



Religious Gatheka Nr. 1
The Religion of the Heart by Hazrat Inayat Khan

心之宗教

节选自《Gatheka》因纳雅堪著

If anybody asks you, "What is Sufism? What religion is it?", you may answer:

如果有人问：“什么是苏菲？它是种什么宗教？”你可以这么回答：

"Sufism is the religion of the heart, the religion in which the most important thing is to seek God in the heart of mankind."

“苏菲是心之宗教，苏菲最重要的任务是在人心中寻求上帝。”

There are three ways of seeking God in the human heart. The first way is to recognize God the divine in every person, and to care for every person with whom we come in contact, in our thought, speech, and action. Human personality is very delicate. The more living the heart the more sensitive it is; that which causes sensitivity is the love element in the heart, and love is God. The person whose heart is not sensitive is without feeling; his heart is not living, but dead. In that case the divine spirit is buried in his heart.

寻求上帝要做到以下三步，第一步是认识到上帝神圣的临在于每个人之中，并且通过我们的思想、语言和行动与我们相联接。人类本身是非常微妙的。越鲜活的心越敏感，心中之爱使心变得敏感，这爱就是上帝。如果某人的心不够敏感没有情感，他的心就不是鲜活的，是死了的心，圣灵不在已死的心中做工。

A person who is always concerned with his own feelings is so absorbed in himself that he has no time to think of another. His whole attention is taken up with his own feelings: he pities himself, worries about his own pain, and is never open to sympathize with others. He who takes notice of the feeling of another person with whom he comes in contact practices the first essential moral of Sufism.

一个人如果一直关心他自身的情感只关注他自身，那么他心里就容不下其他的什么。他的情感都以“自我”为中心：他怜悯自己，担忧自己的痛苦，但是他绝不怜悯他人。关注他人的情感将此当做修行，是第一步也是最基本的苏菲守则。

The next way of practicing this religion is to think of the feeling of the person who is not at the moment before us. One feels for a person who is present, but one often neglects to feel for someone who is out of sight. One speaks well of someone to his face, but if one speaks well of someone when he is absent, that is greater. One sympathizes with the trouble of someone who is before one at the moment, but it is greater to sympathize with one who is far away.

心之宗教的第二步修行是关注那些不在我们面前的人的感受。人们常关心眼前人，却忽略了不在我们视线内的人。我们常常在人前说好话，如果能在人后也说其好话，则更胜。我们常常只怜悯那些眼前人，如果我们能怜悯那些不在我们视线之内的人，则更胜。

The third way of realizing the Sufi principle is to recognize in one's own feeling the feeling of God, and to realize every impulse that rises in one's heart as a direction from God. Realizing that love is a divine spark in one's heart, one blows that spark until a flame may rise to illuminate the path of one's life.

苏菲修行的第三步是在人的情感之中找寻上帝的情感，感受着由上帝而来的我们的心中的每一次悸动。参悟到爱就是我们心中神圣的话语，爱使星星之火燎原直到照亮人类的生命路途。

The symbol of the Sufi Order, which is a heart with wings, is symbolic of its ideal. The heart is both earthly and heavenly. The heart is a receptacle on earth of the divine spirit, and when it holds the divine spirit it soars heavenward; the wings picture its rising. The crescent in the heart symbolizes responsiveness; it is the heart that responds to the spirit of God that rises. The crescent is a symbol of responsiveness because it grows fuller by responding more and more to the sun as it progresses. The light one sees in the crescent is the light of the sun. It gets more light with increasing response, so it becomes fuller of the light of the sun. The star in the heart of the crescent represents the divine spark reflected in the human heart as love, which helps the crescent toward its fullness.

我们苏菲道团的标志是一颗有翼之心，这代表了我们的道团的理念。一双翅膀代表了天和地，心是圣灵在地上的容器，当心一旦充满了圣灵，则会突然朝向天国升腾，因此我们的道团标志里的翅膀是做展翅状。新月代表了一种回应，回应着上帝之灵，并因此不断满盈，月亮作为表示回应的符号是因为月亮的逐步满盈是因为加强了对阳光的反射所致。我们看到的月光实际上是日光的反射，反射越多则月亮愈满。心中的五芒星是代表了人类心中的神圣火花——爱，这爱帮助新月不断满盈。

The Sufi Message is the message of the day. It does not bring theories or doctrines to add to those already existing, which puzzle the human mind. What the world needs today is the message of love, harmony, and beauty, the absence of which is the only tragedy of life. The Sufi Message does not give a new law. It awakens in humanity the spirit of brotherhood, with tolerance on the part of each for the religion of the other, and with forgiveness from each for the fault of the other. It teaches thoughtfulness and consideration, so as to create and maintain harmony in life; it teaches service and usefulness, which alone can make life in the world fruitful and in which lies the satisfaction of every soul.

苏菲讯息是具有鲜明的时代特色的，它并没有给已经有的理论和教条增加新的什么，这些理论和教条已经够使人类的心困惑的了。当今世界需要的是爱的讯息、和谐与大美的讯息，缺乏这些的人是一个悲剧。苏菲讯息并不传达一些新的律法，它来唤醒人类的兄弟之情，这种情谊可以是人类之间求同存异，相互宽恕，苏菲讯息教授人们如何体贴和关心彼此，在生命中创造和维持一种和谐状态，苏菲讯息教授人们如何去服务大众和什么是有益于大众的，这样就可以使人生过得丰富多彩，也使每个灵魂都满意。

Translation by Anonymous, inquiries@sufimovement.us

International Sufi Movement-USA-Midwest Region <http://www.sufimovement.us/>

International Sufi Movement-USA-Midwest Region Translation Team <http://www.sufimovement.us/workers.htm>

<http://sufimovementuschinesehtn.blogspot.com/2011/05/1-religious-gatheka-religion-of-heart.html>