

## Chapter 5 Self-Confidence: The Basis for Faith in God

### 1. Prerequisite to Achievement

The early explorers, who left Europe to sail west in search of new lands, were filled with confidence. They had faith that they would not fall off the “edge” of the world. They were confident of their destination and of their ability to reach that destination. As a result, they discovered a new world of wonder and wealth.

Self-confidence is also an indispensable attribute of the successful spiritual explorer. Little, if anything, is accomplished without confidence in oneself. We must have confidence that we will accomplish the task, that we will travel the path to our destination. Without hope for a successful conclusion, there can be little enthusiasm for the journey. We must be convinced of our own innate divinity. There is no place for self-condemnation, which causes us to question our worthiness to succeed.

*Without self-confidence, no achievement is possible. If you have confidence in your strength and skill, you can draw upon the inner springs of courage and raise yourselves to a higher level of joy and peace. For confidence in yourselves arises through the atma, which is your inner reality. The atma is peace, it is joy, it is strength, it is wisdom. So it is from the atma that you draw all these equipments for spiritual progress.*

*Sathya Sai Speaks 6, p.102*

Without self-confidence, we are tossed on the stormy seas of confusion and doubt. Without that deep faith in ourselves, we are driven from port to port, never finding the rest we seek. The fulfillment of our search in the world is found within ourselves. Whatever satisfaction we find around us is a reflection of our inner contentment.

*The first thing you have to do is develop self-confidence. It is people who have no confidence in their own self who begin to wander about and to waver and to take to various different paths.*

*Sathya Sai Speaks 9, p.184*

## 第五章 自信：信神的基础

### 1. 成就的先决条件

早期的探险者，他们为了寻找新大陆，充满自信地离开欧洲，向西航行。他们有信心，决不会沦落于世界的‘边缘’。他们对自己的目的地及抵达目的地的能力很有把握。终于他们发现了一个不可思议而资源丰富的新天地。

自信也是成功的灵性探索者的一个不可或缺的特质。在缺乏自信之下达成之事物，即便有亦属少数。要完成我们朝向我们目标迈进的任务，我们就非得有自信不可。对成功结论不抱希望就不可能对旅程抱持热衷。我们必须确信我们自己与生俱来的神性。引起我们质问我们应否获得成功的‘自我谴责’是没有立足的余地的。

没有自信，何来成就。若对自己的力量和技能有自信，你即可凭借从内涌现的勇气，一跃而登上喜悦与平和的更高层次。因为自信起自阿特玛（*Atma*，自性，纯灵），即，你的内在真性。阿特玛是平和，是欢乐，是力量，是智慧。你就是从阿特玛提取所有这些灵性大跃进的装备的。

《沙迪亚赛说》第6章102面

没有自信，我们无异于浮沉于困惑与怀疑之波涛汹涌的大海之中。在我们之内，如果缺乏深笃的信心，我们就从一个港口漂流到另一个港口，找不到栖息之地。我们在世上所寻找的都可以在我们之内找到。我们在周遭所找到的满足就是我们内在知足的一个反映。

第一件事情你要做的就是培育自信。没有自信的人才会上彷徨，犹豫和诉诸各种不同的法门。

《沙迪亚赛说》第9章184面

Even material progress is based on faith in ourselves, in our own ability to accomplish a task. We achieve little if we are swayed by the criticisms of the crowd. We must chart a course and then hold to it, undisturbed by the inevitable ups and downs along the way. Like the early explorers, we may not find exactly what we expect, but we are sure to expand our horizons. We must value our own inner vision and our ability to manifest that vision in our lives.

*Don't deny the validity of your own experience. Stand on your strength, be unmoved either by adulation or denigration. Follow my lead: I am unaffected by either, I march on alone, undeterred and of my own accord. I am my own guide and witness; have full faith in this.*

*Sathya Sai Speaks 6, p.107*

## 2. Faith in Self, Faith in God

An engineer who plans a tall building knows the importance of a strong foundation. To reach great heights, he must first dig down to a firm base in the earth. It would be foolish to build upon shifting sands, for the structure would soon topple. The firm foundation for faith in God is faith in self. When we reach down to the solid basis in ourselves, our progress is assured.

If we cannot find our own inner strength, how will we recognize divine power? Faith in self is the basis for faith in God, for it is the divinity within that enables us to recognize the divinity in the world. If we had never tasted the sweetness of sugar, why would we seek it out in the candy store?

*Self-confidence is the basis of faith in God also. People who do not know who they are and who have no confidence in their own strength and power assert that there is no God. But how can they declare that the God in whom you believe and who exists for you does not exist?*

*Sathya Sai Speaks 8, p.88*

甚至物质上的发展都以我们的信心，以我们完成一件任务的能力作为基础。若我们受到众人的非议而摇晃，我们的成就就不大。我们一定要制作一个航线图，并遵照航行，不受无可避免的起伏浮沉的干扰。就如早期的探险家一样，我们也许找不到我们所期望的，但肯定我们会扩大我们的视野。我们一定要珍惜我们内在的视像，以及我们在此生中有证实那视像的能力。

不要否定你自己的体验的正当性。要依靠你的力量，不要为谄媚或诽谤所动。跟着我：我不受这两者的影响，我单独前进，不气馁，不畏缩而完全出于自愿地向前迈进。我是我自己的向导和证人；要对此怀持满满的信心。

《沙迪亚赛说》第6章107面

## 2. 自信，信神

一个设计高楼的工程师知道地基的重要性。要向上发展，他得向下打好稳固的地基。在流砂上筑起高楼是再愚蠢不过的事，建筑物随时会倒塌。信神的稳固基础就是自信。若我们向下在我们之内打好基础，我们的进展是肯定的。

若我们找不到我们自己内在的力量，我们又怎能体认神圣的力量？对自己的信心就是对神的信心的基础，因为促使我们体会在世上的神性者就是内在的神性。若我们从未尝过糖的甜味，我们怎么会到糖果店去找糖呢？

自信也是信神的根基。不知自己是何方神圣也对自己的力量和能力缺乏信心，人们于是断言，神是不存在的。那么，他们又怎能宣称，你相信的神及为你而存在的神，是不存在的呢？

《沙迪亚赛说》第8章88面

Divinity lies hidden within every person. Spiritual discipline reveals it. Like deriving butter from milk, certain methods are required to make divinity emerge. When we act on our aspirations with faith in our ability, we earn God's grace and guidance in the task. Those who make the effort, seizing every chance for advancement, earn that grace.

*Everyone has the right to earn grace, but those like Ramakrishna, who have faith in themselves, will earn it soon and plentifully. God loves those who have the self-confidence and the courage of conviction and who seize every opportunity to improve their spiritual status.*

*Sathya Sai Speaks 7, p.10*

Self-confidence arises from the atma, the inner reality. Even if we do not recognize the source of our strength, it is enough if we heed its direction. The voice within is the unfailing guide to higher experience. It manifests as a thirst for truth and goodness. It assures us of our abilities and worth. It discloses the paths of right and wrong.

*Your self is God. You have faith in your judgment, your intelligence, your ability, because God within tells you not to falter or fear. That assurance wells from within, from your basis truth, which is otherwise called God. It does not matter if you do not call it God. It is enough if you believe in yourself: that is the real test of theism.*

*Sathya Sai Speaks 2, p.26*

### 3. A Formula for Success

Great achievements grow from confidence and a plan. When Noah heard the voice of God, he set about to build an ark. He did not question his boat-building skills. He did not despair at his possible inability to make so many animals live together in a small boat. He had confidence in his own ability to learn all the necessary skills for the project. The town folk who came to jeer could not deter Noah from his plan. He maintained his self-confidence and acted on the Lord's command.

神蕴寓于每一个人之内。灵性修行揭露之。如从牛奶中提炼奶油一样，某些呈现神性的方法是在所必需的。若我们以对自己能力的信心去遵照我们强烈的意愿行事，我们在从事这任务中就赢得神的恩典和指导了。凡抓住每一个提升机会尽力而为者，必赢得那神恩。

每一个人都有权利赢得神恩，但像罗摩基士拿（Ramakrishna）的那些人，他们对自己深具信心，所以很快地就赢得丰厚的神恩。神爱那些有自信，有信念勇气及抓住每一个机会来改进自己灵性层次的人。

《沙迪亚赛说》第7章10面

自信起自阿特玛，内在真性。即便我们不认识我们力量的源头，但如果我们留意它的方向，那就足够了。内在声音是更高体验的可靠向导。它彰显于真理和至善的一个渴望上。它保证我们有足够的能力和应得的资格。它指示我们明辨是非的道路。

你的自己（自性）就是神。你对你的判断，你的智力，你的能力具有信心，因为内寓的神告诉你，不要迟疑或恐惧。那信念涌自内在，涌自也被称为神的基本真理。你称不称它为神倒无关紧要。只要你相信你自已就够了：那是有神论的真正考验。

《沙迪亚赛说》第2章26面

### 3. 成功的法门

伟大的成就产生自自信和一个计划。当挪亚（Noah）听到神的声音，他即着手建造方舟。他不反问自己造船的技术。他不为那么多家畜能否挤在一艘小方舟上生活而感到绝望。他对自己有能力学习这计划所需之技术深具自信。市镇居民的嘲笑阻止不了挪亚的计划。他保持自信并遵照主的指令去做。

Little is accomplished without formulating a plan and adhering to it. To manifest the divine vision, we must have faith in the goal and in God. We may not always choose the quickest path, but we learn along the way. No progress is made without some mistakes. Obstacles help us develop strength and stamina. With time and experience, we reach the goal.

*Have faith in yourself, your own capacity to adhere to a strict timetable of sadhana (spiritual discipline), your own ability to reach the goal of realization. When you have no faith in the wave, how can you get faith in the ocean?*

*Sathya Sai Speaks 5, p.230*

When we have confidence in our own abilities and faith in God, we can accomplish any task. Faith in self and faith in God grant the strength and patience to achieve any victory.

*Devotion and self-confidence are like the negative and positive. It is the combination of these two that will enable us to fulfill our sacred thought.*

*Summer Showers 1977, p.97*

#### 4. Self-Realization

Self-Realization is the ultimate stage of self-confidence. It is the conclusion of self-development. When we attain that blissful state, we will know that all beauty, all joy, and all peace lie within us. The answers to all questions are within, for we are ourselves the answer. In the light of our expanded awareness, we will see that we are indeed God.

To achieve the blissful state of divine vision we must cultivate true self-satisfaction. Satisfaction is contentment. It eliminates desire and allows us to see the unity of creation. When we grasp the vision of unity, we are able to sacrifice the small ego-self that limits our loyalty and sympathy. Then we can assume our true identity as God — the life-force behind all we see.

对一个计划若不加以明确的规划和坚持的执行，所能完成的就微乎其微了。如要证实神圣的影像，我们就得对目标和对神深具信心。我们大可不必总是选择最快速的途径，但我们沿途还是可以学到不少东西的。没有错误就没有进步。障碍协助我们培育起力量和活力。假以时日，凭借经验，我们抵达目标。

对你自己，对你有才能去遵守严格的灵修时间表，对你有能耐抵达证悟的目标，要有信心。若对波涛没有信心，你又怎能对海洋有信心？

《沙迪亚赛说》第5章230面

如果我们对我们的能力深具自信并且对神深具信心，我们就能完成任何任务。自信与信神给予力量和耐心去获得胜利。

虔诚和自信就像是正负两极。两者结合就会促使我们实现我们的圣洁思想。

《夏季浸濡》1977，97面

#### 4. 自我证悟

自我证悟（明心见性）是自信的最后阶段。它是‘自我培育’（self-development）的终结。如果我们达到那福乐的境界，我们就会明白一切美，一切欢乐和一切平和都寓于我们之内。所有问题的答案都在里边，因为我们就是我们自己的答案。在我们扩大的觉知之光中，我们会觉察到我们确实是神。

为达到神显灵的至福境界，我们必须培育真正的自得（自我满足）。满足是知足。它驱除欲望并让我们看到万物一体。如果我们看到一体性，我们就会牺牲‘限制我们忠诚与怜悯’的小我。然后我们就能采用‘我们是神’的真正身份了——作为策划我们所见的一切的生命力。

*You should develop self-confidence, and with that you will get self-satisfaction. Once you acquire self-satisfaction, you will be able to show self-sacrifice, and this will result in self-realization. Self-realization thus ultimately depends on the base of self-confidence.*

*Summer Showers 1973, p.249*

**Questions for Study Circle:**

1. Where does self-confidence originate?
2. Of what use is self-confidence?
3. How is self-confidence manifested in daily life?
4. How is self-confidence cultivated?
5. How is self-confidence related to self-realization?
6. Can we have confidence in God without confidence in self?
7. Is spiritual progress possible without self-confidence?
8. What are the obstacles to confidence in self?
9. Can we have too much self-confidence?

**References for Further Study**

1. Sathya Sai Speaks 9, p.186 (Self-realization is derived from self-confidence).
2. Sathya Sai Speaks 10, p.90 (The self-confidence of Hanuman).
3. Summer Showers 1972, p.117 (Self-confidence is required for the spiritual journey).
4. Summer Showers 1977, p.97 (Self-confidence of Hanuman).
5. Vidya Vahini, pp.81-82.

你应该培育自信，而有了自信，你就会达致自得（自我满足）。一旦有了自得，你就能展示自我牺牲，而自我牺牲带来自我证悟。是故，自我证悟终究还是决定于自信的基础。

《夏季浸濡》1973, 249面

### 学习圈的问题:

1. 自信来自何处？
2. 自信有何用？
3. 自信如何显现于日常生活中？
4. 自信是如何培育起来的？
5. 自信与自我证悟有何关系？
6. 在缺乏自信的情况下，能对神有信心吗？
7. 没有自信，灵性的进展有可能吗？
8. 自信的障碍是哪一些？
9. 我们能有太多的自信吗？