

觉知（意识）

在日常生活中，我们需要对生活的各个层面有所觉知，以便在人生过程中不致于留下空白。作为老师，他必须觉知他所教授的科目的最近发展而后提升自己并补充新资料之后再教导学生。一个医生应该知道最新的药物，它们的生化情况，服食之量，副作用及治病的现代技术等等，这样，他才能成为一个有效率的医生。每一个人都必须认识他所被委托的工作。此乃专业的觉知。

一家之主应该明白他对家庭的义务，承诺和责任。此乃社会的觉知。身为公民，我们应该认识我们的义务，权利和责任，管理上的角色以及对社会的回馈等。此乃政治的觉知。就是如此，觉知是极其必需的，致使我们的尝试，工作，技术，能力和才智得以有成效地和有意义地展现。此乃一般的觉知。

我们需要培育和发展的灵性的觉知。每一个求道者，灵修者，信徒，或一神论者都应该持有完整的，严明的和正确的灵性觉知，否则，人生势必处处暗藏失败的危机。

觉知是神性的体现，无处及无时不加以体现。我们应该知道整个宇宙是神圣的。我们决不应该局限神于一个寺庙，于一个单一的名和相的框框之内，以及，于一段特殊的期间。神是超越时间和空间的。一切相属于祂而一切名也属于祂。这便是灵性的觉知。神存在于一切众生之内。它要求的是敬重。它期望的是谦卑与虔诚。

五大元素被尊为神圣的形相。有特别的礼仪取悦他们，并获得他们的赐福。你可以随时在印度每一家门前找到杜尔西植物。柳树是有名的圣诞树。银杏或白果则与中华礼仪相关。主佛陀经历了一段长时期的坐在菩提树下苦修并于一个月圆之日获得正果。所以植物和树木都被膜拜。

公牛是主湿婆的战车。哈努曼（猴）是罗摩的仆人。主基士拿饲养牛只，古人称祂为哥巴拉（Gopala，护牛者）。主象头神以鼠作为其交通工具；主苏伯拉曼尼亚（Subrahmanya，战神）拥有一只孔雀；杜尔伽女神（Durga，湿婆配偶）骑着一只狮子；主毗湿奴躺在一只蛇上；湿婆身穿鹿皮；主毗湿奴骑着大鹏（Garuda）。因此，动物，鸟兽都在膜拜之列。

印度教的神像，佛教的雕像，伊斯兰教的卡巴（Kaba，天房，石殿建筑），基督教的玛丽亚与婴儿耶稣的雕像都是石雕的。然而，在它们被安装前，有一个吠陀仪式要执行 -- Prana prathishta --（译注：召唤神像之生命气息的祭礼，与开光类似）祈求神祇的赐福及珍藏其神性于雕像之中，以便之后每日膜拜。然而，在物质上，它毕竟是一块石头。难道它不是展示，一个没有活力的矿物，一个花岗石，在这圣土上也是为人所膜拜的物体吗？

在讲道中，世尊说，“若有人问你‘你是谁？’，你怎么回答？”若你回答你是印度人，美国人，俄国人等等，这是错误的答案。为什么？它是你隶属的国家，你的诞生国，你的国籍。但你不是国家，你或许会移居他国，所以这答案不具意义。

有人或会回答‘我是一个工程师，我是一名医生，我是一位教师等等’，这不是正确的答案。为什么？它们是你的专业或职业或你所做的工作。但你不是你的职业。

有人或回应说，‘我是一个男孩，我是一个男人，我是一个祖父。’这答案也是错的。为什么？这些无非人生的各个阶段。一个小孩变成一个大人，婚后，他变成一个父亲而在七十岁时，他成为一个祖父。但在这段时期里，你还是同样的一个人。

有人或说，‘我是个单身汉，我是一家之主，我是个出家者，我是个舍离者等等’。这也不对。为什么？你经过这些人生阶段，但你还是同样的一个人。

那么，你到底是谁？你是这身体吗？不。身体，心念和智能仅是仆人，而你是主子。那你又是谁？最终你会知道，你是神的一点火光。你是神圣的。此乃灵性觉知。这或可被说是圆常大觉（Constant Integrated Awareness）。有了这种灵性觉知，你会获得超越二元性的永恒至福。

取自《薄伽梵斯里沙迪亚赛峇峇普及和实用的教导》第2章

问题：

1. 一个人的觉知是他对特定情况或发展的关注和兴趣。觉知为什么如此重要？
【顺序讲述】
2. 何谓灵性觉知？如何培育？【公开讨论】
3. 为什么人们膜拜植物、动物、石像等等物体？【公开讨论】
4. 若有人问你‘你是谁？’，你怎么回答？【顺序讲述】

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Awareness

In our daily life we need to be aware of all aspects of life in order to be successful in our earthly sojourn. As a teacher one has to be aware of the recent developments in one's subject and be updated in order to teach in a classroom. A doctor should be aware of all the latest medicines, their biochemical aspects, dosages, side effects, if any, modern techniques of treating a disease to be an efficient practitioner. Everyone must be aware of the work entrusted to him. This is professional awareness.

A householder should be aware of his obligations, commitments and responsibilities towards the family. This is social awareness. As citizens we should be aware of our duties, rights and responsibilities, our role in the administration and our contribution to the society and so on. This is political awareness. Like this, awareness is most essential so that our attempts, trials, work, skills, capacities, and talents can be made fruitful and purposeful. This is general awareness.

What we need to cultivate and develop is the spiritual awareness. Every seeker, aspirant, devotee, or a theist should have complete, exact and correct spiritual awareness, failing which there is every danger of a total failure in life.

Awareness is the realization of the divinity everywhere and always. We should know that the whole universe is divine. We should never limit or restrict or confine God to a temple; to a single frame of a specific name and form, and to a particular period of time. God is beyond time and space. All forms are His, and all names are His. This is spiritual awareness. God is present in all beings. It calls for reverence and respect. It expects humility and prayerfulness.

Five elements are worshipped as divine forms. Special rituals are performed to please them and receive their blessings. You can find a Tulsi plant in front of every house in India. Willow is the

famous Christmas tree. Maiden hair tree or Ginkgo biloba is associated with Chinese rituals. Lord Buddha attained nirvana or liberation after a long period of penance sitting under bodhivriksha on a full moon day. So, plants and trees are worshipped.

Bull is the chariot of Lord Siva (Nandi). Hanuman (monkey) is the servant of Lord Rama. Lord Krishna reared cows and so He is called Gopala. Lord Ganesha has Mooshika (rat) as his vehicle; Lord Subrahmanya has a peacock; Goddess Durga rides on a lion; Lord Vishnu reclines on a serpent; Siva wears a deer's skin; Lord Vishnu rides on a Garuda (Bird). Therefore, animals, birds and beasts are worshipped.

All idols of Hindu Gods, Buddha statues, and Kaba of Islamic faith, statues of Mary and Infant Jesus of Christianity are made of stone. However, before they are installed there is a Vedic ritual – Prana prathishta – invoking the blessings of the deities and to enshrine their divinity after which daily worship is done. Yet, physically it is a stone. Does it not show that the inanimate mineral matter, a granite stone also is an object of worship in this holy land?

In a discourse Bhagavan said, “If anyone asks you ‘Who are you?’, what do you say?” If you reply that you are an Indian, American, Russian and so on, it is a wrong answer. Why? It is the country to which you belong, your nativity, your nationality. But you are not the country, because you may shift, and as such this reply is meaningless.

Some may answer ‘I am an engineer, I am a doctor, I am a teacher and so on’, this is not the correct answer. Why? They are your professions or vocations or jobs you do. But you are not your profession.

Some may respond by saying, ‘I am a boy, I am a man, I am a grandfather.’ This answer is also wrong. Why? These are the various stages in one's life. A boy becomes a man, after marriage he becomes a father, and at the age of seventy, he becomes a grandfather. But you are the same person during all this period.

Some may say, I am a bachelor, I am a householder, I am a recluse, I am a renunciant, and so on. This is also incorrect. Why? You pass through these Ashramas, while you remain the same.

Then who are you? Are you the body? No. Body, mind and intellect are the servants. You are the master. Who are you then? Finally you will know that you are the spark of the divine. You are divine. This is spiritual awareness. This may also be described as ‘the Constant Integrated Awareness.’ With this sort of spiritual awareness you will be eternally blissful beyond duality.

Universal & Practical Teachings of Bhagavan Sri Sathya Sai Baba, Chapter 2

Questions:

1. One's awareness is his concern and interest about a particular situation or development. Why is awareness important? **【Sequential narration】**
2. What is spiritual awareness? How to develop it? **【Open discussion】**
3. Why do people worship plants, animals, stone idols etc? **【Open discussion】**
4. If someone asks you ‘Who are you?’, what do you say? **【Sequential narration】**