

华人组学习圈

人生是一场比赛，参与吧！

赛峇峇说，“人生是一场比赛，参与吧！”

以下是摘自玛尼商羯罗（Mani Shankar）所撰的一首美丽的诗歌；他把这人生的比赛描述得多么淋漓尽致...

“您说，人生是场比赛，要学会玩得精明且周全
在天上的裁判响铃之前，要活得完满
只求团队获胜，何计谁把球送入网？
这世界也是如此，不要只为自己着想，要为众人福祉着想
拒绝传球的球员犯规，以致整队遭殃
拒绝施予的人犯规，以致他的灵魂受苦
因此要学习与宇宙之灵和谐地同调赞唱
在人生的比赛中，要发挥团队精神去达成共同的目标，共同的梦想
让世界成为你的比赛场地，让每一个人成为你的队友
以爱去巩固这些情谊，并一起努力去决定命运...”

...我是所谓的人生比赛团队中的其中一员
神是裁判，导师是我的教练
祂教了我怎么玩和怎么玩得圆满
我向祂献上最真挚的敬礼
我谦卑地向祂鞠躬，寻找着祂神圣的福缘...”

- 玛尼商羯罗

自生至死，一切都与如何去参与这人生的比赛有关。要参与得当，玩的好，首先我们就必须照顾好这肉身，因为健全的心念和健全的身体是重要的先决条件。我们必须及早开始行动。我们要及早学会比赛的规则。峇峇之所以常常强调 Sadhana（修行）与 Satsang（与智者或虔诚者游）的重要性即是这个原因。我们必须设定一个目标。祂给了我们这可贵的人身只有一个原因，那就是，最终与祂融合于光之中。那就是我们的目标。一旦我们与祂融为一体，这人生比赛便告终了。我们会赢得神恩及赢得超脱的竞赛！

观看 Youtube 视频: “Life is a Game, Play It | Homage to Bhagavan Sri Sathya Sai Baba <https://youtu.be/eIXTHPgIvWI>”

问题:

1. “人生是场比赛，要学会玩得精明且周全。”请分享你对这句话的理解。【顺序讲述】
2. 为什么团队精神在人生的比赛中很重要？请分享一个例子或经历来说明你的观点。
【公开讨论】
3. 什么是人生比赛的一些规则？你如何学习这些规则？【顺序讲述】

SCA Study Circle

LIFE IS A GAME. PLAY IT!

Sai Baba says, "Life is a game. Play it ! "

Below are selected extracts from a beautiful poem written by Mani Shankar who described this Game of Life so beautifully....

"YOU said, Life is a game, learn to play it wisely and well
Live it to your fullest before the referee above rings the bell
So long as the team wins, what matters who nets the ball?
So with this world, think not of yourself but the good of all
The player who refuses to pass the ball, commits a foul. The team suffers
The person who refuses to give, commits a foul. His soul suffers
So learn to sing in tune with the Universal Soul
In the game of life, play as a team for a common goal, a common dream
Let the world be your playing field, let every human being, your team mate
With love, let these bonds be sealed, and together, strive to determine fate....

.... I am a team player in the game called Life
God is the referee, Guru is my coach
HE has taught me to play the game and play it well
To HIM I offer my deepest salutations
To HIM I humbly bow, seeking out HIS divine blessings "

- Mani Shankar

From the womb to the tomb, it's all about how to play this Game of Life. To play it well, we first need to look after this physical body because a sound mind and a sound body are important prerequisites. We have to start early. We have to learn the rules of the game early. That is why Baba always tells us that Sadhana and Satsang are very important. We need to set a goal. HE has given us this precious human body for one reason and one reason only, which is, to finally merge into the LIGHT with Him. That is our goal. Once we merge into Him, this Game of Life is over. We would have won the Grace of God and won the race to liberation!

Watch Youtube video: "Life is a Game, Play It | Homage to Bhagavan Sri Sathya Sai Baba <https://youtu.be/eIXTHPgIVWI>

Questions:

1. "Life is a game, learn to play it wisely and well." Share your understanding of the statement. **【Sequential narration】**
2. Why is teamwork important in the game of Life? Share an example or a personal experience to illustrate your view. **【Open discussion】**
3. What are some of the rules of the game of Life? How do you learn these rules? **【Sequential narration】**