

主题： 我允许
Subject: I Allow
2015/12/14

我允许任何事情的发生。

I allow everything to happen.

我允许，事情是如此的开始，
如此的发展，如此的结局。

I allow everything's beginning as such, development as such and ending as such.....

因为我知道，

所有的事情，都是因缘和合而来，
一切的发生，都是必然。

若我觉得应该是另外一种可能，
伤害的，只是自己。

我唯一能做的，
就是允许。

Because I know all things happen due to destinies resulting from the causes and consequences.

All happenings are just natural courses.

If I feel there should be other possibilities or alternatives, the harm would just be mine.

The only thing I could do is "allow".

我允许别人如他所是。

我允许，他会有这样的所思所想，
如此的评判我，如此的对待我。

因为我知道，

他本来就是这个样子，
在他那里，他是对的。

若我觉得他应该是另外一种样子，
伤害的，只是自己。

我唯一能做的，
就是允许。

I allow others as the ways they are.

I allow his(her) thoughts as such, his(her) criticisms on me as such, his(her) ways of treating me as such.

Because I know that is how he(she) supposed to be. From his(her) point of view, he(she) is always right.

If I feel that he(she) should not be the way it is, the harm would just be mine.

The only thing I could do is "allow".

我允许我有了这样的念头。
我允许，每一个念头的出现，
任它存在，任它消失。
因为我知道，
念头本身本无意义，与我无关，
它该来会来，该走会走。
若我觉得不应该出现这样的念头，
伤害的，只是自己。
我唯一能做的，
就是允许。

I allow my mind and ideas as such.

I allow their happening, their existence and their disappearance.

Because I realize that the idea itself is somehow meaningless, and has not necessarily anything to do with myself.

It comes and goes just like that.

If I feel that I should not have such idea, the harm would just be mine.

The only thing I could do is "allow".

我允许我升起了这样的情绪。
我允许，每一种情绪的发生，
任其发展，任其穿过。
因为我知道，
情绪只是身体上的觉受，
本无好坏。
越是抗拒，越是强烈。
若我觉得不应该出现这样的情绪，
伤害的，只是自己。
我唯一能做的，
就是允许。

I allow any emotion arises, and just let it be.

Let all emotions happen, develop and go through by natural courses.

Because I know emotions are just reflections of how I feel from my soul and body.

There is nothing so called right or wrong.

The more I resist it, the more strong it would be.

If I feel that I should not have such emotions, the harm would just be mine.

The only thing I could do is "allow".

我允许我就是这个样子。
我允许，我就是这样的表现
我表现如何，就任我表现如何。
因为我知道，

外在是什么样子，只是自我的积淀而已。

真正的我，智慧具足。

若我觉得应该是另外一个样子，

伤害的，只是自己。

我唯一能做的，

就是允许。

I allow that I am the way I am. I allow my performances as such.

How people look at me superficially is just an impression of the accumulation of my behaviors. I know that my real inner is full of wisdom.

If I feel that I should not be what I am and how I am, the harm would just be mine.

The only thing I could do is "allow".

我知道，

我是为了生命在当下的体验而来。

在每一个当下时刻，

我唯一要做的，就是

全然地允许，

全然地经历，

全然地享受。

看，只是看。

允许，一切如其所是。

I know that my existence is for the purpose of experiencing my life at each very moment.

At each moment, the only thing I should do is totally allow....totally experience.....

And totally enjoy.....

Watch it, just watch it!

Allow! Allow everything as it is.

-Silver Blue-