

第二十七节
觉识的等级 (一)
**Consciousness levels:
Part 1**

主讲：李捷伟, 郭灿東

**Academy of Wisdom and Enlightenment
(AWE)**

www.awe-edu.com

三稱

南 無 佛

Namo Buddhaya

南 無 法

Namo Dharmaya

南 無 僧

Namo Sanghaya

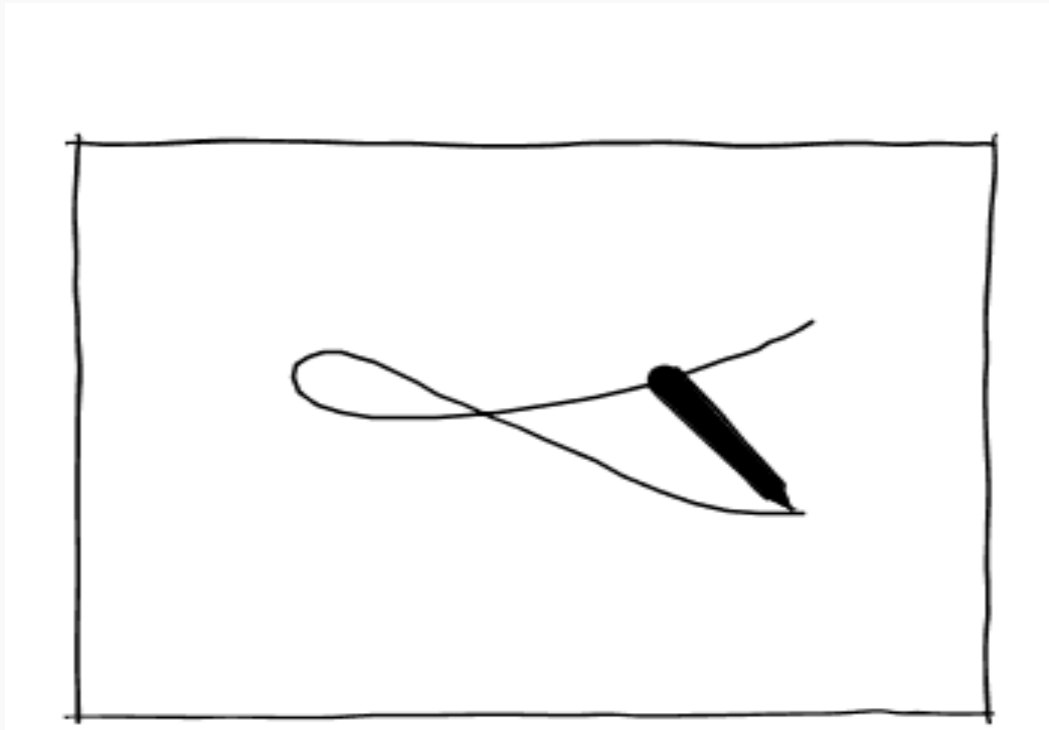
聖

開經偈

无上甚深微妙法
百千万劫难遭遇
我今见闻得受持
愿解如来真实义

觉识的等级

练习：画一棵树 Draw A Tree
Exercise



警觉 Awareness

画树的练习 Draw a tree exercise:

1. 你在你的树上画根了吗？

Did you draw roots on your tree?

2. 树根不是树不可分割的一部分吗？

Aren't roots an integral part of a tree?

3. 你经常看到树的根部吗？

Do you often see roots of a tree?

警觉 Awareness

画树的练习 Draw a tree exercise:

你没有在你的树上画根，因为有一个先决条件的社会规范，它使我们只关注什么可以看到和测量。这就是证据和测量的科学偏见对我们形成现实概念所做的。 You didn't draw roots on your tree because of a preconditioned societal norm that causes us to focus only on what can be seen and measured. This is what the scientific bias of proof and measurement has done to our conception of reality.

觉识的等级 Consciousness levels

警觉 Awareness



警觉 Awareness

- **科学** (来自拉丁语, 格物致知, 意思: “**知识**”) 是一个系统的事业, 它以**可测试/检验解释**的形式来建立和组织**知识**。 **Science** (from Latin, *scientia*, meaning "**knowledge**") is a systematic enterprise that builds and organizes **Knowledge** in the form of **testable explanations**. <https://en.wikipedia.org/wiki/Science>

觉识 (抽象概念) **Consciousness (abstract concept)**



觉识等级 (量化的) **Consciousness levels (measurable)**

学习目标 Learning Objectives

- 了解第一年的学习目标 to be aware of first year learning objectives
- 定义特定的术语 to define specific terms
- 了解为什么觉识等级/水平的**量化**是重要的 to understand why the **quantification** of consciousness levels is important



Learning Objectives

学习目标 Learning Objectives

- 要知道我们的反应/回应是如何与现实的感知关联的。 to be aware of how our reactions/responses are related to perception of reality.
- 了解反应是如何转化为觉识等级/水平的。 to understand how reactions are translated to levels of consciousness.



Learning Objectives

回顾 Review

每堂课的主要学习目标是什么？

What is the main learning objective of each lecture?



型 学习技能 Learning Skills

1. 术语的定义 Definition of Terms
2. 沟通技能 Communication Skill Set
3. 思维模式 Mind Set



学习目标 Learning objectives

学习技能为我们提供识别和消除小我的工具。因此,打开心量可以让新的信息/教法进来。这样,学习才是可能的。 Learning skill provides us tools to recognize and remove the ego. Therefore, the mind is opened in order to allow new information/ teaching to come in. Thus, learning is possible.



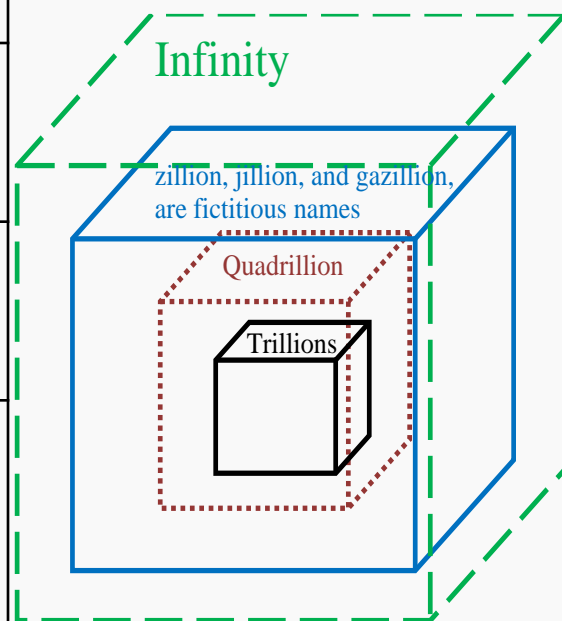
Learning Objectives

華嚴數數目字模型：大方廣佛華嚴經

位數字	算法	單位名稱
469,762,049	不可稱轉 $unequalled^2$ x 不可稱轉 $unequalled^2$	不可思 $inconceivable$
939,524,097	不可思 $inconceivable$ x 不可思 $inconceivable$	不可思轉 $inconceivable^2$
1,879,048,193	不可思轉 $inconceivable^2$ x 不可思轉 $inconceivable^2$	不可量 $immeasurable$
465229798524720555516 3324710981206017	不可量 $immeasurable$ x 不可量 $immeasurable$	不可量轉 $immeasurable^2$
9304595970494411110326 649421962412033	不可量轉 $immeasurable^2$ x 不可量轉 $immeasurable^2$	不可說 $unspeakable$
186091919409888222206 53298843924824065	不可說 $unspeakable$ x 不可說 $unspeakable$	不可說轉 $unspeakable^2$
3721838388197764444130 6597687849648129	不可說轉 $unspeakable^2$ x 不可說轉 $unspeakable^2$	不可說不可說 $unspeakably$ $unspeakable$
7443676776395528888261 3195375699296257	不可說不可說 $unspeakably$ $unspeakable$ x 不可說不可說 $unspeakably$ $unspeakable$	不可說不可說轉 $untold$

数数目字 Counting Numbers

	Avatamsaka Sūtra 华严经	Number of Digits 数目的位数
122	不可量 ⁴ Immeasurable ⁴ x 不可量 ⁴ immeasurable ⁴ = 不可说 unspeakable	9304595970494411110326 649421962412033
123	不可说 Unspeakable x 不可说 unspeakable = 不可说转 unspeakable ²	186091919409888222206 53298843924824065
124	不可说转 unspeakable ² x 不可说转 unspeakable ² = 不可说转 不可说转 unspeakable ⁴	372183838819776444413 06597687849648129
125	不可说转 不可说转 unspeakable ⁴ x 不可说转 不可说转 unspeakable ⁴ = 不可说 不可说 unspeakably unspeakable	744367677639552888826 13195375699296257
126	不可说 不可说 unspeakably unspeakable x 不可说 不可说 unspeakably unspeakable = 没有说的 untold	?

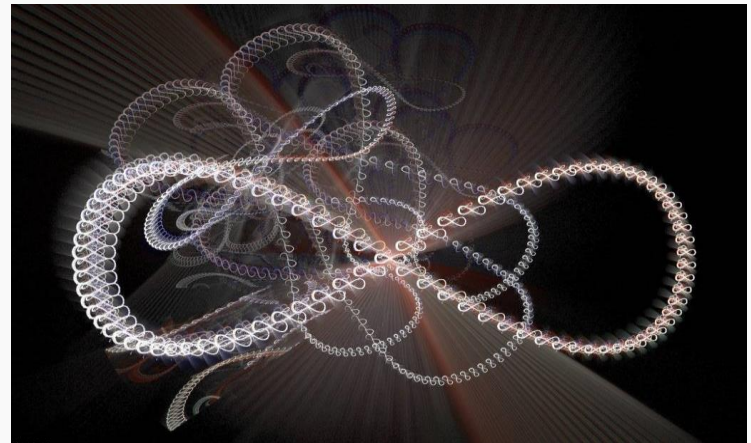
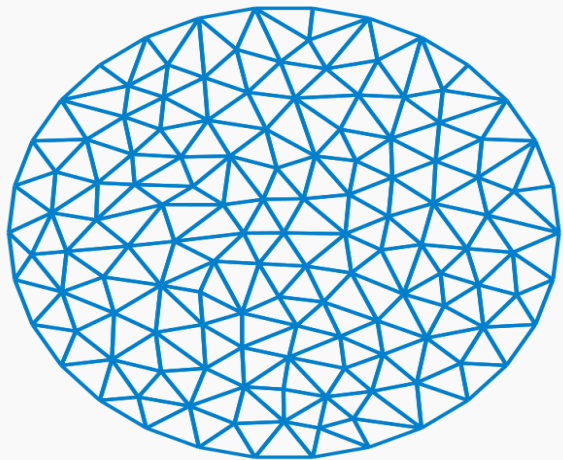


思维模式 Mind Set

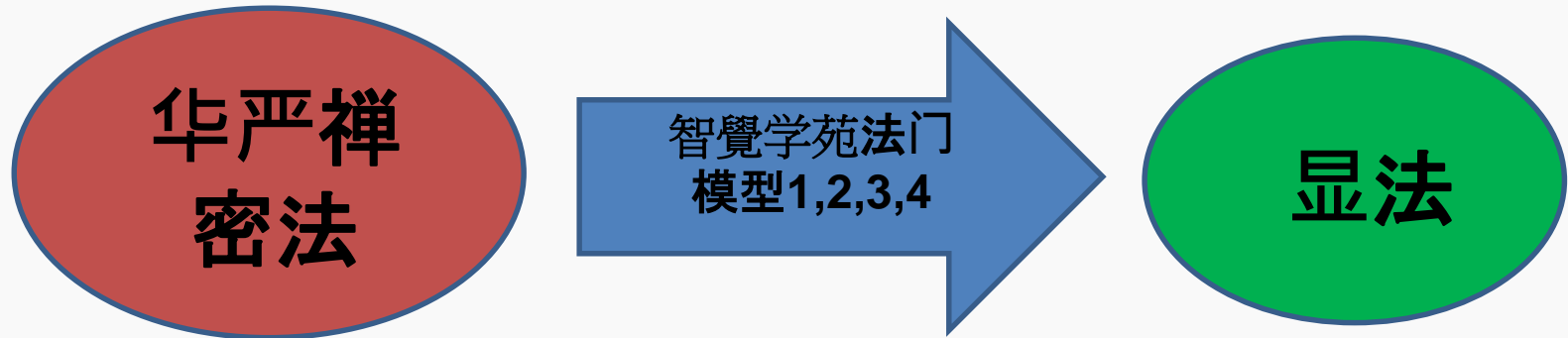
微观和宏观维度/尺度
Microscopic and
macroscopic scale



思维模式的扩展 Expansion of Mind Set



智覺学苑的法門



华严数数目字模型的微妙教導，可视为密法，因为它需要三个前行模型去闡明它的显法。

学习的目标 Learning objectives

1. 数数目字是迫使我们的思维认识/觉察到超大的数目字和扩展我们的思维框。

Counting number is to force our minds to be aware of the very large numbers and to expand our thinking boxes.

2. 这个练习的目的是衡量一个人的生命力。

Purpose of the exercise is to measure one's life force.



Learning Objectives

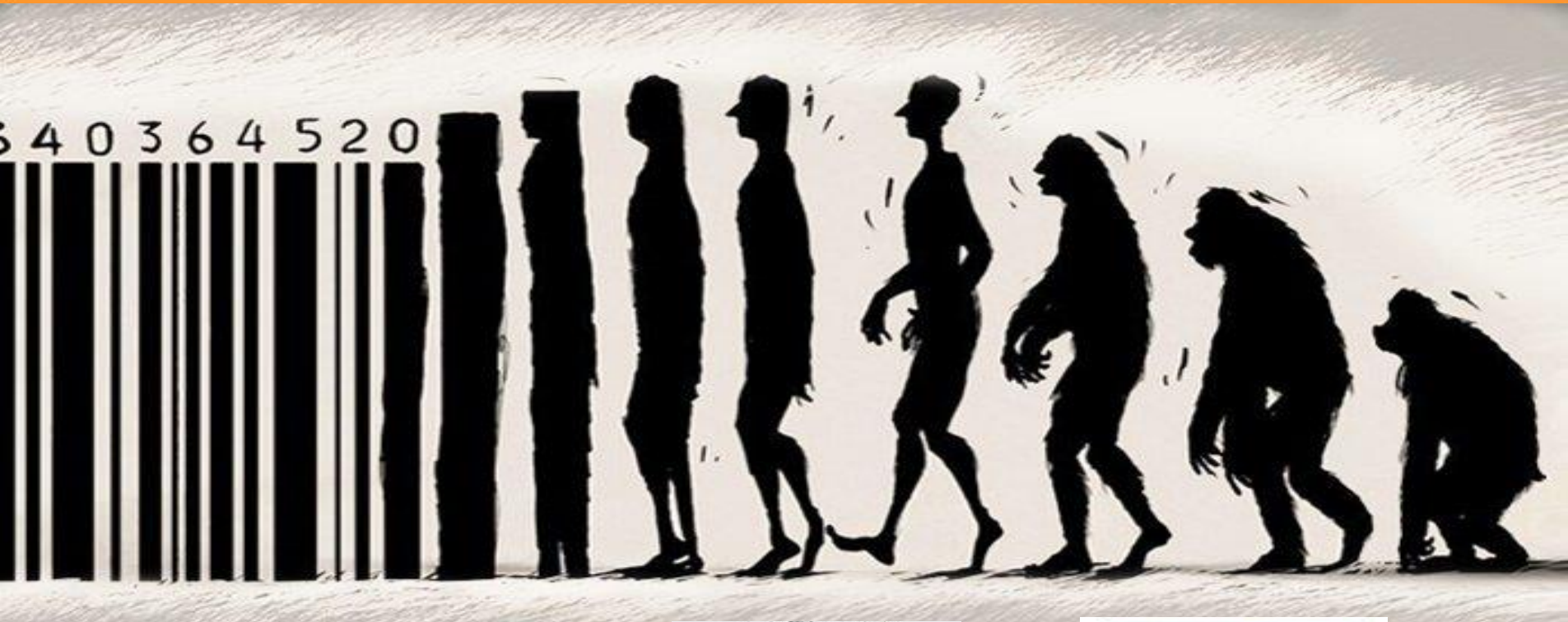
学习的目标 Learning objectives

3. 认识到抽象概念可以通过相对程度或尺度来量化为可度量单位。 To become aware that abstract concepts can be quantified into measurable units by means of relative degree or scale.
4. 思维模式的扩展会导致超越二边性/离二边。 Expansion of mind set leads to transcending duality.
5. 认识到现实的时空连续性。 To become aware of the continuum of reality.



Learning Objectives

小我 Ego

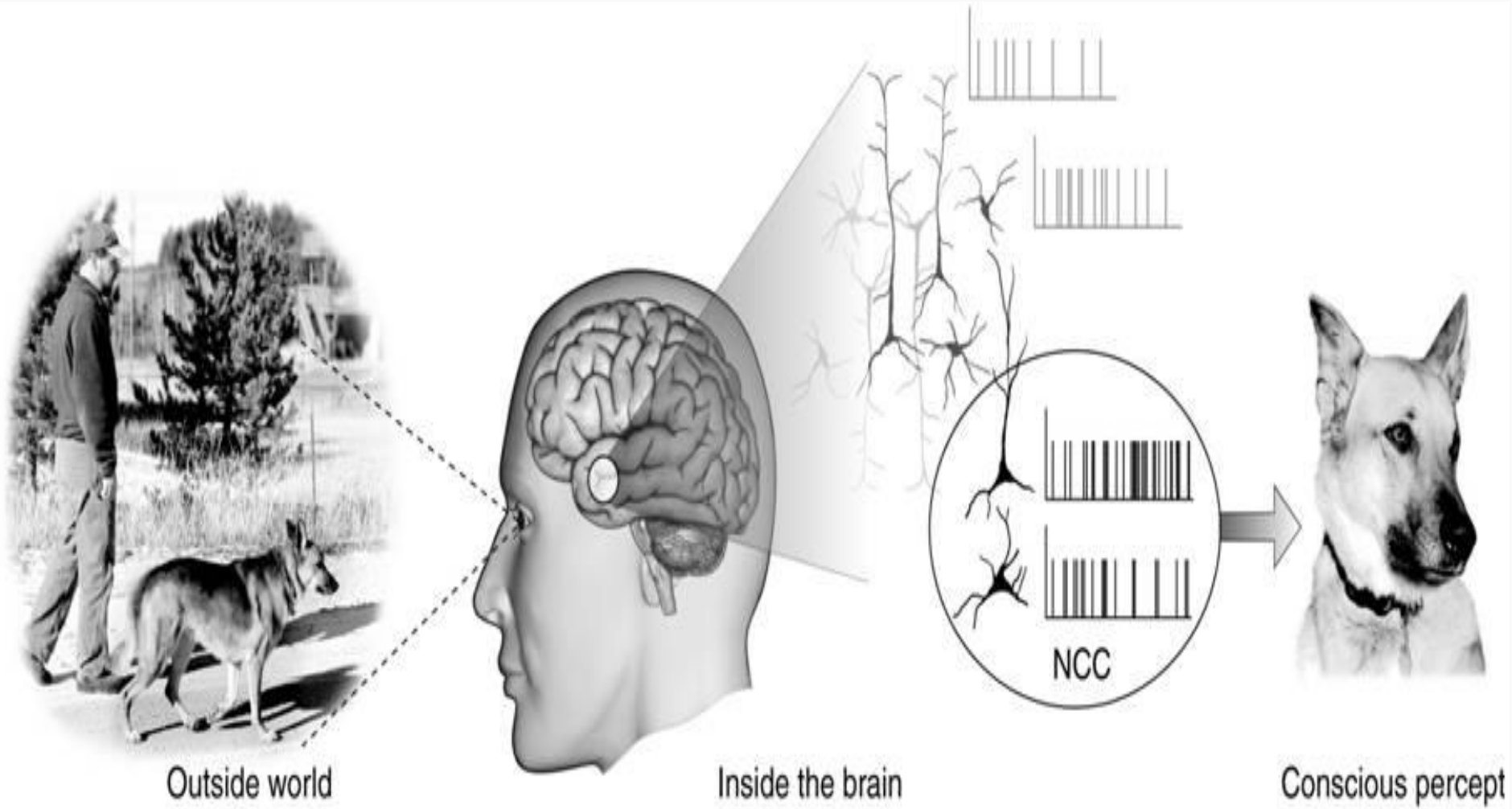


学习的目标 Learning objectives

1. 了解小我是如何运作, 生存和它的防御机制。 Understanding how ego works, survives and its defensive mechanism.
2. 小我是开悟明了的障碍。 Ego is the obstruction to Enlightenment.
3. 理解为什么难以开悟明了。
Understanding why it is difficult to become enlightened.



现实的感知 Perception of reality



学习目标 Learning objectives

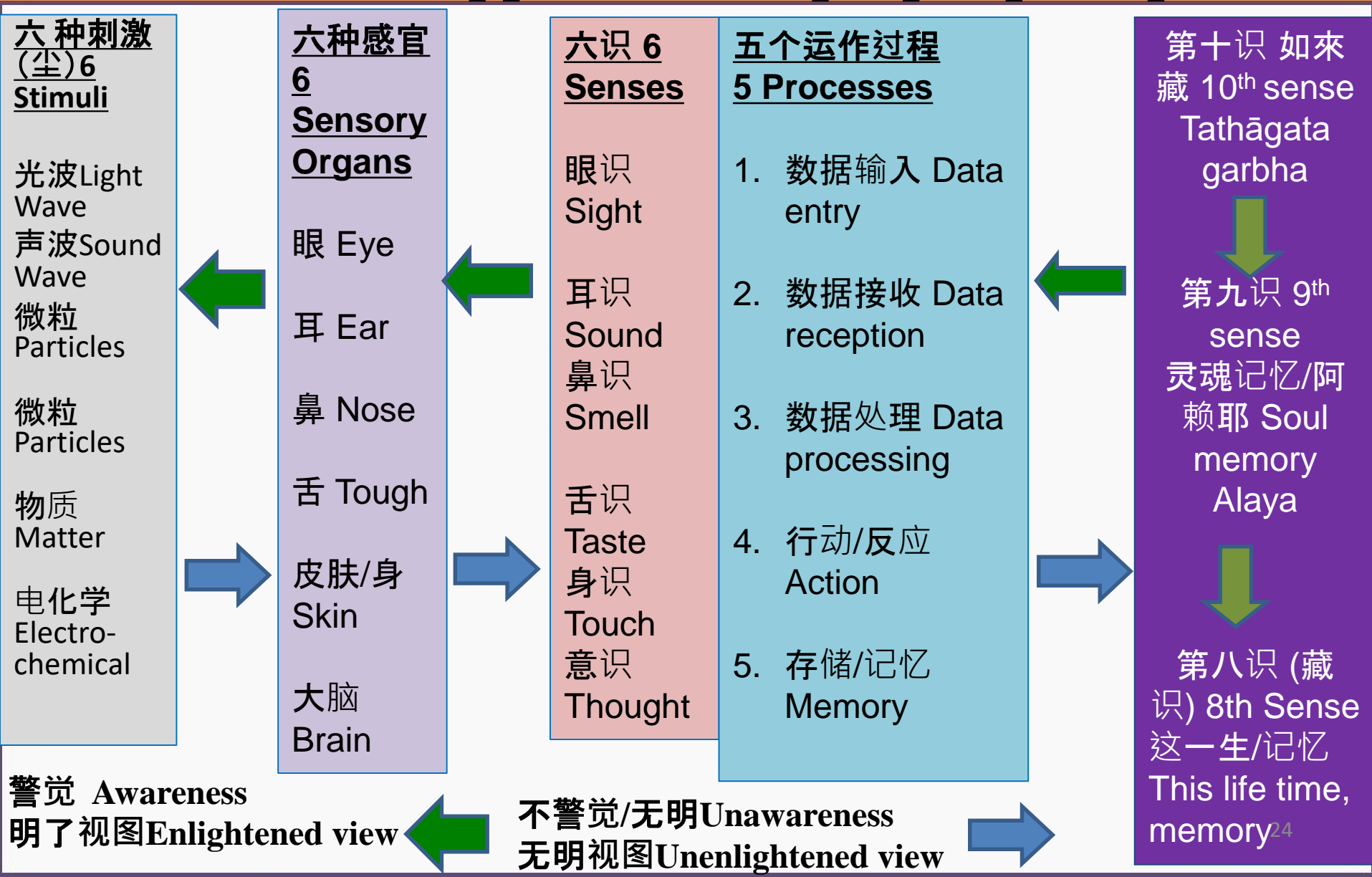
1. 理解现实是如何被感知的。
Understanding how reality is perceived.
2. 现实是能量在不同波长下的连续振动。
Reality is the continuous vibration of energy at different wavelengths.
3. 认识到五蕴运作过程，它可以影响感知，它也是痛苦的根本原因。 Awareness of the 5 aggregates' process, which influence perceptions, the root cause of sufferings.



Learning Objectives

警觉 = 运用适当的感知

Awareness = application of proper perception



你通向开悟明了的路线图

Your Roadmap to Enlightenment

智慧

Wisdom

警觉 Awareness

知识

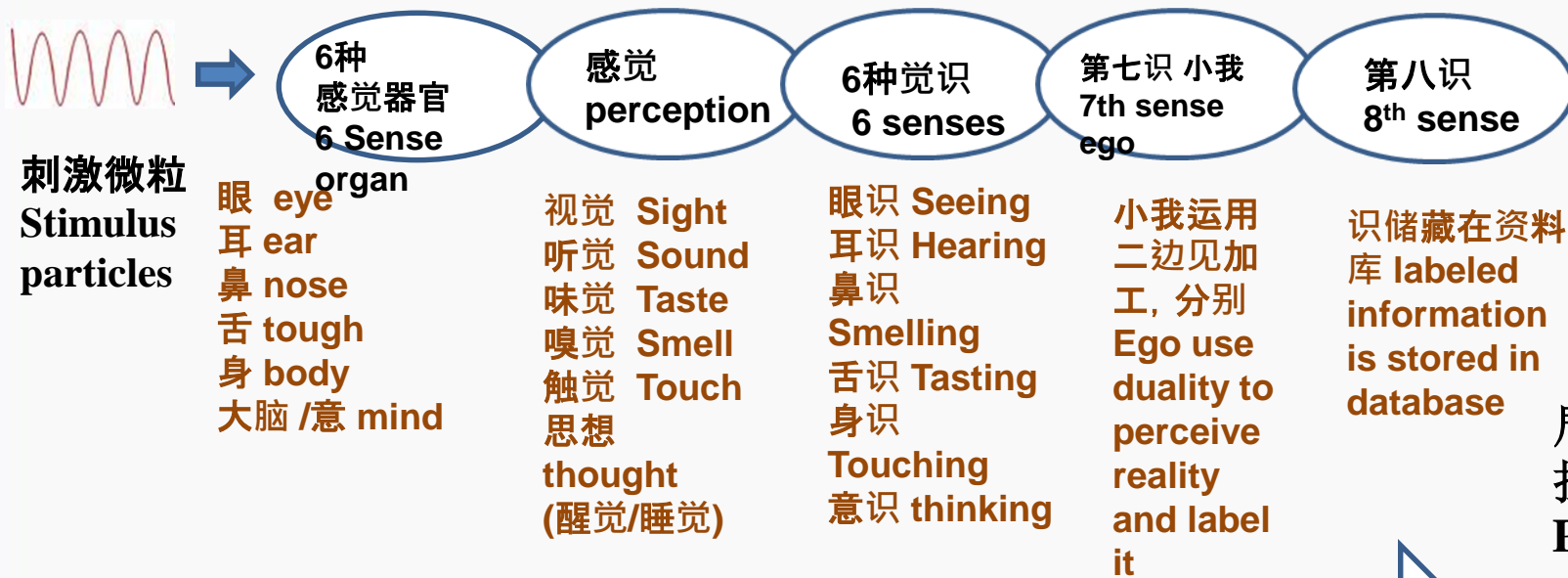
Knowledge

感知流程图 Flow chart of perception

明了的觉者运用正确的知识和警觉来感知刺激 Enlightened beings perceive stimuli with correct knowledge and awareness.

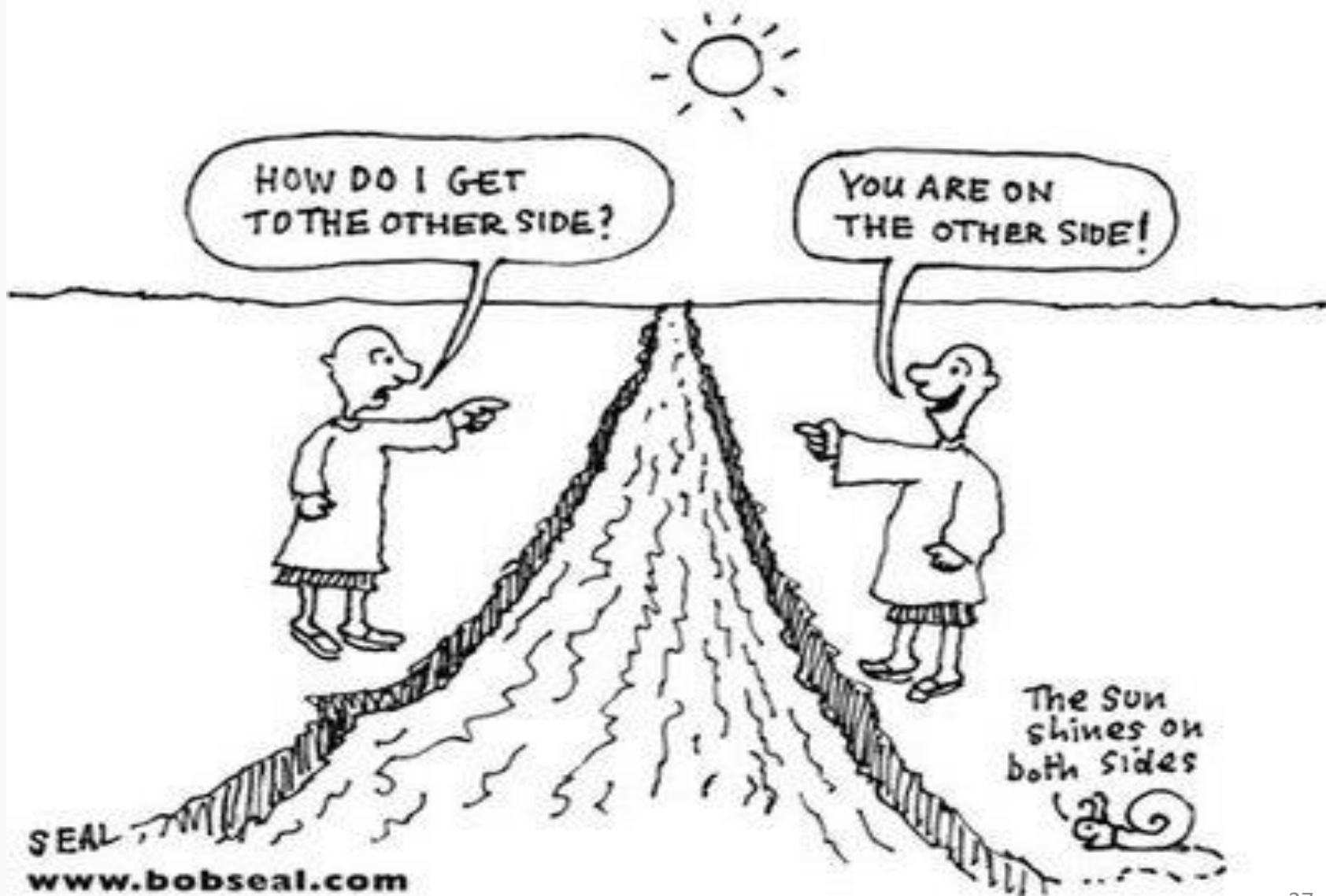
电磁波谱
整体/合一
Electromagnetic spectrum
Wholeness/oneness

五蕴 5 aggregates: (1) 数据输入(色) data entry (2) 数据接收(受) data reception (3) 数据处理(想) data processing (4) 行动(行) action (5) 存储, 记忆(识) memory



局部的现实
扭曲的感知
Partial reality
Distorted perception

无明的迷者: 没有运用正确知识和警觉去感知刺激 Unenlightened beings—
perceive stimuli without correct knowledge and without awareness



SEAL

www.bobseal.com

The Sun
shines on
both sides

定义 Definitions

- **知识**: 我们运用八个识从经验或遭遇中学习和积累的东西。 **Knowledge**: What we have learned and accumulated from experiences or encounters using our eight senses.

智觉学苑第一年的课程, 正确的知识 (AWE first year curriculum, correct knowledge)

- **智慧**: 正确的思考/决定, 它产生正确的行动, 并导向开悟明了。 **Wisdom**: Correct thinking/decisions that produce correct actions – leading to enlightenment.

定义 Definitions



警觉 Awareness:

- 它是使我们把知识转化为智慧的桥梁。It is the bridge enabling us to transform knowledge into wisdom.
- 智:这个字的上部是“知/知识”，它的底部是“日/太阳知识就像阳光驱散黑暗(无知:学习障碍(小我)、小思维框、二边见、现实感知的幻觉，以及五蕴炽盛苦)。

智 the top of the word is “**know/knowledge**”, the bottom of the word is “**sun**”; knowledge is like sunlight dispel darkness (ignorance - learning obstacles (ego), small thinking boxes, duality views, illusion of perception of reality, and the inferno of the 5 aggregates).

定义 Definitions



例子 Examples:

- ❖ 我不知道=我没有警觉/觉察 I don't know = I am not aware
- ❖ 我们认识/觉察到我们天生/与生俱来的佛性/觉性。我们知道/认识到如来的真实含义 ➡ 来去/如来与如去 ➡ 形而上向物理领域的转变/转换。We become aware of our innate Buddha nature. We are aware of the true meaning of Tathagata – coming and going - the transformation of metaphysical to physical realm.

定义 Definitions

- **觉醒 Awakening:**

- ❖ 这是一个从“我不警觉”到“我警觉”的转变。 It is a transformation from “**I am not aware**” to “**I am aware**”.
- ❖ 它是超越原始本能的。 It is the rising above the primitive instincts.
- ❖ 它是一个持续的过程，是人类觉识在包括宗教、形而上学、科学，哲学和认知科学在内的所有方面的演进。 It is a continuing process; it is an evolution of human consciousness in all aspects including religion, metaphysics, science and philosophy.

定义 Definitions

- **觉醒 Awakening:**
 - ❖ 它就是认识生命的意义。It is to recognize the meaning of life.
- **开悟/明了 Enlightenment:**
 - ❖ 它是明智地活出生命的最高价值，即兑现生命的价值。
It is to live life wisely to its highest value i.e. cash out the value of life.

觉识等级 Consciousness levels

戴维·霍金斯
David Hawkins

量 vs 力
Force Power vs

对数
logarithm

运动机能学
kinesiology

觉识锻炼
Consciousness
exercise

灵性的觉醒
Spiritual awakening

质 vs 量
Quality versus
quantity

觉识等级的解释
Interpretation of
consciousness level

觉识锻炼 Consciousness exercise

现在请澄清一下您的思维/想法...准备好了吗? Clear your mind please... are you ready?



你对住在你家附近的无家可归的流浪汉有何感想？你的直觉是什么？ How do you feel about this homeless bum living near your home? What is your gut feeling?



Your reaction? 反應

1. Dirty, disgusting, disgraceful 骯髒, 噁心, 可恥
2. He is to be blamed for his condition 他的情況是歸咎於他
3. Society can't do anything about homelessness 社會對無家可歸的人沒做任何事
4. Tragic, friendless, forlorn (sad, pitiful, despondent) 悲劇性的, 寂寞, 孤獨
5. Threatening, a social menace, call the police 有威脅, 一個社會的危害, 叫警察
6. Why doesn't somebody do something? 為什麼沒有人做一些事情呢?
7. He could be violent. I am furious that such horrible conditions exist in our country today 他可能有暴力或憤怒. 這種可怕的情形存在的今天國內

Your reaction? continue

8. He is an embarrassment or lacking the self-respect to better himself 他令人尷尬, 或缺乏自我尊重去改善自己
9. wonder if there is a local homeless shelter 不知道是否有當地的無家可歸者收容所
10. Decide to go and see what we can do to cheer him up; or volunteer some time at the local shelter 決定走下去, 看看我們能做些什麼, 令他振作起來, 一段時間住在在當地的庇護所
11. Intriguing; probably has an interesting story; he's where he is for reasons we may never understand 耐人尋味; 可能有一個有趣的故事, 我們可能永遠不會明白原因
12. A symptom of the current economic and social malaise, or perhaps a good subject for in-depth psychological study 當前的經濟和社會弊病的症狀, 或者深入心理研究的一個好題材

Your reaction? continue

13. Looks okay, “Live and let live”, after all, he's not hurting anyone 看起無大礙, 自己活著也讓人活著, 畢竟他沒有傷害任何人
14. Decide to go and see what we can do to cheer him up; or volunteer some time at the local shelter 決定走下去, 看看我們能做些什麼, 令他振作起來, 一段時間住在在當地的庇護所
15. Intriguing; probably has an interesting story; he's where he is for reasons we may never understand 耐人尋味; 可能有一個有趣的故事, 我們可能永遠不會明白原因
16. A symptom of the current economic and social malaise, or perhaps a good subject for in-depth psychological study 從社會縛束升華和解脫, 一位歡樂的老傢伙, 歲月智慧在他的臉上散發, 對物質冷漠得到安祥.

Your reaction? continue

17. Transcended social limits and gone free, a joyful old guy with the wisdom of age in his face and the serenity that comes from indifference to material things 從社會縛束升華和解脫, 一位歡樂的老傢伙, 歲月智慧在他的臉上散發, 對物質冷漠得到安祥.
18. Revealed as our own self in a temporary expression 一個短暫如自我示現
19. He is a perfect and beautiful bum 他是完美和美麗的流浪漢



結束
THE END

感谢！

Thank You !

info@awe-edu.com





Transfer of merit

By this effort, may all sentient beings be free of suffering.

May their minds be filled with the nectar of virtue.

In this way may all causes resulting in suffering be extinguished, And only the light of compassion shine throughout all realms.



聖

回向偈

愿以此功德，庄严佛净土
上报四重恩，下济三途苦
若有见闻者，悉发菩提心
尽此一报身，同生极乐国



智覺學苑 (AWE)

Academy of Wisdom and Enlightenment

98 Glen Cameron Rd, Thornhill, Canada L3T 1P8

中文：李捷伟 647-855-5416

郭灿东 416-917-1632

English: Tammy 416-727-5577

Jenny 416-830-4718

www.awe-edu.com

第二十八节
觉识的等级 (二)
**Consciousness levels:
Part 2**

主讲：李捷伟 ， 郭灿東

**Academy of Wisdom and Enlightenment
(AWE)**

www.awe-edu.com

三稱

南 無 佛

Namo Buddhaya

南 無 法

Namo Dharmaya

南 無 僧

Namo Sanghaya

聖

开经偈

无上甚深微妙法
百千万劫难遭遇
我今见闻得受持
愿解如来真实义

你对住在你家附近的无家可归的流浪汉有何感想？你的直觉是什么？ How do you feel about this homeless bum living near your home? What is your gut feeling?



觉识的等级 Levels of Consciousness

等级 Level	分数 Log	感受 Emotion	对一个高档街区的老流浪汉的反应 Reaction to an old Bum in an upscale neighborhood
Fear 恐惧	100	Anxiety 焦虑	threatening, a social menace, call the police 他对我有人生威胁，是一个社会的危害，要叫警察
Grief 悲傷	75	Regret 可怜	tragic, friendless, forlorn 悲劇性的，寂寞，孤獨
Apathy 冷漠	50	Despair 失望	society can't do anything about homelessness 社会对无家可归的人没做任何事（没有服务，没有援助）
Guilt 有罪	30	Blame 責怪	he is to be blamed for his condition 他的情况归咎于他自己。
Shame 羞耻	20	Humiliation 羞辱/屈辱	dirty, disgusting, disgraceful 觉得他肮脏、恶心、可耻

觉识的等级 Levels of Consciousness

等级 Level	分数 Log	感受 Emotion	对一个高档街区的老流浪汉的反应 Reaction to an old Bum in an upscale neighborhood
Willingness 愿意	310	Optimism 乐观	decide to go down and see what we can do to cheer him up, volunteer some time at the local shelter 決定走過去看看我們能做些什麼,令他振作起來, 并愿意去當地的庇護所做义工。
Neutrality 中立	250	Trust 信任	looks okay, “Live and let live,” after all, he’s not hurting anyone. 他看起来无大碍, “各有各人的生活”, 毕竟他没有伤害任何人。
Courage 勇气	200	Affirmation 允许	wonder if there is a local homeless shelter 我想知道当地是否有无家可归者收容所 (住所服务和机构)。
Pride 贡高我慢	175	Scorn 蔑視	an embarrassment or lacking the self-respect to better himself 流浪汉的存在让我感到尴尬, 他为什么缺乏自我尊重去改善自己呢?
Anger 愤怒	150	Hate 嗔恨	could be violent, or furious that such horrible conditions exist in our country today 他可能有暴力, 我对我们国家今天还存在这样可怕的情况感到愤怒。
Desire 期望	125	Craving 渴求	why doesn’t somebody do something? 为什么没有人做些事情去解决这个社会问题?

觉识的等级 Levels of Consciousness

等级 Level	分数 Log	感受 Emotion	对一个高档街区的老流浪汉的反应 Reaction to an old Bum in an upscale neighborhood
开悟明了 Enlightenment	700-1,000	Ineffable 无法形容	<i>He is a perfect and beautiful (bum)</i> 他是一个完美潇洒的（流浪汉）。
Peace 平和	600	Bliss 欣悦	revealed as our own self in a temporary expression 人生不如意之事，十之八九。他的遭遇也可以发生在我的身上，所以我感同身受。
Joy 喜悦	540	Serenity 安详	transcended social limits and gone free, a joyful old guy with the wisdom of age in his face and the serenity that comes from
Love 爱	500	Reverence 敬重/尊敬	indifference to material things。從社會束縛升華和解脫，一位歡樂的老傢伙，歲月智慧在他的臉上散發，對物質需求冷漠而得到安祥。
Reason 了解/研究	400	Understanding 理解	a symptom of the current economic and social malaise, or perhaps a good subject for in-depth psychological study 这是一个当前经济和社会弊病的症状，或者是深入心理研究的一个好题材。
Acceptance 接受	350	Forgiveness 宽恕/饶恕	Intriguing; probably has an interesting story; he's where he is for reasons we may never understand. 耐人寻味;他可能有一个有趣的故事，我們可能永遠不會明白原因。

犀利哥的风采 Brother Sharp



2010春新时尚偶像, 乞丐王子, 帅气流浪汉, 犀利哥
2010 Spring New fashion icon, Beggar Prince, Handsome
Vagabond, Brother Sharp



犀利哥的性格

- **犀利哥**本名程国荣，生于**1976**年，是江西上饶人。
- 2000年到宁波打工，后来成为流浪汉。2010年2月他因网络走红，被誉为“**犀利哥**”，“**乞丐王子**”。当时英国《独立报》专门报道了“犀利哥”风靡网络的事迹。
- 2010年3月，家里人得知**犀利哥**在街头流浪的消息，便赶到宁波市接他回家团聚。
- **犀利哥**得到了社会各界的关爱和资助。他接受一家农庄邀请去表演时装，后因不适应退出。
- 2013年**犀利哥**入住精神病院。他仅仅接受治疗一年就出院了，出院之后他还是选择**继续流浪**。



流浪汉的反应

The Bum's reaction

- 当路人接近时，流浪汉对不同觉识等级人士的反应会相应地改变。 When approached, the bum's responses to different levels of consciousness would vary accordingly.
- 对有些人，他会感到安全；对其他人，他会感到害怕或沮丧。 With some, he'd feel secure; with others, he'd feel frightened or dejected.
- 有些人会使他生气，有些人会使他高兴。 Some would make him angry, others would delight him.
- 他会避开一些人，而对其他人高兴地打招呼。 Some he'd avoid, others he'd greet with pleasure.



流浪汉的反应

The Bum's reaction

- 我们会满足自己的镜像(心理投射)。我们对事物的反应是以我们感知到的事物为基础的。我们看到的是我们想要想象的东西。 **We meet what we mirror. We'll react to things in a fashion predicated by the level from which we perceive them. We see what we want to visualize.**
- 我们的外部世界是我们内心世界的镜像反映。 **Our external world is the mirror reflection of our inner world.**
- 观察者和被观察对象是一体的；所有都与观察者的能量水平有关，这个影响到被观察对象…量子世界的现实。 **The observer and the observed are one; all is relative to the energy level of the observer, which influences the observed...a reality of the quantum world⁵.**

第二十九节
觉识的等级 (三)
**Consciousness levels:
Part 3**

主讲：李捷伟 ， 郭灿東

**Academy of Wisdom and Enlightenment
(AWE)**

www.awe-edu.com

三稱

南 無 佛

Namo Buddhaya

南 無 法

Namo Dharmaya

南 無 僧

Namo Sanghaya

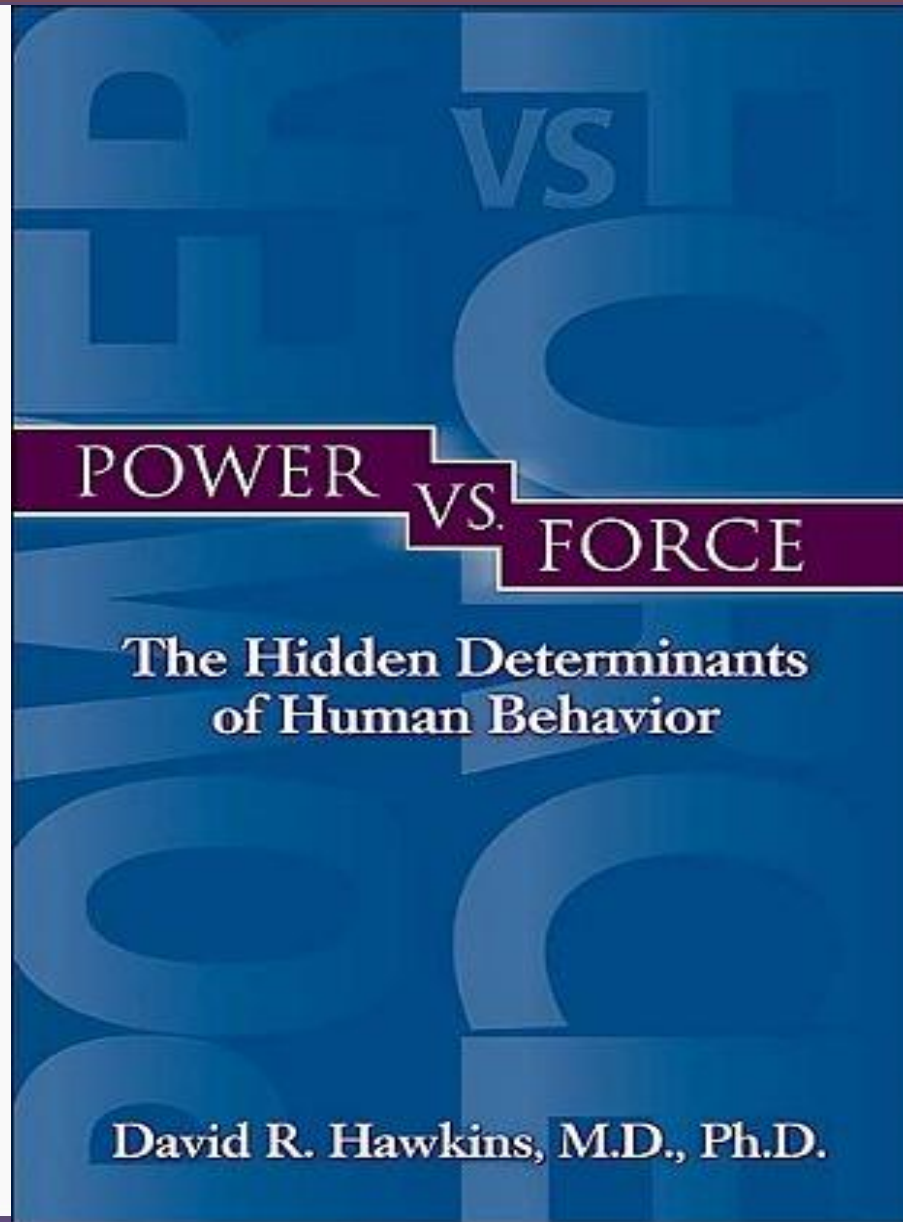
聖

開經偈

无上甚深微妙法
百千万劫难遭遇
我今见闻得受持
愿解如来真实义

量vs力：人类行为的隐藏决定因素

Power vs Force :The Hidden Determinants of Human Behavior



戴维·霍金斯博士 (医学, 哲学博士)

David Hawkins MD, PhD

- 从1952年以来, 他是美国精神病医生。
American psychiatrist since 1952.
- 他是著名研究者、讲师、心理过程专家、
电视主持人、心灵导师。 Renowned
researcher, lecturer, expert on mental
processes, TV host, spiritual teacher.
- 他是美国精神病协会终身会员。 A
lifetime member of the American Psychiatric
Association.

戴维·霍金斯博士

David Hawkins MD, PhD

- 他是很多篇科学论文的作者。

Author of numerous scientific papers.

- 1973年，他与诺贝尔化学奖得主莱纳斯·鲍林共同创立了正分子精神病学。 In 1973 he co-authored Ortho-molecular Psychiatry with Nobel Laureate Linus Pauling.

- 他是高级理论研究院院长。

Director of The Institute for Advanced Theoretical Research.

戴维·霍金斯:灵性的觉醒

David Hawkins : Spiritual awakening

- 3岁时，突然，**存在的完整意识**出现了，…，完全理解**我是…的意义**，这是一个从遗忘中**觉醒的瞬间**，进入了一个**对存在本身警觉的觉识**。

At age 3, a sudden, full consciousness of **existence** occurred, ..., complete understanding of the meaning of *I am*..... This was an instant **awakening** from oblivion into a conscious **awareness** of **being** itself.

- 在1939年的濒死体验（38岁）…我成为不可知论者……我失去了宗教……但发现了灵性。 Near death experience in 1939 (age 38).... I became an agnostic. ... I had lost religion... but discovered spirituality.

戴维·霍金斯:灵性的觉醒

David Hawkins : Spiritual awakening

- 一个致命疾病的幸存者…很多慢性疾病…消失了…我的视力自发地正常了。

Survivor of a fatal illness...many chronic maladies ... disappeared...my eyesight spontaneously normalized.

- 在灵性警觉的某些特定层面上，身体的疾病会痊愈，或自发/自动消失。

At certain levels of spiritual awareness, ailments of the body heal, or spontaneously disappear.

戴维·霍金斯:灵性的觉醒

David Hawkins : Spiritual awakening

- 有必要停止冥想的习惯练习，因为它会加强这种欣悦感（禅悦）到极端程度，以至于无法正常生活。 It was necessary to stop the habitual practice of meditating ...because it would intensify the bliss to such an extent that functioning was not possible.
- 以前那个人和“我”不再存在了。个人的自我或小我没有留下来：只是这种无限力量的一个无限呈现/存在，那就是全部...合一。 The person I had been no longer existed. There was **no personal self or ego left** – just an **Infinite Presence** of such unlimited power that it was all that was... **Oneness**.

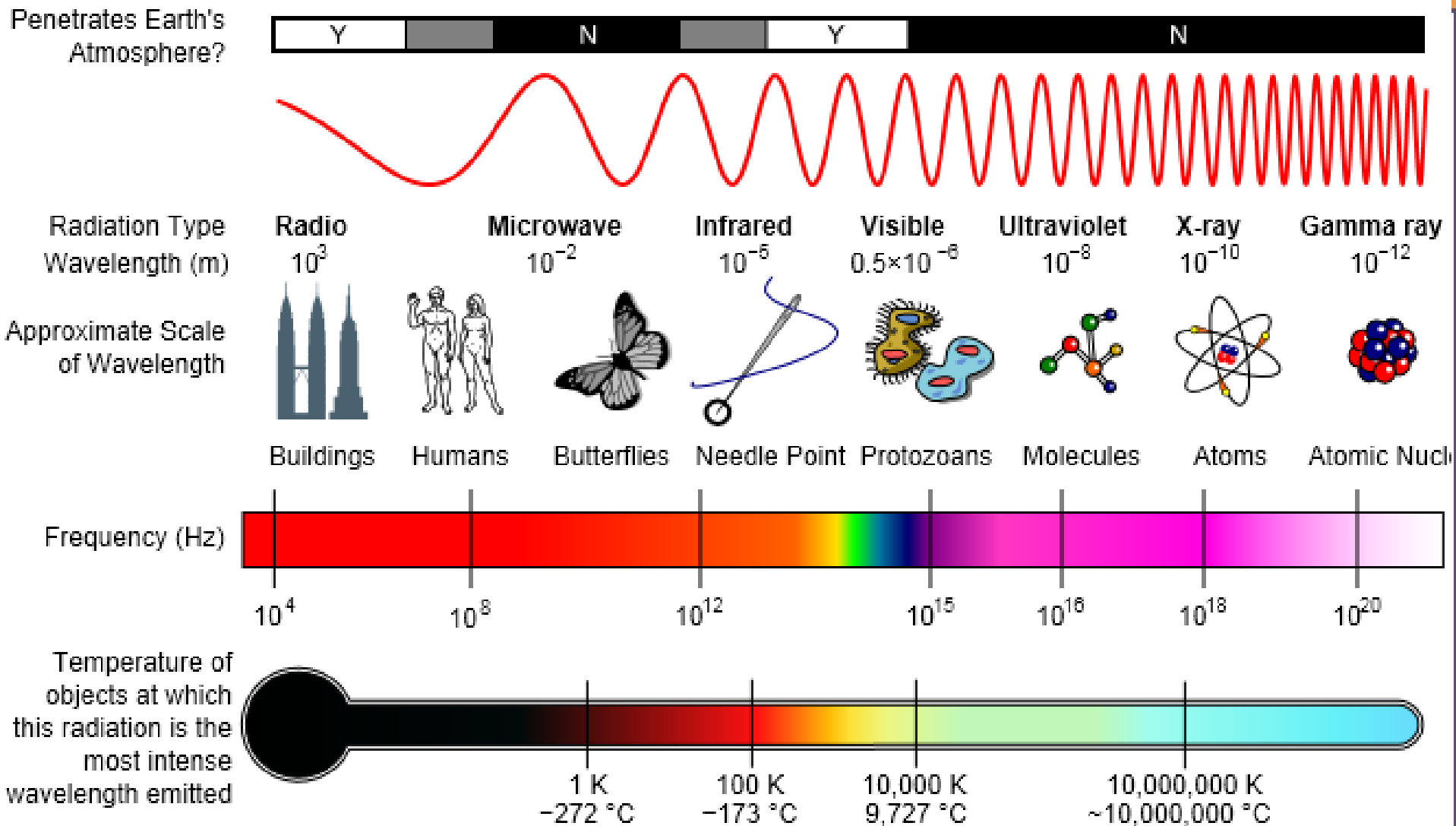
戴维·霍金斯:灵性的觉醒

David Hawkins : Spiritual awakening

- ...所有的痛和苦都是仅仅由小我产生的。
... all pain and suffering arises solely from the ego.
- 非常成功的精神病医生。每年有1000名新病人，50名治疗师和其他雇员，2000名门诊病人。 Extremely successful psychiatrist. 1000 new patients a year, 50 therapists and other employees, 2000 outpatients.
- 成为一名灵性治疗者。
Became a spiritual healer.

定量/量化的度量：波长/频率/温度的度量

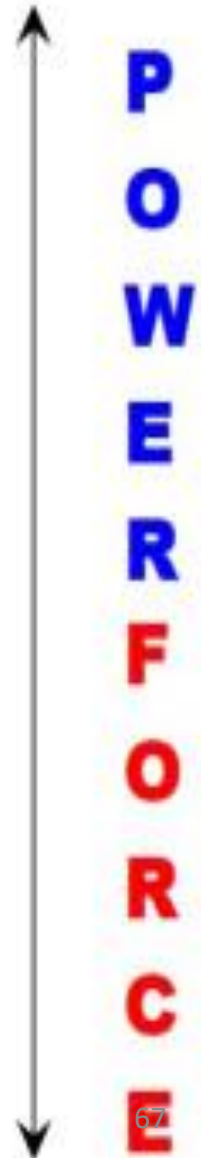
Quantitative scales : Wave Length / Frequency / Temperature scales



觉识等级 Levels of Consciousness

对数的度量：量/力 logarithm scale

Level	Log	Emotion	Life View
Enlightenment	700 – 1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable



对数 Logarithm

- 对数 (log) 是用数字量化为人们很好接受的一个度量方法。 Logarithms (Log) put numbers on a human-friendly scale.
- 超大的数字冲击了我们的大脑：小思维框。 Large numbers break our brains : small thinking boxes.
- 对数可以用来谈论一些既微小又庞大的东西，比如地震的震级。 Logarithms can be used to talk about things that can be both tiny and gigantic, such as in earthquake's magnitudes.

<https://betterexplained.com/articles/using-logs-in-the-real-world/>



运动机能学 Kinesiology

- 一门关于人类运动的科学：希腊词汇 **kinesis** (运动) 和 **kinein** (去移动) The science of human movement : the Greek words **kinesis** (movement) and **kinein** (to move)
- 肌肉对刺激的反应 Muscle responses to a **stimulus**
- 正面刺激 \longrightarrow 肌肉变强 Positive **stimulus** \longrightarrow muscle becomes stronger
- 负面刺激 \longrightarrow 肌肉变弱 Negative **stimulus** \longrightarrow muscle becomes weaker



运动机能学 Kinesiology

- 刺激可以是一个影像，一个名字，一个化学药品，一个真理，或者一个谎言。
Stimulus can be an image, a name, a chemical, a drug, a truth or a lie.
- 被测试的人对刺激没有事先的了解。 The person being tested has no prior knowledge of the stimulus.
- 人类的觉识等级/水平可通过运动机能测试技术来校定。 Human levels of consciousness are calibrated by kinesiological testing technique.

Clinically Proven "Map of Consciousness"

View on God	View on Life	Level Name	Level #	Emotions	Process
Self	Is	Enlightenment	<u>700-1000</u>	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	<u>600</u>	Bliss	Illumination
One	Complete	Joy	<u>540</u>	Serenity	Transfiguration
Loving	Benign	Love	<u>500</u>	Reverence	Revelation
Wise	Meaningful	Reason	<u>400</u>	Understanding	Abstraction
Merciful	Harmonious	Acceptance	<u>350</u>	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	<u>310</u>	Optimism	Intention
Enabling	Satisfactory	Neutrality	<u>250</u>	Trust	Release
Permitting	Feasible	Courage	<u>200</u>	Affirmation	Empowerment
Levels at or above 200 have Truth, Integrity and support life.					CREATIVE
Levels below 200 are False, lack Integrity, do not support life.					DESTRUCTIVE
Indifferent	Demanding	Pride	<u>175</u>	Scorn	Inflation
Vengeful	Antagonistic	Anger	<u>150</u>	Hate	Aggression
Denying	Disappointing	Desire	<u>125</u>	Craving	Enslavement
Punitive	Frightening	Fear	<u>100</u>	Anxiety	Withdrawal
Disdainful	Tragic	Grief	<u>75</u>	Regret	Despondence
Condemning	Hopeless	Apathy	<u>50</u>	Despair	Abdication
Vindictive	Evil	Guilt	<u>30</u>	Blame	Destruction
Despising	Miserable	Shame	<u>20</u>	Humiliation	Elimination

POWER ↑

STRONG ↑

↓ FORCE

↓ WEAK

POWER is self-sustaining, permanent, stationary, and invincible.
FORCE is temporary, consumes energy, and moves from location to location.

Logarithmic Energy Field Increases: 1 = 1; 2 = 10; 3 = 100; 4 = 1,000; 5 = 10,000; 6 = 100,000 ...etc. 71

All levels below 500 are "objective" and all levels from 500 to 1000 are "subjective."

量 vs 力 Power vs force

量 Power

- 生命的意义/生命的价值
Meaning of life/value of life
- 高尚的(同情/儒雅有礼) Noble
(compassion/polite)
- 正面的 Positive
- 整体/同一性
Wholeness/oneness
- 毫不费力(不需要外部能量)
Effortless (no external energy required)
- 静止/稳定 Stillness/stable

力 Force

- 无意义的生活(目的)
Meaningless life (purpose)
- 粗鲁的(迟钝/无知) Crass
(insensitivity/ignorance)
- 负面的 Negative
- 偏袒/分裂(碎化)
Partiality/fragmentation
- 用功耗力(需要外部能量)
Effort (required external energy)
- 混沌/运动 Chaos/movement

量 vs 力 Power vs force

量 Power

- 存在 (没有外部影响) Being (No external influences)
- 通过警觉来识别 Recognition through awareness
- 没有普遍真理的控制 No control of universal truth
- 离二边 Non-duality
- 开悟/明了 Enlightenment

力 Force

- 自我中心 (来自外部来源的影响) Self-centered (Influences from external source)
- 通过五蕴由小我驱动 Driven by Ego through 5 aggregates
- 控制和操纵作用力 Control and manipulate the force
- 二边性 (矛盾) Duality (contradiction)
- 破坏: 无明 Destruction :unenlightenment

人类态度中的量化模式

Power patterns in human attitudes

正面模式 (200分或以上) Positive pattern (at or above 200 level)	负面模式 (低于200分) Negative pattern (below 200 level)
警觉/觉察的 Aware	心事重重的 Preoccupied
存在 Being	拥有 Having
给予 Giving	索取 Taking
强大的 Powerful	强迫的 Forceful
精力充沛的 Energetic	激动的 Agitated

上帝观点 God-view	生命观点 Life-view	等级 Level	分数 Log	感受 Emotion	过程 Process	对一个高档区老流浪汉的反应 Reaction to an old Bum in an upscale neighborhood
否认 Denying	失望 Disappointing	期望 Desire	125	渴求 Craving	奴役 Enslavement	why doesn't somebody do something? 为什么没有人做些事情去解决这个社会问题?
惩罚性 Punitive	可怕 Frightening	恐惧 Fear	100	焦虑 Anxiety	撤离 Withdrawal	threatening, a social menace, call the police 他对我有人生威胁, 是一个社会的危害, 要叫警察。
輕蔑 Disdainful	悲慘 Tragic	悲傷 Grief	75	Regret 可怜	沮喪 Despondency	tragic, friendless, forlorn 悲劇性的, 寂寞, 孤獨
譴責 Condemning	絕望 Hopeless	冷漠 Apathy	50	失望 Despair	退位 Abdication	society can't do anything about homelessness 社会对无家可归的人没做任何事 (没有服务, 援助)
報復性 Vindictive	邪惡 Evil	Guilt 有罪	30	Blame 責怪	毀壞 Destruction	he is to be blamed for his condition 他的情况归咎于他自己。
鄙視 Despising	淒慘 Miserable	羞耻 Shame	20	Humiliation 羞辱/屈辱	消除 Elimination	dirty, disgusting, disgraceful 觉得他肮脏、恶心、可耻

上帝观点 God-view	生命观点 Life-view	等级 Level	分数 Log	感受 Emotion	过程 Process	对一个高档区老流浪汉的反应 Reaction to an old Bum in an upscale neighborhood
启用 Enabling	满意 Satisfactory	中立 Neutrality	250	信任 Trust	释放 Release	looks okay, "Live and let live," after all, he's not hurting anyone. 他看起来无大碍，“各有各人的生活”，毕竟他没有伤害任何人。
允许 Permitting	可行 Feasible	勇气 Courage	200	肯定 Affirmation	授权 Empowerment	wonder if there is a local homeless shelter 我想知道当地是否有无家可归者收容所（住所服务和机构）。
冷漠 Indifferent	贪/需要 Demanding	Pride 贡高我慢	175	蔑视 Scorn	膨胀 Inflation	an embarrassment or lacking the self-respect to better himself 流浪汉的存在让我感到尴尬，他为什么缺乏自我尊重去改善自己呢？
復仇 Vengeful	对抗性的 Antagonistic	愤怒 Anger	150	嗔恨 Hate	侵略 Aggression	could be violent, or furious that such horrible conditions exist in our country today 他可能有暴力，我对我们国家今天还存在这样可怕的情况感到愤怒。

上帝观点 God-view	生命观点 Life-view	等级 Level	分数 Log	感受 Emotion	过程 Process	对一个高档区老流浪汉的反应 Reaction to an old Bum in an upscale neighborhood
明智 Wise	有意义的 Meaningful	了解/研究 Reason	400	理解 Understanding	抽象化 Abstraction	a symptom of the current economic and social malaise, or perhaps a good subject for in-depth psychological study 这是一个当前经济和社会弊病的症状，或者是深入心理研究的一个好题材。
仁慈 Merciful	和谐 Harmonious	接受 Acceptance	350	宽恕/饶恕 Forgiveness	超越 Transcendence	Intriguing; probably has an interesting story; he's where he is for reasons we may never understand. 耐人寻味;他可能有一个有趣的故事, 我们可能永远不会明白原因。
鼓舞 Inspiring	希望 Hopeful	Willingness 愿意	310	乐观 Optimism	意图 Intention	decide to go down and see what we can do to cheer him up, volunteer some time at the local shelter 决定走过去看看我们能做些什么, 令他振作起来, 并愿意去当地的庇护所做义工。

觉识的等级 Levels of Consciousness

上帝观点 God-view	生命观点 Life-view	等级 Level	分数 Log	感受 Emotion	过程 Process	对一个高档区老流浪汉的反应 Reaction to an old Bum in an upscale neighborhood
真我 Self	如是 is	开悟明了 Enlightenment	700-1,000	无法形容 Ineffable	纯粹觉识 Pure Consciousness	<i>He is a perfect and beautiful (bum)他是一个完美潇洒的(流浪汉)。</i>
众生 All-Being	完美 Perfect	平和 Peace	600	欣悦 Bliss	光明 Illumination	revealed as our own self in a temporary expression 人生不如意之事, 十之八九。他的遭遇也可以发生在我的身上, 所以我感同身受。
一体 One	完整 Complete	喜悦 Joy	540	安详 Serenity	变身 Transfiguration	transcended social limits and gone free, a joyful old guy with the wisdom of age in his face and the serenity that comes from indifference to material things.
爱 Loving	温和/良性 Benign	爱 Love	500	敬重 Reverence	启示 Revelation	從社會束縛升華和解脫, 一位歡樂的老傢伙, 歲月智慧在他的臉上散發, 對物質需求冷漠而得到安祥。



結束
THE END

感谢！

Thank You !

info@awe-edu.com





Transfer of merit

By this effort, may all sentient beings be free of suffering.

May their minds be filled with the nectar of virtue.

In this way may all causes resulting in suffering be extinguished, And only the light of compassion shine throughout all realms.



聖

回向偈

愿以此功德，庄严佛净土
上报四重恩，下济三途苦
若有见闻者，悉发菩提心
尽此一报身，同生极乐国



智覺學苑 (AWE)

Academy of Wisdom and Enlightenment

98 Glen Cameron Rd, Thornhill, Canada L3T 1P8

中文：李捷伟 647-855-5416

郭灿东 416-917-1632

English: Tammy 416-727-5577

Jenny 416-830-4718

www.awe-edu.com

Key to opening our minds

An introduction to Metaphysics

Ching Lo, PhD

Adjunct Professor

7 August 2010 Lecture 4

**Consciousness Levels
Quantified;
metaphysics curriculum**



Your reaction? 反應

1. Dirty, disgusting, disgraceful 骯髒, 噁心, 可恥
2. He is to be blamed for his condition 他的情況是歸咎於他
3. Society can't do anything about homelessness 社會對無家可歸的人沒做任何事
4. Tragic, friendless, forlorn (sad, pitiful, despondent) 悲劇性的, 寂寞, 孤獨
5. Threatening, a social menace, call the police 有威脅, 一個社會的危害, 叫警察
6. Why doesn't somebody do something? 為什麼沒有人做一些事情呢?
7. He could be violent. I am furious that such horrible conditions exist in our country today 他可能有暴力或憤怒. 這種可怕的情形存在的今天國內

Your reaction? continue

8. He is an embarrassment or lacking the self-respect to better himself 他令人尷尬, 或缺乏自我尊重去改善自己
9. wonder if there is a local homeless shelter 不知道是否有當地的無家可歸者收容所
10. Decide to go and see what we can do to cheer him up; or volunteer some time at the local shelter 決定走下去, 看看我們能做些什麼, 令他振作起來, 一段時間住在在當地的庇護所
11. Intriguing; probably has an interesting story; he's where he is for reasons we may never understand 耐人尋味; 可能有一個有趣的故事, 我們可能永遠不會明白原因
12. A symptom of the current economic and social malaise, or perhaps a good subject for in-depth psychological study 當前的經濟和社會弊病的症狀, 或者深入心理研究的一個好題材

Your reaction? continue

13. Looks okay, “Live and let live”, after all, he's not hurting anyone 看起無大礙, 自己活著也讓人活著, 畢竟他沒有傷害任何人
14. Decide to go and see what we can do to cheer him up; or volunteer some time at the local shelter 決定走下去, 看看我們能做些什麼, 令他振作起來, 一段時間住在在當地的庇護所
15. Intriguing; probably has an interesting story; he's where he is for reasons we may never understand 耐人尋味; 可能有一個有趣的故事, 我們可能永遠不會明白原因
16. A symptom of the current economic and social malaise, or perhaps a good subject for in-depth psychological study 從社會縛束升華和解脫, 一位歡樂的老傢伙, 歲月智慧在他的臉上散發, 對物質冷漠得到安祥.

Your reaction? continue

17. Transcended social limits and gone free, a joyful old guy with the wisdom of age in his face and the serenity that comes from indifference to material things 從社會縛束升華和解脫, 一位歡樂的老傢伙, 歲月智慧在他的臉上散發, 對物質冷漠得到安祥.
18. Revealed as our own self in a temporary expression 一個短暫如自我示現
19. He is a perfect and beautiful bum 他是完美和美麗的流浪漢

觉识的等级 Levels of Consciousness

God-view	Life-view	Level	Log	Emotion	Process	Reaction to an old Bum in an upscale neighborhood
Self	is	Enlightenment	700-1,000	Ineffable	Pure Consciousness	<i>He is a perfect and beautiful (bum)</i>
All-Being	Perfect	Peace	600	Bliss	Illumination	revealed as our own self in a temporary expression
One	Complete	Joy	540	Serenity	Transfiguration	transcended social limits and gone free, a joyful old guy with the wisdom of age in his face and the serenity that comes from
Loving	Benign	Love	500	Reverence	Revelation	indifference to material things
Wise	Meaningful	Reason	400	Understanding	Abstraction	a symptom of the current economic and social malaise, or perhaps a good subject for in-depth psychological study
Merciful	Harmonious	Acceptance	350	Forgiveness	Transcendence	Intriguing; probably has an interesting story; he's where he is for reasons we may never understand
Inspiring	Hopeful	Willingness	310	Optimism	Intention	decide to go down and see what we can do to cheer him up, volunteer some time at the local shelter
Enabling	Satisfactory	Neutrality	250	Trust	Release	looks okay, "Live and let live," after all, he's not hurting anyone
Permitting	Feasible	Courage	200	Affirmation	Empowerment	wonder if there is a local homeless shelter
Indifferent	Demanding	Pride	175	Scorn	Inflation	an embarrassment or lacking the self-respect to better himself
Vengeful	Antagonistic	Anger	150	Hate	Aggression	could be violent, or furious that such horrible conditions exist in our country today
Denying	Disappointing	Desire	125	Craving	Enslavement	why doesn't somebody do something?
Punitive	Frightening	Fear	100	Anxiety	Withdrawal	threatening, a social menace, call the police
Disdainful	Tragic	Grief	75	Regret	Despondency	tragic, friendless, forlorn
Condemning	Hopeless	Apathy	50	Despair	Abdication	society can't do anything about homelessness
Vindictive	Evil	Guilt	30	Blame	Destruction	he is to be blamed for his condition
Despising	Miserable	Shame	20	Humiliation	Elimination	dirty, disgusting, disgraceful

觉识的等级 Levels of Consciousness:

Slide#71 图表内容解释

- 临床证明：觉识地图。 **Clinically proven:Map of consciousness.**
- 量是自我维持的、永久的、稳定的和不可战胜的。
Power is self-sustaining, permanent, stationary and invincible.
- 力是短暂的，消耗能量和从一个位置移动另一个位置。
Force is temporary, consumes energy and moves from location to location.
- 500分以下的所有等级都是“客观”的。 **All levels below 500 are “objective”.**
- 从500分到1000分的所有等级都是“主观的”。 **All levels from 500-1000 are “subjective” .**

人类态度中的量化模式

Power patterns in human attitudes

正面模式 (200分或以上) Positive pattern (at or above 200 level)	负面模式 (低于200分) Negative pattern (below 200 level)
拥有真理 Have truth	虚假 False
健全，完整 Integrity	缺乏完整性 Lack integrity
支持生命 Support life	不支持生命 Don't support life
创造性 Creative	破坏性 Destructive