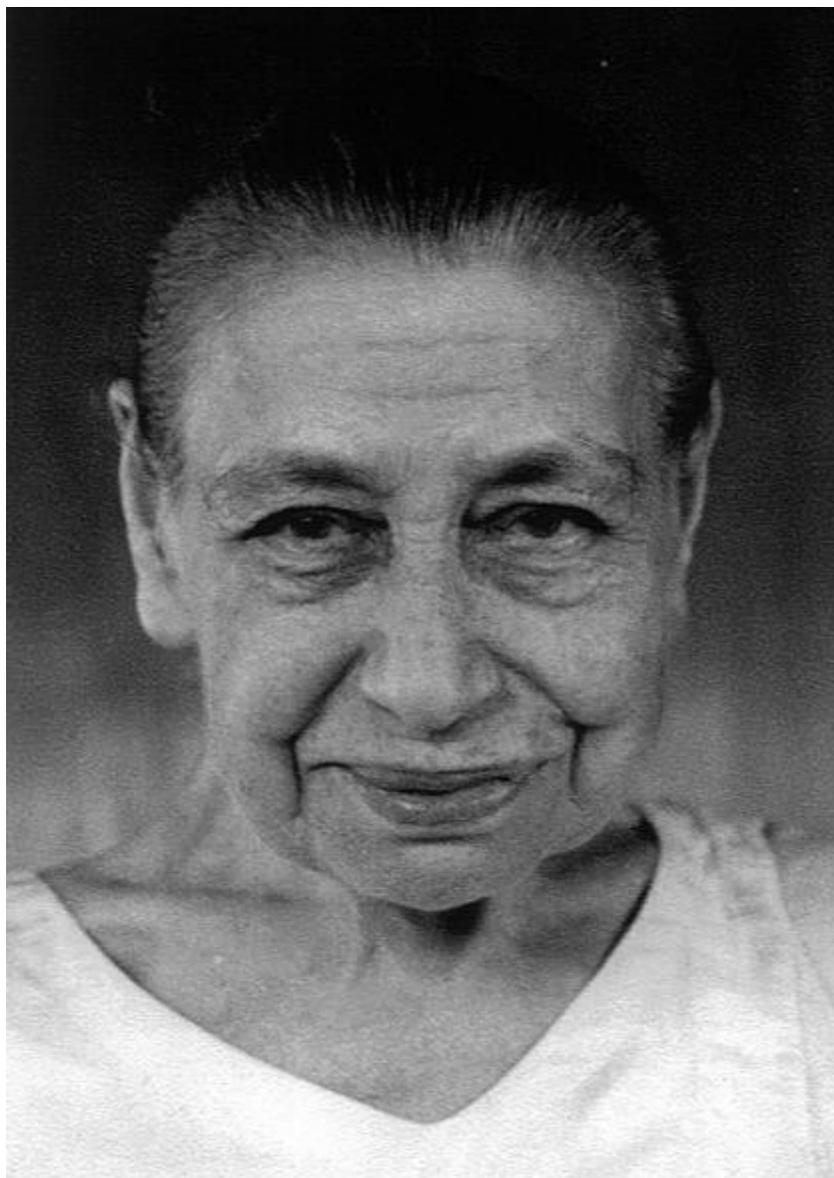


智慧箴言——母亲谈微笑



微笑着面对困难，犹如阳光照进云层并将它们驱散。

我不认为人会笑得太多。知道如何在任何情况下都保持微笑的人，几近拥有一颗真正的平等心。

通常，人太把自己当一回事了。懂得在任何情况下都笑对自己——微笑着面对自己的痛苦、悲伤、幻灭、野心、愤慨与叛逆——这是克服自我的强大武器！

学会始终微笑着面对任何情境——笑对自己的悲伤与欢乐，痛苦与希望，因为，微笑赋予我们力量，让我们能够做自己的主人。

如果你能始终微笑着面对生活，生活也会始终回以你微笑。

如果一个人能永远微笑，他/她将永远年轻。

永恒的微笑：只有至高无上的神能给予的恩典。

如果你超越了一切侮辱与攻击，你就能够做到真正微笑着面对敌人。这是养成瑜伽态度的首要条件。

微笑着面对敌人就是在解除他的武装。

永远不要抱怨。当你发牢骚时，各种各样的力量都会进入你的内在，它们会将你往下拽。要保持微笑。我看似总是在开玩笑，但这不仅仅是玩笑，而是一种发自内心的信心。微笑表达一种信念，即没有什么能对抗至高无上的神，并且，最终一切都会好起来的。

为了克服困难，微笑比叹息更有力量。

每个人都会经受煎熬。只不过，人们面对的方式不同而已——有些人微笑着面对，有些人犹如天塌下来一般。

活在心灵世界中，并不断渴望与神合一——这会让我们微笑着面对生活，无论外界发生了什么，都能保持平和的心境。

当我们征服了自我，就能够领会神的微笑。

要真正做到不受恶意、嫉妒、争吵和责备的影响，并和善地笑对最尖刻的话。通常来说，如果一个人做不到对自己和自己的反应有绝对的把握，最好是保持沉默。

心灵的完美意味着笑对一切。

The Mother about smiling...

A smile acts upon difficulties as the sun upon clouds—it disperses them.

I don't think that one can ever smile too much. Someone who knows how to smile in all circumstances is very close to true equality of soul.

Generally speaking, man is an animal who takes himself terribly seriously. To know how to smile at oneself in all circumstances, to smile at one's sorrows and disillusionments, ambitions and sufferings, indignation and revolt—what a powerful weapon with which to overcome oneself!

Learn to smile always and in all circumstances; to smile at your sorrows as well as your joys, your sufferings as well as your hopes, for in a smile there is a sovereign power of self-mastery.

If you can always smile at life, life also will always smile at you.

If one can smile eternally, one is eternally young.

Eternal smile: a kindness only the Divine can give.

You can smile genuinely at an enemy if you are above all insult and offence. This is the primary condition for the yogic attitude.

To smile at an enemy is to disarm him.

Never grumble. All sorts of forces enter you when you grumble and they pull you down. Keep smiling. I seem always to be joking but it is not mere joking. It is a confidence born from the psychic. A smile expresses the faith that nothing can stand against the Divine and that everything will come out all right in the end.

To conquer the difficulties there is more power in a smile than in a sigh.

Ordeals are there for everybody. It is the way in which one faces them that makes the difference. Some have a smile, some make a fuss.

To live within, in constant aspiration towards the Divine—that renders us capable of regarding life with a smile and remaining in peace whatever the external circumstances.

We can contemplate the divine smile when we have conquered our ego.

As for ill-will, jealousy, quarrels and reproaches, one must sincerely be above all that and reply with a benevolent smile to the bitterest words; and unless one is absolutely sure of himself and his reactions, it would be better, as a general rule, to keep silent.

Psychic perfection means to smile at everything.