

2016年2月：中文组学习圈

行为准则（2）：每周一次与家人一起唱峇赞和祈祷

有一个古老的格言：“一起祷告的家庭永远在一起。”博伽梵只不过在提醒我们这个被遗忘的道理。从前，家庭的成员一起用餐，一起祷告。在今天的摩登时代，各自为政的观念似乎已经悄悄地进入了家庭。

一些赛信徒都这么表示：“在家里我是唯一的峇赞信徒，其他成员拒绝接受祂，我怎么能遵守这条准则呢？”博伽梵并没说向祂膜拜！无论是印度教、基督教或其他宗教，你与家人要以传统方式一起祈祷。你甚至不需要有峇赞的照片，假如这有助于实现每周一次的家庭祈祷的目标。

如果所有家人都拒绝加入家庭祈祷。你就与愿意的参与者开始祷告。保持一个固定的日期和时间，怀着信念坚持下去，其他的让峇赞去操心吧！许多这样的家庭祈祷，开始时是一个或两个人，现在参与者已经包括整个家庭。如果需要单独行动，打开‘门’让别人听到并加入你的祈祷阵容。

要记住，最重要的是不要因为他人的态度而心灰意冷。给他们时间吧！阳光普照时并非所有的花蕾同时绽放。但是太阳并没有放弃，它还是每天默默地照耀着，随着时间的推移所有花蕾都将绽放！借着你的祷告和其它修行来表明，你已经开花了，是非常重要的。你的家人得看到你明显的、积极的改变。你的修行使你变得更有爱心、亲切、温柔和明理。这比你每天早晨和傍晚的“祈祷”，对不参与的家庭成员会产生更大的影响，并敦促他们加入你的阵容。慢慢地，他们会被已经改变你的力量吸引，并参与你。

此外，如果一个妻子、丈夫、儿子、女儿或父亲开始祈祷，在获得“重生”后，却变得心胸狭窄，要求高，不理睬他人的需求，并怀持自己“比你更圣洁”的态度，那么你会驱使家人远离你的祈祷，你也享受不到修行的好处。记住，中庸与爱应该是你的座右铭。

问题：

- 1) 对于遵守这条准则，你面对什么问题？【顺序讲述】
- 2) 你家人是赛信徒吗？他们是如何成为赛信徒的？【公开讨论】
- 3) 什么因素吸引你家人参与你的祈祷？【公开讨论】

February 2016: SCA Study Circle

Code of Conduct (2): Devotional Singing / Prayer with members of family once a week

There is an age old axiom, “the family that prays together stays together.” Bhagavan is merely trying to remind us of this forgotten truth. In the early days families used to eat together and pray together – today – modern times, the notion of everyman for himself seems to have crept into families too.

Some Sai devotees have expressed this problem – “I am the only Baba devotee in my house – the rest refuse to accept Him – how can I keep this code?” Bhagavan does not say pray to Him! Have your family prayers in the traditional method of worship be it Hindu, Christian or whatever. You need not even have Baba’s photo there, if this will help achieve the objective of weekly family prayer.

Also, it does not matter if all refuse to join. Start the family prayer with whoever is willing. Keeping to a fixed date and time and continue with faith – let Baba do the rest. Many such family prayers that started with one or two now include the whole family. If need be start alone and leave the “door” open for others to hear your prayer and to join.

The important thing to remember is not to be disheartened by the attitudes of others who do not join. Give them time! Not all buds bloom at the same time when the sun shines – but the sun does not give up – it shines daily and silently, and over time all will bloom!! However, it is important to show that you have bloomed – through your prayers and other spiritual practices. Your family members should see the visible, positive transformation in you – that your sadhana has made you more loving, more kind, more gentle, more understanding. This will have greater effect on non-participating family members and urge them to join you, than your actual “prayer” itself – i.e. make your whole day an extension of your morning and evening prayers. Slowly, they will be drawn to the power that has transformed you and will join you.

If on the other hand, a wife or husband or son, daughter or father after starting prayers, after becoming “born again”, becomes intolerant, demanding, insensitive to the physical or worldly and human needs of others, and takes a “holier than thou” attitude, then you will drive your family members away from your prayers and you yourself will never enjoy the benefit of your sadhana. Moderation and love should be your key guiding factors.

Question:

1. Do you face any problem keeping this code? **【Sequential narration】**
2. Are your family members Sai devotees? How did they become Sai devotees? **【Open discussion】**
3. What are the factors that draw your family members to join you in prayers? **【Open discussion】**