Prologue

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“人生”和“生命”的区别

Difference of "Life" and "LIFE"

生命 LIFE

生命是一种有灵性的反物质结构。

LIFE is a nonmaterial structure with spiritualism.

生命=1+1  LIFE=1+1

生命由两部分构成，一部分是无形灵体，另一部分是有形物体。

LIFE is composed of two parts, the intangible spiritual entity and the tangible body.

无形灵体主要指意识、思维、精神、灵感、心念等，我们统称为灵魂。

The intangible spiritual entity mainly refers to thought, consciousness, spirit, and soul, etc. The tangible body mainly refers to the flesh body where the soul is attached.

Life 人生

人生只是生命在人间的一次旅行。每位旅行者拿的是已经签发了有效期的单程签证。

Life is just a travel in the world. The traveller is issued a single-entry visa with the traveling date specified.
Definition of “God”

不同于“God”，生命禅院将上帝译为“the Greatest Creator”，上帝是宇宙的最高主宰，是整个宇宙和所有生命的创造者。

Here the “God” is what Lifechanyuan calls “the Greatest Creator”: the supreme leader of the universe, the almighty creator of all LIVES and this magnificent universe.
二零一八年是持续一千年的新时代元年，人类新时代从二零一八年一月一日开始，前三十年是净化淘汰期，人类要进行一次大净化，主要是心灵的净化，不适合新时代需要的意识要被淘汰，接下来的十年是调整期，人类传统的生产和生活模式将被崭新的模式取代；此后，人类就进入了万教归一、天下大同、风调雨顺、人人开心快乐自由幸福的时期，直到三零一七年年底结束。

A new era for humankind has begun on New Year’s day of 2018 which will last for a millenium. The first thirty years will be a time for soul purification and the elimination of outdated consciousnesses. A large-scale purification will be necessary for humanity, mainly soul purification. Those consciousnesses which are not suitable for the needs of the new era will be eliminated. The following ten years will be the transition period – the traditional production and life modes will be replaced by new models. After that, we will enter a harmonious era when all religions, beliefs, schools of thought will unite as one, favorable weather will prevail throughout the year, and everyone will enjoy happy, joyous, free, and blessed lives. This new era will last till the end of the year 3017.

人类即将进入生命禅院时代，持续一千年的人类新时代已开启，《新时代人类八百理念》凝聚了人类智慧的精华，不仅为人类指出了发展方向，也为每一个 人生命的升华指出了详尽途径，这是上帝对人类的恩典，是神佛仙圣对人的教诲所在，是历代贤哲呕心沥血的硕果，更是人类梦寐以求的美好远景愿景。

Humanity will soon enter the Lifechanyuan Era; the thousand-year new era is unveiling. The “800 Values for New Era Humans” reflects the essence of human wisdom; it not only points out the direction for human development, but also indicates the detailed ways to sublimate everyone’s LIFE. These values are grace bestowed by the Greatest Creator; they are the precious teachings of Gods, Buddhas, Celestial
beings, and saints; the result of painstaking efforts made by ancient saints and sages, and reflect beautiful visions that humans have been dreaming of for ages.

宇宙中有二十个平行世界，有三十六维空间，每一个生命有无限的发展空间，人类所在的地球叫人间，人间是高低层生命往返的中转站，也是神魔佛怪仙妖兽交战争夺的战场，光怪陆离五花八门争杀夺抢苦难重重是人间常态，生于人间，每一个人都要经受心灵的冶炼和精神的痛苦，而最终牛进牛棚猪进猪圈仙入仙境佛去佛土。

There are twenty (20) parallel worlds and thirty-six (36) dimensional spaces in the universe and every LIFE has an infinite space in which to develop. The Earth where humans live is called the Human World. It is the transfer station for LIVES from higher and lower spaces and the battlefield of Gods, demons, Buddhas, monsters, Celestial beings, evil spirits, animals, and humans. It is normal in the Human World to see all kinds of bizarre and motley disputes and sufferings. Everyone born in the Human World has to undergo a smelting of their heart and pain of their spirit. Eventually, cattle will go to their sheds, pigs will go to their pens, Celestial beings will go to their fairyland, and Buddhas will go to their pure land.

为新时代的到来我们已经做好了理论和实践上的准备工作，这套系统的理论就是《禅院文集》和《雪峰文集》，这套系统的实践就是生命禅院在中国大陆实行的近八年的第二家园生产和生活模式，《新时代人类八百理念》第三版是《禅院文集》和《雪峰文集》的高度概括和浓缩，是生命禅院理论的精华所在，这也是新时代人人需要明白的基本道理。

To welcome the new era, we have already made preparations in both theory and practice: the systemic theories are Chanyuan Corpus and Xuefeng Corpus, and the systemic practice is the production and life mode of the Second Home that Lifechanyuan has developed in China over the last eight years. The third edition of the “800 Values for New Era Humans” is a highly summarized and consolidated version of Chanyuan Corpus and Xuefeng Corpus; it contains the essence of Lifechanyuan Values and includes the basic principles for everyone in the new era to understand and follow.

人类的历史是苦难的历史，充满了战争、动乱、饥饿、痛苦、焦虑、忧愁、恐惧，这是由各民族不健康的文化和带病毒的生产和生活秩序造
成的，现在需要拨乱反正重塑文化和秩序。我是俄罗斯火星人波力斯卡所言的在中国西部诞生的“伟大的指导灵”，我将指导人类进入持续一千年
的美好时代，结束人类苦难的历史，让人类从此开始崭新的幸福生活。
The history of mankind is one of suffering; it is full of wars, unrest, hunger, pain, anxiety, sadness, and fear. This is caused by the unhealthy cultures of all nations and their viral production and life order. Now we need to bring order out of chaos and remold cultures and orders. I am the “Great Spiritual Guide” who was born in western China and identified by Boriska Kipriyanovich in Russia, the boy from Mars, and I have come to guide people into a beautiful era which will last for one-thousand years; it will end the history of suffering, and let humans live in a new and happy world.

每一位能读到《新时代人类八百理念》第三版的人是有福的人，是受上帝特殊恩典的人，没这个福分的人是读不到这八百理念的，他也没心思读下去，读到的人当珍惜，应当仔细思索，认真对待，充分酝酿，积极实践，你如此做了，时间和结果将告诉你这个选择是多么地正确和有价值，不是普通的价值，而是不可思议的果报。

Everyone who reads the third edition of the “800 Values for New Era Human” is special and blessed by the Greatest Creator; anyone who misses it or is not interested enough to read it is not blessed. Those who read it shall cherish it deeply, contemplate it carefully, take it seriously, brew it fully, and practice it actively. If you do so, you will see how right it is and how valuable it becomes over time. Its value is far from mundane and will bring unbelievable returns.

获得必须付出，不管你以什么方式和途径读到了《新时代人类八百理念》第三版，你需要付出一美元，这一美元请交给“生命禅院国际大家庭”。

To gain, you first need to give. No matter how you discover and read the third edition of the “800 Values for New Era Humans”, you need to pay one US dollar. Please send your payment to the Lifechanyuan International Family Society. (www.smcyinternationalfamily.org)

祝你开启崭新的生命旅途，祝你平和喜悦！
May you begin a brand new LIFE journey! May peace and joy be with you!
1. Open the windows, the sunlight and fresh air will come in. Take a broad view, you will see the faraway mountains fresh and green. Stay and study in Lifechanyuan; a new LIFE will begin. Your spirituality will grow and your thinking will transcend that arises from human nature and ethics.

2. Revere the Greatest Creator, revere LIFE, revere nature, and take the Way of the Greatest Creator.

3. Let everyone live well: the aged, the children, the widowed, the orphans, the disabled; not only ordinary people, but presidents as well; not only the rich, but prisoners as well, even livestock, domestic fowl, and wild animals.

4. Three quarters of all criminals are not inherently criminal, but are forced into their situations by unhealthy cultures and social systems which have been established by humanity.

5. What is the best state for human survival? The core is simply this: take the way of the Greatest Creator and establish a government that functions “without interfering with the natural rules”. The more that governments manage and care, the worse human conditions become.
6. The more laws and regulations there are, the more problems will arise, especially the stronger the repression of human nature is, the stronger the restraints of one’s subjective initiative and creativity will be. It is as if to tie up people’s hands and feet with numerous ropes, and then shout to them: Hurry up! Move!

7. Closure leads to ignorance and backwardness, and rigidity and extinction as well, for a person, an ethnic group, and a country too.

8. The Earth belongs to all humanity. People should be allowed to flow freely throughout the world and not be restricted in the name of countries.

9. A global government should be established to coordinate global affairs.

10. Democracy is the pursuit of mediocrity. The “Superman Philosophy” should be implemented, which means whoever is in charge should have the final say, and bear all consequences.

11. History’s experience cannot solve real problems, only open and innovative thinking can solve real problems.
Today’s real problems cannot be solved from historical experiences, but only with open and creative thinking.

12. 谁用传统的价值观去套新生事物，谁就是不思进取的反动人物。
Those who judge new things with traditional values are reactionaries reluctant to make progress.

13. 评判是非曲直，要基于事实、科学、逻辑、灵觉四大要素，而不应当以古人的话语为依据。
The judgement of right and wrong should be based upon these four essential elements: fact, science, logic, and spiritual perception. It should not be based upon the words of the ancients.

14. 有功之臣很容易成为前进的最大阻力。
Meritorious people are prone to be the biggest obstacle to advancement.

15. 神神道道的事没有好事，偷偷摸摸的事全是坏事。
There is nothing good about mysterious and spooky things; all furtive and sneaky things are bad.

16. 西方的依法治国和东方的以人治国都不好，依法治国太冷酷，以人治国太复杂，应当以道治国。
The western way of managing state affairs according to laws is so inexorable, while the oriental way of ruling states by men is so complicated, that neither method is ideal. States need to be ruled in compliance with Tao.

17. 凡事公开是解决一切问题的最佳良方。
Putting all affairs into the public domain is the best solution to all problems.
18. **What are bad programs?** All of the ones that prevent people from leading happy, joyous, free, and blessed lives, but make them feel anxious, miserable, annoyed, dreaded, and worried.

19. **Mankind is facing multiple crises, and the most important one is the crisis of the soul.**

20. **What money can buy is not precious, but what money cannot buy are treasures.**

21. **Preaching alone cannot accomplish a goal; it also needs to be completed by a corresponding program.**

22. **People fall into five categories:**
   - Ignorant people are driven by instincts
   - Laities are driven by desires
   - Mortals are driven by emotions
   - Sages are driven by rationality
   - Saints are driven by spiritual senses; they are Celestials

23. **Man has six senses: vision, hearing, smell, taste, touch and spiritual sense.**
24. 宇宙正负能量之和为零，所以每个人付出的和得到的永远是相等的。

The sum of positive and negative energy in the universe always equals zero; therefore, what everyone pays is always equal to what they gain.

25. 人生是生命在人间的一次短暂旅行。

Life is a short journey of LIFE in the human world.

26. 凡能使人开心、快乐、自由、幸福的说教和秩序是道德的，凡妨碍人获得开心、快乐、自由、幸福的说教和秩序都是不道德的。

All the preaching and orders that make people happy, joyous, free, and blessed are moral, all of those that prevent them are immoral.

27. 人生应当追求三大财富：心灵财富、精神财富、物质财富，人首先要追求心灵财富，其次是精神财富，最后是物质财富。三大财富缺一不可，缺了任何一项财富，人生无法完美。

We should pursue three great treasures in life:
   1. Soul wealth
   2. Spiritual wealth
   3. Material wealth

Soul wealth is the most important and should be pursued first, then comes spiritual wealth, and material wealth is the third. None of these three great treasures are dispensable and a life without any one of them will be imperfect.

28. 人活着的目的就是追求开心、快乐、自由、幸福的生活，人和人类的一切活动都应该围绕这个目的而展开。如果忽视了这个人活着的目的，不论我们上学读博士也好，结婚成家创办公司也罢；不论我们当官赚钱也好，还是修行修炼也罢，都是本末倒置。寻求开心、快乐、自由、幸福，尽情地享受人生旅途上的开心、快乐、自由、幸福，由此而热爱生活、热爱人生、热爱生命、热爱大自然，心存感恩，就是做人的道德，也是人生的主要价值和意义。
People live to pursue a happy, joyful, free and blessed life. All activities of a person or the whole of humanity should be centered on this goal. If we have ignored this goal of the existence of life, we would be putting the cart before the horse, whether it is studying for a doctorate’s degree, marrying to create a family, establishing a company, pursuing an official career for more money, or self-cultivation. Pursue happiness, joy, and freedom and fully enjoy them along the journey of one’s life, hence love life and LIFE, love nature, and feel grateful - this is the moral of being a man and also the primary value and purpose of life.

29. 人生的最高境界是: 博览群书、胸怀世界、起沉疴、挽狂澜、为民造福，把地球建成世界各民族和谐共处的乐园。生命的最高境界是: 修行修炼，度尽天下苍生；成仙成佛，成就无上正觉。

The highest realm of life is to read extensively, have the world in one’s mind, resolve malpractice issues which have endangered society for an extended time, make vigorous efforts to improve situations, benefit people, and build the Earth into a paradise where all people will live harmoniously with each other. The highest realm of LIFE is to self-improve and self-refine, release souls of people from purgatory, become a Celestial Being or achieve Buddhahood, and realize Supreme Authentic Wisdom.

30. 人最容易养成，且最容易忽视，却对人生和生命危害最大的习惯是习惯了受惠而忘记了感恩。

The easiest habit to form and the easiest to ignore, but the most harmful to life and LIFE is the habit of getting used to accepting favor and forgetting to feel gratitude.

31. 越容易获得的越珍贵。我们需要高度地清醒，凡是轻易地来到身边的，都是珍贵的。我们不能认为轻易获得的就没有多大价值，相反，最容易获得的是最珍贵的，应该把这看作是上苍的恩赐，也应当把这个道理看作是人生宝典。

All that is most easily obtained is the most precious. We must be very clear-headed that what comes easily is very precious. We should not think that what we have gained easily is of little value. Rather, that which
is most readily available is the most precious. We should regard them as favors from the Greatest Creator and we should take this principle as a valuable lesson of life.

32. 人生的八大天机：一、付出越多 收获越多；二、心灵越丑 痛苦越多 三、结构越美 相貌越美；四、话语越多 损伤越重；五、心灵越美 未来越美； 六、拥有越多 烦恼越多；七、我执越强 离道越远；八、越走捷径 路途越远。

The eight (8) secrets of life are:

1. The more one pays, the more they gain.
2. The uglier one’s soul is, the more painful they feel.
3. The more perfect one’s LIFE structure is, the more beautiful their appearance will be.
4. The more words one says, the greater their loss will be.
5. The more beautiful one’s soul is, the brighter their future will be.
6. The more one possesses, the more trouble they will have.
7. The stronger one's ego is, the further they are from Tao.
8. The more shortcuts one pursues, the longer their journey will be.

33. 人生八大玄机，一.特危时刻求上帝；二.说“不”可免灾祸；三.感觉比智慧更可靠；四.捕捉第一次信息刺激；五.忏悔可消因果；六.恍兮惚兮中得真情真道；七.空灵秀奇妙无穷；八.常读无字天书即可与上帝直接对话。

The eight (8) mysteries of life are:

1. Ask the Greatest Creator for help at critical moments.
2. Say “No!” to negative and pessimistic thoughts coming from one’s mind to avoid disasters.
3. Sensation is more reliable than wisdom.
4. Capture stimulation from information that is offered for the first time.
5. Confession can release karma.
6. Obtain truth and Tao from the evasive and elusive.
7. Enter the spiritual pure land and unite with Tao.
8. By reading the “books without words” (the natural and social phenomena in the human world) often, you can converse with the Greatest Creator directly.

34. 上帝是第一生产力。
The Greatest Creator is the primary productive force.

35. 要为开心、快乐、自由、幸福而活，不要为“主义”、“真理”、国家、政党、组织、宗教、家庭而活。
Live for happiness, joy, and freedom, but not for “doctrine”, “truth”, nation, political party, organization, religion, or family.

36. 导致人生痛苦的十八渊薮：一.错误的价值观、人生观、生命观、宇宙观；二.自私自利；三.贪婪；四.懒惰；五.忌妒；六.埋怨和抱怨；七.比较；八.胜负心和争斗心；九.傲慢无礼；十.依赖心；十一.中毒情爱；十二.拥有霸占；十三.争名逐利；十四.依附心；十五.想改造和控制他人；十六.背离自然之道；十七.违法乱纪；十八.婚姻、家庭、民族、国家、政党、宗教、组织意识。
The eighteen causes of life’s suffering are:
1. Incorrect values and outlook on life, views on LIFE and the universe
2. Selfishness
3. Greed
4. Laziness
5. Jealousy
6. Complaining and grumbling
7. Comparing
8. Excessive ambition for victory and struggle due to the desire to excel over others
9. Arrogance and insolence
10. Dependence on others
11. Infatuated and poisoned love
12. Possession and occupation
13. Contention for fame and gain
14. Attachments
15. Ambition to transform and control other people
16. Deviation from the law of nature
17. Violation of laws and disciplines
18. Consciousness of marriage, family, nationality, state, political party, religion, and organization

37. The present condition of human beings is caused by humanity’s past, and the present condition of any individual is caused by their past. Tao is just, so do not complain to heaven and earth, nor to society, other people, or the government.

38. To create happiness for all humanity and each individual, we must firstly rely on the Greatest Creator, and secondly rely on ourselves.

39. The purpose of creation is for the created to please and serve its creator. It was we who created technology, so its purpose is to please and serve us. It was the will of the Greatest Creator that created us and so our purpose is to please and serve the Greatest Creator.

40. From the god’s perspective, man is foolish; from the Buddhist perspective, man is evil; from the Taoist perspective, man is short-sighted and foolish; from the perspective of common sense, man is good and evil, and wise;
从动物的角度讲，人是不可思议，可怕的；从植物的角度讲，人是神奇、伟大的。

- From God's perspective, humans are ignorant
- From Buddha's perspective, humans are evil
- From Celestial Beings' perspective, humans are short-sighted and stupid
- From mankind's own perspective, humans are both good and evil but wise
- From animals' perspective, humans are inconceivable and horrible
- From plants' perspective, humans are wonderful and great

41. 人类的苦难来自人类本身，每个人的苦难来自自身，道的运行遵守的是严密的逻辑和秩序，上帝的公正公平体现在道的运行中，若不能认识这一点，苦难就永难结束，恶性循环将没完没了。

Humanity's suffering comes from humanity itself. Every individual's suffering comes from themselves. The functioning of Tao abides by rigorous logic and order. The equity and impartiality of the Greatest Creator embodies in the functioning of Tao. If we cannot realize this, the suffering will never end, and the vicious cycle will continue forever.

42. 人生最重要的，不是想办法拥有物质，而是想办法改变思维。

The most important thing in life is not to try one’s best to possess material wealth but to manage to change one’s way of thinking.

43. 坚信上帝，相信因果，凡事尽心尽力是获得无忧人生的三大法宝。

Firm faith in the Greatest Creator, believing in Karma, and putting our best into everything we do are the three magic weapons to achieve carefree lives.

44. 时间和精力是人生的钻石，钻石应该镶嵌到皇冠上去，时间和精力应该用到最能体现人生价值的地方和事业上去。
Time and energy are the diamonds of life which should be inlaid on the crown. Time and energy should be spent on the places and causes that can best embody the value of life.

45. 人生是一次旅行，不论如何轮回，哪怕在人间轮回千次万次，如果记忆消失了，那么，我们在人间的生命只有一次，不知道前世，也不清楚来世，前世来世与我们有何联系和意义？惟有清楚明白自己的过去，又能看到自己未来的人，才算是活得明白的人，也惟有这样的人，才能将悲剧化为喜剧，从必然王国进入自由王国，去尽享生命旅途上的美味佳肴和锦绣风采。

Life is a journey; regardless of how many reincarnations we undergo, if we lose our memory each time, then we still have only one LIFE. Even if we live many thousands of lives in the human world, we will not know our past and future ones and they have absolutely no meaning or relations to us. Only people who can clearly understand their past and see their future are living in reasonable ways and only such people can turn tragedy into comedy, move from the realm of destiny to that of freedom, and fully enjoy the delicacies during their life journeys and appreciate their beauty.

46. 世界的本质是虚幻，人生本是一场虚幻，问题在于虚幻的时间有多长，如果我们在一场虚幻中存在一千年，一万年，一亿年，那么，这个虚幻就有意义了。

The nature of the world is illusion. Life was originally an illusion. The question is how long the illusion may last. If we can survive for a thousand years, ten thousand years, or a hundred million years in the illusion, then the illusion will be meaningful.

47. 要以人为本，不要以什么“主义”和制度为本。

Be people-oriented, not doctrine-oriented or system-oriented.

48. 完美的人性必须具备八个条件：一.敬畏上帝、敬重神佛、尊重他人；二.无胜负心、斗争心；三.热爱大自然；四.谦逊、守信、诚实；五.有同
Perfect human nature should meet these eight conditions:

1. Revere the Greatest Creator, respect Gods, Buddhas, and respect other people.
2. Have no ambition for victory and no desire to fight for superiority.
3. Love nature.
4. Be modest, trustworthy, and honest.
5. Be sympathetic and compassionate.
6. Be able to adjust yourself and remain calm no matter whether you are in prosperity or adversity.
7. Conform to the laws of nature and do not seek eminence.
8. Love LIFE and love laboring.

49. 没有方向的人生是盲目的，没有价值观的人生是迷茫的，人生的苦恼和不幸主要在于没有人生的指导和价值观。

A life without direction is blind and a life without values is perplexing. The affliction and misfortune of life lie mainly in the lack of direction and values of life.

50. 人生就是这样，要么是太阳，要么是反光物质，若既不是太阳，又不反射光，那么，你的人生就是一团漆黑，最后，就是一堆腐朽的垃圾，或者说就是一条脏乱黑暗的航线。

Life is like this: You become either like the sun or like a reflective material. If neither happens, your life would be completely in the dark, and eventually like a pile of rotten garbage or a dirty and dark route.

51. 万般皆游戏，唯有性命真。现实是一场游戏，痴迷其中陷落其中为迷人，开心其中欢乐其中为醒者，想拥有现实是痴人做梦，只有游戏其中方不误人生。

Everything is but a game and only LIFE is true and exists forever. Reality is like a game; those who are obsessed with it are
muddleheaded; those who are happy and pleasant in the game have an awakened consciousness. Attempting to own the reality is like a dream of an idiot, only with a game-playing attitude can people not miss their life.

52. 人生没有什么非常重要的事，也没有什么了不得大不了的事，唯有生命是最值得珍惜维护的大事。人生有涯，而生命无涯，人生的一切要围绕着生命做文章，这是人生的核芯主题。

Nothing is of an extraordinary or very important matter to life. Only LIFE is important enough to be maintained and cherished the most. Life is limited but LIFE is boundless. Everything in life should be centered on LIFE, which is the core theme of life.

53. 宇宙全息，人，天生都拥有神性、佛性、仙性、人性、兽性、物性，由于时代环境、家庭环境、受教育程度、自我努力等等因素的差异，最终有人成就了辉煌的精品人生，有人将自己的人生弄成了次品废品。

The universe is holographic and everyone intrinsically possesses the natures of Gods, Buddhas, Celestial beings, Humans, animals, and matter; due to the differences of the ages in which they live, family environment, education, self-motivation, and other variables, some people eventually achieve glorious, premium-quality lives while others end up living defective ones.

54. 大愿成就伟大的人生，大愿对人生有不可思议的效用，所有成就者都是有大愿者，没有大愿的人生犹如随波逐流的浮萍，无法攀登上升人生和生命的巅峰。

A great wish can induce a great life, and a great wish has an incredible effect on life. All who have achieved great results are people with great wishes. Without great wishes, life is like duckweed that drifts with the tides. Without great wishes it is impossible to scale the peaks of life and LIFE.

55. 人，只要不清楚自己死亡后的情景；活着，不论活得高贵还是卑贱；其实，都是在做垂死前的挣扎。
People, as long as they do not know what will happen after their death, actually remain in a death-bed struggle, no matter if they lead a noble life or a humble one.

56. 人体有八大奇迹程序。人体的运行是一个程序，这个程序中设置了八个奇迹程序，即：自燃、获救、放毒、施丹、神通、发疯、着魔、极乐，当条件具备时，这八个程序会自动开启运行。

There are eight “miracle programs” in the human body. The operation of a human body is a program, in which eight miracle subprograms are embedded.

1. Self-ignition
2. Being rescued
3. Autointoxication
4. Self-healing (releasing self-healing magical chemicals)
5. Magic power and art
6. Going crazy
7. Being possessed by evil spirits
8. In bliss

When conditions are ripe, these eight (8) programs will automatically start up and operate.

57. 人生不能没有信仰，没有信仰的人生是矛盾和迷茫的人生，是没有方向的人生，是没有前途的人生，是注定要悲剧的人生。

Life cannot lack belief, for a life without belief is contradictory and confusing. It will be a life which has neither direction nor prospect, and it is doomed to be a tragedy.

58. 人要造福，就先活好自己；人要造孽，就先为别人活吧!

If people want to benefit others, they must first live well themselves, while if people want to do evil, they can live for others first!
59. People’s short life decides their LIFE futures. Every one of our words, actions, ideas, and intentions shape our futures. Our merits and sins are recorded justly every moment of every day and night. What we follow and where we go are entirely our own choices.

60. The most urgent things in life are to transform our LIFE’s nonmaterial structure and let it evolve towards higher LIFE spaces, and to sublimate our personality and perfect our spiritual nature. None of us knows what will happen tomorrow, but one certain thing is that our LIFE structure will determine our LIFE future.

61. Favor is not debt, but when you are desperate to pay a favor back, you may have no choice but to sell what you depend on. To avoid such a dilemma, do not owe others any favors.

62. Everyone has unlimited potential, but the main reason for not giving play to that potential is not because we are born stupid or have insufficient mental skills, but because we never find our best life track to follow from start to finish.

63. One heavy blow can destroy a person and render them powerless and incapable of recovery, however it is often the impact of seemingly
insignificant small-load energies that become the main culprits in destroying lives.

64. 观察大街上熙熙攘攘的芸芸众生，我们只看见两个人，一个人争名，另一个人逐利，争名逐利是人类大众的常态，如果我们不保持清醒的头脑，加入争名逐利的行列中，必然是本末倒置，贻误宝贵人生。
Observing the numerous people on the street who are busy coming and going, back and forth, we will actually find only “two people”, one is pursuing fame, and the other is pursuing wealth. It is normal for the masses to pursue fame and wealth, however, if we are unable to keep a sober mind, but rather join the ranks of pursuing fame and wealth, we are putting our carts in front of our horses, and delaying our precious lives.

65. 人生短暂，小买卖不做，要做，就做大买卖。每个人都有做大买卖的资本，这个资本就是——爱。
Life is so short that big businesses should be chosen over small ones. Everyone has the capital to take on a big project, and the capital is – love.

66. 人生一场戏，无所谓长短寿夭得失输赢，此消彼长，此起彼伏，人生得意处，天国失意时。
Life is like a play, no matter how short or long nor whether it gains or loses or succeeds or fails. As one play rises, another falls, rising here and subsiding there; achieving prosperity in the human world might result in a fall in the kingdom of heaven.

67. 一切早已被确定，面对纷繁复杂的人生课题，我们只有一个办法对待处理：心平气和地对待一切自然发生的事。
Everything has already been doomed. Facing numerous and complicated life issues, we have only one way to deal with them: keep calm to handle all naturally occurring events.
68. 人，毫无疑问，具有自由意志，而恰恰是自由意志是造成人生犹豫、烦恼、痛苦、恐惧、忧伤的根源所在。
There is no doubt that humans have free will. It is precisely this free will that causes the hesitation, trouble, agony, fear, and sadness in life.

69. 了解和认识自己是获得幸福人生的保证之一，不了解自己，不认识自己，人生必然会有一系列的烦恼和痛苦，人们习惯于将这些烦恼和痛苦的原因归咎于外界，归咎于他人，而从不归咎于自己。
One of the guarantees of a happy life is to understand and know yourself. Without understanding and knowing ourselves, there will be a series of troubles and pain in life. People are used to attributing all the troubles and pain to outside causes and to other people, but never to themselves.

70. 是谁在编写人生的剧本和安排生命的轨迹？答：是自己。谁在导演？答：是程序。
Question: Who writes the script of our life and arranges the track of our LIFE?
Answer: It is we, ourselves, us.
Question: Who is the director?
Answer: It is the program.

71. 小脑袋聪明的人只顾眼前，大脑袋聪明的人筹划未来。
The shrewd person only cares about immediate benefit; the wise one plans for the future.

72. 人耍尽了花招，使鱼儿上钩；魔鬼耍尽了花招，使人儿上钩。鱼儿看不见圈套背后的人；人儿看不见计谋背后的魔鬼。
People play all kinds of tricks to hook fish and Satan does the same to hook people; fish cannot see the people behind their traps and people cannot not see Satan behind his traps.
73. 人类不是进化来的，而是按照上帝的旨意由天使们创造出来的。

Man is absolutely not the result of random evolution, but has been created by angels according to the will of the Greatest Creator.

74. 天下没有一个被冤枉的人和灵魂，理由是：
一、上帝是公正的，上帝从未冤枉过一个人；
二、道的运行一丝不苟，丝毫不爽，“天网恢恢，疏而不失”；
三、因果奖惩，毫厘不差。“祸福无门，惟人自召”；
四、现实是自己意识的投射；
五、要知前世因，今生受者是，要知后世果，眼下做的是；
六、吸引法则则告诉我们，同频共振、物以类聚、同声相吸、同病相怜。
七、三界唯心，万法唯识；
八、正负能量之和为零，得失均衡，有得必有失，有失必有得。

There are no wronged lives or souls in the universe, and here are reasons why:

1. The Greatest Creator is equitable and never treats anyone unjustly.
2. The operation of Tao is meticulous and accurate, “Divine punishments, though slow, are always sure, with big meshes yet letting nothing slip through”.
3. Punishments and rewards are meted out accurately by Karma; “weal and woe are not predestined, you cause them yourself”.
4. Reality is the projection of one’s own consciousness.
5. Understand that what we are receiving in this life is the result of what we have done in previous lives and that what we are doing now will decide what we will receive in future lives.
6. The Law of Attraction reveals that those with the same frequency will resonate with each other, "birds of a feather flock together", those with the same ideas will be attracted to each other, and those in the same boat will share their weal and woe.
7. Minds are the most important of the Three Realms, and consciousness is the most important of all rules.
8. the sum of negative and positive energy always equal zero, the losses and gains remain in balance, and you will always gain something when you lose something but lose something when you gain something.

75. 利令智昏，智令心昏，心令性昏。
Intelligence is blinded by benefit; minds are blinded by intelligence; our nature is blinded by our minds.

76. 人不求我勿助之，人若求我急助之。
Do not offer help if someone does not ask for it, but help at the first moment he does.

77. 法无定法，无法是法，形无定形，无形是形。
Dharma has no set rules, non-dharma is dharma; form has no set shape, non-form is form.

78. 不易中变易，变易中不易。
Keep the core principle but change the others according to the situation.

79. 下智躁动，中智竞争，大智若愚，上智无形。化矛盾于无形，用无形的思维化解一切有形的冲突和矛盾。下智忙于规划制度，中智忙于完善法律法规，大智忙于精神文明，上智逍遥于心灵世界。
Low wisdom is characterized by rashness; medium wisdom by competition; great wisdom acts foolishly; and supreme wisdom is formless. Solve contradictions with formless wisdom, and dissolve all visible conflicts and contradictions with intangible thinking. Low wisdom is kept busy mapping out systems, medium wisdom is occupied with perfecting laws and regulations, great wisdom is preoccupied with spiritual civilization, and supreme wisdom roams freely and unrestrainedly in the spiritual world.
80. 小变渐渐发，大变瞬间生。
Little changes occur gradually but great changes happen instantaneously.

81. 静处无灾殃，闹处有祸患。
Quiet places are free from misfortune, but bustling places may breed disaster.

82. 方向错了，走得越快损失越大；方向对了，哪怕暂时遭遇挫折，遭遇风霜严寒，依然是最佳捷径。
When you are on the wrong path, the faster you walk, the greater will be your losses to endure; When you are on the right path, you will have taken the best shortcut, even if you encounter temporary setbacks, frost and severe cold.

83. 任何的理论或观点只适合于某一个特定的时空环境，只在某个或某些条件下才适用，当环境变化了，时空变化了，条件变化后就不再是真理了，就不能再用它到处乱套乱用了。
All theories and viewpoints are suitable for only particular spatiotemporal environments and are only applicable under specific conditions; as environments change, either time and space change or conditions change, such theories or viewpoints must not be applied blindly and mechanically.

84. 时代在变，观念在变，生活方式在变，夫妻之道也要变。只有变，才是不变之道。
Times are changing, ideas are changing, lifestyles are changing, and the way that husband and wife get along should also change. Change is the only constant in life.

85. 幸福总属于顺应时代潮流而不断随机应变的人，苦恼总降临在固守传统不知变通惧怕变化的人身上。
Happiness always belongs to those who conform to the trends of the times and act according to changing circumstances. While affliction will always be visited upon those who stick to traditions without considering the changes or even fearing them.

86. 每天，都有可能是人生的最后一天，就在这一天中尽可能把应做的事做圆满，不留遗憾。

Any day could be the last day of your life. So, get things done as best as you can and leave no regrets behind.

87. 思维的八大阶梯依次是：物质思维、形象思维、联想思维、迷幻思维、心像思维、太极思维、无相思维、浑沌思维。

Thinking has these eight ladders:
1. Material thinking
2. Image thinking
3. Associative thinking
4. Illusive thinking
5. Visualized thinking
6. Taiji thinking
7. Non-form thinking
8. Holographic thinking

88. 智慧有五大层次，从低到高依次是：肉眼智慧、天眼智慧、慧眼智慧、法眼智慧、佛眼智慧。

Wisdom is divided into these five levels in increasing order:
1. Human eyes wisdom
2. Deva eyes wisdom
3. Wisdom eyes wisdom
4. Dharma eyes wisdom
5. Buddha eyes wisdom
89. 人大脑中能想象出来的基本上都是存在的。
That which can be imagined in one’s mind basically has existence.

90. 宇宙中没有不可能的事，只有意识不到和思维转换不了的事。
Nothing is ever impossible in the universe, but has only not yet been realized or transformed by thinking.

91. 有道不论德，有德不论仁，有仁不论义，有义不论礼。无道重视德，无德重视仁，无仁重视义，无义重视礼。
Tao, virtue, benevolence, righteousness, and courtesy:
Having obtained Tao, take no account of virtue.
Having obtained virtue, take no account of benevolence.
Having obtained benevolence, take no account of righteousness.
Having obtained righteousness, take no account of courtesy.
But…
Lacking Tao, attach importance to virtue.
Lacking virtue, attach importance to benevolence.
Lacking benevolence, attach importance to righteousness.
Lacking righteousness, attach importance to courtesy.

92. 万象生心灵，心灵超万象。
Form gives birth to mind, but mind can transcend over form.

93. 人类有三大起源：金字塔起源、伊甸园起源、龙的化身起源。
Humans have three origins: the origin from the pyramid, the origin from the Garden of Eden, and the origin from the reincarnation of the dragon.

94. 消极、负面、悲观的话语、情绪、意识将招来痛苦、不幸和灾难，活着，就应当积极、正面、乐观。
Negative, passive, and pessimistic words, moods, and consciousnesses will bring pain, misfortune, and disaster; being alive, one should remain positive, active, and optimistic.

95. 自身的迷茫在于自己意识的迷茫，人生的迷乱在于自己意识的无序，我们的痛苦主要来自于自己意识的痛苦，我们一切的不确定在于我们的意识不清晰，在于我们自身不清楚自己，不清楚自己到底需要什么。

The bewilderment of one’s self comes from the bewilderment of their consciousness; the bewilderment of life results from the disorder of one’s consciousness. Our suffering derives mainly from the suffering of our consciousness, and all our uncertainties result from our unclear consciousnesses— we do not know ourselves or what we really want.

96. 把自己表达清楚宇宙就会配合你，你自己都不清楚自己，宇宙无法配合你。天助自助者，不要期望不通过自己的努力而有神仙皇帝会帮助你。

It is only if we express ourselves clearly that the universe will better cooperate with us. If we do not understand ourselves clearly, the universe will be unable to cooperate with us. The Greatest Creator helps those who help themselves. Never expect help from immortals or emperors without your own effort.

97. 能量越大越无形，能量越小越成形。

The greater the energy, the less visible a thing will be; the smaller the energy, the more tangible it will be.

98. 构成宇宙的三要素是：意识、结构、能量。

The three constituent elements of the universe are: consciousness, structure, and energy.

99. 每一个人应当建设好自己的心灵花园。清除掉你心灵花园里的忌妒、自私、生气、愤怒、仇恨、埋怨、比较、诅咒、担忧、焦虑、恐惧、假、恶、丑、谎言、邋遢、虚伪、懒惰、贪婪、拥有心、霸占心、好胜心、争斗心、辩解、争论等等这些稗子和毒草，播撒和种植真、善、美、爱、信、
Everyone should beautify their soul garden by getting rid of the following poisonous weeds and barnyard grasses:

Jealousy, selfishness, anger, hatred, complaining, comparing, cursing, worrying, anxiety, fear, dishonesty, wickedness, ugliness, lies, sloppiness, hypocrisy, laziness, greed, avid possession, forced occupation, desire to excel over others, belligerence, exculpation, disputing, and other toxic weeds and barnyard grasses.

Rather, the following beautiful flowers and greens should be planted:

sincerity, kindness, virtue, love, faith, honesty, peace, diligence, bravery, unselfishness, devotion, service, care, tolerance, consideration, compassion, mercy, and other beautiful flowers and plants.

Affection, love and sex are precious gifts bestowed upon us by the Greatest Creator. We are supposed to bloom and fully enjoy their pleasures and sweetness.

Jealousy reflects an ugly soul.

A mind of comparison is a mind of wickedness.

Vanity is the cancer cell of life.
104. 埋怨是一支毒箭。
Complaining is a poisoned arrow.

105. 自私是烦恼之源，是通往地狱的第一张通行证。
Selfishness is the source of trouble and the primary pass to hell.

106. 生气是百病之源，是在给自己下慢性毒药。
Anger is the source of all diseases and being angry is like poisoning yourself chronically.

107. 愤怒是情绪龙卷风，受到伤害的首先是愤怒者自身。
Rage is an emotional cyclone; those who are raging are the first one to get hurt.

108. 懒惰是寄生虫的意识。
Laziness is a parasite’s consciousness.

109. 感恩是升华生命品质的第一要素。
Gratitude is the first element toward sublimating LIFE’s quality.

110. 无私是前往天国的通行证。
Selflessness is the pass to heaven.

111. 付出和奉献是寄存财宝在天国的最佳良方。
Giving and dedicating are the best ways to accumulate treasures in heaven.

112. 金钱、权势、地位、名利、美色是魔鬼的钓饵。
Money, power, position, fame, and beauty are the devil’s bait.
113. 拥有的越多，烦恼就越多。
The more you possess, the more trouble you get.

114. 健康、平和、喜悦、知足、宁静是上帝的奖励。
Health, calmness, joy, contentment, and peace are rewards from the Greatest Creator.

115. 一无所有，才能拥有这一切。
Only when you possess nothing can you own everything.

116. 诚实，是做人的上上之策。
As a human, honesty is the best policy.

117. 本立而道生。
Once the fundamentals are established, the proper way appears.

118. 人能修正身心，则真精真神居其中，大才大德出其中。
If one can achieve an integrity of body and soul through self-improving and self-refining, then real spirit will grow in them, great talent and virtue will appear from them.

119. 守信是做人的第一要务，不守信是一种犯罪。
Keeping one's faith is the first priority in life; breaking one’s word is a crime.

120. 消极无异于切割自己和他人的动脉放血。
Being negative is like cutting one’s own and other people’s arteries to release blood.
121. 忏悔是净化心灵的有效法门，也是消除孽障避免不良后果的一剂良方。
Repentance is an effective way to purify one’s soul, it is also a good solution to help one eliminate negative karma and avoid bad consequences.

123. 冷漠是缺乏生机与活力的表现，缺乏热情和激情的人干不了大事。
Being cold is symptomatic of lacking vigor and vitality, and those who lack enthusiasm and passion cannot do great things.

124. 贪婪是一种心理疾病。
Greed is a psychological disease.

125. 傲慢是魔鬼的一种品质。
Arrogance is a devil’s quality.

126. 执着是思维僵化的标志。
Stubbornness is a symbol of rigid thinking.

127. 靠辩论和争论找不到真理。
The truth can be found in neither debates nor arguments.

128. 欺骗是一种犯罪。
Cheating is a crime.

129. 猜忌是心理变态的一种现象。
Suspicion is a kind of phenomenon of psychological perversion.

130. 怨恨是在给自己和别人下毒。
Resentment is poisoning yourself and others.
131. 诅咒是一种魔法，诅咒者会成魔的，所以无论如何愤怒，也不要诅咒。
Cursing is a wizardry and the cursor will become a demon, so do not curse, no matter how angry you are.

132. 恨会毁灭自己。
Hate ruins the haters.

134. 赞美他人是一个人心灵美好富足的象征。
Praising others shows the beauty and richness of one’s soul.

135. 贬低他人是一个人心灵丑陋贫乏的标志。
Belittling others shows the ugliness and thinness of one’s soul.

136. 谦卑是走向进步和升华的开端，也是通向天国的桥梁。
Humbleness is the beginning of progress, sublimation, and the bridge toward heaven.

137. 信任是蜂蜜，不信任是一把刀。
Trust is “honey” and distrust is “a knife”.

138. 做人要有一点宗教情怀。
As humans, we need to have some religious sentiment.

139. 做人自然最为美。
Being one’s natural self is their greatest beauty.

140. 不要评判人，结论性的话语不要随便出口。
Do not judge others; be careful about conclusive words before they leave your mouth.
141. Say your own words, do your own thing, go your own road, and cultivate your own Way; do not bother with others or regard other people’s business.

142. Faith is truth; love is LIFE.

143. Forgiving and tolerating others will broaden our paths and living spaces.

144. Chase after the sun, and you will escape the darkness; chase after happiness, and you will escape trouble; chase after paradise, and you will escape this mortal world.

145. Those from whom ugly things emanate, prove themselves to be ugly.

146. If you escape from yourself and are afraid to face yourself, then you will suffer endless pain.

147. Love is a state of being, it is like the sun shining and flowers blooming.

148. Love does not possess specific objects; love is the blossoming of our most beautiful qualities.
149. Whoever lives for others is belittling and trampling their personalities and dignity.

150. Beware of those who say, “I do this for your own good”, as they could have selfish intentions and really do it for THEIR own good.

151. Criticizing each other causes misery and suffering, and shows that you are rigid and stubborn.

152. Egalitarianism is unfair; communism without belief in the Greatest Creator does not work.

153. We should have light in our eyes and love in our hearts; thoughts need to be kind and routine work needs to be diligent.

154. Quality decides function and the quality of a person decides their value and function in society.

155. Dignity depends on good character to maintain; power and wealth cannot build dignity.

156. We should have light in our eyes and love in our hearts; thoughts need to be kind and routine work needs to be diligent.
It is easy to have good relationships with everyone if we do not ask any favor from them; I would not care about the price of wine if I did not drink it. The best way to resist something is: “Don’t use it! Ignore it!”

157. 随遇而安，随缘而化，随性而动，随机而作。
Take things as they are, associate with others by following naturally come-and-go relations, act in accordance with one’s intrinsic nature, and take advantage of opportunities as they arise.

158. 唯有圣人才有资格引导他人。
Only saints are qualified to guide others.

159. 要惜福造福，不要攀福损福。一旦福报耗尽了，就会受苦受难受罪。
Always cherish and create your blessings instead of overconsuming and wasting them. Once your blessings run out, you will have a rough time.

160. 万丈高楼平地起，要在基础上多下工夫。
Great oaks from small acorns grow; put more efforts into basic things.

161. 千里之行始于足下，把每一件小事做好，才能成就大事。
A journey of a thousand miles begins with a single step. Little things make big things happen.

162. 眼睛看到的地方就是我们要去的地方，我们的眼睛看到了什么?
What we have seen is where we are going. What have we seen?

163. 凡事不做便罢，要做就做到最好，做到一流。
Deliver the best quality in all jobs you do, or do not do them.
164. 不要求法术，不要求神通，不要显异惑众，要彰显自然，彰显本然。
Do not desire supernatural powers or magic arts; do not show off your supernatural power to impress, confuse, or mislead others. Be your true and natural self.

165. 随时归零，不要仗势，不要仗功劳，不要仗过去。
Always return to the zero state.
Do not abuse your power or claim credit.
Do not flaunt your past.

166. 要想美事，不要想丑事，吸引力法则很神奇。
Focus on good things and ignore bad ones. The law of attraction is magical.

167. 我不病，谁能病我？！
If I am very healthy both physically and mentally, who can make me sick?

168. 要保持个性，但也要融入共性。
Keep individuality yet blend in commonness.

169. 身处逆境不要停下行进的脚步，说不定拐弯处就会柳暗花明。
Do not stop when you are faced with adversity; things might turn around at the next corner.

170. 开心要靠集体，快乐要靠创造，自由要靠争取，幸福要靠奉献。
Happiness springs from collective groups. Joy is from creation. Freedom is earned and well-being comes from dedication.

171. 不要以爱的名义绑架、捆绑和绞杀爱的对象。
Do not “kidnap”, “bind”, or “strangle” your loved ones in the name of love.
172. 宁让别人欠我，而我绝不欠人，此乃自由之途。
It is better for others to owe you than for you to owe others. 
This is how we become free.

173. 万物耗于动而生于静。静乃神明之舍。静则生慧，动则生昏。无宁静难以致远。
“Everything is consumed in commotion, but is benefited from tranquility, and tranquility is the home of our spirit”. “Tranquility gives birth to wisdom, while commotion breeds fatuity”. You cannot achieve much or go very far without peace of mind.

174. 关闭一扇门，另有九扇门会为你打开。
Close one door and many other doors will open for you automatically.

175. 留恋过去不如开拓未来。
It is better to create the future than to dwell in the past.

176. 我见害于心，聪明障于道；事悟而痴除，性定而动正。
Self-righteousness harms our souls, and shrewdness obstructs our advancement toward enlightenment; repentance from bad consequences helps to rid our stupidity, with a pure heart and peaceful mind we can behave in accordance with the way of nature.

177. 贪了牲禽的滋益，必招性分的损；占了人事的便宜，必受天道的亏。
The spirituality of those who lust for the nutrition of meat from livestock is bound to be harmed and those who gain advantages from others will be punished by Tao.

178. 男性以刚为美，女性以柔为美。男性过柔，则丑；女性过刚，则丑。
Men are handsome for their masculinity, and women are beautiful for their femininity, but men with too much femininity and women with too much masculinity are ugly.

179. 天底下没有无缘无故的爱，也没有无缘无故的恨。
There is no love or hate without reason.

180. 天上不会掉馅饼，没有免费的午餐，一切都是有代价的。
Money does not grow on trees and “there ain’t no such thing as a free lunch”. Everything is priced.

181. 一个文明的社会，是资源共享的社会。一个野蛮的社会，是争夺资源占有资源的社会。
A civilized society is one in which resources are shared by all its members. A barbaric one is one in which they are contested and claimed.

182. 世间一切事物，只要适量，都是好东西，一旦过量，都是毒品。
Everything is good in moderation but poisonous in excess.

183. 一切的冲突都是非理性的，没有什么理性可言。
All conflicts are irrational.

184. 相互攻击是野蛮人的表现。
Throwing stones at each other is barbaric behavior.

185. 适时的妥协是明智的作为，适时的退却是前进的良方。
A timely compromise is wise and a timely retreat can move you forward.

186. 朋而不党是文明者的优秀品质。
Associate with people but do not form cliques with them.
This is a great quality of civilized people.

187. 上德无德，大仁不仁，上形无形，无为无不为。
A man of superior virtue shows no virtue.
A man of superior mercy demonstrates no mercy.
The great image has no image.
Tao never does anything, yet all things happen through it.

188. 每个人要为自己的话语、行为、选择负责，想逃是逃不掉的。
Everyone needs to be responsible for their words, actions, and choices.
None can escape them.

189. 不要把他人当作自己的情绪垃圾桶而倾诉自己的痛苦和不幸。
Do not treat others as your emotional trash cans by imposing your misery and suffering upon them.

190. 做老实人，说老实话，走老实路，办老实事。
Be an honest person in word and deed.

191. 提倡节俭、淳朴，遏制奢侈、浪费。
Encourage frugality and simplicity but eschew extravagance and waste.

192. 种瓜得瓜，种豆得豆；善有善报，恶有恶报；祸福无门，惟人自召。
As a man sows, so he shall reap; good will be rewarded with good and evil with evil.
There are no gates to fortune or misfortune; you cause your own.
193. 一粥一饭，当思来处不易；半丝半缕，恒念物力维艰。宜未雨而绸缪，毋临渴而掘井。自奉必须俭约，宴客切勿留连。器具质而洁，瓦缶胜金玉。饮食约而精，园蔬胜珍馐。勿营华屋，勿谋良田。

Whether porridge or cooked rice, remember that nothing is easy to come by; for half a piece of silk or cotton thread, think of the difficulty in production. Fix your houses before the rain falls and do not dig wells till you are thirsty.

Live frugally and do not linger on other's parties. Utensils should be plain and clean; pottery is better than gold and jade. Eat good quality food but in moderation; vegetables are better than costly delicacies. Do not build luxurious houses or scheme for rich land.

194. 奇异无远识，独行无恒操，道法自然，众志成城。

Those who are keen on the bizarre lack far-sightedness and those who walk along their life’s journey alone cannot be persistent. Tao manifests itself in nature, and union is strength.

195. 人要尽其才，物要尽其用，压制人才和闲置物用是对资源的最大浪费。

Let everyone display their talents to their fullest and make the best use of everything. The biggest wastes are to suppress talents and to let things go unused.

196. 共享程度越高，事物的价值越大。

The more something is shared, the greater its value becomes.

197. 放弃是一种高妙的收获，舍下是拥有的常胜之道。

Surrendering is masterly gain and letting go is an ever-victorious way of having.
198. 隐恶恶大，显善善小，有错即纠，有功别喊。
Vice is more harmful when concealed than revealed but benevolence known to all is inferior to that known to none. Correct your faults immediately upon discovering them but avoid claiming credit for yourself.

199. 过程好，结果自然会好。每一个细节完美，最后的成果必定丰硕。
Good processes naturally result in good results; if every detail is perfect, then the final result will be fruitful.

200. “诸恶莫做，众善奉行”。哪些是恶？
Stay away from all evil conduct but pursue all kind deeds.
What is evil conduct?
Here are some examples:
答：亵渎上帝、亵渎神灵、诽谤仙佛、讪谤圣贤、侮辱祖先、打骂父母、
• Profanity against the Greatest Creator, Gods, and deities
• Slanderous comments against Celestials and Buddhas
• Mocking and defaming sages and saints
• Insulting one’s ancestors
• Maltreating one's parents

杀人越货、虐杀动物、欺辱鳏寡、坑害手足、侮辱师长、哄骗幼稚、阴贼良善、
• Murder and robbery
• Mistreating and slaughtering animals
• Bullying and insulting widows and widowers
• Harming one’s brothers and sisters
• Humiliating one’s teachers, superiors and seniors
• Hoodwinking young and inexperienced children
• Framing kind people deviously

诓诸无识、谤诸同学、暗损同事、虚诬诈伪、攻讦宗亲、虐下偷功、谄上邀功、

• Defrauding ignorant and naive people
• Vilifying one’s schoolmates
• Harming one’s colleagues hideously
• Employing lies, fraud, sting operations, and entrapment against others
• Slandering and criticizing one's extended and immediate family members maliciously
• Maltreating one's inferiors and claiming their merits as one’s own
• Fawning over one’s superiors and claiming credit for their achievements

受恩不感、念怨不休、轻蔑天⺠、扰乱国政、赏及⾮非义、刑及⽆无辜、填穴覆巢、

• Showing no gratitude for favors
• Harboring endless resentment
• Slighting ordinary people
• Disrupting state affairs
• Encouraging injustice
• Torturing the innocent
• Blocking insect caves and overturning nests

伤胎破卵、窃人成果、蔽人良善、形人之丑、伤人面容、逼良为娼、耗人资财、

• Destroying embryos and eggs
• Pilfering people’s harvests
• Masking people’s good and kind deeds
• Uncovering people’s weaknesses
• Damaging people’s countenances and images
• Forcing women to prostitute themselves
• Wasting people’s properties

逞志作威、辱人求胜、推责自保、嫁祸于人、苟富而傲、嘲笑贫穷、挫人所长、
• Riding roughshod over people
• Humiliating people to one’s own advantages
• Transferring blame onto others to protect oneself
• Transferring misfortunes onto others
• Acting arrogantly because of one’s wealth
• Deriding the poor
• Frustrating people’s advantages

妒人荣贵、忌人之能、短斤少两、以次充好、乱扔垃圾、脏乱环境、强人所难、
• Envying people’s wealth and ranks
• Being jealous of people’s talents
• Trickery in business
• Selling substandard goods for the cost of quality products
• Littering
• Polluting the environment
• Forcing people to do things beyond their abilities or against their wills

逼人短见、挖人祖坟、毁人家园、说长道短、滋扰人心、夹塞抢道、面露狰狞、
• Forcing people to commit suicide
• Digging up people’s ancestral tombs
• Destroying people’s homes
- Gossiping
- Disrupting people’s peace of mind
- Jumping the queue
- Showing ferocity

Plagiarism and piracy
Harming people behind their backs
Embezzlement in the name of public welfare
Concocting pretexts
Corruption and bribery
Creating useless projects for one’s own interests

Dissipation and extravagance
Instigating public unrest
Advocating violence
Destroying mountains and forests
Uprooting grass randomly
Polluting rivers
Plunging living beings into abysses of misery

Jerry-building
Building dangerous structures
Gathering people to gamble
Scheming to cheat people out of their money
- Publicizing ghosts and demons
- Poisoning souls
- Playing ghosts and goblins

宣扬迷信、乱建寺庙、败坏人心、行法施术、为人算命、取人器官、损人肢体、
- Publicizing superstitions
- Building temples randomly
- Corrupting people’s ethics and consciences
- Engaging in witchcraft
- Conducting fortune telling
- Extracting human organs
- Injuring others’ limbs

咒人遭灾，祈人倒霉、贪吃贪占、浪费食物、偷懒耍滑、与人比较、吵闹不休、
- Cursing people and wishing them evil
- Praying for people’s misfortunes
- Being greedy of food and covetous of benefit
- Squandering food
- Laziness and acting slickly
- Comparing oneself with others
- Behaving tumultuously

扰人安闲、揭人隐私、擅闯私宅、恫吓威胁、绑架劫道、据人地物、不还债务、
- Interrupting people’s rest
- Exposing people’s privacy
- Trespassing onto private residences
- Intimidating and threatening
• Kidnapping and hijacking
• Occupying people’s lands and belongings
• Defaulting on one’s debts

以权谋私、以势压人、埋怨嫉妒、吹嘘炫耀。
• Abusing one’s power to seek personal gains
• Bullying people with one’s power
• Complaining and being jealous
• Bragging and flaunting

哪些是善？
What are kind deeds?
Here are some examples:

答:
敬畏上帝、敬畏生命、敬畏自然、敬畏神灵、效法圣贤、孝顺父母、尊老爱幼、
• Reverence for the Greatest Creator, LIFE, nature, gods, and deities
• Following the examples of sages and saints
• Filial piety
• Respecting the old and loving the young

平等待人、赞美善行、鼓励他人、慈心于物、爱己及人、悯人之灾、乐人之喜、
• Treating people equally
• Praising kind deeds
• Encouraging others
• Having a kind heart toward all beings
• Loving others as oneself
• Showing compassion for those with misfortune
• Sharing others’ happiness

济人之急、救人之危、显人之长、彰己之短、施恩不记、受恩常报、受辱不怨、
• Helping people in need
• Rescuing people from danger
• Displaying others’ advantages
• Uncovering one’s own disadvantages
• Never recall benefits that you have granted to others
• Repaying favors that are owed
• Not complaining about humiliation

受伤不恨、启人智慧、导人光明、传人知识、授人技能、勤俭简约、劳作勤奋、
• Harboring no hatred for hurt
• Letting others gain wisdom through your illumination
• Leading people to sunshine
• Imparting knowledge
• Passing your skills on
• Diligent and thrifty
• Working hardly

守信诚实、纯朴敦厚、令人开心、使人快乐、给人自由、助人幸福、见贼捉贼、遇妖降妖、
• Keeping promise and being honest
• Remaining simple and sincere
• Spreading happiness and joy
• Not limiting, but expanding people’s freedom
• Helping people gain happiness
• Catching thieves and subduing demons when they are found

歌颂真美、隐恶扬善、实事求是、遏制谎言、道不拾遗、夜不闭户、助人为乐、

• Singing praises of sincerity and virtue
• Hiding others’ wrongdoings but praising their good deeds
• Being practical and realistic
• Refuting and not spreading falsehoods
• Not pocketing lost properties on the road
• Not bolting the door at night, trusting people as you sleep
• Finding happiness in helping others

予人方便、言行一致、表里如一、不走邪径、不欺暗室、愿人平安、祈人福顺、

• Providing people with conveniences
• Consistency in words and deeds
• Reflecting your true inner self
• Steering away from the evil path
• Being scrupulously honest even in private
• Wishing for people’s safety
• Praying for people’s good fortune

富不摆阔、穷不谄媚、常说谢谢、心存感激、得志不狂、遇挫不馁、长人志气、

• Being neither ostentatious nor extravagant even when you can
• Engaging in no sycophancy when you are poor
• Showing gratitude and giving thanks often
• Feeling appreciative
• Showing no arrogance when you have achieved your ambition
• Never giving up when faced with setbacks
• Boosting people’s morale

增人信心、成人之美、助人成事、忠恕待人、雅量容人、谦恭礼貌、遵守秩序、

• Promoting people’s confidence
• Helping people to fulfill their cherished hopes
• Helping people to achieve their goals
• Being faithful and forgiving to others
• Showing generosity and tolerance
• Being courteous and humble
• Abiding by order

急流勇退、与世无争、公正公平、不偏亲朋、义务奉献、心和气静、干净整洁、

• Resigning at the height of your prosperity
• Being at peace with the world
• Showing equity and justice
• Treating relatives and friends with impartiality
• Dedicating Voluntarily
• Having a placid and peaceful mind
• Remaining Neat and tidy

慈眉善目、有问有答、热情好客、慈善捐助、扶危济困、实话实说、常植果树、

• Showing a motherly or fatherly face
• Offering explanations for any doubt
• Showing hospitality and enthusiasm
• Being philanthropic and contributing
• Helping those in dangerous situations
• Telling the truth
• Planting fruit trees

不骄不躁、脾气平和、不恋浮华、不慕贵荣、黎明即起、既昏便息、好学上进、

• Showing neither arrogance nor impetuosity
• Having a gentle and placid temper
• Lacking all desire for ostentation
• Envying neither rank nor wealth
• Rising when dawn breaks
• Sleeping when dusk falls
• Being studious and eager to learn

光彩照人、穿着得体、美气袭人、立走坐卧、形象喜人、开朗活泼、善乐游戏、

• Glowing radiantly
• Dressing appropriately for situations
• Projecting astounding inner beauty
• Projecting a pleasant image with every posture
• Being outgoing and lively
• Enjoying fun activities and playing games

声音悦耳、话语动听、旦遇好事，先人后己、凡遇苦差，先己后人、光明磊落、

• Speaking with a pleasant voice
• Speaking with a sweet tongue
• Leaving benefits to others and taking the difficult tasks to oneself
• Being open and aboveboard

不做暗事、谨守本分、不欲外享、热爱和平、广爱陌生、亲近自然、惜草护花、
• Doing nothing underhandedly
• Being dutiful
• Never coveting others’ property
• Loving peace
• Loving the broad masses
• Remaining close to nature
• Caring for grass and flowers

平易近人、怜及昆虫。
• Being approachable
• Having compassion even for insects

祸福无门，惟人自召，善恶之报，如影随形，种瓜得瓜，种豆得豆。天网恢恢，疏而不漏。
There are no gates to fortune or misfortune; you cause both for yourself. The effects of good and evil are like shadows following forms. Good will be rewarded with good and evil will be punished by evil. Divine punishments, though slow, are always sure, with big meshes, yet letting nothing slip through.

201. 这个世界没错，若有错，错在自己。
The world is faultless; all faults lie within us.

202. 是非只有神辨清，功过自有道评定。
Only gods can distinguish right from wrong; Tao judges our merits and demerits.

203. 想什么，来什么，只要心诚意真；怕什么，来什么，只要心绪不宁。
If you are sincere and genuine, then you will get what you want; if you have a worried and unsettled frame of mind, then you will get what you try to avoid.

204. 顺其自然，莫存非分之想；有正有反，莫求尽善尽美；江河湖海，只取一瓢饮。
Let nature take its course, do not hold inordinate ambitions; everything has merits and demerits, do not pursue perfection; when surrounded by a thousand rivers, drink only enough to quench your thirst.

205. 天下难事，必作于易易；天下大事，必作于细。
Difficulties are overcome by easy things; great things are accomplished by the details.

206. 静坐常思己过，闲谈莫论人非；宁可正而不足，不可邪而有余。
Examine yourself when alone in silence, never accuse others’ faults during chats; it is better to be righteous but poor than evil but abundant.

207. 起步时的微差会造成终点的巨差。
Tiny differences in the beginning lead to great differences in the end.

208. 人胜不了天，只能应天；人不能拒天，只能顺天。
Man cannot conquer nature, but can only comply with it; man cannot resist nature, but can only follow it.

209. 大自然中的一切都是天生的，是小草，就快乐地做小草；不要期望成为牡丹。
Everything in nature is born to be itself; if born as a blade of grass, be a blade of grass happily, do not strive to be a peony.

210. 因循守旧，固守传统是守不住的，会很痛苦的，不如放开心量拥抱新生事物。
To follow the old routine and stick to traditions is useless and painful; it is better to open one’s mind and embrace new ways.

211. 人间私语，天若闻雷；暗室亏心，神目如电。  
A whisper in the mortal world can be a rumble of thunder in heaven; evil done secretly is as recognizable to God as a flash of lightning in his eyes.

212. 授人以鱼，不如授人以渔；救济于物，不如救济于工。  
Teaching how to catch fish is better than giving fish; offering work is better than giving things.

213. 异想天开，只有超常思维才能为人类指出一条光明大道，才能带来世界和平人民幸福。  
Think whimsically! Only unconventional thinking can lead people to the bright way and bring peace and happiness into the world.

214. 国王和乞丐，到底谁更自由更幸福？答案是：谁了解和认识自己，谁将更幸福。  
Who is freer and happier, a king or a beggar? It is the one who knows and understands themself.

215. 一个人存在的价值与他服务对象的多寡成正比，服务的对象越多，其价值越大。  
The value of one’s existence is proportional to the number of people who they serve, the more people one serves, the greater their value will be.

216. 正，邪亦正；邪，正亦邪。  
If you have a good nature, then you are good even if you seem evil; if you have an evil nature, then you are evil even if you seem good.
217. 文章极处无奇巧，人品极处只本然。
The acme of good writing is nothing special: it is only being just right; the acme of good character is nothing unusual: it is only being one’s natural self.

218. 面对创始人，当“依人不依法”；面对第二第三代第N代带头人，当“依法不依人”。
Follow the founder instead of the rules; future generations must follow the rules that were laid down, not new leaders.

219. 不要试图去改变或改造对方，那是在作践自己自讨苦吃，忍受不了，就改变自己。
Do not try to change or transform others; that is, to disparage yourself and burn your fingers; change yourself if you cannot tolerate them.

220. 甚爱必大费，多藏必厚亡。
Those who love (fame, power, status, etc.) the most, spend the most; those who hoard (money, treasure, properties, etc.) the most, lose the most.

221. 没有高贵的思想，人就是动物。
Without noble thoughts, we are animals.

222. 如果感觉环境对你太压抑，那就逃出来，逃是对付恶劣环境的最佳途径。
If your surroundings depress you, then escape; escaping is the best solution to unpleasant surroundings.

223. 想一想，你是在为生存奔波，还是在为生活奔波？若仅仅是为生存奔波，太不值了。
Think about it — are you living or only surviving? Life is worthless if it is only for survival.
224. 謹防魔鬼偷潜入心。
Beware of the devil sneaking into your mind.

225. 与整体不和谐的优秀个体也会被淘汰，优秀者当警醒。
An excellent person who is inharmonious with the whole will be eliminated; those who are excellent must always remain vigilant.

226. 不要把希望寄托在人身上，人是会变的。
Do not entrust people with all your hope; they change.

227. “相信自己”，这是愚昧无知者的观点。
“Trust yourself” is the opinion of fools.

228. 偷偷摸摸的小道消息不是什么好消息；神神道道的信息不是什么好消息。
Sneaky hearsay is not good news; messages concerned with spirits, deities, fortunes, and disasters are bad ones.

229. 小心！自由的大地上野草会疯长。谨记！不要逾矩。
Beware! Weeds grow wildly on free land; remember, never overstep.

230. 习惯、知识、历史是阻碍创新的三大因素。
Habits, knowledge, and history are the three main hindrances to innovation.

231. 定式思维是人类文明前进的最大障碍。
Fixed mindset is the biggest obstacle to the progress of human civilization.
232. 谨防被现实干掉。
*Be alert to not let reality destroy you.*

233. 人在喜悦的状态下精神状态最佳，心灵最美好。
*In joy, a person can achieve their best state of mind and their most beautiful soul.*

234. 激发出每一个人内心的真、善、美、爱、信、诚品质，才能创造出一个温馨和睦的世界。
*Only when everyone’s qualities of sincerity, kindness, beauty, love, faith, and honesty in their inner worlds are inspired from within, can a warm and harmonious world be created.*

235. 最广阔的海洋最容易容纳最多的河流，最开放的心灵最容易诞生最伟大的思想。
*The greatest oceans receive the most rivers; the most open minds generate the greatest thoughts.*

236. 多看多想别人的优点和长处，少盯着别人的缺点和不足；多想想自己的缺点和不足，少炫耀自己的优点和长处。
*Think more about others’ strengths and advantages than about their weaknesses and shortcomings; think more about your weaknesses and shortcomings while not flaunting your strengths and advantages.*

237. 现实是自己意识的投射，抱怨现实不如改造自己。
*Reality is the projection of one’s own consciousness; transform yourself rather than complaining about your reality.*

238. 有什么样的意识，就有什么样的人生；有什么样的人生，就有什么样的存在。
*One’s consciousness determines their life; one’s life determines their existence.*
239. All human contradictions and conflicts arise from energy contentions, even quarrels between married couples.

240. The more love you release, the more energy you have; the less love you release, the less energy you have.

241. Those who grow the fastest have the shortest lifespans; therefore, do not pursue speed in life and avoid shortcuts.

242. A person’s quality lies in their details; not only in their words, but also in how they implement their deeds.

243. First impressions are the most genuine; if one’s first impression is bad, then it will rarely improve over time.

244. What seems real is unreal; what seems unreal is actually real.

245. The more administrators a group has, the more complicated things will become and the more oppressed and exploited the frontline workers will be.
246. 拥有的越多，苦恼会越多；多余的，要命的。

The more you possess, the more trouble you have; something superfluous might cost your life.

247. 有些书籍，有些人，有些环境，能化腐朽为神奇；有些思维，有些意识，有些话语，能快速提升人的境界；一种契机，一个机遇，一次聊天，能彻底改变生命轨迹。

Some books, people, and environments can transform the corrupt into magic; some thoughts, consciousnesses, and words can rapidly uplift one’s realm of mind; an opportunity and a conversation can change a person’s LIFE trajectory completely.

248. 凡没有经过自己的思索和感悟而获得的认识和经验叫知识，能解决问题的能力叫智慧。

All awareness and experience acquired without thinking and comprehension is knowledge, while the ability of solving problems is wisdom.

249. 万事万物都有度，超过了度，就会演化成另一形态，所以，一定要把握好度。

Everything has its limit, and when that limit is exceeded, it will be transformed into something else; therefore, be sure to keep things in moderation.

250. 山有灵，草木葱茏；水有灵，鱼鳖成群；天有灵，风调雨顺；地有灵，万物茂盛；人有灵，魅力无穷。

With the soul power from the Greatest Creator, mountains will flourish with trees, water will brim with fish and turtles, the heavens will bring pleasant weather, the earth will abound with a wide variety of LIFE forms, and humans will exude endless charm.

251. 没有良好的程序（制度）作保证，美好的心愿和付出也会化为泡影，所以程序建设非常重要，光靠道德说教不起作用。
Without a good program (system) as its guarantor, good will and dedication will vanish like soap bubbles; creating a good production and life program is of great importance, moral preaching alone does not work.

252. 远离游手好闲无所事事的人，他们除了是非，不会有建设性的思想。
Avoid those who idle about; they will not offer constructive ideas, only gossip.

253. 美在对称比例中，美也在简单纯朴中。
Beauty dwells in symmetry and proportion; it also dwells in simple and unsophisticated minds.

254. 每一个门道比海深，所以要敬佩工匠精神。
Every knack is deeper than the sea, so we should admire the spirit of craftsmanship.

255. 越是被人赞美，越要保持清醒的头脑谦卑从事；越处高位，越要让自己时时归零谦逊谨慎。否则，离祸患就不远了。
The more that people look up to you, the more important it is to remain humble and sober-minded; the higher your position is, the more important it is to return to your roots from time to time and remain modest and cautious. Otherwise, you will never be far from disasters.

256. 只有最底层的民众有尊严，一个民族才有尊严。
It is only when the people at the bottom of society have dignity that the nation will have dignity.

257. 救人的，就是救自己；害人的，就是害自己；骗人的，就是骗自己。不明白这个道理的，就是愚昧无知的灵盲。
Those who help others, help themselves; those who harm others, harm themselves; those who cheat others, cheat themselves. If you cannot understand this principle, then you are ignorant and have a blind soul.

258. 食物的能量与进食者的心态有关，心存感激是最大限度地获取食物能量的秘诀。
The energy level of food is related to the eater’s mental attitude; being grateful for it is necessary to derive the maximum energy and nutrients from it.

259. 想高贵，永远谦卑为人，明道若昧，进道若退。
To be truly noble, you must always be humble; the bright road sometime looks dark and the road leading forward sometimes curves backward.

260. 长期专注某个事物或现象，会看到别人看不到的东西。
If you concentrate on an occurrence or phenomenon for a long enough time, then you will see what others do not see in it.

261. 同样的目标，达到目标所采用的方式不同，结果会不同。
For the same goal, when the ways of achieving it are different, the results will be different.

262. 付出的越多，获利越多，一经付出，终会获利。
The more you contribute, the more you will be paid; your contributions will always be rewarded justly.

263. 不值得做的事坚决不做。
Never do anything that is not worth doing.

264. 轻交情，重理念，如此不会被情骗。
Attach more importance to values than to relationships; in this way, the later will not cheat you.

265. 缘至相逢，缘尽散离，莫为缘至缘尽苦自己。
*We meet when fate brings us together and we part when we are meant to separate; never mourn or regret the beginning or ending of any predestined relationship.*

266. 是，就说是；不是，就说不是。不要把是说成不是，不要把不是说成是。
*Say “yes” when the answer is “yes”, and “no” when the answer is “no”; do not say “yes” when it is “no”, or “no” when it is “yes”.*

267. 人与人坦诚相待成本最低。
*Frank and honest relationships expend the least effort to maintain.*

268. 平凡人生平常人，平淡生活平常心，一切皆从平凡起，平平淡淡才是真。
*Ordinary people live ordinary lives; live an ordinary life with a quiet and peaceful heart; everything begins with the ordinary; the truth of life is hidden within it.*

269. 不论以什么理由什么方式，损坏、抢夺、偷盗、占有、诈骗他人的行为属于犯罪。
*No matter what method is used or what excuse is given, to damage, snatch, steal, occupy, or defraud anyone of their property is definitely a crime.*

270. 劳动创造是快乐的源泉，真正的快乐就在无私的劳动创造过程中。
*Labor and creation are the sources of happiness; true happiness comes from giving them selflessly.*
271. 凡事当以最小阻力为原则去办。
Everything should be dealt with on the principle of least resistance.

272. 自净人不践。越干净的地方人越不扔垃圾，越脏乱的地方人越扔垃圾。
A clean person will not be spurned; the cleaner a place is, the less garbage will be dumped; the dirtier a place is, the more garbage will be dumped.

273. 我执我见不死去，朽木一根难雕砌。最难逾越的高山大河是我执我见，痛苦和恐惧来自于意识的执见偏见。
If you are unwilling to surrender your attachments and prejudices, then you are like a piece of rotten wood that is unlikely to be carved into a great statue; one’s stubbornness and unwillingness to alter their opinions is the highest mountain to cross; afflictions and dread come from unbending consciousnesses.

274. 缺乏热情和激情，就不要期望尝到世间美味。
Without enthusiasm and passion, one should never expect to taste the delicious in the world.

275. 点点滴滴上优秀者，终将获得丰厚报酬；点点滴滴上偷懒粗糙者，永远没有出头之日。
Those who maintain excellence in everything they do will eventually be rewarded generously; those who are careless and slack in everything will never see the light of the day.

276. 会玩的人用意识创造更好玩的游戏玩，不会玩的人被幻象所玩。
Good players use their consciousnesses to create more enjoyable games; poor players become played by the realities they see, which are only illusions.
277. 不会玩的人叫吃饭的机器、干活的工具、动着的物体、行走的尸体。
Those who do not play are mere eating machines, working tools, moving objects, and walking corpses.

278. 一切都是梦幻，唯有感觉是真实的。
Everything is an illusion; only sensations are real.

279. 集体生活是最好的修道场。
Collective living is the best monastery in which to dwell and self-cultivate

280. 真情需用真情换，莫把真情当粪土。
Sincerity needs to exchange with sincerity; never take it as dung and dirt.

281. 如果我们不回头张望，就“听”不到世俗的喧嚣。
If we do not look back, we will never “hear” the noise from the secular world.

282. 打情骂俏有利于身心健康，有利于和睦和谐，有利于升华生命品质。
Flirtation is beneficial to one’s physical and mental health, to the harmony of relationships, and to the sublimation of one’s LIFE quality.

283. 不要为了暂时的欲求满足而放弃高贵之路走向低贱。
Never degrade from the noble way in order to satisfy temporary desires.

284. 处罚太多无益于社会的和谐稳定。
Excessive punishment is injurious to the harmony and stability of a society.
285. 把心打开，才能开心。
Open your heart, so joy can flow.

286. 生命若不为上帝服务，不为大自然服务，不为其他生命服务，这样的生命没多大价值。
Unless a LIFE serves the Greatest Creator, nature, and other LIVES, it has no real value.

287. 来说是非者，必是是非人；爱听是非者，必是坏事者。
A gossiper must lead the role of gossiping; one who follows them is an absolute troublemaker.

288. 被人误解是自己的错。
Being misunderstood is one’s own fault.

289. 打听和传播别人隐私的人不是什么好人。
Those who pry into and spread other people’s privacy are not good people.

290. 减少废事废话废动作，把宝石镶嵌到皇冠上去。
Cut down your futility, superfluous words, and useless acts, but inlay your jewels (time and energy) to the crown.

291. 沉湎于过去无异于慢性自杀。
Wallowing in the past is tantamount to chronic suicide.

292. 被动潜藏着被淘汰的危机。
Passivity always lurks the crisis of being eliminated.
293. 红尘深深无止境，恰似层层盘丝洞，若不奋力跳出来，到头都成蜘蛛精。
The mortal world is deep and endless, just as layers of cobwebs; only those who are able to rise above it do not end up as spider goblins.

294. 可怜之人必有可恨之处。
A pitiful person must have something to be hated.

295. 被别人同情和怜悯是男人的耻辱。
It is a man’s shame to be pitied and sympathized by others.

296. 不达目的不要停下行走的脚步。
Never stop advancing until your goal is reached.

297. 做人，一定要洒到极致！人生如梦，四大皆空，充分感受，无愧我生！
As a human being, one must live their life to the fullest! Life is but a dream, all changing things are as transient as fleeting clouds; to feel and experience life fully leaves one with no regrets.

298. 颓废情绪是在自毁长城，是在寻找死神。
Being decadent is weakening one’s power and searching for death.

299. 两点之间直线最长，曲线最短，所以不要怕错怕曲折。
The longest distance between two points is a straight line, the shortest distance is a curved arc; therefore, never fear mistakes and setbacks.

300. 时不时地反思一下，“我是不是走错路了”？
Ask yourself often: “Have I gone the wrong way?”
301. 有序，才有高效率；无序，只有忙累差。 
Order is essential for high efficiency; disorder only creates busyness, tiredness, and low performance.

302. 谁建议，谁负责。谁负责，谁承担一切后果。 
Whoever proposes must take charge; whoever takes charge must bear all consequences.

303. 好话你就尽情地说，风调雨顺利于禾，甜言蜜语利于情。 
Heartily speak kind words; as good weather is to the growth of crops, so are sweet words to the development of emotions.

304. 常规思维解决不了的事用反常思维就能解决，所以常常要倒过来看问题。 
That which cannot be solved by conventional thinking can be solved by unconventional thinking; therefore, try often to look at problems from the opposite angle.

305. 追求有，将无；追求无，将有。 
If you pursue possessing, then you will have nothing; if you pursue not possessing, then you will have everything.

306. 得就是失，失就是得。得到的越多，失去的也越多；得到的越少，失去的也越少。不失不得，不得不失。 
Gaining is losing, losing is gaining; the more you gain, the more you lose; the less you gain, the less you lose; without losing, you will gain nothing; without gaining, you will lose nothing.

307. 生死互根，有生必有死，有死必有生。 
Life and death are rooted in each other; wherever life is, death will be; wherever death is, life will be.
308. 死亡不是生命的终点站。
Death is not the end of LIFE.

309. 存在决定意识，我们就只有一个地球；意识决定存在，我们就有36维空间。
If existence determines consciousness, we have only one earth; if consciousness determines existence, we have thirty-six spaces. (one-dimensional, two-dimensional, three-dimensional, four-dimensional, and so on)

310. 存在决定意识是常规思维，意识决定存在是反常思维，美好的未来属于有反常思维的人。
The thought of existence determining consciousness is conventional thinking; the thought of consciousness determining existence is unconventional thinking; beautiful futures belong to those with unconventional thinking.

311. 1+1=2是数量的增加，1+1=1是能量的增加。圣人抱一为天下式。
If one plus one is two, there is an increase of quantity; if one plus one remains one, there is an increase of energy; the sage embraces the One, and becomes the model of the world.

312. 1+(-1)=1是知晓宇宙奥妙的一把钥匙。
A key to understanding the mystery of the universe is knowing that one plus negative one remains one.

313. 专心致志于一件事，只要把一件事做深、做细、做透、做彻底，就能从中获得所需的一切东西。
Always concentrate on one thing; as long as you do one thing deeply, carefully, and thoroughly, you will get all that you need from it.
314. 绳锯木断，水滴石穿，学道者须加力索；瓜熟蒂落，水到渠成，得道者一任天机。
Rubbing ropes against wooden boards will cut into them, and dripping water onto stones will wear them down, so pursuers of Tao should exert their efforts consistently. Channels form when water flows; melons' pedicels fall when their fruit ripens; people attain Tao naturally when the right timing comes.

315. 思维是一种法力。法力就是束缚低一级思维的高一级思维信息波。
Thinking is a magical power. Magical power is the higher level of thinking information wave that shackles the lower level of thinking.

316. 我们每一个人的思维或多或少都被一些高级思维禁锢着。
Our thinking is more or less confined by some higher thinking.

317. 一切的规章制度及观念、伦理道德及行为规范、权威理论及说教、宗教法规及仪式、科学理论及方法、模范榜样及习惯，都是束缚人思维的法力。
All regulations, concepts, ethics and behavioral rules, authoritative theories and sermons, religious regulations and rituals, scientific theories and methods, and exemplary models and habits are powers that constrain human thinking.

318. 一切都是方便法，及时法，不是恒久法，任何认知一旦固定，必然顾此失彼成为思维障碍。
All methods are just convenient methods or timely methods, but not constant methods; once any cognition becomes fixed, it attends to one thing, loses all others, and becomes an obstacle to further thinking.

319. 靠理念生活，按程序运行，这是人类新生活模式长久存在并将持续走向完善完美的法宝。
Implementing Lifechanyuan values in daily life and abiding by the community’s production and life procedures are the magic tools to
ensure the long-term existence and continuous perfection of the new life mode for humans.

320. 你们不要再审判人，免得你们受审判。你们用什么标准审判人，你们自己就会受同样的审判。你们用什么器具量给人，人也会照样量给你们
Be not judges of others lest you be judged by others; for as you have been judging, so shall you be judged, and by your measure, so shall you be measured.

321. 以恶报善的，祸患必不离他的家。
If a man pays back evil for good, calamity will never leave his house.

322. 宽恕他人过失，便是荣耀自己。
To forgive others’ faults is to glorify yourself.

323. 远离纷争是人的尊荣，愚妄人都爱争斗，喜欢揭人之短以彰显自己的“聪明”。
It is honorable to avoid strife; the foolish love to fight and expose others' defects in order to highlight their cleverness.

324. 不要去赴奸险人的宴席，他们满脸堆笑，说“请吃！请喝！”你们一旦吃了，喝了，日后必受牵累。
Avoid the banquets of evil people; their faces, full of smiles, say “please drink and eat”, but once you accept their offers of food and drink, you will be tied to them forever.

325. 放弃我，才能有我；执着于我，最终无我。
Give yourself up, you will find your “Self ”; hold on to yourself, and you will miss your “Self ”.

326. 法无定法，无法是法；相无定相，无相是相。
Dharma sets no rules, no dharma is dharma; form sets no shape, no form is form.

327. 小人以身殉利，文人墨客以身殉名，科学专家以身殉知，大丈夫以身殉功，凡夫以身殉家，政治家以身殉国，圣人以身殉天下，仙人以身殉道。

Snobs sacrifice themselves for profits; literati sacrifice themselves for fame; scientists sacrifice themselves for knowledge; Great men sacrifice themselves for achievements; ordinary people sacrifice themselves for families; politicians sacrifice themselves for the state; saints sacrifice themselves for the world, and Celestial beings sacrifice themselves for Tao.

328. 大道甚夷，而民好径。急功近利，必遭磨难。

The way of Tao is even and easy to walk on, but people love shortcuts; quick success and instant benefits lead inevitably to ordeals.

329. 人生一切关系中，最难相处的关系是夫妻关系。

Of all the relationships in life, the most difficult to maintain are the ones between married couples.

330. 在同样的时间内，越靠近中心，空间越小，越轻松；越远离中心，空间越大，越劳累。

Within the same timeframe, the closer one is to the centre, the smaller one’s space is, and the easier they will feel; the farther away one is from the center, the greater one’s space is, and the more tired they will feel.

331. 心有多大，宇宙就有多大，思维有多深，生命的空间就有多宽广。

The broadness of mind decides the broadness of the universe; the depth of thinking decides the width of one’s LIFE space.

332. 结构不变，性质就不会变。能量不会改变结构。
If the structure of a LIFE does not change, then its nature will not change; its energy cannot change its structure.

333. 宇宙不会辨别人的善恶，你只要心像了或祷告了，宇宙会千方百计以最小阻力为原则以最快的速度帮助你实现你的愿望。
The universe does not discern people's good or evil intentions; as long as you visualize or pray, the universe will use all means to help you realize your wish with the fastest speed and the least resistance.

334. 奢侈和浪费是一种犯罪。
Extravagance and waste are crimes.

335. 使用马桶（坐便器）时，男人不能站着撒尿。
When using a toilet seat, men should not stand to pee.

336. 人生知己独难求，生活中找不到知己，唯有在为远大的理想奋进中才能找到真正的知音。
In life, it is difficult to find bosom friends; it is only during the process of diligent work to realize our lofty ideal that we find true friends.

337. 没有灵性的人，只求索取，不讲回报；不仅如此，他还会像病毒那样败坏周围的环境。
A person without spirituality desires only to take but never to return; moreover, they destroy their surrounding environments like viruses.

338. 人类的目的是为上帝服务，就象花草的目的是为人类服务那样。
The purpose of humanity is to serve the Greatest Creator; just as grass’ and flowers’ purpose is to serve humanity.

339. 人类社会发展越来越复杂化、庸俗化、势利化，实际上偏离了大道。偏离了大道，失去的不仅仅是美，失去的是一切。
The development of human society has become increasingly complicated, vulgar, and snobbish; actually it has deviated from Tao. If it continues along this path, it will not only lose its beauty, but also everything else.

340. 最适合自己生存的环境就是伊甸园。

The most suitable environment for one’s survival is their personal Garden of Eden.

341. 要获得完美人生，一定要在自身内涵上下工夫，不要试图去改变他人和世界，先改变自己，自己变了，周围的人和世界会跟着改变

If you want to lead a perfect life, you must concentrate your efforts on your own inner beauty; do not try to change others or the world, change yourself first; as you change, so will people and the world around you change.

342. 自己的垃圾最好由自己消化。垃圾，不论是物质垃圾，还是精神和心灵垃圾，越是制造垃圾少的人越是文明的人。

We had better deal with our own garbage, whether material garbage, spiritual garbage, or soul garbage; the less garbage we make, the more civilized we will be.

343. 低一层生命为高一层生命服务，所有生命为上帝服务。

Lower LIFE levels serve higher ones and all LIVES serve the Greatest Creator.

344. 宇宙中有36道八卦阵，生命中有难以计数的陷阱，只有逃离生命的陷阱，才能获得生命的自由。

There are thirty-six Eight-diagram Arrays in the universe and there are innumerable traps along the journey of LIFE; it is only by escaping from these traps of LIFE that we can enjoy the freedom of LIFE.
345. 不断地死亡，又不断地新生，生命的意义就在其中；不断地破坏，又不断地创造，人生的意义就在其中。

Continue to die and continue to be born anew, the meaning of LIFE is in it; continue to destroy and continue to create, the meaning of life is in it.

346. 走向更加美好空间的法门是：还债、了缘、积累功德、完善完美化生命的结构。

The way to reach a more beautiful LIFE space is to pay your debts, end your ties, accumulate merits and virtues in heaven, and perfect your LIFE structure.

347. 生命最美妙的感受就是意识处在了“零态”时的感受，因为能感受一切。

The most wonderful experience in LIFE is when your consciousness is in the "zero state"; it is only then that you can feel everything.

348. 接近死亡的生命僵硬，充满活力的生命柔弱。

A LIFE close to death is stiff; a LIFE full of vitality is soft.

349. 善待一切生命，所有生命将会善待我们。

Be kind to all LIFE beings and they will be kind to you.

350. 没有什么是值得拿生命去留恋的，一切都是昙花一现，一切都是过眼烟云。

Nostalgia is not worth the cost of LIFE; everything is a flash in the pan, like floating smoke, and passing clouds.

351. 人生最崇高、最伟大的事莫过于探索生命！人生最有意义的事莫过于研究生命！人生最让人心花怒放的事莫过于敬畏生命！人生最让人平心静气的事莫过于沿着生命的轨迹前行！

The most in life:
The most lofty and greatest thing in life is to explore LIFE!
The most significant thing in life is to research LIFE!
The most joyful thing in life is to revere LIFE!
The most peaceful thing in life is to march forward along the trajectory of LIFE!

352. 人的肌体有自我防范和抵御各种疾病的功能，许多的病在悄无声息地发生，又在不知不觉中消失，完全可以不予理睬，但你一旦把它当回事，它就要不屈不挠地与你纠缠到底。
The human body is immune to many diseases which often come and go silently, and we can just ignore them; however, once you take any disease seriously, it will entangle you to the end.

353. 无私者，属于天国生命；有私者，属于人间生命；私重者，属于地狱生命。
Selfless LIFE beings belong to Heaven; selfish LIFE beings belong to the human world; extremely selfish LIFE beings belong to Hell.

354. 对生命而言，不存在虚幻和现实的问题。
From LIFE’s perspective, illusion and reality are the same.

355. 凡事左右为难犹豫不决时，与其用头脑分析判断，不如听凭心灵的驱动。
It is always better for one who is indecisive and stuck in dilemmas to follow their heart rather than their brain.

356. 不要因为看不见，就断定不存在，事物的振动频率越高越是看不见。
Do not conclude that something does not exist just because you cannot see it; the higher its vibrational frequency is, the less visible it is.
357. 生命是有灵性的一种反物质结构。
LIFE is a nonmaterial structure with spirituality.

358. 人是由物质的肉体和生命的灵体组成的，肉体只是生命的载体，肉体消失，生命依然存在。
Humans are combinations of physical bodies and spiritual LIVES; the physical bodies are the carriers of their LIVES and will die, but the LIVES that they carry will continue after they do so.

359. 生命的品质在于生命的结构，结构越完美，品质就越高，生存的空间也越好，自由度也越大。
The quality of a LIFE lies in its structure; the more perfect its structure is, the higher its quality is, the better its living space is, and the greater that LIFE’s freedom will be.

360. 生命最佳的归宿是进入上帝的后花园——仙岛群岛洲生活。
The best home for a LIFE being to reach is the backyard of the Greatest Creator - the Celestial Islands Continent.

361. 生命演化和轮回是为了维护宇宙的道德和宇宙整体生命的动态平衡。
The purpose of LIFE’s evolution and transmigration is to maintain the ethics of the universe and the dynamic balance of all LIVES in the universe.

362. 生命的万有引力定律是：宇宙中凡有缘生命之间有相互的引力，这个引力的大小与相互欠债多少成正比，与相互恩惠多少成反比。
The law of universal gravitation of LIFE: there is mutual gravity among LIVES that are brought together by karma in the universe; the magnitude of this gravity is a direct ratio of the debt that each owes to the other but an inverse ratio to the amount of favor that each has done for the other.
363. If one leaves this life with an unfulfilled wish, then they will be reincarnated into the human world again.

364. An outline of standards and revelations of the transmigration of LIFE:

• People with the greatest love will become Super Celestial Beings
• People with the utmost benevolence will become Buddhas
• People with the greatest happiness will become Deity Celestial Beings
• People with the greatest health will become Land Celestial Beings
• People with the greatest kindness will become Human Celestial Beings
• People with the greatest loyalty will ascend to nobility
• People who are filial to their parents will return with great blessings
• People with impartial minds will return to the Human World
• People who have built up their virtues will be wealthy
• People with muddle-headed, confused minds will fall to the Animal World
• People with indifference will be reincarnated to the Plant World
• People with wicked intentions will sink into the Ghost World
• People who have lorded over and bullied others will degrade to the frozen layer
• People who were intentionally evil will fall into the inflamed layer
365. 火炼层、冰冻层、阴间就是通常所谓的地狱的总称，地狱的生命一般不会直接进入人间。昆虫类和许多植物类属于另一生命循环体系，一般不会转化成人。

Hell is the general term for inflamed space, frozen space, and the inferno. A LIFE in hell will generally not enter the human world directly; insects and many plants belong to another reincarnation system of LIFE and will generally not reincarnate as humans.

366. 生命层次越高，生命与周围环境的矛盾就越少；生命层次越低，生命与周围环境的矛盾就越多。

Higher level LIVES have fewer conflicts with their surroundings; lower level LIVES have more conflicts with theirs.

367. 高级生命意识中的核心成分是爱，越是高级的生命，其意识中爱的含量越高，越是低级的生命，其意识中爱的含量越低。

The core element of the consciousness of higher LIVES is love; The higher their level of LIFE is, the higher the level of love in their consciousness is; the lower their level of LIFE is, the lower the level of love in their is.

368. 神和天仙是上帝亲自创造的生命，其他生命是由上帝设计并在神的率领下由天仙们创造的。

Gods and Super Celestial Beings are LIVES created by the Greatest Creator; other LIVES were designed by the Greatest Creator but created by Super Celestial Beings under Gods' directions.

369. “弱肉强食，适者生存”的进化论观点是动物世界的写照，真正的人是不会那么认识的。

“The law of the jungle” and “The survival of the fittest” from Darwin’s theory of evolution are portrayals of the animal world, but an awakened person would never agree with them.
370. 器官移植不是好事情，弊端多于益处。
Organ transplantation is a bad thing; its disadvantages outweigh its advantages.

371. 生物基因工程是异常危险的工程，很容易导致万魔出洞。
Genetic engineering is extremely dangerous because it is very likely to cause a large appearance of monsters and demons.

372. 生物机器人终将出现，对部分人是福，对部分人是祸。
Biological robots will emerge eventually; they will bring blessings to some but misfortunes to some others.

373. 生命是轮回转化的，从人到仙会发生，从人到动物也会发生。
LIVES travel through transmigration and transformation; humans might ascend to Celestial beings and degrade to animals as well.

374. 生命有八大奥秘，要想得到八大奥秘，必须以自己的功德换取。
LIFE has eight big secrets; to attain them, you must build your merits and virtues to exchange.

375. 意识里没有的东西生命中也不存在，所以，要抓紧时间拓展生命的空间，不要过多地留恋昙花一现的地方，不要过多地留恋人间，尽可能熟悉自己向往的地方，做一个明白人。
What does not exist in consciousness does not exist in LIFE; therefore, make the best use of your time to expand your space of LIFE. Be neither nostalgic for things which appeared briefly nor for the human world; they are all just flashes in the pan. Try your best to be familiar with the place for which you yearn and be an awakened person.

376. 生命的本质就是灵魂，灵魂的本质就是意识，所以，意识即生命。
The nature of LIFE is the soul; the nature of soul is consciousness, so consciousness is LIFE.
377. 越是简单的事越要引起重视，越是亲近的人越能构成人生的悲欢离合。

The simpler that things are, the more attention they should receive; the closer that people are to us, the more they will form joys and sorrows in our lives.

378. 一个生命如何才能达到永恒的极乐状态呢？答案是：唯有自洽。

How can a LIFE achieve eternal bliss? The answer is simple: only by realizing self-harmony.

379. 自由象征着天堂，控制意味着地狱。

Freedom symbolizes heaven and control represents hell.

380. 我们身体上有的，要充分使用；不用，是对造物主的反叛。我们身体上没有的，不要企求；若企求，那就是“行邪道”。

We must make full use of our bodies; if we do not, we will be rebelling against the Greatest Creator; we would be “practicing evil ways” if we prayed for what our bodies do not have.

381. 落地生根，在哪里生活，就把那里当作家，就保护那里的环境，就在那里创造美的一切。

“Seeds take roots where they land”; wherever you live, treat that place as your home, protect its environment, and create beauty.

382. 自由至高无上，自由无价，自由是天堂生命的特征，自由度显示了一个生命所处的层次。自由度越大，越接近天堂；自由度越小，越接近地狱。

Freedom is supreme and priceless; it is the symbol of LIFE in heaven; the degree of freedom shows the level of a LIFE; the greater a LIFE’s degree of freedom is, the closer they are to heaven; the less a LIFE’s degree of freedom is, the closer they are to hell.
383. Individuals and groups cause their own lack of freedom; if one within an unfree group wants freedom, the only thing to do is - ESCAPE! Escape to a free place, if you cannot find a free place on Earth, then flee to heaven.

384. Do not sympathize for or commiserate with the weak, for they are parasites; once you are entangled with the weak, they will suck off your blood and your whole life will turn to misery. Who are the weak? The debilitated, disabled, ill, and poor are NOT, but those who constantly rob your energy are.

385. When many people's consciousnesses resonate, they live in the same world; heaven and hell are the real worlds created by the LIVES whose consciousnesses resonate; everything on Earth is created together by the “people” who are here.

386. All changes in the universe have reasons, all changes of nature are the results of quantitative changes; there will be no qualitative leaps without the accumulation of quantitative changes: when quantitative changes reach their limit, they will inevitably cause qualitative leaps.

387. We should not waste time hating anyone, repaying those who mistreat us, but should focus on our own future and how to elevate ourselves.
As long as we treat everyone and everything objectively and fairly, then we will not waste time on hatred and revenge, but only concentrate on our own futures of sublimating ourselves.

388. 有什么样的信仰，就有什么样的精神状态和心理活动，有什么样的心理活动，就会有什么样的言论行动，有什么样的言论行动就有什么样的结果和人生道路。信仰是人生的导航器，不同的信仰成就不同的人生。有什么样的信仰，就有什么样的人生。

Different faiths lead to different mental states and psychological activities, which lead to different words and actions, which lead to different results and ways of life; faith is the navigator of life, different faiths make different lives; therefore, faith determines lives.

389. 傲慢源于无知，这是检验一个人内涵丰富不丰富的试金石。

Arrogance comes from ignorance, and it is the touchstone of testing the richness of one’s inner beauty.

390. 性格就是人继承的前世生命载体的特征。性格绝不是父母性格的遗传。性格将决定一个人的总体发展方向。性格就是本性，本来的特性，是人自身很难对付控制的一种意识势能，所谓“江山易改，本性难移”。有什么样的性格就成就什么样的人生。

Character is the accumulation of characteristics that one inherits from their previous LIVES; character is definitely not inherited from one’s biological parents. Character will determine one’s overall developmental direction; it is one’s original nature which is the potential energy of consciousness one can barely handle or control by themself, that’s why we often hear the saying "a leopard cannot change its spots". Character decides what kind of life one will achieve.

391. 越是奇妙的法门越简单易行，窍门和捷径不是简单易行的法门。

The more marvelous a method is, the easier it is to practice; tricks and shortcuts are ultimately not simple and easy ways to do things.
392. If you do not surrender your human mind, then you will not achieve the nature of a Celestial being; if you do not abandon the human world, then you cannot ascend to the fairyland above.

393. If you do not close a door, then another nine will not open to you; if you remain wedded to one love, then you will not be able to embrace another truer love; if you do not leave your heavy baggage, then you will not be able to walk farther; if you do not remove your blinders of conventional thinking, then you will not see the light at the end of the tunnel.

394. Die, yesterday's me; embrace today's me!
   Die, today's me; embrace tomorrow's me!

395. Do what you want without breaking the rules; enjoy a carefree life without grumpiness.

396. Are there any unfair phenomena in human society? No, not at all! Everything is a fair adjudication of the mechanism of cause and effect; everything is the fairest arrangement with the rewards and punishments of Tao.

397. Everyone has their own life trajectory; everything is determined,表面上看起来的冤枉,里面全是自己冥冥中的念头和所作所为导致。
Everyone has their own LIFE trajectory, everything is destined; it might seem on the surface that we have been wronged, but that appearance might have actually resulted from our own imperceptible thoughts and behaviors.

398. 死，也要死得明明白白，决不能等到最后死不瞑目。不能白来世上走一趟。人活着，什么是重要的，什么是不重要的，人生的主次先后轻重要分清。否则，悔之晚矣！

When death comes, we should die clearly and leave no regrets to the last moment; we should never come to this world in vain; while we are still alive, we must distinguish the priorities of life: What is important and what is unimportant; otherwise it will be too late to feel regret!

399. 不不要留恋过去的一切，与其留恋过去，不如开拓未来，宇宙无边无际，时空无穷无尽，生命的未来没有终点，生命永远在旅途中，前方的景色我们闻所未闻见所未见; 不管当下我们处在何等美妙的环境中，我们依然需要去开辟处女地，去开拓新的道路，进入新的境界。因为快乐就在创造中，不在享受中；幸福就在奉献中，不在获得中；自由就在不断地放弃中，不在守旧守成中。

Do not be nostalgic, open up to your future rather than dwelling upon your past; the universe is boundless, time and space are endless; the future of LIFE is endless, LIFE is always on its journey. The scenery ahead is unknown and unprecedented for us; regardless of how wonderful our current environment might be, we still need to open up new territories, to explore new ways, to enter the new realms. Joy lies in creating, not in languishing in material comfort; happiness lies in devoting, not in acquiring; freedom lies in continually abandoning, not in sticking to old ways and achievements.

400. 一旦停下前行的脚步，人必然会逐渐走向萎靡堕落; 一旦不愿舍下所拥有的一切，必然会走向自私贪婪; 一旦抱残守缺墨守陈规，将永远没有机会看到无与伦比的新气象新景色。

Once one stops marching forward, they will inevitably move toward dispiritedness and depravity; once unwilling to abandon all their possessions, one will inevitably slip towards selfishness and greed;
once clinging to ancient ways and bygone values, one will never have the chance to see the incomparable new wonder and beauty.

401. 宇宙是幻象，其大小与意识有关系。意识强，宇宙大；意识弱，宇宙小；无意识，便无宇宙。

The universe is an illusion and its size relates to our consciousness; the stronger the consciousness, the bigger the universe; the weaker the consciousness, the smaller the universe; the universe would not exist without consciousness.

402. 宇宙是上帝意识的产物。宇宙的起源不是宇宙大爆炸，而是无极生太极，混沌变浑沌。

The universe is the product of the consciousness of the Greatest Creator. The universe did not originate from the Big Bang; rather, it came into being because Wuji gave birth to Taiji and chaos evolved into holographic order.

403. 宇宙中有八种力，即：磁力、引力、强力、弱力、构力、斥力、意力、灵力。构成宇宙的三要素是意识、结构、能量。

The universe has eight (8) forces:

- Magnetism
- Gravity
- The strong force
- The weak force
- The structural force
- The repulsive force
- The conscious force
- The spiritual force

The universe is made up of three elements:

- Consciousness
- Structure
- Energy
404. The universe includes twenty (20) parallel worlds, 
   • Humans live in the XY world
   • Ghosts live in the -X-Y world
   • Gods, Buddhas, and Super Celestial Beings live in the XYZ world
   • Monsters and demons live in the -X-Y-Z world
   • The Thousand-year World is in the XY-Z world
   • The Ten-thousand-year World is in the X-Y-Z world
   • The Celestial Islands Continent is in the XYZ world

405. The universe exists for LIFE and LIFE exists for the universe; when LIFE dies out, the universe will perish; when the universe ends, LIFE will be extinct.

406. The solar system was designed to serve humans on the Earth.

407. The moon did not come into being naturally, it was created specifically for LIFE on the Earth; apart from its other functions, the moon serves as a warehouse, mainly to store UFOs.

408. We now see UFOs not coming from outer space, but from the moon's center. The moon's center is a giant warehouse, with many objects used by the heavenly beings. The UFOs are one of these objects. The moon has a door, which can be opened at any time, and the mysterious Bermuda Triangle is below.
有一个巨大的“宫殿”，是天仙们在地球上的临时“旅馆”，根据需要，天仙们可以随时“遥控”月球内部的“飞碟”对地球进行探察访问。

The UFOs that we occasionally see in the sky are not from outer space but from within the moon, which is a gigantic warehouse storing many “tools” that Super Celestial Beings once used, and UFOs are one kind of them. The moon has a gate which can be opened at any time and there is a huge “palace” beneath the mysterious Bermuda Triangle which Super Celestial Beings use as temporary lodgings on Earth. When such needs arise, Super Celestial Beings can exercise remote control of the UFOs within the moon at any time and use them to visit Earth.

409. 大气层是地球的皮肤；臭氧层是地球生命的保护神；水是地球的血液；光合作用是生命食粮的源泉；自然界的对称是一股神秘的力量；绝美的比例是黄金分割；大脑是宇宙的缩影；基因是生命的天书；条件反射是生命的保护机制；两性愉悦，不仅仅是为了传宗接代；自然之美是上帝的杰作。

- The atmosphere is the earth’s skin
- The ozonosphere is to protect LIFE on the Earth
- Water is the Earth’s blood
- Photosynthesis is the headspring of food for LIFE
- Symmetry in nature is a mysterious force
- The perfect scale is the Golden Ratio
- The brain is the epitome of the universe
- Genes are the sealed book of LIFE
- Conditioned reflexes are the protective mechanisms of LIFE
- Sexual pleasure is not only for the continuation of ancestral lines
- The beauty of nature is the masterpiece of the Greatest Creator

410. 宇宙中有一种超越光速的负宇宙速度，它就是反物质运行的速度。

There is a negative cosmic velocity in the universe; namely, the speed of the nonmaterial, which is faster than that of light.
411. Everything in the universe moves in accordance with Tao. The spirits of all LIFE forms are connected to that of the Greatest Creator. Each thing and every phenomenon follow its own principles and laws. Whether it be the operation of celestial bodies or the action of an ant or a bee, everything is controlled by Tao. The universe is holographic, and a thought can spread across it within an instant.

412. The total energy of the universe is always zero, which enables its stable order.

413. The holographic phenomena means the universe is holographic. A holographic universe means that the universe is so expansive that there is no exterior and so small that there is no interior. Everything and all Phenomena are holographically interconnected, nothing is independent of anything else, and no phenomenon is independent of any other phenomena.

414. The unity of opposites is only the appearance of the universe, not the essence of it; the essence of the universe is a holographic-order entity. There are no opposites such as justice and injustice, good and evil, or beauty and ugliness within the holographic order.

415. The universe is divided into the large universe and the small universe. The universe without end is the large universe, and the universe with end is the small universe. The large universe is composed of many small universes. The universe we exist in is a small universe, called the Earth Universe.
There are grand universe and small universes. The boundless universe is called the Grand Universe and the bounded universes are called small universes. The Grand Universe is made up of a vast number of small universes. The universe in which humans live is a small universe, and it is called the Earth Universe.

416. 凡在时间范围内的所有物体，包括天体宇宙，都有一个起源，都有一个诞生的时间和发展的过程，宇宙也不例外。宇宙诞生之前为“无极”，“无极”的状态是：无外无内，无大无小，无边无际，无虚无实，没有时间，没有空间，没有物质，没有精神，是一派清明，又是一片混沌，是一切的有，又是一切的无。

All objects within the scope of time, including celestial bodies, have an origin, a time of being born and a course of development. The universe is no exception. Before the birth of the universe, it was “Wuji”.

The state of Wuji is:
- The absence of large and small
- The absence of borders
- The absence of entity and non-entity
- The absence of time, space, substance, and spirit
- All is a state of clearness and brightness as well as chaos; all is a state of existence as well as nonexistence.

417. 混沌是一种无序状态，浑沌是一种有序状态。混沌是宇宙未形成前的状态，浑沌是宇宙形成后的状态。混表示混乱、无序；浑表示浑然一体，完整而不可分割；沌表示漫无边际的一种汪洋状态。混沌没有天，没有地，没有边缘，没有界限，也没有中心，没有阴，没有阳，也没有中道；浑沌有太极，是对立统一的那个“一”，有两极，有中道。

Chaos is a disorderly state, but holographic order is an orderly one; chaos was the state before the formation of the universe, while holographic order has been the state afterward; Chaos (Chinese 混沌) means mess, lack of order; in Chinese holographic order is written as浑沌, 浑 means wholeness and inseparable integrity, and Dun (沌) means a borderless and expansive state like the immense ocean. In the state of chaos, there is no heaven, no earth, no borders, no limits, no
center, no yin or yang, and no middle way. In the state of holographic order, there is Taiji, the One in the unity of opposites, the two poles, and the middle way.

418. 维护宇宙正负能量之和为零的法则叫因果报应律。
The law that maintains the zero sum of positive and negative energy is called the law of cause and effect.

419. 正是因为有自性，万物才呈现出层次分明，结构严谨，千姿百态，变化万千的生命奇观和自然万象。若一切事物失去了自性，宇宙就归为混沌。
The existence of natures is what causes the clear-layered, well-structured, multiform, and constantly changing wonder of LIFE and all natural phenomena. If everything were devoid of their natures, then the universe would return to its chaotic, primordial state of chaos.

420. 物质世界就是正宇宙，反物质世界就是负宇宙。凡超物质的，无形的，看不见，摸不着，听不见，嗅不到，测不出，感觉不到，却对物质世界起作用的都是反物质，均属于负宇宙范畴。梦境就是负宇宙（反物质世界）的一种体现。
The material world is the positive universe; the nonmaterial world is the negative universe. Non-material things are of the negative universe as they are non-physical, intangible, invisible, untouchable, inaudible, and cannot be sensed, measured, or perceived, yet influence the material world. The dream world is a type of negative universe; namely the nonmaterial world.

421. 物质和反物质所处的位置及活动的范围叫空间。空间有正负性，物质存在的空间叫正空间，反物质存在的空间叫负空间。正空间由物质的存在和分布决定，负空间由反物质的存在和分布决定。
The positions of materials and non-materials and the spheres of their activities are called space. Space can be positive or negative; non-materials exist in negative space; materials exist in positive space. Positive space is determined by the existence and distribution of...
422. Space can change an object’s shape and its rules of operation. Space includes natural spaces and thinking spaces. In different spaces, operation rules and the existence of LIFE and objects are different. Changes of space can cause changes of one’s physical functions, thinking, and the survival state. One must change space if they want to change themselves.

423. Nature gives us corresponding feedback to whatever information we enter; there are no coincidences in the universe, all phenomena must have their determining factors. All natural phenomena have causes which lead to inevitable results; this is the program and objective law which is not subject to the will of man.

424. Space can be compressed, expanded, and dissolved.

425. The passageways connecting the thirty-six dimensional spaces are called space tunnels.

426. Space is important for humans. A better space can bring out the best of humans, and make them feel happy and satisfied; a bad space will suppress human spirit, restrict the use of human potentials, and make people
心疲惫，如陷监狱。所以，要努力建造或进入优良空间，避免建造或进入不良空间。

Spaces are vitally important to people; a good space can bring people’s capabilities into full play and make them feel relaxed and happy, while a bad space will oppress human nature and limit their talents, reducing them to mentally and physically fatigued “prisoners”. Therefore, we should strive to create or enter good spaces and avoid creating or entering bad ones.

427. 时间是物质运动状态的“记录器”，时间产生于运动，无运动便无时间。

Time is the recorder of the state of material movement; time is born of movement; there would be no time without movement.

428. 时间有八大特征：一、时间是反物质；二、时间有正负性；三、时间有特殊性和普遍性；四、时间是变量；五、时间遍布所有的物质空间；六、时间有纵向时间和横向时间；七、时间在不同的空间有不同的含义；八、时间可以被压缩、扩张也可以消失。

Time has eight (8) great characteristics:

1. Time is nonmaterial
2. Time can be negative or positive
3. Time is particular and universal
4. Time is a variable
5. Time pervades all material spaces
6. Time is both longitudinal and latitudinal
7. Time has different interpretations in different spaces
8. Time can be compressed, expanded, and dissolved

429. 正负时间构成的遍布于空间的密密麻麻的时间网络叫时间隧道。

Time tunnels are dense time networks which are composed of positive and negative time and are widely distributed throughout the universe.
430. Time changes everything; everything exists within a specific time; to make an object exist eternally, you must make its time of existence eternal.

431. There is latitudinal time and space in the universe, but time does not exist in latitudinal time and space; in latitudinal time and space, one cannot feel the passage of time, but insofar as earth time is concerned, several seconds of latitudinal time and space can be several decades, centuries, or millennia.

432. Our physical bodies are in positive space, but our spiritual entities are in negative space.

433. To escape from the bondage of time and space, one must think whimsically, unconventionally, and act against norms.

434. Tao is the commonality of the universe, and the core of Tao is the Greatest Creator. Revering the Greatest Creator and following Tao is the perfect and harmonious integration of one's individuality with their universal commonality. Only those who integrate their individuality perfectly and harmoniously with the commonality of the universe have sober minds and bright prospects. Those who abandon this general
principle and direction cannot secure bright prospects no matter how intensely they engage in self-cultivation.

435. 反物质是物质的反动，物质所拥有的特性反物质不具备，一切的物质都有生、成、衰、亡的过程，而反物质世界的一切都是可以瞬间幻化的。从宇宙时间的长河来讲，所有的物质都是昙花一现的，都是虚无缥缈的，都是没有价值的。要想获得永恒的存在，必须摆脱时间的控制，要想摆脱时间的桎梏，应该在生命的灵体上下工夫。瓜熟蒂落，水到渠成，一旦突破，随时可以进入横向时空，将会心旷神怡，美不胜收。

Nonmaterial is the reverse side of material and does not possess the characteristics of material; all material passes through the processes of birth, growth, decay, and death, but nonmaterial does not; everything in the nonmaterial world can miraculously transform in an instant. From the perspective of the ever-existing universe, everything is transient, illusory, and valueless. To obtain eternal existence, one must break away from the control of time; to do this, one must work hard to perfect the spiritual entity of their LIFE. When all conditions are ripe, success will follow; once you manage to break through the limitation of time, you will be able to enter latitudinal time and space as you like, feel relaxed and happy, and be overwhelmed by unparalleled beauty.

436. 反物质世界是无法靠科学、理性、事实、逻辑推理等认识的，要认识反物质世界，唯一的方法是让我们的意识进入其中，要亲自去看，去观察，这就像人进入梦境那样，只有自己亲自进入其中，才能明白什么是反物质世界。反物质世界分两种状况，一种是进入时间隧道看到的反物质世界，另一种是进入空间隧道看到的反物质世界，从时间隧道看到的反物质世界是纵向的，从空间隧道看到的反物质世界是横向的，也就是说，你要想看到你过去的情形或将来的情形，必须进入时间隧道去看，如果想知道此时此刻存在的其他反物质世界，就必须进入空间隧道去看。

It is impossible to understand the nonmaterial world by means of science, intellect, facts, and logical reasoning, the only way to know it is to let one’s consciousness enter the nonmaterial world and be there to observe it just as we enter our dreams; it is only by entering into the nonmaterial world in person that we can understand it. There are two types of nonmaterial worlds, one is to be perceived from a longitudinal time tunnel and the other is to be perceived from a latitudinal space
tunnel; this is to say that to learn about your past or future, you must enter a time tunnel; to know about other nonmaterial worlds existing at this moment, you must enter a space tunnel.

437. 如果我们看不到物质世界的一切，证明我们的肉眼出了问题，瞎了，或闭了，或被蒙了；如果我们看不到反物质世界的一切，说明我们的灵眼出了问题，或是瞎了，或是闭了，或是被蒙了。

If we can not see anything in the material world, then our physical eyes have failed: they are covered, closed, or have become blind; if we can not see anything in the nonmaterial world, then our spiritual eyes have failed: they are covered, closed, or have become blind.

438. 宇宙中正负能量之和为零，输赢的总成绩为零，成功者的荣耀后面往往隐藏着失败者的辛酸和痛苦。所以，为了他人的开心和幸福，只取一瓢饮，不要多贪多占，不要把好处都占全。

The sum of positive and negative energy in the universe is always zero, the total score of wins and losses is always zero, and behind the glory of every winner hides the bitterness and misery of a loser. Therefore, for the sake of other people’s happiness, we should only take what is necessary for us instead of having an insatiable greed for all benefits.

439. 宇宙八大辩证法：一、空即色，色即空；二、穷则反，终则始；三、微则著，细则大；四、生死互根，阴盛阳衰；五、无则有，有则无；六、心灭性显，心生性隐；七、动静相宜，明晦相依；八、正反对称，比例制约。

The Universe has these eight (8) dialectics:
1. Form is emptiness; emptiness is form
2. When things are exhausted, they revive; when they end, they begin again
3. The hidden becomes clear and the smallest becomes big
4. Life and death are the root of each other; Yin flourishes and Yang declines
5. To own nothing is to have everything and to own everything is have nothing
6. Our nature emerges when our mind is silent; it subsides when the mind is active
7. Motion and stillness co-exist; brightness and darkness are interdependent
8. Positive and negative are symmetrical; development is constrained when the balance of any proportion is broken

440. 道是上帝的意识，是宇宙的血液，是性，是一切规律的综合，是宇宙万物运行制化的总程序。
Tao is the consciousness of the Greatest Creator and the blood of the universe; it is nature, the synthesis of all laws, and the general program that governs the operation, mutual generation, and restraints of everything in the universe.

441. 道具有浑沌性、恒久可靠性、瞬时感应变易性、无内无外跨越时空性、灵性、公正性、无滞性、虚无缥缈实在性八大特性。
Tao has these eight (8) characteristics:
1. in holographic order
2. Eternal reliability
3. Instantaneous detection and response
4. Lack of interior or exterior but transcendence over time and space
5. Spirituality
6. Justice
7. Immediacy
8. Illusory yet actual

442. 道表现出来的一切是以相的形式体现其内涵的，没有相，道的内涵难以体现。相是道的体现，但相相对不是道，犹如人体的一个细胞是人体的体现，但细胞绝对不是人。
The content of everything represented by Tao is expressed in forms; without form, Tao’s content would be difficult to materialize. Form is the embodiment of Tao, but is by no means Tao itself, just as a cell in a
human body is the embodiment of that person, but is definitely neither
him nor her.

443. 道在一切中，一切在道中。道是一，庞大的宇宙只有一个意识，那就是上帝的意识，上帝的意识通过道体现。

Tao exists in everything; everything exists in Tao; Tao is the One. The vast universe has only one consciousness, that of the Greatest Creator, which is manifested through Tao.

444. 道的属性没有矛盾，有矛盾就不是道。人若有矛盾就没有入道，群体中有矛盾就证明这个群体没在道中。

The attributes of Tao have no contradictions; if one has conflicts in their minds or has conflicts with others, they are not in tune with Tao; if there are conflicts within a group, it is not in tune with Tao.

445. 大道之行，发于毫末，成于点滴，收于精微，却无诀窍。

The operation of Tao begins with minor details, achieves in dribs and drabs, and consummates in both the profound and the subtle, but there is no trick to it.

446. 禅是悟道的上乘法门，其他的任何法门都可以用文字来表述，惟有这禅法只能用心灵感悟。明白了禅理禅机，就不用上学读书了，因为天地和万千气象都是书。不论何时何地，不论我们的眼睛是睁着，还是闭着，不论我们是睡着，还是醒着，我们随时可以读天地万象这本大书。

Zen is the best approach through which one can become enlightened; any other approaches can be described by words, but only Zen can be carried out with soul. Having understood the truth of Zen, formal education is unnecessary because heaven, earth, and all other phenomena are “books”; we can read the “books without words” of heaven, earth, and all phenomena at any time, whether we are awake or asleep.
Note: Here Zen means the process of reading and observing the wordless book (every phenomenon of nature, society, and the whole universe), understanding it by thinking, verifying, and eventually getting the absolute truth of oneself and the universe, and obtain enlightenment.

447. 有一种东西是永恒的，从无限久远的过去，到久远无限的未来，它始终如一默默奉献，它的表象随时幻化，本质却一成不变，不论是过去、现在、将来，只要我们愿意，我们随时可以靠它，这才是我们可以寄托生命的地方，它就是道。道就是上帝的意识体现，是上帝的灵，把生命寄托在道上，就是把生命寄托在上帝的意识和灵上，一句话，我们要把生命寄托在上帝身上。

One thing is eternal: from the remote past to the distant future, it has been committing itself silently. Its semblance can change at any time, but its essence always remains the same, in the past, the present, and the future; as long as we are willing to rely on it, we always can, and this is where we can entrust our LIVES—Tao. Tao is the embodiment of the consciousness, and the spirit of the Greatest Creator; by entrusting our LIVES to Tao, we are entrusting them to the care of the consciousness and spirit of the Greatest Creator; in one word, we must entrust our LIVES to the Greatest Creator.

448. 离用，体无可得，这是大奥秘。这个奥秘的意思是说，体的内涵通过其"用"来展现，要想得到体，必须在"用"上下工夫，离开了"用"，是不会获得体的。只有体现出自己的"用"，我们才能得道，因为事物的价值在于"用"，离用体无可得。

Essences cannot be understood other than through their uses. This is a big mystery which simply suggests that the meanings of all essences are expressed by their "uses". To allow one’s essence to be understood, they must concentrate their efforts on their uses. It is only by expressing our uses that we can attain Tao because the values of everything lie in their uses and without them, their essences cannot be understood.

449. 事物的价值在用，道的功能和价值完全是通过用来体现的，用处越大、越多，其价值就越大。宇宙间的物体，都是通过自己的用来体现自己价值的。对人而言，谁的用处多，或者说，谁的用处大，谁的价值就高，
其内涵就越丰富，就越容易地久天长。我们修行，就要扩大我们的用处，我们越有用，证明我们修行得越好。

The values of things lie in their uses; the functions and the values of Tao are embodied completely in its uses. The greater one’s use is, the greater their value is, and all objects in the universe express their value through their use. As far as humans are concerned, the more uses one has, or the greater uses they have, the greater value they have, the richer intentions they will attain, and the more easily they will approach eternity. We cultivate ourselves by expanding our uses; the more useful we are, the better we do in cultivation.

450. 道的特征是浑沌，混沌是浑沌的表象，浑沌是浑沌的实质。人类中绝大多数的人看到的世界是混沌现象，唯有极少部分人看到的世界是浑沌现象。耶稣、释迦牟尼、老子等之所以伟大，就在于他们眼中的世界是浑沌的，而不是混沌的。混沌认识是狭义的、片面的、局部的、线性的；浑沌认识是广义的、全面的、整体的、非线性的。

Holographic order is the characteristic of Tao, chaos is the appearance of holographic order, and holographic order is the essence of chaos. Actually, 99.9999% of people see chaos, but only one in a million see a holographic order world. Jesus, Sakyamuni, and Lao Tzu are great because they understand this holographic order rather than just chaos. The perception of chaos is narrow-sensed, one-sided, local, and linear; the perception of holographic order is broad-sensed, comprehensive, integrated, and nonlinear.

451. 学道，要跟自然万物学，跟镜子学，跟小孩子学。要成道，就忘掉自己，然后忠实地反映事实真相。成道者像一面镜子，要如实反馈所映照的对象，外面的景象千变万化，你也必须滴水不漏地千变万化，不能歪曲事实，不能使景象扭曲变形。一个没有自己却忠实地反映出事实真相的人，就是一个成道者。

To learn from Tao, one must learn from everything in nature, from the mirror, and from children; to achieve Tao, one must forget themself and faithfully reflect the truth and facts. Those who have achieved Tao are like mirrors which reflect everything truthfully, including the endlessly changing outside world; they do not distort facts or scenes. One who
has no self but faithfully reflects the truth and the facts is one who has achieved Tao.

452. 求术是小事，求道是大事，术易得，道难成。不要掉进术的陷阱中难以自拔，术是无穷无尽的，十万年的时光也研究不完术，也无法穷尽，还是直奔源头，直奔道吧！

The pursuit of various techniques is a minor consideration, but the pursuit of Tao is a major one. It is easy to acquire and learn techniques but extremely difficult to achieve Tao. Do not fall into and get stuck within the traps of techniques because techniques are endless. The research for techniques cannot be completed in even a hundred thousand years, so let us go directly to the headstream - Tao.

453. 登天难，了解自己更难；求道难，但难不过真实地面对自己。

It is difficult to reach heaven, but more difficult to understand oneself; it is difficult to pursue Tao, but more difficult to confront oneself truthfully.

454. 一人得道，鸡犬不会跟着升天；一人成仙，亲朋好友不会跟着成仙。每个人的路要靠自己走。

One's chickens and dogs will not follow them to heaven by their having achieved Tao; one's friends and relatives will not become immortal because of their becoming immortal; everyone must complete their own path.

455. 我们的修炼要集中在悟道、求道、得道、行道上面，不要迷恋在功、法、术、仪式上面，要注重内涵，不要注重外表和形式，修炼的核心是为了完善生命的非物质结构，而不是获得智慧和特异功能，我们要在思维上下工夫，要在意识的转换上下工夫，不要在打坐练功上下工夫。

Our self-refinement should be concentrated on the perception, pursuit, attainment, and practice of Tao, and we must never be infatuated with Gong, magic, techniques, or ceremonies. We should pay attention to inner qualities rather than to appearances and forms; the core of self-refinement is to perfect our nonmaterial structures of LIFE rather than to obtain wisdom and supernatural powers; we should work on our thinking
and our transformation of consciousness instead of on meditation and practicing our skills.

456. 悟道、求道、证道、得道、守道是生命的升华之道。悟道就是通过对大千世界万千现象的观察，感悟宇宙的运行规律、运行法则、万物万象的起源、生命的运化原理，及宇宙、时空、生命、人生的奥秘和奥妙。求道就是在悟道的基础上开始建立自己的世界观、人生观、生命观、价值观。证道就是通过自己的实践活动不断地反复验证自己的世界观、人生观、生命观、价值观是否正确，是否符合道的演化规律和程序。得道就是已经明白了宇宙时空，人生的奥秘奥妙，并进而建立了牢不可破的正确的世界观、人生观、生命观和价值观。守道就是按照已经建立起的世界观、人生观、生命观、价值观修行修炼、做人做事，无论沧桑如何变迁，无论周围发生什么大事，无论自己处在顺境还是逆境，无论面临多大的诱惑，都将坚守信仰和信念，“千磨万击还坚韧，任尔东西南北风”，“任凭风浪起，稳坐钓鱼船”，如如不动。耶稣教导我们的“忍耐到底的人，必然得救”就是守道的核心含义。

The perception, pursuit, verification, attainment, and maintenance of Tao is the road to the sublimation of LIFE.

To perceive Tao means to understand the following principles by observing the endless variety of phenomena in the boundless universe:

• The laws and rules that govern the operation of the universe
• The origin of all things and phenomena
• The principles of the operation of LIFE
• The secrets and profound mysteries of the universe, of time and space, and of life and LIFE

The pursuit of Tao is to establish one’s own outlook on the world, LIFE, life, and values, on the basis of the perception of Tao.

The verification of Tao is to validate through one’s practices over and over again, whether the outlooks on the world, life, LIFE, and values are
correct and conform to the laws and procedures of the evolution procedures of Tao.

The attainment of Tao means that one has understood the secrets and profound mysteries of the universe, time and space, and life and LIFE, and has established unshakable correct views on the world, life, LIFE, and values.

The maintenance of Tao means that one will self-improve, self-refine, and behave according to the views on the world, life, LIFE, and values that one has established, and will stick to their faith and belief no matter how the world may change, what great events may happen in the vicinity, whether they are in prosperity or in adversity, and regardless of how great a temptation with which they are faced. They will remain resilient and strong even after going through endless battering from hurricanes from every direction, and remain seated on the fishing boat, unaffected by stormy waves. Jesus’ teaching that, “one who has the greatest endurance will be saved”, is the core meaning of maintaining Tao.

457. 孔德之容，唯道是从。道之为物，惟恍惟惚。惚兮恍兮其中有象；恍兮惚兮其中有物。窈兮冥兮，其中有精；其精甚真，其中有信。自古及今，其名不去，以阅众甫。吾何以知众甫之然哉？以此。

A man of great virtue is one who follows the way of Tao. ”Tao” has no clear fixed entity. What does it look like? It is elusive and evasive, in which there are forms; elusive and evasive, in which there are entities; so profound and obscure, in which there is essence of energy. The essence of energy is really true, which is verifiable. Dating back to ancient times, its name can never be abolished, but the very beginning of all things can be observed according to it. How can I know the beginning of all things? Through Tao.

458. 10-9="道"。“道”的涵义非常宽泛庞杂，但简而言之，就是规律，就是秩序，就是1。对人而言，10-9的含义是：要把人生中纷繁复杂、千头万绪的事务分类抛开，专心致志于一件事，只要把这一件事做深、做细、做透、做彻底，就会从中获得所需的一切东西。这就是说，我们一旦坚守
一，就表明已经入了“道”。一心一意、专心致志、全力以赴、锲而不舍就是10-9的体现，只要10-9，就会水滴石穿、绳锯木断、瓜熟蒂落、水到渠成，就没有成就不了的事。

“10-9=Tao”! Tao has intricate layers of meanings, however when they are all reduced to their basics, they are simply the law, the order, and the One. For us, the meaning of “10-9” is the casting away of numerous and complicated matters in life and the concentration of all our efforts onto one thing: to thoroughly, intensively, and completely attend to one matter is to obtain everything from it that we need; that is to say, as long as we stick to the One, we will be in tune with Tao. Undivided attention, whole-hearted devotion, total commitment, and perseverance are the embodiments of “10-9”. As long as we are capable of this, there is nothing that we cannot achieve; rubbing ropes against wooden boards will cut into them and dripping water onto stones will wear them down; channels form when water flows, and melons' pedicles fall when their fruit ripens.

459. 道的演化程序谁能改变？我们不要试图去改变，我们需要的是逃离生命的陷阱，救不了自己的人根本救不了他人，所以先救自己，再救他人。贫穷的人还能给他入经济资助吗？所谓“泥菩萨过河自身难保”。已经在陷阱中的人，首先要从思维意识上逃离，只要你的神是醒的，只要你的心是明的，就可以逐步逃离生命的陷阱。

Who can change the evolution program that ruled by Tao? We should not attempt to do so. What we need to do is escape from the trappings of LIFE. It is impossible for those who cannot save themselves to save others; save yourselves first, then save others. Can the poverty-stricken offer financial help to others? Can the imprisoned help other prisoners to escape from their cells? Those who have fallen into a trap should try to escape from it on the conscious level first. As long as you are awake spiritually and have a sober mentally, you can escape from the trappings of LIFE, one step at a time.

460. 至道不可以情求。道法无情，它不会因你贫穷、可怜而帮助你，也不会因你富裕、强大而惩罚你，奖惩的唯一标准是看你是否顺道还是逆道。顺道，奖励；逆道，惩罚。
Ultimate Tao cannot be pursued according to relationships; it has no favorites and it will not help you if you are poor and pathetic nor punish you if you are rich and powerful. The only measure of reward or punishment is to see whether or not you are following Tao. If you are, then you will be rewarded; if not, you will be punished.

461. 成仙之道在于入俗脱俗、涉世出世、尽心了心、就凡超凡。
The way to become a Celestial being lies in the following methods:
● Being free from the secular even while remaining in the secular world
● Being away from worldly affairs in your mind even when you must interact with them
● Doing your best to complete your duty to be free from cares and worries
● Remaining ordinary while transcending beyond the ordinary

462. 一个人若能达到始终开心、喜悦、自由的境地，就是仙了。
Anyone who is always happy, joyous, and free is a Celestial.

463. 要想成仙，必须结仙缘了尘缘。尘缘不了，难以成仙。
To become a Celestial, one must sever all their worldly ties and foster new ones with other Celestial beings; it is hard to be a Celestial being while still being constrained by worldly ties.

464. 心无所住，心无挂碍，随缘放旷，任运逍遥。行于是，止于是，造次于是，逍遥于是。
Let your mind abide nowhere and be free from cares and worries; follow your own nature and be unrestrained; follow your destiny and be carefree.” Be content no matter where you are, what you encounter, or what you are doing.

465. 从人到仙佛必做的三件事：偿还债务，了却尘缘；付出奉献，积累功德；完善完美化自己生命的反物质结构。
Your transformation process from being a human to becoming a Celestial or to achieve Buddhahood must include these three items:

- Pay back your debts and end your worldly ties
- Accumulate your merits and virtues by serving and dedicating
- Perfect your life’s nonmaterial structure

For those whose goal is to become a Celestial being: fame, power, wealth, and rank are traps, and glory, humiliation, favor, and disfavor are obstacles. It is only with the least amount of selfish desire and indifference to favor and humiliation that one can embark on the road to becoming a Celestial being, and the lack of selfish desire is the starting point toward reaching that end. If selfishness is not banished, then one will be bound to live as a laity, and if their desires are not extinguished, then they may be engulfed by the flames of desire. To become a Celestial being, one must reduce their selfishness, decrease their desires, keep a sober mind in the face of fame, power, and carnal pleasure, and use materials when necessary, but never be enslaved by them.

To become a Celestial, one must detach themself from worldly affairs and withdraw from worldly pursuits.

Transcendence over worldly affairs means the taking of a great leap from restlessness and noise to a return to serenity.
468. 有什么样的生命结构，就生活在什么样的空间。动物在地上奔波，鸟儿在空中飞翔，蜜蜂在花丛中穿行，苍蝇在垃圾堆中往返，凡俗人在家庭私有制社会中忙碌，贤人在公有制状态中畅游，仙人在无有制环境中悠闲，天仙在自己的世界里随心所欲。

What kind of space one lives in is dependent on their LIFE structure. Animals scurry about on the ground, birds soar in the sky, bees buzz among flowers, flies dash between garbage piles, ordinary people hustle and bustle in private ownership and having families, sages wander freely in public ownership, Celestials enjoy leisure in non-ownership, and Super Celestial Beings play at will in their own worlds.

469. 成仙的秘诀之一是，我们的意识中要创造未来，创造仙境，我们的意识中要把自己想象成神仙，“有什么样的思维方式，就会有什么样的生命存在形态”，如果我们整天想象着在千年界生活，久而久之，我们生命的结构就朝着千年界发展，等到瓜熟蒂落，水到渠成的一天，就可以去千年界了，别人以为你死了，实际上你已经离开人间去千年界享受神仙的生活了。

One of the magic codes for becoming a Celestial being is to be able to create a future fairyland in our consciousness. We must first imagine ourselves as a Celestial being in our consciousness: “Different modes of thinking correspond to different forms of LIFE”. If we always envision life in the Thousand-year World, then the structure of your LIFE will develop toward that end and we will go there when the conditions become right. Others may think that we are dead, but we will actually have departed the human world to enjoy a Celestial being’s life in the Thousand-year World.

470. 佛道有“五戒十善”“戒定慧”等之说，基督之道有原罪赎罪之说，人道有一套纲常伦理之说，而仙道之说是裸露本性、自由快乐、随缘放旷、任运逍遥。

The way of Buddha has beliefs of “five monastic precepts and ten kindnesses”, and “precepts, calmness, and wisdom”, the way of Christianity has beliefs of original sin and penance, and the way of Humans has a set of theories and rules governing human relationships.
The way of Celestial beings’ beliefs encourage the exhibition of their natures, being free and joyful; follow your own nature and be unrestrained; follow your destiny and be carefree.

471. 如果我们活得很累，离仙道远了；如果我们越活越开心越快乐，自由潇洒，离仙道近了。
When we are tired and fatigued, we have strayed from the Celestial way; when we are happy and unrestrained, we are closer to the Celestial way.

472. 猪要知道自己活着的意义，必须具备养猪人的思维；人要知道自己活着的意义，必须具备养人者的思维。任何一个人，一旦清楚了活着的意义，就是仙了。
Swine must possess the thinking of the swine keeper to know the meaning of their lives; people must possess the thinking of their keeper to know the meaning of their lives; anyone who knows the meaning of their life has become a Celestial.

473. 要想成仙，努力寻求空、灵、秀的空间；要想成仙，必须围绕空、灵、秀规划人生；要想成仙，把自己的爱撒向人间；要想成仙，为新时代多作贡献。
To become a Celestial being and achieve Celestial immortality, one must strive to find the “spiritual pure land”, plan their life around it, spread their love across the world, and contribute more to the new era.

474. 从人间到天国，也就是从人到仙，需要八大觉悟：
一、觉悟生命。生命是有灵性的一种反物质结构，生生息息，轮回转化，永不死灭。
二、觉悟生死。生死是表象，不是实质，生死是形式，不是根本，“离离原上草，一岁一枯荣，野火烧不尽，春风吹又生”。船到对岸，弃船上岸。
三、觉悟因果。“种瓜得瓜，种豆得豆”，“天网恢恢，疏而不漏”。“
四、觉悟空间。宇宙中有20个平行世界，有36维空间，有天堂，有地狱，天堂是为完美者设置，地狱是为缺陷者设置，有什么样的生命状态，就有什么样的生存空间。

五、觉悟因缘。一切皆是缘，与鬼结缘去阴间，与仙结缘达仙境，债务不清走不出困境，功德不足到达不了仙境。

六、觉悟心性。现实是意识的投射，意识创造现实，万象生心灵，心灵超万象，三界唯心，万法唯识，花香蝶自来，心净仙人至，心无所住即如来，性是结构的特征，性就是佛。

七、觉悟法阵。宇宙中有36道法阵，这是游戏之源，妙趣横生，比如权、钱、名、利、色、情感就是一局局法阵，深陷其中难以超脱，唯有获得无上正等正觉，才能“超出三界外，不在五行中”。

八、觉悟本真。一切皆有源，源头乃本真。意识、结构、能量乃构成宇宙的三要素，其余皆“梦幻泡影，如露亦如电，应作如是观”，佛祖上帝就是一切的源头，就是本真，认识上帝，走上帝之道，八万四千法门皆通途；不识上帝，不走上帝之道，八万四千法门尽头全是悬崖峭壁。

Eight (8) major consciousnesses are involved in the process of advancing from the human world to heaven; that is, ascending from a human being to a Celestial being:

1. Enlightened Consciousness of LIFE. LIFE is a nonmaterial structure with spirituality; it undergoes endless transmigrations without annihilation.

2. Enlightened Consciousness of Life and Death. Life and death are only appearances, not essences; forms, not truth. “Boundless grasses across the plains come and go with every season; wildfires never quite consume them, they are tall once more in the spring wind”. When your boat reaches the other shore, you simply disembark.

3. Enlightened Consciousness of Karma. “As a man sows, so he shall reap”; “Divine punishments, though slow, are always sure; with big meshes, yet letting nothing slip through”.

4. Enlightened Consciousness of Space. There are twenty (20) parallel worlds in the universe, thirty-six (36) dimensional spaces, and paradises and hells. Paradises are for perfect LIVES; hells are for defective ones. There are different spaces of LIFE for different
life states. Each LIFE lives in a space corresponding to their LIFE state.

5. Enlightened Consciousness of Predestined Relationships. All relationships are predestined. Relationships with ghosts will drop one to hell; relationships with Celestial beings will raise one to a fairyland. If one’s debts are not paid off, they cannot get out of their plight, and if one does not have enough merits and virtue, they cannot reach the fairyland.

6. Enlightened Consciousness of Mind and Nature (LIFE's nonmaterial structure). Reality is a projection of consciousness; consciousness creates reality. Form gives birth to mind, but mind can transcend over form. “Minds are the most important of the Three Realms, and consciousness is the most important of all rules.” Fragrances will attract butterflies to flowers and pure hearts will be frequented by Celestial beings; minds that do not abide anywhere are Tathagata; nature is the characteristic of structure; it is Buddha.

7. Enlightened Consciousness of Eight-diagram Arrays. The universe has thirty-six (36) Eight-diagram Arrays and they are the sources of games. They are full of fun; for example, power, money, fame, gain, carnal pleasure, and affection are Eight-diagram Arrays from which no one can detach themself once they become entrapped; it is only after one has acquired supreme Authentic Wisdom that they can transport themself outside the samsara world of endless transmigrations.

8. Enlightened Consciousness of the true Origin. Everything has its source, its origin. Consciousness, structure, and energy are the three constituent elements of the universe; all others are “as a dream, an illusion, a bubble, a shadow; as dew and lightning; thus, you should meditate upon them”. The Greatest Creator is the source of everything and therefore the real origin; if you understand Him and follow His way, then any of the eighty-four thousand (84,000) methods will lead you to a smooth path, otherwise, you will be at the edge of a cliff.
How does one become enlightened? If one can achieve an integrity of body and soul through self-improvement and self-refinement, then they will have grown real spirit, great talent, and virtues concentrated within them. Without the Great Vow, they will find it difficult to understand the profundity of the universe, and to become enlightened. If they can achieve the following, then the light of their soul will become brighter, their consciousness will become clearer, and they will finally become enlightened.

- Hold and keep to the “One”
- Be free from ego and selfishness
- Revere the Greatest Creator, LIFE, and nature wholeheartedly; follow the Way of the Greatest Creator
- Devote your heart and soul to the creation of a reality in which the talented are put to good use, the whole world becomes one big family, no one pockets anything found on the ground, and doors are not bolted at night
- Everything is in harmony, the wind and rain come in their time, and everyone is happy, joyous, free, and blessed

The program cannot be initiated unless conditions are ripe and one cannot ascend to become a Celestial being if their self-improvement and self-refinement have not achieved the necessary ideal level.
477. Heaven is the general term for the Thousand-year World, the Ten-thousand-year World, and the Celestial Islands Continent of the Elysium World.

478. The Thousand-year World, the Ten-thousand-year World, and the Elysium Celestial Islands Continent are not fanciful imaginations. They are inevitabilities caused by the law that the sum of all positive and negative energy is always zero, just like the inevitable existence of Mercury, Venus, Mars, and the outer planets in our solar system and of our seven apertures, hair, limbs, and all of our internal organs.

479. The Thousand-year World is a celestial body that is nine-hundred and sixty (960) light years from Earth. About ten times the size of Earth, it is currently inhabited by approximately two-hundred-million (200,000,000) Celestial beings. As the basic life span of LIFE for Celestial beings on this celestial body is about a thousand (1,000) years relative to Earth time, it is called the Thousand-year World. It is a world of pure sincerity, kindness, and beauty; one of love, peace, pleasure, and where human nature is sublimated; anyone with a perfect human nature can undoubtedly go there, as there is no limit to the population size.

480. The Thousand-year World is a celestial body that is three thousand and forty-eight (3480) light years from Earth. It is about sixteen times the size of Earth, has sixteen equally spaced suns, and is home to an approximately two-billion (2,000,000,000) Celestial beings.
The Ten-thousand-year World is a beautiful celestial body located three-thousand, four-hundred and eighty (3,480) light years from Earth. It is sixteen (16) times the size of Earth and is surrounded by sixteen (16) equidistant suns. About one hundred-million (100,000,000) Celestial beings live there. The basic characteristics of these Celestial beings are pretty much the same as those of Land-Celestial beings described by Taoism. They enjoy life spans of about thirty-five-thousand (35,000) years relative to Earth time, and thus this celestial body is called the Ten-thousand-year World.

The Elysium World is the general term for the Earth Universe (the universe inhabited by humans is a small one that is called the Earth universe). The Earth Universe is called this in relation to other universes; its structure is a Taiji ellipsoid which is called a Law-Rotary Galaxy. Law-Rotary Galaxies contain three-thousand (3,000) Rotary-River Galaxies, each Rotary-River Galaxy contains three thousand (3,000) Milky-Way Galaxies, and each Milky-Way system contains three thousand (3,000) Solar systems; in other words, the Elysium World is composed of three thousand (3,000) macro worlds, nine million (9,000,000) medium worlds, and twenty-seven billion (27,000,000,000) small worlds.

The Celestial Islands Continent of the Elysium World is the Greatest Creator’s backyard; it has eighty-billion (80,000,000,000) islands, each the size of Earth. Each island has a name and only one Super Celestial
Being inhabits it. Apart from the thirty-billion (30,000,000,000) islands that have been used by Super Celestial Beings as their “home”, the remaining fifty-billion (50,000,000,000) islands are not currently inhabited by any Celestial beings. They are to be inhabited by “people” from the human world, the Thousand-year World, and the Ten-thousand-year World as they succeed in transforming themselves into Super Celestial Beings through self-cultivation and self-refinement.

483. 极乐界有十大部洲，即：莲花洲、婆罗洲、迦叶洲、瀛梧洲、阿弥陀佛洲、仙岛群岛洲、三界往返洲、广寒洲、神洲、无上正觉洲。仙岛群岛洲就是极乐界的一大部洲。

The Elysium World has ten (10) continents:

1. The Lotus Continent
2. The Borneo Continent
3. The Kasyapa Continent
4. The Yingwu Continent
5. The Amita-Buddha Continent
6. The Celestial Islands Continent
7. The Three Realms Transit Continent
8. The Moon Temple Continent
9. The Gods Continent
10. The Supreme Authentic Wisdom Continent

The Celestial Islands Continent is one of the continents of the Elysium World.

484. 天仙，是人能达到的最高境界，大本营在极乐界的仙岛群岛洲。仙岛群岛洲雪峰岛主人玉娥就是天仙的例子，人们敬仰的观世音菩萨就是天仙，西方文化中的天使就是天仙。天仙就是佛，不同的是，佛还有一定的束缚，而天仙无拘无束；佛有职责，天仙没有任何的职责，怎么好玩就怎么玩是天仙的最大特征。成了佛，还有更高的境界，但一旦成了天仙，便达到了最高极限。天仙以自娱自乐为主，不关心天界和人间的事；佛不求娱乐，不迷恋暂时的轻松，以获取无上正觉为主。天仙是全宇宙所有生命中最自由、最快乐、最幸福的生命，属上帝的宠儿，既不承担任何责任,
Super Celestial Beings are the highest realm that humans can ascend to; their base camp is on the Celestial Islands Continent of the Elysium World.

- Hostess Yu’e of Xuefeng Island on the Celestial Islands Continent is a Super Celestial Being
- Guanshiyin, the revered Goddess of Mercy and Compassion is a Super Celestial Being
- Angels in western culture are Super Celestial Beings

Super Celestial Beings are Buddhas; the difference is that Buddha has certain restraints, while Super Celestial Beings do not. Buddha has responsibilities but Super Celestial Beings do not. The greatest characteristic of Super Celestial Beings is that they can play in whatever way they think is most interesting. After Buddhahood is attained, there are still higher realms awaiting, but after becoming a Super Celestial Being, none remain to be pursued. Super Celestial Beings mainly engage in self-entertainment and do not care about affairs in heaven or the human world. Buddha does not pursue entertainment and is not obsessed with momentary relaxation, but focuses on the acquisition of Supreme Authentic Wisdom. Super Celestial Beings are the freest, most pleasant, and happiest LIVES in the universe. As the favorites of the Greatest Creator, they do not undertake any responsibilities or obligations. Buddha is the most intelligent and self-disciplined LIFE in the universe; Buddha will bear responsibilities and obligations when necessary.

485. 天堂属于开心快乐的人，不属于愁眉苦脸心事重重的人；开心快乐的时间越长，我们生命的反物质结构就越完美，越稳定；我们的生命就越趋近于天堂。

Heaven is for happy and joyous people; it is not for those who are weighed down by worries. The longer one is happy and joyful, the better and more stable their nonmaterial structures of LIFE become and the closer they are to paradise.
To obtain a visa to the Thousand-year World, the Ten-thousand-year World, or the Elysium World, one must give up their ego and enter into a holographic state. To give up one’s ego is not “to keep heavenly laws and extinguish humanly desire” as advocated by Confucianism in China, nor is it a rivalry against “the realization of individual value” as advocated by American culture; rather, letting go of self means the abjuration of obstinate belief in oneself. If you are convinced that your own cognition is completely right and immaculate, then you may be correct in every step along your way, but finally go astray into illusive thinking and never be able to walk out of the desert of LIFE and the “Cave of Silken Web” of transmigration.

Heaven, whether the Thousand-year World, the Ten-thousand-year World, or the Elysium World, is a place of liveliness and recreation, and this is particularly true of the Celestial Islands Continent; if you are not good at or have no intention of having fun, then why do you self-improve and self-refine to enter the land of heaven? Do you want to be a police officer in heaven? Let me tell you, there are no police, lawyers, judges, director generals, section chiefs, or supervisors there.

Dreamers of colorful dreams are difficult to enter the life of heaven. As long as we often dream of the green mountains and clear waters, the wind and sun, and everywhere a祥 and harmonious, making you joyous, then this is a portent of your Thousand-year World. If you often dream of miraculous and beautiful scenery, you often fly, often into a spiritual state with异性, and feel extraordinarily beautiful, and have no feeling of anxiety or fear, then this is a portent of your Ten-thousand-year World. If you dream of being invisible, free to fly, free to transform, and the exterior changes with your own consciousness, then this is a portent of your Elysium World.
People who cannot dream about a colorful dreamland will rarely enter heaven, so if you often see green mountains and clear rivers, gentle breezes and bright sunshine, and delightful auspiciousness pervading everywhere in your dreams, then you will go to the Thousand-year World. If you often dream about amazing and beautiful sceneries, soaring through the skies, and feeling wonderful when interacting with the opposite sex physically, mentally, or spiritually without the slightest fear or trepidation, it is evident that you will go to the Ten-thousand-year World. If you dream that you can make yourself invisible, soar freely, transform yourself at will, and make reality change by your own consciousness, then this indicates that you will enter the Elysium World.

489. 前往天堂需要翻越两座大山，一座大山是人类制造的程序；另一座大山是“心灵的埃及地”。人类制造的程序如：家庭、民族、国家、宗教、政党，现存人类社会秩序和生活方式。要前往天堂，必须走出这些程序，走不出这些程序，就到达不了天国。心灵的埃及地如：忌妒、比较、埋怨、傲慢、愤怒、拥有、霸占、仇恨、教义教条、戒律戒条、争斗、贪婪、懒惰、有为等等，不清除心灵里的这些垃圾，就到达不了天国。走出人类制造的程序，逃出“心灵的埃及地”，挣脱锁链，奔向自由。

To aim for heaven, you must climb over two (2) huge mountains; one is the man-made program, and the other is your personal “Egypt of the Soul”.

The man-made program includes family, nationality, state, religion, political party, the current social order, and the way of life. To enter heaven, you must walk out of these programs; you cannot reach heaven without escaping from them.

The Egypt of the Soul includes jealousy, comparison, complaining, arrogance, wrath, possessiveness, forced occupation, enmity, tenets and doctrines, commandments and dharma, contention, greed, laziness, and intentional action. If you do not clear away these trash in your soul, then you cannot reach heaven.

Please abandon the human program, flee from your ”Egypt of the Soul”, break your chains, and fly toward freedom.

490. 如何积累天国财宝呢？一、敬畏上帝、敬畏生命、敬畏大自然、走上帝的道就是积累财宝在天国；二、无私地付出奉献就是积累财宝在天
How can we accumulate wealth in heaven? Here are eight (8) ways:

1. Revere the Greatest Creator, LIFE, and nature, and follow the Way of the Greatest Creator
2. Dedicate selflessly
3. Dissolve enmity and bring serenity, peace, and warmth to others and to society
4. Have a kind heart and do good deeds
5. Sing praises to the Greatest Creator, Jesus Christ, Buddha Sakyamuni, Celestial being Lao Tzu, Prophet Mohammed (PBUH), and the sages and saints throughout history; sing praises to life and other people; sing praises and protect nature
6. Promote people’s confidence in life, prompt people to long for beautiful futures, and relieve people’s anxieties, worries, trepidations, and fears
7. Bloom your romantic and sexual love in ways that do not bring any psychological, spiritual, or physical harm, or stress to anyone else
8. Fully exhibit your artistic beauty

The Kingdom of Heaven does not accept children who have never grown up; neither adults lacking childlike minds nor childish adults who have not grown up are accepted in heaven. People’s traditional lifestyles
hinder them from growing up; many people are still immature and cannot become “ripe crops” even well into their advanced years; this is something that provokes our thoughts. “Ripe crops” are certainly children who have grown up and matured; if you have never grown up, then you are surely not eligible to enter heaven.

492. 要去天国千年界，我们要做到以下八点：一、敬畏上帝、坚信上帝、始终对上帝心存感激；二、敬畏生命、敬畏大自然；三、没有嫉妒心、怨恨心、争斗心、贪婪心、执着心、私心、埋怨他人之心；四、不以任何理由和借口束缚和妨碍他人的幸福和自由；五、善良，心善、面善、语善、行善；六、诚实，实事求是、实话实说、不欺骗、不撒谎；七、勤劳，不懒惰、保持居住和周围环境干净整洁、优美和谐；八、守信，说话算数不食言、信守诺言、信守合约。

To enter the Thousand-year World, one must meet the following eight (8) requirements:

1. Revere and believe firmly in the Greatest Creator and always be grateful to Him
2. Revere LIFE and nature
3. Possess no jealousy, resentment, belligerence, greed, stubbornness, selfishness, or complaints against others
4. Never hinder other people’s happiness or freedom under any pretense or excuse
5. Have a kind heart; kindness can be felt from one’s appearance, words, and behavior
6. Be honest, practical, realistic, and truthful; never lie or cheat
7. Work hard and keep your living and surrounding environment clean, tidy, beautiful, and harmonious
8. Keep all promises and agreements

493. 要去天国仙岛群岛洲，必须成就天仙果位；要成就天仙果位，必须具备天仙的生命结构。自洽，就是天仙生命结构所需的八大品质之一。“自洽”就是自身形成了一个完备的体系，自身不缺少什么，自身内部一切相当协调一致地运行，不用借助外界的一切就能满足自身所需一切。“自
To enter the Celestial Islands Continent, one must achieve the status of a Super Celestial Being; to achieve this status, they must possess the LIFE structure of a Super Celestial Being. Self-harmony is one of the eight qualities which are required in the LIFE structures of Super Celestial Beings and it refers to a self-formed complete system which is defective of nothing, has good coordination and congruence, and satisfies all it needs internally. Self-harmony is Tathagata with no form of self, others, living beings, lifetime, dharma, or non-dharma. Self-harmony is “trance”, “obscurity”, “the subtle”, “male and female”, “Yin and Yang”, and “Taiji”.

494. 如何修炼“自洽”品质？
一、用心造万象，造万法，即“意识创造现实”；

二、生即死，死即生，荣即辱，辱即荣，生死荣辱无挂碍，知雄守雌，知白守黑；

三、空即色，色即空，意识归零，魂归空灵秀；

四、万般皆游戏，唯有性命真；什么都不执着；

五、一无所有，拥有一切；超越时空，天马行空；

六、随性意淫，无拘无束；随缘放旷，任运逍遥；

七、浑浑沌沌、无内无外、无边无际、无是无非、无真无假、无善无恶；

八、让“真实的”如梦如幻，让“虚幻的”入情入理。

How can we cultivate the character of self-harmony? There are eight (8) ways:

1. Create millions of images and dharma within your mind; namely, “create reality with consciousness”

2. Life is death, death is life, glory is disgrace, and disgrace is glory; show no concern for life, death, glory, or disgrace; possess strength but retain gentleness; know and observe all, but remain obscure
3. There is no essential difference between form and emptiness; consciousness returns to the state of zero, and the soul returns to the spiritual pure land.

4. Everything is but a game, only LIFE is true, so do not persist in anything.

5. Have everything but possess nothing; transcend over time and space and maintain a powerful and unconstrained style.

6. Enjoy and please yourself within your own consciousness completely and freely; follow your own nature and be unrestrained; follow your destiny and be carefree.

7. Maintain a holographic status with no interiors or exteriors, no borders or boundaries, no rights or wrongs, no truths or falsehoods, and no kindnesses or wickednesses.

8. Make the “real”, illusive and dreamlike; make the “illusive”, reasonable.

495. There is neither oppression nor exploitation in heaven; all those who want to enter heaven by self-improving and self-refining must not contend, fight, or debate with others; they must not despoil, oppress, or exploit others, nor should they bring unhappiness or unpleasantness to others under any pretense in any way. They must never restrict another’s freedom for any reason, nor should they impose their views or opinions on others or cause spiritual, mental, or physical harm to anyone.

496. 偿还了所有债务，积累了足够功德，品质优秀了，下世就可以奔赴天堂了。如果你从意识中剔除了家庭、民族、国家、政党、宗教的概念，喜欢自由自在不受束缚，喜欢开心快乐，下世将去天堂千年界。如果你梦中经常自由飞翔，且不经过两性接触却始终处在愉悦的状态中，下世将去天国万年界。如果你具备了佛的意识，来世将去相应的极乐空间。如果你
If you have paid off all your debts in the human world, accumulated enough merits and virtues in heaven, and have great qualities, then you will go straight to heaven after you pass away; if you have eliminated all concepts of families, nationalities, states, political parties, and religions from your consciousness, and if you like freedom, happiness, and joy, then you will enter the Thousand-year World of heaven after this life journey ends; if you possess the consciousness of Buddha, then you will enter the corresponding Elysium World after this life journey ends; if you revere the Greatest Creator, LIFE, and nature, follow the Way of the Greatest Creator, possess supernatural powers, and can create the world that you yearn for, then you will undoubtedly enter the Celestial Islands Continent of the Elysium World.

These three (3) steps are required to become a Celestial being:

1. Be free from trouble, pain, sorrow, worry, and fear, and live a happy, joyous, free, and blessed life;

2. Let your mind abide nowhere, be free from worries and cares; follow your own nature and be unrestrained; follow your destiny and be carefree, and maintain a state of pleasure at all times;

3. Be free from your mind, everything is nature and you live by exhibiting your nature; you are humble, flexible, highly sensitive, and possess sixty-four (64) magical powers. Your mind abides nowhere; you have transcended your ego and are not affected by forms, and you have been free from attachments which lead you into the state of self-harmony; you are in tune with Tao, unrestrained, easy, and elegant.
498. 成为天仙，到达极乐界就达到了生命的顶峰，人不可能成为神，更不可能成为上帝。

Becoming a Super Celestial Being and reaching the Elysium World is to reach the peak of LIFE; humans cannot become god and can never become the Greatest Creator.

499. 我们一直在求道，其实道不远人，道不弃人，鱼在水中，人在道中，道就在我们身上，道就在我们身边，道就在我们日常的生活中，道就在千姿百态的事物中，道就在千变万化的现象中。顺道而行就是得道，把自己融入道中交给道管理安排就是得道。

We are always pursuing Tao, actually Tao is never very far from us and never abandons us; Tao surrounds us just like water surrounds fish; Tao exists in our everyday lives and throughout everything; Tao also exists in all changing phenomena. Going with the flow of Tao, letting yourself melt into Tao, and having Tao manage and lead your life means that you have attained it.

500. 一切都在道中运行，政府的一切行为也在道的“手掌心”中，所以不要生气，不要埋怨，不要愤怒，做你自己该做的事。你种花，那是你的事；政府毁花，那是政府的事；最终，道将给予每个人公正的裁决和奖惩。

Everything runs in Tao, including the behaviors of governments; therefore, do not complain or get upset or enraged, but just do what you need to do. If you choose to plant a flower, that is your business; if the government chooses to destroy your flower, that is their business. Ultimately, Tao will give everyone fair and just trials.

501. 宇宙中有一个超自然灵魂，这个超自然灵魂就是上帝。

There is a supernatural soul in the universe, and this supernatural soul is the Greatest Creator.

502. 万物有源，源头就是上帝；生命有等级，生命的最高级就是上帝；万物在运动，运动的初动力就是上帝；宇宙有序，秩序的制定者就是上帝；万物有灵，灵的源泉就是上帝。
About the Greatest Creator:

- Everything comes from its source; the Greatest Creator is the ultimate source
- LIFE has levels; the Greatest Creator is at the highest level
- Everything is in motion; the Greatest Creator is the ultimate driving force of all motions
- The universe is in order; the Greatest Creator is the designer of the order
- Everything has spirit; the Greatest Creator is the ultimate source of all spirits

503. 无极生太极，太极就是上帝。太极自然而来，故自然就是上帝。

Wuji gives birth to Taiji and Taiji is the Greatest Creator. Taiji came into being naturally, so nature and the Greatest Creator are one and the same.

504. 上帝具有唯一、无定形、中性、无明、公正、仁慈、超能、智慧八大特征。

The Greatest Creator has eight (8) features:

1. Uniqueness
2. Formlessness
3. Neutrality
4. Mystery
5. Impartiality
6. Mercy
7. Supreme Powerful
8. Absolute Wisdom

505. 上帝是宇宙最高主宰，是众神之主，是宇宙的神经中枢，是能量的核心，是生命的摇篮，是智慧的发祥地，是宇宙和生命的创造者，是宇宙的原动力，是宇宙的能量中心，是沙漠中的甘泉，是迷雾中的灯塔，是佛祖，是真主，是大梵天，是老天爷。
The Greatest Creator is:

- The supreme leader of the universe
- The master of all gods
- The nerve center of the universe
- The core of energy
- The cradle of LIFE
- The birthplace of wisdom
- The creator of the universe and of LIFE
- The driving force of the universe
- The energy center of the universe
- The sweet spring in the desert; the beacon in the dense fog
- The ancestor of Buddha; Allah, Grand Brahma, and heaven

506. 上帝不是神，神有很多，而上帝是唯一的。
The Greatest Creator is not a god; there are many gods in the universe, but the Greatest Creator is exclusive.

507. 基督耶稣不是上帝，是神。
Jesus Christ is not the Greatest Creator but a god.

508. 人一切的关系中，与上帝的关系是最根本的关系。
Our relationship with the Greatest Creator is the most fundamental of all human relationships.

509. 上帝从来不与某个人直接用人类的语言对话，万事万物就是上帝的话语，变化的万象就是上帝与人的对话，能够解读无字天书的人就是在与上帝直接对话。
The Greatest Creator never communicates with individuals directly with human languages. All things are the Greatest Creator’s “language”. Ever-changing phenomena are the Greatest Creator’s words to humans.
People capable of understanding the “book without words” are having dialogues with the Greatest Creator.

510. 上帝从来不不用文字记载自己的意愿；上帝从来不不进入人的大脑给予特殊教诲和指点；上帝从来不不试探和考察人；上帝从来不不担心什么神或魔夺了自己的帝位；上帝从来不不审判人。

The Greatest Creator never records his will with words or enters anyone’s mind to grant them special instructions or edifications; he never tests or inspects anyone; neither does he worry that some deity or demon might usurp his authority; he never judges anyone.

511. 上帝在哪儿呢？上帝的质在清凉界，灵在宇宙万事万物中。清凉界在哪儿呢？清凉界就是坐标系中的那个0点，不论是X轴、Y轴、Z轴，都要经过那个0点，20个平行世界都与0点相连，所以，上帝同时存在于20个平行世界中。没有了上帝，任何一个世界都将不复存在。

Where is the Greatest Creator? The essence of the Greatest Creator is in the Zero World, but the spirit of the Greatest Creator pervades everything throughout the universe.

Where is the Zero World? The Zero World is the point of zero in the universal coordinate system through which X, Y, and Z axes all must pass. The twenty (20) parallel worlds are all connected to the zero (0) point; as a result, the Greatest Creator exists simultaneously in all twenty (20) parallel worlds. Without the Greatest Creator, none of them would exist.

512. 一切的灵性智慧都来源于上帝，一切的荣耀要归于上帝。

All spiritual wisdom originates from, and all glory remains with the Greatest Creator.

513. 统御宇宙及宇宙万物有序运行的，是道，这个道就是上帝的意识，是上帝的法力。

It is Tao that governs the universe and keeps the orderly operation of everything. Tao is the consciousness and the magical power of the Greatest Creator.
514. 自然之道就是上帝之道，上帝之道就是自然之道。
The way of nature is the way of the Greatest Creator; the way of the Greatest Creator is the way of nature.

515. 上帝之道具有八大内涵：
一、宇宙是上帝意识的产物；
二、万物都是创造而生；
三、一切都在上帝的意识——道中运行；
四、彰显天性，法自然而行；
五、敬畏上帝，效法上帝；
六、现实是生命各自自由意识的写照；
七、开心、快乐、自由、幸福是生命主旋律；
八、一切皆游戏。
The Way of the Greatest Creator has eight major meanings:
1. The universe is the product of the consciousness of the Greatest Creator
2. Everything comes into being as a result of creation
3. Everything runs in the consciousness of the Greatest Creator – Tao
4. Demonstrate our nature and act by conforming to nature
5. Revere and emulate the Greatest Creator
6. Reality is the portrayal of LIFE’s free consciousness
7. Happiness, joy, freedom, and blessings are the themes of LIFE
8. Everything is but a game

516. 上帝之道的本质是性、爱、道。性是结构的特征，爱是能量的特征，道是意识的特征。
The essence of the Way of the Greatest Creator is nature (refers to the intrinsic nature of things), love, and Tao.
Nature is the feature of structure;
Love is the feature of energy;  
Tao is the feature of consciousness.

517. 上帝之道的核心是“种瓜得瓜，种豆得豆”。想吃黄瓜，就在土地里播撒黄瓜的种子，如此，最后的收获必然是黄瓜，而不是西瓜南瓜。上帝之道是自然之道，从自然之道而言，毫无疑问，是“种瓜得瓜，种豆得豆”。在背离上帝之道上，是：种瓜得豆，种豆得瓜。具体点讲，在自私、贪婪、忌妒、怨恨、愚昧、无知、狡诈的土地上，不论种下什么，都会变异，都将是“种瓜得豆，种豆得瓜”。唯有在善良、诚实、守信、无私的土地上才能“种瓜得瓜，种豆得豆”。要想“种瓜得瓜，种豆得豆”，要想使自己的心愿达成，理想实现，一定要走在上帝之道上。背离了上帝之道，必然是希望变绝望，喜剧成悲剧。

The core of the Way of the Greatest Creator is to “reap what you have sown”. If you want to eat cucumbers, then you must sow cucumber seeds in the field; in this way, you will undoubtedly reap cucumbers but not watermelons or pumpkins. The Way of the Greatest Creator is the Way of nature; therefore, you can undoubtedly reap melon from melon seeds and reap beans from bean seeds. If you deviate from this, you may reap beans from melon seeds or the reverse. To be less abstract, in the fields of selfishness, greed, jealousy, resentment, ignorance, fatuity, and trickery, no matter what seeds you sow, they will always mutate into the wrong kinds of plants. “Reap beans from melon seeds” or “reap melons from bean seeds”. It is only in the fields of kindness, honesty, credibility, and unselfishness that you can “reap what you have sown”. In order to do that and realize your dream, you must follow the Way of Nature; deviating from it will cause hope to become desperation and comedy to become tragedy.

518. 上帝的道博大精深，内涵外延万分丰富，它超越时空，统御宇宙万物，其广无外，其狭无内，运化一切，是光明之道、是创生之道、是生命之道、是情爱之道、是自由之道、是幸福之道、是神妙之道、是浑沌之道。

The Way of the Greatest Creator is broad and profound with extremely abundant intensions and extensions; it transcends time and space and governs everything; it is so extensive that there is no exterior and so
narrow that there is no interior; everything runs in it and it changes everything and governs the universe.
The Way of the Greatest Creator is:
● The Way of light
● The Way of creation
● The Way of LIFE
● The Way of love
● The Way of freedom
● The Way of happiness
● The Way of magic
● The Way of holographic order

519. 上帝之道是自然之道，因此人类应当顺应自然利用自然，而不是去征服自然和改造自然。
The way of the Greatest Creator is the way of nature, so humans should comply with and harness the power of nature, while neither conquering nor reforming it.

520. 宇宙中只有一个偶然，那就是上帝的诞生，除此之外，一切全是必然。必然就是宇宙的秩序，宇宙的秩序就是必然。宇宙是由道和谐统一的，道是规律、法则。规律法则范围内的一切都是必然的，绝对没有偶然的事件。偶然然是必然链条上的环节。

There was only one coincidence in the universe: the birth of the Greatest Creator. All things other than that are matters of inevitability; inevitability is the order of the universe and the order of the universe is inevitability. The universe is unified harmoniously by Tao; Tao is law and principle. Everything within the scope of law and principle is inevitable. There are absolutely no coincidences; so-called coincidences are links in the chain of inevitability.

521. 没有最终的审判，审判每时每刻在进行，审判生命的不是上帝，不是神佛或阎王爷，而是上帝的道，上帝的道分分秒秒在运行。
There is no final judgment because judgments are being rendered continuously. What judges LIFE is not the Greatest Creator, gods, Buddha, or Hades, but Tao - the consciousness of the Greatest Creator. Tao operates every moment without pause.

522. Letting all LIVES live happily, joyously, freely and blessedly is the original purpose of the Greatest Creator's creation and remains HIS will.

523. Understanding, revering, and believing in the Greatest Creator and following His way are the preconditions for our conscience to develop. One who has no Greatest Creator in their mind will be unable to develop their conscience; it will die out. We can even say that such a person has no conscience and is a heartless unruly troublemaker. Following the Way of the Greatest Creator is the fundamental prerequisite and guarantee for the entire mankind and each individual to lead a happy life.

524. Anyone who wants to become, or thinks they can become, the Greatest Creator is an incarnation or representation of Satan; anyone who instigates others to attempt to become the Greatest Creator is a representative or an accomplice of demons.

525. The essence is the highest level of energy, the energy of which all comes from the Greatest Creator. As long as we firmly believe in the Greatest Creator, we will not lack the energy of the essence. Essence and spirit are secondary to the energy of the essence. The energy of the essence comes mainly from the spiritual energy of the heaven and earth. This spiritual energy includes the energy that nature gives to people, which includes the beauty of nature, and also includes the energy converted from food.
Soul power is the highest level of energy in the universe; all soul power comes from the Greatest Creator. As long as we continue to believe in and follow the Way of the Greatest Creator, we will have no shortage of soul power. Essence and spirit are energies second only to soul power. The energy of essence mainly comes from the nimbus between heaven and earth, and this nimbus includes the energy brought to man by everything in nature; namely, the energy given to man by all the beauty of nature and the energy of carbohydrates converted from food. The energy of spirit mainly comes from the level of consciousness. It is a structural energy, a program energy, a belief energy, and can even be generalized as the energy of Tao.

526. 凡以敬畏上帝为人生信仰，用心灵感悟道的奥妙，追求无上正觉，努力攀登人生最高境界的人生属灵性人生。要成就灵性人生，就聆听耶稣的教诲，按照耶稣的教导走上帝的道。

All those who regard their reverence to the Greatest Creator as the faith of their lives and perceive the profundity of Tao with their souls, and all those who pursue Supreme Authentic Wisdom and strive to achieve the highest realm of life, are leading spiritual lives. In order to attain a spiritual life, one needs to listen to the teachings of Jesus Christ and take the Way of the Greatest Creator by following Jesus’ instructions.

527. 为什么要走上帝的道？因为只有经过上帝，我们才能到达更高层空间。不经过上帝，只能在某一个空间中转圈圈，或滑向低层空间，永远到不了高层空间。

Why should we take the Way of the Greatest Creator? Because we can only get to higher LIFE spaces via revering and walking on the way of the Greatest Creator. Without revering the Greatest Creator and walking on His way, we can only hover in a certain space or slide into lower spaces, but we can never ascend to higher spaces.

528. 上帝之道是开心、快乐、自由、幸福之道，不论处于顺境还是逆境，不论面临绝望还是死亡，一定要保持自己内心的宁静和喜悦，要相信
上帝会明察秋毫，奖惩分明。要敢于把自己的生命交给上帝安排，把自
己的人生交给道管理。

The Way of the Greatest Creator is the road to happiness, joy, freedom, and blessing; you are to keep a peaceful and joyous inner mind whether you are in prosperity or adversity or even facing desperation or death. Be convinced that the Greatest Creator is perceptive of the minutest detail in everything and is definite about punishments and rewards, and be brave enough to have the Greatest Creator take charge of your LIFE and have Tao manage your life.

529. 上帝创造的一切，错落有致、层次分明，只要我们服从上苍的安
排，谨守做人的本分，沿着人性的轨迹前行，不论我们的人生是顺是逆，
是明是暗，我们的人生就是无悔人生。

All things created by the Greatest Creator are arranged in clearly defined layers; as human beings, as long as we obey the arrangement of the Greatest Creator, keep to our duties strictly, and advance along the trajectory of human nature, we will have unregretful lives, no matter whether we are prosperous or in adversity; or in brightness or darkness.

530. 不论是神佛仙和魔怪妖，在上帝面前都无能为力，所以，在我们生
命和人生的路上，只要我们紧紧拉住上帝的手，一切都会让路，都将难以
伤害我们。

Even gods, Buddha, Celestial beings, monsters, demons, and goblins are powerless before the Greatest Creator, so on our road of life and LIFE, everything will give way to us and cannot harm us as long as we cling tightly to HIS hand.

531. 上帝没有主宰人的命运，每个人的命运归根结底是自己造就的，命
运是人意识的结果。

The Greatest Creator does not decide anyone’s destiny; everyone’s destiny is ultimately brought about by themselves and is the result of their consciousness.
532. 认识事物的目的不仅仅是为了欣赏事物，与事物和谐共存，更重要的是为了运用它为自己服务，最大限度地扩大自己自由活动的范围；走上帝之道的目的不是为了吃苦受罪，而是为了最大限度地享受人生、享受生命、获得更多的快乐和幸福。

Understanding things is not for the sole purpose of enjoying and living harmoniously with them; what is more important is to make use of them to serve us and to broaden our scope of free activity to the greatest extent. Following the Way of the Greatest Creator does not mean to endure hardships and sufferings, but to enjoy life and LIFE, and obtain more happiness and pleasure to the greatest extent.

533. 大爱如山，大爱无言，上帝对我们的爱如如不动千古不变，上帝对我们的爱何曾用人类的语言说过？如果爱附加条件，如果爱要用语言表达，如果爱需要回报，那么，其爱是小爱，不是大爱。

Great love is like a mountain and is wordless; the Greatest Creator’s love for us is constant, eternal, and has never been expressed in any human language; if conditions are attached to love, if it needs to be repaid, or if it needs to be expressed in words, then such love is only small love; not great love.

534. 为什么要畏上帝？上帝是宇宙至尊，是生命的创造者，是公平秩序的维护者。没有上帝，就没有宇宙；没有上帝，就没有人类；没有上帝，连神佛都不存在，能不畏吗？畏，才能“从心所欲不逾矩”；畏，才能遵循客观规律法自然而行；畏，才能明白“举头三尺有神明”，不敢存恶念、做坏事；畏，才能与万物生灵大自然和谐相处而不为所欲为虐待和残害生灵。敬畏出自于感恩，出自于谦卑，出自于对生活的热爱，出自于对创造者管理者的由衷崇敬。

Why should we be in awe of the Greatest Creator? The Greatest Creator is the supreme sovereign king of the universe, the creator of LIFE, and the guardian of equity and order. Without the Greatest Creator, there would be no universe, no mankind, no god or Buddha. So should we not be in awe?

- Only if we feel awed, can we do whatever we desire to, but not go against HIS rules
• Only if we feel awe, can we obey the objective law and act by conforming to nature
• Only if we feel awed, can we understand that “there are divinities watching over us” so that we dare not harbor evil ideas or conduct misdeeds
• Only if we feel awed, can we live in harmony with nature, beings, and everything, instead of doing whatever we want including the butchering of beings.

Awe and respect derive from feelings of gratitude, humility, passionate love for life, and heartfelt esteem for the creator and the governor.

535. 不走上帝的道，生活的问题就解决不好；不升华生命的品质，就不可能有好的生活。

If we do not follow the Way of the Greatest Creator, then we can barely solve the problems of life; if we do not sublimate the quality of our LIVES, then we cannot have great lives.

536. 上帝之道不是私有制，也不是公有制，而是无有制，资源共享谁都占有，按需索取人人不占有不积累，如此，人间才能变成理想之地，人类梦寐以求的美好愿望才能得以实现。

The Way of the Greatest Creator is neither of private ownership nor of public ownership, but of non-ownership; resources are shared but occupied by none; everyone uses resources as they need them, but nobody occupies or accumulates them. It is only in this way that the human world can become an ideal land and those beautiful dreams of mankind can be realized.

537. “三分人事七分天”，这是说，要成就某事，要达成心愿，要实现理想，个人的努力只占三分，七分要靠天，这个天就是上帝，就是道，就是程序，就是天时、地利、人和，就是自然。人的智慧是非常有限的，人的努力也是有限的，如果天时不顺，如果地利不便，人再努力，也是枉然。

“Man proposes and God disposes”. That is to say, one’s success in achieving something and realizing certain wishes and ideals relies 30% on individual diligence and 70% on God; in this sense, God means the
Greatest Creator, Tao, the program, good timing, geographical convenience, harmonious human relations, and nature. Human wisdom and human endeavors are both very limited; if time and geographical positions are not favorable, then you cannot achieve anything no matter how much effort you exert.

By following the Way of the Greatest Creator,

- You can disengage yourself from the abyss of misery and arrive directly at the most ideal realm of LIFE
- You can connect with the origin of the universe and enjoy the pleasures of LIFE at any time
- You can shake off the bondage of time and space and let your thinking and consciousness race freely across the unlimited universe
- You can accumulate your merits and virtues and pay back all your debts from all your past lives
- You will have a limpid mind and a clear consciousness to realize your dreams

Following the Way of the Greatest Creator is the most convenient, simple, direct, and effective path; by following it, you can dispense with all taboos and need not immerse yourself in daily exploring and searching after Tao, virtue, benevolence, righteousness, courtesy, wisdom, credibility, and technique; you need not chant scriptures or pray every day, or go to great lengths to cultivate special magical power or techniques. You need not tread great distances to follow the enlightened or engage in serious heated discussions. All you need is to conform to nature.
540. 上帝之道是自然之道，一切要在自然中成就，急于想获得什么，急于想到达目标，都背离自然之道，“瓜熟蒂落，水到渠成”就是自然，强行、强为就背离自然，有意识地努力和顺其自然要结合起来，没有有意识地努力，必然会原地转圈走不出迷茫、迷乱，走不出36道八卦阵，没有顺其自然的心态和态度，必然会焦虑，必然会争，会有为，会欲速不达，会适得其反。

The Way of the Greatest Creator is the Way of nature; everything is accomplished naturally. It is against the Tao of nature to expect to obtain and achieve something as soon as you want it. “Melons' pedicels fall when their fruit ripens and channels form when water flows” - this is what is meant by nature. Force and compulsion are against nature. Conscious effort should be combined with adherence to the course of nature. Without conscious effort, we can only circle around our original spot and cannot walk out of bewilderment or the thirty-six (36) Eight-diagram Arrays. Without an attitude and state of mind that adheres to the course of nature, we will certainly feel anxious and contentious, overemphasize effort, and our eagerness for success will backfire; in the end, we may get the opposite of that for which we have wished.

541. 五千年来，人类对上帝的认识只是一鳞半爪，残缺不全。不能正确地、相对完整地认识上帝，就无法产生对上帝的敬畏之心；对上帝没有敬畏之心，作为个人，其人生就是迷茫的、悲苦的；作为整个人类社会，就无法消除隐患，进而建立起一个祥和安宁、与自然和谐共存的生机和秩序。一个人，要想拥有一个完美的人生，只有一条路可走，那就是上帝的道；整个人类，要想走出迷途，只有一条路可走，那就是上帝的道。

For five thousand years, humans have only had smattering clues of the Greatest Creator, but without a correct and relatively complete understanding, we could not be in HIS awe; without feeling awed, our lives as individuals would be perplexed and doleful, and society as a whole would not be able to eliminate the hidden troubles and establish auspicious and peaceful vital forces in harmony with nature. One can only have a perfect life by following HIS Way; human beings can only lead themselves out of confusion by doing the same.
542. 走上帝之道，不要走神之道，因为撒旦也是神。

Walk on the way of the Greatest Creator but not on the way of gods, because Satan is also a god.

543. 上帝就是爱，就是真善美，就是诚信，就是开心、快乐、自由、幸福，所以要效法上帝。上帝同时是创造，所以我们要效法上帝劳动创造，从劳动创造中获得快乐。上帝本身也是无私奉献，所以效法上帝无私奉献，从无私奉献中获得幸福。

The Greatest Creator is love, sincerity, kindness, beauty, faith, honesty, happiness, joy, freedom, and blessing, and so should we be; the Greatest Creator, as the name means, is a wonderful creator, and so should we engage in and derive pleasure from labor and creation; the Greatest Creator per se is selfless dedication; so should we emulate the Greatest Creator and derive happiness from selfless dedication.

544. 人可以上帝的名义说话和行事。

Human beings must never say or do things in the name of the Greatest Creator.

545. 与上帝的联系方式是：读无字天书、冥想、祈祷。

The ways to contact the Greatest Creator are to read the “book without words”, to meditate, and to pray.

546. 若有不顺，肯定违背了上帝之道。上帝不会用磨难和苦难来对待走在上帝之道上的人，不会，绝对不会。如果我们遇到了磨难和苦难，不是上帝想考验我们，而是我们自身背离了上帝之道。

If one's life is not smooth, then they must be going against the Way of the Greatest Creator; HE will not use suffering and misery to treat those people who walk along his way; no, not at all. If we encounter tribulation and suffering, it is not that the Greatest Creator is testing us, but that we have deviated from HIS Way.
The will of the Greatest Creator manifests itself through the rules and laws of nature.

Those who practice divination, fortune-telling, magical arts, evil arts, or charmers, consulters with familiar spirits, wizards, or necromancers, are all hated by the Greatest Creator.

Do not put the Greatest Creator to the test.

"Love your enemies and pray for those who persecute you."

"Forgive those who have sinned against you and the Greatest Creator will forgive your sins; if you do not, the Greatest Creator will not either."

Have firm faith in the Greatest Creator and have no care for tomorrow.

Judge not others and you will not be judged; for as you have judged, so shall you be judged, and by your measure will it be measured upon you. When we see others' shortages, we shall consider that we might be uglier and worse than others.
554. “不断恳求，就必给我们；不断寻找，就必找到；不断敲门，就必给我们开
门。”
“Ask and it will be given to you; seek and you will find; knock and the
door will be opened to you.”

555. “一切事上，我们希望人怎样待我们，我们也该怎样待人。”
“All those things which you would have others do unto you, do even unto
them.”

556. “我们要进窄门。因为通向灭亡的路又宽又阔，进去的人也多；通往
生命的门是窄的，路是狭隘的，找着的人也少。”
“Enter through the narrow gate, for wide is the gate and broad is the
road that leads to destruction and many enter through it, but small is the
gate and narrow is the road that leads to LIFE and very few ever find it.”

557. “我们要提防假先知，他们到我们这里来，外表打扮得像绵羊，里面
却是凶狠的狼。我们凭着他们的果实，就可以认出他们来。”
“Guard against false prophets, for they come to you in sheep's clothing
but are inwardly ferocious wolves; by their fruits, you shall recognize
them.”

558. “不是每一个对耶稣说“主啊！主啊”的人都可以进天上的王国，惟独遵
行上帝旨意的人才可以进去。
Not everyone who calls to Jesus, “Lord, Lord”, will enter the kingdom of
heaven; only those who do the will of the Greatest Creator will be so
blessed.

559. “在上帝的王国里人们“不娶不嫁”，只有“不娶不嫁”的人才有资格进入
上帝的王国，想嫁想娶的人永远也到达不了上帝的王国。
In the kingdom of the Greatest Creator, people do not marry; only those
who do not marry are entitled to enter the kingdom of the Greatest
Creator; those who want to marry can never reach the kingdom of the
Greatest Creator.
560. Faith is truth and love is LIFE; faith can accomplish everything. Little faith brings about small achievements; great faith brings about great achievements. Without faith, you will be at loose ends and will achieve nothing.

561. “The disciples said, ‘If this is the situation between husbands and wives, then it is best not to marry’, but Jesus said, 'Not everyone can accept this word, but only those to whom it has been given, so only the ones who can accept it should do so.'”

562. For whosoever does the will and walks on the Way of the Greatest Creator is our spiritual relative.

563. My brother keeps offending me, but I will forgive him seventy-seven (77) times; if we do not forgive others from the bottom of our hearts, then the Greatest Creator shall not forgive us.

564. Whoever wants to become great among you must be your servant; whoever wants to be first among you must be your slave.

565. Give back to Caesar what is Caesar's, and to the Greatest Creator what is the Greatest Creator’s.
566. 上帝不是死人的上帝，而是活人的上帝。  
The Greatest Creator is not for the dead, but for the living.

567. 谁高举自己，就必降为卑；谁谦卑自抑，就必受抬举。  
Those who exalt themselves will be humbled, and those who humble themselves will be exalted.

568. 从外面到人里面去的，没有什么能玷污人；只有从人里面出来的，才能玷污人。  
What goes into a man's mouth does not make him unclean; what comes out of it does.

569. 人赚得全世界，却赔上自己的生命，又有什么益处呢？人还能拿什么来换取自己的生命呢？  
What does it benefit someone to gain the whole world and yet lose his LIFE? What can anyone give in exchange for his LIFE?

570. 我们要尽心、尽性、尽意、尽力爱上帝，其次就是要爱人如己。  
Love the Greatest Creator with all your heart, and with all your soul, and with all your mind, and with all your strength. The second is this: 'Have love for your neighbor as for yourself'.

571. 敬拜上帝无需去教堂、庙殿、道观、清真寺，整个宇宙大自然和人的心灵就是敬拜上帝的场所。  
To worship the Greatest Creator, you need not go to churches, temples, Taoist abbeys, or mosques; the whole universe and nature are the places for our souls to worship the Greatest Creator.

572. 我们不要再为自己在地上积存财宝，倒要为自己在天上积存财宝。我们的财宝在哪里，我们的心也在哪里，我们将来也就能到达那里。
Do not store up for yourselves treasures on earth, store up treasures in heaven. For where our wealth is, there will our heart be, and there we will get in future.

573. 我们以什么为贵重，我们生命的境界必彰显在那里。全部意识在哪里，就生活在那里。
The realm of our LIVES will certainly be manifested by what we value; we will live wherever our full consciousnesses are.

574. 大地一片荒漠，天不会降雨；人心一片荒漠，天不会降灵。
The sky will not offer rain to a land that is a barren desert; likewise, heaven will not offer spirituality to a heart that is a barren, spiritual desert.

575. “思想专注于肉体，就招致死亡；思想专注于灵，就得着生命和平。”
The mind governed by the flesh is death but the mind governed by the Spirit is LIFE and peace.

576. “我们要是不回头变成像小孩子一样，就绝不能进天上的王国。
Unless we change and become like little children, we will never enter the kingdom of heaven.”

577. “人的仇敌就是自己家里的人”。
“A man's foes shall be his own household”.

578. 什么是大信？就是不加任何怀疑，百分之百地相信和信任，就是理解的，信任；暂时不理解的，也信任。大信建立不起来，我们就是无源之水，无本之木。
What is great faith? It is 100% doubtless belief and acceptance; it is having faith in both what you already understand and what you do not yet know. If great faith cannot be established, then we are as water without sources or trees without roots.
579. 基督耶稣就是道路、真理、生命，所以我们当聆听耶稣的教诲，遵奉他的教导。

Jesus Christ is the way, the truth, and the LIFE, so we must listen to his teachings and follow his guidance.

580. 凡听见耶稣的话又切实贯彻执行的，好比一个睿智的男子，把家宅建造在磐石上。暴雨降下，洪水来到，强风吹袭，猛烈冲击家宅，房屋却不倒塌，因为根基建造在磐石上。凡听见耶稣的话却不实行的，好比一个愚蠢的男子，把家宅建造在流沙上，一有风吹草动，他的房屋必然轰然倒塌。

Those who hear the words of Jesus and act upon them will be as the wise one who built a house on a rock; and the rain came down, and there was a flood, and the winds blew, but the house remained because it was based on solid ground; those who hear the words of Jesus but do not act upon them will be as the foolish one who built a house on quicksand, and the house collapsed with the slightest breeze.

581. 不要持咒发誓，因为我们控制不了事态的变化和发展，一旦无法守住誓言，就是失信，就是给自己套枷锁，就是捆绑自己。

Do not take an oath because we cannot control changes or developments; once we fail to hold to oaths, we break our promises, thus we shackle and bind ourselves.

582. 不要绝情，不要陷于情。

Be neither attached nor detached in relationships.

583. 情，适量，有益于愉悦心情；情，过量，等于中毒，中情毒，会带来烦恼痛苦和忧伤。

The proper amount of affection is good for one’s emotions; however, if it is excessive, it becomes toxic and brings troubles and sorrow.

584. 情爱生活越丰富的人心灵越美好，性格越温柔，脾气越平静，越靠近上帝，越懂得热爱生活、热爱人生、热爱自然、热爱他人；情爱生活越
People who enjoy more abundant love in their lives have more beautiful souls; they have gentler characters, calmer tempers, and are closer to the Greatest Creator; they understand more about how to love life, nature, and other people.

People who suffer from having less love in their lives have uglier souls; they have venomous characters and more irritable tempers. They are farther from the Greatest Creator; they know less about life, and have less amount of love towards life, nature, and other people.

The lower the level of LIFE, one experiences lesser love. What is hell? A place that is devoid of love is hell.

The higher the level of LIFE, one experiences more abundant love. What is heaven? A place that is brimming over with love is heaven.

The attitude toward love: handle naturally come-and-go relations with no resistance, act according to your nature, take advantage of opportunities that arise, embrace love as it comes and keep a peaceful mind when love goes, never obsess or be infatuated over it, and never attempt to possess or occupy anyone through coercion. Let love develop naturally when both partners share mutual feelings of attraction, never impose your will upon another if you do not resonate with them, and the standard should be that both parties feel happy and joyous.

逃出情感漩涡。我们不忘情，我们不绝情，但我们不陷于情，这就如吃饭喝水，我们需要吃饭喝水，但我们不能把吃饭喝水当作人生的目的和意义，如果一辈子就为了吃饭喝水而奔波，就失去了做人的价值和意义。
同样，如果我们一辈子为情感而活着，就不要指望能翻山越岭涉水渡河到达自由王国了。

Escape from the whirlpool of human relationships; we are not heartless or unfeeling, but we must not become entrapped by them. As with eating and drinking, we need food and water, but we do not view them as the purpose and significance of our lives. If we waste our entire lives looking for food and water, then there would be no value or significance to being human; in the same way, if we live primarily for our relationships, then we can never climb the mountains and cross the rivers to reach the realm of freedom.

588. 爱有爱的频率，只有同频的爱才能共振。爱要用爱找寻，无爱的心找不到爱。要想得到爱，只有自己先懂爱，再用爱去寻找爱、维护爱。本身缺乏爱的人感受不到别人对自己的爱。

Love has its own frequency, but only those who share the same ones will resonate in sympathetic vibration; love will be found with love, a heart without love cannot find love; to obtain love, you must first understand it, then seek and maintain love with love; those who lack love cannot feel it from others.

589. 情、爱、性、色都是自然的展现和最原始的内涵，是生命最宝贵的构成因素，是一切乐趣的渊源，是生命能够活着的最本质动力。要想获得美好人生和美好未来，一定要在情、爱、性、色上下工夫，要融进去，而不是走出来。融进去，精彩纷呈，美不胜收，生机盎然，其乐无穷；走出来，荒漠戈壁，鬼哭狼嚎，一片死寂，苦海无边。

Affection, love, sex, and beauty are demonstrations of the most primitive attributes of nature. They are the most precious elements that make up LIVES; they are the sources of all fun and the most essential motive forces for which we live. In order to enjoy rewarding lives with excellent futures, we need to exert effort on them by melting ourselves into them rather than isolating ourselves from them. When we do that, life will be unusually brilliant with highlights too beautiful to be absorbed all at once, and bubble over with vigour, vitality, and endless enjoyment; when we isolate ourselves from them, it becomes more like the Gobi desert with utterly dreary cries and screams, dead silence, and an endless sea of tribulations.
590. Sex is a resource, not only a material one, but one of mental and spirit. The resource of sex between men and women is a particular resource which is of even more value and significance than food. This resource can offer these eight (8) major benefits and pleasures:

1. It makes people placid and gentle
2. It makes people satisfied and content
3. It makes people love life and LIFE
4. It makes people yearn for the future
5. It guarantees our propagation and continuation
6. It pleases people and makes them happy and joyous
7. It allows people to feel grateful
8. It gives people a taste of the blissful realm

591. The best way to live is to go with the flow; the best way to associate with others is to follow naturally come-and-go relations; the best way to achieve tranquility is to accept things as they are; the best state of being is to unite with Tao; the most wonderful affection comes from the intrinsic nature, and the highest love is the love from one's intrinsic nature.

592. Exclusive relationships between men and women are ugly phenomena; they are nice from humanity's perspective, but very ugly from Celestial beings’ perspectives. Similarly, having more than one attached love
relationship is also ugly. It is best to take things as they come, associate with others by following naturally come-and-go relations, act in accordance with your natures, and take advantage of opportunities that arise.

593. 夫妻情爱、恋人情爱、专一情爱、山盟海誓情爱、“为伊消得人憔悴”情爱皆为中毒情爱，一旦拥有中毒情爱，人生必然痛苦。
The love between husbands and wives, and between lovers with exclusive relationships, and the love who pledge solemnly to love eternally and pledge, “For you, I am pining myself away without regret” are all toxic, and falling into toxic relationships can lead to nothing but a painful life.

594. 情爱性爱，既可以成就我们，也可以毁灭我们。广泛的情爱性爱，是天国生命的品质；狭隘的情爱性爱，是人间生命的特性；争夺和占有性资源，那是动物们的天性。
Love and sex can help us achieve our ideals, but they can also ruin us. Broad and extensive love is the quality of LIFE in heaven; narrow and exclusive love is the character of LIFE in the human world; scrambling for and possessing sexual resources is the nature of animals.

595. 情爱性爱只是生活的一种美丽点缀，是生活的一种浪花，而绝对不是生活的全部。
Love and sex are only beautiful embellishments and a spoondrift in life; definitely not the whole of life.

596. 真正的情爱是无私的，一旦有私，试图把对方当成自己的私有商品，或是自己的点缀或附属品，这样的情爱就变得异常的丑陋，显出了奴隶主的猥琐和霸道；如诗如画的高尚情爱就坠进了低级趣味的陷阱，再也培植不出爱的芬芳花卉来。
True love is selfless; once selfishness enters your love, you will attempt to possess the other person as your own private property or as an embellishment or accessory, and such love will become extremely ugly by showing the indecency and domineering nature of a slave owner, and
the picturesque and noble love will invariably fall into the trap of vulgar taste and no longer emit a flower-like fragrance.

597. 性，不是洪水猛兽，让河流自然流淌就不会变成洪水猛兽；把水堵住不让自然流淌，那么，一旦开闸，一旦冲开堤坝，必然会翻江倒海成洪水猛兽。越压抑性，性就会越暴烈，性就会成为洪水猛兽。

Sex, is neither a dreadful monster nor a flood; if you let a river flow naturally, it will not become either of those, but if you block the water and do not let it flow naturally, then once the floodgates open or the dam breaks, it will cause devastating floods and becomes a monster. The more repressed sex is, the more violent it will turn, and it will become a dreadful monster or a flood.

598. 心有菩提树，灵是明镜台，幻化生万物，明性超尘埃。

Our heart (mind) can perceive the material world (Bodhi tree), and our soul (consciousness) is like a bright mirror which can “observe” how the heart responses to all kinds of phenomena. When reaching a state of enlightening, and perceiving the intrinsic nature of LIFE, the consciousness can create millions of things and phenomena by itself, thus it transcends all “dust” on the “mirror”, and reach the other shore of true freedom.

599. 女性以柔为美，柔能克刚，柔美并不是懦弱，并不是没有主见，并不是什么人都可以接纳，并不是随意可以被欺辱，恰恰相反，柔美是一种至刚，是以柔蕴含刚，似水柔情可以涤荡一切污浊，可以穿石，可以征服一切。

Women are beautiful for their softness which can overcome hardness; soft beauty is neither cowardice nor a lack of will. It will neither be acceptable to everyone nor be bullied arbitrarily; on the contrary, soft beauty is an extreme strength from within. Soft sentiment is like water; it can wash away all dirt, drip through stones, and conquer everything.

600. 情爱是上帝赋予人的一种属性，一种珍贵礼品。一切的情爱都是纯洁的，真善美的。一个完美的男人，他会真诚地去爱天下淑女；一个完美
的女人，她会热情地去爱天下俊男。这不是花心，而是一种高贵的品质，是仙人才能拥有的品格。

Love is an attribute and a precious gift bestowed upon us by the Greatest Creator; all love is pure, true, kind, and beautiful. The perfect man will sincerely love all ladies in the world and the perfect woman will passionately love all gentlemen in the world; this is not being fickle, but a noble quality possessed only by Celestial beings.

601. 结婚是一次上当。上了宗法统治者的当，上了专制统治者的当，上了魔鬼的当。

To marry is to be duped by patriarchal clan rulers, by autocratic governors, and ultimately by Satan.

602. 结婚证是一纸有法律保护的卖身契。有了这个卖身契，从此葬送了人生一大半的自由。

Marriage certificate is a legal sales agreement, ever since one has this agreement, they lose their most freedoms in life.

603. 中华文字是神创文字，大家看“婚”字，什么意思？意思是“女子昏了头”，女子昏了头就结婚，男子与昏了头的女子结合在一起叫“结婚”。

Chinese written characters were created divinely. Let us consider what the character "婚" (marriage) really means: 女 means women and 昏 means confused. So, “婚” means confused women; when women are confused, they marry and men unite with women who are confused is called “结婚” (getting married).

604. 人类创造的一切秩序中，婚姻家庭秩序是最糟糕的一种秩序，这个秩序只有利于对人的统治，此外，别无益处。

Of all the orders established by human beings, marriage and family is the worst. It is only beneficial to those who dominate others, other than that, there are no other benefits.
605. 世俗亲人是下地狱的助力，上天堂的阻力，所以基督耶稣说家里人就是仇人。

Secular family members push us toward hell and hinder our ascension toward heaven; Jesus Christ said that “a man’s foes would be the members of his own household”.

606. 传统婚姻家庭害人不浅，在人与人的所有关系中，夫妻关系是最难维护、最不幸、最伤人脑筋、最伤情感、最能捆绑人的关系，古今中外几千年的事实证明了这一点，所以，早日看透它，早日把自己从传统婚姻家庭中解放出来，就等于游出了苦海，登上了自由彼岸。

Traditional marriages and families have caused a great deal of harm; relationships between married couples are the most difficult to maintain and the most unfortunate, upsetting, restricting, and emotionally destructive, which has been proven by countless examples everywhere across many millennia; therefore, to see through it and emancipate oneself from traditional marriages and families as soon as possible is to swim out of an abyss of misery and reach a shore of freedom.

607. 传统家庭生活程序是人和人类痛苦的渊薮。婚姻家庭就是无边的苦海。

The traditional family life program is where the suffering of individuals and mankind exists; marriages and families create “boundless seas of bitterness”.

608. 家庭是灵魂的监狱，是套在人身上的枷锁，是人走向狭隘自私贪婪的根源，是束缚人性自由解放的藩篱，是实现美好人生的最大障碍，是人通向高层次领域的绊脚石。

Families are prisons for our souls and shackles that weigh us down; they are also the root causes leading people towards narrowness, selfishness, and greed. Families are barriers that fetter people from liberating their nature and their freedom and are the greatest obstacle to their realization of beautiful lives. Families are also stumbling blocks that prevent people from advancing toward higher levels of LIFE spaces.
609. 传统家庭中发生的一切矛盾、冲突和灾难，不是父母的问题，不是儿女的问题，不是丈夫的问题，不是妻子的问题，不是兄弟姐妹中任何一个人的问题，而是家庭这个生活程序有问题，这个程序带有灵性病毒，不论多么理性文明的人，一旦进入家庭这个程序，必然被病毒感染而身不由己。

None of the contradictions, conflicts, or disasters occurring in traditional families are caused by parents, children, husbands, wives, or any sisters or brothers, but by the program of family life itself, which carries spiritual viruses; regardless of how civilized people are, they cannot avoid being infected by them once they become involved in the family program.

610. 有情人何必成眷属，两情若想久长时，千万不要朝朝暮暮。

It is unnecessary for lovers to marry; if they yearn for a long-term relationship, they should avoid being together every day and night.

611. 一个拥有传统家庭、热爱传统家庭，走不出传统家庭的人，不论你如何修，不论你修什么法门，哪怕你修破了头，你与天国根本不沾边，你永远到达不了天国。

If you have a traditional family, love it, and do not leave it, then no matter how well you engage in self-cultivation, how advanced the method is, or how thorough your cultivation is, you can never reach heaven.

612. 苦海无边，回头是岸。什么是“苦海”？婚姻家庭就是苦海。婚姻家庭是一切苦恼的根源，人生的烦恼、苦闷、惆怅、焦虑、担忧都源自婚姻家庭。

“苦海无边，回头是岸”，岸在哪里？岸就是生命禅院创建的第二家园（现更名为生命绿洲），这个家园里没有婚姻家庭，这是一种非常理想的生活模式，是人类摆脱痛苦的唯一希望所在。

“Boundless is the sea of bitterness; repent and you will see the shore”. What is the sea of bitterness? Marriages and families are; marriages and families are the root causes of all agonies and afflictions; people’s vexations, depressions, anxieties, and misgivings all stem from them.
“Boundless is the sea of bitterness; repent and you will see the shore”. Where is the shore? The shore is the Second Home (now renamed as New Oasis for Life community) created by Lifechanyuan; devoid of marriages and families, it offers the most ideal lifestyle and is the only hope for humanity to end its suffering and afflictions.

613. From root上下手。大众悲苦的根在于有家庭的存在，家庭的存在就像垃圾的存在那样，垃圾不清除掉，苍蝇就消灭不完，家庭不消失，大众的悲苦就没完没了。忙于为人类解除表面上无穷无尽的悲苦，却不从根上下手，那是在扬汤止沸，不是釜底抽薪；是在剪荆棘枝条，不是挖出丛生的荆棘之根。哪里有家庭的存在，哪里就有无穷无尽的悲苦产生。如果不从根上下手，即使佛陀基督观世音菩萨在世，也无济于事。如果天堂里有家庭存在，天堂也会变成苦海的。

We should address problems from their root causes; the root cause of suffering and afflictions is the existence of families. They are like garbage; if not cleaned up, flies cannot be kept away. Without the disappearance of families, people’s misery and afflictions will never end. To occupy yourself with relieving people’s endless misery and suffering at the surface level rather than by addressing their root causes is dealing with them ineffectively; it is like trying to stop water from boiling by scooping it up without turning the flame off or like cutting branches off brambles instead of digging up their roots. Wherever families exist, so will endless misery and suffering; if we do not deal with the root cause, then the misery and suffering will remain and never end. Buddha, Jesus Christ, and Bodhisattva Guan Yin could not help even if they were still in the mortal world; were families to exist in heaven, even heaven would become an abyss of misery.

614. 婚姻家庭是魔鬼的摇篮。天使一旦进入婚姻家庭必成魔鬼，人一旦进入婚姻家庭就很容易走向犯罪。

Marriages and families are devil’s cradles; even angels become devils when they marry; all are prone to commit crimes once they do so.
615. 家庭不是社会的细胞，社会的细胞是人，而不是家庭。社会的本质是人，而不是生产关系，家庭只是一种生产关系，家庭只能说是某种社会形态和生产关系的细胞，而不是社会的细胞，最美好的社会没有家庭。

Families are not the cells of society; rather, individuals are. The essence of a society is its people, not relations of production; families are only relations of production and can only be called cells of certain social formations and relations of production rather than the cells of a society. The most beautiful societies have no families.

616. 艰难困苦绝不会压垮一个人，唯有婚姻家庭中亲情的无形压力和摧残才会使一个人崩溃，才会使人觉得活着没有意思，才会使人失去生活的信心。

Difficulties and hardships never crush people, but the invisible pressures and destructive nature of marital and family bonds make them lose confidence in life and feel that their life is meaningless, even to the point of collapsing.

617. 婚姻家庭是产生自私的温床和土壤，是导致一个人烦恼悲苦的根源，也是逼迫人犯错犯罪的渊薮。

Marriages and families are hotbeds of and the soil that generate selfishness and the sources of trouble and misery; they are the root causes of crime.

618. 人间之所以是人间，是因为有夫妻关系的存在。夫妻关系标志着男女两人相互拥有，相互占有，相互依存，相互牵制，与外界形成了一种隔膜。走进夫妻关系里的人，没有一个是不自私的，没有一个能到达天国。

The human world is only mortal because of the marital bonds which symbolize that couples possess each other, occupy each other, depend on each other, tie each other down, and form shields against the outside world; no one who is wrapped in a marital bond can be unselfish enough to reach the realm of heaven.

619. 世上最复杂最令人头痛的关系是夫妻关系，最令人悲伤最令人失望的关系也是夫妻关系，最使人向往又最让人绝望的关系更是夫妻关系，这
个关系软不得硬不得，远不得近不得，强不得弱不得，逃不得亲不得，如丝如缕如火如冰，缠不清搅不明，说不清道不明。

The most complex and troubling relationships in the world are marital bonds; not only they are the saddest and most disappointing ones, but also the most desired and desperate. When involved in them, one must avoid being too tough or too soft, too close or too far, too strong or too weak - these are relationships that cannot be attached to or escaped from; they are tangled like silk, untouchable like flames or ice, and are messes that cannot be described easily.

620. 婚姻是爱情的坟墓，家庭是人类罪恶的渊薮。人，一旦进入婚姻，就失去自由。人，一旦有了家庭，就自私自利。婚姻家庭造成的苦难罄竹难书，婚姻家庭就是无边苦海。

Marriages are tombs of love and families are sources of humanity’s sins. Being involved in marriages, people lose their freedom; having families, they become selfish. Marriages and families have generated boundless misery and are the abysses of misery itself.

621. 解体小家庭，组建“雪峰式共产主义”大家庭是新时代人类的必由之路。

Ending nuclear families and establishing Xuefeng-style communistic BIG families is the inevitable process for new era humans.

622. 逃离家庭不是逃离亲人。逃离家庭是为了从传统生活程序中逃出来进入新的生活程序，绝对不是放弃自己应尽的职责和义务，不是置自己的亲人们不顾。

Escaping from nuclear families is not escaping from relatives; it is escaping from the traditional life program and entering a new one; it is definitely neither abandoning one’s duties and obligations nor disregarding one’s relatives.

623. 传统家庭根深蒂固，家庭的意识渗透在每个人的血液细胞灵魂中，传统家庭这个几千年来积起来的巨大冰山不是一朝一夕就能消失的。但是，人类已处在时代转换的岔路口，如果人类的绝大多数人认识到传统家庭的
弊端并积极来做融化冰山的工作，那么，人类是有希望的，上帝是会垂青的，是会网开一面的，恶性循环会逆转，有人会带领人类走向幸福时代。如果人类的绝大多数不来做融化冰山的工作，反而去维护传统家庭，那么，只好承受自然法则的惩罚。

Traditional families are ingrained; family consciousnesses have infiltrated into everyone’s blood, cells, and even their souls; traditional families are like huge icebergs which have grown for thousands of years, so they will not disappear today or tomorrow, but mankind has reached the crossroads of the times. When enough people realize the disadvantages of traditional families and take part in the work of actively melting these icebergs, then mankind will have hope and the Greatest Creator will show appreciation by offering us a way out. Vicious cycles can change or even reverse their directions and people can be led into a happy era; however, if too many people choose to maintain their traditional families instead of joining to melt these icebergs, then they will suffer the punishments of natural law.

624. 古今中外，家庭悲剧不断上演，从偏僻的农村到繁华的都市，从文盲到诺贝尔奖金获得者，从普通市民到官场商场文化场名人，处处演绎着家庭导致的悲剧，事实胜于雄辩，人类应该对家庭这种生活模式来一次深刻的思索和探讨及改进。

Throughout history, family tragedies have emerged continually; from remote countrysides to prosperous cities, from the illiterate to Nobel prize winners, from the general public to celebrities of official, commercial, and cultural circles, the tragedies resulting from families are repeated everywhere. "Facts speak louder than words"; Family life patterns should be contemplated, discussed, and transformed.

625. 婚姻家庭解体后有没有比传统婚姻家庭方式更好的生活模式?答案是：有。生命禅院从2009年开始尝试另一种生产和生活模式，这就是“第二家园”，现在更名为“生命绿洲”，经过八年的实践，先后参与的有180多人，实践证明，第二家园生活模式要比传统婚姻家庭生活模式更加优越。

（详情请登录网站了解：中文网站 http://www.lifelvzhou.org；英文网站 http://www.newoasisforlife.org）
After breaking up marriages and families, is any life pattern better than the traditional one? Yes! Since 2009, Lifechanyuan has put into practice an alternative mode of production and life; that is, "the Second Home", now renamed the "New Oasis for Life" community. One hundred and eighty (180) people, early and late, and young and old have participated in our practice for up to eight (8) years, and our practice has proven that the life pattern of the New Oasis for Life community is superior to the traditional one.

For more details, please refer to:
Our English language website: http://www.newoasisforlife.org
Our Chinese language website: http://www.lifelvzhou.org

626. 第二家园（生命绿洲）是生命禅院创建且已经经过实践检验成功的
人类新生活模式。

The Second Home (New Oasis for Life community) is a new mode of life created by Lifechanyuan which has proven itself to be successful in practice.

627. 人类新生活第二家园（生命绿洲）总纲：实施万法归宗、万教归
一，用《新时代人类八百理念》统一全球，把人类带进没有国家、没有宗教、没有政党、没有婚姻家庭、没有夫妻关系，“贤不遗野，天下一家”，“道不拾遗，夜不闭户”，万物和谐，风调雨顺，人人开心、快乐、自由、幸福的生命禅院时代。

The general principles of the Second Home (New Oasis for Life community) are:
• Unify all dharma, laws, and regulations into the Greatest Creator’s will
• Unify all religions, beliefs, schools of thought into one belief system
• Unify the whole world with "800 Values for New Era Humans"
• Lead mankind into the Lifechanyuan Era, which is characterized by the absence of states, religions, political parties, marriages, families, and spousal relationships, and in which the following will happen:
• “Worthy people will fully utilize their talents”
• “The whole world will be as one family”
• “No one will keep lost articles found on the roadside and doors will not need to be locked at night”
• Everything will be in complete harmony; the weather will be good for harvesting and everyone will be happy, joyous, free, and blessed.

628. 第二家园（生命绿洲）的八大特征:
一、上帝之道，浑沌管理；
二、一无所有，拥有一切；
三、各尽所能，按需索取；
四、没有婚姻，没有家庭；
五、老有所养，幼有所育；
六、远离政治，远离宗教；
七、不管背景，人人劳动；
八、灵活圆融，变化无穷。
The Second Home (New Oasis for Life community) has eight (8) characteristics:
1. Taking the way of the Greatest Creator and implementing holographic management
2. Possessing nothing yet own everything
3. Everyone working to the best of their abilities; asking for and taking only what they need
4. Having no marriages or nuclear families
5. The young being well educated and the old being looked after properly
6. Politics and religion are NOT practiced
7. All members engaging in physical labour regardless their backgrounds
8. Being flexible, acting tactfully, and bending according to the situation
629. 第二家园（生命绿洲）主要由不愿结婚，不愿成家，离婚后不愿再婚成家，夫妻双双都是禅院草的人组成，这个新生活模式主要拷贝千年界仙人的生活方式，主要内涵是：

(1) 实行无有制，人人一无所有，拥有一切；

(2) 有婚姻，没有家庭，没有亲疏之分，人与人的关系是兄弟姐妹亲人情人关系；

(3) 各尽所能，按需索取，不奢侈，不浪费；

(4) 所有人的吃穿住行生老病死全部由家园集体承担并负责，孩子们的抚养教育，老人们的护理赡养由家园负责；

(5) 每个人根据自己的爱好和特长选择一项工作做，并要争取把自己所负责的工作做到一流水平，坚决杜绝懒惰者的存在，第二家园绝不允许有寄生虫存在；

(6) 每人拥有一间神圣的自由空间——卧室，这个卧室不受人打搅和干扰，任何人不得以任何理由和借口侵犯这个自由空间，其余的空间都是公共场所；

(7) 让每一个人获得开心、快乐、自由、幸福的生活；

(8) 个性要融人共性，共性要照顾个性，既有统一意志，又要个人心情舒畅，实行“八仙过海各显神通”方针，既是一个整体，又是各自独立的乐园；

(9) 实行浑沌管理，不管是最好的管理，没有管理人，没有办公室，一切靠自觉自愿进行，靠《新时代人类八百理念》进行。

The Second Home (New Oasis for Life community) consists of people who are unwilling to marry and establish families, have divorced but chose not to remarry and set up another family, and couples who are both Chanyuan Celestials. This new life pattern copies the lifestyle of Celestial beings in the Thousand-year World. The main content of this new life pattern includes:

1. Non-ownership - everyone possesses nothing yet owns everything

2. No marriages, no families, and no distinction between close and distant relationships; relationships between everyone are as those between sisters, brothers, relatives, or lovers

3. Everyone works to the best of their abilities and takes what they need but never wastes or indulges in luxuries or extravagances
4. The New Oasis for Life community is responsible collectively for everyone’s food, clothing, shelter, transportation, birth, aging, illness, and death, for rearing and educating the children, and for nursing and supporting the elderly.

5. Everyone chooses jobs according to their skills and interests and does their best to ensure the highest quality performance in the work they do; there is no place for lazybones or parasites in the New Oasis for Life community.

6. Everyone’s bedroom is their sacred and private space which is free from disturbance and interference; no one is allowed to intrude into these spaces under any pretense with any excuse. All other spaces are public.

7. Let everyone enjoy happy, joyous, free, and blessed lives.

8. Individuality shall blend with commonality; commonality shall accommodate individuality. There shall be a uniform will which does not conflict with the happiness of anyone and everyone must be able to exhibit their special talents. It is both an integrated group and a paradise consisting of mutually independent individuals.

9. Holographic management will be implemented; namely, that non-management is the best management. There are no bosses or offices; Everything is carried out voluntarily by community members following the “800 Values for New Era Humans.”

630. 第二家园（生命绿洲）炮轰传统婚姻家庭。传统婚姻家庭生活是一种生活程序，这个程序带有病毒，这个病毒将蚕食人性中的真、善、美、爱、诚、信，将本来开心、快乐、自由、幸福的人生一步步地拉向痛苦、焦虑、奴役、绝望的深渊。让传统婚姻家庭解体，代之以全新的生活方式，这是牵扯到每一个人幸福的大事。离开传统的家庭进入生命禅院第二家园，表面上好像是从一个小家庭进入了另一个大家庭，但生活的内容全然不同了，传统家庭能做到的，第二家园能做到，传统家庭难以做到的，第二家园也能做到。
happy, joyous, free, and blessed lives into abysses of suffering, anxiety, enslavement, and desperation. To disband them and replace them with a new style of life is the most important matter that concerns everyone's happiness. Leaving traditional families for Lifechanyuan's New Oasis for Life community seems on the surface like leaving one small family and simply entering a bigger one, but the content of life is actually totally different. Not only is the New Oasis for Life community capable of what traditional families are, but also of much, much more.

631. 第二家园（生命绿洲）是天下第一家园。欢乐吉祥的地方，就是有上帝恩典的地方；开心喜悦的地方，就是获得基督耶稣和佛陀释迦牟尼关怀的地方；自由幸福的地方，就是历代贤哲的愿望实现的地方。天下第一家园因宇宙生命大调整而诞生，为净化地球而服务，为2013年后的人类新生活而打基础，愿天下贤士尽早找到天下第一家园的门，尽快成为第一家园的一名成员，悠悠万事，唯此为重。传统意义上以血缘关系定位的亲人关系该重新定义了，凡遵行上帝旨意的人，就是我们的亲人，心灵的同频共振者就是亲人。

The Second Home (New Oasis for Life community) is the No.1 home in the world, a happy and auspicious place that is blessed by the grace of the Greatest Creator, a pleasant and jubilant place that is cared for by Jesus Christ and Buddha Sakyamuni, and a free and beautiful place in which the dreams of the sages and saints from past generations are realized. This is the first home born for the grand cosmic adjustment of LIFE; it serves for the purification of Earth and lays foundations for the new life of humanity after 2013; it is hoped that virtuous people will find the gate to the number one home and join us as members ASAP. This is the most important thing in one’s life. The time has come to redefine traditional relationships which are based on kinships; all those who follow the Way of the Greatest Creator and whose souls resonate with ours are our relatives.

632. 第二家园（生命绿洲），为了实现人类贤哲的理想和大众的愿望，为了给人类做个榜样，生命禅院开创了史无前例的、人类未来的新生活模式样板——生命禅院第二家园。这已不再是纸上谈兵的空想，而是活生生的现实。生命禅院第二家园是天国千年界在人间的拷贝，是禅院草脱胎换骨成就天仙的修行修炼基地，是从人间到天国的中转站。生命禅院第二家
In order to realize the ideals of sages and saints as well as the wishes of the broad masses and to set a good example for mankind, Lifechanyuan has initiated an unprecedented model of a new lifestyle for humanity’s future - the Second Home (New Oasis for Life community). This is no longer idle theorizing, but a reality of life; the New Oasis for Life community is a copy of the Thousand-year World, but in the human world; It is the base of self-cultivation and self-improvement for Chanyuan Celestials to thoroughly remould themselves to achieve Super Celestial Beings, and the transfer station from the human world to heaven. The New Oasis for Life community is exploring a new pattern of life for humanity; we believe firmly that when everyone lives according to the life pattern of the New Oasis for Life community, their tribulations will be alleviated, their suffering will be eased, nature’s deterioration will be reversed, and we will enter the Lifechanyuan Era that is to last a millenium. The New Oasis for Life community has solved problems that have been with us for thousands of years, such as support for the elderly. By continuous consolidation and improvement, the New Oasis for Life community will become a paradise, not only for children, young people, and middle-aged people, but particularly for the elderly.

633. All members of the New Oasis for Life community have chances to move to a different branch every three years; that is, after working and living in one branch for three years, they can be relocated to another one and move among all the branches in the world.

634. In the Second Home (New Oasis) living period, once a person has consciously caused spiritual, mental, and physical harm to other members, they will be expelled from the community.
Any member living and working in the New Oasis for Life community who is found to have caused intentional physical, psychological, or spiritual harm to any other member will be expelled from the community immediately.

635. 懒惰是第二家园（生命绿洲）的大敌。勤奋象征美丽，懒惰代表丑陋！勤奋成就美好未来，懒惰毁灭天赐幸福。懒惰摧毁一切，它能使人沉沦，会腐蚀人的意志、精神、心灵和肉体，会整垮一个勤奋的集体，会像病毒那样影响一个社区的精神健康，最终让一切萎靡不振，死气沉沉，满目萧条，衰败毁灭。

Laziness is the archenemy of the New Oasis for Life community; diligence symbolizes beauty, while laziness creates ugliness; diligence leads to bright futures, while laziness ruins the happiness endowed to us by the Greatest Creator; laziness destroys everything, it makes people sink into depravity, corrupts and erodes people’s wills, spirits, souls, and bodies, and causes the collapse of diligent collectives; it destroys the spiritual health of communities as viruses and eventually casts listless and spiritless spells over everyone and everything. What comes out of it is depression, ruination, and destruction.

636. 劳动者的心灵最美好，虽然他们可能写不出才华横溢智慧高深的文章，虽然他们缺乏辩论的才能，虽然他们傻得不会彰显自己的聪明，虽然他们表现得非常普通非常平凡，虽然他们不会讲解佛法和道，虽然他们不会背诵和引用经典中的段落和语句，但他们的心灵最美好，他们的行为本身就证明他们遵守了耶稣、释迦牟尼、老子和贤哲们的教诲。

Laborers have the greatest souls, although they may not be able to write articles exhibiting great talents and insights or they may not be eloquent or clever enough to exhibit their intelligence. Laborers may look very ordinary and may not be able to explain Dharma and Tao, or recite and quote phrases and sentences from the classics, they still have the greatest souls and their behaviors prove that they have abided by the teachings of Jesus Christ, Buddha Sakyamuni, Lao Tzu, and sages and saints.

637. 第二家园（生命绿洲）里成员们一律不过生日。
Birthdays are not celebrated in the Second Home (New Oasis for Life community).

638. 第二家园（生命绿洲）除庆贺自然节日外，其余节日一律不庆贺。Only festivals which glorify nature are celebrated in the Second Home (New Oasis for Life community).

639. 第二家园（生命绿洲）实施浑沌管理。浑沌管理就是不管理，人人都是主人，人人都是仆人。只有分工的不同，没有领导和被领导的关系，任何人不能把自己的意志强加于他人。人人努力把真、善、美、爱、信、诚的品质发挥到极致。各说各的话，各做各的事，各负各的责任，各修各的道，各走各的路。不操别人的心，不管别人的事，只为上帝和自己负责，不为别人负责。人不求我不助之，人若求我急助之。谁建议，谁负责。人人在自我良心上建起神圣的法庭，自己审判自己。

The Second Home (New Oasis for Life community) implements a holographic management pattern - non-management. Everyone is both a master and a servant; one is different from another only in the type of work they do; there are no hierarchical relationships such as between leaders and subordinates; no one is allowed to impose their will on others and everyone does their best to bring their qualities of sincerity, kindness, beauty, love, faith, and honesty into full play; everyone says what is on their minds, does their own work, takes charge of their own responsibilities, builds their own paths, and goes their own ways without minding anyone else’s business. They are responsible to themselves and the Greatest Creator but to no one else; they will not offer help unless it is asked but will give it immediately when it is; anyone who offers any suggestion will be responsible for its execution. Everyone builds a sacred court in their own conscience from which to pass judgment upon themselves.

640. 第二家园（生命绿洲）区别于世俗社会和其他社区的重要标志之一是：在第二家园里没有婚姻家庭，没有情感和性生活上固定的依赖对象，而是随遇而安、随缘而化、随性而动，随机而作。

The most significant characteristic of the Second Home (New Oasis for Life community) which distinguishes it from secular society and other
communities is that there are no marriages or families and no individuals upon whom to depend with regard to one’s love and sex life; we take things as they are, associate with others by following naturally come-and-go relations, act in accordance with our natures, and take advantage of opportunities as they arise.

641. 第二家园（生命绿洲）不是庇护所。凡是想躲避世俗债务、牵绊、纠缠、惩罚的人是不能在第二家园生活的。

The Second Home (New Oasis for Life community) is not a shelter; those who intend to escape debts, obligations, entanglements, or punishments cannot join us.

642. 第二家园（生命绿洲）不是慈善机构。

The Second Home (New Oasis for Life community) is not a charity.

643. 第二家园（生命绿洲）是由最文明、最勤劳、最善良、最无私的人组成的乐园。

The Second Home (New Oasis for Life community) is a paradise which consists of the most civilized, diligent, kind-hearted, and selfless people.

644. 第二家园（生命绿洲）情爱性爱方针:

情爱是上帝赐予人类的珍贵礼品，性爱是升华人性前往生命高层空间的必然途径，情爱和性爱是两颗心灵的同频舞蹈，只要两情相悦，爱怎么做，就怎么做，没人监督，没人干涉，没人过问，没人背后说闲话。相互不拥有、不霸占、不忌妒、自由高于一切，充分尊重对方自由。精神上、心灵上、生理上绝不给对方一丝一毫的勉强和伤害。

Principle of the romantic and sexual love in the Second Home (New Oasis for Life community):

Romantic love is a precious gift bestowed upon us by the Greatest Creator; sexual love is the inevitable path to sublimating human nature and leaving for the high-level space of LIFE; romantic and sexual love are two souls dancing to the same beat. As long as both parties are
attracted to each other, they can do whatever they feel is appropriate; nobody supervises, interferes, bothers, gossips, or backides; lovers never possess, occupy, or are jealous of each other; freedom is above all else and lovers respect the other party’s freedoms fully without even the slightest reluctance or causing any mental, spiritual, or physical harm to each other.

645. 第二家园（生命绿洲）有八大好处:
(1) 生活上有保障，不再为吃穿住行发愁，生病时有人照顾，离世后有人操心处理后事；
(2) 从此只为理念和信仰生活，远离红尘，不再遭受人世人事的折磨；
(3) 没有了家庭的羁绊，身心灵更加自由，没有人总盯着你，管着你，缠着你，也不再为孩子的事而操心、担忧、焦虑；
(4) 不论自己如何变化，总能找到与自己性格脾气和得来的人一起做事、聊天、娱乐；
(5) 因为分工明确，且每人专职一事，所以空闲时间将很多，可以随心所欲做自己想做的事，读自己想读的书；
(6) 第二家园有层出不穷的娱乐活动，将再不会有寂寞、孤独、无聊感；
(7) 借用集体的能量快速成道，了脱生死，奔赴天国；
(8) 借用集体能量度一切困难。

The eight (8) advantages of living in the Second Home (New Oasis for Life community) are:
1. Life is guaranteed; there is no longer any need to worry about basic necessities of life such as food, clothing, shelter and transportation; you will be cared for when you are sick and your affairs will be dealt with after you pass away.
2. You will live for your values and faith, escape from the secular world, and no longer be entangled in worldly affairs.
3. Without the fetter of families, you will achieve more physical, mental, and spiritual freedom; nobody will watch you, bother you, or tangle with you; you will no longer trouble with, worry for, or feel anxious about your children’s issues.
4. Regardless of how you might change, you will always be able to find someone whose personality and temper fit yours and with whom to work, chat, and enjoy life.

5. As our division of labor is clear-cut and each person is in charge of specific responsibility, you will have a great amount of free time in which to do what you want and read what you like.

6. There are endless activities and entertainment to keep you from ever feeling bored or lonely.

7. Our collective energy will always support you to achieve Tao quickly, liberate yourself from the samsara of reincarnations, and then leave for heaven.

8. Our collective energy will help you to overcome all hardships.

646. 第二家园（生命绿洲）里没有任何规章制度，没有传统意义上所定义的领导，只有分工的不同，没有领导和被领导的区别，人人都是家园主人，人人履行作为主人的责任和义务。一切事务按照“佛法无法，千变万化”，“不易中变易，变易中不易”的原则随机随缘灵活处理。人人按照真、善、美、爱、信、诚的如来本性随性所欲。

The Second Home (New Oasis for Life community) defines no rules or regulations and no leadership roles in the traditional sense; one is different from another only in the division of labor; there are no top-down relationships between leaders and the governed; everyone is the owner of the community and everyone needs to carry out their responsibilities and obligations; all affairs should be handled flexibly in accordance with the principle of “Keep the main but change the others according to the situation”; “Dharma sets no rules; it is ever changing”. Anyone can do whatever they want as long as they are consistent with Buddha-nature which consists of sincerity, kindness, beauty, love, faith and honesty.

647. 第二家园（生命绿洲）里不实行民主，而是采用超人哲学，即：家园的一切事务分工到人，每个人在自己负责的领域一人说了算。即谁负责谁说了算，谁负责谁承担一切后果。

The Second Home (New Oasis for Life community) does not practice democracy, but rather Superman philosophy, which means that all affairs are assigned to individuals, each person has the final say over
their own work, and anyone who accepts a job has the final say over how it gets done but is also responsible for any and all consequences.

648. 第二家园（生命绿洲）不是任何形式的一种组织，既不是政治组织，也不是宗教组织。第二家园是由心甘情愿按照《新时代人类八百理念》进行生产和生活的同频者们组成的一个非常松散的乌托邦群体，没有任何组织形式，没有任何可以超越宪章、公约、宪法、法律去制定法规的权力，更没有代表政府任何一级组织处理矛盾冲突和违法乱纪事件的权力。

The Second Home (New Oasis for Life community) is not an organization in any form, neither a political one nor a religious one, it is a loosely unified utopian group which consists of people who think alike and who are willing to live and work together according to the "800 Values for the New Era Humans"; it has no organizational forms, neither does it have any power to legislate beyond the charter, convention, constitution, or laws, nor does it have any power to represent any organization at any level of government to deal with contradictions, conflicts, violations of laws, or discipline.

649. 第二家园（生命绿洲）不仅不是一个淫乱场所，反而是一个人与人、人与社会、人与大自然和谐共处的一个高度文明的场所。

The Second Home (New Oasis for Life community) is not a licentious place; rather, it is a highly-civilized one in which people interact with each other, with society, and with nature in very harmonious ways.

650. 第二家园（生命绿洲）里反对通灵、念咒、算命，反对使用神通、法术、巫术、特异功能，反对成员在同一时间举行为了个体的利益而进行的什么集体祈祷，反对针对某个人举行什么统一发功的意念活动。

The Second Home (New Oasis for Life community) opposes the following:

- Psychic activities
- Chanting mantras
- Fortune telling
- The use of supernatural powers
- Magical arts
- Witchcraft
- Extra Sensory Perception
- Psychokinetic power
- Members praying collectively and simultaneously in support of the interest of individuals
- Holding unified Qigong practice or meditational activities directed toward any individual

651. 第二家园（生命绿洲）里不能有任何政治或宗教性质的仪式。
Political and religious ceremonies are not allowed in the Second Home (New Oasis for Life community).

652. 第二家园（生命绿洲）里不建任何寺庙教堂，不悬挂任何神佛仙圣画像，不搞任何形式的个人崇拜活动，更不能有任何偷偷摸摸神神道道的活动。
The following practices are not allowed in the Second Home (New Oasis for Life community):
- Building temples and churches
- Hanging any portraits of gods, Buddhas, Celestials, or saints
- Engaging in any form of personality cult activities
- Engaging in any furtive or superstitious activities

653. 要进入第二家园（生命绿洲）生活的程序是：先了解和明白《新时代人类八百理念》，然后在生命绿洲网上与大家交流半年，期间若觉得满意，可以提出申请；若再无尘缘牵挂，即可进入第二家园（生命绿洲）生活。
The processes for entering the Second Home (New Oasis for Life community) are:
- Learn and understand the 800 Values for New Era Humans
- Communicate with other members on Lifechanyuan's intranet for at least six months, submit an application if you are satisfied
If nothing bonds you to secular society, then you can enter and live in the New Oasis for Life community.

Small workshop production modes will inevitably be eliminated and replaced with the streamline production mode; small workshop style families will inevitably be eliminated and replaced with the streamline style - the Second Home (New Oasis for Life community) lifestyle. Whether you approve or not, it is a historical imperative that the traditional family lifestyle will be replaced by the New Oasis for Life mode of life; the traditional small family system will be seen as an ignorant and backward lifestyle to be swept into the garbage bin of history.

Collective life is superior to individual life and is the best lifestyle for self-improvement and self-refinement. If you cannot blend into a collective lifestyle and go through edification and smelting with collective lives, then you will never be able to enter heaven.

To scale the highest realms of life and LIFE, we should resolve to blend ourselves into collective life because without doing this, our dreams and ideals cannot be realized. Mankind has not yet experienced a true
collective life. A group of people simply living and working together cannot be counted as a real collective life unless all their members’ basic necessities of life such as food, clothing, shelter, transportation, birth, aging, illness, and death are included as public rights. There is neither private property, private ownership, nor marriages and families; the members live together and share all their blessings and woes; any differences between members in terms of status or material enjoyment would signify a departure from the tenet of collective life.

657. 一个完美理想的集体是由一个个优秀的个体组成的，没有一个个优秀的个体，所谓理想的集体只是空中楼阁，永难实现。

A perfect and ideal group is made up of excellent individuals; without excellent members, any so-called ideal group would only be a castle in the air and impossible to achieve.

658. 意识决定存在，有什么样的意识就有什么样的生命存在形态，就有什么样的生活方式和生活环境。

Consciousness determines existence: the state of consciousness will determine the form of LIFE, and that will determine one’s way of life and living conditions.

659. 三个臭皮匠永远抵不上一个诸葛亮，千万大众的思维永远抵不上一个圣人思维的远见卓识，民主永远是智慧平庸者们的追求和抱残守缺的法器，是扼杀圣人的暗器。

The combined wisdom of a hundred cobblers can never match that of a master strategist; the thinking of the multitudes can never equal the foresight and sagacity of a saint. Democracy will always be the pursuit of mediocrity, the magical weapon by which to cling to bygone values, and the hidden weapon with which to strangle saints.

660. 意识具有地域性，意识喜欢熟悉的环境，意识在陌生的环境中有不适感，所以轮回转世时一般都在熟悉的环境中再次诞生。因此，若向往某个地方，首先要在意识中熟悉那个地方。

Consciousnesses sense territories; they like familiar places but feel uncomfortable in strange ones, so they usually reincarnate into familiar
environments; therefore, if you yearn for a place, you must first develop a conscious familiarity with it.

661. 意识起源于结构，又反过来作用于结构，能量是中性的，能量随结构的变化而进出。意识来自于反物质结构，有什么样的反物质结构，就会有什么样的意识。

Consciousnesses originate from structures and they react upon structures. Energy is neutral; it comes and goes with changes of structures. Consciousnesses come from nonmaterial structures; different nonmaterial structures give birth to different consciousnesses.

662. 人生的终极目标不是走向死亡，而是通向另一个世界，就象胎儿的终极目标不是在子宫中成长，而是要来到人间。所以人类社会就是一个大的子宫，人必须要经过看似“死亡”这个通道，去向另一个世界。所以死亡不是结束，而是生命的又一次旅程的开始。

The ultimate goal of life is not to move toward death, but toward another realm, just as the ultimate goal of a fetus is not to grow in the womb, but to enter the human world. Human society is like a big “womb”; one must transit through the passageway which appears as "death" in order to advance to their next realm. Therefore, death is not the end; it is the beginning of another journey of LIFE.

663. 不要多学本事，人只要有一技之长足矣，若没有一技之长，哪怕具备一个美德也可以轻松生活，比如诚实、或勤劳、或善良、或纯朴、或守信、或真诚。人生短暂，何必要把自己搞得忙碌疲惫呢!

Do not learn too many skills; specializing in one is enough. Even without much expertise or talent, one can lead an easy life, even if they own only one virtue such as honesty, diligence, kindness, sincerity, simplicity, or keeping the faith; life is very short, so it is unnecessary to exhaust yourself staying busy.

664. 我们看那水，装入什么形状的容器中它就成什么形状，是圆是方取决于容器。人，也有此特性，有什么样的将军，就有什么样的士兵。有什么样的环境就有什么样的人。近山识鸟音，近水知鱼性；近朱者赤，近墨
Consider water, it takes the form of any container that holds it; it can be round or square; we also possess this property. Soldiers who are trained by different generals will have different fighting abilities and different environments will foster different kinds of people. If you live on a mountain, then you will learn the tweeting of birds; if you live beside water, then you will learn about fish; if you work with ink, then you will stain yourself black; if you often associate with saints, then you will develop agile thinking, sudden enlightenment, and transcendence over vulgarity; if you often mingle with laities, then you will have prejudicial and narrow thinking, and prefer contention and vulgar taste.

665. 先有想法，后有方法。想法变了，一切会跟着变化。先有概念再具体实施。

Have an idea before you construct a method; when your thoughts change, everything changes accordingly; first have a concept, then carry it out.

666. 思维的最高境界是浑沌思维，这是上帝的思维，是普通人无法想象的思维，可以说这也是神的思维，佛陀释迦牟尼达到的境界是无相思维，老子达到的境界是太极思维，仙的思维是心像思维，诸葛亮、爱因斯坦等达到的思维是联想思维，像贝多芬这样的艺术家达到的境界是形象思维，普通大众的思维是物质思维，宗教人士拥有的是迷幻思维。

Holographic thinking is the highest realm of thinking; it is the thinking of the Greatest Creator and can also be called the thinking of gods, which is unimaginable to ordinary people. Buddha Sakyamuni attained formless thinking, Lao Tzu achieved Taiji thinking, Celestials achieve visualized thinking, Zhuge Liang, Einstein, and the like achieved associative thinking, artists such as Beethoven reached imaginal thinking; common people's thinking is material thinking and religionists' thinking is illusive thinking.
迷幻思维的最大特征是，每一步都是向前的，但最后会回到原点；
每一个理论的每一句话都是正确的，是无懈可击的，但绕来绕去绕了一个大圈，最终又会回到起点。

The most significant feature of illusive thinking is that every small step seems to progress forward but it eventually returns to its original starting points; that all sentences from each theory are correct and irrefutable but that they return to where they began after traversing big circles.

长久的习惯容易形成思维定式，思维一旦定式，就很难突破。每个人的心智都被一种无形的思维网罩着，每个人都背负着一个沉重的十字架，只是自己感觉不到或能感觉到但没有力量和勇气冲破其束缚；看看周围的人都这么活着，也就心安理得，也就习惯了，也就麻木了，也就忍了，从来不去想“干嘛会这样”、“我不这样行吗”等问题。

Long-standing habits induce mindsets which are very difficult to discard after they form. Everyone’s intellects are covered by invisible meshes of thinking and everyone is weighed down by heavy crosses, though they cannot feel them; even after having felt them, they lack the courage and power to break away from them. Seeing people around them living in this manner sets them at ease and justifies their own behaviors; they become accustomed to their situations, numb, and tolerant of them. They never think to ask, “Why are things this way?”, or “Is there another, better way?”.

必须要反常思维，否则难逃宿命，要忙世人之所闲，闲世人之所忙，因为98%芸芸众生是按照宿命程序演绎人生的，他们的人生和生命轨迹是早已按照剧本编好了的；如果想逃脱天地的疆域，想跳出三界不受五行的束缚，想走出必然王国进入自由王国，就绝对不能与芸芸大众的思维和意识同频共振，必须“反其道而行之”。

It is impossible to escape from fate without unconventional thinking; we should work on things that the world ignore and not follow the crowd, because ninety-eight percent of people live according to planned programs. The trajectory of their lives and LIVES have been programmed from screenplays. To avoid the confines of heaven and earth, escape from the bondages of Three Realms and Five Elements and leave the realm of necessity for that of freedom, we must not
resonate with the thinking and mindsets of the multitudes; rather, we should act in the opposite way.

Note:
In Buddhism, the three realms refer to the following destinations for karmic rebirth:

Kāmaloka is the world of desire, typified by base desires, populated by hellish beings, preta (hungry ghosts), animals, humans and lower demi-gods.

Rūpaloka is the world of form, predominantly free of baser desires, populated by dhyāna-dwelling gods, and a possible rebirth destination for those well practiced in dhyāna.

Arūpaloka is the world of formlessness, a non-corporeal realm populated with four heavens, and a possible rebirth destination for practitioners of the four formlessness stages

Five elements (Wu Xing) is a fivefold conceptual scheme that many traditional Chinese fields use to explain a wide array of phenomena, The "Five Elements" are Fire (火 huǒ), Water (水 shuǐ), Wood (木 mù), Metal or Gold (金 jīn), and Earth or Soil (土 tǔ). In the order of "mutual generation" (相生 xiāngshēng), they are Wood, Fire, Earth, Metal, and Water. In the order of "mutual overcoming" (相克 xiāngkè), they are Wood, Earth, Water, Fire, and Metal

What is thought to be impossible with conventional thinking can be solved easily with unconventional thinking. Topology is one kind of unconventional thinking; it can shift positions of space and interconnect closed spaces both internally and externally and makes it impossible to
distinguish between interiors and exteriors, just as with Mobius strips, where it is impossible to determine the obverse from the reverse. Therefore, when you face psychological obstacles, spiritual depression, and difficult situations in life, never consider that your situations are hopeless, because unconventional thinking can guide you to find hope right under your nose.

671. 反常思维是探索宇宙奥秘和了解事实真相的法宝，是找到人生真谛的最佳途径。只要我们一步步地进行，最终将会进入一个辽阔的天地，那时，将会惊奇地发现宇宙的本质和生命的奥秘，将会为自己有一个美好的神仙来世而兴奋不已，将会更加热爱生命和热爱人类，将会更加珍惜今生今世。

Unconventional thinking is the magical weapon for us to explore the profound mysteries of the universe and discover their truths; it is the best way for us to find the true meaning of life. As long as we proceed forward steadily, we will eventually enter into a vast world at which time we will be amazed at the nature of the universe and the profound mysteries of LIFE; we will be thrilled that a beautiful future life as a Celestial being awaits us, we will love LIFE and mankind more deeply, and we will cherish this life even more.

672. 从宇宙三要素（意识、结构、能量）奥秘获悉：美好未来主要的不是靠手脚创造，而是靠大脑创造，也就是靠意识创造。

As we know from the mystery of the three elements of the universe, consciousness, structure, and energy, our beautiful futures are mainly created not by our hands, but by our brains; that is, by our consciousnesses.

673. 自己的尘缘自己了，了尘缘最好的办法是无相布施。

You are the only one who can end your worldly ties; the best way to do this is to offer formless alms-giving.

674. 最高妙的剑法无剑，最高妙的心法无心，最高深的佛法无法，最大的我就是无我。
The most brilliant swordsman lacks a sword; the most supreme mind-dharma lacks a mind; the most profound Buddha dharma lacks dharma; the greatest self lacks self.

675. 佛即性, 性即佛。Buddha is our deepest intrinsic nature, and this nature is Buddha.

676. 应如是生清净心, 不应住色生心, 不应住声、香、味、触、法生心, 应无所住而生其心。要无我相, 无人相, 无寿者相, 无众生相, 无法相, 无非法相, 空即色, 色即空。We should cultivate pure and clean minds which do not abide in form, sound, smell, taste, touch, or dharma, but actually abide nowhere; we should have no notions of our self, others, lifetime, living beings, or of Dharma or non-Dharma; form is emptiness and absolute emptiness is form.

677. 无相布施的功德胜过恒河沙数的七宝布施, 其果报不可思议, 不住色布施, 不住声、香、味、触、法布施。菩萨应如是布施, 不住于相。凡所有相, 皆是虚妄。离一切诸相即名诸佛。菩萨不能贪著福德。The merits and virtues of formless alms-giving outweigh those of seven-treasure alms-giving which are as countless as the grains of sand in the Ganges, the returns on them are inconceivable. One should give without a mind abiding in form, sound, smell, taste, touch, or Dharma; Bodhisattvas should give alms without a mind abiding in notions of form. Everything with form is unreal; all those who are called Buddha have detached all forms; Bodhisattvas should have no longing or attachment when they practice meritorious virtues.

678. 若人言佛陀释迦牟尼有所说法, 就是对佛的诽谤, 是不明白佛陀教诲精髓不明白佛法要旨的标志。一切法皆是佛法。真正的佛法无我、无人、无众生、无寿者, 无法。Those who suggest that Buddha Sakyamuni preached Dharma are either slandering him or do not understand either the essence of his teachings or the gist of Dharma. All dharma is the way of Buddha; the
real way of Buddha is free from self, others, living beings, lifetime, and dharma.

679. 一切有为法，如梦幻泡影，如露亦如电，应作如是观。一切无为法，无法言明它，来时如雷电，去时似梦幻，无虚无实、无声无息、无边无际、无招无式，看不见、摸不着，威力无穷；偷不了、藏不得，变幻莫测，万物都是它，它又不是万物，顺应它，一帆风顺，万年太平；逆恼它，坎坷不顺，祸延未来。

All Intentional Dharma are like dreams, illusions, bubbles, shadows, dew, and lightning; thus should you meditate upon them. No Unintentional Dharma can be expressed clearly; they come like lightning and vanish as illusions. There is neither entity, nonentity, sound, breath, edge or border, fixed rules, nor fixed modes; they are invisible, intangible, tremendously powerful, can neither be hidden nor stolen, and are forever changing; they are not everything yet everything is them. Conform to them and you will enjoy a smooth and peaceful life for tens of thousands of years; go against them and your future will suffer frustration and disasters.

680. 佛陀释迦牟尼不是佛祖。上帝才是佛祖。

Buddha Sakyamuni is not the ancestor of Buddha; only the Greatest Creator is.

681. 如来是真语者、实语者、如语者、不诳语者、不异语者。如来所得法，此法无实无虚。如来有肉眼、天眼、慧眼、法眼、佛眼。如来者，无所谓来，亦无所去，故名如来。

The Tathagatas' words are truth and correspond to reality; they are ultimate words, neither deceitful nor heterodox. The Dharma that the Tathagata has obtained is neither real nor unreal. The Tathagata has physical eyes, deva-eyes, wisdom eyes, dharma eyes, and buddha eyes. The Tathagata has neither whence (to come) nor whither (to go); thus, he is called the Tathagata.
682. 凡所有相，皆是虚妄。若见诸相非相，即见如来。
Everything with form is unreal; if all forms are seen as unreal, then Tathagata, the state of Buddha, will be perceived.

683. 一切圣贤皆以无为法而有差别。
All saints and sages differ because of their unintentional Dharma.

684. 一切法都是佛法，一切法又不是佛法。佛法无法，千变万化。所谓佛法，即非佛法。
All ways are Dharma and yet all ways are not Dharma; Dharma has no set rules; Dharma always varies according to the situation. So-called Dharma is not Dharma.

685. “我当度众生”，莫作是念。（不要有“我要度众生”这样的念头。）
Do not have such thoughts as, “I should liberate all living beings”.

686. “若以色见我，以音声求我，是人行邪道，不能见如来。”
“Those who see me by outward appearance and seek me in sound are treading the heterodox path, and cannot perceive Tathagata.”

687. 佛无心，佛即性，明心见性，见性即见佛。
Buddha has no mind; Buddha is our most intrinsic nature. With an enlightened consciousness nature is perceived, which is the perception of Buddha.

688. 若不见性，终日茫茫，向外驰求，找不到佛。若不见性，纵说得十二部经典教义，尽是魔说。若不见性，想得成佛道，不可能。若不见性，念佛、诵经、持咒、布施、持戒、精进、建庙、修寺、供养、放生、磕头、烧香，成不了佛。
Without a perception of nature, one will always be bewildered and seek Dharma externally but never find Buddha; without it, even those who can explain the creed of The Twelve Classics only say demonic words;
without it, it is impossible to obtain the way of Buddha; without it, even praying for Buddha, reciting sutra, chanting mantras, giving alms, keeping precepts, making vigorous efforts, building or repairing temples, making offerings, freeing captive animals, kowtowing, and burning incense, one still cannot attain Buddhahood.

689. 观自在菩萨，行深般若波罗蜜多时，照见五蕴皆空，度一切苦厄。When Bodhisattva Avalokiteshvara attained Prajna Paramita - the enlightened wisdom that can reach the shores of freedom - he realized that all forms, feelings, thoughts, behaviours, and cognitions are only illusions; with this realization, he had moved beyond all trials and suffering.

690. 色不异空，空不异色，色即是空，空即是色，受想行识，亦复如是。Form does not differ from emptiness nor does emptiness differ from form. Form itself is emptiness; emptiness itself is form; so too are feelings, thoughts, behaviours, and cognitions.

691. 诸法空相，不生不灭，不垢不净，不增不减。All Dharma is empty of characteristics; its true nature is no Birth nor Death, no Defilement nor Purity, no Increasing nor Decreasing.

692. 空中无色，无受想行识，无眼耳鼻舌身意，无色声香味触法，无眼界乃至无意识界，无无明亦无无明尽，乃至无老死，亦无老死尽，无苦集灭道，无智亦无得。Therefore, in emptiness there is no form, no feelings, thoughts, behaviors, cognition; no eyes, no ears, no nose, no tongue, no body, no mind; no color, no sound, no smell, no taste, no touch, no dharma; no realm of eyes and so forth until no realm of mind consciousness. There is no ignorance and also no extinction of it, and so forth until no old age and death and also no extinction of them. There is no suffering and no origination of suffering; no extinction of suffering and no path of cultivation that leads to no suffering, therefore there is no wisdom of enlightenment, and no attainment of such wisdom either.
693. 依般若波罗蜜多故，心无挂碍；无挂碍故，无有恐怖，远离颠倒梦想，究竟涅槃。

Through reliance on Prajna Paramita - the wisdom that can bring us to the shores of freedom - the Bodhisattva is unimpeded in his mind and there is no hang-up in his heart; since there is no impediment and hang-up, he is not afraid and he leaves distorted dream-thinking far behind; ultimately, Nirvana!

694. 依般若波罗蜜多故，得阿耨多罗三藐三菩提。

Relying on Prajna Paramita - the wisdom that can bring us to the shores of freedom - will help us to attain Anuttara-samyak-sambodhi - Supreme Authentic Wisdom.

695. 揭谛揭谛，波罗揭谛，波罗僧揭谛，菩提萨婆诃。

Gaté Gaté Paragaté Parasamgaté Bodhi Svaha!
Go, go, go! Go to the other shore with transcendent wisdom.
Go to the realm of freedom; go to attain enlightenment; just go!

696. 人生是生命在人间的一次旅行，旅途所见所闻皆为幻象；迷在幻象中，就是苦海，不被幻象所迷，即为天堂。

Life is a journey of LIFE in the human world; what is heard and seen during the journey is an illusion; indulging in the illusion is like living in an abyss of misery, while not getting lost in the illusion takes you to heaven.

697. 梦境就是一个幻象，但我们人很少被梦境所迷；人生就是一个幻象，为什么我们就迷在其中觉悟不了呢？当我们醒来，梦境消失。当我们的人生结束，人生幻象就消失。

Dreams are illusions, but we rarely indulge them; life is an illusion, so why do we indulge it unconsciously? When we wake up, our dreams disappear; when life ends, our illusion will disappear.
698. 大自然被污染，到底是谁污染的？谁对大自然污染的更多更厉害？是不是钱挣得越多的人对大自然的污染越厉害？一个穷人和一个富人，谁对大自然的污染更多更厉害？拥有越多的人是不是对大自然的伤害越厉害？从大自然中获取的越多，我们欠债越多。欠债是要还的，谁欠谁还，别人代替不了，也不允许被代替。

Nature has been polluted, who has polluted it, and who are its worst polluters? Are those who earn the most polluting nature the most? Who has polluted nature more seriously, the poor or the wealthy? Are those who possess the most wealth harming nature the most? The more we take from nature, the more we accumulate a debt which we must pay back. Those who are in debt must pay their debts; no one else can pay debts for them, nor should they be allowed to.

699. 本届人类几千年来，谁最无私？是耶稣、释迦牟尼、老子、特蕾莎修女，所以，听他们的教诲没错。

Across thousands of years of this civilization, who have been the most unselfish people? They are Jesus Christ, Buddha Sakyamuni, Lao Tzu, and Mother Teresa; therefore, it is right to follow their teachings.

700. 人生开心最重要，一日开心一日仙。开心需要什么？达观，觉悟。

Being happy is the most important thing in life; to enjoy one day of happiness is to be a celestial for one day. What can lead to happiness? Being philosophical and enlightened!

701. 万法归宗，万教归一，天下一家，世界大同，是新时代的主旋律。

To unify all dharma, laws, and regulations into the Greatest Creator’s will and all religions, beliefs, schools of thought into one uniform belief system, the world will be one family, a stateless world will be in great harmony; these are the main themes of the New Era.

702. 家庭、国家、政党、宗教的存在是地球环境被污染，全球贫富悬殊，资源配置不合理，世界动荡不安，人类危机重重，低层老百姓生活艰难，人力资源和物质资源浪费巨大的根源。
Families, states, political parties, and religions are the root causes of the following:

- Pollution of the Earth's environment
- Global polarization of the rich and the poor
- Unfair and irrational allocation of resources
- A turbulent world with severe crises
- Hardships of working and lower class
- Huge waste of human and material resources

703. 全球应当走向统一，走向全球一家，最好是不断强化联合国的职能和作用，最终联合国成为全球政府。

The world should move toward unification and become a global community; it is best to strengthen the role and function of the United Nations continuously for it to eventually become the global government.

704. 地球上的每一个公民应当将自己看作是地球公民，而不是哪一个国家的公民。

Everyone in the world should regard themselves as citizens of Earth; not merely those of regions or countries.

705. 地球属于地球公民，地球公民有权利在全世界范围内自由迁徙，自由流动。

The earth belongs to all its citizens; everyone has the right to migrate and move freely throughout it.

706. 天得一以清，地得一以宁，神得一以灵，谷得一以盈，万物得一以生，圣人抱一为天下式。全人类只有一个政府，一个信仰，一个号令；人一生只能有一个目标、一个心愿、修一条道、走一条路。否则，难清、难宁、难灵、难盈。多则乱，杂则繁。只有“万法归宗”、“万教归一”，天下
When all is unified into the One, everything can benefit from the power of the One:

- Sky, by attaining the Oneness, became clear;
- Earth, by attaining the Oneness, became peaceful;
- Spirit, by attaining the Oneness, became divine;
- True nature is like an empty valley, and by attaining the Oneness, it became fully productive;
- All things, by attaining the Oneness, became alive;

Saints, by attaining the Oneness, can bring peace and prosperity to the world;

The whole of mankind can have only one government, one belief system, and one order; we can only have one goal, one wish, one path to build, and one road to follow all through our lives because otherwise it will be impossible to achieve clearness, peace, divinity, and fullness. Excess breeds confusion and heterogeneity causes miscellaneous; Only when all dharma, laws, and regulations are unified into the Greatest Creator’s will and all religions, beliefs, schools of thought are unified into one uniform belief system, and the whole world becomes one family, people can hold the Oneness. With the Oneness everyone will enjoy harmony, peace, auspiciousness, favorable weather, and happy, joyful, free, and blessed lives.

Single people should be chosen as leaders in all regions. Single people are more selfless and open-minded and they are less tied and troubled than those who have their own families. Basically, single leaders are better than those who are in familial relationships because they are more in line with the interests of the general public.
708. 地方主义和民族主义是野蛮愚昧的象征。地球上的任何事务不是哪一个民族和地方主义者的事，而是全体人类的事，各地方的管理应该从全体人类中寻找最文明最优秀的人去管理，而不是从当地人或本民族中选拔。贤不遗野，才能天下一家，劳苦大众才能获得自由幸福。

Localism and nationalism are symbols of barbarism and fatuity. No affairs on earth belong to any particular nation or local adherents; rather, they belong to the whole of humanity. The administrations of every region should be exercised, not by the people chosen from among the locals or from among local nations, but by the most outstanding talents selected from the whole of humanity. It will only be when all the talented are not ignored, but rather are entrusted with important missions, that the whole world will be united as one family and the toiling multitudes will obtain freedom and happiness.

709. 地球上的所有事务都是地球公民大家的事，每一个人都有天赋权力去指责和干涉地球上任何一个角落的事，有权力指责和干涉各国、各政党、各宗教、各民族、各团体的事。

All affairs in the world are of concern to all citizens of the Earth. Everyone has their natural right to condemn and intervene in the affairs in any corner of the world, and the same applies to the affairs of all countries, political parties, religions, nationalities, and organizations.

710. 普世价值观的首要一条是信仰上帝，这是一切普世价值观的基石。信仰与宗教无关。

The most important universal value is to believe in the Greatest Creator, which is the cornerstone of all universal values. Faith has nothing to do with religion.

711. 从二零一八年元月一日起人类进入了新时代，即生命禅院时代，其标志是我们已经为人类进入新时代准备好了个庞大的理论体系，并获得了从实践上解决一切问题的成功经验，同时，国际大家庭从法律的层面也诞生了。除此之外，全世界范围内不愿结婚的单身人士增多，离婚率大幅度上升，各国的入境签证越来越便利化，这是全球进入新时代的重大标志。
On the first day of 2018, mankind entered the New Era; namely, the Lifechanyuan Era. The symbol of this is that we have prepared a huge theoretical system for mankind to enter the New Era; we have obtained successful experience of resolving all problems in practice. At the same time, the international family has come into being at the legal level. The number of single people who are unwilling to marry has increased worldwide; the divorce rate has risen dramatically; visa policies of many countries are becoming simpler. All these are significant indicators that the world has entered the New Era.

712. 客观事物的变化不会以人的自由意志而转移。春天来了，山是挡不住的。冰封大地，一切看起来多么坚固，但待春风吹起，冰消雪融，万木欣欣。家庭、国家、政党、宗教看起来非常坚固，但新时代的气息一来，必然土崩瓦解。没有什么是坚不可摧的。

The changes of things are not decided by people's free will; mountains cannot stop spring from coming. When the earth is frozen, everything looks solid and strong, but when the spring wind blows, snow and ice melt and fresh grasses come alive. Families, states, political parties, and religions seem very strong, but even they will inevitably collapse when the wind of the New Era blows; nothing is indestructible.

713. 新时代人类不要法治，也不要人治，而是道治。道治的核心是走上帝之道。上帝之道的核心是自然之道。自然之道的核心是人与人、人与社会、人与大自然和谐共处。

In the new era, people will need neither management by law nor management by people, but management by Tao, the core of which is taking the way of the Greatest Creator. The core of the Greatest Creator’s way is nature’s way and the core of nature’s way is the harmonious coexistence of humans, society, and nature.

714. 人与人的相处之道是让他人开心、快乐、自由、幸福。

The way for people to get along is to make each other feel happy, joyful, free, and blessed.
The way for people to get along with society is, “the talented will be put to good use and the whole world will be one family”, “no one will pocket anything found on the ground and doors are not bolted at night”. People share bliss and shoulder misfortune together; affairs are coordinated globally and all resources are shared.

The way for people to get along with nature is to keep mountains green, the sky blue, mountains and rivers beautiful, soil rich, water clean and clear with abundant fish and shrimp, to protect wild animals from harm, poultry and livestock from abuse, with singing birds and fragrant flowers everywhere, and favorable weather will abound throughout the year.

In the New Era, Lifechanyuan funeral ceremonies are implemented: the body is cremated and the ashes are scattered across rivers, lakes, seas, green mountains, and fields; this dispenses with the building of tombs, the keeping of ashes, the establishment of memorials, and all marks and traces of the deceased.

In the New Era, no one will celebrate birthdays, but only natural festivals such as Spring Festival, Qingming Festival (Tomb sweeping day), Mid-Autumn Festival, and Water-splashing Festival, and there are no celebrations or festivals related to gods, Buddhas, Celestial beings, people, states, political parties, religions, or militaries, including Christmas, Buddha's Birthday, and so on.
719. In the New Era, people will no longer exchange gifts; they will no longer hold celebrations or receive gifts for relocations, promotions, birthdays, or other affairs.

720. In the New Era, churches, Buddhist temples, mosques, and Taoist abbeys will no longer be built.

721. In the New Era, the interests of all humankind will be above those of the local and the individual; personal and local interests will be subjected to the interests of all humankind.

722. Let the talented bring their genius into full play and make the best use of everything; let everyone work and have shelter.

723. Saints manage affairs by reducing interference and by civilizing people wordlessly.

724. Do not honor the virtuous, so that the people will not fight.

725. Prize not rare objects, so that the people shall not steal.
726. 不见可欲，使民心不乱。
Shut out from sight the things of desire, So that the people's hearts shall not be disturbed.

727. 绝圣弃智，绝仁弃义，绝巧弃利。
The perfect saints abandon wisdom; the greatest benevolence abandons righteousness; the highest artifice abandons profits.

728. 道法自然，摒弃一切道德说教。
Tao manifests itself in nature, and renounces all ethical sermons.

729. 功成不居。
Accomplish but claim no credit.

730. 居善地，心善渊，与善仁，言善信，政善治，事善能，动善时。
For he who attains Tao,
In dwelling, he is wise to choose the pure land,
In heart, he goes deep into peace and the profound,
In dealing with others, he is sincere and kind,
In words, he is honest and trustworthy,
In governing, he is good at handling with fair,
In work and life, he is able to utilize people's ability,
In action, he is aware of grabbing the best timing.

731. 金玉满堂，莫之能守；富贵而骄，自遗其咎。功遂身退，天之道。
Fill your hall with gold and jade, but you will be unable to safeguard them; arrogance with wealth and power sows the seeds of one’s own downfall. Retire after accomplishing; this conforms to Tao - Natural Law.
732. 有之以为利，无之以为用。

By the existence of things, we profit; by the non-existence of things, we are served.

733. 贵以身为天下，可寄天下；爱以身为天下，可托天下。

Those who value the world as themselves may be entrusted with the government of the world; those who love the world as themselves may be entrusted to care for the world.

734. 同于道者，道亦乐得之；同于德者，德亦乐得之；同于失者，失亦乐得之；同于魔者，魔亦乐得之。

You will reach that with which you resonate:
Those who resonate with Tao will unite with Tao;
Those who resonate with virtue will attain virtue;
Those who resonate with pessimism and negativity will fail;
Those who resonate with the devil will be welcomed by Him.

735. 善行无辙迹，善言无瑕谪，善数不用筹策，善闭无关楗而不可开，善结无绳约而不可解。是以圣人，常善救人，故无弃人；常善救物，故无弃物。

Good runners leave no tracks; good speeches leave no flaws for attack; good reckoners make use of no counters; well-shut doors make use of no bolts yet cannot be opened; well-tied knots make use of no rope yet cannot be untied. Sages are good at helping people display their talents fully; therefore no one is deserted. They are good at making the best use of things; therefore nothing is useless.

736. 天下神器，不可为也，不可执也。为者败之，执者失之。

The divine method for managing the world is to follow Tao and not to try to control anything through human interference. He who makes it spoils it; he who holds it loses it.
Eliminate extremes, extravagance, and arrogance.

Superior virtue has no intention to be virtuous and thus is virtue. Inferior virtue cannot let go of virtue and thus is not virtue.

With the presences of Tao, virtue need not to be mentioned; With the presence of virtue, benevolence need not to be mentioned; With the presence of benevolence, righteousness need not to be mentioned; With the presence of righteousness, courtesy need not to be mentioned (courtesy mainly refers to rules, laws, and regulations).

There is no greater disaster than insatiability and no greater fault than excessive desire.

When governments are gentle and clean, their people become honest and loyal, but when they control strictly and severely, their people become cunning and discontented; good fortune lies within bad and bad fortune lurks within good.

The way of Tao benefits all but harms none; the way of saints accomplishes but does not contend.
743. 新时代人人需要养生，最大限度不生病，养生主要养精、气、神、形，养生先养心，养心先养德，养德先入道。善养生者，则治未病之病。少言语养内气，戒心性养神气，薄滋味养血气，戒嗔怒养肺气，节饮食养胃气，少思虑养肝气，寡嗜欲养心气，寡色欲养精气。欲修其身，先须静其意。无散乱、无烦恼、无起著、无妄想、无贪爱、无放逸。内安其神、外去其欲。

In the New Era, everyone needs health-cultivation to be free from disease to the greatest extent; health-cultivation needs the cultivation of essence, qi, spirit, and body. Before health cultivation, we need mind cultivation; before mind cultivation, we need virtue cultivation; before virtue cultivation, we need to enter Tao. Those who are good at health-cultivation can offer preventative treatments for diseases:

- Less speech nourishes the internal qi
- Preventing a distraught mind nourishes the spirit qi
- Mild taste nourishes the blood qi
- Avoiding anger nourishes the lung qi
- Eating moderately nourishes the stomach qi
- Less thought nourishes the liver qi
- Less desire nourishes the heart qi
- Less lust nourishes the essence qi

Before you can cultivate your body, you first must calm your mind and be free from fuss, worry, attachments, delusions, lust, greed, and indulgence; settle your inner spirit while keeping your desire out.

744. 饮食不止身不轻，声色不止神不清，思虑不止心不宁，心不宁兮神不灵，神不灵兮道不成。心若太费则竭，形若太劳则怯，神若太伤则虚，气若太损则绝。戒思虑，神全；戒言语，气全；戒色欲，精全。食肉者重（昏）、食菜者轻（清）、食谷者智、食气者神。

- Overeating causes one to become overweight
- Indulgence in lust makes the spirit turbid
- Excessive thoughts disturb our minds
• A mind without peace prevents sharp spiritual perceptions, without which, Tao cannot be attained
• A troubled heart will leave us exhausted
• Excessive physical exertion will leave us feeble
• An overweary spirit will make us weak
• Expending too much qi will finish us
• Being free from anxiety and stress will allow our spirit to be sufficient
• Speaking less will allow our qi to be sufficient
• Being free from lust will allow our essence to be sufficient
• Meat-eaters have thick auras; vegetarians have clean auras; grain-eaters are wise; qi-eaters possess high spirits.

745. 怒则气上、喜则气缓、悲则气消、恐则气下、寒则气收、热则气泄、惊则气乱、劳则气耗、思则气结、静则气生。久视伤血、久卧伤气、久坐伤肉、久立伤骨、久行伤筋。
• Anger drives qi up
• Joy smoothens qi
• Sadness vanishes qi
• Fear lowers qi
• Coldness restrains qi
• Heat allows qi to escape
• Shock scatters qi
• Overexertion expends qi
• Thinking blocks qi
• Silence generates qi
• Watching for too long hurts the blood
• Lying in bed for too long hurts qi
• Sitting for too long hurts the flesh
• Standing for too long hurts the bones
• Walking for too long hurts the tendons
746. 饮食有节、起居有常、不妄劳作。内不劳心，外不劳形。怵惕思虑者伤神，喜乐者神惮散而不由藏，忧愁者气闭塞而不行，嗔怒者迷惑而不治，恐惧者神荡惮而不收。

Eat moderately, do not overwork or overuse your mind or body. Those who are frightened and have excessive thoughts will harm their spirits; those who are very happy and joyous will be too distracted to preserve their spirits; those who are sorrowful will block their flow of qi; those who are angry will be confused so not cured; those who have fears will not restrain and quiet their spirits.

747. 平易恬淡，则忧患不能入，邪气不能袭。导筋骨形全、剪情欲神全、靖言言语福全。目不欲视不正之色，耳不欲听丑秽之言，鼻不欲向膻腥之气，口不欲向毒刺之味，心不欲谋欺诈之事。

Remaining calm and indifferent to fame and fortune will prevent misery from approaching and evil from invading; physical exercise will keep your body healthy; reducing your lust will preserve your spiritual health; talking less will maintain your blessings sufficiently. Guard your eyes from improper sights, your ears from improper words, your nose from foul odors, your mouth from strong flavors and poison, and your mind from considering deceptive actions.

748. 凡心有所爱，不用深爱；心有所憎，不用深憎。口中语少、腹中食少、心中事少、夜间睡少。多睡浊神，频醉散气，多汗损血，力力力困伤形，奔走车马气乱而神惊，望高登峻魂飞。

When you love someone, do not love them too much; when you hate someone, do not hate them too much. Keep fewer words in your mouth, less food in your stomach, fewer thoughts in your mind, and get less sleep at night. Excessive sleep makes your spirit turbid, frequent drunkenness makes your qi scatter, excessive sweating hurts your blood, and exhaustion of strength damages your body. Moving continuously without resting disturbs your qi and frightens your spirit. Ascending to extreme heights may scare you out of your wits.

749. 宠辱不惊，肝木自宁；动静以敬，心火自定；饮食有节，脾土不泄；调息寡言，肺金自全；恬淡无欲，肾水自足。未饥先食，未饱先止。大饱
伤脾饥伤胃，太渴伤血多伤气，饥餐渴饮莫太过，免致膨胀伤心肺。坐卧防风来脑后，脑后受风人不寿。

- Remain undisturbed, whether you are granted favour or subjected to humiliation, and your liver will be peaceful
- Remain deferential and grateful whether in stillness or motion, and your heart will be calm
- Eat moderately, and your spleen will not leak
- Practice pranayama and less speech, and your lungs will be sound
- Desiring less and staying indifferent to fame and gain will keep your kidneys healthy
- Eat before you are hungry, but stop before you are full; overeating harms your spleen but hunger harms your stomach, and excessive thirst hurts your blood but overdrinking hurts your qi
- Never overeat when hungry or over-drink when thirsty to avoid food expansion and hurting your heart and lungs
- Prevent the wind from blowing against your back, for no one enjoys longevity when the back of their head is constantly blown upon.

750. 怒伤气，气弱病来侵；思损神，神疲心易役。勿使悲欢极，常令饮食均，再三防夜醉，第一戒晨嗔。目不妄视、耳不妄听、口不妄言、心不妄念。清心寡欲，恬淡虚无，予静于动中，安心养肾，清闲度岁月。Anger weakens your qi and illnesses will invade when your qi is weak; thoughts damage your spirit, and your heart is prone to be tied when your spirit is tired. Avoid extremes of joy and sorrow; eat a balanced diet; do not get drunk at night; and most importantly, never allow yourself to feel rage in the morning. Do not see, hear, speak, or think about evil or improperness. Purify your heart and restrict your desires, empty your brain, and then attain quietness in motion. Let your heart be at ease and your kidneys at rest, and lead restful lives.

751. 肝精不固，目眩无光；肺精不固，肌肉瘦弱；肾精不固，神气减少；脾精不固，齿发浮落。凡有动作，不可过劳，过劳则损气；不可不动，不动则气血凝滞。无劳汝形，无摇汝精，乃可以长生。目无所见，耳无所闻，心无所知，汝神将守形，形乃长生。肝精不固，目眩无光；肺精不固，肌肉瘦弱；肾精不固，神气减少；脾精不固，齿发浮落。凡有动作，不可过劳，过劳则损气；不可不动，不动则气血凝滞。无劳汝形，无摇汝精，乃可以长生。
- Consolidate your liver’s essence or your eyes will be dizzy and lack lustre;
- Consolidate your lungs’ essence or your muscles will atrophy and be weak;
- Consolidate your kidneys’ essence or your spirit and qi will be weak;
- Consolidate your spleen’s essence or your hair will fall out and your teeth will decay;
- Do not overwork, for that will damage your qi;
- Do not remain immobile, for that will coagulate your blood and block your qi;
- Enjoy a long life by not overusing your body or draining your essence;
- Let your eyes look without seeing, your ears listen without hearing and keep your mind from thinking excessively to avoid overconsuming your spirit; then your spirit will guard your body and give you longevity.

752. 八不居住: 脏乱之地不居住, 噪音之地不居住, 是非之地不居住, 繁华之地不居住, 凸起之地不居住, 阴暗潮湿不居住, 空气不畅不居住, 墓穴寺庙之旁不居住。
There are eight unlivable places:
- Amid dirt and clutter
- Amid loud noise
- Amid negativity and trouble
- Amid hustle and bustle
- High, elevated places
- Amid gloom and dampness
- Amid poor ventilation
- Around graves and temples

753. 能尊生者，虽富贵不以养伤身，虽贫贱不以利累形。常能遣其欲而心自静，澄其心而神自清。远思强记伤人，忧喜悲哀伤人，喜恐过差，忿怒不解伤人，汲汲所愿伤人，阴阳不顺伤人。
Those who value their lives do not harm their bodies by over-nourishing themselves even when they have wealth and rank, nor do they exhaust their bodies for profit in order to rise above poverty and low status. We can often shake our desires off to attain calmness and purify our minds to achieve serene spirits. Overusing our brains, worrying, having sorrow, sadness, excessive joy, fear, endless anger, anxiety over what has been wished, and disharmony between Yin and Yang all hurt people.

754. 水之有源，其流必远；木之有根，其叶必茂；屋之有基，其柱必正；人之有精，其命必长。
Water has its source, so surely it flows far;
Trees have their roots, so surely they are leafy;
Houses have their bases, so surely their pillars stand upright;
People have their essence, so surely they live long lives.

755. 枕不可过髙，髙令肝缩，过低又令肺缩。目之泪肝漏，鼻之涕肺漏，口之唾肾漏，外汗心漏，盗汗小肠漏，寝而涎脑漏，梦与鬼交神漏，淫欲者身漏。神满不思睡；气满不思食；精满不思欲。
- Your pillow must be neither too high nor too low; being too high causes your liver to shrink, but being too low causes your lungs to shrink.
- Tears from your eyes indicate leaks from your liver
- Mucus from your nose indicates leaks from your lungs
- Saliva from your mouth indicates leaks from your kidneys
- Sweating while awake indicates leaks from your heart
- Sweating while asleep indicates leaks from your small intestines
- Drooling while asleep indicates leaks from your brain
- Dreaming of intimacy with ghosts indicates leaks of your spirit
- Lustful people show leaks from their own bodies.
- One with a full spirit wants no sleep, one with full qi wants no food, and one with full essence wants no lust.
756. 一年之忌，不可过劳、大怒；一月之忌，不可大醉；一日之忌，不可过饱；终生之忌，清晨不可常受气。守一、处和、除心计、废思虑。悲则两泪，辛则两涕，愤则结瘿，怒则结疽。心之所欲，气之所属，无所不育。是以大人节悲辛、戒愤怒。

The taboo of a day is overeating, the taboo of a month is getting extraordinarily drunk, the taboo of a year is excessive work and rage, and the taboo of a lifetime is being often bullied in the early morning. Embrace the One, keeping peace while neither worrying nor scheming. Sadness causes streams of tears, bitterness causes your nose to run, anger generates goiter, and rage causes deep-rooted ulcers; your qi follows what your heart desires and gathers where your heart stays, which can generate anything; therefore, great people restrain their grief and bitterness and refrain from anger.

757. 男女阴阳不交，则导致壅阏之病。故幽闭怨旷，多病而不寿，任情肆意，又损年命。肥浓能滑人肠，令人生痰。早饭淡而早，午饭厚而饱，晚饭须要少。若能常如此，无病直到老。

Lack of physical bonding between sexual partners, Yin and Yang, causes diseases due to blood stasis and qi stagnation; therefore, those who remain celibate and abstinent are prone to be sickly and short-lived, while excessive indulgence in lust will damage their lives. Rich food smooths the intestines but also causes phlegm; breakfasts should be mild and early, lunches should be rich and full, and dinners should be small; following these rules, one can have a long and healthy life.

758. 优哉游哉，不欲不营。行于是，止于是，造次于是，逍遥于是。肾不动，精全；身不动，气全；心不动，神全。三圆三全，自然成仙。

Lead a leisurely and unrestrained life with neither cravings nor painstaking effort; feel content no matter where you are or what you are doing. Without overusing your kidneys, your essence is preserved; without overusing your body, your qi is preserved; without overusing your heart, your spirit is preserved. When your essence, qi, and spirit are perfectly preserved, you will become naturally immortal.
759. 貧贱非辱，貧贱而谄求於人者為辱。富贵非榮，富贵而利濟于世者為榮。

It is no disgrace to be poor and low, but it is to flatter and beg others when you are; it is no honor to gain wealth and rank, but it is to benefit the world with what you have gained.

760. 名利之不宜得者竟得之，福終為禍。困窮之最难耐者能耐之，苦定回甘。

Gaining fame and wealth improperly invites fortune to become misfortune, but enduring hardships and poverty that are the hardest to bear invites bitterness to become sweetness.

761. 富貴易生祸端，必忠厚謙恭，才无大患。衣祿原有定数，必节俭简省，乃可久延。

Misfortune comes very easily from wealth and rank, we must stay loyal, honest, and humble to avoid great trouble; fortunes and blessings are destined, we must remain thrifty and simple to extend their time with us.

762. 天地生人，都有一个良心，苟丧此良心，则人去禽兽不远矣。圣贤教人，总是一条正路。若舍此正路，则常行荆棘之中矣。

Everyone is born with a conscience; once we lose it, then we would be no higher than beasts. Saints and sages teach people the right way; by deviating from it, people will always go through thistles and thorns.

763. 天下无憨人，岂可妄行欺诈？世上皆苦人，何能独享安闲？

There are no fools in the world, so how can one deceive others? Suffering is everywhere, so how can one enjoy leisure alone?

764. 贤而多财则损其志，愚蠢而多财则益其过，可知积财以遗子孙，其害无穷也。

Material wealth causes wise people to lose their wills, but foolish people to sin more; in either case, passing the material wealth that one has accumulated on to their children does irreparable harm.
765. 人虽无艰难之时，更不可忘艰难之境。世虽有侥幸之事，断不可存侥幸之心。
People might not encounter difficulties, but they should not forget about the existence of adversity; flukes happen, but people should not keep them on their minds.

766. 为错误的路线摇旗呐喊是一种造孽。
It is sinful to fly flags and beat drums for the wrong routes.

767. 立业建功，事事要从实地着脚，若少慕声闻，便成伪果；讲道修德，念念要从虚处立基，若稍计功效，便落尘情。
People need to be down to earth when performing meritorious deeds because remaining even slightly lustful for fame will misdirect them toward achieving the wrong goals. Preaching and self-cultivation should be based on non-utilitarian thought; if one cares more for success or material gain, then they will descend into vulgarity.

768. 一念常惺，才避去神弓鬼矢；纤尘不染，方解开地网天罗。
With a head that is constantly clear, one can avoid heavenly punishments; with a spotlessly clean conscience, one can untie the divine mesh.

769. 一点不忍的念头，是生民育物之根芽；一段不为的气节，是撑天立地之柱石。故君子于一虫一蚁不忍伤残，一缕一丝勿容贪冒，便可为万物立命、天地立心矣。
A merciful attitude is the root that sprouts to make all living beings survive and grow and the moral courage to refrain from doing wrong can be a tower of strength for the world; therefore, a man of noble character bears neither to harm an insect nor to embezzle a single penny; this way, they benefit and set a noble spirit for all humans and natural beings.
770. 功名富贵，还向灭时看究竟，则贪恋自轻；横逆困穷，直从起处讨由来，则怨尤自息。

To find the truth when fame and fortune disappear, you will reduce your cravings; to find the cause of your suffering from adversity, you will stop your complaining.

771. 天欲祸人，必先以微福骄之，所以福来不必喜，要看会受；天欲福人，必先以微祸儆之，所以祸来不必忧，要看会救。

Heaven offers small blessings to make you feel proud before sending serious disasters; do not rejoice excessively when they come because the important thing is how well you handle them. Heaven also offers small setbacks to admonish you before sending great fortunes; do not feel discouraged when they come because the important thing is how well you survive them.

772. 石火光中争长兢短，几何光阴？蜗牛角上较雌论雄，许大世界？

How long are our lives? Fighting with others for fame and fortune wastes our lives which are as short as the sparks from flint stones knocking against iron; how big can it be, the world where people compete with each other? It is tiny as a snail’s antenna in such a vast universe.

773. 知成之必败，则求成之心不必太坚；知生之必死，则保生之道不必过劳。

When we accept that successes and failures co-exist within our lives, it becomes unnecessary to pursue successes too fervently; when we acknowledge that life and death are each other’s roots, it becomes unnecessary to take all means to protect our health.

774. 处富贵之地，要知贫贱的痛痒；当少壮之时，须念衰老的辛酸。

Those who lead easy and wealthy lives should learn the pain of the poor and underprivileged and those who are young and strong should understand the bitterness of the old and feeble.
775. 不责人小过，不发人阴私，不念人旧恶，三者可以养德，亦可以远害。

Do not reproach others for small faults; do not reveal their private matters; do not bear grudges against them. Refraining from doing those three things helps to cultivate one’s moral character and to avoid disaster.

776. 能让他人心欢的人是心灵富足的人；能让他人快乐的人是精神富足的人；能使他人心安的人是物质富足的人。

Those who make others happy have rich hearts; those who make others joyful have rich spirit; those who make the others feel blessed have material wealth.

777. 求生，有无穷烦恼；求死，有无穷收益。

The pursuit of life leads to endless troubles but the pursuit of death leads to endless benefits.

778. 欺压贫寒的，是辱没造他的主；怜悯穷乏的，乃是尊敬主。

Those who oppress the poor insult their creator but those who are kind to them honor theirs.

779. 慌慌张张地在沙滩上搭帐篷、建房子，不如下地基；急功近利地在贫瘠的土地上播种，不如先改良土壤。

Laying good foundations in advance is better than setting up tents and building houses hastily on sandy beaches; improving the soil first is better than sowing seeds in barren fields for quick results.

780. 毋私小惠而伤大雅，毋借公论而快私情。毋以己长而形人之短，毋因己拙而忌人之能。毋恃势力而凌逼孤寡，毋贪口福而恣杀牲禽。毋因群疑而阻独见，毋任己意而废人言。勿偏信而为奸所欺，勿自任而为气所使。

- Do not affect the interests of the group for the sake of a small self-interest
- Do not favor yourself by pretending to cater to publicity
Do not contrast others' shortcomings to your advantages
Do not envy others' advantages over your shortcomings
Do not use power and authority to bully orphans and widows
Do not willfully kill animals to satisfy your taste
Do not block individual's opinions because of group doubts
Do not reject others’ advice because of your own stubbornness
Do not heed only one side in case you are deceived by the wicked
Do not be wayward and driven by anger

781. 福不可邀，养喜神为招福之本；祸不可避，去杀机为远祸之方。
Good fortunes cannot be invited intentionally, maintaining a happy mood is the right way to invite them; disasters cannot be shunned by flukes, discarding hatred and grudges from one’s mind is the correct way.

782. 受享过分，必生灾害之端；举动异常，每为不祥之兆。
Gaining and consuming too much brews disaster; abnormal acts forebode misfortune.

783. 真士无心邀福，天即就无心处牖其衷；险人着意避祸，天即就着意处夺其魄。
The faithful never yearn for blessings, but heaven guides them to attain them unintentionally. The insidious rack their brains to avoid calamities studiously, but heaven deprives them of their spirit and strength to meet disaster as they attempt to escape.

784. 平生不做亏心事，半夜敲门心不惊；万事劝人休瞒昧，举头三尺有神明。
If you have done nothing to trouble your conscience, then you should not fear late-night knocks on your door; nothing can be concealed, for gods are watching from just above your head.
785. 欲无祸于昭昭，勿得罪于冥冥；出污泥而不染，明机巧而不用。
Those who do not want misfortunes in their lives should ensure that nothing amiss lurks in their darkest closets. Live in silt but remain unstained; know about scheming but never scheme.

786. 万物之美是上帝的杰作，从万物之美中能看到上帝对人的爱。
The beauty of all things is the masterwork of the Greatest Creator, from which we can feel His love.

787. 功过不相抵。功劳再大，若有过，该吃的苦还得吃，该受的罪还得受。
Merits and mistakes do not offset each other; undoubtedly, one needs to pay for their wrongdoings regardless of their great merits.

788. 教养、修养、涵养是人生的必修课程。
Behaving in a well-educated, self-cultivated, and self-restrained way is a compulsory course throughout one’s life.

789. 宇宙几何告诉我们，我们所生活的世界不是欧几里德式的。也就是说，欧几里德几何中的圆不再是圆，平行线会相交或发散，三角形的三个内角之和不是180度。因此，任何人不要以自己的认识来否定你认为不合常理的思想，境界不同，认识不同。
Cosmic geometry tells us that the world in which we live is not Euclidean; that is, the circles of Euclidean geometry are no longer circles and parallel lines may eventually intersect or diverge. The sums of the three inner angles of triangles are not 180º; therefore you should never negate any ideology which you take as unnatural or unreasonable based on your personal experience; different mental realms lead to different understandings.

790. 波粒二象性告诉我们，事物的运动方式或者说事物的本质与观察者的意识有关，不同的意识造就不同的现实。由此可以得出结论，天堂和地
狱是存在的，就像富人和穷人是存在的那样。由此可以知晓，《新时代人类八百理念》会为人类带来和平幸福。

The wave-particle duality teaches us that the nature of things or the way that they move depends on the observer’s consciousness and that different consciousnesses create different realities. It can be concluded that heaven and hell must exist just as rich and poor people do, from which we know that these 800 Values for New Era Human Beings will bring peace and happiness to everyone.

791. 超弦理论的提出似乎能弥合广义相对论与量子理论之间的不相容这个矛盾，弦论认为弦并不是在平常的三维空间运动，而是在我们无法想象的高维空间运动。我们过去关于空间的观念都是错误的，空间不止是三维，而是有十维或二十六维。悖论和矛盾总有调和一致的地方，如果我们不提高认识，死抓住一个“千真万确”的理论不放，那么，我们就永远调和不了悖论和矛盾。

Superstring theory seems to bridge the incompatible gap between general relativity and quantum theory by arguing that strings do not move in normal three-dimensional space, but rather in higher dimensions of space which we cannot imagine. Our past concepts about space were wrong; it is not limited to three dimensions, but could have as many as ten, or even twenty-six of them. Paradoxes and contradictions always reconcile themselves in certain ways eventually, but we can never reconcile them unless we improve our understanding and do not cling to theories of so-called "absolute truth".

792. 宇宙全息，天人合一，阿拉斯加蝴蝶翅膀的振动会引起好望角的一场风暴，所以，每一个人不要忽视自己的点滴努力，某个人的一声咳嗽也会引起天庭的震动。

The universe is a hologram, and humans and the universe are one. The vibration of a butterfly’s wings in Alaska can eventually lead to a storm in the Cape of Good Hope, so no one should ignore their own little efforts; someone’s small cough might also cause heaven to shake.

793. 科学家为什么建立不起宇宙统一场理论？因为科学家只认识到了磁力、引力、强力、弱力这四种力，却认识不到另外四种力，即构成力、斥力、
意力、灵力。这说明，科学和宗教都有盲点，解决这个盲点的唯一法门是浑沌理论。

Why are scientists unable to establish a Unified Field Theory? Because they only recognize four forces: the weak force, the strong force, gravity, and magnetism, but not the other four forces: the structural force (the force attracted by the structure of a material or a non-material), the repulsive force, the conscious force, and the spiritual force. This shows that science and religion both have blind spots and that the only way to see them is through holographic theory.

794. 脚趾头上扎一根刺，大脑瞬间就能感应到。大脑若感应不到，不是刺没扎在脚趾头上，而是大脑要么太迟钝，要么失灵了。这世界要大变化了，大脑灵敏的想必已经感应到了，若没感应到，那就早日转换思维，重新定位自己的人生观、价值观、生命观、世界观吧！

When your toe steps onto a thorn, your brain should sense it instantly; if it does not, that is not because there is no thorn, but rather because your brain is either too dull, too slow, or is malfunctioning. The world is about to change greatly and sensitive brains have already sensed this; if yours has not, then you must change your thinking and reposition your outlook on life, your sense of values, your worldview, and your understanding and awareness of LIFE!

795. 当你认为自己对时，已经错了。

When you believe that you are right, then you are already wrong.

796. 人间有八道：上帝之道、神道、佛道、仙道、人道、动植物道、鬼道、魔道。

There are eight Ways in the mortal world:
• The Way of the Greatest Creator
• The Way of Gods
• The Way of Buddhas
• The Way of Celestial beings
• The Way of Humans
• The Way of Animals and Plants
• The Way of Ghosts
• The Way of Devils

797. 尘缘未尽，还得轮回；债务未完，还得回来。

Without ending your worldly ties, you will have to reincarnate and come back; without paying off your debts, you will have to return.

798. 若从人类的历史经验和人类积累的知识中找不到你困惑的答案，那就读无字天书吧！

If you are confused and unable to find answers from humanity’s historical experiences and accumulated knowledge, then read “the book without words”!

799. “真传一句话，假传万卷书”。实际上，一句话都太啰嗦，真传只有一个字，即：性。

It is said that “The core of truth is in one sentence, while falseness is spread over millions of books”. Actually, one sentence is too long, the core of truth is only one word: NATURE.

(Note: here “NATURE” means the characteristics of LIFE’s nonmaterial structures.)

800. 《新时代人类八百理念》是开放的系统，时空变换，新思想、新观念、新方法会层出不穷，此八百理念要不断更新完善。随着时代的发展，该删的要删，该增的要增，决不因循守旧固守理念，决不封顶。浑沌元初在世时，删和增由浑沌元初进行；浑沌元初离世后，删和增由人类中的圣人进行，其他人不要进行删和增，以防失去体系的浑沌性。

These 800 Values for New Era Humans are an open system; time and space change ceaselessly, new thoughts, new ideas, and new methods emerge endlessly, and these 800 Values are subject to constant updating and perfection. This is the third revision; with the developments of the times, that which should be added will be and that which should be deleted will be. We shall never follow the beaten track and the old
routine or stick to obsolete ideas stubbornly, and we shall never impose limitations. While Deiform Buddha is in the human world, he will take charge to add and delete; when Deiform Buddha passes away, saints in the world will take charge and continue to do so. No one else may add to it or delete from it because that could compromise its nature of holographic order.