

THIRUARUTPA- DEATHLESS GREAT LIFE

恩典圣歌-永恒的生命



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One evening in the first half of December 1873, Saint Ramalingam brought out a lamp from his room at Mettukuppam, placed it before his followers and informed them as follows:

1873 年十二月上旬的一个傍晚，圣人 Ramalingam 从 Mettukuppam 他的屋子里面拿出了一盏灯，放在了他的追随者面前并如下告诉他们：

1. I am going to close the door of my room. You believe that God is now in the flame of the lamp. Therefore you worship the flame of the lamp without wasting your time. You do meditation before this flame of the lamp keeping in your mind what I have stated in the 28 Poems commencing with the word "Ninainthu, Ninainthu" (6C/34: 1 to 28).

1. 我将要关上我房间的门。你要相信主现在就存在于这盏灯的火焰中。因此你们不应浪费时间而是即刻崇拜这盏灯的火焰。你在灯焰前冥想，脑中铭记我在 28 诗中所陈述的，从“Ninainthu, Ninainthu”（6C/34:1 to 28）开始。

2. "Now I am in this form of body. Hereafter I will enter into all living beings."

2. “现在我以这样的形式（火焰）存在，此后我将进入所有生命的体内。”

The wordings in paragraph 2 cited, denote that he had been crowned as the chieftain of NAADHANTHA NAADU by the Almighty.

第二段的文字引用了，记录了他已经被上主冠冕为“NAADHANTHA NAADU”的首领。

It is to be borne in mind that the Saint had particularly drawn the attention of the world to his 28 Poems commencing with the words "Ninainthu, Ninainthu". I therefore feel that it is expedient to translate all those Poems.

我们必须谨记那圣人特意的把世界的专注点转移到以“Ninainthu, Ninainthu”着字眼开始的 28 诗。
我认为翻译全部的诗是必要的。

The 28 Poems specified by the Saint had been compiled in THIRUARUTPA in Chapter 6C - under part 34, DEATHLESS GREAT LIFE.

这二十八首诗已经在“THIRUARUPTA”的第六章的第三十四部分的“永恒的生命”归纳在一起。

Now the readers may study the translation of each Poem in detail:
每一首诗的内容如下，供学习研究。

1. Oh people of the world, come here!
We shall deeply think of the merry and
love of the Supreme God.
We shall bow down and praise his glory with tears.
He is our rightful Lord.
If we praise and worship him, we can get deathless life.
My words are neither falsehood nor exaggeration.
I tell only truth.
This is the time to enter into the narrow path and
reach the golden temple which is within our forehead'

一. 哦世上的人们，到这里来！
我们应当深刻的思考上主的怜悯/喜乐
以及上主的爱。
我们应当含泪跪拜和歌颂他的荣耀。
他是我们正义的主。
我们若是歌颂和崇拜他，我们能获得永恒的生命。
我的话既不是谎言也没有夸张。
我只陈述真相。
现在到了踏上这条狭窄道路的时候，
在我们脑中的金庙的时候。

2. Oh my friends! You understand that this is the
time to enter into the narrow path.
Don't think that I am telling lie.
When death comes to you, your wife, children,
parents and friends attached to you
And gold, money, house, lands, garden, etc.

possessed by you
can't prevent your death.
But the Holy Spirit is so sweet, so merciful,
invaluable and everlasting virtual form of God.

二、 哦，我的朋友们！你要懂得
现在正是要踏上这条狭窄道路的时机。
不要认为我在说谎。
当死亡降临在你，你的妻子，你的孩子，
降临在你的父母和朋友身上的时候。
当你拥有的金子，钱，房子，
土地，花园等等，
也不能让你免于死。
唯有主无价和永恒的精神存在，圣灵
是如此的温柔，充满怜悯。

3. Oh people of the world! You keep
your eyes and mind closed and deeply think
That the Supreme God of the heaven is seated as
Holy Spirit within our forehead;
That he will appear while doing meditation and help for
self-realisation i.e., seeing the subtle body;
That the Holy Spirit is the true natural
form existing in all mankind
And that knowing this truth is defined as Sanmargam.
If you follow this path, you will see wonders.

三、 哦，世上的人们！你把

你的双眼和思想闭起来然后深思
那至上的主以圣灵的形象
坐在我们的额头里；
他将会出现在打坐时来帮助
自我实现，即去看见那微妙的肉体；
那圣灵是个真实自然的
形象存有在人类当中
而认知这个事实的定义就是 **Sanmargam**.
倘若你追寻这条道路，你会发现奇迹。

4. All that you have seen in the world are unstable.
All you have heard from false Preceptors and read
from various books are unworthy.
What you have eaten and drunk are of no use.
So far you have not understood the truth.
I invite you to come to the real path of
Unity of Holy Spirit of mankind (SANMARGAM)
And understand the Holy Spirit within your forehead
to get the grace of Almighty and salvation.

四、你所眼见的世间一切都反复无常。
你从虚假导师那里听来的一切，
从各种书中看来的一切都是无价值的。
你所吃、喝的一切都是无用的。
起劲你仍然没有理解真相。
我邀请你来到正途，
这是人类圣灵的统一。

请你体会理解脑中的圣灵，
以此得到上主的恩典和救赎。

5. You may have the heavenly joy and blessing of the celestial being
And also attain 8 mystic powers, only when you follow the real path of unity of Holy Spirit of mankind (SANMAARGAM).
Your subtle body will get golden colour.
If you praise the Holy Spirit by doing meditation, you can avoid rebirth.

五、你可以拥有天堂般的愉悦，
和来自上天的祝福，
也可以拥有八种神秘力量，唯有你追寻真正的人类圣灵统一之道
你微妙的肉体会得到黄金色泽。
如若你做冥想歌颂圣灵，
你将可以避免重生。

6. Oh people of the world! The Supreme God forgave my faults
He had given me nectar and natural heavenly joy;
That most merciful gracious God is within our forehead in the form of a flame in the centre of a moral wheel.
Let us get into the narrow path where He is seated so as to get deathless life.
This is the best suited time for it.
Hurry up to come here (to me).

六、 哦，世间的人们！至高无上的主原谅了我的过错，
他赐予我甘露和天堂般的喜悦；
那最仁慈的上主就在我们脑中，
以火焰的形式存在于道德之轮的中央。
让我们一起踏上这狭窄的道路，
上主就在其中使我们得到永生。
现在是这样做最合适的时间。
赶快来（我）这里。

7. Are you a stranger to me?
Am I not your benevolent relation?
My words will always be for your welfare
And shall not bring harm to you.
The supreme god had given refuge and also
divine nectar to me.
Subsequently, He lifted me into the narrow path
And made me have the divine happiness.
The time of his arrival in human form to do miracles is
very near.
This is the best time for you to get boon
from Him according to your desire.

七、 对我来说你是陌生人吗？
我难道不是你仁慈的联系吗？
我的话永远是你的福音，
永远不会为你带来危害。
上主为我提供了避难之所，

以及神圣的甘露。
随后，他把我举起到这狭窄的道路，
让我得到了神圣的幸福。
他化身为入形带来奇迹的时刻，
近在咫尺。
这是你们根据自己的欲望
从上主得到恩惠的最好时机。

8. Oh people of the world! Hurry up; hurry up to come here.
Don't suspect my words.
I am telling only truth.
This is the time for the arrival of the Supreme God
To do miracles by waking up all those who died.
If you think of Him whole heartedly and bow
down with tears, you may get His boon.

八、哦，世间的人们！快一点、快一点来这里。
不要怀疑我所言。
我所言唯有事实。
现在这个时刻是上主降临的时刻，
他将带来奇迹，唤醒死去的人们。
如果你对他全心全意，
含泪跪拜，你或许能得到他的恩惠。

9. This is the time of arrival of the God of great graceful light
For doing everlasting miracles here.
This is the time to wake up dead persons.
Don't think that the time is far off.

I am not telling lie.

I know clearly without even an iota of doubt that the Supreme Father is coming now.

That is why, I am announcing this in loud voice.

My dear friends, if you desire to get boon from my Father, come here immediately.

九、这是伟大优美光明之主降临的时刻

为了在这里创造永久的奇迹。

这是唤醒死去的人们的时刻。

不要认为那时刻已经远去。

我不是在撒谎。

我毫无犹豫地清楚知道那上主此刻正在降临着。

也因此，我以明亮的嗓子声明此事。

我至亲的朋友们，如果你欲望得到我父亲的恩惠，即刻到我这里来。

10. The God of great graceful light,
who in the form of Father and Mother had given
refuge to me and fulfilled all my desires,
will come today and do miracles here.
He, who is having all the five mystic powers of creation,
protection, destruction, concealment and gracefulness
Had seated in my subtle body.
Don't confuse whether I am telling falsehood.
If you desire to get deathless life in all the three divisions
of time, (viz past, present and future,)
you come here soon.

十、 那伟大优美光明之主，
于那父亲与母亲恩赐的形象里
隐藏于我与满足我一切的欲望，
今天将会到来与在此地创造奇迹。
他，那持有一切创作的五大神力，
守护，破坏，隐蔽与优美
已坐在我微妙的肉体里。
别迷惑于我是否在诉说谎言。
如果你欲望在全部时间的三部里
 (既是过去，现在与将来)得到不死的生活，
你快过来这儿。

11. Oh people of the world! This is the time of
arrival of my Father of great graceful light,
who had given divine nectar and
showed unseen vision of the heaven to me.
You can also get His boon and divine happiness like me.
I tell all these things to you with the intention that
you should also get all the benefits like me
And stand in par with me.
Don't have your mind oscillated.
You come out of the stirred up pit of religion
And get into the path of SANMARGAM (Unity of Holy
Spirit of mankind) so as to achieve salvation.

十一、 哦世上的人们！此刻是
我伟大优美光明之父降临的时刻，

那已賜于神圣的甘露与
展现了那不曾被目睹的天堂之景于我。
你也可以像我一样得到他的恩賜与非凡的幸福。
我告诉你这些的意图是因为
你也应该像我一样得到这一切的好处
也和我一起站在比肩。
别让你的意志振荡。
你脱离了宗教的混淆之坑
踏上了 **SANMARGAM**（人类圣灵的统一）的道上
要的是达到解脱。

12. Oh people of the world!

You do clearly understand that the Holy Spirit of
mankind which is activating within our forehead
is the form of formless unique God
And as such there is no disparity at all
between man and man.
I reveal this fact under the name SANMARGAM
I invite you all to come and join me here.
The great gracious God had given me divine
nectar and several mystic powers.
He will be arriving here now in a form of great mercy.
You don't roam about in the path of darkness.
I reveal these facts with clear and firm mind.

十二、 哦世上的人们！

你 very 清楚地知道那人类神圣精神
与我们的额头里启动着

是一个无形之神的形象
也因此所以人与人之间
毫无差距。

我以 SANMARGAM 的名分揭发这个事实
我邀请你们到来这儿参与我。

那伟大恩慈之神已赐予我神圣的甘露
与一些神力。

他即将现在于伟大慈悲的形象里降临于此。

你别在黑暗的道上徘徊。

我以明确与坚定的意志揭发这些事实。

13. Oh people of the world!

I invite you with truthful words to come here and join me.

Don't think low of me and be perplexed
by doubting my words.

You understand that the Supreme God who is having
creation, etc. powers is seated within
my body and declares these words.

You come soon to Holy SANMARGAM
(Unity of Holy Spirit of mankind).

This is the time for the arrival of the great merciful
unique God.

十三、 哦世上的人们！

我以真实的话邀请你到这儿参与我。

别把我想贬与猜疑我的话
而感到困惑。

你理解那至上的主持有那

创作之类的神力现在坐在
我肉体里声明这话。

你快到神圣的 **SANMARGAM** (人类圣灵的统一) 来。
这是伟大慈悲独特之主降临的时刻。

14. Oh people of the world!

You concentrate in your mind the unique God,
Who is my Father, Mother and Supreme power in
the heaven.

All Saint praise him as merciful sweet nectar.

He is seated in the narrow path which is within
our forehead.

I promise solemnly that you will get everlasting life and
mystic powers.

十四、 哦世上的人们！

你专注与你的意志里那独特之主，
既是我的父亲，母亲与天堂里至上的力量。

所有的圣人赞美他为慈悲甜美的甘露。

他坐于我们额头里那狭窄的道上。

我谨答应你你将得到永恒的生命与
神力。

15. Oh people of the world!

Even if you learn sincerely the true

Vedantha and Siddhantha,

the subtle body and the Holy Spirit which are seated in
the narrow path within your forehead,

could not be seen.
You firmly think in your mind the Holy Spirit which is
the form of everlasting glorious
monarch of the heaven,
seated within our forehead and activating our body.
You praise the unique God without abusing my words.
You believe that He had given mystic Powers to me and
was also seated in my subtle body.

十五、 哦世上的人们！

尽管你诚心地学习那真正的
Vedantha 与 **Siddhantha**,
那坐在你额头里狭窄的道上的
微妙的肉体与圣灵,
依然看不见。
你坚定在你的脑海里认为那圣灵是
天堂里永恒辉煌之郡主的形象,
坐于我们的额头中与启动着我们的肉体。
你毫无滥用我的话而赞美那独特的主。
你相信他赐予了我神力
也坐在我微妙的肉体里。

16. Oh people of the world!
He is in the minds of those who do not abuse Him.
He had shown me all the heavenly visions.
He is my Preceptor; He is my Father and Mother;
He is the pupil of my eyes; He is my soul;
He is my subtle body; He is divine nectar and

He is the Supreme God of creation etc. mystic deeds.
If you want to get rid of your past sins,
You approach Him by doing meditation after giving up
arrogance and other evil qualities.

十六、 哦世上的人们!

他就在那不滥用他的意志里。
他展现与我一切的天堂之景。
他是我的感知者；他是我的父亲与母亲；
他是我眼里的瞳孔；他是我的灵魂；
他是我微妙的肉体；他是神圣的甘露与
他是创作的至上之主等神秘的事迹。
若你要摆脱你过去的孽，
你可以在放下骄气与其他邪恶的素质后以打坐来接近他。

17. All religious ceremonies without taking any strain to
enter into the narrow path, where the
Holy Spirit is seated,
are worthless and deserve to be stopped.
This is the time for the arrival of the Supreme God to
spread the path of Sanmargam(Unity of the Holy
Spirit of mankind) in the world
And to wake up all the dead persons.
You can see the dead persons coming out as if
they were awakened from sleep.

十七、 所有没有劳力去进入那狭窄的道的宗教仪式，
那圣灵坐于的地方，

是没有价值和应该被截止的。

这是至上之主降临以传播那 Sanmargam (人类圣灵的统一)于世上的时刻。

也为了唤醒所有死去的人们。

你可以看见那死去的人们现身像

他们从睡眠中醒过来一样。

18. Oh people of the world!

You are revolving in birth and death without knowing
divine happiness.

You know the ways of deception and fraud, but don't
know the way of getting salvation.

You don't know the Holy Spirit which is within your
forehead and the God in the heaven.

What do you think of your future?

What will you do when death comes?

Where will you go? Alas!

You can get deathless life only if you see the
subtle body and the Holy Spirit by doing meditation.

Don't you know that I am the son of the Supreme God?

So, you come to me.

十八、 哦世上的人们！

你旋转于生与死之间而不知道
神圣的幸福。

你知道诈骗与舞弊的方法，却不知
得到解脱的方法。

你不认识那处于你额头里的圣灵

和在天堂里的主。
你对你的将来有何感想？
死亡到来时你又会怎么做？
你会到哪儿去？唉！
你只可以在透过打坐看见那微妙的肉体与圣灵时
可以获得永恒的生命。
难道你不知道我是那至上的主之子吗？
因此，你到我这儿来。

19. Oh my relations and friends!
You believe that all my words are of God.
This is the best time of arrival of the Supreme God who is
seated as Holy Spirit within our forehead.
If you await His arrival you can get his graceful boon.
I am waiting for Him with sweet heart.
If you understand that I am telling truth and follow me,
you can get numerous mystic powers.
Do you know why I am inviting you all?
It is because of my thinking that all of you should get
the divine happiness like me.

十九、 哦我的亲朋戚友们！
你相信我说的一切是主的话。
这是那以圣灵坐于我们额头里的至上之主
降临的最佳时刻。
倘若你等待他的降临你将可以得到他的恩惠。
我以甜蜜的胸怀在等待着他。
如果你明瞭我说的是实话而跟随我，

你将得到一些神力。
你知道我为什么邀请你们吗？
因为我认为你们应该
像我一样得到神圣的幸福。

20. Oh people of the world!

You hesitate to listen to my words on account of
your monkey like crooked mind.

You don't think my truthful words as falsehood.

You come here without perplexity.

I don't require anything from you.

I request you not to get immersed in the baseless versions
of various religions.

You understand by experience that the formless unique
God himself is in the form of Holy Spirit (moral
wheel with a flame in the centre) and seated in your
forehead.

If you praise Him truly you can get mystic powers
today itself.

二十、 哦世上的人们！

你犹豫的把我的话听进去因为你那
猴子一般的歪脑袋。

你别把我真实的话想成谎言。

你毫无困惑地到这儿来。

我不需要你的任何东西。

我要求与你别沉与那

各种宗教的毫无根据的版本里。

你于你的体验了解那无形独特的主他以圣灵的形象 (一把火于道德轮的中心)坐在你额头。

倘若你真实地赞美他你将在今天得到神力。

21. Come out of your religious activities

And join together on the SAMARASA SANMARGAM

(Unity of Holy Spirit of mankind) so as to get mystic powers.

You know only to eat and sleep,

But don't know the expedient way, which was found out by the great Saints.

Alas! When death comes, this body cannot stand even for a second.

If you see the Holy Spirit by doing meditation, you can avoid death.

二十一、 从你的宗教活动里走出来

来参与 SAMARASA SANMARGAM (人类圣灵的统一) 以获取神力。

你只知道吃与睡,

却不知那适宜的方法, 这是那伟大圣人们的发现。

唉! 当死亡来临, 这个肉体连一秒都经不起。

倘若你通过打坐看见圣灵,

你可以避免死亡。

22. The Supreme God who is in the form of

the Holy Spirit will forgive all our evil deeds with his abundant gracefulness.

I won't tell even an iota of falsehood.
I am telling only the truth in order to purify your birth.
So, you think of Him with true heart and join in the
Samarasa Sanmargam (Unity of Holy Spirit of
mankind).
Oh people of the world!
Even if you scold me, I shall consider those words as
blessings and I won't feel sorry.
I had forgotten even when some people in the world had
assassinated my character.

二十二、 那至上之主于那圣灵的形象
将以他优厚的优美
来宽恕我们一切的罪孽。
我不会说丝毫的谎言。
我说的只是真相以净化你的诞生。
所以，你以真诚的心去想他和参与
SamarasaSanmargam（人类圣灵的统一）。
哦世上的人们！
就算你辱骂我，我将会把你的话当成
祝福和我不会感到愧疚。
我已经忘掉了就算当某些在这世上的人已经把
我的人格给刺杀了。

23. Oh people of bewildered mind!
The worldly happiness is not permanent.
I need not say this newly to you because, you experience this,
in your day to day life.

I tell you that it is not fair to die in the sinful dark world.
You come here to get deathless life.

You get yourself joined in the SUDDHA SIVA

SANMARGAM (Unity of Holy Spirit of mankind) so
as to drink nectar which is in your forehead.

You will get all boons as you desire from the kind and
gracious Lord.

There is none to prevent you, but some may also join you.

二十三、 哦不知所措的心态的人们！

那凡间的快乐不是永恒的。

我不需要崭新的告诉你这事因为，你体验过，
在你每日的生活里。

我告诉你死在这罪恶的黑暗世上是很不公平的。

你来这儿是为了得到永恒的生命。

你让你自己参与那 SUDDHA SIVA SANMARGAM (人类圣灵的
统一) 是为了

吸取那处于你额头的甘露。

你将会从这慈悲与高尚的主得到你所欲望的恩惠。

没有人可以阻挡你，甚至有些会参与你。

24. If you postpone your visit to this place even for
a short period,

It is likely that the evil death may take away your life.

Alas! The death cannot be prevented in any way.

None in any world can prevent the death other than
those who have joined SAMARASA SANMARGA

SANGAM (Unity of Holy Spirit of mankind) and

understood the artifice of over coming death.
If you follow my truthful words and catch hold of the
Supreme power who is seated within your forehead,
you can have deathless life.

二十四、 倘若你延后你到此地的拜访
就算只是短暂的时间，
很大可能性那邪恶的死亡将带走你的生命。
唉！那死亡是没有任何办法可以避免的。
没有人在世上可以避免死亡除了
那些已参与了 **SAMARASA SANMARGA**
SANGAM（人类圣灵的统一）的人和
了解那克服死亡的技巧。
倘若你跟随我真诚的话和抓住了那
坐在你额头里的至上的力量
你可以得到永恒的生命。

25. Oh people of the world!
When you cry aloud at the time of removing the
dead body to the burial ground, have you forgotten to
get the boon of deathless life?
Are you prepared to face diseases and death?
Saints would be afraid of diseases and death.
You bear in your mind that death can be prevented
by getting into SANMARGAM
(Unity of Holy Spirit of mankind).
If you come to me you can get deathless life and
divine happiness during this birth.

二十五、 哦世上的人们！

当你把死去的肉体迁移到坟场

 嚎啕大哭的时候，你难道忘了

 去获取永恒生命的恩赐吗？

你准备好去面对疾病与死亡吗？

圣人会害怕疾病与死亡。

你谨记在心那死亡是可以避免的

 于渗入 **SANMARGAM**（人类圣灵的统一）。

倘若你来我这儿，你将可以得到永恒的生命与

 在这诞生期间神圣的幸福。

26. Oh people of the world!

I show the virtual Path to you with truthful words.

I am related to you, but not your enemy.

Don't you see that the intellectuals and

 illiterates face the death without disparity?

Do you like the death causing inaction of all the five

 faculties of sight, smell, hearing, taste and

 touch by which the body perceives things?

My heart won't tolerate for such death to you.

I don't know whether your heart is of rock.

If you join me in SANMARGAM (Unity of Holy Spirit of

 mankind), you can get deathless life.

二十六、 哦世上的人们！

我以真诚的话展现给你那虚拟的道路。

我和你是有关联的，但却不是你的敌人。

你难道没看见那知识分子与
文盲一样毫无差距的面对死亡吗？
你难道喜欢死亡给人体五觉
的视觉、嗅觉、听觉、味觉和触觉，也是肉体感应
东西的方式
所带来的无为而治吗？
我的胸怀不能容纳给予这一类的死亡于你。
我不知道你的心是否是石头所造。
倘若你参与我在 **SANMARGAM**（人类圣灵的统一），
你将得到永恒的生命。

27. **SANMARGA SANGAM** (The forum for the
Unity of Holy Spirit of mankind) is the only
virtual path of great Saints.
This path enables to enter into the narrow path
to reach the Holy place where the Supreme
God is seated in the form of Holy Spirit.
That truthful form of God which is seated within
the forehead could not be seen by wicked persons.
Oh people of the world!
You get rid of false path and surrender
to the great graceful light.

二十七、 **SANMARGA SANGAM**（人类圣灵的统一的论坛）
是伟大圣人唯一的虚拟道路。
此道路能够促使进入那狭窄的道路
去抵达那神圣的地方其中坐在的是那至上之主
在于圣灵的状态里。

那真实形象的主坐于额头里
邪恶的人们是看不见的。
哦世上的人们！
你把那虚假的道路给摆脱然后屈服
于那伟大优美的光明。

28. The eternal Supreme God is seated as a virtual Preceptor
In the minds of those who have avoided
sinful activities of this world.
He is Omni present and seated within our forehead.
It is very rare to see the form of Holy Spirit by anybody.
He had endowed me the Supreme powers of creation, etc.
If you want to get divine happiness,
you can approach Him as your relative and praise
Him with tender heart.

二十八、 那永恒至上之主以虚拟感知的形式坐于
那些摆脱了世上恶孽活动
的人们的意志里。
他无所不在和坐于我们的额头里。
这是非常难得圣灵的形象被任何人看见。
他赋予了我至上的创作力量等。
如果你要得到神圣的幸福，
你可以像亲戚一般接近他和
以一颗温柔的心赞美他。

Now, it is painful for me to record that the request of Saint Ramalingam
was totally ignored by the people.

现在，让我痛心的是圣人 Ramalingam 的请求完全被世人忽视。

Translated from the book “Footsteps of Saint Ramalingam,” with permission from the author Mr B Kamalakannan(publisher: VanathiPathippkam, 2014). Web: <http://ramalingaperumanar.com/>