

## Guru Purnima 上師節

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每年印度曆 Ashadh 月(公曆 6-7 月)的滿月日(Poornima)就是上師節(Guru Poornima)，今日(7 月 3 日)是 2023 年的上師節。

我們要充分認識這個偉大日子的深刻意義。它預示著人們期待已久的雨季即將來臨。夏天的炎熱，令水蒸發積聚成雲，然後降水量充沛的陣雨出現，迎來了到處都是新的生命。同樣地，大家上半年通過耐心學習所積累的所有理論和哲學，應該開始認真地將這些付諸實踐。從今天起，慕道者就開始或決心全心全意地加強他們靈性修行的實用性。

Mark fully the deep significance of this great day. It heralds the setting in of the eagerly awaited rains. The water drawn up and stored as clouds in the hot summer now manifests plentiful showers that usher in the advent of fresh life everywhere. Even so, all begin seriously to put into actual practice all the theory and philosophy that have been stored up in them through patient study. Aspirants commence or resolve to intensify with all earnestness, their practical spiritual Sadhana right from this day.

實踐之後就會產生新的靈性沖擊。讓你所讀、所聽、所見、所學的一切，通過修行，轉化為對眾生之主不斷傾注的博愛、不間斷的愛心服務、持續的祈禱和崇拜。

Generate fresh waves of spirituality. Let all that you have read, heard, seen and learnt become transformed, through Sadhana, into a continuous outpouring of universal love, ceaseless loving service, and continuous prayer and worship of the Lord seated in all beings.

上師節應以牛奶和水果為生，並進行嚴謹的持咒和冥想。在上師節之後的四個月內，學習《梵天經》並念誦你的上師咒。您將受益匪淺。

Live on milk and fruit on this day and practise rigorous Japa and meditation. Study the Brahma Sutras and do Japa of your Guru Mantra, during the four months following the Guru Purnima. You will be highly benefited.

節錄自"印度教齋戒和節日"