

佛教科学课程 第一节

课程简介 Introduction

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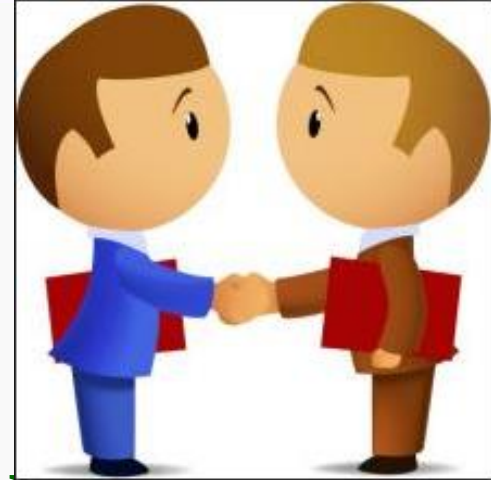
Academy of Wisdom and Enlightenment  
(AWE)

[www.awe-edu.com](http://www.awe-edu.com)

# 课程简介 Introduction



欢迎参加  
智觉学苑  
Welcome to



Academy of Wisdom and Enlightenment  
(AWE)

佛教科学课程

Buddhist Science Institute

2018 Curriculum

# 明了 (开悟) Enlightenment

光明 Light = 智觉学苑课程 AWE curriculum  
= 正确知识 (正知正见) correct Knowledge →  
明晰, 能量, 真理 clarity, energy, the truth

黑暗 Darkness = 无明 (无知) ignorance →  
困惑 (混乱) confusion, 疑问 questions



警觉是光明, 无明是黑暗

**Awareness is LIGHT, Ignorance is Darkness**

# 分享光明 Share the light



点燃一根小蜡烛比  
诅咒黑暗更好

It is better to light one small candle  
than to curse the darkness

(无名士 unknown author)



# 型 课程获益 The Benefits

1. 探索和追求真理 Exploring and Pursuing Truth. 真理是什么？怎样追求真理？追求真理是为了什么？ What is truth? How to pursue truth? What is the purpose of pursuing truth?

2. 过有意义的生活 Live a meaningful life 摸索生命的奥秘,了解生命的意义,活出/兑现生命的价值。 Explore the mysteries of life, Understand the meaning of life ,Cash out the value of life.

# 型 课程获益 The Benefits

3. 获得真正的幸福 Have true happiness:  
解决心理、情感、家庭、人生迷茫问题。明白自己为什么会处于在这样的状态，该怎么解决这些问题？学会接受爱与光明，才有爱自己、爱他人的能力，才有给予自己以及他人光明的能力。 Solve psychological, emotional, family, life confusion. Understand why you are in such a state, how to solve these problems? Only by learning to accept love and light can we love ourselves and others, and give ourselves and others light.

# 型 课程获益 The Benefits

4. 提升生命能量 Elevate energy, the life force:

a) 生命是需要源源不断的正能量支撑。正能量是一切成就的根本，是追求真理的第一要素。 Life needs constant positive energy support.

Positive energy is the foundation of all achievements and the first element in the pursuit of truth.

# 型 课程获益 The Benefits

b) 正能量的特征。如何提高自己的正能量？如何减少正能量的消耗？ Characteristics of positive energy. How to improve your positive energy? How to reduce the consumption of positive energy?

c) 负能量的特征。负能量的产生来源？受负能量影响的表现？如何处理、解决负能量？ The characteristics of negative energy. The source of negative energy? Performance affected by negative energy? How to deal with and solve negative energy?



# 型 课程获益 The Benefits

5. 打开我们的心量，思维框和心灵 Expand our hearts, minds and thinking boxes:

a) 任何事情都有两面性，痛苦的经历有痛苦的一面，也有积极的一面，把积极的一面发掘出来，转痛苦的经历为人生助缘。 Everything has two sides. The painful experience has both painful side and positive side. We should dig out the positive side and turn the painful experience into life's help.

# 型 课程获益 The Benefits

b) 打开思维框，不仅要对自己的生命负责，还要拯救地球、提高整个地球的灵性水平，对整个地球乃至宇宙的存亡、净化、灵性提升负责，不要活在个人吃、生存、繁殖的极小维度里。Opening the mind and of thinking box is not only responsible for one's own life, but also for saving the earth and improving the spiritual level of the whole earth. It is responsible for the survival, purification and spiritual upgrading of the whole earth and even the universe. It is not necessary to live in the minimal dimension of individual eating, survival and reproduction.

# 型 课程获益 The Benefits

6. 减少恐惧并识别盲点(小我) Have less fear and recognize blind spots (Ego):

生命是独立自由的，不要让他人的言语或者行为中伤自己，也不要随波逐流。贪、嗔、痴、慢、疑的定义与危害。慈悲喜舍，身心柔软；远离贪、嗔、痴、慢、疑。 Life is independent and free. Don't let other people's words or actions hurt you or drift with the tide. Definition and harm of greed, voice, dementia, slowness and suspicion. Compassion, love, soft body and mind; away from greed, voice, dementia, slowness and suspicion.

# 型 课程获益 The Benefits

7. 能够自信踏上灵性之旅 Be able to walk on spiritual paths with confidence:

每一个人都需要对自己的生命负责。为什么要对自己的身心灵负责？怎样对自己的身心灵负责？ Everyone needs to be responsible for his own life. Why are you responsible for your body, mind and soul? How to be responsible for your own mind and body?

8. 培养积极的思想，行为，习惯和性格  
Cultivate positive thoughts, actions, habits, and characters

# 生命的意义与价值 Meaning and value of life

**佛教** 实际上是一种不断演进的人类觉识，包括宗教，形而上学，科学，哲学和认知心理学等等。

**(生命的意义)** **Buddhism** is actually an evolving human consciousness including religion, metaphysics, science, philosophy and cognitive psychology **(The meaning of life)**

**明了** 就是包含了所有这些知识和智慧，让自己的人生明智地活出最高的价值。 **(生命的价值)**

**Enlightenment** is embracing these knowledge in totality and living one's life wisely to its highest value. **(The value of life)**

# 3 Gradual Stages for Mahayana Path to Enlightenment 大乘 菩提道 漸悟 三个台阶

用一個“參”字  
踏上三个台阶

Ascend the 3 Stages  
by “Zen/Chan  
existential doubt”



兑现生命價值(用)  
Cash out the value of life (Utility)

了解生命意义(體)  
Understand the meaning of life (Essence)

摸索生命奥秘(相)  
Explore the mysteries of life (Form)

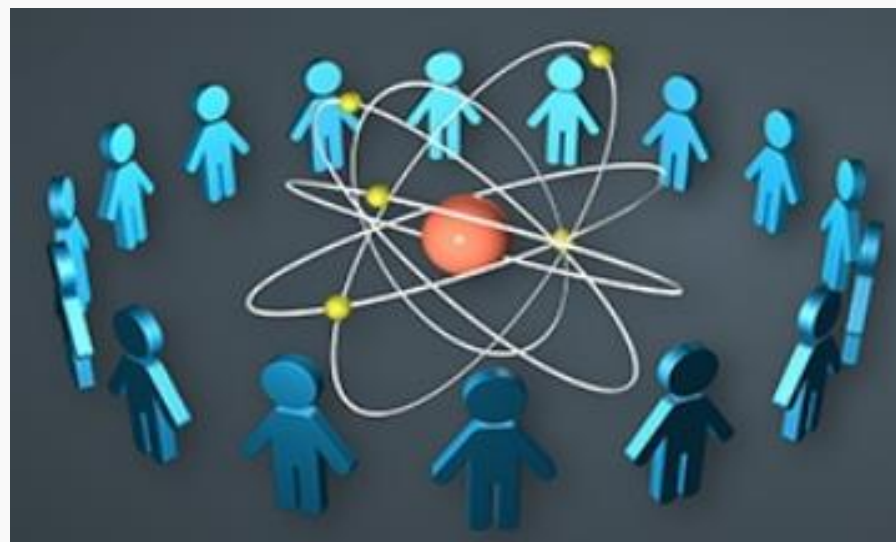
無明暗晦 Unenlightened ignorance

# 分享光明 Share the light

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教学大纲 Syllabus

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分享光明和正能量

Share the light and energy



# 分享光明 Share the light

Youtube 智觉学苑频道:

<https://www.youtube.com/user/awegtt/videos>

[https://www.youtube.com/watch?v=g66cg5NX\\_Gk](https://www.youtube.com/watch?v=g66cg5NX_Gk),

<https://www.youtube.com/watch?v=qxdLKRcczl4>

腾讯视频: <https://v.qq.com/x/page/m0804eflx5j.html>

微信: 佛教科学课程群, 佛教科学院国内网站:

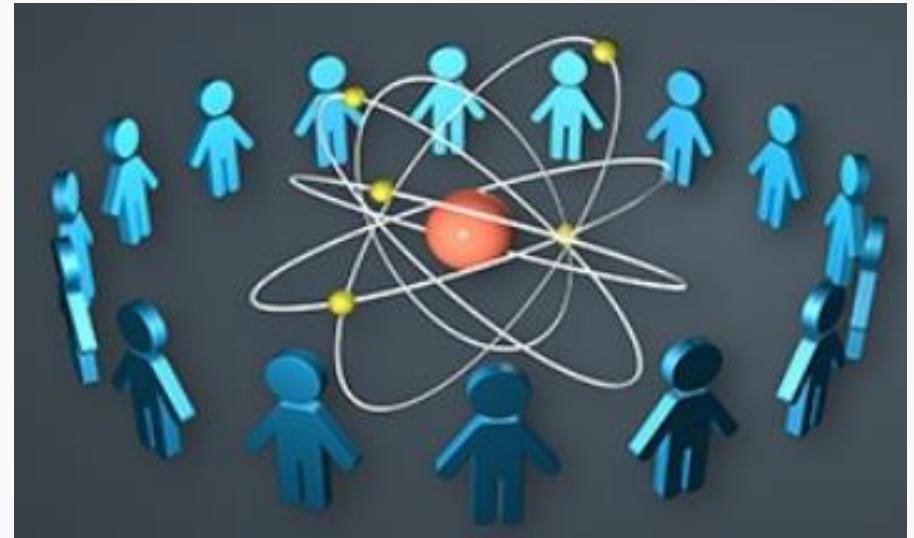
<http://www.qa11872393.icoc.me/col.jsp?id=103>



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YouTube

分享光明和正能量  
Share the light and  
energy







結束  
THE END

感谢！

Thank You !

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