

AGE 年齡

From Lessons of the Seventh Day

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page 134-136

第134-136頁

年齡和經驗增加的智慧是力量，而不是弱點，我們應該理解這一點，期待它，並知道它是這樣 - 然後它就會出現。

The added wisdom of age and experience is strength, not weakness, and we should understand this, expect it, and know that it is so — then it would appear.

我要求你每天保持冥想時間。在思想中思考你無限和諧地表達基督的自我，並聲稱它是你的。喝下它不可言喻的安全。上帝創造的所有真理和美麗都屬於你的和你。

I ask for you to keep a time for meditation every day. Ponder in thought your infinite harmonious Christ-expressing selfhood, and claim it as you. Drink in its unspeakable safety. All the truth and beauty of God's creation is yours and you.

在真誠的祈禱和感恩中享受它。通過每天在你真實自我的神聖和完整性中，每天生活在明確的治療中，正確地保持人類對自己的感覺。

Enjoy it in sincere prayer and thanksgiving. Preserve your human sense of yourself rightly by dwelling in definite treatment every day, within the sanctity and integrity of your real selfhood.

在那個祈禱的時刻，拋棄你所有虛假的自我意識，所有與出生、遺傳、聯繫、時間、衰敗、死亡的信念有關的東西。靠著上帝的恩典和權威，堅定地關閉你不受凡人信仰的干擾。對上帝的計劃敞開心扉，對撒旦的陰謀關閉。上升入你自己命運的精神力量。每一天都將在神聖心靈的權威下開始和展開，並且會井井有條、平衡得當、充滿靈性的美好。

In that hour of prayer, discard all your false sense of selfhood, all that is involved in the beliefs of birth, heredity, association, time, decay, death. By the grace and authority of God, close your thoughts firmly against the interference of mortal beliefs. Hold yourself open to the plans of God and closed to the plots of satan. Rise into the spiritual forces of your own destiny. Each day will begin and unfold under the authority of divine Mind, and will be well-ordered, rightly balanced, filled with spiritual good.

這種以虔誠的祈禱來對待自己併為自己祈禱的宏偉精神練習，將使您保持在感官未知的秘密地方，並向天堂為您保留的一切開放。

This magnificent spiritual exercise of treating yourself in devoted prayer, and praying for yourself, will keep you in the secret place which is unknown to the senses and open to all that heaven holds for you.

隨著真理法則被理解和接受，它既在人格上獲得，也獲得品格。畸形和虛弱，據說是年齡的必然結果，在相反的心理印象下，消失了。你改變身體表現與你對累積歲月影響的想法變化成比例；期望從高齡開始增加有用性和活力，就像你尋找衰老和醜陋一樣多的信心，肯定會有一個有利的結果。

In proportion as the law of Truth is understood and accepted, it obtains in the personality as well as character. The deformities and infirmities, said to be inevitable results of age, under the opposite mental impressions, disappear. You change the physical manifestations in proportion to your changed thoughts of the effects of accumulated years; expecting an increase of usefulness and vigor, from advanced years, with as much faith as you look for decrepitude and ugliness, a favorable result would be sure to follow.

生命是永恆不變的，永遠不會變老，因為時間不會，而青春是不朽的——你一直存在，也將永遠存在，一個完美、完整、完成的作品，一個由精神和主體創造的精神存在只服從靈性法則。

Life is eternal and unchangeable, and can never grow old, for time is not, and youth is, immortal — you have always existed, and always will exist a perfect, complete and finished work, a spiritual being created of and by Spirit and subject only to spiritual laws.

你現在和將來都必須彰顯在你裡面閃耀的上帝生命。它總是在你存在的每一個部分工作，以意志和行動。

You do now and ever must manifest the God-life that is shining in you. It is working always in every part of your being to will and to do.

你的能力永遠不會有任何損失——因為它們是靈魂的，而不是理智的。你作為不斷接受者的生命和力量是堅不可摧和無限的，沒有什麼可以阻止它們的流入。你被完美的愛所支配和維持，在這種愛中，沒有對無助或死亡的恐懼。你對真理無所不能的力量的信心和信任是完美的，沒有遮蔽的，你知道上帝是你的充足。上帝的兒女從來沒有一個感到不安或無助，因為他的一切作為都是良善和永恆的。沒有凡人的頭腦說你老了或虛弱了。有一個無限的思想，它是對你存在的真理的理解，並使你處於完美的和諧與健康之中。

There can never be any loss of your faculties — for they are of Soul and not of sense. The Life and strength of which you are the constant recipient, are indestructible and infinite, and nothing can prevent their inflow. You are governed and sustained by perfect Love in which there is no fear of helplessness or death. Your faith and trust in the omnipotent power of Truth are perfect, and unclouded, and you know that God is your sufficiency. Never was one of God's children palsied or helpless, for all His works are good and eternal. There is no mortal mind to say you are old or feeble. There is one infinite Mind, which is the understanding of the truth of your being, and holds you in perfect harmony and health.

惡意的動物磁性困擾著你，你的個性都被凡人的建議扭曲了；使它對你來說是醜陋和可恨的，並敦促你接受“這個”是上帝創造的。它暗示了年齡，力量下降，記憶力下降，視力昏暗，聽力模糊，皮膚枯萎，彎曲的形狀以及所有其他支援年齡謊言的建議的心理圖景。

Malicious animal magnetism haunts you with a personality all distorted by mortal suggestions; makes it hideous and hateful to you and urges you to adopt “this” as being created by God. It suggests a mental picture of age, failing strength, failing memory, dim sight, dim hearing, withered skin, bent form and every other suggestion to bolster up the lie of age.

頭腦是上帝，視覺或視覺必須是上帝的觀念，從不在物質中，也從不損害或失去。這個異象是你通過反射的異象，只要你能看到神的真理，你的異象就

不受損害，你可以證明它。把自己從你已經失去視力的想法中解放出來，基督教科學可以為你恢復視力。相反，基督教科學是關於你的視力的真理，它從未丟失過，當這個想法作為你的意識出現時，物質或不完美的視力的信念將消失，精神的，完美的，堅不可摧的智力的想法將作為心靈的唯一視線出現，因此作為男人或女人的唯一視線。

Mind is God and seeing or vision must be and is an idea of God, never in nor of matter and never impaired nor lost. This vision is your vision by reflection, and as long as you can see the truth of God, your vision is unimpaired and you can prove it. Free yourself from the thought that you have lost your eyesight and that Christian Science can regain it for you. Instead Christian Science is the truth about your eyesight which was never lost and as this idea appears as your consciousness the belief of material or imperfect eyesight will disappear and the idea of spiritual, perfect, indestructible intelligence will appear as the only sight of Mind, therefore as the only sight of man or woman.

老年與癌症或任何其他信仰一樣，都是需要克服的主張。現在就克服對它的信念的時候。你必须找个时间来做。

Old age is just as much a claim to be overcome as cancer or any other belief. Overcome the belief in it now. You have to do it sometime.

上帝剛剛告訴我年齡是什麼。年齡是上帝打開的通往永恆真理的大門。

God has just told me what age is. Age is God's open door to eternal Truth.

（1906年7月對尤因夫人說）：我今天85歲了。我知道你在想：「永遠不要記錄年齡」這是真的——永遠不要記錄你的外表年齡。

(Said to Mrs. Ewing in July 1906): I am 85 years old today . . . I know that you are thinking: "Never record ages", and that is true—never record ages in your appearance.

（她看著新罕布什爾州鮑爾時 對卡爾文弗萊說）：那邊是鮑爾的山丘，他們說我出生在那裡，但我不是。我生於心靈。

(Said to Calvin Frye as she looked towards Bow, N.H.): Over there are the hills of Bow where they say I was born, but I was not. I was born in Mind.

