

面对恶魔

第二个‘F’是‘Face the Devil’（面对恶魔）。我们如何面对恶魔？它在哪儿？它是什么？

人无处无时不在寻求快乐。人总是渴望快乐，即便生病亦不忘怀。他甚至期盼药物也是甜的。他要打针也像一朵玫瑰花一样的柔软。悲剧是我们都不快乐。从生到死，快乐与不快乐总是互相竞争的。在这电子时代，纵使人拥有一切，他还是没能获得快乐。

远比人聪明的神洞悉人有能力寻求快乐于每一处。神最后断定，最佳储存‘快乐’之处就是‘内在’。人有能力向四周探视但不是内在。所以，跟快乐在我们之内一样，恶魔也在我们之内。恶魔与快乐是一个铜板的正反两面。若恶魔在我们之外，我们就能把它杀死；然而，由于它在我们之内，我们无能为力。

在我之内的那个恶魔是什么？它是怀疑一切的心念。那反叛的，质问的，怀疑的心念使我们不遵循薄伽梵的指示前进，而它不是别的仅是恶魔而已。在灵性上我们不应该有一个喜欢质问的心念。就物质和能量的查究而言，在世俗领域，在科技上，一个喜爱质问的心念是必需的。对神及祂所建议的方式来说，是没有什么可以质问的。如果心念质问神，那心念可就是一个恶魔了。

培育起这样的一个窍门的心念是不会有正面的效果的。这样的一个心念简直是一个恶魔。我们必须培育心念使之步上正途。面对恶魔是我们一生每一天的挑战。这恶魔什么时候吞噬我们，我们不得而知。劝告人家，‘别担心，这等事薄伽梵会照顾’是容易的，然而要实行之或充满信心可就不容易了。这就是为什么薄伽梵说，“一汤匙的牛奶远胜于一桶的驴奶。”的原因了。所以，我们应该具备随时准备接受的那种心念。

要面对欲念、愤怒、渴望、憎恨、嫉妒、贪婪和执着的恶魔。每一种都有着明确的和潜在的危险。祈求主赐予勇气和深沉的信念去面对恶魔。你不能用炸弹或向警察投诉来对付这恶魔。你只可以借神的恩典来面对恶魔。就让我们向祂祈祷，在我们一生中的每一刻都非常警觉地面对和克服恶魔。

取自《薄伽梵斯里沙迪亚赛峇峇普及和实用的教导》第5章

问题：

1. 为什么人总是追求快乐？为什么很难找到快乐？【顺序讲述】
2. 为什么‘怀疑的心念’是一个恶魔？【顺序讲述】
3. 你如何每天去面对欲念、愤怒、渴望、憎恨、嫉妒、贪婪和执着的‘恶魔’？请分享你的经验。【公开讨论】

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Face the Devil

The second 'F' is Face the Devil. How do we face the devil? Where is it, what is it?

Man is in search of happiness, everywhere, all the time. Man's desire is always for happiness even when he is ill. He expects even medicines to taste sweet. He wants the injections to be as soft as a rose flower. The tragedy is that we are not happy. The happiness and unhappiness are always competing with each other from the womb to the tomb. Man is not able to gain happiness even though he has everything in the modern electronic age.

God, who is more intelligent than man, knows pretty well that man would be capable of searching everywhere for happiness. God finally concluded that the best place to keep 'happiness' would be 'within'. Man is only capable of looking around, but not within. So, just as happiness is within us, so too the devil is within us. Devil and happiness are the obverse and reverse of the same coin. If the devil was outside us, we would kill it; but since it is within, we cannot.

What is that devil within me? It is the doubting mind. The rebellious, questioning, doubting mind, which does not permit us to proceed along the path of Bhagavan's direction, is nothing but the devil. We should not have a questioning mind in spirituality. A questioning mind is needed in the worldly sphere, in science and technology, so far as investigation in matter and energy is concerned. There is nothing to question God and His ways. If the mind questions God, then it is a devil.

A mind which develops such a knack will have no positive results. Such a mind is a devil. It should be trained to go on the right path. To face the devil is a daily challenge throughout our lives. When this devil will swallow us, is uncertain. It is easy to advise others, 'Do not worry, Bhagavan will take care of the matter', but to practice it or to have full faith is difficult. This is the reason why Bhagavan says, "A spoonful of cow's milk is better than barrels of donkey's milk." So, we should have that kind of mind which is ready to accept.

Face the devil of lust, anger, desire, hatred, jealousy, greed and attachment. Each one of these is positively and potentially dangerous. Pray to be courageous and be filled with deep conviction to face the devil. You cannot attack this devil with bombs or complain to the Police. You can face this devil only with God's grace. Let us pray to Him, that every moment of our life we may be ever vigilant to face and overcome the devil.

Universal & Practical Teachings of Bhagavan Sri Sathya Sai Baba, Chapter 5

Questions:

1. Why is man always searching for happiness? Why is finding happiness so hard? **【Sequential narration】**
2. Why is a 'doubting mind' a devil? **【Sequential narration】**
3. How do you face the devil of lust, anger, desire, hatred, jealousy, greed and attachment every day? Narrate your experience. **【Open discussion】**

