

2016 年 10 月：中文组学习圈

依我看来，牵挂这回事是不存在的。如果你作深一层的探讨，你会明白世上根本没有牵挂这等事情。牵挂仅是心理作用。牵挂是心理造成的恐惧，仅此而已！这完全是你的想象。

有时你感到愧疚，于是，你回忆起不可挽回的过去而牵肠挂肚，但无济于事，往者已矣，来者可追，那么为什么要担心过去呢？这又有什么意义呢？你或许担心未来。这在我看来，也是无济于事的。为什么？因为未来是不定的、未知的，任何事情都可能发生。谁知道呢？未来是未知数，那么，你为什么担心未来呢？担心有帮助吗？

要清楚地了解一切在现在，这不是单纯的现在而是全现全在。这是这么回事呢？在‘现在’之中，埋藏着‘过去’的果。‘现在’是‘未来’的基础。今天的种子是昨天成长的树结下的而它又会发芽和成长为明天的树。所以，担心和牵挂是没有用的，千万不要为任何事情牵肠挂肚，忧心忡忡！

问题：

1. 什么是牵挂？【脑激荡】
2. 为何我们对很多事情和人物都牵肠挂肚呢？【公开讨论】
3. 我们应该如何面对过去现在和未来？【公开讨论】
4. 请与大家分享一件让你牵挂的事情，后来你怎样面对它。【顺序讲述】

取自：实谛奥义书- 42 问

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In my opinion, there is nothing like worry. If you enquire in depth, you will know that there is no worry at all in this world. It is merely psychological. Worry is fear mentally created. That is all! Nothing more! It is all your imagination.

At times you feel guilty. So, you worry remembering your past, which is beyond recovery. By no effort can you recover it. Past is past. Then, why worry about the past? Is there any sense in it? You may worry about the future. This is also useless in my opinion. Why? Because the future is uncertain, anything may happen. Who knows? The future is unknown. Why, then, should you worry about the future? What do you gain by that?

Understand clearly that everything is in the present. It is not simple present, it is omnipresent. How? In the present lie the results of the past. The present is the foundation of the future. The seed of today is out of the tree you grew yesterday, and it will germinate and grow into a tree tomorrow. So, worry is useless. Hence, never worry about anything.

Questions:

1. What is worry? 【Brainstorm】
2. Why do we worry about a lot of things and people? 【Open discussion】
3. How should we face the past, present and future? 【Open discussion】
4. Please share an incident that got you worried, and describe how you handled it. 【Sequential narration】

Source: Satyopanisad Q42