

## 2017年8月：中文组学习圈

没有苦难，何来快乐。‘Na sukhat labhyate sukham’。你不从快乐中得到快乐。因苦不会在困苦中结束。没有苦难，决不会知道快乐的价值。

例如，你在这有空调的房间内消磨时间。如果你想知道空调的价值，你应该做的就是到艳阳照耀下的空旷之地走一圈，如果家人都不会死，就连母亲也不能爱她的孩子了。这是粒橘子，外面有苦的果皮，但里面则有甜蜜的果汁。所以，好的和坏的同时存在。外面苦涩的果皮保护里面甜美的果汁，不是吗？另外一点你注意到的是，某种事物现在带给你愉悦，可能不久就会令你感到不快乐也说不定。同样，不快乐的事物以后可能会令你快乐。

所以，没有什么事物会带给你绝对的快乐或绝对的不快乐。看吧！一件毛外套在冬天令你快乐，但在夏天穿着它就不会快乐了。不是吗？同样，暖气机在冬天令你感到温暖和舒服，但同样的暖气机在夏天就令你感到不舒服和不快乐了。懂吗？因此，快乐和不快乐就看时间、环境和地点来决定。快乐介于两个痛苦之间，痛苦也是介于两个快乐之间。在伤心时，如果你想着困难，你的伤痛就会加倍。处在逆境时，你应该想想那快乐的日子，那么，痛苦的程度就会大大地减轻。

你应该把任何痛苦看作是神给你的试练。一个信徒应该把苦难当作对他的虔诚和信心的考验。不经考试，学生怎么可能期望升级？考不及格的学生只好留级。一个医生能不检查病人的病情而开出药方来治疗他吗？不经加热、锤打和磨光，你怎把未加工的金做成金光闪闪的首饰呢？如果你定下条件，不准金匠把金加热和锤打而你又要一件金光闪闪、美丽夺目的金首饰，请问金匠办得到吗？

你也知道糖是怎么来的。你榨取甘蔗的汁，然后加热，经过处理而做成糖。不经过这种处理，糖是不可能被提炼出来的。你知道一个壶和一片瓦是如何制造的。泥土必须经过重复的烧烤才能制成你顶在头上的水壶。在泥土尚未被制成水壶之前，它被人人践踏。由于泥土允许自己被烧烤和处理，所以它才有资格被人顶在头上。所以，你不应该害怕生活中的苦难。

在史诗《摩河婆罗多》(Mahabharata)中，贡蒂(Kunti)向基士拿祈祷，给予她和她的孩子们更多的苦难，以便他们更加不停地、热切地思念基士拿。所以，好的和坏的两都是神为了你的救赎和解脱而创造的。

### 问题：

1. 为什么神要创造快乐、痛苦和烦恼呢？【公开讨论】
2. 我们应该以什么样的态度来面对快乐和痛苦？【公开讨论】
3. 家里连连发生不幸的事，你感到非常痛苦，该怎么办？【顺序讲述】
4. 请与大家分享一件你很开心的事情。【顺序讲述】

取自：实谛奥义书- 222 问

## August 2017: SCA Study Circle

Without difficulties you can never get happiness. 'Na sukhat labhyate sukham'. You do not get happiness out of happiness. No hardships end up in hardship. Without difficulties, you will never know the value of pleasure.

For instance, you are spending your time in this air-conditioned room. If the value of air-conditioning is to be known, what you should do is to come out and go round in the open space in bright daylight. Even a mother would not be able to love her child, if there is no death in her family. Here is an orange fruit. This has an outer bitter skin. But within it you find sweet juice. So, both good and bad co-exist. The bitter skin protects the inner sweet juice. Does it not? Another thing you notice is, a thing that gives you happiness now may make you unhappy later. Similarly, an unhappy thing now may make you happy later.

So, nothing gives you absolute happiness or unhappiness. See, a woollen coat in winter makes you happy, but in severe summer it makes you unhappy. Does it not? So also a heater in winter makes you warm and happy. But, in summer the same heater makes you very uncomfortable and unhappy. Does it not? Therefore, happiness and unhappiness depend on the time, circumstances and position. Pleasure is an interval between two pains. Pain is an interval between two pleasures. If you think of the difficulties in times of sadness the intensity of suffering and the pain doubles. In bad times, you should think of those days and moments when you were happy. Then, the intensity of suffering decreases.

You should face all the difficulties as tests of God. A devotee should welcome troubles which are the tests of his devotion and faith. How do you expect a student to be promoted to the next higher class without facing a test? Otherwise, he has to remain in the same class. Can a doctor diagnose his patient's disease, prescribe medicine and treat him without testing? How do you expect crude gold to shine unless it is burnt, hammered and polished so as to be shaped into an ornament? But, if you set some pre-condition that the gold should not be hammered or burnt and yet you want a shining jewel, will the goldsmith ever be able to make it?

You also know how you get sugar. The sugar-cane must be crushed and the juice must be heated and processed so as to make sugar. Otherwise, it is impossible to extract sugar. You know how an earthen pot and a slate are made. The clay must be burnt repeatedly in order to transform it into a pot which you lift and carry on your head. Before the clay is made into a pot, it is trodden and trampled by anybody and everybody. The pot does deserve a place over our head because the clay has allowed itself to be burnt and processed. So, you should not be afraid of difficulties in life.

In the epic Mahabharata, Kunti prayed to Krishna to give her sons and herself more and more difficulties so that they can think of Him unceasingly and fervently. Hence, both good and bad are created by God for your redemption and liberation.

### **Questions:**

1. Why do God create happiness, pain and trouble? **【Open discussion】**
2. What are the right attitudes towards happiness and pain? **【Open discussion】**
3. A lot of bad things keep happening to the family, you feel distressed. What can you do?  
**【Sequential narration】**

4. Please share an incident that makes you feel happy? 【Sequential narration】

Source: Satyopanisad Q222