

SSE (SCA) LESSON PLANS

沙迪亚赛教育（华文组）课程

Part 1A: Sathya Sai Baba (Life History)

第一部 A: 沙迪亚赛峇峇（生平故事）

With gratitude for the privilege to serve – Sathya Sai Baba Centre of Skudai, Johor Bahru

March 2020

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Lesson 课程	Topic 主题	Song 歌曲	Story 故事	Video(s)视频	Activities 活动	Values 价值
1	His Birthplace: Puttaparthi 布达峇地	Ganesha 我皈依, 我皈依 Ganesha	Puttaparthi 布达峇地	Legend Of Puttaparthi 布达峇地的传说	Colouring “Om” Om---学写和彩 颜色。	得理要绕人, 理直要气和。
2	Birth Of An Avatar 赛世尊的诞生	Ganesha 我皈依, 我皈依 Ganesha	Baba's Birth 峇峇的诞生	Baba's Birth 峇峇的诞生	My Family 画图, 题目: 我 的家庭	对父母要知 恩、感恩、报 恩。
3	Babyhood And Early Childhood 婴儿及幼年时期	赛峇峇呀我 爱祢 (Sai Baba Wo Ai Ni)	Babyhood And Early Childhood 婴儿和幼年时 期	—	Song With Hand Gestures: Sai Baba Wo Ai Ni 手语: 赛峇峇我 爱你	怜悯和同情心. 助人为快乐之 本
4	Growing Up With Grandpa 在祖父家长大	赛峇峇呀我 爱祢 (Sai Baba Wo Ai Ni)	Growing up with Grandpa 与祖父同住的 成长岁月	—	Role play 角色扮 演	家和万事兴 勤劳和节俭是 可贵的美德
5	Subhamma 苏巴玛	投入赛的怀抱 (Rejoice in the Lord Sai)	Subhamma 苏巴玛	Subhamma's House 苏巴玛的屋子	游戏: 学习信任	与邻居、朋友 要和睦共处。

						原谅别人就是善待自己。
6	The Wise Child 聪颖的孩子	投入赛的怀抱 (Rejoice in the Lord Sai)	The Wise Child 聪颖的孩子	—	Game: Find The Leader 游戏：捉领袖	- 口说好话、心想好意、身行好事。 -
7	The Compassionate Child And Pandhari Bhajans 慈悲的孩子和 PANDHARI 峇赞组合	观音佛陀峇峇 (Hare Krishna Hare Krishna)	The Compassionate Child And Pandhari Bhajans 慈悲的孩子和峇赞组合	—	Story-telling 讲故事	-总是帮助，绝不伤害。 Help Ever Hurt Never
8	Hanuman 哈奴曼事件	观音佛陀峇峇 (Hare Krishna Hare Krishna)	Hanuman 哈奴曼事件	Hanuman 哈奴曼事件	Colour and cut out the mask of Lord Hanuman. 为哈奴曼神相彩颜色和剪贴	工作就是膜拜今天功课今天做，明天还有事要做。
9	The Teacher Incident 老师事件	佛陀耶南无佛陀 (Shivaya Namah Shiva)	The Teacher Incident 老师事件	The Teacher Incident 老师事件	Game: Balance Beam 游戏：平衡木	-待人退一步，爱人宽一寸，就会活得很快乐。
10	School Days: Kamalapur And Uravakonda 在学校的日子	佛陀耶南无佛陀 (Shivaya Namah Shiva)	School Days In Kamalapur And Uravakonda 学校时期	Video: School Assembly 学校聚会	角色扮演 Role Play: “Cheppinattu Chesthara” 言出必行	言出必行说真话，行正义。

11	Declaration 宣告	释迦牟尼佛 (Govinda Rama Jai Jai Gopala Rama)	Declaration	Video 1: Witch Doctor 巫医 Video 2: Declaration 宣 告	Game: Freeze Dancing 游戏；冻结舞蹈	静坐常思己 过，闲谈莫论 人非。
12	Hampi And Manasa Bhajare 翰比和峇峇唱的第一首歌	释迦牟尼佛 (Govinda Rama Jai Jai Gopala Rama)	Hampi And Manasa Bhajare 翰比和峇峇唱的第一首歌	Video 1: Hampi Video 2: Manasa	Show and Tell 展示和述说 (从家里拿来的 东西)	口说好话，如 吐莲花；口说 坏话，如吐毒 蛇
13	Challenges 挑战	Manasa Bhajare	Challenges 挑战	Video : Fire 火 烛	Game: Scavenger Hunt 游戏：寻宝	我们要自爱， 才会惹人爱。
14	Leelas 游戏(I)	Manasa Bhajare	Leelas 游戏(I)	Video 1: River Video 2: Wishing Tree 许 愿树 Video 3: Third Eye 第三眼	Game: Simple Simon Says 游戏: 西蒙说	心中有爱多自 在。
15	Leelas 游戏(II)	尘海本茫茫 那 堪急风浪 (Bolo Narayana)	Leelas 游戏 (II)	Video 4: Mother Ganga 恒河母 亲	手工：制作笔套	爱一切，事一 切。 Love All Serve All

A Conversation with Swami

I will protect you like the
eyelids protect the eyes.

You always have me and
I have you.

I will never leave you
and you can never leave
me.



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LESSON 1: PUTTAPARTHI 第一课：布达峇地		
课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象徵世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM，Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成‘Aum’，但发音是‘Om’也叫做‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	

SHANTI	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)		
3) 歌曲 SONG		
<p>GANESHA 我皈依，我皈依 GANESHA (4X) 赛世尊我皈依，我皈依赛世尊 (4X)</p> <p>GANESHA SHARANAM, SHARANAM GANESHA (4X) SAIEE SHARANAM, SHARANAM SAIEE SHA. (4X)</p>	<p>我皈依（降服）主 Ganesha，我皈依主赛峇峇。</p> <p>I surrender to Lord Ganesha, I surrender to Sai.</p>	

4) 故事 STORY

<p>诞生地：布达峇地 PUTTAPARTHI</p> <p>His Birthplace: Puttaparthi</p>		<p>SSE 1 SLIDES</p> <p>视频： 布达峇地的传说. (RADIO SAI)</p> <p>VIDEO SHOW: THE LEGEND OF PUTTAPARTHI. (RADIO SAI)</p>
<p>Questions:</p> <p>Values:</p> <ul style="list-style-type: none"> - When one's mind is controlled by anger and greed, mercy and love disappear. 	<p>问题：</p> <ol style="list-style-type: none"> 1. 什么是布达峇地的旧名称？ 2. 布达峇地的意思是什么？ 3. 为什么这个村庄后来被称为布达峇迪？ 4. 眼镜蛇对村庄发出什么样的诅咒？ 5. 峇峇为石头做些什么?有什么发现？ 6. Venugopalasamy 寺供奉什么神？ <p>价值：</p> <ul style="list-style-type: none"> - 当一个人的心灵被愤怒和贪婪控制时，怜悯和爱就会消失。 - 得理要饶人，理直要气和。 	
5) 活动 ACTIVITY		
Colouring ‘Om’	Om -- 抄写和彩颜色。	Use printed worksheets 复印 OM 作业

LESSON NOTES:

LESSON 1
BIRTHPLACE: PUTTAPARTHI

SLIDE	DESCRIPTION	翻译
	<p>The Story of Puttaparthi</p> <p>Puttaparthi in the olden days was called Gollapalli, 'home of cowherds' and the cowherds were prosperous.</p> <p>One cowherd, who noticed that his cow returned home every evening with empty udders after a day's grazing, quietly followed it one day. The cow went out of the village and stopped at an anthill. A cobra emerged and put its lips on the cow's udders and began sucking its milk. Annoyed, the cowherd threw a stone at the cobra and killed it. The dying cobra cursed the gopals (cowherds). As an effect of the curse, the village was infested with anthills. Cattle declined in numbers. The name of the village was thereafter changed to Valmikipura which means 'ant hill' in Sanskrit. Valmikipura in common parlance is Puttaparthi.</p> <p>The stone with which the cowherd had killed the snake was installed as a deity in a temple and began to be worshipped to mitigate the dreadful curse – of which the permanently imprinted cobra's blood streak on the stone was a constant reminder. One day, Bhagawan directed some people to wash the stone and smear sandal paste on the stained side. A clear outline of Sri Gopalasamy with a flute at His lips became discernible. On putting the stone to the ear, Sri</p>	<p>布达峇地（Puttaparthi）的故事</p> <p>从前，Puttaparthi 的名称是 Gollapalli, 意思是 '牧牛人之家'。当时的养牛事业很兴旺，这里的奶牛大量生产牛奶，村民们生活富裕，安居乐业。</p> <p>有一个牧牛人，注意到他的一只母牛在黄昏时候放牧回来，到达牧场时乳房里只留下很少的牛奶。她的牛奶去了哪里？为什么这么少？有人偷了吗？他想调查一下。于是他决定跟踪这只母牛。</p> <p>第二天他悄悄地跟着这只母牛。他注意到在放牧一段时间后，这只母牛偷偷地离开牛群，走向村庄的郊外。虽然村外的路径起伏不平，布满岩石，石块和小丘。但母牛还是继续前行。母牛走得很匆忙。她坚持不懈地克服路途上的所有障碍，一直往前走。直到她到达一个有蚂蚁丘的地点。母牛停下来等待。</p> <p>一会儿，从泥堆里出现了一条眼镜蛇。它慢慢滑出洞口，停在牛的肚子下面。然后小心翼翼地将嘴贴在牛的乳头上，开始快乐地吮吸牛奶。牧牛人被激怒了，想也不想，他拿起一块石头，用力并很准确地将它扔向眼镜蛇。蛇被击中，血染</p>

	<p>Gopalasamy's breath could be heard passing though the flute. The temple began to be called Venugopalasamy temple. The power of the curse waned and the cattle began to thrive again.</p>	<p>石头！垂死的眼镜蛇发出诅咒：“我的生命这么残忍地被结束，这个地方很快就会充满石头、岩石、蛇和蚂蚁丘。这里的每一个人也都会经历我所经历的痛苦。”受到蛇的诅咒，很快地村庄开始充满蚁丘。雨很少，牛的数量也逐渐减少。这之后村庄的名称改为 Valmikipura，意思是“蚂蚁丘”。它也称为 Puttaparthi（蚁丘村）。</p> <p>牧牛人杀死眼镜蛇的石头被供奉在寺庙中，并开始受人膜拜，祈望减轻这可怕的诅咒的效果。在石头上的眼镜蛇血迹是个永久的印记，不断提醒人们莫忘这件事。有一次，Bhagawan 指示人们清洗石头并在污血的一面涂抹檀香粉糊。一个清晰的 Sri Gopalasamy 的轮廓显现，手中还拿着一支长笛，画面清晰可辨。将石头放在耳朵边，还可以听到 Sri Gopalasamy 通过长笛的呼吸。于是，寺庙被称为 Venugopalasamy 寺。终于，诅咒的力量消失，村庄里的牛群又开始茁壮成长了。</p>
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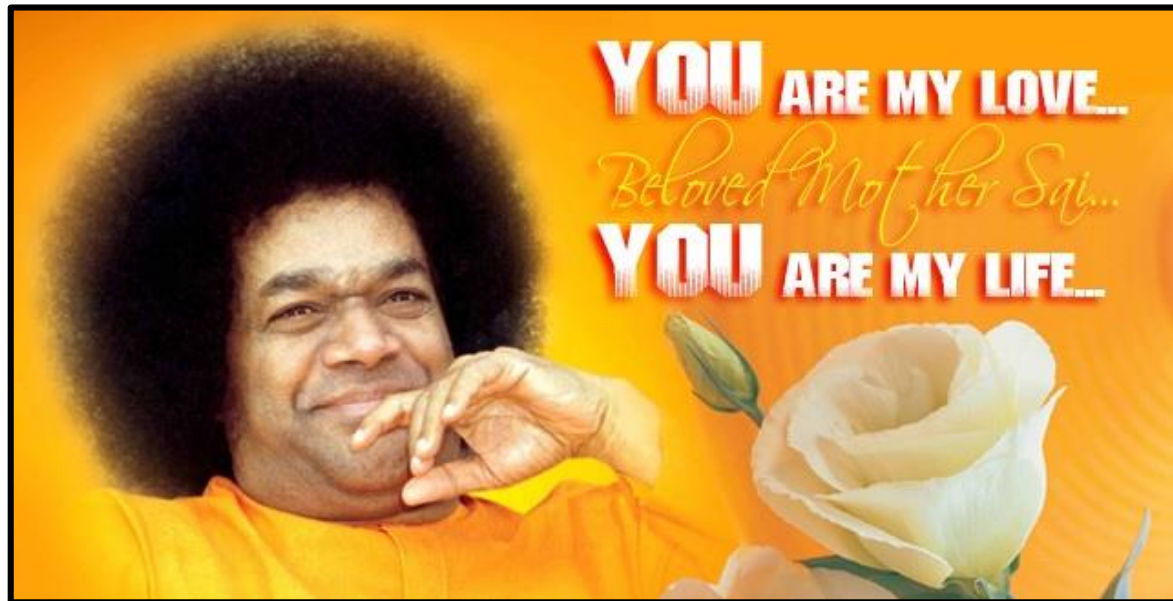
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课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象征世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM，Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成‘Aum’，但发音是‘Om’也叫做‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	

SHANTI	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
<p>Lord Ganesha Stotra:</p> <p>Vakrathundra Mahaakaaya Suryakoti Sama Prabha Nirvignam Kuru Mey Deva Sarva Kaaryeshu Sarvadaa</p>	<p>Vakrathundra : Vakra- bent 弯曲 Thundra-elephant nose 象鼻</p> <p>Mahaakaarya : strong body 壮硕的身体</p> <p>Suryakoti : Surya-sun 太阳 , koti- million 百万</p> <p>Sama: equal 等于</p> <p>Prabha: brilliance light 光辉</p> <p>Nirvighnam : remove obstacles 解除障碍</p> <p>Kuru: enable 使</p> <p>Sarva : all 所有</p> <p>Kaaryeshu : work 工作</p> <p>Sarvadaa : always 总是，常常</p> <p>你有一个弯曲的象鼻和一个壮硕的体形，</p>	

	你放射出百万颗太阳相等的光辉， 祈求你护佑我的所有工作， 使它摆脱一切障碍。	
2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)		
3) 歌曲 SONG		
GANESHA 我皈依，我皈依 GANESHA (4X) 赛世尊我皈依，我皈依赛世尊 (4X) GANESHA SHARANAM, SHARANAM GANESHA (4X) SAIEE SHARANAM, SHARANAM SAIEE SHA. (4X)	我皈依（降服）主 Ganesha, 我皈依主赛峇峇。 I surrender to Lord Ganesha, I surrender to Sai.	
4) 故事 STORY		
Baba's Birth 赛世尊的诞生		SSE 2 SLIDES VIDEO CLIP 视频 : BIRTH 诞生
Questions:	问题： 1. 峇峇 的祖父名叫什么？ 2. 斯瓦米的母亲名字叫 Namagiriamma.? 后来她又改为什么名字？为什么？ 3. 峇峇有几个兄弟姐妹？ 4. 峇峇的母亲如何怀上祂？ 5. 峇峇出世时有什么奇迹？	

Values : <ul style="list-style-type: none"> - Be kind, thankful and gracious to your parents. - My family is warm and loving. 	价值: - 对父母要知恩、感恩、报恩。 - 我的家庭最温暖可爱。	
5) 活动 ACTIVITY		
Draw a picture entitled: My Family	画图，题目：我的家庭	



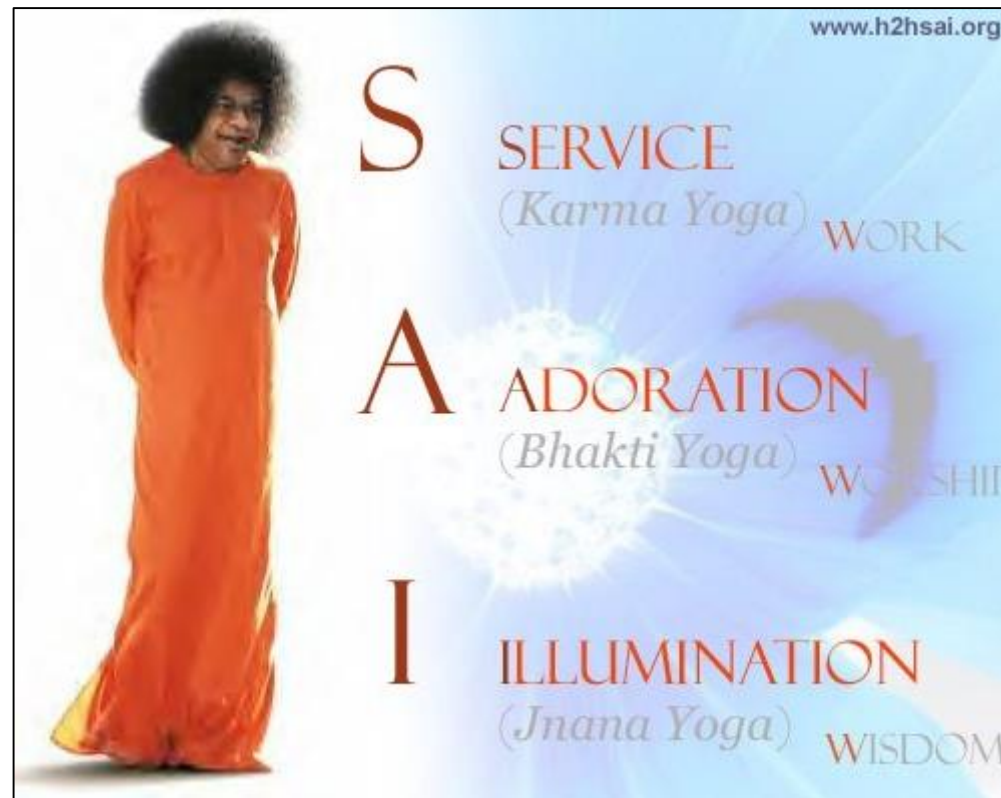
LESSON NOTES:

LESSON 2 第二课
BIRTH OF AN AVATAR 神化身的诞生

SLIDE	DESCRIPTION	翻译
10	<p>His grandparents and parents</p> <p>His grandfather, Kondamma Raju, and grandmother, Lakshamma were very pious and strict vegetarians. They had two sons.</p> <p>The elder, Pedda Venkamma Raju, was married to Namagiriamma. Guided by a dream, Kondamma Raju had his son change his wife's name to Easwaramma.</p> <p>Mother Easwaramma was born in modest circumstances in another village. She lived a pious life with no access to the outside world.</p>	<p>峇峇的祖父母和双亲:</p> <p>峇峇的祖父 Kondamma Raju 和祖母 Lakshamma 是虔诚和严格的素食者。他们拥有两个儿子。</p> <p>长子 Pedda Venkamma Raju, 娶了邻村的女孩 Namagiriamma 为妻子。受到梦中神明的指点, 祖父 Kondamma Raju 要儿子将媳妇的名字改为 Easwaramma, 意思是神的母亲。</p> <p>母亲 Easwaramma 诞生于一个偏僻的乡村。她生活简单朴素, 对外面的世界一无所知。</p>
14	<p>Miraculous Conception</p> <p>Pedda Venkama Raju and Easwaramma had been blessed with one son and two daughters - Seshama Raju, Venkamma, and Parvathamma, in that order. Mother Easwaramma longed for another son. Soon her prayers were answered - she was to become a mother again. Even before its birth, Easwaramma knew that the child to be born would be unusual. There was a definite reason for such a belief.</p>	<p>神奇的受孕</p> <p>Pedda Venkama Raju and Easwaramma 拥有一个儿子和两个女儿, 依次为 Seshama Raju, Venkamma, 和 Parvathamma。母亲 Easwaramma 希望再生一个儿子。不久后, 梦想成真, 她将再度成为母亲。在小儿子还未诞生时, Easwaramma 深信这个孩子将来是不平凡的。</p> <p>Swami 即将出生时, 主 Sathyanarayana 出现在家婆 Lakshamma's 的梦中。主向她赐福, 并告诉她, 神本身将诞生在她的家庭里。</p>

	<p>Sometime prior to the birth of Swami, Lord Sathyanarayana appeared in the mother-in-law, Lakshamma's dream and blessed her, indicating that He would be born in her family.</p> <p>Then one morning, as she was drawing water from the well, Easwaramma was startled by the sight of a big blue ball of light. The ball came directly towards her and entered her; Easwaramma fainted immediately. The Lord had entered her womb prior to physical birth as Sathyanarayana Raju. Thus the Lord was not begotten but immaculately conceived.</p> <p>On 23 November 1926, Easwaramma went into labour. Word was sent to the mother-in-law, Lakshamma, who was at the house of the priest performing some prayers. Lakshamma refused to be hurried; instead she waited to collect the sanctified food and water offerings to bring for her daughter-in-law.</p> <p>As soon as Easwaramm ate the food, Sathya Sai was born and the Sun rose above the horizon! The baby Sathya did not cry. Alarmed that the infant was stillborn, the nervous mother pinched Him. At the touch, the Child smiled enchantingly!</p>	<p>有一天早晨, Easwaramma 在水井边汲水。她很惊奇地看见一团蓝色的球状发光体, 这团蓝光飞向她, 进入她的身体。Easwaramma 立即昏倒。主以 Sathyanarayana Raju 的身份进入 Easwaramma 的子宫成孕。因此, 主的诞生并非如一般人的受孕过程。</p> <p>1926 年 11 月 23 日, Easwaramma 开始阵痛。有人通知她的家婆 Lakshamma, 请她赶快回家。Lakshamma 正在祭司的家里参加祭祀, 她拒绝立刻赶回家, 她要等到拿了祭品才回去。她把向神供奉的食物和水拿回家给正在分娩的儿媳。</p> <p>Easwaramm 吃了祭品, Sathya Sai 就出世了, 太阳也升上了地平线! 刚出世的小 Sathya 并没有哭, 母亲害怕婴儿是死胎, 紧张地掐了他。受到触摸, 婴儿竟迷人地笑了!</p>
15,16	<p>Miracles:</p> <p>When His mother was pregnant with the Child, the musical instruments in the house would play heavenly music by themselves.</p> <p>A mat covered with a thick bedspread had been placed in a corner of the room. As soon as the grandmother placed the newborn on the mat, the family found the quilt rising up and falling on either side of</p>	<p>奇迹:</p> <p>在母亲 Easwaramm 怀孕时, 家里的乐器不时奏起仙乐, 没人击打, 是乐器自己响起来的。</p> <p>在房间的一角有一张垫子, 由一块厚的床布盖住。当祖母把刚出世的婴儿放在垫子上的时候, 家人发现床布中间鼓起,</p>

	<p>the baby. The grandmother grasped the child and held it close. A serpent was coiled beneath! This was the Incarnation's first miracle.</p>	<p>两边下垂。祖母赶紧抱起婴儿。掀起床布，只见下面是一只蜷曲的眼镜蛇。这是神下凡显现的第一个奇迹。</p>
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SSE (SCA) LESSON PLANS**沙迪亚赛教育（华文组）课程****Part 1A: Sathya Sai Baba (Life History)****第一部 A: 沙迪亚赛峇峇（生平故事）**

LESSON : 3: Babyhood and Early Childhood 第三课：婴儿和幼年时期		
课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象徵世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM , Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成 ‘Aum’，但发音是 ‘Om’ 也叫做 ‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	

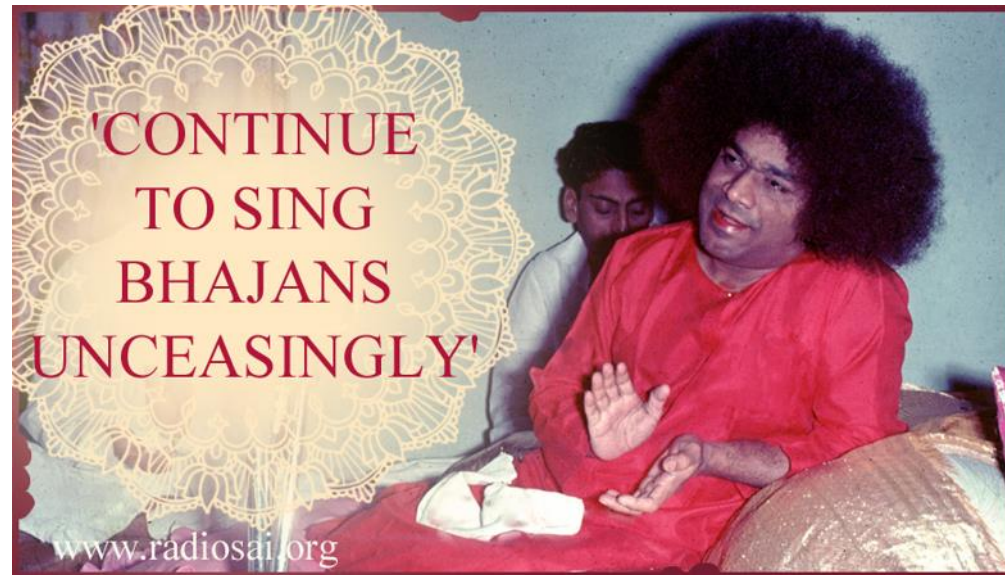
SHANTI	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
<p>Lord Ganesha Stotra:</p> <p>Vakrathundra Mahaakaaya Suryakoti Sama Prabha Nirvignam Kuru Mey Deva Sarva Kaaryeshu Sarvadaa</p>	<p>Vakrathundra : Vakra- bent 弯曲 Thundra-elephant nose 象鼻</p> <p>Mahaakaarya : strong body 壮硕的身体</p> <p>Suryakoti : Surya-sun 太阳 , koti- million 百万</p> <p>Sama: equal 等于</p> <p>Prabha: brilliance light 光辉</p> <p>Nirvighnam : remove obstacles 解除障碍</p> <p>Kuru: enable 使</p> <p>Sarva : all 所有</p> <p>Kaaryeshu : work 工作</p> <p>Sarvadaa : always 总是，常常</p> <p>你有一个弯曲的象鼻和一个壮硕的体形， 你放射出百万颗太阳相等的光辉， 祈求你护佑我的所有工作，</p>	

	使它摆脱一切障碍。	
2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)		
3) 歌曲 SONG		
<u>赛峇峇呀我爱祢</u> (Sai Baba Wo Ai Ni) 赛峇峇呀我爱祢 我们虔诚的呼唤祢 (4x) 赛峇峇呀我爱祢 (3x) 我爱祢 呀我爱祢	Sai Baba, I love You.	
4) 故事 STORY		
BABYHOOD AND EARLY CHILDHOOD 婴儿及幼年时期		SSE Slides 3
Questions:	问题: 1. 这个可爱的小男婴名叫什么? 2. 穷苦的乞丐到门口讨吃, 小沙迪亚有什么反应? 3. 为什么沙迪亚几天没吃饭? 为何他不感到饥饿? 4. 小沙迪亚经常把谁带到家门口? 他要做什么?	
Value : - Helping others to be happy	价值: - 助人为快乐之本	

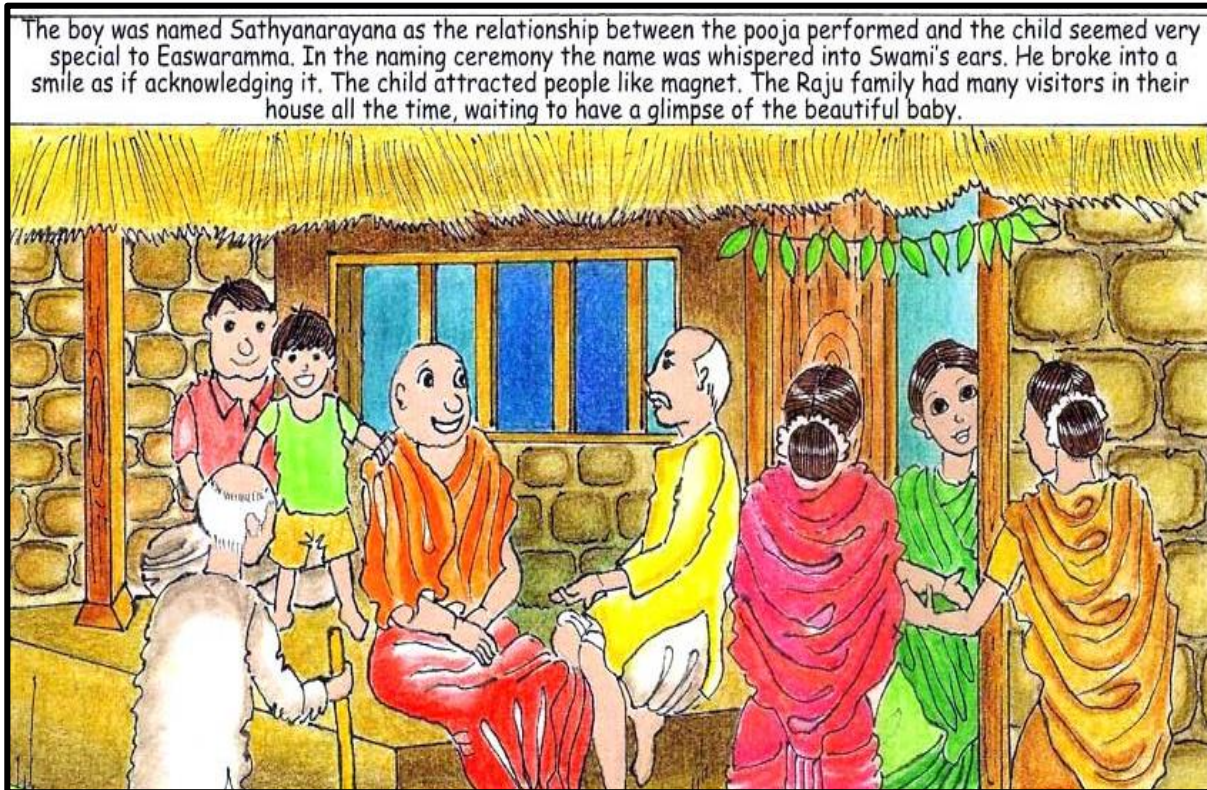
5) 活动 ACTIVITY

Song with hand gestures:
Sai Baba wo ai ni

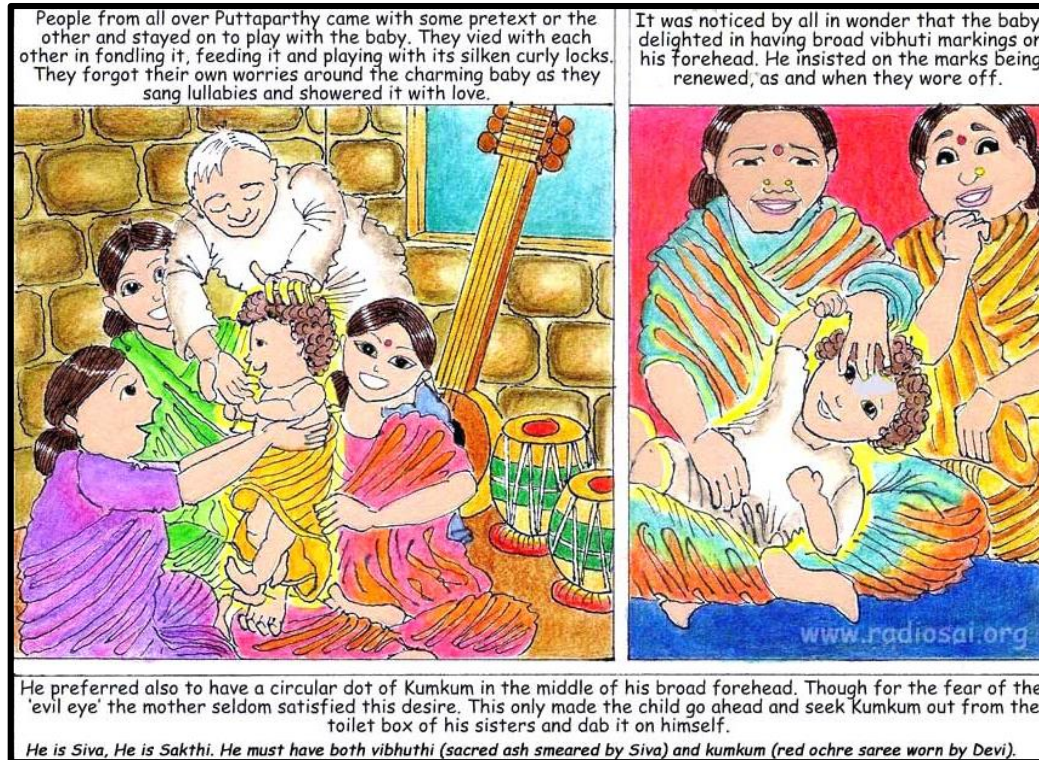
手语: 赛塔塔我爱你



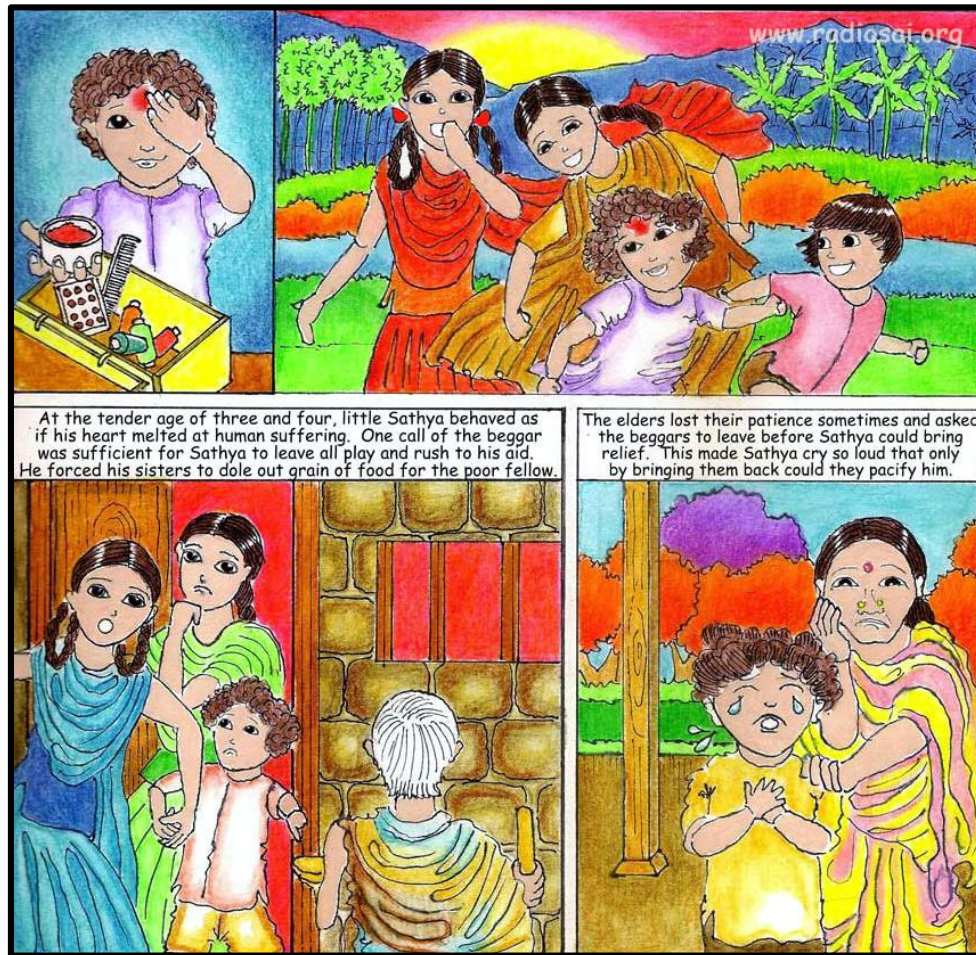
FURTHER LESSON NOTES:



这名特别的男孩取名 Sathyanarayana。在冠名仪式上，母亲在耳边小声地把名字告诉他，小孩笑了，好像在确认这个名字。小孩儿像一块磁铁般吸引很多访客到家里来，他们都要来看一眼这个美丽的小男婴。



住在布达峇地的人们喜欢来与这个小男婴玩。他们抱他、喂他或嬉弄他卷曲的头发。与这个可爱的孩子在一起，唱着摇篮曲，大家把一切烦恼都忘掉。小男孩喜欢额头上搽一大片的 vibhuti 圣粉。他说当圣粉脱落时，会被再涂上。

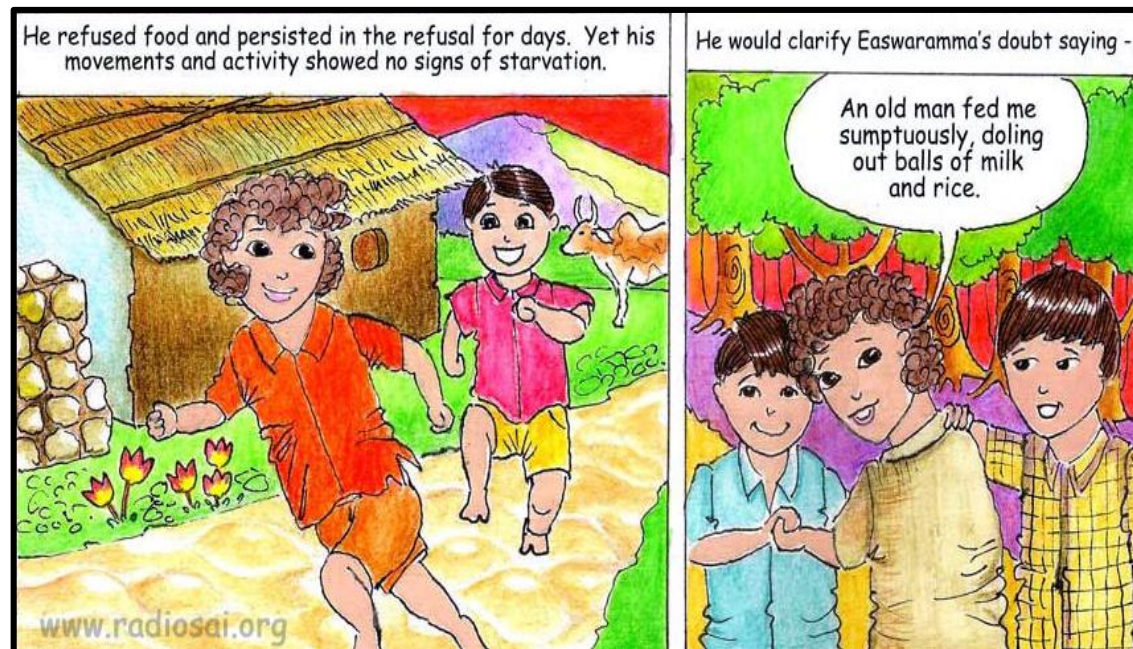


3, 4 岁的小 Sathya 心地善良，同情不幸的穷苦人。乞儿的一声叫喊，让他立刻停止玩耍，赶着去帮忙。他强要姐姐把家里的食物分给这些人。

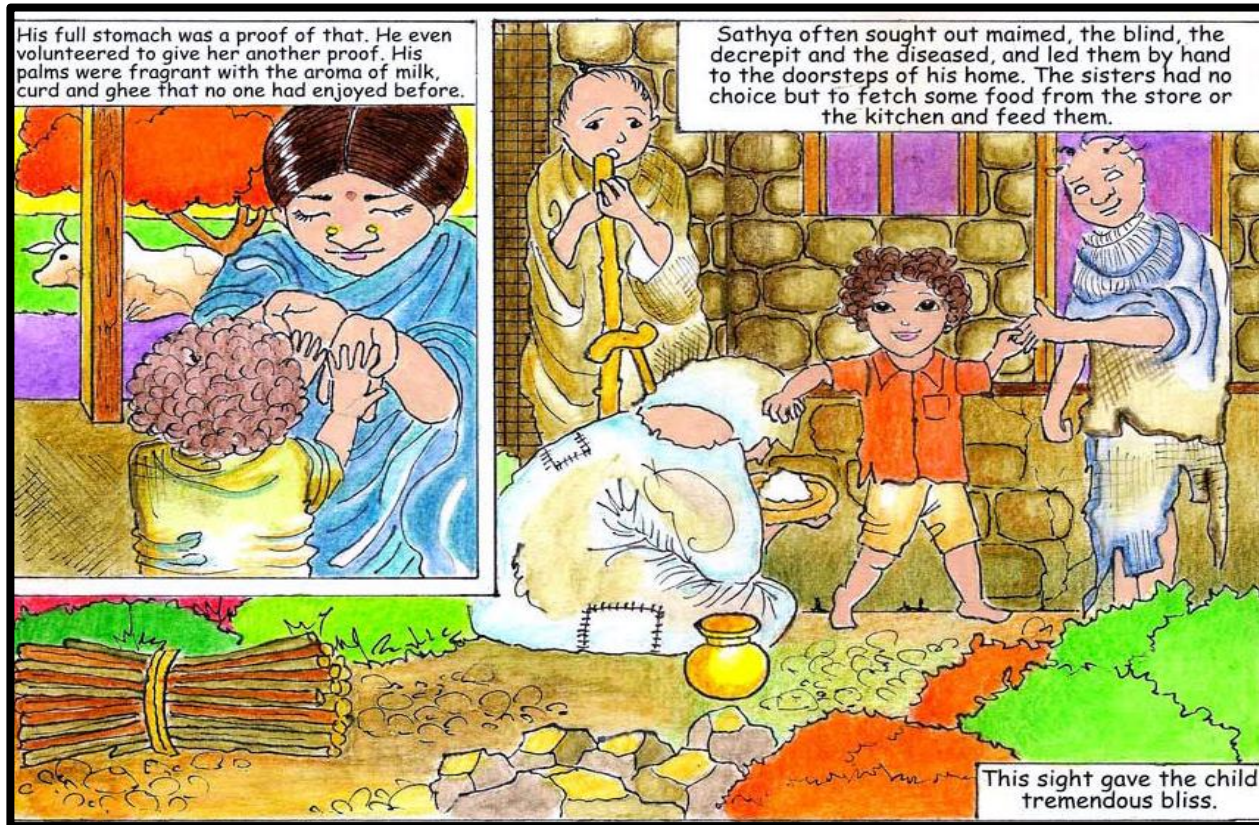
有时候，家人感到不耐烦，把乞丐赶走了。可是 Sathya 不依，他嚎啕大哭，非得家人把乞丐追回来。



有时候，为了阻止他这种太过豪爽的善举，母亲对他警告说，“你再把食物送给他们吃，你就必须挨饿。”这并不能阻吓他。沙迪亚还是很快乐地把自己的食物施舍出去。



一连几天沙迪亚都拒绝吃自己的餐食，可是却没有显出饥饿的状态，他的行动和活动一切如常。他对母亲说，“有一个老人家喂我吃丰盛的奶球饭”。



肚子鼓胀证明他已经吃饱了。他还伸出小手让妈妈闻他手上的食物奶香。于是，沙迪亚经常把残废者、瞎子、流浪汉、病人等都带到家门口。姐姐别无选择只好把厨房或储物室里的食物拿出来救济他们。

SSE (SCA) LESSON PLANS**沙迪亚赛教育（华文组）课程****Part 1A: Sathya Sai Baba (Life History)****第一部 A: 沙迪亚赛峇峇（生平故事）**

LESSON 4: GROWING UP WITH GRANDPA		
第四课：在祖父家长大		
课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象徵世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM , Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成 ‘Aum’，但发音是 ‘Om’ 也叫做 ‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	

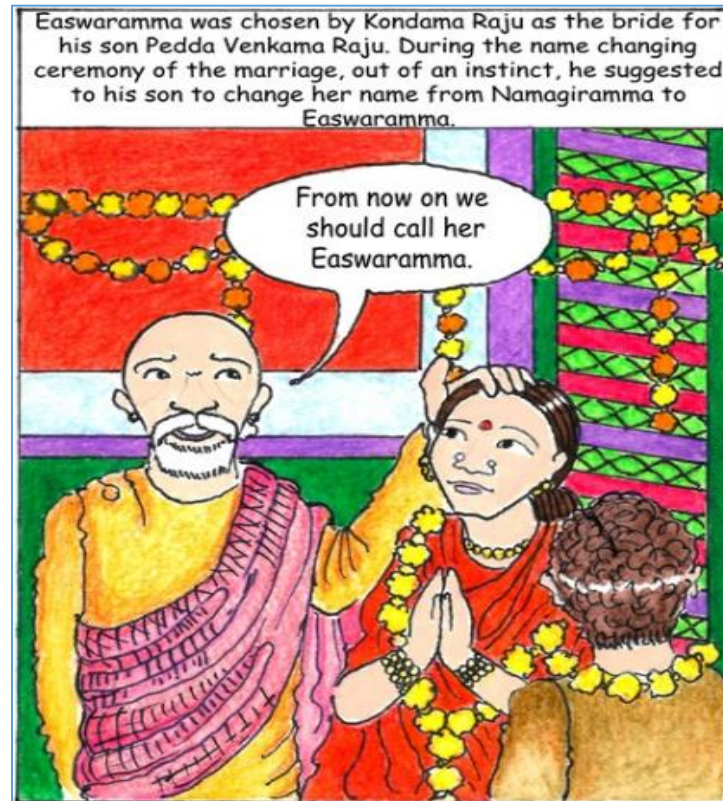
SHANTI	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
GANESHA STOTRA: Vakrathundra Mahaakaaya Suryakoti Sama Prabha Nirvignam Kuru Mey Deva Sarva Kaaryeshu Sarvadaa	<p>Vakrathundra : Vakra - bent 弯曲 Thundra - elephant nose 象鼻</p> <p>Mahaakaarya : strong body 壮硕的身体</p> <p>Suryakoti : Surya-sun 太阳 , koti- million 百万</p> <p>Sama: equal 等于</p> <p>Prabha: brilliance light 光辉</p> <p>Nirvighnam : remove obstacles 解除障碍</p> <p>Kuru: enable 使</p> <p>Sarva : all 所有</p> <p>Kaaryeshu : work 工作</p> <p>Sarvadaa : always 总是，常常</p> <p>你有一个弯曲的象鼻和一个壮硕的体形， 你放射出百万颗太阳相等的光辉， 祈求你护佑我的所有工作，</p>	

	使它总是摆脱一切障碍。	
GURU MANTRA: GURUR BRAHMAA GURUR VISHNU GURUR DEVO MAHESWARA GURUR SAAKSAAT PARAM BRAHMA TASMAI SHRI GURUVE NAMAHA SHANTI 3X	"Guru Is Brahma (Who plants the qualities of goodness) Guru Is Vishnu (Who nurtures and fosters the qualities of goodness) Guru Is Maheswara (Who weeds out the bad quality) Guru Is Supreme Brahman Itself Prostration Unto That Guru" 导师是 Brahma 梵神 (种下优良的、善的素质) 导师是 Vishnu 毗湿奴 (培育优良的、善的素质) 导师是 Maheswara 湿婆神 (去除不良的、坏的素质) 导师是至高无上的梵神 向导师降服、跪拜。	Brahma 梵神--造物主 Vishnu 毗湿奴---护佑者 Maheswara 湿婆神--邪恶驱除者
2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)		
3) 歌曲 SONG		
<u>赛 峇 峇 呀 我 爱 祢</u> <u>(Sai Baba Wo Ai Ni)</u> 赛 峇 峇 呀 我 爱 祢 我们虔诚的呼 唤 祢 (4x) 赛 峇 峇 呀 我 爱 祢 (3x) 我 爱 祢 呀 我 爱 祢	Sai Baba, I love You.	

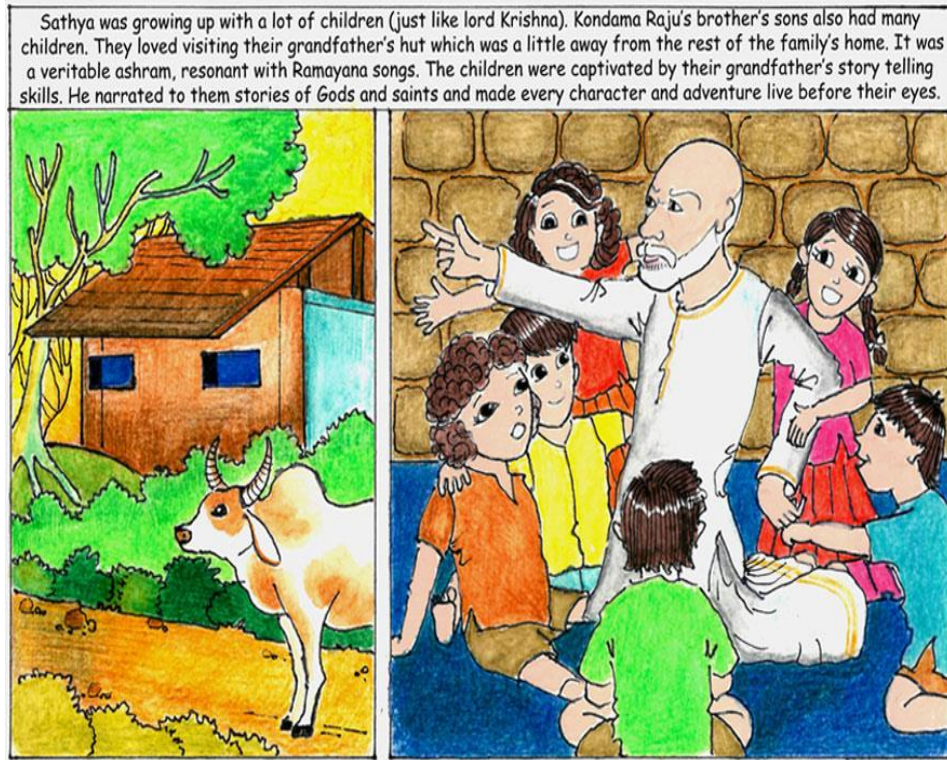
	<p>(If the pupils are not able to perform the role play, let them give opinions on the situation. Ask them what they would do if they were Tommy, Alice and John. Lead them into a discussion on what they themselves do to help out at home. Accept simple answers from the pupils.)</p>	<p>生气。汤米应该向妈妈说些什么或做些什么？</p> <p>（假如学生们觉得难以表演这些角色，可以先让他们表达对事件的看法。问他们假如自己是汤米，爱丽丝或约翰，会怎么做？老师引导他们讨论应该在家里帮忙做什么样的家务。即使是很简单的答案也要接受。）</p>
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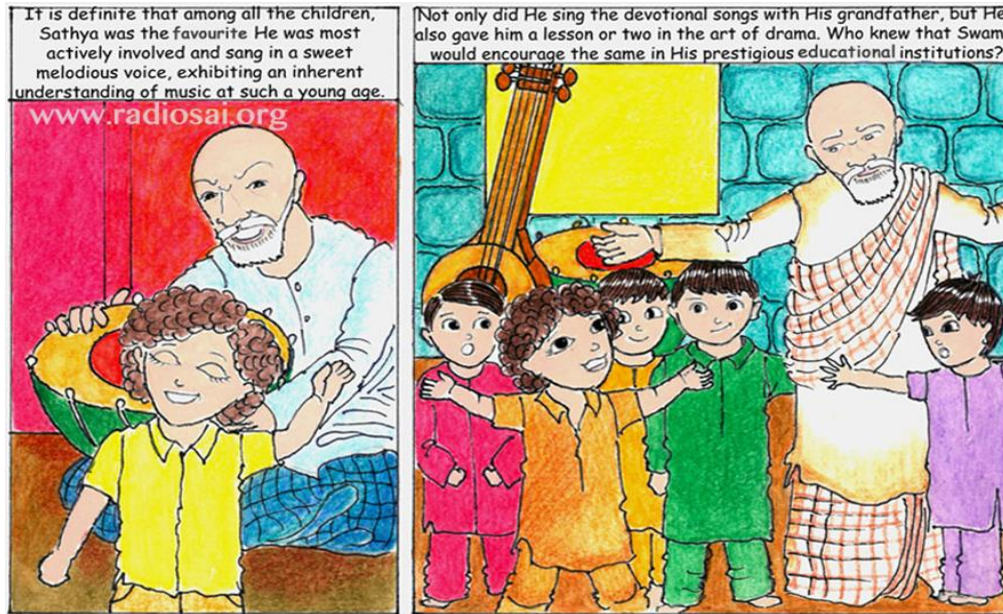
FURTHER LESSON NOTES:



峇峇的祖父选 Namagiramma 作为长子的妻子。在婚礼上他提议儿子把媳妇的名字改为 Easwaramma (意思是神的母亲)。

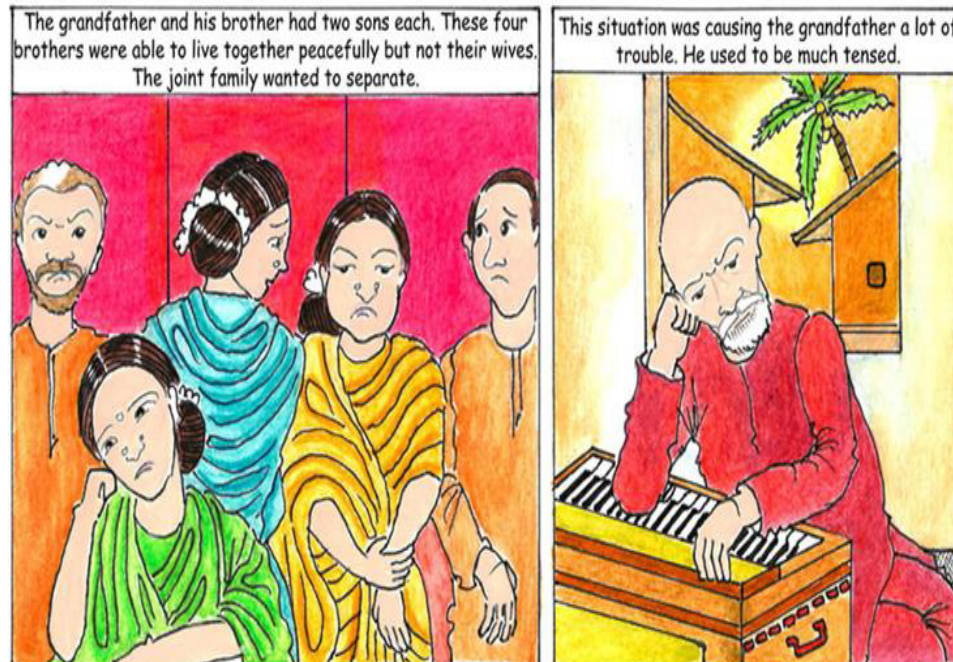


沙迪亚和叔叔们的众多孩子一起长大。祖父的小屋子离他们的家有一段距离。他们喜欢去听祖父讲神和圣哲的故事。祖父讲得很生动，故事里的人物和事件都历历在目。同时整间小屋子都充满罗摩延那的圣曲。

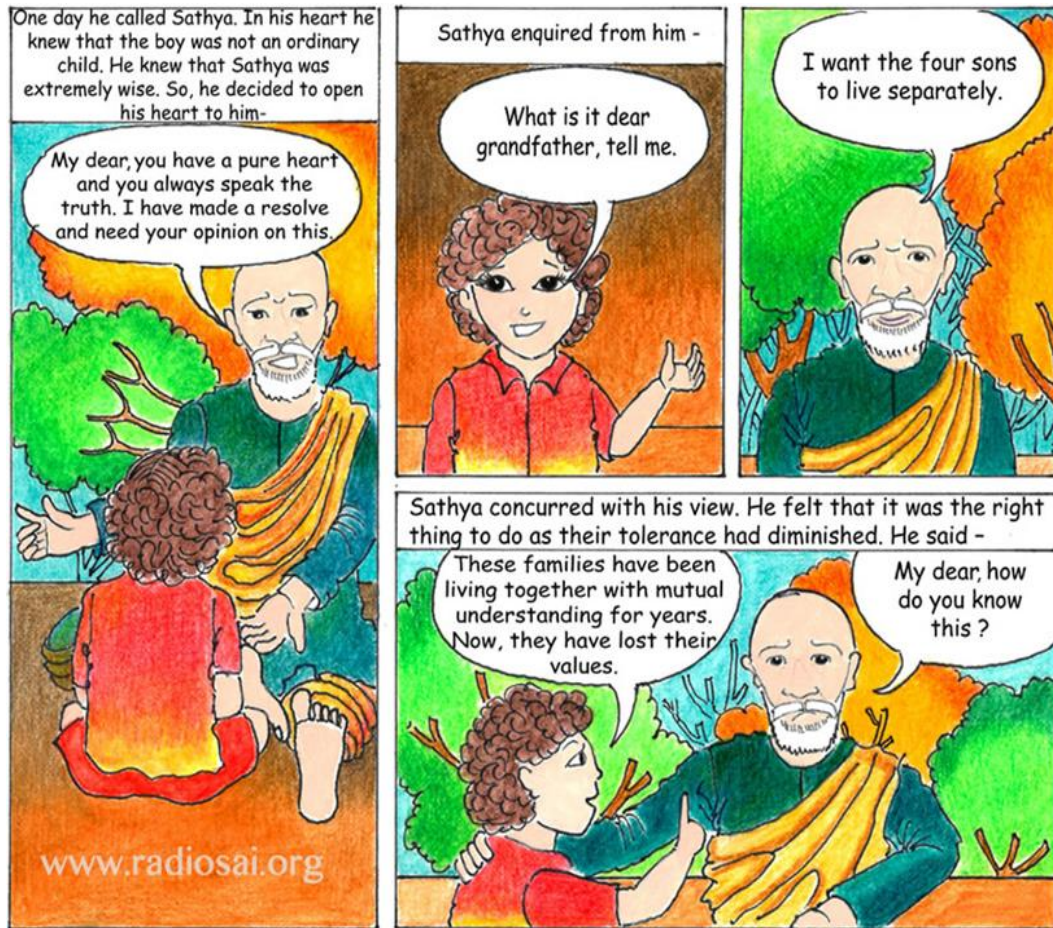


沙迪亚（Sathya）是祖父最钟爱的孩子，年纪小小的沙迪亚喜欢唱歌，声音甜美，对音乐很有天分。

峇峇不但与祖父一起唱颂圣歌，偶尔祖父也教导他们表演话剧。



祖父和他的弟弟各有 2 个儿子。这 4 个兄弟很快乐地住在一起，可是他们的太太相处得并不愉快。于是，他们决定分家。这情形让祖父很忧心，也觉得有压力。



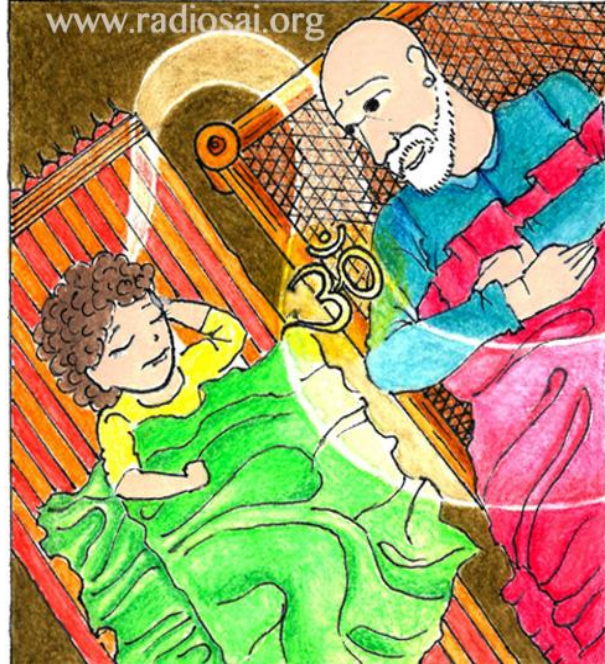
祖父知道沙迪亚是个有智慧的不平凡孩子。他要听取沙迪亚对 4 个兄弟分家的真实意见。沙迪亚说，他们虽然曾经和睦共处很多年，可是大家已经失去了宽容和忍耐的价值观。这可从他们的思、言、行看出来，还是让他们分家吧。



沙迪亚的提议让祖父很高兴，他把 4 个兄弟叫来告诉他们关于分家的事。4 个兄弟感到很开心，他们请求祖父轮流与他们每个人同住 6 个月。祖父拒绝了这个请求。祖父说他只要沙迪亚一个人，留下沙迪亚给他。其他的東西和財產，他們都可以平分。

祖父得償所願，得到了對他來說最重要的沙迪亚。他們兩人住在一起

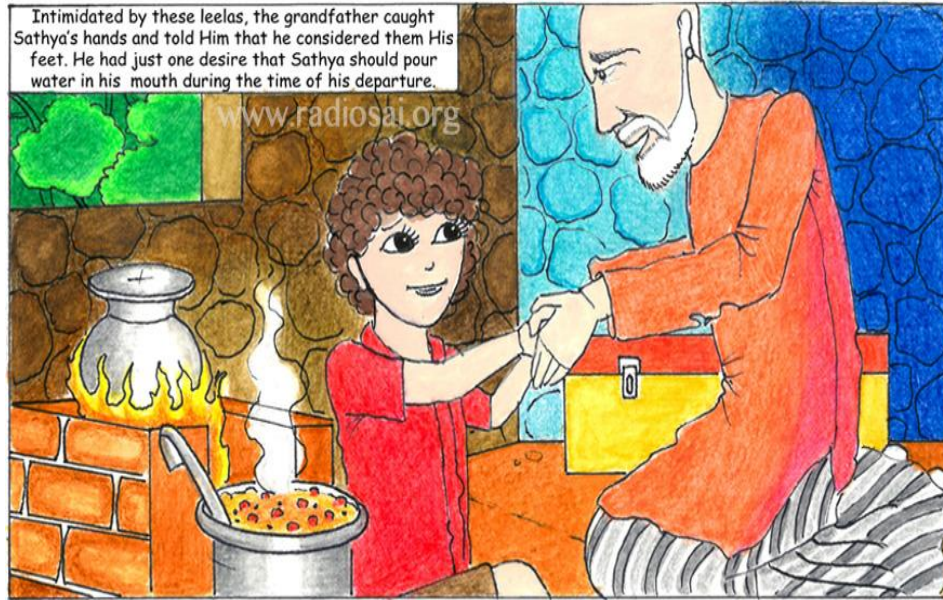
Kondama raju experienced several inexplicable phenomenas. Once, at night, the sound of Omkaar was emerging out of perfectly still, breathless Sathya while He was asleep. The sound of 'Soham' always emanated from Him during sleep.



The grandfather confronted the little wonder and asked Him what it was. But Sathya always cleverly diverted his attention from the topic without answering.



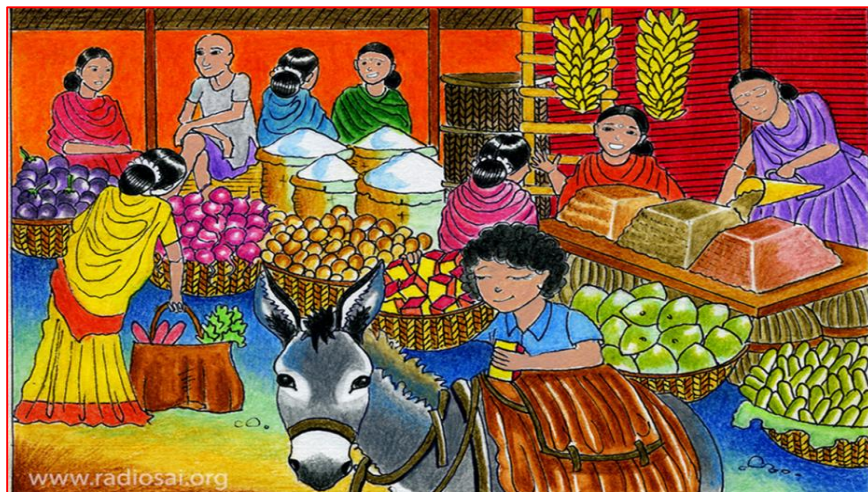
祖父与沙迪亚同住，他有很多不同凡响的经验。一天晚上，祖父听到很安宁地沉睡着的沙迪亚在赞颂‘Omkaar’。祖父也不时听到沙迪亚在睡觉时发出‘Soham’的声音。



祖父抓着沙迪亚的双手，说这双手等于双脚。祖父要沙迪亚答应在他临终时，把水倒入他的口中。



沙迪亚帮忙做家务。有时候他去商店帮父亲买东西，也帮忙从水井汲水



祂帮忙清理屋子和烹煮膳食。



与祖父住在一起，祂负责烹煮和清理屋子的工作。过后祂才赶去在 Bukkapatnam 的学校上课

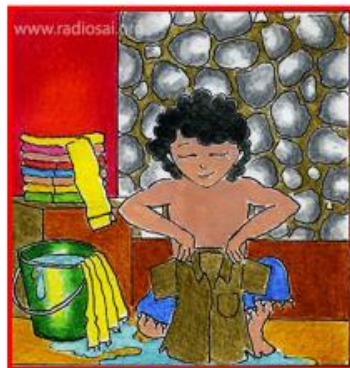


While living with Grandpa, He still did all the cooking and cleaning in the house. Then He would run all the way back to school in Bukkapatnam.



At lunchtime, He would run home to serve His grandpa and eat lunch with him before running back to school again!

中午时分，祂跑回家烹煮午餐与祖父一起享用，然后匆匆忙忙地赶回学校。



He had only one set of uniform for school. Everyday after school, He would wash and dry it, ready to be worn again the following day.

祂只拥有一套校服。每天放学后，祂把校服洗了挂起来，准备隔天干了再穿。

SSE (SCA) LESSON PLANS**沙迪亚赛教育（华文组）课程****Part 1A: Sathya Sai Baba (Life History)****第一部 A: 沙迪亚赛峇峇（生平故事）**

LESSON 5: SUBHAMMA 第五课：苏巴玛		
课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象征世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM，Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成‘Aum’，但发音是‘Om’也叫做‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	
SHANTI	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？</p>	

	<p>这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, 'Who am I? I am a peaceful soul.' The second is with the awareness of, 'Who is mine? This brings me power, for I belong to God.' The third is to ask, 'What is my task so there is peace and power?'</p>	
<p>Lord Ganesha Stotra:</p> <p>Vakrathundra Mahaakaaya</p> <p>Suryakoti Sama Prabha</p> <p>Nirvignam Kuru Mey Deva</p> <p>Sarva Kaaryeshu Sarvadaa</p>	<p>Vakrathundra : Vakra- bent 弯曲 Thundra-elephant nose 象鼻</p> <p>Mahaakaarya : strong body 壮硕的身体</p> <p>Suryakoti : Surya-sun 太阳 , koti- million 百万</p> <p>Sama: equal 等于</p> <p>Prabha: brilliance light 光辉</p> <p>Nirvighnam : remove obstacles 解除障碍</p> <p>Kuru: enable 使</p> <p>Sarva : all 所有</p> <p>Kaaryeshu : work 工作</p> <p>Sarvadaa : always 总是，常常</p> <p>你有一个弯曲的象鼻和一个壮硕的体形， 你放射出等于百万颗太阳的光辉， 祈求你护佑我所有的工作， 使之总是摆脱一切障碍。</p>	
<p>GURU MANTRA:</p> <p>Gurur Brahmaa Gurur Vishnu</p> <p>Gurur Devo Maheswara</p> <p>Gurur Saaksaat Param Brahma</p>	<p>"Guru Is Brahma (Who plants the qualities of goodness)</p> <p>Guru Is Vishnu (Who nurtures and fosters the qualities of goodness)</p> <p>Guru Is Maheswara (Who weeds out the bad quality)</p> <p>Guru Is Supreme Brahman Itself</p>	<p>Brahma 梵神--造物主</p> <p>Vishnu 毗湿奴---护佑者</p> <p>Maheswara 湿婆神--邪恶驱除者</p>

<p>Tasmai Shri Guruve Namaha</p> <p>Om Shanti 3x</p>	<p>Prostration Unto That Guru"</p> <p>导师是 Brahma 梵神 (种下优良的、善的素质) 导师是 Vishnu 毗湿奴 (培育优良的、善的素质) 导师是 Maheswara 湿婆神 (去除不良的、坏的素质)</p> <p>导师是至高无上的梵神 向导师降服、跪拜。</p>	
<p>BUDDHIST MANTRA:</p> <p>Buddham Sharanam Gachame Dharmam Sharanam Gachame Sangham Sharanam Gachame</p>	<p>三皈依 (I take refuge in the Buddha, Dharma and Sangha.)</p> <p>我皈依佛 我皈依法 我皈依僧</p>	
<p>2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)</p>		
<p>3) 歌曲 SONG</p>		
<p>投入赛的怀抱</p> <p>投入赛的怀抱 乐开怀 tou ru Sai de huai bao le kai huai 生命就发出光彩 sheng ming jiu fa chu guang cai 自由自在 我说要超然物外 zi you zi zai wo shuo yao chao ran wu wai 自由自在 我说要超然物外</p>	<p>Rejoice in the Lord Sai always, and again I say Rejoice Rejoice, Rejoice and again, I say Rejoice Rejoice, Rejoice and again, I say Rejoice</p>	

<p>predetermined signal, the first partner will stiffen their body and fall backward towards the other partner. It's the second partner's job to gently catch the first partner and keep them from hitting the ground. As partners become more comfortable with one another, the distance between them can increase.</p>	<p>后慢慢倒下，站在后面的同伴要坚定有力地伸出双手，扶住前面同学不让他跌倒。练习几次后，同伴们可以互相交换位置，重复游戏。</p> <p>每一对参加游戏者可以增加站立的距离，增加难度。</p> <p>这个游戏可锻炼同学们对他人的信任程度，加强内心的勇气 and 安全感。</p>	
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LESSON NOTES:

SLIDE	DESCRIPTION	翻译
6 - 11	<p>Smt. Karanam Subbamma</p> <p>Subbamma was the wife of a landlord of Puttaparthi. She had great affection for young <u>Sathya Sai Baba</u>, and after the declaration of Avatarhood, her house served as the first Mandir where devotees gathered for Darshan of Bhagawan.</p>	<p>Karanam Subbamma 苏巴玛</p> <p>苏巴玛（Karanam Subbamma）是布达峇地一位地主的妻子。她很喜爱 <u>Sathya Sai Baba</u>。在峇峇宣称自己是神下凡后，她的屋子成为信徒集聚的第一个精舍，他们来见峇峇以获得世尊的会面（达瞻 Darshan）。</p>
	<p>Subbamma had immense love and devotion for the Lord and Baba had said that He would satisfy her one desire... to have the Darshan of Baba in her last moments.</p> <p>Since Baba insisted on feeding all who came to see Him, a huge dining area became necessary. Whenever the food cooked was not enough to feed the whole crowd, Baba would be quietly notified. He would then ask for two coconuts, break them and sprinkle the water on the heaps of rice and vessels of prepared dishes. The food thus sanctified would last until dusk.</p>	<p>苏巴玛非常热爱 Baba，对主很虔诚。峇峇曾应允完成她的一个愿望，即在她临终前得到峇峇的 Darshan（达瞻-或与神会面）。</p> <p>峇峇执意要让前来见祂的信徒都吃得饱，所以需要有一个很大的食堂。每当煮熟的食物不够喂饱这些信徒时，峇峇会被悄悄告知。祂要求信徒拿来 2 粒椰子，敲开后，把椰水洒在大量的饭和煮好的食物上。这样，这些食物的分量足够维持到黄昏时分。</p>
	<p>Swami: "Subbamma's devotion to Me is unparalleled. Though she was not physically related to this body, emotionally she was closely attached to Me. She used to think of Me day in and day out. She</p>	<p>峇峇说，“苏巴玛对我的虔诚是难以比较的。虽然她与我没有什么亲属关系，但是她与我的感情很深。她每天都在思念我，从一开始就一直在照顾我，甚至准备让出她的家给我</p>

	<p>attended to Me right from the beginning. She was even prepared to vacate her house for My sake. Many relatives argued with her, 'Being a brahmin, how are you allowing a kshatriya to stay in your house?'</p> <p>"Unsparingly she replied, 'I don't go to anybody's house. None of you need to come to my house. It is enough if I have Sathya with me.' Her devotion and determination was matchless."</p>	<p>住。很多亲友与她争论说：“你是一个婆罗门 (brahmin)，现在你竟然让一个不同阶级的刹帝利 (kshatriya) 住进你的家？”</p> <p>她这样反击说：“我不去任何人的家，也没有人需要来我的家。我只要沙迪亚一个人就够了”。她的虔诚和坚持是无与伦比的。</p>
	<p>Bhagawan, right from the moment of His advent, had been covertly and overtly dissuading people from consuming non-vegetarian food. 'If you cook non-veg, there is no place for Me in the house' is the silent but solid directive He was sending out to the world.</p> <p>In fact, soon after His divine birth, non-vegetarian meals turned miraculously vegetarian in the house. Later, as an infant His preference for vegetarian dishes in Subbamma's house was again a solid proclamation of this clear injunction.</p>	<p>自从 Bhagawan 降临世间，无论何时何地，祂一直鼓励人们要吃素。‘假如你烹煮荤食，我在你家里就无处可立足啦。’这是祂对世人发出的直接指示。</p> <p>其实，祂诞生不久后，家里的荤食会神奇地变成素的食物。后来，在 Subbamma 的家，祂只要求素的食物，这就是祂要大家遵守的戒律。</p>
12	<p>Subamma's death</p> <p>Subbamma was in failing health. She had prayed that in the last moments of life, she would be able to see Baba's face. He was away when she took a turn for the worse.</p> <p>Baba was away from Puttaparthi at that time. Meanwhile, Subbamma was taken to her parents' house in Bukkapatnam where</p>	<p>苏巴玛的死亡</p> <p>苏巴玛的身体越来越差。她向峇峇祷告，希望在临终前可以见到祂。可是当时峇峇不在布达峇地，祂已去到外坡。</p>

<p>she breathed her last, chanting “Sai Ram! Sai Ram!”</p> <p>Her body was kept in the front verandah, covered with a cloth. All the members of her family were immersed in sorrow. Soon, Baba reached the house. The family was upset that Baba did not see Subbamma before she died. Baba told them she was not dead, but they did not believe Him.</p> <p>He said, “I gave word to her that I would pour a few drops of water in her mouth at the time of her departure. I will never go back on my word.”</p> <p>Baba then removed the cloth covering the corpse. And then He called her, “Subbamma! Subbamma!” She opened her eyes slowly and held His hands tightly. She shed tears of joy and gratitude.</p> <p>Baba exchanged some personal words with the risen Subbamma. Finally, pouring the water prepared with basil leaves in her mouth, Baba bade her to close her eyes after which she breathed her last.</p>	<p>家人把苏巴玛带到她的父母在 Bukkapatnam 的家。苏巴玛口中念着 ‘Sai Ram ! Sai Ram ! ’，然后吐出最后一口气。</p> <p>她的遗体就放在阳台上，盖着一块布。家人感到非常伤心。不久，峇峇赶到。家人对峇峇没有在苏巴玛临终前见她一面感到失望。峇峇说苏巴玛还没有死，可是没有人相信。</p> <p>峇峇说：“我答应她，在临终前将水滴入她的口中，我绝不食言。”</p> <p>于是，峇峇移开盖着遗体的布，口中轻轻地呼唤：“Subamma, Subamma。”苏巴玛慢慢地睁开眼睛，紧紧地抓住峇峇的手，流下两行快乐感恩的泪水。</p> <p>峇峇与苏醒的苏巴玛说了几句话，然后把罗勒叶水倒入她的口中。</p> <p>峇峇叫苏巴玛闭上双眼，接着她咽下最后一口气。</p>
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SSE (SCA) LESSON PLANS**沙迪亚赛教育（华文组）课程****Part 1A: Sathya Sai Baba (Life History)****第一部 A: 沙迪亚赛峇峇（生平故事）**

LESSON 6: THE WISE CHILD 第六课：聪颖的孩子		
课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象徵世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM，Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成‘Aum’，但发音是‘Om’也叫做‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	

SHANTI	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
<p>Lord Ganesha Stotra:</p> <p>Vakrathundra Mahaakaaya Suryakoti Sama Prabha Nirvignam Kuru Mey Deva Sarva Kaaryeshu Sarvadaa</p>	<p>Vakrathundra : Vakra- bent 弯曲 Thundra-elephant nose 象鼻</p> <p>Mahaakaarya : strong body 壮硕的身体</p> <p>Suryakoti : Surya-sun 太阳 , koti- million 百万</p> <p>Sama: equal 等于</p> <p>Prabha: brilliance light 光辉</p> <p>Nirvighnam : remove obstacles 解除障碍</p> <p>Kuru: enable 使</p> <p>Sarva : all 所有</p> <p>Kaaryeshu : work 工作</p> <p>Sarvadaa : always 总是，常常</p> <p>你有一个弯曲的象鼻和一个壮硕的体形， 你放射出百万颗太阳相等的光辉， 祈求你护佑我的所有工作，</p>	

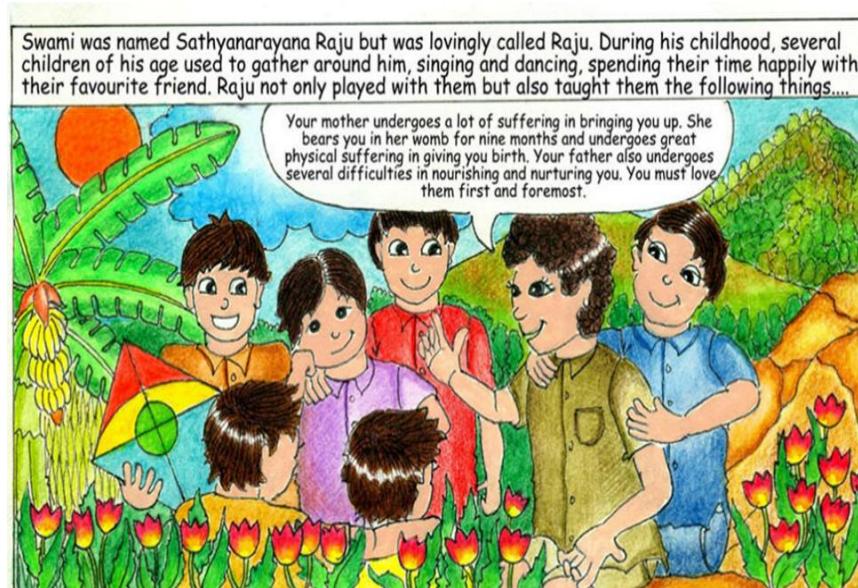
	使它摆脱一切障碍。	
GURU MANTRA: Gurur Brahmaa Gurur Vishnu Gurur Devo Maheswara Gurur Saaksat Param Brahma Tasmai Shri Guruve Namaha	"Guru Is Brahmaa (Who plants the qualities of goodness) Guru Is Vishnu (Who nurtures and fosters the qualities of goodness) Guru Is Maheswara (Who weeds out the bad quality) Guru Is Supreme Brahman Itself Prostration Unto That Guru" 导师是 Brahma 梵神 (种下优良的、善的素质) 导师是 Vishnu 毗湿奴 (培育优良的、善的素质) 导师是 Maheswara 湿婆神 (去除不良的、坏的素质) 导师是至高无上的梵神 向导师降服、跪拜。	
BUDDHIST MANTRA: Buddham Sharanam Gachame Dharmam Sharanam Gachame Sangham Sharanam Gachame	三皈依 (I take refuge in the Buddha, Dharma and Sangha.) 我皈依佛 我皈依法 我皈依僧	
2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)		
3) 歌曲 SONG		
投入赛的怀抱 乐开怀 tou ru Sai de huai bao le kai huai	Rejoice in the Lord Sai always, and again I say Rejoice Rejoice, Rejoice and again,	

5) 活动 ACTIVITY		
GAME: FIND THE LEADER 游戏：捉领袖	<p>同学们围坐成一个圆圈。选一个人出来当侦探（同学 A）。游戏还没开始时，同学 A 走到圆圈外面，脸向外背对着大家，他不可以向圆圈张望。围坐着的同学要悄悄地，秘密地指定一位同学为领袖（同学 B）。游戏开始时，大家边唱歌，边跟着领袖做动作。当领袖的动作改变时，大家也要跟着他改变动作。这时侦探走到圆圈中间，努力寻找领袖。领袖带领大家做动作，可是尽量不要让同学 A 猜到或找到。一旦被捉到，同学 B 就要出去当侦探。围坐的同学再重新指定一个新领袖。若侦探说了 3 次都捉不到领袖，就要被罚（如：罚唱一首歌等。。）。</p> <p>此游戏考验学生的观察能力及合作精神，滋长友情，消除隔膜。</p>	

The end of education is character. Education without character is useless.

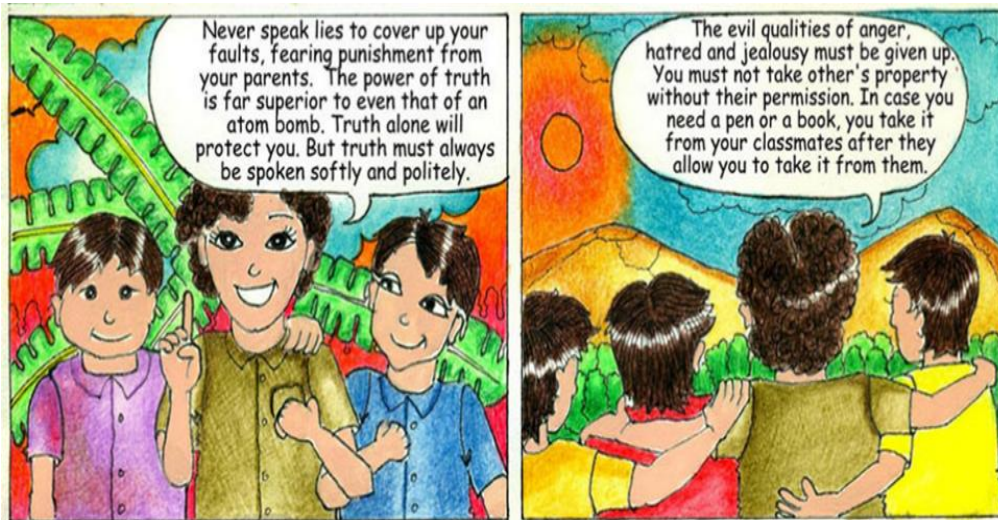
- Sathya Sai Baba, Prasanthi Nilayam, November 20, 2001

LESSON NOTES: THE WISE CHILD



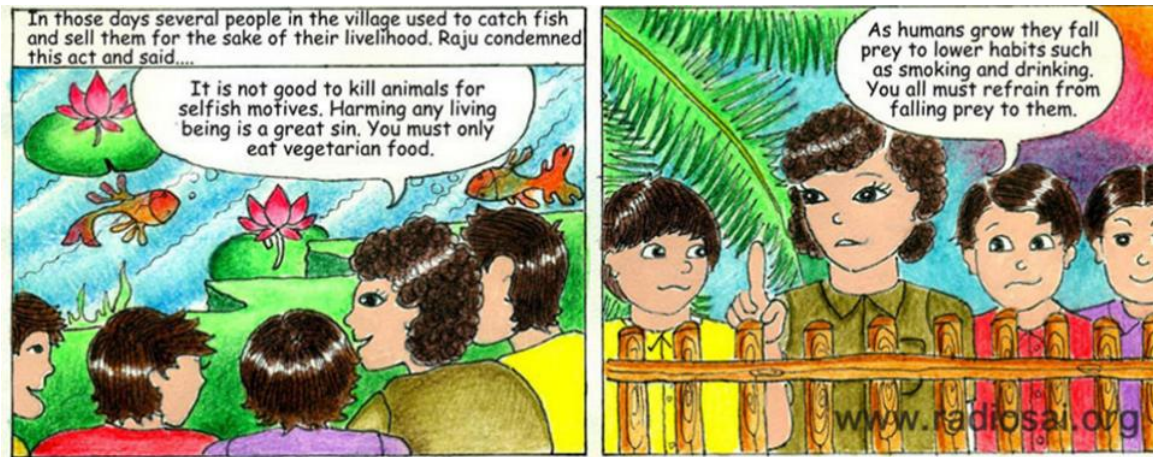
斯瓦米的名字是 Sathyanarayana Raju，可是大家喜欢叫他 Raju。小时候，同年的小朋友与他在一起唱歌、跳舞，玩耍。Raju 不但与他们玩，还教导他们一些孝顺的价值观：

他说：“母亲要经过很多困难才把你养大。她怀孕九个月，承受很多身体的痛苦才把你生下来。你的父亲千辛万苦地支持培育你。所以你的首要任务是爱他们。”



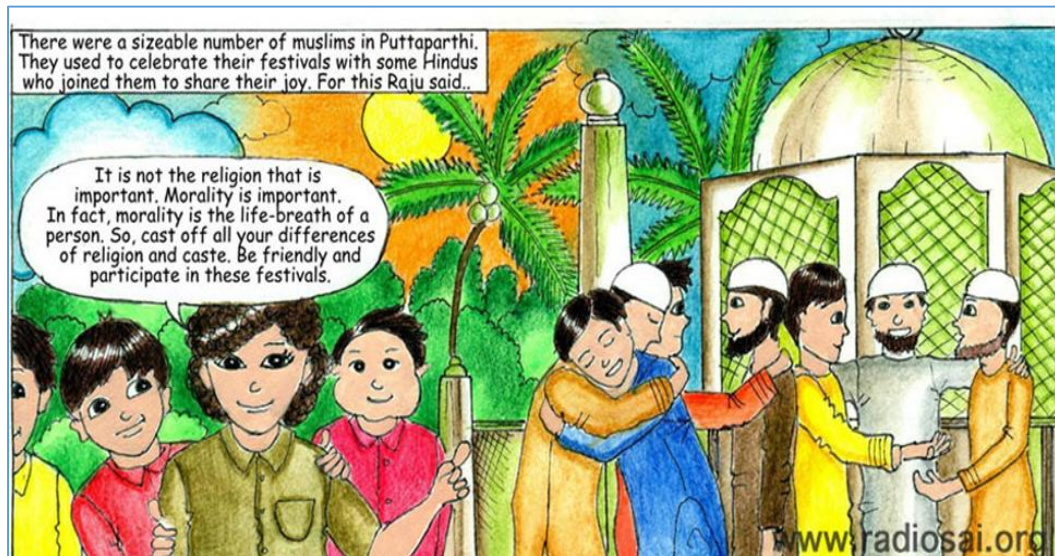
不要因为犯错，害怕受到家长的惩罚而说谎。说真话的力量比原子弹还强。真话会保护你，但是要温和有礼地说。

你要去除愤怒、憎恨和嫉妒的邪恶素质。别人的东西不可不告而取。假如你需要一支笔或一本书，同学答应给你才可以向他拿。



那时候有些村民以捕鱼为生。沙迪亚批评说：“为了自私的理由去杀害动物是不好的。伤害任何生灵是罪大恶极的。你应该只吃素的食物。”

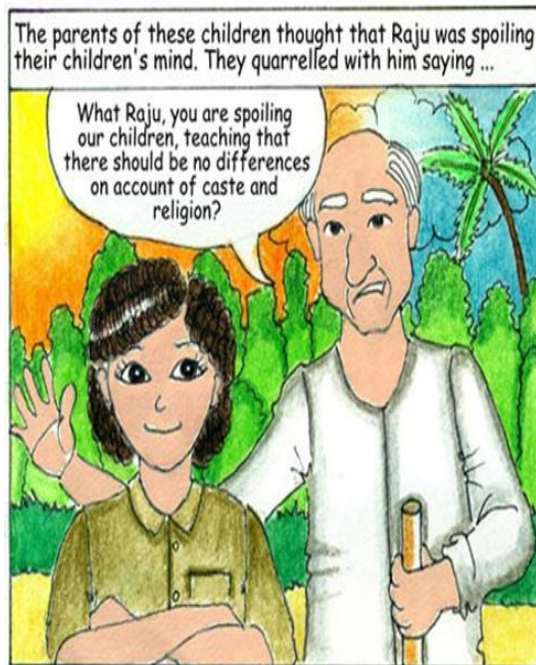
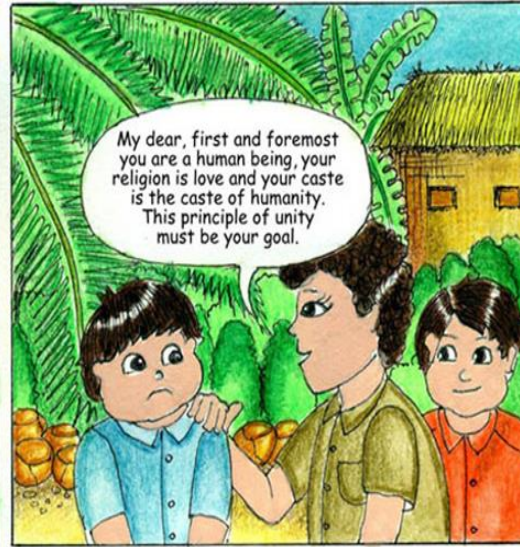
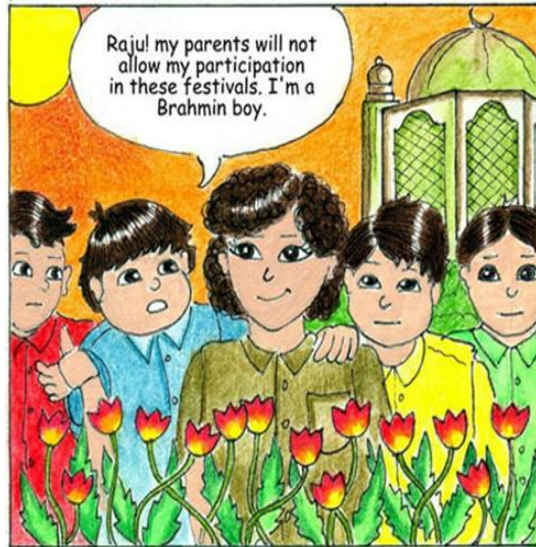
人类的成长让他养成吸烟和喝酒的坏习惯，你不应该成为受害者。



布达喀地拥有不少回教徒。一些兴都教徒与他们一起欢庆回教节日。

沙迪亚说：“道德比宗教还重要。

实际上，道德才是一个人的生命气息。所以，抛弃宗教和阶级的分别心吧，要友善地参与庆祝这些节日。”



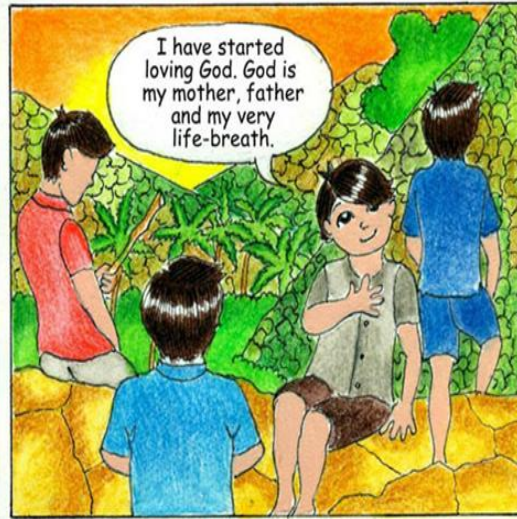
有些孩子告诉沙迪亚，他是一个婆罗门，所以不被允许参加庆祝这些节日。

沙迪亚回答说：“首先，你是人，你的宗教是爱的宗教，你的阶级是人性的阶级。你要以一体性原则为目标。”

一些家长与沙迪亚争吵，认为他在教坏他们的孩子。

于是，沙迪亚这样教导这些家长们：“在这世间，没有比爱更伟大的宗教了，你应该这样告诉你的孩子。”

One day, all the children gathered and discussed among themselves how Raju was teaching them so many good things. Then, they introspected among themselves as to what extent each one of them had been able to put into practice His teachings...

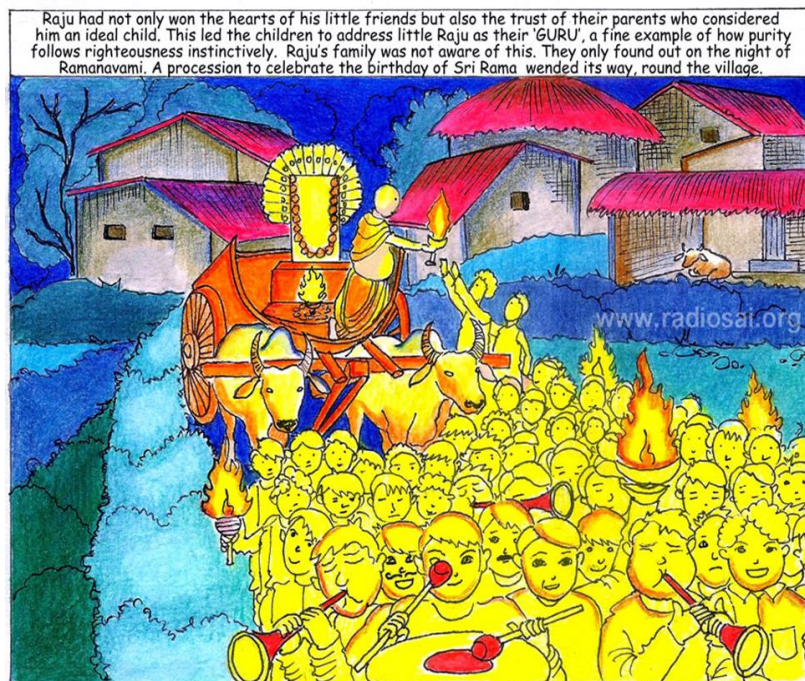


有一天，所有孩子聚在一起讨论，Raju 教导他们的许多好事。大家检讨各自把这些价值观实践到什么程度。一个说：“不论在什么情况下，我都说真话。”另一个说：“我开始爱神。神是我的母亲、父亲和我的生命气息。”

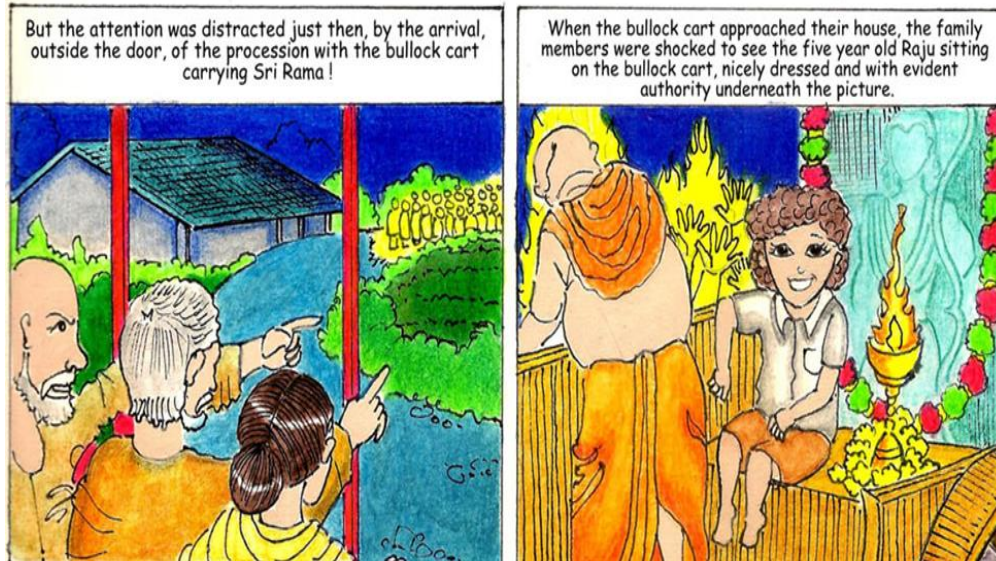
有的孩子说：“很难实践 Raju 教我们的所有好价值。可是我很喜欢听祂的教导。”
“Raju 很亲切用心地教导我们。我很爱祂。”



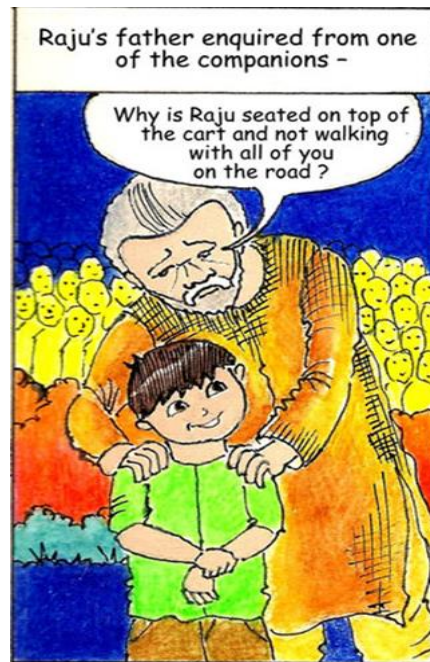
听到这，所有孩子异口同声地说：
“我们都爱 Raju。”



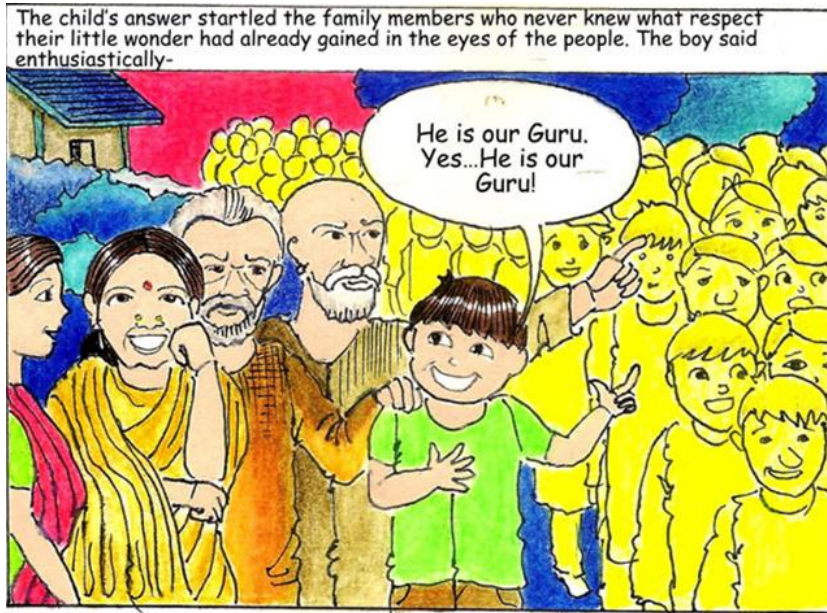
有一天黄昏，村里有一个庆祝罗
摩诞辰的队伍在游行，可是家人却
到处找不到沙迪亚。



然后，他们看到祂。。。坐在牛车上！



Raju 的父亲问其中的一个孩子：“为什么 Raju 坐在牛车上而不是与你们一起走在路上？”



这孩子回答说：“他是我们的导师。。是的，他是我们的导师。”这个回答让家人感到惊奇不已。想不到小小年纪的他竟得到这么多人的尊敬。

SSE (SCA) LESSON PLANS**沙迪亚赛教育（华文组）课程****Part 1A: Sathya Sai Baba (Life History)****第一部 A: 沙迪亚赛峇峇（生平故事）**

LESSON 7 : THE COMPASSIONATE CHILD AND PANDHARI BHAJAN GROUP		
第七课：慈悲的孩子和 PANDHARI 峇赞组合		
课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象征世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM，Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成‘Aum’，但发音是‘Om’也叫做‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	
SHANTI	Om Shanti. Om Shanti. Om Shanti.	

	<p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
<p>Lord Ganesha Stotra:</p> <p>Vakrathundra Mahaakaaya Suryakoti Sama Prabha Nirvignam Kuru Mey Deva Sarva Kaaryeshu Sarvadaa</p>	<p>Vakrathundra : Vakra- bent 弯曲 Thundra-elephant nose 象鼻 Mahaakaarya : strong body 壮硕的身体 Suryakoti : Surya-sun 太阳 , koti- million 百万 Sama: equal 等于 Prabha: brilliance light 光辉 Nirvignam : remove obstacles 解除障碍 Kuru: enable 使 Sarva : all 所有 Kaaryeshu : work 工作 Sarvadaa : always 总是，常常</p> <p>你有一个弯曲的象鼻和一个壮硕的体形， 你放射出百万颗太阳相等的光辉， 祈求你护佑我的所有工作， 使它摆脱一切障碍。</p>	
GURU MANTRA:	"Guru Is Brahmaa (Who plants the qualities of goodness)	

<p>Gurur Brahmaa Gurur Vishnu Gurur Devo Maheswara Gurur Saaksaat Param Brahma Tasmai Shri Guruve Namaha SHANTI 3x</p>	<p>Guru Is Vishnu (Who nurtures and fosters the qualities of goodness) Guru Is Maheswara (Who weeds out the bad quality) Guru Is Supreme Brahman Itself Prostration Unto That Guru"</p> <p>导师是 Brahma 梵神 (种下优良的、善的素质) 导师是 Vishnu 毗湿奴 (培育优良的、善的素质) 导师是 Maheswara 湿婆神 (去除不良的、坏的素质)</p> <p>导师是至高无上的梵神 向导师降服、跪拜。</p>	
<p>BUDDHIST MANTRA:</p> <p>Buddham Sharanam Gachame Dharmam Sharanam Gachame Sangham Sharanam Gachame</p>	<p>三皈依 (I take refuge in the Buddha, Dharma and Sangha.)</p> <p>我皈依佛 我皈依法 我皈依僧</p>	
<p>2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)</p>		
<p>3) 歌曲 SONG</p>		
<p>慈悲观世音 慈悲观世音 慈悲慈悲观世音 ci bei Guan Shi Yin ci bei Guan Shi Yin ci bei ci bei Guan Shi Yin (2x) 正觉佛陀 正觉佛陀 正觉正觉佛陀佛陀</p>	<p>Hare Krishna x2 Krishna Krishna Hare Hare Hare Rama x2 Rama Rama Hare Hare</p>	

zheng jue Fo Tuo zheng jue Fo Tuo zheng jue zheng jue Fo Tuo Fo Tuo (2x) 博爱峇峇 博爱峇峇 博爱博爱赛峇峇 bo ai Baba bo ai Baba bo ai bo ai Sai Baba (x2)		
4) 故事 STORY:		
慈悲的孩子和巴赞组合 THE COMPASSIONATE CHILD AND PANDHARI BHAJAN GROUP		SSE SLIDES 7
Questions: Values: Help ever, hurt never	问题: 1. 为何村子里的牛车比赛和斗鸡比赛停止了? 2. PANDHARI 峇赞组合是如何组成的? 3. PANDHARI 峇赞在哪里表演? 他们是怎么去的? 4. 你心目中的沙迪亚是个怎样的人? 价值: -总是帮助, 绝不伤害。	
5) 活动 ACTIVITY		
STORY TELLING	讲故事: 同学们被分成 2 组。每一组同学将会拿到几张图片。大家先讨论, 用这几张图片组成一个故事。然后每一组派一位同学出来讲述故事, 其他同学负责把故事表演出来。	

LESSON NOTES:

SLIDES	DESCRIPTION	翻译
	<p>Sathya's example of selflessness and equanimity:</p> <p>He kept away from places where livestock, fish or fowl were caught or killed. He rarely retaliated when chided or teased by playmates, and always spoke the truth.</p> <p>Whenever beggars appeared at the door, Sathya would leave His play to feed them. Even when exasperated family members tried stopping Him from indulging in "an expensive and misplaced charity", Sathya remained resolute in His example of service.</p> <p>The pupils of the Elementary school in Puttaparthi were terrified of being punished for being late. Sathya took pity on the students huddled in the cold before sunrise at the school. He took from His own house shirts, towels, and dhotis for them. The elders at home had to lock away items of clothing that they could not afford to lose.</p> <p>Sathya grew up surrounded by at least 18 children in the house. Those who were clean and straight won peppermints, which Sathya "took out" from empty bags!</p> <p>Once, a tailor was called in to stitch brand new shirts for them all. Young Sathya said, "Let everyone be given the cloth he/she selects; whatever remains is good enough for Me."</p>	<p>沙迪亚赛是无私和心平气和的模范。</p> <p>祂远离牲畜、鱼和鸡鸭被捕抓和宰杀的地方。 当被玩伴喝斥或戏弄时，祂很少报复。祂时时说的都是真话。</p> <p>每当门前有乞丐讨吃时，沙迪亚会立刻停止玩耍，拿食物给这些人。即使家人感到气恼，要他停止这种昂贵和无谓的善举时，他并不听从，他坚持这种服务是对的。</p> <p>在布达峇地的小学读书的学生最害怕迟到被罚。沙迪亚同情这些学生必须在太阳未升起时，忍受学校里冷风的吹袭。祂把家里的衣服，毛巾和腰布带给他们。家里的长辈必须把这些衣物锁住以免再丢失。</p> <p>在家里，沙迪亚与至少十八个孩子一起长大。那些整洁乖巧的孩子赢得沙迪亚从‘空’的袋子里拿出来的薄荷糖。</p> <p>有一次，有一个裁缝被招来为这些孩子缝制新衣服。年轻的沙迪亚说：“让每个人先选他们喜欢的布，剩下的才给我。”</p>

<p>Young Baba led His playmates towards God by starting a Pandhari bhajan group.</p> <p>Sathya added stories about Krishna and that of an 'unknown saint' named Sai Baba of Shirdi. As the organizer, treasurer, composer and lead singer, He brought to life scenes from Krishna's childhood.</p> <p>The boys' performance was so popular that they were invited to neighbouring villages nearly 12 miles away. The boys would walk to these villages carrying their food with them.</p>	<p>年轻的沙迪亚组织 Pandhari 峇赞组，带领玩伴们走上亲近神的道路。</p> <p>沙迪亚把基士拿和一个不认识的，名叫 Shirdi Sai Baba 的圣人的故事加进去。沙迪亚是这个峇赞组的组织者、财政、作曲和领唱者。他把基士拿的童年故事表演得栩栩如生。</p> <p>这些男孩们的表演远近闻名，距离 12 哩外的邻村也邀请他们去演出。男孩们带着食物步行到这个村庄。</p>
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The end of wisdom is freedom.

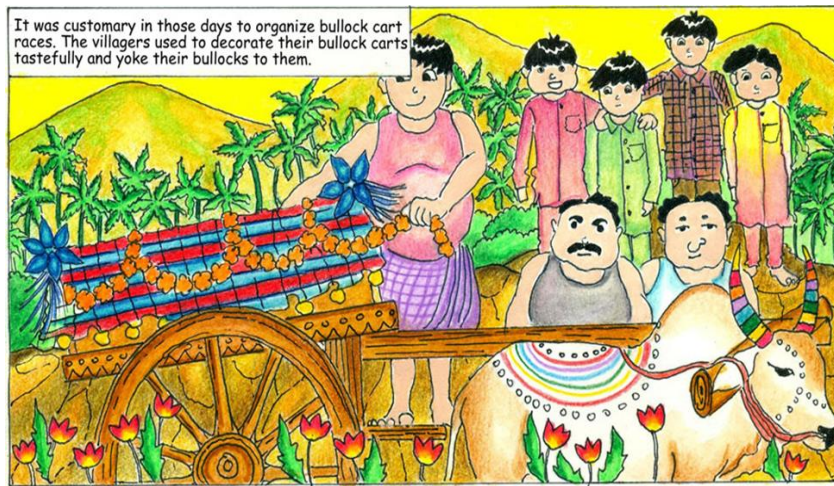
The end of culture is perfection.

The end of knowledge is love.

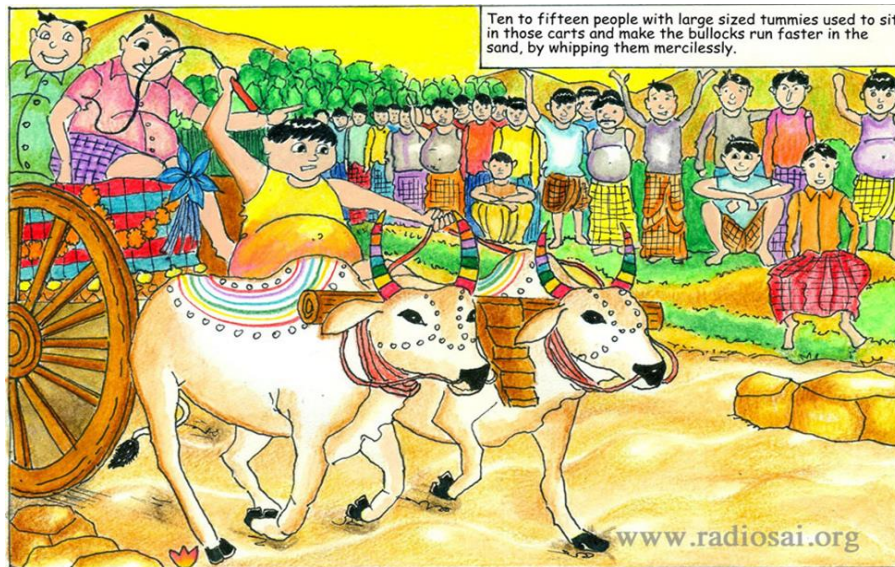
The end of education is character.

- Sathya Sai Baba

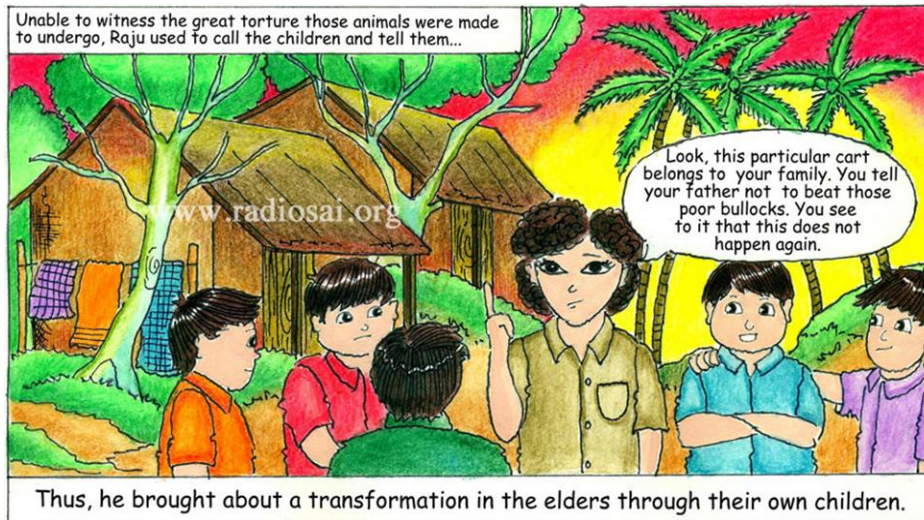
FURTHER NOTES:



牛车比赛是当时盛行的传统活动。
村民把牛车布置得美轮美奂，然后
把牛栓在牛车前面。

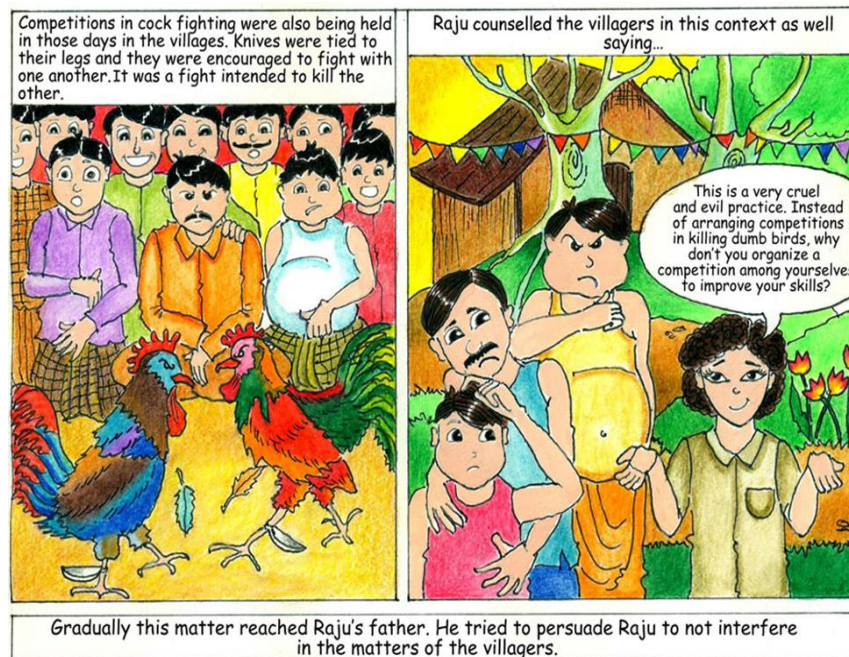


10 至 15 个大肚腩的大人坐在这些牛
车上，无情地鞭打这些牛，要它们
跑得越快越好。



Raju 不忍心看到牛只被虐待，他告诉玩伴说：“你看那一辆牛车是属于你家的，告诉你父亲别再鞭打这些可怜的牛了。你要确定这件事不会再次发生。”

于是，通过这些孩子，祂让长辈们作出改变。



当时在村子里，斗鸡也是村民喜欢的活动。把一支小刀绑在鸡脚上，然后让 2 只鸡互相搏斗，目的是要把对方杀死。

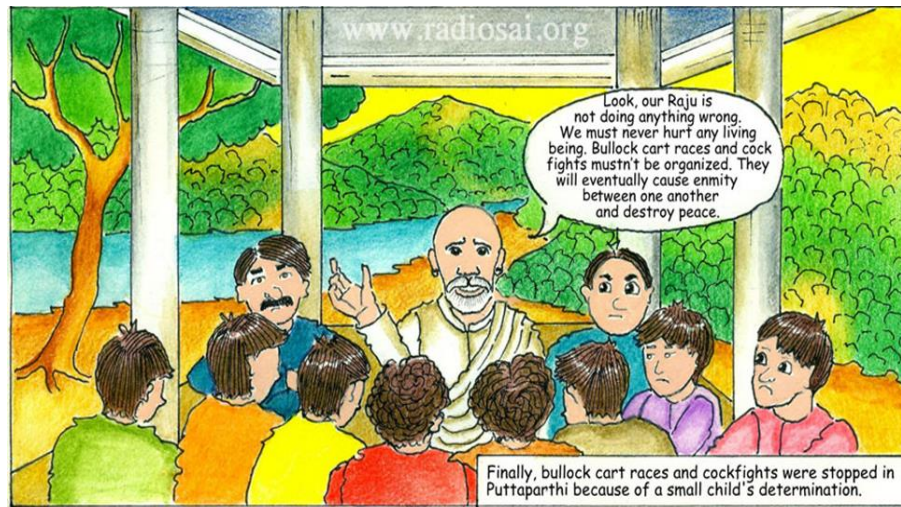
沙迪亚劝告村民说：“这是个非常恶劣残忍的活动。与其安排比赛杀死这些鸡，为何你们不组织比赛来提升你们的技能呢？”



Raju 的行为逐渐传入父亲的耳朵，父亲要他停止干扰村民们的活动。父亲对他说：“Raju，你只是个小孩，为什么你要干涉大人的事？这些事与你无关。”Raju 回答：“我没干涉任何人。他们为了自己的快乐去虐待动物，我并不同意。”最后，爸爸只好向妈妈求助，要她劝 Raju。



妈妈在给沙迪亚吃饭时劝告他，叫他别干涉这些大人的事以免获得坏名声，可是沙迪亚并不同意。他说自己在做好事，那里会败坏名声？



于是，祖父把村民叫来，向他们解释说：“Raju 并没有做错事。我们不应该伤害任何生物。大家应该停止举办牛车比赛和斗鸡比赛。它们会让大家产生敌意而破坏村里的和平。”

结果，在布达峇地的牛车比赛和斗鸡比赛因一个小孩的干涉而停止了。



Karnam 和 Subbamma 在布达峇迪开始 Pandhari 峇赞。Pandhari 峇赞唱的是主 Vittala 和祂的配偶 Rukmini 的圣歌。这个传统是从一个叫 Pandharpur 的村庄开始。



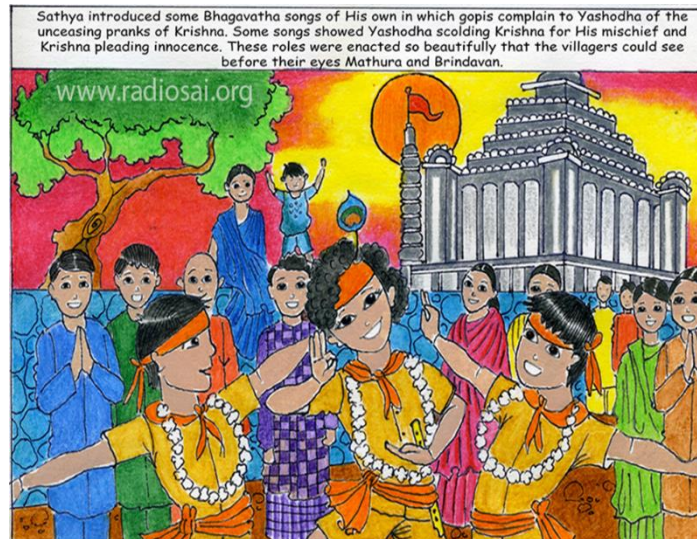
这对夫妇把这个想法告诉小沙迪亚。祂自告奋勇要写一些新的峇赞曲，然后教祂的玩伴和其他孩子。有一位名叫 Venkataiah 的卖布的流动小贩也教导他们唱许多峇赞歌曲。沙迪亚成为这支 Pandhari Bhajan 组合的灵魂人物。祂是组织者、老师、财政、作曲和歌手。



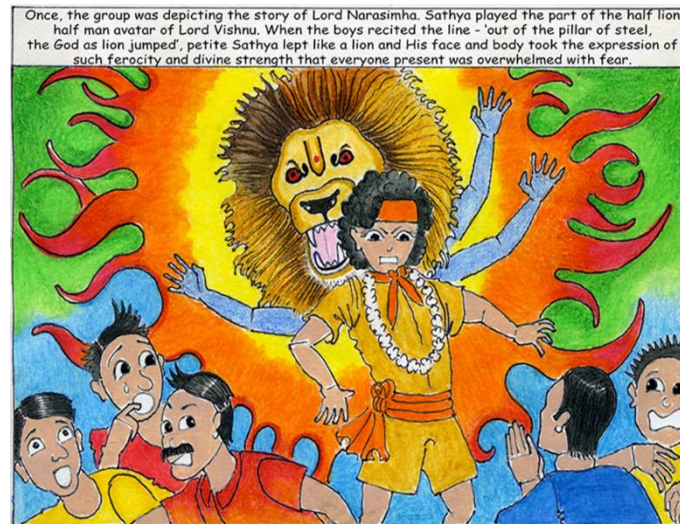
Pandhari Bhajan 队伍有大约有 15 至 20 个成员。沙迪亚要求完美，祂要每个成员表现得最好。这一群孩子决定：大家的表演服装要一致-包刮衣服、裤子、腰带、头巾、颈巾、花串、手和脚的装饰。他们带着手风琴和鼓，到周围的村庄表演。



有时候这些孩子必须步行 10 至 12 英里，半途在树荫底下休息。每次他们报告说要到某个村庄演出，村民就会把整个村子打扫干净，高兴地等待他们的到来。



沙迪亚把自己创作的吠陀经圣歌介绍给大家。这些歌曲和表演把顽皮的基士拿儿时的趣事表达得淋漓尽致，栩栩如生。



有一次，这组人在表演主 Narasimha 的故事。沙迪亚表演半狮半人的主 Vishnu。当男孩们唱道：“像狮子的神从铁柱里跳出来。”瘦小的沙迪亚像狮子般跳跃起来，祂的脸凶相毕露，身体使出神力，在场的每一个观众都被吓到。

SSE (SCA) LESSON PLANS**沙迪亚赛教育（华文组）课程****Part 1A: Sathya Sai Baba (Life History)****第一部 A: 沙迪亚赛峇峇（生平故事）**

LESSON 8 : LORD HANUMAN 第八课：主哈奴曼		
课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象徵世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM , Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成‘Aum’，但发音是‘Om’也叫做‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	

SHANTI	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
<p>Lord Ganesha Stotra:</p> <p>Vakrathundra Mahaakaaya Suryakoti Sama Prabha Nirvighnam Kuru Mey Deva Sarva Kaaryeshu Sarvadaa</p>	<p>Vakrathundra : Vakra- bent 弯曲 Thundra-elephant nose 象鼻 Mahaakaarya : strong body 壮硕的身体 Suryakoti : Surya-sun 太阳 , koti- million 百万 Sama: equal 等于 Prabha: brilliance light 光辉 Nirvighnam : remove obstacles 解除障碍 Kuru: enable 使 Sarva : all 所有 Kaaryeshu : work 工作 Sarvadaa : always 总是, 常常</p> <p>你有一个弯曲的象鼻和一个壮硕的体形， 你放射出百万颗太阳相等的光辉， 祈求你护佑我的所有工作， 使它摆脱一切障碍。</p>	

GURU MANTRA: Gurur Brahmaa Gurur Vishnu Gurur Devo Maheswara Gurur Saaksaat Param Brahma Tasmai Shri Guruve Namaha SHANTI 3x	"Guru Is Brahmaa (Who plants the qualities of goodness) Guru Is Vishnu (Who nurtures and fosters the qualities of goodness) Guru Is Maheswara (Who weeds out the bad quality) Guru Is Supreme Brahman Itself Prostration Unto That Guru" 导师是 Brahma 梵神 (种下优良的、善的素质) 导师是 Vishnu 毗湿奴 (培育优良的、善的素质) 导师是 Maheswara 湿婆神 (去除不良的、坏的素质) 导师是至高无上的梵神 向导师降服、跪拜。	
BUDDHIST MANTRA: Buddham Sharanam Gachame Dharmam Sharanam Gachame Sangham Sharanam Gachame	三皈依 (I take refuge in the Buddha, Dharma and Sangha.) 我皈依佛 我皈依法 我皈依僧	
KUAN YIN MANTRA: Om Mani Padme Hum	观音真言	
2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)		
3) 歌曲 SONG		
慈悲观世音 慈悲观世音 慈悲慈悲观世音	Hare Krishna x2 Krishna Krishna Hare Hare Hare Rama x2 Rama Rama Hare Hare	

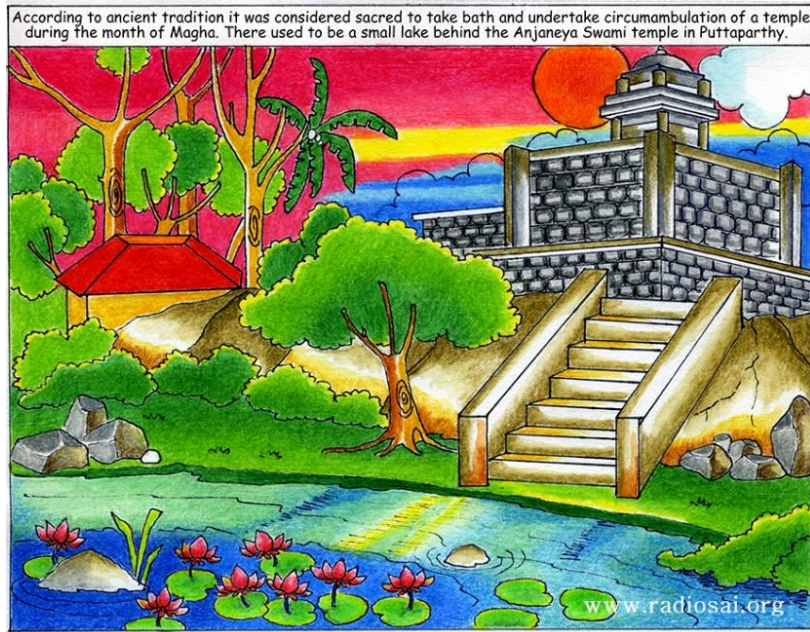
5) 活动 (ACTIVITY)

Colour and cut out the mask of Lord Hanuman.
为哈奴曼神相彩颜色和剪贴。
(Worksheet as attached after the Lesson Notes)



LESSON NOTES:

SLIDE	DESCRIPTION	翻译
	<p><u>Lord Hanuman</u></p> <p>The boys called Sathya “Guru”. One particular incident that can be cited as a sign of Baba’s divinity was when the boys visited a temple devoted to Lord Hanuman. The boys decided to take a ritual walk or circumambulation around the installed deity to pay Lord Hanuman their obeisance. Sathya did not join them. The boys were chagrined. They needed their leader, so they dragged Sathya along in spite of His protestations.</p> <p>He had barely taken a few steps around the temple when a huge monkey appeared on the scene and stopped them. But the mysterious primate disappeared suddenly. Later, Sathya revealed that the monkey was indeed Lord Hanuman, protesting that if any circumambulation were to occur, it had to be Hanuman going around Rama, not the other way around.</p>	<p><u>主哈奴曼</u></p> <p>孩子们称沙迪亚 “Guru”（导师）。当这些男孩去主哈奴曼的神庙膜拜时，发生了彰显峇峇的神性的一件事。当时那些孩子决定要绕着供奉主哈奴曼的神庙走一圈。沙迪亚决定不与他们一起走。可是这些男孩们不依，沙迪亚是领袖，所以他要祂也一起走。虽然沙迪亚抗议，他们还是硬拉着要祂一起绕圈。</p> <p>沙迪亚还没走几步，就有一只大猴子出现阻止他们。一会儿这只大猴子就不见了。过后，沙迪亚告诉大家说，其实这只大猴子就是主哈奴曼。主哈奴曼抗议说若要绕着庙走圈，应该是哈奴曼绕着罗摩走，而非罗马绕着哈奴曼走圈。</p>

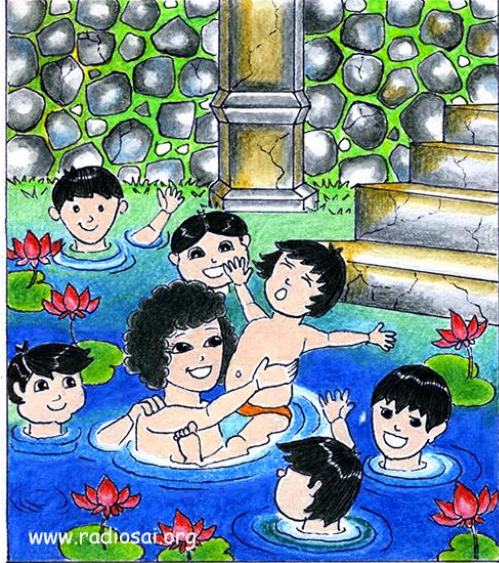


根据古老的传统，在 Magha 月洗澡然后绕着神庙走圈儿是神圣的。在布达峇地，Anjaneya 斯瓦米神庙的后面有一个小湖。



沙迪亚鼓励朋友们要保留这个传统。孩子们必须在早上 4 时起床。沙迪亚为了要确定每个小孩子都出席，所以，祂亲自去孩子们的家里把他们叫醒。有些孩子毕竟太小，沙迪亚就亲自背着他们去湖边。

Despite being a little boy Himself, He took the responsibility of the children. He made sure that the Little ones who couldn't bathe themselves were given a bath by Him.



虽然自己也不大，可是沙迪亚负起这个责任。祂亲自替那些还不会自理的小孩在湖里洗澡。

After taking bath they had to circumambulate the Anjaneya Swami temple. Sathya knew this could become a problem for Him.



洗完澡后，他们要绕着 Anjaneya 斯瓦米庙走圈。沙迪亚知道这将为自己带来麻烦。



哈奴曼神会被这个提议困扰。所以沙迪
亚告诉孩子们，他不跟着他们一起绕圈
了，祂就在旁边等待。可是孩子们不答
应。他们认为没有沙迪亚的队伍是不完
整的。他们缠着沙迪亚要祂答应带领他
们一起绕着神庙走圈。心软的沙迪亚最
后只好同意。

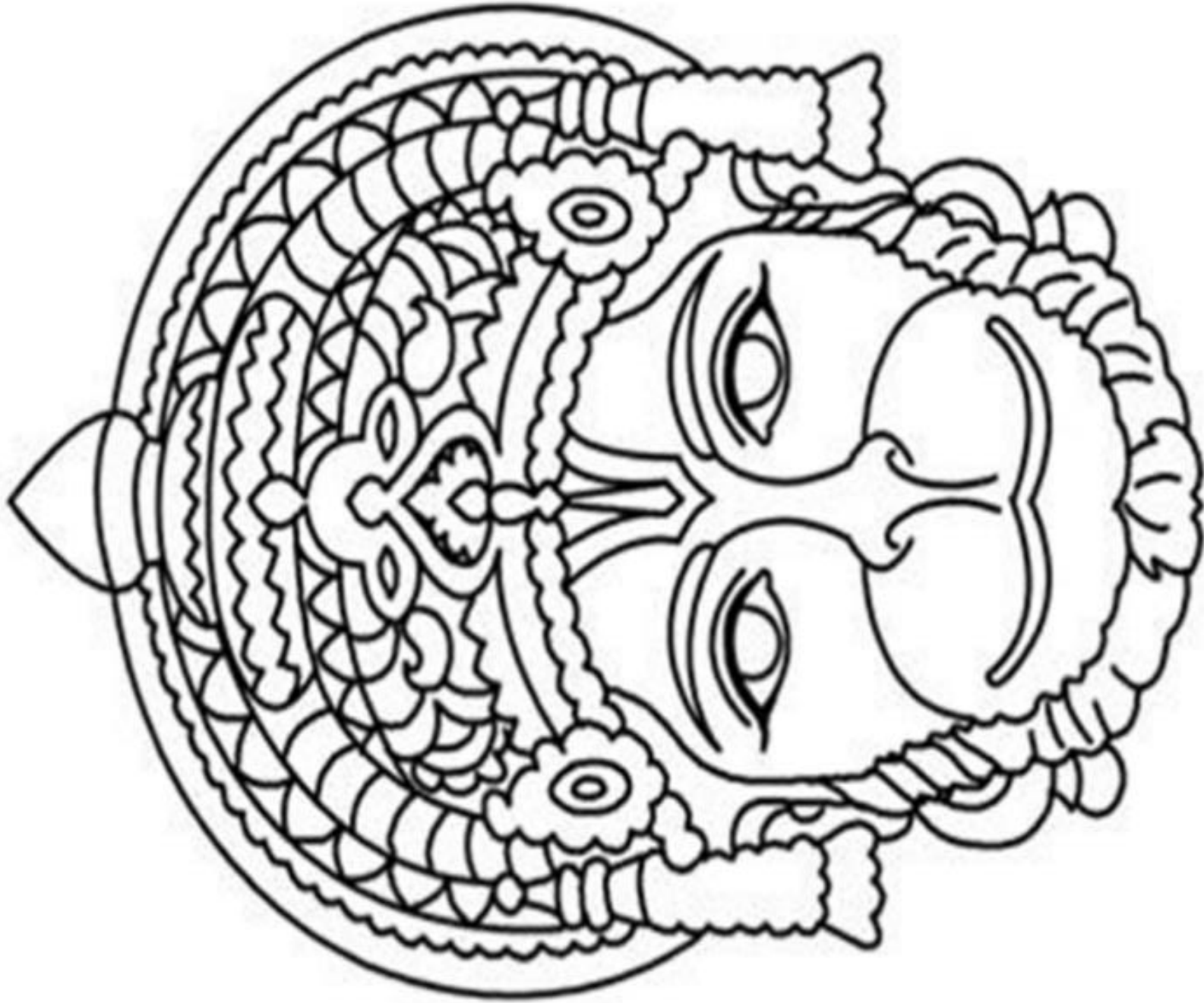
当孩子们要开始绕着神庙走圈时，一只
大猴子出现。



这只大猴子挡着沙迪亚，并不让路。其实沙迪亚知道这只大猴子就是主哈奴曼。哈奴曼对沙迪亚说：“斯瓦米，绕圈的应该是我而不是你。”

沙迪亚感觉到孩子们的好奇和害怕。祂告诉他们说：“主哈奴曼不要我绕着祂走圈，所以，我不走啦。”孩子们惊叹不已，只能服从他们的领袖。孩子们开始作出改变，心中充满神性，也把这件事告诉其他人知道。

Activity: Colour and cut out this mask of Lord Hanuman.
为哈奴曼神相彩颜色和剪贴。



SSE (SCA) LESSON PLANS**沙迪亚赛教育（华文组）课程****Part 1A: Sathya Sai Baba (Life History)****第一部 A: 沙迪亚赛峇峇（生平故事）**

LESSON 9: The Teacher Incident 第九课：老师事件		
课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象徵世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM , Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成‘Aum’，但发音是‘Om’也叫做‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	

SHANTI	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
<p>Lord Ganesha Stotra:</p> <p>Vakrathundra Mahaakaaya Suryakoti Sama Prabha Nirvighnam Kuru Mey Deva Sarva Kaaryeshu Sarvadaa</p>	<p>Vakrathundra : Vakra- bent 弯曲 Thundra-elephant nose 象鼻 Mahaakaarya : strong body 壮硕的身体 Suryakoti : Surya-sun 太阳 , koti- million 百万 Sama: equal 等于 Prabha: brilliance light 光辉 Nirvighnam : remove obstacles 解除障碍 Kuru: enable 使 Sarva : all 所有 Kaaryeshu : work 工作 Sarvadaa : always 总是, 常常</p> <p>你有一个弯曲的象鼻和一个壮硕的体形， 你放射出百万颗太阳相等的光辉， 祈求你护佑我的所有工作， 使它摆脱一切障碍。</p>	

<p>GURU MANTRA:</p> <p>Gurur Brahmaa Gurur Vishnu Gurur Devo Maheswara Gurur Saaksaat Param Brahma Tasmai Shri Guruve Namaha</p> <p>OM SHANTI SHANTI SHANTI</p>	<p>"Guru Is Brahmaa (Who plants the qualities of goodness) Guru Is Vishnu (Who nurtures and fosters the qualities of goodness) Guru Is Maheswara (Who weeds out the bad quality) Guru Is Supreme Brahman Itself Prostration Unto That Guru"</p> <p>导师是 Brahma 梵神 (种下优良的、善的素质) 导师是 Vishnu 毗湿奴 (培育优良的、善的素质) 导师是 Maheswara 湿婆神 (去除不良的、坏的素质)</p> <p>导师是至高无上的梵神 向导师降服、跪拜。</p>	
<p>BUDDHIST MANTRA:</p> <p>Buddham Sharanam Gachame Dharmam Sharanam Gachame Sangham Sharanam Gachame</p>	<p>三皈依 (I take refuge in the Buddha, Dharma and Sangha.)</p> <p>我皈依佛 我皈依法 我皈依僧</p>	
<p>KUAN YIN MANTRA:</p> <p>Om Mani Padme Hum</p>	<p>观音真言</p>	
<p>2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)</p>		
<p>3) 歌曲 SONG</p>		
<p>佛陀耶南无佛陀 (2x) Fo Tuo ye Nan mo Fo Tuo (2x)</p>	<p>Shivaya Namah Shiva (2x) Shivaya Namah Om Namah Shivaya</p>	

5) 活动 (ACTIVITY)		
Game: Balance Beam	<p>Using masking tape, tape down a line of any length, and challenge the children to only walk on the line all the way to end.</p> <p>Angles: Try taping down further lines at different angles. Spirals and zigzags are always fun.</p> <p>Backwards: Have the children walk on the tape line backwards or with eyes closed (socks off so they can feel the line).</p> <p>Other variations: Walk the tape line heel-to-toe or try jumping down the line (both feet still on!)</p>	<p>利用颜色粘纸:</p> <p>(1) 在地上粘成长短不同的直线小径, 鼓励同学走在小径上。尽量平衡自己以免走到小径外。</p> <p>(2) 在地上粘成有不同角度或弯曲的小径, 增加行走的难度和趣味。</p> <p>(3) 鼓励同学们尝试往后走。</p> <p>(4) 鼓励同学们尝试闭上眼睛走。</p> <p>(5) 鼓起脚尖走在小径上。</p> <p>注: 同学们最好把袜子脱掉, 才能对小径有所感觉。</p>

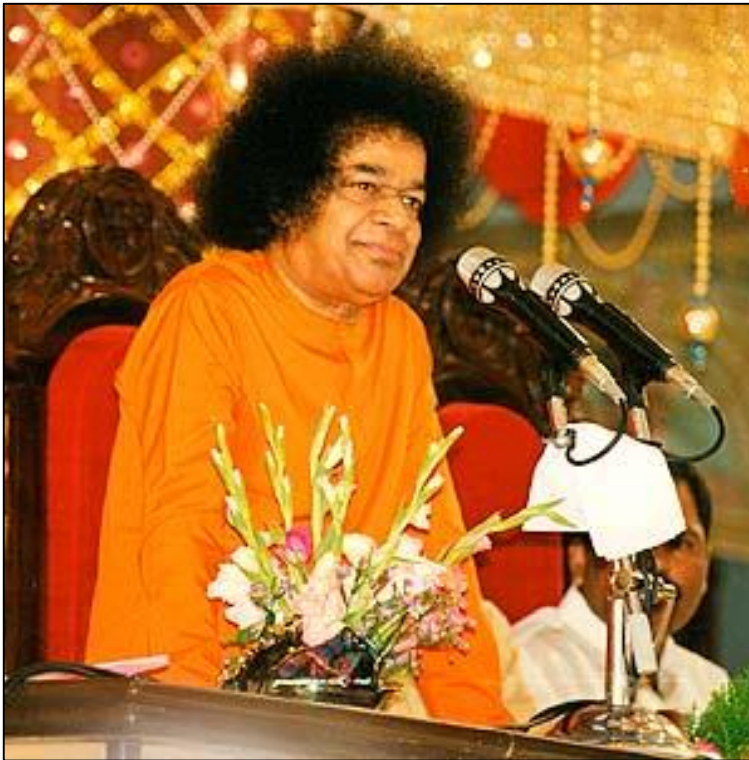
The most desirable subject for study is the secret of the soul, which is immortal.

- Sathya Sai Baba -

LESSON NOTES

SLIDE	DESCRIPTION	翻译
6-8	<p><u>Swami's old school</u></p> <p>When it was time for Sathya to go to middle school, the nearest such institution was in Bukkapatnam, a village several kilometres north of Puttaparthi.</p> <p>Young Sathya trudged back and forth every day, at times neck-deep in water, carrying His school bag on His head.</p> <p>He also often materialized candy or savouries for the other students.</p>	<p><u>斯瓦米的旧学校</u></p> <p>当沙迪亚要上中学时，祂必须到距离布达峇地以北几公里以外的布卡巴南村。</p> <p>年轻的沙迪亚每天来回跋涉，有时候走在深水里，祂必须把书顶在头上。</p> <p>祂也经常变现糖果及甜点给其他同学。</p>
10	<p><u>Being punished unfairly</u></p> <p>One day, Baba's teacher Kondappa ordered Him to stand up on his bench for three consecutive periods as He had not written down some notes dictated by the teacher.</p> <p>Meanwhile, the English teacher Mehboob Khan saw Sathya standing on the bench and advised Kondappa to allow Him to sit because Sathya could always answer any questions posed to Him.</p> <p>Kondappa did not agree with the suggestion. In the meantime, the bell rang signifying the end of this period. The teacher tried to get up from his chair so that he may go to another class. But, he could not get up.</p>	<p><u>不公平的处罚</u></p> <p>有一天，峇峇的老师 Kondappa 处罚祂一连三节站在椅子上，因为祂没写下老师口述的笔记。</p> <p>这时候，英文老师 Mehboob Khan 看到沙迪亚站在椅子上。老师劝 Kondappa 让沙迪亚坐下，因为任何问题都难不倒祂。</p> <p>老师 Kondappa 不同意。这时，下课的铃声响起，老师要从椅子上站起来去另外一班上课。但是，老师 Kondappa 站不起来，他粘在椅子上了。</p>

	<p>What had happened was that he was stuck to that chair!</p> <p>Mehboob Khan, on seeing the plight of this teacher, told him again to allow Sathya to sit down. The moment Sathya sat down, the teacher could get up from his chair.</p>	<p>Mehboob Khan 看到 Kondappa 的尴尬情况，告诉他还是让沙迪亚坐下吧。沙迪亚一坐下，老师就可以从椅子站起来了。</p>
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Sathya (Truth)

Dharma (Righteousness)

Shanthi (Peace)

Prema (Love)

Ahimsa (Non-Violence)

SSE (SCA) LESSON PLANS**沙迪亚赛教育（华文组）课程****Part 1A: Sathya Sai Baba (Life History)****第一部 A: 沙迪亚赛峇峇（生平故事）****LESSON 10: SCHOOL DAYS_KAMALAPUR AND URAVAKONDA****第十课：在学校的日子**

课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象徵世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM , Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成‘Aum’，但发音是‘Om’也叫做‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	

SHANTI	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
<p>Lord Ganesha Stotra:</p> <p>Vakrathundra Mahaakaaya Suryakoti Sama Prabha Nirvighnam Kuru Mey Deva Sarva Kaaryeshu Sarvadaa</p>	<p>Vakrathundra : Vakra- bent 弯曲 Thundra-elephant nose 象鼻 Mahaakaarya : strong body 壮硕的身体 Suryakoti : Surya-sun 太阳 , koti- million 百万 Sama: equal 等于 Prabha: brilliance light 光辉 Nirvighnam : remove obstacles 解除障碍 Kuru: enable 使 Sarva : all 所有 Kaaryeshu : work 工作 Sarvadaa : always 总是，常常</p> <p>你有一个弯曲的象鼻和一个壮硕的体形， 你放射出百万颗太阳相等的光辉， 祈求你护佑我的所有工作， 使它摆脱一切障碍。</p>	

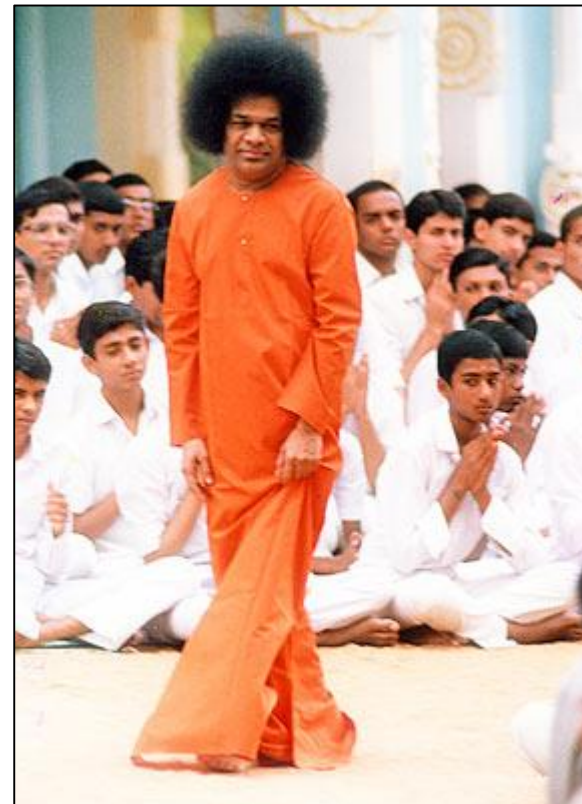
<p>GURU MANTRA:</p> <p>Gurur Brahmaa Gurur Vishnu Gurur Devo Maheswara Gurur Saaksaat Param Brahma Tasmai Shri Guruve Namaha</p> <p>OM SHANTI SHANTI SHANTI</p>	<p>"Guru Is Brahmaa (Who plants the qualities of goodness) Guru Is Vishnu (Who nurtures and fosters the qualities of goodness) Guru Is Maheswara (Who weeds out the bad quality) Guru Is Supreme Brahman Itself Prostration Unto That Guru"</p> <p>导师是 Brahma 梵神 (种下优良的、善的素质) 导师是 Vishnu 毗湿奴 (培育优良的、善的素质) 导师是 Maheswara 湿婆神 (去除不良的、坏的素质)</p> <p>导师是至高无上的梵神 向导师降服、跪拜。</p>	
<p>BUDDHIST MANTRA:</p> <p>Buddham Sharanam Gachame Dharmam Sharanam Gachame Sangham Sharanam Gachame</p>	<p>三皈依 (I take refuge in the Buddha, Dharma and Sangha.)</p> <p>我皈依佛 我皈依法 我皈依僧</p>	
<p>KUAN YIN MANTRA:</p> <p>Om Mani Padme Hum</p>	<p>观音真言</p>	
<p>GAYATRI MANTRA</p> <p>Om Bhur Bhuvah Svaha Tat Savitur Varenyam Bhargo Devasya Dheemahi Dhiyo Yo Nah Prachodayat</p>	<p>此真言是诸咒之总，信徒要常常勤于持诵，其含义是让我们冥念着 智慧光辉无远弗届的梵神，是我们内心的引导者，万物的主宰者，恳请赐我智慧升华了悟实相。</p> <p>We meditate on that supreme effulgence of the radiant one, the indwelling omniscient controller of all actions. May</p>	

Om Shanti Shanti Shanti	He stimulate our intellect to attain truth. Om Peace Peace Peace.	
2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)		
3) 歌曲 SONG		
佛陀耶南无佛陀 (2x) Fo Tuo ye Nan mo Fo Tuo (2x) 佛陀耶南无 om 南无耶佛陀 Fo Tuo ye Nan mo Om Nan Mo ye Fo Tuo 佛陀耶南无佛陀 (2x) Fo Tuo ye Nan mo Fo Tuo (2x) 佛陀耶南无 om (2x) Fo Tuo ye Nan mo Om 阿弥陀佛(2x) 诚心归依 阿弥陀佛 (3x) O Mi Tuo Fo (2X) cheng xin gui yi O Mi Tuo Fo (3x)	Shivaya Namah Shiva (2x) Shivaya Namah Om Namah Shivaya Shivaya Namah Shiva (2x) Shivaya Namah Om Namah Shivaya Om Shivaya (2x) Shambo Shankara Om Shivaya (3x)	
4) 故事 STORY		
SCHOOL DAYS IN KAMALAPUR AND URAVAKONDA 学校时期		SSE SLIDES 10 VIDEO: ASSEMBLY
Questions :	问题: 1. 峇峇跟随哪一位亲人搬到 Kamalapur? 2. 为什么峇峇的身体会留下伤疤? 3. 在学校里, 峇峇有什么贡献? 4. 什么是 “Cheppinattu Chesthara” 的意思?	

Values: Be truthful Be just	5. 请讲述峇峇在这出剧里所表演的故事。 价值： 言出必行 说真话，行正义。	
5) 活动 (ACTIVITY)		
角色扮演 Role Play	“Cheppinattu Chesthara” 言出必行	

*Education should be a preparation for the good life,
in the service of society and for Self-realization.*

Sathya Sai Baba



LESSON NOTES

SLIDE	DESCRIPTION	翻译
7-8	<p><u>Schooldays: Kamalapur</u></p> <p>Around this time, Swami's older brother, Seshama Raju, moved to Kamalapur to train as a teacher at the school there. Seshama Raju wanted to enrol his younger brother there as well, hoping that Sathya would make it to college and become a government officer.</p> <p>So, Sathya moved to Kamalapur and moved in with Seshama Raju who was residing with his in-laws. It was here that Sathya many household duties such as fetching drinking water for the family every day from a far-off well. He performed His chores diligently, despite the scars they left on Swami that remained throughout the rest of His life.</p> <p>Once again, Sathya was a favourite among the teachers and students alike. His drillmaster, who was also His scoutmaster, insisted the boys render service at the General Fair and Cattle show in neighbouring Pushpagiri.</p> <p>A fee of 10 rupees was collected from each boy for the bus trip and other expenses. Sathya could not afford the fee so He walked the entire distance on foot. When He got to Pushpagiri, He carried out His duties unmindful of His fatigue from the long journey.</p>	<p>Schooldays: Kamalapur</p> <p>这个时候，斯瓦米的哥哥 Seshama Raju 搬到了 Kamalapur，在那里接受培训为学校老师。Seshama Raju 想把弟弟带到那里念书，希望沙迪亚能够上大学并成为一位政府官员。</p> <p>所以，沙迪亚搬到了 Kamalapur，并与哥哥 Seshama Raju 一起搬进了姻亲的家同住。正是在这里，沙迪亚必须承担许多家务，例如每天走到遥远的水井汲水给家里的人享用。祂每天勤奋地完成家务，但汲水的工作在斯瓦米身上留下不可磨灭的伤疤。</p> <p>在这间学校，沙迪亚再次成为老师和同学们最喜爱的人。祂的教官，也是祂的童军教练，坚持要男孩们为邻近的 Pushpagiri 的市集和牛展服务。</p> <p>每个男孩必须交上 10 卢比，是用来乘公共汽车和其他开销的费用。沙迪亚承担不起这个费用，所以祂只能徒步整个行程。到达 Pushpagiri 时，祂忘了旅途的劳累，认真地执行任务。</p> <p>当祂回到住宿的地方时，迎来的是一场严厉的惩罚，因为祂的不在让家里的饮用水供应受到干扰！</p>

	When He returned, what greeted Him was a severe punishment as His absence had interfered with the family's supply of drinking water!	
9 - 11	<p>Sathya became the leader of the Uravakonda School Prayer Group.</p> <p>He ascended the dais every day, and sang inspiring songs when the entire school gathered for prayer before commencing work.</p> <p>He excelled in athletics, from track to sack race, and was best among scouts; He was the life and soul of school theatrics.</p> <p>In Uravakonda, Sathya staged a morality play with the Telugu title "Cheppinattu Chesthara (Do Deeds Follow Words)?" The play pointed out the hypocrisy in adults and revolves around a housewife, a father, and a schoolteacher who each succumb in their own way to inappropriate behaviour instead of doing the right thing. When a boy, played by 12-year old Sathya, confronts them, they make angry excuses. Nonplussed, He throws away His schoolbooks and refuses to go to school. Addressing the three adults, he delivers a zinger: <i>"If all that you teach, as mother and father and Guru, is only to be spoken and discarded when it comes to action, I do not understand why I should learn anything at all."</i></p> <p>This opened the eyes of the elders, who decided to mend their ways in regard to speaking the Truth and living up to it.</p>	<p>沙迪亚成为 Uravakonda 学校的祈祷组的领袖。</p> <p>每天早上开始上课之前，整间学校的学生集聚一起祈祷时，沙迪亚登上讲台，唱出鼓舞人心的歌曲。</p> <p>田径运动方面，不论是田径比赛或麻袋比赛，沙迪亚都表现出色。在童子军活动中，祂的表现最佳。祂也是学校戏剧组的灵魂人物。</p> <p>在 Uravakonda，沙迪亚以泰卢固语上演一部道德剧，题目：“Cheppinattu Chesthara（言出必行 Do Deeds Follow Words）”。这部剧道出了成年人的虚假行为。故事围绕着一个家庭主妇，一个父亲和一位老师。他们并不遵守自己的教导，所做出行为与自己所说的完全不同。当 12 岁的沙迪亚所扮演的男孩面对他们时，他们感到愤怒并为自己的行为寻找各种理由和借口。这个男孩不知所措，扔掉他的学校书本，拒绝上学。他向三位成年人说：“作为母亲、父亲和老师，如果你们的行为不能实践你们所教导的，我不明白我还有什么可以学习的。”</p> <p>这个演出让长者们醒悟，他们决定改过，要言出必行，说真话并实践它。</p>

Cheppinattu Chesthara



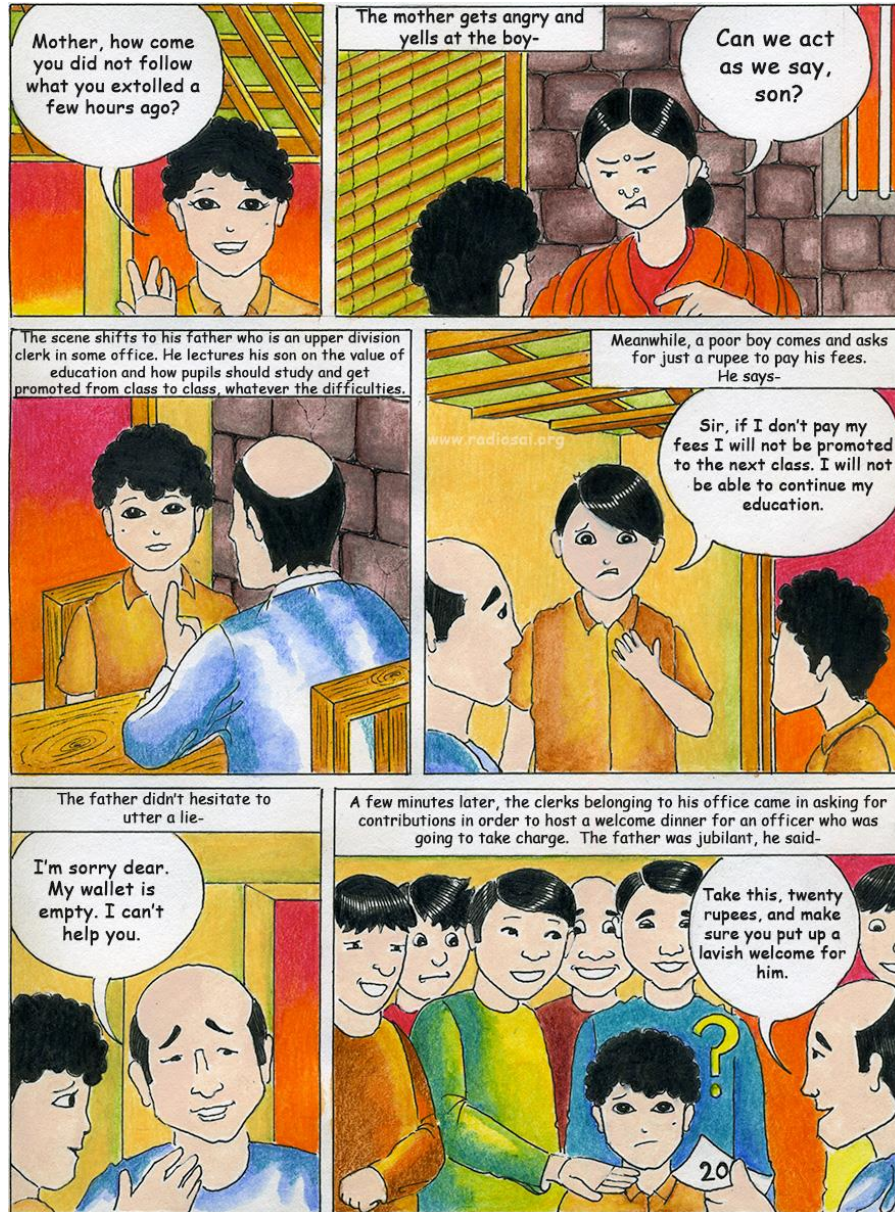
在 Uravakonda，沙迪亚以泰卢固语写了一部道德剧，题目：“Cheppinattu Chesthara（言出必行 Do Deeds Follow Words）”

他是这部剧的主角 Krishna。这部剧道出了成年人的虚假行为。

故事开始：一位女士（Krishna 的母亲）对着一群妇女解释吠陀经的意义。她的儿子 Krishna 在一旁听得津津有味。

母亲：“家庭主妇的责任是帮助那些吃不饱的穷苦人家，而不是去布施那些过着寄生虫般生活的人。”

这时刚好有一个盲眼老人前来乞讨，这些妇女竟斥责并赶他走。过后，又进来一个挺着个大肚子，手拿着一个充满谷物铜钵的化缘僧。母亲很尊敬这个僧人，给他很多食物，还要求得到他的赐福。



这让 Krishna 感到很奇怪。他问母亲：“妈妈，为何你没有遵照几个小时前你所赞美的行为去做？”

母亲很生气地对他喊道：“我们能照自己所说的做吗？”

下一幕：在父亲的办公室。

Krishna 的父亲是一个高级文员。他在办公室里训导儿子教育的重要性，要他无论多困难，都必须努力读书，每年一班一班地升上去。

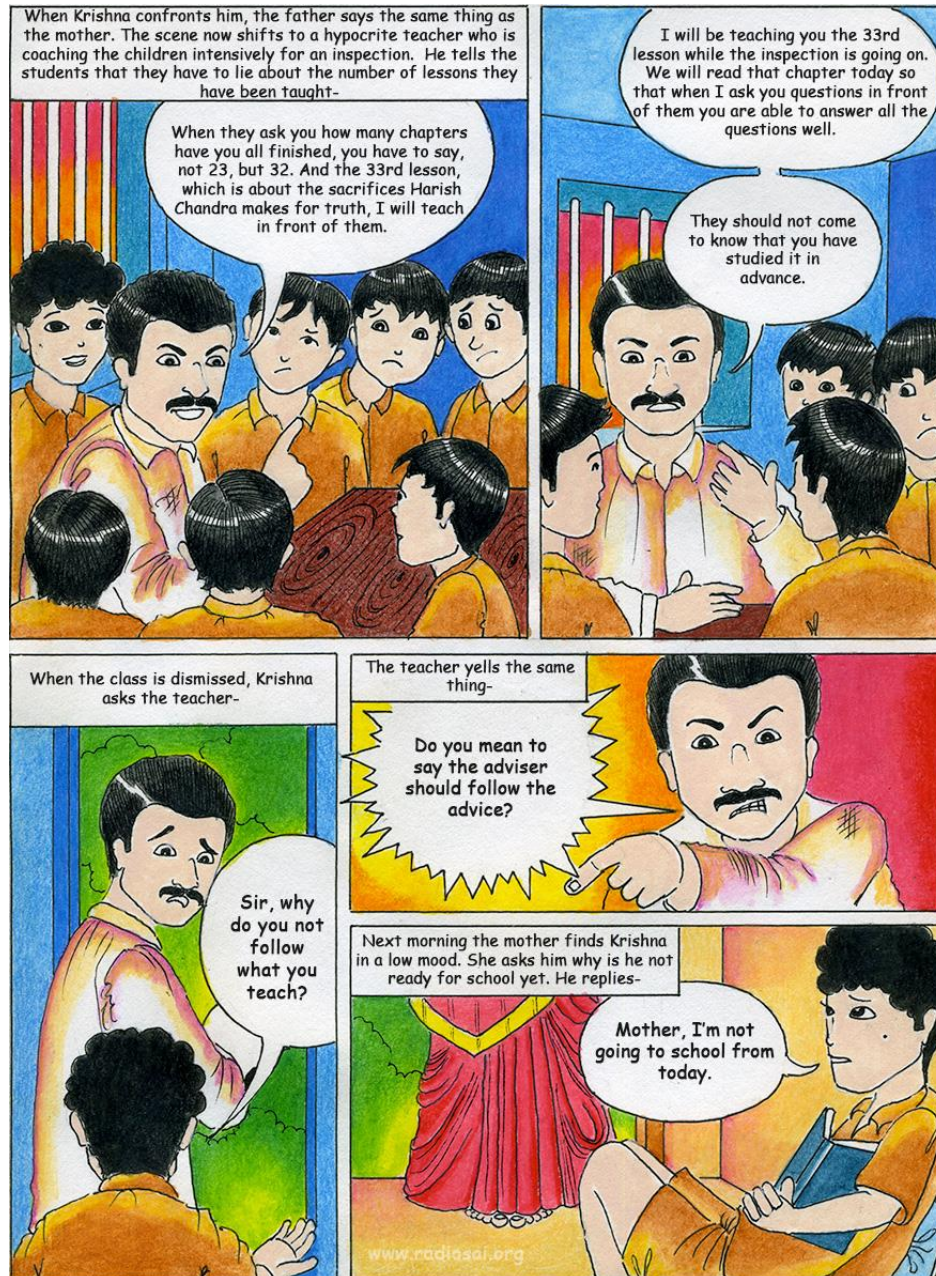
接着，有一个穷困的孩子进来要求父亲施舍一个卢比交学费。

这孩子说：“先生，假如我没钱交学费，就不能升班，不能再继续我的学业了。”

父亲毫不犹豫地撒谎。

他说：“对不起，亲爱的，我的钱包是空的，我帮不到你。”

几分钟后，办公室的一个书记进来要求父亲捐款，因为他们要为一个新来的上司办个欢迎会。父亲很高兴地说：“这是 20 卢比，拿去吧。记得把欢迎会搞得热闹一点。”当 Krishna 责问爸爸时，他与妈妈的回答是一样的。



第三幕：一个虚伪的老师在很勤劳地给学生上课，因为过几天有督学官要来视察。他要学生不可以照实说老师教到第几课。

他告诉学生：“假如官员问你们已读到第几课，你们要说 32 课，而不是 23 课。第 33 课是 Harish Chandra 为真理而牺牲的故事。我会在他们的前面讲解。”

老师说：“当督学官视察时，我将重复教大家第 33 课。今天我先教你们学习这一课，这样当我在督学面前问你们问题时，大家都会回答。”

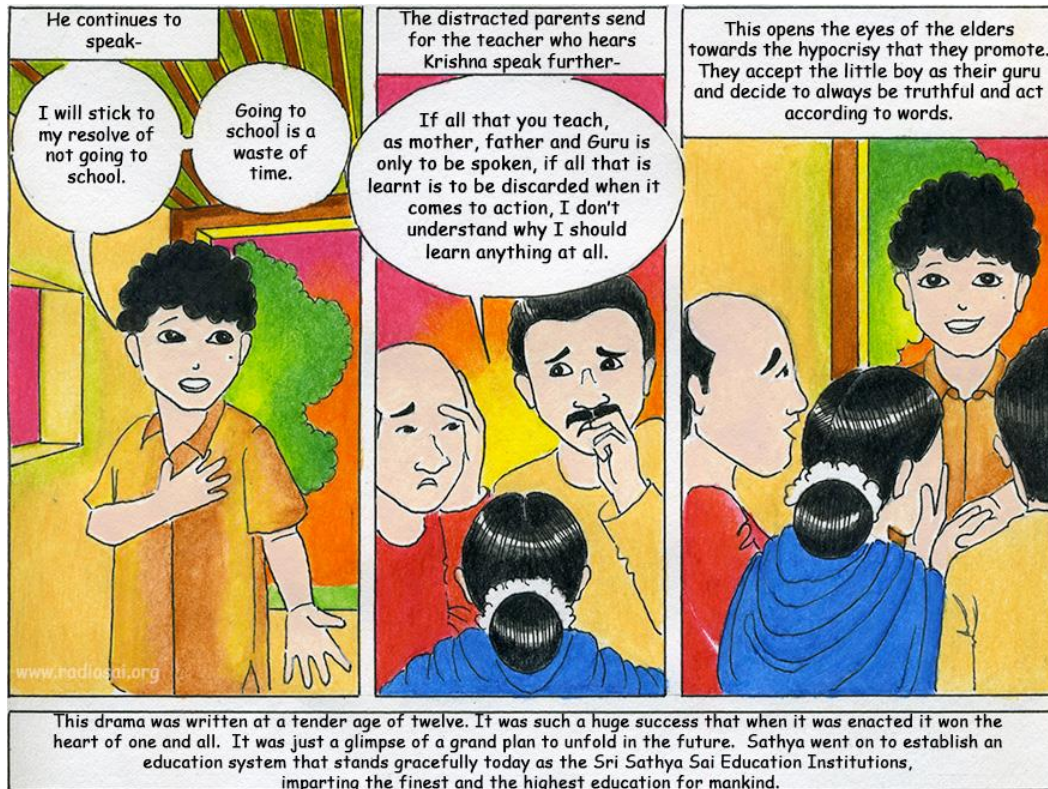
老师再说：“记得，别让督学官知道你们已经读过这一课了！”

下课时，Krishna 问老师：“老师，为何你没实行你所说的？”

老师同样地对他喊道：“你认为给予意见的人就必须实行自己的意见吗？”

第二天早上，母亲发现 Krishna 闷闷不乐。母亲问他为什么还不准备去上学。

Krishna 回答说：“妈妈，从今天开始，我不要去学校。”



Krishna 继续说：“我坚持不再去学校了。”

他接着说：“去学校学习根本就是在浪费时间。”

心烦意乱的父母把老师找来。这时 Krishna 再开口说：“假如母亲、父亲和老师所教导的一切，只是说说而已。在实行的时候，我必须放弃你们的所有教导。我不明白我为什么还要学习。”

这一番话让这些长辈醒悟自己是多么虚伪，并且一直在灌输孩子虚假的观念。他们接受这个小男孩为老师，决定从今以后，要做个正直的人，言出必行，所做的事要遵照自己所说的话。

SSE (SCA) LESSON PLANS**沙迪亚赛教育（华文组）课程****Part 1A: Sathya Sai Baba (Life History)****第一部 A: 沙迪亚赛峇峇（生平故事）**

LESSON 11: THE DECLARATION		
第十一课：宣告		
课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象徵世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM, Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成‘Aum’，但发音是‘Om’也叫做‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	

SHANTI	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
<p>Lord Ganesha Stotra:</p> <p>Vakrathundra Mahaakaaya Suryakoti Sama Prabha Nirvignam Kuru Mey Deva Sarva Kaaryeshu Sarvadaa</p>	<p>Vakrathundra : Vakra- bent 弯曲 Thundra-elephant nose 象鼻 Mahaakaarya : strong body 壮硕的身体 Suryakoti : Surya-sun 太阳 , koti- million 百万 Sama: equal 等于 Prabha: brilliance light 光辉 Nirvighnam : remove obstacles 解除障碍 Kuru: enable 使 Sarva : all 所有 Kaaryeshu : work 工作 Sarvadaa : always 总是, 常常</p> <p>你有一个弯曲的象鼻和一个壮硕的体形， 你放射出百万颗太阳相等的光辉， 祈求你护佑我的所有工作， 使它摆脱一切障碍。</p>	

<p>GURU MANTRA:</p> <p>Gurur Brahmaa Gurur Vishnu Gurur Devo Maheswara Gurur Saaksaat Param Brahma Tasmai Shri Guruve Namaha</p> <p>OM SHANTI SHANTI SHANTI</p>	<p>"Guru Is Brahmaa (Who plants the qualities of goodness) Guru Is Vishnu (Who nurtures and fosters the qualities of goodness) Guru Is Maheswara (Who weeds out the bad quality) Guru Is Supreme Brahman Itself Prostration Unto That Guru"</p> <p>导师是 Brahma 梵神 (种下优良的、善的素质) 导师是 Vishnu 毗湿奴 (培育优良的、善的素质) 导师是 Maheswara 湿婆神 (去除不良的、坏的素质)</p> <p>导师是至高无上的梵神 向导师降服、跪拜。</p>	
<p>BUDDHIST MANTRA:</p> <p>Buddham Sharanam Gachame Dharmam Sharanam Gachame Sangham Sharanam Gachame</p>	<p>三皈依 (I take refuge in the Buddha, Dharma and Sangha.)</p> <p>我皈依佛 我皈依法 我皈依僧</p>	
<p>KUAN YIN MANTRA:</p> <p>Om Mani Padme Hum</p>	<p>观音真言</p>	
<p>GAYATRI MANTRA</p> <p>Om Bhur Bhuvah Svaha Tat Savitur Varenyam Bhargo Devasya Dheemahi Dhiyo Yo Nah Prachodayat</p>	<p>此真言是诸咒之总，信徒要常常勤于持诵，其含义是让我们冥念着 智慧光辉无远弗届的梵神，是我们内心的引导者，万物的主宰者，恳请赐我智慧，升华了悟实相。</p> <p>We meditate on that supreme effulgence of the radiant one, the indwelling omniscient controller of all actions. May</p>	

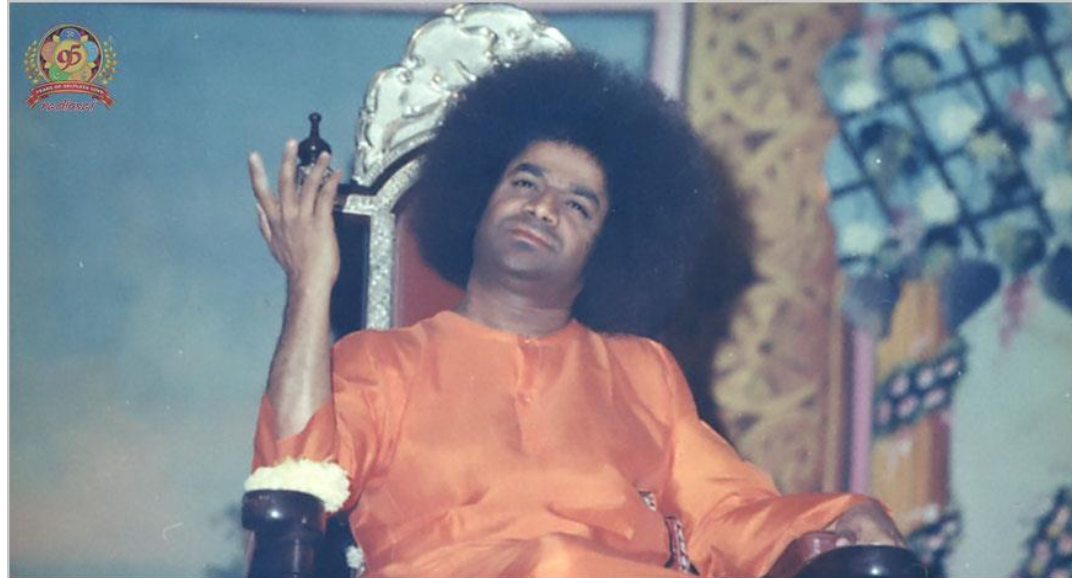
Om Shanti Shanti Shanti	He stimulate our intellect to attain truth. Om Peace Peace Peace.	
2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)		
3) 歌曲 SONG		
释迦牟尼佛 南无释迦牟尼佛 Shi Jia Mou Ni Fo nan mo Shi Jia Mou Ni Fo 阿弥陀佛 南无阿弥陀佛 (2x) O Mi Tuo Fo nan mo O Mi Tuo Fo 释迦牟尼佛 南无释迦牟尼佛 Shi Jia Mou Ni Fo nan mo Shi Jia Mou Ni Fo 释迦牟尼佛 带你寻找 人生的真谛 Shi Jia Mou Ni Fo dai ni xun zhao ren sheng de zhen ti 释迦牟尼佛 度你了脱生死的牵系 Shi Jia Mou Ni Fo du ni liao tuo sheng si de qian xi	Govinda Rama Jai Jai Gopala Rama Madhava Rama Jai Jai Kesheva Rama (x2) Govinda Rama Jai Jai Gopala Rama Durlabha Rama Jai Jai Sulabha Rama Ek Thurama Jai Jai Aneka Thurama (x2)	

LESSON NOTES

SLIDE	DESCRIPTION	翻译
7	<p><u>March 18, 1940</u></p> <p>On March 18, 1940 Sathya was allegedly stung by a scorpion. His health became impaired and his behaviour appeared to undergo a change. The village medics were consulted, but to no avail. Some were convinced that Sathya had fallen under the spell of evil spirits. All sorts of quack remedies were tried but to little effect. Sathya's worried parents in Puttaparthi rushed to Uravakonda.</p> <p>Everyone was puzzled as Sathya was remote, withdrawn and indifferent to worldly matters. If He spoke, it was always about spiritual topics. At times, He would burst into Vedic hymns He had never learnt before. He dared even to correct elders, acknowledged experts and scholars.</p> <p>Sathya was taken to many places for treatment but there was no improvement. Eventually, He was taken to an exorcist in Kadiri who was mean and cruel. Here, young Sathya was put through painful rounds of physical torture. However, during all the torture, He smiled and felt no pain. Finally, the witch-doctor's cruel treatment became too much for the family and Sathya was taken back to His home in Puttaparthi.</p>	<p><u>1940 年 3 月 18 日</u></p> <p>1940 年 3 月 18 日，沙迪亚被蝎子蜇伤。祂的身体不再健康，行为也发生了变化。村里的医务人员被咨询过，但无济于事。有些人确信沙迪亚受到了邪灵咒语的伤害。尝试让祂由各种各样的冒牌庸医诊治，但没什么效果。住在布达峇地的父母忧心忡忡地赶到 Uravakonda。</p> <p>每个人都感到困惑不解，为何沙迪亚对世俗事务感到生疏，孤僻，漠不关心。如果祂开口说话，总是说些关于精神灵性主题的。有时候，祂会冲口而出说些祂从未学习过的吠陀经赞美诗。祂甚至敢于纠正长老，专家和学者在这方面的知识。</p> <p>沙迪亚被带到许多地方接受治疗，但并没有任何改善。最后，祂被带到一个卑鄙残忍的驱魔人 Kadiri 那里。在这里，年轻的沙迪亚遭受了身体的折磨和痛苦。然而，在遭到肉体折磨的期间，沙迪亚并没有感到痛苦，他只是笑了笑。最后，家人不能忍受看到巫医对沙迪亚的残忍对待，祂被带回在布达峇地的老家。</p>

9	<p><u>May 23, 1940</u></p> <p>On May 23, 1940, Sathya rose from bed in a good mood and called the members of the household round Him. He materialized sugar candy and flowers and even the neighbours came.</p> <p>When Father Venkapa Raju arrived, the crowd of neighbours asked him to go wash his hands and face before approaching the Giver of Gifts. The Father was annoyed. Arming himself with a large stick, he approached the Boy with a demand, "Are you a God, or a ghost, or a madcap? Tell me!"</p> <p>Young Sathya replied, "<i>I am Sai Baba! I have come to ward off all your troubles. Keep your houses clean and pure.</i>"</p> <p>In utter frustration, Venkapa Raju pleaded, "What are we to do with you?"</p> <p>"<i>Worship Me!</i>"</p> <p>"When?"</p> <p>"<i>Every Thursday!</i>"</p> <p>Sai Baba of Shirdi was not widely known in those parts then, but word soon got around about a certain 'Muslim miracle worker' by the same name.</p> <p>One such Thursday, a villager challenged the bizarre claim and said, "If you are Sai Baba, show us some proof. Now!"</p>	<p><u>1940 年 5 月 23 日</u></p> <p>1940 年 5 月 23 日，沙迪亚心情愉快地从床上起身，召集家庭成员来围绕着祂，一些邻居也到来，祂变现了糖果和鲜花给大家。当父亲 Venkama Raju 到达时，众邻居要他先洗手和洗脸，才来接近这位送礼者。父亲生气了。他拿了一根大棍子，向男孩问道：“告诉我，你是神、鬼、还是一个疯子？”</p> <p>年轻的沙迪亚回答说：“我是赛峇峇！我来消除你的所有麻烦。保持你的屋子的清洁纯净。”</p> <p>Venkama Raju 非常沮丧地恳求道：“我们对你该怎么办？”</p> <p>“膜拜我！”</p> <p>“什么时候？”</p> <p>“每个星期四。”</p> <p>当时，舍尔地（Shirdi）的赛峇峇在这些地方并不广为人知。但很快地大家都知道曾有一个同名的“穆斯林奇迹工作者”。</p> <p>有一个星期四，一个村民挑战了这个离奇的说法，他说：“如果你是赛峇峇，请给我们看一些证据。就现在吧！”</p>
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<p>In absolute calm, young Sathya said, “<i>Yes, I shall! Place in My hands those jasmine flowers.</i>”</p> <p>When the person did so, Sathya threw them on the floor with a quick gesture and said, “<i>Look!</i>”</p> <p>All those present there saw that the flowers had formed the Telugu letters “Sai Baba.”</p>	<p>年轻的沙迪亚很平静地说：“好，我会的！把那些茉莉花放在我的手里吧。”</p> <p>当这个人把花放在峇峇的手上时，沙迪亚用一个快速的姿势把它们扔在地板上说：“看！”</p> <p>所有在场的人都看到花朵形成了泰卢固语的字母“赛峇峇”。</p>
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SSE (SCA) LESSON PLANS**沙迪亚赛教育（华文组）课程****Part 1A: Sathya Sai Baba (Life History)****第一部 A: 沙迪亚赛峇峇（生平故事）****LESSON 12: HAMPI AND MANASA BHAJARE****第十二课：汉比和峇峇唱的第一首歌**

课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象徵世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM, Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成‘Aum’，但发音是‘Om’也叫做‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	

<p>SHANTI</p>	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
<p>Lord Ganesha Stotra:</p> <p>Vakrathundra Mahaakaaya Suryakoti Sama Prabha Nirvignam Kuru Mey Deva Sarva Kaaryeshu Sarvadaa</p> <p>GURU MANTRA:</p> <p>Gurur Brahmaa Gurur Vishnu Gurur Devo Maheswara Gurur Saaksaat Param Brahma Tasmai Shri Guruve Namaha</p> <p>OM SHANTI SHANTI SHANTI</p>	<p>你有一个弯曲的象鼻和一个壮硕的体形， 你放射出百万颗太阳相等的光辉， 祈求你护佑我的所有工作， 使它摆脱一切障碍。</p> <p>"Guru Is Brahmaa (Who plants the qualities of goodness) Guru Is Vishnu (Who nurtures and fosters the qualities of goodness) Guru Is Maheswara (Who weeds out the bad quality) Guru Is Supreme Brahman Itself Prostration Unto That Guru"</p> <p>导师是 Brahma 梵神 (种下优良的、善的素质) 导师是 Vishnu 毗湿奴 (培育优良的、善的素质) 导师是 Maheswara 湿婆神 (去除不良的、坏的素质)</p> <p>导师是至高无上的梵神</p>	

	向导师降服、跪拜。	
BUDDHIST MANTRA: Buddham Sharanam Gachame Dharmam Sharanam Gachame Sangham Sharanam Gachame	三皈依 (I take refuge in the Buddha, Dharma and Sangha.) 我皈依佛 我皈依法 我皈依僧	
KUAN YIN MANTRA: Om Mani Padme Hum	观音真言	
GAYATRI MANTRA Om Bhur Bhuvah Svaha Tat Savitur Varenyam Bhargo Devasya Dheemahi Dhiyo Yo Nah Prachodayat Om Shanti Shanti Shanti	此真言是诸咒之总，信徒要常常勤于持诵，其含义是让我们冥念着 智慧光辉无远弗届的梵神，是我们内心的引导者，万物的主宰者，恳请赐我智慧升华了悟实相。 We meditate on that supreme effulgence of the radiant one, the indwelling omniscient controller of all actions. May He stimulate our intellect to attain truth. Om Peace Peace Peace.	
SAI GAYATRI MANTRA Om Saishwaraaya Vidhmahe Sathya Devaaya Dhimahi Tanna Sarvah Prachodayaat	赛伽耶持黎真言 默思冥想万物之主的赛，真理的化身。祂开导和激励我们从事一切吉祥和正确的行动	

2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)		
3) 歌曲 SONG		
释迦牟尼佛 南无释迦牟尼佛 Shi Jia Mou Ni Fo nan mo Shi Jia Mou Ni Fo 阿弥陀佛 南无阿弥陀佛 (2x) O Mi Tuo Fo nan mo O Mi Tuo Fo 释迦牟尼佛 南无释迦牟尼佛 Shi Jia Mou Ni Fo nan mo Shi Jia Mou Ni Fo 释迦牟尼佛 带你寻找 人生的真谛 Shi Jia Mou Ni Fo dai ni xun zhao ren sheng de zhen ti 释迦牟尼佛 度你了脱生死的牵系 Shi Jia Mou Ni Fo du ni liao tuo sheng si de qian xi	Govinda Rama Jai Jai Gopala Rama Madhava Rama Jai Jai Kesheva Rama (x2) Govinda Rama Jai Jai Gopala Rama Durlabha Rama Jai Jai Sulabha Rama Ek Thurama Jai Jai Aneka Thurama (x2)	
4) 故事 (STORY)		
HAMPI AND MANASA BHAJARE 翰比和峇峇唱的第一首歌		SSE SLIDES 12 VIDEO 1: HAMPI VIDEO 2: MANASA

<ul style="list-style-type: none"> - What is this...made of? - What is it used for? - Who gave it to you? - Why do you like it? - When do you use it? - How do you feel each time you use it? - If you lost it, would you be sad? - What did you say to the person who gave it to you? 	<ul style="list-style-type: none"> - 这（玩具/书本/其他）。。。是用什么做的？ -它有什么用途？ -谁送给你这件礼物？ -为什么你这样喜欢它？ -你什么时候用到它？ -每次用到它的时候，你有什么感觉？ -假如失去它，你会伤心吗？ -你要对送你这件礼物的人说些什么？ 	
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Whatever job a student may take up, wherever he may be working, he must continue to practice sprititual discipline. Without a spiritual basis, education would be wasted.

- Sathya Sai Baba -

LESSON NOTES

SLIDE	DESCRIPTION	翻译
7	<p>Miracle at Hampi</p> <p>The older brother, Seshama Raju still planned to put Sathya through high school to make him eligible for “public service” and secure a dependable government job. Unmoved by Sathya’s words, he took Him to Uravakonda and enrolled Him once again in the school.</p> <p>The Chairman of the Municipal Council of Bellary and his wife, acting on a dream that each of them had had simultaneously, searched for and found the boy “Sathya” at the house in Uravakonda. Bowing before Him for all to see, they sought and procured a sight-seeing vacation in Hampi for the Divine Boy and His older brother. Seshama Raju was happy for the diversion, thinking it would do his brother some good. When the group was about to enter the Virupaksha Temple, Sathya made an excuse of an aching stomach, and stayed outside the temple.</p> <p>The rest went inside the temple. Surprisingly, they could not find Lord Virupaksha’s idol there. Instead, they saw Sathya there! Seshama Raju was furious. Seshama Raju went out immediately and searched for Sathya and found Him outside the temple.</p> <p>Seshama Raju went inside the temple and sent his wife to see whether Sathya was sitting under the tree as usual. She could find Him there. At the same time, Seshama Raju could see Him in the inner shrine in place of the idol of Lord Virupaksha. Now, he could</p>	<p>在汉比的奇迹</p> <p>哥哥 Seshama Raju 仍然计划让沙迪亚完成高中学业，以便祂有资格获得政府公务员的工作。他对沙迪亚的话无动于衷，依然为他报读 Uravakonda 的学校。</p> <p>Bellary 的市政委员会主席和他的妻子，两个人同时做了一个同样的梦。他们在 Uravakonda 的一间屋子里找到了出现在他们梦中的男孩 “Sathya”。在所有人的面前，他们向祂鞠躬顶礼。他们为这个神圣的男孩和祂的哥哥安排了去汉比的观光假期。Seshama Raju 很高兴，认为这会对他的弟弟有所帮助。当这些人即将进入 Virupaksha 寺庙时，沙迪亚以胃痛为借口，留在庙外等待。</p> <p>其他的人都进入寺庙。令人惊讶的是，他们在那里找不到主 Virupaksha 的神像。他们反而在那里看到了沙迪亚！Seshama Raju 非常愤怒，立即走出去寻找沙迪亚，哥哥在寺庙外找到了祂。</p> <p>Seshama Raju 再走进寺庙，并叫他的妻子去看看沙迪亚是否还是一样坐在树下。她在树下找到了沙迪亚。与此同时，Seshama Raju 也在内殿中看到了沙迪亚取代主 Virupaksha 的</p>

	<p>confirm to himself that Sathya was there in the open as well as in the temple, simultaneously.</p> <p>The Municipal Chairman had himself experienced this phenomenon of Raju appearing in two places at the same time.</p> <p>Sathya was given a gold pin to wear as a parting gift from the Municipal Chairman. It was reluctantly accepted by the boy. But, upon His return to Uravakonda, this present fell from His shirt collar and vanished. With the loss of the collar pin, Baba demonstrated that <i>maya</i> or any illusory attachment could not bind Him any longer.</p>	<p>神像。现在，他的哥哥终于承认沙迪亚确实在外面和在神殿中同时出现。</p> <p>市政委员会主席自己也曾经经历过 Raju 同时出现在两个地方的现象。</p> <p>市政主席送给沙迪亚一枚金别针作为的分手礼物。这个男孩很不情愿地接受了。但是，当他回到 Uravakonda 时，这件礼物从他的衬衫衣领上掉下来并消失了。随着衣领别针的消失，峇峇表明祂已脱离了虚幻（Maya）。</p>
8	<p>20 October 1940</p> <p>The next day Sathya headed off to school but turned around midway and returned to His brother's house in Uravakonda.</p> <p>On reaching home, young Sathya tossed His school books aside and announced, "<i>I am no longer your Sathya. I am Sai.</i>"</p> <p>As He stood outside the house, the sister-in-law took a look from the window. She was overwhelmed by the splendour of the halo around the boy's head and shrieked!</p> <p>Addressing her, young Sathya said, "<i>I am going. I don't belong to you. Maya has gone. My devotees are calling Me. I have My Work. I cannot stay any longer.</i>"</p>	<p>1940 年 10 月 20 日</p> <p>第二天，沙迪亚去上学，但在半途中转身回到了祂的哥哥在 Uravakonda 的家。</p> <p>一到家里，年轻的沙迪亚把他的学校课本放在一边并宣称：“我不再是你们的沙迪亚了。我是赛。”</p> <p>当他站在屋外时，嫂子从窗口往外看。她被男孩的头部周围，光彩灿烂的光环所震撼而尖叫！</p>

	<p>With those words, He left home and never set foot in the house again. To his brother Seshama Raju, He declared he was not related to him and instructed him to give up all attempts to cure Him.</p>	<p>年轻的沙迪亚对她说，“我要走了。我不属于你们。虚幻已离开。我的信徒在呼唤我。我有我的工作。我不能再等待了。”</p> <p>说了这些话，他就离开了家，再也没有踏入这所房子。他对哥哥 Seshama Raju 宣称，他与哥哥已毫无关系，并指示哥哥放弃一切治疗他的企图。</p>
9	<p>The Excise Inspector, Mr. Anjaneluyu, was an ardent devotee. Sathya went straight to the garden of his residence. His yard held a rock, and Sathya sat on it. Word quickly spread about Sathya's presence in the garden and soon a crowd gathered around the rock, some to worship, a few to mock, and many strictly out of curiosity.</p> <p>It was here that He taught his first sermon, a prayer that is so dear to millions and holds an eternal message for all aspiring souls: Manasa Bhajare Guru Charanam These words mean, <i>“Meditate O mind on the Feet of the Guru; for He alone can take you across the difficult sea of samsara (worldly existence).”</i></p> <p>When Mother Easwaramma arrived from Puttaparthi, her son suddenly said, <i>“Oh, maya has come!”</i> and pointed to her. His parents pleaded with Him to come home, but He said, <i>“Who belongs to whom?”</i></p>	<p>所得税官员 Anjaneluyu 是一位热心的信徒。沙迪亚直奔他家的花园。在他的院子里有一块石头，沙迪亚坐在石头上。关于沙迪亚坐在花园里的消息很快传播开来，不久就有许多人聚集在岩石周围，有些人来膜拜，有些人来嘲笑，更有很多人出于好奇心。</p> <p>在这里，沙迪亚教导了他的第一篇讲道，一个对数百万人非常珍贵的祷告，为所有信徒传递着一个永恒的信息：Manasa Bhajare Guru Charanam</p> <p>这些词的意思是，“冥想于导师的莲足上；只有他才能带领你渡过这艰险的轮回海洋。”</p> <p>当母亲 Easwaramma 从布达峇地抵达这里时，她的儿子突然指着她说：“噢，虚幻（Maya）来了！”他的父母恳求他回家，但他说，“谁属于谁？”</p>

	<p><u>An Early Miracle:</u></p> <p>A stone in front of Sathya changed into an image of Shirdi Sai Baba in a photograph</p> <p>A famous photograph from the period shows a garlanded young boy Sai Baba on the rock. In the foreground is a miniature Shirdi Sai Baba on whom too is a string of flowers while He is sitting in the characteristic pose. Mysteriously, the Saint of Shirdi appears only in the photo. People present at the time the picture was taken saw a crude rock, not Shirdi Sai.</p>	<p>早期的奇迹:</p> <p>沙迪亚面前的一块石头在照片中变成了 Shirdi Sai Baba 的形相。</p> <p>这时期一张相当出名的照片展示了一位年轻的男孩赛峇峇坐在岩石上。在祂面前是一个微型的 Shirdi Sai Baba 的形相，也是挂着一串花，以祂的独特姿势坐着。神秘的是，拍照的人们看到的只是一块粗糙的岩石，并不是 Shirdi Sai。可是，照片中出现的却是 Shirdi Sai 的形相。</p>
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Children must grow up in the atmosphere of reverence, devotion, mutual service and cooperation. They must be taught respect for parents, teachers and elders.

- Sathya Sai Baba


SSE (SCA) LESSON PLANS**沙迪亚赛教育（华文组）课程****Part 1A: Sathya Sai Baba (Life History)****第一部 A: 沙迪亚赛峇峇（生平故事）**

LESSON 13: CHALLENGES		
第十三课：挑战		
课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象徵世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM, Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成‘Aum’，但发音是‘Om’也叫做‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	

SHANTI	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
<p>Lord Ganesha Stotra:</p> <p>Vakrathundra Mahaakaaya Suryakoti Sama Prabha Nirvighnam Kuru Mey Deva Sarva Kaaryeshu Sarvadaa</p>	<p>Vakrathundra : Vakra- bent 弯曲 Thundra-elephant nose 象鼻 Mahaakaarya : strong body 壮硕的身体 Suryakoti : Surya-sun 太阳 , koti- million 百万 Sama: equal 等于 Prabha: brilliance light 光辉 Nirvighnam : remove obstacles 解除障碍 Kuru: enable 使 Sarva : all 所有 Kaaryeshu : work 工作 Sarvadaa : always 总是, 常常</p> <p>你有一个弯曲的象鼻和一个壮硕的体形， 你放射出等于百万颗太阳的光辉， 祈求你护佑我所有的工作， 使之总是摆脱一切障碍。</p>	

<p>GURU MANTRA:</p> <p>Gurur Brahmaa Gurur Vishnu Gurur Devo Maheswara Gurur Saaksaat Param Brahma Tasmai Shri Guruve Namaha</p> <p>OM SHANTI SHANTI SHANTI</p>	<p>"Guru Is Brahmaa (Who plants the qualities of goodness) Guru Is Vishnu (Who nurtures and fosters the qualities of goodness) Guru Is Maheswara (Who weeds out the bad quality) Guru Is Supreme Brahman Itself Prostration Unto That Guru"</p> <p>导师是 Brahma 梵神 (种下优良的、善的素质) 导师是 Vishnu 毗湿奴 (培育优良的、善的素质) 导师是 Maheswara 湿婆神 (去除不良的、坏的素质)</p> <p>导师是至高无上的梵神 向导师降服、跪拜。</p>	
<p>BUDDHIST MANTRA:</p> <p>Buddham Sharanam Gachame Dharmam Sharanam Gachame Sangham Sharanam Gachame</p>	<p>三皈依 (I take refuge in the Buddha, Dharma and Sangha.)</p> <p>我皈依佛 我皈依法 我皈依僧</p>	
<p>KUAN YIN MANTRA:</p> <p>Om Mani Padme Hum</p>	<p>观音真言</p>	
<p>GAYATRI MANTRA</p> <p>Om Bhur Bhuvah Svaha Tat Savitur Varenyam Bhargo Devasya Dheemahi Dhiyo Yo Nah Prachodayat</p>	<p>此真言是诸咒之总，信徒要常常勤于持诵，其含义是让我们冥念着 智慧光辉无远弗届的梵神，是我们内心的引导者，万物的主宰者，恳请赐我智慧升华了悟实相。</p> <p>We meditate on that supreme effulgence of the radiant one, the indwelling omniscient controller of all actions. May</p>	

Om Shanti Shanti Shanti	He stimulate our intellect to attain truth. Om Peace Peace Peace.	
SAI GAYATRI MANTRA Om Saishwaraaya Vidhmahe Sathya Devaaya Dhimahi Tanna Sarvah Prachodayaat	赛伽耶持黎真言 默思冥想万物之主的赛，真理的化身。祂开导和激励我们从事一切吉祥和正确的行动	
2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)		
3) 歌曲 SONG		
<u>MANASA BHAJARE</u> Manasa Bhajare Guru Charanam Dustara Bhava Sagara Taranam Guru Maharaj Guru Jai Jai Sai Natha Sadguru Jai Jai (Om Nama Sivaya)x3 Sivaya Nama Om (Arunachala Siva)x3 Aruna Siva Om (Om Karam Baba)x3 Om Namō Baba	心啊！赞唱主荣耀， 归依主脚下 必遵从主旨意，一切交给祂 万世师表赛，引我修善法 赛有祢在身边，什么都不怕 (Om 顶礼世尊峇峇) x3 峇地就是我的家 (我归依导师足下) x3 归依导师无牵挂 (Om 化身峇峇) x3 峇地遍开奇葩	

4) 故事 STORY		
CHALLENGES 挑战		SSE SLIDES 13 VIDEO 1: FIRE
<p>Questions 问题 :</p> <p>Value 价值 : LOVE</p>	<ol style="list-style-type: none"> 1. 苏巴玛是谁? 她如何帮助 Baba? 2. 来朝见 Baba 的信徒很多, 烹煮的膳食不够, 怎么办? 3. Baba 是如何中毒的? 祂用什么来解毒? 4. 谁放火烧 Baba 的茅屋? 大火怎样被熄灭? 5. Baba 的旧精舍变成了现在的什么建筑? 它有何功用? <p>价值: 心中有爱多自在</p>	
5) 活动 ACTIVITY		
<p>SCAVENGER HUNT:</p> <p>Swami faced some challenges in His life too. How about you? Here is a challenge for you.....find these items and the first one who can find all of them will be declared the winner!</p> <p>(Variation: ask the kids to draw what they have found, and colour their pictures.)</p>	<p>寻宝游戏:</p> <p>斯瓦米在生活中也面对许多挑战。那你呢? 这里有一些挑战让你去完成。。。寻找一些东西, 第一个找到所有物品的同学就是胜利者。</p> <p>(备注: 老师可以吩咐同学们把找到的物品画出来, 再彩上颜色。)</p>	



WE'RE GOING ON A COLOR HUNT

Grab your favorite pen or pencil & get ready to explore. Look way up high and down below to find objects in every color. Draw a picture of what you find (or younger explorers can put a mark in each box) when you find something in that color. Have fun being a color explorer!

RED	ORANGE	YELLOW
GREEN	BLUE	PURPLE
PINK	BLACK	BROWN

寻找颜色

每人准备一支笔。在教室里所有地方，每一个角落，寻找拥有不同颜色的物品。

记录你所找到的东西，然后把它画出来，彩上颜色。

找到的物品越多越好，找到最多的同学是胜利者。

LESSON NOTES

SLIDE	DESCRIPTION	翻译
7	<p>Subbamma was the person most anxious about Swami's <i>"health"</i> and most worried about the hundreds of pilgrims who gathered at Puttaparthi. She was always busy, preparing chutney (an Indian dish) out of the heaps of coconuts that the pilgrims offered.</p> <p>Subbamma had no children of her own but since His birth, Sathya was dearer to her than life itself. Her home was large enough to accommodate the ever-growing flood of devotees. Since Baba insisted on feeding all who came to see Him, huge dining areas became necessary. Soon her family raised a shed and tent. An eyewitness has said that whenever the food cooked was not enough to feed the whole crowd, Baba would be quietly notified. He would then ask for two coconuts, break them and sprinkle the water on the heaps of rice and vessels of prepared dishes. The food thus sanctified would last until dusk.</p> <p>They came in large numbers to worship Sai, and patiently and tirelessly, Subbamma played hostess to them all. The crowds kept growing bigger and bigger, and a new residence had to be found for Sai.</p>	<p>苏巴玛 (Subbamma) 最担心的是斯瓦米的“健康”和聚集在 Puttaparthi 的数百名朝圣者。她总是很忙，时时从朝圣者供奉的大量椰子中制作酸辣酱（一种印度菜肴）。苏巴玛没有自己的孩子，但自从沙迪亚出世以来，对她来说沙迪亚比生命更加珍贵。她的家很大，可以容纳不断增加的信徒们前来。由于峇峇坚持要为所有前来朝拜祂的人提供食物，因此需要一个很大的食堂。不久，她的家人就搭建了一个棚子和帐篷。每当煮熟的食物不足以喂饱整群的信徒时，一位目击者说，他们就会悄悄地通知峇峇。峇峇会要来两粒椰子，敲破它们，然后将椰水洒在大米和准备好的菜肴上。如此，这些被净化的食物就可以继续维持到黄昏。大量的信徒们涌入朝拜赛，耐心的苏巴玛不知疲倦地扮演女主人。人群不断地变得越来越大，必须为赛找到一个新的住所。</p>
8	<p>In 1944, Baba moved to a thatched hut on a vacant plot of land nearby. The plot was gifted to Swami by Subbamma. Later, after the fire that destroyed the hut, it was replaced by a tin shed with verandas on either side - this is the famous Paatha Mandiram (Old Mandir) of Puttaparthi folklore.</p>	<p>1944 年，峇峇搬到附近一片空地的一间茅草屋里，这是苏巴玛赠送给峇峇的。过后，小屋被火灾摧毁，它被一个拥有阳台的锡棚所取代 - 这就是著名的布达峇地的旧精舍 Paatha Mandiram (Old Mandir)</p>

9	<p>FIRE!</p> <p>Yet, there were some who harboured ill will towards the young Sathya Sai Baba.</p> <p>One woman in the neighbourhood beckoned Him away from Subbamma for a breakfast of poisoned food. Knowing what was coming, Baba ate her lethal vadas with relish. His blood became toxic and His body turned blue. When concerned neighbours, suspicious of the woman's intentions, arrived on the scene, Baba calmly asked for a glass of water. When He touched the tumbler, the water became blue and Baba recovered. Ever a teacher of right action, Sathya Sai refused to let the family members retaliate.</p> <p>One night, a group of men locked Baba's room from the outside and set it ablaze! Bhagavan laughed through the window assuring the concerned children outside and exhorting them to have faith:</p> <p>He told them, "Don't worry! Since we are protecting Truth and Righteousness, they will in turn protect us."</p> <p>In a few seconds, there was a downpour but only on the burning structure. All else remained dry. The rain put out the fire. Once again, Sai Baba simply demonstrated a spirit of forgiveness and mercy to the men who had committed the deed. With tears of remorse in their eyes, the repentant men carried the young Baba on their shoulders.</p>	<p>火烛!</p> <p>有些人对年轻的 Sathya Sai Baba 怀有恶意。</p> <p>附近的一名妇女向沙迪亚招手，要他离开苏巴玛的家，过来吃早餐。斯瓦米知道即将发生的事情，祂明知道早餐有毒，还是津津有味地吃了这致命的 vadas（一种印度煎饼）。峇峇的血液中毒，身体变成了蓝色。这个女人的意图受到大家的怀疑。当邻居们到达现场时，峇峇平静地要来一杯水。当峇峇的手碰到水杯时，水变成了蓝色，峇峇恢复了健康。Sathya Sai 是一位教导正义行为的老师，祂不要家人去报复她。</p> <p>一天晚上，一群男士从外面锁住峇峇的房间并点燃它！Bhagavan 向窗外的孩子们笑，向他们保证没事，并劝告他们要有信心：</p> <p>祂告诉他们，“别担心！既然我们在维护真理和正义，它们就会反过来保护我们。”</p> <p>在几秒钟内，下了一场倾盆大雨，但雨水只淋在燃烧的屋子上。其他地方都是干燥的。雨把火扑灭了。Sai Baba 再一次向那些犯错的人表现出宽恕和怜悯的胸怀。那些人眼中含着悔恨的泪水，把年轻的峇峇扛在肩膀上。</p>
	<p>Baba stayed in the shed while devotees occupied the veranda. There was a total absence of creature comforts and indeed even</p>	<p>峇峇住在在棚子里，而信徒们占据了阳台。生活环境并不舒适，甚至缺少了基本的生活便利，可是人们住得很快乐。对</p>

	elementary conveniences that one takes for granted. Yet, for those devotees, sharing the same roof with Bhagavan Baba, was veritable heaven.	于那些与 Bhagavan Baba 同住一个屋檐下的信徒来说，其实这里就是天堂。
10	Soon, Paatha Mandiram also began to overflow - Baba clearly needed a much bigger place to receive His devotees. Plans were made and in 1950, what is now known as the Mandir (in Prasanti Nilayam), came into existence - in bare-bones form of course.	很快地，旧精舍（Paatha Mandiram）也容不下前来的众多信徒了。峇峇显然需要一个更大的场地来容纳祂的信徒。于是，在 1950 年制定了建造 Prasanti Nilayam 的计划，即现在的所谓 Mandir（Prasanti Nilayam 和平精舍）。
13	Once Baba moved to Prasanti Nilayam, the tin shed previously occupied by Him was replaced by a brick and mortar structure - the Paatha Mandiram of yore became the Pedda Venkama Raju Kalyana Mandapam (marriage hall); to this day, marriages are celebrated in this hall.	峇峇搬到了 Prasanti Nilayam，以前祂占据的锡棚建成一个砖和灰泥的结构。昔日的 Paatha Mandiram 现在变成了 Pedda Venkama Raju Kalyana Mandapam（一个婚庆殿堂）。直到今天，很多婚礼还在这个大厅里举行。

Speak what you think, do what you speak; that is the sign of true manhood. So you must first act according to your own advice. Bring about consonance between your thought, word and deed, and then guide the children. Otherwise you, as teachers, cannot cut much ice with them.

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SSE (SCA) LESSON PLANS**沙迪亚赛教育（华文组）课程****Part 1A: Sathya Sai Baba (Life History)****第一部 A: 沙迪亚赛峇峇（生平故事）**

LESSON 14: LEELAS 第十四课：游戏		
课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象徵世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM，Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成‘Aum’，但发音是‘Om’也叫做‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	

SHANTI	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
<p>Lord Ganesha Stotra:</p> <p>Vakrathundra Mahaakaaya Suryakoti Sama Prabha Nirvignam Kuru Mey Deva Sarva Kaaryeshu Sarvadaa</p>	<p>Vakrathundra : Vakra- bent 弯曲 Thundra-elephant nose 象鼻</p> <p>Mahaakaarya : strong body 壮硕的身体</p> <p>Suryakoti : Surya-sun 太阳 , koti- million 百万</p> <p>Sama: equal 等于</p> <p>Prabha: brilliance light 光辉</p> <p>Nirvighnam : remove obstacles 解除障碍</p> <p>Kuru: enable 使</p> <p>Sarva : all 所有</p> <p>Kaaryeshu : work 工作</p> <p>Sarvadaa : always 总是，常常</p> <p>你有一个弯曲的象鼻和一个壮硕的体形， 你放射出等于百万颗太阳的光辉， 祈求你护佑我所有的工作，</p>	

	使之总是摆脱一切障碍。	
GURU MANTRA: Gurur Brahmaa Gurur Vishnu Gurur Devo Maheswara Gurur Saaksaat Param Brahma Tasmai Shri Guruve Namaha OM SHANTI SHANTI SHANTI	"Guru Is Brahmaa (Who plants the qualities of goodness) Guru Is Vishnu (Who nurtures and fosters the qualities of goodness) Guru Is Maheswara (Who weeds out the bad quality) Guru Is Supreme Brahman Itself Prostration Unto That Guru" 导师是 Brahma 梵神 (种下优良的、善的素质) 导师是 Vishnu 毗湿奴 (培育优良的、善的素质) 导师是 Maheswara 湿婆神 (去除不良的、坏的素质) 导师是至高无上的梵神 向导师降服、跪拜。	
BUDDHIST MANTRA: Buddham Sharanam Gachame Dharmam Sharanam Gachame Sangham Sharanam Gachame	三皈依 (I take refuge in the Buddha, Dharma and Sangha.) 我皈依佛 我皈依法 我皈依僧	
KUAN YIN MANTRA: Om Mani Padme Hum	观音真言	
GAYATRI MANTRA Om Bhur Bhuvah Svaha Tat Savitur Varenyam	此真言是诸咒之总，信徒要常常勤于持诵，其含义是让我们冥念着 智慧光辉无远弗届的梵神，是我们内心的引导者，万物的主宰者，恳请赐我智慧升华了悟实相。	

Bhargo Devasya Dheemahi Dhiyo Yo Nah Prachodayat Om Shanti Shanti Shanti	We meditate on that supreme effulgence of the radiant one, the indwelling omniscient controller of all actions. May He stimulate our intellect to attain truth. Om Peace Peace Peace.	
SAI GAYATRI MANTRA Om Saishwaraaya Vidhmahe Sathya Devaaya Dhimahi Tanna Sarvah Prachodayaat	赛伽耶持黎真言 默思冥想万物之主的赛，真理的化身。祂开导和激励我们从事一切吉祥和正确的行动	
SHANTI MANTRA Asatho Ma Sadgamaya Thamaso Ma Jyotirgamaya Mrthyor Ma Amrthamgamaya Om Shanti Shanti Shanti	引领我从虚幻步向真实， 黑暗步向光明，死亡步向永生。 Lead me from the unreal to the real, darkness to the light, death to immortality. Om Peace Peace Peace.	
2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)		
3) 歌曲 SONG		
<u>MANASA BHAJARE</u> Manasa Bhajare Guru Charanam Dustara Bhava Sagara Taranam Guru Maharaj Guru Jai Jai Sai Natha Sadguru Jai Jai	心啊！赞唱主荣耀， 归依主脚下 必遵从主旨意，一切交给祂 万世师表赛，引我修善法 赛有祢在身边，什么都不怕	

5) 活动 ACTIVITY

SIMPLE SIMON SAYS

One person is designated Simon, the others are the players. Standing in front of the group ,Simon tells players what they must do . However, the players must only obey commands that begin with the words “ Simon Says”.

Play this game to teach the children to pay attention, to follow instructions. Play instrumental bhajan songs at the same time.

Let a few of the children take turns to be Simple Simon.

游戏：西蒙说

指定一个孩子做西蒙，其他同学是参加游戏者。西蒙站在前面，他会告诉参与者要做些什么（例如：他说：“西蒙说，摸鼻子”，大家都要遵照指示摸鼻子）。参与者都必须服从西蒙以“西蒙说”为开头的指示。若西蒙只是告诉大家“摸鼻子”。服从的同学就做错了，必须离队，不得再参加。做错的同学越来越多，参与者越来越少，剩下的最后一个参与者获胜。

这个活动提升孩子们的专注能力，懂得遵照指示。
在玩游戏时可播放峇赞音乐。
让几个学生轮流做西蒙。

LESSON NOTES

SLIDE	DESCRIPTION	翻译
7	<p>During those days, Sathya's companions enjoyed walking to the banks of River Chitravathi with Him, where <i>bhajans</i> were sung. The group of 30 or so in number would carry various musical instruments, a big carpet to spread on the sand, odd vessels, and a few lanterns.</p> <p>After singing for some time and listening to Swami's Discourses on the pranks of Krishna, His companions would exclaim that they were hungry and pester Him for something to eat. He would move His hands on the heap of piled-up sand and pull out all sorts of freshly cooked, hot food e.g. vadas.</p> <p>Surprisingly, as He kept pulling hot and ghee-dripping food out of the sand, not a speck of sand would cling to them! He would also extract from the sand pile rosaries, idols, pendants, and books, and hand them over to those destined to receive them.</p>	<p>在那些日子里，沙迪亚的同伴喜欢陪祂走到 Chitravathi 河岸边，然后在那里颂唱峇赞。他们一群大约 30 个人，带着各种乐器，一张铺在沙滩上的大地毯，一些旧器具和几个灯笼。</p> <p>他们在河岸边唱着歌，听斯瓦米讲述基士拿恶作剧的故事。过一些时候同伴们说肚子饿了，要求 Baba 给他们吃些东西。Baba 用手从沙堆里拿出各种不同的、已煮熟的、热腾腾的食物，如 vadas（一种印度煎饼）。</p> <p>令人惊奇的是：从沙堆里拿出来的食物很热，还滴着油，却没有黏附着任何沙粒。Baba 甚至还从沙里拿出念珠、神像、神相坠子和书本，然后给予那些祂认为应该得到的人。</p>
8	<p>Kalpavriksha :</p> <p>On a small hill adjoining the Chitravathi river, there is a tamarind tree. Decades ago, this tree, now known as the Kalpavriksha or "Wish Fulfilling Tree", was the scene of many a <i>Leela</i>.</p> <p>There was a huge boulder under the Kalpavriksha. About 200 people could comfortably sit on that rock. Jumping up to pluck a handful of leaves from the tamarind tree, Sai would give a leaf to each of His</p>	<p><u>许愿树</u></p> <p>有一座小山连接 Chitravathi 河，山上有棵罗望子树。目前这棵树被称为许愿树。峇峇在这棵树展现了祂的法力和游戏。</p> <p>在这棵树下有一块大岩石，大约 200 个人可以很舒适地坐在这块石头上。峇峇跳起来从树上摘下一大把叶子，然后把叶子分给每一个人并吩咐他们把手掌关起来。当峇峇叫他们打开手掌时，他们发现每个人手中拿着各种不同的东西，有些</p>

	<p>companions and ask them to keep their palms closed. When they opened them at His command, they would find all kinds of things, sugar candy in one hand, a rosary in another and peppermint in the third. He would then ask them to close their fists again and when they opened them as commanded by Him, they would find only tamarind leaves!</p> <p>Thus Baba taught the impermanence of material things. But the tree was a great storehouse of nectarine presents too.</p> <p>Baba would pluck from the tree an apple from one branch, a mango from another, an orange from the third, and pears and figs from a fourth and fifth. It didn't matter if the fruit was in season or not. "Ask and you shall receive," seemed to be the message.</p>	<p>人的手里拿着糖果，有些是念珠，或是薄荷糖。接着峇峇又叫他们再把手关上。当他们依照峇峇的吩咐再把手打开时，手上拿着的东西又变回罗望子树叶。</p> <p>其实，峇峇是在教导他们，所有的物质都不是永恒的。</p> <p>这棵树也收藏着很多令人惊喜的礼物。峇峇可以从这枝干上摘下一粒苹果，另一支树枝摘下一粒芒果，然后从另一边的枝干摘下一粒橙，一粒梨或无花果等，不论当下是不是这种水果的季节。峇峇要传达的信息是：“只要你有所求，你就会有所得。”</p>
10	<p><u>Baba: Sun and Moon</u></p> <p>One day, when they were all walking towards the Chitravathi, Swami suddenly disappeared. Even as they were searching for Him, they heard the sound of a clap; looking up, they saw Swami <i>on top of the hill!</i> It was six in the evening.</p> <p>The sun was sinking towards the west. The sky was filled with black clouds, as if it was wrapped in a dark blanket. Swami said, 'Look at Me. I shall show you the Sun!' Then, they saw new rays rising behind Swami's head. The whole sky was now filled with blue clouds and the rays turned red; it was so hot that it made them all sweat profusely.</p>	<p><u>峇峇：太阳和月亮</u></p> <p>有一天，他们正走向 Chitravathi 河，峇峇忽然不见了。大家在寻找祂的时候，突然听到一阵掌声，抬头一看，看到斯瓦米正在山顶上。当时是黄昏六时。</p> <p>太阳向西边下沉，天空布满黑云，好像披上一层厚厚的黑毛毯。斯瓦米说：“看着我，我要向你们展示太阳。”接着，他们看到崭新的光芒从斯瓦米的头部后面散发出来。整个天空布满蓝色的云霞，光芒转换成红光。这时候，大家都汗流浹背，感到非常热。</p>

	<p>Unable to bear the heat, they loudly appealed, 'Swami, it is too hot!' The heat then subsided. Then, Swami's voice again came down to them from the top of the mountain, '<i>I shall now show you the Moon.</i>' They saw behind Swami's head, the half-unfolded honey-coloured rays of the moon.</p> <p>Soon they turned white, and became even whiter. They now began to shiver in the cold: 'Swami! It is very cold!' And as they implored, the coolness began to slowly subside.</p>	<p>众人热得难受，大声求道：“斯瓦米，太热了。”即刻，温度开始下降。接着，他们又听到斯瓦米的声音从山上传来：“现在我要向你们展现月亮。”他们看到斯瓦米的头部后面散发出如蜜糖般的月亮光芒。</p> <p>不久，光变得白了，越来越白。大家感觉很冷，哆嗦着向峇峇哀求：“斯瓦米，很冷啊！”于是冷的感觉随着请求而逐渐消退。</p>
11	<p><u>Darshan of the Third Eye</u></p> <p>Then, He announced, '<i>I shall show you the Third Eye. Watch attentively.</i>' Swami's body was not visible but His head appeared gigantic, as if stretched across the entire sky. An orifice appeared on Swami's forehead between His two eyebrows and fiery sparks issued from that opening.</p> <p>Meanwhile, many had fainted. That made the people even more frightened. Feeling lost and not knowing what to do, they began to cry. Suddenly, Swami was in their midst. '<i>What happened?</i>' He asked, patting them gently on the shoulder. '<i>Why are you crying? Why have all these people fainted?</i>' They asked Him, 'Swami, are You alright? How come we did not see You there?'</p> <p>Swami laughed and assured them He was indeed alright. With a wave of His hand He materialised vibhuti and applied it on their foreheads. One by one, those who had fainted began to regain consciousness.</p>	<p><u>第三只眼的达瞻（与神会面）</u></p> <p>然后，峇峇宣布：“我要向你们展现第三只眼，看好来！”没看到斯瓦米的身体，大家只见祂的头变得很大，横跨整个天空。一只天眼出现在斯瓦米的额头，在两眼之间，火花从眼口激射而出。</p> <p>这时候，有许多人昏倒，人们感到很害怕。无助的感觉使他们开始哭泣。忽然，斯瓦米在人群中出现。祂问道：“发生了什么事？”拍拍这些人的肩膀，祂又说道：“你们为什么哭？这些人为什么昏倒？”他们问道：“斯瓦米，你还好吗？为什么我们没有看见祢？”</p> <p>斯瓦米笑了，向他们保证自己没事。峇峇挥一挥手，变现圣粉，搽在那些昏倒的信徒的额头上，于是他们一个个清醒过来。</p>

SSE (SCA) LESSON PLANS**沙迪亚赛教育（华文组）课程****Part 1A: Sathya Sai Baba (Life History)****第一部 A: 沙迪亚赛峇峇（生平故事）**

LESSON 15: LEELAS (CONTINUED) 第十五课：游戏		
课程流程 LESSON FLOW	翻译/含意 TRANSLATIONS/MEANINGS	备注 REMARKS
1) 祈祷 PRAYERS		
OM	<p>OM 是最基本的原始声音。它散布并充塞宇宙的每一个角落。一切可发出的声音都包涵在 OM 里面。自古以来，OM 象徵世俗语言中对神的尊称发音。念诵它，让我们与神合一，融于神之中。</p> <p>OM, Pranava 梵文的意思是‘嗡嗡’之声。它可以被写成‘Aum’，但发音是‘Om’也叫做‘Omkaar’，由三个音节组成。A（aa 阿）声音发自丹田（肚脐部位），U（oo）经由喉咙和舌头吐出，M（mm）在合拢的唇间结束。它的发音是由弱而强，尽量缓慢，再慢慢减弱下来。直到 M 时，产生一种寂静的回音，振荡于内心的空间。Om 必须以慎重的心态缓慢地念诵；其声音就像一架飞机，从远处飞到你站立的地方，声音由低而高然后归于寂静。一种感受到和体验到的宁静。</p>	

SHANTI	<p>Om Shanti. Om Shanti. Om Shanti.</p> <p>为什么我们说 Om Shanti 3 次？第一次是觉知到，‘我是谁’？我是一个平和的灵。第二个是觉知到，谁是我的？这觉知带给我力量，因为我属于神。第三个觉知是问，什么是我的任务？这将带来平和与力量。</p> <p>Om Shanti. Om Shanti. Om Shanti. Why do we say Om Shanti 3 times? The first time is with the awareness of, ‘Who am I? I am a peaceful soul.’ The second is with the awareness of, ‘Who is mine? This brings me power, for I belong to God.’ The third is to ask, ‘What is my task so there is peace and power?’</p>	
<p>Lord Ganesha Stotra:</p> <p>Vakrathundra Mahaakaaya Suryakoti Sama Prabha Nirvignam Kuru Mey Deva Sarva Kaaryeshu Sarvadaa</p>	<p>Vakrathundra : Vakra- bent 弯曲 Thundra-elephant nose 象鼻</p> <p>Mahaakaarya : strong body 壮硕的身体</p> <p>Suryakoti : Surya-sun 太阳 , koti- million 百万</p> <p>Sama: equal 等于</p> <p>Prabha: brilliance light 光辉</p> <p>Nirvighnam : remove obstacles 解除障碍</p> <p>Kuru: enable 使</p> <p>Sarva : all 所有</p> <p>Kaaryeshu : work 工作</p> <p>Sarvadaa : always 总是，常常</p> <p>你有一个弯曲的象鼻和一个壮硕的体形， 你放射出等于百万颗太阳的光辉， 祈求你护佑我所有的工作，</p>	

	使之总是摆脱一切障碍。	
GURU MANTRA: Gurur Brahmaa Gurur Vishnu Gurur Devo Maheswara Gurur Saaksaat Param Brahma Tasmai Shri Guruve Namaha OM SHANTI SHANTI SHANTI	"Guru Is Brahmaa (Who plants the qualities of goodness) Guru Is Vishnu (Who nurtures and fosters the qualities of goodness) Guru Is Maheswara (Who weeds out the bad quality) Guru Is Supreme Brahman Itself Prostration Unto That Guru" 导师是 Brahma 梵神 (种下优良的、善的素质) 导师是 Vishnu 毗湿奴 (培育优良的、善的素质) 导师是 Maheswara 湿婆神 (去除不良的、坏的素质) 导师是至高无上的梵神 向导师降服、跪拜。	
BUDDHIST MANTRA: Buddham Sharanam Gachame Dharmam Sharanam Gachame Sangham Sharanam Gachame	三皈依 (I take refuge in the Buddha, Dharma and Sangha.) 我皈依佛 我皈依法 我皈依僧	
KUAN YIN MANTRA: Om Mani Padme Hum	观音真言	
GAYATRI MANTRA Om Bhur Bhuvah Svaha Tat Savitur Varenyam Bhargo Devasya Dheemahi	此真言是诸咒之总，信徒要常常勤于持诵，其含义是让我们冥念着 智慧光辉无远弗届的梵神，是我们内心的引导者，万物的主宰者，恳请赐我智慧升华了悟实相。	

Dhiyo Yo Nah Prachodayat Om Shanti Shanti Shanti	We meditate on that supreme effulgence of the radiant one, the indwelling omniscient controller of all actions. May He stimulates our intellect to attain truth. Om Peace Peace Peace.	
SAI GAYATRI MANTRA Om Saishwaraaya Vidhmahe Sathya Devaaya Dhimahi Tanna Sarvah Prachodayaat	赛伽耶持黎真言 默思冥想万物之主的赛，真理的化身。祂开导和激励我们从事一切吉祥和正确的行动	
SHANTI MANTRA Asatho Ma Sadgamaya Thamaso Ma Jyotirgamaya Mrthyor Ma Amrthamgamaya Om Shanti Shanti Shanti	引领我从虚幻步向真实， 黑暗步向光明，死亡步向永生。 Lead me from the unreal to the real, darkness to the light, death to immortality. Om Peace Peace Peace.	
2) 静坐 – 3 分钟 SILENT SITTING 笛子音乐 (Meditation music)		
3) 歌曲 SONG		
尘海本茫茫 那堪急风浪 chen hai ben mang mang na kan ji feng lang 天昏地又暗 怎不叫人起惊慌 tian hun di you an zen bu jiao ren qi jing huang	Bolo Narayana Jai Jai Vitthala Sai Narayana Ranga Ranga Vitthala (Bolo...) Govinda Vitthala Rakumai Vitthala Gopala Vitthala Panduranga Vitthala Sri Ranga Vitthala Sai Ranga Vitthala	

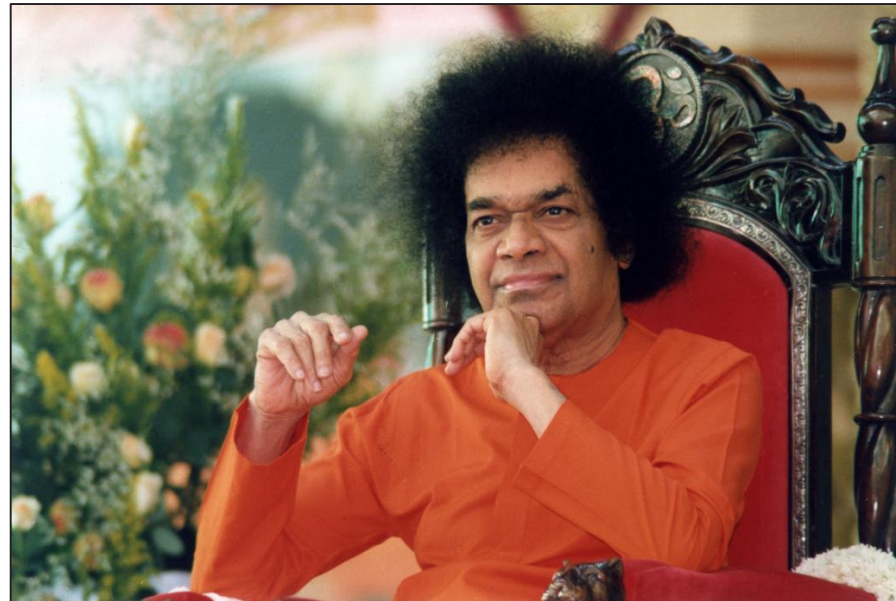
5) 活动 ACTIVITY

Making Toilet Roll families –

Encourage the children to be creative, to make pencil holders etc as gifts for their family members.

手工：制作笔筒

鼓励孩子们创作：利用卫生纸筒做成美丽的笔筒，可以当作礼物送给家人。



LESSON NOTES

SLIDE	DESCRIPTION	翻译
6, 7	<p><u>Mother Ganga Pays Her Obeisance to Baba</u></p> <p>One day after bhajan, they were all sitting around Him stringing flowers into garlands. Suddenly He got up and said, <i>‘Come on, come on! Mother Ganga is coming to visit.’</i> He then went and stood near the huge main gate. He was in the centre with open arms and told them, <i>‘All of you stand back. None of you should go even one inch beyond these outstretched hands of Mine. Look there! Ganga is rushing forth!’</i> The people saw the river approaching with great ferocity, its waves rising high in the sky, and with a roaring noise.</p> <p>The children felt greatly scared. Actually the water almost touched the hem of His robe. They could not see any of the trees and shrubs. And now Sathya extended His hands forward and touched the river. The water beneath His hand immediately became quiet and serene but the waters beyond were still frighteningly turbulent. Swami said to His companions, <i>‘Go inside and bring flowers, coconut, turmeric powder, and kumkum.’</i> All those sacred items were offered to the River Goddess. Then, Swami broke the coconuts, offered them to Mother Ganga, and placing His palm on the surface of the river said, <i>‘We are very happy that you came to visit. Ganga, now go back please!’</i> He affectionately patted the waves with both His hands and the river receded completely.</p> <p>Not a drop of water was to be seen anywhere! Swami’s robe was also</p>	<p><u>恒河母亲向 Baba 致敬</u></p> <p>有一天峇赞过后，同伴们围坐在峇峇身边，用鲜花串着花环。突然峇峇站起身来说道：“来吧，来吧，恒河母亲即将来访。”然后祂站在巨大的大门附近，张开双臂站在中间。峇峇告诉他们，“你们所有人都向后退一步。没有人可以越过我伸出的手一英寸。看那边！恒河正在向前奔流！”大家看到河水汹涌澎湃，咆哮着向天空升起，。</p> <p>这些孩子们感到非常害怕。河水几乎碰到了斯瓦米长袍的下摆。他们看不到任何树木和灌木。这时候，沙迪亚向前伸出双手，摸了摸河水。被斯瓦米的手触摸到的水立刻变得安静平和，但是远处的水仍然汹涌澎湃，令人恐惧。斯瓦米对祂的同伴们说，“进去，把鲜花、椰子、姜黄粉和 kumkum（红粉）拿来。”这些神圣物品都是要供奉给河神的。然后，斯瓦米将椰子敲破，把它们奉献给恒河母亲。斯瓦米将手掌放在河面上说：“我们很高兴你来拜访。恒河，你现在回去吧！”祂用双手慈爱地拍了拍波浪，河水完全消退了</p> <p>到处都看不到一滴水！斯瓦米的长袍也很干燥，但是祂的脚上却缠着一圈茉莉花的花环！</p>

	<p>dry but there was a garland of jasmine flowers wrapped around His feet!</p> <p><u>Hide and Seek?</u></p> <p>Sometimes as they walked, Swami would suddenly disappear. His companions would then go in various directions in search of Him, looking everywhere! Becoming tired, they would collapse and call out, "Swami!" He would then suddenly jump out of the bush, crying, "Boo!" Sometimes, He would be on the topmost branch of the tallest tree, calling out to them! Then suddenly, He would be standing beside them, laughing loudly.</p>	<p><u>捉迷藏?</u></p> <p>有时候，与同伴们一起走路时，斯瓦米会突然消失。然后大伙儿就朝着各个方向寻找，到处寻找祂！最后疲惫不堪的同伴们会崩溃地喊到：“斯瓦米！” 峇峇就会突然从灌木丛中跳出来，说，“嘘！” 有时候，祂会出现在最高的树的顶端枝桠上，向他们喊叫！然后祂又会突然出现在他们身旁，大声笑着。</p>
8,9	<p><u>Naga Sai</u></p> <p>Once, while they they were resting on the Chitravathi sands, Swami said, 'Look! Naga Sai is coming!' Thinking He was referring to a person, they turned to see who it was but saw no one. Swami then said, 'Look in that direction.'</p> <p>They then saw a huge snake coming towards them. It looked like Adi Sesha, the Divine Serpent on whom Lord Vishnu reclines. It was immense in size!</p> <p>As it advanced, its head was suddenly transformed into the beautiful countenance of Sathya Sai. Still, a snake is a snake and they began to tremble in fear. Swami looked gently at the snake and said, 'Go now, Naga Sai.' And it disappeared!</p>	<p><u>Naga 赛</u></p> <p>有一次，当他们在 Chitravathi 沙滩上休息时，斯瓦米说，“看！ Naga 赛就要到来！” 大家以为祂指的是一个人。他们转过身来要看看他是谁，却看不到任何人。然后斯瓦米说，“朝这个方向看。”</p> <p>他们看到一条巨大的蛇朝他们游来。它看起来就像是毗湿奴神所斜卧的圣蛇 Adi Sesha，非常巨大！</p> <p>随着它的前进，蛇的头部忽然变成了 Sathya Sai 的美丽面容。尽管如此，它毕竟是一条蛇，同伴们开始因恐惧而颤抖。斯瓦米温柔地看着那条蛇说：“现在去吧，Naga 赛！” 接着，蛇就消失无踪。</p>

	<p><u>Sesha Sai</u></p> <p>On another instance, at the seaside city of Masulipatnam or Machilipatnam, Baba walked straight into the sea. Before they knew it, devotees saw Sai Baba reclining on Vishnu's Serpent, Sesha, atop the waves! Yet, the next moment, He was by their side.</p> <p>Yet, His clothes were not even wet. On another day, He threw a silver cup far into the waves. The cup came back to Him filled with — not salt water — but amritha, or nectar, sweet and fragrant beyond compare! He poured a few drops into everybody's hand.</p>	<p><u>Sesha 赛</u></p> <p>还有一次，在海滨城市 Masulipatnam (Machilipatnam)，峇峇直接走进大海。在大家知道之前，信徒看到在海浪里，赛峇峇正斜倚在 Vishnu 的圣蛇 Sesha 身上！然而在下一刻，他就出现在大家的身边。</p> <p>祂的衣服没有被海水弄湿。再有一天，祂把一个银杯扔向海浪中。杯子回到了祂身上，装的不是盐水而是 amritha 或花蜜甘露，甜美又芬芳无比！祂在每个人的手中倒了几滴。</p>
10	<p><u>Rocket Sai</u></p> <p>Once, Bhagavan apparently vanquished a curse in an area considered haunted by the villagers.</p> <p>One day Swami asked His companions to bring long ropes and made them tie him to a huge tree.</p> <p>When Swami started swinging with the help of the villagers, He was not at all satisfied. Even if four or five well-built people pushed Him with all their might, He was not pleased as the swing went up to a certain height only. Swami told everyone to stand aside; and by His own effort, He started swinging continuously, and went increasingly higher.</p> <p>In a short time, He seemed to reach the sky! The swing was suddenly flying like a rocket. The big branch onto which they had tied the</p>	<p><u>火箭赛</u></p> <p>有一次，薄伽梵 (Bhagavan) 为一个地区解除了困扰村民多时的诅咒。</p> <p>那一天，斯瓦米要求同伴们带上长绳，并要他们将祂绑在一棵大树上荡秋千。</p> <p>当斯瓦米在村民的帮助下开始摆动时，祂并不满意。即使有四五个壮汉用尽全力推动祂，祂也不高兴，因为秋千只升到一定的高度。斯瓦米要大家站在一边。通过祂自己的努力，秋千开始不断地摆荡，并且升得越来越高。</p>

	<p>ropes started breaking, but Swami continued to swing.</p> <p>"With a loud cracking sound, the branch shattered to pieces and fell but Swami was nowhere in sight! Suddenly, He appeared from behind and enquired, '<i>You all got afraid?</i>' Pretending nothing had happened, He said, '<i>The time for that spirit had expired, and thus it is given redemption.</i>'"</p>	<p>在很短的时间内，斯瓦米似乎到达了天空！秋千突然像火箭一样飞舞。他们捆绑绳索的大枝桠开始破裂，但斯瓦米继续摆动。树枝发出响亮的声音，断裂成碎片而摔倒下来，可是斯瓦米却无处可见！突然，斯瓦米从后面出现并询问道：“你们都害怕了？”祂假装什么也没发生过，说道：“这个精灵的时间已到，所以它获得救赎。”</p>
11	<p><u>Tiger Incident</u></p> <p>One day a jeep-driver crossed the river bed and walked into Puttaparthi, looking for Swami. His master, a young English sub-divisional officer, had gone hunting in the forest on the other side of the Chitravathi, and while returning, the vehicle had stopped right opposite Puttaparthi village. The driver did his best, as did the officer, to get the vehicle moving, but failed.</p> <p>The driver knew that there was a 'Boy' at Puttaparthi who could materialise Vibhuti (sacred ash) even for the jeep! The Englishman agreed to let the driver go to the village, while he himself waited in the jeep. The driver found the Boy at last, but was astounded to hear Baba say, "<i>I am coming, myself, to the jeep.</i>"</p> <p>Sathya went to the vehicle and saw the carcass of a tiger that the officer had shot barely two hours ago. He said, "<i>I stopped the jeep at this place, for it is a mother, whose three small cubs are at this very time loudly wailing and calling out to her. Go back! Recover those cubs and gift them to some zoo where they will be well looked after. And do not shoot wild beasts again, for they have caused you no harm. Why do you kill them, surround them and lay traps to catch</i></p>	<p><u>老虎事件</u></p> <p>有一天，一名吉普车司机越过河床，走入布达峇地寻找斯瓦米。他的主人，一名年轻的英国分区官员，在 Chitravathi 河的另一边的森林里打猎，回来时，车辆停止在布达峇地村的对面，不能移动。司机和官员几番努力要让车辆开动，但失败了。司机知道在布达巴地有一个 '男孩'，可以为吉普车变现 Vibhuti（圣灰）！这位英国人同意让司机去村里找这个男孩，而他自己则坐在吉普车里等待。司机终于找到了这个男孩，但让他感到震惊的是听到峇峇说：“我自己要到吉普车那里。”</p> <p>沙迪亚走到车上，看到官员在不到两个小时之前才枪杀的老虎尸体。祂说：“我在这个地方停止吉普车。因为这只老虎是一个母亲，她的三只小幼崽这时候正在大声哭泣，呼唤它们的母亲。你回去那边吧！把那些幼崽带回来，然后送它们去动物园，让它们得到很好的照顾。不要再射猎野兽了，它们并没有伤害你。你为什么要杀死它们，包围它们并利用陷</p>

	<p><i>them? Shoot them instead with a more superior weapon, your camera. That won't maim or kill them."</i></p> <p>The Englishman was at once enlightened, and he never carried a firearm again. He presented the orphaned cubs to the zoo, and when the tiger skin came back from the taxidermist, he presented it to Baba. Sakamma of Coorg pleaded with Him to sit on it in Yogic fashion, with a rosary between His fingers. She had a photographer ready.</p>	<p>阱捕抓它们？你应该用更优越的武器即相机去捕抓它们。不要再伤害它们了。”</p> <p>这位英国人立刻醒悟，他再也不携带枪支了。他把老虎幼崽送到了动物园。当标本制作者把虎皮拿回来时，他把它送给了峇峇。Coorg 的 Sakamma 恳求斯瓦米以瑜伽的方式坐在虎皮上面，手指之间挂着念珠。她准备了摄影师为峇峇拍照。</p>
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