

自我提升课程（Self Transformation Program - STP）

参与者笔记： 单元：03	题目： 快乐/幸福	准则 9： 抑制欲望
导引者：	抄写员：	
日期：	时间：	地点：
宗旨：	<ul style="list-style-type: none">• 理解什么构成快乐。• 源自内心里的快乐才是真正的幸福。• 了解实现愿望的过程和欲望得到满足后，接下来会是什么。	
目标：	<ul style="list-style-type: none">• 确认并培养信念：去追逐所有的欲望是徒劳的。• 强调必须向内反思和追求内心的喜悦。	
出席：		缺席：

1.0 祈祷：3 x Om + 3 x Gayathri Mantra

2.0 基本条规（5 分钟）

3.0 请分享你实行‘抑制欲望’的体验。

前一课的行动计划：

确认并评估你的情感欲望，找出其关键的依赖关系，省思并记录它们如何影响你。理解如何处理它们才会比平时处理得更好。

3.1 请分享你的行动计划 [顺序回答]

3.2 你是否密切关注自己的行动计划的进展？若有，请与大家分享你的经验。[顺序讲述]

4.0 为何我们要追逐欲望？ [顺序讲述]（10-15 分钟）

5.0 关于快乐的语录

“问自己一个问题：是否有一个叫 *sukha* 的快乐境界？它可以靠积累的物质来达到吗？不，快乐介于两个痛苦之间；而痛苦往往夹在两个快乐之间。你必须以平等心来看待快乐和痛苦，并超越这两者，让心灵深入福乐之境地。”

QUOTATION ON HAPPINESS

“Ask yourself the question: Is there a state called sukha, happiness? Can it be reached by accumulating things? No, Happiness is only an interval between two miseries; misery is an interval

between two moments of happiness. You must equate both happiness and misery and transcend both, teaching the mind to dive deeper into the realms of bliss.”

5.1 分享你对以上文章的理解。[脑力激荡]（10分钟）

6.0 当某个欲望出现时，我们去追逐它，然后获得满足。请讨论在你心中所发生的这些过程。[公开讨论]（15-20分钟）

7.0 语录

“在世间获得快乐并不是世界的本质；它是主观的。它只不过是自性从世间获得福乐的投影，这才是福乐的源头和目标。宝宝想象拇指是为它提供喜悦的外部对象；但它仅仅是自己。”
“The happiness that one derives from the world is not the nature of the world; it is subjective; it is only the projection upon the world, of the happiness the atma is capable of deriving, of which it is the source and goal. The baby imagines the thumb to be an external object which is providing it with pleasure; but it is only itself.”

7.1 什么是感觉快乐的源头？[脑力激荡]（10分钟）

8.0 讨论：一个愿望实现后，接下来会发生什么呢？[公开讨论]（10分钟）

9.0 我们要如何提升快乐/幸福的极限？[公开讨论]（10分钟）

10.0 研讨文章（这个故事摘自古代吠檀多经典）

“有一位大师拥有九个弟子，加上他一共有十个人。有一次，当他们从一个地方转移到另一个地方时，他们必须渡过一条水流湍急的河。因此，他们决定互相握住对方的手，以确保不会被流水冲走。他们进入河里，互相呼唤以确保所有的人都安全渡过这条河到达对岸。

来到对岸，他们决定计算人数来证明所有人都平安。所以，大家排队，其中一个人开始数。他数到九，就没有其他人了。他们得到的结论是，其中一个人已经淹死。大家开始哭泣。他们每个人都重复计算，每一次都得出同样的结论，因为他们没有把计数的人包括在内。老师也无法识别这件愚蠢的事。看见他们都在哭，一个过路人询问他们哭的原因。他们向他叙述这件事情并寻求他的帮助寻找淹死在河里的失踪者。路人意识到他们的愚蠢，要他们站成一排，然后计数，向他们证明全部是十个人，没有人被淹死并向他们解释他们的错误。”

“There was a guru who had nine disciples, with ten persons in all. Once, when they were moving from one place to another, they had to cross a river which was flowing with a strong current. Hence the group decided that they will hold each other’s hands to ensure that they are not carried away by the water current. They entered the river and were calling each other to verify that all were safe and finished the crossing and got to the opposite bank.

While they got to the other bank, they decided to count and verify that all were safe. Hence all of them lined up and one of them started to count. He reached a count of nine and there was no other person remaining. They concluded from this that one person has drowned and started crying. Each of them repeated the counting process and reached the same conclusion each time, as they did not include the person who does the counting in the total count. The guru also was unable to recognise the folly. As

they were crying, a passer-by queried them why they were crying. The group narrated the incident and sought his help to find the missing person, who they think drowned in the river. The passer by realised their foolishness and got them to stand in a line and counted and proved to them they were ten persons in the group and no one drowned. He also explained to them their error.”

10.1 在“寻找我们的快乐/幸福”的故事中，我们学到什么？

斯瓦米的语录：

“古谚语说：‘na sukhaat labhate sukham’。持久的幸福，这种幸福是不会动摇或削弱或被好或坏运气改变的，它只能通过心灵的修习和对更高力量的信仰来引导人所有的行动、言语和思想而达致。的精神意识的灯必须被点亮和增长，以让人类可以在这条道路上留下足迹并安然无恙的前进。”

Swami's quote:

“Ancient adage says, ‘na sukhaat labhate sukham’. Lasting happiness, happiness that will not be shaken or diminished or modified by good fortune or bad can come only by the discipline of mind and faith in Higher Power that guides all the deeds and words and thoughts of man. The lamp of spiritual awareness has to be lit and fed, so that the footsteps of man can take that path and proceed unharmed.”

11.0 你对本课程有什么见解？ [顺序回答]（10 分钟）

12.0 请与大家分享你的‘限制欲望’的行动计划

个人行动计划	
小组行动计划	确认你想实现的一个欲望，观察它的整个过程，并与今天的讨论作比较。与大家分享你的总结，不论它是相同或有差异。 尝试在第一时间阻止这个欲望的进展，只觉察这个心念的存在而不它作出任何反应。记录越多这种欲望越好。然后与大家分享你‘做到了’的心得。

念诵3次 OM来结束今天的课程。

讨论并确定下次集会的

日期：

时间：