator is [everything.]

每一個植物都會有一個無可避免的繁茂，每一棵樹都會在它適當的時候結出果實。你們服務的果實是要很長時間才會出現的。你們已經朝向這一刻對你們的思考的方式工作了一段很長的時間了，在你們接近這個時刻的過程中，你們已經完成了很多的課程了，但是，最後的果實僅僅是在果實已經從賦予了它的植物上掉落下來之後才會出現。不要用智力的方式吸收這些話語，並同時嘗試從它們特別

的意義中用慢火熬出一種理解，因為我們不是在談及物質性的事物，而是在談及靈性的事物。不要從可見的事物的方面來思考，因為服務是不可見的。所有那些可見的事情，實際上，都是不可見的，是永恆的，且完全沒有（聽不見），因為它們全都是一個事物。它們全都是造物者。每一個事情都必須給予造物者，因為造物者是一切事物。

This massive indifference that you find may be turned, in an instant, my friends, by the service of your own thinking from a neutrality to a glorious joy. The indifference, the difficulties, the hindrances of service are part of an illusion which is not yours to understand. For, my friends, it is not understandable. It is simply yours to experience. This service begins within your heart which is completely empty and open for you have given all that you have to the Creator. And in return, my friends, the Creator has come into this empty and open place. The Creator has filled your essence with His love and His light and you have become a true channel, able to illuminate each moment with love.

這種你們發現的巨大的冷漠，我的朋友們，在一瞬間就會被你們自己的思考的服務從一種冷漠的位置轉變為一種燦爛輝煌的喜悅。服務的冷漠，困難以及阻礙，都是一個幻象的一部分，它不是你們要去理解的部分。因為，我的朋友們，它不是可以理解的。它單純地是你們要去體驗的。這種服務是在你們的心中開始的，你們的心是完全空無與開放的，因為你們已經將所有你們擁有的事物都給予了造物者了。我的朋友，作為回報，造物者已經進入到這種空無與開放的空間了。造物者已經用祂的愛和祂的光充滿了你們的實質，你們已經成為了一個真實的管道了，並能夠用愛照亮每一刻了。

Your service will come. As you desire, it shall be. You may, therefore, prepare and having prepared you may lie down in rest, content with the [glory] shining around you.

你們的服務將會出現。它將會是如你們所渴望的一樣。因此，你們可以做好準備，在已經做好準備之後，你們就可以躺下來休息，並對在你們周圍閃耀的榮光而感到滿意了。

There is another entity who desires to speak with this group. Therefore, I will leave this instrument at this time in order to make room for my brother. I leave you in the love and the light of our infinite Creator. I am known to you as Hatonn. Adonai.

會有另一個實體渴望對這個團體發言。因此，我將會在此刻離開這個器皿，以便於為我的兄弟留出位置。我在我們的造物者的愛與光中離開你們。我是你們知曉的 *Hatonn*。 *Adonai*。

(Don channeling)

(*Don* 傳訊)

I am Oxal. I am with this instrument. I greet you, my friends, in the love and the light of our infinite Creator. It is a very great privilege (inaudible).

我是 *Oxal*。我與這個器皿在一起了。我的朋友們，我在我們的無限造物者的愛

與光中向你們致意。它是一種非常巨大的榮幸（聽不見）。

(The rest of this side of the tape is inaudible.)

（磁帶這一面的剩餘部分聽不見。）

(Side one of tape ends.)

（磁帶一面結束。）

(Don channeling)

（*Don* 傳訊）

[I am Hatonn.] ... it is more important or necessary than the simple seed for understanding, understanding the reality and the truth of the creation of the Father. Many, many of those around are not seeking what they truly desire to seek. They are experiencing their present world, but they are not seeking outside its limitations. And this, my friends, is what they must do if they are to be successful in fulfilling their real desires. For (inaudible) honor, consciously understand (inaudible), but a real desire to seek, it still is. (Inaudible) desire that you might call subliminal, a bias, a potential that (inaudible), and yet in your present society is submerged. A very large percentage of the (inaudible), for in your present society, creations of man on Earth have taken place the creations of the Father (inaudible) for this reason the abilities and the skills derived from seeking within this illusion are the necessary skills (inaudible) pertaining only to those very, very transient qualities which exist for a short span (inaudible), and then fade into the endless (inaudible) of time, and stretches to infinity, regardless of your present awareness.

[我是 *Hatonn*].....它是比理解，對實相與天父的造物者的真理的理解的簡單的種子要更為重要或者更加有必要的。在周圍的很多很多人並不是在尋求它們真正渴望尋求的事物。它們正在體驗到它們當前的世界，但是它們並不在它的局限性的外部尋求。我的朋友們，這是它們必須要做的事情，如果它們要在實現它們真實的渴望的方面成為成功的話。為了（聽不見）榮耀，有意識地理解（聽不見），但是一種對尋求的真實的渴望，它仍舊是。（聽不見）你們可能稱之為潛在的渴望，一種偏向性，一種潛能（聽不見），而在你們當前的社會中，是被淹沒了的。一個非常大的百分比的（聽不見），因為在你們當前的社會中，在地球上的人的創造物已經取代了天父的造物的位置了（聽不見），因為這個原因，從在幻象中的尋求而推導出來的能力與技巧並不是需要的技巧，（聽不見）它們僅僅是與那些非常非常短暫的，會存在一段短小的時間的特性有關的（聽不見）接下來就會逐漸消失在時間的無盡的（聽不見），向著永恆延伸，無論你們當前的認識是什麼。

Some of those who now dwell upon your planet are now seeking a greater reality. They are seeking in a spiritual direction. They are seeking to understand, understand those qualities which are not transient, those qualities that are the Creator, and in so doing they are not only attaining gifts of understanding, but are progressing towards those authorities that are allowed in the realm of the spirit, or rather in that which is (inaudible).

一些現在居住在你們的星球上的人現在正在尋求一種更大的實相。它們是在一個靈性的方向上尋求的。它們在尋求理解，理解那些並不是短暫的屬性，那些造物者之所是的屬性，在這樣做的過程中，它們不僅僅在取得理解的禮物，它們同樣在朝向那些會在靈性的領域中被允許的權威性發展，或者毋寧說（聽不見）。

We of the Confederation of Planets in the Service of the Infinite Creator, are here for only one real purpose; this purpose is to aid those of our brothers on planet Earth to find their real objective, and then to aid them in reaching it. There is only one way to accomplish this, and that way is that those of you who so desire progress, progress (inaudible). Simply do so by first availing yourself (inaudible) to meditation and then applying this in your daily activities.

我們服務於無限造物者的星際聯邦，在這裏僅僅是為了一個目的，這個目的就是去幫助那些在行星地球上的我們的兄弟來找到它們真正的目標，接下來，在抵達那個目標的過程中幫助它們。會有唯一一個實現這個目的的方式，那個方式就是你們中的那些如此渴望發展的人，（聽不見）發展。單純地藉由讓你自己受益於（聽不見）冥想來這樣做，接下來，在你們的日常生活的活動中應用這個。

It is very difficult to become a reflection, it seems, of (inaudible) perfection. My friends, this is an illusion in itself, for you are already (inaudible). It is only necessary that you realize this, for the Creator of us all has created nothing but perfection. Any discrepancy or variation from this is an illusion brought about by the individual. All that is necessary is that you realize (inaudible) the Creator in the creation (inaudible). Realize this in your daily meditation and then express it. Express it in every thought and every deed, and you will have found precisely what you seek; a very simple formula, my friends. And one might ask if this simplicity is so evident why is it not (inaudible). My friends, there is only one reason for this. That reason, my friends, is that the individual, in not so doing, has allowed the illusion which he presently finds himself to become real. The supposed reality occurs only if the individual allows it.

要成為，看起來似乎是，具有（聽不見）的完美性的一個映射，這是非常困難的。我的朋友們，這在其自身是一個幻象，因為你已經是（聽不見），唯一需要的事情是，你們意識到這一點，因為我們全體的造物者除了完美之外沒有創造任何事物。任何與這種完美不一致或者偏差，都是由個體產生出來的一個幻象。所有需要的事情就是你們意識到（聽不見）在造物中的造物者（聽不見）。在你們日常生活的冥想中意識到這一點，接下來表達它。在每一個想法與每一個行動中那個表達它，你們將已經分毫不差地找到了你們尋求的事物了，它是一個非常簡單的公式，我的朋友們。一個人可以詢問，如果這種簡單性是如此明顯，為什麼它不是（聽不見）。我的朋友們，這僅僅只有一個原因。我的朋友們，那個願景就是，個體，通過沒有這樣做，已經允許他當前發現他自己處於其中的幻象變成真的了。被假設的實相僅僅是在個體允許它的時候才會出現。

It is a very simple process, a very, very simple process, my friends, and (inaudible) able to maintain a very simple and (inaudible). For the illusion (inaudible), as we have said many times, my friends, this process (inaudible) you find yourself influenced in your daily activities in a way other than that

which conforms to the thoughts of your Creator (inaudible) insufficient. We suggest then, that if you truly wish to progress at an accelerated rate, that you perform periods of daily meditation sufficient to dissolve and maintain in the state of this illusion the effects, the seeming negative (inaudible) awareness within your daily activities. Maintain a constant awareness, the truth of reality, the creation of the Father. Do this through meditation. Increase your periods of meditation if necessary; several periods daily are sometimes (inaudible) you are not seeking, my friends, (inaudible), and if you were not seeking, my friends, we would not suggest so strongly to avail yourself to continued periods of meditation until you (inaudible) for love (inaudible) total understanding (inaudible) completely pure of thought, of love. This has been demonstrated on your planet many times and yet it is not understood, and yet this reason from a lack of understanding (inaudible) is always (inaudible) and insufficient (inaudible) lapses of meditation.

它是一個非常簡單的過程，一個非常，非常簡單的過程，我的朋友們，（聽不見）能夠保持一種非常簡單且（聽不見）。因為幻象（聽不見），如我們已經說過很多次的一樣，我的朋友們，這個過程（聽不見）你發現你自己在你的日常生活的活動中是用這樣一種方式被影響的，這種方式與你們的造物者的想法並不是一致的（聽不見）不足的。我們接下來建議，如果你真正希望用一種增加的速度發展，你進行足夠多的時間的每日冥想，以分解在你們的日常生活的活動中的看似負面性的（聽不見）認識，並這種幻象的狀態中保持那些效果。保持一種對實相的真理與天父的造物的持久的察覺。通過冥想來進行這個工作。如果有必要的話，增加你們的冥想的時段，每天數次有時候（聽不見）你們不是在尋求，我的朋友們，（聽不見）如果你們不是在尋求，我的朋友們，我們就不會如此強有力地建議讓你自己受益於持續性的冥想的時段，一直到你（聽不見）為了（聽不見）完全的理解（聽不見）完全純淨的愛的想法。這已經在你們的星球上很多次被示範過了，而它並未被理解，而這個對於一種缺少理解的理解（聽不見）一直都是（聽不見）不足（聽不見）冥想的時段。

We of the Confederation of Planets in the Service of the Infinite Creator, are here and will continue to serve your people. (Inaudible) serve those who seek. We have (inaudible). Patience, my friends, is very necessary in seeking along this (inaudible).

我們服務於無限造物者的星際聯邦，在這裏並將會繼續服務你們的人群。（聽不見）服務那些尋求的人。我們已經（聽不見）我的朋友們，在沿著這條（聽不見）尋求的過程中，耐心是非常需要的。

At this time, I will transfer this contact (inaudible).

在此刻我將會轉移這個接觸（聽不見）。

(Carla channeling)

(Carla 傳訊)

I am now with this instrument. I am Hatonn. I am aware that there are questions in your minds and I would like to take this opportunity to answer them, if you wish to ask them. Do you have any questions?

我現在與這個器皿在一起了。我是 *Hatonn*。我察覺到，在你們的心智中有一些問題，我想要利用這個機會來回答它們，如果你們希望詢問它們的話。你們有任何問題嗎？

(No queries.)

(沒有問題。)

In that case, my friends, I will speak with you concerning a question which, in a general way, is in several of your minds at this time. You have had wonder as to why the Confederation of Planets wishes to serve the Creator by means of coming to planet Earth and talking to groups such as yours. We can certainly understand how puzzling this must look, for within the density which you now enjoy, the approach would not be used, due to the fact that it would not cause a certain change within the group which you intended to aid. However, my friends, you may perhaps gain some understanding of our actions if you will consider that it has been within the history of your people a frequent custom of those who are somewhat of an advanced nature, relatively, reaching out to aid a more primitive, or less sophisticated citizen, or group of people, who are on the threshold of entering a more sophisticated environment. We may add, my friends, that most of the attempts that have been made by those known as missionaries, social groups, sent by the government and others, [end] with a very low success rate. We hope, my friends, that our basic success rate in aiding you is higher, and this is the reason that we do not come among you and attempt to force you to understand that which we are telling you.

我的朋友們，那樣的話，我將會在關於一個問題的方面對你們發言，這個問題，用一種一般性的方式，在此刻是在你們幾個人的頭腦中的。你們在關於為什麼星際聯邦希望藉由來到行星地球並對諸如你們的團體之類的團體發言來服務造物者的方面已經感到疑惑了。我們肯定理解，這必定看起來是多麼令人困惑的，因為在你們現在享受的密度中，這種方法由於這樣的事實而是不會被使用的，這個事實及，它不會再你們打算要幫助的團體中產生出一定的改變。然而，我的朋友們，如果你們將會考慮，在你們的人群的歷史中已經有這樣一種常見的傳統了，你們也許可能對我們的行動取得某種理解了，那個傳統即，那些多少具有一種，相對地，高級的屬性的實體，會向外伸出手來幫助一個更為原始的，或者較不複雜性的文明，或者人的團體，這樣的文明或者人的團體是站在進入到一個更為複雜的環境中門檻上的。我的朋友們，我們可以補充，已經由那些被知曉為傳教士，以及被政府與極其團體派遣的社會性的團體所做出的嘗試中的大多數的嘗試，都是用一種非常低的成功率結束的。我的朋友們，我們希望，我們在幫助你們的方面的基本的成功率，是較高的，這就是我們並未來到你們當中，並嘗試去強迫你們理解我們正在告訴你們的事情的原因了。

You see, my friends, you are at the beginning of a truly new age. The vibrations are being made new at this time and those who embody within themselves the consciousness of great beings will become that which they know and they ... which they are. And we desire to bring each of you who is seeking into this new vibration, content to fulfill your own great destiny in the

new age. 你們看，我的朋友們，你們是在一次真正的新時代的開端處的。在此刻正在被更新的振動，以及那些在它們自己內在之中體現了偉大的存有的意識的實體，將會成為它們知曉的事物，以及它們.....它們之所是的事物。我們渴望將你們每一個正在尋求的人帶入到這種新的振動中，並讓你們對在新時代中實現你們自己的偉大的命運的而感到滿意。

We have made the step. We exist within this environment at this time and we know of the help that what you might call a cheering team can do for you, and so we cheer you along. We urge you to, shall we say, do your technique, do your homework so that you may be what you desire to be. These things do not happen by accident. They happen by desire. That desire must originate within you. We are attempting to stimulate the desire that is already within you.

我們已經走出了那個腳步了。我們在此刻存在於這個環境中，我們瞭解你們可能稱之為一個啦啦隊的事物能夠為你們進行的幫助，因此我們沿路為你們歡呼。我們鼓勵你們，容我們說，使用你們的技巧並完成你們的作業，這樣你們就可以成為你們渴望成為的事物了。這些事情不會偶然發生。它們是藉由渴望發生的。那個渴望必須要源自於你們內在之中。我們正在嘗試去刺激已經在你們內在之中的渴望。。

There is much joy and much beauty and the constant presence of the Father of us all very apparent of the new vibration. The new vibration is love, as is the old vibration. And yet, my friends, the truth of love becomes a little more obvious with the higher vibrations. Through meditation, my friends, you may begin to see the heart of love in all the clumsy actions of all those who enter your atmosphere in your daily activities. There may be a great deal of difficulty. There may be misspent time and mistaken words, and yet, my friends, each action and each desire is, in truth, a manifestation of love, shadowed and twisted sometimes, for man is also a creator and can cause the shape of love to change.

會有大量的喜悅，大量的美麗以及我們全體的天父的很久的存在，這些對於新時代的振動時非常明顯的。新的振動是愛，如同舊的振動是愛一樣。而我的朋友們，愛的真理會因為更高的振動而變得更為明顯一點了。通過冥想，我的朋友們，你們可以開始在所有那些在你們的日常生活的活動中進入到你們的環境中的人的所有本作的行動中都看到愛的核心。可能會有浪費的時間和錯誤的話語，而我的朋友們，每一個行動與每一個渴望，實際上，都是一個愛的顯化物，儘管它有時候是有陰影的，且是被扭曲了的，因為人同樣是一個創造者，並能夠使得愛的形狀發生改變。

Yet the heart of all action is love. Know this within your inmost self and then you cannot be touched by that illusion which attempts to strike you. The freedom that this gives you to give forth love in its original state at all times to all people is a (inaudible), we think. This is why the Confederation is here; we are all here, many, many of us from different planets, from different vibrations, from various densities, in many circumstances, yet we all work together for we

have all come to know the Creator and we all wish to be of service to Him, and that alone is enough for us.

而所有的行動的核心都是愛。在你們最為內在的自我之中知曉這一點，接下來，你們就無法被那個嘗試去打擊你們的幻象所接觸到了。這會給予你們在所有的時間，在愛的初始的狀態中，對所有人給出愛的自由，這種自由，我們認為是一種（聽不見）。這就是為什麼星際聯邦在這裏了，我們全都在這裏，我們很多很多實體是來自於不同的星球，來自於不同的振動，來自於各種各樣的密度，並是處於很多的情況中的，而我們全都一起工作，因為我們全都是來知曉造物者的，我們全都希望服務於造物者，單單那對我們就是足夠的了。

We only wish to help you. We are one of many who wish to help you. We are here always; in words, if you may find a channel, and without words if you desire our presence. We are always with you to lend our vibrations to your mediation if you so desire.

我們僅僅希望幫助你們。我們是很多希望幫助你們的人中的一個。我們一直都在這裏，如果你們可以找到一個管道，我們會通過話語在這裏，如果你們並不渴望我們的存在，我們就會無言地在這裏。我們一直都與你們在一起，以將我們的振動借給你們的冥想，如果你們渴望這樣的話。

At this time, my friends, I would like to give conditioning to each of those present who desires it. I will leave this instrument. I am Hatonn.

在此刻，我的朋友們，我想要對在場的人中的每一位渴望調節作用的人給予調節作用。我將會離開這個器皿。我是 *Hatonn*。

(Pause)

(暫停)

I am again with this instrument. I will leave you now, my friends. It has been a great privilege to be with you. I am so glad to have been able to share this meeting with you. I hope that our words have been of some aid to you. I leave you in His love and in His light. I am Hatonn. Adonai. Adonai vasu.

我再一次與這個器皿在一起了。我現在將會離開你們，我的朋友們。與你們在一起已經是一種榮幸了。我如此高興已經能夠與你們分享這次集會了。我希望我們的話語已經對你們有所幫助了。我在造物者的愛中，在祂的光中離開你們。我是 *Hatonn*。 *Adonai*。 *Adonai vasu*。

October 4, 1974

1974-10-04 *Hatonn* : 振動層次的轉變

(Unknown channeling)

(未知者傳訊)

I am Hatonn. I greet you in the love and in the light of our infinite Creator. It is a great privilege to once more meet with this group. We, the Confederation of Planets in the Service of our Infinite Creator, are here, as we have stated many times, to aid those of the people of Earth who would seek our aid. I am aware that many of the peoples of this planet are not inclined to seek our aid. Many of the peoples of this planet are not inclined to seek anything beyond the illusion that now fascinates them. Many of these peoples believe that they are experiencing the most real portion of their existence. They also believe that there is nothing to seek of any value beyond their present illusion. This is quite erroneous. They do not realize that they are presently experiencing the illusion in which they find themselves because of their desire to limit to this form their experience. They do not realize that they are experiencing an insignificantly small portion of that which they might experience.

我是 *Hatonn*。我在我們的無限造物者的愛與光中向你們致意。再一次與這個團體集會，這是一種巨大的榮幸。我們，服務於無限造物者的星際聯邦，在這裏，如我們已經說過很多次的一樣，是為了幫助地球上的那些會尋求我們的幫助的人。我察覺到這個地球上很多人並不傾向於尋求我們的幫助。這個星球上的很多人並不傾向於尋求在現在讓它們著迷的幻象之外的任何事情。這些人中大多數人都相信它們正在體驗到它們的體驗的最為真實的部分。它們同樣也相信，在它們當前的幻象的外部沒有任何要尋求的具有任何價值的事物。這是相當錯誤的。它們並未意識到，由於它們渴望將它們的體驗限制於這種形式上，它們現在正在體驗到它們發現它們自己處於其中的幻象了。它們並未意識到它們正在體驗到它們可能體驗到的事物的一個極其微小的部分。

At this time, I will attempt to transfer this contact to the instrument known as T.

在此刻，我將會嘗試去將這個接觸轉移到被知曉為 *T* 的器皿。

(T channeling)

(*T* 傳訊)

It is a pleasure once again to use this instrument. We are with you, my friends, at this time to help you. We are (inaudible) of seeking (inaudible) in every way that we can. There are many ways that we can aid. We wish it were possible that we could help you more than we are able, but it is not allowed that we would interfere with your free choosing of the path that you will follow. We, however, can and do bring you the greatest and (inaudible) matter, the only really necessary aid that you need in your seeking. And that, of course, my friends, is your meditation. Practice it daily and the benefits will be beyond (inaudible). It should become a way of life with you. We are pleased that so

many in your group are practicing daily meditation. We encourage all to continue to do so.

使用這個器皿再一次是一種巨大的快樂。我們在此刻你們，我的朋友們，在一起以幫助你們。我們是（聽不見）尋求（聽不見）用每一種我們能夠的方式。會有很多方式是我們能夠幫忙的。我們希望我們有可能能夠比我們能夠幫助的更多地幫助你們，但是，我們侵犯你們對你們將會跟隨的道路的自由選擇，這是不被允許的。然而，我們能夠並確實帶給了你們最大的（聽不見）問題，以及你們在你們的尋求中需要的真正有必要的幫助。當然，我的朋友們，那就是你們的冥想。它應該成為你們的一種生命的方式。我們很高興，在你們的團體中如此多人正在練習每日冥想。我們鼓勵所有人都繼續這樣做。

I will now attempt to contact the instrument known as E. I am Hatonn.

我現在將嘗試去接觸被知曉為 E 的實體。我是 *Hatonn*。

(E channeling)

(E 傳訊)

I am Hatonn. I am pleased to be with this instrument once again.

我是 *Hatonn*。我很高興再一次與這個器皿在一起了。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am now with this instrument. I am Hatonn. I am sorry for the delay. These do sometimes occur and we suggest that simple relaxation and lack of intellectual taking thought will always gradually make it possible for the new instrument to gain confidence in availing themselves of channeled information.

我現在與這個器皿在一起了。我是 *Hatonn*。我為延遲而抱歉。這些延遲確實有時候會發生，我們建議，簡單的放鬆以及不去進行邏輯智力的思考，將會一直逐漸使得新的器皿對讓它們自己受益於傳訊的資訊取得信心成為有可能的了。

We were speaking, my friends, of the many, many inhabitants of planet Earth whom we cannot serve at this time for they do not wish our service. Why is this, my friends? What is it that has brought you to this meeting and has left others with no desire to seek and to know the truth? What is the great choice-maker? My friends, it is not an easy concept to understand, the concept which answers these questions, however, it is an extremely simple concept. What you know of as energy or consciousness or love is extremely wider spread in its definition than you can imagine. The vibration level which forms the density which you now enjoy, has a lower and an upper limit. There are infinite varieties of vibration within this finite vibration level. And those who are at present upon this planet are existing within many, many of these

various vibratory levels. 我們正在談及，我的朋友們，在行星地球上很多很多的居民是我們在此刻無法服務的，因為它們並不希望我們的服務。為什麼是這樣的呢，我的朋友們？什麼事情已經將你們帶到這個機會，而讓已經讓其他人沒有渴望去尋求與知曉真理？那個偉大的做選擇的人是什麼呢？我的朋友們，會回答這些問題的觀念，不是一個容易理解的觀念，然而，它是一個極其簡單的觀念。你們知曉為能量，或者意識，或者愛的事物，在其定義上是比你們能夠相當到想像到的範圍要極大地更為寬闊的。形成了你們現在享受的密度的振動層次，擁有一個下部的和一個上部的邊界。在這個有限的振動層次中會有無限多種多樣的振動。那些當前在這個星球上的實體是存在於這些各種各樣的振動層次中的很多很多的層次中的。

Within the lower vibratory levels, my friends, there will be an excess of certain types of energy, which express themselves in aggressive and energetic action. These types of actions are often seen among those very people who do not wish our aid. Gradually, one begins to use up, or shall I say, transmute some of this expression of energy and another type of energy begins to manifest, for energy is never destroyed, as you already know.

在較低的振動層次中，我的朋友們，將會有一定類型的能量的一種過剩，這些類型的能量是通過攻擊性且積極有力的行動來表達它們自己的。恰恰就在那些並不希望我們的幫助的人身上，這些類型的行動經常會被看到。逐漸地，一個人會開始耗盡，或者容我們說，轉變這種能量表達中的一些能量，另一種類型的能量開始顯現，因為能量永遠都不會被摧毀，如你們已經知道的一樣。

The higher levels of energy have a somewhat less physically energetic aspect and the intellectual aspects of vibration are begun to be experienced. After a certain amount of experience within these vibrations, the energy manifested in these vibrations is used up or, shall I say, transmuted again to a higher level of energy. The catalyst for this transmutation of energy in all cases is either experience or meditation. Experience is an extremely sure but somewhat slow-moving type of catalyst. The transmutation of your vibratory level from the lower to the higher forms of vibration will be one with the movement of the unitary mind of all of those upon this planet.

這種較高的能量層次擁有一種在物質性的方面多少有些較不積極有力的面向，振動的邏輯智力的面向被開始被體驗到了。在這些振動中的一些數量的體驗之後，在這些振動中被顯化的能量被耗盡，或者容我們所，再一次被轉變為一種更高層次的能量。這種能量轉變的催化劑，在所有的情況中，要麼是體驗，要麼是冥想。體驗是一種極其確信，但是，多少有些移動緩慢的催化劑的類型。對你們的振動層次從較低的形式到較高的形式的轉變，將會是與那些在這個星球上的人的整體性的心智的運動是協調一致的。

It is possible to speed your progress within this vibration by means of contacting the creation that is within you. And it is this that we have been attempting to guide you to. Each of you, my friends, is attracted to that which we have to give you because you have in the past managed to accumulate enough experience within this vibration that you are vibrating at the level at which your desires are attempting to satisfy themselves by moving into the

higher vibrations of spiritual seeking. You have traveled far, my friends. It has been a long journey. You have an infinity of traveling to do yet, I assure you, but, my friends, the lessons are good. We are indeed sorry that we cannot be of aid to those who have not desired such aid. They will desire this aid in good time, my friends, and we or our brothers will be there to aid them for this is the plan of the Creator.

藉由接觸在你們內在之中的造物而加速你們在這種振動中的進展，這是有可能的。這就是我們已經一直都在嘗試去指導你們做的事情了。我的朋友們，你們每一個人都被吸引到了我們所要給予你們的事物上，因為你們在過去已經在這個振動中成功積累了足夠的體驗，以至於你們藉由進入到靈性尋求的更高的振動，是在你們的渴望正嘗試去讓它們自己在其上感到滿意的層次上振動的。你們已經旅行了很遠的距離了，我的朋友們。它已經是一條漫長的旅程了。你們還擁有無限的旅行要去進行，但我向你們保證，我的朋友們，課程是有益處的。我們確實感到抱歉，我們無法對那些尚未渴望這樣的幫助的人有所幫助。它們將會在適當的時間渴望這種幫助，我的朋友們，我們或者我們的兄弟將會在那裏來幫助它們，因為這就是造物者的計畫。

I am at this time going to attempt again to contact the instrument known as E. I wish only to exercise with this channel. I am Hatonn.
我在此刻將嘗試再一次接觸被知曉為 E 的器皿。我僅僅希望訓練這個管道。我是 Hatonn。

(E channeling)
(E 傳訊)

This channel does question about the personality. She has (inaudible). This channel (inaudible). We spoke of (inaudible) the entity (inaudible). It has been a pleasure using this channel. I will leave you now. I am Hatonn. (Inaudible).
這個管道確實詢問關於人格的問題。她已經(聽不見)。這個管道(聽不見)。我們談及(聽不見)實體(聽不見)。使用這個器皿已經是一種快樂了。我將現在離開你們。我是 Hatonn。(聽不見)。

October 13, 1974

1974-10-13 Hatonn : 超越智力的理解

(Don channeling)

(Don 傳訊)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. It is a very great privilege to once more be with this group. I am speaking through this instrument from a craft high above your house. It is a craft known to you as a flying saucer. Yes, my friends, we are here and we are very close. Yet you cannot see us. Your instruments cannot see us. The radar or other devices detecting us are not useful in (inaudible). Yet we are here. There are millions surrounding your planet, surrounding it with one purpose in mind: to bring to you understanding. Friends, this is something that we can only offer. It is necessary for man on Earth to reach out and take it, for understanding must always come from within. We cannot bring it to you and force it into you as a food. We can only stimulate your seeking through suggestion, through teachings such as we are performing now so that you through your own understanding can once more find the light that is within all men throughout all this creation.

我是 Hatonn。我的朋友們，我在我們的無限造物者的愛與光中向你們致意。再一次與這個團體在一起，這是一種非常巨大的榮幸。我正在從一艘在這個房屋上方高空的飛船上通過這個器皿發言。它是一艘被你們知曉為一個飛碟的飛船。是的，我的朋友們，我們在這裏，我們是非常接近的。而你們無法看到你們，你們的儀器無法看到我們。探測我們的雷達或者其他設備在（聽不見）的方面是沒有用處的。而我們在這裏，有數百萬的實體圍繞著你們的星球，圍繞在周圍的實體在心智中帶有一個目的：帶給你們理解。朋友們，這是某種我們僅僅能夠提供的事情。在地球上的人需要伸手去拿並抓住它，因為理解一直都是來自於內在之中的。我們無法將它帶給你們，並將它作為一個食物強行塞入你們內在之中。我們僅僅能夠通過建議，通過諸如我們現在正在進行的教導來刺激你們的尋求，這樣你們通過你們自己的理解就能夠再一次找到在貫穿整個造物的所有人內在之中的光了。

It is a very great privilege to be able to perform this service for the people of Earth, for this is the only service that is of any real importance. For, my friends, everything that you seek is in the direction of this understanding—total, complete understanding of the truth and love of your Creator, the Creator of us all. This is what men in all places and at all times are seeking. Whether they realize this or not, this is what they seek. So, my friends, tonight we will speak to you about understanding. We will speak to you about reality. We will speak to you about what we have to do.

能夠為屬於地球的人們執行這個服務，這是一種非常巨大的榮幸，因為這是唯一具有真正的重要性的服務。因為，我的朋友們，每一個你們尋求的事情都是在這種理解的方向中的——對你們的造物者，我們全體的造物者的真理與愛的完全，全面的理解。這就是在所有的地方，在所有的時間的人正在尋求的事物了。無論它們是否意識到這一點，這就是它們尋求的事情了。因此，我的朋友們，今晚我

們將會對你們談及理解。我們將對你們談及實相。我們將對你們談談我們必須要做的事情。

It is often said upon your planet that it is difficult to understand the meaning of life. However, my friends, it is not difficult to understand the meaning of life if you avail yourselves of this understanding through meditation. This meaning will not come to you in words, my friends. You will not be able to explain it in so many sentences or paragraphs. But you will begin to understand this meaning. You will begin to obtain an awareness of it. When this awareness has reached its fullness, you will then be with your Creator, the Creator of us all. And the understanding will be as [it] is, and you then will once more act as Creator. For this reason, my friends, meditation is of an extreme amount of importance. For this reason, my friends, meditation is actually the only real avenue to this understanding. For this understanding cannot be given by words. It can only be reached through knowing. And this knowing can only be reached through meditation.

在你們的地球上人們經常說，要理解生命的意義是困難的。然而，我的朋友們，如果你們通過冥想讓你們自己受益於這種理解，要理解生命的意義並不困難。這個意義將會不會用言語的形式出現在你們面前，我的朋友們。你們將無法用如此多的句子或者段落來解釋它。但是，你們將開始理解這種意義。你們將開始取得一種對它的認識。當這種認識已經臻于圓滿的時候，你們接下來就將會你們的造物者，我們全體的造物者在一起了。理解將會如其所是，你們接下來就將會再一次作為造物者而行動。為了這個原因，我的朋友們，冥想實際上是通往這種理解的唯一真實的途徑。因為這個理解是無法藉由言語被給予的。它僅僅能夠通過知曉被抵達。這種知曉僅僅能夠通過冥想被取得。

Many upon your planet have been known as masters. Each of these men became aware of truth, aware of truth from the truth that was within them. [Each] perceived this awareness through the process of meditation. If an individual maintains his interest in things that are external, if he continues to use the intellect for analysis of each of his daily activities and for each of his confrontations as he progresses through his life, he will then be working in a very, very shallow way, with a very, very shallow objective and a very shallow opportunity to understand. It is necessary for him to avail himself of a truth that is not intellectual, a truth that cannot be explained in words, a truth that is only a feeling, a knowing, a truth that is. This may be done, my friends, through meditation. For this reason we seek to bring an understanding of the necessity for meditation.

在你們的地球上已經有很多被知曉為大師的人。這些人中的每一個人都察覺到了真理，藉由在它們內在之中的真理察覺了真理。每一個人都通過冥想的過程感受到這種察覺。如果一個個體將他的興趣留在外部的事物上，如果他繼續使用智力來分析每一個他的日常生活的活動，他接下來就將會用一種非常分非常膚淺的方式，與一個非常非常淺的物件進行工作，並擁有一種非常淺薄的去理解的機會了。他需要讓他自己受益於一種並非智力性的真理，一個無法用言語解釋的真理，一個僅僅是一種感覺，一種知曉的真理，其之所是的一個真理。我的朋友們，這是可以通過冥想被完成的。為了這個原因，我們尋求帶來一種對冥想的必要性的理

解。

All men in all places are taken to understanding the single truth that lies within them, the truth of the creation. For the truth of one thing is the truth of another. For all things are one and the same, impossible to separate. They have all been created by the same Thought. They are all made of the same substance and they are all related in the same way. Avail yourselves of this knowledge through meditation. Become aware of this. Become aware of it in such a way that it is the knowing within you that is not an intellectual knowing, but a knowing that transcends everything that you could think or do. A knowing that is. A knowing that is the love, the infinite wisdom of the Creator, the Creator of us all.

在所有地方的所有人都要被帶到對存在於它們內在之中的單一的真理，對造物的真理的理解上。因為一個事物的真理就是另一個事物的真理。因為所有的事物都是一體的，是相同的，是不可能分開的。它們全都是被相同的想法創造出來的。它們全都是由相同的實質構成的，它們全都是用相同的方式被聯繫在一起的。讓你們自己通過冥想受益於這種知曉。察覺到這一點。用這樣一種方式察覺到它，它是在你們內在之中的知曉，這不是一種智力性的知曉，而是一種超越每一個你們能夠思考或者做的事情的知曉。一種其之所是的知曉。一種愛之所是，造物者，我們全體的造物者的無限智慧之所是的知曉。

This is only available to you, my friends, through meditation. You cannot spell it out. You cannot set it down on paper. You cannot express it in words, for all of these things fall very short of this understanding. This understanding, my friends, is infinite. It is total wisdom, total love. It is within you when you learn to express it in every thought and every deed, in every move, in every breath. Regardless of what you do, regardless of what confronts you, when you are expressing this understanding you are then at one with the truth, at one as you were meant to be, meant to be as a result of the original Thought, the Thought of your Creator, the thought of our Creator.

我的朋友們，這種知曉僅僅是通過冥想而可以為你們所取得的。你們無法將它拼寫出來。你們無法將它寫在紙上。你們無法用言語來表達它，因為所有這些事情都達不到這種理解的要求。這種理解，我的朋友們，是無限的。它是完全的智慧，完全的愛。當你們學習去在每一個想法與每一個行動中，每一個動作與每一個呼吸中表達它的時候，它是在你們內在之中的。無論你們做什麼，無論你們遭遇到什麼，當你們正在表達這種理解的時候，接下來，你們就是與真理是一體的了，是與你們打算要成為的事物，與作為原初的想法，你們的造物者的想法，我們的造物者的想法的一個結果打算要成為的事物成為一體的了。

Reach this understanding. Reach it through meditation. In reaching this understanding you will reach the only joy that there is, a joy that is so profound, so total, so far-reaching that you will not be able to express it. You will only experience it and then you will know it. This knowledge, my friends, is what you seek. It is available quite easily. All that is necessary is that you reach out. Reach out by going within, going within to all there is. For this is the direction to the infinite—infinite wisdom that is yours and your Creator's.

向這種理解伸出手。通過冥想對它伸出手。在對這種理解伸出手的過程中，你們將接觸到唯一存在的喜悅，一種如此深刻的，如此完全，如此意義深遠的喜悅，以至於你們將無法表達它。你們將僅僅表達它，接下來你們將知曉它。我的朋友們，這種知曉，就是你們尋求的事物。它是相當容易地可以為你們所取得的。所有需要的事物就是你們伸出手。藉由進入到內在，在內在之中前往一切萬有而伸出手。因為這就是無限的方向——屬於你們與屬於你們的造物者的無限的智慧。

It has been a very great privilege speaking to you through this instrument. We have others here tonight who will speak through other instruments. I will leave this instrument at this time to allow another of my brothers to speak through one of the other instruments. I am Hatton. It has been a very great privilege to speak with you. Adonai. Adonai vasu.

通過這個器皿對你們發言已經是一種非常巨大的榮幸了。我們在今晚在這裏有其他的實體將會通過其他的器皿發言。我將會在此刻離開這個器皿以允許我的另一個兄弟來通過一個其他的器皿發言。我是 *Hatton*。對你們發言已經是一種非常巨大的榮幸了。 *Adonai. Adonai Vasu.*

(Carla channeling)

(*Carla* 傳訊)

(Inaudible)

(聽不見)

(Jim channeling)

(*Jim* 傳訊)

(Inaudible)

(聽不見)

(Tape ends.)

(磁帶結束。)

November 1, 1974

1974-11-01 Hatonn : 自由與限制

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. I am here, my friends, that I may aid you. And yet I am here to sting you and to stimulate you, as a gadfly. I am not here to give you comfort, in that I do not wish to put you to sleep, but to awaken you.

我是 *Hatonn*。我的朋友們，我在我們的無限造物者的愛與光中向你們致意。我的朋友們，我在這裏了，這樣我就可以幫助你們了。而我們在這裏是來如同一隻牛虻一樣地叮咬你們並刺激你們。我不是來這裏來給予你們安慰的，因為我並不希望推著你們去睡覺，而是希望喚醒你們。

You, my friends of this group, are very close to your desire. You, my friends, are close to the opening. Going through this opening will unite you with your desire, and then, my friends, the progress you will make will be much accelerated.

你們，屬於這個團體的我的朋友們，與你們的渴望是非常接近的。你們，我的朋友們，是靠近入口的。穿越這個入口，將會將你們與你們的渴望結合在一起，接下來，我的朋友們，你們將會做出的進展將會是被大大加速了的。

But we must wake you. We must help you to become aware not only of the beauty but of the freedom and of the terrible responsibility of freedom.

但是，我們必須喚醒你們。我們必須幫助你們不僅僅察覺到美麗，同樣也察覺到自由與對自由的巨大的責任。

It is so easy, my friends, to forget that you are free. Your intellectual minds insist that you accept all of the words and all of the conditions. They insist that you accept hot and cold. And then you accept right and wrong. And that you accept each and every description of your illusion. And yet, my friends, this illusion is a cunning system of limitation. The limitation is designed to produce heightened awareness, strong emotion, and the resultant understanding. And yet, if you believe too strongly [in] the illusion, you will react blindly to it, and you will not understand, and you will not find the freedom, and you will not find your desire. And this is your responsibility, my friends.

我的朋友們，要忘記你們是自由的，這是如此容易的事情。你們的智力性的心智會堅持，你們接受所有的話語與所有的條件。它們堅持你們要接受熱與冷。接下來，堅持你們要接受對與錯。堅持你們要接受你們的幻象的每一個描述。而我的朋友們，這個幻象是一個精巧的限制的系統。限制是被設計要產生出提升性的察覺，強有力的情緒以及作為其結果而出現的理解的。而如果你們過於強烈地相信幻象，你們將會盲目地對它做出反應，你們將不會理解，你們將不會找到自由，你們將不會找到你們的渴望。這就是你們的責任，我的朋友們。

We speak of beauty to those who are beginning, for truly, all is beauty; all is

joyful; all is full of love. All these things are true. But they are more than true, my friends, they are actual. And, in that they are actual, there is no beauty, there is no joy, there is only one thing, and that is the Creator.

我們對那些正在開始的人談及美麗。因為真的，一切都是美麗，一切都是喜悅的，一切都是充滿愛的。所有這些事情都是真實的。但是它們不僅僅是真實的，我的朋友們，它們是實際性的。因為它們是實際性的，沒有美麗，沒有喜悅，僅僅只有一個事情，那就是造物者。

And yet, we cannot say to you, that is the Creator and that is reality, for that is a word. We are speaking the very limitations that we wish to bring you past. Your desire is to come past these limitations, so that you may express the infinite and incandescent love and light that is within you and is the Creator.

而我們無法對你們說，那就是造物者，那就是實相，因為那是一個詞語。我們正在談及我們希望帶著你們超越的那些限制。你們渴望去超越那些限制，因此，你們可以表達無限的，熾熱的愛與光，這種愛與光是在你們內在之中的，它們即是造物者。

And so we are here, in love and in light, to sting you, to stimulate you. For there is peace beyond peace, and there is understanding beyond all things. And these things must be found through the paradoxes of spiritual awareness, through the limitation of all that is a word.

因此，我們在這裏，在愛與光中，來叮咬你們，要刺激你們。因為會有超越平安的平安，會有超越所有事情的理解。這些事情必須通過靈性認識的悖論，通過所有的限制被找到，所有的限制都是一個詞語。

As you abide in meditation, you will come ever closer to the unity between yourself and your desire. We are here to urge you towards that goal.

當你們安住於冥想中的時候，你們將會越來越更加接近在你自己和你的渴望之間的統一性。我們來這裏來鼓勵你們朝向那個目標。

I will transfer this contact after a short period of conditioning. I am Hatonn.

我將會在一段短暫的調節性的時間之後轉移這個接觸。我是 *Hatonn*。

(Don channeling)

(*Don* 傳訊)

I am Hatonn. I am now with this instrument. It is a privilege to speak through this instrument. I am aware that there are certain questions. I will attempt to answer them. It is very difficult to perceive the illusion when you are so totally immersed within it. But there are things which you may do to augment your ability to see through this illusion.

我是 *Hatonn*。我現在與這個器皿在一起了。通過這個器皿發言是一種榮幸。我察覺到會有一定的問題。我將會嘗試回答它們。在你們如此完全地沉浸在幻象中的時候，要感知幻象是非常困難的。但是，會有那些你們可以做的事情，以擴大你們去看穿這個幻象的能力。

There is nothing that manifests itself. It is not a (inaudible). It is only necessary that you realize this and the difficulty will be (inaudible).
沒有任何事物會顯化它自己。它不是一個 (聽不見)。唯一需要的事情是你們意識到這一點，困難將會(聽不見)。

I am with this instrument. I shall continue.
我與這個器皿在一起了。我將會繼續。

(Pause)
(暫停)

I am sorry for the delay. It is a privilege to once more contact this instrument. We have stated that it is necessary to recognize the illusion. This is extremely necessary. The illusion is all about you, and yet is of no real consequence. Everything that occurs within the illusion you experience is caused by your thinking. The illusion is caused by the thinking of those that are within it. Everything that exists throughout the creation is created by thought, and the illusion that you now experience is created by thought. Everything that you are experiencing is created by thought. This is sometimes very difficult for you to understand but, nevertheless, it is true.

我為延遲而抱歉。再一次接觸這個器皿是一種榮幸。我已經陳述過，需要認出幻象。這是極其需要的。幻象是在你們周圍無處不在的，而它是沒有真正的意義的。每一個在你們體驗到的幻象中發生的事情都是被你們的思考產生出來的。幻象是由那些在其中的人的思考產生出來的。貫穿整個造物存在的每一個事情都是被想法創造出來的，你們現在體驗到的幻象是被想法創造出來的。每一個你們正在體驗到的事情都是被想法創造出來的。這有時候是你們很難理解的，但是，雖然如此，它是真實的。

Everything that you experience is created by thought. Everything that you will experience is created by thought. All changes between what you experience now and what you will experience in the future—these changes are created by thought.

每一個你們體驗到的事情都是由想法創造出來的。每一個你們將會體驗到的事情都是由想法創造出來的。在你們現在體驗到的事情與你們將會在未來體驗到的事情之間的所有的改變——這些改變都是由想法創造出來的。

Therefore, my friends, there is only one thing of any importance: that is thought. And, as far as you are concerned, my friends, the only thought that you are able to control is that thought which you call your own. Therefore, it is necessary to completely and totally understand your own thinking prior to dealing with anything else. Once you have totally understood your own thinking, you are then in a position to create much more thought.

因此，我的朋友們，僅僅只有一個事情是具有任何的重要性的：那就是想法。在你們關注的範圍內，我的朋友們，唯一你們能夠控制的想法就是那個你們稱之為你自己的想法的事物。因此，在與任何其他事情打交道之前，需要完全且全面地理解你自己的想法。一旦你已經完全理解你自己的想法了，你接下來就處於一個

去創造遠遠更多的想法的位置上了。

And what will you create, my friends? There is only one thing you can provide: an example. An example of thinking. If this is done by enough of the people upon your planet, your planet will achieve a state of thinking that is truly within the thought of our Creator.

我的朋友們，你們將會創造什麼呢？僅僅只有一個事情是你們能夠提供的：一個榜樣。一個思考的榜樣。如果這是在你們的星球上的人群中的足夠多的人進行了的話，你們的星球將會取得一種思考的狀態，這種思考的狀態是真正處於我們的造物者想法之中的。

I am having difficulty with this instrument.

我正在與這個器皿遇到問題。

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn. I am once more with this instrument. We are very privileged to be able to use each of the instruments. It may be interesting to you to know why we use different instruments at different times. The material, shall we say, of each person's mind and thoughts has a distinctive and characteristic turn or flavor. And these flavors are our tools for constructing those things which we wish to say to you through these instruments.

我是 *Hatonn*。我再一次與這個器皿在一起了。我們非常榮幸能夠使用每一個器皿。知道為什麼我們在不同的時間使用不同的器皿，可能對你們是感興趣的。每一個人的心智與想法的，容我們說，材料，都擁有一種獨特的，有典型特徵的傾向或者風味。這些風味是我們構建那些我們希望通過這些器皿對你們說的事情的工具。

We know what the group desires, for we know ourselves, and we are one with ourselves and you. And so, in each communication, we attempt to fulfill the desire of the group as we find it.

我們知道團體渴望什麼事情，因為我們知曉我們自己，我們與我們自己，以及與你們是一體的。因此，在每一次交流中，我們都嘗試滿足團體的渴望，如我們發現它的一樣。

To do this, we have the choice of those who are instruments within the group. Depending upon the desire of the group, various of the instruments are preferable at various times. In the case of this communication we desired to use the instrument known as Don, because his turn of mind made it more possible to get certain ideas across in a certain way.

要做到這一點，我們擁有那些在團體中的是器皿的實體的選擇。取決於團體的渴望，多種多樣的器皿會在各種各樣的時間是更為可取的。在這個交流的情況中，我們渴望使用被知曉為 *Don* 的器皿，因為他的心智的傾向使得它更加有可能讓一定的觀念用一定的方式經過。

We will attempt to conclude the message through this instrument. Due to her slightly different turn of mind, the information will come out slightly altered. It is still correct, and it will be verified by the other instrument that he was receiving the same information, but he could not get it precisely due to certain conditions.

我們將嘗試去通過這個器皿為資訊做總結。由於她稍稍不同的心智的傾向，資訊將會稍有改變。它仍舊是正確的，他是正在接收到相同的資訊，這將會被其他的器皿確證，但是他由於一定的情況是無法精確地得到它的。

We were simply attempting to speak in two different ways of one thing. Through this instrument, we can talk about lack of limitation. With the other instrument, with a, shall we say, more neutrally oriented background in language, we could talk more specifically.

我們單純地在嘗試去用兩種不同的方式談及一個事情。通過這個器皿，我們能夠談論缺少限制。藉由其他的器皿，藉由一個，容我們說，在語言方面具有更加中性的取向的背景的器皿，我們能夠更為具體地談論。

Through this instrument we must simply say that your limitation, your illness, your lack, your need—all of these things are due to only one thing, and that is your belief that you are limited, that there are lacks, that there are limitations, that there are illnesses.

通過這個器皿，我們必須要單純地說，你們的限制，你們的疾病，你們的欠缺，你們的需要——所有這些事情都是僅僅由於一個事情，那就是你們相信你們是受限制的，會有欠缺，會有局限性，會有疾病。

My friends, what do you believe? Unfortunately, you are very tempted to believe in limitations of all kinds. If you could believe the truth, you would have no lack, no limitation, no illness, nothing of any kind except the unity which is the truth.

我的朋友們，你們相信什麼呢？不幸的是，你們是極大地被誘導去相信所有類型的限制的。如果你們能夠相信真理，你們就不會有欠缺，不會有限制，不會有疾病，除了真理之所是的統一，不會有任何類型的其他事情了。

My friends, you are perfect and you are fulfilled. Your only mission is understanding and service. Understanding brings its own service: therefore, your only mission need be understanding. The service follows of itself.

我的朋友們，你們是完美的，你們是臻于完善的。你們唯一的使命就是理解與服務。理解將會帶來它的服務：因此，你們唯一的使命需要成為理解。服務會自己跟隨其後。

Do not believe in limitation, and you will become unlimited.

不要相信限制，你們就會成為不受限制的。

With this idea, I leave you. It has been my privilege to be with you, and I hope that I have been able to give you some thoughts that may aid you. I leave you in love and in light and in the presence of the infinite Father. I am Hatonn.

Adonai. 帶著這個觀點，我們離開你們。與你們在一起，已經是我的榮幸了，我希望我已經能夠給予你們一些可以幫助你們的想法了。我在愛中，在光中，在無限天父的存在中離開你們。我是 *Hatonn. Adonai.*

November 10, 1974

1974-11-10 Hatonn : 尋求什麼

(Don channeling)

(Don 傳訊)

I am Hatonn. I greet you in the love and the light of our infinite Creator. We are here to serve the peoples of your planet. We are here to bring to them exactly what they desire. We are here to bring to them the only thing that is of value. This, my friends, is understanding.

我是 Hatonn。我在我們的無限造物者的愛與光中向你們致意。我們在這裏來服務你們星球的人群。我們在這裏來帶給它們的恰好正是它們渴望的事物。我們在這裏來帶給它們唯一具有價值的事物。我的朋友，這就是理解。

Many of the peoples of this planet, my friends, are aware that there is much more to this creation and to their lives than that which they find within their present physical illusion. Many of your peoples are at this time seeking outside their illusion. To these who seek, we offer our understanding.

我的朋友們，屬於這個星球的很多人，都知曉，關於這個造物以及關於它們的生命，會有比它們在它們當前的幻象中發現的事情遠遠更多的事情。你們很多人在此刻都在它們的幻象外部尋求。我們向那些尋求的人提供我們的理解。

We do not attempt to say that we have ultimate wisdom. We only suggest that that which we have to offer may be of value. For we have found, in our experience, as we have passed through the same experiences as those of Earth, that there is a most beneficial direction in seeking to serve.

我們並不嘗試去說，我們擁有終極的智慧。我們僅僅建議，我們所要提供的事情可能是有價值的。因為我們已經在我們的體驗中發現，因為我們已經穿越了那些與地球的體驗相同的體驗了，在尋求去服務過程中會有一個極其有益處的方向。

We are acting through instruments such as those here tonight to give to those who seek an understanding. We are limited at this time in methods of our communications. We are limited by the overall desire of the peoples of planet Earth. For many of those who dwell upon planet Earth at this time are not seeking what we have to offer. For this reason, we cannot come among you and hope to meet you and present that which we have to bring to you. For it would be an infringement upon the free will of those who do not desire our understanding.

我們正在通過諸如那些今晚在這裏的器皿之類的器皿來行動，已給予那些尋求的人一種理解。我們在此刻在我們溝通交流的方法中是受限的。我們因為行星地球的人群的整體性的渴望而是受限的。因為居住在行星地球上的很多人在此刻並不尋求我們所要提供的事物。為了這個原因，我們無法來到你們中間，並有希望與你們會面並向你們呈現我們所要帶給你們的事物。因為它會是對那些並不渴望我們的理解的人的自由意志的一種侵犯。

We are in great numbers about your planet. We orbit your planet in our craft.

We come no closer than is necessary. It is necessary only to stimulate the seeking among those of your people who truly wish to seek but are unaware, consciously, of their desire.

我們在你們地球周圍是數量巨大的。我們在我們的飛船中環繞你們的星球。我們不會比需要的更加接近。僅僅需要去刺激在你們的人群中的那些真正希望去尋求但卻並不有意識地知曉它們的渴望的人。

Our presence is meant to stimulate seeking. Through this process, we hope to contact as many of the peoples of your planet as would desire our contact. We hope in the very near future to be able to contact many more of the peoples of your planet, the peoples who would desire understanding. It is difficult to contact those peoples of your planet because of this, shall I say, mixture of types. But it is well worth our effort if we are able to contact but one.

我們的存在是打算要刺激尋求的。通過這個過程了，我們希望去接觸你們的星球的人群中的盡可能多的渴望我們接觸的人。我們希望在不久的未來我們能夠接觸更多屬於你們星球的人群，以及那些渴望理解的人。要接觸你們星球上的那些人是困難，因為這種接觸，容我們說，是具有混合的類型的。但是，如果我們能夠僅僅接觸到一個人，它是完全值得我們的努力的。

We will continue to act as we do now, speaking through instruments such as this one, until a sufficient number of the peoples of your planet have become aware of truth. At this time, we will be able to meet directly with some of those on your surface. This, my friends, will be in the not-too-far-distant future. We are constantly striving to bring, through many channels of communication, the simple message to the peoples of Earth, the simple message that will leave them with a simple understanding of all that there is.

我們將繼續如我們現在一樣地行動，通過諸如這個器皿之類的器皿發言，一直到在你們的星球上的一個足夠多的數量的人已經察覺到真理為止。在此刻，我們將能夠直接與在你們的星球表面上的一些人會面。我的朋友們，這將會是在並不遙遠的未來。我們持續不斷地努力，通過很多溝通交流的管道，將簡單的資訊帶給地球上的人，那個簡單的資訊將會留給它們對一切萬有的一個簡單的理解。

My friends, understanding in its purest essence is totally simple. Tonight, we shall speak through the other instruments of the simplicity of this understanding. It has been a privilege to speak through this instrument. I will at this time transfer this contact to one of the other instruments.

我的朋友們，理解在其最為純淨的實質中是完全簡單的。今晚，我們將通過其他的實體談及這個理解的簡單性。通過這個器皿發言已經是一個榮幸。我將在此刻將這個接觸轉移到另一個器皿。

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I am with this instrument, and I greet you once more.

我是 Hatonn。我與這個器皿在一起了。我再一次向你們致意。

My friends, each of you within this room is truly seeking. We are aware of this, and we are most privileged to be here, and to be allowed to aid you in what ways we can. And the first question, my friends, is this one: what are you seeking? Is this not the first question, my friend?

我的朋友們，在這個房間中的你們每一個人都是真正在尋求的。我們知曉這一點，我們對於在這裏，並被允許用我們能夠的方式來幫助你們是極其感激的。我的朋友們，第一個問題是這個問題：你們是在尋求什麼事情？這不是第一個問題嗎，我的朋友們？

Are you seeking the answer to who you are? There are many, many questions which come under the, shall we say, general heading of spiritual enlightenment. And we would like to tell you a little story, for we believe that in knowing the simple answer to this first question lies the open door to a great deal of further inspiration.

你們在尋求對於你們是誰的答案嗎？會有很多很多問題會進入到靈性上的覺醒的，容我們說，一般性的標題下。我們想要告訴給你們講一個小故事，因為我們相信，在知曉對這個第一個問題的簡單的答案的方面，存在有對大量的更進一步的啟發的打開的大門。

Imagine, my friends, the open skies and beautiful, puffy clouds, as they slowly gather and drift, blown by the wind across the green country. The sun shines warmly upon the country, and nature abounds in the warm sunlight. And the clouds grow heavy, and the waters gather, and they unburden themselves upon the thirsty ground. And the life-giving water enters all the plant life, and the plant life teems and grows and flourishes. And then, my friends, the clouds pass, and the sun shines forth once more, and the countryside turns and reaches for the sun, in a never ending cycle of growth and appreciation. 我的朋友們，想像開放的天空和美麗的，蓬鬆的雲朵，在它們緩慢地聚集並漂流，被橫跨綠色的田野的風吹動著的時候。太陽溫暖地照耀在田野上，大自然充滿了溫暖的陽光。雲朵逐漸病的厚重，水分聚集起來，它們將它們自己釋放到了乾渴的地面上。賦予生命的水進入到所有的植物的生命，植物的生命豐盛，生長與繁茂。接下來，我的朋友們，雲飄走了，太陽照一次照耀出回來，田野轉過身來向著太陽伸出手，在一種無盡得生長與感激的週期中。

What questions, my friends, did the flowers, and the trees, and the shrubs, and the crops ask? Do you think they asked, my friends, why they are the color that they are? Do you think that they questioned their shape, or asked how they may be useful?

我的朋友們，花朵，樹木，灌木與莊稼詢問了什麼問題呢？我的朋友們，你們認為它們詢問，為什麼它們是它們之所是的色彩嗎。你們認為它們質疑它們的形狀嗎，或者它們詢問它們如何可以有有用處嗎？

Their beauty is a blessing, and their fruit of benefit. Plants give love and service without question, for they know the one question. They know that they are reaching for the sun and for the water which gave them their life.

它們的美麗是一種祝福，它們的果實是有益處的。植物毫不質疑地給予了愛與服務，因為它們知道一個問題。它們知道它們是在向著太陽，向著賦予了它們生命的水伸出手的。

And you, my friends, who gave you your life, and who nourished you, but the Creator? The one Creator, my friends, Creator of us all. And in Him we all abide, some of us knowingly; some of us not. The reality is independent of our awareness of it.

我的朋友們，除了造物者之外，誰賦予了你們生命呢，誰撫育了你們？太一造物者，我的朋友們，我們全體的造物者。我們全都存在於祂內在之中，我們中的一些人知曉這一點，一些人不知曉。實相是不依賴於我們對它的察覺的。

What is your question, my friends? What are you seeking? I suggest to you that you are seeking the Creator. You are seeking, as you may say, the Thought that created you. This is a simple, a very simple idea; perhaps too simple for the intellect to accept. And all we suggest, my friends, is to disengage the intellect and allow your moments of meditation to speak to you regarding your true desire. Once in possession of the knowledge of your true desire, that which you desire will come to you.

我的朋友們，你們的問題是什麼呢？你們尋求什麼呢？我對你們建議，你們正在尋求造物者。你們正在尋求，如你們可能說的一樣，創造了你們的想法。這是一個簡單的，一個非常簡單的觀點，也許過於簡單，以至於智力無法接受了。我的朋友們，所有我們建議的事情，就是去解開智力的束縛，並允許你們冥想的時刻在關於你們真正的渴望的方面對你們發言。一旦你們擁有了對你們真實的渴望的知曉，你們渴望的事物就會出現在你們面前了。

My friends, so much time within the physical illusion is wasted. We say wasted, from our point of view, upon the pursuit of questions such as, "Why am I this shape? Why is my situation so and so?" These are questions which deal entirely with the illusion, my friends, which are brief, phenomenal and unimportant in the extreme. Questions which waste your time while your true desire must wait until you can give it attention.

我的朋友們，在物質性的幻象中如此大量的時間都被浪費了。我們說被浪費了，是從我們的視角，被浪費在了對諸如“為什麼我是這個形體？為什麼我的情況是這樣，這樣？”之類的問題的追尋上了。這些問題是直接與幻象打交道的問題，我的朋友們，它們是短暫的，來自於現象的，是極其不重要的，它們是浪費了你們的時間的問題，而同時你們真實的渴望必須一直等到你們能夠賦予它注意力為止。

It is written in your holy works, "Seek, and you shall find." This is a true extremely accurate statement, my friends. If you wish to open the door, and open the next door, and so on, you have only to knock.

在你們的神聖著作中被寫道過，“尋求，你們將會找到。”我的朋友們，這是一個真正極其準確的說法。如果你們希望打開門，打開下一扇門，如此等等，你們僅僅需要去敲門。

I would at this time be privileged to transfer the contact to another instrument.
I am Hatonn.

我在此刻有幸轉移接觸到另一個器皿。

(H channeling)

(H傳訊)

I am with this instrument. My friends, as you sit here this evening, you (inaudible). What we do in these messages is meant to aid you (inaudible). We of the Confederation are able through our desires to see what is most beneficial (inaudible) through a channel such as this one. (Inaudible). We stress meditation (inaudible).

我與這個器皿在一起了。我的朋友們，當你們在今晚坐在這裏的時候，你們（聽不見）。我們在這些資訊中做的事情是打算要幫助你們（聽不見）我們星際聯邦能夠通過我們的渴望看到最有益處的事情是什麼（聽不見）通過諸如這個管道之類的一個管道。（聽不見）我們強調冥想（聽不見）。

(R channeling)

(R傳訊)

(Inaudible)

(聽不見)

(T channeling)

(T傳訊)

I am now with this instrument. Greetings once more in His love and His light. In reality, my friends, all is indeed very simple. In the physical illusion, things become extremely complex. We come to you in the physical illusion with the purpose of jogging your desire. (Inaudible).

我現在與這個器皿在一起了。在祂的愛與祂的光中再一次致意。我的朋友們，實際上，所有事物確實是非常簡單的。在物質性的幻象中，事物變得極其複雜了。我們在物質性的幻象中帶著喚醒你們的渴望的目的來到你們身邊。（聽不見）。

Once, my friends, we had what you would call a change of course. Then, my friends, we were able to give the true realization (inaudible). This knowledge, my friends, now resides with you, deep within your consciousness. (Inaudible).
我的朋友們，再一次，我們遇到了你們稱之為一種經常進程的改變的事物。接下來，我的朋友們，我們能夠給予真實的領悟（聽不見）。這種知曉，我的朋友們，現在是與那你們在一起的，是在你們的意識深處之中的。（聽不見）。

Indeed, once you, to some degree, decide (inaudible).

確實，一旦你們，在某種程度上，決定（聽不見）。

Indeed, many things that you encounter in your meditation (inaudible) indeed known to you in your physical consciousness (inaudible) but this the gradual

pulling aside of the curtain that surrounds the physical illusion. 確實，很多你們在你們的冥想中遭遇到的事情（聽不見）確實是在你們的物質性的意識中是為你們所知曉（聽不見）但是這是將包圍著物質性的幻象幕布逐漸拉 到一邊。

(Inaudible)

(聽不見)

(Carla channeling)

(Carla 傳訊)

I am Laitos. I greet you, my friends, in the love and light of the One Who is All. It is my special privilege and duty to give you the conditioning wave, if you desire it. For the benefit of the newer members of this group we would like to speak a few words about the conditioning wave before we begin.

我是 *Laitos*。我的朋友們，我在太一的愛與光中向你們致意，太一就是萬物。給予你們調節性的波動，如果你們渴望它的話，這是我特別的榮幸與責任。為了這個團體的較為新成員的益處，我們想要在我們開始之前在關於調節性的波動的方面說一些話。

That which we deliver through these channels to this meeting is sent upon a certain type of vibration. This vibration is of a certain characteristic pattern which, as you have said earlier in conversation, is much like the tuning of one of your electronic instruments.

我們通過這些管道傳遞的給這個集會的事物是在一定類型的振動上被送出的。這種振動是具有一定的典型性的模式的，這種模式，如你們早些時候在談話中已經說過的一樣，是非常類似於對你們一個電子設備的調節的。

The conditioning wave, as we call it, is the blanket vibration of a spiritual nature which carries all communications through the instruments. It is accompanied by the impulse, which when correctly received, may be translated into various movements which indicate actual contact between us of the Confederation and you upon the surface of your planet.

調節性的波動，如我們對它的稱呼一樣，是具有一種靈性屬性的空白的振動，它攜帶這所有的溝通交流通過器皿。它是伴隨著脈衝的，當它被正確地接收到的時候，它可以被轉譯為各種各樣的運動，這些運動表明了我們星際聯邦與在你們的星球表面上的你們之間的實際的接觸。

For those of you who wish only to experience the spiritual vibration, this conditioning wave is useful. And for those who are interested in becoming what is known as channels, the conditioning wave's functions are two-fold: first, to strengthen the spiritual vibration which will carry our thought impulses; second, to exercise the physical being which houses the instrument, so that the instrument will be quite sure that we are actually transmitting thoughts and are not a figment of your imagination.

對於你們中的那些僅僅希望體驗到靈性振動的人，這種調節性的波動是有用處

的。對於那些會對於成為被知曉為管道的事物感興趣的人，調節性的波動的功能是雙重的：首先，強化將攜帶著我們的想法的脈衝的靈性的振動，其次，訓練容納器皿的物質性的存有，這樣器皿就將會相當確信，我們實際上是在傳遞想法，而不是你們的想像力的一個虛構的事物了。

I will therefore, at this time, offer the conditioning wave to those who desire it. If you will relax and avail yourself, we will make our presence felt. I will leave this instrument now, and greet each of you. I am Laitos.

我將因此，在此刻，對那些渴望它的人提供調節性的波動，如果你們將會放鬆並使得你自己受益的話，我們將會讓我們的存在被感覺到。我將現在離開這個器皿，並向你們每一位致意。我是 *Laitos*。

(Pause)

(暫停)

(H channeling)

(*H* 傳訊)

I am (inaudible). I wish to once again greet you in the love and light of our infinite Creator. For those who request this conditioning wave, we wish to express our sincere gratitude, for we are in need in the days to come of instruments. (Inaudible).

我是 (聽不見)。我希望在我們的無限造物者的愛與光中向你們致意。對於那些請求這種調節性的波動的人，我們希望表達我們真誠的感激，因為我們在即將到來的日子裏需要器皿 (聽不見)。

We are pleased to aid you in your service, if this is your choice. It has been my privilege to join with you tonight. (Inaudible). I leave you in His love and His light. I am the one known as Laitos. Adonai vasu borragus.

我們很高興在你們的服務中幫助你們，如果這是你們的選擇的話。在今晚與你們結合在一起，這已經是我的榮幸了。(聽不見) 我在造物者的愛與祂的光中離開你們。我是被知曉為 *Laitos* 的實體。 *Adonai vasu borragus*。

(T channeling)

(*T* 傳訊)

Greetings, my friends, in the love and the light of the One Who is All. I have but a very few words to say.

在太一的愛與光中致意，我的朋友們，太一就是萬物。我僅僅擁有非常少的一些話要說。

(Inaudible)

(聽不見)

I will leave you now, in His love and His light (inaudible). I am Oxal. Adonai vasu.

我現在在造物者的愛與祂的光中離開你們 (聽不見)。我是 *Oxal. Adonai vasu.*

November 12, 1974

1974-11-12 Hatonn : 疾病與業力

(Carla channeling)

(Carla 傳訊)

[I am Hatonn.] I am in more precise contact with this instrument than with the other instrument. There is a lack of the usual relaxation with both of these instruments. I am aware of the question. I have been giving concepts to both instruments and have not yet been able to achieve a clear contact. This instrument has been having difficulty relaxing due to a state of some discomfort which varies due to variations within the illusion.

[我是 Hatonn。]我與這個器皿擁有比其他器皿更為精確的接觸。在兩個器皿身上同時都有一種對通常的放鬆的缺少。我察覺到這個問題。我已經一直都在同時對兩個器皿給予觀念，但是我們尚未能夠取得一種清晰的接觸。這個器皿由於一種具有某種不舒服的狀態而在放鬆上已經遇到困難了，由於幻象中的變數，不舒服是多種多樣。

The cycle is fairly rapid, therefore, the contact is cycling in accuracy. The other instrument simply needs to relax. There is one who will attempt to condition both instruments and will attempt to transfer this contact to the other instrument, if possible, and attempt to relay the information you desire.

週期是相當快速的，因此，接觸在準確性的方面是有週期的。其他的器皿單純地需要放鬆。會有一個實體將會嘗試同時對兩個器皿進行調節，並將會嘗試去將這個接觸轉移到其他器皿上，如果有可能的話，並嘗試去傳遞你們渴望的資訊。

I greet you, and I give each of you the assurance that we wish to serve you to the best of our ability and to the best of yours. This type of information is not particularly important, yet, we will serve you as you wish to be served. [I] leave this instrument in love and light. I am Hatonn.

我向你們致意，我對你們每一位給予保證，我們希望盡我們最大的能力以及你們最大的能力來服務你們。這種類型的資訊並不是特別重要的，而我們將會在你們希望被服務的時候服務你們。我在愛與光中離開這個器皿。我是 Hatonn。

(Don channeling)

(Don 傳訊)

I am with the instrument. I am Hatonn.

我與器皿在一起了。我是 Hatonn。

(Inaudible)

(聽不見)

(Carla channeling)

(Carla 傳訊)

I am now with this instrument. I would like at this time to answer a question which has not been asked consciously, yet is within this instrument and may help each of those present.

我現在與這個器皿在一起了。我想要在此刻回答一個並未已經有意識地被詢問的問題，而它是在這個器皿內在之中，並可以幫助每一位在場的人的。

That which is known upon your planet as illness is due to lack of understanding of the principle of living which is that there is only one, one place and one Being. The time is the present; the place is here; the Being is love. These things equal what is known in your intellectual framework.

在你們的星球上被知曉為疾病的事物是由於缺少對生活的原則的理解，那個原則即，僅僅只有一個時間，一個地方，一個存有。那個時間就是當下，那個地方就是此處，那個存有就是愛。這些事情等同於在你們的智力框架中被知曉的事情。

It is in the misunderstanding of these truths that all lack, which shows itself to you as physical discomforts, physical needs, mental agony, and emotional need, come forth. If, my friends, you were able to live completely within the moment and to realize the love which is all around you, and to sense the immediacy of your surrounding, you would no longer be other than truly perfect within the illusion as well as outside of the illusion.

所有人缺少的恰恰就是對這些真理的理解，會將它自己對你們顯現為身體上的不適，物質性的需要，心智的苦惱以及情緒上的需要的事物就會出現了。我的朋友們，如果你們能夠完全地活在當下之中，意識到在你們周圍的愛，並感知你們的周遭事物的親密性，你們就不會成為除了在幻象中，同樣也在幻象外是真正完美的事物之外的事物了。

This instrument, my friends, is having some trouble receiving even these abstract thoughts, for she is maintaining a state of tension within her physical being, due to the fact she is living in the future and is awaiting the next time in which an uncomfortable feeling will come within her physical being. And yet, my friends, it is this tension that produces the future discomfort. Without the tension, perhaps, a lingering misunderstanding of a more basic type which we may call karma may yet manifest. Yet this can be made shorter and easier, and finally can be made to disappear, simply by application of a higher truth than the law of which you call karma.

我的朋友們，這個器皿在接收甚至這些抽象的想法的時候都在遇到某種麻煩，因為她在她的物質性存有中是保持一種緊張狀態的，這是由於她是活在未來中，並正在等待下一次一種不舒服的感覺將會出現在她的物質性存有中。而我的朋友們，就是這種緊張產生了未來的不舒服。如果沒有這種緊張，也許一種我們可以稱之為業力的，具有一種更為基礎類型的揮之不去的誤解，可能就不會顯化了。而單純地藉由對一個比你們稱之為業力的法則更高的真理的應用，這種誤解能夠變得更短與更容易，並最後能夠使之消失，。

There is a higher truth, my friends. Each of you may consider that your

discomforts, whatever they may be, may be alleviated and finally removed by the application of the higher law of love and understanding of the eternal present and the eternal immediacy of the entire Creation.

有一個更高的真理，我的朋友們。你們每一個人都可以考慮你們的不舒服，無論它們可能是什麼，都可以藉由對永恆的當下以及整個造物的永恆的親密性的愛與理解的更高的法則的應用而被減輕並最終被移除。

You are one being, my friends. One perfect being. In reality, this is true. The realization of reality causes your illusion to correspond with that reality. Live in harmony, my friends, with reality.

我的朋友們，你們是一個存有。一個完美的存有。實際上，這是真實的。對實相的領悟會使得你們的幻象與那個實相成為一致的。活在與實相和諧中，我的朋友們。

I am aware that there was a question which was asked about what you call the New Age. This, my friends, is a large subject, or, shall I say, we may speak upon it at length. And yet, if you may understand what we were saying about the truth of love, oneness, of here and now, you may begin immediately to comprehend your New Age.

我察覺到有一個被詢問過的關於你們所稱的新時代的問題。我的朋友們，這是一個巨大的主題，或者容我說，我們可以在其上長時間地發言。而如果你們可以理解我們關於愛，一體性，這裏與現在的真理的方面剛才正在說的事情，你們就可以立刻開始領會你們的新時代了。

This instrument is having difficulty maintaining the quality of the content. And so, we will leave the instrument.

這個器皿在保持內容的品質的方面正在遇到困難。因此，我們將離開器皿。

We are most privileged to have been able to have spoken through each of the instruments this evening. Before we leave, we would be privileged to attempt to contact one of the new instruments, if he will relax and avail himself to our contact.

我們對於已經能夠在今晚通過每一個器皿發言是極其榮幸的。在我們離開之前，我們會有幸嘗試去接觸一個新的器皿，如果他願意放鬆並讓他自己可以為我們的接觸所利用的話。

I leave this instrument in the love and light of our Creator. I am Hatonn.

我在我們的造物者的愛與光中離開這個器皿。我是 *Hatonn*。

(Tape ends.)

(磁帶結束。)

November 15, 1974

1974-11-15 *Hatonn* : 畢業日與大規模登陸

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I greet you, my friends, in the love and in the light of the infinite Creator. It is a great privilege to be with you this evening. I and my brothers of Hatonn, though far, by your standards, are quite near by our standards to you at this time. We watch over you and it is with pleasure that we pursue our service to you. I am aware that there are questions, and so I would wish to concentrate upon answering some this evening.

我是 *Hatonn*。我的朋友們，我在無限造物者的愛與光中向你們致意。在今晚與你們在一起是一種巨大的榮幸。我和我的兄弟 *Hatonn*，儘管根據你們的標準是，距離很遠的，用我們的標準在此刻是距離你們很近的。我們在你們上方觀察，我們帶著喜悅追尋我們對你們的服務的。我察覺到有問題，因此我希望在今晚集中注意力來回答一些問題。

My brother, Laitos, is here and as you request his conditioning he will give it to you as I and my brothers speak to you through this instrument and through others. I would ask for your kind permission to answer one question that has not been asked.

我的兄弟 *Laitos* 是在這裏的，在你們請求他的調節作用的時候，他將會在我和我的兄弟通過這個器皿以及通過其他器皿對你們發言的時候給予這種調節作用。我會請求你們好心的許可來回答一個尚未被詢問的問題。

I would simply like not to let the opportunity pass to remind you, my friends, of the unity of all things. Meditate, my friends, upon the complete unity of yourself and all that you see. Do this not once, and not simply in present circumstances, but at all times and especially in difficult circumstances. For, my friends, insofar as you love and feel at one with those things which are difficult for you, to that extent will those circumstances be alleviated. This is not due to any laws within our physical illusion, but is due to the law of love. For that body which is of spirit, which is interpenetrated with the physical body, is higher than your physical body. And those changes which you make by love upon your spiritual body, will, of necessity, reflect themselves within the physical illusion.

我單純地並不想要錯過這個機會來提醒你們，我們朋友們，回想起所有事物的統一性。我的朋友們，對你自己以及所有你看到的事物的完全的統一性進行冥想。不止一次地這樣做，不單單是在當前的環境中，同樣也在所有的時間，尤其是在困難的環境中。因為，我的朋友們，在你們愛那些對於你們是困難的事情，並與對其是感覺到合一的範圍內，那些環境將會在那個程度上被減輕。這不是由於在你們的物質性的幻象中的任何法律，而是由於愛的律法。因為靈性的身體，與物質性的身體相互貫穿的事物，是比你們的物質性的身體更高的。那些你們藉由在愛在你們的靈性的身體上產生出的改變，將會必定，將它們自己在物質性的幻象

中反映出來。

All is one, my friends. My voice is now the voice of this instrument; my thoughts are her thoughts. Please believe, my friends, that the vibration we offer you is not a vibration of personality, but is a vibration of the Creator. We are also channels. There is only one voice. Within this vibration, we are self-consciously aware that this voice is the voice of the Creator. It is simply a matter of lifting vibrations which are not so self-aware of the Creator. That, too, is spiritual vibration, and all things will eventually come into harmony in relation to your understanding.

我的朋友們，萬物是一體的。我的聲音現在是這個器皿的聲音，我的想法是她的想法。我的朋友們，請相信，我們提供給你們的振動不是一種屬於人格的振動，而是一種屬於造物者的振動。我們同樣是管道。僅僅只有一個聲音。在這個振動中，我們是用有自我意識的方式察覺到，這個聲音是造物者的聲音。它單純地是一個提升那些並未對造物者如此自我察覺的振動的問題。那同樣也是靈性的振動，所有事情將最終在涉及到你們的理解的方面形成協調一致。

Even if the universe for those around you remains disharmonious and difficult, if your mind is stayed upon the unity of the Creator, your own universe will become harmonious. And this is not by your doing but by the simple love of the Creator.

即使是宇宙對於那些在你們周圍的人依舊是不和諧且困難的，如果你們的心智是留在造物者的一體性之上的，你們自己的宇宙將會成為和諧的。這不是憑藉你們做的事情，而是憑藉造物者的簡單的愛。

Meditate upon this, my friends. It is not an easy lesson. And it will require a great deal of meditation, before the practice is as easy as the intellectual acceptance.

我的朋友們，冥想這一點。它不是一個簡單的課程。在實踐是和智力性的接納一樣容易之前，它將需要大量的冥想。

There are questions. I now open the meeting for questions.

有一些問題。我現在對問題開放集會。

T: Yes, I have a question. Hatonn, would you say something commenting on the newspaper article about the nine planets of the solar system lining up in one line?

T: 是的，我有一個問題。Hatonn，你們願意說一些事情來評論在報紙上關於太陽系九星連珠的文章嗎？

I would be happy to speak in general of this event. We have told you many times that there is a season upon your planet which shall be highly traumatic within your physical illusion. The physical reasons for this are varied. And, my friends, your scientists will spend a great deal of time, while they can, in attempting to catalog and describe each of the conditions which will produce disaster, on this physical plane [of] your planet.

我很高興用一般性的方式來談及這個事件。我們已經告訴過你們很多次，在你們的地球上會有一個季節，它在你們的物質性的幻象中將會是高度創傷性的。這種創傷的物質性的原因是多種多樣的。我的朋友們，你們的科學家將會花費大量的時間，在它們能夠這樣做的時候，嘗試去對每一個將會產生出在你們的星球的物質性層面上的災難的情況進行歸類與描述。

That which your scientists speak of is quite so, and will be part of the program which has been predicted by all of those holy works which you have upon the face of the Earth. It is not either permissible or possible for us to tell you precisely what events will occur, or when they will occur, due to the fact that the vibration within the mind and heart of the peoples upon your planet is determining and will determine the precise events. There is within the planet Earth a great deal of karma which must be adjusted as the cycle changes and these things will manifest. At precisely when, and how, we cannot say. Nor would we wish to, my friends. For the rain and the wind and fire will destroy only those things which are in what you call the third density of vibration.

你們的科學家談及的事物，恰好就是如此，並將會成為你們在地球表面上擁有的所有那些神聖著作的所已經預言過的程式的一部份。我們精確地告訴你們什麼事件將會發生，或者它們將會在什麼時候發生，這對於我們既不是被許可的，也不是有可能的，這是由於在你們的地球上的人群的心智與心中的振動是在決定並將會決定精確的事件這個事實。在行星地球中會有大量的業力必須隨著週期的改變被調節，這些事情將會顯化出來。關於精確地在什麼時候，用什麼方式顯化，我們無法告知。我們也不希望告知，我的朋友們。因為雨、風與火將會僅僅摧毀那些在你們稱之為振動的第三密度中的事物。

You may value those things, because you cannot imagine what a fourth density existence will be like. We suggest to you, my friends, that you spend no time concerning yourselves with the effort of maintaining your third-density existence after the vibration change to fourth density has been completed.

你們可能會珍惜那些事情，因為你們無法想像，一個第四密度的存在性將會是什麼樣子的。我們對你們建議，你們不要花費時間讓你自己擔憂，在進入到第四密度的振動的改變已經被完成之後維持你們的第三密度的存在的努力。

If, within your spirit, your graduation day has come, those things necessary for your emergence into fourth density will be done for you. All will be accomplished by helpers which you must be aware that you have.

如果在你們的靈性中，你們的畢業的日子已經到來了，那些對於你們進入到第四密度是需要的事情將會為你們被完成。所有的事情都將會被幫助者完成，你們必須察覺到你們擁有這些幫助者。

It is extremely possible that damage will occur to those things which you identify with yourself in the third density. If we may speak plainly, you will observe the valley of the shadow of death. These very words, my friends, we have spoken to you before and yet you cling to that physical body and those physical surroundings as though your spirit were attached quite permanently.

極其有可能的事情是，破壞，將會發生在那些你在第三密度中將你自己與之認同的事物上。如果我們可以直截了當地講述的話，你們將會看到死蔭的幽谷。我的朋友們，我們之前就已經對你們說過這些話語了，而你們執著於那個物質性身體與那些物質性的周遭環境，就好像你們的靈性是相當永久地附著於其上的一樣。

May we suggest to you that you can find your spirit neither in your head, nor in your hands, nor in your chest, nor in your legs, nor in your feet, that nowhere can you find your spirit; nowhere can you operate to remove it, nor to aid it. Your spirit resides within a shell. The shell may be removed, but that is no matter. The spirit does not perish.

容我們對你們建議，你們既不能夠在你們的頭腦中，也不能夠在你們的手中，你們的胸膛中，你們的雙腿中，你們的雙腳中找到你們的靈性，你們無法在任何地方找到它，你們無法在任何地方工作以移除它，也無法幫助它。你們的靈性居住在一個軀殼中。這個軀殼可以被移除，但是，那並不重要。靈性不會死去。

Again to the cycle change. You will be undergoing a journey which is quite unlike journeys from third density to other planes within third density. We believe that those who graduate will thoroughly enjoy this journey.

再一次談及週期的改變。你們將會在經歷一條旅程，它與從第三密度前往在第三密度中的其他的層面的旅程是相當不一樣的。我們相信那些畢業的人將會徹底喜歡這條旅程。

There will be a great deal to undertake. You may certainly aid those about you in the days to come, my friends, if you will but know in your heart that your spirit is not dependent upon the state of your body, and if you can realize that the valley of death is but a shadow.

將會有大量的事情要進行。你們肯定可以在即將到來的日子裏幫助那些在你們周圍的人，我的朋友們，只要你們將會在你們的心中知曉，你們的靈性是不依賴於你們的身體的狀態的，如果你們能夠意識到，死亡的山谷不過是一個影子。

If you have confidence in those days, you will shine like a beacon, that you may carry many with you toward their graduation.

如果你們對那些日子抱有信心，你們將會如同一個燈塔一樣地閃耀，你們就可以將很多人帶在你們身邊前往它們的畢業了。

Have I answered your question satisfactorily?

我已經令人滿意地回答了你們的問題了嗎？

T: Yes, thank you.

T：是的，感謝你們。

Are there questions?

有問題嗎？

E: Yes, does the mass landing you speak of so often have anything to do with the harvest you mention?

E：是的，你們如此經常地談及的大規模登陸與你們提及的收割有任何關係嗎？

I would like to answer this question through one of the other instruments, if he would avail himself. I am Hatonn.

我想要通過一個其他的器皿來回答這個問題，如果他願意讓她自己可以被利用的話。我是 *Hatonn*。

(H channeling)

(H傳訊)

I am Hatonn. I shall attempt to answer any questions regarding this matter.

我是 *Hatonn*。我將會嘗試去回答任何關於這個方面的問題。

The landing to which you have referred is one, shall we say, of a more scientific expedition. There are many things that we of the Confederation are aware of. Though we have not passed the need of some technology, we are not totally independent upon machinery, shall we say.

你已經提及的登陸，是一個更多具有一種科學考察的屬性的事件。會有很多的事情是我們星際聯邦知曉的。儘管我們尚未超越對某種技術的需要，我們並不是完全不依賴于，容我們說，機器的。

The vessels which we occupy are in need of energy. The energy which they require can be obtained upon your planet. We have previously recharged the energy of our ships in this manner many times. It has been quite long since we have last done this. There was some explanation of this within the book from which you have gained your information.

我們使用的飛船確實是需要能量的。它們需要的能量能夠在你們的星球上被取得。我們之前很多次用這種方式為我們的飛船充能。自從我們上一次進行這種充能之後，已經有相當長的時間了。在你們已經從其取得你們的知識的書中有過對這種登陸的某種解釋。

This landing shall be in the very near future. We shall also be very beneficial to your peoples, for many will observe (inaudible). It may awaken within many the search for knowledge, and from that search they may obtain the fourth density—the day of harvest of which you speak. 這種登陸將會在非常近的未來。我們將會同樣也對你們的人群是非常有益處的，因為很多人將會觀察到（聽不見）。它可能在很多人內在之中喚醒對知曉的尋求，它們可能從那種尋求取得第四密度——即你們談及的收割的日子。

It is near, yet there are many things which must occur before that day. Be not wary, my friends. Be not anxious. The services you shall render shall indeed gain for you that day of harvest.

它是臨近的，而會有很多事情必須在那個日子之前發生。不用擔心，我的朋友們。不要憂慮。你們將提供的服務將確實為你們取得那個收割的日子。

Between now and that day do what you feel [you] believe in. Be not lying idle,

for in idleness, you are wasting. For each second that you waste, you have taken from another an opportunity to receive your services.

在現在與那個日子之間，做你們感覺到你們相信的事情。不要無所事事，因為在無所事事中，你們是在浪費。對於你們浪費的每一秒，你們都已經從另一秒得到了一個去接收你們的服務的機會。

Are there any other questions?

會有任何其他問題嗎？

P: Yes. In the Old Testament there are many references to the Lord by the old prophets. Were they actually in contact with you or any others of the Confederation?

P：是的。在舊約中有很多過去的先知提及上帝。它們實際上是在與你們接觸，還是在與星際聯邦的任何其他實體接觸呢？

There are, within the book to which you refer, many circumstances which occurred to those who wrote and to those they knew. Many times people were said to have had visions. A few have climbed mountains, seen the face of God.

在你提及的書中有很多的情況是發生在那些寫作的人，以及那些它們知道的人的身上的。很多時候，人們被告知是經歷過了異象 (visions) 了。一些人已經攀登了山，並已經看到過神的面孔了。

My friends, we tell you when we refer to God as the Creator, we tell you that He is all that exists. To look upon the face of the one next to you is to look upon the face of the Creator. Those who experienced those great moments were not totally aware of this. They met with beings who, to them, radiated the beauty and the love and the knowledge of the Father, which they considered to be held by the one called God.

我的朋友們，我們告訴你們，當我們將神稱之為造物者的時候，我們告訴你們，祂是所有存在的事物。去注視一個在你旁邊的人的面孔，就是注視造物者的面孔。那些體驗到那些偉大的時刻的人，並不完全察覺到這一點。它們與存有相遇，那些存有對於它們是輻射著天父的美麗，愛與知曉的，而天父的知曉被認為是一個被稱為神的存有所擁有的。

We have, many times, chosen ones upon your planet within its dense vibration to contact and share with them great knowledge, and they have shared it with others.

我們已經很多次在你們的星球上選擇了一些實體在星球的緻密的振動中來進行接觸並與它們分享偉大的知曉，它們已經將這種知曉與其他人分享了。

We do not wish to be considered as gods. We are but your equals. We are sorry that we have been misunderstood, but we have done the best that we can do, and we feel that the knowledge that we have shared has been helpful. It could have been much more helpful if not improperly used and interpreted by your many religions.

我們並不希望被認為是神。我們僅僅與你們同等的事物。我們很抱歉我們已經被誤解了，但是我們已經做了我們能夠做的最佳的事情了，我們感覺到我們已經分享的知識已經是有幫助的了。如果它沒有被你們很多的宗教信仰所不當地使用與闡釋，它本來能夠起到遠遠更大的幫助的。

My friends, you shall not find peace within a religion. You do not need to support the spirit with money or goods. The religions upon your planet teach physical ideas, and when they approach the spiritual points, many of them brush them aside. There are those upon your planet which are beneficial, but many which are not.

我的朋友們，你們將不會在一個宗教信仰中找到平安。你們並不需要用金錢與財物來支持靈性。在你們的星球上的宗教信仰教導物質性的觀點，當它們處理靈性的要點的時候，它們很多人將它們掃到一邊。在你們的星球上有一些宗教信仰是有益處的，但是很多是沒有益處的。

But to answer her question. We have been referred to in the Bible in many, many portions. And we say to you, as the master Jesus attempted to tell the people of your planet, you are yourself a god. Within you lie the powers which have been demonstrated by the one known as Jesus. He himself told those around him that they were capable of doing greater things than he.

但是要回答你的問題。我們已經在聖經中，在很多很多部分中被提及過了。我們對你們說，如同大師耶穌嘗試告訴你們星球上的人的一樣，你自己是一個神。在你內在之中存在有已經由被知曉為耶穌的實體示範過的力量。他自己告訴過那些在他周圍的人，它們是有能力做比他做的更偉大的事情的。

Are there any other questions?

有任何其他問題嗎？

N: I get all these negative thoughts when I am trying to meditate. Is there a word or method I can use to keep my mind clear of these unwanted thoughts?

N：在我正在嘗試去冥想的時候，我得到了所有這些負面性的想法。有一個詞語或者一個方法能夠讓我的心智一直清除這些不想要的想法嗎？

(Tape ends.)

(磁帶結束)

January 31, 1975

1975-01-31 Hatonn : 對短暫的事物的沉迷

(Don channeling)

(Don 傳訊)

[I am Hatonn.] I am with you, my friends. I am here in this room. I am using this instrument to communicate with you. I realize that this form of communication is a little strange, I will say, to some of you. But, my friends, if you will truly reflect upon what you would call your environment, you will find that it is in truth beyond your understanding, so why should this communication, as I have called it, be any more strange than that which you find about you?

[我是 Hatonn。]我與你們在一起了，我的朋友們。我在這個房間中了。我正在使用這個器皿與你們進行交流。我意識到這種交流的形式，我將會說，對你們一些人是有點點奇怪的。但是，我的朋友們，如果你們真正反思你們稱之為你們的環境的事物，你們將會發現，它實際上是超出了你們的理解的，因此，為什麼這個溝通交流，如我已經稱呼它的一樣，應該是比你們在你們周圍發現的事物有任何更加奇怪之處的呢？

I will not try to prove to you, my friends, that I am, as you have said, a being from another planet. I will not try to prove to you that these words that you hear are my thoughts rather than the thoughts of this instrument. I will simply state to you what we, your friends from space, have come to give to you. This is our purpose, my friends. Not to offer you proof, but simply to possibly stimulate your thinking. For this reason we choose to communicate with you in what you might term odd ways. But I can assure you that there is good reason for this form of communication.

我將不會向你們證明，我的朋友們，我是，如你們已經說過的一樣，來自於另一星球一個存有。我將不會嘗試對你們證明，這些你們聽到的話語是我們的想法，而不是這個器皿的想法。我將會單純地對你們說，我們，這些來自於太空的你們的朋友們，已經來到這裏來給予你們。這就是我們的目的，我的朋友們。不是為了來提供給你們證據，而單純地是為了有可能刺激你們的思考。為了這個原因，我們選擇用你們可能稱之為奇怪的方式來與你們進行交流。但是我能夠向你們保證，這種溝通交流的形式是有很好的理由的。

I and my brothers who are visiting this planet at this time are not strangers to this planet. We have been here many, many times in your past, and we will continue to visit your planet, and we will continue to work with your peoples. We are working with your peoples at this time in many ways. It is not necessary that we communicate with your people in this fashion to help them. Most of our work is done in a manner that you would call below the level of consciousness. Most of your people are not aware of our contacts. We simply present ideas. These ideas may be accepted or rejected by your people. We hope that in time we will be able to lead your people out of the darkness in which they dwell. This darkness is not necessary. Your peoples may join ours in

the light of the infinite Father, as you would call that state of consciousness which is the oneness of the creation.

我和在此刻正在訪問你們的星球的兄弟們，不是這個星球的陌生人。我們在你們過去已經在這裏有很多很多次了，我們繼續訪問你們的星球，我們將繼續與你們的人群一同工作。我們在此刻正在用很多方式與你們的人群一同工作。我們不一定是用這種方式來與你們的人群溝通交流，以幫助他們。我們大多數的工作是用一種你們會稱之為在意識層次之下的方式被進行的。你們大多數的人並不察覺我們的接觸。我們單純地呈現觀點。這些觀點可以被你們的人群接受或者拒絕。我們希望，我們在適當的時候將能夠引導你們的人群離開它們居住在其中的黑暗。黑暗並不是必須的。你們的人群可以在無限天父，如你們對造物的一體性之所是的意識狀態的稱呼一樣，的光中加入我們。

We are here to help you understand. And, my friends, your peoples need this understanding. In truth, my friends, this is all your peoples need for, in truth, this is all that there is. For when this understanding is acquired, all that there is is acquired. For all that there is is a state of mind.

我們在這裏是來幫助你們理解的。我的朋友們，你們的人群需要這種理解。實際上，我的朋友們在，這是你們所有人需要的事物，因為，實際上，這就是一切萬有。因為當這種理解被取得的時候，一切萬有就被取得了。因為一切萬有是一種心智的狀態。

Your thinking, my friends, is in truth all that there is, for without your thinking there is nothing. Your thinking governs all that you experience. And in this we are here to aid you with: your thinking.

我的朋友們，你們的思考，實際上就是一切萬有，因為沒有你們的思考，就什麼都不會有。你們的思考掌管著所有你們體驗到的事物。因為這個原因，我們來這裏來幫助你們的事情就是：你們的思考。

For many, many generations have been engrossed, I will say, in a false world. In a world of thought, which was meaningless. Your peoples have not been aware of anything. Your peoples, as the lower forms of life, if you could call them that, upon your planet have acted from what you might term instinct. They have evolved what we might term intellectual philosophies, which are in truth meaningless, for, my friends, you have no basis for understanding that can be termed intellectual.

因為很多很多的世代都已經全神貫注地沉迷於，我將會說，一個虛假的世界中，一個無意義的想法的世界中了。你們的人群，作為較低的生命形態，如果你們能夠那樣稱呼它們的話，在你們的星球上，已經是在根據你們可能稱之為本能的事物來行動了。它們已經發展了我們可以稱之為智力性的哲學的事物，這些智力性的哲學實際上是沒有意義的，因為，我的朋友們，你們對於能夠被稱之為智力性的理解並不擁有偏向性。

Your peoples have been unaware, for the most part, of that single source of understanding which would allow them to free themselves from the pain of the physical existence in which they now find themselves. We are here to attempt in various ways to aid each of your peoples to find their way back to

the Father and the true creation. 你們的人群，在絕大部分，是沒有察覺到那個單一的理解的源頭的，那個理解會允許它們讓它們自己擺脫它們現在發現它們自己處於其中的物質性的存在性的痛苦。我們在這裏用各種各樣的方式來嘗試幫助你們的人群中的每一個人來著找到它們返回到天父以及真實的造物的道路。

This may be done by any, any of your peoples, at any time. It is simply an individual choice. Much has been given, in many, many forms, to the people of this planet. Much misunderstanding has come about. Most of what has been given to your peoples has been recorded and has become the basis for the various religions which are in effect upon your planet at this time. But, my friends, we find that almost all of this has been misinterpreted. For this reason, we seldom try to communicate concepts of truth in what you would term a verbal form or fashion, for very little is accomplished. The misunderstandings that have occurred in interpretation in the past will occur in the present.

這可以被任何人，你們的人群中的任何人，在任何時候進行。它單純地是一個個體的選擇。很多的事情已經，用很多很多的形式，被給予了屬於這個星球的人群了。大量的誤解已經產生出來了。大多數已經被給予你們的人群的事物都已經被記錄下來，並已經成為了各種各樣的宗教信仰在此刻在你們的地球上產生作用的偏向性了。但是，我的朋友們，我們發現幾乎所有這種偏向性都是已經被錯誤地闡釋了。因為這個原因，我們很少嘗試去通過你們稱之為一種言語的形式或者式樣來交流真理的觀念，因為非常少的事情會被完成。在過去已經在闡釋中出現的誤解，將會在現在出現。

We rely, therefore, upon a more satisfactory method of communication, one that does not depend upon the interpretation of your languages. We are able to contact your people directly, mentally. But we are only able to contact them if they avail themselves to our contacts. It is not necessary that they be aware that they are availing themselves to our contacts; it is only necessary that they quiet their conscious mind and make themselves receptive to us.

因此，我們依賴於一種更為令人滿意的溝通交流的方法，一種不依賴於你們的語言的闡釋的方法。我們能夠直接地，在心智上，與你們的人接觸。但是我們僅僅能夠接觸它們，如果它們讓它們自己可以為我們的接觸所利用。它們並不需要察覺到它們正在讓它們自己為我們的接觸所利用，唯一需要的事情是，它們讓它們的有意識的心智安靜下來，並使得它們自己對於我們是有接受力的。

For those of you who are aware of our purpose, we suggest what you have termed meditation, for in this manner you will make yourselves receptive to that which we have to offer. We will only offer suggestions. We will only offer concepts. We will never impose our will upon your peoples. For this, my friends, would be breaking the very laws which we are attempting to explain or deliver into the consciousnesses of those who inhabit this particular planet. 對於你們中的那些瞭解我們的目的的人，我們建議你們已經稱之為冥想的事物，因為用這種方式，你們將會讓你們自己對我們所要提供的事物成為接納性的。我們永遠不會將我們的意志強加給你們的人群。因為，我的朋友們，這會是恰好打破了我們正在嘗試去解釋並傳遞進入到那些居住在這個特定的星球上的實體

的意識中的法則的。

We find that on this planet man has become engrossed in the intellectual creations or toys which he has devised to entertain him. Those creations may be what you term your world government or your scientific creations. They are, in truth, of no consequence, and are, of course, but a transient in the experience of their creators. You have but one thing that is not a transient. You have, my friends, only your thinking to keep for all of eternity, as you call it.

我們發現，在這個地球上，人已經沉迷于智力的創造物以及他已經發明出來娛樂他的玩具之中了。那些創造物可能是你們稱之為你們的政府或者你們的科學性的創造的事物。它們，實際上，是不具有重要性的，它們，當然，是在它們的創造者的體驗中的一個轉瞬即逝的事物。你們僅僅擁有一個不是暫時性的事物。我的朋友們，你們僅僅擁有你們的思想來留住所有的屬於永恆的事物，如你們對它的稱呼一樣。

Your thinking, my friends, is all you have to develop and it is all that is really yours. The physical body in which you now find yourself is not in truth yours, and is transient. All that you create, whether it be material or whether it be intellectual, is transient.

我的朋友們，你們的思想，是所有你們必須要發展的事物，它是所有真正屬於你們的事物。你現在發現你自己居住在其中的物質性身體，實際上不是屬於你們的，它是轉瞬即逝的。所有你們創造的事物，無論它是物質性的，或者它是智力性的，都是轉瞬即逝的。

Your people have a way of engrossing themselves with these transients that I have spoken of. They have a way of becoming addicted, shall I say, to that which in truth is of very little importance.

你們的人群擁有一種讓它們自己沉迷于這些我們談及的轉瞬即逝的事物的方法。它們擁有一種方法對實際上是具有非常小的重要性的事物成為上癮的。

Your peoples today are involved in what you term your politics, your science, your business, and the affairs of your world. This has been the situation upon this planet for many centuries. Your peoples have so engrossed themselves in the study of these transient conditions that they have in truth lost that which is theirs as a gift of their Creator.

你們的人群今天是被纏繞在你們稱之為你們的政治，你們的科學，你們的商業，以及屬於你們的世界的事務之中的。這已經是在你們的地球上許多個世紀的情形了。你們的人群讓它們自己如此沉迷對與這些短暫的情況的研究，以至於它們實際上已經失去了作為它們的造物者的一個禮物而屬於它們的事情。

We are attempting to bring to your peoples an awareness of that which is not transient. We are attempting to bring to your peoples that which will reawaken an awareness that in truth is all that there is. For, my friends, truth is all that is lasting, an awareness, my friends, of the true creation of the infinite Father. This creation, my friends, is not a petty creation; is not a creation of no

consequence; is not a creation that will be transient in the infinite scan of what you call time.

我們正在嘗試去將你們的人群帶到一種對並非短暫性的事物的認識上。我們正在嘗試將會重新喚醒這樣一種認識的事物帶給你們的人群，這種認識實際上是對一切萬有的認識。因為我的朋友們，真理是所有持久的事物，我的朋友們，是對無限天父的真實的創造物的一種認識。我的朋友們，這種創造物不是一種瑣屑的創造物，不是一種不具有重要性的創造物，不是一種將會在你們稱之為時間的無限的範圍中是短暫的創造物。

The individual can select at any time [to follow the proper] path of true development, or he may continue to involve his thinking with that which is of no real consequence. It was spoken to your peoples by your last great teacher that, "When I became a man, I put away the things of childhood." An interpretation of this, my friends, is what I have attempted to give you.

個體能夠在任何時間都選擇去跟隨具有真實的發展的適當的道路，或者，他可以繼續讓他自己的思考與並不真正的重要性的事物打交道的。你們上一個偉大的老師曾經對你們的人群中說過，“當我是一個成年人的時候，我會將屬於童年時期的事物放下。”我的朋友們，這就是對我已經嘗試去給予你們的事物的解釋了。

It is only possible to understand what we attempt to give you if you avail yourself to us through meditation, for the words which we are forced to use in speaking to you in your language are totally inadequate for the delivery of the concepts which we would attempt to present to you. For, my friends, the first thing that we would attempt to do is to help you become aware of the creation.

只有你可以讓你自己通過冥想為我們所用的時候，你們才有可能理解我們嘗試給予你們的事物，因為我們正在被強迫在對你們發言的時候使用的在你們的語言中的詞語，是完全不勝任對我們嘗試呈現給你們的觀念的傳遞的。因為，我的朋友們，我們會嘗試去做的第一個事情是去幫助你們認識造物。

This creation, my friends, is overlooked by your peoples. This is something that is difficult for us to understand. We cannot understand how your peoples can stand upon the surface of what you call a planet, and totally overlook the creation of the infinite One. For this, my friends, is all that there is. There is nothing but this creation, this infinite creation of the infinite Father. This creation, my friends, is far more fantastic than any of the toys of your civilization.

我的朋友們，這個造物是被你們的人群所忽視了的。這是某個我們很難理解的事情。我們無法理解你們的人群如何能夠站在你們稱之為一個星球的表面上，而完全忽視無限太一的造物。我的朋友們，因為這就是一切萬有。除了這個造物，這個屬於無限天父的無限造物之外，什麼都沒有。我的朋友們，這個造物是比你們的文明的任何的玩具都要遠遠更加迷人的。

Become aware of this first, my friends. Use your time for meditation and contemplation of the true creation; that which is you, and that which

surrounds you. Become aware of this, my friends, and you will begin to understand what we are attempting to deliver unto you. Your peoples are not even aware of themselves. This awareness will grow, as you avail yourself in meditation. As this awareness grows, you will more closely attune your thinking to that which was intended by the Creator of us all. As your thinking becomes more attuned, you will begin to experience that which was intended. This has been experienced by some of your peoples. It may happen at any time and in any physical incarnation, as you speak of it, and this may have occurred to you as an individual in some earlier experience.

我的朋友們，首先察覺到這一點。將你們的用於冥想以及對真實的造物的沉思，真實的造物就是你們，是包圍著你們的事物。我的朋友們，察覺到這一點，你們將會開始理解，我們正在嘗試去傳遞給你們的事物。你們的人群甚至不瞭解它們自己。隨著你讓自己在冥想中受益，這種認識將會逐漸增加。隨著這種認識的逐漸增加，你將會讓你的思想與我們全體的造物者打算好的事情更為緊密地是協調一致的，你們將會開始體驗到被打算好的事情。這已經被你們的一些人體驗到了。它可以在任何時間，在任何物質性的投生中，如你們談及它的一樣，發生，這可能已經在作為一個個體的某個較早的體驗中發生在你身上了。

We are suggesting that you utilize in the fullest extent the opportunity that you have in this experience to, shall we say, revitalize this awareness. We have difficulty, my friends, in communicating these concepts. We have difficulty in using this instrument. For there are no words within your language. There are no concepts within your language for this communication.

我們正在建議，你們充分利用你們在這次體驗中擁有的機會，以讓這種認識恢復活力。我們在交流這些觀念的過程中是有困難的，我的朋友們。我們在使用這個器皿的過程中是有困難的。因為在你們的語言中沒有用於這種交流的詞語。在你們的語言中沒有用於這種交流的觀念。

We can only suggest to you that there is much, much beyond that which your civilization is presently experiencing. We can only suggest to you methods of achieving and experience of far greater satisfaction. We will be pleased to work individually with each of you. It is only necessary that you desire our aid. 我們僅僅能夠對你們建議，會有很多很多的事情是超越你們的文明當前正在體驗的事情的。我們僅僅能夠對你們建議取得具有遠遠更大的滿意的事物並體驗它們的方法。我們將很高興個體地與你們每一個人一同工作。你們僅僅需要渴望我們的幫助。

My friends, I will suggest that you think of that which is written in your holy works: "Seek, and ye shall find. Knock, and the door shall be opened unto you." These words indicate to you, my friends, that it is first necessary that you desire more than it is possible to experience in the physical. It is necessary, my friends, that the individual seek first. This seeking, my friends, is necessary. This seeking, my friends, is the only real purpose for your existence in the physical. There is an infinite amount of time, as you call it, available. The individual may initiate his seeking at any time. Once this has been done, aid to the seeking will be supplied in what we might call a direct proportion to that

seeking. In each case it will be an individual matter. 我的朋友們，我將會建議，你們考慮一下在你們神聖著作中被寫道的事情，“尋求，你們將會找到。敲門，門將會對你們被打開。”這些話語向你們表明，我的朋友們，首先需要的事情是你們渴望比在物質性的事物中有可能體驗到的事情更多的事情。我的朋友們，個體首先尋求，這是必不可少的。我的朋友們，這種尋求是需要的。我的朋友們，這種尋求是你們在物質性的世界中的存在性的唯一真實的目的。個體可以在任何時刻開始他的尋求。一旦這種尋求已經啟動了，對尋求幫助將會用我們可以稱之為一種與那種尋求是成正比例的方式被提供。在每一個情況中，它都將是一個個體的問題。

Seek ye first the kingdom of heaven, and all else shall be added. But first it is necessary to seek. This is quite necessary.
你們首先尋求天國，所有其他的事情都將會被添加。但是，首先需要去尋求。這是相當必不可少的。

I hope, my friends, that I have been of some service to you this evening. I cannot prove to you at this time that I am who I say that I am, and if I could, in truth it would make no difference. For if I stood among you, and spoke to you, and reached out and touched you, it would make no difference. It is an individual matter, my friends, and it will always be an individual matter. For you, and only you, can affect your own thinking. For this is you, my friends. The miracles that occur about you in your daily life are routine to your thinking, but they are in truth miraculous.

我的朋友們，我們希望我已經在今晚對你們有所服務了。我無法在此刻對你們證明，我就是我所說的我之所是的實體，如果我能夠的話，實際上，它不會有任何區別。因為如果我站在你們中間，對你們說話，向你們伸出手並觸碰你們，它不會有任何區別。因為你們，僅僅只有你們，能夠影響你們自己的思考。因為這就是你們，我的朋友們。在你們的日常生活中在你們周圍發生的奇跡，對於你們的思考而言，就是常規，但是它們實際上是神奇的。

Your people think they must have something different from worldly experience, if it is to be called a miracle. For this reason, and some others, we find that it is necessary to remain aloof from your peoples.

你們的人群認為它們必須要擁有某種與世俗體驗不同的事情，如果它要被成為一種奇跡的話。為了這個原因，以及某些其他的 W 原因，我們發現，去保持與你們的人群的遠離是有必要的。

Become aware of the miracle of the creation about you which is you. When you are able to do this, then perhaps we will meet you in a more tangible fashion.

察覺到在你們周圍的你們之所是的造物的奇跡。當你們能夠這樣做的時候，接下來，我們也許將會用一種更為實在的方式與你們會面。

I will leave you now. I am Hatonn. I leave you, my friends, in the love and the light of the One Who is All. Adonai. Adonai vasu borragus.

我現在離開你們。我是 *Hatonn*。我的朋友們，我在太一的愛與光中離開你們，

太一就是萬物。 *Adonai*。 *Adonai vasu borragus*。

November 2, 1975

1975-11-02 Hatonn : 一個靈性

(H channeling)

(H 傳訊)

I am Hatonn. Greetings, my friends, in the love and in the light of our infinite Creator. We have come to share with you what we consider to be thoughts that would be of benefit to you. We have also come as has been desired. And for this reason, we are pleased to share with you this moment of meditation. 我是 *Hatonn*。我的朋友們，在我們的無限造物者的愛與光中向你們致意。我們已經前來與你們分享我們認為是會對你們有益處的想法了。我們同樣已經是如同已經被渴望地一樣出現了。為了這個原因，我們很高興與你們分享這個冥想的時刻。

We identify ourselves as the Confederation of Planets in Service to the Infinite Creator. Yet in truth, my friends, we are one with you, in spirit. For in spirit all things reside. And from one spirit comes the source for all experiences. And from one spirit shall all things become known. It is the destiny, shall we say, or the birthright, for each individual to evolve in awareness so that he may truly comprehend the origin of his being. And that origin, my friends, is contained within the oneness of the entire creation; the knowledge that all things form, with the whole, an entire being, infinite in experience and knowledge. 我們將我們自己的身份定義為服務於無限造物者的星際聯邦。而是實際上，我的朋友們，我們在靈性中是與你們一體的。因為所有事物都存在於靈性之中。從一個靈性之中出現了所有體驗的源頭。從一個靈性，所有的事物都將會被知曉。每一個個體的，容我們說，命運，或者天賦權利，就是在認識中演化，這樣他就可以真正感覺到他的存有的起源了。我的朋友們，那個起源是被包含在與整個造物的一體性之中的，所有事物，與整體一起，形成的知曉，是一個完整的存有，它在體驗與知曉中無限的。

Infinite in all things is this being. Yet within you is it contained. And to know this being, it is only necessary to turn within yourself, and speak in silence to the one universal spirit known as the Creator. You truly contain this knowledge, and it is yours to gain at your own choosing. We of the Confederation believe that those present shall at their own rate achieve the awareness of which we speak. And for this reason, we share these thoughts. At this time, I shall transfer this communication to another instrument. I am Hatonn. 這個存有在所有事物中都是無限的。而它是被包含在你們內在之中的。要知曉這個存有，不僅僅需要轉入你自己內在之中，並在靜默中對被知曉為造物者的那一個全體性的靈性說話。你是真正包含這種知曉的，它是根據你自己的選擇由你取得的。我們星際聯邦相信，那些在場的人都將用它們自己的速度取得我們談及的這種知曉。為了這個願意，我們分享想法。在此刻，我將這個通訊轉移到另一個器皿。我是 *Hatonn*。

(Carla channeling)

(Carla 傳訊)

I am now with this instrument. I am Hatonn. And again I greet you, and thank you for the privilege of being allowed to speak with you. It is indeed a privilege to speak with you. This, shall we say, illusion in which you dwell does not seem to be as we describe it to you, my friends, does it? It does not seem to be within you. And this is why we call it an illusion ...

我現在與這個器皿在一起了。我是 *Hatonn*。我再一次向你們致意。我為被允許對你們發言的榮幸而感謝你們。對你們發言確實是一種榮幸。這個你們居住在其中的，容我們說，幻象，看起來似乎與我們對你們的描述的樣子並不是一樣的，我的朋友們，不是嗎？它看起來似乎並不是在你們內在之中的。這就是為什麼我們稱之為一個幻象……

(Inaudible)

(聽不見)

(Tape ends.)

(磁帶結束。)

November 23, 1975

1975-11-23 *Hatonn* : 造物的一體性

(H channeling)

(H 傳訊)

I am *Hatonn*. Greetings, my friends, in the love and the light of our infinite Creator. I identify myself to you by using the name *Hatonn*. I wish to emphasize, though, that this is only a means of identification which we have chosen to use through these communications. In reality, the name "*Hatonn*" would be considered the identity of what you would call the planet from which we come. Upon our planet, or shall I say, within our realm, the people, which number greatly, have united in consciousness and are desirous of one thing. And that one thing, my friends, is to know the Creator, and to be instruments of His love. And through this desire, we have come to serve the people on your planet.

我是 *Hatonn*。我的朋友們，我在我們的無限造物者的愛與光中向你們致意。我藉由使用 *Hatonn* 的名字對你們定義我自己的身份。儘管我希望強調，這僅僅是一種我們已經選擇通過這些交流來定義身份的途徑。實際上，*Hatonn* 的名字，會被認為是你們會稱之為我們從其而來的行星的身份。在我們的星球上，或者容我們說，在我們的領域中，數量巨大的人，已經在意識中統一起來，並渴望一個事物。我的朋友們，那個事物就是去知曉造物者，去成為造物者的愛的器皿。通過這種渴望，我們已經前來服務在你們的星球上的人了。

So we of *Hatonn*, being of one mind, have heeded the cause of the peoples upon your planet, for there are many who are subconsciously pleading for assistance. We have come for this purpose, to assist in whatever way we may at this time.

因此，我們 *Hatonn*，是具有一個心智的，我們已經注意到在你們的星球上的人人的原因，是因為會有很多人在潛意識地請求幫助。我們已經為了這個目的而來，以用我們什麼我們在此刻可以幫助的方式來給予幫助。

We of the Confederation of Planets in the Service to the Infinite Creator consist of a large number of what you would call planets. We come from many areas of the universe, yet we are all united. We are all one, in reality. And in speaking of this oneness, we will emphasize also that you yourselves are as important to the concept of oneness as is, or shall I say, as are all of these. For, my friends, if you exclude but one member, but one unit within this vast creation, then you do not realize the concept of oneness. One, as you understand it, means a unit without any extension. But one as we understand it is a unit of infinity. My friends, as you understand infinity, there is no end or beginning. And if there are no ends, or no beginnings, to the concert of one, or infinity, what else could it be called but a unit, one unit of infinite experience, which contains all things, all knowledge, all beings within the

universe. 我們服務於無限造物者的星際聯邦是由巨大數量的你們所稱的行星組成的。我們從宇宙的很多的地方卡來，而我們全都是聯合在一起的。我們實際上全都是一體的。在談及這種一體性的時候，我們將會同樣也強調，這種一體性的觀念對，容我們說，所有這些實體有多重要，它就對你們自己有多重要。因為，我的朋友們，只要你們將一個成員排除在外，將在這個巨大的造物中一個單元排除在外，接下來，你們就無法領悟那個一體性的觀念了。但是，如我們對一個單元的理解一樣，它是一個具有無限性的單元。我的朋友們，如你們理解的無限一樣，沒有結束或者開始，除了被稱之為一個單元，一個具有無限體驗，包含了在宇宙中的所有事物，所有知曉，所有存有的單元，它還能夠被稱為什麼其他的事情嗎？

Oneness, my friends, is indeed not limited. Oneness is all things. Within one, all things are found. Within yourself, my friends, the true identity of the concept of one has been implanted by our Creator. Within each being on your planet and throughout the creation there is the concept of one, there is its knowledge and understanding. Within you lie the answers to all problems. Within you lie the experiences of all other beings, for once you realize and are totally aware of the oneness of the entire universe then you cannot separate the experiences of your brothers from the experience of yourselves. You shall not realize self-identity as you do now. For self-identity, my friends is something which you have adopted for a short period of time while existing within the physical realm. It has been adopted by you so that you may learn. And within this physical realm, the lesson you must learn is love. And love is one, and love is all.

我的朋友們，一體性，確實是不受限制的。一體性就是一切事物。在太一之中，所有的事物都能夠被找到。在你自己內在之中，我的朋友們，太一的觀念的真實的同一性已經被我們的造物者植入了。在你們的星球上以及貫穿整個造物的每一個存有內在之中，都會有太一的觀念，都會有對它的知曉與理解。在你們內在之中存在有對所有問題的答案。在你們內在之中存在有所有其他事情的體驗，因為一旦你們意識到並完全察覺到整個宇宙的一體性，接下來，你們就無法將你們的兄弟的體驗與你們自己的體驗分開了。你們將不會如你們現在一樣地意識到自我身份。因為，我的朋友們，自我身份是某種你們在存在於物質性的領域中的時候已經採用了一段很短的時間的事物。它已經被你們採用了，這樣你們就可以學習了。在這個物質性的領域中，你們必須學習的課程是愛。愛是太一，愛就是萬物。

These words may seem contradictory, yet that is because you have taken these concepts and you have separated them within your physical illusion. My friends, realize that within the creation there are no separations. All things are indeed united and can never in any way be truly separate of each other. Your thoughts, as thoughts of all other beings, are emanated truly from one source of intelligence. And that intelligence, my friends, is the love of the Creator. And it is the Creator.

這些話語可能看起來似乎是矛盾的，而那是因為你們已經使用了這些觀念你們已經在你們的物質性的幻象中將它們分離開了。我的朋友們，請意識到，在幻象中沒有分離。所有的事情確實都是統一的，且無法用任何方式真正與相互彼此分開。你們的想法，如同所有其他存有的想法一樣，是真正從一個具有智慧的源頭被發

出的。那個智慧，我的朋友們，就是造物者的愛。它就是造物者。

You are creators, as are all other beings. And all together, as we understand it, are the Creator. We do not know as a fact all realities or all truths, yet as close as we have been able to understand it, this is the truth: that all beings unite, all things take away the separations which we have implanted within them, unite to form the omnipotent being we call the Creator. We are but particles of His consciousness.

你們是造物者，如同所有其他存有是造物者一樣。所有存有在一起，如我們對它的理解一樣，就是造物者了。我們並不作為一個事實知曉所有的實相或者所有的真理，而在我們已經能夠理解它的範圍內，這就是真理：所有存有都是統一的，所有事物都消除了我們已經灌輸到它們內在之中的分離，並統一形成了我們稱之為造物者的全能的存有。我們僅僅是祂的意識的微粒。

Yet within each particle are His abilities. We must learn to focus our consciousness on His love, which is readily available to all. And we must learn to utilize properly the abilities which have been implanted within us. For within us, my friends, is the ability to create, the infinite ability to create experience through all eternity. This should be thought of, for you should not take lightly your ability to create. For as you go through your day, you have many thoughts. Many thoughts are kind and loving. Yet within your world you are constantly bombarded by negative experiences and thoughts. Your thoughts, negative and positive, are in reality creations of experience within other realms than [this consensus] reality. Therefore, you must learn to control and utilize properly your ability to create.

而在每一個微粒中都擁有祂的能力。我們必須學會將我們的意識聚焦在祂的愛上，祂的愛是好不勉強地可以為所有實體所取得的。我們必須學會去利用已經被根植於我們內在之中的能力。因為我的朋友們，在我們內在之中，是去創造的能力，是去貫穿全部的永恆創造體驗的無限的能力。這應該是被想到了的，因為你們不應該將你們去創造的能力不當回事。因為當你們經歷你們的一天的時候，你們擁有很多的想法。很多的想法是好心且有愛的。而在你們的世界中，你們是持續不斷地被負面性的體驗和想法所轟炸的。你們的想法，正面性與負面性的想法，實際上是在除了這個共識性實相之外的其他的領域中的體驗的創造物。因此，你們必須學會適當地控制並利用你們去創造的能力。

I would transfer this contact at this time. I am Hatonn.

我將在此刻轉移這個接觸。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

(Inaudible)

(聽不見)

(Tape ends.)

(磁帶結束。)

November 30, 1975

1975-11-30 Hatonn : 清白無罪

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I am the one known as Hatonn. I greet you in the love and the light of the infinite Creator, the Creator of us all. It is, as always, my privilege to be with you, especially at this time, for I speak to those at a special time. We do not wish to make occasions where there are no occasions. Yet we say to you this is, within each of your experiences, a time of dedication. You may call it a rededication. Yet within this small group, my friends, there is a dedication that is not always found. Therefore, we say, "Greetings" in a special sense, from those of us who are privileged to be with you at this time.

我是 *Hatonn*。我是被知曉為 *Hatonn* 的實體。我在無限造物者，我們全體的造物者的愛與光中向你們致意。與你們在一起一如既往是一種榮幸，尤其是在此刻，因為我是在一個特別的時刻對那些人發言的。我們並不希望在沒有機會的位置制造機會。而我們會對你們說，在你們每一個體驗中，這是一個奉獻的時刻。你們可以稱之為再次奉獻。而在這個小小的團體中，我的朋友們，會有一種奉獻是一直都會被找到的。因此，我們是用一種特別的意義，從我們中的那些在此刻有幸與你們在一起的實體，來表達“致意”的。

My brothers, you have heard many of our words, and it is as though we appear to you as tailors, measuring and cutting and detailing and analyzing, and attempting to tailor for you the spiritual path, using our tools and laying it all together in a measured way. And this, of course, is because we have used these channels and we have used words. In reality, we are not tailors, and there is no measure. In reality, our message is infinite, and there is no set pattern for progress. And that which we truly have to give you lies within the silence. We find that each of you is aware of this, and yet the words are comforting, and so we are very happy to speak with you.

我的兄弟們，你們已經聽到了我們很多的話語了，它就好像我們是作為裁縫一樣出現在你們面前的，測量，裁剪，畫詳圖，進行分析，嘗試去為你們量身定做靈性的道路，使用我們的工具，並將它用一種可以度量的方式全都擺出來。當然，這是因為我們已經使用了這些管道，我們已經使用了這些詞語。實際上，我們不是裁縫，沒有度量。實際上，我們的資訊是無限的，沒有發展的固定的模式。我們真正需要給予你們的事物是存在于靜默之中的。我們發現，你們每一個人人都知曉這一點，而詞語是令人安慰的，因此，我們非常高興對你們發言。

You must know that in many ways, you are no longer dependent upon these words, for you carry within you the ability to receive thoughts. Each of you does not need the channel any longer. Yet, what one needs for survival and what one needs to be at his peak are two different things. And that is why it is a very, very good thing that you are still meeting to hear us, as well as to

meditate. There is within each of you that which desires always to let go for a moment and simply be taught, be led. This is proper. And so we welcome the opportunity to speak.

你們必須知曉，用很多的方式，我們不再依賴於那些詞語了，因為你們在你們內在之中攜帶有接收想法的能力。你們每一個人都不再需要任何管道了。而一個人為了存活所需要的事物，以及一個人要處於他的頂峰需要的事物是兩個不同的事情。那就是為什麼你們仍舊在進行集會以聽到我們發言，並同樣進行冥想是一個非常非常好的事情的原因了。在你們每一個人內在之中都會有那個一直渴望去放手一會兒，並單純地被教導，被引導的部分。這是合適的。因此，我們歡迎發言的機會。

Tonight, we would like to give you a few thoughts on the nature of innocence. We want you to think of your own nature, and of what you consider to be your sins, your errors, your mistakes. You who try, sometimes very hard, to be upon the spiritual path, often are very hard upon yourselves because you have erred, made a mistake. You have manifested that which was not positive. And you say, "Why have I done this? Why did I make this error? I did not mean that! Why did I do it?" And you concentrate on the error. And this does not

seem to prevent you from making an error the next time. 今天，我們想要給予你們一些關於清白無罪的屬性的想法。我們想要你們思考你們自己的屬性，思考你們認為是你們的罪，你們的差錯，你們的錯誤的事物。你們嘗試，有時候非常努力地嘗試走在靈性的道路上，你們經常對你們自己是非常嚴厲的，因為你們差錯了，犯了一個錯誤。你們已經顯化了並非正面性的事物。你們說，“為什麼我已經做了這個事情？為什麼我犯下了這個錯誤？我並沒有打算那樣做！為什麼我做了它？”你們將注意力集中在錯誤上。這看起來似乎不會防止你們下一次犯錯。

My friends, we have said to you many times, "We greet you in love and in light." We greet you in infinite perfection. We greet perfect beings who are totally innocent. We would like to suggest to you that instead of concentrating upon your mistakes, you ask yourself how much time you have spent this day investigating that portion of your unique person which is totally perfect. How much awareness have you had this day of the love and the light of the Creator you have within you? How aware have you been of your own innocence?

我的朋友們，我們已經對你們說過很多次，'我們在愛與光中向你們致意。'我們在無限的保護中向你們致意。我們向完美的存有致意，它們是完全清白無罪的。我們想要對你們建議，與其集中注意力在你的錯誤上，你不如詢問你自己，你已經在這一天花費了多少時間探索你這個獨一無二的人的那個完全是完美的部分。你已經在這一天對你在你內在之中擁有的造物者的愛與光擁有了多少察覺。你已經如何察覺到你自己的清白無罪了呢？

When you concentrate upon your mistakes, you dwell within the world of mistakes. And mistakes will occur again and again. If your consciousness is dwelling at a higher [resonance] within the realm where you know that you are a creation of the Father, you know that you can manifest His love. Then the

opportunity for you to make a mistake and manifest that which is not love will be that much farther from you. Meditation is not upon your mistakes; is not upon the past. It is upon the eternal present, and upon your innocence. You are a child of love.

當你集中注意力在你的錯誤上的時候，你是居住在屬於錯誤的世界中的。錯誤將會一次又一次地發生。如果你的意識是居住在那個你在其中你知曉你是一個天父的造物的領域中的一個更高的共振之中的話，你會知曉你是能夠顯化祂的愛的。接下來，你會犯錯並顯化並不是愛的事物的機會，就將會是距離你更加遠一些的了。冥想不是對你的錯誤冥想，不是對過去冥想。它是在永恆的此刻上的，是在你的清白無罪上的。你是一個愛的孩子。

We emphasize this at this time because you are attempting to dedicate yourself in a far deeper way than you have previously attempted to do. And the key to the deeper dedication is to be able to focus yourself not upon the world of mistakes, but upon the world in which that spirit within you which is the Creator, which you may find it desirable to call the Christ spirit within you, will manifest.

我們在此刻強調這一點，因為你正在嘗試去用一種比你之前已經嘗試去做的遠遠更加深入的方式奉獻你自己。更為深入的奉獻的關鍵就是能夠將你自己不是聚焦在屬於錯誤的世界中，而是聚焦在這樣一個世界上，在其中在你內在之中的造物者之所是的靈性將會顯化，你可能會發現去呼喚在你內在之中的基督的靈是理想性的。

My friends, it is written in your holy works that you do not know when this spirit will come. He may come in the morning. Or He may come in the evening. Or He may come at midnight. And if your lamp is lit, all will be well. And if it is not lit, you will miss Him. To dwell in the state of awareness that you are watching for the One Who is All: this is the source of the inspiration that will affect the kind of service that you wish to give, the kind of life that you wish to dedicate yourself to. You cannot analyze your own motives, your own acts or other people's motives and acts. They will tangle you all up, my friends. Only dedicate yourself, not just now, but in all the nows, to the Father. Watch and wait, for you do not know when He will come.

我的朋友們，在你們的神聖著作中被寫道過，你們不會知曉這個靈性會在什麼時候出現。祂可能在早上出現。或者祂可能在晚上出現。或者祂可能在午夜出現。如果你們的油燈是點著的，一切都將會是好的。如果它沒有被點著，你就將會錯過祂了。要居住在這種你正在為萬物之所是的太一保持警覺的察覺的狀態中：這就是啟發的源頭了，它將會影響你希望去給予的那種類型的服務，影響那種你希望讓你自己致力於的生命。你們無法分析你們自己的動機，你們自己的行動，或者其他人的動機與行動。我的朋友們，它們將會讓你們全都攪成一團。僅僅奉獻你自己，不僅僅是現在，而是在所有的當下之中，對天父奉獻你自己。警覺並等待，因為你不會知道祂將會什麼時候出現。

Within the innocence of your soul, that which is perfect will always be coming into you. So concentrate on that. It is especially difficult within your peoples' lives at this time to make this change in emphasis, for people more and more

have become each other's watchdog, and this is accepted within your culture, as you may call it. And those who attempt not to concentrate upon the negative are often considered unaware, or even stupid. Yet we assure you that the will that you create by your continued innocence of heart will be a light within this world, this world of yours which is dark at this time.

在你們的靈魂的純潔無罪中，完美的事物將會一直會來到你們身上。因此，集中注意力在純潔無罪上。在你們人群的生活，在此刻要在著重做出這種改變，這是尤其困難的，因為人已經越來越多地成為了相互彼此的監視者，這在你們的文化中，如它被稱呼的一樣，是被接受的了的。那些嘗試去不將注意力集中在負面性上的人經常被認為是不注意的，或者甚至是愚蠢的。而我們對你們保證，你們藉由你們持續不斷的心靈的純潔無罪將會創造出來的意志，將會成為在這個世界，你們這個此刻是黑暗的世界中的一種光。

My friends, it is as though the world were deep, deep asleep, and a few of you are attempting to remain awake. For you, my friends, love may yet light up the sky. For those who sleep, it may be a long night.

我的朋友們，它就好像世界是在深深地，深深地沉睡的一樣，你們中的一些人正在嘗試保持醒著。因為你們，我的朋友們，愛仍舊可以照亮天空了。對於那些沉睡的人，它可能是一個漫長的黑夜。

Other people's reality will remain real for them. Yours will also remain real for you, no matter how, shall we say, difficult the times may get for those about you. It is truly written that to those which are innocent in heart, those things which are needed will come.

其他人的實相對於它們將會依舊是真實的。你們的實相將會對你們同樣依舊是真實的，無論時間可能會對那些在你們周圍的人變得多少麼，容我們說，困難。書中真的是這樣寫的，對於那些心靈純淨的人，那些被需要的事情將會出現。

I am so happy to be able to speak with you, and I will tell you it is close to my heart that each of you within this room has the ability to speak our thoughts. It is hoped that each of you will be able to help others.

我如此高興能夠對你們發言，我將會告訴你們，在這個房間中的你們每一個人都擁有能力去說出我們的想法，這是深得我心的。被希望的事情是，你們每一個人都將能夠幫助其他人。

At this time. I would like to leave you so that, my brother, Laitos, may speak through another channel. I leave you, my friends, in the love and light of the infinite Creator. I am known as Hatonn. I am you. Adonai.

在此刻，我想要離開你們，這樣我的兄弟，*Laitos*，就可以通過另一個管道發言了。我的朋友們，我在無限造物者的愛與光中離開你們。我是 *Hatonn*。我是你們。*Adonai*。

(B channeling)

(B 傳訊)

I am Laitos. I also, my friends, greet you in the love and the light of our infinite

Creator. It has been some time since I have been able to use this instrument ...
我是 *Laitos*。我的朋友們，我同樣也在我們的無限造物者的愛與光中向你們致意。
自從我上一次已經能夠使用這個器皿，已經有一些時間了.....

(The rest of the tape is inaudible.)
(磁帶剩餘的部分聽不見。)

December 7, 1975

1975-12-07 Hatonn : 內在的星星

(H channeling)

(H傳訊)

I am Hatonn. Greetings, my friends, in the love and the light of our infinite Creator. It is as always a pleasure and indeed a privilege to be allowed these few moments with you.

我是 *Hatonn*。我的朋友們，在我們的無限造物者的愛與光中致意。被允許在這些少數的片刻與你們一起，這一如既往是一種快樂，且確實是一種榮幸。

I wish to briefly acquaint myself and my brothers and our purpose with the new member. I have stated my identity as that of Hatonn. I wish to stress that my identity is the same as that of all the inhabitants of what you would consider to be our planet. We of the planet Hatonn have grown through our evolution to a point of unification of consciousness. We have gone beyond the need for extreme self-identification such as is desired by the inhabitants of your planet.

我希望簡短地讓新的成員瞭解一下我自己，我的兄弟以及我們的目的。我已經將我的身份表述為 *Hatonn*。我希望強調，我的身份是與在你們認為是屬於我們的行星的所有的居民的身份是相同的。我們是屬於行星 *Hatonn*，我們已經通過我們的演化成長到了一個具有意識的統一性的位置了。我們已經超越了對諸如被你們的星球的居民所渴望的自我定義之類的極端的自我定義的需要了。

And for this purpose, we simply state ourselves as inhabitants of Hatonn. There are others within what we call our Confederation who would identify themselves by other names, and this method of identification which they use is the same which I have explained to you that we have chosen to use.

就這個目的而言，我們單純地將我們自己陳述為 *Hatonn* 的居民。在我們稱之為我們的聯邦的事物中會有其他的實體，它們會藉由其他的名字來定義它們自己的身份，這種它們使用的定義身份的方法是與我已經對你們解釋的，我們已經選擇去使用的方法是相同的。

All the members of the Confederation of Planets in Service to the Infinite Creator have reached this unification of consciousness and desire. This brings us to our purpose. Our purpose is the same as our desires and our desire is to share our love and knowledge with the inhabitants of planet Earth, and with all others who would request it. We of the Confederation claim not to be beings of a supreme nature. We are not infallible in our judgment or knowledge.

所有服務於無限造物者的星際聯邦的成員都已經抵達了這種對意識與渴望的統一性。我們的目的與我們的渴望是相同的，我們的渴望是與行星地球的居民分享我們的愛與知曉，並與所有其他的會請求它的人分享它。我們星際聯邦並不宣稱是具有一種最高的屬性的存有。我們在我們的判斷或者知曉中不是不會犯錯的。

Yet through our experience, we do feel that we have attained a greater understanding of the universe than those upon the planet Earth. Some upon your planet may find this statement offensive. Yet we must stress that this is truth, as we understand it. We do not wish to convey to anyone who would not choose, our thoughts. We only wish to share what we have with those who also wish to share with us. By this, we mean that we shall not force anyone to accept what we have to offer.

而通過我們的體驗，我們確實感覺到，我們已經取得了比那些在行星地球上的人更大的一種對宇宙的理解了。在你們星球上的人可能會發現這個說法是冒犯性的。而我們必須強調，這是真相，如我們對它的理解一樣。我們並不希望對任何不會選擇我們的想法的人傳播我們的想法。我們僅僅希望分享，我們與那些同樣希望與我們分享的人分享我們擁有的事物。我們這樣說的意思是，我們將不會強迫任何人接受我們所要提供的事物。

Our purpose is simple, as is our desire. We of the Confederation wish to serve the people upon planet Earth, and nothing else. We have no motive other than to increase your own knowledge and understanding by sharing with you our knowledge and understanding.

我們的目的是簡單的，如同我們的渴望是簡單的一樣。我們星際聯邦希望去服務在行星地球上的人，而不希望做任何其他的事情。除了藉由與你們分享我們的知曉與理解來增加你們自己的知曉與理解之外，我們沒有別的動機。

For in service to another, inevitably you are serving yourself. For as many philosophies upon your planet have stated, the universe and all that is in it are one being, and no more, with each being and each particle within it being exactly that: one particle within a whole, all united within consciousness and spirit. And through this unification comes about the undeniable fact that service to one is service to all, and to oneself. You, my friends, are the creator and the gods which are spoken of in the scriptures, as is everyone and everything within this universe. Accept separations within your consciousness, and they shall exist temporarily for you. But deny them, my friends, and the ones which you have been accepting for so long shall begin to fade from your awareness. And you shall begin to awaken to the true concept of oneness. And you shall begin to know the truth: that there are no separations.

因為通過服務另一個人，你無可避免地就是在服務你自己。因為如很多在你們的星球上的哲學家已經陳述過的一樣，宇宙以及所有在其中的事物，都是一個存有，沒有更多的，在其中的每一個存有和每一個微粒都分毫不差地就是那個存有：在一個整體中的一個微粒，一切事物都在意識與靈性中統一起來。通過這種統一性會產生出這樣無可否認的事實，即對一個人的服務就是對全體的服務，就是對一個人自己的服務。你們，我的朋友們，就是在你們的經文中被談及的造物者與神了，如同在這個宇宙中的每一個人與每一個事物都是造物者一樣。接受在你們的意識中的分離，它們將會暫時性地為你們存在。但是，我的朋友們，否認它們，你們在如此長時間中已經一直都在接受的分離，將會從你們的認識中逐漸消失。你們將開始覺醒於真實一體性的觀念。你們將會開始知曉真理：沒有分離。

We of the Confederation are beings as yourself, with no greater capabilities

than what you possess. The only difference between ourselves and those within this room is that we, through our own efforts, and mostly through the use of meditation, have broadened our awareness and experience beyond that which you have done.

我們星際聯邦是和你自己一樣的存有，我們並不擁有比你擁有的能力更大的能力。在我們自己和那些在這個房間中的人之間的唯一的區別是，我們，通過我們自己的努力，主要是通過我們的冥想，已經拓寬了我們的認識與我們的體驗，超越了你們已經取得的認識與體驗。

We dwell in a dimension, if you wish to call it that, which does not contain physical reality as you know it. In our domain, spirituality and spiritual awareness overwhelm all existence. If you are not within the harmony of the laws of creation, then you are not able to exist within our domain. Within our domain, there is not that which you consider to be negative. All that there is is love and light, love being the physical manifestation of all things.

我們居住在一個維度中，如果你們希望那樣稱呼它的話，這個維度並不包含物質性的實相，如你們對它的知曉一樣。在我們的領域中，靈性和靈性的認識是壓倒所有的存在性的。如果你們不是處於與造物的法則的和諧之中，接下來，你們就無法存在於我們的領域。在我們的領域中，不會有你們認為是負面性的事物。一切萬有都是愛與光，愛就是所有事物的物質性的顯化。

Love is all things. The Creator is love, and He resides within you. Each time that you express your love, you have created. And each time you pass up a chance to show love, you have also passed up your chance to develop your birthright of being a creator.

愛是一切事物。造物者就是愛，祂居住在你們內在之中。每一個你們表達你們的愛的時刻，你們都已經創造了。每一個你們錯過了一個展現愛的機會的時刻，你們同樣已經錯過了你們發展你們成為一個造物者的天賦權利的機會。

My friends, what you do not understand is that you are not limited. You have been taught that there is a supreme Being, but you have been taught to accept this Being as one Who is not within you. You have been taught to accept this Being as being, in actuality, a physical being of supreme nature. This is a fallacy, in a sense, for all beings are physical beings of a supreme nature, for from the supreme Being we have come, and within Him shall we reside, and within us also shall He reside.

我的朋友們，你們並不理解的事情是，你們不是有限的。你們已經被教導，有一個最高級的存有，但是你們已經被教導去接受這個存有不是一個在你們內在之中的存有。你們已經被教導去接受這個存有，實際上是一個具有至高屬性的物質性的存有。在某種意義上，這是一個謬誤，因為所有的存有都是具有一種至高屬性的物質性的存有，因為我們已經從那個至高的存有而來，我們將居住在祂內在之中，祂同樣將居住在我們內在之中。

If you could but only once see with your eyes the creation as it truly is meant to be, as it truly is, you would see nothing, my friends, but light. You would not see entities or objects. You would only see particles of light, dashing in front of

you. For this is reality is all existence. We are the particles which constitute and create the Creator. And in turn, we have been created by the Creator. Without you, without each individual, the Creator could not exist. And without the Creator, all things could not exist. All things are interdependent, and all things are one supreme Being.

只要你們能夠哪怕只有一次用你們的眼睛將造物視為是它真正打算要成為的事物，視為是它真正是的事物，我的朋友們，你們就除了光之外不會看到任何事物了。你們不會看到實體或者事物。你們僅僅會看到光的微粒沖到你們面前。因為這就是所有存在性的實相。我們是構成造物者並創造了造物者的微粒。反過來，我們已經被造物者創造出來了。沒有你，沒有每一個個體，造物者就不能存在。沒有造物者，所有事物就都無法存在。所有事物都是相互依賴的，所有事物都是一個至高的存有。

I shall transfer this contact at this time. I am Hatonn.

我將在此刻轉移這個接觸。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument. I am Hatonn.

我與這個器皿在一起了。我是 *Hatonn*。

As many times as we have gone over these concepts, we find that it is not clear within any of your minds just what the relationship is between you and the Creator. Somehow, it seems to your conscious mind that to say that you are the Creator, the Creator cannot get along without you, you are Gods, etc., is somewhat laughable and even, shall we say, egocentric. And, my friends, if we were saying these things to you at the level at which these words unfortunately speak, indeed it would be terribly incorrect information. We ask that you attempt to relax your mind. Remove yourself from the tightness of your everyday thinking. And begin to see that you are very close to yourself, and very far from the nearest star, so that you seem to be much larger than the star. It is a matter of perspective. In reality, the star is a majestic, magnificent, enormous entity, compared to you. And if you are one with the star, then the star is one with you, and neither complete without the other. It is no more than the understanding which is recorded in your holy works, where it is written that sparrows, which are two for a penny, never fall without the Creator knowing that they have fallen. All things, large and small, lie within the Creator, for they lie within the creation.

我們仔細檢查這些觀念多少次，我們就會多少次發現，在你們任何人的頭腦中，在你和造物者之間的關係是什麼的方面僅僅是不清晰的。對於你們的有意識的心智，以某種方式它看起來似乎是說，你們就是造物者，造物者無法沒有你們，你們就是神，等等，是多少有些可笑的，甚至，容我們說，是以自我為中心的。我的朋友們，如果我們是在這些話語不幸地談及的層次上對你們說這些事情，確實它會是可怕地不正確的資訊。我們請你們嘗試去放鬆你們的心智。將你自己從你的日常生活的思考的密封性中移出來。開始看到你是非常接近你自己的，是距

離最近的星星是非常遙遠的，因此，你看起來似乎是比星星更大的。它是一個遠景的問題。實際上，與你相比，星星是一個威嚴的，宏大的，龐大的實體。如果你是與星星是一體的，接下來，星星就是與你是一體的，兩者中的任何一個沒有另一個都不是完整的。這恰恰是在你們的神聖著作中被記錄下來的理解，在其中是這樣寫的，兩隻麻雀固然用一個銅錢就買得到，但是造物者若不許可，一隻也不會掉在地上。所有的事情，無論大小，都是存在於造物者之中的，因為它們存在於造物之中。

We do not know what the Creator is. We do not know His nature. We do not know His actions, His purposes, His intentions. The Creator is infinite, invisible. This we know, for this He has shown to us again and again: that He created us in a vibration of pure love, and that He considers all of us as Himself. And so we tell you this, not knowing the ultimate reason, only knowing that reason enough for our infinite existence as entities within a loving creation exist and may be told to all.

我們並不知道造物者是什麼。我們並不知道祂的屬性。我們並不知道祂的行動，祂的目的與祂的意圖。造物者是無限的，看不見的。這是我們知道的，因為祂已經一次又一次地對我們顯示了這一點了：祂在一種純淨的愛的振動中創造了我們，祂將我們全體都視為祂自己。因此，我們告訴你這一點，我們不知道終極的理由，我們僅僅知道那個理由是存在的，並是可以告訴所有人的，那個理由對於作為在一個有愛的造物中的實體的我們無限的存在性是足夠了的。

We come to give you a message of love. We come to tell you that you are gods, not because you are so wonderful, but because the Creator is wonderful.

我們前來給予你們一個愛的資訊。我們前來告訴你們，你們是神，不是因為你們是如此之美妙，而是因為造物者是美妙的。

And the Creator is within you. Stand away from your personality and see if you can find that faraway sun within you, that star shining in the darkness and depths of your soul. There shines the Creator: in some cases terribly distant, yet always there, and always shining. All you need do, my friends, is look up. Within yourself, begin to seek for that star. The Creator is within you, and the Creator will work through you.

造物者是存在於你們內在之中的。站到遠離你的人格的地方，看看是否你能夠找到那個在你內在之中的遙遠的太陽，那個在你的靈魂的黑暗與深處閃耀的星星。造物者在那裏閃耀：在一些情況中，是極其遙遠的，而卻一直都在那裏，一直都在閃耀。所有你們需要做的事情，我的朋友們，就是抬頭看。在你自己內在之中，開始尋求那顆星星。造物者是在你內在之中的，造物者將會通過你進行工作。

And so you may say, my friends, the Creator is you. For all practical purposes, my friends, you may cause your life to become a channel through which the Creator may live and move. In many cases, it may seem as though this human personality of yours may never get, shall we say the hang of showing the Creator 's love to others. It may seem that the possibilities of the situations which you are in are very, very limited for showing love. But I say to you: that

it is truly written that the place whereon you are standing is holy ground. You do not need to put yourself into a situation which may seem outwardly spiritual in order to be in a spiritual situation. For, my friends, the universe is a spiritual universe, and what you are going through is an illusion called the physical existence.

因此，你們可以說，我的朋友們，造物者就是你們。我的朋友們，為了所有實際性的目的，你們可以使得你們的生命成為一個造物者可以通過其而活並通過其移動的管道。在很多情況中，可能看起來似乎你的這個人類的人格可能擁有都不會，容我們說，弄明白如何對其他人展現造物者的愛。可能看起來似乎你處於其中的情況的可能性，對於展現愛是非常非常受限的。但是我對你們說：書中是這樣寫的，你們正站立於其上的地方就是聖地。你並不需要將你自己放入到一個可能從外面看起來似乎是靈性的情況中，以便於處於一個靈性的情況。因為，我的朋友們，宇宙是一個靈性的宇宙，你們正在穿越的事物是一個被稱之為物質性的存在性的幻象。

Spirituality, as it is called, may often seem to be a joke. One cannot be spiritual in a church and walk away from the church and become nonspiritual. This, may I say, my friends, makes no sense at all. For one is spirit and one carries the spirit within the temple of his body, into and out of church. Into and out of every situation. When the situation seems difficult, wait for a moment for the realization to come to you that in you is a spirit, and within that spirit is enough love to carry you through that situation so that you may show the love of the Creator.

靈性，如同它被稱呼的一樣，可能經常看起來似乎是一個笑話。一個人無法在一個教堂中成為靈性的，走出那個教堂並成為沒有靈性的。我的朋友們，我可以說，這是完全沒有道理的。因為一個人是靈，它在它的身體的聖殿中攜帶著那個靈，進入並離開每一個情況。當情況看起來似乎是困難的時候，等待一會兒來讓領悟出現在你身上，在你內在之中有一個靈性，在那個靈性之中有足夠多的愛來帶著你穿越那個情況，這樣你就可以展現造物者的愛了。

I will close through another channel. I am Hatonn.

我將通過另一個管道結束。我是 *Hatonn*。

(B channeling)

(*B*傳訊)

I am Hatonn. I am now with this instrument. I would at this time like to say just a few words more. My friends, in order to take advantage of the creation which, as I have stated, is within each of you, it is not something that is always available to you, unless practiced. You will find, my friends that when used continuously through your existence, it is always available. But, my friends, you also know, due to the illusion which is now taking place, it is hard to see at times.

我是 *Hatonn*。我現在與這個器皿在一起了。我想要在此刻僅僅多說一些話。我的朋友們，為了要利用造物，如我已經說過的一樣，造物是在你們每一個人內在之中的，它不是某種一直都可以為你們所利用的事情，除非經過訓練。你們將會

發現，我的朋友們，當它持續不斷地通過你們的存在性被使用的是時候，它一直都是可被利用的。但是，我的朋友們，你們同樣也知曉，由於正在發生的幻象，要看到時常是困難的。

Continue with your meditations. And never give up hope. For, my friends, you are part of the Creator. This you will realize more each day. And it is true, my friends. In the creation there can be no sorrow.

藉由你們的冥想繼續。永遠不要放棄希望。因為，我的朋友們，你們是造物者的一部分。你們將會每一天更多地領會這一點。我的朋友們，它是真實的。在造物中，不會有憂傷。

I will leave you at this time. I am Hatonn. Adonai.

我將會在此刻離開你們。我是 *Hatonn*。 *Adonai*。

December 21, 1975

1975-12-21 *Hatonn* : 超越智力與無限的真理

(H channeling)

(H 傳訊)

I am Hatonn. Greetings, my friends, in the love and the light of the infinite Creator. It is very pleasing to be able to speak with all present this evening. We are grateful to meet so many new members. I should state at this time that I and all with whom I am working consider ourselves to be brothers. We are unified in our purpose and in our thought. And many would immediately ask of our purpose. My friends, our purpose is to love and serve the people of planet Earth and throughout the Creator's infinite universe.

我是 *Hatonn*。我的朋友們，在無限造物者的愛與光中致意。能夠在今晚對所有在場的人發言，這是非常令人愉快的。我們非常高興遇到如此多的新的成員。我將會在此刻說明，我和所有我正與之一同工作的存有都認為我們自己是兄弟。我們在我們的目的中以及在我們的想法中都是統一的。很多人會立刻詢問我們的目的。我的朋友們，我們的目的就是去愛與服務行星地球上的人，以及貫穿造物者的整個無限宇宙的所有人。

We of the Confederation of Planets in Service to the Infinite Creator have come to Earth at this time to offer whatever assistance we may be able to render. And presently we are limited to this assistance in the form you are experiencing now. We are communicating through instruments such as the one speaking to mass numbers of inhabitants upon your planet. The words which we speak are offered with love and as guidance, intellectual guidance along the pathway of enlightenment.

我們是服務於無限造物者的星際聯邦，我們在此刻已經來到地球來提供我們可能能夠給予的無論什麼幫助。現在我們是受限於這種你們現在正在體驗到的形式中的幫助的。我們正在通過諸如這個器皿之類的器皿進行交流，並對在你們的星球上的巨大數量的居住者發言。我們所說的話語是帶著愛，並作為在覺醒的道路上的指引，智力的指引而被提供出來的。

Yet we stress, my friends, that the intellect is only a minor tool in your development. My friends, you know as well as all other people that possess an intellect that your intellectual capacities are quite limited. There are many things which you have accepted as truth that are unexplainable through your intellectual process. Uncomprehensible, yet true. My friends, truth is greater in capacity, or should I say, in size, than what the intellect is capable of perceiving. Truth is infinite, and all things within the creation are unlimited, as is your experience, and as is your knowledge. For your knowledge truly lies within the core of your being; within the oneness of the Creator; within His presence within you. My friends, your journey throughout this universe and throughout this creation is one of cycles which never end, which are constantly expanding in knowledge and experience. Upon your pathway you shall encounter many circumstances through which you may learn. And your

present encounter upon the planet Earth is one of very great importance in the scheme of your progression.

而我們強調，我的朋友們，智力僅僅是在你們的發展中的一個小工具。我的朋友們，你們同樣知曉所有其他的擁有一種智力的人，你們的智力上的能力是相當有限的。會有很多的你們作為真理接受了的事情是通過你們的智力的過程無法解釋的。無法理解，而確實真實的。我的朋友們，真理在容量上，或者我們應該說，在尺寸上，是比智力能夠感知的事物要更大的。真理是無限的，在造物中的所有的事物都是不受限制的，如同你們的體驗是不受限制的，如同你們的知曉是不受限制的一樣。因為你們的知曉是真正存在於你們的存有的核心處的，是在造物者的一體性之中的，是在造物者在你們內在的存在之中的。我的朋友們，你們貫穿這整個宇宙，貫穿這整個造物的旅程，是永遠都不會結束的，持續不斷地在知曉與體驗中拓展的週期中的一個週期。在你們的道路上，你們將會遭遇到很多環境，通過這些環境，你們可以學習。你們當前的在行星地球上的遭遇到的環境是在你們的發展的計畫中的一個具有非常重大的重要性的環境。

My friends, man upon planet Earth presently stands upon the threshold of unlimited knowledge, unlimited love. Unlimited, my friends, infinite, never ending. It is your birthright to know these truths. Yet there is only one way to truly comprehend and to truly be enlightened. And as you may well be aware, that way is through the practice of meditation.

我的朋友們，在行星地球上的人現在正站在無限的知曉，無限的愛的門檻上。不受限制的，我的朋友們，無限的，永無止盡的。去知曉這些真理是你們的天賦權利。而僅僅只有一條道路是通往真正的領會與真正成為覺醒的。如你們可能清楚知曉的一樣，那條道路就是通過對冥想的練習。

My friends, we have told you that the truths, the unlimited and infinite truths, lie beyond the capacities of your intellect. Therefore, in order to explore these truths, to learn and know of these truths, you must go beyond the intellect. Allow it to still itself. Allow it to rest. And let the spiritual intellect begin to avail its information to you. You may not hear words, my friends, but you shall hear truth and love. In your moments of silence, you shall hear the universe speaking through the lips of the Creator the truths of infinity and love.

我的朋友們，我們已經告訴過你們，真理，不受限制與無限的真理，是存在於你們的智力的容量之外的。因此，為了要探索這些真理，並學習與知曉這些真理，你必須要超越智力。允許它讓它自己安靜下來。允許它休息。讓靈性的智慧開始讓它的資訊為你所用。你們可能不會聽到話語，我的朋友們，但是你們將聽到真理與愛。在你們的靜默的時刻，你們將聽到宇宙在通過造物者的唇講述無限與愛的真理。

I shall transfer this communication. I am Hatonn.

我將轉移這個通訊。我是 *Hatonn*。

(N channeling)

(N 傳訊)

I am Hatonn. Again I greet you in the love and light of the infinite Creator. My

friends, although I stress to you the necessity for meditation seemingly constantly, I do not stress it enough. But still, my friends, we do not want to force this upon you. The decision is yours. And either way that you decide will be the path that you have chosen. We know in our experience of no other way for a somewhat speedy path, shall we say, than meditation. But the choice is yours.

我是 *Hatonn*。再一次，我在無限造物者的愛與光中向你們致意。我的朋友們，儘管我看似不停地對你們強調冥想的重要性，我怎麼強調它都是不夠的。但是，我的朋友們，我們仍舊並不想要將這個決定強加在你們身上。決定是屬於你們的。無論你們決定的什麼途徑，都將是你們已經選擇的道路。我們通過我們的經驗知曉，沒有其他的方式在找到一條比冥想，容我們說，多少有些更加快速的道路。但是，選擇是你們的。

We are aware of some questions in your minds, and you may have noticed some of them have already been answered. My friends, although the idea of our presence may seem rather uncommon at this time, we say to you that we have been with you for a very long time. If any of you desire our thoughts, or our presence, at the moment that you desire it, we are with you. We can only help you if you desire it. For that is our way. We leave the free will of each person in creation alone. For you see, through your own desire can be the only way we may assist you. But it is our sincere desire to be able to be with you. We consider it a very great honor to be of assistance. We are with you, my friends.

我們在你們的心智中察覺到一些問題，你們可能注意到，它們中的一些已經被回答了。我的朋友們，儘管我們的存在在此刻可能看起來似乎是相當不同尋常的，我們對你們說，我們已經與你們在一起有一段很長的時間了。如果你們任何人渴望我們的想法，或者我們的在場，在你們渴望它的那一刻，我們就與你們在一起了。我們僅僅能夠在你們渴望它的是時候幫助你們。因為那就是我們的方法。我們將在造物中的每一個人的自由意志都留給每一個人自己。因為你們看，我們可能幫助你們的唯一的途徑，就是通過你們自己的渴望。但是，我們真誠的渴望是能夠與你能在一起。我們將有所幫助視為是一種非常巨大的榮耀。我們與們在一起，我們的朋友們。

At this time I will transfer this contact to another instrument. I am *Hatonn*.

在此刻，我將會將這個接觸轉移到另一個器皿。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am now with this instrument. I am *Hatonn*, and I greet you once again in the love and the light of the infinite Creator. As we speak to you about meditation as a method of furthering your interests within this life, we wish to stop for a moment and take advantage of your experiences at this particular time. We ask that you consider your environment at this particular time, the darkness and the chill of winter. How many hours have been spent in darkness and cold? Think, my friends, of the true nature of that which is unfolding within one of

your religious systems of belief. There is a story that is told that is a true story, the story is of a child born in the darkest winter. Poor, cold, hungry, the child that grew to be the master whom you know as Jesus. My friends, each of you is waiting to be born. Each of you is in the dark, in the cold. For it is within the darkness and the chill that all things come together to be born. It is the nurturing, saving darkness. And the chill is necessary. And with meditation, my friends, you nurture and comfort that soul within you as it struggles towards its spiritual birth.

我現在與這個器皿在一起了。我是 *Hatonn*，我再一次在無限造物者的愛與光中向你們致意。在我們對你們談及冥想是一種讓你們在這次生命中的受益更進一步的方法的時候，我們希望暫停一會兒並利用你們在這個特定的時刻的體驗。我們請你們考慮你們在這個特定的時刻的環境，冬季的黑暗與寒冷。有多少個小時已經在黑暗與寒冷中被度過了呀。我的朋友們，思考一下在你們的一個宗教的信念系統中正在展開的事物的真實的屬性。會有一個被講述的故事，那是一個真實的故事，故事是關於一個在最為黑暗的冬季中被生下來的孩子的故事。那個孩子是貧窮，寒冷而饑餓的，它長大成為了你們知曉為耶穌的大師。我的朋友們，你們每一個人都正在等待被生出來。你們每一個人都是在黑暗中，在寒冷中。因為就是在黑暗與寒冷中所有的事情聚集在一起，以被誕生出來。它是滋養性的，保存性的黑暗。寒冷是需要的。在冥想中，我的朋友們，你們滋養並安慰在你們內在之中的靈魂，在它朝向它的靈性的道路努力的時候。

There has been within your history, we are aware, much misunderstanding as to the reason for the mother of the one known as Jesus being called a virgin. You must realize that it is to indicate to all that the spirit is not of man but of the Father. Each of you is of the Father. Each of you is waiting to be born. Nurture that within yourself. No matter that the environment may seem less than perfect. It surely cannot be more imperfect than a cold, cold stable, and a stall, and animals for companions. The realities are of the Father, my friends. 我們察覺到，在你們的歷史中，在關於被知曉為耶穌的實體的母親是被稱為一個處女的原因的方面，已經有很多的誤解了。你們必須意識到，它是要對所有人指出，靈體不是屬於人，而是屬於天父的。你們每一個人都是屬於天父的。你們每一個人都在等待著被生下來。撫育在你自己內在之中的事物。無論環境可能看起來似乎是怎樣較不完美的。它肯定無法比一個寒冷而冰冷的馬廄，一個牛棚，與動物為伴是更加不完美的。實相是屬於天父的，我的朋友們。

We greet you always in love and in light. Love moves in the darkness, and its energy brings forth the light. Each of you is formed in perfect love. Each of you shines with perfect light, my friends.

我們一直都在愛中並在光中向你們致意。愛在黑暗中移動，它的能量產生出光。你們每一個人都是在完美的愛中被形成的。你們每一個人都是帶著完美的光閃耀的，我的朋友們。

But there are many, many colors. How many colors can you think of? Perhaps the number is infinite, for there are shades and gradations within each color that go on and on. And each one is distinguishable from the next. And yet in reality, each is a part of the white light. So are you, my friends. And all that you

meet are other portions of the same light, formed in perfect love also. How hard it is to see the perfection of the Father in each person! For each person is a different shade, and some shades seem to clash with yours. But all are formed of white light. All are one with you, and you with them.

但是會有很多很多的色彩。你們能夠想到多少色彩呢？也許數量是無限的，因為在每一個色彩中都有不斷前進的明暗色調與漸變。每一個色彩都是與下一個色彩是可區分的。而實際上，每一個色彩都是白光的一部分。我的朋友們，你們也是如此。所有你們遇到的事物都是相同的光的其他的部分，同樣也是在完美的愛中被形成的。去看到在每一個人內在中的天父的完美，這是多麼困難呀！因為每一個人都是一個不同的色調，一些色調看起來似乎是與你的色彩是不調和的。但是，所有都是由白光形成的。所有都是與你是合一的，你與它們是合一的。

Why are you here? We may say, to find out why you are here. For the Creator Itself knows Itself, and the desire that caused you is a desire to realize selfhood. The Creator is waiting to be known as the Father. He waits within you, and can be found through meditation.

為什麼你們在這裏？我們可以說，去弄明白為什麼你們在這裏。為了造物者祂自己知曉祂自己，那個產生出你們的渴望是一個去領會自我屬性的渴望。造物者是等待著被知曉為天父的。祂在你們內在之中等待著，祂是能夠通過冥想被找到的。

Your patience, please. We are having some difficulty with this instrument.

請你們有耐心。我們正在與這個器皿遇到某種困難。

(Pause)

(暫停)

I am Hatonn. I will attempt to say one more thing through this instrument before I leave her. I am aware that there are questions. I would like to answer one of a more general type, and that is simply to say that there are within the Confederation of Planets in the Service of the infinite Creator many different types of entities. There are some, not many but some, who are actually of the same physical, as you would call it, plane of reality as you are. There are many more who are as we, in that we are able to assume the vibrations of your world and appear as, shall we say, physical objects. However, we are also able to adjust our vibrations to what you would call the astral plane of existence, so that we are moving within another continuum, and are invisible to you although very much with you. There are also many within the Confederation of Planets who are totally on this level, or on a higher level of vibration. Yet all of us are here with one hope only, and that is to be of service to you. There are many levels of vibration upon planet Earth, and in each of them there is the same confusion. We are helping on the physical, and others help within the worlds which interpenetrate the physical.

我是 *Hatonn*。我將在我離開這個器皿之前嘗試去通過她多說一個事情。我察覺到有問題。我想要回答一個具有一種更為一般性的類型的問題，那單純地就是說，在服務於無限造物者的星際聯邦中會有很多不同類型的實體。會有一些，不是很多，而是一些實體，實際上是屬於你們相同的物質性的，如你們對它的稱呼一樣，

實相的層面的。會有遠遠更多的實體是和我們一樣的，因為我們能夠採用屬於你們的世界的振動，並顯現為，容我們說，物質性的事物。然而，我們同樣能夠調節我們的振動到你們稱之為存在性的星光層面的事物上，這樣我們就在另一個連續體中移動，並對你們是不可見的了，儘管我們是非常多地與你們在一起的。在星際聯邦中同樣會有很多的實體是完全處於這個層次上，或者處於一個更高的振動的層次。而我們全體在這裏僅僅是帶有一個希望，那就是去對你們進行服務。在行星地球上會有很多振動的層次，在它們的每一個中，都會有相同的混淆。我們正在物質性的層次上進行幫助，其他人會在與物質性的層次相互貫穿的世界中進行幫助。

All are Earth. And were you not to be here in the physical, but by reason of what you call death have passed into one of the other planes, you would also be aware of our presence. Our presence, we genuinely hope, is of support and love. We come to tell you that there is no end to the Creator, as far as we know, and we have been somewhat further than you. We come to reach a hand out, for those before us have done it for us, and so we do it for you. 所有都層次都是地球。如果你們不是用物質性的方式在這裏，而是藉由你們稱之為死亡的事物的途徑已經進入到其他層次中的一個層次中了，你們同樣會察覺到我們的存在。我們的存在，我們真心地希望，是具有幫助與愛的。我們前來告訴你們，造物者是沒有終點的，就我們知曉的範圍，我們已經比你們多少有些更進一步了。我們已經向外伸出一隻手，因為那些在我們前面的實體已經為我們這樣做了，因此我們為你們這樣做。

And one more thing, my friends. We do this because, at the level of understanding which we have reached, we find we cannot progress further except by service to others. For within our universe, the law which is in your universe called the Golden Rule has become completely and totally obvious. So that what we give determines, immediately and completely, what we get. We cannot receive further knowledge unless we give freely of what we have now. Therefore, it is to our advantage, and for our progress, that we are here. 我的朋友們，還有一個事情。我們這樣做，因為，在我們已經取得的理解的層次上，我們發現，除了藉由服務他人之外，我們無法來更進一步地發展了。因為在我們的宇宙中，在我們的宇宙中被稱為黃金法則的法則已經是完全且徹底顯而易見的了。因此，我們給予的事物，直接地且完全地決定了，我們得到的事物。一直到我們自由地給予我們現在擁有的事物之前，我們都無法接收到更進一步的知曉。因此我們在這裏，這是我們的有利方面，是為了我們的發展的。

I would like to transfer, one last time, to another channel. I am Hatonn.
我想要轉移，最後一次，到另一個器皿。我是 *Hatonn*。

(B channeling)
(B傳訊)

I am Hatonn. I am now with this instrument. I will say but a few words through this instrument, and that is, my friends, that all that was created by the infinite Creator is what is known to you as love. Now, my friends, due to ties that you

have evolved upon your planet, this concept is seemingly sought by those of your planet. My friends, through living out your existence surrounded in love, you may say that you protect yourself from all that you do not wish to experience. For, my friends, there is nothing stronger than love. But, my friends, it is not something to hold onto. For, my friends, you do not evolve by holding on. We ask you to meditate daily. Surround yourself in this love. To all that you come in contact with. My friends, it is an existence that we have experienced for some time. And, my friends, I can honestly state that the happiness we experience cannot even be imagined by you. This is, as we said, your birthright.

我是 *Hatonn*。我現在與這個器皿在一起了。我將會僅僅通過這個器皿說一些話，那就是，我的朋友們，所有被無限造物者創造的事物都是你們知曉為愛的事物。現在，我的朋友們，由於你們已經在你們的星球上發展出的束縛，這個觀念看似被那些屬於你們的星球上的人尋求了。我的朋友們，通過在被包圍在愛的情況下活出你們的存在性，你們可以說，你保護你自己免於所有你並不希望體驗到的事物。因為，我的朋友們，沒有任何比愛更強有力的事物了。但是，我的朋友們，它不是某種要緊握不放的事物。因為，我的朋友們，你們並不是藉由緊握不放來演化的。我們請你們每日冥想。將你自己包圍在這種對所有你與之建立接觸的人的愛中。我的朋友們，它是一種我們已經體驗過一些時間的存在性。我的朋友們，我能夠真心地說，我們體驗到的快樂是無法甚至被你們想像到的。如我們說過的一樣，這是你們的天賦權利。

We wish to share this with you, and this is the message that we have for you this evening. It has been an extremely great honor to share in this meditation with you. I leave you in the love and the light of our infinite Creator. Adonai. 我們希望與你們分享這一點，這就是我們今晚已經給予你們的資訊。在冥想中與你們分享，這已經是一種極其巨大的榮耀了。我在我們的無限造物者的愛與光中離開你們。 *Adonai*。

December 21, 1975

1975-12-21 Hatonn : 牧羊人的同情心

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I am now with this instrument, and for a brief time I will speak using this instrument. We speak to you once again because there are things which we wish to say to you that do not apply to all those who are in the larger group. For always, my friends, there are various peoples at various levels of understanding. And we do not speak beyond the ears of those who hear, for that only breeds confusion.

我是 Hatonn。我現在與這個器皿在一起了，我將會使用這個器皿發言一小段時間。我們再一次對你們發言，因為會有一些我們希望對你們說的事情是不適用於在較大的團體中的所有人的。因為，我的朋友們，一直都會有各種各樣的人處於各種各樣的理解的層次上。我們不會在超出那些聽到的人的耳朵的範圍之外發言，因為那僅僅會產生出混淆。

To you we speak of shepherds. For truly, you may look upon your little world as being made up of those who need care, and those who may do the caring. We speak to you of the compassion of the shepherd. Where does the compassion come from? What will inspire you to the compassion of the shepherd with his sheep?

我們對於你們談及牧羊人。因為你們真的可以將你們的小小的世界視為是由那些需要照顧的實體，以及那些可以進行照顧的實體構成的。我們對你們談及牧羊人的同情心。同情心是來自於何處呢？什麼事物將會啟發你們取得牧羊人對他的羊的同情心呢？

We ask that you remember that the universe is not deadly serious, but rather is a universe of love and joy, of lightness and laughter. It is not necessary that you be so deadly serious that you insist upon absolute compassion within yourself. It is enough, my friends, if you accept a certain lighthearted desire to pretend, shall we say, to be somewhat similar to a compassionate shepherd. You are not attempting to fool the sheep into thinking you are compassionate. You are attempting to fool yourself, from a condition of illusion to a condition of reality. You know, my friends, you cannot bludgeon yourselves into this state of shepherd. Yet you must shepherd yourself, gently and coaxingly and with humor. You may act similarly to that which you would consider to be compassionate and slowly you will discover that you are not acting. But allow yourself that imperfection of ambition which is within the illusion. For you are learning, my friends.

我們請你們記住，宇宙不是死氣沉沉地嚴肅的，而毋寧是一個具有愛與喜悅，具有輕鬆與歡笑的宇宙。你並不需要成為如此死氣沉沉地嚴肅的，以至於你會堅持要求在你自己內在之中的絕對的同情心。我的朋友們，如果你接受了一定的輕鬆愉快的渴望，以假裝，容我們說，一個富有同情心的牧羊人是多少有些類似的，這就是足夠的了。你們不是在嘗試愚弄羊去認為你是富有同情心的。你是在嘗試

愚弄你自己，從一個幻象的條件移動到一個實相的條件。我的朋友們，你們知道，你們無法強迫你們自己進入到這種牧羊人的狀態。而你必須要，溫和地，巧妙引誘地，並帶著幽默照看你自己。你可以類似於你會考慮成為富有同情心的一樣地行動，慢慢地，你將會發現，你不是在行動。但是，允許你自己擁有那種在幻象中的雄心的不完美。我的朋友們，因為你們在學習。

What differentiates you from the sheep, then, who are also learning? There is a broad line that cannot be crossed by sheep, and that line is the desire to know. Sheep will be led, and if they are lost, they must be found. But the shepherds, my friends, have desire to know, in order that they may serve. This desire of yours, to know the Creator and to serve Him—this desire is all that you need to be upon the path of the shepherd. Follow it in joy and humor, for being deadly serious will cause you to stumble.

什麼事物將你們與羊區分開了呢，接下來，誰同樣在學習呢？會有一個寬闊的邊界是羊無法跨越的，那條邊界就是對知曉的渴望。羊將會被帶領，如果它們走丟了，它們必須要被找回來。但是，我的朋友們，牧羊人，擁有知曉的渴望，以便於它們可以服務。你們的這種渴望，對知曉造物者並為祂服務的渴望——這種渴望就是所有你們在牧羊人的道路上的事物了。在喜悅與幽默中跟隨它，因為成為死氣沉沉地嚴肅的將會使得你們絆倒。

I believe that the period of preparation for the one known as H is satisfactorily completed. And so I will transfer. I am Hatonn.

我相信被知曉為 *H* 的實體的做準備的時段是令人滿意地被完成了的。因此，我將會轉移。

(H channeling)

(*H* 傳訊)

I am Hatonn. I am once again with this instrument. We have had some difficulty, yet we shall continue through this instrument. As all are aware, we are presently within a time, or shall we say, a season, of your year, and this season is one of great expectations of great joy and love. The season we speak of is that of what you would call Christmas, the celebration of the birth of the infant Jesus. And of him we would wish to speak.

我是 *Hatonn*。我再一次與這個器皿在一起了。我已經遇到某種困難了，而我們將通過這個器皿繼續。如我們全都知曉的一樣，我們現在是在一個時間中，或者容我們所，在你們的一年中的一個季節中，這個季節是一個具有對巨大的喜悅與愛的巨大的期待的季節。我們談及的季節就是你們稱之為基督教的節日，對嬰兒耶穌的出生的慶祝。我們希望談及他。

Jesus, as you call him, was a being who resided upon the planet Earth for the purpose of demonstrating a proper, shall we say, way of living, a proper way of loving. My friends, this great teacher did not die for you. He demonstrated for you that there was in all actuality no death. For no matter how much they were able to torture him and maim his body, he was able to overcome his oppressors with love. And with that same love he was able to demonstrate to

all the great power contained within his love: the power over life and death, the power over nature.

耶穌，如你們對他的稱呼一樣，是一個為了示範一個適當的，容我們說，生活的方式，一種適當的愛的方式的目的而在行星地球上存在過的存有。我的朋友們，這個偉大的老師並不是為了你們而死的。他為你們示範了，實際上沒有死亡。因為無論它們能夠怎樣拷打他並殘害他的身體，他都能夠用愛勝過他的壓迫者。藉由同樣的愛，他能夠展現在他的愛中被包含著的所有的偉大的力量：超越生命與死亡的力量，超越大自然的力量。

My friends, you may have been taught that his death was necessitated in order to relieve us of our bondage and sins. In a concept such as this, there is also truth, for is not the realization of the power of love redemption? My friends, the answer is love. The realization of love is indeed your redemption. So in all actuality the physical death was not your redemption, for all beings have experienced this. But the awakening to the abilities and the power within the concept of love, indeed, was your salvation.

我的朋友們，你們可能已經被教導過，他的死亡是必須的，以便於讓我們解除我們的束縛與罪。在諸如這個觀念的一個觀念中，同樣也有真理，因為對愛的力量的實現難道不是救贖嗎？我的朋友們，答案是愛。對愛的實現確實是你們的救贖。因此，實際上物質性的死亡不是你們的救贖，因為所有的存有都已經體驗過這種死亡了。但是對在愛的觀念中的能力與力量的覺醒，確實是就是對你們的救助。

We of the Confederation of Planets state that we are the same dimensional existence as this great teacher. Yet we do not claim right to his accomplishments, for we must acknowledge that the great teacher known as Jesus was the one of the greatest teachers whom we have encountered, or whom you have encountered. And he is still present upon your planet, in the form of consciousness and residing over the spiritual vibrations which are channeled to the people of planet Earth. He is your assigned teacher, and we are his assigned helpers. This is our claim. Accept it if you will. We realize that this one point to many has been the one point of our information that was unacceptable or controversial, shall we say. But remember, my friends, the story we have told you of the love of the teacher Jesus: love, my friends, is what is important. With it, you may discern the truth. Know the love that you possess. Learn to understand this. And through the knowledge you shall find the capacity to channel the abilities contained within the love. At that time, my friends, once you have mastered the concept of love, my friends, once you understand this concept, then shall you not also be capable of achieving that which the great teacher Jesus demonstrated for us?

我們星際聯邦表明，我們是與這個偉大的老師處於維度的存在性的。而我們並未宣稱擁有他的成就，因為我們必須承認，被知曉為耶穌的偉大的老師是我們已經遇到過的，或者你們已經遇到過的最偉大的老師之一。他仍舊在們的星球上，在意識的形式中並居住在靈性的振動上，這種靈性的振動是被傳訊給行星地球的人群的。他是你們指定的老師，我們是他指定的幫手。這就是我們的資格。如果你們願意的話，接受它。我們意識到，這個要點對於很多人已經是我們的資訊的一個無法接受或者，容我們說，有爭議的要點了。但是，請回憶起，我的朋友們，

我們已經告訴過你們的關於老師耶穌的愛的故事：我的朋友們，愛就是重要的事情。藉由愛，你們可以分辨真理，知曉你們擁有的愛。學會去理解這種愛。通過知曉，你們將找到本領，以傳訊被包含在愛中的能力。在那個時候，我的朋友們，一旦你們已經掌握了愛的觀念，我的朋友們，一旦你們理解了這個觀念，接下來，你們難道不會同樣也能夠取得偉大的老師耶穌為我們示範過的事情了嗎？

This is the purpose, my friends. Love was the ingredient that caused, or shall we say, made able, these accomplishments. Not the being himself in physical form, but the love within the being. That love is also within you. It is within all things. Accept this, my friends: love is all. Love is omnipotent. Love is Jesus, and love is you. And all together, all of these loves combined, all of these beings combined, are the Creator. From the Creator we have come, and we are manifestations of His thoughts of love. His love being equal for all enables all to achieve the same. Each being shall achieve these great heights of awareness. Yet each being shall achieve them when they so choose. Think of this, my friends. Do not look upon yourself as an omnipotent ruler or teacher. Look upon all, all of the beings you have known or shall ever know, as being these teachers and rulers and overseers of the creation and its inhabitants.

我的朋友們，這就是目的。愛是產生出這些成就，或者，容我們說，使之成為可能的組成部分。不是成為在物質性的形式中的他自己，而是成為在存有中的愛。那種愛同樣也在你們內在之中。它在所有事物之中。我的朋友們，接受這一點：愛是全能的。愛是耶穌，愛是你們。所有事物在一起，所有這些愛混合起來，所有這些存有混合起來，就是造物者。我們已經來自於造物者，我們是對祂的愛的想法的顯化。祂的愛對所有事物都是同等的，這使得所有事物都能夠取得相同的愛。每一個存有都將會取得這些認識的偉大的高度。而每一個存有都將會在它們這樣選擇的時候取得它們。我的朋友們，思考這一點。不要將你自己視為是一個全能的統治者或者老師。將所有事物，所有你已經知曉，或者將會知曉的事物，都視為是造物與它的居住者的老師，管理者與照看者。

It has been a privilege to speak with you once again this evening. And in the spirit of the season, we thought that these concepts would be quite appropriate. And we wish to all a loving and a happy Christmas. Adonai vasu borragus.

在今晚再一次對你們發言已經是一種榮幸了。在這個季節的精神中，我們認為這些觀念會是相當合適的。我們希望全體都擁有一個有愛的，一個快樂的聖誕。
Adonai vasu borragus。

December 28, 1975

1975-12-28 Hatonn：歲末的平安訊息（R）

(Carla channeling)
(Carla 傳訊)

I am Hatonn. I am privileged to speak with this gathering, and I greet you in the love and the light of our infinite Creator. I am with you, and I bring you my peace.

我是 Hatonn。我今晚有幸對你們發言，我在我們的無限造物者的愛與光中向你們致意。我與你同在，我將我的平安帶給你們。

It is written in the words of your most recent master, the one known as Jesus: "Not as the world gives, give I unto you." And as I offer you my peace, may I say, this is so. It is not peace as the world would give, of which I speak, but a truer peace. I am a member of the Confederation of Planets in the Service of the Infinite Creator. I come across galaxies, countless, through a dimensionless gateway, and into your so-called reality, into your special place, into your universe, where you exist. My brothers and I come because you have called us. Because within this universe, the cry goes out from those who are in need, who wish to know reality.

在你們最近的大師，被知曉為耶穌的實體的言語中被寫道過，“我所賜給你們的，不像世界所賜的一樣。”當我向你們提供我的平安的時候，容我說，就是這樣子的。我們談及的平安，和這個世界會給的和平不一樣，而是一種更真實的平安。我是服務無限造物者的星際聯邦的一員。我越過數不盡的星系，通過無次元的大門，進入你們所謂的實相，進入到你們這個特別的地方，進入到你們存在於其中的宇宙。我的兄弟們和我來到這裏是因為你們已經呼喚了我們。因為在這個宇宙中，呼喚會從那些有需要的人，那些希望知曉實相的人那裏發出。

And there are always those who listen. Cries do not go forth unheard, in this infinite universe. And we have heard you, and have come. Others have heard you, and have come. Those of your planet who are able to give, are ready to give unto you, at the finer levels of your planetary sphere. And we from other spheres are here also. For we can tell you one way, a complementary way, another way: all paths are one. There are those who can listen to us who cannot listen to others who would tell you what we will tell you. And so we come, and others come, when those upon your planet call for help. For we are all brothers; all beings upon each level in the infinite Creation are all brothers.

一直都會有那些聆聽的實體。在這無垠的宇宙中，這些呼喊並未發出而沒有被聽到。我們已經聽見了你們，並已經來到這裏。其他實體已經聽到了你們，並已經來到這裏。在你們星球的精微層上的那些能夠給予幫助的實體，準備好對你們伸出援手。我們這些來自其他星球的實體同樣也在這裏了。因為我們能夠告訴你們一條道路，一條補充性的道路，另一條道路：所有道路都是一體的。有些人能夠聽得下我們的話，卻不能聽別人的話語，它們會告訴你們我們將會告訴你們的事情。因此，在那些在你們的星球上的人呼喚幫助的時候，我們來了，其他人來了

因為我們全都是兄弟，在無限造物者中的每一個層次上的所有的存有全都是兄弟。

There are several different topics upon which I will to speak this evening. But, my friends, I believe I desire first of all to speak to you of love. It is known to us that each of you desires to seek wisdom, to seek spirituality. Yet we would say to you at this time, please allow this search for knowledge to begin and end within your own experience. You are not seeking a substitute, a different reality in place of the present reality. You are seeking to know your own reality for the first time. You are even now, at this moment, dwelling in reality. It is truly written: Heaven is all about you. You are not seeking a far-away, long-distant kingdom. For the kingdom of Heaven is with you, within you, and about you. Your experience contains the kingdom that you seek.

今晚有幾個不同的主題是我願意對其發言的。但是，我的朋友們，我相信我首要地想要對你們談及愛。我們知道，你們每一個人都渴望尋求智慧，渴望尋求靈性。而我們在此刻對你們說，請允許這種對知曉的尋求開始並結束於你們自己的體驗中。你們不是在當前的實相的地方尋求的一個替代物，一個不同的實相。你們是在尋求去第一次知曉你們自己的實相。你們甚至現在，在此刻，就正居住在實相中。書中真的寫道過，“天堂就在你們周圍。”你們不是在尋求一個遠方的，距離遙遠的國度。因為天國是與你們在一起，在你們內在之中，在你們周圍的。你們的體驗包含了你們尋求的國度。

Let us again observe the teachings of the one known as Jesus. If you do these things to the least of these, my brethren, you do them unto me. The kingdom is all about you, and the Creator is within the face that is across from you, on the street, and in your house. Each stranger, each friend, and each enemy is the Creator. Know ye not that all men are brothers? You seek love, you seek to know the Father, and yet the Father is in each face that you see.

讓我們再次觀察被知曉為耶穌的實體的教導。“凡你們對我這些最小兄弟中的一個所做的，就是對我做的。”天國就在你周圍，造物者就在你在大街上，在你的房子中碰到的人的臉龐之中。每一個陌生人，每一個朋友，每一個敵人都是造物者。難道你不知道所有人都是兄弟嗎？你尋求愛，你尋求知曉天父，然而天父就在你所看見的每一張臉孔之中。

My brothers, look at each other, and, for the first time, truly see the very best within each other. Within the one known as Jesus was a sight which was of love. Those who were about him could be described in rather unfavorable terms. Those whom he loved could be described as harlots, tax-collectors, publicans, beggars; there were many sick and crippled. And in no case did the one known as Jesus see them as anything but the Father, the Father who was directly before him on the physical plane. He looked with love. He saw the possibilities within each of his “fallen” friends. To the sinner, he said, “This day, you will be with me in paradise.” My friends, these things are familiar to you, and so I use this channel, and this mode of discussion, as a good example. There are other masters, and they have showed this Creator-within in other words. But we believe that it is through this example that you will most easily

understand what we are saying to you. We look at you, and we see the light, we see the perfection, and it is our delight to be in communication with you. 我的兄弟們，看看彼此，生平第一次，真正地看到彼此裏內最棒的地方。在被知曉為耶穌的實體的內在之中有個視野，屬於愛的視野。那些圍繞在他周圍的人能夠用相當不討人喜歡的詞語被描述。那些他所愛的人能夠被描述為娼妓 (harlots)，稅吏，收稅官，乞丐；會有許多的許多生病的人，殘疾的人。但被知曉為耶穌的實體在任何情況下都未曾將每一個人視為是除了天父之外的任何事物，天父是在物質性的層面上直接就在他的面前的。他以愛的眼光看世界，他看到每一個“墮落”朋友裏內的可能性。對著罪犯，他說，“今天，你將與我同在樂園 (paradise)。” 我的朋友們，這些都是你們熟悉的事情，所以我們使用這個管道，這種討論的模式作為一個優秀的例子。有其他大師，他們已經用其他的話語展現內在的造物者了。但我們相信透過這個例子，你們將會最容易理解我們要對你們說的話。我們注視著你們，我們看到光，我們看到完美，與你們通訊是我們的喜悅。

It is very possible for you to become one with this vibration. And, my friends, this vibration of love, this vibration of compassion will transform your life into that of the Kingdom of Heaven. It is a matter of balancing between two opposite attitudes in your seeking. There are two dangers, and we [say] this with a sense of humor, for the dangers are not real. It is the balancing between them that causes your progress. These two dangers, my friends, are pride and humility. Woe be unto the man who begins to feel that it is his love that is setting those about him on the path of light, that [it] is his compassion that is such a light to others. Woe be unto this man, for the love of the personality is limited. It will run out, and in its wake will come much sadness. 你們都很有可能這個振動合一。我的朋友們，這種愛的振動，這種同情心的振動將你的生命轉變成為屬於天國的生命。它是一個對在你的尋求中的兩種相反的態度之間的平衡的問題。會有兩個危險，我們是帶幽默感這樣說的，因為危險不是真實的。就是在這兩者之間的平衡會使你們發展。我的朋友們，這兩個危險是驕傲與卑下。如果有人開始覺得，是他的愛讓他周圍的人保持在光的道路，是他 的同情心成為了對其他人的這樣一種光，這樣的人有禍了！這個人有禍了，因為人格的愛是有限的。它將會耗盡，當他醒悟到這點的時候，將會十分悲傷。

Woe also to the person who says, "I am unworthy. In my humility I must admit I cannot be a fit channel for the love of the Creator. Do not expect me to keep trying the impossible, for I am not worthy, and I cannot do this."

如果有人說，“我是不值得的，在我的卑下中，我必須承認我不能夠成為一個適當的管道來傳遞造物者的愛。不要期望我一直嘗試不可能的事情，因為我是不值得的，我無法做到這個事情，”這個人同樣是有禍的。

In neither case, my friends, have you quite hit the balance. And if you find yourself in either the pride or the humility, balance between confidence and the knowledge of your own imperfections as a personality. You see, both of these things are true, and neither of them matter. You are a channel through which the Creator may express Himself. The Creator is love, and His expression is love. When you see someone, to your outer eye, he may be

nothing but, shall we say, a very common-looking or even unpleasant piece of stone. A large rock, awkward and peculiarly colored. Yet to the eye within, the eye of love, this rock will be the shape which the master may carve from the rock so that it becomes a beautiful statue, a statue with beautiful lines and coloration, with all the potential of that piece of rock set free in beauty of line. People are both their raw materials and the possibility of perfection. It is the Creator Who causes these possibilities to become manifest in the physical world.

我的朋友們，在這兩種情形的任何一種中，你們都打破了平衡了。如果你發現自己處於驕傲或卑下的任何一個情況，請在信心與對你自己作為一個人格的不完美之間找到平衡。你們看，這兩個事情同時都是真實的，它們中任何一個都不是重要的。你是一個管道，透過你，造物者得以表達祂自己。造物者是愛，祂的表達也是愛。當你看到某個人的時候，在你的外部的眼睛看來他可能除了是一塊平常或難看的石頭之外什麼都不是，一塊形狀笨拙，有著奇怪顏色的石頭。然而對於內在的眼睛，愛的眼睛，這個石頭將是大師可以石頭雕刻出來的形狀，這樣它可以成為一個美麗的雕像，一個有著美妙的線條與顏色，帶有所有那塊石頭在美麗的線條中被釋放出來的潛能的雕像。人同時既是它們的原始材料，又具有完美的可能性。造物者使這些可能性彰顯在這個物理世界上。

~~You cannot do it—of course not. You can only say to the Creator, “Please, live this moment for me. Allow my eyes to shine with your light.”~~

你是無法做到這一點的——當然做不到。你只能對造物者說，“請為我活出此刻，允許我的眼睛閃耀著禱的光輝。”

It is to the outer eye a very dark world. Darkness is all about you. My friends, within the darkness, there is light. If you wish to allow it to shine forth, it can never be denied. The light may not light up all of the darkness, but where you are, it will be light, if you allow it to be so. Picture your eyes as windows, and make sure the shades are up, so that the light may shine through. The shades are made of prejudice, judgment, petty feelings and negativity of all kinds. Your personality has been given to you so that you may work these things out. Again and again, you will find yourself pulling the shades down. Always it is the precise moment of now that is important. If you have been in error, simply choose at this moment to release that error, and let the shades up, and let the light shine through. What has happened in the past is completely done with.

對於肉眼而言，這是個十分黑暗的世界。黑暗就在你們周圍。我的朋友們，在黑暗中，會有光。如果你們允許它照耀的話，它絕不會被否認的。這種光可以照亮

黑所有的黑暗，但是它將會在你們所在之處閃耀。想像你們的眼睛好比窗戶，確信當窗簾是拉開了的時候，這樣，光就可以閃耀通過窗戶了。這些窗簾是由偏見，評判，瑣屑的感覺，以及所有類型的負面性所構成的。你被賦予人格，好讓你可以解決這些事情。但一次又一次地你會發現你自己將窗簾拉下關上了。就是當下的這一刻，一直都是重要的。如果你曾犯錯，只要選擇此刻釋放那個錯誤，將窗簾升起來，讓光穿透。過去已經發生了的事情就是完全結束了的。

We are having a slight amount of trouble contacting the one known as H, and we will pause at this time for a period of conditioning. I will leave this

instrument. I am Hatonn.

我在接觸被知曉為 H 的實體的時候正在遇到少量的麻煩，我們在此刻暫停來進行一段調節的時間。我將離開這個器皿。我是 Hatonn。

(H channeling)
(H 傳訊)

I am Hatonn. I extend my greetings once more in the love and light of our infinite Creator. My friends, before time began, as you might say, you chose to embark upon a journey, and upon this journey you were to have a great number of experiences. These experiences may be interpreted as life experiences. Throughout countless dimensions of existence, you have and shall continue to travel. The purpose for your journey is to learn and develop your abilities as creators within this universe. You were aware of your abilities, yet for some reason you felt the need to experience those things which you may create and learn the value of your creations and also learn of the things which you would avoid. For my friends, with your thoughts you create. And if you are not aware of the effect of your creation upon the entire creation around you, then you may mistakenly create experiences which are not desirable. So as you travel, you should be aware of your abilities. Yet you should be aware of the imperfection you have chosen to accept within certain experiences. My friends, within each experience you must and shall abide by guidelines presented as laws to you through the love of your Creator.

我是 Hatonn。我再一次在我們的無限造物者的愛與光中致以我們的致意。我的朋友們，在時間開始之前，如你們可能說的一樣，你們就選擇踏上了一條旅程了，在這條旅程上，你們是打算要擁有大量的體驗的。這些體驗可以被解釋為生命體驗。穿越數不清的存在性的維度，你們已經旅行並將會繼續旅行。你們的旅程的目的是在這個宇宙中去學習並發展你們作為造物者的能力。你們是瞭解你們的能力的，而因為某種原因，你們感覺到需要體驗這些你們可以創造的事情，並學習你們的創造物的價值，同樣也學習那些你們會避免的事情的價值。因為，我的朋友們，你們是藉由你們的想法來創造的。如果你們並未察覺到你們創造對在你們周圍的整個造物的作用，接下來，你們就可能錯誤地創造出不理想的體驗。因此，當你們旅行的時候，你們應該察覺到你們的能力。而你們應該察覺到你們已經在一定的體驗中選擇去接受的不完美。我的朋友們，在每一個體驗中，你們都必要並應該遵守通過你們造物者的愛作為律法向你們呈現出來的準則。

You may ask why we are speaking of this journey, and we say that we speak of your journey and of ours, for at the present time we are aware that we are truly upon this journey, and we are aware that this journey shall at one time come to its destination, and we are aware that this destination is the point from which the journey began. It is a circle which you travel, a circle of infinity, of infinite experience, and one which, if properly used, shall not have to be repeated. For you shall journey upon many circles of experience, and each shall be a stepping-stone in the progression of your awareness of the reality of the oneness of the universe.

你們可以詢問，為什麼我們談及這條旅程，我們說，我們談及你們的旅程和我們

的旅程，因為在此刻我們察覺到，我們真的是走在這條旅程上的，我們察覺到，這條旅程將會在一個時刻抵達它的目的地，我們察覺到這個目的地就是旅程開始的位置。它是一個你們旅行的圓，一個無限的圓，無限體驗的圓，一個，如果適當地被利用，將不必被重複的圓。因為你們將會在很多的體驗的週期上旅程，每一個體驗週期都將會在你對宇宙一體性的實相的認識的發展中的一塊踏腳石。

Yet be aware, my friends, there shall be the passage of no-time; between the beginning of your journey and the end there shall be no passing of time. For in all reality, there exist no variants such as you know as time. Is it possible to measure infinity, or to separate it in equal portions? We say this is not true. Time is but a part of your present experience. The concept of time is alien to your true identity and experience. Upon the journey which you travel there are times in which you experience feelings that you are not progressing. You become overanxious for enlightenment. You feel that you have slipped in your progression. All of these feelings, these emotions, are concepts within time. My friends, in due "time" you shall realize that each of us has already begun and completed his journey. We have gone nowhere. We have done nothing. Yet we have gone to all places, and we have done all things. Yet no time has elapsed.

而我的朋友們，請知曉將不會有時間的流逝，在你的旅程的開始和結束之間，將不會有時間的流逝。因為，在所有的實相中，並不存在諸如你們知曉為時間的變量。難道有可能去度量無限，或者將它分成同等的部分嗎？我們認為這不是真實的。時間僅僅是你當前體驗的一部分。時間的觀念與你們真實的一體性與體驗是相異的。在你們旅行的人生旅程上，會有一些時候你們會感覺你們沒有在進步。你們對於覺醒過於焦慮了。你們覺得你們已經錯過了一些進步的機會。所有這些感覺，情緒都是時間內的概念。在合適的“時間”，你將會領悟我們每一個人都已經開始並完成了他的旅程。我們哪兒也沒去，我們什麼也沒做。然而我們已經去過了所有地方，我們已經完成了所有事情，而時間一秒也沒有過去。

Do not become concerned with your progression. My friends, your spiritual progression is as natural to your being as breathing is to your body. It may seem that some progress more swiftly than others. Yet once you have arrived, you shall truly become aware of the presence within the love and light of our infinite Creator, of all beings. Do not separate any portion of this creation. Do not place yourself above or below any being within this creation. We travel together, and together we shall realize where we have been and what we have done. Leave yourself open, remain receptive for the love of the Creator, and be not concerned with factors of time. Be aware that the desire that you have to receive the love and the knowledge of the love of the Creator is all that is needed.

不要擔心你的進度，我的朋友。你的靈性進度對你的存有就如同你的呼吸對你的身體的一樣地是自然而然。雖然看起來有些人進步得比較快，然而一旦你們到達目的地，你們將真正地覺察到無限造物者的愛與光存在於所有事物之內。不要將造物的任何一部分分開。不要將你自己置於在這個造物者中的任何存有之上或之下。我們都一起旅行，我們將一起意識到我們已經去過的地方以及我們已經做過的事。敞開你自己，對造物者的愛保持接納性，不用擔心時間的因素。所有被需

要的事情，就是察覺到你擁有的去接收造物者的愛與知曉的渴望。

Nothing else, my friends. Nothing else within this universe is worthy of desire.
Desire only love, for it is all things.

我的朋友們，沒有任何其他事情。在這個宇宙中再沒有任何其他的事情是值得渴望的。只要渴望愛，因為它即是一切。

I shall once again transfer this communication. I am Hatonn.

我將再一次轉移這個通訊。我是 Hatonn。

(Carla channeling)
(Carla 傳訊)

I am again with this instrument. We are conditioning this instrument rather extensively for it is sometimes necessary to indicate to certain instruments that we are actually the source of these messages, and even the more experienced instruments sometimes need this assurance.

我再一次與這個器皿在一起了。我們正在相當大地調節這個器皿，因為有時候需要對一定的器皿指出，我們實際上是這些資訊的源頭，甚至是較為有經驗的器皿有時候都需要這種協助。

I would like all of you now to go with me to a field in which the odors of flowers are heavy in the air. We ask you to relax now. Stand with your feet on the springy, soft green grass. Feel the warm sun beaming down upon you, upon your shoulders, your head. Listen, my friends, to the music of creation. Feel the love and the light in its physical incarnations within the creation of your universe. We ask that you meditate. If you listen to us ever, you will hear us ask this. Within meditation, you may find the key that will open the door. No matter how many times we tell you this, it will never be enough. Meditate and listen; the love will be beating against your ears. And look; the light will be flooding your inner eyes, and touching you in many, many ways. If you will only listen and see and understand, within.

我希望你們現在跟著我一起來到一片田野中，在田野中空氣中有著濃厚的花香。我們請你們現在放鬆下來。將你們的雙腳踩在這片柔軟有彈性的綠草上，感覺溫暖的陽光照在你的肩上，你的頭上。我的朋友們，傾聽造物的音樂。感覺在你們

的宇宙中，在愛與光的物質性的顯化中的愛與光。我們請求你們冥想。如果你們不斷聆聽我們，你們將會聽到我們在這樣請求。在冥想中 你可以發現開啟大門的鑰匙。無論我們告訴你們這一點多少次，它都將會是永遠是不夠的。冥想並聆聽；你的耳朵將聽到愛的節奏，觀察，光將潮水般湧入你內在的眼睛，並用許許多多的方式碰觸你。只要你願意在內在之中傾聽，觀看並理解。

As I leave, my brother Laitos will pass among you. He will give you his energy and the vibration which we call the conditioning wave. We ask that if you desire it, you simply sit in silence and make yourselves receptive.

在我離開的時候，我的兄弟 Laitos 將會在你們當中通過。他將會給予你們他的能量與我們會稱之為調節波的振動。我們請求，如果你們渴望它，你們單純地坐在

靜默中，並讓你們自己成為接受性的。

My brothers and sisters, I leave you in love and in everlasting light. I am the one known as Hatonn. Adonai vasu borragus.

我的兄弟姐妹們，我在愛與永恆的光中離開你們。我是被知曉為 Hatonn 的實體。

Adonai vasu borragus 。

January 4, 1976

1976-01-04 Hatonn : 新年與週期

(B channeling)

(B 傳訊)

(Inaudible)

(聽不見)

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I am now with this instrument. And again I greet you in the love and the light of the infinite Creator. Is it not so, my friends, that both illusion and reality, to the extent of our understanding, are made up of cycles, so that what you call the cycle of your world is rooted in meaning. The cycle of numbers is echoed in the natural cycle of the creation of the Father. And the ingredients of this cycle are what you call love and light. At what is known as the New Year the future is just coming to be and the past is dead. And at this time, as you would call it, you are able even within the illusion to see that this is so. You see, my friends, it does not matter how deep into the illusion you may go, the pathway always follows directly back to the Creator. Even though the days and the dates and what you call holidays are truly a creation of man, yet they lead directly back to the creation of the Father, to the very essence of life and death that makes up the cycle of this progression.

我是 Hatonn。我現在與這個器皿在一起了。再一次，我在無限造物者的愛與光中向你們致意。幻象和實相，就我們理解的程度，都是由週期構成的，這樣你們稱之為你們的世界的週期的事物就是紮根在意義之中了的，我的朋友們，難道不是這樣子的嗎？數位的週期是在天父的造物的自然的週期中產生出回聲的。這個週期的組成成分就是我們稱之為愛與光的事物。在被知曉為新年的時刻，未來是僅僅正在出現，過去在死去。在此刻，如你們稱呼它的一樣，你們甚至在幻象中都能夠看到，就是如此。我的朋友們，你們看，你們可能多麼深入地進入到幻象中，這並不重要，道路一直都會直接返回造物者。日子，日期以及你們稱之為假日的事物，真的是一個屬於人的造物，而它們會直接向回導向天父的造物，導向構成了這個發展的週期的生命與死亡的核心實質。

The infinite we (inaudible) is wrought of these cycles. Treasure therefore the lesson of this New Year. And know that, eternally and for each moment, your past shall be dead, your future shall lie aborning before you. There is, eternally, both the night that has passed and the day that is to come; the sunset and the sunrise.

我們(聽不見)的無限就是由這些週期製成的。因此，珍惜這個新年的課程。請知曉，永恆地，且對於每一刻，你們的過去都將會死去，你們的未來將會在你們前面誕生出來。永恆地會同時有已經過去的黑夜和即將到來的白天，同時會有日落與日出。

And what, my friends, does this mean to you? How can this understanding lead to a richer experience for you within this illusion? My friends, the secret within the illusion is reality. The entire challenge of your life, as you know it, is to comprehend the reality which the illusion is wrapped around. As you act out your part within the illusion, you are acting out a path which leads directly to the truth. And if you understand your pathways you have arrived at an instantaneous understanding. This is not separate from your life, but at the very core. We ask that you meditate so that you may remain in contact with the reality that lies at the center of this illusion. which you call physical life.

我的朋友們，這對你們意味著什麼呢？這種理解如何才能導向一種在這個幻象中對於你是更為豐富的理解呢？我的朋友們，在幻象中的秘密是實相。你們的生命的全部的挑戰，如你們知曉它的一樣，是去領會那個幻象是包圍在其周圍的實相。當你在幻象中扮演你的角色的時候，你是在表演一條直接導向真理的道路。如果你理解你的道路，你就已經抵達了一種瞬間的理解了。這種理解不是與你的生命分開的，而是處於最核心處的。我們請你們冥想，這樣你們那就能夠與存在於這個你們稱之為物質性生命的幻象的中心處的實相保持接觸了。

Yet it is so easy not to pay attention. It does not seem that the cycle will end, and that death as you know it will succeed life as you know it. It does not seem that you will be called to account, not for the illusion but for that mysterious center of reality that you have been nurturing all your physical life. Yet, my friends, this is so. There will come a day when the old year of your physical life will expire, and the New Year of your life within spirit will succeed it. And upon that day, the past shall be dead, and the future will be aborning.

而不去留心，這是如此容易的。看起來似乎週期將不會結束後，死亡，如你們對它的知曉一樣，將會勝過生命，如你們對生命的知曉一樣。看起來似乎你們將不會被呼喚去，不為幻象負責任，而為實相的神秘的中心負責任，你們一直都在用那個實相撫育你們所有的物質性的生命。而我的朋友們，就是如此。將會有一個日子出現，在那時，你們的物質性的生命的舊的年份將會死去，你們在靈性中的生命的新的年份將會勝過它。在那個日子，過去將會死去，未來將會誕生出來。

It does not happen, in all cases, when it is expected. At each moment, allow your energy to penetrate to the center of your world, so that you live not only the drama of illusion but the reality at the center. And what is this reality, my friends? Love. Love within all, and all within love. "The least of these, my brethren, is the same as I," said the master known to you as Jesus. Reality for you, my friends, lies within each meeting. Even the least of those has been born in love and if you can realize this love within him, you have given him the reality within his center. Such service as this is what links you to your center; is what keeps you within reality. The consciousness of love will continue forever. Your consciousness of love will be your spiritual personality for eternity. Within this consciousness, the cycles of life and death are merely periods which seem as meaningless as the ticking noise of a clock seems in a year.

在所有的情況中，當它是預料到時候，它就不會發生了。在每一刻，允許你們的能量刺穿到你們的世界的中心，這樣你們就不僅僅活出了幻象的戲劇，同樣也活出了在中心處的實相。我的朋友們，這個實相是什麼呢？愛，愛在萬物之中，萬

物在愛之中。被你們知曉為耶穌的大師說過，“我的兄弟中的最小的兄弟，是和我一樣的。”我的朋友們，對於你們，實相是存在于每一個集會之中的。甚至是那些兄弟中最小的兄弟，都是已經在愛中被誕生出來的，如果你能夠在他內在之中意識到這種愛，你就已經給予他在他的中心中的那個實相了。愛的意識將會永遠地繼續。你的愛的意識將會永遠是你靈性的人格。在這種意識中，生命的週期和死亡僅僅是時期，它們和在一年中的一個時鐘的滴答的雜訊一樣看起來似乎是無意義的。

Within the consciousness of the physical illusion, life and death are weighty and serious matters, and shocking even to discuss. Within the consciousness of love, all is one and there is nothing to fear. And no one to resist. All that you see is love. We say this to some of you especially who are anointed with the ability, yet who have not used this ability on all occasions. We say this because, as your ears are opened, and your hearts unstopped, my friends, it is well that you are all (inaudible).

在物質性幻象的意識中，生命和死亡是沉重而嚴肅的問題，甚至要討論都是令人毛骨悚然的。在愛的意識中，萬物一體，沒有要去害怕的事情。沒有要去抵抗的人。所有你看到的事物都是愛。我們尤其對你們中的一些被上天賦予了這種能力，而尚未在所有的情況中都使用這種能力的人這樣說。我們這樣說，因為，當你們的耳朵被打開，且你們的心被開放了的時候，我的朋友們，你們全都是（聽不見），這是很好的。

It is a simple matter to love those you may dislike. It only needs meditation. Know, my brothers, that within the center of your being, love abides. 它是一個去愛那些你可能不喜歡的人的簡單的事情。它僅僅需要冥想。我的兄弟，請知曉，在你的存有的中心中，愛是存在著的。

I would like to remove myself from this instrument for a time so that a brother may speak. I will return. I am Hatonn. 我想要讓我自己離開這個器皿一會兒，這樣一個兄弟就可以發言了。我將會返回。我是 *Hatonn*。

I am Laitos. I greet you in the love and light of our infinite Creator. It is my very great privilege to be with you, and I cannot express my enjoyment of this moment. I would like to attempt to exercise some instruments who have not been used to being within a larger group. Therefore, I will attempt to say only very little through each of them. However, we are very delighted that we can begin to exercise these instruments, as instruments who wish to deliver our messages are most gratefully received. I will attempt to transfer to the one known as W. If he will relax, I will say a few words through him. I am Laitos.

我是 *Laitos*。我在我們的無限造物者的愛與光中向你們致意。與你們在一起是我非常巨大的榮幸，我無法表達我們這一刻的快樂。我想要嘗試訓練一些尚未習慣與處於一個較大的團體中的器皿。因此，我將會嘗試通過它們中的每一個僅僅說非常少的話。然而，我們非常高興，我們能夠開始訓練這些器皿，因為希望去傳遞我們的資訊的器皿都是極其感激地被接受的。我將嘗試去轉移到被知曉為 *W* 的實體。如果他將會放鬆，我將會通過他說一些話。我是 *Laitos*。

(W channeling)

(W傳訊)

I am Laitos.

我是 *Laitos*。

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. We are delighted to have been in contact with the one known as W. We wish to assure him that the experience of channeling will become easier and easier as he becomes used to this service. I will attempt now to contact the one known as N. I am Laitos.

我再一次與這個器皿在一起了。我們很高興已經接觸了被知曉為 *W* 的實體。我們希望對它確認，傳訊的體驗將會隨著他習慣於這種服務而變得越來越容易。我將會現在嘗試去接觸被知曉為 *N* 的實體。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. We ask the one known as N to refrain from analysis. It is not necessary that this be done as our communications will occur only if they are repeated without an attempt to analyze them. I will again attempt to contact the one known as N. I am Laitos.

我再一次與這個器皿在一起了。我請求被知曉為 *N* 的實體避免分析。分析並不需要被進行，因為我們的溝通交流僅僅是在它們是被重複而沒有一種去分析它們的嘗試的時候才將會發生的。我將再一次接觸被知曉為 *N* 的實體。我是 *Laitos*。

(N channeling)

(*N*傳訊)

I am Laitos. I ...

我是 *Laitos*。我.....

(Carla channeling)

(*Carla*傳訊)

I am Laitos. I am again with this instrument. My brothers and sisters, it is my privilege always to work with those who wish to become instruments, and we thank those older and newer instruments for their desire to serve. We can only say to you that this service will be desired by those whom you will meet in the future. And it is the will of the Creator that you are doing. We are not

absolute founts of the truth, for we are as you, brothers and sisters. Yet our desires are truly of the Creator. And that which we give you is of that vibration. I am with you all, and at any time that you wish, the vibration of conditioning will be available. I say to you, my friends, meditate. I leave you in the love and the light of the One Who is All. I am Laitos.

我是 *Laitos*。我再一次與這個器皿在一起了。我的兄弟姐妹們，與那些希望成為器皿的實體一同工作，這一直都是我的榮幸，我們為它們對服務的渴望而感謝那些較老與較新的器皿。我們僅僅對你們說，這個服務將會被那些你們在未來將要遇到的人所渴望。你們正在執行的是造物者的意志。我們並不是真理的絕對的源泉，因為，我們和你們一樣，是兄弟姐妹。而我們的渴望真正地是屬於造物者的。我們給予你們的事物是具有那種振動的。我與你們全體在一起，在任何你們希望的時候，調節性的振動都將會是可供利用的。我的朋友們，我對你們說，冥想。我在太一的愛與光中離開你們，太一就是全體。我是 *Laitos*。

I am Hatonn. I am again with this instrument. I would like to answer questions and I would answer the one which is within the mind of this instrument first. The one known as S requests some information from us. It is in love and light that we send our thoughts to her.

我是 *Hatonn*。我再一次與這個器皿在一起了。我想要回答問題，我會回答首先回答在這個器皿頭腦中的問題。被知曉為 S 的實體從我們那裏請求了一些資訊。就是在愛與光中，我們對她送出我們的想法。

My sister, it is well known to you that planetary forces are such that it is not proper that we attempt to mold your experience within this sphere. Nevertheless, we may send to you various thoughts regarding your thought-patterns at this time. My sister, there is within you that which is to come alive. Within your mind is that which is dead. We are referring to the intellect. The intellect can be a useful tool in dealing with this illusion. Yet it is a destructive and damaging tool when used to work with emotions or spirit. That which is to come alive within you is of the spirit. There is no deadness within your spirit. There is no limit to your sense soul. There is no shape or form which you can contain your abilities within. You, my sister, (inaudible). We ask that you unfetter your spirit, and let it soar, unhindered. It cannot go too far. For the distance is (inaudible) for the creation is one, and one thing only, and where can your spirit go except the creation? Trust your deeper soul. Trust your spirit. And do not attempt to contain it within intellectual rigidity.

我的姐妹，你們清楚地知道，星球的力量就是如此，以至於我們嘗試去塑造你在這個星球中的體驗，這並不是合適的。雖然如此，我們可以在你們你在此刻的思想模式的方面對你送出各種各樣的想。我的姐妹，在你內在之中會有活生生的事物，在你的心智中會有無生命的事物。我們指的是智力。智力在與這個幻象打交道的時候是一個有用處的工具。而當被用來與情緒或者靈性工作的時候，它是毀滅性與破壞性的。在你內在之中的活的事物是屬於靈性的事物。在你們的靈性中沒有死的東西。對你感知的靈魂是沒有限制的。沒有形狀或者形式是你能夠將你的能力包含在內的。我的姐妹，你（聽不見）。我們請你釋放你的靈性，讓它不受妨礙地翱翔。它無法到太遠的地方去的。因為距離是（聽不見），因為造物是一體的，僅僅是一個事物，你們的靈性除了造物還能去哪里呢？相信你更為深

入的靈魂。相信你的靈性。不要嘗試去將它包含在智力的僵硬之中。

We have been most happy to have accompanied you in each of your journeys, the physical ones, the mental ones, and most of all, my sister, those of the spirit. This we do for you and for all who are our brothers and sisters in desire and seeking. It is a privilege to be with you. You must know that we have attempted again and again to speak these words to you. We know that you will recognize as something already heard that which we say. Trust also your ability to understand our messages unspoken. We ask that, if you have further questions, to ask directly and only after this asking, to work through a channel. Our goal, my sister, as with all our contacts, is to be independently able to aid you.

我們已經極其高興已經能夠在你每一場旅程中陪伴你了，物質性的旅程，心智的旅程，最重要的是，我的姐妹，那些屬於靈性的旅程。我們為你這樣做，為所有在渴望與尋求中的我們的兄弟姐妹這樣做。與你在一起是一種榮幸。你必須知曉，我們已經一次又一次嘗試對你說那些話語了。我們知道，你將會認出某些事情是已經聽到過我們說的事情了。同樣也信任你去理解我們未被說出來的資訊的能力。我們請求，如果你擁有更進一步的問題，請直接詢問並僅僅在這個詢問之後，通過一個管道工作。我的姐妹，我們的目標，如同我們所有的接觸一樣，是能夠獨自由地幫助你。

Are there other questions?

有其他的問題嗎？

Questioner: I want to channel and yet I didn't get a contact tonight. Why can't I be contacted like N and W? 提問者：我想要傳訊，而我今晚並未得到一個接觸。為什麼我無法和 N 與 W 一樣被接觸呢？

I say that there is only one requirement for that service of channeling as you call it, and that is desire. My brother, there is a requirement which must be fulfilled before the desire may be mirrored in manifestation. This requirement is a disciplined mind. Some are of nature given a clear mind. Others engage within their intellects in what you call analytical thought to an extent that causes them to find it difficult to clear their minds. It is not necessary to perfectly clear your mind, or shall we say, to perfectly meditate, in order to receive our messages. However, it is much easier for our conditioning to affect the consciousness of one who has been able to, to a reasonable degree, clear his mind. The difficulty with your attempts to channel at this point, my brother, is that within your daily existence, your habits of mind are such that tend to attack each problem with analytical or intellectual examination. This approach does not yield immediately to the techniques of meditation. However, desire will produce that which you desire. Seek and ye shall find. Continue with your meditations and that which you seek will come.

對於傳訊的服務，如你們對它的稱呼一樣，僅僅只有一個要求，那就是渴望。我的兄弟，在渴望可以在顯化中被映射出來之前，有一個要求是必須要被滿足的。

這個要求就是一個受過訓練的心智。一些人天生就具有一種清晰的頭腦。其他人會在它們的智力中加入你們稱之為分析性的想法的事物，到了一種會使得它們發現很難清空它們的頭腦的程度。為了要接收我們的資訊，並不需要完全清空你的頭腦，或者容我們說，完美地冥想。然而，如果一個人已經能夠，在一個合理的程度上，清空他的頭腦，我們的調節作用要對它的意識產生作用會是更加容易的。你在這個位置去傳訊的嘗試的困難，我的兄弟，是在你的日常存在性中，你的心智的習慣就是如此，以至於它傾向於用分析或者智力的檢查來攻擊每一個問題。這種途徑並不會立刻就屈服於冥想的技巧。然而，渴望將會產生出你渴望的事物。尋求，你將會找到。繼續你的冥想，你尋求的事物將會出現。

Have you further questions?

你有一個更進一步的問題嗎？

Questioner: I hear a sound wave. Could you tell me what it is?

提問者：我聽到一個聲波。你們能夠告訴我它是什麼嗎？

Sound wave? Are you referring to that which you hear during meditation?

聲波？你指的是你在冥想期間聽到的事物嗎？

Questioner: Yes.

提問者：是的。

There are various reasons for various people hearing certain tones. In your case, my brother, you are receiving from the interior of your physical being a vibration which is an indication of interface between physical and higher worlds. If you will examine your physical being at the time that you are aware of this sounds by closing your ears with your hands, you will find that the sound is within you. This is only one of the sounds which can occur. Others may hear others. Are there other questions?

各種各樣的人聽到一定的音調，會有各種各樣的原因。在你的情況中，我的兄弟，你正在從你的物質性存有的內部接收一種振動，它是對在物質性的世界與更高的世界之間的交流的一個跡象。如果你願意在你察覺到這個聲音的時候藉由用你的手蒙住你的耳朵來檢查你的物質性存有，你將會發現那個聲音是在你內在之中的。這僅僅是能夠出現的聲音中的一個聲音。其他人可能聽到其他聲音。有其他問題嗎？

Questioner: Are you aware of the UFO abduction in Snowflake, Arizona? Was that you?

提問者：你們知道在亞利桑那州的 *Snowflake* 的 *UFO* 綁架事件嗎？那是你們嗎？

We are very aware of it. We have a campaign, my friends. It is a campaign to alert and awaken those within the physical at this time who wish to seek the truth, and need something to start them following in the direction of the truth. For many years we have been within your skies, and various of our peoples have appeared in various ways as a kind of advertising, as you would say. The time has come when this campaign may be increased. There are within your

peoples more and more a desire, more indication of other realities than the physical. We are (inaudible). We would like to land and walk among your peoples, and if one day a majority of the peoples desire our presence, we will indeed do this. At this time, we are simply able to make a more, shall we say, intriguing contact than previously. We are not saying, my friends, that all of the sightings are of the Confederation. This is not so. Neither was the vessel which was sighted a totally Confederation vessel. However, it was working in cooperation with us for a specific purpose. We wish you well. And it is a great gladness to us that we are more and more able to appear not as, shall we say, gods but as fellow travelers.

我們非常瞭解它。我的朋友們，我們進行一場運動 (*campaign*)。它是一個去警醒並喚醒在物質性的世界中的那些在此刻希望尋求真理，並需要某種事物來讓它們開始跟隨真理的方向的人的運動。在很多年的時間中，我們都已經在你們的天空中了，我們的各種各樣的人已經用各種各樣的方式出現過，作為一種類型的廣告，如你們稱呼它們的一樣。這個運動可以被增加的時間已經到了。在你們的人群中有越來越多的一種渴望，就會有更多的對除了物質性的實相之外的其他的實相的跡象了。我們是 (聽不見)。我們想要登陸並在你們的人群中行走，如果有一天絕大多數人渴望我們的存在的話，我們將會這樣做。在此刻，我們單純地能夠進行一種比之前更為，容我們說，引發興趣的接觸。我們不是說，我的朋友們，所有的目擊事件都是屬於星際聯邦的。不是這樣的。兩次被目擊的飛船沒有任何一個是一個完全的星際聯邦的飛船。然而，它是為了一個具體的目的而與我們合作一同工作的。我們希望你們好。我們越來越能夠不作為神，而是作為夥伴的旅行者而出現，這對於我們是一種巨大的快樂。

Is there a further question?

有一個更進一步的問題嗎？

M: The sighting that I had when I was a little boy—was that your ship, your representative I saw?

M：當我是一個小男孩的時候，我經歷過的一次目擊——那是你們的飛船嗎，我看到的是你們的代表嗎？

Yes.

是的。

M: Was there a reason that I couldn't see the man, and then I saw him later by myself?

M：我無法看到人，接下來，我在以後靠我自己看到他了，這是有一個原因的嗎？

I am having difficulty with this instrument. One moment.

我與這個器皿正在遇到困難。等一會兒。

(Pause)

(暫停)

We wanted that you be isolated when you became fully aware intellectually of

our presence. We wished that the experience be of a singular nature, for it was intended that there would be an effect upon you that would cause you to remember and act upon this sighting. There was within this meeting light which was not given to the others. Many events have occurred in a following manner from this incident which was, shall we say, intended to occur. And within you is a knowledge which we were privileged to exchange with you and not others. Each person has a vibration, from eternity to eternity. At any given moment, each person vibrates in an individual manner. Therefore, as we vibrate in our individual manners, from dimension to dimension, there are some who, with their higher vibrations, may see us. We are able to appear to some, or to others, by adjusting our rate of vibration. This is, as we say, done usually for a purpose. That purpose being to alert individuals who are ready to receive this stimulus.

當你在智力上充分知曉我們的存在的時候，我們想要你成為被隔離開的。我們希望，體驗是具有一種單一的屬性的，因為被打算好的事情是，一種在你身上的作用會使得你回憶起這次目擊事件，並根據其而行動。在這次相遇中有光被給予了其他人了。很多的事件已經用一種後續的方式由於這個，容我們說，被打算好要發生的事件而發生了。在你內在之中會有一種知曉是我們有幸與你而不與其他人進行交換的。從永恆到永恆，每一個人都擁有一種振動。在任何給定的時刻，每一個人都用一種個人的方式振動。因此，當我們用我們個體的方式進行振動的時候，會有一些人了，藉由它們更高的振動，可以看到我們。我們能夠藉由調節我們的振動而對某些人，或者對其他人出現。如我們說的一樣，這通常是為了一個目的而被進行的。那個目的就是去警醒那些準備好接收這種刺激作用的個體。

Does that satisfy you?

那讓你滿意嗎？

M: Yes.

M：是的。

Are there any more questions?

有任何更多的問題嗎？

(Pause)

(暫停)

Within the darkness of the universe lies a tiny spark. And if you look at it steadily, it grows, and grows, and becomes a flaming sphere, and finally it totally engulfs you. And so in meditation, know the infinity behind your closed eyes. Find that spark of pure love, and then let it expand until it has totality.

在宇宙的黑暗中存在有一個微小的火花。如果你們穩定地看著它，它就會生長，生長，並成為一個燃燒的球體，最終它完全吞沒了我們。在冥想中就是這樣，知曉你閉上的眼睛後面的無限。找到那個純淨的愛的火花，接下來，讓它拓展，一直到它擁有完整性為止。

(Tape ends.)

(磁帶結束。)

January 11, 1976

1976-01-11 Hatonn : 人類的愛與愛的法則

(H channeling)

(H傳訊)

I am Hatonn. Greetings, my friends, in the love and in the light of our infinite Creator. It is our purpose this evening to speak with you through this instrument, for we wish to share with you our thoughts. Our thoughts are many, yet all are expressed in one concept, and that concept is of love. It is, we feel, our knowledge that your existence and the existence of all things have emanated from the concept of love. Whatever your impression of what we call the Creator, we see no other way to envision the action of our existence, other than through the love which was given that created us.

我是 Hatonn。我的朋友們，在我們的無限造物者的愛與光中致意。通過這個器皿對你們發言就是我們今晚的目的，因為我們希望與你們分享我們的想法。我們的想法是數量很多的，而所有都是通過一個觀念被表達的，那個觀念就是愛的觀念。我們感覺到，我們對你們的存在性以及對所有事物的存在性的知曉都是已經源自於愛的觀念的。無論你們對我們稱之為造物者的事物的印象是什麼，除了通過被給予我們的，創造了我們的愛之外，我們看不到其他的方式來構想我們的存在性的行動。

We claim to be members of a confederation of planets yet we feel that there can be no justification of this claim, for, my friends, a confederation means a drawing together of units to form a body, and in truth, my friends, there are no units. There is only the existence of one thing, and this one thing that exists cannot be separated.

我們宣稱是一個星際聯邦的成員，而我們感覺到，對這個聲明是不會有正當的理由的，因為，我的朋友們，一個聯邦意味著將各個單元聚集在一起以形成一個整體，而實際上，我的朋友們，沒有單元。僅僅只有一個事物的存在性，這一個存在的事物是無法被分隔開的。

This is very difficult for the human intellect to comprehend. We describe ourselves as a confederation of planets because it is the closest thing which your language barrier would permit us to use to describe our situation. My friends, in our experience we have found that the use of the intellect, though it is necessary for your existence upon the plane which you have chosen, it is of little use in the comprehension of infinite truth. My friends, in order to know and understand the meaning of what we say, we once again must stress the need for meditation. For within your period of silences you are open to the creative thought within your own being that is in truth the Creator's love, and the Creator Himself. All truth is known to you, only you have forgotten how to tap the memory.

這對於人類的智力是非常難以領會的。我們將我們自己描述為一個星際聯邦，因為它是你們的語言障礙允許我們用來描述我們的情況的最接近的事情。我的朋友們，在我們的體驗中，我們已經發現，對智力的使用，儘管它對於你們在你們已

經選擇了層面上的存在性是需要，它在對無限真理的領會中是幾乎沒有用處的。我的朋友們，為了要知曉並理解我們說的事情的意義，我們再一次必須要強調對冥想的需要。因為在你們的靜默的時期中，你們是對著在你們自己的存有內在之中的創造性的想法開放的，那個創造性的想法實際上就是造物者的愛，是造物者祂自己。所有真理都是為你們所知曉的，你們僅僅已經忘記了如何去利用記憶。

My friends, in your moment of silence, day after day, you shall suddenly, at one time, realize that the effort was well worth it. Yet when we say suddenly, in our terms, you cannot expect great revelations of truth within days or months, but one day you will realize that you have become more aware and are beginning to understand.

我的朋友們，在你們靜默的時刻中，日復一日地，你們將會突然間，在一個時刻，意識到努力是完全值得的。而當我們說突然的時候，用我們的措辭，我們無法期待在許多天或者許多個月之後的對真理的巨大的揭露，但是有一天，你們將會意識到，你們已經變得更加有察覺，並正在開始理解了。

All of the people upon your planet are searching for the answer to their existence. All of the people upon your planet are anxious to know the truth. The truth is pure and simple: you are the truth, and within you it lies.

在你們的星球上的所有人都在尋求對它們的存在性的答案。在你們的星球上的所有人都渴望去知曉真理。真理是純淨而簡單的：你們就是真理，它存在於你們內在之中。

I shall transfer this contact. I am Hatonn.

我將轉移這個接觸。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am now with this instrument, and again I greet you. When we say, my friends, that the truth lies within you, we say that which is most easily misunderstood by your peoples. And indeed, when the master known as Jesus said, "Thou shalt love thy neighbor as thyself," this truth also is most often misunderstood by your peoples. It has most often been understood to mean that we must love each other's good points and bad points, as you call them, within this physical illusion. That we must love each other's failures as well as successes. That the truth lies within the illusion.

我現在與這個器皿在一起了，我再一次向你們致意。當我們說，我的朋友們，真理存在於你們內在之中的時候，我們說，那就是最為容易被你們的人群誤解的事情。確實，當被知曉為耶穌的大師說，“你們要愛鄰人，如同愛你們自己一樣，”的時候，這個真理同樣極其經常被你們的人群誤解了。它已經極其經常被誤解為意味著，我們必須愛相互彼此在這個物質性幻象中的優點與缺點，如你們對它們的稱呼一樣。我們必須愛相互彼此的失敗，同樣也愛成功。真理是存在於幻象中的。

We do not wish to indicate that the truth which lies within you has a thing to do with your outer covering, shall we say, of deeds and actions. Nor did the master known as Jesus mean to indicate that you must love the outer wrappings of others. What we are suggesting, and what the master was suggesting, is that you penetrate the illusion, penetrate the wrapping of deeds and misdeeds, and discover within that illusion the reality of the Creator, the reality of love. Within you lies the truth. Within you lies love. Within each fellow man lies the same truth.

我們並不希望表明，存在於你們內在之中的真理是與你們的行為與行動的，容我們說，外部的偽裝是有關係的。被知曉為耶穌的大師也不是打算要表明，你們必須要愛其他人的外包裝。我們正在建議的是，大師正在建議的是，你們刺穿幻象，刺穿善行與惡行的包裝，並在那個幻象中發現造物者的實相，愛的實相。在你們內在之中存在有真理。在你們內在之中存在有愛。在每一個夥伴之中都存在有相同的真理。

My brothers, to love another, as we mean it, is to love that within them which is one with that which is within you. To love yourself is not to love the outer wrapping of personality, but to honor and hallow that divinity that you are, which is at your very center. It is not possible to love your neighbor or yourself from a human level. You may have felt that you had failed if you had not loved completely, yet it is the law of the physical Illusion that a "love" will be bound by the law of good and evil. Therefore, there will be successes and failures. Love will not abide within the physical illusion. It cannot. Laws are to be followed, and the law of good and evil, of action and reaction, is unbreakable within the physical illusion.

我的兄弟們，去愛另一個人，我們對它的意思是，去愛在他們中那個與在你們內在之中是一體的事物。去愛你自己不是去人格的外部的包裝，而是去榮耀你之所是的神性，並將其視為神聖的，它是在你的最中心處的。你不可能從一個人類的層次上去愛你的兄弟或者你自己。你可能已經感覺到，如果你尚未完全地愛，你們已經失敗了，而這就是物質性幻象的法則，一種“愛”將會受制於善與惡的法則。因此，將會有成功與失敗。愛將不會存在於物質性的幻象中。它無法存在於其中。法則是要被遵循的，善與惡的法則，行動與反應的法則，在物質性的幻象中是無法打破的。

There is a higher law, my friends, the law of love. Not the human love; that will fail. But the love which you will find at the center of your created being. My friends, you cannot try to love. Only let go of your feelings, and release them completely into the care of the love that created you. It is not expected that, at the human level, you will be able to love as the Creator desires. It is only as those who open to the center of their being that the love within flows through in the physical being, and out into the physical illusion. You may release this from within you just as a person may, on a very dark night, raise all the window shades in his house, so that the light within may pour out onto the world around him. The light within you, my friends, shines brightly. Whether you know it or not, whether you feel it or not, you have such power within you, my friends. You have such beauty of soul, such love, that it is indescribable. Be

it known unto you, however, that love abides within each of you. And the power of this love is total.

我的朋友，有一個更高的法則，愛的法則。不是人類的愛，那將會失敗。你們將會找到的愛是在你們的被創造的存有的中心處的。我的朋友們，你們無法嘗試去愛。僅僅釋放你們的感覺，完全將它們釋放進入到那種創造了你們的愛的照料中。你們將會在人類的層次上，能夠去如同造物者一樣地去愛，這並不是被期待的事情。僅僅是在那些向著它們的存有的中心開放的人去愛的時候，在內在之中的愛才會流經物質性存有，並流出進入到物質性的幻象中。你們可以從你們內在之中釋放這種愛，就好像一個人，可以在一個非常黑暗的晚上，拉開在他的房屋中的所有窗簾，這樣內在之中的光就可以向外流出，流到在他周圍的世界中了。我的朋友們，在你們內在之中的光，是明亮地閃耀的。無論你們是否知道它，無論你們是否感覺到它，你們在你們內在之中擁有如此大的力量，我的朋友們。你們擁有如此美麗的靈魂，如此的愛，以至於它是無法描述的。無論它是否為你們所知識，無論如何，愛都是存在於你們每一個人內在之中的。這種愛的力量是完全的。

Have you been operating on this power, or have you been attempting to live out an illusion using the illusion's terms? Why do you think, my friends, that you are here? Have you not come to the conclusion that you are here to find something out that is obviously shown to be the reality about you? In there any question in your minds but that the routine of your daily life does not express that which you know to be the truth? My friends, let your seeking cease its restlessness. Turn within. In opening yourself to your own center of truth, you open yourself to the infinity of that which it is your birthright to know. That which you need will come to you, if you begin to seek it in a correct manner. The correct manner, my friends, is to know that the truth is within, and then to turn within and ask that that which you need to know be shown to you. Perhaps, my friends, you will find truths directly in meditations. Perhaps the truths will occur in your daily life in unexpected ways. Whatever you need, if you are seeking it from the Creator, the Creator will provide. Seek and ye shall find. This is the truth that we state over and over to you. Seek the truth. Seek in meditation.

你們一直都在這種力量上運轉嗎，或者你們一直在嘗試去通過使用幻象的方式來活出一個幻象嗎？我的朋友們，為什麼你們認為，你們是在這裏的？你們尚未得出結論，你們是在這裏以找出某種被明顯地顯示出是關於你們的實相的事物嗎？在你們的心智中有任何問題，在其中你們的日常生活的常規並未表達你們知曉是真理的事物嗎？我的朋友們，讓你們的尋求停止它的坐立不安。轉向內在之中。在讓你自己向著你自己的真理的中心開放的過程中，你讓你自己向著去知曉就是你的天賦權利的無限性開放。你需要的事物將會來到你的身邊，如果你開始用一種正確的方式尋求它。我的朋友們，正確的方式，就是去知曉，真理是在內在之中的，接下來，轉向內在之中並請求你們需要知曉的事物對你們被顯現出來。我的朋友們，也許你們將會直接在冥想中找到真理。也許真理將會用未曾預料到的方式在你們的日常生活中出現。無論你們需要什麼，如果你們是在從造物者尋求它，造物者將會提供。尋求，你們將會找到。這就是我們一次又一次對你們陳述的真理。尋求真理。在冥想中尋求。

I would like to leave this instrument so that my brother Laitos might speak. I

am Hatonn.

我想要離開這個器皿，這樣我的兄弟 *Laitos* 就可以發言了。我是 *Hatonn*。

(H channeling)

(*H*傳訊)

I am Hatonn. My friends, I wish only to add that it is our purpose to give our thoughts and our services to those who would request them. If it be against your will, we shall be aware of your will, and we shall acknowledge your right to express and receive your desire. Ask and you shall receive. This is a law which we may not violate. In the love and the light of our infinite Creator, I shall leave you. I am Hatonn. Adonai vasu borragus.

我是 *Hatonn*。我的朋友們，我僅僅希望補充，我們的目的就是對那些會請求我們的想法和我們的服務的人給予我們的想法與服務。如果它是未被你們的意志的，我們將會知曉你們的意志，我們將承認你們去表達並接收你們的渴望的權利。請求，你們將會接收到。這就是一個我們不可能違背的法則。在我們的無限造物者的愛與光中，我將會離開你們。我是 *Hatonn*。 *Adonai vasu borragus*。

(Carla asks if there were any questions, because she still feels a presence. S has been grieving because of her mother's extreme difficulties and asks about the possible reason for her mother suffering so greatly.)

(*Carla* 詢問是否有任何問題，因為她仍舊感覺到一種存在。 *S* 一直都在因為她的母親的極大的困難而悲傷，並詢問她的母親如此大地受苦的有可能的原因。)

(H channeling)

(*H*傳訊)

I am Hatonn. I have chosen to speak through this instrument due to lack of familiarity. One moment, please, while I condition the instrument.

我是 *Hatonn*。我由於缺少熟悉而已經選擇去通過這個器皿發言了。請在我調節這個器皿的時候等一會兒。

My friends, to all present we must say that within your present existences you experience a varied number of emotions. For those whom you are closest to, the emotions are as if there are no separations between the two. You speak of suffering and it be not yours, yet are you not indeed suffering? Your suffering, my friend, is not of a physical nature. It is one of spirit, the spirit of your being within you. Caring not of your emotions, it is expressing love for the one whom you love. The circumstance is unavoidable. Yet the lesson is one which is very valid. You must learn, my friends, the reality of unity. What appears to you upon this plane to be the suffering of a loved one is only a projection of your existence and your love. Though it appears to be suffering, it is only an infinite expression of love within this infinite creation, which to the intellect is incomprehensible. My friends, the more you suffer, the more you allow your emotions to believe it is suffering. The longer you deny the lesson—you do not suffer. Your spirit is expressing love.

我的朋友們，對於所有在場的人，我們都必須說，在你們的當前的存在性中，你們體驗到可變數量的情緒。對於那些你們與之最為親近的人，情緒就好像是，在兩個人之間沒有分離一樣。你談及了受苦，它不是你的受苦，而你難道不是確實在受苦嗎？你的受苦，我的朋友，不是一種物質屬性的。它是一種靈性上的受苦在你內在之中的你的存有的靈性。不要擔心的情緒，它是在表達對你愛的實體的愛的。情況是無可避免的。而課程是非常有效的課程。你們必須學習，我的朋友們，統一性的實相。在這個層面上對你們顯示為一個心愛的人的受苦的事物，僅僅是你們的存在性與你們的愛的一個投射。儘管它在表明上是受苦，它僅僅是對在無限造物中的愛的一種無限的表達，這種表達對於智力是無法領會的。我的朋友們，你們受苦越多，你們就會越多地允許你們的情緒相信它是受苦，你們就會越長時間否認課程——課程即，你們沒有受苦，你們的靈性是在表達愛。

Is this adequate?

這是足夠的嗎？

S: Yes.

S：是的。

Be there any other questions?

有任何問題嗎？

Questioner: Is it possible to just ride out the waves of living, not worrying or hassling about everyday problems? Can we count on the Creator to that extent? Should we?

提問者：提問者：有可能僅僅經受住生活的風浪，而不擔心每一天的問題或者為之而爭吵嗎？

My friends, we have taught you that your existence is one of your own projection of consciousness, guided by laws of the Creator. In order to abide by His law, it is only necessary to lend your existence through meditation to the Creator. Your so-called hassles may or may not disappear, and certainly your ability to care shall increase. But if it is your belief that you are guided by the consciousness of the Creator, and if you make yourself available for guidance, your experiences are those which are of benefit to you. What you need to learn, the Creator can foresee. Abide by His guidance; accept His will. And then you shall become aware that there is no real need for apprehension, for you are on a path of enlightenment and truth, and in order to achieve your goal, you must undergo a process of learning which is sometimes, within the physical plane, very difficult.

我的朋友們，我們已經教導過你們，你們的存在性是你們能自己的意識的一個投射，它是被造物者的律法所指引的。為了遵守這個律法，僅僅需要通過冥想將你們的存在性借予造物者。你們所謂的口角可能或者可能不會消失，你們去關心的能力肯定將會增加。但是，如果你的信念是，你是被造物者的意識所指引的，如果你讓你自己可以為那種指引所取得，你的體驗就會是那些對你有益處的體驗了。你需要學習的事情，造物者是能夠預見的。遵守祂的指引，接受祂的意志。接下來，你們將會察覺到，真的沒有擔憂的需要，因為你是在一條覺醒與真理的

道路上的，為了取得你的目標，你必須經歷一個學習的過程，這個過程，在是無形的層面上，有時候是非常困難的。

Are there any other questions?

有任何問題嗎？

Questioner: I would like to know what comment you could make about the advantages or disadvantages of chanting prior to meditation. Also any comments about another group to which I belong.

提問者：我想要知曉，你們能夠在關於在冥想前的吟誦的利弊的方面做出什麼評論。同樣還有關於另一個我屬於的團體的任何的評論。

It is very difficult through these type of contacts to relay through the instrument specific names such as your organization. But we would speak on this. There are advantages to anything that you do which you truly feel is aiding your spiritual progression. Many people use many methods of rendering themselves open to the Creator. The form of chanting uses, or shall we say incorporates, sound waves which in turn create within your physical body vibrations which enhance your progression into meditation. Also, it is a very good substitute for what is known as a mantram. Yet we must stress that there is no one most beneficial means of achieving states of meditation. For each and every individual, there is a different manner of achieving this state.

要通過這些類型的接觸來通過器皿傳送諸如你們的團體之類的具體的名字，這是非常困難的。但是我們會談及這一點。任何你們做的，你們真正感覺到是幫助你們的靈性發展的事情都是有益處的。很多人使用很多的方法來讓它們自己對造物者開放。吟誦的形式使用了，或者容我們說，整合了，聲音的波動，它們相應地會在你們的物質性身體中創造出會增強你們進入到冥想的進程的振動。同樣，它是一個對被知曉為咒語的事物的非常好的替代物。而我們必須強調，沒有一種最為有益處的取得冥想狀態的途徑。對於每一個個體，都會有一種不同的取得這種方式的狀態。

Upon organizations, we must say their purposes are of a positive nature; their recognition of themselves as being organizations deny the truth of unity they teach. This may sound harsh, but it is the truth.

在團體的方面，我們必須說，它們的目的是具有一種正面屬性的，它們對它們自己識別為否認了它們教導的統一性的真理的機構了。這可能聽起來似乎是嚴厲的，但是它是真相。

Are there any more questions?

有任何更多的問題嗎？

(Pause)

(暫停)

It has been my privilege to answer questions. Once again I leave you in the love and light of our infinite Creator. I am Hatonn.

回答問題已經是我的榮幸了。再一次，我在我們的無限造物者的愛與光中離開你們。我是 *Hatonn*。

January 11, 1976

1976-01-11 Hatonn : 受苦與道路

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I greet you in the love and the light of the infinite Creator. I am with you, as always. I have little to add through this instrument on the subject of suffering. The very word in your language indicates how real the illusion is to you. And indeed, this is as it should be. If the illusion were not "real," you would not learn from it. It would not be an effective catalyst and you would not progress sufficiently under its stimulus.

我是 Hatonn。我在無限造物者的愛與光中向你們致意。我一如既往與你們在一起。我在關於受苦的主題上幾乎沒有要通過這個器皿補充的內容。在你們的語言中恰恰就是這個詞語表明了，幻象對於你們是多麼真實。確實，這就是它應該是的樣子。如果幻象不是“真實”的，你們就不會從它學習了。它就不會是一種有效的催化劑，你就不會在它的刺激作用下有效地發展了。

That which seems to be suffering is precisely as valuable as a lesson problem is in school. You learn the lesson in order that you may pass the test. There are easy tests, and there are hard tests. If one is able to pass a harder test, one advances more quickly, perhaps to the next grade, instead of to the next semester within the same grade.

看起來似乎是受苦的事物，準確地說，是和在學校中的一個課程的問題一樣有價值的。你們學習課程，以便於你們可以通過考試。會有容易的考試，會有困難的考試。如果一個人能夠通過一個更難一些的考試，它就會更快地前進，也許前往下一個年級，而不是前往在相同的年級的下一個學期。

There are many of those upon your planet at this time who have elected to utilize this particular physical experience in order to obtain the greatest possible lesson, to take the greatest possible test and advance the greatest possible amount. These people have chosen their tests. These people chose to advance rapidly, within a path that is totally made of love. Within the illusion, it may seem that there is suffering. This suffering is a valuable gift. It is burning away the dross, that the gold may appear.

在你們的星球上在此刻會有很多人已經選擇去利用這個特定的物質性的存在性，以便於取得有可能最大的課程，進行有可能最大的考試，並實現有可能最大的數量的前進。這些人已經選擇了它們的考試了。這些人選擇去，在一條完全由愛構成的道路上，快速前進了。在幻象中，看起來可能似乎會有受苦。這種受苦是一種有價值的禮物。它在將雜質燒掉，這樣金子就可以出現了。

We have spoken earlier tonight, my sister, on the necessity of penetrating the apparent quality of the illusion, in order to perceive reality. Penetrate to the center of this illusion, which you call suffering, and know that in love a perfect being is seeking its path.

我們今晚早些時候，已經對為了要感知實相，去刺穿幻象的表面的屬性的需要發言過了，刺穿到這個幻象的中心，即你們所稱的苦難，並知曉，在愛中，一個完美的存有在尋求它的道路。

Each entity will suffer. Each entity will proceed on its path. For each entity there will be dark nights—and then, the dawn! Do not admire those who seem not to suffer, for it is truly written that the last shall be first, and the first, last. There is one whom you know who is physically, shall we say, abased; this ultimately will cause her exaltation.

每一個實體都將會受苦。每一個實體都將會在它的道路上前進。對於每一個實體，都將會有黑夜——接下來，破曉！不要崇拜那些看起來似乎並沒有受苦的人，因為書中已經真的這樣寫道過，最後的將成為最先的，最先的將成為最後的。一個你們知道在物質性的方面，容我們說，是卑微的人，這個人將最終最終產生出她的提升。

Do not dwell within the illusion, my sister. The intellect cannot deal with the reality within it. Seek only to know the Creator. Do you not know, my sister, that all is love?

不要居住在幻象中，我的姐妹。智力無法與在它內在之中的實相打交道。僅僅尋求去知曉造物者。我的姐妹，難道你不知道，一切都是愛嗎？

S: Yes.

S：是的。

We would like to ask you whether you have in fact received this answer from us previous to this channeling?

我們想要詢問你，是否你實際上在這個傳訊之前就已經從我們接收到這個答案了？

S: Yes.

S：是的。

My sister, we ask that you be more confident, for you are receiving the knowledge that we have to offer you. It is simply that you are not fond of words, and neither are we. Therefore, we do not find it possible to contact you through words. We accept and are very grateful to deal with channels in speaking with you, and you never need to hesitate to ask for a channeled message. Yet we wish you to know, in those instances when it may not be immediately possible for us to talk to you through a vocal channel, that you are receiving our messages

我的姐妹，我們請你變得更有信心，因為你正在接收到我們所要提供給你的知曉。它單純地是你並不喜歡言語，我們也不喜歡。因此，我們發現不可能通過言語來接觸你。我們接受並非常感激在對你說話的過程中與管道打交道，你永遠都不需要去遲疑請求一個被傳訊的資訊。而我們希望你知曉，在那些情況中，當我們不可能立刻通過一個語音管道對你說話的時候，你正在接受大我們的資訊。

There are no sure things, my sister. You cannot put your faith in any outside appearance, even our voice through a channel. Depend primarily upon that which you perceive.

我的姐妹，沒有確信的事情。你無法將你的信心放在任何外在的表像上，甚至是我們通過一個管道的聲音。主要依賴於你們感覺到的事物。

We have a desire to speak briefly of your own abilities at this time. You have had considerable self-doubt due to the influence of your physical environment and your emotional influences. By which we mean that the illusion produces difficulties which test one's ability to feel confidence in one's protection. Within the illusion, there is good and evil; what you call Christ, and what you call anti-Christ. Yet within the Creator, all is one. When there is seemingly, in your intelligence, a negativity or a possible negativity, we ask that you not attempt to outwardly discern, or intellectually discover, its negativity or positivity. Rather, immediately go within, until you find the Creator. Within the Creator, my sister, all is one, and there is no knowledge of separation of any sort that can possibly harm you. Nor can you harm anyone. No harm can come to you; no harm can go from you. Unity! Unity! All is love. The world around you is an illusion. All is love. Throughout all eternity, your spirit is safe and secure—for these things are without meaning within unity.

我們在此刻擁有一種渴望去簡短地談體驗你自己的能力。你已經由於你的物質環境的影響以及你的情緒的影響而擁有了可觀的自我懷疑了。我們這樣說的意思是，幻象會產生出困難，困難會考驗一個人去對它的保護感覺到有信心。在幻象中，會有善與惡，你們稱之為基督的事物，你們稱之為反基督的事物。而在造物者中，萬物一體。當在你的智力中會有看起來似乎是一種負面性，或者一個有可能是負面性的事物的時候，我們請你們不要嘗試去向外進行分辨，或者用智力的方式去探索，它的負面性或者正面性。毋寧是，立刻進入到內在之中，一直到你找到造物者為止。我的姐妹，在造物者之中，萬物是一體的。你們既不可能傷害任何人，也沒有人能夠傷害你，沒有傷害能夠從你發出。統一！統一！一切都是愛。在你周圍的世界是一個幻象。一切都是愛。貫穿所有的永恆，你的靈性的安全而穩固的——因為這些事情在統一中是沒有意義的。

I cannot express to you my sympathy and understanding of what you are experiencing. For each soul, my sister, there is a great solitude. One soul is on one path. And no one or no thing can keep that soul company on that path. For each entity is the Creator, is primary, and must teach itself what it already knows. Sometimes, my sister, in this loneliness, we have bad dreams. We are not speaking of literal dreams; we are speaking of times when a shadow seems to be over our lives. We are not free of these upon the plane from which I speak. Yes, we have advanced, yet we do not know all. We are alone in our way, as we speak of unity, yet we have loneliness when we are not able to totally live this understanding. These moments grow fewer and fewer as you continue to seek. It is a matter of being in reality instead of the illusion. When the shadow falls across you, my sister, know it for an illusion. If you must speak aloud to remind yourself, you may say, "All is love." And you will feel reality flow within you at that moment.

我們無法對你表達我對於你正在體驗到的事情的同情與理解。對於每一個靈魂，我的姐妹，都會有一種巨大的孤單。一個靈魂是在一條道路上的。沒有人，或者沒有事物能夠在那些道路上一直陪伴那個靈魂。因為每一個實體都是造物者，它主要且必須教導它自己它已經知曉的事情。有時候，我的姐妹，在這種孤單之中，我們會作噩夢。我們不是在談及字面上的噩夢，我們是在談及那些一個陰影看起來似乎遮蔽了我們的生命的時刻。我們在我們從其上進行發言的層面上並未免於這些時刻。是的，我們已經前進了，而我們並不知曉一切。我們用我們的方式是孤單的，在我們無法完全活出這種理解的時候。隨著你繼續尋求，這些時刻會逐漸變得越來越少。它是一個處於實相中而不是處於幻象中的問題。如果你必須要大聲對你自己說話，以提醒你自己，你可以說，“一切都是愛。”你將會在那個時刻感覺到實相在你內在之中流動。

Your brothers and sisters are with you. Have you any more questions?

你的兄弟和姐妹是與你在一起的。你有更多問題嗎？

(Pause)

(暫停)

We send you our love and our light. We will leave this instrument, my sister, for now, but we are always with you. We leave you only in leaving this instrument's vocal vibrations. Adonai.

我們對你送出我們的愛和我們的光。我們將暫時離開這個器皿，我的姐妹，但是我們一直都是與你在一起的。我們僅僅是在離開這個器皿的發聲的振動的意義上離開你。Adonai。

January 18, 1976

1976-01-18 Hatonn : 愛是犧牲

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. His presence is within all of you. You are listening to the one known as Hatonn, but in reality, you are listening to love. You are listening to the Creator. For all that you hear is the voice of the Creator.

我是 Hatonn。我的朋友們，我在我們的無限造物者的愛與光中向你們致意。他的存在是在你們所有人內在之中的。你們正在聆聽被知曉為 Hatonn 的實體，但是，實際上，你們正在聆聽愛。你們正在聆聽造物者。因為，所有你們聽到的事物，都是造物者的聲音。

My friends, I have been speaking with you through concept within silence. We were having no difficulty with this channel, yet we desired that you have some silence to reach a level where we could communicate with you in the silence. And we are privileged to have accomplished this.

我的朋友們，我一直都在靜默中通過觀念對你們說話。我們與這個器皿並沒有遇到困難，而我們曾經渴望過，你們擁有一些靜默來抵達一個在其中我們會在靜默中與你們進行交流的層次。我們對於已經進行了這種交流是感到榮幸的。

My friends, to answer a question which has been on the minds of some of you, and to further your own understanding of meditation itself, we want to quickly discuss with you what happens during your channeling, as you call it. You see, not all channeling is the same. You have observed with the channels within your particular group a type of concept channeling which is given by a type of electromagnetic vibration which actually can be felt above the head of the channel. It has a physical manifestation within the consciousness of the channel's physical vehicle, in that as each individual experiences this particular electromagnetic condition known as the conditioning, this will call forth some reaction within the vehicle. Within some, there will be the feeling of heat; within some, the opposite feeling, of cold. There are many completely different reactions to this conditioning wave, these differences being due, my friends, to the stage of your individual spiritual centers within your several vehicles. You know of these centers as chakras. In someone whose chakras are to some extent open, there will be quite a different experience from the one whose chakras are not for the most part opened. And each is at a different stage in his development. This is why every reaction differs.

我的朋友們，要回答一個已經在你們一些人的頭腦中的問題，並更進一步加深你們對冥想其自身的理解，我們想要與你們討論在你們進行傳訊期間，如你們對它的稱呼一樣，發生的事情。你們看，不是所有的傳訊都是相同的。你們已經藉由在你們特定的團體中的管道觀察到了一種類型的觀念的傳訊，它是被一種類型的

電磁性的振動所給予的，這種電磁類型的振動實際上能夠在管道的頭頂上被感覺到。它在管道的物質性載具的意識中擁有一種物質性的顯化，因為當每一個個體體驗到這種特定的，被之下為調節作用的電磁性的調節的時候，這種調節作用將會在器皿中產生出某種反應。在一些載具中，將會有熱的感覺，在一些載具中，會有相反的，冷的感覺。會有很多對這種調節波動的完全不同的反應，這些不同是由於，我的朋友們，在你們的數個載具中的個體的靈性中心的發展程度。你們將這些中心知曉為脈輪。在某個人身上，如果它的脈輪是在某種程度上是開放的，與一個其脈輪在絕大部分不是開放的人的體驗相比，將會有一種同的體驗。每一個人在他的發展中都處以一個不同的階段。這就是為什麼反應會產生不同。

Now, we have never used with this channel, although we have with other channels within the group, a stronger and more physical type of beam. We do not like to use this beam, because it causes discomfort within the instrument. We can actually use the instrument's voice-box, speaking with our voices, shall we say, in that we exercise the muscles of the speaker. We do not like to do this. It is not necessary that we do this, within this group, for this group is concerned with philosophical and spiritual concepts, and this is most desirably done through the vocabulary and concepts which we can give to each individual. Now, these are the channeling ways.

現在，我們從未對這個管道使用一種更為強有力且更為物質性類型的信號波，儘管我們對在團體中的其他管道使用過。我們並不喜歡使用這種信號波，因為它會在器皿中造成不舒服。我們實際上能夠使用器皿的發聲腔，同時用，容我們說，我們的聲音說話，在其中我們使用了說話者的肌肉。我們並不喜歡這樣做。我們在這個團體中這樣做是沒有必要的，因為這個與團體是關注哲學與靈性的觀念的，通過我們能夠給予每一個個體的辭彙與觀念，這是會極其令人滿意地被進行的。現在這些是傳訊的方式。

There is another vibration, which is far more desirable, and not at all the same as the channeling wave. You see, my friends, the channeling wave, although it is conceptual, will be expressed in vocabulary. It is an electromagnetic wave, it is within the physical illusion, and it is attempting to coincide the vibration of the channel with the vibration of our thought. It is, shall we say, a cut-and-dried, limited and intellectual wave. We are not putting it down, as you would call it. It is very useful and is totally given in love, and with a spiritual desire to aid you.

會有另一種振動，它是遠遠更加令人滿意的，它是與傳訊波完全不同的。你們看，傳訊波，儘管它是觀念性的，將會通過辭彙表被表達出來。它是一種電磁類型的波，它是在物質性的幻象中的，它是嘗試去讓管道的振動與我們的想法的振動協調一致。它是，容我們說呆板的，受限制的與智力性的波動。我們不是在貶低它，如你們對它的稱呼一樣，它是非常有用處的，並是完全在愛中，並帶著一種去幫助你們的靈性的渴望被給予的。

But, my friends, the basic vibration of the Creator, perfect love, is a vibration which is given not only through us, but through your aides and guides, whom you would call angels, through your own inner self, through teachers upon your own spiritual planes, as you would call them—everywhere, everywhere,

my friends, within the creation. This original Vibration of love is reality. In meditation you are seeking not an electromagnetic wave from us; you are seeking perfect love. What we can give you in this channeling wave is a means of service to others. Also, it is, as we are well aware, a comfort to some of you to know that we are present. For, indeed, our presence is a supporting one in that we love each of you, and wish only to comfort you and help you through your experience.

但是，我的朋友們，造物者的基本的振動，完美的愛，是一種不僅僅通過我們，同樣也通過那些你們稱之為天使的你們的幫助者與指導靈，通過你們自己內在的自我，通過在你們的自己的靈性層面上的老師，如你們對它們的成一樣——它們在造物者中是無處不在，在所有地方的——被給予的振動。這種愛的原初的振動是實相。在冥想中，你們不實在尋求一種來自我們的電磁類型的波動，你們是在尋求完美的愛。我們能夠通過這種傳訊的波動給予你們的事物，是一種服務他人的途徑。如我們清楚地知曉的一樣，知曉我們是在場的，這對於你們一些人同樣也是一種安慰。因為，確實，我們的存在是一種支持性的存在，因為我們愛你們每一個人，並僅僅希望去安慰你們，並幫助你們穿越你們的體驗。

Seek beyond these words. Meditate to perfection. What this channel gives to you in words is only a poor physical food for your physical mind. Spiritual food, my brothers, lies in silence, in contemplation, in what you would call prayer: in listening to the original Thought of creation, the original Vibration that, out of nothingness, created all that there is. Listen now to the silence again. And listen beyond words. I will return to this instrument after a little while.

要在這些言語之外尋求。冥想是完美的。這個管道用言語給予你們的事物僅僅是對你們的物質性的心智的一個糟糕的物質性的事物。我的兄弟，靈性的食物，存在於靜默之中，存在於沉思中，存在於你們稱之為祈禱的事物中：聆聽造物者的原初的想法，原初的振動，它從空無中創造出了一切萬有。現在，再一次聆聽靜默。超越言語聆聽。我將會在一會兒之後返回這個器皿。

(A pause of several minutes.)

(一次幾分鐘的暫停)

I am with you, my brothers. I am Hatonn. It is a joy to me to see that my words have meaning to you. Your vibrations are known to us. The vibrations of all your peoples are known to us. Your thoughts and your desires are known to us. Your free will is completely preserved, yet you are known to us. It is this knowledge that allows us to be with each of you as you desire us. We feel the desire that quickens within you to know love. There have been many who have dedicated their lives to a love of one kind or another, and for this love a man may sacrifice years and years in a position which he may hate, in order that he may take care of those that he loves. A woman may sacrifice many, many desires in order to nurture her mate and her children. Love seems always to offer sacrifice. Have you pierced the veil of this truth of love, my friends? It is written that the master known as Jesus said, "In order to love Him, we must pick up a cross."

我的兄弟，我與你們在一起了。我是 *Hatonn*。看到我的話語是對你們有意義的，這對於我是一種喜悅。所有你們的人群的振動對於我們都是知曉的。你們的想法與你們的渴望對於我們都是知曉的。你們的自由意志是完全被維護的，而你們對於我們是知曉的。就是這種知曉允許我們在你們渴望的時候與你們每一個人在一起。我們感覺到你們之中對知曉愛的渴望復蘇了。已經有很多人已經將它們的生命奉獻給了這樣或者那樣一種類型的愛了，為了這種愛，一個男人可以在一個他可能是厭惡的位置上犧牲許多許多年的時間，以便於他可以照顧那些他愛的人。一個女人可以犧牲很多很多的渴望以便於養育她的伴侶和她的孩子。愛看起來似乎一直都會提供犧牲。你們已經刺穿了這個愛的真理的罩紗了嗎，我的朋友們？書中寫道，被知曉為耶穌的大師說過，“為了要愛祂，我們必須拾起一個十字架。”

My brothers, this is truth: love is sacrifice. There is a further and transforming truth that can only be learned once the leap has been made into love, once the sacrifice has been freely given, not grudgingly, but freely. That which you give is given to yourself. Truer words never were, my friends. As you love, so you will be loved. What you are, what your reality is, is totally a result of your thought. To sacrifice to another is your only way of giving. That which does not cost you anything is not a true gift. To give, it must be infinite; it must be all. It may not be physically of any moment or importance. Yet within yourself, to be a gift it must be at some cost to yourself, and freely given. Then, my friends, you have considered your brother as the master and yourself as the servant. And you are interested in serving your brother. And then, you have found the secret of love. For all of the creation was designed to be of service to each other part of the creation. That which you give enriches you beyond measure—and that which you hold back will strangle you. How often people think that they are poor, when in fact they simply have not given enough away. How often have you been lonely, my friends, when you could reach out and aid another's loneliness? Do you not know that to sacrifice is to love—and to love others is only to love yourself?

我的朋友們，這是真理：愛是犧牲。會有一種更進一步的，轉變性的真理，它僅僅在進入愛的飛躍已經被做出之後，在犧牲已經被自由地給予了，不是吝嗇地，而是自由地被給予之後才能夠被學會。你給予的事物是被給予了你自己的。我的朋友們，從來都沒有比這更真實的話語了。當你們愛的時候，你們將會這樣子被愛。你們之所是，你們的真相之所是，完全是你們的想法的一個結果。要對另一人犧牲，就是你們唯一給予的方式。如果一個事物不會讓你有任何的犧牲，它不是一個真正的禮物。要給予，它必須是無限制的，它必須是全部。它可能不是在物質性的方面具有任何的緊要性或者重要性。而在你自己內在之中，要成為一個禮物，它必須是對你自己的某種犧牲，是自由地被給予的。接下來，我的朋友們，你已經將你的兄弟視為是主人，將你自己視為是僕人了。你對服務你的兄弟感興趣。接下來，你就已經找到了愛的秘密了。因為所有的造物都是旨在對造物的每一個其他的部分進行服務的。你們給予的事物會無法衡量地豐富你們——你們保留下來的事物，將會讓你們窒息。你們多麼經常認為它們是貧窮的呀，在它們實際上是單純地尚未將足夠多的事物給予出去的時候。你們是多麼經常地已經是孤單的呀，我的朋友們，在你們能夠向外伸出手並幫助另一個人的孤單的時候？你難道不知道，去犧牲就是去愛——去愛其他人，僅僅就是去愛你自己嗎？

This is not an easy lesson. We know that. Go back into the silence when you have difficulties, and you will have difficulties. As often as you can, regularly, find love within you. And then, give it away. For you are truly rich, my brothers.

這不是一個容易的課程。我們知道那一點。在你們遇到困難的時候，返回進入到靜默之中，你們將會遇到困難。盡可能頻繁地，有規律地，在你們內在之中找到愛。接下來，將它給予出去。因為你們是真正地豐富的，我的兄弟。

I would like to speak through another instrument, and so I will leave this instrument. I am Hatonn.

我想要通過另一個器皿發言，因此，我將會離開這個器皿。我是 *Hatonn*。

(N channeling)

(*N*傳訊)

I am Hatonn. I greet you again, my friends, in the light and love of our infinite Creator. Perfect love is within your reach. It is not a dream upon which you focus at certain times, and then cast away as something far in the future, or something unattainable. It is real. It completely engulfs you at all times. We understand, my friends, the difficulty that you have realizing this, but we know that it is with you, nevertheless. If you are truly seeking on the spiritual path, if you desire the higher thoughts and vibrations, then expect, my friends, to attain these things. You must believe that it can happen before it will happen. 我是 *Hatonn*。我的朋友們，我再一次在我們的無限造物者的光與愛中向你們致意。完美的愛是在你們所及範圍內的。它不是一個你們在一定的時候聚焦於其上的一個夢想，接下你們將它們作為某個在未來的遙遠的事物或者某個無法企及的事物拋在一旁。它是真實的。它在所有的時候都是完全吞沒你們的。我的朋友們，我們理解，你們在領會這一點的方面遇到的困難，但是我知道，它依舊是與你們在一起的。如果你真正在靈性的道路上尋求，如果你們渴望更高的想法和振動，接下來，我的朋友們，期待去取得這些事情。你們必須在它將會發生之前相信它是能夠發生的。

Through each day, as each of you go about your affairs, there seems to be many things to be taken care of, earthly things. But, my friends, the spiritual cares of you need to be taken care of from within. The Creator—the creation—is within you at this very moment. It can be manifested, if you desire it: perfect love.

當你們每一個人，穿越每一天，著手進行你們的事情的時候，看起來似乎會有很多的事情要被照料，世俗的事情。但是，我的朋友們，你們的靈性上的關注需要從內在之中被照料。造物者——造物——是在這一刻在你們內在之中的。它能夠被顯化，如果你們渴望它：完美的愛。

At this time I would like to contact a newer instrument. May I suggest to relax and we will give our best to help you. I am Hatonn.

才此刻，我會接觸一個較為新的器皿。容我們建議放鬆，我們將盡我們全力來幫

助你。我是 *Hatonn*。

(Pause)

(暫停)

I am *Hatonn*. I am again with this instrument. There seems to be difficulty making contact with the newer instrument. At this time I will transfer to the one known as *Carla*, to speak through a more experienced channel to aid in contacting the newer channels. I leave you now through this instrument. I am *Hatonn*.

我是 *Hatonn*。我與這個器皿在一起了。看起來似乎在接觸較為新的器皿的過程中會有困難。在此刻，我將轉移到被知曉為 *Carla* 的實體，以通過一個更有儘管的管道來發言，以幫助接觸較為新的管道。我通過這個器皿離開你們。我是 *Hatonn*。

(*Carla* channeling)

(*Carla* 傳訊)

I am now with this instrument. I am *Hatonn*. I can relieve the worst of the anxiety of the one known as *W* by impressing him with a vocal version of his contact. We have been attempting to contact the one known as *W*. We will again attempt to do so. My brother, we were attempting to contact you without the use of your name, for you have been able to hear our contact fairly clearly, and we were hoping to build up your confidence. It is the next step of the newer channel, after he has been able to consciously perceive our contact, to have the confidence to go ahead with that perception in the absence of the name. For, as you can well imagine, it would be difficult for us to say the name if the person were the only channel present. Therefore, we try to get the new channel over the need for the use of his name as soon as possible, so that if he desires to be of service in a group in which he is the only channel he will have the confidence to go ahead with his contact. We are sorry that we, shall we say, rushed you a bit.

我現在與這個器皿在一起了。我是 *Hatonn*。我能夠藉由將這個接觸的一個語音的版本讓其留下印象而緩解被知曉為 *W* 的實體的最大的憂慮。我們一直都在嘗試接觸被知曉為 *W* 的實體。我們將嘗試再一次這樣做。我的兄弟，正在嘗試在不使用我們的名字的情況下接觸你，因為你已經能夠相當清晰地聽到我們的接觸了，我們正在希望去積累我們的信心。較為新的管道的下一步，在他已經能夠有意識地感覺到我們的接觸之後，就是擁有信心去在沒有名字的情況下與那個知覺一同前進。因為，如你能夠很好地想像到的一樣，如果那個人是在場的唯一管道，我們要說出名字會是困難的。因此，我們嘗試讓新的器皿盡可能快地越過使用他的名字的需要，這樣，如果他渴望在一個在其中他是唯一的管道是管道團體中進行服務，他將要擁有信心去與這個接觸一同前進。我們很抱歉我們，容我們說，有一點點催促你了。

Now, we ask that you relax. We will not say much through you, but would like to give you a brief message. I will now transfer to the one known as *W*.

現在，我們請你放鬆。我們將不會通過你說很多話，但是我們想要給予你一個簡短的信息。我現在將轉移到被知曉為 *W* 的實體。

(*W* channeling)

(*W* 傳訊)

I am Hatonn. I am with this channel. Once again, I greet you in the love and the light of the infinite Creator. During our days, much of our time is spent in needless worry over things that really do not matter. And the things in our lives that really do matter, such as meditation and seeking the truth, are always left for another day or put off until tomorrow, when in truth these are the most important things in your whole life. This is the reason you were put here on this planet, to search and seek and try to find a way back to the infinite Creator.

我是 *Hatonn*。我現在與這個管道在一起了。再一次，我在無限造物者的愛與光中向你們致意。在我們的日子期間，我們大量的時間是被花費在對真的不重要的事物的無盡的憂慮中了。在我們的生活中真正重要的事情，諸如冥想與對真理的尋求，是一直都留到另一天或者推遲到明天，在實際上這些就是在你們的整個生命中最重要事情的時候。這就是你們被放在這個星球上的原因，去尋找，去追尋，嘗試去找到一條返回到無限造物者的愛。

At this time, I would like to try to transfer to a newer channel. I am Hatonn.

在此刻，我想要嘗試去轉移到一個較為新一些的管道。我是 *Hatonn*。

(Pause)

(暫停)

I am Hatonn. I am back with this channel now. At this time I would like to leave this channel and transfer back to the one known as Carla. I am Hatonn.

我是 *Hatonn*。我現在返回這個管道。在此刻，我們會離開這個管道並轉移回到被知曉為 *Carla* 的實體。我是 *Hatonn*。

(*Carla* channeling)

(*Carla* 傳訊)

I am with this instrument. I am Hatonn. It is with pleasure that I return to this instrument. We are most privileged to have a newer channel making such good progress with us. We will leave this instrument, and yield to one of our brothers. We will return. I am Hatonn.

我與這個器皿在一起了。我是 *Hatonn*。我帶著快樂返回這個器皿。我極其高興擁有讓一個較為新的器皿和我們一起做出這樣優秀的進展了。我們將離開這個器皿，並讓渡給我們的一個兄弟。我們將返回。我是 *Hatonn*。

I am Oxal. I have good contact with this instrument. I am Oxal. I greet you in the love and the light of our infinite Creator. I am Oxal. I am Oxal.

我是 *Oxal*。我與這個器皿擁有良好的接觸了。我是 *Oxal*。我在我們的無限造物

者的愛與光中向你們致意。我是 Oxal。我是 Oxal。

I am Oxal. Very good. Very good. Good contact. I am Oxal. Now, I am extremely pleased to speak with you. I wish to primarily contact the one known as N. We have found through our vibration check that it will be a stronger contact with the one known as N with this particular type of vibrational equipment. Therefore, we have decided to contact the one known as N. This contact is a slightly different type and is more nearly in the physical plane, which is why it can be of a stronger nature. We transfer now to the one known as N. We ask that she relax and allow her thoughts to become clear. We will not say very much through her, but we wish to say a few sentences in order that she may have the experience of giving a message to a slightly larger group. We wish to say to our sister that it is not difficult because the energy of the group will aid you once you begin. The larger the group, the greater the energy. Therefore, it is easier to be sure of your contact. We will now transfer to the one known as N. I am Oxal.

我是 Oxal。非常好。非常好。良好的接觸。我是 Oxal。現在，我極其高興對你們發言。我希望主要接觸被知曉為 N 的實體。我們已經通過我們的振動檢查發現，藉由這種特定類型的振動裝置，與被知曉為 N 的實體將會是一種更為強有力的接觸。因此，我們已經決定去接觸被知曉為 N 的實體。這個接觸是一種稍稍不同的類型，是更多地在物質性的層面上的接觸，這就是為什麼它能夠具有一種更為強有力的接觸的原因了。我們現在轉移到被知曉為 N 的實體。我們請求她放鬆，並允許她的想法成為清晰的。我們將不會通過她說非常多但是我們希望說一些句子，以便於她可以擁有向一個稍稍更大的團體給予一個資訊的體驗。我們單純地對我們的姐妹說，它不是困難的，因為一旦你開始了，團體能量將會幫助你。團體越大，能量就越大。因此，要確信我們的接觸是更加容易的。我們現在將轉移到被知曉為 N 的實體。我是 Oxal。

(Pause)

(暫停)

I am Oxal. I am very pleased to have made this contact. We request that this instrument relax.

我是 Oxal。我非常高興已經建立這個接觸了。我們請求這個器皿放鬆。

(N channeling)

(N傳訊)

I am Oxal. I am with this instrument. As we were saying, we request that N relax and attempt not to analyze the thoughts which we are sending her through her brain. We realize that it is very difficult to distinguish our thoughts from the ones that you already have, for there is no real physical difference except your feeling of our vibration and conditioning. Many people who are attempting channeling for the first time expect a great sensation physically and we do not attempt to do this, for as we explained earlier, with this type of group it is not necessary. So we say to the one known as N,

through practice and experience you will gain more control, so you may relax your body and not try to analyze the thoughts which we are sending you. I will attempt once more to say a few more words through the one known as N. I am Oxal.

我是 *Oxal*。我與這個器皿在一起了。如我們正在說的一樣，我們請求 *N* 放鬆並嘗試不去分析我們正在通過她的大腦發送給她的想法。我們意識到，要將我們的想法與你已經擁有的想法區分開會是非常困難的，因為除了你對我們的振動與調節作用的感覺之外，不會有真正的物質性的差異。很多正在嘗試第一次傳訊的人會期待在身體上的一種巨大的感知，我們並不嘗試這樣做，因為如我們早些時候解釋過的一樣，它不是需要的。因此，我們對被知曉為 *N* 的實體說，通過練習與體驗，你們將取得更多的控制，這樣你們就可以放鬆你們的身體而不嘗試去分析我們正在發送給你們的想法了。我將會再多一次嘗試去通過被知曉為 *N* 的實體說一些話。我是 *Oxal*。

(Pause)

(暫停)

I am Oxal. I wish to speak further concerning the vibration which conditions the channel. We are happy to use this as an instrument of conditioning. There are many forms of conditioning, depending upon the instrument whom we wish to channel through. There are various stages at which the channel may be used. At times, it may be easier to channel through one or another certain instrument. I will leave this instrument now. I am Oxal.

我是 *Oxal*。我希望更進一步在關於調節管道的振動上發言。我們很高興使用這種振動作為一個調節的工具。會有很多調節作用的形式，取決於我們希望通過其傳訊的器皿。會有各種各樣的管道在其上可以被利用的階段。時常，要通過這樣或者那樣一個特定的管道來進行傳訊可能是更為容易的。我將現在離開這個器皿。我是 *Oxal*。

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am most pleased that we have been able to make contact with the one known as N. You may have wondered why I used this instrument at the beginning to repeat myself so many times. I was attempting to give an example to the one known as N that it is important not to analyze what is given.

我再一次與這個器皿在一起了。我極其高興我們已經能夠與知曉為 *N* 的實體建立接觸了。你們可能已經懷疑過，為什麼我們在開始的時候使用這個器皿如此多次地重複我們自己。我正在嘗試去對被知曉為 *N* 的實體給予一個範例，不去分析被給予的事物，這是重要的。

(Tape ends.)

(磁帶結束。)

January 25, 1976

1976-01-25 Hatonn : 伊甸園在內在之中

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I greet you, my friends, in the love and the light of the infinite Creator. I am He who is among you. I am He who is within you. I AM. My brothers, dwell now within the I AM that you are. For I AM, not only now but always. Before this world was created and when it is long since passed again into infinite space, I AM. The creation began with consciousness, the consciousness of one vibration, each and every particle totally unified, totally homogeneous, of only one identity, that identity being love. We use the word "love" to you because of the bias which it contains within your language. The word "consciousness," my friends, is a slightly more accurate word, yet this consciousness is the consciousness which creates. Therefore, we must use the word love. For the force of love as you understand it in your density is the indwelling of the creative force within your sphere of experience. So the creation began in an infinite and constant state of love, vibrating infinitely and in unity. And this creation sent forth the power of love to differentiate into entities that could dwell in self-knowledge, in unity, yet in knowledge of unity 我是 Hatonn。我的朋友們，我在無限造物者的愛與光中向你們致意。我和造物者在你們當中，我和造物者在你們內在之中。我是 (I AM)。我的兄弟們，現在就安住於你們之所是的我是之中。因為，我是，不僅是現在是，同樣一直都是。在這個世界被創造之前，在它再一次進入到無限空間之後很長時間，我是。造物是從意識開始的，具有一個振動的意識，每一個微粒都是完全統一的，完全同質的，僅僅具有一個身份，那個身份就是愛。我們對你們使用“愛”這個詞語，因為它在你們的語言中包含的偏向性。我的朋友們，“意識”這個詞語是一個稍稍更為準確的詞語，而這個意識是進行創造的意識。因此，我們必須要使用愛這個詞語。對於愛的力量，如你們在你們的密度中對它的理解一樣，是存在於在你們的體驗的範圍中的創造性的力量之中的。因此，造物是在一種愛的無限與持久的狀態中開始的，是無限地，在統一中振動的。這個造物送出愛的力量以區分形成實體，實體能夠居住在自我知曉中，居住在統一中，而又處於對統一的知曉中。

This, my brothers, is described in your Garden of Eden, and in all worlds and universes there are descriptions which, within each culture, describe the state of self-awareness of unity. This was the beginning of the cycles.

我的兄弟，這是在你們的伊甸園中被描述過的，在所有的世界與宇宙中，在每一個文化中都會有描繪了具有統一性的自我認識的狀態的描述。這就週期的開始了。

And there arose within these entities in your Garden, shall we say, a knowledge to be self aware, not only of unity, but of separation. And in doing so, in choosing this path, the dimensions were born. For these entities had chosen a path which, in separation, cannot express the unity of all with all. The

vibrations of knowledge of separation must travel downward through many, many frequencies, and as consciousness traveled downward, it formed a great and infinite array of potential experiences on many, many levels, one of which you are now at this time experiencing,

在你們的伊甸園中的這些實體內在之中會有，容我們說，一種知曉出現，以成為自我察覺的，不僅僅是對統一性的知曉，同樣也是對分離的知曉。在這樣做的過程中，在選擇這條道路的過程中，維度被誕生出來了。因為這些實體已經選擇了一條道路，這條道路，它是在分離中的，是無法表達一切事物與一切事物的統一性的。具有分離的知曉的振動必須向下旅行穿越很多很多的頻率，它在很多很多的層次上形成了巨大且無限數量的潛在的體驗，你們在此刻現在正在體驗到其中一個層次。

You are experiencing separation. That is the meaning of your physical being. With your senses, you can only feel that which is within yourself, only that which comes to your own ears and eyes and hands. You can only taste that which is given to your own experience. This incarnation, my brothers, is an incarnation of loneliness and pain, for separation is such.

你正在體驗分離。那就是你的物質性存有的意義了。藉由你的感知，你能夠僅僅感覺到在你自己內在之中的事物，僅僅感覺到來到了你自己的耳朵，眼睛和手上的事物。你能夠僅僅品嚐被給予了你自己的體驗的事物。這個投生，我的兄弟們，是一次具有孤單與痛苦的投生，因為分離就是如此。

Why have you come here, my friends? Why now do you vibrate in sympathy with loneliness and separation? Why now must you accept pain? May we say, my brothers, so all entities will choose to do while they are learning to seek the healing from that pain.

為什麼你們已經來到了這裏呢，我的朋友們？為什麼你們現在是在對孤單與分離的同情中振動呢？為什麼現在你們必須要接受痛苦呢？我的兄弟，我們可以說，實體都將這樣選擇去這樣做，同時它們正在學習去尋求對那種痛苦的療愈。

We seek to give you, shall we say, some distance on your problems. Not that they are not important, we do not say that. Nor do we say that they are a more nothing, to be ignored—for you were not invested with a physical form in order to ignore what is happening to you in the physical. Yet know that these things are occurring to you in such a way that you will not be tested beyond your ability, for you have yourself chosen these lessons. You have yourself chosen this pain. And you hope very dearly, in your higher self, to learn from this pain the lessons that you have come here to learn. It is a hard thing to ask yourself to trust in your own judgment when you do not have the ability to face your higher self in the flesh, so to speak. You cannot say to your higher self, "Look, I think this is more than I can take. I don't think I can handle this. Why don't we go back and do this over?" You don't have that satisfaction, my friends. You must trust that the self that placed you in the situation you are now in knew and understood your capabilities and, though ambitious of learning as much as possible, did not plan things so as to test you beyond your limit. The more lessons you learn, my friends, in this incarnation, the

more progress that you will make. It is not to rejoice at pain, but to understand that within pain there is the peace, when you are convinced within yourself that you have tried as much as possible to learn the lesson that is buried within the experience.

我們尋求給予你們，容我們說，對你們的問題的某種距離感。這不是說，它們是不重要的，我們沒有那樣說。我們也不是說，它們什麼都不是，是要被忽略的——因為你不是為了忽略在物質性中正在發生在你身上的這些事情而藉由一個物質性的形體被投資的。而請知曉，這些事情是用這樣一種方式正在發生在你身上的，你將不會被考驗超出你的能力範圍，因為你已經讓你自己選擇了這些課程。你已經讓你自己選擇了這種痛苦了。你通過你的高我，非常清楚地，希望去從這種痛苦學習你已經來到這裏來學習的課程了。在你並不擁有能力，可以說是，在肉身中，面對你的高我的能力的時候，請求你自己去相信你自己的判斷，這是一個很難的事情。你無法對你的高我說，“看看，我認為這是比我能夠承受的更多的。我不認為我能夠處理這個。為什麼我們不回去，重新來過呢？”你們並不會遇到那種滿意的事情，我的朋友們。你必須信任那個自我，它將你放置在了你現在處於其中的情況中，它理解你的能力，儘管學習的雄心是盡可能地多的，它並沒有計畫那些事情以便於考驗你超過了你的限度。你學會的課程越多，我的朋友們，在這次投生中你將會產生的發展也會越大。這不是說要對痛苦歡呼，而是去理解，在痛苦中會有平安，當你在你自己內在之中感到確信，你已經盡可能大地努力學習被埋藏在體驗中的課程的時候。

We have said to you many times, you must go within and seek the Father. If you are seeking the Father the Father will provide that which is necessary to you. And today we emphasize also that which is secondarily true: in your fellow men, seek to do service. Your energy may go most effectively for that one seeking within the physical. In the inner worlds, seek to know the Father, and in the outer world, seek to do service to the Father Who is all around you. The Creator will aid all who trust in Him, no matter how they are acting, just as the pain which you are now experiencing will fall, as is written in your holy works, on the just and the unjust alike.

我們已經對你們說過很多次，你們必須進入到內在之中並尋求天父。如果你們是在尋求天父，天父將會提供給你們需要的事物。今天同樣強調從屬地是真實的事情：在你們的夥伴中，尋求去進行服務。你們的能量可以極其有效地前往一個人在物質性中尋求的事物。在內在世界中，尋求去知曉天父，在外在的世界中，尋求去對天父進行服務，天父就是在你們周圍的所有的事物。造物者將會幫助所有信任祂的人，無論它們如何行動，就好像你們現在正在體驗到的痛苦將一樣地落在，如同在你們的神聖著作中被寫道過的一樣，義人和不義之人身上。

Yet, in your own experience, it would be much more helpful for you to use energy in helping to the best of your ability those about you, whether or not they are seeming to help you, whether or not service seems to be offered unto you. It is written in your Holy works: one must love one's Creator and one's fellow man as oneself. We say to you again, it is not necessary to love one's fellow man, or to love oneself on the level of the human, as you call it. Yet you see the Creator, and love the Creator, in him and in you, for that is the same. Then you are loving yourself and yourself in him and the Creator in

each of you. 在在你們自己的體驗中，你們去利用能量來盡你們的全力幫助那些在你們周圍的人，無論它們是否看起來似乎是在幫助你們，這會對你們是遠遠更有幫助的。在你們的神聖著作中被寫道過：一個人必須要愛它的造物者，並如同愛它自己一樣地去愛它的夥伴。我們再一次對你們說，在人類的層次上，如你們對它的稱呼樣，去愛一個人的夥伴，或者愛它自己，這並不是必須的。而你看到造物者，愛造物者，在他之中以及在你之中的造物者，因為那是相同的事情，接下來，你正在愛你自己，愛在他之中的你自己，造物者是在你們每一個人內在之中的。

There is a cliché that is within this channel's mind, that every cloud has a silver lining. And we would add to that that sometimes a fruit may seem to be inedible, for the skin may be tough and pitted. Yet when you peel it, the fruit within is still succulent and tasty and delicious. Experiences are like this, even the most inconvenient. Be of good cheer, my friends, and remember to attempt not only to seek the Creator in meditation, but to seek the Creator within your fellow man. With the armor of your inner guidance, and your light before you on the path, there is nothing that can harm you.

這個器皿的頭腦中有一句老生常談，每一朵雲都有一條銀線。我們會補充，有時候一個果實可能看起來似乎是不能吃的，因為果皮可能是粗糙且坑坑窪窪的。而當你們剝開它，在內部的果實仍舊是多汁的，甜美的，美味的。體驗就好像是這樣子，甚至是最不方便的體驗。我的朋友們，振作精神吧，記住不僅經常是在冥想中尋求造物者，同樣也在你們的夥伴內在之中尋求造物者。藉由你內在的指引的盔甲，藉由在道路上在你前方的你的光，沒有任何事情能夠傷害你。

We have wanted to give you these words of comfort, for each of you is undergoing at this time some difficulty, not the same, yet as we have said, all difficulties within the physical have one thing in common, that is, the emotional or physical or mental pain. Be of good cheer. There is no pain within the garden—and the garden is within you.

我們已經想要給予你們這些安慰的話語了，因為你們每一個人在此刻都在經受某種困難，不是相同的困難，而如我們已經說過的一樣，在物質性中所有的困難都擁有一個共同的事情，那就是情緒的，或者身體的，或者心智的痛苦。振作精神。在伊甸園中沒有痛苦——那個伊甸園是在你們內在之中的。

I would leave you at this time, my friends. I leave you in the love and the light of our infinite Creator. I am Hatonn. Adonai.

我會在此刻離開你們，我的朋友們，我在我們的無限造物者的愛與光中向你們致意。我是 *Hatonn*。 *Adonai*。

(B channeling)

(B傳訊)

I am Hatonn. I am now with this instrument. My friends, you have often heard [us] speak about love, and my friends, you must understand, speaking of the infinite Creator, what one word best describes all facets of what you know of life? Now, my friends, you are well aware of the great power of this word. My

friends, if you were only familiar with this one love, or my friends, familiar with this one word, and this word only, my friends, your progress would be so swift!

我是 *Hatonn*。我現在與器皿在一起了。我的朋友們，你們已經經常聽到我們談及愛了，我的朋友們，你們必須理解，在談及無限造物者的時候，一個什麼詞語會最佳地描述你們知曉生命的事物的所有的面向呢？現在，我的朋友們，你們是清楚地知曉這個詞語的巨大的力量的。我的朋友們，如果你們僅僅熟悉這一種愛，或者，我的朋友們，熟悉這一個詞語，僅僅這個詞語，我的朋友們，你們的發展就會是如此迅速的了。

Surround yourselves in this. For, my friends, it is truly a suit of armor that nothing in all the universe may penetrate. For, my friends, when you surround yourself in love, you are indeed surrounding yourself in the Creator. The Creator is love and, my friends, nothing can penetrate this. As we all travel on our many ways, it is very true that this group sitting here today has been and has asked to be together. For, my friends, you all have a very important mission to perform. Now as we speak of this trouble that surrounds us all, one reason, my friends, that it is very necessary for you to be together—by the positive grounding that this group provides, my friends, you receive enough stimulation, stimulations, my friends, that you all very much need. And as you have advanced, my friends, we also advance. And as you have asked for our presence, we are with you at all times. There are many times, my friends, that situations will seek you out. But, my friends, the positive always draws negative; by the overcoming of these negatives, you are indeed that much stronger. For, my friends, we are all together in love. If this could only be seen, my friends.

將你們自己用這個詞語包圍起來。因為，我的朋友們，它真的是一件盔甲，在整個宇宙中沒有任何事物可以刺穿它。因為，我的朋友們，當你將你自己包圍在愛中的時候，你確實是將你自己包圍在造物者之中了。造物者就是愛，我的朋友們，沒有任何事物能夠刺穿這種愛。因為我們全都在我們許多的道路上旅行，非常真實的事情是，今天坐在這裏的這個團體已經是在一起的，並已經要求是在一起的。因為，我的朋友們，你們全都擁有一個要去執行的非常重要的使命。現在，在我們談及這個圍繞著我們全體的麻煩的時候，你們在一起是非常需要的一個原因——藉由這個團體提供的正面性的接地作用，我的朋友們，你們接收到了足夠多的刺激作用，我的朋友們，你們全都需要的刺激作用。在你們已經請求了我們的在場了的時候，我們在所有的時間都是和你們在一起的。我的朋友們，會有很多很多的時候，情況將會將你們找出來。但是，我的朋友們，正面性一直都會吸引負面性，藉由克服這些負面性，你們確實是更加強有力的了。因為，我的朋友們，你們全都一起在愛中。如果這是能夠被看到的話就好了，我的朋友們。

I would at this time like to try this experiment: think to yourselves, my friends, love and fellowship and brotherhood, to all those in this room. As you think this word love, you will see or feel that it is escaping from every cell of your body. Now, my friends, never deny the help of your brother. If you would attempt, my friends, to sit for one moment in silence, and pass this love to all those in this room. We are now in the room with you, my friends, and we too

will experience this. And what we will feel is true love. Allow this energy to escape and flow into your being. I will pause for one moment. I am Hatonn. 我在此刻想要嘗試這個試驗：我的朋友們，對你們自己思考對所有在這個房間中的實體的愛，夥伴關係與兄弟屬性。當你們思考這個愛的詞語的時候，你們將會看到或者感覺到，它正在從你們的身體的每一個細胞中逃逸出來。現在，我的朋友們，永遠都不要否認你的兄弟的幫助。如果你們會嘗試去，我的朋友們，在靜默中坐一會兒，將這種愛傳遞給所有那些在這個房間中的人吧。我們現在在房間中與你們在一起，我的朋友們，我們同樣將會體驗到這種愛。我們將會感覺到的事情是真正的愛。允許這種能量從你們的存有溢出，並流入你們的存有。我將會暫停一會兒。

(Pause)

(暫停)

I am again with this instrument. I am Hatonn. My friends, you have experienced this energy. Now ask yourselves, what thought could penetrate this force field of love? For, my friends, it overpowers all. When you have these small troubles, my friends, as I said earlier, seek your Creator within you, and your brother's help. For, my friends, you will all ground each other. Love is beautiful. Love is all we know. No negativity can overcome this energy, and no problem cannot be worked out.

我再一次與這個器皿在一起了。我是 *Hatonn*。我的朋友們，你們已經體驗過這種能量了。現在，詢問你們自己，什麼想法能夠刺穿這個愛的場域呢？因為，我的朋友們，它是力量超過了一切事物的。當你們遇到這些小小的麻煩，我的朋友們，如我早些時候說過的一樣，在你們內在之中尋求你們的造物者，以及你們的兄弟的幫助。愛是美麗的。愛就是所有我們知道的事情。沒有負面性能夠戰勝這種能量，沒有問題是無法被解決的。

I will attempt at this time to transfer this contact. I am Hatonn.

我將會在此刻嘗試轉移這個接觸。我是 *Hatonn*。

(H channeling)

(H 傳訊)

I am Hatonn. I am now with this instrument. My friends, as we speak to you, we realize that due to your existence within the physical illusion your understanding of the concepts which we present to you is, shall we say, very shallow. Yet what is important is that you—those who are present—have truly begun to understand. Understanding is far beyond that which is intellectual. True understanding of the concept of love and all things contained within it is, shall we say, a sense, as you would call it, within your core. Within the creative consciousness of your existence, understanding awaits you. And though you are not truly aware of its presence, it constantly is flowing from within the core of your existence into your physical reality. My friends, all things which you experience within this illusion are presented and have been chosen by you as lessons. We suggest that you become more patient within this experience for,

my friends, the reason that you become, shall we say, tangled up within your emotions is that you become apprehensive of the passing of time and the weight of the circumstances you experience upon that passage of time. You feel as though there is no tomorrow in which you may enjoy yourself. You ask yourself why you should experience this misery any longer. My friends, realize that without misery there can be no joy. Without the passage of time within your illusion, there can be no lessons. These things which you experience are truly difficult, yet they are the seeds upon which you grow. Some may choose to ignore these facts. Yet none may ignore them forever. Eventually, all shall come face-to-face with reality. And your progression is something which you cannot avoid. Ponder these thoughts, and in your daily routines, be thankful, although it may be difficult, for the experiences which are somewhat trying, yet bountiful in knowledge and love.

我是 *Hatonn*。我現在與這個器皿在一起了。我的朋友們，當我們對你們發言的時候，我們意識到，由於你們在物質性的幻象中的存在性，你們對我們對那你們呈現的觀念的理解是，容我們說，非常膚淺的。而重要的事情是你們——那些在場的人——已經真正開始理解了。理解是遠遠超越智力之所是的。對愛的觀念以及所有被包含在其中的事情的真正的理解，容我們說，是在你們的核心中的一種感覺，如你們會稱呼它的一樣。在你們的存在性的創造性的意識中，理解等待著你們。儘管你們不是真正察覺它的存在，它持續不斷地正在從你們的存在性的核心中流入到你們的物質性的實相中。我的朋友們，所有你們在這個幻象中體驗到的事情都是被你們作為課程呈現出來並已經被你們選擇好了的。我們建議，你們在這個體驗中有耐心，因為，我的朋友們，你們在你們的情緒中變得，容我們說，糾結的原因是，你們對時間的流逝以及對你們在那種時間的流逝上體驗到的環境的重量變得憂慮了。你感覺到就好像沒有明天是你可以在其中享受你自己的。你詢問你自己，為什麼你應該體驗這種不幸更長時間。我的朋友們，意識到，沒有任何的不幸是能夠不存在喜悅的。如果在你們的幻象中沒有時間的流逝，就不會有課程了。這些你們體驗到的事情是真正困難的，而它們是你們在其上生長的種子。一些人可以選擇去忽略這些事實。而沒有人可能永遠忽略它們。最終，所有人都將會面對面地遭遇實相。你們的發展是某種你們無法避免的事情。考慮這些想法，在你們的每天的例行公事中，成為感謝的，儘管它可能是困難的，因為那些多少有些是令人難以忍受的體驗，確實富含知曉與愛的。

Also you should remember that the greater the lesson which you are learning, in most cases, the greater the difficulty which shall be experienced in the process of learning. Yet realize that you have the capacity to withstand whatever difficulties may arise. You are infinite, in your ability to learn, understand and persevere. I now leave you, in the love and the light. I am *Hatonn*. *Adonai*

你們同樣應該記住，你們正在學習的課程越大，在大多數情況中，在學習的過程中將會被體驗到的困難也就越大。而請意識到，你們用於能力去忍受無論什麼可能出現的困難。你們在你們學習、理解與堅持下去的能力中是無限的。我現在離開你們，在愛與光中。我是 *Hatonn*。 *Adonai*。

(Carla channeling)

(*Carla* 傳訊)

I am Oxal. I wish only to say a very little bit, for the light is very strong, and it is my desire to let you know that I am with you also in the light. May peace flow from you like a fountain, and from that peace may the waters of joy transform all within your world into that transcendent state when your eyes are opened, and you see and understand. I leave you in the physical, yet always bathed in the love and the light, never in the physical, but of the highest. You are transcendent beings, and though you may have pain, yet always within you there is the water of peace and the fountain of joy, for it is not a river that begins within the physical illusion, but from the highest estate. "Not as the world gives, give I unto you," said your great master. Peace—my peace, the Creator's peace—I leave with you now. Adonai, in the love and the light. I am Oxal. Adonai.

我是 *Oxal*。我僅僅希望說非常少的一點話，因為光是非常強有力的，我的渴望是讓你們知曉，我同樣也在光中與你們在一起。祝願平安可以如同一個泉水一樣重你們身上流出，從那種平安，喜悅的水就可以將在你們的世界中的一切事物轉變成為了那種超驗的狀態，當你們眼睛被睜開的時候，你們看到並理解了。我將你們留在物質性之中，而你們一直還都是沐浴在愛與光中的，愛與光永遠都不是在物質性之中，而是至高者的愛與光。你們是超驗的存有，儘管你們可能遇到痛苦，而在你們內在之中一直都有平安的水和喜悅的泉水，因為它不是一條在物質性的幻象中開始的河流，而是從最高的狀態中開始的河流。你們的偉大的大師說過，“我給予你們的事物，和這個世界給你們的事物不是一樣的。”平安——我的平安，造物者的平安——我現在離開你們。*Adonai*。在愛與光中，我是 *Oxal*。*Adonai*。

February 1, 1976

1976-02-01 Oxal : 暴風雨之夜

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I greet you, my brothers and my sisters, in love and peace, in the infinite light of all that there is. I especially greet those of you who are new to our group. It is a great privilege to be able to speak with each of you, and a very great pleasure to speak for the first time to those whom we now meet. 我是 Hatonn。我的兄弟們，我的姐妹們，我在愛與平安中，在一切萬有的無限的光中向你們致意。我尤其是對你們中的那些對我們的團體是新人的實體致意。能夠對你們每一位談話，這是一種巨大的榮幸，第一次向那些我們現在會面的實體發言，這是一種非常巨大的快樂。

We are here, my friends, only to be of service to each of you. All of those upon the surface of your planet who desire at this time to listen to thoughts that will be of service to their spiritual development are those very people whom we wish to serve, and we are here for that reason and for that reason only, to share with you our knowledge, such as it is, to reach a hand back down one rung of the ladder, just as those one rung above us have reached their hand down to us.

我的朋友們，我們在這裏僅僅是來對你們每一個人進行服務的。所有那些在你們的星球表面上在此刻渴望聆聽那些對它們的靈性上的演化將會有所服務的想法的人，恰恰就是那些我們希望服務的人了，我們就是為了那個原因，且僅僅是為了那個原因而在這裏的，以與你們分享我們的知曉，因為它實際上是，向下對在梯子上的下一節臺階上的實體伸出手，就好像在我們上一節臺階上的實體已經對我們伸出了它們的手一樣。

For so, my brothers, it is. The infinite, universal creation has infinite densities, infinite progressions. And in each progression there is a brotherhood of those upon the same path, those striving towards the same understanding. And as one reaches one higher rung, one of the privileges of learning is responsibility for those below. For we can no longer ascend higher unless we are endeavoring to the utmost to bring those just below us with us. You see, my brothers and sisters, it is the nature of all things within the creation to be of service to the other portions of the creation. Upon your planet, the creation of the Father manifests this service over and over again, in cycles which complement each other, so that your natural growths give forth oxygen that your animals and yourselves breathe, while you give off that which is helpful to the plants. The air itself is a perfect blend so that you might flourish. The rain falls in such a way that that which you need for your survival grows in plenty upon the surface of your planet. All dwells in harmony, in an attempt to be of service to that which is around it.

因為，我的兄弟，它就是這樣的。無限的，宇宙的造物擁有無限的密度，無限的發展。在每一個發展中，都會有那些走在相同的道路上的實體，那些朝向相同的理解努力的實體的兄弟情誼。當一個人抵達梯子的一個更高的一級的時候，一個學習的特權就是對那些在下面的實體的責任。因為除非我們盡最大的努力來講那些就在我們下面的人帶在我們身邊，我們就不再能夠上升到更高的地方。你們看，我的兄弟姐妹們，在造物中的所有事物的本性，正是要對造物的其他部分進行服務。在你們的星球上，天父的造物一次又一次地，在於相互彼此互補的週期中，顯化這種服務，這樣你們的大自然的生長就會給出你們的動物與你們自己呼吸的氧氣，而你們給出了對植物有幫助的事物。空氣其自身就是一個完美的混合物，這樣你們就可以興旺了。雨水用這樣一種方式落下，你們為了你們的生存而需要事物會在你們星球的表面上大量生長。所有事物都居住在和諧中，並處於一種對它周圍的事物進行服務的嘗試中。

To take another example, my friends, it is written within your holy works that the various portions of your own physical body are not separate from each other but are mutually helpful to each other, for the benefit of the whole. My friends, this is true not simply of your body as an entity, but of all that there is in the universe as an entity. The universe is one thing, one complete whole, and all that is in it functions in mutual service to all the other parts. This functioning is in harmony with the perfect love that created the universe. This unity is love and this love is all that there is.

我的朋友們，舉另一個例子，在你們的神聖著作中被寫道，你自己的物質性身體的各種各樣的部分不是與相互彼此分開的，而是為了整體的益處，而對相互彼此是互為有幫助的。我的朋友們，這不僅僅對於作為一個實體的你的身體是真實的，對於作為一個實體的在宇宙中的一切萬有同樣也是真實的。宇宙是一個事物，一個完全的整體，所有在其中的事物都是對所有其他的部分是相互進行服務的。這種機能是與創造了宇宙的完美的愛是協調一致的。這種統一性就是愛，這種愛就是一切萬有。

I would like this evening to speak on several things and I will skip around to a certain extent, my friends, because there are several topics that it is, shall we say, necessary to hit upon at this time. First, I would like to speak with you about light. There are those within your group who have already noticed that I was attempting to speak with you as a group earlier. This is quite so. The group at the time was extremely willing to hear my message. However, because the channel felt that it would not be the proper thing to do, we were not able to get through, for as you well know we will not force ourselves upon you, but only come when it is your desire.

我想要在今晚在數個事情上發言，我將會在一定程度上無次序地轉換，我的朋友們，因為有數個主題，容我們說，需要在此刻觸及。首先，我想要與你們談談光。在你們的團體中有一些人已經注意到，我在早些時候正在嘗試對作為一個團體的你們發言。這確實是如此的。在那個時候團體是極其樂意於聽到我的資訊的。然而，因為管道感覺到，這不是要去的適當的事情，我們無法通過，因為如你們清楚知曉的一樣，我們將不會將我們自己強加在你們身上，而僅僅是在它是你們的渴望的時候出現。

We had a desire at that time to talk to you about light. We will now so do. Light, my brothers—imagine yourselves armed, completely covered with an armor of light. The light is so bright and so white, you are so radiant, that no one can look directly at you. You shine like the sun. It is not possible for any harm to penetrate that armor of light, nor is it possible for any harm to leave your mind, your heart, or your hand through this aura of light. You are protected from within and from without.

我們在那個時候有過一種渴望對你們談論光。我們現在將這樣做。光，我的兄弟們——想像你們自己是用一個光的盔甲武裝起來的，是完全由被它覆蓋住了的。光如如此明亮，如此潔白，你們是如此閃耀，以至於沒有人能夠直接注視你們。你們如同太陽一樣閃耀。沒有任何的傷害有可能刺穿那個光的盔甲，也不可能有任何傷害會通過這個光的盔甲離開你們的心智，你們的心或者你們的手。你們是從內部與從外部被保護起來了的。

There are many, many times, my friends, when in your fear you attempt to use your armies, those little armies of soldiers which you call words, and you send your words and your mean actions and your petty emotions out like little soldiers to combat those little enemies, those people about you who seem to be sending their soldiers against you, saying and doing things that make you unhappy. You feel that you are vulnerable to them and so you fight back, shall we say, with your little army of words. And you become disturbed and excited. You are not yourself, in the sense that you are no longer a light-being, but a small, dark animal fighting for its position. You have lost the grandeur and the majesty of that within you which is pure light and pure love and you are reacting as a weak person.

我的朋友們，會有很多很多的時候，你們在你們的恐懼中會嘗試去使用你們的武器，那些你們稱之為言語的小小的士兵的武裝力量，你們將你們的話語，你們卑劣的行動，你們瑣屑的情緒送出來，就好像派遣小規模的士兵去與那些小小的敵人，那些看起來似乎在派遣它們的士兵來反對你們，說與做那些會讓你們不高興的，在你們周圍的人進行戰鬥。你們感覺到你們是易於受到它們的傷害的，因此你們用，容我們說，你們的小小的言語的武裝力量來反擊。你們變得不安而激動。在你不再是一個光的存有的意義上，你不是你自己了，你成為了一個為了它的地位而戰鬥的小小的，黑暗的動物了。你已經失去了在你內在之中的純粹的光與純淨的愛之所示的宏大與威嚴了，你是在如同一個虛弱的人一樣做出反應的。

My friends, you need no armies, you need no intellect. You need no fights, for you are completely protected by light.

我的朋友們，你們並不需要武裝，你們並不需要智力。你們不需要戰鬥，因為你們是完全被光保護起來的。

(A pause, during which the wind roars against the windows of the house.)

(一次暫停，在其期間，風對著房屋的窗戶咆哮著。)

You are aware, my friends, of that which is a great disturbance in your outer environment, and we use this to tell you these storms within your emotions may seem just as difficult, just as dark, and just as terrifying. If you feel anger, if

you feel discomfort or, my friends, those of you who were with the group in this afternoon meeting, those of you who felt the slightest need to, shall we say, defend yourselves against someone who did not seem to understand—you were not seeing this person, my friends, as a light being, to whom you should give love only. You were seeing him as someone to be convinced, his army against your army, words against words. Love and light, my brothers, my sisters, need no words, but only a simple radiation, a radiation from within of the love and the protection from all that may be without of your armor of light. Never, ever, sell yourselves short. Never let yourselves become in need of that army, if you can possibly remember who you are and what protection you do have. You may play, instead of from weakness, from a position of great strength. The love lies within you, the light shines through you, and there will be nothing which love cannot conquer.

我的朋友們，你們察覺到了在你們的外部環境中是一種巨大的干擾的事物，我們使用這個詞語來告訴你們，在你們的情緒中的這些暴風雨可能看起來似乎是一樣困難，一樣黑暗，一樣令人害怕的。如果你們感覺到憤怒，如果你們感覺到不舒服，或者，我的朋友們，你們中的那些在這個下午的集會中與團體在一起的人，你們中的那些感覺到去讓你們自己，容我們說，防禦某個看起來似乎並不理解的人的輕微的需要的人——你們不是在將這個人，我們的朋友們，視為一個光的存有，視為你們僅僅應該對其給予愛的人。你們是在將他視為是某個要被說服的人，他的武裝對抗你們的武裝，言語對抗言語。愛與光，我的兄弟們，我的姐妹們，不需要言語，而僅僅是一個簡單的發光，一種從內在之中的愛的輻射，以及對所有可能在你們的光的盔甲外部的事物的保護。永遠都不要低估你們自己。永遠都不要讓你們自己需要那種武裝，如果你們有可能能夠憶起你們是誰以及你們確實擁有的保護是什麼的話。你們可以玩耍，不是從弱點，而是從一個具有巨大的優點的位置。愛是存在於你們內在之中的，光通過你們閃耀，沒有任何事情是愛將不會戰勝的。

I would like to transfer and continue through another instrument. I am Hatonn.

我會想要轉移並通過另一個器皿繼續。我是 *Hatonn*。

(H channeling)

(H傳訊)

I am Hatonn. I am now with this instrument and shall continue. My friends, the light of which we speak is not light as you may perceive it within your intellect. The light of which we speak, to best describe it, is the physical manifestation of the love of your Creator. All that appears to you within your physical environment appears due to the love which is expressed by our Creator. All things which are visible to your eyes are comprised of units of light. Various are the colors which you may perceive. Yet you have learned that through a prism a white light may enter and it is dispersed as many different colors. Therefore, all colors, all physical manifestation, has been derived from the pure and infinite glowing white light, which is the physical representative of the love of our Creator.

我是 *Hatonn*。我現在與這個器皿在一起了，我將繼續。我的朋友們，我們談及的光不是和在你們的智力中你們可以對它的理解一樣的光。我們談及的光，要最佳地描述它，是你們造物者的愛的物質性的顯化。所有在你們的物質性的環境中出現在你們面前的事物，都是由於被我們的造物者表達的愛而出現的。所有你們的眼睛可見的事物都是由光的單元所構成的。各種各樣的光的單元是你們可以感覺到的色彩。而你們已經瞭解到，一束白光可以進入並穿越一個稜鏡，它會被分散為許多不同的色彩。因此，所有的色彩，所有的物質性的顯化，都已經是從純淨而無限發光的白光派生出來的，白光就是我們造物者的愛的物質性的呈現。

And you may ask yourself What or Who is our Creator? This, my friends, we cannot answer. We can only say to you that to the best of our knowledge, our Creator is all things. He resides within and without all other beings. Within His light we reside. Within His creation we reside. Many things we could say that would express our concept of the Creator, yet we have found through our experience that in order to understand the concept of the Creator, there is but one way. In order to attain this understanding you must go within yourself, beyond the physical limits of your intellect and into the core of your being and communicate, communicate with your Creator. This communication shall not take place in the form of conversation. All that you need to hear is silence. All that you need to see is light. And all that you need to understand is yourself. For within you are the answers to the questions that you may ask.

你可以詢問你自己，什麼或者誰是我們的造物者？我的朋友們，這是我們無法回答的。我們僅僅能夠對你們說，就我們最佳的知曉，我們的造物者是所有的事物。他居住在所有其他的存有的內部與外部。我們居住在這種光之中。很多我們能夠說的事情會表達我們對造物者的觀念，而我們已經通過我們的體驗發現，為了要理解造物者的觀念，僅僅只有一種方式。為了要取得這種理解，你必須要進入到你自已內在之中，超越你的智力的物質性的限制。進入到你的存有的核心之中，並與你的造物者溝通交流。這種交流將不會採用言語的形式。所有你們需要聽到的事情都是靜默。所有你們需要去看到的事情，就是光。所有你需要理解的事情就是你自己。因為在你內在之中會有對你可能會詢問的問題的答案。

My friends, you have been told many times, through many sources, that the Creator resides in all areas. This means that He is within you. No closer could you ask to be. If it is your desire to truly know and understand the universe and your Creator, then it is only necessary for you to go within yourself and seek that which you desire. Seek and you shall find. This may sound familiar, and it has always been, and shall always remain to be, true. You are the citadel of your existence. You are the center of the universe.

我的朋友們，你們已經很多次，通過很多的源頭被告知過，造物者居住在所有的區域中。這意味著祂是在你們內在之中的。你們無法要求祂更加接近了。如果你的渴望是真正知曉並理解宇宙與你的造物者，接下來，你僅僅需要去進入到你自已內在之中並尋求你渴望的事物。尋求，你將會找到。這可能是聽起來熟悉的，它已經一直都是真實，並將一直保持是真實的。你是你的存在性的根據地。你是宇宙的中心。

Do not underrate your abilities or your importance to the overall functioning

of the creation. For, my friends, if you were not necessary you would not exist. For, as we understand it, within this creation of love all things are interdependent upon each other, for in all reality there is but one thing, though you do not recognize it through your physical senses. There is but one unity, one presence, throughout the entire creation and that is the Creator.

不要低估你的能力或者你對造物者整體性的運轉的重要性。因為，我的朋友們，如果你們不是必須的，你們就不會存在了。因為，如我們對它的理解一樣，在這個愛的造物中的所有的事物都是依賴於相互彼此的，因為在所有的實相中，僅僅只有一個事物，儘管你們沒有通過你們的身體知覺認出它。貫穿整個造物，僅僅只有一個統一性，一個存在，那就是造物者。

You have been told that you have been created in His image and likeness and we say unto you that if you believe this to be true, then you cannot deny what we are speaking. You are the Creator. We all together are the Creator. Further than this we cannot say for this is our understanding and we do not proclaim to possess infinite knowledge of all matters. We can only state what we have learned through our own experiences and allow you to accept or reject as you will. But in order that you understand what we say, it is necessary that you practice the art of meditation, not as you are witnessing it now, but alone. Though these sessions are quite helpful, the true answers lie in the silence of your personal meditation. For understanding is infinite, my friends, and the intellect is limited. Therefore, you must go beyond the reaches of what you term your intellect.

你們已經被告知，你們已經是按照祂的形象被創造初回來的，並與祂相似的，我們對你們說，如果你們相信這是真實的，接下來，你們就無法否認我們正在說的事情。你們是造物者。我們一起全都是造物者。我們無法比這樣說更進一步了，因為，這就是我們的理解，我們並不宣稱擁有對所有事情的無限的知曉。我們僅僅陳述我們已經通過我們自己的體驗學會了的事情，並允許你們，如你們所願地，接受或者拒絕。但是為了你們理解我們說的事情，你們需要練習冥想的技巧，不是如同你們現在正在見證它地一樣地冥想，而是獨自一人冥想。儘管這些集會時相當有幫助的，真實的答案存在於你個人的冥想的靜默之中。因為理解是無限的，我的朋友們，智力是有限的。因此，你們必須超越你們稱之為你們的智力的事物的範圍。

It is our desire to assist those upon your planet who desire to transcend physical experience. And in order to do so it is definitely required by your very nature that you, to some extent, utilize your intellect. Therefore, we have provided, upon request, these sessions. We of the Confederation of Planets in Service to the Infinite Creator are well aware of your present experience, for we have ourselves experienced quite similar existences and we of the Confederation, during those existences, chose to follow in the love and the light of our infinite Creator through the process of meditation. Light, my friends, is love and love is all.

我們的渴望是去幫助那些在你們的星球上渴望超越物質性的體驗的人。為了要這樣做，你們在某種程度上利用你們的智力，這肯定是會被你們的本性所要求的。

因此，我們已經，根據請求，提供這些集會了。我們服務於無限造物者的星際聯邦清楚知曉你們當前的體驗，因為我們自己已經體驗過相當類似的存在性，我們星際聯邦，在這些存在性期間，選擇通過冥想的過程在我們的無限造物者的愛與光中跟隨。我的朋友光，光就是愛，愛就是一切。

I shall once again transfer this communication. I am Hatonn.

我將再一次轉移這個交流。

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I wish each of you now to become more carefully aware of the entities beside you, who dwell now within this room in a unified group, all seeking the light. Become aware, my friends, of each infinitely precious spirit, of the great treasure patiently, through eons of time, from experience to experience, each of these entities has built and built upon experience to come to the place where the entity is now, the place on the ladder, the place in the progression, on the path, however you wish to put it. Each of you, my brothers, is on the same path. You may think sometimes that you are alone, but within this room you are all one. Allow the light within you to spread out until it touches those about you and rest in that light and in the one perfect love.

我是 *Hatonn*。我現在希望你們每一位都更為仔細地察覺到在你們邊上的實體，現在通過一個統一的團體留在這個房間中的實體，所有實體都在尋求光。我的朋友們，察覺到每一個實體都是無限珍貴的靈，察覺到巨大的寶藏，這些實體中的每一個，都耐心地，穿越亙古的時間，從一個體驗到另一個體驗，已經構建並積累了體驗，以來到了實體現在所在的位置，那個在梯子上的位置，在演化中在道路上的位置，無論你們希望如何描述它。你們每一個人，我的兄弟們，都是走在相同的道路上的。你們有時候可能認為你們是孤單的，但是，在這個房間中，你們全都是一體的。允許在你們內在之中的光向外拓展，一直到它接觸回到在你們周圍的那些人，並在那種光中，在那一個完美的愛中休息。

And now I leave you. I will return later. I am Hatonn.

現在我離開你們。我將會在以後返回。我是 *Hatonn*。

(Carla channeling)

(Carla 傳訊)

I am Oxal. I greet you in the love and the light of the infinite Creator. I speak through this instrument due to my difficulty in contacting the one known as R. It has been a long time since I have been able to use the one known as R. It would indeed be a great privilege to be able to give a short message through this instrument. I will attempt again to contact the one known as R. I am Hatonn.

我是 *Oxal*。我在無限造物者的愛與光中向你們致意。我由於我在與被知曉為 *R* 的實體接觸的過程中的困難而通過這個器皿發言。自從我們上一次能夠使用被知

曉為 *R* 的實體已經有一段很長的時間了。能夠通過這個器皿給予一個短小的信息，這確實是一種巨大的榮幸。我將會在一起接觸被知曉為 *R* 的實體。我是 *Hatonn*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am Oxal. I am again with this instrument. We are having difficulty with the one known as R, and so we will attempt to contact the one known as N. I am Oxal.

我是 *Oxal*。我再一次與這個器皿在一起了。我正在與被知曉為 *R* 的實體遇到困難，因此，我們將嘗試去接觸被知曉為 *N* 的實體。我是 *Oxal*。

(H channeling)

(*H*傳訊)

I am Oxal. We are experiencing some difficulty in achieving contact with instruments who are not, shall we say, familiar with the personal vibration of our contact. There is some variance between the energies experienced from the different brothers within the Confederation and it is very difficult, many times, to differentiate between these contacts. As for the instrument known as R, I would wish to add that though it has been a great length of time, your knowledge is far too advanced for you to allow your apprehensions to overcome your desire. And once again I shall attempt to communicate through the instrument. I am Oxal.

我是 *Oxal*。我們在取得與並不，容我們說，熟悉我們的接觸的個人的振動的器皿取得接觸的過程中正在體驗到某種困難。在從星際聯邦中的不同的兄弟身上被體驗到的能量之間會有某種變化，很多時候，要在這些接觸中間進行區分是非常困難的。對於被知曉為 *R* 的器皿，我希望補充，儘管已經有一段很長的時間了，你的知曉對於你是遠遠過於超前的了，以至於你的知曉允許你的擔憂壓倒了你的渴望了。再一次，我將會嘗試去通過器皿進行交流。我是 *Oxal*。

(Carla channeling)

(*Carla* 傳訊)

I am Oxal. We are having some difficulty this evening, and so I will briefly conclude through this instrument and then depart. We wish to say to the one known as R and to the one known as N to be not discouraged, for though it may take a bit of time to become totally confident, either for the first time or again, yet the ability is still there and the service that you have done and will do, my sisters, is wonderful to behold.

我是 *Oxal*。我們今晚正在遇到一些困難，因此我將會通過這個器皿簡短地總結，並接著離開。我們希望對被知曉為 *R* 的實體，對被知曉為 *N* 的實體說，不要灰

心，因為儘管要成為完全有信心的，要麼是第一次，要麼是再一次，這可能要花費一點時間，而能力是仍舊在那裏的，你們已經進行了服務以及將會進行的服務，我的姐妹們，是看起來是美妙的。

We wanted to say to you a few words about harmony, a few words about progression. My friends, that which you hear at this time within your density outside your dwelling place is an instance of disharmony. There are two definitions of normalcy within the air. One is warmer and one is colder and within this duality there is inevitable conflict. And the result of this conflict can be heard by your ears at this time. And the destruction which is wrought shall at times be very great, simply because there is a duality between heat and cold and the result is a terrible confrontation in which that duality is resolved and harmony again reigns.

我們想要在關於和諧的方面對你們說一些話，在關於發展的方面說一些話。我的朋友們，你們在此刻在你們的住所外面，在你們的密度中聽到的事物，是一個不和諧的瞬間。在空氣中有兩個屬於常態的定義。一個是更為溫暖的，一個是較為寒冷的，在這個二元性之中，會有不可避免的衝突。這種衝突的結果，在此刻，是能夠被你們的耳朵聽到的。被產生出來的破壞將時常是非常巨大的，單純地因為在熱與冷之間的一種二元性，結果是一場可怕的衝突，在其中二元性被化解，和諧再一次統治了。

Within that density which you now enjoy there is a natural and inevitable swing. That swing is towards progression, progression not only of your spirit but of all that there is: physical, intellectual, emotional, heavenly, ethereal—any density, any type, anything that you can name in existence has an inevitable progression from lower to higher. And it takes place at an inexorable pace, step by step, time by time. Each of you and the planet upon which you now reside will progress, from this time and place into the next, from this cycle into the next. It was designed that within the schoolroom which you now enjoy you would learn your lessons and you would progress in harmony with your planet. My friends, this has not happened, and there are many, many of your peoples who are in disharmony with the planet itself as it progresses inevitably into the next cycle. The vibration of all that exists within the physical plane upon your planet is slowly being transformed by its very crystalline structure into a vibration which is not what it was. The space into which your entire solar system now passes is of a vibratory nature which is not what it was and it has been planned that your thoughts, your spirits, and your progressions would be in harmony so that they are not what they were also. Unfortunately, many, many of your peoples are exactly what they were. They have chosen not to progress at all. They are thinking of self, they are thinking of power over others and their grade, if you wish to put it that way, is under fifty percent, by which we mean that they are thinking of themselves without regard to others more than fifty percent of the time. This is written in a holy book of your planets and it is, unfortunately, so.

在那個你們現在享受的密度中，會有一種自然且無可避免的搖擺。那種搖擺是朝向發展的，發現不僅僅是你的靈性的發展，同樣也是一切萬有的發展：物質性的，

智力的，情緒的，天上的，乙太的——任何密度，任何類型，任何你們能夠在存在性中命名的事物，都擁有從較低到較高的無可避免的發展。它是用一種不可阻擋的速度，一步接一步，一次接一次地發生。你們每一個人以及你們居住在其上的星球，從這個時間與位置進入到下一個時間與位置，從這一個週期進入到下一個週期。它是被設計為，在你們現在享受的學校課堂中，你們會學習你們的課程，你們會與你們的星球協調一致地發展。我的朋友們，這種發展沒有發生，在你們的人群中有很多很多人與星球其自身並不是協調一致的，在星球無可避免地發展進入到下一個週期中的時候。所有在你們的星球上存在於物質性層面中的事物的振動，都正在緩慢地被星球的核心的結晶結構轉變進入到一個與它之前的振動不一樣的振動。你們整個太陽系現在正進入其中的那個空間，是具有一種振動的屬性的，這種屬性並不是它曾經是的屬性，已經被計畫好的事情是，你們的想法，你們的靈性，你們的發展會處於和諧一致中，這樣它們同樣也不是它們曾經之所是了。不幸的是，你們的人群中很多很多人，分毫不差地就是它們曾經之所是。它們已經選擇完全不發展了。它們在考慮自我，它們在考慮統治其他人的力量，它們的分數，如果你們希望那樣稱呼它的話，是低於百分之五十的，我們這樣說的意思是，它們在多於百分之五十的時間考慮它們自己，而不考慮其他人。在你們星球上的一部神聖著作中，這是被寫到過了的，不幸的是，就是如此。

The cycle into which you are passing will inevitably come into conflict with this kind of thinking and the storm will rage about those upon this planet who are not able to achieve harmony with the new vibration, which is a vibration of love of a higher nature. It is a vibration in which there is much less deceit, in which it is much clearer to you that your brother is also yourself. You see, my brothers, you are all one and to do service to your brother is only to serve yourself. In this density it has not been very clear that this is so and in the next density it will be much clearer.

你們正在進入其中的週期，將會不可避免地與這種類型的思考產生衝突，暴風雨將會在這個星球上的那些無法取代與新的振動之間的和諧的人周圍咆哮，這種新的振動是具有一種更高屬性的愛的振動。它是一種在其中會有遠遠較少的欺詐，在其中你的兄弟同樣也是你自己的，這對於你會遠遠更為清晰的振動。你們看，我的兄弟們，你們全都是一體的，對你的兄弟進行服務，僅僅是服務你自己。在這個密度中，就是如此，這已經是非常不清楚的了，在下一個密度中，它將會是更加清楚的。

We are aware that you do not wish to be swept away, shall we say, in the ruins of this confrontation. And we ask you, please, to think of these words if you find yourself in a position where you have closed the outside world away and are thinking only of yourself. Remember, my friends, your self is, in total essence, in total harmony with all that there is. To close yourself off from it is to come into inevitable and destructive confrontation with reality. Please get off of that 50 percent fence that you are now on. Pull yourself onto the side of harmony. Even if your actions are not perfect, if you simply desire to be better, your vibrations will have been pulled off that fence and you will begin to come into harmony with that reality you face more and more each day.

我們察覺到你們並不希望，容我們說，在這種衝突的毀滅中被沖走。我們請你，如果你發現你自己處在這樣一個位置上，在其中，你已經對外面的世界封閉起來

並正在僅僅考慮你自己，請想到這些話語。我的朋友們，記住你的自我，是在完全的實質中的，是與一切萬有完全協調一致的。要將你自己對它封閉起來，就是進入到與實相之間的無可避免與破壞性的衝突中。請從那個你們現在處於其上的百分之五十的騎牆 (*fence*) 上走下來。將你自己拉到和諧的一面。即使你的行動是不完美的，如果你單純地渴望成為更好的，你的振動就將已經從那個騎牆上被拉下來，你將會開始進入到與你每一天越來越多地面對的那個實相之間和諧一致中了。

I will leave you, my friends. I wished to share this with you and it is indeed a great privilege to share this with you. I leave you in joy, for it is truly a joy to share with you the love and the light of the Father. I am Oxal. Adonai.

我的朋友們，我將會離開你們。我希望與你們分享這一點，與你們分享這一點確實是一種巨大的榮幸。我在喜悅中離開你們，與你們分享天父的愛與光這真的是一種喜悅。我是 *Oxal*。 *Adonai*。

(H channeling)

(*H* 傳訊)

I am Hatonn. As I said earlier, I have returned. It has been my privilege to allow my brother Oxal to speak with you. Though I have little left to say, I would wish to extend to all present my presence. And while I complete this communication, my brother Laitos shall dwell among you within this room. We ask that you relax and listen and know of our presence. If you are open and receptive to us, then you indeed shall be aware of our presence. We of the Confederation of Planets in Service to the Infinite Creator come from what you consider to be many places. We have come across vast portions of the universe. We have transcended what you consider to be time and we can experience instantaneous travel from one point to another. Through the use of what you may call your God-given abilities, you also can achieve these things. And I say unto you, be patient.

我是 *Hatonn*。如我早些時候說過的一樣，我已經返回了。允許我的兄弟 *Oxal* 對你們發言，這已經是我的榮幸了。儘管我還有一點點剩下的事情要說，我希望將我的存在延伸到所有在場的人。在我結束這次交流的時候，我的兄弟 *Laitos* 將在這個房間中呆在你們中間。我們請你們放鬆，聆聽並知曉我們的存在。如果你們對我們是開放的且是有接納性的，接下來，你們確實將會察覺到我們的存在。我們是服務於無限造物者的星際聯邦，我們是從你們認為是很多地方的位置前來的。我們已經跨越了宇宙的巨大的部分了。我們已經超越了你們認為是時間的事物，我們能夠體驗到從一個位置到另一個位置的瞬間的旅行。通過對你們可能稱之為神授的能力的使用，你們同樣能夠取得這些事情。我對你們說，請有耐心。

(Pause while someone entered the meeting.)

(在某個人進入到集會的時候暫停。)

I shall continue. I expressed to you the need for patience. For, my friends, those upon your planet experience great annoyance and distress over the passage of time. Many things you attempt to do and to solve rely upon the

passage of time within your present concepts ... 我將繼續。我對你們表達了對耐心的需要。因為，我的朋友們，那些在你們的地球上人對時間的流逝體驗到了巨大的苦惱與悲傷。很多你們嘗試去做的事情，去依賴於時間的流逝來解決的事情，在你們的當前的觀念中.....

(Tape ends.)

(磁帶結束。)

February 1, 1976

1976-02-01 無名氏：站在球上的人

(Carla channeling)

(Carla 傳訊)

Greetings in the love and the light of the infinite Creator. Before I speak with you I wish that you feel the warmth and vibration of the energy that is with you at this time. We are sending you our vibration which enhances the natural vibration of this group in such a way that it may more easily coincide with that which may be called spiritual vibration. Pause and feel this energy

在無限造物者的愛與光中致意。在我們對你們發言之前，我希望你們感覺到在此刻與你們在一起的能量的溫暖與振動。我們正在對你們送出我們的振動，它會用這樣一種它可能更為容易地與可以被稱之為靈性振動的事物相一致的方式來增強這個團體的自然的振動。暫停並感覺這種能量吧。

(Pause)

(暫停)

Before we begin to answer your questions, we would like to respond to a mentally asked question. It is something that this instrument does not particularly like to do, but we feel it is good for both the instrument and the questioner to occasionally experience this form of channeling.

在我們開始回答你們的問題之前，我們想要回應一個在心智中被詢問的問題。它是某個這個器皿並不是特別喜歡去做的事情，但是我們感覺到，偶爾體驗這種形式的傳訊，這同時對於器皿以及對於提問者都是有好處的。

We say to you, my brothers, you are upon a round ball, not totally round, my brother, but round enough. Consider yourself standing on the surface of the ball. One side of this ball is in light, and the other is in darkness. And it may seem to you very real that you are in darkness now, and that you have been in light earlier today, and that tomorrow the light will come again, and after that, another period of darkness. For you are upon the surface of a ball, and what is real to you is what is real for that ball. And sometimes there is light, and sometimes there is darkness.

我的兄弟們，我們對你們說，你們是在一個圓球上，不是完全圓形的，我的朋友們，但是足夠圓的。考慮你自己站在球的表面上。這個球的一面是在光中，另一面是在黑暗中。你們現在是在黑暗中的，你們已經在今天早些時候是在光中的，明天光將會再一次出現，在那之後，另一個黑暗的時期，這可能對於你們看起來似乎是非常真實的。因為你們是在一個球體的表面上，對於你們是真實的事物，對於那個球體就是真實的。有時候會有光，有時候會有黑暗。

Problems, difficulties, pain, lack, limitation; these things are just like the ball that you are standing on. Only you hold these balls. Consider them as

evanescent bubbles. When you turn them in your hand, they rotate half in light and half in darkness, and as you see the dark side of the trouble, you experience the lack and the limitation, and the trouble seems very real to you, but lo, the trouble turns in your hand, and the solution is come upon you, and it also seems real to you. And the bubble bursts, and is no more, and in your hand is another bubble, and it is turning its dark side to you. And as you hold it in your hand, it turns, and it turns, quickly or slowly, and eventually the light side shows. Day dawns upon that particular trouble, and your solution is come upon you.

問題，困難，痛苦，缺少，限制性，這些事情就好像你們正站在其上的那個球。僅僅只有你抓住這些球。考慮它們是轉瞬即逝的泡泡。當你們在你們的手中轉動它們的時候，它們會轉動，一半在光明中，一半在黑暗中，當你們看到麻煩的黑暗面的時候，你們體驗到了缺少與限制，麻煩看起來對於你們是真實的，但是，看那，麻煩在你們手中轉動了，解決方案出現在你們面前了，它同樣看起來對於你們是真實的。那個泡泡破了，不存在了，在你們手中是另一個泡泡，它在將它的黑暗面轉向你們。當你們將它抓在你們手中的時候，它轉動，它或快或慢地轉動，最終，光明面出現了。白天在那個特定的麻煩上破曉了，你們的解決方案出現在你們面前了。

We ask that you consider, my brother, that the man standing upon the ball is not just the man upon the ball. For there is that within him which is kin to all that there is. He is not a prisoner of light and darkness, for within him is the sun. Within him, even within the intellect of this man, in imagination, there is the ability of this man to go to the point of view of the sun, and from the standpoint of the sun there is no night, and the turning of a ball in infinite space has no meaning, for there is eternal, infinite, unbelievably wasteful light. There is no darkness, from the standpoint of the sun.

我們請你們考慮，我的兄弟，那個站在球上面的人不僅僅是站在球上面的人。因為在他內在之中會有與一切萬有有親屬關係的事物。他不是一個光明與黑暗的囚徒，因為在他內在之中有太陽。在他內在之中，甚至在這個人的智力中，在想像力中，這個人都有能力前往太陽的視角，從那個太陽的立場，沒有夜晚，在無限的空間中轉動一個球是沒有意義的，因為有永恆的，無限的，令人難以置信地浪費的光。從那個太陽的立場上，沒有黑暗。

Your difficulty at this point is a problem of thinking of yourself as a person standing upon a ball, and holding a ball, both balls being subject to light and darkness. Consider your difficulty from the standpoint of the eternal light and oneness of the sun, and the bubble will burst.

你在這個位置的困難時一個將你自己思考為一個站在一個球上，並抓著一個球的人的問題，兩個球同時都是受制于光明與黑暗的。從太陽的永恆的光與一體性的立場考慮你的困難，泡泡就將會爆掉了。

There is a point to the standpoint of the man upon the ball. You are a plant within the cosmic garden, and that which is necessary for your growth is given unto you. Your growth is not in the body but in the spirit, and that which is, shall we say, fertilizer is the infinite array of emotional reactions that you have

to these same problems. Through the reactions of your emotions, and through choosing what reactions you will encourage within your own consciousness, you are turning and developing your own cosmic growth. Let that cosmic sun shine upon you and your problems.

在球上的人會有一個站立點的位置。你們是在宇宙的花園中的一顆植物，對於你們的成長是需要的事物是被給予了你們的。你們的成長不是在身體中，而是在靈性中，容我們說，肥料就是你們對這些相同的問題擁有的無限數量的情緒性的反應。通過你的情緒反應，通過選擇你們將會在你們自己的意識中鼓勵的反應，你們就在轉向並發展你們自己的宇宙的成長了。讓宇宙的太陽照耀在你們與你們的問題上吧。

I will now open the meeting to questions. Who would like to ask a question?
我現在將對問題開放集會。誰想要問一個問題？

Questioner: How can I meditate better?
提問者：我如何更好地冥想呢？

My sister, it is my great pleasure to be able to speak with you. We are very pleased for the opportunity. For each person, as this instrument has said, there is a uniquely personal way to get past the difficulties of the conscious mind and settle into a more meditative or contemplative state. In your case, my sister, it is recommended that, for a period of five minutes or so, you take one of the works which personally has spiritual meaning for you, whether it be that which you know as the Holy Bible, or whether it be any other work which has meaning for you personally. Your mental discipline is such that you are accustomed to making good use in a physical sense of your time. Therefore, the main difficulty with your taking time for a meditation period is that it is a waste of time within the intellectual framework.

我的姐妹，能夠對你們發言，這是我巨大的快樂。我們對那個機會非常高興。對於每一個人，如這個器皿會說的一樣，都有一種獨一無二地個人性的途徑去超越有意識的心智的困難並牢固地處於一種更為冥想性或者沉思性的狀態中。在你的情況中，我的姐妹，被推薦的事情是，花一個大概五分鐘的時段，你使用一個對你個人性地擁有靈性的意義的作品，無論它是你們知曉為聖經的作品，或者它是已經對你個人有意義的其他的著作。你的心智的修煉就是這樣，以至於你會對習慣於用一種物質性的方式來好好利用你的時間。因此，你在為一個冥想的時段花時間的方面的主要的困難是，它在智力的框架中是一種浪費時間。

The greatest bridge from the intellect to the spiritual is inspiration. Therefore, reading words of inspiration will at some point give you the inspiration and desire to pause and contemplate that which you have read. At this point, your own intellect will find it permissible to do so, for you will be learning. And truly this, although it is not meditation proper, is an extremely useful method of learning. It is a gateway into the spiritual. If you cannot go further than the contemplation of an inspirational thought, then this will be fine. At some point, as you do this daily, however, you will find that you have stopped thinking about that inspirational thought, and you have not yet thought of anything

else. Perhaps that inspiration has led you to another inspiration, and then to another, and then you have a pause. My sister, if that pause lasts five seconds, within that five seconds you have made contact with the silence within, and within that silence is that which we have called the sun. Within that silence is the Creator. Five seconds with the Creator, my sister, is ample. Seek and ye shall find. This has been said over and over.

從智力到靈性的最大的橋樑就是啟發。因此，閱讀具有啟發的文字將會在某個位置給予你們啟發，以及對暫停並沉思你已經度過的內容的渴望。在這個位置，你自己的智力將會發現它是得到了准許去這樣做的，因為你將會在學習。儘管它不是嚴格意義上的冥想，這真的是極其有用處的學習的方法。它是一條進入到靈性的通道。如果你無法比對一個靈性的想法的沉思更進一步，接下來，這將會是很好的。無論如何，當你每天都這樣做的時候，在某個位置你將會發現你已經停止思考那個啟發性的想法了，你尚未想到任何其他事情。也許那個啟發已經將你導向另一個啟發了，接下來，另一個，接下來，你擁有了一次暫停。我的姐妹，如果那個暫停持續五秒鐘，在那五秒之中，你就已經與內在的靜默建立接觸了，在那種靜默中，會有我們已經稱之為太陽的事物。在那種靜默中，會有造物者。與造物者在一起五秒鐘，我的姐妹，是豐富的。尋求，你將會找到。這已經被一次又一次地說過了。

Do not be disheartened if meditations remain short for some time. It is not how long your meditations last, but how earnestly you are seeking. If you knock at that door, it shall be opened. It will not be tomorrow that you are able to spend minutes, and then a quarter of an hour, in deep meditation, yet through the door of contemplation you will become comfortable with the meditation. You see, my sister, there are people who are, shall we say, less energetic, and therefore they do not require their time to be productive. Once you begin to see in your own consciousness the joy and the productive changes which are occurring as a result of your meditation, short as it is, you will no longer consider it as a waste of time. At that point, your being will relax and allow the silence its rightful place.

如果冥想在一些時間之後依舊是短暫的，不要感到氣餒。重要的不是你的冥想持續多長時間，而是你在多麼熱切地尋求。如果你敲門，門將會被打開。它將不會是明天你就能夠花費幾分鐘，接下來一刻鐘處於深入冥想中，而通過沉思的大門，你將會對冥想的感覺到舒服的。你看，我的姐妹，會有一些人是，容我們說，較不精力旺盛的，它們因此不會要求它們的時間是富有成效的。一旦你開始在你自己的意識中看到喜悅，以及作為你的冥想的一個結果正在出現的富有成效的改變，儘管它是短暫的，你將不再會認為它是一種浪費時間。在那個位置上，你的存有將會放鬆並允許靜默擁有它合適的位置了。

The physical vehicle in all of those among your peoples has been trained to be very active, and even among those who are the least energetic you will find resistance to meditation, for the body itself is not comfortable doing nothing. This is unfortunate but true. It is much better to be totally inactive, and then to move with true purpose, than to be partially active at all times and have no purpose of a lasting quality. Therefore, we wish you a very productive outcome to your seeking. We assure you that this will be so.

物質性的載具在所有你們的人群中的那些已經被訓練成為活躍的人身上，甚至在那些較不精力旺盛的人身上，你都將會發現對冥想的抵制，因為身體其自身對於生命都不做是不舒服的。這是不幸的，但卻是真實的。成為完全不活躍的，接下來藉由真實的目的而行動，這是要比在所有的時候都是部分活躍的，而沒有具有一種持久的屬性的目的要遠遠更好一些的。因此，我們希望你對你的尋求擁有一個非常富有成效的結果，我們向你保證，這將會是這樣的。

Does that answer your question?

那回答了你的問題嗎？

Questioner: (Inaudible).

提問者：(聽不見)。

Are there other questions?

會有其他問題嗎？

Questioner: I would like to know if I could have some way of knowing, physically or absolutely, that I am channeling, really channeling, when I think I am channeling from the Confederation. I need to be absolutely sure that I'm not channeling myself, because I would hate to give anybody wrong advice or say something that's not right.

提問者：我想要知曉，在我認為我正在從星際聯邦傳訊的時候，是否我能夠擁有某種知曉的我是正在傳訊的，真正在傳訊的途徑，物質性地，或者絕對地知曉。我需要絕對確信，我不是在傳訊我自己，因為我厭惡給予某個人錯誤的建議或者說某個不正確的事情。

This is a difficult question to answer, my brother. There is no channel that does not dwell within doubts many times. Moreover, due to the type of beam that we are using with you, although it is electromagnetic in a physical sense, it is not the type of wave in which total control is ours and you have no free will. We have experimented with this beam and we do not like it, even when the instrument is fully willing to give over to us. It is uncomfortable to the instrument, and it is not necessary in order to give to you philosophy.

這是一個很難回答的問題，我的兄弟。沒有任何的管道不是在很多時候都處於疑惑之中的。而且，由於我們正在對你使用的光束的類型，儘管它用一種物質性的意義是電磁性的，它並不是那種通過其我們的控制是完全控制，而你並不擁有自由意志的波動的類型。我們已經實驗過這種光束，我們並不喜歡它，甚至當器皿是充分樂意於讓渡給我們的時候。它對器皿是不舒服的，為了要給予你們哲學，它並不是必不可少的。

We prefer using a type of communication which deals within your free will. We see your vocabulary as spread out within your awareness, and we pick out of your awareness the closest concepts to what we are trying to say. This is why different channels give different messages to a certain extent.

我們更喜歡使用一種類型的在你們的自由意志之中打交道的溝通交流。我們將你們的辭彙表視為是散佈在你們的認識中的，我們從你們的察覺中挑選出與我們正

在嘗試去說的事情最為接近的觀念。這就是為什麼不同的管道在一定的程度上給予不同的資訊是困難的原因了。

Now, it is partially their subconscious, and it is partially us. Do you understand this? Do you see what I mean, my brother?

現在，它部分是它們的潛意識，它部分是我們。你理解這一點嗎？你明白我的意思了嗎，我的兄弟？

Questioner: Well ...

提問者：好的.....

This does not answer your question, but it tells you the basic answer, which is that you will never know for sure whether it is us until such time as channels are not actually necessary. Now, we must back up a bit.

這並沒有會有你的問題，但是它對你談及了基本的答案，它就是你將永遠不會確信地知曉，是否它是我們，一直到諸如管道不是實際上是需要的時間為止。現在，我們必須後退一點點。

Channels are necessary because we cannot and will not go against the free will of those upon your planet. Some of those upon the planet are seeking the truth. To those people we come to give our message. Many, many of those peoples upon your planet are not seeking the truth at this time. This is their prerogative. We do not wish to upset their applecart. We do not wish to make them know that our reality is superior to theirs, they are inexorably headed for our reality, and they will be forced into learning our lessons. We do not wish to do this to anyone. We wish only to talk to those who wish to listen. We cannot appear among you at this point for this reason. So we use telepathic channels which no one can prove are actually speaking. This unprovability is essential to the vibration upon this planet at this time. We must not be proven to be here at this time, until the majority of those upon your planet want what we have come to bear witness to.

管道並不是必須的，因為我們無法並將不會違反那些在你們的星球上的人的自由意志。在星球上有一些人正在尋求真理。我們將會前往那些人以給予我們的資訊。在你們的星球上很多很多人在此刻並不尋求真理。這是它們的特權。我們並不希望將它們的計畫攪亂。我們並不希望使得它們知曉，我們的實相是比它們的實相更高，它們是不可動搖地朝向我們的實相前進的，它們將會強迫學習我們的課程。我們並不希望對任何人這樣做。我們僅僅希望對那些希望聆聽的人發言。我們因為這個原因無法在此刻在你們當中出現。因此，我們使用心電感應的管道，這些管道中沒有任何一個能夠證明實際上是在說話的。這種不可證明性，對於在此刻在這個星球上的振動是實質性的。我們必須不被證明在此刻在這裏，一直到你們的星球上的大多數人想要我們已經前來見證的事情為止。

This channel has become convinced that she is channeling something of a higher reality. This channel is not totally convinced that we are UFO entities. This is fine with us. We do not care who you think we are. The reason that this channel is convinced that she is channeling is that in many instances that

which she has channeled has been confirmed by events or by people as being, shall we say, on the nose, and the instrument knows that she did not previously have any awareness as to what was channeled. Therefore, she knows that there was an information source that was coming through her.

這個管道已經確信，她是在傳訊某個具有更高的實相的事物。這個管道並不是完全確信，我們是 UFO 的實體。這對於我們是沒問題的。我們並不關心你們認為我們是誰。這個管道確信她是正在傳訊的原因是，在很多情況中，她已經傳訊的內容已經被時間或者被人證實是，容我們說，準確的，器皿知曉她在關於什麼事情是被傳訊的方面是並未提前擁有任何察覺的。因此，她知曉有一個資訊的源頭是在通過她出現的。

We suggest to you what we have suggested often, that it matters not where the information comes from, it matters only whether the information is valid, whether it is helpful. As a matter of fact, we are from another planet. We are in craft about your planet. We are people, and we speak to people: we are here in love and peace. This is our nature, and this to our message. Proof is not with us. Proof is not of our vibration. Love is what we have come to offer, and love is proven only in love.

我們對你建議我們已經經常建議的事情，資訊來自於何處，這並不是重要的，唯一重要的事情是，是否資訊是有效的，是否資訊是有幫助的。實際上，我們是來自另一個行星的。我們在你們星球的周圍的飛船中。我們是人，我們對人發言，我們是在愛與平安中來到這裏的。這就是我們的屬性，這就是我們的資訊。證據並不在我們身上。證據不是對我們的振動的證據。愛就是我們已經前來提供的事物，愛僅僅是在愛中被證明的。

We ask you, my brother, simply to have confidence. When you feel a desire to help, to give service in this way, pray, as you would call it. Speak to the light within you in a way which communicates to your own vibration. Either say to yourself, "I wish only to do work for the Creator"; say to yourself, "Let me be an instrument of Thy peace"; say to yourself whatever is your true desire in the Father to do this work. In that way, there is no possibility of your channeling that which is not of the Father. It is when one is not careful of one's vibrations that one begins to channel those entities which are quite astral, which, while sometimes very high vibration, are also sometimes not. If you wish a spiritual communication, set your vibrations to that. Then, speak what comes to your mind. The essence of channeling is not to worry about what you are saying, but to go ahead, catch those balls, and throw them on, catch those words and speak them. You have arranged your vibration, you have set yourself to do the work of the Father: then, do it. You need not question intellectually something that is not intellectually happening to you.

我們請你，我的兄弟，擁有信心。當你感覺到一種對幫助，對用這種方式去給予服務的渴望的時候，進行祈禱，如你們對它的稱呼一樣。用一種與你自己的振動交流的方式，對在你內在之中的光說話。要麼你對你自己說，“我僅僅希望做天父的工作，”要麼對你自己說，“讓我成為你的平安的一個器皿，”對你自己說在天父中去做這個工作的無論什麼是你真實的渴望的事情。用那種方式，就不會有你的傳訊不是天父的傳訊了。就是在一個人對它的振動並不是小心謹慎的時候，

它會開始傳訊那些相當星光性的實體，儘管這些實體有時候是非常高的振動，它們有時候同樣也不是。如果你希望一種靈性上的溝通交流，讓你的振動固定在靈性上的交流上。接下來，說出出現在你的頭腦中的事情。傳訊的實質不是擔心你們在說什麼事情，而是去前進，接住球，將它們扔出去，接住那些詞語，將它們說出來。你已經安排好了你的振動，你已經讓你自己準備好進行天父的工作了：接下來，進行它。你不需要用智力的方式質疑某個並不是用智力的方式發生在你身上的事情。

This may sound very difficult at this time. What will make it easier for you is experience in this service. As you begin to have a backlog of experiences in which everything came out all right, in which that which was given to you was well-received, you will begin to realize that once you prepare yourself as the instrument, then that which is given through the instrument is not of your concern.

在此刻這可能聽起來是非常困難的。將會使得它對於你們更加容易的事情是，在這種服務中的體驗。當你開始擁有一份體驗的儲備了，在其中每一個事情都是適當地出現的，在其中被給予你的事物是很好地被接收到的，你將會開始意識到，一旦你讓你自己準備好成為器皿了，接下來，通過器皿被給予的事物就不是你要擔心的事情了。

Does this answer your question?

這回答了你的問題嗎？

Questioner: Yes.

提問者：是的。

Is there another question?

有另一個問題嗎？

Questioner: When we meditate, do we get rid of karma?

提問者：當我們冥想的時候，我們是在擺脫業力嗎？

No, my sister. Do you wish an explanation?

不是的，我的姐妹。你希望一個解釋嗎？

Questioner: Yes, please.

提問者：是的，請吧。

There is a law within the density which you now know as the physical. This law is visible within the physical illusion as cause and effect. There is no action without a reaction. Nothing that happens has not been caused. That which you do is reflected in experience. This is karma.

在你們現在知曉為物質性的密度中會有一個法則。這個法則，作為原因與結果，在物質性的幻象中是可見的。沒有行動是缺少一個反應的。沒有任何發生的事情是沒有原因的。你做的事情是在體驗中被反映出來的。這就是業力。

This is a law. The law does not become abrogated. There is a higher law, and this is the Law of Love. If you invoke this law, this law will dissolve the karma. Yet you invoke this through action. In meditation, you align yourself with all that there is. You have brought into your consciousness the Creator. Yet karma is that which is in the physical, and to dissolve karma, there must be action of a final kind which resolves the reaction. This action partakes of love, but love-in-action.

這是一個法則。法則是不會被廢除的。會有一個更高的法則，這就是愛的法則。如果你祈請這個法則，這個法則就將會化解業力。而你通過行動祈請這個法則。在冥想中，你將你自己與一切萬有對齊。你已經將造物者帶入到你的意識中了。而業力就是在物質性中的事物，要化解業力，必須要有化解那個反應的一種最終類型的行動。這個行動帶有愛，是在行動中的愛。

It is as though you would say that there was a fire, raging out of control. And you stood by it, and you said "What is this destructive thing? And how do I manage to overcome it?" And as you meditated, it came to you that you would overcome fire with water.

它就好像你會說，有一場火災，肆虐而無法控制。你站在它邊上，你說，“這個破壞性的事情是什麼？我如何設法消滅它呢？”當你冥想的時候，它來到你身上，你會用水來滅火。

And there you sit in meditation, with a pail of water in your hand. But, my sister, you have not put the water on the fire. Go from the meditation with the understanding, and put out that fire. Do it consciously, and know that the law of love is overcoming the law of karma.

在那裏，你坐在冥想中，在你的手中有一桶水。但是，我的朋友，你尚未將水倒在火上。帶著理解從冥想中前進，並熄滅火。有意識地進行它，知曉愛的法則正在壓倒業力的法則的。

Is this clear, my sister?

我的姐妹，這是清楚的嗎？

Questioner: Yes.

提問者：是的。

As we sit here, my brothers and sisters, we are like islands in a stream. This phrase has been used by one of your writers, and we take it from this channel's mind, for it is very apt at this time. You seem like islands in the stream. You are separate, and the waters are rushing past you, and you are each in a different place, attempting to understand the nature of that which is around you. Yet you are fixed, still, and as the waters rush past you, you see only that which touches you.

當你們坐在這裏的時候，我的兄弟姐妹們，我們就好像在一條溪流中的浮島一樣。這個說法已經被你們的一位作家使用過了，我們將它從這個管道的頭腦中取出來，因為它在此刻是非常合適的。你們看起來就好像在溪流中的浮島一樣。你們是分開的，水沖過你們，你們每一個都在一個不同的位置，嘗試去理解在你們周

圍的事物的屬性。而你們是固定的，靜止的，當水沖過你們的時候，你們僅僅看到接觸到你們的事情。

My friends, you are the water. One drop of water, that is one with all of the water that reaches from one corner of the world to the other, that indeed touches all that there is, that knows all that all the other drops of water know. Release yourself from that island, in meditation, and become one with the water. Water does not seem strong, yet it is water—gentle, flowing, unified water—that dissolves the rock.

我的朋友們，你們是水。一滴水，這一滴水與從世界的一個角落延伸到另一個角落的所有的水在一起，它確實接觸到了一切萬有，知曉所有其他的水滴知曉的所有的事情。在冥想中將你自己從那個浮島上釋放出來，與水成為一體的。水看起來似乎並不是強有力的，而它是水——溫和的，流動的，統一的水——它讓岩石分解了。

Are there any other questions?

有任何其他的問題嗎？

Questioner: Should we believe in reincarnation?

提問者：我們應該相信轉世投生嗎？

My sister this is, to the best of our knowledge, what happens. If it is uncomfortable to you, it is perfectly all right not to believe in it. However, reincarnation of the entity within a certain experience, then removed from that experience and re-evaluating it, then deciding what needs to be learned and going back in to the density of experience, coming back out and evaluating again—this, to the best of our knowledge, is the nature of each of you.

我的姐妹，就我們最佳的知曉，這就是發生的事情了。如果它對你是不舒服的，不去相信它是完全沒問題的。然而，實體在一定的體驗中轉世投生，接下來，從那個體驗中被移除，對體驗進行重新評估，揭曉後決定需要被學習的事情並返回到體驗的密度中，再一次出來並進行評估——就我們最佳的知曉，這就是你們每一個人的屬性了。

You are infinite, eternal beings. Your transit within this particular physical vehicle is very brief. Your transit within the Creator is infinite. We do not know where the trail ends. We are not at the end of it. We see far ahead, just as you do. We see a little further ahead than you. We certainly do not know the end. We do not know the whole. Although we ourselves are still reincarnating, it is on a density where we are more in control of our experience and our stays within each vehicle are quite a bit longer as you would measure time. We do not say that the eternal essence of all that there is is reincarnation. We only say that, at this point in our evolution, this is the nature of the residing spirit. It has a residence, and a higher residence that percolates, shall we say, into the lower residence and takes up for the learning, for the experiencing, the lower residence.

你是無限的，永恆的存有。你在這個特定的物質性的載具中的通行是非常短暫的。你在造物者中的通行是無限的。我們並不知曉小徑在什麼地方結束。我們不在它的終點處。我們看到前方很遠的地方，就好像你們做的一樣。我們看到比你們稍稍更遠一些的地方。我們肯定不知道終點。我們不知道整體。儘管我們自己仍舊在轉世投生，它是在一個密度中，在其中我們對我們的體驗是更加有控制力的，我們在每一個載具中的停留時間是時間更長一些的，如你們對時間的衡量一樣。我們不是說，一切萬有的永恆的實質就是轉世投生。我們僅僅說，在我們的演化中的這個位置，這就是存在的靈性的數寒星。它擁有一個居住時期，一個高的居住時期，它會，容我們說，滲透進入到較低的居住時期，佔據它進行學習並體驗較低的居住時期。

Does this clarify the matter?

這澄清了那個問題了嗎？

Questioner: Yes.

提問者：是的。

Is there another question?

有另一個問題嗎？

Questioner: Yes. I am having trouble channeling. How can I practice? Usually I mediate alone.

提問者：是的。我正在遇到困難的傳訊。我如何能夠進行練習呢？通常我是一個人進行冥想的。

The best route for you to follow, probably, my brother, is that, instead of trying a full-scale message—we do not suggest this when you are without at least three in the group—you attempt a much more informal and brief type of channeling. This is actually the best type to do alone, at least until you have developed the ability to make contact with us in a solid way. It is for your own protection, so that you will not get astrals. We discussed this earlier, and suggested that before initiating contact, the instrument pray. We suggest this to you. If prayer is not your chosen word for what we are suggesting, we give you the option of considering yourself a radio, and tuning yourself consciously to the very highest frequency, so that you take in only the purest of light frequencies.

你要去跟隨的最佳的路線，我的兄弟，有可能就是，不是去嘗試一個完整的資訊——當你們在一個團體中是沒有至少三個人的時候我們是不會建議這樣的嘗試的——你嘗試一種遠遠更為非正式的，簡短的類型的傳訊。這實際上是獨自一人進行的最佳的類型的傳訊，至少一直到你已經發展出了用一種牢固的方式與我們建立接觸的能力之前都是。它是為了對你自己的保護，這樣你就不會得到星光性的傳訊了。我們早些時候討論過這一點，我們建議，在啟動接觸之前，器皿進行起到。我們對你建議這一點。如果起到不是為我們正在建議的事情你選擇好的詞語，我們給予你考慮你自己是一個收音機的選項，有意識地將你自己調音到最高的頻率，這樣你就會僅僅收到最為純淨的光的頻率了。

If you wish to test your abilities to channel, take your problems of the day, your questions, and your unmentioned but simply felt mood, and say, "What have you to say about this?" You will receive an impression. This impression will be a very short answer. Listen to it, and evaluate it. Do not take it as read or disbelieve it, but in an open-minded and careful way, evaluate your answers. See what you think about the source, about the level of response. In this way it will not be very long before you begin to build up some confidence in your contact. Answers given in this way are quite short, but to the point.

如果你希望檢查你去傳訊的能力，使用那一天的你的問題，你的疑問，你未被提及過兒單純地是被感覺到情緒，你說，“你們關於這一點有什麼要說的嗎？”你將會接收到一個印象。這個印象將會是一個非常短的回答。聆聽它，評價它。不要將它當作解讀，或者不相信它，而是用一種頭腦開放而小心謹慎的方式，評估你的答案。看看你關於那個源頭，關於回應的層次會想到什麼。用這種方式，不用很久你就會開始構建對你的接觸的某種信心了。用這種方式被給予的回答是相當簡短的，但確實切中要點的。

Within conversations with others, it is entirely possible to ask for words, so that you might, shall we say, plant a seed while not formally channeling. It is not necessary to sit in a dark room with your eyes closed in order to get our words. Our thoughts are simply the thoughts which are within you but which are amplified by the spiritual vibration so that you may hear them. Therefore, it is only necessary to make a momentary contact with the desire to be of service. Then, that which you need to say will be forthcoming. Again, it is not necessary that this be sustained. Very often, those people who have come to you with a question will not need very much but only the seed that they may take with them and let grow on their own. These things may be done without ever becoming what is known as a vocal channel. They are done because of desire to be of service. This type of channeling is just as important as the more formal type of vocal channeling, and in the case of the seed-planting, is very helpful in cases where the person asking the questions is only beginning to seek. This person would not come to a meeting, and would be uncomfortable if he did come. We could not talk to him through a channel. We would not be able to get through, for his free will would then be violated. Yet the seed can be planted, if he asks a question that has a spiritual answer. This also is a service, my brother, and can be practiced in any situation.

在與其他人的交談中，去請求我們話語，這是完全有可能的，這樣你就可以，容我們說，在不是正式地傳訊的時候，種下一個種子了。並不需要坐在一個黑屋子裏，閉上你的眼睛，以便於得到我們的話語。我們的想法單純地是在你內在之中的想法，它是被靈性的振動放大的了，這樣你就可以聽到它們了。因此，僅僅需要與進行服務的渴望建立一種暫時的接觸。接下來，你需要說的事情將會出現。再一次，並不需要這是持久的。非常經常地，那些已經帶著一個問題來到你身邊的人將不需要非常多的事情，而僅僅只需要種子，這樣它們就可以帶在它們身邊並讓它們自己生長了。這些事情可以在不成為被知曉為一個語音管道的情況下被進行。它們是因為進行服務的渴望而被進行的。這種類型的傳訊是和更為正式的類型的語音傳訊是一樣重要的，在種下種子的情況中，在那些問問題的人人僅僅是在開始尋求的情況中，它是非常有幫助的。這個人不會去參加一個集會，如果

他參加了，他不會不舒服。我們不會通過一個管道對他說話。我們不會能夠通過他說話，因為他的自由意志就會被違背了。而種子能夠被種下，如果他詢問了一個問題，那個問題擁有一個靈性上的答案的話。這同樣也是一種服務，我的兄弟，它能夠用任何方式被進行。

Now, we wish to add: if you can find two or three who wish to channel, it is possible to be more formal, but we do not suggest that it would be best to attempt this on your own.

現在，我們希望補充，如果你能夠找到兩三個希望傳訊的人，會有可能成為更為正式性的，但是我們並不是建議，你一個人的時候，去嘗試這種傳訊是最好的。

Does this answer your question?

這是回答了你的問題嗎？

Questioner: Yes. Thank you.

提問者：是的，感謝你們。

You are welcome. But it is we who thank you, I assure you, for the privilege of serving you. Are there any other questions?

你是受歡迎的。但是，我向你保證，是我們在感謝你，為服務你的榮幸。有任何其他問題嗎？

Questioner: Yes. I wonder if you could comment on an experience I had about eight years ago when I was followed very closely by a UFO on my way to and from a destination.

提問者：是的。我想知道是否你們能夠對一個我在大概八年前遇到過的一個體驗進行評論，在那個時候我在我前往與離開一個目的地的路上非常緊地被一個 UFO 跟蹤過。

We will attempt to answer this question. There are times, my sister, when the light which is within is manifested outward in an unusual manner. The entity which you saw was not a Confederation entity but a spiritual entity of your planet which was activated by your rising vibration within this density. You are a person who has made some progress in understanding within this experience, and as awakenings occur within the real self, the eyes are opened to higher densities. Within the higher densities there dwell what you know as angels. These angels are not boring harp-players who flap around with wings. They are beautiful, ethereal light-beings. In physical manifestation, they are of physical beauty, and in ethereal manifestation they are very bright. You had a sight of an angel who was of your sector. It was with this harbinger that a new era within your spiritual development began. We have appeared also to you, but this particular sighting was not ours.

我們將嘗試回答這個問題。我的姐妹，會有一些時候在內在之中的光是用一種不同尋常的方式向外被顯化出來的。你看到的實體不是一個星際聯邦的實體，而是你們的星球的一個靈性的實體，它是被你在這個密度中的升高的能量啟動的。你是一個已經在這個體驗中在理解的方面取得了某種進步的人，隨著覺醒在真實的

自我內在之中發生，眼睛會向著更高的密度被打開。在更高的密度中居住著你們稱之為天使的實體。這些天使不是令人厭煩的豎琴的彈奏者，四處拍打著翅膀。它們是美麗的，乙太的光的存有。在物質性的顯化中，它們是具有物質性的美麗的，在乙太的顯化中，它們是非常明亮的。你看到了屬於你的區域的一個天使。它是帶著這樣一個預言的，在你的靈性發展中的一個新的時代開始了。我們同樣也已經對你出現過，但是這個特定的目擊事件不是我們的。

Does this answer your question?

這回答了你的問題嗎？

Questioner: Yes, and thank you.

提問者：是的，感謝你們。

It is a great pleasure to be with this group. I would leave you now. Yet I do not leave you. I never leave, but as you desire our help, we are here. We have the ability to hear ten thousand at once, and understand each. We hear and we are heard.

與這個團體在一起時一種巨大的快樂。我現在會離開你們。而我沒有離開你們。我從未離開，但是在你們渴望我們的幫助的時候，我們就在這裏了。我們擁有能力同時聽到一萬個人，並理解每一個人。我們聽到，我們被聽到了。

(Tape ends.)

(磁帶結束。)

February 15, 1976

1976-02-15 Hatonn : 超然的愛

(H channeling)

(H 傳訊)

I am Hatonn. Greetings, my friends, in the love and the light of the infinite Creator. It is indeed my privilege to share this moment with you. And while speaking with you this evening, I and my brothers shall pass among you, and if you are open, you shall sense our presence.

我是 *Hatonn*。我的朋友們，在無限造物者的愛與光中致意。與你們分享這一刻確實是我的榮幸。在今晚對你們發言的同時，我和我們兄弟將會在你們當中通過，如果你們是開放的話，你們將感覺到我們的存在。

We of the Confederation of Planets in the Service of the Infinite Creator have come to your planet to assist you in whatever manner that we may. Yet presently, the manner which you are witnessing now is our most effective means of assistance. We wish to share with you some of our ideas. Throughout many experiences each individual forms for his or herself opinions judging from the experiences. As you pass on throughout your journeys, you shall form many of these opinions. These opinions may better be expressed as concepts. Your experiences shall be infinite in number, and your concepts shall also be infinite. Yet all of the experiences and all of the concepts which you have formed can be described as being within the concept of love.

我們服務於無限造物者的星際聯邦已經來到你們星球上來用無論什麼我們可以幫助你們的方式來幫助你們。而現在，你們現在正在見證的方式是我們最有成效的幫助的途徑。我們希望與你們分享一些我們的觀點。貫穿很多的體驗，每一個個體都會為他或者她的觀點形成根據體驗的評判。當在你們貫穿你們整個旅程中繼續前進的時候，你們將會形成許多的觀點。這些觀念可以更好地被表達為觀念。你們的體驗在數量上將會是無限多的，你們的觀念將會同樣是無限多的。而你們已經形成的所有體驗以及所有的觀念都能夠被描述為是在愛的觀念中的。

Love, my friends, is not what man perceives within his intellect. Love is not the emotion that is felt for another. Love is not attachment to any given thing. Love is totally detached, yet infinitely united within truth, within the light of the Creator. All things are united due to the existence of love. In experiencing the concept of love, there are many things which must be learned before you can truly comprehend the infinity of the concept. Love is all that exists. Love is all things which you experience and which you can see. Love at many times may appear to be what you might call negative in its effect upon you or others, yet, my friends, you must indeed, in order to learn, be exposed and have experience on what you would call both sides of the coin. You must be aware of the negativity which exists within your present experience as only an assistant to your learning process. You are assisted by those acts which you consider to be negative in that they allow you to weigh within yourself the

value of that which you consider to be negative and that which you consider to be positive.

我的朋友們，愛不是人在其智力中感覺到的事物。愛不是對另一個人被感覺到的情緒。愛不是對任何已知的事物的依附。愛似乎完全超然的，而是在真理中，在造物者的光中無限地統一的。所有事物都與愛的存在性都是統一的。在體驗愛的觀念的過程中，在你們真正能夠感知那個觀念的無限性之前，會有很多必須要被學會的事情。愛是所有存在的事物。愛是所有你們體驗到的事物與你們能夠看到的事物。愛在很多時候，在它對你們或者對其他人的作用的方面，可能會在表面上看起來是你們可能稱之為負面性的事物，而我的朋友們，你們必須確實被暴露在你們會稱之為硬幣的同時兩面的事物中，並對其擁有體驗。你們必須察覺到在你們當前的體驗中存在的負面性，僅僅是你們的學習的過程的一個輔助物。你們能夠藉由那些你們認為是負面性的行動而得到幫助，因為它們允許你在你自己內在之中衡量你認為是負面性的事物和你認為是正面性的事物的價值。

My friends, in order to learn, you must have full knowledge before a full concept can be realized. Therefore, do not allow yourself to think that any action or experience pertaining to yourself is not one of love. No matter what its appearance may be upon the physical plane, you must realize that upon the spiritual planes it is assisting your growth, your understanding, and your knowledge. By your experiences you shall learn that which is necessary to evolve into what you would call a higher dimension of existence.

我的朋友們，為了要學習，你們必須在一個完整的觀念能夠被領會之前擁有充分的知曉。因此，不要允許你自己認為，任何與你自己有關係的行動或者體驗不是一個愛的行動或者體驗。無論它在物質性的層面上的表像是什麼，你都必須意識到，在靈性的層面上，它是在幫助你的成長，你的理解與你的知曉的。藉由你的體驗，你將會學會演化進入到你們會稱之為一個存在性的更高的維度的事物中所需的事物。

My friends, you are here at this time primarily to learn and understand the concept of love. Your daily experiences are your lessons, and your daily reactions to those experiences shall bear upon your final, shall we say, judgment of your experience. With the proper outlook, these experiences can always be found within the realms of the concept of love. This is difficult to understand at times—and even more difficult for us to relate to you—that you must be aware of the omnipresence of love.

我的朋友們，你們在此刻在這裏主要是來學習和理解愛的課程的。你們的日常體驗是你們的課程，你們對那些體驗的日常的反應將會產生出你們對你們的體驗的，容我們說，最後的判斷。藉由適當的眼界，這些體驗能夠一直都是在愛的觀念的領域中被找到。時常這是很難理解的——我們要將你們講述它，這甚至是更加困難的——你們必須察覺到愛的無所不在。

I shall transfer this communication. I am Hatonn.

我將轉移這個交流。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am now with this instrument. I greet you again, in the love and the light. My friends, that which surrounds you in your daily lives is a seeming mixture of the good and the bad, the plus and the negative. This appearance is not only your reality in the outer world, but it is a symbol for that which is on the inner planes the spiritual truth for all of those who are in your density and upon your physical plane. You see, my friends, you all seem to suffer, separate from each other. And in that you are separate from each other, you are broken and unhealthy and in pain. You do not know oneness with each other. You cannot understand each other. And, not understanding each other, you experience what seems to be negativity, and what seems to be pain, my friends. And this is for a reason.

我現在與這個器皿在一起了。我再一次在愛與光中向你們致意。我的朋友們，在你們的日常生活中包圍著你們的事物是一個表面上對好與壞，正與負的混合物。這種表像不僅僅是在外在世界中的你們的實相，它同樣也是，對所有那些在你們的密度中以及在你們的物質性的層面上的實體，在內在層面上靈性的真理之所是的一個象徵。你們看，我的朋友們，你們所有人看起來似乎都在受苦，是與相互彼此分離的。因為你們是與相互彼此分離的，你們是破碎的，不健康的，且處於痛苦中的。你們並不知曉與相互彼此之間的一體性。你們無法理解相互彼此。因為不理解相互彼此，你們體驗到了看起來似乎是負面性的事物，看起來似乎是痛苦的事物，我的朋友們。這是有一個原因的。

You experience that which you perceive to be a state of unhealthiness. It is, on the outer plane, the precise symbol for that on the inner planes which is also unhealthy and ununified. The healing—and the only healing which you can achieve—is the healing of love. To be made whole again within is to be made aware of your unity with all that there is on the outer planes. As you act on the outer planes, so will your consciousness behave on the inner.

你們體驗到了你們感覺是一種不健康的狀態。在外在層面上，它是對在同樣層面上同樣是不健康且不統一的事物的精確的象徵物。療愈——你們能夠取得的唯一的療愈——是愛的療愈。要在內在之中再一次成為完整的，就是察覺到你們與在外面層面上的一切萬有之間的統一性。當你們在外在層面上行動的時候，你們的意識就將會那樣子會在內在層面上行動。

How can you call this healing into what seems to be a divided planet? Because we use this channel and because we speak to this group, we use examples which are found within one of your holy works, known as the Bible. We ask you to remember the story of the man who was a prophet. And from a far country a leper came, and he said to the prophet, "Heal me!" And the prophet said, "Do you think that I am a God, that I could heal you? Nay, only go wash in the river of Jordan seven times." And the leper, who was a rich man, went away, saying, "Indeed, I thought that such a prophet would at least call upon his God for me, pray over me, but he didn't." And he was unhappy. And his servant said to him, "Master, he asked you to do something that was very easy. Would you not have obeyed him if he asked you to do something difficult?" The leper said, "Why, yes I would have, for I wish to be healed." The

servant said, "Then, Master, go wash in the Jordan seven times, for it is very simple, and you want to be healed." And the leper did so and he became whole.

你們如何才能呼喚這種療愈進入到看起來似乎是一個分裂的星球的事物之中呢？因為我們使用這個管道，因為我們對這個團體發言，我們使用了在你們被知曉為聖經的神聖著作中被找到的例子。我們請你們回憶起一個先知的故事。從一個遙遠的國家來了一個麻風病人，他對先知說，“療愈我吧！”先知說到，“你認為我是一個神馬，你認為我能夠療愈你嗎？不，僅僅去約旦河中清洗七次吧。”這個麻風病人是一個富人，離開了，他說，“確實，我認為這樣一個先知至少會為我呼喚他的神，為我祈禱，但是他沒有。”他不高興。他的僕人對他說，“主人，他要你去做某個非常容易的事情。如果他請你去做某個困難的事情，難道你不是本來已經服從他的了嗎？”那個麻風病人說，“為什麼，是的，我本來會的，因為我希望被療愈。”僕人說，“那麼，主人，去約旦河裏洗七次吧，因為它非常簡單，而且你想要被療愈。”麻風病人這樣做了，它成為完整的了。

My friends, this experience you are now going through is much like that story, in that you are at this point in some manner or other sick, lonesome, unhappy, in some pain or some sadness of physical existence, whether it be in the mind, in the emotions, in the body. And you desire to be healed. You desire to be a whole person. We are not prophets. We do not wish to behave as prophets. Yet we say to you: your prophet is love. Your higher self has arranged the basic elements and ingredients of your life experience, so that your life itself may tell you where the Jordan is, that you may wash and be whole. You need not search for a difficult way to find love. Love is close to you now, at this very moment.

我的朋友們，這個你們現在正在經歷的體驗非常類似那個故事，因為你們在這個位置是用這樣或者那樣的方式是生病的，孤單的，不快樂的，是出於某種痛苦中或者某種物質性的存在性的悲傷之中的，無論它是在心智中，在情緒中還是在身體中。你們渴望被療愈。你們渴望成為一個完整的人。我們不是先知。我們並不希望如先知一樣行為舉止。而我們你們說，你們的先知是愛。你們的高我已經安排好了你們的生命體驗的基本的要素與組成部分了，這樣你們的生命其自身就可以告訴你們約旦河在哪里呢，你們可以清洗並成為完整的了。你們不需要尋找一條困難的道路去找到愛。愛現在，就在此刻，是靠近你們的。

When you have your next painful experience, ask your own experience, your own life, your own situation, "Where can I be healed? Where is love in this situation?" If you are quiet and if you meditate, truth will come to you. The water will become evident. And that portion of your consciousness will be made whole by your understanding of love. Know ye, my friends, that we are all one. In pain or in pleasure, healing is in knowing that the Creator lies in every breath of air that you breathe, in every plant that gives you pleasure, in every bite of food that gives you health, in all of the friends and all of the enemies—you are looking at the Creator. All is one.

當你遇到你的下一次的痛苦體驗的時候，情緒你自己的體驗，你自己的生命，你自己的情況，“我能夠在何處被療愈呢？在這個情況中愛在何處呢？”如果你是安靜的，如果你冥想，真理將會出現在你頭腦中。水將會成為明顯的。你的意識的

那個部分將會藉由你對愛的理解而成為完整的。我的朋友，你們知道，我們全都是一體的。在痛苦中或者在快樂中，療愈是在知曉造物者存在於你們呼吸的每一口空氣中，在每一顆給予了你們快樂的植物中，在給予了你們健康的每一口食物中，在所有的朋友與所有的敵人中——你們都是在看著造物者。萬物是一體的。

Never mind that within this physical body you cannot hear and see the Creator. That is a mere experience. The truth applies before this experience, after this experience, and if you wish it, during this experience. It is before you in such evidence, my friends, that unity with each other is the goal. Know ye not the pleasure of an overreaching type that comes when two minds meet as one? When an understanding between two people has reached a perfect balance? Have you not felt, within the realm of your physical relationships, those moments of unity that are not, as you would say, of the body, but of a higher type? In experiences such as this, directly within your physical illusion, you are seeing unity, and you feel its divinity. Yet you can only become unified with a very few people on this plane. What we ask you to do in meditation is to begin to bring the healing love within your consciousness, so that you feel that love with everyone, and in all situations.

永遠都不要擔心，在這個物質性的身體中你們無法聽到並看到造物者。那僅僅是一個體驗。真理會在這種體驗之前，在這種體驗之中，如果你們希望它的話，在這個體驗期間，起作用。它是如此明顯地在你們面前，我的朋友們，以至於與相互彼此的統一就是目標。你們難道不知道，當兩個心智合為一體的時候，當在兩個人之間的一種理解已經抵達了一種完美的平衡的時候，會出現的一種超凡的類型的快樂嗎？你們尚未在你們的物質性的關係的領域中感覺過那些統一的時刻，這不是一種，如你們會說的一樣，身體的統一，而是具有一種更高類型的統一？在諸如這樣的體驗之類的體驗中，在你們的物質性的幻象中，你們直接就是在看到統一性的，你們感覺到它的神聖。而你們僅僅能夠與在這個星球上的非常少數的人成為統一的。我們請求你們在冥想中做的事情是，去開始將那種療愈的愛帶入到你們的意識中，這樣你們就會感覺到在那一個人身上，在所有情況中的愛了。

You see, my friends, you must have the consciousness of love before you enter the situation. Then, you will receive from that situation love. Without the consciousness of love, you receive what you send out, be that whatever it may. It is written many times in your holy works, "As ye sow, so shall ye reap." So, love to the very best of your ability, and you will reap it a hundredfold. Many of you have wondered at times: "How can I be of service? I do not have a great deal of money. I do not have very special talents. I do not know what to do to be of service." We say to you, "Meditate and find love. And then open yourself to your ownself."

我的朋友們，你們看，你們必須要在你們進入到某個情況之前就擁有愛的意識。接下來，你們就會從那個情況接收到愛了。沒有愛的意識，你們接收到你們送出的事物，無論它可能是什麼。在你們的神聖著作中很多次寫到，“你們播種什麼，你們就將收穫什麼。”因此，用你們最佳的能力去愛，你們將會一百倍地收穫它。你們很多人已經時常感到疑惑，“我如何能夠進行服務？我並不擁有大量的金錢。我並不擁有非常特殊的天賦。我並不知道要做什麼來進行服務。”我們對你們說，冥想並找到愛。接下來，向著你自己的自我開放你自己。

Within your life experience there is guidance. The guidance will show you who and how to serve. Love is infinite. You cannot put a dollar value on the heart, and it takes no special talent to be a channel for love. If you can begin to make your life function in this new way, if you can begin to know the Creator personally and let Him love through you, then that which comes to you will become more and more a reflection of that love. It may take a certain amount of time, but if you begin now, we assure you that it will be very, very soon that you will feel the universe about you warming to you, becoming a friendly place, becoming your home.

在你們的生命體驗中會有一種指引。指引將會向你們顯示，要服務誰，如何服務。愛是無限的。你們無法為心設置一美元的價值，要成為一個愛的管道，並不需要特別的天分。如果你們能夠開始讓你的生命用這種新的方式運轉，如果你們能夠開始個人地知曉造物者並讓祂通過你們來愛，接下來，出現在你身上的事物將會越來越多地成為那種愛的一個映射。它可能要花費一定數量的時間，但是如果你們現在開始，我們向你們保證，你們將會非常非常快地感覺到，在你們周圍的宇宙在對你們成為熱情的，成為了一個友善的地方，成為了你們的家園。

I would like to speak through one more channel. I am Hatonn.

我想要通過多一個管道發言。我是 *Hatonn*。

(B channeling)

(B傳訊)

I am Hatonn. I am now with this instrument. As you have been told before, my friends, we are, shall we say, all upon our paths to learn one great lesson, which is of a very high estate. As you know, you were conceived in love, and there is only love. Through the many years of experience, as you call them on this planet, many things have, shall we say, taken place that are difficult. But as you look around you now you see, from every angle, this concept coming back. And, my friends, I say that the greatest lesson that you are to learn upon this planet is that of love.

我是 *Hatonn*。我現在與這個器皿在一起了。如你們之前已經被告知過的一樣，我的朋友們，我們全都，容我們說，走在我們的道路上以學習一個偉大的課程，那個課程是具有一種非常高的等級的。如你們知曉的一樣，你們是在愛中被孕育的，僅僅只有愛。通過許多年的體驗，如你們在這個星球上稱呼它們的一樣，很多困難的事情都已經，容我們說，發生了。但是，當你們環顧你們的周遭，你們現在從每一個角度都看到，這個觀念正在返回。我的朋友們，我會說，你們在這個星球上要學習的最大的課程就是愛的課程。

We realize that it is not an easy thing. But, my friends, as we speak to you in love, we can truthfully say that it is the greatest thing. Now, my friends, you cannot learn merely by wanting to, but it is the first step. As you apply yourselves to this word "love," you will find that your progress will grow to be many times accelerated. And after a period of time, you will come to see in all that is within your grasp, love. For, my friends, I repeat again, love is all. When

you have captured this love, you have all. 我們意識到它不是一個容易的事情。但是，我的朋友們，當你們通過愛對你們發言的時候，我們能夠真誠地說，它是最大的事情。現在，我的朋友們，你們無法僅僅藉由想要學習而學習，但是它是第一步。當你們對你們自己應用這個“愛”的詞語的時候，你們將會發現，你們的發展將會逐漸增加，許多倍地被加速。在一段時間之後，你們將會開始在所有在你們的所及範圍內的事物中看到愛。因為我的朋友們，我再一次重複，愛就是一切。當你已經抓住這種愛的時候，你就擁有一切了。

As you know, my friends, I and my brothers are with you always and are willing to help in any service that we can. It has been an extremely great honor to share in your meditation. I will leave this instrument, in the love and light of our infinite Creator. I am Hatonn.

如你們知曉的一樣，我的朋友們，我和我的兄弟一直都與你們在一起，並樂意於通過任何我們能夠進行的服務來幫助。在你們的冥想中進行分享已經是一種極大的榮耀了。我將會離開這個器皿，在我們的無限造物者的愛與光中。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn. I am with this instrument, greeting you in the love and the light of the infinite Creator. I would like to ask if there are questions at this time.

我是 *Hatonn*。我與這個器皿在一起了，在無限造物者的愛與光中向你們致意。我想要詢問，是否在此刻有問題？

Questioner: Yes. Was that a UFO I saw two weeks ago tonight on the way home from this meeting?

提問者：是的。我兩周之前看到的一個 UFO 是我今晚在從這次集會回家路上的那個 UFO 嗎？

We do not wish to communicate with you on this matter at this time. It is important for you to evaluate and determine that which you see, until you are at a certain place where you are not easy to dissuade by any information, from our source or any other. We do not wish to interfere in any way with your progress. At a point where you are satisfied within your mind as to the spiritual content of this experience, we will be glad to communicate further. However, we feel that to speak at this time would be to interfere with your free will. It is for this very reason that we do not prove ourselves to you, or to the general public, shall we say. We are regretful if this is unsatisfactory to you, but precious to us above all else is the preservation of your free will, so that you may choose your path and your destiny.

我們並不希望在此刻在這個問題上與你進行交流。你去評估並確定你看到的事情，一直到你處於一定的在其上你不會輕易被任何來自於我們的源頭或者任何其他源頭的資訊所勸阻的位置上為止，這對於你是重要的。我們並不希望用任何方式侵犯你的發展。在一個你對你的心智在關於這個體驗你的靈性上的內容的方面是感到滿意的位置上，我們將樂於更進一步進行交流。然而，我們感覺到在此

刻發言會是侵犯你的自由意志。就是因為這個原因，我們不會向你們，或者對，容我們說，一般性的大眾證明我們自己。如果這對於你是不滿意的，我們很抱歉，但是，對你的自由意志的維護，對於我們至高無上地寶貴的，這樣你就可以選擇你的道路與你的命運了。

Is there another question?

有另一個問題嗎？

Questioner: I saw a light in the sky recently. Did it have anything to do with a change in my consciousness?

提問者：我最近在天空中看到一束光。它與在我的意識中的改變有任何關係嗎？

No, not as you understand it.

沒有，與你對它的理解不一樣。

Questioner: (Inaudible).

提問者：(聽不見)。

Is there another question? If not, we would like to take this opportunity to answer a question that is within the mind of one of you, and may be of some interest to the others. It is never easy to know how to be of service to those about you. And yet, it is all-important to be of service. For there are many, many who are waking from their sleep, and now know that there is something that they need to receive. And they are seeking. We say to you: be very, very careful to listen with utmost clarity to what people ask of you, and answer according to their needs. We ask that you familiarize yourself, not only with the paths that are pleasant and amenable to you, but also with those paths which may not satisfy you, but which seem to be leading towards the one goal, which is the understanding of love. There are many such paths, and each one has been made by those for whom it is the very best path. Rather than attempting to coerce anybody to follow the "best" path, encourage each person to follow any path. If no path suits this person, encourage the person in new and creative ways, remembering only the goal: that the person begin to seek outside the physical confines for that "more" which is there.

有另一個問題嗎？如果沒有，我們想要利用這個機會來回答一個在你們中的一個人的頭腦中的問題，它可能會對其他人是具有某種興趣的。要知曉如何對那些在你們周圍的人進行服務，這從來都不是容易的。而去進行服務是完全重要的。因為，會有很多很多人正在從它們的睡夢中醒來，它們現在知曉會有某種事情是它們需要去接收的。它們在尋求。我們對你們說：成為非常非常仔細的，以帶著最大的清晰度來聆聽人們會詢問你們的事情，根據它們的需要來回答。我們請你熟悉你自己，不僅僅熟悉那些對於你是愉快且適宜的道路，同樣也熟悉那些可能不會讓你感到滿意的道路，但是那些道路看起來似乎是在導向一個目標，那個目標就是對愛的理解。會有很多這樣的道路，每一條道路都已經被那些對於它們它就是最佳的道路的人創造出來了。與其嘗試去強迫任何人跟隨“最佳”的道路，不如鼓勵每一個人去跟隨任何道路。如果沒有道路適合於這個人，鼓勵那個人走上新的，創造性的道路，僅僅記住目標：那個人開始在物質性的邊界外部尋求那個“更

多東西”，它就在那裏。

If a person has come to you, he knows that there is more. In whatever you do to be of service, enlarge that understanding. Never discourage it, whatever way the person may be seeking. This takes compassion, and a very gentle spirit. There is nothing more harmful than the person who is sure that there is only one path. We say this to you because it is something that is not easy to see, and yet in the days to come, those about you, when they sense that you know something, will be asking what that is. Do not be a stumbling block to anyone. Know that the Creator is on all paths towards spirit. Only attempt to discourage that seeking which separates man from his creation. This is all that needs to be discouraged. Any loving and unifying direction will end in the Creator.

如果一個人已經來到了你們面前，他知道有更多東西。同無論什麼你們做的來進行服務的事情，擴大那種理解。永遠不要勸阻它，無論那個人可能在尋求什麼道路。這需要同情心，一個非常溫和的靈性。沒有任何事情是比一個確信僅僅只有一條道路的人更加有傷害的了。我們對你們這樣說，因為它是某種不容易看到的事情，而在即將到來的日子裏，在你們周圍的人，當它們感覺到你們知道某種事情的時候，它們將會詢問那是什麼。不要成為任何人的一塊絆腳石。知曉造物者是在所有通往靈性的道路上的。僅僅嘗試去勸阻那種讓人與他的造物分離的尋求。這就是所有需要被勸阻的事情了。任何愛與統一的方向的終點都是造物者。

We will leave you at this time, not leaving you truly, but only the vocal mechanism of this channel. We are always with those who seek and request our aid, for we feel the vibration of your desire. I leave you in the love and the light of our infinite Creator. I am known as Hatonn. Adonai vasu borragus.

我們將會在此刻離開你們，不是真的離開你們，而僅僅是離開這個管道的發聲裝置。我們一直都與那些尋求並請求我們的幫助的人在一起，因為我們感覺到你們的渴望的振動。我在我們的無限造物者的愛與光中離開你們。我是你們知曉的 *Hatonn*。 *Adonai vasu borragus*。

February 22, 1976

1976-02-22 *Hatonn* : 道路與輪子

(H channeling)

(*H* 傳訊)

I am *Hatonn*. Greetings, my friends, in the love and the light of our infinite Creator. It is very pleasing to see this group this evening, and to be able to speak with you. And for some whom we have not seen for a long period of time, we extend our gratitude for your presence.

我是 *Hatonn*。我的朋友們，在我們的無限造物者的愛與光中致意。在今晚看到這個團體，並能夠對你們發言是非常令人高興的。對於一些我們已經有一段很長的時間沒有見過的實體，我們為你們的在場而致以我們的感激。

These meetings, as you know, have a purpose, and that purpose is to aid you in your intellectual growth, so that your intellect may be able to keep pace with the spiritual knowledge that you gain through meditation. It is our fervent belief that the intellectual information which we share with you is of great benefit along your path. Each person must choose the path that he would wish to follow. And each person, in choosing that path, must realize that the path he has chosen shall lead to the ultimate point of interception with all other paths, the point of oneness.

這些集會，如你們知曉的一樣，是擁有一個目的的，那個目的就是在你們的智力的成長中幫助你們，這樣你們的智力就可能能夠與你們通過冥想取得的靈性上的知曉保持同步了。我們的強烈的信念是，我們與你們分享的智力的資訊是會在你們的道路上具有巨大的益處的。每一個人都必須選擇他希望去跟隨的道路。每一個人，通過選擇那條道路，都必須要意識到，他已經選擇的道路都將導向那個與所有其他道路相交匯的終極的位置，那個一體性的點。

Consider it, if you will, as a wheel, with an infinite number of spokes. Each spoke is an entirely different path, yet all are connected to the same center. All spokes protrude from the one center, as all paths have come from the Creator.

如果你願意的話，將其考慮為一個輪子，它帶有無限多的輪輻。每一個輪輻都是一條完全不一樣的道路，而所有的道路都與相同的中心連接在一起。所有的輪輻都是從一個中心伸出的，如同所有的道路都已經是從造物者出來的一樣。

All paths come, and all paths go, to our Creator at all times. We of the Confederation have chosen to assist the people upon planet Earth through such means as these, for we feel that it is our most efficient means of assisting you. If we were to show physical proof of our existence, or if we were to work so-called miracles for you, then we would be proving something to you within the illusion. And, my friends, we stress that you must go beyond the illusion in which you have chosen to live at this time. Anything which appears within the illusion is that: an illusion. Though the illusion may seem to have great reality

to you, and great purpose, it is nonetheless an illusion projected by your consciousness.

在所有的時間，所有的道路都從造物者出來，所有的道路都通往造物者。我們星際聯邦已經選擇去通過諸如這些機會之類的途徑來幫助在行星地球上的人了，因為我們感覺到，它是我們幫助你們的最有成效的途徑。如果我們打算要現實我們的存在性的物質性的證據，或者如果我們打算要為你們施展所謂的奇跡，那麼我們就會是在幻象中對你們證明某個事情了。我的朋友們，我們強調，你們必須要超越你們已經選擇在此刻活在其中的幻象。任何在幻象中出現的事物，都是一個幻象。儘管幻象可能看起來似乎對你們擁有巨大的實際性，巨大的目的，它依舊是一個被你們的意識投射的幻象。

My friends, we wish to prove nothing. We wish only to be known; and to know us, and to know the Creator, you must transcend the illusion through the practice of meditation, and learn and know reality. Infinite reality, my friends. You shall never know all things within the intellect, yet all things, though they be infinite are known to you within your spirit. Within your spirit, you have the knowledge of all times and all experiences. Within your spirit, lies reality. And within reality there is nothing but love.

我的朋友們，我們什麼都不希望證明。我們僅僅希望被知曉，要知曉我們，要知曉造物者，你們必須要通過冥想的練習超越幻象，學習並知曉實相，我的朋友們，無限實相。你們將擁有不會通過智力知曉所有的事情，而所有的事情，儘管它們是無限的，是在你們的靈性中被你們所知曉的。在你們的靈性中，你們擁有對所有時間與所有體驗的知曉。在你們的靈性中，存在有實相。在實相中，除了愛之外什麼都沒有。

And love to you, my friends, is a concept which you have greatly misunderstood in your intellect. Yet within your spirit it is pure. It is holy and sacred and infinite. The more love which you are capable of displaying, or shall we say, the more love which you project into your present illusion, the more the illusion shall fade away, and reality appear.

我的朋友們，愛對於你們，是一個你們已經在你們的智力中極大地誤解了的觀念。而在你們的靈性中，它是純淨的。它是聖潔的，是神聖的，是無限的。你們能夠展現的愛越多，或者容我們說，你們投射進入到你們當前的幻象中的愛越多，幻象就將會更多地消散，實相就會更多地出現了

Reality in itself may be an illusion, but one thing above all else can truly be known to exist. And throughout our experiences we have found only one stable aspect. That is love. It is everyone. It is around you. It is within you. It is infinite, and it is all things.

實相在其自身內在之中可能是一個幻象，但是有一個高於一切的事情是能夠真正被知曉為是存在的。貫穿你們整個體驗，我們已經發現僅僅一個穩定的面向。那就是愛。它是每一個人。它在你們周圍。它在你們內在之中。它是無限的，它是一切事物。

I shall transfer this communication. I am Hatonn.

我將會轉移這個交流。我是 *Hatonn*。

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I am now with this instrument, and again I greet you, in the love and the light of the Creator. My friends, it is written in your holy works, that the man who gives all that he has to the poor and gives his body to be burned, if he has not love, then he is worth nothing. It is important, as you attempt to pursue the spiritual path, that you meditate continually on the nature of love. Love in action—that which is called service—is indeed the highest of all manifestations of light within your peoples. Yet service without love is worth nothing. And the person that attempts to serve without the heart within clear and full of light showing forth as love, is defeating his own purposes.

我是 *Hatonn*。我現在與這個器皿在一起了，我再一次在造物者的愛與光中向你們致意。我的朋友們，在你們的神聖著作中被寫道過，即使一個人將他擁有的所有東西都給了窮人，讓他的身體被燒掉，如果他尚未愛過，那麼他就一文不值。當你們嘗試去追尋靈性的道路的時候，重要的事情是，你們持續不斷地在愛的屬性上進行冥想。在行動中的愛——被稱之為服務的事物——確實是在你們的人群中的光的所有顯化物中最高的顯化。而沒有愛的服務是一文不值的。如果一個人嘗試去服務，而它沒有在清晰而完全的光中將心作為愛顯示出來，它就是在挫敗它自己的目的了。

My friends, it is not easy to come to an understanding of what love is, for among your peoples love is already named by so many lesser emotions and states of mind—and none of these is love. When we say that love is all that there is, this begins to give you some idea of the scale on which we are speaking. If you can imagine the full force of the sun beating down upon you, and imagine that sun beating down equally, and totally, upon each entity, each blade of grass, moving each mote of air, and blessing the growth of each plant—this begins to tell you of the force and the impartiality of true love.

我的朋友們，去取得對愛是什麼的一種理解，這並不容易，因為在你們的人群中愛已經被命名為如此許多較低的情緒與心智的狀態了——這些情緒中沒有任何一個是愛。當我們說，愛是一切萬有的時候，這會對我們正在談及的尺度給予你們某個觀念。如果你們想像正照耀在你們身上的太陽的全部的力量，它同等地，全面地照耀在每一個實體，每一片青草上，移動每一點點控制，並祝福每一個植物的生長——這會開始對你們談及真實的愛的力量與公平。

If you would love, my friends, neither sympathize nor judge. It is well known that you should not judge and each of you already attempts to do so. Encourage this in yourself, to the greatest degree. And also encourage yourself not to be what this instrument would call a "bleeding heart." Do not sympathize. Do not become lost in emotion, for love is not emotion, and emotional service is often a "human" service, and not the service of love.

如果你們願意愛，我的朋友們，既不要憐憫，也不要評判。眾所周知，你們不應該評判，你們每一個人都已經嘗試去這樣做了。在你自己內在之中，在最大的程度上，鼓勵這樣做。同樣鼓勵你自己不要成為這個器皿所稱的一顆“流血的心”。

不要憐憫。不要失落在情緒中，因為愛不是情緒，情緒化的服務經常是一種“人”的服務，而不是愛的服務。

Rather, my friends, do the following, if you would love: take the entity whom you would love, and become that entity, not to sympathize nor to condemn, but to totally become that entity. Actually allow your consciousness to reside within that person. Do this carefully, quietly, completely. If you need to, imagine your body fitting the body of the other person. Make that complete an identification. And then, move this consciousness back within your body. Let the shoulders meet your shoulders, the head meet your head. Feel the union of two entities which are truly one. Love is one.

毋寧說，我的朋友們，如果你們願意愛，做下面的事情：將那些你們願意去愛的實體寫下來，成為那個實體，既不要憐憫，也不要責備，而是完全成為那個實體。實際上允許你的意識留在在那個人內在之中。小心地，安靜地，完全地這樣做。如果你需要，想像你的身體與其他人的身體匹配。使得那成為一種完全的一致性。接下來，將這種意識移動返回到你的身體中。讓肩膀靠著你的肩膀，讓頭靠著你的頭。感覺到兩個實體的合一，兩個實體真正是一體的。愛是一體的。

You know that is unity, yet you sympathize, and condemn, and allow your human heart to rule that which should be free-flowing, always, without let or hindrance regardless of how you as a person within the illusion feel about another person within the illusion. Know ye not that ye are ministers, each of you? Ministers of light, as are all people. Through your eyes shines the light of the Creator. If you wish to allow your inner feelings to shutter that light, then you will only show true love to a chosen few. And in doing so, you limit that love.

你們知曉那就是統一，而你們憐憫，責備，並允許你們的人類的心約束那應該是自由流動的，且無論你作為一個人在幻象中如何感覺在幻象中的另一個人，都應該一直都是毫無障礙的事物。難道你們不知道你們是使節，你們每一個人？如同所有人一樣，光的使節。造物者的光通過你們的眼睛閃耀。如果你們希望允許你們內在的感覺遮蔽那種光，接下來，你們將僅僅會對少數被選擇的人展現真實的愛了。在這樣做的過程中，你們就限制了那種愛了。

This is a hard lesson to learn, but true. It can be done. And we may say to you, to the extent that you are able to do this, even partially, my friends, even very partially, you will light up a great, great deal of space within the finer spheres of the planetary vibration. You have heard of the search for one honest man, or a few righteous men, so that an entire community could be spared. My friends, this is due to the fact that one source of light can illumine a great deal of darkness.

這是一個很難學會的，但卻是真實的課程。它是能夠被學會的。我們可以對你們說，在你們能夠這樣做的程度上，甚至是部分地，我的朋友們，甚至是非常局部地，你們將照亮在星球振動的精微的範圍中的一個巨大，巨大的空間。你們已經聽過一個誠實的人，或者少數正直的人的尋求，這樣一個整的集體就能夠不受傷害了。我的朋友們，這是由於一個光的源頭能夠照亮巨大的黑暗的事實。

You make a great deal of difference. It may not seem so on this plane, yet it is indeed so. That which you do is all-important, not only to you but to the planetary vibration. We come back so often to meditation, and it is because the light which you are seeking to show, that light of true love, cannot come from you, but through you. Only through you, my brothers and sisters, pouring through you like the sun pours down into the tree, so that the tree may yield its fruit up, so that all may eat of its substance. The fruit of your tree is not a physical thing, for you have a high emotional and mental and spiritual ability, and that which you can offer is within these realms. But remember that you are, indeed, a tree, and that you can be pruned. And that if you allow the sunlight to develop you, all that pass may take the fruit from your boughs.

你們會產生出很大的區別。在這個層面上可能看起來並不是如此的，而它確實是如此的。你們做的事情是完全重要的，不僅僅對於你們，同樣也對於星球的振動。我們如此經常地返回到冥想，它是因為你們正在尋求去展現的光，真實的愛的光，是無法從你們身上出來，而是通過你們出現的。我的兄弟姐妹們，僅僅通過你們，通過你們傾瀉而下，就好像太陽光傾瀉進入到樹木中一樣，這樣樹木就可以產生出它的果實，這樣所有人都可以吃到它的實質了。你們的樹木的果實不是一個物質性的事物，因為你們擁有一種很高的情緒性的，心智的與靈性的能力。你們能夠提供的事物是在這些領域中的。但是記住你們確實是一棵樹，你們能夠被剪枝。如果你們允許陽光發展你們，所有路過的人就都可以從你們的樹枝上摘下果實了。

I would close through another instrument. I am Hatonn.

我會通過另一個器皿結束。我是 *Hatonn*。

(B channeling)

(*B*傳訊)

I am Hatonn. I am now with this instrument. Just a few more words, my friends. As I have stated earlier, if you live your existence in that of love, you all may know that by putting out, shall we say, only love, your consciousness will reach the place where all that you receive is love. Now we say, my friends, love is the strongest feeling in the whole universe. By existing in this experience, you may all, my friends, strike higher and higher. It is (inaudible). And, my friends, if everyone existed in this dimension, what a wondrous existence it would be.

我是 *Hatonn*。我現在與這個器皿在一起了。僅僅在多說一些話，我的朋友們。如我們早些時候已經說過的一樣，如果你們讓你們的存在性活在愛的存在性之中，你們全都可以藉由，容我們說，僅僅將愛給予出來而知曉那種愛，你們的意識將會抵達那個在其中所有你們接收到的事物都是愛的場所。現在，我們說，愛是在整個宇宙中最強有力的感覺。藉由存在於這種體驗中，你們，我的朋友們，全都可以抵達越來越高的位置。它是（聽不見）。我的朋友們，如果每一個人都存在於這個維度中，它會是怎樣一個奇妙的存在性呀。

As always, it has been a great honor to share in your meditation. I will leave you now. I am Hatonn. Adonai. Adonai vasu borragus.

一如既往，在你們的冥想中分享已經是一種巨大的榮耀了。我將會現在離開你們。

我是 *Hatonn*。 *Adonai*。 *Adonai vasu borragus*。

February 29, 1976

1976-02-29 Hatonn : 執迷與超脫

(N channeling)

(N傳訊)

... I am with this group. As always, it is an honor and a privilege to be here and speak with you through these channels. My brothers and I are always glad to have new people at the meditations. And we are thankful to enter your presence.

.....我與這個團體在一起了。一如既往，在這裏並通過這些管道對你們發言，這是一種榮耀與一種榮幸。我的兄弟和我一直都很高興在冥想的時候遇到新人。我們對於進入到你們的周遭是感謝的。

My friends, during the course of your daily lives you reach what we could call high and low spots or areas. Sometime you hit spots that seem to bring the truth of the Creator to your understanding, and other times you have spots that make you think that there is no hope of understanding any of what is going on around you. And you ask yourself what are the things that seem to link you with the truth, and with unity. The things that sometimes emotionally affect you, as in art, or art work, where you feel as if someone has personally given you a key to higher understanding—you recognize this as beauty, my brothers, and these little conceptual awakenings are with you as you go through your daily lives.

我的朋友們，在你們的日常生活的進程中，你們會抵達我們稱之為高點與低點的事物或者區域。有時候，你們會遇到看起來似乎是將造物者的真理帶到了你們的理解中的位置，在其他的時候，你們會遇到那些會讓你們認為，沒有對於在你們周圍正在發生的任何事情產生理解的希望。你問你自己，這些看起來似乎將你與真理，與統一性聯繫在一起的事情是什麼。這些時常會在情緒上影響你的事情，如同在藝術中，或者藝術作品中一樣，你們在其中感覺到就好像某個人已經個體地給予了你們一把通往更高的理解的鑰匙了——你們將這此視為是美，我的兄弟們，這些小小的觀念性的覺醒，在你們穿越你們的日常生活的時候，是與你們在一起的。

You go through many cycles of highs and lows, but these links, as I shall call them, are to remind you of the eternal love and truth that can be within your full understanding if you desire it to be. The desire is your decision, and you will receive exactly what you desire.

你們經歷了很多高與低的週期，但是，這些連接，如我們將會稱呼它們的一樣，是要提醒你們回想起永恆的愛與真理，它們能夠是處於你們的完全的理解之中的，如果你們渴望它的話。渴望就是你們的決定，你們將會準確地接收到你們渴望的事物。

This has a great deal to do with your thinking. If you can control your thoughts, my friends, you control your destiny.

這是與你們的思考擁有大量的關係的。如果你們能夠控制你們的想法，我的朋友們，你就控制了你們的命運了。

At this time, I will contact through another instrument. I am Hatonn.

在此刻，我將會通過另一個器皿接觸。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am now with this instrument. I am Hatonn, and I greet you once again in love.

我現在與這個器皿在一起了。我是 *Hatonn*，我在愛中再一次向你們致意。

You see, my friends, as you go through your daily lives, and as you are seeking the correct path for yourself, as you bend your attention to your perceptions of beauty and of ugliness, it is sometimes very helpful to remember that although you are within a physical illusion at this time, and although you are within many higher and finer illusions beyond that, yet also within you ultimately there is only one reality, and if you can observe from the point of view of this reality, your perceptions will be greatly enhanced within the illusion.

你們看，我的朋友們，當你們穿越你們的日常生活的時候，當你看到你自己的正確的道路的時候，當你將的注意力轉向你對美與醜的知覺的時候，去回憶起這一點時常是非常有幫助的，儘管你是在此刻在一個物質性的幻象中的，儘管你是在很多比那個幻象更高且更為精細的幻象中的，而在你內在之中同樣最終僅僅只有一個實相，如果你能夠從對這個實相的視角來觀察的話，你的知覺將會在幻象中極大地被增強了。

As you consider your own actions, you may well ask whether you are attached to that which is physical, or attached to that which is mental, or attached to that which is supposedly of a higher nature. We have been aware of your conversation, and we wish to say to you: to be attached, and to be detached, is to be within the illusion. You cannot be full or empty of concept without remaining within the illusion. To fill your consciousness with reality is far, far more desirable for spiritual advancement than to empty your consciousness of the illusion. Emptiness is not any special virtue. If you do not care about one thing or another within the illusion, yet still you are not full of the joy of the Creator, then you have nothing yet, no matter how detached you may be, or how attached you may be to higher things.

當你考慮你自己的行動的時候，你很有可能會詢問，是否你們是執著於物質性的事物，或者執迷於心智的事物，或者執迷於被假設是具有一種更高的屬性的事物的。我們已經知曉你們的談話了，我們希望對你們說，成為執迷的，成為超脫的，就是處於幻象中了。你們是無法在不留在幻象中的情況下充滿觀念或者清空觀念的。要用實相充滿你們的意識，對於靈性上的進步是遠遠，遠遠更加理想性的，靈性上的進步就是將幻象從你們的意識中清空。空無並沒有任何特別的優點。如果你們並不關心在幻象中的這樣或者那樣的一個事物，你們卻仍舊沒有充滿造物

者的喜悅的，那麼你們就什麼都沒有，無論你們可能是多麼超脫，或者無論你們可能多麼執迷于更高的事物。

So seek, my friends. Seek always to fill your consciousness with that which can only be heard in silence.

因此，我的朋友們，尋求吧。一直都尋求用僅僅能夠在靜默中被聽到的事物充滿你們的意識。

The voice of the Creator: it is a still, small voice, as it has been written in your holy works; yet it is thunder, and has the power to change and transform your entire experience. Your true nature—your truest nature, my friends—cannot be expressed. It can only be felt. And when you feel it, you will become a channel in your own way, to give that light and that love that is your true essence to all those with whom you come in contact.

造物者的聲音：它是一個安靜而微小的聲音，如同它已經在你們的神聖著作中被寫道的一樣，而它是雷聲，它擁有力量改變並轉變你們整個體驗。你們真是的屬性——你們最為真實的屬性，我的朋友們——是無法被表述的。它能夠被感覺到。但是，當你們感覺到的時候，你們將會用你們自己的方式成為一個管道，以對所有你們與之建立接觸的人給予你們真實的實質之所是的光與愛。

I would at this time transfer this contact to another instrument. I am Hatonn.

我會在此刻將這個接觸轉移到另一個器皿。我是 *Hatonn*。

(H channeling)

(*H* 傳訊)

I am Hatonn. I am now with this instrument and once again I greet you in the love and the light of our infinite Creator.

我是 *Hatonn*。我現在與這個器皿在一起了，我再一次在我們的無限造物者的愛與光中向你們致意。

No matter what we say to anyone who would listen, we wish you to realize that you receive through these instruments our thoughts. These are our perceptions of the universe which we share. Much of our information we have derived from our experience, and we wish only to share with you these simple concepts.

無論我們對任何聆聽的人說什麼事情，我們希望你們意識到，你們通過這些器皿接收到的我們的想法。這些是我們對宇宙的觀念，我們分享它們。我們的很多的資訊是我們從我們的體驗中導出的，我們僅僅希望與你們分享這些簡單的觀念。

Yet we ask that you understand that we are communicating from a level of existence which is quite different from that which you presently occupy, and upon our level of existence, understanding and knowledge are concepts which you within your present existence cannot fathom with the intellect. My friends, we must communicate to you through the use of your intellect, yet what we have to say is beyond its grasp. The true meaning of what we speak

can only be found in your periods of silent meditation. It is of great importance to you to practice daily that art of meditation. Whether it be for seconds, or minutes, or hours, once each day, it is to your benefit to allow the intellect to still itself, and consciously seek within the quietness of your being the guidance of your Father, the Creator.

而我們請你們理解我們是從一個與你們當前擁有的存在性的層次相當不同的存在性的層次上進行交流的，在我們的存在性的層次上，理解與知曉是你們在你們當前的存在性中無法藉由智力來瞭解的觀念。我的朋友們，我們必須通過對你們的智力的使用來進行交流，而我們所要說的事情是超出了它的掌握範圍的。我們所說的事物的真正的意義，僅僅能夠在你們靜默冥想的時期中被找到。你們每天練習那個冥想的技藝，這對於你們是具有巨大的重要性的。無論它是幾秒鐘，幾分鐘，或者幾個小時，或者每天一次，允許智力讓它自己安靜下來，並有意識地在你的存有的安靜之中尋求你的天父，造物者的指引，這是對你有益處的。

Above all things, this should be the desire within all of the beings of this universe: to communicate with the Creator, and to listen to the Father in silence. You upon planet Earth are presently experiencing great changes, within your social and ecological structures. You upon planet Earth are also experiencing great changes within your inner being, within your spirit. For the day has come that those upon your planet who are desirous of knowledge shall receive that which they desire. And those who desire to reject, or are blind to the presence of this knowledge, shall again experience this type of existence, until they are desirous of the knowledge, and aware of its presence. 超越所有這些事情，這應該成為在這個宇宙中的所有存有內在之中的渴望：與造物者進行交流，在靜默中聆聽天父。你們在行星地球上現在正在體驗到，在你們的社會與生態結構中的巨大的改變。你們在行星地球上同樣在體驗在你們的內在存有中，在你們的靈性中的巨大的改變。因為那個在你們的星球上的那些渴望知曉的人接收到它們渴望的事物的日子已經到來了。那些渴望去拒絕的人，或者對這種知曉的存在是視而不見的人，將會再一次體驗這種類型的存在性，一直到它們渴望知曉，並察覺到它的存在為止。

You upon planet Earth, above all else, are spiritual beings. Though you cannot see your spiritual being, you can sense the presence of your being, and know that you are truly not as you physically appear to others. You are within your physical being. You lie within the silence. You lie within the Creator. And in order to truly understand yourself and your environment, it is necessary to practice communicating, shall we say, with your Creator. So basically what we stress above all else is the practice of meditation. This is our message. There are many things which we can say. There are even many things which we could do. Yet, my friends, unless you find for yourselves the answers, you shall be cheated, we might say. For you are responsible for your own development, and you are appreciative of your own initiative. And if you do not desire, you shall not receive.

你們在行星地球上，高於一切地，是靈性的存有。儘管你們無法看到你們靈性的存有，你們能夠感覺到你們的存有的存在，並知曉你們真的不是你們對其他人用身體的方式顯現出來的樣子。你們是處於你們的物質性的存有之中的。你們存在

于靜默之中。你們存在於造物者之中。為了要真正理解你自己與你們的環境，去練習，容我們說，與你的造物者之間的交流，這是需要的。因此，基本上我們高於一切地強調的事情是對冥想的練習。這就是我們的資訊。會有很多我們能夠說的事情。會有甚至更多的我們能夠做的事情。而我的朋友們，除非你們為你們自己找到答案，你們都將會是，容我們說，被欺騙的。因為你們是為你們自己的發展負責任的，你們對於你們自己的啟蒙是有鑒別能力的。如過你們並不渴望，你們將不會接收到。

You, my friends, are the master and the creator of your experience. And you only can decide in which area or which direction you shall go to find that which you are searching for. And, my friends, you are searching for knowledge, enlightenment, wisdom, and above all else, the thing of which these are ingredients: you seek love. This is your purpose: to seek, to know, to experience love. My friends, in all truth, there is nothing in this universe that is not love. All things have been designed to assist you in realizing the truth of the concept of love, and the truth of its omnipresence in your experience. Know in yourself love, and experience this love. It is your birthright. And if it is your desire to experience this, in due time, as all desires, it shall be experienced.

我的朋友們，你們就是你們的體驗的創造者。你們僅僅能夠決定，在哪一個區域中或者在哪一個方向上你們將會前去尋找你們正在搜尋的事物。我的朋友們，你們是在搜尋知曉、覺醒、智慧，最重要的是，尋找這些事情是其組成部分的那個事物：你們尋求愛。這就是你們的目的：去尋求，去知曉，去體驗愛。我的朋友們，在所有的真理中，在這個宇宙中沒有任何不是愛的事物。所有事物都已經是旨在幫助你們領悟愛的觀念的真理，愛在你們的體驗中是無所不在的真理。在你自己內在之中知曉愛，並體驗這種愛。它是你們的天賦權利。如果你們的渴望是去體驗這種愛，在適當的時候，如同所有的渴望一樣，它將會被體驗到。

My friends, consider, if you will, that you above all else are important to the development of the entire universe. You are the center of your experience. And your development shall affect that which surrounds you. If you wish to live within harmony, then you shall, through one process or another, shall bring this about. You must dwell within the love and within the light, and listen to the guidance of the infinite Creator.

我的朋友們，如果你們願意的話，考慮你們對於整個宇宙的發展是高於一切地重要的。你就是你的體驗的中心。你的發展將會影響所有包圍著你的事物。如果你希望活在和諧之中，接下來，你將會，通過這樣或者那樣一個過程，產生出這種和諧。你必須要居住在愛中，居住在光中，並聆聽無限造物者的指引。

It is my desire to once again transfer this contact. I am Hatonn,
我們再一次渴望轉移這個接觸。我是 *Hatonn*。

(Carla channeling)
(*Carla* 傳訊)

I am again with this instrument. I will close briefly through this channel.

我與這個器皿在一起了。我將會簡短地通過這個管道結束。

To seek this love, my brothers, we ask you again and again to meditate. Please know the central importance within your own spiritual growth of this centering of your consciousness. In your own way, and in your own time, your consciousness, through your own application of meditation, will begin to be centered on love. And yet we, in this application, do not say "love"; we say that you will seek the Creator. For it has been so throughout the ages that it is necessary to personalize the concept of the all-love, or the all-light, so that you may truly seek with your whole heart that which is love. It is for this purpose that the one known to you as Jesus the Christ came among your people. He came among your peoples to personify, yet another time, love.

我的朋友們，要尋求這種愛，我們一次又一次請求你們冥想。請知曉這種處於你的意識的中心在你自己的靈性成長中的核心性的重要性。用你們自己的方式，在你們自己的時間中，你們的意識，通過你們自己對冥想的應用，將會開始處於愛的中心處。而在這種應用中，我們不會說“愛”，我們會說，你們將尋求造物者。因為在貫穿所有的時代都是已經如此，以至於你們需要將這種萬物之愛（*all-love*），或者萬物之光（*all-light*）的觀念人格化，這樣你們就可以真正用你們全部的心尋求愛之所是了。就是為了這個目的，被你們知曉為耶穌基督的實體來到了你們的人群當中了。他來到你們的人群當中來，又一次，將愛人格化。

When you seek in meditation, do not content yourself with seeking something which you call love, or light. Seek the sweet voice of the person of love. If it be not Jesus in your mind, let it be who it will be—a perfect, loving, compassionate being who cares eternally and totally about you. Give your love, and open yourself to an exceptionally pure and personal feeling of love. Do not be contented until you feel the presence of this personification of love, until this presence is so close that if you turned around, you could see it next to you.

當你們在冥想中尋求的時候，不要讓你自己對尋求某個你們稱之為愛或者光的事物感到滿意。尋求具有愛的人的甜美的聲音。如果它在你們的頭腦中不是耶穌，讓它成為它將會是的實體——一個完美的，有愛的，充滿同情心的存有，它永恒地且完全地關心你們。給予你的愛，讓你自己對一個格外純淨與個人性的愛的感覺開放。一直到你感覺到這種愛的個人化的存在之前，一直到這種存在如此之近以至於如果你轉過身來你就會看到它就在你身邊之前，都不要感到滿意。

Love is real, and within the physical you must begin to perceive it as real. Feel it, hear it, absorb it. Then, my friends, give it all away, for love is not love until you have shared it. That which you take in and do not give away will rapidly become sour. Love is a flowing and ongoing stream. Let it flow through you. In meditation, my friends, try to meet the Creator. Feel His breath on your cheek, His hand on your shoulder. Sense His loving, compassionate gaze. Know the fullness of total love. Do not be content with any less, for with any less, you will not be able to share this love with others.

愛是真實的，在你們的物質性之中，你們必須開始將它感覺為真實的。感覺它，聽到它，吸收它。接下來，我的朋友們，將它完全給予出去，因為一直到你們已

經分享愛之前，愛都是不是愛。如果你們將它吸收進去而不將它給予除去，它將會快速地變得酸澀。愛是一個流動的且一直前進的溪流。讓它流經你們。在冥想中，我的朋友們，嘗試去與造物者相會。感覺到祂的呼吸在你們面頰上，感覺到祂的手在你們的肩膀上。感覺到祂的愛與充滿同情心的注視。知曉完全的愛的圓滿。不要對任何較不完全的愛感到滿意，因為藉由任何較不完全的愛，你們都將無法與其他人分享這種愛。

We offer to you our love, and our light, and our service. We are deeply grateful for the opportunity to speak with you. We leave you in the love and the light of the infinite Creator. I am Hatonn. Adonai vasu borragus.
我們對你們提供我們的愛，我們的光以及我們的服務。我們深深地為對你們發言的機會而是感激的。我們在無限造物者的愛與光中離開你們。我是 *Hatonn*。
Adonai vasu borragus。

March 28, 1976

1976-03-28 Hatonn : 社會構架與自我的屬性

(The beginning of the meeting was not recorded.)

(集會的開始沒有被記錄下來。)

(H channeling)

(H傳訊)

[I am Hatonn.] It is, as always, a privilege to be with you. And we wish to share with you this evening a few, shall we say, points which relate to your involvement in what you would call your social structure.

[我是 Hatonn。] 一如既往，與你們在一起是一種榮幸。我們希望在今晚與你們分享一些，容我們說，要點，它們是關於你們在你們稱之為你們的社會構架的事物中的參與的。

My friends, those upon your planet, as they enter through the process of birth into this experience, they immediately become exposed to the programming, shall we say, of the society in which they have chosen to exist. It is each and every individual's desire to progress spiritually, whether it be a known value or not. And a portion of your spiritual progression is proper function within your social structure. Many of those today within your society who are becoming aware of the great changes which are and shall be occurring ... this instrument is having some difficulty. Please be patient.

我的朋友們，那些在你們的星球上的人，當它們通過出生的過程進入到了這個體驗中的時候，它們立刻就被暴露於它們已經選擇去存在於其中的社會的，容我們說，編程了。每一個個體的渴望都是在靈性上前進，無論它是否是一種已知的價值。你們的靈性的發展的一部分是在你們的社會構架中的適當的機能。很多那些今天在你們的社會中正在開始察覺到現在正在發生與將要發生的偉大的機會的人.....這個器皿正在遇到某種困難。請有耐心。

As we were saying, many of those upon your planet ... this instrument is still having some difficulties due to analysis of that statement and we would transfer this contact while the instrument regains contact. I am Hatonn.

如我們正在說的一樣，在你們的星球上的很多人.....這個器皿由於對那個陳述的分析仍舊在遇到一些困難，我們在器皿重新取得接觸的時候轉移這個接觸。我是 Hatonn。

(Carla channeling)

(Carla 傳訊)

I am now with this instrument. I am Hatonn. We will attempt to use this instrument, although the import of the message is more easily, shall we say, given through a certain type of instrument. Therefore, this particular instrument will find this portion of the message slightly awkward. But we will continue through her.

我現在與這個器皿在一起了。我是 *Hatonn*。我們將嘗試去使用這個器皿，儘管通過一定類型的器皿對資訊的輸入是更為容易，容我們說，被給予的。因此，這個特定的器皿將會發現，這個資訊的部分是稍稍有些棘手的。但是我們將通過她繼續。

We were saying: many of those who have come into the world by incarnation have experienced in other incarnations a structure in society, as you call it, which was substantially enough different from the structure of society as it is today that there are remarkable and far-reaching conflicts. This is absolutely understandable and reasonable but only so when you understand that the problem between individuals and their so-called society is that the individuals involved do not have experience with this type of structure but with other structures, which are, may we say, perhaps more conducive to spiritual growth than this particular type of structure.

我們正在說，很多那些已經藉由投生而進入到世界中的人，都已經在其他的投生中體驗過在社會中的一個構架了，如你們對它的稱呼一樣，這個構架是與今天的社會構建實質性地足夠不一樣的，以至於會有顯著且範圍很廣的衝突。這是絕對可以理解的且是合理的，但僅僅是在你們理解，在個體與它們的社會之間的問題是被包含在其中的個體對這種類型的構架並不擁有經驗，而是對其他的構架擁有經驗的時候才是可以理解且合理的，相比這種類型的構架，其他類型的構架是，容我們說，更為有助於靈性成長的。

The very reason that many of those have incarnated at this time is because this will be a difficult and laborious incarnation for them, giving them a great deal of challenge, giving them a great goal. Those who are incarnated at this time, those who have incarnated into this density have chosen, not the easy way, but the way that leads to what they feel are greater rewards. For in hardship, lessons are learned much more quickly than in times of ease.

很多那些已經在此刻投生的人的根本原因是因為，這對於它們將會是一個困難且辛苦的投生，會給予它們大量的挑戰，給予他們一個巨大的目標。那些在此刻投生的人，那些已經投生進入到這個密度的人，並未已經選擇容易的道路，而是會導向它們感覺到更大的回報的事物的道路。因為在困難中，課程是比在容易的時間中要遠遠更快地被學會的。

There are many who are here from your own planetary structures, from those known as planets. These people experience in their social structure (inaudible) yet you have understood, in that society, that the center of man's being is his spirit. It is not so on this planet. It is understood in this society that the society itself, as it touches man, is the reality. And this simple understanding within your society is the cause for all the conflict that you now feel. It is simple, and yet very difficult to penetrate, because, as we say, when you woke up as a child in this world, immediately this world began to inform your mind of its version of reality. Each of you has knowledge within you, for you came into this world with your knowledge intact. You know that this world is not correct in its speaking to you. Yet you have been very frustrated and unable to express this knowledge, because there are no words and it seems sometimes

that there are no alternatives. And certainly there is no loophole, shall we say, no excuse. So you can't ignore the world as it presents itself to you and substitute your own version.

會有很多在這裏的人是來自於你們自己的星球的構架，那些被知曉為行星的構架。這些人在它們的社會構架中體驗到了（聽不見）而你們已經理解，在那個社會中，人的存有的中心是他的靈性。在這個地球上並非如此。在這個社會中被理解的事情是，社會其自身，當它接觸人的時候，就是實相。在你們的社會中的這個簡單的理解就是所有你們現在感覺到的衝突的原因了。它是簡單的，而它是非常難以刺穿的，因為如我們說過的一樣，當你作為一個孩子在這個世界中醒來的時候，這個世界立刻就會開始將它的實相的版本告知你的心智了。你們每一個人都在你內在之中擁有知曉，因為你是原封未動地帶著你的知曉進入到這個世界中的。你知曉，當這個世界對你說話的時候它是不正確的。而你已經非常受挫並無法表達這種知曉，因為沒有言語，有時候看起來似乎沒有替代選擇。肯定地，沒有託辭，容我們說，沒有藉口。因此，當這個世界將它自己呈現給你並替代你自己的版本的時候，你們無法忽略這個世界。

Let us back up to what we of Hatonn would perhaps say reality is. Let us look at society from that point of view. Sometimes it helps to go back to the beginning and then observe that which you see before your eyes. You know that you are as the plants and the animals and that one portion of you is of the earth and will remain with the earth. You know that many of your functions are earthly and that just as the seed grows into the plant and then (inaudible) and the new seed grows and the cycle goes on and goes on. So, my friends, you were once a seed. There are many things that you do that are of animal (inaudible). And you fulfill your nature at this time. And this is a blessed and correct action, of instinct and of nature and of course as it should be in this world.

讓我們回顧一下我們 *Hatonn* 也許會認為實相是的事物。讓我們從那個視角來看看社會。有時候，後退到開始，並接下來觀察你在你眼前看到的事物，這時常是有幫助的。你知道，你是如同植物與動物一樣，你的一部分是屬於地球的，並將會與地球留在一起。你知道你的許多的功能是塵世性的，就好像種子成長成為了自我，接下來（聽不見）新的種子生長，週期繼續前進，繼續前進。因此，我的朋友們，你們曾經是一粒種子。會有很多你們做的事情是屬於動物的（聽不見）。你在此刻實現了你的屬性。這是一個有福的且正確的行動，是本能的，且屬於大自然的行動，當然，如同它在這個世界上應該是的一樣。

Yet that part of you can be laid aside while we look at the next part, which is, of course, your societal nature, that part of you which reacts with the creation of man as your animal nature reacts with the creation of the Father. You react with other men and with the creations of man, that being their ideas, their boundaries, their structures of all kinds. All things which are created in the mind of man, left to itself—that which is created in the mind of man will become more and more complicated, more and more conventionalized, until entanglements become so great that they strangle themselves. This is the inevitable end of mind without restraint.

而你的那個部分是能夠被放在一邊的，我們看看下一個部分，也就是，當然，你

們的社會性的屬性，你的那個會對屬於人的造物做出反應的部分，如同你的動物屬性的會在天父的造物中做出反應一樣。你們會對其他人，對屬於人的造物做出反應，無論那個屬於人的造物是它們的觀點，它們的邊界，還是它們所有類型的構架。所有在人的心智中被創造的事情，如果聽之任之——在人的心智中被創造的事物，將會變得越來越更加複雜，越來越更為拘泥於形式，一直到糾結變得如此之大以至於它們會扼殺它們自己為止。這就是不受束縛的心智的不可避免的結局。

Many of your kind have come to depend very greatly upon the powers of the mind, and upon what other people say and upon what is obviously the way things are. This phrase within this channel's mind seems to occur very often. Yet men know their animal nature and they know they are part of mankind through their thought, their speech and their actions. Yet how often they do not pull themselves through the complexity to the simplicity which lies beyond.

屬於你們的物種的很多人都已經開始極大地依賴于心智的力量，依賴於其他人說的事情，依賴於事物表面上的方式。在這個管道的心智中，這個短語看起來似乎非常經常出現。而人知道它們的動物屬性，它們通過它們的想法，它們的話語，它們的行動知道，它們是人類的一部分。而它們多麼經常地不會將它們自己從複雜性中拉到存在於外部的簡單性上。

For your third nature, my friends, is the spiritual. You come into this world an animal (inaudible) you are spiritual. That which is infinite, invisible, eternal, omnipresent, omniscient, omnipotent. You are that which is. That which is, is you. The body and the mind, if properly tuned by care, may become the servants of the Creator Who dwells within your spirit. This is your proper nature and it is to this end that you came into this rather trying, rather difficult, and rather laborious environment. If you can express what you understand in spirit within this environment, my friends, what a great light you will have to shed upon the world picture.

我的朋友們，你們的第三個屬性，是靈性的。你們進入到這個世界，一個動物(聽不見)，你們是靈性的。你們是無限的，看不見的，永恆的，無所不在的，無所不知，無所不能的。你們就是其之所是。其之所是，就是你們。身體，心智，如果藉由關心而被適當地調音，可以成為造物者的僕人，造物者是居住在你們的靈性中的。這是你們適當的屬性，你們進入到這個相當令人難以忍受的，相當困難的，相當費力的環境就是為了這個目的。如果你們能夠在這個環境中表達你們在靈性中理解的事物，我的朋友們，你們將會擁有一種怎樣巨大的光要照耀在這個世界的圖畫上呀。

This is a chance to express love and so move on to further knowledge. It is as simple as that. Your body and your mind are either your masters or your servants. You cannot bully either your body or your mind. They are, properly, very strong. The only way that they will become your servants is if you offer them a master which they recognize. The body and the mind recognize only that divine will which expresses through your spiritual nature.

這是一個表達愛，並因此繼續移動到更進一步的知曉的機會。它是和那一樣簡單

的。你的身體和你的心智要麼是你的主人，要麼是你的僕人。你無法威嚇你的身體或者你的心智。它們是，適當地非常強有力的。它們將成為你的僕人的唯一的方式就是，如果你提供了一個它們承認的主人。身體和心智僅僅會承認通過你的心靈的屬性表達的神聖的意志。

(Inaudible)

(聽不見)

... The master is within you. There has been much teaching among your peoples ... (long portion inaudible). The master, however, is not a long way away, is not hanging upon a (inaudible). He has always been with you, he is within you and within me. If you allow him and his consciousness he can become the master of your frame. He will live for you and the simplicity of his nature will flow like water all about you.

主人是在你內在之中的。在你們的人群中已經有很多的教導了.....(很長的部分聽不見)。無論如何，主人不是在一條很遠的道路之外的，不是懸掛在一個（聽不見）。祂一直都是與你在一起的，祂在你內在之中，在我內在之中。如果你允許祂與祂的意識，祂是能夠成為你的構架的主人的。祂的意志將為你而活，祂的屬性的簡單性將會如同水一樣在你周圍無處不在地流動。

(Inaudible)

(聽不見)

There are many shadows in life but when the sunrise has reached high enough for the sun to peep over the top of the hill the shadows dissolve. Know ye not, my friends, that you are (inaudible) and yet the crowning spirit combines and unifies all your natures into one. (Inaudible) We leave you in this love. It is a precious, precious advantage which you have, for you are within a plane in which you can make great progress (inaudible) and we say to you what any older brother would say to a younger child who was studying. We would say, "Pay attention now, please, pay attention now." This is the time for paying attention not to the things that bother your mind, although you must acknowledge and adjust to them, for the mind is useful, indispensable. Pay attention to the spiritual significance of this moment and of each moment as it appears. Your signs will not be physical, my friends, (inaudible).

在生命中會有很多的陰影，但是當陽光已經抵達了足夠高的位置，以便於讓太陽俯瞰山頂的時候，陰影就會消失了。我的朋友們，你們難道不知道，你們是（聽不見），而無上的靈性會將你們所有的屬性結合起來並統一稱為一個屬性。（聽不見），我們在這種愛中離開你們。它是一個你們擁有的寶貴的，珍貴的優點，因為你們是在一個層面中，在其中你們能夠做出偉大的進步（聽不見）我們對你們說任何兄長都會對一個正在學習的年幼的孩子說的話。我們會說，“現在留心，現在注意。”現在就是不去注意那些困擾你的心智的事情了，儘管你們必須要承認它們並根據它們做出調整，因為心智是有用的，是不可缺少的。留心這一刻，每一刻的靈性上的意義，在它們出現的時候。你們的信號將不會是物質性的，我的朋友們，（聽不見）。

I would like to transfer to another channel at this time. I am Hatonn.
我會在此刻轉移到另一個管道。我是 *Hatonn*。

(B channeling)
(B 傳訊)

I am Hatonn. I am now with this instrument. As I was saying, pay attention, my friends. For there is a chance you will learn much and to attain much happiness. And, my friends, if you look back over the past, you will see in every instance that meditation has in some way brought you peace of mind, more, what we should say, contentment. But, my friends, it is merely, what you would say, a beginning, for there are far greater heights. Now, my friends, study on this and study the fact that there are so many brothers who are searching for something to believe in. You will find, as you obtain more knowledge, that these people will be drawn to you, not only for their advancement, my friends, but for your own. For no matter how, shall we use the term, "down" that one person may be, there is always a great opportunity to learn much.

我是 *Hatonn*。我現在與這個器皿在一起了。如我們正在說的一樣，留心，我的朋友們。因為會有一個機會是你們將會學會大量的事情並取得大量的快樂的。我的朋友們，如果你們回顧過去，你們將會看到，在每一個情況中，冥想都已經用某種方式為你們帶來了心智的平安了，更重要的是，我們將會說，滿意。但是，我的朋友們，它僅僅是，你們所說的，一個開始，因為會有遠遠更大的高度。現在，我的朋友們，對此進行研究，研究會有如此多的兄弟正在尋找某個事情來相信的事實。你們將會發現，隨著你們取得更多的知曉，這些人將會將吸引到你們身邊，不僅僅是因為它們的進步，我的朋友們，同樣也是為了你們自己的進步。因為無論一個人可能怎樣，容我們使用這個詞語，“低下”，都一直會有一種巨大的機會去學習大量的事物。

And, my friends, as you find yourself helping these people, you will find that you need more and more energy. At this time, you will have a great amount. For, my friends, as you attempt to use this energy there is more and more stimulation of this growth. We shall be with you, my friends, for as long as you may allow us.

我的朋友們，當你發現你自己在幫助這些人的時候，你將會發現你需要越來越多的能量。在此刻，你將會擁有大量的能量。因為，我的朋友們，當你們嘗試去使用這種能量的時候，會有越來越多的對這種成長的刺激作用。我們將會與你們在一起，我的朋友們，你們允許我們多長時間，就和你們在一起多長時間。

There is much to learn, my friends, and of what you think of as time, not much time. You have heard us say this many times, my friends. Renew your interest in meditation, my friends; you will find it to be better than before. Surround yourself with only love for, my friends, when you surround yourself in this love, it is of such a high intensity that only love may penetrate it. And, my friends, as you find yourself advancing through meditation, you will experience this and find it to be a truly great feeling. My friends, imagine yourself with this

feeling completely. Now all of you, my friends, in this room, have made great progress. It is very pleasing to us. But as your progress grows you will need yet more and more help. And for this help, my friends, you need only the desire. As a rule, your first, shall we say, obstacle is to overcome your ego. For, my friends, it will slow you down to a great degree. You were not created with this ego but, through your society, it has flourished. My friends, it is indeed a very great obstacle to overcome but through your diligent trying you will finally succeed.

我的朋友們，會有大量要學習的事情，對於你們認為是時間的事物，並不是很多的時間。你們已經聽我們說過這一點很多次了，我的朋友們。在冥想中更新你們的興趣，你們將會發現，它比以前更好了。僅僅用愛圍繞你自己，因為，我的朋友們，當你用這種愛圍繞你自己的時候，它是具有一種如此之高的強度，以至於僅僅只有可以刺穿它。我的朋友們，當你發現你自己通過冥想前進的時候，你將會體驗到這種愛，並發現它是一種真正偉大的感覺。我的朋友們，完全用這種感覺來想像你自己。現在，我的朋友們，在這個房間中的你們所有人，都已經做出了巨大的進步了。它對於我們是非常令人高興的。但是，當隨著你們的發展的成長，你們將需要越來越多的幫助。要取得這種幫助，我的朋友們，你們僅僅需要渴望。作為一個規則，你們首先的，容我們說，障礙物，就是去超越你們的小我。因為，我的朋友們，它將在一個很大的程度上讓你們速度變慢。你們不是用這個小我被創造出來的，但是通過你們的社會，你們的小我已經興盛了。朋友們，它確實是一個要去克服的非常大的障礙物，但是通過你們勤奮的努力，你們將最終成功。

I shall, my friends, attempt to transfer this contact to another instrument, if he will avail himself. I am Hatonn.

我將要，我的朋友們，嘗試去將這個接觸轉移到另一個器皿，如果他將會讓他自己可被利用的話。我是 *Hatonn*。

(H channeling)

(H 傳訊)

I am Hatonn. I am with this instrument. We are nearly at the close of our, shall we say, message. Yet before we leave, it is our desire to express to you the need within your present development for caution and clarification within your own being, towards your desires. My friends, you have come here and you indeed have a purpose or, shall we say, a mission. And this is why it is very important for you to clarify within yourself those things which you truly desire. For there are many things within this structure which you now could choose to desire. And some of these things could tend to lead you somewhat away from your chosen path. So be cautious in that which you choose to desire. And that which you choose to desire, clarify within yourself that it is truly something which you desire and feel to be of use.

我是 *Hatonn*。我與這個器皿在一起了。我們幾乎位於我們的，容我們說，資訊的結尾了。而在我們離開之前，我們渴望對你們表達，在你們現在的發展中對在你們的存有中，朝向你們的渴望的警惕與澄清的需要。我的朋友們，你們已經來到這裏，你們確實擁有一個目的的，或者，容我們說，一個使命。這就是為什麼

你在你自己內在之中澄清那些你真正渴望的事情是非常重要的。這些事情中的一些事情傾向於讓你多少有些偏離你已經選擇好的道路。你選擇去渴望的事物，在你自己內在之中澄清，它真的是某個你渴望並感覺到是有用處的事物。

Meditate upon that which you desire and if it is not proper, the desire itself shall dissipate. Discretion, you might say, is a necessity for your avenue of progression and with this thought I will leave you in the love and the light of our infinite Creator. I am Hatonn. Adonai vasu.

對你們渴望的事物進行冥想，如果它是不合適的，渴望其自身將會消散。分辨力，你們可以說，是你們的發展的道路上的一個不可缺少的事物，帶著這個想法，我們將會在我們的無限造物者的愛與光中離開你們。我是 *Hatonn*。 *Adonai vasu*。

April 18, 1976

1976-04-18 Hatonn : 復活節紀念 (R)

(Carla channeling)
(Carla 傳訊)

[I am Hatonn.] ...We greet you tonight in the love and the light of our infinite Creator. It is indeed a privilege to speak with you tonight (inaudible). There are several different requests coming from this group this evening (inaudible) and so we will be moving about just a bit, although we always speak on one theme and that theme is love.

我是 Hatonn。今晚我們在無限造物者的愛與光中向你們致意。在今晚對你們發言，這確實是一種榮幸（聽不見）。今晚有數個來自於這個團體的請求（聽不見）因此我們將會有一點點四處移動，儘管我們一直都會在一個主題上發言，那個主題就是愛。

Those of us who are of Hatonn, although a very small percentage of the Confederation of Planets in Service to the Infinite Creator, have many brothers and sisters, from many hundreds of locations in what you would call space and time. We manifest ourselves to you because of our understanding of what (inaudible). It is our understanding that that which is real is the substance and energy and essence which you may call love. (Inaudible) ... for there are infinite varieties of love.

我們這些屬於 Hatonn 的實體，儘管我們是服務於無限造物者的星際聯邦的一個非常小的百分比，我們擁有很多的兄弟姐妹，它們是來自於在你們所稱的空間和時間中的數百個地點。我們讓我們自己對你們顯現，因為我們對（聽不見）的理解。我們的理解是，真實的事物是你們可以稱之為愛的材料、能量與實質。（聽不見）因為會有無限多種多樣的愛。

There has been a request within the group for information about reported psychic predictions. Although we do not normally deal in specific information, we will attempt at this time to speak on a somewhat more specific level, due to the request, for we feel that the request was made in a spiritual manner and not in a manner of trying to find proof. Therefore, we will go to the limit of our ability to speak without infringing upon free will. We will say about the year to come: there are energies within that which you know as your planet's shell which will combine with frictions released by the changing magnetics of what you call your poles. During the warm season, at the time of dark moons, there will develop the possibility for what you would call tidal waves. We do not know at this time how serious that will be for you must know, my friends, that the energies of each of you upon the planet's surface have a profound effect upon the planet on which you dwell. However, there will no doubt be, to a certain extent, true disaster. How widespread it will be, we do not know. We do not feel that these disasters will spread to what you would call your earthquakes, for the energies have not yet apparently filled to the final level of readiness. So that those inland on the larger areas of dry land will not suffer as

will those near the sea.

在團體中已經有對關於據報導是通靈預言的資訊的一種請求了。雖然 我們一般來說並不處理特定的資訊，我們，由於請求，將在此刻嘗試在一個多少有些是更加明確的層次上發言，因為我們感覺這個請求 是用一種靈性的方式被提出的，而不是一種想要找到證據的方式被提出的。因此，我們將就我們能力的極限 來談論 這個主題，而不侵犯自由意志。我們將談及即將到來的年份：在你們知曉為你們地球的地殼的事物中有許多能量，這些能量將於由於你們稱之為你們的極點的事物的正在改變的磁性而被釋放出來的摩擦力混合起來。在溫暖的季節，在暗月的時分，將有可能造成海嘯(tidal waves)。我們在此刻不知道它將有多嚴重，因為你們必須知道，我的朋友們，在星球表面上的你們每一個人的能量都對於你們居住與其上的星球都擁有一種深遠的影響。然而，無疑地，在某種程度 將有真正的災難發生，但規模會多大我們不知道。我們並不覺得這些災難將會延伸到你們會稱之為你們的地震的事物，因為能量尚未明顯地被填充到了最後的準備妥當的 層次。因此，那些在更大區域的乾燥的地帶上的內陸受難的程度將不如臨海地區來得嚴重。

Very often, my friends, (inaudible) may have been correct either to the time, but not correct as to the intensity of the disaster or correct as to the disaster but misplaced in time. Please keep in mind that we do not dwell within your time but are forced, just as you would be in another space-time reference system, to translate, shall we say, through the use of computers (inaudible) our concepts into your brains, of time and space. Therefore, you see the difficulties in placing events precisely as to time. And as we have stated before, the duration and intensity of a disaster is directly linked to the vibrations of those people which are upon the surface of the planet.

我的朋友們，非常經常地，（聽不見）可能要麼在關於時間的方面已經是正確的了，但在關於災難的強度的方面且不是正確的，要麼在關於災難上是正確的，但在時間上卻被放錯了地方了。請記住，我們並不居住在你們的時間中，而是不得不，就好像你們是在另一個空間-時間的參照系中一樣，通過使用電腦（聽不見）將我們的時間和空間的觀念，容我們說，轉譯進入到你們的大腦中。因此，你們會看到在關於時間的方面精確地定位事件的方面的困難。如我們之前已經陳述過的一樣，一個災難的持續時間以及強度是直接與那些在星球表面上的人的振動連接在一起的。

We speak to groups like you and we say, over and over, that each of you is important as a source of love and light. It is difficult to see how you can be of help in your illusion, when you are just sitting in meditation. Yet we say to you, my friends, the planet upon which you live is alive.

我們對類似你們的團體說，我們一而再、再而三地說，你們每一個人，作為一個愛與光的源頭，都是重要的。在你們的幻象中 要看見，當你們僅僅是坐在冥想中的時候，你們是如此能夠有所幫助的，這是困難的。然而，我們跟你們說，我的朋友們，你們生活在其上的星球是活的。

And when you gather as a group and send your love, this intensifies it many times over and you can help. It is possible that the work that is already being done by many light groups upon your surface at this time will ameliorate the

difficulties which we can see (inaudible) in the knowledge of your value to your planet. Spend a little time sending the planet upon which you live your love. Remember that you are truly going into a new age at this time. It is not any longer the period just before the new age. You have already begun the transition. I am sure that you are conscious of that. You must realize that although it may seem not to be a very incisive change, that in light of the number of years of the age which you have passed through upon your planet, the transition is taking place very quickly.

當你們作為一個團體聚集在一起，並傳送你們的愛的時候，這個舉動將你們送出的愛增強許多倍，你們能夠產生幫助。在你們的星球表面上有許多光之團體已經在進行這個工作了，這個工作將會減輕了我們能夠看到的一些困難，這是有可能的，（聽不見）通過知曉對你們的星球的價值。花一點時間將你們的愛送給你們生活在其上的星球。記住，你們在此刻是真正在進入一個新的時代之中的。它不再是僅僅在新時代之前的時期中。你們已經開始了轉換了。我確信，你們是知曉那一點的。你們必須意識到，儘管它可能看起來似乎不是一種非常尖銳的改變，考慮到你們在你們的星球上已經穿經歷的時代的年數，轉換是在非常快速地發生的。

My friend, the quality of your life, by which we mean the way that you live it, will be changed in the next few years. And the more that you are able to see the underlying reality, the more that you will be able to be a positive part of that which is to come upon this planet.

我的朋友們，你們的生命的品質，我們這樣說的意思是，你們活出它的方式，將會在接下來的一些年的時間中被改變。你們越為更加有能力看到潛在的實相，你們將會更加有能力成為即將在這個星球上出現的事物的一個正面性的部分。

I would like to transfer this contact. I will leave this instrument. I am Hatonn.

我想要轉移這個接觸。我將會離開這個器皿。我是 Hatonn。

(B channeling)

(B 傳訊)

I am Hatonn. I am now with this instrument. As I was saying, my friends, you are but love. Everything that you see around you, my friends, is but love. As I spoke to you earlier of the times that are ahead, you will see that this ... I will rephrase. You will be, in the age ahead, my friends, in a newer and higher vibration, by which we may all grow to a greater spiritual height than before. For this vibration, my friends, intensifies all action that is generated by yourself. That is to say, my friends, for those who are seeking love, it will be more easily attained because of this vibration. Now, at the same time, my friends, it is also a time of great growth for those who are not seeking a path of love somewhat.

我是 Hatonn。我現在與這個器皿在一起了。如我剛才正在說的一樣，我的朋友們，你們僅僅是愛。所有你們在你們周圍看到的東西，我的朋友們，都僅僅是愛。如果我們在早些時候對你們談到在前方的時間一樣，你們將會看到，這.....我將會重新措辭。你們將會，在前方的時代中，我的朋友們，處於一種更新的，更高

的振動中，藉由這種振動，我們全都可以成長到一個比之前更大的靈性的高度。因為這種振動，我的朋友們，強化了所有被你自己產生出來的行動。這就是說，我的朋友們，對於那些正在尋求愛的人，因為這種振動，愛將會是更為容易被取得的。現在，同時，我的朋友們，對於那些並未尋求一條多少有些是愛的道路的人，它同樣也是一個具有巨大的成長的時間。

Now, as you know, my friends, there are many about you that you may know already, who are in great need of something, shall we say, to believe in. Through your spiritual growth, my friends, in your meditation, you will find yourselves set upon by those wishing to know the truth. Now, I am not saying, my friends, that you need to go search these people out. For, as you know, my friends, the positive charge attracts the negative. They will therefore, my friends, be drawn towards you, in the hope that you might help. You may find this hard to believe, my friends, but why are we here tonight, if not to learn the truth? For all is love, my friends, and in love there is no negativity. Therefore, love being the highest possible energy, no other negative charge can penetrate this energy. When you surround yourself in this love, my friends, you will find that when heightened to a great degree, all that you may know is love.

現在，如你們知道的一樣，我的朋友們，在你們周圍會有很多你們可能已經知道的人，它們是極其需要某種事情來，容我們說，相信的。通過你們的靈性的成長，我的朋友們，在你們的冥想中，你們將會發現你們自己會一心只想著那些希望知曉真理的人了。現在，我們不是在說，我的朋友們，你們需要去找出這些人。因為，如你們知曉的一樣，我的朋友們，陽性的電荷會吸引陰性的電荷。它們將會，因此，被吸引到你們身邊，但是，如果不是為了學習真理，為什麼我們今晚在這裏呢？因為一切都是愛，我的朋友們，在愛中沒有負面性。因此，愛做為有可能的最高能量，沒有任何負面電荷可以穿透這股能量。當你將你自己包圍在這種愛之中的時候，我的朋友們，你們將會發現，當你們被提升到一個巨大的程度的時候，所有你們可能知曉的事物都是愛。

Now, my friends, this is, you may think, the most important lesson that you are to learn. But, my friends, due to the shortness of time it is very important that we practice our meditation. We are constantly with you, my friends, and we join with you at every time you desire. So, my friends, to see you experience this energy called love is of great satisfaction to us.

現在，我的朋友們，你們可能認為，這就是你們能夠學習的最為重要的可能了。但是，我的朋友們，時間苦短，我們練習我們的冥想，這是非常重要的。我們會一直與你們同在，我的朋友們，我們會在每一次你們渴望的時候加入你們。因此，我的朋友們，去看到你們體驗到這種被稱之為愛的能量，這是我們巨大的滿足。

I will at this time transfer this contact to another instrument, if she will avail herself. I am Hatonn.

我們將會在此刻將這個接觸轉移到另一個器皿，如果她願意讓她自己被取得的話。我是 Hatonn。

(T channeling)

(T 傳訊)

I am Hatonn. I am now with this instrument.

我是 Hatonn。我現在與這個器皿在一起了。

(Most of the following section is inaudible.)

(下面的部分大多數聽不見。)

(Inaudible) ... on the subject of love. Every great teacher who has ever visited your planet—Buddha, Jesus Christ (inaudible) even those who are now living—Satchidananda, Baba Ram Dass (inaudible) and others who (inaudible) all these men teach the same thing. (Inaudible). Love everyone unconditionally, including yourself. Loving everyone unconditionally including yourself simply means that you never get "bummed out." When you find yourself arguing with someone over this belief or that belief, stop arguing. When you find yourself making your will prevail over another human being, stop prevailing. Love speaks not to the (inaudible) ear. Love speaks to the heart. (Inaudible). There are many temptations. You may find yourself playing God. Loving everyone unconditionally, including yourself, again, means never getting mad, never getting "bummed out." To live life in this manner is to live in a reality known to many upon your planet as heaven. Remain constantly loving, consciously, at all times. It is your entire purpose.

(聽不見)在愛的主題上。每一個曾經造訪你們星球的偉大老師們——佛陀，耶穌基督，(聽不見)，甚至那些現在活著的實體——薩齊達南達 (Satchidananda)，拉姆達斯巴巴(Baba Ram Dass)，以及其他的(聽不見)，所有這些人都教導的都是同一件事。(聽不見)。無條件地愛每一個人，包括你自己。無條件地愛包括你自己在內的每一個人單純地意味著你從來都不會“傷心”(bummed out)了。當你發現你自己在與某人爭辯這個信仰或那個信仰的時候，停止爭辯。當你發現你自己使得你的意志對另一個人是占上風的時候，停止占上風。愛並不對(聽不見)耳朵講話，愛對著心講話。(聽不見)。會有很多的誘惑。你可能發現你自己在扮演上帝。無條件地愛每一個人，包括你自己，再一次，這意味著永遠都不會發瘋，永遠都不會“傷心”。若是以這種方式生活，即是活在一個被你們地球上許多人知曉為天堂的實相之中了。持久地，有意識地，在所有的時候都保持是有愛的。它是你們全部的目的。

I will now transfer this contact to another instrument. I leave you in the love and the light of our infinite Creator. I am Hatonn.

我將會轉移這個接觸到另一個器皿。我在我們的無限造物者的愛與光中離開你們。我是 Hatonn。

(H channeling)

(H 傳訊)

I am Hatonn. I am now with this instrument. As you are aware, this day which you observe in the name of the one known as Jesus, the one who represented the consciousness of Christ (inaudible). As you observe this day

in his name, my friends, be aware of his presence. For to observe within you this concept of Christ is to summon to yourself the consciousness which was represented by this being.

我是 Hatonn。我現在與這個器皿在一起了。如你們知曉的一樣，這個你們用被知曉為耶穌的實體，那個代表了基督意識的實體的名字來紀念的日子(聽不見)當你們用他的名字來紀念這個日子的時候，我的朋友們，察覺到他的存在。因為要在你內在之中去觀察這個基督的觀念，就是將你自己召喚到被這個存有所代表的意識上。

My friends, you must realize that the one known to you as Jesus was but a man, as you. He had nothing to offer other than his self and his knowledge, which he stressed many times to be that which you possess. My friends, within you is the true Christ. Within you is the true Father of all. Within you is the consciousness which was displayed by this teacher. Within you is the vision which he foresaw, a vision of love and unity, a vision of a world ruled under no other laws than those of the Creator. A vision which is to be an experience. For that which you can envision, indeed you shall experience.

我的朋友們，你們必須意識到，被你們知曉為耶穌的實體，僅僅是和你們一樣的一個人。他除了他的自我以及他的知曉之外，沒有任何事情要提供，他強調過很多次，他的知曉是你們擁有的。我的朋友們，在你們內在之中有著被這個老師所展現的意識。在你們內在之中有著他預見的景象，一個具有愛與統一的景象，一個不被除了造物者的律法之外任何其他的律法所統治的世界的景象。一個要成為一個體驗的景象。因為，你們能夠想像的事物，確實就是你們將會體驗到的事物。

Hold true to your beliefs and desires. Be assured within yourself of your guidance. And this shall be yours. All that you desire shall come to you. Therefore, be cautious and desire only those things which you know to be of love. Desire not that of the physical world, for if you fill your desires with love, then so shall you reap them. And, my friends, whatever you need, it shall be provided. And you should not spend any time being concerned with that which you feel you need upon the physical plane. For you need only one things and that is love.

堅守你們的信念與渴望。在你自己內在之中確信你的指引。這個指引將成為你的指引。所有你渴望的事物都將會來到你身邊。因此，僅僅留意並渴望那些你知曉為愛的事物。不要渴望屬於物質性的世界的事物，因為如果你用愛填滿你的渴望，接下來，你們將會收割它們。我的朋友們，無論什麼你們需要的事物，它都將會被提供。你們不應該花費任何時間來擔心你感覺在物質性的層面上是需要的事物。因為你們僅僅需要一個事物，那個事物就是愛。

And to realize how to achieve this, shall we say, state of being, we once again stress that you practice meditation. For within the silence of your meditation there shall be whispers of love from our Father, the Creator, guiding you upon the path of enlightenment which you so dearly desire.

要意識到如何取得這種，容我們說，存有的狀態，我們會再一次強調冥想的練習。因為在你們的冥想的靜默之中，將會有來自我們的天父，造物者的愛的耳語，它會在你們如此真心地渴望的覺醒的道路上指引你們。

My friends, those of you here are indeed fortunate, for you have presently the opportunity to advance rapidly in your spiritual growth. As your planet becomes more under the influence of the higher vibratory rate, all things shall increase in activity. Due to this, your desires shall be manifested more quickly. We of the Confederation are here to assist you. And you, my friends, are the masters of your own, shall we say, destiny. Reach out, my friends. Reach out and grasp unto yourself the love and light which radiates constantly in your direction. Hold unto you this love and light, allow it to fulfill you and upon the moment of fulfillment, reach for more. For, my friends, as you bring in more love and light, greater shall be your ability to disperse love and light. With practice, you can send this love and light of which we speak to those who are in need for purposes, shall we say, of enlightenment. My friends, you can help those whom you love most efficiently by surrounding them in the love and light of our Creator. For, my friends, no being shall progress unless he so chooses. And all that you may do is expose him to the love and light of the infinite Creator and allow it to penetrate and instill the desire to proceed upon the path of enlightenment.

我的朋友們，你們這些在這裏的人確實是幸運的，因為你們現在就擁有機會在你們的靈性成長中快速前進了。當你們的星球更多地處於更高的振動速度的影響之下的時候，所有的事物都將會在活動的方面增強。由此，你們的渴望將會更快地被顯化。我們星際聯邦在這裏是來幫助你們的。你們，我的朋友們，是你們自己的，容我們說，命運的主人。我的朋友們，向外伸出手。向外伸出手並將持續不斷地在你的指引下發光的愛與光抓在你自己手中。將這種愛與光緊緊抓住，允許它充滿你，並在完成的時刻，伸手去拿更多。因為，我的朋友們，當你們將更多的愛與光帶入進來的時候，你們去散播愛與光的能力就將會更大了。藉由練習，你們能夠將這種我們談及的愛與光，為了，容我們說，覺醒的日，送往那些的而有需要的人。我的朋友們，你們能夠藉由將它們包圍在我們的造物者的愛與光中而幫助那些你們所愛的人。因為，我的朋友們，沒有存有會前進，除非他如此選擇。所有你們可以做的事情，就是讓他暴露在無限造物者的愛與光中，並允許它滲入並灌注在覺醒的道路上前進的渴望。

This, my friends, brings us to a point on which we wish to speak. The moment upon which any being consciously decides to seek the path of enlightenment may be referred to as a moment of resurrection. As this day is an observance of a physical resurrection, allow yourself to realize that that which the one known as Jesus performed upon this day was only a sign, shall we say. He performed upon the physical plane a feat which was considered to be impossible. The enlightenment which was obtained by those who were aware of his action was indeed of great benefit. Yet it was but a representation upon the physical plane of what was taking place on the spiritual level. This was a moment, my friends, in which many truly decided to begin to seek and follow that path of enlightenment, that teaching, of Christ. It was indeed the day of resurrection.

我的朋友們，這將我們帶到了一個我們希望對其發言的位置了。任何存有有意識地決定去尋求覺醒的道路的時刻，都可以被稱之為一個重生的時刻。如同這個日

子就是對一個物質性的復活的紀念一樣，允許你自己意識到，被知曉為耶穌的實體在這個日子進行的事情，僅僅是一個，容我們說，標誌。他在物質性的層面上進行了一個被認為是不可能的功績。被那些知曉他的行動的人所取得的覺醒，確實是具有巨大的益處的。而，它僅僅是對在靈性上的層次上發生的事情在物質性的層面上的一個表現。我的朋友們，這是一個很多人在其中真正決定開始尋求並跟隨那條覺醒的道路，跟隨基督的教導的時刻。它確實是重生的日子。

Yet each and every day is, shall we say, a replay of that resurrection. For each and every day more and more of your peoples begin their search, in all honesty and with pure dedication, to seek Christ, to seek love, to seek fulfillment, to seek the Creator. Those who choose this shall indeed find that which they seek. Those within this room have arisen. Now it is time that you go forth, as did Christ, and allow those around you to see that you are indeed renewed. You need not speak of your resurrection, or renewal, if you prefer. Allow it to shine; allow it to be. Allow yourself to become the instrument of the consciousness to which we refer as Christ. Open your inner being so that you may receive and transmit clearly the love and light of Christ and of our Father, the Creator. You are the channels for the energies which are needed. Attune yourself and observe the resurrection of your planet. In these words, I leave you. I am Hatonn. Adonai vasu borragus.

而每一天，容我們說，都是那種重生的一場重演。因為，每一天，你們的人群中都有越來越多的人開始它們尋求，帶著所有的誠摯，藉由純粹的奉獻，以尋求基督，尋求實現，尋求造物者。那些選擇這種尋求的人，將會確實找到它們尋求的事物。那些在這個房間中的人已經提升了。現在就是你們前進的時刻了，如基督做過的一樣，允許那些在你們周圍的人看到，你們確實復活了。你們不需要談及你們的重生，或者復活，如果你們更喜歡這個詞語的話。允許它閃耀，允許它成為。允許你自己成為我們稱之為基督的意識的器皿。開放你內在的存在，這樣你就可以清晰地接收並傳遞基督與天父的愛與光。你們是被需要的能量的管道。讓你自己調音並觀察你們的星球的重生。我們在這些話語中離開你們。我是 Hatonn。

Adonai vasu borragus。

May 16, 1976

1976-05-16 *Hatonn* : 智慧與知曉的文件夾

(Carla channeling)
(Carla 傳訊)

Greetings, my friends, in the love and the light of the infinite Creator. I am Hatonn, and I am with you. I and my brothers are with you in spirit, and we are very privileged to speak with you, as always.

我的朋友們，我們在無限造物者的愛與光中向你們致意。我是 *Hatonn*，我與你們在一起了。我和我的兄弟是在靈性中與你們在一起的，我們一如既往對於向你們發言是非常榮幸的。

We have paused at the beginning of this meeting to unite the intentions of those present. As you may have noticed, it is sometimes more difficult to become one than [at another time]. It is sometimes a more distant goal to achieve an understanding of the true unity of yourself and your brothers. And so, there are many levels at which we speak, and yet at the level at which you wish us to speak this evening, it was necessary that we pause and become one.

我們已經在這次集會開始的時候暫停，以將在場的人的意願統一起來，如你們可能已經注意到的一樣，相比在另一個時間，要成為一體的有時候是更為困難的。要取得一種對你自己和你的兄弟之間的真實的統一性的理解，這有時候是一個更為遙遠的目標。因此，會有很多我們在其上發言的層次，而在你們今晚希望我們在其上發言的層次上，我們需要暫停並成為一體的。

For truly, my brothers, you are now one. Each is filled with a love, not for the humanness of your brothers and sisters, but with a love for the perfect Creator in each brother and each sister. Though your physical bodies rest within your dwelling at this time, in seeming separation, yet the hands of your spirits have reached out and closed the circle.

因為，我的兄弟們，你們現在真正是一體的了。每一個人都是用一種愛被充滿的，不是對你們的兄弟姐妹的人類屬性的愛，而是一種對在每一個兄弟和每一個姐妹內在之中的完美的造物者的愛。儘管你們的物質性身體在此刻是在你們的住所中休息，是出於表面上的分離之中的，而你們的靈性的手已經向外伸出並將圈子合攏了。

I would speak to you this evening of several things. First, one thing: you may have wondered, because of the recent increased activities of our craft within your skies, why our messages to you have become more, shall we say, involved not with politics and reasoning about our appearances in your skies, but on the contrary, our messages to you who have meditated together with us, have become more and more on the strictly philosophical or spiritual level. Our appearances are part of the plan which you are all aware of, to alert those upon your planet who are sleeping, in such a way that they will begin to

search for a way to wake up. 我會在今晚對你們談及數個事情。首先，第一個事情：因為我們的飛船最近在你們的天空中的增多的活動，你們可能已經感到奇怪，為什麼我們給你們的資訊已經更多地，容我們說，不涉及到政治以及對於你們在你們的天空中出現的原因了，而是相反，我們給予你們這些已經與我們一起冥想的人的資訊，已經變得越來越多地在嚴格的哲學性或者靈性的層次上的了。我們的出現是你們全都知曉的計畫的一部分，計畫就是去這樣一種方式喚醒在你們的星球上的那些正在沉睡的人，這樣它們就將會開始尋找一種醒來的方式了。

You, my friends, are already waking up, and our appearances in your skies have served their purpose with you. In the days to come, we will be appearing as much as we can, and hopefully, people will be asking you questions, for they will know of your association with this type of group. And so, we are very, very interested in deepening your spiritual and philosophical understanding of our mission. That is all that matters to us. You are our physical hands on this sphere. We can give you thoughts and advice, shall we say, but it is to you, in the flesh, so to speak, to whom people will turn.

我的朋友們，你們已經醒來了，我們在你們的天空中的出現已經對你們起到了它們的作用了。在即將到來的日子裏，我們將會盡可能多地出現，人們將有希望詢問你們問題，因為它們將會知曉你們與這種類型的團體之間的關聯。因此，我們對於深化你們對我們的使命的靈性與哲學性的理解是非常感興趣的。你們是我們在這個星球上的物質性的手。我們給予你們，容我們說，想法與建議，但是，人們將會轉向的實體是，可以說是，在肉身中的你們。

Secondly, we wish to speak with you about the circumstances of your daily lives. Again and again we have suggested meditation. There is a method of dealing with the illusion, by which you can use those happenings which are within the illusion in such a way that they become reality, and are so constructive in helping you along your spiritual journey.

其次，我們希望對你們談及你們的日常生活的環境。一次又一次，我們已經建議過冥想了。會有一種與幻象打交道的方法，藉由這種方法，你們能夠用這樣一種方式來利用在幻象中的那些遭遇，通過這種方式這些遭遇會成為實相，並在沿著你們的靈性的旅程上幫助你們的方面成為如此有建設性的。

The method for doing this is to remove fear from your attitude towards the illusion. Meditation is a great aid towards removing fear, for if you are confident from your meditation of the fact that all that exists is love, then whatever occurs on the outer planes, no matter whether it is pain, or death, or birth, or pleasure, you will be able to see it for what it is—that is, love—and accept pain and death, as well as pleasure and birth, so that the circumstance which is real upon the outer plane is absorbed into your being as it is, that is, as reality, and not as the illusion which your premature reactions will cause it to become.

這樣做的方法就是去從你們對幻象的態度中移除恐懼。冥想是對於移除恐懼的一種巨大的幫助，因為如果你們藉由你們的冥想而對一切存在的事物都是愛是有信心的，接下來，無論什麼在外部層面上發生的事情，無論它是痛苦，還是死亡，

出生，或者快樂，你們都將會能夠看到它就是其之所是——也就是愛——並接受痛苦與死亡，同樣也接受快樂與出生，這樣在外在層面上是真實的環境會如其所是地被吸收進入到你們的存有之中，也就是說，作為實相，而不是作為你們的不成熟的反應將會使得它成為的幻象。

Love casts out fear. This has been written in your holy works, and it is indeed true. If you fear any set of circumstances that may occur, you will not be able to see the reality of the love within these circumstances. It takes a good deal of resolute practice to refrain, finally, from fear of pain. But, my friends, on the outer planes, this is what is. Pain and pleasure. Accept both within that stillness of being which is an awareness of love.

愛會驅散恐懼。這已經被寫在你們的神聖著作中了，它確實是真實的。如果你們恐懼任何可能發生的情況，你們將無法看到在這些情況中的愛的實相。要最終避免對痛苦的恐懼，這要花費大量的堅定的練習。但是我的朋友們，在外部層面上，這就是痛苦與快樂之所是了。在那種存有的安靜中同時接受兩者，這種存有的安靜就是一種對愛的察覺了。

I wish to pause again. I am Hatonn. I will leave this channel.

我希望再一次暫停。我是 *Hatonn*。我將離開這個管道。

(Pause)

(暫停)

(H channeling)

(*H*傳訊)

I am Hatonn. I am now with this instrument. My friends, there is within your capabilities, within you, each and every, shall we say, understanding. Every individual, every being within this existence, within this creation, is, shall we say, a storehouse of infinite knowledge. For from the Father you have come, and with you, you have brought, shall we say, the files, the files of wisdom and knowledge. It is your, shall we say, privilege to go within yourself and draw out that knowledge which you seek, and examine it.

我是 *Hatonn*。我現在與這個器皿在一起了。我的朋友們，每一個，容我們說，理解都是在你們的能力範圍內，都是在你們內在之中的。每一個個體，在這個存在性中，在這個造物中的每一個存有，都是，容我們說，一個具有無限知曉的儲存庫。因為你們已經是從天父而來的，你們已經在你們的身上帶來了，容我們說，檔夾，具有智慧與知曉的檔夾。進入到你自已內在之中取出你尋求的那種知曉，並檢查它，這是你的，容我們說，特權。

If there is an answer which you are needing, if there is a situation upon which you seek guidance, if there is a desire of love that you wish to attain, if there is an ability which you wish to manifest, then of the utmost importance to you personally is to go into this knowledge that has been given to you, and which you have brought along with you upon your path. There is within you the seed of life. There is within you the babe of creation. There is within you the

Christ of consciousness. There is within you the love and the light of the Creator.

如果有一個你正需要的答案，如果有一個你對其尋求指引的情況，如果有一種對你希望取得的愛的渴望，如果有一種你希望去顯化的能力，接下來，對你的人格具有最高的重要性的事情就是去進入到這種已經被給予你的知曉，這種你已經在你的道路上帶在你身邊的知曉。在你內在之中有生命的種子。在你內在之中有造物的嬰孩。在你內在之中有意識的基督。在你內在之中有造物者的愛與生命。

And to hold this within you, and to fail to utilize it, is to remain, shall we say, static upon your processes of growth. It is your choice, and it can be made by no other than yourself. Those within this room seek that storehouse of wisdom, for varied purposes and desires. Yet for each one, the desire which is most prevalent is to know and experience love. For within the category of love falls all things. We have said to you many times that the actual act of creation was one of pure love. From this love, you draw your energies, your life-giving forces, and your experiences. From this love, you are given all of which you are in need. From this love, you are given unto one another, and from this love, you have traveled into your present experience. And from this love, you shall attain what you seek.

要在你內在之有這種知曉，而缺少對它的利用，就是去在你的成長的過程上，容我們說，保持靜止不動了。它是你的選擇，它無法由除了你自己之外的任何其他人做出。那些在這個房間中的人們，為了各種各樣的目的與渴望，尋求智慧的儲存庫。而對於每一個人，極其盛行的渴望就是去知曉並體驗愛。因為所有的事物都落入到了愛的類別中了。我們對你們已經說過很多次，造物的實際的行動是一種純粹愛的行動。從這種愛，你們汲取了你們的能量，你們的賦予生命的力量，以及你們的體驗。從這種愛，你們已經被給予了相互彼此，從這種愛，你們已經旅行進入到你們當前的體驗中。從這種愛，你們將取得你們尋求的事物。

In order that you may be of service to your fellow man in the days to come, it is only necessary that you see, that you see clearly, the function, the presence, the vibration of that love within your fellow man. See nothing but that love. No matter what may surround it, no matter what the person may do to you, you must recognize the love within that individual. You may choose not to be within that individual's presence, and this is your choice. But do so with the recognition of love. Pass not judgment upon your fellow man, for my friends, that which you sow, so shall ye reap. And to pass judgment is to receive it, as also to love is to receive love.

為了你們在即將到來的日子裏可以對你們的夥伴進行服務，唯一需要的事情就是，你們看到，你們清晰地看到，在你們的夥伴內在之中的那種愛的功能，存在與振動。除了那種愛之外什麼都看不見。無論什麼事情可能圍繞著它，無論人可能對你們做什麼事情，你們都必須要認出在那個個體內在之中的愛。你們可以選擇不在那個個體的身邊，這是你們的選擇。但是，帶著對愛的認出來這樣做。不要對你們的夥伴施加評判，因為我的朋友們，你們播種什麼，你們就會收割什麼。要施加評判就是去接受評判，如同去愛同樣是去接受愛一樣。

Be aware of one another. Be cautious upon your journey, yet be not

withholding of the love within you. Share it freely. Project it in all directions, and once again it shall flow unto you from all directions. There was a master, whom you know as Jesus, and he gave unto you the secret of life: "Love one another as you would love yourself." This is a summation of the commandments of ten that was handed down unto your ancestors. Love one another. Be one. Come together as one, and recognize the divinity and the truth of the concept of love, and the divinity and the truth of your fellow man. It is within your capability to bring about the state of consciousness through which you can perceive the love of which we speak. Yet the tool, as you are well aware, for attaining that state, is meditation.

察覺到相互彼此。在你們的旅程上小心謹慎，而又不抑制在你們內在之中的愛。自由地分享它。在所有的方向上投射它，它將會再一次從所有的方向流向你們。曾經有以為你們為耶穌的大師，他給予了你們生命的秘密：“如同你會愛你自己一樣地彼此相愛。”這就是對已經從你們的先輩那裏傳遞下來的十誡的一個總結了。彼此相愛。成為一體的。如同一個人一樣地聚集在一起，認出愛的觀念的神聖性與真理，認出你們的夥伴的神聖性與真理。去產生出那種你們通過其能夠感知我們談及的愛的意識的狀態，這是在你們的能力範圍內的。而取得那種狀態的工具，如你們清楚瞭解的一樣，就是冥想。

My friends, to meditate is to love. To meditate is to be one with the Creator and your fellow man. To meditate is your purpose. It may manifest in many physical areas, but in essence, your purpose is to be one with each other. And in order to manifest the knowledge and the truth and existence of that oneness, you must meditate.

我的朋友們，去冥想就是去愛。去冥想就是與造物者與你們的夥伴成為一體的。冥想就是你們的目標。它可以在很多的物質性的區域中顯化，但是，實際上，你們的目標是與相互彼此成為一體的。為了要顯化那種一體性的知曉，真理與存在性，你們必須冥想。

There is to be within your present existence, a series of changes. We shall not dwell upon these changes, yet we shall dwell upon a method of alleviating the negative experiences, of which you are aware, that shall come. It is simple: love and unity. Project into each individual and each circumstance the love and the light of your infinite Creator.

在你們當前的存在性中會有一系列的改變。我們將不會對這些改變進行詳細討論，而我們將會對一種減輕你們知曉將會出現的負面性的體驗的方法進行詳細討論。它是簡單的：愛與統一。將你們的無限造物者的愛與光投射進入到每一個個體與每一個環境中。

Come together. Be loving, and be free. To love freely is to be in a state where suppression does not exist. No matter what may affect you upon the physical plane, no matter what any individual may do unto you, to love that individual freely is the essence of truth. To avoid suppression, project the light about each individual, and the light shall come to you. The light which you project may not prevent the individual acts of negativity. Yet what you send out is what you shall receive, and that negativity shall not affect you. For if you allow

only the love and the light to flow from within you, there shall not be room for anything to come into you, other than that love and light. These laws, shall we say, are simple, yet to accomplish them seems to you to be quite difficult. And this is due to the state of consciousness in which you are presently residing. Meditate, my friends, and your consciousness shall evolve. Your love shall multiply. The flow shall increase, and the reception shall in turn enumerate greatly within you. These are not secrets that we share with you, they are simple truths.

聚集在一起，成為有愛的，成為自由的。去自由地愛就是去處於這樣一種狀態中，在其中抑制是不存在的。無論什麼事情可能在物質性的層面上影響你們，無論任何可能可能會對你們做什麼事情，去自由地愛那個個體就是真理的實質了。去避免抑制，在每一個個體周圍投射光，光將會來到你們身上。你們投射的光不會讓個體免於負面性的行動。而你們送出的事物，就是你們將會接收到的事物，負面性將不會影響你們。因為如果你們僅僅允許愛與光從你們內在之中流動，將不會有空間讓任何事物進入到你們內在之中，除了那種愛與光之外。這些，容我們說，法則是簡單的，而要實現它們看起來對於你們是相當困難的。這是由於你們當前居住在其中的意識狀態。我的朋友們，冥想吧，你們的意識將會演化。你們的愛將會倍增。流動將增加，接受性將相應地在你們內在之中數量大增。這些不是我們與你們分享的秘密，它們是簡單的真理。

Do not fathom within your consciousness that you are incapable of bringing about this flow of love and light. If you fathom that thought, you will stop the flow. Acknowledge that in the Father 's names it is continually coming back. Allow not the stagnation of self-satisfaction. Allow not the stagnation of your own mind to replace the (inaudible). Acknowledge continually that what you seek, you shall receive.

不要再你們的意識中推測，你們是沒有能力產生出這種愛與光的流動的。如果你們推測那個想法，你們將會停止流動了。用天父的名義承認，它是持續不斷地在返回的。不允許那種自我滿足的停滯發生。不允許你自己的思想停滯以替代（聽不見）。持續不斷地承認，你們尋求的事物，你們將會接收到。

I shall transfer this communication. I am Hatonn.

我們將轉移這個交流。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Hatonn. My brothers and sisters, love one another. That is it. That is all we have to say. We have said it several times this evening; we say it once more. As you go forth into the world, you will, very soon, meet your next challenge. It will be a person whom it is difficult to conceive of on the outer planes as the Creator. You will fear him, and you will wish to put distance between yourself and him. And yet, you are one. If you can move the fear aside (inaudible) the reality will seep into your being, and you will reflect unto him the joy of the spirit. Rejoice that you know the Creator! And as you go forth, be of service to your fellow man. Let him know that you

know that he, too, is full of joy.

我再一次與這個器皿在一起了。我是 *Hatonn*。我的兄弟姐妹們，彼此相愛。就是它。那就是所有我們必須要說的。我們已經在今晚數次說過它了：我們再多說一次。當你們進入到世界中的時候，你們將會，很快，遭遇到你們的下一個挑戰。它將會是一個在外在層面上很難將其想像為造物者的人。你將會害怕它，你將會希望在你自己和它之間留出距離。而你們是一體的。如果你們能夠將恐懼放在一邊，（聽不見）實相將會滲入到你們的存有中，你們將會對他映射出靈性的喜悅。為你們知曉造物者而歡呼吧！當你們前進的時候，對你們的夥伴進行服務。讓他知曉，你們知道他，同樣也是充滿喜悅的。

My brother Laitos is with you, and sends each of you his energy. Seek us at any time, and we will be there. We pause only for one thing else before we go. There is a question. We do not know whether or not it is desired that we answer it this evening. Is a question desired? If so, please ask it.

我的兄弟 *Laitos* 與你們在一起，並對你們每一位送出他的能量。在任何時候都尋求我們，我們將會在那裏。在我們離開之前，我們僅僅為一個其他的事情暫停。會有一個問題。我們不知道是否我們在今晚回答它是被渴望的。一個問題是被渴望的嗎？如果是這樣的，請詢問它。

M: Yes. I'd like the details of that "exchange of knowledge" in my '63 sighting.

Could you give me details on that? M: 是的。我想要在我的六十三度的視力中的“知識交換”的具體細節。你們能夠對那一點給予我具體細節嗎？

We are able to do it at this time, for the first time. It is very simple, my brother. The knowledge was not knowledge that we had and you did not, but it was an attempt which was successful to awaken within you the remembrance of who you actually are and why you are actually within this experience at this time. In the future, this knowledge will become more and more clarified, as various elements of, shall we say, your mission are recognized by you. Yet, because of your recent experience, you are now in full knowledge of the basics of your previous experiences which led you to this plane at this time. This was, basically the "knowledge." It was a communication with your greater self, saying that it was permissible to remember, and so to apply, that which you had learned.

我們，第一次，在此刻能夠進行它。我的兄弟，它是非常簡單的。知曉不是你們擁有而你並不擁有的知曉，它是一種在你內在之中去喚醒對於這樣一種回憶的成功的嘗試，那個回憶即，你實際上是誰，為什麼你實際上在此刻在這個體驗中。在未來，這種知曉將會變得越來越更為清晰，隨著你的使命的各種各樣的，容我們說，要素被你識別出來。而因為你最近的體驗，你現在是充分知曉在此刻將你引導到這個層面的你之前的體驗的基礎的。這基本上就是“知識”了。它是與你的高我之間的一種交流，它說，去回憶起並因此應用你已經學會了的事情，這是被批准的。

Does this answer your question?

這回答了你的問題了嗎？

M: Yes.

M：是的。

Is there another question?

有另一個問題嗎？

(Pause)

(暫停)

My friends, I leave you. Feel the love. Feel the joy in this room at this time. I leave you in this joy, and this love. I am Hatonn. Adonai vasu borragus.
我的朋友們，我離開你們。感覺愛。感覺在此刻在這個房間中的喜悅。我在這種喜悅中，在這種愛中離開你們。我是 *Hatonn*。 *Adonai vasu borragus*。

May 30, 1976

1976-05-30 Hatonn : 身體與冥想的關係

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I greet you, my friends, in the love and the light of the infinite Creator. It is my pleasure, as always, to speak with you this evening. It is a special pleasure to greet those we have not meditated with in this group for a time. It is a great privilege to be with you and to share our thoughts.

我是 *Hatonn*。我的朋友們，我在無限造物者的愛與光中向你們致意。一如既往，在今晚對你們發言是我們的快樂。向那些我們在這個團體中已經有一段時間尚未與之一同冥想的實體致意，這是一種特別的快樂。與你們在一起並與你們分享我們的想法，這是一種巨大的榮幸。

We would like to begin by speaking with you about meditation. It is a technique that can be approached in endless ways. Tonight, we would like to say a few words about your physical body and its relation to meditation. Become aware, my friends, at this time of your symmetry as you sit comfortably in meditation. Your two legs, balanced. Each arm resting comfortably. Your eyes, my friends—the space between them, just balanced. That which you hear is being received symmetrically, stereophonically, by your ears. And you are in balance, each side in balance. You are a creature, in the body, of this duality—your right and your left. It is a symbol for all to see of the nature of the physical universe: that there are always two sides, two qualities, to be reconciled in balance.

我們想要藉由對你們談及冥想來開始。它是一個我們能夠用無盡的方式來被對待的技巧。今晚，我們想要關於你們的物質性身體以及它與冥想的關係說一些話。我的朋友們，當你們舒適地坐在你們的冥想中的時候，察覺到你們在此刻，的對稱性。你們的雙腳，是平衡的。每一個手臂是舒適地休息的。你們的眼睛，我的朋友們——在它們之間的空間，是恰好平衡的。你們聽到的事物是正在用對稱的，身歷聲的方式被你們的雙耳接收到的。你們是在平衡中的，每一面都是在平衡中的。你是一個在具有這種二元性——你的右邊和你的左邊——的身體中的生物。它是一個對所有看起來具有物質性的宇宙的屬性的事物的一個象徵：一直都會有兩個面向，兩種屬性，要在平衡中被調和。

As you rest in meditation now, my friends, become quite, quite reconciled to this two-sidedness of the physical. Begin to sense that point between your two sides, the point of balance, the point of stillness, the point that does not move. In between the two eyes is the point where your sight becomes one. Midway between your ears, you suddenly hear one whole sound.

當你們現在在冥想中休息的時候，我的朋友們，對這個物質性的兩面性成為相當、相當滿意的。開始感覺到你的兩面之間的那個位置，那個平衡點，那個安靜的位置，那個不會移動的位置。在兩眼之間是你們的視力在其上成為一體的位置。在你的雙耳之間中途，你突然間聽到了一個完整的聲音。

You, my friends, are not creatures of duality. You simply reside in a physical body and in a physical universe which is of this nature. Therefore, you are under the illusion that you are of this nature. And it is in meditation that you seek knowledge of your true self, which is free from duality. You are not even that point of balance or stillness. You simply reside, in the physical, at that point of balance, if you have maintained a healthy awareness of who you are and that you are within your body but not of it. Many, many of your troubles in the physical arise from the fact that you've allowed that center of stillness to be moved by outward events, so that you seem to be unable to regain that balance.

我的朋友們，你們不是具有二元性的創造物。你們單純地居住在一個具有這種屬性的物質性身體中，居住在一個具有這種屬性的物質性宇宙中。因此，你們是在你們是具有這種屬性的幻象之下的。就是在冥想中，你們尋求對你們真實的自我的知曉，你們的真實的自我是沒有二元性的。你們甚至不是那個平衡點或者安靜的位置。你們單純地居住在物質性之中，居住在在那個平衡點上，如果你們已經維持了這樣一種健康的認識，即對你們真正是誰，以及你們是在你們的身體中，而不是屬於它的認識。你們在物質性中的很多很多的麻煩是因為這樣的事實而出現的，你們已經允許那個安靜的中心被外部的事件移動了，這樣你們看起來似乎無法重獲那種平衡了。

Now—you find the balance of your body, and then release that connection. My friends, do not become so comfortable within your body that you forget that you are actually a stranger to this environment. Your essential being is unified. You not only know what this unity within yourself is, you are this unity. Coming into the knowledge of it is simply a matter of remaining still long enough to begin to know the true self. It is not a knowledge that must be pulled from far away: you are that knowing.

現在——你們找到了你們的身體平衡，接下來，釋放那種連接。我的朋友們，不要在你的身體中變得如此舒適，以至於你忘記了你實際上是這個環境的一個陌生人。你的實質的存有是統一的。你不僅知道這種統一性在你自己內在之中是什麼，你就是這種統一性。進入到對它的知曉，單純地是一個保持安靜足夠長的時間以開始知曉真實的自我的問題。它不是一個必須從遠處被拉過來的知曉：你就是那個知曉。

(Pause)

(暫停)

We are pleased, for we can see that this, shall we say, technique for understanding the way that the body may be relaxed and then moved away from has helped. I will transfer this contact. I am Hatonn.

我們是感到高興的，因為我們能夠看到這種用來理解身體可以成為放鬆的方式的，容我們說，技巧，並接下來離開已經被幫助過的事物。我將轉移這個接觸。我是 *Hatonn*。

(H channeling)

(H傳訊)

I am Hatonn. I am now with this instrument. I wish to make it evident that we are at this point conditioning those who wish to become channels of this type. Each and every individual upon the path of spiritual growth, as you may call it, shall manifest from within themselves desires for service. That which you experience at these meetings, the actual, shall we say, relay of information, is one form of service which you can render. And it is your choice, if you so desire. For those who would not desire to become instruments of this manner, we are still, through the course of this meeting, attempting to make known our presence and attempting to channel to you the love and light through us from the Creator

我是 *Hatonn*。我現在與這個器皿在一起了。我希望使得這一點成為明顯的，我們在這個位置正在調節那些希望成為這種類型的管道的實體。在靈性成長的道路上，如你們可能稱呼它的一樣，的每一個個體，都將從它們內在之中顯化對服務的渴望。你們在這些集會上體驗到的事物，對，容我們說，資訊的實際的傳遞，是一種你們能夠提供的服務的形式。它是你們的選擇，如果你們渴望這樣的選擇的。對於那些不會渴望成為這種方式的器皿的人，我們通過這個集會的過程，仍舊在嘗試讓我們的存在被知曉，並嘗試對你們傳訊從造物者流經我們愛與光。

We have touched upon that which you would call knowledge. We wish to make it evident that knowledge, my friends, is much more than the possession of the intellect. Knowledge in its true essence is a state of being, a form of existence. It is the spiritual manifestation of the divine intellect of the Creator. Knowledge comes about upon the physical plane through a long and tedious process of development, through many years of study of the curriculum of your planet. Yet this knowledge which is accumulated upon the planet at this instant by the intellect is limited in the respect that it is contained and experienced within a limiting existence of the physical.

你們已經接觸到了你們稱之為知曉的事物了。我們希望讓這一點成為明顯的，我的朋友們，那種知曉是比對屬於智力的所有物要遠遠更大的。知曉，在其真實的實質中，是一種存有的狀態，一種存在性的形式。它是對造物者的神聖智能的靈性的顯化。知曉是通過一個漫長而單調沉悶的發展的過程，通過許多年時間的對你們星球上的全部課程的學習而在物質性的層面上出現的。而在這一刻在星球上被智力被聚集起來的知曉，在這樣一個方面是有限的，它是被包含在一種限制性的，屬於物質性的存在性之中，並是在其中被體驗到的。

Your spiritual existence, my friends, is everlasting and is unlimited and from within the spiritual intellect, as you may choose to call it, there is instantaneous knowledge, there is contained all knowledge of the universe, all knowledge of the Creator. And the processes which you must utilize to bring you to the acceptance of this knowledge are simple. Yet to the inhabitants of your planet, they are quite difficult. The reason for the difficulty is because you have allowed yourself to identify with the physical form and the physical existence. Certainly it is a portion of your existence—that is true. It is but a portion. It is but a minute portion of your overall existence.

你們的靈性的存在性，我的朋友們，是永存的，是不受限制的，是來自於與靈性

的智慧，如你們可能選擇去稱呼它的一樣，內部的，會有瞬間的知曉，在其中包含有對宇宙的所有的知曉，對造物者這所有的知曉。你們必須利用以帶給你們對這種知曉的接受的過程是簡單的。而對於你們的星球的居民，它們是相當困難的。困難的原因是，因為你已經允許你自己與物質性的形式與物質性的存在性認同了。它肯定是你的存在性的一部分——那是真實的。但是，它僅僅是一部分。它僅僅是你整個存在性的一個微小的部分。

My friends, seek not identification with the world in which you exist. Seek to identify with the universe which you are and which you have experienced and which you shall remain experiencing. Seek to be one, and to be aware of it. And by one we mean the Creator and the universe. Know that it is your, shall we say, birthright to tap the knowledge of the universe, to contain the understandings and wisdoms of the great teachers that have come to demonstrate upon your planet the knowledge of which we speak. Each and every individual has the prerogative of experiencing the physical and the spiritual existence. But remember, when the physical experience is dissipated, as you all know it shall be, there remains that which you call the spiritual existence. For it, my friends, is the energy which comprises the physical. It is the energy which comprises all of existence. And as your scientists have stated, there is no possible means of destruction of energy forces. There can only be alterations in the form. But the essence is the same, my friends. The energy is omnipresent forever.

我的朋友們，不要尋求與你們存在於其中的世界的認同。尋求與你們之所是的宇宙，你們已經體驗到的事物，以及你們將會一直體驗的事物認同。尋求成為一體的，並察覺到它。我們說的一體性指的是造物者與宇宙之間的一體性。知曉去利用對宇宙的知曉，去將那些已經前來在你們的星球上示範我們談及的知曉的偉大的老師們的理解與智慧包含在內，這是你們的，容我們說，天賦權利。每一個個體都擁有體驗物質性與靈性的存在性的特權。但是請記住，當物質性的存在煙消雲散了的時侯，如你們全都知曉它將會的一樣，你們稱為靈性的存在性的事物會依舊存在。因此，我的朋友們，它是構成了物質性的能量。它是構成了所有的存在性的能量。如你們的科學家已經陳述過的一樣，不可能有摧毀能量的方式。僅僅能夠有在能量形式中的變化。但是，實質是相同的，我的朋友們。能量永遠是無所不在的。

And within that energy is found the intellect, the knowledge of which we speak. The knowledge of all things. The link with the Creator. But, my friends, we could tell you not, in all truth, of the Creator. But we can tell you that He is the energy that is within all things. For from Him we have come, yet within Him we lie. It is His intellect that manifests the energies in which we flow. Flow freely with these forces and the simplicity of universal knowledge shall dawn upon you as your evolutionary processes continue.

在那種能量中會有智慧，我們談及的知曉被找到。對所有的事物的知曉。與造物者之間的連接。但是，我的朋友們，我們無法，通過完全的真理，對你們談及造物者。但是我們能夠告訴你們，造物者就是在所有事物中的能量。因為我們已經從造物者而來，而我們存在於祂之中。就是祂的智慧顯化了我們在其中流動的能量。在與這些力量一起自由地流動的時侯，宇宙的知曉的簡單性將會隨著你們的

演化過程的繼續而逐漸被你們知曉。

I shall transfer this communication. I am Hatonn.

我將會轉移這個交流。我是 *Hatonn*。

(B channeling)

(*B* 傳訊)

I am Hatonn. I am with you. And I greet you always in His love. I will pause a moment with this instrument so that we may establish what we feel to be a unity of thought. We are pleased in each who chooses to serve as they feel the need. It has been our privilege in the past to experience such oneness in establishing contact with this instrument. And once again it is our privilege to greet you in this manner. We wish to leave our contact with all those who may desire it, who desire to serve within the capacity of their own being. We always extend our gratification for being of service to you. We wish to say we are with you at your moment of desire and always wish to share with you our love. It has been a privilege to once again speak with you through this instrument. I shall continue through another. I am Hatonn.

我是 *Hatonn*。我與你們在一起了。我一直都在造物者的愛中向你們致意。我將會與這個器皿暫停一會兒，這樣我們就可以構架我們感覺是一種想法的統一的事物了。我們對每一個選擇去用它們感覺到需要的方式來進行服務的人都是感到高興的。在過去體驗到在構建與這個器皿之間的結果的過程中的這樣的一體性，這已經是我們的榮幸了。用這種方式向你們致意，這再一次是我們的榮幸。我們希望將我們與所有那些可能渴望我們的接觸，渴望進行服務的人之間的接觸留在它們自己的存有的能力範圍內。我們一直為對你們進行服務而致以我們的感激。我們希望說，我們會在你們渴望的時刻與你們在一起，我們一直都希望與你們分享我們的愛再一次通過這個器皿對你們發現，這已經是一種榮幸了。我將會通過另一個器皿繼續。我是 *Hatonn*。

(H channeling)

(*H* 傳訊)

I am Hatonn. I am once again with this instrument. We wish to express our satisfaction in having achieved contact with an instrument from whom we have been, shall we say, severed for quite some time. We wish to make it evident that we of the Confederation of Planets in Service to the Infinite Creator desire not to contact those who do not request it. It is each and every individual's freedom of choice—each person must walk upon the path which they must choose and it is not within our right to sway that choice. We only acknowledge requests and fulfill them in whatever manner is possible. Our gratitude is indeed expressed, in that we feel once again the unity of our beings. It has been our extreme privilege to speak with this group at this time and, in leaving, we ask that you seek from within yourself that which you desire. Manifest from within your consciousness that which you choose to experience. Sway not from the desires for the sought-after experiences. Be

only certain that they are contained within the energies which are positive, of service not only to oneself but to all of mankind and all of the universe. Harmony with the laws of creation is your stronghold. You shall know when you are in violation if you truly seek only within yourself. In this thought I leave you and in the love and the light of the infinite Creator. I am Hatonn. Adonai vasu borragus.

我是 *Hatonn*。我再一次與這個器皿在一起了。我們希望表達我們對於已經取得了與一個器皿之間的接觸的感激，我們已經有相當一段時間從這個器皿身上，容我們說，得到了服務了。我們希望明確的事情是，我們服務於無限造物者的星際聯邦並不渴望去接觸那些並未請求它的人。這是每一個個體的自由選擇——每一個人人都必須走在它們必須選擇了的道路上，去影響那個選擇，並不是在我們的權利範圍內的。我們僅僅承認請求並用無論什麼有可能的方式來滿足它們。我們的感激確實是被表達出來的，因為我們再一次感覺到我們的存有的統一性。在此刻對這個團體發言已經是我們的極大的榮幸了，在離開的時候，我們請你從你自己內在之中尋求你渴望的事物。從你的意識之中顯化你選擇去體驗的事物。不要從追尋體驗的渴望上動搖。僅僅確信，它們是被包含在正面性的能量之中的，這些能量不僅僅是對你自己進行服務，同樣也會對全人類以及全宇宙進行服務。與造物的法則的和諧就是你的根據地。如果你是真正僅僅在你自己內在之中尋求，當你們是受到了侵害的時候，你們將會知道。我們就是在這個想法中，並在無限造物者的愛與光中離開你們。我是 *Hatonn*。 *Adonai vasu borragus*。

(Carla channeling)

(*Carla* 傳訊)

Greetings in the love and the light of the One Who is All. I am Nona. It is my privilege to ask you if there are any questions that you have at this time?

在太一的愛與光中向你們全體致意，太一就是萬物。我是 *Nona*。我很榮幸詢問你們，是否在此刻你們有任何問題呢？

(Pause)

(暫停)

There is one questions on which I would speak at this time that has been requested without words. It is a subject which is shrouded in a great deal of confusion. Nor can we unravel this confusion. Yet it is my privilege to give what thoughts I can to ease the condition.

有一個我們想要在此刻談論的問題，這個問題是在沒有使用言語的情況下已經被請求了的。它是一個遮蔽在大量的混淆中的主題。我們同樣也不能解開這種混淆。而去給予我們能夠給予的想法以緩和那個情況，這是我的榮幸。

We speak at this time of the question of divorce. This is a phenomenon that is known only within certain tiny illusions. Entirely within your society it is an artificial word, for it describes what happens when one piece of paper is replaced within your society's paper records with another piece of paper. Yet this happenstance causes a great deal of pain and difficulty among your peoples.

我們在此刻談及離婚的問題。這是僅僅在一定的微小的幻象中被知曉的一個現象。在你們的整個社會中，它是一個人造的詞語，因為它描述了，在你們的社會的紙張的記錄中當一張紙被用另一張紙被替代的時候發生的事情。而這個事件會在你們的人群當中造成大量的痛苦與困難。

What we wish to speak on, with compassion, is the subject of karma. You must understand, my friends, that when, within your holy works, it is recommended that marriage, as it is called among your peoples, be obtained throughout one lifetime, it is recommended for the reason that it is likelier that you will correctly apply yourself to your karma if you have a controlled circumstance throughout one experience. It is likelier, if you engage in several karmic relationships within one experience, that there will be unsatisfied karma.

我們希望帶著同情心談及的事情是業力的主題。我的朋友們，你們必須理解，在你們的神聖著作中，被推薦的事情是，婚姻，如同它在你們的人群中被稱呼的一樣，在貫穿一次生命中取得，當這樣推薦的時候，它是因為這樣的原因而被推薦的，如果你在貫穿一次體驗中都擁有一種受控的環境，你將更加有可能正確地讓你自己應用於你的業力。如果你在一個體驗中參與到數個業力的關係中，會更加有可能將會出現未被滿足的業力。

Now, my friends, it is in no way necessary that because you have had an experience with more than one karmic partner, that you have in any way failed to satisfy the karma with that partner. It is simply more difficult to treat more people rightly than it is to treat one person rightly. This is a recommendation that has been chiseled upon your planet into what is known as law. Behind the "law" is the compassion of an all-loving Father.

現在，我的朋友們，因為你們已經與多於一個業力的夥伴擁有過一種關係了，你們就已經用任何方式無法滿足與那個夥伴之前的業力了，這絕對不是必定的。要在適當地與更多的人打交道，單純地是比適當地與一個人打交道要更加困難那的。這是一個在你們的地球上已經被刻在被知曉為法律的事物中的勸告。在那個“法律”的背後是一個完全有愛的天父的同情心。

In any experience with any karmic relationship, it is necessary within that relationship that your actions be founded in love. If an action which is founded in love results in the termination of that relationship, your karma has in no way been dissatisfied. If you remain with one person and yet your actions are not founded in love, then your karma won't be satisfied.

在任何帶有任何的業力關係的體驗中，在那個關係中需要的事情是，你的行動是在愛中被找到的。如果一個在愛中被找到的行動產生出了對那個關係的結束的結果，你的業力絕對不是未被滿足的。如果你與一個人留在一起，而你的行動不是在愛中被找到的，接下來，你的業力就不會被滿足了。

So you see, my friends, although the word "divorce" has great traumatic impression to give your peoples, the reality behind that word is what you make of it: you yourself, an individual upon your own path, learning through experiences with other souls. Think not of the paper but of the love. Think not of past mistakes but of your present chances to give love. We have said this

before, my friends, but we will say it again. If you have gone through many years thinking that two plus two are five and then you discover that two plus two are four, you have corrected an error. Now, two plus two are no longer five in your mind. Reality—and love—and correctness—are what you make of it now. Right now.

因此，我的朋友，你們看，儘管“離婚”這個詞語擁有巨大的創傷性的影響要給予你們的人群，在那個詞語背後的實相是你們將其塑造為的事物：你，你自己，一個在你自己的道路上的個體，正在通過體驗與其他靈魂一起學習。不要考慮紙張，而是考慮愛。不要考慮過去的錯誤，而是考慮你現在去給予愛的機會。我們之前已經說過這一點了，我的朋友們，但是我們將再一次說它。如果你們已經經歷了年時間都思考二加二等於無，接下來，你們發現，二加二等於四，你們就已經更正了一個錯誤了。現在，在你們的頭腦中，二加二不再等於四了。實相——愛——正確性——就是你們現在使得它成為的事物。現在。

I am Nona. I leave you in that love. Adonai.

我是 *Nona*。我在那種愛中離開你們。*Adonai*。

June 6, 1976

1976-06-06 Hatonn : 沒有副作用的愛

(Carla channeling)

(Carla 傳訊)

I am Hatonn. And I greet you, my brothers and my sisters, in the love and the light of the infinite Creator. It is a great privilege to be with this group this evening. My brother Laitos is with me and will be, throughout the meeting, within the group in which you now dwell, attempting to make our vibrations available to you at your most receptive level. We are very grateful for this opportunity to share with you.

我是 Hatonn。我在無限造物者的愛與光中向你們致意，我的兄弟和我的姐妹們。在今晚與這個團體在一起是一種巨大的榮幸。我的兄弟 Laitos 與我在一起，並會在貫穿這個集會過程中，都將會在這個你們現在居住在其中的團體中，同時嘗試去使得我們的振動，在你們最為易於接受的層次上，可以為你們所取得。我們對於這個與你們進行分享的機會是極其感激的。

Although it is not normally our custom to open with a request for questions, we would like to do so this evening. Does anyone have a question for us at this time?

儘管用一個對問題的請求來開始通常不是我們的慣例，我們會在今晚這樣做。在此刻任何人有一個問題嗎？

(Pause)

(暫停)

We are contented to refrain from answering questions which are not, shall we say, at the surface of the mind yet. There are those present who have questions upon their mind. And so we say to you: in time, with patience, the questions that are troubling you will become very clear. Questions and problems are a result of the illusion in which you are now experiencing your existence, so that what is actually a unity seems to be a process and things seem to take time. In actuality, my friends, from your birth to your death and long before your birth and long after your death, to infinity, all is one time, and one creation. Yet within the illusion, as you call your physical existence, things seem to take time and seem to unfold and develop. And because of this, it often seems that that which should be, is not, and that which should not be, is.

我們對於避免回答那些，容我們說，尚未出現在心智的表面上問題是感到滿意的。會有一些在場的人在它們的頭腦中擁有問題。因此，我們對你們說：在適當的時候，帶著耐心，正在困擾你們的問題將會變得清楚。問題和疑難都是你們現在在其中體驗你們的存在性的幻象的一個結果，因此，實際上是一種統一性的事物，看起來似乎是一個過程，事物看起來似乎要花時間。而實際上，從你們的出生到你們的死亡，在你們出生前很長時間，到你們死亡後很長時間，一直到無限，所有都是一個時間，一個造物。而在幻象中，如你們對你們的物質性的存在性的

稱呼一樣，事情看起來似乎要花時間，看起來似乎要展開並發展。為此，經常看起來似乎是，應該是的事物，卻不是，不應該是的事物，卻是。

Yet it is the process which is the illusion. And the illusion is for the purpose of instructing you on one subject. And that subject is love. The problem that is facing you at the moment is the problem of learning how to love. Love, as it is known upon your planet, has produced many serious side effects, such as hatred, war and other negative results. We speak, as you may well imagine, of a love that is without these side effects.

而它就是幻象之所是的過程。幻象是為了在一個主題上指導你們的目的的。那個目的就是愛。在此刻你們正在面對的問題，是學習如何去愛的問題。愛，如同它在你們的星球上被知曉的一樣，已經產生出了很多嚴重的副作用了，諸如仇恨，戰爭以及其他的負面性的結果。如你們可能很好地想像到的一樣，我們談及了一種沒有這些副作用的愛。

Love, my brothers, is a most misunderstood term. The one known as Jesus said to you, "Not as the world gives, give I unto you." And this is very true. As what you call human love expresses itself, it is, like the illusion, a process. It has a beginning and an end and from its creation to the destruction it may take down those who feel that this is love with it, so that they become indifferent and feel that love is not all that there is, is not "it."

我的兄弟們，愛是一個極大地被誤解了的詞語。被知曉為耶穌的實體對你們說，“我要給予你們的事物，和這個塵世要給予你們的事物是不一樣的。”這是非常真實的。如同你們稱之為人類的人對它自己的表達一樣，它與幻象類似，是一個過程。它擁有一個開始和一個結束，從它的創造到它的毀滅，它可能會讓那些感覺到這就是它帶有的愛的人感覺到挫敗，這樣它們就會變得冷漠並感覺到，愛不是一切萬有，不是“它”。

There is a love that is beautiful. It is not the human love, it is the love of the Creator. This love does not have limitation. It is not a process. It is simply the power that created you, the source from whence you came and the ending to which you are irresistibly drawn. And yet the end is the endless beginning. This is love. With this love in your life you do not go down to destruction in your relationships. You do not find an end to your patience. You do not become sad. You do not become downhearted. For this love is within you and if you can allow it to flow through you, you will be able to be what you wish to be.

會有一種美麗的愛。它不是人類的愛，它是屬於造物者的愛。這種愛不會擁有限制。它不是一個過程。它單純地是創造了你們的力量，是你們從其而來的源頭，是你們無可抗拒地被吸引到的終點。而那個終點是無盡的開始。這就是愛。藉由在你們的生命中的這種愛，你們不會在你們的關係中陷入到毀滅之中。你們不會對你們的耐心找到一個結束。你們不會變得傷心。你們不會變得沮喪。因為這種愛是在你們內在之中的，如果你們能夠允許它流經你們，你們將能夠成為你們希望成為的事物。

Such a simple thing, my friends, and yet so very difficult. And that is why you

are here, to learn how to tap in to that love, even in the face of the illusion of your physical body and your physical life and the physical processes that offer you again and again a chance to show what you know—that love is infinite. 這是如此簡單的一個事情，我的朋友們，而它又是如此非常困難的。那就是為什麼你們在這裏的原因了，去學習如何接入到那中愛，甚至在面對你們的物質性身體，你們的物質性生命，以及物質性的過程的幻象的時候，那個物質性的過程一次又一次地提供給你們一個機會去顯現你們知曉的事情——愛是無限的。

I will transfer the contact at this point. I am known to [be] Hatonn.
我將會在這個位置轉移這個接觸。我是被知曉為 *Hatonn* 的實體。

(Pause)
(暫停)

I am again with this instrument. I will continue through this instrument.
我再一次與這個器皿在一起了。我將會通過這個器皿繼續。

It is impossible, and in no way expected, that you can tap into this love by pretending to on the human level. We have stressed meditation each time we have ever spoken with your group and this is because the source by which you can tap into that love is within you in a spot which is reached by stilling that process of your body and your mind which is occupying your attention. When your attention has been centered not on the outer or on the mental but on the inner planes, then the door may open and love may come to you. To touch base, as it were, like this, it is not necessary to take a great deal of time. It is necessary to do it only with regularity. With regularity, that pipeline will be opened and in your life you will see the results.

你們能夠藉由在人類的層次上假裝愛而接入這種愛，這是不可能的，是絕對不會被期待的。我們已經在每一次我們與你們的團體發言的時候都強調冥想了，這是因為你們藉由其接入到那種愛的源頭是在你們內在之中的，是在一個藉由讓佔據了你們的注意力的，你們的身體和你們的心智的過程安靜下來而被抵達的位置中的。當你們的注意力已經不是處於外部的事物上，或者在心智上的中心位置，而是處於在內在層面上的中心位置的時候，接下來，門就可能打開，愛就可能來到你們身上了。要類似這樣子，可以說是，建立聯繫，並不需要花費大量的時間。僅僅需要有規律地進行它。如果是有規律地進行它，管道將會被打開，你們將會在你們的生命中看到結果。

There are people who do this without knowing that they are doing it. There are people who say many different things about what they are doing and believe they are doing many different things from each other. And this is a great problem within your religions, for they believe that they are different from each other. Yet the sign of one who has tapped into love, one who knows the Creator, the one Creator, this sign within your physical life is the sign of joy. That person who is joyful, no matter what he says about his joy, the person who is patient, these, my friends, are the fruits of the love that does not destroy.

會有一些人會進行它，而並不知曉它們正在進行它。會有一些人會關於它們正在做的事情是什麼的方面說很多不一樣的事情，並相信它們是在做很多與相互彼此不一樣的事情。這是在你們的重要信仰中的一個大問題，因為它們相信它們是與相互彼此不一樣的。而一個已經接入到愛中的人的標誌，就是喜悅的標誌。喜悅的人，無論他關於他的喜悅說什麼，以及有耐心的人，這些就是不會被破壞的愛的成果了。

If you are not at this moment experiencing the joy that is of a burning, steady nature that will not die, but will burn on, then, my friends, meditate more. Take yourself away from your humanity and get in touch with love. It has gotten a very bad name upon this planet and yet in love you were created and all that is powerful within you is of love.

如果你們在此刻沒有體驗到具有一種猛烈的，穩定屬性的喜悅，這種喜悅將不會熄滅，將會繼續燃燒，我的朋友們，接下來，更多地冥想。將你自己從你的人類屬性上帶走，與愛接觸。它已經在這個地球上擁有一個糟糕的名字了，而你們是在愛中被創造的，所有在你們內在之中強有力的事物都是屬於愛的。

I am going to leave you, and yet we will remain with you as you complete your meditation. There is healing and peace in that contact with love. Your future, my friends, not in the physical sense but in the spiritual, lies completely in your attempts to seek that love. It is a simple quest. And we are with you, to help you in any way. I leave you now. I am Hatonn. Adonai.

我將會離開你們，而我將在你們沉思你們的冥想的時候與你們留在一起。在那種與愛的接觸中，會有療愈與平安。我的朋友們，你們的未來，不是在物質性的意義上，而是在靈性的意義上，是完全存在於你們對那種愛的尋求的嘗試中的。它是一個簡單的追尋。我們是與你們在一起的，以用任何方式幫助你們。我現在離開你們。我是 *Hatonn. Adonai*。

June 20, 1976

1976-06-20 Hatonn : 使命的負面性的面向

(Carla channeling)

(Carla 傳訊)

I am with the instrument. I am Hatonn, and I greet each of you in the love and the light of the infinite Creator. It is my privilege to be able to speak with you. 我與器皿在一起了。我是 Hatonn。我在無限造物者的愛與光中向你們各位致意。能夠對你們發言是我的榮幸。

We will not speak at great length this evening, for it is the desire of some of those present this evening that we do not, as you may say, be long-winded. We are in great appreciation to each of those who desires that we speak, for if one of you seriously wishes that we not speak, we are not able to, for we do not wish to infringe upon the free will of anyone. Therefore, we thank each of you for the permission to speak at this time.

我們將不會在今晚用很長的時間發言，因為今晚那些在場的人中的一些人的渴望是，我們不要成為，容你們可能會說的一樣，囉嗦的。我們對每一個渴望我們發言的人都是就極其感激的，因為如果你們有一個人嚴肅認真地希望我們不說話，我們就無法說話了，因為我們並不希望侵犯任何人的自由意志。因此，我們感謝你們每一位允許我們在此刻發言。

Perhaps it would be best to say a few words about our reasons for contacting you at all and our reasons for contacting you at this time. Our mission within your skies for many years was part of our plan to enable the people of your planet to make a choice, the choice towards a progress of seeking. However, my friends, during the early years of our contact with your group we were much more concerned with, shall we say, a negative aspect of the mission, which was in a sense a kind of warning. We needed to warn those of your peoples who wished to listen that there was a crisis within the cycles' changing and that it was necessary to transform one's thinking in order to meet this crisis.

也許最好在關於在所有的時間我們與你們接觸的原因，以及我們在此刻接觸你們的原因的方面說一些話。我們在很多年的時間中在你們的天空中的目的，是我們的計畫的一部分，我們計畫使得你們的地球上的人群有能力做出一個選擇，朝向一種尋求的發展的選擇。然而，我的朋友們，在我們與你們的團體接觸的早年間，我們是更加關注，容我們說，那個使命的一個負面性的面向的，那就是在某種意義上的一種類型的警告。我們需要警告你們所有希望聆聽人，在週期的改變中會有一個緊要關頭，為了要面對這個緊要關頭，去轉變一個人的思考是需要的。

Within the last of your decades before this time, there was a very delicate, shall we say, period for those of your planet when it would have been possible several times over for your leaders to have brought your peoples into a war which would be far more devastating than any you can imagine, for the devices which your peoples now have are capable of destroying your race.

在這個時間之前的你們之前幾個的十年的時間之中，有過一段對於你們的地球上的人是，容我們說，非常微妙的時期，在那段時期中，已經有數次你們的領導人有可能已經將你們的人群帶入到一場戰爭中，那種戰爭會比任何你們能夠想像到的戰爭是遠遠更加破壞性的，因為你們的人群現在已經擁有的設備是有能力用來摧毀你們的物種的。

Therefore, it was necessary for us to speak very strongly on the dangers of this. At that time it seemed to us that your peoples [were] very weak in their ability to give love from within their own strength to combat this desire among many of your peoples to do war and to destroy.

因此，非常強有力地談及這種可能性的危險，這曾經是有必要的。在那個時候，在我們看來似乎你們的人群在它們去從它們自己的力量內在之中來給予愛，以與在你們的人群當中去進行戰爭以及進行破壞的渴望進行交戰的能力的方面是非常薄弱的。

I am sure that you have noticed, my friends, that within the last—perhaps two of your years, perhaps a little longer—we have ceased to speak so strongly of the negative aspects of the coming changes. The reason for that is simple. The change is now with us and instead of the negative aspect of warning, it is now possible to inform you instead of the already changing vibrations of your planet, to simply say to you, “They are within your reach now and if you meditate and if you seek them and if you add your strength to them, you may aid your planet with your love and your light, and from within help to go into this new age.” You can now be full of strength, with no further need for the destructiveness.

我們相信，你們已經注意到，我的朋友，在過去的——也許是你們的兩年時間中，也許更長一點——我們已經停止如此強烈地談及即將發生的改變的負面性的面向了。那種停止的原因是簡單的。改變現在是與我們在一起的，而不是警告的負面性的面向，現在有可能告訴你們的事情不是你們星球已經正在改變的振動，而是單純地對你們說，“它們現在是在你們的所及範圍之中的，如果你們冥想，如果你們尋求它們，如果你們將你們的力量添加到它們上，你們可以藉由你們的愛和你們的光幫助你們的星球，並從內部幫助進入到這個新時代。”你們現在能夠擁有全部的力量了，而不再有對破壞性的更進一步的需要了。

It is a great blessing at this time that your peoples have begun to build the strength of love within themselves. You are much, much stronger as a people now than you were ten of your years ago. And with each year, your strength increases and the possibility of this destructiveness decreases. Now when we speak with you, we speak to encourage towards the positivity, as you would call them, towards the good vibrations. We speak to encourage you to help, by your love, to bring your planet into harmony with its new vibration. The new age is not coming, my friends—the new age is here.

在此刻你們的人群已經開始在它們自己內在之中構建愛的力量了，這是一種巨大的祝福。你們作為一個人群，是比你們在你們十年前要遠遠，遠遠更加強有力的。每一年，你們的力量都增加了，這種破壞性的可能性都減少了。現在，當我們對你們發言的時候，我們會發言以朝向正面性，如你們對它們的稱呼一樣，朝向有

益的振動來進行鼓勵。我們發言以鼓勵你們來進行幫助，並藉由你們的愛，將你們的星球帶入到與它的新的振動之間的協調一致之中。我的朋友們，新時代不是即將來臨——新時代就在這裏。

You are all possessed of an earthly body, and within that vehicle, from the moment of your birth into this density, has been that force which you call death. Yet within you also is life and the death which you carry with you is only a minor transformation which frees the life within you to the next stage of development.

你們全都擁有一個塵世的身體，在那個載具中，從你出生進入到這個密度中的時刻開始，就已經擁有那種你們稱之為死亡的力量了。而在你內在之中同樣有生命，你們帶在你們身邊的死亡僅僅是一次小小的轉變，它將在你內在之中的生命釋放到發展的下一個階段。

So it is with this particular cycle of your planet. Although during the cycle your planet, as it were, became ill, and called upon itself that which you would say is karma, yet you now are coming into a new cycle, where the body of your planet will be whole again. My friends, you still have the karma of your planet to alleviate, but you will find it easier and easier to do so within the new conditions of the new vibration. There has been much hatred and many things to unlearn upon your planet and with love and with light given from each of you, as individuals and as a group, you can work at this planetary karma. This is your privilege, and to a certain extent, ours. To a certain extent, it is why we are here.

你們的星球的這個特定的週期就是這樣。儘管在那個週期中，你們的星球，可以說是，生病了，並讓它自己擔負起了你們稱之為業力的事物了，而你們現在正在進入到一個新的週期，在其中你們的星球的身體將會再一次成為完整的。我的朋友們，你們仍舊擁有你們星球的業力要去減輕，但是你們將發現，在具有新的振動的新情況下，這樣做將會是越來越容易的。在你們的星球上已經有大量的仇恨以及許多未被學會的事情了，藉由從你們每一個人身上被給予的愛與光，作為個體並作為一個團體，你們能夠在這個星球的業力上進行工作。這是你們的特權，在一定的程度上，是我們的特權。要一定程度上，這就是我們在這裏的原因了。

At this time we will ask if there are any questions.

在此刻，我們將詢問，是否有任何問題。

B: I have one. Is it right to be too passive? If pushed to the limit, is it right for a person to react to violence, if it was the only way that seems open to you, or should you allow passiveness to go beyond that?

B：我有一個問題。去成為過於不抵抗的是正確的嗎？如果它被推到極限，一個人回應暴力，這是正確的嗎，如果它就是看起來似乎對你們開放的唯一的途徑，或者是否你們應該允許不抵抗超越那個邊界呢？

To speak upon this subject is to speak beyond personality, to speak of the ideal. Beyond your heart, you know already the ideal that was given by the master known as Jesus. This master said that there was no end to what you

call passivity. Yet it is to be remembered that the master accepted responsibility for his passivity, to the point of allowing his own death. Within your planetary sphere it is often very difficult to become a master capable of giving up one's life in order to demonstrate total love. And so we say to you, we could never recommend this choice to any person, for this choice is a private choice.

要在這個主題上發言，就是超越人格發言，並談及理想。超越你的心，你已經知曉由被知曉為耶穌的大師給予的理想。這個大師說，你稱之為不抵抗的事物是沒有盡頭的。而要被回憶起來的事情是，這位大師接受了對他的不抵抗的責任，到了允許他自己的死亡的位置。在你們的星球上，要成為一個能夠為了示範完全的愛而獻出它的生命的大師，這經常是非常困難的。因此，我們從未對任何人推薦這個選擇，因為這個選擇是一個私人的選擇。

We recommend one thing only: we recommend that, faced with a situation that has you, as you would call it, in a corner, that you mentally and forcefully remove yourself from the corner and realize that you have a great deal of space about you that no one can violate; that time and space are an illusion and you do not have one second [in] a crowded situation. You have an infinite amount of time and an infinite amount of space. And you are a creative consciousness, capable of bringing to bear on this situation a creative solution which neither causes you to show a lack of love, nor causes you to betray those who depend upon you. It is not a ready solution, always, to a person who allows himself to be put in the place that someone wishes him to be put in. Yet to the person who, within himself, insists on that moment of freedom of choice where he can see himself as a dancer upon a great wide plain, with the situation a step in the dance—to this person, a creative solution will often recommend itself.

我們僅僅推薦一個事情：我們推薦，在面對一個已經將你，如你會稱呼它的一樣，將你退入到一個角落中的情況的時候，你在心智中，堅定地將你自己從那個角落移開，並意識到你在你周圍是擁有大量的無人能夠侵犯的空間的，時間和空間是一個幻象，你一刻都不用處於一個擁擠的情況中。你擁有無限數量的時間和無限數量的空間，你是一個創造性的意識，你擁有能力在這個情況中產生出一種創造性的解決方案，它既不會使得你展現一種缺少愛，也不會使得你背叛那些依賴於你的人。一個人允許它自己被放置於那個某個人希望他被放置於其中的位置，這對於他一直都不會是一個容易的選擇。而對於一個人，如果他在他自己內在之中堅持那個具有選擇的自由時刻，在其中他能夠將他自己視為是在一個巨大而寬闊的平地上的一個舞者，那個情況是在舞蹈中的一個腳步——對於這個人，一個創造性的解決方案經常會推薦它自己。

It is a difficult question to answer, for your vibration is a very intense one, and although it is easy for us to say, it is hard for you to do many of the things which we suggest and we know this. We are with you and all of the forces of light are at your disposal. Rely upon this strength, as well as your own presence of mind. We are sorry we cannot tell you a yes or no answer.

這是一個很難回答的問題，因為你的振動是一種非常強烈的振動，儘管我們建議的很多的事情對於我們是很容易說的，你要去做這些事情是困難的，我們知曉這

一點。我們與你們在一起，所有光的力量都是任由你支配的。依賴於這種力量，同樣依賴於你自己的心智的態度。我們很抱歉，我們無法告訴你一個是或者否的答案。

Are there any more questions? I would like to leave you now. My brother Laitos wishes to speak with you briefly. I leave you in the love and the light of the One Who is All. His blessings and mine be with you. Adonai vasu.

有任何更多的問題嗎？我現在想要離開你們。我的兄弟 *Laitos* 希望簡短地對你們發言。我在太一的愛與光中離開你們，太一就是萬物。祂的祝福與我們的祝福語你們同在。 *Adonaivasu*。

(H channeling)

(H傳訊)

I am Laitos. I greet you, my friends, in the love and the light of our infinite Creator. I am here briefly to discuss another question which was brought about prior to this meeting.

我是 *Laitos*。我的朋友們，我在我們的無限造物者的愛與光中向你們致意。我短暫地在這裏來討論在這次集會前被提出的另一個問題。

As most are aware, my function with this brotherhood is to assist those who would desire it, of these types and similar types of communications. We wish to say that it is within each and every individual's capabilities to achieve that which they would desire. It is within each person's capabilities to develop whatever ability that they would choose, to whatever extent that they would choose. Yet it must be noted that these abilities have remained dormant within most of your inhabitants for many, many lifetimes. And it is a simple process of communication, yet it has become foreign to you.

如大多數人知曉的一樣，我對這個兄弟會的功能是幫助那些渴望它，渴望這些類型的以及相似類型的交流的實體。我們希望說，去取得它們會渴望的事物，這是在每一個個體的能力範圍內的。去發展它們會選擇的無論什麼能力，在無論什麼它們會選擇的程度上發展那種能力，這是在每一個人的能力範圍內的。而必須要指出的是，這些能力是已經在你們大多數的居民內在之中，在很多很多次生命中，都保持休眠狀態的。它是一個簡單的溝通交流的過程，而它已經對於你們成為陌生的了。

The most difficult, shall we say, barrier to overcome is that barrier of accepting the fact that this communication in itself is a reality. Secondly, you must overcome those intellectual analyses of the information as it is received. And thirdly, you must have within your intellectual capacities, which is brought forth from your own personal programming, the knowledges to present the concepts which are received. The presentation of certain concepts is found to be more easily done through some instruments than through others, due to their own personal intellectual programmings and processes.

要去克服的最為困難的，容我們說，障礙物，就是接受這種交流在其自身是一個實相的事實的障礙。其次，你們必須克服那些對資訊的智力的分析，在它被接收

到的時候。第三，你們，你們必須在你們的智力的能力中擁有從你自己個人的編程被產生出來的事物，以及去呈現被接收到的觀念的知識。對一定的觀念的呈現被發現通過一些器皿勢必其他器皿要更為容易被進行的，這是由於它們自己的個人的智力的編程與過程。

In order to attain anything which is desired, the realization that it is to become is the initial step that you must take. Yet, you must meet what comes before you time after time, and practice patience, knowing that that which you have desired is in the process of manifesting and in due time, it shall be. We cannot expect whatever we choose to desire to manifest immediately. Yet the more effort which we put forward in the proper areas, the swifter that manifestation shall come into being.

為了要取得任何被渴望的事物，意識到，它是要成為你必須要走出的初始的腳步。而你必須要一次又一次地面對出現在你面前的事物，練習耐心，知曉你已經渴望的事物是在顯化的過程中，在適當的時候，它將會出現。我們無法期待無論什麼你們選擇去渴望的事物會立刻出現。而我們在適當的區域中投入的努力更多，顯化就將會更快出現。

For those who would choose to achieve any of the abilities, remember this: you have within you the abilities. You do not need to look outward for the assistance. Assistance, indeed, is helpful, but the knowledge that it is within you to begin with is of utmost importance. We are all Creators. We have been told this time after time and it is time that we truly realize that we indeed create that which we wish to experience.

對於那些選擇去取得這些能力中的任何能力的人，請記住這一點：你們已經在你們內在之中擁有這些能力了。你們並不需要向外尋求幫助。幫助，確實是，有幫助的，但是，它是從你們內在之中開始的，知曉這一點是具有最大的重要性的。我們全都是造物者。我們已經一次又一次地被告知這一點了，現在就是我們真正領悟，我們確實創造了我們希望去體驗的事物的時刻了。

I am with you and shall always be so. It is my choice to be with you and I am pleased that you have accepted my presence. I leave you in the love and the light of the infinite Creator. I am Laitos. Adonai vasu borragus.

我是與你們在一起的，並將會一直都是如此。我的選擇就是與你們在一起，我很高興你們已經接受了我的存在了。我在無限造物者的愛與光中離開你們。我是 Laitos。Adonai vasu borragus。

(Carla channeling)

(Carla 傳訊)

I am with this instrument. I do not identify myself except to say that I am of this planet and I come in love and peace for all mankind. I am very grateful for the opportunity to speak to this group and I use this time to ask you to send your light within your group at this time to that area known as California. I would ask you to do this at each of your meetings for the next few months of your time, as a great deal may be alleviated on the physical if harmony can be

improved upon the inner planes. The inner planes function in advance of the physical and if it does not occur upon the inner planes, then it can be averted upon the physical.

我與這個器皿在一起了。我沒有定義我自己，除了說我是屬於這個行星的之外，我是為了全人類在愛與平安中前來的。我是非常高興擁有機會對這個團體發言，我用這個時間來請你們在此刻在你們的團體中向被知曉為加州的地區送出你們的光。我會請求你們在接下來的你們的時間的幾個月中的每一次你們的集會上都這樣做，因為如果和諧能夠在內在層面上被增進的話，大量的事物就可以在物質性的層面上被減輕了。內在層面是先於物質性的層面運轉的，如果它並未在內在層面上發生，接下來，它在物質性層面上就會被避開了。

I thank you very much and I send you love.

我非常感謝你們，我對你們送出愛。

June 27, 1976

1976-06-27 Hatonn : 看到愛的小男孩的故事

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I am with this instrument and I greet you in the love and the light of our infinite Creator. I greet each of you in the name of the Father, and thank each of you for the privilege of being able to speak with you. As always, our delight is in sharing with you our thoughts.

我是 Hatonn。我與這個器皿在一起了，我在我們的無限造物者的愛與光中向你們致意。我以天父的名義向你們各位致意，我們為能夠與你們談話的榮幸而感謝你們每一位。一如既往，我們很高興與你們分享我們的想法。

I would like to share with you now a little story. There was once a boy who had grown wise to the ways of the world about him, for he saw much in his daily life, and he understood much. He understood how to act, and he understood what people wished him to think. And he was a good boy.

我想要現在與你們分享一個小故事。曾經有一個男孩，他已經成長並擁有了對在他周圍的世界的方式的智慧了，因為他在他的生命中看到了很多的事情，他理解了很多的事情。他理解了如何去行動，他理解人們希望他思考什麼。他是一個好男孩。

And yet there were many things that puzzled him, as he grew, and perhaps the chief of these things was that which the grown-ups kept calling love. And he turned to his parents, and he said, "What is love?" And they said, "Love is honoring your father and your mother, and obeying them."

而隨著他的成長，會有很多的事情讓他感到困惑，也許這些事情中的主要的困惑是，成年人一直都稱之為愛的事物。他去找他的父母，他說，“什麼是愛？”它們說，“愛是榮耀你的父親與母親，並遵從它們。”

And he accepted this and thought on it, and attempted to show love by honoring his father and his mother. And yet he was not satisfied.

他接受了這個說法並思考它，他嘗試藉由榮耀他的父親與母親來展現愛。而他並不滿意。

And so he went to his teacher. And he said, "Teacher, what is love?" And the teacher said, "Love is doing what the teacher tells you to do, and learning what we ask you to learn here at school."

因此，他去找他的老師。他說，“老師，什麼是愛？”老師說，“愛就是做老師告訴你去做的事情，並學習我們要求你在學校學習的事情。”

And the boy realized that there must be some truth in this. But yet he was not satisfied.

男孩意識到，在這個說法必定有某種真理。但是他不滿意。

And he went and asked his friend, "Tell me, do you know what love is?" And his friend said, "I am not sure, but I have noticed that when people want something, they say, 'I love you.'"

他去問他的朋友，“告訴我，你們知道愛是什麼嗎？”他的朋友說，“我不確信，但是我已經注意到，當人們想要某個事情的時候，它們說„我愛你。””

And the boy thought on this, and thought, "Perhaps this is closer to what love is than anything I have heard."

男孩思考這一點，他想到，“也許這是比任何我聽到過的事情都更加接近愛是什麼的。”

And he puzzled over these things a long time to himself. And one night when he went to sleep, he sailed away in a beautiful ship with wide, billowing sails. And he sailed over a rainbow bridge into the far waters, which he had seen before in his dreams, yet never so clearly as now. And his ship, seeming to know just where to go, harbored itself upon a white beach. And he went onto the glistening sand, and walked into a softly forested area. And there, he saw a beautiful entity in white robes, glistening golden, not with sunlight, but with light coming from the face of the entity itself.

他在很長一段時間都對他自己為這些事情感到困惑。一天晚上，當他去睡覺的時候，它乘坐著一條美麗的船隻航行離開了，航程是寬闊的，且波濤洶湧的。他航行跨越了一座彩虹進入到遠方的水域中，他之前就在他的夢境中看到過那些水域，而卻從未和現在一樣如此清晰地看到。他的船，看起來似乎知曉究竟要去什麼地方，並將它自己在一個白色的沙灘上靠岸了。他走上發光的沙子，並走入到一個柔軟地生長著森林的區域。在那裏，他看到一個穿著白袍子的美麗的實體，它金光閃閃，不是因為陽光，而是因為來自實體它自己的臉上的光。

And he asked the radiant being, "Sir, tell me, what is love?" And the radiant being said not a word, but he knelt down and looked into the little boy's eyes. And the little boy looked back into those luminous eyes. And suddenly his own eyes were changed, and the world was transformed wherever he looked. And he looked around the beautiful forested area. And all seemed to be transformed. All seemed to be alive with joy and love, and he knew what love was because he was seeing it. It was visible to him. Every mote of sand danced with an energy so joyful that it was indescribable to him. And yet he knew that it was love.

他詢問能這個發光的存有，“先生，請告訴我，什麼是愛。”那個發光的實體一個字都沒有說，但是他跪下來並注視著小男孩的眼睛。小男孩反過來注視著那雙發光的眼睛。突然間，他自己的眼睛改變了，無論他看那裏，世界都被改變了。他看著周圍美麗的被森林覆蓋的區域。所有看起來似乎都被轉變了。所有看起來似乎都是帶著喜悅與愛而是活著的，他知道愛是什麼了，因為他看到愛了。愛對於他是可見的了。每一粒沙子都在與一種如此喜悅的能量一起舞蹈，以至於它對於他是無法描述的。而他知道這就是愛。

The being said not a word, but led him back to his ship. The boy sailed over the rainbow bridge, and back to his bed. And when he woke up in the

morning, he remembered. And he looked around his room, and his room was transformed. And his mother came into the room, and he ran to her and hugged her, and said, "I love you." And he saw his mother transformed into a being that was love.

那個存有沒有說一句話，而是讓他回到他的船上。男孩航行跨越彩虹橋，並返回到他的床上。當他早上醒來的時候，他回憶起來了。他看著他的房間的周圍，他的房間被轉變了。他的媽媽進入到房間中，他奔向她並擁抱她，他說，“我愛你。”他看到他的媽媽被轉變為一個存有，那個存有就是愛。

And he ran to his teacher, and said, "Teacher, I love you." And the teacher became gentle, compassionate and human, in his eyes alone. 他跑向他的老師並說，“老師，我愛你。”老師變得溫柔，充滿同情心且有人性了，單單是在他的眼中。

And each thing that he looked at with his eyes of love sent love back to him, for it was all made of love. And the little boy no longer needed to ask what love was.

每一個他用他的愛的眼睛看到的事情都將愛送還給他，因為它是全都是由愛做成的。小男孩不再需要問愛是什麼了。

Love is so simple, my friends, that it cannot be described. It can only be experienced. If you will be as a child, and when you open your eyes, if you will give to the world your love, the world will give you back love. It is a process of recognition of what really is—nothing more.

我的朋友們，愛是如此簡單，以至於它是無法被描述的。它僅僅能夠被體驗到。如果你們願意如一個孩子一樣，當你們睜開你們的眼睛的時候，如果你們願意給予這個世界你們的愛，這個世界就將會將愛返還給你們。它是一個認出真正之所是的過程——沒有更多的事情了。

We wish to pause at this time for a brief period of silence. And we will pick up through another instrument. I am Hatonn.

我們希望在此刻暫停一小段靜默的時間。我們將會通過另一個器皿接收。我是 *Hatonn*。

(Pause)

(暫停)

(H channeling)

(H傳訊)

I am now with this instrument. I once again extend my greetings to you.

我現在與這個器皿在一起了。我再一次向你們致以我們的致意。

We have stated that love is simple, and indeed, this is so. All things visualized within the proper perception are simplicity. The perception through which most of your peoples envision their life experiences has become distorted.

The distortion is due to many things, yet one of the greatest distorters, shall we say, is the intellect through which you perceive.

我們已經說過，愛是簡單的，確實就是這樣子的。所有在適當的知覺中被觀察到的事物都是簡單性。你們大多數人通過其觀想它們的生命體驗的知覺已經被扭曲了。扭曲是由於很多的事情，一個最大的扭曲，容我們說，就是你們通過其進行感知的智力。

You are the master of that which affects you. You are that being that is, shall we say, the helmsman of the intellect. It is at your disposal and it is for you to choose in what directions you desire focusing upon. You as the creator of your experiences can use your intellectual processes to benefit you greatly. Yet they must be properly disciplined, and they must be open to the reception of the infinite Creator.

你們是影響你的事物的主人。你們就是那個，容我們說，智力的，容我們說，舵手之所是的存有。它是隨你們支配的，它是為了你們去選擇你們渴望聚焦於其上的方向是什麼的。你們，作為你們的體驗的創造者，已經使用你們的智力的過程來極大地讓你們受益了。而它們必須要適當地被訓練，它們必須向著對無限造物者的接受開放。

You are the instrument. You are the receiver of the love and of the simplicity of the Creator. It is within your ability, through the processes and practice of meditation, to attune not only the intellect, but the spirit also, to these frequencies, shall we say, on which flow the information that you seek. The clarity of the reception is affected greatly by the intellect. And through practice you may learn to control these processes and to receive that which you seek.

你們是器皿。你們是造物者的愛與簡單性的接受者。通過冥想的過程與練習，去不僅僅讓智力，同樣也讓靈性與這些你們尋求的資訊在其上流動的，容我們說，頻率調諧，這是在你們的能力範圍內的。接收的清晰度是會極大地被智力所影響的。通過練習，你們可以學會控制這些過程並學會接收你們尋求的事物。

The intellect is indeed important to your growth. If it were not, it would not have been given to you. Yet its uses, and the extent to which you must use it, should be understood. And this is the greatest problem which you people must face. Indeed, you have begun to do this, and if you continually recognize the divinity and simplicity of all things, you have made a major step towards this goal which you are seeking to achieve. For each of you has chosen what it is that you wish to do. You may not become aware of that desire, yet if you continue, indeed you shall.

智力確實對於你們的成長是重要的。如果它不是重要的，它就不會被賦予你們了。而它的用途，以及你們必須使用它的程度，應該被理解。智力是你們的人群面對的最大的問題。確實，你們已經開始這樣做了，如果你們持續不斷地認出所有事物中的神聖與簡單性，你們就已經朝向這個你們正在尋求去取得的目標邁出了一個主要的步子了。因為你們每一個人都已經選擇了你們希望去做的事情。你們可能並未察覺到那個渴望，而如果你們繼續，確實你們將會察覺到。

My friends, the reason for the experience of discontent, as you might call it, is due to the knowledge within you that you are not aware of that purpose. Your purpose is indeed simple, and easy to fulfill. Only rid yourself of the barriers and place yourself in those realms of meditation and thought that attune you to clear perception and reception of the guidance and of the love that is constantly offered to you. Find within yourself the jewels of enlightenment and the pearls of knowledge.

我的朋友們，不滿意，如你們可能稱呼它的一樣，的體驗的原因，是由於你們在你們內在之中對於你們並未察覺那個目的的知曉。你們的目的確實是簡單的，是容易完成的。僅僅從你自己身上除掉那些障礙物，並將你自己放在這樣一些冥想與想法的領域中，這些領域會讓你調音到對持續不斷地被提供給你的指引與愛的清晰的感知與接受。

I shall transfer this communication. I am Hatonn.

我將轉移這個交流。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument. In meditation, my friends, the intellect is stilled, and the simplicity of things as they are begins to seep into your subconscious, as you would call it. Within yourself there is a sea, over which meditation does erect a rainbow bridge. On the other side of that ocean lies a part of yourself which is illumined and radiant, full of knowledge, and wishing only to bring the rest of you unto him. Contact that portion of yourself. Love is an extremely simple thing. Within this illusion that you now experience, the concept of love seems to be associated with objects, and it is felt that if one loves, then one gives "things." Yet we say to you, when one truly loves, one gives of oneself.

我與這個器皿在一起了。在冥想中，我的朋友們，智力是被安靜下來了的，事物的簡單性就如同它們正在滲入到你們的潛意識，如你們對它的稱呼一樣，之中一般。在你自己內在之中會有一個海洋，冥想確實在這片海洋上架設起了一座彩虹橋。那個海洋的另一邊存在有你自己的一個被照亮且發光的部分，這個部分是充滿了知曉並僅僅希望你剩下的部分帶到祂身邊的。接觸你自己的那個部分。愛是一個極其簡單的事情。在這個你們現在體驗到的幻象中，愛的觀念看起來似乎是與物件聯繫在一起的，被感覺到的是，如果一個人愛，接下來，一個人就要給予“事物”。而我們對你們說，當一個人真正愛的時候，它給出了它自己。

There are many expectations among your peoples as to the fruits of love, and when a loved one does not give you the desired things, you may say that love has failed. Yet we say to you, look to yourself, and seek to give of yourself in love, not to others" expectations, but to your own highest understanding. For what you give, you shall surely receive. All in reality is love, if you can but see it. And, most importantly, if you can but act it out. Love-in-action is the reason for which you are here. You are in an arena, a magnificent arena. And the challenge lies in your actions.

在你們的人群中會有很多關於愛的果實的期待，當一個心愛的人並未給予你渴望

的事物的時候，你可能會說，愛已經失敗了。而我們對你說，看看你自己，尋求去在愛中給予你自己，不是根據其他人的期待，而是根據你自己最高的理解。因為你給予的事物，你將會接收到。在實相中的一切事物都是愛，只要你能夠看到它。最為重要的是，只要你能夠實踐它。在行動中的愛就是你在這裏的原因了。你是在一個競技場中，一個宏大的競技場中。挑戰是存在於你的行動中。

I would close through another instrument. I am Hatonn.

我會通過另一個器皿結束。我是 *Hatonn*。

(B channeling)

(*B* 傳訊)

I am Hatonn. I am with this instrument, and I greet you in the love and the light of our infinite Creator. My friends, as we have stated, love is all. But due to the complex of day-to-day living, we have gotten away from the idea that all is love. Now, my friends, there is much time to be spent on the reestablishment of what love is. For, my friends, once you have attained this knowledge, it will undoubtedly lead to many new paths, upon which many will follow.

我是 *Hatonn*。我與這個器皿在一起了，我在我們的無限造物者的愛與光中向你們致意。我的朋友們，如我們已經說過的一樣，愛就是一切。但是由於日常生活的複雜性，我們已經從那個一切都是愛的觀念上迷失了。現在，我的朋友們，會有大量的時間要被花費在對愛是什麼的重建上。因為，我的朋友們，一旦你們已經取得了這種知曉，它將毋庸置疑地導向許多新的道路，很多人將會跟隨的道路。

I will leave you at this time. I leave you in the love and the light of our infinite Creator. Adonai, my friends. Adonai vasu borragus.

我將會在此刻離開你們。我在我們的無限造物者的愛與光中離開你們。*Adonai*，我的朋友們。*Adonai vasu borragus*。

(After a brief pause, Carla asks H if he will be able to get a contact so that she can ask a question.)

(在一次短暫的暫停後，*Carla* 詢問 *H* 是否他將能夠收到一個接觸，這樣她就可以問一個問題了。)

(H channeling)

(*H* 傳訊)

[I am Hatonn.] I am with this instrument. I once again greet you. What is the request?

[我是 *Hatonn*。]我與這個器皿在一起了。我再一次向你們致意。請求是什麼？

Carla: S wants to know if the brothers have any thoughts to share with her at this time about her life in general?

Carla : *S* 想要知道，是否兄弟們在此刻關於她一般性的生命有任何想法要與她分享。

There is indeed, you might say, contained within the life of nearly every individual a time at which questioning of one's accepted situations does occur. These questions, as a general rule, you might say, have been in some form answered this evening. That is your purpose. The enunciation, shall we say, of questions is due to the searching process that is instilled within each individual for the fulfillment of that which they have chosen to do. Often those who are even well established upon the fulfillment of that purpose shall question what it is that they are to do.

在幾乎每一個個體的生命中都確實，你們說，包含有一個時刻，在這個時刻對一個人被接受了的情況的質疑確實會出現。作為一個一般性的法則，你們可以說，這些問題在今晚已經用某種形式被回答了。對問題的，容我們說，闡明，是由於被灌注在每一個個體內在之中的對它們已經選擇去做的事情的實踐的追尋的過程。甚至是那些很好地被構建在對那個目的的實踐上的人，經常都將會質疑，它們要去做的事情是什麼。

We have attempted to assist all who have requested it, both intellectually and spiritually, within the realms of understanding. It is to be known that there are many forces, shall we say, that are working hand in hand with us and the Creator, and we are at your disposal, and shall assist within those decisions. It should be known and accepted that we indeed are present and capable of giving that assistance. Yet you as the individual, and I speak with all, must choose either to accept or reject and in order to do so, must learn first to receive that which is flowing to you.

我們已經嘗試去幫助所有已經，在理解的領域中，同時用智力與靈性的方式，請求了它的人了。要被知曉的事情是，會有很多的，容我們說，力量，是在與我們手牽著手一起工作的，我們是聽從你們的支配的，我們將會在那些決定中幫助。應該被知曉與被接受的事情是，我們確實是在場並能夠給予那種幫助的。而你，作為個體，我是對全體發言的，必須要決定要麼去接受，要麼去拒絕，要了要這樣做，你必須首先學會去接受正在流向你的事物。

The circumstances which surround each individual are often complex and perplexing. Yet we do recommend to extensively seek, shall we say, before a decision of major importance within one's life situations is brought about. Trust within the Creator. This shall bring about the proper action.

圍繞著每一個個體的情況，經常是複雜且糾纏的。而我們確實推薦，在一個在一個人的生命的情況中的具有重大的重要性的決定被產生出來之前，廣泛地尋求。相信內在之中的造物者。這將會產生出適當的行動。

Are there any other questions?

有任何其他問題嗎？

Carla: She also wanted to know if you were in contact with any group in Boulder, Colorado, or any near there, and if so, how could she find it?

Carla：她同樣想要知道，是否你們在科羅拉多的 Boulder，或者任何靠近那裏的地方與任何團體接觸，如果是這樣的話，她如何能夠找到它？

It shall be shown to her. That is all that this instrument shall specify. But indeed it shall come about.

它將會被顯示給她。那就是所有這個器皿將會具體說明的事情了。但是它確實將會出現。

Carla: OK, I have a question, too. There's been a rash of sightings of kind of odd-looking, different kinds of spaceships and different kinds of entities lately, and I was wondering: can the brothers change their forms any way that they desire? And secondly, are they forming themselves into spaceships and people based on the expectations of the people they want them to see? Or just at their own whim?

Carla：好的，我同樣也有一個問題。已經有過一陣子的目擊事件了，樣子奇怪的，不同類型的太空船與最近不同類型的實體的目擊事件，我想知道，兄弟們能夠用任何它們渴望的方式改變它們的外形嗎？其次，它們是基於人們對於它們想要它們看到的事情的期待讓它們自己變成太空船以及人的樣子嗎？或者，那僅僅是它們自己的一時興致？

It is to be understood—and we must say that we are drawing upon knowledge in both the questioner and instrument—but each individual, all of you have been told of your ability as a creator of your experience. You have touched upon realization of the realms of higher experience. Yet you are not knowledgeable of the experiences contained upon those levels. Your world is rapidly becoming aware of that which is considered to be of an out-of-the-ordinary experience or knowledge. We of the Confederation have attained through our patience and our (inaudible) processes to control the situations about us. Each individual is composite of divine and radiant intellect and energy and love of the Creator. The body takes upon itself the coagulation of consciousness. You are the consciousness, and you have gathered within the body. The body was energy before you entered it. You have coagulated those particles of energy and chosen to abide within them. Once you have become the master of your creation, shall we say, then you can either reside within the physical form, or within other forms of which you are not now aware.

要被理解的事情是——我們必須說，我們正在同時利用在提問者和在器皿身上的知識——但是，每一個個體，你們所有人都已經被告知了你作為你的體驗的一個創造者的能力。你們已經接觸到了對具有更高的體驗的領域的領會了。而你們對於被包含在那些層次中的體驗是並不知曉的。你們的世界是在快速地察覺到被認為是具有一種非同尋常的體驗或者知曉的事物。我們星際聯邦已經通過我們的耐心以及我們的（聽不見）的過程對在我們周圍的情況取得控制了。每一個個體都是由神聖而發光的造物者的智慧，能量與愛構成的。身體會為它自己穿上意識的凝結物。你是意識，你已經在身體中聚集起來了。在你進入到身體中之前，身體是能量。你已經將那些能量的粒子凝聚在一起，並選擇去居住在它們之中了。一旦你已經成為了你的造物的主人，容我們說，接下來你就能夠要麼居住在物質性的形體之中，要麼居住在你現在並未知曉的其他的形體之中。

We indeed do, shall we say, present ourselves to you in a form which you are willing to accept. It is a form we have possessed, a form that we do possess, and a form that we also are not confined to. To simplify, indeed, we choose to appear to you as yourselves, yet once you attain proper understandings, you shall evolve to a state where you also freely abide within or without physical form, as you ... (inaudible).

我們確實，容我們說，將我們自己用一種你們樂意於接受的形式呈現給你們了。它是一種我們已經擁有的形體，一種我們確實擁有的形體，一種我們同樣不受其限制的形體。簡單地說，我們確實選擇出現在你們面前如同你們自己一樣，而一旦你們已經取得了適當的理解，你們將演化到一種狀態，在其中你們同樣會自由地居住在物質性形體之中或者之外，因為你們.....(聽不見)。

As to the numerous experiences, shall we say, we can only say that this is being brought about for the purpose of attempting to expediate the questioning processes of those who have desired and experienced that visualization of truth. Is this sufficient?

在關於，容我們說，大量的體驗的方面，我們僅僅能夠說，這是為了嘗試去激發那些已經渴望並體驗到了對真理的視覺化作用的人的提問的過程的目的而正在被產生出來的。這是足夠的嗎？

Carla: Yes. Thank you very much.

Carla : 是的。非常感謝你們。

W: My writing—and focusing between the paradox of ideals (inaudible).

W : 我的作品——是聚焦在理想的矛盾中間 (聽不見)。

Focus yourself upon the purpose of knowing, as we have said earlier this evening, your purpose. To focus upon the ideas within your intellect is to accept that some ideas are more relevant to your situation than are others. And to accept this is to close oneself to the reception of a more attuned, shall we say, idea. Indeed, the ideas which you possess, upon which you focus, may be of importance. And if you are properly abiding within the laws, shall we say, what you shall receive shall be only what will benefit you. Focus upon all things. Focus upon the oneness which is all things and know that you are open, and that you shall receive that love and experience that you desire.

將你自己聚焦在知曉的目的上，如我們在今晚早些時候已經說過的一樣。你聚焦在你的智力中的觀點上的目的，就是去接受一些觀念，這些觀念與你們的情況之間的關係是比與其他人的情況的關係更大的。要接受這一點就是去將一個人自己向著對具有一種，容我們說，更加協調的觀點的接受封閉起來了。確實，你擁有的觀點，你聚焦於其上的觀點，可能是具有重要性的。如果你適當地留在，容我們說，法律的範圍中，你將會接收到的事情將僅僅是對你們有益處的事物。聚焦在所有的事情上。聚焦在所有事物之所是的一體性上，知曉你們是開放的，你們將會接收到你們渴望的愛與體驗。

As to your processes of relaying your thoughts and emotions which indeed are self-stimulating emotions onto pieces of paper, shall we say: it is good to

exercise and to release those ideals or thoughts within your intellect. And you must realize that it has flown from that source which you seek unto you through you and to all with whom you desire to share. Then focus yourself, and the writing shall bring to you a most vivid and satisfying form for release of ideals and also for the release of frustrations of your experiences.

在關於你用紙張來傳遞你的那些自我激勵的情緒的想法與情緒的過程的方面，容我們說，去練習並釋放那些在你的智力中的理想與想法，這是有益處的。你必須要意識到，它已經從你尋求的源頭流動到了你身上，並通過你流向所有你渴望與之分享的人。接下來，讓你自己聚焦起來，書寫將會帶給你一種極其鮮明且令人滿意的形式，以便於釋放理想並同樣也釋放你的體驗的挫折。

Are there any other questions?

有任何其他的問題嗎？

(Pause)

(暫停)

Indeed, we sense a very strong desire yet fear to request some information. We shall not request that it be stated, yet we would like to offer something for all.

確實，我們感覺到一種非常強有力的渴望，而它卻害怕提出一些問題。我們將不會請求它被陳述，而我們想要對所有人提供一些事物。

My friends, each of you are perfect beings. You have come into existence as an act of love and perfection of the Creator. And all imperfections are indeed the creations of man. Recognize your divinity, and once again, envision your perfection. Be aware of that in which you were created. Visualize it within all beings. Fear not for the reaction of others upon your actions. For you to act in all honesty, with all sincerity, to the best of your ability, and employing the best of your understanding, is what you are to do. Those to whom this is displayed shall misunderstand, yet some shall not. Yet, my friends, fear not the responses of others. Recognize only the divinity and understand that it is their confusion which they reflect in the response that is limited in its perception. Life indeed is a fulfillment. To experience it is to know what it is to be knowledgeable of the growing process through which we are traveling, and shall continue to do so.

我的朋友們，你們每一個人都是完美的存有。你們已經作為造物者的一個具有愛與完美的行動而進入到存在性之中了。所有不完美都確實是人的創造物。認出你們的神聖性，再一次，觀想你們的完美。察覺到你們通過其被創造的事物。在所有存有中看到它。不要害怕其他人對你們的行動的反應。因為你們要在完全的誠實中，帶著所有的真誠，盡你們最大的能力來行動，並使用你們最大的理解，就是你們要去做的事情了。對於這個行動對其被展現出來的人，一些人會誤解，而一些人將不會。而我的朋友們，不要害怕其他人的回應。僅僅認出神聖性，理解它們在回應中映射出來的事物是它們的混淆，它們的回應在其觀念中是受限的。生命確實是一種實踐。去體驗它就是去知曉，瞭解我們正在通過其旅行，並將會繼續這樣做的成長的過程是什麼。

Adonai, my friends. Adonai vasu borragus.
Adonai , 我的朋友們。 *Adonai vasu borragus*。

July 18, 1976

1976-07-18 Hatonn : 完美的樹葉

(Carla channeling)

(Carla 傳訊)

Greetings, my friends, in the love and light of the infinite Creator. I am a voice of love, known to you as Hatonn. And, as always, it is my privilege to be with you this evening.

我的朋友們，在無限造物者的愛與光中向你們致意。我是一個愛的聲音，是你們知曉為 *Hatonn* 的實體。一如既往，在今晚與你們在一起是我的榮幸。

Yes, I am love, my friends. You are love. And we are one. To give you a sense of the immediacy of that truth is very difficult and yet unless love is alive and immediate in your experience, you may search forever without truly understanding the object of your search.

是的，我是愛，我的朋友們。你們是愛。我們是一體的。要給予你們一種對那個真理的直接性的感覺，是非常困難的，而除非愛是活生生的且直接出現在你們的體驗中，你們可能都要永遠尋找，而不會真正理解你們的尋找的物件。

There is a tree outside your dwelling, my friends. And on this tree are many, many leaves. And some of these leaves are almost perfect. Their shape is completely symmetrical and their color is beautifully green, as it should be. And there is no mark or damage and all within this particular leaf is perfect. And on the same tree, other leaves have been damaged by insects, or they have grown in a crooked manner, or their coloration is not as it is expected to be. And yet these are not good leaves and bad leaves. For within them, each, is the same perfect leaf, which is not separate from the leaf, as an ideal, but is within that leaf and is the true reality of that leaf.

在你們的住所外有一棵樹，我的朋友們。在這棵樹上有很多很多的樹葉。這些樹葉中的一些是幾乎完美的。它們的形狀是完全對稱的，它們的色彩是美麗的綠色，如同它應該是顏色一樣。沒有印記或者破損，在這個特定的葉子中的所有的事物都是完美的。在相同的樹上，其他的葉子已經被昆蟲損傷過了，或者它們已經用一種扭曲的方式生長了，或者它們的色彩才並不是如同它被期待成為的一樣。

Or, my friends, you may think that the many, many forms of clouds—some may bring storms and some may simply be the beautiful kind of clouds. Yet good and bad cannot be said of clouds, for they are all perfect in their cloudness.

或者，我的朋友們，你們可以思考很多很多的雲的形狀——一些可能帶有暴風雨，一些可能單純地是美麗的雲的類型。而無法談及雲的好與壞，因為它們在它們的雲的屬性中是全都是完美的。

And you yourself are in essence a perfect version of you, whether your manifestation may be good or bad, within the illusion. The ideal that created you is immediately within you. It is present within you at this time and it is

informing and inspiring your every breath. And this is true of all those you meet, no matter what their manifestations.

你自己實質上是你的一個完美的版本，無論你的顯化可能在幻象中是好還是壞。那個創造了你的理想是直接地在你內在之中的。它是在此刻就在你內在之中，它在鼓勵並鼓舞你的每一次呼吸。這對於所有你遇到的人都是真實的，無論它們的顯化是什麼。

It seems like a cliché to say this to you, my friends, and yet you will never be free of turmoil until you are able to bring into your conscious experience the knowledge of oneness in love that you can find in meditation. Without meditation, it is not likely that you would ever discover that unity with the Creator that is the wellspring of true love at all. And without repeated seeking of this unity, it is very difficult to advance at any rate in bringing love into your immediate experience.

對你們這樣說，看起來似是一個老生常談了，我的朋友們，而你們將永遠無法擺脫混亂，除非你們能夠將你們能夠將那種在冥想中找到的對於在愛中的一體性的知曉帶入到你們有意識的體驗中。沒有冥想，你們是不大可能會持續不斷地發現與真正的愛的源泉之所是造物者之間的那種一體性的。沒有對這種一體性的反復的尋求，要用任何速度前進以將愛帶入到你們的直接的體驗中，這是非常困難的。

But, my friends, in addition to the meditation you need to bring that feeling into your life as you live it, moment by moment. We have said to you before: attempt to form a personal relationship with the Creator, seek Him as you would a trusted friend, love Him as you would love the most beloved friends you could ever have. True emotion that comes from the heart, personal, deep-felt emotion, is necessary in order to bring to your consciousness the realization that in the Creator you are dealing with the single most important relationship of your life.

但是，我的朋友們，除了冥想之外，你們需要將那種感覺帶入到你們的生命中，在你們每時每刻活出它們的時候。我們之前已經對你們說過：嘗試去與造物者之間形成一種個人性的關係，如同你們會尋求一個信任的朋友一樣地尋求祂，如同你們會愛你們所能夠擁有的最為摯愛的朋友一樣地愛祂。為了要將那種你們在造物者之中是在與你們的生命的單一最為重要的關係打交道的領悟帶到你們的意識中，從心發出的真實的情感，個人的，被深入地感覺到情感，是需要的。

Allow the love for the Creator to build and become more and more personal, more and more real, more and more felt. And then, take that sweet feeling and live it day-to-day. Feel the immediacy of that Creator and share it with the people you meet. This is the secret, my friends. If you can approach each person as someone who is the Creator and whom you may be privileged to serve, your troubles will sort themselves out before you. For love is always reflected in love.

允許對造物者的愛構建，並成為越來越更加個人性的，越來越更加真實的，越來越多地被感覺到的。接下來，使用那種甜美的感覺，並日復一日地活出它。感覺到那種造物者的親密，並與你們遇到的人分享它。這是秘密，我的朋友們。如果你們能夠對待每一個人都如同某個是造物者且你們可能有幸為其服務的人，你們

的麻煩就將會在你們面前自己解決了。因為愛一直都是在愛中被映射的。

I would like to attempt to transfer this contact at this time and will return to this instrument later. I am Hatonn.

我想要嘗試去在此刻轉移這個基礎，並將在以後返回到這個器皿。我是 *Hatonn*。

(B channeling)

(B傳訊)

I am Hatonn. I am now with this instrument. My friends, it is one thing to speak of this that we call love and yet another to understand it. For, my friends, if you think, you have spent many lifetimes upon your planet in an attempt to learn the lessons of spiritual being, so that you may reach for more understanding. My friends, do not take this lightly, for once you have learned this, there is more and more that has to be undertaken.

我是 *Hatonn*。我現在與這個器皿在一起了。我的朋友們。談及這個我們稱之為愛的事情與理解它是不同的兩個事情。因為，我的朋友們，如果你們想一想，你們已經將在你們的星球上度過了許多次的生命來嘗試去學會靈性的存有的課程，這樣你們就可以取得更多的理解了。我的朋友們，不要將其不當回事，因為一旦你們已經學會了這個課程，就會有越來越多的必須要被承擔起來的事情了。

My friends, as we have said, love is all that there is. Now, if you understand this thing, my friends, if love is truly all that there is, then should there not be only love that is experienced? (Inaudible) great spiritual, shall we say, uprising that is now taking place about you. My friends, it is not always enough to be only a part, for there are so many that are looking for so much from someone who will lead them and, my friends, someone to (inaudible). All of you have the ability to teach another that which has been taught to you. But, my friends, you have to truly understand that as you know, my friends, change can only take place within yourself. My friends, you have found meditation a great tool. As you continue to raise your vibrations to a higher level, you will find this tool of more use to you than ever, for truly, my friends, there is no end.

我的朋友們，如我們已經說過的一樣，愛就是一切萬有。現在，如果你們理解這個事情，我的朋友們，如果愛真的就是一切萬有，接下來，難道不應該僅僅只有愛才會被體驗到嗎？（聽不見）巨大的靈性的，容我們說，上升的，現在正在你們周圍發生的事情。我的朋友們，去僅僅成為一部分，這並不是一直都是足夠的，因為會有如此多的人正在從某個將會領導它們的人身上尋求如此多的事物，我的朋友們，某個人（聽不見）。你們所有人都擁有能力教導另一個人已經被教導給你們的事物。但是，我的朋友們，你們必須要真正理解那個事情，因你們知道，我的朋友們，改變僅僅能夠在你自己內在之中發生。我的朋友們，你們已經發現冥想是一個偉大的工具了。當你們繼續提升你們的振動到一個更高的層次，你們將會發現這個工具是比過去對你們有更大用處的，因為真的，我的朋友們，沒有終點。

Abide, my friends, in this energy of love. You will find all that is around you acquires new aspects. And, my friends, as you know, a great part of love is

understanding. Do not judge another, my friends. That is reserved for the One who has made us all. And if we look upon another to disagree, we cannot truly give a loving hand to this being's free will. I will now leave this instrument. I am Hatonn.

我的朋友們，安住於這種愛的能量中。你們將會發現，所有在你們周圍的事物都需要新的面向。我的朋友們，如你們知道的一樣，愛的一個偉大的部分就是理解。不要評判另一個人，我的朋友們。那是為已經創造了我們全體的太一所保留的。如果你們將另一個人視為是不一致的，我們就無法真正將一只有愛的手給予這個存有的自由意志了。我現在離開這個器皿。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I would like to pause for a brief time in order to share with you our vibrations of love.

我再一次與這個器皿在一起了。我想要暫停一小段時間以便於與你們分享我們的愛的振動。

(Pause)

(暫停)

I am again with the instrument. It is a great pleasure to share with you. We ask only that you share with others as we share with you. For this is the true flower of your faith, the bloom for which you have spent so much time cultivating the plant.

我與這個器皿在一起了。與你們分享是一種巨大的快樂。我們僅僅請你們與其他人分享，如同我們與你們分享一樣。因為這就是你們的信心的真實的花朵，你們已經花費了如此多的時間培育的植物的花朵。

We are aware that the one known as W wishes to ask a question, so at this time we will open the meeting to questions.

我們察覺到被知曉為 *W* 的實體希望問一個問題，因此，在此刻我們將對問題開放集會。

W: It's about the awareness of my dreams, and the bearing they might have on my feelings about reality, and how I can become more aware of the relationship.

W：它是關於對我的夢的認識，以及它們可能對我對實相的感覺產生的影響，我如何才能更多地瞭解關係呢？

Speaking through this instrument is easy on this subject, since this instrument has, shall we say, heard our "speech" before along these lines. The story of dreams is a simple one. Your consciousness, as you well know, has no beginning and no end and as sleep is in its way a brief foretaste of death, the consciousness has no part of sleep. It is doing something all the time, just as it is when you are awake. That "something" is as much related to itself as it

always is and the circumstances only change during the period of sleep of the physical body in that the attention of the spirit is not totally drawn to the needs of the physical illusion. Therefore, it may process other levels of material which may engage its attention.

通過這個器皿在這個主題上發言是容易的，因為這個器皿在之前就已經聽過，容我們說，我們沿著這些線路的“演講”了。夢境的故事是一個簡單的故事。你們的意識，如你們清楚知曉的一樣，是沒有開始，沒有結束的，因為睡眠，用它的方式，是一種對死亡的短暫的預先的品嚐，意識並不是睡眠的一部分。它在所有的時間都在做某個事情，就好像當你們是醒著的時候一樣。那個“某個事情”是與它自己有大量的關聯的，如同它一直都是的一樣，環境僅僅是在物質性身體的睡眠期間才會改變，因為靈性的注意力是沒有全部被吸引到了物質性幻象的需要的。因此，它可以處理可能佔據它的注意力的其他的層次的材料了。

Dreams are a partial record of the activity of the spirit. They are a reliable communication from spirit to conscious self of the true development of the spirit's personality. The inability to remember what is happening during periods of sleep is very widespread among your peoples, for the spirit is hardly recognized, much less cultivated.

夢境是靈性的活動的一個部分的記錄。它們是從靈性到有意識地自我對靈性人格的真實的發展的可以信賴的交流。無法記住在睡眠時期期間發生的事情，這在你們的人群中是非常普遍性的，因為靈性是幾乎不會被認出的，是遠遠較少被培養的。

It is encouraged by us that you make an effort to become more in touch with your dreams. The methods of doing this are fairly simple and basically have to do with keeping a record, so that when you awaken, you immediately write down what you can remember. You will find that as you practice this, you will improve. Further, when one begins to be able to have a good consciousness of self within dreams, one will find this showing forth in a physical control of one's conscious life. In other words, as you begin to obtain control of your so-called subconscious thought, which is the manifestation of your spirit self, this will reflect inevitably in your daily life.

被我們鼓勵的事情是，你們做出一種努力來更多地接觸你們的夢境。這樣做的方法是相當簡單的，基本上是與留下一份記錄聯繫在一起的，這樣當你們醒來的時候，你們立刻就寫下你們能夠記住的事物。你們將會發現，隨著你們練習這種方法，你們將會改善。更進一步，當一個人能夠在夢境中擁有一種優秀的自我意識的時候，一個人將會發現，這會在對一個人的有意識的生命的一種物質性的掌控中出現。換句話說，當你們開始取得對你們所謂的潛意識的想法的掌控的時候，潛意識的想法是你們的靈性的自我的顯化物，這將會不可避免地在你們的日常生活中反映出來。

Does this answer your question?

這回答了你的問題嗎？

W: Well, what about that relationship [with a woman]?

W：好的，關於與一個女人的關係是什麼呢？

My friend, it is impossible for us to give you words other than love. All relationships are relationships of love. Yet, due to the illusion twisting and turning, it is difficult for you within the physical to maintain within the physical a totally unselfish attitude of pure love. If you maintain an attitude of total service and love, the difficulties which you are experiencing will vanish. If all you wish to do is offer your service, your love, the rest will simply become what it simply is in reality—the confusion of the physical illusion. This confusion is not your fault, for at your birth you began to be taught what to expect in this illusion and your expectations have been shaped and hammered into you by many, many experience, biases and impressions, all through your experiences so far. In order to cut through all the expectations and get to reality, it [is] necessary to refrain from, as you would say, reacting to expectations and hold to the one thing that is true, that is real. And that, as you know we will say, is love.

我的朋友們，我們不可能給予你除了愛之外的話語。所有的關係都是愛的關係。而由於幻象的纏繞與轉動，在物質性之中要保持一種完全無私的純淨的愛的態度，這對於你在物質性之中是困難的。如果你保持一種完全的服務與愛的態度，你正在體驗到的困難就將會消失了。如果所有你希望做的事情是提供你的服務，你的愛，剩下的事情就將會單純地成為它在實相中之所是的事情——物質性幻象的混淆。這種混淆不是你的錯誤，因為在你出生的時候，你就開始被教導要在這個幻象中期待什麼了，你的期待已經被很多很多的體驗，偏向性與印象，以及迄今為止所有穿越了你的體驗的事物，塑造成型並已經被灌輸到你內在之中了。為了要刺穿所有的期待並抵達實相，去避免，如你們會說的一樣，對期待做出反應並緊緊抓住一個真正的事物，一個真實的事物，這是需要的。如你們知曉的一樣，我們將會說，那個事物就是愛。

If love is to mean anything in a lasting sense, it is to manifest itself as a desire for the spiritual help and service that you can give to any whom you might love. Beyond this, we can give no comfort or advice, for all relationships are based on the need to learn this one lesson.

如果愛要意味著用一種持久的意義上的任何事情，它就是去將它自己顯化為一種對你能夠給予任何你可以愛的人的靈性上的幫助以及服務的渴望。除此之外，我們無法給予安慰或者建議，因為所有的關係都是基於去學習這個課程的需要。

Is there another question?

有另一個問題嗎？

Questioner: What is the function of homosexuality?

提問者：同性戀的功能是什麼？

It is a difficulty of your language that we have trouble overcoming in that homosexuality is not understood as a type of sexuality, but is considered to be, in your language, a type of emotionally strong word.

我們會難以克服的一個困難是你們的語言的困難，因為同性戀是被理解為一種類型的性，但卻被認為是，在你們的語言中，一種類型的在情緒上強有力的詞語。

The function of sexuality is to teach service. One is drawn to another of your species and forms a relationship and in that relationship, there are opportunities for service, or disservice, and gradually, as the spirit grows through this association, you begin to learn how to be of service. Were it not for the drive of sexuality, it is likely that there would not be these intense relationships, and therefore these strong stimulants or catalysts to learning. Those who are homosexual have had a personality difficulty which drives them in a sexual way towards their own charge, much like a positive charge being attracted to a positive charge. This is due to confusion between incarnations, the previous incarnation being of one sex, this incarnation being of another. But the function of homosexuality is the function of any type of sexuality: it is to enable a person to form an intense enough relationship that he may learn how to serve and how to love; to love others more than himself, or shall we say, to love others more than his personality, but as much as the Creator.

同性戀的機能是去教導服務。一個人被吸引到你們的物種的另一個人身邊，並形成一種關係，在那個關係中，會有服務或者傷害的機會，逐漸地，隨著靈性通過這種關係成長，你們開始學會如何進行服務。如果沒有性的驅動力，會有可能就不會有這些強烈的關係，因此，這些是學習的強有力的刺激物或者催化劑。那些成為了同性戀的人，已經擁有了一種人格的困難，這個困難接下來就會用一種性的方式推動它們自己的充能，非常類似於一個陽性電荷被吸引到一個陰性的電荷。這是由於在投生之間的混淆，之前的投生是屬於一個性別，而這次投生是屬於另一個性別。但是同性戀的功能是任何類型的性的功能：它使得一個人能夠形成一種足夠強有力的關係，這樣他就可以學習如何服務和如何去愛了，要比愛他自己更多地愛其他人，或者容我們說，比愛他的人格更多地愛其他人，但卻是和愛造物者一樣多地愛其他人。

Does this answer your question?

這回答了你的問題嗎？

Questioner: Yes.

提問者：是的。

Any other questions?

有任何其他問題嗎？

Questioner: What is the general program objective within the next twelve months?

提問者：在接下來的十二個月時間中的一般性的程式的目標是什麼呢？

We are attempting to intensify our program of light. We have made contact with many groups and, as you might say, the damage has already been done. Now it is time to get these groups functioning individually in such a way that they are truly light centers and their individuals are light bearers. We do not have specific objectives for this time period, although the possibility exists for increased sightings, shall we say, on demand. Are we being sufficiently

obscure? 我們正在嘗試去增強我們的光的程式。我們已經與很多團體建立了接觸，如你們可能會說的一樣，傷害已經被產生出來了。現在是讓這些團體個別地，用這樣一種它們是真正的光的中心，它們的個體是光的攜帶者的方式發揮作用的時間了。我們對這個時期並不擁有具體的目標，儘管增加的隨需的，容我們說，目擊事件的可能性是存在。我們是足夠含糊不清的嗎？

Questioner: Not any specific contact with Earth's peoples in order to stimulate events?

提問者：沒有與地球人的任何具體的接觸以便於觸發事件嗎？

Not at this time. We do not know about the future. The possibility exists, as we said, on demand. It is a matter of the need for there to be, as this instrument would say, ten students in order for a class to be held. We have nowhere near that much demand. If the demand were to be generated, it would be possible, as you well know. We do not count on that much demand being generated, but are aware that it is possible that this might occur.

在此刻沒有。我們並不知道未來。可能性是，如我們說過的一樣，根據需要 (*on demand*) 而存在的。它是一個，如這個器皿會說的一樣，要有十個學生以便於形成一個班級的問題。我們與那種大量的需要是距離遙遠的。如果要求是被產生出來了的，它會是可能的，如你們清楚知曉的一樣，我們並不指望很多的要求被產生出來，但是我們知道，這是有可能發生的。

Questioner: Do you know of any other group planning a more general effort at contact?

提問者：你們知道任何其他團體計畫一種更為普遍性的接觸的努力嗎？

Yes. However, they do not have our full approval, for we feel that they are treading on the fringes of, shall we say, being too pushy.

是的，然而，它們並不擁有我們完全的贊同，因為我們感覺到它們是有，容我們說，過度激進的風險的。

Questioner: Well, how do they plan to make this contact?

提問者：好的，它們如何計畫建立這個接觸呢？

We are sorry, but this instrument does not have the type of contact which would enable us to control her enough to tell you this. We know of the type of contact, types of contact, we should say, that are being contemplated. We do not think that they will successfully occur.

我們很抱歉，但是這個器皿並不擁有那種類型的會使得我們有能力足夠多地控制她來告訴你們這一點的接觸。我們知曉接觸的類型，許多，容我們說，正在被考慮的接觸的類型。我們並不認為它們將成功地發生。

There are those that watch and in their watching of this planet, as well as many others, set up vibrations protecting free will, which are not easily undermined. Within our own fleet there are individual groups, what we would

call the “young whippersnappers” of our legion, who also advocate speedier methods. But it is our experience that it is only when one responds to a definitely requested need that any true help can be given and so we, shall we say, older heads are in the majority and prevail within the Confederation.

會有那些監督這個行星的人，在它們對這個行星的監督中，如同很多其他實體一樣，它們設置了保護自由意志的振動，這些振動並不是易於被削弱的。在你們我們自己的艦隊中，會有個體的團體，我們會將它們稱之為我們的軍團中的“年輕的毛頭小夥子”，它們同樣會提倡更為快速的方法。但是，我們的經驗是，僅僅是在一個人回應一個明確地被請求的需要的時候，任何真正的幫助才能夠被給予，因此，我們，容我們說，這些更為年老的傢伙，在星際聯邦中是大多數並且是佔據支配地位的。

Questioner: Who is contacting Puharich?

提問者：誰正在接觸 *Puharich*？

The central agency of thought of our Confederation has enabled linkages which make it possible for this intrusion upon the private space/time experience of the one known as Puharich. This has been, shall we say, an experiment, as we have done others. However—we are having trouble transmitting this, but the instrument is cooperating, so we will keep giving it. Puharich has certain expectations. We have had this trouble with many contactees and Puharich [is] among the best. It is a matter of dealing in a space/time experience in such a way that you who are of [a] very rapid age do not become impatient with the expectations. Time is a very difficult thing to deal with in this contact. If I were to explain to you what time is to us, as we transmit to you, it would not be understood. For we are able to, in a single instant, speak to ten thousand people. And yet, it does not seem to us difficult.

我們星際聯邦的想法的核心機構已經允許了那些連接，它使得這種對被知曉為 *Puharich* 的實體的私人的空間/時間的體驗上的干涉成為有可能了。這已經是，容我們說，一個實驗，如同我們已經進行的其他實驗一樣。然而——我們在傳遞這個觀念的時候正在遇到困難，但是，器皿正在合作，因此我們將繼續給予它。*Puharich* 擁有一定的期待。我們在很多的接觸物件身上都遇到了這個困難，*Puharich* 是在最好的情況當中的。它是一個在一種空間/時間的體驗中用這樣一種方式打交道的問題，你們是屬於一個非常快速的時代，你們不要對期待變得沒有耐心。時間在這種接觸中是一個非常難以處理的事情。如果我要是你們解釋，時間對於我們是什麼，如果我們對你們傳遞的一樣，它就不會被理解了。因為，我們能夠，在一個單一的瞬間中，對一萬個人說話。而它對於看起來似乎並不是困難的。

The ...

那個.....

(The rest of the session was not recorded.)

(集會剩下的部分沒有被記錄。)

July 25, 1976

1976-07-25 Hatonn : 愛的顯化

(Carla channeling)

(Carla 傳訊)

Greetings, my friends, in the love and light of our infinite Creator. I am Hatonn, and, as always, it is a great privilege to address this group. I greet each of you and especially those who are new to our group and extend to you our love and our thoughts and our gratitude for the chance to be with you.

我的朋友們，在我們的無限造物者的愛與光中致意。我是 *Hatonn*，一如既往，對這個團體發言是一種巨大的榮幸。我對你們每一位致意，尤其是這個團體的那些新人們，我們對你們致以我們的愛，我們的想法，以及我們對於你們在一起的機會的感激。

We of the Confederation of Planets in the Service of the Infinite Creator are about your planet in numerous crafts and we come from many, many different places within your universe. And yet we are here for one purpose and one purpose only. We are here, my friends, as a single voice of love.

我們服務於無限造物者的星際聯邦許多艘飛船中在你們的星球周圍，我們是從在你們的宇宙中的很多很多不同的地方前來的。而我們是為了一個目的而來到這裏的，僅僅一個目的。我的朋友們，我們是作為一個單一的愛的聲音而來到這裏的。

Love, my friends, is the word which created all that there is. What vibration is to the physical world, love is to the consciousness that created the physical world. Love is all that there is and all that you see about you, day by day, are manifestations of love.

我的朋友們，愛就是那個創造了一切萬有的道 (*word*)。振動對於物質性的世界是什麼，愛對於創造了物質性世界的意識就是什麼。愛是一切萬有，所有你們在你們周圍，日復一日地看到的事物，都是愛的顯化。

My friends, it may seem to you often that you are not looking at the manifestations of love when you look at your relationship with someone with whom you are having difficulty, when your nation looks at other nations with whom it is having difficulty. And yet, we offer to you the precise analogy of vibration in your physical world. It is well known to your scientists that all things are made up of vibration and energy centers. Yet to you, the manifestations of vibration seem many and varied: tables and buildings and trees and human bodies. Yet all of these, my friends, are one thing: energy in motion.

我的朋友們，當你們看著你們與那些你們與之正在遇到困難的實體之間的關係的時候，當你們的國家看著它與之正在遇到困難的其他國家的時候，可能對於你們經常看起來似乎是，你們不是在看著愛的顯化。而我們對你們提供了在你們的物質性的世界中的振動的準確的類比了。你們的科學家清楚地知曉，所有的事物都是由振動與能量中心組成的。而對於你們，振動的顯化看起來似乎是許多且多變的，桌子，建築，樹木，人類的身體。而所有這些，我的朋友們，都是一個事物：

在運動中的能量。

And so it is with love. Each feeling, whether it be emotional, mental or spiritual, each thought that you have is a feeling or thought that was originally purely of love. Yet man, as well as the Creator, is a creator and man has invented many complexities which take love and cause it to form many and various shapes.

對於愛就是如此。每一個感覺，無論它是情緒性的，心智性的還是靈性的，每一個你們擁有的想法，都是一種純淨地源自於愛的感覺與想法。而人，與造物者一樣，都是一個造物者，人已經發明了很多的複雜性，它們佔據了愛，並使得愛形成了很多與各種各樣的形狀。

In your holy works, it has been written that the way to defeat evil is to meet it with love. This is true, my friends, because the original vibration of love is always stronger than its derivative, man-made forms.

在你們的神聖著作中已經這樣寫道過，打敗邪惡的方法就是去用愛來面對它。我的朋友們，這是真實的，因為愛的原初的振動一直都是比它的派生的人造的形式要更為強有力的。

To realize that all that you see is love, is to find peace. No longer need you feel anger and distress, resentment and irritation. These are derivatives of love which can be replaced in your thinking by a consciousness of the basic true love, the all-loving, all-serving, all-creative emotion that surrounds and inspires each of you.

要意識到所有你們看到的事物都是愛，就是找到平安。你們不再需要感覺到憤怒，苦惱、怨恨與惱怒了。這些都是愛的派生物，它們能夠在你們的思考中用一種具有基本的真實的愛，具有包圍著且啟發你們每一個人的完全有愛的、完全服務的，完全創造性的情緒的意識所替代。

And how can you find this fountainhead of love, my friends? As always, we recommend meditation. For clever as man's minds are, they are often too clever and in their cleverness men have devised many strange contortions of love. And in meditation, my friends, as you lay down these man-made concepts and open yourselves to your deeper identity, the basic reality of the love that created you can make contact with you in your conscious mind. And as you come in contact with love as it really is, you gain strength to be able to look the world of man-made emotions in the face and say, "Ah, but I know a deeper and truer way to express love." If you touch base with this creative love on a regular basis, little by little your being will begin to transmit that love and you will become what you seek to become, an instrument for the love of the Creator.

你們如何找到這個愛的源泉呢，我的朋友們？一如既往，我們推薦冥想。因為盡管人類的心智是聰明的，它們經常過於聰明，在它們的聰明中，人已經發明出了很多對愛的奇怪的扭曲。我的朋友們，在冥想中，當你們放下了那些人造的觀念並向著你們更為深入的身份開放你們自己的時候，那個創造了你們的愛的基本的實相能夠在你們的有意識的心智中接觸你們。當你們與愛建立接觸的時候，如同

愛真正之所是地一樣，你們會取得力量，以能夠直面人造的情緒的世界並說，
“啊，但是我知道一種更為深入且更為真實的表達愛的方式。”如果你們用一種
有規律的方式，從基礎與這種創造性的愛接觸的話，你的存有將會一點一點地開
始轉變那種愛，你們將成為你們尋求去成為的事物，即一個造物者的愛的器皿。

You are in the world, as it has been said, but you are not of the world. You are
a divine being, dwelling within the body of the so-called human. And this
human will have a very short life and yet the divine being that is your true
higher self will exist eternally. Seek to unify your consciousness as a human
with your higher identity as a portion of the divinity of the Creator, through
meditation.

你們是在世界中的，如同已經被說過的一樣，但是你們並不是屬於這個事情。你
們是一個神聖的存有，居住在所謂的人類的身體中。這個人類將會擁有一個非常
短暫的生命，而你們的真實的高我之所是的那個神聖的存有將會永恆地存在。尋
求通過冥想，將你們作為一個人的意識與你們作為造物者的神性的一部分的更高
的身份統一起來。

I would at this time transfer this contact. I am Hatonn.

我會在此刻轉移這個接觸。我是 *Hatonn*。

(H channeling)

(*H*傳訊)

I am Hatonn. I am now with this instrument. When we speak of the concept of
love, we attempt to the best of our ability to bring to you our understanding
of a concept which is infinite and unfolding to us and to you at all times. A
concept which contains, shall we say, the explanation of all things. A concept
which is much more than you shall ever realize by the utilization of your
intellect. We bring to you those messages which we feel shall assist in your
spiritual growth and in your intellectual understanding. We bring to you our
love and our light. We offer to you an opportunity—which has been brought
about by your own thinking, through your own desire—and that opportunity
is for you to come into the light through understanding and experience, to
come into the light of the Creator and experience His love and know the
concepts of which we speak, enjoying with us and all of our universal brothers
in service that which we call the Creator.

我是 *Hatonn*。我現在與這個器皿在一起了。當我們談及愛的觀念的時候，我們
嘗試盡我們最大的力量來帶給你們我們對這樣一個觀念的理解，這個觀念是無限
的，並且在所有的時候都是在對著我們並對著你們展開的。這是一個包含了多所
有的事物的，容我們說，解釋的觀念。一個比你們利用你們的智慧所曾經領悟到
事物要遠遠更大的觀念。我們帶給你們那些我們感覺到將會在你們的靈性成長
中，以及在你們的邏輯智力的理解中會有幫助的資訊。我們帶給你們我們的愛和
我們的光。我們對你們提供了一個機會——這個機會已經藉由你們自己的思考，
通過你們自己的渴望被產生出來了——那個機會就是你們通過理解與體驗進入
到光中，進入到造物者的光中，體驗祂的愛，知曉我們談及的觀念，並與我們以
及我們所有宇宙的兄弟一起在服務我們稱之為造物者的事物中享受的機會。

Each individual whom we are privileged to make contact with is presented with this opportunity, with our experiences, into our light. We can offer no more at the present time. But also, there is no need for there to be any more offered. For if you are open, if you are truly seeking what you refer to as the truth, then you shall recognize it as it is presented and you shall accept it and you shall do with it to the best of your ability that which you (inaudible). It is you and no other who must analyze that which you receive. It is you who must accept the love. It is you who creates all that you experience. And we would not have been able to share with you our knowledge if it were not for the fact that in truth you were seeking this knowledge.

每一個我們有幸與之建立接觸的個體都是被呈現了這個機會，來藉由我們的體驗，進入到我們的光之中。我們在這個當前的時間無法提供更多的事了。但是同樣，並不需要有更多的事被提供。因為如果你們是開放的，如果你們是真正地尋求你們稱之為真理的事物，接下來，你們就將會在它被呈現出來的時候認出它，你們將會接受它，你們將用你們（聽不見）你們最大的能力來處理它。是你，而不是任何其他人必須要分析你接收到的事物。是你必須要接受愛。是你創造了所有你體驗到的事物。我們本來已經是無法與你們分享我們的知曉的，如果不是因為你們實際上是在尋求這個知曉的事實的話。

We are somewhat limited, even through this process, for we must deal with the intellect of each individual. And the individuals, all of them with whom we communicate, have accepted many limitations due to their experiences within this life and we must break not those imitations too quickly. We must offer only that which we feel can be accepted and allow it to be dealt with.

我們，甚至通過這個過程，都是多少有些受限的，因為我們必須要與每一個個體的智力打交道。個體，所有我們與之交流的個體，都已經由於在這次生命中的它們的體驗而接受了很多的限制了，我們必須不要過快地打破那些限制。我們必須僅僅提供我們感覺到能夠被接受的事物，並允許它被處理。

We give to you, and so also do you give to us, the love of which we speak. We cannot begin to explain the great feeling of love we have for those upon your planet and, indeed, for those who would be willing to listen. We are here for this purpose, to assist in the evolution of human thought of man upon planet Earth. Yet we cannot assist without it being requested, for within what you might call the society or upon the level on which we exist, this is a law—that you may not interfere with the free choice of any individual. And as we deal with the planet Earth as a group consciousness, we must be aware of your requests, of your needs and of your desires and of your choice.

我們給予你們那種我們談及的愛，你們同樣確實給予了我們那種我們談及的愛。我們無法開始解釋我們對那些在你們的星球上的人，確實對那些樂意於聆聽的人擁有的巨大的愛的感覺。我們就是為了這個目的在這裏的，以在那些在行星地球上的人的人類的想法的演化中幫忙。而我們無法在它沒有被請求的情況下幫忙，因為在你們可能稱之為社會的事物中，或者在我們存在於其上的層次上，這是一個法則——你們不可以侵犯任何個體的自由選擇。當我們與作為一個集體意識的行星地球打交道的時候，我們必須要知曉你們的請求，知曉你們的需要，你們

的渴望與你們的選擇。

Love, my friends, is all the things of which we speak, and it is all the things for which we have no means of expression. Love is the energy upon which you draw to bring into manifestation all that you experience. Love is to each and every individual different, yet the same. The love that permeates throughout the universe is indeed the Creator. The love that is within you is indeed the Creator. You must recognize that the love that is within all individuals is the Creator. You have heard this concept many times. There is what you would call "God" within each individual and you are constantly emanating that energy, that love, of the Creator in all directions, in all your thoughts. Be cautious, indeed, be cautious of that which you project towards your fellow man and towards the universe, for you are the Creator and that which you project shall indeed come into existence and it shall also travel back and affect you, for you are the Creator and you must live within your creation.

我的朋友們，愛就是所有我們談及的事物了，它是所有我們對其並不擁有任何表達的途徑的事物。愛是你們依賴於其將所有你們體驗到的事物吸引並帶入到顯化之中的能量。愛對於每一個個體都是不一樣的，而又是相同的。瀰漫於整個宇宙的愛確實就是造物者。在你們內在之中的愛確實是造物者。你們必須要認出，在所有個體內在之中的愛就是造物者。你們已經很多次聽過這個觀念了。在每一個個體中都會有你們會稱之為“神”的事物，你們持續不斷地在所有的方向上，在使所有你們的想法中，散發那種造物者的能量，造物者的愛。成為小心謹慎的，確實，對你們向著你們的夥伴，向著宇宙投射的事物成為小心謹慎的，因為你們就是造物者，你們投射的事物將會確實進入到存在性之中，它將同樣也返回並影響你們，因為你們就是造物者，你們必須活在你們的造物中。

Through the process of meditation you may bring into focus the proper, shall we say, realization of your ability to create. Through the process of meditation you may become aware of your divinity and of the divinity of all things. We hope that through the process of meditation you may attune yourselves to the love energies that are constantly about you and that through these energies may be brought about the understanding that you seek and the experiences you desire and the purification of consciousness which is in truth the desire of all those upon your planet. This desire may not come into the realization of each person upon your planet, but as you become more aware, you shall indeed recognize that that desire is within each of us, whether they seek it consciously or not.

通過冥想的過程，你們可以聚焦在對你們去創造的能力的適當的，容我們說，實現上。通過冥想的過程，你們可以開始察覺到你們的神性以及所有事物的神性。我們希望通過冥想的過程，你們可以讓你們自己與持久地在們周圍的愛的能量進行協調一致，通過這些能量，你們尋求的理解，你們渴望的體驗以及對意識的淨化就可以被產生出來了，這種對意識的淨化實際上就是在你們星球上所有人的渴望了。這種渴望可能不會在你們星球上的每一個人身上被領悟到，但是，隨著你們變得更加察覺，你們將確實認出，那個渴望是在我們每一個人內在之中的，無論它們是否有意識地尋求它。

You are the only, shall we say, emanation of the Creator that has the ability to formulate your experience. You may share with others in your experiences and you may choose to dwell within the experiences created by others, yet no other can create for you any experience, for you are the Creator, and it is your choice.

你們是造物者的唯一的，擁有能力去塑造你們的體驗的放射 (*emanation*)。你們可以在你們能的體驗中與其他人分享，你們可以選擇去留在被其他人創造的體驗中，而沒有任何其他人能夠為你們創造任何體驗，因為你們是造物者，它是你們的選擇。

I shall close this communication through another instrument. I am Hatonn.

我將會通過另一個器皿結束這個交流。我是 *Hatonn*。

(B channeling)

(*B* 傳訊)

I am Hatonn. I am now with this instrument. My friends, we will be with you but a few minutes more, but I wish to touch on the subject of what is known to you as desire. For, my friends, truly what you desire, you shall obtain, if the desire is of a strong enough vibration. My friends, through the many years in which life has been experienced upon your planet, there have been many teachers come and go. My friends ...

我是 *Hatonn*。我現在與這個器皿在一起了。我的朋友們，我們將會與你們在一起僅僅多幾分鐘，但是我希望觸及被你們知曉為渴望的主題。因為我的朋友們，你們真正渴望的事物，你們將會得到，如果那個渴望是具有一種足夠強有力的振動的話。我的朋友們，經歷了生命在其中已經在你們的星球上被體驗過的很多年之後，已經有很多的老師來過並走了。我的朋友們.....

I am experiencing difficulty with this instrument. For that reason, I will now close this meeting. It has been an extremely great honor to share with you in your meditation, my friends. I leave you now. I am Hatonn. I leave you in the love and light of our infinite Creator. Adonai vasu borragus.

我在這個器皿身上正在體驗到困難。為了那個原因，我現在將結束這個集會。在你們的冥想中與你們分享已經是一種極大的榮耀了，我的朋友們。我現在離開你們。我是 *Hatonn*。我在我們的無限造物者的愛與光中離開你們。*Adonai vasu borragus*。

H: I received a really nice impression while I was speaking about love—at the same time I was talking I received this too and they wanted me to say it but I just went on past it. It wasn't quite clear to me, as to how to say it. But the definition of love ... and it was: "Luminescence omnipresent, vacillating eternally."

H：我在我正在談及愛的時候接收到了一個真正美妙的印象——在我正在說話的同時，我同時接收到了這個印象，它們想要我說出它，但是，我僅僅繼續前進並越過了它。在關於如何說出它的方面，它對於我並不是相當清晰的。但是，愛的定義.....它是：“無所不在的，永恆地振動著的光輝。”

Carla: That's easy for you to say!

Carla : 對對於你似乎容易說出來的！

August 8, 1976

1976-08-08 Hatonn : 體驗的果肉與種子

(B channeling)

(B傳訊)

Greetings, my friends. I am Hatonn. I greet you in the love and the light of our infinite Creator. As always, it is a great honor to share with you in your meditation.

我的朋友們，向你們致意。我是 Hatonn。我在我們的無限造物者的愛與光中向你們致意。一如既往，在你們的冥想中與你們在一起，這是一種巨大的榮耀。

My friends, I would speak with you tonight on the subject of progression. For, my friends, since you have started on the path, so far away now, you have sought after that knowledge which is accompanied by progression. My friends, in fact you have done well. As you know, you were all brought together in order to teach, and learn from, each other of the knowledge of love.

我的朋友們，我們在今晚在發展的主題上對你們發言。因為，我的朋友們，既然你們已經在道路上啟程了，現在已經走了如此之遠了，你們已經追尋了伴隨著發展的知曉了。我的朋友們，你們實際上已經做得很好了。如你們知曉的一樣，你們被帶到一起以便於相互彼此教導，並從相互彼此學習對愛的知曉。

But, my friends, once upon the path you cannot sway from one side to another. There are many things to do, many things that must be done. And, my friends, as you know, there are many experiences along this path. In order to help you attain even more knowledge as time goes by, the vibrations will grow even stronger and you will grow to a great extent.

但是，我的朋友們，一旦走上了那條道路，你們是無法從一邊到另一邊搖擺不定的。會有很多事情要去做，會有很多必須被做的事情。我的朋友們，如你們知曉的一樣，沿著這條道路會有很多的體驗。為了要幫助你們隨著時間的發展取得甚至更多的知曉，振動將會甚至變得更加強有力，你們將在一個成大的程度上成長。

But, my friends, you have to keep walking upon the path. For some, it is enough to obtain knowledge of this path and to sit idly by. But, my friends, in order that you may grow ever stronger, you, like ourselves, must aid others; thus, you may gain the knowledge you would learn. Your every wish for help, my friends, is placed at your disposal. Within your experiences you have gained the knowledge of much love. My friends, walk within this path and rest within the knowledge that may be obtained.

但是，我的朋友們，你們必須要一直都走在道路上。對於一些人，去取得對這條道路的知曉並懶惰地坐在路邊，這就是足夠的了。但是，我的朋友們，為了你們可以逐漸成長的更加強有力，你們，和我們一樣，必須要幫助其他人，這樣，你們就可以取得你們可以學會的知曉了。你們的每一個對幫助的希望，我的朋友們，都是任由你們處置的。在你們的體驗中，你們已經取得了對大量的愛的知曉了。我的朋友們，在這條道路中行走，在可以被取得的知曉中休息。

I will leave this instrument. I am Hatonn.

我將會離開這個器皿。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am with the instrument. I am Hatonn, and again I greet you in love and light.

我與這個器皿在一起了。我是 *Hatonn*，再一次，我在愛與光中向你們致意。

We speak to you about progression, for we know that you will progress, for that is inevitable, as all things progress. The only question open is the direction of that progression. There is a quality to experience which greatly aids progression, and ignoring this quality in your experiences will cause your progress to be minimal. Moreover, this quality of experience is one which is often ignored by your peoples, for they do not understand the need for rapid progression nor the technique for obtaining this rapidity.

我們今晚對你們談及發展，因為我們知曉，你們將會發展，因為發展是不可避免的，如同所有的事物都在發展一樣。唯一開放的問題是，那個發展的方向。會有一種體驗的品質是會極大地幫助發展的，如果在你們的體驗中忽略了這種品質，它將會使得你們的發展成為微小的。而且，這種體驗的品質是經常會被你們的人群忽略的事物，因為它們並不理解快速發展的需要，它們也不理解取得這種速度的技巧。

Consider that experience, as you see it, is an activity such like eating a piece of fruit. The piece of fruit, being the experience, has an edible part which you immediately take into your system. When you finish with the easily eaten substances you are left with the seed of the piece of fruit, and this you throw away. You must understand, of course, that while the flesh of the fruit will feed your body for a day, if you do not plant the seeds you will not reap the long-term benefits of the living consciousness. In experience, that which you experience at the moment is much like the flesh of the fruit. It may be sweet, in which case you eat it greedily, savoring every morsel. It may be sour, in which case you will not eat it, or you will only eat part of it. In either case, whether the fruit is sweet or sour to the taste, the seed is the important part for your progress. In each experience there is a seed of wisdom, a lesson which was implicit in the experience and which you must plant in your consciousness in order to progress.

考慮那種體驗，如你們看到它的一樣，是一種類似於吃一塊水果的活動。那塊水果就是經驗，它擁有你會立刻就吸收到你的系統中的可以食用的部分。當你吃完了容易吃的材料的時候，你留下了那塊水果的種子，你們將這個種子扔掉。你們當然必須理解，雖然果肉將會在一天時間中餵養你的身體，如果你不種下種子，你將不會收割一種活的意識的長期的益處。在體驗中，你在那一刻中體驗到的事物，非常類似於果肉。它可能是甜美的，在那個情況中，你們會貪婪地吃掉它，品嚐每一小口。它可能是酸的，在其中你們將不會吃掉它，或者你們將僅僅吃掉它的一部分。在兩個情況中的任何一個中，無論水果嘗起來是甜的還是酸的，種

子都是你的發展的重要的部分。在每一個體驗中，都會有一粒智慧的種子，都會有一個隱含在體驗中的課程，你們必須在你們的意識中種下那粒種子，以便於發展。

Taking your experiences into meditation is very important; offering them up to the consciousness within you, not in a judgmental way, but simply as a desire that you truly learn from each experience, not just for the day, but for the future of your spirit. On the level of your intellect, it may be helpful for you to ask yourself the following question with regard to your experiences: in this experience, was I of service? In this experience, did I want to be of service? For the seed, as we have said, which will enable you to progress rapidly, has as its key love expressed in action. And the closest we can come to giving you this concept is the concept of service.

將你們的體驗帶入到冥想中是非常重要的，將它們提供給在你們內在之中的意識，不是用一種評判性的方式，而單純地是作為一個渴望，即你們要真正從每一個體驗學習，不僅僅是為了那一天，而是為了你們的靈性的未來。在你的智力的層次上，你在關於你的體驗的方面請你自己跟隨這樣問題，這可能是有幫助的：在這個體驗中，我在進行服務嗎？在這個體驗中，我想過要進行服務嗎？因為種子，如我們說過的一樣，種子將會使得你能夠快速發展，擁有在行動中被表達的愛作為它的關鍵。我們能夠在給予你們這個觀念的方面給予的最接近的觀念就是，服務的觀念。

Service, as you well know, is not always a thing, but most often an attitude. To be of service is often simply to be non-judging, to be loving, to be willing to see the possibility in another of the Christ-consciousness and its progress in that person. Insofar as you have been able to bring into this experience that attitude, you have already planted the seed as well as eaten the fruit. And as you take experiences in which you have not done this into your meditation even your failures will teach you and the seed will be planted.

服務，如你們清楚知曉的一樣，並不是一直都是一個事物，而極其經常是一種態度。要進行服務經常單純地就是成為不評判的，成為有愛的，成為樂意於看到在另一個身上的基督意識的可能性以及它在那個人身上的發展。在你們已經能夠將那個態度帶入到這個體驗的範圍內，你們就已經種下了種子，並同樣也已經吃掉了水果了。當你們吸收了那些體驗的時候，即使你們尚未在那些體驗中將這個種子帶入到你們的冥想中，甚至你們的失敗都將會教導你們，種子將會被種下。

The world itself, my friends, will never progress for you are the world. Only you can progress. And you can only progress by offering up your little human self to the Christ Self within you. You cannot influence the world and most especially you cannot influence the Creator. Yet this [is] not necessary, for the world is as darkness and the Creator is light. If you can ask the Creator to influence you, it will be as light turned upon darkness and the darkness will be no more.

我的朋友們，世界其自身，將擁有不會發展，因為你們就是世界。僅僅你們能夠發展。你僅僅能夠藉由向著在你內在之中的基督的大我獻出你小小的人類的自我來發展。你無法影響世界，你尤其無法影響造物者。而這不是必須的，因為世界

是如同黑暗一樣，造物者是光。如果你能夠請求造物者影響力，它將會如同被轉向黑暗的光一樣，黑暗將不再存在。

I will transfer to another instrument after a brief pause.

我將會在一次短暫的暫停後轉移到另一個器皿

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Hatonn. We were attempting to make contact with the one known as B. However, we are satisfied that this is not a good time and we will attempt again at a later time. We would like to pause for a moment and send energy, for there are many among your group which are fatigued at this time and there are those who are not here who are thinking of this group at this time, and to all those we also would send energy
我再一次與這個器皿在一起了。我是 *Hatonn*。我們正在嘗試去與被知曉為 *B* 的實體接觸。然而，我們感到滿意，這不是一個好時候，我們將一個以後的時間再一次嘗試。我們想要暫停一會兒並送出能量，因為在你們的團體中間有很多人此刻是疲倦的，會有那些不再這裏的人此刻是正在想到這個團體的，我們對那些人同樣也送出能量。

(Pause)

(暫停)

It is a great privilege to us to be linked in this great circle of energy, the light pouring through us and through you, to each other. We are all one.
我們在這個巨大的能量的中被連接起來，這對於我們是一種巨大的榮幸，光通過我們並通過你們傾瀉到每一個其他人身上。我們是一體的。

I would at this time open the meeting to questions.

我會在此刻對問題開放集會。

M1: Can you tell us about the second coming of Christ?

M1：你們能夠告訴我關於基督再來的時候嗎？

We are unable to express through this instrument this question. There are many concepts which we can speak on and a few which are so highly charged with emotion within the mind of the instrument that we have difficulty in giving a clear message. We are sorry.

我們無法通過這個器皿表達這個問題。會有很多的觀念是我們能夠談論的，它們中的一些事在這個器皿的心智中如此高度地情緒性地充能的，以至於我們會在給予一個清晰的資訊的方面遇到困難。我們是抱歉的。

Is there another question?

有另一個問題嗎？

M2: Yes. What are your thoughts on children, especially their guidance and spiritual growth?

M2：是的。你們關於孩子有什麼想法嗎，尤其是對它們的指引與靈性成長的方面的想法。

We find it much easier to speak on this subject through this instruments for the subject does not have highly emotional feelings about children. Therefore, we shall, as you might say, skip right ahead.

我們發現通過這個器皿對這個主題發言是更為容易的，因為這個主題並不擁有關於孩子的高度的情緒性的感覺。因此，我們將會，如你們會說的一樣，向前一躍了。

Children, as well as adults and old people, are spirits. Into this world they come, extremely vulnerable within their manifestation in the physical, yet as eternal and as complete as any one of those on the planet. What the parents do for their child is right, as long as it is an attempt to be of service. An understanding of the basic freedom of all individuals is, of course, very important.

孩子，如同成年人和老人一樣，是靈體。它們進入到這個世界中的時候，在它們在身體中的顯化中，是極其易受傷害的，而如同在這個星球上的任何人一樣是永恆而玩真的。父母為它們的孩子做的事情是正確的，只要它是一種對進行服務的嘗試。對所有個體的基本的自由的一種理解，當然，是非常重要的。

The Father-Creator has given the family as an understandable symbol of the relationship which is between all of the children of the Father and Himself. The Nurturer and the Creator—the Spirit and the Father. In this relationship, the Nurturer—who is the Mother—and the Creator and Provider—who is the Father—grow to understand divinity and love, for the love that will flow is pure, far more pure than any love that can be discovered by other relationships. It is a deeper and simpler lesson.

天父-造物者已經給予了家庭作為對於在所有的天父的孩子與祂自己之間的關係，在撫育者與造物者——靈性與天父之間的關係的一個可以理解的象徵物。在這種關係中，撫育者——母親——與造物者，即提供者——父親——會逐漸開始理解愛的神聖性，因為將會流動的愛是純淨的，是比任何能夠藉由其他的關係而被發現的愛是遠遠更加純淨的。它是一個更為深入且更為簡單的課程。

And so it is for the parents. This lesson is a great lesson and we know that it will bring you much joy. Know that this is the Father, the Creator, expressing through you as instruments the love which makes up the universe.

對於父母就是如此。這個課程是一門偉大的課程，我們知曉它將會帶給你們大量的喜悅。請知曉，就是天父，造物者，通過作為器皿的器皿表達構成了宇宙的愛。

More than what you do as your child grows, it will be what you are which

affects his understanding and his progress. If you truly seek the spiritual, and if you live your lives according to the path which you seek, if every day you expressly make room for spiritual seeking in your meditation, in your prayer, your child will understand from the very beginning the purpose of life and the path. It is not necessary to ask him to participate. It is never necessary to encourage a small, growing being to choose one way or another. It is only necessary for a child to know that there is such a thing as the spiritual path and that it has given joy to those who are closest to him.

會有比在你的孩子成長的時候你要做的事情更多的事情，它將會是你之所是，你之所是會影響你的孩子的理解與它的發展。如果你真正尋求靈性，如果你是根據你尋求的道路活出你的生命，如果每一天你都在你的冥想中，在你的祈禱中專門為靈性的尋求留出空間，你的孩子將從最開始就理解生命與道路的目的。並不需要請他參與。永遠都不需要去鼓勵一個小小的，成長的存有去選擇一條道路或者另一條道路。唯一需要的事情就是讓一個孩子去知曉，會有諸如靈性的道路之類的一個事情，它已經給予那些最接近它的人喜悅了。

Beyond this, beyond the giving of love and the offering of the spiritual path, that whole and complete being which you have been given to care for will express to you himself that which he will need.

除此之外，除了給予愛以及提供靈性的道路，以及給予你已經被給予的完全與完整的存有之外，**以照料他自己將會對你表達的他需要的事物。**

Does this answer your question?

這回答了你的問題嗎？

M2: Yes.

M2：是的。

Is there another question?

有另一個問題嗎？

(Pause)

(暫停)

How many things you see, my friends, things of surpassing beauty. How many things you think that are sublime! Truly within you, there is divinity. Trust yourself, please, trust yourself, my friends—have confidence. In every sincere impulse, every honest desire to progress, let that have weight within you. Take yourselves seriously, and let that joy that you feel from time to time take root and grow, until your life itself is transformed by your knowledge and understanding of love. It will happen, my friends. Not all at once—it is a progression. And we wish you great joy upon it. 我的朋友們，你們看到多少事情，多少具有卓越的美麗的事情呀。多少你們思考的事情是高貴的呀！在你們內在之中，真的有神性。請相信你自己，相信你自己，我的朋友們——擁有信心。在每一個真誠的衝動中，在每一個去發展的誠實的渴望中，讓那種渴望在你們內在之中擁有重量。嚴肅地對待你們自己，讓那種你

們時不時地感覺到的喜悅紮根並生長，一直到你的生命其自身被你對愛的知曉與理解轉變為止。它將會發生，我的朋友們。不是全都同時發生——它是一個過程。我們祝願你們在其上擁有巨大的喜悅。

Your brothers leave you in the love and light of the infinite Creator. I am Hatonn. Adonai vasu borragus.

你的兄弟們在無限造物者的愛與光中離開你們。我是 *Hatonn*。 *Adonai vasu borragus*。

August 15, 1976

1976-08-15 Lattoo : 一個宇宙的笑話

(H channeling)

(H傳訊)

I am Hatonn. Greetings in the love and the light of our infinite Creator. It is pleasing to be with you once again and we welcome those that rejoin us. It is always a pleasure to see those who travel upon their path [that they] continually hold within their consciousness the values which they have gained throughout their experiences. And it is these values which have brought those who have been guided, shall we say, to once again share in this experience. 我是 Hatonn。在無限造物者的愛與光中致意。再一次與你們在一起是令人快樂的，我們歡迎那些與我們重逢的人。看到那些在它們的道路上旅行的人持續不斷地在它們的意識中緊緊抓住它們在貫穿它們全部的體驗已經取得了的價值，這一直都是一種快樂。就是這些價值已經將那些，容我們說，得到了指引的人帶來了，以再一次在這個體驗中分享。

My friends, as you travel along that which you consider to be your path, you shall share with many the knowledges you have gained through all the avenues you have traveled and studied. You shall carry with you the accumulation of all the knowledge—not only gained through this experience of life, but through all experiences prior to this life. This knowledge is continually attained within you and is constantly available for your usage. 我的朋友們，當你們沿著你們認為是你們的道路的事物旅行的時候，你們將於很多人分享你們已經通過所有你們已經旅行的道路取得的，且已經研究過知曉。你們在你們身上帶來了所有的知曉的累積——不僅僅是通過這個生命的體驗被取得的，同樣也是通過所有在這次生命之前的體驗被取得的知曉。這種知曉是持續不斷地在你們內在之中被取得，並持續不斷地是可供你們使用的。

And as you know, it is through the process and practice of meditation that you may, shall we say, easily obtain access to that knowledge. As you encounter situations and people throughout your present life experience, it is your obligation to bring forth the purest and greatest manifestation. It is your obligation to share with those your knowledge, your experiences and your love. Certainly, we are aware that there are many with whom the sharing of this knowledge at the present time would be nearly useless and, at some times, would be harmful to the relationship. You as the individual carries with you the knowledge of past and present. You should be capable of recognizing those individuals with whom to share it—these experiences and this knowledge. And with those with whom you realize you should not enter into discussions, you can constantly carry with you and share with them the love which is the total manifestation of those experiences and of that knowledge. 如你們知道的一樣，就是通過冥想的過程以及對冥想的練習，你們可以，容我們說，容易地取得對那種知曉的入口了。當你們在貫穿你們當前的生命體驗遭遇到情況與人的時候，你們的義務就是產生出最為純淨且最大的顯化。你們的義務就

是與那些人分享你們的知曉，你們的體驗與你們的愛。肯定地，我們知道會很多人，你們與它們分享這種知曉在此刻會幾乎是無用的，在一些時候，會對關係是有害處的。你作為個體是在你身上帶來了過去與現在的知曉。你將能夠認出那些與之分享它——這些體驗和這種知曉——的個體。對於那些你意識到不應該與之進入到討論中的人，你是能夠持續不斷地在你身上攜帶著那些體驗與那種知曉的完全的顯化物之所是的愛，並與它們分享這種愛的。

My friends, you must realize, shall we say, the potency and the creativity of those thoughts which you place into the, what we call, the ethers. The spoken word indeed carries much power, yet the unspoken word, my friends, is even greater. As you are aware, the other realms of existence is such that verbalization of thought is no longer utilized, for it has come to those peoples' knowledge that it is simpler to utilize the natural process of thought transference or what you would call telepathy. My friends, you can send to all around you all the knowledge which you contain, by simply projecting your love to them. For as we have stated, love is the total manifestation of all your experience and knowledge. Love is the manifestation of all things.

我的朋友們，你們必須意識到，容我們說，那些你們放置在，我們所稱的，乙太之中的想法的潛能與創造力。被說出的話語確實帶有大量的力量，而未說出的話語，我的朋友們，力量甚至是更大的。如你們知曉的一樣，其他的存在性的領域是這樣子的，對想法的言語化不再被利用了，因為它那些人知曉的事情是，利用思想傳遞的自然而然的過程或者你們稱之為心電感應的自然的過程是更加簡單的。我的朋友們，你們能夠藉由單純地對你們周圍的所有人投射你們愛，而對它們送出你們取得的所有的知曉。因為如我們已經說過的一樣，愛就是對所有你們的體驗與知曉的全部的顯化。愛是對所有事物的顯化。

And for you to direct that love, purely and completely, to any individual, is to share all that you contain and you contain all of the knowledge of the universe. Each one of you, my friends, are as a beacon, a beacon upon the shore to guide the ships at sea. Shine brightly! Never allow your flame to dim, to flicker, to be extinguished. Allow your flame to glow brilliantly, wherever you are, and in whatever you do, and, my friends, this indeed is enough for you to do. It is your obligation as a manifestation of the Creator to share this love. It is your opportunity to express and to learn, during this lifetime, the meaning of the concept. Do not falter, my friends, and do not be harsh upon yourself, feeling that you have faltered. For, my friends, it is your desire to become that ever-glowing fire, and it shall be done, and the experiences upon the way are indeed helpful. You cannot falter when your focus is in the right direction. You shall achieve what you have set out to do. This is the law: that which you desire you shall receive. Doubt it not and it shall be fulfilled.

如果你們要那種愛，純淨地且完全地，指引到任何個體，你們就是要去分享所有你們包含的事物，你們包含了所有對宇宙的知曉。我的朋友們，你們每一個人，都如同一個燈塔一樣，一個站立在海岸邊為海上的船隻導航的燈塔。明亮地閃耀吧！永遠不要允許你們的火焰暗淡，搖曳，並被熄滅。允許你的火焰明亮地發光，無論你們在哪里，在你們做的無論什麼事情中，我的朋友們，這確實就是足夠你們去做的事情了。去分享這種愛，是你們作為造物者的一個顯化物的義務。它是

你們，在這次生命中，去表達並去學習那個觀念的意義的機會。我的朋友們，不要猶豫，不要對你自己苛刻，並感覺到你們已經是畏縮的了。因為，我的朋友們，你們的渴望就是成為那種不斷發光的火焰，它將會被完成，在道路上的體驗確實是有幫助的。當你們的焦點是在正確的方向上的時候，你們是無法猶豫的。你們將取得你們已經著手開始去做的事情了。這就是法則：你們渴望的事物，你們將會接收到。不要懷疑它，它將會被實現。

I shall transfer this contact. I am Hatonn.

我將轉移這個接觸。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument. I am Hatonn. Yes, my friends, that which you request, you shall receive. There is a simplicity to this which is difficult to grasp and because you are in a physical body at this time, it seems that to request something is to go, as an object of physical dimensions, and ask another physical object for some thing. It is this type of concept which causes love to be very difficult to understand in this place.

我與這個器皿在一起了。我是 *Hatonn*。是的，我的朋友們，你們請求的事物，你們將會接收到。對於這個法則會有一種簡單性，因為在此刻你們是在一個物質性身體中的，這個法則是很難掌握的，它看起來似乎是，要請求某個事物，就是作為一個具有物質性的大小的物件一樣，去對另一個物質性的對象請求某個事物。就是這種類型的觀念使得愛在這個位置中成為了非常難以理解的了。

When you seek love, when you seek to know the source of love, it is an attempt to tabernacle, shall we say, to become one with that which is infinite and invisible, that which is nearer to you than your own body. You need go nowhere. Love is waiting for you, so close—so very close, my friends. So that the request, in its simplicity, is simply a willingness of you as individualized consciousness to become the observer in your life, to turn your life over to love, to turn your life over to Christ-consciousness. You do not have the power to show love. You can only offer your life to love, so that love can live your life. Then, as you watch, the force of love flowing through you will teach you.

當你們尋求愛的時候，當你們尋求知曉愛的源頭的時候，它是一種去，容我們說，處於至聖所，以與無限與不可見的事物，與比你們自己的身體離你們更近的事物成為一體的嘗試。你們哪里都不需要去。愛是等待著你們的，如此接近——如此非常接近，我的朋友們。因此，請求，在其簡單性中，單純地是一種你作為個體化的意識，樂意於成為在你的生命中的一個觀察者，並將你的生命向著愛翻轉過來，將你的生命向著基督意識翻轉過來。你並不擁有顯現愛的力量。你們僅僅將你的生命奉獻給愛，這樣愛就能夠活出你的生命。接下來，當你觀察的時候，流經你的愛的力量將會教導你。

You, yourself, as individualized consciousness, will never be wise to the ways of love, for the physical is a series of measurements and judgments and understandings which are limitations. Love is creative, limitless and infinite.

你，你自己，作為個體化的意識，將永遠不會對愛之道 (*ways of love*) 成為有智慧的，因為，物質性的事物是一系列的度量，評判與理解，它們是局限性。愛是創造性的，不受限制且無限的。

When love approaches a situation, love expands that situation. Love eases. Love makes possible comfort where no comfort was. Individualized consciousness cannot do this and all the will in the world cannot find the way of love.

當愛接近一個情況的時候，愛拓展了那個情況。愛產生放鬆。然在曾經沒有安慰的位置產生出有可能的安慰。個體化的意識是無法這樣做的，所有在世界中的意志都無法找到愛之道。

So as you seek, seek to watch the ways of love as they flow through you. It is important to discriminate, it is important to judge. And yet, as you are functioning, allow love to flow through you, without judgment and without hindrance. And then it will teach you its ways and it will live your life. You cannot direct the Creator. As long as you attempt to direct Him, He will stand knocking, asking to be let in to your heart. Once you make the connection, then you and the consciousness of love will be together, communing and living a creative life.

因此，當你們尋求的時候，尋求在愛流經你們的時候去觀察愛之道。去分辨是重要，去判斷是重要的。而當你在發揮作用的時候，允許愛流經你，沒有評判，沒有妨礙。接下來，它將會教導你它的道路，它將會活出你的生命。你無法指引造物者。只要你嘗試去指引祂，祂將會停下來等待，並請求被允許進入到你的心中。一旦你建立了連接，接下來，你與愛的意識就將會在一起，親密交流並活出一種創造性的生命。

Seek and ye shall find. Knock and the door shall be opened unto you. Truer words were never written. It is your responsibility—your only true responsibility—to seek and then when you have found—to share. For us to share this with you is a great pleasure. I will transfer to another instrument. I am Hatonn.

尋求，你將會找到。敲門，門將會向著你被打開。

(H channeling)

(H 傳訊)

I am Hatonn. I am once again with this instrument. We are having difficulty achieving contact with the instrument known as B1. We shall continue through this instrument.

我是 *Hatonn*。我再一次與這個器皿在一起了。我們在與被知曉為 *B1* 的器皿接觸的時候正在遇到困難。我們將通過這個器皿繼續。

My friends, it has become known to us, quite some time ago, that to reside within the state of love for all of creation is, shall we say, the only way to achieve, to gain, the happiness and the fulfillment which we seek.

我的朋友們，在一些時間之前就已經為我們所知曉的事情是，居住在對所有的造物的愛的狀態中，就是去獲取，去取得我們尋求的快樂與實現的，容我們說，唯一的途徑。

You must, through your discipline, elevate yourself to a state of mind with spirit that allows no prejudices to block the free flow of your love. Allow no separations to be acknowledged, for they also cause blockages in that flow of love. Bring yourself to a state of harmony of mind, body and spirit being one with creation.

你必須，通過你的修煉，藉由靈性將你自己提升到一種心智的狀態，這種狀態不會允許偏見阻塞你的愛的自由的流雲。不要允許分離被承認，因為它們同樣會造成在那種愛的流動中的阻塞。將你自己帶到一種具有心智、身體與靈性與造物合一的協調性的狀態中。

My friends, it is our responsibility to one another to love each other, without limitations of any kind. Certainly, as you reside upon this plane of experiences, there shall be those things which tend to irritate you. Yet look past them, my friends. Realize that what you see within another individual that irritates you is a projection of what you either contain or fear that you may contain within yourself. You are the creator of your universe. You perceive within it that which you choose to perceive. You experience within it that which you choose to experience. No other can bring about the manifestation of experience or perception within your universe. You may choose to share those manifestations with others, yet no other can override your creativity. You might say it is your ship and you are the captain. You can share with the crew what you wish. But the decision is yours.

我的朋友們，你們對於相互彼此的責任就是去彼此相愛，而沒有任何類型的限制。肯定地，當你們居住在這個體驗的層面上的時候，將會由那些傾向於讓你們感到不舒服的事情。而看穿它們，我的朋友們。意識到，你在另一個讓你不快的個體內在之中看到的事情，是對於你要麼包含的事物，你要麼害怕你可能包含在你自己內在之中的事物的一個投射。你是你的宇宙的造物者。你在它內在之中感知你選擇去感知的事物。沒有其他人能夠在你的宇宙中產生出對體驗或者知覺的顯化物。你可以選擇與其他人分享那些顯化物，而沒有其他人能夠壓倒你的創造性。你可以說，它是你的船，你是船長。你能夠與船員分享你希望分享的事物。但是決定是屬於你的。

Think of this, my friends, and realize as you go along your path: you follow that which you have laid out in front of you. You experience that which you have chosen. And you are to love all that you have created.

我的朋友們，考慮這一點，意識到，在你們沿著你們的道路前進的時候，你們是跟隨著你們已經在你們前方鋪設好的事物。你們體驗到你們已經選擇的事物。你們是要去愛所有你們已經創造了的事物。

I shall leave you at this time, in the love and the light of our infinite Creator. I am known to you as Hatonn. Adonai vasu borragus.

我將會在此刻離開你們，在我們的無限造物者的愛與光中。我是你們知曉的

Hatonn. Adonai vasu borragus.

(Carla channeling)

(Carla 傳訊)

I am Lattoo. I greet you in the love and the light of the infinite Creator. I have not spoken with your group very often, but there are questions within your group which it is felt that I may be most equipped to answer. So, at this time I open the meeting to questions.

我是 *Lattoo*。我在無限造物者的愛與光中向你們致意。我不是非常經常對你們的團體發言，但是在你們的團體中有一些問題，我感覺到我可能是極其適合於回答它們的。因此，在此刻我對問題開放集會了。

B2: I'd like to know what happens to animals on this plane right now? Do they go through the same cycle as men on this plane? In their evolution towards becoming more evolved in life-forms, do they change into other life forms or do they stay animals?

B2：我想要知曉，現在在這個層面上在動物身上發生了什麼事情？它們在經歷和在這個層面上的人一樣的週期嗎？在它們朝向成為在生命形式中的更加進化的形式的演化中，它們會改變成為其他生命形式嗎，或者它們會留在動物形式嗎？

This is a question which cannot be answered on the general level, due to the fact that animals begin their consciousness as a type of pool of consciousness, so that each type of animal is that animal in general. They go through many incarnations at this level, until experiences occur which mold their individual personality. It is especially common for the so-called domesticated animal to become individualized, through the love which they share with their masters. At the point at which an animal becomes individualized, he ceases, upon the physical death, to go back into animal consciousness. He will instead begin that evolution known to you as the human type of evolution. In the so-called spirit, this animal consciousness, having been individualized, will spend time dwelling upon the love of his master, and will incarnate, often in order to be with his master. At some point, this individualized pet or animal will have become so much of an individual that his soul is ready for the step of becoming a human soul. This is a very long process, in your terms. Consciousness is a plenum, or as you may call it, a spectrum, one type of consciousness a little more articulated than the next, beginning with the most dense and still objects and going into the human, and past, into angelic consciousness. That of the animals is the step in the process which is below, next to, and merging with the human consciousness.

這是一個無法在一般性的層次上被回答的問題，這是由於動物是作為一種類型的意識的池塘而開始它們的意識的事實，因此，每一種類型的動物都是一般性那種動物。它們在這個層次上經歷很多次的投生，一直到會塑造它們的個體性的人格體驗發生為止。那些所謂的家養的動物，通過它們與它們的主人分享的愛，而成為個體化的，這是尤其常見的。在一個動物在其上成為個體化的位置上，他在

物質性的死亡的時候，停止返回到動物意識之中。他將會作為替代開始被自你們知曉為人類的演化的類型的演化。在所謂的靈性中，這個動物意識，在已經被個體化之後，將會花費時間與他的主人的愛留在一起，將會經常是為了與他的主人在一起而轉世投生。在某個位置上，這個個體化的寵物或者動物，將會已經如此多地成為了一個個體，以至於他的靈魂為成為一個人類的靈魂的步驟做好準備了。這是一個，用你們的說法，非常漫長的過程。意識是一個實空間 (*plenum*)，或者如你們會稱呼它的一樣，一個光譜，一種類型意識是比下一種要更加明白一點的，從最為緻密，且仍舊是物體的意識開始，進入到人類，超過人類，進入到天使的意識。動物的意識是在那個過程中的下方的臺階，緊鄰人類意識，並於人類意識結合在一起。

Does this answer your question?

這回答了你的問題了嗎？

B2: Yes.

B2：是的。

W: I have a question. Concerning the artist David Bowie: was his previous incarnation—or was he brought to Earth as an alien—or is he aware of the Confederation in this incarnation? How does the way he projects as a performer relate to the evolution and possible manifestation of the Confederation?

W：我有一個問題。關於藝術家 *David Bowie*：他的前世——或者他是作為一個外星人被帶到地球上的嗎——或者他在他的投生中知曉星際聯邦嗎？他作為一個演員進行表演的方式是如何與演化以及星際聯邦的有可能的顯化有關聯的呢？

We do not wish to invade the privacy of any of those upon your planet, and so we would not wish to speak upon the thoughts and opinions of the one of whom you speak. However, we can say without invading his privacy, that he, as well as many, many others of those who are in your public life as performers, is what this instrument has called an apple. He, and many, many others, have come in through the incarnational process and have had a normal birth and childhood upon your planet. Yet his previous experiences have not been with this planet, and so he, as with many, many others upon your planet, is rather uncomfortable at times in the vibrations which now prevail upon your Earth world. These things he expresses, as well as the understandings of which you are all aware, [have] to do with the spiritual path. It is not uncommon for those upon your planet to be aware that they are not, at heart, at home upon your planetary atmosphere. The one of whom you speak is simply in a somewhat better position, due to his renown, to, shall we say, spread the word.

我們並不希望侵犯在你們星球上的任何人的隱私，因此，我們不希望談論你談及的實體的想法與觀點。然而，我們會在侵犯他的隱私的情況下說，他，同樣還有很多很多其他的那些在你們的公開的生命中作為演員的人，都是這個器皿已經稱之為一個蘋果的事物。他，以及很多很多其他的實體，已經通過投生過程進入

並已經在你們的地球上經歷了一次通常的出生與童年。因此，他，和在你們的星球上的很多很多的其他實體一樣，在在你們的星球的世界中現在盛行的振動中時常是相當不舒服的。這些他表達的事情，同樣還有對你們全都知曉的事情的理解，是與靈性的道路有關的。對於那些在你們的星球上的人，去察覺到，它們在其核心之處，在你們的星球的環境中並不會感覺到是在家中，這並不是不同尋常的。你談及的實體單純地是，處於一個多少有些更好的位置，這是由於它，容我們說，遍及世界的聲望。

Does this answer your question?

這回答了你的問題嗎？

W: Yes. Is Findhorn a sort of power focus of cosmic energies? Where are various spots like this in the United States and possibly specifically in the nearby area?

W: 是的。*Findhorn* 是對宇宙能量的一種類型的力量的聚焦嗎？在美國中類似這個位置的各種各樣的位置，以及具體而言在附近區域中有可能的位置在哪里呢？

The so-called magnetic anomalies which constitute such places which are known in your, shall we say, folklore, as the Bermuda triangle, are specific magnetic disturbances which can be pinpointed with fair accuracy over a period of time. However, it is best to understand that there is a great difference between the so-called window areas which indicate geographic areas whose fabric is uniquely vulnerable to interfaces with other spaces and times and the type of energy accumulation which is possible in a place, no matter where it is, in which the consciousness of people has found a niche. Findhorn is this latter type of place. Rather than being an electromagnetic phenomenon, it is a phenomenon of consciousness. The energies have been directed to this place from energies which exist everywhere.

構成了在你們的，容我們說，民間傳說中被知曉為百慕大三角的位置之類位置的所謂磁力的不規則，是特殊的磁力的擾動，它們能夠在一段時間之後相當精確地被定為。然而，去理解這一點是最好的，在所謂的視窗區域與在一個位置中有可能的能量的聚集的類型之間的之間會有一種巨大的區別，這些視窗區域會指出這樣的地理的區域，它們的結構是獨一無二地易於受到與其他的空間和時間的分界面的影響的，無論那個能量聚集的區域在什麼位置，在人的意識其中都會找到一個活動範圍。*Findhorn* 就是後一種類型的位置。它不是一種電磁性的現象，它是一個意識的現象。來自於存在於其他位置的能量已經被導向這個位置了。

It is true that there is a grid, shall we say, of energy which surrounds the planet. Yet these energies can be tapped off in very general and large areas. One does not have to be sitting, shall we say, on the top of the pyramid to get the energy, for with consciousness, one can move the pyramid. It is the faith of the individual which builds the energy which makes the miracles possible. Such is what has happened at Findhorn.

真實的情況是，會有一種圍繞著星球的能量的，容我們說，網格。而這些能量能夠在非常一般性與巨大的區域中被開採出來。一個人不必坐在，容我們說，金字

塔的頂部來得到能量，因為藉由意識，一個人能夠移動金字塔。構建了使得奇跡成為有可能的能量的事物，是個體的信心。這就是已經在 *Findhorn* 發生的事情了。

As you seek your place in life, seek first that seed of faith—that touching with the infinite. Then, allow your sensors, as you might say, to be touching from that sensor output. And when that center says, "This is where I wish to be," then that will be a place of power for you. It is a very personal thing, the generation of power. The place whereon you stand is holy ground. You cannot possibly develop power from an outside source on the level at which *Findhorn* was created. That power came and does come from the consciousness of love, which is the source of power for all things.

當你尋求你在生命中的位置的手，首先尋求那個信心的種子——信心的種子是與無限接觸的。接下來，允許你的感知，如你們可能會說的一樣，接觸那種感知的輸出。當那個中心中，“這就是我希望在的地方，”接下來，那就將會對於你是一個具有力量的位置了。對力量的產生，這是一個非常個人的事情。你站立在其上的位置就是聖地。你不可能從在 *Findhorn* 在其上被創造的層次上的一個外部的源頭發展出力量。那種力量是來自於，且確實是來自於愛的意識的，愛的意識就是所有事物的力量的源頭了。

W: Can you give me any clues as to better care [for] and as to what precisely of sorts am I under regarding my physical strength?

W：在關於更好的照顧的方面，以及在關於我在關於我的身體的力氣的方面我究竟是處於什麼類型的情況下的方面，你們能夠給予我任何線索嗎？

We would suggest a relaxation period before you attempt to sleep. You must be stricter with yourself about putting down those intellectual worries and considerations which the day will bring. It is a matter of never relaxing. This is not good for the physical. With relaxation and meditation, then as you lie down to rest, do not allow thoughts to begin to work through, but instead allow thoughts only of a recreational nature. You must allow your brain and your body to rest. Our other suggestion is always good for anyone, and that is to allow yourself to seek the light touch. To allow yourself to remember that life as you know it is a cosmic joke. It is not good to take things too seriously. All of your busy thoughts and all of your worries are, at best, little cartoons. When you pass from this physical existence, you will spend some time laughing and some time crying. And the tears will come because you took things so seriously, that you forgot to laugh and praise the Creator that gave you this marvelous cartoon. This attitude is all-important in maintaining the balance that allows you to go through your physical experience learning and also enjoying yourself. We do not give advice as to such things as diet, etc., because it is our firm belief that these details are meaningless. That which you put into the body is an illusion. The good that you get from it is a function of your belief that it will do you good. The harm that you will get from it is also a function of your belief that harm will come from it. Nothing within the physical has power over you unless you allow it to. Do as you deem wise, and then

remember, as we say, that whatever you do, it is a kind of cartoon. The greatest and noblest and most tragic things are passing fancies, my friends. Accept them for what they are, accept feelings for what they are. All are true, but all will pass. Do not forget to laugh.

我們會建議在你嘗試去睡覺之前的一段放鬆的時間。你必須要在關於放下那一天將會帶來的那些智力上的憂慮以及考慮的事情的方面成為更加嚴格的。它是一個從來都沒有放鬆下來的問題的。這對於身體是不利的。藉由放鬆和冥想，接下來，當你躺下來休息的時候，不要允許想法開始工作，但是作為替代僅僅允許具有一種修養的屬性的想法。你必須允許你的大腦和你的身體休息。我們其他的建議是對於任何人一直都是有益處的，那就是允許你自己尋求輕觸。允許你自己回憶起，生命，如你對它的知曉一樣，是一個宇宙的笑話。去將事情看得太過嚴肅，這是不好的。所有你的忙碌的思想以及你所有的憂慮，在最好的情況下，都是一個小小的卡通。當你超越了這種物質性的存在性的時候，你將會花費一些時間笑，花費一些時間哭。眼淚將會出現，因為你如此嚴肅地對待事情，以至於你忘記了笑與讚美那個給予了你這個精彩的卡通的造物者。這種態度在維持平衡的方面是完全重要的，這種平衡會允許你經歷你的物質性的體驗，同時學習並同樣也讓你自己享受。我們不會找關於諸如飲食，以及如此等等之類的事情上給予建議，因為我們堅定的信念是，這些具體細節是無意義的。你放入到身體中的事物是一個幻象。你從它得到的益處，是你對於它將會對你有好處的信念的一個功能。你將會從其得到的害處，同樣也是你對於傷害將會從它出現的信念的一個機能。在物質性中沒有任何事物擁有控制你的力量，除非你允許它擁有。做你認為是智慧的事情，記下來，記住，如我們說的一樣，無論你做的什麼事情，都是一種類型的卡通。最偉大，最高貴，以及最悲劇的事情，都是流逝的幻覺，我的朋友們。為它們之所是而接受它們，為它們之所是的感覺而接受它們。所有事物都是真實的，但是，所有事物都將過去。不要忘記笑。

Are there any other questions?

有任何其他問題嗎？

(Pause)

(暫停)

I am Lattoo. It's been a very great pleasure to be with you. I and my brothers seldom get a chance to speak with this group and it was indeed a privilege. I will leave you at this time. I leave you in the love and the light of the One Who is All. Adonai, my friends. Adonai vasu.

我是 *Lattoo*。與你們在一起已經是一種非常巨大的快樂了。我和我的兄弟很少得到一個機會來與這個團體發言，它確實是一種榮幸。我將會在此刻離開你們。我在太一的愛與光中離開你們。Adonai，我的朋友們。Adonai Vasu。

August 22, 1976

1976-08-22 *Hatonn* : 知曉與理解的禮物

(Don channeling)

(Don 傳訊)

I am *Hatonn*. I greet you, my friends, in the love and the light of our infinite Creator. It is a very great privilege to be with you this evening. I am known to you as *Hatonn*. I am not of your planet, however I am deeply concerned at this time about the activities of the peoples of your planet. My friends, myself and all of my brothers at this time are very concerned about the activities upon your planet. We are limited in speaking to you, however, in that we must use this means. We are limited to this means by wisdom, for we have found that it is necessary to approach a planet such as yours in this manner. For it is very important, my friends, to give freely in such a manner that the gift cannot be misunderstood.

我是 *Hatonn*。我的朋友們，我們在我們的無限造物者的愛與光中向你們致意。在今晚與你們在一起是一種非常巨大的榮幸。我是你們知曉的 *Hatonn*。我並不屬於你們的星球，然而，我在此刻深入地關注你們星球的人的活動。我的朋友們，我自己和所有我的兄弟在此刻都是非常關注在你們的星球上的活動的。我們在對你們發言的方面是受限制的，然而，因為我們必須使用這種途徑。我們是因為智慧而受限於這種途徑的，因為我們已經發現，用這種方式來接近諸如你們的星球之類的一個星球，這是有必要的。因為，用這樣一種禮物無法被誤解的方式來自由地給予，我的朋友們，這是非常重要的。

This is what we have for you, my friends: a gift. A gift of knowledge and understanding. This is all that we bring for you, all that there is. There is nothing more.

這就是我們擁有的要給予你們的事物，我的朋友們：一個禮物。一個知曉與理解的禮物。這就是所有我們為你們帶來的事物，這是一切萬有。沒有任何更多的事物了。

(Pause)

(暫停)

(H channeling)

(H 傳訊)

I am *Hatonn*. I am with this instrument. Excuse us for the delay. We are certain that it is, shall we say, wondered what brings about the difficulties which you have just witnessed. We merely must say that as a radio receiver, the intellect of man can receive external energy inputs or thought forms, yet for proper and clear reception and transmission, it is necessary that analysis by the individual receiving must be refrained from, for to receive and to analyze before attempting to transmit is to cause some confusion and disjointedness in the energies received.

我是 *Hatonn*。我與這個器皿在一起了。請原諒我們的延遲。我們肯定，什麼事情產生出了你們剛剛已經見證了的困難，這是，容我們說，令人吃驚的。我們僅僅必須說，如同給一個電臺接收器一樣，人的智力能夠接收到外部的能量輸入，或者思想形態，而對於適當且清晰的接收與傳遞，被接收的個體進行的分析需要要被抑制，這是需要的，因為要在嘗試去傳遞之前接收並分析，就是在被接收到的能量中造成某種混淆與脫節。

We shall resume communication through the other instrument in a short time. We merely wish to utilize the first portion, shall we say, of this communication to merely scan over that which has been discussed and to assist in bringing into clearer understanding some of our viewpoints and our purpose.

我們將一段很短的時間後通過另一個器皿恢復交流。我們僅僅希望利用這個交流的，容我們說，第一個部分來僅僅掃描已經被討論過的內容，以在產生出更為清晰的對一些我們的視角以及我們的目的的理解的方面進行幫助。

We of the Confederation consider man, upon the planet Earth, to be of great importance. We consider him to be our brother. For throughout our experiences and what you might call our travels, we have come to realize that there is a greater unification between all things within this universe or creation than one can realize through the processes of the intellect. Many of the philosophies which are shared among your people speak of the concept of oneness, oneness of creation. And, indeed, we have found that this concept expresses most easily the truth of the existence of our creation.

我們星際聯邦認為，在行星地球上的人是具有巨大的重要性的。我們認為他是我們的兄弟。因為貫穿我們整個的體驗以及我們可能稱之為我們的旅行的事物，我們已經開始意識到，在這個宇宙或者造物中，會有比一個人通過智力的過程能夠領會的，遠遠更大的一種在所有事物之間的統一性。很多在你們的人群當中被分享過的這些都談及了一體性的觀念，造物的一體性。確實，我們已經發現，這個觀念極其輕易地表達了我們的造物的存在性的真理。

You must view all things as being merely a portion of the entire creation. Each thing is as a molecule within the overall structure of the body of the universe, or of the Creator Himself. Recognizing to some degree the functions of your own physical form, you must realize that each and every particle of your physical form is of importance to the proper functioning within that form. And so it is within the universe: each individual, each particle, is indeed of vast importance to the overall proper functioning and existence of this creation.

你們必須要將所有的事物都視為僅僅是整個造物的一部分。每一個事物都如同在宇宙的身體或者造物者祂自己的身體的全部的構架中的一個分子。通過在某種程度上認出你們自己的物質性的形體的功能，你們必須要意識到，你的物質性形體的每一個微粒對於在那個形體中的適當的功能都是具有重要性的。在宇宙中就如這樣：每一個個體，每一個微粒，都確實是對於這個造物的適當的功能以及存在性具有巨大的重要性的。

All of us have instilled within us the love by which we were created. There is one form of love, there is one source of love and that is the Creator. We are

the projections and we are the practice of that love. And therefore contained within us is the Creator. As we are in Him, so also is He within us. All things are interdependent upon each other. All things in truth are each other, and are one.

我們全體都已經在我們內在之中灌注了我們藉由其被創造的愛。會有一種愛的形式，會有一個愛的源頭，那就是造物者。我們是那種愛的投射，我們是那種愛的實踐。因此，造物者是被包含在我們內在之中的。如同我們在祂內在之中一樣，祂因此同樣也在我們內在之中。所有的事物都是相互彼此依賴的。所有的事物實際上就是相互彼此，是一體的。

Our purpose for being here is to assist mankind in the realization of this simple concept. Yet we must stress: to come to the realization, to the true understanding of these concepts, is, shall we say, limited, if you only employ the utilization of your intellect. My friends, you have within you the ability to know and to be all things. The intellect is contained within the physical forms and also within that form abides your essence, or your being. Your being is the manipulator of the form. You are the commander of the ship. And the intellect is a portion of that form. It is a function of that which you call the brain. "Know thyself," has been stated many times within your scriptures. Know you, the manipulator of your form. And from this, you shall know the Creator. You shall know the vastness and the infinite knowledges of the universe. Utilize the intellect, and learn to know thyself, for what which has created you, that which is within you, and that which you are, contains the highest form of what you might call intellect or knowledge. It is not limited to merely one plane of existence. It is omnipresent; it is omnipotent. It is all things and it is one with the Creator. It to you, it is I, and we call it love. The overall concept of all things, we call love.

我們在這裏的目的是去在人類領悟這個簡單的觀念的過程中幫助人類。而我們必須強調，與取得那種領悟，如果你們僅僅使用對你們的智力的使用，對這些觀念的真實的理解就是，容我們說，受限的了。我的朋友們，你們在你們內在之中擁有能力去知曉並成為所有的事情。智力是包含在物質性的形體中，在那個形體同樣存在有你們的實質，或者你們的存有。你們的存有是對形體的操作者。你們是船的艦長。智力就是那個形體的一部分。它是你們稱之為大腦的事物的一個功能。

“知曉你自己”已經在你們的經文中被陳述過很多次了。知曉你自己，你的形體的操作者。從這種知曉，你將知曉造物者。你將知曉宇宙的巨大與無限的知曉。利用智力，學會去知曉你自己，因為已經創造了你的事物，在你內在之中的事物，你之所是的事物，包含了你可能稱之為智力或者知識的事物的最高的形式。不是受限於單單一個存在性的層面的。它是無所不在的，它是全能的。它是所有的事物，它是與造物者是一體的。它是你，它是我，我們稱之為愛。所有事物的整體性的觀念，我們層次為愛。

I shall transfer this communication once again. I am Hatonn.

我將再一次轉移這個交流。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument, and again I greet you in love and light. That which you know as your intellect and that which we term the intellect or the mind of the Creator are not very related concepts. We have urged this group many times to be completely aware of the uses and functions of the intellect, and so to make that very useful tool work for you, rather than you working for it. For, my friends, that is what the intellect and the physical body itself will do to you, of course, if it can.

我與這個器皿在一起了，我再一次在愛與光中向你們致意。你們知曉為你們的智力的事物，以及我們稱之為造物者的智慧或者心智的事物，並不是非常有關聯的概念。我們已經很多次鼓勵這個團體完全知曉智力的用途與功能，以便於讓那個非常有用的工具為你們工作，而不是你們為它工作。因為，我的朋友們，那就是智力與物質性身體其自身將會對你們做的事情了，當然，如果它能夠的話。

Both the intellect and your physical form have a short stay, in an organized sense, in consciousness, and so the short-term interests of the physical form and the intellect crave instant and continuous attention. And if you, as a spiritual self, are not careful, you will be a slave to these requests of the body and of the mind. And you will not allot any time, any serious time, to your progress outside the physical.

智力與你們的物質性的形體，用一種有組織的方式，會在意識中擁有一種短暫的停留，因此物質性的形體與智力的短期的興趣會渴望瞬間與持續性的注意。如果你，作為一個靈性的自我，不是小心謹慎的話，你將會成為這些身體和心智的要求的一個奴隸。你將不會將任何時間，在任何嚴肅的時間分配給超越你的物質性之外的發展。

As you seek the mind of the Creator, which is love, you are seeking something entirely different. You are not seeking something which has a limitation, which offers limitations. You are seeking just the opposite, for true knowledge and understanding gives freedom—always. And as you seek to loosen the bonds of those things which imprison your soul, you are seeking a love which is so articulated, so fastidiously realized, that it is indeed that which is a perfect knowledge, a perfect understanding, and yet the energy of this understanding, far from being a separator or divider, is a unifier. Love unites all things, love combines all things, ameliorates all difficulties, heals the wounds that you may have. A complete understanding of love, fully realized in your life, will heal you on whatever level you need to be healed—and many, many are the hurts, my friends, that do not show, yet are grievously painful within your life experiences.

當你尋求造物者的心智，也就是愛的時候，你是在尋求某個完全不一樣的事情。你不是在尋求某個擁有一種局限性，提供了局限性的事物。你是在尋求正好相反的事物，因為真正的知曉與理解會給予自由——一直都會。當你尋求去鬆開那些囚禁你的靈魂的事物的束縛的時候，你是在尋求一種愛，它是被如此清楚表達的，是如此一絲不苟地被領會的，以至於它確實是一種完美的知曉，遠遠不是一個分離者或者分裂者，而是一個統一者。愛統一所有的事物，愛結合所有的事物，化解所有的困難，療愈你們可能擁有的傷口。一種對愛的完全的理解，當在你們

的生命中被充分領會的時候，將會在無論什麼你們需要被療愈的層次上療愈你們——很多很多的需要療愈的層次，我的朋友們，是不會顯現出來的傷害，而它們在你們的生命體驗中是令人悲痛地痛苦的。

To gain an understanding of love is a process which is greatly aided by what we call meditation, what you are doing now. For, my friends, within your scriptures you have heard many times that it is not a good thing to raise up graven images. This is one of your commandments within your Holy Bible. Yet a graven image does not have to be made of earth or stone. It can also be made of words. And all those who say, "I believe in the Father," or those who say, "Love has come into my life and will heal me," are kneeling to a graven image, for words have never done anything for anyone. To allow the experience of love to come into your life is to open yourself to it and to listen for it, to allow yourself to feel it, for the understanding without words, the experience without intellect, is what will indeed show you love.

要取得一種對愛的理解，是一個會極大地被我們稱之為冥想的事物，即你們現在正在做的事情，所幫助的過程。因為，我的朋友們，在你們的經文中，你們已經很多次聽到過，去將被雕刻出來的形象高高舉起，這不是一個好事情。這是在你們的聖經中的一條戒律。而一個被雕刻出來的形象不一定要用泥土或者石頭制成的。它同樣能夠由文字構成。所有那些說“我相信天父”的人，或者那些說，“愛已經進入到我的生命中，並將會療愈我”的人，都是在跪在一個被雕刻出來的形象前的，因為文字從來都沒有為任何人做過任何事情。要允許愛的體驗進入到你的生命中，就是去向它開放你自己，去聆聽它，去允許你自己感覺它，因為在沒有言語情況下的理解，在沒有智力情況下的體驗，就是將會確實對你顯示愛的事物。

The Creator does not speak with you in human terms. The Comforter comes to you in silence. If you wish power, to heal, to help, either yourself or your neighbors, pray only that you may listen and you may hear the voice of love. Do not expect gifts for yourself or for your loved ones; pray only that all of those upon your planet may feel this love. For as you seek for all people, both those you know and those you do not know, those who are your friends and those who are your enemies, you are bringing into being a realization of that which is true love. True love does not discriminate. It is a unifier. Sit in silence, my friends, and open yourself to the energy that flows from love itself, through you and back again, out into the creation. As you do this, the experience itself will begin to show you why it is that we suggest that you do it. We can only suggest that you give it a try.

造物者並不是用人類的措辭對你們說話的。聖靈是在靜默中來到你們身邊的。如果你希望擁有力量，來療愈，來幫助要麼你自己，要麼你的鄰居，僅僅祈禱你可以聆聽，你可以聽到愛的聲音。不要期待給你自己或者給你摯愛的人的禮物，僅僅祈禱在你們的星球上的人可以感覺到這種愛。因為當你為所有人，同時有那些你知道的人和那些你不知道的人，同時有那些你的朋友和你的敵人，尋求的時候，你就是在將一種對真實的愛之所是的領悟帶入到存有中了。真實的愛並不會分辨。它是一個統一者。在靜默中坐下來，我的朋友們，讓你自己向著那種從愛其自身流動，流經你，並再一次返回，向外流入到造物中的能量開放。當你這樣做

的時候，體驗其自身將會開始向你展現，為什麼我們建議你們進行它。我們僅僅建議你試一下。

You are seeking, my friends, you may not know what—but you know already that what you are seeking is not found in what you can see and hear with your physical instruments of perception. You know that there is something more, and we say to you that something more is not far away, but is within each individual that you meet. It is the enhancement that gives you joy in seeing each creation of the Father. Seek it in meditation, and you will see it all around you, every day. Love is with us. It may not be in the world, my friends, but you can bring it into the world, through your own eyes, and although you cannot heal the whole world, those you touch will be aided. For you are the world. For all things are one. And as you aid yourself in understanding, you have done more to help the world as it is than anything else you might do.

你們在尋求，我的朋友們，你們可能不知道尋求什麼——但是你們已經知道，你們正在尋求的事情不是在你們能夠憑藉你們的物質性的感知的工具看到或者聽到的事情。你們知道會有某個更大的事情，我們對你們說，某個更大的事情不是在遠處，而是在你們遇到的每一個個體內在之中的。就是在看到天父的每一個造物的過程中的強化作用會給予你們喜悅。在冥想中尋求，你們將會在所有你們周圍的事物中，在每一天都看到它。愛是與我們在一起的。它可能不是在世界中，我的朋友們，但是你們能夠將它帶入到世界中，通過你們自己的眼睛，儘管你們無法療愈整個世界，那些你們接觸到的人將會得到幫助。因為你們就是世界。因為所有的事物都是一體的。當你在理解的方面幫助你自己的時候，你就已經做了比你可能做的任何其他事情更多的事情來幫助這個世界了。

Indeed, you can go forth from your understanding of love, and effect changes in the physical, as you are guided to do by your own intuition. And these things are very well. Yet the basic change in your heart that gives you joy and life and love to give to others, this, my friends, is your greatest contribution.

確實，你能夠從你對愛的理解前進，並影響在物質性的事物中的改變，如你藉由你自己的知覺被指引去做的一樣。這些事情是非常好的。而在你的心中的基本的改變會賦予你們喜悅，生命與愛，以給予其他人，我的朋友們，這就是你們最大的貢獻了。

I will open the meeting for questions, but first, I would like to conclude this message through another channel. I will transfer at this time. I am known to you as Hatonn.

我將會對問題開放集會，但是，首先我想要通過另一個器皿來為這個資訊做總結。我將會在此刻轉移。我是你們知曉的 *Hatonn*。

(B channeling)

(B傳訊)

I am Hatonn. I am now with this instrument. My friends, but a few more words. We have spoken much of this energy called love this evening. Now, my

friends, this energy is available to all who have but to ask. For, my friends, this energy is a gift from the Creator. It is of your free will to administer this energy through your daily existence. For, my friends, you may deny yourself of this great (inaudible) when we speak of this. Earlier we mentioned that love is all there is. My friends, if love is truly all there is, does it not sound reasonable that all that you will experience will be of the happiest vibration, constantly? My friends, this is how you were conceived. This is how it is hoped that you will return. My friends, if you look upon your own existence as a truly individual universe, you come in contact with many universes throughout your existence. Do not deny yourself the opportunity of further growth by denying yourself to look only at the love and light of each universe. For, my friends, we have evolved much, but still we must strive for only that of love. For, my friends, this energy truly exists forever and there is apparently no end to its knowledge. So, my friends, one way which you may acquire and hasten a, shall we say, attunement is through help to others. My friends, that is one of the reasons that we are with you this evening. Before opening this meeting to any questions, I will transfer this contact. It is a great honor (inaudible).

我是 *Hatonn*。我現在與這個器皿在一起了。我的朋友們，僅僅多一些話。我們已經在今晚大量地談及了這種被稱為愛的能量了。現在，我的朋友們，這種能量是可供所有那些僅僅需要去請求的人所取得的。因為，我的朋友們，這種能量是一個來自與造物者的禮物。就是你們的自由意志支配著這種能量穿越你們的日常生活的存在性。因為，我的朋友們，你可以否定你自己擁有這個偉大的（聽不見）在我們談及這種這個禮物的時候。我的朋友們，如果愛真的是一切萬有，所有你們將會體驗到的事物都將會，持續不斷地，具有最快樂的振動，這難道不是聽起來有道理的嗎？我的朋友們，這就是你們如何被構想出來的了。這就是你們將會返回是如何被期待的了。我的朋友們，如果你們將你們自己的存在性視為是一個真正個體的宇宙，你們就會與貫穿你們整個存在性的許多的宇宙建立接觸了。不要藉由否認你自己僅僅看到每一個宇宙的愛與光來否認你自己擁有更進一步的成長的機會。因為，我的朋友們，我們已經取得了大量的演化了，但是我們仍舊必須僅僅為了那種愛而努力。因為我的朋友們，這種能量是真正永遠地存在的，這種知曉明顯地是沒有盡頭的。因此，我的朋友們，一條你們可取得並促進一種，容我們說，調音的途徑，就是通過幫助其他人。我的朋友們，那就是我們在今晚與你們在一起的理由中的一個理由。對任何問題開放這個集會之前，我將轉移這個接觸。它是一種巨大的榮耀（聽不見）。

(Don channeling)

(*Don* 傳訊)

(Inaudible) I am here. I am known to you as *Hatonn*. It is now possible to answer any questions.

(聽不見) 我在這裏了。我是你們知曉的 *Hatonn*。現在有可能回答任何問題了。

H: *Hatonn*, can you tell me if it was your craft that was seen yesterday evening by myself and others and, possibly, what your purpose was?

H: *Hatonn*，你們能夠告訴我，是否昨天晚上被我和其他人看到的事情是你們的飛船嗎，你們的目的，有可能，是什麼呢？

I am going to use control in order to answer your question, as it is a difficult one. I was aware of your presence at a specific time. I was aware of your question at that time. I am sorry that it is impossible to specifically say what you saw. You did not see one of our craft. You saw a projection which was meant to stimulate your thinking. This projection is used in many cases. It was of a nature that would be called unreal, or an image. However, it was intended for the purpose of stimulating, as I have said, those who saw it at that particular time. I am sorry that I cannot at this time give you more information.

要了要回答你的問題，我將會使用控制，因為它是一個困難的問題。我在一個特定的時刻察覺到了你的存在。我在那個時刻知曉你的問題。我很抱歉，要具體地說你看到的事情是什麼是不可能的。你沒有看到我們的一艘飛船。你看到了打算要刺激你的思考的一個投影。這個投影在很多情況中會被使用。它是具有一種會被稱之為不真實的事物，或者一個形象的屬性的。然而，它是打算要實現刺激，如我已經說過的一樣，那些在那個特定的時刻看到它的人的目的的。我很抱歉，我在此刻無法給予你們更多的資訊了。

H: Thank you.

H：謝謝你們。

M: Hatonn, is the antichrist born?

M：Hatonn：反基督者(*antichrist*)出生了嗎？

There is no such concept. All of this created universe in its infinite sense is one thing. The concept of an antichrist, as it is generated by the thought of those upon your planet, is erroneous. The individual whom your peoples might call the antichrist is, in fact, the Creator, as are you and all of your peoples. To view an individual otherwise is an error in basic analysis of our universe. If this is understood in totality by the peoples of your planet, there will then be eliminated all of their problems, including the problem of the concept of what you call the antichrist.

沒有這樣的觀念。所有屬於這個被造的宇宙的事物，在其無限的意義上，都是一個事物。一個反基督者的觀念，因為它是被那些在你們的星球上的實體的思想產生出來的，是錯誤的。你們的人群可能稱之為反基督者的個體，實際上，就是造物者，如同你們以及你們所有人之所是一樣。要用別的方式來看待一個題，在其對我們的宇宙的基本的分析中，是錯誤的。如果這是完全被屬於你們的星球的人理解了，接下來所有它們的問題就將會被根除了，包括對你們稱之為反基督者的事物的觀念的問題。

Is this a sufficient answer?

這是一個充分的回答嗎？

M: Will you give the purpose of the literature relating to the antichrist in the Book of Revelation?

M：你們願意給出在啟示錄中關於反基督者的文字的目的嗎？

The Book of Revelations, in what you know as your Holy Bible, is stated, as are all of your intellectual communications, in a clouded or misinterpreted form. The concept of antichrist is simply the concept of individualization of thought, the concept of isolation from the Whole. It has been stated in a previous communications, "The spirit of antichrist is ever more powerful, and will be drawn closer and closer to the Earth, where it will have its final death throes. And in those death throes it will take many down with it, and they will not find the kingdom to be inherited, but must repeat over again that great cycle of time which is now culminating in the scene upon the Earth."

在你們知曉為聖經的著作中的啟示錄，如同所有你們的邏輯智力的溝通交流一樣，都是用一種被遮蔽或者被錯誤闡釋的形式進行的。反基督的觀念單純地是想法的個體化的觀念，與整體隔離的觀念。它已經在一個之前的交流中被陳述過，
“” 反基督的靈體是更加強有力的，並將越來越靠近地被拉向地球，在地球上，它將擁有它最後死亡的掙扎。在那些死亡的掙扎中，它將會帶著許多事物與它一起毀滅，它們將不會找到要被繼承的國王，而必須要再一次重複現在在地球上的場景中正在到達頂峰的那個偉大的時間的週期。 ”

This, my friends, is nothing more than a parable, indicating that those who separate themselves in consciousness will find it more difficult, shall we say, to link their path back to the unity and oneness which is their actual reality.

我的朋友們，這不過是一個比喻，它表示那些在意識中將它們自己分隔開的人將會發現，要將它們的道路反過來連接到它們的實際上的實相之所是的統一性與一體性，容我們說，這是更為困難的。

Is this sufficient?

這是足夠的嗎？

M: Yes, thank you.

M：是的，感謝你們。

Don: I have a question to ask through another channel.

Don：我擁有一個問題要通過另一個管道來詢問。

(H channeling)

(H傳訊)

I am with this instrument.

我與這個器皿在一起了。

Don: I have asked the question.

Don：我已經問過問題了。

I am Hatonn. One moment.

我是 Hatonn。等一會兒。

(Pause while conditioning.)

(在調節的時候暫停。)

We shall attempt through this instrument to do our best. We of the Confederation have chosen a vast amount of time ago a certain, shall we say, procedure which we follow in bringing about the awareness of not only our existence but the existence of the creative energies and of the Creator. We have chosen to utilize certain individuals, and many of these individuals are alien, shall we say, to the Earth plane of existence.

我們將通過這個器皿來嘗試盡我們所能。我們星際聯邦已經在一個巨大數量的時間之前就選擇了一定的，容我們說，我們要在不僅僅引發對我們的存在性的察覺，同樣也引發對創造性的能量以及造物者的存在性的察覺的過程中，要跟隨的步驟了。我們已經選擇了去利用一定的個體，這些個體中的很多對於地球的存在性的層面都是，容我們說，相異的。

In this present time—which we find and which we stress to be of great importance to all of mankind, for it is the culmination of a cycle of experience—we have directed in great, shall we say, numbers individuals who have chosen to cooperate and to serve with us, and we have placed to the best of our ability the knowledge for bringing about the fulfillment of those agreements, shall we say. And it is each individual's opportunity and obligation to bring about a utilization of their knowledge toward that which they feel directed to do. It is difficult even for the most enlightened of your beings to continually operate, shall we say, harmoniously, when constantly bombarded by experiences of an alien or negative nature upon the Earth plane of existence. Yet if it were not for these experiences, the confusions brought about from them, and the delays—and we wish to stress, only the delay of those agreements or directions is brought about—know one thing: that which you have chosen to do shall be accomplished.

在這個當前的時間——我們發現且強調這個時間對於全人類都是具有巨大的重要性的，因為它是一個體驗的週期的頂峰——我們已經在巨大的，容我們說，數量的，已經選擇去與我們合作並與我們一起服務的人身上進行了指引，我們已經用我們最大的能力將放置了知曉，以便於引發對那些，容我們說，協議的實現。去產生出對它們朝向他們感覺到被指引去做的事情的知曉的一種利用，這是每一個個體的機會與責任。要在被在地球的存在性的層面上一種相異的或者負面性屬性的體驗所持續性地轟炸的時候還持續不斷地，協調一致地運轉，甚至對於你們的存有中最高覺醒的人都是困難的。而如果不是因為這些體驗，由它們造成的混淆以及延遲——我們希望強調，僅僅是對那些協議或者方向的延遲被產生出來了——請知曉一個事情：你們已經選擇去做的事情將會被實現。

That which you desire to experienced shall be experienced, and that which you are, you are to know. You must only filter through those circumstances about you which are not harmonious to the fulfillment of your direction. What you search for may be seen through your perception in a form which is truly not proper, though it may appear to fit; it may appear to be that for which you had asked. It is only sent to tantalize you, shall we say, to test you, to see if you

shall commit yourself completely under all circumstances through all trials to the fulfillment of your directions.

你們渴望去體驗的事情，你們之所是的事情，你們要知曉的時候請，將會被體驗到。你們僅僅必須從那些在你們周圍的環境中過濾掉那些對實現你們的方向是不和諧的事物。你們尋求的事物可能會通過你們的知覺用一種真正不合適的形式被看到，儘管它可能在表面上是合適的，它可能看起來似乎是你們已經請求了的事物。它僅僅是被送來，容我們說，愚弄你，考驗你，看看是否你將會在所有情況下，穿越所有的考驗，完全讓你自己致力於對你的方向的實現上。

Faith, faith in the Creator, belief in your purpose, and continual attempt to fulfill that purpose is what is required, and patience to await its materialization is of the utmost necessity, once properly positioned within your being, these concepts, then the more expedient, the materialization of that direction and purpose. It is yours to do what you have been told you shall do. It is yours to find the proper method of bringing it into being. And it is yours to be the instrument of truths if you desire to be.

信心，對造物者的信心，對你們的密度的信念，去實現那個目的的持續性的嘗試，就是被需要的事物了，對等待它的具體化實現的耐心，是極其具有最大的需要的，這些觀念一旦適當地在你們的存有中就位了，接下來，對那個方向與目的的具體化的實現就會是更為便利的了。去做你們已經被告知你們應該做的事情，這是你們的選擇。去找到適當的產生出它的方法，這是你們的選擇。去成為真理的器皿，如果你們渴望去成為的話，這是你們的選擇。

This has been somewhat difficult for this instrument, yet we truly feel we have covered the basic concept that has been desired.

這對於這個器皿已經是有些困難的了，而我們真正感覺到，我們已經涵蓋了已經被渴望的基本觀念了。

Don: You'd better give it another shot—that wasn't the answer to my question. I'll try to get more clear on the question.

Don：你最好做另一次嘗試——那不是對我的問題的回答。我將會嘗試在問題上變得更加清晰。

(Pause)

(暫停)

Carla: Why don't you just ask it out loud?

Carla：為什麼你不僅僅將它大聲問出來呢？

Don: Because I want to do it this way.

Don：因為我並不想要用這種方式來詢問它。

... It is ... shall we say, most difficult, as you know ... and the other instruments have been, shall we say, shaken. This type of experiment has been successfully achieved previously, as you are aware. And we, due to the experience of this instrument, shall attempt once again through the instrument known as Carla,

if she is willing to make this attempt.

.....它是.....容我們說，極其困難的，如你知曉的一樣.....其他的器皿已經是，容我們說，虛弱的了。這種類型的實驗之前已經成功地取得了，如你知曉的一樣。由於這個器皿的體驗，我們將再一次通過被知曉為 *Carla* 的器皿來嘗試，如果她樂意於進行這個嘗試的話。

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn. The one known as Carla, shall we say, is scared to death, but is willing to attempt it. If she will relax. We are with this instrument. If she will refrain from analyzing what she is getting.

我是 *Hatonn*。被知曉為 *Carla* 的實體，是嚇死了的，但是仍舊樂意於嘗試。如果她願意放鬆的話。我們與這個器皿在一起了。如果她願意避免分析她正在得到的內容的話。

The Creator has shown us many things. He has not shown us ways and means of doing that which we must do. Those things are up to us. He has not shown the Earth or any other entity within creation the rhythm and tempo of its doings, for all things are free to form their own destinies.

造物者已經對我們顯示了很多事情了。祂尚未對我們顯示出做我們必須要做的事情的方法與途徑。那些事情是由我們決定的。祂尚未對在造物中的地球或者任何其他實體顯示它行動的旋律與節奏，因為所有的事物都是自由地形成它們自己的命運的。

Therefore, we cannot know the geography in time, shall we say, of those things which shall occur. Our best predictions are a function of probability curves which become more accurate as that geographical location in time draws near, at which time the prediction becomes reality upon your Earth plane. The information concerning various, as you would call it, anomalistic phenomena is a kind of aggregate which is, in general, as correct as we can make it. The probabilities are very high, on the order of, shall we say, 50 to 70 percent, that many of those disruptions of the normal magnetic rhythm of your planet will indeed take place.

因此，我們無法知曉在時間中那些將會發生的事情的地理位置。我們最佳的預測是可能性的曲線的一個機能，隨著在時間中那個地理位置的靠近，這個可能性的曲線會變得更加準確，在那個時間，預測就會在你們的地球層面上成為現實了。關於各種各樣的，如你們會稱呼它的一樣，不規則的現象的資訊，是一種類型的，集合，它一般而言是和我們能夠使得它的成為的一樣準確的。你們的星球的那些通常性的磁性的旋律的破裂中的很多將會確實發生，它可能性是非常高的，在，我們將會說，百分之五十到 70 的等級上。

The reaction of your Earth peoples to these happenings is not known at this time. Therefore, our reactions to their reactions are not known at this time. Again, we have probabilities. That, my friends, is a completely open ball game, as you would say. Your people are not predictable. We are hoping that many,

many seeds which have been planted will come to fruition when people begin to view the devastation in their own geographical location. We are hoping at that point that communications with those people will be such easier. For those who know that we have spoken to the subject will be interested as to what else we have to say,

你們的地球上的人會對這些事件的反應在此刻是未知的。因此，我們對它們的回應的反應在此刻是未知的。再一次，我們擁有可能性。我的朋友們，那是一個完全開放的球賽，如你們會說的一樣。你們的人群不是可以預測的。我們正在希望，當人們開始在它們自己的地理位置中看到破壞的時候，很多很多已經被種下的種子將會開始結出果實。我們正在希望，在那個位置上，與那些人之間的溝通交流將會是如此更為容易的。因為那些知曉我們已經談及的主題的人，將會在關於我們所要說的其他事情是什麼的方面是有興趣的。

Picture a rose, as it grows on the bush. The day of its opening is not known; only its shape when it does open.

想像一朵玫瑰，當它在灌木中生長的時候。它開放的日子是未知的，僅僅知曉的是當它確實開放的時候它的形狀。

Are there any other questions?

有任何其他問題嗎？

Don: High probability points in the very near future, a few months?

Don：在非常近的未來，幾個月時間中的具有很高的可能性的地點是什麼？

There is a high probability, my friends, in that which you know as California.

There are high probability points in your southern oceans. We are sorry that this instrument is very weak in geography. We are ... 我的朋友們，在你們知曉為加州的地區中會有一種很高的可能性。在你們的南部 海域中會有很高的可能性。我們很抱歉這個器皿在地理的方面是非常薄弱的。我們.....

(Pause)

(暫停)

Carla: Don, I think it's Texas. Either Texas or ... I don't know what else is down there, but it's in there.

Carla：Don，我認為它是德克薩斯。要麼是德克薩斯，要麼是.....我不知道下面是什麼其他地方，但是它在那裏。

We are sorry. This instrument is unable to fully understand what we are saying. There will be a great amount of suffering, yet as you all know, you may ameliorate the situation by sending light. If you will remember to do this, as this instrument would say, every little bit helps. Do not think that you are not helping, for physical suffering may be necessary, yet light will enable these souls to leave the physical to find their spirit home very quickly.

我們很抱歉。這個器皿無法充分地理解我們正在說的事情。將會由大量的苦難，

而如你們全都知道的一樣，你們可以藉由送出光來緩解那個情況。如果你們將會記住這樣做的話，如這個器皿會說的一樣，每一點點的光都會有幫助。不要認為你們沒有在幫助，因為物質性的受苦可能是需要的，而光將會使得這些靈魂能夠離開物質性層面，並很快找到它們靈性的家園。

There is devastation on the coast of your European continent and again we are having great difficulty in pinpointing the location. This difficulty will be felt over a wide area.

在你們的歐洲大陸的海岸上會有破壞，再一次，我們在精確指出位置的方面正在遇到巨大的困難。困難將會在一個廣闊的區域中被感覺到。

Don: About how long from now?

Don：從現在開始大概多長時間呢？

We are seeing this occurring into the fall, as it grows towards the month of October.

我們正在看到這個事件在秋季，因為它朝向十月發展。

Don: How about California?

Don：關於加州是怎樣的呢？

This is very close.

非常接近。

Don: Closer than the other?

Don：比其他更加地區接近嗎？

Much closer.

更加接近。

Don: That was the question, specifically. Thank you.

Don：具體而言，那就是問題了。謝謝你們。

Are there other questions? Or may we aid further in any way with that question?

會有其他的問題嗎？或者我們可以用任何方式幫助那個問題上更進一步嗎？

H: Yeah, I'd like to know where I got my answer.

H：是的，我想要知道我從什麼地方得到了我的答案。

There are many questions which dwell within those realms of mind which are below the level of the intellect. Many times these questions are deeper and more important than the question which is upon the conscious mind. You were answering a question, yet it was not the question that was intended by the requester. Yet it was a question which the one known as Don had within his being, and with which he is dealing at the present time. It is important for

all of us to understand, my friends, we as well as you, that those things which we speak with to ourselves are not always to the point, but that in our progression, that which is below the level of words is a very important part of our, shall we say, baggage, that which we carry with us. Compassion and understanding of ourselves on the level below words, and the compassion and understanding of others as they deal with these things which they cannot speak of is very important in your understanding of love.

會有很多的問題是存在于在智力的層次下方的那些心智的領域之中的。很多時候，問題是比在表面意識的心智上的問題要更加深入且更加重要的。你剛才正在回答一個問題，而它不是被提問者打算好的問題。而它是被知曉為 *Don* 的實體在他存有中擁有的一個問題，是他在此刻正在與之打交道的問題。我們所有人，我的朋友們，我們和你們一樣，都去理解那些我們對我們自己說的事情並不一定 是切中要害的，但是在我們的發展中，在言語的層次之下的事物，是我們帶在我們身邊的我們的，容我們說，包袱的一個非常重要的部分。在那個言語之下的層次上對我們自己的同情心與理解，以及在其他與這些它們無法談及的事情打交道的時候對其他人的同情心與理解，在你們對愛的理解中是非常重要的。

Don: I have one more question.

Don：我還有一個問題。

Very well.

非常好。

Don: With respect to north or south, can you specify what portion of California would be high probability?

Don：在關於北部或者南部的方面，你們能夠具體指出加州的什麼部分是具有高的可能性的嗎？

My friends, we cannot at this time. There is a great deal of effort being made by those within your plane and those within what you would call your spirit world to alleviate those stresses all through that which you know as the San Andreas fault. The fault extends in a very stressed manner for many hundreds of miles through the continent and out to sea. Therefore, we do not know at what point the damage will finally originate. We only know that as the rhythm of the planet is going, the critical time is very, very soon. It honestly could not be predicted at this point. However, if you asked at a time closer, it may be more possible to pinpoint.

我的朋友們，我們在此刻無法具體指出。會有大量的努力正在被在你們的層面中的那些實體，已經那些在你們稱之為你們的靈性的世界中的實體所做出，以緩解那些貫穿你們知曉為聖安德莉亞斯斷層 (*San Andreas fault*) 的壓力。斷層是用一種壓力很大的方式延伸了數百英里，穿過大陸，進入到海洋中。因此，我們並不知道在什麼位置上，破壞將會最終開始。我們僅僅知道，星球的旋律正在進行，關鍵時刻是非常非常快的。在這個位置，它真的是無法被預測的。然而，如果你們在一個更加接近的時間詢問，它可能有更多可能性來精確指出。

Don: How close?

Don：多麼接近？

We suggest that you ask week by week. It will not be long.
我們建議你一周接一周地詢問。它將不會是很長時間。

Don: Thank you.

Don：謝謝你們。

You must realize there is great danger in asking for specific information, for in specific information there dwells a great deal of nervousness on the part of the channel. Therefore, that vibration makes them more vulnerable to incorrect information.

你們必須意識到，在詢問具體資訊的方面會有巨大的危險，因為在具體資訊中，存在有在管道的部分上的大量的精神緊張。因此，那個振動使得它們更加易於受到不正確的資訊的影響。

Don: That is why I asked telepathically.

Don：那就是為什麼我用心電感應的方式提問的原因了。

We understand. However, now that, shall we say, the secret is out, it may be more difficult to get our answers, as opposed to other beings who would, shall we say, play with your mind, if you understand what we mean.

我們理解。然而，現在，容我們說，秘密被解開了，要得到我們的答案，而不是其他的，容我們說，會與你的心智玩耍的存有，這可能是更加困難的了，如果你理解我們的意思的話。

Don: I certainly do.

Don：我確實理解了。

My friends, are there any other questions?

我的朋友們，有任何其他問題嗎？

M: Could you tell us what silver flecks are?

M：你們能夠告訴我銀斑(*silver flecks*)是什麼嗎？

If you promise not to laugh, my friends! The silver flecks are a type of very small machine. We would not call them computers, but you would. They are communication devices.

如果你們許諾不笑的話，我的朋友們！銀斑是一種類型的非常小的機器。我們不會稱它們為電腦，但是你們會。它們是溝通交流的設備。

M: Thank you.

M：謝謝你們。

We must add that, many times, that which you think to be a silver fleck is, in fact, a silver fleck. We advise you to examine any such thing that you may find

under a magnifying glass, for the naturally earth-made item which is, this instrument calls it tinsel ... 我們必須要補充，很多時候，你們認為是一個銀斑的事物，實際上是，一個銀色斑點。我們建議你們用一個放大鏡檢查任何你發現的這樣的事物，因為自然性地由地球形成的事物，是這個器皿稱之為瑣事.....

Don: What will be the shape of your silver fleck?

Don：你的銀斑是什麼形狀的？

It will have a squareness or some form of geometrical shape. There are various types. They are easily recognizable in contrast to everyday tinsel, as you would call it. If you will take any of each type and look at it closely, you can see the difference. The factor of what this instrument would call shininess is also different.

它將會擁有一個方形或者某種具有幾何形狀的形狀。會有各種各樣的類型。它們對照日常生活的瑣事，如你們對它的稱呼一樣，是容易認出的。如果你將會拿起每一種類型中的任何一個並仔細檢查它，你能夠看到不同。這個器皿稱之為光澤的事物的要素同樣是不同的。

M: How do you plant them?

M：你要如何種植它們的呢？

We cannot tell you. In your words, they simply would appear.

我們無法告訴你們。用你們的話說，它們單純地會出現。

My friends, this has been a very long meeting and we are very grateful to you for giving us the opportunity to speak with your group. We welcome those who are new to this group and greet them each with special love. We give you, as we give all who listen to us, our love and the love of the Creator, and our hope that you will call upon us and our energy at any time that you wish it. We are always aware of those who wish to contact us. If you do not wish us, my friends, we will never be there, for your free will is more important to us than any single consideration that we might have. We wish only to help you if you ask us.

我的朋友們，這已經是一次非常長的集會了，我們非常感激你們給予我們這個機會來對你們的團體發言。我們歡迎這個團體的那些新人，並帶著特別的愛對它們每一位致意。我們給予你們，如同我們給予所有聆聽我們的人一樣，我們的愛，造物者的愛以及我們的希望，我們的希望是，你們將會在任何你們希望我們的能量的時候呼喚我們與我們的能量。我們一直都會察覺到那些希望與我們接觸的人。如果你們並不希望我們，我的朋友們，我們將永遠都不會在那裏，因為你們的自由意志是比任何我們可能擁有的單一的考慮對我們更加重要的。我們僅僅希望幫助你們，如果你們請求我們的話。

We ask you to consider our words, not as truth, but as an interesting thought to be considered by your discriminating mind. We are in no way infallible or perfect; we are as you, foolish beings attempting to learn, striving to be a little

better than we were yesterday. We are a little ahead of you on the path of evolution, and we reach a hand very gladly to give you a pull up. It's a long path, my friends, but we have found great joy in it, and we know that it is there for you also. I am Hatonn. I leave you in the love and the light of the infinite Creator. Adonai, my friends. Farewell and peace.

我們請你們將我們的話語，不是視為真理，而是視為一個有趣的想法，並藉由你們的有分辨你的心智來考慮它們。我們絕對不是不會犯錯的，或者完美的，我們和你們一樣，是嘗試去學習並努力比我們昨天更好一點點的愚蠢的存有。我們在演化的道路上是在你們前面一點點的，我們非常樂意於對你們伸出一隻手來拉你們一把。它是一條漫長的道路，我的朋友們，但是我們已經在其中找到了巨大的喜悅，我們知道，對於你們那種喜悅同樣也存在。我是 *Hatonn*。我在無限造物者的愛與光中離開你們。*Adonai*，我的朋友們。再見與平安。

August 29, 1976

1976-08-29 Hatonn : 愛的體驗與服務

(H channeling)

(H傳訊)

I am Hatonn. I greet you, my friends, in the love and the light of our infinite Creator. We wish to greet those who are new to this experience, and to you we shall direct some information which will assist you in understanding this experience.

我是 Hatonn。我的朋友們，我在我們的無限造物者的愛與光中向你們致意。我們希望對那些對於這些體驗感到新鮮的實體致意，我們會將一些將會幫助你們理解這個體驗的資訊導向你們。

We refer to ourselves as a Confederation of Planets in Service to the Infinite Creator. We are, as you would term it, a vast number of persons who have joined together in one mind with one desire and that is to assist in the evolution, or shall we say, in the growth process of those people of your planet and many such planets as what you inhabit. It is our desire to assist you by sharing with you those knowledges and understandings which we have achieved through our own experiences.

我們稱呼我們自己為服務於無限造物者的一個星際聯邦。我們是已經通過一個心智並藉由一個渴望結合在一起的，如你們會稱呼它的一樣，一個巨大數量的人群，那一個渴望就是在演化中，或者容我們說，在你們星球以及諸如你們居住的星球之類的星球上的那些人的成長過程中幫忙。我們的渴望是藉由與你們分享那些我們已經通過我們自己的體驗取得了的知曉與理解來幫助你們。

It is not our desire that you take what you receive from us and clutch it as being the truth and all of the truth. We only request that you simply listen and evaluate as you would wish to do so. And once you have evaluated the information, do with it as you please.

我們的渴望不是你們要採用你們會從我們這裏接收到的事情，並將它作為真理以及全部的真理緊緊抓住。我們僅僅請求你們單純地聆聽，並如你們希望去進行評估一樣地進行評估。一旦你們已經對資訊進行評估了，如你們所願地處理它。

We are aware that at the present time upon your planet, many changes are occurring, not only upon the physical level with which you are so concerned, but upon those spiritual levels of consciousness and of the understanding of man. As your people go throughout their daily experiences, they encounter many circumstances through which they are given the opportunity to apply their knowledge, their understanding and their wisdoms. Through the application of these, they can overcome those circumstances which would be, shall we say, detrimental if misunderstood.

我們知道在此刻在你們的星球上，很多的改變正在發生，不僅僅在你們如此擔憂的物質性的層面上，同樣也在那些意識的靈性的層次以及人的理解的層次上。當你們的人群穿越它們的日常生活的體驗的時候，它們會遭遇到很多的環境，通過

這些環境它們被給予了機會去應用它們的知曉，它們的理解以及它們的智慧。通過對這些事物的應用，它們能夠戰勝這樣一些情況，如果這些情況是被誤解了的話，它們會成為，容我們說，有害處的。

Man must learn all that he can in the time that he has, for this is his purpose for being here at this time. The purpose for the existence of all things is the unfoldment of consciousness, or to simply state, it is for the experience of love. My friends, as you are well aware, throughout your life love is a continually growing and learning process. If you allow yourself to become stagnant in that which you have discovered, you shall find yourself becoming, shall we say, eventually ill at ease with your position. So allow yourself to be continually seeking greater and greater portions of the immeasurable love which is available to you. Seek this through all of your actions, through all your thoughts. Allow this to be your goal.

人必須在他擁有的時間中學會所有他能夠學會的事物，因為這就是他在此刻在這裏的目的了。所有的事物的存在性的目的都是意識的展開，或者簡單地說，它是為了對愛的體驗的。我的朋友們，如你們清楚知曉的一樣，貫穿你們整個生命，愛是一個持續不斷地成長與學習的過程。如果你允許你自己在那個你已經發現的事物上成為停滯的，你將會發現你自己在最後，容我們說，會對你的位置感覺到不舒服。因此，允許你自己持續不斷地尋求你可以為你所取得的無法衡量的愛的越來越大的位置。通過所有你的行動，通過所有你的想法尋求這個位置。允許這個位置成為你的目標。

My friends, all of us, working together, can overcome any difficulties which you can imagine. It is within your ability, and it is your birthright, to manifest and to control all that you experience. It is stated within your holy book that man was made unto the image and likeness of his Creator. And if you accept this as the truth, as indeed it is, this means that you, too, my friends, are that Creator. A likeness is a repetition, or a duplication. You are that: you are the extension of the Creator, individually expressed, yet universally united. From that source you have been projected, yet there is a cord, if you wish to call it that, that shall extend forever, that shall never be broken, and through that cord flows the knowledge and the being of your Creator. It comes directly to you and is lodged within you, and you, my friends, may tap the knowledge of the universe and of the Creator by going within yourself and meeting with the divinity within you. "Know thyself," has also been stated within your holy book. My friends, this does not mean that you must know the intellect, which many of yourselves consider yourselves to be. It does not mean that you know that which you refer to as the ego. It means that you know the I AM, or the God, or the Creator within you. For that you truly are, my friends. You are united and inseparable from your Creator. No matter how hard you would choose to try, you can never be out of His presence.

我的朋友們，我們全體，通過一同工作，能夠戰勝任何你們能夠想像得到的困難。去顯化並控制所有你們體驗到的事物，這是在你們的能力範圍內的，這是你們的天賦權利。在你們的神聖著作中說過，人是根據他的造物者的形象被創造，並與他的造物者是相像的。如果你們接受這個說法是真理，如同它確實是的一樣，這

意味著你們，我的朋友們，同樣也是造物者。一種相似是一種重複，是或者一個複製品。你們就是那個複製品，你們是造物者的延伸，你們是個體地被表達的，而全體性地是統一的。你們已經從那個源頭被發射出來了，而會有一根弦，如果你們希望那樣稱呼它的話，它將永遠地延伸，將永遠不會被打破，你們的造物者的知曉與存有就是通過那根弦而流動的。它會直接來到你們身上並被存放在你們內在之中，你們，我的朋友們，可以藉由進入到你自己內在之中並於在你內在之中的神性相遇而得到對宇宙以及對造物者的知曉。“知曉你自己，”同樣也已經在你們的神聖書籍中被陳述過了。我的朋友們，這並不意味著你們必須要知曉智力，你們自己很多人認為你們自己要成為有智力的。它並不意味著你們知曉你們稱之為小我的事物。它意味著你們知曉我是 (I AM) , 或者神，或者在你們內在之中的造物者。因為你們真的就是造物者，我的朋友們。你們是與你們的造物者結合在一起且不可分割的。無論你們會多麼努力地選擇，你們永遠都無法離開祂的臨在。

We of the Confederation wish to bring to man the simple knowledge, and through the application of this knowledge we hope to assist you in bringing about that which you have so long desired, a planet of a Utopian experience, one of harmony, one of unification, one of brotherhood, one unto the other serving each other and recognizing that as you serve one another, you serve your Creator 's purpose, for His purpose is the expression of love, and what greater form can it take than serving those around you? Certainly you may realize that there are those that do not desire your service at the present time. Yet, my friends, the service that you can render unto those people from purely a conscious basis, without expression or action to that individual, is immense. Silently offer those who would not request your service, your love, your light, and your understanding, for they are receptive to your thoughts, whether they recognize them at the time or not. You have planted the seed of knowledge and of love within that individual. And thus, you have served him. 我們星際聯邦希望帶給人類簡單的知曉，通過對這種知曉的應用，我們希望在你們產生出你們已經如此長時間渴望的事物的放過中幫助你們，那個被你們渴望的事物就是，一個具有烏托邦的體驗的星球，一個具有和諧，統一，兄弟情誼的星球，你們為相互彼此服務，並認出在你們相互彼此服務的時候，你們就是在服務於你們的造物者的目的，因為祂的目的就是愛的表達，這種愛的表達能夠採用什麼比服務你們周圍的人更大的形式呢？你們肯定可以意識到，在此刻會有那些並不渴望你們的服務的人。而我的朋友們，你們能夠對那些人提供的服務，純粹地從一種意識的基礎上，而無需對那個個體的表達與行動的服務，是無限多的。安靜地對那些不會請求你們的服務的人提供你們的愛，你們的光，以及你們的理解，因為它們對你們的想法是有接納性的，無論它們是否在那個時刻認出了它們。你們已經在那個個體內在之中種下了知曉的種子。因此，你們已經服務它們了。

Service, my friends, can be done in many forms, and each individual shall seek out that service in which they know they are to function. And it is a truth that once you have, shall we say, found what you are to do, from within you, you shall know this to be, and you shall not stray. Though we are all one together within the Creator, we have chosen to express certain portions of the universal being. And without the expression of each and every portion, that

being would be incomplete, and therefore, wherever one person chooses to be, you must accept their choice. Allow them the freedom to be placed within that position. Allow them the freedom to function. Allow them the freedom of being, perfection and the expression which the Creator desires [for] them and they desire to be. I shall transfer this communication. I am Hatonn.

我的朋友們，服務能夠用很多的形式被進行，每一個個體都將會找出它們知曉它們要通過其發揮作用的那種服務。一個真理是，一旦你已經，容我們說，找到了你要去做的事情，你將會從你內在之中知曉，這就是那個事情，你將不會誤入歧途。儘管我們在造物者內在之中在一起全都是一體的，我們已經選擇去表達全體性的存有的一定的部分了。沒有對每一個部分的表達，那個存有就不會是完整的，因此，無論一個人選擇在何處，你們必須接受它們的選擇。允許它們讓自由被放在那個位置之中。允許他們擁有自由去運轉。允許他們擁有成為的自由，允許它們擁有造物者對它們渴望的以及它們渴望去成為的完美與表達。我將轉移這個交流。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument. And I greet each of you again in love and light. As we say to you, my friends, that each of you needs to be a source of light to those around you, you must understand that we are encouraging you not as your physical selves to draw upon your resources within this illusion. We are encouraging you as spiritual beings to open the channel between your finite self and the higher self which created you, love itself. No finite entity, neither yourselves nor we, your brothers, can love, nor can we call upon our resources to show love or understanding. For those symptoms, shall we say, are much like your physical movements on the physical plane: if you think and concentrate upon your movements in attempting to perform complex tasks, it is almost certain that you will stumble in what you need to do. For in your very thinking, you will have limited the instincts of your physical being. You will have circumvented the harmony which surrounds the physical plane if it is left to its own wisdom, and the result will be that you are not coordinated, for your intellect will have borne all the limitation of this illusion, and upset the harmony.

我與這個器皿在一起了。我在愛與光中向你們各位致意。當我們對你們說，我的朋友們，你們每一個人都需要對那些在你們周圍的人成為一個光的源頭的時候，你們必須理解，我們是在鼓勵你們，不要作為你們的物質性的自我去吸引你們在這個幻象中的資源。我們正在鼓勵你們作為靈性的存有去打開在你們的無限的自我與創造了你們的更高的自我，即愛其自身之間的管道。沒有有限的實體能夠去愛，無論是你們自己，還是我們，你們的兄弟，都無法去愛，我們也無法依賴於我們的資源來展現愛或者理解。因為那些，容我們說，症候 (*symptoms*)，是非常類似於你們在物質性層面上的你們的物質性的運動的：如果你們在嘗試去執行複雜的任務的時候思考並聚焦在你們的運動上，幾乎肯定你們將會在你們需要去做的事情中摔倒。因為恰恰就是在你們的思考中，你們已經限制了你們的物質性存有的本能了。你們將已經繞過了包圍著物質性層面的和諧，如果它被留給它自己的智慧的話，結果將會是你們是不協調的，因為你們的智力將會已經產生出

所有屬於這個幻象的限制，並攪亂了和諧了。

It is also true in the purely mental sphere. If you attempt too hard to organize and concentrate and analyze your thoughts, they will disintegrate into splinters which have very little meaning and which cannot be put back together into an integrated and harmonious whole. It is very difficult sometimes to make decisions, because you are thinking too hard. Most especially on the spiritual plane, if you attempt to draw love from your own being, you will almost immediately run into very deep trouble. As you manifest upon the physical plane, your very consciousness is a consciousness made of limitations. You see that your fingers end at the tip of your fingernails; you do not see that you are one with the air that surrounds them. From the very beginning you were taught that the thoughts which originate in your mind have been created only by you. You were not taught that thought comes from a beautiful, infinite mind, and that the thoughts that pass through you, although heavily, heavily diluted, are shades of that perfect thought.

在純粹心智性的範圍內，它同樣也是真實的。如果你們過於努力地嘗試去組織、集中並分析你們的想法，它們將會分解為碎片，這些碎片擁有非常少的意義且無法被反過來放在一起形成一個整體性且和諧一致的整體。要作出決定是非常困難的，因為你們過於努力地思考了。尤其是在靈性的層面上，如果你們嘗試去從你們自己的存有吸收愛，你們將立刻回陷入到非常深入的麻煩中。當你們在物質性的層面上顯化的時候，你們意識是一個由局限性形成的意識。你們看，你們的手指在你們的指甲的頂端結束了，你們不會看到你們是與圍繞著手指的空氣是一體的。從最開始的時候，你們就被教導，從你們的心智中起源的想法是僅僅被你們創造出來的。你們沒有被教導，想法是從一個美麗而無限的心智出現的，那些流經你們的想法，儘管是沉重地，嚴重地被稀釋過的，是具有完美的想法的陰影。

Now, my friends, to show love is simply to act as a kind of open channel through which those healing waters of love can flow—through you, not from you, to all that you touch. And how to come in contact with the spring of those waters of love? It is for the reason of coming in contact with love that we so often urge you, my friends, to meditate. As we have said many times before, the Creator is everywhere that you may go. If you go down to the doors of what you call Hell, the Creator is there. There is no thing that you can do which the Creator is not your companion while doing. You cannot close your eyes, or your fingers, or your minds, and rid yourself of the Creator. Love is within you and all about you. If you do not recognize it, yet it is still there. It has been said in your holy works, "The light shined in the darkness, but the darkness comprehended it not." Yet, my friends, if you become still, and if you open your inner eye in the darkness, it is absolutely inevitable that you will see that light and feel that love.

現在，我的朋友們，要展現愛單純地是一種類型的打開管道，通過那些管道，那些具有愛的療愈性的水就能夠流動了——通過你們，而不是從你們留向所有你們接觸的事物。如何與那些具有愛的水的源泉建立接觸呢？就是為了與愛建立接觸的原因，我們如此經常鼓勵你們，我的朋友們，去進行冥想。如我們之前已經說過很多次的一樣，造物者是在每一個你們可能前往的地方的。如果你們向下來

到了你們所稱的地獄的大門前，造物者是在那裏的。沒有任何你們能夠做的事情是做在你們做的時候造物者不是你們的夥伴的。你們無法閉上你們的眼睛，或者你們的手指，或者你們的心智，並讓你自己擺脫造物者。愛是在你們內在之中的以及在你們周圍的一切事物中的。如果你們沒有認出它，而它是仍舊在那裏的。在你們的神聖著作中已經被說過，“光會照耀進入到黑暗中，但黑暗不會理解它。”而我的朋友們，如果你們成為安靜的，如果你們在黑暗中睜開你們內在的眼睛，你們將會看到光並感覺到那種愛，這是絕對無可避免的。

May we say to some of you here, it is not at all important that you have any belief or faith. This means less than nothing. Know you only that as the sun shines from heaven, there is a power in the universe that gives life. No matter how much death that you see, you see many, many times over the life that is growing, triumphant always. Light and life will always triumph. They are always there. You do not need to be faithful or believing; you need only be quiet and listen. Do not expect to hear words or voices, for most do not. Yet take these periods of silence on a daily basis, and evaluate your life after having meditated for, shall we say, a period of two of your months. It will begin to be apparent to you that the listening is producing within your being something that you are hearing, something that is making your day-to-day existence more loving.

容我們對你們在這裏的一些人說，你們擁有任何信念或者信仰，這完全是不重要的。這什麼都不意味著。你可以僅僅知曉，如同太陽從天上照耀一樣，在宇宙中會有一種賦予生命的力量。無論你們看到多少的死亡，你們會很多很多次看到那正在成長中，且一直都是勝利的生命。光與生命一直都是勝利的。它們一直都在那裏。你們並不需要成為有信仰或者相信的，你們僅僅需要成為安靜的並聆聽。不要期待聽到話語或者聲音，因為大多數人不會聽到。而用一種每日進行的方式使用這些安靜的時段，在已經冥想了，容我們說，你們的兩個月的時段後，評估你們的生命。將會開始對你們成為明顯的事情是，聆聽在你們的存有內在之中正在產生出某種你們正在聽到的事物，某種使得你們的日常生活的存在性更加有愛的事物。

At this time, I would like to open the meeting to questions. If anyone has a question, please ask it now.

在此刻，我想要對問題開放集會。如果任何人有一個問題，請現在詢問它。

M: Can you get an exact time on the catastrophe in California?

M：你們能夠得到在加州的大災難的一個精確的時間嗎？

We still feel that there is a critical time in the near future, and that it will be before winter.

我們仍舊感覺到在不久的未來有一個關鍵性的時間，它將會是在冬天之前。

M: Thank you.

M：謝謝你們。

Before we leave this instrument, we would like to go very slowly around the

room and give each one of you our energy. If you would desire contact with us, we would wish to send you our love and our blessing. We will pause to do this.

在我們離開這個器皿之前，我們想要非常緩慢地繞著房間打轉，並給予你們每一位我們的能量。如果你們渴望與我們接觸，我們希望對你們送出我們的愛和我們的祝福。我們將暫停以這樣做。

(Pause)

(暫停)

I am Hatonn. We would like to close through the instrument known as B, if he would avail himself to us.

我是 *Hatonn*。我們想要通過被知曉為 *B* 的器皿結束，如果他願意讓他自己為我們所利用的話。

(Pause)

(暫停)

We are sorry for the delay, my friends. We are having difficulty in establishing contact, and so we close through this instrument. We ask that you imagine yourself standing in a field of flowers, with the light shining down upon you, the birds singing, the beautiful fragrance of the flowers all about you. You stand in the love of the Creator, my friends, and if you open the windows of your spirit, my friends, you offer the beacon of that light to all that you meet. It may not be in very dramatic ways, my friends, that you show this. It may be in a tiny little thing. Yet, in this, shall we say, schoolhouse that you call planet Earth, it is understanding the love that resides in everything we do that is the great lesson. Love is not anywhere else, love is here, in whatever situation you are, in whomever you meet, in all emotions and in all circumstances. See the love, my friends, see the creative power, see the healing. Meditate—and then open those eyes. There is great joy upon the path of all of you, and it is very close, always.

我們為延遲而抱歉，我的朋友們。我們在建立接觸的過程中正在遇到困難，因此，我們通過這個器皿結束。我們請你想像你自己站在一片有花朵的田野中，光在你的上方閃耀，鳥兒在歌唱，在你周圍全都是花朵的美麗的芬芳。我的朋友們，你們站在造物者的愛之中，如果你們打開你們的靈性的窗戶，我的朋友們，你們就會向所有你們遇到的人提供那種光的燈塔了。你們展現這種光，我的朋友們，它可能不會是用非常戲劇性的方式。它可能是通過一個微小的事情。而在這個你們稱之為行星地球的學校中，偉大的課程恰恰就是那存在於我們做的每一個事情中的對愛的理解。愛不是在任何其他地方的，愛就在這裏，在無論什麼你們處於其中的情況中，在無論你們遇到的人身上，在所有的情緒中，在所有的環境中。我的朋友們，看到愛，看到創造性的力量，看到療愈。冥想——接下來，睜開那些眼睛吧。在你們所有人的道路上會有巨大的喜悅，它一直都是非常接近的。

If at any time you need the assistance of the force of spiritual love that we represent, call upon us and we will be with you, for we hear at any time that

you may call. It is our nature to hear not as a single person, but as millions of ears, for to us there is no space and no time, and we are here for the specific purpose of giving you our love. I leave you now, in the love and the light of the infinite Creator. I am known to you as Hatonn. Adonai, my friends. Adonai vasu borragus.

如果在任何時候你們需要我們提供的靈性的愛的力量的幫助，呼喚我們，我們將與你們在一起，因為我們會在任何你們可能呼喚的時候聽到。我們的屬性不是作為一個單一的人聽到，而是作為數百萬隻耳朵聽到，因為，對於我們，沒有空間，沒有時間，我們在這裏專門是為了給予你們我們的愛的目的的。我們現在離開你們，在無限造物者的愛與光中。我是你們知曉為 *Hatonn* 的實體。Adonai，我的朋友們。Adonai vasu borragus。

September 5, 1976

1976-09-05 Hatonn : 筆直的道路

(B channeling)

(B 傳訊)

I am Hatonn. I am now with you. I greet you in the love and the light of our infinite Creator. I am Hatonn. My friends, as you know, we usually try to cover matters which are requested for the good of this group. My friends, there are many questions within your minds this evening and we will attempt to answer them, all we may.

我是 Hatonn。我現在與你們在一起了。我在我們的無限造物者的愛與光中向你們致意。我是 Hatonn。我的朋友們，如你們知曉的一樣，我們通常會嘗試去涵蓋為了這個團體的利益而被請求的問題。我的朋友們，今晚在你們的頭腦中有很多的問題，我們將嘗試去回答它們，回答所有我們可以回答的問題。

We are aware of the new members to this group and we bid you welcome, for you are here seeking. For that is the reason we are all gathered.

我們知曉這個團體的新成員，我們向你們致以歡迎，因為你們是在這裏尋求的。因為那就是我們全都聚集在一起的原因了。

As you spiral upward in your meditations, you are more and more aware of the truly infinite amount of knowledge which you must receive in order to obtain, shall we say, a mastery of your existence and all that surrounds you.

隨著你們在你們的冥想中螺旋向上，你們會越來越多地察覺到你們為了要取得，容我們說，對你們的存在性以及所有在你們周遭的事物的一種掌握而必須要接收到的真正無限數量的知曉。

I am experiencing difficulty with this instrument and will attempt to return to this instrument at a later time. I am Hatonn.

我們在這個器皿身上正在體驗到困難，我們將嘗試在一個稍後的時間返回到這個器皿。我是 Hatonn。

(Carla channeling)

(Carla 傳訊)

I am with this instrument and I greet you once again in love and light. As I was saying, my friends, to attain mastery on the physical planet a great deal—sometimes it may seem an infinite amount—of knowledge must be gained. It is, of course, an aspect of your physical illusion that it does seem as though a certain quantity of intellectual information will constitute the knowledge that you do need to attain understanding.

我與這個器皿在一起了，我再一次在愛與光中向你們致意。如我剛才正在說的一樣，我的朋友們，要在物質性的星球上取得掌握，大量的——有時候它可能看起來似乎是無限數量的——知曉必須被取得。當然，你們的物質性的幻象的一個面向是，它確實看起來就好像是一定數量的邏輯智力的資訊將會構成你為了取

得理解確實需要的那種知曉。

We speak to you tonight to attempt to correct this impression. Yes, my friends, you are on the path, but, my friends, you are the path. You are that which the Creator may flow through. It is written in your holy works that the one known as John the Baptist cried in the wilderness, "Make straight the way of the Lord." My friends, each of you (inaudible) of chaotic thoughts and actions and being, memories and hopes. And your one goal, to attain understanding, is to make a pathway, as straight way, for that Creator, love, to flow through. You will never organize that which you call your self, for your physical self is in itself and of itself an unruly thing. It was born and it will die and in your physical life you will adhere to this process, whether you wish to or not, for this is the correct nature of the physical being.

我們今晚對你們發言，以嘗試去糾正這個印象。是的，我的朋友們，你們是在道路上的，但是，我的朋友們，你們就是道路。你們是造物者可以通過其流動的事物。在你們的神聖著作中被寫道，被知曉為施洗者約翰的實體在曠野中呼喊：“讓主的道路變得筆直。”我的朋友們，你們每一個人（聽不見）混亂的想法，行動與存有，記憶與希望。你們的一個目的，去取得理解的目標，就是要讓一條道路，成為筆直的道路，這樣，造物者，愛，就可以流經了。你將永遠都不會構建你稱之為你的自我的事物，因為你的物質性的自我，在其內在及其自身，是一個任性的事物。它是被誕生出來的，它將會死去，在你的物質性生命中，你將會遵循這個過程，無論你是否希望，因為這就是物質性存有的正確的屬性

Yet within you, my friends, there is a pathway, and as you meditate, you may seek and find it, and open yourself to it, and lo, the crooked will become straight and the uncrossable mountains of your life will become as plains.

而我的朋友們，在你們內在之中，會有一條道路，當你冥想的時候，你可以尋求並找到它，讓你自己對它開放，看啦，彎曲的部分將會變得筆直了，你的生命的無法跨越的山將會變得如同平地一樣了。

You see, my friends, in our approach to knowledge we assume that that which you are seeking, you are. For that which you may be seeking, though it may seem to be, as we said, an infinite amount of knowledge, it is in fact a truth of such total simplicity, that you, sitting there now, embody it totally. A truth so simple that many, many of your kind have missed it and will continue to miss it. This truth is that all things are one. That all is love. Its understanding is the straight way.

你們看，我的朋友們，在我們接近知曉的過程中，我們假設，你們正在尋求的事物，是你們之所是。因為你們可能在尋求的事物，儘管它似乎是一樣，無限數量的知曉，它實際上是一個具有如此完全的簡單性的真理，以至於，你，在現在坐在那裏的時候，就完全地體現了它了。一個如此簡單的真理。以至於很多很多屬於你們的類型的人已經錯過了它，並將會繼續錯過它。這個真理就是萬物一體。一切事物都是愛。對它的理解就是筆直的道路了。

It also helps, my friends, as you attempt to bring the straight path into your daily experience, to realize that in truth you are not living in a universe which

is composed of more than one thing, and that therefore there is no such thing as power. As you attempt to bring the straight way into your chaotic existence, you can easily perceive those things with which you are having trouble as being powers against you, or as having power against you, and you can see yourself as needing a power to overcome them.

我的朋友們，當你們嘗試去將筆直的道路帶入到你們的日常生活的體驗中的時候，去意識到你們實際上不是生活在一個由多於一個事情構成的宇宙中，因此沒有諸如力量之類的事情，這同樣是有幫助的。當你們嘗試將筆直的道路帶入到你們的混亂的存在性之中的時候，你們能夠輕易地感覺到那些你們對於正在遇到困難的事物是反對你們的力量，或者是擁有反對你們的力量的，你能夠將你自己視為是需要一種力量來壓倒它們的。

But, my friends, nothing has power. For instance, my friends, you may think that in healings the spirit overcomes the power of disease, and yet, my friends, if there were a power to disease, then there would not be a possibility of its being healed. Yet sometimes disease has power and sometimes it does not. In truth, the consciousness of love is not power. It is simply the understanding that there to no power, but that all is one. Instead of reckoning from the standpoint of power against power, attempt to keep in your consciousness the truth that there is no power, that there is only love, so that you see those things that are difficult for you as a type of love which you may understand if you contemplate it, and which you can love in return. In this way, the currents of that creative love are set up. And since you do not recognize the illusory power of your difficulties, they do indeed begin to disperse, sometimes in very unexpected ways. Sometimes you find that a situation which you felt had power against you may well stay just as it was before, yet in your consciousness you now understand that there is no power in that situation, but only love. And this understanding transforms your experience. Many things occur by interpretation only, within your mind, so that if love can be applied and the idea of power removed, you can see your interpretation in a new light, and the problem disappears.

但是，我的朋友們，沒有任何事物擁有力量。我的朋友們，舉個例子，你們可能認為在療愈中，是靈性壓倒了疾病的力量，而我的朋友們，如果會有一種疾病的力量，接下來，就不會有一種它被療愈的可能性了。而有時候疾病擁有力量，有時候它不擁有。實際上，愛的意識是沒有力量的。它單純地理解，沒有力量，而是萬物一體。與其從那個力量對量力量的立場來得到報應，不如嘗試去在你們的意識中記住這樣的真理，沒有力量，僅僅只有愛，這樣，你們就可以將那些對你如此困難的事情視為一種類型的愛，如果你沉思它，你可以理解它，你能夠作為回報來愛它。用這種方式，創造性的愛的水流就被建立起來了。既然你們並未承認你們的困難的虛幻的力量，它們確實會開始消散了，有時候是用一種非常無法預料到的方式。有時候你會發現一個你感覺到曾經擁有反對你的力量的情況，很有可能和它之前一樣地原封不動，而在你的意識中，你現在理解，在那個情況中沒有力量，而僅僅是愛。這種理解會轉變你們的體驗。很多事情是僅僅藉由在你們頭腦中的闡釋而出現的，這樣，如果愛能夠被引用，力量的觀念被移除，你們就能夠看到你在新的光之中的解釋，問題就會消失了。

We know that you are all here seeking, seeking something that may be true, some one thing that you do not have to dismiss as being another part of a disappointing world. And we say to you, that which you seek, you already are. Be still, my friends, and begin to discover yourself. Be very, very still. There is music within you and around you. Your own physical vehicle makes patterns of energy, tiny sounds that blend harmoniously. Love is flowing between you and those about you. Within this room, all are one. Be very still, my friends. Imagine that at the very top of your heads there is an opening, and the hunger is being filled, the hunger for light, for love, for truth. This food of the spirit is pouring into you, and going from the top of your being, spreading through each iota, each atom of your physical being and of your spiritual being, and flowing out again into the room, so that you share with all those around you in a community of love and of light.

我們知道，你們全都是在這裏來尋求的，尋求某種可能是真實的事物，某個你們並不必要作為一個令人失望的世界的另一個部分而驅散的事物。我們對你們說，你們尋求的事物，你們已經是了。我的朋友們，安靜下來，開始發現你自己。成為非常非常安靜的。在你內在之中，在你周圍會有音樂，你自己的物質性載具會產生出能量的模式，和諧地混合在一起的聲音。愛是在你和那些在你周圍的人之間流動的。在這個房間中，一切都是一體的。成為非常安靜的，我的朋友們。想象你們的頭的最頂端是一個開口，饑餓正在被填滿，對光，對愛，對真理的饑餓。這種靈性的食物是被傾瀉進入到你們內在之中的，從你的存有的頂部開始，通過你的物質性存有和你的靈性存有的每一個微粒，每一個原子延伸，再一次向外流入到房間中，這樣你們就與所有你們周圍的那些在一個愛與光的集體中的人分享了。

Do not forget, my friends, in the stillness, to let that light out again to all those troubled around you, in your nation, in your world. You are all one being, my friends. You are all brothers.

我的朋友們，不要忘記，在寧靜中，讓那種愛向著所有那些在你們周圍，在你們的國家中，在你們的世界中處於困境中的人照耀出來。你們全都是一個存有，我的朋友們，你們全都是兄弟。

At this time we would like to attempt to say just a few words through the one known as M. If he is willing, we ask that he relax and allow us to speak our thoughts through him. I am Hatonn.

在此刻，我們想要嘗試通過被知曉為 *M* 的實體僅僅說一些話。如果他樂意的話，我們請求他放鬆並允許我們通過他說出我們的想法。

(Pause)

(暫停)

I am again with this instrument. We are very happy for the opportunity to attempt to contact the one known as M. It is of course sometimes difficult to relax enough to achieve a first contact, and we will attempt it again in the future. I would like to transfer now to the one known as B. I am Hatonn.

我再一次與這個器皿在一起了。我們非常高興有機會嘗試去接觸被知曉為 *M* 的

實體。成為足夠多地放鬆以取得第一次的接觸，這當然時常是困難的，我們將在未來再一次嘗試。我們想要現在轉移到被知曉為 *B* 的實體。我是 *Hatonn*。

(B channeling)

(*B* 傳訊)

I am *Hatonn*. I am with you again in the love and light of our infinite Creator. My friends, we have touched upon what is known to you as trouble. We wish to go into this in small detail. We feel there is much understanding to be learned from this concept. My friends, as you know, everything that happens around you is caused by your desires. As you might have noticed, everything that you have desired will eventually come to pass. For, my friends, your existence is based upon this reaction, and you in turn must learn to control it. My friends, you must understand that if you were immediately given everything you desired, it would not mean anything to you for very long, for, my friends, it has been proven many, many times that you shall, we may say, appreciate only that which you have worked for. For this reason, my friends, those types of learning such as trouble and sorrow have been placed upon your paths that you, my friends, might grab hold and place it back.

我是 *Hatonn*。我再一次在我們的無限造物者的愛與光中向你們致意。我的朋友們，我們已經觸及了被你們知曉為麻煩的事物的主題了。我們希望用小小的具體細節深入這個主題。我們感覺到會有大量的理解是要從這個觀念學習的。我的朋友們，如你們知道的一樣，在你們周圍發生的每一個事情都是由你們的渴望造成的。如你們可能已經注意到的一樣，你們已經渴望過每一個事物都將會最終過去。因為，我的朋友們，你們的存在性是基於這種反應的，你們相應地必須學會控制它。我們的朋友們，你們必須理解，如果你們立刻就被給予了每一個你們渴望的事物，它在很長的時間中都不會對你們有任何意義，因為，我的朋友們，已經被證明過很多很多次的事情是，你們將，容我們說，僅僅感激你們已經為之而工作過的事情。因為這個原因，我的朋友們，諸如麻煩與憂傷之類的那些類型的學習，已經被放置在你們的道路上了，這樣你們，我的朋友們，就可以抓住緊緊抓住並將其固定下來了。

Now, my friends, you must understand that although we have said love is all there is, there is, indeed, much negativity within your existence. My friends, you will see it upon your whole path, for, my friends, it has been placed in front of you that you may help yourself or those about you by dealing with these lower energies. Now, my friends, we might add this note of advice: realize that all that has happened to you is placed upon your path so that you may learn. So we say, whenever you are confronted with any type of challenge you do not understand, think first, my friends, of what the reason might be for this obstacle, what you might learn from it. My friends, if you put these sorrows in their right perspective, you will find, even in the deepest pit, that there is indeed a light up above that you may climb to, and thus dwell within the love and light of our infinite Creator.

現在，我的朋友們，你們必須理解，儘管我們已經說過，愛就是一切萬有，確實在你們的存在性中會有大量的負面性。我的朋友們，你們將會在你們全部的道路

上都看到它，因為，我的朋友們，它已經被放置在你們前方，這樣你就可以藉由與這些較低的能量打交道而幫助你自己或者在你周圍的那些人了。現在，我的朋友們，我們可以補充這條建議：意識到所有已經發生在你們身上的事情，都是被放置在你們的道路上的，這樣你們就可以學習了。因此，我們說，無論什麼時候你們遭遇到任何類型的你們不理解的挑戰，我的朋友們，首先思考這個障礙物可能是因為什麼原因，你們可能從其學會什麼事情。我的朋友們，如果你們將這些憂傷放在它們適當的遠景中，你們將會發現，甚至在最深的深淵中，都確實會有一種光是你們可以爬到其上方，並因此居住在我們的無限造物者的愛與光中。

My friends, many entities such as yourselves have allowed themselves to become stagnant because they do not face their, shall we say, troubles and deal with them. My friends, we are indeed aware that this is much easier said than accomplished. But, my friends, you must attune yourself to this train of thought so that it becomes a, shall we say, automatic occurrence. There is much to be learned, my friends. And there are many who wish to be of help. As we are here, my friends, in order to help you, that we ourselves may evolve, this opportunity is also given to you, that you may evolve through the helping of other people. My friends, this help cannot be acquired for others until you yourself have dwelt within this light and love, that you may learn.

我的朋友們，諸如你們自己之類的很多的實體已經允許它們自己停滯不前，因為它們不願意面對它們的，容我們說，麻煩，並與它們打交道。我的朋友們，我們確實知曉，這是說起來容易做起來難得。但是，我的朋友們，你必須要讓自己與這個想法的行列調和，這樣，它就會成為一個，容我們說，自動發生的事情了。會有大量要被學習的事情。會有很多希望有所幫助的人。如我們在這裏一樣，我的朋友們，為了要幫助你們，你們可以通過幫助其他人來演化。我的朋友們，一直都你自己已經居住在這種光與愛中，以便於你可以學習之前，這種幫助都是無法為其他人所取得的。

My friends, remember also that we are with you and await your request, that we may help at any time. It has indeed been a great honor to share with you in your meditation. And as I leave this instrument, my friends, we will pass among you that you may feel this great energy we call love. For, my friends, since love is all there is, there can be no sorrow. You yourself have put this name upon the experience you are passing through. If you will but look around you, you will see many, many things to, shall we say, remind you of love. We leave you now in the love and light of our infinite Creator. Adonai, my friends. Adonai vasu borragus. I am Hatonn.

我的朋友們，同樣也記住，我們是與你們在一起，並等待著你們的請求的，這樣我們就可以在任何時刻幫助你們了。在你們的冥想中與你們分享，這確實已經是一種巨大的榮耀了。當我離開這個器皿的時候，我的朋友們，我們將會在你們當中通過，這樣你們就可以感覺到這種我們稱之為愛的巨大的能量了。因為，我的朋友們，既然愛就是一切萬有，就不會有憂傷。你，你自己已經將這個名字放置在你正在經歷的體驗上了。只要你願意看看你周圍，你就將會看到很多很多的事情，容我們說，以提醒你想起愛。我們現在在我們的無限造物者的愛與光中離開你們。Adonai，我的朋友們。Adonai vasu borragus。我是Hatonn。

(Carla channeling)

(Carla 傳訊)

I am Laitos. I greet you in the love and the light of our infinite Creator. I wish to speak briefly with you, my friends, about the energy that we do send to you. Each of us in the Confederation of Planets in the Service of the Infinite Creator is here for one reason only, and that is to send you our love. We do this in many ways: we speak with you intellectually through channels, we send to your planet as a whole our vibrations of love, and to specific groups and individuals, when they request it, we send a type of energy which has sometimes been called the conditioning vibration or wave.

我是 *Laitos*。我在我們的無限造物者的愛與光中向你們致意。我希望簡短地和你們談談，我的朋友們，關於我們確實對你們送出的能量。在服務於無限造物者的星際聯邦中的每一個人都僅僅是為了一個理由在這裏的，那就是對你們送出我們的愛。我們用很多方式這樣說：我們用智力的方式通過管道對你們發言，我們向作為一個整體的你們的星球，對特定的團體與個體送出我們的愛的振動，當它們請求它的時候，我們送出一種類型的已經有時候被稱為調節性的振動或者波動的能量。

This conditioning is one of several types of carefully beamed vibratory energy which we can send. We prefer to send this type rather than the more physical types of energy which have been used for some channels, which involve actual physical control of instruments, because other types which involve control are somewhat uncomfortable and because we do not feel that it is as important to give you specific information as it is to give you total freedom as a channel to choose at any time that which you wish or do not wish to receive. 這種調節作用是我們能夠發送的數種類型的被仔細地發射出來的振動性的能量中的一種。我們更喜歡送出這種能量的能量，而不是已經被用於一些管道的更為物質性的類型的能量，這些物質性類型的能量實際上包含了對器皿的身體控制，因為其他類型的包含了控制的能量是有些不舒服的，因為我們並不感覺到，給予你們具體的資訊是和給予你們作為一個管道去在任何時刻選擇你們希望或者不希望接收到的事物的完全的自由是一樣重要的。

Our conditioning wave is a wave which is designed to enhance your own meditative spiritual wave. As we have told you many times, my friends, you are very much like a radio, in that your brain is capable of receiving and sending on various frequencies of electromagnetic vibrations. These frequencies vary from what would be called lower vibrations of energy to the higher, finer or more spiritual vibrations. We enhance the vibrations that are comfortably within the spiritual realm, so that you can pick up in a much stronger sense the spiritual thoughts that may be coming to you from various spiritual sources. We, of course, are not the only voices on that particular wave-length, as you might say. You yourself have a higher self which may wish to speak with you at any time, especially when you are in some doubt as to your course of action. It is difficult for a person to come in contact with his higher self in a conscious manner. The most common way for one to become

aware of his own higher self is for one to dream, and then, upon awakening, interpret that dream. Many communications are had in this way. And yet, meditating, you tune into the spiritual source closest to you, which is your own higher self. You have guides, my friends, such as you would call angels, watching over you. This has been said in scripture and is indeed true. You have not ever been, and will never be alone. You truly have those who care for you on every plane of existence.

我們的調節性的波動是一種，旨在增強你們自己的冥想的靈性波的波動。如我們已經告訴過你們很多次的一樣，我的朋友們，你們是非常類似於一個收音機，因為你們的大腦是能夠在各種各樣的電磁類型的振動的頻率上進行接收並發送的。這些頻率從會被稱之為較低的振動的頻率變化到更高的，更加精細的，或者更加靈性的振動。我們增強那些舒適地位於靈性領域中的振動，這樣你們就能夠用一種更為強有力的方式收到那些可能是正在從各種各樣的靈性的源頭來到你們頭腦中的靈性的想法了。我們，當然，不是在特定的波長，如你們可能會說的一樣，上的唯一聲音。你，你自己擁有一個高我，它在任何時刻都可能希望對你說話，尤其是在你在關於你的行動的進程的方面處於某種困惑之中的時候。一個人要與這個高我用一種有意識的方式建立接觸，這是困難的。一個人要開始察覺到他自己的高我的最為通常的方式就是一個人去做夢，接下來，在醒來的時候，解釋那個夢境。很多的溝通交流都是用這種方式被進行的。而在冥想的時候，你調音進入到了最接近你的靈性的源頭，即你自己的高我。我的朋友們，你們擁有，諸如你們會稱之為天使的指導靈，它們在監督你們。在經文中這是已經被說過的了的，這確實是真實的。你們從未是孤單的，將永遠不會是孤單的。你們在每一個存在性的層面上都真正擁有那些關心你們的人。

You may tune into the brothers on this same length. This is the vibration which we send to you. If you do not wish to become a channel, there are still many uses, as you see, to this vibration, and we send it very gladly. You need only request it mentally. If you receive the vibration and for some reason it is uncomfortable to you, request mentally or aloud that it be discontinued and it will immediately be discontinued, for that which you desire is above all things important to us.

你們可能調音進入到在這個相同的波長上的兄弟們。這是我們對你們送出的振動。如果你們並不希望成為管道，這種振動仍舊有很多的，如你們看到的一樣，用途，我們是非常高興地發送它們的。你們僅僅需要在心智中請求它。如果你們接收到振動，且因為某種原因它對你們是不舒服的，在心智中或者發聲請求它不要繼續，它將會立刻就不再繼續了，因為你們渴望的事物高於一切地對我們是重要的。

We thank you for this opportunity to explain the energy which we send to you. It is the energy of love, and yet it is a tuned energy, and this we wish to make known to you. Before I leave, I would like to ask if there are any questions?

我們為這個解釋我們對你們送出的能量的機會而感謝你們。它是愛的能量，而它是一種被調音過的能量，我們希望讓這一點為你們所知曉。在我離開之前，我想要詢問是否有任何問題？

(Pause)

(暫停)

If there are no questions, I will leave you now. I wish you joy upon your path, my brothers, great joy. Love one another, my friends. I am Laitos. Adonai vasu. 如果沒有問題，我現在將離開你們。我祝願你們在你們的道路上擁有喜悅，我的兄弟們，巨大的喜悅。我的朋友們，彼此相愛。我是 *Laitos. Adonai vasu*。

September 19, 1976

1976-09-19 Hatonn : 你死我活的競爭

(H channeling)

(H傳訊)

I am Hatonn. Greetings, my friends, in the love and in the light of our infinite Creator. It is pleasing to be with you. And indeed, it is a benefit to us to be able to share with you the knowledge that we have acquired throughout our existence and through our experience.

我是 Hatonn。我的朋友們，在我們的無限造物者的愛與光中向你們致意。與你們在一起是令人高興的。確實，能夠與你們分享我們已經在貫穿我們全部的存在性中，且通過我們的體驗取得的知曉，這對於我們是一種益處。

We, of what has been referred to as the Confederation of Planets in Service to the Infinite Creator, have come to your planet, to this planet that you call Earth, to give unto those who would request our thoughts, or shall we say, guidance and inspiration. We wish only to share with you that which we have to offer upon the intellectual and spiritual realms. We wish not to interfere. Nor shall we under any circumstances force our communications or assistance upon any individual. For we are aware of certain laws which cannot be violated without retribution and one of those is to abide by and allow any individual to choose that which they wish to experience at any time. We simply allow those who would not wish to seek out any form of enlightenment to continue their growth processes. We send them our love that we interfere not with that which they desire to do. The reason we have come is to offer our assistance. And it is pleasing to us that you have chosen to listen.

我們已經被稱之為服務於無限造物者的星際聯邦了，我們已經來到了你們的星球，來到這個你們稱之為地球的行星，以給予那些會請求我們的想法的人，**或者容我們說，請求我們的指導與啟發的人。**我們僅僅希望與你們分享我們在智力與靈性的領域中所要提供的事物。我們並不希望去侵犯。我們也將不會在任何情況下將我們的交流或者幫助強加在任何個體身上。因為我們知曉一定的無法被違反而不受懲罰的法則，那些法則中的一個就是等待並允許任何個體去選擇它們在任何時刻希望體驗的事物。我們單純地允許那些不希望尋求任何形式的覺醒的個體繼續它們成長的過程。我們對它們送出我們的愛，我們不會侵犯它們渴望去做的事情。我們來到這裏的原因是去提供我們的幫助。你們已經選擇去聆聽，這對於我們是令人高興的。

We of the Confederation have been about your planet for what you would call centuries of time. We have provided intermediaries, you might say, who have come onto your plane of existence and acted as teachers among your peoples. Many of these teachers were greatly misunderstood, even that one with whom you are so familiar who bears the name of Jesus. He taught that you are also the children of the Father that sent him. He taught the concepts of oneness and equality of all beings. He demonstrated the abilities of the consciousness of that which you would call super-intellect, or consciousness.

And as he did so he informed those about him that it was within their capabilities to do likewise. And this, my friends, is one of the greatest truths which was not comprehended and which has not been utilized or taught in the proper manner throughout the centuries that have passed since he was here.

我們星際聯邦已經在你們星球周圍有你們所稱的數個世紀的時間了。我們已經提供了，你們可以說是，中間人，它們已經來到了你們存在性的層面上並作為在你們的人群中的老師行動了。很多這些老師是被極大地誤解了的，甚至是你們對其如此熟悉的帶著耶穌的名字的那位老師。他教導你們同樣是派遣他來的天父的孩子。他教導了所有的存有的一體性與平等性的觀念。他示範了你們稱之為超級智能 (*super-intellect*) 的意識的能力，或者超級意識。當他這樣做的時候，他告訴那些在他周圍的人，去做類似的事情是在它們的能力範圍內的。我的朋友們，這就是一個偉大的真理，在貫穿自從他來到這裏之後已經過去了的數個世紀的時間中，這個真理都尚未用適當的方式被利用或者被教導。

We say to you that it is you, my friends, each one of you on an individual basis has within you the ability to achieve all that you would desire. You have within you the ability to create that which you desire to experience. You are an extension of that which we call the Creator. You are His thought patterns projected throughout the infinite universe. You cannot be separated from Him, nor can you be separated from one another. Yet, you have been given the opportunity to express that creating force through your personality and individuality upon this physical plane of existence, in order that you might come to the realization that, indeed, all things are divine and unified. As you travel in different directions as projections of His thoughts, you shall find that the directions begin to mingle and that your paths begin cross with those of other individuals with whom you feel a great closeness upon contact. My friends, this is nothing other than recognizing within them the true identity of yourself.

我們對你們說，我的朋友們，你們每一個人，用一種個體的方式，都在你們內在之中擁有能力去取得所有你們渴望的事物。你們在你們內在之中擁有能力去創造你們渴望去體驗的事物。你們是我們稱之為造物者的事物的一個表達。你們是貫穿無限宇宙被投射的祂的想法的模式。你們既無法與祂分開，你們也無法與相互彼此分開。而你們已經被賦予了機會去通過你們的人格與在這個存在性的物質性的層面上的個體性來表達那種創造性的力量，以便於你們可以取得那種領悟，確實，所有的事物都是神聖且統一的。當你們在不同的方向作為祂的想法的投射而旅行的時候，你們將會發現方向開始融合，你們的道路開始與那些你們在接觸的時候對其感覺到一種巨大的親近的其他個體的道路交叉了。我的朋友們，這完全恰恰就是要在它們內在之中認出你自己的真實的身份。

You of the planet Earth, as we of the Confederation, are constantly working together in bringing about the elevation of all creation. And upon your Earth sphere, man is now presented with the opportunity to bring into being the highest form of what you would call civilization ever known to your planet. For you are presently ending that which is called a cycle of time of existence. All things return from whence they have come. Thus we speak of cycles. Things

flow around within the universe and yet, there are dimensions of physical planes of existence which overlap and which are not recognized by those within them. And thus you can transgress into a cycle of experience of time which you would consider to be of a more elevated nature.

屬於行星地球的你們，如同屬於星際聯邦的我們一樣，是持續不斷地一同工作以產生出對所有的造物的提升的。在你們的地球上，人現在是被呈現出了機會來產生出在你們的星球上曾經被知曉過的最高形式的你們稱之為文明的事物因為你們現在正在結束被稱之為一個存在性的時間的週期的事物。所有事物都會返回我們從其而來的地方。因此，我們談及週期。事物在宇宙中是圓形地流動的，而會有屬於存在性的物質性的層面的維度會重疊，並不會被那些在它們內在之中的實體認出。因此，你們能越界進入到一個時間的體驗的週期，而你們不會認為它是具有一種更加提升的屬性的。

As your planet completes its present cycle, it is presented with the opportunity to transmute its entire physical form and all things upon it into a higher vibratory field, or a higher cycle of existence. And we say, my friends, that indeed the planet will do so. For by the abuses placed upon it by its inhabitants, it has earned the right to this opportunity. And you, as an individual, must also earn that right to be transmuted with the sphere that you occupy.

隨著你們的星球完成這個當前的週期，它是面對著將它的整個的物質性形式以及所有在其上的事物都轉換進入到一個更高的振動場域，或者一個更高的存在性的週期的機會的。我的朋友們，我們會說，星球將確實這樣做。因為藉由它的居民已經放置在其上的濫用，它已經贏得了這個機會的權利了。你，作為一個個體，必須同樣也贏得那個權利，以與你所佔據的星球一起被轉變。

And this is done through the processes of spiritual evolution of the raising of consciousness. It is your responsibility to yourself primarily, and through thyself to the Creator, to seek out that channel of experience which is most fitting to you and gain the knowledges and the wisdom and understanding that you require to bring about this progression. It is by your efforts that you evolve. Those who do not choose to go on with their, shall we say, paths shall receive the opportunity to repeat this cycle of experience. And they shall not be aware of what is transpiring. Yet those who seek out the truth, who seek out the Creator within them, shall be aware of all things. Seek and you shall find, as the Master has said. This is an irrefutable law. Ask and you shall receive that which you desire. But be careful for what you ask, for, my friends, your very thoughts are the creation of your experience. Those thoughts of a negative form which you may label them, my friends, they shall bring to you that experience. Perhaps cloaked so that you do not recognize it. So be careful, guard your thoughts. Learn to focus your energies in the proper directions. Learn to think in the proper manner. And learn, most importantly, to go within yourself and achieve the union which is of necessity with that portion of the Creator's consciousness that lies within your being.這是通過對意識的提升的靈性演化的過程而被進行的。它主要是你對你自己的責任，通過你自己向造物者的請求，找出最為適合於你的那個體驗的管道，並取得

你請求的知曉、智慧與理解，以產生出這種發展。就是藉由你的努力，你演化發展了。那些並未選擇繼續進行它們的，容我們說，道路的實體，將會收到機會去重複這個體驗的週期。它們將不會察覺到正在發生的事情。而那些尋求真理的人，那些尋求在它們內在之中的造物者的人，將會察覺到所有的事情。如大師已經說過的一樣。尋求，你們將會發現。這是一個無可辯駁的真理。請求，你們將會接收到你們渴望的事物，但是對你們渴望的事物是小心謹慎的，因為，我的朋友們，你們的核心的想法是你們的體驗的創造物，那些你們可能為其貼上具一種負面性的形式的想法標籤的想法，我的朋友們，它們將會將你們帶到那個體驗。也許那些想法是被偽裝起來的，這樣你們就不會認出它了。因此，成為小心謹慎的，守護你們的想法。學會將你們的能量聚焦在適當的方向上。學會去用適當的方式思考。最重要的是，學會進入到你自已內在之中，並取得與造物者的意識的那個存在於你存有內在之中的部分之間的所需的統一性。

You are the perfect manifestation of that which you have chosen to be. And you possess the power to function properly or improperly. It is your choice. It is your evolution. It is your experience. And it is yours to do with as you would choose. Consider these thoughts. Consider your present position. Consider what it is that you desire to do, and by all means set forth the energies and achieve them for it is your birthright to have that which you desire. I shall transfer this communication. I am Hatonn.

你們是你們已經選擇去成為的事物的完美的顯化物。你們擁有去適當地或者不當地發揮作用的力量。它是你們的選擇。它是你們的演化。它是你們的體驗。如你選擇地一樣做出你們的選擇。考慮這些想法。考慮你們當前的位置。考慮你們渴望去做的事情是什麼，無論如何都產生出能量來取得它們，因為去擁有你們渴望的事物這是你們的天賦權利。我將會轉移這個接觸。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am now with this instrument. And I greet you once again in the love and light of our infinite Creator.

我現在與這個器皿在一起了。我再一次在我們的無限造物者的愛與光中向你們致意。

My friends, to accomplish that which you wish to do, to gravitate, shall we say, upward on the spiritual path, may seem many times to be a very great effort. And we say to you that your will and your desire and your efforts are all-important. We cannot repeat too often to you, for truly you will get what you desire. Therefore, desire carefully and constantly. We wish to assure you, however, that it is not expected or at all natural that the effort alone will give you wisdom. For mankind can work and work, but without the spirit, the soul that is within him, that is his higher self and that is the spark of the Creator, he will achieve nothing but weariness. And many who have beaten their heads against the wall seemingly hopelessly have become heartbroken and convinced that there is no Creator and that there is no reason for living and there is no hope beyond the present physical existence.

我的朋友們，要實現你們希望去做的事情，要沿著靈性的道路，容我們說，受重力吸引向上，很多時候可能看起來似乎是一個非常巨大的努力。我們對你們說，你們的意志，你們的渴望，你們的努力是完全重要的。我們無法過於頻繁地對你們重複，因為你們真的將會得到你們渴望的事物。因此，小心謹慎且持續不斷地渴望。無論如何，我們希望相你們保證，單單努力將就將會給予你們智慧，這不是要被期待的，或者完全不是自然而然的。因為人類能夠努力工作，但是沒有靈性，沒有在他內在之中的靈魂，沒有他的高我以及造物者的火花，他將會除了疲倦之外什麼都得不到。很多已經讓看似無望地撞牆了的人，已經變得心碎，並已經被說服，沒有造物者，沒有活著的理由，除了當前的物質性的存在性之外有希望。

Effort is only the seed, my friends. The fruition comes in meditation. The fruition comes when, in your desire, you stop talking and begin listening. Truly, those upon your planet are understandably bad at listening for your physical ears are beset day and night by noise and more noise, and most of it not at all important, on any level. Therefore, in order to protect yourselves from this constant noise you yourselves are constantly thinking, constantly generating a defensive wall of selfhood. But, my friends, as long as you are thinking and talking you cannot contact that wisdom that is within you, that is sleeping. You may meditate for a long time before you feel consciously that you have contacted wisdom. You may meditate for a long time before you begin to feel warmed by the presence of love. That is how hard it is to open the door that those of your people who live in this civilization have begun to experience as closed. It is a thick door. Many of your peoples do not even believe that such a door exists and that beyond it there is a reality. So we say to you, seek, and then in your seeking, meditate.

努力僅僅是種子，我的朋友們。結出果實是在冥想中出現的。當你們，通過你們的渴望，停止說話並開始聆聽的時候，果實就會出現了。真的，那些在你們的星球上的人在聆聽的方面是可以理解地糟糕的，因為你們的身體的耳朵是日以繼夜地被噪音，與更多的噪音受包圍著的，大多數的噪音，在任何層次上，都是完全不重要的。因此，為了要保護你們遠離這種持續性的噪音，你們自己在持續不斷地思考，持續不斷地產生處處一種自我屬性的防禦性的牆壁。但是，我的朋友們，只要你們在思考，在說話，你們就無法接觸在你們內在之中的智慧，那種智慧是在沉睡中的。你們可以冥想一段很長的時間，一直到你們有意思滴感覺到你們已經接觸到智慧為止。你們可以冥想一段很長的時間，一直到你們開始感覺到愛的臨在的溫暖為止。那就是要如何努力地打開那扇你們中的那些活在這個文明中的人已經開始體驗為被關閉著的門了。它是一扇厚重的門。你們很多人甚至並不相信這樣一扇門處在，在其外會有一個真相。因此我們對你們說，尋求，接下來，在你們的尋求中，冥想。

The great secret to, shall we say, getting out of the rat race, is to realize that you and only you are responsible for yourself. Let us draw you a small picture, my friends. You are an entity that has lived forever and will live forever. You are whole and you have a form that has been building and shaping itself and you are a certain way and you think certain thoughts and you are dwelling in a tiny little ball that circles a sun in a very small corner of a totally infinite

universe. And you are in a classroom that is much like a circus with many things to see and many things to behold, and you are observing and you are attempting to learn. People may have attempted to tell you that this is a perfect world and that all things are of love. And you have said, "How can that be? There are horrible things in this world and they are not of love." Both are true, my friends. Your illusion is made up of many vices, some of which are so strongly on the negative side that in them exists the thought forms of what you call Satan. You know and you have felt horror and despair at the more negative of those things that those upon your planet do to others and to themselves.

擺脫那場你死我活的競爭的 (rat race)，容我們說，巨大的秘密，就是去意識到，你，且僅僅只有你是為你自己負責任的。讓我們為你們描繪一幅小小的圖畫，我的朋友們。你是一個已經永恆地或者，並將會永遠活著的實體。你是完整的，你擁有一個形體，它一直都在構建並塑造其自身，你是有一定的方式的，你思考一定的想法，你居住在一個微小的球體上，它在一個完全無限的宇宙中的一個非常小的角落中圍繞著一個恆星轉動。你是在一個課堂上，它非常類似於一個馬戲團，它擁有很多的事物要去看，擁有很多的事物要去觀察，你正在觀看，你正在嘗試去學習。有人可能已經嘗試去告訴你，這是一個完美的事情，所有事物都是屬於愛的。你已經說，“這怎麼是可能的呢？在這個世界中會有可怕的事情，它們不是屬於愛的。”我的朋友們，兩者同時都是真實的。你們的幻象是由很多的惡所構成的，它們中的一些如此強有力地處於在負面性的面相上，以至於在它之中存在有你們稱之為撒旦的思想形態。你們知道，你們已經對在你們星球上的人對其他人以及對它們自己做的有些事情中更為負面性的事情感覺到了恐懼與絕望了。

This is your classroom, my friends. And we say to you that the energy that created all of these wrong thoughts was originally love. And those who were conceived in love by their free will have chosen to separate themselves into thoughts that are not of love, but are dark shadows across the face of love. But you are there, my friends, and you are to learn. See yourselves as the generators of your own destiny. If you will see your life as a work of art, you may think that life is something that happens to you, that you are the recipient of various good and bad things, but this is not so, my friends. And when you begin to take new responsibility for the way you act, no matter what happens to you, for what you are putting out, when your emotions and your words and your gestures and your actions begin to form a harvest of that which you are learning in your meditation and in your reading, then you have made the great step, my friends.

這是你們的課程，我的朋友們。我們對你們說，創造了所有這些錯誤的想法的能量，一開始都是愛。那些藉由它們的自由意志在愛中被構想出來的人，已經選擇將它們自己分裂成為那些不屬於愛，而是在覆蓋在愛的面孔上的黑暗的陰影的想法了。但是，我的朋友們，你們在那裏了，你們是要學習的。將你們自己視為你們自己的生產者。如果你將你的生命視為一件藝術品，你可以認為，生命是某種發生在你身上的事情，你是各種各樣的好事與壞事的接收者，但是，我的朋友們，不是這樣的。當你們開始為你們行為的方式，無論什麼事情發生在你們身上，並為你們正在產生出來的事情承擔起了新的責任，當你們的情緒，你們的言語，你們的姿勢以及你們的行動開始形成你們已經在你們的冥想中以及在你們的閱讀

中正在學習的事物的一個收穫物的時候，接下來，我的朋友們，你們就已經邁出了巨大的步子了。

Then you may begin to become more confident of graduating from this school, of getting out of this rat race, as you would call it. When you leave your physical form, as you all will, and when you look back, you will see this life that you have lived just as you would see a work of art. And you will see whether you have written badly or well. It matters not if you make mistakes; you can but learn. And each attempt to show what you have learned will sound a chord within your lifestream that is very sweet.

接下來，你們可能開始對從這所學校的畢業，對擺脫這場你死我活的競爭（*rat race*），如你們稱呼它的一樣，變得更加有信心了。當你們離開你們的物質性的形體的時候，如你們全都將會地一樣，當你們進行回顧的時候，你們將會看到這次你們已經活出的生命，恰恰就如同你們會看著一件藝術品一樣。你們將會看到，是否你們已經寫得很糟糕或者寫的很好了。如果你們犯了錯誤，這並不重要。你們僅僅能夠學習。每一次去顯示你們已經學習到的事情的嘗試，都將會聽起來是在你們的生命的溪流中的一個非常甜美的和絃。

The days may seem to move very slowly and many hours may seem to go on forever when you feel as if you are under fire by a hostile world. But your life is short, my friends. You are standing on a ball and you are learning. Connect with that source of love, a source which is rich in humor, a source in which you can relax and trust that there is no power on Earth, no matter how dark or dangerous it may seem to your physical eyes, that is as great as love. Your body may die and evil forces may cause you harm, but the harm is illusory. For that which you give from your inner spirit is the only reality for you. And no power can aggregate that of love within your spirit.

當你感覺到就好像你是因為一個敵意的世界而著火了的的時候，日子可能看起來似乎是非常緩慢地移動的，很多個小時可能看起來似乎永遠地持續下去。但是，我的朋友們，你們的生命是短暫的。你們是站在一個球上面，你們在學習。與那個愛的源頭連接，這是一個富含幽默的源頭，你們在其中能夠放鬆，並相信在地球上沒有力量是和愛一樣偉大的，無論它對於你們的物質性的眼睛可能看起來似乎是多麼黑暗或者多麼危險。你們的身體可能死去，邪惡力量可能對你們造成傷害，但是，傷害是虛幻的。因為你們從你們內在的靈性中給予的事物，就是對於你們唯一的實相了。沒有力量能夠聚集產生出在你們的靈性中的愛的實相。

I would like to open the meeting to questions at this point. Are there any questions at this time

我想要在這個位置對問題開放集會。在此刻有任何問題嗎？

(Pause)

(暫停)

I am aware of questions in the air and I would say that there is no situation in which there is not freedom. That which is bound by the Earth is only bound in illusion. That which differentiates man from the consciousness of the trees and

plants and animals is his imagination. I would say never consider yourself bound, for your imagination will take you away. You must have confidence in your own ability, in your own work. You can break the bonds on any prison, not by actions where actions would be a stumbling block to others, but in your mind. Make the place for yourself that you desire in your mind and go there.

我在空中察覺到了問題了，我會說，不會有任何情況是在其中沒有自由的。被地球束縛的食物，僅僅是被束縛在幻象中的。將人與樹木、植物與動物的意識區分開的事物，是他的想像力。我會說，永遠都不要認為你自己是受束縛的，因為你的想像力將會帶你離開。你必須要對你自己的能力，對你自己的工作有信心。你能夠打破任何監獄的束縛，不是藉由行動，在其中行動會成為其他人的一塊絆腳石，而是在你的頭腦中。為你自己留出你渴望在你的頭腦中擁有的空間，並去那裏。

I would close through another instrument. I will leave this instrument.

我會通過另一個器皿結束。我將會離開這個器皿。

(B channeling)

(B 傳訊)

I am now with this instrument. I am Hatonn. I again greet you in the love and in the light of our infinite Creator.

我現在與這個器皿在一起了。我是 *Hatonn*。我再一次在我們的無限造物者的愛與光中向你們致意。

I would give you but a few more minutes, my friends, but I feel the need to go into a bit more detail on what we have mentioned as your path. We have mentioned before there is an energy within your experience which is known as negativity. My friends, as we often said, there is no energy stronger than the energy radiating from love. Now, my friends, you may not understand the meaning of what we have mentioned as your path. My friends, as there are many, many of you upon your planet, it has been designed, my friends, by our Creator that there is yet that many paths that may bring you to an understanding of a more spiritual existence.

我會給予你們僅僅多幾分鐘的時間，我的朋友們，但是我感覺到需要更為具體細致一點深入我們已經提及是你們的道路的事物。我們已經在之前提到過，在你們的體驗中有一種被知曉為負面性的能量。我的朋友們，如我們經常說的一樣，沒有能量是比從愛中輻射的能量要更為強有力的。現在，我的朋友們，你們可能不理解我們已經提及是你們的道路的事物。我的朋友們，因為在你們的星球上有很多很多的道路，已經是被，我的朋友們，我們的造物者設計好的事情是，會有很多的道路可能將你們帶到一種具有一種更多的靈性的存在性的理解。

Now, my friends, again as I have already mentioned, it is truly a blessing from our Creator that He has bestowed us all with that which you may call free will. Now, my friends, before you can start upon your path, you must first understand what type of path you may embark upon. My friends, as your

seeking has brought you here this evening it will bring you many places that you may experience what, shall we say, you may wish to. I would say in your every deed, my friends, look for the energy of love. Surround yourself in this energy, my friends, and you will find that an energy as strong as this may repel any negativity that may wish to cross in front of you.

現在，我的朋友們，再一次，如我們已經提到過的一樣，造物者已經賦予了我們所有帶有你們可能稱之為自由意志的事物，這真的是來自於我們的造物者的一個福分。現在，我的朋友們，在你們能夠在你們的道路上啟程之前，你們必須首先理解，你們可能走在其上的是什麼類型的道路。我的朋友們，如你們的尋求已經在今晚將你們帶到這裏一樣，它將會將你們帶到很多你們可能體驗到，容我們說，你們可能希望體驗的事物的地方。我們會說，在你們的每一個行為中，我的朋友們，尋找愛的能量。將你自己包圍在這種能量中，我的朋友們，你們將會發現一種與這種能量一樣強有力的能量，它會驅散任何可能希望在你們前面出現的負面性。

Now, my friends, as you continue upon your path you will find many lessons. These lessons, my friends, have many times been referred to as troubles or problems. My friends, when you are met with such a situation, may we suggest that you go within. Question yourself as to what you may learn and why you are experiencing it. Now, my friends, you understand that it is very easy to speak these words. But yet it is a totally different experience when trying to act it out. But, my friends, upon initiating yourself upon this path you will find that there are many, many there to help you but they may not help you without your desire.

現在，我的朋友們，隨著你們在你們的道路上繼續前進，你們將會發現很多的課程。這些課程，我的朋友們，已經很多時候被稱之為麻煩與問題了。我的朋友們，當你們遭遇到這樣一個情況的時候，容我們建議，你們進入到內在之中。在關於你可能學會什麼，以及為什麼你在體驗它的方面對你自己提問。現在，我的朋友們，你們理解，要說出這些話語是非常容易的。而當嘗試去將其付諸行動的時候，它是一個完全不同的體驗。但是，我的朋友們，在你讓你自己在這條道路上啟程之前，你們將會發現，會有很多很多要幫助你們的實體，但是沒有你們的渴望，它們可能不會幫助你們。

It has been an extremely great honor my friends, to share with you in your meditations. If you will linger but a minute, if you will linger but a moment, it has been requested that you may feel our presence. Relax, my friends, and I will leave you. I am Hatonn. I leave you in the love and the light of our infinite Creator. Adonai. Adonai vasu borragus.

我的朋友們，在你們的冥想中與你們分享，這已經是一種極其巨大的榮耀了。如果你們將會拖延僅僅一分鐘，如果你們願意拖延僅僅一會兒，已經被請求的事情是，你們可以感覺我們的在場。我的朋友們，放鬆，我將會離開你們。我是 *Hatonn*。我在我們的無限造物者的愛與光中離開你們。 *Adonai. Adonai vasu borragus*。

September 26, 1976

1976-09-26 Hatonn : 悲傷與奇跡

(Carla channeling)

(Carla傳訊)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. It is a great privilege to be with you and I greet each of you. We offer you our love. What we offer you, my friends, O men of Earth, what we offer you is more precious than any treasure you can imagine. And yet we mourn that so few know of the treasure of love. O men of Earth, we speak to you now in sorrow, that so many of your peoples value only those things which cost what you would call money. O men of Earth, you spend your time seeking after so many things that do not advance you on your spiritual path. How long will you sleep?

我是 *Hatonn*，我在無限造物者的愛與光中向你們致意。與你們在一起是一種巨大的榮幸。我們提供給你們我們的愛。我們提供給你們什麼呢，我的朋友們，哦，地球人，我們提供給你們的事情是比任何你們能夠想像到的珍寶都要更加寶貴的。而我們感到悲傷，如此少的人知曉愛的珍寶。哦，地球人，我們現在是在憂傷中對你們發言的，你們人群中如此多人僅僅珍惜那些會花費你們所稱的金錢的事物。哦，地球人，我們將你們的時間花費在追尋如此多的並不會讓你們在你們的靈性的道路上前進的事情。你們將要沉睡多久呢？

We speak to you in this manner, my friends, for we know that you, too, spend time in mourning over that soul within you that cannot be given its place in your own universe. We know that you, too, mourn for your planet. But your planet, my friends, shall we say, in general is in a very difficult position at this time, for the desire and the thought of those upon your planet have caused the situations to arise in which war and the government which provokes war seem to be a totally unchangeable set of parameters, out of which there is no way whatsoever.

我們用這種方式對你們發言，我的朋友們，因為我們知曉你們，同樣也花費時間對在你們內在之中的那個無法被給予它在你們自己的宇宙中的位置的靈魂的悲傷中。我們知曉你們，同樣，也對你們的星球感到悲傷。但是，我的朋友們，你們的星球，一般來說，容我們說，在此刻是處於一個非常困難的位置上的，因為在你們的星球上的人們的渴望與想法已經造成了危機狀況的上升了，在這種危機狀況中，戰爭與挑起戰爭的政府看起來似乎是處於一套完全無法改變的參數中，沒有無論什麼任何途徑超越那套參數。

Yes, O man of Earth, we do mourn with you. But, my friends—and this is what we are here to tell you—if you know who you are, at all, you can begin at this moment, at any moment, to seek out the miracle which that which you would call Christ-consciousness may do for you. It is true, my friends, you cannot save your planet. In general, the thinking has been aligned in an incorrect manner and many, many upon your planet will not achieve enough understanding of love to go on, but will have to repeat this cyclical

experience. 是的，哦，地球人，我們確實與你們一起感到悲傷。但是，我的朋友們——這是我們來到這裏來告訴你們的事情——如果你們知曉究竟你們是誰，你們就能夠在此刻，在任何時刻，開始找出你們稱之為基督意識的事物可能為你們施展的奇跡了。我的朋友們，你們無法拯救你們的星球，這是真實的。一般而言，思考已經用一種不準確的方式被調教過了，在你們星球上的很多很多人將不會去的足夠多的愛的理解來繼續前進，而將不得不重複這個週期性的體驗。

But you, my friends, each of you, if you know at all who you are, you know that the miracle is very near, is close, and can be right now. In your holy works, it was reported many times that the one known as Jesus performed miracles. He opened ears that could not hear and allowed the blind to see. And yet, how many of you, my friends, suffer in a spiritual manner from stopped ears and blind eyes and closed hearts? Have you gone through this day in some degree unhappy? Frowning? Struggling? Then you have need of a miracle, my friends, and the miracle is very close.

但是，你們，我的朋友們，你們每一個人，如果你們知曉你們究竟是誰，你們就會知曉，奇跡是非常非常接近的，是靠近的，是能夠現在就出現的。在你們的神聖著作中，被知曉為耶穌的實體施展了奇跡，這已經被報告過很多次了。他讓無法聽到的耳朵張開，他允許瞎子看見。而我的朋友們，你們有多少人用一種靈性的方式因為被阻塞的耳朵，看不見的眼睛以及被封閉的心而受苦了呢？你們已經帶著某種程度的不快樂穿越這個日子嗎？皺眉？掙扎？那麼，你們就擁有對一個奇跡的需要了，我的朋友們，奇跡是非常近的。

What we are saying to you is simply that you can, at any time, make a change in your consciousness, not by yourself, but by what you would call the grace of the spirit of love. We have said to you so often to meditate and we say it once again. Not only is it difficult to live with a consciousness that is unhappy, irritable, frowning or afraid, lonely, in other difficulties—not only is it uncomfortable for you, but also your higher self mourns and this seeps into your consciousness, and you feel sad for your own difficulties.

我們正在對你們是的事情，單純地就是，你們能夠，在任何時刻，在你們的意識中產生出一個改變，不是憑藉你自己，而是憑藉你會稱之為愛之靈的恩典的事物。要藉由一種不快樂的，易怒的，皺眉的，害怕的，孤單的，以及其他困難的意識而活，這不僅僅是困難的——它不僅僅對於你們是不舒服的，你們的高我同樣也會悲傷，這種悲傷被滲入到你們的意識中，你們會對為你們自己的困難而感到難過。

Now, this moment, my friends, take your birthright! No man need change. The saints were only conscious of the reality of love. That human personality will continue on, with your encouragement or without. Yet if you seek love, by grace you shall find it. I will transfer at this time. I am Hatonn.

現在，此刻，我的朋友們，使用你們的天賦權利吧！沒有人能夠改變。聖人僅僅是察覺到愛的實相。人類的人格將會繼續，要麼帶著你們的鼓勵，要麼不帶著你們的鼓勵。而如果你們尋求愛，你們將藉由恩典找到它。我將會在此刻轉移。我是 *Hatonn*。

(H channeling)

(H 傳訊)

I am Hatonn. I am now with this instrument. When we speak of the reality of that which you call love, we speak of a universal concept. We speak of a concept with which all things have been created. We speak of a concept which contains all things that you experience. And man of Earth looks about him, and he sees about him that which is disagreeable to what he would desire. And he labels it, what you would call, to be bad or negative.

我是 *Hatonn*。我現在與這個器皿在一起了。當我們談及你們稱之為愛的事物的真相的時候，我們談及了一個宇宙性的觀念。我們談及了一個所有的事物都已經藉由其被創造出來的觀念。我們談及了一個包含了所有你們體驗到的事情的觀念。地球上的人會查看他的周圍，他在她周圍看到了與他渴望的事物不協調的事物。他為它貼上，你們會稱之為壞的或者負面性的事物的標籤。

Yet in essence, my friends, that too is the love of which we speak. For in order to look upon any situation, any experience, or to receive any knowledge, and to have the ability to accept or reject through your own analysis that situation, is truly a gift of love from the Creator. And in order to properly do so, it is necessary that you [have] the balance of the concept of love. For each and every experience there is that which is what you would call the opposite, and through the knowledge of each, you then have the experience of being able to bring into balance both positive and negative aspects in your learning process. Without the knowledge of each, it would be of greater difficulty, or shall we say, even impossible for you to proceed upon your path of truth and enlightenment. For, my friends, without all things that exist within the universe, our creation would be incomplete, and so would our experience.

而實際上，我的朋友們，那同樣也是我們談及的愛。因為為了要觀察任何情況，任何體驗，或者要接收任何的知曉，並擁有能力去通過你們自己的分析接受或者拒絕那個情況，這真正是一個來自造物者的愛的禮物。為了要適當地這樣做，你們需要擁有對愛的觀念的平衡。對於每一個體驗，都會有你們稱之為對立面的事物，通過知曉每一個面向，你們接下來就擁有了能夠同時將在你們的學習過程中的正面性和負面性的面向帶入到平衡中的體驗了。沒有對每一個面向的知曉，要在你們的真理和覺醒的道路上前進是具有更大的困難，或者容我們說，甚至是不可能的。因為，我的朋友們，沒有所有存在於宇宙中的事物，我們的造物會是不完整的，我們的體驗也會如此。

And indeed, though it be infinite, my friends, our experiences are complete. They are complete, insomuch as they are the manifestation of the concept of love, brought forth through the Creator and His gift of creation to us.

確實，儘管我們的體驗是無限的，我的朋友們，它是完整的。在我們的體驗是對愛的觀念的顯化物，是通過造物者和祂給予我們的造物的禮物而被產生出來的範圍內，我們的體驗是完整的。

Love, my friends, to those who truly understand, is the tool by which they

create. It is the tool or the law by which they live. It is the words they speak and the thoughts that they project. Love, my friends, is that which the Creator is and always shall be. In order that you may come into a clearer understanding of this concept, it is not only necessary, as we speak, for your daily meditation, it is also necessary that you go through the experiences and lessons of your life, and that you meet that which is placed before you, whatever it may be, as a stepping stone upon which you must tread—lightly, regularly and knowledgeably. Meet that which is placed in front of you. Do within that circumstance the best that you know how. Love the experience entirely, whether it be painful or pleasurable. For, my friends, in all things there are lessons that you must learn in order to progress. And placed before you in life there is nothing of coincidence. There is only that which is intended to be learned.

我的朋友們，對於那些真正理解的人，愛是它們藉由其進行創造的工具。愛是它們藉由其而活的工具或者法則。我的朋友們，愛就是造物者之所是，造物者將一直都是愛。為了你們可以對這個觀念取得一種更為清晰的理解，你們同樣需要經歷你們生命的體驗與課程。它不僅僅需要，如我們說過的一樣，你們每天進行冥想，它同樣也需要你們經理你們的生命的體驗與課程，你們去面對被放置在你們面前的事情，無論它可能是什麼事物，作為一個你們必須要走在其上的踏腳石——輕鬆地，有規律地，有見識地。面對被放置在你們面前的事情。在那個環境中做你知曉如何做的最佳的事情。完全地愛那個體驗，無論它是痛苦的，還是愉快的。因為，我的朋友們，在所有事情中，都有你們為了前進必須要學會的課程。在生命中被放置在你們前面的事情沒有任何事情是巧合。僅僅只有被打算好要被學習的事情。

There was one upon your planet with whom you are familiar, whom many call Master. And, my friends, that name can be yours. That concept that he represented, of love, can be yours. Learn to meet head-on all things in the light of love and you shall learn to master all of your emotions and thoughts, and you shall learn to generate within you a brightly luminous flame from the spark of divinity that is within you. Radiate from within the love that you learn, the love that you are, and the love that you know you shall be. For love is ever-growing and never-ending. Love never is depleted nor divided. From within you comes all things, all things that you desire. For indeed, that love within you is the creative force within the universe. You are an extension of the creation, you are the creation, and you are the Creator. You are the light. You are the way, the knowledge, wisdom and truth. You are in the Creator as He is in you, and though you do not understand it through the utilization of your intellect, in true essence you are all things.

在你們的星球上會有一個你們對其熟悉的人，很多人稱之為大師。我的朋友們，那個名字能夠成為你們的名字。他呈現的那個愛的觀念，能夠成為你們的觀念。學會去在愛的光中直面所有事情，你們將學會掌握所有你們的情緒與想法，你們將學會在你們內在之中產生出一種來自於你們內在的神性的火花的明亮地發光的火焰。從你們學會的愛，你們之所是的愛，你們知曉你們將會成為的愛發光。因為愛是一直生長且永無止盡的。愛從不會被耗盡，也不會被分開。從你們內在之中會出現所有的事情，所有你們渴望的事情。因為確實，在你們內在之中的愛

就是在宇宙中的創造性的力量。你們是造物的一個延伸，你們就是造物，你們是造物者。你們是光。你們是道路，是知識，是智慧與真理。你們是在造物者之中的，因為祂是在你們之中的，雖然你們通過對你們的智力的應用是不會理解它的，在真正的實質中，你們就是一切事物。

I shall once again transfer this contact. I am Hatonn.

我將再一次轉移這個接觸。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I will open the meeting now to questions, but before I do, my friends, I would answer a question which is on the minds of several, including this instrument. We are aware that some of you question how we can communicate through instruments when there are members of the group who are sleeping *. Very quickly, we can speak to any group of people in which there are people who are resting, in which there are infants who are resting. Our difficulties in speaking to groups come only when there is a person within that group, of any age, who desires not to hear what we have to say. If there is one such person, then we cannot speak.

我與這個器皿在一起了。我現在將對問題開放集會，但是在我開放集會之前，我會回答一個在幾個人，包括這個器皿，頭腦中的問題。我們知曉你們中有一些人會質疑，我們如何在團體中有成員睡著的時候^[1]通過器皿進行交流。非常快地，我們能夠對任何人的團體發言，無論在團體中是有人在休息，還是在其中是有嬰兒在休息。我們在對團體發言的過程中的困難僅僅是在那個團體中會有一個人，無論是什麼年齡的人，並不渴望聽到我們所要說的內容的時候出現。如果會有這樣一個人，接下來我們就無法發言了。

Of course, my friends, it is not necessary that a person be fervent and faithful before hearing us. It is only necessary that he be open to hearing our words. 當然，我的朋友們，一個人在聽到我們之前是狂熱而忠誠的，這並不是需要的。他僅僅需要對聽到我們的話語是開放的。

Are there any questions?

有任何問題嗎？

Questioner: Can we receive personal guidance from you when we are alone?
Can you direct us in our actions?

提問者：我們能夠在我們是一個人的時候接收到你們個人的指引嗎？你們能夠在我們的行動中指引我們嗎？

We, as the brothers of Hatonn, will not direct or give advice at any time. However, at any time that you desire our aid, we will send to you a vibration or wave which is sometimes called the conditioning wave. This is, shall we say, a general all-purpose spiritual frequency. As we become more familiar with you, we will tune it to your own need. It is designed to intensify your own

vibrational pathway to your higher self, which dwells within the Creator. This higher self, which is the Creator within you, may then speak to you, and it is the higher self which most certainly will direct and guide and give and enrich your spirit. We are only instruments, shall we say, shepherds. We can offer you the waters of wisdom and in telling you to meditate, we point out the location of the stream whence that water flows. But you, and only you, may drink and be refreshed.

我們，作為屬於 *Hatonn* 的兄弟，將不會在任何時刻進行指導或者給予建議。然而，在任何你們渴望我們的幫助的時候，我們將會向你們送出一種振動，或者波動，它有時候會被成為調節性的波動。這是，容我們說，一種一般性的，通用的靈性的頻率。當我們熟悉了你們的時候，我們將會根據你們自己的需要對它進行調音。它是旨在強化通往你們自己的高我的你們自己的振動的通道的，你們的高我是居住在造物者之中的，你們的高我接著就可能對你們說話了，恰恰就是你們的高我極其肯定地將會指引，指導並豐富你們的靈性。我們僅僅是器皿，容我們說，是牧羊人。我們能夠對你們提供智慧之水，並通過告訴你們要冥想，我們之處那種水從其留下的溪流的位置。但是，你們，僅僅是你們，才可能喝水並變得煥然一新。

Therefore, seek us, indeed, in meditation, and we will endeavor to aid you. But never in any way will we advise you. This is the prerogative only of your higher self.

因此，確實在冥想中尋求我們，我們將會努力幫助你們。但是我們將永遠不會用任何方式對你們進行建議。這僅僅是屬於你們的高我的特權。

Does this answer your question?

這回答了你的問題嗎？

Questioner: (Inaudible).

提問者：(聽不見)

Is there a further question?

有一個更進一步的問題嗎？

M: Can meditation provide technical insights?

M：冥想能夠提供技術上的洞見嗎？

Each upon your planet has access to an infinite amount of knowledge. Each, through his various experiences previous to this one, is peculiarly suited to receiving certain types of information. The answer, in general, is "yes." Any type of information that is desired may be obtained. However, the knowledge of your deepest, shall we say, talents will guide you to seek that type of information that you are most well suited to receive. You may think of the repository of information as part of an infinite mind, to which you have access through meditation.

在你們的星球上的每一個人都可以進入到無限數量的知曉中。每一個人，通過他在這個體驗之前的各種各樣的體驗，都是專門地適合於接受一定類型的資訊的。

一般來說，答案是“是的”。被渴望的任何類型的資訊都是可以取得的。然而，屬於你的最為深入的，容我們說，天賦的知曉，將會知曉你尋求你最為適合於接收到的那種資訊的類型。你可以將資訊的儲存庫考慮為一個無限的心智的一部分，你們通過冥想進入到這個無限的心智。

If you are seeking specific information, seek in the name of the Father, as you call Him, and seek to do service by this information. Then, become very aware of those daydreams and dreams within sleep that you may have, for the channels through which information flows from the infinite mind, through the subconscious, as you would call it, to the conscious mind, are quite often the intuitional daydream and the visionary dream. Does this answer your question?

如果你在尋求具體的資訊，用天父，如你們稱呼祂的一樣，的名義來尋求，尋求去藉由這個資訊來進行服務。接下來，對那些白日夢以及你們可能會在睡覺的時候擁有的夢境成為非常察覺的，因為資訊通過其從無限心智，通過潛意識，如你們稱呼它的一樣，流動到有意識心智的管道，相當經常地是直覺性的白日夢以及異象性的夢境。這回答了你的問題嗎？

M: Yes. Thank you.

M：是的。感謝你們。

Is there a further question?

有一個更進一步的問題嗎？

(Pause)

(暫停)

We would say one more thing, and that is: to be healed of any disease or any pain, it may be necessary to understand that there is no power, none whatsoever. The Creator is not a power, for if there were one power, there could be others. The Creator is all things, in infinite quantity. It is the realization of the fact that disease of any type has no power that allows harmony to reassert itself. The basic force in the universe, if you wish to call it that, is love, and it has an infinite amount of energy, at all time, automatically attempting to adjust all things to harmony. You may see this as the power of good, and yet we say to you, it is not power: it is all that there is. In a universe that seems many times to be pulling apart, and falling into disorder, it may seem that disorder is a power, yet on the inner planes, become conscious that all that there is is the Creator. And give the disease to this “power,” if you would call it that, and the healing will take place. Lift yourself off of this Earthly plane, my friends. In your mind, rise far beyond your dreams and schemes and troubles. The infinite universe, with infinite worlds and planes, awaits your consciousness.

我們會多說一個事情，那就是：要治癒任何的疾病或者任何的痛苦，去理解沒有力量，無論什麼任何力量，這可能是需要的。造物者不是一種力量，因為如果會有一個力量，就能夠有其他力量了。造物者是所有的事物，數量無限。就是對任

何類型的疾病都不會擁有力量這個事實的領悟，會允許和諧再次主張它自己了。在宇宙中的基本的力量，如果你們希望那樣稱呼它的話，是愛，它擁有無限數量的能量，並在所有時候，都會自動地嘗試將所有的事物調節到協調。你們可以將這種力量視為善的力量，而我們對你們說，它不是力量：它是一切萬有。在一個很多時候看起來似乎是在分裂開來，陷入到無序狀態的宇宙中，可能看起來似乎無序是一種力量，而在內在層面上，察覺到一切萬有就是造物者。將疾病交托給這種“力量”，如果你們那樣稱呼它的話，療愈就將會發生了。讓你自己從這個塵世的層面上提升起來，我的朋友們。在你們的心智中，升高，遠遠超出你們的夢境，計畫與麻煩。無限宇宙，伴隨著無限的世界與層面，等待著你們的意識。

We leave you in that consciousness, in that harmony, in love and in light. I am Hatonn. Adonai, my friends. Adonai.
我們在那個意識中，在那種和諧中，在愛中，在光中離開你們。我是 *Hatonn*。
Adonai，我的朋友們。*Adonai*。

Note: A member of the group had fallen asleep early in the meeting and was breathing heavily.

注釋：一個團體的成員在集會早期就睡著了，並沉重地呼吸。

October 3, 1976

1976-10-03 Hatonn : 萬物一體

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I greet each of you in the love and the light of the infinite Creator, Whose name is great in the heavens and Whose names shall be great upon your Earth. It is our privilege, as always, to speak with each of you and we are very grateful to be a part of your meditation. We send you our love and we send you our thoughts.

我是 Hatonn。我在無限造物者的愛與光中向你們每一位致意，造物者的名字在天堂中是偉大的，造物者的名字在你們的地球上將會是偉大的。一如既往，對你們每一位發言是我們的榮幸，我們非常感激成為你們的冥想的一部分。我們對你們送出我們的愛，我們對你們送出我們的想法。

Our message to you has always been simple, and yet because, my friends, your spirits are encased in flesh, our message is never understood in a simple manner, for it filters into your ears in such a way that the simplicity is lost. We tell you that all things are love, that you are love, and that your entire existence is a process whereby your whole purpose is to become aware of your true nature; that is, to become aware of the oneness of all things and of the nature of that one thing as love. It is a simple message.

我們給你們的資訊一直都是簡單的，而我的朋友們，你們的靈性是被囚禁在肉身之中的，我們的資訊用一種簡單的方式是從未沒有被理解的，因為它用這樣一種簡單性會被失去了的方式過濾進入到你們的耳朵了。我們告訴你們，所有的事情都是愛，你們是愛，你們的整個存在性是一個過程，藉由這個過程，你們的全部的目的就是開始察覺到你們的真實的屬性，也就是說，察覺到所有事物的一體性，以及那一個事物的屬性就是愛。它是一個簡單的資訊。

Yet it is only truly simple if you are not encumbered, shall we say, by that which you call flesh, or that which you call the physical plane. It is said in your holy works that you were created a little lower than the angels. And yet, my friends, this is so, this is your particular place in the order of things. Below you is the rest of the natural creation that you can see, animals and plants as you call them, their consciousness being totally within that which you call the physical plane. They are contented and very aware within that plane, and because they are not distracted by dreams and abstractions, they are more aware within that plane than are you.

而它僅僅是在你沒有被你稱之為肉身的事物，或者那個你稱之為物質性的層面的事物所妨礙的時候才是真正簡單的。在你們的神聖著作中是這樣說的，你們是被創造為比天使低一點點的。而我的朋友們，就是如此，這就是你們在事物的順序中的特定的位置了。在你們下方是你們能夠看到的其他的大自然的造物，動物與植物，如你們對它們的稱呼一樣，它們的意識是完全位於你們稱之為物質性的層面的事物中的。它們在那個層面中是感到滿意並且是非常察覺的，因為它們不會被夢想與抽象觀念分心，它們在那個層面中是比你們更加察覺的。

Those beings that you call angels, and we ourselves, no longer encased in physical bodies, need no longer be distracted or amazed or delighted with the various experiences of your flesh, and before us always, clear enough that we can always see it, is the Father's wish for us, so that we at all times do not have to choose between right and wrong, as you do, for always before us we see the will of the Father, because that which you would call "thought" and "wish" is visible to us, and nothing is hidden. You have a difficult way to go, my brothers. You are neither flesh nor spirit, but you are both, and it is your particular task to learn how to let your spirit rule your flesh. It is necessary for you to choose, with both choices available, before you go on into the sphere where you are spirit alone. For the Father gives free will to His children, and each of us chose at one time whether we wished to go on into the realms of spirit.

那些你們稱之為天使的存有，以及我們自己，是不在被囚禁在物質性的身體中的，是不再需要因為各種各樣的你們的肉身的體驗而被分心，或者對其感到吃驚或者快樂，天父對我們的希望一直都是在我們面前，是足夠清晰以至於我們一直都能夠看到它，這樣我們在所有的時候就不必，和你們一樣，在對與錯之間選擇，因為在我們前面，我們一直都看見天父的意志，因為你們會稱之為“想法”和“希望”的事物對我們是看得見的，沒有任何事物是被隱藏起來的。你們擁有一條要去走的困難的道路，我的兄弟們。你們既不是肉身，也不是靈體，但是你們同時是兩者，你們特定的任務就是去學會如何讓你們的靈體掌管你們的肉身。你們需要在你們進入到那個在其中你們單單是靈體的領域之前作出選擇，在兩個選擇同時都是可供取得的情況下。因為天父將自由意志賦予了祂的孩子們，我們每一個人都在一個時刻選擇了是否我們希望進入到靈性的領域之中。

If we moved into the realms of spirit before we had chosen to leave behind both the troubles and the glory of the physical plane, then our free will would have been taken from us. This is the reason, my friends, of all of the difficulties and pleasures of the physical plane. They are there for you to enjoy and to learn from. They are there for you to be able to make a choice between seeing the world as if you were an animal, knowing only those things which you could see and feel, and seeing the world as spirits, so that all things have a religious or spiritual significance.

如果我們在我們已經選擇去同時將物質性的層面的麻煩與榮耀都拋開之前就移動進入到靈性的領域，接下來，我們的自由意志就已經從我們身上被奪走了。我的朋友們，這就是物質性層面的所有的困難與快樂的原因了。它們是在那裏供你們享用並從其學習的。它們在那裏是供你們能夠在對世界的兩種視角之間選擇，一種視角是就好像你是一個動物一樣地看待世界，僅僅知曉那些你能夠看到和感覺到的事情，一個視角是將世界是為靈性，這樣所有的事物就都擁有了一個信仰的或者靈性上的意義了。

And so there is a choice that you make, in action and in words, which is based on your desire to seek the Creator and to be of help to all your brothers. Now the message does not seem simple any more, does it? Now it seems to become complicated, as you would call it, a metaphysical task in which all of

your thoughts have to be hauled out into the open, and you must judge each of your thoughts, and you must judge each day, and it begins to seem like more trouble than it's worth! 因此，會有一個你們要，在行動中以及在言語中，作出的選擇，這個選擇是基於你們對尋求造物者以及對所有你們的兄弟成為有幫助的渴望的。現在，資訊看起來似乎不再是簡單的了，不是嗎？現在，它看起來似乎變得複雜了，如你們會稱呼它的一樣，一個形而上學的任務，在其中所有你們的想法都必須要硬拉出來，被暴露在外，你們必須判斷你們的每一個想法，你們必須判斷每一個日子，它就開始看起來似乎比它值得的麻煩是更加麻煩的了。

Let us go back to the simplicity of our original statement: all things are one. All things are love. To try to describe in your daily life, so that you can see the connection between your life and love—that becomes complicated, and so we tell you to meditate, to find the simplicity within the complication. We are aware of your conversation, and we wish to say that a statement that was made is indeed true, and that statement was that you are here for one purpose only, and that is to gain knowledge, to gain understanding. This is not a selfish purpose. This is not an egoistic search. This is, indeed, your whole reason for being here. You did not create yourself in the human sense. The Creator that created you desired that each one of His children learn, of his own free will, to love Him and to [serve] each of his brothers. As each of you goes about your daily existence, the very nature within you cries out for learning and for understanding. This is your birthright, and far from being selfish, it is the whole purpose of your existence. Anything you may do for others must first spring from your understanding of yourself.

讓我們返回到我們最初的說法的簡單性上：萬物一體。一切事物都是愛。要嘗試去在你們的日常生活中進行描繪，這樣你們就能夠看到在你們的生命和愛之間的關聯——那會成為複雜的，因此，我們請你們冥想，以找到在那種複雜性中的簡單性。我們知曉你們的對話，我們希望說，一個被作出的陳述確實是真實的，那個陳述就是，你們是僅僅為了一個目的在這裏的，那就是去取得知曉，去取得理解。這不是一個自私的目的，這不是一個以自我為中心的尋求。確實，這就是你們在這裏的全部的原因了。你並未在人類的意義上創造你自己。創造了你的造物者渴望祂的每一個孩子都，基於他自己的自由意志，學會去愛祂並服務他的每一個兄弟。當你們每一個人著手進行你們的日常生活的存在性的時候，在你們內在之中的本性是大聲哭喊取得學習與理解的。這是你們的天賦權利，是遠遠不是自私的，它就是你們的存在性的完整的目的。任何你可能為其他人做的事情，都必須首先是從你對你自己的理解躍出的。

We especially wish to say to you this evening that it is very important that each of you has or begins to cultivate a feeling of confidence and faith in himself. In your holy works it has been written that there was once a father with two sons. And one son was, as you might say, "no good." The other son was excellent in every respect and stayed by his father, always working, always loyal. After many years, that son that was no good came back, and the father was incredibly happy. It is called the story of the prodigal son.

我們尤其希望在今晚對你們說，你們每一個人都已經或者開始培養一種信任感以

及對他自己的信心，這是非常重要的。在你們的神聖著作中是這樣寫的，曾經有一個父親，他有兩個兒子，一個兒子，如你們可能說的一樣，“不好的。”另一個兒子在每一個方面都是傑出的並留在他的父親身邊了，他一直都在工作，一直都是忠誠的。在很多年以後，那個不好的兒子回來了，父親是令人難以置信地靠新的。這被稱作浪子的故事。

Each of you, we know, is in some ways a prodigal son, and it is written in your holy works, and you may trust that, that the Father is extremely glad to see you coming home. Each of you is a treasure beyond words to the Father. Love abides for you and in you from the Father. No one and no error can take away the fact that you are the son of the Father, and all that He has is yours.

我們知道，你們每一個人，用某些方式，都是一個浪子，在你們的神聖著作中被寫到，你必須信任，父親是極其高興看到你回家的。你們每一個人對於天父都言語無法描述地是一個珍寶。沒有任何人，沒有任何錯誤能夠奪走你是天父的兒子的事實，所以祂擁有的事物都是屬於你的。

Therefore, in all that you do, cultivate confidence in your own basic nature, for out of confidence may spring a far different degree of ability to express those things which you may know to be correct to do. Confidence causes you to relax and enjoy yourself, and we say to you that if you are enjoying yourself, then you are on the right track. The spiritual path is a narrow one, and there are many trials, but there is abundant help, for the love of the Creator is always with you. And He can lift you over the rough spots, and pick you up when you fall, bring you back when you stray.

因此，在所有你做的事情中，培養對你自己的基本屬性的信心，因為從那種信心可以噴湧出一個遠遠不同程度的去表達那些你可能知道是要去住哦的正確的事情的能力。信心會使得你放鬆並讓你自己感到開心，我們對你說，如果你正在讓你自己感到開心，那麼你就是走在正確的軌道上的。靈性的道路是一條狹窄的道路，會有很多的考驗，但是會有豐富的幫助，因為造物者的愛一直都與你在一起。祂能夠舉起你跨越高低不平的位置，在你跌倒的時候扶起你，在你迷失方向的時候將你帶回來。

We are high above your dwelling at this time, approximately eight miles, and the situation is slightly unusual in that we are speaking to you, shall we say, in person. Sometimes we speak to you through what you would call machines, but we happen to be able to speak to you personally this evening and we especially wish to give our love to you. Our people send our love to you always, as one being.

我們在此刻在你們的住所上方的高空，大概八英里，情況是有一點點不同尋常的，因為我們在，容我們說，用個人的方式，對你們發言。有時候，我們會通過你們會稱之為機器的事物對你們發言，但是今晚我們碰巧能夠用個人的方式對你們發言，我們尤其希望給予你們我們的愛。我們的人一直都對你們送出我們的愛，作為一個存有。

We will pause for a time, while our brother Laitos sends energy to you, if you will relax and open yourself to it.

我們將暫停一會兒，同時我們的兄弟 *Laitos* 會向你們送出能量，如果你們願意放鬆並向它開放你自己的話。

(Pause)

(暫停)

I am again with this instrument, and I greet you once again. At this time, I would like to ask if there are any questions?

我再一次與這個器皿在一起了，我再一次向你們致意。在此刻，我想要詢問是否有任何問題。

B1: Will it be possible to see you in the future?

B1：有可能在未來看到你們嗎？

I am unable to say. We would like to show ourselves to you, even at this time, yet because of the vibration within your particular area, it is not possible at this moment. It was more possible for us to show ourselves to you when your meetings were in a more rural atmosphere, and we could appear without violating the free will of others. However, we will see.

我們無法說。我們想要對你們顯示我們自己，甚至是在此刻，而因為你們特定的區域中的振動，在此刻這是不可能的。當你們的集會是處於一個更為鄉村的環境中的時候，我們對你們顯示我們自己，這是更加有可能的，我們能夠在不違其他人反自由意志的情況下出現。然而，我們將會留心。

B1: The vibration's been getting stronger in this area?

B1：在這個區域中振動一直都在變得更加強有力嗎？

It is somewhat difficult to explain through this instrument, for she does not fully understand the concept that we are giving her, but let us say that there are people within this particular area that are able to see within the sphere in which we would show ourselves to you, yet who do not wish to see us. Often we are able to show ourselves to those who wish to see us, and remain invisible to those who would not wish to see us. However, there are people who have enriched their ability to see into higher planes, yet who have, shall we say, forced this growth without an accompanying understanding, and they do not wish to see us. Therefore, we are in a peculiar position. It is possible that, at some time in the future, the situation will not occur. It is somewhat unusual.

它是多少有些難以通過這個器皿解釋的，因為她並不充分理解我們正在給予她的觀念，但是，讓我們說，在這個特定的區域中會有一些人能夠在那個我們會在其中對你們顯示我們自己的範圍中看到，而這些人並不希望看到我們。我們經常能夠對那些希望看到我們的人顯示我們自己，而對那些不希望看到我們的人保持看不見。然而，會有一些人已經讓它們看穿更高的層面的能力變得豐富了，而它們已經在沒有一種伴隨著的理解的情況下強迫這種成長了，它們並不希望看到我們。因此，我們是處於一個特別的位置中。在未來中的某個時刻，會有可能那個情況將不會發生。它多少是有些不同尋常的。

Is there another question?

有另一個問題嗎？

(Pause)

(暫停)

We would answer a question within the mind of the one known as G. The so-called conditioning wave, as we send it to you, is not physical in nature, although it is of an electromagnetic nature. The vibrations are such that it would not register on any of your instruments. Therefore, many of those upon your planet do not feel this energy as it reaches them, due to the fact that their receivers, shall we say, are overstimulated by more physical stimuli, such as some of your drinks such as what this instrument would call caffeine-flavored, or by smoking, or by medication, or by constant noise, or by any of the other distractions that may occur within the physical that blunt the finer senses. Those who feel this energy often have a natural talent, which is possible, just as there are natural talents for physical exercise or for music or for painting, or they have developed the ability to sense energy through a certain period of meditation. There are some people who can never physically sense the energy, although almost each person who attempts to sense it will ultimately be able to physically feel the manifestation.

我們會回答一個在被知曉為 G 的實體的頭腦中的問題。所謂的調節性的波動，當我們將它發送給你們的時候，在屬性上不是物質性的，儘管它是具有一種電磁類型的屬性的。振動就是如此這般，以至於它不會在你們任何設備上留下記號。因此，很多在你們地球上的人，在這種能量抵達它們的時候，不會感覺到它，這是由於它們的接收器，容我們說，是因為更多的物質性的刺激物而被過度刺激了的，諸如你們的一些飲料，諸如這個器皿稱之為咖啡因風味的飲料，或者是被抽煙，或者被藥物，或者被持續性的噪音，或者被任何其他的，會讓精細的感知變得遲鈍的，可能在物質性世界中發生的分心物所過度刺激了的。那些感覺到這種能量的人經常是擁有一種天生的才能的，這是有可能的，就好像會有對身體鍛煉，或者對音樂，或者對繪畫的天生的才能一樣，或者它們已經通過一定的冥想的時期發展了那種感知能量的能力了。會有一些人永遠都無法用身體的方式感知那種能量，儘管幾乎每一個嘗試感知它的人都將最終能夠用身體感覺到顯化物。

In no case does this mean that the energy is not being received. Since this energy is an intensification of your own spiritual vibration, it is simply an aid to your own meditative link with the Creator. Therefore, if you do not feel that which is the conditioning wave, yet it is still working for you, shall we say, and we encourage each of you to go ahead with meditation in any way that you feel comfortable, for truly it is not for, shall we say, the show of it that we are here, but simply to help you. And those students who are distracted by various, shall we say, physical manifestations of the spiritual must simply remember that it is the underlying spiritual value of a manifestation that is important, not the manifestation itself.

這絕對不是意味著能量不是正在被接收到的。因為這種能量是對你自己的靈性振

動的一種強化作用，它單純地是一種對你自己與造物者之間的冥想性的連接。因此，如果你沒有那感覺到那種調節性的波動，而它仍舊是在，容我們說，為你工作的，我們鼓勵你們每一個人用任何你們感覺舒適的方式藉由冥想而前進，因為它真的不是為了顯示，容我們說，我們在這裏，而單純地是為了幫助你們。那些會被各種各樣的靈性的，容我們說，物質性的顯化物分心的人，必須單純地記住，重要的事情是一個顯化物的潛在的靈性的價值，而不是顯化物其自身。

I would like to attempt to transfer to the one known as B2 to close the message, if he will make himself available to our contact. I am Hatonn.
我想要嘗試去轉移到被知曉為 B2 的實體，以結束資訊，如果他將會讓他自己為我們的接觸所利用的話。我是 Hatonn。

(B2 channeling)
(B2 傳訊)

I am Hatonn. I shall attempt a communication through this instrument (inaudible). We shall go slowly with this instrument, for we feel the need, shall we say, of precaution with this particular instrument at this time. We attempted earlier to contact this instrument (inaudible) conditioning was apparently too (inaudible) one (inaudible) as it is in all creation (inaudible) of love.

我是 Hatonn。我將嘗試去通過這個器皿進行一次交流 (聽不見)。我們將與這個器皿一起緩慢地前進，因為我們感覺到需要在此刻對這個特定的器皿，容我們說，是謹慎小心的。我們早些時候嘗試過接觸這個器皿 (聽不見) 調節作用明顯地是過於 (聽不見) 一個 (聽不見) 因為它是在所有造物中的 (聽不見) 屬於愛的。

(Pause)
(暫停)

Be patient, we shall (inaudible).
請有耐心，我們將 (聽不見)。

(Pause)
(暫停)

The instrument is weak and wishes to discontinue. We leave you in the love and the light of our infinite Creator.
這個器皿是虛弱的，並不希望繼續。我們在我們的無限造物者的愛與光中離開你們。

(Carla channeling)
(Carla 傳訊)

I am Nona, and I greet you in love and light. My friends, I come to you on the wings of the wind that whistles through the empty space, through the countless, countless miles, as you would call them, in the universe. I come to

tell you simply that the universe is a place of great wonders, infinite splendor, and it is yours to explore. Our brothers—what a wonderful, beautiful place we dwell in. All that you can imagine, you can see; the farthest reaches of your thought are places you can go. Each morning that you awaken, a wonder awaits you, if you have but the eyes to see. It has been said many times, but we say it to you, it may rain, but, my brothers, look for the rainbow, for it is truly a beautiful, beautiful universe, and the rainbows are everywhere. I send love to each of you and peace. I am Nona. Adonai vasu borragus.

我是 *Nona*，我在愛與光中向你們致意。我的朋友們，我在呼嘯著穿越空曠的空間，穿越在宇宙中的數不清，數不清的英里，如你們對它的稱呼一樣，的風的翅膀上來到你們身邊。我前來單純地告訴你們，宇宙是一個具有偉大的奇觀，無限的光輝的地方，它是你們要去探索的地方。我們的兄弟們——我們居住在一個多麼奇妙而美麗的地方中呀。所有你們能夠想像的事情，你們能夠看到的事情，你們的思想的最遠的所及範圍，都是你們能夠前往的地方。每一個你們醒來的早晨，都是一個等待著你們的奇觀，只要你們擁有眼睛去看。這已經被說過很多次了，但我們對你們講述它，可能會下雨，但是，我的兄弟們，尋找彩虹，因為它真的是一個美麗的，美麗的宇宙，彩虹是無處不在的。我對你們每一位送出愛，送出平安。我是 *Nona*。 *Adonai vasu borragus*。

October 10, 1976

1976-10-10 *Hatonn* : 愛的不求回報

(H channeling)

(*H* 傳訊)

[I am *Hatonn*.] ...you have many times heard me speak. You have many times understood. Yet there have been many messages which contain great value which you have not completely comprehended. And we have given to you the clue, time and time again.

[我是 *Hatonn*。].....你們已經很多次聽過我發言了。你們已經很多次理解了。而會有很多的資訊是包含了你們尚未完全領會的巨大的價值的。我們已經一次又一次地給予了你們線索了。

The clue, my friends, is understanding of meditation. Meditation, and the knowledge that you receive, shall be clear and unmistakable. For we can say to you, in order to penetrate that which you call your intellect we can only achieve a portion of true understanding through the intellectual processes.

我的朋友們，線索就是對冥想的理解。冥想，你們接收到的知曉，將會成為清晰且不會出錯的。因為我們能夠對你們說，為了刺穿你們稱之為你們的智力的事物，我們僅僅能夠通過邏輯智力的過程取得真實的理解的一部分。

You, as brothers and sisters on the planet Earth, have an obligation to one another, and that is to love one another. And you may ask, "How is it that I am able to learn to love those who would not return that love?" It is, my friends, to be known that love is something that is contained within you, in infinite abundance, and it is replenished and multiplied by sharing with others that love that is within you. Love is not of a selfish nature. Love possesses nothing. Love asks nothing in return. Love is a state of, shall we say, consciousness which is pure and unaffected by its surroundings. Once you truly understand this, then you can truly begin to know the concept of love.

你們，作為在行星地球上的兄弟姐妹，對相互彼此擁有一個義務，那就是去彼此相愛。你們可能會問，“我如何能夠學會去愛那些不會返還那種愛的人呢？”我的朋友們，要被知曉的事情是，愛是某種被包含在你們內在之中的，具有無限豐盛的事物，它是藉由與其他人分享在你們內在之中的那種愛而被補充並被倍增的。愛不具有一種自私的屬性。愛不佔有任何事物。愛不要求任何事物回報。愛是一種，容我們說，意識的狀態，它是純淨的且不會被它的周遭環境所影響的。一旦你們真正理解這一點了，接下來，你們就能夠真正開始知曉愛的觀念了。

You on the planet Earth have come here for this purpose: to learn, to understand the concept of what we call love. You have been given the opportunity to grow, one with the other, and you have been given the opportunity to share, one with the other, your experiences and your knowledge. As you are aware, you face a period of time in which, shall we say, your growing processes shall be speeded up. The love which you have come to realize shall now be put to the test. You, as the instrument of the infinite

Creator, are to love all things constantly and infinitely. You are not to ask for the return of that love. You are to go into those situations that influence you in the world that you are in, knowing that you shall come forth after the completion of that experience still loving those with whom you have learned and experienced with.

你們在行星地球上是為了這個目的來到這裏的：去學校，去理解我們稱之為愛的事物的觀念。你們已經被賦予了機會去成長，一個人與其他人一起成長，你們已經被賦予了機會去分享，一個人與其他人分享，你們的體驗與你們的知曉。如你們察覺到的一樣，你們面對著一個時間段，在其中，容我們說，你們的成長的過程將會被加速。你們已經前來領會的愛，將現在被考驗。你，作為無限造物者的器皿，是要持續不斷且無限地愛所有事物的。你不是來請求那種愛的回報的。你是要進入到那些會在世界中影響你的情況中，你知曉你將會在那個體驗的完結之後前進，你是仍舊會愛那些你已經與之一起學習並與之一同體驗的人們的。

In your life cycle you shall know many whom it shall be difficult to love. But, my friends, if you are truly to know the entire content of this concept, then it is necessary to have these experiences, for it is easy to love those who would return that love, yet it is difficult to love those who return what you would call hate.

在你們的生命週期中，你們將會知曉很多將會很難去愛的人。但是，我的朋友們，如果你們真正知曉這個觀念的完整的內容，接下來，去擁有這些體驗就是需要的了，因為要去愛那些會返還愛的人，這是容易的，而要去愛那些會返回你們稱之為仇恨的愛，這是困難的。

My friends, you must realize that the love that you give shall indeed be returned. It may not come quickly, yet a portion of love, with what you call patience, will come. Be patient and you shall receive that which you have earned through your right actions, through your sharing of love. Turn to one another. Do what you can to help each other. Know that you are perfect; know that you are love. And be the exemplification of the love that you desire to receive.

我的朋友們，你們必須意識到，你給予的愛將確實被返還。它可能不會很快出現，而愛的一部分，藉由你們稱之為耐心的事物，將會出現。有耐心，你們將會接收到你們已經通過你們的正確的行動，通過你們對愛的分享贏得的事物。轉向相互彼此。做你們能夠做的事情來幫助相互彼此。知曉你們是完美的，知曉你們是愛。成為那種你們渴望接收到的愛的範例。

For, my friends, in this universe like objects attract one another, and for you to receive the love that you desire, it is necessary that you be that love, without fault. For if your love is faulty, so shall be that love that you receive. You are the creator of your experiences. This we have stated many times. It is time that you understood the creation in which you have placed yourselves.

因為，我的朋友們，在這個宇宙中，同性相吸，因為如果你們要接收到你們渴望的愛，你們去確實無誤地成為那種愛，這似乎需要的。因為如果你們的愛是有缺點的，你們接收到的那種愛就將會是這樣的。你們是你們的體驗的創造者。這是我們已經陳述過很多次的。現在就是你們去理解你們已經將你們自己放置於其中

的造物的時刻了。

Guard your thoughts, my friends. Purify your thinking processes. For your thoughts are your creations, and with them you must live. And if you desire to live in a constant environment which is agreeable to you, then so must be your love. It is possible for you to achieve, and it is your birthright. You are here to learn these things. You are here to receive what you learn, and, my friends, in this lifetime you can [learn] all that you desire. Discipline yourselves. Be the masters of your environment. Receive the assistance that is being given to you, and place not barriers about you—barriers of doubt, barriers of confusion. Know that you are protected by the infinite Creator's love (inaudible). Know it without doubt. Know that you shall achieve your desire. And in truly knowing these things, they shall be done.

我的朋友們，守護你們的想法。淨化你們的思考過程。因為你們的想法就是你們的造物，你們必須憑藉它們而活。如果你們渴望生活在一次與你們協調一致的穩定的環境中，那麼你們的愛就必須成為這樣子的。它是你們有可能取得的，它是你們的天賦權利。你們是來這裏來學習這些事情的。你們是來這裏來接收你們學習的事情的，我的朋友們，在這次生命中，你們能夠學會所有你們渴望的事情。訓練你們自己。成為你們的環境的主人。接收正在被給予你們的幫助，不要在你們周圍設置障礙物——疑惑的障礙物，混淆的障礙物。知曉你們是被無限造物者的愛所保護著的（聽不見）。毫無疑問地知曉它。知曉你們將取得你們的渴望。通過真正知曉這些事情，它們將會被完成。

I shall transfer this communication. I am Hatonn.

我將轉移這個交流。我是 *Hatonn*。

(Pause)

(暫停)

(H channeling)

(*H*傳訊)

I am once again with this instrument. We are attempting to communicate with the instrument known as B, yet there is some difficulty in that the instrument is analyzing his reception. I would once again attempt, if he would please refrain. I am Hatonn.

我再一次與這個器皿在一起了。我們正在嘗試去與被知曉為 *B* 的器皿溝通交流，而會有某種困難，因為器皿正在分析他接收到的事物。我會再一次嘗試，如果他願意抑制分析的話。我是 *Hatonn*。

(B channeling)

(*B*傳訊)

I am Hatonn. I am now with this instrument. Again I greet you in the love and the light of our infinite Creator.

我是 *Hatonn*。我現在與這個器皿在一起了。再一次我在我們的無限造物者的愛

與光中向你們致意。

My friends, we have been together for a period of time in which we have attempted to make understood to you many new concepts. Now, on your plane, you may attempt to go to what is known as a school so that you may develop much knowledge in the hope that you may someday acquire enough of this that you may teach others.

我的朋友們，我們已經在一起有一段時間了，在這段時間中，我們已經嘗試讓你們理解很多新的觀念了。現在，在你們的層面上，你們可能嘗試去上你們知曉為一所學校的事物，這樣你們就可以發展大量的知識，以希望你們可以在某一天取得足夠多的知識，這樣你們就可以教導其他人了。

My friends, the time flies by, to even a quicker pace. You have learned much. Now, my friends, I do not say that you have learned so much. But it is now your place to go among your people and to teach. For, my friends, many things are understood by you which cannot be put in proper phrase. As you sit and meditate, you feel this energy called love, but yet you cannot properly define it. I grant, as yourself, that it has taken us, upon many journeys, to learn the truth we have now developed.

我的朋友們，時間飛逝而過，甚至用一種更快的腳步。你們已經學會了大量的事情了。現在，我的朋友們，我不會說，你們已經學會如此大量的事情了。但是，現在你們的位置是去來到你們的人群當中並去教導。因為，我的朋友們，很多事情是被你們理解，而無法用適當的措辭來描述的。當你們坐下來冥想的時候你們感覺到這種被成為愛的能量，而你們無法適當地定義它。我姑且承認，和你自己一樣，去學習我們現在已經發展出來的真理已經花費了我們很多的旅程了。

My friends, as always, we are at your disposal, and will help you in any way you would request of us. We remind you again, my friends, that when you leave this room, you will attempt to keep this energy vibration which you now experience at a high level throughout your day. As I have said earlier, like entities attract each other. You will find this very valuable in acquiring new information that you will need. I leave this instrument now. I am the one known to you as Hatonn. Adonai, my friends. Adonai vasu borragus.

我的朋友們，一如既往，我們是供你們差遣的，我們將用任何你們會請求我們的方式幫助你們。我們再一次提醒你們，我的朋友們，當你們離開這個房間的時候，你們將嘗試去在貫穿你們的一天都保持這種你們現在在一種很高的層次上體驗到能量的振動。如我們說過的一樣，類似的實體會吸引相互彼此。你們將會發現，在取得你們將會需要的新的資訊的方面，這是非常有價值的。我是你們知曉為 *Hatonn* 的實體。Adonai，我的朋友們。Adonai vasu borragus。

October 17, 1976

1976-10-17 Oxal : 兄弟情誼

(Carla channeling)

(Carla 傳訊)

I am Oxal. I greet each of you in the love and the light of our infinite Creator. We of the Brotherhood are, as always, most privileged to be with you. The Confederation of Planets in the Service of the Infinite Creator is indeed a brotherhood, my friends, and our purpose is one: to share with you our understanding of love. We are of one purpose, although we are quite different, one from the other.

我是 Oxal。我在我們的無限造物者的愛與光中向你們致意。我們這些屬於兄弟會的實體，一如既往對於你們在一起是感到極其榮幸的。服務於無限造物者的星際聯邦確實是一個兄弟會，我的朋友們，我們的目的是一個目的：與你們分享我們對愛的理解。我們擁有同一個目的，儘管我們與相互彼此是相當不一樣的。

But we have learned, my friends, in our travels what brotherhood is. If we could share with the peoples of your planet this understanding, those troubles which each of you has with your brothers would be no more.

我的朋友們，我們已經在我們的旅行中學會了，兄弟情誼是什麼。如果你們能夠與屬於你們星球的人群分享這個理解，你們每一個人與你們的兄弟擁有的那些麻煩就不會存在了。

We ourselves know that we are not perfect beings, and that we cannot judge or be judged by any of our brothers. There is no way, my brothers, of judging yourself or others in a spiritual manner. You can never know precisely how you are doing along the spiritual path, for those things which signify to your eyes as being one way or the other, good or evil, positive or negative, may in the eyes of the Creator signify something quite different.

我們自己知曉，我們不是一個完美的存有，我們無法評判任何我們的兄弟，或者被任何我們的兄弟所評判。我的兄弟們，沒有用一種靈性的方式評判你自己或者其他人的途徑。你們永遠都無法精確地知曉，你們沿著靈性的道路做得怎樣，因為那些對你們的眼睛顯示為這樣或者那樣一種方式，善或者惡，正面性或者負面性的事物，在造物者的眼中都可能意味著某個相當不一樣的事情。

It is a difficult thing to give up, that judging of yourself and of others. It is a difficult thing to love yourself and others in a totally trusting way. Yet this is precisely the key to understanding. If we could offer you this understanding of yourself as a being who is capable of many, many imperfect acts, yet whose heart is perfect, then we would have succeeded in a great thing.

要放棄對你自己或者對其他人的評判是一個困難的事情。要用一種完全信任的方式來愛你自己與其他人，這是一個困難的事情。而這恰恰就是理解的關鍵了。如果我們能夠提供給你這樣一個對你自己的理解，你自己一個有能力進行很多很多不完美的行動的存有，而你的心是完美的，接下來，我們在一個偉大的事情中就已經成功了。

For you see, my brothers, brotherhood is only possible to be unified with your brothers through the Creator. You will never be one with your brothers on the level of man to man, or man to woman, for imperfections breed discontent, and misunderstandings always occur. Yet, by the grace of the Creator within you and within your brother, there is a link so strong and so perfect that it can make the most opposite and diverse personalities one. It can cause the most unsympathetic situation to come into harmony. And this transformation occurs when a brother stops seeking a brother in love, and seeks only to rejoice in the Creator who is in his brother, be he a friend or a foe.

因為你們看，我的兄弟們，兄弟情誼僅僅是在將你們的兄弟通過造物者結合在一起的時候才是有可能的。你們將永遠不會在人對人，或者男人對女人的層次上與你的兄弟合一，因為不完美會滋生不滿，誤解一直都會發生。而藉由在你們內在之中以及在你們兄弟內在之中的造物者的恩典，會有一個連接如此強有力且如此完美，以至於它能夠產生出將最為對立性且各不相同的人格合為一體。它能夠使得最沒有同情心的情況進入和諧。這種轉變會在一個兄弟停止通過愛尋求一個兄弟，而僅僅尋求在造物者之中歡慶的時候發生，造物者是在他的兄弟內在之中的，無論他是一個朋友還是一個敵人。

There is such a confusion among your peoples, such a terrible, noisy confusion, in which you speak incessantly of right and wrong, in which your peoples judge and accept judgments and spend endless, endless time in discussion. Yet harmony will never come on that level; right and wrong will never be discovered on that level. From the smallest relationship to the greatest of your nations' relationships, brotherhood can never be achieved by reason, but only, as you would call it, by prayer and meditation. 在你們的人群中有這樣一種混淆，這樣一種糟糕而吵鬧的混淆，在其中你們不停地談及對與錯，在其中你們的人群評判，接受評判，並將無盡的，數不清的時間花費在討論中。而和諧將不會在那個層次上出現，對與錯將永遠不會在那個層次上被發現。從最小的關係到最大的你們的國家之間的關係，兄弟情誼都永遠無法藉由推理而被取得，而僅僅只會藉由，如你們稱呼它的一樣，祈禱與冥想而被取得。

People are not alike, yet love has created them all. And the Creator within them is lovable, is love itself, and can speak to you of love in the face of the most inharmonious aspect on the outer plane. The spiritual path is not an easy one. You have known this, my friends, for some time. And when we say to you that our message is simple, we do not for a moment think that it is a simple thing to put into action. It has been written in your holy works that the master who teaches the consciousness of Christ brought not peace, but a sword. And this is the sword we ask you to accept in your lives, the sword of not judging, the sword of even willing to be foolish in another's eyes. For when one does not judge, when one is willing to trust to the Creator, those around that person may think of him as foolish. Moreover, there is a great satisfaction on the love of a personality in, shall we say, vengeance or getting even. But what you are doing, my friends, when you answer those who judge

you with an answering judgment, is collecting your karma, as you would call it, there on the spot. Yet your karma to them has not been collected, and you will answer for that karma. Far better that you allow the karma that has come to you to die, as you forgive, and in that forgiveness, the karma that is reflected from you is satisfied.

人並不是一樣的，而愛已經創造了它們全體。在它們內在之中的造物者是能夠愛，就是愛其自身，並能夠在面對外部層面的最不和諧的面向的時候對你們談及愛。靈性的道路不是一條容易的道路。我的朋友們，你們已經知曉這一點有一些時間了。當我們對你們說我們的資訊是簡單的時候，我們絕對不是認為它是一個要付諸行動的簡單的事情。在你們的神聖著作中已經被寫道過，教導基督意識的大師不是帶來和平，而是帶來一把劍。這就是我們請你們在你們的生活中接受的劍，不評判的劍，甚至樂意於在另一個人的眼中成為愚蠢的劍。因為當一個人不去評判的時候，當一個人樂意於相信造物者的時候，在那個人周圍的人會可能認為他是愚蠢的。而且，容我們說，在報仇與報復中，在一個人格的愛的層面上，會有一種巨大的滿意。但是，我的朋友們，當你們用一種回應的評判來回應那些評判你的人的時候，你們在那個位置上正在做的事情是在收集你們的業力，如你們會稱呼它的一樣。而你們對它們的業力尚未被收集起來，你們將回應那種業力。更好的做法是，你們允許已經來到你們身上的業力消散，當你們寬恕的時候，在那種寬恕中，從你們身上被反射的業力是被償清了的。

Whatever one has done to you, let it end there, my brothers. Brotherhood is never an equal partnership, for each brother will give more than half; so it will seem to him, for this is the way of learning. You are your brother. Do not think of equality; think of (inaudible) finding more room in your heart for forgiving and understanding and compassion. You are not doing this for another. You are doing this for your brother, who is you.

無論一個人已經對你們做了什麼事情，我的兄弟們，讓它就在那裏結束。兄弟情誼永遠都不是一種同等的夥伴關係，因為每一個兄弟都將會給予多於一半的事物，對於他看起來似乎就是這樣的，因為這就是學習的途徑。你是你的兄弟。不要考慮平等，考慮（聽不見）在你的心中為寬恕、理解以同情心找出更多的空間。你不是在為另一個人這樣做。你是在為你的兄弟，也就是你之所是，這樣做。

I am Oxal. I would like to speak through another instrument at this time.

我是 Oxal。我在此刻想要通過另一個器皿發言。

(H channeling)

(H傳訊)

I am Oxal. I am now with this instrument. We speak often of brotherhoods and of love. We speak often of many things, yet it is most often that we speak of the need for personal, shall we say, progression through the proper utilization of your experiences, and through the advocations towards your meditations. It is for you to realize that you progress not only for yourself but for the benefit of the universe, for the fulfillment of the Creator's will. For as you have learned, and as we speak of it, all things are indeed one with each other, and one cell, shall we say, cannot live without reflecting that growth

upon the others. The universe is forever expanding, and it becomes more illumined, as do you. You, my friends, are the reflectors of the light of the Creator, and as your capacity for reflection becomes greater, that reflection of light throughout the universe is enhanced, in order that it may spread to the farthest reaches in order that it may be shared by your brothers.

我是 *Oxal*。我現在與這個器皿在一起了。我們經常談及兄弟情誼並談及愛。我們經常談及很多事情，而我們最為經常地談及通過對你們的體驗的適當的利用，通過對你們的冥想的擁護對個人的發展的需要。你們要認識到，你不僅僅是為你自己，同樣也是為了宇宙的利益，為了造物者的意志的實現而發展的。因為當你已經學會了，且如我們談及它的一樣，所有的事物確實都與相互彼此合一的時候，一個細胞，容我們說，是無法活著而不反映在其他細胞上的成長的。宇宙永遠地是在拓展的，它成為更為明亮的，如你們一樣。你們，我的朋友們，是造物者的光的反射器，當你們反射的能力變得更大的時候，貫穿這個宇宙的光的那種發射就會被增強，以便於它可以延伸到最遠的範圍，以便於它可以被你們的兄弟所分享。

You are the mirror of truth and of light. Each individual must take upon himself the responsibilities of what you would call light, and that is to progress spiritually, and to allow the love to take form within you, and to be shared with those around you. It is your responsibility to refrain from those avenues of expression which will be negative, not only to yourself but to those around you. You should not indulge in mental, shall we say, activities that are harmful to you or your brother: activity such as judgment, activity such as possessing, or limiting in any way the thoughts or actions of another.

你們就是真理與光的鏡子。每一個個體都必須讓他自己承擔起對你們稱之為光的事物的責任，也就是在靈性上發展，並允許愛在你們內在之中成型，並與那些在你們周圍的人分享那種愛。去避免那些將會是，不僅僅是對你自己，同樣也是對那些在你周圍的人的負面性的表達的途徑，這是你的責任。你將不會沉溺於那些，對你或者對你的兄弟是有害處的，容我們說，心智的活動：諸如評判之類的活動，諸如用任何方式佔有或者限制另一個人的想法或者行動之類的活動。

My friends, you are unlimited beings, and you lead an unlimited experience. You may accept upon yourself those limitations by which you unconsciously desire to learn, yet when you are done with them, you shall release them and realize the capacity within you to create and to become equal, or shall we say, become aware of your equality with all mankind, and all things within the universe. What you do unto yourself is not only done to you, but it is done to all around you. The Creator finds no separation between you and your brother, for your energy fields coincide and enmesh together to present a group energy field that reflects the light and the wisdom that is contained within it. Self-motivation upon your path of evolution is important. It cannot be for yourself that you desire to progress, or for your fellow man. It should be for the benefit of the Creator and all of the Creation, knowing that you are a portion, that you are important, and that you are capable of assisting [in] bringing about the love and the light in greater clarity throughout the universe.

我的朋友們，你們是無限的存有，你們過著一個不受限制的體驗。你可以在你自己身上接受那些限制，通過它們你們會無意識地渴望去學習，而當你們用完了它們的時候，你們將會釋放它們並領悟在你們內在之中去創造，去成為同等的，或者，容我們說，察覺到你們與所有人類，與所有在宇宙中的事物之間的同等性的能力。你對你自己多的事情，不僅僅是對你做的，它同樣也是對你周圍的所有人做的。造物者不會在你和你的兄弟之間找到分離，因為你們的能量場是一致的並結合在一起，以呈現出一個團體的能量場，它映射出在它內在之中被包含的光與智慧。在你們的演化的道路上的自我驅動，是重要的。你渴望去發展，這無法使為了你自己，或者為了你的夥伴。它應該是為了造物者以及所有造物的利益，並同時知曉，你就是一部分，你是重要的，你是有能力協助在貫穿整個宇宙用更大的清晰度產生出愛與光的。

You are instruments in many, many ways and you can choose what forms of instrumentality you desire to use. Yet know that what you choose to do to be perfected, and that in order to perfect it you must allow it to flow freely from the Creator. Do not block your instrumentality through lack of faith in His ability to work through you and His willingness to perfect you. Fear not, my friends, for fear is the creator of that experience. Lack of fear brings about harmony in experience. Experience (inaudible). The fear that we find in your people reflects about them, and draws to them what it is that they fear.

用很多很多種方式，你們是器皿，你們能夠選擇你們渴望去使用的工具的形式。而又知曉，你們選擇去做的事物，是要被完善的，為了完善它，你必須要允許它從造物者自由地流動。不要由於對造物者通過你進行工作的能力，以及對祂對於完善你的樂意缺少信心而阻礙你的媒介。我的朋友們，不要害怕，因為害怕就是那個體驗的創造者。無懼會產生出在體驗中的和諧。體驗（聽不見）。我們在你們的人群眾發現的恐懼，會在它們周圍反射，並將它們害怕的事物吸引到它們身上。

This, my friends, is one reason that we must communicate with you in this manner, for we are feared by your peoples and our presence would heighten those fears. And this is not our desire. We are servants unto ourselves and unto you, our brothers, and above all things are servants in the name of the Creator. When it is made known to us that we can dwell among you in harmony and be accepted as your brethren, we shall remain, serving in what ways that we can, and bringing forth to you, the people of Earth, our knowledge and our light. Call upon us when you will, for whatever assistance that you need, and we will provide that assistance which is of the will of the Creator. Ask nothing in your prayers, either of us or of the Creator, that is of a selfish nature. Ask to be guided as a servant and all that you need shall be provided. Seek not spiritual awareness, but a demonstration of truth; seek that spiritual awareness in order to become truth. In order [for] you [to] receive the right to demonstrate to and share with others the truth that you are, you must first become that truth and understanding, and merge entirely with it into the universal aspect of light. You must be one with the Creator, for He is the truth, and through Him, you shall reflect that truth to others.

我的朋友們，這就是我們必須要用這種方式來與你們進行交流的一個原因了，因

為我們是被你們的人群所恐懼的，我們的存在會增強那些恐懼。這不是我們的渴望。我們是我們自己與你們，我的兄弟們，的僕人，最重要的是，我們是以造物者的名義的僕人。當我們知曉我們能夠在協調一致中居住在你們當中並被接受為你們的兄弟的時候，我們將會留下來，並通過我們能夠的方式進行服務，並將我們的知識和我們的光帶給你們，地球上的人。在你們願意的時候，呼喚我們來取得無論什麼你們需要的知曉，我們將提供那種幫助，這就是造物者的意志。在你們的祈禱中不要請求任何具有一種自私屬性的事情，無論是對我們還是對造物者的起到。請求作為一個僕人被指引，所有你需要的事情將會被提供。不要請求靈性的認識，而是尋求一種對真理的示範，為了成為真理而尋求那種靈性的認識。為了讓你們接收到去向其他人示範並分享你們之所是的真理的權利，你們必須首先成為那個真理與理解，並完全與它結合在一起，成為光的宇宙的面向。你們必須與造物者合一，因為祂就是真理，通過祂，你們將會向其他人映射那個真理。

You are not alone, my friends. You stand with the Creator and your fellow man upon the brink of a civilization which is to be brought about in your actions, a civilization in which man may draw close to one another in the ways which have been intended: in harmony and in service to one another and in tune with your Creator.

我的朋友們，你們不是孤單的。你們是與造物者與你們的夥伴一起站在一個文明的邊緣上，這個文明是要通過你們的行動被產生出來的，在這個文明中人會用種種已經被打算好的方式與相互彼此靠近，那些方式即通過和諧，通過對相互彼此的服務，通過與你們的造物者的調音。

We of the Confederation give you our thanks for accepting us into your consciousness. We assure you that we shall only endeavor to do that which we feel to be of the greatest benefit to your peoples. It has been our privilege to be with you this evening, and we look forward once again to meeting with you. Yet know that we shall always be with you, within your heart. Call upon love, and we are there. In the love and the light of our infinite Creator, we leave you at this time. I am known as Oxal. Adonai vasu borragus.

我們星際聯邦為你們接受我們進入到你們的意識中而給予你們我們的感謝。我們向你們保證，我們將僅僅努力去做我們感覺到對你們的人群具有最大的益處的事情。在今晚與你們在一起已經是我們的榮幸了，我們期待再一次與你們相聚。而請知曉，我們將一直與你們在一起，在你們的心中。呼喚愛，我們就在那裏。在我們的無限造物者的愛與光中，我們在此刻離開你們。我是被知曉為 *Oxal* 的實體。 *Adonai vasu borragus*。

(Carla channeling)

(*Carla* 傳訊)

I am Laitos, and I greet you in the love and the light of the infinite Creator. It is our special privilege to work with conditioning rays in attempting to condition new instruments, and at this time, if you would be patient with us, we would like to attempt to work with the one known as B. If he would relax, we would attempt to send him a very few simple thoughts. If he will relax, and attempt to speak our thoughts as we give them to him, without analyzing them, it

would be our privilege to make contact with him. I am Laitos.

我是 *Laitos*，我在無限造物者的愛與光中向你們致意。通過嘗試去調節新的器皿來與調節性的光一同工作，這是我們的榮幸，在此刻，如果你們對我們有耐心，我們想要嘗試與被知曉為 *B* 的實體一同工作。如果他願意放鬆，我們會嘗試對他送出非常少的一些簡單的想法。如果他願意放鬆，並在我們給予他我們的想法的時候說出它們，而不分析它們，與他進行接觸會是我們的榮幸。我是 *Laitos*。

(Pause)

(暫停)

I am again with this instrument. We are having some difficulty making contact with the one known as B, due to a very common type of difficulty with this type of communication ...

我與這個器皿在一起了。我們在與被知曉為 *B* 的實體建立接觸的過程中遇到某種困難，由於這種類型的交流的一個非常通常的類型的困難.....

(Inaudible section.)

(聽不見的部分)

... again, without hesitation. In this way, the flow of our thoughts will be uninterrupted. We would like to attempt once again to speak just a very few words through the one known as B. I am Laitos.

.....再一次，毫不猶豫。用這種方式，我們的想法的流動就將會不被打斷了。我們想要再一次通過被知曉為 *B* 的實體說僅僅非常少的幾個詞語。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. We thank the one known as B for the opportunity to condition him, and we assure him that contact will take place. It is only a matter of becoming familiar with our technique of voicing our thoughts. If you will bear with us, we will also attempt to condition and contact the one known as P. Again we say relax, and open yourself to our thoughts. As you receive a thought, simply speak it out, without regard to what you may think of it, for in this way, we can speak through you, and in no other, without using a more physical type of ray than the one we prefer to use. We wish to speak only a very few words through the one known as Paula, if she will relax and make herself available. I am Laitos.

我再一次與這個器皿在一起了。我們為調節被知曉為 *B* 的實體的榮幸而感謝他。我們向他保證，接觸將會發生。這僅僅是一個熟悉我們發聲說出你們的想法的技巧的問題。如果你們將會忍受我們，我們將同樣嘗試去調節並接觸被知曉為 *P* 的實體。再一次，我們說，放鬆，對我們的想法開放你自己。當你接收到一個想法的時候，單純地說出它，而不考慮你可能認為它是什麼，因為用這種方式，我

們就能夠通過你發言了，不通過任何其他方式，在不使用一種比我們更喜歡使用的光更加物質性類型的光的情況下。我們希望僅僅通過被知曉為 *Paula* 的實體說非常少的幾個詞語，如果她將會放鬆並使得她自己是可供利用的話。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. As this instrument would say, while we are at it, we would like to condition the one known as G. We are aware that at this time he is not desirous of becoming, shall we say, a vocal channel, for he is still attempting to reassure himself as to our presence. Therefore, we will simply attempt to give him energy in such a way that he may be aware of it. If you will bear with us, we will condition him.

我再一次與這個器皿在一起了。如這個器皿會說的一樣，雖然我們與它在一起，我們想要調節被知曉為 *G* 的實體。我們察覺到，在此刻他並不渴望成為，容我們說，一個語音的管道，因為他仍舊在嘗試去在關於我們的存在的方面讓他自己感到確信。因此，我們將單純地嘗試用這樣一種他可能察覺到它的方式給予他能量。如果你們願意忍受我們，我們將調節他。

(Pause)

(暫停)

I am Laitos. I thank you again for having the patience to let us work with you. This particular contact-type of communication is somewhat boring to learn, we are aware, yet without these channels being developed, we would find ourselves sadly short on channels when needed.

我是 *Laitos*。我們為你們擁有耐心讓我們與你們一同工作而再一次感謝你們。這個特定的接觸類型的交流對於學習是，我們知道，多少有些令人厭煩的，而如果這些管道沒有被發展，我們就會傷心地發現我們自己在需要的時候缺少管道了。

Before I leave you, I would like to open the meeting to questions. Are there any questions at this time?

在我們離開你們之前，我們想要對問題開放集會。在此刻有任何問題嗎？

Questioner: Can you tell me something about the civilization, the great civilization?

提問者：你們能夠告訴我某個關於文明，偉大的文明的事情嗎？

Are you referring to a civilization in the present time? On this planet?

你指的是在當前的一個文明嗎？在這個行星上的？

(Inaudible)

(聽不見)

We are sorry. The instrument does not know what you are talking about, which makes it more difficult to give the answer through this channel. But we will attempt to.

我們很抱歉。這個器皿並不知道你正在談論的事情，這使得要通過這個管道給予一個答案會是更加困難的。但是我們將嘗試。

(Pause)

(暫停)

We are having difficulty with this channel, and due to that, we would attempt to answer through the other instrument. I am Laitos.

我們在這個管道上正在遇到困難，由於那個困難，我們會嘗試通過另一個器皿回答。我是 *Laitos*。

(H channeling)

(H傳訊)

I am Laitos. As many of you are aware, civilization as you would call it upon your planet has taken many forms throughout the ages. There have been those periods which have been considered as golden eras within those civilizations. There have been golden eras known in many, shall we say, of your national civilizations. There have been empires of great magnitude throughout your histories of which you are aware. Yet there has been upon your planet, as many of you have accepted, that era which you refer to as having been that of the Atlantean, a place and time upon your planet in which man evolved hand in hand with his Creator. A time when there were no limitations as to your expressions, and there were no transmutations or implications within those expressions. A time of great, shall we say, ability, technically and spiritually.

我是 *Laitos*。如同你們很多人察覺到的一樣，在你們的星球上的文明，如你們對它的稱呼一樣，在貫穿各個時代已經採用了許多的形式了。在那些文明中有過那些已經被認為是黃金時代的時期了。在很多很多的你們的，容我們說，國家的文明中，已經有黃金時代被知曉了。貫穿你們知曉的整個歷史，已經有具有巨大的規模的帝國。而在你們的星球上，如同你們很多人已經接受的一樣，已經有過那個你們稱之為亞特蘭蒂斯的時代，這是在你們的星球上的一個地方，一個時期，在其中人類是與他的造物者手牽手地演化發展。在這個時間中，在關於你們的表達的方面沒有限制，在那些表達中有過很多的轉變或者實質。它是一個，在科技上與在靈性上具有巨大的，容我們說，能力的時間。

The time is dawning upon your planet. The peoples of that era are you. That era, my friends, was brought about between an experience of destruction, because it was made known that if you had indulged, and begun the transmutation (inaudible) and begun the physical, shall we say, indulgences throughout the people of that time, they brought about or upon themselves what you would call a karmic liability, to once again evolve through the

experiences which would bring them back to the realization of that golden era, an era of perfection upon the physical plane.

這個時間正在你們的星球上破曉。你們就是屬於那個時代的人。我的朋友們，那個時代是在一種破壞的體驗當中被產生出來的，因為已經被知曉的事情是，**如果你們已經成立並開始轉變（聽不見）在貫穿所有屬於那個時間的人都開始物質性的，容我們說，沉溺，它們就會在它們自己身上產生出或者遭受到你們會稱之為一種業力的負債的事物，以再一次演化穿越體驗，那些體驗會將它們帶回到對那個黃金時代，一個具有在物質性的層面上的完美性的時代的實現。**

My friends, once you achieve absolute, shall we say, harmony, it is still your choice to return, and while under the influences of the sensual and physical, you are continually bombarded by this choice. This brought about, shall we say, the destruction of that golden age, yet it shall not stand in your way (inaudible) age. For man upon planet Earth—those who are, shall we say, of a serious nature—is dedicated to absolving those experiences which are destructive to bringing about that day of love among all on your planet. Is this sufficient?

我的朋友們，一旦你們取得了，容我們說，絕對的和諧，去返回仍舊是你們的選擇，當處於肉體與物質性的影響之下的時候，你們是持續不斷地被這個選擇所轟炸的。這會產生出，容我們說，對那個黃金時代的破壞，而它將不會阻擋(聽不見)時代。因為在行星地球上的人——那些具有一種，容我們說，嚴肅的屬性的人——是致力於免除那些會對產生出那個在你們的星球上的所有人當中的愛的日子是破壞性的體驗的。

(Side one of tape ends.)

(磁帶一面結束。)

(H channeling)

(H傳訊)

... shall we say, of what you would call telepathic communication. We initiate and send to the instrument thought. And as the instrument sits and clears his thought processes, the reception is made. And generally, upon receiving thought from us, the initial experiences of the...

.....容我們說，你們稱之為心電感應的溝通交流的事物。我們開始並向器皿送出 想法。當器皿坐著並清理他的思考過程的時候，接受就被產生了。一般而言，在接收到來自我們的想法的時候，初始的體驗.....

(Inaudible)

(聽不見)

... if indeed the thought is from an alien source, shall we say, or one self-initiated, and this in itself is a communion of our thoughts. Yet it brings about confusion, for there is the expression of that. In order that you may receive clearly, what communion of thought that is experienced should not be one of question, but one of receptiveness, and you should rely upon your

ability to know that it is ever present to transfer the thoughts that you receive properly and promptly (inaudible) instrument.

.....如果想法確實是來自一個，容我們說，相異的源頭，或者一個由自我啟動的源頭，這在其自身就是一個對我們的想法的交流。而它會產生出混淆，因為會有對那個交流的表達。為了你們可以清晰地接收，對被表達的想法的交流不應該是一種有疑問的交流，而應該是一個具有接納性的交流，你們應該依賴於你們的能力去知曉它是一直存在的，以適當地且快速地傳送你們接收到的想法（聽不見）器皿。

And you must understand that we communicate conceptually: as you progress, and as you receive the concept, it must be filtered through your intellect, and through your storehouse of vocabulary, the expression of that concept is brought forth. And this is the communion of thought that is desired. And you must not be afraid of your own ability to discern the source from which the information has come. You know from within yourself whether you desire to accept or reject the concepts, and you as an instrument are free to nullify any reception by purely desiring it to stop and refusing to express it. Many times, our instruments, while learning, and at times those who are well-established, interject unconsciously portions of their own thought. Yet, my friends, if those portions interjected were, shall we say, detrimental to that which we wish to express, then we would not utilize that instrument. If you should investigate that type of instrumentality of which we are speaking, you shall find that there have been many that wished to achieve the contact, and that the greatest portion no longer express this form of communication. Many have chosen upon their own to refuse that flow of information, and many, my friends, have been refused by us when they have misused that information they have received. We stand not in judgment, but we shall not allow the misuse by our instruments of that which we wish to share.

你們必須理解，我們是用觀念的方式進行交流的：在你們前進的時候，在你們接收到觀念的時候，它必須通過你們的智力，通過你們的辭彙表的倉庫被過濾。對那個觀點的表達就被產生出來了。這就是對被渴望的想法的交流。你必須不害怕你自己去分辨資訊已經來自於的源頭的能力。你從你自己內在之中知曉，無論你是渴望接受觀念還是拒絕觀念，你作為一個器皿都是擁有自由去廢棄任何接收到的內容，藉由單純地渴望它停止並拒絕表達它。很多時候，我們的器皿，在學習的過程中，有時候是那些被很好地構建了的器皿，都會無意識地插入它們自己的想法的部分。而我的朋友們，如果那些被插入的部分，容我們說，對於我們希望表達的內容是有害的，接下來，我們會不再利用那個器皿。如果你對我們正在談及的那種手段的類型進行調查，你將會發現已經有很多實體希望取得接觸，最大的部分是不再表達這種形式的交流了。我的朋友們，很多器皿已經被我們拒絕了，當它們已經誤用了它們已經取得的資訊的時候。我們避免評判，但是我們將不允許我們的器皿對我們希望分享的內容的誤用。

Is this sufficient?

這是足夠的嗎？

(Inaudible)

(聽不見)

Are there any other questions?

有任何其他問題嗎？

(Pause)

(暫停)

If there be no questions, we shall leave you. We are grateful to be with you, and always we shall remain. Our love and light and that of the Creator be with you. I am Laitos. Adonai. Adonai. Adonai vasu borragus.

如果沒有問題，我們將離開你們。我們對於與你們在一起是感激的，我們將一直停留。我們的愛與光，以及造物者的愛與光，是與你們同在的。我是 *Laitos*。
Adonai. Adonai vasu borragus。

October 24, 1976

1976-10-24 Hatonn : 磨難與考驗

(H channeling)

(H 傳訊)

I am Hatonn. Greetings, my friends, in the love and in the light of our infinite Creator. It is, as always, a privilege to be with you and to share with you that which we have to offer in the area of, shall we say, enlightenment, on subjects which are vital to you upon your path of progression. We of the Confederation have drawn near to you at this time, for you have requested it. We are here to serve you in whatever ways that we can without violating in any form the choice of any individual.

我是 Hatonn。我的朋友們，在我們的無限造物者的愛與光中致意。一如既往，與你們在一起並與你們分享我們在，容我們說，覺醒的區域中，在對你們在你們的發展的道路上是關鍵性的主題上所要提供的事物，這是一種榮幸。我們星際聯邦在此刻已經被吸引到你們身邊了，因為你們已經請求它了。我們是來這裏來用無論什麼我能夠服務你們的方法來服務你們的，只要那些方法不會用任何形式違背任何個體的選擇。

This evening we would speak to you upon the subject of what you would call tribulations. As you are aware, those upon planet Earth are undergoing, shall we say, an experience of growth and one of learning. Your life in its entirety is an accumulation of lessons, lessons which you have designed to experience, lessons through which you can learn the truths and the application of those truths that will enable you to bring about the existence that you truly desire. And that existence, my friends, may be expressed in many words, but shall we say, [any] orthodox expression would be the existence within heaven.

今晚我們會在你們稱之為磨難的事物的主題上對你們發言。如我們知曉的一樣，那些在行星地球上的人正在經歷，容我們說，一種成長的體驗和一種學習的體驗。你們在這個永恆中的生命是一種對課程，你們已經旨在去體驗的課程，你們通過去能夠學會真理以及對那些真理的應用的課程的積累，那些真理將使得你們能夠產生出你們真正渴望的體驗。我的朋友們，那種存在性可以用很多的詞語來被表達，但是，容我們說，傳統性的表達會是在天堂中的存在性。

Heaven, my friends, is wherever you place it. It is wherever you desire it to be. It is an eternal factor. Thus, it is not to be gained, but recognized and accepted. And in order to come to the realization that you indeed exist within that heaven which you desire, you must undergo what we have called tribulations. You have placed before you on your path circumstances which, when encountered, are somewhat difficult to comprehend. Circumstances which, shall we say, test your emotional stability, your intellectual stability, and most of all, your spiritual stability and dedication.

我的朋友們，天堂是無論什麼你們將它放置於的地方。它是無論什麼你們渴望它處於的地方。它是一個永恆的要素。因此，它不是要被取得的，而是要被認出並被接受的。為了要取得那種你們是確實存在於你們渴望的天堂中的領悟，你們必

須經歷我們已經稱之為磨難的事物。你們已經在你們的道路上在你們面前設置了這樣一些情況，當這些情況被遭遇到的時候，它們會是多少有些難以領會的。那些情況，容我們說，會考驗你們的情緒上的穩定性，你們的智力上的穩定性，最重要的是，你們的靈性上的穩定性與奉獻。

My friends, when confronted with situations which are incomprehensible through the processes of your intellect, accept it and face it, knowing that it has been desired by you as an experience for the opportunity of growth. Righteously confront that situation. Enter into the experience with an attitude of love, of love which contains no resentment or fear. Accept that which you have created, for indeed, you have brought it into existence. Know that, no matter how it appears, it is for the best. Know that within you is the ability to properly react to any situation.

我的朋友們，當遭遇到那些通過你們的智力的過程無法理解的情況的時候，接受它並面對它，知曉它已經是作為一個取得成長的機會的體驗是被你們渴望了。恰當地面對那個情況。帶著一種愛的態度，不包含憤怒或者恐懼的愛的態度進入到那個體驗。接受你們已經創造了的事物，因為確實，你們已經將它產生出來了。請知曉，無論它在表面上是什麼樣子的，它都是為了最好的事情的。知曉在你們內在之中擁有對任何情況適當地做出反應的能力。

My friends, when we say to know that this ability is within you, we cannot stress the importance of the factor known as faith at these given times. You have been taught that within you is that which you call the Creator. You are portion and particle of the creative force and vitality that permeates the universe. Attune yourself to that presence within you, through the utilization of your meditations, and learn what it is to truly know the ability within you. Your abilities are infinite. Your love is also infinite. There are no limitations placed upon you by your Creator. They are placed upon you by yourself, in your acceptance of them. There are no situations which you, as your own personal creator would place before yourself, that you could not properly confront and overcome.

我的朋友們，當我們說知曉這種能力是在你們內在之中的時候，我們是怎麼強調在這些已知的時間被知曉為信心的要素的重要性都是不夠的。你們已經被教導了，在你們內在之中有著你們稱之為造物者的事物。你們是瀰漫這個宇宙的創造性的力量以及生命力的一部分。通過對冥想的使用，讓你自己調音到在你內在之中的那個存在，並瞭解，真正知曉在你內在之中的那個能力是什麼。你的能力是無限的。你的愛同樣也是無限的。你的造物者並沒有將局限性置於你身上。沒有你，作為你自己個人的造物者，已經放置在你自己面前的情況，是你無法適當地面對並克服的。

Many situations will bring you to a point, being human, shall we say, as you are, to despair. Feel not guilty, for this feeling of despair is only natural upon your planet. During your trials, you shall, shall we say, be influenced by the mortality which you have chosen to possess at this given time. It is as the negative and positive poles, the mortal and the immortal, one knowing limitation, the other knowing infinity. Yet neither is complete without the other.

很多的情況會將你們帶到一個感覺到絕望的位置，因為你們是，容我們說，人。不要感覺到內疚，因為這種絕望的感覺僅僅是在你們的地球上才是自然的。在你們的考驗中，你們將，容我們說，被你們已經在這個已知的時間選擇去擁有的必死的命運所影響了。如同正面性與負面性的極性，必死與永生一樣，一個知曉局限性，另一個知曉無限性。而任何一個如果沒有另一個都不是完整的。

My friends, your existence within the Earth plane, and within physical environment, is vital and essential to your growth, for you have desired it. You have brought it into existence. And now that you have chosen it, you must learn, you must learn how, within you, the ability can be utilized to manifest the perfect experience within the physical environment. Many great teachers have walked your Earth planet and demonstrated that, even within the physical form, they could demonstrate the unlimited abilities of the Creator within them. "The kingdom of heaven lies within you," so say your scriptures. Seek not outside of your form, deity. But know the deity that is in you. Seek not to experience those things about you which would deter that seeking of deity within you, for you are confronted with many situations, day in and day out, which titillate your senses and your desires upon the physical level. Yet these also, my friends, are trials which you have placed before you. And when you come to the day that all things may be offered you that at one time were tests to you, and you no longer even need to ask yourself if they are desired, then you shall walk with the masters and you shall teach with their assistance to your brethren on this plane.

我的朋友們，你們在地球層面中，在物質性的環境中的存在性，對於你們的成長是至關重要與實質性的，因為你們已經渴望它了。你們已經將它帶入到存在性之中了。既然你們已經選擇它了，你們就必須學習，你們必須學習在你們內在之中，那種能力如何才能被利用以在物質性的環境中顯化完美的體驗。很多偉大的老師已經在你們的行星地球上行走，並已經示範了那種能力了，甚至是在物質性的形體中，它們都能夠示範在它們內在之中的造物者的不受限制的能力。“天國是存在於你們內在之中的，”你們的經文就是這樣說的。不要在你的形體外部尋找神。而是知曉在你內在之中的神。不要尋求去體驗那些在你周圍的，會阻礙對在你內在之中的神的尋求的事物，因為你會日復一日地遭遇很多的情況，它們會讓你的感知和你的渴望對物質性的層面感興趣。而這些，我的朋友們，同樣也是你們已經放在你們面前的考驗了。當你來到了這樣一個日子，所有的事情都可能同時被提供給你，而你甚至不再需要去問你自己是否它們是被渴望的，在那個時候，你將會與大師們同行，你將會在它們的幫助下對你們在這個層面上的兄弟們進行教導了。

My friends, to walk with those teachers, you must be above the influences of the physical level of existence, and yet remain in it. This is within you, the ability to bring this about. It is a long and tedious journey that you have chosen. Stamina, or shall we say, patience is of the utmost importance. And, my friends, once again: you must have faith in your Creator, and above all, in yourself. Know that you are divine. Know that you shall succeed. Know that you cannot be overcome by any negative experiences or incidents. You are the master of your universe. Go within yourself and know these things, and

emerge in whatever form you would desire. 我的兄弟們，要與那些大師同行，你們必須要超越存在性的物質性的層面的影響，而又留在其中。產生出這種狀態的能力，是在你們內在之中的。它是一條你們已經選擇的漫長而單調乏味的旅程。毅力，或者容我們說，耐心，是極其重要的。我的朋友們，再一次，你們必須對你們的造物者擁有信心，最重要的是，對你自己有信心。知曉你是神聖的。知曉你將會成功，知曉你無法被任何負面性體驗或者偶然事件所壓倒。你是你的宇宙的主人。進入到你自已內在之中，知曉這些事情，用無論什麼你會渴望的形式出現。

I shall transfer this contact to another instrument. I am Hatonn.

我會將這個接觸轉移到另一個器皿。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument. I am Hatonn, and once again I greet you in the love and the light of the infinite Creator.

我與這個器皿在一起了。我是 *Hatonn*，再一次，我在無限造物者的愛與光中向你們致意。

My friends, you may have asked yourself before this many times: "If indeed I chose these tribulations, whatever was on my mind when I did that? What was my higher self thinking about?" We cannot penetrate the nature of the Creator, nor would we pretend to. And if there is a reason that the white light and perfect love of the Creator was generated into what you have called the Word, so that entities may appear to people the cosmos, we do not know it. Nevertheless, that this is so, we do know. It is possible that, in infinite humility, the Creator offered to all of His infinite parts total freedom to remake that creation. This is, indeed, the option that was before you as you contemplated your entry into the physical illusion before your physical birth.

我的朋友們，你可能在此之前已經問過你自己很多次，“如果需要的話，我選擇這些磨難，當我那樣做的是時候，在我的頭腦中在想什麼呢？我的高我在考慮什麼呢？”我們無法洞悉造物者的屬性，我們也不願意假裝這樣做。如果會有一個造物者的白光與完美的愛被產生進入到你們稱之為“道”的事物中，這樣實體就可以出現並居住在宇宙中的原因，我們不會知曉它。雖然如此，我們確實知道，是這樣的。在無限的謙遜中，會有可能造物者對祂無限的部分提供了完全的自由，以重塑造物。這確實是在你們的物質性的出生之前，在你們沉思你們進入到物質性的幻象的時候被放在你們面前的選擇了。

Before you came into the physical illusion, you were in an atmosphere where thoughts were obvious things, as real to you as the physical objects of your illusion are now. And the choices that you now find so difficult were not even choices. And you asked yourself, if you were put to the test, would you still know what love was? Would you still know how to serve your brother? Would you still seek the Creator with all your heart?

在你們進入到物質性的幻象之前，你們是處於一個環境中，在其中想法是明顯的

事物，如同你們的幻象的物質性的東西現在對於你們是真實的是一樣真實的。你們現在發現如此困難的選擇，甚至不是選擇。你問你自己，如果你要面對考驗，你會仍舊知曉愛是什麼嗎？你會仍舊知曉如何服務你的兄弟嗎？你會仍舊用你全部的心來尋求造物者嗎？

And so you came into this illusion. Perhaps one might think of what is in the mind of this channel: that in your armed forces, parents hope that their child will become a man. Service under these conditions is more difficult, yet under difficult conditions, one developed more rapidly.

因此，你進入到這個幻象中了。也許一個人可能會想到在這個管道的頭腦中的事情：在你們的軍隊中，父母希望它們的孩子將成為一個男人。在這些情況下的服務是更為困難的，而在困難的情況下，一個人更為快速地發展了。

And so it is with you, my friends. This was your motive. Whatever else you needed to do while you were here, your basic motive was to penetrate the things of this illusion with your discrimination so that you could see the love and the light, as you would call it, the heaven that penetrates all that there is. In order for you to see those things that are lasting, it is necessary for things not to always go, on the physical plane, perfectly well, for if your day-to-day existence was not at all troubled, you would perhaps be satisfied to live out your physical existence without seeking further knowledge. It is when things become difficult that you seek to know the reason.

我的朋友們，你們就是這樣子的。這就是你們的動機。對於當你們在這裏的時候的無論什麼其他的你們需要去做的事情，你們基本的動機就是去藉由你們的分辨力來刺穿屬於這個幻象的事情，這樣你們就能夠看到愛與光，如你們會稱呼它的一樣，看到瀰漫于一切萬有的天堂。為了你們看到那些恒久不變的事情，並不需要事物在物質性的層面上一直都一切順利，因為如果你的日常生活的體驗是完全沒有麻煩的，你就會對活出你們的物質性的存在性感到滿意，而不會尋求更進一步的知曉了。就是在事情變得困難的時候，你們會尋求去知曉原因了。

My friends, in all space and time, wherever polarity of good and evil exists, those entities which the Creator tossed into the void have forever and ever turned back to the Creator with an instinct that cannot be denied. Whatever entities have attempted, however much separation they have attempted to put between themselves and the Creator, there is an instinct which cannot and will not be denied forever. Perhaps this is, in a nutshell, the answer to the riddle of why we are all aware beings. We are a timeless answer to a timeless question.

我的朋友們，在所有的空間和時間中，無論什麼地方，善與惡的極性都會存在，那些造物者拋入到虛空之中的實體已經藉由一種無法否認的本能永遠地反過來轉向造物者了。無論實體已經嘗試過什麼事情，無論它們已經嘗試去在它們自己和造物者之間放置多少的分離，都會有一種無法否認並將永遠無法否認的本能。也許，用一句話概括，這就是對為什麼我們全都是察覺的存有的謎題的答案了。

In your tribulation, in your difficulty, know that this is an opportunity for you to discern, to seek out that which will not rust and will not spoil, to unlock from

within your heart those feelings which will long exist, while all more petty and mundane feelings pass away.

在你們的磨難中，在你們的困難中，知曉這就是你們要去分辨，你們要去找出不會生鏽，將不會腐爛的事物的一個機會，以從你們的心中釋放那些將存在很長時間的感覺，同時所有更為瑣屑與世俗的感覺都將會逐漸消散了。

As always, we suggest meditation, for this is the kind of assignment which one cannot do by oneself. I would leave this instrument at this time, for one of my brothers, Laitos, wishes to condition several who are here. I am Hatonn.

一如既往，我們建議冥想，因為這是那種一個人無法憑藉它自己進行的任務了。我會在此刻離開這個器皿，因為我的一個兄弟，*Laitos*，希望調節數個在這裏的實體。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am Laitos, and I greet each of you in the love and the light of the infinite Creator. I am one with you, and I thank you for the opportunity to be with you at this time. As my brother has said, it is my special privilege to work with conditioning those of you who desire it, and at this time I would like to pass among you and offer to each of you the conditioning wave.

我是 *Laitos*，我在無限造物者的愛與光中向你們致意。我與你們是一體的，我為在此刻與你們在一起的機會而感謝你們。如我的兄弟已經說過的一樣，對那些會渴望調節作用的人進行調節，這是我特別的榮幸，在此刻，我們在你們當中通過，並對你們每一位提供調節性的波動。

(Pause)

(暫停)

We thank you for this opportunity. We would like to take just a little of your extra time, if you would be patient, and attempt to contact the one known as N. We have not used this instrument for a long time, and if he is willing, we would like to say a few words through him. I am Laitos.

我們為這個機會感謝你們。我們想要花一點點你們額外的時間，如果你們會有耐心的話，我們想要嘗試接觸被知曉為 *N* 的實體。我們已經有一段很長的時間沒有使用過這個器皿了，如果他願意，我們想要通過他說一些話。我是 *Laitos*。

(N channeling)

(*N* 傳訊)

I am Laitos. I am now with this instrument. I greet you all again in light and love. I will not say many words through this particular instrument, but I would like to say that it has been a very great honor and privilege to speak to this group at this time. I will now leave this instrument. I leave you all in the light and love of the infinite Creator. I am Laitos.

我是 *Laitos*。我現在與這個器皿在一起了。我再一次在愛與光中向你們全體致意。

我將不會通過這個特定的器皿說很多話，但是我想要說，在此刻與這個團體在一起，這已經是一種非常巨大的榮耀與榮幸了。我現在將會離開這個器皿。我在無限造物者的愛與光中離開你們全體。我是 *Laitos*。

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn, and I am again with this instrument. Before we leave you, we would like to open the meeting to questions. Are there any questions at this time?

我是 *Hatonn*，我再一次與這個請在一起了。在我們離開你們之前，我想要對問題開放集會。在此刻有任何問題嗎？

(Pause)

(暫停)

If there are no questions, my friends, we will only leave you with the thought that you are as harps. You have the power to tune yourselves to harmony or disharmony. You cannot control the wind that blow through you. You can only control the sound that you can produce when the wind touches you.

如果沒有問題，我的朋友們，我們將僅僅留給你們這樣一個想法，你們就好像是豎琴一樣。你們擁有力量去讓你們自己調音到協調或者不協調。你們無法控制吹過你們的風。你們僅僅能夠控制當風接觸你們的時候你們能夠產生出的音樂。

My friends, the wind of experience can blow hot and cold, harshly and gently. Yet, you have the key: you may tune yourselves. Meditate, my beloved brethren, you are all one. You are all in harmony. It is only a matter of finding that sweet harmony.

我的朋友們，體驗的風能夠吹熱風與冷風，激烈地吹與溫和地吹。而你們擁有琴鍵：你們可以調音你們自己。冥想吧，我親愛的兄弟們，你們全都是一體的。你們全都是在和聲之中的。它僅僅是一個找到那種甜美的和聲的問題。

I am Hatonn. I send you our love and the love of the Creator, and I leave you in His love and light. Adonai vasu borragus.

我是 *Hatonn*。我對你們送出我們的造物者的愛與光，我在祂的愛與光中離開你們。*Adonai vasu borragus*。

October 26, 1976

1976-10-26 Hatonn : 大腳怪與 UFO

(Don channeling)
(Don 傳訊)

... in the love and in the light of our infinite Creator.

.....在我們的無限造物者的愛與光中。

It is a very great privilege to be with you at this time, a very great privilege. This is our mission. Yes, my friends, this is our mission: to speak to you. We have spoken to you for many, many of your years. We have spoken to many upon the surface of your planet. We have spoken primarily through instruments such as this one, and we have done this for a specific reason. You are aware of this reason.

在此刻與你們在一起是一種非常巨大的榮幸，一種非常巨大的榮幸。這是我們的使命。是的，我的朋友們，對你們發言，這是我們的使命。我們已經用了你們很多很多年的時間對你們發言了。我們已經對在你們星球上的很多的實體發言過了。我們主要是通過諸如這個器皿之類的器皿發言的，我們是因為一個特別的原因而已經這樣做的。你們知曉這個原因。

We are limited, as you know, to provide information, shall we say, but information in such a manner so that it may be accepted as being from us or rejected, shall I say, as not being a valid communication from what you would call an extraterrestrial source. The information, my friends, must be given to the peoples of your planet. It is urgently needed. Yet we cannot do this in any manner that would prove to them beyond questionable doubt that it comes from us.

如你們知道的一樣，我們在提供資訊的方面是受限制的，我們僅僅同這樣一種方式，容我們說，提供資訊，這樣它就可以作為來自於我們的資訊而被接受，或者作為不是來自於你們所稱的一個外星的源頭的一個有效的溝通交流而被拒絕了。我的朋友們，資訊必須被給予在你們的星球上的人群。它是緊迫地被需要的。而我們無法用任何毋庸置疑地會對它們證明信息是來自於我們的方式來給予你們人群資訊。

My friends, it is necessary to act in this way, because to act in any other way would destroy the primary benefit that each of you on Earth receive in your stay upon planet Earth. You are in the condition that you are in at this time, as are all those who dwell upon the surface of your planet, primarily to experience a condition of voluntary choice. Each thought that you think is yours to choose. It is necessary to choose wisely if you are to progress. But the choice must always be up to the individual and not impressed from some external source. This is the method by which the individual grows in understanding. This is the only method by which he grows.

我的朋友們，它需要用這種方式行動的，因為要用任何其他方式行動會破壞你們每一個在地球上的人在你們留在行星地球上的時候接收到的主要的益處。你們在此刻處於那個你們處於其中的情況中，主要是為了體驗一個自願選擇的情境。每一個你思考的想法都是由你選擇的。如果你們要發展，它需要明智地選擇。但是，選擇必須一直都是由個體決定的，而不是從某個外部的源頭被印刻的。這就是個體在理解的方面藉由其成長的方式。這是他藉由其成長的唯一的方式。

My friends, each of you here tonight is aware enough of what we have given you to make wise choices in your thinking. All that is lacking, shall I say, is possibly diligence, diligence in choosing thoughts, my friends. This is the way of the masters.

我的朋友們，今晚在這裏的你們每一個人都足夠多地瞭解我們已經給予你們的事物，以在你們的思考中做出明智的選擇。所有缺少的事情，容我們說，有可能是勤奮，我的朋友們，在選擇想法的方面的勤奮。這就是大師之道 (*way of the masters*) 了。

My friends, your thinking is all that exists. The entire universe is thought. All that is necessary for any condition or any experience is thought. We extend to you simple instructions to be used in an extremely beneficial environment to create a very rapidly accelerated evolution of thought. Make use of your present condition, for it has been chosen, it has been desired, in fact, as you say, totally programmed by yourself. It is for your benefit, my friends, each of you individually. Make use of your present condition, for this is what you planned to do. Do it, to reach that goal that each of us so earnestly desires: the goal of union in thinking with our Creator. For in this union, my friends, is all that you could ever possibly express in love.

我的朋友們，你們的思考就是所有存在的事物了。整個宇宙都是想法。對於任何情況或者任何體驗所有需要的事情都是想法。我們將簡單的指導給予你們，以在一個極其有益處的環境中被使用，以創造出一種非常快速地被價值的想法的演化。利用你們當前的情況，因為它已經被選擇了，它已經被渴望了，實際上，如你們會說的一樣，它是完全由你自己編程的。它是為了你們的益處的，我的朋友們，你們每一個人個體的益處。利用你當前的情況，因為這就是你計畫去做的事情。進行它，以抵達那個我們每一個人都如此熱切地渴望的目標：在思考中與我們的造物者統一的目標。因為在這種統一中，我的朋友們，是所有你們有可能能夠在其中表達的事物。

It is, shall I say, a strange and devious path to this understanding. But if it were not necessary it would not exist. Become aware of each second of your existence. Know in fullest detail the motivations of each of your actions and each of your thoughts. Meditate and become aware. Use this awareness then, to act. It is not necessary to make complex plans for future activities. It is only necessary to meditate. In your meditation, the understanding that you seek will be easily revealed.

它是通向這種理解的，容我說，一條奇怪而迂回的道路。但是如果它不需要，它就不會存在了。察覺到你們的存在性的每一秒。用最為完整的具體細節知曉你們的每一個行動與你們每一個想法的動機。冥想，並成為察覺的。使用這種察覺，

接下來，做出行動。並不需要為未來的行動作出複雜的計畫。唯一需要的是去冥想。在你們的冥想中，你們尋求的理解將輕易地被揭露出來。

It is necessary that the individual gain knowledge in this manner, for only in this manner can he become able to direct his own thinking. In any other manner, my friends, he is not truly evolving, but simply reacting. And, my friends, the name of this game in which you now find yourselves is evolution. That is the secret behind all the activities upon your planet: an evolution of mind. You find yourself at present in what you might term a celestial cesspool of confused thinking. This is strong language. But, my friends, we can say at this time that this is the case upon your planet. It is a condition that is not desired by any of us. However, it is a condition that exists, and it is a condition that can produce the very gods that have the responsibilities for the evolution of those who have been deprived for so long of the knowledge that they would seek.

個體需要用這種方式取得知曉，因為僅僅用這種方式他才能夠開始有能力指引他自己的思考。用任何其他的方式，他都不是在真正演化，而是單純地在做出反應。我的朋友們，這個你們發現你們自己處於其中的遊戲的名字是演化。那就是在所有在你們星球上的活動背後的秘密：一種心智的演化。你發現你自己在此刻處於你們可能稱之為一種混淆的思考的神聖的污水池中。這是強有力的語言。但是，我的朋友們，我們在此刻能夠說，這就是你們星球上的情況。它是一個不會被我們任何實體渴望的情況。然而，它就是存在的情況，它是一個能夠製造出神的情況，就是那些神已經在那些已經被剝奪了它們如此長時間都在尋求的知曉的人的演化負責任了。

(Pause)

(暫停)

I am sorry for the delay. I was having some difficulty with the instrument. I shall continue. It is difficult at times to express through an instrument using your language precisely what we wish to say. For this reason, it sometimes seems that we prolong our communications. It is necessary to attempt to express in your language that which we would wish to give to you in such a way that it will be useful to you. I am going to condition this instrument, but at this time transfer the contact to another instrument.

我為延遲而抱歉。我正在與器皿遇到某種困難。我將會繼續。通過一個器皿使用你們的語言精確地表達我們希望說的事情，這時常是困難的。為了這個原因，有時候看起來似乎我們延長了我們的交流。嘗試去用你們的語言表達我們希望用這樣一種對你們是有用處的方式給予你們的事物，這是需要的。我將要調節這個器皿，但是，在此刻我會將接觸轉移到另一個器皿。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument. I am Hatonn. Again, I am sorry for the delay. We are having quite a bit of difficulty with this instrument this evening. We will continue.

我與這個器皿在一起了。我是 *Hatonn*。再一次，我為延遲而抱歉。我們今晚與這個器皿正在遇到相當多的困難。我們將繼續。

It has been written in your holy works that you need not ponder what your needs are, because they will be met by the Father. This is a truth which has been much misunderstood by your peoples. Truth is not something that one can consciously say, and thus be clothed in. One may hold in one's hand those words which have been spoken by the Master known as Jesus or any other of your holy words, one can know them by heart, and one can proclaim them to others, and yet if one is speaking them and not living them, they will not be true for him. The Creator will not guard his footsteps, will not give him his daily bread, for his consciousness is still dwelling in the precincts of the illusion. It is only in meditation and contemplation of that presence which is more real than your very breathing that you become aware of the actual reality of the Creator. Once for one moment in a day you have touched this reality, you walk forth bearing that reality as a cup bears the life-giving fluid within it. Then the Creator will fulfill your every need.

在你們的神聖著作中已經被寫到過，你們不需要去考慮你們的需要是什麼，因為它們將會被天父滿足。這是一個已經被你們的人群誤解的真理。真理不是某種一個人能夠有意識地說出來，並因此被穿上衣服的事情。一個人可以在它的手中抓住那些已經由被知曉為耶穌的大師說過的話語，或者任何其他的你們的神聖著作的話語，一個人能夠藉由心知曉它們，一個人能夠對其他人讚頌它們，如果一個人正在講述它們而沒有活出它們，它們將不會對於它成為真實的。造物者將不會保護他的腳步，將不會給予他每日的麵包，因為他的意識仍舊居住在幻象的範圍內。僅僅是在對那個比你們的呼吸更加真實的存在的冥想與沉思中你們才能開始察覺到造物者的實際的實相。如果你們在一天中花一會兒時間接觸這個實相，你們就會帶著那個實相前進，就好像一隻杯子在它之中承載著賦予生命的液體一樣。接下來，造物者將會實現你們的每一個需要。

We have said to you many times to remove your concentration from those things which (inaudible) and to place that concentration upon the Creator. And the Creator will put His concentration upon what you need. Within the illusion, you oftentimes are mistaken about what you truly need. The Creator is never mistaken. Therefore, leave all high-sounding words and all appearances, and seek within yourself for the silence in which is that still, small voice, as you would say.

我們已經對你們說過很多次，要將你們的注意力從那些（聽不見）的事情上移開，並將那種注意力放在造物者上。造物者就將會將祂的注意力放置在你們需要的事情上。在幻象中你們時常會在你們真正需要的事情是什麼的方面搞錯了。造物者是從未出錯的。因此，拋開所有動聽的話語以及所有的表像，在你自己內在之中尋找那種靜默，在那種靜默中有著，如你們會說的一樣，那個安靜而微小的聲音。

We are here, as have been many before us, to bring you good news *: to tell you that love and the thoughts that proceed from love are all that there is within the universe. We are here to ask you to claim your birthright as the creator of your thoughts and therefore of your universe. Link your thoughts with the Creator, and let Him think your life.

如同很多在我們之前已經來過這裏的人一樣，我們是來這裏來帶給你們好消息 [1]：告訴你們從愛開始前進的愛與想法就是在宇宙中的一切萬有。我們是來這裏來請求你們宣稱你們作為你們的想法的創造者，並因此是你們的宇宙的創造者的天賦權利的。將你們的想法與造物者連接在一起。讓祂思考你們的生命吧。

I would like to transfer back to the other channel at this time. I am Hatonn.

我在此刻想要轉移返回到另一個管道。我是 *Hatonn*。

(Don channeling)

(*Don* 傳訊)

I am with the instrument. I am Hatonn. I am sorry for the delay in using this instrument. It was necessary to establish a better contact. At this time, I have established this contact.

我與這個器皿在一起了。我是 *Hatonn*。我為在使用這個器皿的時候的延遲而抱歉。需要建立一個更好的接觸。在此刻，我已經重建這個接觸了。

My friends, it is very, very important to know yourself. This is your first mission upon this planet, to know your own thinking. There is only one way for you to do this and that is through meditation. Through meditation, you will be able to know yourself. It is impossible to analyze in a conscious manner your own thinking. It is necessary that you become aware of yourself in meditation. For this reason, meditate each day. This is of prime importance. It is difficult sometimes. Your busy activities (inaudible). However, if you are to accomplish what you have set out to accomplish, it is necessary that you do this. In no other way can you fulfill your own desire to grow, to take this splendid opportunity to grow into that form of thought, you might say, that you have chosen for your own. For that form, my friends, is a form of total love.

我的朋友們，去知曉你自己是非常非常重要的。這就是你們在這個星球上的首先得使命，去知曉你自己的思考。你們僅僅只有一條途徑來這樣做，那就是通過冥想。通過冥想，你將能夠知曉你自己。要用一種有意識的方式分析你自己的思考，這是不可能的。你需要在冥想中開始察覺你自己。為了這個原因，每天進行冥想。這是具有首要的重要的。有時候這是困難的。你們的忙碌的活動（聽不見）。然如，如果你們要完成你們已經著手開始完成的事情，你們這樣做是需要的。你們無法用任何其他的方式來滿足你們自己對成長，對利用這個偉大的機會來成長成為那個想法的形式的渴望，你們可以說，那個想法的形式是你們已經為你們自己選擇好的。因為就那個形式，我的朋友們，就是一個完全的愛的形式。

At this time, I would request questions.

在此刻，我想要請求問題。

Carla: What can you tell us about Bigfoot?

Carla : 你們關於大腳怪 (*Bigfoot*) 能夠告訴我們什麼呢 ?

I am aware of the problem concerning Bigfoot. The problem is very simple. It is unfortunate that, at this time, this information is somewhat restricted, shall I say, as are many bits of information which we may give you. However, it is possible to say that the Bigfoot type of creature is an important part of the development of your planet.

我瞭解了關於大腳怪的問題了。這個問題是非常簡單的。不幸的是，在此刻這個資訊是少有些，容我們說，受限的，如同我們可能給予你們的很多資訊一樣。然而，有可能說的事情是，大腳類型的生物是你們星球的發展的一個重要的部分。

He will increase in great numbers in the very near future, and play a very important part in the transition of your planet. He is not a malevolent form. He is docile. He is not related to another form which is not of a physical nature but of what you term an astral nature. This form is similar to what you know as the werewolf. It is not a Bigfoot creature. It is not manifesting in your physical illusion except for very short periods of time. There is nothing to fear from these creatures, for they are unable to attack those who are of the light.

他將會在非常近的未來用巨大的數量增加，並在你們的星球的轉換中扮演一個非常重要的角色。他不是一種有惡意的生命形式。他是馴良的。他與另一種並不具有一種物質性的屬性，而是具有你們所稱的一種星光屬性的形態是沒有關聯的。這種具有星光屬性的形式類似於你們知曉為狼人的事物。它不是一個大腳怪的生物。除非在一段非常短的時間中之外，它不會在你們的物質性的幻象中顯化的。對於這些生物沒有任何要害怕的東西，因為它們無法攻擊那些屬於光的實體。

B: Are they able to attack humans at all?

B : 它們能夠對人類進行任何攻擊嗎?

This is possible. It is dependent upon the vibrational situation.

這是有可能的。它是取決於振動狀況的。

B: Of the human being?

B : 人類存有的振動狀況 ?

That is correct.

這是正確的。

Carla: Are you aware of the article I was reading this afternoon? Can you see that in my mind, about the UFO with the Bigfoot-type entity inside it? Could you at all say what that guy was doing in the UFO, or what the guy was seeing on the ground that saw this, why they're in UFOs, what the connection is?

Carla : 你們知曉我在今天下午正在閱讀的文章嗎? 你買了能夠在我的心智中看到那片文章嗎，它是關於 *UFO*，在 *UFO* 中有一個大腳類型的實體? 你們能夠所說，究竟那個傢伙在 *UFO* 中在做什麼嗎，或者那個傢伙在地面上正在觀察什麼事物，為什麼它們在 *UFO* 中，關聯是什麼呢?

This is a vehicle of conveyance which is formed by thought on what you call an astral plane. The creature of which you speak is not physical, in your terms, but partially so. His vehicle, both physical and that conveyance which you term a UFO, partially materialized into your density. He is able to vitalize his body through the use of the blood of animals, upon which he preys, just as a bird of prey in your skies uses the blood of the animals upon which he preys. The difference, my friends, is that this entity, for most of your experience, is not physical and is a transient in your world. This is possible at this time because of the progress of your planet in transition. It was possible in the past only in very limited cases, but will become more prevalent in the future, along with many other entities which have been for many years of your time denizens of what you term the astral planes. Many of them will be for short periods of time manifesting in the physical and then, as time progresses, for longer periods. It is necessary, if one is to sustain a physical body, that body be nourished by physical substance, just as you nourish your physical body. Each of these creatures, no matter what type, if they are to maintain a physical body as you know it, will find it necessary to nourish that body. The mutilations of which you speak are simply nourishments. They are not being carried out by the variety of Bigfoot that now dwells within your plane. This variety of Bigfoot is vegetarian.

這是一個在你們稱之為星光層的層面上由想法形成的一個運輸的載具。你談及的生物，用你們的措辭，不是物質性的，而是部分上是物質性的。他的載具，同時是物質性的以及你們稱之為一個 UFO 的運輸工具，部分上是在你們的密度中被物質化的。他同樣能夠通過對動物的血液的使用來為他的身體賦予活力，他會狩獵動物，就好像在你們的空中的一隻鳥的獵物，並使用他狩獵的獵物的血液。我的朋友們，不同的是，這個實體，對於你們大部分的體驗而言，不是物質性的，而是在你們的世界中的一個暫時性的存在。在此刻，因為你們的星球在轉換中的進程，這是有可能的。它在過去僅僅是在非常有限的情況中才是有可能的，但是將會在未來變得更為盛行，同時會有很多其他的實體出現，這些實體在你們的很多年的時間中已經是在你們稱之為星光層的層面中的居民。很多這些實體將會在非常短的時間段中在物質性層面中顯化，接下來，隨著時間發展，顯化更長的時間段。如果一個人要維持一種物質性的生命，身體是需要被物質性的物質所滋養的，就好像你們養育你們的物質性身體一樣。這些生命中的每一個，無論什麼類型，如果它們要維持一種物質性的身體，如你們對它的知曉一樣，都將發現它需要養育那個身體。你談及的斷肢現象，單純地就是營養物。它們不是被現在居住在你們的層面中的大腳類型的生物所進行的。這種大腳類型的生物是素食的。

Carla: The werewolf type of Bigfoot—is its form dependent upon the thought forms of the people of this planet? Is he shaped, made like he is, because of various—*Carla*：狼人類型的大腳——它的形態是依賴於在這個星球上的人的思想形態的嗎？它是被形成的，就好像他是，因為各種——

The shape of this entity is ancient. It is a formation that was brought about by the mating of a certain race in your ancient times, a race that evolved in what

you would have called the second density. This race was lost in your physical world at the end of that cycle of experience but remains in thought in what you term the astral plane. As your planet makes its present transition, it is possible in a more direct manner for these earlier forms to emerge in your worlds due to the transition which is both mental and physical, the physical part having to do with a nourishment, and a polarization which is derived from the cattle which are mutilated and drained of blood.

這個實體的外形是古老的。它是藉由在你們遠古時期中對一定的物種的交配而被產生出來的，它是一個在你們已經稱之為第二密度的事物中演化的物種。這個物種在那個體驗的週期的結束的時候已經在你們的物質性的世界中消失了，但卻在想法中留在你們稱之為星光層的層面中。隨著這個星球進行它當前的轉換，這些早期的形態有可能用一種更為直接的方式出現在你們的世界中，這是由於同時在心智與物質性的層面上的轉換，物質性的部分會與一種滋養物，一種源自於被肢解並被流幹血液的牛的極化聯繫在一起。

Is this a sufficient explanation?

這是一個充分的解釋嗎？

Carla: Yes, thank you. I would like to ask about the other Bigfoot, if that's all right. The physical Bigfoot, is that an ancient species too? How did this form evolve? How long has it been on this Earth, and how long—

Carla：是的，感謝你們。我想要詢問其他的大腳怪，如果那是沒問題的話。物質性的大腳怪，那同樣是一個遠古的物種嗎？這個生命形式是如何演化的呢？它已經在地球上有多長時間了，多久——

This ... this animal, as you might call it, is neither truly an animal or what you call a species of man. It is, as you say, of a different order. It is what you might call the missing link, the missing link between the ape-man, that you know upon your planet, and the human that you know upon your planet. There was, in many years past, an experiment that occurred upon your planet, an experiment having to do with the mating of a species that you know of as the ape and the species that you know of as human. This experiment was performed by, shall I say, the scientific community, which had a purpose somewhat unknown to your peoples today. The purpose was to produce a physical vehicle which could endure great hardships as the ape-form, as you know, can. However, it was desired that the ape-like vehicle be equipped with the intelligence of the more highly evolved human. The experiment was to create a race of human apes, a high order of intelligence but yet with vehicles which could endure great hardship. The reason for this was that a transition of planetary condition was foretold, a condition that would no longer facilitate the human because of atmospheric and environmental conditions. It was thought that if this more rugged race of creatures could be developed, that experience in the physical upon this planet could continue. This, then, was the origin of what you know as the Bigfoot creature. The human which was used in combination with what you know as the ape was not the type of individual that now inhabits your planet, but of a different variety.

這個.....這個動物，如你們可能稱呼它的一樣，既不是真正地一個動物，也不是你們稱之為一個屬於人類的物種。如你們會說的一樣，它具有一個不同的等級。它是你們可能稱之為遺失的環節的事物，在你們在你們的地球上知曉的猿人的事物和你們在你們地球上知曉為人類的物種之間的遺失的環節。在很多過去的年份中，有一個實驗在你們的地球上發生了，一個與將你們知曉為猿的物種與你們知曉為人類的物種之間的交配聯繫在一起的實驗。這個實驗室被，容我們說，科學團體進行的，它擁有一個對於你們今天的人群多少有些是未知的目的。目的是產生出一個物質性載具，它能夠忍受巨大的困難，如同，猿的形，如你們知曉的一樣，所能夠忍受的一樣。然而，被渴望的事情是，那個類猿的形態是具有更加高度地演化過的人類的智慧的。實驗是為了創造出一個屬於人猿的物種，一個具有智慧的高的等級，而帶有能夠忍受巨大的困難的載具。這個實驗的原因是，對星球的狀況的一種轉換是被預知了的，這是一種因為大氣與環境的情況而對於人類不再是方便的情況。被認為的事情是，如果這種更加結識的生物的物種能夠被發展出來，在這個星球上的物質性中的實驗就能夠繼續。那麼，這就是說你們知曉為大腳怪生物的起源了。被用來與你們知曉為猿的生物結合的人類，不是現在居住在你們星球上的那個個體的類型的人，而是具有一種不同的類型。

Carla: Was this in Atlantis?

Carla : 這個實驗室在亞特蘭蒂斯中的嗎?

This was previous to the time of Atlantis, however, there were some experiments done in what you know as Atlantis.

這是在亞特蘭蒂斯時期之前，然而，在你們知曉為亞特蘭蒂斯的事物中，有過一些實驗被進行。

Carla: And the Bigfoot has survived ever since then in remote places?

Carla : 大腳怪自從那個時候開始就在邊遠的地區存活下來了嗎?

This is correct, however, in very sparing numbers. He has had the intelligence to maintain total aloofness, for he has realized that it would be of no benefit for him to come in contact with the race of man that is now upon your surface. However, at this time, there is a need for him in increasing numbers.

這是正確的，然而，是用非常稀少的數量存活的。他已經擁有智慧來保持完全的孤單性，因為他已經領會到，與現在在你們地球上的人類物種的接觸對於他是沒有益處的。然而，在此刻，會有一種讓他增加數量的需要。

B: Will it ever be possible to communicate with this creature?

B : 與這個生物進行交流是有可能的嗎?

This creature can communicate with you at any time he desires. It is only necessary for him to think, for he is telepathic.

這個生物在任何他渴望的時候能夠與你們進行交流。他僅僅需要進行思考，因為他是心電感應的。

Carla: I'm not really clear about what the connection is between the UFOs and Bigfoot. I guess that's part of the restricted—

Carla : 我關於在 UFO 和大腳之間的關聯不是真的清晰的。我猜想那是受限制的部分。

The UFOs of which you speak are vehicles created by the astral form.
你談及的 UFO 是被星光形體創造出來的載具。

Carla: Oh. They are the ones like the werewolves?

Carla : 它們是類似狼人的實體嗎?

Yes, they are vehicles created by thought,
是的，它們是由想法創造出來的載具。

Carla: So the Pennsylvania type or the California type of Bigfoot don't have connection with UFOs? Or connection with you? Or is that a whole other story?

Carla : 因此，賓州類型或者加州類型的大腳怪與 UFO 並不擁有關聯？或者與你們擁有關聯？或者那完全是另一個故事？

The UFO is a thought form created on the astral plane. It is a vehicle which transports that astral form of the entity which you might term a werewolf.
UFO 是在星光層面上被創造出來的一個思想形態。它是對你們可能稱之為一個狼人的實體的星光性的形體進行運送的載具。

Carla: OK, but is there a connection between the Confederation and the physical UFOs? Because there have been UFOs sighted in connection with the non-werewolf type of Bigfoot, too. Or is that coincidence? Or is that restricted?

Carla : 好的，但是在星際聯邦與物質性的 UFO 之間有一種關聯嗎？因為已經有過 UFO 目擊同樣是與非狼人類型的大腳有聯繫的？或者那是巧合嗎？或者那是受限制的嗎？

(Pause)

(暫停)

I am sorry for the delay. I was working this out. This instrument is having difficulty with this concept. However, I will attempt to answer your question. Physical Bigfoot has been in contact with the Confederation throughout its stay upon your planet. It has been in contact through the method of telepathy. There is a liaison which takes place. The liaison is more for maintenance than anything else.

我為延遲而抱歉。我正在解決這個問題。這個器皿正在對這個觀念遇到困難。然而，我將會嘗試去回答你的問題。物質性的大腳怪，在貫穿它在你們的星球上的停留的時間中，已經與資訊聯邦是有接觸的。它已經是用過心電感應的方式被接觸了。會有一種聯絡發生。這種聯絡更為是為了保養。

Carla: What type?

Carla : 什麼類型的保養？

Maintenance—food.

保養——食物。

Carla: Oh!

Carla : 哦！

There are cases when these creatures are in need of physical sustenance in the form of food. We simply supply them.

會有一些情況，在其中這些生物是需要用食物的形式的物質性的材料的。我們單純地提供它們。

Carla: Oh. I know you're getting tired.

Carla : 哦，我知道你變得疲倦了。

Don: I'm OK.

Don : 我沒問題。

Carla: OK. One more question. There have been numerous cases—I can only think of one specifically—but I just never could figure it out. It was the case in Pennsylvania. I know the channel's familiar with it, so just get it out of his mind.

And in connection with a UFO and Bigfoot, the contactee had a kind of an alarming difficulty where he fell down and was having a fit, but then he saw the—*Carla* : 好的。還有一個問題。已經有過一些案例——我僅僅能夠具體想到一個案例——但是我僅僅從未能夠將它弄明白。它是在賓州的案例。我知道管道對它是熟悉的，因此僅僅從他的頭腦中取出它。在一個 UFO 與大腳怪之間的觀念

中，被接觸者擁有一種類型的警告性的困難，在其中他跌倒並感覺到一種升起，但是，接著，他看到了——

This condition is understood at this time.

這個情況在此刻是被理解的。

Carla: Was this an anomaly? Was this the Bigfoot attempting to communicate to man on Earth? Or was it the UFO?

Carla : 這是一個反常情況嗎？這是大腳怪在產生嘗試與地球上的人進行交流嗎？或者它是 UFO 嗎？

It was a case of communication specifically with an entity in your world, in your race. He—the craft was a thought form created by the entities of your astral plane. It had substance and being in your world for a short time. It conveyed the bodies of creatures which are likened to what you call the werewolf. These creatures emerged upon your physical world and were drawn to the entity known to you as Stephen because of his polarity. They found, upon the physical plane, a like mind, you might say, and for that

reason, came in simplest form to greet him. He in turn fired at them with a weapon which they then understood to be an act of hostility, and, for this reason, retreated. They were unable to maintain the thought form which was their vehicle, which then vanished.

它是一個明確地與在你們的世界中，在你們的物種中的一個實體進行交流的實例。他——飛船是一個由屬於你們的星光層的實體創造的思想形態。它在你們的世界中在一小段時間中擁有實質與存有。它運送了與被比作你們稱之為狼人的事物的生物的身體。這些生物出現你們的物質性的世界中，並因為你們知曉為 *Stephen* 的實體的極性而被吸引到這個實體身邊了。它們，在物質性的層面上，找到了一個，你們可以說，類似的心智，並因為那個原因，用最簡單的形式出現來向他致意。他反過來用一個武器向它們開火，它們接下來將此理解為一個具有敵意的行動，並因為這個原因，撤退了。它們無法保持它們的載具之所是的思想形態，接下來，它們的載具就消失了。

They were able at a later time to, shall we say, dematerialize. However, the vision that the one known as Stephen enjoyed was impressed by, shall we say, his higher self. It was a warning not only to him, but to all men of this planet to choose carefully their path.

它們能夠在一個之後的時間，容我們說，去物質化。然而，被知曉為 *Stephen* 的實體享受的異象，是被，容我們說，他的高我印刻的。它不僅僅是對他的一個警告，通告也是對這個地球上的人要小心謹慎地選擇它們的道路的一個警告。

Carla: And that's why he was in such a traditional form—a guy with a sickle?—because of his higher self talking to him?

Carla：那就是為什麼他是用這樣一種傳統形體的原因嗎——一個帶著一把鐮刀的人？因為他的高我在對他說話？

That is correct.

那是正確的。

Carla: I see. OK. Thank you very much.

Carla：我明白了。好的。非常感謝你們。

Are there any other questions?

有任何其他問題嗎？

B: Will there be an increasing number of these physical examinations by UFOs?

B：將會由一種增加數量的由 *UFO* 進行的這些身體檢查嗎？

These physical examinations are not planned by us. These physical examinations are examinations done by another group. They are not meant to harm. They are meant to help. They are not for the purpose of aiding you in your developments but for the purpose of understanding your human condition, for there are entities now concerned with this planet who have not evolved through your human condition, as you call it. They are not familiar

enough with your vehicles and desire this knowledge so as not to harm you, for it will be necessary for them to come within close proximity of your population. Numerous times in the past, there has been harm done to members of your population caused by proximity to their craft. It will be a valuable knowledge that they derive from these examinations. It is, I am afraid, a necessary part of the coming program having to do with what you might term the harvesting process upon your planet, for you see, my friends, at this time the harvesting process is stratified, and there will be more than one type of contact, for your planet at this time is amazingly stratified in levels of consciousness. It would not be such a complex job if it were not for the fact that you terminate, at this time, what you call a master cycle of evolution. It is a very complex sorting job, you might say, and for this reason, much information about those of your peoples who dwell here is presently needed. 這些身體檢查不是由我們規劃的，這些身體檢查是被另一個團體進行的檢查。它們不是打算要傷害。它們打算要進行幫助。它們不是為了在你們的發展中幫助你們的目的，而是為了理解你們的人類情況的目的，因為會有一些實體現在關注這個星球，這寫實體尚未演化穿越你們的，容我們說，人類情況。它們對你們的物質性載具並不足夠熟悉，並渴望這種知識，以便於不對你們產生傷害，因為他們需要進入到你們的人群的臨近的範圍。在過去許多次，由於它們的飛船的接近而已經對你們的人群造成過傷害了。它們從這些檢查得出的將會是一種有價值的知識。恐怕這是與你們稱之為在你們的星球上的收割過程的事物有關的正在出現的程式的一個需要的部分，因為你們看，我的朋友們，在此刻，收割的過程是被分層了的，將會由多於一種類型的接觸，因為你們的星球在此刻是驚人地被在意識的層次中被分層了的。如果不是因為祝你們在此刻結束你們稱之為一個演化的大師週期的事實，它就不會是這樣一個複雜的工作了。它是非常複雜的，你們可以說，分類的工作，為了這個原因，大量關於那些你們居住在這裏的人的資訊目前是被需要的。

We, of what you call the teaching realm, realize the Confederation of Planets in the Service of the Infinite Creator are not involved in this portion of the mission with respect to your planet. We have the job of helping you in the evolution of your own consciousness. We are, what you might say, are college professors. We are not in any common function over those who will be acting on your surface in a more direct manner. Some of them are a little more rash, shall I say, than others, and this, my friends, is basically due to the stratification of which I have previously spoken.

我們是屬於你們稱之為教導的範圍的實體，我們意識到，服務於無限造物者的星際聯邦並不會被包含在關於你們的星球這個任務的部分中。我們擁有在你們自己意識的演化中幫助你們的任務。我們是，你們可以說是，大學教授。我們並不會用一種更為直接方式對那些將會在你們的星球表面上行動的實體擁有任何通常性的功能。它們中的一些實體是比其他的一些實體，有一點點更為，容我們說，性急的，我的朋友們，這基本上是由於我們之前談到過的分層現象。

That there are many, many here to aid you at this time, my friends, is true. There are many levels of consciousness. Your planet goes through a transition that is monumental in its experience. There is no one single answer to any of

your questions, except the question with respect to the Creator and His love. All of the other activities are very numerous in their orientation. As you know, the numbers of people upon your surface are many. The conditions of thought upon your surface range in a wide polarity of development. Consequently, those whom you meet from elsewhere may have a wide range in their methods.

會有在此刻很多很多來這裏來幫助你們的實體，我的朋友們，這是真的。會有很多的意識的層次。你們的星球正在經歷一次轉換，這次轉換在其體驗中是紀念性的。對於任何你們的問題都沒有一個單一的答案，除了關於造物者與祂的愛的問題之外。所有其他的活動，在它們的導向中都是為數眾多的。如你們知曉的一樣，在你們的星球表面上的人數是很多的。在你們的星球上的思想的狀況，是分佈在一個寬闊的發展的極性中的。因此，那些你們會遇到的來自其他地方的實體，可能在它們的方法上擁有一個很寬的範圍。

Does this sufficiently answer your question?

這充分地回答了你的問題嗎？

B: Yes, thank you.

B：是，感謝你們。

Are there any other questions?

有任何其他問題嗎？

(No further questions.)

(沒有更進一步的問題了。)

There is but one other thing that we would wish to pass through this instrument at this time, and that is that each of you will be completely successful. You cannot help but be so, for you have chosen a path which terminates in success. The only factor in the slightest question, my friends, is the rate down which you travel this path. That rate, my friends, is a function of but one thing: a function of your thinking.

僅僅只有一個事情是我們希望在此刻通過這個器皿傳遞的，那就是你們每一個人都將是完全成功的。你們會不得不是這樣的，因為你們已經選擇了一條道路，它會在成功中結束。在最為微小的問題中的唯一的要素，我們的朋友們，就是你們沿著這條道路旅行的速度。我的朋友們，那個速度是僅僅是一個事情的一個功能：你們的思考的一個功能。

Carla: I do have one more question, if the channel is not too tired. What you said reminded me of it. Is that all right?

Carla：我確實還有一個問題，如果管道不是過於疲倦的話。你們說的事情讓我想起了它。那是沒問題的嗎？

I am aware of the question.

我知曉問題了。

Carla: You are? I will ask it if you wish.

Carla : 你們知道了嗎？如果你們希望的話，我將會詢問它。

It is not necessary. It is a very great privilege to say at this time that each of you is upon a mission that has been selected long ago. This mission very, very shortly will culminate, shall I say, in a flurry of activity, which will be unexpected. However, all of the fragments of this culmination are being brought together as planned.

它並不需要。在此刻這樣說是一種非常巨大的榮幸，你們每一個人都是擁有一個已經在很早以前就被選擇好的使命的。這個使命，非常非常快就將會，容我們說，在一陣慌亂的活動中達到頂峰，這個行動將會是預料不到的。然而，這個頂峰的所有的碎片都將會如被計畫第一樣被收集在一起了。

Carla: That was basically my question. Basically, I wanted to know whether all the delays we are having are built in, in other words, that the people of this sphere who are helping, like Brother Philip, were attempting to time it so that it would come out at the right time. Is that why we're having these delays?

Carla : 那基本上就是我的問題了。基本上，我想要知道，是否所謂我們正在經歷的延遲，都是被內建的，換句話說，這個星球上的正在幫助的人，類似 *Philip* 兄弟，正在嘗試去調節它的時間，這樣它就會在適當的時間出現。那是我們為什麼我們正在遇到這些延遲的原因嗎？

This is basically correct.

這基本上是正确的。

Carla: Thank you.

Carla : 感謝你們。

At this time, I will leave the instrument. It has been a very great privilege to speak with you. It is always a great privilege. Avail yourself of our contact through meditation. We will do everything that we possibly can to aid you in your seeking of that which we all seek: to understand love. Adonai. Adonai vasu.

在此刻，我將會離開這個器皿。對你們發言已經是一種巨大的榮幸了。通過冥想讓你自己可以為我們的接觸所利用，這一直都是一種巨大的榮幸。我們將會做任何我們有可能能夠做的事情在在你們尋求我們全都尋求的事物的過程中幫助你們，那個事情就是去理解愛。 *Adonai vasu*。

Note: When Hatonn said "good news," an individual on the floor above began playing soft, sweet music, as if on cue.

[1]當 *Hatonn* 說“好消息”的時候，一個在樓上的個體開始彈奏柔和而甜美的音樂，就好像是恰好出現的一樣。

October 30, 1976

1976-10-30 *Hatonn* : 知曉與理解的鑰匙

(Don channeling)
(Don 傳訊)

[I am *Hatonn*.] ... the love and the light of our infinite Creator. It is once more a very great privilege to be with you. We of the Confederation of Planets in the Service of the Infinite Creator are always ready to serve you. Our service at this time is limited, but shortly the limitations under which we now serve you will be lessened.

[我是 *Hatonn*].....無限造物者的愛與光中。與你們在一起，這再一次是一個非常巨大的榮幸。我們服務於無限造物者的星際聯邦一直都準備好服務你們。我們在此刻的服務是有限的，但是我們現在受制於的為你們進行服務的限制將很快會被減弱了。

However, it is necessary at this time to interact in the way that we now use to speak. We are here for one purpose: to bring to you that knowledge that is essential. There is only one essential knowledge, my friends, and that is what we bring you.

無論如何，在此刻用我們現在用來發言的方式來進行互動，這是需要的。我們在這裏是為了一個目的，將實質性的知曉帶給你們。僅僅只有一個實質性的知曉，我的朋友們，那就是我們帶給你們的事物了。

(Pause)
(暫停)

(Carla channeling)
(*Carla* 傳訊)

I am with this instrument. I am *Hatonn*. We frequently, my friends, do have difficulties with channels, and it is almost always due to their desire to monitor our message. There are many reasons that this interferes with our message, but most often it is due to fear on the part of the channel, for the channel often feels that he is speaking his own thoughts. The relationship between the source of the Brotherhood and the channels who are the instruments for that source is one which is difficult to express in the concepts of your language, for we are truly one. We use those concepts which are within the channel's mind. We play on the instrument that we find. If the instrument has powerful biases, he may find himself repeating, due to the fact that we are attempting to establish better contact through the means of repeating familiar material.

我與這個器皿在一起了。我是 *Hatonn*。我們頻繁地在器皿身上遇到困難，它幾乎一直都是由於器皿對監督我們的資訊的渴望。會有很多的原因這會干擾我們的資訊，但是它極其經常地是由於在管道的部分上的恐懼，因為管道經常感覺到他正在說他自己的想法。在具有兄弟情誼的源頭與作為那個源頭的器皿之所是的管道之間的關係，是一種很難用你們的語言的觀念來表達的關係，因為我們真的是

一體的。我們使用那些在管道的心智中的觀念，我們在我們找到的器皿上進行操作。如果器皿擁有強有力的偏向性，他可能發現他自己在重複，這是由於我們正在嘗試通過重複熟悉的材料的途徑來構建更好的接觸的事實。

We say all of this due to the fact that even the most experienced channel suffers difficulty in communication due to analysis of our message. We do wish to speak through the one known as Don. So at this time we will condition him and attempt to continue through him. I am Hatonn.

我們說所有這些，因為甚至最有經驗的管道都會由於對我們的資訊的分析而在溝通交流中遭受困難。我們確實希望通過被知曉為 *Don* 的實體發言。因此，在此刻，我們將調節他並嘗試通過他繼續。我是 *Hatonn*。

(Don channeling)

(*Don* 傳訊)

I am again with the instrument. I will continue speaking through this instrument. I was saying that we are here to give to you that which is necessary to know. There is very, very little that is really necessary to know, my friends. But it is necessary to know this very small amount very, very well. In fact, my friends, you must know it beyond any question. Then you must use it to its fullest capacity. This is actually all we have to give to anyone upon your planet—nothing more. 我再一次與這個器皿在一起了。我將繼續通過這個器皿發言。我正在說，我們在 這裏是來給予你們需要知曉的事情的。會有非常非常少

的事情是真正需要知曉

的，我的朋友們。但是，非常非常好地知曉這個非常少量的事情，這是需要的。事實上，我的朋友們，你們必須確切無疑地知曉它。接下來，你們必須火力全開地使用它。這實際上就是我們所要給予在你們星球上的任何人的所有的事情了——沒有更多了。

It, my friends, is all there is to give, anywhere, at any time. For if this gift is received in totality, you then possess the entire creation.

我的朋友們，它就是，在任何地方，在任何時間，所有要給予的事物了。因為如果這個禮物是完全地被接收到的，你們接下來就擁有整個造物了。

And why, my friends, should we give to you this gift? Because that is part of the understanding, my friends. When you possess it, you desire nothing more than to give it away. For in possessing it, you can do nothing but give it away.

For this is, in truth, the real knowledge of what is behind everything that exists. 我的朋友們，為什麼我們應該給予你們這個禮物呢？因為那是理解的一部分，我的朋友們。當你們擁有它的時候，你們就僅僅只會渴望將它給予出去了。因為通過擁有它，你們僅僅只能將它給予出去。因為，事實上，這就是在每一個存在的事物背後的事物的真實的知曉。

(Pause)

(暫停)

I will continue. In this creation, there are many, many facets, many planets, many stars about which they revolve, many galactic systems. And yet each of these things is a part of one thing. That one thing we call creation, [is] a creation of our thought, for we are parts of the Creator. Just as, if you are the parent of a child, that child is a part of you, so are we parts of the Father of this creation, this infinite creation in which we presently find ourselves,
我將繼續。在這個造物中，會有很多很多的面向，很多的行星，很多的它們圍繞其旋轉的恆星，很多的星系。而這些事物中的每一個事物都是一個事物的一部分。那一個我們稱之為造物的事物，是一個對我們的想法的創造物，因為我們是造物者的一部分。就好像，如果你是一個孩子的父母，孩子就是你的一部分一樣，我們就是這樣是這個造物，這個我們當前發現我們自己處於其中的無限造物的天父的一部分。

It is possible to understand the expression that created this creation and ourselves, and act so as to reflect the completeness, the essence of this expression. Then you have all knowledge.
去理解創造了這個造物以及我們自己的表達，並如此行動，以便於映射那種完整性，映射這個表達的實質，這是有可能的。接下來，你們就擁有所有的知曉了。

It is necessary, if the individual is to become aware of that knowledge, for him to meditate. There are many things in your present existence that seem complex. There are many problems that seem difficult to answer. In truth, there is no complexity, there is no problem without an answer. All that is necessary is that you avail yourself in meditation to the knowledge that is part of you. It is part of you because you are the child of the one Father, who is the Creator. If you seem at this time to be less than the total understanding of this Creation, then it is only because you have desired to be less. For this is, in truth, what was provided for you. All that is necessary for you or for anyone else, is that you become aware of this knowledge. And the method, my friends, is meditation. This meditation may be done at any time or any place. It is not necessary that you take any particular position at any particular time of day or with any particular group of people. It is not necessary for you to be in the dark or by yourself or even to close your eyes. With practice you will be able to clear the conscious mind of the trivial daily activities which constantly beset it, and become instantly aware of the real creation. The more that you practice this, the more that you will become aware of truth and reality. Presently, the population of your planet is so busy with trivial and transient qualities that very, very few of them are in any awareness at all of the real creation. This is due to an extreme lack of meditation among those peoples of your planet.

如果個體要開始察覺到那種知曉，去進行冥想對於他是必不可少的。在你們當前的存在性中會有很多的事情看起來似乎是複雜的。會有很多的問題看起來似乎很難回答。實際上，沒有複雜性，沒有任何問題是沒有一個答案的。所有需要的事情就是你讓自己在冥想中可以為那種知曉所取得，那種知曉就是你的一部分了。它是你的一部分，因為你是太一天父的孩子，天父就是造物者。如果你在此刻看起來似乎比對這個造物的完全的理解是較少的，那麼，它僅僅是因為你已經

課程成為較少的了。因為，實際上，這就是被提供給你的事物了。對於你，或者對於任何其他的人，所有需要的事情，就是你開始察覺到這種知曉。我的朋友們，方法就是冥想。這個方法可以在任何時間，或者在任何地方被進行。你不需要在一天中的任何特定的時刻使用任何特定的位置，或者與任何特定的人的團體在一起。你不需要處於黑暗中，或者你自己獨自一人，或者甚至閉上你的眼睛。藉由練習，你將能夠將那個持續不斷地襲擊你的心智的那些瑣屑的日常生活的活動從你的有意識的心智中清空，並在瞬間察覺到真實的造物。你練習這種冥想越多，你將將會越多地知曉真理與實相。現在，你們星球上的人如此忙於那些瑣屑而暫時性的屬性，以至於它們中非常非常少的人對真實的造物的有無論什麼任何的察覺。這是由於在你們星球上的那些人當中冥想的極度的缺乏。

There are many answers that can be provided through the process of meditation. However, they all dissolve to a single understanding. That understanding will transcend any intellectual complexity which you may be presently aware of.

會有很多的答案是可以通過冥想的過程被提供的。然而，它們全都溶解為一個單一的理解。那個理解將會超越你們可能現在知曉的任何邏輯智力的複雜性。

As I have said previously this evening, we of the Confederation are here to bring you one thing. That thing is understanding. If you didn't already understand we could not bring it to you. But what we wish to do, my friends, is bring to you that additional amount that you desire. It is up to you, and only to you, to receive it. Each of you may receive as much as you wish, at any time that you wish, at any place that you wish. The process of meditation is so important that we cannot overstress it.

如我們在今晚早些時候已經說過的一樣，我們星際聯邦是來這裏來帶給你們一個事物的。那個事物就是理解。如果你們尚未已經理解了，我們就無法將它帶給你們。但是，我們希望做的事情，我的朋友們，是帶給你們額外數量的那個你們渴望的事物。去接收它，這是由你們決定的，僅僅只由你們決定。你們每一個人都可以接收到和你們希望接收到的一樣多的事物，在任何你們希望的時候，在任何你們希望的地方。冥想的過程是如此重要，以至於我們是無法過度強調它的。

At this time I will transfer the contact to the other channel.

在此刻，我將要轉移接觸到另一個管道。

(Carla channeling)

(Carla 傳訊)

I am again with this instrument, and again I greet you in the love and the light of the infinite Creator. I will continue, my friends.

我再一次與這個器皿在一起了。我在無限造物者的愛與光中向你們致意。我將繼續，我的朋友們。

Meditation is important precisely because it is the key to what you desire. In meditation, as you become accustomed to that contact with the Creator, your identity becomes more aligned with the truth of who you really are. And in

that meditation, your universe expands, for you no longer feel that you are boxed in a little room, beset on all sides with that heavy furniture of your mind, which includes your problems, your difficulties, and the biases which you hold on the subjects which are of interest only within the illusion. That furniture melts away, and suddenly you are in a very large, very beautiful, very spacious place, in which the sun is shining, in which there are sweet odors in the air, and in which that peace reigns that you seek.

冥想是重要的，恰恰是因為它就是對你們渴望事物的鑰匙。在冥想中，隨著你對於造物者之間的接觸變得熟悉，你的身份會與你之所是的事物的真理變得更加對齊了。在那種冥想中，你的宇宙拓展了，因為你不再感覺到你是被裝在一個小小的房間的盒子中並因為你的心智的沉重的附屬物而在所有的面向都被襲擊，這些心智的輔助物包含了你的問題，你的困難，你對僅僅在幻象中才會有興趣的物件抱有的偏向性。那些附屬物逐漸消失了，突然間你處於一個非常巨大的，非常美麗的，非常開闊的空間中，在其中太陽是在照耀著的，在其中在空中有甜美的香味，在其中平安支配著你尋求的事物。

We have found in speaking with your peoples that you are most apt to comprehend our meaning when we speak to you in some vivid metaphor, and it is for this reason that we have long understood why the master known as Jesus spoke so often to your peoples by telling stories. And we give you now two of these symbols of our messages that you may perhaps hold with you. We hope that they will aid you.

我們已經在對你們的人群發言的時候發現，當我們通過某個鮮明的比喻來對你們發言的時候，你們是極其擅長於領會我們的意思的，就是因為這個原因，我們已經有很長時間都理解，為什麼被知曉為耶穌的大師如此經常藉由講故事對你們的人群說話。我們現在給予你們我們的資訊的這兩個象徵物，這樣你們就可以帶在你們身邊了。我們希望它們將會幫助你們。

The first is, my friends, that it is the function of the physical illusion to, as we have said to you, box you in, to make you feel crowded, to press you into a situation in which you feel pressure.

我的朋友們，第一個象徵物是，物質性的幻象的功能，如我們已經對你們說過的一樣，就是將你們裝在盒子中，以使得你們感覺到擁擠，將你們擠壓進入到一個你們在其中感覺到壓力的情況中。

In meditation, you release that pressure by changing your identity. You find that there is a great deal of space in which to play and rejoice. And you find that in meditation you do not perceive the crowded situation that you perceive in your daily life. Therefore, we say to you when you are feeling crowded, pressed by the difficulties of life, take hold of the image of yourself as being a completely free dancer in an infinite space which is filled with light. You can move about; you can view the situation as it really is. You are a creative person; you are a dancer. You do not walk; you dance. You are not in darkness; you are in light.

在冥想中，你藉由改變你的身份釋放了壓力。你發現會有大量的在其中玩耍與歡呼的空間。你發現在冥想中，你並不感覺到你在你的日常生活中感覺到的那種擁

擠的情況了。因此，我們對你說，當你因為生命的困難感覺到擁擠與被擠壓的時候，對你自己抱有這樣的形象，你是在一個無限的空間中的一個完全自由的舞蹈者，這個空間是被光所充滿了的。你能夠四處移動，你能夠將情況視為它真正是的事物。你是一個創造性的人。你是一個舞蹈者。你不是在走路，你在舞蹈。你不是在黑暗中，你是在光明中。

There are situations that must be dealt with: this is why you are in the physical plane. And yet there are ways in which this meditative state can be brought to bear upon your waking life.

會有必須要與之打交道的情況，這就是為什麼你們在物質性的層面中的原因了。而會有很多方式是這種冥想性的狀態能夠通過其在你的醒著的生命中產生影響的。

And again we say to you, your spirit came to the physical plane, as you call it, and willingly buried itself in what you may consider to be dust, for it is so written in your holy works. Yet there was a reason. You well know the reason. And if you (inaudible) we ask that you think of how a pearl is made—a speck of sand that aggravates and pains the living tissue, and yet, in its pain, that which is added becomes a pearl. Your spirit may be polished and burnished until it gives light to others and to yourself. This will happen, and that it causes pain is simply the way the process works.

再一次，我們對你們說，你們的靈性來到物質性的層面，如你們對它的稱呼一樣，並樂意地將它自己埋藏於你們可能認為是塵土的事物中，因為在你們的神聖著作中就是這樣寫的。而會有一個原因。你們清楚地知曉那個原因。如果你們（聽不見）我們請你們思考一顆珍珠是如何被製造出來的——一粒沙子，它刺激並讓活體組織感到痛苦，而在它的痛苦中，被添加的事物成為了一顆珍珠了。你的靈性可以被打磨並被拋光，一直到它對其他人並對你自己發出光為止。這就是將會發生的事情，它造成痛苦，這單純地就是那個過程工作的方式了。

There is nothing physical or, as you would say, Earthly, about your emotions, your pain, or your joy. These are but the outer layers of that which will affect you eternally. That which is one thing on the physical level is transmuted through learning, so that your spirit in its real and true nature is nourished by the very thing which seems to you to be such bad medicine.

在你們的情緒，你們的痛苦，或者你們的喜悅周圍，沒有任何物質性的，或者如你們會說的一樣，塵世的事物。這些僅僅是將會永恆地影響你們的外部的層次。在物質性層面上一個事物之所是，會通過學習被轉變，這樣你的靈性在其真正與真實的屬性中，就會被那個恰恰對於你看起來似乎是這樣的毒藥（*bad medicine*）所滋養了。

These images we offer you to hold in your mind. But know that these are only words, and that meditation itself is and should be your primary link to your Father.

這些我們提供你們的形象是讓你們在你們的心智中抱有的。但是請知曉，這些僅僅是詞語，冥想其自身是且應該是你與你的天父之間的主要的連接。

Before I leave this instrument I would like to open the meeting to questions.
在我離開這個器皿之前，我想要對問題開放集會。

B: Can you say anything about (inaudible)?

B：你們能力能夠關於（聽不見）說任何事情嗎？

We have spoken many times, through this instrument and others, of the harvest. May we ask what you are specifically requesting? It is a large subject. 我們已經通過這個器皿以及其他器皿很多次談及了收割了。請問你具體在請求什麼呢？它是一個巨大的主題。

B: Will it occur all at once, or will it be spread out over a period of time?

B：它將會在同時出現，還是它將會在一段時間中散佈開來呢？

The latter is correct. What has been spoken of as the harvest has already begun, and will continue for several of your years, perhaps as many as would make a quarter century. In fact, time being our most difficult concept to cope with in dealing within you who are within this time continuum, we cannot say for sure that it would last any certain time. But that it will last several of your years we do know.

後者是正確的。已經被談及是收割的事物已經開始了，並將會繼續你們的數年時間，也許是四分之一個世紀的時間。實際上，時間是我們在與你們這些處於這個時間的連續體中的實體打交道的時候極其難以處理的觀念，我們無法確切地說，它會持續任何一定的時間。但是我們確實知道，它將會持續你們的數年的時間。

M: (Inaudible). What is the method (inaudible)?

M：（聽不見）。方法是什麼呢（聽不見）？

When the crop is ripe, the reaper comes among it. We understand the gist of your question. It is difficult for you to perceive that the mechanisms of a cosmic or celestial nature may be on a scale which is difficult for you to imagine. But it is truly said in your holy works that to the Creator, a thousand years is but an evening. It is through the natural cycle of physical birth and death that most will enter their new (inaudible). It does not take a great many years for all of those on the planet to end their Earthly existence. It will not happen all at once, any more than any natural process happens all at once. It is simply that as you see the leaves upon the trees of your planet falling, although they do not fall all at the same time, there is a period when they are all on the tree, and there is a period when your trees are bare, and the leaves have gone on to the next cycle.

當莊稼成熟的時候，收割者就會出現在它們中間。我們理解你的問題的主旨。你們要感覺到，具有一種宇宙或者天上的屬性的機制可能是在一個你們很難想像得到的尺度上的，這對於你們是困難的。但是，在你們的神聖著作中真的是這樣說的，對於造物者，一千年僅僅是一個晚上。就是通過身體的出生與死亡的自然周期，大多數人將會進入到它們新的（聽不見）。對於所有那些在星球上的人，要結束它們的塵世的存在性並不需要花費很多的時間。它將不會是全都同時發生的，

如同任何自然過程都不會全都同時發生一樣。它單純地是，當你們看到你們的植物的樹葉落下的時候，儘管它們將不會全都在相同的時間落下，會有一個時期，它們將會全都在樹上，會有一個時期，你們的樹木將會是光禿禿的，樹葉已經繼續前往下一個週期了。

B: So it won't necessarily be (inaudible) as much as it may be a very natural time of change for every individual (inaudible). B：因此，它不一定是（聽不見）如同它可能是一個非常自然的改變的時間一樣，對於每一個個體（聽不見）。

This is correct. There is very little chance that people will actually leave by ships. This is greatly undesirable. We are willing to consider the possibility under greatly adverse circumstances. We do not feel that the probabilities are at all high.

這是正確的。會有非常少的幾率人將會實際上藉由飛船離開。這是極其不受歡迎的。我們樂意於在極其不利的情況中考慮這個可能性。我們根本不覺得到那些可能性是高的。

(Pause)

(暫停)

It is difficult to predict your peoples. In working with the channels we have among your peoples we find that some are hoping that we will come (inaudible). Some are hoping we will not. When your people begin to become totally aware of, shall we say, the jam they are in, we do not know which way the wind will blow. We are, therefore, keeping our probabilities quite fluid.

要預測你們的人群是困難的。在與我們在你們的人群中擁有的管道一同工作的過程中，我們發現一些人正在希望我們將會前來（聽不見）。一些人希望我們將不會。當你們的人群開始完全察覺到，容我們說，它們處於其中的困境的時候，我們並不知道風將會通過什麼路線吹。我們因此正在讓我們的幾率保持相當可變的。

B: Thank you.

B：謝謝你們。

You are most welcome. I would like to say through this channel that, as the Creator will not let His children stumble, no matter what the method of harvesting. For those who are truly seeking Him, and in this we include those to whom we are speaking, the road through the change will be straight. The way will be (inaudible), for you are serving what you might call your initiation willingly on this plane. You are binding up your own wounds. Those who will be having difficulty during the harvesting will be those who have neglected the health of their spirit within this dimension, and are therefore forced to, as you might put it, go into the hospital in the next dimension. These people will be shocked, startled or otherwise disturbed by the events that occur, and will not be able to take their places immediately.

你是極其受歡迎的。我想要通過這個管道說，如同造物者將會讓祂的孩子摔跤一樣，無論收割的方法是什麼，對於那些真正尋求祂的人，我們會將那些我們正在對其發言的人包含在其中，穿越改變的道路將會是筆直的。方式將會是（聽不見），因為你們在這個層面上是自願在服務你們可能稱之為你們的啟蒙的事物。你們正在將你們自己的傷口包紮起來。那些將會在收割中遇到困難的人，將會是那些已經忽略了它們在這個維度中的靈性的健康，並因此被強迫要，如你們可能描述它的一樣，進入到下一個維度中的意願中的人。這些人將會因為發生的事件而感到震驚，感到驚嚇，或者在別的方面感到心理失常，並將無法立刻就找到它們的位置。

However, we wish to share with you at this time that you will be at your best at that time, in whatever dimension you may find yourself. This is true not only of you, but of each who has consciously decided to become a shepherd.

然而，我們在此刻希望與你們分享，你們將會在那個時候處於你們巔峰狀態，無論你可能發現你自己處於什麼維度中。這不僅僅對你們是真實的，對每一個有意識地決定去成為一個牧羊人的人都是真實的。

Is there another question?

有另一個問題嗎？

Don: In the next five-year period, what changes do you see?

Don：在下一個五年時期中，你們看到了什麼改變呢？

We have spoken through this instrument before regarding changes that are upcoming. We have spoken of the difficulty in California. There is also, as we have said, a difficulty which may take place along the coast of what you would call south Central America.

我們已經通過這個器皿之前談及過即將發生的改變了。我們已經談及了在加州的困難。同樣可能會有一種困難，如我們已經說過的一樣，可能會在你們稱之為中美洲的南部的地區的海岸發生。

(Pause)

(暫停)

We have difficulty in giving world-wide information through this instrument. If it is desired by the other instrument, we will transfer this contact to him, for we are having grave difficulty in giving this information.

我們在通過這個器皿給予世界範圍的資訊的方面遇到了困難。如果它是被其他器皿渴望的話，我們會將這個接觸轉移給他，因為我們在給予這個資訊的方面正在遇到困難。

Don: Just one other question before the transfer: what causes these problems within the planet. How does it effect places like California?

Don：在轉移之前僅僅還有另一個問題：什麼事情造成了在行星中的困難。它會如何影響類似加州之類的地點？

We trust you are not referring to the apparent physical causes? Those having to do with the stresses?

我們相信你不是指的是表面的物質性的困難，那些與壓力有關的困難？

Don: No—the basic cause.

Don：不是得——基本的原因。

We feel that you are already aware of the cause, but we will attempt to confirm through this instrument your understanding. As all things in the physical are created, so the entity which is your planet was created within an energy nexus which was in balance, in such a way that its forces were harmonious, and evolvment was without upheaval. As nothing stands still, so the entity known to you as the Earth evolves constantly and in what you might consider a gradual manner. Yet it is an even and steady progression which is allowed by the evolving nexus of vibration. When the thought of those upon the surface of this vibratory nexus becomes unbalanced, and these peoples become fragmented and inharmonious in their thinking, these people, like germs, infect the organism of the planetary vibration. The basic cause of the disease which is known to your scientists by so many scientific terms is simply, shall we say, a virus of disharmony.

我們感覺到你已經知曉那個原因了，但是我們將通過這個器皿肯定你的理解。如同在物質性中所有的事物是被創造的一樣，你們的行星之所是的實體就是如此在一個能量節點中，用這樣一種它的力量是和諧的，發展是沒有巨變的方式，被創造出來的，這個能量節點是平衡。如同沒有任何事物是保持靜止一樣，被你們知曉為地球的實體一樣也是持續不斷地，用你們可能稱之為一種漸進的方式演化發展的。而它是一種被振動的演化的節點所允許的均衡且穩定的發展。當那些居住在這個振動節點的表面上的實體成為不平衡的時候，這些人會在它們的思考中成為碎片化的且不協調的，這些人，如同病菌一樣，會感染星球振動的有機體。這個被你們的科學家藉由如此多的科學術語知曉的疾病的根本原因，容我們說，單純地就是一種不協調的病毒。

Health is restored, as it is within your physical vehicle, when the vibratory nexus can cease fighting the disharmony and can restore its own natural polarity of vibration, so that the Creator 's infinite strength flows in, through and out again without hindrance. 當振動節點能夠不再與不和諧交戰且能夠恢復它自己振動的自然的極性的時候，如在你們的物質性載具中一樣，健康就會被恢復了，這樣造物者的無限的力量就會再一次不受阻礙地流入，流經並流出了。

Does this answer your question?

這回答了你的問題嗎？

Don: Yes. Why the California area?

Don：是的。為什麼是加州地區呢？

We do not feel that any particular location among your peoples is an effect of

those peoples, but it is an effect of many, many of your years of a planetary imbalance in discharge of polarity. For that area which you know as California has become diseased because the place is balancing that particular part of a world-wide imbalance which needed to be corrected. Wars have never reached that which you know as California, and yet the conflagrations among your peoples (inaudible) have caused this sickness. It is not any one people that is to blame, for many of your peoples have cooperated.

我們並不覺得在你們的人群中有任何特定的地點是那些人的一種作用，但它是你們很多很多年的星球在釋放極性的方面的失衡的一種作用。因為你們知曉為加州的地區已經成為生病的了，因為那個位置是在平衡一種世界範圍的失衡的那個特定的需要被糾正的部分。戰爭從未抵達你們知曉為加州的區域，而在你們的人群中的戰火（聽不見）已經造成了這種疾病了。不是任何一個人要被責備，因為你們很多人都已經合作了。

(Pause)

(暫停)

We cannot transmit through this instrument, for there are mathematical expressions, many which she does not know. But we say unto you that there are lines of force which exist within the ellipsoidal form of your sphere which, shall we say, predict the location of these particular difficulties. We are sorry. It is very difficult to express through this instrument. Perhaps we can impress this upon you directly. I will at this time transfer to the one known as Donald. I am Hatonn.

我們無法通過這個器皿傳遞，因為會有數學性的表達，她並不知曉很多的數學的表達。但是我們對你們說，在你們的星球的橢圓形的外形中存在有力量線，它們將會預測這些特定的困難的位置。我們很抱歉。要通過這個器皿表達是非常困難的。也許我們能夠直接對你印刻這個觀念。我將會在此刻轉移到被知曉為 *Donald* 的實體。我是 *Hatonn*。

(Don channeling)

(*Don* 傳訊)

I am with the instrument.

我與器皿在一起了。

(Pause)

(暫停)

I will leave the instrument at this time. It has been a very great privilege being with you this evening. We are constantly available. It is only necessary to desire our contact. Adonai, my friends. Adonai vasu.

我將會在此刻離開器皿。在今晚與你們在一起已經是一種非常巨大的榮幸了。我們持續不斷地是可供利用的。僅僅需要渴望我們的接觸。*Adonai*，我的朋友們。

Adonai vasu。

October 31, 1976

1976-10-31 *Hatonn* : 首要的使命與服務

(Carla channeling)

(Carla 傳訊)

I am Hatonn. And I greet you in the love and in the light of our infinite Creator. As always, it is a privilege to be able to speak with your group. And we especially send our greeting and welcome to the one who is new to our thoughts. To him and to each of you we say that it is a very great privilege to be able to serve you by sharing with you our thoughts.

我是 *Hatonn*。我在我們的無限造物者的愛與光中向你們致意。一如既往，能夠對你們的團體發言這是一種榮幸。我們尤其對那個對我們的想法是感到新鮮的實體送出我們的致意與歡迎。我們對他以及對你們每一個人說，能夠藉由與你們分享我們的想法來服務你們，這是一種非常巨大的榮幸。

I have said to [you] that I am Hatonn. Yet, I am not a person by that name but rather one of many who identify himself by that name. We are a people who have come to your planet from what you would call a planet which is far removed within space and within vibration from your planet. And we join with many, many other peoples from other locations in space and time and vibration to bring to your peoples at this time a message.

我已經對你們說過，我是 *Hatonn*。而我藉由那個名字不是指的一個人，而毋寧是許多用那個名字來定義他自己的實體中的一員。我是一個已經從你們稱之為一個行星的事物來到你們的星球的實體，這個行星與你們的行星在空間中以及在振動中是距離很遠的。我們與在空間，時間以及振動中來自其他地方的很多很多的其他實體結合在一起，以在此刻帶給你們的人群一個資訊。

We of the Confederation of Planets in the Service of the Infinite Creator have come to your planet to share with your peoples a message. It is a very simple message. And it is much required by your peoples at this time. We come in answer to a call that has gone out from your peoples, for so many of you upon your surface are seeking at this time: are seeking to know the reason for your existence; seeking to know why you were created and who your Creator is. This call is as audible to us across what you would call vast distances as if we were right beside you. And we are here to attempt to serve those who are seeking at this time by sharing our impressions concerning the question of why each of us is here.

我們服務於無限造物者的星際聯邦已經來到你們的星球來與你們的人群分享一個資訊。它是一個非常簡單的資訊。在此刻它對於你們的人群是極其需要的。我們前來回應一個已經由你們的人群發出的呼喚，因為在你們星球表面上你們有如此多人在此刻正在尋求：正在尋求去知曉你們的存在性的原因，尋求去知曉為什麼你們被創造出來，誰是你們的造物者。這種呼喚，跨越你們會成為巨大的距離的事物，對於我們就好像我們就在你們旁邊一樣是聽得到的。我們在這裏來嘗試去服務那些在此刻正在藉由分享我們在關於為什麼我們每一個人在這裏的問題

的方面的印象來尋求的人。

We of the Confederation do not set ourselves apart as the ultimate in truth and knowledge. We do not claim to be infallible. But we feel confident that as we have progressed beyond that place [at] which you now are experiencing existence, we can share with you what understanding we have gained.

我們星際聯邦並不將我們自己作為終極的真理與知識而分隔開，我們並不會宣稱是不會犯錯的。但是我們感覺到有信心，因為我們已經發展超越了你們現在正在其上體驗的存在性的位置，我們能夠與你們分享我們已經取得了的理解。

It is especially important that we share this knowledge with you at this time. For you see, my friends, the reason that your peoples are so anxious at this time to discover the purpose of their existence is that at this time your planetary sphere is marking the end of a cycle of existence. And it will be necessary for your peoples to, shall we say, take a cosmic examination. And those who pass will go on to the next level, and they enter the next lesson. Those who do not pass this examination, will have to repeat this so-called Earthly grade once again.

我們在此刻與你們分享這個知曉，這是尤其重要的。因為，你們看，我的朋友們，你們的人群在此刻如此渴望找到它們的存在性的目的的原因是，在此刻，你們的星球正處於一個存在性的週期的結束的位置。你們的人群將會需要，容我們說，進行一場宇宙的考試。那些會通過考試的人，將會繼續前往下一個層次，它們進入到下一個課程。那些沒有通過這個考試的人，它們將會不得不再一次重複這個所謂的塵世的年級。

We are here to help you with this examination. We have been here, as you have earlier spoken, for some time; as you would say, for many thousands of your years. Yet it is at this time that we are far more numerous for it is at this time that we are more needed.

我們在這裏來幫助你們進行這場考試。我們已經在這裏，如你們之前已經說過的一樣，有一些時間了，如你們會說的一樣，有你們的許多千年的時間了。而在此刻，我們是遠遠數量更多的，因為就是在這個時刻，我們是更多地被需要的。

And what is this message that we have come to give you, my friends? It is a simple message. We have one Creator and we are that Creator. We have been created by love and we are love. In all things that are apparently so different there is an underlying unity and that unity is love. In all experiences that are so difficult there is an underlying understanding that unifies the disparity and that underlying essence is love. At your beginning and at your ending is love. Instinctively, those upon your surface know this and from this inner instinct has come many, many of what you would call religions and philosophies. And yet, due to those elements which are of an illusionary nature, the information becomes complicated. Distinctions and differences begin to be made between brothers and between understanding. And the unity is lost.

我的朋友們，這個我們已經前來給予你們的資訊是什麼呢？它是一個簡單的資訊。我們擁有一個造物者，我們就是那個造物者。我們已經是被愛創造出來的，我們

就是愛。在所有的表面上如此不一樣的事情中，會有一種在底部潛藏著的統一性，那種統一性就是愛。在所有如此困難的體驗中，會有一種在底部潛藏的理解，它個理解會將不一致統一，那個在底部潛藏的實質就是愛。在你們開始的位置，在你們結束的位置，你們是愛。直覺性地，那些在你們星球表面上的人會知曉這一點，從這種內在的直覺，已經出現了很多很多你們所稱的宗教信仰與哲學了。而由於那些具有一種虛幻性的屬性的要素，資訊變得錯綜複雜了。差異與不同開始在兄弟之間，在理解之間被產生出來了。統一性被失去了。

Again and again this has happened among your peoples. That which is begun in total love and unity is divided and set against itself by the intellectual understandings of men.

一次又一次，這已經在你們的人群當中發生了。在完全的愛與統一性中被開始的事物被人的邏輯智力的理解分割並與其自身抵觸了。

The nature of the illusion which you call physical existence is such that the intellect will, by its very nature, analyze, criticize, discern each experience with which it comes in contact. Therefore, that which you perceive with your intellect, that which you touch with your physical fingers, will forever seem to you to be of a certain type and therefore not of a more general type. This and that and not love.

你們稱之為物質性的存在性的幻象的屬性就是如此這般，以至於邏輯智力將，藉由其本身，分析，批評，分辨每一個它與之建立接觸的體驗。因此，你們用你們的邏輯智力感覺到的事物，你們用你們的身體的手指接觸到的事物，將永遠看起來似乎是對於你們屬於一定類型，並因此不會屬於一種更為一般性的類型。這樣與那樣的類型，而不是愛。

It is for this reason that we have so often said to this group that the most important thing that we can say to you is that you must form a habit of meditation. It is only when you allow your intellectual mind to become quieted so that your inner self may begin to function that you may begin to realize your connection with the infinite love of the Creator. That you may begin to feel that love flowing through you and making a mind of unity between you and your brothers, be they your friends, your enemies or even total strangers. In meditation you may begin to feel that strength of that unity. You may begin to feel your own power as a perfect child of the Creator. Only in meditation can you find these things, for they are not apparent in your waking consciousness.

就是因為這個原因，我們已經如此經常對這個團體說，我們能夠對你們說的最重要的事情就是，你們必須形成一種冥想的習慣。僅僅是在你們允許你們的邏輯智力的心智變得如此安靜的時候，你們內在的自我可能開始運轉，這樣你們就可以開始領會你們與造物者的無限的愛之間的連接。你們可以開始感覺到愛正在流經你們，並在你們和你們的兄弟之間形成一種具有統一性的心智，無論它們是你能的朋友，你們的敵人，或者甚至是完全的陌生人。在冥想中，你們可以開始感覺那種統一性的實力。你可以開始感覺你自己作為造物者的一個完美的孩子的力量。僅僅是在冥想中，你能夠找到這些事情，因為它們在你醒著的意識中不是明顯的。

So often among your peoples it is assumed that in order to believe, shall we say, in order to belong to the company of the faithful, as you might put it, it is necessary to have an experience which is of a so-called emotional nature. We say to you, with or without emotions, with or without what we would call possibly insincere thrills, your birthright, not a matter of faith but of reality, is to be a child of the Creator. It is a simple thing, not necessary to be believed but to be experienced. This is another reason that meditation is important. To listen to many leaders within your so-called spiritual community, one would begin to believe it is necessary to go through various experiences or to believe certain things and to accept certain things in order to come into a so-called right relationship with one's Creator. Yet, the true spiritual fact is not one way or another. It is yours, completely, individually. You in silence, over a period of time, will form your own understanding of the Creator and His link with you, and your ability to help your brother through that link. There is no need for word or thought if you but meditate on a regular basis. It is not obvious immediately but the cumulative effect begins to seep into your waking existence as you find that you have those knowledges that you seek given unto you in a simple manner, springing from your own mind as needed. 在你們的人群中，如此經常被假設的事情是，為了要，容我們說，相信，為了要屬於信仰的團體，如你們可能稱呼它的一樣，你們需要擁有一種體驗，這種體驗是具有一種所謂的情緒性的特性的。我們對你們說，無論有還是沒有情緒，無論有還是沒有我們稱之為有可能是虛偽的激動，你們的天賦權利都是成為造物者的一個孩子，這不是一個信仰的問題，而是一個真相。它是一個簡單的事情，它無需被相信，或者被體驗到。這是一個簡單的事情，它無需是要被相信，或者要被體驗到的一個事情。這是另一個冥想是重要的原因。要聆聽在你們所謂的靈性團體中的許多的領袖，一個人會開始相信，需要經歷各種各樣的體驗，或者相信一定的事情並接受一定的事情，以便於進入到所謂的與太一造物者之間的一種所謂的正確的關係中。而真正的靈性的事實不是一種方式或者另一種方式。它完全地，個體地，是你的靈性。你在靜默中，在一段時期之後，將會形成你自己對造物者的理解，祂與你之間的連接，以及你通過那個連接去幫助你的兄弟的能力。只要你用一種規律性的方式進行冥想，就沒有對詞語或者想法的需要。它不會是立刻就會明顯的，但是積累的效果會開始滲入到你的醒著的存在性之中，因為你發現你擁有那些你尋求的知曉似乎用一種簡單的方式被給予了你們，並會在被需要的時候從你自己的心智之中噴湧而出了。

We would like to transfer the contact at this time to the other instrument. I am Hatonn.

我們想要在此刻將接觸轉移到另一個器皿。我是 *Hatonn*。

(Carla channeling)

(Carla 傳訊)

We are having some difficulty with the instrument known as Don and we understand and will therefore not attempt to contact him at this time. My brother Laitos is with me at this time. And if you would be patient we would

like to condition each of you in the room. We will pause at this time and move among you. If you desire contact at this time we ask that you make yourself receptive and we will indicate our presence to you.

我們在被知曉為 *Don* 的實體身上正在遇到某種困難，我們理解並將會因此在此刻不嘗試去接觸他。我的兄弟 *Laitos* 在此刻與我在一起。如果你願意有耐心，我們想要調節在房間中的你們每一位。我們將會在此刻暫停並在你們當中移動。如果你們在此刻渴望接觸，我們會請求，你讓你自己成為有接納性的我，我們將向你表明我們的存在。

We would first be with the instrument known as B1.

我們會首先與被知曉為 *B1* 的實體在一起。

(Pause)

(暫停)

We move now to the one known as R.

我們現在移動到被知曉為 *R* 的實體。

(Pause)

(暫停)

We move now to the one known as M.

我們現在移動到被知曉為 *M* 的實體。

(Pause)

(暫停)

And to the one known as E.

到被知曉為 *E* 的實體。

(Pause)

(暫停)

We move now to the one known as B2.

我們現在移動到被知曉為 *B2* 的實體。

(Pause)

(暫停)

We thank you for this opportunity to share with you. Before I go, I would like to open the meeting to questions. If you have questions, please ask them at this time.

我們為這個與你們進行分享的機會而感謝你們。在我離開之前，我想要對問題開放集會。如果你們有問題，請在此刻詢問它們。

M: How can you best send energy to someone?

M：你如何能夠最佳地向某個人送出能量呢？

We are aware of your question. Among your peoples it is not common to actually see those thought forms which are of healing or helpful nature. Therefore, it is difficult to tune, as you might say, those thought forms. Yet, the ability to send thought forms, or as some would call it, to pray, is a matter of simply, in a confident and quiet manner, visualizing that object or person whom you wish to help and then visualizing the white and perfect light and love of the Creator flowing from the Creator through you and to that object or person so that it totally surrounds the entity whom you [visualize.] This is all that is necessary. It is most helpful if, when you visualize the entity who needs help, you visualize this entity in its real condition, that is, in a perfect condition. For although within the illusion your thoughts have caused many and apparent difficulties, each true entity in its true form is perfect. Therefore, visualize that perfect image surrounded by the light.

我們瞭解了你的問題了。在你們的人群當中，實際上看到那些具有療愈或者幫助的屬性的思想形態，這並不是通常性的。因此，要對那些思想形態進行，如你們可能會說的一樣，調音，這是困難的。而去送出思想形態的能力，或者如一些人會稱呼它的一樣，進行祈禱的能力，單純地是一個在用一種有信心且安靜的方式觀想那個物件或者你希望幫助的人，接下來觀想白色與完美的造物者的光與來從造物者經過你流動，流向那個對象或者人，這樣它就會完全包圍你觀想的那個實體了。這就是所有被需要的事情了。如果你觀想那個需要幫助的實體的時候，你觀想這個實體處於一種真實的情況中，也就是說，處於一種完美的情況中，這是極其有幫助的。因為儘管在幻象中你的想法已經造成了很多與表面上的困難，每一個真實的實體在其真實的形式中都是完美的。因此，觀想那個完美的形象被光包圍起來。

Does this answer the question? Or there another question?

這回答了你的問題嗎？或者有另一個問題嗎？

Questioner: If we have a special work to do, can it be done without actually [being] aware of it on the levels of our conscious mind?

提問者：如果我們擁有一個具體的工作要進行，它能夠在不實際上在你的有意識的心智的層次上察覺到它的情況下被進行嗎？

This is deep thought, my sister. May we answer this in two parts? First, each of you who is in this plane of existence has one purpose which is of a primary nature. That purpose is to become aware of your true self and in so doing you begin to vibrate in harmony with that true self; that is, to vibrate within the harmonies of love. This one vibratory Thought created all that there is and as you come into harmony with this Thought you become a beacon of light that lights all those about you. This is your primary service. Whatever else there is for you to do it is best served by you becoming more and more able to be who you truly are. Being is always more important than doing, for one acts from the heart, for one acts very (inaudible).

我的姐妹，這是深入的思考。容我們分兩個部分開回答這個問題。首先，你們每

一個在這個存在性的層面中的人，都擁有一個具有一種首要的屬性的目的。那個目的就是去察覺到你的真實的自我，並在這樣做的過程中，你開始在和諧中與那個真實的自我振動，也就是說，在愛的和諧中振動。這一個振動的想法創造了一切萬有，當你進入到與這個想法之間的協調一致之中的時候，你就成為了照亮你周圍所有人的一個燈塔了。這就是你主要的服務。無論什麼其他的你要去做的事情，它都是藉由你越來越多地能夠成為你真正之所是的實體而最佳地被服務的。存有一直都是比行動更加重要的，因為一個人是從心來行動，因為一個人行動非常（聽不見）。

As to the second part of the answer, each has missions which are to be accomplished. It is not necessary to understand on a conscious level what these missions are. Moreover, these missions need not be grand in any way. For it is impossible for you to judge within the illusion the importance of what you do. The one who is known to you as the master Jesus was a carpenter, and yet his mission was great. It has also been said in your holy works that, "The last shall be first," and this is far truer than you can comprehend on the physical level. 在關於答案的第二個部分，每一個人都擁有要完成的使命。在一個有意識的層次上去理解這些使命是什麼，這並不是必須的。而且，這些使命並不需要用任何方式是宏偉的。因為，你不可能在幻象中評判你做的事情的重要性。被你們知曉為大師耶穌的實體是一個木匠，而他的使命是偉大的。在你們的神聖著作中同樣已經被說過，“最後的將會成為最先的，”這是比你們能夠在物質性的層次上領會的 要遠遠更加真實的。

In all humility, my brothers and sisters, do that which is in front of you to do and love. For this is your first mission. If you continue in your seeking and meditation you will be guided.

在全部的謙遜中，我的兄弟姐妹們，做在你們面前要做的事情，並去愛。因為這就是首先的使命。如果你繼續處於你的尋求與冥想中，你們將會被指引。

We would say to you, each at this time, your higher self and those whom you call angels can help you as well as we of the Confederation. It is only necessary to meditate. And these suggestions and feelings and understandings will come to you very simply. Does this answer your question? 我們在此刻，會對你們，你們每一個人說，你們的高我以及那些你們稱之為天使的實體，和我們星際聯邦一樣能夠幫助你們。唯一需要的事情就是去冥想。這些建議，感覺與理解將會非常單純地出現在你們身上。這回答了你的問題嗎？

Questioner: (Inaudible)

提問者：(聽不見)

Is there a further question?

有一個更進一步的問題嗎？

(Pause)

(暫停)

It has been a great privilege to speak with you, my friends. Within your experience at this time love is but one of many, many descriptions of feelings and thoughts which you have. And it may seem a very distant goal to you that all could be love. Yet, that which you imagine fondly as heaven is nothing more than the final realization that all is truly love. You do not have to go far, you do not have to die a physical death to enter that Kingdom of Heaven. It is about you. Meditate and seek thy Kingdom. As always, we are here to aid you in your meditation. If you desire our presence, simply request it and we are with you. I will leave you at this time. I am known to you as Hatonn. Adonai, my friends. Adonai vasu borragus.

我的朋友們，對你們發言，這已經是一種巨大的榮幸了。在你們在此刻的體驗中，愛僅僅是很多很多對你們擁有的感覺和想法的描繪中一個描繪。一切事物都能夠成為愛，這可能看起來對於你們是一個非常遙遠的目標。而你們喜愛地想像為天堂的事物不過是對一切真正地都是愛的最終的領悟。你不用走很遠，你不用經歷一次物質性的死亡來進入到那個天國。它就在你周圍。冥想，尋求你的天國。一如既往，我們會在你們的冥想中幫助你們。如果你們渴望我們的在場，單純地請求它，我們會與你們在一起。我們將會在此刻離開你們。我是你們知曉為 *Hatonn* 的實體。*Adonai*，我的朋友們。*Adonai vasu borragus*。

November 7, 1976

1976-11-07 Hatonn : 知曉你自己

(H channeling)

(H傳訊)

I am Hatonn. I greet you, my friends, in the love and in the light of our infinite Creator. I have come to offer to you those directions which we feel it is of benefit to share with you. We place not judgment upon the position which you occupy within, shall we say, your spiritual life. Yet, we recognize and we constantly attempt to share with you those informations which are of the greatest benefit for what you would term to be the group consciousness of each meeting.

我是 Hatonn。我的朋友們，我在我們的無限造物者的愛與光中向你們致意。我已經前來對你們提供那些我們感覺到與你們分享是有益處的方向。我們不會對你們在你們的，容我們說，靈性的生命中佔據的位置施加評判。而我們認出並持續不斷地嘗試與你們分享那些對你們稱之為每一次集會的團體意識具有最大的益處的資訊。

As you may recognize through your own abilities, there are those upon your planet who have chosen to seek out the truths and the knowledges that are available to them. And then there are those who have chosen only to seek the material, shall we say, possessions and the emotional involvements which shall provide for them temporal happiness that they seek. And then there are those who vacillate in what you might term the middle of these two: those who dwell into the material and those who dwell into the spiritual. And being aware of the desires and the directions of each individual not only within your meeting but throughout your globe assists us in bringing forth the most beneficial informations and assistances to each group or to each individual with whom we work.

如你們可能通過你們自己的能力認出的一樣，在你們的地球上會有那些已經選擇去尋求可以為它們所利用的真理和知曉的實體。接下來，會有那些已經選擇僅僅去尋求，容我們說，物質性的所有物以及情緒上的牽絆的實體，這些事物將會為它們提供它們尋求的暫時性的快樂。接下來，會有那些在你們可能稱之為這兩者——那些居住在物質性之中的人與那些居住在靈性中間的人——中間的區域中搖擺不定的人。對不僅是在在你們的集會中，同樣也在貫穿你們整個星球的每一個個體的渴望與方向的瞭解，會幫助我們產生出對於我們與之一同工作的每一個團體或者每一個個體最有益處的資訊與幫助。

As you journey throughout this life, you shall have presented to you many opportunities. Opportunities by which you may grow and opportunities by which [you may] learn and understand the composition and the operation of the universe or of the Creation. My friends, there are laws which are not written in the books of men. There are laws that override all of the, shall we say, cardinal laws of your planet. There are laws which are handed down to

the people upon your planet through what you would call teachers. One of these teachers was that person whom you refer to as the Christ. One of the laws, shall we say, that he commanded to his disciples was, "To know thyself." My friends, if you wish to journey throughout this life and gain from it the greatest benefit, then you must first, above all things, know thyself. Know what it is that you desire. Know what it is that you shall do in order to attain those desires. Know how you react to all situations and leave out nothing. For many times, my friends, when one views oneself, that portion which you would call the ego of man interferes and disrupts proper and fair evaluation of oneself. For the ego itself shall continually seek out, shall we say, the enhancer or the elevation of one's opinion of oneself. And, my friends, it is not your position to be placed above or below any other individual. It is not your mission to fulfill to be the greater, to be the greater emanation of truth than any other individual. And this is what that portion of you which you refer to as the ego continually seeks after. Recognition of oneself rather than acceptance of one's true identity.

當你們旅行貫穿這次生命的時候，你們已經將很多的機會呈現給你們了。你們藉由其可以成長的機會，以及你們藉由其可以學習並理解宇宙或者造物的構成與運作的機會。我的朋友們，會有那些並未被寫在人的書本中的律法。會有那些高於在你們的星球上的所有的，容我們說，基本的法律的律法。會有那些通過你們稱之為老師的實體被傳遞給在你們的星球上的人的律法。這些老師中的一位就是你們稱之為基督的那個人。他對他的門徒命令的，容我們說，一條律法就是，“知曉你自己。”我的朋友們，如果歐你們希望旅行穿越這次生命並從它獲得最大的益處，接下來，你們必須首先，高於一切地，知曉你自己。知曉你渴望什麼事情。知曉為了取得這些渴望你將要做什麼事情。知曉你們會如何對所有的情況做出反應而不留下任何事情。因為很多時候，我的朋友們，當一個人觀察它自己的時候，那個你成為人的小我的部分會妨礙對一個人自己的適當且良好評價，並使之變得混亂。因為小我其自身將會繼續尋找，容我們說，對它自己的觀點的增強物或者提升。我的朋友們，你們的位置不是要被置於任何其他的個體的上方或者下方的。你的要去完成的使命不是要去成為更大的，成為比任何其他個體更大的真理的輻射。這就是你們的那個你們稱之為小我的部分在持續不斷地的追尋的事物了，即對一個人自己的認可，而不是對一個人的真實的身份的接納。

Your true identity is divine. Your true identity is perfect. Your true identity is in balance. And in order to seek out and to know thyself one must turn within and seek from within the depths of their inner being the enlightenment and knowledges available through what you might call divine inspiration or guidance, or from the words of God that are within you. There is deep within you the presence of the Creator. You have gathered about that presence density which you have termed to be yourself or your physical body. And it is within your capability to penetrate that density and to enter into the presence and the existence of the Creator, which is instilled within you. And from this presence and the allowance of it to work through you, you can know what it is you are here to do. And you shall know the areas and the directions to take in order to achieve that which you have not only come to do but that which you have chosen to do.

你們的真實的身份是神聖的。你們的真實的身份是完美的。你們的真實的身份是處於平衡之中的。未來要尋找並知曉你自己，一個人必須轉向內在，通過你們可能稱之為神聖的啟發或者指引的事物，或者從在你們內在之中的神的話語，在它們內在的存有的深處之中尋找可供利用的覺醒與知曉。在你們內在深處之中會有造物者的臨在。你已經在那個臨在的周圍收集了你已經稱之為你自己或者你的物質性身體的稠密的事物了。去刺穿那個稠密的事物並進入到被灌注在你內在之中的造物者的臨在與存在性，這是在你的能力範圍內的。從這種臨在，以及允許它通過你進行工作，你能夠知曉你在這裏要去做的事情是什麼。你將會知曉要採用的區域與方向，以便於取得你不僅僅前來做的事情，同樣還有你已經選擇去做的事情。

Many times as you travel through this life you shall experience difficulties. And each difficulty is placed before you in order that you may come to a realization. A realization that shall assist you in understanding yourself. A realization that shall assist you in understanding those about you and the world about you. As you penetrate the density and enter into the likeness and the presence of your Creator, you shall find that you shed layer by layer of those fears and doubts and anxieties that you have drawn unto yourself. And as these things are taken from you, as these things are released by you, the true existence of which you are becomes clearer and clearer. And my friends, once you have achieved the knowledge of yourself from the inner depths of your being, you shall realize that you not only know yourself but that you know your Creator. And you know the creation in which you exist. For as we have often said, as all of your great philosophies have stated, in true essence we are all one together. We all vacillate and exist within the same area of creation. And all energies continually flow together and penetrate one another. In knowing oneself, inwardly and outwardly and completely, is knowing all and knowing all people and all existence.

很多時候，當你旅行穿越這次生命的時候，你將會體驗到困難。每一個困難被放置在你前面都是為了你們可以取得一種領悟。一種將會在理解你自己的過程中幫助你的領悟。一種將會在理解在你周圍的那些人以及在你周圍的世界的過程中幫助你的事物。當你刺穿了那個密度並進入到你的造物者的相似性與臨在之中的時候，你將會發現，你一層接一層地蛻掉了那些你已經吸收到你自己身上的恐懼，疑慮與焦慮。隨著這些事情從你身上被拿走，隨著這些事情被你釋放，你之所是的真實的存在性會變得越來越清晰了。我的朋友們，一旦你已經從你的存在的內在深處取得了對你自己的知曉，你將會領悟，你不僅僅知曉你自己，你同樣也知曉你的造物者。你知曉你存在於其中的造物。如我們已經經常說的一樣，如同你們偉大的哲學家都已經陳述過的一樣，在真實的實質中，我們在一起全都是一體的。我們全都在相同的造物的區域中振盪並存在於其中。所有能量持續不斷地一起流動並相互彼此滲透。向內，向外，且完全地知曉一個人自己，就是知曉一切，知曉所有人與存有的存在性。

In order to know yourself, you must serve others. You must render unto others that love that you find within you. You must share with all around you that which you have learned in order to proceed further and further into the depths of your being. It is as though there were doors and you contain within

you the key to each door. The key to one door may be service; service to a particular individual. And the key to another may be service to a group of individuals. And the key to another may [be] the discipline of willingly accepting a profession by which to acquire material needs. And the key to another may be the acceptance of the discipline of studies through your educational systems. Yet, my friends, the key, the key which is of greatest importance, the key which unlocks the door of knowledge as to what other keys to utilize, is the key which we have called many times, meditation. There is, to our knowledge, no greater way to come into the realization of one's true identity than through the proper and disciplined utilization of the art of meditation.

為了要知曉你自己，你必須要服務他人。你必須對其他人提供你在你內在之中找到的愛。你必須與所有在你周圍的人分享你已經學會了的事情，以便於在越來越更為深入地進入到你的存有的深處之中。它就好像會有門，你已經在你內在之中包含有對每一扇門的鑰匙了。一扇門的鑰匙可能就是服務，對特定的個體的服務。對另一扇門的鑰匙可能是對一個藉由其來取得物質性的需要的職業的樂意地接受的訓練。對另一扇門的鑰匙可能是對通過你們的教育系統進行學習的訓練的接納。而我的朋友們，具有最大的重要性的鑰匙，會打開通往關於其他的鑰匙要用來做什麼事情的知曉的大門的鑰匙，是我們已經很多時候稱之為冥想的鑰匙。就我們的知曉，沒有比通過對冥想的技藝的適當且有紀律的使用更大的方式進入到對一個人真實的身体的領悟之中。

Certainly this can be attained through other avenues of discipline. But none, to our knowledge, are more swift in their actions and reactions upon you. We of the Confederation have been aware of the movements and of the decisions within each person upon your planet for a vast amount of your time. And we are aware that the dawning of the consciousness which you may call Christ consciousness has indeed begun upon your planet. My friends, it is your responsibility to continue feeding, shall we say, that consciousness, so that it may grow. And in order to feed it, my friends, you must know thyself. Know what your portion within the overall view and the overall raising of that consciousness contains. Know what it is that you are to do. And once again, in order to know this, you must know thyself. Love one another and you shall indeed love yourself. But love not yourself and indeed you cannot love another. For you must know what love is from within you in order to share it with others. All things lead back to the same position no matter in what direction you turn; no matter what avenue of seeking you choose, it shall lead you back to the center of your being and bring forth from within you the love and knowledge of the universe.

這肯定是可能通過其他的修煉的途徑被取得的。但是，就我們的知曉，沒有任何修煉在它們對你們的作用與反應的方面是更加迅速的。我們星際聯邦已經在一段巨大數量的你們的時間中知曉在你們星球上的每一個人內在之中的運動與決定了。我們知曉你們可能稱之為基督意識的黎明已經確實在你們的星球上開始了。我的朋友們，你們的責任就是去繼續，容我們說，餵養那個意識，這樣它就可以成長了。我的朋友們，為了要餵養它，你必須知曉你自己。知曉你的角色在那個意識的整體性的景色與整體性的提升中包含了什麼事物。知曉你要去做的事情。

再一次，為了知曉這一點，你必須知曉你自己。彼此相愛，你將確實愛你自己。但是，如果你不愛你自己，你確實無法愛另一個人。因為你持續知曉，什麼愛是來自於你內在之中的，以便於與其他人分享它。所有事情都會反響導回到相同的位置，無論你轉向什麼方向，無論你選擇的尋求的途徑是什麼，它都將引導你返回到你的存有的中心，並從你內在之中產生出愛與對宇宙的知曉。

I shall transfer this communication. I am Hatonn.

我將轉移這個交流。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument. I am Hatonn. Again I greet you in the love and the light of our infinite Creator. At this time, I and my brother Laitos would like to spend a little time working with you in silence. It is often very difficult to give you concepts without distorting them in some way through the use of channels such as this one. And when we have those who are accustomed to our contact we like to spend some time in direct communication. So [we] would pause at this time and work with you individually.

我與這個器皿在一起了。我是 *Hatonn*。再一次，我在我們的無限造物者的愛與光中向你們致意。在此刻，我的我的兄弟 *Laitos* 想要花一點時間與你們一起在靜默中工作。要通過對諸如這個器皿之類的器皿的使用給予你們觀念，而不同某種方式扭曲它們，這經常是困難的。當我們擁有那些習慣於我們的接觸的時候，我們喜歡花一些時間來進行直接的溝通交流。因此，我們會在此刻暫停，並個體地與你們一同工作。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with you. I am Hatonn. My brothers, to know yourself is not a task that will end. It is simply a task that will progress. And as you progress the way will be lighted. And though your load be heavy, it will be so much easier, through understanding, to carry it.

我與你們在一起了。我是 *Hatonn*。我的兄弟，知曉你自己不是一個將會結束的任務。它單純地是一個將會發展的任務。隨著你的發展，道路將會被照亮。儘管你的負載是沉重的，它將會，通過理解，變得如此更加容易來擔負它。

Within your illusion, although you are in a community you seem to be always alone. And we say to you your aloneness is the key to many understandings. Until you understand [how] to be alone you will never be able to fully be a part of a group. Many among your peoples have the need to be with others and yet they find that they are not satisfied. Conversely, my brothers, it sometimes seems that to be alone would be the most precious thing because

one seems to be always dealing with others in your community. Yet, until one is able to share in community, one cannot totally use the time alone. And so it is a circular problem. For to be alone is in the end impossible, for you are one with all that there is. For to be with a group is impossible for there is only one. So you are within the physical. It is a mystery. Yet, through meditation you may find the heart of being alone and the heart of being part of the community. For in both states you are inspired by the Creator and His love which you have called the Word.

在你們的幻象中，儘管你們是處於一個集體中，你們看起來似乎一直都是孤單的。我們對你們說，你們的孤單是很多的理解的關鍵。一直到你們理解如何成為孤單的之前，你們都將永遠無法充分地成為一個團體的一部分。在你們的人群中有很多人擁有與其他人在一起的需要，而它們發現，它們並不感到滿意。反過來，我的兄弟們，成為孤單的有時候看起來似乎是最為寶貴的事情，因為一個人看起來似乎一直都在你們的集體中的其他人打交道。而一直到一個人能夠在集體中分享之前，它都無法完全地一個人利用時間。因此，它是一個迴圈的問題。因為要成為孤單的，終極地是不可能的，因為你是與一切萬有是一體的。因為要與一個團體在一起是不可能的，因為僅僅只有太一。因此，你是在物質性之中的。它是一個神秘。而通過冥想，你可以找到成為孤單的核心，以及成為集體的一部分的核心。因為同時在兩種狀態中，你都是被造物者以及祂的愛所啟發的，你們已經將造物者的愛稱之為道 (Word) 了。

In your solitude, realize first that you are in direct relation to love, and that this love is your whole existence and all else is the appearance of love. In your communion with others, realize that the blessings and the troubles are possible only through the relationship of love between you.

在你的孤單的，首先領悟你直接與愛聯繫在一起的，這種愛就是你全部的存在性，所有其他的事情都是愛的表像。在你與其他人的交流中，意識到，福分與麻煩僅僅是通過在你們之間的愛的關係才是有可能的。

To know yourself, in yourself and in others, is a great task. But you are all part of the body of light which is all creation. And to know yourself in the end [will] be a continuing job.

要在你自己內在之中以及在其他人內在之中知曉你自己，這是一個偉大的任務。但是，你們全都是所有造物之所是的那個光體的一部分。要知曉你自己，最終將是一個持續性的工作。

Before we leave this instrument we would like to open the meeting to questions. If you have any questions, please ask them at this time.

在我們離開這個器皿之前，我們想要對問題開放集會。如果你們擁有任何問題，請在此刻詢問它們。

(Pause)

(暫停)

We will leave you at this time. We leave you in the love and the light of the infinite Creator. Adonai vasu.

我們將在此刻離開你們。我們在無限造物者的愛與光中離開你們。*Adonai vasu*。

November 14, 1976

1976-11-14 *Hatonn* : 深入的意義與線索

(H channeling)

(H 傳訊)

I am Hatonn. Greetings, my friends, in the love and the light of our infinite Creator. We greet you and extend to you our appreciation for asking us to join with you this evening. It is always our privilege to share with those who would request it that knowledge which we have attained through our experience.

我是 *Hatonn*。我的朋友們，在我們的無限造物者的愛與光中向你們致意。我們向你們致意，並向你們致意我們對你們請求我們在今晚加入你們的感激。與那些會請求我們通過我們的體驗已經取得的知曉的人分享它，這一直都是我們的榮幸。

We wish only to share with you that which we have come to know as the truth. Yet, we do not state to have within our grasp or within our consciousness the entire picture, shall we say, for we too remain upon that ladder of progression which we have come to accept to being infinite. We too are learning day by day as we travel throughout this experience as you term as life.

我們僅僅希望與你們分享我們已經開始知曉是真理的事物。而我們不會說，容我們說，完整的圖像是在我們的掌握之中，或者是在我們意識之中的擁有的，因為我們同樣是處於那個發展的階梯上的，我們已經開始接受那個發展的階梯式無限長的。我們同樣在隨著我們穿越這個你們稱之為生命的體驗而日復一日地學習。

We of the Confederation of Planets in the Service of the Infinite Creator have, in what we consider to be recent times, experienced similar existence to that which you experience at the present time. And being aware of those lessons which can be learned and also those pitfalls which can be experienced, we have chosen to come forth and share with those who would accept them, informations and guidances that would be to their benefit. We of the Confederation do not wish to interfere with any individual who would choose not to listen. It is only our desire to be completely open and free with knowledge and love we have come to know. And freedom, my friends, can only be found in the recognition of the choice of others.

我們服務於無限造物者的星際聯邦，在我們認為是近期的時間中，已經體驗到與你們當前體驗到的存在性類似的存在性了。因為我們知曉那些能夠被學會的課程，同樣也知曉那些能夠被體驗到的陷阱，我們已經選擇前來與那些會接受它們的人分享會對它們有益處的資訊與指引了。我們星際聯邦並不希望侵犯任何不願意選擇去聆聽的個體。我們唯一的渴望就是藉由我們已經開始知曉的知識與愛而成為完全開放與自由的。我的朋友們，自由僅僅能夠通過承認其他人的選擇而被找到。

Generally, we address these groups and share with them philosophical viewpoints. And within these viewpoints there can be found in-depth

meanings and clues to assist you as you journey through this life experience. And among these clues, shall we say, the most two important which we can stress is the practice of meditation and the practice of service unto your fellow man, which is in itself is the expression of love.

逐漸地，我們會向這些團體發言，並與它們分享哲學性的觀點。在這些觀點中，深入的意義與線索能夠被找到，以在你們穿越這個生命體驗的旅程上幫助你們。在這些線索中，容我們說，我們能夠強調的最重要的兩個線索，就是對冥想的練習以及對你們的夥伴的服務的實踐，這種實踐在其自身就是對愛的表達。

Service, my friends, comes in many various forms and it is your choice as to which you would choose to utilize. You need not lift a hand. You need not render physical assistance. All that is needed, my friends, is to truly love one another. A love which is not possessive. A love that is pure from the very existence from which it has come. Love, my friends, is much more than man upon planet Earth realizes at this time. For one who truly loves can look upon disease and one who truly loves can look upon all forms of decadence and view perfection and know that underneath or within that which is viewed lies the potentiality of perfect being, perfect expression. For, my friends, within you there are both portions which are vital to bringing forth the balance of being that you seek. There is that aspect that you would label negative and that which you would call positive. And yet if it were not for both poles' existence, both sides, there would not be the knowledge of one or the other, and the true recognition of balance and the true knowledge of value. And that value, my friends, is knowing that all things are indeed balanced and in perfection. What seems to be imbalanced to you is but an experience through which you may learn.

我的朋友們，服務會用很多各種各樣的形式出現，在關於你們會選擇利用哪一個形式的方面，這是你們的選擇。你們不需要抬起一隻手。你們不需要提供物質性的幫助。所有被需要的事情，我的朋友們，就是去真正彼此相愛。一種並不是占有性的愛。一種純淨的愛，它是來自於它已經從其而來的實質的。我的朋友們，愛是比在行星地球上的人在此刻意識到的事情要遠遠多得多的。因為一個真正愛的人，是能夠看著疾病，能夠看著所有形式的墮落，並看到完美，且知曉在那個被看到的事情的下方，或者在其內部，存在有完美的存有，完美的表達的潛能。因為，我的朋友們，在你們內在之中同時有兩個部分對於產生出你們尋求的平衡是至關重要的。會有那個你們貼上了負面性的標籤的面向，以及你們稱之為正面性的面向。而如果不是因為同時有兩個極點的存在性，同時有兩個面向，就不會有對一個或者對另一個的知曉了，就不會有對平衡的認出以及對價值的真實的知曉了。我的朋友，那個價值就是知曉，所有事物確實都是平衡的，且是在完美之中的。看起來對於你們是不平衡的事物，僅僅是你們可以通過其學習的一個體驗。

All things are to be viewed as beneficial and it is your choice to recognize the benefits. You have entered into this life experience at a vital time in the history of your [mankind.] Lying before you is an opportunity which man has sought after for innumerable generations. You presently have the opportunity of bringing about that which you may term to be a golden era, a rebirth of the consciousness, a rebirth of the awareness, a rebirth of the knowledge of the

divinity within each man. 所有的事情都是要被視為是有益處的，你們的選擇就是去認出那種益處。你們已經在你們的人類的歷史中的一個至關重要的時間進入到這次生命體驗中了。在你們前方存在有一個人類已經追尋了數不清的世代的機會。你們當前擁有產生出你們可以稱之為一個黃金時代的事物，一種意識的重生，一種認識的重生，一種對在每一個人內在之中的神性的知曉的再生的機會。

And each individual upon your planet is important in the universal scheme, shall we call it. For, my friends, as you sit in your periods of meditation, as you love one another, and as you render service unto one another, from within your being is projected those energies which will flow throughout not only the sphere on which you live but throughout the universe. Energies of love attracting to itself like energies of love, each magnifying the other. Each blending those energy fields of all of the men upon this planet. With each little portion of love that you send out upon the ether waves, you have rendered service unto your fellow man. And you have brought unto yourself greater portions of love from those around you.

在你們的星球上的每一個個體，在宇宙計畫中，如我們對它的稱呼一樣，都是重要的。因為，我的朋友們，當你們坐在你們的冥想的時段中的時候，當你們彼此相愛的時候，當你們對相互彼此提供服務的時候，從你們的存有的內在之中會有那些能量被投射出來，這些能量將會不僅僅貫穿你們生活在其上的星球流動，同樣也會貫穿整個宇宙流動。愛的能量會將類似的愛的能量吸引到它自己身上，每一個都會放大另一個。每一個能量都與在這個星球上的所有人的能量場混合起來。藉由你在乙太波上送出的每一個小小的愛的部分，你們已經對你們的夥伴提供服務了。你已經將那些在你周圍的人的愛的更大的部分帶到你自己身上了。

Seek not the discrepancies that you may find within each person that you view. Seek that divinity. Seek out that perfection that lies within each of us, and in doing this you have fulfilled your portion of the plan which you have assisted in bringing into manifestation of the evolution of planet Earth. There is not one person upon your planet that is not needed. All of God's children are equal and important. Whatever your role be in life, accept it willingly and do it knowing that you are fulfilling that minute portion which is necessary to bring into existence the heaven that your peoples seek. It is within your grasp. Fail to attain and you fail none but yourself. Strive to succeed and you succeed for all.

不要去尋找你可能在你看到的每一個人內在之中找到的差異。尋找在我們每一個人內在之中的完美性，在這樣做的過程中，你已經實現了將行星地球的演化帶入到顯化的過程中你已經協助的那個計畫的你的角色了。在你們的星球上沒有一個人是不被需要的。所有的神的孩子都是同等的與重要的。無論你在生命中的角色是什麼，樂意地接受它，進行它，並同時知曉，你是在實現對於產生出你們的人群所尋求的天堂的必不可少的部分。它在你的掌控範圍內的。無法取得它，除了你自己之外，你沒有辜負任何人。努力取得成功，你就為所有人取得成功了。

I shall transfer this communication. I am Hatonn.

我將轉移這個交流。我是 *Hatonn*。

(Carla channeling)

(Carla 傳訊)

I am now with this instrument. I am Hatonn. And again I greet you in love and light. As we look down upon your peoples we cannot see you individually. We see only the shape of your sphere. It is a beautiful sphere. And yet we sense within our beings each individual who is seeking the Creator. We are sensitive to these seeking voices among your peoples for that is our mission to your world. We are to add our help to each of you who requests it.

我與這個器皿在一起了。我是 *Hatonn*。再一次，我們在愛與光中向你們致意。當我們俯視你們的人群，我們無法個體地看到你們。我們僅僅看到你們的星球的形狀。它是一個美麗的星球。而我們在我們的存有中感覺到每一個正在尋求造物者的個體。我們對於在你們人群當中的這些尋求的聲音是敏感的，因為那就是我們對你們的世界的使命了。我們要將我們的幫助添加到你們每一個尋求它的人身上。

We have in the past attempted various means of communicating with your peoples. We have attempted to describe through channels such as this one the blessings that can come from seeking through meditation the source of your existence. We have described our governmental structure, as you might call it, our peaceful society structure, all of the desirable components which lives in peace, lives in honesty, lives in order to be of service. Yet, we found that this message, while sounding very attractive, does not call many among your peoples to the practice of meditation. And so, we simply suggest meditation on a trial basis. We do not have to tell you that within your physical illusion at this time your society is not in a satisfactory state. We do not have to tell your peoples that war and hatred and what you would call bigotry and racism, what you would call greed and hunger for money are not the satisfactory goals to seek. Your peoples, to a great extent, are aware of this. We therefore suggest meditation as a means of, shall we say, getting in touch with what the alternatives are to those things which your society offers as goals which you may seek.

我們已經在過去嘗試過各種各樣與你們的人群進行溝通交流的途徑了。我們已經嘗試通過諸如這個管道之類的管道描繪通過冥想尋求你們的存在性的源頭能夠出現的福分了。我們已經描述了我們的政府構架，如你們對它的稱呼一樣，我們的和平的社會的構架，以及所有活在平安中，活在誠實中，為了進行服務而活的理想性的要素了。而我們發現，這個資訊，儘管聽起來是非常吸引人的，並未在你們的人群中呼喚很多人來進行冥想的聯繫。因此，我們單純地用一種重複的方式建議冥想。我們無需告訴你們，在你們的物質性的幻象中，在此刻你們的社會並不是處於一種令人滿意的狀態中。我們無需告訴你們的人群，戰爭與仇恨，以及你們稱之為偏狹以及種族主義的事物，你們稱之為對金錢的貪婪與渴望的事物，並不是要去尋求的令人滿意的目標。你們的人群，在一個很大的程度上，是知曉這一點的。我們因此建議冥想，作為一種與那些你們的社會作為你們可以尋求的目標而提供的事物的替代物，容我們說，建立接觸的途徑。

We can say to you, that whatever you may seek you will find. So your choice of what you are going to seek within this physical experience is all-important. If what you seek lies within the illusion, you shall have some measure of success, yet how poor you will be in those ways that even now you know exist. For in spirit, poor in the sense of peace we pass from this brief experience leaving your, shall we say, bank account behind and yet facing the spiritual banker. It is often the case when one begins to meditate on a regular basis, that one's physical problems straighten themselves out gradually, so that it looks as though meditation brings prosperity. If this is so, my friends, this is not inevitable. It is only a simple demonstration of harmony. There is no reason why one who is spiritually rich cannot also be in good health and living in comfort. The point is to seek those things of the spirit and all else will follow as is needed.

我們能夠對你們說，無論你們可能需求什麼，你們都將會找到。因此，你們對於你們將會在這個物質性的存在性中尋求什麼事情的選擇，是最為重要的。如果你們尋求的事情是在存在於幻象之中，你們將擁有某種尺度的成功，而你們將會在那些你們甚至現在就知曉存在的途徑中成為多麼可憐的呀。因為，在靈性中，在我們從這種將你們的，容我們說，銀行帳戶留在後面，並面對靈性的銀行家的短暫的體驗傳遞給你們的平安的感覺中，你們會是可憐的。就當一個人開始用一種有規律的方式冥想的時候，經常會發生的情況是，一個人的物質性的問題會逐漸地讓他們自己得到解決了，這樣，它看起來就好像是冥想帶來了興旺。如果是這樣的話，我的朋友們，這是不可避免的。它僅僅是一種對和諧的簡單的示範。沒有理由一個在靈性上是富有的人無法同樣擁有良好的健康並活在舒適中。那個要點就是尋求那些屬於靈性的事物，所有其他的事物都是將會跟在後面，在被需要的時候。

We do not promise heaven in the sense that meditation offers an easy street. For we have in our brotherhood worked upon the spiritual path for yet many more eons than you, yet within our ranks, because there always lies more than one path from one point to another, we have dissension and disagreement. We have discussion and argument. We are not without imperfections. We often do not see the total picture. It is simply that at least we are being honest in a way that we have gained by virtue of continued seeking. We are a little more in touch [with] who we are than your peoples. We have begun to see that we are all truly one in the Creator. Meditate, my friends.

我們並未從冥想會提供一條容易的道路的意義上許諾天堂。因為我們在我們的兄弟情誼中已經在靈性的道路上進行工作比你們多許多的時間了，而在我們的等級中，因為一直都會有比從一點到另一點的一條道路更多的事物存在，我們擁有分歧與意見不一。我們擁有討論與爭論。我們不是沒有缺點的。我們經常看不到完整的圖像。它單純地是，至少我們用一種我們已經藉由持續尋求而取得了的方式是誠實的。我們是與我們之所是，比你們的人群是擁有更多一點的接觸的。我們已經開始看到，我們在造物者之中是真正一體的。冥想吧，我的朋友們。

At this time I would like to open the meeting to questions
在此刻，我想要對問題開放集會。

M: (M asks a question about a UFO sighting.)

M : (M 詢問了一個關於 UFO 目擊的問題)

No.

沒有。

M: Could you say any more about what their purpose was?

M : 你們能夠在關於它們的目的是什麼的方面多說點嗎？

This type of experiment, shall we say, is the product of a research project, as you would call it. Although the entities were not abducted by Confederation people, they are not negative in their orientation but their purpose is benign. 這種類型的實驗，容我們說，是一個研究項目，如你們對它的稱呼一樣，的產物。儘管實體不是被星際聯邦的人劫持的，它們在它們的導向上並不是負面性的，而它們的目的是良性的。

M: (Inaudible).

M : (聽不見)

Kindly. They wish to prevent the people of Earth from having ill effects during the transition periods which is to come, when they will be using Earth plane energy for their needs.

好心地。它們希望讓地球上的人避免即將到來的過渡時期的有害的效果，在那個時候它們將使用地球層面的能量來滿足它們的需要。

M: Does this mean that they are themselves trying to help with the transition?

M : 這意味著它們自己是在嘗試去幫助轉過渡嗎？

They are not helping in the transition, but they will be a part of it. The help that they will be giving will be simply to avoid harming the entities upon this planet's surface. It is difficult to explain. We are sorry that we cannot be more specific.

它們不是在幫助過渡，但是，它們將成為過渡的一部分。

M: Thank you.

M : 感謝你們。

Don: Some information on the Second Coming?

Don : 有關於基督再來的一些資訊嗎？

This instrument has been aware of that question and therefore we would like to pause for just a moment to strengthen the contact.

這個器皿已經瞭解了問題了，因此，我們會暫停僅僅一會兒來強化接觸。

(Pause)

(暫停)

I am with the instrument. Although the concept of the Second Coming is grossly in error in that the consciousness of the one known as Christ has come many times, there is an incarnation of the master in consciousness at this time among your peoples. This master is at this time a young boy. He will be among your peoples and will aid them.

我與器皿在一起了。儘管基督再來的觀念是大致錯誤的，因為被知曉為基督的實體的意識已經前來過很多次了，在此刻在你們的人群當中會有在意識中的大師的一次投生。這個大師在此刻是一個年輕的男孩。他將會出現在你們的人群中並幫助它們。

Is this information of help?

這是有幫助的資訊嗎？

Don: Yes. But I need more.

Don : 是的。但是我需要更多。

What do you wish to know?

你希望知道什麼呢？

Don: Where is he?

Don : 他在哪里？

Carla: Don, I see a dry land. I don't know—like the Mideast or something, but I've never been there.

Carla : 我看到了一片乾涸的土地。我不知道——類似於中東或者某個事物。

Don: How old is he?

Don : 他有多大？

Carla: I get fourteen. Fifteen. Fifteen.

Carla : 我得到了十四。十五。十五。

Don: Can you do any better on where he is located.

Don : 你能夠對於他位於何處有更好的資訊嗎？

Carla: Arabia? No, no better than that.

Carla : 阿拉伯？不是，不會比那個更好了。

Don: How soon will he be recognized?

Don : 他將會將會多快被認出？

Carla: I get twenty-five. Within ten years.

Carla : 我得到了二十五。在十年內。

Don: Any other information?

Don : 有任何其他的資訊嗎？

(Carla channeling)

(Carla 傳訊)

I am Hatonn. As you may be aware from the atmosphere within your meeting at this time, to deal with information such as this is [a] somewhat solemn responsibility.

我是 *Hatonn*。如你們可能從在此刻在你們的集會中的氛圍察覺到的一樣，要與諸如這個資訊之類的資訊打交道是一個多少有些嚴肅的責任。

Questioner: Can you tell us (inaudible) to do?

提問者：你們能夠告訴我們（聽不見）要去做？

Due to the fact that this consciousness is at this time incarnate and is subject to total free will we can only watch. This entity will attempt to be of service. But his method will be peculiar to the time and the place. As he is a teacher, he will teach. We would say at this time that it is very important that each who is tempted to follow the leader, listen always for the words of the master who leads not to himself but to the Father. Who speaks not of heavenly kingdoms—we correct this instrument—who speaks not of the kingdoms of Earth but of the Kingdom of Heaven. It has already begun that there are leaders among your peoples that are of a negative vibration. It is difficult perhaps to understand but because of the ways of power within the spiritual planes those who are negative in a strong sense have a great deal of power just as those who are positive have a great deal power. And although the light will always defeat the dark, it is very difficult for those who are not themselves sensitized to the light to easily distinguish between those who are of light and those who are of darkness. Yet, always discrimination can occur for the powers of light seek far beyond themselves and far beyond this illusion. To be true to your own light, depend ultimately on no leader, but upon the Creator that is revealed by any true leader.

由於這個意識在此刻是投生的，且是受制于完全的自由意志的事實，我們將僅僅能夠觀察。這個實體將嘗試去進行服務。但是，他的方法將會具有對於時間和空間的特異性。因為他是一個老師，他將會教導。我們在此刻會說，每一個被誘惑去跟隨領袖的人，都一直去聆聽這樣一個大師的話語，這個大師並不導向他自己，而是導向天父，不談及天國——我們更正這個器皿——不談及人間而談及天國，這是非常重要的。在你們的人群當中會有具有一種負面性的振動的領袖，這是已經開始了的。這也許是很難理解的，但是因為在靈性層面中的力量的方式，那些負面性的實體會在一種強有力的意義上會擁有大量的力量，就好像那些正面性的實體會擁有大量的力量一樣。儘管光將會一直擊敗黑暗，那些它們自己對於光並不是敏感的實體要容易地在那些屬於光明的實體和那些屬於黑暗的實體之間區分，這是非常困難的。而分辨力一直都能夠出現，因為光明的力量是在遠遠超越它們自己，且遠遠超越這個幻象的地方尋求的。對你們自己的光成為真實的，絕對不要依賴于任何的領袖，而是依賴於造物者，那就是會被任何真正的領袖揭露

出來的事情了。

Is there another question?

有另一個問題嗎？

Questioner: I have a question. Do you know what is meant by the Tree of Life?

提問者：我有一個問題。你們知道生命之樹的意義是什麼嗎？

We will speak through this channel, although we do not need to speak at great length, for it is within this channel's mind. But we will give through this instrument our own estimate of this body of knowledge.

我們將通過這個管道發言，儘管我們並不需要冗長地發言，因為它是在這個管道的頭腦中的。但是我們將通過這個器皿給予我們自己對這個資訊體的評價。

That which is known as the Kabbala is an extremely appropriate and accurate physiological description of the spiritual paths within this illusion. Using symbol for that which is positive or active and that which is negative or passive, that which is male and that which is female, describes in very understandable terms the process of seeking the Creator. It has been much misunderstood among philosophers. Its truths are very simple. If one is drawn to this study, we certainly encourage it—this or any other philosophical or religious study. However, we always request that above all else, dependence be placed upon communion with the Creator in meditation.

被知曉為卡巴拉的事物時對在這個幻象中的靈性道路的一個極其適當且準確的哲學性的描繪。通過使用代表正面性或者主動性的象徵物，以及代表負面性與被動的象徵物，代表男性和女性的象徵物，它用非常可以理解的方式描繪了尋求造物者的過程。它在哲學家中間已經是被大量誤解了的。它的真理是非常簡單的。如果一個人被吸引到這個研究上，我們肯定鼓勵它——這個或者任何其他哲學性或者宗教信仰的研究。然而，我們一直都高於一切地請求，依賴性被放置於在冥想中與造物者的親密交流上。

That which is known as the Kabbala is a structure made of words. Words are fallible and will break down, but communion with the Creator is without words and is beyond thought and it will preserve and sustain when nothing else will.

被知曉為卡巴卡的事物是一個由詞語組成的結構。詞語是不可靠的，並將會容易坍塌，但是與造物者之間的親密交流事不需要言語的，是超越思想的，它將會在沒有任何其他事情會保持並維持的時候保持並維持。

Does this answer your question?

這回答了你的問題嗎？

Questioner: (Inaudible).

提問者：(聽不見)。

Is there another question?

有另一個問題嗎？

Questioner: Are there UFO bases on Earth?

提問者：有以地球為基地的 UFO 嗎？

Yes.

是的。

Questioner: Could you give me a little more information?

提問者：你們能夠給予我多一點資訊嗎？

Some of our craft are based under what you would call ocean in various locations.

一些我們的飛船是在各種各樣的地點在你們稱之為海洋的事物底部擁有基地的。

Questioner: Do you know anything about the disappearances in the area we call the Bermuda Triangle?

提問者：你們知道關於在我們稱為百慕大三角的區域中的失蹤事件的任何事情嗎？

We are sorry, but this instrument is tired. We would conclude through another instrument. I am Hatonn.

我們很抱歉，但是這個器皿是疲倦的。我們會通過另一個器皿結束。我是 *Hatonn*。

(B channeling)

(B 傳訊)

I am Hatonn. Again I greet you in the love and the light of our infinite Creator. I will leave through this instrument. I encourage you all upon spending more time in meditation. In the love and light I leave you now. I am Hatonn.

我是 *Hatonn*。再一次，我在我們的無限造物者的愛與光中向你們致意。我將會通過這個器皿離開。我鼓勵你們全都在冥想中花費更多的時間。我現在在愛與光中離開你們。我是 *Hatonn*。

November 21, 1976

1976-11-21 Oxal : 愛的定義

(Carla channeling)

(Carla 傳訊)

My beloved brothers and sisters, it is a great privilege to make contact with your group. And I do so only to say my blessing and my peace are with you and your world. I am known to you as Philip. And I send you all the light of my brotherhood. I have wished to give encouragement to you and I know that you have felt it.

我親愛的兄弟姐妹們，與你們的團體接觸是一種巨大的榮幸。我這樣做僅僅是來說出我們的祝福與我們的平安是與你們以及你們的世界同在的。我是你們知曉為 *Philip* 的實體。我向你們送出所有我的兄弟情誼的光。我已經希望給予你們鼓勵，我知道你們已經感覺到它了。

My beloved brethren, love each other. Serve each other. Know that throughout all of those who dwell upon your Earth at this time are your brothers and sisters. With your aid all will one day live in harmony. Do not falter. I may continue in a moment.

我親愛的兄弟們，彼此相愛。彼此服務。知曉，所有在此刻居住在你們的地球上的實體都是你們的兄弟姐妹。藉由你們的幫助，所有人將會有一天生活在和諧之中。不要遲疑。我過一會兒繼續。

I am Philip of the Brotherhood of the Seven Rays. I leave you in light. My peace be unto you.

我是七色光兄弟會的 *Philip*。我在光中離開你們。祝願我的平安照耀在你們身上。

(H channeling)

(H 傳訊)

I am Hatonn. Greetings, my friends, in the love and in the light of our infinite Creator. We are certain that you have noticed this evening that there is indeed a great deal of what you would call conditioning of the instruments. You may have noticed that there is a great intensity of energy flowing, and as this meeting progresses we shall increase that intensity and ask that you only still your self and accept that energy, if you so desire. For, my friends, the energy that you feel is energy that will assist you. It will bring forth into you physical (inaudible) greater physical energies, greater emotional controls, and greater intellectual disciplines.

我是 *Hatonn*。我的朋友們，在我們的無限造物者的愛與光中致意。我們肯定你們今晚已經注意到，確實有大量的你們稱之為對器皿的調節作用的事物。你們可能已經注意到，會有一種極其強烈的能量的流動，隨著這個集會發展，我們將增加強度，並請你們僅僅讓你的自我安靜下來，並接受那種能夠，如果你們渴望這樣的話。因為，我的朋友們，你們感覺到的能量是將會幫助你們的能量。它將會將物質性的（聽不見）帶入到你們之中，更大的物質性的能量，更大的情緒的控

制，更大的智力的訓練。

My friends, those rays which we so often beam upon you that you call the conditioning ray are not only to provide telepathic contact but they are to assist you in recharging those energies which you dissipate through your lack of knowledge and discipline.

我的朋友們，那些我們如此經常照耀在你們身上的，你們稱之為調節性的光的光速，不僅僅是要提供心電感應的接觸，它們同樣是要在對那些你們通過你們的缺少知曉與訓練而驅散的能量的重新充能的過程中幫助你們。

We of the Brotherhood of Planets in Service to the Infinite Creator are here only to serve those who would desire it. And we are grateful to be given the opportunity to join with you in these meetings and to provide our assistance as it is requested. We ask your patience for a moment, for as you may have noticed there are some differences in the voice of the instrument. And we are attempting to utilize greater control. And require a moment to bring that control to that point which is most advantageous for bringing forth this evening's message.

我們是屬於服務於無限造物者的星際兄弟會，我們在這裏僅僅是來服務那些渴望它的人。我們極其感激被給予機會在這些機會中加入你們，並提供我們的幫助，如同它被請求過的一樣。我們請你們有耐心一會兒，因為如你們可能已經注意到的一樣，在器皿的聲音中會有某些不同。我們正在嘗試利用更大的控制，這需要一會兒來將那種控制帶到對於產生出這個晚上的資訊極其有利的位置上。

(Pause)

(暫停)

I am Oxal. My greetings to you. Many of you have never, shall we say, heard my voice. It is rare that I am given the opportunity to speak with you. Yet I am present at all of your meetings working with those of you who are desirous of obtaining those goals in life which you may or may not be aware of. And it is that upon which I desire to speak this evening.

我是 Oxal。我向你們致意。你們很多人從來沒有，容我們說，聽到過我的聲音。我被給予了機會對你們發言，這是罕見的。而我在所有你們的機會都在場，並於你們中的那些渴望在生命中取得那些你們可能或者可能沒有察覺到的目的的人一同工作。這就是我們今晚渴望對其發言的主題的。

Each and every individual upon your sphere of existence is an instrument of the Creator. Each instrument by choice previous to the incarnation has chosen to fulfill that which many of you would call destiny. Many of you have chosen to work with one another and to love one another in simple fashion. And some have chosen to take upon themselves the responsibilities of what one might call a teacher. Some have chosen to enter into fields of endeavor in their life. Yet, we must stress, no matter what it is that you have chosen to do, whether it seems to you to be a task of simplicity or a task of great magnitude, it cannot be measured, my friends. Your worth to the Creator, your worth to

your fellow man, and your worth to the entire universe is immeasurable, as is your existence. You are an infinite being. You are instilled with divinity. You are of the utmost importance. You are a portion and particle of the divine Creator. Without your existence the creation would be incomplete.

在你們的存在性的範圍中的每一個個體都是造物者的一個器皿。每一個器皿，藉由在投生前的選擇，都已經選擇去實現你們很多人稱之為命運的事物。你們很多人已經選擇用一種簡單的方式與相互彼此一同工作並彼此相愛。一些人已經選擇讓它們自己承擔起了一個人可能稱之為一個老師的責任。一些人已經選擇在它們的生命中進入到努力者的領域中。而我們必須強調，無論你們已經選擇去做的事情是什麼，無論它看起來似乎對於你是一個具有簡單性的工作，或者是一個具有巨大的重要性的任務，它都是無法被衡量的。你們對於造物者的價值，你們對於你們的夥伴的價值，你們對於整個宇宙的價值是無法衡量的，如你們的存在性是無法衡量的一樣。你們是一個無限的存有。你們是被灌注了神性的。你買了是具有極大的重要的。你們是神聖的造物者的一部分。沒有你們的存在性，造物就是不完整的。

Never, my friends, judge that which you are to do once you become aware of it. And seek out that which you are to do. Know what it is that you have come into this existence for. And proceed to do it knowing that you are going about being thy Father's business. Do not attempt to do the Creator's business. Be that business. Judge not yourself. Judge not others. Accept all things freely and lovingly, and in saying this we do not mean that you must submit yourself to the onslaught of negativity.

我的朋友們，一旦你們開始察覺到你要做的事情，永遠都不要評判那個事情。找出你要做的事情。知曉你是為了什麼事情已經進入到這個存在性之中了。著手開始進行它，同時知曉，你是在著手成為你的天父的工作。不要嘗試去做造物者的工作。成為那個工作。不要評判你自己。不要評判其他人。自由地，有愛地接受所有的事情，在這樣說的方面，我們的意思不是你必須要將你自己獻給負面性的攻擊。

Learn, my friends, to control those forces which influence. For indeed you have this ability instilled within you. Learn to be able to be, shall we say, bombarded by all negativity and meet it with you own positive energies and with the love and light which resides within you and overcome that negativity, purify it, encase it in the light, and send it back from whence it has come with your blessings.

我的朋友們，學習去控制那些產生影響的力量。因為你們確實擁有這種被灌注在你們內在之中的能力。學習能夠被所有的負面性所，容我們說，猛轟，並用你自己的正面性的能量，用居住在你內在之中的愛與光來對面它，並克服那種負面性，淨化它，將它包裹在光中，藉由你的祝福將它送回到它已經從其而來的地方。

Know, my friends, that indeed you and you alone are in control of your life and all the influences within it. You can accept upon yourself anything that you desire but no one has the ability to place upon you an experience or thought or energy form that you have not allowed to come in. It is true that many people do not know the proper means by which to control that which

they accept, or to distinguish between the energy flows and know their work. Yet, my friends, if you seek out with true dedication that which you have entered into this life to achieve, a portion of that will bring forth to you the knowledges that you need in order to instill, or shall we say, in order to initiate the protective measures that you will require in order to achieve that destiny that you have chosen.

我的朋友們，知曉，你且僅僅只有你是確實控制著你的生命，以及所有在其中的影響的。你能夠靠你自己接受任何你渴望的事情，但沒有人擁有能力將一個你尚未允許進入的體驗或者想法或者能量形式強加在你身上。真實的情況是，很多人並不會知曉藉由其去控制它們接受的事物，或者在能量流動之間進行分辨並知曉它們的工作的適當的途徑。而我的朋友們，如果你們是帶著真正的奉獻來尋找你們已經進入到這次生命來取得的事物，那種奉獻的一部分將會為你們產生出你們需要的知識，以便於灌注，或者容我們說，啟動你們將會需要的保護性的手段，以便於取得你們已經選擇了的命運。

Realize, my friends, that as you travel life's journey you can alter that destiny. You are not committed to fulfill that which you have chosen to do. But if you do not know that, indeed, you shall return until you have done so. For in choosing your mission, shall we say, in life, you have done so because it is something that you have needed to give and to learn from. It is a lesson that you must experience in this classroom of life in order to achieve, shall we say, the next level of existence. You cannot learn 99% and pass, my friends. You must know all things, experience all things that this plane of existence has to offer. The passing grade is 100%.

我的朋友們，意識到隨著你們進行你們生命的旅程，你們能夠改變那個命運。你們不是被判處要去完成你們已經選擇去做的事情的。但是，如果你們並不知道那個事情，確實，你們將返回，一直到你們已經這樣做了為止。因為通過選擇你們，容我們說，在生命中的使命，你們已經這樣做了，因為它是某種你們已經需要去給予並從其學習的事物。它是一個你們必須在這個生命的課堂中體驗到的課程，以便於取得，容我們說，下一個存在性的層次。你們無法學會 99% 並通過，我的朋友們。你們必須知曉所有的事情，體驗這個存在性的層面上所要提供的所有的事情。通過的分數是 100%。

My friends, that which you endeavor to do is much more serious than you have thought. Yet, do not be discouraged, for know that the Creator would not allow you to take upon yourself a greater task than what you can achieve and fulfill righteously.

我的朋友們，你們努力去做的事情是比你們已經想到的事情要遠遠更加嚴肅。而不要感到洩氣，因為你知曉，造物者不會允許你讓你自己承擔起並你能夠取得並適當地完成的任務的一個更大的任務。

My friends, as I have said, you are divine. Know this at all times. Recognize and learn to see the divinity within those around you and know that that divinity is within all beings. No matter who you come across in your life, whether they would be what you would call criminal, evil or good, they are divine. They are either fulfilling that which they have chosen to do or they shall do so in the

future. Know that each person progresses at their own rate. Know that each person has that right to choose in what direction to go. Give whatever assistance you can to those that would request it. Give whatever assistance [you can] to those [who] would not request it when you know it would not be violating their will. And, my friends, the hardest, the hardest thing to do for those truly dedicated is to render no assistance to those that they know would not accept it. For to share your energies with those who would rebuke it is to waste, shall we say, precious time and precious energy. All that you can do for those is to love them and to bless them and allow them to go their way.

我的朋友們，如我們說過的一樣，你們是神聖的。請在所有的時間都知曉這一點。意識到並學習去在那些你們周圍的人內在之中看到神性。知曉神性是在所有存有內在之中的。無論你們在你們的生命中遇到誰，無論它們是你們稱之為一個罪犯的人，無論是惡還是善，它們都是神聖的。它們要麼是在實現它們已經選擇去做的事情，要麼它們將要在未來這樣做。請知曉，每一個人都是用它們自己的速度發展的。請知曉每一個人都擁有權利去選擇要去走的方向。對那些會請求幫助的人給予你們能夠給予的無論什麼幫助。對那些沒有請求幫助的人給予你們能夠給予的無論什麼幫助，在你們知曉它不會是在違反它們的意志的時候。我的朋友們，對於那些真正奉獻的人要去做的最困難，最難的事情，就是去不對那些它們知曉不願意請求幫助的人提供幫助。因為與那些會非難你們的能量的人去分享你們的能量，就是去，容我們說，浪費寶貴的時間與寶貴的能量。所有你們能夠為那些人做的事情就是去愛它們，祝福它們，並允許它們走它們的道路。

Each of you, my friends, has in one form or another begun the journey; the journey that shall lead you into the knowledge of that mission you have chosen. Advance forward and never look back, for what is behind you, my friends, is experience. Utilize it properly and continue to go forward knowing that you shall indeed achieve those goals which you have entered into life for. Indeed, you are the servant of the Creator and the servant of your fellow man as the Creator is your servant and your fellow man your servant. But service, my friends, comes only in love and love does not demand and love does not possess. Love does not criticize. Love does not place judgment. Love my friends, as this instrument has been told before, can be simply defined: the L is for luminescence, the O is for omnipresence, the V is for vacillating, the E is for eternity. Love is luminescence, the light within you; the omnipresence everywhere vacillating and flowing forever eternally within you and within all your men who walk this plane of existence. And within each particle, within each molecule, within atomic structure that your scientist's observe, this love is and this love shall always be. It cannot be smitten. It cannot be hidden. It cannot be denied. Love is the most potent energy of the universe and it shall succeed over that which you call darkness or negativity.

你們每一個人，我的朋友們，都已經用這樣或者那樣一種形式開始旅程了，那條旅程將會將你們引入到對你們已經選擇的使命的知曉之中。前進，永遠都不要回頭，因為我的朋友們，在你們後面的事情，是體驗。適當地利用它，繼續前進，同時知曉，你們將確實取得你們已經為之而進入到生命中的目標。確實，你們是造物者的僕人，你們是你們的夥伴的僕人，因為造物者是你們的僕人，你的夥伴是你們的僕人。但是，我的朋友們，服務僅僅是通過愛出現的，愛並不會要求，

愛並不會佔有。愛不會批評。愛不會施加評判。我的朋友們，如同這個器皿之前已經被告知的一樣，愛能夠被簡單地定義為：L 代表光輝，O 代表無所不在，V 代表振盪，E 代表永恆。愛是光輝，在你們內在之中的光，無處不在在每一個地方振盪，並用很低在你們內在之中以及在所有在這個存在性的層面上行走的人內在之中永遠流動。在每一個微粒中，在每一個分子中，在你們的科學家觀察到的原子結構中，這種愛是，這種愛將一直都是。它無法被毀滅。它無法被隱藏。它無法被否認。愛是宇宙最為強有力的能量，它將會勝過你們稱之為黑暗或者負面性的事物。

Take these words of wisdom. Do with them what you will. Know that I love you, that my brothers and I continually send you our love, our light. We work upon a plane of existence which is what you would consider above yours. And we do many things which you do not see to assist you, but, my friends, it is your life and it is your mission. Do with it as you will and know that we will assist you.

拿走這些智慧的話語。用它們做你們願意做的事情。知曉我愛你們，我的兄弟和我持續不斷地對你們送出我們的愛，我們的光。我們在一個存在性的層面上工作，這個層面是你們認為高於你們的層面的事物。我們做很多你們看不見的事情來幫助你們，但是，我的朋友們，它是你們的生命，它是你們的使命。如你們所願對待它，並知曉我們將會幫助你們。

I am Oxal. Though I leave, my brother Hatonn shall speak through another instrument, for this instrument is growing tired. I leave you in His love and in His light. I am Oxal.

我是 Oxal。儘管我們離開了，我的兄弟 Hatonn 將通過另一個器皿發言，因為這個器皿是在逐漸變得疲倦了。我在造物者的愛中，在祂的光中離開你們。我是 Oxal。

(B channeling)

(B 傳訊)

It is our pleasure to be with you. We are with you always in the light and the love of our infinite Father. It is indeed a pleasure to send forth this love in many forms and in all directions. And it is indeed an honor to instill within you these words of truth to be scattered as seeds from the essence of life. From the beginning, or the origin, of all existence there has always been an eternal truth that shall exist always. For the love we send to you is not a (inaudible). Yet as it passes through we send with it the love within us (inaudible).

我們很高興與你們在一起。我們一直都在我們的無限的天父的光與愛中與你們在一起。用很多種形式並所有的方向上送出光，這確實是一種快樂。將這些真理的話語灌注在你們內在之中，以如同種子一樣地從生命的實質中被播撒，這確實是一種榮耀。從所有的存在性的開始，或者源頭，一直都會有一種永恆的真理，這個真理將一直存在。因為我們對你們送出的愛，不是一個 (聽不見)。而當它通過的時候，我們伴隨著它送出我們內在之中的愛 (聽不見)。

We are sorry for the interruption. We shall attempt a different communication.

I am Hatonn.

我們為中斷而抱歉。我們將嘗試一個不同的溝通交流。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. We would like to attempt to speak just a few words through the one known as M if he would be receptive to our contact, for we feel that the one known as M would indeed be of service. Yet, we in no way desire to infringe upon his free will. We will therefore simply attempt to speak a few words, if the instrument would relax and make himself receptive. I am Hatonn.

我再一次與這個器皿在一起了。我們想要嘗試去通過被知曉為 *M* 的實體僅僅說一些話，如果他願意對我們的接觸成為接納性的話，因為我們感覺到被知曉為 *M* 的實體確實是在進行服務的。而我們絕對不渴望去侵犯他的自由意志。我們因此將單純地嘗試去說一些話，如果器皿願意放鬆，並讓他自己成為接納性的。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. We understand and sympathize with all conditions of question and doubts regarding the contact. We are extremely privileged to help each of you for there are many ways to serve. And vocal channeling, as you call it, is but one.

我再一次與這個器皿在一起了。我們理解並同情所有關於接觸的問題與疑惑的情況。我們對於幫助你們每一個人是感到極其榮幸的，因為會有很多的服務的方式。語音傳訊，如你們稱呼它的一樣，僅僅是一種方式。

It is possible that at some future time events may alter the thoughts of those who are not sure about attempting to be of service in this way. Yet, whatever the service is, my friends, it matters not. For as our brother said it, within this (inaudible) it is not the apparent magnitude of the service that we are concerned with in learning. It is only the attitude and the intention.

在某個未來的時間，事件可能會改變哪些對用這種方式嘗試進行服務感到不確信的人的想法，這是有可能的。而無論服務是什麼，我的朋友們，是不重要的。因為如我們的兄弟說的一樣，在這個（聽不見）中，我們在學習的方面關注的事情，並不是服務的表面上的宏大。我們關注的僅僅是態度與意圖。

It has been written in your holy works that the master known as Jesus, indicating the correct role of the teacher, knelt upon the ground and washed the feet dusty from the road of those who were his students. This he did as a lesson. My brothers, that which you call humility among your peoples is a difficult lesson to learn. Many are those among you who feel that they are stronger than their brothers and must help them. Yet, we wish to share with you an understanding of yourselves for no one, my friends, is strong. Each is a

collection of the strong and the weak. And just as when you are weak and you reach your hand out, someone has helped you and you needed that help.

已經在你們的神聖著作中被寫到的事情上，被知曉為耶穌的大師，在指出了老師的正確的角色時候，跪在地上並洗掉了他的學生的腳上的来自于道路的塵土。這就是他作為一個課程做的事情了。我的兄弟們，你們稱之為謙遜的事物在你們的人群中是一個很難學會的課程。在你們的人群中有很多人感覺到它們是比它們的兄弟更為強有力的，覺得必須要幫助它們。而我們希望與你們分享一個對你們自己的理解，因為我的朋友們，沒有任何人是強有力的。每一個人都是一個優點與缺點的集合。就好像當你們是弱小的，你們伸出你們的手的時候，某個人已經幫助了你們，你們需要那個幫助。

Just so, if someone reaches out to you, you have as much need as that weak man as you did when you were weak (inaudible). For in your strength you can only stay strong by giving that strength to others. Just as in your weakness you could only change by giving your weakness.

就是這樣，如果某個人向你們伸出手，你們擁有和那個弱者一樣多的需要，當你們是弱者的時候，你們做的事情（聽不見）。因為在你們的力量中，你們僅僅能夠藉由將那種力量給予其他人而保持強有力。就好像在你們的弱小中，你們僅僅能夠藉由給出你們的弱小而改變一樣。

Mankind, and by this we mean the race of those whose souls or being are filled with the Creator in consciousness, all these men are one great (inaudible). The strong have need of the weak and weak need of the strong, for all together make one. It has earlier been said, too, that without each of you, my brothers, the universe would not be completed. Without the weakest of your brethren, without the most troublesome, without the most foolish, you would be lacking. Know that you have a blessing and you are asked to reach out your hand. Know that just as the master known as Jesus would stop and heal the most wretched of those along the way, stop what he was doing with thousands to heal one weak man, so it is never your great dreams that are most important, but that which is required of you at the moment.

人類，我們這樣說的意思是那些靈魂與存有在意識中是用造物者充滿的人，所有這些人都是一個偉大的（聽不見）。強者需要弱者，弱者需要強者，說有人一起成為一體的。在早些時候同樣已經被說過的事情是，沒有你們每一個人，我的兄弟們，宇宙就不會是完整的。沒有你們的兄弟中的最弱小的人，沒有那些最麻煩的人，沒有那些最愚蠢的人，你們就會是欠缺的。知曉你們擁有一種福分，你們已經被請求伸出你們的手了。請知曉，就如同被知曉為耶穌的大師會停下來並療愈那些沿路上的最可憐的人，會停下他對一千個人正在做的事情來療愈一個虛弱的人一樣，最重要的事情重來都不是你們最大的夢想，而是在那個時刻需要你的事物。

This cannot be accomplished without meditation, for inspiration of this kind is considered words of folly by your wise men. Meditate and go within, for that which is foolish to the world is a treasure to you (inaudible).

沒有冥想，這是無法被實現的，因為這種類型的啟發是被你們的智者認為是愚蠢的話語。冥想，進入到內在之中，因為對於這個世界是愚蠢的事情，對於你們是

一個寶藏 (聽不見)。

Before I leave this gathering of souls, I would ask if there are any questions.
在我們離開這個靈魂的聚集之前，我會詢問是否有任何問題。

Questioner: (Inaudible).

提問者 : (聽不見)

We are with the instrument. We are aware of your question. Each of you who dwell within the physical also has at the heart of that physical body an animating spirit. And this animating spirit often becomes the starved by the active daily existence of your physical being. It is in sleep that this being refreshes itself, for it is then free of the gross physical form with its chemicals and its impurities. And it can take instruction, work out deeper difficulties which have penetrated to its existence, and store up energies with which to animate the physical being during the waking period. Dream activity is of this nature and without the dream activity the physical being would soon be unable to function. This has been proven by your scientists and this instrument is aware of the research. Therefore, we say to you upon the level of the intellect alone it is apparent that the one of whom you speak does indeed dream.

我們與這個器皿在一起了。我們瞭解了你們的問題。你們每一個居住在這個物質性的身體中的人，同樣也在這個物質性的身體的心中擁有一個賦予生命的靈。這個賦予生命的靈經常會因為你們的物質性存有的活躍的日常生活的存在性而變得饑餓。就是在睡眠中，這個靈在讓它自己恢復活力，因為它在那個時候是不受這個帶有它的化學物質以及它的不純淨的粗糙的物質性形體的束縛的。它能夠接受指導，解決已經滲透到它的存在性的更為深入的問題，並儲存藉由其在醒著的時段期間為物質性存有賦予活力的能量。夢境的活動就是具有這種屬性的，沒有夢境的活動，物質性存有會很快無法運轉。這已經被你們的科學家證明了，這個器皿會察覺到這個研究。因此，我們對你們說，單單在智力的層次上，明顯的事情是，一個你談及的實體確實是做夢的。

As to the blocking of the dreams from the conscious mind, this soul comes into the physical body as an inmate into a prison. Depending upon the shock of that entry, the consciousness of vital spiritual being may have various awarenesses of what the prison is like. Those who have become [aware] that they are in prison are often more able to free themselves through dreams, even though their spirits are sad within them because of their imprisonment. Those who have some degree of consciousness of their condition of entrapment find it easier to be aware of their dreams. One such as the one of whom you speak are somewhat traumatized and have been unable to put their true personality, as you might call it—that is, the system of biases that make up that individual—into the totality of their physical consciousness. They are truly in, shall we say, solitary confinement.

關於對有意識的心智的夢境的阻礙，這個靈魂進入到物質性身體中，就好像一個囚犯進入到一個監獄中。取決於對入口的衝擊，有活力的靈性存有的意識可能擁

有對監獄是什麼樣子的各種各樣的認識。那些已經察覺到它們是在監獄中的人，經常能夠通過夢境讓它們自己得到釋放，即使它們的靈體因為對它們的囚禁在它們內在之中是悲傷的。那些已經對它們的受囚禁的情況擁有某種程度的意識的人，會發現要察覺到它們的夢境是更加容易的。諸如你談及的人之類的人，是有些精神受過創傷，並已經無法將它們的真實的人格，如你們可能稱呼它的一樣——也就是說，構成那個個體的偏向性的系統——放入到它們物質性意識的完整性之中。它們是真正地處於，容我們說，孤單的限制中的。

In order to begin to unlock the consciousness of the imprisoned soul, so that it can communicate with the conscious mind through remembering the dreams, it is suggested that since this is a desirable situation to attempt to attain meditation, be devoted first to the silence and then to a seeking of wholeness. It is suggested that within this second type of meditation the seeker become aware of the Creator's infinity and presence in all areas and in all corners. There is nothing left out of the Creator. There is nothing that needs to be known that the Creator does not know. The Creator is within each of us. This meditation makes the consciousness available, when applied patiently, that relaxes the trauma of the imprisoned soul. Memory is to a certain extent a habit and it is a matter, in this case, of changing the habit of not remembering.

為了要開始解開被囚禁的靈魂的意識，這樣它就能夠通過回憶起夢境與有意識的心智進行溝通交流了，被建議的事情是，既然嘗試去取得冥想是一個理想性的情況，首先致力於靜默，接下來，致力於一種對整體性的尋求。在這個第二種類型的冥想中被建議的事情是，尋求者開始察覺到造物者的無限性，以及造物者在所有的區域與所有的角落中的存在。沒有任何事情是被造物者排除在外的。沒有任何需要被知曉的事情是造物者不知道的。造物者是在我們每一個人內在之中的。這種冥想使得意識可供利用了，當這種冥想被耐心地實踐的時候，它會讓被囚禁靈魂的創傷放鬆下來。記憶在某種程度上是一個習慣，在這個情況中，它是一個改變不去憶起的習慣的問題。

We are always available to aid. And it is also to [be] said that each of you has guides within what you would call the astral planes who are able to aid you simply by giving you light and strength within your worldly sphere. Seek this help and it will be given.

我們一直都是可供利用來給予幫助的。同樣要被說的事情是，你們每一個人都在你們會稱之為星光層的層面中擁有指導靈，這些指導靈能夠單純地藉由在你們的塵世的範圍內給予你們光與力量來單純地幫助你們。

Does this answer your question?

這回答了你的問題嗎？

Questioner: (Inaudible).

提問者：(聽不見)。

My brother, there are many different lessons to be learned within the physical plane. To most who are here it is necessary that the consciousness be fully

awake to the higher, shall we say, intellectual decisions of the physical world. But there are those who need to experience sensations. In order to do this it is necessary only to be within a physical form. There are others whose karma involves this debt. However, the one of whom you speak had a need to experience the beauties, the color, the light, and the feeling of the physical plane and he was able to do this by incarnating in such a vehicle. He receives these sensations in a pure and untouched manner due to the fact that his mentality is, as you would say, retarded. This is what he needs in this experience.

我的兄弟，在物質性的層面中會有很多不同的要被學習的課程。對於大多數在這裏的人，意識需要被充分覺醒於物質世界的更高的，容我們說，智力的決定。但是，會有那些需要去體驗感知的人。為了進行這個工作，唯一需要的就是去處於一個物質性的形體之中。會有其他人，它們的業力包含了這個負債。然而，你談及的實體已經擁有需要去體驗物質性層面的魅力，色彩，光與感覺，它能夠藉由在這樣一個載具中投生而這樣做。由於心智是，如你會所的一樣，發育遲緩的事實，他用一種純淨而未被觸碰過的方式接收這些感知。這就是他在這個情況中需要的事情。

It is not a cruel creation. The harmonies are sometimes difficult to understand. 它不是一個殘忍的造物。和諧有時候是難以理解的。

Is there another question?
有另一個問題嗎？

Questioner: (Inaudible).
提問者：(聽不見)。

The instrument spoke of the Brotherhood of Seven Rays and the meaning of this is simply that light as you know it in its pure form contains various basic hues of colors. All of these colors together make up the light. And all the differences within all mankind make up one being.
這個器皿談及了七色光兄弟會，這個措辭的意識單純地是，光，如你們對它的知曉一樣，在它純淨的形式中包含了各種各樣的基本的色彩。所有這些色彩一起構成了光。在所有人類中的所有的差異構成了一個存有。

The brotherhood which takes its name from this (inaudible) has been formed to work with all of the different hues and colors of mankind's spirit so that, as the one known as Brother Philip said, one day all of mankind will move in harmony and in oneness.
從他的(聽不見)採用了這個名字的兄弟會，已經被形成，以與人類的靈性的所有不同的色調與色彩一同工作，如被知曉為兄弟 *Philip* 的實體說過的一樣，會有一天所有人類都將在和諧中，在一體性中移動。

Does this answer your question?
這回答了你的問題嗎？

Questioner: (Inaudible).

提問者：(聽不見)。

If there are no more questions, I will leave this instrument.

如果沒有更多的問題，我將離開這個器皿。

Questioner: (Inaudible).

提問者：(聽不見)

One not only can, but one almost always does. It is simply that these contacts are not often remembered. If you work towards sensitizing your memory, you will begin to remember being given instructions by your teachers. This is the life of the soul.

一個人不僅僅能夠做，它同樣一直都在做。它單純地是這些接觸並不會經常會被憶起。如果你朝向讓你的記憶變得敏感精細你工作，你們將會開始回憶起正在被你的老師給予指引。這就是靈魂的生命了。

(Tape ends.)

(磁帶結束。)

November 28, 1976

1976-11-28 Hatonn : 內在的神性

(Carla channeling)

(Carla 傳訊)

I am Hatonn, and I greet each of you in the love and the light of our infinite Creator. I and my brothers are privileged to be with you this evening.

我是 Hatonn，我在我們的無限造物者的愛與光中向你們致意。我和我的兄弟很容易在今晚與你們在一起。

Before we begin we would like to spend a few moments balancing the harmonies within your group in order to more easily tune ourselves to your needs at this time. If you will relax, we will work with you at this time.

在我們開始之前，我們想要花一些片刻來平衡在你們的團體中的協調，以便於更為容易地根據你們在此刻的需要對我們自己進行調音。

(Pause)

(暫停)

I am again with this instrument. I am Hatonn. We of the Confederation of Planets in the Service of the Infinite Creator have been among your peoples for many of your years. And our purpose in your skies is becoming known to more and more of your peoples. This is our objective. Not in forcing our purpose upon the people of your planet but only in making it known what their purpose might be.

我再一次與這個器皿在一起了。我是 Hatonn。我們服務於無限造物者的星際聯邦在你們的人群當中已經有你們很多年的時間了。我們在你們的天空中的目的是讓越來越多的你們的人群知曉我們。這就是我們目標。不是將將我們的目的強加在你們的星球的人的身上，而僅僅是讓它們知曉，它們的目的可能是什麼。

To those who wonder what would bring a more advanced race, as you might call us, to do such standoffish and unrewarding work among less advanced peoples, we can only say that our peoples no longer need to employ their time and their talent in order to gain what you call money so that we may live. We are, as you might say, independently wealthy. We have all that we need. And yet, as all conscious beings do, we have the need to grow. We cannot grow in power or riches. We can grow only in knowledge. We have found that this growth in knowledge is only possible through our sharing the knowledge that we have with our brothers. We, therefore, need you in order to grow.

你們中有一些人想知道，什麼事情會讓一個更加高級的物種，如你們可能對我們的稱呼一樣，前來在較不高級的人群當中進行這樣一個有隔閡而卻沒有回報的工作，對於這些人，我們僅僅能夠說，我們的人不再需要花費它們的時間與它們的才能，以便於取得你們稱之為金錢的事物，這樣我們就可以生活了。我們，如你們可能會說的一樣，是與富有無關的。我們擁有所有我們需要的事物。而如同所有有意識的存有做的事情一樣，我們擁有去成長的需要。我們無法在權利或者財

富上增長。我們能夠在知曉中增長。我們已經發現，這種在知曉中的成長僅僅是通過對我們擁有的知曉與我們的兄弟的分享才是有可能的。我們，因此，需要你們，以便於成長。

It is only proper that we should meet each other, for all of creation is based upon giving one element to another. All of the creation, which you may observe in your daily life as the seasons change, is a balance, a harmony, and a flux, one element giving opportunity for the other to flourish. This giving, this growing, this knowledge is within you, is within each of you. Yet, my brothers, so many of your peoples have been taught by the society in which they live that they must rush blindly from one experience to another, filling in any space of time that is left empty by another experience. Thus the flow, the harmony, the balance of your own understanding is blocked while constantly blocking your own receptions, for you are constantly thinking, you are constantly reacting.

唯一適當的事情是，我們將會與相互彼此相遇，因為所有的造物都是基於將一個要素給予另一個要素的。所有的造物，你們可以在你們的日常生活中觀察到的機械的改變，都是一種平衡，一種和諧，一種流動，一個要素給予機會讓其他的要素繁茂。這種給予，這種生長，這種知曉是在你們內在之中的，是在你們每一個人內在之中的。而我的兄弟們，你們如此多人都已經被它們生活在其中的社會教導，它們必須要盲目地從一種體驗沖到另一個體驗，將任何由於另一個體驗而空出來的時間的空間填滿。因此，流動，和諧以及你們自己的理解的平衡就被阻塞了，並同時持續不斷地阻塞了你們自己的感受性，因為你們是持續不斷地思考的，你們是在持續不斷地做出反應的。

It is very important to your peoples at this time that you seek the knowledge of who you are and what you truly want for your planet, and indeed your whole solar system is at this time progressing into a new area of space and a new vibration of experience. This has been said by so many of your own people we do but echo this truth. It has even been given a name. Many of your people speak of the Aquarian Age, or the Golden Age. You may join the Age that is to come, that is already becoming apparent, if your vibrations are such that they are in harmony with that vibration. That is what we are here to tell you. That is our purpose here: to share with you our understanding. Our understanding is that we are all created as one being. That that one being is in a state of perfect love and harmony. And that our purpose in this and every experience is to more fully realize and understand the reality of that perfect love.

你們的人群在此刻去尋求你們是誰，以及你們真正想要為你們的星球做什麼事情的知曉，這是非常重要的，確實，你們的太陽系在此刻是正在前進進入到一個新的空間的區域，以及一種新的體驗的振動中。這已經被如此多的你們自己的人說過了，我們僅僅是在重複這個真理。它甚至已經被給予了一個名字。很多你們的人群都在談及水瓶時代，或者黃金時代。你們可以加入到即將到來的時代，如果你們振動是如此這般以至於它們是與那個振動時協調的話，那個時代正在已經變得明顯了。那就是我們來這裏來告訴你的事情。那就是我們在這裏的目的，與你們分享我們的理解。我們的理解就是，我們全都被創造為一個存有。那一個存有

是處於一種完美的愛與和諧的狀態中的。我們在這個以及在每一個體驗中的目的就是更為充分地領悟並理解那個完美的愛的實相。

Your peoples are much like what you would call chain smokers. As the smoker smokes one cigarette after another, he loses the taste. The very experience he is seeking so hard eludes him more and more. Avoid this if you like. To space these experiences that are properly (inaudible), it is by far the most advantageous way to use meditation. In whatever manner that you choose to practice this technique, silence holds the key to your understanding of yourself and the creation around you.

你們的人群是非常類似於你們稱之為吸煙者的人。當吸煙者一根接一根地吸煙的時候，他會失去味覺。他正在如此努力地尋求的體驗越來越多地躲避他。如果你們想要的話，避免這個體驗。在這些體驗之間留出間隔，這些體驗是適當地（聽不見），去使用冥想是一種遠遠更有利的。用無論什麼你們選擇去練習這個技巧的方式，靜默擁有你對你自己的理解以及對你周圍的造物的理解的鑰匙。

I would like to transfer the contact at this point. I am Hatonn.

我想要在此刻轉移這個接觸。我是 *Hatonn*。

(H channeling)

(*H* 傳訊)

I am Hatonn. I am now with this instrument. I greet you once again in the love and the light of our infinite Creator. I have said that silence is the key. My friends, in that book which you call the Bible the word silence is mentioned many times. And in truth, the silence of which we speak is the key to all knowledge, all understanding. That silence is the time spent listening to the voice of the Creator. And that voice may be heard through the practice of meditation. It is a voice that is not audible. Yet it is a voice that is clear and precise. It is a voice such as you have never heard. Yet, it is a voice to which you listen to at all times. My friends, to define the Creator is, for any being, incomprehensible. Yet, to begin to understand Him is indeed within you, shall we say, ability. Each and every individual, as we are aware of it, is nothing other than a projection of a pure thought from that source which we call the Creator. Each thought has taken upon itself forms of personal identities. In an essence they vacillate upon that same, shall we say, spiritual cycle of existence.

我是 *Hatonn*。我現在與這個器皿在一起了。我再一次在無限造物者的愛與光中向你們致意。我已經說過靜默是鑰匙。我的朋友們，在那本你們稱之為聖經的書中，靜默這個詞語被提及過很多次。實際上，我們談及的靜默是所有知曉，所有理解的鑰匙。靜默是在聆聽造物者的聲音中被花費的時間。那個聲音可以通過對冥想的練習而被通道。它是一個耳朵聽不見的聲音。而它是一個清晰而精確的聲音。它是一個你們從未聽到過的聲音。而它是一個你們在所有時候都在聆聽的聲音。我的朋友們，對於任何存有，要定義造物者都是無法理解的。而要開始理解祂，確實是在你們的，容我們說，能力範圍的。每一個個體，如我們對它的知曉一樣，都不過是對來自於那個我們稱之為造物者的源頭的一個純粹的想法的一個投射。實質上，它們是在相同的，容我們說，存在性的靈性的週期中，振盪的。

If it is true, that your existence has been brought about through none other than the thought of the Creator, and if it is true, as it has been stated in your holy scripture, that man is created in the image and likeness of his Creator, then therefore it is true, my friends, that your thought brings into existence the creation in which you live.

你們存在性已經是僅僅通過造物者的想法被產生出來的，如果這是真的，如同在你們的神聖的經文中已經被陳述過的一樣，人是用他的造物者的形象被創造出來並且是類似他的造物者的，如果這是真的，那麼，我的朋友，你們的想法就會產生出你們活在其中的造物，這因此就是真的了。

My friends, you have been given this opportunity, this live experience, in which to learn many lessons. And you have been given all of the abilities of your Creator for within you, He is. And working through you He shall always be. And with these abilities you truly create the experiences that you have. Not only in this life but in all existence upon all levels.

我的朋友們，你們已經被給予了這個機會，這個在其中學習許多課程的生命體驗了。你們已經被給予了所有你們的造物者的能力了，因為祂是在你們內在之中的。祂將會一直都通過你們進行工作。憑藉這些能力，你們真正創造了你們擁有的體驗。不僅僅是在這次投生中，而是在所有的層次上的所有的存在性之中。

There are certain, what you would call, laws that are undeniable and unbreakable. Yet, it is your choice. It is your choice in which directions to go and what creations you wish to experience. It is necessary for man upon the planet Earth at this time, above all others that you are aware, to learn to control the thought projections, especially those which are detrimental not only to other individuals, but to your Earth sphere and its environment. Man upon planet Earth, indeed within himself, is godly in nature. You are divine and you have no limitations unless you choose to accept them. Yet, where man upon planet Earth has, shall we say, gone astray, is in the failure to recognize that that for which he searches is within him.

會有一定的無法否認且無法打破的，你們稱之為法則的事物。而它是你們的選擇。要前往什麼方向以及你們希望體驗什麼造物，這是你們的選擇。在行星地球上的人在此刻，高於所有其他的你們知曉的事物，需要學習去控制想法的投射，尤其是那些不僅僅對其他個體有害，同樣也對你們的地球以及它的環境是有還的想法的投射。在行星地球上的人，在他自己內在之中，確實在屬性上就是神聖的。你們是神聖的，你們是沒有局限性的，除非你們選擇去接受它們。而在行星地球上的人已經，容我們說，誤入歧途的位置，就是在認出他尋求的事物是在他內在之中的方面的失敗之中。

Those upon planet Earth—not all, but most—seek that divine intelligence that they call God. They use the intellect to search for Him in books. They search for Him in dwellings called churches. They search for Him to be working through others. And most often fail to recognize that He is working through them from within them. My friends, it has been stated that the Kingdom of Heaven lies within. And indeed these words are true. Within you

is that spark of divinity. And that spark of divinity, shall we say, is a part and particle of the overall construction of that energy which is the Creator. You have not been separated from Him. You are not fallen angels, as some may think. You are creators working together whether you be aware of it or not, formulating the existence that you need.

那些在行星地球上的人——不是所有人，但卻是大多數人——都尋求它們稱之為神的神聖智慧。它們使用智力在書本中來尋找祂。它們在被稱之為教堂的住所中尋找祂。它們通過其他人的工作來尋找祂。大多數人經常無法認出，祂是從它們內在之中通過它們進行工作的。我的朋友們，已經被陳述過，天國是存在於內在之中的。確實，這些話語是真實的。在你們內在之中是那個神性的火花。容我們說，那個神性的火花是造物者之所是的那種能夠的完全的結構的一部分。你們並未與祂分離。你們不是跌落的天使，如一些人可能認為的一樣。你們是在一起工作的造物者，無論你們是否察覺到它，你們形成了你們需要的存在性。

It is so simple, my friends, that man has missed the simplicity of existence. It is not within the intellectual capabilities of man to totally understand the words which we speak. But it is indeed within the spiritual intellect of man to understand all things. And in order for both that which you call the physical intellect and the spiritual intellect to work together, closely and in harmony at all times, an attunement must be made by the individual. An attunement which takes away the barriers of limitation, the barriers of judgmentation and draws all knowledges from the sphere on which you exist within this body and this sphere, all spheres on which you exist in spirit. All are unioned; all come together; and all is known. But in order to do this there is a great need for dedication to achieving that point of knowledge. Dedication to service of your fellow men. Dedication to fulfillment of your Creator's will. And dedication to bringing about the most perfect being that you can be.

我的朋友們，人已經失去了存在性的簡單性，這是如此簡單的。去完全理解我們的話語，這不是在人的邏輯智力的能力範圍內的。但是，去理解所有的事情，這確實是在人的靈性的智力中的。為了要同時讓你們稱之為身體的智力和靈性的智力的事物一起工作，並在所有的時間的緊密且協調地工作，一種調音必須被個體進行。這種調音會拿走所有的限制的障礙物，評判的障礙物，並從你們在這個身體中以及在這個星球中存在於其上的範圍中，從你們在靈性中存在於其上的所有範圍中吸取所有的知曉。所有事情都被結合起來。所有事情都聚集在一起。所有都是被知曉的。但是，要了要進行這個工作，會有對致力於取得那個知曉的位置的一種巨大的需要。致力於服務你們的夥伴。致力於實現你們的造物者的意志。致力於產生出你們能夠成為的最完美的存有。

My friends, the disciplines which the masters have taken upon themselves are indeed difficult in the eyes of mortal men. But once they are accomplished, once they are internalized, they too take upon themselves the simplicity of truth. They bring forward the rewards. And those rewards, my friends, cannot be spoken of in words, for they are of the Creator and words are only a portion of this creation and of the Creator's existence.

我的朋友們，那些大師已經在讓它們自己進行了的修煉，在凡人的眼中確實是困難的。但是一旦它們被完成了，一旦它們被內在化了，它們會讓它們自己產生出

真理的簡單性。它們帶來了回報。那些回報，我的朋友們，是無法用話語來被講述的，因為它們是屬於造物者的，話語僅僅是這個造物的一部分，僅僅是造物者的存在性的一部分。

How can man understand, how, only utilizing a portion of his abilities, the knowledge of the universe? Man must learn to utilize all that is within his capability and indeed that, my friends, is unlimited.

如果人僅僅利用他的能力的一部分，人如何能夠理解宇宙的知曉呢？人必須學會去利用所有在他能力範圍內的事情，確實，我的朋友們，那是不受限制的。

Divine in nature are all your fellow beings. Recognize this within them. Allow them to do that which they choose and assist them in any they may request. But place upon them no limitations or judgments for it. It is they themselves and only they who have that right to limit and judge what they are to be and what they are to do. Go through this experience of life knowing that all things are indeed the reflection of the divinity within you and accept them and learn from them what you can. And love them at all times as your Creator loves you.

你們所有的存有，在本性中，都是神聖的。在它們內在之中認出這種神性。允許它們做它們選擇去做的事情，在任何它們可能請求的事物中幫助它們。但是卻不要將限制或者對它的評判施加在它們身上。擁有權利去限制並評判它們要成為的事物以及它們要做的事情的人，是它們自己且僅僅是它們自己。經歷這種生命的體驗，知曉所有事情確實是對你們內在之中的神性的映射，接受它們，並從它們身上學習你們能夠學習的事物。如同造物者愛你一樣，在所有的時間都愛它們。

I shall once again transfer this contact. I am Hatonn.

我將再一次轉移這個接觸

(Carla channeling)

(Carla 傳訊)

I am again with this instrument. I am Hatonn. Before I leave this group, I would like to open the meeting to questions. If you have any at this time please ask them.

我再一次與這個器皿在一起了。我是 *Hatonn*。在我們離開這個團體之前，我想要對問題開放集會。如果你們在此刻擁有任何問題，請詢問它們。

Questioner: (Inaudible).

提問者：(聽不見)。

I am Hatonn. We felt that to impress information at this time would be premature.

我是 *Hatonn*。我們感覺到要在此刻印刻這個資訊會是時機未到的。

Don: (Inaudible).

Don：(聽不見)。

I am with the instrument. Your group is now in harmony and at peace, so we ask that you let your hearts carry that peace out with you and into another world that may not look like what your heart looks [like] right now. All of creation speaks of harmony and it takes a very special eye to see it. That is the eye that is informed in meditation. That is the ear that is informed in meditation. That is the heart that is informed in meditation. (Inaudible) ... and now is the time.

我與這個器皿在一起了。你們的團體現在是處於協調與平安中的，因此，我們請你們讓你們的心將那種平安帶在你們身邊，帶入到另一個可能看起來似乎與你們的心在此刻看起來似乎是的事物不一樣的世界中。所有的造物都談及平安，它需要一種特別的眼睛來看到它。那就是在冥想中被告知的眼睛。那就是在冥想中被告知的耳朵。那就是在冥想中被告知的心。（聽不見）.....時間就是現在。

I leave you in the love and the light of the infinite Creator. I am Hatonn. Adonai vasu.

我在無限造物者的愛與光中離開你們。我是 *Hatonn*。 *Adonai Vasu*。

December 12, 1976

1976-12-12 Hatonn : 神聖的交易系統

(Don channeling)

(Don 傳訊)

I greet you in the love and the light of our infinite Creator. It is a very great privilege to be with you. I have been observing (inaudible). We are aware of all of your activities, all of your thoughts, which may surprise you or it may not. For as you know, we have been interested not only in your planet, but select groups (inaudible). We're concerned at this time about certain activities upon your planet. We're concerned at this time that certain information reach your peoples. 我在我們的無限造物者的愛與光中向你們致意。與你們在一起是一種非常巨大的榮幸。我已經一直都在觀察（聽不見）。我們知曉所有你們的活動，所有你們的想法，這可能或者可能不會讓你們感到吃驚。因為如你們知曉的一樣，我們不僅僅已經是對你們的行星是感興趣的，同樣也挑選了團體（聽不見）。我們在此刻對於在你們的星球上的一定的活動是關注的。我們在此刻關注的事情是，一定的資訊抵達你們的人群。

We're concerned. We are helpless, you might say, in some respects for we can only give information in certain limited ways. We give information through channels such as this one simply because the channel is receptive and has allowed the information to pass through him. Had he not allowed this, we could not give this information. There would be no way available (inaudible), for this is the desire of our (inaudible). That, and only that which is desired will be given. Only that which is desired will be received. For this reason, those upon your planet will be receiving, as always, precisely what they desire. It is a problem, we realize, to give precisely what is desired to those who desire it and not infringe upon those who do not desire what we offer. We have to offer what we understand to be a truth/beauty far beyond that which is experienced upon your planet. Yet, we can only offer this in a very limited way. 我們是關注的。我們在某些方面，你們可以說，是無助的，因為我們僅僅能夠用一定有限的方式給予資訊。我們通過諸如這個管道之類的管道給予資訊，因為管道是有接受性的，並已經允許資訊通過他傳遞了。如果他尚未允許這種傳遞，我們就無法給予這個資訊。不會有可供利用的管道（聽不見），因為這就是我們的（聽不見）的渴望。那個事情，僅僅只有那個被渴望的事情，將會被給予。僅僅只有那個被渴望的事情，將會被接收到。為了這個原因，那些在你們的星球上的人將會，一如既往，在接收到，分毫不差地它們渴望的事物。我們意識到，要準確地將被渴望的事物給予那些渴望它的人，而不侵犯那些並不渴望我們提供的事物的人，這是一個問題。我們不得不給予我們理解是遠遠超越了在你們的星球上被體驗到的事物的一種真理/美的事物。而我們僅僅能夠用一種非常受限的方式來提供這個事物。

My friends, free will must be at all times criteria for our communicating, for

our contacts, for any of our peoples' contacts. For this reason, we are dependent upon those upon your surface who would reach out for us. My friends, we have much to do and yet, it is difficult, in a sense, for your peoples to understand the simple truths that we bring forward to you. These simple truths, my friends, will, as it is said in your holy works, set you free. For you are truly in bondage: bondage to an idea that is false. An idea which the peoples of your planet have clung to steadfastly for many, many of the generations. An idea which led them down a road of confusion. An idea that brought them to the present state, which is in any terms, quite (inaudible).

我的朋友們，自由意志必須在所有的時候都是對我們的溝通交流，對我們的接觸，對任何我們的人的接觸的標準。為了這個原因，我們是依賴於在你們的星球表面上的那些會向我們伸出手來的實體的。我的朋友們，我們擁有很多要做的事情，但是，在某種意義上，要你們的人群理解我們帶給你們的簡單的真理，這是困難的。這些簡單的真理，我的朋友們，如同在你們的神聖著作中被說過的一樣，會讓你們自由。因為你們是真正是被束縛著的：被束縛在一個錯誤的觀點上。一個你們星球的人群已經在很多很多世代中都對其堅定不移的觀點。一個將它們帶來了當前的狀態的觀點，在任何意義上，這個觀點都是相當（聽不見）。

We implore you to act with us to help those who seek our help. And yet, we realize that you yourself have limitations and barriers. We feel sad that these limitations must always be upon us. And yet, these limitations are the essence of our being here, for without them you would not exist. These limitations, my friends, are the essence of the creation. (Inaudible) for in His total understanding, He is creating a perfect balance, a perfect freedom of experience.

我們懇求你們與我們一起行動來幫助那些尋求我們的幫助的人。而我們意識到，你，你自己是擁有限制與障礙的。我們感覺到傷心，這些限制必定一直都會在我們身上的。而這些限制就是我們在這裏的實質，因為沒有它們，你們那就不會存在了。這些限制，我的朋友們，就是造物的實質。（聽不見）因為在祂完全的理解中，祂是在創造一個完美的平衡的，一種體驗的完美的自由。

@For, my friends, even though that which you experience may seem to be far from what you desire, it is precisely what you desire. You would not be experiencing it, my friends, if you did not desire it. You desire it for purposes of growth. You desire it for other purposes. And yet, it is the essence of your life. Join with us to improve that essence at as fast a rate as you can possibly afford. This is our mission: to aid you on that path at an ever increasing rate and an ever increasing understanding. Give to us your time in meditation. We shall wait for all of your peoples as (inaudible) as yourselves to reach that which you desire: a state of understanding that lasts, a harmony, a love (inaudible).

因為，我的朋友們，即使你們體驗到的事物可能看起來似乎遠遠不是你們渴望的事物，它分毫不差地就是你們渴望的事物。我的朋友們，如果你們並不渴望它，你們就不會正在體驗它了。你是為了成長的目的而渴望它的。與我們結合在一起來用和你們有可能能夠經受得住的速度一樣快的速度來增進那個實質。這就是我們的使命：去在那條道路上用一種不斷增加的速度，用一種不斷增加的理解來幫

助你們。在冥想中給我們你們的時間。我們將會等待你們所有人，如同（聽不見），如同你們自己對你們渴望的事物伸出手一樣：一種可以持久的理解的狀態，一種和諧，一種愛（聽不見）。

It has been a great privilege speaking through this instrument, my friends. I will transfer this contact. I am Hatonn.

通過這個器皿發言已經是一個巨大的榮幸了，我的朋友們。我將會轉移這個接觸。

(H channeling)

(H傳訊)

I am Hatonn. I am now with this instrument. My friends, as you endeavor to seek out those knowledges and truths which would assist you in your growth and in your ability to assist others in theirs, it is necessary that you recognize that that which you seek shall only come as quickly as you, shall we say, desire it. Yet, my friends, what we mean is that with the effort you put forth you determine the speed in which you receive the assistance which you seek. There are many upon your planet, and indeed you know many of them, who would wish to gain knowledge and assistance, yet who are, shall we say, unwilling to follow, shall we say, the divine bartering system. That which you receive, my friends, you are deserving of through the efforts that you put forth. And that which you receive is not to be hoarded, it is to be shared. Yet, it is only to be shared with those who are seeking that knowledge. You need not be concerned with seeking out those to who you may render your assistance for as you have seen, they have come to you.

我是 *Hatonn*。我現在與這個器皿在一起了。我的朋友們，當你們努力尋找那些會在你們的成長中，以及在你們在其他人的成長中去幫助它們的能力的方面幫助你們的知曉與真理的時候，你們需要認出，你們尋求的事物將會僅僅如你們渴望它一樣地出現。而我的朋友們，我們的意思是，藉由你們做出的努力，你們決定了你們接收到你們尋求的幫助的速度。在你們的星球上有很多的實體，你們確實知道它們中的許人，它們希望取得知曉與幫助，而它們，容我們來說，卻不願意，跟隨，容我們說，神聖的交易系統。我的朋友們，你們接收到的事物，是你們通過你們做出的努力而值得擁有的事物。你們接收到的事物不是要被儲藏起來的，它是要被分享的。而它僅僅是要與那些正在尋求那種知曉的人被分享的。你們不需要擔心找出那些你們可以對其提供你們的幫助的人，因為如你們已經看到的一樣，它們已經來到你們身邊了。

And as you develop, and as you become, shall we say, the instrument of greater knowledge, then greater numbers shall seek from you that which you have attained. And we wish to stress that you make it clear to those who would come to you for assistance that you are indeed willing to share with them that which you have come to know, but that they also must be willing to share with others, put forth the efforts on their own to gain the knowledge that they seek. And as you are aware, the effort which is of greatest importance is that dedication to the practice and proper utilization of your daily meditation. As you have experienced, through your meditation you gain

the unspoken words, the unwritten wisdoms. And through your meditations, you gain the strength to persevere [in addressing] those tests which befall you.

當你們發展的時候，當你們成為了，容我們說，更大的知曉的器皿的時候，接下來，更大數量的人將會從你們身上尋求你們已經擁有的事物。我們希望強調，你們要想那些會來到你們面前來尋求幫助的人澄清，你們確實樂意於與它們分享你們已經開始知曉的事情，但是它們同樣必須樂意於與其他人分享，並在它們自己身上做出努力來取得它們尋求的知曉。如你們知曉的一樣，具有最大的重要性的努力，是致力於對你們的每日冥想的練習與適當的使用。如你們已經體驗到的一樣，你們通過你們的冥想取得了無法講述的話語，無法寫下的智慧。通過你們的冥想，你們取得了力量來經受那些落到你們身上的考驗了。

And as many of you have come to know, the greater your desire and your effort to attain the highest form of knowledge available, the greater the test. But all things, indeed, as you would recognize it, has a price, my friends. Even that which you seek of a spiritual nature. All things must be attained in a way that balance can be maintained in the universe. To seek knowledge is to ask to receive energies and if you draw forth from the universe any energy then you must be willing to send forth energy to replace it.

如同你們很多人已經開始知曉的一樣，你們對於取得可供利用的最高形式的知曉的渴望以及努力越大，考驗也就越大。但是，所有的事情，如你們會認出它的一樣，我的朋友們，確實都擁有一個代價。甚至是你們尋求的具有一種靈性屬性的事物。所有的事情都必須用這樣一種在宇宙中的平衡能夠被保持的方式被取得。要尋求知曉，即使去尋求接收能量，如果你們從宇宙中吸取任何能量，接下來，你們就必須樂意於將能量送出去以取代它。

My friends, you can leave no voids in your life or in your efforts or in your attainments. You are the master of your existence. You are the co-creator of your universe. And that which you do must be done completely, for each, shall we say, error which you commit there is repercussion of a negative nature. And for each right that you perform there is the repercussion of a positive nature. So therefore, whatever energies come to you, they have come due to your projection of like energy. And as they flow throughout this universe, you must be, shall we say, open to allow the cycles of energies to continue flowing freely so that they may be shared by all.

我的朋友們，你們無法在你們的生命中，或者在你們的努力中，或者在你們的成就中，留下空白。你們是你們的存在的主人。你們是你們的宇宙的共同創造者。你們做的事情，必須要完全地被進行，對於你們犯下的，容我們說，每一個錯誤，都會有具有一種負面屬性的反彈。對於你們進行的每一個對的事情，都會有具有一種正面屬性的反響。因此，無論什麼能量出現在你們身上，它們都是由於你們對類似的能量的投射而已經出現了的。當它們在貫穿這整個宇宙中流動的時候，你們必須，容我們說，開放，以允許能量的週期繼續自由流動，這樣它們就可以被所有人所分享了。

As many of the teachers upon your Earth have told their students, the greatest step towards attaining that which they seek is to bring in focus the

discipline of one's own thoughts and actions. To think properly is to create properly. To think unrighteously is to create havoc within your universe. These laws you cannot transmute. These laws are those which you must live by throughout this existence and all others which you have experienced and shall experience. As those of you here have attained certain levels of knowledge, it is your responsibility to share them when given the opportunity. And it is your responsibility to seek out greater levels so that your assistance can be of more benefit. Yet, it is your choice whether to do so. There is no energy within the universe capable of overcoming, or controlling in any way, your actions. Only you are the creator. You may accept the influences of your co-creators. That is also your choice.

如同在你們的地球上的很多的老師已經告訴它們的學生一樣，朝向取得它們尋求的事物的最大的腳步，是聚焦於它自己的想法和行動。去適當地思考，就是去適當地創造。去不當地思考，就是在你的宇宙中創造出混亂。這些法則是你們無法改變的。貫穿整個存在性以及所有其他的你們已經體驗過以及將要體驗的存在性，這些法則即使你們必須藉由其而活的法則。當你們在這裏的人已經取得了一定層次的知曉的時候，你們的責任就是在被給予了機會的時候去分享它們。你們的責任就是去找出更大的層次，這樣你們的幫助就能夠就有更大的益處。而你們的選擇是是否這樣做。在宇宙中沒有能量有能力，用任何方式，戰勝或者控制你的行動。僅僅只有你是創造者。你可以接受你的共同創造者的影響。那同樣是你的選擇。

As this group proceeds to grow and to learn, it shall become evident, step-by-step, to each individual, their, shall we say, mission within this organization. Indeed, my friends, you are of great importance to those around you. And this position which you have requested, in one form or another, is one which shall bring upon you from time to time the scorn of your fellow man. For you must recognize, my friends, there shall continually be that, shall we call it, balance, between those energies of the positive nature and those of the negative. And if you are recognized by an individual as being the opposite of what they feel that they are, they shall fear you through their lack of understanding and attempt to bring upon you an air of nonacceptance through their reflections upon you. Bless these individuals, seek not to retaliate. But seek, shall we say, to remain segregated from those influences as much as possible.

隨著這個團體前進以成長並學習，在這個組織中它們的，容我們說，使命，將會一步接一步地，對每一個個體，成為明顯的。確實，我的朋友們，你們對那些在你們周圍的人是具有巨大的重要性的。這個你們已經，用這樣或者那樣一種方式，請求了的位置，就是一個將會時不時地將為你們招致你們的夥伴的嘲諷的位置。因為，我的朋友們，你們必須要認出，在那些具有正面屬性的能量和那些具有負面屬性的能量之間，將會持續不斷地有，容我們說，平衡。如果你們是被一個個體識別為它們感覺到它們之所是事物的對立面的話，它們將會通過它們的缺少理解而害怕你們，並嘗試將通過它們對你們的映射將一種不接納的氛圍施加在你們身上。祝福這些個體，不要尋求去報復。而是尋求去，容我們說，盡可能多地保持與那些影響的隔離。

As you endeavor to do that which you feel is of importance to you and to your universe, recognize that you are the individual and that you are the whole. Seek not to know the fallacies of your universe for indeed they are not existent if you do not recognize them. The plane of existence on which you are presently living, as many times we have stated, is strictly an illusion projected by the thought patterns of its inhabitants. It is your, shall we say, birthright to create it in whatever way, shape or form that you desire. It is within you to accept or reject the outer manifestations upon this plane of existence. Recognize that which is of benefit to you, and accept not that which is of detriment to you. This is indeed difficult, yet it can be attained. As you seek out the Creator within you and join with Him and use your (inaudible).

當你努力去做你感覺到對你以及對你的宇宙是具有重要性的事情的時候，認出你是個體，你是完整的。不要尋求去知曉你的宇宙的謬誤，因為如果你不認出它們的話，它們確實不存在。你當前活在其上的存在性的層面，如我們已經陳述過很多次的一樣，是徹底地一個幻象，它是由它的居住者的思想模式投射出來的。用無論什麼方式創造，塑造或者形成你渴望的事物，這是你的，容我們說，天賦權利。去接受或者拒絕在這個存在性的層面上的外部的顯化物，這是在你能力範圍內的。認出，對你有益處的事情，不去接受對你有害處的事情。這確實是困難的，而它是能夠被取得的。當你在你內在之中找到造物者的時候，與祂結合，並使用你的（聽不見）。

I shall transfer this communication. I am Hatonn.

我將會轉移這個交流。我是 *Hatonn*。

(H channeling)

(*H*傳訊)

I am Hatonn. I am once again with this instrument. We are unable to achieve contact with either of the instruments that we have attempted to communicate through due to different circumstances within each. And, as always, we recognize the freedom of choice in each individual. We would ask that you would allow our energies to flow and our love to (inaudible). As we leave you, know that we shall remain with you at all times. We are aware of the difficulties and we shall work upon our plane of existence to assist you, each of you in your hour of need. Yet, it is you, as we have stated, who have manifested the difficulties that are experienced. It is you, as the creator of your universe, that contains the power (inaudible) through conscious projection of your creative ability.

我是 *Hatonn*。我再一次與這個器皿在一起了。由於在每一個器皿中的不同的近況，我們無法與我們已經嘗試去通過其進行交流的兩個器皿中的任何一個取得接觸。一如既往，我們認出在每一個個體之中的選擇的自由。我們會請你們允許我們的能量流動，並允許我們的愛（聽不見）。在我們離開你們的時候，請知曉我們在所有的時候都將會與你們在一起。我們知曉困難，我們將在我們的存在性的層面上進行工作以幫助你們，在你們需要的時候幫助你們每一個人。而如我們已經說過的一樣，是你們已經顯化出了被體驗到的困難。作為你的宇宙的造物者，

是你包含了力量 (聽不見) 通過對你的創造性的能力的有意識的投射。

I leave you now in the light and in the light of our infinite Creator. I am Hatonn.
Adonai vasu borragus.

我現在在我們的無限造物者的愛與光中離開你們。我是 *Hatonn*。 *Adonai vasu borragus*。

(Carla channeling)

(*Carla* 傳訊)

(A question was asked but not recorded.)

(一個問題被詢問了，但是沒有被記錄下來。)

Don: (Inaudible) ... is of a somewhat unpredictable nature, although we feel that it is still highly probable that there will be what you call earthquake activity in the area of California and the sea on the date we have mentioned, because the Earth, as you might say, is angry and violence is very probable. It is possible, due to the increase of what you would call consciousness-raising activity directed toward alleviation of this difficulty, that it may either be put off or its intensity diminished. We do expect this activity, but nothing is ever hopeless. And your efforts to send light can and will help.

Don : (聽不見)是具有一種多少有些無法預測的屬性的，儘管我們感覺到，仍舊有很好的可能性，在我們已經提及的日子，在加州以及海洋的區域中將會有你們稱之為地震活動的事物，因為地球，如你們可能會說的一樣，是憤怒的，暴力是非常有可能的。由於你們稱之為被指向對這種困難的減輕的意識提升的活動的增加，會有可能它要麼被壓制，要麼它的強度會被減少。我們確實會預料到這個活動，但是沒有任何事情是沒有希望的。你們送出光的努力能夠並將會是有幫助的。

Have you further questions?

你們有更進一步的問題嗎？

Don: (Inaudible).

Don : (聽不見)

The area around Los Angeles has a very high probability, in the area of 85 to 100%. This probability remains high. It is at this point at about 65% and climbs steadily to 85% during the next two years. It reaches 90% within one day and remains at that level for a period of seven of your days.

在洛杉磯周圍的地區是擁有一種非常高的幾率的，幾率在 85% 到 100% 的區域中。這個幾率會保持很高。在這個位置，它是在大概 65% 的位置，並會在接下來兩年期間穩定地朝向 85% 攀升。它會在一天中抵達 90%，並在一段你們的七天時間的時期中留在那個層次上。

Don: (Inaudible).

Don : (聽不見)。

It reaches 90% on the date which we have given you, which is the September [3 or 30.] It remains at the level of 90% for seven of your days. From that point on it is gradually more difficult to judge the percentage of the possibility for it is a high probability that it will already have happened by that time.

它在我們已經給予你們的那個日期抵達 90%，這是 9 月 [3 日或者 30 日]。它在你們的七天時間中留在 90% 的層次上。從那個位置開始，來判斷可能性的百分比會是逐漸更加困難的，因為會有一種很高的幾率，它在那個時間之前已經發生了。

Don: What magnitude (inaudible) on the Richter Scale?

Don : 用裏氏震級來計算 (聽不見) 規模是什麼呢 ?

We are aware of your measurements, but we are wary of giving you these measurements due to the fact that depending upon the consciousness of light groups such as yours, the intensity may be (inaudible). Your scales may indicate as high as between a 7 and an 8.

我們知道你們的度量，但是我們對於給你們這些度量是小心謹慎的，這是由於它是取決於諸如你們的團體之類的光的團體的意識的，強度可能是 (聽不見) 你們的度量標準可能表明是和一種七級到八級之間的高度。

Don: (Inaudible).

Don : (聽不見) 。

We are sorry that this instrument's understanding of geography is (inaudible).

There is a probability that extends in sort of a triangle shape from a line somewhat north of Los Angeles extending inward, cutting a long wedge of the south and out to sea south of Los Angeles and cutting upwards through the ocean to form the third side of the triangle. This is the area of greatest tension. Precisely where it will happen, we cannot state. Again there are probabilities. The highest probability, which ranks perhaps 60%, is that the worst shocks will occur somewhat south. There is probability of perhaps 30% that it will occur to the greatest extent on the northern line and there is perhaps a 10% chance that the activity will be at its most intense at sea.

我們很抱歉這個器皿對地理的理解是 (聽不見) 。會有一種幾率是通過某種個類型的一個三角形，並從一條多少有些在洛杉磯北部的線延伸的，同時向內延伸，在洛杉磯南部切割出一條很長的楔形，並進入到洛杉磯南部的海域，向上切割穿越海域以形成三角形的第三邊。這是具有巨大的張力的區域。我們無法說，這精確地就是它將會發生的地方。再一次，會有可能性。最高的可能性，等級也許是 60%，是最嚴重的衝擊將會多少有些發生在南部。會有也許 30% 的幾率它將會 在用最大的程度發生在南部線上，會有 10% 的幾率，那個活動將會在海中擁有它 最大的強度。

Don: How many days before the event will we be able to (inaudible)?

Don : 在那個事件之前多少天將能夠 (聽不見) ?

We are having difficulty for we have difficulty with your time. Our accuracy varies. To be able to state at any time before an event actually occurs upon your plane, it will simply be a matter of chance, for we are constantly adjusting our understanding to your local time system. Therefore, we cannot state as gospel, as you might say, ahead of time. Although it is possible that we might be accurate ahead of time, our predictions are just that. And our predictions—much like your weather reports based upon fact. For us to be able to intercept in actuality in advance of this happening on your plane, it would be necessary for us to be in perfect coordination with those planes which are immediately adjacent to your physical plane. And we have the same problems with those planes of your system which are not bound as we do with the physical plane, in that they are local and dependent upon their time systems. Within those planes of your system which are not bound by time, this event is not also bound by time and therein lies the difficulty.

我們正在遇到困難，因為我們對你們的時間擁有困難。我們的準確度是變化的。要能夠在一個事件實際上在你們的層面上發生之前的任何時間陳述，它將會單純地是一個幾率的問題，因為我們正在根據你們的本地的時間系統持續不斷地調節我們的理解。因此，我們無法如同福音一樣地，如你們可能會說的一樣，提前說明。儘管我們有可能提前是準確的，我們的預測僅僅就是那樣子的。我們的預測——非常類似於你們的天氣預報，是基於事實的。我們無法在這個事件發生在你們的層面上之前就提前在現實中攔截，我們需要與那些與你們的層面緊鄰的層面處於完美的協調之中。我們對你們的層面的那些並不是和我們與這個物質性層面之間的關聯一樣地被綁在一起的層面擁有相同的問題，因為它們是本地的，是取決於它們的時間系統的。在你們的系統的那些層面上並未與時間綁在一起的層面之中，這個事件同樣也不會與時間被綁在一起，在那裏會存在有困難。

Have I by any chance made myself clear enough for your understanding?

我有任何機會讓我自己對於你的理解成為足夠清楚的嗎？

Don: Yes. I would like to ask one more question. You have indicated that these cataclysmic effects are not completely desired. Can't this be viewed as a beneficial catalyst in the ultimate advancement of the Earth's population?

Don：是的。我想要多問一個問題。你們已經表明了，這些災難的效果並非完全是被渴望的。這難道無法被視為是在行星的人群的最終演化中的一個有益處的催化劑嗎？

That which is necessary and that which is desirable are not necessarily the same. That your peoples must go through an inharmonious adjustment to their environment may be necessary. Yet, harmony is a desirable fact and one which is more natural to spiritual growth.

需要的事物以及理想性的事物並不一定是相同的。你們的人群必須經歷一種對它們的環境的不協調的調節，這可能是需要的。然而，和諧是一個被渴望的事實，是一個對靈性成長更加自然的事實。

Don: My question is, is it not possible that the desired harmony be achieved more rapidly (inaudible)?

Don : 我的問題是 , 被渴望的和諧沒有可能更快地被取得嗎 (聽不見) ?

Are you speaking of this particular instance?

你們是在談及這個特定的情況嗎 ?

Don: (Inaudible).

Don : (聽不見)

My brother, what is happening upon your planet now is what is necessary and therefore it is desirable. However, the physical plane is most effective when the catalyst of the physical problems is worked out entirely within the individual consciousness of each who dwells within the planet. When each who dwells within the physical plane is dealing with and coping with his path in terms of physical problems and difficulties, the harmony of the planetary sphere is maintained. This is indeed the most rapid and the most desirable rate of growth when the individual is growing at the same rate as the natural environment is growing. These cataclysms are simply evidence that the personal growth of those who dwell upon the planet have not kept pace with the natural environment's growth. Therefore, the entry into the next vibration has become difficult, making it necessary for the inharmony between consciousness and environmental consciousness to be alleviated by catastrophes such as the one you are experiencing.

我的兄弟，現在在你們的地球上正在發生的事情是需要的東西，因此，它是被渴望的。然而，當屬於物質性的問題的催化劑在每一個居住在這個地球上的人的個體意識之中完全被解決的時候，物質性的層面是最有成效的。當每一個居住在物質性層面上的人都在與這條道路打交道，並在物質性的問題與困難的方面應付這條道路的時候，星球的和諧就會被保持了。當個體是在用與自然環境發展的速度相同的速度成長的時候，這確實是最快速且最為理想性的成長的速度。這些大災難單純地是那些居住在這些地球上的人個人成長尚未與自然環境的成長保持同步的證據。因此，進入到下一個振動的過程已經成為困難的了，這使得有必要藉由諸如你們正在體驗到的災難之類的災難來讓在意識與環境意識之間的不協調被減輕。

Certainly, these drastic difficulties will cause some consciousnesses to open at last and thereby graduate, for drastic circumstances do encourage rapid growth. However, growth would have been much more rapid if it had been chosen on the personal level in harmony with the environment in the first place. This is why we feel that it is not particularly desirable that these difficult conditions prevail. However, we accept the necessity of it at this time due to the consciousness of your people.

肯定地，這些激烈的困難將會造成一些意識在最後開放並由此畢業，因為激烈的環境確實會鼓勵快速的成長。然而，如果它已經是在與一開始的環境協調一致的個人的層次上就被選擇了的，成長會是遠遠更加快速的。這就是為什麼我們覺得，這些困難的情況的盛行並不是特別令人渴望的。然而，我們由於你們的人群的意識接受它在此刻的必要性。

Questioner: (Inaudible) ... seems to me that the only hope for a relatively large percentage (inaudible) ... is to experience the cataclysmic transition. Am I correct in that (inaudible).

提問者 (聽不見).....對於我看起來似乎對於一種相對大的百分比的(聽不見).....就是去體驗大災難的轉變。我是正確的嗎 (聽不見)。

There is always a chance that those who are lost will find their way home. And this is why great efforts are being made by the Confederation and others to encourage shepherds to go out among the lost and do what they can to brief those, as you put it, on the fence into the light. Your question is difficult for us to respond to in your language, but we will attempt with this answer.

一直都會有一個機會讓那些迷失的人找到它們回家的道路。這就是為什麼巨大的努力正在被星際聯邦以及其他實體做出，以鼓勵牧羊人走出去走到那些迷失的人中間，並做它們能夠做的事情，以讓那些，如你們會說的一樣，騎牆的人，暴露在光之中。你的問題是我們很難用你們的語言來回答的，但是我們將嘗試這個回答。

Those who dwell upon your planet have, whether they will or not, come to a time which is irrevocable. This is the time that they will either graduate or not. Your environmental difficulties are inevitable. They occur whether or not they do any good. They do not occur in order to give lessons, although they will certainly do some good. This is simply an adjustment period. For the most part, those who will graduate are already awake, for, you see, this is very late. We have been speaking to peoples for many years now. Most of those who we could collect have been collected. We understand the thrust of your question and we do assure that the catastrophes that your peoples will experience are at the most basic level part of harmony and part of a goodness and not to be feared. For ... 那些居住在你們的星球上的人，無論它們是不是願意，都已經來到了一個不可撤銷的時刻了。這就是它們將要麼畢業，要麼不畢業的時刻。你們的環境的困難是不可避免的。無論人們是否做任何好事，它們都會發生。它們不是為了給予課程而發生的，儘管它們將會肯定產生某種益處。這單純地是一個調整時期。對於大部分的人，那些將會畢業的人是已經覺醒了的，因為，你們看，時間非常晚了。我們一直都在對你們的人群發言，到現在已經有很多年的時間了。大多數那些我們能夠收集到的人都已經被收集到了。我們理解你的問題的衝力，我們確實肯定，你們的人群將會體驗到的災難，是在和諧的部分的最為基礎的層次上的，並且是一種善的一部分，是不用被害怕的。對於.....

(Side one of tape ends.)

(磁帶一面結束)

(Carla channeling)

(*Carla* 傳序)

Does this answer this question?

這回答了這個問題嗎？

Don: What can people like us do in light of this transition to best aid the master plan?

Don : 類似我們這樣的人能夠做什麼事情在這個轉換時期的光之中來最佳地幫助大師計畫呢？

As you know, we cannot guide you in your day-to-day choices of activity. We can only encourage you to meditate and seek guidance from your higher selves, for each of you was sent by your higher selves with a job to do. You have the means to do it. And you certainly have our appreciation for your desire to help us help you. The answers will come in meditation. You know that you do have help from those upon the higher planes of your planet. We have long encouraged you to think of yourselves as shepherds and channels. And certainly we can say this is the key as service is always the key. But beyond that we cannot guide you, for that would be an infringement upon your free will. This is, above all things, your planet. You have incarnated here specifically to take that responsibility upon yourselves and to make choices for yourselves, to render your personal service.

如你們知道的一樣，我們無法在你們對活動的日常生活的選擇中指引你們。我們僅僅能夠鼓勵你們冥想並尋求來自於你們的高我的指引，因為你們每一個人都是帶著一個要去做的工作被你們的高我送出來的。你們擁有進行它的途徑。你們肯定會因為你們對幫助我們幫助你們的渴望而得到我們的感激。你們知道，你們確實擁有來自那些在你們的星球的更高層面上的實體的幫助。我們已經在很長時間中都鼓勵你們去將你們自己視為牧羊人與管道。我們肯定能夠說，和服務一直都是關鍵一樣，這一直都是關鍵。但是，除此之外，我們無法指引你們，因為那會是對你們的自由意志的一種侵犯。在你們的星球上，你們的自由意志是高於一切的。你們已經投生在這裏，明確地是來承擔起你們自己的責任，並為你們自己做出選擇，以提供你們個體的服務的。

We say only to you that we are completely with you and send our light and our love to you. You must be aware that our basic desire is to tell this planet that love is all that there is; to let this planet know that the creation is the Creator's and that many, many within its infinity praise His name. An earlier voice than ours, that of the master known as Jesus, instructed his followers to go to the ends of the Earth and tell all that they met about the Truth. This is the time honored [so] and we subscribe to it. We are instruments of the Creator and so are you. We have our limitations and so do you. But your limits are far, far more capacious than ours for you have chosen to incarnate and this gives you greater scope and greater responsibilities.

我們僅僅對你們說，我們是完全與你們在一起，並對你們送出我們的光和我們的愛。你們必須瞭解，我們基本的渴望就是去告訴這個星球，愛就是一切萬有，是來讓這個星球知曉，造物是造物者的造物，在祂的無限性之中很多很多事物都贊美祂的名字。比我們的聲音更早的聲音，被知曉為耶穌的大師的聲音，指引他的追隨者們去前往地球的邊緣，並告訴所有它們遇到的人真理。這就是光榮的時刻，我們贊同它。我們是造物者的器皿，你們同樣也是。但是你們的限制是比我們的限制要遠遠，遠遠更為廣大的，因為你們已經選擇投生，這給予了你們更大的眼

界與更大的責任。

May we assist you further through this instrument?

我們可以通過這個器皿更進一步幫助你們嗎？

Don: (Inaudible).

Don : (聽不見)。

I leave you. I am privileged to be using this instrument and we do thank the one known as Carla. We are with you. We are your brothers. Adonai vasu. I am Hatonn.

我離開你們。我對於使用這個器皿是感到榮幸的，我們確實感謝被知曉為 *Carla* 的實體。我們與你們在一起。我們是你們的兄弟。*Adonai vasu borragus*。

April 13, 1977

1977-04-13 Hatonn : 永恆的身份

(Don channeling)

(Don 傳訊)

I am Hatonn. It is a very great privilege to once more be with you. It is always a very great privilege to be able to communicate with those of the planet Earth who are receptive to our contact. We would very much appreciate contact with all of the peoples of this planet. However, this is not possible at this time.

我是 Hatonn。再一次與你們在一起是一種非常巨大的榮幸。能夠與行星地球上的那些對我們的接觸是有接受能力的人進行交流，這一直都是一種非常巨大的榮幸。我們對與這個星球上的所有人的接觸是非常感激的。然而，在此刻，這是不可能的。

Very shortly we will be contacting many more of the peoples on your surface than we have in the past. We will be doing this through various methods. We will create in the very near future what you would call an advertisement of our presence. This will alert very large numbers of the peoples of your planet as to our reality. At this time it will be necessary for those who believe that they know of our mission to come forth and speak of that, if they so desire. They will find, unfortunately, considerable frustrations in doing this since, as before, they will have no way of proving that which they have come to know as the truth about us. We would prefer to be able to give this understanding directly to the people of your planet. However, this is not possible. It is only possible to give to them the unproven truth of our presence and our mission. For this reason, we will maintain a continued aloofness from direct contact. However, our presence will be less aloof or less unknown. This is timed in such a way as to coincide with certain activities that have been carried out by numerous of the peoples of your planet. These activities have resulted in a partial dissemination, in a very limited fashion, of the actual purpose of our contact. We are at present planning to stimulate the seeking of knowledge about us by becoming somewhat more open in our activities. It has been thirty of your years since the activation of public contact in a very limited way. During this time, such information about us has been stored within your societies upon the surface of your planet.

很快我們就將接觸比我們在過去已經接觸過的在你們的星球表面上的人遠遠更多的人，我們將會通過各種各樣的方式進行這種接觸。我們將在不久的未來創造你們會稱之為對我們的存在的一種廣告的事物。這將會讓你們星球上的非常巨大的數量的人注意到我們的真相。在此刻，對於那些相信它們知曉我們的使命的人，它們將需要站出來並談及那個使命，如果它們渴望這樣的話。不幸的是，它們將會在這樣做的過程中遇到可觀的挫折，因為，如同之前一樣，它們將不會擁有任何方法來證明它們已經開始知曉為關於我們的真相的事情。我們寧願能夠直接將這種理解給予你們星球上的人。然而，這是不可能的。僅僅有可能給予它們對我們的存在和我們的使命的無法被證明的真理。為了這個原因，我們將保持對於直

接接觸的一種持續性的回避。然而，我們的存在將會較不遙遠的，或者較少是未知的。它是用一種方式安排時間的，這種方式會於已經被你們星球上的大量的人進行的一定的活動是巧合的。這些活動已經，用一種非常有限的方式，導致了一種對我們的接觸的設計的目的的部分的宣傳了。我們在此刻正在計畫去藉由在我們的活動中成為多少有些更加開放而刺激對關於我們的知曉的尋求。自從用一種非常有限的方式對公開的接觸的啟動，已經有你們的三十年的時間了。在這個時間期間，諸如此類的關於我們的資訊，已經被儲存在你們星球表面的社會中了。

The second phase, as you might call it, is now beginning. A phase that will include, as I have said, an advertisement of our presence to be followed by the dissemination of still unprovable information about us. This, my friends, is the second phase.

第二階段，如你們可能稱呼它的一樣，是現在正在開始的。一個將會包括了，如我已經說過的一樣，一種對我們的存在的廣告的階段，在這個階段後跟著的是對關於我們的仍舊是無法證明的資訊的傳播。我的朋友們，這是第二階段。

I will transfer this contact at this time to another instrument.

我將會在此刻將這個接觸轉移到另一個器皿。

(N channeling)

(N傳訊)

Again it is a great privilege to speak to you. This second phase, as we have called it, will help many of your peoples on their way in search of truth. As I have said, it will ... I will pause.

再一次，對你們發言是一種巨大的榮幸。這個第二階段，如我們已經稱呼它的一樣，將會尋求真理的道路上幫助你們的人群中很多人。如我已經說過的一樣，它將會是.....我將會暫停。

(Doorbell rings.)

(門鈴響了。)

We welcome the new member to the group this evening. As I was saying, this new phase will help more people in their search for the truth. They will be stimulated and will have new energy to pursue the truth. My brothers, there will be much more frustration and it will cause many to wonder deeply whether or not they are pursuing a worthwhile path. But I and my brothers will be [with] them and with you at all times if you desire it to give assistance as much as we can.

我們歡迎今晚的新成員來到這個團體。如我正在說的一樣，這個新的階段將會在更多人尋求真理的過程中幫助它們。它們將會被激勵，將會擁有新的能量來追尋真理。我的兄弟們，將會有遠遠更多的挫折，它將會造很多人深深地懷疑，是否它們正在追尋一條有價值的道路。但是，我和我的兄弟將會在所有的時間都與它們在一起，與你們在一起，如果你們渴望它給予我們所能給予的幫助的話。

I will now transfer this contact. I am Hatonn.

我現在將轉移這個接觸。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument. I am *Hatonn*, and I greet you in the love and the light of the infinite Creator. We did not wish to come to this instrument earlier for we wish to use the talent and build up the confidence of each of our instruments. Also, each instrument has his own special talents and we wished to speak through this instrument on subjects which would be of interest to the new member.

我與這個器皿在一起了。我是 *Hatonn*，我在無限造物者的愛與光中向你們致意。我們並不希望較早來到這個器皿身上，因為我們希望使用我們每一個器皿的天賦並積累信心。每一個器皿同樣都擁有屬於他自己特殊的天分，我們希望通過這個器皿在對新成員會有興趣的主題上發言。

Within your universe there is a local phenomenon which is known to you as time and a local set of conditions represented to you by mass and space and your so-called Euclidean geometry. And because of this we speak to you of cycles and of timing our campaign. We are dealing with a local set of parameters and it is in this way that we communicate with you that we bridge the gap between our way of thinking and your way of thinking. There is a level on which the talk of cycles and anything of campaigns is, if anything, only partially so for this is a level of which we are far more aware than you: that all things are truly one; that all cycles truly become circles; that all corners truly become rounded into one unending globe of unity—infinite, invisible, eternal and containing all that there is.

在你們的宇宙中，會有一個被你們知曉為時間的本地的現象，以及一套本地的由品質、空間以及你們所稱的歐幾裏得幾何學向你們呈現的條件。因為這個現象，我們對你們談及週期以我們的運動的時間安排。我們正在與一套本地的參數打交道，我們就是用這種方式與你們進行交流的，這樣我們就可以在我們的思考方式與你們的思考方式之間的裂縫上架起橋樑了。會有一個層次，在其上談及週期以及關於運動的任何事情，都僅僅是不完全地談及的，如果有任何關於運動的事情的話，因為這個層次是一個我們比你們是遠遠更多知曉的層次：所有的事情都是真正一體的，所有的週期都真正成為圓，所有的角落都真正被包圍進入到一個無盡頭的，具有統一性的球體之中了——無限的，看不見的，永恆的，包含了一切萬有的。

These concepts are not graspable by your peoples and so we deal with the local, understandable frame of reference and say that you are coming to the end of a cycle and that we are attempting to help those of you who wish to be helped at this time to make progress on your cycle so that you may spiral upward in the great dance along the spiritual path. To understand your place in the universe at this time is very, very critical. Because you are within a physical body, it is important that you deal in a balanced manner with your physical existence with the demands and the responsibilities of the physical

life. It is very difficult, and purposely so, to balance the physical existence and spiritual seeking. It is to test your ability to do this that you have entered this sphere. It is a great mistake, my friends, to care too much for the physical body and its needs.

這些觀念不是能夠被你們的人群掌握的，因此，我們是在與本地的，可以理解的參考系打交道，我們會說，你們是正在來到一個週期的重點，我們正在嘗試去幫助你們中的那些希望在此刻被幫助，以在你們的週期上產生進步的人，這樣，你們就可以在一個沿著靈性的道路的偉大的舞蹈中螺旋向上了。要理解你們在此刻在宇宙中的位置，是非常非常至關重要的。因為你們是在一個物質性的身體中，你們用一種平衡性的方式與你們的物質性的存在性，與物質性的生命的需要與責任打交道，這是非常重要的。要平衡物質性的存在性與靈性的尋求，這是非常困難的，且故意地就是如此的。你們已經進入到這個星球，這就是為了考驗你們的能力的。我的朋友們，過分關注物質性身體以及它的需要，這是一個巨大的錯誤。

Yet, we say to you also, beware of the opposite. Do not care too little for your physical vehicle and its needs. You must look upon your physical vehicle as just that: it is a vehicle. It is functioning well for you and like a good fruit tree, it has grown, it has come into its youth, it has borne truth. Perhaps it has grown a little gnarled, a little bent, and as the years go on it will become increasingly gnarled and it will [have] served its time. All of its fruit will have been given up and it will be cut down. This is your physical body. You may accept it as a good and faithful servant. The circumstances of your being here, of the type and condition of your life, are intended and are offered to you so that you may take your conditions and learn. You may take your body and be of service to others. Your body has hands with which to reach out to others; a mouth with which to smile, my friends; a mind to function well for you and to think well of others. It is not you, but it is no stranger to you. It is yours for a time. Keep this in balance, neither rejecting or being overly fond of those portions of your identity which are only temporary.

而我們同樣也對你們說，小心反面。不要對你們的物質性載具以及它的需要過於不關心。你們必須將你們的物質性載具視為其之所是：它是一個載具。它是正在為你良好運轉的，就好像一棵優良的果樹一樣，它已經成熟了，它已經進入到它的青年時期了，它已經誕生出真理了。也許它已經生長得有一點點多節，有一點點彎曲，隨著時間的繼續，它將會越來越多地變得更多節，它將會已經服務了他的時間。所有它的果實都已經被給予出來了，它將會被砍掉了。它就是你的物質性身體。你可以接受它是一個優秀而忠實的僕人。你們在這裏的存有，你們的生命的類型與條件的狀況，是被計畫並被提供給你們的，這樣你們就可以使用給你們的情況並學習了。你可以使用你的身體並為其他人服務。你的身體擁有用來向其他人伸出手的雙手，擁有用來微笑的一隻嘴巴，我的朋友們，一個為你良好運轉並會好好考慮其他人的心智。保持這個身體處於平衡狀態，對於你的身份的那些僅僅是暫時性的部分，既不拒絕，也不過度喜歡。

In meditation, seek your permanent identity. Within you there is a perfect body. And that body is your spirit. It is not a body as you would think of a body. And yet it is the ultimate house of your soul. To penetrate upward through the various shells of being to the final center of yourself is the goal of

meditation. For within that final center is your link with all that there is. We are urging you, shall we say, to do your homework at this time. The joy, the state of joy, my friends, that you left to come into the physical existence is very greatly needed among your peoples at this time. And how few there are that understand that joy is the natural state of existence for each of those who dwell upon the surface of your sphere.

在冥想中，尋求你永恆的身份。在你內在之中會有一個完美的身體。那個身體就是你的靈體。它不是一個如你會想到一個身體一樣的一個身體。而它是你的靈魂的終極的房屋。要先上刺穿存有的各種各樣的外殼，以抵達你自己的最後的中心，這就是冥想的目標了。因為在那個最後的中心中，是你與一切萬有之間的連接。我們正在鼓勵你們，容我們說，在此刻去做你們的家庭作業。我的朋友們，你們為了進入到物質性的存在性而離開的喜悅，喜悅的狀態，在此刻在你們的人群中是非常大地被需要的。只有怎樣少數的人理解，喜悅是每一個居住在你們的星球表面上的人的存在性的自然而然的狀態呀。

You see, my brothers, you are not on the same order of the apple tree. You are not out in the weather. You do not grow, wither and die. You are a consciousness that is not born and does not die. You are joy. To touch this place within yourself is all-important at this time, for if you can but make contact with your higher self, you can be of great comfort and of great service to many in the days to come. For in the days to come, as we have said many times, there will be many who are afraid, and many who have put off their voyage of self-discovery until the very last minute and who, when they finally realize that they must now decide who they are, will be absolutely terrified. One person, who is sure of who he and is radiating the joy of that knowledge and who can reach out with his light will be of infinite service, as people always have been when they are able to shine with the light and the love of the Creator.

你們看，我的朋友們，你們不是與蘋果樹處於相同的等級的。你們不是暴露在天氣中的。你們不會生長，枯萎並死亡。你們是一個意識，這個意識沒有被生出來，不會死亡。你們是喜悅。去接觸在你自己內在之中的這個位置是全然重要的，因為只要你能夠接觸你的高我，你就能夠在即將到來的日子裏給予很多人巨大的安慰與巨大的服務。因為在即將到來的日子裏，如我們已經說過很多次的一樣，很多人將會是害怕的，很多人會已經放下了它們自我探索的旅程，一直到最後一分鐘為止，當它們最終意識到，它們必須現在就決定它們是誰的時候，它們絕對被嚇壞了。一個人，如果他對他是誰是確信的，並正在輻射那種知曉的喜悅，如果他能夠藉由他的光向外延伸，它就將會進行無限的服務，因為當人能夠帶著造物者的光與愛閃耀的時候，它們就已經一直都在進行無限的服務了。

Before I leave this instrument, I would like to open this meeting to questions.
在我們離開這個器皿之前，我想要向問題開放這個集會。

M: Last week you briefly discussed the Bermuda Triangle. Can you give any more explanation on what is causing it, where people are going—disappearing in that area and in other areas that are similar?

M: 上一周你們簡短地討論了百慕大三角。你們能夠對於什麼事情正在造成它，

人在那個區域以及在其他的類似的區域失蹤後去了什麼地方的方面給予任何更多的解釋嗎？

I have no objection to sharing certain descriptions with you through this instrument as to the supposed location of people who disappear under the circumstances. However, the descriptions are very, very rough and bear little resemblance to the full truth due to the limitations of the instrument's understanding and the limits of your present technology.

在關於在那些情況下消失的人的假設的位置的方面，我們對於通過這個器皿與你們分享一定的描述並不是不願意的。然而，描述會是非常非常粗略的，且由於這個器皿對於你們當前的科技的理解與限制，描述會與完全的真相是幾乎沒有相似之處的。

In the first place, many of those who supposedly disappeared are merely on the bottom of the ocean. However, there have been some anomalistic cases where beings, and in some cases inanimate objects were, shall we say, bent through a dimension of space/time which is not space/time, but which is an analogous substance which interacts with your space/time to form, shall we say, interpenetrating spheres. These are local shunts, or time displacement tunnels, as you might call them, developed and/or discovered many centuries ago. Or in some cases, they are simply anomalistic occurrences of a natural type but of the same order. In some cases, the objects are simply crushed by the excessive power of the transformation. But in most instances, the objects are transformed into another type of vibration which, while not at all equal to your higher planes, are none the less congruent or tangent to these planes in such a way that beings can no longer exist in this local time and space, but instead exist in what you might call an alternate reality, though we do not like this term.

首先，很多被假設是消失了的人僅僅是在海底。然而，已經有某些異常性的情況，在其中存有，在一些情況中是無生命的物體，被彎曲穿越了一個空間/時間的維度了，這個空間/時間的維度不是空間/時間，而是一種與你們的空間/時間相互作用的類似的物質，以形成，容我們說，相互滲透的區域。這些是局部的旁軌 (*shunts*)，或者時間錯置的通道，如你們稱呼它們的一樣，它們是在很多個世紀之前被發展出來，或者被發現的。或者在一些情況中，它們單純地是具有一種自然屬性的異常事件，但是它們是屬於相同的類別的。在一些情況中，物體單純地是被轉變的過剩的能量所壓倒了。但是在大多數情況中，物體是被轉換進入到另一種類型的振動的，這種類型的振動並不是完全等同於你們的更高的層面，用這樣一種存有物無法存在於這個本地的時間和空間中，而是存在於你們可能稱之為一個替代性的實相中，儘管我們並不喜歡這個詞語，的意義上，這種類型的振動與這些層面卻是完全一致或者是正切的。

It is as though you take a maypole with many colors of ribbon and plaited the ribbon in an infinitely yet completely regular complexity so that many realities interpenetrate. Each of these realities have many planes. The only difference, my friends, is that there is no maypole and this we cannot explain to you. Our reluctance was in talking about the precise structure or methodology of

constructing such areas because this type of power would again be wasted by your peoples if at this time if it were rediscovered. There has been enough waste already.

這就好像你們拿起一個帶有很多的彩帶的五月柱，並用一種無限而完全有規律的複雜性將彩帶編織起來，這樣很多的實相就會相互貫穿了。這些實相中的每一個都擁有很多的層面。唯一的不同，我的朋友，是沒有五月柱，這是我們無法對你們解釋的。我們的不願意是對於談論構成這樣的區域的精確的構架或者方法論的不願意，因為這種類型的力量會再一次被你們的人群所浪費，如果在此刻它被再次發現的話。已經有足夠多的浪費了。

Does this answer your question?

這回答了你的問題嗎？

M: Yes.

M：是的。

N: I have a question. When I channel, it seems that I can usually pick up the contact fairly easy and then after a short period of time—most of the time it is a short period of time—I just seem to lose it. I get the basic contact, or thoughts, but I can't seem to carry it for any length, but I'd like to. Do you know why I do this or have any suggestions to help me with channeling?

N：我有一個問題。當我傳訊的時候，看起來似乎我通常能夠相當容易地接收到接觸，接下來，在一段短小的時段之後——大多數時候，它是一小段時間——我僅僅看起來似乎失去它了。我得到了基本的基礎，或者想法，但是我看起來似乎無法攜帶它任何長度的時間，但是我想要。你們知道為什麼我會這樣嗎，或者你們有任何建議來幫助我進行傳訊嗎？

I am aware of your question. When an instrument such as yourself reaches the level of ability of which you speak, he has two choices. He can either remain at that level or he can consciously work to extend or to enlarge his ability to sustain an image. Basically, those who succeed in becoming a more extended type of channel are those who are willing to build up their confidence enough to continue sustaining an image beyond the first completed thought or image.

我瞭解了你的問題了。當一個諸如你自己之類的器皿抵達了你談及的能力的時候，他擁有兩個選擇。他能夠要麼會保持在那個層次上，要麼他能夠有意識地工作來延伸或者拓展他保持一個圖像的能力。基本還是那個，那些在成為一個更為拓展性的類型的管道是成功的實體，是那些樂意於足夠多地積累它們的信心，以繼續維持一個圖像，超出了一開始被完成的想法或者圖像。

There are several ways in which to encourage yourself in this service to others. Perhaps one of the best ways is to encourage within yourself any tendency to do spiritual reading or meditation upon a spiritual thought. This, shall we say, stimulates your own higher self and provides our contact with more fuel, if you would call it that, for our own thoughts to mesh and work with.

會有幾種通過其在這種對他人的服務中鼓勵你自己的方法。也許最佳的方法中的

一個就是在你自己內在之中鼓勵任何對於進行靈性閱讀或者在一個靈性的想法上進行冥想的傾向。容我們說，這會激勵你自己的高我，並提供給我們的接觸更多的燃料，如果你願意那樣稱呼它的話，來讓我們自己的想法與之緊密配合並與之一共工作。

This type of channeling that we are using with your group is not pure channeling. Very seldom do we achieve anything like a pure contact. It is a joint effort between the channel and our thought wave. The more open the channel is to being used to saying things without regard to their sense or what will come next, the more confidence the channel has that something will work out in the end, the more extended our contact through anyone channel can be. There is a delicate balance, of course, between being confident enough to sustain a contact and being so confident that you lose a contact while attempting to speak your own thoughts. However, we do not feel that you would ever have this problem due to your temperament and nature which is not prone to this type of energy.

我們正在與你們的團體使用的這種類型的傳訊，並不是純粹的傳訊。我們非常少會取得任何類似於一種純淨的接觸的事物。它是在管道和我們的思維波動之間的一種結合的努力。管道對於被用來，不管它們的感覺或者接下來將會出現什麼，講述事情越為開放，管道擁有的對於某個事情將會在最後產生出來的信心就會越大，我們通過任何管道的接觸就能夠成為越發拓展性的了。當然，變得足夠有信心以維持一個接觸，與變得如此有信心以至於你們會失去一個接觸而同時嘗試去說出你們自己的想法之間，會有一種微妙的平衡。然而，我們並不感覺到，你們會由於你們的性情與屬性而遇到這個問題，你們的屬性並不傾向於這種類型的能量。

Therefore, we simply urge you, in addition to silent meditation, [to] put aside a few minutes as often as possible for spiritual reading or meditation upon a thought or an image of a spiritual nature. Then we simply suggest that as you pray that you may be of service to others you then relax and have a quiet confidence that this prayer will be answered. It will take a while for you to build up to longer messages, yet, as you seek so shall you find. And this is true of this desire to serve as well as any other desire that you might have. We are at all times with you and encourage you in any way that we can. And above all, we wish to express our gratitude that you wish to be of service in this way.

因此，我們單純地鼓勵你們，除了靜默冥想之外，盡可能頻繁地留出幾分鐘時間來進行靈性的閱讀，並對具有一種靈性屬性的一個想法或者一個形象進行冥想。接下來，我們會單純地建議，當你們起到你們可以對其他人進行服務的時候，你們接下來放鬆並對這個祈禱將會被回應抱有一種安靜的信心。你們要積累到更長的資訊，這將要花費一會兒的時間，而當你們尋求的時候，你們將會找到。這對於這種服務的渴望是真實的，同樣對於任何其他的你們可能擁有的渴望也是真實的。我們在所有的時候都與你們在一起，並會用任何我們能夠的方法鼓勵你們。最重要的是，我們希望表達我們對於你們希望用這種方式進行服務的感激。

N: Thank you.

N：謝謝你們。

I am with the instrument. Is there another question? I am with you. I and my brothers at all times are with. It has been said that we are a voice of love. And let me tell you, my friends, our voice is millions strong. And our voice is heard by more and more of your peoples. We thank you for letting us speak among you and share with [you] our thoughts. We ask you to lift up your voice also, for each voice that speaks of love and light to your peoples is a voice of great worth and of great beauty. Seek that love and light within yourself, my friends, and then share it. I leave you in His light and in His love. I am one of Hatonn. Adonai.

我與器皿在一起了。有另一個問題嗎？我與你們在一起了。我和我的兄弟在所有的時候都是與你們在一起的。已經被說過是，我們是一個愛的聲音。讓我告訴你們，我的朋友們。我們是聲音是數百萬的。我們的聲音是被你們很多很多人聽到了的。我們為讓我們在你們當中發言並與你們分享我們的想法而感謝你們。我們請你們同樣提高你們的聲音，因為每一個對你們的人群談及愛與光的聲音都是一個具有巨大的價值，具有巨大的美麗的聲音。在你自己內在之中尋求那種愛與光，我的朋友們，接下來，分享它。我在祂的愛中，在祂的光中離開你們。我是 *Hatonn* 中的一員。 *Adonai*。

August 10, 1977

1977-08-10 Hatonn：直覺與信心

(Carla channeling)

(Carla 傳訊)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. We are very pleased to be with you and we greet each of you. We have a good contact tonight and this makes it easier for us to share our thoughts with you.

我是 Hatonn，我在無限造物者的愛與光中向你們致意。我們非常高興與你們在一起並向你們各位致意。我們今晚擁有一個良好的接觸，這讓我們與你們分享我們的想法變得更加容易了。

Your peoples, my friends, do not always have a good contact with us, or with any of those who attempt to help them to remember their true self. Why is it, my friends, that your peoples are often so unaware of the friends that they have? We have come from other worlds, shall we say, other dimensions, other times. Any of your helpers are parts of your own real self, separated from you only by your limited consciousness while within the physical illusion. Others of your helpers have been your teachers through past experiences on the soul level. You have teachers who are within the physical illusion with you at this time whose words you may read or hear; whose music you may hear; whose feelings you may come to understand on a conscious level.

我的朋友們，你們的人群並不是一直都與我們，或者與任何嘗試去幫助它們憶起它們真實的自我的實體擁有一種良好的接觸。我的朋友們，為什麼你們的人群經常對它們擁有的朋友如此之不察覺呢？我們已經從其他的世界，容我們說，從其他的維度，其他的時間前來。你們的任何的幫助者都是你們自己真實的自我的一部分，它僅僅是因為你們在處於這個物質性的幻象中的時候的受限制的意識而與你們是分開的。你們的其他的幫助者已經是在貫穿過去的體驗中的那些在靈魂的層面上的你們的老師。你們在此刻在你們身邊擁有在你們的物質性的幻象中的老師，你們可以讀到或者聽到它們的話語，你們可以聽到它們的音樂，你們可以在一個有意識的層面上開始理解它們的感覺。

Within the illusion, all of these helpers, my friends, [who] people your world—are inhabitants within the life of your true self which you call the soul. And yet, how many of your peoples, my friends, think they are alone, and the world is a jungle and they must get by the best they can? With this kind of philosophy, my friends, every day is a difficult one; every decision is a hard one; and all brothers and sisters are met with suspicion. Yet, my friends, you are truly very rich in friends, most of them unseen, most of them available only through meditation.

在幻象中，所有那些遍佈於你們的世界中的幫助者，我的朋友們，都是在你們稱之為靈魂的你們的真實的自我的生命之中的居住者。而我的朋友們，你們的人群中有多少人，認為它們是孤單的，世界是一個叢林，它們必須盡其所能來勉強生存下去？藉由這種類型的哲學，我的朋友們，每一天都是一個困難的日子，每一

個決定都是一個艱難的決定，所有的兄弟姐妹都是帶著猜疑來面對的。而我的朋友們，你們在朋友的方面真的是非常豐富的，它們大多數是看不見的，它們大多數人僅僅是通過冥想才能被取得的。

Your own higher self is your greatest friend. Your own higher self retains the memory of all that you have learned. Not only in this experience, but in that great sum of experience through which your true self has traveled on its path to where you are now. It has been written in your holy works that the master known as Jesus came to declare the acceptable year of the Creator, the acceptable time for understanding of unity. At the beginning of your cycle, your people were unacceptable, for there was a great darkness, a great forgetting, for all the souls that had begun in this cycle at that time had to begin with total lack of memory, had to begin in the darkness of total illusion to rediscover independently and of free will all of the truths of the Creator; all of the truths and of love and brotherhood; all of those things that separate the conscious awareness of the living soul from the instinctive rise of awareness of your animal life.

你自己的高我你是你最大的朋友。你自己的高我包含了對所有你已經學會了的事物的記憶。不僅僅是在這個體驗中，同樣也是在你真實的自我已經在它的通往你現在所處的位置的道路上旅行過了的體驗的巨大的集合之中的記憶。在你們的神聖著作中已經被寫道過，被知曉為耶穌的大師是前來宣佈人對造物者成為可以接受的年份，以及人對統一性的理解成為可以接受的時間。在你們的週期的開始，你們的人群是不可接受的，因為會有一種巨大的黑暗，一種巨大的遺忘，因為所有的已經開始了這個週期的靈魂在那個時刻都不得不與一種完全的缺少記憶打交道，都不得不從完全的幻象的黑暗開始，以獨立自主地，且憑藉自由意志來再次發現全部的造物者的真理，全部的愛與兄弟屬性的真理，以及所有那些將獲得靈魂的有意識的察覺與你們的動物生命的認識的本能性的上升分開的事物。

And in the instinct to conscious awareness of truth, your peoples have labored long, for thousands of your years, through many lives. You have worked to begin to express in a conscious manner your knowledge of unity.

通過對真理的有意識的知曉的直覺，你們的人群已經辛苦勞作了很長時間，你們的數千年的時間，穿越了許多次的生命。你們已經進行工作已開始用一種有意識的方式表達你們對統一性的知曉。

The master known as Jesus came to declare that acceptable truth. He served as a perfect example. And those truths have become more and more acceptable to individual souls as the cycle has progressed. That acceptable year, my friends, draws nigh and is upon you. That which you are expressing at this time may well be your final expression within this cycle. It is time, as this instrument would say, to get it right. It is within the awareness of each of you within this group to understand the pressures of the one who desires to pass the test at the end of the school year. There is a studying, there is a caring, a desiring that one's level of understanding may be acceptable.

被知曉為耶穌的大師前來選擇那個可接受的真理。他作為一個完美的榜樣來服務。隨著週期的發生，那些真理已經越來越多地對個體的靈魂成為可接受的了。

那個可接受的年份，我的朋友們，是近在眼前，你在你們面前的。你們在此刻正在體驗到的事物，很有可能就是你們在這個週期中的最後的表達了。現在就是，如這個器皿會說的一樣，糾正它的時間了。在這個團體中的你們每一個人的認識中，它就是去理解一個渴望去在學年結束的時候通過考試的實體的壓力。會有一種學習，會有一種慣性，一種渴望，一個人的理解的層次可以成為可接受的。

We ask, my friends, that as you turn to meditation, you turn with desire to understand fully that which is acceptable, that which is true. Many, many are the philosophies and the religions among your peoples that always, no matter what the disagreements and contradictions of what you may call dogma, always the ethical considerations remain constant. The ethics, that which is acceptable, do not seem to be in question for action is the most expressive form of truth. Therefore, we ask you to meditate and seek that truth. And then go forth and enjoy. Allow that which is acceptable to the Father to flow from you as you have received it in meditation.

我的朋友們，我們請你們在你們轉向冥想的時候是帶著去充分理解可被接受的事物，真實的事物的渴望而轉向冥想的。在你們的人群當中有很多很多的哲學與宗教信仰，無論有什麼對你們可能稱之為教條的事物的意見不一與矛盾，倫理道德上的考慮一直都是保持不變的。那個倫理道德，可被接受的事物，看起來似乎並不是有疑問的，因為行動是真理的最有表現力的形式。因此，我們請你們冥想並尋求真理。接下來，前進並享受。允許那個對天父是可接受的事物從你們開始流動，在你已經在冥想中接受它的時候。

Perhaps there is a greater question in back of what we speak to you about this evening. Perhaps while you are within the physical illusion you can never be totally sure that it is truly an illusion and that your real self is completely infinite and has eternal life. It is for reasons such as these that a word known as "faith" was conceived by your peoples. The word has unfortunate connotations, yet it is not foolish to have faith. There are many things which are not seen, but which you for some reason have inner conviction will come to pass. My friends, they will come to pass whether or not you have inner convictions. But your own personal progress along the lines of seeking will be much more rapid if you allow yourself to trust that intuition that tells you that our words are true. As you allow yourself to have as much faith as you may feel comfortable with, that small amount of faith will express itself to you in reflection in many privately convincing ways so that gradually you will not have to go on faith anymore for you will have been shown in ways that are clear to you that that which you had faith [in] is indeed true.

也許在返回到我們在今晚對你們談及的內容的方面會有一個更大的問題。也許在你們處於你們的物質性的幻象中的時候，你們永遠無法完全確信，它真的是一個幻象，你們真實的自我是完全無限且擁有永恆的生命的。就是為了諸如這些原因之類的原因，一個被知曉為“信心”的詞語是被你們的人群所領會了的。這個詞語擁有效果不好的含義，但是你們為了某種原因擁有內在的確信的事物將會開始出現。我的朋友們，它們將會出現，無論你們是否擁有內在的確信。但是你自己沿著尋求的線路的個人的發展將會是遠遠更加快速的，如果你允許你自己相信那個直覺的話，那個直覺對你們講述，我們的話語是真實的。當你允許你自己擁有和

你可能對其感覺到舒適的信心一樣多的信心的時候，那個少量的資訊就將會通過很多用私人的方式是令人確信的方式通過映射表達它自己，這樣逐漸地，你講講不必再依賴于信心前進了，因為你將已經通過種種對於你是清晰的方式被顯示，你對其擁有信心的事物確實是真實的。

Therefore, my friends, [it] is not the tool of the fanatic or one who is mentally deficient or one who is mentally lazy. Faith is the conscious tool of the intellect used to link your intellect, which is a rather weak tool, with your intuition and your deeper awarenesses, which are very strong tools, but about which you know nothing intellectually. Many have said that there can be no link between the intellect and the intuition, or the heart. But, my friends, this is not so for all people know those things about which one has faith. All people are aware that it is possible to believe in love, in hope, in giving, in healing. All people, even the most materialistic, my friends, are aware of the legitimacy and the worth of these unseen powers. Their faith may be greatly diminished, but the words, concepts and the possibility of faith are meaningful. Ask yourself what things you have faith in; what things are of worth to you. And allow those things to expand as you bring them into your conscious, intellectual awareness. First, through meditation and then through the actions given to others in joy.

因此，我的朋友們，信心不是狂熱的人，或者在心智上是有缺陷的人，或者在心智上是懶惰的人的工具。信心是，用智力的方式被使用的，將你的智力與你的知覺與你更為深入的認識連接的有意識的工具，你的智力是一個相當無力的工具，而你的直覺與更為深入的認識是非常強有力的工具，但是，你們用智力的方式，不會對其有任何的知曉。很多人已經說過，在智力與直覺或者心之間，是不會有連接的。但是，我的朋友，並非如此，因為所有人都知曉那些一個人對其擁有信心的事情。所有人都知曉，有可能去相信愛，相信希望，給予，療愈。所有人，甚至是最為唯物主義的人，都知曉這些看不見的力量，正當性與價值。它們的信心可能被極大地減弱了，但是，具有信心的話語，觀念與可能性是有意義的。詢問你自己，你會對什麼事情擁有信心，什麼事情是對你們有價值的。允許那些事情在你們將它們帶入到你們的有意識的，智力的認識中的時候拓展，首先通過冥想，接下來通過在喜悅中被給予其他人的行動。

We are attempting the transformation of beings through these speeches. We can do so very little, my friends. We can only urge you to meditate; possibly, inspire you through our descriptions of those things of which we have the greatest faith, in which we feel the greatest belief. In our vibration, these are not inspiring words, these are the sober truths. In our vibrations, my friends, they must come through the mists of the material illusion. They must be filtered through your words. And all we can hope is that through the magic of your imagination and your desire to seek the truth our words will inspire you to meditate.

我正在通過這些演講嘗試對存有產生出轉變。我的朋友們，我們能夠做的事情是如此之少。我們僅僅能夠鼓勵你們進行冥想，並有可能能夠通過對我們對其擁有最大的信心的事情，我們對其感覺到最大的信任的事情的描述來啟發你們。在我們的振動中，這些不是令人啟發的話語，這些是嚴肅認真的真理。在我們的振動

中，它們必定會通過物質性幻象的迷霧出現。它們必定會通過你們的話語被過濾出來。所有我們能夠希望的事情就是，通過你們的想像力的魔法與你們去尋求真理的渴望，我們的話語將會啟發你們進行冥想。

As we said many times, we do not know it all. We are not very wise. We have simply been a little farther up what you might call Jacob's Ladder. And we know that the journey is far, far more beautiful, more rewarding, and more deserving of faith than any possible journey to any possible place in space, in time, or in imagination. The journey for truth, my friends, is a journey for love, a journey for yourself, for you are truth and love. We hold out our hands to you on this journey and if at any time you wish our thoughts or the simple strengthening of our vibration, request it mentally, and I and my brothers will be there. That, my friends, is another thing in which you may have faith.

如我們已經說過很多次的一樣，我們並不完全知曉它。我們不是非常睿智的。我們單純地已經在你們可能稱之為雅各的天梯（Jacob's Ladder）的事物上晚上爬的更遠一點了。我們知曉旅程比在空間中，在時間中，或者在想像裏中前往任何有可能的地方的任何有可能的旅程，是遠遠，遠遠更加美麗，更加有回報，更加值得信心的。我的朋友們，追尋真理的旅程是一條追尋愛的旅程，一條追尋你自己的旅程，因為你就是真理和愛。我們在這條旅程上向你們伸出手，如果在任何時候你們希望我們的想法或者對你們的振動的簡單的增強，在心智中請求它，我和我的兄弟將會在那裏。我的朋友們，那就是你們可以對其擁有信心的另一件事情了。

I would like my brother Laitos to work with you. I will return. I am Hatonn.

我想要我的兄弟 *Laitos* 與你們一同工作。我將會返回。我是 *Hatonn*。

I am Laitos. And again I greet you in the love and the light of the infinite Creator. If you will be patient, I would like to work with each of you briefly to offer our contact to you. I would like to condition the one known as G. If she would relax, I would condition her. If she desires, I will speak a sentence or two through her. Please relax and speak up as I give you my thoughts. I am Laitos.

我是 *Laitos*。再一次，我們在無限造物者的愛與光中向你們致意。如果你們將會有耐心，我想要簡短地與你們每一位一同工作，以向你們提供我們的接觸。我想要調節被知曉為 *G* 的實體。如果她願意放鬆的話，我會調節她。如果她渴望，我將會通過她說一兩句話。請放鬆並在我們給予你們我的想法的時候說出來。我是 *Laitos*。

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. We have some adjusting to do with this instrument. If the one known as G would be patient, we would like to slightly adjust the tuning. We will again attempt contact. I am a Laitos.

我再一次與這個器皿在一起了。我們擁有一些調節要對這個器皿進行。如果被知曉為 *G* 的實體會是有耐心的，我們想要輕微地調節調音。我們將再一次嘗試接觸。我是 *Laitos*。

(Carla channeling)

(Carla 傳訊)

I am Laitos. We thank the one known as G for the privilege of working with her. We have a fairly stable contact and we are greatly appreciative of the opportunity. We would attempt to contact the one known as M1, if he would relax. We would like to say a sentence or two through him if he desires this service.

我是 *Laitos*。我們為與被知曉為 *G* 的實體一同工作的榮幸而感謝她。我們擁有一種相當穩定的接觸，我們極其感激那個機會。我們會嘗試接觸被知曉為 *M1* 的實體，如果他願意放鬆的話。我們想要通過他說一兩句話，如果他渴望這個服務的話。

(M1 channeling)

(*M1* 傳訊)

I am Laitos. I ...

我是 *Laitos*。我.....

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Laitos. We are very, very pleased to make contact with the one known as M. It is an exciting thing for us and for the instrument and we assure the instrument that it gets easier to maintain contact as one becomes used to the shock of speaking one's thoughts out loud for it is very different to speak out loud than it is to hear within without having [put one's] thoughts into words. We are most pleased. I would now like to condition the one known as T and speak just one or two sentences through him if he would desire this service. I am Laitos.

我再一次與這個器皿在一起了。我是 *Laitos*。我們非常非常高興與被知曉為 *M* 的實體建立接觸。對於我們且對於器皿，它都是一個令人激動的事情。我們對器皿保證，隨著一個人習慣於大聲說出一個人的想法的衝擊，要保持接觸會變得比在內在之中聽到一個人的想法而不必將其形成話語要更加簡單。我們是極其高興的。我現在想要調節被知曉為 *T* 的實體，並通過他說僅僅一兩句話，如果他會渴望這種服務的話。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. We are aware of the problem. It is a great shift from the intellectual to the intuitive, as we have been speaking about this

evening; to speak thoughts without knowing ahead of time the direction of the thought. Thus it is almost like, shall we say, a noise in the head which cannot be separated into words at first, and the noise blurs the words. However, if you desire this service and persist in attempting, you will eventually become able to, shall we say, decipher the signal from the noise. The noise is [the] background of your daily existence for there are many, many small thoughts and constant pressures which are attendant upon living within a chemical body and having the responsibilities and social ties through which your life within this illusion has its dynamics and within which you learn. We [are] attempting to say that this noise is not in itself evil or to be vanished, for you are here to learn, not to, shall we say, groove, entirely. Or, shall we say, you are here to learn and groove, but not one at the expense of the other. In meditation, this background noise will gradually sift away. And all of the messages will begin to come through a little better, including ours.

我再一次與這個器皿在一起了。我們知曉問題了。如我們今晚一直都在談及的一樣，從智力轉換到直覺，並在提前知曉想法的方向的情況下就說出想法，這是一種巨大的轉換。因此它幾乎就像是，容我們說，在頭腦中的一種噪音，它一開始是無法被分開形成言語的，噪音讓言語一片模糊。然而，如果你們渴望這種服務並在嘗試中是堅持不懈的，你們將最終能夠，容我們說，從噪音中破解出信號。噪音就是你們的日常存在性的背景，因為會有很多很多的小的想法與持續不斷的壓力是伴隨著活在一個化學性的身體中以及擁有責任以及社會性的約束而存在的，就是通過這些責任以及社會性的約束，你們在這個幻象中的生命擁有它的動力性，你們在其中進行學習了。我們正在嘗試去說，這種噪音在其自身不是邪惡的，或者是要被消滅的，因為我們是在這裏來學習的，而不是，容我們說，來完全地感到愉悅的。或者，容我們說，你們是來這裏來學習並感到愉快，而不是以犧牲其他人為代價而感到愉快的。在冥想中，這種背景噪音將會逐漸被篩除掉。所有的資訊將會開始更好一些地出現，包括我們的資訊。

We thank you very much for the privilege of working with you. We would like to attempt to condition the one known as M2, the one known as R, the one known as S. If they would relax and make themselves open to our contact we will attempt to make a better contact with each life vibration. I am Laitos.

我們非常感謝與你們一同工作的榮幸。我們想要嘗試調節被知曉為 M2 的實體，被知曉為 R 的實體，被知曉為 S 的實體。如果它們願意放鬆並讓它們自己向著我們的接觸開放，我們將會嘗試與每一個生命振動建立一種更好的接觸。我是 Laitos。

(Pause)

(暫停)

I am Laitos. We rejoice that we have been able to be with each of you. It is a good contact tonight. And we are very, very privileged and pleased. I will leave this instrument now and return the meeting to my brother Hatonn. I am Laitos.

我是 Laitos。我們為我們已經能夠與你們每一位一同工作而歡呼。今晚它是一個良好的接觸。我們非常非常榮幸與高興。我將會現在離開這個器皿，並將集會返

回到我的兄弟 *Hatonn*。我是 *Laitos*。

I am with the instrument. I am *Hatonn*. And I greet you again in love and light. Before we close, I would open the meeting to questions. Does anyone have a question?

我與器皿在一起了。我是 *Hatonn*。我在愛與光中再一次向你們致意。在我們結束之前，我會向問題開放集會。任何人有一個問題嗎？

Questioner: What was the beginning? *Hatonn*, you talked briefly of our higher self being the sum of the knowledges of the many lives we have lived. Where did it all start? How did it all start?

提問者：開始是什麼呢？*Hatonn*，你們簡短地談及了我們的高我是對我們已經活過的很多的生命的知曉的總和。它是從何處開始的呢？它是如何開始的呢？

This information is beyond our understanding. It is our intuitive feeling that the Father has no beginning and no ending, has no limits of any kind. It is our intuitive understanding that the conscious universe as we know it with its infinity of expressions, vibrations, times, spaces, dimensions and thoughts was an instantaneous expression of the Father in a single vibration which in your holy works has been called the Word. The Word, my friends, was love. There was one original Vibration that expressed itself out of the infinite, out of the invisible. Love then formed gradually, step-by-step, all that the individual consciousnesses which were expressed by love at that time could begin to create. The universe has been peopled more and more by the individual imaginations and thoughts of all of those infinite beings that were created as part of the love vibration. Each of you, my friends, has dwelled since the beginning of time. Before the beginning of time, there was the Father. It is our intuitive understanding that after the end of time, when all of the particles of infinite love have made the journey back to the Father, there will still be the Father. There is no beginning and there is no ending, but our universe is love.

這個資訊是超出了我們的理解的。我們的直覺的感覺是，天父是沒有開始，沒有結束的，是沒有任何類型的限制的。我們的直覺的理解是，有意識的宇宙，如我們藉由它無限多的表達、振動、時間、空間、維度和想法對它的知曉一樣，是在一個單一的振動中對天父的一個瞬間的表達，這個單一的振動在你們的神聖著作中已經被稱之為道（*Word*）了。我的朋友，道就是愛。會有一個原初的振動，它從無限，從看不見的事物表達它自己。愛接著逐漸地，一步接一步地，形成了所有被愛表達的那個個體的意識，在那個時刻，就能夠開始創造了。宇宙已經藉由所有那些無限的存有的個體的想像與想法而有了越來越多的人居住了，無限的存有是作為愛的振動的一部分被創造出來的。我的朋友們，你們每一個人，自從時間的開始就已經存在了。在時間開始之前，有天父。我們直覺的理解是，在時間結束之後，當所有的無限愛的微粒都已經完成了返回天父的旅程之後，將會仍舊有天父。沒有開始，沒有結束，但是我們的宇宙是愛。

Does this answer your question?

這回答了你的問題嗎？

Questioner: (Inaudible)

提問者：(聽不見)

If there are no further questions we will attempt to bless each of you and thank you for the great privilege of having contact with your unique and precious life vibration. Each of you is a totally unique and precious child of the Creator. Wherever you are on your journey, my friends, we are all with you. We are all your brothers. I and my brothers leave you in the love and light.

That is all that there is. *Adonai vasu borragus*.

如果沒有更進一步的問題，我們將嘗試去祝福你們每一位，並為與你們的獨一無二而寶貴的生命振動進行接觸的巨大的榮幸而感謝你們。你們每一位都是天父的一個完全獨一無二且寶貴的孩子。無論你們處於你們的旅程上的何處，我的朋友們，我們全都與你們在一起。我們全都是你們的兄弟。我和我們的兄弟在愛與光中離開你們。那就是一切萬有。*Adonai vasu borragus*。

September 26, 1977

1977-09-26 *Hatonn* : 人格的外衣與繃帶

(H channeling)

(H 傳訊)

I am *Hatonn*. Greetings, my friends, in the love and in the light of our infinite Creator. I shall speak with you this evening for it has been requested and it is our purpose for being here. I shall speak upon several subjects and shall attempt to answer many of your questions as we are aware of them.

我是 *Hatonn*。我的朋友們，在我們的無限造物者的愛與光中向你們致意。我將會在今晚與你們發言，因為它已經被請求了，它就是我們在這裏的目的了。我將會在數個主題上發言，並將會嘗試回答你們的很多的問題，在我們察覺到它們的時候。

I have said that my name is *Hatonn*. Yet, I wish you to know that this is not a name as you would know it. It is merely a means for identifying ourselves in a way that is acceptable to you. If you were within our world, shall we say, you would understand the concept; the concept of lack, shall we say, of desire for identification. This does not mean that we do not live as individuals. But it means that we live as one, together, united for one goal, desirous not of, shall we say, boosting of our personalities and of our egotistical traits. We wish only to unite and to serve, as we have come to the realization that all men are servants to one another. And it is our obligation and our desire to serve those upon planet Earth in their time of need.

我已經說過我的名字是 *Hatonn*。而我希望你們知曉，這不是一個如你們知曉的名字一樣的名字。它僅僅用一種你們可以接受的方式對我們自己進行辨認的一條途徑。如果你們在，容我們說，我的世界中，你們會理解那個觀念，對身份缺少渴望的觀念。這並不意味著我們不是作為個體而活著的。但是它意味著，我們是作為一個實體在一起，是為了一個目的被結合起來而活，我們並不渴望，容我們說，對我們的人格或者對我們的以自我為中心的特性的提升。我們僅僅希望結合為一體並進行服務，因為我們已經取得這樣一種認識，即所有人都是相互彼此的僕人。我們的責任以及我們的渴望服務那些在行星地球上的人，在它們需要的時候。

We have come from many areas as you would understand it and have traveled great distances as you would understand it. But to us the distances are nearly nonexistent. We feel that those upon planet Earth who attempt to understand, shall we say, the mechanics of the universe have somewhat erred in their pursuit of knowledge. For, my friends, to understand the physical intellect that you utilize while existing upon the planet Earth, to utilize that intellect to attempt to understand the universe, is in many ways a useless endeavor. The intellect which you utilize has been programmed to accept finite principles, meaning that you have placed limitations upon that which it shall accept. And the universe, my friends, is founded upon [the] infinite, all things being infinite and therefore having no limitations. So it is

incomprehensible to us that man could understand the universe in its totality utilizing only the intellect which is many times (inaudible).

我們已經從很多的區域前來，如你們對區域的理解一樣，並已經旅行了很大的距離，如你們對距離的理解一樣。但是，對於我們距離是幾乎不存在的。我們感覺到那些在行星地球上的嘗試去理解，容我們說，宇宙的機制的人，已經多少在它們對知識的追尋上誤入歧途了。因為，我的朋友們，理解在存在於行星地球上的時候你們使用的物質性的智力，去利用那種智力來嘗試去理解宇宙，這在很多方面都是一種無用的努力。你們利用的智慧已經被編程來接受有限的原則與意義，你們已經在它將會接受的事物上設置了限制了。我的朋友們，宇宙是被構建在無限之上的，所有的事物都是無限的，因此是沒有限制的。因此，人能夠僅僅只利用智力在宇宙的完整性的方面理解宇宙，這對於我們是無法理解的，智力很多時候（聽不見）。

We do not attempt to be scornful in any manner. We attempt only to display and to give the truth as we perceive it. Whatever we say we ask only that you listen if you would wish to and decide for yourself if it is the truth that we speak and if the truth that we speak is that which you are seeking. For, my friends, the truth may be presented in many ways. Though it shall always say the same, it can be phrased in many different [ways] and brought through many different sources.

我們並不是要用任何方式成為嘲諷的。我們僅僅嘗試去展現真理並給予真理，如我們對它的理解一樣。無論我們說什麼，我們僅僅請求你們聆聽，如果你希望聆聽的話，請為你自己決定，是否它就是我們談及的真理，是否我們談及的真理是你正在尋求的事物。因為，我的朋友們，真理可以用很多種方式被呈現出來。儘管它將會一直都說相同的話，它能夠用很多不同的方式被措辭，並通過很多不同的源頭被產生出來。

The reason it is this way upon your planet is because your peoples are still endeavoring within their personalities and seeking means of personal identification. Therefore, each shall choose the path that is most comfortable for them to follow. In understanding this, you can see that it is not the responsibility of anyone to point the fallacy of any path out to one who is consciously following that path with love in their heart. Though the path may not be the purest in your eyes, the love within their heart is. And that love shall eventually draw all to that universal point where all is indeed one with the other.

在你們的星球上是這種方式的原因是因為，你們的人群仍舊在它們的人格中努力，並仍舊在尋求個人身份的意義。因此，每一個人都將會選擇對於它們是要去跟隨的最舒服的道路。在理解這一點的方面，你們能夠看到，對於一個藉由在它們心中的愛而有意識地追尋道路的人，**對於任何道路的錯誤，這不是任何人的責任。**儘管那條道路可能在你們的眼中不是最為純淨的，在它們心中的愛卻是最純淨的。那種愛將會最終將所有人拉到那個人類全體的位置上，在其上所有人確實是與其他人成為一體的了。

Look not upon your brother as someone different than you. Look upon your brother as a reflection of a portion of yourself and of your Creator. The

Creator, my friends, is a term which we use to signify that which we consider to be the omnipresent energy and intelligence that is, shall we say, the maker of all things. We see the presence of that Creator within each individual and within all matter. For if indeed, as many of your major philosophies have stated, all things are one, then the Creator must be within them. The greatest law which you may observe is to love and respect one another as you would yourself; to love and respect the Creator within each individual. Do not attempt to focus upon those points of personality which seem undesirable to you, but focus your attention upon those points of universality, one with the Creator, within your brothers. And in this way, you shall commune more quickly, in love and in harmony, with not only your brothers upon this planet, but with your brothers throughout the universe,

不要將你們的兄弟視為事某個與你們不一樣的人。將你的兄弟視為是對你自己的一部分，對造物者的一部分的一個映射。我的朋友們，造物者是一個我們用來表示我們認為是無所不在的能量與智慧的事物的詞語，那種能量與智慧是所有事物的，容我們說，製造者。我們在每一個個體之中，在所有的物質當中看到了造物者的存在。因為，如果確實如你們的很多的主要的哲學家已經陳述過的一樣，所有的事情都是一體的，接下來，造物者必定是在這些事物內在之中的。你們可以觀察到的最大的法則就是，如你會愛並尊重你自己一樣地去彼此相愛，彼此尊重，去愛和尊重在每一個個體內在之中的造物者。不要嘗試去聚焦在那些看起來似乎對於你們是不理想性的人格的位置，而是將你們的注意力聚焦在你們的兄弟內在之中那些具有共性的位置，以及與造物者的合一上。用這種方式，你們將會在愛中，在和諧中更加快速地合為一體，不僅僅與你們在這個星球上的兄弟們，同樣也與貫穿整個宇宙的你們的兄弟們。

For indeed, the universe in which we all exist is infinite in size and infinite in population as you would know. We of the Confederation of Planets in Service to the Infinite Creator, as we sometimes call ourselves, have been with you throughout your history, though we are more numerous now than ever before. And each of you taking a look at the situations within your world can indeed understand why. For man upon planet Earth is caught not only in his own illusion, but in a dilemma. He has created for himself what you would term as inevitable destruction due to environmental abuse and conscious projection of negative thought forms. This is indeed evident and has in many ways been stated by your scientists. Though they do not know the true reasons why, they know the effect that is already in process.

因為，確實，我們全都存在於其中的宇宙，如你們會知曉的一樣，在大小上是無限的，在人數上是無限的。我們服務於無限造物者的星際聯邦，如我們對我們自己的稱呼一樣，已經在貫穿你們整個歷史都與你們在一起了，儘管我們現在是比我們之前是要更多一些的。你們每一個觀察在你們的世界中的各種情況的人都確實能夠理解為什麼。因為在行星地球上的人不僅僅被束縛在他自己的幻象中，同樣也被束縛在一種兩難選擇之中了。他已經由於環境的濫用以及對負面性的思想心態的有意識的投射而為他自己創造出了不可避免的破壞了。這確實是明顯的，並已經用很多方式被你們的科學家講述過了。儘管它們並不理解為什麼，它們知道已經在進行中的作用了。

Therefore, we have come to help, to help the people of Earth to understand what it is they have done to cause this effect and what it is they can do to alleviate to the greatest extent those effects already in process. We wish not to speak of doom. We wish not to speak of annihilation. We wish to speak of the rebirth of planet Earth. Rebirth in not only a physical sense, but more important in a sense that you would term as being spiritual. My friends, you can dwell within this type of environment as long as you choose to do so. But if you choose to advance, shall we say, upon the evolutionary scale, then it is necessary to strive spiritually to understand yourself and your ability to create the environment that you choose. Each and every one of us are the extension, as we have stated, of the Creator. And within us is planted that ability to project thought forms, and if given enough time, to manifest that thought form into physical actuality and experience. You are indeed the co-creator of your environment with those who you choose to associate with.

因此，我們已經前來幫忙，來幫助地球上的人理解，它們已經做了的什麼事情會導致了這種作用，它們能夠做什麼事情來在最大程度上減輕那些已經在進行中的作用。我們不希望談及末日。我們不希望談及滅絕。我們希望談及行星地球的重生。不僅僅是在一種物質性的意義上的重生，同樣更加重要的是，在一個你們會稱之為靈性的意義上的重生。我的朋友們，你們能夠居住在這種類型的環境中，只要你們選擇去這樣做。但是，如果你選擇在，容我們說，演化的尺度上前進，接下來，要在靈性上進行努力以理解你自己以及你創造你選擇的環境的能力，這就是需要的了。我們每一個人都是，如我們已經說過的一樣，造物者的延伸。在我們內在之中被植入了投射思想形態，以及如果被給予足夠多的時間，去將那種思想形態顯化成為物質性的現實與體驗的能力。你們，與那些你們選擇與之聯合起來的人一起，確實是你們的環境的共同創造者。

Man upon planet Earth looks about these days and times in many ways to experience what is termed as phenomena. But we say to you that there is no such [thing] as phenomena. All things are natural within this universe and all things are possible. Each and every one of you is the phenomena—your life, all of your experiences, are created by you and most of you do not even realize this. To us this is phenomena: your lack of understanding of your own ability.

在行星地球上的人會用很多種方式觀察這些日子與時間，以體驗到被稱之為稀有現象 (*phenomena*) 的事物。但是，我們對你們說，沒有諸如稀有現象之類的事情。所有的事情在這個宇宙中都是自然而然的，所有的事情都是有可能的。你們每一個人都是稀有現象——你的生命，所有你的體驗都是由你創造的，你們大多數人甚至並未意識到這一點。對於我們，這就是稀有現象，你們缺少對你們自己的能力理解。

Man of Earth, open your heart, open your mind and your spirit. Allow the truth of the universe that lies within you to radiate not only within this environment, but throughout the universe. Do not label anything or limit anything. Allow your life to flow freely as it is meant to be. Go within yourself periodically each day in what you would term meditation, and allow the God within you, that essence of the Creator within you, to calm you, to inspire you,

and to fulfill your needs. Listen to the silence which you can so easily hear. And within that silence we promise to be all the knowledge of the universe if only you would reach out and accept it.

地球人呀，開放你們的心，開放你們的頭腦與你們的靈性吧。允許那不僅僅存在於你們內在之中，同樣也存在於貫穿整個宇宙的宇宙的真理輻射出來吧。不要為任何事情貼上標籤，不要限制任何事情。允許你的生命自由地流動，如同它打算要成為的一樣。每一天在你們稱之為冥想的事物中有規律地進入到你自己內在之中過，允許在你內在之中的神，在你內在之中的造物者的實質來安慰你，啟發你，並實現你的需要。聆聽你能夠如此容易地聽到的靜默。在那種靜默中，我們許諾會有宇宙的所有的知曉，只要你們願意向外伸出手並接受它。

We say many things as we speak to you on Earth. But indeed the most important that we come to bear is the need for the individual to take upon himself the initiative to evolve himself or herself on a spiritual basis. And we have found the most, shall we say, expedient tool to be the practice of meditation. It is a key given to us by our Father the Creator to unlock those doors that seem to be so stubbornly bolted before us. Free yourself and free your brothers by going within yourself into the silence. This is the most necessary part.

當我們對在地球上的你們發言的時候，我們說了很多的事情。但是，我們帶來的最重要的事情確實是，個體需要讓他自己進行啟蒙以讓他自己或者她自己在一個靈性的基礎上進行演化。我們已經發現，容我麼說，最為有利的工具，就是對冥想的練習。它是一個我們的天父，造物者給予我們的一把鑰匙，以打開那些看起來似乎在我們前面如此頑固地被鎖閉起來的門。基友在你自己內在之中進入到靜默中而釋放你自己，釋放你的兄弟。這是最為必須的部分。

We of the Confederation are very happy to share with you. I shall transfer this communication to another instrument. I am Hatonn.

我們行星際聯邦非常高興與你們進行分享。我會將這個溝通交流轉移到另一個器皿。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn. I am now with this instrument. And again I greet you in the love and the light of our infinite Creator. I shall continue.

我是 *Hatonn*。我現在與這個器皿在一起了。再一次，我在我們的無限造物者的愛與光中向你們致意。我將會繼續。

Yes, my friends, we ask you to meditate in silence, each of your days. And we do this for a reason, my friends. We have said to you love is all that there is. You must love your brothers and sisters. But, my friends, the beginning of love is the love of yourself as a whole and perfect being. It is in meditation that you become aware of the true nature of yourself and therefore, my friends, the true nature of the universe, for you are inseparable, completely linked with all that there is. That is why you and we are brothers, for neither time nor space,

nor all the dimensions of creation can separate the oneness of consciousness. 是的，我的朋友們了，我們請你們，在你們的每一天，都在靜默中冥想。我們這樣做是為了一個原因的，我的朋友們。我們已經對你們說過，愛就是一切萬有。你們必須愛你們的兄弟和姐妹。但是，我的朋友們，愛的開始就是對你自己，作為一個完整而完美的存有的愛。就是在冥想中，你開始察覺到你自己的真實的屬性，並由此察覺到，我的朋友們，宇宙的真实屬性，因為你們是與一切萬有不可分割，且完全連接在一起的。那就是為什麼你們和我們是兄弟，因為無論是時間，還是空間，還是所有造物的緯度，都為無法分開意識的一體性。

Consider, my friends, yourselves as physical beings who are dressed in many layers and types of attire that cover that which you call your nakedness. You have many items which you do, which you place upon yourselves, many various ways in which you arrange those portions of your body which may grow from day to day. That which you call your hair is arranged in such a way as to make a certain impression, or to please you or to please society. And when you are armored with all of the clothing and the appearance that you desire, then and only then do you meet the world as you perceive it outside yourself. With each layer of clothing, with each arrangement of your hair and your odors and the various manifestations of your physical being, you are separating yourself from the outside world and limiting the responses which you will need to receive in your turn. These are your defenses on a physical level against those things that you do not consider part of yourself. They are your definition of yourself. Perhaps this is not conscious. And perhaps your definition is very carefree. Yet it exists, my friends.

我的朋友們，將你們自己考慮為穿著很多層與很多類型的服裝的物質性的存有，這些衣服覆蓋了你們成為你們的裸體的事物。你們擁有很多你們多的事情，你們放置在你們自己身上的東西，你們擁有很多你們通過其安排你們的身體的那些部分的各種各樣的途徑，你們的身體可能會一天接一天地成長。你們稱之為你們的頭髮的事物是用這樣一種方式被佈置好，以便於留下一定的印象，或者讓你們高興，或者讓社會高興。當你穿戴好了所有你渴望的衣服與外觀的時候，在那個時候且僅僅是在那個時候，你面對世界，因為你感覺它是在你自己外面的。帶著每一層的衣服，帶著對你的頭髮，你的氣味，以及你的物質性的存有的各種各樣的顯化物的每一個安排，你將你自己與外部的事物分隔開，並限制了 you 將會需要你的輪次中接收到的回應。這些就是你在一個物質性的層次上對那些你並不認為是你自己的一部分的事物的防禦了。它們是你對你自己的定義。也許這不是有意識的。也許你的定義是非常無心的。而它存在，我的朋友們。

The thought of allowing your physical being to wander naked in the physical world is not one which seems very desirable. And yet, my friends, all beings are naked. All beings are unified even in their body, even on the level of physical illusion, by the total naturalness and validity of all of the functions and manifestations of their physical form. In nakedness, those differences which seem so obvious when one begins to speak, when one begins to limit oneself by clothing and by cultural differences, fall away and one can see that we are all one.

允許你們的物質性的存有赤裸著在世界上漫遊的想法不是一個看起來非常理想

性的想法。而我的朋友們，所有的事情都是赤裸的。所有的存有，甚至在它們的身體中，甚至在物質性幻象的層次上，都是因為它們的物質性的形體的所有的功能與顯化物的完全的自然性與確實性而是統一性的。在赤裸中，那些當一個人開始說話的時候，在一個人開始藉由服裝，藉由文化性的差異而限制它自己的時候看起來似乎如此明顯的差異，就會逐漸消失，一個人能夠看到，我們全都是一體的。

On a mental level, shall we say, or an emotional or a spiritual level—we must correct this instrument—mental, emotional and spiritual levels, those levels which are unseen, are those we would take up at this time. On these levels, you also have clothing and limitations. You have your mental and emotional limitation closely connected with your concept of who you are, and these may be considered like unto your clothing. But inside your clothing my friends, is the most terrible limitation of all. Like tight bandages, your unseen self is wrapped in a terrible stricture consisting of those feelings which you have towards others concerning those things which you feel they have done to you [for] which you have not forgiven them. And, on the other hand, my friends, your feelings of guilt for things which you have done to your brothers and sisters for which you do not feel forgiveness. You will never be whole, my friends. You will always be cripples as long as you carry these bandages about your spiritual body. Oh, my friends, this instrument has within her memory a story of a man who went home with a beautiful woman and as she undressed she took off her wig, her make-up, and her padded brassiere and her wooden leg, and suddenly she wasn't very beautiful anymore.

在一個心智的層次上，容我們說，或者在一個情緒性或者一個靈性的層次上——我們必須更正這個器皿，心智、情緒和靈性的層次，那些看不見的層次，就是那些我們在此刻談論的事物。在這些層次上，你們同樣擁有衣服與局限性。你們擁有與你們對你們是誰的觀念緊密聯繫在一起的心智與情緒的局限性，這些局限性可能被考慮為類似你們的衣服。但是，在你們的衣服之中，我的朋友們，是所有局限性中最糟糕的局限性。就好像緊緊的繃帶一樣，你們看不見的自我是被包裹在一種嚴重的責難之中的，這種責難包含了那些你對其他人擁有的感覺，那些感覺是關於那些你們覺得它們已經對你們做了的，你們為此尚未原諒它們的事情的。在另一方面，我的朋友們，你們對你們已經對你們的兄弟姐妹做過的事情的內疚的感覺，你們尚未對那些事情感覺到寬恕，我的朋友們，只要你們在你們的靈性身體周圍帶有這些繃帶，你們就將會永遠都不是完整的，你們將一直都是癱腿的。噢，我的朋友們，這個器皿在她的記憶中擁有一個故事，這個故事是關於一個人與一個美女的女人一起回家，當她脫衣服的時候，她脫去了她的假髮，卸去了她的化妝，她的胸罩，她的假腿，突然間，她再也不是漂亮的了。

My friends, all those that you look at, within this group and elsewhere, all these, my friends, are cripples. They all have wooden legs. They all have wigs. On the level of your human personality, they are wrapped in the tight bandages of those things they have not forgiven and those things for which they feel they are not forgiven. And therefore they manifest within the illusion in imperfect ways. And you, my friends, manifest within the illusion in an imperfect way.

我的朋友們，所有那些你們看著的事情，在這個團體中以及在其他地方，所有這些事情，都是癩腿的。它們全都擁有假腿，它們全都擁有假髮。在你們的人類人格的層次上，它們是被那些它們尚未寬恕的事情以及它們尚未感覺到它們為之是被寬恕的事情的緊緊的繃帶裹住了的。因此它們用不完美的方式在幻象中顯化了。我的朋友們，你們用一種不完美的方式在幻象中顯化了。

Now we return to meditation. As you begin to go into the silence, perhaps you have games you play, as we would call them, in which you attempt to carry your clothed spirit, your limited spirit into the silence. Do not do this, my friends. Picture yourself, mentally, taking guilt and discarding it as you would a piece of clothing. Taking resentment, fear—putting it aside and walking as your shining naked self into the waters of cleanliness. After you have bathed yourself in total forgiveness, total cleanliness for the moment, you can emerge and in your mind you can sit down and listen. Listen for those signals which will come to you in the silence. You are a whole and complete person. Within you is perfection, wisdom and all the attributes of love. Yes, you will come out of meditation. Yes, you will begin to wrap the bandages about yourself. But as you come again and again into meditation, strip yourself clean and allow that soothing feeling of wholeness to come into your awareness. You begin to view your brothers and your sisters with something that does approach true love, for you will see, behind whatever manifestations may occur, that whole and perfect being that dwells perhaps very far beneath, perhaps very obviously beneath the mental, the spiritual, the emotional, and the physical clothing.

現在，我們返回到冥想。當你們開始進入到靜默之中的時候，也許你們擁有你們玩耍的遊戲，如我們對它們的稱呼一樣，在這些遊戲中，你們嘗試攜帶者你們穿著衣服的靈性，你們受限制的靈性進入到靜默之中。不要這樣做，我的朋友們。在頭腦中想像你自己，拿起內疚並將它拋棄掉，就好像你會拋棄一件衣服一樣。拿起怨恨，恐懼——將它放在一邊，作為你閃亮的赤裸的自我走入到清潔的水域中。在你已經讓你自己沐浴在完全的寬恕中，在那一刻的完全的清潔之中之後，你就能夠浮起來，在你的頭腦中你能夠坐下來並聆聽了。你是一個完全且完整的人。在你內在之中有完美、智慧以及所有愛的屬性。是的，你將會離開冥想。是的，你將會開始在你自己周圍裹上繃帶。但是，當你一次又一次地進入到冥想之中的時候，將你自己脫光，允許完整性的令人慰藉的感覺進入到你的察覺中。你開始用某種確實接近真實的愛的事物來看待你的兄弟姐妹了，因為你將會看到，在無論什麼可能出現的顯化物背後，都存在有那個完整而完美的存有，它也許是在心智、靈性、情緒和身體的衣服的下方深處，也許是明顯地就在下面的。

We have always greeted you in love and in light, for that is all that there [is.] We can greet you in nothing else. As you go into the silence, know that you are within that which is love. There is nowhere to go. You have no outer influence to seek. All that you desire is within. Meditate, my friends. And always we will aid you in any way that we can.

我們已經一直都在愛中，在光中向你們致意了，因為那就是一切萬有。我們無法在任何其他事物中向你們致意。當你們進入到靜默之中的時候，知曉你們是在愛之所是的事物之中的。沒有任何要去的地方。你們並不擁有要去尋求的外部的影響。

所有你們渴望的事物都在內在之中。我的朋友們，冥想吧。我們將一直會用任何我們能夠的方式幫助你們。

At this time I would open the meeting to questions. If you have a question, please speak up.

在此刻，我想要向問題開放集會。如果你們有一個問題的話，請說出來。

Questioner: Could you give some thoughts on dreams and interpreting them?

提問者：你們能夠對夢境給一些想法並解釋它們嗎？

We are aware of your question. My sister, you must already know that consciousness does not cease either with sleep or with death. Therefore, that which you recall from your dreams is a record that your consciousness has been keeping during your slumbers. There are many levels of consciousness below that which you call consciousness, and many are not understood by those who study dreams. The level that is most often described by those who study the importance of dreams is the level wherein you are as your higher self attempting to speak to your conscious self about the material which you have covered in your experience within the last day or short period. There may be many symbols which those who interpret dreams have fairly adequately covered which may be used within your own dreams as a kind of symbolism to, shall we say, soften the blow of the lessons that your dreams are attempting to offer you.

我瞭解了你的問題了。我的姐妹，你必定已經知曉，意識是不會藉由睡眠，或者藉由死亡而停止的。因此，你稱之為你的夢境的事物是你的意識在你睡著的時候一直都在留下的一個記錄。在你稱之為意識的事物的下方會有很多的意識的層次，很多的層次是尚未被那些研究夢境的人理解的。極其經常會被那些研究夢境的重要性的人描繪的層次，是在其中你作為你的高我正在嘗試去對你的有意識的自我談及你在過去的那個日子中或者在短期中的你的體驗中已經涵蓋的材料的層次。可能會有那些對夢境進行解釋的人已經相當充分地涵蓋了的象徵物是可以在你自己的夢境中被用作一種類型的，容我們所，象徵意義，以緩和你的夢境正在嘗試對你提供的課程的衝擊的。

We do not consider this [the] most important type of dream, however. In actuality, your consciousness is being taught by your teachers during sleep. And quite often, if you are very careful to keep records of your dreams, you will begin to consciously remember at least part of these lessons. This is most valuable to you and it is worth attempting to discover by means of keeping records of your dreams.

無論如何，我們並不認為這是最重要的夢境的類型。實際上，你們的意識是在睡眠期間被你們的老師所教導的。相當頻繁地，如果你們非常仔細地記錄你們的夢境，你們將會開始有意識地回憶起至少這些課程的一部分。這是對你最有價值的部分，它是值得嘗試去藉由對你的夢境進行記錄的途徑來進行探索的。

There are some cases where [the] more advanced among your peoples have

the job, shall we say, of leaving their body during sleep periods and within one of the spiritual bodies, as this instrument would call them, going to other places and working with those who may need some kind of help either with mental or physical problems. These healers, as one might call them, are rare, but they are very helpful and do exist and it is another activity that occurs in, shall we say, a dream form.

會有一些情況，在其中在你們的人群中的更加陷阱的人已經擁有了在睡眠時期期間離開它們的身體，並在一個靈性身體之中，如這個器皿會稱呼它們的一樣，前往其他的地方，並與那些要麼在心智的問題上，要麼在身體的問題上可能需要的某種類型的幫助的實體一同工作。這些療愈者，如一個人可能稱呼它們的一樣，是稀少的，但是它們非常有幫助，並確實存在的，它是另一種在一個，容我們說，夢境的形式中發生的活動。

Separate from all this my sister, are visions, either of the future or of the present, in which you see in a very real sense that which is to occur. This takes place on what you would call the fifth dimension and does not have anything in common with dreaming. You are actually there and your consciousness is fully awake.

我的姐妹，除此之外就是異象了，要麼是對未來的，要麼是對現在的異象，在其中你用一種非常真實的方式看到要發生的事情。這會在你們稱之為第五維度的層面上發生，它與夢境是沒有任何共同之處的。你實際上在那裏，你的意識是完全醒著的。

Does this answer your question?

這回答了你的問題嗎？

Questioner: Yes. Thank you.

提問者：是的，謝謝你們。

Is there another question? My friends, this has been a longer meeting than usual. And we are very grateful for your patience as we have had a good deal to impart to you. We ask you again to understand that we come to you not to give you technology—for, my friends, you would not be able to handle technology—but love. For, my friends, you badly need love. 有另一個問題嗎？我的朋友們，這已經是一次比通常更長時間的集會了。我們對你們的耐心是非常感激的，因為我們已經有大量的事物要灌輸給你們。我們請你們再一次理解我們不是來給予你們科技的——我的朋友們，因為你們無法掌控科技——而是來給予你們愛的。因為，我的朋友們，你們是極其需要愛的。

Let us share with you this. If all of you could love each other, you would refrain from your war-like efforts and from your defensive efforts. And, my friends, that money which you now have to spend on your technology would be enough to give you the breakthroughs that your scientists would like to make. We may tell you that we are aware at this time on your planet that [there] are [those] close enough to understanding methods of propulsion, fusion power, and other helpful pieces of technological breakthrough that an application of

money sufficient to fund their research would make the breakthrough. But your governments will not spend the money on research unless it has defensive abilities.

讓我們與你們分享這種愛。如果你們所有人都能夠彼此相愛，你們就會避開你們好戰的努力，以及你們防禦性的努力了。我的朋友們，你們現在已經花費在你們的科技上的金錢已經足夠給予你們那些你們的科學家想要做出的突破了。我們可以告訴你們，你我們在此刻察覺到，在你們的星球上有一些實體是足夠接近對推進力，融合能源，以及其他的有用的科技上的突破的理解的，以至於一種對足夠用來資助它們的研究的金錢的應用會產生出那種突破。但是，你們的政府將不會將金錢花費在研究上，除非它擁有防禦性的能力。

My friends, technology will come when you have love. We realize this must seem to you to be, as this instrument would say, a great cop-out. But it is not. We can only say to you that when you have love, you are joyful and full of energy and that which has been given to you to do you will do. And the breakthroughs will come and the technologies will come. If you do not have love, as it has been written in your holy works, all that you do will be hollow.

我的朋友們，科技將會在你們擁有愛的時候出現。我們意識到，這在你們看起來似乎必定是，如這個器皿會說一樣，一個巨大的逃避的藉口 (*cop-out*)。但是它不是。我們僅僅能夠對你們說，當你們擁有愛的時候，你們是喜悅並充滿能量的，已經被給予你們去做得事情，你們將會做。突破將會出現，科技將會出現。如果你們永不擁有愛，如同在你們的神聖著作中已經被寫到的一樣，所有你們做的事情都將會是空洞的。

It is especially important that we say this to you at this time, for you are at the end of a cycle, and if you had the time, you could not use it. For time is coming to a kind of ending and you are coming to a beginning. Therefore, attempt at this time to find the love within yourself, and to reach out to your brothers and sisters.

我們在此刻對你們說這一點，這是尤其重要的，因為你們是在一個週期的終點處，如果你們有時間，你們是無法使用它的。因為時間正在來到一種類型的終點，你們正在來到一個起點。因此，在此刻嘗試在你自己內在之中找到愛，並向你的兄弟和姐妹們伸出手。

If your path takes you into science, into politics, into any manner of interaction with your brothers and sisters, so be it. Philosophers and spiritual-minded people are not off on top of a mountain. They come down from the mountain and live for the good of their brothers and sisters and for the love of the Father that gave them the life, the consciousness, the talent, and the will.

如果你的道路將你們帶入到科學，帶入到政治，帶入到任何與你們的兄弟姐妹互動的方式，順其自然吧。哲學家和具有靈性的頭腦的人不是在一座山的頂上。它們從山上下來，並為了它們的兄弟姐妹的益處而活，為了賦予了它們生命，意識，天賦與意志的天父的愛而活。

We reach out our hands to you, my friends. And we leave you in the love and the light of our infinite Creator. I am Hatonn. Adonai vasu borragus.

我們向你們伸出我們的手，我的朋友們。我們在我們的無限造物者的愛與光中離開你們。我是 *Hatonn*。 *Adonai vasu borragus*。

October 27, 1977

1977-10-27 Hatonn : 尋找內在的光的故事

(Carla channeling)

(Carla傳訊)

I am Hatonn. I greet you in the love and the light of our infinite Creator. As always, it is a blessing to speak to this group. And above all, I would like to greet those whom I have not greeted before and to welcome back to the group one who has been absent. And to touch each of you with the love of my brothers and me. That love is always with you, my friends.

我是 Hatonn。我在我們的無限造物者的愛與光中向你們致意。一如既往，對這個團體發言是一種祝福。最重要的是，我們想要向那些我們之前尚未致意過的實體致意，並歡迎它們返回到它所已經缺席的團體，並帶著我的兄弟和我的愛接觸你們每一個人。那種愛一直都與你們在一起，我的朋友們。

We of the Confederation of Planets in the Service of the Infinite Creator are here not to walk among you and trade with you. Not to stand in your seats of government and change your laws. Not to affect those forces which have authority over you. For as it says in your holy works, we are very willing to render unto Caesar those things which are Caesar's. We are not here to be an authority over you, for it is our understanding that you are in authority over yourself. Perhaps not, in this illusion, completely. But we are beings of reality, and we do not wish to deal with the illusions of government and society, for although they are very real to you and are necessary for your learning at this time, they are transient. And we wish to speak to that part of you that is not transient.

我們服務於無限造物者的星際聯邦來到這裏不是為了在你們當中行走並與你們做生意的。不是為了站在你們的政府的席位上並改變你們的法律。不是為了影響那些對你們擁有權威的力量。因為如同在你們的神聖著作中說過的一樣，我們是非常樂意於將那些屬於凱撒的事物交給凱撒的。我們不是來這裏來成為一個高於你們的權威的，因為我們的理解是，你就是你自己的權威。也許在這個幻象中，並不是完全地。但是我們是屬於實相的存有，我們並不希望與屬於政府和社會的幻象打交道，因為儘管它們對於你們是非常真實的，卻對於你們在此刻的學習是需要的，它們是轉瞬即逝的。我們希望對你們的那個不是轉瞬即逝的部分發言。

We would tell you a little story about a young man. We shall call him John. John was a fine young man, intelligent and well-loved by all who knew him. He was successful in his work and he achieved all that he wished to achieved very easily. But there was one thing he could not achieve. He could not achieve wisdom; he could not achieve peace of mind; he could not achieve joy. In other words, my friends, he was not free. He was not in a state of love.

我們會和你們將一個小故事，它是關於一個年輕人的。我們將會稱呼他為約翰。約翰是一個很好的年輕人，他很聰明並被所有認識他的人所愛。他在他的工作中是成功的，他非常容易地取得了所有他希望取得的事物。但是有一個事情他無法取得。他無法取得智慧，他無法取得心智的平安，他無法取得喜悅。換句話說，

我的朋友們，他並不自由。他並不處於一種愛的狀態中。

And so, he collected money. Great quantities of money for he knew that with money one could buy much. And he went to one teacher after another attempting to buy wisdom. And he found beautiful tracts of land and he bought them. And he took his teachers and gave them land. He spent many years attempting somehow to, shall we say, plug himself in to freedom. He gave all that he thought he had. And all he found in the end were many, many words, many actions. But no peace, no joy, no freedom. For he was always conscious of himself. He was always figuring. He was always self-aware. He could not get free and into a space in which he was so completely himself that he was a channel for joy. Finally one day, John, who was no longer a young man, who was no longer handsome, and no longer rich for he had given all his riches away, despaired and he went into the mountains. Mountains which were no longer his. And he did not take food and he did not take bedding, for he was truly in despair.

因此，他收集金錢。他收集了巨大數量的金錢，因為他知道用那些金錢一個人能夠買很多東西。他去找一個接一個的老師，嘗試去購買智慧。他發現了美麗的地域，他買下了它們。他帶上他的老師，給予它們土地。他花費了多年時間嘗試以某種方式，容我們所，讓他自己為了自由而埋頭工作。他給予了所有他認為他擁有的事物。他在最後找到的所有的事物是很多很多的話語，很多很多的行動。但是，沒有平安，沒有喜悅，沒有自由。因為他一直都是察覺到他自己的，它一直都在領會。它一直都是知曉他自己的。他無法得到自由並進入到一個空間中，在這個空間中他是如此完全地就是他自己，以至於他成為了一個喜悅的管道了。最後，有一天，約翰不再是一個年輕人，不再是英俊的，不再是富有的，因為他已經將所有他的財富有給予出去了，它絕望地走入到山中。山不再是屬於他的了。他沒有帶上食物，他沒有帶上寢具，因為他是真正絕望的了。

And it came to him suddenly that he might pray as he had done often in the past. But this time, my friends, it was different. He had nothing to give. And so he opened himself up, just a crack, and was almost blinded by the light that came through as he opened himself, no longer proud, no longer conscious of himself, but in total honesty saying, "Father, I have nothing but what I seek." Once he had opened himself, he became suddenly joyful. And after a timeless moment on his knees in the pine needles, in the gray of evening, he arose. And he reached and hugged the trees and he capered and danced and sang. And he was totally free. And he looked around and suddenly the world was whole and he had everything.

突然間他想到，他可以如同他在去過已經經常做的一樣地祈禱。但是，這一次，我的朋友們，他是不一樣的。他沒有任何東西要給予。因此，他開打了他自己，僅僅一條裂縫，就在他打開他自己的時候，他幾乎被出現的光照得看不見了，他不再驕傲，不再察覺到他自己，而是在完全的誠實中說，“父親，我除了我尋求的事物之外並不擁有任何東西了。”一旦他已經打開了他自己，他突然間就變得喜悅了。在他跪在松針上數不清的時間之後，在夜色的灰色中，他站了起來。他伸出手並擁抱樹木，他嬉戲、跳舞並唱歌。他是完全自由的了。他環顧四周，突然間世界是完整的了，他擁有所有事物了。

My friends, what this man, John, did with the rest of his life is not important. He had a mission which he had brought with him into this experience. And he was no longer blocking. He had a simple mission and that mission was to be. And by that being to give light. When he realized who he was, he no longer blocked the light.

我的朋友們，這個人，約翰，用他生命的剩下的部分做了什麼事情是不重要的。他擁有一個使命，他已經將這個使命帶在身邊，帶入到這個體驗中了。他不再是阻塞的了。他擁有一個簡單的使命，那個生命就是去成為。藉由那種成為來給予光。當他意識到他是誰的時候，他就不再阻塞光了。

My friends, each of you has his belongings, both physical and mental. Both emotional and psychic. These things are the baggage of the illusion. Some are more useful than others, but all are less than central to reality. We ask you to meditate. And in that meditation bring nothing but the simple perfection of yourself. Do not try to offer qualities and specifics. But in meditation open your heart to wisdom. Nothing less, my friends. Nothing more.

我的朋友們，你們每一個人都擁有他的所有物，同時是物質性的和心智的所有物。同時是情緒的和心靈的所有物。這些事情是幻象的包袱。一些所有物是比其他的更有用處的，但是所有對於實相都是較為不中心性的。我們請你們冥想。在那種冥想中，除了你自己簡單的完美性之外不帶上任何東西。不要嘗試去提供特性與具體性。而是在冥想中讓你的心對著智慧開放。我的朋友們，沒有任何更少的東西，沒有任何更多的東西。

Imagine what you brought into this experience that you call your physical life. And what you will bring when you leave. And know that that and only that is what you are attempting to open within this illusion to the light of the Father, as we may call Him. Call the Creator what you will, but know that reality is very simple. And that true freedom lies not in being somebody. Not in great action. Not in great movement. But in the state of your heart at any given moment. Go in meditation to that reality and feel yourself blossom.

想像力帶入到這次體驗的事情是你稱之為你的物質性生命的事物。在你離開的時候，你將會帶上什麼呢？請知曉，那個事物，且僅僅只有那個事物是你正在嘗試去在這個幻象中向著天父，如我們稱呼祂的一樣，的光開放的事物。用你願意的稱呼天父的事物來稱呼祂，但是知曉，實相是非常簡單的。真實的自由不是存在於某個人之中。不是存在於偉大的行動中。不是存在於巨大的運動中，而是存在於在任何給定的時刻的你的心的狀態中。在冥想中前往那個實相，感覺你自己在綻放。

At this time, I would like to pause and then allow my brother Laitos to work with the newer channels. For the present, I will leave you. I am Hatonn.
在此刻，我想要暫停並接下來允許我的兄弟 *Laitos* 與較為新的管道一同工作。我們將暫時離開你們。我是 *Hatonn*。

(Carla channeling)

(Carla 傳訊)

I am Laitos. And I greet each of you in the love and the light of the infinite Creator. It is a privilege to work with you. And I would like to say to those of you who wish to experience contact such as this instrument receives, or to experience vibrations which this contact is carried upon, that it is only necessary for each of you to mentally request this contact and we will be with you.

我是 Laitos。我在無限造物者的愛與光中向你們各位致意。與你們一同工作是一種榮幸。我想要對那些希望體驗諸如這個器皿接收到的接觸，或者希望去體驗這種承載著這個接觸的振動的人說，你們每一個人都僅僅需要在心智中請求這個接觸，我們就將會與你們在一起了。

May we say to you, my friends, not everyone experiences contact in the same way. Not everyone desires to give service by being a vocal channel. Yet, we hope and feel that it is true that our vibration, which is intended as a strengthening or underlining of your own vibrations of meditation, will be helpful to you. So if you will relax and request our presence, I and my brothers will work with each of you. We will specifically call on a few who are attempting to gain some skill in speaking our words. May we say how grateful we are for these channels, for as you know, my friends, many of your peoples desire to hear words of, shall we say, comfort or words of challenge regarding the spiritual path. And many find it difficult to accept these words from other sources but find it, perhaps, acceptable through instruments such as these. Therefore, we are very grateful, for without instruments such as you we could not fulfill our mission of making available this information without, shall we say, infringing upon your free will. For you can believe or disbelieve as you wish, for after all you are only sitting in the dark and listening to one of your brothers or sisters. This satisfies us, for we are not perfect and would never insist that we are right. We wish only to share our understanding as we know it with your peoples.

我的朋友們，容我們對你們說，不是每一個人都用相同的方式體驗接觸的。不是每一個人都希望藉由成為一個語音管道來給予服務的。而我們希望並感覺，我們的振動將會對你們有幫助，這是真實的，我們的振動是打算要作為一種對你們自己的冥想的振動的增強性的或者支持性的振動的。因此，如果你們願意放鬆並請求我們的在場，我和我的兄弟將會與你們每一位一同工作。我們將會明確地訪問一些正在嘗試去在說出我們的話語的方面取得某種技巧的人。容我們說，我們對這些管道是多麼感激呀，因為如你們知曉的一樣，你們人群中的很多人渴望聽到，容我們說，安慰的話語或者在關於靈性的道路的方面的具有討戰性的話語。很多人發現，要從其他的源頭接受這些話語是困難的，但卻發現，也許通過諸如這些器皿之類的器皿，它是可以接受的。因此，我們是非常感激的，因為沒有諸如你們之類的器皿，我們就無法實現我們的使命了，我們的使命就是在不侵犯你們的自由意志的情況下讓這個資訊是可供利用的。因為你們能夠相信或者不相信，如你們希望的一樣，因為畢竟你們僅僅是坐在黑暗中並聆聽你們的一個兄弟姐妹。這讓我們感到滿意，因為我們不是完美的，我們永遠都不會堅持，我們是正確的。我們僅僅希望與你們分享我們的理解，如果我們所知曉的一樣。

I will now attempt to speak a few words through the one known as B, if he would relax. I am Laitos.
我現在將嘗試去通過被知曉為 B 的實體說一些話，如果他願意放鬆的話。我是 Laitos。

(B channeling)
(B 傳訊)

I am Laitos. (Inaudible).
我是 Laitos。(聽不見)。

I am again with this instrument. The instrument is in need of further conditioning. We wish at this time ...
我再一次與這個器皿在一起了。這個器皿需要更進一步的調節。我們在此刻希望.....

(Carla channeling)
(Carla 傳訊)

I am again with this channel. I am Laitos. We are grateful to use the one known as B. And we offer him this advice. We find this instrument very sensitive, and each time we begin to work with him again, we overstimulate the receptive centers. It is almost as if there were a, shall we say, psychic allergy to beginning the contact due to eagerness. Therefore, we suggest to the channel that as he accepts the contact, he allows even as long as minutes to go by during the conditioning process. Each of those in the group will be patient and in this way the oversensitivity will recede. This sensitivity is a very valuable trait in that it is akin to compassion. And compassion is extremely important as one works along the path of spiritual development, as you might call it. It is simply to be tempered with discipline. Compassion and discipline. These two in balance create wisdom.

我再一次與這個器皿在一起了。我是 Laitos。我們對於使用被知曉為 B 的實體是感激的。我們提供給他這個建議。我們發現這個器皿是非常敏感的，每一次我們再一次開始與他一共工作，我們都會過度刺激接受的中心。它幾乎就好像是，由於渴望，會有一種對開始接觸的，容我們說，心靈的過敏。因此，我們對管道建議，當他接受接觸的時候，他在調節過程期間允許甚至幾分鐘的時間流逝。在團體中的每一個人都將會是有耐心的，用這種方式，過度敏感將會減弱。這種敏感性是一種非常有價值的特性，因為它就類似於同情心。同情心在一個人沿著靈性發展，如你們對它的稱呼一樣，的道路上進行工作的時候是極其重要的。它單純地是藉由修煉而被回火的。同情心與修煉，這兩者之間的平衡創造出了智慧。

We would like now to attempt to speak just a few words through the one known as G, if she would relax and allow us to speak through her. I am Laitos.
我們現在想要嘗試去通過被知曉為 G 的實體僅僅說一些話，如果她願意放鬆並允許我們通過她發言的話。我是 Laitos。

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Laitos. We thank the one known as G. We are pleased and will continue to work with the instrument. We would like now to speak through the one known as J, if she would relax and cease analyzing any spontaneous thought and simply speak them as she receives them. I am Laitos.

我再一次與這個器皿在一起了。我是 *Laitos*。我們感謝被知曉為 *G* 的實體。我們很高興並將會繼續與器皿一同工作。我們現在想要通過被知曉為 *J* 的實體發言，如果她願意放鬆，並停止分析任何自發性的想法，並單純地在她接收到它們的時候說出它們的話。我是 *Laitos*。

(J channeling)

(*J* 傳訊)

This is Laitos. (Inaudible).

這是 *Laitos*。(聽不見)。

(Carla channeling)

(*Carla* 傳訊)

I am Laitos. I am again with this instrument. We are very happy that we have made contact with the one known as J. And we are sorry that we, as you might say, blew her circuits. It is very difficult to monitor the contact when it is first recognized for it is a powerful vibration. It will be easier and easier. Meanwhile, we thank the one known as June. We would like to go now to the one known as M1, if she would relax and speak our thoughts as she receives them. I am Laitos.

我是 *Laitos*。我再一次與這個器皿在一起了。我們非常高興，我們已經與被知曉為 *J* 的實體建立接觸了。我們很抱歉我們，如你們會說的一樣，燒掉了她的回路了。當接觸第一次被認出的時候，要監控接觸是非常困難的，因為它是一種強有力的振動。它將會成為越來越容易的。同時，我們感謝被知曉為 *June* 的實體。我們想要現在前往被知曉為 *M1* 的實體，如果她願意放鬆並在她接收到我們的想法的時候說出它們的話。我是 *Laitos*。

(M1 channeling)

(*M1* 傳訊)

I am Laitos. I am now with this instrument.

我是 *Laitos*。我現在與這個器皿在一起了。

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Laitos. We would like to condition the

one known as M1 and try to say just a couple of sentences through her before we go one. Therefore, if you will be patient we will pause and condition the instrument.

我再一次與這個器皿在一起了。我是 *Laitos*。我們想要調節被知曉為 *M1* 的實體，並在我們繼續前進之前通過她說幾個句子。因此，如果你們將會有耐心，我們將暫停並調節這個器皿。

(M1 channeling)

(*M1* 傳訊)

I am Laitos. I am working with this instrument. And I would ...

我是 *Laitos*。我正在與這個器皿一同工作。我會.....

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Laitos. And as this instrument would say, hip-hip-hooray! We are very happy for we are making good contact tonight and we appreciate and love the one known as M1 and each of you who are attempting to be our instruments, for we love those of your planet very much. And we are most grateful for your aid in sharing with the peoples of the planet.

我再一次與這個器皿在一起了。我是 *Laitos*。如這個器皿會說的一樣，萬歲！我們為我們今晚正在建立良好的接觸而是非常高興的，我們感激並愛被知曉為 *M1* 的實體，以及你們每一位嘗試成為我們的器皿的實體，因為我們非常愛你們的地球上的人。我們對於你們在與這個地球上的人一起分享的方面的幫助是極其感激的。

If you would be patient just a little longer, we would like to attempt to say a couple of sentences through the one known as M2, if he would relax. We realize that it is very difficult to still the conscious mind, for our thoughts and your thoughts, my friends, are indistinguishable except for the fact that we think our thoughts and you think your thoughts. Therefore, when we place a concept within your minds it feels very much like your thought except for the fact that you did not generate it. Therefore, in order to receive these thoughts clearly, it is necessary for you to not to analyze but simply to repeat the thought that you have received. If the one known M2 would desire this discipline and service we would now attempt to say a few words through him.

I am Laitos.

如果你們願意有耐心僅僅長一點的時間，我們想要嘗試去通過被知曉為 *M2* 的實體說幾個句子，如果他願意放鬆的話。我們意識到，要讓有意識的心智安靜下開，這是非常困難的，因為我們的想法和你們的想法，我的朋友們，是無法區分的，除了我們思考我們的想法，你們思考你們的想法的事實之外。因此，當我們將一個觀念放置在你們的頭腦中的時候，它感覺起來是非常類似於你們的想法的，除了你們並沒有產生它的事實之外。因此，為了要清晰地接收到這些想法，你們需要不去分析你們已經接收到的想法，而是單純地重複它。如果被知曉為 *M2* 的實

體渴望這種訓練與服務，我們現在回嘗試通過他說幾句話。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. We would like to thank the one known as M2 and we will continue to work with him at any time he may desire. We would like to, before we leave this instrument, attempt contact with the brother known as T. It has been quite some time since we have worked with this instrument and we would very much like to, shall we say, touch base. I am Laitos.

我再一次與這個器皿在一起了。我們想要感謝被知曉為 *M2* 的實體，我們將在任何他可能渴望的時候繼續與他一同工作。我們想要，在我們離開這個器皿之前，嘗試與被知曉為 *T* 的兄弟接觸。自從我們上一次與這個器皿一同工作，已經有相當長的時間了，我們非常想要，容我們說，與他聯絡。我是 *Laitos*。

(T channeling)

(*T*傳訊)

I am Laitos. We are pleased once again to speak through this channel. It is often difficult to reestablish contact (inaudible).

我是 *Laitos*。我們很高興再一次通過這個管道發言。去重建接觸這經常是困難的(聽不見)。

(Carla channeling)

(*Carla* 傳訊)

I am Laitos. We were attempting again to reach the one known as M1 and we tell her this so that she will know that she was not imagining or creating the contact herself. We simply wish to close and offer the meeting back to our brothers from Hatonn. We leave each of you, but not truly, my brothers and sisters. We do not leave you. We are everywhere for we are not limited as are you. We are sensitive to the vibrations of seeking and where that vibration is, there are we. You must know that you have many aids, many guides, many friends. Much strength is about you. The forces of what you call good are all about. You have only to desire. By this we mean seriously desire this contact. Not only with the brothers from the Confederation of Planets, but with, shall we say, the good guys of your own planet. For you have your guides and your angelic forces that create about your planet an extraordinary beauty. Therefore, if you seek comfort, contact, understanding from the thoughts that we can share with you, mentally re-request our presence and I and my brothers will be there. Perhaps you will not feel us physically, this varies from person to person. But where it counts, my friends, in what you call your

subconscious, if you are seeking, if you open to the good, to the truth, and to the beautiful, those qualities that are not qualities but merely the names of one thing and that one thing is love, will come to you. Seek and you shall find. 我是 *Laitos*。我們正在再一次嘗試向被知曉為 *M1* 的實體伸出手，我們告訴她這一點，因此她將會知曉她不是在靠她自己想像或者創造接觸。我們單純地希望結束並將集會返回到我們來自于 *Hatonn* 兄弟。我們離開你們各位，但不是真的離開，我的兄弟姐妹們。我們不會離開你們。我們是無處不在的，因為我們不是和你們一樣是受限制的。我們對尋求的振動以及那個振動是在何處是敏感的，我們就在那裏。你們必須知曉，你們擁有很多的幫助，很多的指導靈，很多的朋友。在你們周圍有很多的力量。你們稱之為善的力量是無處不在的。你們僅僅需要去渴望。我們這樣說的意思是，嚴肅地渴望這種接觸。不僅僅是與來自於星際聯邦的兄弟的接觸，同樣還有與你們自己的星球的，容我們說，好人的接觸。因為你們擁有你們的指導靈與你們天使的力量，它們在你們的星球上四處創造出了一種非凡的魅力。因此，如果你們尋求安慰，接觸以及來自於我們能夠與你們分享的想法的理解，在心智中反復請求我們的在場，我的我的兄弟將會在那裏。也許你們將不會用物質性的方式感覺到我們，這在人與人之間會發生變化。但是，當它在你們所稱的潛意識中出現的地方，我的朋友們，如果你們向善，向著真理，向著美麗的事物，向著那些愛的屬性開放，它們將會來到你們面前，**那些愛的屬性不僅僅是一個事物的名字，那一個事物就是愛。**尋求，你們將會找到。

We are servants of you all. I leave you in the love and the light of the infinite Creator.

我們是你們全體的僕人。我們在無限造物者的愛與光中離開你們。

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn. And I am again with this channel. And I greet you once again in the love and the light. Before we close the meeting, we would open the meeting to questions. If anyone has a question, please ask.

我是 *Hatonn*。我再一次與這個器皿在一起了。我再一次在愛與光中向你們致意。在我們結束這次集會之前，我們會向問題開放集會。如果任何人有一個問題，請提問。

J: I had a dream about Bing Crosby. I was wondering if his spirit had visited mine.

J：我做了一個關於 *Bing Crosby* 的夢。我想知道是否他的靈體已經訪問過我了。

I am aware of the question. We spoke earlier of the fact that we do not need to be limited to a physical body, but that we can be aware of everything at once. This is true of reality. There is no time and there is no place. And all things occur simultaneously. However, within your vibration you are caught in the tide of time and in the shore of space. However, from time to time there is a small hole in the veil of the illusion and you are a witness to the future or the past. It was this type of experience that you described. The, as you call it, soul,

of the one known as Bing Crosby was not a visitor of yours. Rather, you became aware of that part of the record which had to do with events that would occur in the future. This is a skill which has its uses among your peoples. It can be a healing skill, for if you can begin to know that which is occurring, you can then offer your love and your light in such a way that you can mitigate the extremes of difficulty that you may have seen. For the future is not certain until it comes up on the shores of your particular moment. Therefore, until that wave of time rolls in you can change that which is to be. Perhaps not completely, but in intensity certainly.

我瞭解了你的問題了。我們之前談到過我們並不需要受限於一個物質性的身體的事實，但是我們能夠同時察覺到每一個事情。這對於實相是真實的。沒有時間，沒有空間。所有事情都是同時性地發生的。然而，在你們的振動中，你們是被局限在時間的潮汐中，被局限在空間的海濱的。然而，時不時地在幻象的罩紗中會有一個小洞，你們是對未來或者過去的一個見證者。你描述的體驗就是這種類型的體驗。被知曉為 *Bing Crosby* 的實體的靈魂，如你稱呼它的一樣，不是一個你的訪問者。毋寧說，你察覺到了與在未來發生的事件聯繫在一起的記錄的那個部分。這是一個在你們的人群當中擁有它的用途的技巧。它能夠成為一個療愈的技巧，因為如果你能夠開始知曉正在發生的事情，你就能夠接下來用這樣一種你能夠減輕你可能已經看到的極大的困難的方式來提供你的愛與你的光了。因為未來，一直到它出現在你當前的時刻的海岸上之前，都不是一定的。因此，一直到時間的波浪滾入之前，你都能夠改變要成為的事情。也許不是完全地改變，但肯定是在強度上改變。

Does this answer your question?

這回答了你的問題嗎？

J: Yes, thank you.

J：是的，感謝你們。

We thank you for the privilege of speaking with you. We do wish to encourage those who have a gift of higher sense to offer that gift for good, as you may call it, and conscientiously attempt to use it and not abuse it. But certainly, my friends, not bury it, for the higher gifts are those of light and as such you should not hide them under the bushel.

我們為對你們發言的榮幸而感謝你。我們確實希望鼓勵那些具有一種更高的感覺的天賦的人去將那種天賦貢獻給做好事，如你們可能稱呼它的一樣，並負責任地嘗試去使用它而不是濫用它。但是肯定地，我的朋友，不要埋葬它，因為更高的天父是具有光的天賦，諸如你這樣的實體不應該將它們藏在鬥底下。

Is there another question?

有另一個問題嗎？

W: I desire to channel, and I wonder if my posture sometimes distracts me. Because sometimes during meditation I feel numb. Have you some suggestions on better posture and concentration for channeling?

W：我渴望成為管道，我想要知道是否我的姿勢有時候會讓我分心。因為在冥想

期間，有時候我會感覺到麻木。你們對於傳訊的更好的姿勢與集中注意力有某些建議嗎？

There are no certain answers to your question on posture. We have said this before: the posture that aligns the physical body with the physical channel is the posture which your yogis adopt. However, there are very few people who can do this comfortably. Therefore, we often have suggested that you find that posture which is comfortable and if that be horizontal, vertical or even standing on your head—which is of course doubtful—but if it were comfortable, we would suggest that you adopt this, regardless of the biases which others may have about your posture.

你關於姿勢的問題沒有一定的答案。我們之前已經說過這一點了：將物質性身體與物質性的管道校準的姿勢，就是你們的瑜伽採用的姿勢。然而，只有非常少的人能夠舒適地這樣做。因此，我們經常建議你們找到舒適的姿勢，如果那個姿勢是水準的，垂直的，甚至是倒立的——這當然是可疑的——但是如果它是舒適的，我們建議你採用這個姿勢，無論其他人可能對你的姿勢擁有的偏向性是什麼。

For instance, the instrument through which I am talking through now is not in a very good position for the free movement of psychic energy. Consequently, she often overheats. However, were we to insist that she sat in such a way that the chakras were firing totally in a vertical line, we would lose this channel, for her discomfort would be such that we could not use her. Consequently, we prefer that she overheat.

舉個例子，我現在正在通過其說話的器皿並不是處於一個對於精神能量的自由的流動是非常好的姿勢之中。結果是，她經常會過熱。然而，如果我們要堅持，她用這樣一種脈輪是在在一條垂直的線上是火力全開的方式坐著，我們就會失去這個管道，因為她不舒服會如此之大，以至於我們無法使用她。因此，我們寧願她過熱。

We suggest that you experiment with the comfort factor in mind. Moreover, we would suggest that the main barrier to channeling in almost each and every channel is the working of the conscious, intellectual mind. No matter what the conscious desire of the channel, it is such an ingrained habit to analyze and judge what one says before one says it that blurting out in front of other people that which are not sure may be intelligent-sounding is completely foreign to your nature.

我們建議你在心智中對舒服的要素進行實驗。而且我們會建議，在幾乎每一個管道中對傳訊的主要的障礙物都是有意識的，邏輯智力的心智的工作。無論管道的有意識的渴望是什麼，在一個人說出它要說的事情之前，去分析並評判一個人說的事情，這是一種如此根深蒂固的習慣，以至於在其他人面前突然說出了並不是確信可能是言之有理的事情，對於你們的本性是完全陌生的。

Thus, the thing to do is to get comfortable and then to put your concentration on the one thing that is truly keeping you from being contacted consciously; and that is the stilling of the conscious mind. When you are sending you cannot receive. It very simple but it is very difficult.

因此，要去做的事情就是變得舒適，接下來，將你們的注意力集中在真正讓你避免有意識地被接觸的事情上，那就是讓有意識的心智安靜下來。當你正在發送的時候，你是無法接收的。它是非常簡單的，但是它是非常困難的。

Does this answer your question?

這回答了你的問題嗎？

W: Yes.

W：是的。

Is there another question?

有另一個問題嗎？

(Pause)

(暫停)

I will leave you now, my friends. There has been much talk this evening about the damage that your peoples may wreak upon each other. You have heard from this source and from many others, we are sure, that there are very difficult times ahead. So we wish to leave you with this thought. It is written in your holy works, "Yea, though I walk through the valley of the shadow of death, I will fear no evil." Do not fear evil, my friends. You may be hurt, those about you may be hurt. This is part of your experience, no more and no less. You and all of those in your experience will die. It may be from one cause and it may be from another. Do not fear evil. But seek only to fulfill that which you came to do. We assure you that the shadow of death is as bad as it will get. The sun will shine. The skies will clear. And that which your peoples will do ...

我將會在現在離開你們，我的朋友們。在今晚在關於你們的人群可能會對相互出彼此施加的傷害的方面，已經有大量的談論了。我們相信，你們已經從這個源頭並從其他的源頭聽到過，前方的時間是非常困難的。因此，我們希望留給你們這個想法。在你們的神聖著作中被寫道過，“是的，即使我穿越死蔭的幽谷，我將將不會害怕邪惡。”不要害怕邪惡，我的朋友們。你們可能會被傷害，你們周圍的人可能會被傷害。這或多或少是你們的體驗的一部分。你們以及所有那些在你們的體驗中的人都會死去。它可能是因為一個原因，它可能是因為另一個原因。不要害怕邪惡。但僅僅尋求去實現你們來這裏來做的事情。我們向你們保證，死亡的陰影是和它將會產生出的一樣糟糕的。太陽將會照耀。天空將會清澈。你們的人群將會做的事情.....

(Tape ends.)

(磁帶結束。)

November 2, 1977

1977-11-02 *Hatonn* : 溝通交流的計畫

(Inaudible portions are indicated by ellipses. In general, the entire recording is difficult to hear.)

(聽不見的部分被表示為省略號。一般而言，整個錄音都很難聽到。)

(Carla channeling)

(*Carla* 傳訊)

[I am Latwii.] ... because I missed you ... and it is a good opportunity to work at this time ... prior to the message that we have to give. If you will all relax I and my brothers are attempting to adjust the focus of our vibrations. ... they are balanced, you must understand that the spiritual energies ... and if you are not properly balanced shall we say, firing off center. Spiritual vibrations distorting the signal ... receive ... and therefore ... I and my brothers ... balancing ... should be able to feel a slight pressure in the area which you call the crown chakra.

[我是 *Latwii*。].....因為我想念你們.....在此刻進行工作是一個好機會.....在我們所要給予的資訊的前面。如果你們願意完全放鬆，我的我的兄弟正在嘗試調節你們的振動的焦點.....它們是平衡的，你們必須理解靈性的能量.....如果你們不是適當地，容我們說，被平衡過的，並正在偏離中心.....靈性振動扭曲信號.....接收.....因此.....我和我的兄弟.....平衡.....應該能夠在你們稱為皇冠脈輪的區域中感覺到一種輕微的壓力。

I am Latwii.

我是 *Latwii*。

(Pause)

(暫停)

I am Hatonn, and I greet you in love and light. My brother Laitos is continuing to balance the energies in this room. There is high energy group and thus it is ... Be as one ... we are not satisfied with this group ... we wish for you to be as one. If you can allow your thoughts to embrace those who are with you. They are your brothers and your sisters. They are all here to seek. Allow that seeking to ... allow the balancing to take place ... you seek without selfishness ... only because you are ... seeking true ...

我是 *Hatonn*，我在愛與光中向你們致意。我的兄弟 *Laitos* 正在繼續平衡在這個房間中的能量。會有高能量的團體，因此它是.....成為如同一個.....我們對這個團體並不滿意.....我們希望你們稱為一體的。如果你們允許你們的想法擁抱那些與你們在一起的人，它們是你們的兄弟和你們的姐妹，它們全都是在來這裏來尋求的。允許那種尋求.....允許平衡發生.....你們無私地尋求.....僅僅因為你們是在.....尋求真實的.....

We are pleased ... we will continue with this instrument. We must caution you

always that we can only give you what you desire to receive. If you do not desire to receive what you may call philosophy ... truth ... we have ... no ... communication becomes very difficult. So know yourself as you go into meditation and know and trust ... we thank you very much for this opportunity to work with you. We are feeling better ... energies now ... saying ... It is within rather ... there is a balance ... so we ask you ... power is always a two-edged sword.

我們很高興.....我們將與這個器皿繼續。我們必須一直都警告你們，我們僅僅能夠給予你們渴望接收到的事物。如果你們並不渴望接收你們可能稱之為哲學的事物.....真理.....我們擁有.....不.....交流就會變得非常困難。因此，在你進入到冥想的時候，知曉你自己，知曉並信任.....我們為這個與你們一同工作的機會非常感謝你們。我們正在感覺更好了.....現在能量.....說.....它是在內在之中.....會有一個平衡.....因此，我們請你們.....力量一直都是一柄雙刃劍。

Let us talk to you about reality, my friends. It is important to talk about reality. We have talked with this group many times about love, many times about meditation. We wish to talk about reality. We are giving you the same truth but through a different filter. For it is this filter that you need at this time. There is in creation ...

讓我們對你們談談實相，我的朋友們。去談論實相是重要的。我們已經很多次和這個團體談論過愛了，很多次談論過冥想了。我們希望袒露實相。我們正在僅僅通過一個不同的篩檢程式給予你們相同的真理。因為你們在此刻需要的事情就是這個篩檢程式。在造物中會有.....

(Unknown channeling)

(未知者傳訊)

I am Hatonn. I am once again with you. And as it has been stated, I would now attempt to answer any questions that you would wish to speak. Are there any questions at this time?

我是 *Hatonn*。我再一次與你們在一起了。如同它已經被說過的一樣，我現在嘗試回答任何你們希望說出的問題。在此刻有任何問題嗎？

Carla: Could you say anything about the program for the next year? Your hopes?

Carla：你們能夠在關於明年的計畫的方面說任何事情嗎？

We of the Confederation are aware of certain patterns which have been set within the realms or shall we say the environment of planet Earth. We have great intentions of attempting to alter some of the flows of energy which have been set into motion by your peoples. Yet, we have not yet been able to distinguish or determine in which manner we would be more successful in dealing with the situations upon your planet. But we are attempting, as rapidly as possible, to educate your peoples through many sources in order that we may be accepted upon a physical form of communication. By this we mean, that as it is known, there are occasions upon which we choose

individuals upon your planet and establish with them direct physical communication, and it is part of our program and part of our desire to attempt to broaden this form of experience, within what you would term your next calendar year.

我們星際聯邦察覺到了在行星地球的領域中，或者容我們說，環境中已經被設置好的一定的模式。我們擁有巨大的意願嘗試去改變一些已經被你們的人群啟動了的能量流動。而我們尚未能夠辨認出或者確定我們在與你們星球上的情況打交道的過程中通過其會是更加成功的途徑。但是，我們在盡可能快地嘗試去通過許多的源頭教育你們的人群，以便於我們可以通過一種物質性的溝通交流的途徑被接受。我們這樣說的意思是，如同被知曉的一樣，會有一些場合是我們通過其會挑選在你們的星球上的個體，並與它們建立直接的物質性的交流，去嘗試去拓寬這種體驗的形式，這是對於你們稱之為你們的下一個日曆年的年份中的我們的計畫的一部分，是我們的渴望的一部分。

It shall become evident that we are not yet aware of to what degree of an increase in direct communication we need, and we of the Confederation are willing to do this upon any scale mandated by the group desire of the inhabitants of your planet. We have been pleased recently by the upsurge of interest, in not only the existence of what you call UFO's, but the interest in the existence of life forms throughout the universe.

將會變得明顯的事情是，我們尚未察覺到在直接的溝通交流的方面，我們需要什麼程度的一種增加，我們星際聯邦將會在被你們星球上的居民的團體渴望所命令的任何的尺度上進行這種交流。我們最近已經對於興趣的高漲而感到高興了，不僅僅是對你們稱之為 UFO 的事物的存在性的興趣，同樣也是對貫穿整個宇宙的生命形式的存在性的興趣。

There are greater and more intense studies being put into process by your educators and scientists. And as they filter their findings, more and more each day to your peoples, life such as ours throughout the realms of the universe is becoming an everyday accepted fact. It is pleasing to see the upsurge of this knowledge, for it brings us closer to the day that we may work with you, hand in hand, in building in what you would term the new world. Look for this to occur. The information shall be available through your normal filtered resources, if you understand our meaning. But it is our objective to attempt to increase our assistance upon the physical plane and it shall be seen by many.

有更大與更為密集的研究正在被你們的教育家與科學家從事。隨著它們對它們發現的過濾，每一天都越來越多地被過濾到你們的人群，諸如我們之類的貫穿整個宇宙的領域的生命正在稱為一個日常被接受的事實了。看到這種知曉的高漲，這是令人快樂的，因為它讓我們更加接近那個我們可以與你們，手牽手，通過在你們會稱之為新世界的事物中的構建，一同工作的日子了。期待這個日子的出現吧。資訊將會通過你們通常的，被過濾過的資源而可以為你們所取得，如果你們理解我們的意思的話。但是，我們的目標是嘗試去增加我們在物質性的層面上的幫助，它將會被很多人看到。

Do you request further information?

你們要請求更進一步的資訊嗎？

Carla: By, "being seen by many," do you mean on television or in person? *Carla* : 你們說的“被很多人看到”的意思是在電視機上看到，還是用個人的方式看到呢？

We mean by selected groups and individuals, not through the forms of communication that you would view and listen to, but in direct experience. 我們的意思是被選擇的團體與個體，不是通過你們會看到或者聽到的交流的形式，而是通過直接的體驗。

Carla: Do you have any feelings about what a group meditation should best focus on, whether it would be against natural disasters or against war, in other words for the planet's peace or for the peace among men? Which would be the most fruitful for the immediate present?

Carla : 你們關於一個團體冥想最好應該聚焦在什麼事物上有任何感覺嗎，無論它是抵制之自然的災難，還是抵制戰爭，換句話說，無論是為了地球的和平，還是為了在人當中的和平？

We of the Confederation have in previous communications expressed the fact that one of our greatest concerns is your peoples' obsession to toy with their existence by the utilization of warfare. It is one of our greatest concerns at this period of time, for as you are aware, even though there are still places of turmoil on your planet, you are living in a basically peaceful period of time, as compared to the previous years. But as you are also aware, each period of peace throughout your history was none other than a period of preparation for war.

我們星際聯邦在之前的交流中已經表達了這樣的事實，我們最大的關注點之一，是你們的人群藉由對戰爭的使用而讓它們的存在性沉迷於玩具。它是我們在這個時段最大的關注點之一，因為如你們知曉的一樣，即使在你們的星球仍舊有騷亂的地方，相比之前的年份，你們說生活在一個基本上是和平的時期中的。但是，如你們同樣知曉的一樣，貫穿換你們的歷史的每一個和平時期，都不過是一個對戰爭的準備的時期。

We predict nothing, but we ask that you focus your energies upon the prevention of escalation on the physical plane of the warfare. For we of the Confederation wish not to interfere and it is you, the people of planet Earth, that are given the first opportunity to prevent the destruction of your peoples and the environment. At this point in time, the desire of some nation's leaders to substantiate and incur warfare is great. This would be your most beneficial exercise.

我們什麼都不會預測，但是我們請你們將你們的能量聚焦在對物質性的戰爭的層面上逐步升級的防範上。因為我們星際聯邦並不希望去干預，被賦予了首先的機會去防止對你們的人群與環境的破壞的機會的人是你們，屬於行星地球的人。在這個時間中的位置上，一個國家的領導人對發起並招致戰爭的渴望是巨大的。這會是你們最有益處的練習。

Are there any other questions?

有任何其他的問題嗎？

Questioner: Could you tell us how many people around the world are in contact with you? Thanks.

提問者：你們能夠告訴我們，在全世界有多少人正在與你們進行接觸呢？

We are in communication with the entire population of your planet, but not to all of their knowledge. To give you a number would be beyond the capability of the instrument. Though we must make you aware that this form of communication that you experience here is only one form which we utilize. It is indeed one of the most desirable. But look about you, look at your life and how it is progressed. Look at the informations brought forth through the media, look at the informations brought forth through books, movies, radios and televisions. Look at what seemed to be fantasies ten years ago; they are becoming evident realities today. We communicate through your scientists; we communicate through your doctors. We communicate through your law makers, although they are difficult to deal with. We communicate with all of your peoples.

我們與你們星球的全部的人群進行交流，但是這並不會全都是它們知曉的。要給予你們一個數字是超出了這個器皿的能力的。儘管我們必須讓你們知曉，這種你們在這裏體驗到的溝通交流的形式僅僅是一種我們利用的形式，它確實是最為理想性的形式。但是，看看你們周圍，看看你們的生命以及它是如何被發展的。看看通過媒體被產生出來的資訊，看看通過書本、電影、收音機與電視機被產生出來的資訊。看看在十年之前看起來似乎是空想的事物，它們在今天正在成為明顯的實相了。我們通過你們的科學家進行交流，我們通過你們的醫生進行交流。我們通過你們的法律制定者進行交流，儘管它們是很難與之打交道的。我們與你們所有人進行交流。

Are there any other questions?

有其他的問題嗎？

Questioner: I'd like to know if it may be related to my spiritual growth, the fact that my digital watch jumps ahead a few hours occasionally, and then I find [another watch?]

提問者：我想知道，我的電子錶偶爾會往前跳幾個小時，我想知道是否這可能是與我的靈性成長是有關聯的，我接著要找另一塊手錶嗎？

We would say to you that all experiences understood are beneficial to your spiritual [alignments] and growth patterns. The phenomena that you experience are only clues and indications given to you, through what you might term the grace of God, to continually remind you of that which you are dealing with; the potential that lies within you. For the experiences that you are having are none other than a barometer for you to utilize to determine the magnificence of your Creator.

我們會對你說，所有被理解的體驗對你的靈性上的校準與成長的模式都是有益處

的。你體驗到的現象僅僅是，通過你們可能稱之為神的恩典的事物，被給予你的線索與提示，以持續不斷地提醒你想起你正在與之打交道的事物，以及存在於你內在之中的潛能。因為你正在遇到的體驗僅僅是一個供你使用以確定你的造物者的宏大性的氣壓計。

Are there any other questions?

有任何其他問題嗎？

(Pause)

(暫停)

If there are no other questions, I would leave you with the thought just spoken in answer to the question: utilize your life's experiences as that barometer to determine not only the Creator's magnificence but your own. I leave you in the love and the light of the infinite Creator. I am Hatonn. Adonai, my friends. Adonai vasu borragus.

如果沒有其他的問題，我會離開你們，同時用一個剛剛被講述了的想法來回應問題：將你的生命體驗用作氣壓計來確定不僅僅造物者的宏大性，同樣還有你自己的宏大性。我在無限造物者的愛與光中離開你們。我是 *Hatonn*。Adonai，我的朋友們。Adonai vasu borragus。

Carla: Guess, who came through right at the end, right at the end, really strong? "I am Monka. I am Monka. Blessings to your group." Ha! We haven't heard from Monka in about ten years. That's all I got, it was really strong.

Carla：猜猜看，誰在結束的時候出現了，就在結束的時候，真的很強烈？“我是 *Monka*。我是 *Monka*。對你們的團體致意。”哈！我們有大概十年時間沒有聽到 *Monka* 的消息了。那就是所有我得到的內容，它真的是強有力的。

(Carla channeling)

(Carla 傳訊)

(Very loud static is heard on the tape. The transcription is only to give an idea of the contents and should not be considered accurate.)

(非常響亮的靜電噪音在磁帶上被聽到。記錄僅僅是對內容給予一個觀點，它不應該被認為是準確的。)

I am Oxal. I and my brother Laitos would like to work with each of you for awhile. We would like at this time to work silently with each of you who desires to become a channel. Each of you will go through your minds to our contact. We will work intensively with you for ... Thank you. I am ...

我是 *Oxal*。我和我的兄弟 *Laitos* 想要與你們每一位一同工作一會兒。我們在此刻想要安靜地與你們每一位渴望成為一個管道的實體一同工作。你們每一個人都將會通過你們的頭腦得到我們的接觸。我們將會集中於你們一起工作.....謝謝你們。我是.....

(Pause)

(暫停)

I am again with this instrument. What a great privilege it is to work with you. Normally one or the other of us ... additions are somewhat illusions, and felt it would be somewhat of a good idea to work with two different vibrations ... some are more sensitive to the Oxal and some to the Laitos vibration ... but they are, shall we say in brackets, which gives a good stable area of spiritual vibration. We would open the meeting for questions at this time. If anyone has a question ...

我再一次與這個器皿在一起了。與你們一同工作是怎樣一種巨大的榮幸呀。通常我們中一個或另一個實體.....不從是有些幻象，並感覺到與兩個不同的振動一同工作，這多少會是一個不錯的想法.....一些人對 Oxal 是更加敏感的，一些人對 Laitos 的振動是更加敏感的.....但是它們是，容我們說，在括弧中的，這回給予一個良好的穩定的靈性振動的區域。我們會在此刻對問題開放集會。如果任何人有一個問題的話.....

Questioner: (Inaudible).

提問者：(聽不見)

We are aware of your question. Indeed, my sister, that is our position to a great many ... we have much confidence and yet, cannot give ... but we can give to peoples of your planet is our presence ... love ... and this we give in total freedom. And this, my sister, is your best gift ... may be reaped by a sister or a brother. Not the words, unless they are asked, not the gestures, unless they are needed, but a true heart and that ... complete love ... this is not ... as you would call it ... love ... we use this ... rather than love ... for we do not wish to limit the concept of love to that of the parent of this child. But that love ... wind ... love is that ...

我們瞭解了你的問題。確實，我的姐妹，那就是我們的位置，對大量的.....我們擁有大量的信心，而卻無法.....但是我們能夠給予你們地球上的人群的事情是我們的存在.....愛.....這就是我們用完全的自由給予的事物。我的姐妹，這就是你們最佳的禮物.....可能被一個姐妹或者一個兄弟所取得。不是言語，除非它們被請求了，不是姿勢，除非它們是被需要的，而是一顆真實的心.....完全的愛.....這不是.....如你們對它的稱呼一樣.....愛.....我們使用這個.....而不是愛.....因為我們並不希望將愛的觀念限制在父母對這個孩子的愛。但是，那種愛.....風.....愛是.....

... sadness ... situation ... without ... words and gestures can only aid those ... therefore, understanding sometimes ... this is our distortion ...

.....悲傷.....情況.....沒有.....詞語和姿勢僅僅能夠幫助那些.....因此，理解有時候.....這就是我們的扭曲.....

Is there another question?

有另一個問題嗎？

Questioner: (Inaudible).

提問者：(聽不見)。

I am very pleased to speak through this instrument. We do not often use this instrument, for ours is a strong vibration, a very pointed contact. This instrument ... quite a bit. We wish to come through because our vibration is ... to this group. We want you to ground yourselves ... reality. ... that vibration which is Hatonn is a gentle, kind Oxal is a stronger one and bears more of the, shall we say, stark power of love. That which we call love is the ... force, shall we say, the mathematical equation behind our force. There is no law but love ... higher ... you cannot understand our love without ... reality ... meditate ... my friends, you remind me somewhat of what you would call your aborigines, stalking through virgin jungle. They know no other tribes. They are aware of no other beings. Then one day, knowing that there is no one else in their entire ... they come across one footprint. All the other footprints have washed away thousands of thousands of years ... Fire ... suddenly they know that in some inconceivable ... some creature like them stood where they are standing ...

我非常高興通過這個器皿發言。我們並不經常使用這個器皿，因為我們的振動是一種強有力的振動，一種非常集中的接觸。這個器皿.....相當有一點.....我們希望出現因為我們的振動是.....對這個團體。我們想要你們讓你們自己接地.....實相.....Hatonn 的振動是一種溫和的，親切的.....Oxal 是一種更為強有力的振動並帶有更多的，容我們說，嚴厲的愛的力量。我們稱之為愛的事物是.....容我們說，力量，在我們的力量背後的數學平衡。除了愛之外沒有法則.....更好.....你們無法理解我們的愛，沒有.....實相.....冥想.....我的朋友們。我們提醒你們多少有些會想起你們所稱的你們的土著居民，它們潛行穿越原始森林。它們不知道其他的種族。它們不知道其他的存有。接下來，有一天，當它們知道，在他們的整個.....都沒有任何其他人.....它們遇見了一個腳印。所有其他的腳印在數千年的時間中都已經被沖洗掉了.....火.....突然間，它們知道，在某個無法想像的.....某種類似於它們的生物站立在它們所站立的地方.....

My friends you have been And in some inconceivable future, some day you will see ... not real ... you can either approach your evolution by tucking your toes in your mouth and then rolling in circles along the dusty road ...

我的朋友們，你們已經是.....在某個無法想像得到的未來中，在某個日子，你們能將會看到.....不是真實的.....你們能夠要麼藉由將你的指頭塞進你的嘴裏，並接下來沿著佈滿塵土的道路轉圈來接近你們的演化.....

(Tape ends.)

(磁帶結束。)

November 9, 1977

1977-11-09 Hatonn : 洋娃娃與磁鐵

(Unknown channeling)

(未知者傳訊)

I am Hatonn. Greetings, my friends, in the love and in the light of our infinite Creator. It is as always our privilege to be with you. And this evening it is pleasing to see so many. We of the Confederation attempt so often to communicate in many forms with your peoples, and time and time again, we find that our attempts are in somewhat what you would call, a fruitful (inaudible) and then there are other times when we find no ears to listen. And it joys us and it gladdens us to know that you wish to listen and to know that above that, you seek the truth, the truth upon [which] all things are founded. You seek the truth in order that you might understand not only your environment, but your own inner being. My friends, we say to you that if you do not know yourself and of your abilities, then you shall remain in ignorance until you do so. You may attempt in many ways to gain intellectual knowledge. You can earn many degrees, as you would call it. You may be accepted by the greater peers of your society, you may be recognized as what you may term a genius, but yet we say, you remain in ignorance in spite of all these things if you know not yourself.

我是 *Hatonn*，我的朋友們，我在我們的無限造物者的愛與光中致意。與你們在一起一如既往是我們榮幸。今晚看到如此多的人是令人高興的。我們星際聯邦如此經常嘗試用許多的形式與你們的人群進行交流，一次又一次，我們發現我們的嘗試是出於一種多少有些你們會稱之為一種受益很多的（聽不見）的事物中，接下來，會有其他的一些時間，我們會發現沒有聆聽的耳朵。知曉你們希望去聆聽，且最重要是，知曉你們尋求真理，所有的事物被構建在其上的真理（聽不見），它讓我們感到喜悅，它讓我們感到高興。你們尋求真理，你便於你們可以不僅僅理解你們的環境，同樣也理解你們內在的存有。我的朋友們，我們對你們說，如果你不知曉你自己以及你的能力，接下來，你就將會留在無知之中，一直到你這樣做為止。你們可以採用很多方式嘗試去取得邏輯智力的知識。你們能夠賺取很多的學位，如你們對它的稱呼一樣。你們可以被你們的社會的更多的同僚所接納。你們可以被視為是你們可能稱之為一個天才的事物，但是，我們對你說，如果你不知曉你自己，就算有所有這些事情，你依舊是在無知之中的。

We of the Confederation have attempted to tell your peoples throughout many, many of your years the importance of this simple knowledge of the inner being that sustains and ordains your existence. We of the Confederation have mentioned to our contacts, time and time again, the method which we feel most beneficial by which to gain this knowledge of self and of the universe. And as you are aware, that method is what we term as meditation. 我們星際聯邦已經在貫穿你們很多很多年的時間嘗試去告訴你們的人群這個對維持並命令了你們的存在性的內在的存有的簡單的知曉。我們星際聯邦已經一次又一次地對我們的接觸提及過，我們感覺是藉由其取得這種對自我的知曉與對宇

宙的知曉的最有益處的方法了。如你們知曉的一樣，那個方法就是我們稱之為冥想的事物。

Meditation, my friends, brings us the key to the universe. It is the key to the inner being that you are. It is the key to the door of the Creator's house. It is the key to the door of all truth and understanding.

我的朋友們，冥想會帶給我們宇宙的鑰匙。它是你們之所是的內在的存有的鑰匙。它是造物者的房屋的大門的鑰匙。它是所有真理和理解的大門的鑰匙。

Meditation is the silence which is spoken of so often within the holy works that your peoples recognize upon this planet called Earth. My friends, the silence that you enter into is a silence which may at time seem to be vast and at other times to be very minute. And this is as it should be, my friends, for within the universe, all things are both infinitely small and infinitely large. For every expansion there is that opposite, contraction; for every thing there is balance. And balance, my friends, can only be achieved by the experience of both sides of what we may call the scale. The scale of positive or negative, if you so desire. Within your meditations you may find that balance. For it shall provide you with the understanding of your experiences, whether they be of the positive or negative nature. They are to be understood, for without the understanding of that which you experience, the lessons have been overlooked; the lessons have passed you by.

冥想就是在你們的人群在這個被稱之為地球的行星上視為是神聖著作的事物中如此經常地被談到的靜默了。我的朋友，你們進入到其中的靜默是一種時常會看起來似乎是巨大，而在其他的時候看起來似乎是微小的靜默。這就是它應該是的樣子，我的朋友們，因為在宇宙之中，所有的事情都同時是無限小與無限大的。對於每一個拓展，都會有對立面，收縮，對於每一個事物，都會有平衡。我的朋友，平衡僅僅能夠藉由我們可以稱之為天平的事物同時兩邊的體驗而被取得。正面性或者負面性的天平，如果你們渴望這樣說的話。在你們的冥想中，你們可以找到那個平衡。因為它將會提供給你們對你們的體驗的理解，無論它們是具有正面性的屬性還是負面性的屬性。它們是要被理解的，因為沒有對你們體驗到的事物的理解，課程就已經被漏掉了，課程就已經被你們錯過了。

Very often, as man upon planet Earth proceeds through his daily chores and activities, he becomes, shall we say, unknowledgeable of that which occurs around him, for his attention is focused in one area and his closest sensitivities in order that he may concentrate upon the performance of his duties. We say that as you go through these duties of life, concentrate if you must, in order that you do the best that you may do; but allow your sensitivities to remain in complete function, so that you may absorb the entire experience that you encounter. And as you absorb these experiences they shall register within your memory banks, there to be held in order that you may learn to understand and call upon that understanding in what you would call your future.

非常經常地，隨著在行星地球上的人穿越他的日常的事務與活動，他會，容我們說，對發生在他周圍的事情是不知曉的，因為他的注意力是被聚焦在一個區域以

及他最接近的敏感性之中的，以便於他可以將注意力集中在對他的責任的表現上。我們說，當你們穿越這些生命的責任的時候，如果你們必要做，集中注意力，以便於你們對你們可以做的事情竭盡全力，但是允許你們的敏感性留在完全的機能中，這樣你們就可以吸收你們遭遇到的全部的體驗了。當你們吸收了這些體驗的時候，它們將會在你們記憶的儲存中留在印象，並被保留在那裏，以便於你們可以學習其理解，並在你們稱之為未來的時間中呼喚那種理解。

Man upon planet Earth is what you would consider to be the highest form of intelligence within the universe, if only he would recognize this ability. We of the Confederation have lived through your experiences. We have grown through similar experiences. And through our growth we have learned the simplicity and the magnificence of your race. For we, too, are of your race. There are some basic differences, for we have progressed the same as you and we have possessed the same forms as you.

在行星地球上的人是你們會認為是在宇宙中具有最高形式的智慧，只要他願意認出這種能力。我們星際聯邦已經經歷過你們的體驗了。我們已經通過類似的體驗成長了。通過我們的成長，我們已經學會了你們的物種的簡單性與宏大。因為，我們，同樣也是屬於你們的物種。會有一些基本的不同，因為我們已經發展出和你們一樣的事物了，我們已經擁有了和你們一樣的形體了。

Man upon planet Earth is residing upon a testing ground of spiritual awareness; testing grounds in which he may grow and gain all of the knowledge necessary in order to expand into the universe and spread the love and the light, the truth and the understanding of our Creator. It is indeed, shall we say, your opportunity and obligation as inhabitants of planet Earth to become the teachers and the servants of your fellow beings within this area of space in which you reside. There is around and about you, throughout your system, intelligent life; some with greater understanding than what you possess on planet Earth and some with less understanding. But in no other civilization, within your confines of space, is there the magnitude of possibility for progression that you may experience on the planet Earth. You have not been chosen idly to abide upon this planet. You have progressed throughout the evolutionary scales, throughout thousands and thousands of what you would call years and you have earned the opportunity to reside upon this particular planet, to fulfill your own particular purpose in this creation.

在行星地球上的人是居住在一個靈性的認識的試驗場上的，在其中他可以成長並取得未來要拓展進入到宇宙並延伸我們的造物者的愛與光，真理與理解所需的所有的知曉。去在這個你們居住在其中的宇宙的區域中成為你們的夥伴存有的老師與僕人，它是你們作為行星地球的居住者的，容我們說，機會與責任。貫穿你們整個系統，都會有智慧生命在你們周圍，一些是具有比你們在行星地球擁有的理解的更大的理解，一些具有較少的理解。但是，在你們的空間的範圍中，沒有其他的文明擁有你們在行星地球上可能體驗到的發展的可能性的廣度。你們不是閑來無事而選擇居住在這個星球上的。你們已經貫穿整個演化的等級，在貫穿數以千計的你們所稱的年份的時間中發展了，你們賺取了居住在這個特定的星球上的機會了，以實現你們自己在這個造物中的特定的目的。

If man upon planet Earth was truly aware of the number of individuals, as you would consider them, throughout the universe, that would desire inhabitation upon this planet then he would begin to realize in greater detail the importance of his existence, and the special importance of this period of time and experience upon this particular planet. There is throughout the universe a structure, which we will simply call a hierarchy. They oversee your activities, they evaluate your progression, and they do many things for you to enable you to obtain the experiences that you have earned and are necessary for your growth.

如果在行星地球上的人是真正知曉貫穿整個宇宙的渴望居住在這個星球上的個體，如你們會考慮它們的一樣，的數量，接下來，他就會開始用更大的具體細節意識到他的存在性的重要性，以及這個時段以及在這個特定的星球上的體驗的特殊的重要性了。在貫穿整個宇宙會有一種構架，我們簡單地稱之為一個天使團 (*hierarchy*)。它們監督你們的活動，它們評估你們的發展，它們為你們做很多的事情來使得你們能夠取得你們已經賺取的，且對你們的成長是需要的體驗。

You are constantly, what you might call, monitored by this hierarchy. They pass not judgment on you, but they watch with great concerns your activities. For they are aware of your purpose, and they are awaiting its fulfillment with great patience and compassion for their fellow beings upon planet Earth. They in turn send forth to you emissaries of truth and knowledge and understanding and love. We, my friends, are those emissaries. Yet, we claim not to be of any greater value than man upon planet Earth. For, my friends, we could not bring these truths to you if it were not for your presence. We could not serve you if you did not inhabit this place—in time. So we are grateful that you have come to listen. For expressing your desire to listen to our words, you have given us the only means of fulfillment of our purpose at this point in time in this universe.

你們是持續不斷地被這個天使團所，如你們可能稱呼的一樣，監督著的。它們不會對你們進行審判，但是它們會帶著巨大的關心觀察你們的活動。因為它們知曉你們的目的，它們正帶著對它們在行星地球上的夥伴存有的巨大的耐心與同情等待著你們的目的的實現。它們相應地會向你們送出具有真理、知曉、理解與愛的使者。我的朋友們，我們就是那些使者。而我們不會宣稱具有任何比在行星地球上的人更大的價值。因為，我的朋友們，如果沒有你們的在場，我們無法將這些真理帶給你們的。如果你們並不居住在這個地方——及時地——我們就無法服務你們了。因此，我們對你們已經前來聆聽是感激的。因為通過表達你們對聆聽我們的話語的渴望，你們已經給予了我們在這個宇宙中，在時間中，在此刻實現我們的目的的唯一的途徑了。

We are always grateful to you, we shall always love and respect each and everyone of you, and we shall always be here to help. Whenever it is desired, this is our purpose, to assist you in the awakening of your inner self. Once this awakening has been achieved, then no longer shall you need our assistance. For you shall be with us, perhaps not in physical form but in what you would term "spiritual essence."

我們一直都對你們是感激的，我們將會一直都愛並尊重你們每一位，我們將一直

都在這裏以進行幫助。無論什麼時候它是被渴望的，這就是我們的目的，去在喚醒你們內在的自我的過程中幫助你們。一旦這種喚醒已經被取得了，接下來，你們就將不再需要我們的幫助了。因為你們將會與我們在一起，也許不是在物質性的形體中，而是在你們所稱的“靈性的實質”中與我們在一起。

Earth, my friends, is the training grounds for what your mythology has termed as "gods." This has been expressed through other instruments, and it is indeed the truth. Be not discouraged if your society seems to be against you, or go against your code of morality. Do not be discouraged, my friends, because it is your opportunity to grow. It is your opportunity to learn and to understand your own power of creativity.

我的朋友們，對於你們的神話已經稱之為“神”的事物，地球就是它們的訓練場了。這已經通過其他的器皿被表達過了，這確實是真理。如果你們的社會看起來似乎是反對你們的，或者是反對你們的道德標準的，不要感到洩氣。我的朋友們，不要感到洩氣，因為它是你們去成長的機會。它是你們去學習並去理解你們自己創造性的力量的機會。

For we say that what you experience is the manifestation of your own thought patterns. Whether they be of a conscious or subconscious projection, they are indeed the manifestation of your own [inner] thoughts, [feelings,] emotions and understanding. So is it not logical that in order to truly know your universe and all about it, that you must first know yourself?

因為我們說，你們體驗到的事情是你們自己的思想模式的顯化物。無論它們是一種有意識還是潛意識的投射，它們都確實是你們自己內在的想法、感覺、情緒與理解的顯化物。因此，為了要真正地知曉你們的宇宙以及所有關於它的事情，你必須首先知曉你自己，這難道不是有邏輯的嗎？

If the law of creation which we have given to you is indeed true, so are the words that we speak. We demand in no way that you accept what we say. We only speak it for it is what we understand and what we experience. It is your choice, my friends, to either grasp on to this understanding and to refine it or to search for another one. But we assure you that in due time, whether it be within this life experience or not, all of the peoples upon planet Earth shall come to understand the simplicity of the truth that we speak.

如果我們已經給予你們的造物的法則確實是真實的，我們所說的話語就是如此的。我們絕對不會要求你們接受我們所說的內容。我們僅僅是因為它是我們的理解的事情，是我們體驗到的事情而講述它的。我的朋友們，要麼去緊緊抓住這個理解並精煉它，要麼去尋找另一個理解，這是你們的選擇。但是我們會向你們保證，在適當的時候，無論它是不是在這次生命體驗中，所有在行星地球上的人都將會開始理解我們談及的真理的簡單性。

We of the Confederation are aware of all of the great teachers now on your planet and all of the great teachers within your past. We recognize none as being greater than the other one, only some who were known better, who experienced greater success. And of these, the most successful was the one who you would call the Christ. The Christ, my friends, was the manifestation of

the desires of your peoples for the truth and for an example. Follow the words that he spoke but above all live the life that he lived. Live the truth that you find that you may speak, as did this teacher and the universe shall lay at your feet and give praise unto you, for indeed you are the risen Christ. For each and every one of you is the risen Christ the moment that you understand yourself.

我們星際聯邦知曉現在在你們的星球上的所有偉大的老師以及在你們的過去中的所有偉大的老師。我們認為沒有一個是比另一個更加偉大的，僅僅只有某些老師是更好地被知曉，並體驗到了更大的成功了。這些老師中，最成功的老師就是你們稱之為基督的老師。我的朋友們，極度就是你們的人群對真理以及對一個榜樣的渴望的顯化物。活出你們找到的真理，活出你們講述的真理，如同那個這個老師做的一樣，宇宙將會在你們的腳下，並讚美你們，因為你們確實就是升天了的基督。因為你們每一個人，在你理解你自己的那一刻，就是升天了的基督。

I would transfer this communication. I am Hatonn.

我會轉移這個交流。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument. I am Laitos, and I greet you in the love and the light of the infinite Creator. I and my brothers ask you to pause with us at this time to work on conditioning. We are privileged to work especially with those who desire to intensify their contact with the Confederation of Planets in Service to the Infinite Creator. We will work on each of you at this time, and we ask you to relax. We ask you to envision the energy of love all about you. It permeates the air about you, my friends. You breathe it in with every breath and absorb it through the skin of your chemical body. Love is all about you. You breathe it in and you are a sentient being and you cause this love to have direction, my friends. And this love that you breathe in and absorb spirals up your energy centers—and we are aiding you and feeling this at this time—and the energy rises as smoothly as you have begun to open the doors of meditation. And as you become a purer channel, my friends, this energy rises more and more smoothly and becomes a pure love energy as you give it out as freely as it has come to you. And now this energy, my friends, leaps up like flames from each of you and becomes a beautiful white energy, and moves from one to another about the circle that you have made in your seeking this evening. We ask you to feel this energy, feel the unity of that movement of the love in the circle. Feel the potential building up. This unity of love my friends, is reality. You are experiencing love at this time. Now, relax and continue to feel the energy coming in, being directed by the wisdom of your being, being sent to the group as love energy, and feel the unity.

我與這個器皿在一起了。我是 *Laitos*，我在無限造物者的愛與光中向你們致意。我和我的兄弟請你們在此刻與我們一起暫停，以在調節作用上進行工作。我們尤其對於與那些渴望強化它們與服務於無限造物者的星際聯邦的接觸的實體一同工作是感到榮幸的。我們將會在此刻與你們每一位一同工作，我們請你們放鬆。

我們請你們觀想愛的能量全都在你們周圍。它瀰漫于在你們周圍的空氣中，我的朋友們。你們用每一次呼吸呼吸它，通過你們的化學性身體的皮膚吸收它。愛全都在你們周圍。你們將它吸入，你們是一個有感知的存有，你們使得這種愛擁有方向，我的朋友們。你們吸入並吸收的這種愛，沿著你們的能量中心螺旋上升——我們正在幫助你們，並在此刻感覺到這種上升——能量就好像你們已經開始打開了冥想的大門一樣流暢地上升。隨著你們成為一個更加純淨的管道，我的朋友們，這種能量會越來越流暢地上升，隨著你們如同它已經來到你們身上一樣自由地將它給予出去，它成為了一種純淨的愛的能量。現在，這種能量，我的朋友們，從你們每一個人身上好像火焰一樣地躍起，並成為一種美麗的白色的能量，繞著你們在今晚在你們的尋求中已經形成的圈子從一個人移動到另一個人身上。我們請你們感覺這種能量，感覺在圈子中的那種愛的移動的統一性。感覺潛能在積累。這種愛的統一性，我的朋友們，是實相。你們在此刻正在體驗愛。現在，放鬆，繼續感覺能量進入，被你們的存有的智慧所指引，作為愛的能量被送到團體，感覺到統一性。

(Pause)

(暫停)

Very quickly, my friends, we will make contact with some of the newer instruments. We will not spend a great deal of time on this, but we wish to exercise the newer channels, if you will be patient. We would like to attempt to say just a couple of sentences through the one known as G, if she would relax. I am Laitos.

我的朋友們，非常快地，我們將於一些較為新一些的器皿建立接觸。我們將不會在這個上面花費大量的時間，但是我們希望訓練較新的管道，如果你們將會是有耐心的話。我們想要嘗試通過被知曉為 G 的實體僅僅說幾句話，如果她願意放鬆的話。我是 Laitos。

(Pause)

(暫停)

We would move now to make contact with the one known as J, if she would relax and speak freely.

我們現在移動以與被知曉為 J 的實體建立接觸，如果她願意放鬆並自由地發言的話。

(Pause)

(暫停)

We would move now to contact the instrument known as B and say a couple of sentences through him, if he desires to speak our thoughts. I am Laitos.

我們現在移動以與被知曉為 B 的器皿建立接觸，並通過她說幾個句子，如果他渴望說出我們的想法的話。我是 Laitos。

(Pause)

(暫停)

We would now touch on the instruments known as G and M, so that they may feel our presence.

我們現在會接觸被知曉為 G 和 M 的實體 這樣它們就可以感覺到我們的在場了。

(Pause)

(暫停)

I am Laitos. We are sorry we are not getting verbal contact, but we felt that it was important to let the whole group feel the energy of the group, so that those who had not previously had experience with contact could feel the energy going from place to place within the circle. This is also part of beginning to become familiar with our type of contact, our type of energy. We are aware that members of the group will be attempting to make contact in a new locality in the near future. And we wish to say to the one known as M, that we will be with you and that we will continue working with you—I, my brother Hatonn, and many others of the Confederation. Place, obviously, does not mean very much to us. And indeed, we become very, shall we say, confused about time. What we hear in any time and at any place is the desire of our brothers and sisters on planet Earth for the thoughts that we have to share.

我是 *Laitos*。我們很抱歉我們沒有建立語言的接觸，但是我們感覺到，讓整個團體感覺到團體的能量，這是重要的，這樣那些之前尚未體驗過接觸的實體就能夠感覺到圈子中從一個地方移動到另一個地方的能量了。這同樣也是熟悉我們的接觸的類型，我們的能量的類型的開始的部分。我們察覺到，團體的成員將會正在嘗試去在不久的未來在一個新的地點建立接觸。我們希望對被知曉為 *M* 的實體說，我們將會與你在一起，我們將會繼續與你一同工作——我，我的兄弟 *Hatonn*，以及星際聯邦的很多其他實體。明顯地，地點並不會對我們有很大的意義。確實，我們會對時間感到非常的，容我們說，混淆。我們在任何時間與任何地點都聽到的事情是，我們在行星地球上的兄弟姐妹對我們所要分享的想法的渴望。

My friends, we would ask you to become aware of the fact that you are real. It is indeed almost as though your peoples, my friends, think of themselves as one of your toys, a doll perhaps, or a stuffed animal that a child would pick up and play with, making pretend in various situations and then putting the doll aside. And so you treat yourselves, my friends, many times. And then you say, I will play the part of a wage earner, or I will play the part of a man about town, or an attractive woman, or I will play the part of a churchgoer, or I will play this or that role. And you do not believe yourselves, my friends. You do not understand the game at all.

我的朋友們，我們會請你們知曉你們是真實的這個事實。這確實幾乎就好像是你們的人群，我的朋友們，將它們自己想做你們的一個玩具，也許是一個洋娃娃，或者是一個填充動物，一個孩子會將它撿起來，與它玩耍，假裝處於各種各樣的情況中，接下來將洋娃娃放在一邊。我的朋友們，很多時候，你們就是這樣對待你們自己的。接下來，你說，我將會扮演一個賺工資的人的角色，或者我將會扮

演了一個在城鎮周圍的人的角色，或者一個迷人的女人的角色，或者我將會扮演一個經常去教堂的人的角色，或者我將會扮演這樣或者那樣的角色。你們並不相信你們自己，我的朋友們。你們完全不理解那個遊戲。

You see, underneath the sawdust and the tinsel of everyday life, there is something in you that is real. And that reality is very precious and will outlast the tinsel and the chemical body itself. The things that happen to you daily are quite important to this real self. Not perhaps in the way they seem to be important, as you pretend to be this or that. The importance of these things comes to you in a funny way, shall we say. It comes to you depending on how you desire that it comes to you. It has been written in the holy works that you call the Holy Bible, "Seek and you shall find." Just as you desire your experience to be, so it will show itself to you.

你們看，在日常生活的瑣屑的鋸木屑與華而不實的金屬箔片的底下，在你們正在之中會有某個真實的事物。那個實相是非常寶貴的，並將會比華而不實的金屬箔片以及化學性的身體其自身更加經久。每一天發生在你們身上的事情對於這個真實的自我是相當重要的。也許不是用它們看起來似乎是重要的方式，在你們假裝成為這個或者那個樣子的時候，這些事情是用一種，容我們說，有趣的方式發生在你們身上的。它發生在你們身上，取決於你們多麼渴望它發生在你們身上。在你們的稱之為聖經的神聖著作中已經被寫到過，“尋求，你們將會找到。”就是如同你們渴望你們的體驗成為的樣子一樣，它將會如此將它自己顯現給你們。

Most people, my friends, thinking of themselves as little more than a sawdust doll, do not desire deeply that they may discover the truth in their existence. Therefore, they do not discover the truth in their existence. But, my friends, if you truly desire that each moment may teach you its lessons, then you magnetize yourself, just as though you were walking through a vast beach and looking hopefully for precious metals. Sawdust, my friends, does not attract metal. But if you have magnetized yourself, ah, the metal comes to you through all of the useless sand and it attaches itself firmly to your understanding.

我的朋友們，大多數人認為它們自己不比一個鋸木屑做的洋娃娃要好多少，它們並不深深地渴望它們可以在它們的存在性中發現真理。因此，它們沒有在它們的存在性中發現真理。但是，我的朋友們，如果你們真正渴望那個真理，每一刻都可以教導你們它的課程，接下來，你就可以讓你自己磁鐵，就好像你正在行走穿過一個巨大的海濱，並有希望找到珍貴的金屬一樣。我的朋友們，鋸木屑是不會吸引金屬的。但是，如果你已經讓你自己成為磁鐵了，啊，金屬會穿越所有無用的沙子來到你面前，它堅實地讓它自己吸附在你的理解上了。

Desire. Do not be afraid of that word. What you desire is up to you. The intensity of your desire is very much up to you, my friends. Do not be afraid to really want to know the truth. Not just now, but all the time. When you are eating, my friends, when you are drinking, when you are speaking, when you are watching your television; you are in there, my friends, you are real, and you are here to learn the truth. It is a simple game and you play it by magnetizing yourself with the desire.

渴望。不要害怕那個詞語。你們渴望的事情是由你們決定的。你們渴望的強度是非常大地是由你們決定的，我的朋友們。不要害怕去真正想要知曉真理。不僅僅是現在，同樣也是所有的時候。當你們在吃飯的時候，我的朋友們，當你們在喝水的時候，當你們在說話的時候，當你們在看你們的電視的時候，你們就在那裏，我的朋友們，你們是真實的，你們是來這裏來學習真理的。它是一個簡單的遊戲，通過讓你自己藉由渴望成為磁吸的，你就玩了那個遊戲了。

I will turn the message back now to my brother, Hatonn, and open the meeting to questions. I am Laitos, and I thank you very, very much for the privilege of speaking with you.

我現在將會將資訊轉回到我的兄弟 *Hatonn*，並向提問開放集會。我是 *Laitos*，我們為與你們發言的榮幸而非常非常感謝你們。

(Tape ends.)

(磁帶結束。)

March 11, 1978

1978-03-11 Hatonn : 荒野與天堂

(Carla channeling)

(Carla 傳訊)

(The first part of the tape is inaudible.)

(磁帶的第一部分聽不見)

[I am Hatonn.] ... A story from the Buddhist ... is known to this instrument, which emphasizes this truth. In the story, a wise old man is accused of fathering a child. And when the mother ...
[我是 Hatonn。].....一個來自于佛教徒的故事.....是這個器皿知曉的，它強調了這個真理。在故事中，一個睿智的老人被控告是一個孩子的父親。當母親.....

We are not denying in any way that each personality incarnates into the illusion with one primary, as this instrument would say, program. This program is general and can be applied in various ways. If some ways are blocked, it may or may not be possible to fulfill the program as originally intended. However, it is a frequent thing that those who plan ahead find their plans ... This is true, shall we say, of the soul in an infinite sense, as well as it is true that the personality is ... The ultimate program for any individual ... is completely achievable ...

我們不是在用任何方式否認每一個人格都是帶著一個主要的，如這個器皿會說的一樣，計畫，而投生進入到幻象中的。這個計畫是一般性的，並且是能夠用各種各樣的方式被引用的。如果某些方式是被阻塞的，它可能或者可能不會如同原先被打算好的一樣來實現計畫。然而，那些體驗計畫了它們的計畫的人，一個頻繁發生的事情是.....這用一種無限的意義對靈魂，容我們說，是真實的，同樣也是真實的是，人格.....對任何個體的終極的計畫.....是完全能夠取得的.....

For that goal is simple: it is to be aware of the original Thought, to be aware of love. Whether the actions that are part of, shall we say, the karmic programming, are taking place as planned ... the primary goal of expressing the original Thought is always ... each individual is free the whole time. Many times it seems there are circumstances [that] are far less than ...

因為那個目標是簡單的：它就是去察覺到原初的想法，去察覺到愛。無論作為，容我們說，業力編程的一部分的行動，是否如被計畫一樣地發生.....表達那個原初的想法的主要的目標一直都是.....每一個實體在所有的時候都是自由的。很多時候，看起來似乎會有一些環境是遠遠較不.....

An important thing to understand about the interfacing between the ultimate program and realizing love and the action program for one personality in one life experience is this. If the individual continually grounds himself in the original Thought, a condition is thereby prepared for an interface between love and proper action. We have said to you many times, meditate. Meditate and ... Do not doubt, distrust or cease in your desire to be of service. As you

meditate, allow that desire to keep the vibration, the antennae let us say, of your senses on the finer planes ... You have felt that you are in the wilderness, and yet it is precisely in the wilderness that you must be alone, for you have the challenge of being aware of that which is paradise totally within yourself rather than being in the position of dwelling in paradise and attempting to remember the wilderness. We say to you the experience of wilderness is extremely important to growth of what you would call your soul.

關於在終極的計畫與在一次生命體驗中實現一個人格的愛與行動的計畫之間的分介面，一個要去理解重要的事情是這樣的。如果個體持續不斷地讓他自己紮根於那個原初的想法，一個情況就會因此為了一種在愛和適當的行動之間的分界面而準備好.....不用疑惑，懷疑，或者在你們去進行服務的渴望中停止。當你們冥想的時候，允許那個渴望保持振動，你在精微層面上的感知的，容我們說，天線.....你已經感覺到，你是在荒野中的，而恰恰就是在荒野中，你必定是孤單的，因為你擁有察覺到完全在你自己內在之中的天堂之所是的挑戰，而不是處於一個居住在天堂中的位置上，並嘗試去回憶起荒野。我們對你們說，荒野的體驗對於你們所稱的你們的靈魂的成長是極其重要的。

As the immortal soul plunges into a cycle of experience such as you have committed yourself to in this density, the darkness of not remembering the Creator's Thought and all ... All senses are stilled. Slowly the wisdom, kept like a seed within the soul, begins to put forth tiny sprouts and through many life experiences those sprouts are encouraged to grow.

隨著不朽的靈魂投入到諸如你已經讓你自己在這個密度中致力於的一個體驗的週期的時候，不記得造物者的想法的黑暗與所有.....所有的感覺都安靜下來了。智慧，就好像一個種子一樣被保存在靈魂中的智慧，緩慢地開始迸發出小小的幼芽，通過很多的生命體驗，那些幼芽被鼓勵去生長了。

In many situations, where there is ease within a life experience, choices are not made on the part of the individual because in paradise the individual grows complacent and does not evaluate all things in the belief of the original Thought. Inconsistency, impurity of motive, causes an interruption in the vibratory pattern of growth. And that particular incarnation serves only as a resting point between other more beneficial incarnations.

在很多的情況中，如果在其中在一個生命體驗中會有順利，選擇是不會在個體的層面上被做出的，因為在天堂中，個體會逐漸變得滿足，而不會通過對原初的想法的信念來評估所有的事物。不協調一致，動機不純，會造成在成長的振動模式中的一種中斷。那個特定的投生僅僅是作為在其他更有益處的投生中間的一個休息點來起作用了。

We do not ask you or any individual to truly rejoice in feelings of desolation, in feelings of getting off the track, shall we say. And yet we say to you that [with] enough determination, that wandering in the wilderness can one day herald that which is described in your holy works as the voice of God crying in the wilderness to make straight the way of the Creator. When you are struggling to understand, the struggling may seem to go [on] interminably. But then, suddenly the rocky places are made smooth, the mountains are made land. In

your outer life it is possible nothing might have happened to cause this breakthrough. It is your inner light that counts.

我們並沒有請你們或者人格個體真正在隔絕的感覺中，在，容我們說，偏離軌道的感覺中歡慶。而我們對你們說，帶著足夠多的決心，在荒野中的漫遊能夠有一天預兆在你們的神聖著作中被描述為在荒野中的神的呼喚的聲音，以讓通往造物者的道路變得筆直了。當你們正在努力去理解的時候，努力可能看起來似乎要無止境地繼續下去。但是，接下來，突然間，佈滿岩石的地方變得光滑了，山變成了平地了。在你們的外部的生命中，可能不會有任何事情已經發生來產生出這種突破。要被考慮的是你們內在的光。

This [is] why we say that you are free. It is your thought, your choice, your understanding. Trust that understanding. And we ask you again, do not fear the wilderness. Do not fear sorrow, desolation, lack of understanding ... All of these things mean nothing. Only one thing matters: that is that you continually seek the original Thought. You can not re-choose what is past. You can choose this moment at all times; to become totally conscious of the moment, to see love, to seek the Creator.

這就是為什麼我們說，你們是自由的原因了。它是你們的選擇，你們的選擇，你們的理解。信任那個理解。我們再一次請你們不要害怕荒野。不要害怕憂傷，隔離，缺少理解.....所有這些事情都什麼都不意味。僅僅一個事情是重要的，那就是你們持續不斷地尋求原初的想法的價值。你們無法重新選擇過去是什麼。你們能夠在所有的時間都選擇這一刻，對那一刻成為完全有意識的，去看到愛，去尋求造物者。

These are inner things. They may not ever be brought into action on the dramatic plane. Some paths are dramatic, some are not. And this is true with all individuals. Those who have dramatic incarnations are those who have chosen a multitude of times; those who do not are those also who have chosen. There is no predetermining ... There is only one choice, my friends. The Creator is everywhere, within each choice.

這些是內在的事物。它們可能不會在戲劇化的層面上產生出行動。一些道路是戲劇化的，一些不是。這對於所有的個體都是真實的。那些擁有戲劇化的投生的個體是那些已經選擇了很多次的個體，那些並不擁有戲劇化的投生的個體同樣是那些已經選擇了的個體.....僅僅只有一個選擇，我的朋友們。在每一個選擇中，造物者是無處不在的。

We speak to the one known as Carla also, for she has had many doubts lately as to the validity of her health in this incarnation. The Creator offers to those who wish to serve, the wilderness. Those who serve will [be] forever seeking that which is ... My friends, you know there is great joy in the seeking. There is joy in fellowship. And there is joy even when totally isolated from your fellow man. In fellowship ... Do not ever ... seek out the joy of yourself and the Creator ... Love is within you. Joy is within you. And the wilderness is within you. Step forward fearlessly. Paradise is also within you.

我們同樣也對被知曉為 Carla 的實體發言，因為她最近在關於她在這次投生中的健康的正確性的方面擁有很多的疑惑。造物者對那些希望去服務的人提供了荒

野。那些服務的人將會永遠在尋求.....我的朋友們，你們知道在尋求中會有巨大的喜悅。會有在夥伴關係中的喜悅。甚至在完全與你們的夥伴隔離開來的時候，都會有喜悅。在夥伴關係中.....不要.....找出你自己與造物者的喜悅.....愛在你們內在之中。喜悅在你們內在之中。荒野是在你們內在之中。無懼地前進。天堂同樣也在你們內在之中。

I would like at this time to open this meeting to questions.

我想要在此刻對提問開放集會。

S: I would like to know about my dreams I have been having. Can you shed any light on them? ... Is there anything I should be afraid of?

S：我想知道關於我一直都在做的夢。你們能夠對它們進行任何解釋嗎？.....有任何事情是我應該害怕的嗎？

(Carla channeling)

(Carla 傳訊)

I am aware of your question. You are one who is sensitive [to] the emanations of finer vibrations. This is not obvious to you in the waking state. However, in your, shall we say, immortal soul you are very advanced in study upon the inner planes and in other incarnations have spent most of your time in these states.

我瞭解了你的問題了。你是一個對精微振動的輻射是敏感的人。在醒著的狀態中這對於你並不是明顯的。然而，在你的，容我們說，不朽的靈魂中，你在精微層面上的學習是非常先進的，你在其他投生中已經在這些狀態中花費了你的大部分的時間了。

In short, this the essence of your experience. However, you are experiencing difficulty due to an incomplete, or shall we say, ... of the proper methods for achieving these altered states. Therefore, when you are as consciousness moving into them, you are bypassing certain, shall we say, guardians and attempting to go directly into a more advanced vibration. It is somewhat akin to attempting to walk through the walls of a house rather than go through the door. In order to work on this, it would perhaps be helpful for you to, in a conscious state, after surrounding yourself with white light and praying to the Creator for guidance, and then attempt to project through a carefully straight line. We are not suggesting of projecting bodily consciousness, but only projecting the thought of a straight line.

簡而言之，這是你的體驗的實質。然而，你由於一種不完整的.....或者，容我們說，取得這些被改變過的狀態的適當的方法而正在體驗到困難。因此，當你是在作為意識移動進入到這樣的狀態中的時候，你是在，容我們說，繞過了一定的指導靈，並嘗試去直接進入到一種更為高級的振動中。這多少有些類似於嘗試穿過一個房子的牆壁而不是通過門進入。為了要對此進行工作，也許對於你有幫助的事情是，在一種有意識的狀態中，在將你自己用白色的光包圍並向造物者請求指引之後，接下來嘗試去通過一條小心謹慎地直線來投射。我們不是在建議投射身體的意識，而僅僅是投射具有一條直線的想法。

There are various colors and images which should gradually come to you. And it would perhaps be well to keep notes of what you see. In this way you may perhaps by, shall we say, self-hypnosis methods, recall consciously a piece, a door, shall we say, into higher vibrations.

會有各種各樣的色彩與形象將會逐漸出現在你的頭腦中。對你看到的事情做筆記，這也許會是很好的。用這種方法，你也許可以藉由，容我們說，自我催眠的方法，有意識地回憶起進入到更高的振動的一個片段，容我們說，一扇門了。

Does this answer your question?

這回答了你的問題嗎？

S: ... I'm not sure.

S :我不確信。

We are aware of your problem. It is for this reason that we spoke to you of colors and images. You are, as are most who dwell in the dimension of Earth, not sensitive to specific visual counterparts of finer plane beings. In other words, most of those upon your planet do not perceive spirit guides and ghosts. If you were to fall completely in a state of sleep, as you call it, then you would then be totally able in your well-collected spiritual essence to contact the guides, to speak to the proper guardians of each plane. And to do all that is necessary to assure proper passage for lessons.

我們瞭解了你的問題了。就是因為這個原因，我們對你談及了色彩與形象了。如同大多數居住在地球的維度中的人一樣，你對於精微層的存有的具體的視覺的對應的部分並不是敏感的。換句話說，在你們的星球上的大多數的人並不會感知靈性的指導靈與鬼魂。如果你們完全進入到一種睡眠狀態，如你們稱呼它的一樣，接下來你們在你們被很好地收集起來的靈性的實質中，你們就完全能夠接觸指導靈，並對在每一個層面上的適當的指引發言，以做所有必須的事情來確保課程的適當的推進。

For my sister, as you well know, ... However, in the conscious, or semiconscious state you will have difficulty identifying as being guardian and your own guide. However, you will see them as images or colors. But when you are seeing these things, even faintly, you have indeed fastened into your own symbols for the reality within. You are not seeing the reality, you are seeing the symbolic representation, in simple translation of a more complex reality. However, to focus on a color or an image is the same in consciousness [as] to focus on your guide or the guardian of a plane. Therefore, as long as you are protected by prayer and visualization of white light, and as long as you do not work in this endeavor for long periods of time and thereby become weary, this endeavor will be without danger to you. Among other things, it may give you more confidence in your ability to sense psychically that which cannot be expressed ...

因為，我的姐妹，如你清楚知曉的一樣.....然而，在有意識的狀態中，或者在部分有意識的狀態中，你將會在分辨指引以及你自己的指導靈的方面遇到困難。然

而，你會將它們視為是形象與色彩。但是，當你看到，甚至是模糊看到這些事情的時候，你確實已經與你自己對於內在的實相的象徵物緊緊聯繫在一起了。你不是在看到實相，你是在，通過對一個更為複雜的實相的一種簡單的轉譯，看到象征性的表現。然而，要聚焦在一個色彩或者一個形象上，與聚焦在一個層面上的你的指導靈或者指引上，在意識中是相同。因此，只要你是被祈禱以及對白光的觀想保護起來的，只要你沒有在這種努力中工作很長時間並因此成為疲倦的，這種努力將不會對你是有危險的。在其他事情當中，它可能對你去用心靈的方式感知無法被表達的事物的能力給予你更多的信心.....

S: The last dream that I had ... And I was just trying to let it come over me so that I could understand it better. And then I heard a voice saying to get out of it. Was I in danger then? ... Should I continue to get out of it, or am I in danger if I dream? I'm afraid to let it come back over me. I feel that there is danger there. How am I to handle future instances in between my trying to open the door, instead of walking through the wall, as you say?

S：我做的上一個夢.....我僅僅正在嘗試去讓它在我頭腦中重現，這樣我就能夠更好地理解它呢。接下來，我聽到一個聲音說，離開它。我是處於危險之中的嗎？.....我應該繼續離開它嗎，或者，如果我做夢，我是有危險的嗎？我害怕讓讓返回到我身上。我感覺到在那裏會有危險。我要如何在我嘗試打開門，而不是如你們說的一樣，穿過牆壁之間處理未來的情況呢？

I am aware of your question. You were not in danger from outside influences at the time of which you speak. The voice was the voice of your fear on a level of being which was not able to see the inner planes and felt the leaving ... For it is indeed true that were a spirit to completely leave without any trace the physical body, death would occur. However, the spirit would never do so. However, the answer to blackness is always light. It is perhaps asking a great deal of one who seeks to become immediately conscious of behavior within a dream, or what is called a dream in your terminology. Thus, if in your dream you have spoken and requested that your guides move you to the proper orientation for permission of the guardians to enter the desired plane, and if you had asked this in the name of the Creator, the obstacle would have been removed and your quest would have been successful. As it was, you did very well to remove yourself from that state of fear.

我瞭解了你的問題了。你在你談及的時刻不會因為外部的影響而處於危險中。那個聲音你在一個存有的層次上的你的恐懼的聲音，這個層次是無法看到內在層面並感覺到離開.....因為確實是真實的事情是，如果一個靈體完全地，且不留任何痕跡地離開了物質性身體，死亡就會發生了。然而，靈體永遠都不會這樣做。然而，對黑暗的回應永遠是光。它也許會對一個尋求去在一個夢境中的行為舉止，或者用你們的屬於被稱之為一個夢的事物立刻就成為有意識的人要求很多的事情。因此，如果你在你的夢境中已經說話，並請求你的指導靈移動到適當的方向，以允許指引進入到被渴望的層面，如果你已經用造物者的名義請求這個了，障礙物就已經被移除了，你的請求就已經是成功的了。如同它過去是的一樣，你在讓你自己從那種恐懼的狀態中離開的方面是做的非常好的。

The important thing to remember is that to call upon the name of the Creator

is to orient oneself in a manner of protection. It is not particularly desirable for any individual to proceed faster than the pace that seems most promising. Therefore, it is not necessary that you set yourself the goal of overcoming this obstacle (inaudible). However, we reassure all those who seek that there are no terrors of the deep, shall we say, that cannot be countered by constant repetition of that which is divine. In unity, let there be no separation.

重要的事情是去記住，呼喚造物者的名字就是用一種保護的方式來指引一個人自己的方向了。去比看起來似乎是極其有希望的速度更快地前進，這對於任何個體都不是特別理想性的。因此，你並不需要給你自己設置克服這個障礙物的目標（聽不見）。然而，我們會所有對那些尋求的人再次保證，不會有任何，容我們說，深入的恐懼，是無法藉由對神聖的事物的持續不斷的重複所抵消的。在統一性中，沒有分離。

While this is not a difficult concept, it is only when it is fused with determination and vigor, and shall we say, an emotional emphasis, that it achieves its proper function.

雖然這不是一個困難的觀念，僅僅是在它與決心與活力，以及容我們說，一種情緒上的強調融合在一起的時候，它才會取得它適當的功能。

Does this help?

這是有幫助的嗎？

S: Yes. I guess I'm still a little leery about the whole situation, because, one, when I first know that the dream is coming on, I immediately ask for light in the infinite Creator to be with me, and yet the effects of what the dream is, the environment that is around me even with my trying desperately to hang onto the light, is so ... I feel like I'm being held over a pit. I don't know how or what more I can do to reassure myself to get over it without the constant fight that I have. I have to do it. I mean, if I am already asking the infinite Creator and I've already pictured light around me, and yet the dream is still there and I am still struggling so with the darkness ... and the fear is still there, then that is why I'm (inaudible) when I wanted, when I asked (inaudible) to understand it.

S：是的。我猜想我仍舊對整個情況有一點點的猜疑，因為，第一，當我第一次知道那個夢境正在繼續出現的時候，我立刻就請求了在無限造物者中的光與我在一起了，而夢境之所是的作用，在我周圍的環境，甚至在不顧一切地努力去緊緊抓住那種光的時，都是如此.....我感覺就好像我正在爬出一個深坑。我不知道如何如何，或者我能夠做什麼事情來讓我自己放心，如果沒有我進行的持續的戰鬥，我能爬出它。我不得不進行它。我的意思是，如果我已經在請求無限造物者，且我已經觀想光圍繞我了，而夢仍舊在出現，我仍舊在這樣與黑暗掙扎.....那麼，那就是為什麼我在我想要的時候（聽不見）在我請求（聽不見）理解它的時候。

I thought that was the last thing that I could reach for was to understand it (inaudible). I felt that I had almost lost myself. So, even though your words are encouraging, I dread experiencing another dream like that just to prove that what you say is true. Because I feel like I've already done what you have said.

Because that is how I do react to a frightening situation. I immediately call on the infinite Creator, because I know (inaudible). So although I am in a sense eager to move on from this and find about these other planes, and this is something that I would really like to do, only the process is so overwhelming. 我認為那就是我能夠伸手去拿的最後的東西的，就是去理解它（聽不見）。我感覺到我幾乎已經讓我自己迷失了。因此，即使你們的話語是令人鼓舞的，我擔心體驗到另一個類似那樣的夢，僅僅為了證明你們說的事情是真實的。因為我感覺就好像我已經做了你們已經說過的事情了。因為那就是我對一個令人害怕的情況做出的反應的方式。我立刻就呼喚了無限造物者，因為我知道（聽不見）。因此，儘管我在某種意義上渴望從這個情況繼續移動，並在這些其他層面上四處尋找，這是某種我真的想要做的事情，僅僅過程是如此令人壓倒性的。

I'm not sure if I understand exactly ... Okay, if I sat down consciously and tried to picture the line and the door and asked for guidance through it, then would that ... If I do that tomorrow, could I be assured that I won't have one of these dreams tomorrow night?

我不確信是否我準確地理解了.....好的，如果我有意識地坐下來並嘗試去想像直線及門，並請求指引穿過它，接下來，那會.....如果我明天那樣做，我能夠感到確信，我不會在明天晚上做這些夢中的一個夢嗎？

[I am Hatonn.] I am with this instrument. As we earlier said, it is not desirable that you (inaudible). It is desirable that you do seek as, shall I say, you are comfortable. We suggest that as this is (inaudible) as you call it, you arrange to study what we have said at length. The matter of fear is greatly limited to those who endure it and when the one who does not fear calls upon the Creator with intense emotion, it is a different experience from one who fears and seeks for a straw to hold onto. It is a matter of becoming what this instrument would call a magical personality. And this is indeed what you are (inaudible) learning to do within the strengthening framework of your personal daily life.

[我是 Hatonn。]我與這個器皿在一起了。如我們之前說過的一樣，你（聽不見）這不是理想性的。理想性的事情是，你如同，容我說，你是感到舒服的一樣地尋求。我們建議，因為這是（聽不見）如你稱呼它的一樣，你安排去學習我們已經詳細地說過了的內容。害怕的事情，如果是被極大地限制在那些忍受它的人身上的話，當一個不害怕的人帶著強烈的情緒呼喚造物者的時候，它是一種與那個害怕並尋求一根要緊緊抓住的稻草的人的體驗不同的體驗。這是一個成為這個器皿所稱的魔法人格的問題。這確實是你在你的個人的日常的生活的增強性的框架在那個正在（聽不見）學習去做的事情。

Instead of repeating ourselves, we will simply allow you to say what we would say. By all means, do not plunge into fear in order to rid yourself of fear. Instead, do what seems good and beautiful and true; you are aware that you can break this chain of events and continue to do so until you feel good about following that (inaudible). It is a relatively unimportant part of your understanding. As we have said, you are extremely well developed in this area in the unlimited sense and it is a matter of remembering rather than learning

within this limited life experience that you [are] dealing with. Therefore, it is not (inaudible).

除了重複我們自己之外，我們將單純地允許你去說我們會說的事情。無論如何，不要投入到恐懼，以便於讓你自己擺脫恐懼。作為替代，做看起來似乎是良好的，美麗的且真實的事情，你知曉你能夠衝破這個事件的鎖鏈，並繼續這樣做，一直到你對跟隨（聽不見）感覺良好為止。它是你的理解的一個相對不重要的部分。如我們已經說過的一樣，你在這個區域中，在不受限制的感知中，已經是極其良好地發展過了，它是一個憶起的問題，而不是在這個你正在打交道的有限的生命體驗中學習的問題。因此，它不是（聽不見）。

Is there another question?

有另一個問題嗎？

S: Yes. When Carla, B and I were being regressed, I always wondered what your thoughts were about our experience or what we said our past life was on another planet and what we are doing here. Just recently I've had a lot of doubts about my previous training and (inaudible) at least I thought I was being trained for service here.

S：是的。當 Carla、B 和我正在被回溯的時候，我一直都想知道你們對於我們的體驗的想法是什麼，或者你們關於我們的前世是在另一個星球上的，以及我們在這裏正在做什麼說些什麼呢。就在剛才，我關於我之前的訓練已經有過一些懷疑了。（聽不見）至少我認為我是為了在這裏的服務而被訓練過的。

I am with the instrument. I am aware of your question. It is a question that I cannot answer directly. We are supportive of all those who seek (inaudible). We are supportive of those things which they do to attempt to understand their place in the creation, and their methods of following the path of the Creator. Each individual must put together his own puzzle (inaudible). When the one known as Carla, and the one known as B and the one known as S discovered a bit more of ...

我與這個器皿在一起了。我瞭解了你的問題了，它是一個我無法直接回答的問題。我對於所有那些尋求（聽不見）的實體都是支援性的。我們對於所有它們為了嘗試去理解它們在造物中的位置，以及它們跟隨造物者的道路的方法而做的事情都是支持性的。每一個個體都必須要將他自己的拼圖拼在一起（聽不見）。當被知曉為 Carla 的實體，被知曉為 B 的實體，以及被知曉為 S 的實體發現了更多一點的.....

(Side one of tape ends.)

(磁帶一面結束。)

(Carla channeling)

(Carla 傳訊)

... in the light of the larger perspective and service to humanity.

.....在對人類的更大的遠景與服務的光中。

It is important that you understand that each of you has had many, many more experiences than you have discovered and (inaudible) session many, many incarnations, some of which seemed to be not useful. As we said earlier, in each incarnation there is the possibility for the kind of dramatic service that puts one in the public eye as one who serves the Creator. And in many incarnations each individual does not choose that but chooses instead a path of less visibility and more inner work. This is according to the need of that incarnation, that particular moment in eternity, if you will. These incarnations are not (inaudible) and can be missed. An incarnation can be largely of work in the inner planes and partially of work in the public eye (inaudible). It is dependent upon the desire of the individual. Again we ask you, go back and study that we have said to you (inaudible) this evening.

重要的事情是，你們理解你們每一個人都已經擁有過比你們已經發現了的體驗遠遠多得多的體驗，（聽不見）許許多多的投生，一些投生看起來似乎不是有用處的。如我們之前說過的一樣，在每一次投生中都會有那種戲劇性的服務的可能性，這種戲劇性的服務會將一個人作為一個服務造物者的人放在大眾的眼前了。在許多次投生中，每一個個體都不會選擇那種戲劇性的服務，而是會作為替代選擇一條具有較少的可見性與較多的內在工作的道路。這是根據投生的需要，以及在永恒中，如果你們希望這樣說的話，的那個特定的時刻的。這些投生不是（聽不見），並且是能夠被忽略的。一次投生是能夠大部分是屬於在內在層面中的工作的，而只有部分是屬於在公眾的眼睛中的工作（聽不見）。它是取決於個體的渴望的。再一次，我們請求你們，返回並研究我們今晚已經對你們說過的內容（聽不見）。

What we have said this evening is not simple. It is an advanced message far more hard and far less delightful than an introductory message. It is a message that we could only give to a dedicated seeker. We wish you much light in your pursuit of what you had to say.

我們今晚已經說過的內容不是簡單的。它是一個比一種介紹性的資訊遠遠更加困難，且遠遠較不令人愉快的高級的資訊。它是一個我們僅僅能夠給予一個投入的尋求者的資訊。我們希望你在你對你所說的事情的追尋中擁有更多的光。

Is there another question?

有另一個問題嗎？

(Pause)

(暫停)

Perhaps you wish to cease at this time. I and my brothers of the Confederation (inaudible). It is, my friends, as though the creation were water. What will you do, my friends? Will you simply be a sponge and soak up the creation and squeeze it out unchanged, untouched? Or will you accept the water as does the earth, filtering, giving minerals, giving taste to the creation, the very essence of your creation, mixing (inaudible) so that life carves in you its channels and you give to life your (inaudible). You are aware that pure water has no taste, (inaudible). Do not fear to become intimate in life as you (inaudible).

也許你們希望在此刻停止。我的我星際聯邦的兄弟（聽不見）。我的朋友們，它就好像造物是水一樣。你們將會做什麼呢，我的朋友們。你單純地將會是一個海綿並將將造物吸收，並原封不動地將它擠出來嗎？或者，你將，如同土一樣，接受水，過濾，給予礦物質，為造物賦予風味，你的造物的核心實質，混合（聽不見），這樣生命就會在你身上刻出它的管道，你會將生命賦予你的（聽不見）。你知曉純粹是沒有味道的（聽不見）。不要害怕在生命中成為親密的，在你們（聽不見）。

I leave you in all the love of the creation and all the light of the creation. I am your brother. I am Hatonn. (Inaudible). Adonai vasu borragus.
我在所有造物的愛和所有造物的光中離開你們。我是你們的兄弟。我是 *Hatonn*。（聽不見）。*Adonai vasu borragus*。

March 13, 1978

1978-03-13 *Hatonn* : 理解、知識與智慧

(B channeling)

(B 傳訊)

I am the one known to you as *Hatonn*. As always, I greet you in the love and light of our infinite Creator.

我是你們知曉的 *Hatonn*。一如既往，我們在我們的無限造物者的愛與光中向你們致意。

My friends, I will speak to you this evening of what is known to you as understanding. For, my friends, this is indeed a very ... I will continue. This is indeed a very important ... This is very important in your spiritual growth, for, my friends, you must accept people for what they truly are. For, my friends ... I am experiencing much difficulty with this instrument. I will transfer this contact and may return at a later time. I am *Hatonn*.

我的朋友們，我們將在今晚對你們談及你們知曉為理解的事物。因為，我的朋友們，這確實是一個非常.....我將會繼續。這確實是一個非常重要的.....這是在你們的靈性成長中是非常重要的，因為，我的朋友們，你們必須要因為人真正之所是而接受它們。因為，我的朋友們.....我在這個器皿身上正在體驗到大量的困難。我將會轉移這個接觸，並可能在一個之後的時間返回。我是 *Hatonn*。

(H channeling)

(H 傳訊)

I am *Hatonn*. We of the Confederation [are] speaking to you this evening of understanding. We feel that it is important that man upon planet Earth learn to understand that which occurs around him and that which occurs within him. For in understanding these things, man can gain a greater insight and then man can proceed forward with understanding. And with that understanding he may weigh the outcome of his actions and therefore determine the proper avenue of action for him to take. But understanding, my friends, those things that you need to understand is somewhat difficult for man on planet Earth.

我是 *Hatonn*。我們星際聯邦在今晚正在對你們談及理解。我們感覺到，在行星地球上的人學習去理解，在他周圍發生的事情，以及在他內在之中發生的事情，這是重要的。因為在理解這些事情的過程中，一個人能夠取得一種更大的洞見，接下來，人就能夠帶著理解前進了。藉由那種理解，他可以衡量他的行動的產物，並因此決定他要採用的適當的行動的途徑。但是，我的朋友們，理解那些你們需要理解的事情，對於在行星地球上的人是多少有些困難的。

Consider, if you will, when all of you attended your educational processes. In the subject that you call mathematics you are often given a problem. And for that problem you must arrive at [an] answer. Consider, if you will, to know the answer is only a portion of solving the problem. For you must understand the

problem and the means by which to derive the answer. Therefore, in this situation, knowledge and understanding are two separate factors which commune together and assist you in solving the problem before you.

如果你們願意的話，考慮一下你們所有人都參與過的你們的教育的進程。在你們成為稱之為數學的科目中，你們經常被給予了一個問題。為了那個問題，你們必須要抵達一個答案。如果你們願意的話，考慮一下，知曉答案僅僅是解決問題的一部分。因為你們必須理解問題，以及藉由其推導答案的途徑。因此，在這個情況中，知曉與理解是兩個分開的要素，它們一起商量並在解決在你面前的問題的過程中幫助你。

So it is that man proceeds through his life, knowing many times the outcome of his actions, but not precisely understanding the intricate workings of his actions. With proper understanding, man upon planet Earth could become the god on planet Earth. For indeed the difference between men and gods is understanding. Knowledge you have. It has been a portion of you always. Wisdom is the proper application of that knowledge. But understanding, understanding, my friends, is the knowing when to apply that wisdom. Understanding is knowing how to arrive at the answer. Understanding is the most important ingredient in the overall spiritual growth of mankind. Indeed, you may arrive at certain conclusions and they may be beneficial for you, but the benefit in most circumstances is less to you unless you have understood the workings of these actions.

人就是這樣前進穿越他的生命，他在很多時候都知曉他的行動的產物，但卻並不準確地理解他的行動的錯綜複雜的運轉 (*workings*)。藉由適當的理解，在行星地球上的人能夠成為在行星地球上的神。因為，在人和神之間的差異確實就是理解。你們擁有的知識，它一直都已經是你們的一部分了。智慧是對那種知識的適當的應用。但是理解，我的朋友們，理解是知曉什麼時候要去應用那種智慧。理解是知曉如何抵達答案。理解是人類的整體的靈性成長中的極其重要的要素。確實，你們可以抵達一定的結論，它們可能對於你們是有益處的，但是，在大多數情況中，除非你們已經理解了這些行為的運轉 (*workings*)，益處對於你們都是較少的。

We of the Confederation have applied many of your years, more than you've ever imagined, to just gaining understanding of the universe and the way all things function within it. And we have yet to arrive at the point of total understanding. And we feel it to be true that we shall seek greater and greater levels of understanding for eons to come as we grow within this universe. But as we have progressed in our understanding, we have seen our growth come more rapidly. For, my friends, all life within this universe is very simple, [like] that which you call mathematics. For all thought produces an energy wave and [an] energy wave produces a certain action and a reaction. Each is able to be calculated if you have gained the understanding to monitor, shall we say, these thoughts in a way that you are aware of their conclusion.

我們星際聯邦已經努力了你們很多年的時間，比你們所能夠想像到的時間更多的時間，來僅僅取得對宇宙以及其中的所有事物運轉的方式的理解。我們尚未抵達那個完全理解的位置。我們感覺到真實的事情是，我們將會隨著我們在這個宇

宙中的成長花費即將出現的互古的時間來尋求越來越大的理解的程度。但是，因為我們已經在我們的理解中前進了，我們已經看到我們的成長越來越快地出現了因為，我的朋友們，在這個宇宙中的所有生命都是非常簡單的，就好像你們稱之為數學的事物一樣。因為所有的想法都會產生出一種能量波，一種能量波會產生出一定的行動和一定的反應。如果你們已經取得了理解，以用一種你們察覺到它們的結局的方式來容我們說，監督這些想法，每一個想法都是能夠被計算出來的。

We of the Confederation know beforehand what our thoughts and actions will bring about. We understand these things to a great degree even though we have not perfected the application of the understanding that we have gained. It is as with all things, practice is needed. Man upon planet Earth needs to begin to practice. He needs to begin to practice the monitoring of his thought-actions. He needs to begin to practice in understanding knowledge and wisdom. All of these things are greatly enhanced through the process of meditation, which is perhaps the greatest thing that you may practice in your life experience.

我們星際聯邦會提前知曉我你們的想法與行動將會產生出的事物。我們在一個巨大的程度上理解這些事物，儘管我們尚未完善對我們已經取得的理解的應用。對於所有的事情都是一樣，練習是被需要的。在行星地球上的人需要開始練習。他需要開始練習對他的想法-行動的監督。他需要開始通過理解實踐知曉與智慧。所有這些事情都會通過冥想的過程而極大地被增強，冥想就是你們在你們的生命體驗中可以練習的最大的事情。

But man upon planet Earth presently proceeds to think, shall we say, improperly, thus accumulating greater and greater degrees of misshapen conclusions to his thoughts and actions. And he continues to wonder why. But if man developed his understanding he would know why things are as they are. For he has created them and he, being the creator of his experiences, should accept upon himself the responsibility for those creations and begin to apply understanding. For understanding, my friends, is not only recognizing the functions and mechanisms of your thoughts and actions. Understanding is applying love. For in understanding your actions, you may determine whether they shed love to your fellow man, and if they do not, then we say that your actions are improper.

但是在行星地球上的人當前在繼續，容我們說，不適當地思考，並由此將越來越大程度的畸形的結論積累到他的想法與行動上了。他會繼續懷疑為什麼。但是，如果人發展他的理解，他就會知曉為什麼事情就是如其所是的。因為他已經創造了它們，他作為他的體驗的創造者，他應該將對那些創造物的責任接收到他自己身上，並開始應用理解。因為，理解，我的朋友們，不僅僅是認出了你們的想法與行動的機能與機制，理解是在應用愛。因為，在理解你們的行動的過程中，你們可以決定，是否它們是在對你們的人群流出愛，如果它們不是的，接下來，我們會說，你們的行動就是不恰當的。

For whatever you do, my friends, it does indeed affect all mankind. Whether you see that effect going any further than your own personal experience or

not, you have placed an energy into your atmosphere. An energy that will never die. An energy that will pass among many people and affect in some small way their own being. So whether your actions be self-centered or directed towards the peoples, you must care and love one another enough to gain the understanding so that you may create for yourself and with others the environment that man upon planet Earth desires.

因為無論你們做什麼，我的朋友們，它確實會影響全人類。無論你是否看到那種作用會比你自己的體驗走得更遠，你都已經將一種能量放置在你的周遭環境之中了。這是一種將永遠不會消失的能量，一種將會在很多人當中穿過，並用某種小小的方式影響它們的存有的能量。因此，無論你的行動是以自我為中心還是被指向人群的，你都必須要小心並足夠多地彼此相愛，以取得理解，這樣你就可以為你自己，並與其他人一起創造出在行星地球上的人所渴望的環境了。

We understand your difficulties within your society. We understand what may seem to be your lack of knowledge. And it is this understanding that has made us capable of reaching forth to you and sharing our knowledge and our love with you. For we would react much as the man upon planet Earth if we did not understand your actions and your circumstances. For it is the nature of man throughout the universe to question and to even judge that which he does not understand. So consider, if you will, the importance of understanding. Recognize the difference between it and knowledge and wisdom. Recognize the link between the three. And look at the actions and the thoughts within your life and attempt to understand them. Attempt to see their outcome and by seeing this you may gain a greater degree of understanding than you have now.

我們理解在你們的社會中的你們的困難。我們理解可能看起來似乎是你們對其缺少知曉的事物。就是這種理解已經使得我們能夠向你們伸出手並與你們分享我們的知曉和我們的愛了。因為如果我們並不理解你們的行動和你們的環境，我們就會作出與在行星地球上的人極其相似的反應了。因為貫穿整個宇宙，人的本性就是去質疑，並甚至去評判他並不理解的事物。因此，如果你們願意的話，考慮理解的重要性。認出在它與知識與智慧之間的差異。認出在三者之間的關聯。嘗試去看到它們的產物，藉由看到這種產物，你們就可以取得比你們現在擁有的理解的一種更大程度的理解了。

We of the Confederation cannot do these things for any of you. We can only share with you our thoughts, hope that you accept them and apply them and work with them. And if they prove to be of no value to you we suggest that you refrain from using the knowledge that we give. But we of the Confederation have used our methods for a great length of your time and we have found them to be beneficial to us and we know that they shall bring the same benefit to you if you apply them in your life.

我們星際聯邦無法替代你們任何人做這些事情。我們僅僅能夠與你們分享我們的想法，我們希望你們接受它們，應用它們並與它們一起工作。如果它們證明對於你們是沒有價值的，我們建議你們避免使用那個我們給予的知曉。但是，我們星際聯邦已經在一段很長的時間中使用了我們的方法了，我們已經發現它們對於我們是有益處的，我們知道，它們將會給你們帶來相同的益處，如果你們在你們的

生命中應用它們的話。

We of the Confederation indeed are not a source of ultimate truth and shall never claim to be so. We are a source of limited truth and limited understanding, ever progressing, as is man upon planet Earth. We are only to some extent more fortunate than you for we have progressed through your present experience and into ours. Indeed, upon your level of existence understanding is somewhat different than upon ours. And it is one of the greatest keys to reaching any upper level that you would desire.

我們星際聯邦確實不是一個具有終極的真理的源頭，我們將永遠都不會宣稱是這樣的源頭。我們是一個具有有限的真理，有限的理解的源頭，我們和在行星地球上的人一樣是在不斷發展中的。我們僅僅是在某種程度上比你們是更加幸運的，因為我們已經發展穿越了你們當前的體驗，並進入到我們的體驗了。確實，在你們的存在性的層次上，理解是與在我們的存在性的層次上是多少有些不一樣的。它是抵達你們渴望的任何更高的層次的最大的關鍵之一。

We of the Confederation look upon you and even we wonder at times why you do not see the simplicity of your difficulties. And the answer is immediately within our consciousness, for we [see] that man's understanding is far behind his knowledge. And only recently, unfortunately, man's wisdom has begun to flourish. Work on these things and you shall notice a change within yourself.

我們星際聯邦觀察你們，甚至我們都時常會疑惑，為什麼你們看不到你們的困難的簡單性呢？答案是立刻就出現在我們的意識中的，因為我們看到，人的理解是遠遠落後於他的知識的。不幸的是，僅僅是在最近，人的理解才已經開始繁茂了。在這些事情上工作，你將會注意到在你自己內在之中的一種改變。

We of the Confederation are pleased to be with you and we shall always be with you whether you are aware of us or not. We watch over you. And we love each and every one of your peoples for we understand their situations and love the divinity within each of them.

我們星際聯邦很高興與你們在一起，我們將會一直都與你們在一起，無論你們是否知曉我們。我們在觀察你們。我們愛你們每一個人，因為我麼理解它們的情況並愛在它們每一個人內在之中的神性。

I shall transfer this communication. I am Hatonn.

我將會轉移這個交流。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument. I am Hatonn. I greet you again in love and light. My brother Laitos is working with each of those who are in the meeting this evening. I would like to pause while this process goes on.

我與這個器皿在一起了。我是 *Hatonn*。我在愛與光中向你們致意。我的兄弟 *Laitos* 正在與每一個在今晚在這個集會中的實體一同工作。我想要暫停，同時這

個過程將會繼續進行。

(Pause)

(暫停)

I would now like to attempt to say a few sentences through the one known as M. I am Hatonn.

我想要嘗試去通過被知曉為 *M* 的實體說一些話。我是 *Hatonn*。

(M channeling)

(*M* 傳訊)

I am Hatonn. I would like to say ...

我是 *Hatonn*。我想要說.....

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Hatonn. I would like to thank the one known as M for picking up the ball so well. Each session gets a little easier and we thank her for her service.

我再一次與這個器皿在一起了。我是 *Hatonn*。我想要感謝被知曉為 *M* 的實體如此好地接住了球。每一次集會都會變得更加容易一點點，我們為她的服務而感謝她。

We continue working with each of you and we guarantee that it will get better as time goes on. I would like to speak a few words through the one known as G1, if she would relax.

我們繼續與你們每一位一同工作，我們向你們保證，它將會隨著時間發展變得更好。我想要通過被知曉為 *G1* 的實體說一些話，如果她願意放鬆的話。

(G1 channeling)

(*G1* 傳訊)

I am with this instrument. (Inaudible).

我與這個器皿在一起了。(聽不見)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am pleased to say that my brother of Laitos has left his chair and is kicking up his heels. We are very pleased when we have good contacts. And to the one known as G1 we would express our feelings that seeking is always appreciated. We feel most grateful for her seeking of (inaudible).

我再一次與這個器皿在一起了。我很高興說，我的兄弟 *Laitos* 已經離開了他的椅

子並走掉了。我們在我們擁有良好的接觸的時候是非常高興的。對於被知曉為 G1 的實體，我們會表達我們的感覺，尋求一直都是被欣賞的。我們對於她尋求（聽不見）是極其感激的。

We would like to work with the one known as G2. If she would relax and make herself available to our contact we would speak a few words through her. I am Hatonn.

我們想要與被知曉為 G2 的實體一同工作。如果她願意放鬆並使得她自己可以為我們的接觸所取得的話，我們會通過她說一些話。我是 Hatonn。

(Carla channeling)

(Carla 傳訊)

I am again with this instrument. It is truly a great privilege to work with each new instrument. As you begin it may seem to a new instrument that the contribution would be small, but we say to you that each accomplished instrument has gone through a prolonged period of being a new instrument, a developing instrument, an inadequate and doubting instrument. As you, as an individual, and as you all, as a group, continue, the transformations will continue and the quality of the contact will continue to improve. It is your seeking as individuals and as a group that determines your experience.

我再一次與這個器皿在一起了。與每一個新的器皿一同工作，這真的是一種巨大的榮幸。當你們開始的時候，對於一個新的器皿可能看起來似乎貢獻會是少量的，但是我們對你們說，每一個有成就的器皿都已經經歷過了一個漫長的成為一個新的器皿，一個發展中的器皿，一個不勝任的，有疑慮的器皿的時段了。當你，作為一個個體，當你們全體，作為一個團體繼續的時候，轉變將會繼續，接觸的屬性將會繼續增強。正是你們作為個體以及作為一個團體的尋求決定了你們的體驗。

When as a race you were young and (inaudible), you understood with your physical bodies. The understanding of your heart beating and your lungs breathing and the stimuli to which your adrenal system reacted was your understanding. This was an unbalanced understanding.

當你們作為一個物種是年幼而（聽不見）的時候，你們理解你們的物質性身體。對你們的心跳，你們的肺部呼吸以及對你們的腎上腺素的應激系統的刺激物的理解就是你們的理解。這是一種不平衡的理解。

As you climbed out of the darkness of the body, you as a race willfully entered the darkness of the mind. And now you wander as seemingly as very tiny ghosts inside a great (inaudible) computer, caught in endless tunings of switches.

當你們從身體的黑暗中爬出來的時候，你們作為一個物種故意地進入到了心智的黑暗之中。現在，你們如同在一個巨大的（聽不見）的電腦內部的，被卡在了無盡的開關的轉換之中一個非常微小的幽靈一樣地漫遊。

Understanding, my friends, is understanding of only one thing: the love of the

Creator/creation. If, as you see through the eyes of your physical bodies, you do not see the Creator, you have not yet acquired understanding.

我的朋友們，理解僅僅是對一個事情的理解。對造物者/造物的愛的理解。當你們通過你們物質性身體的眼睛觀看的時候，如果你們沒有看到造物者，你們就尚未取得理解。

Seek it, therefore. To actively seek is to live. Those who do not seek are waiting. For what are they waiting, my friends? For the most part they are waiting for the physical death so that they may remember that they do not want to wait. You already know that you do not want to wait. You are eager for the adventure of understanding.

因此，尋求它。去積極地尋求，就是去活著。那些並未尋求的人是在等待著。它們在等待什麼呢，我的朋友們。它們絕大部分是在等待物質性的死亡，這樣它們就可以回憶起它們並不需要等待了。你們已經知道，你們並不需要等待。你們是渴望理解的冒險之旅的。

At this time I would open the meeting to questions.

在此刻我會向問題開放集會。

G1: (Inaudible).

G1 : (聽不見)

We are aware of the question. We will attempt to answer through this instrument. Your understanding, shall we say, is consciously of a physical nature. As you well know, in addition to the physical universe there dwell within your planetary spheres finer dimensions which possess their reality and are peopled with their own characters. In the dimension which is called by some of your peoples the lower astral planes, there dwell but these same peoples but are called thought forms. These thought forms are what you may call archetypes. They include your whole array of demons and monsters, if you will, your myths, your so-called Big Foot, and vampire and werewolf and all the fantastic (inaudible) of bestial characters having been created by the archetypal imaginations of your peoples dwell as thoughts forms and [they] come into your reality because of the excessive and pointed emotions. The place that such entities will appear is dependent on a seemingly random energy pattern and is, in effect, not random. To explain it to you would be far too complex for easy transmission. For the energies of the planet, the race, and what you call your nations and states and cities, your individuals, all must be taken into account.

我們瞭解了你的問題了。我們將嘗試去通過這個器皿回答。你的理解，容我們說，是有意識地具有一種物質性的屬性的。如你清楚知曉的一樣，除了物質性的宇宙之外，在你們的星球之中存在有更為精微的維度，它們擁有它們的實相，它們是被具有它們自己的特性的實體居住著的。在被你們的一些人稱之為較低的星光層的維度中，居住有這些相同的實體，但是它們被稱之為思想形態。這些思想形態就是你們可能稱之為原型的事物。它們包含了你們全部的妖魔鬼怪，如果你們願意這樣說的話，你們的神話的怪物，你們所謂的大腳，吸血鬼，狼人，以及所有

已經被你們的人群的原型的想像力創造出來的，具有野獸的特性的想像的（聽不見），它們是作為思想形態而存在並會因為極端而尖銳的情緒進入到你們的實相中。這樣的實體將會出現的地方是去取決於在表面上隨機的，而實際上不是隨機的。要對你們解釋它，對於輕鬆的傳輸，會是遠遠過於複雜的。因為星球，物種，以及你們稱之為你們的國家、州與城市的事物，還有你們的個體的，所有都必要被納入到考慮之中。

Let us say that those sightings, or sightings (inaudible), are terrestrial rather than unearthly (inaudible). The incident of which you speak, being a tragedy as it was, began to be known to the subconscious awareness of many people before it occurred, just as many people in many situations are aware of tragedies before they occur. Fear of such events actually hastens their eventuality, unless that fear is resolved in a positive way as (inaudible).

讓我們說，那些目擊事件，或者目擊（聽不見）是在塵世的，而不是非塵世的（聽不見）。你談及的事件，儘管它是一個悲劇，在它出現之前，就開始被很多人的潛意識的察覺所知曉了，就好像在很多情況中很多人會在悲劇發生之前就知曉它們一樣。對這樣的事件的恐懼，實際上促進了他們的偶然性，除非那種恐懼是用一種正面性的方式被化解了的，如同（聽不見）。

The more who were aware of the tragedy, the more certain it was to occur. This is due to the fact that events occur on the so-called inner planes at an advanced time/space nexus to their appearance on the more dense physical plane.

察覺到那個悲劇的人越多，它就更為肯定地會發生。這是由於在所謂的內在層面上發生的事件，是比它們在更為緻密的物質性的層面上的出現，位於一個提前的時間/空間的節點的上的。

Does this answer your question?

這回答了你的問題嗎？

G1: (Inaudible).

G1 : (聽不見)

We are grateful for the opportunity. Is there another question?

我們對於那個機會是感激的。有另一個問題嗎？

(Pause)

(暫停)

If not, I will close through the one known as B. I am Hatonn.

如果沒有的話，我將會通過被知曉為 B 的實體結束。我是 Hatonn。

(B channeling)

(B 傳訊)

I am now with this instrument. My friends, I will leave you after a very few

words, for we realize that you are all tired. 我現在與這個器皿在一起了。我的朋友們，我將會在一些話語之後離開你們，因為我們意識到你們全都是疲倦的。

My friends, go forth at each day with that that is known to you as love, in your love, in your heart, in your mind. My friends, always remember, as you well know, that all is love. My friends, when you dwell within your physical realm you indeed dwell within the energy that is known to you as love. My friends, as you allow your intellect to, shall we say, rule your existence, my friends, you yourself cut off that flow of energy which is known as love from yourself. My friends, do not allow this to happen, for it is truly of your own making. My friends, remember, study the thing known to you as love. Treat all that you meet and, my friends, that is to say, those of which you do not already know. For, my friends, they are a concept of our Creator Who created us all.

我的朋友們，在每一天都在你們的愛中，在你們的心中，在你們的頭腦中，帶著被你們知曉為愛的事物前進吧。我的朋友們，請一直都記住，如你們全都知道的一樣，一切都是愛。我的朋友們，當你們居住在你們的物質性的領域中的時候，你們確實是居住在被你們知曉為愛的能量中的。我的朋友們，當你們允許你們的智力，容我們說，掌控你們的存在性的時候，我的朋友們，你自己就切斷了那種被知曉為愛的能量從你自己身上的流動了。我的朋友們，不要允許這種情況發生，因為它真的是你們自己的決定。我的朋友們，記住，學習被你們知曉為愛的事物。善待所有你們遇到的人，也就是說，我的朋友們，善待那些你們並不已經知曉的人。因為，我的朋友們，它們全都是創造了我們全體的我們的造物者的一個觀念。

My friends, it has been a great honor to be with you this evening and share with you in your meditation. I leave you now in the love and light. I and my brothers thank you. I leave you now. I am Hatonn. Adonai, my friends. Adonai vasu borragus.

我的朋友們，在今晚與你們在一起，並在你們的冥想中與你們分享，這已經是一種巨大的榮耀了。我現在在愛與光中離開你們。我和我的兄弟感謝你們。我現在離開你們。我是 *Hatonn*。Adonai，我的朋友們。Adonai vasu borragus。

March 27, 1978

1978-03-27 Hatonn : 內在與外在

(Carla channeling)

(Carla 傳訊)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. I speak to you as a representative of the Confederation of Planets in the Service of the Infinite Creator. I also speak to you as a voice from within yourself that beckons you inward; not outward, my friends, but inward.

我是 *Hatonn*，我在無限造物者的愛與光中向你們致意。我是作為服務於無限造物者的星際聯邦的一個代表來對你們發言的。我同樣是作為一個來自於你自己內在中的聲音對你發言的，這個聲音召喚你們向內，我的朋友們，不是向外，而是向內。

We hover high above your planet, offering what seems to be telepathic instruction from one being to others. But in effect, my friends, that is not true. We are one being—you and I and all that dwells in consciousness—and we speak to each other as an arm speaks to a leg, or as two brain cells communicate in the same entity. Those who are upon your planet speak to each other in such a way that, if you understood that you are one body of consciousness, you would understand that you are like a cancer or a disease to yourself: the entity attacking itself, the entity fearing itself, the entity destroying itself.

我們在你們的星球上空盤旋，並提供看起來似乎是一個存有對其他存有的心電感應的指導的事物。但是，我的朋友們，實際上那不是真實的。我們是一個存有——你們和我，以及所有居住在意識中的存有——我們是如同一隻手臂對一隻腿，或者如同在相同的實體身上的兩個腦細胞一樣地對相互彼此說話的。那些在你們的星球上的實體會用這樣一種方式對相互彼此發言，如果你們理解你們是一個意識體，你們就會理解你們就好像你自己的一種癌症或者一種疾病一樣：實體攻擊它自己，實體害怕它自己，實體破壞它自己。

In your so-called orthodox medicine, it is understood that when a cancer attacks your physical vehicle, your attempt is to remove it, cut it out, and dispose of it. But, my friends, if your doctors could understand the true meaning of cancer, they would not cut it out but would, instead, reinstruct it so that it would become benign and proper. And this is what we are attempting to do to you. For you are conscious, and all of those on your planet are conscious and what you continue in hostility and fear—one to another, brother to brother, nation to nation—the answer, my friends, is not further violence to cut out those who are wrong. The answer, as always, is love. Love is an atmosphere in which consciousness can be reinstructed in the original Thought.

在你們所謂的傳統醫學中，被理解的事情是，當一個癌症攻擊你們的物質性載具的時候，你們的嘗試就是去移除它，切除它，將它除掉。但是，我的朋友們，如果你們的醫生能夠理解癌症的真正的意義，它們就不會切除它，而是會，作為替

代，對其進行重新的指導，這樣它就會成為良性的與適當的了。這就是我們正在對你們做的事情。因為你們是有意識的，在你們的星球上的所有的實體都是有意識的，你們在敵意與恐懼中——對相互彼此，兄弟對兄弟，國家對國家的敵意與恐懼中——繼續，我的朋友們，答案不是更進一步的暴力以除去那些錯誤的實體。答案一直都是愛。愛是一種氛圍，在其中意識能夠在原初的想法中被重新指引。

Within you, my friends, is the wisdom that is totally and completely aware that you are part of a being called the universe. As you look out into what you call outer space, know that within you is the true reality of which outer space is only a picture. Your consciousness, my friends, is an incredible and infinite geography, peopled with an infinity of creatures equipped with the collective wisdom of eons of experience; for, my friends, within some part of your being, some deep and, for the most part, hidden part of your being you have all knowledge, all power, all compassion. It is as they were in files in a room to which you have lost the key.

我的朋友們，在你們內在之中有智慧，它是完整且完全地瞭解，你們是一個被稱之為宇宙的存有的一部分的。當你們向外注視你們稱之為外太空的事物的時候，知曉在你們內在之中是真正的實相，外太空僅僅是這個真正的實相的一個圖像。我的朋友們，你們的意識是，一個令人難以置信且無限的地形，是住滿了無限多的生靈的，這些生靈是擁有亙古的體驗的智慧的，因為，我的朋友們，在你們的存有的某個部分之中，一些部分是深入的部分，而決大部分，是你們的存有的隱藏起來的部分，在其中，你們擁有所有的知識，所有的力量，所有的同情心。它就好像他們是在一個房間中的檔中一樣，而你們已經丟失了那個房間的鑰匙了。

Do you wish, then, to explore outer space to repair the great damage of your society, or do you indeed think of it as hopeless? Take these attitudes away from the world, my friends, and turn them in to yourself, for you yourself are the great object on which to practice your own wisdom, on which to develop your own understanding. If you can solve those slums which exist within the topography of your consciousness, the slums in your cities will begin to take care of themselves.

那麼，你們會希望去探索外太空以修復你們的社會的巨大的破壞嗎，或者你們確實會認為它是無望的嗎？將這些態度從世界上拿走，我的朋友們，將它們轉向內在，轉向你自己，因為你自己，就是要對其實踐你自己的智慧的巨大的物件，就是要對其發展你自己的理解的巨大的物件了。如果你能夠解決那些在你的意識的地形中存在的那些貧民窟，在你們的社會中的貧民窟就將會開始照顧它們自己了。

You say, "What can one person do?" We say to you: one person can work on one person, but that one person, my friends, is a hologram of all that there is. Your consciousness is all consciousness. Work on it, and you work on your race, your planet—the vibration that speaks for Earth.

你們說，“一個人能夠做什麼呢？”我們對你們說，一個人能夠在一個人身上進行工作，但是，我的朋友們，那一個人，就是一切萬有的一個全息圖像了。你們的

意識就是全部的意識。在其上進行工作，你們在你們的物種，你們的星球上進行工作——在那種會代表地球說話的振動上進行工作。

We offer you our love and our serenity and encourage you to seek those qualities in meditation. When you are upset, do not blame it upon little things which have occurred in the outer world: blame it on the lack of meditation. When you see your fellow man in a hostile manner, don't blame it on his actions but on a lack of meditation. Your environment does not have to have any power over you, for all that there is is within you. The environment is only a shadow compared to the power of love within yourself. Meditation can unlock that power.

我們提供給你們我們的愛和我們的寧靜，我們鼓勵你們在冥想中去尋求那些屬性。當你們是感到不安的時候，不要將它歸咎在那些在外在世界中已經發生的小事情：將它歸咎於缺少冥想。當你們看到你們的夥伴處於一種敵意的方式中的時候，不要將它歸咎於他的行為，而是歸咎於一種缺少冥想。你們的環境並不是一定會對你們擁有任何力量的，因為一切萬有都是在你們內在之中的。環境與在你自己內在之中的愛的力量相比，僅僅是一個影子。冥想能夠解鎖那種力量。

I would like to transfer at this time to the one known as B. I am Hatonn.

我想要在此刻轉移到被知曉為 B 的實體。我是 *Hatonn*。

(B channeling)

(B 傳訊)

I am Hatonn. I am now with this instrument. My friends, we speak to you of, shall we say, improving your inner being. For, my friends, we realize that it is much easier spoken than done. So we offer you, my friends, very few suggestions.

我是 *Hatonn*。我現在與這個器皿在一起了。我的朋友們，我們對你們談及，容我們說，增強你們內在的存有。因為，我的朋友們，我們意識到，它是說起來容易做起來難得。因此，我的朋友們，我們對你們提供非常少的建議。

My friends, it is very important that you realize and understand the energy which surrounds you all. Now, my friends, you gain, shall we say, a positive energy. You are, shall we say, engulfed in a great field of energy. My friends, this field may be increased through much practice. That is to say, my friends, that the harder you try, the wider your skills will become.

我的朋友們，你們領悟並理解包圍著你們全體的能源，這是重要的。現在，我的朋友們，你們取得了，容我們說，一種正面性的能源。你們，容我們說，是被一個巨大的能源場所吞沒的。我的朋友們，這個場域可能通過很多的練習被增強。我的朋友們，也就是說，你們越為努力地嘗試，你們的技巧就將會變得越發寬廣了。

Now, my friends, think good of all. It is very easy to assume an opinion of another being. My friends, you are not truly aware of the ordeals of growth which is being his experience. My friends, through the help of others you are,

indeed, helping yourself. And, my friends, we find it easy to ... a growth that may take to (inaudible) a greater portion of the day. But, my friends, it is important that we experience this energy in all that we say and do, without even thinking.

現在，我的朋友們，想到所有的事物的好處。要對另一個存有採用一個看法，這是非常容易的。我的朋友們，你們並不是真正瞭解成為他的體驗的成長的磨難。我的朋友們，通過幫助其他人，你確實是在幫助你自己。我的朋友們，我們發現很容易.....一種成長可能要花費(聽不見)所有日子的一個更大的部分。但是，我的朋友們，我們在所有我們說的事情和做得事情中，甚至在不思考的情況下，體驗到這種能量，這是重要的。

My friends, as you well know, we are always available for, shall we say, support. Feel free to call upon our energy at any time; for, my friends, we truly are one. 我的朋友們，如你們全都清楚地知曉的一樣，我們一直都是可以利用以取得，容我們說，支援的。在任何時候都隨意呼喚我們的能量，因為，我的朋友們，我們真的是一體的。

I will leave you now. And, my friends, as we said, for as long as you try in meditation you will feel this energy (inaudible); for, my friends, it is our gift to you. We wish only to share with you. And, my friends, we wish this experience [to be] that of yours.

我們現在將離開你們，我的朋友們，如我們說過的一樣，只要你們在冥想中嘗試，你們就將會感覺到這種能量（聽不見），因為我的朋友們，它是我們給你們的禮物。我們僅僅希望與你們分享。我的朋友們，我們希望這種體驗成為你們的體驗。

I leave you now. I leave you in the love and light of our infinite Creator. I am Hatonn.

我現在離開你們。我在我們的無限造物者的愛與光中離開你們。我是 *Hatonn*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am Oxal. I greet you in the love and the light of the infinite Creator. I am very grateful and privileged to speak with you. I wish only to say that we of Oxal take a continuing interest in your group and send you our light at all times.

我是 *Oxal*。我在無限造物者的愛與光中向你們致意。我對於向你們發言時感到非常感激與榮幸的。我僅僅希望說，我們 *Oxal* 對於你們的團體擁有一種持續的興趣，我們在所有的時候都向你們送出我們的光。

Remember, my friends, you are the light of the world, as are all those who have consciousness of what you would call Christ or Creator or love. Call it what you will; there is no difference. It is a feeling we are a magnetism of love that permeates those who seek it. Take confidence, and forgive all those

mistakes you may make. Each day try again, and each day you will gain. 我的朋友們，請記住，如同所有那些擁有你們會稱之為基督，或者造物者，或者愛的事物的意識的實體一樣，你們就是世界的光。稱呼它你們願意稱呼它的事物，沒有區別。它是一個感覺，我們是一種具有愛的磁力，愛貫穿了所有尋求它的人。有信心，並寬恕所有那些你們可能會犯的錯誤。每一天都再一次嘗試，每一天你們都將會得到。

Each day is a fork in the road. Keep your eyes open, my friends. One road is lighter than the rest. Yet, whatever road you are on, you are the light. 每一天都是在道路上的一個分叉。我的朋友們，讓你們的眼睛一直睜開。一條道路是比其他的道路要更為光明的。而無論你們走在什麼道路上，你們都是光。

I leave you in that love and that light. Adonai vasu borragus. I am Oxal. 我在那種愛和那種光中離開你們。Adonai vasu borragus。我是 Oxal。

July 3, 1978

1978-07-03 Hatonn : Hatonn 的家園與服務

(Carla channeling)

(Carla 傳訊)

I greet you in the love and the light of the One Who is All. I am Hatonn of the Confederation of Planets in the Service of the Infinite Creator. I and my brothers hover high above you in the sky. We are at this time approximately 7.3 miles above your dwelling place. Aboard our ship, as you would call it, are more than 4,000 of our brothers and sisters who bear one name, my friends, the name of our home, as you would call it, our planet, the planet of Hatonn. We come from a planet, my friends, which has come through a great death and a great birth. The kind of birth into an age in which we no longer need the artificial creations of our kind. We have come into an age, my friends, where we can dwell in the creation of the Father.

我在太一的愛與光中向你們致意，太一就是萬物。我是服務於無限造物者的星際聯邦的 *Hatonn*。我和我的兄弟們在你們上方的天空中盤旋。我們在此刻大概位於在你們住所上方的 7.3 英里的高度。有超過四千名我們的兄弟姐妹在我們的飛船上，如你們對它的稱呼一樣，我的朋友們，這些兄弟姐妹們都帶有一個名字，我們的家園，如你們對它的稱呼一樣，我們的行星，*Hatonn* 行星的名字。我們從一個行星而來，我的朋友們，這個行星已經穿越了一次偉大的死亡與一次偉大的出生。那種進入到一個在其中我們不再需要屬於我們類型的人造物的時代的出生。我們已經進入到一個時代，我的朋友們，在其中我們能夠居住在天父的造物中了。

Our planet is now a sentient being. All wildlife, as you call it, is conscious in a way that most of you (inaudible). And we ourselves can speak without tongue and hear without ear for we are in a vibration in which time and space are plastic, in which we can move from one level to another with conscious awareness and understanding. Our conscious awareness and understanding have led us to one awareness and one understanding. And it is for this reason that [we have] come among you and your peoples at this time.

我們的星球現在是一個有知覺的存有。所有的野生生命，如你們稱呼它的一樣，都是用一種你們大多數人（聽不見）的方式是有察覺的。我們自己能夠不使用舌頭來說話，並不使用耳朵來聽，因為我們是處於一個振動中，在其中時間和空間是可塑的，在其中我們能夠帶著有意識的察覺與理解從一個層次移動到另一個層次。我們的有意識的察覺和理解已經引領我們到達了一個察覺與一個理解了。就是為了這個原因，我們已經在此刻來到了你們和你們的人群中間了。

We come bearing witness to the Creator, my friends. And yet the Creator is not as you have pictured Him. He is not a judge, He is not a man, nor, my friends, is He a woman. He is not a being. My friends, we bear witness to love. We bear witness to all that there is which is love. This is the understanding that we have come so far to share. And why, my friends, do we come among you at this time to speak of love?

我們前來為造物者做見證，我的朋友們。而造物者不是如你們已經為祂畫的一樣的。祂不是一個法官，祂不是一個男人，我的朋友們，祂也不是一個女人。祂不是一個存有。我的朋友們，我們為愛做見證。我們為愛之所是的一切萬有做見證。這就是我們已經走了如此之遠前來分享的理解了。我的朋友們，為什麼我們在此刻來到你們當中來談及愛呢？

You, my friends, approach a planetary death and a planetary birth. For as the cycles grow in your time and your space, in the locality of your present existence, the time and space has rolled around for a vibrational change. Not my friends, a vibrational change as you would understand it. We are not speaking of physical things but of the energy which creates physical things. It is difficult to explain to you of the vibrational change in which death and life are transformed while the physical body continues to die and live. And yet, this is what we bring to you. And we bring it [to] you because so many among your peoples, my friends, know that there is something beyond the physical body and the physical death. There is something that is more than the brief span of their lifetime and the brief span of experience in this lifetime.

我的朋友們，你們接近一次星球的死亡和一次星球的出生了。因為隨著週期在你們的時間和你們空間中逐漸發展，在你們當前的存在性的地點，時間和空間已經為了一種振動上的改變而卷成圓形了。**不是的，我的朋友們，它一種振動上的改變，如你們會理解它的一樣。**我們不是在談及你們的物質性的事情，而是在談及創造了物質性的事物的能量。要對你們解釋在振動的改變是困難的，在這種振動的改變中死亡與生命是被轉變了的，而物質性身體會繼續死去與活著。而，這就是我們帶給你們的事情。我們將它帶給你們，因為在你們的人群中有如此多的人，我的朋友們，知曉會有某種超越了物質性的身體以及物質性的死亡的事物。會有某種比它們的時間的短暫的時間跨度，比在這次生命中的體驗的短暫的時間跨度要更多的事物。

My friends, the answers to the questions you seek are all about you, written in the holy works in all of what you call your religions and philosophies. Many, many teachers walk the Earth at this time who speak the truth and yet, my friends, so disillusioned have your people become that your people no longer believe in their books, nor their leaders. They do not even believe, totally, in the inner voice that compels them towards the seeking for that which is beyond life and death.

我的朋友們，對你們尋求的問題的回答是全都在你們周圍的，是被寫在了在所有你們稱之為你們的宗教信仰與哲學的事物中的神聖著作中的。很多很多的老師在此刻在地球上行走，它們都在講述真理，然而，我的朋友們，你們的人群已經變得如此之幻滅，以至於你們的人群不再相信它們的書本，也不相信它們的領導人了。它們甚至完全不相信那種驅動它們朝向對生命與死亡之外的事物的尋求的內在的聲音了。

We come mostly, my friends, because your peoples can understand our presence with more ease than they can understand books and your orthodox teachings. We have come to add our voice of truth as we know it to the many voices of the same truth as it is known already. We come by the millions, my

friends. Far across the universe, across your galaxy, and across the reaches of other times and other space, there are many civilizations who have crossed into a vibration in which the truth of the Creator is obvious. Where this is so, my friends, beings have no choice except to turn to a life of service to others. With understanding of the Creator, my friends, comes the information that all your needs will be taken care of. Thus we have no more needs. We have meat and drink, as it says in your holy works, that your people know not of *, because our vibrational change made it possible for us to create that which was needed by thought. We no longer have need of government as you know it for we can communicate our desires to a central computer which does the will of the people instantly. We are then free, my friends, to love. Love of others is much easier, my friends, when you can see the vibration of love in each of your brothers and sisters. The selection of a mate, my friends, is much easier when you can see the connection going back many, many lifetimes with your appropriate partner. One by one, my friends, those things which you call problems are solved by the application of divine love shedding light, shedding truth, shedding enablement on the so-called immobile lifespan. We are now free in spirit as a people. What we wish to do is our work of service. We have no need mentally or physically or emotionally; then our needs must become spiritual. And we find that we can only satisfy the spiritual desire for increased understanding by service to others. For this we must look outward, my friends, if you wish to use that expression. Outward across the voids between civilizations until we find one such as yours that is crying out at this time for the knowledge which we have to share. And so we are here.

我們前來，我的朋友們，大部分是因為你們的人群能夠比它們能夠理解書本以及你們的傳統教導更加容易地理解我們的存在。我們已經前來我們的真理，如我們對真理的知曉一樣，的聲音添加到，具有相同的真理的許多的聲音上了，因為它是已經被知曉了的。我們是數百萬人地前來的，我的朋友們。從遙遠的地方橫跨宇宙，橫跨你們的星系，橫跨其他的時間和其他的空間的範圍，會有許多的文明已經越過並進入到了這樣一種振動中，在其中造物者的真理是顯而易見的。我的朋友們，在這樣的振動中，存有除了轉向一種服務他人的生命之外沒有別的選擇。我的朋友們，伴隨著對造物者的理解，這樣的資訊就會出現了，所有你們需要的事物都將會得到照料。因此，我們沒有更多的需要。如同在你們的神聖著作中說的一樣，我們擁有你們的人群並不知曉的肉與酒[1]，因為我們的振動的改變使得我們有可能藉由想法創造出被需要的事物。我們不再擁有對政府的需要，與你們對政府的知曉一樣，因為我們能夠向著一個中心的電腦交流我們的想法，這個中心的電腦會瞬間執行人的意願。接下來，我的朋友們，我們就可以自由地去愛了。我的朋友們，當你們能夠看到在你們每一個兄弟姐妹內在之中的愛的振動的時候，要愛其他人是遠遠更為容易的。我的朋友們，當你們能夠看到你們與你們適當的伴侶之間的關聯返回到許許多多次的生命的時候，對一個伴侶的選擇是遠遠更為容易的。我的朋友們，一個接一個地，那些你們稱之為問題的事情已經藉由對神聖的愛的應用而被解決了，神聖的愛會照耀光，照耀真理，並使得所謂的固定不變的生命成為可能了。我們現在作為一個人，在靈性中是自由的。我們希望做的事情是我們的服務的工作。我們沒有心智上，或者身體上，或者情緒上的需要，接下來，我們的需要就必須成為靈性上的了。我們發現，我們僅僅能夠藉由服務他人來滿足對於增長的理解的靈性上的渴望。為此，我們必須向外看，我的

朋友們，如果你們希望去使用那個表達的話。向外跨越了在文明之間的空白，一直到我們找到了諸如你們的文明之類的一個在此刻正在哭喊著想要我們所要分享的知曉的文明為止。因此，我們在這裏了。

We are aware, my friends, that in your daily lives you cannot see clearly that love is in everything. And without that truth the problem of finding (inaudible), of knowing friends in everyone, or finding enough supply of those things which are needed for physical existence, of finding mental stimulation which is satisfying, of finding that emotional stability which among your peoples is called happiness—all of these things, my friends, are anything but easy.

我的朋友們，我們察覺到，在你們的日常生活中，你們無法清晰地看到，愛是無處不在的。如果沒有那個真理，找到（聽不到）的問題，在每一個人身上知曉朋友，找到物質性的存在性所需要的足夠的供給物的問題，以及找到在你們的人群中被稱為快樂的那種情緒性的穩固性的問題——所有這些事情，我的朋友們，就沒有一個是簡單的了。

But you see, my friends, you are not without a clear understanding of love. It is as though you were in a deep, underground prison to which you have the key, my friends. Your body is the prison. It is a dense, chemical (inaudible) which carries your spirit about. It is extremely useful, for in it you experience emotions and situations which act as a catalyst in order that the understanding of your basic spiritual self may become tempered and toughened, thus producing at the end of an experience in the physical body an intense understanding of love. It is as though, my friends, in our vibration we can never truly practice our understanding of love for we see it clearly. Anyone can see in the daylight, but you my friends, are in darkness. To see the light in the darkness is much, much more difficult.

但是你們看，我的朋友們，你們不是沒有一種對愛的清晰的理解的。它就好像你們是在一個深深的，地下的監獄中一樣，我的朋友們，你們擁有監獄的鑰匙。你們的身體就是監獄。它是一個沉重的，化學性的（聽不見），它承載著你們的靈性四處移動。它是極其有用處的，因為在其中，你們體驗到了情緒以及會作為一個催化劑起作用的情況，以便於你們對基本的靈性的自我的理解可以被回火，並成為堅韌的，並由此在一個體驗的最後在物質性身體中產生出一種對愛的強烈的理解。我的朋友們，它就好像，在我們的振動中，我們從未能夠真正實踐我們對愛的理解一樣，因為我們清晰地看到了它。任何人都能夠在白天看到它，但是，你們，我的朋友們，是在黑暗中的。要在黑暗中看到光是遠遠，遠遠更為困難的。

What is the key that unlocks the prison? It is a simple key, my friends. It is the key of meditation, or as this instrument has described, the activity of inner listening. Life and love do not come to you from us, from books, from on high. No, my friends, life and love come to you from within. For within each of you is the spark of the Creator. It is a matter of becoming conscious or aware of that spark which is already there and then allowing that light within to shine through to the outside experience and thus illuminating it, thus granting supply where there was lack, healing where there was pain, friendship, brotherhood and harmony where there were enemies, disagreement and

disharmony. As you breathe in and as you breathe out, my friends, you use up this mortal life that you have taken on with courage and dedication at the outset to make use of as a time of learning and (inaudible) under adverse circumstances—under the circumstance of forgetting what you knew as a spirit. Try to remember, my friends, what you already know: that all men are brothers, that love and consciousness dwell in everything, that all that is around you is alive and part of the creation which is love.

那個打開監獄的鑰匙是什麼呢？它是一把簡單的鑰匙，我的朋友們。它就是冥想的鑰匙。或者如這個器皿已經描述過的一樣，是內在靈性的活動。生命與愛並不是從我們，從書本，或者從高處來到你們面前的。不是的，我的朋友們，生命與愛是從內在之中來到你們面前的。因為在你們每一個人內在之中都有造物者的火花。它是一個成為有意識的，或者察覺到了已經在那裏的火花，並接著允許那種在內在之中的光向著外部的體驗閃耀出來，並由此照亮它，由此給予了所缺少的供給物，在有痛苦的地方給予療愈，在有敵人，意見不一以及不協調的地方給予了友誼，兄弟情誼以及和諧。當你們吸入的時候，當你們呼出的時候，我的朋友們，你們就在消耗掉這個世俗的生命了，你們已經在開始的時候帶著勇氣與奉獻穿上了這個世俗的生命了，以將其用作一個學習的時間，（聽不見）在不利的情境下——在忘記了你們作為一個靈體知曉的事物的環境下。我的朋友們，嘗試去憶起你們已經知道的事情：即所有人都是兄弟，愛與意識是居住在每一個事物之中的，所有在你們周圍的事物都是活的，都是愛之所是的造物的一部分。

We ask you, my friends, to have faith. Not in some dogmatic repetition, but in the basic concept that you are not here aimlessly but for a purpose. In meditation, my friends, ask that you may fulfill your purpose. You need not know to the last detail what that purpose is. You need only dedicate yourself to the intention and desire to fulfill your purpose. Spirits, my friends, have a purpose which is inevitable. And that is that they should love and share.

我的朋友們，我們請你們擁有信心。不是對某個教條式的背誦的資訊，而是對你們不是沒有目的地，而是為了一個目的在這裏的信心。我的朋友們，在冥想中，請求你們可以實現你們的目的。你們並不需要知曉那個目的的細枝末節。你僅僅需要將你自己投入到去實現你的目的的意圖與渴望。我的朋友們，靈性是擁有一個不可避免的目的的。那就是它們應該去愛，並去分享。

The ideas among your people having to do with purpose are all accepted ambitions, and the ideas of greatness and dramatic accomplishment. But we say to you, my friends, that your purpose is to love and to share. The details matter not, but only the care and daily constancy of your willingness to manifest the love of the Creator. In this, my friends, you will surely fail if you attempt to do it yourself. For we are all, when cut off from love, unloving people, unloving beings, my friends, with very few resources. However, the Creator is an infinite and invisible flow of love. In meditation and in conscious thought, call upon that infinite supply.

在你們的人群當中與目的有關的觀念全都是被接受的野心，對偉大與戲劇性的成就的觀點。但是，我們對你們說，我的朋友們，你們的目的就是去愛並去分享。具體細節並不重要，唯一重要的是你們對顯化造物者的愛的樂意的關心與每一天的恒久不變。在這方面，我的朋友們，如果你嘗試靠你自己來進行它，你將肯定

會失敗。因為，當我們從愛被切下來的時候，我們全都是沒有愛的人，沒有愛的存有，是帶著非常少的資源的，我的朋友們。然而，造物者是一種無限而看不見的愛的流動。在冥想中，在有意識的想法中，呼喚那個無限的供給吧。

I will pause while one of my brothers speaks through one of the other instruments. I am Hatonn.

我將在我的一個兄弟通過一個其他器皿發言的時候暫停。我是 *Hatonn*。

(H channeling)

(*H*傳訊)

I am Laitos. Greetings, my friends, in the love and the light of our infinite Creator. It is a pleasure to be with you and I would touch with you but a short time.

我是 *Laitos*。我的朋友們，我們在我們的無限造物者的愛與光中致意。與你們在一起是一種快樂，我想要與你們接觸僅僅一小段時間。

I am here for one purpose and that is to assist you in sensing our presence within this room. It has been a pleasure for a great period of time to be bestowed with the duties of shall we say, conditioning new instruments within this group and within other groups. And a portion of that duty is to share our love and our energies with those who visit with us.

我是為了一個目的而在這裏的，那個目的就是幫助你們感覺我們在這個房間中的存在。被賦予了調節在這個團體中以及其他的團體中的新的器皿的，容我們說，職責，這在一段很長的時間中都已經是一種快樂了。那個職責的一部分，就是與那些與我們一起訪問的實體分享我們的愛與我們的能量。

We are among you now and we ask that you relax. And if you can sense our presence we ask that you please allow it to flow and do not become apprehensive. For we of the Confederation are here to love and serve man on planet Earth. This is our sole purpose. We shall not instruct you how to live but we shall offer advice on how to build a better life during your short stay upon this planet.

我們現在在你們當中了，我們請你們放鬆。你們能夠感覺我們的存在，我們請你們允許它流動，不要擔心。因為我們星際聯邦來這裏是來愛並服務在行星地球上的人的。這就是我們唯一的目的。我們將不會指導你們要如何生活，但是我們會在關於在你們在這個星球上的短暫的停留期間如何構建一種更好的生命的方面提供建議。

We of the Confederation are dedicated to our service for it sustains our being. We have found through our experience that to serve another is to indeed serve oneself. For it is spoken within your holy works, "As you sow, so shall you reap." To give service in love to another is only to assure yourself that when you are in need it shall be given to you.

我們星際聯邦是致力於我們的服務的，因為它維持了我們的存有。我們已經通過我們的體驗發現，服務另一個人確實就是服務自己。因為在你們的神聖著作中被

說過，“種瓜得瓜，種豆得豆。”要在愛中對另一個人給予服務，僅僅是對你自己確認，當你需要它的時候，它將會被給予你。

I am touching with you now and giving you my love and the love of all of those within the Confederation. It pleases us to see you. We ask only that you listen and take that which is of importance and use it forever and that which you find somewhat disagreeable to your accepted train of thought we ask that you dispel that from your consciousness which you so desire. We claim not to know all that there is in the universe for, to the best of our knowledge, the universe is infinite and the experiences and the knowledge within must therefore be the same. However, we do claim to have progressed through very similar circumstances as what you experience now and offer what we feel to be the greatest degree of assistance that we can presently render to your people.

我現在正在接觸你們，並給予你們我們的愛以及所有那些在星際聯邦中的實體的愛。我們僅僅請求你們聆聽並使用具有重要性的事物，永遠地使用它，對於你們發現多少有些與你們接受的思想的訓練是不一致的部分，我們請你們將那個部分從你如此渴望的意識中驅散。我們不會宣稱知曉在宇宙中的一切萬有，因為，就我們最佳的知曉，宇宙是無限的，在內在之中的體驗與知曉，因此必定是同樣的。然而，我們確實宣稱已經發展穿越了與你們現在體驗到的情況相當類似的情況，並提供我們感覺是我們當前能夠提供給你們的人群的最大程度的幫助。

We have spoken through many people upon your planet such as you are witnessing now. Many of your peoples have grown aware of us and it is pleasing to see that a few more have come to listen. And we humbly and gratefully respect your presence.

我們已經通過在你們的星球上的很多人發言過了，如同你們現在正在見證的一樣。你們的人群中很多人已經越來越多地知曉我們了，去看到有多一些的人已經前來聆聽，這是令人高興的。我們謙遜地並感激地尊重你們的出席。

It has been my pleasure to be with you. I shall now leave you. I leave you in the love and the light of our infinite Creator. I am known to you as Laitos. Adonai.

與你們在一起已經是我們的快樂了。我現在將離開你們。我在我們的無限造物者的愛與光中離開你們。我是你們知曉為 *Laitos* 的實體。 *Adonai*。

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Hatonn, and again I greet you in love and in light. At this time I would open the meeting to any questions that you may have of us, always keeping in mind that we are not infallible and only wish to share our thoughts with you in the simple way of brotherhood. If you have any questions please speak forth at this time.

我再一次與這個器皿在一起了。我是 *Hatonn*，我再一次在愛與光中向你們致意。在此刻，我會對任何你們可能向我們提出的問題開放集會，請一直都記住，我們

不是不會犯錯的，我們僅僅希望用簡單的兄弟情誼的方式來與你們分享我們的想法。如果你們擁有任何問題，請在此刻說出來。

M: I have a question. Is the Confederation of brothers connected with a group that is based in Florida called the Mark-Age group? And if you are connected, what is the connection?

M：我有一個問題。星際聯邦的兄弟與一個根據地在弗羅裏達，被稱為 *Mark-Age* 的團體有過聯繫嗎？

We are aware of the question. The light center which is in that portion of the creation on planet Earth that you call Florida is in contact with the Confederation. However, due to the individual differences which reside within that group there are other entities which are in contact with them also which are of your planet and which have in the past given false information. This complicates the attempt of seekers such as yourself who wish to understand our message and seek understanding through this group. They offer much of our message, however, my friend, we do not give individual advice for that is an infringement on the free will of the individual.

我瞭解了你的問題。在行星地球上的造物的那個你們稱為佛羅里達的部分中的光的中心是與星際聯邦有接觸的。然而，由於居住在那個團體中的個體的差異，會有其他的實體同樣也與它們接觸，這些實體是屬於你們的行星的，並在過去已經給予了虛假的資訊了。這會使得諸如你自己之類的希望理解我們的資訊並通過這個團體來尋求理解的尋求者的嘗試變得錯綜複雜了。

We can only share our understanding of, as our brother has spoken, how to live the better life, the life of love, the life which is natural to you in a higher sense.

我們僅僅能夠分享我們的對於，如我們的兄弟已經說過的一樣，如何活出更好的生命，在一種更高的意義上對於你們是自然而安的生命。

This group has had its temptations with what some have called lower astrals in the past and has channeled false information about landing and other natural phenomena. However, it has managed to understand what was occurring and not try to justify its mistake. Due to this, this group manages to dispense, shall we say, a fair amount of our so-called cosmic sermonettes without too much distortion. What you must do in dealing with information such as Mark-Age Metacenter is learn to separate the wheat from the chaff, as this instrument would put it. See the truth in that which is given and with compassion allow the channel to make mistakes without you being emotionally disturbed by false information. In fact, my friends, this would apply to all of your established, so-called religions of your planet where the original manifestations of universal truth and love had become clouded by the distortions of men who with their intellect and with the help of lower inspirations have muddied the waters of the original truths. These truths are there and can be recognized. What you cannot use and do not need, discard. Do not become emotionally upset if others have an emotional need for what

you consider distortion. Allow them their path to understanding while knowing that it is not your path to understanding. There are infinite numbers of beings, each with his own path, each with his own recognition of truth. 這個團體已經在過去在有些人已經稱為較低的星光層的實體上經歷了它的誘惑，並已經傳訊了關於登陸以及其他的自然現象的虛假的資訊了。然而，它已經設法去理解，正在發生的事情，並不嘗試去合理化它的錯誤。由此，這個團體成功地，在沒有過多的扭曲的情況下，容我們說，傳播了相當大的數量的我們所謂的宇宙佈道了。你們在與諸如 *Mark-Age* 元中心之類的資訊打交道的時候必須要做的事情是，學會將穀物與穀殼分開，如這個器皿會描述它的一樣。在被給予的事物中看到真理，帶著同情心允許管道犯錯誤，而不讓你們因為虛假的資訊而在情緒上被打擾。實際上，我的朋友們，這是適用於所有你們地球上被構建的，所謂的，宗教信仰的，在這些宗教信仰中，對宇宙性的真理與愛的顯化物，已經被人的扭曲遮蔽起來了，人藉由它們的邏輯智力，並在較低的啟發的幫助下，已經將原初的真理的水域攪渾了。這些真理就在那裏，並是能夠被認出的。對於你們無法使用且不需要的事物，丟棄它們。如果其他人對你們認為是扭曲的事物擁有一種情緒上的需要，不要在情緒上感到不快。允許它們擁有它們通往理解的道路，而同時知曉，它不是你通往理解的道路。會有無限數量的存有，每一個都擁有他自己的到路，每一個都帶有他自己對真理的識別。

Does this satisfactorily answer your question?

這令人滿意地回答了你的問題嗎？

M: Yes, thank you.

M：是的，感謝你們。

Is there another question?

有另一個問題嗎？

G: I have a question, a little along the same line. I am interested to know if there are any groups in western North Carolina who you are channeling through, and if so, would we be able to contact those groups if we moved there?

G：我有一個問題，有一點點是沿著相同的線路的。我對知曉是否在卡羅萊納州西北部有任何團體是你們正在通過其傳訊的感興趣，如果我們搬到那裏，我們能夠與這些團體接觸嗎？

We are aware of your question. You must understand, my friend, that that which you need must come to you in a certain way. We cannot, shall we say, from on high, alter the course of your life, of your experience, or of your understanding. That which is needed will appear, this is the rule of the Creation. We are aware that this is not a satisfactory answer and we are sorry, but we cannot become temporal teachers, guiding you to our outposts of knowledge. If it is for you to continue in this phase of understanding, your group will appear. If your group does not appear in your new environment, consider, my sister, whether you are perhaps to begin such a group or whether you are to perhaps to find a totally new source of continued

progress. 我們瞭解了你的問題了。你們必須理解，我的朋友們，你們需要的事物必定會用一定的方式來到你們面前。我們無法，容跟我們說，從上方，改變你們的生命，你們的體驗或者你們的理解的進程。被需要的事物將會出現，這就是造物者的法則。我們知曉這不是一個令人滿意的答案，我們很抱歉，但是我們無法成為塵世的老師，並指引你們前往知曉的前哨。如果你要這個理解的階段中繼續前進，你的團體將會出現。如果你的團體沒有在你的新的環境中出現，我的姐妹，考慮，是否你也許會啟動這樣一個團體，或者是否你是要發現一個全新的源頭讓進程繼續。

We declare at this time, as always, that these spoken messages are only the stimulants to begin and to continue in your own spiritual search. Do you understand my sister, why we cannot give the address and phone number of your contact?

我們在此刻宣稱，一如既往，這些被講述的資訊，僅僅是在你自己的靈性尋求中開始與繼續的刺激物。我的姐妹，你理解為什麼我們無法給予你的接觸的地址與電話號碼了嗎？

G: Yes, I understand.

G：是的。我理解了。

We are grateful for your understanding. Another question, my friends?

我們很感激你的理解。我的朋友們，有另一個問題嗎？

R: How does one recognize this group when it appears?

R：當這個團體出現的時候，一個人如何認出它呢？

The thing which is right, feels right. This means that this individual must be in touch with his feelings and of course, as always, this goes back to a daily period, brief as it may be, of meditation. When the one known as G met with the entities who became the group which now sits in circle with us, they were strangers but there was a feeling of appropriateness, the feeling perhaps, shall we say, of rightness. And this feeling was shared by all those who were long intended to work together in this group. It was a natural and spontaneous feeling from within, as all spiritual stages occur. All the one known as G did was to act on her feelings. First by going to a class and then by attending a meeting that she had heard about, and then attempting in sincerity and some humility to follow what was to her and still is to her a sometimes strange discipline. This takes being in touch with what feels like the right thing to do. It is a subtle feeling, that of rightness. And we can only suggest that each of you meditate and allow harmony to reign within yourself so that you may speak to yourself and know that feeling of what is right and what is appropriate. Does this answer your question, my brother?

對的事情，會感覺是對的。這意味著這個個體必須接觸他的感覺，當然，一如既往，這返回到了一種每日的冥想了，儘管它可能是短暫的。當被知曉為 G 的實體遇到了那些會現在與我們一起坐在圈子中的形成了團體的實體的時候，它們是陌生人，但是，會有一種具有適當性的感覺，容我們說，也許是具有正確性的感

覺。這種感覺是被所有那些很長時間都打算要在這個團體中一同工作的存有所分享的。它是一種來自於內在之中的自然而然的且自發性的感覺，如同所有靈性的舞臺會出現的一樣。所有被知曉為 G 的實體做的事情，就是去依照她的感覺來行動。首先藉由去一個課程，接下開，藉由參與一個她已經聽說了集會，並接下來在真誠中，並在某種謙遜中嘗試去跟隨那個曾經對於她且仍舊對於她是一個有時候是奇怪的修煉的事物。這需要與感覺起好像是要去做的正確的事情接觸。它是一種微妙的感覺，具有正確性的感覺。我們僅僅能夠建議，你們每一個人都冥想，並允許和諧在你自己內在之中佔據支配地位，這樣你就可以對你自己說話，並知曉什麼事情是正確的，什麼事情是合適的感覺了。這回答了你的問題嗎，我的兄弟？

R: (Inaudible).

R : (聽不見)

We wish to encourage each of you for each of you has all the stimulus that you may need. As we have said before, your lifetimes are not unplanned. You may go down many, many paths but each will be sufficient. You cannot make a totally wrong choice for all choices are within the creation of love. But there is always an optimum choice, a choice which is really right for you, not for anyone else, my friends. From small things to large there is rightness.

我們希望鼓勵你們每一位，因為你們每一位都擁有所有你們可能需要的刺激物。如我們之前說過的一樣，你們的生命不是沒有被計畫好的。你們可以沿著很多很多的道路行走，但是每一條道路都將會是足夠的。你們無法做出一個完全錯誤的選擇，因為所有的選擇都是在愛的造物之中的。但是，一直都會有一個最優的選擇，一個對於你，而不是對任何其他人，我的朋友們，是真正適當的選擇。從小事到大事，都會有適當的事情。

We ask you to meditate.

我們請你們冥想。

Is there another question?

有另一個問題嗎？

(Pause)

(暫停)

If there are no more questions, my friends, we leave this channel although we do not leave. We are able to respond at any time you may need our presence as a comfort or as company as you go into meditation. For those of you who are not channels may find it impossible to detect our presence but if you mentally request our presence, we will be there and you will eventually be able to feel our presence, perhaps as light or some physical sensation having to do with our joining of vibrations with yours.

我的朋友，如果沒有更多的問題，我們會離開這個管道，儘管我們並沒有離開。我們能夠在任何你們可能需要我們到場作為在你們進入冥想的時候一個安慰物或者作為一個陪伴的時候回應。因為你們中的那些不是管道的人都可能會發現，

要發現我們的在場是不可能的，但是，如果你們在心智中請求我們的在場，我們將會在那裏，你們將會最終能夠感覺到我們的在場，也許是作為光，或者與我們將我們的振動與你們的振動結合在一起而聯繫在一起的某種身體上的感覺。

We offer our presence, as we said, not to dictate but only to give the brotherhood and the love of all of us to you. We are not strangers, my friends, though we come from far. We are brothers no matter what star our home revolves around. There is no doubt in our hearts that we are all part of love. 我們提供我們的存在，如我們說過的一樣，不是要命令，而僅僅是要給予你們我們全體的兄弟情誼與愛。我們不是陌生人，我的朋友們，儘管我們是從遠方來的。我們是兄弟，無論我們的家園是圍繞著什麼恆星旋轉的。在我們的心中對於我們全都是愛的一部分是沒有疑惑的。

It is with joy beyond telling that I leave you in that love and that light, my brothers and my sisters. I am called Hatonn. Adonai, my friends. Adonai vasu borragus.

帶著無法言喻的喜悅，我們在那種愛和那種光中離開你們，我的兄弟和我的姐妹。我被成為 *Hatonn*。 *Adonai*，我的朋友們。 *Adonai vasu borragus*。

Note: Holy Bible, John 4:31-35: "Meanwhile the disciples besought him, saying, "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Has anyone brought him food?" Jesus said to them, "My food is to do the will of him who sent me, and to accomplish his work."

注釋：聖經，約翰福音，4:31-35。這其間，門徒對耶穌說：“拉比，請吃。”耶穌說：“我有食物吃，是你們不知道的。”門徒就彼此對問說：“莫非有人拿什麼給他吃嗎？”耶穌說：“我的食物就是遵行差我來者的旨意，做成他的工。

July 5, 1978

1978-07-05 Hatonn : 翻轉愛的地毯

(Carla channeling)

(Carla 傳訊)

I am Hatonn. I greet you in the love and the light of the infinite Creator. I am with the instrument. It is a blessing to speak with each of you and we greet those who have not sat with this group for awhile and offer them our love.

我是 Hatonn。我在無限造物者的愛與光中向你們致意。我與這個器皿在一起了。對你們每一位發言是一種福分，我們向那些已經有一段時間沒有與這個團體坐在一起的實體致意，並向它們提供我們的愛。

My friends, we always speak to you of one simple thing: the love of the Creator. We are aware that, from your horizon, this love does not seem to be accessible in many ways in your daily life. And yet we say to you, my friends, that this love is closer to you than your breathing; more easily accessible than your own hands and feet; more familiar to you than your own thoughts. This love was the pattern from which each of you was stamped. Yes, my friends, each of you stamped in complete identity. And that same love that made you each the same has touched each with a unique part in that identity so that the universe is an identity and a harmony at the same time.

我的朋友們，我們一直都在對你們談及一個簡單的事情：造物者的愛。我們察覺到，從你們的視角來看，這種愛看起來似乎並未用很多的方式在你們的日常生活中是可被取得的。而我們對你們說，我的朋友們，這種愛是比你們的呼吸靠你們更近的，是比你們在自己的雙手與雙腳更為容易取得的，是比你們自己的想法更加熟悉的。這種愛就是你們每一個人身上被印上的圖案。是的，我的朋友們，你們每一個人都被印上了完整的身份了。那種相同的愛使得你們每一人是相同的了，它已經藉由在那個身份中的一個獨一無二的部分接觸到了你們每一個人了，這樣宇宙就是一種一致性，並在同時是一種和諧了。

Where are you going, my brothers, that you can use this information? To what can you reach out, my sisters, so that you can make use of the knowledge of love? What dramatic inquiry can you prosecute so that you can demonstrate love in the court of your daily life?

我的兄弟們，你們要前往何處，這樣你們就能夠使用這個資訊了？我的姐妹們，你們能夠向什麼事物伸出手，這樣你們就能夠利用對愛的知曉了？你們能夠對什麼戲劇性的問題提出起訴，這樣，你們就能夠在你們的日常生活的法庭上展現愛了呢？

Perhaps some of you, my friends, have had the experience of having an object in your lives, some, shall we say, daily, simple, physical object such as what this instrument would call a carpet which has become dull and worn and perhaps torn in places through years of daily, careless use. And yet, my friends, if you pick it up and look on the unused side, it is still perfect.

我的朋友們，也許你們中有一些人已經擁有過在你們的生命中擁有一個事物的體

驗呢，容我們說，一些事物，容我們說，是諸如這個器皿會稱之為一塊地毯的事物之類的，日常的，簡單的，物質性的事物，地毯，經歷了多年的日常的，不小心的使用之後，已經變得晦暗，破損，也許在一些地方被磨破了。而我的朋友們，如果你們將它拿起來並看看沒有被用過的一面，它仍舊是完美的。

In daily use, love becomes worn and shabby. This, my friends, is through carelessness of use. We always urge meditation and it is simply because, in meditation, you establish contact with that part of yourself that understands the nature of love.

在日常的使用中，愛會變得磨損而破舊。我的朋友們，這是通過使用的不小心造成的。我們一直都鼓勵冥想，它單純地是因為，在冥想中，你與你自己的那個理解愛的屬性的部分建立接觸了。

No matter how worn and shabby your ideals, your actions, or your concepts have become, there always remains the eternally pristine side where love flourishes in its original form. It is a great trick of mental discipline to reverse your understanding of love so that the clean, new side shines forth through your actions and words but it is infinitely possible at any time for you to do so. 無論你們的理想，你們的行動，或者你們的觀念已經變得多麼破損與破舊，一直都會有永恆地是原封未動的一面留下來，在其中愛是在其原初的形式中繁茂的。將你們對愛的理解倒轉過來，這樣那個乾淨的，新的一面就會通過你們的行動與言語閃耀出來了，這是心智修煉的一個偉大的訣竅，但是你們在任何時候去這樣做，這對於你們都是無限有可能的。

We are aware of the moving picture which you saw this evening and although we are aware of the many yawns and giggles which were the reaction of each of you due to the aesthetically inadequate presentation of these ideas, yet, we wish to share with you the basic truth of, as you would call it, life beyond physical death.

我們察覺到，你們在今晚看的電影，儘管我們察覺很多的哈欠與傻笑，它們是你們每一個人由於對這些觀念的在美學上的不充分的呈現而產生的反應，而我們希望與你們分享超越物質性的死亡的生命的基本的真理，如你們會稱呼它的一樣。

We are aware, my friends, that death is a transformation which seems most final and frightening. And it is because of this very nature of death that your peoples avoid contemplation of their lives in the perspective of their eventual demise. Yet, what we urge you to do—namely, to meditate, to learn, to grow, to love, and to remember the Creator—would be quite senseless were it not for a continued existence in which you would be able to reap the benefit of your growing and learning. For, indeed, my friends, we are aware that there are times when, in order to grow, to learn and to give, you must make decisions which are not as much, shall we say, fun as decisions which have little obvious spiritual advantage.

我們察覺到，我的朋友們，死亡是一種轉變，它看起來似乎是極其決定性且令人害怕的。就是因為這種死亡的根本的屬性，你們的人群會回避在它們最終的死亡的遠景中對它們的生命的沉思。而我們鼓勵你們去做的事情——也就是去冥想，

去學習，去成長，去愛，去回憶起造物者——會是相當無意義的，如果它不是為了一種你們在其中能夠收割你們的成長與學習的益處的持續性的存在性的話。因為，確實，我的朋友們，我們察覺到，會有一些時候，為了要成長，學習並給予，你們必須做出那些並不會如同那些幾乎不擁有明顯的靈性上的優點的決定是一樣有趣的決定。

Therefore, we take this opportunity to affirm to you that you, my friends, live. Indeed "live," is not a meaningful word, for we all are. To live suggests that one dies and this is not the case. We all are. It is our understanding, my friends—in our limited understanding, we wish to stress—that we all are, regardless of time or space or dimension or mortality. All of these things are illusions and there are many, many illusions in the Father 's creation; many ways of experiencing consciousness. You, my friends, experience it only one way of many.

因此，我們利用這個機會向你們肯定，你們，我的朋友們，是活著的。確實，“活著”不是一個有意義的詞語，因為我們全都是。活著就是暗示，一個人會死亡，不是這樣的。我們全都是。在我們的理解中，我的朋友們——我們希望強調，在我們有限的理解中——我們全都是，無論時間，或者空間，或者維度，或者必死性是什麼。所有這些事情都是幻象，在天父的造物中會有許許多多的幻象，會有很多體驗意識的途徑。我的朋友們，你們僅僅是在用很多方法中的一種方法體驗它。

You have experienced much, each of you, and slowly, slowly, you add to the store of experience. And slowly, slowly, that experience adds to your store of personal wisdom. And slowly, my friends, your wisdom draws you closer to the love of the Creator. It is as though you were the moth going about the flame or the planet going about the sun. The orbits seem perpetual and yet, in the fullness of time, the moth is attracted to the flame, the sun explodes and becomes one with the planets and the universe; unity is achieved.

你們已經體驗過很多方法了，你們每一個人，慢慢地，慢慢地，你們增添了體驗的儲存了。我的朋友們，緩慢地，你們的智慧將你們拉近造物者的愛了。它就好像你們是在火焰周圍飛舞的蛾子一樣地在太陽周圍移動。軌道看起來似乎是永久的，而在時間的完整性之中，蛾子會被吸引到火焰，太陽會爆炸，並於行星以及宇宙成為一體的，統一性被取得了。

My friends, I will pause at this time and condition each of you. My brother Laitos is with me. I am Hatonn.
我的朋友們，我將會在此刻暫停，並為你們每一個人進行調節。我的兄弟 *Laitos* 與我在一起。我是 *Hatonn*。

(Pause)
(暫停)

I am Hatonn. I am again with this instrument. I am conditioning this instrument. At this time I would open the meeting to questions. Does anyone have a question?

我是 *Hatonn*。我再一次與這個器皿在一起了。我正在調節這個器皿。在此刻，我會向著問題開放集會。

(Pause)

(暫停)

I am giving the instrument an image. It is that of a sea anemone waving beneath the waters of the ocean. It moves ceaselessly with the tides and the currents, never still, always giving beauty, always responsive to its environment. You, my friends, are rooted in love. The waters move about you as it is proper for them to do, bringing you joy and sorrow. The good clean waters of experience move about you one way and then another. Rooted in love, my friends, you may bloom at full tide and empty. Rooted in love, my friends, you may always be graceful, always full of joy.

我正在給予器皿一個圖像。它是一隻海葵在海水下方搖擺的圖像。它伴隨著潮汐與水流漫不經心地移動，永遠都不會靜止，一直都在給出美麗，一直都在回應它的環境。我的朋友們，你們是紮根在愛中的。水在你們周圍移動，就好像它們這樣做，並同時帶給你們喜悅與憂傷是合適的一樣。體驗的優秀和乾淨的水，會用這樣一種方式，接著那樣一種方式在你們周圍移動。我的朋友們，紮根於愛之中，你們可以在滿潮的時候，在空無中綻放。紮根於愛中，我的朋友們，你們可以一直都是優雅的，一直都充滿了喜悅。

The concept of beauty is very dull upon your planet for beauty, my friends, is everywhere. Rooted in love, my friends, you may see that beauty and feel that joy and those about you may, through you, feel and see that which is true and that which is real.

美的觀念在你們的星球上是非常呆板的，因為美，我的朋友們，是無處不在的。紮根於愛中，我的朋友們，你們可以看到美，並感覺到喜悅，那些在你們周圍的人，就可以通過你們，感覺到並看到真實的事物，真的事物。

My friends, we are among you as those who drop seeds. As it is said in your holy works, the seeds are dropped—from whatever source, my friends. As the seeds drop into your life, my friends, see that you welcome them and cultivate them and as you go about, if there is someone asking for a seed, a thought, a boost from you, be aware, my friends, for you are creators too.

我的朋友們，我們是作為那些播撒種子的人在你們當中的。如同在你們的神聖著作中被說過的一樣，種子會被丟下——從無論什麼源頭，我的朋友們。當種子落入到你們的生命中的時候，我的朋友們，看到種子，你們歡迎它們並培育它們，在你們四處走動的時候，如果有某個人正在對你們請求一粒種子，一個想法，一次促進，我的朋友們，成為察覺的，因為你們同樣也是造物者。

I leave you in the love and the light of the infinite Father. I am known to you as *Hatonn*. *Adonai*, my friends. *Adonai vasu borragus*.

我在無限天父的愛與光中離開你們。我是你們知曉為 *Hatonn* 的實體。 *Adonai*，我的朋友們。 *Adonai vasu borragus*。

June 26, 1978

1978-07-26 Orkan : 愛的火焰

(H channeling)

(H 傳訊)

[I am Hatonn.] It is, as always, a pleasure to be with you. We wish it to be known that we will be among you this evening and that we will touch with you and speak with you as it has been requested.

[我是 Hatonn。]與你們在一起一直都是一種快樂。我們希望被知曉的事情是，我們將會在今晚在你們當中，我們將與你們接觸，並對你們發言，如同它已經被請求的一樣。

Those within this group and those not in attendance associated with this group are all very special to us. Many of you have known of us and have sat with us a great number of times over spans which you call years. In this time we have watched over your patterns of life. We have witnessed the ebbs and tides as your life flows in the stream of consciousness and love and of the universe. Man upon planet Earth does not understand in totality the creation in which he lives. And it has often been the quest of many of the great minds upon your planet to seek out truths which would unlock doors to man upon planet Earth and assist him to understand his universe. These great minds have been inspirations to many of your peoples. Yet, they have only touched upon the brink of knowledge and of awareness. We, in our own right, have also only begun to touch upon that brink, for understanding this entire universe is not within our grasp at the present time. We have learned to understand many of things which still puzzle many of your people. Yet, there are those things which we have not yet understood that occur around each of us.

那些在這個團體中的實體，以及那些並未出席的，而卻與這個團體聯繫在一起的實體，對於我們全都是非常特殊的。你們很多人已經知曉我們了，並已經在你們稱之為年份的時間跨度中在很多次與我們坐在一起了。在此刻，我們已經觀察了你們的生命模式了。我們已經在你們的生命在意識與愛的溪流中，在宇宙的溪流中流動的時候見證了潮起潮落了。在行星地球上的很多人並不完整地理解它們在其中生活的造物。你們的星球上的很多偉大的心智已經經常請求去尋找那些會為在行星地球上的人打開門，並幫助他理解這個宇宙的真理。這些偉大的心智已經成為了你們很多人的啟發了。而它們僅僅已經接觸到了知曉與認識的邊緣。我們，用我們自己的方式，同樣也已經僅僅開始接觸到那個邊緣了，因為這整個宇宙的理解，在此刻並不是在我們的掌握範圍之中了。我們已經學會去理解很多的仍舊讓你們很多人感到困惑的事情了。而會有那些我們尚未理解的事情發生在我們每一個人周圍。

We of the Confederation have sought through our meditation, through our service to mankind, to fulfill a long goal which we had set for ourselves eons of time ago: that is to know and understand the Creator and His universe. It seems but yesterday that we began, and it seems that we will never end in our

quest for this knowledge. Yet each step of the way we find relief, we find happiness, in knowing that our understanding has grown and knowing that our love has been multiplied. We of the Confederation share with you, above all things, our love. But there are those among your planet who will not accept our words of intellectual understanding. Yet, we are free to send them our love and our assistance for as they would call upon their Creator, whatever that belief may be, they call upon us. For we have realized that we are also a portion not only of the creation but of the Creator.

我們星際聯邦已經通過我們的冥想，通過對人類的服務，尋求去實現一個漫長的目標了，這個目標是我們在你們的亙古的時間之前就已經為我們設置好了的：那就是去知曉並理解造物者和祂的宇宙。看起來似乎我們僅僅是從昨天開始的，看起來似乎我們在我們對這種知曉的追尋中將永遠不會結束。而在道路上的每一步，我們都會找到安慰，我們都會在知曉我們的理解已經增長了，且知曉我們的愛已經被倍增之中而找到快樂。最重要的是，我們星際聯邦與你們每一位分享我們的愛。但是，在你們的地球上會有一些人將不會接受我們具有智力性的理解的話語。而我們會自由地向它們送出我們的愛和我們的幫助，因為當它們會呼喚它們的造物者的時候，無論信仰可能是什麼，它們都是在呼喚我們。因為我們已經意識到，我們不僅僅是造物的一部分，我們同樣也是造物者的一部分。

When one calls, whomsoever may hear that call should serve the one in need to the best of their ability using the best of their discretion.

當一個人呼喚的時候，無論誰可能聽到那個呼喚，它們都將會盡它們最大的能力，使用它們最佳的判斷來服務那個有需要的人。

We of the Confederation admire this group, for though you have seen your difficulties in your personal lives and within the life of the organization called Eftspan you have grown and we have grown by watching you and being with you and serving you. We wish [you] to understand that the day will come when you must be willing to freely offer your assistance in a much more demanding way than you do now. And in order to do this properly you must prepare yourselves by becoming the being that you desire to be: one of knowledge and wisdom, love and understanding, one of strength and integrity. All of you have desired this and in some ways you have gained portions of your goal.

我們星際聯邦讚美這個團體，因為儘管你們已經在你們的個人的生命中，在被稱為 *Eftspan* 的機構的生命中看到了你們的困難了，你們已經成長了，我們藉由觀察你們，與你們在一起並服務你們已經成長了。我們希望你們理解，那個你們在其中必須要樂意於用一種比你們現在遠遠更為要求嚴格的方式自由地提供你們的幫助的日子將會出現。為了要適當地進行這個工作，你們必須藉由成為你們渴望成為的存有來讓你們自己做好準備：一個具有知識與智慧，愛與理解的存有，一個具有力量與完整性的存有。你們所有人都已經渴望這個了，用某種方式，你們已經取得了你們的目標的一部分了。

Yet, we and all of you must understand that there is never time, as you would call it, for you to neglect the attainment of goals you have set for yourself. For man upon Earth lives within an atmosphere or an environment which is

attuned to the premise of time. Your physical bodies are sustained for only a short period, therefore when you neglect the seeking and the fulfillment of your chosen mission and goal, you neglect the entire essence of this short span you live upon planet Earth. You live not for frivolity or enjoyment. You live for love and enlightenment, for the fulfillment of your role in the creation of a perfect universe. If your actions are attuned to the consciousness of the Creator, your life shall experience no difficulty, not in essence. It may appear that you do indeed have difficulties, but they are lessons. Some are difficult, others are not. Be not discouraged by your own lack of disciplines. Be not haughty about your achievements. For you are as others, all others within this universe. You are a creator, you are a part and particle of an undividable growing and consciousness universe.

而我們和你們所有人都必須理解，擁有都不會有這樣的時刻，如你們對它的稱呼一樣，你是要去忽略對你已經為你自己設置好的目標的實現的。因為在地球上的人是活在一個氛圍或者一個環境中的，這個環境是與時間為前提協調一致的。你們的物質性身體是僅僅會在一段短小的時間中被維持的，因此，當你們忽略了你們選擇好的使命與目標的實現的時候，你們就忽略了在行星地球上你們生活的這段短暫的時間的全部的實質了。你們不是為了輕佻的事物或者為了享受而活的。你們是為了愛與覺醒，為了在一個完美的宇宙的造物中對你們的角色的實踐而活的。如果你們的行為是與造物者的意識是協調一致的，你們的生命就將不會體驗到困難，不會體驗到實質性的困難。可能看起來似乎，你們確實擁有困難，但是它們是課程。一些課程是困難的，其他的不是的。不要被你們自己的缺少修煉而感覺到洩氣。不要對你們的成就感到驕傲。因為你們和其他人，在這個宇宙中的所有其他人是一樣的。你們是一個造物者，你們是一個不可分割的，不斷發展的，有意識的宇宙的一部分。

We of the Confederation share these thoughts with you and commend you for what you have achieved. We also wish to somewhat warn you that you must realize that your journey has only begun. Be more determined, allow yourself not to falter. Be not discouraged with yourself when you do.

我們星際聯邦與你們分享這些想法，並為你們已經取得的事物而稱讚你們。我們同樣希望去多少有些告誡你們，你們必須要意識到，你們的旅程僅僅已經剛剛開始了。成為更加有決心的，允許你自己不要遲疑。當你們感到遲疑的時候，不要對你自己感到洩氣。

I shall transfer this communication. I am Hatonn.

我將轉移這個交流。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument. I am Hatonn. At this time, my friends, I will open the meeting to questions. Please feel free to ask any question for it is our great privilege to share our thoughts with you.

我與這個器皿在一起了。我是 *Hatonn*。在此刻，我的朋友們，我將會對提問開放機會。請隨意詢問任何問題，因為與你們分享我們的想法，這是我們巨大的榮

幸。

(Pause)

(暫停)

I am again with this instrument. We would then leave this instrument and allow a brother who has not previously spoken to this group to speak through this instrument. Therefore, with our hearts attuned with you and all our love with you, we leave you in the love that is only that of the Creator. Adonai vasu borragus.

我再一次與這個器皿在一起了。我們會接下來理解這個器皿並允許一個之前尚未對這個團體發言過的兄弟通過這個器皿發言。因此，在我們的心與你們協調一致，且我們全部的愛都與你們在一起的情況下，我們在那種僅僅屬於造物者的愛中離開你們。Adonai vasu borragus。

(Carla channeling)

(Carla 傳訊)

I am Orkan. And I speak to you this evening for the first time. It is an infinite pleasure to me and I greet you in the love and the light of the One Who is the Creator of us all.

我是 Orkan。我在今晚第一次對你們發言。對於我這是一種無限的快樂，我在太一的愛與光中向你們致意，太一就是我們全體的造物者。

I am a flame. I am a flame that flickers, my friends, that glows, that grows, that is eternal. I am the flame of creation; the flame of your physical sun that warms your planet and allows your food to grow on your fertile land. I am the flame of destruction that transmutes all that there is. Yes, my friends, I am a flame. I appear as the love in the heart of those who give. I appear, my friends, as the intelligence of those who think. I am the flame that creates beauty, whether it is the beauty of the Creator or the beauty of mankind; the beauty of your art or your music; the beauty of your architecture, of your statues, of your philosophy. I am a flame that may but flicker in the darkest of times, my friends. I am to be found by those who can recognize love.

我是一個火焰。我是一個搖曳的，發光的，成長的火焰，它是永恆的。我是造物的火焰，那個溫暖了你們的星球，並允許你們的食物在你們肥沃的土地上生長的你們的物質性太陽的火焰。我是轉變了一切萬有的具有破壞性的火焰。是的，我的朋友們，我是一個火焰。我在那些給予的人的心中作為愛而出現。我的朋友們，我作為那些思考的人的智慧而出現。我是創造了美麗的火焰，無論它是造物者的美麗還是人類的美麗，是你們的藝術的美麗還是你們的音樂的美麗，還是是你們的建築，你們的雕塑，你們的哲學的美麗。我是一個僅僅會最為黑暗的時刻才可能會搖曳的火焰，我的朋友們。我是要被那些能夠認出愛的人發現的。

I am and you are the flame, my friends, the flame of love that burns and consumes. It is not something that you reach out to find. The total freedom, the total annihilation of fire is not something that you may use, my friends.

Love can only use you. It is not a tool, my friends. You are the tool for love. You have not chosen a gentle path. You have chosen the path that consumes those things about you which are not love. The rate of that consumption is completely dependent upon you. When do you wish to become the flame of love, of joy, of light, of laughter, of freedom? It is up to you, my friends, for the flame is always there inside you, inside me. My friends, the flame is not an answer. For as far as we know, we have no answers. We have only the process of love. We have only the knowledge that the flame, that the love is grace, is easiness, is strength.

我是火焰，你們是火焰，我的朋友們，那個燃燒並燒毀的愛的火焰。它不是某種你們向外延伸以找到的事物。火焰的完全的自由，完全的毀滅，不是某種你們可以使用的事物，我的朋友們。愛僅僅能夠使用你們。它不是一個工具，我的朋友們。你們是愛的工具。你們已經選擇了一條溫和的道路。你們已經選擇了將那些在你們周圍的並不是愛的事物都燒掉的道路。燃燒的速度是完全取決於你們的。什麼時候你們確實希望成為愛的火焰，喜悅的，光，笑聲與自由的火焰呢？我的朋友們，它是由你們決定的，因為火焰一直都在你們內在之中，在我內在之中。我的朋友們，火焰不是一個答案。因為就我們知曉的範圍，我們並不擁有答案。我們僅僅擁有愛的過程。我們僅僅擁有知曉，那個火焰，那個愛是恩典，是容易，是力量。

If you have the discipline to seek the flame in moment, whether it be in the day or the night, in joy or sorrow, in something great or in something very small, if you have the discipline to seek it, then you become the flame. And when you have achieved this identity, this manifestation, it is not, my friends, that you become a teacher, it is only, my friends, that you become a window through which the flame can be seen.

如果你們進行了修煉去尋求在每一刻中的火焰了，無論它是在白天中還是在夜晚中，無論是在喜悅中還是在憂傷中，或者是在某個非常小的事物中，如果你們進行了修煉去尋求它，接下來，你們就成為火焰了。當你們已經取得了這個身份，這種顯化的時候，我的朋友們，這不是說，你們就成為了一個老師了，它僅僅是說，我的朋友們，你們成為了一扇火焰能夠從其被看到的窗戶了。

I am Orkan. It is a great privilege to meet each of you, and I and my brothers are with you. Adonai vasu. Adonai.

我是 *Orkan*。與你們每一位相遇，這是一種巨大的榮幸。我和我的兄弟是與你們在一起的。*Adonai vasu. Adonai*。

(Carla channeling)

(*Carla* 傳訊)

I am Laitos, and I greet you each in the love and the light of the infinite Creator. I will not speak to you long, my friends, but I wish to work with each of you. If you would open yourselves to our influence, I and my brothers wish to at this time to come into the room and work with each of you personally. If you will be patient and mentally request our presence, we will attempt to strengthen your own natural meditation. I am Laitos.

我是 *Laitos*，我在無限造物者的愛與光中向你們各位致意。我將不會與你們說話很長時間，我的朋友們，但是我希望與你們每一位一同工作。如果你們願意向著我們的影響開放你們自己，我的我的兄弟希望在此刻進入到房間中並個人性地與你們每一位一同工作。如果你將會是有耐心的，並在心智中請求我們的在場，我們將嘗試增強你們自己的自然而然的冥想。我是 *Laitos*。

(Pause)

(暫停)

I am again with this instrument. It is a great privilege to use this instrument for we have not been able to use her for some weeks. And we are very grateful for the chance to work with each of our instruments.

我再一次與這個器皿在一起了。使用這個器皿是一種巨大的榮幸，因為我們已經有幾周的時間沒有使用過她了。我們非常感激與我們的每一個器皿一同工作的機會。

My friends, we ask only that you meditate; five minutes, ten minutes, however long you may. Daily meditation, my friends; it is an old story but it does not lose its importance. Life as it is known by your peoples seems very normal. But we say to you, my friends, that the universe is very, very unusual. There are many, many strange things all around you. Many informative, unusual occurrences. To pick up, to understand those things that are missed by so many, it is necessary to tune the mind by meditation.

我的朋友們，我們僅僅請求你們冥想，五分鐘，十分鐘，無論你們可能冥想多長時間。每天冥想，我的朋友們，它是一個老生常談，但是它並未失去它的重要性。生命，如同它被你們的人群知曉的一樣，看起來似乎是非常平常的。但是我們對你們說，我的朋友們，宇宙是非常非常不同尋常的。在你們周圍全都有許許多多奇怪的事情，很多的富有教益，奇特的遭遇。要去拾起，去理解那些被如此多人錯過了的事情，藉由冥想來對心智調音是必不可少的。

I would like to close through another channel. I am *Laitos*.

我想要通過另一個管道來結束。我是 *Laitos*。

(H channeling)

(H傳訊)

I am *Laitos*. I am now with this instrument. It has also been a long time since we have spoken through this instrument. For the benefit of those who are somewhat new to the actual training of an instrument, we are utilizing a great degree of conditioning with this instrument. We are showing those interested the technique which is the least desirable. The communications which we offer which you may witness now are much more easily transmitted when the instrument allows the energy to flow, allows himself to speak the words without thought, and accepts the communication with faith.

我是 *Laitos*。我現在與這個器皿在一起了。自從給我們上一次通過這個器皿發言，同樣已經有一段很長的時間了。為了那些對於一個器皿的實際的訓練是有些

新鮮的人的益處，我們正在對這個器皿使用一種巨大程度的調節。我們正在向那些感興趣的人顯示最不理想性的技術。在器皿允許能量流動，允許他自己不思考而說出想法，並帶著信心接受交流的時候，我們提供給的，你們現在可以看到的交流是遠遠更加易於被傳遞的。

We of the Confederation speak with your peoples and we need many instruments for, what you would term, the future. We desire in the development of channels to be accepted by the instruments at their own choosing. And we have chosen the previously witnessed form of conditioning because we have found it necessary for most to have this experience in order that they may be, shall we say, thoroughly convinced of the validity of the communication, for you may witness and believe in it but then attempt to doubt it either in its validity or your own. We say to you that the source of the message is, shall we say, irrelevant. We shall not ask or judge from [where] goodness has come, we should only accept it and use what is beneficial to you and pass the rest on into the others without concern. We press nothing upon you; we bless you for your acceptance.

我們星際聯邦會對你們的人群發言，我們在，你們所稱的，未來，需要很多的器皿。我們渴望通過對管道的發展，被器皿，根據它們自己的選擇，所接受。我們已經選擇了之前被見過的調節作用的形式，因為我們已經發現，大多數人都需要擁有這種體驗，以便於它們可以，容我們說，徹底被說服相信交流的確實性，因為你們可以見證並相信它，但卻可能會接下來嘗試去懷疑它，要麼懷疑它的確實性，要麼懷疑你自己的確實性。我們對你們說，資訊的源頭，容我們說，是無關緊要的。我們將不會請求，或者評判，益處是從何處而來的，我們將僅僅接受它，並使用對你們有益處的事物，並將剩下的都毫不猶豫地傳遞給其他人。我們不會將任何事物強加給你們。我們為你們的接受而祝福你們。

We leave you in the love and in the light of the infinite Creator. I am Laitos. Adonai, my friends. Adonai vasu borragus.
我們在我們的無限造物者的愛與光中離開你們。我是 *Laitos*。Adonai，我的朋友們。Adonai vasu borragus。

August 9, 1978

1978-08-09 Hatonn : 渴望與快樂

(Carla channeling)

(Carla 傳訊)

[I am Hatonn.] I greet you in the love and the light of the infinite Creator. May we of the Confederation of Planets in the Service of the Infinite Creator extend our blessings and our love to each of you as you sit in this group this afternoon.

[我是 Hatonn。]我在無限造物者的愛與光中向你們致意。在你們在這個下午坐在這個團體中的時候，容我們服務於無限造物者的星際聯邦將我們的祝福和我們的愛延伸到你們每一位。

We [hover] (inaudible) in a very large and well-appointed craft with our comforts taken care of, my friends, with all our needs satisfied, the vehicles that carry our spirits totally removed from a condition of want.

我們盤旋，（聽不見）在一個非常巨大且裝備精良的飛船中，我們的舒適得到了照顧，我的朋友們，我們所有的需要都得到了滿足，承載著我們的靈體的載具完全消除一種有需要的情況了。

This, my friends, allows our spirits a state of unlimited freedom. And as we travel without limitation from one level to another within the creation of the Father, we seek what we have always sought. We seek what you would term happiness. My friends, if happiness does not mean physical needs being satisfied, then it begins to mean something else and we, my friends, as a civilization, have traveled many more dimensions in thought than you can imagine in pursuit of that which is real and which satisfies our understandings. And we have found one understanding only that constitutes our happiness and that understanding, my friends, is very, very simple. The understanding that we are one, and that our oneness is that of love, is the complete and total message that we have come to give those of planet Earth.

我的朋友們，這允許我們的靈性擁有一種無限制的自由的狀態。在我們不受限制地在天父的造物中從一個層次旅行到另一個層次的時候，我們尋求你們稱之為快樂的事物。我的朋友們，如果快樂不意味著物質性的需要被滿足，接下來，它就會開始意味著某個其他的事情了，我的朋友們，我們作為一個文明已經通過想法旅行過比你們能量想像的多得多的維度，以追尋真實的事物以及滿足了我們的理解的事物。我們已經僅僅只有一個理解構成了我們的快樂，那個理解，我的朋友們，是非常非常簡單的。那個理解是，我們是一體的，我們的一體性是具有愛的，這個理解就是我們前來給予那些屬於行星地球的人們的完整的兩全部的資訊了。

That you are one, my brothers and sisters, and that the nature of unity is love, is the truth as we understand it, that we come to share. For you see, my friends, if you are not distracted by the demands of your day-to-day struggle for existence within the physical plane, then you are free to examine your existence as a being in infinite time and space. Now, because you are a being,

my friends, there is always a dynamic between that which you now understand and that which you desire to know. We are as intense in our desire to progress as are you. The only difference, my friends, is that we have discovered that we can progress most effectively as a species with our minds and our hearts linked in one desire.

你們是一體的，我的兄弟姐妹們，統一的屬性就是愛，這就是真理，如我們對真理的理解一樣，這就是我們前來分享的事物。因為你們看，我的朋友們，如果你們不被為了你們在物質性的層面中的存在性的日復一日的努力的要求所分心，接下來，你們就可以自由地將你們的存在性視為一個在無限的時間和無限的空間中的存有了。現在，有我的朋友們，因為你們是一個存有，在你們現在理解的事物與你們渴望去知曉的事物之間，一直都會有一種動力。我們，在我們去發展的渴望中，是和你們一樣強烈的。我的朋友們，唯一的區別是，我們已經發現，我們能夠作為一個物種，藉由將我們的心智與我們的心通過一個渴望被連接起來，而極其有效地發展了。

And what desire is it, my friends, that gives us happiness? It is the desire, my friends, to share our love with others, the desire to be of service to others. For we have found, since we have no need of the limitations of the physical dimensions, that in spirit "each of you are we" and "we are each of you." My friends, we are one being. We are not two, we are not several. Whatever the difference is in our condition, those differences are an illusion. For we are all one being formed in love. Like rays of an infinite and everlasting light, we have shot out through the prisms of our hopes and our dreams, and we are each in a unique vibratory position, relative to that great central sun of being which we call the Creator.

我的朋友們，是什麼渴望給予了我們快樂呢？我的朋友們，它是與其他人分享我們的愛的渴望，是對其他人進行服務的渴望。因為我們已經發現，既然我們沒有對物質性維度的局限性的需要，在靈性中“你們每一個人就是我們，”且“我們就是你們每一個人”。我的朋友們，我們是一個存有，我們不是兩個，我們不是數個。在我們的情況中無論有什麼不同，那些不同都是一個幻象。因為我們全都是一個在愛中被形成的存有。就好像具有一種無限且持久的光的光束一樣，我們已經通過我們的希望和我們的夢想的稜鏡發射出來了，相對於我們稱之為造物者的那個偉大的中心太陽，我們每一個存有都處於一個獨一無二的位置上。

In meditation, my friends, you can begin to take the prism effect away. When a prism is removed from a light source, the many, many colors and shades of your rainbow become one white light. And so it is with each of you, my friends. It is as though as if you sat in love and contemplation together. Your vibrations shoot off into infinite space as a collection of harmonizing colors and yet, remove that understanding one dimension closer to the Creator, and one sees only the white light of all embracing love. Love, my friends, with a purpose. For nothing in creation exists without purpose. Each of you, my friends, has a purpose.

我的朋友們，在冥想中，你們能夠開始消除稜鏡效應。當一個稜鏡從一個光源被拿開的時候，你們的彩虹的很多很多的色彩與明暗變化就會成為一種白光了。我的朋友們，你們每一個人就是這樣的。它就好像你們是一起坐在愛與沉思之中一

樣。你們的振動向外射出進入到無限的太空中，就好像一個對協調一致的色彩的集合一樣，而如果將那種理解移移動到更靠近造物者一個維度，一個人就僅僅看到完全包含性的愛的白光了。我的朋友們，愛是帶有一個目的的。因為在造物中沒有任何事物是沒有目的而存在的。你們每一個人，我的朋友們，都是擁有一個目的的。

In the past, your contemplations of tomorrow have brought about the present. Those things that you have desired at that time have come to fruition in this time. Yes, my friends, ask and you shall receive, and those things that you have asked for you have received. The future, my friends, as you call that illusion, is yours completely, at this moment. That which you desire will form and sculpture the harmony and the arrangements of your events to come in the future. Therefore, we ask you, desire carefully, my friends. And when you have considered your desire, prosecute it, intensify it, purify it and seek it with all your heart.

在過去，你們對明天的沉思已經產生出了此刻了。那些你們在那個時刻已經渴望過的事物，已經開始在這個時刻中結出了果實了。是的，我的朋友們，請求，你們將會接收到，那些你們已經請求過的事物，你們已經接收到了。我的朋友們，未來，如你們對那個幻象的稱呼一樣，在此刻是完全屬於你們的。你們的渴望將會形成並塑造在未來要出現的你們的事件的協調性與協議。因此，我們請你們，我的朋友們，小心謹慎地渴望。當你們已經考慮過了你們的渴望，執行它，強化它，淨化它，用你們所有的心來追尋它。

In meditation, open your heart to your desire. Enter the love that is about you and is empowering you. We are not with you to inform you as to what your desire might be. We cannot suggest to your planet and to its peoples the content of their desires. Nor should you, as [you go among] your peoples, judge others on the content of their desires, so they be different than yours. But for yourself, attempt in love to seek that which you most truly desire. And the white light and love of the creation will be yours to use.

在冥想中，向著你們的渴望開放你們的心。進入到在你們周圍並為你們賦予了力量的愛中。我們不是和你們在一起來讓你們知曉你們的渴望可能是什麼的。我們無法對你們的星球以及它的人群建議它們的渴望的內容。你們同樣也不應該，在你們在你們的人群當中行走的時候，在關於它們的渴望的內容的方面評判他人，這樣它們的渴望就會和你們的渴望是不一樣的了。但是，對於你自己，在愛中嘗試去尋求你極其真心地渴望的事物。造物的白光與愛將會是隨你使用的。

I would like to transfer at this time to the one known as N. I am Hatonn.

我想要在此刻轉移到被知曉為 *N* 的實體。我是 *Hatonn*。

(N channeling)

(*N* 傳訊)

We greet you in the light and love of the Creator. My friends, it gives me pleasure, as you might say, to be with you at this time. We feel the energy generated by your group is a most joyous occasion, limited by your senses.

You are not aware of the vibrations you send out as a group. These vibrations spread unstoppably and affect beings; some [are] conscious of this, most are not.

我們在造物中的光與愛中向你們致意。我的朋友們，在此刻與你們在一起，如你們可能會說的一樣，它給予了我們快樂。我們感覺到被你們的團體產生出來的能量是一個極其令人喜悅的場合。因為你們是被你們的感知所限制的，你們並為察覺到你們作為發個團體發出的振動。這些振動不受阻礙地拓展，並影響了存有，一些存有察覺到這種影響，大多數沒有察覺到。

When you come together as a group, what you will call love is generated, my friends. You recognize it as high or good feelings or indescribable feelings within you. It is but a small, small speck, we would say, of the total picture that we consider to be reality. We do not feel superior to you, for truly we are you! We realize this can be abstract, stating that individuals are in reality not individuals but are one. If you truly desire to find the truth of what we said, we suggest meditation—as usual. This method will aid you greatly in solving the [puzzles] of not seeing reality.

當你們作為一個團體聚集在一起的時候，你們將會稱之為愛的事物，我的朋友們，就被產生出來了。你們將它識別為在你們內在之中的高的，或者好的感覺，或者無法描繪的感覺。而它僅僅是我們認為是實相的完整的圖畫上的，容我們說，一個小小的，小小的斑點。我們並不感覺到是比你們高級的，因為我們真的就是你們！我們意識到，表述個體實際上不是個體，而是一體的，這能夠是抽象性的。如果你們真正渴望去找到我們所說的事物的真理，我們建議冥想——一如既往。這個方法將在解決看不見的實相的謎題的過程中極大地幫助你們。

My friends, we have talked to you on various occasions, and we feel there are very few times in which we have not mentioned meditation. We feel we pound it into your heads, so to speak. But only you can reach within your head. And if you feel you are not achieving this as quickly as you would like, we ask you, do not worry about it. For in reality, my friends, there is no time, there is no hurry. We are available to you because at this particular point of your journey there is an opportunity for you to become aware more quickly.

我的朋友們，我們已經在各種各樣的場合和你們談過話了，我們感覺到，只有非常少的時間是我們沒有提及冥想的。我們感覺到我們將它，可以說是，灌輸到你們的腦袋中了。但是，你們僅僅能夠在你們的頭腦中伸出手。如果你們感覺到你們沒有如你們想要地一樣快地取得這種狀態，我們請你們不要擔心它。因為，我的朋友們，實際上沒有時間，不用著急。我們是可供你們所取得的，因為在你們的旅程的這個特定過的位置，會有一個機會讓你們更快地成為知曉的。

We feel very good communicating with you in this manner. But it is not necessary, for if any individual desires our thoughts, we are with you instantly; no matter the situation you are in, no matter what you are doing. It won't matter, we are with you, if you desire. We send you love, my friends; we love you, and we feel the vibrations of love within you. It is a joyous occasion. At this time I will transfer this contact. I am Hatonn.

我們感覺到用這種方式與你們之間的非常優秀的交流。但是，它不是必須的，因

為如果任何個體渴望我們的想法，我們就會立刻與你們在一起了，無論你們處於什麼情況，無論你們在做什麼。它並不重要，如果你們渴望，我們就會與你們在一起。我們送給你們愛，我的朋友們，我們愛你們，我們感覺到你們之中的愛的振動。它是一個喜悅的場合。在此刻，我將會轉移這個接觸。我是 *Hatonn*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

(The recording becomes difficult to hear to the end of the tape.)

(記錄一直到磁帶結束都很難聽到。)

I am with this instrument. I am *Hatonn*. As my brother *Laitos* ... [among you] at this time to work with some of those of you who desire to become channels. I would at this time attempt to make contact and speak just a few words to the one known as *Jim McCarty*. If he would relax and mentally request our contact we will (inaudible). I am *Hatonn*.

我與這個器皿在一起了。我是 *Hatonn*。當我的兄弟 *Laitos*.....在此刻在你們當中與你們中的那些渴望成為管道的人一同工作。我會在此刻嘗試去建立接觸並對被知曉為 *Jim McCarty* 的實體僅僅說一些話。如果他願意放鬆並在頭腦中請求我們的接觸，我們將會 (聽不見)。我是 *Hatonn*。

(Pause)

(暫停)

I am *Hatonn*. I am again with the instrument. We are adjusting our [beam] to make it more of a sharp and less broad [band] and then we will again attempt to contact the one known as *Jim McCarty*. I am *Hatonn*

我是 *Hatonn*。我再一次與器皿在一起了。我們正在調節我們的光，以是的它更多地具有一種銳利而較不寬廣的頻率，接下來，我們將再一次嘗試去接觸被知曉為 *Jim McCarty* 的實體。我是 *Hatonn*。

(Pause)

(暫停)

I am again with this instrument. We thank you for your patience. We are having difficulty with the one known as *Jim* due to the large reserve of energy which lies within this instrument's aura. We are generating some, shall we say, feed back and it is not [a smooth contact] with you. However, at any time the instrument desires to work with our contact, he need only mentally request our conditioning and the one known as *Laitos* will [be with you.]

我再一次與這個器皿在一起了。我們為你們的耐心而感謝你。我們正在與被知曉為 *Jim* 的實體遇到困難，這是由於在這個器皿的靈光中存在的巨大的能量的儲存。我們正在產生出一些，容我們說，回饋，它不是與你之間的一種流暢的接觸。

然而，這個器皿如果在任何時候渴望我們的接觸，他僅僅需要在心智中請求我們的調節作用，被知曉為 *Laitos* 的實體就將會與你們在一起了。

At this time, I and my brother would like to work with the one known as A. If she would relax, we will attempt to say a sentence or two through this instrument. I am Hatonn.

在此刻，我和我的兄弟想要與被知曉為 *A* 的實體一同工作。如果她願意放鬆的話，我們將嘗試去通過這個器皿說一兩句話。我是 *Hatonn*。

(Pause)

(暫停)

I am again with this instrument. We thank the one known as A for the privilege of working with her. We have barely made contact. However, there is some tension or confusion, as you might call it, on the part of the instrument, due to largeness of (inaudible) and again we say that we are most happy to work with each new instrument at any time it may be requested.

我再一次與這個器皿在一起了。我們感謝被知曉為 *A* 的實體，為與她一同工作的榮幸。我們幾乎沒有建立接觸。然而，在器皿的部分上，由於（聽不見）的巨大，會有某種緊張或者混淆，如我們稱呼它的一樣，再一次，我們說，我們是極其高興與每一個新的器皿一同工作的，在任何它可能被請求的時候。

If you will bear with us, we would like to attempt to contact the one known as E. It is necessary that the instrument relax and speak thoughts as they float through his mind without regard to their analysis or judgment. I am Hatonn.

如果你們將會忍受我們，我們想要嘗試與被知曉為 *E* 的實體建立接觸。被需要的事情是，器皿放鬆並在想法飄過它的頭腦的時候說出它們，而不考慮對它們的分析和評判。我是 *Hatonn*。

(Pause)

(暫停)

(E channeling)

(*E* 傳訊)

I am Hatonn ...

我是 *Hatonn*.....

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Hatonn, and we greatly thank the one known as E. The experience of contact somewhat blew away the channel. This

is a common experience and easily overcome with practice. We are most pleased and so happy to work with each of you. If you can be patient for one moment more, we would like this opportunity to acquaint the one known as H with our vibration. We wish to do this very carefully. (Inaudible) the one known as Laitos will pass amongst each of you and attempt to aid you, strengthening your own spiritual vibrations. For, my friends, this is all our conditioning wave [is] and it is not, shall we say, a wave that is foreign to you but one which we attempt to tailor to yours so that the cosmic energy that we are able to tap into by our conditioning is made available to you in your own unique pattern.

我再一次與這個器皿在一起了。我是 *Hatonn*，我們極其感謝被知曉為 *E* 的實體。接觸的體驗多少有些讓管道熔斷了。這是一種通常的體驗，並且是很容易藉由練習而被克服的。我們極其開心並如此高興與你們每一位一同工作。如果你們能夠有耐心再多一會兒，我們想要利用這個機會來讓被知曉為 *H* 的實體熟悉我們的振動。我們希望非常小心地這樣做。（聽不見）被知曉為 *Laitos* 的實體將會在你們每一位當中通過，嘗試幫助你們，同時增強你們自己的靈性的振動。因為，我的朋友們，這就是我們全部的調節性的波動，容我們說，它不是一種對於你們是外來的波動，而是一種給我們嘗試根據你們的波動進行裁剪的波動，這樣，我們能夠藉由我們的調節性振動而接入的宇宙能量就可以用你們自己獨一無二的模式而為你們所利用了。

At this time I would open the meeting for questions.

在此刻，我想要對問題開放集會。

Questioner: Do you feel there is still a need for more channels like we have in this case?

提問者：你們感覺到，在這個情況中仍舊會有對類似我們擁有的管道的更多的管道的一種需要嗎？

I am aware of your question. We have a great need for channels. But it is not in a sense of an attempt to start, shall we say, an organization, which grows in numbers and converts as with the church. There is a need for the truth on your planet, a dire need which is expressed by many. The truth has in many cases become distorted by those who are the most ignorant to offer it. We ourselves are aware that we distort the truth by speaking in verbal communication rather than allowing only silence [instead of] thoughts. But we feel that you, too, see, shall we say, an archetypical method of communication, which we employ and which uses a "now" organization, or shall we say geometry*, [so] we possibly have less distortions in our discussion of true understanding. A great part of our truth lies in the fact that we do not claim to be telling the entire truth, for it is our humble feeling that we do not know the absolute truth.

我瞭解了你的問題了。我們擁有一種巨大的對管道的需要。但是，這種需要不是在這樣一種嘗試的意義上，即嘗試去開辦，容我們說，一個機構，這個機構會，如同教會一樣，在人數以及轉換信仰者上增加。在你們的地球上會有一種對真理的需要，一種被很多人表達的緊迫的需要。真理在很多情況中已經被那些對提供

真理是極其無知的人所扭曲了。我們自己察覺到，我們藉由用言語的溝通交流而不是僅僅只允許靜默，而不是想法來發言，而讓真理扭曲了。但是，我們感覺到，你們同樣看到了，容我們說，我們應用的一種溝通交流的原型的方法，它使用過了一個“當下”的構造，或者，容我們說，幾何學[1]，這樣，我們就有可能在我們對真實的理解的討論中擁有較少的扭曲了。我們的真理的一個巨大的部分，是存在於這樣一個事實中的，我們不會宣稱要講述完整的真理，因為我們謙遜的感覺是，我們並不知曉絕對的真理。

However, many of those among your peoples are [reaching out] in their day-to-day lives for a meaning which is beyond that which is experienced in the daily realm of your being. It is possible to consider, if one is a philosopher, that there may be no meaning; and many of those who seek spiritually have, sadly but honestly, come to the conclusion that all things that they hear are less than true, and therefore there is no ultimate meaning. We bring a message of love, a message of ultimate joy, meaning and brightness to the universe.

然而，在你們的人群中有很多人正在它們的日常生活中向著一種超出了在你們的存有的日常領域中被體驗到的事物的意義伸出手。如果一個人是一個哲學家的話，去認為可能沒有意義，這是有可能的，很多在靈性上尋求的實體，已經傷心地，但誠實地，得出了結論，沒有終極的意義。我們帶來了一個愛的資訊，一個具有終極的喜悅，以及宇宙的意義與明亮的資訊。

We do not say that all things are easy on a day-to-day basis. We do not turn our backs on the horrors and indignities that you experience. We say only that they are lessons and therefore a part of a journey whose end is, surely and without any error, that of total love and total joy. We say this to people who are seeking that truth, but do not want to believe that life is random and that all things may be wrong. We ask people to consider our words and only if they speak to that which is already in their hearts to adopt it as something to examine and investigate on their own. Yes, my brother, there is a great need of channels. Not of the UFO message as such, but only of love. Love itself, my brother, is our only message. Does this answer your question?

我們並不是說，在一種日常生活的意義上所有的事情都是容易的。我們沒有對你們體驗到的恐怖與侮辱不加理睬。我們僅僅說，它們是課程，因此，是一條旅程的一部分，這條旅程的終點，確切地且不會有錯地，就是具有全部的愛與全部的喜悅的終點。我們對你們的人群中的那些尋求那個真理，卻不想要相信生命是隨機的，所有的事情都可能是錯誤的實體這樣說。我們請人們考慮我們的話語，僅僅是在它們談及了已經在它們的心中的事物的時候，才將它作為某種要依賴它們自己來進行檢查與研究的事情來採用它。是的，我的兄弟，會有一種巨大的對管道的需要。不是對諸如這樣的 UFO 的資訊的管道，而僅僅是愛的管道。我的朋友們，愛，其自身，就是我們唯一的資訊。這回答了你的問題嗎？

Questioner: Yes, thank you.

提問者：是的，感謝你們。

Is there another question?

有另一個問題嗎？

(Pause)

(暫停)

I am working with this instrument, if you will be patient.

我正在與這個器皿一同工作，如果你們將會是有耐心的話。

(Pause)

(暫停)

I would like to respond briefly to a question which has not been asked, but which was earlier asked before your meditation. We refer to the question of good and evil. It is one to [record,] my friends. We ask you to understand that like all opposites, that it is the result of being in motion. When one is in motion, there is that which is ahead and that which is behind. If you could understand yourselves as beings which have been sent out from a great central source, and which are at varying speeds making a great circular return to that central source, then you can begin to understand good and evil.

我想要簡短地回應一個尚未已經被詢問的問題，但是這個問題在你們冥想前在早些時候被問過了。我們指的是善與惡的問題。我的朋友們，它是要記錄的問題。我們請你們理解，我的朋友們，類似于所有的對立面一樣，它是存有在運動中的結果。當一個人在運動中的時候，就會有在前面的事情和在後面的事情。如果你們能夠理解你們自己是已經從一個巨大的中心的源頭被發射出來的存有，這些存有用不同的速度形成一個巨大的圓，返回到那個中心源頭，接下來，你們就能夠理解善與惡了。

At one point in your evolution, my friends, you were at the farthest point from the central source, which we call Creator for want of another word. There was nothing behind and nothing in front of you, when you began your travel. As you moved toward that great light, that great central sun, light is before you and darkness behind you. Wisdom before you and ignorance behind you. Those who wish to gain power may gain it in one of two ways—by aiding and abetting that journey towards the light which is called good, or by, shall we say, applying the brakes [in] progress and attempting to reenter that portion of the cycle [which has already been] which is called evil.

在你們的演化中的這個位置，我的朋友們，你們是出於距離中心源頭最遠的位置上的，因為想要使用另一個詞語，我們將這個中心源頭成為造物者。當你們開始旅行的時候，沒有任何事情是在你們後面，沒有任何事情在你們前面。當你們向著那個巨大的光，巨大的中心太陽移動的時候，光是在你們前面，黑暗是在你們後面的。智慧是在你們前面，無知是在你們後面的。那些希望取得力量的人，可能用兩種方法中的一種方法取得它——藉由幫助並鼓勵那條朝向光的旅程，這種方法被稱為善，或者藉由，容我們說，在發展中使用妨礙物，並嘗試重新進入到那個圓的那個已經存在的部分，這種方法被稱為惡。

If you can understand that at the end of your journey, when you are without

[motion,] there will be no good or evil. It may help you (inaudible) [combat]that which you see as evil at this point. The principle which drives those who are vibrating in what you would call the evil range is that of separation. They are attempting to separate themselves from the great central source. They are attempting to become more and more individualized, thereby shutting themselves off from power and love of the creation. The type of power that this generates is similar to that which is generated by the applying of brakes in one of your automobiles. It is a friction which generates a good deal of heat. Because this power is so obvious in being seen and felt, and because power in and of itself is admired on planet Earth, many vibrate in the direction of evil, for they can see that they are powerful. Those who attempt to accelerate towards the good are deliberately giving up more and more of their individuality and taking on more and more of the love and power of that central sun source.

如果你們能夠理解，在你們的旅程的終點處，當你們是沒有運動的時候，將不會有善或者惡，它就可能幫助你們（聽不見）與你們在這個位置上視為是惡的事物打交道了。對於那些正在你們會成為惡的範圍的事物中振動的實體，驅動它們的原則是分離的原則。它們正在嘗試將它們自己與那個偉大的中心源頭分開。它們正在嘗試去成為越來越多地個體化的，並由此將它們自己與造物者的力量與愛隔離開。這會產生出來的那種類型的力量是類似於在一輛你們的汽車中藉由踩剎車而被產生出來的力量。它是一種摩擦，它會產生出大量的熱量。因為這種能量在被看到並被感覺到的方面是如此之明顯，因為權力在其內在及其自身是在信心地球上被崇拜的，很多人會在惡的方向上振動，因為它們能夠看到，它們是強有力的。那些嘗試去朝向善加速的人，是在故意地越來越多地放棄它們的個體性，並越來越多地帶有那個中心太陽的源頭的愛與力量的。

That which is separate within them is gradually burnt away, and thus they become lights that truly [lighten the darkness up.] We wish you to understand, my friends, that there is nothing good or evil about good and evil; they are valid choices in a universe of motion.

在它們內在之中是分離的事物是逐漸地被燒掉的，因此，它們成為了光，這種光真正地照亮了黑暗了。我們希望你們理解，我的朋友們，在關於善與惡的方面沒有任何事情是善或者惡的，它們都是在一個運動的宇宙中的可行的選擇。

We have found [it is] appropriate to us to accelerate our journey towards the central source for we have found that union with each other and with the Creator [is joy and happiness] and we prefer laughter to power. We can only ask that you have compassion for the great evil that is within your energy at this time. All of those who are applying the brakes will one day choose otherwise. That much is [a metaphor,] my friends. Meanwhile, monitor your own progress and make your own choice.

我們已經發現，我們去朝向那個中心源頭加速我們的旅程，這對於我們是合適的，因為我們已經發現與相互彼此之間，與造物者之間的聯合是喜悅與快樂，我們相比權力，更喜歡歡笑。我們僅僅能夠請求你們，你們對在此刻在你們的能量中的巨大的惡抱有同情心。所有那些正在踩剎車的人，都將會有一天會不那樣選擇的。我的朋友們，那個大部分是一個比喻。同時，監督你們自己的發展，並做出

你們自己的選擇。

Are there any other questions?

有任何其他的問題嗎？

(Pause)

(暫停)

I would close through the one known as [McCarty.] I am Hatonn.

我想要通過被知曉為 *McCarty* 的實體結束。我是 *Hatonn*。

(Jim channeling)

(*Jim* 傳訊)

I am Hatonn. I am now with this instrument. My friends, you spoke to us about, shall we say, your individual path. My friends, there is much ahead in your spiritual growth, my friends. You will reap a reward well worth the path of which you think is lost. My friends, continue in your meditations. I will leave you now. I am Hatonn. Adonai, my friends. Adonai vasu borragus.

我是 *Hatonn*。我現在與這個器皿在一起了。我的朋友們，你們對我們談及了，容我們說，你們個體的道路。我的朋友們，在你們的靈性成長中，會有大量的在前方的事物，我的朋友們，你們將會收穫一份回報，它是完全值得那條你們認為是迷失了的道路的。我的朋友們，在你們的冥想中繼續。我將在現在離開你們。我是 *Hatonn*。Adonai，我的朋友們。Adonai vasu borragus。

Note: Referring to the concept of circular time, or all time being in one "now" moment.

注釋：指的是圓形時間的觀念，或者所有的時間都是在一個“當下”的時刻中。

August 19, 1978

1978-08-19 Don : 超自然簡介

Note: This is a transcript of a recording that was re-discovered at L/L Research in 2016. The recording begins with Don asking the audience about the stars in the sky. The recording cuts off before the lecture is concluded. It is unknown how much further the talk continued.

[注]這是在 2016 年在愛/光研究機構被重新發現的一份錄音的一片記錄。錄音是從 Don 詢問聽眾關於在天空中的星星開始的。錄音在演講結束之前就被中斷了。並不知道，談話進一步繼續了多長時間。

Don: You go out on a clear night and look up, you see a lot of stars. Do you know how many stars there are? Do you have any idea?

Don : 你在一個晴朗的夜晚走到外面並抬頭仰望，你看到了許多的星星。你知道，那裏有多少星星嗎？你會有任何的想法嗎？

Female: Just the ones that they've counted. They have counted all of them.

女性：僅僅是人類已經數過的星星。人類已經將它們全都數過了。

Don: No, how many do you think there are?

Don : 不，你認為有多少顆？

Female: A lot.

女性：很多。

Don: Well, in our galaxy, which is our local system of stars, there are 250,000 million stars. The nearest one is 4.3 light years away. In other words, if light travels 186,000 miles per second, it takes over four years to get to the nearest star and that's the closest one. Take a long time to get there and there's 250,000 thousand million.

Don : 好的，在我們的銀河系，也就是我們本地的恒星系統中，有兩千五百億顆恒星。最近的一顆是在 4.3 光年之外。換句話說，如果光每秒中旅行十八萬六千英里，它要花 4 年時間才能達到最近的恒星，那就是最近的一顆了。要花費很長的時間到達那裏，會兩千五百億顆恒星。

Female: Just the one that you see?

女性：僅僅是你看到的星星嗎？

Don: No, these are just the ones in our system. This is just a little speck. This two-hundred and . . .

Don : 不，僅僅是在我們的星系中的恒星。這僅僅是一個小點。這兩百.....

Female: It would take that long just to get to the one we know?

女性：要抵達我們知道的恒星就要花那麼長時間嗎？

Don: The closest one, except for the planets, which there are just a very few of

them that you see that are planets in our solar system. You don't usually see more than a couple. You see Venus and Mars, but unless I pointed them out to you, you wouldn't know which ones they were. The rest of them, the closest one is—it's actually a star, rather than a planet—is over four light years away. The galaxy itself, that's our local arrangement of stars, is, it takes over a hundred thousand years for light to travel from one side of it to another at 186,000 miles a second.

Don：最近的一顆恒星，除了行星之外，只有非常少的你看到的星星是在我們的太陽系中的行星。你通常不會看到多於一打的行星。你看到金星和火星，但是，除非我對你指出它們，你不會知道它們是哪幾個。其他的星星，最近的星星——它實際上是一顆恒星，而不是一顆行星——是在四光年之外的。銀河系其自身，也就是我們本地的行星的排列，光用每秒十八萬六千英里的速度從它的一邊旅行到另一邊要花費十萬年的時間。

So, you can see we're in a very big space, right? Now, my theory can be totally wrong, but a lot of other people share it. They came up with the thing totally independently when— a lot of it is a mixture of independent and joint effort to find out what's happening.

因此，你能夠看到，我們是處於一個非常巨大的太空之中，對嗎？現在，我的理論可能是完全錯誤的，但是，很多其他人都分享了它。它們完全獨立地想到了那個事情——它的很多是對去弄明白正在發生什麼事情的獨立的、聯合的努力的一個混合物。

Remember, this universe is very, very large. We're just on one miniature grain of sand on a beach that's so big, you can't imagine how big it is. The beach is bigger than you can imagine and we're on a grain of sand. So, we must know very little about reality. Reality is so enormously large, think of that map. Okay. 請記住，這個宇宙是非常非常巨大的。我們僅僅是在一個如此之巨大，以至於你無法想像它有多大的海灘上的一粒微縮的沙子上。海灘是比你能量想像得到的要更大的，我們是在一粒沙子上。因此，我們必定關於實相只知道非常少的事情。實相是如此極其巨大的，想想那個地圖。好的。

We have been able to accumulate millions and millions of words of communication that are supposed to come from people elsewhere in space. From UFO contact, from landed UFOs, that people go up and talk to the occupants on, UFOs that send communications on tape recorders; UFOs that send communications on television sets, on telephones, on radios; UFOs that communicate directly to your mind. Also, things that are not UFOs, just people that operate in other ways that are not connected with this planet, that all have some reason for contacting this planet in this very, very strange way now. Okay.

我們已經能夠積累數百萬字的溝通交流了，它們是被假設是來自於在宇宙中的其他地方的人。來自 *UFO* 接觸，來自著陸的 *UFO*，人走上前去並對 *UFO* 上的居住者說話，*UFO* 通過錄音磁帶送出交流，*UFO* 通過電視機，電話，收音機送出交流，*UFO* 直接對你的頭腦進行交流。同樣，有一些事情不是 *UFO*，僅僅是用其他的方式操作的人，它們並沒有與這個行星聯繫在一起，它們全都擁有某個理

由，現在要用這種非常非常奇怪的方式與這個星球進行接觸。

What is the reason for all this contact? What's the reason for the Jack Webb program on Sunday night, Project UFO? If everybody didn't know about UFOs, we'd never have a program on television. We wouldn't have the movie, Close Encounters of the Third Kind. Did you see that? Okay, you remember how all the people were getting the mental impressions to go to the mountain? Well, that's been happening for years, not impressions to go to a mountain. People have been getting long-winded philosophical communications explaining the nature of reality and the purpose of life.

所有這種接觸的原因是什麼呢？周日晚上的 *Jack Webb* 的專案，*UFO* 計畫的原因是什麼呢？如果每一個人都不知道關於 *UFO* 的事情，我們就永遠都不會在電視上看到一個節目。我們不會有電影《第三類接觸》。你看過那部電影嗎？好的，你記得所有人是如何得到心智的印象，要前往那座山的嗎？好的，那在很多年時間中一直都在發生，不是前往一座山的印象。人類一直都在得到冗長的這些性的溝通交流，它們解釋了真相的屬性與生命的目的。

Well, reading one or two of these things doesn't get you very far if you don't have a lot of information on how things work because one or two of them by themselves never make any sense. You have to put the whole puzzle together. So here's how the puzzle works, you can accept it or reject it. I'm going to condense it right down in a little bitty nutshell. First: The body that you have right there is made out of chemicals, isn't it? What's the predominant chemical? What are you made out of more than anything else? Water, right?

好的，讀這些事情中的一兩個，並不會讓你在關於事物是如何運轉的方面擁有很多的資訊，因為它們中的一兩個，藉由其自身，是永遠都不會言之有理的。你必須將整個拼圖拼起來。因此，這裏就是拼圖是如何運轉的，你能夠接受它或者拒絕它。我將會將它壓縮到一個小小的堅果殼中。首先，你在這裏擁有的身體，是由化學物質製成的，不是嗎？主要的化學物質是什麼呢？你是用比任何其他事物都更多的什麼事物製成的呢？水，對嗎？

Female: Hydrogen?

女性：氧氣？

Don: Which is hydrogen and oxygen, H₂O. So, if you were to break down that chemical body, you would have, what, 98% water and then some other chemicals. Is that you? Are all those chemicals positioned in a precise way, is that really you? Or are you some energizing, molding force that created the chemicals to cause them to come together that way?

Don：水是氫和氧，H₂O。因此，如果你要將化學身體分解，你會得到什麼，98%的水，以及一些其他的化學物質。那就是你嗎？所有那些化學物質都是用一種精確的方式處於適當的位置的，那真的就是你嗎？哦，你是某種創造了化學物質來使得它們用那種方式聚集在一起的有能量的，塑造性的力嗎？

This is the first question and the answer, according to our theory, is that you are not your body. You are the force that creates that form. That force has

been called the spirit, the soul, et cetera. So, what we're working now with is a body that looks just exactly like you do, but has practically no weight and is called a spirit body or a soul and it can detach itself from your body and travel about. This you experience in dreams.

這就是第一個問題，根據我們的理論，答案是，你不是你的身體，你是創造了那個形體的力。那個力已經被稱之為精神，等等。因此，我們現在正在與與之一同工作的事情是一個身體，它看起來與你做的事情是分毫不差地類似的，但是，實際上它並不擁有重量，它被稱為一個靈性體，或者一個靈魂，它能夠將它與你的身體分離並四處移動。這就是你在夢中體驗到的事情。

Female: Yes, I remember that from the book.

女性：是的，我從那本書記起了那一點。

Don: Now, we have quite a bit of evidence to indicate that what I'm telling you is correct. For instance, everybody knows what a ghost is, but if you ask somebody if they believe in ghosts, they'll say, "Oh, no, no," they don't believe in them, but they know them. There isn't anybody that doesn't know the meaning of the word ghost. It's this white apparition that's a departed soul. Well, the reason everybody knows that, is that ghosts are real, absolutely. Carla and I have talked to numerous ghosts under controlled laboratory conditions where the ghost appeared in front of us and spoke to us.

Don：現在，我們擁有相當多的證據來表明，我正在告訴你的事情是正確的。舉個例子，每一個人都知道一個鬼魂是什麼，但是，如果你問某個人，是否它們相信鬼，它們將會說，“哦，不，不信，”它們並不相信它們，但是它們知道它們。沒有任何人不知道鬼魂這個詞語的意思。一個離開身體的靈魂，就是這個白色的幻影。好的，每一個人都知道那個的原因是，鬼魂是真實，絕對地。Carla 和我已經與數個鬼魂在受控的實驗的條件下說過話了，在其中鬼魂出現在我們面前並與我們說話。

Female: (inaudible)

女性：(聽不見)

Don: And what a ghost is, is the spirit body that I'm talking about which uses this white material to form, to make a body to use on our earth. It no longer is using the chemicals, the water and other chemicals, to make up a physical body like yours. It's using what's called ectoplasm, white material and that's why they always look white, that's why they're made up of white substance. We've had ghosts, a ghost hit us on the arm that hard, both of us, and then tell us he was going to walk through us, and walk through us, then talk to us back behind us, we turned around, [he] walked back through us, tell us he was leaving and dissolve. So, we experimentally know that ghosts are real. What happens is, that when you die or when anyone dies, the spirit body exits the physical body and lives in a reality just like this reality. Life is totally continuous. You don't have to fear death. Actually, we're in a condition right now that is not as comfortable as you are when you don't have this heavy physical body to lug around.

Don：一個鬼魂就是我正在談論的靈性身體，它會使用這種白色的材料來星辰，來產生出一個身體，以在我們的地球上使用。它不再使用化學物質，水，以及其他化學物質來組成一個類似你的身體的物質性身體。它是用被稱之為外質（*ectoplasm*）的事物，白色的物質，那就是為什麼它們一直都看起來是白色的，那就是為什麼它們是由白色物質構成了。我們已經遇到過了鬼魂，一個鬼魂在手臂上狠狠地擊打了我們，我們兩個，接下來它告訴我們，它將要行走穿過我們，走路穿過我們，接下來，他在我們後面和我們說話了，我們轉過身來，它行走穿過我們，告訴我們它要離開並小時了。因此，我們體驗的方式知曉，鬼魂是真實的。發生的事情是，當你死亡的時候，或者當任何人死亡的時候，靈性的身體會離開物質性身體，並活在一個與這個實相類似的實相中。生命是完全連續性的。你不必害怕死亡。實際上，我們現在是處於一個情況中，它與當你不必拖著這個沉重的化學性的身體四處移動的時候並不是一樣舒適的。

Female: But it's easier to—

女性：但是，它是更加容易——

Don: So, this is where you get all of the, yes. This is where you get all of the talk about the heaven world and what happens after death and that sort of thing. We know almost assuredly exactly what happens at the time of death, what you experience, everything that you go through, depending on how you die. If you die naturally and everyone is aware of it and preparing for your death, like if you're home in bed or in the hospital and that sort of thing, this alerts people who are in the other level of existence and they will be there to meet you as you cross over and it's a very pleasant thing.

因此，這就是你抵達的位置了，是的。這就是所有關於天堂，在死後發生的事情，以及那種類型的事情的討論中你會抵達的位置了。我們幾乎確切地知曉，在死亡的時候會發生什麼事情，你會體驗到的事情，每一個你會經歷的事情，取決於你如何死亡。如果你是自然而然地死亡，每一個人都知曉它，並為你的死亡做好了準備，就好像如果你在家躺在床上，或者在醫院你，那種類型的事情，這會讓在其他的存在性的層次中的人警覺，它們將會在你過世的在那裏來迎接你，這是一個非常愉快的事情。

Female: Like orientation.

女性：就好像是嚮導一樣。

Don: For instance, Carla's already done this because she died.

Don：舉個例子，*Carla* 已經因為她死亡過而經歷過這種體驗了。

Carla: Yes, I died . . . and I was walking along this beautiful green park and a couple of animals came by and said, "Hello, how are you? So glad to see you," talking to me and I was talking back and the flowers were talking to me and I could hear this beautiful music and I could see a temple and I knew my friends were waiting for me in the temple, beautiful white temple with a golden dome.

Carla：是的，我死過.....我沿著這個美麗的綠色的公園散步，一對動物走過來並說，“Hi，你好嗎？看到你很高興，”它們對我說話，我做出回應，花朵對我說話，

我能夠聽到美麗的音樂，我能夠看到一個寺廟，我知道我的朋友正在寺廟中等我，美麗的白色的寺廟，帶有一個金色的圓頂。

Don: Okay.

Don : 好的。

Carla: So I headed towards the temple and just about halfway to the temple this voice said, "You must go back. You have not yet finished your mission." "I don't want to go back!" you know, and I was back in the hospital bed.

因此，我向著寺廟前進，就在到前往寺廟的半路上，這個聲音說，“你必須回去。你還沒有完成你的使命。”我回答，“我不想要回去！”你知道，我回到病床上。

Don: Let me emphasize this: Several medical doctors and psychiatrists now . . .

Don : 讓我們強調這一點，一些醫學專家與精神病醫生現在.....

Carla: They believe in it.

Carla : 它們相信它。

Don: No, they've done careful research on it. It doesn't have anything to do with belief, it has to do with research. Science is getting, getting a little smarter than it used to be. Doctor Elizabeth Kubler-Ross has investigated how many hundreds of patients?

Don : 不，它們已經對它進行了仔細的研究。它與信仰沒有任何關係，它與研究有關係。科學正在變得比它曾經更加聰明一點了。*Elizabeth Kubler-Ross* 博士已經對幾百個病人進行過研究了，有多少個呢？

Carla: She's been working on this for about twenty years.

Carla : 她在大概二十年的時間中一直都在這個研究上進行工作。

Don: Yes. Anyway, there's another doctor who recently has a book out and the—

Don : 是的，無論如何，有另一個博士最近寫了一本書——

Carla: Dr. Raymond Moody.

Carla : *Raymond Moody* 博士。

Don: Dr. Raymond Moody.

Don : *Raymond Moody* 博士。

Carla: Life after Life.[1]

Carla : 生命之後的生命。 [1]

Don: Life after Life. It has to do with the interviewing of hundreds of patients who have clinically died and then been brought back after a few—

Don : 生命之後的生命。它是與對幾百個臨床上死亡接著在一會兒之後被救回來

的病人的訪談有關的。

Carla: It often happened in the hospital.

Carla：它經常發生在醫院裏。

Don: —minutes of death.

Don：——幾分鐘的死亡。

Carla: They have heart failure and then they do what they do to revive them.

Carla：它們遇到了心臟衰竭，接下來，它們做了它們要做的事情來讓它們復活。

Don: No, so it's no longer just a bunch of speculation. There's a lot, an awful lot of data on this. It's, it's . . . we're not giving you something that we're dreaming up or—it's something that is being carefully researched. If this doesn't happen, then the scientific method really isn't very valid because it's the best method we have right now to extrapolate our knowledge.

Don：不，因此它不再僅僅是一大堆的空想了。會很多的，極其大量的關於這個現象的資料。它是.....它不是在給你某個我們想像出來的事情，或者——它是某一個被正在被仔細研究的事情。如果這並沒有發生，那麼，科學性的方面就不會真的是非常確實有效的了，因為它是我們現在擁有的，去推斷我們的知識的最佳的方法。

Anyway, it's almost certain, so close to almost that you can practically say it is certain, that after death you continue. You continue in your recognizable form. Strangely enough, all of this has to do with the UFO phenomena. It has to do with everything you've[2] told us.

無論如何，它幾乎是肯定的，與幾乎肯定是如此之接近，以至於你實際上能夠說，在死亡之後，你會繼續存在，這是肯定的。你會用你可識別的形式繼續存在。足夠奇怪的事情是，所有這些都與 UFO 現象是有關聯的。它與你已經告訴我們的每一個事情[2]都是有關聯的。

The next problem we get into is, if you continue in your recognizable form, what do you do, go up on a cloud and play a harp for the next eon of time? No, you continue in a life, like the life we have here, but with different conditions and different motivations and different objectives and different physical laws. What you've done, you've gone into a different reality, one that we're not accustomed to. One that Rod Serling might have shown you on The Twilight Zone or something, but he didn't understand.[3]

我們著手處理的下一個問題是，如果你會用你可以識別的形式繼續存在，你做什麼事情，你會飛到一朵雲上並用接下來的互古的時間彈奏一架豎琴嗎？不，你會在一種生命中繼續，就好像我們在這裏擁有的生命，但確實藉由不同的條件，不同的動機，不同的目的，以及不同的物理法則。你已經做過的事情是，你已經進入到一個不同的實相中，一個我們對其並不熟悉的實相中。一個 Rod Serling 可能已經在《陰陽魔界》中對你展現過的實相，或者是某個事情，但是我們並不理解。[3]

Anyway, this, this is where you get all the garbled information on the afterlife from the religions because they are— Some of the religious people understand it better than others and some understand it very, very well, but most are putting out a lot of garbled information because they just don't know what they're talking about. They haven't really . . . they're acting on what they call faith rather than seeking an answer. In the Bible, you know, it says, "Seek and ye shall find," well, that's part of it, seeking an answer to what is going on.

無論如何，這裏，這裏就是你在關於死後生命的方面會從宗教信仰得到的所有的斷章取義的資訊的位置了，因為它們是——一些有宗教信仰的人會比其他人更好地理解它，一些人非常非常清楚地理解它，但是，大多數人會拿出很多的斷章取義的資訊，因為它們僅僅並不知道它們正在談論的事情。它們並不真的……它們是在根據它們稱之為信仰的事物在行動，而不是在尋求一個答案。在聖經中，你知道，它寫道，“尋求，你將會找到，”好的，那就是它的一部分，對正在發生什麼事情尋找一個答案。

So, what happens then? The best bet about what happens is you spend time in the other reality and then, if it is necessary, you are reborn on earth and you form another body through the process of birth and go through another life experience.

因此，在那個時候會發生什麼呢？關於會發生什麼事情的最佳的賭注是，你會在其他的實相中度过時間，接下來，如果有需要的話，你會在地球上再次出生，你會通過出生的過程形成另一個身體，並經歷另一次的生命體驗。

You might say, "How in the world does he know that?" One of the best techniques for investigating this probability is regressive hypnosis, especially regressive hypnosis of people who have no knowledge of what's expected of them, who have no knowledge of the process of reincarnation. You take a person who is just a normal, run-of-the-mill, average person who's never thought anything more complex than what Archie Bunker's[4] talking about on television, and you get them to agree to undergo hypnosis. Put them in a deep state of hypnosis and then you suggest that they remember an earlier time, and you help them back through their youth, through their childhood, so that they're getting very good at remembering everything that happened to them in their childhood right up to the time of their birth. He found that they could even remember being born and pre-birth inside their mother. (There's a consciousness that is not the waking consciousness that you normally have, that's in addition to this, that is not connected right now. You're not in touch with it intellectually right now, but it's in there.) Then you suggest that they go back farther and almost every time, with almost no exceptions, they pop into another life and describe it.

你們可能會說，“究竟他是怎麼知道那個的呢？”對這種可能性進行調查研究的一個最佳的方法，就是回溯催眠，尤其是對那些對於它們被期待說出的事情沒有任何知曉，對轉世投生的過程沒有任何的知曉的人進行的回溯催眠。你找到一個人，它僅僅是一個平常的，平凡無奇的，一般水準的人，它從未想過比在電視上說話的亞奇-邦克[4]的問題更複雜的問題，你讓它們同意進行催眠。讓它們進入到一

種深入的催眠狀態，接下來，你建議，它們會回憶起一個較早的時間，你幫助它們返回，通過它們的青年時代，通過它們的童年時期，這樣，它們就會變得非常擅長於回憶起在它們的童年時期，一直到出生的時刻，在它們身上發生過的事情。他會發現它們甚至能夠回憶起被生下來，以及在它們的母親身體中的出生前的時間。（會有一種意識，它並不是你通常會擁有的清醒的意思，它是在這種醒著的意識之外的，它並不是與之連接起來的。你現在不會與它接觸，但是它是存在的。）接下裏，你會建議，它們更進一步地返回，幾乎每一次，幾乎是毫無例外地，它們會躍入到另一次生命中並描繪它。

A friend of mine, Larry Allison, who used to live here, but he just recently moved to Tampa, has done more than 2,500 of those regressions. I've done over 300 myself. Other people have done thousands. There's thousands and thousands of these regressive hypnotic sessions that have been done.

我的一個朋友，*Larry Allison*，他曾經就住在這裏，但是他剛剛搬到 *Tampa* 了，他已經進行過超過兩千五百次的回溯了。我自己已經進行過三百次。其他人已經進行過數千次。已經有幾千次這樣的催眠回溯集會被進行過了。

So, what we get out of this is that most of the people here on Earth have lived on Earth before, not once or twice, but many times. We even have an average amount of time between death and rebirth. It's around 150 years usually, but it can be anything from a just a few minutes to thousands and thousands of years. Most people seem to come back about every 150 years. 因此，我們從這樣的回溯中得到的事情是，大多數在地球上在這裏的人，之前都已經在地球上生活過，不是一次，兩次，而是很多次。我們甚至擁有一個在死亡和重生之間的平均時間。它通常是 150 年，但是，它能夠是從一種僅僅幾分鐘要幾千年的時間。大多數人看起來似乎是每隔 150 年會返回。

Carla: I don't think it is that long in heaven.

Carla : 我並不認為在天堂裏那是很長的時間。

Don: And time doesn't—

Don : 時間並不——

Carla: I mean in years.

Carla : 我的意思是按年來計算。

Don: And time doesn't mean anything.

Don : 時間並不意味著任何事情。

Carla: There's just now.

Carla : 僅僅只有當下。

Don: But that's how the time comes out on Earth, 150 years between. I've—we've got a lot of evidential information. We've had people remember precisely things they did in a previous life someplace else and then go and check them out and they check out perfectly. There was an article in the

paper last summer about a teacher of *Don* : 但是，那就是在地球上時間是如何被計算的，每隔 150 年。我已經——我們已經得到了很多作為證據的資訊。我們已經擁有精確地回憶起它們在一次之前的生命中，在某個其他地方做過的事情的人，我們接下來去檢查它們，它們是毫不差地吻合了。在去年夏天在報紙上有一篇文章，它是關於一位老師.....

Carla: Jack Journey.

Carla : *Jack Journey*.

Don: His name is Jack Journey and he's a high school teacher, who Larry regressed and he remembered a life on an island off the coast of England. So, he was so, he remembered it so clearly, he went to England—was it the summer before last, wasn't it, he went to England and checked it all out and he found a hundred things, over a hundred things that were precisely the same as he'd remembered in the life.

Don : 他的名字是 *Jack Journey*，他是一位高中教教師，*Larry* 對他進行了回溯，他回憶起在英格蘭離岸的一個島嶼上的一生。因此，他曾經是那樣的，他如此清晰地回憶起了它，他前往英格蘭——時間是前一個夏天，對嗎，他前往英格蘭，並對它進行了檢查，他找到了一百個事物，超過一百個事物是與他回憶起來的生命是完全相同的。

We've had—there are cases of a girl remembering being in another family and remembering burying, burying some valuables in the back garden, and she was taken back to this place and the other family was still living, she died as a young girl. The other family was still living. She recognized everybody, but they didn't recognize her, and she dug out the valuables in the backyard. See? I'm just giving you two examples, but these examples are . . . they're just, there's hundreds of examples like this.

我們已經擁有了——有一個女孩的案例，她回憶起在另一個家庭中，回憶起在後院種埋藏了，埋藏了一些貴重的東西，她被帶回到這個地方，另一個家庭仍舊在那裏生活，她是在一個年幼的女孩的時候死去的。另一個家庭仍舊活著。她認出了每一個人，但是她們沒有認出她，她將在後院中的貴重的東西挖出來了。看到了嗎？我僅僅在給予你兩個例子，但是，這兩個例子是.....它們僅僅是，有數百個類似這樣的例子。

So, this is a method, a slow, painstaking method that lends a very high probability to the proposition that reincarnation exists on earth, that all of us go through many of this type of lives and many other types of lives in different densities, you might say, of existence.

因此，這是一個方法，一個緩慢的，辛苦的方法，它會對這樣一個主張賦予一種非常高的可能性，即在地球上存在有轉世投生，我們全都經歷了這種類型的生命以及在不同的，你們可以說是，存在性的密度中的很多其他類型的生命。

Okay, the theory right now, getting back to the number of stars out there or the number of possible planetary systems, "In my Father's house there are many mansions." Those are the mansions, many, many mansions. This is one

of them, Earth. What's going on? The thing that's going on is that this is a garden, you might say. This or a farmyard, where things are growing. What's grown is the human spirit or soul.

好的，理論現在返回到了在外面的星星的數量，或者有可能的行星系統的數量，“在天父的家中會有很多的房間。”那些就是房間，很多很多的房間。地球，就是它們中的一個。正在發生什麼事情呢？正在發生的事情是，這是一個，你可以說是，花園。這個或者是一個農家庭院，在其中有一些東西在生長。在生長的事物是人類的靈性或者靈魂。

Now, there have been many so-called masters on earth. Jesus is the best known in our society. If you go in India, they'll talk about Buddha. If you go in China, they'll talk about Confucius, or depends on where you go who they're going to . . . Lao Tzu, depends on where you go who they talk about . . . but these are supposed to be very evolved people.

現在，在地球上已經有過很多所謂的大師了。耶穌在我們的社會中是被廣為人知的。如果你去印度，它們將會談論佛陀。如果你去中國，它們將會談論孔子，或者取決於你去哪里，它們將會談論……老子，它們會談論誰是取決於你要去哪里的……但是，這些人都被假設是高度演化的人。

Well, according to the theory, every person on this planet is going through the same process. They're going through the process of mental evolution. They're learning how to become more of what they want to be, even though they don't know what they want to be. They're growing to become closer, you might say, to the Original Thought that created everything.

好的，根據那個理論，在這個星球上的每一個人都在經歷相同的過程。它們將要經歷心智的演化的過程。它們正在學習如何穿越心智的演化的過程。它們在學習如何更多地成為它們想要成為的事物，即使它們並不知道它們想要什麼。它們正在逐漸成長，變得更加接近，你們可以說，那個創造了一切事物的原初的想法。

The Original Thought that created everything, according to the communications, was a thought of what we would call pure love. The reason it's that way, is that the original creation was one thing and still is, that everything in the creation is one thing. You and I, he, she: we're all one thing experiencing the illusion of separation. Now, when you get back to the Original Thought, you no longer experience the illusion of separation.

根據交流，那個創造了一切事物的原初的想法，是一個我們會稱之為純粹的愛的想法。它是那樣子的原因是，原初的造物是一個事物，且仍舊是一個事物，在造物中的每一個事物都是一個事物。你和我，他，她：我們全都是一個正在體驗分離的幻象的事物。現在，當你返回到那個原初的想法的時候，你就不再體驗分離的幻象了。

You'd think I was really crazy if I did this, hit myself real hard, wouldn't you? But it wouldn't be so crazy if I hit him real hard because I might be mad at him. But in the original creation, the Original Thought, the actuality of things is that we are the same thing. We are part, we're all parts of the same consciousness. So it makes absolutely no sense for me to hit him because if I hit him, I'm

hitting me. Even though I don't feel the pain— 如果我這樣做，狠狠地打我自己，你會認為我真的發瘋了，不是嗎？但是，如果我狠狠地打他，因為我可能是對他感到生氣了，這不是一樣是發瘋的嗎？但是，在原初的造物，原初的想法中，事物的現實性是，我們是相同的事物。我們是，我們全都是相同的意識的一部分。因此，我打他是絕對沒有道理的，因為如果我打他，我就是在打我。即使我並不感覺到痛苦——

Carla: (inaudible)

Carla : (聽不見)

Don: Yes, so, because we're all parts of the same thing. Now, let me give you some examples. Forget the people on Earth for a few minutes and think of the natural creation. Think of the natural processes; the sun shines on us, if we don't have that, we don't live, right? It shines on the vegetation and it grows. Because of that action of light, darkness, et cetera, clouds form, rain falls, we drink the water, the vegetation drinks the water. We breathe in oxygen. When we breathe out carbon monoxide, what happens to it?

Don : 是的，是這樣的，因為我們全都是相同的事物的一部分。現在，向我們給你一些例子。忘記在地球上的人幾分鐘，想一想大自然的造物。想一想大自然的進程：太陽照耀在我們身上，如果我們並不擁有太陽，我們就不會存活，對嗎？它照耀在植物上，植物生長。因為光明與黑暗，如此等等的行動，雲形成了，雨落下了，我們喝水，植物喝水。我們呼吸氧氣。當我們呼出一氧化碳的時候，它會發生什麼呢？

T: Carbon dioxide.

T : 二氧化碳。

Don: All right, T., carbon dioxide, what happens to it? You know what happens to carbon dioxide? If we kept breathing all the time, there'd be nothing left but carbon dioxide and you can't breathe that. What, you know how the natural cycle works? And this is scientific, I means, it's, it's, it has nothing to do with metaphysics, this is just straight science. The trees, the vegetation, uses the carbon dioxide and gives off oxygen which we breathe. Now, you think that doesn't indicate we're all part of one master cycle? Everything in the natural creation—

Don : 對的，T，二氧化碳，它會發生什麼呢？你知道二氧化碳會發生什麼事情嗎？如果我們在所有的時候都一直呼吸，就除了二氧化碳之外什麼都不會剩下了，你無法呼吸了。什麼，你知道大自然的迴圈是如何運轉的嗎？這是科學性的，我的意思是，它是，它是，它是與形而上學沒有任何關係的，這僅僅是純粹的科學。樹木，植物，都使用二氧化碳，並釋放出我們呼吸的氧氣。現在，你認為那難道不是在表明，我們全都是一個主週期的一部分嗎？在大自然的造物中的每一個事物——

Carla: Any little thing that comes along.

Carla : 任何伴隨著出現的小小的事物。

Don: Right. A tree makes an orange or an apple. You use it to live, right? Original, natural creation was designed so that everything was in mutual service, one thing serving another. Everything is designed so that what it does is that it gives service. If you look at what we call the lower forms, you see that that's all that they're doing. The trees sitting there, standing there giving you service, that's its only job. Everything in the Original Thought was for everything to be of service. That's all I'm supposed to do.

Don : 好的。一棵樹長出了一個橘子或者一個蘋果。你們使用它來生存，對嗎？原初的，大自然的造物是被設計出來的，這樣每一個事物都會相互服務，一個事物服務另一個事物。每一個事物都是被設計出來，這樣它做得事情就是，它會給予服務。如果你看看我們稱之為較低的生命形態的事物，你會看到，那就是它們在做的事情的全部了。樹木站立在那裏，站立在那裏同時給予你服務，那就是它唯一的工作了。在原初的想法中的每一個事物都是為了每一個事情，以有所服務。那就是我被假設要去做的全部了。

Whatever [it is], it doesn't matter what I do, just so I'm service. If I go out there and cut everybody's yard, if they want it cut, that's being of service. If I don't do anything else in my life, just so I got that idea, see. Well, maybe that's not the best way for me to be of service. Maybe I'm a little smarter than being able to just cut yards so somebody doesn't know quite as much to do nothing but just cut yards. So, but if I don't understand that I'm supposed to be of service, if I go out and do like a lot of people on this planet do and just greedily grab and store up stuff, I'm not getting the picture of how the creation really works. This is all messages from the UFOs.

無論我做的事情是什麼，我做什麼事情並不重要，就是這樣，我就是服務。如果我走出去並為每一個人的院子割草，如果它們想要院子被割草，那就是進行服務。如果我在我的生命中沒有做任何其他事情，就是這樣子，我得到了那個觀點，看。好的，也許那不是我進行服務的最佳的方式後，也許我比能夠僅僅去給院子割草是有一點點更加聰明的，這樣，與除了給院子割草之外什麼事情都不做相比，某個人就會知道更多一些事情了。因此，但是，如果我並不理解，我是被假設要進行服務的，如果我走出去並和很多在這樣地球上的人一樣地做事情，僅僅是貪婪地掠奪，儲存物資，我將沒有明白造物真正是如何工作的圖像了。那就是來自 UFO 的全部的資訊了。

Female: (inaudible)

女性 : (聽不見)

Don: Yes, well, here's, this is the way it affects you. You know the saints and Jesus are all pictured with a halo. What this represents is the frequency of radiation, you might say, of the spirit body, which can be seen if you're tuned to seeing it. You saying you're seeing white light. I mean, if you're tuned to this, you can see it. For instance, if you could see this radiation around us, you could see the color and intensity and the size of the radiation around everybody you see. Some people can see this; quite a few people can see this. With practice and meditation it's possible to see it.

Don : 是的，好的，這就是它對你起作用的方式了。你知道聖人與耶穌全都被描

繪為帶著一個光環。這代表的事情是靈性身體的，你可以說是，輻射的頻率，如果你被調音到看到它的頻率，它是能夠被看到的。你說你正在看到白色的光。我的意思是，如果你被調音到這種頻率，你就能夠看到它。舉個例子，如果你在我們周圍看到這種輻射，你能夠看到這種在你看到的每一個人周圍的輻射的色彩，強度與尺寸。一些人能夠看到這種輻射，相當多的人能夠看到這種輻射，藉由訓練與冥想，看到它是有可能的。

Now, the people that can see this radiation around people can measure their, you might say, their attitude towards service, because the more the attitude is toward mutual service, the more the attitude is like the attitude of creation, the Creator, God, whoever you want to, whatever word you want to use, the more the attitude is like that, the brighter the light. That's why the halos are always drawn around those.

現在，能夠看到在人周圍的這種輻射的人，能夠度量它們的，你可以說是，它們對於服務的態度，因為態度越多地朝向共同的服務，態度就會更多地像是造物、造物者、神、以及無論什麼你想要成為的實體，無論什麼你想要使用的詞語的態度，態度更多地像是那樣值得，光就會越發明亮了。那就是為什麼靈光一直都會被畫在那些實體的周圍了。

Female: (inaudible)

女性：(聽不見)

Don: Now you're getting the point. You're getting ahead of me, which is very good. This planet is just like a classroom in a very, very large school. Each class is for a certain grade. We'll call this the third grade simply because we need some number to go by. It might be any of them. We'll call it the third grade. So, people who need third grade lessons are born here and they get the third grade lessons for an entire life and they never even suspect that there are any other classrooms.

Don：現在你正在抓住要點了。你跑到我前面了，這是非常好的。這個星球就好像在一個非常非常大的學校中的一間教室。每一個班級都是為了一定的年級的。我們稱呼這個班級為三年級，單純地是因為我們需要某個數位來作為判斷依據。它可能是任何一個數字。我們將會稱它為三年級。因此，需要三年級的課程人在這裏被生下來，它們在整個生命中都進行三年級的課程，它們甚至從來都不會懷疑，有任何其他的班級。

You know what those lessons are? They're the lessons of daily life. Everything you go through, the interaction you have with every one you meet, everyone you do dirty, or every one you do good. Those are the lessons and how it affects you.

你知道那些課程是什麼嗎？它們就是日常生活的課程。每一個你經歷的事情，你與你遇到的每一個人進行的互動，每一個你對其作了壞事的人，或者每一個你對其作了好事的人。那些就是課程以及它影響你的方式。

What these lessons do is that they change your thinking so that at the end of your life, your thinking is a little different and maybe that glow is a little

brighter. Has nothing to do with knowing how many neutrons there are in the nucleus of an atom. It has nothing to do with being a good accountant. It has nothing to do with being a philosopher, a lawyer, a physicist. Has nothing to do with what you learn intellectually. You can be the dumbest person, you can be a field hand in southern Louisiana who can't read or write, but you may get more out of life and make more progress and get a brighter glow than the president of the United States.

這些課程做的事情是，它們改變了你的思考，這樣在你的生命結束的時候，你的思考是有一點點不同的，也許那種光輝更加明亮一點了。它與知道在一個原子的原子核中有多少中子是沒有任何關係的。它與成為一個哲學家，一個律師，一個物理學家是沒有任何關係的。它與你在智力的方面學會的事情是沒有任何關係的。你能夠成為最沉默的人，你能夠成為在路易斯安那南部的一個不會讀或者寫的幹農活的人，但你可以比美國總統從生命得到更多的事情，做出更多的進步，得到一種更加明亮的光輝。

Carla: That's almost for sure.

Carla : 那幾乎是確定的事情。

Don: That's almost certain.

Don : 那幾乎是一定的。

Carla: (inaudible)

Carla :(聽不見)

Don: It's your, you are developing awareness. You're becoming aware of reality and losing an attachment for the illusion that man has created here. Man has created an illusion on Earth that is very complex and totally meaningless as far as continued evolution goes.

Don : 它是你的，你正在發展認識。你正在開始察覺到實相並放下一種對人已經在這裏製造出的對幻象的牽絆。人類已經在地球上製造出了一個幻覺，在被繼續的演化的範圍內，這個幻象是非常複雜的且完全沒有意義的。

Carla: Every man for himself. Got to beat the other guy. (inaudible)

Carla : 每一個人都為了他自己。並開始打另一個人。(聽不見)

Don: So, what we've got here is a continuing classroom where souls are born, go through a lifetime and die, and possibly increase their awareness. All of them don't, some of them degenerate during a lifetime, but there's an infinite amount of time to do this.

Don : 因此，我們在這裏已經得到的事情是一個繼續的課堂，在其中靈魂被生下來，經歷一次生命，死亡，有可能會增加它們的認識。並不是所有人都會增加認識，一些人在一次生命中會墮落，但是，會有無限數量的時間來這樣做。

So you've go through this cycle repeating and repeating. What we have here is a distillery for souls. You know how a distillery works? Know how? You boil everything in a big pot and then you take off the distillate, and the pure water

comes out, and the pure water comes out the top, and then you can skim off the pure water. That's how. So, what we've got here is a distillery for souls. You've got the good ones. Now the skimming off process happens every once in a while. The skimming off process is a transfer of advanced souls from this planet to the next classroom. The UFO phenomenon has to do with the skimming off process. It also has to do with the rest of the process, but in a very special way. It's a very complex thing. It's not as simple as this, but it is connected. The UFOs are primarily people from densities that are not ours. They're not third, they're not third-grade densities. They're from other schoolrooms, you might say.

因此，你已經一次又一次地穿越了這個週期了。我們在這裏擁有的事物是一個靈魂的精煉廠。你知道一個精煉廠是如何工作的嗎？知道是怎樣的嗎？你在一個大罐子裏面將每一個東西都煮沸，接下來，你拿出蒸餾物，純水出來了，純水從頂部出來了，接下來，你能夠將純水撇除 (*skim off*)。那就是它的方法。因此，我們已經在這裏得到的事物是一個靈魂的精煉廠。你已經得到了優秀的靈魂了。現在，那個撇開除去的過程每隔一段時間發生一次。那個撇除的過程就是將高級的靈魂從這個行星轉移到下一個課堂。*UFO* 現象就是與撇除的過程有關的，但卻是用一種非常特別的方式。它是一個非常複雜的事情。它不是和這個精煉廠過程一樣簡單，但是它是有關聯的。*UFO* 組合要是來自於並非我們的密度的人。它們不是第三密度的，它們不是三年級的密度的。你們可以說，它們是來自於其他的班級。

Carla: (inaudible)

Carla : (聽不見)

Don: They're not, yes, they're not in our reality. That's why they vanish. They vanish like the ghosts that I told you about that we talked to.

Don : 它們不是三年級，是的，它們並不在我們的實相中。那就是為什麼它們會消失不見。它們就好像我們告訴你的我們與之說話的鬼魂一樣消失不見了。

Carla: And they're not necessarily in our galaxy or—

Carla : 它們並不一定是在我們的星系中或者——

Don: Yes.

Don : 是的。

Carla: —of our (inaudible)

Carla : ——屬於我們的 (聽不見)

Don: They're just as what, look at that television set. Let's say you've never looked at anything on a television set, but channel three. You never even knew there was a knob on it. It's been on all the time. I say, "You know there's a channel eleven on there?"

Don : 它們就好像是，看電視。讓我們假設，你從未在電視上看過除了三頻道之外的任何事情。你甚至從來都不知道在電視上有一個旋鈕。它在所有的時間都在上面。我說，“你知道在電視上有一個十一頻道。”

You say, "What? It's not real, is it?"

你說，“什麼？它不是真的，不是嗎？”

I say, "It's just as real as this one, just displaced. It's over there though; it's in the same space. Can you believe that there's another—that Archie Bunker's on there right now, but can you believe that there is another play going on, just displaced? Same reality, but displaced; just as real. You think that Archie Bunker's the only reality now, but it's not true. You turn to channel eleven, you go the other play."

我說，“它和這一個頻道是一樣真實的，僅僅是的換個台。它就在那裏，它是在相同的空間中的。你能夠相信，還有另一個頻道——*Archie Bunker's* 現在就在那裏在播放，但是，你能夠相信有另一個表演在進行嗎，僅僅是換個台，是一樣真實的。你認為 *Archie Bunker's* 現在就是唯一的實相了，但是它不是真的。你轉到十一頻道，你去看另一個表演了。”

That's where they are, they're in the other play. Now, for them to get on channel three, something strange has to happen. Do you know, I've seen channel eleven come on channel three? Have you ever seen that happen? 那就是它們所在之處，它們是在其他的表演中。現在，對於它們，要登上三頻道，某個奇怪的事情就必定會發生。你知道，我已經看過十一頻道出現在三頻道上？你曾經看到過那發生過嗎？

Carla: (inaudible)

Carla : (聽不見)

Don: We had that happen, yes. That happens every once in a while, just for a minute, it's really strange. It's because of an electronic mix-up. That happens every once in a while and you see a UFO because of that reason. Now, (inaudible) that you consider to be real because your hand won't go through that couch, right? Now, any physicist knows that when you hit anything with your hand, the probability of one particle actually colliding with another particle is practically zero. You know why? There's nothing but empty space there. What we're going to do now is consider.

Don : 我們讓那個現象發生過，是的。每隔一段時間那個現象就會發生，僅僅一分鐘，它真的是奇怪的。它是因為一種電子的混亂。那會每隔一段時間就發生，你就是因為那個原因會看到一個 *UFO*。現在，(聽不見) 你會認為是真實的事情，因為你的手並不會穿過沙發，對嗎？現在，任何物理學家都知道，當你用你的手擊打某個事情的時候，一個粒子實際上會與另一個粒子碰撞的可能性，實際上是零。你知道為什麼嗎？在那裏除了空的空間之外什麼都沒有。我們現在將要做的事情就是去考慮。

Female: (inaudible)

女性 : (聽不見)

Don: Listen to this. What we're going to do now is investigate what we're

made up of. We're made up—you know we're made up of atoms, right? What we'll do is make a scale model; a precise scale model of an atom so that you'll know what you're made up of, okay?

Don：聽聽這個。我們現在將要去做的事情是對我們是由什麼構成的進行調查研究。我們是由——你知道我們是由原子構成的，對嗎？我們將要做的事情是做一個比例模型，對一個原子的精確的比例模型，這樣你就將會知道你是由什麼構成的了。

What we're going to do is take a pea out of a can of peas in there and use it for the nucleus of the center of the atom. That's about that big, all right? We're also going to take a little ball of cotton about this big and use it for the first electron. Now if I'm going to use that pea and that ball of cotton to make a scale model of an atom, how much room do you think I need? How far do you think I have to put this little ball of cotton from the pea to make the scale model of the atom? This is inside you.

我們將要做的事情是，從一罐子的豌豆中拿出一顆豌豆，並使用它來代表在原子中心的原子核。假設原子核差不多就是那麼大，怎麼樣？我們同樣將要拿那樣大小的一個小小的棉花球，並使用它代表電子。現在，如果我將要使用那個豌豆和那個棉花球來給一個原子做一個比例模型，你認為我需要多大的空間呢？你認為我必須要將這個小棉花球放在離豌豆多遠的地方，來做原子的比例模型呢？這是在你內在之中的。

This—what we're doing, what we're investigating, see, is how much empty space you've got in your body. What we do, we find the biggest football stadium in the United States, all right? And we put the pea at the center of the 50-yard line, then we take this little cotton ball about that big and go up as far as we can go to the top stand and we set that cotton ball up there. The distance between those is that's all empty space. Now, that cotton ball orbits around that pea, that is an atom in your body.

我們正在做的事情，我們正在調查研究的事情，看吧，就是在你的身體中我們擁有多少的空間。我們做的事情，我們發現，在美國的最大的足球體育場，對嗎？我們將那顆豌豆放在五十碼線的中心，接下來，我們將這個小棉花球拿到那個巨大的體育館的邊上，我們朝最頂部的看臺走到我們能夠走到的盡可能遠的位置，我們將棉花球放在那裏。在兩者中間的距離是完全空的空間。現在，棉花球繞著豌豆旋轉，那就是在我們的身體中的一個原子。

All of the atoms in your body have many electrons around them and they're all separated, they're all outside the football stadium. So, if you were able to shrink your mind down so that you'd be on the surface of that atom, if you looked out you'd see something like the night sky, just a little box out there.

在你的身體中的所有的原子都擁有很多的電子圍繞著它們，它們全都是分開的，它們全都在足球體育場的外面。因此，如果你將你的頭腦縮小，這樣你就能夠站在那個原子的表面，如果你向外看，你看到了某個類似夜空的事物，就好像在哪裏有一個小盒子一樣。

All you are is like a picture on the television set, a bunch of dots held together

by a force we don't understand which we call it electromagnetism, but we don't understand electromagnetism.

你的全部就好像在電視機上的一副圖畫，一堆點被一種我們並不理解的力聚集在一起，我們將那種力稱之為電磁，但是我們並不理解電磁。

Carla: It's funny how we (inaudible)

Carla：有趣的事情是我們是如何（聽不見）。

Don: Yet we have no idea what it is. See, what you are is you are just a bunch of miniature little dots just like, you know, like the fill-in-the-dots that make the cartoon character, but they're three-dimensional. Just imagine all these dots with all that space. Now, that space is so vast that the only reason my hand doesn't go through that, the only reason, is that this thing we call electromagnetism is stopping it.

Don：而我們並不知道它是什麼。看，你之所是就是，你僅僅是一對微縮的小點，就好像，你知道，就好像產生出了卡通人物的小點填充畫（*fill-in-the-dots*），但是它們是三維的。僅僅想像所有這些點，帶著所有的空間。現在，那個空間是如此之巨大，我的手並不會穿過那個東西的唯一的原因，唯一的原因就是，這個我們稱之為電磁的事物正在阻止它。

Voices: (inaudible)

聲音：（聽不見）

Don: Right. Not, that's what I'm saying, there's absolutely nothing there that we know of. Now, there may be something there, but it's not in our reality. We have no senses to pick it up, absolutely none, but there's any—

Don：對的。不是，那就是我正在說的事情。在那裏絕對沒有任何我們知道的事情。現在，可能在那裏有某個東西，但是它不在我們的實相中。我們沒有感知來將它挑選出來，絕對什麼都沒有，但是有任何——

Female: (inaudible)

女性：（聽不見）

Don: What do you mean, you're aware of it?

Don：你是什麼意思，你瞭解它嗎？

Female: (inaudible)

女性：（聽不見）

Male: (inaudible)

男性：（聽不見）

Don: It's hard to—

Don：很難——

Young Male: (inaudible)

年輕的男性：(聽不見)

[1] "Raymond Moody is the „father“ of the modern NDE (Near Death Experience) movement, and his pioneering work *Life After Life* transformed the world, revolutionizing the way we think about death and what lies beyond. Originally published in 1975, it is the groundbreaking study of one hundred people who experienced "clinical death" and were revived, and who tell, in their own words, what lies beyond death.

[1] *Raymond Moody* 是現代瀕死體驗之“父”，他對死後生命的先鋒性的工作改變了世界，並讓我們思考死亡以及存在於死亡之外的事物是什麼的方式發生了革命。最早是在 1975 年出版的書籍，它是對一百個體驗過“臨床死亡”，並被救活的人的突破性的研究，這些人用它們自己的話講述了存在於死亡之外的事情。

A smash bestseller that has sold more than thirteen million copies around the globe, *Life After Life* introduced us to concepts—including the bright light, the tunnel, the presence of loved ones waiting on the other side—that have become cultural memes today"

《生命之後的生命》是一本已經在全球銷售了超過一千三百萬冊的衝擊性的暢銷書，它向我們介紹了今天已經成為了文化擬子 (*cultural memes*) 的觀念——包括白光，通道，在另一邊等待的摯愛的人的存在.....

From HarperOne, the publisher of *Life After Life*.

來自 HarperOne——《生命之後的生命》的出版社。

[2] Not sure to whom Don is speaking here.

[2]並不確信 Don 在這裏在說誰。

[3] "The *Twilight Zone* is an American television anthology series created by Rod Serling. It is a series of unrelated stories containing drama, psychological thriller, fantasy, science fiction, suspense, and/or horror, often concluding with a macabre or unexpected twist. A popular and critical success, it introduced many Americans to common science fiction and fantasy tropes."

[3] 《陰陽魔界》(*The Twilight Zone*)是一部由 Rod Serling 創作的美國電視劇集。它是一系列沒有關聯的故事，包括戲劇、心理學驚悚片，幻想片，科幻小說，懸念片，或者/以及，恐怖片，它經常是用一個與死亡有關的或者出乎意料的轉折來結尾。作為一場流行與關鍵性的成功，它向很多美國人介紹了通常的科幻小說以及幻想的比喻。

Wikipedia, The Free Encyclopedia, "The *Twilight Zone*," accessed February 22, 2016, https://en.wikipedia.org/wiki/The_Twilight_Zone.

維琪百科，"The *Twilight Zone*"，2016 年 2 月 22 日訪問，網址：
https://en.wikipedia.org/wiki/The_Twilight_Zone

[4] "Archibald „Archie“ Bunker is a fictional character from the 1970s American television sitcom *All in the Family*... played by Carroll O'Connor. Bunker, a main character of the series, is a World War II veteran, reactionary conservative,

blue-collar worker, and family man. Described as a "lovable bigot", he was first seen by the American public when All in the Family premiered on January 12, 1971, where he was depicted as the head of a family.

[4] Archibald „Archie” Bunker 是一個虛構的角色，來自於七十年代的電視情境喜劇《*All in the Family*》……由 *Carroll O'Connor* 扮演。*Bunker* 是劇集的一個主要角色，它是一個二戰老兵，保守派，藍領工作，家庭男性。他被描繪為是一個可愛的固執己見的人，他最早是在 1971 年 1 月 12 日《*All in the Family*》的首演日與美國大眾見面的。

All in the Family got many of its laughs by playing on Archie's bigotry, although the dynamic tension between Archie and his liberal son-in-law, Mike, provided an ongoing political and social sounding board for a variety of topics.”

《*All in the Family*》因為在 *Archie* 身上的固執的表演而得到了很多的笑料，盡管在 *Archie* 和他的心胸開闊的女婿 *Mike* 之間的動態張力提供了一種對各種各樣的主題的一種進行中的政治性與社會性的共振板。

Wikipedia, The Free Encyclopedia, “Archie Bunker,” accessed February 22, 2016, https://en.wikipedia.org/wiki/The_Twilight_Zone.

維基百科，“*Archie Bunker*,” 2016 年 2 月 22 日訪問，網址：
[https://en.wikipedia.org/wiki/ Archie_Bunker](https://en.wikipedia.org/wiki/Archie_Bunker)

August 21, 1978

1978-08-21 Hatonn : 渴望與冥想

(Don channeling)

(Don 傳訊)

I greet you, my friends, in the love and in the light of our infinite Creator. It is a very great privilege to speak to you this evening. I speak through this instrument.

我的朋友們，我在我們的無限造物者的愛與光中向你們致意。在今晚對你們發言是一種非常巨大的榮幸。我們通過這個器皿發言。

I am at present in what you call a spacecraft. And yet, my friends it is not a spacecraft. For you space is a medium which surrounds your planet. It is far, far out into the heavens, farther than you could ever imagine. You see us as peoples who come to you from far distant places, unreachable and unapproachable in this vast universe. This is true, my friends, and yet it is not true. Those far distant places are within you even as you now sit within this room.

我在此刻是在你們稱之為一個太空飛船的事物中。然而，我的朋友們，它不是一個太空飛船。因為你們的太空是一個包圍著你們的行星的媒介。它是遠遠，遠遠地，是比你們所能夠想像的要更遠地進入到天堂之中。你們將我們視為是從遙遠的地方，從這個廣闊的宇宙中無法抵達且無法接近的地方來到你們身邊的人。這是真實的，我的朋友們，而這不是真實的。甚至在你們現在坐在這個房間中的時候，那些遙遠的地方是在你們內在之中的。

This is the paradox, my friends. The great paradox of understanding which is not yet apparent to those who dwell upon your surface [is that] all that exists in this vast universe exists in one place, in one time. Each of us, my friends, [is] in all places, and in one place. And yet we appear to be limited, [stunted], unable to move about in the vastness where all is created. My friends, this is not at all the circumstance which we experience. It is all but an illusion. In truth, you and I are all things, for all things are also you, my friends. We are all part of this vast creation and this vast creation is all part of us.

我的朋友們，這是悖論。理解對於那些居住在你們的星球表面上的人並不是明顯的事情的巨大的悖論是，所有存在於這個廣袤的宇宙中的事物，都是存在於一個地方中，存在於一個時間之中的。我的朋友們，我們每一個人，都是在所有的地方中，是在一個地方中。而我們在表面上是受限制的，是被阻礙，且無法在萬物在其中被創造的廣闊性之中四處移動的。我的朋友們，這完全不是我們體驗到的環境。它全都僅僅是一個幻象。實際上，你們和我是所有的事情，因為所有的事情都同樣也是你們，我的朋友們。我們全都是這個巨大的造物的一部分，這個巨大的造物全都是我們的一部分。

At the present you apparently are limited but this is of your own choosing. You've chosen these limitations for a purpose. For a purpose that has taken you through many experiences. You're here to (inaudible), enabling you to

find your way towards that which you desire. If you did not desire, my friends, you would not be here. We are here to help you with your desire. This is our only mission. In truth it is our only (inaudible) to help you with your desires. Desire calls us. Were it not for your desire, we could not come. Were it not for your desire, we could not speak to you this evening. Desire what you call enlightenment, desire what you call awareness. Desire like you (inaudible) the evolution of spirit. My friends, these are one in the same thing.

在此刻，你們明顯地是受限的，但是，這是你們自己的選擇。你們已經為了一個目的而選擇了這些限制。為了一個已經帶著你們穿越了很多的體驗的目的。你們是在這裏來（聽不見）並同時使得你們能夠找到你們自己通往你們渴望的事物的道路。如果你們並不渴望，我的朋友們，你們就不會在這裏了。我們是在這裏來藉由你們的渴望幫助你們的。這就是我們唯一的使命。實際上，去藉由你們的渴望幫助你們，這是我們唯一的（聽不見）。渴望呼喚了我們。如果不是為了你們的渴望，我們是無法前來的。如果不是為了你們的渴望，我們就無法在今晚與你們說話。渴望你們稱之為覺醒的事物，渴望你們稱之為認識的事物。渴望喜歡你們（聽不見）靈性的演化。我的朋友們，這些都是在相同的事情中的一個渴望。

We come to point to you the single path that leads toward that which you desire. The single path is simple, my friends. The way to (inaudible) can only be [discovered] through meditation and by whatever name you call it, resolves itself to one simple principle: total and absolute unity and the dissolution of self.

我們對你們談及的要點是那條導向你們渴望的事物的單一的道路。那條單一的道路是簡單的，我的朋友們。通往（因不見）的道路僅僅能夠通過冥想，無論你們藉由什麼名字來層次它，而被發現，並會將其自身轉變為一個簡單的原則：完全與絕對的統一性，以及對自我的分解。

For how is this accomplished, my friends? How is this accomplished? Painstakingly, through many experiences. This is one way. And yet this accomplishment may occur many (inaudible) through time and complete and total resolution. It depends, my friends, upon your desire and your desire, my friends, depends upon your meditation. For your desires (inaudible) by the awareness that is generated through meditation. Only this will lead you to that which all of you ultimately seek. Only that desire, my friends, to spend time in meditation, and the desire will grow. This growth will lead you on each step of the way on the glorious plan in reunion. Reunion with your soul. For as this reunion takes place, you will recognize yourself for yourself, my friends, is all of us.

我的朋友們，因為這是如何被實現的呢？這是如何被實現的呢？費力地，並通過許多的體驗，這是一條道路。而這個成就可能會通過時間，以及完整與完全的決心的許多個（聽不見）發生。我的朋友，它取決於你們的渴望，我的朋友們，渴望取決於冥想。因為你們的渴望（聽不見）藉由通過冥想被產生的認識。僅僅只有那種在冥想中花費時間的渴望，我的朋友們，那種渴望將會生長。這種生長將在重新統一的榮耀的計畫上在道路的每一步上引領你們。與你們的靈魂的重新統一。因為當這種重新統一發生的時候，你將會認出你自己，因為你自己，我的朋友們，就是我們全體了。

It is has been a privilege speaking through this instrument. I will now transfer this contact. I am Hatonn.

通過這個器皿發言已經是一種榮耀了。我現在將會轉移這個接觸。我是 *Hatonn*。

(H channeling)

(*H* 傳訊)

I am Hatonn, and am now with this instrument. [Those of us] with the Confederation of Planets in Service to the Infinite Creator consider it a great privilege to serve men on planet Earth. We have come for one reason and one reason only. We have recognized the need for assistance to your people. We have recognized the pleas that call freely through that which you may refer to that which you may refer to as the "evils," or through the universe. For the thoughts of your peoples, as the thoughts of all beings, are energy forms which travel with great speed as they are projected by your peoples. And all of those throughout the universe who have become aware of these energies and who are capable of assisting you have either come to your planet or send their love to your peoples.

我是 *Hatonn*，我現在與這個器皿在一起了。我們這些服務於無限造物者的星際聯邦的實體，將服務在行星地球上的人視為是一種巨大的榮幸。我們是為了一個原因，且僅僅是因為一個原因而來的。我們已經認出了幫助你們的人群的需要了。我們已經認出了那些自由地穿越了你們稱之為罩紗的事物，或者穿越了宇宙的請求了。因為你們人群的想法，如同所有存有的想法一樣，在它們被你們的人群投射出來的時候，是用巨大的速度旅行的能量形式。貫穿整個宇宙的所有那些已經察覺到這些能量，並能夠幫助你們的實體，要麼已經來到了你們的星球，要麼已經對你們的人群送出了它們的愛了。

We of the Confederation have been given the opportunity to come to you and to await the moment that we may unite as one, serve one another, love one another, and then focus our energies and our love to serving those throughout the universe, as we have come to serve you. We of the Confederation recognize to a greater degree, as we see it, the natural functions, or shall we say, laws that govern man's existence on planet Earth and throughout the universe. In these sessions we attempt to assist you to understand, as best as we can, on an intellectual basis, these energies or laws that govern your existence. Yet we have found that there is truly only one law, that is love, my friends. You have been instructed—[by] all of the great teachers that have walked this plane that you call Earth—to love one another. All of the major philosophies upon your planet agree upon this point, though they may differ in many areas.

我們星際聯邦已經被給予了機會來到你們身邊，並等待著這樣一個時刻，在那個時刻我們可以統一成為一體的，相互彼此服務，彼此相愛，並接下來將我們的能量和我們的愛聚焦起來，以服務貫穿整個宇宙的實體，如同我們已經前來服務你們一樣。我們星際聯邦在一個更大的程度上認出了，那些掌控著在行星地球上，以及貫穿整個宇宙的人的存在性的，如我們看到它的一樣，自然機能，或者，容

我們說，法則。在這些集會中，我們嘗試去，盡我們最大的能力，幫助你們理解這些掌控著你們的存在性的能量與法則。而我們已經發現，真正只有一個法則，那就是愛，我的朋友們。你們已經——被所有已經在這個你們稱之為地球上行走過的偉大的老師們——教導去彼此相愛了。在你們的星球上所有主要的哲學都贊同這一點，儘管它們可能在很多區域是意見不同的。

Man upon planet Earth has an infinite capability to love one another and it is only begun to open those doors and to utilize this ability. Man upon planet Earth, as he exists presently, is in what you might refer to as an infantile state. Indeed, your civilization has progressed rapidly. Especially within this period of time you call a century. Yet this progression upon the physical plane of existence is irrelevant to the progression of your ability to love one another. And indeed in many cases, it is detrimental to assist you to develop the ability of the consciousness of love, for man upon planet Earth becomes engulfed in his experiences. Man upon planet Earth is constantly bombarded by negative and positive energies flowing around him and creating within him. Man continually focuses upon the development upon his society of his technology, but unfortunately, [in] your more advanced nations there is a lesser degree of interest than there should be in the spiritual development of your race.

在行星地球上有很多人擁有一種無限數量的能力來彼此相愛，這種能力僅僅是被開啟，以打開這些們並利用這種能力了。在行星地球上的人，如同它當前存在著一樣，是處於你們可以稱之為一種嬰兒狀態中的。確實你們的文明已經快速地發展了。尤其是在你們稱之為一個世紀的這個時間段中。而這種在存在性的物質性的層面上的發展，對於你們去彼此相愛的能力的發展是不相關的。確實，在很多的情況中，它去幫助你們發展愛的意識的能力是有害的，因為在行星地球上的人已經被吞沒在他的體驗中了。在行星地球上的人是在持續不斷地被在他周圍流動，並在他內在之中創造出來的負面性和正面性的能量所轟炸的。人持續不斷地聚焦在他的社會對他的科技的發展上，但是，不幸的是，在你們更為先進的國家中，會有比對你們的物種的靈性發展的應該有的興趣的一種更低程度的興趣。

We of the Confederation are interested in only this portion of man upon planet Earth. Indeed, we are intrigued by your societal structure, your technological development. Yet it is irrelevant to us at what stage of development you reside upon this physical plane of life. For, my friends, as you pass through this experience, you pass beyond the veil of death as you return. You continue to exist, your energy or your spirit remains intact and planted within it is the accumulative knowledge of all the years past. Not only in your most recent experience but in all of those that have come before. And your development continues onward, time after time. You shall enter into experiences, some similar to this, others much more different. But each with the purpose of assisting you to learn how to love one another. Some have come here for certain purposes and, indeed, all have a purpose for their existence now and always. Some are to be teachers and some doctors, some simple people serving only their families, but none have come with a greater mission. For all have come for the purpose of love and the fulfillment for the desire of the Creator.

我們星際聯邦僅僅對在行星地球上的人的這個部分感興趣。確實，我們是對們的社會結構，對你們的科技發展感到好奇。而你們居住在這個生命的物質性的層面上是處於什麼發展階段上，這與我們是不相關的。因為，我的朋友們，當你們穿越了這個體驗之後，在你們返回的時候，你們會跨越了死亡的罩紗。你們繼續存在，你們的能量或者你們的靈體是保持原封不動的，在其內在之中種植著所有過去的時間的積累的知識。不僅僅是你們極其近期的體驗，同樣還有所有那之前已經發生過的體驗。一次又一次地，你們的發展繼續前進。你們將進入到體驗中，一些體驗與這個體驗類似，其他的是大為不同的。但是，每一個體驗都帶有幫助你們去學習如何彼此相愛的目的。一些人已經是為了一定的目的而來到這裏的，確實，所有人，在現在與永遠，都對它們的存在性擁有一個目的。一些人是要成為老師，一些人是要成為一生，一些人稱為僅僅服務它們的家庭的簡單的人，但是，沒有任何人是帶著一個更大的使命而來的。因為，所有人都是已經是為了愛以及實現對造物者的渴望的目的而來的。

For it was His desired intent, as we understand it, that the universe be one. Indeed, it is infinite in size to the best of our knowledge. Yet, in totality, it is but one universe governed by one omnipresent energy. And we call that energy but we lack the ability to express to you through your words, the entire meaning of this concept. We of the Confederation have watched over you for a great deal of time. We have watched you people struggle and it has saddened us to some extent. But we have witnessed great conflict and unfortunately a lack of love for one another on your planet. We wish not to chastise your civilization. We wish only to serve and love you and ask that you do so for one another.

因此，宇宙成為一體的，這就是造物者被渴望的意願，如我們對它的理解一樣。確實，就我們最佳的理解，它是在大小上是無限的。而，在整體性中，它僅僅是被一個無所不在的能量所掌控的一個宇宙。我們稱之為能量，但是我們缺少通過你們的詞語想你們表達這個觀念的完整的意義的能力。我們星際聯邦已經觀察你們有極其大量的時間了。我們你們看到你們的人群的掙扎，它已經在某種程度上讓我們感到傷心了。但是，我們已經看到了在你們的星球上巨大的衝突，以及不幸地一種對相互彼此的愛的缺少了。我們並不希望懲罰你們的文明。我們僅僅希望服務並愛你們，並請求你們對相互彼此這樣做。

I shall transfer this communication. I am Hatonn.

我將轉移這個交流。

(Carla channeling)

(Carla 傳訊)

I am Hatonn, and again greet you in love and light. If those present will be patient, I would like to work briefly with the one known as S that she may be more familiar with our contact. I and my brother Hatonn will work with the conditioning ray and I will attempt to say just a few words through her if she will react and speak freely those thoughts which come into her mind. I am Hatonn.

我是 Hatonn，我再一次在愛與光中向你們致意。如果那些在場的人將會是有耐

心的，我想要簡短地與被知曉為 *S* 的實體一同工作，這樣她就可以更為熟悉我們的接觸了。我和我的兄弟 *Hatonn* 將會藉由調節性的光來進行工作，我將嘗試去僅僅通過她說一些話，如果她將會做出反應並自由地說出那些出現在她的頭腦中的想法的話。我是 *Hatonn*。

(Pause)
(暫停)

(Carla channeling)
(*Carla* 傳訊)

I am again with this instrument. We are moderating our energy as we are overloading the one known as *S*, shall we say. We will attempt again with a finer tuning. I am *Hatonn*.
我再一次與這個器皿在一起了。我們正在減輕我們的能量，因為我們正在讓被知曉為 *S* 的實體，容我們說，負載過重了。我們將藉由一種更為精細的調音再一次嘗試。我是 *Hatonn*。

(Pause)
(暫停)

(Carla channeling)
(*Carla* 傳訊)

I am again with this instrument. We thank the one known as *S* and are very grateful for the opportunity to work with her. Contact is very good as the instrument is very sensitive. However, we will have to work with moderating our energy to be totally comfortable. At this time we would like to condition the one known as *B*. I am *Hatonn*.
我再一次與這個器皿在一起了。我們感謝被知曉為 *S* 的實體，我們對於她一同工作的機會是非常感激的。接觸時非常優秀的，因為器皿是非常敏感的。然而，我們將不得不進行工作來減輕我們的能量，以成為完全舒適的。在此刻，我們想要調節被知曉為 *B* 的實體。我是 *Hatonn*。

(Pause)
(暫停)

(Carla channeling)
(*Carla* 傳訊)

May we thank each of those who are visiting this group and assure them that at any time they wish our contact we will be with them. As you become familiar with our contact it will be more and more unmistakable. And so we wish also to say that at any time that our contact is inconvenient, you need only request that we leave you and we will do so instantly. We are here only to serve you and to help you serve in the name of the Creator. At this time I

would open the meeting to questions. 容我們感謝每一位正在訪問這個團體的實體，並向它們保證，在任何它們希望我們的接觸的時刻，我們都將與它們在一起。隨著你們對我們的接觸成為熟悉的，它將會是越來越不會出錯的。因此，我們同樣希望說，在任何我們的接觸是不方便的時刻，你們僅僅需要請求我們離開你們，我們將立刻這樣做。我們僅僅是在這裏來服務你們幫助你能用造物者的名義來服務的。在此刻，我會對問題開放集會。

Questioner: I would like to know if you can tell us anything about the educational systems and how they will be changed in the future? (Inaudible) but we need to know at this time.

提問者：我想要知道，是否你們能夠告訴我們任何關於教育系統的事情，以及它們將會在未來如何被改變? (聽不見) 但是我們在此刻需要知道。

I am aware of your question. When we receive a question which involves the free will activities of those who apply their wisdom and their knowledge in an effort to improve the lot of life for those upon their planet then we must needs fall back on the principle of freedom of choice. Therefore we cannot say to you what would be the best way, for it is your planet, my sister. And you deal with those things which are known to you as limitations as well as those things which are known to you as ideas. And in this dense and chemical atmosphere, it is necessary for you to know in your heart and think out with that fine tool which is called your brain what will be the best way to serve your peoples.

我瞭解了你的問題。當我們接收到一個包含了那些為了那些在它們的星球上的人在一種去增強它們的命運的努力中去應用它們的智慧與它們的知曉的人的自由意志的活動的問題的時候，接下來，我們就必須要依賴于選擇的自由的原則了。因此，我們無法對你們說，什麼是最佳的方式，因為我的姐妹，它是你們的星球。你們會與那些你們已經知曉為限制的事情，同樣也與那些你們知曉為理想的事情打交道。在這個沉重與化學性的環境中，你們需要在你們的心中知曉並藉由那個你們知曉為大腦的精細的工具來弄明白，什麼事情將會是服務你們的人群的最佳的方式。

You know that the great principle of love is the heart of all learning. And that all those souls who breath the atmosphere of your planet come with a certain degree of wisdom and desire to learn that is unique to them. It is therefore extremely difficult to form a system of education which is comfortable and beneficial for all. Thus you must always decide whether you wish to perfectly educate the few or gradually and imperfectly educate the many. Without the understanding of each parent that the child is a spirit born in love, without the understanding of each parent that the center of life is in appreciation of the force and the beauty of life and the love that creates it, education becomes an artificial and difficult matter instead of the joyful and spontaneous flow of information gladly asked for and gladly given.

你們知道，愛的偉大的原則是所有的學習的核心。所有那些呼吸著你們的星球的大氣層的靈魂都是帶著一定程度的智慧以及去學習對於它們是獨一無二的事物

的渴望而來的。因此，要形成一個對所有人都是舒適且有益處的教育系統，這是極其困難的。因此，你們必須一直都要去決定，你們是希望完善地教育少數人，還是逐漸且不完善地教育很多人。如果每一個父母都不理解，孩子是一個在愛中被生出來的靈體，如果每一個父母都不理解生命的中心是在對生命與創造了生命的愛的力量與美麗的感激中的，教育就會成為一個不自然且困難的問題，而不是具有被快樂地請求並被快樂地給予的資訊的喜悅且自發性的流動了。

Without mind to mind understanding it is impossible to know the great uniqueness of each soul. It is impossible to respond to the great uniqueness of each student. And so you are where you are in an arena in which those things which are true in the highest level must somehow be brought down to practice in an atmosphere in which truth can not prevail perfectly. We ask you, my sister, shall it be better for you to refrain from aiding because you cannot be perfect or shall you go forth, armed in love, and use those things which you know and those abilities of mind that you have worked upon in this incarnation and do what you can knowing that while it is imperfect...

如果沒有心智對心智的理解，要知曉每一個靈魂的巨大的獨特性，這是不可能的。要回應每一個學生的巨大的獨特性，這是不可能的。因此，你們是在一個競技場中，在其中那些在最高的層次中是真實的事情，必須以某種方式在這樣一種真理無法完美地盛行的環境中被帶入到實踐之中。我的姐妹，我們問你，你因為你無法成為完美的而避免幫助，這是更好的，還是你將會前進，在愛中被武裝起來，並使用那些你知曉的事情以及那些你已經在這次投生中在其上工作過的心智的能力，並作你能夠做的事情，而同時知曉，儘管它是不完美的……

(Tape ends.)

(磁帶結束。)

September 4, 1978

1978-09-04 *Laitos* : 奇跡與證據

(Carla channeling)

(*Carla* 傳訊)

I am *Laitos*, and I greet you in the love and in the light of the infinite Creator. It is my great privilege to speak with you, and I come to you before my brother *Hatonn* in order to balance the considerable energy of this group.

我是 *Laitos*，我在無限造物者的愛與光中向你們致意。與你們談話是我巨大的榮幸，我在我的兄弟 *Hatonn* 前面來到你們身邊，以便於平衡這個團體的可觀的能量。

At this time, we ask that each of you visualize your circle as being one which is totally enclosed in a beautiful white globe of light. Visualize this globe as being created by the love in each heart and by the unity of the group. In this way your energies will come into balance, and our contact will be smoother and more helpful, we hope, to each of you. I will pause at this time. I am known to you as *Laitos*.

在此刻，我們請你們每一位都觀想你們的圈子是一個完全被包圍在一個美麗的白色的光球中的圈子。觀想這個光球是由在每一顆心中的愛以及被團體的統一性所創造出來的。用這種方式，你們的能量就將會進入到平衡之中，我們的接觸將會是更為流暢且，我們希望，是對你們每一個人更有幫助的。我們將在此刻暫停。我是你們知曉的 *Laitos*。

(Pause)

(暫停)

I am with the instrument. I am *Hatonn*, and I greet you in the love and the light of the infinite Creator. I greet especially each of those who is new to this group and send to each and all our love as well as that of the Creator in which we come to you. Many of you have questioned where it is that we come from and yet we say to you, that that is irrelevant. For it is not our origin or our virtues that should endear us to you but only one thing, my friends, and that is our information.

我與器皿在一起了。我是 *Hatonn*，我在無限造物者的愛與光中向你們致意。我尤其是向這個團體中的每一位新人致意，並向每一位以及所有人送出我們的愛，同樣也送出我們通過其來到你們身邊的造物者的愛。你們很多人已經都提問，我們是從何處而來，而我們對你們說，那是無關緊要的。因為，應該讓我們受你們喜愛的事物不是我們的來源或者我們的優點，而僅僅是一個事情，我的朋友們，那就是我們的資訊。

Who are we? We are a voice that speaks to you. Yes, from other dimensions, from other spaces, from other universes than that which you know. For we move in such a universe that time and space as you know it are no more. We

move in a universe where the emotions of sadness and separation are to us as beacons that call us. Distances do not matter. But only the cry that we hear from those who would wish to know that which we have to give. The information that can end your separation and your sorrow.

我們是誰？我們是一個對你們說話的聲音。是的，來自其他的維度，來自其他的空間，來自與你們知曉的宇宙不同的其他的宇宙。因為我們是在這樣一個宇宙中移動的，這個宇宙的時間和空間，如你們對它的知曉一樣，是不存在的。我們在這樣一個宇宙中移動，在其中悲傷與分離的情緒對於我們就好像是召喚我們的燈塔一樣。距離不再重要。唯一重要的事情是我們從那些希望去知曉我們所要給予的事物，希望知曉能夠結束你們的分離和你們的憂傷的資訊的人那裏聽到的哭喊。

Our information is simple, my friends. A very, very simple truth we bring to you, the highest truth that we know, although we know that there is a higher truth, for we are not perfect. And that highest truth, my friends, is that we are all one. The universe has been made up of one substance and that, my friends, is love. How can I say to you, each a beautiful being that sits within your dwelling place at this time in meditation, that you are one being, one with us, one with each other and one with your beautiful planet. It is difficult, is it not, my friends, to see the truth. For you dwell in a dense physical illusion, as we would call it, in which energy seems to you to be mass. In which emotions, as they are, are habitually masked by your peoples, so that they speak falsely. And that falseness is believed as truth. And the separation goes on and on, my friends, among your peoples.

我的朋友們，我們的資訊是簡單的。一個我們帶給你們的非常非常簡單的真理，我們知道的最高的真理，儘管我們知道，有一個更高的真理，因為我們不是完美的。那個最高的真理，我的朋友們，就是我們全都是一體的。宇宙已經是由一個物質構成的，我的朋友們，那個物質就是愛。我們如何才能夠對你們說，在此刻在冥想中坐在你們的住所中的每一個人都是一個美麗的存有。你們是一個存有，你們和我們是一體的，是與相互彼此是一體的，是與你們美麗的星球是一體的。我的朋友們，去看到真理是困難的，不是嗎？因為你們是居住在一個沉重的物質性的幻象中的，如我們稱呼它的一樣，在其中能量對於你們看起來似乎是品質。在其中，情緒，如同它們是的一樣，是習慣性地被你們的人群所隱藏起來的，這樣它們就可以虛假地說話，虛假是被相信是真理了。分離在你們的人群當中，我的朋友們，不斷前進了。

Those who you choose to lead you, do not lead. And by choosing leaders you have somehow, my friends, given up the feeling of responsibility for yourself, the feeling of confidence that you can stand a beautiful and perfect soul upon your own two feet, figuratively speaking, and be able to do the very best that you can in clear conscience and in happiness, whatever the outcome. Choosing leaders that do not lead, and giving up your own choices to the leaders that do not lead, has left your peoples frustrated and confused.

那些你們選擇去領導你們的人，並不會領導。藉由選擇領導者，我的朋友們，你已經放棄了對你自己負責任的感覺和有信心的感覺了，這種信心即，你能夠作為一個美麗而完美的靈魂，用比喻的方式來說，依靠你自己的雙腳站立，並能夠無

論結果如何都在一種清楚的良心中並在快樂中盡你們最大的能力去做。選擇並不會領導的領導人，並將你們自己的選擇交托給那些不會領導的領導人，已經讓你們的人群處於挫折與混淆中了。

My friends, the answers lie not in outward reforms but first in the inner reform of each person that restores self-respect and reliance upon itself, knowledge of brotherhood and sisterhood and the ability to act on what you believe. Then, and only then, my friends, can you move forth into the world in which you are now living and learning and act for right or for wrong, but in the confidence that your judgment at this time is the best that it can be. And, my friends, how do you find that confidence that your peoples are so lacking? How can you find the love that has been lost in infinite separations? Nation to nation, people to people?

我的朋友們，答案不存在於外在的改良中，而首先存在於每一個人都恢復自我尊重，對它自己的信任，以對兄弟情誼和姐妹情誼的知曉，以及依照你們相信你的事情來行動的內在的改良之中。在那個時候，僅僅是在那個時候，我的朋友們，你們才能夠前進進入到你們現在在其中生活並學習的世界中，並為了正確的事情，或者為了錯誤的事情而行動，並有信心，你們在此刻的判斷是它能夠成為的最佳的判斷。我的朋友們，你們如何找到那種你們的人群如此缺少的信心呢？你們如何能夠找到已經迷失在無限的分離中的愛，國家對國家的愛，人對人的愛呢？

We have come to tell you the truth of love and the power of unity. But we cannot do more than inspire you to find for yourself those truths. For each soul, my friends, each being, as we have said through this instrument many times, is a kingdom unto himself, a regal and imperial entity. Yes, we are all one, but the paradox is, my friends, that we are all unique and all completely necessary to the creation. And it is for each imperial entity to make the decision to seek for himself the truth of existence of consciousness. There are many truths, my friends. There are many, many levels of reality and each of your brothers that you meet may speak to you from a different level. But within yourself, my friends, you are at a unique place in your journey towards the truth. In order to seek the truth it is important that you make contact with that place within yourself which has a will to purpose, and when you make contact with your deepest purpose you will find that your deepest purpose is to seek the truth.

我們已經前來告訴你們愛的真理與統一的力量了。但是我們無法比啟發你去為你自己找到那些真理做更多的事情了。因為，我的朋友們，每一個靈魂，每一個存有，如我們已經通過這個器皿說過很多次的一樣，對他自己都是一個王國，一個帝王的和帝國的實體。是的，我們全都是一體的，但是，我的朋友們，悖論是，我們全都是獨一無二的，全都對於造物是完全必不可少的。就是為了每一個帝國的實體，做出決定去為他自己尋求意識的存在性的真理。我的朋友們，會有很多的真理。會有很多很多的實相的層次，每一個你遇到的你的兄弟，都可以從一個不同的層次對你說話。但是，在你自己內在之中，我的朋友們，你是你朝向真理的旅程中處於一個獨一無二的位置上的。為了要尋求真理，你去與在你自己內在之中的那個擁有一種對目的的意志的場所接觸，這是重要的，當你與你最深的

目的接觸的時候，你將會發現，你最深的目的就是去尋求真理。

Why are you here, my friends? To what end are you conscious at this time? To what end do you feel and sense and respond to the many, many things that occur to you within each day. Seek the answer to this question, my friend. Our most recommended procedure for this seeking is what many call meditation. This word, my friends, has many seriously unfortunate connotations and those who would perhaps most enjoy the practice of meditation are sometimes uncomfortable with the phrase, for they feel that it may involve a complex practice. We do not recommend any practice but only the resolve to seek and the repeated attempt to quiet the outer self so that that still, small voice, as your holy works say, may be heard.

我的朋友們，為什麼你們在這裏呢？你們在此刻是為了什麼目的而是有意識的呢？你們為了什麼目的感覺，感知並回應了在每一天中發生在你們身上的許許多多的事情呢？尋求對這個問題的答案，我的朋友們。我們對於這種尋求最為推薦的步驟就是很多人稱為冥想的事物。我的朋友們，這個詞語，擁有很多很多嚴重地效果不好的含義，那些也許會極其喜歡冥想的練習的人，有時候會對這個措辭感到不舒服，因為它們感覺到它可能包含了一個複雜的練習。我們沒有推薦任何練習，而僅僅是推薦對尋求的決心，以及去讓外在的自我安靜下來的重複的嘗試，這樣，那個如你們的神聖著作說的，安靜而微小的聲音，就可以被聽到了。

I would at this time attempt to transfer to the one known as Don. I am Hatonn.

我會在此刻嘗試去轉移到被知曉為 *Don* 的實體。我是 *Hatonn*。

(Pause)

(暫停)

I am Laitos. I am sorry for the delay. At this time, I would like to work with each of those within the meeting in order to strengthen their own spiritual vibration, shall we say, and let each feel our contact. If you would desire to experience what we call our conditioning wave, we ask that you mentally request that we will be with you at this time. I am Laitos.

我是 *Laitos*。我為延遲而抱歉。在此刻，我想要與在集會中的每一位一同工作，以便於增強它們自己的，容我們說，靈性的振動，並讓每一個人都感覺到我們的接觸。如果你們渴望體驗我們所稱的我們的調節性的波動的話，我們請你們在心智中請求，我們在此刻就將會與你們在一起了。我是 *Laitos*。

(Pause)

(暫停)

I am with the instrument. Again we ask in order to strengthen the unity of the group's energy that each of you visualize a beautiful white ball of light that surrounds your entire dwelling place and in which you are all totally bathed in love.

我與這個器皿在一起了。再一次，我們為了增強團體能量的統一性而請求你們每

一位都觀想一個美麗的白色的光球，它包圍著你們整個住所，在其中你們全都被完全沐浴在愛中了。

(Pause)

(暫停)

We thank you. This is a much better flow of energy, and we can use this instrument better. At this time we would like to attempt to speak a few words through a newer instrument, and thus we would transfer to the one known as M. I am Laitos. 我們感謝你。這是一種遠遠更好的能量流動了，我們能夠更好地使用這個器皿了。在此刻，我們想要嘗試通過一個更新的器皿說一些話，因此，我們會轉移到被知曉為 *M* 的實體。我是 *Laitos*。

(Pause)

(暫停)

I am again with the instrument. We have good contact with the one known as M. And at this time would simply attempt to work with her conditioning wave, if you will be patient with us. I am Laitos. 我再一次與器皿在一起了。我們與被知曉為 *M* 的實體擁有良好的接觸。在此刻，我們會單純地嘗試去與她的調節性的波動一同工作，如果你們將會對我們有耐心的話。我是 *Laitos*。

(Pause)

(暫停)

I am again with this instrument. The one known as M has a very good contact and lacks only confidence at this time. This is extremely beneficial to us that she is so desirous of aiding us, and we emphasize often, my friends, that being a verbal channel is only one way of speaking those thoughts which our vibration offers to your peoples. For many are the questions that are asked and the seeds that can be planted, as the conversation was saying before this meeting began. Thus, channeling as you are aware of it now is only one of many avenues that you can take to be of service to your fellow beings, and yet we do need as many verbal channels, such as this one, as we can find, due to the fact that this particular type of communication is a good way of speaking to those who are seeking the truth and is for some more informative and interesting than a less formal conversation. Many are those, my friends, who desire the simple information that we have to give. At this time, if you will again be patient, I will attempt to say just a few sentences through the one known as R. I am Laitos.

我再一次與這個器皿在一起了。被知曉為 *M* 的實體擁有一種非常優秀的接觸，而僅僅在此刻缺少信心。她如此渴望幫助我們，這對於我們是極其有益處的，我們經常強調，我的朋友們，成為一個語音管道僅僅是一種說出那些我們的振動提供給你們的人群的想法的方式。因為很多的問題都是被詢問的問題和能夠被種下

的種子，如同在這次集會開始前的談話正在說的一樣。因此，傳訊，如你們現在對它的知曉一樣，僅僅是很多你們能夠採用以對你們的夥伴的存有進行服務的途徑中的一條途徑，而我們確實需要和我們能夠找到的語音管道一樣多的，諸如這個管道之類的語音管道，因我們能夠發現，由於這種特定類型的溝通交流，是一種對那些正在尋求真理的人發言的優秀的方法，並且對於一些人是比一種較不正式的談話是更加富有教益且更加有趣的。我的朋友們，很多人是那些渴望我們所要給予的簡單的資訊的人。在此刻，如果你們將會再一次是有耐心的，我將會嘗試通過被知曉為 *R* 的實體說僅僅幾句話。我是 *Laitos*。

(Pause)

(暫停)

I am again with this instrument. Thank each of you very much for your patience. It is sometimes time-consuming working with new instruments but we very much appreciate the group's willingness to help. We thank the one known as *R*, also. Again, we have good contact. However, if the one known as *R* would cease from analyzing our thoughts we would be able to let them flow to her. For when one analyzes our thoughts, they cease in their flow and therefore the channel is interrupted. This is a very common problem, and we are always happy to work with those who would request our presence. At any time you would wish to work upon the conditioning wave and becoming more aware of our presence, we simply ask that you request our presence mentally. If at any time it is inconvenient for this contact to proceed, mentally request that we leave and we will instantly obey your desires.

我再一次與這個器皿在一起了。為你們的耐心而非常感謝你們每一位。與新的器皿一同工作，這有時候是耗費時間的，但是我們非常感激團體對於幫助的樂意。我們同樣也感謝被知曉為 *R* 的實體。再一次，我們擁有良好的接觸了。然而，如果被知曉為 *R* 的實體願意停止分析我們的想法，我們就能夠讓它們流向她了。因為當一個人分析我們的想法的時候，它們就停止了它們的流動，因此管道就被中斷了。這是一個非常通常性的問題，我們一直都很高興與那些會請求我們的在場的人一同工作。在任何時候，如果你們希望在調節性的波動上進行工作，並更多地察覺到我們的在場，我們單純地請求你們在心智中請求我們的在場。如果在任何時刻，這個接觸是不便於進行的，在心智中請求我們離開，我們將會立刻遵守你們的渴望。

I am *Laitos*, my friends. It is a great privilege to work with each of you. And as I am in contact with each of you, I feel that you are my brother and my sister, and that we truly are the universe together. *Adonai*, my friends. I leave you in love and light.

我是 *Laitos*，我的朋友們。與你們每一位一同工作是一種巨大的榮幸。在我與你們每一位接觸的時候，我感覺到，你們是我的兄弟和我的姐妹，我們在一起真的就是宇宙了。*Adonai*，我的朋友們。我在愛與光中離開你們。

(Pause)

(暫停)

I am again with this instrument. I am Hatonn, and again I greet you in the love and the light of the infinite One. We had wished to speak a few thoughts through the one known as Don, and if he will allow himself to be conditioned while we open the meeting to questions, we will again attempt before the close of this meeting. At this time I would open the meeting to questions. Does anyone have a question?

我再一次與這個器皿在一起了。我是 *Hatonn*，我再一次在無限太一的愛與光中向你們致意。我們本來希望通過被知曉為 *Don* 的實體說一些想法，如果他將會允許他自己在我們向集會開放提問的時候被調節，我們將在結束這次集會之前再一次嘗試。在此刻，我會向著提問開放集會。任何人有一個問題嗎？

Questioner: I have a question. My name is J (inaudible.) The question boils down to this: Can you give me some sign or something so I know that it is not my subconscious or I myself talking and answering ... 提問者：我有一個問題。我的名字是 *J* (聽不見)。問題歸結起來是這樣子的：你們能夠給予我某種證據 (*sign*)，或者某個事情，這樣我就知道，它不是我的潛意識或者是我自己在說話並在回答.....

I am Hatonn. I am aware of your question, my brother. The answer is far from simple, but we will attempt to elucidate to you the laws that govern the seeing, shall we say, of paranormal events by witnesses within the physical illusion. Each entity, as we have stated, is striving to understand the truth of their being. There is, shall we say, a base speed of progress which approaches zero but which inevitably, over an infinite length of time, will bring that searching soul into knowledge. Many of the peoples upon your planet Earth are progressing at this pace, for they do not have any conscious desire to seek, and therefore they do not seek. Many others among your peoples are dimly or perhaps acutely aware that there is something which is beyond what is known to, shall we say, the society at large, as truth. There is a reality beyond reality. And it is peoples like yourself who are beginning to accelerate their progress by becoming aware that there is such a thing as seeking.

我是 *Hatonn*。我瞭解了你的問題，我的兄弟。答案遠遠不是簡單的，但是我們將會嘗試對你闡述掌管著在物質性的幻象中藉由證據來看到，容我們說，超自然的事件的法則。如我們已經說過的一樣，每一個實體，都在努力去理解它們的存有的真理。容我們說，會有一個發展的基礎速度，這個速度是接近於零，但不可避免地，在一段無限長的時間之後，將會將那個尋求的靈魂帶入到知曉之中。在你們的行星地球上的人群中有很多人正在用這個速度發展，因為它們並不擁有任何對尋求的有意識的渴望，因此，它們並不尋求。在你們的人群中的很多其他人，正在朦朧地，或者也許是敏銳地察覺到，會有某個事物是超出了被，容我們說，大部分的社會知曉為真理的事物的。會有一個超出了實相的實相。那些正在尋求藉由開始察覺到有諸如尋求之類的一個事情來加速它們的發展的人，正是類似你自己這樣的人了。

The more serious and dedicated one is to the seeking of truth, the more one begins to activate those forces which are beyond the limited understanding of his environment. We do not believe, if you will pardon the pun, in faith! We

have no faith in belief! That which we offer to you is that which is already known to you on a level which is deep. We urge you only to make a conscious dedication towards the seeking of that which is locked within yourself, for you constitute the universe. If we are all one, then shall we say, you are a hologram of all that there is.

一個人對於對真理的尋求越發嚴肅且投入，他就會開始越多地啟動那些在對他的環境的有限的理解之外的力量了。我們並不相信，如果你們將會原諒雙關語的話，信仰！我們對信念沒有信仰！我們提供給你們的事物是已經在一個深入的層次上為你們所知曉的事物。我們僅僅鼓勵你朝向對那個被鎖閉在你自己內在之中的事物的尋求去做出一種有意識的投入，因為你構建了宇宙。如果我們全都是一體的，接下來，容我們說，你們就是一切萬有的一個全息圖了。現在，那可能看起來似乎是一個對證據與奇觀的討論的一個長長的序言，但是，如果你們可能找到一個證據或者一個偶然事件來說服你們相信形而上學的宇宙的實相，那麼它不是通過信仰，或者通過邏輯智力的尋求，或者通過書本的，要讓你們理解這一點對於我們是困難的。會在你的行動中承載了你的知曉的事物，是通過在諸如冥想之類的某個練習，對尋求真理的有意識的奉獻。這個練習能夠成為秘密的，並應該成為秘密的。我們這樣說的意思是，你並不需要在大街上乞討，以展現你的虔誠，如同在你們的星球上很多人已經做過的一樣。它不會使得它們對於屬於一種更高的領域的資訊成為更加易受影響的，或者更加有可能見證宇宙的無限的力量。奇跡與證據是被鎖閉在你自己內在之中的。

As you meditate, seek and attempt to become consciously aware that you are an eternal being, a wondrous being, a consciousness looking out through eyes into a physical universe, but looking in through your inner eye to that which is infinite, invisible, and in the terms of your workaday world, miraculous. It is this, this turning of the consciousness that will begin to open to you the small subjective signs that your journey is beginning to take place. We ask that you keep, shall we say, your eyes open. Many signs begin as the merest coincidence. We cannot promise to give you a sighting. We tell you only that we do not wish to convince you that we are anything. We only wish to offer information that you may listen to with a discriminating ear, using that which is valuable to you and discarding the rest.

當你冥想的時候，尋求並嘗試去有意識地察覺到，你是一個永恆的存有，一個奇異的存有，一個通過眼睛向外看，並洞悉一個物質性的宇宙的意識，而這個意識通過你內在的眼睛向內看，並洞悉那個無限的，看不見的，且從你的日常生活的世界的意義上，是奇跡的事物。就是這種，這種對意識的轉向，將會開始向你開放那個小小的主觀性的證據，即你的旅程正在開始發生。我們請你們，容我們說，讓你的眼睛保持開放。很多的證據會作為全然的巧合而開始。我們無法許諾給予你們一個奇景。我們僅僅告訴你們，我們並不希望說服你們相信，我們是任何事物。我們僅僅希望提供資訊，你們可以藉由一只有分辨力的耳朵來聆聽，這個星期，並使用對於你是有價值的內容，並拋棄剩下的內容。

We attempt to speak the truth without distortion. But words, my friend, are a distortion. Only the unspoken concept of love is complete. We would ask not only you, my brother, but each in this room, to become aware of a universe in which signs and miracles do not signify. Because each has become aware of

the incredible miracle of consciousness in which the power of a healing or a sighting or a metal bending is not a sign at all. The sign, my friends, being instead the power of one person to walk in another person's shoes; the power of love, to reach and touch when those you call your enemies are attempting to build walls.

我們嘗試去在無扭曲的情況下講述真理。但是，我的朋友們，話語是一個扭曲。僅僅只有無法講述的愛的觀念才是完整的。我們不僅僅請求你，我的兄弟，同樣還有在這個房屋中的每一個人，都察覺到一個在其中證據與奇跡不會有重大關係的宇宙。因為，每一個人都已經察覺到了意識的不可思議的奇跡，在其中，一種療愈的力量，或者一種奇景，或者一種心智的傾向完全不是一種證據。證據，我的朋友們，不是一個人穿上另一個人的鞋子走路的力量，不是當那些你們呼喚為你們的敵人的人正在嘗試去構建牆壁的時候的向外伸出手與觸碰的愛的力量。

The power of the truth to take a situation that is, my friends, truly abnormally and miraculously confused and make it whole again. The incredible thing, my friends, is that you are all attempting to think and to feel what the truth may be. Do not let signs and wonders sway you. For signs and wonders may be explained away and faith may be broken by the absence of this. Seek the truth and you will find that each moment is miraculous, and more and more those things that occur to you become signs and your life becomes an inner adventure, which perhaps you cannot explain to others. For the truth, my friends, is subjective. You can never ever share it with another in the fullness of your inner understanding. You can only love. If you can only love one another, my friends, that would be the greatest miracle of all.

真理的力量，我的朋友們，會接受真正異常地且奇異地混淆的情況，並使得它再一次成為完整的。我的朋友們，不可思議的事情，就是你們全都在嘗試去思考並感覺，真理可能是什麼。不要讓證據與奇觀動搖你們。因為證據與奇觀是可能被強行巧辯掉的，信仰可能因為缺少這種信仰而被打破。尋求真理，你們就將會發現，每一個時刻都是奇跡的，越來越多的那些發生在你們身上的事情都會成為證據，你們的生命會成為一場內在的冒險之旅，成為你們也許無法對其他人解釋的事物。因為，我的朋友們，真理是主觀性的。你永遠無法與另一個人通過你內在的理解的充分性來分享它。你僅僅能夠愛。只要你們能夠愛相互彼此，我的朋友們，那就會是所有奇跡中最大的奇跡了。

Can we answer your question more clearly, my brother?

我的兄弟，我們能夠更為清晰地回答你的問題嗎？

J: [No, thank you.]

J: [不用了，謝謝你們。]

We thank you that we can share our thoughts with you. May we ask if there might be another question?

我們為我們能夠與你們分享我們的想法而感謝你們。請問是否可能有另一個問題？

R: (Inaudible).

R : (聽不見)

I am with the instrument. We find that as a part of the growing process that you, my sister, have a mixture of occurrences and that some of your sensations are truly those of a sensitive, as this instrument would call it, and some those of you yourself speaking internally, as a part of the growing process attempting to integrate those parts of your personality that are not yet totally in harmony. It is a difficult situation for a sensitive person, and we recommend that in your meditation you pray for stability and protection and feel the love that makes us all whole. We would not recommend developing your, shall we say, psychic powers, at this time, but work instead for the stability which will stand you in good stead when you later begin to develop, both as a personality and as a sensitive, and by that we mean one who is sensitive.

我與器皿在一起了。我們發現，作為成長的過程的一部分，我的姐妹，你擁有一種對際遇的混合物，你的一些知覺是真正具有一種敏感性，如這個器皿會稱呼它的一樣，的知覺，一些知覺是你自己內在的說話，作為嘗試去整合你的人格的那些尚未完全處於和諧中的部分的一個成長的過程的一部分。對於一個敏感的人，它是一個困難的情況，我們建議，在你的冥想中，你為了穩定性與保護祈禱，並感覺那種創造了我們全體的愛是完整的。我們在此刻不會推薦發展你的，容我們說，心靈力量，而是作為替代建議為了穩定性而工作，那種穩定性將會在你以後開始——同時是作為一個人格，並作為一個敏感的事物，我們的那樣說的意思是，一個敏感的人——發展時候，對於你是很有幫助的。

(Side one of tape ends.)

(磁帶一面結束。)

(Carla channeling)

(Carla 傳訊)

I am with the instrument. I am Hatonn. If you will be patient for a moment, we will condition the instrument to reestablish a better contact. I ... I am Hatonn. I am Hatonn.

我與器皿在一起了。我是 *Hatonn*。如果你們將會有耐心一會兒，我們將調節這個器皿來重建一個更好的接觸。我.....我是 *Hatonn*。我.....我是 *Hatonn*。我是 *Hatonn*。

To the one known as R, may we say that our answers are not final. We are your brothers, and not, shall we say, your gods. We have gone one step further than you and have left some limitations behind. But oh, my friends, the universe is indeed infinite, and we know that we are not infallible, and with that clear understanding we shall share with you our understanding, such as it is, of the beginning of all things.

對於被知曉為 *R* 的實體，容我們說，我們的答案不是最終的答案。我們是你們的兄弟，不是，容我們說，你們的神。我們已經比你們更遠地走了一步了，並已經將某種限制性留在後面了。但是，哦，我的朋友們，宇宙確實是無限的，我們知

道我們不是不會犯錯的，帶著那種清晰的理解，我們將與你們分享我們的理解，諸如對所有的事物的開始的理解。

It is our understanding that that which was the Creator is infinite, and when there was a desire for self-realization, that which was one Being took energy, which we now call love, and with this infinite energy created all that there is. 我們的理解是，造物者之所是是無限的。當會有一種自我領悟的渴望的時候，那一個存有之所是會得到能量，即我們現在稱之為愛的事物，並藉由這種無限的能量創造了一切萬有。

Each of you my friends, and each of us, was created to lend a realizing consciousness to the Creator. In essence, we then are the Creator, realizing our self. But it is not we alone who are the Creator, or some entity somewhere else who is the Creator, but all of us together who form the Creator. Without one of you, my friends, the creation would be incomplete. We cannot lose anyone. We are all totally and completely necessary by our very being. In the infinitude that is eternity—and that is a hard concept to grasp we are aware—the polarity that was achieved by the Creator in His creation, when love came forth and made all the universes, brought about an infinite series of cycles; each beginning in comparative darkness and rising to comparative light.

我的朋友們，你們每一個人，以及我們每一個人，都是被創造出來，以將一種領悟性的意識借與造物者的。實際上，在那個時候我們就是造物者，並同時領悟了我們的自我了。但是，並不是單單只有我們才是造物者，或者在某個其他地方的某個實體是造物者，而是我們全體一起形成了造物者。我的朋友們，沒有你們中的任何一個人，造物就會是不完整的。我們無法失去任何人。我們藉由我們的存有是全都是完全且完整地是必不可少的。在永恆之所示的無限範圍中——我們察覺到那是一個很難掌握的觀念——當愛出現並產生出所有的宇宙的時候，被造物者在祂的造物中取得的極性，會產生出無限的圓的系列，每一個圓都是在相當的黑暗中開始，並上升到相當的光明的。

Each of you has been through many cycles, becoming more and more a true reflection of the Creator. It is for this reason that we are. We are here to realize the Creator, to see and to reflect and to share the Creator with each other, and thus we are the Creator. Whenever you realize that great force of love in your dealings with others, you have given love to the Creator. For the Creator is in all that you see. Now how, my friends, can you be expected to know what love is and how to give it? This, my friends, is the question which you bring to the troubles of your life, as you experience it day by day in this physical density that you now enjoy. Each seeming difficulty is, shall we say, a quiz, a test, perhaps even, if it is a very difficult situation, the equivalent of a midterm, as this instrument would call it.

你們每一個人都已經經歷過很多的圓，並越來越多地成為一個對造物者的真實的映射了。就是因為這個原因，我們是。我們是在這裏來領悟造物者的，來看到，來映射，並與相互彼此分享造物者的，因此，我們就是造物者。無論在什麼時候你們在你們與其他人打交道的過程中領悟了那種偉大的愛的力量，你們就已經將

愛給予造物者了。因為造物者是在所有你們看見的事物之中的。現在，我的朋友們，你們如何能夠被期待去知曉愛是什麼，以及如何要給予愛呢？我的朋友們，這是你們帶到你們的生命的麻煩上的問題，當你們在這個你們現在享受的物質性的密度中日復一日地體驗到它的時候。每一個表面上的困難，容我們說，實際上是一個測試，一個考試，如果它是一個非常困難的情況，它也許甚至是，等同於一個期中考試的事物，如你這個器皿會稱呼它的一樣。

What you are is being brought to the catalyst of a situation in which you must then discover the best way of showing love. It is not an easy vibration, the one in which you now live. But it is one in which the learning is greatly intensified. We have in our vibration a greatly extended life span. This is due, my friends, to the fact that when one is aware of all one's own thoughts and all the thoughts of others, then one cannot feel separation. Therefore, the stimulus for emotional displacement by sorrow and grief, frustration and anger, is almost never felt to any great extent, and we have very little choice but to vibrate in love and in unity.

你們之所是是被帶到了一個情況的催化劑上的，在這個情況中，你們必須接下來找到顯現愛的最佳的途徑。你們現在生活在其中的振動，它不是一個容易的振動。但是，它是一種在其中學習被極大地強化了的振動。我們在我們的振動中擁有一種極其漫長的生命跨度的。我的朋友們，這是由於這樣一個事實，當一個人察覺到所有它自己的想法以及所有其他人的想法的時候，接下來一個人就無法感覺到分離了。因此，對於由於憂傷與不幸，挫折與憤怒而產生出的情緒上的錯位的刺激物，幾乎是從來都不會有任何巨大的程度上被感覺到，我們除了在愛中，在統一中振動之外，僅僅只擁有非常少的選擇。

Thus, our learning comes over long periods of time, as you would call it, simply by sharing that which we know with others. In this we refine and refine ourselves, more and more purely. But it is a slow process. You on the other hand have chosen, and are appropriately placed in, a situation in which love is completely masked in some situation, and you must from your own understanding of reality find the love within each being and within each situation, dwell on it in your heart, and thus correct in your inner picture the errors in your outer picture. Many of those in your world have a strong faith that $2 + 2 = 5$ in many situations. And you have been taught wrong information as basic as $2 + 2 = 5$, and you have absorbed it into your being. Now in your heart, when all seems awry, it is your lesson to find the harmony, to find that $2 + 2 = 4$ and thus secure in your knowledge of love.

因此，單純地藉由與其他人分享我們知曉的事物，我們的學習是要經過了很長的時間段，如你們對它的稱呼一樣，之後才會出現的。在這個學習中，我們一次又一次地，越來越純淨地精煉我們自己。但是，它是一個緩慢的過程。在另一方面，你們已經選擇了，並被適當地放置於一個情況中了，在其中愛在某個情況中是被完全遮蔽起來的，你們必須從你們對實相的理解找到在每一個存有內在之中，在每一個情況內在之中的愛，並在你們的心中反復思考它，並由此在你們內在的圖像中糾正在你們的外部的圖像中的錯誤。在你們的世界中很多人在很多的情況中擁有一種對二加二等於五的強有力的信仰。你們已經被教導了如同二加二等於五一樣基礎性的錯誤的資訊了，你們已經將它吸收到你們的存有中了。現在，在

你們的心中，當所有事情都看起來出錯的時候，你們的課程就是去找到和諧，去找到二加二等於四，並由此在你們對愛的知曉中成為有把握的。

Allow that love and that right understanding to illuminate the situation and heal what can be healed. You cannot heal other beings unless they request it or desire it. But you can heal that portion within yourself which may feel pain. And in healing yourself, in truth you heal the universe. Remember, my friends, your basic attempt is to seek for yourself, and then share with others whenever you can. But to seek for others is impossible. We are aware that we could not have responded adequately to a question as deep as yours in such a brief answer. But, may we ask if this is satisfactory for the present?

允許那種愛和那種正確的理解照亮那個情況，並療愈能夠被療愈的事情。你們無法療愈其他的存有，除非它們請求它或者渴望它。但是，你們能夠療愈在你自己內在之中的那個可以感覺到痛苦的部分。在療愈你自己的過程中，你實際上是在療愈宇宙。我的朋友們，記住，你的基本的嘗試就是去為你自己而尋求，並在你們能夠的時候去與其他人分享。但是，替代其他人進行尋求是不可能的。我們察覺到，我們無法用這樣一種簡短的回答充分地回應一個如同你的問題一樣深入的一個問題。但是，請問是否這暫時是令人滿意的呢？

R: (Inaudible).

R : (聽不見)

We are grateful to you, my sister, and to show you that at all times we will be with you, if you request it. It is written in your holy works that He Who is the Creator will wipe every tear from our eyes. And we say to you that such is the truth as we know it. There is no sorrow that will not be comforted. And no understanding that will not be made complete. And these are not aphorisms or empty words. Go in meditation to that place within yourself where the Creator is, and dwell in the love that is indescribable.

我們對於你是極其感激的，我的朋友，我麼想要對你們顯示，我們在所有的時間都將會與你們在一起，如果你們請求它的話。在你們的神聖著作中被寫道過：造物者之所是，將會從我們的眼睛上擦掉每一滴淚水。沒有憂傷是將不會被安慰的。沒有理解是將不會變得完整的。這些不是警句或者空話。在冥想中前往你自己內在之中的那個造物者所在的地方，並居住在無法描述的愛的之中光。

I would like to close through the one known as Don, if he would accept our contact. I am Hatonn.

我想要通過被知曉為 *Don* 的實體結束，如果他願意接受我們的接觸的話。我是 *Hatonn*。

(Pause)

(暫停)

I am again with this instrument. I will close through this instrument, as the one known as Don does not desire to be an instrument at this time. I leave you in love and unity. I am Hatonn. Adonai vasu borragus.

我再一次與這個器皿在一起了。我將會通過這個器皿結束，因為被知曉為 *Don* 的實體在此刻並不渴望成為一個器皿。我在愛與統一中離開你們。我是 *Hatonn*。
Adonai vasu borragus。

September 11, 1978

1978-09-11 Hatonn : 鸚鵡螺的故事

(Carla channeling)

(Carla 傳訊)

[I am Hatonn] ... which is known to this instrument as the [chamber.]

[我是 Hatonn].....被這個器皿知曉為腔 (chamber) 的事物。

As the sea creature grows [he] becomes too large for his previous shell and creates for himself a larger one. And when in the course of time he again grows, he then creates a larger shell and so on in a beautiful and unending spiral until such time as he has no need whatsoever for any physical vehicle, the consciousness having left his form. Then, my friends, all the shells are empty, having served their purpose.

隨著海洋生物的生長，他對於他之前的外殼變得過大了，他為他自己創造了一個更大的外殼。當在時間的進程中他再一次生長的時候，他接下來創造了一個更大的外殼，並在一個美麗而沒有盡頭的螺旋中繼續下去，一直到諸如他沒有對於無論什麼物質性載具的需要了，意識已經離開了他的形體的時候為止。接下來，我的朋友，所有的外殼都是空的了，並已經服務了它們的目的了。

There are two distinct stages to the development of your mental vehicle. In the first stage it is primarily important that you constantly be aware that in each situation there is freedom, and you are not iron-bound by any restrictions from the outside.

你們的心智的發展有兩個不同的階段。在第一個階段中，你們在每一個情況中察覺到有自由，你們不是被任何來自於外在的約束所束縛起來的，這是從根本性的方面是重要的。

In order to fashion this awareness, it is in this stage necessary that you construct for yourself the larger mental shell, the larger home in which to grow. Each time that you find that a situation is impressing you as limiting or difficult, it is time for inner work, my friend, in which you explore and discover the larger and the most spacious mental atmosphere that is necessary for your balance.

為了要形成這種認識，在這個階段中，你需要為你自己構建更大的心智的外殼，更大的在其中生長的家園。每一次你發現一個情況正在讓你感覺到是限制性的，或者是困難的時候，這就是進行內在的工作的時間了，我的朋友，在其中你會探索並發現更大的，且極其寬敞的心智的氛圍，這種性質氛圍對於你的平衡是需要的。

There is a certain point in your development when you will find that you do not need the shell at all, but instead in the vulnerable body of consciousness you may swim out into the waters of the universe and merge with all that there is. In that moment, my friends, you will have discovered that there is no

need for any vehicle whatsoever, for all things are one. And as your home is the universe and as all things are one, no protection is necessary.

在你的發展中會有一定的位置，在那個時候你發現你完全不需要外殼，而是作為替代在意識的易受傷害的身體中，你可以遊出去進去到宇宙的水域中，並與一切萬有融合了。在那個時刻，我的朋友們，你們將已經發現，不再有對無論什麼任何載具的需要，因為事物是一體的。當你們的家是宇宙的時候，當所有的事物都是一體的時候，沒有保護是需要的。

We are aware that this second stage is for the most part a very distant goal. And yet, we wish you to know that it does exist and that within it is a larger reality which in good time will supersede the limitations and the difficulties of your present state of consciousness. Meanwhile, enlarge your shell, my friends, through meditation, let contemplation open yourself within. For the world without only seems to press in upon you. In reality it's pressing upon itself and you are free!

我們察覺到，這個第二個階段，對於絕大部分人，是一個非常遙遠的目標。而我們希望你們知曉，它確實存在，在其中是一個更大的實相，這個實相將會在適當的時候取代你們當前的意識狀態。同時，我的朋友們，通過冥想擴大你們的外殼，讓沉思在內在之中開放你自己。因為在外在的世界僅僅是看起來似乎在擠壓你。實際上，它是在擠壓它自己，你是自由的！

We are enjoying this contact and find that transfer of information is very smooth at this time. We would like to leave this instrument now and use the instrument known as N. I am Hatonn.

我們正在享受這個接觸，並發現對資訊的傳遞在此刻是非常流暢的。我們想要現在離開這個器皿，並使用被知曉為 *N* 的器皿。我是 *Hatonn*。

(Pause)

(暫停)

(N channeling)

(*N* 傳訊)

I am Hatonn. (Rest of N's channeling is inaudible.)

我是 *Hatonn*。(*N* 的剩下的傳訊是聽不見的。)

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument, and again I greet you in love and light. At this time, if you have a question, I would request that you ask it.

我與這個器皿在一起了，再一次，我們在愛與光中向你們致意。在此刻，如果你們有一個問題，我會請求你們詢問它。

Questioner: Hatonn, hi, it's been a while. I've been reading a book in which it states that a man named Timothy Leary has said that the discovery of the

DNA was a very, very important scientific and spiritual discovery. I wonder if you could comment on its importance or non-importance.

提問者：Hatonn：hi，有一段時間我一直都在讀一本書，在其中它說一個名叫 Timothy Leary 的人已經說，對 DNA 的發現是非常非常重要的科學和靈性的發現。我想要知道，是否你們能夠對它的重要性或者不重要性進行評論呢？

I am with the instrument, and I greet you, my brother, and prefer that we are never away from you as you think of us and question our existence, yet always send us your love. We always send you ours, [and] we never question your existence.

我與這個器皿在一起了，我的兄弟，我向你致意，我們寧願我們從未在你想到我們並質疑我們的存在性的時候遠離你，而你一直都在向我們送出你的愛。我們一直都向你送出我們的愛，我們從未質疑過你的存在性。

Questioner: (Laughing) I guess I owe you one. I don't really question your existence, I question your form.

提問者：(笑聲)我猜我欠你們一份情了。我並不是真的質疑你的存在性，我質疑你的形體。

I am with the instrument. That, my brother, is a separate question. We will attempt to answer the question on DNA for it is an interesting one and indeed central to an understanding of the essential nature of evolution. For evolution is of a unitary nature and is not physical as opposed to metaphysical. For all things function in a certain way, which is the way of, shall we say, the broken circle or the spiral.

我與器皿在一起了。我的兄弟，那是一個分開的問題。我們將嘗試回答關於 DNA 的問題，因為它是一個有趣的問題，並確實對於一種對演化的實質的屬性的理解是中心性的。因為演化是具有一種一元性的屬性的，它不是物質性的，而是形而上學的。因為所有的事物都是用一定的方式運轉的，這種方式就是，容我們說，不連續的圓或者螺旋的方式。

When the Creator sent all things in darkness to begin the great trip back to Him, He defined the infinite circle and yet, as we climb from cycle to cycle, we seem to be moving and indeed we are moving within the parameters of what we may call the spiritual journey. But at the end of the journey, you will find that we have been describing not a spiral but a circle. To understand the building block of your physical vehicle is to begin to get a model also for the building blocks of [the] journey towards the light.

當造物者已經在黑暗中送出了所有的事物，以開始那個返回祂的偉大的旅程的時候，他定義了無限的圓，而當我們從一個圓到另一個圓攀登的時候，我們看起來似乎是在移動，我們確實是我們可以稱之為靈性旅程的事物的界限中移動的。但是，在旅程的終點處，你們將會發現我們一直描繪的事物不是一個螺旋，而是一個圓。要理解你們的物質性載具的構建的模組，就是開始同樣也為朝向光的旅程的構建的模組取得一個模型。

We begin to see that which is physical as an extremely complex but

completely understandable and programmable series of bits of information, which are capable of reduplication and progression in space and in time. That which is programmable is re-programmable, and so evolution on a physical level has its existence. It is a simple truth to realize that the nature of your spiritual journey, of the journey of your star system, of the journey of your galaxy, and of the journey of the universe, as you know it, progresses along a similar series of programmable and re-programmable cycles.

我們開始將物質性的事物視為是一個極其複雜，但完全可理解且可編程的一系列的資訊點，它們是能夠在空間和時間中進行複製與發展的。可編程的事物是可重新編程的，因此，在一個物質性的層面上的演化會擁有它的存在性。它是一個要去領悟的簡單的真理，即你們的靈性旅程，你們的恒星系統的旅程，你們的星系的旅程，以及宇宙，如你們知曉它的一樣，的旅程的屬性，是沿著一系列類似的可編程且可重新編程的圓發展的。

What your scientists have not yet discovered is that there is a purpose behind the existence of consciousness, whether it be the consciousness of a cell, the consciousness of a being, of a race, of a star system, of a galaxy, or of a universe. Without the understanding of this purpose, those of your scientific community who deal with the genetic and that what is called recombinant research, may act irresponsibly and yet, this has been done before and its consequences and planetary karma have been [reaped] and yet, my friends, the cycle goes on.

你們的科學家尚未發現的事情是，在意識的存在性的背後是有一個目的的，無論它是一個細胞的意識，還是還是一個存有，一個物種，一個恒星系統，一個星系，或者一個宇宙的意識。在沒有理解這種目的的情況下，你們的科學家團體中的那些與基因以及被稱之為重組研究的事物打交道的人，可能會不負責任地行動，而這在以前已經被進行過了，它的後果以及星球的業力已經被收割了，而我的朋友們，週期繼續前進。

Does this answer your question?

提問者：這回答了你的問題嗎？

Questioner: Actually, no, not fully. I do understand what you are saying, and I appreciate it. What I was thinking was that DNA is sort of like the cosmic telegraph office between the message of the Creator and the cells of our body. And that, I was also thinking one night, in a somewhat questionable visionary state that the DNA, that the message coming through DNA [is also better than juvenation and allows the basic drive of reproduction rather than just the creation of a cell, it would also have sort of a within a telegraph office ... we deliver the message to create the DNA mind and the personal and drives ... is that correct?]

提問者：實際上，沒有，沒有充分回答。我確實理解你們在說的事情，我感激它。我正在思考的事情是，DNA 以某種方式是類似於在造物者的資訊和我們的身體細胞之間的宇宙的電報局。我一個晚上，在一種多少有些是可疑的異象的狀態中同樣也在思考，DNA，通過 DNA 而出現的資訊，同樣是比生育是更好的，並會允許繁衍的基本的驅動力，而不僅僅是對一個細胞的創造，它會同樣也擁有某

種內西來的一個內在的電報局.....我們傳遞資訊來創造出 DNA 的心智以及個體的驅動力.....那是正確的嗎？

I am with the instrument. That which is DNA is as a blueprint for the construction of the vehicle. Those drives which are part of the vehicle, that is, those of hunger, reproduction, desire for oxygen, and other necessary functions of the vehicle are blueprinted by DNA. However, that which makes a being a being is not DNA-oriented but rather is within the, shall we say, eternal nature of the spirit or soul which inhabits and animates the actions of this vehicle for the time in which that vehicle will remain viably conscious on the physical level.

我與這個器皿在一起了。DNA 是如同對載具的構建的一個藍圖。那些驅動了載具的一部分的事物，也就是說，對饑餓，繁衍，對氧氣的渴望，以及載具的其他所需的功能的驅動力，是被 DNA 設計為了藍圖的。然而，是的一個存有成為一個存有的事物，並不是以 DNA 為導向的，而毋寧死在，靈體或者靈魂的，容我們說，永恆的屬性內在之中的，靈體或者靈魂在載具將會在其中在物質性的層面上保持是可發展地有意識的時間中，會居住在這個載具中並為這個載具的行動賦予活力。

Now there are, shall we say, blueprints which are the counterpart of DNA on the eternal or spiritual level.

現在，容我們說，在永恆的或者靈性的層次上會有 DNA 的對應部分的藍圖。

Questioner: What about the mental level?

提問者：在心智的層次上是什麼呢？

That which is mental is a matter of programming, as you no doubt are aware from what you have said, and can be reprogrammed, and this is what we were attempting to say about DNA itself. As the vehicle slowly follows evolution of a species, so your mind can be more rapidly reprogrammed by your conscious direction of will in the appropriate circumstances. However, that which is eternal within you, and which is related not to a day-to-day activity but to the personality, which expresses itself in a timeless and instant vibration at all times, is not being fully reprogrammed by a mental reprogramming but is influenced over many lifetimes and many experiences. However, a serious and concentrated effort in one incarnation can gradually make a distinct change in the vibration of the being. In fact, at any moment, if your will and desire were strong enough, you could instantly change your eternal being. It is simply that that instant of will and perfect desire is not easily come by.

心智之所是，是一個編程的問題，如你毫無疑問是從你已經說過的事情知曉的，並能夠被重新編程一樣，這就是我們在關於 DNA 其自身的方面正在嘗試去說的事情了。隨著載具緩慢地跟隨著一個物種的演化，你們的心智庫能夠在適當的環境中更快地被你們對意志的有意識的指引所重新編程。然而，在你們內在之中的永恆之所是，即與一種日常生活的活動沒有關聯，而是與人格有關聯的事物，即在所有的時間都是一個無時性且瞬間的振動中表達其自身的事物，並不是完全被

一種心智的重新編程所重新編程的，而是在許多次生命與許多體驗之後被影響的。然而，在一次投生中的一種嚴肅而集中的努力，能夠逐漸在存有的振動中產生出一種明顯的改變。實際上，在任何時刻，如果你的意志與渴望是足夠強有力的，你能夠瞬間改變你永恆的存有。它單純地就是那一瞬間的意志，完美的渴望是不會輕易消失的。

Questioner: Doesn't that will and desire already influence the genetic message? And isn't it ... see, what I am trying to get at ... it appears to me, that people have genetic malfunctions in their bodies [that] would be karmically imposed, genetically, from ... the genetic message delivered by the soul says, ah, this is karma.

提問者：意志與渴望難道不會已經影響了基因的資訊嗎？它不是.....看看我正在嘗試去弄明白的事情.....在我看來似乎是，人在它們的身體中擁有基因的功能不良，那會是用業力的方式被施加的，基因性地，從.....被靈魂傳遞的基因資訊會說，啊，這就是業力了。

Let us separate theories of karma from the genetic structure of a physical vehicle. May we say first that each case of incarnation is individual, and not all genetic malfunctions are due to what is known to your peoples as karma. However, if a soul is reliving karma by a certain situation which he chooses, he does not form a physical vehicle with that genetic imbalance, but rather chooses a physical vehicle which already has that imbalance. The imbalance itself is guided by the rules of DNA in its random combination. The parents of a particular physical vehicle might by mediation cause the randomness of DNA selection to be less random. However, this is due to the action at a distance, a fact of the mind upon physical particles, such as spermatozoa and ova. The soul and its philosophical nature must not be considered to be interacting with the physical DNA genetic code prior to incarnation. The soul chooses the vehicle which best suits it.

讓我們將業力的理論從對一個物質性載具的基因的結構分開。容我們首先說，每一個投生的案例都是個體性的，不是所有的基因的功能不良都是由於被你們的人群知曉為業力的事物。然而，如果一個靈魂是藉由一定的他選擇的情況在減輕業力的，他不會藉由那種基因的不平衡來形成一個物質性載具，而毋寧是選擇一個已經擁有那種不平衡的物質性載具。不平衡其自身是在 *DNA* 的隨機的混合中被 *DNA* 的規則所指引的。一個特定的物質性載具的父母可以藉由冥想使得 *DNA* 選擇的隨機性成為較不隨機的。然而，這是由於遠距離作用的，是心智對諸如精子和卵子之類的身體的微粒的作用的一個事實。靈魂以及它的哲學性的屬性，必須不被考慮為在投身之前是與身體的 *DNA* 的基因編碼進行相互作用的。靈魂選擇了最適合於它的載具。

Questioner: Is that the secret of longevity and perhaps even immortality or a long life of the body, a conscious spiritual ... meditation or ... of the spiritual mind and the DNA genetic code ...

提問者：長壽的秘密，也是甚至是不死，或者一種身體的長的生命，一種有意識的靈性的.....冥想或者.....靈性的心智以及 *DNA* 的基因編碼.....

That which is long life is desired by some among your peoples. But in your present vibration it is not truly desirable. There will come a time when longevity is natural. Efforts to precede this natural moment by means of scientific and technological advances may perhaps be fascinating and inspiring to your peoples. However, when longevity is a desirable tool, which you may use to good effect, learning and growing throughout a longer incarnation, the exterior vibrations will of necessity have, shall we say, ameliorated and wars and violence and other negative aspects will have lessened in their impact on the planetary vibration. The efforts of single individuals to have lives on the planet which do not take into account the utter negativity of the planetary vibration are lives, which, shall we say, are those of a hermit and may not be as rewarding to the progress of the soul. However, we realize that we are not addressing ourselves to your question, but it is not a question that we can answer simply.

長壽是被你們的人群中的一些人所渴望的。但是，在你們當前的振動中，它不是真正理想性的。將會出現一個時間，在那時長壽是自然而然的。在這個自然而然的時刻之前，去藉由科學與科技的進步的途徑的努力，可能是對你們的人群是令人著迷且鼓舞人心的。然而，當長壽是一個理想性的工具，是你們可以為了良好的作用，為了在貫穿一次更長時間的投生中的學習與成長而使用的事物的時候，外部的振動將，容我們說，已經必定改善了，戰爭，暴力以及其他的負面性的面向將已經在它們對星球振動的影響的方面減輕了。單一的個體如果在地球上努力擁有那種不考慮星球振動的完全的負面性的生命，這是一個，容我們說，隱士的生命，這種生命可能並不會對於靈魂的發展是一樣有回報的。然而，我們意識到我們自己並未在講述你的問題，但是它不是一個我們能夠簡單地回答的問題。

Questioner: Are you saying that it would just as much behoove us not to spend a great deal of time say maybe even trying to communicate or (inaudible) with our genetic code, that would be pretty much a waste of our time, at this point.

提問者：你們是在說，我們不應該花費大量的時間，假設，甚至是嘗試去與我們的基因編碼進行交流或者（聽不見），在這個位置，那會是相當大的一種浪費我們的時間。

Our basic feeling is that those who work in this area are great pioneers, and as their work is perfected it is greatly hoped that that Golden Age which your planet so richly deserves may come to pass, and all things will come in good time. However, while those who are working in this area continue, we have noticed that the planetary vibration itself becomes perhaps a little darker, perhaps a little brighter, but basically the same and our basic suggestion is that to help the planet grow is at least as desirable an activity as to help in an esoteric understanding which cannot be fully used until it can be used by all. 我們基本的感覺是，那些在這個區域中工作的人都是偉大的先鋒，隨著它們的工作被完善，會有很大的希望，你們的星球如此完全應得的黃金時代可能會出現所有的事情都將在合適的時間出現。然而，隨著那些在這個區域中工作的人的繼續，我們已經注意到，星球振動其自身變得也許有一點點更加黑暗，也許有一點點更加明亮，但是，基本上是相同的，我們基本的建議是，去幫助星球成長，至少是

和通過一種奧秘的理解來幫助是一樣理想性的一種活動，那種奧秘的理解一直到它能夠被所有人利用之前，都是無法被充分利用的。

Questioner: Well, I thank you very much. As usual, I have more questions now than what I started from. I do appreciate it.

提問者：好的，我非常感謝你們。一如既往，我現在有比我從其開始的問題更多的問題了。我確實感激它。

We thank you for allowing us to share our thoughts with you. Is there another question?

我們為你允許我們與你分享我們的想法而感謝你。有另一個問題嗎？

Questioner: (Inaudible).

提問者：(聽不見)

I am aware of your question, my sister. First, let us elucidate the question for the one known as [Ra] for his description of longevity as we understood it included not nearly a long life as we now know it, but that which you would term an impossibly long life, such as one which would span two centuries or more. And, indeed, we enjoy a longer life than you by many centuries, for our whole sense of time and space have changed, as we have entered new vibratory patterns. Now secondly, let us address ourselves to your question of a normally long life being perhaps not desirable.

我瞭解了你的問題了，我的姐妹。讓我們首先為被知曉為[Ra]的實體進行說明，因為他對長壽的描述，如我們對長壽的理解一樣，不僅僅包含了一次長時間的生命，如我們現在對生命的知曉一樣，同樣也包含了你們會稱之為一次不可能地漫長的生命，諸如一個橫跨兩個世紀或者更多世紀的生命。確實，我們享受比你多很多個世紀的一種更長的生命，因為我們對時間和空間的整體的感覺已經改變了，因為我們已經進入到新的振動模式了。現在，其次，讓我們來講述你們對於一次通常性地長壽也許不是理想性的問題。

May we say to you that lives, as you know them, whether long or short, by any standards, are in a certain pattern, which you have chosen before you enter into the pattern. As a result of going from the beginning to the end of this pattern, your spirit hopes that it will have learned certain lessons, and thus have improved and defined the vibration which is its essence in the sphere of eternity in which all of you truly glow.

容我們對你們說，生命，如你們對它們的知曉一樣，無論藉由任何標準是長還是段，都是在一定的模式中的，你們已經在你們進入到模式之前選擇了那種模式了。作為從這種模式的開始前進到結束的一個結果，你的靈性希望，它將會已經學習了一定的課程了，並因此已經改善了且定義了在永恆的範圍內的它的實質之所是的振動，你們所有人都是真正在那個永恆的範圍了成長的。

When one contemplates and then does that which is known as suicide, one cuts short before the natural end the time of learning, and more often than not the lessons which that soul had hoped to learn had not been learned.

Consequently, it is often so that rather than alleviating karma, the action of taking one's life adds more karma to the burden which is already carried and which you are trying to discharge by the expression which is the lifetime which you are now living.

當一個人沉思並接下來進行了被知曉為自殺的事情的時候，一個人在學習的時間的自然結束之前就截短了，十有八九靈魂本來希望去學習的課程尚未被學會。結果是，經常會發生的情況不是減輕了業力，奪走一個人的生命的行動在已經被擔負起來的，且你們正在嘗試去藉由你們現在正在活出的生命之所是的表達來卸下的重擔上添加了更多的業力了。

Thus, when you reenter incarnation you have not only the original lesson to relearn but an additional severity to that lesson which is brought on by that pain which you have caused to those who you have previously left. Many times this type of karma is alleviated by the total forgiveness of those whom you have hurt.

因此，當你們重新進入到投生的時候，你們不僅僅擁有原來的課程要重新學習，同樣擁有那個課程的一種額外的嚴厲了，這種嚴厲是因為你已經對那些你之前已經離開你的人造成的痛苦而被產生出來的。很多時候，這種類型的業力是藉由那些你已經傷害了的人的完全的寬恕而被減輕的。

However, it is simply desirable to live until it is time for your lesson to be through, for your burdens to be laid down. It is a truism, we are aware, but we must repeat that you are not given those things which you cannot bear. Thus, working through what is difficult when you finished with a lifetime at its natural end, whether it be short or long, you can then go on and learn other perhaps more agreeable lessons in other perhaps more agreeable spheres or vibrations.

然而，單獨地是理想性的是，一直活到你的課程被完成了，你的重擔被放下為止。我們知道，它是一個自明之理，但是我們必須重複，你們並未被給予那些你們無法承擔的事物。因此，當你在生命的自然的終點結束了一次生命的時候，無論生命是短還是長，都通過困難的事物來進行工作，你接下來就能夠繼續前進，並在其他的，也許是更為合適的星球或者振動中，學習其他的，也許更為合適的課程，

If you may think of your existence as having a natural rhythm and an ongoing purpose, perhaps it will be easier for you to understand that suicide, as you call it, is a stoppage of that rhythm in an arbitrary manner. Instead, it is desirable to proceed with the rhythm of your existence, always seeing the many lessons that are about you and letting the realization of love flow into you from the Father. If you can keep these realizations before you, your life in this realm and all others will be enjoyable and fruitful. Does this answer your question?

如果你可能將你的存在性考慮為擁有一種自然而然的旋律以及一種進行中的目的的話，也許你就會更加容易理解，自殺，如你們稱呼它的一樣，是用一種任性的方式對那個旋律的一種終止。反之，更為理想性的是伴隨著你的存在性的旋律前進，一直都看到在你周圍的很多的課程，並讓愛的領悟從天父流入到你之中。如果你能夠將這些領悟放在你的面前，你在這個領域中以及所有其他領域中的生

命就將會是愉快而富有成效的了。這回答了你的問題嗎？

Questioner: Yes, thank you.

提問者：是的。感謝你們。

We thank you, my sister. Is there another question?

我們感謝你，我的姐妹。有另一個問題嗎？

(Pause)

(暫停)

I am with you. Please, my friends, know that the love of the Father flows throughout the cosmos on the winds of all of the universe to you, through you, from you. I am Hatonn. I leave you in that love. Adonai vasu borragus.

我與你們在一起了，我的朋友們，請知曉天父的愛是貫穿整個宇宙，駕著所有宇宙的風，流向你們的，流經你們，從你們流出的。我是 *Hatonn*。我在那種愛中離開你們。 *Adonai vasu borragus*。

October 9, 1978

1978-10-09 Latwii : Latwii 的第一次傳訊

(Carla channeling)

(Carla 傳訊)

I am Latwii, and I greet you in the love and the light of the infinite Creator. As always, we of the Confederation of Planets in the Service of the Infinite Creator send out blessings and our love to each of you, and we welcome those who have not sat with this group for awhile. We especially appreciate the opportunity to speak through this channel, for we have not used her for some time, and it is always a pleasure to use you as a channel. (Inaudible).

我是 Latwii。我在無限造物者的愛與光中向你們致意。一如既往，我們服務於無限造物者的星際聯邦向你們每一位送出我們的祝福與我們的愛，我們歡迎那些已經有一段時間沒有與這個團體坐在一起的人。我們尤其感激通過這個管道發言的機會，因為我們已經有一些時間沒有使用過它了，去作為一個管道使用你們，這一直都是一種快樂。（聽不見）。

I come to you because we of Latwii would teach you meditation. Each of us, you see, my friends, has, shall we say, a specialty. Each of us aspires—in intention, in attitude, in personality, shall we say—to (inaudible) planetary Earth that makes us specialists in one type of information. And we of Latwii are specialists in a type of information that has to do with a simple (inaudible), one which we bring to the people of your planet, one which is centered around meditation, one which also speaks with you: time to recognize who you truly are.

我們來到你們身邊，因為我們 Latwii 會教導你們冥想。你們看，我的朋友們，我們每一個人都擁有一種專長。我們每一個人都會——通過意願，通過態度，通過，容我們說，人格——鼓勵去（聽不見）行星地球，它使得我們成為對一種類型的資訊的專家。我們 Latwii 是一種類型的與一個簡單的（聽不見）聯繫在一起的資訊的專家，它是一個我們帶給你們星球的人群的資訊，一個以冥想為中心的資訊，一個同樣會對你們說話的資訊：去認出你們真正是誰的時間到了。

In your busy lives, my friends, in all the hurly-burly of your everyday lives, when do you have time to realize who you are? And if you, indeed, think who you are, are you not then judging yourself and asking yourself to be a better person and berating yourself for your failures? (Inaudible). This is not what we of Latwii will send you, for we wish to bring you only the love, the infinite and ever-present love of the Creator that pours to you like the sun pours its warmth upon your planet.

在你們忙碌的生活中，我的朋友們，在你們日常生活的所有的喧囂中，你們什麼時候會擁有時間來意識到你們是誰呢？如果你們，確實思考，你們是誰，你接下來難道會評判你自己，要求你自己成為一個更好的人，並用你的失敗來責備你自己嗎？（聽不見）。這不是我們 Latwii 將要送給你們的事物，因為我們僅僅希望帶給你們愛，如同太陽將它的溫暖傾瀉到你們的星球上一樣傾瀉到你們身上的造物者無限且一直都存在的愛。

You humans, my friends, with the creation of man, have built walls between yourselves and between you and love so that you experience the winter, and you become cold in your heart and can feel that the love is limited between you and your brothers and sisters and between you and the Creator who needs you. But we say to you, my friends, there is a place that is within you in which it is always summer. It is high upon a hill, and to this hill you must climb. You must seek and gently—very gently, my friends—remove your senses from the world around you, from the world around you which may be cold and harsh in its emotions, and step-by-step walk up an inner hill in silence, leaving that part of yourself behind that may in any way feel the tiredness and the toil of your everyday life. Cleanse yourself in the waters that you may find in the pond by the hill that you will climb. Dress yourselves in clean, white garments and proceed upward. You will finally be healed in consciousness, my friends. And at the top of that hill is this place. Now sit in the meadow, and listen to the birds sing, and smell the sweet smell of the flowers, and feel the warmth of the sun. This, my friends, is the Creator's love. It is infinite. It is omnipresent. It is closer to you than your own breathing and your own thoughts. This be done to you, my friends. This is our succor. We ask you—find the key to love in yourself, in your daily life.

我的朋友們，你們人類，藉由屬於人的創造物，已經在你們自己中間，在你們和愛中間構建起了牆壁，這樣你們就會體驗到冬季，你們就會在你們的心中成為寒冷的，並能夠感覺到愛在你們和你們的兄弟姐妹中間，在你們和需要你們的造物者之間是受限的了。但是，我們對你們說，我的朋友們，在你們內在之中會有一個地方，在其中它一直都是夏天。它是在一座山上的高處的，你們必須要攀登這座山。你們必須尋求，並溫和地——非常溫和地，我的朋友們——從你們周圍的世界移除你的感覺，從你們周圍的世界移除可能在其情緒中是寒冷與嚴酷的感覺，並一步接一步地在靜默中走上一座內在的山，將你自己的那個可能用任何方式感覺到了你的日常生命的厭倦與辛苦的部分都留在後面。在你將要攀登的山邊的池塘中你可能找到的水中將你自己清洗乾淨。讓你們自己穿上乾淨的，白色的長袍並向上前進。你們將會最終在意識中被療愈，我的朋友們。在那座山的頂部就是這個地方。現在坐在草地上，聆聽鳥唱歌，聞花朵的甜美的香味，感覺到太陽的溫暖。我的朋友們，這就是造物者的愛了。它是無限的。它是無所不在的。它是比你自己的呼吸和你自己的想法離你更加接近的。我的朋友們，這是對你被進行了的。這是我們的援助。我們請你，在你自己內在之中，在你的日常生活中，找到去愛的鑰匙。

(Pause)

(暫停)

I am Latwii. The contact with this channel (inaudible) and to touch with each of you is our privilege. We send each of you our love and our light, and we leave you, as always, in the love and the light that is only the Creator's, for (inaudible), my friends, the Creator. Adonai vasu.

我是 *Latwii*。與這個管道之間的接觸（聽不見）與你們每一位接觸是容我們的榮幸。我們向你們每一位送出我們的愛和我們的光，我們一如既往，在愛與光中離

開你們，那愛與光僅僅是造物者的愛與光，因為我們朋友們，(聽不見)造物者。
Adonai vasu。

(Pause)

(暫停)

I am Hatonn, and I greet you in the love and the light of the One Who is All. My friends, we are most pleased that you have included meditation in your plans this evening, for we were aware that your evening is full and that we have come late. We shall attempt to be brief.

我是 *Hatonn*，我在太一的愛與光中向你們致意。太一就是全體。我的朋友們，我們極其高興，你們今晚已經在你們的計畫中包含了冥想了，因為我們察覺到，你們的夜晚是排滿了的，我們已經來晚了。我們將嘗試成為簡短的。

We wish only to tell you tell you the story, my friends, of a seed, a small seed. This seed, my friends, grew deep in the darkness of the soil, responding to its nature and put forth one leaf, and then two, and then three, and then four, and then many, all in good time. And at a certain moment (inaudible) was plucked and eaten, that which was useful, by the standard of the one who planted the seed. We ask you, my friends, to remember that it is not only the seed that is planted that is (inaudible). We ask you to remember that you may see tension in your own lives as you put forth your leaves, for the seed knows not when the fruit may come, it knows only that the process must go on.

我們僅僅希望告訴你們，我的朋友們，一粒種子的故事，一粒小小的種子。我的朋友們，這粒種子是在土壤的黑暗的深處成長的，它回應了它的本性並伸出了一片葉子，接著兩片，接著三片，接著四片，接著很多很多的葉子，全都在適合的時間出現了。在一定的時刻，(聽不見)被拔起並被吃掉了，根據種下了種子的人的標準，它是有用處的。我的朋友們，我們請你們記住，不僅僅是被栽種的種子是(聽不見)。我們請你們記住，你們可以將在你們自己的生命中的緊張都視為是你們伸出你們的葉子，因為種子不知道什麼時候果實可能會出現，它僅僅知道，那個過程必須繼續進行。

We ask you to have faith in your missions, whatever they may be. We ask that you grow, not judging your leaves because they are not fruits but being in a state of complete joy that you are going forward, that you are producing your leaves, that you are alone, that you are (inaudible).

我們請你們對你們的使命有信心，無論它們可能是什麼。我們請你們成長，不要評判你們的葉子，因為它們不是果實，而是處於一種完全的喜悅的狀態中的，這種喜悅即你們正在前進，你們正在產生出你們的葉子，你們是孤單的，你們是(聽不見)。

There are many fruits, my friends, that have been planted by the Creator, and they will all be true and found to be good in their own time. This time is not a time that you can tell. This goodness is not a goodness that you can tell. (Inaudible) for your patience and your confidence in yourselves and your lives.

我的朋友們，有很多的果實已經被造物者種下了，它們將會全都是真實的，並會在它們自己的時間被發現是有用的。這個時間不是一個你們能夠說出來的時間。這種有用性不是一種你們能夠說出來的有用性。（聽不見）你們對你們自己，對你們的生命的耐心與信心。

At this time I would ask if there are any questions.
在此刻，我會詢問，是否有任何問題。

(Pause)
(暫停)

If there are no questions I will leave this instrument. I am known to you as Hatonn. I send my love to you, and my light. Adonai vasu borragus.
如果沒有問題，我將會離開這個器皿。我是你們知曉的 *Hatonn*。我對你們送出我的愛，我的光。 *Adonai vasu borragus*。

October 18, 1978

1978-10-18 *Hatonn* : 對屬於人的世界的獨立性

(Carla channeling)

(*Carla*傳訊)

I am Hatonn, and I greet you in the love and the light of our infinite Creator. This evening we are far from you and are using transmitting equipment of our own design in order to share our thoughts with you, for we have, shall we say, business elsewhere on your planet at this time, as there are some of what you would call crises, and there are times when those of the Confederation of Planets in the Service of the Infinite Creator must group together in certain patterns of thought and form in order to maximize the sending of love to those troubled peoples upon planet Earth. We say to you at this time that your planet has never been very much closer to what you would term armed conflict, and we ask that in your meditations you realize that you are the light of the world and that that which is you is of infinite help.

我是 *Hatonn*，我在我們的無限造物者的愛與光中向你們致意。今晚我們是與你們距離遙遠的，並正在使用我們自己設計的傳遞設備，以便於與你們分享我們的想法，因為我們在此刻在你們的星球上的別的地方，容我們說，有工作，因為會有一些你們所稱的危機，會有一些時候那些屬於服務於無限造物者的星際聯邦的實體必須要通過一定的思想的模式與形式集結在一起，以便於最大化對那些在你們星球上有麻煩的人送出的愛。我們對你們說，在此刻你們的星球從未更加接近你們所稱的武裝衝突了，我們請求，你們在你們的冥想中意識到，你們是世界的
光，你們之所是是具有無限的幫助的。

Each atom of love, shall we say, is infinitely strong. We do not ask you to pray for peace but only seek to be loving by yourself and as part of this group which functions as the light center, and that light will help.

每一個愛的原子，容我們說，都是無限強有力的。我們並不是請求你們為和平祈禱，而僅僅是尋求去憑藉你自己來成為有愛的，並作為這個團體的一部分如同光的中心一樣地發揮作用，那種光將會有幫助。

We greet those who are new to this group, and we ask you this evening to declare your independence from the world of man. My friends, you live on a planet which is more beautiful than most of the other planets of your density in your entire galaxy. You have a greater variety of wildlife, of trees, of plants, of things that swim in your water and fly in your atmosphere. Each of these things, my friends, is a creation of the Father, and each act in service and love and in balance expressing that instinct, that which is love. And so, my friends, it is given to you to do and you are that which is infinite, that which is eternal, and thus you have been given that which is freedom, and you do not need to act on instinct. And thus, in your own strength and your own freedom, you have gone, as a race, and have created a world which does not, in any great extent, express the love and service that is the essence of the Creator. And as you take in those things which are about you in the creation of man, you leave

the perspective that is yours by right, that is yours by nature. You leave your simplicity and become intellectual and complex, and you find yourself speaking many words and doing many, many things and expressing yourself in many, many ways that are not totally expressive of the love of the Creator. 我們向這個團體中的那些新人致意，我們請你們今晚宣稱你們對於那個屬於人的世界的獨立性。我的朋友們，你們生活在一個星球上，它是比在你們整個星系中的大多數其他的屬於你們的密度的星球都要更加美麗的。你們擁有一個具有更大的多樣性的野生生物，樹木，植物，以及在你們的水中游泳，在你們的大氣層中飛翔的事物。這些事物中的每一個，我的朋友們，都是一個天父的造物，每一個都是在服務與愛中的行動，並同時在平衡中表達那種本能，即愛之所是了。因此，我的朋友們，它就被給予你麼要去做的事情，你們就是無限之所是，永恆之所是，因此，你們已經被給予了自由之所是，你們並不需要依照本能來行動。因此，在你自己的力量以及你自己的自由之中，你已經，如同一場跑步比賽一樣地，出發了，並已經創造了一個世界了，這個世界不會用任何巨大的程度表達造物者的實質之所是的愛與服務。當你們接受了那些在你們周圍的屬於人的造物中的事情的時候，你們就離開了你們有權利擁有且天生就擁有的遠景了。你離開了你的簡單性，並成為有智力的且複雜的了，你發現你自己在說很多話，在做很多很多的事情，並用很多很多的方法表達你自己，而這些表達方式並對於造物者的愛並不是完全有表現力的。

Nor do we say, my friends, that this is a fault of yours, for this is a lesson that has been drilled into you by a race who came before you, and that was a lesson drilled into them by those who came before them. Misunderstanding piled upon misunderstanding, and so your species has gone far down the road to separation, to world building, to physical and mental—both emotional and spiritual—and the walls that separate you, my friends, seem incredibly permanent.

我的朋友們，我們不是在說，這是你們的一個缺陷，因為這是已經藉由一場出現在你們前方的跑步比賽而在你們身上被操練的一門課程了。誤解會在誤解上堆積，因此，你們的物種已經在那條通往分離，通往構建世界，通往那個讓你們分離的，我的朋友們，看起來似乎是令人難以置信地永久的，在身體與心智之間——同時也是在在情緒和靈性之間的——牆壁的道路上走得很遠了。

It is time, my friends, to understand that you can declare your independence from the world of man. This does not necessarily mean physical absence from the world of man, not physical reclusiveness from its activities. It means only that you commit yourself to understanding the lessons of the creation, those things that are true and all about you, those things that are inclusive in seed and flower, in sunshine, in harvest, and in the infinite and totally balanced cycles of your natural world.

我的朋友們，現在就是去理解，你們能夠宣稱你們對那個屬於人的世界的獨立性的時刻了。這不一定意味著用物質性的方式缺席那個屬於人的世界，不是對它的活動的物質性的退出。它僅僅意味著你讓你自己致力於理解造物的課程，那些真實的，全都在你周圍的事情，那些被包含在種子與花朵中，被包含在陽光中，收穫物中，以及屬於你們的大自然的世界的無限且完全平衡的週期中的事物。

One among you, who is a master known to you as Jesus, said that, "I and my Father are one." "I," my friends, and "my Father." Who, my friends, is "I?" Is it a man known to you as Jesus? But did he mean, instead, that all of us and the Father are one? We ask you to contemplate the oneness of the creation. I and my Father are not two, are not separate. There are no walls between us. I need only open that inner door of consciousness and listen, and in the silence, that which has been called in your holy works that still small voice, may speak to you. That which it speaks may not be expressed in words or many, many times in actions, but only in a sense of wholeness, of harmony, of balance, of that simple thing which we call love that has created not only us, my friends, but all that there is. All the stars that your greatest telescope can see. All of these things, my friends, are "I." Place, time, personalities are all one. You cannot be anywhere but in the creation. But you can act, my friends, for you have the power of eternity within you.

在你們當中有一個人，即被你們知曉為耶穌的大師說過，‘我和我的天父是一體的。’我的朋友們，‘我’和‘我的天父’，我的朋友們，‘我’是誰呢？它是一個你們知曉也耶穌的人嗎？但是他的意思是，我們所有人都和天父是一體的嗎？我們請你們沉思造物的一體性。我和我的天父不是兩個，不是分開的。在我們之間沒有牆壁。我僅僅需要打開那個意識的內在的大門，並聆聽，在靜默中，已經在你們的神聖著作中被稱呼為那個靜默而微小的聲音的事物，就可以對你發言了。它說的事情，可能不會用言語被表達，或者不會很多很多次用行動來表達，但是，在一種完整性、和諧、平衡的意義上，它會談及我們稱之為愛的簡單的事情，我的朋友們，那種愛不僅僅已經創造了我們，同樣也創造了一切萬有。所有你們最大的望遠鏡能夠看到的星星，所有這些事情，我的朋友們，都是“我”。位置，時間，人格全都是一體的。你們除了處於造物中之外，無法無處任何位置。但是，我的朋友們，你們能夠行動，因為你們在你們內在之中擁有永恆的力量。

How shall you act, my friends? We ask you ...

我的朋友們，你們將如何行動呢？我們請求你們.....

(Pause during the interruption of a telephone call.)

(在因為一個電話的中斷的期間的暫停。)

I am Hatonn. We are sorry for the interruption. We will continue.

我是 *Hatonn*。我們為中斷而抱歉。我們將繼續。

We ask you to contemplate, my friends, those two creations—that of the Creator and that of the sons of the Creator—and you [to] ask yourselves which expresses love? And further, to ask yourselves how that love can be translated into the creation of man. For each of you, my friends, in each day, can express love in the creation of man, for there are no walls so high that love cannot express itself through. There are no doors that cannot be opened with love. And you have that love, my friends. It is not yours by personality or by heritage in the human sense. It is yours because you are part of the Creator, and the Creator created you in love, and there is that within you which is perfect and perfectly expressive of love. We ask you to contact that part of

yourself which is the whole creation, which has the wisdom of the whole creation. We ask that you do this by inner listening, by service to others, or by any means which, for you, is your own unique method of finding the truth.
我們請你們沉思，我的朋友們，那兩個造物——屬於造物者的造物以及屬於造物者的孩子的造物——你們要問你們自己，哪一個造物表達了愛呢？更進一步，更你們自己，愛如何被轉譯為屬於人的造物呢？因為你們每一個人，在每一天中都能夠在屬於人的造物中表達愛，因為沒有牆壁是如此之高以至於愛是無法通過其表達其自身的。沒有門是無法藉由愛被打開的。我的朋友們，你們擁有那種愛。我的朋友們，它不是藉由人格或者藉由在人的意義上的遺產而屬於你的。它是屬於你的，因為你就是造物者的一部分，造物者已經在愛中創造了你了，在你內在之中會有那個完美的事物，完美地表達了愛的事物。我們請你接觸你自己的那個完整的造物之所是的部分，擁有完整的造物的智慧的部分。我們請你們藉由內在的聆聽，藉由服務他人，或者藉由任何對於你就是你自己找到真理的獨一無二的方法的途徑這樣做。

We, as each of you are aware, do not consider that we ourselves are authorities on the truth but only those who have reached our hands out to you in love to generate a desire within you, a desire that may take spark, so that you desire to find out for yourselves what is the truth.
我們，如你們每一個人知曉的一樣，並不會考慮我們自己就是真理的權威，而僅僅是那些已經在愛中向你們伸出我們的手來在你們內在之中產生出一種渴望，一種可以點燃的渴望的實體，這樣你們就會渴望為你們自己弄明白，真理是什麼了。

I would like to pause at this time so that my brother Laitos may speak. I am Hatonn.
我想要在此刻暫停，這樣我的兄弟 *Laitos* 就可以發言了。我是 *Hatonn*。

(Pause)
(暫停)

I am Laitos, and I greet each of you in the love and light of the infinite Creator. I was attempting to contact other instruments, however, they are not receptive, and we will use this instrument. We thank you for this opportunity to share our thoughts with you and assure you that it is a very great privilege to tell you that love is what we feel for you, and that is why we are here.
我是 *Laitos*，我在無限造物者的愛與光中向你們各位致意。我正在嘗試接觸其他的器皿，然而它們不是善於接收的，我們將使用這個器皿。我們感謝這個與你們分享我們的想法的機會，我們向你們保證，告訴你們，愛就是我們對你們感覺到的事物，就是為什麼我們在這裏的原因，這是一種非常巨大的榮幸。

It is our special privilege among the Confederation of Planets to work with those who desire what we call conditioning. We would go around the room, shall we say, and attempt with each of you to make a functioning contact with you so that you may feel our presence.
我們在星際聯邦當中擁有特別的榮幸來與那些渴望我們稱之為調節作用的事物的實體一同工作。我們會在房間中，容我們說，四處移動，並對你們每一個人進

行嘗試，以與你們產生出一種有功能的接觸，這樣你們就可以感覺到我們的存在了。

We assure you that verbal channeling is not our only reason for contact, but it is our special privilege to work with each meditator in strengthening his or her own meditative vibrations. We will start with the one known as H and, shall we say, work our way around the room, if you will be patient. We are in the room with you and will be with each of you. I am Laitos.

我們向你們保證，語音傳訊並不是我們接觸的唯一的原因，但是通過增強他或者她自己的冥想性的振動來與每一個冥想者一同工作，這是我們特別的榮幸。我們將從被知曉為 *H* 的實體開始，並將會在房間中四處找到我們的道路，如果你們將會有耐心的話。我們在房間中與你們在一起，並將會與你們每一位在一起。我是 *Laitos*。

(Pause)

(暫停)

Laitos here, my friends. We thank you for being able to work with you. We have attempted to give strength to [heal] certain physical ailments, shall we say, that were bothering those in the room and hope that we have helped. Our light is with you, and we ask you to summon me any time that you may desire our contact. Let me say to you, as always, our contact is a help to achieve contact with that which is truth. We are only helpers, and it is our great, great honor to aid you.

Laitos 在這裏了，我的朋友們，我們為能夠與你們每一位一同工作而感謝你們。我們已經嘗試去給予力量以療愈一定的，正在困擾在房間中的那些人的，容我能說，身體的疾病，我們希望我們已經是有幫助的了。我們光是與你們在一起的，我們請你們在任何你們可能會渴望我們的接觸的時刻都召喚我們。讓我們對你們說，一如既往，我們的接觸是一種幫助，以取得與真理之所是的接觸。我們僅僅是幫助者，幫助你們是我們巨大的、偉大的榮耀。

The truth, my friends, is inside you. Inside you, my friends, lies all that there is. And with that thought, I will leave you. I am Laitos. Adonai.

我的朋友們，真理是在你們內在之中的。我的朋友們，在你們內在之中存在有一切萬有。帶著那個想法，我們將離開你們。我是 *Laitos*。 *Adonai*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn, and I am again with this instrument known to you as Carla. Thank you for your patience. At this time I would open the meeting to questions.

我是 *Hatonn*，我再一次與這個被你們知曉為 *Carla* 的器皿在一起了。我們為你

們的耐心而感謝你們。在此刻，我會對問題開放集會。

(Pause)

(暫停)

Questioner: (Inaudible) my question.

提問者：(聽不見) 我的問題。

Go ahead, my brother.

前進吧，我的兄弟。

(Inaudible)

(聽不見)

We are aware of your question, my brother, and we speak to you in general, although we ask you to understand that due to the free will of each person on the planet, situations are not static and are not dictated by fate but are dictated by the free will of the planetary consciousness. That is why so many of us are here, and that is why so many of those on the inner planes in your own planetary vibrations are in conscious contact with, shall we say, disciples attempting to alleviate, shall we say, the birth pangs of planet Earth.

我的兄弟，我們瞭解了你的問題了，我們會一般性地對你發言，儘管我們請你們理解，由於在星球上的每一個人的自由意志，情況並不是固定不變的，不是被命運所支配的，而是被星球意識的自由意志所支配的。那就是為什麼我們如此多的人在這裏的原因了，那就是為什麼在你們自己的星球振動中的內在層面上如此多的實體正在通過與那些，容我們說，門徒們進行有意識的接觸而嘗試去，容我們說，減輕行星地球的出生的劇痛了。

First we would like to say—and we say this most seriously—it is a great challenge to you and, to a lesser degree, to us, to bring the planet through to 1984, so that it may have its physical changes as they occur, for there are among your peoples who are leaders [who] are most bloody-minded and jealous and are liable to destroy the planet by man-made means before nature has had its day.

首先我們想要說——我們說極其嚴肅地說這一點的——將這個行星帶到 1984 年，這對於你們是一個巨大的挑戰，而在一個較小的程度上，是對我們的一個挑戰，這樣它就可以在那些物質性的改變發生的時候擁有它們了，因為在你們的人群中會有一些領導人是極其殘忍的，嫉妒的，且傾向於藉由人造的手段來在大自然在它適當的日子產生改變之前就破壞這個行星的。

That which is known to you as the physical change of planet Earth, as you well know from your previous research, has already begun taking place and is well underway. What is perhaps not known to you is that groups of people in light centers like this one, meditating in love, have managed to alleviate not one but several series of your earthquakes, especially those in your western coast, so that smaller earthquakes happened in quick succession, none of which did

the great damage that one earthquake should have done. 你們知曉為行星地球的物質性的改變的事物，如你們從你們之前的研究清楚地知曉的一樣，已經開始發生，並且是順利地在進行中的。也許你們不知道的事情是，類似這個團體之類的你們的人群在光中心中的團體，當它們在愛中冥想的時候，就已經成功地減輕了不是一次，而是數次你們的地震了，尤其是在你們的西海岸中的地震，這樣，較小型的地震快速連續地發生，沒有任何地震造成了一次地震本來應該已經造成的損傷了。

Questioner: I understand that the worst earthquake (inaudible) could happen in California?

提問者：我理解最糟糕的地震（聽不見）能夠發生在加州。

That is correct. We have for several years been alerting light groups like your own to the possibility that meditating in love could alleviate the great stresses of the Earth which are manifesting due to the built-up consciousness of the planetary mind over many generations. Thus, that which can be cataclysm has, so far, been sparing of lives while slowly alleviating the great stresses in the Earth. We go on with this work and know that you also do.

那是正確的。我們已經在數年時間中一直都在提醒類似於你們自己之類的光的團體記住這樣一種可能性，在愛中冥想能夠減輕地球的巨大的壓力，這些壓力是由于星球心智在許多個世代中被積累起來的意識而正在顯化的。因此，能夠成為大災難的事物，迄今為止，已經成為了不會傷害生命的，並同時緩慢地減輕了在地球中的巨大的壓力的。我們繼續這個工作，並知道你們同樣也許繼續這樣做的。

There are many stresses; that is only one. To pray, shall we say, for California is not what we ask, but rather, simply that you concentrate on being a loving person and sending your love to the planet as a whole. The planetary consciousness becomes lighter and lighter as it receives the love generated, first from that central sun which is the Creator, but then flowing through you persons of free will on planet Earth [who] have good wishes for all on your planet, and the Earth itself begins to feel it. It is perhaps, shall we say, an extreme example of what a physicist would call action at a distance where, by concentrating on small particles, changes in the material world may take place. These are very gross changes, and yet, if enough of the consciousness of your planet is alerted, even they can be alleviated. Things get worse rather than better, as you know, as you approach the new location in space. And by, perhaps shall we say, 1982 much will have become clear as to whether the natural sector of the creation—in other words, the planet itself—has begun to vibrate successfully in what so many of your poets have called the golden age to come.

會有很多的壓力，地震僅僅是一種壓力。容我們說，為了加州祈禱並不是我們請求的事情，我們毋寧是單純地請求你們集中注意力成為一個有愛的人，並向作為一個整體的星球送出你們的愛。星球意識會在它接收愛的時候變得越來越明亮，這種愛是首先從造物者之所是的中心太陽被產生出來，但它接著會流經在行星地球上的那些已經對在你們星球上的所有事物都擁有良好的意願的，具有自由意志的人，地球其自身開始感覺到它了。這也許是一個物理學家會稱之為遠距離作用

的事物的一個極端的例子，在這種遠距離作用中，藉由集中注意力在小的粒子上，在物質性的世界中的改變就可以發生了。這些都是非常嚴重的改變，然而，如果你們星球的足夠多的意識是警覺的，甚至它們都能夠被減輕。如你們知道的一樣，當你們接近在太空中的新的位置的時候，事情在變得更加糟糕而不是變得更好。但是，也許，容我們說，在 1982 年之前，在關於是否造物的大自然的部分——換句話說，星球其自身——會已經開始成功地在你們如此多的詩人已經稱之為即將到來的黃金時代的事物中振動的方面，大量的事情就已經變得清楚了。

Questioner: Is it possible to (inaudible) a specific date, about, when this can occur?

提問者：有可能（聽不見）一個具體的日期，大概在什麼時候這能夠發生呢？

It is possible, but in order to do this we would subject this channel to a type of information which is highly precarious and which this instrument does not wish to use.

這是有可能的，但是為了這樣做，我們會讓這個管道受到一種類型的資訊的影響，這種資訊是極其靠不住的，這個器皿並不希望使用這種類型的資訊。

Let me take a moment and speak on this subject which is perhaps not related but important to express. We of the Confederation of Planets are many, and though we are of one spirit we are not one mind, for we are, as you, individuals. Those of the Confederation that believe that it is necessary to warn humankind of the specific dates are doing so. However, this type of information is highly, highly difficult, due to the fact that we are transmitting through time, not space; therefore, our time coordinates are not apparent to us and must be, shall we say, decoded by a computer system which is very much like a complex computer of yours. It is infinitely difficult for us to understand your time system. Therefore, even when our channel remains pure, we are capable of giving incorrect information.

讓我花一會兒在這個主題上發言，這個主題也許並不是有關聯的，但是對於表達是重要的。我們星際聯邦是為數眾多的，儘管我們是屬於一個靈體，我們卻並不是一個具有心智的，因為我們和你們一樣，是個體。會有一些星際聯邦的實體相信，需要警告人類知曉具體的日期，它們正在這樣做。然而，這種類型的資訊是極其，極其困難的，這是由於我們是在通過時間，而不是空間傳送，因此，我們的時間座標對於我們並不是明顯的，而必須被一個非常類似於你們的一個複雜的電腦的電腦系統，容我們說，解碼。要理解你們的時間系統，這對於我們是無限地困難的。因此，甚至在我們的管道是保持純淨的時候，我們都有能力給予不正確的資訊。

Now let us complicate the picture. Unless we place extreme protection about this channel and use complete control—a type of communication with which you, my brother, are intimately familiar—we cannot protect her from the use of astrals who may or may not have the correct information. For that reason, also, we do not wish to subject an instrument to this type of information unless she desires it.

現在，讓我們讓這個圖像變得複雜。除非我們在這個管道周圍設置極大的保護，

並使用完全的控制——一種你，我的兄弟，是極其熟悉的溝通交流的類型——我們都無法保護她免受星光層實體使用，這些實體可能會或者可能不會擁有正確的資訊。因為那個原因，我們並不希望讓一個器皿受到這種類型的資訊的影響，除非她渴望它。

Questioner: (Inaudible).

提問者：(聽不見)

We do ask only one thing, and that is that you and all of those in this room attempt to know who you are and what you wish to do, and do it with love. 我確實僅僅需要請求一個事情，那就是你們以及所有在這個房間中的實體。都嘗試去知曉，你們是誰以及你們希望做什麼事情，並帶著愛來做它。

There are those upon your planet who are capable of receiving specific information, and so they do, but [they] will show to you that the higher truth is far more important than earthquakes and fires and all that you may be subjected to from the physical development of the new age, will be the spiritual development of the peoples of your planet. To help them, you cannot pray for them but only attempt to become a pure vessel, shall we say, of that which we call love. Love is that which is indescribable. It is more strong and powerful than the word would suggest in your language, and certainly you have no other word which is as expressive. We have attempted at times to use the word "desire" to indicate that which communicated life to the cosmos, but desire today among your peoples expresses upon a physical level, and this we do not mean. Thus we ask that you find love within you and then open those eyes which are windows to that love, and let it shine forth to the best of your ability. Do not be sad because you have failed at any moment, but only try again. That is all that we can do.

在你們的地球上會有一些人能夠接收到具體的資訊，它們就是這樣做的，但是它們將會向你們展現，更高的真理是比地震，火山，以及所有你們可能因為新時代的物質性而受到其影響的事情要遠遠更加重要的，更高的真理將會是你們的星球的人群的靈性的發展。要幫助它們，你們無法為它們祈禱，而僅僅能夠嘗試去成為我們稱之為愛的事物的，容我們說，一個更為純淨的管道。愛是無法描述的事物。它是比在你們的語言中詞語所能夠建議的要更加強且更有力量的，你們肯定不擁有其他的詞語是一樣有表現力的。我們已經時常都嘗試去使用“渴望”這個詞語來表示對宇宙被傳達的生命，但是渴望今天在你們的人群中是在一個物質性的層次上被表達的，我不是我們的意思。因此，我們請你們在你們內在之中找到愛，接下來，睜開眼睛，眼睛是通向那種愛的窗戶，盡你們的全力讓愛閃耀出來。不要在任何時刻因為你們已經失敗了而感到悲傷，而僅僅是再一次嘗試。這就是所有我們能夠做的事情了。

Questioner: I understand that we have a very limited way of knowing creation, and I know that the channel you are using is probably a little tired from making contact, and I appreciate the love in which you have answered my questions. Thank you.

提問者：我理解，我們擁有一種非常有限的知曉造物的途徑，我知曉你們正在使

用的管道有可能對於建立接觸有一點點疲倦了，我感激你們贏同過其回答我的問題的愛。謝謝你們。

My brother, it is we that thank you. We are most grateful to you, for it is our only purpose to share with you that which we have learned by experience.
我的兄弟，是我們要感謝你。我們對於你們是極其感激的，因為我們唯一的目的就是與你們分享我們已經藉由體驗學會了的事情。

(Pause)

(暫停)

Is there another question?

有另一個問題嗎？

Questioner: Is the holy shroud of Turin really the cloth that Jesus Christ was wrapped in?

提問者：神聖的裹屍布真的是耶穌基督被包裹在其中的衣服嗎？

Carla: I don't know. Everyone is totally silent.

Carla：我不知道。每一個人都是完全沉默的。

(Pause)

(暫停)

Carla: As a matter of fact, they're laughing. Just a minute, let me see if I can get anything.

Carla：實際上，它們正在笑。等一會兒兒，讓我看看是否我能夠接收到任何事情。

(Carla channeling)

(Carla 傳訊)

I am with this instrument. We thank you, my sister, for your question. We ask you to understand that clothes are not our greatest interest, and clothes of those who are dead even less so. The one you know of as Jesus is a man of great humor and insight, and the fact that his shroud would be valuable strikes him as funny. We can only say to you that the ideas of a man are important and not that which has come in contact with his physical body. May we say further that those things which are valued among your peoples as religious relics often appear to be strangely and psychically active, thus giving internal evidence of their reality; but we ask you to understand that there could be no true evidence left by one of the vibration of the master known to you as Jesus, and that it is the thought forms of those who have come after him and elevated him to an untrue status that have invested these objects with their apparently unusual nature.

我與這個器皿在一起了。我們為你的問題而感謝你，我的姐妹。我們請你們理解，

衣服不是我們最大的興趣，對那些死人的衣服就更加沒有興趣了。被你們知曉為耶穌的實體，是一個具有巨大的幽默和洞見的人，他的裹屍布會是有價值的，這個事實會讓他感到好笑。我們僅僅對你們說，重要的事情是一個人的觀點，而不是他的物質性身體已經接觸到的事物。容我們更進一步地說，那些在你們的人群中被當作宗教聖物而被重視的事物，經常會在表面上是奇怪地，且精神性地是活躍的，並由此會對它們的實相給予內在的證據，但是我們請你們理解，被你們知曉為耶穌的大師的振動是不會留下任何真實的證據的，已經為這些物品投資了它們表面上是不同尋常的屬性的事物，是那些在他之後出現並將他提升到了一個不真實的地位的人的思想形態。

Does that answer your question?

那回答了你的問題嗎？

Questioner: Yes, thank you.

提問者：是的，感謝你們。

We thank you, and we are sorry that we sometimes cannot take seriously those things which are taken seriously among your peoples. But love itself, my friends, we take very seriously.

我們感謝你，我的很抱歉，我們有時候無法嚴肅地對待那些在你們的人群當中被當成很嚴肅的事情。但是，我的朋友們，愛其自身，我們是非常嚴肅地對待的。

Is there another question?

有另一個問題嗎？

Questioner: I have a question. Are experiences ... difficult situations ... always ... could be considered karmic in nature? Or just some? Not wanting them themselves, do they have to be necessarily karmically related? And is it important to know the difference, if there is a difference?

提問者：我有一個問題。體驗.....困難的情況.....一直都能夠被認為在屬性上是業力性的嗎？或者僅僅是一些？如果它們自己不想要它們，它們必定是與業力聯繫在一起的嗎？去知曉區別是重要的嗎，有一種區別嗎？

I am Hatonn. I am Hatonn. I am Hatonn. We are establishing contact. This instrument was somewhat distracted by the snoring of the one known as B. I am Hatonn. We are aware of your question.

我是 *Hatonn*。我是 *Hatonn*。我是 *Hatonn*。我正在建立接觸。這個器皿是因為被知曉為 *B* 的實體的打呼嚕而多少有些被分心了。我是 *Hatonn*。我瞭解了你的問題了。

Karma is greatly misunderstood among your peoples. There are laws which are known to you as karma, and they are simple cause and effect, much as you would understand; but you must also understand that your lives are not completely directed by karma.

業力在你們的人群當中是極大地被誤解了的。會有被你們知曉為業力的法則，它們與你們會理解的原因與結果是一樣簡單的，但是你們必須知曉，你們的生命不

是完全被業力所指引的。

Primarily, those things which are directed by karma are certain choices that you make having to do with relationships with others and, to a lesser extent, your occupation or interest or hobby, shall we say. As an example, we would point out that this particular instrument has strong karmic ties with music and, therefore, in this incarnation she has been powerfully drawn to it for the reason that she has great desire to create beauty through music. This bias was positioned in her by actions in previous incarnations and has affected her life. You will notice that there is no other person involved in this, but it is a simple cause and effect coming through the incarnation.

那些被業力所指引的事情是一定的你們做出的，與那些和其他人之間的關係聯繫在一起的選擇，並在一個較小的程度上，與你們的職業或者興趣或者，容我們說，嗜好聯繫在一起的選擇。作為一個例子，我們會指出，這個特定的器皿擁有與音樂之間的強有力的業力的紐帶，因此，在這次投生中，她已經被強有力地喜歡引導了音樂，這是因為她擁有巨大的渴望去通過音樂創造出美麗的原因。這種偏向性是藉由在之前的投生中的行動被置於她內在之中的，並已經影響了她的生命了。你們將會注意到，沒有其他人被包含在這種偏向性之中，但是它是一個穿越投生出現的因果。

Karma is often good rather than bad; but, further, it should be understood that the day-to-day incidents of your life are, rather than karma, a type of random number system which gives you a path in each situation in each day. You have your choices to make, and they have not to do with karma but with love.

業力經常是好的，而不是壞的，但是，更進一步，應該被理解的是，你們的生命中的日常生活的事件，不是業力，而是一種類型的亂數的系統，它在每一天中，在每一個情況中給予了你們一條道路。你們擁有要做出的選擇，它們是與業力無關，而是與愛有關的。

Frequently, the most difficult problems are, indeed, karmic, but they have to do with a relationship which was in some way unbalanced in a previous incarnation. In that case, we ask that you attempt with all your being to stop the wheel of karma. The way to do this is to forgive. Forgiveness is another word for love of that who seems to be an enemy. To forgive completely is to remove karma from the situation. To love completely is to be free. To love, it is truly said, is to conquer. Therefore, if you find a situation especially difficult, come out of your meditation with the question, "How does this situation look now in the light of meditation?" And with that tool of yours which is perfectly good and for you to use, known as your mind, objectively and carefully search the situation for the lesson you are to learn. If you find it is karmic, then perhaps you know that which you must do. If you wish to progress as quickly as possible, seize that which you think you must do and do it, whatever pain it may cause you at the time.

時常，最為困難的問題確實是業力性的，但是它們是與在一次之前的投生中以某種方式是不平衡的一個關係聯繫在一起的。在那個情況中，我們請你們嘗試用你

們所有的存有來停止那個業力之輪。去這樣做的方式就是去寬恕。寬恕是另一個代表了對看起來是一個敵人的人的愛的詞語。要完全地寬恕，就是從那個情況中移除業力。要完全地愛就是去成為自由的。如同說的很好的一樣，去愛就是去克服。因此，如果你發現一個情況是特別困難的，帶著這樣的問題從你的冥想中出來，“這個情況在冥想的光中現在看起來是什麼樣子的呢？”藉由那個被知曉為你的心智的工具，這個屬於你的工具是完美地良好的且適合你使用的，可觀地且仔細地在那個情況中搜尋你要學習的課程。如果你發現它是業力性的，接下來，也許你知道你必須要做什麼事情。如果你希望盡可能快遞前進，抓住你認為你必須做的事情並做它，無論它在那個時候可能給你你造成什麼痛苦。

In alleviating the karma of another, you have shown the greatest love one can show. To forgive is truly to love.

在減輕另一個人的業力的方面，你已經展現了一個人能夠展現的最大的愛了。去寬恕就是真正地去愛。

Does this answer your question, my sister?

我的姐妹，這回答了你的問題嗎？

Questioner: Yes, thank you.

提問者：是的，感謝你們。

Is there another question?

有另一個問題嗎？

(Pause)

(暫停)

Due to the longness of this session, we will pause only a moment to leave you with some last thoughts.

由於這次機會的漫長，我們將暫停一會兒來帶著一些最後的想法離開你們。

We leave you with a few pictures, my friends, such as this instrument has just seen, drawn by the one known as R, the tiny things: the flowers and the trees, and the not so tiny things that have been through the cycle of life and death and are still beautiful. Now the great things, my friends: the mountains, the great seas. Draw back, my friends. See even the greater things; see your beautiful planet with its mists and clouds. Pull back, my friends, until all you can see is the vast creation of the Father, and let you then know that all within that creation is love.

我們帶著一些圖像離開你們，我的朋友們，諸如這個器皿剛剛已經看到了的，由被知曉為 R 的實體繪製的圖像，那些微小的事物：花朵，樹木，以及已經穿越了生命與死亡的週期，而卻仍舊美麗的並非如此微小的事物。現在，巨大的事物，我的朋友們，大山，巨大的海洋。我的朋友們，往後拉。看到甚至更大的事物，看到你們美麗的星球，帶著它的霧與雲。我的朋友們，往後拉，一直到所有你們能夠看到的事物都是天父的巨大的造物為止，讓你們接下來知曉，所有在那個造物之中的事物都是愛。

I leave you in that love and that light.
我在那種愛與那種光中離開你們。

(Tape ends.)
(磁帶結束。)

February 13, 1979

1979-02-13 Latwii : 學習課程的時間

(Carla channeling)

(Carla 傳訊)

I am Latwii. I am one with this instrument. Again I greet you in the love and the light of the infinite Creator and wish to send you the love of the brothers and sisters of Hatonn who are on duty elsewhere during this difficult evolutionary period in your planet. They have asked those of Latwii to, shall we say, cover their channels, and we are doing so to the best of our ability, which is considerable. We send you love and laughter.

我是 *Latwii*。我與這個器皿在一起了。我再一次在無限造物者的愛與光中向你們致意，我們希望向你們送出我們的兄弟姐妹 *Hatonn* 的愛，*Hatonn* 在你們的星球的這個困難的演化的時期期間正在別的地方執勤。它們已經請求 *Latwii*，容我們說，照顧它們的管道，我們正在盡我們的全力這樣做，我們的能力是可觀的。我們向你們送出愛與歡笑。

We were attempting to contact the one known as R, due to the fact that he desires to remain an open channel and to have help in his creativity. However, he was analyzing our thoughts. Therefore, we will attempt again to make contact with the one known as R to build his confidence and to let him know that those of the Confederation of the Planets which are in the Service of the Infinite Creator are always with you. I am Latwii.

我們正在嘗試去接觸被知曉為 *R* 的實體，這是由於他渴望保持一個開放的管道，並通過他的創造性是有幫助的。然而，他正在分析我們的想法。因此，我們將再一次嘗試去與被知曉為 *R* 的實體建立接觸，以構建他的信心並讓他知曉，那些屬於服務於無限造物者的星際聯邦的實體一直都是與你在一起的。我是 *Latwii*。

(Pause)

(暫停)

I am again with this instrument. We are aware that the instrument known as R has a brain that is jumping about like a jumping bean and, therefore, we will go ahead and speak through this instrument, assuring him that we had good contact and that when he is properly, shall we say, relaxed and peaceful within himself without worrying about time and space he will be able to contact the brothers and sisters of the Confederation at his will. We will always share our thoughts and ...

我再一次與這個器皿在一起了。我們察覺到被知曉為 *R* 的器皿擁有一個如同一條蹦跳的豆子一樣四處跳動的大腦，因此，我們將前進並通過這個器皿發言，我們向他保證，我們擁有良好的接觸了，當他是，容我們說，適當地放鬆，並在他自己內在之中是平安的，而不擔心時間和空間的時候，他將會能夠如其所願地與星際聯邦的兄弟姐妹接觸了。我們將一直都會與分享你們的想法並.....

R: May I ask a question, please?

R：我可以問一個問題嗎？

We are delighted to have you ask a question.

我們很高興讓你問一個問題。

R: Am I barking up a dead end ... when I was talking to Carla about the concept of healing through neurogenetics?

R：當我正在於 *Carla* 談及通過神經遺傳學療愈的觀念的時候.....我正在對著一個死胡同叫嚷嗎？

We are aware of the question. To speak of barking up the wrong tree is impossible when there are a forest of correct trees. However, it must be understood that there are a million ways to approach the problem of imposing the perfection of the original idea of an entity upon that which has become distorted in your illusion.

我們瞭解了問題了。當有一個森林的正確的樹木的時候，要對著錯誤的樹木叫嚷，這是不可能的。然而，必須要被理解的事情是，會有一百萬種途徑來處理讓一個實體的最初的觀點的完美性在那個在你們的幻象中已經成為扭曲的事物上留下印象的問題。

One perfectly reasonable method of attempting to create physical perfection, as you would call it, would be that which you have spoken of. However, it must be understood that each case is an unique one, and in each illness or malfunction of emotional, spiritual or mental nature there are lessons to be learned, and there is a process which is known as learning the lesson among your peoples. We find this a ponderous concept. However, we tend to have difficulty with your concept of time, and your concept of learning the lessons is deeply tied up in your concept of time. Therefore, people upon your planet consider that it takes time to learn the lesson.

創造出身體的完美，如你們會稱呼它的一樣，的一個完全合理的方法，即使那個你已經談及的方法。然而，必須要被理解的事情是，每一個實例都是一個獨一無二的實例，在每一個具有情緒、靈性或者心智屬性的疾病或者功能障礙，都是要被學習的課程，會有一個在你們的人群中被知曉為學習課程的過程。我們發現，這是一個沉重的觀念。然而，我們會傾向於對你們時間的觀念擁有困難，你們學習課程的觀念是深深地與你們時間的觀念被連接在一起的。因此，在你們的星球上的人會考慮，要花費時間來學習課程。

It does not take time, it takes a focusing of the will. This, however, must be done completely and freely before the new programming is attempted. The one thing that cannot be done is to reprogram before the lesson has been learned. As we said, this can be accomplished either in no time, in a small amount of time, or in what you would call a lifetime.

它不用花費時間，它要花費一種對意志的聚焦。然而，在新的編程被嘗試之前，這必須要完全且自由地被進行。無法被進行的一個事情就是在課程被學會之前進行重新編程。如我們說過的一樣，這是能夠要麼不花時間，要麼用少量的時間，或者用你們所稱的一生的時間，被完成的。

This particular entity has been learning a lesson and offering lessons to others through what seems to be a physical distortion of the perfection of her nature, and the lessons seem to be progressing well, shall we say. However, we do not understand progress and can only say that she is very close to achieving the point at which she is of such a disciplined nature that she no longer needs a limitation on her activities in order to stimulate the so-called mission that she has come here to perform. Her nature is so adventurous and enthusiastic that she programmed herself before this incarnation a method whereby her activities would be limited so that she could reach the goal of sharing with others those things which she knows upon a certain level, which she would not have been able to concentrate upon had she been, shall we say, working full time, as you put it among your peoples, and dealing with six children which was her conscious programming. Consequently, she was carefully maneuvered around these obstacles to her becoming a guide to others through writing and being. She has now become a being with very little of the lesson to learn. Therefore, it is quite possible that a healing will take place—if not by barking up your tree, by barking up another.

這個特定實體已經一直都在通過看起來似乎是對她的屬性的完美性的一種身體上的扭曲的事物來學習一個課程，並向其他人提供課程，這些看起來似乎是，容我們說，進展良好的。然而，我們並不理解進展，而僅僅能夠說，她是非常接近取得這樣一個位置，在這個位置上，她是具有這樣一種被修煉過的屬性，以至於她不再需要一種對她的活動的限制，以便於激勵她已經來到這裏來執行的所謂的使命了。她的屬性是如此之愛冒險且充滿熱情，以至於她在投生前為她自己規劃了一種方法，她的活動藉由這種方法就會被限制，這樣她就能夠取得與其他人分享那些她在一定的層次上知曉的事物的目標了，如果她一直都，如你們在你們的人群中描述它的一樣，全職工作，並與六個孩子打交道，這就是她有意識地規劃的事情了，她本來是無法聚焦在這樣一個層次上的。結果是，她正在通過寫作與成為而小心謹慎用計繞過這些對於她成為其他人的一個嚮導的障礙物。她現在已經成為了一個具有非常少的要學習的課程的存有了。因此，相當有可能，一種療愈將會發生——如果不用藉由對著你們的樹木吼叫，藉由對著另一個人吼叫的話。

However, we may say that that which you are working on at this point is, shall we say, a seed concept and should be considered most carefully, for it has a good deal of awareness of that which is of a truer nature than most of that which is of an intellectual nature and is written down among the peoples of your planet.

然而，我們可以說，你們在這個位置上正在其上進行工作的事物，容我們說，是一個種子觀念，並應該被極其仔細地考慮，因為，相比大多數的具有一種智力屬性的事物，以及在你們的星球上的人群中被寫下的事物，它擁有大量的對具有一種更為真實的屬性的事物的認識。

One of the great graces of the one known as Timothy Leary is a sense of humor, which we find absolutely essential for the progression of the soul. We find so often in your culture that seriousness is equated with holiness, and we

say to you that this is, indeed, not so and that there is a holy joy which should be connected with constant and unremitting discipline to achieve the perfect balance between joy and the carrying of that which you know in your culture as the cross. It is said in your holy works, "Peace I bring to you. My peace I give to you, not as the world gives to you." It must be remembered that joy and the cross walk hand in hand. It is not an easy path, but it is a very joyful path, and approached with a sense of humor, each lesson can be reduced to no time instead of a small time, to a small time instead of a great time, to a great time instead of a lifetime, and so on. And, thus, you may consciously take charge of your life and goal.

被知曉為 *Timothy Leary* 的實體的一個巨大的恩典就是一種幽默感。我們發現它對於靈魂的發展是實質性的。我麼發現，在你們的文化中，如此經常地，那種嚴肅性是與神聖性等同的，我們對你們說，確實不是這樣的，會有一種神聖的喜悅是應該與持續不斷且不懈的修煉被聯繫在一起，以取得在喜悅以及擔負起在你們的文化中你們知曉為十字架的事物之間的完美的平衡。在你們的神聖著作中被說過，"我帶給你們平安。我給予你們的我的平安，和這個世界給予你們的平安不是一樣的。"必須要被記住的是，喜悅與十字架是手牽手行走的。它不是一條容易的道路，但是它是一條非常喜悅的道路，當每一個課程都帶著一種幽默感被處理的時候，每一個課程就能夠被減少為不花時間，而不是一小段時間，被減少為一小段時間，而不是大量的時間，被減少為大量的時間，而不是一生的時間，如此等等。因此，你們可以有意識地掌控你們的生命和目標。

Does this answer your question?

這回答了你的問題了嗎？

R: I feel that what you're saying is that neurogenetics for the one known as Carla might possibly—in lieu of progress with her lessons—might possibly be an area to be explored and, therefore, Timothy Leary should be sought out.

R：我感覺到你們正在說的是，神經遺傳學對於被知曉為 *Carla* 的實體也許有可能——取代她的課程的發展——也許有可能成為一個要被探索的區域，因此 *Timothy Leary* 就應該被找出來了。

You may rest assured that if this is to be it will occur in its proper time. To make an effort in this direction is not an infringement upon free will, for if it is not to be it will simply fail.

你可以放心，如果是這樣的話，它將會在它適當的時候出現。要在這個方向中做出一個努力，不是一種對自由意志的侵犯，因為如果它將不會出現，它單純地就會失敗了。

R: You do see neurogenetics as a proper field of communication for a real concept rather than just an illusory fantasy?

R：你們確實將神經遺傳學視為是對於取得一個真實的觀念而不是僅僅是一個虛幻的幻覺的一個適當的溝通交流的區域嗎？

What you call your neurogenetics is like the alphabet—the fundamental necessity which is behind the kind of leap which must be made into the next

dimension. If you do not have complete understanding of your personality at this level, you will not be able to be telepathic and to control consciousness. 你稱之為神經遺傳學的事物就好像字母表——它是在要進入到下一個維度之前必須要做出那種類型的飛躍背後的基本的需要。如果你在這個層次上對你的人格並不擁有完整的理解，你將無法成為心電感應的並控制意識。

Carla: I quit.

Carla : 我放棄了。

(Laughter)

(笑聲)

R: (Inaudible). That was good!

R : (聽不見)。那是很好的！

(Transcript ends.)

(傳訊結束。)

February 18, 1979

1979-02-18 *Latwii* : 造物者的律法

(Carla channeling)

(Carla 傳訊)

I am with this instrument. I am *Latwii*, and I greet you in the love and the light of the infinite Creator and welcome each of you to this group—those who are absent from time to time and those who are new. Again we send you the love of your special friends of *Hatonn*.

我與這個器皿在一起了。我是 *Latwii*，我在無限造物者的愛與光中向你們致意，並歡迎你們每一位——那些時不時會缺席的人以及那些新來的人——來到這個團體。再一次，我們向你們送出你們特別的朋友 *Hatonn* 的愛。

Ah yes, my friends, we are with you, and we are aware of the many questions upon your minds this evening. But to us the questions, although we will be glad to work with them, are humorous, due to our point of view which may seem strange to you, for we are aware of that which makes all else humorous, and that is the law of the Creator.

是的，我的朋友們，我們與你們在一起，我們察覺到今晚在你們的頭腦中有很多的問題。但是，儘管我們很高興與問題一同工作，對於我們，問題是幽默的，這是由於我們的視角可能對於你們看起來似乎是奇怪的，因為我們知曉使得所有其他的事情都成為幽默的事情，那就是造物者的律法之所是了。

We have said to groups such as yours many times that the law of the Creator is one, that the understanding of that law is all wisdom and truth, and that the best word for that law is love.

我們已經對諸如你們的團體之類的團體說過很多次，造物者的就是一，對那個律法的理解就是所有的智慧與真理，代表那個律法的最佳的詞語就是愛。

We can take you on a great trip to show you that your thinking is local. You can best understand this concept by considering the love within the creation of man which varies from place to place. As your cycle changes, you have seen the laws of nature, so-called, violated many times by those who are able to use a less-local illusion or reflection of the law of the Creator. Thus, metal is bent, objects are moved, people are healed. We can take you away from your time and your space, and you can see that they are, indeed, not laws at all. We can remove you from mass and show you that that, too, is an illusion and not a law.

我們能夠帶著你們踏上一條偉大的旅程，來向你們展現，你們的思考是局部性的。你們能夠藉由考慮在屬於人類的造物中的愛會在一個地方與另一個地方之間發生變化來最佳地理解這個觀念。隨著你們的週期改變，你們就已經看到過了，所謂的，自然的律法，很多時候會被那些能夠使用一種對造物者的律法的較不局部性的幻象或者映射的人所違背了。因此，金屬被彎曲了，物體被移動了，人被療愈了。我們能夠帶著你們離開你們的時間和你們的空間，你們能夠看到，時間和

空間確實根本不是律法。我們能夠讓你們擺脫物質，並對你們展現，物質，同樣也是一個幻象，而不是一個律法。

How far can we go with you, my friends? Through how many dimensions can we take you until you are in a place of light where things begin, where things end, where things are. You see, my friends, we wish to answer your questions as best we can, but we wish you to realize more than all else that questions and answers are meaningless. Feelings and emotions are meaningless. All of the tools with which you are familiar at this time are not helpful outside your locality. You have one useful attribute, and that is the quality of your love. Have you loved today?

我的朋友們，我們能夠與你們一起走多遠呢？我們能夠帶著你們穿越多少的維度，一直到你們是處於一個屬於光的位置之中，在其中，事物消失了，在其中事物即是？你們看，我的朋友們，我們希望盡我們所能地回答你們的問題，但是我們希望你們能夠高於一切地意識到，問題和答案是沒有意義的。感覺與情緒是沒有意義的。所有你們在此刻熟悉的工具，在你們的局部性之外都是沒有幫助的。你們擁有一個有用處的態度，那就是你們的愛的特性。你們今天愛過了嗎？

At this time we would like to transfer to another instrument. I am of a group of beings calling themselves Latwii.
在此刻，我們想要轉移到另一個器皿。我是屬於一個稱呼它們自己為 *Latwii* 的存有的團體的。

(Pause)
(暫停)

(Carla channeling)
(*Carla* 傳訊)

I am Latwii. My vibrations are again with this instrument. We have been about the room and greet each of you, but we are having difficulty contacting the other instrument. We will attempt to do so at a later time.
我是 *Latwii*。我們的振動再一次與這個器皿在一起了。我們已經在房間周圍了並向你們每一位致意，但是我們在與其他的器皿接觸的方面正在與到困難。我們將嘗試在一個之後的時間這樣做。

Without further ado, may we open the meeting to questions?
不多拖延了，我們可以對提問開放這次集會嗎？

Questioner: I have a question.
提問者：我有一個問題。

We greet you, my brother.
我的兄弟，我們向你們致意。

Questioner: This may seem trivial, but I'm intrigued by the stone that our

friend (inaudible) found, and I was wondering what significance of it you are aware? Or what is it?

提問者：這個問題可能看起來似乎是瑣屑的，但是我對我們的朋友（聽不見）找到的石頭感覺到著迷了，我想要知道，是否你們知道它有任何重要意義嗎？或者它是什麼呢？

We are aware of your question. We would ask that the stone be placed in the channel's hand. 我們瞭解了你的問題。我們會請求將那個石頭放在器皿的手中。

(Pause)

(暫停)

We are having difficulty with this instrument, due to her lack of training. However, we can say to you that this is a natural formation untouched by man and unconnected with man. We are attempting to explain to her the processes which caused the formation of this rock. It has many layers. It was not made at once. It has been ... 我們與這個器皿正在遇到困難，由於她的缺少訓練。然而，我們能夠對你們說，這是一個未被人類觸碰過，也沒有與人類連接過的自然的構造。我們正在嘗試對她解釋產生出這塊石頭的構造的過程。它擁有很多的層次。它不是一次被形成的。它已經是.....

Carla: OK, all I can do is tell you is that I'm seeing it coming down to the Earth and then being thrown up in some kind of a volcanic ... or ... thrown up like a mountain being thrown up and landing and its being weathered by water.

Carla：好的，所有我能夠做的就是告訴你，我正在看到它降落到地球上，接著在某種類型的一次火山.....中被拋起來，或者.....就好像一座山被拋起來，著陸，然後它被水淹沒了。

Questioner: Is it an extraterrestrial rock?

提問者：它是一塊地外的石頭嗎？

I am with this instrument. The interior of this rock is not planetary. However, the exterior of this rock is.

我與這個器皿在一起了。這塊石頭的內部不是屬於行星的。然而，這塊石頭的外部是的。

Questioner: What is the significance of this rock, if any, that you are aware of?

提問者：這塊石頭的重要意義是什麼呢，如果有任何你們知道的意義的話？

That which it is given by its possessor. It would seem to be a good talisman, due to the fact that it signifies a transformational change to its possessor. We knock questions and answers, and yet we encourage the transformation of man.

意義是被它的擁有者所賦予的意義。它會看起來似乎是一個很好的護身符，這是

由於它象徵了它的擁有著的一種轉變性的改變的事實。我們對問題與答案進行敲打，而我們鼓勵人的轉變。

(Laughter)

(笑聲)

You must realize we think we are funny, too. We think everything is funny, due to the fact that we are in a position where light is all that there is, and light seen in its pure state is complete joy.

你們必須意識到，我們同樣認為我們是搞笑的。我們認為每一個事情都是搞笑的，這是由於我們是處於這樣一個位置中，在其中光就是一切萬有，光在它純粹的狀態中被看到的時候，是完全的喜悅。

(Pause)

(暫停)

Questioner: I'd like some verification of an article that I read the other night that's called "The Evidence Of Homotelepathica," and I'd like to get some feedback on your feelings of its accuracy. 提問者：我想要對一片我在另一個晚上讀過的文章進行某種確認，它被稱為“人類心電感應的證據，”我想要得到你們對它的準確性的感覺的某種回應。

(Pause)

(暫停)

We do not find your intellectual efforts to be part of our aid to you and urge you to follow that which, according to your own free will, seems best. You must realize that to understand yourself you may not need longer and longer words but longer and longer silences.

我們並沒有發現，你的邏輯智力的努力會成為我們對你的幫助的一部分，我們鼓勵你去跟隨，根據你自己的自由意志，看起來似乎是最佳的事物。你必須意識到，要理解你自己，你可能並不需要越來越長的文字，而是需要越來越長的靜默。

The idea of a brain as a computer that can be reprogrammed, and the idea of planetary consciousness as a giant computer that can be reprogrammed is a manipulative idea not directly associated with the Creator's primary law which concerns the freedom of all beings. The conscious individual and the conscious planetary awareness can make conscious changes, but the strong cannot coerce those who are not ready. Thus, patience becomes your ally, and a sense of humor that which you hold dearest.

一個大腦就好像一個電腦一樣是能夠被重新編程的觀點，星球意識就好像一個巨大的電腦以一樣是能夠被重新編程的觀點，是一個操縱性的觀念，而不是直接與造物者的首要的律法聯繫在一起的，造物者的首要的律法是所有的存有的自由。有意識的個體，以及有意識的星球認識，是能夠做出有意識的改變的，但是，強有力的事物是能夠強迫那些沒有準備好的人的。因此，耐心會成為你們的幫手，一種幽默感就是你們要最為珍惜的事物了。

We are sorry we cannot be more responsive to your question, but we feel that you are searching so deeply in an intellectual way at this point that we do not wish to unbalance you by entering into intellectual discussion but merely encourage you to seek the discrimination that is inherent within your own faculties below the level of the conscious mind.

我們很抱歉，我們無法對你的問題成為更加反應敏捷的，但是我們感覺到，你在這個位置正在用一種邏輯智力的方式如此深入地尋求，以至於我們並不希望藉由進入到邏輯智力的討論而讓你失衡，而僅僅是鼓勵你，尋求在你的有意識的心智的層次下方的，在你自己的機能內在所固有的那種分辨力。

Does this in any way satisfy you as an answer?

這作為一個答案用任何方式是讓你滿意的嗎？

Questioner: Well, it seems to me that you're saying that the intellect is getting in the way of my spiritual development rather than as a useful tool (inaudible).

提問者：好的，在我看來似乎你們正在說，智力正在阻礙我的靈性的發展，而不是作為一個有用處的工具（聽不見）。

The key in all things is balance. Your intellect is a tool. Yours in balance with the proper amount of meditation and the contemplation of your, shall we say, emotional being in day-to-day and moment-to-moment actions—ah, there is perfection. Without such balance, the intellectual machinery will not feed you correct information, due to the fact that your intellect cannot synthesize information but only analyze. The activity of intuition must be sought out within a different type of mental activity which is below the conscious level. You may choose to do this while you are doing some familiar chore. You may choose to meditate. It does not matter how you achieve this state of unquestioning being in which you are listening for that within yourself which is below the conscious level.

在所有事物中的關鍵都是平衡。你的智力是一個工具。如果你的智力，與你對你在每一天與每一刻的行動中的，容我們說，情緒性的存有的適當數量的冥想以及沉思之間是平衡的——啊哈，就會有完美狀態。沒有這樣的平衡，智力的機器就將不會對你餵養正確的資訊了，這是由於你的智力是無法綜合資訊，而僅僅是分析資訊。直覺的機能必須被在一種不同類型的，在有意識的層次之下的心智的活動中被找到。你可以選擇在你正在進行某個熟悉的工作的同時進行這種對直覺的尋求。你可以選擇去冥想。你如何取得這種沒有疑問的存有的狀態，這並不重要，在這種狀態中，你正在聆聽在你自己內在之中的，在有意識的層次下方的事物。

It is, however, important for you to know that it is as important for you to understand those levels of yourself which are below consciousness as it is for you to understand that machine which is called the intellect. The intellect is a tool. The dreaming subconscious is a tool. The planetary consciousness, which lies below all of these things, is the greatest tool. Therefore, as you find your intellect racing after one idea and then another, pause and take a few

moments to balance yourself with the search into other areas of your own ability to understand yourself, for within that understanding of yourself lies the understanding of that which is.

然而，你去知曉這一點是重要的，去理解你自己的那些在意識下方的層次，這是和你去理解被稱之為智力的機器是一樣重要的。智力是一個工具。夢境的潛意識是一個工具。存在于所有這些事物下方的星球意識，是最大的工具。因此，當你發現你的智力在追逐一個接一個的觀點的時候，暫停，並花一會兒時間來用在你自己去理解你自己的能力的其他的區域中的追尋來平衡你自己，因為在那種對你自己的理解中存在有對其之所是的理解。

Does this answer your question?

這回答了你的問題嗎？

Questioner: I had the impression that some of the ideas that were coming through in this particular paper were not necessarily purely intellectual but were a synthesis, and that's what I was pursuing in the question. It seems like the intellectual aspect of it is simply a symbolic translation of the intuitive knowledge.

提問者：我有一個印象，在這個特定的論文中正在傳遞出來的一些觀念，並不一定是完全智力性的，而是一種綜合，那就是我在問題中正在追尋的事物。它看起來就好像是，它的邏輯智力的面型單純地是對直覺性的知曉的一種象徵性的轉譯。

[I am Latwii.] If you can make the leap from language to intuition within yourself, then you have become telepathic with the author and no longer need his words. However, this is not usually the case, and normally one absorbs the written word with the intellect. Thus, to accomplish that which you desire, which is to imprint these ideas in your own intuition, the thing to do is to take them into meditation with the full intention of allowing your discriminatory power to discern the wisdom within them.

[我是 Latwii。]如果你能夠從語言躍入到在你自己內在之中的直覺，接下來你就能夠與作者成為心電感應得了，而不再需要他的文字了。然而，這並不是通常會發生的情況，通常一個人會藉由邏輯智力來吸收被書寫的文字。因此，要完成你渴望的事情，也就是去將這些觀念印刻在你自己的直覺中，要去做的事情就是去將它們帶入到冥想中，帶著充分的意願來允許你的分辨力去分辨在它們中的智慧。

Again, you see, we do not wish to be your gurus. We wish only to encourage you in your own searches, for that which lies before you is your guru, if you wish to put it that way, and we are only the voices coming from various people who have volunteered this service.

再一次，你看到，我們並不希望成為你的古魯。我們僅僅希望鼓勵你進行你自己的尋求，因為存在於你們面前的事物，就是你的古魯，如果你希望那樣說的話，我們僅僅是來自於各種各樣已經自願來進行這種服務的人的聲音。

We do sound, however, as though we were down on all intellectual

knowledge and, of course, without some intellectual knowledge the greatest of intuitions could not then be shared with your fellow man; therefore, always the balance.

無論如何，我們聽起來就好像，我們是在貶低所有邏輯智力的知識，當然，沒有某些邏輯智力的知識，最大的直覺是無法接下來與你們的夥伴被分享的，因此，一直都追尋平衡。

Do you see our point, my brother?

你明白我們的要點了嗎，我的兄弟？

Questioner: I see your point. I guess I had not yet groked the difference between an intellectual symbol for communicating an intrinsic concept and the purely intellectual reasoning of data.

提問者：我明白你們的要點了。我猜想我尚未洞悉在用於交流一個直覺性的觀念的一種智力性的象徵物，與純粹智力性的推理的資料之間的差異。

In that case, my brother, let us demonstrate to you the difference. In one case a person reads that there is nothing so beautiful as a rose, and he sees the picture of a rose and perhaps even goes to the store and purchases such a blossom and puts it in his vase and observes it, having been told that this is a beautiful blossom. This is programming from outside.

我的兄弟，在那個方面，讓我們用例子來說明那個不同。在一個情況中，一個人讀到，沒有任何事物是如同一隻玫瑰一樣美麗的，他看到了一個玫瑰的圖像，也許甚至去商店買了這樣一朵花，並將它放在他的花瓶中來觀察它，並已經被告知，這是一朵美麗的花。這就是來自外部的編程。

There is, however, another way of observing this same flowers and that is with a shock of recognition as a miracle. When one sees a rose at dawn on a spring day with the dew still hanging from the tiny petals, with a bee still fluttering about it making honey, and the miracle and the wonder of this rose sink deep into your own understanding, and it is yours. It has come from inside. Perhaps it cannot be communicated. Perhaps you can write about this rose, and someone else may go to the store and grasp it and bring it home and try to duplicate that feeling.

然而，會有另一種觀察這個相同的花朵的途徑，那就是就是帶著一種認出它是一個奇跡的震驚。當一個人在一個春天的黎明看到一朵玫瑰，它仍舊在它微小的花瓣上懸掛著露珠，一隻蜜蜂仍舊在它周圍拍動翅膀並采蜜，這個玫瑰的奇跡與奇觀沉入到你自己的理解之中，它是屬於你的。它已經從外部而來。也許它是無法被家裏留的。也許你能夠描寫這朵玫瑰，某個其他人可能去商店，抓住它，並將它帶回家，並嘗試去複製那種感覺。

Do you see the difference, my brother?

我的兄弟，你明白不同了嗎？

Questioner: Yes, I do. Well, I see the result is exactly the same though, and that is an understanding, the groking of roseness. One you get through first

reading about it and then going to the store and experiencing it, and the other, you've just got to wander around in a garden until you have found one without knowing what it is. 提問者：是的，我明白了。好的，我明白，儘管結果是完全相同的，那是一種理解，對玫瑰的徹悟。一個是，你首先通過讀到它，接著去商店並體驗它來理解它，另一個，你已經僅僅開始在一個花園中四處漫遊，一直到你已經找到了一個理解，而不知曉它是什麼？

The difference, my brother, is in the level of awareness to which that love has reached. On the one hand, it has touched that within you which will survive, that within you which is free from time and space. In the other, it may or may not have reached that far but probably has not, for it has simply become something that you have experienced.

我的兄弟，區別是在那種愛已經抵達的認識的層次之中的。在另一方面，它已經接觸到了在你內在之中將長存的事物，在你內在之中不受時間和空間束縛的事物。在其他人身，它可能或者可能不會已經抵達了那麼深入的地方，但很有可能尚未抵達，因為它單純地成為了某種你已經體驗到的事物了。

Thus, we have often said to you: our words, hopefully, are salutary and encouraging and sometimes inspiring, but they are nothing compared to your own efforts, that [of] meditation and understanding of the existence that is about you.

因此，我們已經經常對你們說，我們的話語，有希望是有益的且令人鼓舞的，有時候是令人啟發的，但是它們與你們自己的努力，對在你們周圍的存在性的冥想和理解的努力是沒有可比之處的。

(Pause)

(暫停)

You see, my brother, we are not crazy about words.

我的朋友們，你們看，我們對言語並不狂熱。

(Pause)

(暫停)

Is there a point which you would like to pursue further, my brother?

我的兄弟，有一個要點是你想要更進一步追尋的嗎？

Questioner: I think I've got a lot to consider. I'll consider what you said. If I can't understand you, I'll talk with you further. 提問者：我認為我擁有很多要考慮的內容。我將會考慮你們已經說過的事情。如果我無法理解你們，我將會更進一步與你們談話。

We are ready at any time, my brother.

我們在任何時候都是準備好的，我的兄弟。

Questioner: I understand your concept, but I also hear you saying that by reading about something before you experience it, maybe you can never really know it as deeply. And I don't know if I really agree or understand that not too clearly. 提問者：我理解你的概念了，但是我同樣聽到你們說，藉由在你體驗某個事情之前閱讀它，你也許永遠都無法一樣深入地知曉它。我不知道是否我真的贊同，或 者是否我並未太過清晰地理解那一點。

We would not agree with that either. We simply say that we are, shall we say, stacking the odds against ourselves by reading faster than we meditate. 我們不會贊成兩者中的任何一個。我們單純地說，藉由比我們進行冥想更快地閱讀，我們是在和我們自己較勁了。

Questioner: Oh, I see. You're saying that if your knowledge goes beyond the development of your being that you will create an imbalance in yourself. 提問者：哦，我明白了。你們是在說，如果你的知曉超出了你的存有的發展，你就將會在你自己內在之中創造出一種失衡了。

You have penetrated our meaning.
你已經明白我們的意思了。

Questioner: Oh, yeah, well, I understand that. That's what I find. I find myself longing for more development of my being as far as the experience of felicity on a one-to-one basis with my fellow humans, and I already seem to have a language, you know, symbolically explaining that, without having had as much experience, much development of it, in my opinion, as I'd like. 提問者：哦，是的，好的，我理解那一點了。那就是我發現的事情。我發現，用一種與我的夥伴一對一的方式是合適的體驗的範圍內，我自己渴望對我的存有的更多的發展，我已經看起來似乎擁有了，你們知道，是用象徵性的方式解釋那一點的語言，而在我們看來，卻不擁有一樣多的體驗，一樣多的對它的發展，如同我想要的發展一樣。

We suggest to you that one good exercise in achieving rapport with your fellow human beings is to gently place yourself face-to-face with them and look at them for a period of time. Most of your beings cannot do this, for it reveals too much of their true identity. However, there is a very loving link between those who can gaze upon each other for a period of time. This may help you to develop in compassion with your brothers and thus encourage that which you seek in telepathy.

我們對你們建議，在取得與你的夥伴的人類存有之間的友好關係的方面的一個優秀的練習，就是去讓你自己溫和地去直面它們，並看著它們一段時間。大多數的你們的存有無法做到這一點，因為它會揭露過多的它們真實的身份。然而，在那些能夠相互彼此注視一段時間的人之間，會有一種非常有愛的連接。這可能會幫助你發展你對你的兄弟的同情心，並因此鼓勵你通過心電感應尋求的事物。

You must realize that those of your planet have very poorly tuned receivers.

They are not too bad at sending, but they are terrible at receiving. Therefore, to encourage yourself in receiving, it is necessary to become very relaxed, very receptive, and very trusting. This is sometimes difficult. Therefore, the gazing of eyes is a good exercise in receiving.

你必須要意識到，那些屬於你們的星球的人，擁有非常糟糕地被調音過的接收器。它們是在發送的方面並不是太差的，但是它們在接收的方面是糟糕的。因此，要在接收的方面鼓勵你自己，去成為非常放鬆的，非常有接受性的，非常信任的是需要的。這有時候是困難的事情。因此，注視眼睛是在接收的方面的一個優秀的練習。

Questioner: I've been doing that on a one-to-one basis in meditation and making use of meditative tantric exercises, use of psychedelics, and it seems to be a really good exercise in surrender, in trying to intercept (inaudible).

提問者：我一直都在冥想中用一種一對一的方式那樣做，並利用冥想的崔譚練習，使用致幻劑，看起來似乎它是一種在臣服的方面的一種真正有益處的練習，在嘗試去解釋（聽不見）。

This is correct.

這是正確的。

Questioner: (Inaudible). Thank you.

提問者：（聽不見）。

Oh, we thank you, my brother. Without your questions we'd be flying around up here with nothing to do. May we help someone else? 哦，我們感謝你，我的兄弟。如果沒有你們的問題，我們就會四處亂飛而沒有事情做了。我們可以幫助某個其他人嗎？

Questioner: I wonder if you could speak more ... You used a term which intrigued me the other night—the other day—when I first met you over here, and that was “genetic personality” and getting in touch and identifying with that. I wonder if you would talk about that a little? I've never heard that term before. OK?

提問者：我想要知道是否你們能夠更多地談談.....你們使用過了一個詞語，它在另一個晚上——另一天——讓我產生了興趣——當我在這裏第一次遇到你們的時候，那個詞語就是“遺傳人格”，你們接觸並定義那個詞語。我想知道，是否你們能夠談一點那一點？我之前從未聽到過那個詞語。好嗎？

As this instrument has become slightly fatigued, I will again attempt to contact the one known as Don so that he may carry on with this communication. I am Latwii.

因為這個器皿已經有一點點疲倦了，我將再一次嘗試去接觸被知曉為 *Don* 的實體，這樣他就可以接過這個交流了。我是 *Latwii*。

(Pause)

（暫停）

(Carla channeling)

(Carla傳訊)

I am again with this instrument. I am Latwii. I will attempt to continue through this instrument, although she is somewhat fatigued.

我再一次與這個器皿在一起了。我將嘗試去通過這個器皿繼續。儘管她是多少有些疲倦的。

The entity that is the personality is, in its true nature, a vibration which is a group of biases, shall we say, which make it unique, as unique, shall we say, as the colors which a mineral may give off when tested in a laboratory. No two compounds have the same color. So it is with the infinite number of personalities in the cosmos.

人格之所是的那個實體，在其真實的屬性中，是一種振動，它是一個偏向性的集合，就是這些偏向性使得它是獨一無二的了，容我們說，如同一個礦物質在一個實驗室中被檢查的時候可能會發出的色彩一樣是獨一無二的。沒有兩個化合物會擁有相同的色彩，因此，對於在宇宙中的無限數量的人格就是如此。

When these beings either chose or are given a physical vehicle, they take on a certain genetic, physical characteristic. Into this they must put that perfection which is their own. The bonding of these two is called the genetic personality, and it is that which comes into the incarnation, having made whatever arrangements it's necessary to make in order to accommodate that particular physical vehicle and that particular vibration. 當這些存有要麼選擇，要麼被給予了一個物質性的載具的時候，它們會穿上一定的遺傳的，身體的典型特徵。它們必須將那種它們自己之所是的完美性放入到這個物質性載具之中。對這兩者之間的紐帶，就被稱為遺傳人格，它就是那個進入到投生之中的事物，為了要適應那個特定的物質性載具以及那個特定的振動，這種遺傳人格會達成出無論什麼它需要達成的協定。

Peculiar, of course, to working with the genetic personality is to remove oneself back to the point at which arrangements were made with the physical vehicle, which might in some way have been choices not designed to suit or please that personality throughout the incarnation, but the answer lies in working with the basic genetic program of that physical vehicle in connection with the unique vibratory nature of the personality.

當然，尤其是對於與遺傳人格一同工作，就是要讓一個人自己返回到那個與物質性載具達成協議的位置，這個位置可能用某種方式已經產生出了那些並不是旨在適合於貫穿整個投生的人格，或者讓其感到高興的決定，但是，答案是存在於與那個物質性載具與人格的物一無二的振動屬性連接在一起的基本的遺傳編程一同工作之中的。

Does this aid you in your understanding, my brother?

這會在你的理解中是有幫助的嗎，我的兄弟。

Questioner: I'd like to hear, not necessarily now but in the future sometime, more specific information on, how would you say, genetic personality engineering. That seems to be a point of interest. You know, that seems to be the next question, how specifically ... because it seems like that would heal bodies (inaudible) step up the genetic message. I'd sure like to see the channel you're using right now get to that point. 提問者：我想要，不一定是在現在，而是在未來的某個時候，聽聽關於，你們會如何說了，遺傳人格工程的更為具體的資訊。那看起來似乎是一個興趣點。你們知道，那看起來似乎是下一個問題，如何明確地.....因為看起來似乎那會療愈身體（聽不見）升級遺傳信息。我確信想要看到你們現在正在使用的管道到達那個位置。

We agree that this channel probably should not be used at this time to further go into this question. However, we suggest that you again listen to the previous communication on this subject which did shed some light on your question, and we do send you our love and our light.

我們贊成這個管道有可能在此刻並不應該被用來更進一步深入這個問題。然而，我們建議你再一次聆聽在這個主題上之前的交流，它對你的問題確實進行了解釋了，我們向你送出我們的愛和我們的光。

We are sorry that the instrument is fatigued.

我們很抱歉，這個器皿是疲倦的。

Questioner: That's OK, I appreciate everything.

提問者：那是沒問題的，我感激每一個事情。

We're glad. We really get a great charge out of talking to all you and of substituting for our brothers, Hatonn and Laitos, who send you their love. 我們很高興。我們真的通過與你們所有人談話並成為我們的兄弟 *Hatonn* 和 *Laitos* 的替補承擔起了一個巨大的責任了，我的兄弟 *Hatonn* 和 *Laitos* 對你們送出它們的愛。

Questioner: Where are they?

提問者：它們在哪里呢？

We are very glad you asked that question, due to the fact that this instrument is dying to know.

我們很高興你問了那個問題，由於這個器皿極其想要知道。

They are at this time in your southern waters, high above them, attempting to, shall we say, cool out, as this instrument would put it, a very bloody-minded plan that is being perpetrated by those in power, not in one country or another, but by an international economic group of those who would profit from chaos.

它們在此刻在你們的南部的海域，在它們上方高空中，並嘗試去，容我們說，讓一個正在被那些當權者施行的非常殘忍的計畫，如這個器皿會說的一樣，冷靜下

來，不是在這樣或者那樣一個國家中的當權者，而是那些會從混亂中獲益的實體的一個國際性的經濟團體中的當權者。

Questioner: Did you say southern waters?

提問者：你們說的是南部水域嗎？

That is correct.

那是正確的。

Questioner: Where is this (inaudible)? Southern waters ...

提問者：這個（聽不見）在哪里呢？南部水域.....

Questioner: Southeast Asia.

提問者：亞洲最南部。

Questioner: Is that it?

提問者：它是那個嗎？

Questioner: Southeast Asia ... Vietnam.

提問者：亞洲最南部.....越南。

We are attempting to give the information to this channel who is notoriously poor at geography. We're working with her, if she will ... if you will be patient. 我們正在嘗試去給予這個管道資訊，這個管道在地理的方面是臭名昭著地糟糕的。我們正在與她一起工作，如果她將會是.....如果你們將會有耐心的話。

If you go to what is known as the Philippines and keep going west you will find Hatonn.

如果你前往被知曉為菲律賓的地區，並一直往西，你們就將會找到 *Hatonn* 了。

Questioner: In Vietnam.

提問者：在越南。

We are aware of that statement and that is correct, although not precisely so, for Hatonn is attempting to monitor a large area. Hatonn is working through a pyramid which lies within China and is attempting to draw energy from the Earth that has been put there many, many centuries ago in your time. It is attempting to remove the effects of that which has been maddening your peoples, a lust for ...

我們瞭解了那個陳述了，它是正確的，儘管並不是精確地就是這樣的，因為 *Hatonn* 正在嘗試去監督一個巨大的區域。*Hatonn* 正在通過一個存在於中國之中的金字塔進行工作，並正在嘗試去從地球吸收那些已經在你們的時間的很多很多個世紀之前就已經被放置在那裏的能量。它正在嘗試去消除那些已經一直都在讓你們的人群發瘋的作用，以及一種貪欲.....

(Side one of tape ends.)

(磁帶一面結束。)

(Carla channeling)

(Carla 傳訊)

I am Latwii. I am sorry for the interruption, but this instrument is not mechanically-minded. Please go ahead.

我是 Latwii。我為中斷而抱歉，但是這個器皿的頭腦不是理工類的。請前進。

Don: Do you know if the Iranian riots were caused by ELF (inaudible)?

Don：你們知道是否伊朗的騷亂是由於 ELF 造成的（聽不見）？

As this instrument would say, right on, brother.

如這個器皿會說的一樣，正確，兄弟。

Don: Question number two. Are the Chinese invading primarily because of the ELF knowledge?

Don：問題二。中國的入侵主要是因為 ELF 的知識嗎？

Again, my brother, that is correct. The Russians are not being led by wise men and have a desire at this time to make good their promise to take over the Earth, and they have in their means at this time the power to do so, and they know that if they wait they will no longer have the power to do so, and they are gambling that the powers will not unleash the conventional nuclear weapons but, instead, will simply knuckle under. We, however, are aware that this is not likely, and so we are attempting to damp out these vibrations.

再一次，我的兄弟，那是正確的。俄國並不是被有智慧的人所領導的，並在此刻擁有一種渴望去實現它們去統治地球的願望，他們在此刻通過它們的手段擁有這樣做的武力，它們知道如果它們等待的話，它們將不再擁有力量這樣做。它們正在賭博這些武力將不會釋放出傳統的核武器，而毋寧是將會單純地投降。然而，我們察覺到這是不大可能的，因此，我們正在嘗試去抑制這些振動。

However, to do this without infringing upon free will is very difficult, and since it does not disturb the solar system or even the astral planes of your planet, we are having the same kind of difficulty that you would have in your court room if you were attempting to stop a murder before it was committed. We can see what is happening, but we cannot do very much about it. We hope that each of you will meditate on peace and pray that your peoples are not fooled by all of those things which occur in the weeks to come, and ... 然而，在不侵犯自由意志的情況下這樣做是困難的，因為它不會攪亂太陽系，或者甚至你們的星球的星光層，我們正在遇到和你們在你們法庭上，如果你們嘗試在一個殺人犯犯罪之前去阻止它的話，遇到的困難一樣的困難。我們能夠看到，什麼事情正在發生，但是我們無法對它做很多事情。我們希望你們每一個人都將會對和平進行冥想，並祈禱你們的人群不會被所有那些在即將到來的幾周中發生的事情所愚弄，並.....

(Interruption from Don.)

(來自 *Don* 的中斷。)

Please go ahead, my brother.

我的兄弟，請繼續。

Don: My question, assuming that the Chinese invasion (inaudible) Chinese knowledge of the ELF weapon and the need to [resolve] their own right now in a very clear-cut manner so that ... because they are afraid of the use of the weapon against them by the Russians, so that on a clear-cut choosing of sides and getting us on their side ... *Don* : 我的問題，假設中國入侵（聽不見）中國隊 *ELF* 武器的知曉以及去用一種非常清楚的方式解決他們自己的問題的需要，這樣.....因為它們害怕俄國使用那種武器來對付它們，因此，在一種清楚的選邊站，並讓我們站到它們的一邊.....

I'm sure, my brother, it is worse than that, for at this time it has been used on China. And it is, in part, that stimulus which has made them decide to make this move, for they know that they are as vulnerable as the rest of the planet. 我相信，我的兄弟，它是比那個更加糟糕的，因為在此刻，它已經在中國被使用了。它部分上是已經使得它們決定去發動這個行動的刺激物，因為它們知道它們是和這個星球上的其他的國家一樣易受傷害的。

Questioner: Does the entire invasion have to do with the Russian ELF weapon rather than the so-called Cambodian problem?

提問者：全部的入侵是與俄國的 *ELF* 武器而不是所謂的柬埔寨問題有關的嗎？

There is no Cambodian problem.

沒有柬埔寨問題。

N: (Inaudible).

N : (聽不見。)

That is correct.

那是正確的。

N: Do you foresee a Chinese invasion of Vietnam in order to start a confrontation between the Chinese and the Russians, or do you see a Russian invasion of Iran?

N : 你們預見到了一次中國對越南的入侵以便於開始一場在中國和俄國之間的對抗嗎，或者你們看到了一次俄國對伊朗的入侵了嗎？

This instrument believes that the Chinese have already invaded North Vietnam. Therefore, we won't speak. 這個器皿相信中國已經入侵北部越南了。因此，我們無法發言。

N: What about Iran, the Russian invasion of Iran?

N: 伊朗是怎樣的呢，俄國會入侵伊朗嗎？

The Russians have invaded Iran, not with weapons but with psychotronic mind-control devices.

俄國已經入侵了伊朗了，沒有使用武器，而是使用生物電子心智控制設備。

N: Is that what the ELF weapon is?

N: 那是 *ELF* 武器嗎？

That is correct.

那是正確的。

N: What is the exact effect ...

N: 確切的作用是什麼呢.....

Don: I'll tell you all about that. You don't have to get that through channels.

Don : 我將會告訴你所有關於那個的事情。你必須通過管道得到那個資訊。

N: I mean upon the Chinese. What has been the effect of it?

N: 我的意思是在中國身上。它已經產生了什麼作用呢？

Polarization.

極化。

Don: OK. You're tired now, aren't you?

Don : 好的，你現在累了嗎，是嗎？

I am fine. The instrument has sore shoulders.

我很好。這個器皿擁有酸痛的肩膀。

Don: Is that where the pyramid is connected with the ELF weapon?

Don : 那是金字塔與 *ELF* 武器被連接在一起的位置嗎？

This is correct. We have buried, deep inside each pyramid that we have put along the magnetic lines of force of the Earth, crystals which are capable of dampening these vibrations. However, the magnetic lines of force of the planet have shifted, and we are having difficulty in making them work, and we may not be able to do so. However, this is our plan.

那是正確的。我們已經在沿著地球的磁力線我們已經設置好的每一個金字塔的內部深處埋藏了能夠抑制這些振動的水晶了。然而，星球的磁力線已經變動了，我們在使得它們工作的方面正在遇到困難，我們可能無法這樣做。然而，這就是我們的計畫。

N: Is there anything we could do physically, such as helping the moving of the crystals? Is there anything of that sort that we could do that you all could not do?

N: 有任何我們用物質性的方式能夠做的事情，諸如幫助移動水晶的嗎？有任何那種類型的我們能夠做而你們無法做的事情嗎？

Carla: Got a passport?

Carla: 得到一個護照嗎？

N: Really? It would really make a difference?

N: 真的嗎？它真的會產生作用嗎？

My brother, you could not do it, due to the fact that you could not get there. Yes, you could physically do it if you could get there, but ... 我的兄弟，你無法進行它，這是由於你們無法到達那裏的事實。使得，你們能夠用物質性的方式進行它，如果你們能夠到達那裏的話，但是.....

N: You mean, it would help?

N: 你的意思是，它是會有幫助的嗎？

Actually, no one but a very few even knows where this pyramid is, and other pyramids around the Earth are likewise blocked by the governments that supposedly own them. Therefore, what you can basically do is on another plane, and it is, of course, just as important, and that is to be a good person within yourself, to meditate, and to love. And in that way you can add your light, and as so often said among your peoples, a little light in a great darkness shines a long way. Therefore, attempt to be a little light even though there is great darkness, and that will be the greatest help that you can be.

實際上，除非非常少的一些人之外，甚至沒有人知道這個金字塔在什麼地方，在地球周圍的金字塔是同樣被那些自認為擁有它們的政府封鎖起來了。因此，基本上，你們能夠做的事情是在另一個層面上的，這當然是一樣重要的，那就是在你自己內在之中去成為一個好人，去冥想，去愛，用那種方式，你能夠將增加你的光，如同在你們的人群中如此經常會被說的一樣，在一個巨大的黑暗中的一點點的光就可以照亮一段很長的路了。因此，嘗試去成為一點點的光，即使有巨大的黑暗，那將會是你們能夠成為的最大的幫助了。

We have attempted to directly affect those who would be in a position to work with the pyramids and have been successful only partially. There are many pyramids that are lost or buried, due to floods and the forming of mountains.

我們已經嘗試去直接影響那些處在一個與那些金字塔直接工作的位置上的人，並已經僅僅是在部分上是成功的了。很多金字塔是由於洪水以及造山作用而被丟失了的或者被埋起來了的。

N: Which is the closest one to this house that you're aware of?

N: 哪一個金字塔是你們知道的最接近這個房屋的金字塔呢？

The closest one to this house would probably be in Mexico.

最接近這個房屋的金字塔會是在墨西哥。

N: OK. That's what I was wondering. Are you utilizing these at the present time? I mean, do you utilize all of them or just certain ones in the areas where the weapon is being used?

N：好的。那就是我想要知道的事情了。你們在此刻正在利用這些金字塔嗎？我的意思是，你們利用它們全部，還是僅僅利用在武器被使用的區域中的一些的金字塔呢？

We would like to use them all as a belt of protection about the planet as it was designed to be used. However, we are utilizing the one in Egypt at this time, and it is not functioning properly, due to the two degree lack of unity with magnetic correctness. Therefore, the problem, shall we say, is larger than can be solved in the time we have left to solve it on your physical plane. What little can be done is being done by our thought processes working through the crystals which are in place. They are simply not properly aimed for the magnetic fluxes which are affecting your planet at this time.

我們想要使用它們全部作為圍繞這個星球的一條保護帶，如同它被設計要被使用的方式一樣。然而，我們在此刻正在利用在埃及的一個金字塔，它不是運轉正常的，由於與磁性的正確性的統一的兩度的偏差。因此，問題是比在我們在你們的物質性層面上解決問題所剩下的時間中能夠被解決的問題，容我們說，是要更大的。藉由我們的思想的過程，通過被設置好的水晶，能夠被進行的一點點的工作，正在被進行。它們僅僅不是適當地以在此刻正在影響你們的星球的磁力的流入為目標的。

N: It wouldn't help to get a hold—for Don or somebody to get down into Mexico and get hold of the crystal and, you know, move it two degrees? That wouldn't help? It seems it would certainly be worth it as far as the masses of population are ...

N：去抓住——如果 *Don* 或者某個人去墨西哥並抓住水晶，你們知道，將它移動兩度，這不會有幫助嗎？那不會有幫助嗎？看起來似乎它肯定是值得做的，在人群是.....

It has already been attempted by those other than Don and it has not been properly done.

它已經被除了 *Don* 之外的其他人嘗試過了，它尚未被適當地完成。

At this point, our best bet is to meditate. We are not speaking here of a passive and, shall we say, a doomsaying attitude, for by meditation many of the cataclysms which could have struck California two years ago were averted, and they were directly due to the meditation of groups such as yours, and thus no lives have been lost in comparison to what would have happened had one large earthquake occurred instead of various small ones. We hope that this continues.

在這個位置，我們最佳的手段就是去冥想。我們不是在這裏在談及一種被動的，以及，容我們所，一種末日論的態度，因為藉由冥想，很多在兩年前就本來已經能夠襲擊加州的大洪水已經被避免了，它們是直接由於諸如你們的團體之類的團

體的冥想的，因此，相比本來已經在發生的一個巨大的地震而不是數次小型的地震，沒有生命損失。我們希望這種情況繼續。

This is the same sort of result we are hoping for in these tensions provoked by the Russian's weapons. We are hoping that people gradually will become able to deal with them one way or another without ever going over the edge to Armageddon. And this is what we are dealing with at this point. We are hoping that the end of the cycle will be relatively peaceful and that the birth of the new age will be easier than that of Armageddon.

這就是與我們對於在這些被俄國的武器所挑起的緊張局勢中期待的結果相同的結果了。我們正在希望人群逐漸地開始能夠用這樣或者那樣一種方式與這些緊張局勢打交道，而不會超越末日大決戰的邊界。這就是我們在此刻正在與之打交道的事情。我們希望，週期的結束將會是相對和平的，新時代的誕生將會比末日大決戰的誕生是更加容易的。

N: So the ELF weapon is counterbalanced by strong goodwill energy laid upon the same population that the weapon is being used on.

N：因此，ELF 武器是會因為被施加在於那種武器被用於其上的相同的人群上的強有力的良好的意願的能量所抵消平衡的嗎？

That is incorrect. There is no protection against this particular weapon by means of goodwill. We are attempting to send neutralization through the crystals to the weapon. The goodwill has to do with the spiritual planes of your planet which are not affected by this weapon. And on these spiritual planes dwell the higher selves of government leaders who are responsible for decisions involving the weaponry of which we speak. This is why meditation and goodwill is our best bet at this point. We are still speaking of people here, for they are the ones that use the weapons. Goodwill cannot affect that weapon, for it is a mind control device.

那是不正確的。不會因為良好的意願的手段而會產生出針對這種特定的武器的保護。我們正在嘗試去通過水晶對這些武器送出中和作用。良好的意願是與你們的星球的靈性的層面聯繫在一起的，這些層面是不會被這種武器所影響的。在這些靈性的層面上，居住有要為涉及到我們談及的武器的決定負責任的政府的領導人的高我。那就是為什麼冥想和良好的意願就是我們在此刻最佳的手段。我們將仍舊對在這裏的人發言，因為它們就是使用武器的人。良好的意願無法影響那個武器，因為它是一種心智控制的設備。

N: Can people prevent the use of that weapon upon themselves through meditation?

N：人能夠通過冥想阻止那種武器在它們自己身上的作用嗎？

No.

不能。

(Inaudible comments by some members of the group.)

(團體一些成員的評論聽不見)

My brothers, it has been a great pleasure to speak with you. We may not have been too inspiring tonight, but we wish to leave you in love and light. Truth cannot be overly concerned, not about anything but only about one thing—that you love. Do love. Don't fool around, my brothers. Just love. I leave you in love. It is all around you. You can feel it flowing through you. I leave you in His love and in His light. I am Latwii. Adonai vasu borragus.

我的兄弟，與你們發言已經是一種巨大的快樂了。我們今晚可能本來已經不是非常令人啟發的，但是我們希望在愛與光中離開你們。真理是無法被過度擔心的，對任何事情都無法過度擔心，但僅僅除了一個事情之外——那就是你們愛。確實去愛。不要此處愚弄，我的兄弟們。僅僅去愛。我在愛中離開你們。它是完全關於你們的。你們能夠感覺到它在流經你們。我在祂的愛與祂的光中離開你們。我是 *Latwii*。 *Adonai vasu borragus*。

March 4, 1979

1979-03-04 *Latwii* : 生命的細節與簡單性

(Carla channeling)

(*Carla* 傳訊)

I am *Latwii*, and I greet you in the love and the light of the infinite Creator. It is a privilege and a blessing to be among you at this time, and we welcome and greet each of you and send you the love of the brothers and sisters of *Hatonn* who are at this time on station elsewhere and have asked us to look in on your group whenever you should ask for our presence.

我是 *Latwii*，我在無限造物者的愛與光中向你們致意。在此刻在你們中間，這是一種快樂與一種祝福，我們歡迎並向你們每一位致意，我們向你們送出兄弟姐妹 *Hatonn* 的愛，*Hatonn* 在此刻是駐紮在別的地方，並已經請求我們在無論什麼你們請求我們在場的時候都照看你們的團體。

We of *Latwii* are of a different civilization from *Hatonn*, but our aim and purpose in being in your skies at this time is the same—that of improving the relationship between the unknown that lies beyond the reach of your peoples and that which is known by your peoples, or, to say it another way, to improve your relationships of love to those beloved brothers and sisters of the universe that dwell upon the surface of your sphere at this time.

我們 *Latwii* 是屬於一個與 *Hatonn* 不同的文明，但是我們在此刻存在於你們的天空中的目標與目的是相同的——那就是去增強在存在于你們的人群的所及範圍之外的未知與被你們的人群知曉的事物之間的關係，或者，換一種方式說，去增強你們與那些在此刻居住在你們的星球表面的宇宙的摯愛的兄弟姐妹的愛之間的關係。

Yes, my friends, you have a relationship to love. The relationship is unity. Thus, you encompass that which is known and that which is not known, for love is the essence of the unknown. Thus, discovery is always a form of love, and that which is known already, that which you are weary of, is a form of separation from love and from yourself.

使得，我的朋友們，你們擁有一種與愛之間的關係。那種關係就是統一。因此，你們包含了已知與未知，因為愛就是未知的實質了。因此，發現一直都是一種愛的心智，已經被知曉的事物，你們對其感到厭倦的事物，是一種與愛以及與你自己分離的形式。

As we look upon the peoples of your planet we see them multiplying the details of their lives in much the same way it has been written in your holy work known as the Bible. When they were in the temple, money changers sold many items that could be bought for sacrifice. Imagine, my friends, the noise of the trading and the bleating, the chirping of the sacrificial birds, the clinking of coins as they passed from hand to hand, the confused penitence of those who came to the temple seeking to find in themselves something that they had lost, something from which they were separated, seeking to find

love and wholeness in the knowledge that they were one with the Creator who loved them.

當我們觀察在你們的星球上的人群的時候，我們看到它們成倍地增加了它們的生活的具體細節，這與在你們知曉為聖經的神聖著作中已經被寫道的方式是非常類似的。當它們在聖殿中的時候，換錢的人售賣很多的能夠被帶去進行犧牲儀式的物品。我的朋友們，想像一下，交易的噪音，小羊的咩咩叫，對犧牲用的鳥的啾啾叫，在同伴從一隻手遞到另一隻手的時候的銅板的叮噠響，那些前來聖殿尋求去在它們自己內在之中找到某種它們已經丟失了的事情，某種它們與之分離了的事物的人，那些尋求在對於它們是與愛它們的造物者是一體的知曉中找到愛的完整性的人的混淆的懺悔。

To choose an image from another of your cultures, imagine the jewel inside the many petals of the lotus. How tightly are the petals closed, my friends, about the jewel of love within you? How much do you have to peel away from your life before you come to the singular and single essence of truth that is all about you? Love is everywhere. It sings in the wind, it sings in the trees. In the season which now approaches, it will sing in the burgeoning greenery and blossoming beauty of your natural world. And within your heart, my friends, do you truly need so many details to lie between you and that same simplicity of being that lies in knowing that you are one with love, that you can give love and receive love and receive love without shame and without stint, that whatever your mistakes, whatever your difficulties, you may turn from them in a moment as you would turn from any error and be fully one with love?

要從你們的另一個文化選擇一個圖像，想像在蓮花的許多的花瓣中的寶石。在你們內在之中的愛的寶石的周圍的花瓣是怎樣緊密地合攏的呢，我的朋友們？在你們來到所有關於你們的事物的那個單一的，唯一的真理的實質之前，你們要從你們的生命上剝掉多少事物呢？愛是無處不在的，它將會在你們大自然的世界的萌芽的綠葉與綻放的美麗中歌唱。我的朋友們，在你們的心中，你們真的需要如此多的細節存在於你們和存有的相同的簡單性之間嗎？那種存有的簡單性是存在于知曉你們與愛是一體的，你們能夠給予愛，接受愛，毫無羞愧，毫不吝惜地接受愛，無論你們的錯誤是什麼，無論你們的困難是什麼，你們都可以在一瞬間轉身離開它們，在你們會轉身離開任何的錯誤並完全與愛合一的時候。

There is no process involved; there is no learning or wisdom involved. It is so simple that we cannot express it, and yet we ask you: throw the details from your life at least once a day. Remove the petals from the lotus, charming as they may be and as delightful as they may smell. Find the holy ground. Find the jewel, that which is love. Upon this ground you can stand without fear of falling, losing your footing, or being cast away from your place, for this is your birthright. Love is what you are. What you think you are, if you think you are not love, is an illusion, a mass of distorted detail that can be slowly weeded or quickly weeded from your life—as you would weed from a garden those things which were not pleasant or helpful—by the process of meditation. 沒有被包含在其中的過程。沒有被包含在其中的學習或者智慧。它是如此簡單，以至於我們無法表達它，而我們請求你們，將具體細節從你們的生命中扔掉，至少一天一次。將花瓣從蓮花上除去，儘管它們可能是迷人的，儘管它們可能聞起

來是令人愉快的。找到聖地。找到寶石，即愛之所是。在這個地面上，你們能夠在不害怕跌倒，迷失你們的腳步，或者從你們的位置上被扔出來的情況下站立於其上，因為這就是你們的天賦權利。愛就是你們之所是。如果你們認為你們不是愛，你們認為你們是的事物，就是一個幻象，一堆被扭曲的具體細節，它們能夠——藉由冥想的過程——緩慢地或者快速地從你們的生命中被清除掉——如同你們會從一個花園中清除那些不愉快或者不是有幫助的事物一樣。

We realize that each of you is looking for help in finding a way to this simplicity, for truly that culture in which you now live does not promise this simplicity, much less deliver it. We realize that the temptation is great to listen to those who teach, those who prophesy, and to allow them to have influence over you, but we ask you to monitor all things that you hear, read and see, including our words, with a finely-tuned discrimination of your heart, for you yourself are the most stable thing in your universe.

我們意識到，你們每一個人都在通過找到一條通往這種簡單性的道路而尋找幫助，因為你們現在活在那個文化真的沒有許諾這種簡單性，更少傳遞它了。我們意識到，去聆聽那些教導的人，那些做預言的人，並允許它們對你們擁有影響的誘惑是巨大，但是我們請你們用一種被精細地調音過的屬於你們的心的分辨力來檢查所有你們聽到，讀到與看到的事情，包括我們的話語，因為你，你自己，就是在你的宇宙中最為穩定的事情。

There is a pattern within you which can be fulfilled in many ways, but there are shortcuts. There are easier paths and harder ones. Outside influences may confuse you, or they may enlighten you. You must discriminate, and we urge you to do so, as we say, especially with our words, for we do not mean to influence you but only to inspire you to do your own work on your own precious and immortal being, for we are brothers to you in love, and we hold our arms out to you in love.

在你們內在之中會有一種模式是能夠用許多的方式被實踐的，但是會有捷徑。會有更為容易的道路和更為困難的道路。外部的影響可能讓你們感到混淆，或者它們可能啟發你們。你們必須分辨，我們鼓勵你們這樣做，如我們說過的一樣，尤其是對我們的話語，因為我們並不打算要影響你們，而僅僅是要啟發你們去在你們自己寶貴而不朽的存有之上做你們自己的工作，因為我們是你們在愛中的兄弟姐妹，我們在愛中向你們伸出我們的手臂。

Where we are is a very light place, and the nature of light is such that we can see the simplicity of which we speak. Therefore, we are not wise to speak of this simplicity; we are simply stating the obvious. But as you go forth in the world, my friend, it will be wisdom to you, as people ask your opinion, if you can plant the seeds of simplicity, kindness, and all the qualities of that one understanding union with the Father, which is love. Plant those seeds, taken from what you would call the heaven world, into the soil. And do not be concerned whether they grow, for that is not your business. You merely respond when asked.

我們所在之處是一個非常光明的地方，光的屬性是如此這般以至於我們能夠看到我們談及的事物的簡單性。因此，我們並不是因為智慧而談及這種簡單性的，我

們單純地是在講述明顯的事物。但是，當你們在這個世界中前進的時候，我的朋友們，當人們詢問你們的觀點的時候，如果你們能夠種下簡單性，善良以及所有那些一個理解與天父，即愛之所是之間的合一的人的屬性的種子的話，它將成為你們的智慧了。將那些從你們稱之為天堂的世界中得到的種子種在土壤中。不要擔心是否它們會生長，因為那不是你的工作。你們單純地是在被詢問的時候回應。

We are also aware at this time that many of you are concerned about others, and we ask you again to remember that each person has a pattern for their life. In many cases this pattern has not been revealed to the person, due to his lack of meditation, or due to the necessity for the pattern being hidden in order that a lesson may be learned. Thus, if you are concerned for another we encourage you to feel at one with the person for whom you care, to feel at one with love and light, and then to allow that unity to flow.

我們在此刻同樣也察覺到，你們很多人都在擔心其他人，我們請你們再一次回憶起，每一個人擁有一種它們生命的模式。在很多情況中，這種模式尚未對那個人被揭露出來，由於它缺少冥想，由於那種模式被隱藏起來的需要，以便於一個課程可以被學習。因此，如果你們擔憂另一個人，我們鼓勵你們感覺與那個你關心的人成為一體的，與感覺到與愛與光成為一體的，接下來，允許那種統一性流動。

The essence of freedom is to know that the pattern has been freely chosen by each being, is being given a chance to reveal itself to that person in its own way. Within the illusion that you call the physical life, you cannot tell what is good and what is bad, for the lessons are many, and often what seems to be a difficulty is in fact a prelude to a great learning and a great happiness. Therefore, trust in the pattern of each unique being, and trust that we are all connected, unique as we each are, in total harmony of being, so that our patterns flow together as do the waters of the sea, each atom changing and flowing until one becomes all and all is one. Yes, you are unique, but you may let the bubble burst upon the wave of your being and merge completely with the unity of all and still be unique. You cannot lose this uniqueness. Therefore, allow the beauty of the patterns in the great tapestry to emerge, treasured and loved by you, given their freedom by you, whether you understand or whether you are only trying does not matter. All that matters is that your attitude is that of love toward yourself, toward others, toward the planet on which you dwell, and toward the creation of which you are a part.

自由的實質就是去知曉，模式已經是被每一個存有自由地選擇了的，是被給予了一個機會用它自己的方式向那個人揭露其自身的。在這個你們稱之為物質性生命的幻象中，你們能夠分辨，什麼是好的，什麼是壞的，因為課程是很多的，經常看起來似乎是一個困難的事情，實際上是一個巨大的學習和一種巨大的快樂的一個序幕。因此，信任每一個獨一無二的存有的模式，信任我們全都是被連接起來的，儘管我們每一個都是獨一無二的，我們是處於存有的完全的和諧性之中的，因此，我們的模式會一起流動，如同海洋中的水一樣，每一個原子都會改變並流動，一直到一個成為全體，全體成為一個為止。是的，你們是獨一無二的，但是你們可以讓泡泡從你們的存有的波浪中迸發，並從全體的一體性中完全地浮現出現，並仍舊是獨一無二的。你們無法失去這種獨特性。因此，允許在巨大的織錦

中的圖案的美麗浮現出來，被你們所珍惜，所摯愛，被你們賦予它們的自由，無論你們是否理解，或者無論你們僅僅是在嘗試，這並不重要。所有重要的事情是，你的態度是對你自己，對其他人，對你居住在其上的星球，對你是其一部分的造物的愛的態度。

(Pause)

(暫停)

We would like at this time to attempt to make contact with an instrument we have not used before. Our vibrations are somewhat different from that of Hatonn's, therefore, we may have some difficulty in using this instrument. We will attempt contact with the one known as B at this time. I am Latwii. 我們想要在此刻嘗試與一個我們之前尚未使用過的器皿建立接觸。我們的振動與 *Hatonn* 的振動是有些不同的，因此，我們可能會在使用這個器皿的過程中遇到某種困難。我們將嘗試在此刻接觸被知曉為 *B* 的實體。我是 *Latwii*。

(Pause)

(暫停)

(B channeling)

(*B* 傳訊)

I am Latwii. I am now with this instrument. My friends, there is much to say about the energy known to you as love. As you know, it is all around you. But, my friends, we must ask ourselves how that we may attempt to have this energy work for ourselves.

我是 *Latwii*。我現在與這個器皿在一起了。我的朋友們在關於被你們知曉為愛的能量的方面有大量要說的事情。如你們知道的一樣，它全都在你們周圍。但是，我的朋友們，我們必須問我們自己，我們可以如何嘗試去讓這種能量為我們自己工作呢？

Now, my friends, you know that the stronger love (inaudible) for love, the stronger the energy. So that is to say, my friends, that it may be some help to you to, shall we say, orient yourselves to places where you might find this energy.

現在，我的朋友們，你們知曉，對愛越發強有力的（聽不見）對愛，對能量就發強有力。因此，那就是說，我的朋友們，你們，容我們說，讓你們自己導向你們可能找到這種愛的位置，這可能會對你們有所幫助。

My friends, we must attempt to cleanse ourselves and ...

我的朋友們，我們必須嘗試讓清理我們自己.....

(Pause)

(暫停)

I shall try again. My friends, it is important that now that you have learned of

this energy that we may share with others and, therefore, shall we say, make the vibrations of this group stronger.

我將再一次嘗試。我的朋友們。現在，你們已經瞭解了這種能量，這是重要的，這樣我們就可以與其他人分享，並因此，容我們說，使得這個團體的振動更為強有力了。

My friends, it is indeed a great honor for us to speak with this group with so many in attendance.

我的朋友們，與這個擁有如此多人出席的團體發言，這對於我們確實是一種巨大的榮耀。

My friends, as you see this time of year come, shall we say, portray the true look of love. My friends, allow yourselves to grow and blossom. Allow yourselves to touch others, for this energy known as love, for, my friends, if you do not learn it will indeed (inaudible) within yourself.

我的朋友們，當你們看到一年中的這個時間出現的時候，容我們說，描繪愛的真正的樣子吧。我的朋友們，允許你們自己生長並開花。允許你們自己接觸其他人，因為這種被知曉為愛的能量，因為，我的朋友們，如果你們確實不瞭解它將會確實（聽不見）在你自己內在之中。

As I have already said, it is indeed a great honor for us to speak to you, and the one known to you as Carla has stated the energy that is present with us is somewhat different from that of Hatonn. My friends, as we leave you, we will indeed join in your meditation so that each may share this energy.

如我已經說過的一樣，我們對你們發言，這確實是我們的一種巨大的榮耀，被你們知曉為 *Carla* 的實體已經陳述了，在我們身上呈現的能量是與 *Hatonn* 的能量是有些不一樣的。我的朋友們，當我們離開你們的時候，我們將會確實在你們的冥想中加入你們，這樣每一個人就可以分享這種能量了。

My friends, as Hatonn [does,] I leave you in the love and light of our infinite Creator.

我的朋友們，如 *Hatonn* 一樣，我在我們的無限造物者的愛與光中離開你們。

I am the one known as Latuah [Latwii.]

我是被知曉為 *Latwii* 的實體。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Latwii, and I have been traveling about the room in a small globe of light, which is the most comfortable body, shall we say, of our peoples, and we are aware at this time that, due to the fact of interaction of our vibration with you, we have generated some heat.

Therefore, if you will be patient, we will attempt, shall we say, to cool you off with a few cooler thoughts and breezes. Give us a few seconds, and we will attempt to help you adjust to our vibration.

我再一次與這個器皿在一起了。我是 *Latwii*，我一直都在一個小小的光球中在房間周圍旅行，光球是我們的人，容我們說，最為舒適的身體，我們在此刻察覺到，由於我們的振動與你們進行互動的事實，我們已經產生出了某種熱量了。因此，如果你們將會是有耐心的，我們將嘗試去，容我們說，藉由一些更為涼爽的想法與微風來讓你們降溫。請給予我們幾秒鐘，我們將嘗試去幫助你們根據我們的振動進行調節。

(Pause)

(暫停)

We hope you are now feeling better, and we do greet you in love and light, and we please ask your forgiveness for our emphasis on light and wish you to know that the heat you are experiencing we will keep attempting to dissipate. 我們希望你們現在感覺更好了，我們確實在愛與光中向你們致意，我們請求你們原諒我們對光的著重強調，並希望你們知曉，對你們正在體驗到的熱量，我們將一直嘗試將其驅散掉。

As we open the meeting to questions, the first question that we would answer is concerning our name. And we must confess to you that it is a name which is created, for we do not have names as you know names but only a vibration of light. Therefore, our name means in your language "the double," or "the second," and it is simply the one who is standing in for Hatonn. We are your doubles, and we send you double love and double helpings. 當我們向問題開放集會的時候，我們會回答的第一個問題是關於我們的名字的問題。我們必須向你們坦白，那是一個被創造出來的名字，因為我們並不擁有如你們知曉的名字一樣的名字，而僅僅只擁有一種光的振動。因此，我們的名字在你們的語言中意思是“雙重”或者“第二”，它單純地是一個正在作為 *Hatonn* 的替身的實體。我們是你們的雙重，我們向你們送出雙重的愛與雙重的幫助。

We would now open this meeting to questions.

我們現在會向問題開放集會。

(Pause)

(暫停)

Now, my friends, surely someone has a question, for we are [crying] to answer.

現在，我的朋友們，肯定某個人有一個問題，因為我們正在渴望去回答。

(Pause)

(暫停)

Questioner: I've been reading lately about gnomes that we humans don't see

because we're afraid of them, and I want to know (inaudible). 提問者：我最近一直都在閱讀關於地精的事情，我們人類看不見它們，因為我們害怕它們，我想要知道（聽不見）。

Yes, my sister, they do indeed appear. They are, as we, members of a vibration which is unseen among your peoples, just as—to use an analogy of which you must be aware, for this channel is aware of it—the television. You are aware of the sound of a channel coming from another domicile within this dwelling place. It is on a certain channel. At the same time there are other channels being broadcast which that particular set is not at this time picking up. However, with the simple turn of a dial it would pick up another channel, and you would see a different universe, populated largely by soap commercials, so we understand.

是的，我的姐妹，它們確實會出現。它們和我們一樣，是屬於一個在你們的人群當中看不見的振動的成員，就好像——使用你們必定知道的一個類比，因為這個管道知道它——電視機。你們知道一個頻道的聲音振動從在這個住所中的另一個房間中傳來。它是在一定的頻道上的。同時，會有其他的頻道正在被廣播，那個特定的電視機在此刻並未接收它們。然而，藉由簡單的轉動一個旋鈕，它就會接收到另一個頻道。你們會看到一個不同的宇宙，它是極大地被肥皂劇的廣告所充滿的，我們就是如此理解的。

In our universe we have such forms which are the spirit formations of plants, animals, the thoughts of humans, the thoughts of masters, and, at the very highest levels, the discarnate entities themselves, who are the true masters of your world and who teach in the realms. There are many, many levels to this channel. It is more complex than a television channel. But what it has in common with a television channel is that it is not seen by those who are on another television channel. Thus, the dimensions directly involved with your Earth plane, which are invisible to you, are those which give the sphere of energy, which you call your planet, its life. Elves, gnomes, fairies, devas and spirits of all kinds are the elemental forms which govern the growth, the health, and the life of such things as rocks, flowers, trees, grasses and animal life.

在我們的宇宙中，我們擁有這樣的這樣的形態，植物、動的靈性的形態，人類的想法，大師的想法，在非常高的層次上，非投生的實體其自身，它們是你們的世界的真正的大師，它們在那些領域中進行教導。這個頻道會有很多很多的層次。它是比一個電視機頻道更為複雜的。但是，它與一個電視機頻道的共同之處是，它是不會被在另一個電視機頻道上的人看見的。因此，那些與你們的地球層面直接地聯繫在一起的，你們看不見的緯度，是那些給予了這個能量的星球，即你們所稱的你們的行星，它的生命的緯度。小精靈，地精，小仙女，精怪，以及所有類型的靈體，都是掌控了諸如岩石，花朵，樹木，青草以及動物生命之類的事物的生長、健康與生命的元素形態。

When we come to the thoughts of man, we come to a different realm, and then above that realm is the realm of the so-called masters.

當我們來到了人的想法的時候，我們就來到了一個不同的領域了，接下來，在那

個領域之上，是那個被稱為大師的領域。

If you would improve your plant, farm, animal and mineral life, you would simply make contact in love with those things which you know to be there but which you cannot see, sending them love and asking for their help. This they will appreciate greatly, and they will give you of their bounty.

如果你們願意提升你們的植物，農場，動物與礦物的生命，你們會單純地在愛中與那些你們知道在那裏，但是你們無法看到的事物建立接觸，向它們送出愛，請求它們的幫助。這是它們將會極其感激的，它們將給予你們它們的饋贈。

Does this answer your question, my sister?

這回答了你的問題了嗎，我的姐妹？

Questioner: Yes, thank you.

提問者：是的，感謝你們。

We thank you!

我們感謝你！

Questioner: I have a question. I am continuously (inaudible) at the various and different experiences from which we all come together. I am continuously amazed at the variety of experiences that have brought us from different paths to common experiences. I opened a path myself and continue, in meditation, to use a psychoactive facilitator for my own liberation and growth, and it's always very interesting. I'm interested in knowing what significance and what role this can play in the larger planetary scheme, from your perspective, which of course is a much more detached, liberated perspective than I can achieve.

提問者：我有一個問題。我持續不斷地（聽不見）各種各樣不同的體驗，從這些體驗我們全都來到了一起。我正在持續不斷地對已經將我們從不同的道路帶到了共同的體驗的那種體驗的多樣性感到的吃驚。我自己打開了一條道路，並在冥想中繼續，使用一種對精神產生作用的促進物來實現我自己的解放與成長，它一直都是非常有趣的。我對於知曉這一點感興趣，從你們的觀點來看，你們的觀點當然是比我能夠取得的觀點是一種遠遠更加超然，且不受束縛的觀點，在更大的星球的計畫中，這種具有精神作用的促進物能夠有什麼重要意義，能扮演什麼角色呢？

My brother, your question is somewhat scattered, so my answer will be somewhat scattered, for which we ask your forgiveness.

我的兄弟，你的問題是有些散亂的，因此我們的回答將會是有些散亂的，我們為此請求你的原諒。

The complexity of your existence and the drive that each in this room feels to seek the truth send each in this room on the many different paths, and there are many levels of awareness of the reality of these paths.

你們的存在性的複雜性以及每一個在這個房間中的人感覺到的去尋求真理的驅

動力，將在這個房間中的每一個人都送上了很多不同的道路，會有很多層次的對這些道路的真相的認識。

Those substances which you speak of as psychoactive have unique effects upon each person. The one who is already prepared for, shall we say, the quantum leap to consciousness—in what many among your peoples have called the Golden Age—would take such substances and feel no effect, for they are already at the level at which they are, shall we say, metaprogramming their own codes of personality and growth. The disciplines of personality are such that your only permanent exit from this illusion into the next is that of personality.

你談及的那些具有精神作用的物質，對每一個人都擁有獨一無二的作用。如果一個實體已經為，容我們說，意識的量子躍遷——在你們人群中的很多人已經稱之為黃金時代的時期中——做好準備了，它會使用這些物質而感覺到沒有作用，因為它們已經處於那個層次上了，在那個層次上，它們正在為它們自己的人格與成長的編碼，容我們說，進行元程式編程。對人格的修煉是如此這般，以至於你們永久的離開這個幻象並進入到下一個幻象的出口，就是人格的出口。

The psychoactive drugs, as you call them, are a ticket to a vacation spot in which you may experience states so that you know that they are there. The chief drawback to using these substances is that when one returns to one's natural capabilities, one is perhaps disheartened at one's lack of natural ability to metaprogram one's own discipline of personality. 具有精神作用的藥物是前往一個度假地點的，如你們稱呼它們的一樣，一張車票，在那個度假地點，你們可以體驗到那些狀態，這樣你們就知道它們是存在的了。使用這些物質的主要的缺點是，當一個人返回到它自然性的能力的時候，它也許會對它缺少對它自己的人格修煉進行元程式編程的天生的能力而感到沮喪。

You must realize that you are a personality with such potential that you yourself could become a star—by which we mean a sun rather than one of those who are in the movies—or anything else you wish to be. This is the extent of your metaprogramming potential. You are not using it. 你必須要意識到，你是一個帶有如此之大的潛能的人格，以至於你自己是能夠成為一顆星星的——我們這樣說的意思是一顆恆星，而不是在電影中過的一個明星——或者任何其他你希望成為的事情。這就是你們的元程式編程的潛能的程度了。你沒有使用它。

When you can attain transcendent unity with a psychoactive drug or substance, you are then on a journey which you will remember. There are, of course, dangers in dealing with states of consciousness to which you have no right by nature. That is, that you will take a wrong turning, and you will not be protected by your natural wisdom and experience in these levels. Thus, it is advisable to work with a guide with [whom] you plan to take such a journey. Otherwise, it is advisable to meditate, to explore each action and each thought and learn the discipline of personalities so that you can become transcendentally one in love and thus be in that state in nature, so that when

the time comes for you to progress you will have, shall we say, the window seat on that journey, and it will be yours without any substance whatever.

當你能夠藉由一種精神作用的藥物或者物質取得一種超凡的統一性的時候，你在那個時候正處於一次旅程上，你們將會記住它。當然，在與這些意識的狀態打交道的過程中會有危險，你們並不是天生就對那些意識的狀態擁有權利的。也就是說，你將會拐錯了彎，你將不會在這些層次中被你天生的智慧與經驗所保護。因此，與一個嚮導一起工作，你計畫與這個嚮導一起進行這樣一場旅程，這是可取的。除此之外，去冥想，去探索每一個行動與每一個想法，這樣你就能夠超驗地成為一個在愛中的實體，並因此自然而然地處於那種狀態中，這樣，當你去發展的時間出現的時候，你就將會用有，容我們說，在那個旅程上的窗戶邊上的座位，它將會無論什麼物質都不需要就是屬於你的了。

Questioner: I understand.

提問者：我理解了。

We are so pleased. Does this answer your question?

我們是如此高興。這回答了你的問題嗎？

Questioner: Yes, it did.

提問者：是的，它回答了。

Oh, we are glad. We thank you very much for allowing us to share our thoughts with you. Is there another question?

哦，我們是開心的。我們非常感謝你們允許我們與你們分享我們的想法。有另一個問題嗎？

Questioner: Hatonn [says] there are other beings. Are there other beings with you?

提問者：*Hatonn* 說，會有其他的存有。會有其他的存有與你們在一起嗎？

This is correct. We are many. We have a civilization, and this civilization has sent a large group of us to you.

這是正確的。我們是許多的存有。我們擁有一個文明，這個文明已經將我們的一個巨大的團體送往你們了。

Questioner: Do you travel in space ships?

提問者：你們是用太空船旅行的嗎？

We do not travel in the same type of space ship as the one known as Hatonn. We are closely akin to light itself, and thus travel in what you would simply call light. There is a difficult concept to convey, but our personalities are complete, and the basic difference between ourselves and Hatonn is that our sense of humor has gotten outrageous, so we have trouble sometimes talking to those among your peoples, for they feel that our humor is misplaced in dealing with such serious questions as love, truth, and beauty. However, to us the joy of life is so great that we find all this seriousness very humorous.

我們並不是使用與被知曉為 *Hatonn* 的實體相同類型的太空船旅行的。我們是極其類似於光其自身的，因為我們通過你們會單純地稱之為光的事物旅行。這是一個很難傳遞的觀念，但是我們的人格是完整的，在我們自己與 *Hatonn* 之間的基本的差異是，我們的幽默感已經變得如此無節制了，因此我們有時候會在對你們的人群中的那些人說話的方面遇到困難，因為它們感覺到，在與諸如愛，真理和美麗之類的問題打交道的時候，我們的幽默是放錯了地方的。然而，對於我們，生命的喜悅是如此之大，以至於我們發現所有這種嚴肅性都是非常幽默的。

The ones of *Hatonn* are of a love vibration, which is beautiful to us, and they are our brothers and sisters in Confederation, just as we are brothers and sisters. Yet, our union has become more complete, so that we would seem to you to be a great ball of light, and you would not be able to see us as individuals; whereas those of *Hatonn* would appear to you to be individuals, for they are, shall we say, one level closer to you in the nature of their type of physical vehicle.

那些屬於 *Hatonn* 的實體具有一種愛的振動，這種振動對於我們是美麗的，它們是在星際聯邦中的我們的兄弟姐妹，就好像我們是兄弟姐妹一樣。而我們的一致性已經成為了更為完全的，因此，我們對於你們看起來似乎是一個巨大的光球，你們不會能夠看到作為個體的我們，而 *Hatonn* 會對你們顯現為是個體的，因為它們在它們的物質性載具的類型的屬性上是處於一個更加接近你們的，容我們說，層次上。

Questioner: Would it be correct to say that *Latwii* is more of the light and less of the personality, and *Hatonn* is more personality?

提問者：說 *Latwii* 是更多屬於光，而更少屬於人格，*Hatonn* 是具有更更多人格的，這是正確的嗎

No, my brother, we would say we are more of a light vibration, and the brothers and sisters of *Hatonn* are of the love vibration. The love vibration is that which you are striving for. The light vibration comes as those of the love vibration learn the lessons of light vibration and enter a vibration of great power. We have enormous power, and we have learned the lessons of love to the extent that we are incapable of misusing it; thus, we may have it. It is difficult to explain to you that which we see ahead, but we can tell you that beyond love and light there is something that we would call unity, and it is for that which we strive.

不是的，我的兄弟，我們會說，我們是更多具有一種光的振動的，*Hatonn* 兄弟姐妹是屬於愛的振動的。愛的振動是我們正在為之而努力的事物。光的振動會在那些屬於愛的振動的實體學會了光的振動的課程，並進入到一個具有巨大的力量的振動的時候出現。我們擁有驚人的力量，我們已經學習了愛的課程要到我們無法誤用它的程度了，因此，我們可以擁有它。要對你們解釋我們在前方看到的事情是困難的，但是，我們能夠告訴你們，在愛與光之外，會有某種我們稱之為統一的事物，我們就是為之而努力的。

Questioner: Are you ... are you all always around as [is] *Hatonn*?

提問者：你們是.....你們是和 *Hatonn* 一樣一直都在我們周圍嗎？

We are always with you, as are all members of the Confederation. Yet, each group has its own personality and its own, shall we say, genesis of need. Therefore, we have not been called to this group until Hatonn had to leave in order to monitor the shenanigans of your blood-thirsty, war-mongering leaders in the South Pacific. They called upon us at that time because they thought that your group is ready for us, and we were very happy to jump right in there and do our best and send you all our love.

我們和所有星際聯邦的成員一樣，是與你們在一起的。而每一個團體都擁有它自己的人格以及它只記得，容我們說，需要的起源。因此，我們一直到 *Hatonn* 不得不離開去監督你們南太平洋的嗜血的、製造戰爭的領導人的惡作劇才會被呼喚到你們的團體。*Hatonn* 在那個時候呼喚我們，因為它們認為你們的團體為我們做好準備了，我們非常高興在那裏跳進來，並盡我們最大的能力來向你們全體送出我們的愛。

Questioner: I am very gratified to ... I am very gratified to experience these new voices which seem to be manifesting not only in the channeling dimension but also here at home in River City, that people within Eftspan and Space Group are at last beginning to find a voice and to come forth in song, and it's very exciting for me. I hope ... I hope that this is just a start of a new direction for us as a group because we have, for a long time I think, suffered from a fragmentation of goals and direction.

提問者：我非常感激.....我對於體驗到這些新的聲音是非常感激的，它們看起來似乎是不僅僅正在傳訊的緯度上顯化，同樣也在這裏在大河市 (*River City*) 的家中顯現，在 *Eftspan and Space* 的團體中的人，至少正在開始找到一個聲音，開始在歌曲中出現了，它對於我是非常令人激動的。我希望.....我希望這僅僅是對於我們作為一個團體的一個新的方向的一個開始，因為我們已經，我認為有一段很長的時間，都因為一種目標與方向的分裂而受苦了。

[I am Latwii.] We are reviewing the memory of Hatonn, and we find that your group has not suffered but, rather, has done very well. Most groups which intend to be light groups disintegrate due to personality conflicts. Yours has weathered these conflicts; therefore, you may rejoice that love has prevailed in your group and will continue to prevail. Never be disheartened by apparent disharmony, for there must be friction before something can move.

[我是 *Latwii*。]我們正在檢查 *Hatonn* 的記憶，我們發現你們的團體並未受苦，而毋寧死，已經做得非常好了。大多數打算要稱為光的團體的團體都會由於人格的衝突而分裂。你們的團體已經經受住了這些衝突了，因此，你們可以歡慶，愛已經在你們的團體中盛行，並將會繼續盛行。永遠不要因為表面上的不協調而灰心，因為在某個事情能夠移動之前，必定會有摩擦。

We are grateful that you are gratified and simply say that each of those in the group is truly attempting to do that which the Creator has for them, and this is all that is required. It is not an act of bravery or a great challenge, but simply as natural as getting up and doing what is to be done, and we thank this group for being natural and for staying together in the light and love of the

infinite Creator. 我們對於你是感激的是感謝的，我們單純地說，在團體中的每一個人都是在真正嘗試去做造物者已經讓它們去做的事情過了，這就是所有被需要的事情了。它不是一個勇敢的行動，或者是一種巨大的挑戰，而單純地是如同站起來並做要被做的事一樣自然而然的，我們感謝這個團體成為自然而然的，並在一起留在太一造物者的光與愛中。

Is there another question?

有另一個問題嗎？

Questioner: One more question.

提問者：還有一個問題。

Go!

前進！

(Pause)

(暫停)

I am again with this instrument. I am again with this instrument. I am again with this instrument. I am Latwii. I ... 我再一次與這個器皿在一起了。我再一次與這個器皿在一起了。我再一次與這個器皿在一起了。我是 *Latwii*。我.....

(Tape ends.)

(磁帶結束。)

March 18, 1979

1979-03-18 Laitos : 沉睡與覺醒

(Carla channeling)

(Carla 傳訊)

I am Laitos. We greet you in the love and the light of the infinite Creator. We will speak with you only for a moment. We will be attempting to begin first through the instrument known as S and then through the instrument known as N in order to build their confidence.

我是 *Laitos*。我們在無限造物者的愛與光中向你們致意。我們將僅僅對你們發言一會兒。我們將嘗試首先通過被知曉為 *S* 的實體開始，並接著通過被知曉為 *N* 的實體，以便於構建它們的信心。

We would like to enable this group to become more unified and balanced at this time. So if you will have some patience and open yourselves to our conditioning, we will lend you our conditioning waves that you may all seek together that truth which lies beyond our poor words. I am Laitos.

我們想要使得這個團體能夠在此刻成為更加一致性且平衡的。因此，如果你們將會擁有某種耐心，並讓你們自己向著我們的調節作用開放，我們將借予你們我們的調節性的波動，這樣你們就可以全都一起尋求存在於我們的貧瘠的話語之外的真理了。我是 *Laitos*。

(Pause)

(暫停)

(N channeling)

(*N* 傳訊)

I am Laitos. I am now (inaudible). I do greet you in light and love. It is a very special event for me to be with you at this time. We see there are those who are new to this type of channeling, and we say to you we come in love.

我是 *Laitos*。我現在 (聽不見)。我確實在光與愛中向你們致意。在此刻與你們在一起，這對於我們是一個非常特別的事件。我們看到，會有那些對於這種類型的傳訊感覺到新鮮的人，我們會對你們說，我們是在愛中前來的。

Many of your people do not realize that love is around you and permeates through you at all times. We have used the description of being asleep to describe most of the people of Earth. Some are awakening, although still groggy. Few have awakened totally, but we are with you at this time, my friends, to aid in any way possible your awakening—awakening to the fact that you are, in reality, a much higher being. The physical life as you know it is like a small grain of sand on a beach compared to the total you.

你們的人群中很多人並未意識到愛是在你們周圍的，並在所有的時候都是貫穿你們的。我們已經使用過睡著了來描述地球上的大多數人了。一些人是醒著的，儘管仍舊是在頭暈眼花的。很少人已經完全醒來了，但是我們在此刻是與你們在一

起的，我的朋友們，以用任何有可能的方式幫助你們的醒來——覺醒於你們，實際上，是一個遠遠更高的存有的事實。與完全的你們相比，物質性的生命，如你們知曉它的一樣，就好像是在一個沙灘上的一粒沙子。

Because of the many different paths each of you take during your life, you come into contact with different methods of awakening. We hope to be helpful to you. The time has come for us to shake off this sleep and to awaken and to take its place that is rightfully ... that it belongs to by right.

因為你們每一個人在你們的生命期間都採用了許多不同的道路，你們會接觸到不同的覺醒的方法。我們希望對你們有幫助。現在已經到了讓我們來搖醒這種睡眠，以喚醒並接受它的位置的時刻了，這個位置是適當地.....它天生就屬於的位置。

My friends, at this time my brothers and I will send energy to each of you who desires it, and we will attempt to make it noticeable to you that you are receiving this energy. We ask that you pause for a few minutes and just relax. I am Laitos.

我的朋友們，在此刻，我的兄弟和我將會向你們每一個渴望能量的實體送出能量，我們將嘗試去使得你們能夠注意到，你們是在接收這種能量的。我們請你們暫停幾分鐘並僅僅放鬆。我是 *Laitos*。

(Pause)

(暫停)

(Unknown channeling)

(未知者傳訊)

I am Laitos. I am again with this instrument. We will attempt to contact another instrument. I am Laitos.

我是 *Laitos*。我再一次與這個器皿再一次了。我們將嘗試去接觸另一個器皿。我是 *Laitos*。

(Pause)

(暫停)

(B channeling)

(*B*傳訊)

I am Laitos. I am now with this instrument. Once again, my friends, I greet you in the love and light of our Association.

我是 *Laitos*。我現在與這個器皿在一起了。再一次，我的朋友們，我在我們的聯合體的愛與光中向你們致意。

My friends, as the new season is upon us there is much to do and much to learn. So, my friends, as you always know, there is much to learn. Now, as we have told you many times, it is imperative that through your meditation you will advance your spiritual growth.

我的朋友們，當新的季節出現在我們身上的時候，會有大量要去做的事情，以及大量要去學習的事情。因此，我的朋友們，如你們一直都知曉的一樣，會有大量要去學習的事情。現在，如我們已經告訴過你們很多次的一樣，通過你們的冥想你們將會讓你們靈性成長前進，這是不可避免的。

Now, my friends, as you know that there is indeed many of you who are asleep, my friends, it is important that there be someone that may recall the awakening of yet another being to their spiritual growth.

現在，我的朋友們，如你們知曉的一樣，確實會有你們的很多人是在沉睡的。我的朋友們，會有某個人可能會想起讓另一個存有覺醒於它們的靈性的成長，這是重要的。

My friends, as you find, shall we say, time in which to do the many things that you have planned, my friends, we ask that you allow, shall we say, equal time for that of your spiritual growth. Now, my friends, when we say "equal time," you must realize that there is ample opportunity in which to do this throughout your daily existence. My friends, continue in your meditation, and your spiritual growth is assured.

我的朋友們，當你們發現，容我們說，在其中去做很多你們已經計畫好的事情的時候，我的朋友們，我們請你們允許，容我們說，同等的時間來用於你們的靈性成長。現在，我的朋友們，當我們說，“同等的時間”的時候，你們必須意識到，在貫穿你們的日常生活的存在性中，會有豐富的在其中進行這個工作的機會。我的朋友們，在你們的冥想中繼續，你們的靈性成長是確信無疑的。

I shall now leave this instrument. I am Laitos.

我現在將離開這個器皿。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am Latwii. I greet you in the love and the light of the infinite Creator and send you the greetings and good wishes of those of Hatonn, whose emissary we are at this time, [and] who wishes you to know that he appreciates the love that you are sending him and the Confederation in its attempts to send love to the leaders of your planet at this critical time. He wishes you also to know that the crisis is not over, and so he regrets very much not being on station in your skies, and so those at Hatonn have asked us, Latwii, to remain with you as counselors and true philosophers, to share our thoughts with you, and that we will do.

我是 *Latwii*。我在無限造物者的愛與光中相你們致意，我想你們送出那些 *Hatonn* 的實體的致意與良好的祝願，我們在此刻是 *Hatonn* 的使者，*Hatonn* 希望你們知曉，他感激，在他在這個危急關頭去向你們的星球的領導人送出愛的嘗試中，你們正在發送給他以及星際聯邦的愛。他希望你們同樣也知曉，危機並未結束，

因此，他非常抱歉無法駐紮在你們的天空中，因此，那些屬於 *Hatonn* 的實體已經請求我們，*Latwii*，作為顧問以及真正的哲學家與你們留在一起，以與你們分享我們的想法，那就是我們將會做的事情了。

My friends, this instrument has been deep in prayer in the last two minutes, for she fears, as always, that she will not speak the words that we give her. We think that this is a perfect example of what makes us laugh at the people of your planet. You are so serious, my friend; you are so sure that you will be able to tell the truth by the use of your intellect.

我的朋友們，這個器皿在過去的兩分鐘時間中已經處於深度祈禱之中了，因為她一直都害怕他將不會說出我們給予她的話語。我們認為，這就是一個會讓我們對你們的星球的人的事情發笑的一個完美的例子了。我的朋友們，你們是如此嚴肅，你們如此確信，你們將能夠藉由對你們的智力的使用來講述真理。

My friends, it is as though you have great trees growing on top of your heads with their roots very deep inside your brains, and all the while you are concerned about uprooting these great trees with their great and deep roots. You stood out in the rain and let the sun and the wind pour over these trees and nourish their growth.

我的朋友們，這就好像你們擁有巨大的樹木正在你們的頭頂上生長，它們的根部是在你們的大腦內部非常深的位置的，在所有的時間你們都在擔心這些樹木會連同它們巨大而深入的根部都一起連根拔起。你們站立在雨中，讓陽光與風傾倒在這些樹木上，滋養它們的生長。。

My friends, why do you worry? Why do you concern yourselves with those things over which you have no control? Why can you not pray and then let it go and act? Why can you not act and then let it go, be it error or correctness? 我的朋友們，為什麼你們要擔心呢？為什麼你們讓你們自己為這些你們無法控制的事情而擔憂呢？為什麼你們無法祈禱，接著讓它隨風而逝，並行動呢？為什麼你們無法行動並讓它隨風而逝呢，無論它是錯誤還是正確？

My friends, the roots of that tree that grows within your brain, that tree which is called the intellect, cannot be uprooted by force. The intellect can only be starved. Stay out of the rain, my friend. Avoid the sunshine. Do not think too much. It is as simple as that. Do not think about not thinking. The over-use of the intellect, the over-seriousness of your people, has held back more spiritual advancement than we can tell you among your people. You who are in the vast minority among the peoples of your planet, you who are the hope of your planet, you who care to know the truth—do not think that you can think your way to the truth. Know that you can only be the truth. You can only act the truth. You can only love, for that is the heart of the truth. You can only be the original Thought, for that is the heart of love.

我的朋友們，在你們大腦中生長的樹木的根部，被稱為智力的樹木，是無法憑藉力量被連根拔起的。智力僅僅能夠挨餓。我的朋友們，躲避雨。避開陽光。不要想太多。它就是那麼簡單。不要思考不思考。對智力的過度使用，你們的人群的過度嚴肅，已經阻礙了比我們在你們的人群中能夠告訴你們的靈性的進步更多的

進步了。你們是在你們的星球上的人群中的極少數，你們是你們的星球的希望，你們關心知曉真理——不要認為你們能夠思考出你們通往真理的道路。知曉你們僅僅能夠成為真理。你們僅僅能夠用行動表現真理。你們僅僅能夠愛，因為它就是真理的核心。你們僅僅能夠成為那個原初的想法，因為那就是愛的核心。

There is a love that created you. In that love is all light and all joy. Joining it makes you as light as a butterfly. You have no gravity. You do not need to be serious. You do not need to heap blame, or guilt, for your past incorrectnesses upon yourself. Nor need you do it for others in any way, for others are only yourself, (inaudible) in your mind so that you may see yourself better,

會有一種創造了你們的愛。在那種愛中有所有的光和所有的喜悅。加入它會使得你和一隻蝴蝶一樣輕盈。你沒有重力。你並不需要成為嚴肅的。你既不需要將對你過去的不正確的責備或者歸咎堆積在你自己身上。你同樣也不需要任何方式為其他人這樣做，因為其他人僅僅是你自己，（聽不見）在你的心智中，這樣你就可以更好地看見你自己了。

Look each person in the face—look yourself in the face—and find love. If you cannot find it, let it go. Wisdom was not ever won in a moment, until the moment comes. Peacefully await that moment. Do not think about that moment or strive toward that moment in your minds for there is a deeper faculty in your heart, and it is called the will. And we urge you, instead, to employ that. Will to know the original Thought of the Creator. Seek and ye shall find. How many times have those who have spoken to you from the Confederation of Plants in the Service of the Infinite Creator said those words, "Seek and ye shall find; knock and it shall be opened unto you"? These words are from one of your holy books, and they are true. The advice is simple. It is not, "Think and ye shall find, think and it shall be opened unto you." But think will. Use your imagination. Use your faculties of hope and desire.

看著每一個人的臉——在臉上看到你自己——並找到愛。如果你無法找到它，放開它。智慧一直要到那個時刻出現的時候才可能在那一刻中勝利。平安地等待那個時刻。不要思考那個時刻或者在你們的心智中朝向那個時刻而努力，因為在你們的心中會有一種更為深入的機能，它被稱為意志。我們作為替代鼓勵你們去應用那種意志。意願去知曉造物者的原初的想法。尋求，你們將會找到。這些話語已經被那些來自於服務於無限造物者的星際聯邦的實體對你們說過了多少了呀，“尋求，你們將會找到，敲門，門將會向你們打開。”這些話語是來自於你們的一部神聖著作，但是它們是真實的。建議是簡單的。它不是，“思考，你們將會找到，思考，它將會對你們打開。”但是卻思考意志。使用你們的想像力。使用你們的希望與渴望的機能。

And as you seek, let the journey be one of laughter as well as tears. Let yourself laugh. Let yourself enjoy that which is beautiful in each moment. Do not think too much. That tree in your head, which is your intellect, is very useful if you need firewood; and you do need a certain amount of it. You have a chemical body. You must live in a chemical world. You must make decisions having to do with your chemical personality. And the truer (inaudible) the

intellect stokes the decision-making fires. Very well, then. Use it for that. For your spiritual thinking, stop it. Go into meditation with a free heart, not with a free mind. Let your mind do what it wishes. You are not concerned with your mind. Let it tie itself in knots. It does not concern you. It is a tool; it is not you. Shrug it off. Let it be unimportant.

當你們尋求的時候，讓旅程成為一個具有歡笑，同樣也具有淚水的旅程。讓你自己歡笑。讓你自己享受在每一刻之中的美麗的事物。不要過多思考。那棵在你頭腦中的樹，即你的智力，在你需要柴火的時候，是非常有用處的，你確實需要一定數量的智力。你擁有一個化學性的身體。你必須要活在一個化學性的世界中。你必須要在關於你的化學性的人格方面做出決定。更為真實的（聽不見）智力會為做決定的火添加燃料。非常好，接下來，將它用於那方面。對於你們的靈性的思考，停止它。藉由一顆自由的心，而不是藉由一個自由的頭腦，進入到冥想之中。讓你的頭腦做它希望做的事情。你不用擔心你的頭腦。讓它自己打結。它並不擔心你。它是一個工具。它不是你。將它從擺脫掉。讓它成為不重要的。

We offer you these foolish sentences in the hope that you will see what is behind them—our desire to hold our hands out to you, our brothers and sisters, for we stand in [realms] where these things are apparent, where love is enjoyed and shared, where the intellect is understood and not over-emphasized. Indeed, we may say your intellect is, by far, greater than ours, for we know what we know by a process of direct intuition. We share one great body of knowledge among us, and nothing is forgotten. Thus, we need not the tree of intellect.

我們提供給你們這些愚蠢的話語，以期望你們將會看到，在它們背後是什麼——我們的渴望是向你們，我們的兄弟姐妹們，伸出我們的手，因為我們是站在那些在其中這些事情是明顯的，在其中愛是被享受並被分享的，在其中智力是被理解並不會被過度強調的領域中的。確實，我們可以對你們說，你們的智力，是比我們的智力遠遠大得多的，因為我們藉由一個知覺的直覺的過程知曉我們知曉的事情。我們在我們當中分享一個巨大的知識庫，沒有任何事情被遺忘。因此，我們並不需要智力之樹。

There is a place you can go in meditation that is a better place, my friends, a place in which you can be clean and fresh, new, just born, and free. We invite you to join us, for in meditation you are in a great company of all those in higher planes.

會有一個你們能夠進入冥想的地方，那是一個更好的地方，我的朋友們，一個你們在其中能夠成為清潔而新鮮的，嶄新的，剛剛被生出來的，自由的地方。我們邀請你們加入我們，因為在冥想中，你們是與所有那些在更高層面中的實體結成一種偉大的夥伴關係。

With these few thoughts I will end this discussion and proceed to a request for questions. May I ask if you have anything to ask?

帶著這些少數的想法，我們將結束這個討論並前進到一個對問題的請求。請問你們擁有任何要說的事情嗎？

(Pause)

(暫停)

We do so enjoy question time, so please feel free to ask questions.
我們確實如此喜歡提問的時間，因此，請隨意詢問問題。

(Pause)

(暫停)

N: I have a question, but I don't want to say it. (Inaudible) You may not really answer it, just comment. Thank you. N: 我有一個問題，但是我不想要說出它。
(聽不見) 你們可能不會真正回答它，僅僅評論一下。謝謝你們。

We will attempt to, although this instrument, we find, has a positive hatred of such, due to the fact that she has too much ego. Nevertheless, we will use her.
我們將嘗試，儘管這個器皿，我們發現對此擁有一種明確的嫌惡，這是由於她擁有過多的小我的事實。儘管如此，我們將使用她。

We find that, in the larger sense, your question is very basic and, although you are thinking specifically, the decisions you must make at this time have to do more with a basic philosophy of life than anything else, and thus we can only say to you that in mediation you can find your true feelings. It is important that you realize that right and wrong are not concepts, as such, that are valid, but only that which is subjectively, for you, comfortable and proper. Thus, as you deal with people and situations, you must first deal with yourself. Knowing where you stand and who you are, you may then act in confidence.

我們發現，在更大的意義上，你們的問題是非常基礎性的，儘管你正在具體地進行思考，你必須要在此刻做出的決定，相比任何其他事情，是更多與一種基本的生命的哲學聯繫在一起的，因此，我們僅僅能夠說，在冥想中，你能夠找到你真實的感覺。你意識到，對於與錯，以及諸如此類的觀念，並不是有效的觀念，而僅僅是對於你，用主觀性的方式，是舒適的且適當的事物。因此，當你與人和情況打交道的時候，你必須首先與你自己打交道。在知曉你站立在何處以及你是誰的情況下，你接下來就可以在信心中行動了。

We urge you to recall that as a plant begins to develop it has no knowledge of its destiny, and yet it is unfolded perfectly day by day. We do not believe that the flower has the faculty, shall we say, of trust or patience. The flower simply knows that there is no time and that time is only an illusion. Thus, when it blossoms it does so in a sweet surprise that is not in time but is at the proper moment. So you human beings are. You have a destiny, you have a time to blossom, a time to be picked. You have freedom: freedom to learn, freedom to look about you, freedom to actively direct that which you will do.

我們鼓勵你去回想起，當一個植物的存有開始發展的時候，它並不擁有對它的命運的知曉，而它的命運一天接一天地完美地被展開了。我們並不相信花朵擁有信任或者耐心的，容我們說，機能。花朵單純地知曉，沒有時間，時間僅僅是一個

幻象。因此，當它綻放的時候，它是在一種甜蜜的驚訝中這樣做的，那種驚訝即，那不是及時的，而是在適當的時刻的。你們的人類存有也是如此。你們擁有一個命運，你們擁有一個去綻放的時間，一個要被摘下的時間。你們擁有自由，去學習的只有，去在你們周圍觀察的自由，去積極地指引你們將會做的事情的自由。

Unlike the flowers, you have freedom of movement and of thought and of action. But, nonetheless, your destiny is simple and profound, and you can trust it with perfect confidence, knowing that it is, shall we say, built in, and that all things, if you are in tune with yourself, will occur in the same harmony as the maturation of a flower, so that you will find a day of sweet surprise when that which has needed to blossom will have occurred.

與花朵不一樣，你們擁有移動，思考與行動的自由。但是，雖然如此，你們的命運是簡單而深刻的，你們能夠帶著完美的信心來信任它，並同時知曉，它是，容我們說，被構建在內在之中的，且一切事物，如果你是與你自己是協調一致的話，都將會在於一朵花的成熟一樣的協調性之中發生，這樣，你就將會，在已經需要去綻放的事物將會已經出現的時候，發現一個具有甜蜜的驚訝的日子了。

We of Latwii send the sunlight of our love to you at this time, my brother, and hope that our words have aided you. Is there another question?

我們 *Latwii* 在此刻對你們送出我們的愛的陽光，我的兄弟們，我們希望我們的話語已經幫助你們了。有另一個問題嗎？

(Pause)

(暫停)

If there are no other questions we will leave this instrument. This is only our second group, and we have not yet learned how to encourage you to come with questions so that we may work with you more individually. This we enjoy very much, so we have been working with the planetary consciousness, and it is a great pleasure to work with each unique individual who asks questions, for we are then able to vibrate in harmony with each unique vibration, and we enjoy the electrical union very much.

如果沒有其他的問題，我們將會離開這個器皿。這僅僅是我們的第二個團體，我們尚未學會如何去鼓勵你們帶著問題前來，這樣我們就可以更為個體性地與你們一同工作了。這是我們非常喜愛的，因此，我們已經一直都在於星球意識一共工作，去每一個詢問問題的獨一無二的個體一同工作，這是一種巨大的快樂，因為我們接下來就能夠與每一個獨一無二的振動協調一致地振動，我們非常喜歡這種電性的聯合。

We thank each of you for listening to our humble words and ask you to realize that we know very little and that you should not take what we say too seriously but only listen to your inner voice, for that contains the wisdom, not we. We can only love you and leave you in love and light.

我們感謝你們每一位聆聽我們謙遜的話語，我們請你們意識到，我們知曉非常少，且你們不應該將我們說的事情看得過於嚴肅了，而僅僅是聆聽你們內在的聲音，因為是那個內在的聲音，而不是我們，包含了智慧。我們僅僅能夠愛你們，並在

愛與光中離開你們。

We are those of Latwii. Call us Latwii, or simply send us love with no name, for our vibration is truly what we call ourselves. We leave you in that vibration and assure you that we are with you at any time that you ask for us.

我們是 *Latwii*。稱呼我們 *Latwii*，或者單純地不用名字對我們送出愛，因為我們的振動是我們真正稱呼我們自己的事物。我們在那種振動中離開你們，我們向你們保證，我們是在任何你們請求我們的時刻與你們在一起的。

We will send healing to two of you in the room whose physical vehicles are not functioning properly. We will pause at this time and do so.

我們將對在房間中的你們中的兩個實體送出療愈，這兩個實體的物質性載具並未適當地運轉。我們將在此刻暫停並這樣做。

(Pause)

(暫停)

We bid you adonai. Vasu borragus.

我們對你們致以 *Adonai*。 *Vasu borragus*。

April 15, 1979

1979-04-15 Hatonn : 最殘忍的四月

(Carla channeling)

(Carla 傳訊)

I am known to you as Hatonn, and I greet you in the love and the light of the infinite Creator. I greet you especially on this day which is holy within your culture, and [we] are very, very pleased and privileged to be able to be a part of your celebration of that which lives which was thought to be dead.

我是你們知曉的 *Hatonn*，我在無限造物者的愛與光中向你們致意。我尤其是在這個在你們的文化中是神聖的日子向你們致意，我們非常非常高興並有幸能夠成為你們對被視為是死去的事物的生命的慶祝的一部分。

Within this channel's mind there is a quote from a poet. It goes like this: "April is the cruelest month, breeding lilacs out of the dead ground." We would like you at this time to ponder those words, for you must take all things personally if you would find their inner meaning. Rather than skimming the surface of the meaning, be shameless and make those things which are general specifically about yourself and see what applies.

在這個器皿的心智中，有一句來自於一首詩歌的引文。它是這樣說的：“四月是最殘忍的月份，它從沒有生命的土地上培育出了丁香花。”我們想要你們在此刻考慮那些文字，因為如果你們想要找到它們的內在的意義，你們就必須用個人的方式來檢查所有的事情。不是在意義的表面上掠過，而毋寧是成為不知羞恥的，使得那些一般性的事情成為專門地關於你自己的，並看到什麼事情是會適用。

What is the dead ground in your life? Perhaps you know the answer to that already. Perhaps there is all too much of it: the familiar, the simple, and the easy—those things which are concerned only with the transitory experience which began when you first drew breath in a chemical vehicle on planet Earth and which end when your last breath is expelled in this experience. In the illusion—this is called life, this breathing. But in reality the experience itself is without life. And yet, my friends, you are here, and it is a precious and unusual thing that you are.

在你們的生命中的沒有生命的土地是什麼呢？也許你們已經知道了對那個問題的答案了。也許它是過多了的：熟悉的事物，簡單的事物，容易的事物——那些僅僅涉及到轉瞬即逝的體驗的事物，這些事物從你在你在行星地球上在一個化學性的身體中吸入第一次呼吸開始，在你最後的呼吸在這個體驗中被呼出的時候結束。在幻象中——這被稱為生命，這種呼吸。但是，在實相中，體驗其自身是沒有生命的。而我的朋友們，你們在這裏，你們之所是，是一個珍貴而不同尋常的事情。

Many are the souls who have wished at this time to draw breath upon your planet and experience that which is occurring upon your planet at this time, for that which is occurring is a change, just as a change in your seasons may be called a change. You may generalize and say, „Why, spring is the same as

winter; it is the same Earth, it is the same trees." But the transformations are remarkable. Out of the dead ground there grow new things that are alive and those that blossom and bloom. That which was skeletal and brown and bare became lovely, bursting with life and hope and promise, and so is your life at this tiny point which is the present.

會有很多已經希望在此刻在你們的地球上呼吸，並體驗在此刻在你們的地球上發生的事情的靈魂，因為正在發生的事情是一種改變，就好像在你們的季節中的一個改變可能被稱之為一次改變一樣。你們可以進行概括並說，“為什麼，春天是和冬天一樣的，它是相同的地球，它是相同的樹木。”但是，轉變是顯而易見的。從沒有生命的土地上會生長出新的事物，那些事物是活生生的，是綻放與繁茂的。瘦骨嶙峋的，褐色的，赤裸裸的事物，會成為可愛的，迸發出生命，希望與前進的事物，你們的生命在這個當下之所是的小小的位置上就是如此。

And why is this a cruel process, my friends? Why is April the cruelest month? Why is change difficult? Let us move our vision to another story that has held the interest of many for two thousand years. It is the story of a master among your men, called Jesus, who was taken to a tree and thereupon fixed until he was dead. Does that not seem cruel, my friends?

為什麼這是一個殘忍的過程呢，我的朋友們？為什麼四月是最殘忍的月份呢？為什麼改變是困難的？讓我們將我們的視線移動到另一個在兩千年的時間中都讓很多人感興趣的故事。它是一個在你們的人群當中被稱為耶穌的大師的故事，它被帶到一顆樹邊，並被釘在上面，一直到他死去為止。那難道不是看起來似乎是殘忍的嗎，我的朋友們。

You are in the midst of that which is cruel. Cruelty is a part of change. Pain is the price of growth. When the one known to you as Jesus was lifted gently from that tree, he was dead—and yet it is this holiday that you now celebrate on which he blossomed into that which was, not transient, but alive, conscious and loving.

你們就是在殘忍的事物當中的。殘忍就是改變的一部分。痛苦就是成長的代價。當被你們知曉為耶穌的實體溫和地從那棵樹上被抬下來的時候，他是死去的——恰恰就是在這個你們現在慶祝的節日上，他綻放成為了，不是轉瞬即逝的事物，而是活的，有意識的，有愛的事物了。

Flowers, my friends, are for a season, and many of them are only for a season—they do not regenerate themselves. But you are not flowers. You are seeds which are sown in the dead ground of a chemical body that you may experience the thunder and the lightening, the rain, the snow, and the wind that only a chemical body can give you, for it is in those circumstances that your emotional reactions are intensified, invariably. And it is through this intensification of emotions, it is through this often painful process of emotional reaction and thought and contemplation that you grow that within you which is alive, eternal and loving.

我的朋友們，花朵是為了一個季節的，它們很多僅僅只是為了一個季節——它們並不會讓它們自己複生。但是，你們不是花朵。你們是被播種在一個化學性身體中的沒有生命的土地中的種子，這樣你們就可以體驗到僅僅只有一個化學性身

體才能給予你們的雷鳴與閃電，雨，雪與風了，因為就是在那些情況中，你們的情緒反應會，恒常地被強化了。就是通過這種對情緒的強化作用，就是通過這種經常是痛苦的情緒反應，想法與沉思的過程，你們在你們內在之中培養了活的事物，永恆且有愛的事物了。

There is a curious peace to be gained from knowing that you are capable of using those things which are given you, not just those things which are transitorially joyful, but those things which are of transitory pain. This peace, indeed, passes understanding, for it means that in no circumstances are you without propriety, that those things which do not seem to have a purpose do have a purpose, and that purpose is to help you to grow—not in this life only but in the life that is real, that which extends in the infinite present in the great circle of time and space which is now and here forever.

會有一種奇妙的平安會從這樣一種知曉而被取得，即知曉你們是有能力使用那些被給予你們的事情的，不僅僅是那些具有短暫的喜悅的事情，同樣還有那些具有短暫的痛苦的事情。這種平安，確實，是超越了理解的，因為它意味著在無論什麼環境中你們都不是沒有恰當性的，你們都是擁有這樣一些事情的，它們看起來似乎並不擁有一個目的，而它們確實擁有一個目的，那個目的就是幫助你們成長——不僅僅是在這次生命中，同樣也是在真實的生命中，即在無限的當下中，在時間和空間的偉大的圓之中延伸的生命，那個偉大的圓永遠是此時與此地。

We have often said to you that the Creator is a Creator of total love, and yet there was a pain in separation when that unity which was the Creator consciously separated Itself into an infinity of individuals. There was a wish that the Creator know Itself and a hope that the Creator might love Itself and, thus, It gave Its parts free will. As you gaze into your brother's eyes you may see the Creator or you may see your brother; it is your choice. Truly, you may love the Creator in your brother and, thus, you love the Creator.

我們已經經常對你們說，造物者是一個具有完全的愛的造物者，而當造物者之所是的統一性有意識地將祂自己分離成為了無限數量的個體的時候，在分離中會有一種痛苦。會有一種造物者知曉祂自己的願望，會有一種造物主可以愛祂自己的希望，因此，祂賦予了祂的各個部分自由意志。當你們注視你們的兄弟的眼睛的時候，你們可以看到造物者，或者你們可以看到你們的兄弟，這是你們的選擇。真的，你們可以愛在你們的兄弟內在之中的造物者，因此，你們就在愛造物者了。

As you see the world of nature about you at this time, you may appraise the Creator, or you may choose not to. Each moment you can make of your life as you will. And that, too, is cruel. That is the ultimate responsibility, for it is only the mature and emotionally strong personality who can remember the Creator and recognize the Creator and love Its parts. The good and the bad, so they seem—they are the Creator.

當你們看到在此刻在你們周圍的大自然的世界的時候，你們可以讚美造物者，或者你們可以選擇不去這樣做。每一刻，你都可以如你所願地創造你的生命。那同樣也是殘忍的。那是終極的責任，因為僅僅只有成熟且在情緒上是強有力的人格才能回憶起造物者，認出造物者並愛祂的各個部分。善與惡，它們看起來似乎是如此的——它們是造物者。

Some parts of the Creator do not know that there is One, that the Creator is He and that the definition of both is love. Thus, your love of that ignorant brother may be the blessing that helps that brother to know himself for the first time.

造物者的一些部分並不知曉有太一，造物者就是祂，對兩者的定義都是愛。因此，你對於無知的兄弟的愛，可能成為會幫助那個兄弟第一次知曉他自己的祝福。

How many times have you been in motion today? How many times have you felt the stillness within you that is the Creator—the perfect balance that is the perfect dance of love?

今天你已經多少次在運動中了呢？你已經多少次感覺到了在造物者之所是的你內在之中的安靜——愛的完美的舞蹈之所是完美的平衡了呢？

This instrument today spent her morning singing hymns to the Creator. "Alleluia He is risen," she sang. We say to you, "Alleluia you are risen." Your body is transitory. In meditation, allow that feeling of freedom, of love, of sweet companionship, of peace to soak through your chemical body, to soothe those nerves that have been frayed by the intense emotions of your experience at this level. Let hope come into your heart, for the Creator is forever full of hope. Let love heal that which needs healing in your thoughts; let it touch your pain. The original Thought that created you is love. That union can exist again in meditation. This is not an escape, my friends. This is a centering in knowing who you are.

這個器皿今天將她的早晨花費在對造物者歌唱讚美詩上了，她唱到，“哈利路亞，他被升起了。”我們對你們說，“哈利路亞，你們被升起了。”你們的身體是暫時性的。在冥想中，允許自由、愛、甜蜜的友誼，平安的感覺浸泡貫穿你們的化學性的身體，緩和那些因為你們在這個層次上的體驗的強烈的情緒而已經被磨損了的神經。讓希望進入到你們的心中，因為造物者是永遠地充滿了希望的。讓愛療愈在你們的想法中需要療愈的事物，讓它接觸你的痛苦。那個創造了你們的原初的想法就是愛。那種聯合能夠再一次在冥想中存在。我的朋友們，這不是一種逃避。這是一種處於知曉你們之所是的中心處。

We have heard your discussion this evening and the conversation that perhaps meditation makes it more difficult to live among your people. Do not let this be so for you. Let love give you confidence. Let it give you a smile from the heart. Let it give you, above all, compassion. Just as the one known as Jesus finished his stay to the bitter end and triumphed over cruelty, take whatever cup is given to you and drink it unafraid. If it is yours, take it. But in meditation ask for the discrimination to know that which is yours and that which is not yours. When you feel that you know, you will be as one that has come forth in the spring, in your own way beautiful. Think of yourself as nothing less, for you are beautiful, each of you, as beautiful as the Creator, as lovely, and as loving.

我們已經聽到你們今晚的討論與談話了，即也許冥想使得要在你們的人群當中生活更為困難了。不要讓這對你們成為這樣子的。讓愛給予你們信心。讓它給予你

們一個來自於心的微笑。讓它給予你，最重要的是，同情心。恰恰如同被知曉為耶穌的實體完成了他對於苦澀的結局的忍受並對殘忍取得了勝利一樣，接受無論什麼被給予你們的杯子，無懼地喝掉它。如果它是屬於你的，接受它。但是，在冥想中，請求分辨力去知曉，哪一個是屬於你的，哪一個不是屬於你的。當你感覺到你知道的時候，你將會是如同一個已經在春天生長出來的事物一樣，你用你自己的方式是美麗的。將你自己考慮為完全一樣的事物，因為你是美麗的，你們每一個人，都是和造物者一樣美麗，一樣可愛，一樣有愛的。

At this time I will pause that my brother, Laitos, might condition each of you and offer you a strengthening wave. I am Hatonn.

在此刻，我將會暫停，這樣我的兄弟 *Laitos* 就可以調節你們每一個人，並為你們提供一種增強性的波動。我是 *Hatonn*。

(Pause)

(暫停)

I am again with this instrument. I am Hatonn. My brother Latwii wishes only to say a few words.

我與這個器皿在一起了。我是 *Hatonn*。我的兄弟 *Latwii* 希望僅僅說一些話。

(Pause)

(暫停)

I am Latwii. I am with this instrument. I wish you all much love and light. We in the service of the infinite Creator thank you for allowing us in your meetings.

我是 *Latwii*。我與這個器皿在一起了。我希望你們全都擁有大量的愛與光。我們通過對無限造物者的服務感謝你們允許我們參加你們的集會。

We are having a good time this evening. We in our light ship or plane, which are colors which are different from our identities, are enjoying the show. Your sun is most entertaining at certain times, and we thank you for the beauty of your solar system. We are enjoying it.

我們在今晚正在度過一個好時光。我們在我們的光的飛船或者層面中正在享受表演，我們的光的層面是與我們的身份不同的色彩。你們的太陽在一定的時刻是極其令人愉快的，我們為你們的太陽系的美麗而感謝你們。我們正在享受它。

We only wish to say hello and to give you our love. We feel like children today and wish you the very best of childhood—laughter without fear and belief without doubt.

我們僅僅希望說你好，並給予你們我們的愛。我們今天感覺就好像孩子，我們祝願你們擁有童年時代最好的事物——無懼的笑聲，與沒有懷疑的信念。

I am Latwii. Adonai.

我是 *Latwii*。 *Adonai*。

(Pause)

(暫停)

I am known as Hatonn. At this time I would open the meeting to questions.
我是你們知曉的 *Hatonn*。在此刻，我想要向提問開放集會。

(Pause)

(暫停)

H: I have a question. As Carla and I were speaking earlier this evening, I'm concerned about reincarnation because I have a dissertation to do, and I was wondering if you can tell me if the sources I have are reliable.

H：我有一個問題。當 *Carla* 和我在今晚早些時候說話的時候，我正在關注轉世投生，因為我有一個學術演講要進行，我懷疑是否你們能夠告訴我，我擁有的源頭是否是可信的。

(Pause)

(暫停)

I am conditioning this instrument. I am Hatonn. I am Hatonn. I am Hatonn. I am aware of your question.
我正在調節這個器皿。我是 *Hatonn*。我是 *Hatonn*。我是 *Hatonn*。我瞭解了你的問題了。

As always among your people, those books which are written by learned men about subjects which are beyond the grasp of terrestrial science are not reliable, due to the fact that their base of data is necessarily not that of reality but is predicated upon the insistence that the scientific method, as you call it, be used to prove or disprove theses concerning spiritual subjects. The nature of a spiritual subject is such that the scientific method will fail, due to the fact that freedom of choice is paramount in spiritual growth. Consequently, it cannot be proven that there is life after death or that there is purpose to life in such a way that it cannot be refuted, for if this were done, those among your peoples would have no more freedom from ignorance and would have to realize the truth of their own function within their incarnation.

一如既往，在你們的人群當中的那些被學者們寫的關於那些超越了地球的科學的掌握範圍的主題的書都是不可信的，這是由於它們的資料的基礎並不一定是基於對科學的方法，如你們稱呼它的一樣，的堅持而被斷言的具有現實性的基礎，而它們被用來證明或者反證那些涉及到靈性的主題的論題了。一個靈性的主題的屬性就是如此，以至於科學的方法將會失敗，這是由於選擇的自由在靈性的成長中是至高無上的。因此，無法被證明，在死亡後會有生命，或者用這樣一種無法反駁的方式會有生命的目的，因為如果這被證明了，那些在你們的人群中的人就不會擁有更多的免于無知的自由，並會不得不意識到在它們的投生中具有它們自己的機能的真理了。

Reincarnation is an important part of the system of the evolution of spirit among beings and, thus, it cannot ever be proven in the density of your plant

any more than it can be proven that the one known as Jesus was resurrected on a spring day long ago. It must be an article of faith, something that is individually and subjectively taken to be true. For this reason, those books which attempt to prove reincarnation are going to run into insurmountable difficulties. Of more use to you will be simple anecdotal books which are collections of stories concerning cases suggestive of reincarnation.

轉世投生是在存有中的靈性的演化的系統的一個重要的部分，因此，它在你們的星球的密度中是無法被證明的，與被知曉為耶穌的實體是在很久以前在一個春天復活了是無法被證明的一樣。它必須成為一個信心的項目，成為某個要用個體性的方式與主觀性的方式被當成是真實的事情。為了這個原因，那些嘗試去證明轉世投生的書籍，都將會遭遇到無法克服的困難。更有用處的將會是簡單的趣聞軼事的書籍，它們是那些涉及到了那些暗示了轉世投生的實例的故事的集合。

Does this answer your question?

這回答了你的問題嗎？

H: Yes, thank you. But I have another, if I may. Would it serve any purpose from your viewpoint ... that is to say, would it be an imposition upon you if I should ask questions about the origin of man on this planet?

H：是的，感謝你們。但是我有另一個問題，如果我可以詢問的話。從我的視角，它是會有任何目的的嗎，也就是說，如果我詢問關於在這個星球上的人的起源的問題，它會是一種對你們的不合理的要求嗎？

Insofar as our knowledge will permit, we are delighted to share our facts with you on any subject which does not infringe on your free will. You must understand that we are not a final authority and are capable of error. However, within these limits we will be most happy to answer your question.

就我們的知曉將會許可的範圍內，我們很高興與你們分享我們在任何主題上的事實，只要那個主題並不侵犯你們的自由意志。你們必須理解，我們不是一個最終的權威，並且是能夠犯錯的。然而，在這些限制性之中，我們將會極其高興回答你的問題。

H: Thank you very much, and with your permission I will frame a few questions possibly for next time.

H：非常感謝你們，在你們的許可下，我將會有可能在下一次形成一些問題。

We will be delighted. You may ask questions now if you wish.

我們將會是高興的。你們可以現在問問題，如果你們希望的話。

H: Well, there's one in particular I'm concerned about, in terms of intellectually knowing—which I understand is not a good thing in itself—but why are we as human beings here in the first place? Is there something that we became entrapped in, or did we choose to come here for growth, or just what?

H：好的，有一個我特別關注的問題，它是關於邏輯智力的知曉的——我理解，它在其自身不是一個好事情——但是，為什麼我們作為人類存有會有一開始在這裏呢？有某個事情是我們已經被卡在其中的嗎，或者我們是選擇來這裏來成長

的嗎，或者僅僅是什麼呢？

We ask you to think in terms of cycles. There is something that you have in common with the cycle of the seasons. As seeds you were planted here without free will, due to the fact that you were ready to be planted. From that point on you had complete free will regarding the rate of your growth within a certain framework which measures growth in such a way which has been made very clear to you by various masters at various times. The one most familiar to you is the one known as Jesus the Christ.

我們請你們從週期的方面來思考。會有某些事情是與你們的季節的週期是有共同之處的。作為種子你們是在沒有自由意志的情況下被種植在這裏的，這是由於你們準備好了被種植的事實。從那個位置開始，你們在關於你們在一定的框架中你們的成長的速度的方面就擁有了完全的自由意志了，這個框架會用這樣一種方式來度量成長，它已經在各種各樣的時間被各種各樣的大師對你們表述清楚了。你們最熟悉的一個大師就是被知曉為耶穌基督的實體。

A measure of your growth is your unselfish love for your Creator and for your fellow man. As the shoot climbs from the darkness of the soil to the sunlight, so it took you many, many incarnations to get the first inkling that there was any purpose to life other than the fulfillment of your basic bodily needs. At that level, each individual was an extremely selfish person. But the catalyst, if you will allow us to call it that, of physical existence works upon the soul of mankind in such a way that the experiences which he meets in an incarnation allow him chances to learn the lesson of love. In many, many cases in an incarnation a person makes a simple choice for his own good or for the good of another. He learns to help. He learns that to say no is sometimes of more help than to say yes. He learns that to bow one's head is often helpful. He learns that to listen is often helpful. He learns many, many things and experiences many, many things. And slowly, as he climbs toward that light which is the perfect love of the Father, instinctively drawn there through many, many incarnations, he begins to become the kind of person that is capable of becoming a seed, the seed of a new man who can be planted in a new world. 對你們的成長的一種度量就是你們對你們的造物者以及對你們的夥伴的無私的愛。如同幼芽會從泥土的黑暗中向著陽光爬升一樣，要得到首先的跡象，即除了滿足你們的基本的身體需要之外生命還有任何其他目的，這要花費你們很多很多次的投生。在那個層次上，每一個個體都是極其自私的人。但是，物質性存在性的催化劑，如果你們允許我們那樣稱呼它的話，會用這樣一種方式在人類的靈魂上工作，他在一次投生中遭遇到的體驗會允許他擁有機會去學習愛的課程。在很多很多情況中，在一次投生中，一個人會為了他自己的利益，或者為了另一個人的利益而做出一個簡單的選擇。他學會去幫助，他學會，說“不”有時候是比說“是”更有說明的。他學會低下他的頭經常是有幫助的。他學會，去聆聽經常是有幫助的。他學會了許許多多的事情，他體驗了許許多多的事情。緩慢地，當他朝向天父的完美的愛之所是的光爬升，並通過許許多多的投生本能地被吸引到那裏的時候，他開始成為那種能夠成為一粒種子的人，能夠被種子在一個新的世界中的一個新人的種子。

However, in the next cycle of experience you will have free will about when you are planted, for you will have enough true love within your being that it will be a real choice for you to decide [to remain] behind and help your fellow beings who are below you or whether you wish to enter a cycle of growth as a light soul.

然而，在下一個體驗的週期，你們將在關於你們將被栽種在何處的方面擁有自由意志，因為你們將在你們的存有內在之中擁有足夠多的真實的愛，以至於你們去決定，是要留在後面並幫助那些在你們下面的你們的夥伴的存有，還是要作為一個光明的靈魂進入到一個成長的週期，這將會是一個真實的決定了。

Does this answer your question, my brother?

我的兄弟，這回答了你的問題嗎？

H: For now, yes. Thank you.

H：暫時是的。謝謝你們。

We thank you for allowing us to share our thoughts with you. Have you more questions?

我們感謝你們允許我們與你們分享我們的想法。你們有更多的問題嗎？

Questioner: I have a question. I'm wondering if you can shed some light on the planetary alignment that's to come in 1982. I've heard about it. It concerns me, and I'm not very clear on what is to happen, since no man in recorded history has seen this.

提問者：我有一個問題。我想知道，是否你們能夠在關於在 1982 年即將出現的行星排列的方面進行某種解釋。我已經聽說過它了。它讓我關注，我不是非常清楚將要發生什麼事情，因為在歷史記錄中沒有人已經見過這種行星排列。

You have us there, due to the fact that we do not ourselves know what will happen, for the free will of the planet will have a great deal to do with the severity of Earth changes that take place due to the gravitational force exerted upon the crust of the planet Earth at that time. You are incarnate on a planet which is very busy being born, going through a cycle.

我們在這裏，是由於我們自己並不知曉將會發生什麼事情的事實，因為星球的自由意志將會擁有大量的對地球改變的猛烈性進行的工作，這些地球改變是由於在那個時刻被施加行星地球的地殼上的重力而發生的。你們在一個星球上的投生，這個星球是正在忙於被生下來，並穿越一個週期的。

The Earth changes have intensified as have the polarity of the tempers of the people of the planet. We are sure that you have observed that many have become more loving and, at the same time, many have become far less loving and more prone to the bloodiness of battle within the last thirty years. 地球的改變已經因為這個星球上的人的性情上的極性而強化了。我們確信你們已經觀察到很多人已經成為更加有愛的，而同時，很多人已經成為遠遠較不有愛的，並在過去的三十年的時間中更為傾向於戰鬥的血腥了。

These changes in the planetary consciousness are at one with the changes in nature, and natural catastrophes and difficulties of all kinds have increased dramatically within the last thirty years. This change will continue to worsen both on the human and physical levels for approximately the next fifteen years.

這些在星球意識中的改變，是與在大自然中的改變是同步的，大自然的災難以及所有類型的困難，在最近的三十年時間中已經激烈地增加了。這種改變在接下來的大概十五年的時間中將會同時在人類的層次以及在物質性的層次上繼續惡化。

The so-called Jupiter effect, as this instrument has known of ...

所謂的木星效應，如這個器皿已經知曉為.....

(Side one of tape ends.)

(磁帶一面結束。)

(A question was asked about the Shroud of Turin.)

(一個關於都靈裏屍布的問題被詢問了。)

H: Can you tell us if this is the valid shroud that Christ was garbed in when he was in the tomb?

H：你們能夠告訴我們，是否這是在基督在墳墓中的時候包裹他的真的裏屍布嗎？

(Pause)

(暫停)

We ask your patience as this instrument is not yet in a proper state.

我們請求你們的耐心，因為這個器皿並不是處於一種適當的狀態中的。

(Pause)

(暫停)

I am Hatonn. We are aware of your question, my brother, and have spoken with others of your group about this very artifact. It is an interesting quirk of your peoples that you are so sentimental about clothing. Would that you were as sentimental about ideas.

我是 *Hatonn*。我們察覺到了你的問題，我的兄弟，我們已經與你們的團體中的其他人談過這個人造物了。他是你們的人群的一個有趣的怪癖，你們關於衣服是如此感情用事。你們對觀念會一樣富有情感嗎？

The so-called shroud is an example of a phenomenon which is called an action at a distance effect in physics. Although it was not the winding sheet of the man known to you as Jesus, the belief that it is has caused imprints to appear. They have been caused by the thought forms of those who pray, and this can show to you the power of prayer and belief. Thus, although we discourage placing importance upon the clothing of those who are dead, let

us encourage you to contemplate the immense power of that which you call the Holy Spirit.

所謂的裹屍布就是被稱為一個具有在物理學中的一種遠距離效應的行為的一個現象了。儘管它不是被你們知曉為耶穌的實體的包裹的被單，其之所是的信念已經使得印刻出現了。它們已經是由於那些祈禱的人的思想形態而被產生出來的，這能夠對你們顯現祈禱和信念的力量。因此，儘管我們不鼓勵見過任何的重要性放置在那些死去的人的衣服上，讓我們鼓勵你們思考你們稱之為聖靈的事物的巨大的力量吧。

In meditation, in life, that which you wish, that for which you pray, that which you desire and will, my friends, that is what you will receive. As surely as thought has imprinted the cloth, so shall your thoughts become things; so watch carefully what you desire, for it will come to you. Desire that which you truly wish.

在冥想中，在生命中，你們希望的事物，你們為之祈禱的事物，你們渴望與意願的事物，我的朋友們，就是你們將會接收到的事物。和思想已經在衣服上留下了印刻一樣確切地，你們的想法將同樣稱為事物，因此，仔細檢查你們渴望的事物，因為它將會出現在你們身上。渴望你們真正希望的事物吧。

Is there another question?

有另一個問題嗎？

(Pause)

(暫停)

We leave you, my friends, floating upon the winds of change. We are aware that each of you has a feeling at this time of rootlessness, and we encourage you to know that the Creator is everywhere, that your footing need not be recognizable, for the Creator is close. Love is near. Light is all about you. Your security and your safety are never in question. You may live, and you will surely die, but that which is you will bloom anew, and your radiance of being will become evermore bright.

我的朋友們，我們離開你們，並讓你們在改變之風上漂流。我們察覺到你們每一個人在此刻都擁有一種浮萍無根的感覺，我們鼓勵你們知曉，造物者是無處不在的，你們的立足點並不需要是可以認出的，因為造物者是接近的。愛在附近。光全都在你們周圍。你們的安定與你們的安全永遠都不會有問題。你們可以活著，你們將肯定會死去，但是，你們之所是將會全新地綻放，你們的存有的光輝將會越來越明亮。

We, who are your humble brothers, send you our love. May you rest in the love and the light of the infinite Creator.

我們是你們謙遜的兄弟，我們送給你們我們的愛。祝願你們在無限造物者的愛與光中休息。

I am known to you as Hatonn. In the name of the Confederation of Planets in the Service of the Infinite Creator, I leave you in the love and the light. Adonai

vasu borragus.

我是你們知曉的 *Hatonn*。以服務無限造物者的星際聯邦的名義，我們在愛與光中離開你們。*Adonai vasu borragus*。

April 29, 1979

1979-04-29 Hatonn : 園丁與花園的故事

(Carla channeling)

(Carla 傳訊)

I am Latwii, and I greet you in the love and the light of the infinite Creator. I have not spoken through this instrument for some time, but I wish to drop in for just a few minutes to welcome each of you and greet the one known as H, for our vibration is that of peace, and we offer it to her unreservedly,
我是 *Latwii*，我在無限造物者的愛與光中向你們致意。我已經有一些時間沒有通過這個器皿發言了，但是我希望插入幾分鐘以歡迎你們每一位並向被知曉為 *H* 的實體致意，因為我們的振動是具有平安的振動，我們毫無保留地將我們的振動提供給她。

Yes, my friends, we come to your planet in peace, and we speak peace among your peoples, for we are men of peace and women of peace, and we dwell in harmony. And it is our good fortune to be able to be of service to your planet at this time when peace is so important among your peoples.

是的，我的朋友們，我們在平安中來到你們的星球，我們在你們的人群中談論平安，因為我們是屬於平安的男人和女人，我們居住在和諧之中。在和平在你們的人群中是如此重要的時候，能夠在此刻對你們的星球進行服務，這是我們的幸運。

We are aware that it is a cliché among your peoples that peace is important, and many give it lip service. A few know how to achieve peace, for it is so simple that it is difficult for your peoples.

我們察覺到，在你們的人群中有句老生常談，和平是重要的，很多人都是嘴上功夫 (*lip service*)。一些人知道如何取得和平，因為他是如此簡單，以至於它對於你們的人群是困難的了。

Peace is achieved when there is a state of total love between peoples. This is a state not easily achieved among your peoples. Indeed, it is not easily achieved within each of your beings, but we urge you to seek total love, first of yourselves and then of others.

和平是在人與人之間會有一種完全的愛的狀態的時候被取得的。這是一種在你們能的人群中被不會容易地被取得的狀態。確實，在你們的每一個存有中，它都不會被容易地取得，但是我們鼓勵你們尋求完全的愛，首先愛你們自己，接下來愛其他人。

In the name of the Creator I leave you in love and light, and I thank you for permitting me to speak to you. I am Latwii.

用造物者的名義，我們在愛與光中離開你們，我為你們允許我們對你們發言而感謝你們。我是 *Latwii*。

(Pause)

(暫停)

I am Hatonn, and I greet you again, as did my brother, in the love and the light of the infinite Creator. I would like to tell you a little story.

我是 *Hatonn*，我，如同我的兄弟一樣，再一次在無限造物者的愛與光中向你們致意。我想要給你們講一個小小的故事。

Once there was a gardener. Year after year he planted his seeds and learned much about his crops, knowing which seeds to plant against which, which crops to move so that the land would not be depleted. He knew the rooting of each tree and of each type of grass, and he began to feel very powerful, for he had often been told that he had the best garden in all of his territory. And one day he was asked how his seeds grew, and he began to explain by taking a seed and separating it into its parts. And as he took his knife and separated the seed and showed his students the functions of each tiny part of this tiny seed, he found that he had killed the seed, for much as he would try he could not put it back together. And so he learned that he was not the originator of the garden but only the caretaker.

曾經有一個園丁。年復一年，他種植他的種子，瞭解了很多關於他的農作物的東西，並同時知曉哪些種子是要挨著哪些種子種植的，哪些農作物是要移動位置的，這樣土地就不會被耗竭了。他知道每一顆樹與每一種類型的草的根系，他開始感覺到非常強有力，因為他已經經常被告知，他在他的區域中的所有的花園中擁有最好的花園。有一天，他被詢問，他的種子是如何生長的，他開始藉由拿起一顆種子並將它分解為它的各個部分來解釋。當他拿起他的刀，將種子分開，向他的學生顯示這顆微小的種子的每一個微小的部分的功能的時候，他發現，他已經殺死了種子，因為無論他做了多少努力，他都無法將它拼在一起了。因此，他瞭解了，他不是花園的創建者，而僅僅是照顧者。

My friends, we ask each of you at this time to consider that you, yourselves, are seeds, planted in the garden of Earth. We ask you to understand that you are whole and perfect. It is good to nurture yourself. It is good to understand yourself and to care for the garden that you have created for yourself to grow in. But we of the Confederation of Planets in the Service of the Infinite Creator say to you, as a kind of gardener, do not separate the parts of you too completely; do not observe so closely that you peel away something necessary for the wholeness of your growth; allow yourself to be, for in that way the instinct that is within you to become can have its way in its own time and at its own pace.

我的朋友們，我們請你們每一位在此刻考慮，你們，你們自己，就是被種植在地球的花園中的種子。我們請你們理解，你們是完整且完美的。去養育你自己是有益處的，去理解你自己並照顧你已經為你自己創造的在其中生長的花園，這是有益處的。但是，我們服務於無限造物者的星際聯邦要對你們說，作為一種類型的園丁，不要將你們的各個部分過於完全地分開，不要如此接近地觀察，以至於你們會將某個對於你的成長的完整性是必需的事物剝除掉了，允許你自己成為，因為用那種方式，在你們內在之中的去成為的本能，就能夠在它自己適當的時間，用它自己的步調，找到它的道路了。

The sun rises and sets upon your planet 365 times in one of your years, and yet it is in one particular day in which a seed chooses to sprout, in which a flower chooses to bloom, in which a tree chooses to blossom, as has been the experience of each of you in seeing the beauty of the springtime that you are now experiencing. Such beauty is nothing compared to the beauty of the soul, of one who is of a likeness of the Creator, such as yourselves, my brothers and sisters, Therefore, as you observe yourself, allow yourself the freedom to be instinctual, for your instincts are good, and the love which you find in meditation will know how to direct itself as your moments come.

太陽在你們的星球上在你們的一年時間中升起並落下三百六十五次，而就是在一個特定的日子中，一顆種子會在其中選擇發芽，一朵花會在其中選擇開花，一棵樹會在其中選擇去繁茂，如同你們在看到你們現在正在體驗到的春天的美麗的時候已經是你們每一個人的體驗一樣。這樣的美麗相比靈魂的美麗，一個具有一種與造物的相似性的靈魂，我的兄弟姐妹們，諸如你們自己之類的靈魂的美麗，就什麼都不是了，因此，當你觀察你自己的時候，允許你自己擁有自由去成為本能的，因為你的本能是良好的，你在冥想中發現的愛，將會知曉如何在你的時刻出現的時候指引它自己。

We are aware that you are interested in the world situation at this time, and we have been monitoring it very closely, for it has been a delicate and dangerous time for many months now. But we feel at this time that there is more of an equilibrium than there has been and that there is (inaudible) that your prayers for peace have succeeded to a certain extent for the present. We do, however, ask that you continue in your constant day-to-day attempts to become a focus for love on this planet, for difficulties of long standing will continue indefinitely. As far as we know, there will be need for your prayers for peace. Only remember that that peace begins within yourself.

我們察覺到，你們對於在此刻的世界的狀況是感興趣的，我們一直都在非常緊密地監視它，因為在很多個月的時間中，它已經是一個微妙而危險的時刻了。但是我們感覺到，在此刻，會有比已經有過的均衡更多的一種均衡，會有一種（聽不見）你們為和平的祈禱現在已經在一定程度上成功了。然而，我們確實請你們在你們持續的日復一日的嘗試中繼續成為在這個星球上的一個愛的焦點，因為長期存在的困難將會不確定地繼續。就我們所知曉的範圍，將會有對你們對和平的祈禱的需要。請僅僅記住，和平是從你自己內在之中開始的。

I would at this time like to pause for a few moments for my brother, Latwii, to speak. I am Hatonn.

我會在此刻想要暫停一會兒，以便於讓我的兄弟，*Latwii* 發言。我是 *Hatonn*。

(Pause)

(暫停)

I am Latwii. I am very glad to speak with you and will not take much of your time. However, I would like to share with you the color green which we are enjoying at this time, if you will allow your vision internally to be flooded with this color. We have been enjoying your fifth dimension, and the color green in

this dimension is very beautiful to us. We think that your vibration is a lovely one, and we are enjoying it tremendously. Therefore, we shall at this time send to you our vibration of green and allow it to fill the room in which you dwell on the dimension which is beyond your own. If you will allow yourself to relax, we will allow it to encompass you, for it is a healing vibration and a common one.

我是 *Latwii*。我非常高興對你們發言，我們將不會佔用你們很多的時間。然而，我想要與你們分享我們在此刻正在享受的綠色，如果你們願意允許你們的實現向內，並被這種色彩所淹沒的話。我們一直都在享受你們的第五維度，在這個維度中，綠色對於我們是非常美麗的。我們認為你們的振動是一種可愛的振動，我們正在極大地享用它。因此，我們將在此刻向你們送出我們綠色的振動，並允許它在比你們自己的維度更高的維度上充滿你們居住在其中的房間。如果你願意允許你自己放鬆，我們將允許它包圍你們，因為它是一種療愈的振動以及一種通常性的振動。

I am Latwii.

我是 *Latwii*。

(Pause)

(暫停)

I am again with this instrument, I am Latwii, I am enjoying your density greatly, as your colors are greatly more transparent and less dense than our own, and we find it to be very much like living in a world of glass instead of liquid, The experience is stimulating, and we are happy to send our vibrations of light to your planet at this time.

我再一次與這個器皿在一起了，我是 *Latwii*，我正在極大地享受你們的密度，因為你們的色彩是比我們自己的色彩是極大地更加透明且較不緻密的，我們發現它非常類似於生活在一個玻璃而不是液體的世界中，體驗是令人興奮的，我們很高興在此刻對你們的星球送出我們的光的振動。

We wish only to stop in and say hello, and we will be on our way, and we wish you farewell and love.

我們僅僅希望停下來並說你好，我們將繼續走在我們的道路上，我們希望祝願你們再見與愛。

(Pause)

(暫停)

I am Hatonn, and I am again with this instrument. We thank you for your patience, but we were deepening this instrument's state of meditation.

我是 *Hatonn*，我再一次與這個器皿在一起了。我們為你們的耐心而感謝你們，但是我們正在加深這個器皿的冥想狀態。

We especially thank each of you, for we are aware that there was a desire for a meeting this evening on the part of this instrument, and it is always such a

pleasure to speak with you and to share our thoughts. 我們尤其是感謝你們每一位，因為我們察覺到，在今晚在這個器皿的部分上有幾種對一次集會的渴望，與你們發言，並與你們分享我們的想法，一直都是這樣一種快樂。

At this time we would open the meeting to questions.

在此刻，我們想要對問題開放集會。

(Pause)

(暫停)

H: Do you have a family? Do you have a husband? Or are you a woman?

H：你擁有一個家庭嗎？你擁有一個丈夫嗎？或者你是一個女人嗎？

I am with the instrument. I am Hatonn. I am one of many who call themselves Hatonn, for we are a planetary consciousness encompassing a culture who has come to a oneness of thought in unison; and as we desire to serve, so we have been sent to you, called by your need.

我與這個器皿在一起了。我是 *Hatonn*。我是很多稱呼它們自己為 *Hatonn* 的實體中的一員，因為我們是一個星球意識，它包含了一個文化，這個文化通過調和成為了一種想法的一體性，因為我們渴望服務，因此我們被送到你們身邊，被你們的需要所呼喚。

I, myself, speaking to you at this moment, am a woman, and I am mated. However, we are not of your density, and our relationship is more that of an extended family, as you would call it, than your mated relationships which keeps walls between people, both in the generations and between friends. Thus, you may be speaking next to a man who is also Hatonn, who may be my mate or my brother, or simply one of the brothers of our clan of service.

我，我自己，在此刻對你們發言的實體，是一個女人，我是有伴侶的。然而，我們並不屬於你們的密度，相比你們的伴侶關係，我們的關係更多是屬於一種拓展性的家庭的關係，如你們能對它的稱呼一樣，你們的伴侶關係會在人與人之間，同時在不同的世代之間，以及在朋友之間，維持牆壁。因此，你可以對你身邊的一個人說話，它同樣也是 *Hatonn*，它可能是我的伴侶，或者我的兄弟，或者單純地是我們的服務的部落的一個兄弟。

H: Do you have children?

H：你有孩子嗎？

Yes, we do. However, there is a difference between our methods of raising children than yours, in that children are raised by the entire clan so that each child has many older people to whom he can turn. In the event that one does not understand, there is always another. This, we find, is unlike your culture in which the child has very few chances for an understanding relationship with an older person. This is due to the difference in our vibrations, for in our vibration the truth is clear to us, and we can see the thoughts of those around

us, even those from whom we are separated, as you would call it, physically by space. Thus, there is no falsehood or deception in any of our relationships; and therefore, each child seeks out those who vibrate in harmony with him without feeling that he must choose one person over another because of what you would call a blood relationship.

是的，我們有孩子。然而，在我們養育孩子的方法與你們的方法之間會有一種差異，因為孩子被整個部族撫養的，這樣，每一個孩子就擁有很多的 he 能夠轉向其的較為年長的人。在一個人並不理解的事件中，一直都會有另一個人是理解的。我們發現，這與你們的文化是不一樣的，在你們的文化中，孩子擁有非常少的機會來理解與一個較為年長的人之間的關係。這是由於在我們的振動中的不同，因為在我們的振動中，真理對於我們是清晰的，我們能夠看到在我們周圍的人的想法，甚至那些我們因為空間而在物質性上是與之分離的人，如你們對它的稱呼一樣。因此，在我們的任何的關係中沒有虛假或者欺騙，因此，每一個孩子都會尋找那些與他在振動上是和諧的實體，而不會感覺到 he 必須因為你們所稱的一種血緣關係而要選擇一個人高於另一個人。

There is, of course, a special affection for one's father or mother of the flesh, as you would call it, but it is nothing compared to the emphasis which you in your density put on this simple relationship. For in reality, you in your illusion have used this relationship to work out a great many lessons of love and service whereas we cannot use this relationship, for knowing the truth of love by the vibrations, seeing the thoughts of all those about you, we would not learn those lesson in any event, were our relationships restricted. Therefore, the restrictions are lifted, and we are free. However, we choose our friends within a vibration level which closely matches our own. And when our children are ready to mate, there is no question as to their suitability for each other, for their vibrations are obviously in harmony. Thus, our family life, as you would call it, is harmonious, and we are then free to serve others. And it is this freedom that has allowed us to come to you, for we have heard the call of your planet for help, for you desire to be as we—free and happy.

當然，會有對肉身，如你們對它的稱呼一樣，的父親和母親的一種特殊的感情，但是，它是完全無法與你們在你們的密度中會放置在這種簡單的關係上的強調相比的。因為，實際上，你們在你們的幻象中已經使用這種關係來解決大量的愛與服務的課程了，而我們無法使用這種關係，因為我們知道，藉由振動的愛的真理，並看到，在你們周圍的所有人的想法，我們不會在任何事件中學習那些課程，如果我們的關係是受限制的話。然而，我們在一個與我們自己的振動層次緊密匹配的振動層次中選擇我們的朋友。當我們的孩子準備好結成伴侶的時候，在關於它們與相互彼此的適合性的方面不會有問題，因為它們的振動時明顯地和諧一致的。因此，我們的家庭生活，如你們對它的稱呼一樣，是和諧的，我們接下來就會擁有自由去服務彼此了。就是這種自由允許我們來到你們身邊，因為我們聽到了你們的星球對於幫助的呼喚，因為你們的渴望是和我們一樣的——自由與快樂。

And yet, all that we can tell you is that that freedom is within yourself and not within the outer world, for the outer world is a distraction and a series of distractions which serve as a catalyst for your understanding. This catalyst you

may ignore; you may become unhappy; you may become tired or you may consider these things within yourself, deciding what each lesson of your life might have to do with love. And when you see the love in a situation, then you have come one step closer to what you would call the kingdom of heaven. That is the place in which we dwell, for our dimension relates very closely to your heavenly vibration, as you would call it. In that vibration we live, and from that vibration we reach back to you to help, as it were, by inspiration, to help you want to be lifted up into a place in which there is peace and joy in reality and not only in dreams.

而所有我們能夠告訴你們的事情就是，自由是在你自己內在之中的，而不是在外在世界中的，因為外在世界是一種分心物，以及一系列的會知道你的理解的一種催化劑的作用的分心物。對於這種催化劑，你可以忽略，你可以成為不快樂的，你可以感到厭倦，或者你可以在你自己內在之中考慮這些事情，並決定你的生命的每一個課程可能與愛有什麼關係。當你在一個情況中看到愛的時候，接下來，你就已經更進一步地接近你所稱的天國了。那就是我們居住在其中的地方，因為我們的維度，是與你的天上的振動，如你們對它的稱呼一樣，非常緊密地聯繫在一起的。我們生活在那種振動中，從那種振動，我們反過來向你們伸手來幫助，可以說是，藉由啟發來幫助你們中的那些想要被提升到這樣一個場所中的人，在這個場所中，在實相中，而不是在夢境中，會有平安與喜悅。

Does this answer your question?

這回答了你的問題嗎？

H: Yes. Do you feel any other emotions besides love? Do you ever feel angry?

H：是的。你們感覺到任何除了愛之外的情緒嗎？你們會感覺到憤怒嗎？

We feel an emotion besides love, but it is not anger. We feel an immense sorrow, a grief. We grieve for your peoples. You are not the first civilization that has approached annihilation on a planetary level, but there are not many of you. We grieve because you are separated, and we yearn and wish and hope that we can help you become one within yourselves, with love. We grieve as parents grieve when their children are unhappy, wanting to give them happiness but not knowing how. We grieve at your nations, that they are hostile to each other. For ours is a vibration of love, and when there is love there is sadness, sadness for those who do not know love; and this emotion we feel.

我們除了愛之外會感覺到一種情緒，但是它不是憤怒。我們感覺到一種無邊的憂傷，一種悲傷。我們為你們的人群而悲傷。你們不是第一個已經在一個星球的層次上接近滅絕的文明了，但是並不是你們這些星球文明中有很多的文明都會接近滅絕。我們悲傷，因為你們是分離的，你們渴望，希望，期待我們能夠幫助你們在你們自己內在之中與愛成為一體的。我們如同父母會在它們的孩子是不快樂，並想要給予它們快樂而不知道如何給予的時候感到悲傷一樣地悲傷。我們對你們的國家感到悲傷，它們對相互彼此是好戰的。因為我們的振動是一種愛的振動，當會有愛的時候，就會有悲傷，對那些並不知曉愛的實體的悲傷，這就是我們感覺到的情緒。

We speak only for the vibration of Hatonn. You must understand that we are one of many, many civilizations which make up the Confederation of Planets in the Service of the Infinite Creator. We are, shall we say, among them, not at the greatest of vibrations. Indeed, the one known to you as Latwii, and the one known to you as Telonn, are both of a light vibration which is much higher and much more full of joy than our own. And in their messages there could never be any grief. But we have not yet reached their wisdom, and we vibrate in love. Thus, we feel sadness, and we reach out to you in both love and sadness. And when you accept our love and your own sadness as a people diminishes slightly, then we feel great joy; and when you wish to fight among yourselves, then we are sad again.

我們僅僅是代表 *Hatonn* 的振動發言。你們必須理解，我們是構成了服務於無限造物者的星際聯邦的許許多多的文明中的一個文明。在它們當中，我們並不是，容我們說，最大的振動。確實，被你們知曉為 *Latwii* 的實體，被你們知曉為 *Telonn* 的實體，都同時是屬於一種光的振動的，它是比我們自己的振動遠遠更高且遠遠更多地充滿了喜悅的。在它們的資訊中，永遠都不會有任何的悲傷。但是，我們尚未抵達它們的智慧，我們在愛中振動。因此，我們感覺到悲傷，我們同時在愛中，在悲傷中向你們伸出手。當你們接受我們的愛，且你們自己作為一個人的悲傷稍稍減少的時候，接下來，我們就會感覺到巨大的喜悅了，當你們希望在你們自己當中交戰的時候，接下來，我們就會再一次傷心了。

(Pause)

(暫停)

H: Do you feel other emotions between yourselves (inaudible)?

H：你們在你們自己中間感覺到其他的情緒嗎（聽不見）？

May we say to you that it is difficult to express our thoughts through this channel on this subject, for she does not have a vocabulary suited to express the shadings of love. There are many, many different kinds of appreciation. 容我們對你們說，要通過這個管道在這個主題上表達我們的想法是困難的，因為她並不擁有一個適合於表達愛的明暗變化的辭彙表。會有很多很多不同類型的感激。

There are differences of opinion among us, but they are not inharmonious, for differences of opinion are simply differences in vibration and when that can be seen simply as that, it becomes simple to move an inharmonious vibration so that the person is better placed to be in harmony with those about him. You have an expression for this, which is a cliché among your peoples. We find it in this instrument's mind. It is called, "Birds of a feather flock together." And this is precisely what happens among our people.

在我們當中會有觀點上的差異，但是它們不是不和諧的，因為觀點的差異單純地是在振動中的差異，當那些差異能夠被視為是單純地就是其之所是的時候，要移動一個不和諧的振動，這樣人就會被更好地被置於與那些在他周圍的人之間的和諧一致之中，這就會成為簡單的了。你們對此擁有一個表達，它是在你們的人群當中的一個俗語。我們在這個器皿的頭腦中發現它了。它被稱為，“有同一種羽毛

的鳥會聚集在一起。”這恰恰就是在我們的人群中發生的事情了。

Those of us who have one goal, one type of desire, spend our time pursuing it as one being. And yet, we all appreciate each other's skills and abilities. Thus, we do not leave the vibration of love, yet our emotions vary widely as we listen to the healing of one and the music of another, or the cooking skills of another, or the poetry of another, or the ability to travel through densities and bring back beautiful stories of another.

我們中的那些擁有一個目標，一種類型的渴望的人，會將我們的時間花費在作為一個存有來追尋它之中。而我們全都欣賞相互彼此的技能與能力。因此，我們不會離開愛的振動，而我們的情緒會在我們聆聽一個人的療愈，另一個人的音樂，或者另一個人的烹飪技巧，或者另一個人的詩歌，或者穿越密度旅行並將另一個密度的美麗的故事帶回來的能力的時候大範圍地變化。

You do not know who is speaking to you, for we do not have names. You may be having a contact with a healer Hatonn, or the singer Hatonn, or the poet Hatonn. Thus, the messages vary from time to time to a certain extent, but we are enough alike in our desire that there is similarity.

你並不知道誰在對你們發言，因為我們並不擁有名字。你可以與一個療愈者的 *Hatonn* 擁有一種接觸，或者歌唱家的 *Hatonn*，或者詩人的 *Hatonn*。因此，信息會在一定程度上在一個時間是與另一個時間是不同的，但是，我們是在我們的渴望中足夠多地類似的，以至於會有相似性。

In this instrument's mind there is a fact which perhaps helps to clarify the question. The word "snow" is one word in your language, but among those who live in the far, far north there are many, many words for snow. Thus it is with love. When you can see the variations and the shades of love, you can appreciate and feel an incredible variety of love.

在這個器皿的心智中有一個事實，它也許會有助於澄清這個問題。“雪”這個詞語是在你們的語言中的一個單詞，但是在那些活在遙遠的北方的人中間，沒有表示雪的單詞。對於愛就是如此。當你們看到愛的變化與色調的時候，你們能夠欣賞並感覺到一種令人難以置信的愛的多樣性。

H: Thank you very much for answering my question.

H：為回答我的問題而非常感謝你們。

We are the ones to thank you, my sister, for without you we would be talking to ourselves. Is there another question?

我們是那些感謝你的實體，我的姐妹，因為沒有你，我們就只能對我們自己說話了。有另一個問題嗎？

Questioner: Yes. What is evil in your density? Is evil out in (inaudible)? 提問者：是的。在你們的密度中的邪惡是什麼呢？在（聽不見）中，邪惡消失了嗎？

I am aware of your question, but there is some difficulty in answering it fully,

for there is no evil in our particular density. We are in a density of unity. Evil, as you know it in your density, seems rather complex; but in reality it is simply the manifestation of separation—brother from brother and man from Creator. 我瞭解了你的問題，但是，在充分地回答它的方面會有困難，因為在我們特定的密度中沒有邪惡。我們是處於一個具有統一性的密度中。邪惡，如你們在你們的密度中對它的知曉一樣，看起來似乎是相當複雜的，但是，實際上，它單純地就是分離的顯化物——兄弟與兄弟的分離，人與造物者的分離。

Each man is the Creator. The lack of understanding of this principle of universal law is the source and the beginning of evil. Man, not understanding that all is one and that what man does to his brother he does to himself, decides to gain power over his brother and enslaves his brother. 每一個人都是造物者。對於這個宇宙的法則的原則的理解的缺少，就是惡的源頭與開始了。如果人不理解一切都是一體的，人對他的兄弟做的事情，就是他對他自己做的事情的話，他就會決定去取得高於他的兄弟的力量並奴役他的兄弟了。

Sometimes this evil is projected from individuals to larger groups. Whole nations, as you call them on your planet, can become evil. Whole planets can become evil. It is simply a measure of separation of man from the knowledge and love of the Creator. It is a type of ignorance, and this is why the best defense against evil in your illusion is the knowledge of what evil really is. Thus, faced with evil, you can find the Creator in the source of that evil. This blocks the evil from coming into your world, for one who loves is stronger, in unity, than one who does not love, in his evil. 有時候，這種惡是從個體被投射到了更大的團體的。整個國家，如在你們的星球上對它們的稱呼一樣，都能夠成為邪惡的。整個星球能夠成為邪惡的。它單純地是一種對人與對造物者的知曉與愛的分離的度量。它是一種類型的無知，這就是為什麼在你們的幻象中對邪惡的最佳的防禦就是對於邪惡真正是什麼的知曉。因此，在面對邪惡的時候，你們能夠在那個邪惡的源頭中找到造物者。這就會阻礙邪惡進入到你們的世界中了，因為一個愛的人，相比一個在其邪惡中不會去愛的人，在統一性之中，是更加強有力的。

In many situations that may seem that evil has triumphed, it must be understood that—metaphysically speaking—evil cannot triumph; it can only lose. That is the best it can do. That is what it is now doing upon your planet. It is keeping love in flight.

在很多的情況中，可能看起來似乎邪惡已經勝利了，必須要被理解的是——從形而上學的方面而言——邪惡是無法勝利的，它僅僅能夠失敗。那就是它能夠做的最好的事情了。那就是在你們的星球上它現在正在做的事情。它正在通過戰鬥而保留愛。

The difficulty is that many among your people do not care whether they are good or evil. Thus, they are a little good and a little evil—not truly good and not truly evil. They vibrate so weakly that they cannot help and they cannot hinder; and then they leave the field clear for those who wish power over others and wish to be evil. Thus, we always ask for you to know that all things

are one, that love created all that there is, that the original Thought is love. 困難是在於，在你們的人群中很多人並不關心它們是善還是惡。因此，它們是有一點善且有一點惡的——不是真正的善，不是真正的惡。它們如此虛弱無力地振動，以至於它們無法幫助，它們無法阻礙，接下來，它們為那些想要得到高於其他人的力量並希望成為邪惡的人留出了空地了。因此，我們一直都請你們知曉，所有的事物都是一體的，愛創造了一切萬有，那個原初的想法就是愛。

A true understanding of the unity of all that there is is a great gate into a realm of white light from which we can gaze at the cold eyes of evil without fear. For evil exists only on the lower planes, in one of which you are now enjoying an experience. It is an expression in which you can find evil, but it is only an illusion. It is an illusion which is caused by thought. That thought is the thought of separation. That which is good is the thought of the unity of love. 一種對一切萬有的一體性的真正的理解是一扇進入到一個白光的領域的偉大的門戶，我們從那個領域能夠無懼地注視邪惡的冷漠的眼睛。因為邪惡僅僅存在於較低的層面，存在於你們現在正在其中享受一種體驗的層面中的一個層面。它是一種表達，你們在其中能夠找到邪惡，但是它僅僅是一個幻象。它是一個由想法造成的幻象。那個想法就是具有分離的想法。善之所是，就是具有愛的統一性的想法。

We do not have evil, due to the time we have spent on the evolutionary spiral, feeling the density that you now enjoy, through the next density which you will come to enjoy, into the one which we now enjoy. 因為我們已經在演化的螺旋上已經花費了時間去感覺你們現在享受的密度，穿越下一個你們將會開始享受的密度，一直到我們現在享受的密度，我們並不擁有邪惡。

In the next density which you will enjoy there will be evil, but it will be in a greatly attenuated form and will be seen to be a creature of thought only. Thus you will be able to deal with it in a more adult manner. It will not be as threatening, and it will be easier for you to become adept at loving. The lessons become easier as the path becomes lighter. 在下一個你們將會享受的密度中，將會有邪惡存在，但是，它將會是處於一種極大地被減弱了的形式中，並將會看到它不過是一種想法的創造物。因此，你們將會能夠用一種更加成熟的方式來與它打交道。它將不會是一樣有威脅性的，你們要對愛成為熟練的，這將會對於你們是更加容易的。課程會隨著道路變得更加光明而成為更加容易的。

When you've reached the vibration that we now enjoy, there will be no evil; and you will find that in order to possess and to learn you must reach backward as teachers, such as we, and attempt to bring after you those who are now seeking to follow the path that you have chosen. In this way we deepen our understanding. You deepen your understanding by direct confrontation that is far more painful, but it is far quicker. And this we say to you: you have a marvelous opportunity day by day to enrich that within you which is immortal with an understanding of love.

當你們已經抵達了我們現在享受的振動的時候，將不會有邪惡，你們將會發現，為了要擁有並學習，你們必須要作為諸如我們之類的老師向回伸出手，並嘗試去帶上那些在你們後面的，現在正在尋求去跟隨那條你們已經選擇了的道路的人。用這種方式，我們加深了我們的理解。你們藉由直接面對而加深了你們的理解，直接面對是遠遠更加痛苦的，但是它是遠遠更快的。我們會對你們這樣說：你們每一天都擁有一個不可思議的機會去藉由一種愛的理解來豐富在你們內在之中的那個不朽的事物。

Does this answer your question?

這回答了你的問題嗎？

Questioner: Yes.

提問者：是的。

H: How many densities are there beyond your density?

H：在你們的密度之外有多少密度呢？

We do not know. There may be a finite number, but we cannot find the end of the densities which lead to the perfect life. Therefore, we are in the position of saying that, as far as we know, the path towards the light is infinite. It is a mystery to us how a path could be infinite and yet one could reach the end. We have no knowledge of the end of this path, for it disappears into perfection. We know ...

我們不知道。可能會有一個有限的數量，但是我們無法找到導向完美的生命的密度的終點。因此，我們是在這樣說的位置上的，就我們知曉的範圍，通往光的道路是無限的。一條道路如何能夠成為無限的，而一個人能夠抵達終點，這對於我們是一個神秘。我們並不擁有這條道路的終點的知曉，因為它是消失在完美中的。我們知道.....

(Side one of tape ends.)

(磁帶一面結束。)

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn. I am aware of your question. I am deepening this instrument's state, if you will be patient. I am aware of your question,

我是 *Hatonn*。我瞭解了你的問題。我正在加深這個器皿的狀態，如果你們將會有耐心的話。我們瞭解了你的問題了。

My sister, we must answer by giving contradictory answers. We can heal, but we may not, for the freedom of will of each individual among your peoples is the first law of our contact with you. Thus, unless it happens by accident, as has been the case from time to time, we cannot perform healing by way of proof that we are real. We must tantalize or challenge but never prove our reality.

我的姐妹。我們必須要藉由給予有矛盾的答案來回答。我們能夠療愈，但是，我們可能不會療愈，因為在你們的人群中的每一個個體的意志的自由是我們與你們接觸的第一法則。因此，除非它是偶然發生的，如同時不時地已經出現過的一樣，我們無法藉由證明我們是真實的方式來執行療愈。我們必須要逗弄，或者挑戰，但是永遠都不會證明我們的實相。

There are many reasons for illness among your peoples, and were we to come through the process of incarnation and incarnate upon your planet with our power of healing intact in our physical body, we would then have the right to heal among your peoples. And there are many healers among your peoples that do not come from your planet but which have come because they wish to help at this time, for there is a good chance that in the generation to come there will be a great need for healers and no one of normal medical skills to help.

在你們的人群中會有很多疾病的原因，如果我們經歷一個投生的過程，在你們的星球上投生，並在我們的物質性身體中帶有原封不動的療愈的力量，我們接下來就擁有權力在你們的人群中進行療愈了。在你們的人群中有很多的療愈者並不是來自你們的星球，而是因為他們希望在此刻進行幫助而來的，因為在即將到來的世代中會有一種很好的機會，將會有對療愈者的一種巨大的需要，沒有任何通常的醫療的技巧會有幫助。

We are not of your density nor of your planetary consciousness but of what you would call a cosmic consciousness. Thus, we have no rights among your peoples. We can only teach. To perform among your peoples those things which are called miracles is simply going too far.

我們既不是屬於你們的密度，也不是屬於你們的星球意識，而是屬於你們稱之為一種宇宙意識的事物。因此，我們在你們的人群中沒有權利。我們僅僅能夠教導。在你們的人群中去執行那些被稱之為奇跡的事情，單純地是走得太遠了。

There have been entities who have attempted to break the Law of Free Will so that they could more quickly prove themselves real to humans and, thereby, help to save your planetary consciousness which is teetering on the brink of negativity. But they find that their interference, shall we say, backfired upon them, for they use channels whom they choose to be their channels [who] are most often too weak to deal with the energies. And if they work directly they cannot gauge the energies of the individual properly. Thus, we choose not to manifest physical healings or other phenomena. That we could do this goes without saying, for we can create things from what you would call thought. But we are your neighbors. We are not your God. And as neighbors we feel that we can send you our love but that you must work out your own destinies.

已經有一些實體已經嘗試來打破自由意志的法則，這樣它們就能夠更快地對人類證明它們自己是真實的，並由此幫助拯救你們在負面性的邊緣上搖擺不定的星球意識。但是它們發現它們的，容我們說，介入在它們身上產生了適得其反的惡果了，因為它們使用那些它們選擇成為它們的管道的實體，這些實體極其經常地是過於虛弱，以至於無法處理它們的能量。如果它們直接工作，它們就無法適當地調節個體的能量了。因此，我們選擇不去顯化物質性的療愈或者其他的神奇現象。

我們能夠毫不費力地這樣做，因為我們能夠從你們稱之為想法的事物創造出事物。但是我們是你們的鄰居。我們不是你們的神。作為鄰居，我們感覺到，我們能夠對你們送出我們的愛，但是你們必須完成你們自己的命運。

As we have said, there are many reasons for people to have various illnesses, and as they work these reasons out they pursue an individual course. For us to step in without being of your planet would be against cosmic law, and that law we take very seriously.

如我們已經說過的一樣，會有很多的理由會讓人患上各種各樣的疾病，當它們將這些原因產生出來的時候，它們追尋一條個體的路線。如果我們在不屬於你們的星球的情況下來插足，這就會是違反了宇宙的律法，以及我們非常嚴肅地對待的法則的。

We can do one simple thing, however, and that is to send you energy to help to balance your own spiritual vibration. This is permissible, due to the fact that it is not interfering with your spiritual vibration but only, shall we say, agreeing with it, acting as, so to speak, a carrier wave for it, not interfering with your individuality but only lending it strength. Thus, at this time we would pause and send you this conditioning so that you may feel the love that we have for you.

然而，我們能夠做一個簡單的事情，那就是對你們送出能量來幫助平衡你們自己的靈性的振動。這是許可的，這是由於它並不是在侵犯你們的靈性的振動，而僅僅是，容我們說，贊成它，並作為，可以說是，一種它的載波來起作用，而沒有侵犯你們的個體性，而僅僅是借給它力量。因此，在此刻我們會暫停並對你們送出這種調節性的振動，這樣你們就可以感覺到我們對你們擁有的愛了。

(Pause)

(暫停)

I am again with you. I am Hatonn. This healing we give to you freely. It is a spiritual one. Those in the spirit may heal spiritually, and our conditioning wave is of such a nature. Those in the flesh may heal in the flesh. Such is the law of the universe of which we are a part.

我再一次與你們在一起了。我是 *Hatonn*。我們自由地給予你們這種療愈。它是一種靈性的療愈。那些在靈體中的人可以在靈性上進行療愈，我們的調節性的波動就是具有這樣一種屬性的。那些在肉身中的人可以對肉身進行療愈。這就是我們是其一部分的宇宙的法則了。

Does this answer your question?

這回答了你的問題了嗎？

H: Yes, thank you.

H：是的，感謝你們。

May we ask if there are any more questions?

我們可以詢問，是否有任何更多的問題嗎？

(Pause)

(暫停)

We have great gratitude to you for allowing us to share our thoughts with you. It is, indeed, a privilege, as always, to speak to this group. We send you our love, which is only the love of the Creator channeled to us through you* and out into the world.

我們已經為你們允許我們與你們分享我們的想法而對你們是極其感激的了。一如
既往，對這個團體發言，這確實是一種榮幸。我們向你們送出我們的愛，這種愛
僅僅造物者的愛通過你們[1]被傳遞給我們，並傳入到世界中。

We leave you in love and light. However, if you wish our presence you have only to mentally ask for the brothers and sisters of Hatonn, and we will share our love with you. If our vibration is not properly adjusted to you at some time, you have only to request that we leave. We never truly leave, for we are with you always in thought if you call. Adonai, my friends. Adonai vasu borragus.

我們在愛與光中離開你們。然而，如果你們希望我們的在場，你們僅僅需要在頭
腦中請求 *Hatonn* 的兄弟姐妹們，我們將與你們分享我們的愛。如果我們的振動
在某個時刻不是適當地對你們被調節過的，你們僅僅需要請求我們離開。我們永
遠不會真的離開，因為我們一直都在想法中，如果你們呼喚的話。*Adonai*，我
的朋友們。*Adonai vasu borragus*。

(Pause)

(暫停)

I am Oxal. I will speak only for a moment, but I come because my brother has not spoken to you about a subject dear to our hearts. We speak of meditation. We speak of love and light. We speak of the Creator. But where do we find these things, my friends? Do we find them in our pastimes? In our work? My friends, we find them in a moment of contemplation, in a moment in which we see the beauty of the world of the Creator, in a moment of silence in which that still, small voice speaks within us, in which sweetness comes into our hearts. Seek those moments, my friends, day by day.

我是 *Oxal*。我將會僅僅發言一會兒，但是我來是因為我的兄弟尚未對你們談及
一個對於我們的心是心愛主題。我們談及冥想。我們談及愛與光。我們談及造物
者。但是我們在哪里找到這些事情呢，我的朋友們？我們會在我們的過去找到它
們嗎？在我們的工作中嗎？我的朋友們，我們在一個沉思的時刻中，在一個我們
在其中看到了造物者的世界的美麗的時刻中，在一個靜默的時刻中，在靜默中，
那個安靜而微小的聲音在我們內在說話，在靜默中，甜蜜進入到我們的心中。每
時每刻都尋求那些時刻吧，我們的朋友們。

I leave you. I am Oxal. Adonai vasu.

我離開你們。我是 *Oxal*。*Adonai vasu*。

Note: The phrase "channeled to us through you" was given. The phrase

“channeled through us to you” may have been intended. 注釋：被給予的短語是“通過你們被傳遞給我們”。可能本來打算要說的短語是，“通過我們被傳遞給你們”。

May 6, 1979

1979-05-06 Hatonn : 伴侶的靈性成長

(Carla channeling)
(Carla 傳訊)

I am Hatonn, and I greet you in the love and the light of the infinite Creator.
我是 *Hatonn* , 我在無限造物者的愛與光中向你們致意。

We are having some difficulty contacting this group at this time, due to the concern of the one known as M, which is causing an ambivalence, and if she will be patient we will attempt to deepen contact with this instrument while conditioning each of you. I am Hatonn.

我們在此刻在接觸這個團體的過程中正在遇到某種困難，這是由於被知曉為 *M* 的實體的擔憂，這正在造成一種矛盾心理，如果她將會是有耐心的，我們將嘗試去加深與這個器皿的接觸，同時調節你們每一位。我是 *Hatonn*。

(Pause)

(暫停)

I am again with this instrument. We do have better contact at this time. We had first attempted to speak through the one known as N, and he is aware of this. However, we will build up his confidence even more as time goes on. We realize that our time is limited this evening. We do wish to answer a question that is in the mind of the instrument. The question has to do with whether you are your brother 'skeeper. 我再一次與這個器皿在一起了。我們在此刻擁有更好的接觸了。我們已經首先嘗試通過被知曉為 *N* 的實體發言了，他察覺到這種嘗試了。然而，我們將隨著時間發展甚至更多地積累他的信心。我們意識到，我們在今晚的時間是有限的。我們確實希望回答在在這器皿頭腦中的問題。問題是與你是否是你的兄弟的監護人有關的。

This instrument is concerned as to whether she is responsible for the spiritual growth of her mate. We would like to speak on this subject, for it is fundamental to an understanding of the true process of spiritual growth as we understand it.

這個器皿正在擔憂是和她要為她的伴侶的靈性成長負責任。我們想要談及這個主題，因為它對於靈性成長，如我們對它的理解一樣，的真實的發展的一種理解是基礎性的。

That which is among your peoples known as attraction, or sexual desire, of esthetic appreciation, depending upon the proclivities of those souls involved, is a technique for placing two people in such a position that they are able to be of service to each other. Their free will is not disturbed by this relationship. However, without this natural attraction of polarity, there would be no irresistible reason to sacrifice the pleasures of the moment for a greater or

nobler desire to aid another human being. Thus, those among your peoples quite rightly take mates, and thus it is their desire to be of service.

在你們的人群中被知曉為吸引力，或者性渴望，或者美學上的欣賞的事物，取決於那些被涉及到的靈魂的傾向性，是一個將兩個人放置在這樣一個位置中，這樣它們就能夠對相互彼此進行服務的技術。它們的自由意志並未被這種關係所幹擾。然而，沒有這種天然的極性的吸引力，就不會有去不可抗拒的理由來為了一種更大的，或者更加高貴的幫助另一個存有的渴望而犧牲那一刻的快樂了。因此，那些在你們人群中的人會相當合適地接受伴侶，因此，它們的渴望就是去進行服務了。

However, let us examine the concept of service. How can you be of service to others, my friends? Can you be of service in an orchard by grafting an apple onto a cherry tree, of a pear onto a peach tree, or by pinning the bloom of a tulip to the leaves of a rose? The only garden that you must cultivate is the garden of your own personality. If you have weeded your own plot, if those things which have been given you are being done to the best of your ability, if you are centered in the love of the Creator, then you can give the only service that is worth giving—yourself. 然而，讓我們檢查服務的觀念。我的朋友們，你們如何能夠對其他人進行服務呢？你們能夠在果園中藉由將一個蘋果嫁接在一個櫻桃樹上，或者將一個梨子嫁接在一棵桃子樹上，或者將一朵鬱金香的花粘在一株玫瑰的葉子上來進行服務嗎？你必須要陪養的唯一的花園就是你自己人格的花園。如果你已經將你自己的那塊地除草過了，如果那些已經被給予你的事情是用你最佳的能力被進行了的，如果你 是處於造物者的愛的中心處，接下來，你就能夠給予唯一值得給予的服務——你自己。

You may find this easy to give to others beside your mate, for there is an escape. You will leave friends. You cannot leave family, and your family comes to know you; your weeds as well as your crops, your fruit and flowers.

你可能發現要將此給予除了你的伴侶之外的其他人是容易的，因為會有一種逃避。你將會離開朋友。你無法離開家庭，你的家庭開始知曉你，知曉你的雜草，同樣還有你的莊稼，你的果實與花朵。

We each have a unique bias. Yes, even we have biases, we of Hatonn, and this is why we take mates as do you, for there are those who are more harmonious to our vibrations than others, those with whom it is well to work out our destinies. But you must remember, my friends, that you cannot change those whom you love; you can only be the best person that you can be. And if your example is an inspiration, then your loved one may change as you desire. You may be seeing quite clearly, but it does not matter, for the free will of your loved one is fundamental to the quality of your relationship. Thus, it cannot change; you can only be. In this way only can you be of true spiritual help to your mate or to anyone else. As we said, it is difficult, for the most part, with one's family. To be—that, my friends, is the essence of difficulty. 我們每一個人都擁有一種獨一無二的偏向性。是的，甚至我們，我們 *Hatonn* 都擁有偏向性，這就是為什麼我們會和你們一樣結成伴侶，因為會有一些實體是比

其他實體對於我們的振動是更加協調的，與這些實體一起來完成我們的天命，這是很好的。但是你們必須記住，我的朋友們，你們無法改變那些你們所愛的人，你們僅僅能夠成為你們能夠成為的最佳的人。如果你們的榜樣是一種啟發，接下來，你們摯愛的人就可以如你們渴望地一樣改變了。你們可能會相當清楚地看到它，但是，它並不重要，因為你們摯愛的人的自由意志對於你們的關係的屬性是基本性。因此，它無法改變，你們僅僅能夠成為。僅僅是用這種方式，你們才能夠對你們的伴侶，或者對任何其他人成為具有真正靈性上的幫助的。如我們說過的一樣，對於絕大多數人，它對於一個人的家庭是困難的。也就是說，我的朋友們，成為就是困難的實質了。

When you can look at the pain of a misunderstanding and continue to be yourself in the face of it, then you become as a mirror reflecting that which may help your loved one. Speeches, arguments and inharmonious silences can never be of the help that you can be if you remain yourself.

當你能夠檢查一種誤解的困難並繼續在面對它的時候成為你自己，接下來，你就成為了一面映射出了可能幫助你所摯愛的人的事物的鏡子。談話，爭論，不和諧的沉默，永遠都無法具有那種如果你依舊是你自己你所能夠成為的幫助。

We answer this question because we feel it is central to all relationships in your illusion, is very active, because you breathe, because you move, because all that you do is in motion. You find virtue in motion. You make lists, get things done. You try to communicate with words and actions. But of all those things, your greatest responsibility is to be yourself. Yes, you are responsible for your mate's spiritual growth, for that is a special and privileged contact among two souls and the Creator. No, you may not change in any way the path of your mate, but only love and be.

我們回答這個問題，因為我們感覺到它對於在你們的幻象中的所有的關係都是中心性的，它是非常活躍的，因為你們呼吸，因為你們移動，因為所有你們做的事情都是在運動中的。你們會在運動中找到價值。你們建立清單，讓事情被完成。你們嘗試用言語和行動進行交流。但是，在所有那些事情當中，你最大的責任就是成為你自己。是的，你是要為你的伴侶的靈性成長負責任的，因為那是一種在兩個靈魂和造物者之間的一種特別且榮幸的接觸。不是的，你們可能不會用任何方式改變你的伴侶的道路，而僅僅是愛並成為。

If you can remember this simple instruction the terrific confusion that besets the most harmonious of relationships, at times, will vanish. For it is a cliché among your peoples that all are different. Realize only that all are also perfect and that in seeing your own perfection you are allowing your mate to be perfect also. With the pressure gone from a relationship, that which is needed can come naturally. Then and only then can you fulfill your spiritual responsibilities Remember that you are one with all that there is. It is hardest to be one with those to whom you are closest, but it is possible, and it is profitable.

如果你能夠記住這個簡單的指南，纏繞著最為和諧的關係的可怕的混淆，時常，將會消散。因為，在你們的人群中有這樣一句老生常談，一切都是不同的。僅僅意識到，一切同樣是完美的，在你看到你自己的完美的時候，你就在允許你的伴

侶同樣也成為完美的了。伴隨著壓力從一種關係中消失，被需要的事情是能夠自然而然地出現的。在那個時候，僅僅是在那個時候，你就能夠實現你的靈性上的責任了。請記住，你是與一切萬有是一體的。要與你與之最為接近的人成為一體的，這是最為困難的，但是，它是有可能的，它是有益處的。

I would like to exercise the channel known as M at this time. We will not attempt to speak words through her but only to briefly contact her. I am Hatonn.

我想要在此刻訓練被知曉為 *M* 的實體。我將不會嘗試去通過他說話，而僅僅會短暫地接觸她。我是 *Hatonn*。

(Pause)

(暫停)

We would now like to condition the one known as J.

我現在想要調節被知曉為 *J* 的實體。

(Pause)

(暫停)

I would open the meeting to questions at this time. I am Hatonn. Are there any questions at this time?

我會在此刻對問題開放集會。我是 *Hatonn*。在此刻有任何問題嗎？

(Pause)

(暫停)

J: I have a question. What do you mean by being yourself? How do you know what your ... I mean, there are basic things, you know, but (inaudible) talk about that? J: 我有一個問題。你們說的成為你自己是什麼意思呢？你如何知道什麼是你 的.....我的意思是，會有基本的事情，你知道，但是 (聽不見)，談談關於那一點嗎？

My brother, we would be delighted to talk on this subject, for it is central. As you know, we have asked you many, many, times to spend time daily in meditation. It does not matter how you do it. This instrument has found it best to meditate briefly many times during the day. It works best for her. Other people find it better to spend an extended amount of period in meditation—twenty, thirty minutes, even an hour. This varies from person to person. 我的兄弟，我們對於在這個主題上談論感到高興，因為它是中心性的。如你們知曉過的一樣，我們已經很多很多次請你們每天都花費時間進行冥想。你們如何進行它，這並不重要。這個器皿已經發現，在一天期間多次短暫地冥想是最好的。它對於它是最起作用的。其他人會發現，在冥想中花費一段延長的時間——二十，三十分鐘，甚至一個小時是更好的。這會因人而異。

However, there is a vibration which is yourself. If you can remember your high school chemistry, you will remember that each metal has a specific spectroscopic color or group of colors which were the identifying colors or vibrations of that substance. The vibrations of a being extend from the physical into what you would call the electrical or astral and, from there, into the more spiritual realms which are called sometimes among your peoples the devachanic. All of these vibratory rates put together give a specific, shall we say, spectroscopic identification.

然而，會有一種你自己之所是的振動。如果你能夠回憶起你們的高中化學的話，你們將會回憶起，每一個金屬都擁有一種具體的分光光譜的色彩或者一組色彩，它們是那個物質的識別性的色彩或者振動。一個存有的振動會從物質性延伸進入到你們會稱之為電子或者星光的領域中，並從那裏延伸進入到更為靈性的領域中，這些領域有時候在你們的人群當中被稱為提婆的領域。所有這些振動的速度，在被放在一起的時候，會給出一種特定的，容我們說，分光光譜的身份。

However, you are not a metal. You are not an element. You are, indeed, an element, that is, but not of Earth. You are an element of consciousness, and your color is one of what you would call relative virtue. You are unique, and your uniqueness is eternal.

然而，你們不是一個金屬。你們不是一個元素。你們確實是一個元素，但是不是屬於地球的元素。你們是一個意識的元素，你們的色彩是一種具有你們所稱的相對的價值的色彩。你們是獨一無二的，你們的獨一無二性是永恆的。

In meditation you become one with the Creator and with your higher self, that self which will remain when your physical vehicle is no longer a functioning pile of chemicals, but rather a non-functional pile of chemicals. You will have the same vibration. To get in touch with yourself, it is best to meditate, for to find out who you are by action is a hit and miss proposition, as this instrument would call it. And those who attempt to find themselves this way only find themselves by a process of elimination, by trying something and saying "No, this is not me." Then trying something else and saying, "No, this is not me." And if their analysis is faulty, they may miss that which is themselves. In meditation you become centered in something that is sure, something that is much more permanent than your physical personality, something which is called among your peoples, character.

在冥想中，你們會與造物者，並與你們的高我，那個當你們的物質性載具不再是一堆有功能的化學物質，而毋寧是一堆無功能的物質的時候將會剩下的自我成為一體的。要與你自己接觸，去進行冥想是最好的，因為要藉由行動來弄明白你是誰，這就是，如這個器皿會稱呼它的一樣，一個有時成功有時失敗的事情(*a hit and miss proposition*)。那些嘗試用這種方式來發現它們自己的人，僅僅會藉由一個消除的過程，藉由嘗試某個事情並說，“不，這不是我，”接下來，嘗試某個其他事情並說，“不，這不是我。”來找到它們自己。在冥想中，你們會在某個確信的事情中，某個比你們的物質性人格遠遠更加永久的事物中，某個被你們的人群稱之為品性 (*character*) 的事物中處於中心位置。

There are underlying traits that go so deep within your character that you know within yourself that they are not part of your learning experiences. These are clues to who you really are.

會有一些潛藏的特性會進入到在你的品性內在之中如此深入的位置，你在你自己內在之中知曉，它們不是你的學習的過程的一部分。這些就是你們真正是誰的線索了。

Of course, all of us are basically splinters, shall we say, of the great sphere of love that burst into infinite pieces at the beginning of your universe. So you are, in truth, part of love. But which part? Who are you? Who are you really? This is not a question that is prompted by an egoistic search, a selfish desire to know, a narcissistic hunger for selfhood, for selfhood you have, but to truly know that selfhood is the only wisdom. And from that wisdom comes the compassion, the patience, and the grace to love all of those people who are reflections of yourself. Your mate was drawn to you and you to her because you and she are polarized in such a way that you can reflect each other rather accurately and so aid each other in spiritual growth. You can distort that reflection by avoiding the understanding of who you really are, but in your unconscious you know who you really are.

當然，我們所有人，都是愛的偉大的球體的，容我們所，碎片，愛的偉大的球體在你們的宇宙的開始爆炸星辰了無限多的片段。因此，你們實際上是愛的一部分。哪一個部分？你們是誰？你們真正是誰？這不是會因為一種利己主義的追尋，一種去知曉的自私的渴望，一種對自我屬性的自我陶醉的饑渴而被激發的問題，**因為你擁有的自我屬性，僅僅要真正知曉，自我屬性是唯一的智慧從那種智慧會產生出同情心，耐心，以及恩典，來愛所有那些事你自己的映射物的人。**你的伴侶是被吸引到你身邊，你被吸引到她身邊，因為你和她是用這樣一種方式被極化的，這樣你們就能夠相當準確地映射相互彼此，並在靈性的成長中幫助相互彼此了。你們能夠藉由回避對於你們真正是誰的理解而扭曲那種映射，但是在你們的潛意識中，你們是知曉你們真正是誰的。

Thus, we ask you meditate. Find not only the love within you but that unique and special love that is within you with all of its unique and special gifts. You know that some can give in one and some in another way. On all levels, some can speak, and some can listen, and some can cook, some can sing, some can hold their arms out to children, some can nurture old people, some have the gift of silence and others that of words. When you know who you are, then your gifts will flow therefrom, and it will be a free-flowing brook, one which is not stopped by the distortion of doubt. This can only be done by daily meditation, seeking the Creator Who is the seed and the source of the love that is you.

因此，我們請你們冥想。不僅僅在你們內在之中找到愛，同樣也找到在你們內在之中的那種獨一無二且特別的愛，帶著其所有獨一無二且特別的禮物。你們知曉，一些人能夠用一種方式來給予，而一些人能夠用另一種方式來給予。在所有的層次上，一些人能夠說話，一些人能夠聆聽，一些人能夠做飯，一些人能夠唱歌，一些人能夠向著孩子伸出它們的手，一些人能夠照顧老人，一些人擁有靜默的禮物，一些人擁有言語的禮物。當你們知曉你們是誰的時候，接下來，你們的禮物

就將會從那裏開始流動，它將會成為一條自由流動的小溪，一條不會被任何懷疑的扭曲所阻礙的小溪。這僅僅能夠藉由每日冥想，並同時尋求造物者來被進行，造物者就是你們之所是的愛的種子與源頭。

Does this answer your question?

這回答了你的問題了嗎？

J: Yes, thank you.

J：是的，感謝你們。

We thank you, also. Is there another question?

我們同樣也感謝你。有另一個問題嗎？

(Pause)

(暫停)

We are being sent love by the one known as Latwii, and he would speak with you but the time is short. He says simply to tell you that he is at this time a beam of light and is concentrating on some difficulties within the Earth's surface in your western American continent. There is some difficulty, and he is sending light to strengthen the weakness of that part of the Earth's crust. However, he sends you a big hello and, as usual, a laughing one. Now, there, my friends, is a perfect example of a planetary culture who knows itself so well that they have become free to be one.

被知曉為 *Latwii* 的實體正在對我們送出愛，我們願意與你們說話，但是時間是短暫的。*Latwii* 說話，單純地要告訴你們，他在此刻是一個光束，並且集中在你們的西部美洲大陸上的地球表面中的一些困難上。會有某種困難，他正在送出光來強化地球地殼的那個部分的脆弱。然而，他向你們送出了一個巨大的你好，並如通常一樣，送出一個笑的你好。現在。我的朋友們，有一個星球文化的一個完美的榜樣是如此之好地知曉它自己，以至於它們已經自由地成為一體的了。

I would at this time like to close through the one known as N. I am Hatonn.

我在此刻想要通過被知曉為 *N* 的實體結束。我是 *Hatonn*。

(Pause)

(暫停)

(N channeling)

(*N*傳訊)

(Inaudible) ... give me and my brothers great joy. We are with this instrument again so we can express certain thoughts and ideas through this instrument.

(聽不見) 給與了我和我的兄弟巨大的喜悅。我們再一次與這個器皿在一起了，這樣我們就能夠通過這個器皿表達一定的想法與觀點了。

There is an eternal love ready to be tapped by anyone at any time. It flows, we

will say, strictly in love. It is everywhere at all times, even though your illusions can become so strong and complicated that you think that it is not possible. 會有一種永恆的愛準備好在任何時刻被任何人所利用。我們將會說，嚴格地說，它是在愛中流動的。它在所有的時間都是無處不在的，即使你們的幻象能夠成為如此強有力且複雜的，以至於你們認為，它是不可能的。

There is much truth to the saying you have all heard, "Knock and it shall be opened to you; seek and ye shall find." There is little effort involved in finding this eternal, flowing love. You simply desire it, and it is with you. You may not recognize it, for you expect bells to ring and your body to tingle—great excitement happening. It is not like this; sometimes it is, but not often. 在這樣一句你們全都已經聽過的諺語中會有大量的真理，“敲門，它將會對著你被打開，尋求，你將會找到。”在找到這種永恆的，流動的愛的方面，是幾乎沒有努力被包含在其中。你們單純地渴望它，它就會與你們在一起。你們可能沒有認出它，因為你們期待鐘聲響起，你們的身體感到顫慄——巨大的激動發生了。它不是像是那樣子的，有時候它是的，但是經常不時地。

Whenever you desire the love of the infinite Creator, it is with you. If you do desire it and think thoughts [that] you desire it, it is with you. You do not have to wonder when it will happen; it is simply with you. You can go on with whatever you are doing and it shall be known to you in one form or another, my friends.

無論你們什麼時候渴望無限造物者的愛，它都與你們在一起。如果你們確實渴望它並思考，你們渴望它，它就會與你們在一起。你們不必感到奇怪，它將會在什麼時候出現，它單純地與你們在一起。你們能夠繼續進行無論什麼你們正在做的事情，它將會用這樣或者那樣一種形式為你們所知曉，我的朋友們。

We talk of love of the infinite Creator. Sometimes it is repeated so much it sounds just like words, but, my friends, your language cannot describe the immensity of the love available to you. There are many beings, shall we say, who constantly are projecting love and light to you. It is almost funny to think someone [is] here who has considered themselves to be abandoned. It is almost comical to us, because you are never really alone.

我們談及無限造物者的愛。有時候，它會如此多次地被重複，以至於它聽起來就好像是話語了，但是我的朋友們，你們的語言是無法描繪可以為你們所取得的愛的浩瀚無邊。會有很多的，容我們說，存有正在持續不斷地向你們投射愛與光。去思考某些在這裏的人已經認為它們自己是被拋棄了的，這幾乎是搞笑的了。它對於我們幾乎是滑稽可笑的，因為你們從未真正是孤單的。

I will end this message now, my friends. We love you very much. I am Hatonn. Adonai vasu borragus.

我將會現在結束這個資訊，我的朋友們。我們非常愛你們。我是 *Hatonn. Adonai vasu borragus*。

(Pause)
(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am Makai. I have not spoken to this group before. I am a member of the Confederation of Planets in the Service of the Infinite Creator and am traveling to a new post and have come across your message being sent. We would like to say that we have enjoyed your vibrations and wish to send you our love, also. We are, shall we say, healers, and we send you our love and healing light as we pass through your skies. We leave you, but we simply wish to say greetings and love. I am Makai. Adonai.

我是 *Makai*。我之前尚未對這個團體發言過。我是服務於無限造物者的星際聯邦的一個成員，我正在旅行到一個新的位置，並已經經過了你們正在被送出的資訊。我們想要說，我們已經享受了你們的振動了，並希望同樣也對你們送出我們的愛。我們是，容我們說，療愈者，在我們穿越你們的天空的時候，我們對你們送出我們的愛與療愈性的光。我們離開你們，但是我們單純地希望說致意與愛。我是 *Makai*。 *Adonai*。

May 20, 1979

1979-05-20 Hatonn : 尋找造物者的愛的故事

(Carla channeling)

(Carla傳訊)

I am Hatonn, and I greet you in the love and the light of the One Who is All. It is a great pleasure to be here this evening, and, as always, we greet each of you with much appreciation and (inaudible).

我是 Hatonn，我在太一的愛與光中向你們致意，太一就是萬物。在今晚在這裏是一種巨大的快樂，一如既往，我們帶著巨大的感激與（聽不見）向你們每一位致意。

This evening I would tell you a story about a man who was not an ordinary man, but rather a very uncommon one, for within him from childhood was the burning desire to know the love of the Creator.

今晚我們要給你們講一個人的故事，這個人不是一個普通的人，而是一個非常不普通的人，因為從童年開始在他內在之中就有那種知曉造物者的愛的熾熱的渴望。

In his youth this man read widely, feeling extremely frustrated because no one could speak with him deeply enough on the subjects in which he was interested. He found theology a great puzzle, a great confusion of ideas, and wending his way through it was something he did with a burning desire to know the love of the Creator. He did not find it in his books, but he pressed on. He went into what you would call a seminary, and when he graduated he became a minister, preaching the word of his Creator to his flock.

在他年輕的時候，這個人廣泛地閱讀，並感覺到是極其受挫折的，以為沒有人能夠足夠深入地在那些他感興趣的主題上與他談話。他發現神學是一個巨大的謎團，是一種對觀點的巨大的混淆，而他穿越這種混淆的道路是某種他帶著一種去知曉造物者的愛的熾熱的渴望來進行的事情。他沒有在他的書本中找到它，但是他繼續前進。他進入到你們所稱的一個神學院中，當他畢業的時候，他成為了一個牧師，向他的人群佈道講授他的造物者的話語。

Through the years he listened with interest to the many problems of those who came to his church, drawn by the brilliance of his reasoning and the eloquence of his preaching. And yet, he did not find the love of the Creator.

在很多年的時間中，它帶著興趣聆聽過很多那些來到他的教堂的人的問題，這些人被在他佈道的時候他的推理與口才的光輝所吸引。而他並未找到造物者的愛。

In time he met and married a woman who gave him children. He spent very little time with them because of his duties but was loved greatly and supported tremendously in his work by a wife who understood much and gave of herself unstintingly in his behalf. Nor, yet, did he find the love of the Creator he sought.

在適當的時候他遇到了一個女人並與之結婚了，這個女人為他生了孩子。他因為

他的責任而與它們一起度過了非常少的時間，但是他在他的工作中是極大地被一個非常理解並毫不吝嗇地為了他的利益而奉獻了她自己的妻子所愛，並極大地被其所支持。而他同樣也沒有找到他尋求的造物者的愛。

And one day as he walked down the path from the rectory of his church he met a boy that reminded him of himself at a younger age, for now, you see, he was quite old. And falling into conversation with the young man they continued on to the rectory, and he continued his conversation. All of a sudden, something occurred that had never yet occurred in the old man's life. 有一天，當他從他的教堂的教區住宅的道路上走下來的時候，他遇到了一個男孩，這個男孩讓他會想起在一個更為年幼的年齡的他自己，因為現在，你們看，他是非常老的。在於那個年輕人進行了談話之後，它們繼續前往教區住宅，他繼續他的談話。突然間，某個在這個老人的生命中從未發生過的事情發生了。

In this stranger's unlined face, and, burning to know the love of the Creator, the old man saw a person to love; and at the moment he gave his heart to this young man, as a father to a son, he felt the love of God. 在這個陌生人的沒有稜角的臉上，因為渴望知曉造物者的愛，老人看到了一個要去愛的人，在他將他的心給予這個年輕人的時刻，如同一個父親給予一個兒子一樣，他感覺到了神的愛。

This wanderer was never seen by the old man again, for he was on his own journey. The old man fell in love, first with one person, and finally with all mankind. 這個流浪者從未再一次被這個老人遇到，因為他在他自己的旅程上。老人第一次愛上了一個人，並最後愛上了全人類。

What had blocked the love of the Creator that he so earnestly sought for a lifetime? We say to you, my friends, that you must love yourself. Not because your personality has any virtue or because your ego, as you call it, needs shoring up by means of a self-indulgent love. No, my friends, we are speaking of a love that is one with the Creator. 什麼事情阻礙了他如此熱忱地追尋了一生的造物者的愛呢？我的朋友們，我們對你們說，你必須愛你自己。不是因為你的人格擁有任何的優點或者因為你的小我，如同你們對它的稱呼一樣，需要藉由一種自我放縱的愛的途徑來支撐。不是的，我的朋友們，我們是在談及一種與造物者是一體的愛。

Where is the Creator, my friends? Can you touch Him? In your senses, those things which are not seen are not understood. Yet, so it has been always. Had you all been blind you would have thought very differently. But we ask you, my friends, where is the Creator? Is He outside of the world as you know it? Is He unknowable in any way? If so, why would we seek to find Him? My friends, the Creator is in your brothers and your sisters and yourself. Closer to you than your breath, more available to you than reasoning, more heartening to you than your dreams. That which is beyond doing and dreaming is love itself. 我的朋友們，造物者在哪儿呢？你們能夠接觸祂嗎？在你們的感覺中，那些看不

見的事情是不被理解的。而它已經一直都是這樣子的呢。你們全都已經看不見，你們本來已經是用非常不同的方式思考的嗎？但是我們問你們，我的朋友們，造物者在何處呢？祂是在世界外面嗎，如你們對世界的知曉一樣？祂是用任何方式都無法知曉的嗎？如果是這樣的話，為什麼我們尋求找到祂呢？我的朋友們，造物者是在你們的兄弟，你們的姐妹，以及你自己內在之中的。是比你的呼吸距離你更加接近的，是比推理更多地可以為你們所取得的，是比你的夢想更加鼓舞人心的。在行動與夢境之外的事物，就是愛其自身了。

It has been written in your holy works that a man who is kind to another is not kind to a man but to the Creator. You cannot be kind to a Creator that is invisible, infinite, untouchable, unknowable; but you can be kind to those about you.

已經在你們的神聖著作中被寫到過，一個人如果對另一個人是好心的，祂不是對一個人，而是對造物者是好心的。你無法對一個看不見的，無限的，接觸不到的，無法知曉的造物者成為好心的，但是你能夠對你周圍的那些人成為好心的。

You can allow yourself to be a channel for love, whatever your circumstance. Sometimes the circumstances you face are so difficult that you may wonder if there is such a thing as love. And if there is love, is it given equally to all? If it has a plan is it, shall we say, just?

你能夠允許你自己成為一個愛的管道，無論你的情況是什麼。有時候你面對的情況是如此困難，以至於你可能懷疑，是否會有諸如愛之類的一個事情。如果有愛的話，它是被同等地給予了所有人嗎？如果它擁有一個計畫，這個計畫是，容我們說，公平的嗎？

But we say to you that, as far as we know, the Creator has a plan that has been worked out between love itself and that higher part of yourself which you call your spirit. In meditation you become able to communicate intuitively with that part of the creation that is a combination of the finite and the infinite; in this junction lies the plan. Whatever difficulties you may be having, they can be met with love; and the more deeply committed that you are to finding, feeling and freely giving to others the love that is in every situation, the more quickly you will become what you might call a conscious being, controlling your destiny, improving the harmony, aiding the vibration of your life.

但是我們對你們說，就我們所知曉的範圍，造物者擁有一個計畫，這個計畫已經在愛其自身以及你自己的那個你稱之為你的靈性的更高的部分之間被產生出來了。在冥想中，你能夠直覺性地與造物的那個是一種對有限和無限的混合的部分進行交流，計畫就存在與這個交匯點之中。無論你們可能正在遇到什麼困難，它們都能夠帶著愛被面對，你們更為深入地投入到發現、感覺並自由地給予其他人那種在每一個情況中的愛，你們就將會更快地成為你們可以成為一個有意識的存有的事物，並同時控制你們的命運，增進和諧，幫助你們的生命的振動。

You cannot possess the Creator. You cannot possess yourself. You possess only one thing: consciousness, and you possess it in common with all that there is. That which created this consciousness is love. Thus we ask you, allow love to flow through you. Not your love but the love of the Creator, for yours will run

dry very quickly and you will find it reflected all about you. People, themselves, are reflections of you. Allow this reflection to be one of love.

你無法佔有造物者。你無法佔有你自己。你僅僅佔有一個事情：意識，你和佔有一切萬有一樣地占有意識。創造了這個意識的事物就是愛。因此，我們請你們，允許愛流經你們。不是你們的愛，而是造物者的愛，因為你們的意志將會非常快地耗竭，你們將發現它在你們周圍的所有人身上被映射出來。人們，它們自己，就是你們的映射。允許這種映射成為一個具有愛的映射。

I would leave this instrument at this time, as my friend Laitos desires to work with each of those present. I am Hatonn. Adonai.

我會在此刻離開這個器皿，因為我們朋友 *Laitos* 渴望與每一位在場的人一起工作。我是 *Hatonn*。 *Adonai*。

At this time I would like to work with each of you. Let me greet you in love and light, as my brother Hatonn. I am known to you as Laitos, and it is my special duty and privilege to work with new channels. My vibration is a broad-beam vibration and more easily received than most of the Confederation vibrations, This has decided our purpose in the great scheme of things among the Confederation, and so we work with the channels who desire to get that service. We also work with each individual who simply wants to improve the strength of spiritual vibration; along with that, that which you may call inspiration or contemplation may flow.

在此刻，我想要與你們各位一同工作。讓我和我的兄弟 *Hatonn* 一樣在愛與光中向你們致意。我是你們知曉的 *Laitos*，與新的管道一同工作就是我特殊的責任與榮幸。我的振動是一種寬頻的振動，是比大多數的星際聯邦的振動更加容易被接收到的，因此我們與渴望得到那種服務的管道一同工作。我們同樣也與每一個單純地想要提高靈性振動的強度的個體一同工作，與此同時，你們可以稱為靈感或者沉思的事物就可以流動了。

I will attempt now to say a few words through the one known as J, if he would relax and allow himself to speak without analyzing our thoughts. I am Laitos.

我將現在嘗試通過被知曉為 *J* 的實體說一些話，如果他願意放鬆並允許他自己在不分析我們的想法的情況下發言的話。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Laitos, We had partial contact with the one known as J. However, his mind is not totally clear, due to feelings of somewhat conflicting natures about our contact. Consequently, we have, shall we say, a conditioning situation rather than a channeling one, and we are pleased to be of service in this way, for we are always a channel for something.

我再一次與這個器皿在一起了。我是 *Laitos*，我與被知曉為 *J* 的實體擁有了部分的接觸了。然而，他的頭腦並不是完全清晰的，這是由於在關於我們的接觸的多少有些衝突性的屬性的感覺。因此，我們擁有，容我們說，一個調節性的情況而不是一個傳訊的情況，我們很高興用這種方式進行服務，因為我們一直都是某個事情的一個管道。

This particular type of channeling is very specialized, but all of you, my friends, show to the world that which flows through you.

這個特定類型的管道是非常專門化的，但是，你們所有人，我的朋友們，都對這個世界顯現了流經你們的事物。

We thank the one known as *J* and offer our assistance at any time he may require it.

我們感謝被知曉為 *J* 的實體，我們會在任何它請求我們的幫助的時候提供我們的幫助。

At this time we would like to ...

在此刻，我們想要.....

(Pause, as *H1* arrives.)

(在 *H1* 抵達的時候暫停)

I am again with the instrument. I am *Laitos*. We would like to pause for a moment while the one known as *H1* relaxes, and we greet and welcome her to the meeting.

我再一次與器皿在一起了。我是 *Laitos*。我們想要在被知曉為 *H1* 的實體放鬆下來的時候暫停一會兒，我們對她致意並歡迎她來到集會。

(Pause)

(暫停)

At this time we would like to say a few words to the one known as *G*, I am *Laitos*.

在此刻，我們想要對被知曉為 *G* 的實體說一些話，我是 *Laitos*。

(Pause)

(暫停)

(*G* channeling)

(*G* 傳訊)

I am with the instrument.

我與器皿在一起了。

(Pause)

(暫停)

(Inaudible)
(聽不見)

(Pause)
(暫停)

(Carla channeling)
(*Carla* 傳訊)

I am again with this instrument. We are pleased to contact the one known as G. And may we say that the one known as G is doing very well in her progress. Although she may not know it consciously, there is a large difference between her conscious desire to be of service channeling and her subconscious feeling that there is perhaps something not quite good about such an activity. This is due to a simple feeling that things may not be what they seem—which is very true in your reality, which is illusory, and has stood the one known as G in good stead in her life—and it is only in this particular instance [that] it is difficult to drop that subconscious bias. 我再一次與這個器皿在一起了。我們很高興與被知曉為 G 的實體接觸。容我們說，被知曉為 G 的實體在她的發展中正做得非常好的。儘管它可能並不會有意識地知曉它，在她對進行傳訊服務的有意識的渴望與她對於也許這樣一個活動會有某種不是相當好的事情的潛意識的感覺之間會有一種巨大的差異。這是由於一種簡單的感覺，事情可能並不是它們看起來似乎是的樣子——在你們的實相中，你們的實相是虛幻的，是非常真實的，並已經讓被知曉為 G 的實體在她的生命中用很好的姿勢站立著的事物——僅僅是在這個特定的情況中，要丟下那種潛意識的偏向性，這是困難的。

We are faced with a difficult choice. We can either transmit a common and familiar concept to a new instrument, in which case the instrument may block it due to a feeling that such a thought would be one of his own—or we can transmit new information, in which case the instrument might feel that the information was not that of the Confederation, due to its unfamiliarity. 我們正面對著一個困難的選擇。我們能夠要麼向一個新的器皿傳遞一個通常的，熟悉的觀念，在這個情況中，器皿可能會由於一種這樣一個想法是他自己的一個想法而阻塞——或者我們能夠傳遞一個新的觀念，在這個情況中，器皿可能由於它的不熟悉而感覺到，資訊不是星際聯邦的資訊。

As you can see, channeling is not always easy for those who are intelligent. Thus, we would recommend it for the most intelligent in order that intelligence be set in balance with love and emotions. 如你們能夠看到的一樣，傳訊對於那些邏輯智力性的實體一直都不是容易的。因此，我們會對最具智力的實體推薦它，以便於智力可以與愛與情緒被平衡。

At this time we would like to contact the one known as H2 and, if possible, to say a few words with him. I am Laitos.

在此刻，我們想要接觸被知曉為 *H2* 的實體，如果有可能的話，以藉由他說一些話。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. We thank the one known as *H2* and, as always, assure him that at any time he may desire to work on contact we will be with him.

我與這個器皿在一起了。我們感謝被知曉為 *H2* 的實體，一如既往，我們對他保證，在任何他可能會渴望在接觸上進行工作的時候，我們將會與他在一起。

At this time I will leave this instrument, asking you only, as always, to meditate and pray for the good and the peace of humankind, for these are concepts that need to be cherished among your peoples. I leave you in the love and the light Who is the One and the origin of these concepts.

在此刻，我將會離開這個器皿，我們僅僅請求你們，一如既往，為人類的良善與和平而冥想並祈禱，因為這些就是需要在你們的人群中被珍愛的觀念。我在太一與這些觀念的起源之所是的愛與光中離開你們。

I am *Laitos*. *Adonai*.

我是 *Laitos*。 *Adonai*。

(Pause)

(暫停)

I am with you. Ah, yes, my friends, I have been awaiting my turn. I am *Latwii*, and I greet you in the joy and the light of the Creator. It has been my privilege to be asked to join this celestial big league, and we are very happy to play ball with you at this time, as you might say.

我與你們在一起了。啊，是的，我的朋友們，我一直都在等待我的輪次。我是 *Latwii*，我在造物者的喜悅與光中向你們致意。被請求加入這個天國的大聯盟，這是我的榮幸，我們非常高興在此刻與你們，如你們會說的一樣，玩球。

We have come for the express purpose of asking if there are any questions, which—as you have noticed—is in itself a question. So you may answer this question with a question if you desire. 我們已經是為了表達請問是否有任何問題的目的而來的，如你們已經注意到的一樣，這個詢問在其自身就是一個問題。因此，如果你們希望的話。你們可以用一個問題來回答這個問題。

G: I have a question. I heard something on the radio, and I heard just the tail end of it. I'm not sure what it was, I don't read the papers much lately. It was

something about something up in the air, a satellite or something like that. But the point is that somebody is (inaudible) in meditation to do something, and I'd like to know what it is. G: 我有一個問題。我在收音機中聽到某個事情，我僅僅聽到了它的尾巴。我不確定它是什麼，我最近沒有讀很多報紙。它是關於在天空中的某個東西的某個事情，一個衛星或者某種類似那樣的事物。但是，要點是，某個人（聽不見）在冥想中做某個事情，我想要知道它是什麼？

We are consulting the group memory of the Confederation at this time, for we also do not know. We know of one item which is in your skies which is desired by your people to remain in orbit, and it is called your Skylab. However, this instrument also does not read the papers, and therefore we are unable to give the specific designation of its arrival into your atmosphere. 我們在此刻正在諮詢星際聯邦的團體記憶，因為我們同樣不知道。我們知道在你們的天空中有一個物體，你們的人群渴望它保持它的軌道，它被稱為你們的太空實驗室（Skylab）。然而，這個器皿同樣沒有讀報紙，因此，我們無法給予它抵達你們的大氣層的具體的任務。

The trajectory of physical objects such as this one is unlikely to be altered by meditation, although it would be possible were the meditation powerful. However, among your people there is not the sophistication of other dimensions. Thus, meditating in your dimension would not aid a physical object; but, rather, meditation in the finer or denser dimensions would be much more powerful. However, it is not easy for your peoples to meditate in other dimensions, just as it is not easy for your people to leave their physical bodies and move about freely in their body eternal which is, in a way, a physical body but is physical in another dimension. Thus, we would say that it is likely that an application of, shall we say, government funding rather than group meditation would be the solution to that particular problem.

諸如這個物體之類的物體的軌跡，是不大可能藉由冥想被改變的，儘管如果冥想是有可能的，它會是有可能的。然而，在你們的人群中沒有對其他維度的精通。因此，在你們的維度中的冥想不會幫助一個物體，而毋寧是，在更為精細，或者更加緻密的維度中的冥想會是遠遠更加強有力的。然而，在其他維度中冥想，這對於你們的人群並不是容易的，就如同你們的人要離開它們的物質性身體，並自由地在它們的乙太身體中四處移動是不容易的一樣，在另一個維度中，乙太身體，用某種方式，是一個物質性身體，但卻不是物質性的。因此，我們會說，很有可能，容我們說，那個特定的問題的答案是政府資助的，容我們說，一個應用，而不是團體冥想。

Does that answer your question, my friend?

我的朋友，那回答了你的問題嗎？

G: Well, I had the idea that this was something that was out of control or something that we couldn't do anything about, and there was some group meditating and (inaudible). Never mind. Thank you.

G: 好的，我擁有這樣的觀點，這是某種失去了控制的事物，或者某種我們無法

對其做任何事情的事物，會有某種團體冥想，(聽不見)。別介意。謝謝你們。

We are sorry that we have not satisfied you, but in our notice of your planet we may have, indeed, missed one of your projects. As we said, the only one of which we are aware of there being a large body of interest in is the one known as Skylab.

我們很抱歉，我們尚未讓你滿意，但是，在我們對你們的星球觀察中，我們可能已經，確實，漏掉了你們的一個計畫。如我們說過的一樣，我們唯一察覺到，對其擁有大量的興趣的事物中的一個事物，就是被知曉為太空實驗室的事物。

Is there another question?

有另一個問題嗎？

H2: I have a question. I'd also like to comment. I believe the object of interest here is the Skylab. At least, that's my impression from news sources and so on.

H2：我有一個問題，我同樣想要評論。我相信在這裏的那個興趣的對象是太空實驗室。至少，那是我從新聞以及諸如此類的源頭得到的印象。

My goodness, my brother, we are most pleased, because we were beginning to think that our ability to screen your planet was somehow lacking. Please ask your question.

天啦，我的兄弟，我們是極其高興的，因為我們正在開始思考，我們去監測你們的星球的能力是多少有些欠缺的。請詢問你的問題吧。

H2: Yes, according to news sources the Skylab is out of control in a sense, in that it is no longer able to maintain orbit and is expected to enter the atmosphere in some future time.

H2：是的，根據新聞，太空實驗室在某種意義上失去控制了，因為它不再能夠保持軌道，並被期待在某個未來的時刻進入到大氣層。

My question is ... I have several. But first, I'm glad you're here, Latwii, because I have a question for you on a subject you brought, and I would like to know in regard to this: if you begin a subject, can Hatonn or Laitos answer questions about it as well?

我的問題是.....我有幾個問題。但是，首先，我很高興在這裏，*Latwii*，因為我有一個給你們的關於一個你們帶來的主題的問題，我想要知曉關於這個方面的事情：如果你們開始一個主題了，*Hatonn* 或者 *Laitos* 如何同樣也回答關於它的問題呢？

The reason that we are here tonight is that there was a request for information on a subject which we had previously discussed.

我們今晚在這裏的原因就是，會有在一個我們之前已經討論過的主題上的資訊的一個請求。

Each of the planetary consciousnesses which speaks to you under some code name, such as Hatonn or Latwii, has a specialty. As we have said before,

Hatonn speaks in the vibration of love and has a general fund of information that is perhaps the broadest of any of your contacts at this time. Thus, it is Hatonn that often answers questions.

每一個通過某種編碼的名字，諸如 *Hatonn*，或者 *Latwii*，對你們發言的星球意識，都擁有一個專長。如我們之前說過的一樣，*Hatonn* 是通過愛的振動發言，並擁有一個一般性的資訊庫，它也許是你們在此刻的接觸中最为寬泛的資訊。因此，經常是 *Hatonn* 回應問題。

Our specialty is due to the fact that our form is that of light, and thus we are more able to see the problems involved in the taking on of a physical body, which we do not happen to have at this point in our evolution. Thus, we have a viewpoint on certain questions which Hatonn may not have, specifically, as do we. For there is no, shall we say, party line amongst us, as we are a Confederation of harmony rather than unity of thought. We do not come to group decisions about the truth but only communicate to you our own personal experience of the truth as we know it. Thus, we always repeat that we are, indeed, fallible and, indeed, our views upon a subject which you wish to request information about would be somewhat different from that of Hatonn's, for the ones of Hatonn dwell within a physical body, although in another dimension of space/time. 我們的專長是由於我們的外形是屬於光的外形的事實，因此，我們是更加有能力看到被包含在穿上一個物質性的身體之中的問題的，我們不是碰巧在我們的演化中處於這個位置上的。因此，我們對於一定的問題擁有一定的 *Hatonn* 可能不會擁有的視角，尤其是，如我們做的一樣，因為在我們當中沒有派別的分界線，因為我們是一個具有協調性的聯邦，而不是想法的統一體。我們在關於真理的方面不會達成團體的決定，而僅僅是與你們溝通交流我們自己個人對真理的體驗，如我們對真理的知曉一樣。因此，我們一直都重複，我們確實是，易犯錯誤的，確實，我們在一個你們希望對於其請求資訊的主題上的觀點，會是與 *Hatonn* 的觀點是有些不同的，因為那些屬於 *Hatonn* 的實體是居住在一個物質性身體中的，儘管是在另一個空間/時間的維度中。

H2: Thank you. The question I have for you that seems to be in your specialty is about the genetic personality. This was raised in a few sessions back and has aroused my interest.

H2：謝謝你們。我給你們的問題看起來似乎是在你們的專長中的，問題是關於遺傳人格的。這是在幾次集會之前被提出的，它已經引起了我的興趣了。

I believe you said something to the effect that at the time the genetic personality is formed there is a sort of contract made between the entity and the chemical body in the provision of, say, an environment that is best suited for that entity for learning during this incarnation and that it's possible, perhaps, to regress to that point of contract and to review that contract to see if the agreement with the chemical body was suitable for the entire incarnation and purposes of the entity. Is that correct?

我相信你說的是，某種事情會產生作用，在遺傳人格被形成的時候，在對，假設，一個最適合於實體在這個投生期間的學習的環境做準備的過程中，會有一種類型

的協定會在實體與化學性身體之間被達成，也許有可能去回溯到那個協定的位置並檢查那個協議，以弄明白，是否與化學身體之間的協定是適合於整個投生以及實體的目的的。那是正確的嗎？

This is a properly perceived concept, my brother.

我的兄弟，這是一個適當地被感知到的觀念。

H2: That being the case, then what I'm interested in is knowing how to regress to that point of contract and what procedures could be followed to review it and amend it, if that is possible.

H2：就是那樣的，那麼，我感興趣的事情是知曉如何回溯到那個協議的位置，要跟隨什麼步驟來檢查它並修復它，如果那是有可能的話。

We understand your question, although it is somewhat difficult to answer. What is necessary is that you enter a state of altered consciousness which is somewhat different from your consciousness while dealing in day-to-day experiences. The function of many so-called spiritual healers is that the healer, by giving off tremendous energy vibrating in the spectrum of light creates an environment for the individual in which a momentary dwelling place in which the genetic personality was formed can be maintained by the entity, and in that instant of time, as you know it, a great deal can be accomplished. This is the source of many healings among your peoples.

我們理解了你的問題，儘管它是多少有些難以回答的。需要的事情是，你進入到一個改變過的意識狀態中，這種狀態是與你在與你的日常生活體驗打交道的時候你的意識是有些不同的。很多所謂的靈性療愈者的機能就是，療愈者，藉由發出在光譜中振動的大量的能量，為個體創造出一個環境，在這個環境中，遺傳人格會被在其中形成的暫時性的場所能夠被那個實體所維持，在一瞬間，如你們知道的一樣，大量的事情就能夠被完成了。這是在你們的人群當中很多的療愈的源頭。

Other ways of achieving this type of, shall we say, reprogramming are the proper use of your so-called psychedelic drugs. This is a very risky operation, due to the fact that the state in which you will be led to may or may not be in accordance with [the] subject which you wish to cover, due to the fact that your personality may or may not be integrated enough at this time to pursue the course which is desired. Many of those among your peoples who use psychedelic substances to alter the chemical composition of the brain, thus allowing light vibrations to enter into the process of association within your mind, are simply, shall we say, taking short trips which are picnics of the mind but do not have the proper purpose. Thus, as often happens during a picnic, the entity becomes sunburned, bitten by mosquitoes and ants, tired and cranky when he arrives back home and begins to clean the dirt off his bare feet. That is the problem with psychedelic drugs.

取得這種類型的，容我們說，重新編程的其他方式，就是對所謂的致幻藥物的適當的使用。這是一種非常冒險的操作，這是由於你們將會引導進入到其中的狀態，可能或者可能不是與你們希望去涵蓋的主題是協調一致的，由於你們的人格

可能或者可能不會足夠多地在這個時刻被整合，以追尋被渴望的課程。你們的人群中的很多使用致幻物質的來改變它們的大腦的化學成分，並因此允許光的振動進入到在你們的頭腦中的關聯的過程的人，單純地是在，容我們說，進行一些心智的郊遊的短途旅行，而不是在擁有適當的目的。因此，如同在一次郊遊期間經常會發生的一樣，實體會被曬傷，被蚊子和螞蟻咬，並返回家且開始清理他赤裸的腳上的泥土的時候是疲倦而易發脾氣的。這就是致幻藥物的問題了。

Between the spiritual healing type of charismatic energy, as you would call it, and the psychedelic experiences of some, you have the majority of those who have reprogrammed their genetic personality. However, it is possible to do this by means of a carefully conceived program of meditation—meditation for a purpose, which is unlike the meditation which we urge you to do daily in which you are simply listening. In another context we would call this prayer or prayer of pleading or requesting. Even this type of entry into the world where the genetic personality may be reprogrammed will not work unless two conditions are met.

在靈性的療愈類型的富有魅力的能量，如你們會稱呼它的一樣，與一些人的致幻體驗之間，你們會擁有絕大多數的已經對它們的遺傳人格進行了編程的實體。然而，藉由一種被小心謹慎地構想的冥想的程式——為了一個目的而冥想，這個目的與我們敦促你們每一天進行的，在其中你們單純地是聆聽的冥想是不一樣的——來這樣做是有可能的。在另一個上下文中，我們會將這種冥想稱為祈禱，或者懇求或者請求的祈禱。甚至是這種類型的進入到那個在其中遺傳人格可以被重新編程的世界的入口都將不會起作用，除非兩個條件被滿足了。

Number one. The entity must have learned that which he decided to learn when he entered into the condition which he now wishes to leave. This is not a partial learning or a majority learning but a complete learning. This learning must have been tested and understood.

第一。實體必須要已經學會了當他進入到那個他現在希望離開的情況的時候他決定去學習的事情。這不是一種部分的學習或者一種大部分的學習，而是一種完全的學習。這種學習必須已經被考驗過並被理解了。

Number two. The entity who wishes to reprogram must be able to let go of the circumstance completely. There must be no emotional tie to the previous circumstance. If it is an illness that is to be forgotten, then the person involved must not have a habit of being ill which will then reprogram the reprogramming through continuous, daily, habitual patterns of thinking. If the problem is a wrong relationship, then the person's lessons having been learned, he must be able to forgive completely, and this is very difficult. All wrong circumstances have within them a simple habit which carries an emotional strength.

第二。希望進行重新編程的實體必須能夠完全地釋放那個情況。必須沒有對之前的情況的情緒性的纏結。如果它是一個要被忘記的疾病，接下來，那個被涉及到的人必須不擁有一種生病的習慣，這種生病的習慣將會通過持續不斷的，每一天的，喜歡新的思考模式對重新編程進行重新編程，如果問題是一個錯誤的關係，接下來，如果那個人的課程已經被學會了，他就必須要完全寬恕，這是非常困難

的。所有的錯誤的情況都會在它們內在之中擁有一個簡單的習慣，這個習慣會攜帶有一種情緒性的強度。這種習慣並不是在有意識的層次上的，它不是容易被移除的。就是為了這個原因，重新編程在你們的人群中並不是通常性的。然而，如果你們渴望改變你們的編程，如果你們已經學會了你們變成已經旨在實現的課程——換句話說，如果你們藉由你們在這次投生中的表現已經超前了你們的編程了——是的，你們可以重新編程，去進行它的途徑是藉由很多人會稱之代禱或者懇求的祈禱的事物，同時持續不斷地說，“天父，造物者，在此刻將你的光送到我身上，這樣我就可以知曉我的存有的完美性，並可以從我的物質性的形體上丟下不再是需要的事物了。”你們接下來就可以，如果你們希望的話，說出你感覺是不再需要的事情的名字，接下來，你們就必須具體陳述你們的寬恕，以及你們去忘記在那個體驗中已經是負面性的事情的渴望。

Does this answer your question, my brother?

我的兄弟，這回答了你的問題嗎？

H2: Yes, very good, thank you. I suspect the question I want to ask now will be answered in the negative, but I would like to ask it anyway. Is it possible to help another in this matter through hypnosis and regression?

H2：是的，非常好，感謝你們。我懷疑我現在想要詢問的問題將會用否定的方式被回答，但是我無論如何想要詢問它。在這個情況中能夠有可能通過催眠或者回述來幫助另一個人嗎？

May we say that it is, indeed, possible that this be done; but it is a mixed blessing, due to the fact that in regression a person is made aware of the necessary environment for change. However, the person is not consciously aware of the need for releasing all those things which cause the previous programming to continue after the need for it was over. Consequently, the hypnotic approach lacks what we would call staying power, due to the fact that it is part of the mind of the individual's feeling that another entity is necessary for the work to take place. Indeed, this is a dealing of you with yourself, and, if we were to recommend hypnosis or the use of psychedelic drugs, for instance, we would have to say that—unless you are doing hypnosis upon yourself—the psychedelic, clinical type of approach is superior, in that if you have prepared yourself properly, if you go through your programming as you have planned it when you were in an everyday state of consciousness, this remains something you have done for yourself.

容我們說，確實有可能讓這種幫助被進行，但是，它是一種混合的祝福，這是由於在回溯中，一個人是察覺到了對於改變是需要的情況的。然而，那個人並不是有意識地知曉去釋放所有那些造成了之前的編程在需要它解釋之後卻仍舊繼續的事情的需要。因此，催眠的手段缺少我們所稱的保持（*staying*）的力量。確實，這是一個你與你自己打交道的事情，如果我們打算要推薦，舉個例子，催眠或者對致幻藥物的使用的話，我們就必須要說——除非你是在對你進行催眠——致幻藥物，臨床類型的手段都是優秀的，因為如果你適當地讓你自己做好準備了，如果你在處於一種日常生活的意識狀態中的時候已經如你對它的計畫一樣地經歷了你的編程了，這就一直會是你已經為你自己的事情了。

However, the most efficacious method is meditation done in addition to the simple meditation of listening. And there are no shortcuts to this. Much patience is usually needed. However, once you have achieved a reprogramming, you have achieved by the strength of your desire, and this is infinitely better for your permanent vibratory personality which has entered into the contract with your physical vehicle and its limitations in the first place. Thus, for the greatest value to your spirit in this eternal quest, we do recommend that type of meditation.

然而，有成效的方法就是被添加到簡單的聆聽的冥想之上的冥想。大量的耐心同樣是被需要的。然而，一旦你已經取得了一種重新編程，你就已經藉由你的渴望的力量取得它了，這對於你永恆的振動性的人格是無限地更好的，你的振動性的人格已經進入到與你的物質性載具的接觸以及它在一開始的位置的限制中了。因此，為了你的靈性在這種永久的追尋中的最大的價值，我們確實推薦那種冥想的類型。

After all, my brother, adjusting your genetic programming is a little more serious than, shall we say, giving up smoking or finding out a previous incarnation, both of which uses we find somewhat frivolous. However, we do not find this reprogramming as frivolous, for it indicates a certain awareness of the way things are, which we do consider more reasonable.

畢竟，我的兄弟，調節你的遺傳編程是比，容我們說，戒除吸煙或者弄明白一次之前的投生是要更加嚴肅一點的，我們發現兩者的用處同時都是多少有些瑣屑的。然而，我們並未發現這種重新編程是瑣屑的，因為它表明了一定的對事物存在的方式的認識，我們確實認為這種認識是更加合理的。

H2: Thank you. You've mentioned psychedelics twice somewhat favorably, if not entirely, but I have determined in my own mind never to touch these kinds of things. Am I wrong in that attitude?

H2：謝謝你們。你們已經兩次多少有些贊同地提及了致幻藥物了，如果不是完全贊同的話，但是我已經在我自己的頭腦中決定永遠都不去接觸這些類型的事情了。我在那種態度中是錯誤的嗎？

You are perfect and right, as are all beings. Each path is different.

你和所有存有一樣是完美的且是正確的。每一條道路都是不一樣的。

H2: I have one more question, and that is concerning my state of spiritual development at this time. I feel that I'm not progressing as I once believed I was. I seem to have reached a sort of plateau. I'm either bogged down or I'm not advancing somehow. And I wonder if it's possible—because of the kind of relationship I've had in the past—I've gained as much from that as I can and should reprogram for something else holding me back.

H2：我還有一個問題，它是關於我在此刻的靈性發展的狀態的。我感覺到我沒有如我曾經相信的一樣發展。我看起來似乎抵達了一種類型的平臺期了。我要麼是陷入泥潭了，要麼我以某種方式沒有前進。我懷疑，是否會有可能——因為我在過去已經擁有的關係的類型——我已經得到了和我能夠得到的進展一樣多的進展，並應該為了某個其他的將我往後拉的事情來進行重新編程。

We have two things in response to that, my brother. First, no one knows the state of his spiritual development. The opinion which you may have of yourself is quite irrelevant to your actual development spiritually and may, indeed, be quite different from your opinion. The other comment is that we simply cannot answer such questions as you asked in this instance, due to the fact that it is your freedom of will that has brought you here this evening, and we cannot compromise that by giving you specific instructions. We can only ask you to meditate.

我們在對那個問題的回應中有兩個事情，我的兄弟。首先，沒有人知道他的靈性發展的狀態。你對你自己可能擁有的觀點，對於你實際上在靈性上的發展，是相當無關緊要的，它可能確實是，可能會與你的觀點是相當不一樣的。另一個評論是，我們在這個情況中單純地無法回答諸如你詢問的問題之類的问题，這是由於，今晚已經將你帶到這裏的是你的自由意志，我們無法藉由給予你具體的指導來妥協。我們僅僅能夠請你冥想。

Going back to what we said in the beginning: only you are you. Meditation, therefore, is a method whereby you develop an understanding of yourself. When you have meditated the proper amount you will form an opinion about the problem at hand, or the problem at hand will come into harmony without any apparent effort on your part. These are things that occur when one has a prayer or meditation life. It is not something which you can intellectually figure out. Thus, we ask you to invoke the light of the Creator: sit down, meditate and do not worry about your progress, and do not be disappointed or pleased with yourself at any time. Be objective about yourself. In that way you become a channel through which love can flow, for if you are meditating and seeking that which is true and lovely, that is all that is necessary. Your day-to-day problems or, shall we say, your year-to-year problems will become apparent to you.

返回到我們在開始說過的內容：僅僅只有你才是你。因此，冥想是一種你藉由其發展一種對你自己的理解的方法。當你已經進行了適當數量的冥想之後，你將會對在手邊的問題形成一個觀點，或者那個在手邊的問題將會在沒有在你的部分上的任何明顯的努力的情況下進入到協調之中。這些就是當一個人擁有了一次祈禱的或者冥想的生命的時候會發生的事情。它不是某種你能夠用邏輯智力的方式弄明白的事情。因此，我們請你們祈請造物者的光：坐下來，冥想，不要擔心你的發展，在任何時候都不要對你自己感到失望或者高興。在關於你自己的方面成為客觀性的。用那種方式，你就成為了一個愛能夠流經的管道了，因為如果你正在冥想並尋求真實與有愛的事物，那就是全部需要的事情了。你的日復一日的問題，或者容我們說，你的年復一年的問題將會對於你成為明顯的。

Because we understand the distress in which you find yourself, we suggest that you go somewhere by yourself each day for a period of a week or two and spend at least ten minutes each day speaking out loud with intensity about your desire to maintain the position in which you find yourself. We then suggest that you spend an equal amount of time speaking intensely out loud about your desire to remove yourself from the same position. We believe that

you will find at the end of this indoctrination procedure that you will have burned out the over-concern you feel at this time about this particular problem. And thus, you will be clear and able to catch the signal that you are sending to yourself. Then one day you will know what to do, and you may not be able to explain it to others, but you will feel the rightness of it inside, where it counts. Then you may proceed as you see fit, for that is your free will.

因為我們理解，你發現你自己處於其中的悲傷，我們建議你在一周或者兩周的時段中每一天都獨自一人前往某個地方，並在每一天都花費至少十分鐘來大聲且強有力地說出你的渴望，以保持那個你發現你自己處於其中的位置。我們接下來會建議，你花費相同數量的時間來強有力地大聲說出你的渴望，以讓你自己離開那個相同的位置。我們相信你將會在這個教化步驟結束的時候發現，你將會已經將你在此刻關於這個特定的問題感覺到的過度的擔憂燃盡了。這樣，你就將能夠成為乾淨的，並能夠捕捉你正在發送給你自己的信號了。接下來，有一天，你將會知道要做什麼，你可能無法將它對其他人解釋，但是你將在內在感覺到它的正確性，以及它在什麼位置是有意義的。接下來，你就可以在你感覺到是適當的時候前進，因為它是你的自由意志。

We are aware we have not been terribly helpful, but we have given you the truth as we see it.

我們察覺到我們尚未是特別有幫助的，但是我們已經給予了你真理，如我們所見的真理。

H2: Perhaps not helpful from your viewpoint—very—but it's very helpful to me. Thank you. H2：也許從你們的視角不是有幫助的——對於我它是非常，非常有幫助的。謝謝你們。

Oh, we thank you, my brother. Is there another question?

哦，我們感謝你，我的兄弟。有另一個問題嗎？

J: Just briefly, what is the ... give me some idea of what a soul incarnated in two bodies ... or is one soul incarnated in twins?

J：僅僅是簡單地，什麼是.....一個靈魂投生在兩個身體中.....或者，一個投生在雙胞胎中的靈魂是什麼，能給予我某個觀點？

No, my brother. The way the union works is one body, one soul. However, those who incarnate as twins have met upon the plane of consciousness, which in your inner world precedes incarnation, and have agreed as part of their genetic personalities ... 不是的。我的兄弟。聯合的工作是一個身體，一個靈魂。然而，那些作為雙胞胎投生的靈魂已經在意識的層面上，在投生前在你們的內在世界中相遇了，並已經同意作為它們遺傳人格的一部分.....

(Tape ends.)

(磁帶結束。)

June 17, 1979

1979-06-17 Hatonn : 一棵樹的故事

(Carla channeling)

(Carla 傳訊)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. It is a very great pleasure to greet each of you this evening, and we especially greet those who are new to this group and welcome you to our expression of love for your people.

我是 *Hatonn*，我在無限造物者的愛與光中向你們致意。在今晚向你們每一位致意，這是一種巨大的快樂，我們尤其向這個團體的新人致意，並歡迎你們來到我們對你們的人群的愛的表達。

We are aware that you are somewhat apprehensive, and thus we would like to pause at this time so that we may send you the energy that this instrument has called conditioning in order that you might feel more relaxed. We will pause at this time. I am Hatonn.

我們察覺到，你們是有些擔憂，因此，我們想要在此刻暫停，這樣我們就可以對你們送出這個器皿已經稱之為調節性的能量，以便於你們可以感覺到更加放鬆。我們將會在此刻暫停。我是 *Hatonn*。

(Pause)

(暫停)

I am again with this instrument. We are grateful for your patience in deepening the contact. We now have good contact with this instrument and good harmony in the group.

我與這個器皿在一起了。我們尤其是感激你們在深化接觸的過程中的耐心。我們現在擁有與這個器皿個良好的接觸以及在團體中的良好的協調性了。

This evening, we of the Confederation of Planets in Service to the Infinite Creator would like to share with you a little story which you may find interesting.

今晚我們服務於無限造物者的星際聯邦想要與你們分享一個你們可能會發現是有趣的小故事。

There are many trees, my friends, but this is the story of only one tree. As a small seed it was carried in the clothing of a not particularly cleanly fellow for several years—you might say in the cuff of his trousers. It was dark, and the seed would have liked to have grown, but it could not; the environment was not correct.

我的朋友們，有很多的樹木，但是這是關於僅僅一棵樹的故事。作為一粒小小的種子，它在數年的時間中，是被裝在一個不是特別乾淨的傢伙的外衣之中——

你們可以說，被裝在他的褲子的翻邊之中。它是黑暗的，種子本來想要生長，但是它不能生長，環境並不正確。

One day at the beach this small, winged seed fell from the cuff of the trousers of the man as he walked, and it lay there on the sand; and again it tried to grow, but it could not, for the conditions were not correct for its blossoming, 一天在一個海邊，這個小小的，有翅膀的種子在那個人走路的時候從他的褲子的翻邊中掉出來了，它在那裏掉落在沙子上，再一次，它嘗試去生長，但是，它無法生長，因為情況對於它的發展並不是正確的。

And one day a wind picked up the seed and carried it far, far inland, blowing it on the winds of change; and over this the seed had no conscious control. When it landed it saw the sun and felt beneath itself the grass, and the rains came and watered the grass, and the seedling put forth its tiny roots. 一天，一陣風將種子拾起，並將它帶到很遠很遠的內陸，在改變的風中吹著它，在這陣風上，種子並不擁有有意識的控制。當它落地時，它看到太陽並感覺到在它自己下方的青草，下雨了，雨水澆灌了草，種子伸出了它的小小的根部。

With infinite patience and with an instinctual awareness that time fulfills its purposes harmoniously, the small seed became buried, put forth young shoots, dropped its leaves, and began the process of living. As it grew, it gave off oxygen to the air, being of service to those beings who breathed that sweet and healthy substance, who lived nearby. Its harvest was collected. And the beauty of the tree, the delicacy of it in the spring, and the (inaudible) richness of its colors in the autumn made many stop to envision the beauty of nature.

帶著無限的耐心，並帶著一種對時間會和諧地實現它的目的的本能性的認識，小小的種子被埋起來，伸出幼小的枝條，掉落它的樹葉，並開始了活的過程。隨著它的生長，它將氧氣釋放到空氣中，並對那些會呼吸到那種甜美而健康的物質的生活在附近的存有進行服務。它的收穫物被採集了。樹木的美麗，它在春天的優雅，以及它在秋天的色彩的豐富，使得很多人停下來觀看大自然的美麗。

We ask you to realize, my friends, that you do not have or should not have pride in your existence or your importance, for that which you are you are because of the winds of change working upon that which is instinctually yours. You, unlike the tree, my friends ... 我的朋友們，我們請你們意識到，你們不用或者不應該對你們的存在性或者你們的重要性感到驕傲，因為你們是因為改變之風在你們本能地之所是的事物上進行工作而是你們之所是。你們，和樹木不一樣，我的朋友們.....

(Telephone rings. Pause while the call is attended to.)

(電話響了。在電話被處理的時候暫停。)

I am with this instrument. I am known to you as Hatonn. We are very sorry for the interruption. However, we felt the one known as Carla would desire to receive the call which was just received; and therefore, we helped her to let

her chore of turning off the phone slip from her. Due to her absent-mindedness, we find this very easy to accomplish with this instrument. I will continue at this time.

我與這個器皿在一起了。我是你們知曉的 *Hatonn*。我們對於中斷非常抱歉。然而我們感覺到 *Carla* 了收到那個剛剛被接收到的電話，因此，我們幫助她讓她忘記了關閉電話的事。由於她的心不在焉，我們發現這對這個器皿是非常容易實現的。我將會在此刻繼續。

As we were saying, my friends, you as beings of conscious volition over your destiny are unlike the tree, which has a destiny without free will. Its wisdom is given it freely, and it reaches for the sun and is of service to the creation without hesitation or doubt.

如我們正在說的一樣，我的朋友們，你們作為對你們的命運具有有意識的選擇的存有，和樹木是不一樣的，樹木擁有一個不具有自由意志的命運。它的智慧是自由地被給予了它的，它向著太陽伸出手，並在沒有猶豫或者懷疑的情況下對造物進行服務。

Those of you who enjoy the density which you call Earth and are subject to the emotions and the difficulties of free will are aware that, in many cases, you cannot intellectually know that part of yourself which is the sum of all that you are. You are surrounded by a dense chemical illusion in which your true identity is rather well buried. But you are quite unique, each of you. There is no, shall we say, tree like unto you. And the winds that blow forever changeably must blow each of you to a different spot before it is the proper time for you to grow and come into your own as conscious servers of the creation.

你們中的那些享受你們稱之為地球的命運並受制于自由意志察覺到的情緒與困難的實體，在很多情況中，你無法用智力的方式知曉你自己的那個是你之所是的全體的總和的部分。你是被一個沉重的化學性的幻象所包圍著的，在這個幻象中，你的真實的身份是相當好地被埋藏起來的。但是，你是相當獨一無二的，你們每一個人都是。沒有和你類似的，容我們說，樹。在你們去成長並作為造物的有意識的服務者而進入到你們自己之中的合適的時間到來之前，永恆改變地吹著的風必定會將你們每一個人吹到一個不同的位置。

You may think that you do not have the capacity as people to blossom and be of great use to each other; but I say unto you, my friends, it is as instinctual to you to turn towards the light and love of the Creator as it is for the tree. It is simply less easy for you to penetrate the busyness of your daily lives—the limitations and apparent difficulties—and find within yourselves that seed which is very simple; that seed is that part of you which is a unique vibration of love.

你們可能認為，你們作為人並不擁有能力去開花，並對相互彼此有巨大的用處，但是我們對你們說，我的朋友們，去轉向造物者的光與愛，這對於你們是和對於樹木一樣是本能性的。你們要刺穿你們的日常生活的忙碌性——局限性以及表面的困難——並在你們自己內在之中找到那個非常簡單的種子，這單純地對於你們是叫不容易的，那個種子就是你們自己的那個是一種獨一無二的愛的振動的

部分。

In order to reach that part of yourself, we believe that a good method—and surely the quickest method available to you—is daily meditation. Among your peoples this is considered a difficult thing to achieve, for there is, shall we say, no time. May we ask you, my friends, to make the time.

為了要抵達你自己的那個部分，我們相信一個好的方法——肯定是可以為你們所取得的最快的方法——就是每日冥想。在你們的人群中，這是被認為是一個很難實現的事情，因為，容我們說，沒有時間。我們請你們，我的朋友們，去找出時間吧。

If you knew that there was a reward for an action a million times greater than that of money, or power, or sensual pleasure, would you not indeed then pursue a course of action in that general direction? Yet, this is what we say to your peoples. We ask them to awaken from their journey through power and money and the buffeting of the senses by good and bad feelings. And we ask them to take conscious control of that journey by realizing that they cannot direct their lives but only their selves—their inward and substantial selves—to not give a thought to where you are or to what conditions you may be in. From this point, my friends, seek the one simple truth of the Creator: your identity.

如果你們知道，一個行為會有一種比金錢、權利、或者感官的快樂多一百萬倍的回報，難道你們不願意確實在那個一般性的方向上追尋一條行動的路線嗎？而這就是我們對你們的人群說的事情。我們請你們將人們從穿越權力與金錢的旅程，以及比好與壞的感覺對感知的衝擊中喚醒。我們請它們藉由意識到它們無法指引它們的生命，而僅僅只能指引它們自己——它們內在的實質性的自我——不去對你們在何處或者你們可能處於什麼情況中給予一個想法而對那條旅程擁有有意識的控制。從這個位置，我的朋友們，尋求造物者的那一個簡單的真理：你們的身份。

At this point I would like to transfer this contact to the one known as T. I am Hatonn.

在這個位置，我想要將這個接觸轉移到被知曉為 *T* 的實體。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. We thank you for your patience, and we thank the one known as T for the opportunity to work with him. When an instrument has not practiced for some time, it is sometimes a little while before this type of service becomes easy again.

我再一次與這個器皿在一起了。我們為你們的耐心而感謝你們，我們為與被知曉為 *T* 的實體一同工作的機會而感謝他。當一個器皿已經有一些時間沒有進行練習

的時候，在這種類型的服務再一次變得容易之前，有時候會要有一點點時間。

At this time I would like to open the meeting to questions.

在此刻，我們想要向著問題開放集會。

(Pause)

(暫停)

H: I have a question. I keep reading in the literature—metaphysical literature, psychic literature—that there are seven levels, seven states of consciousness, seven heavens, or something of this sort. Is this a valid concept?

H：我有一個問題。我一直都在文學作品中——形而上學的文學，靈性的文學——讀到，有七個層次，七個意識的狀態，七個天堂，或者屬於這種類型的某個事情。這是一個有效的觀念嗎？

We are aware of the question. I am Hatonn. You are no doubt familiar with the concept of quantum mechanics and also with the octave which you may find on any piano.

我瞭解了你的問題了。我是 *Hatonn*。你毫無疑問對於量子機制的觀念是熟悉的，並同樣也熟悉你可能在任何鋼琴上發現的八度音程。

There are in a major scale, as this instrument would put it, seven different notes, having a relationship to each other which is pleasant. And then there is an octave. In that octave there is an identity—top note with bottom and the tonality begins again. Thus it is with quanta, where you have just so much occurring within a quantum; and then there is a leap, shall we say, to another set of configurations.

在一個主要的音階中，如這個器皿會對它的描述一樣，有七個不同的音調，它們與相互彼此擁有一種令人愉快的關係。接下來，會有一個八度音程，在那個八度音程中，會有一種一致性——頂部的音符與底部的音符的一致性，音調再一次開始了。對於量子就是這樣，在其中你會僅僅擁有如此多的在一個量子中發生的事情，接下來，會有進入到另一個配置的設置中的，容我們說，跳躍。

There has often been in your culture the term “seventh heaven” heard, and it is only one of many popular beliefs that there is not only a heaven but that there are various heavens for those who have done various things, 在你們的文化中已經有“第七個天堂”的措辭被聽到了，它僅僅是許多流行性的信念中的一個，即不僅僅只有一個天堂，同樣還有各種各樣的天堂供那些已經做了各種各樣的事情的人使用。

Your rather primitive Christian dogma would limit one’s heavens to two—one good and one bad—with a rather neutral zone in between for those who have not yet decided whether to be bad or good. This is not accurate. 你們相當原始的基督教的教條會將一個人的天堂限制在兩個——一個好的，一個壞的——在兩者之前帶有一個相當中性的區域是為那些尚未決定是要成為好的，還是要成為壞的人使用。這是不準確的。

There are, indeed, seven levels within the realm within the next dimension or quantum—from you. This plane has been called by Theosophists the astral plane. Beyond that quantum there is a further octave of seven, and that plane is sometimes called the devachanic. Beyond that plane there is another octave of seven, which is sometimes called spiritual by your people. Beyond that plane few among your peoples who are incarnate upon your planet have traveled.

確實，在——你們的——下一個維度或者量子中，在領域中會有七個層次。這個層次已經被神智學者稱為星光層了。在那個量子之外，會有一個更遠的七個音程中的一個音程，那個層面有時候被稱為提婆層。在那個層面之外，會有會有一個更遠的七個音程中的另一個音程，它有時候被你們的人群稱為靈性層。幾乎沒有在你們的地球上投生的人會旅行到那個層次的外部。

There are an infinite number of octaves in the heavenly music. The number seven, however, is the number of completeness, for that is, shall we say, the scale of vibrations within each quantum.

在天堂的音樂中會有無限數量的八度音程。然而，數字七，是一個具有完整性的數字，因為，容我們說，那是在每一個量子中的振動的刻度。

Does this answer your question, my brother?

我的兄弟，這回答了你的問題嗎？

H: Yes, thank you—except I would like to know now in which octave or in which level of an octave are you?

H：是的，感謝你們——除了我現在想要知道，你們是在哪一個八度音程或者在一個八度音程中的哪一個層次中之外？

Well, we are speaking only for ourselves, for we are only one of over 500 civilizations which take part in this operation concerning planet Earth, the planet of sadness, at this time.

好的，我們僅僅是在代表我們自己發言，因為我們僅僅是在此刻參與到這次關於行星地球，這個憂傷的行星的工作的中的超過五百個文明中的一個。

We, ourselves, vibrate within the fifth octave. You vibrate within the third. There are many in the Confederation which vibrate in the sixth, and some in the fourth. We have three among our number who, though vibrating in the third dimension, have done so in such harmony that they are able to aid us in spite of the gross physical illusion that they are experiencing and are able to aid us by thought. So you see, my friends, your condition is not hopeless. Your bodies do not pin you down as specimens pinned under a glass table. It is your minds that imprison you by accepting the illusion. We ask you, therefore, to open your minds to the freedom of realizing that there are infinite illusions and that your imagination has the freedom and the right to play among them as at will.

我們，我們自己，是在你們第五個八度音程中振動的。你們是在第三個八度音程

中振動的。在星際聯邦中有很多實體是在第六個八度音程中振動的，一些是在第四個八度音程中振動的。我們在我們的成員中，我們有三個成員，儘管它們是在第三維度中振動的，它們已經用這樣的協調性這樣做了，以至於它們能夠不顧它們正在體驗到的粗糙的物質性的幻象而幫助我們，並能夠藉由想法幫助我們。因此，你們看，我的朋友們，你們的情況不是無望的。你們的身體並沒有如同被固定一個玻璃桌子下的標本一樣地將你們固定下來。是你們的心智藉由接受幻象而囚禁了你們。我們因此請你們讓你們的心智向著這樣一種領悟的自由開放，即會有無限多的幻象，你們的想像力擁有自由與權利在它們當中隨意玩耍。

H: Well, what did the Apostle Paul mean when he said he was caught up to the third heaven?

H: 好的，當使徒保羅說他是被卡在了第三天堂中的時候，他是什麼意思呢？

The octave directly above you is the fourth and is called by the one whom you call Paul, the apostle, the spiritual kingdom. There are seven levels to this kingdom and, as we have said, its modern or Theosophical term is astral. In this heavenly universe, that which is not apparent while you are in the physical body—namely, the reality of thought and the illusion of matter—become obvious. Thus, as Paul was caught up—depending on his vibration—into the matching portion of the spiritual kingdom, he was able to do that which in his physical body he desired to do most to do, which was to worship and praise the Creator.

正好在你們上方的八度音程是第四個度音程，是會被你們稱之為使徒保羅的實體稱為靈性的國度的。這個國度有七個層次，如我們說過的一樣，它的現代的，或者神智學的詞語是星光成。在這個天堂的宇宙中，當你們處於物質性的身體中的時候，不是明顯的——也就是說，想法的實相與物質性的幻象——會成為明顯的。因此，當保羅是被卡在——取決於他的振動——靈性的王國的相應的部分中的時候，他是能夠做，在他的物質性身體中，它渴望盡最大能力去做的事情，也就是去崇拜並讚美造物者。

Does this answer your question?

這回答了你的問題嗎？

H: Yes, except I have one more. If we are in the third octave, what are the two octaves below us?

H: 是的，除此之外，我還有一個問題。如果我們是在第三個八度音程的，在我們下方兩個八度音程是什麼呢？

As you are well aware, when you have your television set upon channel 3, you cannot see channel 2. Thus, we cannot show you the first and second octaves of existence, except to say to you that in comparison to them yours is a much more interesting and beneficial octave—the second octave of existence being two-dimensional, shall we say, and the first existing as the birth place or point from which the great cycle of being begins.

如你們清楚知曉的一樣，當你們將你們的電視機設置在三頻道的時候，你們是無法看到二頻道的。因此，我們無法向你們展現存在性的第一和第二八度音程，除

了對你們說，與它們相比，你們的維度是一個遠遠更有趣且更有益處的八度音程——第二個八度音程的存在性是，容我們說，二維的，第一個八度音程是作為存有的偉大的週期從其開始的出生的位置或者出生點而存在的。

H: That's all for now. Thank you very much. I'll leave it to others.

H：那暫時就是全部問題了。非常感謝你們。我將會將它留給其他人。

As you know, it is always we who are the thankers, for to share our thoughts with you is our only desire. Is there another question at this time?

如你知曉的一樣，我們一直都是感謝者，因為我們唯一的渴望就是與你們分享我們的想法。在此刻有另一個問題嗎？

Questioner: Yes, I have a question about reincarnation. Why is it, when we do not know anything about our former lives, and how, if we do not know these things, can we change direction? We do not know what took place before; we do not know what we have to learn and what we have experienced. So how can we ... We are chasing around in the dark without knowing what it's all about. Why are these lives not known to us? Why is there not some light turned on these things?

提問者：是的，我有一個關於轉世投生的問題。當我們並不知道任何關於我們之前的生命的事情的時候，如果我們並不知道這些事情，我們如何才能改變方向呢，這是為什麼呢？我們並不知道在之前發生了什麼事情，我們並不知道我們必須要學習什麼，我們已經體驗過了什麼。因此，我們如何才能……我們是在黑暗中四處追尋，而不知道它是關於什麼的。為什麼這些生命是我們不知道的呢？為什麼沒有某種光被轉向這些事情呢？

We will attempt to explain to you the reason for a lack of memory of past experiences. Though it is not an easy concept, you must realize that you are not helpless but are, instead, a person of free will with the opportunity to meditate and to seek the kernel of love that lies within you at this time.

我們將嘗試對你們解釋對一種過去的體驗的記憶的缺少的的原因。儘管它不是一個簡單的觀念，你必須意識到，你不是無助的，而相反是一個具有自由意志的人，你擁有機會去冥想，去尋求在此刻存在於你內在之中的愛的內核。

In previous existences, the experiences that you have had have generated within you certain biases. Thus, some people are born with native love, and others without it; some with native goodness, and others without it; some with great native intelligence, others with very little; some with great talent, others who seem quite ordinary.

在之前的存在性中，你已經擁有過的體驗已經在你們內在之中產生出了偏向性。因此，一些人是生來就帶有天生的愛的，其他人卻不帶有它，一些人是帶有天生的善的，其他人卻不帶有它，一些人是帶有巨大的天生的智慧的，且其他人卻只有非常少的智慧，一些人帶有巨大的天分，其他人看起來似乎是相當普通的。

These biases form the personality which you bring into this world. But other than that, you have the opportunity to begin wherever you are and become a

loving being. This is the only test upon your level. 這些來自於人格的偏向性是你帶入到這個世界中的，但是，除此之外，你擁有機會去在無論什麼你在的位置開始，並成為一個愛的存有。這就是在你的層次上的唯一的考試。

If you knew all that you have done before, your mind would be attempting to carry you through all of the lessons you had learned before. This is too much for the mind to deal with. It is enough that you have this incarnation to deal with. The fruits of former incarnations dwell within your spirit.

如果你知道所有你之前已經做過的事情，你的心智會嘗試去讓你穿越所有你之前已經學習過的課程。這對於心智能夠處理的內容是過多了的。你擁有這次投生來處理，這就是足夠的了。之前的投生的果實是存在於你的靈性之中的。

Again, we go back to meditation. If you have a difficult relationship or a difficult concept to conquer, meditate and request that light be given to you upon this subject. When you can say, "I have no past, and I have no future, but at this moment I hate no man. I love all beings and all those with whom I may have any score to settle, those things I have settled with," at this point you are beginning to be able to pass the great test of this vibration. It is a difficult one, and it is to show love in the darkness when you seem to be by yourself, not knowing that, in reality, those who love you on other planes of existence are all about you. Those who love you in this life but cannot speak are, without words, supporting you. All these things you cannot know; but, above all, you cannot know by mind alone that which must be given to you by direct intuition of the truth—the one simple truth, my friends, that we are all one and that we must love one another. Many of your masters have spoken to you of this, and we can only repeat it. It is the only lesson worth learning.

再一次，我們返回到冥想中。如果你擁有一個困難的關係或者一個困難的觀念要去克服，冥想，並請求在這個主題上光被給予你。當你能夠說，“我沒有過去，我沒有未來，但是在此刻，我誰也不恨。我愛所有的存有，所有我可能與之有任何要結算的賬目，以及我與之擁有那些我已經解決了的問題的人，”在這個位置，你就在開始能夠通過屬於這個振動的偉大的考試了。它是一個困難的考試，它是要當你看起來似乎是依靠你自己，而不知道，實際上，那些在其他的存在性的層面上愛著你的人是全都在你周圍的時候，在黑暗中去展現愛的。那些在這次生命中愛你，但無法說法的實體，是在無言地支持著你的。所有這些事情你都無法知曉，但是，最重要的是，你無法單單藉由心智知曉，必須要藉由對真理的直接的直覺而被給予你的事物——我的朋友們，那一個簡單的真理，即我們全都是一體的，我們必須要彼此相愛。你們很多的大師已經對你們談及過這個真理了，我們僅僅能夠重複它。它就是唯一值得學習的課程。

Past lifetimes? They are a kaleidoscope; they are you. But so are your future lifetimes. Imagine yourself as part of a great circle where consciousness dwells within this part of it at this time. But all that you must do at this time is meditate and seek the love of the Creator. And then, when you have it, send it forth. As we have said, this is not an easy concept.

前世生命？它們是一個萬花筒，它們是你。但是你的未來的生命也是如此。想像

你自己是一個偉大的圓的一部分，在其中意識是在此刻居住在它的這個部分中的。但是，所有你在此刻必須要做的事情就是冥想並尋求造物者。接下來，當你擁有它的時候，將發送出去。如我們已經說過的一樣，這不是一個容易的觀念。

Does this, in any way, begin to answer your question?
這用任何方式開始回答你的問題了嗎？

Questioner: Yes, thank you.
提問者：是的，感謝你們。

We thank you. Is there another question at this time?
我們感謝你。在此刻有另一個問題嗎？

(Pause)
(暫停)

If there are no more questions that you wish to ask at this time, I would like to attempt to close this meeting through the one known as E. I am Hatonn.
如果沒有更多的你們希望在此刻詢問的問題，我想要嘗試通過被知曉為 E 的實體結束這次集會。我是 *Hatonn*。

(Pause)
(暫停)

(Carla channeling)
(*Carla* 傳訊)

I am again with this instrument. We had good contact with the one known as E, but she is very fatigued, and we feel that it is not, at this time, a good idea to use her. Therefore, we shall close through this instrument.
我與這個器皿在一起了。我與被知曉為 E 的實體擁有良好的接觸了，但是她是非常疲倦的。我們感覺到，在此刻，去使用她不是一個好主意。因此，我們將通過這個器皿結束。

As you know, we are with you at any time that you may request our presence. We ask that you listen to the words of this channel with great discrimination, for we are not much wiser than you—but only a little. We ask that you take what you need. 如你們知道的一樣，我們在此刻與你們再一次，這樣你們就可以請求我們的在場了。我們請你們帶著巨大的分辨力來聆聽這個器皿的話語，因為我們並不是比你們極其更加有智慧的——僅僅是一點點更加有智慧。我們請你們拿走你們需要的內容。

And we thank you for allowing us to love each of you, for it is only by loving you that we can express our love of the infinite Creator. I leave you in His love, in His light.

我們為你們允許我們愛你們每一位而感謝你們，因為僅僅是藉由愛你們，我們才能表達我們對無限造物者的愛。我在祂的愛中，在祂的光中離開你們。

I am known to you as Hatonn. It is my privilege to be with this group. Adonai, my friends. Adonai vasu borragus.

我是你們知曉的 *Hatonn*。與這個團體在一起是我們的榮幸。Adonai，我的朋友們。Adonai vasu borragus。

June 10, 1979

1979-06-19 *Hatonn* : 新的心與正確的靈

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. My brothers and I have been silent, for we realized that it was desired that a silent meditation be part of this evening's meeting. We greet each of you and thank you, as always, for the privilege of speaking with you.

我是 *Hatonn*，我在無限造物者的愛與光中向你們致意。我的兄弟和我已經是安靜的了，因為我們意識到，被渴望的事情是，一次安靜的冥想成為今晚的集會的一部分。我們對你們各位致意，我們一如既往為與你們發言的榮幸而感謝你們。

There are those among your peoples who are quite concerned at this time as to who we are. It is our fervent wish that your peoples would be more concerned as to who they are.

在你們的人群中有一些人在此刻在關於我們是誰的方面是相當關注的。我們熱烈的希望是，你們的人群在關於它們是誰的方面是更加關注的。

As we look upon your peoples we find half of your population in great hunger and want. We find the other half reeling in the over-abundance of material supplies. Those who are hungry are angry. Those who are over-supplied are defensive. And the great chain of love which should unite you all is continually broken by your failure to understand who you are.

當我們觀察你們的人群的時候，我們發現你們的人群有一半是處於巨大的饑餓與缺乏之中的。我們發現另一半是在物質性的供給的過度豐盛中感到眩暈的。那個饑餓的人是憤怒的。那些被過度供給的人是防禦性的。那個應該將你們全體統一起來的愛的偉大的鏈條，持續不斷地因為你們無法理解你們是誰而被打斷了。

We do not know what to do with your peoples. We continue as we do, speaking with those of you who are on this path, knowing that our words go forth in love, but we are powerless to affect or change the destiny of mankind at the end of this cycle and the beginning of the new one. Only you, my friends, can spread the message of love—the simple message of unity which is our understanding of the truth and in support of which we have come to lend our voices at this time.

我們並不知道要對你們的人群做什麼。我們如我們做的一樣繼續，與你們中的那些走在這條道路上的人說話，並同時知曉我們的話語會在愛中前進，但是我們是沒有力量去影響或者改變在這個週期的技術以及那個新的週期開始的時候人類的命運的。我的朋友們，只有你們才能傳播愛的訊息——那個簡單的統一的訊息，它就是我們對真理的理解，在它的支持下，我們已經前來在此刻借出我們的聲音了。

It is written in your holy works, "Create in me a new heart and make a right

spirit within me." It is one of this instrument's favorite prayers which she will repeat to herself very often. And we share it with you out of her mind at this time, because our message to you this evening is that you cannot deal with your culture, with your surroundings, with your life as it is, with the old heart, with the old spirit, with the human frailties. No, my friends. As if they were skins, you must shed them and allow a transformation to take place within you, which can only take place within the purified atmosphere of meditation in which there is created within you a newness of being, in which you are an instrument for the will of love. We could say the will of God, but, my friends, the culture in which you live does not do well by its God. The master known as Jesus gave you a God of love, but your peoples insist upon remembering that he is the God of judgment in your history. You, my friends, are the God of judgment for yourselves., You, and no other judge, will judge yourself. You, and no other judge, will see that which is needed by the soul, which is yourself. And you will see that it is done, so that you may grow according to your needs.

在你們的神聖著作中被寫道過，“求你為我造一顆新的心，使我裏面重新有正確的靈。”（詩篇 51-10）。這是這個器皿最喜歡的祈禱詞之一，她將會非常經常地對她自己重複它。我們在此刻從她的頭腦中與你們分享它，因為我們今晚給予們的資訊就是，你們無法憑藉舊的心，憑藉舊的靈，憑藉人類的脆弱來與你們的文化，與你們的周遭環境，與你們的如其所示的生命打交道。我的朋友們，不能。就好像它們是皮膚一樣，你們必須脫掉它們，並允許一種轉變在你們內在之中發生，這種轉變僅僅能夠在冥想的被淨化過的氛圍中發生，在這種氛圍中在你內在之中會有一種存有的新鮮性被創造出來，在這種氛圍中你是一個愛的意志的器皿。我們能夠說，神的意志，但是，我的朋友們，你們活在其中的文化並沒有藉由它的神而做得很好。被知曉為耶穌的大師給予了你們一個具有愛的神，但是你們的人群堅持要記住，他是那個在你們的歷史中的審判的神。你們，我的朋友們，就是對你們自己審判的神。你，而不是其他的法官，將審判你自己。你，不是其他的法官，將會看到被靈魂需要的事物，那就是你自己。你將會看到，它被進行了，這樣你就可以根據你的需要成長了。

The transformation that you may feel in meditation is all that can, at this point, harmonize your inharmonious planet.

你們可能會在冥想中感覺到的轉變，就是在這個位置上所有能夠讓你們不和諧的星球變得和諧的事物了。

There are those in this brotherhood that would leave you at this time, for we are no longer in a position to warn you; events themselves are warning you. Many things that have been prophesied are occurring, and it is not necessary for us to speak to you of these things any more. We would scarcely be prophets at this time were we to tell you that you are at the end of a cycle when your scientists are telling you. We bow to your scientists and move on to more important matters.

會有那些處於這種兄弟友誼中的實體會在此刻離開你們，因為我們不再處於一個警告你們的位置上了，事情其自身正在警告你們。很多已經被預言過的事情正在發生，我們並不需要對更多地對你們談及這些事情了。如果我們要告訴你們，你

們是處於一個週期的結束位置，在你們的科學家正在這樣告訴你們的時候，我們就確實不是先知了。我們對你們的科學家鞠躬，並繼續移動到更為重要的問題上。

Create in yourselves, my friends, a new heart And the right spirit within you. Find the peace that accompanies the expanded view of life which you may take as a transformed soul whose horizons have been consciously widened so that the love and the light of the infinite Creator may be seen in every corner, in every task, in every person.

我的朋友們，在你們自己內在之中創造一顆新的心與正確的靈。找到伴隨著對生命的拓展的視野的平安，你們可以將這種對生命的拓展的視野當作一個被轉變過的靈魂，它的地平線已經被有意識地拓寬了，這樣，無限造物者的愛與光就可以在每一個角落中，在每一個人任務中，在每一個人身上被看到了。

I would at this time attempt to transfer this message to another instrument. I am Hatonn.

我會在此刻嘗試去將這個資訊轉移到另一個器皿。我是 *Hatonn*。

(Pause)

(暫停)

I am again with this instrument. I am Hatonn. The conditions are very good this evening, and we are attempting to communicate through the one known as Don. If he would relax and accept our contact, we would desire to speak a few words through him. I am Hatonn.

我再一次與這個器皿在一起了。我是 *Hatonn*。今晚的狀況是非常好的，我們正在嘗試通過被知曉為 *Don* 的實體交流。如果他願意放鬆並接受我們的接觸的話，我們渴望通過他說一些話。我是 *Hatonn*。

(Pause)

(暫停)

(Don channeling)

(*Don* 傳訊)

I am Hatonn, (inaudible). It is a privilege to be with this instrument. I have not done so for some time. (Inaudible).

我是 *Hatonn*，(聽不見)。與這個器皿在一起是一種榮幸。我已經有一些時間沒有這樣做了。(聽不見)。

I was speaking of the development of your people of the planet Earth. Unfortunately, development of the general population of your planet has been very slow. It seems it is very difficult for them to become aware of the true nature of creation.

我正在談及你們的星球的人群的發展。不幸的是，你們的星球的通常的人群已經是非常緩慢的了。它們要開始察覺到造物的真實的屬性，這看起來似乎是非常困難的了。

(Pause)

(暫停)

(Carla channeling)

(Carla 傳訊)

I am again with this instrument. I am Hatonn. We are having good contact with the one known as Don. However, he is somewhat out of practice with our contact and, therefore, is analyzing our message and thus is unable to continue. We will, however, make one more try at exercising this channel, for we do wish to speak through him at this time. I am Hatonn.

我與這個器皿在一起了。我是 *Hatonn*。我正在與被知曉為 *Don* 的實體擁有良好的接觸。然而，他是多少有些對與我們的接觸是疏於練習的，並因此正在分析我們的資訊，因而無法繼續了。然而我們將再多嘗試一次來訓練這個管道，因為我們確實希望在此刻通過他發言。我是 *Hatonn*。

(Pause)

(暫停)

(Don channeling)

(*Don* 傳訊)

I am again with this instrument, speaking through him in order to thrust him into my contact. It is somewhat difficult at this time for the instrument to regain the fluidity of contact after a period of (inaudible). He does not practice the technique. I am at this time going to attempt to continue the communication.

我再一次與這個器皿在一起了，我通過他發言以便於將他猛推進入到我們的接觸中。在此刻這個器皿要在一段時間的（聽不見）之後重獲接觸的流利，這會是多少有些困難的。他並沒有練習技巧。我在此刻將會嘗試繼續交流。

It is unfortunate that the people of your planet take so long in becoming aware of the true nature of creation. Everything has been provided upon this planet for them ... in order for them to become independently aware of the true nature of the creation. 不幸的是，你們的星球的人花費了如此長的時間來開始察覺造物的真實的屬性。每一個事情已經在這個星球上被提供出來了為它們.....以便於它們開始自由地察覺造物的真實的屬性。

The process ... the necessary process must occur within an illusion such as yours. This [satisfaction] is completed. It's impossible for the individual to progress past that point. As I said, unfortunately a large percentage of the population of your planet at this time has made no progress past that point and is, indeed, not to the point of becoming aware of what I would call their situation in time and space. And they concluded ... (inaudible) ... nothing else

is provided ... (inaudible).

過程.....必須的過程必須要在諸如你們的幻象之類的一個幻象中發生。這個[滿足]是被完成了的。個體要發展越過那個位置是不可能的。如我說過的一樣，不幸的是，你們的星球的人群的一個很大的百分比並未發展越過那個位置，並確實，尚未到達開始察覺到在時間和空間中我們會稱之為它們的狀態的事物的位置。它們總結..... (聽不見)沒有任何其他的事情被提供..... (聽不見)。

It is definite. The greatest mystery is unfolded before you in a never-ending array. Clearly (inaudible) ... people think ... they miss the point for the most part. A smaller percentage is discovering (inaudible). A larger percentage is still ignoring it. The real self-disciplined does notice the clues and has done something about them.

它是明確的。最最大的奧秘是無窮無盡地在你們前方被展開的。清晰地 (聽不見)人們思考.....它們絕大部分錯過了要點。一個更小的百分比正在發展， (聽不見)。一個更大的百分比仍舊在忽略它。真實的自我訓練確實會注意線索，並已經在它們周圍做了某些事情了。

I have several suggestions: first, become very active in the application of the knowledge you have received about the mechanics of creation. This is a necessity ... (inaudible) ... be made. Only when this is done can, shall we say, more evidence be provided—the type of evidence that leads closer and closer to a total understanding of that which is true. 我擁有數個建議：首先，在對你們在關於造物的機制的方面已經接收到的知識的應用的方面成為非常活躍的。這是一個必要性..... (聽不見)被產生出來。僅僅是在這個被進行了的時候，容我們所，更多的證據才會被提供出來——證據的類型會越來越近地導向一種對真實的事物的完整的理解。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am with this instrument. I am Hatonn. I shall continue through this instrument.

我與這個器皿在一起了。我是 *Hatonn*。我將會通過這個器皿繼續。

As we were saying, there are suggestions for those who wish to follow the path taken by those who have noticed the clues given them by the Creator. 如我們正在說的一樣，對於那些希望跟隨那些已經注意到了被造物者給予的線索的實體所走的道路的人，會有一些給它們的建議。

The second suggestion is that it is very productive to maintain a community of those who wish to follow this discipline together by means of meetings such as yours in as intensive a manner as you can comfortably and willingly fit into your schedules of work and activities.

第二個建議是，去藉由諸如你們的集會之類的集會的方式，維持一個希望去一起跟隨這種訓練的人的集體，這是非常富有成效的，這樣的集會可以用一種與你們能夠舒適且樂意於與你們的工作與活動的時間表向適合的集中性來進行。

One candle alone gives off great light in a dark universe, but the power of several of these candles is much greater than the added power. It is multiplied many times, my friends. Therefore, whenever you can, meditate in groups, speak in groups, work in groups along the lines which you feel to be important,

單單一個蠟燭就可以在一個黑暗的宇宙中發出巨大的光了，但是，數個蠟燭的力量是比將單個的力量加起來要遠遠更大的。它是很多倍地倍增的，我的朋友們。因此，無論在什麼你們能夠的地方，通過團體冥想，在團體中發言，在團體中沿著你們感覺到是重要的線路進行工作。

The word "family" has different meanings among different cultures, but you may think of those who are on the path of seeking as a family. And when you have gone down that path together, washed yourself clean in meditation together, and worked to the limit of your ability to help your fellow man, using the knowledge which you have gained together, then you are by far a closer family than can ever be made simply by means of legal and blood relationships.

“家庭”這個詞語在不同的文化中擁有不同的意義，但是你們可以將那些走在尋求的道路上的人思考為一個家庭。當你們已經一起走上了那條道路的時候，在冥想中一起將你自己清洗乾淨，並盡你所能來幫助你的夥伴，使用你們已經一起取得的知識，接下來，你們就是比單單藉由法律與血緣關係的途徑所能被構建的家庭遠遠更為緊密的一個家庭了。

Thirdly, we would suggest an overriding sense of beauty. We suggest this to you because we feel that it will aid you, even if you are not with a group at the time in which you need help. If you could look about you, the world of the Creator would give you beauty each and every time you look.

第三，我們會建議，一種對美麗的壓倒性的感覺。我們對你們建議這一點，因為我們感覺到它將會幫助你們，即使你們在此刻並不是與一個你們在其中需要幫助的團體在一起的。如果你們觀察你們周圍，造物者的世界能夠在每一次你們觀察的時候都給予你們美麗。

Fourthly, we ask you, as always, to maintain that level of detachment which ensures that you are as able to laugh at the comedy of life as it applies to yourself, as you are able to laugh at the comedy of life as it applies to others.

第四，我們請你們，一如既往，保持那種超然的層次，它會確保你能夠如同生命的喜劇對你自己產生作用一樣地能夠對那個喜劇大笑，你能夠如同生命的喜劇會對其他人起作用一樣地對它大笑。

This detachment is a divine sense of humor which will lead you to a knowledge of the oneness of the universe. As you make your errors, so may you laugh and say, "There also am I." Thus, when you see the same error in

others, you may nod and say again, "There also am I." Thus, we ask you to practice and share what you know, to constantly rejoin and refresh the inspiration that drives you forward by meeting with those of your own beliefs and pasts. We ask you to see beauty. We ask you to be detached from the folly of existence. These things we would suggest at this time.

這種超然是一種神聖的幽默感，它將引導你們前往一種對宇宙的一體性的知曉。當你犯錯的時候，你因此就可以笑著說，“這同樣也是我。”因此，當你看到在其他人身上的相同的錯誤的時候，你可以點頭並再一次說，“這同樣也是我。”因此，我們請你們實踐並分享你們知曉的事情，並藉由與那些具有你們自己的信念與過去的人聚會，持續不斷地重返並更新那種驅動你們前進的啟發。我們請你們看到美麗。我們請你們對於存在性的愚蠢成為超然的。這些就是我們在此刻會建議的事情。

We would leave this instrument for a short time, for there is a Confederation member who has not been with us for some time, but he has been requested. And so we will turn this meeting over to him. I am Hatonn.

我們會離開這個器皿一小段時間，因為有一個星際聯邦的成員已經有一些時間沒有與我們在一起了，但是他已經被請求了。因此，我們將這個機會轉交給他。我是 *Hatonn*。

(Pause)

(暫停)

I am Telonn, and I come to wish you love and light. I will work with you only for a very short time this evening, for I realize that you are somewhat fatigued.

我是 *Telonn*，我前來祝願你們愛與光。我將會在今晚僅僅與你們一起工作一段非常短時間，因為我意識到你們是有些疲倦的了。

Let us then, my friends, remove ourselves from the heavy physical shell in which we now reside and imagine a pure, brilliant, white glow in the center of the circle in which you now sit. It pulls you towards it, and in your spiritual body you enter it and become one.

我的朋友們，讓我們接下來，將我們自己從我們現在居住在其中的沉重的物質性的外殼中移除，並想像一種純淨的，明亮的，白色的光輝在你們現在坐在其中的圈子的中心。它將你們朝向它拉動，在你們的靈性的身體中，你們進入它，並成為一體的。

(Pause)

(暫停)

I am Telonn, messenger of light. As you travel back to your body, I leave you. And yet I am always with you, and it is hoped by us that our vibration is of help to those who are in pain or are distraught mentally, for we are those of light. I will leave you now.

我是 *Telonn*，光的信使。當你們旅行返回你們的身體的時候，我離開你們。而我一直都與你們在一起。我們希望，我們的振動會對那些處於痛苦中，或者在心

智中是發狂的人是有幫助的，因為我們是那些屬於光的實體。我將會現在離開你們。

I am Telonn. Adonai.

我是 Telonn。Adonai。

(Pause)

(暫停)

I am Hatonn. I am with this instrument. We are attempting to lighten the contact with this instrument, for it is [in] very good condition this evening, and we are sending too strongly for the needs of this instrument. We have adjusted now to this instrument. We will only pause to open the meeting for questions at this time.

我是 Hatonn。我與這個器皿在一起了。我正在嘗試照亮與這個器皿的接觸，因為它在今晚是出於非常良好的狀態中的，我們正在對於這個器皿的需要過於強有力地發送。我們現在已經對這個器皿調節過了。我們現在將僅僅暫停，以對問題開放集會。

(Pause)

(暫停)

If there are no questions we will close. And at this time we would attempt to contact the one known as T, an instrument whom we have not used for some time. If he would appreciate our contact at this time, we would close this meeting through him. I am Hatonn.

如果沒有問題，我們將結束。在此刻，我們會嘗試接觸被知曉為 T 的身體，它是一個我們已經有一些時間沒有使用過的器皿了。如果他願意在此刻體會我們的振動，我們會通過他結束這個集會。我是 Hatonn。

(Pause)

(暫停)

(Carla channeling)

(Carla 傳訊)

I am again with this instrument. We thank the one known as T for the opportunity to condition him. However, we find reservations in his mind at this time and, therefore, would wish to close through this channel.

我現在與這個器皿在一起了。我們感謝為調節他的機會而被知曉為 T 的實體。然而，我們發現在此刻在他的頭腦中有所保留，因此，我們會希望通過這個器皿結束。

As you know, we are here in love. We know, my friends, that you are here in love. Attempt, we ask you, to remove from your consciousness the over-mechanization of your culture, which seems to make so many things

dead, and know that all things are alive, that the universe speaks with a single harmonious chord, and that each of you is an infinitely beautiful and perfect part of that chord, without which the universe would not be complete.

如你們知曉的一樣，我們是通過愛在這裏的。我的朋友們，我們知道，你們是通過愛在這裏的。我們請你們，嘗試從你們的意識中移除你們的文化的過度的機械性，它看起來似乎是如此多的事物都失去了活力，請知曉所有的事物都是活著的，宇宙是用一種單一的協調的和絃發言的，你們每一個人都是那個和絃的一個無限美麗且完美的部分，沒有你們每一位元的那個部分，宇宙就不會是完整的。

Vibrate as yourselves, my friends. You can do no more good than that. And love one another.

如你們自己一樣地振動，我的朋友們。你們是無法比那做得更好的。彼此相愛吧。

I leave you in the love and light of the infinite Creator. I am known to you as Hatonn. Adonai vasu borragus.

我在無限造物者的愛與光中離開你們。我是你們知曉的 *Hatonn. Adonai vasu borragus*。

July 5, 1979

1979-07-05 Hatonn : 裝成人的鱷魚的故事

(Carla channeling)

(Carla 傳訊)

I am Hatonn, and I greet each of you, my friends, in the love and the light of the infinite Creator. It is a great pleasure to greet each of you, especially those who are new to this group; for, indeed, it is not only our privilege but our only purpose to share with you our humble thoughts, that you may consider them in the discrimination of your own hearts to accept what is good and to discard that which does not appeal to you.

我是 Hatonn，我的朋友們，我在無限造物主這的愛與光中向你們致意。向你們每一位致意，它是一種巨大的快樂，尤其是那些對於這個團體是新人的實體，因為確實，與你們分享我們謙遜的想法，這樣你們就可以在你們自己的心的分辨力中考慮它們，以接受有益處的事物，並拋棄對你們沒有吸引力的事物，這不僅僅是我們的榮幸，同樣也是我們的唯一的目的。

Tonight I would like to tell you a little story. Once upon a time, my friends, in one of your southern cities there came to be a very unusual creature. This creature had the body of an alligator but the wisdom of a man. Soon, those about him learned to treat him as a man. And he wore special shoes and special clothing and had a hat specially made for him, and learned to sit upright and eat his meals and hold his job and act in every way like a human would act.

今晚我們想要給你們講一個小故事。我的朋友們，曾經在你們的一個南方的城市中，出現了一個非常不同尋常的生物。這個生物擁有一個鱷魚的身體，但卻擁有一個人的智慧。很快，那些在他周圍的人都學會和對待一個人一樣地對待他了。他穿著特別的鞋子，特別的衣服，並帶著一頂專門為他製作的帽子，並學會了筆直地坐著，吃飯，做他的工作並用每一種類似一個人類行動的方式來行動。

One day as he was sitting on a bar stool of his favorite pub, watching the big game on the television set, a rather tipsy man stumbled and stepped upon his tail. Somewhat tipsy himself, the alligator was furious, and he whipped around and made to slay the poor unfortunate who had dared to step on his tail.

有一天，當他坐在他最喜歡的酒吧的一個吧台的座位上，並觀看在電視機上的大型比賽的時候，一個喝醉了的人絆倒並踩在他的尾巴上了。因為他自己是多少有些喝醉了的，鱷魚感到暴露，他四處攻擊，準備要殺死了那個可憐而不幸的已經膽敢踩在他尾巴上的人。

"I am sorry," said the drunken man, "but I did not see your tail."

"我很抱歉，"那個喝醉了的人說，"但是我沒有看到你的尾巴。"

"I do not have a tail," said the alligator with great fury, "for I am a man!" And again he made to lunge furiously at the poor man, who grabbed what he could off the bar, that being a large stick the bartender handed him, and

rammed it into the alligator "s throat, killing him. “我沒有一條尾巴，”鱷魚帶著巨大的怒火說到，“因為我是一個人。”再一次他暴怒地沖向那個可憐的人，那個人抓住他能夠從櫃檯上拿到的東西，那是酒保遞給他的一根大棒，他將大棒子插入鱷魚的喉嚨中，並殺死了他。

As the alligator lay on the floor, dead, in his shoes and his clothes and his hat, the man said to him, “I may be drunk, but I know an alligator when I see one.” 當鱷魚躺在地板上，死去了，穿著他的鞋子，他的衣服和他的帽子的時候，那個人對他說，“我可能是喝醉了，但是當我看到一隻鱷魚的時候，我知道它是一隻鱷魚。”

We ask you at this time, my friends, to consider this story in the context of your own personality. You must realize that within your own mind there lives a population of many creatures. Some are saintly—good and pure, kindly and compassionate; others are, perhaps, boring, over-intellectual. Some of your citizens may be too emotional, and a few may actually be beasts that you may not wish to face.

我們在此刻請你們，我的朋友們，在你們自己的人格的背景中考慮這個故事。你們必須意識到，在你們自己的心智中有很多的生物活著。一些是神聖的——良好而純淨的，善良而富有同情心的，其他的，也許是，令人乏味的，過度邏輯智力的。一些你們的公民可能是過分情緒化的，一些可能實際上是你們不希望面對的野獸。

There are many negative emotions, which do not seem so negative on the plane which you now enjoy: greed is explained away as a means whereby produce is generated in the market place; ambition is explained as that which one must do in order to be of service to one"s family, to one"s children, or to one"s best interest; selfishness, jealousy, and envy, all of these things, my friends, can be so easily explained away in your mind. You can clothe them in explanations—the hat, the coat, the shoes. 會有很多的負面性的情緒，在你們現在所享受的層面上，它們可能看起來似乎並非如此負面性：貪婪會被解釋為一種在市場上商品藉由其被產生出來的途徑，野心會被解釋為一個人為了對它的家庭，為它的孩子或者為了一個人最大的興趣進行服務而必須要做的事情，自私、嫉妒、羨慕，所有這些事情，我的朋友們，都能夠如此輕易地在你們的頭腦中被解釋。你們能夠用解釋為它們穿上衣服——帽子，外衣和鞋子。

And so we charge you, in your meditations, first to find your alligator and to remove him, and then to meditate in quiet and humility, knowing that you are not unlike your brothers but very, very much the same. Let the citizens within you which are compassionate grow and spread their wings. This can be done, not by your efforts, my friend, but by meditation; not by conscious thought, my friend, but by intuition.

因此，我們告誡你們，在你們的冥想中，首先去找到你們的鱷魚，並將他趕走，接下來，在安靜與謙遜中冥想，同時知曉，你們和你們的兄弟並不是不一樣的，而是非常非常大地是相同的。讓在你們內在之中的那些富有同情心的共鳴生長並

展開它們的翅膀。在我的朋友，這是無法藉由你的努力被進行的，而是藉由你的冥想，不是藉由有意識的思考，我的朋友，而是藉由直覺而被進行。

There is no time to be proud, my friend, to assert yourself as a good person or as a bad person. You are a person ... you are the Creator, and you have all of the parts of the creation within you. As that is so, all men are your brothers; from the murderer to the saint, from the fool to the sage. Look past the citizenry of your emotions and find the heart of unity that lies beyond all of the paradoxes of human nature.

我的朋友，沒有去感到驕傲，去將你自己斷言為一個好人或者一個壞人的時間。你是一個人.....你是造物者，你在你內在之中擁有造物的所有的部分。因為就是如此，所有人都是你的兄弟，從殺人犯到聖人，從傻子到智者。越過你的情緒的公民來觀察，找到存在於所有的人類屬性的悖論之外的統一性的核心。

You are in this life. Your vision is blurred, and your steps are unsteady and this is for a reason. Come to understand the challenge of this illusion and the possibility of progress. Above all, come to understand that you will never know your progress; you can only continue meditating, seeking the Creator, and attempting to be a channel for His love and His light among men like yourself.

你是在這次生命中的。你是視野是模糊不清的，你的腳步是不穩定的，這是有一個原因的。開始理解，這個幻象的挑戰以及發展的可能性。最重要的是，開始理解，你將永遠都不會知曉的你的發展，你僅僅能夠繼續冥想，尋求造物者，並嘗試去在類似你自己的人當中成為祂的愛，祂的光的一個管道。

Although we are more advanced than you, we of Hatonn know that our thoughts are varied and are not always harmonious. The difference between us, my friend, is simply that we can see our thoughts. We have a reality in our density. Consequently, we have no chance to quarrel with our alligators. When they arise, we must deal with them without further ado.

儘管我們是比你們更加高級的，我們 *Hatonn* 知道，我們的想法是多變的，且並不是一直都是協調的。我們在我們的密度中擁有一個實相。結果是，我們沒有機會來與我們的鱷魚吵架。當它們出現的時候，我們必須在毫不費力的情況下與它們打交道。

We ask you to never fear what is inside yourself, but only to love it, for it, too, is the Creator.

我們請你永遠都不要害怕在你自己內在之中的事物，但僅僅去愛它，因為它，同樣是造物者。

I would at this time pause so that my brother, Laitos, may speak. I am Hatonn. 我會在此刻暫停，這樣我的兄弟，*Laitos*，就可以發言了。我是 *Hatonn*。

(Pause)

(暫停)

I am Laitos, and I greet you, as do my brothers and sisters, in the love and the light of the infinite Creator.

我是 *Laitos*，我和我們的兄弟姐妹一樣，在無限造物者的愛與光中向你們致意。

If you will be patient with me, I would like to work with some of those among you who desire conditioning at this time. I would like first to work with the one known as E. If she would allow us, we will condition the instrument known as E, and if she desires, we would speak a few words through her. I am Laitos.

如果你們將會對我們是有耐心的，我想要與在你們當中的一些在此刻渴望調節作用的實體一同工作。我首先想要與被知曉為 *E* 的實體一同工作。如果他願意允許我們的話，我們將會調節被知曉為 *E* 的實體，如果她渴望的話，我們會通過她說一些話。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I would like to thank the one known as E. We find that, although she is personally a willing and able channel, there are teachers of hers who desire that her tuning be not disturbed at this time, for she is working in other vibrations. Therefore, we will pass on at this time.

我再一次與這個器皿在一起了。我想要感謝被知曉為 *E* 的實體。我們發現，儘管她個人是樂意於並能夠傳訊的，會有她的一些老師渴望，她的調音在此刻不被打擾，因為她正在其他的振動中進行工作。因此，我們在此刻將會繼續前進。

We would like to condition the one known as M and allow her to feel our contact. Although we will not attempt to speak to her, we would explain that this vibration may be helpful for healing or for a more peaceful meditation. I am Laitos.

我們想要調節被知曉為 *M* 的實體，並允許她感覺到我們的接觸。儘管我們將不會嘗試對她發言，我們會解釋，這個振動對於療愈，或者對於一次更為平靜的冥想可能是有幫助的。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

We have a good contact with the one known as K, and we would now attempt to say just a few words through her, if she would desire to be of service in this manner. I am Laitos.

我與被知曉為 *K* 的實體擁有一個良好的接觸了，我們現在嘗試通過她僅僅說幾句話，如果她渴望用這種方式服務的話。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. The one known as K is somewhat nervous; however, our contact with her is excellent, and she is a strong channel. In fact, my friends, this is an excellent group and one in which we are most fortunate to work with.

我與這個器皿在一起了。被知曉為 *K* 的實體是有些緊張的，然而我們與她之間的接觸是優秀的，她是一個強有力的管道。實際上，我的朋友們，這是一個優秀的團體，一個我們極其幸運與之一同工作的團體。

At this time I would like to condition the one known as E, for she is in need of comfort at this time.

在此刻，我想要調節被知曉為 *E* 的實體，因為她在此刻需要安慰。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

We thank our sister, E, and would like now to condition the ones known as T and K, so that they may feel our contact and be strengthened in their meditations. I am Laitos.

我們感謝我們的姐妹 *E*，我們現在想要調節被知曉為 *T* 和 *K* 的實體，這樣它們就可以感覺到我們的接觸並在它們的冥想中被增強了。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. At this time, if the one known as G would wish it, we would like to work with her. We are aware that she has some capability of visualizing our truer natures, which is pleasing to us, and we greet the one known as G. We would at this time, if in her free will she would request it, speak a few words through the instrument known as G. I am Laitos.

我再一次與這個器皿在一起了。在此刻，如果被知曉為 *G* 的實體希望它的話，我們想要與她一同工作。我們察覺到，她擁有某種觀想我們更為真實的屬性的能力，這讓我們感到高興，我們對被知曉為 *G* 的實體致意。如果在她的自由意志中她願意請求它的話，我們會在此刻通過被知曉為 *G* 的器皿說一些話。我是

Laitos。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

We thank the one known as G and are aware that she is very fatigued. However, we have greatly appreciated the chance to work with her.
我們感謝被知曉為 *G* 的實體，我們察覺到她是非常疲倦的。然而，我們已經極其感激與她一同工作的機會了。

If the instrument known as H will speak freely, without analyzing his thoughts, we would like to close through H. I am Laitos.
如果被知曉為 *H* 的器皿將會自由地發言，而不分析他的想法的話，我們會通過 *H* 結束。我是 *Laitos*。

(Pause)

(暫停)

(H channeling)

(*H* 傳訊)

I am Laitos. Latwii was calling on this instrument earlier this evening, but he was afraid to speak.

我是 *Laitos*。 *Latwii* 在今晚早些時候正在呼喚這個器皿，但是他害怕發言。

I am Latwii. I am with this instrument, although he is on the verge of heart failure. I say this humorously. But he is very fearful that I will not give him words to speak. This is the first time he has spoken in this manner in public. However, we have been with this instrument for a long while. Although he was not aware of it, we have worked with him rather intensely subconsciously and in answer to his calls for help. But he was not aware that all he had to do was listen. He would call but not listen. Finally, he got the idea of listening and was able to hear us. Since that time, our messages have been to him directly, and he is doing very well as a receiver.

我是 *Latwii*。我與這個器皿在一起了，儘管他是處於心力衰竭的邊緣上。我是幽默地這樣做的。但是他非常害怕我將不會給予他要去說出的話語。這是他第一次用這種方式公開發言。然而，我們一直都與這個器皿在一起有一段很長的時間了。儘管他並不知曉它，我們已經潛意識地，並通過回應它對幫助的呼喚而與他一同工作過了。但是，他並不知曉，所有他必須要做的事情就是去聆聽。他會呼喚，但卻不會聆聽。最後，他得到了聆聽的觀點並能夠聽到我們了。從那之後，我們的資訊就直接被給予他，他作為一個接收者是做得非常好的。

There is something I would like to say about how to become a channel. All

you need do is relax and listen; and when you get an impression of our name or any word or phrase, acknowledge that word or phrase, and we will give you the next word or phrase. Sometimes, if you do not acknowledge, we will give you a brief preview of what is to come, but not usually, because this tends to confuse some [channels] rather than help

在關於如何成為一個管道的方面，有某個我想要說的事情。所有你們需要的事情就是放鬆並聆聽，當你們得到了一個我們的名字，或者任何的詞語或者短語的印象的時候，承認那個詞語或者短語，我們將給予你們下一個詞語或者短語。有時候，如果你們不承認，我們將給予你們對於即將出現的事物的一個預覽，但並非通常地，因為這會傾向於讓一些管道感到混淆而不是幫助它們。

So the key is: relax, be still, listen, acknowledge any impression you get by repeating it to yourself or, as in this case, out loud, and listen for the next impression. That is all there is to it. This channel will acknowledge that now. However, he would have you know something else.

因此，關鍵就是：放鬆，安靜下來，聆聽，承認任何你得到的事物，藉由向你自己重複它，或者在這個情況中，大聲重複它，並聆聽下一個印象。這就是在所有關於它的事情了。這個管道將會現在就承認那個。然而，我們想要你們知道某個別的事情。

When we were first able to come through to him, he had a tremendous ringing in his right ear. We stopped that. And, also, he had a large hole in his right eardrum, and we healed that. Why did we do this? Because this was interfering with his ability to receive us.

當我們最初能夠通過他出現的時候，他在他的右耳中曾經聽到過一種巨大的耳鳴。我們停止了那個耳鳴。同樣，他在他的右耳的鼓膜上擁有一個大洞，我們療愈了那個。為什麼我們這樣做呢？因為這會干擾他接收我們的能力。

That is all for now. I thank you and wish you all well, and love and light. Adonai. I am Latwii.

暫時那就是全部了。我感謝你們並祝願你們全體順利，祝願你們全體愛與光。

(Pause, during which visitors entered the room.)

(暫停，在其期間訪問者進入到房屋中。)

(Carla channeling)

(*Carla* 傳訊)

I am Oxal, and I greet you in love and light. I greet those who have joined us, and I'm here for a specific purpose, for there is a question upon the mind of one who is here which shall not be voiced. But we feel that it is an important question, and, therefore, we would wish to deal with it at this time through this instrument, although we normally do not use this instrument, for she is a little too delicately tuned for our vibration.

我是 *Oxal*，我在愛與光中向你們致意。我向那些已經加入我們的實體致意，我是為了一個特殊的目的在這裏的，因為在一個在這裏的人的頭腦中有一個沒有被

說出來的問題。但是我們感覺到，它是一個重要的問題，因此，我們希望在此刻通過這個器皿與它打交道，儘管我們通常並不使用這個器皿，因為她對於我們的振動是有一點過於微妙地被調音過的。

It has been said in your holy works that [if] you deal with mediums and spiritists [it] is not good, for it may defile you; and this warning has deterred many from listening to the fount of inspiration within them, which exists for all of us.

在你們的神聖著作中已經被說過，如果你們與靈媒與靈體打交道，這是不好的，因為它可能會玷污你們，這個警告已經阻礙了很多人聆聽在它們內在之中的啟發的源泉了，這個啟發的源泉是為我們所有人存在的。

May we ask you, then, if to listen to a spirit were to defile, what it was that Saul of Tarsus saw on the road to Damascus? Those about him saw only a light, which blinded the man, but in his blindness, Saul heard a voice.

接下來，我們問你們，如果要聆聽一個靈體就是去玷污的話，大數人掃羅 (*Saul of Tarsus*) 在去大馬士革的路上看到的是什麼呢？那些在他周圍的人僅僅看到一道光，它讓人看不見了，但是在他的目盲中，掃羅聽到一個聲音。

We do not come to you as gods, as people, as individuals. We come to you as messengers of one consciousness. We hope, and we intend, that that consciousness is that of love, for that, my friends, is what the Creator is and what His Creation is made of: love—divine and perfect. 我們並不是作為神，而是做為人，作為個體來到你們身邊的。我們是作為太一的意識的信使而來到你們身邊的。我們希望，我們意願，那個意識是具有愛的意識，因為，我的朋友們，造物者之所是，以及祂的造物之所是，是由愛構成的——神聖而完美的愛。

The words we speak are poor, and we may seem to be speaking through mediums, but we can only assure you, my friends, that far from attempting to defile, degrade, or undermine any sense of self you may have at this time, or any beliefs that you may treasure, we hope only to make available to you a realization of the love of the Creator. We come in love, we speak in love. We look into your hearts, and we see that you are love.

我們講述的話語是貧乏的，我們可能看起來是在通過靈媒說話，但是我們僅僅能夠向你們保證，我的朋友們，那遠遠不是嘗試在任何意義上玷污、降級或者削弱你們在此刻可能擁有的任何自我的意義，或者任何你們可能珍惜的信念，我們僅僅希望讓你們可以得到一種對造物者的愛的領悟。我們是在愛中前來的，我們是在愛中發言的。我們注視著你們的心，我們看到你們就是愛。

Let your lives be filled with this love, my friends. Let your eyes shine with the light, which is the wisdom engendered by divine love, and the world about you shall be warm in the coldest winter, and those who gather about you shall know not you but the Creator. This is our hope for us and for you. Join us, my friends, in this place which you may call the heavenly realms, and [be] refreshed at the source of love. Come down again from this place into the

world with open hands and open heart. 讓你們的生命被這種愛所充滿吧，我的朋友們。讓你們的眼睛閃耀光，這種光就是被神聖的愛產生出來的智慧了，在你們周圍的世界將會在最冷的冬季中成為溫暖的，那些在你們周圍聚集起來的人將會知曉，你們就是造物者。這就是我們對你們的希望。我的朋友們，在這個你們可能稱之為天國的領域中加入我們，在愛的源頭煥然一新。再一次從這個位置下降進入到塵世，帶著張開的手與開放的心。

At this time I would open the meeting to questions. Does anyone have a question at this time? We ask you, please, to feel free to ask anything that you wish at this time.

在此刻，我會對問題開放集會。在此刻任何人有一個問題嗎？我們請你們，隨意詢問你們在此刻希望詢問的任何事情。

(Pause)

(暫停)

N: I have a question. Do you have an idea of what percentage of souls on the Earth return—die and are reborn (inaudible)?

N：我有一個問題。你們對於在地球上返回的靈魂——死亡並被重新生出來的靈魂——的比例有任何觀點的（聽不見）？

We are aware of your question, but we will find it less than simple to answer, for the soul which enters this vibration does not enter for one lifetime only, for the most part, but for a cycle of what you would call time, this cycle being approximately 3,000 of your years, according to our best estimates. As you must know, we are somewhat less than perfect in our approximations of your time. Thus, the probability that a person will reincarnate during a cycle is extremely high.

我瞭解了你的問題了，但是我們將會發現要回答是較不簡單的，因為進入到這個振動層次中的靈魂，絕大部分，並不是僅僅在一次生命中，而是在你們會所稱的時間的一個週期中進入的，根據我們最佳的估計，這個週期大概是你們的年份的三千年。如你們必須知道的一樣，我們在我們對你們的時間的估算的方面是較不完善的，因此，一個人將會在一個週期中轉世投生的可能性是相當高的。

The percentage of those who are in physical bodies, as opposed to denser or more spiritualized bodies, at any given, shall we say, locus in space/time is approximately two percent. Thus, most of the souls in the reincarnational cycle, at any moment during that cycle, will be without a physical body. They will, however, be part of the consciousness of Earth. And it is this unseen and very strong influence which has caused the repetitive actions of your civilization in this cycle. For, unfortunately, your peoples have not made the progress which we had hoped but, instead, have repeated over and over again the cycles of war and intrigue for war which have marred the previous cycle and this one also.

那些在物質性身體中，而不是在更為稠密或者更多靈性化的身體中的實體的比

例，在任何給定的，容我們說，空間/時間的節點中的比例，是大概 2%。因此，大多數在轉世投生的週期中的靈魂，在那個週期期間的任何的時刻，都將會是不在一個物質性的身體中的。然而，它們將會是地球意識的一部分。就是這種看不見且非常強有力的影響力，已經造成了在這個週期中的你們的文明的重複性的活動。因為，不幸的是，你們的人群尚未產生出我們本來期待過的進步，而是，相反，一次又一次地重複戰爭與戰爭的陰謀的週期，這些戰爭與戰爭的陰謀已經破壞了之前的週期，同樣也破壞了這個週期了。

Would you like to continue with your question?

你想要繼續你的問題嗎？

N: Yes, I was wondering, if the cycle is 3,000 years, how many people will be going through the 3,000-year cycle together ... or is it just scattered or are there, like, big groups that would start, say, approximately the same time and do a cycle, or just all mixed up as far as ... I know you can't get real specific, but I was wondering about that.

N：是的，我想知道，如果週期是 3000 年，有多少人將會一起經歷 3000 年的週期呢.....或者它僅僅是分散的嗎，或者會有，類似，大型的團體，這些團體會在，假設，大致相同的時間啟動，並會進行一個週期，或者，僅僅是全都混合起來的.....我知道你們無法成為非常具體的，但是我僅僅想要知道那一點。

I am Oxal. I am with this instrument. I am aware of your question. The pattern of reincarnation changes during a cycle, not only the minor cycle but also the greater cycles—the major cycle and master cycle.

我是 Oxal。我與這個器皿在一起了。我瞭解了你的問題。轉世投生的模式會在一個週期中改變，不僅僅是小週期，同樣該有更大的週期——主週期以及大師週期。

Those of you in this room, for the most part, have met many times before, not simply in the last 3,000 years but prior to that time in the last 25,000 years, and there are a few who have met during the master cycle, which is approximately 76,000 of your years. These are all approximations, you understand.

你們在這個房間中的實體，絕大部分，已經在之前遇到過了，不僅僅是在上一個三千年中，同樣是在過去的兩萬五千年的中在那個時間之前，會有一些人已經在大師週期期間遇到過了，大師週期大概是你們的七萬六千年。你們理解，這些都是估算。

Now, my friend, what occurs is that as a soul rises from the ignorance of the darkness of the beginning of a cycle, he begins to collect about himself or herself a series of relationships which begin to have a special meaning, due to emotion, which is one of the most powerful words in your language, because it deals with the only reality of your world. Those whom you love, those whom you have wronged in hate or envy—those souls you will meet again to again work out a destiny in which the lessons of love can be learned. Thus, by the end of the cycle, such as this one, you will find quite large groups of people

gravitating together for a more or less known and specific purpose, which has been generated due to the lessons learned by each in conjunction with the others over a series of many incarnations.

現在，我的朋友們，當一個靈魂從一個週期的開始的黑暗的無知中升起的時候，發生的事情是，他開始在他自己或者她自己周圍收集一系列的關係了，這些關係開始由於情感而擁有一種特殊的意義了，情感是在你們的語言中的最為強有力的詞語之一，因為它是僅僅與你們的世界的實相打交道的。那些你們愛的人，那些你們已經在仇恨或者嫉妒中錯待了的人——那些你們將會一次又一次地遇到的靈魂，會產生出一個命運，在這個命運中，愛的課程就能夠被學習了。因此，在諸如這個週期之內的週期結束之前，你們將會發現相當巨大的人的團體為了一個或多或少是被知曉的，具體明確的目的吸引到一起，這個目的是已經由於那些在一系列的投生器皿要通過每一個人與相互彼此結合而來而被學習的課程而被產生出來的。

Does this answer your question?

這回答了你的問題嗎？

N: Yes, thank you.

N：是的，感謝你們。

We thank you, my brother. Is there another question at this time?

我們感謝你，我的兄弟。在此刻有另一個問題嗎？

E: Yes (inaudible). I have noticed with increasing regularity a very unusual phenomenon upon certain peoples" third eye—a symbol—and in particular Jimmy Carter, our president. And I was wondering if you could enlighten me about this symbol that I've seen on various people"s foreheads? I started noting this about two years ago, and it's very evident to me, and I think if everyone would look closely they would see the cross that ... E：是的（聽不見）。我已經用越來越的經常地注意到了在一定的人的第三只眼上的一個非常不同尋常的現象——一個象徵物，尤其是在我們的總統吉米-卡特身上。我想要知道，是否你們能夠在關於這個我已經在各種各樣的人的前額上看到的這個象徵物的方面啟發我？我是在大概兩年前開始注意到這個象徵物的，這對於我是非常明顯的，我認為如果每一個人都仔細觀察，它們就會看到十字架……

(Side one of the tape ends.)

（磁帶一面結束。）

(Carla channeling)

（Carla 傳訊）

I am Oxal. I am deepening the state of meditation of this instrument so that she may better receive our words. If you will be patient. I am Oxal. I am with this instrument. I am aware of your question.

我是 Oxal。我正在加深這個器皿的冥想狀態，這樣她就可以更好地接收我們的話語了。如果你們將會是有耐心的話。我是 Oxal。我與這個器皿在一起了。我

瞭解了你的問題了。

Yes, my sister, there is indeed a symbol which has begun to appear upon the so-called third-eye chakra of those in your society whose vision is already partially within the world to come. And by this we do not refer to the heavenly world which occurs after death but that which has often been referred to as the Golden Age.

是的，我的姐妹，確實會有一個象徵物已經開始在你們的社會中的那些其視線已經部分處於即將來臨的世界中的實體的所謂的第三只眼的脈輪上出現了。我們說的這個世界指的並不是在死亡後出現的天國，而是已經經常被稱之為黃金時代的世界。

That which seems to be a cross is actually four triangles or pyramids, arranged in such a way that they become a golden wheel which, like the sun, is an entrance into the fourth dimension of being.

看起來似乎是一個十字架的事物，實際上是四個三角形或者金字塔，它們用這樣一種方式被排列起來，這樣它們就成為了一個金色的輪子，就好像太陽一樣，它是進入到第四密度的存有的一個入口。

There should be increasing changes, not only in this chakra but in the higher, or crown, chakra, and in the auras of many of your peoples at this time as they begin to become aware of what may be called the new vibration or the new age.

將會有不斷增加的改變，不僅僅是在這個脈輪中，同樣也在更高的脈輪輪中，或者皇冠脈輪中，以及在很多你們的人在此刻的靈光中，隨著它們開始察覺到可能被稱為新的振動或者新時代的事物。

The old vibration is, shall we say, not dying an easy death. And in its final illness and decease, it may keep many of your people from seeing the opposite of that which seems so hopeless; for all spiritual truths are opposites. 舊的振動，容我們說，是不會輕易失去的。在它最後的疾病或者死亡中，它可能會阻礙你們的人群中的很多人看到看起來似乎是如此無望的事物的對立面，因為所有的靈性的真理都是對立面。

However, the one known to you as Jimmy Carter, though burdened with great responsibility, is within his heart a true man of a new age, hampered by the realities of his present duties, yet full of an undying hope for the newness of life.

然而，被你們知曉為吉米卡特的實體，儘管它擔負著巨大的責任的，在他的心中是一個真正屬於新時代的人，儘管他被他的當前的責任的現實所阻礙了，他卻對生命的新鮮充滿了一種無盡的希望。

Does this answer your question, my sister?

我的姐妹，這回答了你的問題嗎？

E: Yes, thank you very much. May I ask you one other short one?

E：是的，非常感謝你們。我可以詢問你們另一個短小的問題嗎？

Please do, my sister.

我的姐妹，請問吧。

E: What would be the significance of a heart as opposed to a cross on the third-eye chakra?

E：相比在第三只眼上的一個十字架，一顆心的意義會是什麼呢？

This normally has to do with the attempt of those among your peoples to be in contact with higher intelligences and, thus, to heal the Earth's brokenness. It is a healing and a loving sign and one which is recognized by many in the heavenly realms as being the sign of sacrifice and, through sacrifice, healing love. Thus, you will find a high vibration in people who carry this sign and, yet, a great desire on their part to deal with the world, as it is at this time, in a healing fashion.

這通常是與在你們的人群中的那些去接觸更高的智慧，並因此療愈了地球的破損的人的嘗試聯繫在一起的。它是一種療愈性的，與一種有愛的標誌，一個會在天國的領域中被很多人識別為犧牲，以及通過犧牲的療愈性的愛的記號的標誌。因此，你們將會在那些會攜帶這個標誌的人身上發現一種高的振動，以及在它們的部分上的，如同在此刻一樣，一種巨大的用一種療愈的方式與世界打交道的渴望。

We, ourselves, are attempting through many in the Confederation of Planets in the Service of the Infinite Creator to extend a heart symbol about the entire planet, thus shielding it from itself. And the only way we know to do [this,] without interfering with the free will of your peoples, is simply make this vibration available. Many of the teachers of your inner realms also work with this symbol. The vibration is rosy, warm and good.

我們，我們自己，正在通過在服務於無限造物者的星際聯邦中的很多的實體，嘗試去將一個心的象徵物在整個星球上拓展開，並由此將它對它自己遮蔽其起來。我們知道的去這樣做的唯一的方法，在不侵犯你們的人群的自由意志的情況下，就是單純地讓這個振動是可供利用的。你們內在層面的歡樂多的老師同樣在與這個象徵物一同工作。振動是有希望的，溫暖的且良好的。

Does this answer your question, my sister?

我的姐妹，這回答了你的問題嗎？

E: Yes, so graciously accepted. Thank you so very much. Thank you.

E：是的，問題是如此親切地被接受了。非常感謝你們，感謝你們。

We are most appreciative that we are able to share our thoughts with you, my sister. Is there another question at this time?

我們對於能夠與你分享我們的想法是極其感激的，我的姐妹。在此刻有另一個問題嗎？

N: I have another question. As far as karma goes, what makes somebody

have to turn back, reincarnate again, to work out something that, you know, they didn't work out before? How major a situation does it have to be? Or is it with everything? Would it be as if you stepped on a bug, would you have to come back and make that up, you know, work it out or something, or is it just major things or minor things or ... that's the question. N: 我有另一個問題。在業力所及的範圍內，什麼事情會使得某個人轉身返回，並再一次轉世投生，以解決某個事情，你們知道，它們之前並沒有解決的某個事情？它必須是多麼主要的一個情況呢？或者，它是與每一個事情都有關係的嗎？或者，它會是就好像你踩到了一隻蟲子，你就必須要返回並彌補那個嗎，你們知道，解決它或者某個事情，或者它僅僅是主要的事情，或不重要的事情，或者..... 那就是問題了。

I am Oxal, and we are aware of your question. However, it is best to deal with karma not as your people have dealt with it—as lawyers, attempting to balance the case in court, or accountants attempting to total the debits and credits; for we are dealing here, not with actions, but with thought.

我是 Oxal，我們察覺到你的問題了。然而，最好不要和你們的人與業力打交道一樣地與之打交道——不要和律師一樣，嘗試去在法庭上讓案件平衡，或者向會計一樣，嘗試去計算借方與貸方，因為我們在這裏不是在與行為打交道，而是與想法打交道。

A person is as he thinks. That is reality. His actions are the fruits of his thoughts. There are accidents which do not carry karma, and there are seeming accidents which carry heavy karma, due to the fact that there was thought behind the action not evident to the world.

一個人是如同他思考的一樣的。那就是真相。它的行動是他的想法的結果。會有一些偶然事件是不會帶有業力的，會有看似是偶然的事情是攜帶有沉重的業力的，這是由於在行動背後的想法對於世界並不是明顯的事實。

It is possible for you as a being at this very moment to forgive in your heart all those who have hurt you, with such strength that you may stop the karma forever for them. It is possible, also, for you to take the karma of others, but we do not advise this, for you have your own destiny to work out and that is enough of a job for you.

你作為一個存有在這一刻去在你的心中去寬恕所有已經傷害了你的事情，藉由這樣的你可以永遠停止對它們的業力的強度，這是有可能的。你同樣也有可能去承擔起其他人的業力，但是，我們並不建議這樣做，因為你擁有你自己的命運要解決，那對於你就是足夠多的一個工作了。

Thus, you are here to be a loving being. Those whom you meet may be accidents; they may be intentional; it does not matter, for this is the lifetime you are living now, and the actions which are the fruits of your thoughts at this time are the karma that you collect now.

因此，你在這裏是來成為一個有愛的存有的。那些你遇到的人，可能是偶然，它們可能是有意的，這並不重要，因為這就是你現在正在活出的生命，你的想法在此刻的果實之所是的行動，就是你現在收集的業力了。

As to canceling out the karma of your own previous mistakes, we can only suggest that you analyze each thought that you may have and find if it is positive, if it is of service to yourself or to another; if it is of disservice to yourself or to another; if it denies the Creator; if it shuts out the sunlight; if it grasps illusion, unhappiness, want, limitation, need and pain as reality—stop and meditate on love. That is the end of karma, for the law of love is far greater than the law of cause and effect, just as the law of eternity is greater than the law of time and process.

在關於消除你自己之前的錯誤的業力的方面，我們僅僅能夠建議，你分析每一個你可能擁有的想法，並弄明白是否它是正面性的，是否它是服務你自己，或者是服務另一個人的，是否它是會損傷你自己，或者損傷另一個人的，是否它否認了造物者，是否它遮蔽了陽光，是否它將幻覺，不快樂，欲望以及局限性，需要與痛苦作為實相抓住了——停下來並冥想愛。那就是業力的結束了，因為愛的法則是比因果法則要遠遠更大的，就好像永恆的法則是要比時間和過程的法則要更大一樣。

Do not linger in the river of your life, but move onward to the sea, dissolving yourself in love. In this way, karma ceases to become your reality, and your love may be freely taken and freely given, with forgiveness to all men for all things.

不要在你生命的河流中徘徊不前，而是向著海洋繼續前進，在愛中溶解你自己。用這種方式，業力就不再會成為你的實相了，你的愛就可以自由地被接受，自由地被給予了，帶著對所有人為所有的事情的寬恕。

Does this answer your question, my brother?

我的兄弟，這回答了你的問題嗎？

N: Yes, thank you.

N：是的，感謝你們。

Is there another question at this time?

在此刻有另一個問題嗎？

(Pause)

(暫停)

If there are no more questions, we would like to close through the one known as N. I am Oxal.

如果沒有更多的問題，我們想要通過被知曉為 N 的實體結束。我是 Oxal。

(Pause)

(暫停)

(N channeling)

(N 傳訊)

I am Oxal. I greet you all once again in love and light.

我是 Oxal。我在愛與光中再一次向你們致意。

We feel it has been a great privilege this evening to be with you to answer some questions—some [vocalized] and some not. 我們感覺到，今晚與你們在一起來回答一些問題——一些被說出來了，一些沒有——這已經是一種巨大的榮幸了。

My friends, as we view lives and happenings on your planet, we notice some seek love more than others; but in many, many cases the secret being to seek for a while the center more so—feel good, receive some knowledge, taste of oneness—and then become scattered, so to speak, and sidetracked, and then gradually come back to seriously seek again. It is a pattern which, as time goes on, the gaps between the seeking become shorter.

我的朋友們，當我們觀察在你們的星球上的生命與事件的時候，我們注意到一些人比其他人更多地尋求愛，但是，在很多很多的情況中，秘密是，尋求在一段時間中是更多地處於中心的——感覺良好，接收到某種知曉，對一體性的體會——接下來，尋求就會變得，可以說是，散亂了，走上岔路了，接下來逐漸返回到再一次的尋求。隨著時間發展，會有一種模式，在尋求之間的距離會變得更短了。

For those of you who have thoughts of oneness and love to surround you, even for a split second, you will never forget it. In that split second of (inaudible) is within you at all times. No matter how it may be covered up, eventually it will shine through.

對於你們中的那些已經想到了讓一體性與愛圍繞你們，甚至只是一個片刻，的實體，你們將永遠不會忘記它。在那個片刻的（聽不見）之中，在所有時間都在你們內在之中。無論它可能如何被遮蔽起來，最終它都將會閃耀出來。

Before I leave you I shall send you a loving vibration with the intention that you may feel the vibration. I leave you now in love and light. I am Oxal.

在我離開你們之前，我將會送給你們一種愛的振動，同時希望你們可以感覺到那個振動。我現在在愛與光中離開你們。我是 Oxal。

(Pause)

(暫停)

(Carla channeling)

(Carla 傳訊)

I am Nona, and I speak only to say hello and farewell. We come, my friends, in love and light. We surround you, and we reach out to you. At any time that you wish us, please ask for the Confederation. We are always there as your guides and all those who are messengers of the Creator.

我是 Nona，我發言僅僅是為了說你好與再見。我的朋友們，我們在愛與光中前來。我們圍繞你們，我們對你們伸出手。在任何你們希望我們的時候，請請求星

際聯邦。我們一直都會容你們的指導靈以及所有那些是造物者的信使的實體一樣在這裏。

I am Nona. I bid you farewell and love. Adonai vasu borragus.

我是 *Nona*。我向你們致以告別與愛。 *Adonai vasu borragus*。

July 11, 1979

1979-07-11 Telonn : 第四密度冥想

(Carla channeling)

(Carla 傳訊)

I am Telonn, and I greet you in the love and the light of the infinite Creator. We are very happy to be with your little group this evening, and we wish to work with you at this time if you would desire to work with us.

我是 Telonn，我在無限造物者的愛與光中向你們致意。我們非常高興在今晚與你們小小的團體在一起，我們希望在此刻與你們一同工作，如果你們渴望與我們一起工作的話。

Visualize, if you will, a white globe of light that hovers in the center of the room in which you now dwell.

如果你們願意的話，觀想一個白色的光球在你們現在居住的房間中心盤旋。

(Pause)

(暫停)

When you can clearly see in your mind's eye this globe of light, transfer your consciousness into the light until you can look back at yourself as you sit in meditation in the dim light of the room.

當你們能夠清晰地在你們心智的眼睛中看到這個光球的時候，將你們的意識傳送進入到光中，一直到你能夠在你在冥想中坐在房間中的暗淡的光中的時候往回注視你自己。

(Pause)

(暫停)

You may stabilize the globe at this time by realizing that the two of you have become one, and it is your will which will direct the light to wherever you may wish it to go.

你可以在此刻藉由意識到兩個你已經成為一體的來讓這個球體穩定下來，正是你的意志將會指引光前往無論什麼你可能希望它前往的地方。

(Pause)

(暫停)

With our consciousness protecting you now, slowly move the globe of light through the windows of the room in which you now sit, and up above the roof of the room in which you now sit, and up above the roof of your dwelling.

在我們的意識現在保護你的情況下，緩慢地移動光球穿過你們現在坐在其中的房間的窗戶，向上超過你們現在坐在其中的房間的屋頂，超出你們的住所地屋頂。

(Pause)

(暫停)

Look down now upon the quiet house that you have left, and then speed quickly away from the gravity of Earth, through the overcast.

現在俯視那個你已經離開了的安靜的房屋，接下來加速快速離開地球的引力，穿過天空。

(Pause)

(暫停)

Now you begin to see the rounded shape of the Earth beneath you. Keep your globe stable, and look for a moment at the spinning, beautiful planet which you have now left.

現在，你開始看到在你下方的地球的圓形的形狀了。讓你的球體保持穩定，觀察一會兒你現在已經離開了的那個旋轉的，美麗的星球。

(Pause)

(暫停)

We ask you now to visualize a triangle, moving toward us, away from the Earth. It is green. It seems like a great eye. Move through the eye. Feel the sensation of great speed. You are out the other side. You are in the next dimension.

我們現在請你們觀想一個三角形，遠離地球朝向我們移動。三角形是綠色的。它看起來好像一個巨大的眼睛。穿過那個眼睛。感覺到巨大的速度的感覺。你在另一邊了。你在另一個維度中了。

(Pause)

(暫停)

What do you see, my friends? All that is about you is very bright. The sky is no longer dark. Now you perceive one coming toward you—a watchman of this density. 我的朋友們，你們看到什麼了？所有在你們周圍的事物都是非常明亮的。天空不再是黑暗的。現在你們感覺到一個人朝向你們而來——這個密度的一個守護者。

Remain stable in your globe, and allow him to sense your vibration.

在你的光球中保持穩定，允許他感覺你的振動。

(Pause)

(暫停)

You may greet him now, if you wish, with your thoughts.

你現在可以向他致意，如果你們希望的話，用你們的想法致意。

(Pause)

(暫停)

Let us travel back now toward the Earth in this density, for we have been cleared for travel in this density at this time.

讓我們現在朝向在這個密度中的地球旅行返回，因為我們在此刻已經為了在這個密度中的旅行被清潔過了。

(Pause)

(暫停)

The Earth is no longer a blue planet with white clouds, is it not, my friends? It is, indeed, a rainbow of colors.

地球不再是一個帶著白雲的藍色的星球了，它不是嗎，我的朋友們？確實，它是一個色彩的彩虹。

(Pause)

(暫停)

Can you feel any gravitational pull in this density? You should be completely free of movement.

你們能夠感覺到在這個密度中的任何重力的引力嗎？你們應該是完全自由移動的。

(Pause)

(暫停)

Do not go too close to the darker colors of this environment; they are the dwelling places of thought forms of those among your peoples who are less than fully positive in their thinking. But observe the reality of these thought forms, the activity of the colors, and know that your thoughts are never lost, just as energy can never be lost. Your thoughts are the equation of the next dimension.

不要太過接近這個環境的較為陰暗的色彩，它們是在你們的人群中的那些在它們的思考中較不完全正面性的實體的思想形態的居住地。但是觀察這些思想形態的實相，色彩的活動，知曉你們的想法從未被丟失過，就如同能量擁有都無法被丟失一樣。你們的想法是下一個維度的平衡。

(Pause)

(暫停)

Move now into the realms of higher and lovelier light.

現在移動進入到更高和更加可愛的光的領域中。

(Pause)

(暫停)

We are aware that you are enjoying these realms; for these are the realms of sweet thoughts and kindly deeds, and beings who vibrate in this level dwell therein.

我們察覺到你們正在享受這些領域，因為這些領域是具有甜蜜的想法與善良的行為的領域，在這個層次中振動的存有居住在其中。

(Pause)

(暫停)

We feel that it is time now for you to return, for we wish to make sure that our protection of you is complete; therefore, we must limit this visit.

我們感覺到現在是你們返回的時間了，因為我們希望確信，我們對你們的保護是完全的，因此，我們必須限制這種訪問。

Allow yourself to be pulled back through the eye.

允許你自己被往回拉，穿過眼睛。

(Pause)

(暫停)

You now see the night and the night sky.

你們現在看到夜晚與夜空了。

(Pause)

(暫停)

Now let the magnetism of your body pull the globe—not too fast—very steadily.

現在讓你的身體的磁性拉動球體——不要過快——非常穩定地。

(Pause)

(暫停)

The globe is now with you in the room, and you can see your quiet figures again.

現在你們在房間中了，你們能夠再一次看到你們安靜的外形了。

Say goodbye to your unity for now, and partake again of the separation of the physical body.

暫時對你們的統一性說再見，再一次參與到物質性身體的分離性之中。

(Pause)

(暫停)

I am Telonn. I am a messenger of infinity. It is our fervent hope that you and Telonn can enable those of you who desire it to experience higher realms of

consciousness and to seek them through your daily life.

我是 *Telonn*。我是一個無限的信使。我們熾熱的希望是，你們和 *Telonn* 能夠讓你們中的那些渴望它的人體驗到更高的意識的領域，並通過你們的日常生活尋求它們。

I leave you in love and the many varieties and gradations of light—the light of the Creator, my friends. Adonai.

我在愛中，在光的許多的變化與漸變中離開你們——造物者的光，我的朋友們。
Adonai。

(Pause)

(暫停)

I am *Hatonn*, and I greet you in love and light. We do not wish to speak for long this evening. We only wish to communicate to this instrument our thanks to you for allowing us to be with you and to send our love.

我是 *Hatonn*，我在愛與光中向你們致意。我們並不希望在今晚發言很長時間。我們僅僅希望與這個器皿交流我們對於你們允許我們與你們在一起的感激，並送出我們的愛。

We have no esoteric message to deliver, for our truth is the same, whether it be said in simplicity or with the greatest of intellectual complexity. We are a portion of the consciousness that is of single-minded determination to speak when asked of the Creator. Many among your peoples have had the same desire, and their information is always distorted. The master, as you call him—the teacher, as we call him—known to you as Jesus, is a perfect example of a man who wished to speak of the Creator, but whose words were so distorted that for a long stretch of your time millions of your people have worshipped a human being instead of the Creator. This was not the will of the one known as Jesus, for he came to fulfill the will of his Father, and so he said time and time again.

我們沒有要去傳遞的神秘資訊，因為我們的真理是相同的，無論它是通過簡單性被講述，還是藉由最大的邏輯智力的複雜性而被講述的。我們是意識的一個部分，當這個意識的部分被詢問的時候，它是具有一心一意的決心去談及造物者的。在你們的人群中有很多人已經有過相同的渴望了，它們的資訊一直都是被扭曲了的。被你們知曉為耶穌的大師，如你們稱呼它的一樣，老師，就是一個希望談及造物者的人的一個完美的範例，但是他的話語是被如此地扭曲了，以至於在你們一段很長的時間中，你們的數百萬的人都已經崇拜一個人類存有，而不是崇拜造物者了。這不是被知曉為耶穌的實體的意願，因為他是來執行他的天父的意志的，他一次又一次地就是這樣說的。

What is the will of the Father for your planet? It is very simple, my friends: it is that it may evolve. We do not speak of a Darwinian evolution where the fittest survive, and the weaker are destroyed. Indeed, my friends, it is the very opposite that is true. In spiritual evolution it is the weak that survive and the strong and hard-headed who go down in confusion and must repeat again

the cycle of lessons that have to do with loving one another. Loving takes a type of strength that is known among your peoples as weakness. Loving is serving. Loving is not caring what is done to you in return for your love, and such humility is difficult, indeed, to accomplish. In a culture such as yours, where each person demands his rights and each action seems to demand its reward, the act of pure love implies a total disregard of reward. This seems to others to be weakness, You become known as a doormat, as a pushover. Count these things as blessings, my friends. When someone says to you, "You are not liberated," silently give thanks that you are at least trying to be loving rather than demanding. 天父對你們的星球的意志是什麼呢？它是非常簡單的，我的朋友們：它即是，它可以演化。我們並不是在談及一種達爾文主義的進化，在其中最適的會存活下來，較為弱小的會被摧毀。確實，我的朋友們，真實的事情是正好相反的。在靈性的演化中，存活下來的是弱者，而強者以及頭腦頑固的人會在混淆中倒下，並必須要再一次重複與彼此相愛聯繫在一起的課程的週期。愛會將在你們的人群中被知曉為一種類型的優點的事物當作缺點。愛是服務，愛不會關心為了回報你的愛，什麼事情會發生在你身上，這樣的謙遜，確實是，很難實踐的。在諸如你們的文化的一個文化中，在其中每一個人都要求得到他的權利，每一個行動看起來似乎都要求它的回報，而純粹的愛的行動會暗示一種對回報的完全的不予理睬。這對於其他人看起來似乎是缺點，你被知曉為如同擦鞋墊一樣的一個逆來順受的人，被當成一個容易被打倒的人。將這些事情計算為福分，我的朋友們。當某個人對你說，“你沒有獲釋”的時候，安靜地致謝，你至少在嘗試去愛，而不是在要求。

We are not suggesting that this path is not without its rewards; the rewards are simply personal. The rewards are the satisfaction of seeing an improvement in your state of mind, a raising of your state of contentment and nonchalance about what others may think of you or what you should be doing. You should be doing, my friends, that which in your instantaneous evaluations from moment to moment is of service and of love and of real value to others.

我們不是在建議，這條道路是沒有它的回報的：回報單純地是個人性的。回報就是對看到一種在你的心智的狀態中的改進，一種對你們滿足的狀態，以及在關於其他人可能怎麼考慮你，或者認為你應該做什麼事情的方面的不在意的提升的滿意。我的朋友們，你們應該做的事情，是在你每時每刻的即刻的評價中是服務他人，愛其他人，並對他人具有真實的價值的事情。

Those who love themselves and love others—those are the rich peoples of your planet. We send you confidence and peace at this time that you may be among those who are in touch with the reality of love, and, experiencing it yourself you share it with others.

那些愛它們自己並愛其他人的人——那些人是你們的星球上的富有的人。我們在此刻對你們送出信心與平安，這樣你就可以在那些正在接觸到了愛的實相的人當中了，你自己正在體驗它，你與其他人分享它。

We are aware that you will be misunderstood, that you may be found to be

cold because you have not given the expected response. We ask that you not allow the vicissitudes of your daily life to influence your attempt to learn to be a loving being.

我們知道你們將被誤解，你們可能會被發現是令人掃興的，因為你們尚未給予被期待的回應。我們請你不要允許你的日常生活的變遷影響你學習成為一個愛的存有的嘗試。

Love yourself, your circumstances, your troubles, your pleasures, your friends and your enemies, your catastrophes, and your triumphs with a grand and careless equality, and you will find yourself to be on key, on balance, and able to act without selfishness and without foolishness in any situation.

帶著一種巨大與不在意的同等性來愛你自己，你的環境，你的麻煩，你的快樂，你的朋友與你的敵人，你的災難，以及你的勝利，你將會發現你自己是協調的，是處於平衡的，是能夠在任何情況中在沒有自私，沒有愚蠢的情況下行動的。

How can you do this, my friends? As always, meditate. And in your daily meditations center yourselves upon that love which, like a gyroscope, keeps you from being tumbled about in this world of illusion that you call Earth.

我的朋友們，你們如何能夠這樣做呢？一如既往，冥想。在你們的每日冥想中，讓你自己處於那種愛的中心，那種愛就好像一個陀螺一樣，讓你避免在這個你們稱之為地球的幻象的世界中四處翻滾。

I am very grateful for the opportunity to have spoken with you this evening. I will pause only to ask if there are any questions.

我對於在今晚已經對你們發言的機會是非常感激的。我將會僅僅暫停來詢問，是否有任何問題。

(Pause)

(暫停)

I am again with this instrument. We caution you once more: in the hierarchy of obedience, be obedient first to that which you feel is correct. If you are meditating each day, your feelings are more trustworthy than the opinions of others.

我再一次與這個器皿在一起了。我們再多一次警告你們，在服從的等級中，首先服從於你感覺是正確的事物。如果你每天冥想，你的感覺就會比其他人的觀點更加可信了。

We are always with you, and we send you our love. I am known to you as Hatonn. Adonai vasu borragus.

我們一直都與你們在一起，我們對你們送出我們的愛。我是你們知曉的 *Hatonn*。
Adonai vasu borragus。

July 14, 1979

1979-07-14 Hatonn : 無知是福

(E channeling)

(E傳訊)

A charge to keep I have to serve the present age. God of grace, God of Glory, on Thy people pour Thy power. Crown Thine ancient churches (inaudible). Bring her bud to glorious flower. Grant us wisdom. Grant us courage for the facing of this hour. Amen.

有一個命令讓我必須要服務當前的時代。神的恩典，神的榮耀，神將祂的力量傾注在祂的人群身上。為古老的教堂加冕（聽不見）。讓她的蓓蕾成長為榮耀的花朵。賦予我們智慧。賦予我們面對這個時刻的勇氣。阿門。

Questioner: (Inaudible).

提問者：(聽不見)。

(Carla channeling)

(Carla 傳訊)

I am Hatonn, and I greet you each in the love and the light of the infinite Creator. It gives me special pleasure to greet the one known as L and the one known as E, for we have not spoken through instruments to these sisters for some time, although, as you know, we are always with you if you desire our vibration.

我是 Hatonn，我在無限造物者的愛與光中向你們致意。對被知曉為 L 的實體以及被知曉為 E 的實體致意，這給予了我們特別的快樂，因為我們已經有一些時間沒有通過器皿對這些姐妹發言了，儘管如你們知道的一樣，如果你們渴望我們的振動，我們一直都是與你們在一起的。

As we look at the vibration of your world at this time, we are sure that you are aware that we are seeing a darkening of the vibration, due to an increase in negative emotion felt among your peoples toward each other and even toward themselves.

當我們檢查在此刻你們的世界的振動的時候，我們相信你們知道，我們正在看到振動的一種變暗，這是由於在你們的人群中對相互彼此，甚至對它們自己感覺到的一種負面性的情緒中的一種增長。

It has sometimes been said that ignorance is bliss; this is a saying among your peoples. And when you are dealing with a spiritual journey, this is very true; for knowledge carries with it a great responsibility. That which is known and not practiced reflects itself upon the knower, so that he must again know that which he has already learned. This is the price of knowledge, my friends—that you practice what you know.

有這樣一句話已經時常被談到了，無知是福，這是在你們的人群中的一句俗語。當你們是在與一條靈性的旅程打交道的時候，這是非常真實的，因為知曉會在其

上帶有一種巨大的責任。被知曉而沒有被實踐的事情會在知曉者身上映射出它自己，這樣她就必須再一次知曉他已經學會的事情了。這就是知曉的代價，我的朋友們——你們要實踐你們知曉的事物。

You need several ingredients in order to be able to do this well. In meditation you can deepen several of these ingredients. The first and most important is confidence—the kind of confidence that comes from knowing who you are. Have you ever, my friends, in meditation felt all the parts of yourself finally come into alignment with your highest goals and your deepest beliefs? By centering yourself in meditation, by finding that within you which vibrates in love and seeks the light of the Creator, you can find a quietness and a peacefulness that you can then use in the somewhat hectic and chaotic world that you find about you.

你們需要數個組成部分，以便於能夠很好地進行這種實踐。在冥想中，你們能夠加深這些組成部分中的幾個。首先與最重要的組成部分，就是信心——那種來自於知曉你是誰的信心。我的朋友們，你曾經在冥想中感覺到你所有的部分都最終會與你最高的目標與你最深的信念成為協調一致的嗎？藉由讓你在冥想中處於中心位置，藉由在你內在之中找到在愛中振動並尋求造物者的光的事物，你能夠找到一種安靜與一種平安，你接下來就能夠在那個你發現在你周圍多少有些狂熱而混亂的世界中使用它們了。

It is true that not all of your problems are large. You do not have to decide the fate of nations, but your vibration on an individual basis is as important, as vital, and as necessary to the salvation of your planetary consciousness as is the vibration of kings and heads of state. You do not move armies with your commands but can you command yourself? My friends, this is perhaps the hardest thing to do of all the tasks that you have been given in this experience. So many things occur which cause you to lose yourself; and instead, you act in a way which you yourself would not approve of, were you in control, were you conscious of your behavior.

真實的情況是，不是所有你們的問題都是巨大的。你們不必決定國家的命運，但是你在一個個人基礎上的振動是與你們的國家首腦與國王的振動一樣重要，一樣關鍵性，一樣對於你們的星球意識的拯救是必不可少的。你們不用靠你們的命令來移動軍隊，但是你能夠命令你自己嗎？我的朋友們，這也許是所有你們在這個體驗中已經被給予的任務中要去做的最為困難的事情了。如此多的使得你失去了你自己的事情發生了，相反，你用一種你自己不會贊成的方式行動了，如果你是有控制力的話，如果你察覺到你的行為舉止的話。

As you come out of meditation, then, this confidence that you have gathered therein becomes your armor.

當你們從冥想中出來的時候，接下來，這種你們已經從中收集起來的信心就會成為你們的盔甲了。

(Telephone rings. Pause while the call is attended to.)

(電話響了。在電話被照料的時候暫停。)

I am with the instrument. I am Hatonn, and again I greet you in love and light. We apologize for the delay. We will continue through this instrument.
我與器皿在一起了。我是 *Hatonn*，我再一次在愛與光中向你們致意。

As we were saying, the confidence which you have gathered in meditation becomes your armor, and it is as though you are wearing a cloak of light through which no negative vibration may pass. Thus, you do not need to react to irritating, angry and other negative statements from others. Circumstances cannot penetrate the confident one who moves in power. This confidence is, indeed, the most important benefit which you receive from meditation. There are others, and you may find them as you proceed along the path of seeking. You may find yourself deepening as a person, becoming more able to understand the problems of others and finding that you are an ear, which is requested many times by others, for they sense in you a deep understanding. In this way you are of service to your brothers and sisters. You may find the gift of laughter, which is not easy to come by in a daily life which can be so easily filled with difficulties. As your character grows deeper and your knowledge more centered, you begin to see the divine comedy of your existence—the delightful balance of lessons and experience. You cease looking for happiness, and you become divinely happy, whatever your circumstances may be. In short, my friends, you slowly become a generator of your own experience rather than the recipient of other people's experiences of the world view, which is so often negative. In this way only can you aid your planet at this rather dark hour.

如我們正在說的一樣，你們已經在冥想中收集起來的信心會成為你們的盔甲，它就好像你們穿著一件光的斗篷一樣，沒有負面性的振動可以通過那個斗篷。因此，你們不需要對自於其他人的令人惱怒的，憤怒的以及其他的來負面性的說法做出反應。環境無法刺穿一個在力量中移動的有信心的人。這種信心，確實就是你從冥想接收到的最為重要的益處了。會有其他人，你們可能在你們沿著尋求的道路前進的時候遇到它們。你可能發現你自己作為一個人變得更加深入，更加能夠理解其他人的問題，並發現你是一隻被其他人多次請求的耳朵，因為它們感覺到在你內在之中有一種深入的理解。用這種方式，你就在服務你的兄弟姐妹了。你可能會發現笑聲的禮物，在一種能夠如此容易地充滿了困難的日常生活之中，這種笑聲的禮物並不容易出現。隨著你的特性逐漸變得更加深入，你的知曉更加處於中心，你會開始看到你的存在性的神聖的喜劇性——課程與體驗的快樂的平衡。你不再尋找快樂了，你成為神聖地快樂的，無論你的環境可能是什麼。簡單地說，我的朋友們，你們慢慢地成為了你們自己的體驗的一個發生器，而不是其他人具有世俗的觀點的體驗的接收者，這種世俗的觀點如此經常是負面性的。僅僅用這種方式，你們才能在這個相當黑暗的時刻幫助你們的星球。

We thank you for allowing us to speak to you through this instrument and [for] supporting her and us with your vibrations at this time. It is a great privilege to share our thoughts with you.

我們為你們允許我們通過這個器皿對你們發言，並未你們在此刻用你們的振動支持她與我們而感謝你們。與你們分享我們的想法，這是一種巨大的榮幸。

At this time we would pause while our brother, Laitos, moves about the room, offering each of you the conditioning wave of our vibration. I am Hatonn.
在此刻，我們會在我們的兄弟，*Laitos*，在房間中四處移動，同時提供給你們每一位我們的振動的調節作用的時候暫停。我是 *Hatonn*。

(Pause)

(暫停)

I am Hatonn, and I am with this instrument only to ask if you have any questions at this time. Please ask them now if you do.

我是 *Hatonn*，我與這個器皿在一起了，僅僅是為了來詢問，是否你們在此刻有任何問題。如果你們有問題，請現在詢問它們。

(Pause)

(暫停)

If there are no questions at this time that you would ask, I will leave you in the love and the light of the infinite Creator. I am only a voice through this instrument, known to you as Hatonn; but I and my people send to you the love that we have in abundance from the Creator to you. We leave you in that love and that light, which is not ours but the Creator's, and bless each of you.

Adonai, my friends. Adonai vasu.

如果在此刻沒有你們要詢問的問題，我們將在無限造物者的愛與光中離開你們。我僅僅是一個通過這個器皿的聲音，你們知曉這個聲音是 *Hatonn*，但是我和我的人對你們送出我們大量擁有的來自造物者給予你們的愛。我們在那種愛與那種光中離開你們，那種愛與那種光不是屬於我們的，而是屬於造物者的，祝福你們每一位。*Adonai*，我的朋友們。*Adonai vasu*。

July 19, 1979

1979-07-19 Hatonn：時空幻象（R）

(Carla channeling)
(Carla 傳訊)

I am Hatonn, and I am with this instrument through the grace of all present, and we send you blessings and thanks for allowing us in your midst this evening. May we greet each of you and send you our love?

我是 Hatonn，我通過所有在場的人的恩典與這個器皿在一起了，我們為你們允許我們今晚在你們當中而對你們送出祝福與感謝。

We ask you tonight, my friends, about treasure. We are aware that the treasure that is in your heart is sometimes buried. It has been written in your holy works, "Where your treasure is, there shall your heart be also." And yet we say to you, my friends, that your heart may contain any treasure which you desire. Thus, the question of treasure is far more the question of your buried desire.

我們今晚要問你關於寶藏的事。我們覺察到那在你心中的寶藏有時候被埋藏起來了。在你們的神聖著作中寫道，"你們寶藏所在之處，也是你的心之所在。"而我的朋友們，我們還要對你說，你的心可能包含任何你渴望的財寶。因此，關於寶藏的問題，遠遠更多地是你們被埋藏起來的渴望的問題。

We wish to speak with you only for a very short time this evening, but we wish very much, very much to encourage you to desire, with the greatest intensity possible, that which you wish to desire. Have you desired? Have you desired, this day, well, my friends? Have you had small desires easily satisfied? Have you glanced up into the lovely imperium arches of your heavens during this day and sought and dreamt and hoped—those desires which make men into beings who are claiming their birthright? That is what lies between you and the birthright of love and light—which you brought into this illusion—your inability to remember to desire it. That is all that separates you from infinite love, infinite light, and the power of a consciousness which these understandings can coordinate and enable. What have you desired today, my friends? We ask you in the name of the Creator.

我們今天傍晚僅僅只用一段非常短的時間對你們發言，但我們非常、非常希望鼓勵你們去渴望，以最大可能的強度去渴望。你們已經渴望過嗎？好的，你們今天已經渴望過了嗎，我的朋友們？你們已經讓你們小小的渴望，很容易地被滿足了嗎？你們今天向上凝視過你們的天堂的可愛的穹蒼，並已經尋求，夢想與希望過這樣的渴望——那些使得人成為了宣稱取得了它們的天賦的權利的存有的渴望了嗎？那就是存在於你們和愛與光的天賦權利之間的事物——你們帶入到這個幻象的事物——你們無法記住去渴望它。那就是所有將你們與無限的愛，無限的光以及一種意識的力量分開的事物了，就是這些理解能夠調和這種意識的力量並使之有能力了。我的朋友們，你們今天已經渴望過嗎？我們以造物者之名詢問你們。

At this time we would pause so that the one known as Laitos may pass among you.

此時，我們停頓片刻，好讓 Laitos 可以在你們當中通過。

(Pause, then the group chants "om.")

(暫停，團體吟唱"om"。)

I am Laitos, and I am with this instrument, with thanks to my sister of Hatonn. We (inaudible). We should ask this instrument to realign and retune the group, due to the addition of your sister and brother, and we feel most happy with the harmony of your circle at this time.

我是 Laitos，我跟器皿同在，感謝我們的 Hatonn 姐妹。我們（聽不見）。我們將要求這個器皿對團體進行重新校準與重新調音，因為有新的你們的弟兄姐妹的加入，我們對於你們的圈子在此刻的和諧感到無比快樂。

We would like at this time to condition and send healing to the one known as E. I am Laitos.

我們要在此刻調節並傳送療愈的能量給被知曉為 E 的實體。我是 Laitos。

(Pause)

(暫停)

I am again with this instrument. We have been working with each of you during the pause. However, we wished especially to work with the one known as E, who is in some discomfort at this time. We would now like to do some more work with the one known as L, if she will relax. I am Laitos.

我再一次與這個器皿在一起了。在停頓的期間，我們一直都在與你們每一位進行工作。然而，我們尤其希望與被知曉為 E 的實體一同工作，這個實體在此刻是處

於某種不舒服之中的。我們現在要與被知曉為 L 實體一同工作，如果她願意放鬆的話。我是 Laitos。

(Pause)

(暫停)

I am again with this instrument. We would now like to send our vibrations to the one known as H1. I am Laitos.

我再一次與這個器皿在一起了。我們現在想要對被知曉為 H1 的實體送出我們的振動。我是 Laitos。

(Pause)

(暫停)

I am again with this instrument. If the instrument known as N would open his self to our contact, we would like to close through the one known as N. I am Laitos.

我與這個器皿在一起了。如果被知曉為 N 的器皿可以向著我們的接觸開放他的

自我的話，我們想要透過 被知曉為 N 的實體結束。我是 Laitos。

(Pause)

(暫停)

(N channeling)

(N 傳訊)

I am Laitos. I am now with this instrument. My friends, as we view the souls on your planet, we yearn sometimes to reach out and aid directly (inaudible) to help, but we know we must not; for the will of the infinite Creator does not work that way at this time. We see millions of people evolving, and we know that eventually they will all attain a state of higher consciousness. We are sorrowed by the pain we see, though we know there is a great plan. We know that deep within each of you there is a higher state of consciousness and that each of you, in reality, control your own destiny; for you have willed it so.

我是 Laitos，我現在與這個器皿在一起了。我的朋友們，當我們觀察你們星球上的靈魂的時候，我們有時候渴望伸出雙手，直接地幫助（聽不見）以進行協助，但我們知道我們一定不能這樣做，因為無限造物者的意志在此時並不以這樣的方式工作。我們看到數以百萬的人正在演化，我們知道最終它們會到達一種更高意識的狀態。我們對於我們看到的痛苦感到憂傷，雖然我們知道有一個偉大的計畫。我們知道在你們每一個人的內在深處都有一種更高的意識狀態，你們每一個人實際上都是控制著你們自己的命運的，因為你們已經意願它是這樣的了。

My friends, we send you our love. We are with you always. Your time upon this planet is just an instant, as we see it, but it is a valuable ... We love you, and we leave you in the light and love. We will attempt to make our vibration known to you at this time, if you will open yourself to it. We would describe it as ... a pleasant sort of feeling.

我的朋友們，我們傳送我們的愛給你們，我們一直都於你們在一起。以我們對你們的時間的觀點來看，你們在這個星球的時間只是一瞬間，但它是一個珍貴的.....我們愛你，我們在光與愛中離開你們。我們將嘗試在此刻讓我們的振動為你們所知曉，如果你將會對它開放你自己的話。我們會將它描述為.....一種令人愉快的感覺。

I leave you now in the light and love. I am Laitos. Adonai vasu borragus.

我們在光與愛中離開你們。我是 Laitos。Adonai vasu borragus。

(Pause)

[停頓]

(Carla channeling)

(Carla 傳訊)

I am Latwii. I greet you in the love and the light of the infinite Creator and am most appreciative of your desire to hear my babbling remarks once again

(humorously). Therefore, since you have asked us to be here we are very delighted to be with you this evening; and, indeed, we are most sincere in sending you our love. We have come to answer questions at this time. If there are any among you, we greatly encourage you to ask them.

我是 Latwii，我在無限造物者的愛與光中向你們致意，我十分感激你們渴望再次聽到我聒噪的評論 [以幽默的口吻]。既然你們已經請求我們在此，我們非常愉悅地與你們同在，我們十分誠摯地將愛傳送給你。我們此時回答問題，如果你們有任何問題，我們鼓勵你現在發問。

N: I have a question that I would like you to kind of comment on, but I don't want to say what the question is; so if you feel like attempting that I would appreciate it.

N： 我有個問題，我想要你們對其進行某種評論，但我不想說問題是什麼，如果你們想要嘗試那個問題，我會很感激它。

(Pause)

(暫停)

If we would allow our imagination to run free, we would tell you that the answer is no. However, we will attempt to be more responsible than that: we ask that you wait, for in waiting, that plan which our brother has spoken of in this meeting will come to fruition. The forces which surround a moment of time, as you call it, are very questionable and variable, and a simple waiting is often a catalyst for change. Does this answer your question, my brother?

如果我們允許想像力自由奔跑，我們會說答案是不行。然而，我們嘗試比那個回答更負責任一些：我們請求你等待，因為在等待中，我們弟兄在這次集會中已經談到過的計畫將會產生出結果。包圍著一個時刻，如你對它的稱呼一樣，的力量，是非常靠不住且易變的，一種單純的等待經常就是一個改變的催化劑。這是否回答你的問題，我的兄弟？

N: Yes, thank you.

N： 是的，謝謝你。

We thank you. Is there another question at this time?

我們感謝你，此時是否有另一個問題？

(Pause)

(暫停)

H2: Yes, I have a question. Several weeks ago, in response to one of my questions, you said that we or mankind was seeded on this planet, and yet we had nothing to say about that—we had no choice in the matter. Why was that so?

H2： 我有個問題。幾個禮拜前，在回應我的一個問題的過程中，你們曾說我們人類被播種在這個星球上，然而 我們沒有說話的權利——即我們在這件事上別無選擇。為什麼是那樣子的呢？

What can I tell you, my brother? None of us have a choice; we are all the Creator. The condition of creation exists; it will exist infinitely. We are in a position in one of the infinite universes of the infinite creation, not due to chance, but due to the cycles with which you have become involved as you pass through the many universes of the Father's creation. You begin in darkness, if beginning is a possibility; of this we are not sure. We are sure, however, that like travelers your eye is caught by a pretty color, and off you go into an illusion that is that color of being. And so you have been attracted to this illusion and ultimately to this incarnation. You are the Creator. You do not have a choice—none of us do. Yet you have infinite choice in the amount of time it takes you and the way in which you wish to articulate your creator-ness. Thus, the paradox which is the necessity of spiritual truth is satisfied. You have no free will, and you have complete free will. You have been seeded by your choice. There is no mysterious and possibly questionable moral gardener who has seeded Earth. The gardeners are you yourselves—not trapped in time and space but delighted, instead, by the color of this creation. 我的兄弟，我能夠告訴你什麼呢？我們之中沒有一個實體有選擇權；我們全都是造物者。造物的狀態是存在；它將永恆地存在著。我們是處於無限造物的無限多的宇宙的一個宇宙中的一個位置上的，這不是由於偶然，而是由於在你們穿越天父的造物的許多個宇宙的時候你們已經被包含在其中的週期。如果開始是個可能性，你們在黑暗中開始，關於這點我們並不確定。無論如何，我們相信你們就好比旅行者，你們的眼睛是被一個美麗的色彩所吸引了，於是你們離開旅程並進入到具有那個存有的色彩的幻象中了。因此，你們已經被吸引到這個幻象中，並最終被吸引到這個投生中。你們是造物者，你們別無選擇——我們同樣也別無選擇。然而在你們希望去清晰表現你們的造物者的屬的性方式以及你們為此在時間的數量中要花費的時間的方面，你們是擁有無限多的選擇的。如此，矛盾——靈性真理的必要要件——獲得滿足。你沒有自由意志，你有完整的自由意志。藉由你的選擇，你已經被播種。沒有一個神秘、具有有可能是令人質疑的道德的園丁曾經為地球播種過。園丁就是你們，你們自己——你們不受時間與空間的束縛，而是為這個造物的色彩而欣喜。

Does this answer your question?

這樣是否回答你的問題？

H2: Partially. Paradoxes are a puzzle to me. Do I understand you to say that we had no choice in being created, yet we had a choice in coming here?

H2：一部分吧。矛盾對我而言是個謎題。我可以理解你們是在說，我們在被創造的方面沒有選擇，然而我們在來到這裏的方面有一個選擇？

That is not precisely correct. You were not created. You are the Creator. You are a portion of all that there is. You are a portion of no time and no space. Consequently, you are not a created being. You are Creator and creation. With that concept under control, we may say to the second part of your question that you do have that portion correctly understood.

這並不是嚴格地是正確的。你們不是被創造，你們是造物者。你們是一切萬有的

一部分。你們是無時間和無空間的一部分。你們同時是造物者與造物。確立這些概念之後，我們可以說你的問題的第三部分，你確實讓那個部分正確地被理解了的。

Paradoxes, of which you spoke earlier, are an absolute necessity if one is to advance spiritually. If you are not facing a paradox at this time, then you are not trying. Thus, you must at all times be involved in a puzzle. We hope only that the puzzle is worthwhile, that you are pressing ahead from paradox to paradox so that you begin to live what you cannot understand; this, you understand.

如果一個實體要在靈性上進展，我們之前談到的矛盾是一個絕對的必要條件。如果你這個時候沒有面臨到矛盾，那麼你就沒有在嘗試。所以，不管什麼時候你都必定會被包含在一個謎題中，我們只希望這個謎題是值得的；當你從這個矛盾推進到另一個矛盾，這樣你就開始活出你無法理解的事物了；這點，你是理解的。

How are we doing with you now, my brother?

我的兄弟，我們現在解決了你的問題了嗎？

H2: Better. I also think I have come up against another paradox; and that is, if there is reincarnation, and if there is no time, and all is one, and all is now, then all past lives, present lives, and future lives are now. If this is so, then how is it that in past lives some of us—or at least someone—lived in magnificent structures, ruins of which stand today, and we see them as ruins? If all is now, all in a living instant, how is it that those in centuries past are living there now, yet we see these marvelous structures as ruins?

H2：好一些了。我同樣也已經想到另一個矛盾；那就是，如果有輪回轉世，如果沒有時間，萬物都是一體，一起都是當下，那麼所有的前世、現世、與未來世都是當下。如果是這樣的話，那麼在前世中，我們中的一些人——或者至少是某個人——曾生活在雄偉的建築，這些建築如何在今天卻成了廢墟，我們看到它們是廢墟？如果一切都是當下，一切都在一個活生生的瞬間之中，怎麼會幾千年前還屹立的建築物，而今天我們看到這些雄偉的建築成為了廢墟呢？

If you will pardon us, we must take a few seconds to align this instrument, for she is becoming (inaudible) to the intensity of our vibrations. I am Latwii. I am Latwii. I am with this instrument. I am with this instrument. We have better contact now. We thank you for your patience.

如果你們願意原諒我們的話，我們必須花幾秒鐘校準這個器皿，因為她正在對我們振動的強度變得（聽不見）。我是 Latwii。我是 Latwii。我與這個器皿在一起了。我與這個器皿在一起了。我們現在有較佳的接觸了。我們感謝你們的耐心。

In answer to your question, my brother, perhaps the most intelligible answer has to do with a rather tired cliché from this instrument's mind; she is familiar with it many times over. Take a piece of living tissue from your thumb and look at it under a microscope—look at it under an intensely strong microscope.

Ultimately, under the atomic microscope, you can begin to see the creation—the galaxies, the solar systems, the planets. There are beings on

your thumb. How long do you think their lives are, in your time? How many civilizations pass while that cell that is a universe is spending itself as a living part of your being? And when it is sloughed off in a giant nova, when the explosion that ends all life occurs, what infinity do you think has taken place for those beings? What ruins have been built and lost? What Romes, what United States, what Chinas have come and gone?

在回答你的問題的方面，也許最為可以理解的答案是與在這個器皿的心智中的一個相當老套的陳詞濫調有關的，這個器皿對其是熟知有許多次了。從你的拇指上取下一片活體組織，在一個顯微鏡下觀察它——用超高倍數的原子顯微鏡觀察它。最終在原子顯微鏡下，你能夠開始看到造物——銀河、太陽系、星球。在你的拇指上有存有。以你們的時間尺度，你們認為它們的生命有多久呢？如果那個細胞是一個宇宙，當它作為你的存有的一個活生生的部分正在度過它自己的生命的時候，有多少文明從盛而衰呢？當一個超新星爆炸，當那場終結所有生命的爆炸發生的時候，你們認為，對於那些存有已經發生了的無限是什麼呢？

You yourselves are in time and space that is far less slow, shall we say, relatively speaking, than many universes. The universes of the creation are infinite in their differences. There is one uniting truth, and that is that beyond time and beyond space lies unity. You live in a (inaudible); this is an illusion. The illusion can be manipulated by those who understand it. Thus, we ourselves travel in no time. Some among your peoples have been able to master various dimensions beyond time and space. No one understands this. However, there is only now. The problem is that this now is within the understanding only of those who do not have a watch and do not know time. Now is now. You experience now and another now and another. It is as though you were standing on a wheel and going round and round. Could you but stand in the center of the wheel, you might turn, but you would not go anywhere. It is in the state of now that information, such as some of your most famous mediums have had access to, is stored. By some, this place is called, locally, the Akashic Record. This is possible because all times are truly one. You are not living in a straight line; you are living in a circle. The beginning is your ending, and there is no beginning or ending.

你們自身所處的時間與空間比許多宇宙，相對而言，是遠遠較為緩慢的。造物的宇宙在其差異性中是無限的。有一個統一的真理，那就是，在時間與空間之外存在統一性。你們生活在一個（聽不見）中，這是一個幻象。那些理解幻象的實體可以操縱它。因此，我們自己可以在無時間之中旅行。在你們的人群中有些人已

經能夠精通在時間和空間之外各種各樣的維度了。無論如何，只有當下。問題在於只有那些沒有手錶也不知道時間的人才理解這個當下。當下是當下，你們經驗當下、另一個當下、再一個當下。彷彿你站在一個輪子上，不斷地轉圈圈。但如果你能夠站在輪子的正中心，你可能會旋轉，但你不會去任何地方。諸如你們一些最著名的靈媒(medium)已經能夠讀取的資訊之類的資訊，就是被儲存在當下 的狀態中。這個位置被一些人，局部性地，稱為阿凱西紀錄(Akashic Record)。這是可能的，因為所有時間真正都是一體的。你們並不是活在一條直線上；你們活在一個圓中。開始即是你的結束，沒有開始或結束。

Does this even begin to answer your question, my brother?

我的兄弟，這甚至開始回答你的問題了嗎？

H2: It doesn't help me understand, and it doesn't help me understand how my camera records this illusion of the Parthenon standing there in ruins, yet at one time Socrates and others were there when it was in all its glory. The thing that bothers me about this ... maybe it's unanswerable ... is that if all is now, and the Parthenon is now there, Socrates is there and other of his Greek comrades in the living now, and yet I have been there in the living now and it is a ruins, and my camera said it is a ruins also. Does my camera have illusions also?

H2: 它並沒有幫助我理解，它沒有幫助我理解我的相機如何紀錄了在廢墟中立著的巴特農神殿的幻象，然而在過去的某一刻，在它是在其全部的榮光中的時候，蘇格拉底與其他人是在那兒的。關於這一點讓我困擾的是.....或許它是無法被回答.....如果一切都在當下，巴特農神殿在那兒，蘇格拉底與他的其他的希臘同伴也在是活在當下中的；而我活在在當下中已經在那裏了，它是一個廢墟，我的相機同樣也說它是廢墟。難到說我的相機也有幻象？

Your camera is part of the illusion which you now enjoy. We must distinguish between your now now and your other now. You are living in a now now, something like a muu muu, and it is only so so (said humorously). Consequently, in order to understand now you must live in another now, in that other now you may see what you wish to see and really understand what you want to understand, but you cannot be in the now now—you cannot do both. Thus, this illusion is to you a lesson time in which that which is an illusion appears real.

你的相機也是 你現在享受的幻象的一部分。我們必須區別你們的現在當下(now now)，以及你的其他當下(other now)。你現在活在一個當下中，某種就好像一個喙-喙 (muu muu) 的事情，它僅僅就是如此這般(so so) (以幽默的語氣)。結果是，為了理解當下，你必須活在另一個當下中，在那個其他的現在中，你可以看到你想要看的，並真正地理解你想要理解的東西。但你不能在現在當下中——你不能同時做兩者。於是，這個幻象對你而言是個學習時間，在其中一個幻象之所是看起來是真實的。

It may be of interest to you to remember that if a physicist were to describe the Parthenon either in ruins or in its original form, he would describe a structure of space. There are great differences among physicists, but it is agreed that there is either almost no mass or no mass at all to any physical structure, including human beings, but rather a series of magnetic fields. Therefore, logically, one could put one's hand through a Parthenon, a person, a table, a building, or whatever one wished to put one's hand through. However, in the now now it is impossible, and your camera is part of the now now. You have many indications in the now now of those who are not within the now now, and those people walk right through everything, thus indicating to you that the now now is not the only now.

你或許有興趣記起這一點，如果一個物理學家 打算要描述巴特農神殿，要麼是在廢墟狀態，要麼是在它最初的原始狀態，他會描述一個空間的結構。物理學家之

間或許有很大的不同，但被一致同意的事情是，對於包括人體在內的任何的物理的結構，要麼幾乎沒有品質，要麼完全沒有任何品質，毋寧說是一系列的磁場。所以，理論上，一個人可以將它的手穿透一個巴特農神殿、一個人、一個桌子、一個建築，或無論什麼一個人希望讓它的手穿過的東西。不過，在現在的當下中，這是不可能的，你的相機也是現在的當下的一部分。在現在的當下，你可以發現許多的有些人不在現在的當下之中，這些人可以直接走路穿過所有事物的跡象，這些跡象由此會向你指出現在的當下，並不是唯一的當下。

Does this help, my brother?

這是有幫助嗎，我的弟兄？

H2: Now it helps some. H2：現在它有一些幫助了。

Now we are glad! Is there another question at this time?

現在我們高興了！此時還有其他問題嗎？

H2: I have another question, since you're here, Latwii. It's something you said several weeks ago, when you were talking about the color green and its filling a room in which we dwelled in another part—not here but somewhere else—and you also said that you were enjoying our fifth dimension—I assume the vibration of our fifth dimension. Does that mean that we exist elsewhere as well as here?

H2：既然你們在這裏了，我有另一個問題，Latwii。你們幾個禮拜前說過某個事情，在那個時候，你們正在談論綠色以及它充滿一個房間，我們居住在那個房間中的另一部分——不是這裏，而是別處——你還說你享受我們的第五次元——我假設是我們第五次元的振動。這意味著我們是存在於別的地方，同樣也存在於此處嗎？

It is not a question of location, my brother, for the dimensions are interpenetrating. However, you exist in denser and denser vibrations, according to your abilities. All of you exist into the fourth dimension, and there are adepts among you who are working at this time, actively, in the fifth dimension and are attempting to understand some of the teachings of the inner realms of the sixth dimension. There are a few people who work as far as the eighth, but there are two within this room who have seen it in visions and are aware of its nature, although they could not maintain it for any length of time. This is the octave of your universe, and these are the dimensions of that octave. To go beyond that, you must be free of your chemical body; and therefore we are talking to a roomful of those who are not going to be doing that any time terribly soon; however, there are many, many infinities to explore within those dimensions and much wisdom to learn. Therefore, we urge you onward; for the path becomes lighter, the teachings truer, and the laughter happier.

這不是一個位置的問題，我的兄弟，因為維度是彼此穿透。無論如何，依照你的能力，你存在於越來越更加緻密的振動中的。你們所有人都正在進入第四維度；

你們當中有些行家此時正活躍地在第五維度中工作，並嘗試理解第六維度的內在領域的某些教導。有少數人工作的範圍遠至第八維度，但是在這個房間中，有兩位元實體已經在異像(vision)中看見過它並覺察它的屬性了，雖然它們無法維持這個狀態很長時間。這是你們宇宙的八度音程，這些是八度音程中的維度。要超越維度，你必須釋放化學身體；所以我們正在對其發言的這一屋子的人，它們任何近期的時間中都將不會這麼做。無論如何，在這些維度中，有著許多、許多無限有待探索，以及大量的智慧可以學習。為此，我們敦促你繼續向前；因為路途將變得更光明一些、教導更真實一些、而笑聲更爽朗一些。

Did you wish to know about green, or was that the essence of your question?
你想知道關於綠色的振動，或者那是你的問題的實質嗎？

H2: Green?
H2：綠色？

Green.
綠色。

H2: No. You just mentioned the color green, and that was a reference point.
H2：不，你們僅僅提到綠色，那是一個參考點。

Ah, yes. Green is simply an important color for this particular group, due to the fact that it has healing properties, and there are many in this group who can use them. Therefore, we were attempting to surround you with that vibration.

啊，是的。綠色單純地是這個特定的團體的一個重要的色彩，由於它有醫療的屬性的事實，這個團體中有許多人能夠使用它們。所以我們嘗試以綠色振動環繞你們。

Is there another question?
還有另一個問題嗎？

H2: Since we were talking about other existences and everything being now, is it possible there is another me living across the street from me or somewhere else on this planet as of now or several other me's?

H2：既然我們剛才談到其他的存在性，以及所有事物都在當下，是否可能另一個我就住在我對面的街上，或者在這個星球上的某個別的地方，或有好幾個其他的我？

You are, my brother, in this particular universe, a time traveler but not a space traveler. Thus, you live each of your lives simultaneously, but you are not in the same space with yourself. However, in order to be aware of the past or future you must reach an altered state of consciousness, and this should be done only with the proper respect for knowledge. Knowledge, as we have said to you before, entails responsibility.

我的兄弟，在這個特定的宇宙中，你是一個時間旅行者，而不是空間旅行者。因

此，你同時性地活著你的每一次生命之中，但 你和你自己卻不在同一個空間。儘管如此，為了覺察過去或未來，你必須抵達一個改變過的意識狀態，這僅僅應該帶著對知曉的適當的尊重才能夠被進行。知曉，如同我們先前所說，伴隨著責任。

H2: Are you trying to give me a message about responsibility?

H2：你們是正在嘗試給我一個關於責任的訊息嗎？

The message is general, my brother, and not for you alone, and it is simple; that is, if you know it and do not act it, the backlash effect will be hurtful to you; thus, you will begin to know it truly. That is the law of knowledge of the spiritual kind.

我的弟兄，這是一般性的訊息，並不單單針對你一個人，它是簡單的，也就是說，如果你知道它，卻不依此行動，後座力效應將會對你產生傷害；於是，你將真正開始知曉它。這是靈性類型的知曉的法則。

H2: Thank you very much, and I also thank the group for my taking this time.

H2：非常謝謝你們，我同樣也感謝這個小組讓我佔用這些時間。

(Pause)

(暫停)

We were drawn here by the one known as E, and thus we would at this time ask her if she would wish to voice her question to us?

我們是被知曉為 E 的實體吸引到這裏的，因此，我們會在此刻詢問，是否她希望對我們說出她的問題？

(E had left the room.)

(E 已經離開房間了。)

I am Latwii. We are sad that our sister is not here to ask the question, for we do not wish to answer in her absence. Are there any other questions at this time?

我是 Latwii。我們很難過我們的姐妹不這裏問問題，因為我們並不希望在她缺席的時候回答。在此刻有任何其他問題嗎？

H1: I have a question. This is about channeling. I have pretty much given up on the idea of being a vocal channel, and I have begun to feel that if I could paint, along with a fellow trying to learn (inaudible). There are certain images and concepts that I get that are in color and form and have movement that I think I could express through those two mediums. I was wondering if I could get any type of conditioning that the verbal channels get.

H1：我有一個問題。這個問題是關於傳訊的。我已經相當多地在關於成為一個語音管道的想法上放棄了，我已經開始感覺到，如果我能夠畫畫，與一個嘗試去學習（聽不見）的人一起。會有一定的我得到的形象與觀念是通過色彩與性狀，並擁有運動的，我認為我能夠通過那那種媒介來表達那種運動。我想要知道，是否我能夠得到任何類型的語言的傳訊會得到的調節作用呢？

I am with the instrument. Yes, indeed, my sister. You can get as much conditioning as you need, and to ask for it is to receive it. We would suggest that you request the presence of two of the Confederation whom this group has known for some time: the vibration of Laitos, which is the basic conditioning vibration, and the vibration of Nona, which is an extremely sensitive vibration and one oriented more than most of the Confederation toward that part of love which expresses itself in art and beauty. Thus, this instrument requests the presence of Nona when she wishes to sing, and those who are involved in the arts will do well to request those two vibrations as good underliners to your own natural talent. You understand that we could not work with you did you not already have a good deal of ability in the area of conceptualization, abstract thinking, and the desire to be a channel for the love and the light of the Creator. With these things in your heart and in your character, you can then make full use of the Confederation. We wish you great good fortune, my sister, with your endeavor.

我與器皿在一起了。是的，確實，我的姐妹。你們能夠得到和你需要的一樣多的調節性的振動，去請求它就是去接收它。我們會建議，你請求這個團體已經知曉了一些時間的兩個星際聯邦的實體的在場：Laitos 的振動，它是基本的調節性的振動，以及 Nona 的振動，它是一種極其敏感的振動，是一種比星際聯邦中的大多數實體更多朝向在愛與美中表達它自己的那個愛的部分的振動。因此，這個器皿在她希望唱歌的時候請求了 Nona 的在場，那些被包含在藝術中的人，如果請求那兩種振動作為對你們自己的天生的天賦的有益的支撐物，將會是很有作用的。你們理解，如果你們尚未已經在觀念化，抽象思考以及去成為造物者的愛與光的一個管道的渴望的區域中擁有大量的能力，我們就無法與你們一同工作。如果在你們的心且在你們的特性中具有了這些事情，你們接下來就能夠充分利用星際聯邦。我們祝願你在你的努力上擁有巨大的好運，我的姐妹。

Well, my friends, is there another question at this time?

好的，我的朋友，在此刻有另一個問題嗎？

(Pause)

(暫停)

Questioner: I have one. I am getting ready to open up to a deeper level in my own channeling. I think you can tune in to what I'm referring to. I'm wondering if there is anything that you all might be able to do at this time that would help me to do this.

提問者：我有一個問題。我正在準備在我自己的傳訊中向著一個更為深入的層次開放。我認為你們能夠調音到我所談及的層次。我想要知道，是否有任何會幫助我這樣做的事情是你們可能全都能夠在此刻做的嗎？

(Pause)

(暫停)

We would at this time be glad to send you an image which will appear to your

inner eye, where it is not infringing upon your free will but only aiding ... 我們
會在此刻很高興對你送出一個形象，它將會對你內在的眼睛顯現出來，在其中它
不是侵犯你的自由意志，而僅僅是幫助.....

(Side one of the tape ends.)
(磁帶一面結束。)

(Carla channeling)
(Carla 傳訊)

Let us define this image for you now. Make it sharper. This is a key to that level
which you may trust. We would also say to you at that time that you may
carefully watch the next level beyond that, for this is not necessary for you to
enter at this time; and the, shall we say, expansive or ... we are giving this
instrument a concept she cannot express. We are working with her ... Within
the next dimension there is a spreading of the personality which we would not
recommend. Therefore, if you feel the next vibration beginning to disperse
your personality through the universe, we would suggest that you pull
yourself back from that realization, for it is not yet time for you to be able to
use the knowledge which you would gain in that work.

讓我們現在為你定義這個形象，並使得它更為鮮明。這對於那個對你可能相信的
層次是一把鑰匙。我們同樣會在此刻對你說，你可以仔細觀察在那個層次之外的
下一個層次，因為這並不是你在此刻需要進入其中的層次；拓展性的，容我們說，
或者.....我們正在給予這個器皿一個她無法表達的觀念。我們正在與她一同工
作.....在下一個維度，會有一種對人格的延伸，這是我們不會推薦的。因此，如
果你感覺到下一個振動開始讓你的人格分散穿過宇宙，我們會建議你將你自己從
那種領悟拉回來，因為現在並不是你能夠去使用你會從那種工作中取得的知曉的
時間。

May we help you further, my sister?
我的姐妹，我們可以更進一步幫助你嗎？

L: I appreciate what you've given. Thank you.
L：我感激你們已經給予的內容。感謝你們。

We are most grateful to be of service. Is there another question at this time?
我們對於進行服務是極其感激的。在此刻還有其他問題嗎？

K: I have a question. Is it helpful for us to be aware of other lives and other
incarnations from the standpoint of spiritual development? If so, how do we
do this?

K：我有一個問題，從靈性發展的觀點，我們知曉其他生命與其他的投生對我們
是有說明的嗎？如果是這樣的話，我們如何進行這個工作呢？

This is a difficult question for us to answer, because we do not know what
triggers the spiritual development of any being. It is usually not at all valuable,

as his being spiritually, to know his past incarnations. Normally, what is powerful to the individual is to be in the presence of someone who is happy, who has something that the searcher does not have, who suggests something that the seeker might not know. This is why we speak through these instruments—to attempt to inspire, stretch curiosity, cause you to arouse your own instinct for progress.

對我們來說，這是一個困難的問題，因為我們不知道什麼事物會觸發任何存有的靈性發展。通常而言，一個人知道自已的前世，在靈性上對他的存有是完全沒有價值。一般來說，對於個體是強有力的事情，是與某個快樂的人，擁有尋求者沒有的某個東西的人，並會對尋求者建議它可能還不知道某個事情的人在一起。這是為什麼我們要透過這些器皿說話的原因——嘗試去激勵，拓展好奇心，促使你喚起你自己對於進步的本能。

Unfortunately, it has become a fad among your people to discover who they were in past lives. If you have a specific personality conflict with another being, it is sometimes helpful—not in the spiritual realm but in the realm of human relationships—to go back to the previous experience and discover what it is that you are reaping in this incarnation as a result of actions in the past. However, if you can learn the art of forgiveness, you do not need to know what it was that somebody did to somebody else. If you can ask forgiveness with all your heart and forgive with all your heart, you have broken the laws of karma. Thus, you have no need of knowledge of an esoteric or occult type.

不幸地，去弄清楚它們在前世是誰，這已經成為你們人群中的一個流行。如果你擁有一個特定的人格，它與另外一個人有衝突，回到之前的體驗去弄明白，在這次投生中你正在收穫的什麼事物是在過去的行動的一個結果，這有時候是有幫助——但不在靈性範疇，而是人際關係的領域中。然而，如果你可以學習寬恕的藝術，你不需要知道某個人對其他人做了什麼事。如果你能全心請求獲得寬恕，並全心地寬恕他人，你已經打破業力(karma)法則。因此，你就不需要神秘或超自然的類型的知曉了。

Unfortunately, this type of information has often been misused, due to the rule we were explaining earlier that knowledge implies responsibility. Thus, if you know what your lesson is and still refrain from learning it, your lesson becomes harder and harder until, as a matter of survival, you must learn it. To make it easy upon yourself, explore the possibilities of love in this incarnation, in this moment, at this time, with these people, in this environment, in this illusion, before you begin working with previous lifetimes. For it is in this life that you have the opportunity, at this moment, to take conscious control of your destiny and to speed yourself on your journey toward the light which you now invoke in this meeting.

不幸地，由於我們在早些時候正在解釋的法則，即責任伴隨知識而來，這種類型的資訊已經經常被誤用了。因此，如果你知道你的功課是什麼，而仍舊回避學習它，你的功課會變得越來越難，直到你必須作為一個生死悠關的問題來學習它為止。為了讓你自己輕鬆一些，在開始與前世一同工作之前，先去探索此生，在這一刻，在此刻，對這些人，在這個環境中，在這個幻象中的愛的可能性。因為就是在這次生命中，你才有機會，在此刻，有意識地掌握你的命運，加速你自己

你朝向光的旅程上的速度，這種光就是你們在這個集會上現在祈請的光。

Does this answer your question, my brother?

我的兄弟，這樣是否回答你的問題？

K: Yes, it does. Thank you.

K：的確回答了，謝謝你。

As always, we thank the questioners, for we could not say a word if you did not ask us your questions. Is there another at this time?

一如往常，我們感謝提問者，因為如果你沒有問我們你的問題，我們就一個字也不能說。

(Pause)

(暫停)

K: I have one. During the day, sometimes I'll think about you all. Sometimes I'll ask questions, but I don't ... you know ... I don't hear the answer, but I can't think of an answer. Are you all listening when I think about you? K：我有一個問題。在一天期間，我有時候將會想到你們全體。有時候我將會問問題，但是，我沒有.....你們知道.....我並沒有聽到答案，但是我無法想到一個答案。——你們全都在我想到你們的時候在聆聽嗎？

We are checking the computers at this time ... one moment. The one known as Laitos is with you at all times when you ask your questions. Laitos is the easiest of the Confederation to, shall we say, hear conceptually. At this time you are not picking up the concept. However, if you persist in daily meditations, you will begin to receive impressions. They will not be, or usually are not, in words. You will simply get an impression. Or you may go to sleep and awaken with an impression.

我們在此刻正在查詢電腦.....等一會兒。當你詢問你的問題的時候，被知曉為 Laitos 的實體在所有的時候都與你在一起。Laitos 是星際聯邦中最容易用觀念性的方式聽到的。在這個時候，你沒有接收觀念。然而，如果你在每日冥想中堅持不懈的話，你將會開始接收到印象。它們將不會是，通常不會是，用言語的形式。你將單純地得到一個印象。或者你可能去睡覺，並帶著一個印象醒來。

We cannot work more closely with those who seek our advice than the conscious intellect allows. We find your vibration to be one of a strongly logical and commonsense type. This, I am afraid, my sister, is not a very easy vibration to enter, due to the fact that your common sense tells you that you are asking questions of thin air. Thus, we encourage you to ask your questions, and one day you will begin to feel the concept of the presence of the one known as Laitos. We must say, however, that sometimes when the questioner is alone, the answer will simply be a feeling of presence, due to the fact that the power of the individual is not strong enough to warrant a stronger impression. Also, some questions are not answerable, due to our desire not to

infringe upon free will. However, the one known as Laitos is there with you when you mentally request his presence. We hope that you will gradually become aware and be comforted by the presence of that kindly vibration.

我們無法比有意識的智力允許的更為緊密地與那些尋求我們的建議的實體一起工作。我們發現你的振動是具有一種強有力地有邏輯且有道理的振動。我們恐怕，我的姐妹，這不是一個非常容易進入的振動，這是由於這樣一個事實，你的常識會告訴你，你是在對稀薄的空氣問問題。因此，我們鼓勵你詢問你的問題，有一天，你將會開始感覺到被知曉為 Laitos 的實體的在場的觀念。我們必須說，無論無論，有時候，當提問者是獨自一人的時候，回答將單純地是一種在場的感覺，這是由於個體的力量並不足夠強有力，以保證一個更為強有力的印象。同樣，一些問題是無法回答的，這是由於我們不去侵犯自由意志的渴望。然而，被知曉為 Laitos 的實體是會在你在心智上請求他的在場的時候與你在一起的。我們希望你將會逐漸察覺並因為那種溫和的振動的在場而感到安慰。

Does this answer your question, my sister?

這回答了你的問題嗎，我的姐妹？

K: Yes, thank you. K :
是的，感謝你們。

We thank you. May we ask for another question at this time?

我們感謝你。我們可以在此刻詢問另一個問題嗎？

(Pause)

(暫停)

I am going to leave this instrument, for she is becoming fatigued, and if the one known as H2 wishes, we will close the meeting through him. I am Latwii. 我即將離開這個器皿，因為她正在變得疲倦了，如果被知曉為 H2 的實體願意，我們將透過他結束這次的會議。我是 Latwii。

(Pause)

(暫停)

(H2 channeling)
(H2 傳訊)

I am Latwii. I am with this instrument. I hope he will relax more. I promise not to hurt you.

我是 Latwii，我與這個器皿在一起了。我希望他更放鬆一些，我保證不會傷害你。

You have been wondering why I have not talked with you since the last meeting. You are too anxious. You want too much. You must learn to accept what comes to you. Oxal is your main contact.

你一直都想知道為什麼我從上次集會後沒有與你談話。你太急躁了，你要得太多。你必須學習接受來到你身邊的東西。Oxal 是你主要的通訊物件。

We would speak to the group about the advisability of learning how to cope with general problems of daily living in a spirit of love. We hope you can keep in mind that we are with you. When I say "with you," I mean someone of us. And we are with you in love, and we will do whatever we can to aid you. By "can," I mean what is lawful for us.

我們會對這個團體談談學習如何用一種愛的精神來與日常生活的一般性的問題打交道的適當性。我們希望你們能夠記住，我們是與你們在一起的。當我說“與你們在一起”的時候，我的意思是我們中的某個實體。我們是在愛中與你們在一起的，我們將會做無論什麼我們能夠做的事情來幫助你們。我們說的“能夠”的意思是，對於我們是合法的事情。

Your hopes for betterment are not in vain. You will evolve in betterment in some time frame, because it is your destiny. You can help it to be now, or—if you must in your own pursuits—it can be any time later. Let it be now, my friends. We do love you. We care for you. We send you love and light. 你們希望改善自我，這些希望不會是徒勞無益的。在某個時間框架你將會演化到更好的狀態，因為那是你們的命運。但你可以協助它成為現在，或者——如果你們必須藉由你的追求過程——它能夠是任何之後的時間。我的朋友們，讓它成為現在。我們真的愛你，我們關心你。我們傳送愛與光給你們。

I am Latwii. Adonai vasu borragus.

我是 Latwii，adonai vasu borragus。

July 26, 1979

1979-07-26 *Hatonn* : 經過月亮的雲

(Carla channeling)

(Carla 傳訊)

I am *Hatonn*, and I greet you, my friends, in the love and the light of the infinite Creator. As always, it is our privilege to speak with you, and we thank you for inviting us into the midst of your group.

我是 *Hatonn*，我的朋友們，我在無限造物者的愛與光中向你們致意。一如既往，與你們在一起是我們的榮幸，我們為你們邀請我們進入到你們的團體中間而感謝你們。

We share our thoughts with you, insubstantial though they may be, one life speaking to another, one brother speaking to another, for are our lives not like clouds as they cross the moon, visible only for a brief time, before and after lost in the darkness of the eternal heavens? Yet, we are now here, you and we, and it is with deep appreciation that we join our thoughts to yours in this transient moment.

我們與你們分享我們的想法，儘管它們可能是沒有實質內容的，一個生命對另一個生命發言，一個兄弟對另一個兄弟發言，因為難道我們的生命不久好像雲彩一樣，當它們經過月亮的時候，僅僅是在一段短小的時間中是可以看見的，而在之前和之後都是在永恆的天堂的黑暗中是找不到蹤跡的嗎？而我們現在在這裏，你們和我們，就是帶著深深的感激，我們在這個短暫的片刻中將我們的想法與你們的想法結合起來了。

Yes, my friends, your lives are very transient, and yet your spirit is indomitable. There is [nothing] that you cannot seek, nothing that you cannot will to know, if it be done honestly and courageously and without selfishness. And so even though your brief life may sometimes seem to be relatively meaningless, your activities mundane, your thinking confused, we say to you that if you can each day find some moments to meditate, to center your will upon the desire to know the love of the Creator, that wish for the original Thought will be unto you as a beacon, guiding your spirit far into the stormy seas of night when you have crossed the moon and there is no light.

是的，我的朋友們，你們的生命是非常短暫的，你們的靈性是不屈不撓的。沒有任何事物是你們無法尋求的，沒有任何事物是你們無法意願去知曉的，如果它是真誠地，勇敢地且無私地被執行了的話。因此，即使你們短暫的生命有時候可能看起來似乎是相對無意義的，你們的活動是世俗的，你們的思考是混淆的，我們對你們說，如果你們能夠每一天都找到一些時刻來進行冥想，將你們的意志放在去知曉造物者的愛的渴望的中心，對原初的想法的希望將會如同一個燈塔一樣照在你們身上，並當你已經跨過了月亮且沒有光的時候，從指引你們的靈性深入到夜晚的暴風雨的海洋中。

We are sorry that we have had to delay our speaking to you this evening, but

there was a desire in one of those present that we not speak. And this*, my friends, is a perfect example of that which we deal with now: the transience of experience. There is a saying in one of your holy books, "All flesh is grass." We are not being mournful. We are attempting to be emphatic about the direct and important knowledge that you must have that you yourself are not your bodies, your pains and pleasures, or your experiences, but are instead a vibration which is temporarily and transiently housed in a chemical body. That vibration has certain characteristics which show forth to a greater or smaller amount in the physical amount in the physical body. Each characteristic shows forth as the degree of loving kindness of your nature, the degree of generosity, of compassion, of kindness, that you have within your character. It may show forth in your ability to help people by healing, by the preparation of food, by working with your hands, by singing, or by telling stories, or by raising the young who are entrusted to your care that they, too, may know the Creator as do you. These biases come through from your vibratory personality into the physical illusion. However, you must not take this illusion any more seriously than you would take the passing of a cloud across the moon on a stormy night, such as this one. You know that there will be other clouds and other nights, other sequences of activities. These are unimportant. Your only important effort should be placed in centering yourself in the knowledge of the original Thought of the Creator, which is that of infinite love expressed in light. This light has formed all of His creatures: the planet in which you live, the skies which surround us in different vibrations. All things are light.

我們為我們已經不得不延遲今晚對你們的發言而抱歉，但是在那些在場的人中的一個實體內在之中有一種渴望是我們無法談及的，我的朋友們，這^[1]就是我們現在正在打交道的事物的一個完美的範例了。在你們的一本神聖著作中有這樣一句俗語“所有的肉身都是青草。”我們不是在傷心。我們是在嘗試在關於你必須擁有的直接與重要的知曉的方面成為強調性的，那個知曉即，你，你自己不是你的身體，你的痛苦與你的快樂，或者你的體驗，而毋寧是一個暫時性地，短暫地居住在一個化學性的身體中的振動。那個振動擁有一定的典型特徵，它們會在物質性的身體中用一種或大或小的物質性的數量顯現出來。每一個典型特徵都會顯示為你的特性的有愛的善良的程度，以及你在你的性格中擁有的慷慨，同情心或者親切性的程度。它可能通過你去幫助人的能力顯現出來，這種幫助是藉由療愈，準備食物，用你的雙手工作，歌唱，或者藉由講故事，或者藉由照顧已經被交托給你照顧的年幼的實體，這些年幼的實體同樣也可能如你一樣地知曉造物者。這些偏向性可能會從你的振動性的人格流入到物質性的幻象中。然而，你一定不要將這個幻象看的太過嚴肅了，如同你會對待在諸如這個晚上之類的一個暴風雨的夜晚經過月亮的一片雲的路過一樣地對待幻象。你們知道將會由其他的雲朵和其他的夜晚，會有其他的活動的次序。這些是不重要的。你唯一重要的努力將會是，將你自己放置於對造物者的那個原初的想法的知曉的中心處，造物者是在光中被表達的無限的愛了。這種光已經形成了祂的所有的創造物了：你們生活在其中的星球，用不同的振動包圍著我們的天空。所有的事情都是光。

As you begin to have this ability to be detached from the transient experience and to be rooted in the knowledge of the original Thought, your power as a personality will develop, so that those circumstances which may seem to you

to be inharmonious will of themselves become more harmonious, for your attitude will become such that nothing can disturb you.

當你們開始擁有這種能力去對短暫的體驗成為超然的，並紮根于對那個原初的想法的知曉之中，你們作為一個人格的力量就將會發展，這樣那些可能對於你們看起來似乎是不和諧的環境將會，靠它們自己，成為更加和諧的，因為你的態度將會成為如此這般，以至於沒有任何事物能夠打擾你了。

I would pause at this time so that my brother, Laitos, may speak. I am Hatonn.
我會在此刻暫停，這樣我們的兄弟 *Laitos* 就可以發言了。我是 *Hatonn*。

(Pause)

(暫停)

I am Laitos, and I greet you in the love and the light of the infinite Creator. If you will permit me, it will be my privilege to work with each of you. I would first condition this instrument, for she is experimenting with a deeper, shall we say, meditative state.

我是 *Laitos*，我在無限造物者的愛與光中向你們致意。如果你們願意允許我的話，與你們每一位一同工作將會是我的榮幸。我會首先調節這個器皿因為她正在體驗到一種，容我們說，更為深入的冥想狀態。

(Pause)

(暫停)

We thank the one known as Carla for working with us, and we find that she is more and more capable of working with the light vibration of some of your contacts, such as Latwii, due to her growing ability to deepen her meditative state.

我們感謝被知曉為 *Carla* 的實體與我們一同工作，我們發現她是越來越有能力與你們的一些接觸的光的振動，諸如 *Latwii*，一同工作的，這是由於她不斷增強的深化她的冥想狀態的能力。

We would now attempt to condition the one known as M. I am Laitos.

我們現在會嘗試調節被知曉為 *M* 的器皿。我是 *Laitos*。

(Pause)

(暫停)

We thank the one known as M for working with us, and now we would like to condition the one known as J. I am Laitos.

我們為與我們一同工作而感謝被知曉為 *M* 的實體，現在我們想要調節被知曉為 *J* 的實體。我是 *Laitos*。

(Pause)

(暫停)

I am again with this instrument. We thank each of you for being able to work with you. If we can help you to deepen your meditative state, that is our only desire among your peoples, for if we can but help the people of this planet to meditate and feel the oneness of all creation we will, indeed, my friends, have a part in the delivery of a tiny infant. That is the new age dawning upon your planet. At this time it needs all the midwifery that it can get.

我再一次與這個器皿在一起了。我們為能夠與你們一同工作而感謝你們每一位。如果我們能夠幫助你們深化你們的冥想狀態，那就是我們在你們的人群當中的唯一的渴望，因為只要我們能夠幫助這個星球上的人去冥想並感覺到所有造物的一體性，我們將確實，我的朋友們，在一個小小的嬰兒的分娩的過程中擁有一個角色了。那就是正在你們的星球上破曉的新時代了。在此刻，它需要它能夠得到的所有的助產術。

Please ask for us at any time that you may wish for us to, shall we say, underscore your own meditative state. I am Laitos. Adonai.

請在任何你們可能希望我們，容我們說，強化你們自己的冥想狀態的時候請求我們。我是 *Laitos*。 *Adonai*。

(Pause)

(暫停)

I am Hatonn. I am again with this instrument. We are sorry for the delay, but the one known as Oxal was attempting to contact the instrument known as Carla. However, she was not able to perceive this. Therefore, we will continue for Oxal, saying to this instrument greetings from the one known as Oxal.

我是 *Hatonn*。我再一次與這個器皿在一起了。我們為了延遲而抱歉，但是被知曉為 *Oxal* 的實體正在嘗試接觸被知曉為 *Carla* 的器皿。然而，她無法感覺到這種接觸。因此，我們將為 *Oxal* 繼續，並對這個器皿說來自于被知曉為 *Oxal* 的實體的致意。

The one known as Oxal is concerned lest he be misunderstood in this group, for there has been in this group, shall we say, an impostor using his name. Therefore, the group consciousness of Oxal asks each of you to be in total at-one-ment at any time that the name of Oxal is heard in this group, for it is not wise to allow astral entities to deal with this group in its present configuration. We must explain that there is nothing intrinsically wrong with astral beings in general, but specifically mimicking a Confederation member by an astral being is very confusing to those who would believe the channeling of such beings. Thus, we ask your help in the future, as you call it, and we thank you.

被知曉為 *Oxal* 的實體擔心，免得他會在這個團體中被誤解了，因為在這個團體中已經有，容我們說，使用他的名字的一個冒名頂替者了。因此，團體意識 *Oxal* 請你們每一位都在任何 *Oxal* 的名字在團體中被聽到的時候處於完全的一體性之中 (*at-one-ment*)，因為允許星光層的實體與這個團體在其當前的配置中打交道是不明智的。我們必須解釋，對於一般而言的星光層的存有是沒有任何本質性地錯誤的，但是一個星光層的存有對一個星際聯邦的成員的具體地模仿，對於那些

相信這樣的存有的管道的實體是非常令人混淆的。因此，我們請求你們在未來中，如你們對它的稱呼一樣，的幫助，我們感謝你們。

At this time we would open the meeting to questions.

在此刻，我們會對提問開放集會。

(Pause)

(暫停)

If there are no questions requested of us at this time, we would leave you with only a few thoughts, my friends.

如果在此刻沒有問題要詢問我們，我們會僅僅帶著一些想法離開你們，我的朋友們。

You know that love is all that there is. You may think of it as the great medicine that is needed by your peoples. You may think of yourself as a healer, for the one who loves heals. There are different methods and different levels of healing, peace-making and calming the troubled waters of your ever turbulent society. Among the millions of you who are incarnate on the planet Earth, some have the power to heal nations through what you call your politics. Some have the ability to heal the hunger for knowledge through what we call teaching. Some have the ability to heal sickness and ill health. Some can heal melancholy, some loneliness, but all work through the vibration of love. There is a great sea of love around you, my friends. Float on it, rest in it. There is nowhere you can go that is not full of love, if you have but the eyes to see and the heart to understand. In meditation, may your hearts be opened to that understanding.

你們知道愛就是一切萬有。你們可以將它考慮為被你們的人群需要的偉大的醫學。你可以將你自己考慮為一個療愈者。對於一個愛療愈的物件而言，療愈，創造和平，以及讓你們一直都是動亂的社會的麻煩的水域平息下來，會有不同的方法與不同的層次。在你們數百萬的在行星地球上投生的實體當中，一些人擁有力量的來通過你們稱之為你們的政治的事物來療愈國家。一些人擁有能力通過我們稱之為教導的事物來療愈對知識的饑渴。一些人擁有能力去治癒疾病和不健康。一些人能夠療愈憂鬱，一些人能夠療愈孤單，但是所有都是通過愛的振動來工作的。我的朋友們，在你們周圍會有一個巨大的愛的海洋。在其上漂流，在其中休息。沒有任何你們能夠去的地方不是充滿了愛的，只要你們擁有眼睛去看並擁有心去理解。在冥想中，祝願你們的心向著那種理解開放。

I leave you in the love and the light of the infinite Creator. I am of the group consciousness of Hatonn. Adonai vasu borragus.

我在無限造物者的愛與光中離開你們。我是屬於 *Hatonn* 的團體意識的。 *Adonai vasu borragus*。

Note: A storm was raging outside.

[1]注釋：一場暴風雨正在外面肆虐。

August 2, 1979

1979-08-02 Hatonn : 愛的播種者

(Carla channeling)

(Carla 傳訊)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. We, of the Confederation of Planets In the Service of the Infinite Creator, can greet you only with these words, for they describe all that there is, my friend—love and light; for the Creator is love, and it is our understanding that that love, working through motion, or vibration, or, as you may call it, light, has created all that there is in an infinite panoply of beauty and order and unity, so that we are all one divine and unified being, with but one purpose, my friend. And that purpose is to give back that which has been given us so freely.

我是 *Hatonn*，我在無限造物者的愛與光中向你們致意。我們服務與無限造物者的星際聯邦，僅僅只用這些詞語來向你們致意，因為它們描繪了一切萬有，我的朋友們——愛與光，因為造物者就是愛，我們的理解是，愛，通過運動，或者振動，或者如你們可能稱呼它的一樣，光進行工作，已經用一個具有美麗、秩序與統一性的無限的壯麗的陳列，創造出了一切萬有了，因此，我們全都是一個神聖而統一的，並僅僅帶有一個目的的存有，我的朋友。那個目的就是要將已經如此自由地被給予了我們的事物返還回去。

And what is it that has been given us, my friend? For we are all so different, and so many different things have been given us. Yes, my friends, we are aware that your circumstances differ. Some may have more of a supply of worldly goods than others, some a greater supply of what you on your planet term the intellect, some a greater supply of strength, some a greater supply of courage; and, certainly, all feel they have a greater supply of difficulties and problems. But we are not speaking, my friends, of this one gift, when we speak of any of these, for these are not gifts at all, but limitations that you have chosen for this experience. What you have in common, my friends, is consciousness.

我的朋友們，已經被給予了我們的事情是什麼呢？因為我們全都是如此不一樣的，如此多不同的事物已經被給予了我們了。是的，我的朋友們，我們察覺到你們的環境是有差異的。一些環境可能比其他的環境擁有一更多的一種世俗的商品的供給，一些環境擁有一種更大的你們在你們的星球上稱之為智慧的事物的供給，一些擁有一種更大的力量的供給，一些擁有一種更大的勇氣的供給，肯定地，所有人都感覺到它們擁有一種更大的困難與問題的供給。但是，我的朋友們，當我們談及這些供給中的任何事物的時候，我們不是在說這個供給是一個禮物，因為這些完全不是禮物，而是你們已經為這次選擇選擇了的局限性。你們共同擁有的事物，我的朋友們，是意識。

Could you but strip away the layers and layers of concept and illusion that furnish your mind, you would find that the original Thought in which you are

molded is that of love made conscious of itself. Each of you, my friends, is love.

只要你們能夠將裝飾了你們的心智的一層又一層的觀念與幻象都剝掉，你們就會發現你們通過其被塑造的那個原初的想法，就是那個意識到其自身的愛的想法。你們每一個人，我的朋友們，都是愛。

How can this be a practical piece of knowledge? How can you use this in your life? That is why we are in your skies at this time. That is why we are attempting to speak through instruments such as this one, to those people of your planet who are hungry for some words that make sense amidst so many words that do not.

這如此能夠成為一條實踐性的知識呢？你們如何在你們的生命中使用這個知識呢？那就是為什麼我們在此刻在你們的天空中的原因了。那就是為什麼我們正在嘗試去通過諸如這個器皿之類的器皿發言了，嘗試對你們的星球上的那些對一些會在如此多的沒有道理的話語當中的有道理的話語感到饑渴的人發言的原因了。

All of you [are] aware of the transforming power of love. Each of you has seen it at one time or another—the touch of a hand, the difference a smile or a kind gesture might make to a stranger. And we say to you that there is a method by which you can tap into the infinity of the universal supply of this love. We do not say a great deal [about] the Creator to you, because we do not know about the Creator. We are, as you, fallible, imperfect, unsure—but a little surer than you, my friends, for in the vibration which we now enjoy we can see that our brothers are one with us, so that to do harm to them is only to do harm to ourselves. We cannot lie, for our thoughts are visible to those about us, just as your clothing is obvious to those about you. Our vibrations are visible; thus, there is no deception, and there can be no confusion between people. We no longer even have names, for we do not need them. We were aware of your conversation earlier about names, and it made us smile—for, indeed, in our society we do not need to name an individual, for each individual vibrates in a unique manner and could not possibly be mistaken for another person. Seeing the vibration that is based upon the great octave of love in each person, we thus love each person. But that is easy for us; it is not easy for you.

你們全都察覺到了愛的轉變性的力量了。你們每一個人有已經在這樣或者那樣一個時間看到過它了——一隻手的接觸，一個微笑或者一個好心的姿勢可能會對一個陌生人產生出的作用。我們對你們說，會有一種方法是你們能夠藉由其接入到這種愛的宇宙的供給的無限性之中的。我們並未對你們說很多關於造物者的事情，因為我們並不知道造物者。我們和你們一樣，是易於犯錯的，是不完美的，是不確信的——但是，我的朋友們，我們是比你們僅僅更加確信一點點的，因為在我們現在享受的振動中，我們能夠看到我們的兄弟姐妹與我們是一體的，因此，要對它們造成傷害，僅僅是對我們自己造成傷害。我們無法說謊，因為我們的想法對於那些在我們周圍的人是可見的，就好像你們的衣服對你們周圍的那些人是明顯的一樣。我們的振動是可見的，因此，沒有欺騙，在兩個人之間無法存在有混淆。我們甚至不再擁有名字，因為我們並不需要它們。我們瞭解之前你們關於名字的談話，它讓我們笑了——因為確實，在我們的社會中我們並不需要

為一個個體命名，因為每一個個體都是用一種獨一無二的方式振動，且不可能將一個人與另一個人搞錯了。在看到了在每一個人身上以愛的偉大的八度音程為基礎的振動的時候，我們因此愛每一個人了。但是，那對於我們是容易的，它對於你們不是容易的。

Through meditation on a daily basis the people of your planet—even though they are in the midst of incredible turmoil of one kind or another—can gradually erode and remove the illusion of that turmoil and discover that which is calm, peaceful and yet ever moving; that which is the fountain of love within each being.

通過用一種每日進行的方式進行冥想，屬於你們的星球的人——即使它們是出於這樣活著那樣一種類型的不可思議的混亂之中的——能夠逐漸地腐蝕並移除那種混亂的幻象，並發現那個平靜的，平安的，而又不斷移動的事物，那就是在每一個存有內在之中的愛的基礎了。

We do not promise you great power, although some souls have been known to find great power through simple meditation. We do not promise great riches, although we can promise you that those who are aware of the moment receive what they need in that moment. We cannot promise you peace of mind, though you will constantly go back into the world. You cannot stay in meditation, unless you wish to stop learning. Coming from meditation with your heart full of love, it is then time to meet the world on its own terms, but with a smile on your lips in the face of that which may make you upset were you not centered in the awareness of yourself in this present moment, safe in a harbor of love that extends throughout the universe.

我們並不對你們許諾巨大的力量，儘管一些靈魂已經被知曉通過簡單的冥想找到了巨大的力量。我們並不許諾巨大的財富，儘管我們能夠對你們許諾，那些察覺到了當下的人會接收到在那個當下中它們需要的事物。我們無法對你們許諾心智的平安，儘管你們將會持續不斷地返回進入到塵世之中。你們無法留在冥想中，除非你們希望停止學習。帶著你們充滿愛的心離開冥想，在那個時候就是去，在塵世其自身的意義上與這個塵世相會的時刻了，但是，如果你沒有在這個當下一刻中處於對你自己的察覺的中心位置上，並在那和延伸貫穿整個宇宙的一個愛的港灣中是感到安全的話，在面對可能會使得你們不快的事情的時候，請在你們的唇上帶有一種笑容。

So many people you meet, my friends—and we are aware of this—are polarized, shall we say, in a negative way. This is not their fault. In their own minds they are trying as hard as they can. In their own minds they are not attempting to be negative, for the most part. They are victims of their own conditioning. And yet, when you meet them you must deal with them, whether they be in stores or in cars or among your friends when they are having a bad day. Even you yourself may be met by you the observer with some horror as you say to yourself, "Can that be me? Can I be this upset, this angry?" Let the part of you that has been found in meditation, that part which is infinite in love, be the self that meets that situation. Find the humor that is hiding in the situation. See the love that is hiding in the person, and make

available to that person for the first time the seed of an idea—the idea that it might be possible that there is something that he does not know that he may want to know, that it might change him to know.

我的朋友們，如此多的你們遇到的人——我們察覺到這一點了——是用一種負面性的方式，容我們所，被極化了的。這不是它們的過錯。在他們自己的頭腦中，它們，絕大部分，並不是在嘗試去成為負面性的。它們是它們自己的條件反射作用（*conditioning*）的受害者。而當你們遇到它們的時候，你們必須在他們正在經歷一個糟糕的日子的時候與它們打交道，無論它們是在商店中，或者在汽車裏，或者在你們的朋友當中。甚至你自己可能在這樣的時候會帶著某種嫌惡被你這個觀察者遇到，在那個時候，你會對你自己說，“我怎麼能夠是那樣子的？我怎麼能夠這樣不快，這樣憤怒？”讓你的那個在冥想中已經被找到的部分，那個在愛中是無限的部分，成為面對那個情況的自我。找到隱藏在那個情況中的幽默。看到在人中隱藏著的愛，並第一次讓一個觀點的種子可以為那個人所取得——那個觀點即，會有可能會有某個他並不知道，而他可能先要知道的事情，知道這個事情可能會改變他。

We do not say to speak, to testify—as some of your religions call it. No, my friends, you are sent into the world—as it is written in one of your holy works—as sowers to sow a seed here and a seed there. Many will fall where they will not grow. But the seeds of love are the most valuable and precious seeds in your universe. The Creator has sown them all about you; the beauty of the trees breathes with love, the wild life, the flowers, and all of your beautiful grasses, herbs and foods cherish humanity, make it possible for it to live and send it love. The very skies give you wind and rain and sunshine so that you may live and grow your crops and enjoy your existence. This much the Creator can do. Beyond that, you are the Creator, and it is the look in your eye or the touch of your hand or the way you can give love in an unlovely situation that produces the future crop of love in those about you.

我們這樣說並不是為了發言，為了作證——如你們的一些宗教信仰稱呼它的一樣。不是的，我的朋友們，你們是被送入到世界中的——如在一部你們的神聖著作中被寫到的一樣——作為播種者來在這裏那裏播下一粒種子。很多的種子將會落到它們將不會生長的地方。但是愛的種子是在你們的宇宙中最有價值與珍貴的種子。造物者已經將它們播種在你們周圍的所有事物中了，樹木的美麗帶著愛呼吸，野生的生命，花朵，以及所有你們美麗的青草、草本植物以及食物養育了人類，並使得它有可能或者並送給它愛。就在你們頭頂的天空給與了你們風、雨陽光，這樣你們就可以活著，種植你們的莊稼，並享受你們的存在性了。這就是造物者能夠做的大量事情了。除此之外，你們就是造物者，就是在你們的眼中，你們的手的觸碰中，或者你們能夠在一個不可愛的情況中給予愛的方式中，產生出了在你們周圍的那些人身上的未來的愛的莊稼了。

And so we say to you, my friends, go into meditation in whatever fashion you may wish. Consciously ask to know the truth. If we have not told you the truth, then find yours, for we tell you only what we know, and we are imperfect. But in all good faith, we ask you to seek for yourself. And then, after you have sought in your daily life, seek then to know the moment—each simple, discreet moment. It will not come again—your chance to be a creature who is

a child of love in that moment will not come again—so we ask you to remember from moment to moment what you have learned in the silence.

因此，我們對你們說，我的朋友們，用無論什麼你們可能希望的方式，進入到冥想之中。有意識地請求去知曉真理。如果我們尚未告訴你們真理，那麼去找到你們的真理，因為我們僅僅告訴你們我們知道的事情，我們是不完美的。但是，我們完全真誠地，請你尋求你自己。接下來，在你已經在你的日常生活中尋找過之後，接下來尋求去知曉當下——每一個簡單的，審慎的當下。它將不會再一次出現——你們在那個當下中去成為一個愛的孩子之所是的創造物的機會將不會再一次出現——因此，我們請你們時不時地回憶起，你們在靜默中已經學會的事物。

We are aware that we have outlined a course of action which, were it to be compared to a sea voyage, would be a lifetime voyage. That is all right, my friends. It is our understanding that it is for that voyage that you set out on this incarnation. At least, you are now thinking about taking ship. Some of you have already embarked. You shall become, then, those with the far-away eyes who can touch and help those upon the land who do not yet know that life is a voyage and that there is a purpose: a new world to be found at the end of it.

我們察覺到，我們已經勾勒出了一條行動的路線了，如果它要與一個海洋的航程進行比較的話，它會是一個生命的航程。那是完全沒問題的，我的朋友。我們的理解是，就是為了那條航程，我們踏上了這次投生了。至少，你們正在考慮乘船。你們中的一些人已經登船了。你們將會，接下來，成為那些視線很遠的人，你們能夠接觸並幫助那些在陸地上，且尚未知曉生命是一條航程，有一個目的，且一個新的世界將會在它結束的時候被發現的人。

This experience of yours, my friends, in this illusion will end. Each of you will leave, and then you shall see what you have done in this experience. This is a precious time for you, my friends. This is a time when, under the most difficult of circumstances, you can try to help. That help can be given effectively only from one person to another, in the illusion.

我的朋友們，你們在這個幻象中的這次體驗，將會結束。你們每一個人都將會離開，接下來，你們將會看到你們在這個體驗中已經完成了的事情。這對於你們是一個寶貴的時刻，我的朋友們。這是一個，在處於最為困難的環境中的時候，你們能夠嘗試去幫助的時刻。那種幫助僅僅能夠在幻象中，從一個人到另一個人，被有效地給予。

We who are within what you might call the inner planes or the outer planes of existence can only seek to inspire you yourselves to act in such a way as to seek the truth.

我們這些處於你們可能稱之為存在性的內在層面或者外在層面中的實體，僅僅能夠尋求鼓勵你們自己用這樣一種方式行動，以便於尋求真理。

At this time we will pause and condition each of those within the group. I am Hatonn.

在此刻，我們將暫停並調節每一個在團體中的實體。我是 *Hatonn*。

(Pause)

(暫停)

I am again with this instrument. I am Hatonn, and I greet you once more in love and light. We thank each of you for making yourselves available to us for conditioning, and we ask that if, in any case, our vibration is too strong you simply request mentally that we adjust our vibration.

我再一次與這個器皿在一起了。我是 *Hatonn*，我在愛與光中再一次向你們致意。我們為你們讓你們自己可以為我們的所利用以進行調節而感謝你們每一位，我們請求，如果在任何情況中，我們的振動是過於強烈的，你們單純地在心智中請求我們調節我們的振動。

At this time we would open the meeting for questions.

在此刻，我們會對問題開放集會。

(Pause)

(暫停)

M: I have a question. I was wondering if you have any insight or comments on any possible reason why I might have such problems getting up physical energy. I feel I exercise regularly and feel like my diet is fairly under control and still I feel almost like it must be some mental or psychic problem more than physical even, maybe.

M：我有一個問題。我想知道是否你們在關於我可能會在提升身體能量上遇到這樣的問題的任何有可能的原因的方面有任何的洞見與評論？我感覺到我規律性地進行練習，並感覺似乎我的飲食是相當有控制力的，我仍舊感覺到幾乎就好像它必定更多地是某種心智上的或者心靈上的問題，而也許甚至不是身體上的問題。

I am Hatonn. I am aware of your question, my sister. We see in your body no significant difficulty. However, there is a certain amount of indecision at this time which is very deep. We do not specify this, for we do not wish to infringe upon your free will. However, this type of emotional difficulty is very common for those of, shall we say, a certain transitional period which comes and goes within the life span, as you would call it, of beings of your planet. It occurs many times in a lifetime, and we feel strongly in saying that you are, shall we say, all right and should be confident that the problems of transition will run their course as you stay centered, as you have said, physically, mentally and spiritually. Some things simply take time, as you would call it on your sphere, and it is good meanwhile to be very kind to yourself, assuring yourself that to have less energy than at another time is simply a way of conserving the energy that you need to meet an inner source of difficulty.

我是 *Hatonn*。我瞭解了你的問題了，我的姐妹。我們在你的身體中沒有看到重大的困難。然而，在此刻會有一定數量的無決斷力是非常深入的。我們不會對此進行詳細說明，因為我們並不希望侵犯你的自由意志。然而，對於那些具有在你

們的星球的存有的，如你們對它的稱呼一樣，生命跨度中會來來去去的一定的轉變性的時期的實體，這種類型的情緒性的困難是非常平常的。它會在一次生命中多次發生，我們強烈地感覺到要這樣說，你是，容我們說，沒問題的，你應該對轉變的問題將會在你在身體上，心智上與靈性上，容我們說，留在中心處的時候按照它們的軌道前進有信心。一些事情單純地要花費時間，如你們在你們的星球上稱呼它的一樣，同時對你自己是非常友好的，並對你自己確信，比在另一個時候擁有較少的能量單純地是一個保存能量的方法，你需要那些能量來面對一種內在源頭的困難，這是很好的。

As for the psychic part of the question, there is a small component of the transitional phase having to do with previous conditioning of a spiritual nature, and we feel that you are making good progress in integrating what was best of that experience with what is best of your present life, which is a more balanced one in many ways. Thus, taking the good from the past and having every hope of the future, we feel that you may balance yourself in a period of what you call time and feel much more energetic when the other problems are resolved. At that point you will feel more (inaudible) in an outer way and more serene in an inner way.

在關於問題的靈性的部分的方面，會有與之前的具有一種靈性的屬性的調節作用聯繫在一起的轉變的階段的一個小小的組成部分，我們感覺到你在將那個體驗的最佳的部分與對於你當前的生命是最佳的事物整合起來的方面，正在做出良好的進展，你當前的生命用很多方式是一種更為平衡的生命。因此，從過去取得有益的事物，並對未來抱有希望，我們感覺到你可以在一個你稱之為時間的時期中平衡你自己，並在其他的問題都被解決了的時候感覺到遠遠更加有活力了。在那個位置上，你將會用一種外在的方式感覺到更多的（聽不見），而用一種內在的方式感覺到更多的寧靜。

As we have said, this is a cycle and, as all things within the illusion, it is part of an experience that you have designed for yourself in order to teach you certain lessons. Again, we would not infringe upon your free will by speaking of the lessons which you have set for yourself. But we know that you are working to understand, and we encourage you and, above all, ask that you be confident and not require more of yourself than you would be able to give at any particular moment. You are doing what you should if you do it with love, however little or however much it may seem to you.

如我們說過的一樣，這是一個週期，如同在幻象中的所有事物一樣，它時候你已經為你自己設計的一個體驗的一部分，以便於教導你一定的課程。再一次，我們不會藉由談及你已經為你自己設置好的課程而侵犯你的自由意志。但是我們知道你正在為了理解而工作，我們鼓勵你，最重要的是，我們請你有信心，不要對你要求比在任何特定的時刻你能夠給予的事情更多的事情。你正在做你應該做的事情給，如果你是帶著愛來做它的話，無論它可能看起來似乎對於你是多麼小，或者多麼大。

Does this answer your question, my sister?

我的姐妹，這回答了你的問題嗎？

M: Yes. You've even stated the question better for me than I have; you heard my question better than I said. Thank you.

M: 是的。你們已經甚至比我已經表述過的更好地講述了問題了，你們比我說過的內容更好地聽到了我的問題了。

Oh, we thank you, my sister, as always, for the opportunity to share our thoughts. Is there another question at this time?

哦，我們一如既往，為去分享我們的想法的機會，感謝你，我的姐妹。在此刻有另一個問題嗎？

(Pause)

(暫停)

This instrument has a question which we will restate for her and answer, for she has been wanting to ask it; we have not had another channel for some time.

這個器皿有一個問題，我們將會為她重新陳述問題，並回答它，因為她一直都在等待詢問它，我們已經有一些時間沒有使用過另一個管道了。

The question has to do with the number of UFO movies and television shows which are appearing at this time, and she has been wondering if we are influencing Earth people or if there are extraterrestrials among you.

問題是與在此刻正在出現的 UFO 的電影與電視節目的數量聯繫在一起的，她一直都感到奇怪，是否我們正在影響地球人，或者是否在你們當中會有外星人。

The answer is, of course, that we are with each of you who ask to hear our thoughts but that there are some among you who have come through incarnation into this illusion, but whose basic personality is, shall we say, extra-terrestrial or extra-dimensional; this would probably be the more accurate term. And, indeed, the generation that is responsible for much of the new activity in these areas within the popular culture of your society is extra-dimensional in nature.

當然，答案是，我們與你們每一位請求去聽到我們的想法的實體在一起，但是在你們當中會有一些實體是已經進入到幻象中以穿越投生的，而這些實體的基本的人格，容我們說，是外星的或者外部維度的，這有可能會是更加準確的詞語了。確實，要為大量的在你們的社會的流行文化中的這些區域中的新的活動負責任的世代，在屬性上是外部維度的。

We are not capable, without infringing upon free will, of actually writing, shall we say, television scripts or influencing the minds of people in the business of producing such things to create such scripts as those which have been seen by your peoples. However, we are very pleased that so many of those who came to the Earth sphere during this time have remembered or are beginning subconsciously to remember why they came, for it is very usual in such cases for at least nine out of ten of these incarnated extra-dimensional people to forget for their entire incarnation why it is that they have such a feeling of not

belonging, why it is that they do not fit in, why it is that their natures seem so often at odds with society.

我們，在不侵犯自由意志的情況下，是無法實際上寫作，容我們說，電視劇本，或者影響在產生這樣的事物的商業中的人的頭腦，以創造出諸如已經被你們的人群看到的劇本之類的劇本的。然而，我們非常高興，如此多的這個時期期間來到地球上的實體已經回憶起，或者正在開始潛意識地回憶起為什麼它們來到這裏，因為，在這樣的情況中非常通常的事情是，這些投生的外部維度的人百分之九十會在它們整個投生中都忘記為什麼它們擁有這樣一種沒有歸屬的感覺，為什麼它們並不適應，為什麼它們的屬性看起來似乎與社會如此經常地是不一致的。

We feel that this has answered the instrument's basic question. Is there another question at this time?

我們感覺到，這已經回答了這個器皿的基本的問題了。在此刻會有另一個問題嗎？

(Pause)

(暫停)

D: What could you all ... do you see any value in using astrology as a tool to understanding cycles—the sort of cycles you spoke about earlier?

D：你們全都能夠.....你們會在將星象學用作一個工具來理解週期——那種你們之前談到的週期——的方面會看到任何價值嗎？

I am with the instrument. I am Hatonn. We are aware of your question. It is a difficult one to answer.

我與器皿在一起了。我是 *Hatonn*。我瞭解了你的問題。它是一個很難回答的問題。

There are many occult sciences, shall we say, such as astrology, which have some use. They have been largely misused among your peoples as a way of prophesying, and this has overtones of infringing upon free will by suggestion. This is not in line with the law of the Creator, which is one of free will and love. Your world is not deterministic, and your stars, shall we say, are merely pointers pointing the way, as you know, to the basic structure of your Earthly personalities. You are also provided with a will which, following the laws of the Creator, can totally transform the basic Earthly personality, if it so desires; most often it does not. Therefore, the system or language, such as astrology, has its purpose in simply helping the aspiring student of himself to begin to understand what it is he is dealing with, what his basic problems are, what his assets might be, etc.

會有很多的，容我們說，秘傳的科學，諸如星象學，是擁有某種用處的。它們已經在你們的人群中大量被誤用為一種預言的途徑了，這會藉由暗示而擁有侵犯自由意志的弦外之音了。這與造物者的法則並不是一致的，造物者的法則是具有自由意志和愛的法則。你們的世界不是決定論的，你們的星星，容我們說，僅僅是指出了通往你們的世俗人格的基本構架的，如你們知曉的一樣，道路的箭頭。你同樣也是被提供了一種意志的，服從造物者的法則，這種意志能夠完全轉變基本

的世俗的人格，如果它渴望這樣的話，極其經常地，它不會渴望這樣。因此，諸如星象學之類的系統或者語言，會在單純地幫助有志向的學生靠它自己開始理解，它正在與之打交道的事物是什麼，基本的問題是什麼，它的有利條件是什麼，等等的方面會擁有它的目的。

In the determination of cycles, we might compare the value of astrology to the value of an almanac in determining the planting and the reaping of a crop. There is some technical value to knowing what the new moon is, what the full moon is, but you must know what you plan to plant, and this astrology does not tell you any more than the almanac can tell you by a simple explanation of the phases of the moon. The almanac, like astrology, can be mistaken about the precise placement of storms, be they weather storms or storms of emotion that sweep over those in your illusion. Consequently, astrology, just like the almanac, can lead you astray if you are too literal-minded, if you do not rely most completely on your own hunches, on your own intuition, on your own feelings.

在對週期的確定的方面，我們可以將星相學的價值與在確定一種莊稼的種植與收割的方面的一種農曆相比較。知曉新月是什麼，滿月時什麼是會有某種技術性的價值的，但是你們必須要知曉，你們計畫去種植什麼，這種星相學並不會告訴你們比農曆能夠藉由一種對月相的簡單的解釋告訴你們的事情更多的事情。月相，和星相學一樣，在關於暴風雨的準確的定位的方面能夠是錯誤的，無論它們是天氣的暴風雨，還是橫掃那些在你們的幻象中的人的情緒的風暴。因此，星相學，就好像農曆一樣，是能夠讓你們誤入歧途的，如果你們在頭腦中是過於字面性地理解的話，如果你們並沒有極其完全地依賴於你們自己的直覺，你們自己的預感，你們自己的感覺的話。

Perhaps the best use of astrology and many of the other disciplines, such as tarot, numerology, and the others, is as a focusing point, shall we say, for the psychic power of the individual. It may be quite small to begin with, but by working through this particular system, your own power of intuition begins to develop, and you see more than what is in the stars or in the cards or in the numbers, and you see better. You, unlike the stars, are creatures of compassion and love. The stars in their courses are, indeed, determined. You, my friends, have free will. Thus, we ask you to approach astrology as everything else, in a cautionary manner, trusting most reliably on your own senses, both outer and inner—your common sense and your intuitive sense. 也許星相學以及諸如塔羅，數位命理學之類的很多其他的修煉的最佳的使用，是作為供個體的心靈力量使用的一個，容我們說，聚焦點。它開始的時候可能是相當小的，但是藉由通過這個系統進行工作，你們自己直覺的力量開始發展了，你們看到了比在星星中，或者在紙牌中過，或者在數字中更多的東西，你們更好地看到了。你們，和星星不一樣，是具有同情心與愛的生物。星星在它們的軌道中，確實是被決定好的。我的朋友們，你們擁有自由意志。因此，我們請你們用一種謹慎的方式對待星相學，如同對待每一個其他事情一樣，並極其依賴地信任你們自己的感知，同時是外在與內在的感知——你們的常識與你們的直覺性的感知。

Does this answer your question?

這回答了你的問題嗎？

D: (Inaudible).

D : (聽不見)

Is there another question at this time?

在此刻有另一個問題嗎？

(Pause)

(暫停)

We are aware of a couple of unasked questions in the minds of a few of you, but we are unwilling to break into your thoughts, shall we say, and raid the storehouse of your memory. Consequently, we will only say that we are available to you at any time that you may ask for us. We are your very humble companions. But what little help we can give you, we offer you freely.

我們察覺到在你們一些人的頭腦中的幾個未被詢問的問題，但是我們不願意闖入你們的，容我們說，想法，並掠奪你們的記憶的倉庫。因此，我們將僅僅說，我們在任何你們可能請求我們的時候都是可以為你們所利用的。我們是你們非常謙遜的夥伴。但是我們能夠給予你們的無論什麼小小的幫助，我們都會自由地給予你們。

If at any time we are with you and you request that we leave, we will instantly. And on that note we will close this meeting. We will attempt to transfer this contact to the one known as H. I am Hatonn.

如果在任何我們與你們在一起的時候，你們請求我們離開，我們將會立刻離開。在說明了那一點之後，我們將結束這個集會。我們將嘗試將這個接觸轉移到被知曉為H的實體。我是Hatonn。

(Tape ends.)

(磁帶結束。)

August 9, 1979

1979-08-09 Hatonn : 幻象的完整性

(Carla channeling)

(Carla 傳訊)

I am Hatonn, and I greet you in the love and the light of the infinite Creator. We thank you for summoning us on this evening, and we express our appreciation to you for inviting us into your domicile at this time. We are aware that each of you has had a busy and a trying day, and to know that you are making room for meditation is very heartwarming to us, for to find companions on the spiritual path is, indeed, a great pleasure, as always.

我是 Hatonn，我在無限造物者的愛與光中向你們致意。我們為你們在今晚召喚我們而感謝你們，我們為你們在此刻邀請我們進入到你們的住所而表達我們對你們的感激。我們察覺到，你們每一個人都已經經歷過一個忙碌的日子，一個艱難的日子，知曉你們正在為冥想留出時間，這對於我們是非常令人鼓舞的，因為在靈性的道路上找到同伴，確實一如既往，是一種巨大的快樂。

This evening we would talk to you about the strength and the keenness of your desire. We will talk to you about something that you do not think about enough, and that is how complete the illusion is in which you now exist.

今晚，我們會對你們談及你們的渴望的強度與銳利。我們將和你們談談某個你們並未足夠多地進行思考的事情，那就是你們現在存在於其中的幻象是多麼完整。

Your physical vehicles are, at this point, in what you would call a seated position, held downward by a force which you do not explore but simply take for granted. What would occur, my friends, if suddenly gravity were reversed and you were flying toward the ceiling? Could you think fast enough that your heads would not come into contact with the ceiling before your feet whirl around? Would you land on your feet?

在這個位置上，你們的物質性載具是處於你們稱之為一個坐著的姿勢的狀態中的，你們被一種你們尚未探索，而單純地是認為是理所當然的力量往下拉的。我的朋友們，如果突然間重力被倒轉了，會發生什麼事情呢，你們會飛向天花板嗎？你們能夠足夠快地思考，以至於你們的頭不會在你們的雙腳亂成一團之間接觸到天花板嗎？你們會用你們的雙腳著陸嗎？

When you walk down the street you expect that no buildings would fall upon you, that people's heads will remain attached to their bodies and will not come hurtling at you. You do not find a high risk in simple actions. Do you realize, my friends, how carefully the illusion has been planned so that you do not have to be aware of the safety of your physical vehicles? You have your gravity, you have your energy fields, you have your physical universe in which your very fragile physical can make its way with a minimum amount of danger.

當你們沿著街道行走的時候，你們會期待，不會有建築物會倒在你們身上，人的頭將會保持連接在它們的身體上，並將不會朝你飛過來。你們不會在簡單的行動

中發現一種很高的風險。我的朋友們，你們意識到了嗎，幻象是已經怎樣被仔細地設計，這樣你們就不必小心你們的物質性載具的安全了？你們擁有你們的重力，你們擁有你們的能量場，你們擁有你們的物質性的宇宙，你們非常脆弱的身體能夠帶著一種最小數量的危險在宇宙中前進。

Why do you think this is, my friends? And why is it that so many people, instead of taking the opportunity of this safety from imminent danger to meditate and to try to penetrate the desire of their lives, simply find more and more comfort to enrich the luxury of their lives, if you would call it that?

我的朋友們，為什麼你們認為會是這樣的呢？為什麼如此多的人，不是利用這種遠離近在眼前的危險的安全的機會去冥想並嘗試去洞悉它們生命的渴望，而單單去找到越來越多的舒適來豐富它們的生活的奢侈，如果你們希望那樣稱呼它的话？

There are people that dwell upon your sphere who live in a very high-risk situation at all times. No, my friends, gravity is not reversed, nor do things hurtle at them from others, except in war. But there are other dangers: there is hunger and thirst, being too cold and too hot, and too wet and too dry, passing the parameters of your physical vehicle. And in these high-risk situations many among your species pass from existence in your dimension. But you yourselves, my friends, you are not in such an area. You have incarnated into a physically easy, simple, comfortable number of parameters of existence.

會有一些居住在你們的星球上的人是在所有時間都生活在一種高度冒險的情境中的。不，我的朋友們，重力沒有被倒轉，事情也沒有從其他人向它們沖過來，除了在戰爭中之外。但是，會有其他的危險：會有饑餓與口渴，過於寒冷與過於炎熱，過於潮濕與過於乾燥，超過了你們的物質性載具的參數。在這些高度冒險的情況中，在你們的物種中很多人離開了在你們的維度中的存在性。但是，你們，我的朋友們，你們自己不是處於這樣一個區域中的。你們已經投生進入到一種物質性的方面是容易，簡單，舒適的存在性的參數之中了。

What shall you do with this opportunity, my friends? Much has been taken from your worry that you may turn your will and your desire more deeply into the mystery of who you are and where the truth lies that suffuse your identity. Do you really wish to know? Have you sought in meditation today, even for a few seconds, that link with the Creator that gives you the key that unlocks the door to knowledge of yourself? What do you know of yourself besides the fact that you are comfortable and that you enjoy comfort? You have been placed into this world by yourselves for experience, but you are not to be hungry and at risk by bullets, by tidal waves, by heat, by exhaustion. For what, then, were you put into this world?

我的朋友們，你們將會用這個機會做什麼呢？大量的事物已經不用讓你們憂慮了，以至於你們可以將你們的意志與你們的渴望更為深入地轉入到充滿了你們的身份的對於你們是誰以及真理存在於何處的神秘中了。你們真的希望知道嗎？你今天已經在冥想中尋求過了嗎，即使是幾秒鐘，冥想將你與造物者連接起來，造物者會給予你要是來打開那扇通往你自己的知曉的大門？除了你是舒服的，以及

你喜歡舒適的事實之外，你瞭解你自己什麼嗎？你們已經被你們自己放入到這個世界中來取得體驗，但是你們並不是饑餓的，並且是因為子彈，潮水，炎熱，筋疲力盡而處於危險中。那麼，你們是為了什麼事情而被投入到這個世界中了呢？

Many are the laws of love which you have discovered, and for that we congratulate you. But we tell you that you have only scratched the surface of your own consciousness. We tell you that there is a vast geography beneath the surface of your knowledge of yourself, and in this area of yourself lies an understanding that goes beyond comfort, beyond the physical body, beyond the physical life that you know. How can you seek less, my friends, even for one day?

很多的事情是你們已經發現了的愛的律法，我們為此而祝賀你們。但是我們告訴你們，你們僅僅已經抓破了你們自己的意識的表面。我們告訴你們，在你對你自己的知曉的表面之下會有一個巨大的地形，在這個你自己的區域中，存在有一種超越舒適，超越物質性身體，超越你知曉的物質性生命的理解。你們如何能夠較少地尋求呢，我的朋友們，即使是一天？

We do not ask you to lose your sense of humor, to deny yourself any comfort that you may find pleasant. We ask only that you see the place of these things and the importance of these things relative to the real business of your lives: finding and sharing the truth that is within you.

我們並不是請你失去你的幽默感，去對你自己否認任何你們可能找到愉快的舒適物。我們僅僅你們明白這些事情的位置，以及這些事情相比你們的生命的真正的事業的重要性，那個真正的事業即找到並分享在你們內在之中的真理。

We find within this instrument regret that she has, during this day, failed to be of perfect service to one of her own species. And we say to you in this regard, yes, you must share what you know, but if you cannot share what you know you must not regret your lack. For if what you know is incomprehensible, then to attempt again and again to share it is, as it says in your holy works, to throw pearls before swine. They cannot understand; they will only sicken on such a diet. Thus, allow yourself only to desire to know the Creator in yourself and others. But if the moment has not come for you to be able to demonstrate a teaching, then, my friends, it simply has not come. You were not sent out into the world to change those who were not ready. You must only see in them the possibility that exists for them to, at any time, as you call it, to become aware of that which you may know; thus, never shutting your heart against another, you may bide your time, as you say, and plant those seeds of information, those thoughts of love, when they are asked for, not before.

我們發現在這個器皿內在之中有對於她，在這一天期間，沒有對一個與她自己是同類的人進行完美的服務的後悔。我們在這個方面對你們說，是的，你們必須要分享你們知道的事情，但是如果你們無法分享你們知道的事情，你們不必為你們的不足而後悔。因為你們知曉的事物是無法瞭解的，那麼，去一次又一次地嘗試去分享它，如同在你們的神聖著作中說的一樣，就是去將珍珠扔到豬面前。它們無法理解，它們將僅僅對這樣一頓飯感到作嘔。因此，允許你自己僅僅渴望知曉在你自己以及其他的人內在之中造物者。但是如果讓你們能夠示範一個教導的時刻

尚未出現，接下來，我的朋友們，它單純地尚未出現。你們不是被送入到這個世界中來改變那些沒有準備好的人的。你們必須要僅僅看到，在它們內在之中可能性是為它們存在的，即它們有可能在任何時候，如你們稱呼它的一樣，去察覺到你們可能知曉的事情，因此，永遠都不要對另一個人關閉你的心，你可以等候，如你知曉的一樣，種下那些資訊的種子，那些愛的想法，當他們被請求的時候，而不是在它們被請求之前。

The important thing, my friends, is to remain untouched by success or failure in contact with others. You do not know in a true sense what your manifestation may have been to another, for that is not in your saying within another's experience. You know only what you feel, and that you have as much control over as you do over yourself as a whole. Therefore, let your heart be glad, let your tongue be honest, and let your thoughts dwell upon the Creator. More than that you cannot do. Less than that you should not do. 我的朋友們，重要的事情，就是去對於在接觸其他人的過程中的成功或者失敗保持不為所動。你們並不會用一種真實的意義上知曉，你們的什麼顯化物，可能已經成為另一個人的顯化物，因為，用你們的話說，那不是在另一個人體驗之中的。你們僅僅知曉你們感覺到的事物，你作為一個整體對你自己做了多少事情，你就會對你自己擁有多少控制力。因此，讓你的心開心起來，讓你的舌頭成為誠實的，讓你的想法停留在造物者上，你無法比那做得更多了。你不應該比那做得更少。

(Pause)

(暫停)

I am conditioning each of you, and would like at this time, although the instrument is very fatigued, to say a few words to the one known as Don. I am Hatonn.

我正在調節你們每一位，我們想要在此刻對被知曉為 *Don* 的實體說一些話，，儘管這個器皿是非常疲倦的。我是 *Hatonn*。

(Pause)

(暫停)

(N channeling)

(*N*傳訊)

I am Hatonn. I am now with this instrument. Please pardon us. We felt this ... would endeavor to speak through this (inaudible) at this time, for he is open to our contact with ease.

我是 *Hatonn*。我現在與這個器皿在一起了。請原諒我們。我們感覺到這個.....在此刻會努力通過 (聽不見) 發言，因為他帶著輕鬆是對我們的接觸開放的。

We of the Confederation have some (inaudible) words to be handled. We have been attempting to be of service so that you may speak the truth to those who desire to know the truth. We do not need many words. We use them to aid an understanding; but in reality, my friends, what you seek is very

simple. It is so simple, it is not simple. What you desire to know, you already know. The love you yearn to feel surrounds your body and your thoughts at all times; it has never left; it is always here with you.

我們星際聯邦有一些（聽不加）話要進行討論。我們一直都在嘗試進行服務，這樣你們就可以對那些渴望知曉真理的人說出真理。我們並不需要很多的話語。我們使用它們來幫助一種理解，但是，我的朋友們，實際上你們尋求的事物是非常簡單的。它是如此簡單，它並不是簡單。你們渴望知曉的事情，你們已經知曉了。你們渴望去感覺的愛是在所有的時刻都圍繞著你們的身體與你們的想法的，它從未給離開過，它一直都在這裏與你們在一起。

At this time we will attempt to step up our conditioning rays, so to speak, to bring you closer together as a group during this meditation. We will pause for a moment.

在此刻，我們將嘗試去，可以說是，升高我們的調節性的光，以讓你們在這次冥想中作為一個團體在一起更加接近。我們將暫停一會兒。

(Pause)

（暫停）

I am Hatonn. Again I am with you. The illusion that you now live, my friends, will distract you very easily, as you know; but in reality it is an illusion.

我是 *Hatonn*。我再一次與你們在一起了。你們現在生活的幻象，我的朋友們，將會非常容易地讓你們分心，如你們知曉的一樣，但是實際上，它是一個幻象。

Your progress spiritually cannot really be intellectually described, but we say only the desire must be there. If you desire truly to know love, you will, my friends, because you already know. Meditation calms you to a point where you can sometimes (inaudible) this knowledge and recognize it. It is always available to you.

你們在靈性上的前進是無法清晰地用邏輯智力的方式被描述的，但是我們會僅僅說，渴望必須存在。如果你們真正渴望知曉愛，你們將會知曉，我的朋友們，因為你們已經知曉了。冥想會讓你們安靜到一個位置，在那個位置上，你們有時候能夠（聽不見）這種知曉並認出它。它一直都是可以為你們所取得的。

At this time I will transfer this contact. I am Hatonn.

在此刻我將會轉移這個接觸。我是 *Hatonn*。

(Pause)

（暫停）

(Carla channeling)

（*Carla* 傳訊）

I am again with this instrument. I am Hatonn. We had again attempted to contact the one known as Don, for we wished to exercise him, due to the fact that he is somewhat out of practice, and it is sometimes a little difficult to

regain the fluency one has had in the past immediately. Therefore, we wished to practice just a few sentences with him. We will attempt again a little later.
我再一次與這個器皿在一起了。我是 *Hatonn*。我再一次嘗試去接觸被知曉為 *Don* 的實體，因為我們希望訓練他，由於他是多少有些疏於訓練的事實，要立刻重獲一個人在過去已經擁有的流利，這有時候是有一點困難的。因此，我們希望與他一起練習幾個句子。我們將在一會兒之後再一次嘗試。

At this time we would open the meeting to questions.
在此刻，我們會向著問題開放集會。

(Pause)
(暫停)

This instrument has a question, due to the fact that she has been perceiving a concept which is somewhat beyond her abilities, because it is a geographical concept. But we can assure her that we felt that the earthquake activity which was recently felt in California was a great victory for those who do meditate and attempt to lighten the consciousness of your planetary sphere, in that no one was, shall we say, removed from the physical who did not wish to be; and once again some pressure of new transition is eased somewhat. However, due to your continued difficulties in your Middle East and elsewhere in your world, there will be continued difficulties in your oceanic tides and storms. Therefore, we urge you to continue meditating for peace for the worlds, for there is some danger.

這個器皿有一個問題，由於她已經一直都在感覺到一個多少有些超出她的能力範圍的觀念，因為它是一個地理的觀念。但是我們能夠向她保證，我們感覺到在最近在加州被感覺到的地震活動，對於那些進行冥想並嘗試去照亮你們的星球的意識的實體是一種巨大的勝利，因為沒有任何並不希望離開身體的人從身體離開了，再一次，某種性的轉換的壓力是多少有些被減輕了的。然而，由於你們在你們的中東以及在你們的世界的其他地方的持續的困難，將會在你們的海洋波浪與風暴中有繼續的困難。因此，我們鼓勵你們繼續為世界的和平而冥想，因為會有某種危險。

We have difficulty giving this instrument the geographical location, but it is west of your nation and south. Thus, we ask your help in your planet's deliverance from a very difficult (inaudible) into a new age. 我們在給予這個器皿地理上的地點的方面遇到了困難，但是它是你們的國家的西方和南方。因此，我們在你們的星球從一個非常困難的（聽不見）救援進入到一個新時代的過程中請求你們的幫助。

We thank you who have attempted to be messengers of love and light in these times, which do not lend themselves to messengers of that type; and, as we say, we urge you to continue.

我們感謝你們這些已經嘗試在這些時候成為愛與光的信使的人們，以及那些並未將它們自己借與那種類型的信使的人，如我們說的一樣，我們鼓勵你們繼續。

Is there another question at this time?

在此刻有另一個問題嗎？

(Pause)

(暫停)

I am again with this instrument. The energy this evening is somewhat low, and thus we are not at our very best contact level, although this is a very good group, as one of your comedians has often said. The energy level of the group is somewhat low; thus, it is less easy for us to make contact, and we thank you for the energy that you give us at the end of such a busy day.

我再一次與這個器皿在一起了。今晚的能量是多少有些低下的，因此我們並未處於最佳的接觸的層次，儘管，如同你們一個喜劇演員已經經常說過的一樣，這是一個非常優秀的團體。團體的能量的層次是多少有些低下的，因此，我們要建立接觸是較不容易的。我們為你們在這樣一個忙碌的日子的結束的時候給予我們的能量而感謝你們。

We ask you to remember that in love there is no limitation; there is room for all things to be done in full measure. Thus, if you are physically weary you may draw from an infinite supply of energy which has been called cosmic, but which we tell you is simply the love that created you and that created all that there is.

我們請你們回憶起，在愛中沒有限制，會有空間讓所有的事情都用充分的方式被進行。因此，如果你們在身體上是疲倦的，你們可以從已經稱稱之為宇宙能量的一個無限的能量的供給吸收能量，但是我們告訴你們，它單純地就是已經創造了你們，且已經創造了一切萬有的愛的能量。

We will again attempt to contact the one known as Don, that we may close through him. I am Hatonn.

我們將嘗試接觸被知曉為 *Don* 的實體，這樣我們就可以通過他結束了。

(Pause)

(暫停)

(Carla channeling)

(Carla 傳訊)

We thank the one known as Don that we are able to work with him, for we are having good success in conditioning him, but we are not making good contact with him, due to the fatigue and his analysis of our thoughts.

我們為我們能夠與他一同工作而感謝被知曉為 *Don* 的實體，因為我們在調節他的過程中正在擁有了良好的成功了，但是我們沒有與他建立良好的接觸，由於疲倦以及他對我們的想法的分析。

Before we leave this group we would condition the one known as G and the one known as M. We are attempting a new, gentler conditioning for the one

known as M in hopes that it will be more comfortable for her. I am Hatonn. 在我們離開這個團體之前，我們想要調節被知曉為 G 的實體和被知曉為 M 的實體。我們正在為被知曉為 M 的實體嘗試一種新的，更為溫和的調節作用，以希望它將會對於她是更加舒適的。我是 *Hatonn*。

(Pause)

(暫停)

I am again with this instrument. I leave you, my friends, in the love and the light of the infinite Creator. Again we bless each of you and assure that at all times we are with you if you wish us. May your days be full of light and your sleep full of comfort. Adonai, my friends. Adonai vasu borragus.

我與這個器皿在一起了。我的朋友們，我們在無限造物者的愛與光中離開你們。我們再一次祝福你們每一位並確信，我們會在所有的時候都與你們一起，如果你們希望我們與你們在一起的話。祝願你們的日子充滿了光，祝願你們的睡眠充滿了舒適。*Adonai*，我的朋友們。*Adonai vasu borragus*。

(The tape recorder was stopped and then started again.)

(磁帶答錄機被停下，接著重新開始。)

(N channeling)

(*N*傳訊)

I am Oxal. I greet you in love and light, my friends. My brothers and I will not detain you, for we know you are tired. But we wish you to feel a higher note, so to speak.

我是 *Oxal*。我在愛與光中向你們致意，我的朋友們。我的兄弟們和我不會留住你們，因為我們知道你們是疲倦的。但是我們希望你們感覺到一種更高的，可以說是，音調。

The seriousness that surrounds problems in your individual lives is not so serious as you may think. We ask you to try to view yourself as a grain of sand on the beach of a vast ocean. You are an individual, and you are one of many millions like you forming one great stretch of sand; and every so often the waters of the ocean come in and waves surround you, and the water may be softly turned a little to go back put to sea. As this perpetual motion goes about, you are taken along the path.

圍繞在那些在你們的個體的生活中的問題周圍的嚴重性，並不是如你們可能認為地一樣嚴重。我們請你嘗試去將你自己視為在一個巨大的海洋的海邊的一粒沙子。你是一個個體，你是許多百萬的和你類似的個體中的一員，你們星辰了一個幅員遼闊的沙灘，如此頻繁地，海洋的水會湧入，波浪會包圍你，水可以溫和地將一點點的沙子帶會放入到海中。當這種無窮無盡的運動進行的時候，你們是被帶到了道路上的。

My friends, we ask you to think of yourself as a grain of sand, because in the eyes of the Creator you are one of many. But, as with the grains of sand on

the beach, not much real harm can come to you, not much can really hurt you, except being bounced around with other grains of sand. If the Creator overlooked creation, it is perfect, and at no time would the Creator let harm come to His creation. The illusion makes it seem that way sometimes, but as a father and mother love their children, they watch and protect us.

我的朋友們，我們請你將你自己視為一粒砂子，因為在造物者的眼中，你是許多沙子中的一粒沙。但是，如同在沙灘上的沙粒一樣，不會有很多真正的傷害能夠發生在你們身上，不會有很多事情真正能夠傷害你們，除了與其他的沙粒一起四處彈跳之外。如果造物者照看著造物，它是完美的，就不會有任何時刻造物者會讓傷害發生在祂的造物上。幻象使得它看起來似乎有時候是那樣子的，但是，如同一個父親和母親愛它們的孩子一樣，它們觀察並保護我們。

It has been a great privilege to speak with you. I am Oxal.

與你們談話已經是一種巨大的榮幸了。我是 *Oxal*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am Latwii. I greet you. I was afraid I would not get to speak with you before you had not gotten your second wind, but now I will speak only a few sentences to say that I send you love and light in the name of the Creator and, as always since our meeting several of your months ago, watch over you with the greatest of love. I am Latwii.

我是 *Latwii*。我向你們致意。我曾經擔心在你們緩過勁來之前我不會開始對你們說話，但是，現在我將會僅僅說幾句話，以便於說，我已造物者的名義向你們送出愛與光，一如既往，自從我們數個月之前的集會開始，我們就帶著最大的愛在觀察你們了。

As you go about your business remember, my friends, whom you serve. Only one thing do you serve, my friends: love. Invoke the light of that love, and all things will come into harmony in their own time. I leave you. I am so glad to have been able to speak with you. I am Latwii. Adonai, my friends.

在你們著手進行你們的事情的時候，我的朋友們，記住你們在服務誰。你們僅僅服務一個事物，我的朋友們：愛。祈請那種愛的光，所有的事情都將會在它們自己合適的時間進入到協調之中。我離開你們。我如此高興已經能夠對你們發言了。我是 *Latwii*。 *Adonai*，我的朋友們。

August 16, 1979

1979-08-16 *Telonn* : 兩姐妹的故事

(Carla channeling)

(*Carla* 傳訊)

I am known to you as *Telonn*, and I come at the special request of your group to lend my vibration to your seeking at this time. We would help to balance and improve the vibration of your group by asking you to join us of the Confederation of Planets in the Service of the Infinite Creator who serve in His love and His light.

我是你們知曉的 *Telonn*，我是因為你們的團體在此刻對於將我們的振動借予你們尋求的特別的請求而來的。我們會藉由請求你們加入到我們服務於無限造物者的星際聯邦中而平衡並改善你們的團體的振動，星際聯邦是在造物者的愛與造物者的光中服務的。

In that light at this time picture, my friends, a globe of light that is pure and white, that is in the middle of your circle; and when you see it clearly in your imagination, allow it to grow until it fills the room and has engulfed your consciousness. Within that light which you invoke in the name of the Father we are all one, my brothers and sisters. I am *Telonn*.

在那種光中，我的朋友們，請在此刻想像一個光球，它是純淨與白色的，它在你們的圈子的中間，當你們清晰地你們的想像中來到它的時候，允許它成長，一直到它充滿了房屋，並已經吞沒了你們的意識為止。在那種你們用天父的名義祈禱的光中，我們全都是一體的，我的兄弟姐妹們。我是 *Telonn*。

(Pause)

(暫停)

I am again with this instrument. I am *Telonn*.

我再一次與這個器皿在一起了。我是 *Telonn*。

We ask now that you maintain a balance of oneness with the universe, and allow your consciousnesses to become seated again in your physical vehicle.

我現在請你們保持一種與宇宙之間的一體性的平衡，允許你們的意識再一次固定在你們的物質性載具之中。

We are aware that a few of you felt a slight sensation that you might describe as a rise in temperature. However, this was not intended, for light and heat are two different things. And in divine light there is no heat, just as in divine love there is all warmth. The sun that is the great star that feeds your race with heat and light has as its attributes the two great attributes of creation. Heat is love, and light is the material that love takes to transmute into all the vibrations that exist in the universe. Thus, we ask you to meditate upon the light and the ever warm love of the Creator of us all.

我們察覺到你們一些人感覺到一種輕微的感覺，你們可能將其描述成一種在溫度中的升高。然而，這不是被打算的，因為光與熱是兩個不同的事情。在神聖的光中，沒有熱，就好像在神聖的愛中，會有完全的溫暖一樣。用熱與光為你們的物種供能的巨大的恆星，太陽，擁有兩種造物的偉大的屬性作為它的屬性。熱是愛，光是愛用來轉變成為所有存在于宇宙中的振動的材料。因此，我們請你們對我們全體的造物者的光以及一直是溫暖的愛進行冥想。

I am Telonn, and I leave you through this instrument but not in spirit, for you may call upon my vibration by merely requesting it at any time. We are here to serve you. There is no other reason for our mission. Therefore, feel free to call upon us. Adonai, my friends. I am Telonn.

我是 *Telonn*，我通過這個器皿離開你們，而不是在靈性中離開你們，因為你們可以在任何時刻藉由簡單地請求它來呼喚我們的振動。我們在這裏服務你們。我們的使命沒有其他的原因。因此，請隨意呼喚我們。*Adonai*，我的朋友們。我是 *Telonn*。

(Pause)

(暫停)

I am Hatonn. I am with this instrument, and I greet you in the love and the light of the infinite Creator.

我是 *Hatonn*。我與這個器皿在一起了，我在無限造物者的愛與光中向你們致意。

We of the Confederation of Planets are always happy to greet those who are new to this group, and we greet the one known as P as well as all of those who have been here so faithfully before, for it is a great privilege to speak to each of you and to share our humble thoughts with you.

我們星際聯邦一直都很高興向這個團體中的那些新人致意，我們對被知曉為 *P* 的實體致意，同樣也向所有已經在之前如此忠實地在這裏的實體致意，因為對你們每一位發言並與你們分享我們謙遜的想法，這是一種巨大的榮幸。

This evening we would like to tell you a story, for you see, my friends, in stories there are sometimes the seeds of truths that cannot be spoken straight but must be approached through what you would call the parable.

今晚我們想要向你們講一個故事，因為你們看，我的朋友們，在故事中有時候會有真理的種子，它們是無法被直接說出來，而必須通過你們稱之為寓言的事物來接近。

Once there were two sisters. These two sisters were without husbands, for they had both lost them as years went by. Being alone in the world, they sought each other, loved each other, and lived together, taking care of each other and supporting each other in times of distress. As they reached the age of seventy, both of them began to feel the failing senses of old age come upon them. One sister reacted by becoming somewhat bitter. She began to feel that she was, indeed, in a tragic situation and became less and less able to deal with the simple functions of her life and was melancholy indeed,

waiting for a death that she did not want, and living a life whose days and nights went slowly and sometimes fearfully.

曾經有兩個姐妹。這兩個姐妹沒有丈夫，因為她們兩個同時都隨著時間的流逝失去了丈夫了。因為她們在世界上是孤單的，她們相互彼此尋求，彼此相愛，一起生活，關心照顧彼此，並在那些不幸的時刻相互彼此支持。當她們到達了她們的七十歲的時候，她們同時都開始感覺到了年老的衰退的感覺出現在它們身上了。一個姐妹用變得多少有些抱怨來回應。她開始感覺到，她確實是處於一個悲慘的情況中，並變得越來越較不能夠處理她的生命的簡單的機能了，並確實憂鬱地等待著一個她並不想要的死亡，她過著這樣一種生活，它的白天和黑夜是緩慢地，而有時候是害怕地流逝著。

The other sister reacted in quite a different manner, for even in the same family each individual child is a unique entity. The older sister began to think of the shortness of her remaining years. She began to realize for the first time that, although she had been of great assistance to her husband and to her children and to her sister, in her adult life she had narrowed her world until she was no longer of assistance to those beyond her doorstep, and she determined to crusade beyond her doorstep and see what she could see of the world and do what she could do for the world.

而另一個姐妹是用一種相當不一樣的方式來作出反應的，因為甚至是在相同的家庭中，每一個個體的孩子都是一個獨一無二的實體。這個姐姐開始思考她剩下的時間的短暫，她開始第一次意識到，儘管她已經對她的丈夫，對她的孩子，對她的妹妹是巨大的幫助了，在她成年的生命中，她已經讓她的世界變的狹窄了，一直到她不再是那些在她家中的人的幫手為止，她決定去走出家門，並看看她能夠在世界上看到什麼，並為世界做什麼她能夠做的事情。

And so this lady began to take a walk—just a short one around the block—and she opened her ears, and she opened her eyes, and within a very few months she had had conversations with many people, had talked about the Creator with confused children, had found from another one that there was a crying need in hospitals for visitors, had found from yet another friend she had met along her way that in prison those who sit in darkness have no visitors and quite often are grateful to speak with anyone, even a 70 year old stranger.

因此，這個女士開始進行一場散步——僅僅一次繞著街區的短小的散步——她張開了她的耳朵，她睜開了她的眼睛，在非常少的幾個月中，她就已經和很多人進行過交談了，與慌亂的孩子們談到了造物者，並已經從另一個人身上發現，在醫院中有一種對訪問者的急切的需要，並已經從另一個她在路上遇到的朋友身上發現，在監獄中會有那些坐在黑暗中的人，它們沒有訪問者，並相當經常會對與任何人說話感到感激，甚至是一個七十歲的陌生人。

Taking her courage in her hands, as though it were a precious gift, she did that which she had never done before, for she had been a timid woman; and where she was guided, she went. She sat by hospital beds where people were dying and talked to them. She came to prisons once a week and had friends that she made in that unlikely place. And on she walked, and soon the

neighborhood began to know of her, and people came to her. 她鼓起勇氣，就好像它是一種珍貴的禮物一樣。她做了她之前從未做過的事情，因為她已經是一個膽小的女人了，她被指向何處，她就會前往何處。她坐在病床邊上，病床上躺著瀕死的人，她與它們談話。她每週一次前往監獄，並在那個不大有可能結交朋友的地方結交了朋友。她繼續散步，很快，鄰居開始知曉她，人們來到她身邊了。

One day, my friends, both women lay dying, for such is the end of the mortal life, and it will certainly happen to you all. And because they had been stricken by the same virus and were dying at the same time, it was possible for them to be in the same room when they went into the hospital for the last time.

一天，我的朋友們，兩個女人都即將去世了，因為這就是凡人的生命的終點了，它將會肯定地發生在你們所有人身上。因為她們已經因為相同的病毒而收到了侵害，並在相同的時刻即將去世了，當她們最後一次進入到醫院的時候，有可能她們是在相同的病房中的。

The older sister had so many clustered about her bed that she could not possibly count them or speak with them all, for she was very ill. She begged them, "Please, go talk to my sister, for she is in great need of friendship and love." And some would go over to the sister's bed, introduce themselves, and try to speak words of comfort. But the younger sister was very bitter, and she could not accept the love of strangers. "Go back to my sister," she would say. "She is the one you came to see."

姐姐擁有如此多人聚集在她的病床周圍，以至於她無法數清它們或者與它們所有人說話，因為她是病重的。她懇求它們，'請去和我妹妹說話，因為她極其需要友誼與愛。' 一些人前往妹妹的病床，介紹它們自己，並嘗試說一些安慰的話語。但是那個妹妹是非常抱怨的，她無法接受陌生人的愛。'回去找我姐姐吧，' 她說，'她是你們前來看的人。'

In the end the sisters died, and as the older one died she reached out to the youngest, and they were able to hold hands. The last words of the older sister were very simple: "I love you, sister," she said.

最後，兩個姐妹死去了，當姐姐死去的時候，她向妹妹伸出手，她們能夠握手。姐姐最後的話非常簡單，'我愛你，妹妹，' 她說。

The friends still came, though there was an empty bed, and they clustered around the younger sister. And suddenly for the first time the younger sister understood that the legacy of love is an endless repetition and echo of that vibration in others. And as she died, her bitterness left her, and she was able to leave this plane in the vibration of love that her sister had finally been able to share with her.

朋友們仍舊前來，儘管只有一張空床了，它們聚集在妹妹周圍。突然間，妹妹第一次理解了，愛的遺產是一種在其他人內在之中的振動的無盡的重複與回聲。當她死去的時候，她的抱怨離開了她，她能夠在她的姐姐最後已經能夠與她分享的愛的振動中離開這個層面了。

We ask you, my friends, to be so seated in your hearts that you can do those things which become before you to do in the name of the Creator and in the voice of love. In this vibration were you all made; and this you share, not only with those of your planet but with all sentient beings throughout the universe, in all galaxies of your universe, and in the many universes that fill the dimensions of the great creation. We are all one, my brothers and sisters.

我的朋友們，我們請你們在你們的心中如此固定下來，以至於你們能夠做那些在你們面前成為了你們能夠用造物者的名義以及用愛的聲音來做的事情。你們全都是在這種振動中被創造的，你們不僅僅與那些在你們的星球上的人，同樣也與貫穿整個宇宙，在你們的宇宙的所有的星系中，在從未巨大的造物的各個維度的許多的宇宙中的所有有感覺的存有分享這種振動。我們全都是一體的，我的兄弟姐妹們。

There will come before you things to do. You each have your own talents. They are each different and unique. You cannot be anyone but yourself. Yet, in your own way, you can be one who shows love. There are an infinity of ways to show love. It is your own judgment that will help you to know what your opportunities are, what you can and cannot do. But when you see an opportunity, my friends, turn it not down, but go forward. You will feel in your heart that which is right, and only can know the feelings of your heart.

在你們面前將會出現要去做的事情。你們每一個都擁有你們自己的天分。它們每一個都是不一樣且獨一無二的。你無法成為除了你自己之外的任何人。而用你自己的方式，你能夠成為一個展現愛的人。會有無限數量的方式來展現愛。將會幫助你知曉你的機會是什麼，你能夠做什麼以及不能夠做什麼的事情，是你自己的判斷。但是，當你們看到一個機會的時候，我的朋友們，不要轉身離開，而是走上前去。你們將會在你們的心中感覺到正確的事情，你們僅僅知曉你們的心的感覺。

We ask only one thing. Instead of becoming bitter as the lessons of life hurt you and pain you, physically, emotionally, and mentally—remain open to the healing power of love, which is best done, as we have always said to you, my friends, through daily meditation. It does not matter what type of meditation that you use—you may pray; you may read scripture or other holy works and contemplate the truth of what you read; you may sit in silence in passive meditation; you may engage in magical rituals, such as your so-called holy communion, and by that imagery find peace. But however, my friends, that you can become close to the one original Thought that created all of us, to the one Creator that is love, that is what you should do daily; for you cannot be a loving person by yourself.

我們僅僅請求一個事情。不是在生命的課程傷害了你，並在身體上，情緒上與心智上讓你感到痛苦的時候成為抱怨的——請向著愛的療愈的力量保持開放，如我們已經對你們說過的一樣，我的朋友們，通關過每日冥想，這種保持開放會被最佳地完成。你們使用什麼類型的冥想，這並不重要——你們可以祈禱，你們可以閱讀經文，或者其他的神聖著作，並沉思你們已經讀到的真理，你們可以通過被動冥想靜坐，你們可以進行魔法儀式，諸如你們所謂的聖餐，並藉由那種象

征來找到平安。但是，無論用什麼方法，我的朋友們，你們都能夠接近創造了我們全體的那一個原初的想法，接近愛之所使得太一造物者，那就是你們應該每天都做的事情，因為你無法憑藉你自己成為一個有愛的人。

Humanity is very limited in its ability to love, for they have not, through the centuries as a planetary consciousness, spent a great deal of time in concentrating upon love but rather in concentrating upon other things, such as the acquisition of goods, the acquisition of geographical territories, the acquisition of peoples, and the disruption of human life in order to gain these goals. Thus, your planetary consciousness does not have love as its strongest suit.

人類屬性在它去愛的能力的方面是非常有限的，因為它們並沒有，作為一個星球意識，在數個世紀的時間中，花費大量的時間將注意力集中在愛上，而毋寧是將注意力集中在其他的事情上了，諸如獲取商品，獲取地理上的地域，獲取人，以及讓人的生命瓦解，以便於取得這些目標。因此，你們的星球意識並未將愛作為它最強有力的追求，

To get into contact with the infinite source of love that may be compared to the star body that is your sun, you must meditate and find within yourself that small part of yourself, which is your real self, and which is part of the original Thought of love.

愛的無限的源頭可以被比作你們的太陽之所是的恒星星體，要與這個愛的無限的源頭建立接觸，你必須要冥想並在你自己內在之中找到你自己的那個小小的部分，你真正的自我之所是，那個愛的原初的想法的部分。

Once you have found this, you can always deal with situations in such a way as to never betray that within you which is your best. However, my friends, if you fail, do not reproach yourself but go on and try again, for it is expected of a student of life that he will not be perfect in all of his examinations. Thus, encourage yourselves to seek again and yet again the peace of the presence of love.

一旦你已經找到了這個自我的部分，你就一直都能夠用這樣一種永遠都不會背叛在你內在之中最佳的事物的方式來與情況打交道了，然而，我的朋友們，如果你們、失敗了，不要責備你自己，而是繼續前進並再一次嘗試，因為一個生命的學生將不會在他所有的考試中成為完美的，這是被預料到的。因此，鼓勵你們自己去再一次，再多一次尋求愛的臨在的平安。

At this time I would pause so that my brother Laitos may condition each of you in the room, if you will relax and request his presence. He will make himself known to each of you. I am Hatonn.

在此刻，我會暫停，這樣我的兄弟 *Laitos* 就可以調節在房屋中的你們每一位，如果你們將會放鬆並請求他的在場。他將會讓他自己為你們每一位所知曉。

(Pause)

(暫停)

I am again with this instrument. I am Hatonn. We are deepening this instrument's contact, for we have a very good contact tonight, for which we thank you.

我再一次與這個器皿在一起了。我是 *Hatonn*。我正在深化這個器皿的接觸，因為我們今晚擁有一個非常良好的接觸，我們維持而感謝你們。

At this time we would open the meeting to questions. If you have a question, please ask it at this time.

在此刻，我們會向問題開放集會。如果你們有一個問題的話，請在此刻詢問它。

(Pause)

(暫停)

I am aware of a question in the mind of this instrument, and thus we will answer her question.

我察覺到在這個器皿的頭腦中有一個問題，因此我們將回答她的問題。

She was asked previous to this meeting by a friend if there was a relation between our planetary consciousness, which is Hatonn, and the deity that was worshipped in Egypt called Aton or Aten.

她在這次集會之前被一個朋友詢問，是否在我們的星球意識，也就是 *Hatonn*，與在埃及被崇拜的被稱為阿頓 (*Aton*) 或者阿吞 (*Aten*) 的神之間有一種關聯嗎？

We are not a deity, and Hatonn is not our real name, due to the fact that we do not have a name. Our planetary consciousness is unique, and we each are unique, and because we dwell in a dimension where these vibrations of thought are visible, we do not need names any more than you need names to distinguish between red and yellow and blue. You would know the colors, whether you could speak or not. Thus, we know each other without the need for names, and we can see the harmonies of each other without the need for names.

我們不是一個神祇，*Hatonn* 不是我們真正的名字，這是因為我們並不擁有一個名字的事實。我們的星球意識是獨一無二的，我們每一個實體都是獨一無二的，因為我們居住在這樣一個維度中，在其中這些想法的振動是可見的，我們並不需要名字，就和你們不需要名字來在紅色，黃色和藍色之間進行區分一樣。你們會知曉色彩，無論你們是否能夠說出來。因此，我們知曉相互彼此，而不需要名字，我們能夠看到相互彼此的和諧，而不需要名字。

However, upon your planet you are very fond of names. They seem very important to you; and therefore, we chose a name when we first came to your planet nearly 30 years ago. We chose a vibration which very closely matches the vibration of love which is the planetary consciousness which we now enjoy. That unity vibrated on your planet by the name Aton. Thus, we adopted that signal for identification for use in speaking with your peoples.

然而，在你們的星球上你們是非常喜歡名字的。它們對於你們看起來似乎是非常

重要的，因此，我們在大概三十年前第一次來到你們的星球的時候選擇了一個名字。我們選擇了一個與我們現在正在享受的星球意識之所是的愛的振動非常匹配的振動。那種統一性在你們的星球上是用 *Aton* 的名字振動的。因此，我們採用了那個標誌作為在於你們的人群進行談話的過程中的身份來使用。

We are aware of the vibratory power of names and are aware, as a matter of fact, that some, having been named in vibration that is unlike their true self, go through life having to deal with the disharmony between their name and themselves. It is too bad that children cannot choose their own names when they are old enough, shall we say, to vote; for by then they know themselves with a fair degree of honesty and can choose the vibration with which they wish to go through life. That is the nature of our name, and that is our connection with the Egyptian name Aton. We are not in any way, shape or form a deity—nor are we Egyptian! However, we did make use of that vibratory name.

我們知曉名字具有的振動性的力量，我們作為一個事實瞭解，一些人在已經用與它們真實的自己不相似的振動被命名之後，它們在經歷生命的時候會與在它們的名字與它們自己之間的不協調打交道。孩子們在它們年齡大到足夠，容我們說，投票的時候無法選擇它們自己的名字，這是太過糟糕的，因為在那個時候之前，它們就藉由一種相當好的真誠的層次知曉它們自己了，並能夠選擇它們希望藉由其穿越生命的振動了。那就是我們的名字的屬性，那就是我們與埃及名字 *Aton* 之間的連接。我們絕對不是一個神祇的外形或者形式——我們也不是埃及人！然而，我們確實使用了那個振動性的名字。

Is there another question at this time?

在此刻有另一個問題嗎？

(Pause)

(暫停)

Questioner: I don't know exactly how to ask it, but ... one of the meetings you all came to, it seems like I asked Latwii a question, and he had to like switch over so he could consult a computer and found out something ... he said Laitos was like the planetary consciousness that dealt with me and (inaudible). Why do they deal with certain people ... certain consciousness ... I don't know how to explain it. Do you understand what I mean?

提問者：我並不是準確地知道如何詢問它，但是.....你們全都前來參加的一個集會，看起來似乎我詢問過 *Latwii* 一個問題，他必須要類似於切換 (*switch over*)，這樣他就能夠諮詢一台電腦並找出某個事情.....他說過，*Laitos* 是類似於與我打交道的星球意識 (聽不見)。為什麼它們會與一定的人打交道.....一定的意識.....我不知道如何解釋它。你們知道我的意思嗎？

Yes, my sister. We are with this instrument, and we do understand your question.

是的，我的姐妹。我們與這個器皿在一起了。我們確實理解你的問題。

The concept of a computer is very useful to us in describing to you the consciousness that is the collective consciousness of the Confederation of Planets in the Service of the Infinite Creator. We have nearly 600 planetary envoys to your planet at this time. They are from different dimensions, different times, and different universes, but all come because they have heard the cry of "Help!" which is going up into all creation at this time from those upon your planet who greatly desire to know the truth.

一台電腦的觀念在對你們描繪服務於無限造物者的星際聯邦的集體意識之所是的意識的過程中對我們是非常有用處的。我們在此刻擁有接近六百個你們的行星的星球使節。它們是來自於不同的維度，不同的時間，不同的宇宙，但是所有實體有都是因為它們已經聽到了“幫助！”的呼喚而來的，這種在此刻來自於在你們的星球上的那些極其渴望知曉真理的實體的呼喚是正在向上進入到所有的造物中的。

We cannot communicate to each other in time, as you would understand it. We must communicate to each other in the condition which you might call no time. Thus, we have pooled our thoughts into something which you might best understand by our calling it the computer. It is actually an organized collection of our thoughts to which we have access telepathically in no time, as opposed to real time. Thus, if another Confederation group has been working with a person or a group upon the surface of your planet, or if some entity has asked a question that can be answered by reference to the history or the current status of your planet in some way, we do refer to our collective body of knowledge, which we add to each time that we speak with your peoples. We also have those who observe your planet, and whose job it is to feed the current status of your peoples—emotionally and spiritually—into the collective consciousness which you would call a computer. Thus, if we have need of that knowledge, it is there. However, we must pause in our transmission through an instrument, such as this one, for you see, the instruments are living in so-called real time, as a computer person would say, and cannot deal with a no-time transmission. Therefore, we pause—switch gears, shall we say—and then when we have the knowledge that is needed we again transmit through the channel, such as this one.

我們無法在時間中與相互彼此進行交流，如你們對時間的理解一樣。我們必須在你們成為無時間的情況中與相互彼此進行交流。因此，我們已經將我們的想法傾注到某個事情之中，如果我們稱之為電腦，你們就可以最佳理解它了。它實際上是我們的想法的一個有組織的集合，我們在與真實的時間相對的無時間的狀態中會用心電感應的方式讀取它。因此，如果另一個星際聯邦的團體已經一直都在與在你們的星球表面上的一個人或者一個團體一同工作，或者如果某個實體已經詢問了這樣一個問題，這個問題藉由用某種方式參照你們星球的歷史的狀況或者當前的狀況可以會被回答，我們確實會參照我們的集體性的知識庫，我們在我們每一次與你們的人群談話的時候都補充了這個知識庫。我們同樣也擁有一些觀察你們的星球的實體，它們的工作就是去將你們的人群當前的狀態——在情緒上與靈性上的狀態——提供給你們稱之為一台電腦的集體意識。因此，如果我們需要那個知識，它就在那裏。然而，我們必須在我們通過諸如這個器皿之類的一個器皿的傳遞的過程中暫停，因為你們看，器皿是生活在所謂的真實的時間中的，

如一個電腦領域的人會說的一樣，器皿是無法處理一種沒有時間的傳遞的。因此，我們暫停——容我們說，切換工具——接下來，當我們擁有了被需要的知識的時候，我們再一次通過通過諸如這個管道之類的管道進行傳遞了。

As to various consciousnesses, such as Laitos working with new instruments who are thinking seriously about attempting to learn to channel, Laitos is almost always the one who works with such new channels, due to the fact that this is his service to your peoples. Thus, when a desire comes for the learning of this service, the call goes to Laitos, and the vibration of Laitos responds by attempting through a conditioning wave to strengthen the new channel's own spiritual vibration. Laitos' vibration is very easy to pick up, in comparison with some of the entities who have spoken through your group. Telonn, for instance, is not at all as strong or, shall we say, a broad band channel, and a new instrument would find it difficult to pick language from such a contact, although she may see vibrations of light, for Telonn is a light vibration, as opposed to a love vibration.

關於各種各樣的意識，諸如與正在嚴肅地考慮嘗試去學習傳訊的新的器皿一同工作的 *Laitos*，*Laitos* 幾乎一直都是與這樣的性的管道一同工作的意識，這是由於這就是他對你們的人群的服務的事實。因此，當一個對於學習這種服務的渴望出現的時候，呼喚就會來到 *Laitos* 身上，*Laitos* 的振動就會藉由嘗試通過一個調節性的波動來回應，以增強新的管道自己的靈性演化。相比已經通過你們的團體發言過的一些實體，*Laitos* 的振動是非常容易接收到的。舉個例子，*Telonn* 就完全不是一樣強有力，或者容我們說，一個寬屏的管道，一個新的器皿會發現要從這樣一個接觸接收語言是困難的，儘管她可以看到光的振動，因為 *Telonn* 是一個光的振動，而不是一種愛的振動。

However, your need for Laitos as you attempt to learn to channel is simply shared with all new channels and is not special to you, but is simply the procedure by which we of the Confederation normally go about helping those who wish to channel.

然而，在你們嘗試去學習傳訊的時候，你們對 *Laitos* 的需要，是單純地被所有新的管道所共用的，而並不是對於你們是特別的，而單純地是星際聯邦通常會藉由其著手幫助那些希望去傳訊的身體的步驟。

Occasionally we will find a person who vibrates in such a way that another planetary consciousness is more appropriate, and in those cases we use another entity. However, for the most part Laitos is the one to request if you wish to receive conditioning.

偶爾地，我們會發現一個器皿是用這樣一種對另一個星球實體是更加合適的方式振動，在那些情況，我們會使用另一個實體。然而，大多數時候，如果你們希望接收調節作用，*Laitos* 就是要請求的實體了。

Does this answer your question, my sister?

我的姐妹，那回答了你的問題嗎？

Questioner: Yes, thank you.

提問者：是的，感謝你們。

We thank you, as always. Is there another question at this time?

我們感謝你，一如既往。在此刻有另一個問題嗎？

(Pause)

(暫停)

Questioner: I'd like to ask if in the near future will there be more people on the Earth that are being more interested in contacting in our other planets in outer space?

提問者：我想要詢問，是否在不久的未來，在地球上會有更多人會對接觸在外太空的我們的其他的行星更加感興趣呢？

There are, my sister, already so many people interested in the possibility of life elsewhere and the possibility of contact that this desire has come into your popular culture. Movies have been made about it, songs have been written, and it is perhaps the most powerful desire among the peoples of your time. 我的朋友們，已經有如此多的人對在其他地方的生命的可能性以及接觸的可能性感興趣了，以至於這種渴望已經進入到你們的大眾文化中。關於它電影已經被製作，歌曲已經被寫下，這也許是你們的時代的人群中為強有力的渴望了。

We are the messengers of a transformation that is now taking place upon your planet. In the peoples of your planet, many of them have incarnated for the specific purpose of experiencing this transformation, for during this time of changing vibrations there is an especial intensity of thought and a great polarity of emotions. Thus, those who vibrate in light and love have their work cut out for them, for they must encounter with love both mediocrity, indifference and that which you call evil but which upon greater understanding can be called separation. Many, many of your people are sort of, shall we say, on the fence. They know that there is something that they wish to seek, but they do not know what it is. We are here to attempt to tell them what it is—and that, my friends, is love.

我們是正在你們的地球上發生的一場轉變的信使。在你們的地球上的人群中，很多人已經是為了體驗這次轉變的特定的目的而投生的，因為在這個改變振動的時間期間，會有一種特別的想法的強度以及一種情緒的巨大的極性。因此，那些在光與愛中振動的人會擁有為它們準備好的工作，因為它們必須要遭遇到同時去愛平凡，冷漠，以及你們稱之為邪惡的事物，在更大的理解上，這種邪惡可以稱之為分離。你們人群中的很多很多人是以某種方式，容我們說，騎牆的 (*on the fence*)。它們知道有某種它們希望去尋求的事物，但是它們並不知道它是什麼。我們在這裏嘗試去告訴它們它是什麼——我的朋友們，那就是愛。

There will increase among the children that are born at this time the knowledge of that love that will become more and more obvious to those who will observe your young peoples that more and more there is an awareness of the life that is in the universe and of the possibilities that abound

within the confines of the physical life. 在孩子當中將會有增加數量的孩子在此刻是帶著那種愛的知曉被誕生出來的，這些孩子將會對於那些將會觀察你們的年幼的人群的實體變得越來越明顯，將會越來越多地有一種對在宇宙中的生命以及在物質性的生命的範圍內所大量存在的可能性的認識。

We hope that we can help as many as possible to turn toward the light, to seek love, and to begin to understand their deepest desires; and we are here because there is an increasing of those people, and they will continue to be so.

我們希望我們能夠盡可能多地幫助，以轉向光，尋求愛，並開始理解它們最深入的渴望，我們在這裏，因為會有一種那些人的增加，它們將繼續如此。

Does this answer your question, my sister?

我的姐妹，那回答了你的問題嗎？

Questioner: Yes, thank you.

提問者：是的，感謝你們。

We very much appreciate the ability to share our thoughts at this time. Is there another question?

我們是非常感激在此刻分享我們的想法的能力的。有另一個問題嗎？

(Pause)

(暫停)

If you are ready at this time, my friends, to close the meeting, we will do so.

如果你們在此刻準備好結束這次集會了，我的朋友們，我們將會這樣做。

You, my friends, are in a prison of your own, a prison of your mind. We hope to stimulate your imagination and your emotional commitment to that which is good, true and beautiful, that you may seek that love which opens the door of your prison. There is never a need to be unhappy or distressed, whatever your condition; and we say to you forthrightly—be at peace with yourself. Love will abide.

我的朋友們，你們是處於一所你們自己的監獄中，一所你們的心智的監獄中的。我們希望刺激你們的對善、真與美的事物的想像力與你們的情緒上奉獻，這樣你們就可以尋求那種愛，它會打開你們的監獄的門。從未有一種成為不快或者悲傷的需要，無論你們的情況是什麼，我們直截了當地對你們說——與你自己處於平安。愛將會留下了。

We leave you in that love, in that light. I am known to you as Hatonn, a messenger of love. Adonai, my friends. Adonai vasu borragus.

我們在那種愛中，在那種光中離開你們。我是你們知曉的 *Hatonn*，一個愛的信使。*Adonai*，我的朋友們。*Adonai vasu barragus*。

September 6, 1979

1979-09-06 *Latwii* : 人的律法與愛的律法

(Carla channeling)

(*Carla* 傳訊)

I am *Latwii*, and I greet you in the love and the light of the infinite Creator. It is a great privilege to speak with you this evening, and we have been requested to do so by the group consciousness known to you as *Hatonn*, who again at this time has been stationed over your Oriental skies, as you would call them, in order to attempt to send vibrations of love and peace to the leaders of those nations, for there is some danger at this time to your peoples that national tempers will rise to the point of armed conflict. Thus, the entity known as *Hatonn* and we of the Confederation ask that you meditate upon the peace and harmony of the creation of the Father and send those vibrations into the planetary consciousness at the end of each meditation, for the world needs your love at this time very much. The entity known as *Hatonn* also wishes to thank those in this group who have meditated at times upon the calming of the waters, as it was asked previously that you do. For indeed it has helped to avert even worse disasters in the oceans and storms of those oceans.

我是 *Latwii*，我在無限造物者的愛與光中向你們致意。在今晚與你們談話是一種巨大的榮幸，我們已經被那個你們知曉為 *Hatonn* 的團體意識請求這樣做了，*Hatonn* 在此刻已經再一次駐紮在你們東方世界，如你們稱呼它們的一樣，的天空中，以便於嘗試向那些國家的領導人送出愛與平安的振動，因為在此刻對你們的人群會有某種危險，以至於那些國家的激動情緒會上升到了武裝衝突的位置了。因此，被知曉為 *Hatonn* 的實體以及我們星際聯邦請求你們對天父的造物的平安與和諧進行冥想，並在每一次冥想結束的時候將那些振動發送進入到星球意識中，因為世界在此刻非常需要你們的愛。被知曉為 *Hatonn* 的實體同樣也希望感謝在這個團體中的那些會在讓水域變得平靜的時候進行冥想的實體，如它之前請求過你們這樣做的一樣。因為，確實，它已經幫助避免在海洋以及那些海洋的暴風雨中一個甚至更糟糕的災難了。

The power of what you might call faith or love is so great that even a small group of people, [can be effective if they] are genuinely concerned and give of themselves in prayer and meditation first of all to seek the truth and secondarily to send love and light to those who are in need and to the planet itself. This energy is extremely powerful and we thank those who have lent themselves to this great work at this time.

你們可以稱之為信心或者愛的力量是如此之大，以至於甚至一小群人都能夠產生作用，如果它們是真心地關注，並在祈禱和冥想中首先將它們自己奉獻給了尋求真理，並其次奉獻給了對那些需要的人，以及對星球其自身送出愛與光的話。

We are at this time very far from you and speaking through two densities of thought to this instrument. However, the conditions for reception are very good and she is receiving very well, although our contact is causing her to

feel a bit electrically stirred; the hair upon her body is somewhat electrically charged. However, we can continue through this instrument and will do so with your permission.

我們在此刻是距離你們非常遙遠的，並穿過兩個密度對這個器皿談及我們的想法。然而，接收的狀況是非常良好的，她正在非常好地接收，儘管我們的接觸正在讓他感覺通電一樣地興奮，在身體上的毛髮是有些用電性的方式被充能了。然而，我們能夠通過這個器皿繼續，並在你們的許可下這樣做。

We, as always, are amazed at the serious attempt of your peoples to live by the laws of ethical rightness as you know them. My friends, we would speak to you about these laws for they are sometimes harmful. It has been written in your holy works that when the teacher known as Jesus was asked why his disciples sat to eat without washing their hands, as was the custom among the people of that time, for religious purposes, the teacher answered, "It is not what goes into the mouth of any man that defiles him, but rather those things which come out of the mouth of men." And we would reacquaint you, my friends, with this thought for it is very important in your understanding of the law of the Creator. Yes, my friends, there is a law and that law is love.

我們一如既往是對你們的人群對於藉由道德倫理上的律法，如你們對它們的知曉一樣，的正確性而活的嚴肅的嘗試而感到吃驚。我的朋友們，我們會對你們談及這些律法，因為它們有時候是有害的。在你們的神聖著作中已經被寫到過，當你被知曉為耶穌的老師被詢問，為什麼他的門徒在不洗手的情況下就坐下來吃飯，如同在那個時候的人群中的慣例一樣，的時候，老師回答說，"不是進入到任何人的嘴的事物玷污了他，而毋寧是那些從人的嘴中出來的事物。"我們會將這個想法再次告訴你們，我的朋友們，因為它在你們理解造物者的律法的方面是非常重要的。是的，我的朋友們，會有一個律法，那個律法就是愛。

Mankind has created many systems of ethical considerations, so that man may live with man without warfare. And this is, of course, to the good of the people. For it is not comforting to know that you might at any time be killed for no reason at all, or dragged before a firing squad, or imprisoned, or the other difficulties facing one who lives in a society which has fallen into the hands of an unscrupulous government. Thus, to the extent that these laws of man, legal and ethical, preserve the common peace and aid the spiritual development of each human being, these laws are to the good. But when they are interpreted literally and rigidly and do not allow for compassion, understanding and the redemption of love then these laws are harmful to the spiritual development of the individual.

人類已經創造出了很多的具有倫理道德的考慮的系統了，這樣人才可能在沒有沖突的情況下與人一起生活。這當然對於人是有益處的。因為，知道你可能在任何時候不因為任何原因而被殺死，或者被拖到一個刑場，或者被囚禁，或者活在一個社會中，並已經落入到一個肆無忌憚的政府手中的人正在面對的其他的困難，這不會是令人安慰的。因此，在這些人的律法的，法律性的以及倫理道德的律法，會維持通常的和平並幫助每一個人類存有的靈性發展的範圍內，這些律法是要成為有益處的事物的。但是當它們是被字面性地且僵化地被闡釋，而並不允許愛的同情心，理解以救贖的時候，接下來，這些法律就會對個體的靈性發展有害了。

How many of your peoples, my friend, have been subjected in their childhood to a long list of things about which they must feel guilty if they not do? These laws cover everything from what one must put on one's body to be well clothed to how one must keep one's dwelling place, how one must speak, who one must speak to, and how one must judge others according to their appearance. All of these ideas of mankind are erroneous, in that the appearance of man, the habits of man, and all of those things which go with a cultural upbringing are merely window dressing for that which is deep within the heart of each man, and that is that spark of love which is the divine Thought which created him.

我的朋友們，你們的人群中有多少人，已經在它們的童年時期受制於一個長長的它們對其必須要感覺到內疚的事情，如果它們沒有做到這些事情的話，的列表了？這些律法涵蓋了從一個人必須要好好穿衣，到一個人必須維護他的住所，一個人必須如何說話，一個人必須對誰說話，以及一個人必須如何根據他人的外表來評判其他人的每一個事情了。所有這些人類的觀點都是錯誤的，因為人的外表，人的習慣，所有這些伴隨著一種文化性的教養而出現的事情，都僅僅是對在每一個人的內心深處的事物，即創造了他的神聖想法之所是的那個愛的火花的門面的裝飾。

If you cannot deal with a person because of his differences from you, intellectually, morally, spiritually or simply by appearance or way of speaking, then you have not drawn from your meditation the deeper understanding that all men are the same. That they are all on a path towards the Creator. Some are going at a fast rate of speed, some at a slow rate of speed. Some seem to be taking a vacation from the journey to the Creator or even taking side trips in which they are getting farther away from the love of the Creator. But, my friends, if you take the long view you must realize that it does not matter because if you have eternity in which to develop each soul, and if you understand the inevitability of the progress or, shall we say, the eventual progress of each soul, then you know that each person is either progressing along a spiritual path now or that he will do so in the future. It is this portion of the personality of each being that you meet that must be of importance to you in your dealings with him.

如果你們因為一個人與你們的差異，智力上，道德上，靈性上的差異，或者單純地因為外表或者說話的方式的差異，無法與它打交道，接下來，你們就尚未從你們的冥想中得到對於所有人都是相同，它們全都處於一條朝向造物者的道路上的更為深入的理解了。一些人是用一種快的速度前進的，一些人用一種慢的速度。一些人看起來似乎在進行一次離開了那條前往造物者的旅程的休假，或者甚至進行觀光遊覽，在其中它們正在更遠地遠離了造物者的愛了。但是，我的朋友們，如果你們擁有在其中發展每一個靈魂的永恆，如果你們理解前進的無可避免性，或者每一個靈魂的最終的發展，接下來，你們就會知曉，每一個人要麼是現在就正在沿著一條靈性的道路前進的，要麼他將會在未來這樣做。在你們與每一個存有打交道的過程中就是你們遇到的它的這個人格的部分是對你們具有重要性的了。

If you are unable to tolerate a person, as understandable as it may be, you must still continue to meditate until you can see that person as the Creator, for that is the law of love. You have upon your planet many who do not understand nor wish to seek the law of love, and it is indeed hard to imagine being able to love some of these people. We would name, for instance, Adolf Hitler, whom it would be difficult to see as a child of the Creator. Yet, my friends, this man is a child of the Creator and this soul, although he has a long, long journey, will in the end become a spiritualized and seeking being. Other political figures of your time, such as the entity this instrument calls the Ayatollah of Iran, seem to be totally lost in totally foolish and shameful acts. But we say to you, my friends, you must see each person as part of the Creator. It is only in doing this that you free yourself to have a right relationship with each person that you meet. These are extreme examples, of course, but in your daily life you meet so many whom you could inspire because of the joy in your heart and your acceptance of them without judgment. They would then wish to know what you had that made you different, my friends. And you would have dropped a seed of love; whether it fall on stony ground or on fertile soil, your service would have been accomplished.

如果你們無法容忍一個人，儘管它是可以被理解的，你們必須繼續冥想，一直到你們能夠將那個人視為是造物者為止，因為那就是愛的律法。你們在你們的星球上有很多人並不理解，也不希望去尋求那個愛的律法，要想像能夠愛這些人中的一些人，這確實是困難的。舉個例子，我們會說出阿爾道夫希特的名字，要將它視為是造物者的一個孩子，這是困難的。然而，我的朋友，這個人是造物者的一個孩子，儘管他擁有一條很長、很長的旅程，他的靈魂將會在最後成為一個有靈性的，尋求的存有。其他的屬於你們的時代的政治人物，諸如被這個器皿稱之為伊朗的霍梅尼的實體，看起來似乎是完全迷失在完全愚蠢與可恥的行為中了。但是我們對你們說，我的朋友們，你們必須將每一個人都視為是造物者的一部分。僅僅是通過這樣做，你才能讓你自己擁有自由與你遇到的每一個人擁有一種正確的關係。當然，這些人極端的例子，但是，在你們的日常生活中你們遇到如此多的你們因為在你們心中的喜悅，以及你們對他們沒有評判的接納而能夠鼓舞的實體。它們接下來就會希望知曉，你們擁有的什麼事物使得你們不一樣了，我的朋友們。你們會已經撒下了一顆愛的種子了，無論它是落在石頭地上，還是落在肥沃的泥土上，你們的服務已經被完成了。

Thus we say to you, know the law of love and understand that it supersedes the laws of mankind. And if you can apply the law of love in any situation, do not hesitate to relax your grip upon the laws of men. For more important than your understanding of the wrongness of others' actions, or even your own, is the understanding that forgiveness is the divine act. And it is within your own heart, through the grace and power of love, that you may forgive yourself and others when you find yourself or the people in error.

因此，我們對你們說，請知曉愛的律法，並理解它會替代人類的律法。如果你們能夠在任何情況中應用愛的律法，不要猶豫放開你們對人類的律法的緊握不放。因為比你們對其他人的行為的錯誤，或者甚至是你自己的行為的錯誤的理解更重要的事情是，理解寬恕就是神聖的舉動。就是在你自己的心中，通過愛的恩典與

力量，你可以在你發現你自己或者其他人有錯誤的時候寬恕你自己與其他人了。

How much you people desire to be of service to each other! We appreciate that, my friends, for we wish to be of service to you also. But we are aware that we can only do just so much, and then we must relax and let our thoughts drift towards the golden love and light of the infinite Creator. What we can give you, we do! If we can give you an inspiration, if we can give you a piece of joy from the feelings that we give you in meditation with us, if we can encourage you to meditate in any form whatsoever on a daily basis, we are very pleased. This is what we are here to do. If we fail, we simply wait until we can try again. And we hope that you can develop that kind of patience and understanding of your fellow man.

你們的人群是多麼渴望對相互彼此進行服務呀！我的朋友們，我們欣賞那一點，因為我們同樣希望對你們進行服務。但是，我們瞭解，我們僅僅能夠做這麼多了，接下來，我們就必須要放鬆並讓我們的思想朝向無限造物者的金色的愛與光漂流了。我們能夠給予你們的事情，我們確實給予了！如果我們能夠給予你們一個啟發，如果我們能夠給予你們來自於在你們與我們一起冥想的時候我們給予你們的感覺的一份喜悅，如果我們能夠鼓勵你們用一種每天進行的方式通過無論什麼任何形式進行冥想，我們就是非常開心的了。這就是我們在這裏要做的事情。如果我們失敗了，我們單純地會等待，一直到我們能夠再一次嘗試為止。我們希望你們能夠發展那種類型的耐心以及對你們的同伴的人的理解。

Life, you see my friends, is truly a humorous condition. If you could look at your life as though it were an old time silent movie with all of the gestures exaggerated and subtitles under each episode, you would then be able to see your life's dream in its true form. It is a movie on your particular screen for your particular understanding and entertainment. You can be an actor, totally lost in the drama of your existence, or you can also be in the audience watching the drama, understanding what there is to understand in each situation and finding the comedy and the laughter that is inherent in the ridiculous assumption that a soul could take on a heavy chemical body and move about and find the importance of things like money, possessions, homes and all of the trappings of your society, when the only important things are love, compassion and service to others. Can you not find the humor of your own thoughts? When you find your mind too much with your worldly goods and ideas, step back, my friends, and watch the action as though it were on a movie screen, have a good laugh and feel refreshed in the knowledge that you are beginning to truly understand the nature of your existence on planet Earth.

我的朋友們，你們看，生命真的是一個幽默的情況。如果你們能夠看著你們的生命就好像它是一個舊日的無聲電影，帶著所有的誇張的姿勢以及在每一幕下方的字幕，你們接下來就能夠在其真實的形式中看到你們的生命的夢境了。它是為了你特定的理解與娛樂，在你特定的螢幕上的一部電影。你能夠成為一個演員，並完全迷失在你的存在性的戲劇之中，或者你能夠處於看戲劇的觀眾中，並同時理解，在每一個情況中都有要理解的事情，並找到在荒謬的假設中內含的喜劇與笑料，那個荒謬的假設即，一個靈魂能夠穿上一件沉重的化學性的身體，四處移動，

並在唯一重要的事情是愛、同情以及對他人的服務的時候，去尋找類似金錢，所有物，家庭，以及所有你們的社會的羈絆之類的事物的的重要性。你們難道無法發現你們自己的想法的幽默嗎？當你們發現你們自己的頭腦是過多地充滿了你們的世俗的商品與觀念的時候，我的朋友們，後退，觀察那個行動，就好像它是在一個電影螢幕上一樣，大笑一聲，並在一種對你們正在真正開始理解你們在行星地球上的存在性的屬性的知曉中感覺到煥然一新。

At this time we would pause so that my brother may speak. I am Hatonn—we would correct this instrument—I am Latwii. I am speaking for the one known as Hatonn.

在此刻我們會暫停，這樣我們的兄弟就可以發言了。我是 *Hatonn*——我們會糾正這個器皿——我是 *Latwii*。我們是在代表被知曉為 *Hatonn* 的實體發言的。

I am Laitos, my friends, and again I greet you in love and light. This instrument is somewhat fatigued but we do have a good contact with her and so we will work with each of you at this time. We would like to condition the one known as M, if she would relax and if she wishes it we will send a couple of sentences so that she may speak in order to feel our contact. I am Laitos.

我是 *Laitos*，我的朋友們，我們再一次在愛與光中向你們致意。這個器皿是有些疲倦的，但是我們確實與她擁有一個良好的接觸了，因此，我們將會在此刻與你們每一位一同工作。我們想要調節被知曉為 *M* 的實體，如果她願意放鬆的話，如果她想要它的話，我們將會送出幾個句子，這樣她就可以說話，以便於感覺我們的接觸了。我是 *Laitos*。

I am again with this instrument. I am Laitos. We had good conditioning contact with the one known as M and we are aware of her reservations on the subject of channeling. We thank the one known as M that we were able to work with her and if she would wish our help in deepening her own meditation at any time, she need only mentally request our presence and we would be glad to send the conditioning ray to her. We would now condition the one known as C. I am Laitos.

我再一次與這個器皿在一起了。我是 *Laitos*。我們已經與被知曉為 *M* 的實體擁有了良好的調節性的接觸了，我們察覺到她對傳訊的主題的保留。我們對我們能夠與她一同工作而感謝被知曉為 *M* 的實體，如果她希望在任何時刻在加深她自己的冥想的過程中得到我們的幫助，她僅僅需要在心智中請求我們的在場，我們就會樂於對她送出化調節性的光了。我們現在調節被知曉為 *C* 的實體。我是 *Laitos*。

(Pause)

(暫停)

I am again with this instrument. I am Laitos. We thank the one known as C for the privilege of working with her also. And along with our brothers and sisters ask you please to meditate as frequently as you can. For it gives you a window upon a world which is more beautiful than this one in which you dwell. And through that window you can see much that is of a higher reality than you can

experience in a normal state of consciousness. Thus, we ask you as often as possible to meditate and find your unity with the Creator, and in that unity seek to know the love and the sweetness of that unity. I am Laitos, and I will leave you now. Adonai.

我與這個器皿在一起了。我是 *Laitos*。我們同樣也為與被知曉為 C 的實體一起工作的榮幸而感謝她。我們和我們的兄弟姐妹一起請求你們，請盡可能頻繁地進行冥想。因為它會在給予你們在這樣一個世界上的一扇窗戶，這個世界是比你們居住在其中的世界是要更加美麗的。通過那扇窗戶，你們能夠看到大量的具有一種比你們在一種通常的意識狀態中能夠體驗到的事物更高的實相的事物。因此，我們請你們盡可能評判地冥想，找到你們與造物者之間的統一性，並在那種統一性中尋求去知曉那種統一性的愛與甜美。我是 *Laitos*，我將現在離開你們。Adonai。

I am Latwii, and I am again with this instrument. I return to this instrument only to ask if you have questions at this time.

我是 *Latwii*，我與這個器皿在一起了。我返回這個器皿僅僅是來詢問，是否你們在此刻有任何問題。

(Pause)

(暫停)

If you do not wish to ask questions at this time we will leave you. We leave you, my friends, in a very beautiful creation and we ask that you look at it as you move through it, for the creation of the Father that is all about you is full of lessons of love and of service. For the beauty of the plants and the wisdom of the winds and the rain keep all things in balance and make your lives upon this sphere possible. You must understand that the phrase, "Butterflies are free," is important, my friends. Beauty is another manifestation of truth. Truth is not an intellectual perception but is heartfelt. And if you can feel the beauty of nature or of man's inspiration as co-creator with the Father, such as music, painting, architecture and the written word, you will come that much closer to an understanding of the love that is the original Thought of the infinite Creator.

如果你們並不希望在此刻詢問問題，我們將離開你們。我的朋友們，我們在一個非常美麗的造物中離開你們，我們請你們在你們穿越它的似乎觀察它，因為在你們周圍無處不在的天父的造物是充滿了愛與服務的課程的。因為植物的美麗，風和雨的智慧，使得所有事物處於平衡狀態，並使得你們在這個星球上的生命成為有可能的了。你們必須理解，“蝴蝶是自由的”這個說法是重要的，我的朋友們。美麗是真理的另一個顯化。真理不是一個邏輯智力的觀念，而是用心被感覺到的。如果你們能夠感覺到大自然的美麗，或者人作為天父的共同創造者的靈感，諸如音樂，繪畫，建築以及書寫的文字的美麗，你們將會更加接近對於那種無限造物者的那個原初的想法之所是的愛的一種理解了。

We leave you nestled like children in the arms of that love. May your path be full of light, my friends. I am known to you as Latwii. Adonai vasu borragus.

我們離開你們，讓你們就好像孩子一樣蜷縮在那種愛的臂膀中。祝願你們的道路是充滿光的，我的朋友們。我是你們知曉的 *Latwii*。Adonai vasu borragus。

September 13, 1979

1979-09-13 Hatonn : 牧羊人與羊群

(Carla channeling)

(Carla 傳訊)

I am Hatonn, and I greet you in the love and in the light of the infinite Creator. We are sorry for the delay in achieving contact with this instrument. But we are on station elsewhere in your sky and are having to work through a series of what you would call computers in order to relay our thoughts to you. Normally, the one known as Latwii would speak to you, but because of the special group that we have tonight with the presence of the one known as S, we wished to speak to you ourselves.

我是 Hatonn，我在無限造物者的愛與光中向你們致意。我們為取得與這個器皿之間的接觸的過程中的延遲而抱歉。但是我們是駐紮在你們的天空中的其他地方的，並不得不通過一系列你們稱之為電腦的事物來進行工作，以便於將我們的想法傳送給你們。通常，被知曉為 Latwii 的實體會對你們發言，但是因為我們今晚擁有的特殊的團體，連同被知曉為 S 的實體的在場，我們自己希望對你們發言。

For there is much that we would say to you that would be inappropriate to say to a larger group. We are able to reach this instrument due to the fact that there are several other members of this group who have not been able to reach your physical domicile at this time but who are meditating with you in their own dwelling places. Thus, we can achieve a good contact.

因為會有大量的我們會對你們說的事情，要對一個更大的團體講述是不合適的。我們是由於這樣的事實而能夠抵達這個器皿的，這個團體有數個成員是尚未能夠在此刻抵達你們的物質性的住所，但是它們正在它們自己的住所中與你們一起冥想。因此，我們能夠取得一個良好的接觸。

This instrument has often wondered why the planetary entity that has most often spoken to her from the inner planes, during what you would call séances, was named Moses. We would like to bring out some points about the reason for the one known to your peoples as Moses being one of your inner guides upon the Earthly plane. It was many, many years ago, several thousand of your years to be exact, or more exact shall we say, when you and your little charge of courageous pilgrims, desiring to help the people of this Earth, stood before the Council that governs this solar system and requested permission to incarnate into this solar system in this cycle. Permission was granted. It was not granted to all that applied and to those that won the approval of the Council there still remained mixed feelings, for you knew what you must lose in order to enter such a dense and unloving vibration as the Earth plane.

這個器皿已經經常懷疑，為什麼已經極其經常地從內在層面對她發言的星球實體，在你們稱之為降神會 (séances) 的活動期間，是被命名為摩西 (Moses)。

我們想要在關於被你們知曉為摩西的實體是你們在塵世的層面上的一個內在的

指導靈的原因的方面，提出一些要點。在很多很多年以前，準確地說，是你們的數十年之前，或者更準確地說，當你們和你們英勇的朝聖者的小小突擊隊，因為渴望去幫助屬於這個地球的人群，而站在管理這個太陽系的議會面前，並請求允許在這個週期中投生進入到這個太陽系的時候。許可被批准了。它沒有對所有申請的實體都授予許可，對於那些贏得了議會的認可的實體，仍舊留有混雜的感覺，因為你們知道你們必須要迷失，以便於進入到和地球層面一樣的這樣一個沉重而缺少愛的振動之中。

You have tried through many incarnations to be of service to the people of this planet. It was hoped very much by you before you began this incarnation that this would be the incarnation in which you succeeded in that plan. In other words, my friend, you, like Moses, have been attempting to lead your people through a desert toward a promised land of love and light, which you can see clearly in a distance and know as a reality, but which those around you either doubt or disclaim completely.

你們已經通過許多次投生嘗試去對屬於這個星球的人群進行服務了。被你們的人群大量希望的事情是，在你們開始這次投生之前，這次投生會是你們在其中會在那個計畫中取得成功的投生。換句話說，我的朋友們，你們，就好像摩西一樣，一直都在嘗試去引領你們的人群穿越一個沙漠，並前往一個愛與光的應許之地你們能夠在遠處清晰地看到它，並知曉它是一個實相，但是，那些在你們周圍的人，要麼是懷疑它，要麼是完全否認它。

And now, my friends, you find yourselves moving through the incarnation, giving of yourself to the best of your ability and to the best of your judgment finding yourself still in the desert. We can only say to you, my friends, that your sacrifice has not been in vain nor will it ever have been for nothing. Even if you do not lead your people into the promised land; even if, as some have rather crudely put it, you cannot save your planet, you have shown by your life and by your works to the best of your ability that love and the light that awaits those who praise the truth of the Creator's love. 現在，我的朋友們，你們發現你們自己正在穿越投生，並將你自己奉獻給了你最大的能力以及你最佳的判斷，卻仍舊發現你自己處於沙漠中。我們僅僅能夠對你們說，我的朋友們，你們的犧牲既不是白費力氣，它同樣也永遠都不會是沒有任何用處的。即使你們能並未引領你們的人群進入到應許之地，你們已經藉由你們的生命，藉由你們的工作，用你們最佳的能力展現了那種愛與光，愛與光會等待著那些讚美造物者的愛的真理的人。

Remember that you are not alone in this great effort to heal a planet and its millions and millions of souls. What you have done prepares the way, at the very least, for another generation of those who seek the promised land, as long as your gaze is steady, as long as you know the reality of the eventual goal. The fact that you cannot yourself bring the planet with you to the completion of that goal should not sorrow you, for you must realize that the free will of each soul is supreme. What you must realize for your own sanity is summed up in your holy works, in the parable of Moses and the burning bush. The bush was burned, and yet it was not consumed, and out of the bush a

voice addressed the one known as Moses, there in the desert as he stood, foot-weary and dusty and helpless.

記住，在這種去療愈一個星球以及它的許多個百萬的靈魂的巨大努力中，你們不是孤單的。你們已經完成了的事情準備好了道理，至少是為了那些尋求應許之地的人的另外一個世代準備好了道路，只要你們的視線是堅定的，只要你們知道最終的目的的實相。你自己無法將這個星球帶到那個目標的完全成，這不應該讓你悲傷，因為你必須意識到，每一個靈魂的自由意志是至高無上的。你不意識到，因為你自己的頭腦清醒是在你們的神聖著作中，在摩西與燃燒的灌木的寓言中，被概括總結過的。灌木是被燒著的，而它並未，被燒光，從灌木中傳出一個聲音，它向被知曉為摩西的實體說話，而在那裏，他是站在沙漠中，他是雙腳疲倦，布滿灰塵且無助的。

"Take off your shoes," said the voice, "for that place whereon you stand is holy ground." You cannot bring people to an understanding. You can only bring yourself to people. And if you have the realization that you are constantly in the holy tabernacle, dwelling in serenity and intimacy with the Creator, which is the spirit of love among men, then you will be able to bring that holiness ever so quietly into the atmosphere about you. We realize that you do not consider yourselves to be saints, that you could not possibly be holy, we realize all this. We can see your hearts and that you quake with the sadness of all of your indiscretions, heated words, wrong feelings, actions which you considered indiscreet and actions which you fear may be indiscreet in the future. But we say to you, my friends, we are not speaking here of the human personality. For there is a level beneath the human personality in which true sainthood and true holiness abides. You do not so much need to tame your human personality as to learn to discard it, to understand the shallowness of its emotions, to understand that as the bedrock of your character lies that with which you came into this solar system, and that which the council of Saturn passed. Yes, my friends, compared to those who dwell upon this planet from a previous age, you are indeed saints, subconsciously.

“脫下你的鞋子，”那個聲音說，“因為你站立於其上的地方就是聖地。”你無法將人們帶到一種理解。你僅僅能夠將你自己帶到人群。如果你擁有這樣的領悟，你是持續不斷地處於神聖的至聖中，是居住在寧靜中並與造物者是親密的，造物者就是在人們中間的愛的精神，接下來，你就將會能夠將那種神聖性一直都如此安靜地帶入到你周圍的氛圍中。我們意識到，你們並不認為你們自己是聖人，你們不可能是神聖的。我們意識到所有人都具有這種神聖性。我們能夠看到你們的心，你們因為對所有你們的輕率、激怒的話語，錯誤的感覺以及你們認為是不明智的行為，你們擔心可能在未來是不明智的行為的悲傷而顫抖。但是，我們對你們說，我的朋友們，我們不是在這裏在談及人類的人格。因為在人類的人格的下方會有一個層次，在其中存在有真實的聖人身份以及真實的神聖性。你們不用如此多地需要去責備你們的人類的人格，以便於學會去拋棄它，去理解它的情緒的膚淺性，去理解你的特性的基石是存在於你藉由其進入到這個太陽系的事物之中的，那就是土星議會通過了的事物。是的，我的朋友們，相比那些從一個之前的時代就居住在這個星球上的人，在潛意識的方面，你們確實是聖人。

The longer you spend in meditation the more you will begin to feel

comfortable with the fact, not to be proud but only to be able to manifest it in your life by feeling the presence and the power of the Creator Who is with you; no matter how the emotions of your daily life may turn about you; no matter how distracted you may become by the petty concerns of petty people. Yet, you have that to fall back on which they may not, and it is that which makes you a shepherd and it is the lack of that which makes them the sheep. And thus your relationship defined. You will recognize other shepherds when you see them. For you will hear in them the world weariness and yet the total sweetness that comes with the subconscious knowledge that this is truly not reality for you but merely an illusion that you have selected in order to do a job.

你們在冥想中花費的時間越長，你們就將會對事實感覺到更加舒服，不是要成為驕傲的，而僅僅是能夠藉由感覺到造物者的臨在與力量而在你們的生命中顯化它，造物者是與你們在一起的，無論你們日常生活的情緒可能如何在你們周圍轉動，無論你們可能因為瑣屑的人群的瑣屑的擔憂而成為怎樣分心的。而你們。而你們擁有那個事實來依靠在其上，而它們可能沒有，就是那個事實是使得你成為一個牧羊人的事物，就是缺少那個事實使得它們成為了羊。因此，你們的關係是明確的。你將會認出其他的牧羊人，在你們看到它們的時候。因為你們將會在它們身上聽到世俗的厭倦，而會有完全的甜美會伴隨著這樣一種潛意識的知曉而出現，這真的不是你們的實相，而僅僅是一個你們已經選擇的幻象，以便於做一個工作。

We are aware that each of those in your little band has become increasingly desirous of bringing, shall we say, to a head, the business of setting the planet aright. We wish, my friends, that we could give you the personal guarantee of success that you would so like to hear. But you have a planet that's moving rapidly and completely into the new vibration, and its people are not. Its people are becoming more and more polarized, are desiring to stand upon ground which is not holy, are desiring to distract themselves from that which may be of depth and meaning to them, so that they will not have to think of the consequences of being unholy, unkind, ungenerous, unloving.

我們察覺到在你們小小的團體中的每一個人都已經越來越多地渴望，容我們說，把事情帶入到決定性的階段，將這個星球扶正。我的朋友們，我們希望我們能夠給予你們那種你們如此喜歡聽到的個人的成功的保證。但是，你們擁有一個正快速地且完全地進入到新的振動中的星球，而它的人群卻沒有進入到新的振動中。它的人群正在變得越來越多更加極化。並渴望去站在並不是神聖的地面上，渴望去讓它們自己從對它們具有深度與意義的事物上分心，這樣它們就將不必想到成為不神聖，不慷慨，不有愛的後果了。

My friends, you love one another, and you truly try to love those with whom you come in contact. We can only ask that you dig a little deeper into your subconscious, into the knowledge with which you came into this vibration so many long years ago. You have the opportunity to remember the sweetness and the simplicity of constant contact with the oneness of all things. You merely doubt from time to time that these things are so, because you are lost in the wilderness where there are so few shepherds and so many sheep, and

the herding of them is almost intolerable. 我的朋友們，你們要彼此相愛，你們真
正要嘗試去愛那些你們接觸到的人。我們僅僅能夠請求你們在你們的潛意識中稍
稍挖掘深入一點，挖掘進入到如此多年之前你們帶著進入到這個振動的知曉。你
們擁有機會去回憶起與萬物的一體性的持久的接觸的甜美與簡單性。你們僅僅會
時不時地懷疑，這些事情是如此的，因為你們是迷失在了荒野之中過的，在其中
會有如此少的牧羊人和如此多的羊，對它們的放牧是幾乎無法忍受的。

Therefore we say to you, be of good courage and do not think of goals but only of the mile which you are walking at this time. We do not know how long the wilderness lasts in terms of time. If it lasts past your lifetime, then you will have been a shepherd along the way. You will not be in at the finish, you will not see the end written across the skies. The movie will not be over for you when you leave this incarnation. This is of no concern to you.

因此，我們對你們說，鼓起勇氣，不要思考目標，而僅僅想到你們在此刻正在走的那段路。我們並不知道，從時間的意義上，荒野要持續多久。如果它持續到你去世之後，接下來，你就將會已經是一個在路上的牧羊人了。你將不會在終點處，你將不會看到結局被寫在天上。當你離開這次投生的時候，電影將不會因為你而結束。這不是你要擔心的事情。

Do not be concerned with your accomplishments. Be concerned only with the amount of time that you spend dealing with individuals upon the sturdy and heartfelt basis of the love of the Creator. Be concerned only with the analysis of your own thoughts, that you may reject those thoughts which are not helpful to your spiritual growth or to the growth of others. Most of all, allow your intuition to play the part in your life that it deserves. For with daily meditation, your intuition will point you in a direction that you ought to go. There will always be, to those who pray and meditate, a path that becomes obvious. It is not always what one would desire consciously, but when it becomes obvious, seize it and embrace it, for it is your next lesson. And by learning these lessons and learning them with love, you and your powerful personalities, well schooled in love, are raising the planetary consciousness to a goodly degree.

不要擔心你的成就。僅僅關注你在造物者的愛的堅實而由衷的基礎上，花費在與個體打交道中的時間的數量。僅僅關注對你自己的想法的分析，這樣你就可以拒絕那些對你的靈性成長，或者對其他人的成長沒有幫助的想法了。最重要的是，允許你的直覺在你的生命中扮演它值得的角色。因為藉由每日冥想，你的直覺將會指引你進入到一個你應該走的方向。對於那些祈禱與冥想的人，將會一直有一條道路，那條道路會成為明顯的。它不是一直都是一個人有意識地渴望的事物，但是，當它變得明顯的時候，抓住它，擁抱它，因為它就是你的下一個課程。藉由學習這些課程，以及帶著愛學習它們，你和你的強有力的人格，在愛中被好好地訓練過的人格，正在將星球意識提升到一個相當高的程度。

We are aware that the one known as S has continued to feel isolated, and it is our hope that we have been able to put into the mind of at least one other person in that area the desire to form a meditation group. We do not know if

we have been successful. Due to the fact that we do not directly do these things but do them only through instruments, and in this case we used the book written by this entity and the one known as Don, and an inquiry about people in the area of the one known as S, in order that this instrument could write a little note with a telephone number of the one known as S. If this is to be, it will be. We do not know, for it is totally dependent upon the free will of those concerned. But it has always been our desire that the one known as S not be isolated. However, it was felt by us that it was important for the spiritual strength of the one known as S that she be able to go through the wilderness unafraid and without regret.

我們察覺到被知曉為 S 的實體已經繼續感覺到是孤單的了，我們的希望是，我們已經能夠在那個區域中將去形成一個冥想團體的渴望放入到至少另一個人的心智中了。我們並不知道是否我們已經是成功的了。由於我們並不會直接做這些事情，而僅僅是通過器皿做這些事情的事實，在這個情況中，我們使用了被這個實體以及被知曉為 Don 的實體寫的書籍，以及在被知曉為 S 的實體的區域中的關於人的一個探索，以便於這個器皿能夠用被知曉為 S 的實體的電話號碼寫一個小小的注釋。如果將會是這樣子，它就是了。我們並不知道，因為它是完全取決於那些涉及到的人的自由意志的。但是，我們的渴望已經一直都是，被知曉為 S 的實體不是孤單的。然而，我們感覺到，重要的事情是被知曉為 S 的實體的靈性的力量，這樣她就能夠無懼地且不後悔地穿越荒野了。

We are satisfied at this time that she is aware that we are with her, and we feel that her remaining desire to be in touch with us through channels, such as this one, is simply an understandable desire for the closeness of contact. Indeed, this desire is also felt by this instrument who has never tired of these messages. We ask you to realize that we are very grateful to you, for you have been sent into a world that is hostile. And you do not have visible help. You have a great deal of invisible help, but you must always be strengthening your faith in order to be able to lean on this help as you would upon the help of a friend. Not that we or the Creator Himself could ever tell you what to do. But that when you lean upon the spiritual truth of love, love will live your life and you need only follow the path of love. And do to the best of your ability those good works that have been laid out for you to do. They may be as humble as a smile in a crowded supermarket, a sweet thought on a winter 's day, the noticing of the beauty of nature. Yes, my friends, these are good works, these things improve the planetary consciousness. There are dramatic good works, yes, but they are far and few between. That which love has for you to do will be governed completely by the capacity of the planetary consciousness to absorb the love which you have to give. If you cannot give it to all, you may give it to some; if you cannot give it to some, you may give it to a few; if you cannot give it to men and women, you may always, my friends, give it to children. For they are simple and open and understand love.

我們在此刻對於她察覺到我們是與她在一起的是感到滿意的，我們感覺到她剩餘的渴望是通過諸如這個管道之類的管道接觸我們，這個渴望單純地是一個可以理解的對接觸的接近性的渴望。確實，這個渴望同樣是被這個器皿感覺到的，這個器皿從未對這些資訊感覺到厭倦。我們請你們意識到，我們對於你們是非常感激

噪音減輕了這個器皿對我們的詞語的集中注意力，我們感覺到，如果她能夠將它翻面並開始另一邊，她會更好地結束她的資訊。我們會在此刻暫停並詢問被知曉為 S 的實體是否在此刻擁有任何問題。

S: (Inaudible). Our evolution (inaudible) at this time, a great sense of a (inaudible) sadness in your words, impression that in fact (inaudible) we are not making progress that was once hoped (inaudible).

S: (聽不見)。我們的演化(聽不見)在此刻，在你們的話語中的悲傷(聽不見)一種巨大的感覺，印象是實際上(聽不見)我們沒有做出曾經被期待過的進步(聽不見)。

I am Hatonn. Your impression of the sadness in our voice is correct, my sister. However, it is not sadness because of your failure to be shepherds of the flock. For indeed, there have been many more who remembered the love of the Creator and served that love in their lives than we ever expected or hoped for when this planet was seeded with people such as yourselves who lay down their lives for their brethren, in love. We are very, shall we say, grateful and impressed.

我是 Hatonn。你對於在我們的聲音中的悲傷的印象是正確的，我的姐妹。然而，它不是因為你們成為羊群的牧羊人的失敗的悲傷。因為，確實，相比我們在這個星球用諸如你們自己之類的，已經為了它們的同胞在愛中放下了它們的生命的實體，被播種的時候曾經期待過或者希望過的實體，已經有遠遠更多的實體已經憶起了造物者的愛並在它們的生命中服務於那種愛了。我們是非常，容我們說，感激與感動的。

The problem, my sister, lies in a planet which is only with the greatest difficulty avoiding becoming evil. It is holding on to its mixed neutrality only by some effort, and that effort is that which is put out by those such as you.

我的姐妹，問題存在於這樣一個星球中，這個星球僅僅是在避免成為邪惡的方面最大的困難。它是僅僅憑藉著某種努力對它混雜的中性緊握不放的，那種努力就是已經被注入你們之類的實體所做出的努力了。

As we watch the peoples of the world in which you now reside, we do not see any lessening of nationalism and all of the pride and vain glory which that causes, of the desire for war as a tool of diplomacy in order to gain advantage over other nations and ideologies. These things are increasing, in spite of the great tragedies that have happened within the last hundred years. The vibrations are very strong in your planet. It is as though the people were vampires, desirous of blood.

當我們觀察這個你們現在居住在其中的人群的時候，我們沒有看到任何對民族主義以及所有的驕傲與空洞的榮耀的減輕，這種民族主義造成了對作為一種民主的工具的戰爭的渴望，以便於取得高於其他國家的優勢與思想形態。這些事情是在增加的，儘管在過去一百年時間中已經有巨大的悲劇發生過了。這些振動在你們的星球中是非常強烈的。它就好像人群是渴望血的吸血鬼一樣。

You have tried very hard, and so have we, and individuals among the sheep

will pass the graduation test and thus you will have done your job, and for that, you too can be grateful and feel satisfied. But you were fighting against great odds and so are we. We still fight on, and so do you. And we do not consider the situation hopeless; for there is an eternity in which to work it out. However, the fact remains that at this moment we cannot even be on station over your skies, working with groups such as yours, in what you call your United States. It is only through a request to [the] central computer that we have been able to speak with you this evening.

你們已經非常努力地嘗試過了，我們也是如此，在羊群中的個體將會通過畢業考試，你們將因此已經完成了你們的工作，為此，你們同樣能夠是感激且感覺是滿意的了。但是你們是在與巨大的不和對抗的，我們也是如此。我們仍舊在繼續戰鬥，你們也是如此。我們並不認為情況是沒有希望的，因為會在其中將它解決掉的永恆的時間。然而，事實依舊是，在此刻我們甚至無法駐紮在你們的天空，並在你們稱之為美國的國家中與諸如你們之類的團體一同工作。僅僅是通過一個對中心電腦的請求，我們才已經能夠在今晚對你們發言了。

For we are attempting to send [words] of peace and love into the leaders of those in your old world, those in the Orient, those in what you call Russia, those in the Middle East. They seem to be so determined to blow up what they cannot have. And what they do not realize is that they will destroy not only themselves, but souls, if they are allowed to use the nuclear weapons. Thus, we are sad this evening. For we are those who love, and love breeds sadness. Thus, we too must meditate and remember the joy of the Creator. However, we do not shrink from what we see to be the truth. We simply accept it and realize that all those who at this time are not progressing or progressing very slowly, will simply progress in another time, in another place of their own free will, for the process is inexorable.

因為我們正在嘗試將和平和愛的話語送到在你們的舊世界中的那些人，那些在你們的東方世界中的人，那些在你們稱為俄國的國家中的人，那些在中東的人的領導人內在之中。它們看起來是如如此決心要炸掉它們無法擁有的事物。它們沒有意識到的事情是，它們不僅僅將破壞它們自己，同樣也會破壞靈魂，如果它們被允許使用核武器的話。因此，我們在今晚是悲傷的。因為我們是那些去愛的實體，愛會孕育悲傷。因此，我們同樣必須冥想並記住造物者的喜悅。然而，我們不會因為我們看到是真相的事情而退縮。我們單純地接受它並意識到，在此刻所有那些沒有進步或者非常緩慢地進步的人，將單純地會在另一個時間，在另一個地方，根據它們的自由意志而進步，因為進步是無可避免的。

We do not then ever despair, for we know that no souls can be lost. They can only be longer in the darkness, and this we wish to help you to avoid on your planet. And we know that you too wish to help your peoples in this way. We are afraid that in the vibration of love as we know it, there is a dynamic of joy and sadness. Joy from the Creator; sadness because of the separation of those who are separated from the Creator. For those who love wish only to serve others, and when you cannot serve, you must then feel sad. Perhaps that is the hardest thing about loving, is to know that you cannot change people, they must come to you, they must be ready, then the seed is planted

and joy begins again, in new ground. For this you may hope, for this you may still and always hope. For although this planet will not as a whole successfully enter the next density, there are those who will. And even now, you can help them develop. It does not have to be by the dialectic of spoken word. As we said before, it can be by smiles, by writing, by singing, by touching, by all the ways that you can show love.

我們從未絕望，因為我們知道，沒有靈魂能夠失去。它們僅僅能夠在黑暗中更長的時間，我們希望這是在你們星球上避免的事情。我們知道你們同樣也希望用這種方式幫助你們的人群。我們恐怕，在愛的振動中，如我們知曉它的一樣，會有一種喜悅與悲傷的動力性。喜悅來自於造物者，悲傷是因為那些與造物者分開的實體的分離。因為那些去愛的人僅僅希望去服務他人，當你們無法服務的時候，你們接著必定會感覺到悲傷。也許關於愛最為困難的事情就是，去知曉你們無法改變人，它們必須來到你們身邊，它們必須準備好，接下來，種子會被種下，喜悅再一次，在新的土地上，開始了。這是你們可以希望的，這是你們可以仍舊且一直希望的。因為儘管這個星球將不會作為一個整體成功地進入到下一個密度，會有那些將會進入到下一個密度的實體。甚至現在，你們能夠幫助它們發展。如我們之前說過的一樣，它能夠藉由微笑，藉由寫作，藉由歌唱，藉由接觸，藉由所有你們能夠顯現愛的途徑。

We are aware that many times both of you to whom we speak at this time have had the gift of listening. That is a great act of love. We encourage it in you. You may feel that you are not helping by listening, but if you listen with love, you can be the transformative element in the equation. You need not say anything in order for the look in your eye to reflect an attitude, in which the voices of others become aware of what they are saying and so begin to tell the truth, and so begin to find themselves.

我們察覺到，很多時候，我們在此刻對其發言的兩個實體同時都已經擁有聆聽了禮物了。那是一種巨大的愛的行為。我們在你們內在之中鼓勵它。你們可能感覺到，你們藉由聆聽不是在幫助，但是如果你們是帶著愛聆聽，你們就能夠成為方程式中的那個轉換性的要素。你們不需說任何事情，以便於在你們的眼中的表情反映一種態度，在其中其他人的聲音會察覺到它們正在說的事情，並因此開始講述真理，並因此開始找到它們自己。

But we share our sadness with you at this time, because we want you to know that you are not alone, that we are not without compassion for your feelings. However, we wish you to understand that there is a deeper reality in which you must not and cannot feel sad. For as we said, the place whereon you stand at this very moment, wherever you are, is holy ground. You do not need to reach the promised land, you have the promised land in your heart. Simply because other people cannot see it does not mean that it is not there. You must visit it in meditation and then you will know. Does this answer your question, my sister?

但是我們在此刻與你們分享了我們的悲傷，因為我們想要你們知曉，你們不是孤單的，我們不是對你們的感覺沒有同情心。然而我們希望你們理解，會有一個更為深入的實相，在其中你們必須不感覺悲傷也無法感覺悲傷。因為如我們說過的一樣，你們就在此刻站立於其上的地方，就是聖地。你們無需去抵達應許之地，

你們在你們的心中擁有應許之地。單純地因為其他人無法看到它，並不意味著它不在那裏。你們必須在冥想中訪問它，接下來，你們將會知曉。這回答了你的問題嗎，我的姐妹？

S: Yes. Although I (inaudible) active imagination (inaudible) broadest transformation (inaudible) part of it (inaudible) perhaps I may not be part of that (inaudible) my (inaudible). Waiting (inaudible) problem (inaudible) so afraid to do something (inaudible) if it's my ego or not (inaudible) back and wait (inaudible). S: 是的。儘管我（聽不見）活躍的想像力（聽不見）最為寬闊的轉變（聽不見）它的一部分（聽不見）也許我可能不是那個的一部分（聽不見）我的（聽不見）。等待（聽不見）問題（聽不見）如此害怕去做某個事情（聽不見）是否它是我的 小我（聽不見）返回並等待（聽不見）。

I am Hatonn. I am aware of you sentiments. May we say again, that you are not the only one of your band who feels the intense pressure of action at this time. This was indeed to be the time of movement. And it is possible yet that your little band may be able to do a few things. The one known as M, the one known as K, the one known as B, and especially the one known as Don have all suffered terribly in these last months because of an urgent and continuing feeling that they have not taken hold of their responsibilities. This instrument, who is less susceptible to this pressure, has also felt that this is a critical time, although it has not distressed her as much. Your perception is totally and perfectly correct. This and the years to come, your year 1980 and 1981, 1982, are your critical years in your incarnations. These were the years that you had all set aside to be mature enough and ready enough to work together to aid your planet. The planet which you adopted so bravely.

我是 *Hatonn*。我瞭解了你的情感了。容我們再一次說，你不是你們的團體中的唯一一個會在此刻感覺到強烈的行動的壓力的人。這確實是行動的時刻。會有你的小小的團體可能無法做一些事情。被知曉為 *M* 的實體，被知曉為 *K* 的實體，被知曉為 *B* 的實體，尤其是被知曉為 *Don* 的實體，全都已經在過去的幾個月中，因為一種緊迫且持續性的，對於它們並沒有承擔起它們的責任的感覺，而嚴重地在受苦了。這個器皿，它對這種壓力是較不敏感的，同樣也已經感覺到，這是一個至關重要的時刻，儘管它並未一樣多地讓她苦惱。你的知覺是完全且完美地正確的。這一年，以及即將到來的年份，你們的 1980, 1981, 1982, 是你們在你們的投生中的至關重要的年份。這些年份是你們已經全都預留下來的年份，以變得足夠成熟，足夠多地準備好來一起工作，以幫助這個星球，這個你們如此勇敢地收養了的星球。

It will be a measure of the determination of each as to how much of this is realized. However, it is our observation that the outcome of even the most successful campaign on your part is simply questionable. As we said, we have come to the conclusion that we can save individuals and be careful and consciously cautious in beginning their spiritual path by inspiration and so may you be. But we have come to the conclusion that we cannot, as a whole, transform this planetary consciousness. At best, we can simply keep it from

tearing up the planet, this very beautiful planet on which you now reside. And that is now our goal and what we continue to ask light groups, such as yours, to pray for. That the weather be asked by your higher selves to be calm, that the leaders of your world be asked by your higher selves to be in peace, in love, and harmony. These may seem to be foolish thoughts in the face of the weather that you are now experiencing and the difficulties that your international scene now presents. But we say to you that each prayer is heard.

關於這有多少會被實現的方面，它將會是對每一個人的決心的一個衡量。然而，我們的觀察是，在你們的部分上的甚至是最為成功的運動的結果都是單純地靠不住的。如我們說過的一樣，我們已經得出了結論，我們能夠拯救個體，並在藉由啟發來開啟它們的靈性道路的方面成為小心的且有意識地是謹慎的，你們同樣也是如此。但是我們已經得出結論，我們作為一個整體無法轉變這個星球的意識。在最好的情況下，我們單純地能夠使得它避免撕裂這個星球，這個你們現在居住在其上的非常美麗的星球。那就是現在我們的目標，我們繼續請求諸如你們的團體之類的光的團體，來為之祈禱。讓你們的高我請求天氣成為平靜的，讓你們的高我請求你們的世界的領導人處於和平狀態，處於愛與和諧之中。在面對你們現在正在體驗到的天氣以及你們的國際性的事件現在呈現出來的困難的時候，這些可能看起來似乎是愚蠢的想法。但是，我們對你們說，每一個祈禱都會被聽到。

What you do can change things on the inner planes. Already, light groups like yours have saved many in California and we ask your help with what you would call earthquakes. At the time that we asked that, rather than one large earthquake, there were several small ones and there was no loss of life. We continue to fight small battles such as this one, in lieu of the important and great battle, which we feel that we have lost, the battle for the planetary consciousness of your people. Many of your people will simply have to repeat the cycle of time which they have just experienced. It is not a true sadness that we feel, for we know that all will be well. It is simply a disappointment, that we cannot share the Creator and the joy of His love with all people who have that joy within them, waiting to be [unblocked,] waiting to be unlocked! But it cannot be if the person does not desire to use the key. So be it!

你們做的事情能夠改變在內在層面上的事情。類似你們的團體的光的團體已經在加利福尼亞拯救了很多人了，我們請求你們對你們稱之為地震的事件的幫助。在那個我們請求的時刻，不是一場大型的地震，有數場小型的地震，沒有生命的損失。我們繼續與諸如這樣的戰役之類的小型戰役交戰，代替重要且大型的戰役，我們感覺到我們已經失去了那場大型的戰役了，即為了你們人群的星球意識的戰役。你們的人群中很多人將不得不重複它們剛剛已經體驗過的那個時間的週期。我們感覺到它不是一種真正的悲哀，因為我們知道，一切都將會是好的。它單純地是一種死亡，我們無法與所有人分享造物者和造物者的愛的喜悅，而所有人在它們內在之中都擁有那種喜悅，等待著被排除障礙，等待著被解鎖！但是，如果人不渴望使用鑰匙，它是無法被解鎖的。就這樣吧！

We shall see, and we will be in touch with your group. You may depend upon it—in the months to come and the years to come—to witness with you and to send our love and support [for] your own program to give love and information to those who desire it on your planet. We know that you will do

the best that you can. We do not fear for any ego problems from any of you, for we feel that life itself has taught you enough at this point that you can analyze your own thoughts and work with them yourselves.

我們將會觀察，我們將會與你們的團體接觸。你們可以依賴於它——在即將到來的月份與即將到來的年份中——去與你們一起見證，並送出我們的愛與我們對你們的計畫的支持，以對那些在你們的星球上渴望它的人給予愛與資訊。我們知道你們將會盡你們所能。我們並不會因為來自於你們任何人的小我的問題而擔心，因為我們感覺到生命其自身已經在這個位置教導了你們足夠多的事情，以至於你們能夠分析你們自己的想法，並靠你們自己對它們進行工作了。

Each of you in the group, that has come to planet Earth at this time together, is a highly disciplined person. Ego is useful for being a chemical being upon a chemical planet. To be totally without ego would be somewhat awkward. We do not fear ego or ask you to dismantle it. We ask you to be aware of the way it works in your life. And when you feel that you have become offensive because of it, correct that action. That is all you need to worry about, in ego. If you are giving information to others, you may become tired of the sound of your voice. You may feel that you are showing off your information or your knowledge. But we ask you, why do you think that you had that information? Be humble in your heart and know that you are nothing without the Creator but clay and dust. But know also that you are a perfect created being. Do not be proud of the dust, but be unafraid to share the joy of being a child of God.

在團體中的你們每一個人，在此刻已經一起來到了行星地球的實體，都是高度修煉過的人。小我對於在一個化學性的行星上成為一個化學性的存有是有用處的。要完全沒有小我，會是多少有些笨拙的。我們並不擔心小我，或者會請求你們拆除它。我們請求你們察覺到它在你們的生命中工作的方式。當你們感覺到你們已經因為它而成為冒犯性的了，糾正那個行為。那就是所有你們在小我的方面需要擔心的事情了。如果你們正在對其他人給予資訊，你們可能對你們的話語的聲音感到厭煩。你們可能感覺到你們正在炫耀你們的資訊或者你們的知識。但是我們問你們，為什麼你們認為你們擁有那個資訊呢？在你們的心中成為謙遜的，知曉你們如果沒有造物者就什麼都不是，而僅僅是泥土與塵埃。但是同樣也知曉，尼恩是一個完美的被造的存有。不要為塵土驕傲，但是不要害怕分享成為一個神的孩子的喜悅。

We ask you in all sincerity to have confidence and not to worry about your ego, but simply to analyze your actions in each case. And when you have determined whether your ego or your love was working, adjust your behavior accordingly. For you are not in a situation where others will understand you and it would do you no good to speak to others. Thus, you must be your own disciplinarian. You are always able to speak at any time on the physical plane with those others of your group with whom you came. If there is a question that you cannot penetrate, we urge you to speak to the one known as Don or any of the others in your group. And we assure you that we will send you our thoughts, if you ask us. But most of all, you must have the confidence to realize that you know the score, and that you are too much a student of life to allow something that has been a rather beautiful and loving existence up to

this point [to] become marred by excessive egoism. 我們在全然的真誠中請你們有信心，不要擔心你們的小我，但是單純地在每一個情況中分析你們的行為。當你們已經確定，無論是你們的小我還是你們的愛正在工作，相應地調節你們的行為舉止。因為你們不是處於一個在其中其他人將會理解你們的情況，對其他人說話，不會對你們有好處。因此，你們必須成為你們自己的訓練員。你們一直都能夠在任何時刻在物質性的層面上對你們與之一同前來的你們的團體的其他人說話。如果有一個問題是你們無法看穿的，我們鼓勵你們與被知曉為 Don 的實體，或者你們的團體中的任何其他人談話。我們向你們保證，我們將向你們送出我們的想法，如果你們請求我們的話。但是最重要的是，你們必須有信心意識到，你們知道分數，們是一個太過好的生命的學生，以至於你不會允許某個已經是一個相當美麗且有愛的存在性的事物在這個位置上因為過多的利己主義而被破壞。

We are aware that you have been egotistic in the past; so has everyone that is incarnate in a chemical universe. Ego is a defense mechanism, it is a separator. Without ego you would become the proverbial doormat. 我們察覺到，你們在過去已經是利己主義了，在一個化學性的宇宙中投生的每一個人都是如此的了。小我是一種防禦機制，它是一個分離物。沒有小我，你就會成為諺語中的逆來順受的擦鞋墊了 (doormat)。

Know who you are, let your ego speak, but then let it be quiet. Simply see the balance between too little and too much. We are aware that many Eastern religions encourage the total abolishment of ego. This is all very well and good in a culture where the holy are fed. In your particular culture, the holy are normally considered quite insane, thus, retain your protective coloration and your ego [as] part of that. For you cannot function unless the society perceives you as normal. But know in your heart who you are. And let not your ego tell you that you have limitations. 知曉你之所是，讓你的小我說話，但是接下來，讓它安靜下來。單純地看到過少與過多之間的平衡。我們察覺到，很多西方宗教會鼓勵對小我的完全的廢除。在一個在其中神聖性被餵養了的文化中，這是非常好且有益的。在你們特定的文化中，神聖性通常是被認為是相當瘋狂的，因此，保留你們的保護性的染色，以及你們的小我作為那種機制的一部分。因為除非社會感覺到你們是正常的，你們都無法起作用了。但是在你們的心中知曉你們是誰。不要讓你們的小我告訴你們，你們是有局限性的。

Has this helped you my sister?

我的姐妹，這已經幫助你了嗎？

S: Yes. (Inaudible) I may also pray (inaudible) I hope you will send your light (inaudible) appear to (inaudible). I guess that goes along (inaudible) with incarnating (inaudible) physical body. (Inaudible) fear of what (inaudible) said (inaudible) as much as I have tried to tell myself this is an illusion (inaudible) and I know there is a greater reality, I still have the fear of my own physical being, the physical being that I have given birth to, and it is sometimes hard to get back to the basics and a (inaudible) feel that fear (inaudible). I need all

the help I can get (inaudible) quiet and get back to reality (inaudible) experience.

S: 是的。(聽不見)我可能同樣起到(聽不見)我希望你們將會送出你們的光(聽不見)出現在(聽不見)。我猜想那會伴隨著(聽不見)藉由投生(聽不見)物質性身體。(聽不見)擔心什麼(聽不見)說過(聽不見)如我們已經嘗試去告訴我自己這樣一個幻象一樣多(聽不見)我知道會有一個更大的實相，我仍舊對我自己的物質性存有感到恐懼，我已經為其賦予了生命的物質性存有，有時候要返回到基礎是困難的，一種(聽不見)的感覺，害怕(聽不見)。我需要所有我能夠得到的幫助(聽不見)安靜，並返回到實相(聽不見)體驗。

I am Hatonn. I will give you words of comfort, my sister, by urging you to never look ahead. For one of your singular imagination that is not a profitable activity. The day in which you are living at this point is enough meat for your thoughts to digest. To live in the future is as mistaken as to live in the past. That which you have is only yours for a moment and then is replaced by something else that is only yours for a moment. As you say, in the greater reality all times are one, and you need not fear the future, because it is no longer the future but a great circle of reality, encompassing all that ever was or ever will be. But in this illusion you must train your [mind] ...

我是 Hatonn。我將會藉由鼓勵你永遠不要提前預測，來給予你安慰的話語，我的姐妹。因為你的一個單一性的想像力並不是一個有益處的行動。你在這個位置在其中生活的日子，就是足夠你的思想去消化的食糧了。要活在未來中，是和活在過去一樣錯誤的。你擁有的事物，僅僅是在一瞬間屬於你的，接下來，它就會被某個其他的事情替代，那個事情僅僅是在一瞬間屬於你的。如你會說的一樣，在更大的實相中，所有的時間都是一個時刻，你無需擔心未來，因為它不再是未來，而是一個巨大的實相的圓，它包含了所有曾經是，或者將會是的事物。但是在這個幻象中，你必須訓練你的心智.....

(Tape ends.)

(磁帶結束。)

September 27, 1979

1979-09-27 *Hatonn* : 與造物者的關係

(Carla channeling)

(*Carla* 傳訊)

I am *Hatonn*, and I greet you in the love and in the light of the infinite Creator, in Whose name we come among you peoples to speak to you of the joy and the power that is yours as a birthright. We would like to greet one who is new to our group this evening, one who is known as S, and wish him well. There is some difficulty in transmission this evening due to the necessity of our using relay computers in order to speak with you. However, we hope that you will be patient with us. For we are expending a great deal of energy at this time working with some of the leaders of your world's peoples in hope that we may improve their desires for peace and brotherhood among the nations of your sphere.

我是 *Hatonn*，我在無限造物者的愛與光中向你們致意，我們通過造物者的名義來到你們的人群中間來對你們談及你們的天賦權利之所是的力量與喜悅。我們想要向今晚我們的團體中的一個新的實體，即被知曉為 S 的實體致意，並祝願她好。今晚由於我們需要使用轉播電腦以便於與你們說話而會在傳遞中有某種困難。然而，我們希望你們將會對我們有耐心。因為我們在此刻正在花費大量的能量與你們的世界的人群的一些領導人一同工作，以希望我們可以增強它們對在你們的星球上的國家中間的和平與兄弟情誼的渴望。

We are sure that it has occurred to you, my friends, to ask the same question that has been asked by the one known as David who wrote in your holy works, "Who is man that thou art mindful of him, that thou visiteth him?" Who are you, my friends, and what is your relationship to the Creator? When we can speak to you of the things that are natural in your world, it is so much easier for you to understand your relationship to the Creator. For in your present society, your relationship to the Creator has become very tenuous and very difficult to grasp.

我們相信，我的朋友們，去詢問與被知曉為大衛的實體已經詢問過的相同的問題，這是已經出現在了你們的頭腦中的了，被知曉大衛的實體在你們的神聖著作中寫道，“人算什麼，你竟顧念他？世人算什麼，你竟眷顧他？”（聖經-詩篇 8:4）我的朋友們，你們是誰，你們與造物者的關係是什麼呢？當我們能夠對你們談及那些在你們的世界中是屬於大自然的事情的時候，你們要去理解你們與造物者的關係是要遠遠更加容易的。因為在你們當前的社會中，你們與造物者的關係已經變得非常稀薄且非常難以掌握了。

Were you a farmer, as you strew your seeds in the spring you would be doing the creative work given to you by the Creator. And you would be with Him a co-creator, spreading life, being of service, living in such a way that you could see the production of fulfillment which comes as a result of labor. In your present society, my friends, instead of your taking that which the Creator has

provided and regenerating it, for the most part your society destroys it. Those of you who can properly understand your relationship with your Creator, you must go to the creation of the Father and study the interrelationships of the various parts of a delicately balanced and infinitely flexible arrangement that that creation constitutes.

如果你是一個農夫，當你在春天播撒你的種子的時候，你會在造物者賦予你的創造性的工作。你會作為一個共同造物者與祂同在，拓展生命，進行服務，並用這樣一種方式生活，你能夠看到作為勞動的一個結果而出現的達成目的的產物。在你們當前的社會中，我的朋友們，你們並沒有拿起造物者已經提供了的事物並使之再生，你們的社會的絕大部分在破壞它。你們中的那些能夠適當地理解你們與你們的造物者之間的關係的人，你們必須要前往天父的造物並研究各種各樣的部分之間的相互關係，這些各種各樣的造物的部分具有一種微妙的平衡以及造物所構成的無限靈活的排列。

Who are you that the Creator may visit you? You, my friends, are part of the Creator. It is as simple as that. You and all those things which are alive constitute a consciousness, the sum of which is the Creator. At any one time, there is a great pool of unconscious love spreading forth from the Creation as brightly and indiscriminately as does your sun spread light to your planet. But you, my friends, are not part of that pool of consciousness that is undifferentiated. You are part of that great circle of learning and evolution which marks the traveling back to the Creator hence you came. Thus, we ask you to appreciate it. Because of the Creator's love of you as that of identity, the Creator loves those parts of Himself, which of their own free will are traveling back towards Him, however slow or fast their trip may be. He loves Himself as He must. And as for you, my friends, what shall you do? In that same poem in your holy works the one known as David exclaims, "How excellent is thy name in all the world."

你是誰，乃至造物者可能會眷顧你呢？我的朋友們，你們是造物者的一部分。它就是那麼簡單。你們與所有活的事物構成了一個意識，它的總和就是造物者。在任何一個時刻，都會有一個巨大的無意識的愛的池塘會從造物向前延伸，如同你們的太陽會將光伸展到你們的星球一樣地明亮而不加區分。你們就是那些學習和演化的偉大的週期的一部分，這個偉大的週期為返回到你們從其而來的造物者的旅程加上了標記。因此，我們請你們感激它。因為造物者對你們的愛是具有統一性的愛，造物者愛祂自己的那些部分，那些具有它們自己的自由意志的部分正在朝向祂旅行返回，無論它們的旅程可能會多慢或者多快。祂愛祂自己，因為祂必須。如同對你們一樣，我的朋友們，你們將要做什麼呢？在你們的神聖著作中的那首相同的詩中，被知曉為大衛的實體高呼，“在所有的世界中，你的名字是多麼的傑出呀。”

If you can but feel the closeness of the Creator, the reality of the love of the Creator, so that you too wish to exclaim how excellent are your works, you may feel then a compassion and an understanding for the unhappy creations of man, which have so complicated your picture within your chemical illusion at this time. You as people have a great responsibility for you are part of a planetary consciousness which desperately needs those who can love rather

than feel negative feelings, who can feel compassion rather than judgment, who can be a mirror edged with [hope] rather than a black hole, sucking all that is good from the creation by sheer gravity.

只要你們能夠感覺到造物者的臨近，以及造物者的愛的實相，這樣你們就同樣也希望去高呼，你們的工作是多麼地傑出呀，你們就接下來可以感覺到一種對人類的不快樂的造物的同情心，以及一種對其的理解了，人類的造物已經讓你們在此刻在你們的化學性的幻象中的圖像如此複雜了。你們，作為人，擁有一個偉大的責任，因為你們是一個星球意識的一部分，這個星球意識極其需要那些能夠愛而不是感覺到負面性的感覺的人，那些能夠感覺到同情心而不是感覺到平安的人，那些能夠成為一面用希望鑲邊的鏡子，而不是成為一個將所有來自於造物的好的東西都憑藉純粹的重力吞下的黑洞的人。

In daily meditation [where you] go without a group, you may go into a place where you can be in touch with a place of excellence that is not only within yourself, but is part of an infinite life stream, inhabited by many, many beings of great knowledge and understanding from your own inner planes and from the similar spiritual planes of other dimensions. We ask you to come to that place, using your own judgment and discrimination, not because we advise you. For we do not know the absolute truth, but can only give you the guidance as we understand it to be right, that we know. We tell you these things in the spirit of helpfulness, and because we truly desire that as many of your peoples as possible be found. For many are lost from your flock, and if you can find them and bring them into the fold of understanding of the original Thought of the Creator, there is a joy that will ring in the very heavens, for each soul is precious to the Creator.

在每一天的冥想中，在其中你是在沒有一個團體的情況下前進的，你可以進入到一個地方，在其中你能夠接觸到一個具有優秀性的場所，這個場所不僅僅在你自己內在之中，同樣也是一條無限的生命溪流的一部分，它是被很多很多的具有偉大的知曉和理解的存在居住著的，它們來自於你們自己的內在層面，來自於其他維度的類似的靈性的層面。我們請你們來到那個地方，同時使用你們自己的判斷與分辨力，而不是因為我們建議你們。因為我們並不知曉絕對的真理，而僅僅能夠給予你們指引，因為我們理解它是正確的，我們知曉那一點。我們是通過具有幫助的精神告訴你們這些事情，因為我們真心渴望你們盡可能多的人都被找到。因為很多人都從你們的群體中迷失了，如果你們能夠找到它們並將它們帶入到對造物者的原初的想法的理解的皺褶之中，就會有一種喜悅會在天堂中奏響，因為每一個靈魂對於造物者都是珍貴的。

And what will happen, my friends, to those who are not to be brought into the fold at this time, to those who indeed desire to be distracted and numbed and removed from all thought of those events which may take place outside the compass of their very circumscribed and short earthly life? Do not worry, my friends, nor pass any judgment, for they will have an infinite amount of time in which to pursue their ultimate destiny. For the road can only go one way and that is towards knowledge of love.

我的朋友們，對於那些尚未在此刻被帶入到羊群 (*fold*) 中的人，對那些確實渴望被分心，變得麻木，並將所有對那些可能在它們非常受限且短暫的塵世生命的

邊界之外發生的事件的思考都移除的人，在它們身上將會發生什麼事情呢？不用擔心，我的朋友們，也不要進行任何的評判，因為它們將擁有無限數量的時間來在其中追尋它們最終的命運。因為道路僅僅能夠走一個方向，那就是朝向對愛的知曉。

People may learn quickly, they may learn very slowly. They may spend an entire incarnation declining to learn, but they will not lose what they have learned before and there are an infinite number of chances to learn again. For the Creator is truly compassionate. It is only you, my friends, who are so judgmental. We ask you not to build the Creator in your image but to build yourself in the Creator's image insofar as you can. Giving love, giving a kind ear, giving a gentle thought, perhaps simply giving a refraining from negative answers and above all, remembering to sow the seeds that the Creator has given you to sow when you feel that the ground is fertile. Never forcing yourself on stony ground, upon sand, but always responding to the question, to the interest, to the wonder, in such a way that that person may be alerted to the thought that there may be more to the life he is now experiencing than he had previously thought. It is this inspiration, my friends, that we hoped to give you and ask you to share. For each of you has talents. They are not yours, they have been given you by an infinite Creator. Each talent is different and each one creates a responsibility. We ask you to use your talents in love and in compassion. To do this, you must meditate, for there is no other way to remember the excellence of the name of the Creator. Not in the world, my friends, where things are not upon the surface entirely excellent. You must go beneath the surface and find the world of the Creator and the law of love which totally annihilates the world of man and the law of power.

人是可以快速地學習的，它們可以相當緩慢地學習的。它們可以花費一整個投生拒絕學習，但是它們將不會失去它們之前已經學會了的事情，會有無限數量的機會再一次學習。因為造物者是真正富有同情心的。僅僅是你們，我的朋友們，是如此評判性。我們請你不要根據你的形象來塑造造物者，而是在你能夠的範圍內根據造物者的形象來塑造你自己。給予愛，給予一隻善意的耳朵，給予一個溫和的想法，也許單純地給予一種避免負面性的回應，最重要的是，記住如何播種造物者已經給予你的種子，在你感覺到土地是肥沃的時候。永遠不要強迫你自己在佈滿岩石的地面上，在沙地上播種，但是一直都用這樣一種方式來回應問題，回應興趣，回應驚歎，這樣那個人就可以警覺這樣的想法了，相比他之前已經認為的，他現在正在體驗到的生命可能會有更多的事情。我的朋友們，我們希望給予你並請求你們去分享的就是這個啟發了。因為你們每一個人都有天賦。它們不是屬於你們的，它們是已經被一個無限造物者給予了你們的。每一個天賦都是不一樣的，每一個天賦都創造出了一個責任。我們請你們在愛中，在同情心中使用你們的天賦。要這樣做，你們必須冥想，因為沒有其他的方法來回憶造物者的名字的優秀。不是在世界中，我的朋友們，在世界中事物在表面上並不是完全優秀的。你們必須要進入到表面之下，並找到造物者的世界與愛的法則，愛的法則會完全廢止屬於人的法律以及具有權力的法律。

I would pause at this time so that my brother may speak. I am Hatonn.

我會在此刻暫停，這樣我的兄弟就可以發言了。我是 *Hatonn*。

(Pause)

(暫停)

I am Laitos. I am with this instrument, and I thank you for allowing me to speak with you this evening. I greet you in love and in light. We were attempting to contact the one known as M, and with her permission we will again attempt to say a sentence or two to her. I am Laitos.

我是 *Laitos*。我與這個器皿在一起了，我為你們允許我們在今晚對你們發言而感謝你們。我在愛中，在光中向你們致意。我們正在嘗試去接觸被知曉為 *M* 的實體，在她允許的情況下，我們將再一次嘗試對她說一兩句話。我是 *Laitos*。

(Pause)

(暫停)

(M channeling)

(*M* 傳訊)

I am ...

我是.....

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Laitos. We had good contact with the one known as M, for which we thank her very much. We would like to get just one or two more sentences from her, so that she will build her confidence in her ability to give a more extended message, and so if she will be patient with us, we will again attempt to speak just a few sentences to her. I am Laitos.

我再一次與這個器皿在一起了。我是 *Laitos*。我與被知曉為 *M* 的實體擁有良好的接觸了，我們為此非常感謝她。我們想要僅僅從她取得多一兩句話，這樣她就將會對她的去給予一個更長的資訊的能力建立信心了，因此，如果她願意對我們有信心，我們將會再一次嘗試去對她說一些話。我是 *Laitos*。

(Pause)

(暫停)

(M channeling)

(*M* 傳訊)

I am Laitos. I ... I ... I ... I ... (inaudible).

我是 *Laitos*。我.....我.....我..... (聽不見)。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Laitos. We are most pleased with the one known as M, for we feel we have made a great breakthrough in working with her. Whereas before there was a serious doubt in the instrument's mind as to whether she wished to pursue the service, she is now dealing only with the problem of analyzing our thoughts as they come to her and therefore stopping the flow of ideas. However, we did give this instrument a word-by-word description of what we were going to say through her, and she received correctly until she stopped. This is said to give the instrument confidence that she may continue, shall we say, to let it all hang out, and thereby be of service to others. For when the lock is broken of a fear of speaking without sense, then the instrument will have begun to help in the same way that she herself perhaps feels that she has been helped. And we are very grateful for each channel that we may use.

我再一次與這個器皿在一起了。我是 *Laitos*。我們對於被知曉為 *M* 的實體是極其高興的，因為我們感覺到我們已經在與她一同工作的方面產生了一個巨大的突破了。而在之前，在這個器皿的心智中，在關於是否她希望去追尋那種服務的方面，會有一種嚴重的疑慮，她現在僅僅是在處理在我們的想法出現在她的頭腦中的時候對它們進行分析，並因此停止了觀念的流動的問題。然而，我們確實用一種逐詞的方式描述了我們將要通過她說的事情了，一直到她停下來之前，她都正確地接收了。這樣說是為了給予器皿信心，她可能繼續，容我們說，讓它全都說出來，並因此對他人進行服務。因為當那把害怕說沒用道理的話的鎖被打破了的時候，接下來，器皿就將會已經開始用她自己也許感覺到她已經被幫助的相同的方式進行幫助了。我們對於每一個我們使用的器皿都是非常感激的。

We thank our sister M, and will continue to work with her in deepening her conditioning wave at any time she would request it. We would at this time like to condition the one who is somewhat near to this group, known as S. And due to the fact that we are not totally familiar with his vibratory pattern, we will be experimenting somewhat with the vibration.

我們感謝我們的姐妹 *M*，我們將繼續在任何她請求調節性的波動的時候，通過深化她的調節性的波動來與她一同工作。我們在此刻想要調節一個與這個團體多少有些接近的實體，被知曉為 *S* 的實體。由於我們對他的振動模式並不是完全熟悉的事實，我們將用振動多少進行一下實驗。

Therefore, if the vibration becomes somewhat intense, we would ask that he mentally request that we moderate the vibration. This vibration's use is twofold. First of all it is intended as a kind of carrier wave for the meditative strength of the individual, so that his own meditation may be more deep. Secondly, if he wishes to become an instrument, it is a vehicle for the conditioning pattern which normally involves the sensation of, the movement

of the parts of the mouth and throat which are normally used for speaking. This is to indicate that we are present and that the incident is not occurring only in the instrument's head. We will not attempt to speak to him this evening but only to give him an idea of how our vibration feels. I am Laitos. 因此，如果振動變得多少有些強烈了，我們會請求他在心智中請求我們減輕振動。這種振動的用途是雙重的。首先，它時候打算成為一種類型的用於個體的冥想的強度的載波的，這樣他自己的冥想就可以變得更為深入了。其次，如果他希望成為一個用於通常包含了一般會被用於說話的嘴部與喉部的感覺與運動的調節模式的載具。這是為了表明，我們是在場的，事件並不是僅僅在器皿的頭腦中發生的。我們將不會在今晚嘗試對他說話，而僅僅嘗試去給予他一個對於我們的振動感覺如何的觀念。我是 *Laitos*。

(Pause)

(暫停)

I am again with this instrument and would wish to thank the one known as S. We, as we have said, are with those who ask for our presence mentally, at any time that they do so. If at any time you would wish us to leave, you have merely to request mentally that we do so. For it is our desire not to interfere at any time with the free will of those who dwell upon your planet, but only to make available to them our love and our thoughts. I am Laitos. I will leave you now in love and light. Adonai.

我再一次與這個器皿在一起了，我會希望感謝被知曉為 *S* 的實體。我們，如我們已經說過的一樣，會與那些在頭腦中請求我們的在場的實體在一起，在任何它們這樣做的時候。如果在你們時候你們希望我們離開，你們僅僅需要在頭腦中請求，我們就會這樣做了。因為我們的渴望在任何時候都不是去侵犯那些居住在你們的地球上各地實體的自由意志，而僅僅是是的我們的愛與我們的想法可為它們所取得。我是 *Laitos*。我現在將在愛與光中離開你們。*Adonai*。

(Pause)

(暫停)

I am Latwii. I am very glad to be with you and speak to you in love and light. We were attempting to say hello to you through the one known as M and although we made contact, she was somewhat perplexed due to the fact that we have not spoken to her before and our vibration is quite different from that of Hatonn. We merely wish to say greetings and love as we enjoy understanding the fifth dimension of your planet at this time. We are on watch here cataloguing the various vibrations of that plane and from this point we look upon your peoples with great love. We send you that love. We pass the meeting now back to our brothers of Hatonn, who have waited patiently for us to stick our noses into his meeting. Adonai, my friends. Adonai, in the name of the Creator.

我是 *Latwii*。我非常高興與你們在一起，並在愛與光中對你們發言。我們正在嘗試通過被知曉為 *M* 的實體對你們說你好，儘管我們建立了接觸，她對於我們尚未在之前對她說過話的事實是有些有些困惑的，我們的振動與 *Hatonn* 的振動是

相當不一樣的。我們僅僅希望表達致意與愛，因為我享受你們的星球在此刻的第五維度的理解。我們是在這裏觀察那個層面上的各種各樣的振動，並對它們進行分類的，從這個位置，我們是帶著巨大的愛來觀察你們的人群的。我們對你們送出那種愛。我們現在將集會傳遞回到我們的兄弟 *Hatonn*，*Hatonn* 已經耐心地等待我們將我們的鼻子伸進到他的集會中了。*Adonai*，我的朋友們。*Adonai*，以造物者的名義。

(Pause)

(暫停)

I am *Hatonn*, and I return to this instrument, as always, with the name of the Creator upon our lips. We will pause only to ask if there are questions at this time. Please feel free to ask about anything about which you may be curious at this time. Are there any questions at this time?

我是 *Hatonn*，我回到這個器皿了，一如既往，藉由在我們的嘴上的造物者的名字。我們將僅僅暫停來詢問是否在此刻有問題。在關於任何你們可能在此刻感到好奇的事情的方面，請隨意詢問。在此刻有任何問題嗎？

(Pause)

(暫停)

We are aware that there are questions, but we do not feel that we can interrupt the free will of those who would ask but who have decided not to at this time, by answering them. We apologize for the somewhat slow nature of this communication. As we say, it has been through what you would call a machine that we have sent our thoughts. But our brother *Latwii* is as busy as are we at this time and so we are attempting to speak to you ourselves, although we are not in your skies at this time.

我們察覺到有問題，但是我們並沒有感覺到，我們能夠藉由回答問題來侵犯那些想要提問，擔尚未在此刻做出決定的人的自由意志。我們為這次溝通交流的多少有些緩慢的屬性而抱歉。如我們說說過的一樣，我們是通過你們成為一個機器的事物來送出我們的想法的。但是我們的兄弟 *Latwii* 在此刻是和我們一樣忙碌的，因此，我們正在嘗試靠我們自己來對你們發言，儘管我們在此刻不在你們的天空中。

We ask you, my friends, to remember those things which are true and beautiful in your life, in your dreams, in your thoughts, and to refrain from being discouraged at this great reservoir of experience which does not meet the ideal to cherish. You must understand that all upon which you look is a part of yourself. If you are unhappy with what you see, the only alternative is to learn to love it. Not foolishly, but with understanding. Only love can give you that divine understanding and only meditation can give you access to the original Thought of the Creator which is that love.

我的朋友們，我們請你們記住那些在你們的生命中，在你們的夢境中，在你們的想法中是真實而美麗的事情，並避免對於這個尚未滿足要去珍惜的理想的巨大的體驗的儲存庫感到洩氣。你們必須理解，所有你看到的事物都是你自己的一部分。

如果你對於你看到的事情感到不快，唯一替代性的事情就是去學會去愛它。僅僅只有愛能夠給予你們那種神聖的理解，僅僅只有冥想才能讓你們進入到那種愛之所是的造物者的原初的想法。

I leave you, my friends, in that love and the infinite light which it has created throughout this great creation of many universes, many dimensions, and many times. We leave you with the Creator. We are your brothers and sisters, and we are known to you as Hatonn. Adonai, my friends. Adonai vasu borragus.

我的朋友們，我們在那種造物者已經通過這個具有許多的宇宙，許多的維度，許多的時間的偉大的造物創造出來的愛與無限的光中離開你們。我們讓你們與造物者留在一起。我們是你們的兄弟姐妹，我們是你們知曉的 *Hatonn*。Adonai，我的朋友們。Adonai vasu borragus。

September 27, 1979

1979-09-27 Kasara : 登山者的手杖的故事

(Carla channeling)

(Carla 傳訊)

I am with this instrument. I greet you in the love and the light of the infinite Creator. I have not previously spoken with this group but have been asked to do so, in the name of the Creator, by the chief teacher of your group, the brothers and sisters of Hatonn.

我與這個器皿在一起了。我在無限造物者的愛與光中向你們致意。我之前尚未對這個團體發言過，但是我已經被你們的團體的首席教師，兄弟姐妹 Hatonn 請求，以造物者的名義這樣做了。

We are attempting to transmit our name to this instrument, as we have used it before in other groups, but this transmission is, of course, very difficult as this instrument does not know our name.

我們正在嘗試將我們的名字傳遞給這個器皿，因為我們之前在其他團體中已經使用過它了，但是，這種傳遞，當然，是非常困難的，因為這個器皿並不知道我們的名字。

We are of the constellations of what you know as [Ora,] and we call ourselves [Kasara.] We would like to share with you a little story, my friends, that we offer to you this evening in the humble hope that we might spark a thought or two in your minds that may help you in some way.

我們是屬於你們知曉為 Ora 的星座，我們稱呼我們自己為 [Kasara]。我們想要與你們分享一個小故事，我們今晚想你們提供這個小故事是希望我們可以在你們的頭腦中點燃一兩個可能會用某種方式幫助你們的想法。

Once, my friends, there was a mountaineer and this mountaineer was a wanderer and he wandered up hill and down, many the day and many the night spent he [in] loneliness and enjoying the beauties of his scenery and enduring the hardships of all weathers. This mountaineer had but one desire and that was to find the perfect walking stick. For it was his belief that with a stout stick at his side, he could climb the highest mountain, traverse the longest distance, and always, without fail, keep a sure footing.

我的朋友們，曾經有一個登山者，這個登山者是一個漫遊者，他在山上山下漫遊，很多個日日夜夜，它都在孤單中度過，享受他的風景的魅力並忍受所有的天氣的困難。這個登山者僅僅只有一個渴望，那就是去找到完美的手杖。因為他相信的事情是，如果他身邊有一支結實的手杖，他就能夠去攀登最高的山，橫跨最長的距離，一直都不會失敗，而會保持一種堅定的步伐。

For years he tried and tried to find the right stick. He whittled on sticks, he carved on sticks. He traded sticks with others. But somehow, they never seemed to fit his hand just right or to hold him up just right. And one day, after many years of trying to find the right stick, he got tired of looking for

something to lean on and decided that if he did not need a roof over his head or walls between himself and the winter, shelter between himself and the rain or anything but a hat between himself and the summer sun, that perhaps he did not need any stick, either.

在多年的時間中，他一次又一次地嘗試去找到合適的手杖。他在棍子上進行切削，它在棍子上進行雕刻。它與其他人交易手杖。但是，以某種方式，它們從未看起來恰好適合於他的手，或者正好合適地支撐他，他對尋找某個用來依賴的事物感到厭倦了，並決定，如果他並不需要在他的頭頂上的一個屋頂或者在他和寒冬之間的牆壁，或者在他自己和雨水或者任何事物之間的遮蔽物，而僅僅需要一頂在他自己和夏日的太陽之間的帽子，也許他同樣也不需要任何的手杖。

And once he had found that he had all he needed in himself, then and only then did he become the true wanderer. Then and only then did he become truly happy. Satisfied at last that his purpose was not that of another and his needs not that of another, but that he was complete within himself.

一旦他已經發現，他在他自己內在之中擁有所有他需要的事物，在那個時候，僅僅是在那個時候，他成為了一個真正的漫遊者了。在那個時候，且僅僅是在那個時候，他成為真正快樂的了。最後他對他的目的不是另一個人的目的，且他的需要不是另一個人的需要，而他在他自己內在之中是完整的感到滿意了。

We realize that in your culture it is not acceptable for a man to walk for a living, to live of the land, to have no money, and we do not encourage you to do this. We speak to you allegorically, my friends. What we are encouraging you to do is to leave off looking for the right walking stick in life. You did not come into this world to lean on others, to lean on ideas, to lean on possessions or to lean on preconceived ethics.

我們意識到，在你們的文化中，一個人走路來謀生，依靠土地生活，而沒有金錢，這不是可以接受的，我們並不鼓勵你們這樣做。我的朋友們，我們是用寓言的方式對你們發言的。我們正在鼓勵你們去做的事情是，不再尋找那個生命的合適的手杖了。你們進入到這個世界並不是來依賴於其他人，依賴於觀點，依賴於所有物，或者依賴於預設的倫理道德的。

You came into this world a perfect creature and that perfection was rapidly overlaid by a complex system of intellectual limitations which were placed upon you by others. You then carefully continued the work of your parents, believed what they told you in good faith, and for your lifetime have been trying in good faith to live according to the precepts of people and ideas and ethics and ways of being that have been taught to you. These are your walking sticks, and none of them fit, do they?

你們進入到這個世界的時候是一個完美的生靈，那種完美性是迅速地被一個有其他人施加給你們的複雜的邏輯智力的局限性的系統所覆蓋起來的。你們，接下來，小心謹慎地繼續你們父母的工作，並充實地相信它們告訴你們的事情，因為你們的生命一直都在忠實地嘗試去根據人群的訓誡，以及那些已經被教導給你們的觀點，倫理以及存有的方式而活。這些就是你的手杖，它們沒有任何一個是合適的，不是嗎？

No one else's ideas will carry you through, no one else's ethics can make you feel right if something is wrong, or wrong if something is right to you. Why spend so much of your life confused because of what others think? They may have traded you a walking stick, but you don't have to have it. You don't have to have any! 沒有任何其他人的觀點將會讓你完成任務，沒有任何其他人的倫理道德能夠讓你在某個事情是錯誤的時候感覺到正確的，或者在某個事情對於你是正確的時候感覺到錯誤的。為什麼要將如此大量的你的生命花費在因為其他人認為的事情而產生的混淆上呢？它們可能已經賣給你了一支手杖，但是你並不一定要使用它。你並不一定要使用任何手杖。

It is written in your holy works, my friends, "My rod and my staff shall comfort thee." Yes, my friends, even if you walk through the valley of death, you have a rod, you have a staff. You have the Creator within you; you are part of a perfection that is the Creator. And that part of you is the only walking stick you will ever need.

我的朋友們，在你們的神聖著作中被寫到過，“我的杖和我的竿將會安慰你們。”是的，我的朋友們，即使你們走過死亡的山谷，你們都擁有一支杖，你們都擁有一根竿。在你們內在之中你們擁有造物者，你們造物者之所是的完美性的一部分。你的那個部分就是你將會一直都需要的唯一的手杖了。

You cannot get in touch with that part of yourself by any outer means; you cannot, even though you think you might, get in touch with that part of yourself by intellectually understanding the means of meditation and service to others. What is a walking stick for, my friends? It is for the steep places. When you need comfort, know that that comfort exists within you. Even if you walk in the valley of death, the Creator is with you. His rod and his staff shall comfort you. Stand on your own two feet, my friends. And in your spiritual path remember that the way of the mountaineer is the true way. Walking, going, journeying, seeking, that is all that there is to living. The rest is illusion!

你無法藉由任何外部的途徑來與你自己的那個部分接觸，你無法，即使你認為你可以藉由對冥想和服務他人的途徑的邏輯智力的理解來接觸你自己的那個部分。我的朋友們，一個手杖是用來幹什麼的呢？它是用於陡峭的地方。當你需要舒適的事情，請知曉，舒適是存在於你內在之中的。即使你在死亡的山谷中行走，造物者都是與你同在的。祂的杖和祂的竿將會安慰你。我的朋友們，用你們自己的雙腳站立起來。在你們的靈性的道路上，記那個登山者的道路就是真實的道理。行走，前進，旅行，尋求，那就生活的全部了。剩下的都是幻象。

I am of the consciousness of [Kasara.] I would like to attempt to transfer this contact, if I may, to another instrument.

我是意識[Kasara]。我想要嘗試轉移這個接觸，如果我可以的話，到另一個器皿。

(Pause)

(暫停)

(Carla channeling)

(Carla 傳訊)

We have been attempting to contact the one known as B, but our vibration is very light, and we are not finding it easy to use the instrument known as B. We will once again touch with his being and see if he can pick us up, although we are indeed much weaker, shall we say, than the vibration of Hatonn or Laitos. I am [Kasara.]

我們一直都在嘗試接觸被知曉為 B 的實體，但是我們的振動是非常輕的，我們發現要使用被知曉為 B 的器皿並不容易。我們將再一次與他的存有接觸，並看看是否他能夠將接收到我們，儘管我們確實是比 Hatonn 或者 Laitos 的振動，容我們說，更為微弱的。我是[Kasara]。

(B channeling)

(B傳訊)

I am Kasara. My friends, it is important that you look to your spiritual growth. For, my friends, as I have already stated, (inaudible) is illusion. There are many times you will find that, indeed, possessions will help you along your path. But, my friends, I think it is also important to draw the line upon, shall we say, possessions. For, my friends, the pull is so strong that it may in turn engulf you.

我是 Kasara。我的朋友們，你們留心你們的靈性的成長，這是重要的。因為我的朋友們，如同我已經說過的一樣，（聽不見）是幻象。會有很多的時候你們將會發現，確實，所有物將會在你們的道路上幫助你們。但是，我的朋友們，我認為同樣重要的事情是，在所有物上畫出界限來做出限制。因為我的朋友們，拉力是如此強有力以至於它可能會反過來吞沒你們。

As you know, (inaudible) meditation you will evolve to a state that you will, shall we say, be able to offer your services to many around you. It is also important that you realize (inaudible) of helping a great many people. Therefore, my friends, it is important that you develop yourself to a higher degree. The road is steep and long; but, my friends, well worth the trip!

如你們知曉的一樣，（聽不見）冥想，你們將發展到一種狀態，你們將會能夠，容我們說，對你們周圍的很多人提供你們的服務。同樣重要的事情是，你們意識到，（聽不見）會幫助大量的人。因此，我的朋友們，你讓你自己發展到一個更高的程度，這是重要的。道路是陡峭和漫長的，但是，我們的朋們，旅程是完全值得的。

It has been a great pleasure sharing your meditations, my friends. (Inaudible) or shall we say (inaudible) we are, shall we say, at your disposal at another time. Continue in your meditation, for it is the path to the Creator. There may be some experiences ahead of you all. I shall leave this instrument now. I am [Kasara.] I leave you in the name of our infinite Creator.

分享你們的冥想，這已經是一種巨大的快樂了，我的朋友們。（聽不見）或者，容我們說，（聽不見）我們將在另一個時刻任憑你們差遣。在你們的冥想中繼續，因為它就是通往造物者的道路。可能會有一些體驗會在你們所有人的前面。我將

會現在離開這個器皿。我是[Kasara]。我以我們的無限造物者的名義離開你們。

(Pause)

(暫停)

(Carla channeling)

(Carla傳訊)

I am Laitos, and I greet you also in the love and the light of the infinite Creator. If you would be patient with me at this time I would like to spend a few moments working with the newer channels. I would like to exercise the channel known as G at this time. I am Laitos.

我是 Laitos，我同樣在無限造物者的愛與光中向你們致意。如果你們願意在此刻對我們有耐心，我想要花一會兒來與較新的管道一同工作。我想要在此刻與被知曉為G的實體一同工作。我是Laitos。

(Pause)

(暫停)

I am again with this instrument. We will try once more with the one known as G, after requesting that she relax, for she is somewhat tense and therefore is having difficulty receiving our thoughts. Therefore, they are being reflected back into the group. And it is much easier to absorb our thoughts, even if they are not spoken, you each can receive them, as we say, subconsciously. We would once again work with the one known as G and attempt to say a few sentences through her, if she will relax. I am Laitos.

我再一次與這個器皿在一起了。我們將再多一次對被知曉為 G 的實體進行嘗試，在請求她放鬆之後，因為她是多少有些緊張的，並因此在接受我們的想法的過程中正在遇到困難。要吸收我們的想法，這是更加容易的，即使它們沒有被說出來，你們每一個人都能夠，如我們會說的一樣，潛意識地接收到它們。我們將再一次與被知曉為 G 的一同工作，並嘗試去通過她說一些舉止，如果她願意放鬆的話。我是 Laitos。

(Pause)

(暫停)

I am again with this instrument. We thank the one known as G and encourage her not to worry, if she has some days when she cannot pick us up, for there are days when one becomes very tense due to the happenings of the day, and therefore one is less able to receive our thoughts. It is a kind of talent which one has a knack for after awhile. But it takes some time to build up, and we will continue to work with her and thank her for the opportunity. We would like now to attempt to speak just a few words through the one known as M, if she would also relax. I am Laitos.

我再一次與這個器皿在一起了。我們感謝被知曉為 G 的實體並鼓勵她，如果她有一些日子是在其中她無法接收我們的話，不要擔心，因為會有一些日子一個人

會由於那一天的遭遇而變得非常緊張，並因此較不有能力接收我們的想法。一個人會在一段時間後找到竅門，這是一種類型的天分。但是，它需要一些時間來積累，我們將繼續與她一同工作並為那個機會而感謝她。我們現在想要嘗試去通過被知曉為 *M* 的實體說一些話，如果她同樣也願意放鬆的話。我是 *Laitos*。

(Pause)

(暫停)

(*M* channeling)

(*M* 傳訊)

I am *Laitos*. (Inaudible).

我是 *Laitos*。(聽不見)。

(Pause)

(暫停)

(*Carla* channeling)

(*Carla* 傳訊)

I am again with this instrument. We are having very good contact with the one known as *M*. We ask that she refrain from analyzing our thoughts. We will tell her what our next two sentences were to be, so that she will know that she had our contact. We would have attempted to say, "What a privilege it was to use each new instrument, and that it is a great honor to welcome each new instrument."

我再一次與這個器皿在一起了。我們正在與被知曉為 *M* 的實體擁有非常良好的接觸了。我們請求她避免分析我們的想法。我們將會告訴她我們接下來的兩個句子是什麼，這樣她將會知曉她擁有我們的接觸了。我們已經嘗試去說，"與每一個新的器皿接觸，這是怎樣一種榮幸呀，歡迎每一個新的器皿，這是一種巨大的榮耀。"

We will again attempt to contact the one known as *M* and speak just a few words further through her at this time. I am *Laitos*.

我們將再一次嘗試去接觸被知曉為 *M* 的實體，並在此刻通過她更進一步說一些話。我是 *Laitos*。

(*M* channeling)

(*M* 傳訊)

I am *Laitos*. (Inaudible).

我是 *Laitos*。(聽不見)。

(Pause)

(暫停)

(Carla channeling)

(Carla 傳訊)

I am again with this instrument. I am Laitos, and again I (inaudible) the one known as M. She is very close to making a breakthrough and being able to speak thoughts that she does not expect and that are original to her from us. Her main problem is in analyzing, and it is the breakthrough that we seek that will occur when she is able to speak our thoughts without attempting to discover whether or not they make sense. We are with you in love and love is a universal language, so that it is very difficult not to make sense, no matter what instructions or sentences we may give you. For there is almost no way that we can send you a thought which is not full of love in one way or another. We can only ask you to trust us as we train you in a service which will be more and more needed by your peoples as the new age begins. We thank you so much for your patience and we will close now through this instrument. I am known to you as Laitos, and I leave you in the love and light of the infinite Creator. Adonai.

我再一次與這個器皿在一起了。我是 *Laitos*，再一次，我（聽不見）被知曉為 *M* 的實體。她是非常接近產生一種突破，並能夠說出那些她並未預料到的，並且是源自於我們的想法的。她的主要的問題是在分析的方面，在她能夠在不嘗試去發現是否我們的想法是有道理的情況下說出我們的想法的時候，我們尋求的那種突破就將會發生了。我們是在愛中與你們在一起的，愛是一種宇宙性的語言，因此，要去言之有理是非常困難的，無論我們可能給予你們什麼指南或者句子。因為幾乎沒有任何方法是我們能夠對你們送出一個不用這樣或者那樣一種方式充滿了愛的想法的。我們僅僅能夠請你們在我們用過一種服務訓練你們的時候相信我們，這樣一種服務將會隨著新時代的開始而越來越多地被你們的人群需要。我們如此感謝你們的耐心，我們現在將通過這個器皿結束。我是你們知曉的 *Laitos*，我在無限造物者的愛與光中離開你們。*Adonai*。

(Pause)

（暫停）

I am Latwii, and I say to you greetings, my friends, in the love and the light of the infinite Father. As you say upon your planet, "Howdy, and how is everything with you?" We are very glad to see you this evening, and we are just very pleased to be able to speak with you. We have a very strong contact with this instrument, which we are attempting to mediate, so it will not be uncomfortable for this instrument. Unfortunately, we have a somewhat strong vibration. We are with this instrument. We are monitoring this communication. It is more comfortable to the instrument at this time. I am Latwii.

我是 *Latwii*，我的朋友們，我在無限天父的愛與光中向你們致意。如你們在你們的地球上說的一樣，“你好，你今天過得如何？”我們非常高興在今晚看到你們，我們僅僅非常高興能夠對你們發言。我們與這個器皿擁有一種強有力的接觸，我們正在嘗試去進行調解，這樣它將不會對於這個器皿是不舒服的了。不幸的是，我們擁有一種多少有些強有力的振動。我們與這個器皿在一起了。我們正在監督這個通訊。它在此刻對於器皿是更加舒服的了。

We truly are happy to be with you, and each of your vibrations gives us infinite pleasure as you sit about the room, miniature rainbows in what you think of as darkness but what we see as a beautiful violet glow at this time, due to the basic color of your vibrations, which is of a somewhat amethyst hue. We have come to answer questions at this time and would prefer to speak through the one known as Don, if he is willing to be of service at this time. We will attempt to transfer communications to him. I am known to you as Latwii.

我們對於與你們在一起是真正感到高興的，你們每一個人的振動都給予我們無限多的快樂，但你們坐在屋子中的時候，你們的振動是在你們認為是黑暗的事物中小型的彩虹，但是我們在此刻將其視為是的一種美麗的紫羅蘭，這是由於你們的振動的基本的顏色，它是具有一種多少有些紫色的色調的。我們已經在此刻前來回答問題了，我們更喜歡通過被知曉為 *Don* 的實體發言，如果他樂意於在此刻進行服務的話。我們將嘗試將通訊轉移到他身上。我是你們知曉的 *Latwii*。

(Don channeling)

(*Don* 傳訊)

I am with the instrument.

我與器皿在一起了。

Carla: May I ask a couple of questions?

Carla：我可以詢問幾個問題嗎？

Yes.

是的。

Carla: Where is Hatonn now?

Carla：*Hatonn* 現在在哪里？

Hatonn is in the creation. There has been no change in his location.

Hatonn 在造物中。在他的位置中沒有改變。

Carla: In the configuration of this sphere, in which he assumes the shape of a man and the vehicle of a ship, over what part of our sphere does he now reside?

Carla：在這個星球的配置中，它在其中採用了一個人的外形以及一艘飛船的載具，他現在處於我們的星球的什麼部分呢？

Southeast Asia.

亞洲最南部。

Carla: Thank you, Latwii. Is it for the same purpose as (inaudible)?

Carla：謝謝你們，*Latwii*。它是為了和（聽不見）相同的目的嗎？

Yes.

是的。

Carla: I see. Has there been any change?

Carla：我明白了。已經有任何改變了嗎？

No.

沒有。

Carla: I didn't think so. When one has a person who comes to a group such as this one and is overenthusiastic, what is the most safe way of encouraging his ability to meditate and perhaps receive messages without opening him up to the problem of stray astrals which may mimic members of the Confederation?

Carla：我並不認為如此。當一個人遇到這樣一個人，它來到了諸如這個團體之類的一個團體並且是過分熱情的，最安全的鼓勵他冥想以及接受資訊的能力，而不讓他向著那種可能會模仿星際聯邦的成員的，令人迷失方向的星光層的問題開放的方法是什麼呢？

(Pause)

(暫停)

Carla: Is there a general answer to that?

Carla：那個問題有一個一般性的答案嗎？

(Pause)

(暫停)

Information received by a channel is the information the channel desires to receive. The desire is what (inaudible) entertaining of the (inaudible). This desire then results in what the channel receives. We in no way wish to modify this process, for it is a natural process.

被一個管道接收到的資訊是管道渴望去接收到的資訊。渴望就是（聽不見）招待（聽不見）。這種渴望接下來會產生出管道接收到的內容的結果。我們絕對不會希望去限制這個過程，因為它是一個自然的過程。

[If] you find that for your purposes you do not wish some communications to take place, we suggest that you discuss these possibilities with the individual.

We have no control over this, for it is a matter of free will.

如果你發現，你為了你的目的而不希望某些溝通交流發生，我們建議你與個體討論這些可能性。我們對此不會進行控制，因為它是一個自由意志的問題。

Carla: I see. Then there is no tried and true method of psychic self-defense that is general. It is completely a function of the honesty of the individual in his desire to seek. Is that correct?

Carla：我明白了。那麼沒有一般性的心靈的自我防禦的可靠且真實的方法了。

它完全是個體在他去尋求的渴望中的真誠的一個機能。那是正確的嗎？

There is no need, from our point of view for what you call self-defense, for all times an individual will bring to themselves (inaudible) therefore it's part of a waste of time (inaudible) to defend (inaudible). 從我們的視角來看，沒有你所稱的自我防禦的需要，因為在所有的時間，一個個體都將會為它們自己帶來（聽不見）因此，去防禦（聽不見）在部分上是一種（聽不見）浪費時間。

Carla: What if a person does not know what he seeks?

Carla：如果一個人並不知道他尋求的事情是什麼呢？

That does not matter. The individual seeks and finds (inaudible).

那並不重要。個體尋求並會找到（聽不見）。

Carla: It is a subconscious method then, not a conscious one?

Carla：那麼它是一個潛意識的方法，而不是一個有意識的方法嗎？

It can be either or both.

它能夠是兩者之一，或者同時是兩者。

Carla: I see.

Carla：我明白了。

I shall tell a story. The child and an individual (inaudible) TV set seeks that which you don't desire to watch, finds great pleasure in this program and [in] time grows to a state of mind (inaudible). In time, this seeking may become [analogous] to each of you who watch in joy (inaudible) program. This condition may exist (inaudible). Or the other type situation that you mentioned as being distasteful to you may exist, which was (inaudible) desire different programs than you desire. Which does not mean that programming that he desires (inaudible) will not satisfy the desires (inaudible). There is no such thing as bad seeking. There is only seeking. You will find that of what you are (inaudible).

我將會講一個故事。孩子和一個個體（聽不見）電視機，尋求你們並不渴望去觀看的內容，並會在這個節目中找到巨大的快樂，並會在適當的時間成長到一種心智的狀態（聽不見）。在適當的時間，這種尋求可能成為與你們每一個在喜悅中觀看（聽不見）的節目的人是類似的。這種情況可能存在（聽不見）。或者其他類型的你們會提到是對於你們是不合胃口的情況可能存在它是（聽不見）渴望與你們渴望的節目不同的節目。哪一個節目並不意味著那個他渴望的節目（聽不見）將不會滿足渴望（聽不見）。沒有諸如糟糕的尋求之類的事情。僅僅只有尋求。你們將會找到你們正在（聽不見）的事物。

Does this answer your question?

這回答了你的問題嗎？

Carla: Fully. There is a problem that's been bothering me for some time, and I really don't know if you can answer it or not. But, crazy as it may seem, I was wondering about gravity. We have always been taught that gravity pulls things together and there has been some scientific evidence now that gravity is actually a repulsive force. Do you have any comments on that? Do we aid our spiritual understanding or is it merely part of the illusion?

Carla：充分地回答了。有一個問題已經一直都困擾我有一段時間了，我真的不知道是否你們能夠回答它。但是，儘管它可能看起來似乎是瘋狂的，我正在對重力感到驚奇。我們已經一直都被教導，重力將事物拉到一起，現在已經有某種科學證據，重力實際上是一種排斥力。你們對此有任何評論嗎？我們會幫助我們的靈性理解嗎，或者它僅僅是幻象的一部分嗎？

I am in consultation for education.

我正為教育而進行商討。

(Pause)

（暫停）

This instrument is being given the impression of an egg partially submerged in liquid. This egg is surrounded by liquid, so is your planet surrounded by material which you know of as space.

這個器皿正在被給予了一個部分被浸入到液體中的雞蛋的印象。這個雞蛋是被液體包圍的，你們的星球如此也是被你們知曉為空間的材料包圍著的。

(Pause)

（暫停）

Space has different densities. These densities are not a physical property as you know physical property. These densities are condensed out [of] space, and each has its peculiar properties. The thing that you call gravity in your particular density is a function of condensation of your density out of space. It is similar to a bubble being formed below the surface of a window.*

空間擁有不同的密度。這些密度並不是和你們知曉的物質性的屬性一樣的一種物質性的屬性。這些密度是從空間被壓縮出來的，每一個密度都擁有它特殊的屬性。你稱之為重力的事物在你們特定的密度是你們的密度對空間的壓縮的一個機能。它是類似於在凹形液面[1]的表面下被形成的一個泡泡的。

(Side one of tape ends.)

（磁帶一面結束。）

(Don channeling)

（Don 傳訊）

This bubble is an isolated system and unique in its environment. (Inaudible) this is a material of a totally different density. This is how planets are formed out of space. They are formed as submerged bubbles. Submerged planetary

bubbles in space. Each has its particular properties because of its [antecedents] which is a function of what you would call its philosophy. Gravitational attraction, as you call it, which you experience, is the result of what you might call planetary philosophy, due to general configuration of mind, the population of your planet, both incarnate and discarnate. Certain level density, what you call physical matter, is condensed out of surrounding space, condensed in such a way, in such an intensity you might say, so as to reduce the intensity of gravity that you experience. All particles are condensed or pushed towards the center. This push or condensing force is philosophical in nature. A less intense philosophy would generate a less intense grip. Gravity is more an emotional thing than it is a physical thing in its origin. Your planet has a uniquely strong gravitation force. This is because of intense philosophical or emotional condensing action. Put in another way, the need for the dense physical experience, of those entities trapped in your vortexian experience, is such that they create the intense gravitational force that they now experience.

這個泡泡是一個被孤立起來的系統，並在它的環境中是獨一無二的。（聽不見）這是一種具有一個完全不同的密度的材料。這就是行星如何從空間中形成的方式了。它們是如同被浸在水中的泡泡一樣被形成的。星球的泡泡是被浸在空間中的。每一個星球，因為它的經歷而擁有它特定的屬性，這是你們稱之為它的哲學的事物的一個機能。你們體驗到的重力的引力，如你們對它的稱呼一樣，由於你們的星球的人群，同時包含投生的和非投生的人群的心智的一般性的配置，是你們可能稱之為星球的哲學的事物的一個結果。一定層次的密度，你們稱之為物質的事物，是從周圍的空間被壓縮出來的，它是用這樣一種方式被壓縮的，在其中會有這樣一種，你們可以說，強度，以便於減少你們體驗到的重力的強度。所有的粒子都是被壓縮或者朝向中心被推擠的。這種推力或者壓縮性的力量在屬性上是哲學性的。一個較不強烈的哲學會產生出一種較不強烈的吸引力。重力，在其起源的方面，相比是一個物質性的事物，更多是一種情緒性的事物。你們的星球擁有一種獨一無二地強有力的重力。這是因為強烈的哲學性或者情緒性的壓縮的活動。用另一種方式說，那些被束縛在你們的漩渦的體驗中的實體，對沉重的物質性的需要，是如此之大，以至於它們創造出了它們現在體驗到的強烈的重力了。

You can imagine consciousness being formed because of its like nature (inaudible) view (inaudible) across space (inaudible). The size and (inaudible) being a function of the general state of that consciousness. This then is what you are experiencing, when you experience gravitational force.

你們能夠想像意識是因為它的相似的屬性而被形成（聽不見）觀看（聽不見）交叉的空間（聽不見）。大小以及（聽不見）成為了那種意識的一般性的狀態的一個機能。這接下來就是，在你們體驗到重力的時候你們正在體驗到的事情了。

Carla: Can I pursue that a little further?

Carla：我能夠追尋那個問題稍稍更遠一些嗎？

Yes.

是的。

Carla: Can we assume then that each planetary entity is conscious or are we to assume that each planetary entity has a consciousness upon it which we would call living, as in living beings?

Carla：我們能夠假設每一個行星的實體都是有意識的嗎，或者我們要假設每一個行星實體都在其上擁有一種我們會稱之為是活的意識嗎，就好像在活的存有中的意識？

The consciousness is all the individualized consciousness that originally created the planet. In order to create a planet it is necessary to have condensation, shall we say, of consciousness. If consciousness is infinitely small, an infinitely small planet will be the result of this condensation. If consciousness as a group consciousness is large, shall we say, that numerous birds of a feather flock together so a large group consciousness will be formed, a relatively large planet will be formed. The planet is a result of the consciousness.

意識是最初創造了行星的所有的個體化的意識。為了創造一個行星，需要對意識進行壓縮。如果意識是無限小的，一個無限小的行星將會是這種壓縮的結果。如果意識，作為一個團體意識是巨大的，容我們說，許多隻具有相同的羽毛的鳥會聚集成群，因此一個大型的團體意識將會被星辰，一個相對大的行星將會被形成。行星是意識的一個結果。

Carla: Thus, a large planet may not necessarily have a correspondingly heavy gravity as is thought in science, that the gravity would be dependent then on ...

Carla：因此，一個大型的行星可能不一定會擁有一種相對重的重力，如同在科學中被認為的一樣，那麼重力會是取決於.....

The gravity in your science is dependent on mass. Largeness or smallness is not related to mass, even in your science.

在你們的科學中的重力是取決於品質的。甚至是在你們的科學中，大或者小，與品質是沒有關係的。

Carla: So you are saying that it is the density of the planet.

Carla：因此，你們是在說，它是星球的密度。

The density of the planet is the function of (inaudible) nature of the consciousness.

星球的密度是意識的（聽不見）的屬性的機能。

Carla: So when we are dealing with a planet like Saturn, which has been spoken of in other channelings, as well as ours, as being the ruling Council in this solar system, we are speaking of a very high consciousness, although the planet itself is quite large, is this correct?

Carla：因此，當我們是在與類似土星的一個行星打交道的時候，土星在其他的傳訊中已經被談到過了，和我們的傳訊中被談到過一樣，土星是在這個太陽系中的管理議會，我們是在談及一個非常高的意識，儘管那個行星其自身是相當大的，

這是正確的嗎？

There is no high or low consciousness! There is only consciousness!
沒有高的，或者低的意識！僅僅只有意識！

Carla: Shall we say a consciousness more closely aligned with the original Thought of the Creator?

Carla：我們應該說，一個與造物者的原初的想法更為密切校準的意識嗎？

The original Thought of the Creator is that experience be sought. This Thought is being carried out all over the creation. Consciousness develops, anyway.

造物者的原初的想法是那個被尋求的體驗。這個想法是在所有的造物上都被產生出來的。意識終究是會發展的。

And this is the Thought of the Creator. It is also the original Thought of the Creator. Since we are at this time at the [earth] as we will be at all times or have at all times, density—shall we say ferocity of experience—is a function of that portion of consciousness, that, shall we say, amalgamates form, a sector of experience in what you call your reality. It is a physical planet. There are many, many planets that are not in your reality.

這就是造物者的想法。它同樣是造物者的原初的想法。既然我們在此刻在地球上，如同我們將會在所有時間都存在或者在所有時間都擁有一樣，密度——容我們說，體驗的野蠻性——是那個意識的那個，容我們說，讓外形融合的部分，在你們稱之為你們的實相中的一個體驗的部分的一個機能。會有很多很多的行星並不在你們的實相中。

Carla: You just read my mind, that was my next question.

Carla：你們剛好讀到我的想法了，那就是我的下一個問題了。

And exist for experiences at different levels.

它們是為了在不同層次上的體驗而存在的。

Carla: Are they analogs of the physical planets in our system as we know them?

Carla：它們是在我們的系統中的物質性的行星，如我們知曉它們的一樣，是類似的嗎？

No.

不是。

Carla: They are simply infinite?

Carla：它們單純地是無限的嗎？

Yes.

是的。

Carla: I believe I am understanding a little more. If you are not too tired, I would like to know what relation that has to the Larsonian System. If you are, please say so.

Carla：我相信我正在理解多一點點了。如果你們不是太疲倦，我想要知道那與拉爾森的系統有什麼關係呢？如果你們是疲倦的，請這樣說吧。

Mathematical approach, Larson, is not considered a fact of consciousness. Larson's mathematics are useful tools for bottling your physical reality. There will be no explanation total. It does not include formative force of consciousness. It is very difficult to use your language to express this. Consciousness in actuality is the motion of which Larson speaks. (Inaudible) of that motion or vibration is the philosophy of the consciousness of which we spoke.

數學方法，拉爾森（Larson），並沒有被認為是一個意識的事實。拉爾森的數學是將你們的物質性的實相裝在瓶子裏的有用的工具。將不會有完全的解釋。它並不包含意識的形成性的力量。要使用你們的語言表達這一點是非常困難的。意識實際上是拉爾森談及的運動。運動或者振動的（聽不見）就是我們談及的意識的哲學。

Carla: Then the very basis of the Larsonian system, instead of motion, as he would call it physically, is consciousness metaphysically. Is there an analog to the space/time that motion is equal to physically in the metaphysical understanding of Larsonian work?

Carla：那麼，拉爾森系統的核心基礎，而不是運動，如同他用物質性的方法稱呼它的一樣，形而上學地是意識。有一個對空間/時間的類比是在拉爾森的作品形而上學的理解中運動在物質性的方面等同于的是何物嗎？

There is no space.

沒有空間。

Carla: Is it light, perhaps, and love?

Carla：它是光嗎，也許，是愛嗎？

There is only consciousness, consciousness which creates the illusion of space and time. There are properties of consciousness. The emotional property called love, the physical property called light. They are one and the same thing, but they are each two representations of the manifestations of consciousness. When this is fully realized, you know everything, there is nothing else to know.

僅僅只有意識，創造了空間和時間的幻象的意識。會有一些意識的屬性。情緒性的屬性被稱為愛，物質性的屬性被稱為光。它們是一體的，是相同的事情，但是它們每一個都是意識的顯化的表達。當這是被充分領會了的時候，你們就知道一切事情了，沒有任何其他的事情是要知曉的。

Carla: Do they hold a reciprocal relationship?

Carla：它們擁有一種互為倒數的關係嗎？

You mean more love, less light?

你的意思是更多的愛，較少的光嗎？

Carla: Is the state of being in unity a love and light in equal portions, forever expanding outward?

Carla:在統一中的存有的狀態是一種愛與光擁有相同的部分嗎，永遠向外拓展？

(Pause)

(暫停)

Carla: Is less love and more light then the beginning of the great cycle of experience, causing intense vibrations?

Carla：是較少的愛與較多的光，接下來，體驗的偉大的週期開始，並產生出強烈的振動嗎？

I am trying to communicate to the instrument ...

我正在嘗試與器皿進行交流.....

(Pause)

(暫停)

Love is light and light is love. They are consciousness. Light ... this is difficult to express in your language.

愛是光，光是愛。它們是意識。光.....這是很難用你們的語言表達的。

Carla: We understand.

Carla：我們理解。

There is no reciprocal relation between love and light. They are identical.

在愛與光之間沒有倒數的關係。它們是相同的。

Carla: Is this also true of space and time?

Carla：這對於空間和時間同樣也是真實的嗎？

Space and time are mathematically reciprocal. This is meaningless in reality. They are mathematically reciprocal and this is a very useful tool in the building of mathematical molds, what you call your reality.

空間時間在數學上是互為倒數的。在實相中這是沒有意義的。它們在數學上是互為倒數的，這在構建你們稱之為你們的實相的數學模型的方面是一個非常有用的工具。

Carla: When a healer or metal bender uses his ability for action at a distance effect, is he temporarily leaving the mathematical and physical world of space/time and entering the metaphysical world of love?

Carla：當一個療愈者或者用心智彎曲事物的人使用他的能力用一種遠距離作用來行動的時候，他是暫時離開了空間/時間的數學和物質性的世界，並進入到愛的形而上學的世界嗎？

He was never in the forementioned world but always in the latter, as is everyone.

他從未處於前面提到世界中，但一直都處於後者之中，如同每一個人一樣。

Carla: What is his tool for bringing ...?

Carla：他的工具是用來帶來什麼.....

His tool is consciousness. It is the only Creator. It is in your language an emotional thing. It may be generated through realization which is a function, usually in your society, of meditation. Meditation is necessary for this, in your society, because of an intense distraction from truth. You become re-linked with truth through meditation. This (inaudible) creates what you might call an emotional response. If this can be properly triggered to radiate from the microcosm then this radiating wave can affect physical material as you know it by rearranging basic configuration or vibration. It is not important as to how this mechanism works. What is important is first to understand the state of mind required to create a change. That state is a state of what you would call intense love. That is not necessarily a conscious state. It may be developed very easily by anyone through the process of meditation.

他的工具是意識。它是唯一的創造者。在你們的語言中，它是一個情緒性的事物。它可以通過領悟被產生出來，在你們的社會中，這種領悟通常是冥想的一個機能。在你們的社會中因為一種強烈的對於真理的分心物，冥想對於這種領悟是必須的。你們通過冥想與真理重新連接在一起。這種（聽不見）創造出了你們可能稱之為一種情緒性的回應的事物。如果這能夠被適當地觸發，以從圍觀宇宙輻射，接下來，這種輻射的波動就能夠，藉由對基本的配置或者振動的重新排列，作用於物質性的材料，如你們對它的知曉一樣。關於這個機制是如何起作用的，這並不重要。重要的事情是首先理解，心智的狀態需要創造一種改變。那種狀態是一種你們會稱之為強烈的愛的狀態。這不一定是一種有意識的狀態。它可能被任何人通過冥想的過程非常容易地發展出來。

This is a process of cutting yourself off from those distractions you find in your particular section of (inaudible) consciousness and realigning your consciousness with that which is in the outer proportions of your sphere of experience. With other words, your planet and those [about] it are condensed from the sea of space which surrounds it. Sea of space is a real solid material, just as solid as your physical world. It just happens to be a different density experience. You may tap this through meditation and use that which is not, shall we say, basic vibration of your planet. It's difficult; the instrument

understands it and cannot express it. 這是一個將你自己從這些你在你特定的（聽不見）的部分上發現的分心物上切除，並將你的意識與在你的體驗的範圍的外部的部分中的事物重新對齊的過程。換句話說，你們的行星與那些在其上的實體，是從包圍著它的空間的海洋中被壓縮產

生的。空間的海洋是一個真實的固體的物質，就好像你們的物質性的世界一樣是固體的。它僅僅碰巧是一個不同的密度的體驗。你們可以通過冥想利用這空間的海洋，並使用，容我們說，並不是你們的星球的基本的振動的事物。它是困難的，器皿理解它，卻無法表達它。

Carla: There are then no mathematical ways of describing how consciousness in a state of intense love can enter into the mathematically described universe of space/time. Is that correct?

Carla：那麼沒有數學的方法來描述意識如何在一種強烈的愛的狀態中能夠進入到用數學性的方式被描述的空間/時間的宇宙嗎？

You can only measure the effects of this.

你僅僅能夠測量這種進入的效果。

Carla: You cannot pinpoint its point of entry, is that right?

Carla：你們無法準確指出它的入口的位置，那是正確的嗎？

The point of entry is the photon ... is the photon. The intensity of the vibration which you identify as the photon is the point of entry, is the entry, is in fact the state of consciousness.

入口的位置是光子.....是光子。你們定義為光子的振動的強度是入口的位置，是入口，實際上就是意識的狀態。

Carla: Then the link between love and light, love in a sense of consciousness and light in a sense of the reciprocal system, is the photon.

Carla：接下來，在愛與光之間的連接，在一種意識的意義上的愛，與在一個倒數系統的意義中的光之間的連接，是光子。

Love is the consciousness that is the vibration

愛是意識，意識是振動。

Carla: Yes.

Carla：是的。

Light is another word for that vibration.

光是另一個代表那種振動的詞語。

Carla: Yes, I see.

Carla：是的，我明白了。

You are looking at the same thing, calling it two different things; it is the photon.

你正在檢查相同的事情，並稱之為兩個不同的事情。它是光子。

Carla: I am very happy to hear that. Thank you very much.

Carla：我非常高興聽到那一點。非常感謝你們。

Are there any other questions?

有任何其他問題嗎？

(Pause)

(暫停)

We apologize for a lack of ability to communicate certain concepts which are very difficult in your language whether (inaudible) terminology include these concepts (inaudible). But considerable work might be possible to arrange your language in such a way to make these points very clear. In such a short period of time it's very difficult to do. 我們為一種缺少去交流一定的觀念的能力而抱歉，這些觀念在你們的語言中是非常困難的，無論（聽不見）術語包含這些觀念（聽不見）。但是可觀數量的工作是有可能用這樣一種方式對你們的語言進行排列，以使得這些要點成為非常清晰的。在這樣一段短的時間中，它是很難進行的。

If there are no more questions, we will terminate our communication.

如果沒有更多的問題，我們將結束我們的交流。

Carla: We thank you.

Carla：我們感謝你。

It's been a very great privilege to be of service to you. Adonai vasu.

對你們進行服務，這已經是一種巨大的榮幸了。Adonai vasu。

Note: Carla: The word represented in the transcript as "window" may have been "meniscus." Don was describing the idea of a bubble caught at the surface layer of a liquid condensate.

注釋：Carla：這個在文字記錄中被呈現為"window"的詞語可能本來是"meniscus"。Don正在描繪一個泡泡被卡在了一個液體的濃縮物的表面層次上。

November 18, 1979

1979-11-18 Hatonn：不自然的負面性（R）

(Unknown channeling)
(未知者傳訊)

I am Hatonn. Greetings, my friends, in the love and in the light of the infinite Creator. It is indeed enjoyable to speak to you, each of you, through this instrument, once again. I and my brothers are great in number, and we gather close to you at this time. For as you are witnessing, day by day, the changes predicted throughout the centuries of your world are occurring more and more rapidly. We draw near to your peoples with the passing of each moment. For love, and our willingness to assist you, increases, as does your willingness to open yourself to the truth of this Creation.

我是 Hatonn，我的朋友們，在無限造物者的愛與光中向你們致意。透過這個器皿，再一次，對你們，你們每一位發言，這確實是令人愉快的。我與我的弟兄們的數量眾多，我們在此刻在你們附近聚集。因為如你們日復一日地在見證的一樣，貫穿你們的世界的許多個世紀都被預言過的改變正在越來越快地發生。我們伴隨著每一刻的流逝接近你們的人群。當你們越是對這個造物的真理敞開，我們協助你們的意願也隨之增加。

We speak to the best of our ability of the truths and of the laws that govern this universe. But we wish to stress that these truths and laws have been handed down from many sources and introduced into your societies throughout the entire civilization of your planet. We offer nothing new. We have come to give freely of our services, and we of the Confederation are pleased to be invited to speak through an instrument such as this, throughout all of the lands of your planet.

我們盡我們所能談及主宰這個宇宙的真理與法則。但我們希望強調這些真理與法則早已從許多源頭被傳遞並已經被介紹到了你們社會中，遍及你們星球的整個的文明了。我們沒有提供任何新穎的東西。我們已經前來自由地給予我們的服務，我們星際聯邦很高興被邀請通過遍佈你們的星球上的所有的陸地的諸如這個器皿之類的一個器皿發言，

We would speak to you briefly upon the changes which you are witnessing. We of the Confederation have spoken many times of that which is to occur on your planet. We do not wish to deal in particular with precise occurrences, yet, [with their meaning] we wish to speak to you about.

我們會簡短地在你們正在見證的改變上發言。我們星際聯邦曾經多次說到即將發生在你們星球上的事，我們不希望 具體地與精確的事件打交道，然而我們想要對

你們談談它們的意義。

Changes within this universe are beneficial, no matter how grievous they may appear, for as in your life experience, with each change comes a greater understanding of the complexity of not only your life but of the universe. To

the best of our knowledge, the universe itself is endless. So therefore are the changes you may experience throughout your travels upon this plane of existence and upon all planes which you may enter into.

在這個宇宙中的改變是有益的，不管它們表面上可能是多麼地悲痛，因為如同在你們的生命經驗中一樣，伴隨著每個改變，都會出現一個更大的理解，不只是對於你們的生命複雜性的理解，也是對宇宙的理解。就我們最佳的知曉，宇宙其自身是無盡的。因此，貫穿你們在這個存在性的層面上以及在所有你們可能進行其中的層面上的你們的旅行中，你們可能體驗到的改變也是如此。

You have heard the saying that, "Each cloud has a silver lining." A simple truth! With each appearingly destructive occurrence within your society today, though the activity may be negative in nature, it is presented to mankind, one, because he has created it unknowingly through his own thought processes, and two, so that he may witness that which is undesirable and desire to change once again, and experience that which would be more desirable and of a positive nature.

你們已經聽過一句諺語，"每一朵烏雲都有一條銀邊。"一個簡單的真理！對於在你們今日社會中的每一個表面上毀滅性的事件，儘管活動在屬性上可能是負面性的，有兩點會被呈現在人類面前：第一，它是因為人已經通過它自己的思維過程在不知道的情況下創造了它，第二，這樣人就可以見證不想要的東西，然後渴望再次改變，並體驗到更加理想性以及具有一種正面性的屬性的事物。

Yet, mankind, as it is known upon your planet, continually insists upon experiencing the negative aspects of this Creation. Many of your religions have taught you to fear the wrath of your God. It is shameful, in a sense, that man must be taught with fear. For God is not fear and should never be feared by you. God is to be respected; the Creator is divine and all-loving and all-knowledgeable.

然而，人類，如同在你們的地球上被知曉的一樣，持續地堅持體驗這個造物的那些負向性的面向。你們許多宗教已經教導了你們去恐懼上帝的神罰。從某種意義上，人類必須以恐懼來教導，這是可恥的。因為上帝不是恐懼，且永遠都不應該被你們懼怕。上帝是要被尊敬的，造物者是神聖的，是完全有愛且全部都是可以知曉的。

Because He has seen your continued stubbornness, shall we say, to learn or progress, as He would wish you to do, He has reluctantly introduced fear into His teachings. Mankind must learn to releases his fears and in so doing, he shall free himself from an intensely negative atmosphere which he has created around himself, thus allowing the energies of the universe, which are all the essence of truth and love, to more evenly penetrate his being. Consider yourself to be as a sponge and the truths of the universe as the liquid of life. You have a cellophane coating about you; remove it without fear, and you shall absorb all the truth that you have so long sought to realize.

因為祂已經看到了你們對於學習，或者對於發展，如同祂希望你們去做的一樣，的持續的，容我們說，頑固不化，祂已經不情願地將恐懼引入到祂的教導中了。人類必須學習釋放恐懼，在這樣做的過程中，他會將他自己從他已經在他周圍創

造的強烈負面的環境中釋放出來，並由此允許宇宙的能量，也就是一切真理與愛的菁華，更均勻地滲透他的存有。想像你自己是一塊海綿，宇宙的真理就是生命的液體，你被一層玻璃紙包住了；無懼地將它移除，你將會吸收到所有你已經尋

求如此長的時間來領悟的真理。

Mankind is divine, as is the Creator. The extent of your divinity is unlimited, as long as you choose not to limit that divinity through your own creative abilities, by accepting fear and all things that are associated with it into your life. Know thyself and you shall know thy Creator! Fear thy Creator and you fear thyself! With these words, I pass on this communication to another instrument. I am Hatonn.

人類是神聖的，如同造物者是神聖的一樣。你的神聖性的程度是不受限制的，只要你選擇不去，藉由接受恐懼以及所有與它聯繫在一起的事情進入到你們的生命中，而限制那種神聖性流經你自己的創造性的能力。知曉自己，你將知曉你的造物者！恐懼你的造物者，你就恐懼你自己！說完這些話，我將這個通訊傳給另一個器皿。我是 Hatonn。

(Carla channeling)
(Carla 傳訊)

I am now with this instrument, and again I greet you in the love and in the light of the infinite Creator, the One Who is that source of us all and that central sun to which we shall return in the fullness of infinite life. We shall continue through this instrument.

我現在與這個器皿在一起了，再次地，我在太一，在無限造物者的愛與光中向你們致意，太一是我們全體的源頭以及中心太陽，是我們在無限生命的圓滿中將會回歸的地方。我們通過這個器皿繼續。

When you consider, my friends, what it is that you are, you may then see that there is nothing to fear either outside or within yourself. For you are a being of infinite life, and whatever occurs to your physical envelope which you call your body is but a transitory alteration in your condition of consciousness. However, we realize that at this time, although you have some knowledge of yourself as one with the Creator, although you have a good grasp of the ideals of the ethics of love, but you are at this time enduring difficulties associated with living within the gross or coarse reality which is your Earth plane.

我的朋友們，當你們考慮你們是什麼的時候，你接下來可以看到，在你自己外部或者內在之中時沒有任何要恐懼的事物的。因為你是一個具有無限生命的存有，無論什麼事情發生在你稱之為你的身體的物質性的外殼上，它都不過是在你的意識的狀況中的一個暫時性的改變。然而，我們意識到，在此刻儘管你擁有某種對你自己是與造物者合一的知曉，儘管你們對愛的理想與倫理擁有一種良好的掌握，但是你在此刻正在忍受著種種困難，這些困難是與生活在你們地球層面之所是的粗糙與厚重的實相之中聯繫在一起的。

Therefore, we would like to make a distinction for you in order to enhance

your understanding of that which you see about you. There are two types of that which you would call negativity.

所以，我們想要為你們建立一種區分，以便於增進你們理解你們在你們周遭看到的事物的能力。你們所稱的負面性有兩種類型。

The first type is extremely beneficial. Night, for example, is the negative of day. Night is very beneficial, giving us rest from our labors and a happy end to the troubles of the day. Cool is the negative of warm and when you have experienced your planet's sunlight for too long a period of time, there is nothing as refreshing to you as the coolness of water as you bathe in it and enjoy its beauty.

第一種類型是非常有益的，比方說夜晚是白晝的負面，夜晚很有益處，它給予我們勞動後的歇息，以及對那一天麻煩的一個快樂結局。清涼是溫暖的負面，當你們已經體驗了你們星球的陽光過長的一段時間之後，沒有任何事情是和你們在水的清涼中洗澡並享受它的美麗一樣令你煥然一新的。

You will find these same negatives in people. You will find temper which is the negative of patience, and yet, you will find that temper brings honesty, and honesty brings understanding. You will find illness as the negative of health, and yet, with illness comes the only chance for healing and thus understanding the power of that which you call the holy spirit.

你可以在人羣中找到同樣的負面性，你可以發現發怒是耐心的負面，然而發怒帶來誠實，而誠實帶來理解。你發現疾病是健康的負面，然而伴隨著疾病會出現療愈，從而理解你們稱為聖靈的事物的力量的唯一機會。

All of these so called negatives are a valuable and gentle necessity of existence. And when they are part of your life, it would be well for you to analyze them and understand the balance that they make for you. For beauty and joy are not one-sided, but occur only because there are gradations of beauty and gradations of joy which extend into their negatives, a lack of beauty and a lack of joy.

所有這些所謂負面性都存在性一種是有價值且溫和的需要。當它們是你們生命的一部分，分析它們與理解它們為你們產生出的平衡，這對你們是很好的。因為美麗與喜樂並非單面的，而僅僅會因為有美麗的漸變與喜悅的漸變而發生——這種漸變會一直延伸到它們的負面性，即一種美麗的缺乏以及一種喜樂的缺乏。

When you are sad, realize that you are natural; that you are part of a balancing force. Just as a pendulum will move, so will your spirit seek its balance. Not by standing still, but by rocking. Joy, sadness! Joy, sadness! This is the earthly way.

當你憂傷的時候，瞭解到你是自然的；你是一個平衡性的力量的一部分。正如同一個鐘擺將會移動一樣，你的靈性就是這樣尋求它的平衡。不是藉由靜止不動，而是藉由搖擺。喜樂，憂傷！喜樂，憂傷！這就是塵世之道。

There is another way, my friends, and that is available to you only through meditation. And when you enter into this [supernal] joy of infinite life and are

one with angels and spirits of high divinity, praising the Creator, then there is no balancing necessary. For this is a joy without what you call emotion. It is so wholehearted, as you would call it, that there is no balancing necessary in order to sustain the energy of the feeling. In fact, joy is not a feeling but a creative force. And another word for that is love. And that is what we greet you with, and that is what we always leave you with.

我的朋友們，還有另一種方法，它唯有透過冥想才能為你們所利用。當你進入這種無限生命的超凡喜樂，並具有超凡的神性的天使與靈性合一，且同時讚美造物者的時候，接下來就再有對平衡的需要了。因為這是一種在沒有你們所稱的情緒的情況下的喜悅。它是如此全心全意，如你們對它的稱呼一樣，以至於沒有對為了維持感覺的能量而進行平衡的需要了。事實上，喜樂不是一種感覺，而是一股創造的力量。另一個代表它的詞語是愛。我們一直都藉由這種愛向你們致意，我們一直都藉由這種愛向你們道別。

We previously mentioned that there was another kind of negativity, one which you need not fear, but which you might need to understand. And that is an unnatural negativity. One which is not balanced, but is chosen, purposely and perversely by those who would separate themselves from ongoing unity with the Creator. It is a choice of separation, and it is what we would call positive negativity, in that it is positively sought and encouraged.

我們先前提到過，還有另一種負面性，你不需要恐懼它，但你或許需要去理解它。那是一種不自然的負面性。它是一種失衡了的負面性，但有些實體會將它們自己與造物者持續進行的合一性分開，它們蓄意地、違背常理地地選擇了這種負面性。這是一個分離的選擇，我們會稱之為積極的負面性，因為它被積極地尋求與鼓勵。

Yes, my friends, there are those among you who are quite simply unnaturally negative. This is their path and they have chosen it. We do not wish to ask you to have any particular feeling about these people, one of whom is certainly in your mind at this time, for he is in the minds of all those whom we scan in your culture. We refer to the one known as Khomeini. We do not ask you to love, forgive or condone, for these are choices which you must make for yourself. We cannot help you choose your own spiritual reality. But we can hope to enhance your understanding of the fact that although even such a one as he is somewhat negative at this time, by his own choice, you must understand that the path of evolution is ultimately spiritual and is ultimately inevitable.

是的，我的朋友們，在你們人群中有些人相當單純地是不自然地負面性的。這是它們的道路，他們已經選擇了它了。我們並不希望要求你們對這些人擁有任何特別的感覺，這些人中有一個人肯定是你們在此刻會在頭腦中想到的，因為它是在我們在你們的文化中掃描了所有的人的頭腦中的。我們指的是被知曉為霍梅尼的實體。我們不會要求你去愛、原諒或者去赦免，因為這些選擇必須由你為你自己做出，我們不能幫助你選擇你自己的靈性實相。但是我們能夠希望去增強你對這樣一個事實的理解，儘管甚至是對諸如一個在此刻多少有些負面性的人之類的人，你必須理解，演化的道路是終極地靈性的，是最終無可避免的。

A negative person may choose at this time to make no progress. He will,

however, at a later time have as many choices and opportunities as he needs to choose again. In your holy works there is something called, "The Day of Judgment," and those who are evil, as we have spoken, are to be condemned forever. And yet, it is also written in your holy works, "Yea, though you go to the very doors of hell, I shall be with you." 一個負面性的人可能在此刻選擇不去發展。然而，他將會在一個之後的時刻再一次需要去選擇，他需要選擇多少次，就會有多少選擇和機會。在你們的神聖著作中有某個被稱之為“審判之日”的事物，那些邪惡的實體，如我們已經談到過的一樣，會被永遠地譴責。然而，你們的神聖著作也寫到過，“是的，縱使你正是在前往地獄的大門，我仍將與你同在。”

My friends, you may believe the teacher and not the judgmental statements that follow the teacher. Your heaven and your hell exist within you at this moment. And when you leave your physical body, your existence in the heaven worlds will depend completely upon your vibration in this incarnation. Thus, we ask that you use that balancing act of positive and negative, so that you are constantly learning, constantly moving in an evolutionary spiral that will lead you to a place where in your infinite existence, after this brief life experience in this density, you will be comfortable, comforted and able to give comfort to others.

我的朋友們，你們可以相信老師而不相信那些跟隨著老師的評判性的說法。你的天堂與地獄此刻都存在於你們內在之中。當你離開物質性身體之際，你在天堂世界的存在狀態將完全取決於你在這次投生中的振動。所以我們請求你使用那種對

正面性與負面行的平衡性行動，好讓你恒常地學習，持續不斷地在演化的螺旋中移動，那個演化的螺旋將會引領你到達這樣一個地方，在其中，在你的無限的存在性中，當在這個密度中的這次短暫的生命體驗結束之後，你將是舒適的，將得到安慰並能夠將安慰給予他人。

At this time, I would pause that my brother Laitos may send energy to each of you in this group that desires to know of our presence and wishes to feel the conditioning. That is our basic service to you. I am Hatonn.

在此刻，我會暫停，這樣我的兄弟 Laitos 就可以向在這個團體中的你們每一位渴望去知曉我們的存在並希望感覺到調節作用的實體送出能量。那就是我們對你們的基本的服務。我是 Hatonn。

(Pause)

(暫停)

I am again with this instrument and would open the meeting at this time for questions.

我再一次與這個器皿在一起了，我們會在此刻對問題開放集會。

Questioner: Is there actually a place outside our own? A hell ... a place where spirits are cast out as spoken in the Bible (inaudible).

提問者：是否真的有個在我們自己的世界外面的地方？一個地獄.....一個在其中靈魂被放逐的地方，如同在聖經中被講述的.....(聽不見)。

We may answer that in two ways, my sister. There are planets who have completed for themselves a hell, which without outside interference will continue to be totally terrifying.

我的姐妹，我們可以用兩種方式回答那個問題。有些行星把它們自己弄成了一個地獄，若沒有外在的干涉將持續處在全然令人驚恐的狀態。

Carla: (Commenting about the noise at the door.) That's S, go ahead and let him in.

Carla：(對敲門的聲音進行評論。)那是 S 來了，繼續，讓他進來吧。

(Pause)

(暫停)

Carla: Hi, Scott. Why don't you get the chair by the desk and haul it into the doorway? Carla：嗨，Scott。為什麼你不拿桌子邊上那把椅子並將它拖到門口。

(Pause)

(暫停)

(Carla channeling)

(Carla 傳訊)

I am again with this instrument. I am Hatonn. May we greet the one known as S, and welcome him to our gathering. We will continue through this instrument. As we were saying, there are planets which have no more ability to extricate themselves from a condition of complete terror. They are so frightened that in their soul condition the souls cling to each other with such intensity that they consist of an impenetrable knot of fear, each feeling completely separated from the other and from the Creator. Your planet is not down that road, yet. There are many among your peoples who are very positive. There is no chance at this time that your planet would become one of these. Furthermore, among our ranks there are those whose task it is to release planetary entities such as these from their terror, so that they will let go of each other and be able to be led away to what you would call a hospital for spiritual rest, until they are able to once again take up the task that awaits us all; that of evolving into the original Thought from which we spring.

我再一次與這個器皿在一起了。我是 Hatonn。容我們對被知曉為 S 的實體致意，並歡迎他來到我們的集會。我們將通過這個器皿繼續。如我們正在說的一樣，會有一些星球沒有能力把它們自己從一種完全的驚恐的情境中解救出來。它們是如此地害怕，以致於在它們的靈魂的情況中它們的靈魂帶著如此的強度與相互彼此緊粘起來，到最後形成一個無法穿透的恐懼之結，每一個實體都感覺與他人完全分離，與造物者完全分離。你們星球尚未走到這條路上。而你們人群中有許多實體是非常正面性的，你們星球在此刻沒有機會成為這些星球中的一員。而且，在我們的隊伍當中會有一些實體，它們的任務就是去從諸如這些星球之類的星球的

實體身上釋放它們的恐懼，這樣它們就將會放開相互彼此，並能夠被引導離開，前往你們會稱之為一個醫院的事物，來取得靈性上的休息，一直到它們能夠再一次承擔起等待著我們全體的任务，那就是演化進入到我們從其躍出的那個原初的想法的任务。

This is the closest to a hell that exists, to our knowledge, in any of your universes. We, however, are not perfect nor is our information complete. We simply have seen somewhat more than have you. But it is our understanding that the evolutionary process continues onward grade by grade, or octave by octave, and at the end of each grade those who are able proceed to the next. Those who are not able repeat that octave or existence until they have learned the lessons of that existence. Thus, the terms heaven and hell are quite subjective. And what is heaven to you would not seem so to us. And what is heaven to us would be incomprehensible, likewise, to you. For each of us have our own, shall we say, psychological makeup which has been developed through many eons of development in the spirit.

就我們所知，在你們的任何的宇宙中，這是存在的最接近地獄的事物。然而，我們並不是完美的，我們的資訊也不是完全的。我們單純地看到過已經比你們多少更多一些的事情。但我們的理解是，演化的進程了會一級接著一級，或者一個八度音程接著一個八度音程地繼續向前，在每一級的盡頭，會有一些實體可以繼續前往下一級。會有一些實體無法重複那個八度音程或者存在性，一直到它們學會屬於那個存在性的功課為止。因此，天堂與地獄的說法是相當主觀的。對你們而言是天堂的地方，對我們未必如此。對我們而言是天堂的地方，同樣地是你們可

能無法領會的。因為我們每一個實體都擁有我們自己的，容我們說，心理構造，它是已經在靈性中經過無垠歲月的發展被發展出來的。

The finality with which heaven and hell occur seemingly in your holy work known as the Bible is the result of a difficulty in speaking to people who cannot easily grasp the fact that they must change their lives. Thus, although it is unfortunate, as we have said before, the one who saves, known to you as the Christ, is also represented as the one who will judge. This is intended to make his followers become worthy of the judgment. It has not succeeded.

在被知曉為聖經的你們的神聖作品中看似出現了天堂和地獄，這個結果是對你們的人群發言的方面中的一種困難的結果，你們的人群無法容易地掌握它們必須改變它們的生活這個事實。因此，儘管這是不幸的，如我們之前已經說過的一樣，拯救者，被你們知曉為基督的實體，同時也代表評價者。這原本是打算要使他的追隨者成為對於評價是有價值的。它並不成功。

The truth that we are saying to you are inner truths which are not obvious, and we do not ask that you believe that which you cannot believe, but only that you listen and take what you need from what we have to say.

我們正在對你說的真理是內在的真理，它不是明顯的，我們不要求你相信那你無法相信的東西，但我們僅僅請求你傾聽，並從給我們所要說的內容中拿走你需要的內容。

Does this answer your question, my sister?

我的姐妹，那回答了你的問題嗎？

Questioner: Yes.

提問者：是的。

Is there another question at this time?

此時，是否有其他的問題？

Questioner: Can you talk to us about the meaning of the disappearance of the Australian [pilot]? It was claimed he was contacted by a UFO.

提問者：你們能夠對我們談談澳大利亞的飛行員失蹤的意義嗎？被宣稱他被一個UFO 接觸過。

No.

不能。

Questioner: Can you tell us about the prisoners in Iran, (inaudible) or how that will come out (inaudible)?

提問者：你們能夠告訴我們關於位於伊朗的囚犯們的現況，（聽不見），或者這個事件將如何發展（聽不見）？

We are aware of your question. The previous question we could not answer due to a spiritual necessity for maintaining silence. This question we cannot answer due to the uncertainty of the movements of those who hold the power of life and death over your fellow countrymen. We do not know what they will do. Our fear, however, is not with the Iranian, as you call them, for they do not wish to kill others as much as to show their bravery by exposing themselves to martyrdom, a concept unfamiliar to you, yet part of their culture. Our concern at this time is for countries such as yours, lest you overreact and cause war. There is that potential in this situation and it is for that reason that we ask you pray, as always, that peace may fill the hearts of those who are in this world. We ask you please to ignore the evidence that such a peace does not fill many a heart. For if it fills your heart, you have done a tremendous amount for your planet. We do not know what will happen, for many things may still happen, and we can see each of the realities branching off and they will continue to branch off till one path is chosen and completed.

我們瞭解了你的問題了。之前的問題，我們由於一種保持沉默的靈性上的需要而無法回答。這個問題，由於不確定性，我們無法回答，即對於那些握有你們同胞生殺大權的實體們的行動的不確定性。我們不知道他們將會做什麼，然而，我們的擔心並不在伊朗人，如你們對它們的稱呼一樣，身上，因為他們主要想藉由把自己暴露在殉道的處境下而展示他們的勇敢，而不是如此多地是希望殺害他人，你們對於殉道這個概念或許感到陌生，然而這卻是他們文化的一部分。我們在此刻的關注點是諸如你們的國家之類的國家，以防你們過度反應並挑起戰爭。在這個情況中存在有那種可能性，就是因為那個原因，我們請求你們祈禱，一如往常，祈禱和平可以充滿在這個世界中的人的心。我們請你們忽略這樣的證據，這樣一種平安並未充滿很多的心。因為如果它充滿了你的心，你已經為你們的星球做了

驚人數量的事情了。我們並不知道什麼事情將會發生個，因為很多事情仍舊可能發生，我們能夠看到每一個實相都在分叉，它們將繼續分叉，一直到一條道路被選擇並被完成為止。

Does this answer your question? We are sorry we cannot do better.

這回答了你的問題嗎？我們很抱歉我們無法做得更好了。

Questioner: Yes, thank you.

提問者：是的，感謝你們。

Is there another question at this time?

此時，是否有其他的問題？

Questioner: (Inaudible) I belong to a group (inaudible) this afternoon we saw a movie on (inaudible) was called The Long Search (inaudible) religious trend (inaudible) Indonesia, where these people are making animal sacrifices, eating meat, etc. etc. But these people are very innocent beings, not insidious or calculating, (inaudible) say of people in our culture (inaudible). I wonder, is it very necessary if you aspire to spiritual truth to be a vegetarian and not be kind of a meat (inaudible)?

提問者：我屬於一個團體（聽不見），今天下午我們看了一部電影叫做漫長的尋找(the Long Search)，關於印尼的宗教趨勢（聽不見），在那兒，人們以動物獻祭，吃肉，等等。但這些人是十分純真的生命，他們不詭詐也不會算計，（聽不見），不像我們文化中的一些人。我想要知道，如果一個人真誠地渴望靈性真理，他是否非常需要成為一個素食者，而不是某種類型的一個肉食者（聽不見）。

We are aware of your question, my sister. It is a clear question and we can answer it, however, the answer is not as simple as the question. It is written in your holy books and truthfully that to some eating certain items is very necessary and would be harmful to them did they deviate; to others, anything maybe eaten. It is, you see, a function of the mind. As to the spiritual consequences of eating, you must understand that your bodies are a basic system of electromagnetic fields and they do not function as you believe that they function, but rather because of thought.

我的姐妹，我們瞭解了你的問題，這是一個清楚的問題，我們可以回答它，無論如何，答案並不是如同問題一樣地簡單。在你們的神聖著作中被寫到過，對於一些人，吃一定的東西真的是非常有必要的，如果它們越軌了，會對它們有傷害；而對於其他人，任何東西都是可以吃的。你們看，它是心智的一個機能。至於吃東西的靈性後果，你們必須理解到你們的身體是一個基本的電磁場的系統，它們運作的方式不同於你所相信它們運作的方式，毋寧說它們是依靠思想來運作的。

Thus, what you think controls a great deal of what you feel and how your body reacts. In general, it is safe to say that if a person feels a calling to become vegetarian, that is precisely what that person should do and will indeed help that person, because that is what that person feels that he shall do. It is as simple as that. Each person will have a different calling. Not all shall

be vegetarians and not all shall be meat-eaters. It is totally a matter of your spiritual set, which is part of a thought nexus or system of thinking which you have developed over many lifetimes, giving you certain biases. In other words, you may have spent time in other bodies which were used to a vegetarian diet and thus find yourself in this incarnation quite unable to tolerate or digest the rich diet of your culture. Others find no problem in doing so whatsoever. Thus, the truth simply is it is not that which goes into a man that shows his nature, but rather what comes from him in the way of thoughts, words and deeds.

因此，你思考的事物控制著大量你感覺到的事物以及你的身體作出反應的方式。一般而言，這樣說是可靠的，如果一個人感受到成為素食者的呼召，那恰恰正是那個人應該做的，並將確實將幫物這個人的事情。就是這麼簡單。每個人都有不同的呼召。不是所有人都應該成為素食者，也不是所有人都應該成為肉食者，這完全是你的靈性設置的一個問題，靈性上的設置是你經過許多次生命已經發展出來的一個想法的節點或者思考的系統的一部分，它給予了你一定的偏向性。換句話說，你可能已經在其他身體中花費了實體，那些身體是習慣與一種素食的，因此你在這次投生中發現你自己是相當無法忍受或者消化你們的文化的豐富的飲食的。其他人會在這樣做的方面無論什麼問題都不會發現。所以，真理單純地就

是，展現一個人的本質的事情不是他吃下去的事物，而毋寧是通過想法、言語、與行為的方式從他身上產生出來的事情。

Can we answer your question further?

我們能夠更進一步回答你的問題嗎？

Questioner: No, thank you.

提問者：不用了，感謝你們。

Is there another question?

是否還有其他問題？

(Pause)

(暫停)

If there are no more questions, I will speak very briefly and close through another instrument. We realize that there are several of you in the room who are wondering about the one known as Jesus. This instrument, for instance, is a confirmed and believing Christian, and while we feel that sometimes her concepts are naive, we do not find her Christianity to be a difficulty to us in using her as a channel. Conversely, she does not find us a threat to her Christianity. However, this understanding is not given to all and they may wonder, if we of the Confederation can speak of all religions and all cultures as being one, who then is the one known as Jesus. And we would answer that question as best we can by discussing with you the concept of karma, with which most of you are quite familiar. Karma being a type of cause and effect in which energies are put into action by former thoughts and deeds which culminate in a present necessity for some kind of atonement or balancing.

Thus, if someone or a group of people have been very negative ... 如果沒有更多的問題，我將簡短地發言並通過另一個器皿結束。我們意識到在房間中你們中有幾個人想知道關於被知曉為耶穌的實體的事情。這個器皿，舉個例子，是一個有堅定信心的基督徒，雖然我們有時覺得她的概念蠻天真的，我們不認為她的基督信仰在將她用作一個器皿的方面會成為我們的一個困難。反過來說，她也不認為我們會對她的基督信仰構成一種威脅。然而，這樣的理解並未被賦予所有人，他們可能會質疑，如果我們星際聯邦能夠認為所有宗教、所有文化都是一體的，那麼耶穌到底是誰？我們會藉由與你們討論業力的概念盡我們所能地回答這個問題，你們大多數人對於業力的觀念是相當熟悉的。業力是一種類型的原因與結果，在其中能量是藉由先前的思想與行為而付諸行動的，這些先前的思想與行為在現在到達了定點，並需要某種的補償或平衡。因此，如果某個人或者一個人群的團體已經是非常負面性的了.....

(Side one of tape ends.)

(磁帶一面結束。)

(Carla channeling)

(Carla 傳訊)

I am again with this instrument. As we were saying, my friends, before we were electronically interrupted, when an entire culture has developed a very large amount of negative karma there is an opportunity for a consciousness, such a one as you know as Jesus. This consciousness is a special one and is indeed so close to that of the original Thought that it is almost difficult to understand an incarnation of such a being into your chemical illusion. However, such was the desire of this consciousness and as the supreme transmuter, as the one known as Jesus was upon his cross, he transmuted the collected negative karma of the past so that it was no more.

我與這個器皿在一起了。我的朋友們，在我們用電子器械的方式被打斷之前，如我們正在說的一樣，當一整個文化已經發展出十分大量的負面業力的時候，對於一個意識就會有一個機會，諸如你們知曉為的耶穌一個意識。這個意識是一個特別的意識，它確實是一個如此接近那個原初的想法的意識，以至於幾乎很難理解這樣一個存有投生進入你們的化學幻象。無論如何，這個意識的渴望就是如此，作為優秀的轉換器，當被知曉為耶穌的實體被釘在十字架之際，他轉化了過去聚集的負面性業力，讓它不復存在。

Two thousand years ago, as you say in your language, your peoples began with a slate that was wiped clean of karma. However, my friends, your peoples have been creating another situation that lies somewhat on the negative side. We hope for your sake as well as for ours that you can curb your instincts towards war. And by remembering the Creator and others in each moment of your life, alleviate that karma, little by little, so that there never need be another crucifixion.

兩千年前，如你們用你們的語言會說的一樣，你們的人群是藉由一塊業力被擦乾淨的白板開始的。然而，我的朋友們，你們人群已經一直都在創造出另一個多少有些存在於負面性的面向上的情境。我們希望，為了你們的緣故，同樣也為了我

們的緣故，你們能夠抑制你們的戰爭本能。藉由在你生命的每一刻中都記得造物者與其他人，一點一滴地減輕那種業力，這樣就永遠不需要有另一個十字架苦刑。

This is our understanding of the one known to you as Jesus. We know him also and feel that as a teacher, as one who is one with the Father, and as one who saved his flock fearlessly, he has no equal. This is our understanding of the one you know as Jesus.

這是我們對於被你們知曉為耶穌的實體的理解，我們同樣也知曉他，並覺得他是一位老師，是一個與天父合一的實體，作為一個無懼地拯救他的族群的實體，他是沒人比得上的。

But we must remind you, that worship must be not of a man but of a Creator. As Jesus has said to you in his holy work, "It is not I, but my Father in me, that doeth these things." So let it be with you, my friends, not you but the Creator can live your life also. And each of your days, whatever the external circumstance, may be filled with a special kind of sunshine and love that comes from being at one with the harmony of the creation. I would like to close this contact through the instrument known as B, if she would accept our contact at this time. I am Hatonn.

但我們必須提醒你，一定不要崇拜一個人，而要崇拜造物者，如同耶穌在他的神聖著作中已經對你們說過的一樣“不是我，而是我內在的天父在做這些事情。”所以讓這句話與你同在，這樣，不單是你，造物者同樣也能夠活出你的生命。你們的每一天，不管外在的情況是什麼，都讓一種來自於與造物的和諧合一的特別的陽光與愛充滿你。我將通過被知曉為 B 的器皿來總結這次的通訊，如果她願意在此刻接受我們的接觸的話。我是 Hatonn。

(B channeling)
(B 傳訊)

I am with this instrument. It has been a great privilege to be with you this evening. We share our thoughts and understandings with you. We of the Confederation are here at this time to be of service to you in any way that we can. You need only to will yourselves to our contact and we will be with you. Meditate, my friends, for this is the way to the Father. And only through meditation and prayer can the negativity which is enveloping your planet be pierced so that the light can neutralize and overcome it. This is still in your power to do. This is part of your service at this critical time for your planet.

我與這個器皿在一起了。在今晚與你們在一起，這已經是一種巨大的榮幸了。我們與你們分享一些想法與理解。我們星際聯邦在此刻在這裏用任何我們能夠的方式為你們服務。你們僅僅需要讓你們自己希望我們的接觸，我們就會與你們在一起了。我的朋友，冥想吧，因為這就是通往天父的道路，唯有透過冥想與祈禱籠罩你們星球的負面性才能被刺穿，這樣光才能夠中和它，戰勝它。這仍舊是在你的能力範圍之內的。在你們的星球的這個的關鍵時刻，這就是你們的服務的一部分。

We are here to help you in this effort. Our love is with you and our support.

You need only avail yourselves to us and we are here. We go in peace, my brothers and sisters. My love is with you each moment of your existences. Adonai vasu borragus.

我們在此通過這種努力協助你，我們的愛與支持與你同在。你們僅僅需要讓離你們自己可以為我們所取得。我的兄弟姐妹，我們在平安中前進。我的愛在你們的存在性的每一刻都與你們同在，Adonai vasu borragus。

November 18, 1979

1979-11-18 *Latwii* : 幻象的花招

Special Advanced Meeting

專門高級集會

(Carla channeling)

(*Carla* 傳訊)

I am with the instrument. I am *Latwii*, and I greet you in the love and light of the infinite Creator. We are sorry for the delay. However, we were attempting to contact the one known as *Don*. This was for the reason that there are certain questions that we would prefer to use that instrument [for,] due to the fact that the instrument known as *Carla* has already been exposed to the questions and has formed certain biases in her mind, which will make it more difficult for her to channel without distortion. We do not believe in distortion in communication and therefore prefer a pure source if we can activate it. However, the one known as *Don* is not easily picking up our signal. And we will pause at this time in order to work with him. If you will be patient we will leave this instrument. I am *Latwii*.

我與器皿在一起了。我是 *Latwii*，我在無限造物者的愛與光中向你們致意。我們為延遲而抱歉。然而，我們正在嘗試去接觸被知曉為 *Don* 的實體。這就是會有一定的問題是我們寧願使用那個器皿的原因了，由於被這知曉為 *Carla* 的器皿已經面對過那些問題，並已經在她的頭腦中形成了一定的偏向性的事實，這將會使得她要在沒有扭曲的情況下傳訊會更加困難的了。我們並不相信在溝通交流中過的扭曲，因此我們偏愛一個純淨的源頭，如果我們能夠啟動它的話。我們將會在此刻暫停，以便於與他一起工作。如果你們將會有耐心的話，我們將會離開這個器皿。我是 *Latwii*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. We are having difficulty with the one known as *Don*. We would suggest to him a few fast turns around the mental block so that he may be more able to achieve mental contact, because he is a bit rusty. We will attempt once more, suggesting to him that we of *Latwii* have a gentle ray, which is somewhat unlike the ray of *Hatonn*. It is to be found in the direction almost perpendicular to the plane of horizontal. If the one known as *Don* will limber up his capacities, we would like to speak through him. We will give it another shot, at this time. I am *Latwii*.

我再一次與這個器皿在一起了。我們在被知曉為 *Don* 的實體身上正在遇到困難。我們會對他建議，在繞著心智的障礙物的時候進行一些快速的轉彎，這樣他就可

以更加有能力取得心智的接觸了，因為他有一點點生鏽了。我們將再多一次嘗試，並同時對他建議，我們 *Latwii* 擁有一種溫和的光，他與 *Hatonn* 的光是有些不一樣的。它是要在與水準的層面幾乎是垂直的方向上被發現的。如果被知曉為 *Don* 的實體願意他的能力做準備活動的話，我們會通過他發言。我們將會在此刻給予它另一次嘗試。我是 *Latwii*。

(Don channeling)

(*Don* 傳訊)

I am at this time ready for questions.

我在此刻為問題做好準備了。

Carla: Are you familiar with the Australian incident?

Carla : 你們對澳大利亞的事故熟悉嗎？

[I am *Latwii*.] I am familiar.

[我是 *Latwii*。]我是熟悉的。

Carla: What happened to the pilot?

Carla : 飛行員發生了什麼事情呢？

Don: Because of the nature of that question—now this is me talking. I would recommend that each of us get an answer, and compare. I've already got my answer. Can you get an answer?

Don : 因為那個問題的屬性——現在這是在說話。我會建議我們每一個人都得到一個答案，並進行比較。我已經得到了我的答案了。你們能夠得到一個答案嗎？

Carla: I think they took him.

Carla : 我認為它們帶走了他。

Don: Not think. I mean, can you just get an answer.

Don : 不要認為。我的意思是，你能夠僅僅得到一個答案嗎？

Carla: Well, I mean that's what I got.

Carla : 好的，我的意思是，那就是我得到的內容了。

Don: Can you get anything, B?

Don : 你能夠得到任何事情嗎，B？

B: I got an image of his brain turning into light, changing dimension or something ... outlined in light around it. *B* : 我得到了他的大腦轉變成為光，改變了維度或者某個事物的一副圖像.....在它周圍用光描繪了輪廓。

Carla: What did you get?

Carla : 你得到了什麼嗎？

Don: I got that he was killed, accidentally.

Don : 我得到了他意外地被殺死了。

Carla: Well, you were the one with the channel.

Carla : 好的，你是與管道在一起的實體了。

Don: See what you get.

Don : 看看你得到了什麼。

Carla: Well, I already did.

Carla : 好的，我已經做了。

Don: Carry on.

Don : 繼續。

Carla: Are you there, Latwii?

Carla : 你們在嗎，*Latwii* ?

(Don channeling)

(*Don* 傳訊)

I am with the instrument.

我與器皿在一起了。

Carla: There is some fault in our asking the question, is there not? Something that shows our ignorance of how UFOs operate? Am I on the right track?

Carla : 在我們對問題的提問中有某種錯誤，不是嗎？某個事情現實了我們對 *UFO* 是如何操作的無知？我是在正確的軌道上的嗎？

I am with the instrument. I am sorry for the delay. We have been conditioning the instrument. We will continue. There is insufficient data to explain what has happened. It is difficult for us to explain sometimes.

我與器皿在一起了。我為延遲而抱歉。我們一直都在調節器皿。我們將繼續。要解釋已經發生了的事情，會有一種資料不足。要解釋有時候對於我們是困難的。

Carla: Were each of the three images we got correct, or some part of the phenomenon?

Carla : 我們三個人每一個都得到了那些現象的正確的部分，或者某個部分嗎？

They were correct.

它們是正確的。

Carla: So what we have to do is understand the phenomenon of which those three things were a part. Is that correct?

Carla : 因此，我們必須要做的事情是理解，那三個事情是其一部分的現象。那

是正確的嗎？

That is correct.

那是正確的。

Carla: Can you help us with that? Or is it for us to know at this time? *Carla* : 你們能夠在那一點上幫助我們嗎？或者在此刻它是適合於我們知道的嗎？

Please be patient with this instrument. He is being conditioned. I am with the instrument. I am Hatonn. We are having some difficulty with the other contact. I greet you in the love and the light of our infinite Creator. It is a very great privilege to be with you this evening. Friends, all that you know, your present intellectual condition, is in actuality nothing. Your condition has been chosen by yourselves for a particular type of experience. You are able to manifest a limited ego, in a very limited way, so that you may interact with its environment and itself in such a way as to become aware in greater detail of its shortcomings. This, in actuality, is the only purpose of your present existence.

請對這個器皿有耐心。他正在被調節。我與器皿在一起了。我是 *Hatonn*。我們在其他的接觸上正在遇到困難。我在我們的無限造物者的愛與光中向你們致意。在今晚與你們在一起，是一種非常巨大的榮幸。朋友們，你們所有人都知道你們當前的智力的狀況，實際上是空無一物的。你們的狀況已經是被你們自己選擇了，以取得一種特定類型的體驗。你們能夠沒用一種非常有限的方式，顯化一個有限的小我，這樣你們就可以用這樣一種方式與它的環境以及它自己進行互動過了，這種方式是要用更大的具體細節察覺到它的缺點。這實際上是你們當前的存在性的唯一的目的。

You ask of a particular situation in which there is a missing individual. The individual was concerned with an encounter with an unidentified object. Well, let's consider your purpose in discovering the fate of this one particular person, when you do not attempt to discover the fate of many who are more closely related to you in time and space. Consider your motives and objectives in determining the location of this particular individual.

你們詢問了一個特定的情況，在其中會有一個失蹤的個體。這個個體涉及到了與一個不明物體的遭遇。好的，讓我們考慮，在你們並不嘗試去探索很多在時間和空間中與你們更為密切相關的人的命運時候，你們在探索這一個特定的人的命運你的方面的目的。考慮你們在確定這個特定的個體的位置的方面的動機以及目標。

We are here to examine, you might say, the entire population of your planet, called Earth. We have removed some of your peoples and will continue to do so. We never act without the consent of the individual being removed. In fact, my friends, we never act in any way without the consent of those involved. For in truth, it is the desire of an individual that brings about a situation in which he finds himself. And only his desire creates this situation. This is true for

everything that happens to everyone throughout all space. Each experience that you have is the result of nothing but your own desire for the experience. This is sometimes very difficult to understand. However, it is an absolute truth. 我們在這裏來檢查，你們可以說，所有屬於你們稱之為地球的行星的人群。我們已經除去了你們的人群中的一些人，並將會繼續這樣做。我們從未在沒用那個被除去的個體的同意的情況下這樣做。事實上，我的朋友們，我們永遠無法在沒有那些被涉及到的人的同意的情況下行動。因為實際上，它是一個產生出了一個個體發現它自己處於其中的情況的個體的渴望。僅僅是這個渴望創造出了這個情況了。這對於貫穿所有的空間發生在每一個人身上的每一個事情都是有效的。每一個你們擁有的體驗都是僅僅是你們自己對擁有那個體驗的渴望的結果，除此之外沒有任何原因。這有時候是很難理解的事情。然而，它是是一個絕對的真理。

This, my friends, is the way the Creation works: it works on desire. If this were totally understood by the people of the planet Earth you would have immediately a Utopia. For this is obviously the most logical thing to desire. However, the desires of the population of this planet are extremely varied. For this reason you have a rather widely varied experience. You spoke of the fate of the Australian pilot. His fate, my friends, is a complete total function of his desire. He is where he is at this time because of his desire. You are where you are because of your desire.

我的朋友們，這就是造物工作的方式：它是根據渴望運轉的。如果這是完全被屬於這個行星地球上的人理解了的話，你們就會立刻擁有一種烏托邦了。因為這明顯地就是要去渴望的最有邏輯的事情了。然而，這個星球的人群的渴望是極其多變的。為了這個原因，你擁有一種相當變化範圍很大的體驗。你們談及了澳洲飛行員的命運。他的命運，我的朋友們，是他的渴望的一個完全完整的功能。他是處於他因為他的渴望而在此刻處於的位置上。你們因為你們的渴望而是處於你們所在的位置上的。

Speak of the actions of the one known as Ayatollah Khomeini, and how his thinking and actions affect many of the population of your planet. His thinking, his actions, the effect and the effect on the population so involved is a function of his and their desires. You cannot affect or be affected unless you desire it. This is a natural law of the Creation. This may be difficult to understand, but it is in actuality extremely simple.

談及被知曉為霍梅尼的實體的行動，以及他思考與行動會如何影響在你們的星球上的很多的人。他的思考，他的行動，他的影響以及對人群如此涉及到的人的影響，時候他的渴望與那些涉及到的人的渴望的一個機能。你們無法影響或者被影響，除非你們渴望它。這就是一個造物的自然的法則。這可能是很難理解的，但是，它實際上是極其簡單的。

In the first place, my friends, experience you are not in the physical density of your planet at this particular time. Your desire has created your presence at this particular time in this particular place. When you start with this contact substance, my friends, it immediately becomes obvious that every experience that you have is a function of your desire. Your desire acts in an infinite number of ways in addition to the action that brought you to this planet that

you now experience. It acts each waking and each sleeping moment. It brings to you everything that you experience. And it projects all that you project in the way of experience that may be desired by others about you. It is very important, my friends, to understand the mechanism of desire. For this is central to your growth.

我的朋友們，在一開始的位置上，你們之所是的體驗並不是位於在這個特定的時刻你們的星球的物質性的密度之中的。你們的渴望已經創造出了在這個特定的位置中在這個特定的時刻的你們的存在了。當你們這個接觸的實質開始的時候，我的朋友們，立刻就變得明顯的事情是，你擁有的每一個體驗都是你們的渴望的一個機能。除了將你們帶到這個你們現在體驗到的星球上的行動之外，你們的渴望是用無數多種方式起作用的。它在每一個醒著的時刻和每一個睡著的時刻都在起作用。它將每一個你們體驗到的事情帶給了你們。它將所有你們用可能會被那些在你們周圍的其他人所渴望的體驗的方式投射的事物投射出來。因為這對於你們的成長是中心性的。

Are there any other questions?

有任何其他問題嗎？

Carla: I think that my motivation for asking the question about the Australian pilot was because I had never before seen any evidence whatsoever that UFOs ever did harm to anybody. And I guess I wanted to confirm that hypothesis. Is it possible that the reason you refrained from answering in the earlier meeting was due to the fact that the discussion of beings in UFOs as opposed to beings on Earth was improper, and that we should be thinking of you and we as the same thing?

Carla：我認為我對於詢問關於澳洲飛行員的問題的動機是因為，我之前尚未看到過 UFO 曾經對任何人造成過傷害的無論什麼證據。我才想，我想要確認那個假設。你們在之前的集會種回避回答的原因會有可能是由於，對於在 UFO 中的存有而不是在地球上的存有的討論是不合適的，我們應該將你們和我們視為是同樣的存有嗎？

[I am Hatonn.] You have spoken of harm done to others. In this creation it is quite impossible to administer what you call harm to others. It is only possible to administer harm to yourself. The facts that you see and understand as administering harm to others is total illusion. The harm that is administered is always reflected to those who project it.

[我是 Hatonn。]你已經談到了對其他人造成的傷害。在這個造物中，要對其他人施加你們稱之為傷害的事物，這是相當不可能的。僅僅有可能對你自己施加傷害。你們視為是並理解為對其他人的傷害的事實，是完全的幻象。被施加的傷害一直都會被反射給那些投射了它的實體。

Carla: Is this why the information was not made available to the last advanced group?

Carla：這是為什麼資訊是無法為上一個高級團體所取得的原因嗎？

[I am Hatonn.] This information is sometimes difficult to understand and

seems to be nonsense to those who have not progressed intellectually to the point of comprehending what I am giving to you at this time. For this reason certain subjects are not attempted except to those capable of understanding. The points that I have been bringing out about what you call injection of harm in the function of desire are very, very important points. To understand them sometimes requires considerable thought. It seems to you that in the case of a great battle or war there is a negative aggressor, who is able to inject great suffering and pain in those whom he attacks.

[我是 Hatonn。]這個資訊是有些難以理解的，並會對於那些尚未在智力的方面發展到了領會我們在此刻正在給予你們的事物的位置上的實體會是胡說八道的。為了這個緣故，一定的主題是不會被嘗試的，除了對於那些有能力理解的人之外。我在關於在渴望的機能中你們稱之為施加傷害的事物的方面已經一直都在產生的要點是，非常非常重要的要點。要理解它們有時候需要可觀的思考。在一場巨大的戰鬥或者戰爭的情況中，對於你們看起來似乎會有一個負面性的侵略者，它是能夠對那些他攻擊的人施加巨大的苦難與痛苦的。

My friends, this is the apparent illusion. Everything that he projects he actually instantly receives. All those who feel the effects of his aggression and suffer seemingly from it, are suffering, in actuality, from their own acts of aggression. If a big bomb bursts in the middle of a crowd, some will be severely wounded, some will be killed, some will go unscathed. Your scientists can very accurately predict the probability of casualty for each person, taking into consideration his distance from the center of the blast and his position in the area subtended by his body.

我的朋友們，這是表面上的幻象。每一個他投射的事情都實際上會立刻被接受到。所有那些感覺到他的侵略的影響並因為它而看似受苦的人，實際上都是因為它們自己的侵略的行為而受苦。如果一個巨大的炸彈在一個人群中爆炸了，一些人將會嚴重地受傷，一些人將會被殺死，一些人將會毫髮無傷。你們的科學家，通過將他與炸彈中心的距離，以及他在被他的身體所覆蓋的區域中的位置納入考慮，能夠非常準確地為每一個人預測傷亡的可能性。

But, my friends, what the scientist does not know is that what he receives in such a situation is what he deserves and desires. He deserves it because of desire. He is here in this particular position, at this particular time, experiencing this particular effect because of desire. He is receiving because of his desire, shall we say, a catalyst in the form of a projector. Your Earth, your planet, your entity vibration is nothing but a training program. It is not a random happening. It is not anything that most of your peoples believe it to be. It has been called by one who knows, one great sleight of hand. This is precisely what has happened. It is happening individually and at all times collectively.

但是，我的朋友們，科學家並不知道的事情是，他在這樣一個情況中接收到的事物是他應得的以及他渴望的事物。他因為渴望而應該得到它。他在這個特定的位置，在這個特定的時間，在這裏，並同時因為渴望而體驗到了這種特定的效果。他正在因為他的渴望而用一個投射者的形式接收到，容我們說，一種催化劑。你們的地球，你們的星球，你們整個振動，都僅僅是一個訓練項目。它不是一個隨

機發生的事情。它不是你們人群中大多數人相信它是的事情。它已經被一個知曉的人稱之為，一個巨大的花招。這恰恰就是已經發生了的事情。它是個體地，且在所有的時間都集體性地發生的。

These things can work this way, my friends, because of the nature of space and time. You experience the illusion of a certain amount of freedom and space in a continuing temporal experience that is ruled unbreakable by what you call the stream of time. But this is illusion. This is the key illusion that allows for the precise administration of the physical catalyst for your experience.

我的朋友們，這些事情能夠因為空間和時間的屬性而用這種方式工作。你們，在一種持續的，暫時性的體驗中，體驗到具有一定數量的自由與空間的幻象，這種體驗是牢不可破地被你們稱之為時間的溪流的事物所掌管的。但是，這是幻象。這是允許物質性的催化劑對你們的體驗的精確的管理的關鍵性的幻象。

All events are, shall we say, programmed for your experience; programmed by your desire, and then experienced in what you understand as sequential time. Every thought that you think programs your experience, no matter how trivial. Every deed that you perform programs your experience, no matter how trivial. For this reason, you must say that we are sometimes amused by questions having to do with the reasons for a particular experience. Because from your point of view in the philosophy of those on the surface of your planet this time there is a completely different reason for everything.

所有的事件，容我們說，都是為你們的體驗而被規劃好的，是被你們的渴望規劃的，並接下來會在你們理解為有順序的時間的事物中被體驗到。每一個你們思考的想法都規劃了你們的體驗，無論多麼微不足道的體驗。因為這個原因，你們必須說，我們有時候會因為與一個特定的體驗的原因有關的問題而被逗樂了。因為從你們的視角，在那些在此刻你們的星球表面上的人的哲學中，每一個事情都有一個完全不同的原因。

The reason, my friends, is desire. The mechanism is that great sleight of hand that programs your experience. You do not live in a four-dimensional universe. You live in a four-dimensional illusion. You do not exist now at your present age and at an older age in the future, or at a younger age in the past. You exist, my friends, at all ages simultaneously. You experience the illusion of the aging process once more because of that great sleight of hand. You do not live, die and become reborn in that order, or any order, my friends. Because you are. Only the part of you that experiences the present illusion is born, grows through youth to old age and dies. And this, my friends, is a very important part of the illusion. For if the reverse occurred you would not learn. It is necessary in this density to experience the process that you know as aging. It is not necessary if you do not need it. If you need it, it is because you have desired it. No other reason, my friends. It is simply because you have desired it.

我的朋友們，原因就是渴望。機制就是那個巨大的花招，它規劃了你們的體驗。你們沒有生活在一個四維的宇宙中。你們是生活在一個四維的幻象中。你們不是現在存在於你們當前的年齡，而在未來是存在於一個更大的年齡，或者在過去是

存在於一個較為年輕的年齡。我的朋友們，你們同時性地存在於所有的年齡。你們因為那個巨大的花招而再多一次體驗到了老化過程的幻象。我的朋友們，你們不是用那個順序，或者用任何順序活著，死去，重新出生。因為你們是。僅僅是你們的體驗到當前的幻象的部分，是被生出來，通過青年到老年成長，並死亡。我的朋友們，這是幻象的一個非常重要的部分。因為如果相反的事情發生了，你們就不會學習了。在這個密度中，去體驗你們知曉為老化的過程是非常有必要的。如果你們並不需要它，它就不是必須的了。如果你們需要它，它是因為你們已經渴望它了。沒有其他原因，我的朋友們。它單純地是因為你們已經渴望它了。

Now you experience it. It is illusory and transient. The question having to do with the infringement upon your will in this illusion is also of no consequence. Any infringement is there because you have desired it. My friends, what is the purpose? The purpose, my friends, is education. We give to you what we can to allow you to make greater use of this education. For only you can put knowledge that you receive to use. When you transcend that point, which we shall call the point between awareness of and lack of awareness of the illusion, you then accelerate your understanding at a much, much greater rate than previous to this awareness. You are thinking, my friends, that this is all that there is. Know yourself. And this alone will give you your freedom. Nothing else will do it.

現在，你們體驗到它了。它是虛幻的且是轉瞬即逝的。在這個幻象中與對你們的自由意志的侵犯有關的問題，同樣是不具有重要性的。一種侵犯會出現，因為你們已經渴望它了。我的朋友們。目的是什麼呢？我的朋友們，目的是教育。我們給予了你們我們能夠給予你們的事物，以允許你們對這種教育產生出更大的利用。因為僅僅只有你們才能將你們接收到的知識付諸實踐。當你們超越了那個我們應該稱之為在認識幻象和對幻象缺少認識之間的位置的時候，接下來，你們就用一種比這種認識之前要遠遠大的多的速度加速你們的理解了。你們在思考，我的朋友們，這就是一切萬有了。知曉你自己。單單這就將會給予你們自由。沒有任何其他事情將會給予它。

We will transfer this contact to the other instrument. It has been a great pleasure speaking to you through this instrument. I will answer your question. 我們將這個接觸轉移到另一個器皿。通過這個器皿對你們發言已經是一種巨大的快樂了。我將會回答你的問題。

Carla: (The gist of the question had to do with whether another group that writes of cosmic awareness is connected to the Confederation of Planets.)

Carla :(問題的主旨是與是否另一個寫下了宇宙察覺的團體是與星際聯邦有關聯的。)

All groups are connected. There is no other possibility.

所有的團體都是有關聯的。沒有其他的可能性。

(Tape ends.)

(磁帶結束。)

December 2, 1979

1979-12-02 *Hatonn* : 破碎的靈與悔悟的心

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn, and I greet you in the love and the light of the infinite Creator, a Creator Who has given you peace and joy from now until infinity so that all that you have known and all that you will know may be of joy and of peace. We of the Confederation of Planets in the Service of the Infinite Creator are privileged to be with you in thought at this time, speaking through this instrument. And we are well aware that it does not seem to you as you dwell in your illusion of time and space that time is necessarily either joyful or peaceful. We know that there are many questions upon your minds having to do with the great divisions among the peoples of your planet. But what we wish to say to you now has to do with a block which stands in the way of joy and peace on an individual basis. We cannot give peace to nations, my friends, for they will not listen to us. We cannot give joy to a race of men. We can now offer these things only to those individuals who would listen to us. And to you who listen to us tonight, we say that the greatest impediment to joy and peace in your life is a lack of understanding of the true nature of love. It is written in your holy work which you call your Holy Bible that the Lord God requires a broken spirit and a contrite heart.

我是 *Hatonn*，我在無限造物者的愛與光中向你們致意，這是一個從現在一直到無限時間都已經給與了你們的平安與喜悅的造物者，因此，所有你們已經知道的事情以及所有你們將會知道的事情都可以具有喜悅並具有平安了。我們服務於無限造物者的星際聯邦對於在此刻在通過思想與你們在一起，並通過這個器皿發言是感到榮幸的。我們同樣察覺到，當你們居住在你們的時間和空間的幻象中的時候，那個時間並不會對於你們看起來似乎一定是要麼喜悅，要麼平安的。我們知道在你們的頭腦中有很多的問題是與在你們的星球上的人群當中的巨大的分裂有關的。但是我們現在希望對你們說的事情，是與擋在了用一種個體的方式的喜悅與平安的道路中的障礙物有關的。我的朋友們，我們無法給予國家和平，因為它們並不願意聽我們。我們無法給予一個人的種族喜悅。我們現在能夠僅僅對那些願意聆聽我們的個體提供這些事情。對於你們這些今晚聆聽我們的人，我們會說，在你們的生命中對喜悅與平安的最大的防礙物，是一種對愛的真實的屬性的理解的缺少。在你們稱之為聖經的神聖著作中被寫道，上帝需要一個破碎的靈和一顆悔悟的心。

(S enters the room and sits down.)

(*S* 進入房間並坐下來。)

We will pause for a moment to bring the one known as S into our circle of meditation. We surround you at this time with love and ask you to feel the harmony of your group. We will pause for a moment. I am Hatonn.

我們將暫停一會兒來將被知曉為 *S* 的實體帶入到我們冥想的圈子中。我們在此刻用愛圍繞你們，並請求你們感覺你們的團體的和諧。我們將暫停一會兒。我是

Hatonn.

(Pause)

(暫停)

I am again with this instrument. I am Hatonn. We will continue through this instrument.

我再一次與這個器皿在一起了。我是 *Hatonn*。我將通過這個器皿繼續。

As we were saying, a broken spirit and a contrite heart, my brothers and sisters, seem to be things that would sadden an individual, but in truth, a spirit which is not broken, a heart which is not contrite on its own behalf cannot forgive the infirmities of others, cannot be gracious and kind when compassion is surely needed. How can you break a spirit? With love, so that you do not become sad but rather joyful. How can your heart become sorry for all that it may have done or thought or felt, without feeling guilty, for sadness and guilt were never required by the Creator, only love my friends. But a broken spirit and a contrite heart are the gifts of love. For in love, we know that all things that move and have their being in our illusion and in all illusions are part of us. Whatever you see, whatever you hear, whether it be bad or good, whether it stem from your thinking or the thinking of someone halfway around the circle of your globe, all of these things are part of you. The spirit of love is alive in every man and every woman but its expressions are often distorted.

如我們正在說的一樣，一個破碎的靈和一顆悔悟的心，我的兄弟姐妹們，看起來似乎就是會讓一個個體感到悲傷的事情了，但是，實際上，一個破碎的靈，一顆為了它自己的利益而悔悟的心，實際上是無法在同情心是肯定被需要的時候寬恕其他人的缺點的，無法成為仁慈且好心的。你們如何能夠打碎一個靈性呢？藉由愛，因此，你們不會成為悲傷的，而毋寧是喜悅的。你們的心如何能夠為了所有它可能已經做了，想了或者感覺到事情而抱歉，而不同時感到罪疚呢，因為悲傷與罪疚永遠都不會被造物者要求，我的朋友們，造物者僅僅要求愛。但是一個破碎的靈和一顆悔悟的心是愛的禮物。因為在愛中，我們知道所有在我們的幻象以及所有的幻象中運動並擁有它們的存有的事物，都是我們的一部分。無論你們看到什麼，無論你們聽到什麼，無論它是好還是壞，無論它是源自於你的思考還是某個在你們的星球的圓形的另一半上的某個人的思考，所有這些事情都是你們的一部分。愛的靈性是活在每一個男人和每一個女人之中的，但是它的表達經常會被扭曲。

Thus, the beginnings of freedom is the acknowledgment that your own expression of love may be distorted. When you commit yourself to an examination of your thoughts so that you may more nearly mirror the thought of love which the Creator formed you in, then you begin to have a broken spirit. For you have become a person who is not proud. You have become a person who is not ego-centered, as you would call it, but is, rather, capable of understanding the pain and suffering of those about you. When you walk through a forest, my friends, what does the wind require of you? The

grass and the path under your feet, what do they ask of you? The trees as they bend to the breeze, do they require aught of you? The creation of the Father, my friends, is one of service. And it requires nothing from any of its parts but that each part be who that part is. You are becoming yourself in each moment. You are not finished, you are growing constantly and each thing that you learn adds just a bit to the quality of understanding of the original Thought which is harbored in your infinite and ever-living spirit. Your pride and your vanity you will leave behind. These, my friends—pride, vanity, boredom—these are the things that make men sad. When peace and joy are all about you, when heaven surrounds you, there is no need for you to dwell in the tattered rags of a worn-out illusion.

因此，自由的開端就是承認，你自己對愛的表達是可能被扭曲的。當你讓你自己致力於一種對你的想法的檢查，這樣你就可以更為近似地映射那種造物者已經通過其形成了你的愛的想法的時候，你接下來就開始擁有一個破碎的靈了。因為你已經成為了一個沒有驕傲的人。你就已經成為了一個不以小我為中心的人，如你們對它的稱呼一樣，而毋寧是一個能夠理解那些在你周圍的人的痛苦與苦難的人。當你們穿越一個森林的時候，我的朋友們，風對你有什麼要求呢？在你們腳下的草與道路，它們對你們要求了什麼呢？當樹木對著微風彎曲的時候，它們有要求你們任何事情嗎？我的朋友們，天父的造物是一個服務的造物。它會不會對它的任何部分要求任何事情，但每一個部分都成為那個部分之所是。你在每一個時刻中都在成為你自己。你不是被完成的，你是在持續不斷地成長，每一個你學會的事情都將僅僅一點點的東西添加到對那個原初的想法的理解的特性上了，那個原初的想法就隱藏在你無限且一直活著的靈性中的。你的驕傲與你的虛榮，你將會丟棄掉。我的朋友們，這些——驕傲、虛榮、無聊——這些都是使得人悲傷的事情。當和平與平安在你們周圍的時候，當天堂包圍了你們的時候，就不會有讓你去居住在一個用舊了的幻象的破碎的破布之中的需要的。

Thus, we ask you to drop your pride, your vanity, your thoughts of self-worth as if they were old garments and take on the armor of light. For you are a creature whose essential nature is love. You were born to serve; it does not matter whether the service is great or small. It does not matter whether you may even feel successful. All that matters, my friends is that you attempt to serve, that you attempt to love. You will make many errors, you will make mistakes, you will find yourself lacking self-confidence and at those times we ask that you call upon us, upon the Creator, upon your own guides, upon your higher self. All of these resources are about you at all times. Comfort yourself and surround yourself with love so that once more you may go your way rejoicing. We want no eye to be sad and no tear to be shed. The illusion is difficult; reality is simple.

因此，我們請你們丟掉你們的驕傲，你們的虛榮，你們對於自我價值的想法，就好像它們是舊的衣服一樣，並穿上光的盔甲。因為你是這樣一個造物，它的實質的本性就是愛。你是被誕生出來進行服務的，這個服務是大還是小，這並不重要。所有重要的事情，我的朋友，就是你們嘗試去服務，你們嘗試去愛。你們將會犯很多的錯誤，你們將會犯錯，你將會發現你自己缺少自信，在那些時候，我們請求你呼喚我們，呼喚造物者，呼喚你自己的指導靈，你的高我。所有這些資源都是在所有時候都在你周圍的。用愛安慰你自己並用愛包圍你自己，這樣你就可以

再多一次歡呼著走你的道路了。我們不想要任何的眼睛成為悲傷的，我們不想要任何的淚水被流出來。幻象是困難的，實相是簡單的。

We will aid you in invoking the light and I and my brother Laitos will move about the room working with each of you that you may feel our presence. I am Hatonn.

我們將會在祈請光的過程中幫助你們，我和我的兄弟 *Laitos* 將會在房間中四處移動，與你們每一位一同工作，這樣你們就可以感覺到我們的存在了。我是 *Hatonn*。

We are having some difficulty with the one known as M because she is fatigued. We will attempt to send her some energy at this time. I am Hatonn. 我們在被知曉為 *M* 的實體身上正在遇到某種困難，因為她是疲倦的。我們將在此刻嘗試去向她送出某種能量。我是 *Hatonn*。

(Carla channeling)

(*Carla* 傳訊)

I am Laitos, and I also greet you in love and light. Before we leave this group we would appreciate the opportunity to attempt to exercise the one known as S. If he would relax, we would condition him at this time and attempt to say just a few words through him. I am Latwii.

我是 *Laitos*，我同樣也在愛與光中向你們致意。在我們離開這個團體之前，我們會感激有機會嘗試去訓練被知曉為 *S* 的實體。如果他願意放鬆，我們會在此刻調節他並嘗試去通過他說一些話。我是 *Latwii*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Laitos. We thank the one known as S. We are aware that we have good contact with him and that he is aware of our contact. The ability to channel is not always easy and will come in time if the desire is there. We would like to make the same experiment at this time with the one known as K. I am Laitos.

我再一次與這個器皿在一起了。我是 *Laitos*。我們感謝被知曉為 *S* 的實體。我們察覺到我們與他擁有優良的接觸，他察覺到了我們的接觸。傳訊的能力並不會一直都是容易的，它將會在適合的時間出現，如果渴望是存在的話。我們想要在此刻對被知曉為 *K* 的實體進行相同的實驗。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

We thank the one known as K and would like now to attempt to speak a few words through the one known as R, if she would consent to be used as a channel at this time. I am Laitos.

我們感謝被知曉為 *K* 的實體，我們現在想要嘗試通過被知曉為 *R* 的實體說一些話，如果她在此刻同意被用作一個管道的話。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am Laitos. If you will be patient we will not attempt to speak through the one known as M but we will attempt to be very specific in making our presence felt to the one known as M.

我再一次與這個器皿在一起了。我是 *Laitos*。如果你們願意有耐心，我們將不會嘗試去通過被知曉為 *M* 的實體發言，但是我們將嘗試去在使得我們的存在對被知曉為 *M* 的實體是感覺得到的方面成為明確的。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument, and I thank you very much for patience. We are sending healing to the one known as R and we thank you all for attempting to learn a service of vocal channeling that will be greatly needed in times to come. We cannot thank you enough for being willing to aid us in attempting to aid your peoples. When you meditate, please ask for our presence if you wish to be conditioned and we will be with you.

我再一次與這個器皿在一起了。我為你們的耐心非常感謝你們。我們正在對被知曉為 *R* 的實體送出療愈，我們為你們嘗試去學習一種語音傳訊的服務而感謝你們全體，語音傳訊在即將到來的時間中是極大地被需要的。我們為你們樂意於在我們嘗試去幫助你們的人群的過程中幫助我們是怎麼感謝你們都不夠的。當你們冥想的時候，請請求我們的在場，如果你們希望被調節，我們將會與你們在一起。

I leave you now. I am Laitos. Adonai, my friends.

我現在離開你們。我是 *Laitos*。Adonai，我的朋友們。

(Carla channeling)

(*Carla* 傳訊)

I am Hatonn. I am again with this instrument, and I greet you again in love and light. As is customary at these meetings, I would at this time ask for

questions.

我是 *Hatonn*。我再一次與這個器皿在一起了，我再一次在愛與光中向你們致意。如同這些集會的慣例一樣，我會在此刻請求問題。

Questioner: You said a moment ago that if we are troubled or do not know, we should appeal to our higher self. Where is this higher self and how would you go about contacting it?

提問者：你們在一會兒之前說，如果我們有麻煩，或者在不知道的時候，我們應該向我們的高我請求。這個高我在哪里，你要如何著手與它接觸呢？

Your higher self, my sister, is in the eternal now and is closer to you than any physical part of your being. In this illusion you are a splinter of your eternal spirit which has been sent into this illusion in order to learn certain lessons and to grow in spirit, and this growth is then added to the higher self, which is eternal. Thus, all that you have learned and all that you will learn are enclosed in your higher self, giving you the benefit of all of your future understanding as well as your past experience. When you are in doubt, if you will pause in meditation and consciously ask that the truth that your higher self knows be made known to you in some way and then release this request, you will find that within the next hours or days through a dream or inner certainty or vision you will be relieved of your problem either by understanding it or by its resolution.

我的姐妹，你的高我，是在永恆的當下之中的，它是比任何你的存有的物質性的部分都更加靠近你的。在這個幻象中，你是你的永恆的靈體的一個碎片，它已經被送入到這個幻象中以便於學習一定的課程，並在靈性中成長，這種成長接下來就會被添加到高我身上，高我是永恆的。因此，所有你已經學會的事物，以及所有你將會學會的事物，都是被囊括在你的高我之中的，並會給予你所有你的未來的理解，同樣還有你過去的經驗的益處。當你是處於疑惑中的時候，如果你將會在冥想中暫停，並有意識地請求，那個你的高我知曉的真理用某種方式為你所知曉，接下來，釋放這個請求，你將會在接下來的幾個小時或者幾天時間中在一個夢境，或者內在的確定，或者異象中找到那個真理，你將會被解除了你的問題，要麼是藉由理解它，要麼藉由它的解決方案。

This higher self is not omnipotent, for it is only a splinter itself of the divine Creator, so all true appeals must end at the feet of the Almighty, He Who is the Creator of us all. Your higher self is suggested to you because it is so close to you and your knowledge is so available to you that it can come through to you in a shorter amount of your time. Meditation is always the key; that which you call prayer is always helpful.

這個高我不是全能的，因為它僅僅是神聖造物者其自身的一個碎片，因此，所有真實的請求都必須要在那個全能者的腳下結束，這個全能者就是我們全體的造物者了。你的高我是被建議給你們的，因為它是如此接近於你，你的知曉是如此可以為你所利用，以至於它能夠在一段你的較短數量的時間中出現在你面前。冥想一直都是關鍵，你稱之為祈禱的事物一直都是有助的。

Thus, as you spiritually give of your time, the rewards come to you threefold.

This is the principle of meditation and the heart of our teaching to you. Using the term higher self is only to identify to you the true nature of yourself, for you can be the sum of all that you are whenever you are dwelling fully in the love of the Creator. That you cannot do this at all times is understandable but by all means, my sister, call upon your higher self by mentally requesting it. For that self is you and it is as easy as talking to yourself to make contact with that which is your deeper, more meaningful, and more knowledgeable self.

因此，當你用靈性的方式付出了你的時間，回報就會三倍地出現在你身上。這就是冥想的原則和我們對你們的教導的核心。使用高我這個詞語，僅僅是為了對你們識別你自己的真實的本性，因為你能夠是所有你之所是的總和，無論你是在什麼時候完全地停留在造物者的愛之中的。你無法在所有時候都這樣做，這是可以理解的，但是，我的姐妹，千方百計地藉由在心智上請求它來呼喚你的高我。因為那個自我就是你，與你的更為深入，更有意義，且更有見識的自我建立接觸，這是和你與你自己說話一樣容易的。

Does this answer your question?

這回答了你的問題嗎？

Questioner: Yes, very well. Thank you.

提問者：是的，非常好。謝謝你們。

Thank you, my sister. Is there another question?

我們感謝你，我的姐妹。有另一個問題嗎？

Questioner: I have another question. You indicated to meditate, to having contact with your higher self. I sometimes feel that meditation is such a waste of time when we could be helping others during this time than just sitting there trying to contact your higher self or whatever. Would it not be better to be of service, as in, just say, doing to others during all these hours we spend meditating, or is meditation very essential?

提問者：我有另一個問題。你們指出要冥想，要與你的高我建立接觸。我有時候感覺到冥想是如此一個浪費時間的事情，在我們能夠在這段時間幫助其他人而不是僅僅坐在那裏嘗試與你的高我或者無論什麼接觸的時候。是在這些我們花費在冥想中的幾個小時的時間期間去對其他人進行服務，這難道不是更好的嗎，或者，冥想是非常實質性的嗎？

We are aware of your question, my sister. Most people upon your plane of existence do not spend hours in meditation, nor do they spend hours in service. The meditation is advisable to all persons due to the fact that it is in meditation that you are made aware of your true relationship to the Creator and the creation. It is in meditation that you become aware that you and your brothers and sisters are one being and to serve them is to serve yourself. Armed with this understanding of service, you may then go forth and serve, given power by the spirit of love which is infinite.

我的姐妹，我瞭解了你的問題。在你們的存在性的層面上的大多數人並不會在冥想中花費幾個小時的時間，它們也不會服務中花費幾個小時的時間。冥想對於

所有人都是可取的是因為這樣的事實，就是在冥想中你們察覺到了你們與造物者與造物之間的真實的關係。就是在冥想中，你察覺到你與你的兄弟姐妹是一個存有，要服務它們就是服務你自己。在用這種對服務的理解武裝起來的情況下，你接下來就可以前進，進行服務，並被無限的愛之靈性所賦予力量了。

If, on the other hand, you go forth to be of service to others without taking on the aspect of the spirit of love which is infinite, your ability to be of good cheer in your service will diminish and fail. For that which was given to your personality in this chemical illusion is limited. The only way that you can always be of service is to continually restore your understanding of the holiness of the ground whereon you walk through contemplation of that which is divine.

在另一方面，如果你在不上那個無限的愛的靈性的面向的情況下就前進以進行服務，你在你的服務中具有愉快的心情的能力就將會減少並衰退了。因為在這個化學性的幻象中被給予你的人格的事物是有限的。你能夠一直進行服務的唯一途徑就是去通過對神聖之所是的沉思持續不斷地恢復你對你走在其上的地面的神聖性的理解。

You must understand that in meditation you are not trying to contact anything. The idea in meditation is one wherein you realize that you are. Not who you are, not where you are, but that you are. That you are aware, that you are in the eternal present. When you feel this you will feel a sweetness and a closeness to the Creator that come from breaking through the illusions of space and time and coming into that place where you can simply be who you are. That person is greatly loved by the Creator. And that person can greatly love others.

你必須要理解，在冥想中，你不是在嘗試去接觸任何事情。在冥想中的觀念是一個你通過其認識到你之所是的觀念。不是你是誰，不是你在何處，而是你之所是。你是察覺的，你是處於永恆的當下之中的。當你感覺到這一點的時候，你將會感覺到一種甜蜜以及一種與造物者的接近性，造物者會突破空間和時間的幻象而出現，並會進入到那個在其中你能夠單純地成為你之所是的空間中。人是極大地被造物者所愛的。人是能夠極大地愛其他人的。

Thus, we consider meditation quite essential. We also consider that as you meditate and grow in knowledge you then have a responsibility to share what you know with others in whatever path may seem to be open to you. As we have said, the path may be big or small, it may be dramatic or it may be unnoticed. It may be public or quite private, but whatever it is, it will be your intention to give love and be of service in your little corner of the universe.

因此，我們認為冥想是相當實質性的。我們同樣也認為，當你們冥想的時候，你們是在知曉中成長了，你接下來就有一種責任去與其他人通過無論什麼可能看起來似乎是對於你是開放的途徑來分享你知曉的事物了。如我們說過的一樣，途徑可能是大，或者是小的，它可能是戲劇性的，或者它可能是不被注意到的。它可能是公開的，或者是相當私密的，但是無論它是什麼，它都將會是在你的宇宙的小小的角落中去給予愛並進行服務的意圖。

You see, meditation and a life of service go hand in hand. We do not suggest meditating for hours each day, for such meditation is valuable only to those who have forsaken the world and have determined to make meditation their life. If you wish to do this, this is permissible. But you were, after all, put into this world to use your hands and your mind and your voice for the good of mankind. See to it, therefore, that you see and do and say that which you have come to understand in the silence of meditation.

你們看，冥想以及一種服務的生命是手牽手前進的。我們並不建議每天冥想很多個小時，因為這樣的冥想僅僅是對那些已經捨棄了塵世，並已經決心去使得冥想成為它們的生命的人才是有價值的。如果你希望這樣做，這是得到了許可的。但是，你畢竟是被投入到這個世界中來為了人類的利益而是用你的手，你的心智與你的聲音的。因此，關注它，這樣你就會看到，做，並說你已經開始在冥想的靜默中理解的事情了。

May we further answer your question, my sister?

我的姐妹，我們可以更進一步回答你的問題嗎？

Questioner: I am very, very thankful. You've said just the right thing for me.

提問者：我是非常非常感謝的。你們已經正好說了對於我是正確的事情了。

We are very happy, my sister. Is there another question now?

我們是非常高興的，我的姐妹。現在有另一個問題嗎？

Questioner: Can you tell me if my son is going to meet the girl that is right for him soon or if ever?

提問者：你們能夠告訴我，是否我的兒子將很快遇到對於他是合適的女孩嗎，或者是否曾經遇到過嗎？

No. We are sending through this instrument, however, a general thought that may give you comfort. We are aware of your concern and we cannot remove ourselves from our philosophical mission to give you specific advice about matters which have to do with free will, for this we cannot intrude upon in your daily existence. However, may we send you words of comfort and give you to understand that the entity of whom you speak is well-protected and whatever difficulties he may have will be helpful to him. This is not always easy to accept when you wish more than anything to take on another person's difficulties and to make things be well for one whom you love. But this is not the way of the Creator. For each soul has his own path and will follow it. But it is truly written in your holy works that you are not given more than you can bear. It is also truly written that the Creator is always with those who speak of His name. Indeed, He is with all, my friends.

不能。無論如何，我們正在通過這個器皿送出一個一般性的想法，它可能會給予你安慰。我們察覺到你的擔憂，我們無法讓我們自己離開我們的哲學性的使命，以給予你在關於那些是與自由意志有關的問題的方面的具體的建議，因為這個原因，我們無法侵犯你們的日常的存在性。然而，容我們送給你們那些具有安慰的話語，並給予你這樣的理解，你談及的實體是被很好地保護起來的，無論什麼他

可能擁有的困難，都將會對於他是有幫助的。要在你高於一切地希望去承擔起另一個人的困難，並讓事情對於那個你愛的人成為順利的時候，要去接受這個理解，這並不是一直都是容易的。但是這不是造物者的途徑。因為每一個靈魂都擁有他自己的道路，並將會跟隨它。但是，在你們的神聖著作中真的被寫道過，造物者一直都是與那些會談及祂的名字的人在一起的。確實，我的朋友們，祂是與萬物同在的。

We are sorry we cannot accede to your request for information, but it is outside our guidelines. Please accept our apologies, my sister.

我們很抱歉我們無法答應你對資訊的請求，但是它是在我們的信條之外的。請接受我們的抱歉，我的姐妹。

Questioner: Thank you.

提問者：謝謝你們。

Is there another question?

有另一個問題嗎？

(Pause)

(暫停)

Does the one known as S wish to reserve his question for another time?

被知曉為 S 的實體希望將他的問題保留給另一個時間嗎？

S: I will reserve it. Thank you.

S：我將會保留它，謝謝你們。

We respect your privacy, my brother. My friends, it is a singular joy, as always, to be allowed to share our thoughts with you. We are very grateful for your love and we send you ours unstintingly. For those of you who have needs for healing, we ask that you call upon us, for there are those in the Confederation who work with healing vibrations and we will be happy to work with you. We have no wish to manipulate your peoples, but how we yearn, my friends, to give you rest from your labor and a happy end to your troubles. Meditate, my friends, and these things will not only be possible but will be part of your life. We leave you in a life that is filled with joy and peace. Join us, my friends. It is available to you at any time and we await you with eagerness.

我們尊重你的隱私，我的兄弟。我的朋友們，一如既往，被允許與你們分享我們的想法，這是一個特別的喜悅。我們對於你們的愛是非常感激的，我們慷慨地對你們送出我們的愛。對於你們中的那些擁有對療愈的需要的人，我們請你們呼喚我們，因為在星際聯邦中會有那些與療愈的振動一同工作的實體，我們將會很高興與你們一同工作。我們並不希望操縱你們的人群，但是，我的朋友們，我們渴望去給予你們對你們的辛苦勞作的休息以及對你們的問題的一個快樂的結束。我的朋友們，冥想吧，這些事情將不僅僅是有可能的，同樣也將會成為你們的生命的一部分。我們在一個被喜悅與平安充滿的生命中離開你們。我的朋友們，加入我們。它在任何時候都是可以為你們所取得的，我們熱切地等待著你們。

I am Hatonn. I and my brethren leave you in the love and the light of the One Who is All. Adonai vasu borragus.

我是 *Hatonn*。我和我的兄弟們在太一的愛與光中離開你們，太一就是一切。

Adonai , vasu borragus。

December 16, 1979

1979-12-16 Hatonn：聖誕的意義

(Carla channeling)

(Carla 傳訊)

I am with the instrument. I am known to you as Hatonn, and I greet you in the love and the light of the infinite Creator. Our instructions at this time take us north of you, as you would call it, for we are sending love to those entities who dwell in the area of your planet which many of your peoples call Quebec, and we would ask you to lend your prayers to that region where there is some disturbance in the Earth's aura at that point, as well as others, as you are well aware of. We are, however, close enough to you in your skies to speak to you directly instead of through a transmitter and thus we feel very close to you tonight and greet you each with great appreciation and gratitude, for you are allowing us to share in your meditation.

我與這個器皿在一起了。我是你們知曉為 *Hatonn* 的實體，我在無限造物者的愛與光中向你們致意。我們在此刻的指引將我們帶到你們的北方，如你們對它的稱呼一樣，因為我們正在那些居住在你們的星球的那個你們的人群中很多人稱之為魁北克的區域中的實體送出愛，我們請求你們將你們的祈禱借與那個區域，在那個區域中，與其他的區域一樣，此刻在那個位置在地球的靈光中會有某種擾動，如同你們清楚知曉的一樣。然而，我們在你們的天空中是足夠接近你們，以直接對你們發言，而不是通過一個轉換器發言，因此，我們在今晚是感覺與你們非常接近的，我們帶著巨大的欣賞與感激向你們每一位致意，因為你們允許我們分享你們的冥想。

As you know, we have come to this planet to share with you one simple idea, that is the idea of what has been called the peace which passeth all understanding. It is the original Thought of love that makes all men one. As we look down upon your planet at this time it is as though your peoples are being torn apart from within, and we ask you especially as those who are attempting to lighten the vibrations of your planet to be aware of the influences about you that do not seem harmonious, while allowing yourself to be a channel for compassion, for the inharmony reigns not to harm you, but rather [be] the reflection of the harm that is being self-inflicted by others. You yourselves are creators of your own destiny moment by moment and as you love and give, so your world will reflect that loving and giving back to you.

如你們知道的一樣，我們已經來到這個星球上來與你們分享一個簡單的觀點，那就是已經被稱之為超越所有的理解的平安的觀點。它是會使得所有人成為一體的那個原初的愛的想法。當你們在此刻俯視你們的星球的時候，它就好像你們的人群正在從內部被撕裂一樣，我們特別請求你們，作為那些正在嘗試去照亮你們星球的振動的實體，請你們察覺到在你們周圍的那些看起來似乎並不是協調的影響，同時允許你自己成為一個同情心的管道，因為不和諧的勢力不是要傷害你，而毋寧是成為了那種正在被其他人自己造成的傷害的映射物。你們，你們自己，在每時每刻都是你們自身的命運的創造者，當你們愛並給予的時候，你們的世界

將因此將那種愛與給予映射返回你們身上。

This is especially apparent among your peoples this time of year which is called by this instrument, Christmas time. It is known by different names and many religions besides the one held dear by this instrument, for it is in truth a basic necessity of man to shake his fist at death and to state the obvious, that winter will not last forever and that spring will inevitably come. It is a great misfortune of your technological society that your people are not more in touch with the deep elemental feelings of the seasons, for this understanding of the Creator 's universe would enable you to understand Christmastide in a much deeper way than the normal person, and you would then not be disheartened by the apparent, shall we say, cheapening of a basic and beautiful truth, that there is no death without birth. Let us look, my friends, at what Christmas in your culture truly means. It is a way of saying to one and all that whatever may happen in the winter of your soul, there is always that which is new that can be worn in the darkness and become your spirit of tomorrow. It is a statement indeed, that this life which seems to end inevitably after a brief sojourn in the grave is only shamming and that indeed this sojourn is only a beginning—only another way of resting in the womb of time, so that your spiritual body may be born. We will go further, my friends, and ask you to look at the implications of the newborn Christ-consciousness which is to be your spiritual home. It carries with it a certain responsibility and in the Christian story as is told in your holy book, those responsibilities are clear to love, to serve, to care for both the Creator and His children whomever they may be. So you see, my friends, although it is true that in your experience at this time, Christmas or Yuletide is little more than a game whereby entities attempt to impress those they may not even like with gifts they cannot afford, and which the recipients do not need, yet you do not need to accept this estimation of the season of Christmas.

在你們的一年中的這個被這個器皿稱之為聖誕時節的時刻，這在你們的人群中是尤其明顯的。除了這個被這個器皿所鍾愛的名字之外，它是用不同的名字以及通過很多的宗教信仰所知曉的，因為人向著死亡晃動他的拳頭，並表述那個明顯的事情，即冬天將不會永遠持續，春天將無可避免地到來，這實際上對人而言是一個基本的需要。你們的科技的社會的一個巨大的不幸是，你們的人群並未更為深入地接觸這些機械的深入的本質的感覺，因為這種對造物者的宇宙的理解會使你們能夠用一種比通常人遠遠更為深入的方式理解聖誕時節，你們接下來就不會因為，容我們說，一種對基本且美麗的真理的表面上，容我們說，廉價化而的朋友們，在你們的文化中聖誕真正意味著什麼。它是一種對一個人以及所有人講述這樣一個觀點的途徑，即無論什麼事情可能會在你們的靈魂的冬季發生，都一直會有新的事物是能夠在黑暗中被誕生出來，並成為你們明天的靈性。它確實是一個聲明，即這個看起來似乎會在一個短暫的旅居之後，在墳墓中結束的生命，僅僅是偽裝的東西，確實，這種旅居僅僅是一個開始，僅僅是另一種在時間的子宮中休息的方式，這樣你的靈性的身體就可以被誕生出來了。我的朋友們，我們將更進一步，並請你們檢查要成為你們的靈性的家園的新誕生的基督意識的含義。它在其上攜帶有一定的責任，在基督教的故事中，如同在你們的神聖書本中

被講述的一樣，那些責任是清楚的，即去愛，去服務，去同時照顧造物者和祂的孩子們，無論它們可能是誰。因此你們看，我的朋友們，儘管在你們的體驗中在此刻真實的情況是，耶誕節或者聖誕季是比一個實體們通過其嘗試去對那些它們可能甚至並不喜歡的實體用它們無法負擔的，接受者並不需要的禮物給它們留下印象的遊戲要多一點點的，而你們並不需要去接受對聖誕時節的這種判斷。

Let us look at an image far removed from Christmas, and yet with the same message. A bird called the Phoenix bursts into flames and is consumed in a great fire, and all that are left are ashes. Out of those ashes rises a new and more beautiful Phoenix. As you put a Yule log upon your fire, as you set the star on your tree, let the message of winter, of ashes, and of rebirth fill your heart with the joy of knowing that all joys will be made well because the love that created all things is a perfect love. We wish that your peoples could understand the meaning of Christmas, not only once a year, but throughout the year, for it is a message which we have come to share, the message of love, of unity, of salvation through higher consciousness. You are part of an evolutionary pattern. Those about you may not wish to be part of the evolution that is taking place at this time; so be it. They will have many other chances for advancement, as many as they need, my friends, for all dwell in an infinite realm, for hope truly springs eternal. Meanwhile, you have control consciously of your development; think deeply upon the lessons of creation and rest in the knowledge that even the hardest earth, frozen cold as stone, will soon be crowded with the blossoms of spring, and so will you go on from glory to glory in the creation of the Father. Imagine each of you in your domicile at this time, your hearts beating as one, your breathing, your thinking, and your feeling unified with one great Thought of love. There will come a time when this will be the case among your peoples. We believe that you may be there to witness it, if not in this dimension, then among the inner planes that guard this Earth plane in its fragile path towards knowledge.

讓我們檢查一個與耶誕節距離很遠，而卻帶有相同的資訊的形象。一隻被稱為鳳凰的鳥爆炸形成火焰，並在一種巨大的火中被燃盡，所有剩下的事物是灰燼。從那些灰燼中，一隻新的，且更為美麗的鳳凰升起了。當你們將一塊聖誕圓木放在你們的火焰上的時候，當你們在你們的樹上安放星星的時候，讓冬天的資訊，灰燼的資訊，重生的資訊，用這樣一種知曉的喜悅充滿你們的心，那種知曉即，所有的喜悅都將會順利地被產生出來，因為創造了所有事物的愛是一種完美的愛。我們希望你們的人群能夠理解聖誕的意義，不僅僅一年一次，而是貫穿整年，因為它是一個我們已經前來分享的資訊，愛的資訊，統一的資訊，通過更高的意識的拯救的資訊。你們是一個演化的模式的一部分。那些在你們周圍的人可能並不希望成為那個在此刻正在發生的演化的一部分，隨它去吧。它們將會擁有很多不是他的前進的機會，它們需要多少，就會有多少，我的朋友們，對因為所有人都是居住在一個無限的領域中的，因為希望會真正噴湧出永恆。同時，你們對你們的發展是有意識地擁有控制力的，深入地思考造物課程，並在這樣一種知曉中休息，甚至是最為堅硬的土地，如同石頭一樣被冰凍起來的土地，都將會很快被春天的花朵所擠滿，你們的同樣將會在天父的造物中從榮耀繼續前往另一個榮耀。象在此刻在你們的住所中的每一個人，你們的心思如同一顆心一樣地跳動，你們的呼吸，你們的思考，你們的感覺是與那一個愛的偉大的原初的想法是統一的。

將會有一個時刻出現，在其中這將會成為在你們的人群中的實情。我們相信，你們是可以在那裏去見證它的，如果不是在這個維度中，那麼就是在內在的層面當中，內在的層面在這個地球的層面通往知曉的脆弱的道路中守護者地球的層面。

I will pause at this time so that my brother, Laitos, may work with you. I am Hatonn.

我將會在此刻暫停，這樣我們的兄弟，*Laitos*，就可以與你們一同工作了。我是 *Hatonn*。

(Pause)

(暫停)

I am with this instruments. I am Laitos. I am very glad to be here, and I also greet you in the love of the infinite Creator. I hope I have been able to help each of you as you have meditated and I have been very glad to work with each of you and wish only to be of continuing service to you. Because we are in a group situation tonight I will attempt to speak through you rather than simply give you conditioning. I will begin with the one known as M. If she would relax and ask for the contact we will attempt to speak a few words through her.

我與這個器皿在一起了。我是 *Laitos*。我非常高興在這裏，我同樣也在無限造物者的愛與光中向你們致意。我希望我已經能夠幫助你們每一個人了，因為你們已經冥想過了，我對於與你們每一位一同工作已經是非常高興地了，我僅僅希望繼續對你們進行服務。因為我們今晚是在一個團體的情況中，我將嘗試通過你們發言，而不是單純地給予你們調節作用。我將會從被知曉為 *M* 的實體開始。如果她願意放鬆並請求接觸的話，我們將會嘗試去通過她說一些話。

(M channeling)

(*M*傳訊)

I am Laitos ...

我是 *Laitos*.....

(Carla channeling)

(*Carla*傳訊)

I am again with the instrument. We will move the direction of our being to a more comfortable angle and again attempt to speak a few words through the one known as M, if she would not analyze but simply speak what she hears.

我再一次與這個器皿在一起了。我們將會將我們的存有的方向移動到一個更為舒適的角度，並再一次嘗試去通過被知曉為 *M* 的實體說一些話，如果她願意不去分析，而單純地說出她聽到的內容的話。

(Pause)

(暫停)

(Carla channeling)

(Carla 傳訊)

I am again with this instrument. We are sorry, but we are having some difficulty with the one known as M, both due to some interference, due to mismatching of our vibrations which we are working on, also due to analysis upon the part of the instrument. This is very common among new instruments and is almost inevitable for our thoughts are not distinguishable from your own, and therefore it is necessary simply to say what come to mind without questioning whether it be your thought or our thought. After awhile this practice confirms itself as people inform you they have received messages that you as an instrument could not possibly have known they desired to receive. However, the first step is yours because we do not wish to interrupt your free will by causing you to go into trance or by completely controlling your speech apparatus. We do not feel comfortable with these techniques, although some of our brothers do and have instruments who are willing to be used.

我再一次與這個器皿在一起了。我們很抱歉，但是我們正在與被知曉為 M 的實體遇到某種困難，這同時是由於某種干擾，由於我們正在其上進行工作的與我們的振動之間的不匹配，同樣也是由於在器皿的部分上的分析。這在新的器皿當中是非常通常性的，並幾乎對是無可避免的，因為我們的想法與你們自己的想法發是無法區分的，因此，需要在不去質疑它是你的想法還是我們的想法的情況下簡單地說出我們的想法。在一段時間後，這種練習會自我確認，因為人們會告訴你，它們已經接收到了資訊了，而你作為一個器皿有可能是本來是無法已經知曉它們渴望接收到的事情的。然而，第一步是你的腳步，因為我們並不希望藉由使得你們進入到出神狀態，或者藉由完全控制力的說話的器官而侵犯你的自由意志。我們對於這些技巧並不是感覺舒服的，儘管我們的一些兄弟會這樣做，且擁有那些樂意於被使用的器皿。

(A knock at the door is heard.)

(一個敲門聲被聽到了。)

(Pause)

(暫停)

(Carla channeling)

(Carla 傳訊)

I am again with this instrument. We thank the one known as M and will continue to work with her. We would like to move on now to the one known as R. If she would avail herself of our contact and, as we have said, refrain from analyzing our thoughts, we would like to speak a few words through her. I am Laitos.

我再一次與這個器皿在一起了。我們感謝被知曉為 M 的實體並將會繼續與她一同工作。我們現在想要繼續移動到被知曉為 R 的器皿。如果她願意使得她為我們的接觸所利用，並如我們已經說過的一樣，避免分析我們的想法，我們想要通過

她說一些話。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. We have good contact with the one known as R. However, we find the instrument to be somewhat unsure and so we will at this time allow her to feel our contact so that she might know of our presence without question that she speak. I am *Laitos*.

我再一次與這個器皿在一起了。我們與被知曉為 *R* 的實體擁有良好的接觸了。然而，我們發現器皿是有些有些不確信的，因此我們在此刻允許她感覺到我們的接觸，這樣她就可以知曉我們的存在，而不會質疑她說出來的事情了。我是 *Laitos*。

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. We thank the one known as R and will continue working with her at any time that she desires such contact. We will now attempt to speak through the one known as K, if she would relax and make herself available to our vibrations. I am *Laitos*.

我再一次與這個器皿在一起了。我們感謝被知曉為 *R* 的實體，我們將在任何她渴望這樣的接觸的時刻繼續與她一同工作。我們現在將嘗試通過被知曉為 *K* 的實體發言，如果她願意放鬆，並使得她自己可以為我們的振動所利用的話。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(*Carla* 傳訊)

I am again with this instrument. I am *Laitos*. The one known as K is analyzing her thought and we understand that completely. Therefore, we will continue to work with her. If she desires our presence she need only ask. If you will be patient we would like to attempt to contact the one known as S, if he will refrain from attempting to discern whether thoughts are his or ours. We feel that he can receive a few words from us at this time. I am *Laitos*.

我再一次與這個器皿在一起了。我是 *Laitos*。被知曉為 *K* 的實體正在分析她的想法，我們完全理解那一點。因此，我們將繼續與她一同工作。如果她渴望我們的存在，她僅僅需要詢問。如果你們將會是有耐心的，我們想要嘗試去與被知曉為 *S* 的實體接觸，如果她願意避免嘗試去分辨想法是他的還是我能的話。我們感覺到他在此刻能夠接收到一些來自我們的話語。我是 *Laitos*。

(Pause)

(暫停)

(Carla channeling)

(Carla傳訊)

I am again with this instrument. We hope that you are not feeling disappointed that you weren't able to, shall we say, channel, but you must understand that we have developed a great deal of energy by means of using the conditioning with each of you and because of your generosity in allowing us to work with you, you will find there are many ways in which you can reach out—we correct this instrument—in which there can be channels for the love and the light of the Creator. Working as this instrument does is only one of the multitude of ways in which you can be of service to your neighbors, to your Creator, and to yourself, thus realizing and feeling the energy that you do [have] at this moment. Lock it in your hearts and refresh it with meditation on a daily basis, so that your movements are always inspired with that love and that light which can come only from the Creator and His humble messengers. I leave you now in the love and in the light of the Father of all of us. I am Laitos.

我再一次與這個器皿在一起了。我們希望你們並未因為你們無法，容我們說，傳訊而感到失望，但是你們必須要理解，我們已經藉由使用對你們每一個人的調節的途徑發展了大量的能量了，因為你們在允許我們與你們一同工作的方面的慷慨，你們將會發現，會有很多的你們通過其能夠向外延伸的方法——我們糾正這個器皿——很多通過其能夠成為造物者的愛與光的管道的途徑。如這個器皿一樣地工作，僅僅是眾多的你能夠通過其服務你的鄰人，你的造物者以及你自己，並由此領悟並感覺到你在此刻卻是擁有的能量的途徑中的一條途徑。將它鎖在你們的心中，並用一種每日進行的方式用冥想來更新它，這樣你們的運動就會一直都被那種愛與光而鼓舞了，這種愛與光是僅僅來自於造物者以及祂謙遜的信使的。我現在在我們全體的天父的愛與光中離開你們。我是 *Laitos*。

I am Hatonn, and I am again with this instrument. We have a good contact, which is surprising for the conditions are not atmospheric. However, we are very glad to have such good contact and we return to this instrument to ask you if there are any questions that you would like to ask the Confederation at this time.

我是 *Hatonn*，我與這個器皿在一起了。我們擁有一種良好的接觸了，這是令人吃驚的，因為情況並不是令人激動的。然而，我們非常高興擁有這樣良好的接觸，我們返回到這個器皿來詢問，是否有任何問題是你們想要在此刻詢問星際聯邦的。

Questioner: I would like to thank Hatonn and Laitos for their unselfish service in talking to us and conditioning us and trying to raise our consciousness. I feel every time that I am shot in the arm, pushed up the ladder, learning all these things. Hearing these things can really help us in so many ways, it helped those around us. There is one question I have. Hatonn was talking

about the inner planes. Are we able to reach these inner planes in this life, or are we able to reach it after the journey through this life? What are these inner planes, and what will it mean to contact them?

提問者：我想要感謝 *Hatonn* 和 *Laitos*，為他們在對我們發言，對我們進行調節以及嘗試去提升我們的意識的過程中的無私的服務。我每一次都感覺到大受鼓勵，更上層樓且學會了所有這些事情了。聽到這些事情是真正能夠用如此多的方式幫助我們，它幫助了那些在我們周圍的人。我有一個問題。*Hatonn* 正在談論內在層面。我們能夠在這次生命中抵達這些內在層面嗎，或者我們能夠在穿越這次生命的旅程之後抵達它嗎？這些內在層面是在哪里的呢，與它們接觸將會意味著什麼呢？

I am Hatonn. I am with the instrument. I am aware of your question. First, we would like to respond to your thanks by explaining to you that we are far from unselfish, for it is our gratitude that must be understood, for without brothers and sisters to help our continued education and growth in understanding of the Father would nearly halt. Therefore, it is in helping you that we help ourselves. It is as though the glass were to thank the window, or the arm the leg, for we are all part of one structure. The triangle of love, light and awareness at the top of the triangle of earth and passion and reflected love at the bottom. We in between, reflect one and nurture the other and in doing so and only in doing so can we further our own understanding of that which is about us on what you have called the ladder of evolution. For us to be able to help you is our deepest hope and our profoundest blessing, and we thank each of you.

我是 *Hatonn*。我與器皿在一起了。我瞭解了你的問題了。首先，我們會藉由對你解釋，我們遠遠不是無私的來回應你的感謝，因為必須要被理解的事情是，如果沒有兄弟姐妹的幫助我們持續性的教育，我們在對天父的理解中的成長就會幾乎是停滯的，我們對此是感激的。因此，就是在幫助你們的過程中，我們幫助我們自己了。這就好像玻璃要去感謝窗戶，或者手臂要感謝腿一樣，因為我們全都是一個構架的一部分。愛，光與認識的三角是位於在底部的大地，熱情以及被映射的愛的三角的頂部的。我們是在中間，映射一個並撫育另一個，在這樣做的過程中，且僅僅是在這樣做的過程中，我們能夠讓我們自己對於，在我們處於你們已經稱之為演化的階梯的事物上的時候，在我們周圍的事物的理解更進一步的。因為我們能夠幫助你們，這是我們最深的希望與最為深入的福分，我們感謝你們每一位。

As to the inner planes of existence, you must understand that each individual has a singular or particular individual ability to penetrate into the inner planes. Much as you may teach a child to play an instrument but not to be a virtuoso, so you may teach techniques of visualization, concentration and contemplation which will enable one to have all of the techniques available for penetrating the inner planes. This does not mean each person will be able to do so equally. Some are natural penetrates of these planes, some have an enormous amount of difficulty, even with earnest effort. Some fool themselves. This we would guard against and we ask you never to fool yourself, never believe or disbelieve. Simply listen and record that which is

happening to you. And when time has passed and other things have occurred which either strengthen or weaken the experience you may then objectively discern whether or not you have had an inner plane experience.

在關於存在性的內在層面的方面，你們必須理解，每一個個體都擁有一種各自不同的，或者特定的個體的能力刺穿進入到內在層面中。非常類似於你們可以教導一個孩子彈奏一個樂器，但是不會教導它成為一個藝術大師一樣，你們同樣可以教導觀想，專注，沉思的技巧，它們將會使得一個人能夠擁有所有可以被用來刺穿內在層面的技巧。這並不意味著每一個人都將能夠同等地這樣做。一些人天生會刺穿這些層面的，一些人會擁有一驚人數量的困難，甚至憑藉著誠摯的努力。自己，永遠都不要相信或者不信。單純地聆聽並記錄在你身上發生的事情。隨著時間的流逝，且在其他的要麼會增強，要麼會削弱那種體驗的事情已經發生之後，你們接下來就可能用客觀的方式分辨，是否你們已經有過一種內在層面的體驗了。

The inner plane theory of your peoples is very old. It is as old as the pyramids and it was a gift to your people by the Confederation from many, many thousands of years ago. The pyramids themselves were used in penetrating into the inner planes of existence. A very simple analogy which this instrument has frequently used is that of the television set. You have at this moment, within your domicile, a television set although it is potentially able to show you a world it is not doing so now because it has not been activated. This instrument or anyone in the room might activate it, and they might choose a channel of existence of which they enjoy the view. They will see one world on one channel, another world on the next, and so on, each channel seemingly coming from the same television set, but each world becoming completely different and completely oblivious to all the other worlds.

你們的人群對內在層面的理論是非常老的，它和金字塔是一樣老，它是星際聯邦在很多很多千年以前給予你們的人群的一個禮物。金字塔其自身是被用來刺穿進入到存在性的內在層面中的。這個器皿已經頻繁地使用過的一個非常簡單的類比，就是電視機的類比。你們在此刻，在你們的住所中，擁有一台電視機，儘管它潛在是能夠對你們顯現一個世界，它現在並沒有如此做，因為它被啟動。這個器皿或者在這個房間中的任何器皿都可以啟動它，它們可以選擇一個它們喜歡觀看的存在性的頻道。它們將會在一個頻道上看到一個世界，在下一個頻道上看到另一個世界，如此等等，每一個頻道看似都是來自於相同的電視機，但是每一個世界與所有其他的世界都是完全不同的，且是完全不在意的。

So it is with the inner planes. You and all of those things in your world are energy fields and you have energies and certain vibrations we call those vibrations that belong to the third octave of existence. There are also other octaves of existence within your octave of existence. There are seven levels, and some of these levels are not visible, just as one channel would not be visible to another. The skill and art of penetrating into the inner planes is a hidden art. It is hidden for a reason. Each of you is here to learn the lessons of love and as you penetrate into the inner planes, the lessons of love become very obvious and thus your existence here becomes quite changed.

內在層面就是如此。你們以及所有那些在所有那些在你們的世界中的事情，都是能量場，你們擁有能量與一定的振動，我們稱呼這些振動時屬於存在性的第三個人度音程的。在你們的存在性的八度音程中同樣還有其他的存在性的八度音程。道會有七個層次，這些層次中的一些事看不見的，就好像一個頻道對於另一個頻道是看不見的一樣。刺穿進入到內在層面的技巧與技藝是一種隱藏的技藝。它是為了一個原因而被隱藏起來的。你們每一個人都在這裏都要學習愛的課程的，當你刺穿進入到內在層面的時候，愛的課程就會變得明顯，因此你們在這裏的存在性就會相當大地被改變了。

Thus, except for those occasional virtuosos, shall we say, who penetrate into the inner planes without conscious effort, for the most part they are closed to people upon your plane of existence. The method for achieving entrance into higher or, shall we say, denser, more light, more beautiful realms of existence is a mixture of certain disciplines of the person's visualization, applied study, meditation and a constant will to know the truth in order to serve others. If you have this desire you will find people who will help you in your search. For us to give you this information is not necessary for the instrument has within her library volumes which deal with this subject which are available for you to read.

因此，除了那些偶然的，容我們說，藝術大師之外，它們會在不需要有意識的努力的情況下刺穿進入到內在層面，這些藝術大師絕大部分與在你們的存在性的層面上的人是相似的。取得進入到更高的，或者，容我們說，更為稠密的，更為光明的，更為美麗的存在性的領域的入口的方法，是一種對人的視覺化觀想的一定的修煉，實用性的學習，冥想，以及一種去知曉真理以便於服務他人的持久的意志的混合物。如果你們已經擁有這種渴望了，你們將會遇到將會在你們的尋求中幫助你們的人。我們要給予你們這個資訊是沒有必要的，因為器皿在她的圖書館中擁有與這個主題打交道的書籍，它們是可以供你們取得來閱讀的。

Does this answer your question, my sister?

我的姐妹，這回答了你的問題嗎？

Questioner: Yes, it does. Thank you.

提問者：是的，它回答了。謝謝你們。

Does anyone else have any more questions at this time?

在此刻有任何其他人有任何問題嗎？

S: I have a question. With all the talk of devastation and such, how long before we can unify into service. How soon will this occur?

S：我有一個問題。對於所有關於毀滅以及諸如此類的說法，在我們能夠在在服務中聯合起來之前，有多長時間。這將會多快發生呢？

This phase of your planetary shift, my brother, began approximately ten years ago.

你們的星球的轉變的這個階段，我的兄弟，是在大概十年前開始的。

(Side one of tape ends.)

(磁帶一面結束。)

(Carla channeling)

(Carla 傳訊)

We will continue. Three years ago, according to your timekeeping methods, the second stage of intensified earth changes began. You have two years according to your timekeeping methods before your own continent becomes severely changed. However, these changes, though they will seem devastating, are relatively minor, and we would advise you to concentrate on your love energy upon mankind himself, who is at this time divided against himself in many, many ways. Natural changes with—we must correct this instrument—will cause some depletion of your population, but the population itself will not be significantly reduced, that is to say, the species will easily survive, and find new ways to develop a moral technology that enables mankind to be comfortable while ennobling his purpose to love and serve not only himself but the generations that are to come and the planet on which you dwell.

我們將繼續。根據你們的時間記錄的方法，三年前，強化性的地球改變的第二階段開始了。根據你們的時間記錄的方法，在你們自己的大陸嚴重地被改變之前，你們有兩年時間，然而，這些改變，儘管它們將會看起來似乎是毀滅性的，確實相對不重要的，我們會建議你們將你們的愛的能量集中在人類自己身上，人類在此刻正在用很多很多種方式與它自己分裂開來。自然改變——我們必須更正這個器皿——將會造成對你們的人群的某種耗損，但是人群其自身將不會被大量減少，也就是說，物種將會容易地存活下來，並找到新的方式來發展一種有道德的科技，它會使得人類能夠成為舒適的，而同時讓他的目的變得高貴，以不僅僅愛他自己且服務他自己，同樣也愛與服務那些即將出現的世代以及你們居住在之上的星球。

That which is to be feared is that which mankind may do to mankind. There is nothing in the creation which is called Earth by your peoples that would willingly kill for no apparent reason, but your species is capable of killing as a matter of what you may call policy. This is dangerous, and because your weapons far outrun your morality as a people there is the potential for almost total annihilation. There is no timetable for this for your people are unpredictable. We ask only that in your own way you yourself may love your enemies as best you can, for loving your friends is easy, but to lighten a planet that is torn in discontent, in greed, and in lust for power over others the most important weapon is the unifying strength of love itself.

要被恐懼的事情是人類可能會對人類做得事情。在被你們的人群稱之為地球的造物中沒有任何事情會樂意於沒有明顯的理由地殺戮，但是你們的物種是能夠因為一個你們可能稱之為政治的問題而殺戮的。這是危險的，因為你們的武器是遠遠超出了你們的作為一個人的倫理道德的界限，會有幾乎全體滅絕的可能性。這是沒有時間表的，因為你們的人群是無法預測的。我們僅僅請求，你用你自己的方式，你自己可以，如同你能夠做得最好地一樣地去愛你的敵人，因為愛你們的朋

友是容易的，但是要照亮一個在不滿，在貪婪，在控制他人的權力的欲望中被撕裂的星球，最為重要的武器就是愛其自身的統一性的力量。

You do not know what you can do to help your planet but we say to you that we do know and just by your coming together this evening you are part of the raising of the consciousness of the planet. As you meditate, do not try to save the world, for you are the world. Do not try to save yourself because you are perfect. Only be. A tree is a tree; a cloud is a cloud; and you are you. The precious gift of awareness resides in your eyes, in your heart, and in your mind, and no one else thinks your thoughts. Celebrate yourself in meditation, for within you lies the development of the planet, if you can but be. You will be loved, for that is the essence of all that there is. Again we say, yes. We are in the middle of Earth ...

你們並不知道你們能夠做什麼事情來幫助你們的星球，但是我們對你們說，我們確實知道，僅僅藉由你們今晚聚集在一起，你們就是這種對星球的意識的提升的一部分了。當你們冥想的時候，不要嘗試去拯救世界，因為你們就是世界。不要嘗試拯救你自己，因為你是完美的。僅僅存在。一棵樹是一棵樹，一朵雲是一朵雲，你就是你。認識的珍貴的禮物是存在於你們的眼中，你們的心中，你們的心智中，沒有任何其他人會思考你的想法。在冥想中歡慶你自己，因為在你內在之中存在有對星球的發展，如果你僅僅能夠成為。你將會被愛，因為那就是一切萬有的實質。我們再一次說，是的。我們在地球中間.....

(Tape ends.)

(磁帶結束。)