

如何应付欲望？

人有许多欲望。没有欲望，我们不能实在地生活；不过，我们可以以 3 种方法来应付它们。第一种方法，你屈服于它们。当你这样做时会发生什么？欲望只会变本加厉，就像火上加油一样，烧得更旺。第二种方法是抑制它们。但其有效性只是暂时的；它实际上只会适得其反。例如，有时候我们因为宗教或是别人的要求而禁食。但是，一旦仪式结束后，我们就狼吞虎咽风卷残云，像弹簧一样反弹。在禁食期间，我们的思想总是在食物上，等待着时限结束。所以，这种方法行不通。第三种方法是变换或取代欲望。我们用更高、更高尚的东西来取代它。

应付欲望的3种方法



屈服



抑制



变换、取代

一个名叫戈帕尔·因德雷什瓦尔·辛格（Gopal Indhreshwar Singh）的斯瓦米大学校友有一段美丽的经历。他讲述，一个名叫基肖尔（Kishore）的人结识了他祖母并成功赢得其信任。他从中窃取了大量资产，甚至他们家族的银行帐户。戈帕尔很激动，却感到无助。有一天，当他在精舍里坐着时，他做了一件奇怪的事；在他的脑海里，他开始不断地挥拳打那个人，发泄怒气。就在那时候，斯瓦米突然打开面试室的门，向他招手。戈帕尔进去后，斯瓦米问道：“戈帕尔，你在干什么？”他回答说，“没干什么，斯瓦米。”斯瓦米提高嗓门问道：“你把基肖尔怎么了？”戈帕尔咬牙切齿的说道，“斯瓦米，你知道这家伙干了什么吗？他是邪恶的！”

斯瓦米耐心听他说完，问道：“你知道你犯了三起谋杀吗？”戈帕尔大吃一惊，斯瓦米补充说，“是的，你杀了他三次。”然后斯瓦米继续解释，在人类的法律中，只有当我们干下恶行后才被当作犯罪。然而，在神的律法中，即便你只是动了念头，你已经付诸行动而不得不面对业力的负担。戈帕尔惊愕失色，不知道如何是好。他立刻乞求宽恕。

斯瓦米接着说，“好吧，戈帕尔，你现在告诉我，你对基肖尔有什么感受？”戈帕尔为自己的所作所为道歉，然后补充说，不过他对基肖尔的感觉始终没有改变；对他来说，基肖尔仍然是一个邪恶的人。斯瓦米接着说，“好，现在闭上眼睛，尽情地挥拳打他。”获得神圣的允许后，戈帕尔重回到他的游戏中；想象对基肖尔充满仇恨地猛打。他们打到悬崖边上，戈帕尔一个重击，眼看就要把基肖尔给打下万丈深渊。

突然斯瓦米在现场出现，并喝道：“戈帕尔，你没看见吗？难道你没看到基肖尔抱着的东西吗？”戈帕尔才注意到基肖尔怀里抱着一个婴儿。这个宝宝好可爱，戈帕尔对自己说绝对不能伤害宝宝。于是，他纵身一跃，紧紧抱着基肖尔。他救了基肖尔，婴儿也得救。而基肖尔也从此改变了，为报答救命之恩，他将拥有的一切送给戈帕尔。

随着这一幕的结束，斯瓦米轻拍一下戈帕尔，他睁开眼睛，斯瓦米问道，“你吸取教训了吗？”这节课我们学到：当我们心中有仇恨时，要想象一个物体，让它把我们的爱引出。然后，确保这爱注满整个大气，包括那个我们怨恨的人。这是一个确保我们没有任何业力负担的方法。这也是一个可以取代我们的低劣欲望的方法。戈帕尔的仇恨现在被爱所取代。所以，应付欲望的唯一方法就是用崇高和更高尚的东西去取代它。

事实上，通过这事迹世尊巧妙地告诉我们：“取代你的世俗欲望，最终你会得到平和。”舍离其实不关于放弃任何东西，而是用更崇高的东西来取代低劣的欲望——也许在你生命中的每一刻都选择斯瓦米吧。

摘自：Radio Sai Study Circle, Episode-1

问题：

1. “当你屈服于欲望时，它就像火上加油一样，烧得更旺。”请你分享一个确认上述信息的例子或经验。**【顺序讲述】**
2. 抑制欲望的有效性只是暂时的，它实际上只会适得其反。为什么？**【公开讨论】**
3. 你如何实行取代欲望？有效吗？请分享你的经验。**【顺序讲述】**

August 2019: SCA Study Circle

How to Deal with Desires?

Man have many desires. We cannot really live without desires; however, there are ways we can deal with them, through three methods to be precise. One, you yield to them. So, what happens when you do this? Well, they only increase. It is like putting oil into fire; it only burns even brighter. The second way is suppressing them. But this helps only temporarily; it actually backfires. For example, there are occasions when we fast either because the religion demands it or someone else asked us to do it. But the moment this ritual is over, we land up eating tons of food! It is like a spring effect. And also during the fast, our thoughts are constantly on the food; waiting for the time period to end. So, this too really doesn't work. The third way is to sublimate the desires. What we do here is replace it with something higher and nobler.

3 ways to deal with desires



succumb



suppress



Sublimate

There is a beautiful experience of one former student of Swami's University, Gopal Indhreshwar Singh. He narrated how a man named Kishore had befriended and won the confidence of his grandmother. And being a clever man he had actually helped himself to many assets and even bank accounts of the family!

Gopal was really disturbed and felt helpless. So one day while sitting in Mandir, he started doing something strange; in his mind he began to box this guy liberally, venting out his anger freely. When he was busy doing this, Swami suddenly opened the Interview room door and beckoned him. When Gopal went inside, Swami said, "Gopal! What are you doing?" He replied, "Nothing, Swami". Swami now raised His voice and asked, "What are you doing with Kishore?" Gopal then burst out, "Swami! You know what this guy is up to; he is evil!"

After hearing him out, Swami said, "Do you realise that you have committed three murders!" Gopal was shocked. Swami added, "Yes, you have killed him thrice," and then went on to explain how in man's laws we commit a crime only when we actually do the evil act physically. However, in God's laws even when you think about it you have already done the action and have to face the Karmic burden. Gopal was totally taken aback; he didn't know what to do. He now started begging for forgiveness.

Swami then said, "Okay, tell Me Gopal, now what you feel about Kishore?" Gopal apologised for what he was doing and then added that irrespective of that his feelings for Kishore hadn't changed a bit; for him Kishore was still a wicked man. Swami then said, "Fine, close your eyes now and box him to your heart's content." Having received Divine permission, Gopal now went back to his game enthusiastically; he started hitting Kishore with full vigour and vengeance, in his imagination. The fight came to a point where they were on a cliff. And now Gopal gave a big blow. Kishore was about to tip off the edge.

Then suddenly, Swami appeared in the scene and said, “Gopal, can’t you see? Did you not observe what Kishore is carrying?” Gopal then noticed that Kishore had a small baby in his arms, and this little bundle of joy was really cute and sweet. Gopal now said to himself that there was no way he would allow this baby to perish. So, immediately he jumps forward and embraces Kishore. Kishore is saved and so is the baby. Besides, Kishore is now a transformed man and grateful to Gopal for protecting him; so much so that he now wants to offer everything that he has to Gopal.

As this scene ends, Swami taps Gopal and he opens his eyes. And then Swami asks, “So, did you learn your lesson?” The learning was that when we have hatred, we should visualise an object which draws love out of us. We should then ensure that this love engulfs the whole atmosphere as also the person. That is the way to ensure we don’t have any karmic burden. That is also the manner we can replace our lower desires. Gopal’s hatred was now replaced with Love. So, the only way to deal with desire is to replace it with something lofty and nobler.

In fact, through this Bhagavan is subtly telling us: “Sublimate your worldly desires and eventually you will find peace.” Detachment is not about giving up anything, but just replacing lower desires with something nobler - perhaps by choosing Swami in every moment of your life.

Extract from: Radio Sai Study Circle, Episode - 1

Questions:

1. “When you yield to desires, it is like putting oil into fire; it only burns even brighter.” Share an example or a personal experience that verify the above statement. **【Sequential narration】**
2. Suppressing desires helps only temporarily, it actually backfires. Why? **【Open discussion】**
3. How do you practise sublimation of desires? Is it effective? Please share your experience. **【Sequential narration】**