

Quietness

寂靜

by Violet Ker Seymer

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Genuine quietness, as revealed in Christian Science, is won through courage, fidelity, purity; it is the result of spiritual watchfulness, and of instant surrender to the demands of Divine Principle.

真正的安靜，如基督教科學所揭示的，是通過勇氣、忠誠、純潔而贏得的；它是靈性守望的結果，也是對神聖原則要求的即時投降的結果。

This “great calm” is spiritual and perpetual; it is never invaded by error, by pain, sin, or fear.

這種「偉大的平靜」是精神和永久的；它永遠不會被錯誤、痛苦、罪或恐懼所入侵。

“When He giveth quietness, who then can make trouble?” If a claim of sickness, however threatening it may appear to be, is met with persistent, quiet fidelity, born of trust in Divine Love, then the self-destructive claim is bound to relinquish its seeming hold. The joy of life lies in demonstrating man’s true birthright. With what joy one awakens each morning, thanking God for Christian Science, which is progressively unfolding the spiritual, demonstrable inheritance of immortal life, unerring intelligence, limitless love, perfect health, unsullied holiness and purity.

"当他給安靜，那麼誰可以製造麻煩？如果疾病索賠，無論它看起來多麼具有威脅性，都遇到持久、安靜的忠誠，源於對神聖愛的信任，那麼自我毀滅的主張必然會放棄其看似的持有。生活的樂趣在於展示人類與生

俱來的真正權利。帶著每天早晨醒來的喜悅，感謝上帝賜予基督教科學，它正逐步展開不朽生命、不懈的智慧、無限的愛、完美的健康、不屈不撓的聖潔和純潔的精神、可證明的繼承。

Paul urged the Thessalonians, "Study to be quiet, and to do your own business." Each one's business, each one's holy mission, is to see how abundantly he can express his own true individuality as a child of God; how certainly he can demonstrate this goodly heritage without interference or interruption; how faithfully he can resist false mental suggestion in order that in his daily life he shall reflect only Mind's beautiful design and purpose.

保羅敦促塞薩洛尼亞人，"學習要安靜，要做自己的事。每個人的事，每個人的神聖使命，都是看他多麼豐富地表達自己作為神的孩子的真實個性;他如何肯定地在沒有干擾或干擾的情況下展示這種良好的遺產;他如何忠實地抵制虛假的心理暗示，以便在他日常生活中只反映心靈的美麗設計和目的。

Through courage and fidelity, this quietness can always be regained and retained; for it is an evidence of the ever-presence of Divine Love and of man's conscious at-one-ment with Love. In Miscellaneous Writings (page 227) Mrs. Eddy speaks of "a life wherein calm, self-respected thoughts abide in tabernacles of their own, dwelling upon a holy hill, speaking the truth in the heart; a life wherein the mind can rest in green pastures, beside the still waters, on isles of sweet refreshment."

通過勇氣和忠誠，這種安靜總是可以恢復和保留;因為它證明瞭神聖愛和人類有意識地與愛在一起的證據。在《雜文》(第227頁)中，艾迪夫人談到「平靜、自尊的思想在他們自己的書名中，棲息在一座神聖的山丘上，在心裡講真話;一種生活，其中的頭腦可以休息在綠色的牧場，旁邊的靜止水域，在甜點心的島嶼。