

纪律

今天，让我们尝试去探讨第二个‘D’——Discipline（纪律，规律）。薄伽梵非常强调‘纪律’。薄伽梵说，“自然是最好的老师而生活是最佳的传道者。”自然如何教导？生活如何传道？自然有着一种绝对的秩序。日出日落，四季轮替，花开季节，雨水季节等等都说明了自然的规律。这就是自然给我们的‘纪律’训示。

薄伽梵说，“动物之于爱有着一个理由和季节，而人则没有。”从最基点的一个原子层次直至整个大自然所作的严密观察，我们不难发现严格的规律。这可分为几个阶段——矿物，植物，动物，人类等等。在灵性领域，规律亦在所必需。因此薄伽梵说，“有纪律者才是一个信徒。”有规律始有虔诚。换句话说，虔诚的成果不能在缺乏规律下实现。

薄伽梵的每一个行动，手势和说话都具有特殊的性质而有一个信息要传达。薄伽梵叫一组人进入会谈室。大家都围上围巾以显示他们的身份，有一人没有戴上围巾而被叫回去。这就是祂如何使人人遵守纪律的典范。当薄伽梵经过信徒行列时，祂突然停下脚步，看着其中一人并说，“你为什么把围巾放在口袋里？你必须围上它。你必须遵守纪律。守纪律是重要的。”

薄伽梵说，“瞧！正常的体温是多少？98.4 华氏度是正常和完美的。若高于此则有感冒的倾向。一般的血压是多少？它是 120/80。或多或少于此，都有心脏的问题。我们眼球的网膜可以观看光的强度至某个极限。太高，网膜就受到破坏。耳膜亦然，它只能听一定的声音强度。过之，耳膜可能破裂。”我们身体的各个器官就在某种极限或规律之下如此这般地操作。我们的舌头吐出苦涩之食物而只接受美味的食物。虽被尖锐的牙齿所环绕，舌头却维持完美的规律，不被牙齿所咬伤，居于口内却能独善其身。学生们应该遵守纪律以便日后过一个理想的生活。你可知道蛇瓜吧。我们绑一粒小石子于其尾端，以便它长得笔直。同理，纪律应该在孩提时就培育和加强。

“这世界是神的创造。自然界的五大元素是神圣的。滥用无异于亵渎和犯罪。你应该知道，食物是神。你不应该糟蹋食物。财富是神；浪费金钱是恶行。时间是神；不要浪费时间。浪费时间即浪费生命。仓促造成浪费；浪费带来忧虑；所以，不要仓促行事。能量是神；决不糟蹋你的精力或能量。”这就是薄伽梵对纪律的需要和纪律的意义所作的阐释。薄伽梵从不浪费时间，也不允许任何人浪费时间。当有人要休息时，薄伽梵告诉他，“换一换工作就是休息。不要光是坐着。”你一定注意到，当被叫面谈的人离开会谈室后，薄伽梵总是亲自把室内的电风扇和电灯给关掉。薄伽梵耗费巨资于福利，但决不让任何人滥用或浪费一分一毫。祂坚持简朴的生活和高尚的思想。于此，我们清楚地了解，祂所说的，“我的生活就是我的福音”这句话的意义。凡祂所为，祂要人为之；凡祂所不为，他不要人为之。

当论及人的肉身时，祂说每一个肢体或器官的操作都严格地遵守一定的规律。眼睛只能看而不能听。同样，耳朵只能听而不能看。同样的道理可以应用于我们身体的各个部份。那么怎么去遵守纪律？“非善勿视；只视善。非善勿听；只听善。非善勿行；只行善。非善勿思；只思善。”这就是纪律。这就是训练和规律我们的肉身和我们的生活方式。虔诚（Devotion）有两个侍卫——纪律（Discipline）和职责（Duty）。“虔诚”不安全也不稳定。耶稣从不屈从撒旦的伎俩，只因为祂的生活有纪律。主罗摩不出席维毗沙那（Vibhishana）的登基典礼，即使他的一切也都是罗摩所赐的。罗摩遵守纪律，在被放逐时，祂远离尘嚣。所有的神化身其实都是纪律的化身，以身作则并成为当代的一个理想典范。

问题：

1. 薄伽梵说，“有纪律者才是一个信徒。” 请分享你对于纪律的经验，并解释它如何帮助你改善你的人生？【顺序讲述】
2. 薄伽梵说，“自然是最好的老师而生活是最佳的传道者。” 自然如何教导？生活如何传道？【公开讨论】
3. 如何从小开始灌输纪律？请分享你的经验。【顺序讲述】

February 2019: SCA Study Circle

Discipline

Today let us try to understand the second 'D' – Discipline. Bhagavan lays much emphasis on 'discipline'. Bhagavan says, "Nature is the best teacher and Life is the best preacher". How does the nature teach? How does life preach? There is an absolute order in nature. The sunrise, the sunset, seasons changing in exact precision, blossoming of flowers, rains etc., speak of the discipline in nature. This is the lesson of discipline that the nature teaches all of us.

Bhagavan remarks that, "Animals have a reason and season for love, but not man." On close observation of the entire nature down to the level of an atom, we find strict discipline. This is followed in various stages – mineral matter, plant kingdom, animal kingdom, human physiology and so on. Discipline is also needed in the spiritual field. Therefore, Bhagavan says, "The one with discipline is a devotee". Where there is discipline there is devotion. In other words, fruits of devotion cannot be realized without discipline.

Every act, gesture and word of Bhagavan is specific and has a message to convey. Bhagavan called a group for an interview. All had scarves revealing their identity, excepting one who was asked to go back. This is how He makes everyone follow discipline. While Bhagavan was passing along the lines of devotees, he suddenly stopped and looked at one of them and said, "Why do you keep your scarf in your pocket? You must wear your scarf. You must follow discipline. It is very important."

Bhagavan said, "See! What is the temperature of the body? 98.4 degrees is perfectly normal temperature. Any increase in temperature amounts to fever. What is the usual blood pressure? It is 120/80. If it is more or less, it leads to heart trouble. The retina of our eyeball can watch the light intensity up to a certain extent. If it is very high the retina burns. Same with our ear drum too. It can bear sound to some limit. Beyond that the ear drum breaks." This is the way how every part of our body functions under certain limits or discipline. The tongue spits anything that is bitter and accepts only that which is palatable. Surrounded by sharp teeth all around, the tongue maintains perfect discipline without being cut by the teeth, remaining within, but withdrawn. Students should be disciplined so as to lead an ideal life later. You know the snake-gourd. We tie a small stone at the end of a snake-gourd, so that it would grow straight. Discipline should be insisted and enforced from childhood.

"This world is God's creation. The five elements of nature are Divine. Any misuse amounts to sacrilege and sin. You should know food is God. You should not waste food. Wealth is God; Waste of money is evil. Time is God; You should not waste time. Time – waste is life – waste. Haste makes waste; Waste makes worry; So, do not be in a hurry. Energy is God; Never waste your energy." This is how Bhagavan explains the need for discipline and the significance of discipline. Bhagavan never wastes time, nor allows anyone to waste time. When anyone seeks rest, Bhagavan tells him that, "Change of work is rest. Don't sit idle." You must have observed Bhagavan switching off the fan and lights of the interview room Himself after the few called for the interview leave the room. Bhagavan spends huge amounts on welfare programmes, but does not spare anyone even if small or negligible amounts are misused or wasted. He insists on simple living and high thinking. Here we understand clearly what it means when He said, "My life is my message". Whatever He does, He tells others to do, and vice versa.

While referring to the human body, He said that every limb or organ functions in strict adherence to discipline. Eye can only see and cannot hear. So also the ear can only hear; it cannot see. This applies to all the parts of our body. How to observe discipline then? “See no evil; See what is good. Hear no evil; Hear what is good. Do no evil; Do what is good. Think no evil; Think what is good”. This is discipline. This is the way to discipline our body and our way of life. Devotion has two bodyguards – Discipline and Duty. ‘Devotion’ is never safe and secure. Jesus never succumbed to the ways of Satan, only because of His disciplined life. Lord Rama did not attend the coronation ceremony of Vibhishana, who owes everything to Him. He followed discipline, keeping away from cities during the period of exile. All incarnations are the very embodiments of discipline, setting an example and ideal to the contemporary world.

Universal & Practical Teachings of Bhagavan Sri Sathya Sai Baba, Chapter 9

Questions:

1. Bhagavan says, “The one with discipline is a devotee”. Share your experience on discipline and explain how it helps to improve your life? **【Sequential narration】**
2. Bhagavan says, “Nature is the best teacher and Life is the best preacher”. How does the nature teach? How does life preach? **【Open discussion】**
3. How to inculcate discipline from childhood? Share your experience. **【Sequential narration】**