

Guru Poornima 2019 – Dr. Narendranath Reddy

2019 年圣师节-瑞迪博士谈话 (Dr. Narendranath Reddy)

With love, gratitude and reverence, I offer my prayerful *pranams* at the Divine Lotus Feet of our dearest, loving, and omnipresent Lord, Bhagawan Sri Sathya Sai Baba.

带着爱、感激与敬意，我献上我虔诚的顶礼，在我们敬爱的全能之主：师利沙迪亚·赛巴巴的神圣莲花足前。

Dear brothers and sisters, loving Sai Rams to all of you.

亲爱的弟兄姊妹—我对你们所有人致上爱的 Sairam。

I wish all of you a happy and holy Guru Poornima filled with love and bliss. On this holy day of Guru Poornima, spiritual seekers all over the world pay homage to their Guru, who shows them the way to God. We, as Sathya Sai devotees, are blessed and fortunate in that we have Bhagawan Sri Sathya Sai Baba, both as our Guru and God.

我希望你们每个人心中充满爱与祝福，并且度过一个快乐及神圣的圣师节。在神圣的今天，寻道者在世界各地向他们的古鲁（神圣导师）献上最高敬意，因为他们的古鲁（神圣导师）向他们示现通往神的道路。而我们，身为赛信徒，很有福气且很幸运地拥有一位同时身为古鲁(神圣导师)和神的一世尊师利沙迪亚·赛巴巴。

On this auspicious occasion, let us express love and gratitude to Bhagawan by re-dedicating our lives to Him and remembering His message regarding Guru Poornima. Swami, our *Jagadguru*, the Universal teacher, has exhorted that *Guru shows us the Guri*. *Guri* means the aim and purpose. The aim and purpose of our lives is to realise our innate divinity and experience the same divinity in everything, everywhere, ever.

在这殊胜的节日，让我们藉由将生命归向师尊（赛巴巴），并藉由铭记祂关于圣师节的讯息，来展现我们对祂的爱与感恩。师尊（赛巴巴），我们的普世导师（*Jagadguru*），向我们开示：古鲁（神圣导师）对我们示现「Guri」。「Guri」就是生命的宗旨和目的。生命的宗旨和目的就是去了解我们内在与生俱来的神性，并体会到同样的神性无时不刻存在全宇宙的万物之内。

How to attain this *Guri* - this 'goal'? For that also, Swami has shown us the way – we need to have *Guri*, which also means to have a focus. Focus on Number one - on Swami, His teachings and His divine mission. When we focus on Swami, we focus on Him by chanting His sweet, divine name, meditating on His beautiful, divine form and contemplating on His

blissful divine leelas. Because Swami has assured us if we hold on to His divine lotus feet with absolute faith, we will reach the goal in this very lifetime. He said “*Manase Bhajare Guru Charanam.*” But He also cautioned us, ABC- ‘Always Be Careful.’ Be careful about the false Gurus, false prophets, and false mediums. His relationship is one to one, heart to heart. So, we need to exercise our discrimination and always hold on to Him and Him alone. This is the *Guri* (focus) we should have.

如何达到生命的宗旨和目的（*Guri*）？关于这点，师尊（赛巴巴同样也对我们示现了达成的方式—我们要先拥有生命的宗旨和目的（*Guri*），也就是专注的目标。首先要专注于师尊（赛巴巴）、祂的教导和神圣任务。当我们专注于师尊（赛巴巴），我们持诵祂甜美而神圣的名号、观想祂神圣美好的形象，以及冥想祂充满祝福的神圣戏剧（*译注：这个二元的娑婆世界），由于师尊（赛巴巴）承诺，只要我们以绝对的虔诚归向祂神圣的莲花足，我们甚至能在这一世就抵达目标（*译注：回归于神）。祂曾开示第一个巴赞：「*Manasa Bhajare Guru Charanam*」（*译注：其中提到敬拜师尊（赛巴巴），祂便能引领你横跨生死的苦海）。但祂也警示我们 ABC 原则—「总是要小心慎重（*Always Be Careful*）。」要小心假的古鲁（假的神圣导师）、假的先知和假的灵媒。祂和我们的关系是心对心、一对一的。所以我们需要运用辨别力，并且永远坚定地归向唯一的祂。这就是第一个我们必须拥有的专注目标（*Guri*）。

Second *Guri* (focus) we should have is on His divine teachings, which are the essence of all the scriptures and the quintessence of all His teachings is *Prema* (divine love). He has said “Love is the source; Love is the path and Love is the goal.” So, let us live in divine love. The third *Guri*, the third focus we should have is on the divine mission. Let us actively participate in the divine mission by participating in the educational institutions, medical institutions, humanitarian relief service projects, and Sathya Sai Organisation which bears His sacred, divine name. These institutions have been founded and nurtured by Bhagawan Himself and continue to be guided and blessed by Him till today. So let us make the best use of this opportunity to participate in these activities.

第二个我们必须专注的目标，是专注于祂的教导，也就是祂所有经典和开示的核心：圣爱（*Prema*）。祂曾开示：「爱是源头；爱是道路和目的。」所以，让我们生活于圣爱当中。第三个我们必须专注的目标，是专注于神圣任务，让我们主动积极投入这个神圣任务当中：赛教育组织、医疗组织、人道救援服务计划，以及以祂神圣名号创立的沙迪亚赛组织活动。这些组织都是由世尊（赛巴巴）所创立、经营，并且时至今日仍持续获得祂的祝福和引导。所以让我们好好利用这个机会投入这些活动。

So, when we have this *Guri* on Him, His teachings, and His divine mission, the next level we go to is Guru. Swami says “Guru – what does He do?” “Gu” stands for ignorance, “Ru” stands for removal of ignorance. What is this ignorance? Ignorance is *ahamkara* and *Mamakara* – that is to have the ego that we are this body, mind and intellect complex and have attachment. By focussing on Swami, His teachings and His mission, this ignorance will be gone and then we live in light- light of love and light of wisdom.

因此，当我们以这些目标（Guri）专注于祂、祂的教导和神圣任务以后，下一个阶段便是专注于古鲁（神圣导师）。师尊（赛巴巴）曾说：「古鲁（神圣导师）—祂做些什么？」Gu—代表无明；Ru—代表消除无明。那么这个「无明」是指什么？「无明」是指「小我（ahamkara）」和「我执（Mamakara）」—也就是认为我们是身体、心和智力综合体，以及执着于这个自我。藉由专注于师尊（赛巴巴）、祂的教导和任务，这种无明便会消散，我们将可以生活在光—爱与智慧之光当中。

When we practise this, finally we come to the last stage of what Swami said about Guru. “Gu” stands for *Gunathitha* – the God who is beyond all attributes, “Ru” stands for *Ruparahitha* – God beyond all forms. So, when we focus on this, we experience divinity, which is beyond all names, all forms, all attributes, time, space and causation. Then, we experience that every cell, every atom, every moment is permeated by the divine including ourselves. Then, we live in love and bliss.

当我们实践这个目标，我们最后便会达到师尊（赛巴巴）曾开示的古鲁（神圣导师）状态。Gu—*Gunathitha*—神超越一切属性；Ru—*Ruparahitha*—神超越一切名相。当我们专注于此，我们便体会到神性，也就是超越一切名相、属性、时间、空间和因果。然后我们体验到在每个细胞、每个原子、每个时刻，甚至我们之中都充满神性。最终我们便生活在爱与至福当中。

Asato Maa Sad Gamaya
Thamaso Maa Jyothir Gamaya
Mrithyor Maa Amritham Gamaya

Let us pray to our Dearest Lord Sai:

Lord, lead us from the unreal to the real
From darkness to light
From death to immortality
让我们对我们挚爱的上主赛祈祷：

带领我从不真实走向真实
带领我从黑暗走向光明
带领我从生死轮回走向不朽的永恒

Jai Sai Ram