

为什么我们口呼“赛罗姆” (Sai Ram)

当我们彼此相遇时，我们不呼‘哈罗’或‘再见’或其他话语。

让我们以忆念神来圣化相遇的那一刹那。

呼‘罗姆 罗姆’ (Ram Ram) 或‘唵’ (Om) 或‘诃利 唵’ (Hari Om) 或‘赛罗姆’ (Sai Ram)。

见《沙迪亚赛说》 (Sathya Sai Speaks) 第十集十四章



以上引自斯瓦米的陈述简要地说明为什么我们用‘Sai Ram’ (赛罗姆) 来向人致候。因为那是对神的忆念，同一的神是对方也是我们自己。

在德国南部的巴伐利亚州 (Bavaria) 很多人以“Gruess Gott”，意即‘向神致候’，来互相致候。意思和理念完全一样。

当以‘Sai Ram’ (赛罗姆) 向某人致候时，要想到，致候的不是你所看到的世俗的肉身而是在那肉身之内的‘赛’ (Sai)。我们可以应用神的任何名字；用意和感觉才是意义和价值所在。因为大家都视‘Sai Ram’ 为真言 (mantra)，所以我们有缘选择了‘Sai Ram’ (赛罗姆) 这个称号。{有些信徒重复念诵圣号——持名 (namasmarana) ——冠之以‘Om Sri Sai Ram’ (唵斯里赛罗姆)，在吸气时念诵‘Om Sri’ (唵斯里) 而在吐气时念诵‘Sai Ram’ (赛罗姆)。}

“Sai” 这个字可分为‘Sa’ 和‘Ai’。我们得知，‘Sa’ 意谓万有、神圣，而‘Ai’ 意谓母亲，所以，‘Sai’ 就是天下母或圣母的意思。Sathya Sai Baba, 我们的赛 (Sai)，就是我们的圣父母。

“Ram” (罗姆) 即“Rama” 的缩写。这个字有另一种解释，‘Ra’ 代表火的原则，把一切烧成灰烬，而‘Ma’ 代表‘Maya’ (虚幻)，两者合在一起就成了“Rama”，意谓毁灭虚幻。赛巴巴 (Sai Baba) 也说过，“Rama” 指的就是“取悦他人者，充满至福，带来欢乐”，也指“来自爱的喜悦”。

Why We Say "Sai Ram"

When you meet each other, do not shout hello or bye-bye, or some silly chatter.

Let the moment of meeting be sanctified by the remembrance of God.

Say, Ram Ram, or Om, or Hari Om, or Sai Ram.

Sathya Sai Speaks X, Chap. 14

The quote from Swami (above) states in a nutshell why we greet someone with "Sai Ram". It is a remembrance of God, the one God that IS the other person and ourselves.

In Bavaria, southern Germany, many people greet each other with "Gruess Gott", which means "Greet God". Same idea!

When greeting someone with "Sai Ram", try to think of greeting not only the worldly body that you see but our SAI in that person. We could use any name of God; it is the intent and feeling that counts. We have happened to choose "Sai Ram" because of the universal appeal of that name as a mantra. (Some devotees do repetition of the Name --namasmarana-- with "Om Sri Sai Ram", repeating "Om Sri" on the inbreath and "Sai Ram" on the outbreath.)

The word "Sai" can be split into two: "Sa" and "Ai". We have been told that "Sa" means universal or divine, while "Ai" stands for mother. Sathya Sai Baba, our Sai, is our mother and father.

"Ram" can be viewed as a shortening of "Rama". One interpretation of this word is that "Ra" is the Fire Principle, which burns all to ash, while "ma" stands for maya or illusion, so together, they mean the destruction of illusion. Sai Baba has said also that "Rama" means "He who pleases, fills with bliss, causes delight", that "Rama" means the joy that comes from love.

(Ref : <http://www.sathyasai.org/devotion/sairam.html>)