

## 内寓者

这世界所有弊病，如分歧，矛盾和冲突都是由于我们忽视了在我们每一个人之内的，同一圣灵的‘内寓者’而产生的。那么为何我们不知道这真相呢？对‘内寓者’的觉知是唯一能解决当今社会种种问题的方法。

我们经常遇到缺乏赏识心意的人。他们作出令人泄气的批评并试图打倒一个在他所选择的工作领域中展现创造力，革新和建设性的人。这等于是精神伤害。所以，他感到挫折，失望，沮丧和被忽视。

薄伽梵峇峇一再地告诉我们，“找出你自己的缺点和他人的优点。”祂一再地提醒我们，“判断一个人必须以他的优点而不是缺点。”肉身的执著，完全的自私，过多的欲望，夸大的估计自己的能力，渴望避免和厌恶健全的竞争，毫无意义的抗争等，这一切可能就是缺乏赏识精神的某些原因。我们不应该以我们的语言，意念和行为（身口意）去伤害任何人，因为在每个人之内的‘内寓者’就是神本身。

在大多数的情况下，杀人犯会被判死刑。这仅是肉身的惩罚。然而实际上，那是邪恶的心念造成的，心念是祸首，理应受到惩罚。若非心念促使，无人会犯上任何罪行。我们也有一种错觉，以为在某些吉祥的日子里斋戒即可超凡入圣，以为那就是所谓的灵性修习。不，完全不是。如果是灵修，心念应该斋戒，不以任何世俗的念头充饥。薄伽梵峇峇说，“斋戒是对感官的修炼而不是对肉身。”

我们现在明白，外驰的心念是忽视寓于人人之内的，实在的‘内寓者’的根由。显然，心念成为他人的积极向上精神的杀手。我们应该对这‘杀手心念’提高警惕，保持慎重。

现在让我们讨论心念的第二个层面，我们称之为‘刺激物心念’。

当我们听到布谷鸟的啼声，注意到叶上的露珠，观察到黎明时分湖里的雾气与满是巨树，斜坡和山谷的高山相辉映，瞥见天真无邪的孩子所展露的笑容，的时候，我们不感到兴奋，激动吗？我们的心念不是会对剧情惊叹吗？绝对会。这样的一个敏感的，有反应的和感受敏锐的心念，我们姑且称之为‘刺激物心念’。当你面对紧要关头时，你被薄伽梵叫到面谈室去，想想你的心念会作出什么反应。肯定你会或你的心念会激动、兴奋，不在话下。

那‘刺激物心念’是在‘杀手心念’之上。前者提升你至更超逸的高度，而后者会把你拉下更低下的洼地。

心念的第三个层面是自动和自然达致的。它是始终持久不变的，充满生气的，光辉灿烂的，自己发光的‘内寓者’。既已振奋于自然现象及其在肉身，心理，精神和智能阶段的生活方式，人于是把心念转向内在。他走向使他的身体工作，心念思考，生命维系和感官操作的源头。在灵性的说法上，此乃所谓的‘mimamsa’或自性探索。在第一层面的‘杀手心念’中，心念是很活跃的，完全二元性的，占有欲强的，外在的，官能的和基于世俗的。然而，在第二层面中，‘刺激物心念’则是积极的，审核查明的，使人高兴的，振奋人心的和令人激动的。它尝试去深潜和探索，完全被他周遭无法解释的，不可理解的，神秘的和迷人的世界所激动，而他正是这世界的一个组成部分和一个完整的单位。他开始惊讶，宇宙设计者的造物主是如此的宏伟和强大。最终他会明白，除了把心念转向内在，别无其他选择可以找到他永恒探索的答案。

转向内在的心念导致对自性的觉知，而所有个人的工具，身体，心念和智能简直是微不足道的，派不上用场。很快地，探索者就会知道，‘终极的实体’就是他所要体验的‘内寓者’，而他所被赋予的工具，如身体，心念，感官和智能，只有在‘内寓者’还寓于内在时才能操作。

虽然‘杀手’，‘刺激物’和‘内寓者’表面看来似乎有所不同和矛盾，但事实上，它们并非如此。它们是互补的，并且在三个步骤中，一个步骤支持和导致下一个步骤。杀手心念代表二元性，刺激物心念代表准不二性，而‘内寓者’则代表不二性。‘内寓者’是终极的实体和纯意识。它是至福。

取自《薄伽梵斯里沙迪亚赛峇峇普及和实用的教导》第3章

**问题：**

1. 为何人们缺乏赏识的心意？【顺序讲述】
2. 为什么‘找出你自己的缺点和他人的优点’很重要？【顺序讲述】
3. ‘刺激物心念’是在‘杀手心念’之上。请根据自己的经验详细说明。【公开讨论】
4. 对‘内寓者’的觉知如何能减少社会的弊病、冲突？【公开讨论】

## August 2018: SCA Study Circle

### Indweller

All ills of this world such as differences, contradictions, conflicts are because of the fact that we have ignored the 'Indweller' in each and every one of us who is the same divine. Why then, do we not know this reality? The awareness of the 'Indweller' is the only solution to the present day problems of society.

We often come across people who lack the spirit of appreciation. They pass discouraging comments and try to pull down a person who is creative, innovative and constructive in his chosen field of work. This amounts to psychological violence. So, he feel frustrated, disappointed, dejected and neglected.

Bhagavan Baba tells us repeatedly, "Seek out your own faults and others' merits." He repeatedly reminds that "One has to be judged by the merits and not faults". Body attachment, utter selfishness, excessive desires, exaggerated estimation of one's own abilities and capacities, desire to avoid and detest even healthy competition, meaningless rivalry etc., may be some of the reasons for the absence of spirit of appreciation. We should not hurt anyone with our words, thoughts and deeds, because the 'Indweller' in everyone is God Himself.

Most often one who commits murder will be sentenced to death. This is only the punishment for the body. But in fact it is the evil mind which is the root cause of the crime that is to be punished. Unless the mind prompts, no one perpetrates any evil deed. We are also under the false impression that by fasting on certain auspicious days we become spiritual and it is a sort of Sadhana. No, not at all. The mind should fast by not entertaining any worldly thoughts if it is to be spiritual Sadhana. According to Bhagavan Baba, "Fasting is to be exercised with respect to the senses and not the body."

We now understand that it is the mind which is outward, responsible for the ignorance of the actual 'Indweller' in everyone of us. It is also clear to us now that the mind is behaving as the 'killer' of the initiative in the spirit of others. We should be ever vigilant and cautious of this 'Killer mind'.

Now let us dwell on the second aspect of the mind and call it 'Thriller mind'.

When we listen to the singing of the cuckoo, watch the morning dew on the leaves, observe mist during the twilight on a lake against the background of mountains full of huge trees, slopes and valleys, cast a glance at the smile of an innocent child, are we not thrilled? Does not our mind marvel, at the scenario? It definitely does. Such a sensitive, responsive and receptive mind is termed as the 'Thriller mind'. Think of the reaction of your mind when you are called for an interview by Bhagavan during the critical moments of life. Needless to mention that you will be thrilled, or your mind will be thrilled.

The 'Thriller mind' is above the 'Killer mind'. The former elevates you to sublime heights, while the latter will pull you down deeper and deeper.

The third is automatically and naturally attained. It is ever abiding, vibrant, radiant, self-effulgent 'Indweller'. Having been thrilled at the nature and its own life pattern at different levels physical,

psychological, mental and intellectual, man turns his mind inward. He goes to the very source which makes his body work, mind think, life sustain and senses operate. This in spiritual parlance is called 'mimamsa' or Self enquiry. In the first state of 'Killer mind' the mind is very active absolutely dualistic, possessive, external, sensual and world-based. But in the second state, the 'Thriller mind' is positive, investigating, joyful, exciting and thrilling. It tries to dive deep and explore, thrilled completely by the inexplicable, not understandable, mysterious and enthralling universe around him in which he is an integral part and an integrated unit. He starts wondering how magnificent and mighty must the creator be, being the master designer of this Universe. Ultimately he will know that there is no alternative left for him to find an answer to his eternal quest other than to turn his mind inward.

Mind turned inwards leads to the awareness of the Self, and all the instruments of the individual, body, mind, and intellect are minimal and negligible. Very soon the seeker comes to know that the "ultimate reality" is the 'Indweller' whom he wants to experience and that all the instruments he is gifted with like body, mind, senses and intellect function only if the 'Indweller' dwells within.

Though killer, thriller and the 'Indweller' outwardly seem to be different and contradictory, in reality they are not so. They are complementary and are the three steps, one supporting and leading to the other. Killer mind represents dualism, thriller mind signifies qualified non-dualism, while the 'Indweller' stands for non-dualism. The 'Indweller' is the ultimate reality and pure consciousness. It is full or total bliss.

*Universal & Practical Teachings of Bhagavan Sri Sathya Sai Baba, Chapter 3*

### **Questions:**

1. Why is there a lack of the spirit of appreciation? **【Sequential narration】**
2. Why is it important to 'seek out your own faults and others' merits' ? **【Sequential narration】**
3. The 'Thriller mind' is above the 'Killer mind'. Elaborate on the statement with your own experience. **【Open discussion】**
4. How would the awareness of the 'Indweller' lead to a reduction of the ills, conflicts in the society? **【Open discussion】**