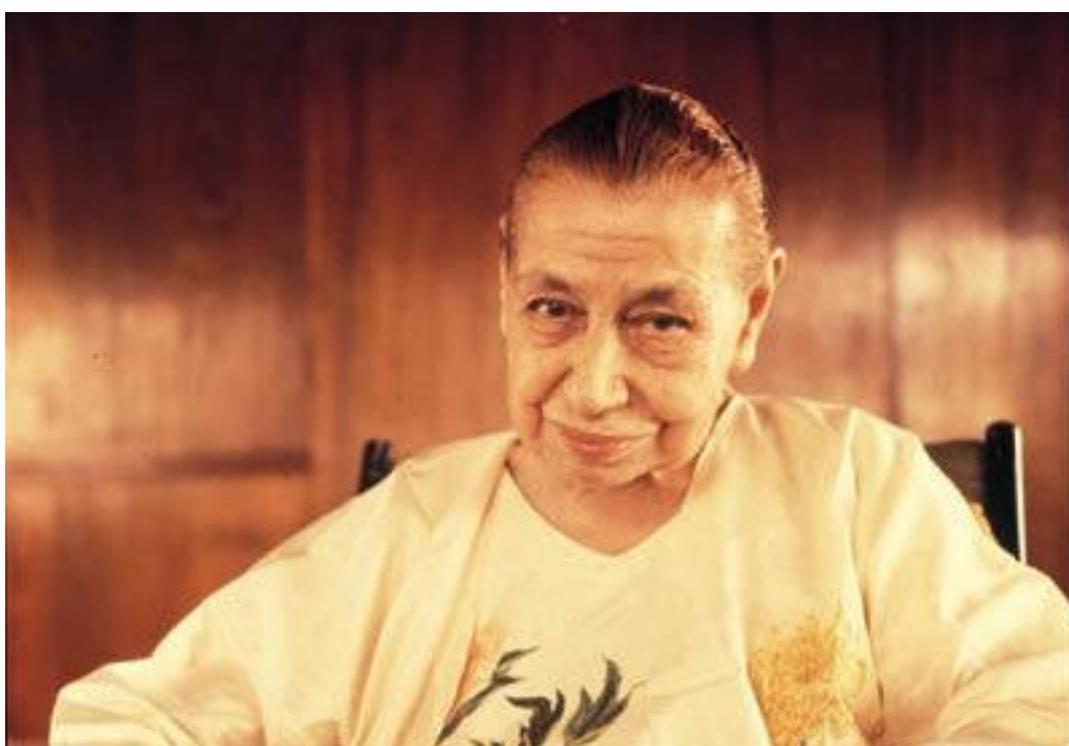


母亲：重获新生

母亲¹与苏伦德拉·纳特·乔哈尔(Surendra Nath Jauhar)²于1967年5月11日的谈话。

视频：<https://youtu.be/kemAjmI5emQ>



母亲：

你知道，在当前世界的现状下，形势总是很困难。整个世界都处于冲突之中——真理与光明的力量想要彰显，遭到不想改变的（代表过去固有的、僵化的、拒绝退出的）一切的反対。

自然地，每个人都会感到自己处境困难，都会面临同样的障碍。你只有一条路可走。那就是彻底地、完全地、无条件地臣服。

¹ 请点击[这里](#)阅读母亲(The Mother)简介。

² 室利·阿罗频多修道院德里分院创建人。

我的意思是，不仅要放弃“自己的”行动、工作和抱负，还有全部的情感；要让你所做的一切，你所是的一切都只是为了“神圣者”。如此一来，你会感觉到自己超越了周围人的反应。不仅是超越，而且受到神圣恩典的保护，在你和这些反应之间竖起隔墙。

一旦你不再有欲望和执著；一旦你不再需要从任何人那里获得回报，并且知道唯一值得拥有的回报是来自永不负你的“神圣者”；一旦你放弃了对外在的一切人、事、物的执著，你的心中会立即感受到始终与你同在的这一神圣临在、力量和恩典。

除此之外，别无他法。无一例外地，这是每个人唯一的救赎。

这番话适用于所有痛苦的人。

所有的痛苦都是没有完全臣服的标志。那么，当你感觉到内在受到了冲撞，你不要说“哎呀，这很糟糕”，或者“这种情形很困难”，你会说，“我没有完全臣服。”

然后，你会感觉到神圣恩典在帮助你、引领你，你会继续前行。有一天，你会拥有无可撼动的平和心境。对于所有相反的力量和活动（攻击、误解、恶意），你会回以同样的微笑。这种微笑出自于对神圣恩典的完全信任。这是唯一的出路，别无他法。

这是一个充满冲突、痛苦、困难和压力的世界。是它们构筑了这个世界。世界尚未改变。要改变还得需要一定的时间。每个人都有可能找到出路。倚靠至上恩典的临在，这是唯一的出路。

这两三天我一直在告诉你这个。

那么？

什么？对于你的工作，我无话可说。你的工作做得很完美，就应该这样做事。这没问题。你的工作做得很好。

苏伦德拉·纳特·乔哈尔（以下简称“苏”）：这就是我想要问的。这就是为什么我想谈这件事。这项工作究竟有没有任何必要？我为什么要继续做？

母亲：很好，继续做下去。你做得很棒。不要期待别人的欣赏，因为人们不知道基于什么去欣赏他人。而且，他们不喜欢比自己更优异的。这是正常的心理吗？

苏：可是，从哪里获得这种力量？获得.....

母亲：嗯？

苏：从哪里获得这种力量？

母亲：

从你的内在！神圣临在就在你的内在。它就在你的内在。你到外面去找寻它。要向内看。神圣临在就在你的内在。

你想要从别人的欣赏那里获得力量，你永远也得不到！力量就在你的内在。

如果你愿意，你可以追求最高的目标、光明、真知和大爱。但它就在你的内在，要不然你将永远无法与它产生连结。

如果你深入自己的内在，你会发现它就在那里，像火焰一样一直燃烧着。

...

并且，不要以为这很难做到。你感觉不到神圣临在，那是因为你一直在向外看。然而，如果你不向外寻求支持，而是专注地向内在的最高真知祈求，让你知道每时每刻该做什么以及做事的方法，并且，你献出你所是、所做的一切，以获得圆满。这样，你会感觉到内在的支持，始终为你指引着方向。如果有困难，不要想着抗争，你交托出去，交托给最高智慧来处理它，来应对一切恶意、误解和不好的反应。

如果你完全臣服，那就不再是你担心的事了。那是“神圣者”会处理的事，祂比其他任何人都知道该怎么做。

这是唯一的出路，唯一的出路。亲爱的孩子，就这样吧！

...

苏：有一件事，无论我在那里做什么，我的自己人都不喜欢.....

母亲：你的自己人和所有人一样全都是混合体。

苏：那么.....但是，我强烈地感觉到，不仅如此强烈，而且像白天一样清晰，就像是我坐在你面前一样，我感觉到没有什么事情是我做的。这些年来，我一直有这种强烈、清晰的体验——无论通过我做了什么，都是由某种力量做到的，根本不是我在做。不过.....

母亲：嗯！你希望世人能够理解这一点吗？

苏：不。但是.....他们可能不明白.....我压根儿就不想邀功。可是，你看这些障碍和.....

母亲：

如果你认为“我[母亲]可以理解和明白”，那么你得到的是我的全力支持。我从来没有告诉过你，说你做错了，对吧？

现在，你必须一劳永逸地明白，除非人们是真正的瑜伽士，超越了小我，完全臣服于“神圣者”，否则他们无法理解。他们怎么能理解呢？他们全是以外在的眼光和知识来看待。他们看到的是外在的事物和表象。他们看不见内在。

当我们不再期待外界（即别人）的赞赏时，我们就没有理由抱怨。

别人欣赏，这对他们本人更有益；别人不欣赏，那也没关系。这是他们自己的看法。我们做事不是为了取悦他人，而是因为我们感觉到那是必须要做的。

苏：母亲，我从来没有期待过别人的欣赏。

母亲：或许这些事情的发生是为了迫使你采取这样的态度。因为那是在解放你。那是真正的解放。

苏：我不.....不是出于小我。但我天生就是一个苦行僧。我什么都不需要。

母亲：这没问题。但你也得做到不需要家人的欣赏。

苏：尽管我有这么多不足和弱点，但我根本不需要什么。我不需要任何欣赏。

母亲：那你就不会痛苦。因为你唯一需要的是“神圣者”的支持，这是你有的。那么，你就不会痛苦。

苏：可是，我很痛苦。

母亲：

那你的内在有冲突。你的一部分意识知道，但仍然有一部分意识是环境的奴隶。

或许，你遭受的这一切都来自“神圣者”和彻底解放。如果你将其看作神圣的恩典，你会看到相应的结果出现。

和平——无可撼动的和平；完美的平等心和永不失败的力量。

把它当作今天重获新生吧！你开始重获新生了。

The Mother: A New Birth

An interview with Surendra Nath Jauhar on 11 May 1967

Video: <https://youtu.be/kemAjml5emQ>



Mother: You see, in the present condition of the world, circumstances are always difficult. The whole world is in a condition of strife, conflict between the forces of truth and light wanting to manifest and the opposition of all that doesn't want to change, which represents in the past what is fixed, hardened and refuses to go.

Naturally, each individual feels his own difficulties and is faced by the same obstacles. There is only one way for you. It is a total, complete and unconditional surrender. What I mean by that is a giving up not only of one's actions, work, ambitions, but also of all one's feelings. In the sense that all what you do, all what you are, is exclusively for the Divine. So you feel above the human surrounding reactions. Not only above them but protected from them by the wall of the Divine's Grace. Once you

have no more desires, no more attachments; once you have given up all necessity of receiving a reward from the human beings whoever they are, and knowing that the only reward that is worth getting is that one that comes from the Supreme, and that never fails. Once you give up the attachment of all the exterior beings and things, you at once feel in your heart this presence, this force, this grace that is always with you.

And there is no other remedy. It's the only remedy for everybody without exception.

All those who suffer, it's the same thing that has to be said.

All suffering is the sign that the surrender is not total. Then, when you feel in you a 'bang' like that, instead of saying, "Oh this one is bad", or "This circumstance is difficult", you say, "My surrender is not perfect".

And then you feel that Grace that helps you and leads you and you go on. And one day you emerge in that peace that nothing can trouble. You answer to all the contrary forces, the contrary movements - the attacks, the misunderstandings, the bad wills with the same smile that comes from full confidence in the Divine's Grace. And that is the only way out. There is none else.

This world is a world of conflict, suffering, difficulties, strains. It is made of it. It has not yet changed. It will take some time before changing, and for each one there is a possibility of getting out. If you lean back on the presence of the Supreme Grace, that is the only way out.

That I am telling you since two-three days like that constantly.

Now?

What? For your work there is nothing to say. You are doing it perfectly well, exactly as it has to be done; it is all right. Your work is quite all right.

Surendra Nath Jauhar: That is what I wanted to ask. That is why just I wanted to say this, whether this work is in any manner needed or not? Why should I go on doing this?

Mother: Excellent, go on doing it. You do it perfectly well. Don't expect human appreciation because the human beings they don't know on what grounds they can appreciate. And moreover when there is something that is superior to them, they don't like it. And this movement is normal?

Surendra Nath Jauhar: But where to get such a strength? To get...

Mother: Euh?

Surendra Nath Jauhar: Where to get such a strength?

Mother: Within you! The Divine Presence is in you. It is in you. You look for it outside. Look inside. It is in you. The Presence is there.

You want the appreciation of the others to get strength, you will never get it. The strength is in you.

If you want you can aspire for what seems to you the Supreme Goal, Supreme Light, Supreme Knowledge, Supreme Love. But it is in you, otherwise you would never be able to contact it.

If you go deep enough inside you, you will find it there like a flame that is always burning straight up.

...

And don't believe that it is so difficult to do. It is because the look is always turned outside that you don't feel the Divine Presence. But if instead of looking outside for support, you concentrate and you pray inside to the Supreme Knowledge, to know at each moment what is to be done, the way to do it, and to give all you are, all you do, in order to acquire perfection. And you will feel that the support is there, always guiding, showing the way. And if there is a difficulty, instead of wanting to fight, you hand it over; hand it over to the Supreme Wisdom to deal with it, to deal with all the bad wills, all the misunderstandings, all the bad reactions.

If you surrender completely, it's no more your concern. It's the concern of the Supreme who takes it up and knows better than anybody else what is to be done.

The only way out, Only way out. Voilà petit.

...

Surendra Nath Jauhar: One thing, whatever I do there, that is also not liked by my own people and...

Mother: Your own people are all mixed up as everybody.

Surendra Nath Jauhar: And then...But my feeling is so strong, not only strong in that way but it is as clear as daylight, as if I am just sitting in your presence, that I do not do anything myself. This is such a great, clear experience to me from all these years, that whatever is being done by me, it is being done by some Force and not by me at all and it gets it done. But then the...

Mother: Hein! You expect the world to understand that?

Surendra Nath Jauhar: No. But... they may not understand...I don't want any credit for that. But you see the obstacles and the...

Mother: If you consider that "That I can understand and know", then you have my full support. I never told you that you were doing wrong. Did I?

Now, once for all you must understand that unless people are true Yogis, out of the ego, completely surrendered to the Supreme, they can't understand. How could they? They see with all the exterior eyes and knowledge. They see exterior things and appearances. They don't see the inside.

When we have stopped expecting appreciation from the outside, that is from the human beings, we have no reason to complain.

They appreciate, so much the better for them. They don't appreciate, it doesn't matter. It's their own lookout. We do the things not to please them; we do the things because we feel that, that is to be done.

Surendra Nath Jauhar: I have never expected appreciation, Mother.

Mother: Perhaps things are coming to compel you to take up that position. Because that is the liberation. That is the true liberation.

Surendra Nath Jauhar: I do not...Not from ego, but I am a Sadhu by nature. I don't need anything at all.

Mother: That is all right, but you must not need also the appreciation of your own family.

Surendra Nath Jauhar: With all my failings and weaknesses, I don't need anything at all. I don't need any appreciation.

Mother: Then you can't suffer. Because the only thing you need, that is the support of the Divine, and you have it. Then you can't suffer.

Surendra Nath Jauhar: But I am suffering very much.

Mother: Then there is a conflict in you. One part of your consciousness knows, but there is still one part that is the slave of the circumstances.

Perhaps all that has been coming upon you is from the Supreme and the Total Liberation. And if you take it like the expression of the Grace, you will see the result.

Peace - a peace that nothing can disturb; perfect equanimity and a strength that never fails.

Take it as a new birth today. A new life that is beginning.