

## 2019年9月：华人组学习圈

### 猴子与罐子



为了诱捕深林里的猴子，古代的猎人在一个窄颈罐子中装满了坚果。猴子将手伸入罐内，抓住大把的坚果，想取出时，手却卡在罐子的窄颈中。猴子贪图坚果，不肯放手，这时猎人就会出来捕捉猴子。

这是一个简单的故事，但斯瓦米从中引述美妙的启示。这三个关于心念的启示是：

- **妄念**。猴子误以为罐子里有东西把它抓住，使它无法逃脱成为猎人的猎物。猴子一直持着这个妄念，实际上是猴子自己紧紧抓住那些坚果而受困。
- 第二个方面是**执着**。为什么猴子不能放弃那些坚果？
- 第三个方面是**贪婪**，更确切地说，一个人要如何控制自己的贪婪。为什么猴子贪心想要的这么多？假如猴子只抓住少量的坚果，也许它会更快乐也不会被捕捉。这都是我们的贪婪在作怪。正如斯瓦米所说，我们可以通过‘节制欲望’来做到这一点。（见2019年8月的学习圈）

斯瓦米讲述了另一个例子。斯瓦米指向他自己的车子（马赛地），说道：“你认为这辆马赛地能给人带来很多快乐吗？”他接着提出另一个问题。“如果这辆车停在你邻居的车房，你会怎么样？”怎么！在那种情形下，瞬间快乐就比原来的要少得多。所以，妄念让我们觉得给我们快乐的是那个物体，其实快乐存在于我们的心念中。

直到我们领悟‘我们的快乐的中心’在于内心，而不在于外在的成就或经验，我们将无法真正感受到快乐。例如，如果有一个人想要一部手机，而他的愿望没实现，他会感到伤心。这是因为他的‘快乐中心’在于手机，而不是他自己。今天许多人，尤其是年轻人，他们的‘快乐中心’四处分散，特别是在脸书、推特等电子媒体。他们每天花几个小时玩电子游戏，与人联系，收集各种信息，其中很大部分不过是鸡毛蒜皮罢了；他们这样做只是为了得到某种快乐。最终他们沉迷其中，无法自拔。斯瓦米时常说，你在外面得到的不是平和；平和（peace）其实在内心，在外面我们只会得到碎片（pieces）。

那么，我们要如何培养舍离（detachment）的能力呢？为什么我们会如此贪恋俗世的乐趣，以至于从神那儿所能得到的高尚和永恒的喜悦也似乎不够吸引力？培养舍离并非易事，斯瓦米说过，人无法真正培养起这种美德，然而，我们可以培养对神的依附！祂举一个玩跷跷板

的例子来解释这一点：当跷跷板一边下去的时候，另一边就上来。斯瓦米说，我们越是依附于神，就越是舍离俗世。因此，祂给我们的真言是 – 要保持以神为中心（God-centric）。

我们要在两者之间做出选择：以神为中心的大我，或者是专注于身体意识的小我。而这就是心念的不幸；它缺乏高瞻远瞩的智慧和耐心去探索神的无限喜悦，而这些喜悦都潜伏在我们内心。

摘自：Radio Sai Study Circle, Episode-1

**问题：**

1. 为了避免像故事中的猴子一样的厄运，我们必须首先学会识别自己所持的消极心理状态，即‘妄念’。请分享你的一个‘妄念’例子；它如何影响了你的生活？  
【顺序讲述】
2. 你的‘快乐中心’是什么？你的‘快乐中心’能带来持久的快乐吗？【公开讨论】
3. 斯瓦米告诉我们，神的喜悦远比俗世的快乐更优越。虽然知道了有更优越的，为什么人还喜欢追求华而不实的东西？我们如何克服心灵上的这种误导性倾向？  
【公开讨论】

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寻求神的国度，其他一切都将降临到你身上。  
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## September 2019: SCA Study Circle

### Monkey and the Pot



In the olden days, a hunter used to set a jug with a narrow neck filled with peanuts to catch monkeys in the forests. A monkey puts its hand inside and clasps the nuts. It cannot remove its hand out of the pot as the neck of the vessel is narrow. The monkey got stuck as it would not let go of the peanuts, and the hunter catches the monkey.

It is a simple story but Swami draws wonderful messages from it. There are three messages related to the mind which really come forth.

- The **delusion** aspect. The monkey is under the delusion that there is something inside the pot, which is holding it back. Unable to escape, it therefore falls prey to the hunters. So the whole while the monkey is delusional; actually it is the monkey itself that is holding onto the nuts.
- The second aspect is that of **attachment**. Why is the monkey not able to give up those nuts?
- The third aspect is **greed**, rather, how one can control their greed. Why is the monkey greedy for so many? If only the monkey had held on to a lesser number of nuts, maybe it would have been happier and not got caught too. It is only our greed. And as Swami says we can do this by placing a ceiling on our desires. (see Study Circle Aug 2019)

Another example was narrated by Swami. Pointing at His own car, the Mercedes, Swami said, “Do you think the Mercedes gives a lot of joy?” He then followed it up with another question. “What if the same car is parked in the neighbour’s garage?” Well, in that case, all of a sudden that joy is a lot less than what it was originally. So, actually it is our delusion which makes us feel that it is the object which gives us happiness when actually the joy exists in our mind.

Until we realise that the ‘centre of our happiness’ is not in outside achievements or experiences, but in ourselves, we can never be truly happy. For example, if someone desires to have a cell phone and his wish didn’t materialise, he feels sad. That is because his ‘centre of happiness’ is in the mobile and not in himself. Many people today, especially youngsters have their ‘happiness centres’ scattered all over the place, especially on Facebook, Twitter, etc. They spend hours playing video games and connecting with people, collecting all sorts of information, a large part of it may be trivial; they do this just to get some sort of happiness out of it. Eventually they get addicted to it. Swami always says what you get outside is not Peace; Peace is in fact inside, outside we get only pieces.

So, how do we develop a sense of detachment? Why are we so attached to the pleasures of the world that even the superior and everlasting bliss that one gets from God doesn't seem to be attractive enough? It is very tough to develop detachment. Swami says that as human beings we cannot really develop this virtue. However, we can cultivate attachment to God! He gave the example of a seesaw to explain this: Just like how when it goes down on one side, the other side goes up, Swami said that the more we get attached to God, the more we get detached from the world. So the mantra He gave us was - Remain God-centric.

We all have the choice between our Higher Self, which is centred on God, or the lower self, which is focussed on body consciousness. And this is where the tragedy of the mind comes; it lacks the far-sighted wisdom and patience to explore the unlimited joy of God, which is latent within us.

Extract from: Radio Sai Study Circle, Episode - 1

**Questions:**

1. To avoid the fate that befalls upon the monkey in the story, we must first learn to identify our different negative mental states known as 'delusion'. Share an example of your 'delusion'; how does it affect your life? **【Sequential narration】**
2. What is your 'centre of happiness'? Does your 'centre of happiness' confer lasting happiness? **【Open discussion】**
3. Swami tells us how infinitely superior the joy of God is to worldly pleasures. Why do you think man still go after the tinsel when there is something far superior? How do we get over this deluding aspect of the mind? **【Open discussion】**

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Seek the Kingdom of God and everything else shall be added unto you.  
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