

2017年4月：中文组学习圈

你抱怨，你的心念的不稳定是致使你不能集中精神的原因。这是不正确的。其实，根本没有心念不定这回事，有的仅是一束束的欲望，一束束的思想而已。这像是一块由纱织成的布一样。当你把纱或线，一丝丝给分开，这块布便不存在了。同理，当欲望消失，思想退出，心念自然不存在了。这叫做 amanaska，心念遁迹，或 manolaya，心念灭绝。

你说你的心念飘忽不定。这是不对的。你看，这里有颗树，树枝和树叶在摆动。为什么？风在吹的缘故。没有风，枝叶就静止不动。所以，枝叶的摇动是因风而起的而不是枝叶的本质使然。生命是树，心念是叶，当欲望之风吹起时，心念之叶就摆动了。

你也说你不能专注于你的心念。这也不对。你怎么骑脚踏车或开汽车呢？不专注，行吗？不危险吗？不会导致意外吗？骑脚踏车和开汽车要怎么集中精神呢？当你阅读一本书，一份报告或一个草案时，你怎么能集中精神阅读呢？不集中精神，你能了解书中的意思吗？在你的专业上，你不是全神贯注地做你的工作吗？你能心不在焉吗？如果心不在焉，你能把工作做好吗？不专心把工作做好，你肯定会被解聘。你不是把心念专注于日常生活中的每一个活动吗？是的，毫无疑问，你会这么做。

然而，你的心念只对神难以专注。这不是一个大不幸吗？心念是稳定的，它的收摄是容易的也是自然的。对神的专注之所以不容易做到，是因为你对神的爱和兴趣不像你对世俗事务那么的热衷和认真。因此，能否专心全看你的兴趣程度来决定。你不能责怪心念。心念就像是一面镜子，只反映镜前的东西。所以，我常强调好的和纯净的思想。有什么样的思想就有什么样的心念。你知道一个具备 manas（心念）的人叫 manisi（人）。在你的估计中，世上最昂贵的东西是钻石。但是‘diamond’（钻石）可就是‘die-mind’（死心）啊！

问题：

1. 为什么我的心念飘忽不定呢？【公开讨论】
2. 心念的摇摆是自然的吗？你如何控制它？【顺序讲述】
3. 开汽车和读书是属于专注吗？它们有何不同？【公开讨论】
4. 我们要如何达到‘die-mind’（死心）的境界呢？【脑激荡】
5. 要怎样做来专注于神？请分享你的经验。【顺序讲述】

取自：实谛奥义书- 163 问

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You complain that your mind is unsteady and that you are not able to concentrate. This is not true. In fact, there is no mind as such. It is nothing but a bundle of desires. It is a bundle of thoughts. It is like a piece of cloth with yarn closely interwoven. When you separate the yarn or threads one after another, the cloth does not exist anymore. So also, when the desires are gone and the thoughts withdrawn, the mind does not exist anymore. This is called amanaska, withdrawal of the mind, or manolaya: annihilation of the mind.

You say that your mind wavers. This is also not quite true. You see a tree here. The leaves flutter. Why? It is the wind that makes the leaves of the tree flutter. But when there is no wind they do not move. So, the movement is due to the wind and not due to the quality of the leaves or the tree. The tree of life like leaves of the human mind flutters as the wind of desires blows.

You also say that you are not able to concentrate your mind. This is not true again. How are you riding your bicycle or driving your car without concentration? Is it not dangerous? Will it not lead to accidents? How could you concentrate in order to drive your car or ride your bicycle? As you read a book, a paper, or a draft, how are you able to concentrate? Without concentration, how could you grasp all that is mentioned in a book? In your profession are you not doing your job with full attention and concentration? Are you doing this with your mind engaged elsewhere or absent-minded? If you do so, don't you spoil the work assigned to you? You would have been summarily dismissed from your service had you been doing your job without concentration. Are you not concentrating your mind on every activity of your daily life? Yes, you do it beyond doubt.

But, concentration of mind becomes a very difficult task only in respect of God. Is it not a misfortune? The mind is stable and it concentrates easily and naturally. The loss of concentration with respect to God implies that you do not have as much love for and interest in Him as you have in worldly matters. Concentration, hence, depends on the degree of your interest. You can't blame the mind. It is like a mirror. It only reflects what is kept in front of it. So I often lay stress on good and pure thoughts. As is the thought so is the mind. You know one who has manas (mind) is manasi, a human being. The most valuable thing in this world in your estimate is a diamond. But 'diamond' means 'died-mind' or withdrawal of mind.

Questions:

1. Why is my mind not steady? 【Open discussion】
2. Is it the nature of the mind to waver? How do you control it? 【Sequential narration】
3. Do driving and reading require concentration? What are their differences? 【Open discussion】
4. How do we attain the state of 'die-mind' ? 【Brainstorm】
5. How do you concentrate on God? Please share your experience. 【Sequential narration】

Source: Satyopanisad Q163