

**April 2019: SCA Study Circle**  
**2019年4月：华人组学习圈**

**Giving and Forgiving 施予和宽恕**

Dear Brothers and Sisters  
亲爱的兄弟姐妹们

Sai Ram.

The time of the year has come when all who express devotion to Bhagawan have to intensify their personal Sadhana. It is the month before the onset of the Aradhana Mahotsavam when we all pledge to intensify our spiritual practice of Giving and Forgiving all on the basis that we will be blessed by His Divine Darshan not only in ourselves but in all human beings.

转眼又到了一年的这个时候，所有虔诚于世尊的人都必须加强自己的修行。在‘膜拜沙迪亚赛为爱之神’（Sri Sathya Sai Aradhana Mahotsavam）纪念日之前一个月，我们承诺要加强‘施予和宽恕’的精神修养，以便让自己，甚至所有人都会得到祂的神圣显现的祝福。

So dear Brothers let us all celebrate the month from 24th March 2019 to 24th April 2019 by missing no chance of giving our love and help to all and also forgive all who we think may have hurt us and or seek forgiveness from all whom we may have hurt.

因此，亲爱的兄弟们，在2019年3月24日至4月24日这长达一个月的庆祝活动中，不要错过任何机会为所有人施予爱与帮助，并原谅我们以为伤害过我们的人，同时向我们可能伤害过的人寻求宽恕。

I share with you the poster for awareness which I request you to share till the last devotee in your state and to all who wish to join us in this Sadhana. There is also a poster for suggested activities day wise for the month for guidance only.

我在这里与你们分享一张宣传海报，请你们发送给每一个信徒及所有要参与这项修行活动的人。另外一张海报列出了这一个月里每一天的推荐活动，仅作为参考。

I earnestly request all to join in this sadhana and offer it at the Lotus Feet as this will hasten our experience of Love All and Serve All and Help Ever and Hurt Never in the true sense.

我恳请大家加入此项修行活动，并将它奉献于祂的莲花脚下。这将促进我们对‘爱一切，事一切’和‘时时协助，永不伤害’的真实体验。

I pray to Bhagawan to bless us all.  
我祈求世尊祝福大家。

Loving Regards

Nimish Pandya  
All India President, Sri Sathya Sai Seva Organisations India  
印度斯里沙迪亚赛服务机构主席

## A Month of 'Giving & Forgiving' '施予和宽恕' 之月

### Suggested Daily Activities 每日推荐活动

Day 日数	Suggested Activity 推荐活动
1	<p><b>Faith and Patience</b> is what pleases Sai immensely. So, today let me begin my day with complete focus on <b>Shraddha</b>...and live out the blessing of <b>Saburi</b>.</p> <p>信念和耐心非常取悦于赛。所以，今天让我以‘完全专注于信念’来开始这一天...并活出耐心的恩典。</p>
2	<p><b>Love All, Serve All ka asli Mahatva...?</b> Through the moments of this day I must ponder upon the 'all' in this profound message and in selfless service my time engage.</p> <p>‘爱一切，事一切’的真正意义是什么...？在这一天中的时时刻刻，我都要思考这个深刻信息中的‘一切’这个字眼，并把时间投入于无私服务中。</p>
3	<p>Scorching summer heat. Let me quench the extreme thirst of all those in need - <b>Water bowls for birds and animals in my garden/surroundings/neighbourhood</b>. Water bottles to adults/children seeking alms at signals and other places/construction sites.</p> <p>炎夏酷暑之际，让我为所有需要帮助的人解渴 -- 在我的花园/四周/社区里给鸟类和动物准备水碗。为在交通灯和其他地点/建筑工地寻求施舍的成人/儿童提供水瓶。</p>
4	<p><b>Narayan Seva</b>...is a blessed opportunity to feed the Lord Himself...in the guise of the many in creation. Grains to the birds, food to animals, cooked meals to appease the hunger of fellow humans, homeless or otherwise.</p> <p>施食服务...是一个殊胜的喂养主的机会...祂以芸芸众生为其形象。给鸟儿谷物，给动物食物，给熟食以安抚同胞们的饥饿，不论是无家可归的还是其他的。</p>
5	<p>All the love Bhagawan showers upon me as a Mother, Father, Bandhu, Sakha...Sai Natha. Let me share it from dawn to dusk and dusk to dawn through Acts of <b>Random Kindness</b>...becoming a Radiant Ray in Sai's ARK!</p> <p>世尊作为母亲，父亲，兄弟，朋友...赛主，所给予我的爱。从黎明到黄昏，从黄昏到黎明，让我通过随机的善行与人分享它...成为赛的方舟的一道光芒！</p>
6	<p><b>Matru Devo Bhava/Pitru Devo Bhava – our parents gave us their life, time, soul and support</b>. Make parents, all the elderly people I know and come across feel so, so special. Spend quality time at a Home for the Aged and verbally adopt a lonely old soul as a parent or grandparent.</p> <p>为了我们，父母付出了生命、时间、灵魂和支持。让我的父母及所有我认识的和遇见的老人，都觉得自己很特别。把优质时间投入于一所养老院，称呼一个孤独的老人为父母或祖父母。</p>
7	<p><b>Acharya Devo Bhava</b>. Gratitude to Sai Gurudeva, Lord Surya - the supreme example of a true Karma Yogi. Seek a link between the radiance of the inner sun and the outer sun for an illumined existence. Appreciation to all those from whom I have learnt even a tiny lesson.</p> <p>感谢赛，神圣的导师，太阳之主 -- 一个真正的业瑜伽师的最高典范。寻求内在太阳的光芒和外在太阳之间的联系，以获得光明的存在。感谢所有教导过我的人，哪怕只是一个小小的启示。</p>

8	<p><b>Gratitude from the core.</b> To Bhagawan for known and unknown blessings, to the Cosmos, to the Motherland, to the five elements and the sense organs, the body, ancestors, family, pets, to life and all that forms an intrinsic part of living – domestic helpers, appliances, vehicles, etc.</p> <p>出自内心的感恩。予以世尊，为了那已知和未知的恩典；予以宇宙，予以祖国，予以五个元素和感官、身体、祖先、家庭、宠物，予以生命和一切构成生活的内在组成部分 -- 家佣、家电、车子等等。</p>
9	<p><b>Spend time in deep reflection and introspection.</b> Bhagawan has blessed me with so much, what have I done with it or overlooked to do...have I given life, my family, the society, the country, the world and universe...my very best?</p> <p>花点进行深刻的反思和反省。世尊给了我这么多的祝福，我用它做了什么，或者忽略了做什么...我有否给了生命、家庭、社会、国家、世界和宇宙...最好的？</p>
10	<p>Deeply <b>let go and forgive</b> myself and all those I hold any resentment or a grudge against, for as Swami says – This quality of Kshama (forgiveness) is the greatest power for a human being.</p> <p>深深放下和原谅自己和所有我怀恨在心的人，因为正如斯瓦米所说 -- 宽恕的品质是一个人最大的力量。</p>
11	<p>Interactive <b>quality time with children.</b> Learn from them as well as open them to values and ethics through activities that would benefit them as well as the society. Spend time at an orphanage.</p> <p>与孩子一起度过互动的优质时间。向他们学习，并通过活动向他们展示那些对他们和社会都有益的伦理价值观。花时间去探访一所孤儿院。</p>
12	<p>Respect and Appreciation for <b>Mother Nature/Motherland.</b> Learn lessons of ceaseless giving without expectations. Plant saplings, adopt and nurture trees. Prevent felling and hacking of trees. <b>Live and let live.</b></p> <p>尊重和感谢大自然/祖国。学习不求回报的无限付出。种植树苗，领养和培植树木。停止砍伐树木。包容一切，共生共荣。</p>
13	<p><b>Sacrifice all negative emotions into the tender flame of Selfless Love</b> so that Beloved Bhagawan's Magnanimous All Encompassing <b>Prema</b> may flow to me and through me to all those around me!</p> <p>把所有的负面情绪舍弃在无私的爱的温柔火焰中，使亲爱的世尊的宽宏大爱可以流向我，并通过我达到我周围的人！</p>
14	<p><b>Truth beyond Ego.</b> Let Sathya be my companion during the hours of this day. Let me breathe in and out the Sathya of Sai...har shwas mey Sai Ki Sacchai! Then may I ponder - <b>What is my Truth?</b></p> <p>超越自我的真理。在这一天时间里，让沙迪亚（真理）与我为伴。让我吸入和呼出真理...那么我可以思考 -- 我的真理是什么？</p>
15	<p>The Sun, the elements, the rivers...everything in the Universe is following a dharma devotedly...today let me reflect on my personal dharma...and to <b>Dharma</b> be true!</p> <p>太阳、元素、河流...宇宙中的一切都忠实地遵循着世间万法（正义）...今天，让我反思我的个人正义...并忠于正义！</p>
16	<p><b>Shanti.</b> Inner harmony ensures outer peace. Intensify an inner synchronisation so as to exude peace that benefits me, my loved ones and the world. <b>Be happy throughout the day. Spread inner joy and the cheer of happiness to one and all.</b></p>

	<p><b>平和。</b>内在的和谐确保外在的平和。强化内在的一致，以散发出那有利于我、我所爱的人和世界，的平和。<b>一整天都要快乐。把内心的喜悦和快乐的欢呼散播给每一个人。</b></p>
17	<p><b>Ahimsa.</b> A feeling subtle yet voluminous. <b>Maitri Bhav</b> – kindred harmony. All through the moments of this day, let my thoughts, words and deeds be drenched in the fountain of Ahimsa!</p> <p><b>非暴力。</b>一种微妙但又丰裕的感觉。<b>志同道合的和谐。</b>在这一天中的时时刻刻，让我的思想、言行都湿透在非暴力的喷泉中！</p>
18	<p>Only in the depths of Silence...can the voice of God be heard. Quieten the noisy chitter-chatter of thoughts as well as unnecessary words, practise and bathe in the vibrant energy of <b>Saillence and Sai!</b></p> <p>只有在沉默的深处...方能听到神的声音。把嘈杂、喋喋不休的思绪，以及不必要的话语安静下来，实践并沐浴在<b>赛的静默与赛的活跃能量中！</b></p>
19	<p><b>Curb excessive participation in social media.</b> Indulgences in forwarding 'Forwards' often takes people backwards into the clutches of fear. <b>Prayers promote Peace.</b> Pray more &amp; harmony restore for soldiers, farmers, labourers, doctors, police and politicians that sadhbhav may prevail.</p> <p><b>遏制过度使用社交媒体。</b>沉溺于转发邮件，往往让人们倒退到恐惧的魔掌中。<b>祈祷促进平和。</b>多祈祷，为了恢复士兵、农民、劳工、医生、警察和政客们的和谐，使友好关系得以实现。</p>
20	<p>Trash it! Garbage belongs in the bin! I should focus on <b>inner cleansing</b> as well as <b>outer swachhta.</b> Trash the trash from the mind and environment.</p> <p>丢弃它！垃圾就该倒入垃圾桶！我应该把注意力集中在<b>内心的净化以及外在的卫生。</b>把脑里和环境中的垃圾丢弃吧。</p>
21	<p><b>Respect for rivers.</b> Pledge to participate in the campaign to clean rivers. Spread the crucial message - Polluting and littering of rivers and other water bodies is a <b>BIG NO!</b></p> <p><b>尊重河流。</b>承诺参加清理河流的活动。传播这个关键的信息 -- 污染和乱丢垃圾于河流和其他水域是一大禁忌！</p>
22	<p>Focus on enhancing cosmic connection, truly priceless, no price tag attached – the <b>'Innernet'</b>...and download the <b>'SaiApp'</b> to benefit from the constant channelling of complimentary guidance and wisdom.</p> <p>专注于增强与宇宙的连接，它确实无价，没有任何附带的代价 -- <b>‘内在网络’</b> ... 并下载 <b>‘赛应用程序’</b>，进而从持续供应的免费指导和智慧中受益。</p>
23	<p>Can any animal or bird be called a 'stray'...when every being belongs to Mother Sai? Swami once referred to a village dog as – Shuddha Atma and ordered, “Feed Kuttan first!” <b>Care of animals in respective areas</b> - feeding, spaying, dressing of wounds, medication or any veterinary assistance. Learn loyalty and gratitude.</p> <p>当每个生命都属于赛母时... 任何动物或鸟儿可否被称为‘居无定所的’？斯瓦米曾经把一只村狗称为 -- Shuddha Atma ( 纯洁的本性 ) 并命令道，“先喂护卫者！”<b>在各自的地方照顾动物</b> -- 喂养、除蚤、包扎伤口、给予药物或任何兽医援助。学习忠诚和感恩之心。</p>

24	<p>Shun scorn, open up to <b>Oneness</b> beyond I, Me and Mine. <b>Respond not react.</b> Don't try to own the last word. Patience with self and others in the midst of traffic jams, whether concerning the mind, emotions, people or vehicles.</p> <p>不要藐视，向‘一’敞开心胸，超越‘我与我的’。要积极主动的反应，而不是消极被动的。不要尝试去掌管一切。在交通拥堵中，对自己和他人要有耐心，无论是在心灵、情绪、人或者车辆上。</p>
25	<p>Discover the most significant <b>meaning of SIM card – Sai In Me.</b> This sentiment fills the heart with delight bringing joy to all, as it helps connect to the Sai in me with the Sai in all those around me!</p> <p>发现 SIM 卡的最重要的含义 -- 赛在我之内。这份情绪让我的心充满着欣喜，给所有人都带来喜悦，因为它帮助我内心的赛和周围人心里的赛连接起来！</p>
26	<p>Be a <b>good listener</b>, help a person vent the reservoir of feelings, stress, etc. Refrain from giving any opinion or try to control anyone, be it a family member, friend, colleague or just anyone else.</p> <p>做一个好的倾听者，帮助一个人发泄感情、压力等。别胡乱提意见或试图控制任何人，无论是家人、朋友、同事还是其他人。</p>
27	<p>Honest <b>self scrutiny</b>, antah karan mey jhank kar, face and uproot negative qualities obstructing spiritual growth. Awaken to the word 'Spiritual' – true to the spirit, beyond mundane, mechanical rituals!</p> <p>诚实的<b>自我审视</b>，面对及根除阻碍灵性成长的负面品质。意识到‘灵性’这个词 -- 忠于精神，超越平凡、机械化的仪式！</p>
28	<p><b>No to 'Wifi', spotlight on 'Why Not Sai?'</b> Study Sai Literature, spend time in sannidhi with Sai...the Supreme Absolute Infinite...yet, so close - <b>Swami And I.</b> Understand the Essence of Sai, enhance love, empathy, sympathy, tolerance.</p> <p>向‘Wifi’说不，聚焦于‘为何不是赛？’阅读赛书籍，把时间花在亲近赛...那至高绝对的无限...却如此亲密 -- <b>斯瓦米与我</b>。了解赛的本质，提升爱、同理心、同情心、宽容心。</p>
29	<p><b>No indulgence in Blame Game.</b> No standing on <b>Judgement.</b> No <b>Gossip.</b> Rise above criticising, grumbling and dwelling in the past. Learn lessons, accept, adjust, appreciate and move ahead in the Now.</p> <p>别沉溺于怪罪游戏中。别固执于审判。别说闲话。要超越批评、抱怨和沉湎于过去。学习教训、接受、调整、欣赏，并在当下向前迈进。</p>
30	<p><b>An Eternal Commitment -</b> Contemplate the immeasurable vastness of <b>Samastha Lokaah Sukhino Bhavantu...Samastha Jeeva Sukhino Bhavantu.</b> Peace for the sentient, insentient, incarnate or disincarnate in all the realms and spheres. Know the Supreme Creator in every atom of creation.</p> <p>一个永恒的承诺 -- 沉思于 <b>Samastha Lokaah Sukhino Bhavantu...Samastha Jeeva Sukhino Bhavantu</b> 的广大无边的浩瀚。愿所有界和领域中的有情众生、无情众生、化身或不灭的，永享和平。在创造物的每一个原子中都意识到至高的造物主。</p>
31	<p><b>Your Compassion my mission.</b> The constant flow of Your Love, Mercy, Understanding my lesson. With conscience as my guide <b>let me be beside each being that needs me...</b> just as You are, <b>Swami, Santushti for Samastha Shrishti.</b></p> <p>你的慈悲是我的使命。你不断流动的爱、仁慈、理解是我的教训。以良心为我的向导，让我在每一个需要我的人身边...就像你一样，斯瓦米。</p>

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**Question 问题:**

1. Which suggested activities you have engaged in? Narrate your experience and insight.  
**【Sequential narration】**  
你参与了哪一些推荐活动？请分享你的体验和领悟。【顺序讲述】
2. What other activities you would recommend to commemorate Aradhana Mahotsavam?  
**【Open discussion】**  
您还会推荐哪些活动来纪念这个日子？【公开讨论】