

主持者指南 Facilitators Notes:

播放峇峇的讲道视频（1 分钟，英文字幕）。分发及一起念诵以下的中英文字幕，并再次播放视频，以进一步了解峇峇的讲道。

Play the Baba Divine Discourse video (1 min, English subtitles). Distribute and read the following subtitles in both English & Chinese, and you may play the video again for further understanding.

Subtitle	字幕
<p><u>Our Ugadi Mission</u></p> <p>Develop love. Love everyone. There are poor people We should help them To the extent possible. Help ever hurt never. That's what is said by Vyasa himself. Help ever hurt never.</p> <p>What is this? That's the main principle according to Bharatiya culture. It's a merit if you help others. It's a sin if you harm others. If you harm others you are harming yourself. The more you help you will receive help tenfold. If you harm others you will be put to harm 10 times more. This we should always hold on.</p> <p>From this day onwards become ones with loving hearts. With this love let us undertake all sacred activities.</p>	<p><u>我们的泰卢固新年使命</u></p> <p>培育爱。 爱每一个人。 有穷苦人 我们应该帮助他们 尽力而为。 时时协助, 永不伤害。 这是毗耶娑（著名的仙人）本人所说的。 时时协助, 永不伤害。</p> <p>这是什么？ 这是根据印度文化的主要原则。 帮助别人积功德。 伤害别人造恶业。 伤害别人会伤害自己。 你的付出会换来十倍的回赠。 你的伤害会换来十倍的代价。 我们要一直抱住这个原则。</p> <p>从今天起，成为一个充满爱心的人。 让我们以这份爱去承担一切神圣的活动。</p>

问题:

1. 峇峇要我们布施给需要帮助的人，而布施分为三种：财施、法施和无畏施。请说明。【公开讨论】
2. 要用什么心去布施？【顺序讲述】
3. 峇峇劝告我们要‘时时协助, 永不伤害’他人；可是有人说‘为他人做好事比不去伤害他人困难得多’，尤其是对我们的敌人而言。你认为对吗？为什么？【公开讨论】
4. 为什么说‘伤害别人会伤害自己’？【公开讨论】

Questions:

1. Baba exhorts us to give to those in needs. There are 3 kinds of Dana (giving, generosity): material things, wisdom, and attention/respect. Please elaborate. 【Open discussion】

2. How do you go about helping people? **【Sequential narration】**
3. Baba advises us to 'Help ever hurt never'; However, some say that 'It is much more difficult to do good things for others than not to hurt others', especially to our enemies. Do you agree? Why?
【Open discussion】
4. 'If you harm others you are harming yourself.', why? **【Open discussion】**