

九封瑰宝



2021 年导师节
学习指南

前言

我们真福气和幸运，得到了我们的导师与神，薄伽梵斯里沙迪亚赛峇峇，也就是宇宙导师，神圣导师及导师中的导师，所赐予的神圣的爱、恩典和赐福。祂给我们指示了人生目标及通过爱与服务的途径以达到这目标的方式。祂的每一句话都是真言，而祂的著作是所有经典的精华。出自祂无限的爱与恩典，祂通过神圣讲道和著作留下的 Vahini《川流不息的河水》系列，赐给了我们一座知识的宝库——加以修习，我们的生命就会得到救赎。祂的讲道、著作和谈话，以及祂的模范生命，不论在内容和改善无数生命的功效方面，在人类史上都是无可匹比的。

为庆祝导师节做准备，这份“学习指南”呈献斯瓦米写给信徒、祂的学生、老师及求道者的一些精选信件，为他们在生活的各个方面给予指导。我们很乐意与大家分享这九封信，它们都是珍贵的瑰宝，为我们提供如持名、求知之道、坐禅和诚服等各种灵修的指导，指引我们达到“吾等皆圣灵，一切皆梵”的目标。就让我们深入研究我们敬爱的主师的这些论说，从而欢享平和与至福。

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真正的快乐是在你之内



Bhagawan Sri Sathya Sai Baba

PRASANATHI NILAYAM P.O.

ANANTAPUR DT. (A.P.)

PHONE NO. 30

Message

You as body, mind or soul are a dream, but what you really are is existence, knowledge, bliss. You are the GOD of this universe. You are creating the whole universe and drawing it in. To gain the infinite universal individuality, the miserable little prison individuality must go. Bhakti is no crying or any negative condition. It is seeing of all in all we see. It is the heart that reaches the goal. Follow the heart. A pure heart seeks beyond the intellect. It gets inspired. Whatever we do reacts upon us. If we do good, we shall have happiness and if evil, unhappiness. Within you is the real happiness, within you is the mighty ocean of nectar divine. Seek it within you, feel it, feel it, it is here, the self. It is not the body, the mind, the intellect, the brain. It is not the desire or the desiring. It is not the object of desire. Above all these, you are. All these are simply manifestations. You appear as the smiling flower, as the twinkling stars. What is there in the world which can make you desire anything?

With Blessings
Baba

信息

身心灵的你是一场梦，但真正的你是存在--知识--至福。你是这宇宙的神。你正创造整个宇宙并将之吸取。要获得无限的宇宙个性，那可悲的小囚室个性必须去掉。Bhakti（虔诚）不是悲哀的或任何负面的情况，它是在我们所看到的一切之中看见一切。

达到目标的是心，所以要追随心。一颗纯净的心会超越智能去探索，而受到激励。

不论我们所做何事都会反应在我们身上。如果我们行善，我们将得到快乐；如果行恶，就不快乐。真正的快乐是在你之内，在你之内的是神圣甘露的浩瀚海洋。要在你之内寻找它，感觉它，感觉它，自性，它就在这儿。它不是身体、心念、智能、头脑。它不是渴求的欲望。它不是欲望的对象。你超越这一切。这一切都只是表象而已。你以微笑的花朵般出现，像闪烁的星星出现。在世界上有什么值得你渴求之物？

祝福你们的
峇峇

（这封信是写给一组来自美国的信徒。它首次刊载于 1973 年的《永恒战车御者》）

问：在你的生活中，你如何“追随你的心”，而在超越你的智能之上探索，以认识你确实是“存在、知识、至福”？

问：你如何培养‘真正的快乐是在你之内’的感觉，一如——超越你的身体、心念、智能、头脑和欲望之上的——圣爱海洋？

灵性的渴望

Prasanthinilayam

16-12-73

My Dear! Have you got any
spiritual hunger?

Spiritual hunger is the
ultimate meaning of every
activity in life. The dissatis-
faction and the restlessness
that remain even after obtain-
ing all the necessities of life
show that everyone conscious-
ly or unconsciously, does
suffer from spiritual hunger
and it is not appeased until
the spirit within is realised.
Without this divine discontent
there is no real progress.

World peace is possible when
all the people of the world wake
up to the facts governing
universal life and when
there is a heart to heart
feeling of goodness, love and
oneness among the inhabitants
of the world. With Blessings
Sri Sathya Sai Baba

亲爱的！你可有任何灵性的渴望？

灵性渴望是生活中的每一项活动的终极意义。即便获得生活中的所有必需品之后，其所遗留的不满意和不安表示每一个人，自觉或不自觉地，都遭受到灵性渴望的苦而这不会缓和，直到内在的圣灵得到实现为止。没有这种神圣的不满足，就没有真正的进步。

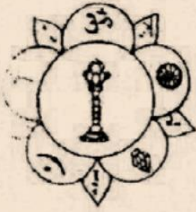
当全世界的人对统御宇宙生命的事实起醒悟，并且世人心中有一种心照心的善、爱和一体性的感觉时，世界和平才有可能实现。

祝福你们的
斯里沙迪亚赛峇峇

问：一旦你第一次了解到在你生活中躁动的不满意是来自灵性的渴望... 你如何试图满足这种灵性的渴望？

问：那神圣的不满足是如何促使你对善、爱与一体性的心心相照的感觉有所醒悟呢？

只有真理才是一个人的真正亲友



Bhagavan Sri Sathya Sai Baba

PRASANTHI NILAYAM P.O.
ANANTPUR DT. (A.P.)
PHONE NO: 30.

30-8-75

After long searches here and there, in temples and in churches, in earth and in heavens, at last you come back. Completing the circle from where you started, to your own soul and find that He, for whom you have been seeking all over the world, for whom you have been weeping and praying in churches and temples, on whom you were looking as the mystery of all mysteries shrouded in the clouds in nearest of the near, is your own self. The reality of your life, body and soul. That is your own nature. Assert it, manifest it. It is truth and truth alone, that is one's real friend, relative. Abide by truth tread the path of righteousness and not an hair of your body will ever be injured. Meditation is nothing else but rising above desires. Renunciation is the power of battling against evil forces and holding the mind in check.

With Love and Patience
Sri Sathya Sai Baba

1975年8月30日

经过长时间的探索，四处奔波，于寺庙里和教堂中，于地球上和天堂里，你终于回来了。完成了从你出发的地方到达你自己的灵魂的一个循环，你发现那个祂：你一直在世界各地寻找的，你一直在教堂和寺庙里为祂哭泣和祈祷的，你看成一切奥秘的奥秘的，笼罩在云雾中的，在近处的最近处的，就是你自己的自性，你生命、身体和灵魂的真实性。那就是你的本质。要维护它。要彰显它。

就是这真理而只有这真理，才是你的真实朋友和亲戚。要遵守真理。步上正道而你身上的一根汗毛也绝不会受损。

坐禅不是什么而是一种超越欲望的修习。舍离是与邪恶力量抗衡及抑制心念的威力。

贺以爱与祝福
斯里沙迪亚赛峇峇

问：你会如何描述，你绕回起点以认识你自己原来的神性，的旅程？

问：你如何从相信‘快乐与满足的源头在于你之外’的那些时刻中解脱出来？

人是神

To Hulop with Baleman

My Dear! you will find it deep within yourself. Think it many times. Ponder it, it tells you about your true nature, it gives you hope, it gives you new life, it points the way, it proves to you that GOD is within you and you are not man, man is GOD, it shows you that it is possible for you to realize GOD (Swamiji) but you and you alone must ponder this work deeply, you will find that you will begin to know what is meant by the statement: "The Self" cannot be explained, the mind knows of its existence, "the Self-GOD" is within man, you are that Self, all else is illusion of the mind's creation, the mind that creates, preserves, and destroys.

My Love! The great joy, the subtlety of the bliss, that you will feel as you come closer and closer to your Real Self; if you strive to find your self by using your mind, you will strive and strive in vain. Because the mind, cannot give you the truth; a lie cannot give you the truth; a lie can only entangle you in a web of deceit, but if you sensitize your self. Awaken your true, fine, beautiful qualities

above you - nothing below you - nothing, to the right of you - or to the left of you - nothing; and dissolve your self into that nothingness, that would be the best way you could explain the realization of the Self. and yet that nothingness would not be the absence of something like the nothingness that nothingness is the fullness of everything, the power of the existence of that appears to be everything. - Baba -

带着祝福给希思罗普 (Hislop)

亲爱的！你会在你自己的内心深处找到它。反复想着它，深思它，它会告诉你有关你的真实本质，它给你希望，它给你新生活，它指明方向，它向你证明神在你之内而你不是人，人是神。它给你指示，你有可能体认神但只有你独自一人必须去深思这工作，你将发现，你会开始明白这句话的意思：“自性”是不能解释的，心念知道它的存在，“自性--神”在人之内，你是那自性，其他的一切都是心念创造的虚幻，那创造、维护和毁坏的心念。

亲爱的！极大的喜悦，至福的精妙，你会感觉到，当你一步步地走近你真实的自性；如果你力图凭借你的心念去寻求你的自性，你再多的努力都是枉然的。因为心念不能给你真理；谎言不能给你真理；谎言只会把你卷入欺骗的圈套，但如果你用心去感受，就会唤醒你真实的、如意的、美丽的品质。

在你之上 -- 什么都没有，在你之下 -- 什么都没有，在你左右 -- 什么都没有；把你自己溶入那虚无之中，这将是你能解释‘自性的证悟’的最好方式，但是那虚无并不代表某种如虚无的物体的不存在。那虚无是万物的圆满，它的存在的威力显现为万物。

-峇峇-

问：你如何“深思”这句话：“神在你之内而你不是人，人是神”？

问：当你“越来越接近你真实的自性”时，你什么时候瞥见了“极大的喜悦，至福的精妙”？

没有善的生命不是真正的生命



Bhagawan

Sri Sathya Sai Baba

EDINEAVAN
CHITFIELD
PHONE NO. 33

Dear Rajagopal! Accept my blessings and love

All are happy days to a man of true knowledge
Happiness is an internal conscious experience
which comes as the effect of the extinction of a
mental or physical desire. The lesser the desires,
the greater is the happiness. So, that perfect happi-
ness consists in the destruction or
satisfaction of all desires in the Absolute being
Greatness is really independent and does not
depend upon externals. It is the sense of perfec-
tion or the consciousness of the achievement of
the highest end of life that is called greatness.
Fame among many people is not called greatness
in its strictest sense. The answer is more a
question of definition, and the definition depends
on the view-point, culture and experience of each
man.

goodness is not false or impossible, but is the
one factor which gives real value of life. Life
without goodness is not real life, but only a scene
of the destructive dance of the evil forces which
shall drown the individual in grief. Goodness is
the way to true happiness. In the ultimate
analysis there is no separate entity as goodness
it obtains only in the relative plane, where duality
is transcended, no question of pairs of opposites
arises. Raju, God is always with you. in you be happy
— Baba —

Raju: I am sending little prasad (vibrations)
for your health your health is not good

Be healthy and happy

With Love

Hsb.

亲爱的拉惹哥巴！请接受我的祝福与爱。

对一个拥有真知识的人来说，每一天都是快乐的一天。快乐是一个内在的有意识的体验，这是精神或肉体的欲望消失的结果。欲望越少，快乐就越多。所以，那完美的快乐包含于绝对存有之内的一切欲望的毁灭或满足。

伟大真的是独立的而不依靠外在事物。它是完美的感觉，或实现人生最高目标，我们称之为伟大，的意识。众人眼中的声誉，在最严格的意义上并不被称为伟大。其答案更多的是在于一个定义的问题，而定义就要看观点、文化、个人经验来决定。

善不是虚假的或不可能的，但它是赋予生命真正价值的唯一的那个因素。缺乏善的生命不是真正的生命，它只是邪恶势力的破坏性的舞蹈的一个情景，这邪恶势力将会溺人于痛苦之中。善是达到真正快乐的途径。归根结底，没有所谓的善的单独实体。它只能在相对平面上得到，在那平面上二元性被超越，对立面的问题不存在。拉惹，神总是与你同在，在你之内。要保持快乐。

峇峇

拉惹！为了你的健康，我把圣粉寄给你。你的健康欠佳。保持健康和快乐。

附以爱
峇峇

问： 在你的生活中，你的精神的或身体的欲望可有促使你感到不快乐？

问： 在你日常生活中，你如何培育善而这又如何助你超越二元性且体验一体性？

维护你的神首

SATHYA SAI BABA'S BLESSINGS

Dear Nanjundaiah! Accept my Blessings
The best method of spreading vedanta
Philosophy is to live it; There is no other
royal road.

Live in GOD - All is right. Make others live
in GOD - All shall be well. Believe this truth
you will be saved.

In the Lowest worm as well as in the
highest human being the same divine
nature is present. The worm is the lower
form in which the divinity has been more
over shadowed by Maya; that is the
highest form in which it has been least
over shadowed. Behind everything the same
divinity is existing and out of this comes
the basis of morality.

Assert your GOD head. Fling into utter
oblivion the little bubble bursts, it finds
itself the whole ocean. you are the whole,
The infinite, The All.

you are Divinity itself, The holy of Holies.
The world is no world. you are The All
in All, The supreme power which no words
can describe. ~~The same~~ nobody or mind
you are the pure 'I am' that you are
Heaven is within you. Seek happiness
not in the object of senses. Realise that
happiness is within yourself.

With Blessings
Sri Sathya Sai Baba
24-4-74.

沙迪亚赛峇峇的祝福

亲爱的南俊代阿！请接受我的祝福。

弘扬吠檀多（Vedanta）哲理的最佳方法就是依它而生活。别无其它的康庄大道了。

生活在神之中，一切皆正。要使他人也生活在神之中。一切将会安好。要相信这真理，你就会得救。

同样的神圣本质都出现于最低级的虫类和最高级的人类之中。虫类是最低级的形相，在其中，圣灵更多地被虚幻的阴影给遮蔽了；那人类是最高级的形相，在其中，圣灵被遮蔽得最少。在万物的背后，同样的圣灵存在着，而德性的根基由此而来。

维护你的神首。扑进完全的湮没中，那小小的水泡爆裂，它发现自己就是整个海洋。你是整个的、无限的、完全的。

你是圣灵本身；圣洁中的圣洁。这世界如浮云。你是完全中的完全，没有语言可以描述的至高无上的威力；无相亦无念。你是纯粹的‘我就是’。那就是你。天堂在你之内。不要寻求快乐于满足感官的客体。要认识快乐就在你自己之内。

附以祝福
斯里沙迪亚赛峇峇
1974年4月24日

问：当你环顾世界的情况，什么灵修最能帮助你去认识“一切皆正”及“一切将会安好”的真理？

问：你如何从感觉你是独立的自我，转移到毫无疑问地知道“你是整体的、无限的、完全的.... 纯粹的‘我就是’？”

整个宇宙仅是一场梦



Bhagavan Sri Sathya Sai Baba

PRASANTHI NILAYAM P.O.

ANANTPUR DT. (A.P.)

PHONE NO: 30.

My Dear's! The time will come when the whole of this dream will vanish. To everyone of us there must come a time when the whole universe will be found to have been a mere dream, when we shall find that the soul is infinitely better than its surroundings. In this struggle through what we call environments, there will come a time when we shall find that these environments were almost zero in comparison with the power of the soul. It is only a question of time, and time is nothing in the infinite. It is a drop in the ocean. We can afford to wait and be calm.

With 'Palunee's

(Baba)

Sri Sathya Sai Baba

亲爱的！这整场梦消失的时刻将会到来。对我们每一个人来说，终有一天会发现整个宇宙只是一场梦，那时候我们会发觉灵魂比它的周遭环境好得多。在这场穿越我们称之为环境的挣扎中，总有一天我们会发现，与灵魂威力相比，这些环境几乎等于零。这只是时间的问题，而在无止境之中，时间并不算什么。它只是沧海一粟。我们可以等待并保持冷静。

附以祝福
(峇峇) 斯里沙迪亚赛峇峇

问： 你的感官和心念如何创造一个与你自己分离的“环境”组成的宇宙的“梦想”（幻觉）？

问： 你有什么方法去培育你朝向灵魂力量的终极觉醒的旅程？

神总是与你同在



5. 4. 88
camp "Porindavan"

Dear Rajagopal! Accept my love and Blessing. How are you? don't worry about your health. GOD is always with you, in you, around you, Be always happy, Bend the body, mend the senses, end the mind this is the process of attaining immortality. where there is faith there is devotion where there is devotion there is purity where there is purity there is GOD where there is GOD there is Bliss.

GOD is with you. you are GOD. why worry?
Raja! I am sending prasadam with your wife. She is very worried about your health she is very good woman!

With Blessings
Baba

1988年4月5日

“平达弯”营

亲爱的罗惹哥巴尔！请接受我的爱与祝福。你好吗？不要担心你的健康。神总是与你同在，在你之内，在你周围。要常保持快乐，弯腰折躬，纠正感官，了结心念，这是达到不朽的过程。有信心之处，就有虔诚；有虔诚之处，就有纯净；有纯净之处，就有神出现；有神出现之处，就有至福。

神与你同在。你是神。为何担心？罗惹！我把供品交给你妻子。她很担心你的健康，她是个非常贤惠的女性！

附上至福
峇峇

问： 在你的生命中，有什么忧虑的乌云遮住了那总是快乐的太阳？

问： 什么灵性修习能助你转移至直接知道“神总是与你同在，在你之内，在你周围...你是神”？

求助于赛

Bhagawan Sri Sathya Sai Baba



PHONE NO. 30
PRASANTHI NILAYAM P.O., ANANTPUR DISTRICT, (A.P.) PINCODE 515134

To

Sri Sathya Sai Hostel, Brindavanam

My Beloved Teachers and Boys! Accept my love and Blessings!

In this world of change we meet with various vicissitudes of life, both pleasant and unpleasant we are afflicted with diseases both mental and physical. The body is stricken with diseases and the mind filled with worries. In this state of our unhappiness, turmoil and misery, there is only one way and that is to take refuge in SAI.

SAI alone can remove these difficulties and diseases and bring us health, peace and prosperity.

He who has got SAI's Name on his lips is a jivan-Muktā, because continuous remembrance of SAI eliminates the ego-sense and grants him the realization of his immortal changeless Self. Name is a link between the devotee and SAI. It brings the devotee face to face with SAI and enables him to attain the knowledge of his oneness with Him (SAI)

With love

Your SAI, your own SAI
(SriSathya-Sai)

致：斯里沙迪亚赛宿舍，平达弯法南姆。

我亲爱的老师和同学们！请接受我的爱与祝福！

在此无常的世界里，我们遭遇到生活的各种起伏，有如意的，有如不意的。我们饱受精神和身体疾病的折磨。身患疾病，思虑重重。在我们这些不快乐、烦乱和痛苦之际，只有一种途径，那就是求助于赛。只有赛能消除这些困苦和疾病并带给我们健康、平和与昌盛。

嘴里常挂着赛的名号者是一个 *jivan-mukta*（有生之年就达到解脱、证悟者），因为持续不断地记得赛会消除自我意识并赐予他对自己不朽的、不变的自性之证悟。名号是介于信徒与赛之间的一种联系。它把信徒与赛拉拢在一起并使他获得他与赛融为一体的认知。

附以爱
你的赛，你自己的赛
(斯里沙迪亚赛)

问： 记住赛是所有生活中的不快乐、烦乱和痛苦的避难所，这对你有什么影响？

问： 什么样的灵性修习最能助你消除你的自我意识和认识你不朽的、不变的自性？



斯里沙迪亚赛经文研究委员会
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