

## 一切从积极的态度开始

有一位宫廷大臣，不论发生了什么事情都说‘一切都是为我好’。一天，国王削甘蔗吃时不小心砍伤了一根手指头。大臣见了照例说‘神安排的一切都是最好的’。国王勃然大怒，把大臣打入监牢。即便如此，大臣说这牢狱之灾也是他的福气。



几天后，国王独自一人到森林里狩猎。他迷了路，不幸被一群原始部落族人捕捉。他们要把国王献祭给女神。就在他们准备献祭仪式的时候，祭司发现国王手指上的绷带，他宣布一个身体有缺陷的人不适合献给女神。因此国王逃过一劫。

塞翁失马，焉知非福，国王伤了一根手指，却救了他一命。他立刻赶回宫殿，直奔监狱把大臣释放出来，并向大臣道歉。大臣对国王说：“国王陛下，您没犯错。一切都是最好的安排。”国王纳闷地问道：“我同意发生在我身上的事对我来说是好事。但是为什么说我把你送进监牢也是对你最好的安排？”大臣笑着回答：“如果不是被关在牢里，我一定会跟随国王去打猎。当部落族人发现您不适宜作为祭品时，除我以外他们还会选择谁呢？我肯定难逃一死。确实，神安排的一切都是最好的。”

世尊讲述这个美丽的故事以说明无论发生什么事情，最终将成为好事，不管我们喜欢与否，或者我们懂得其意义与否。这通常被称为‘积极的态度’，在灵性术语中纯粹就是向主的真正降服。



这是一个人朝向真正的降服前进的方式。它也许从**积极的态度**开始。一旦这种积极的态度茁壮地建立起来，它带来**信念**。当信念成长，我们开始相信发生在我们身上的事情都是为了我们好，我们会再三看到神所使用的更深奥的手段，以便把我们带到我们的目标。在某种程度上，我们能够认知神在这些事件中的奥妙之手，正如人们所说，我们**看到了‘更大的局面’**。一旦我们看到这一点，我们就培养了**接受**的素质。真正的接受最终将促使一个信徒走上**降服**的道路。

## 问题:

1. 我们应该遵循的一种积极态度是‘感恩’。我们要以感谢神赐给许多的祝福来开始每一天。说出 5 件你要感恩的东西。【顺序讲述】
2. 分享你在生活中保持的一种积极的态度。这种积极的态度如何导致你对神的信念？  
【公开讨论】
3. 斯瓦米说，当我们在生活中遇到困难和挑战时，我们需要接受和克服这些挑战，以便最终达到我们人生体验的甜蜜核心。“看看一粒橙子。里面有甜果汁。但是你在外面看到什么？苦涩的果皮。**这是神的设计（大局）**。为了保护里面的甜汁，需要有苦涩的外皮。如果你想喝甜果汁，你应该怎么做？只要剥了苦涩的外皮。”

请分享你的经验，展示神如何完美地为你安排一切，而生活中没有什么是无要紧要的。  
【公开讨论】

## November 2019: SCA Study Circle

### It All Begins with Positive Attitude

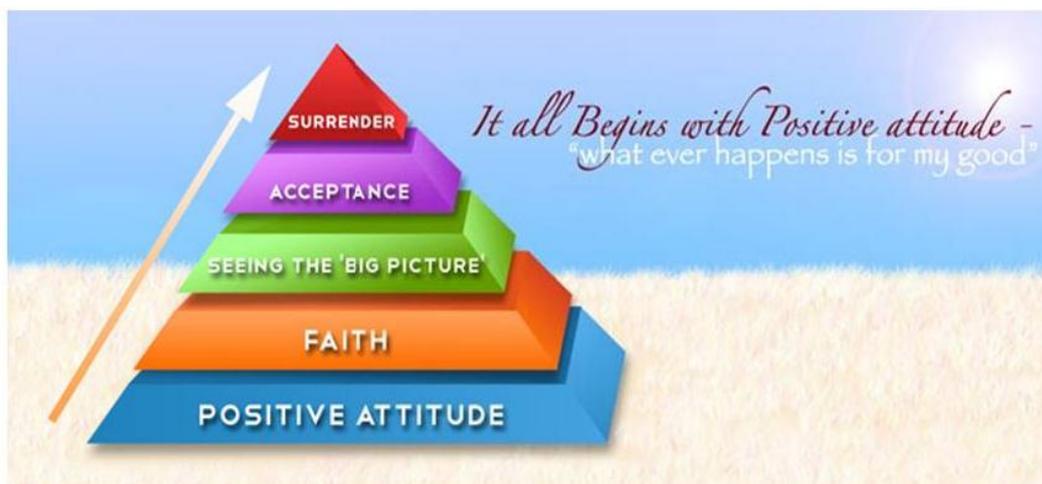
There was once a minister who was in the habit of declaring that whatever happened was for one's good. One day, the king cut his finger while slicing a piece of sugarcane. Seeing the bleeding limb, the minister uttered his usual phrase, "God does everything for the best." The king flew into a rage and committed the minister to prison. Not perturbed in the least, the minister said, "Even this sentence is for my good."



A few days later, the king went on a solo hunting expedition in the forest. He was lost and seized by a tribe. The tribesmen were going to offer the king as a human sacrifice to their Goddess. When it was almost time for the ritual, the priest noticed the king's bandaged finger. The priest declared that a man with a defect in his body was not fit as a sacrifice for their Goddess. The king was freed.

The king realised that the wound alone had saved him from death. He at once hurried back to the palace, went straight to the prison to set the minister free and seek his forgiveness. The minister said, "Your Majesty! You have done no harm. Whatever happened was for my good." The king very curiously questioned, "I agree that what happened to me was for my good. But why did you say that my sending you to prison was for your good?" The minister smiled and replied, "If I had not been confined in the jail, I would have accompanied you on the hunting trip. When the tribesmen found you unfit for sacrifice, who would they have chosen other than me for the purpose? Indeed, God does everything for the best."

Bhagawan narrates this beautiful story to demonstrate that whatever happens eventually turns out for good, whether we like it or not and whether we see the meaning in it or not. This is generally referred to as 'positive attitude', which in spiritual parlance is nothing but true surrender to the Lord.



This is how an individual can move forward towards true surrender. It perhaps starts on the gross level of **positive attitude**. Once this positive attitude builds strongly in an individual, it brings in **faith** and when faith grows and we start believing that the things which happen to us is for our good, we see many a time the deeper means that God uses to take us towards our goal. In a way, we are able to understand the mysterious hand of God working in these events and that is how - as people say - we **see**

**the 'bigger picture'**. And, once we really see this, we develop the quality of **acceptance**. It is true acceptance that eventually leads a devotee to the path of **surrender**.

Extract from: Radio Sai Study Circle, Episode - 2

**Questions:**

1. One positive attitude we should follow is 'gratitude'. We can begin the day with thanking God for the vast number of things we can be grateful for. Name 5 things that you are grateful for. **【Sequential narration】**
2. Share one positive attitude you keep in life. How does that positive attitude lead to faith in God? **【Open discussion】**
3. Swami said in life when we come across difficulties and challenges – we need to accept and overcome these challenges to ultimately reach the nectarine core of our life experience. "Look at an orange fruit. There is sweet juice inside. But what do you find on the outside? Bitter skin. That is God's design (the big picture). To protect the sweet juice inside you need to have the bitter skin outside. What should you do if you want to drink the sweet juice? Just peel out the bitter skin."

Share your experience to show how beautifully God has planned everything for you with nothing in life being meaningless. **【Open discussion】**

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