

Guru Poornima 2019 – Dr. Narendranath Reddy

2019 年聖師節-瑞迪博士談話 (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.

帶著愛、感激與敬意，我獻上我虔誠的頂禮，在我們敬愛的全能之主：師利沙迪亞·賽巴巴的神聖蓮花足前。

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

親愛的弟兄姊妹——我對你們所有人致上愛的 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.

我希望你們每個人心中充滿愛與祝福，並且度過一個快樂及神聖的聖師節。在神聖的今天，尋道者在世界各地向他們的古魯（神聖導師）獻上最高敬意，因為他們的古魯（神聖導師）向他們示現通往神的道路。而我們，身為賽信徒，很有福氣且很幸運地擁有一位同時身為古魯（神聖導師）和神的——世尊師利沙迪亞·賽巴巴。

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.

在這殊勝的節日，讓我們藉由將生命歸向師尊（賽巴巴），並藉由銘記祂關於聖師節的訊息，來展現我們對祂的愛與感恩。師尊（賽巴巴），我們的普世導師（*Jagadguru*），向我們開示：古魯（神聖導師）對我們示現「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們內在與生俱來的神性，並體會到同樣的神性無時不刻存在全宇宙的萬物之內。

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.

如何達到生命的宗旨和目的 (Guri) ? 關於這點，師尊 (賽巴巴同樣也對我們示現了達成的方式—我們要先擁有生命的宗旨和目的 (Guri) ，也就是專注的目標。首先要專注於師尊 (賽巴巴) 、祂的教導和神聖任務。當我們專注於師尊 (賽巴巴) ，我們持誦祂甜美而神聖的名號、觀想祂神聖美好的形象，以及冥想祂充滿祝福的神聖戲劇 (*譯註：這個二元的娑婆世界) ，。由於師尊 (賽巴巴) 承諾，只要我們以絕對的虔誠歸向祂神聖的蓮花足，我們甚至能在這一世就抵達目標 (*譯註：回歸於神) 。祂曾開示第一個巴贊：「*Manasa Bhajare Guru Charanam*」 (*譯註：其中提到敬拜師尊 (賽巴巴) ，祂便能引領你橫跨生死的苦海) 。但祂也警示我們 ABC 原則—「總是要小心慎重 (Always Be Careful) 。」要小心假的古魯 (假的神聖導師) 、假的先知和假的靈媒。祂和我們的關係是心對心、一對一的。所以我們需要運用辨別力，並且永遠堅定地歸向唯一的祂。這就是第一個我們必須擁有的專注目標 (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.

第二個我們必須專注的目標，是專注於祂的教導，也就是祂所有經典和開示的核心：聖愛 (*Prema*) 。祂曾開示：「愛是源頭；愛是道路和目的。」所以，讓我們生活於聖愛當中。第三個我們必須專注的目標，是專注於神聖任務，讓我們主動積極投入這個神聖任務當中：賽教育組織、醫療組織、人道救援服務計劃，以及以祂神聖名號創立的沙迪亞賽組織活動。這些組織都是由世尊 (賽巴巴) 所創立、經營，並且時至今日仍持續獲得祂的祝福和引導。所以讓我們好好利用這個機會投入這些活動。

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，當我們以這些目標（Guri）專注於祂、祂的教導和神聖任務以後，下一個階段便是專注於古魯（神聖導師）。師尊（賽巴巴）曾說：「古魯（神聖導師）—祂做些什麼？」Gu—代表無明；Ru—代表消除無明。那麼這個「無明」是指什麼？「無明」是指「小我（*ahamkara*）」和「我執（*Mamakara*）」—也就是認為我們是身體、心和智力綜合體，以及執著於這個自我。藉由專注於師尊（賽巴巴）、祂的教導和任務，這種無明便會消散，我們將可以生活在光—愛與智慧之光當中。

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.

當我們實踐這個目標，我們最後便會達到師尊（賽巴巴）曾開示的古魯（神聖導師）狀態。Gu—*Gunathitha*—神超越一切屬性；Ru—*Ruparahitha*—神超越一切名相。當我們專注於此，我們便體會到神性，也就是超越一切名相、屬性、時間、空間和因果。然後我們體驗到在每個細胞、每個原子、每個時刻，甚至我們之中都充滿神性。最終我們便生活在愛與至福當中。

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

讓我們對我們摯愛的上主賽祈禱：

帶領我從不真實走向真實

帶領我從黑暗走向光明

帶領我從生死輪迴走向不朽的永恆

Jai Sai Ram