

## 明辨和决心

在较早的学习圈里，我们讨论了首三个 D，即 **Dedication**（奉献），**Discipline**（纪律）和 **Devotion**（虔诚）。这三个 D 是我们今天将接下来讨论的两个 D，即 **Discrimination**（明辨）与 **Determination**（决心），的先决条件。

分别人类与禽兽之不同的就是明辨。不具此特别素质，人类就沦为禽兽的层次了。薄伽梵说，“你决不该有野兽的行为。当起心动念时，你应该察觉到那是一只猴子的德性；要重复几次地说，‘我是人，不是猴子’，然后这样的心念就会归于稳定。当你感到懒惰或睡过多时，重复几次，‘我是人，不是水牛’，因为这德性是属于水牛的，然后，你就会慢慢地摆脱懒惰了。”愤怒、偷窃、报复、慵懒、波动的心等等都是野兽的本质。所以当这样的念头进入你的心念时，重复十次‘我是人，不是兽’。于是心念就平静下来。所以明辨（识别）带走你内在的兽性而代之以人性。所以在第一个阶段，我们超越野兽的层次而成为人。

然而，人的无尽的旅程并不止于斯。他应该超越人的层次以了解内在灵性从而最终超凡入圣。这也只有凭借‘明辨’始能达到。明辨有两种，个人的明辨和基本的明辨。个人的明辨完全是自私的和自我中心的。一个人应该行使基本的明辨。这协助，指向和引导每一个人达到至善。

最好的例子莫过于主罗摩（**Lord Rama**）自己了。祂回应清洁工的话并命令悉多（**Sita**），祂的配偶，留在森林里，由祂的弟弟罗什曼那（**Lakshmana**）保护。这个决定表面上看来似乎不公平，不厚道，不正当。然而罗摩不仅是一个严格遵守父亲旨意者，并且也会考虑和接纳人们的判断，评价和他们的意见。祂怎么会遣送悉多到森林去，假如祂运用了祂个人的明辨？只有基本的明辨促使祂做出那样的一个决定。与罗摩对比，我们看到罗波那丧失了王国，儿子，财富并且摧毁了整个楞伽（**Lanka**），完全是因为其个人的明辨所导致要占有悉多的自私欲望所造成的。

因此对求道者而言，明辨是绝对需要的及不可避免的，但有一点要谨慎。就吠陀经（**Vedas**），圣经（**Bible**）等圣典而言，你必须严谨地追随之。明辨在此就成为一个无益的尝试了。一个导师或神化身所告诉你的，你不得不无条件地加以接受。阿周那听从这些训示并赢了战争。他如其他人一样也曾质问和争辩，但最终他放弃一切己见，并对基士拿说 -- 我会照您的旨意去做。在他完全降服之前，他一直得不到心境平和。生理上的或处世的明辨会使你成为一个成功的人。灵性的明辨带给你超脱。

现在我们可以考虑另一个 D -- **Determination**（决心）。明辨居先，决心在后。为什么？一旦你下定决心，明辨就没有意义了。你或感到奇怪，如果我们不明辨又如何。没有明辨，决心可能对或错，或智或愚，或善或恶，或正或反。因此，正确和适当的明辨确保决心在于正面的方向。仅是明辨而缺乏决心是不具意义的，徒然的。

薄伽梵斯里沙迪亚赛峇峇以坚强的决心著称。祂毅然决定开办一所大学，在一个人口曾经只是两百人的小村庄来说，那简直是痴人说梦，不可能的事，但祂成功了。祂也毅然决定创办一所专科医院，破纪录地于短短六个月内完成。祂又决定提供食水给安得拉邦（**Andhra Pradesh**）的阿南达普县（**Anantapur**），而祂破纪录地在一年内竣工，耗资约数十亿卢比。祂坚定的，不可思议

的神圣意愿正吸引着来自世界各地的信徒，而我们今天看到一个灵性变革悄悄地发生，大幅度地产生一个彻底的改造。

甚至在俗世里，若无决心，任何实质的和特殊的事物都不能完成。学生为取得好成绩，务必立志向学；医生应该毅然地动手术或开药方以彻底治愈病痛；军人必须决然披甲上阵，勇于杀敌，凯旋荣归。决心含有做好准备去面对考验和苦难，辛苦而费力的工作，身体与道德的力量，明确的目的，而最重要的就是神的丰厚的慈悲与恩惠。

同样，在灵道上，你不应该中途下车。有这么一句话：**Salokya, Sameepya, Saroopya** 和 **Sayujya**（看着祂，亲近祂，向祂看齐，最后融于祂）。你不要停止你的灵性旅程，直到最后一个站‘**Sayujya**’阶段到达为止。这就是决心继续你的旅程直至终点为止，也就是与神合一。

决心是五个 D 的顶峰。如果我们持有献身，决心就会自己降临。如果我们遵守纪律，决心就变得轻而易举。如果我们虔诚，决心就自动到来。如果我们好好地明辨，决心就得到圆满的实现。这些就是薄伽梵峇峇的五个 D，即，**Dedication**（献身），**Discipline**（纪律），**Devotion**（虔诚），**Discrimination**（明辨）及 **Determination**（决心）。我们应该视这五个 D 为灵道上的生命气息。

取自《薄伽梵斯里沙迪亚赛峇峇普及和实用的教导》第 11 章

### 问题：

1. “明辨有两种，个人的明辨和基本的明辨。” 请分享一个你行使了基本明辨，凌驾于个人明辨之上的例子或经验。【顺序讲述】
2. 要在世俗世界和灵性旅程中取得成就，明辨居先，决心在后，而两者相辅相成。为什么？【公开讨论】
3. 要在任何努力中取得成功，决心（立志）是否足矣？否则，你还需要什么？【顺序讲述】

## June 2019: SCA Study Circle

### Discrimination & Determination

In our earlier study circle meetings, we discussed 3Ds (Dedication, Discipline and Devotion) which are the prerequisites to the 2Ds we will discuss today: Discrimination and Determination.

It is the discrimination that distinguishes a human being from birds and beasts. Without this special quality, human being comes down to the level of animals. Bhagavan said, "You should never act like an animal. Whenever the mind starts wavering, you should note that it is the quality of a monkey; repeat for a couple of times, I am a man, I am not a monkey. Then such a mind becomes stable. When you feel lazy or sleep in excess, then repeat for a couple of times that, 'I am a man, I am not a buffalo' as this quality is that of a buffalo, then you will slowly get out of laziness." So anger, stealing, revenge, laziness, wavering mind are the qualities of an animal. So when such thoughts enter your mind, repeat ten times 'I am a man and not an animal'. Then the mind calms down. Discrimination takes away the animal in you and brings out the human qualities. So in the first stage we rise above the level of animal and become human.

But the eternal journey of man does not stop there. He should rise above the human level to know divinity within to become divine ultimately. This again is possible only through discrimination. Discrimination is of two kinds, individual discrimination and fundamental discrimination. Individual discrimination is utterly selfish and self-centred. One should exercise fundamental discrimination. This serves, aims at and leads to the good of everybody.

The best example is Lord Rama himself. He reacted to the words of a washerman and ordered Sita, His consort, to be left in a forest by His own brother Lakshmana. This decision outwardly seems unjust, unkind and unjustifiable. But Rama is not only one who strictly follows the command of the father, but also follow people's verdict, value their opinion. How could He have ordered Sita to be sent to the forest, had He exercised individual discrimination? It is only fundamental discrimination that made Him take such a decision. In contrast to Rama, we have Ravana who lost the kingdom, sons, wealth and totally ruined the whole of Lanka as his individual discrimination led to the selfish desire to possess Sita.

Thus discrimination is indispensable and inevitable to every seeker after truth, but with a caution. So far as the dictates of holy scriptures like The Vedas, The Bible, are concerned, one has to follow them scrupulously. Here discrimination is a vain attempt. What a Sadguru or an Avatar tells you has to be accepted unconditionally. Arjuna heeded these injunctions and won the battle. He too questioned and argued like any other. But till he gave up all that and said to Krishna – I will act according to your command. Until he completely surrendered himself, he did not have peace of mind. Physically or worldly discrimination will make you a successful person. Spiritual discrimination grants you Liberation.

Now we can consider the other D – Determination. Discrimination precedes determination. Why? When once you are determined, there is no point in discriminating later. You may wonder what if, we do not discriminate. Without discrimination determination may be right or wrong, wise or unwise, good or bad, correct or incorrect. Therefore proper and correct discrimination ensures determination in the positive direction. Mere discrimination without determination is purposeless and useless.

Bhagavan Sri Sathya Sai Baba, is known for strong determination. He determined to start a University undreamed of and impossible in a tiny hamlet of 200 population at one time and He succeeded. He determined to start a Super Speciality Hospital in a record time of six months. He determined to supply drinking water to Anantapur district in Andhra Pradesh and He did it in a record time of one year spending hundreds of crores. His determined, inscrutable divine Will is attracting devotees from all over the world and we find today a spiritual revolution taking place silently unnoticed in a big way effecting a total transformation.

Even in our mundane world, without determination nothing tangible and remarkable can be done. Students must be determined to study in order to pass creditably; a doctor should be determined to conduct surgery or prescribe medicine for the complete cure of the ailment; a soldier must be determined to fight courageously to emerge victorious in the battle. The determination involves preparedness to face ordeals and troubles, hard and strenuous work, physical and moral strength, clarity of purpose, and above all God's abundant mercy and grace.

Similarly, in the spiritual journey you should not stop or drop out in the middle. It is said as: Salokya, Sameepya, Saroopya and Sayujya (Look at Him, Be near Him, Be like Him, and finally Merge in Him). You do not stop your spiritual journey, until the last stage 'Sayujya' arrives. This is the determination to continue your journey till the end, i.e., merger in God.

Determination is the climax of the five Ds. If we have dedication, determination comes on its own. If we follow discipline, determination becomes simple. If we are devoted, determination comes automatically. If we discriminate properly, determination finds its fulfilment. These are the five 'D's of Bhagavan Baba, viz., Dedication, Discipline, Devotion, Discrimination, and Determination, which we should take as life breaths in spiritual path.

*Universal & Practical Teachings of Bhagavan Sri Sathya Sai Baba, Chapter 11*

### **Questions:**

1. "Discrimination is of two kinds, individual discrimination and fundamental discrimination." Share an example or a personal experience when you exercised fundamental discrimination above individual discrimination. **【Sequential narration】**
2. Discrimination precedes determination, and both complement each other for success in our mundane world and spiritual journey. Why? **【Open discussion】**
3. Is determination enough to be successful in any endeavour? If not, what more do you need? **【Sequential narration】**