

# 有规律

选自室利·阿罗频多和母亲的作品

有两朵花的讯息是规律性：一是马蒂尼亚草 (*Martynia annua*)，即“虎爪草”；二是洋地黄 (*Digitalis*)，可爱的毛地黄 (*Foxglove*)。

母亲谈规律性：“（有规律是）取得巨大成就必不可少的因素”。

室利·阿罗频多写道：“能够有规律地生活是一股强大的力量，人会成为自己时间和行动的主人。”

母亲的谈话：

众多铁路员、看门人、火车司机和联络员必须具备高度的规律性和精确度，以确保所有国家的火车都可以按计划准时出站、到站，以避免交通拥堵。而且，如果由于偶然事件或疏忽而使其指令暂时中断，哪怕只是片刻，都可能会发生不幸的事儿！一次简单的延误会打乱很多事情：朋友们彼此错过，雇员和商人无法按时到岗或赴约，乘客上不了船……而且，你无法想象之后还会引发哪些麻烦。

想想看，如果突然间世界上不再有秩序和规律，情况会变得多么悲惨！

想想看，如果时钟不再是规律运作的魅力典范，开始变慢或者走得飞快，整个家庭的日常活动都会受到干扰。如果修不好时钟，最好的办法就是弃之不用。

孩子们，这个故事说明了什么？在井然有序的工作中，疲劳和休息可以相互平衡，而且有规律的生活可以免除很多痛苦和精力。

*母亲，我承认我的生活和工作没有条理。您可以帮助我建立秩序吗？*

第一步是在你的日常活动中养成有规律的习惯。

1936年12月24日

我在想，是时候让你积极参与整个工作了。当然，这意味着要有规律性、稳定性和极大的诚意。

为了将身体塑造成能够服务于更高意识的适宜工具，这样的体育运动需要养成非常严格的习惯：睡眠、饮食、运动和各项活动都要非常有规律。

每个人身体的自我圆满，或者只是自我完善，都是一个有待解决的问题，需要极大的耐心、毅力和规律性。

年底给学生写评语时，你的判断依据不是他们的书面答卷，而是根据他们的行为，是否专注、有规律，是否敏于理解，及其心智的开放程度。

在工作中，稳定、有规律与技能同等重要。无论你做什么，都要细心地做。

要始终用心地做事。

任何工作只要用心去做都会变得有趣。

要事无巨细、同样细心地处理所有情境。

一个常见而且必须遵守的规则是，教师尤其是体育老师，必须一直活出要求学生达到的品质——遵守纪律，有规律，举止得当，有勇气、耐力和耐心，更多地是身教，而非言谈。

我对家庭因素完全没有兴趣。工资多少应取决于工人的工作（他是否有能力、有规律），而不取决于他必须养活多少人。因为，如果把这些因素考虑在内，就不是按劳所得，而是做慈善了。就像我经常说的，我们不是救济委员会。

祝福所有有良知、有善愿、有规律、有品味地工作的人，以及所有想要学习和进步的人。

1966年3月29日

如果你不想学习某一门知识，那没关系，没有人可以强迫你去做。但是，如果你决定做某件事——生活中的任何事情——如果你决定去做了，你必须诚实以对，有自律、有规律和方法地去做。

一首诗中不押韵的诗句比例过高是不尽人意的，因为它不能满足人对规律和秩序的自然渴望；而一味使用完美的韵律则更缺乏艺术性，因为它不能满足人对自由和求变的自然渴望。

# Regularity

## From the Works of Sri Aurobindo and The Mother

There are two flowers whose message is Regularity. One is *Martynia annua*, the Tiger-claw plant and the second is *Digitalis*, the lovely Foxglove.

Mother comments on regularity: "Indispensable for all serious accomplishment."

And Sri Aurobindo writes: "To be able to be regular is a great force, one becomes master of one's time and one's movement."

From the Mother:

What regularity and precision there must be among the multitude of railwaymen, gate-keepers, engine-drivers and pointsmen so that the numerous trains which run in all countries can leave and arrive on time, at the exact minute calculated to avoid all congestion. And if by accident or negligence this order is disrupted even for a moment, what unfortunate incidents can happen! How many things can be upset by a simple delay: friends miss each other, employees and businessmen arrive late at their offices or for their appointments, passengers miss their boats. And you cannot imagine all the other troubles that will follow.

Think of the sad state things would be in if order and regularity suddenly ceased to exist in the world.

See how the whole routine of the house is disturbed simply when a clock stops giving its charming example of regularity and begins to go slow or

else to go madly fast. If it cannot be put right, then the best thing to do is to get rid of it.

Children, what does this story show? That in orderly work fatigue and rest balance each other, and that regularity avoids much pain and effort.

*O Mother, I agree that my life and my work are not organised. Can't You help me to organise them?*

The first step is to get into the habit of regularity in your daily discipline.  
24 December 1936

I thought the time had come for you to take an active part in the overall work. Of course this will imply regularity, steadiness and a great sincerity.

A physical culture which aims at building a body capable of serving as a fit instrument for a higher consciousness demands very austere habits: a great regularity in sleep, food, exercise and every activity.

The self-perfection or even simply the self-improvement of each individual body is a problem to be solved, and its solution demands much patience, perseverance and regularity.

At the end of the year you will give notes to the students, not based on written test-papers, but on their behaviour, their concentration, their regularity, their promptness to understand and their openness of intelligence.

For the work steadiness and regularity are as necessary as skill. Whatever you do, do it always carefully.

Always do what you do with care.

Any work done with care becomes interesting.

Nothing is too small to be neglected, the same care meets all circumstances.

But as a general and absolute rule, the teachers and especially the physical education instructors must be a constant living example of the qualities demanded from the students; discipline, regularity, good manners, courage, endurance, patience in effort, are taught much more by example than by words.

Family considerations do not interest me at all. The salary should depend on the work of the worker, on his ability, his regularity, not on the number of people he has to feed. For if we took these circumstances into consideration, it would no longer be paid work but charity, and as I have said very often, we are not a relief committee.

Blessings for all who work with conscience, good will, regularity and good taste and for all who want to learn and progress.

29 March 1966

If you don't want to study a certain branch of knowledge, that is all right, no one can compel you to do it; but if you decide to do something – anything in life, if you decide to do a thing – you must do it honestly, with discipline, regularity and method.

A poem with an excessive proportion of imperfect rhymes is unsatisfactory because it would not satisfy the natural human craving for regularity and order, but the slavish use of perfect rhyme only would be still more inartistic because it would not satisfy the natural human craving for liberty and variety.