

2016年6月：中文组学习圈

人之所以不快乐有两个原因，一个是回想过去而造成不快乐。过去的已经过去了，是不能回头的，你不明白吗？一路走来，不同的事物从你身边擦过，为什么要回头？往者已矣！不要去回想过去。另一个原因是，担心未来而造成不快乐。有谁能保证你会活到你的计划实现的那一天？你知道下一刻会有什么事情发生在你身上吗？该来的总会来，该发生的总会发生，一切依照神的旨意运作。你担心什么呢？未来是不确定的。假设你为你的儿子储蓄了一笔钱，准备送他到外国深造，有谁能保证他一定会学成荣归呢？所以，还是不要去想过去和未来了。要活在现在并且要快乐地活下去。这现在不是普通的现在，它是‘全现全在’。

这里有一个简单的例子。在过去，它是一颗树。现在你拥有那棵树的一粒种子，而在未来这粒种子会长成一颗树。所以，‘现在’是‘过去’的果也是‘未来’的基础。记得这一点，你就不会感到担心和不快乐了。

另外还有一个原因造成不快乐，那就是无底的欲望。例如，一块布从你手上掉落。为什么？因为它有重量，所以掉下，不是吗？但如果它是棉花，就不会落在地上反而向上飘。为什么？因为它的重量轻，所以向上飘。人在月球上，就失去重量。支撑这个家已五十年了，你应该完全放下才对。一个 *grhasta*，一家之主，应该在某个阶段就转变为 *vanaprastha*，退隐者而最后成为一个 *sanyasi*，舍离者。如果你的欲望减少，你就会更加快乐。“行李少，舒适多，旅游就愉快”，是铁路局的口号。

你越爱神，你越快乐。为此，信心不可或缺。

有信心，就有爱。

有爱，就有平和。

有平和，就有真理。

有真理，就有神。

有神，就有至福。

它始于信心而终于至福。

问题：

1. 今天，很多人都不快乐，有钱有地位的人也不快乐，原因何在？【公开讨论】
2. 快乐和痛苦只有一线之隔，要怎样才能得到快乐呢？【公开讨论】
3. 你多数时候是活在快乐还是痛苦之中呢？为什么？【顺序讲述】
4. 什么事情让你学会放下？你真的放下了吗？【顺序讲述】

取自：实谛奥义书- 220 问

June 2016: SCA Study Circle

There are two reasons why people are sad. People are sad thinking of the past. Don't you know that the past is beyond recovery? Having walked all along and passed by several things, why do you need to look back? Past is past. Don't brood over the past. The second reason for sadness is worry about the future. Where is the guarantee that you will survive until your plans are realised? Do you know what will happen to you in the next moment? What is destined and bound to happen will happen in its own course. Everything goes according to God's will. Why do you worry? The future is uncertain. Suppose you go on accumulating money with the idea of educating your son and sending him abroad, where is the guarantee that he will study well? So don't think of the past and future. Live in the present and be happy. This is not the ordinary present. This is omnipresent.

One simple example here. In the past it was a tree. In the present you have a seed of that tree. In the future it grows into a tree. So the present is the result of the past. It is the foundation of the future. Keep this in mind. Then, you will never worry and feel sad.

There is another reason for sadness. Unlimited desires also are responsible for your sadness. For example, if you drop a piece of cloth, it falls down. Why? Due to its weight it falls down, doesn't it? But if it is cotton, it never goes down, instead it goes up. Why? Since it is light in weight it goes up. The man on the moon loses his weight. Having been a householder for fifty years you should be totally detached. A grhastha, householder, should become a vanaprastha, recluse and finally, a sanyasi, renunciant. If your desires are less, you will be happier. "Less luggage more comfort make travel a pleasure", is the slogan of the railways.

The more you love God the more will you be happy. For this, faith is necessary.

Where there is Faith, there is Love.
Where there is Love, there is Peace.
Where there is Peace, there is Truth.
Where there is Truth, there is God.
Where there is God, there is Bliss.
It begins with Faith and ends in Bliss.

Questions:

1. Many people are not happy today. Even the rich and the powerful are also not happy. Why? **【Open discussion】**
2. It's a thin line between pleasure and pain. How to achieve happiness? **【Open discussion】**
3. Are you living in joy or in pain at most times? Why? **【Sequential narration】**
4. What made you learn to detach? Are you really detached? **【Sequential narration】**

Source: Satyopanisad Q220