

2016 年 1 月：中文组学习圈

学习圈的基本目标是帮助我们了解如何过一个灵性、更接近神的生活。身为赛信徒，我们要遵循九大行为准则，而参加学习圈是履行第六项行为准则的其中一种方法。

学习圈的一个重要目标是让参与者从中将一项启示在未来一周内付诸实践。正如世尊赛峇峇在一讲道中所说的，重要的不只是阅读和理解，而是将所学付诸行动。学习圈不仅仅只是知识的传递，更要促进参与者的转变。

学习圈并不是一个人呈现的演示文稿，最好让所有与会者都能参与。

问题：

- 1) 学习圈的目标是什么？【公开讨论】 #1
- 2) 在学习圈里，参与者的角色是什么？【公开讨论】 #2
- 3) 神性生活和世俗生活有什么不同？【公开讨论】

January 2016: SCA Study Circle

The basic goal of a study circle is to help us understand how better to lead a spiritual life, to come closer to God. Attending a study circle is one of the ways to fulfil our commitment to the 6th code of conduct in the *Nine Points Code of Conduct* for Sai devotees.

One important goal is to let the participants come up with something from the study circle to put into practice during the coming week. As Sai Baba says in one discourse, it is important not simply to read and understand but to find something to put into practice. The study circle should not be simply a transfer of knowledge but should result in a transformation of the participants.

A study circle is not a presentation by one person. At its best, it will involve participation of all who are present.

Question:

1. What are the goals of a study circle? 【Open discussion】 #1
2. What are the roles of the participants in a study circle? 【Open discussion】 #2
3. Are there differences between secular and spiritual life? 【Open discussion】

#1 主持人提示:

开始讨论的时候，主持人阐述学习圈的总体目标，引用世尊赛峇峇的开示及讲道。然后，询问与会者对学习圈目标的看法。以下列出了一些普遍的目标 / 次级目标（主持人不必宣读整份资料 – 让与会者发表自己的观点）。

1. 学习斯瓦米的教义，因此对灵性生活有更深入的了解。
2. 了解斯瓦米的教义对他人的影响。这可以激励我们，帮助消除我们的疑惑，给予我们更坚定的信念。
3. 精进修行。
4. 看到各个方面和角度（消除盲点）。
5. 澄清‘我们以为自己知道的事’——清理误解。
6. 在修行道上互相扶持。
7. 得知斯瓦米教义的实际应用。
8. 分享经验。
9. 使我们学习斯瓦米教导的步伐慢下来，更仔细地思考。
10. 更深入学习峇峇的教义。
11. 学会如何把赛教义付诸行动。
12. 与善者为伍（satsang）。
13. 培养在众人面前说话的信心。
14. 培养良好价值观。
15. 把我们的电池充电。
16. 培养耐心（等待轮到自己发言）。
17. 找到自己的问题的答案。
18. 当我们不同意别人的观点的时候，学会如何去处理。
19. 学会表达自己的想法，克服羞怯心理。

#2 主持人提示:

以下是一些可能的回馈：

1. 有备而来（如果阅读资料和主题已被提前宣布）。
2. 参与！发表意见！你付出多少，就会得到多少。
3. 朗读学习圈读物时，要全神贯注地聆听。如果没听懂，请阅读者重复。
4. 留心听取别人所说的。
5. 分享你自己与主题有关的经验。
6. 有疑问，请提问。
7. 要专注，不兜圈子；不要岔开话题。
8. 耐心等待轮到你发言。
9. 如果你没有意见，请‘跳过’让别人发言。
10. 敞开心胸，容纳他人的意见。
11. 说话要发自内心，并不仅是讲求逻辑。
12. 避免政治话题。
13. 不做人身攻击，例如不要批评别人发表的意见。
14. 不要让学习圈成为‘社交会’。
15. 别耽误时间。
16. 不要随意说话，除非你有建设性的意见。
17. 避免重复他人已发表过的意见。

18. 不要一味炫耀自己。
19. 不要争论，不要批判别人。
20. 记住，你的目标是自己的转变。
21. 要与主持人配合。

#1 Facilitator Notes:

At the start of the discussion, the facilitator can discuss the overall goals, quoting from Sathya Sai Baba. Then, one can ask the participants for their ideas of the goal of a study circle. Below are a list of goals / subgoals (the facilitator should not give this whole list -- leave this to the participants!).

1. *Learn about Swami's teachings and thus learn more about living a spiritual life.*
2. *Learn how Swami's teachings have affected others. This can inspire us, help remove doubts we may have, give us a firmer belief.*
3. *Advance spiritually.*
4. *See all the facets.*
5. *Clarify what we "think" we know -- clear up misconceptions.*
6. *Support each other in spiritual endeavors.*
7. *Discover practical applications of Swami's teachings.*
8. *Share experiences.*
9. *Slow down our study of Swami's teachings, mull things over.*
10. *Get deeper inside Baba's teachings.*
11. *Learn how to put Sai's teachings into practice.*
12. *Be in the company of good people -- satsang.*
13. *Gain confidence in speaking in public.*
14. *Install good values in ourselves.*
15. *Recharge our batteries.*
16. *Teach us patience (as we wait our turn).*
17. *Find answers to problems.*
18. *Learn how to handle situations where we disagree with others.*
19. *Learn to express oneself, overcome shyness.*

#2 Facilitator Notes:

Here are some points.

1. *Come prepared, if the reading and topic is announced in advance.*
2. *Participate! Speak! You get out of something what you put into it.*
3. *Listen fully when the material is being read! Ask it to be repeated if you didn't get it all.*
4. *Listen fully to what others have to say.*
5. *Share your experiences that relate to the topic.*
6. *Ask questions that arise.*
7. *DO be focused and to the point; stay on the topic.*
8. *DO have patience; wait your turn.*
9. *DO pass if you have nothing to say.*
10. *DO be open-minded.*
11. *Talk from the heart, not the head.*
12. *Avoid political issues.*
13. *Don't make it personal, e.g. don't attack something someone else said.*
14. *Don't make it a social therapy session.*
15. *Don't take too much time.*
16. *Don't talk unless you have something positive to say.*
17. *Avoid repetition; don't simply repeat what someone else said.*

18. *Don't put on a display of intellectual prowess.*
19. *Don't debate, don't judge others.*
20. *Remember that the goal is your personal transformation.*
21. *Support the facilitator.*

Source: Study Circle Guidelines_International Sai Organisation