

## 献身

薄伽梵置‘献身’（dedication）于五个‘D’中的第一个‘D’。把‘献身’优先置于首位是有其道理的，即，当第一个‘D’完成后，其余四个‘D’便自动地跟着上来。其余四个‘D’是 Discipline（纪律），Devotion（虔诚），Discrimination（明辨）和 Determination（决心）。其实，献身是任何灵道的先决条件。

有人或许会说，“我奉献我的生命给薄伽梵。”对此种宣言，薄伽梵有什么话说？薄伽梵说，“你有什么权力去奉献？你又有什么权利去奉献？在奉献之前，你首先是否已经宣示你的主权？当你的感官不在你控制之下时，你就奉献这样的身体是正确的吗？”是故，我们应该做好准备使身体具备足够的条件去奉献神。

薄伽梵说，必须奉献的是自我。必须放弃的是自我。在没有放弃自我意识之下，世俗的拥有物是不能拿来奉献的。如果你奉献你的自我，在灵道上，这算是最高的成就了。无我是谦卑。一个无我的人从来就是谦卑的，和乐的。我们必须奉献出憎恨，嫉妒，傲慢，自私等诸如此类的缺点。奉献仅是无私而已。

当你奉献出你自己而不给自己保有任何东西时，你就变得绝对的无私了。至福是你的报酬而平和是你的成果。绝对的爱神是使你献身的主因。因此献身是膜拜，献身是无条件的。若有任何保留那就不是献身。献身是完整的，决不是片断的或部分的。献身不是季节性的。献身不是一个部分时间的进行。它是一个全日的承担。献身不是方便之事的一种。它产生自坚定的信仰。献身是服务，结合了牺牲的精神。它等同于至高无上的牺牲。献身是灵性的。在一个献身者身上，你找不到一丝浮华，炫耀，宣传，自我表现狂等等。他默默进行他的活动，不受到周遭事物的影响而起波动。献身不是为了得到表彰和名声。它不寻求任何赞美或优先待遇。

一个所谓的献身者可能转向自私自利，目空一切和孤芳自赏。他渴望名闻遐迩并强加自己所没有的优良品质于自己身上。在某种意识上，他变得比凡夫俗子更糟糕。他培育起了一种精神支配，一种优越感和妄自尊大的态势，以及一种对权力的热衷和诸如此类的心理失衡。因此，如果‘献身’被误解和误用于错误的方向，那就造成一个更大的危机和一个更高的冒险了。

众所周知，心念是一束束的欲望。身体不断从事提供心念的需要和要求的工作，所以它是世俗的。但一个奉献于神的心念则不然。世上任何事物或任何感官享乐，或短暂的权力和地位都打动和满足不了奉献的心念。就这一点而言，一个人应该检讨他自己的自性以确定心念是否真的做出奉献。显而易见地，在大部分的情况里，心念并没有完全奉献出来。它感到满意于表面上的奉献。

怎么样去做出奉献？透过服务自我完全消失。除非一个人是无我的，无私的，否则他就不能从事服务工作。其实，服务的目的在于驱除自我的感觉。这导致心念的纯净。献身于神使到求道者谦虚，服从，有美德，仁慈，高尚并促使他很容易的作出奉献。服务过程的第一个步骤是二元性的，由于有服务者和服务对象。这之后带来第二个步骤的献身，代表准不二论。在此求道者获得接近神的资格，并使他作好准备去奉献那个把他跟神隔离的‘自我’，如果还有任何存留的话。只有在那时，求道者才体验到非二元境界或与神融为一体的境界。那就是这献身的圣洁行动的目的和目标。

**问题：**

1. 我们应该怎么做好准备去奉献神？【顺序讲述】
2. “一个所谓的献身者可能变得比凡夫俗子更糟糕。”你同意这个说法吗？为什么？【顺序讲述】
3. 一个完全奉献的心念有什么特点？【公开讨论】
4. 服务如何帮助一个人做出奉献？请分享你的经验。【公开讨论】

## January 2019: SCA Study Circle

### Dedication

Bhagavan places dedication as the first 'D' among the five 'Ds'. It is given the first place in the order of priority by completing the first 'D' Dedication, the other four Ds automatically follow. They are Discipline, Devotion, Discrimination and Determination. In fact, dedication is a prerequisite for any spiritual path.

Someone may say, "I dedicate my life to Bhagavan." What did Bhagavan say on such a statement? Bhagavan says, "What authority you have to dedicate? What right you have to dedicate? Have you first of all asserted ownership before you dedicate? When your senses are not under your control is it right for you to dedicate such a body? " Therefore, we should prepare ourselves and make the body fit enough to be dedicated to God.

Bhagavan says that it is the ego that has to be dedicated. Ego has to be given up. Worldly possessions cannot be dedicated, without first giving up the sense of ego. When you dedicate your ego it is the highest achievement in the spiritual path. Egolessness is humility. An ego-free person is ever humble and pleasing. We have to dedicate hatred, jealousy, pride, selfishness and all other such weaknesses. Dedication is but selflessness.

When you have dedicated yourself not keeping anything for yourself, you have become absolutely selfless. Bliss is your reward and peace is the result. Absolute love for God is the cause which made you dedicate. Therefore dedication is worship, dedication is unconditional. If there are any reservations it cannot be dedication. Dedication is total and is never fragmental or segmentary. Dedication is not seasonal. Dedication is not a part-time process, it is a full time commitment. Dedication is not one of convenience. It is born out of conviction. Dedication is service, combined with the spirit of sacrifice. It is in no way less than supreme sacrifice. Dedication is spiritual. Not even a trace of pomp, show, publicity, exhibitionism etc., is ever found in a dedicated person. He goes on with his activity silently, unruffled by the surroundings. Dedication is not for recognition, name and fame. It does seek any praise or preferential treatment.

A so-called dedicated person turns egoistic, proud and delights in self praise. He craves for popularity and attributes to himself all the good qualities that are not in him. In one sense he becomes much worse than a worldly person. He develops a spirit of domination, an air of supremacy and high-handedness, and a foolish craze for power and such other psychological aberrations. Therefore, there is a greater danger, and a higher risk if 'Dedication' is viewed and practiced in the wrong direction.

The mind as is very well known, is a bundle of desires. The body is constantly engaged in catering to the needs and demands of the mind, so it is worldly. But a mind dedicated to God is different. Nothing in the world or any sensual pleasures or fleeting power and positions would be appealing and satisfying to a dedicated mind. In this way each one should examine one's own self to find out if the mind is really dedicated or not. Evidently, in most cases the mind is not fully dedicated. It feels happy only with the idea of being dedicated by mere expressions.

How to dedicate? Through service ego totally vanishes. Unless one is egoless one cannot render service. In fact the purpose of service is to drive out the ego sense. This leads to the purity of mind.

Devotion to God makes the seeker humble, obedient, virtuous, compassionate, noble and enables him to dedicate effortlessly. The first step of service in the process is dualistic as there is the person that serves and the other who is served. This leads to the second step of devotion, which represents qualified non-dualism. Here the seeker acquires the qualification to be near God and makes himself ready to dedicate 'ego', if any left that separates him from God. It is only then, the seeker experiences non-dualistic state or oneness with the Divine. That is the purpose and the goal for this sacred act of dedication.

*Universal & Practical Teachings of Bhagavan Sri Sathya Sai Baba, Chapter 8*

**Questions:**

1. How should we prepare ourselves for dedication to God? 【Sequential narration】
2. "A so-called dedicated person could become much worse than a worldly person." Do you agree with the statement? Why? 【Sequential narration】
3. What are the characteristics of a mind that is fully dedicated? 【Open discussion】
4. How does service help a person to dedicate? Share your experience. 【Open discussion】