

## 2016年4月：中文组学习圈

### 行为准则（5）：每月至少参加一次由赛中心主办的峇赞

这几乎是每一个赛信徒都能履行的唯一准则。通过这个准则赛信徒了解唱颂峇赞（Bhajan）的主要概念，即峇赞仅是赛组织的最基本活动。“至少每月一次”参加峇赞的要求，是博迦梵给予赛组织的未来发展方向，即信徒的活动不应该一直停留在唱峇赞的基础上。

若地基要产生效用就必须在其上面建立上层建筑，而所有其他准则是建立代表我们精神修养的上层建筑的砖和灰。没有上层建筑，地基将变成荒凉的地面，杂草丛生，窝藏虫蛇，对信徒或是那些与中心有所接触的人将毫无用处。

事实上，若信徒只以峇赞为主要的灵修活动，而忽略了博迦梵推崇的“整体瑜伽”，即安定纷乱的心念，铲除如杂草昆虫般的欲望、愤怒、执著、贪婪、嫉妒、诽谤等妄念，试图破坏他人执行的善行等。。。这些将导致许多信徒在灵修道上打滑倒退，难于进步或得到内心的平静，或达至扩张的爱与一体性。

看看一些宗教团体和精神组织（包括赛中心）的元老们，多年来只热衷于唱峇赞或作肤浅的祈祷，一直没有显示追求神性之道的品质。还有一些信徒在加入赛中心后，与之前的一些好朋友、甚至亲戚，现在都成了敌人。证明了这些人奉行的只是“导师的形相”，而不是导师的教诲，确实可悲。因此，重要的是信徒必须了解峇赞这个准则的意义，将其置于整体修行的实践上并继续向前迈进。

此外，“每月一次峇赞”并非就此终结。不论每月一次或每周一次，真诚的信徒要时时“聆听”神圣的峇赞，脑袋不时在“吟唱”圣曲，了解歌曲的意义和所传扬的信息，并以它作为日常生活中的指南、爱的灯塔。唯有这样，峇赞才会带来必要的成果，信徒将变得心胸宽大，说话温柔，思想善良，渴望服务。如果神的名号和信息不断地在脑海中重复，心念必定受到净化，而信徒的生活、性格和行为必然有所改变。没有这种改变，峇赞显然就具有很少或根本没有灵性意义了。

### 问题：

1. 你为什么喜欢唱颂峇赞？【顺序讲述】
2. 选出一首你喜欢的峇赞。解释为什么？【公开讨论】
3. 唱峇赞如何能带来改变？【公开讨论】

## April 2016: SCA Study Circle

### Code of Conduct (5): Attend at least once a month group devotional singing organised by the Centre

This is the only code that virtually every devotee fulfils in good measure. But what is significant is that through this code, the entire concept of bhajan singing, the foundation of the Sai movement, has been brought into its true perspective...i.e. that is it is only the foundation. By placing the requirement on “at least once a month”, Bhagavan has given the direction for the future, i.e. that devotees should not remain at the bhajan level – the foundation.

The foundation is only valid if a superstructure is built on the basis of the foundation and all the other codes are the bricks and mortar for the spiritual superstructure for all our lives. Without the superstructure, the foundation itself becomes desolate ground, overgrown with weeds and other undergrowth harbouring snakes and insects, benefiting neither the devotees nor those they come in contact with.

In fact the pursuance of bhajans alone as principal sadhana, ignoring the total “integral yoga” that Bhagavan has called for, to still the agitations of the mind, to uproot the weeds and to flush out the insects of excessive desire or lust, anger, attachment, greed, jealousy, envy, backbiting, trying to destroy good work being done by others etc., can lead to many devotees slipping backwards in spirituality, rather than moving forward, towards greater internal peace, expanding love and unity of vision.

One has only to witness some “senior” devotees in most religious and spiritual organisations (including Sai Centres) who, after many years of “actively languishing” at only the bhajan or superficial prayer level – continue to display no characteristics indicating their pursuance of a divine path. Rather, people who were good friends or even relations, for example, before joining a Sai Centre, now have become enemies. What a sad testimony of people being devoted to the “Guru form” rather than the message of the Guru. Thus, it is vital that devotees understand the significance of this “bhajan” code, place it in the perspective of their total spiritual practice and carry on moving forward.

Also the “once a month bhajan” should not end there – once a month or once a week, the sincere aspirant must constantly be “tuned in” to devotional songs, their lips or their minds constantly “singing” of Divinity, analysing the meaning of the songs and their messages, and using it as a guide, as a beacon of love in their daily lives. Only if bhajans are used as such will they bring about the necessary results, the softening of the heart, the gentleness of speech, the kindness of thoughts, the yearning to serve. If the name and message of God is constantly in the mind, the cleansing effect will most certainly take effect, and devotees will see their lives, their character and behaviour transformed; without this transformation, the devotional songs have little or no spiritual significance.

### **Question:**

1. Why do you enjoy bhajan singing? **【Sequential narration】**
2. Name a bhajan song that you like and explain why? **【Open discussion】**
3. Explain how bhajan singing can bring about transformation? **【Open discussion】**