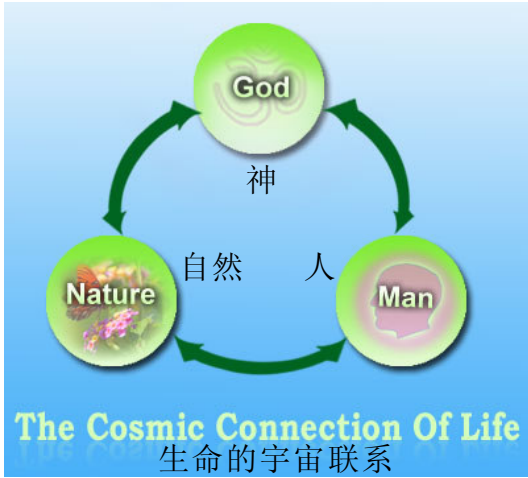


高贵的人身 — 如何维系其健康

人身难得且美妙至极。人难理解神创造万物的奥秘。无人能解释眼睛如何获得看见现象世界的的能力。人身所有器官的美妙与神奇是创造的一个奥秘。医生们试图去找出每一个感官和每一个肢体如何操作，但却不见有人试图去找出所有感官为何如此操作。这奥秘唯有凭借神圣原则（Aathmik）才得以揭开。

人的一生成与天地万物背后的深奥原则



构成人身的六种要素是五大元素（Panchabhuthas），加上阿特玛（Athma 纯灵、自性、真我）。如欲认识这真相，以下三条途径务必加以遵行。

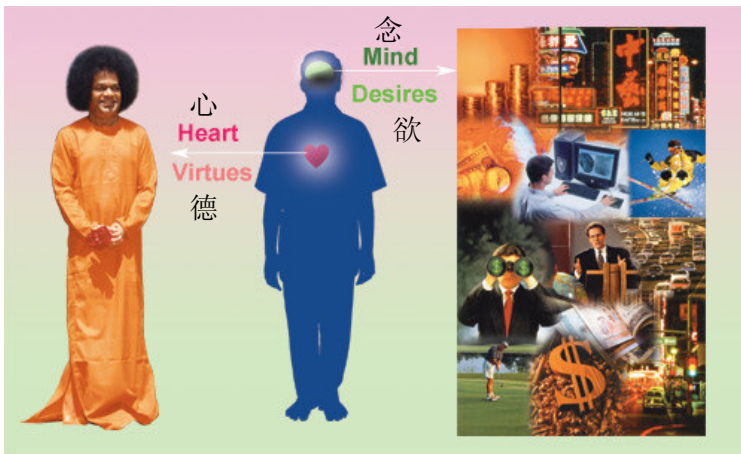
第一条途径是认知存在于个人之内的自然与圣灵（或神）。第二条途径是确认在神之内的天地万物和个人。第三条途径是在自然之内看到圣灵（神）与他个人的存在。只有凭借这三条途径所得到的知识，一个人才能获得自性的知识（Athma gyaana）。

这三条途径被称为‘圆满觉知’（Prajna 音译般若）。人人都应该致力于探索 and 了解这三条途径，

可以无时而不为，无处而不为。它有着共通的实用性。它在在都具有永久有效性。然而，人反而涉足于短暂而无常的事物。

吾人之身为神圣振荡所包围。如果你看看你的拇指，它四周有光在围绕。很少人尝试去体悟这种现象。身体被光的振动所围绕。如果一个人的光振动与另一个人的相会合，有几种好现象就会产生。

身体的两个强有力的部分



人有两个重要的器官。一个是心，另一个是手。头脑总是热衷于探讨世俗的现象；它热衷的是外在的，其焦点在于外在客体。心则把视线放在内在的事物。凡与外在相关者谓之‘外在之道’（Pravritthi maarga）。今天，人的所有行为，包括他求得的知识和财富，都与‘外在之道’息息相关。六大恶癖，欲望(kaama)、愤怒(krodha)、眷恋(moha)、贪婪(lobha)、骄傲(madha)和嫉妒

(maathsarya)，都离不开‘外在之道’。这六大恶癖一直都处在改变之中。由于肉身与这些德性相关，所以它也处在改变之中。

然而，心则不然；它保持不变。它与‘内在之道’（nivritthi maarga）关联。什么素质与心息息相关呢？真理、仁慈、爱、容忍、同情和牺牲是也。这些人性素质发自内心。

所以，在人的一生中，头脑和心扮演着决定性的角色。平衡这两者的就是手。是故，心、头和手就是研究人之困境的重要的三个‘H’（心 heart、头 head 和手 hand）。

心念与活力之间的密切关系

一切疾病都是外来的或心念意向的一个反映。所以在俗务中，人应该沿循正道迈进。在这方面，五大基本元素中的两个元素占有崇高的地位。食物是重要的，它维护和滋养身体；衣服是重要的，它为身体御寒保温。与食物相关联的是水。水与食物是人类生存所不可或缺的物质。

生命是人饮下的水所提炼出来的微妙结晶，而心念则是人吃下的食物所提炼出来的微妙结晶。是故，吾人应该在心念与活力（Praana 生命活力）之间建立起一种密切关系。吃下什么样的食物就有什么样的念头。一个人的思想、欲望和渴求和他所吃下食物息息相关。

例如，你或能从实际经验中去分辨食物如何影响心念。从云气之形成开始至五谷丰登为止的这种循环过程决定你所能拥有的食物。

热（火）是这过程的基础。它以胃火（jatharaagni）或消化之火的方式存在于人之内，转换人吃下的食物为所需的各种能量。这火必须时时保持适当的平衡状况，否则，疾病就会产生。

人的身体状况胥视这平衡的维系来决定。他的一生也靠这平衡来维持。平衡何时会受到破坏？精神不稳定时。今天，人可以发展各种智能，但却失于维持心念的平衡。心念平静，疾病绝迹。

食物的适量与多样化

有关食物方面，吾人应该做一些调整 and 规定。很多医生强调蛋白质的价值而建议多吃肉、蛋之类的食物。但在这些食物中所摄取的蛋白质仅强身而已，对心念却会造成相当大的伤害。

医生主要是关心粗糙的肉身。他们不太注意构成心念的微妙形式。今天，大部分的流行疾病都和心念脱离不了关系。精神疾病的严重性远远超过肉体病痛。吠檀多（Vedantha）已宣称，心念是造成人的束缚或超脱的起因。换句话说，吾人必须善加利用心念并将之导向神。

心念之于健康或疾病亦负有同等的责任。在这方面，食物是举足轻重的。蛋白质也存在于牛奶、凝乳和蔬菜之中，且其含量不亚于肉类。在有关食物节制方面，若医生给与正确的指示，疾病是可以避免的。

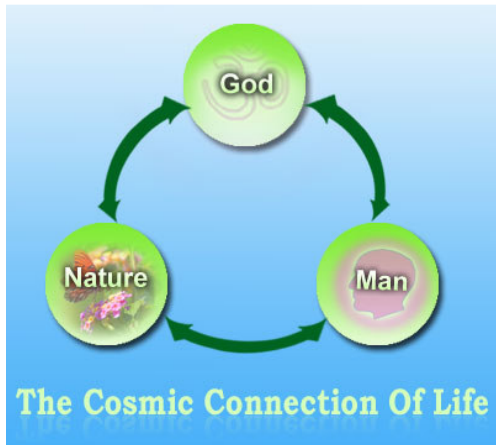
就我的看法，防患于未然比较好，患病而治疗不如不患病。医生和有关当局应该教育孕妇在产前必须注意的事项。

1993年2月7日在心脏专科研讨会的告别会上所作的讲道

MAN'S MAGNIFICENT BODY – HOW TO KEEP IT HEALTHY

The human body is a thing of marvellous beauty. Men cannot easily comprehend the secret of God's creation. No one can explain how the eyes have acquired the power of seeing this phenomenal world. The beauty of all the organs in the human body is a secret of creation. Doctors try to find out how each sense organ and how each limb functions. No one tries to find out why they are functioning in this manner. This secret can be grasped only through the *aathmik* or Divine Principle.

The Profound Principle behind Human Life and Creation



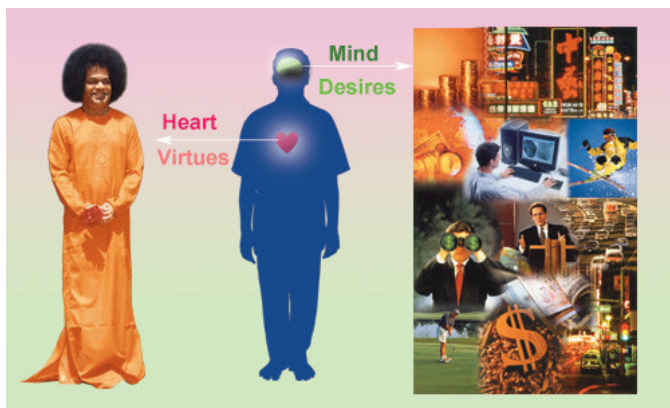
Human life is based on six constituents in the *panchabhuthas* (five basic elements) and the *athma*. To recognise this fact, three paths have to be pursued.

One is to recognise within one's self the presence of Nature and the Divine. A second path is to identify in God the cosmic creation and one's self. The third path is to see in Nature the presence of God and one's self. It is only when knowledge is acquired by these three paths that *athma gyaana* (knowledge of the Self) arises.

This three-fold path is termed *prajna* (integrated awareness). Every man should try to understand this three-fold path. This can be done at all times in all places. It has universal application. It has permanent validity everywhere. But, man gets involved in what is impermanent and ever-changing.

Our body is surrounded by divine vibrations. If you look at the thumb, there are vibrations of light around it. Few attempt to be aware of this phenomenon. The body is surrounded by vibrations of light. When these vibrations of light from one person meet another, several good things happen.

The Two Potent Parts of Our Body



There are two important organs for man. One is the heart and the other is the hand. The head is preoccupied with enquiring into mundane phenomena. It is concerned with the external; its focus is on objects outside. The heart looks at what is within. The concern with the external has been termed *pravritthi maarga* (the path of externals)... All man's actions today, including the knowledge he acquires and the wealth he gets, are related to *the pravritthi maarga*. The six vices of *kaama* (lust), *krodha*

(anger), *moha* (infatuation), *lobha* (greed), *madha* (pride) and *maathsarya* (jealousy) are related to the *pravritthi maarga*. These undergo constant changes. Because the body is associated with these qualities, it is also subject to change.

But the heart remains unchanging. It is associated with the *nivritthi maarga* (the inward path). What are the qualities associated with the heart? Truth, compassion, love, forbearance, sympathy and sacrifice; these human qualities emanate from the heart. So, in human life, the

head and the heart play crucial roles. These two are kept in balance by the hand. Thus, the heart, the head and the hand are the three H's which are important in studying the human predicament.

Close Nexus between the Mind and *Praana*

All diseases are a reflection of *pravritthi*, the disposition of the mind. Hence, in worldly matters, man should follow the right path. In this context, two elements among the five basic elements are important. "*Bhikshaannam dheharakshaartham, vasthram sitha nivaraaranam*" (Food is essential for protecting the body; raiment is necessary for protection against cold). Associated with food is water. These two occupy pride of place in human life.

Life is the subtle form of the water consumed by man. The mind is the subtle form of the food taken by man. Hence a close nexus should be established between the mind and *praana* (life force). As is the food, so is the head. A person's thoughts, desires and aspirations are related to the kind of food he or she consumes.

For instance, you may discern from practical experience how food affects the mind. The cyclic process which starts with the formation of clouds and ends in the harvest of grain, determines the kind of food one can have.

Heat (or fire) is the basis of this process. This fire is present within man as *jatharaagni*, the digestive fire, which accounts for the conversion of the food consumed by man into various forms of energy. This fire has to be in proper balance. When the balance is upset, you have illness.

The state of man's body depends on the maintenance of this balance. Man's entire life depends on preserving this balance. When is the balance upset? When there is no mental steadiness. Men today develop all kinds of intellectual abilities, but they have not learnt how to keep the mind steady. When serenity of mind is achieved, there will be no disease. Illness will not approach you at all.

The Right Quantity and Variety of Food

There should be some regulations with regard to food. Many doctors emphasize the value of proteins and recommend meat, eggs, etc. But proteins derived in this form serve only to build the body, but do considerable harm to the mind.

Doctors are primarily concerned with the gross physical body. They pay little attention to the subtle form of the mental makeup. Most of the diseases that are prevalent in the world today are related to the mind. Mental illnesses seem to outnumber physical ailments. The *Vedaantha* has declared that the mind is the cause of man's bondage or liberation. This means that the mind has to be used properly and turned towards God.

Equally the mind is responsible for health or sickness. In this context, food is all important. Proteins are present in milk, curds and vegetables as much as in meat. If in the matter of diet, the doctors give the right prescription, diseases can be averted.

In my view, instead of treating people after the onset of illness, it is better to ensure that they do not fall ill at all. Both doctors and the authorities should educate enceinte women about pre-natal care of children in the womb.