

2016年8月：中文组学习圈

你应该忘掉两件事：你给予他人的帮助及他人给你造成的伤害。再者，你也应该牢记两件事：他人给予你的帮助及你给他人造成的伤害。做到这一点，自我、自大、嫉妒、羡慕、憎恨及其他邪恶习性就不会在你之内产生了。

你也应该注意另一个事项，那就是，不论你的过失或错误多小，你都应该认之为重大的，而同时当你看到他人犯了大错时，你就应该视之为微不足道的小错。要小看自己的善而重视他人的善。这种态度助你改正自己、提升自己并使你宽恕和忘掉他人所犯下的过错。

然而，今天，事情适得其反。人人放大自己的善而缩小他人的善，认为自己如喜马拉雅山般的大错为蚁丘般的小错，而把他人的小错视如喜马拉雅山这么高。这就是明争暗斗的起因。

另外还有两种极端的人。一种人是在描绘自己的缺点为优点，扭曲自己的错误为正确并想尽办法来凸显自己的德行而这些德行都是他们所不具备的。另一种人则比妖魔更为可恶，他们把所有的过错、缺陷都推到别人身上，而所有这些过失和缺陷都是虚假的、捏造的。他们完全无视于他人的优点。要先改正自己的过失，要以他人的优点而不是缺点来判断他人。要找出自己的缺点和他人的优点。

问题：

1. 我们要如何改掉嫉妒和憎恨的心念呢？【公开讨论】
2. 薄伽梵说要忘掉你给予他人的帮助及他人给你造成的伤害。你做不到吗？要如何做呢？【顺序讲述】
3. 在人生的过程中，不时有人雪中送炭，也有人落井下石。请与大家分享你的一些体验，你如何应对呢？【顺序讲述】
4. 若你的一个朋友喜欢夸大自己做的善事，也常常把自己犯下的错误推到别人身上，但是他又把你当好朋友，你该怎么办呢？【公开讨论】

取自：实谛奥义书- 40 问

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You should forget two things: the help you have given to others and the harm others have done to you. Moreover, you should remember two things: the help that others have given to you and the harm you have done to others. Then there will be no ego, pride, jealousy, envy, hatred, and other evil tendencies in you.

You should also note another important thing. However small a fault or mistake there is in you, take it as a very big one. At the same time when you notice a big mistake in others, you should consider it a very small one. Take your own goodness as tiny and that of others as mighty. This attitude helps you to correct yourself, improve yourself, and enable you to forgive and forget the lapses of others.

But, today quite the opposite is happening. Everyone magnifies his own goodness and minimises that of others, considers his own Himalayan blunders small as an anthill, while he gives Himalayan magnitude even to the smallest mistakes of others. This is the cause of all conflicts and infighting.

There are still two more extreme categories of people. Some of them portray their lapses as merits, project their mistakes as right things, and try to focus on their virtues, which are actually missing in them. Then, there is the last category of people who are even worse than demons. These are the people who attribute faults, mistakes, and defects to others, which are all false, and totally ignore their merits. Correct your own mistakes first. Judge others by their merits and not by their faults. Seek out your own faults and others' merits.

Questions:

1. How do we get rid of jealousy and hatred? **【Open discussion】**
2. Bhagavan told us to forget the help you have given to others and the harm others have done to you. Can you do it? How can you do it? **【Sequential narration】**
3. In your life, some people would offer comfort in times of trouble, some would add insult to injury. Please share your experience, how did you respond? **【Sequential narration】**
4. If one of your friends likes to exaggerate his own good deeds, and attribute his own mistakes to others, but he considers you a friend, what would you do? **【Open discussion】**

Source: Satyopanisad Q40