

佛教科学课程 第十二节

深入不二门；回顾：简介，学习技能，

思维模式

Transcend duality profoundly; Review

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

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课程讲义 Agenda

- 深入不二门
Transcend duality profoundly
- 回顾：简介，学习技能，思维模式 (1)：打开心量
Review: Introduction, Learning Skills, Mind set (1): open mind

深入不二门

Transcend duality

profoundly

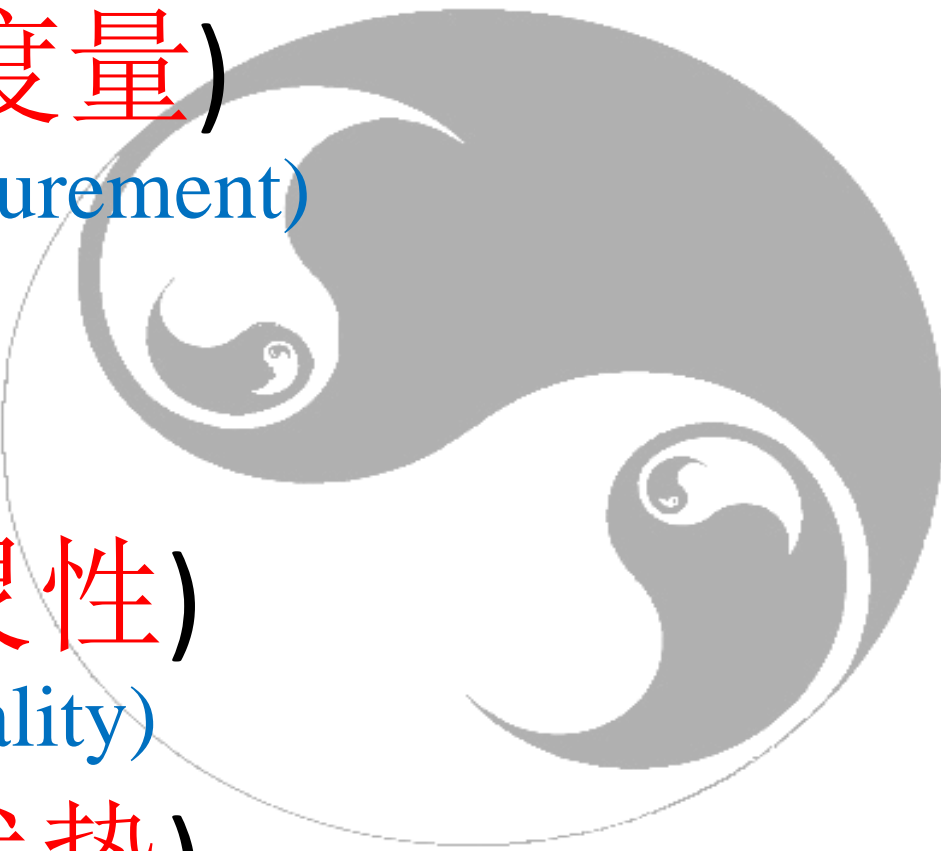
二邊概念：有限/无限

Dualistic concepts: Finite/Infinite

二边性 (相关, 相对) → 阴 vs. 阳

Duality (relativity, opposites) Yin versus Yang

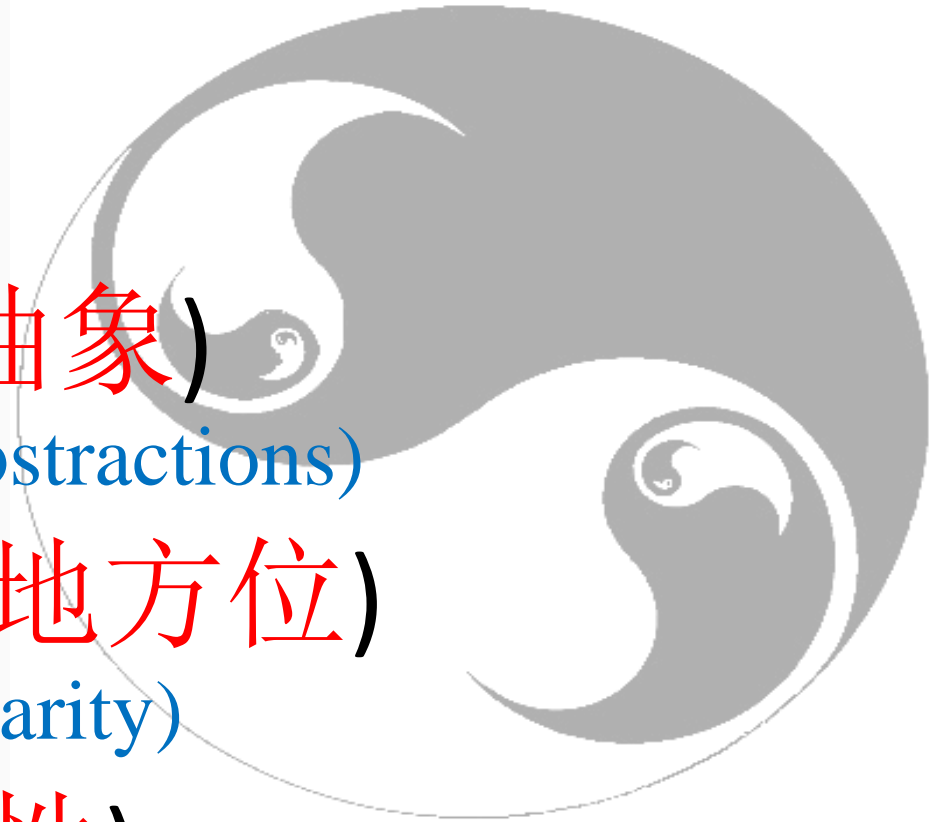
- 有限 vs. 无限 (度量)
Finite vs. Infinite (measurement)
- 生 vs. 死 (生命)
Living vs. Dying (life)
- 天堂 vs. 地狱 (灵性)
Heaven vs. Hell (spirituality)
- 善 vs. 恶 (生存优势)
Good vs. Evil (survival advantages)
- 是 vs. 否 (选择) Yes vs. No (Choice)



二边性 (相关, 相对) → 阴 vs. 阳

Duality (relativity, opposites) Yin versus Yang

- 雄 vs. 雌 (性别)
Male vs. Female (sex)
- 黑 vs. 白 (颜色/抽象)
Black vs. White (color/abstractions)
- 北极 vs. 南极 (极地方位)
North vs. South pole (polarity)
- 正面 vs. 负面 (极性)
Positive vs. Negative (correlation)
- 快乐 vs. 悲伤 (情感) Happy vs. Sad (emotion)



有限 Finite

=有邊界或限制; 衡量的; 能夠被完全計算; 不是無限的, 無窮小; 不為零。 **Having**

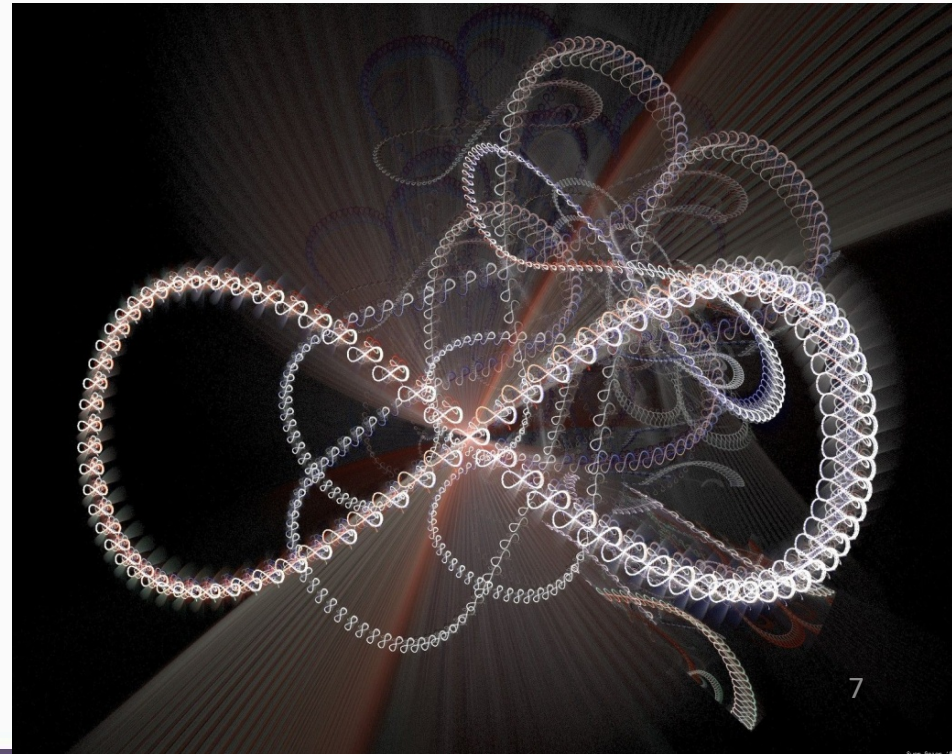
boundaries or limits; measurable; capable of being calculated completely; not infinitesimal; infinitesimal; not zero.



無限 Infinite

=無窮或不可測; 無限期或極其巨大。

Infinite or unpredictable; infinite or extremely large.



有限/无限 Finite/Infinite

- 无限是人类思维能够感知的最大概念，也是人类思维的极限。
Infinity is the largest concept the human mind can perceive, and the limit of human thinking.
- 在人类的思维框里面，人类可以想象到的最大的二边概念就是有限/无限。
In the human thinking box, the biggest duality concept that humans can imagine is finite/infinite.

有限/无限 Finite/Infinite

- 在上面第5，6页的二边概念列表中。有限/无限这对二边概念和其他的二边概念是不同的。 In the list of dualistic concepts on pages #5 and #6 above. “finite/infinite” this pair of dualistic concepts is different from other dualistic concepts.
- 有限是形而下的概念，无限是形而上的概念。所以，有限/无限是包括了形而下和形而上两种概念的一对二边概念。 Finite is a physical concept, while infinite is a metaphysical concept. Therefore, finite/infinite is a pair of dualistic concepts that include both physical and metaphysical concepts.

有限/无限 Finite/Infinite

- 其他的二边概念，例如“生/死”，“黑/白”，“快乐/悲伤”等等，都是由两个形而下概念组成的二边概念。 Other dualistic concepts, such as "living/dying", "black/white", "happy/sad" and so on, are composed of two physical concepts.
- “天堂/地狱”，“正面/负面”等等都是由两个形而上概念组成的二边概念。 "Heaven/Hell", "Positive/Negative" and so on, they are dualistic concepts composed of two metaphysical concepts.

有限/无限 **Finite/Infinite**

只要能夠了解和超越这对最大的二边性概念（有限/无限），其他二边性的概念便很好处理和解决了。 **When the opposite concept of the largest duality (finite vs infinite) is resolved and transcended, then all other dualities can be resolved.**

有限/无限 Finite/Infinite

- 有限/无限是由我们有限狭窄的思维所创造出来的。 Finite / infinite is created by our limited and narrow mind.
- 我们的心量不够大，把一个原本没有矛盾，没有对立的東西（度量），自己创造出一个个不相融的东西和矛盾出来（有限/无限）。
Our minds are not big enough to create an incompatible thing and contradiction (finite/infinite) from the thing without contradiction and opposition (measurement).¹²

離二邊：解決矛盾

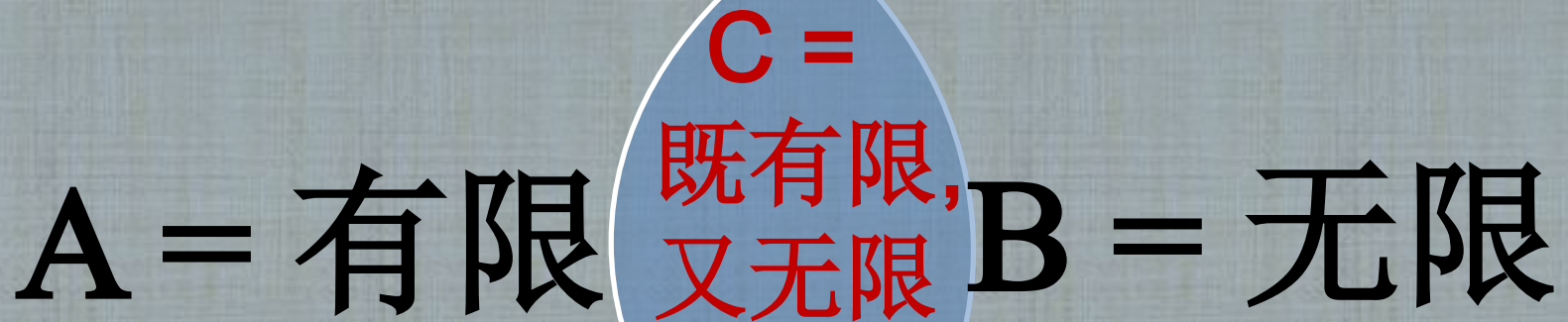
Transcend Duality : Solving Contradictions

有限與無限可以共存，不須相互排斥。明白到二邊是相對的，超越是絕對的。雖然超越了有限與無限的傳統定義（出世間法），但是仍然接受世間傳統定義（世間法）游戏规则。

Finite and infinite can coexist .They need not be mutually exclusive. Understand that the two sides are relative and transcendence is absolute. Although it goes beyond the traditional definitions of finite and infinite , it still accepts the game rules of the traditional definition of the world .

有限/无限 Finite/Infinite

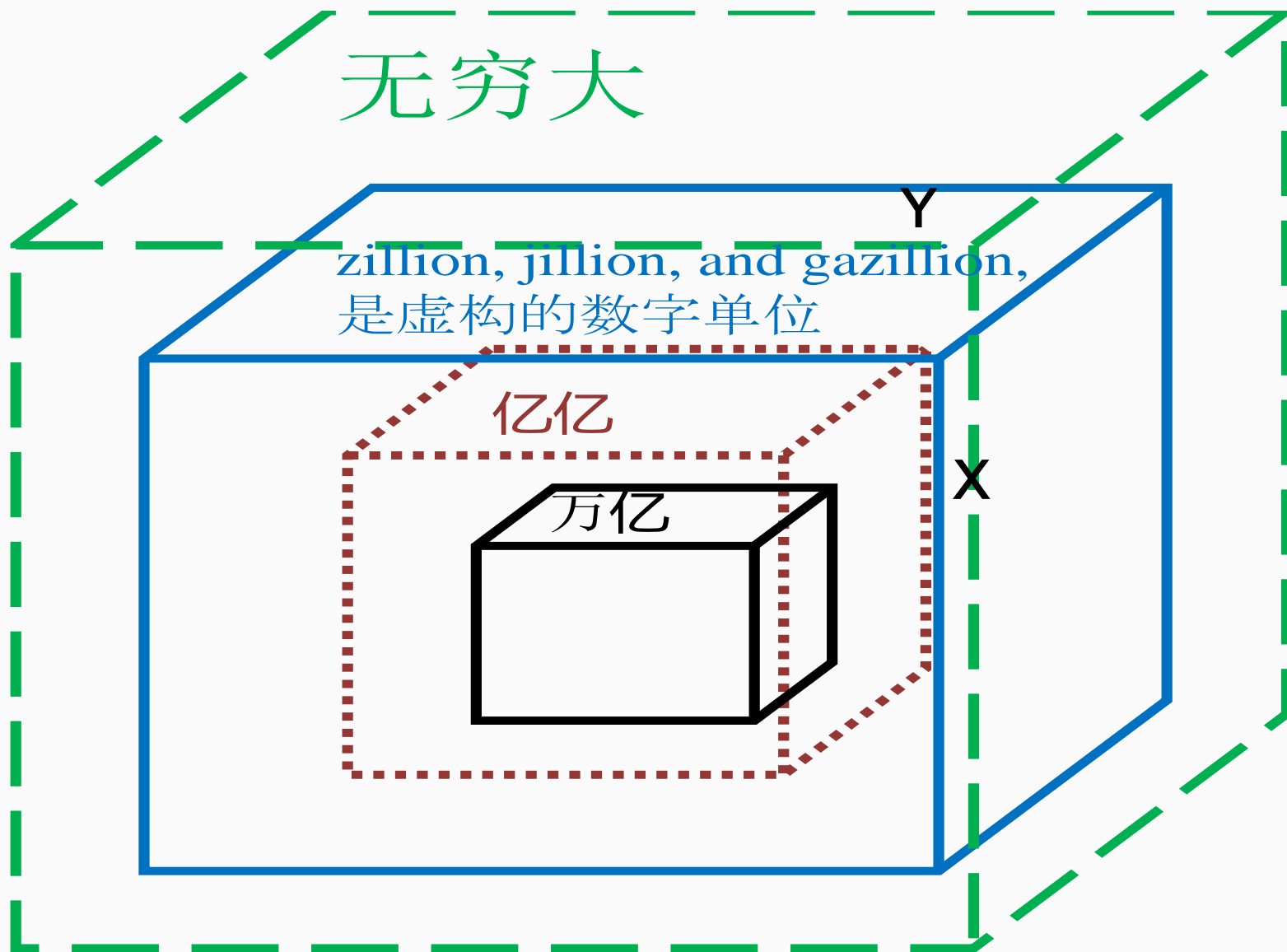
D = 非有限和非无限



思维框和二边概念的关联

Relationship between the thinking
box and dualistic concepts

思维框: X & Y Thinking Boxes: X & Y



思维框: X & Y Thinking Boxes: X & Y

- 每个超大数字都有对应的思维框。数字可以不断增大，而思维框也随之扩大。 Every super-large number has a corresponding thinking box. As numbers grow, thinking boxes can expand.
- 虚构的数字单位用来表示无穷大，而数字是实际有限的东西，但数字单位可以虚构。 Fictitious digital units are used to represent infinity, while numbers are actually finite, but digital units can be fictitious.

思维框: X & Y Thinking Boxes: X & Y

我们的心量太小，自己设立了一个“框”，在这个框内是“我”，“我的东西→X”，而在框外，是“你，他/她”，和“另外的东西→Y”，并认为那是一个与我相对或矛盾的东西。这个思维框就被创造出来了。 Our mind is too small, we set up a "box" in which is "I", "My Things → X", and outside the box is "You, He/She", "Other Things → Y", thinking that it is a opposite or contradictory thing with me. This thinking box was created.

思维框: X & Y Thinking Boxes: X & Y

如果只局限于自己设定的思维框内，那么一个人丰富无限的生命和生活就变得有限和狭窄，这样就不能了解到生命的真正意义和实现生命的真正价值。 If confined to the thinking box set by oneself, then one's rich and infinite life and living become limited and narrow, so that one can not understand the true meaning of life and realize the true value of life.

無框框的思維 No box, no opposites

- X在框內， Y在框外， 因此兩者是相對的。 X is inside the box, Y is outside the box, therefore they are opposites.
- 如果沒有思維框的分隔， X就不會在框內， Y也不在框外， X和Y就沒辦法相對了。 Without the separation of thinking box, X won't be in the box, and Y won't be out of the box. X and Y are not opposites.
→ 無框框的思維：沒有相對和思維框
No box, no opposites (think outside box)

量化的威力：开悟

The power of Quantification:
Enlightenment

量化的威力 *The power of Quantification*

质 **Quality**

量 **Quantity**

描述的 **Descriptive**

定义的 **Definitive**

相对的 **Relative**

绝对的 **Absolute**

二边性 **Duality**

单一性 **Singularity**

量化的威力 *The power of Quantification*

- 量化是通过运用相对程度或尺度的方法，将性质的抽象概念转化为有限数值。
Quantification is the conversion of abstract concepts of properties into finite values by means of relative degree or scale.

- 打开心量 = 开悟 \rightarrow 离二边 = 不二法门
Open our minds \rightarrow Transcend duality



质 Qualitative

**V
S**



量 Quantitative

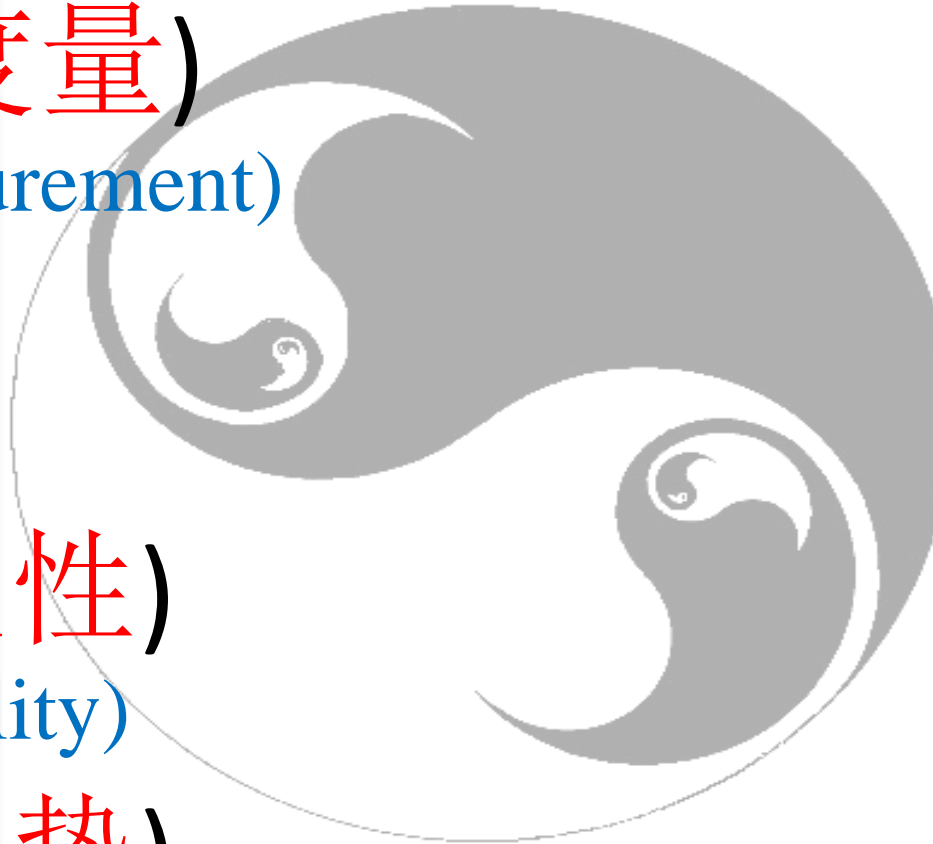
量化的威力 **The power of Quantification**

- 上面第22页的“质/量”表解释了下面第25, 26页里二边概念列表的意义和重要性。The table of “Quality/Quantity” in page #22 explains the significance and importance of the dualistic concepts list in the pages of #25,#26.
- 在下面第25, 26页的列表中, 左边的概念是描述的, 而括号里的概念是定义的, 是可以量化的。这些定义性的概念描述了开悟入不二门后,在明觉系统生活的境界/状况。In the list of dualistic concepts in pages of #25,#26, the concepts on the left are descriptive, while the concepts in parentheses are definitive, and quantifiable. These definitional concepts describe the state of life in the enlightenment system after opening mind and transcending duality.

二边性 (相对) → 质 vs. 量

Duality (opposites) Quality versus Quantity

- 有限 vs. 无限 (度量)
Finite vs. Infinite (measurement)
- 生 vs. 死 (生命)
Living vs. Dying (life)
- 天堂 vs. 地狱 (灵性)
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North vs. South pole (polarity)
- 正面 vs. 负面 (极性)
Positive vs. Negative (correlation)
- 快乐 vs. 悲伤 (情感) Happy vs. Sad (emotion)



華嚴禪 Avatamsaka Zen

當同學繼續擴大這個無窮的數算方案，每一個無窮大的數字都可以量化。“質”和“量”這二邊是可以超越的，就如“不可說”這抽象詞立即變成“可說”的具體單位。

When the student continues expanding this infinitesimal numbering scheme, every number is quantifiable no matter how large. The quality/quantity dual is transcended as the abstract term “unspeakable” becomes a concrete “speakable” unit.

华严数数目字模型：大方廣佛華嚴經

Avatamsaka Sūtra

位數字（量）	算法	單位名稱（质）
57,345	趣 x 趣	喻
114,689	喻 x 喻	無數
229,377	無數 x 無數	無數轉（2次方）
458,753	無數轉 x 無數轉	無量
917,505	無量 x 無量	無量轉
1,835,009	無量轉 x 無量轉	無邊
3,670,017	無邊 x 無邊	無邊轉
7,340,033	無邊轉 x 無邊轉	無等
14,680,065	無等 x 無等	無等轉
29,360,129	無等轉 x 無等轉	不可數
58,720,257	不可數 x 不可數	不可數轉
117,440,513	不可數轉 x 不可數轉	不可稱
234,881,025	不可稱 x 不可稱	不可稱轉 ²⁸

华严数数目字模型：大方廣佛華嚴經

Avatamsaka Sūtra

位數字 (量)	算法	單位名稱 (质)
469,762,049 (4.6亿位)	不可稱轉 unequalled ² x 不可稱轉 unequalled ²	不可思 inconceivable
939,524,097 (9.3亿位)	不可思 inconceivable x 不可思 inconceivable	不可思轉 inconceivable ²
1,879,048,193 (18亿位)	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 ²⁹

現在 Now, 現前 Present, 當下 This moment

臨在體驗 =

應用 / 分析

+

設計 / 創意

左腦功能

右腦功能

分析性思維

整體性思維

邏輯

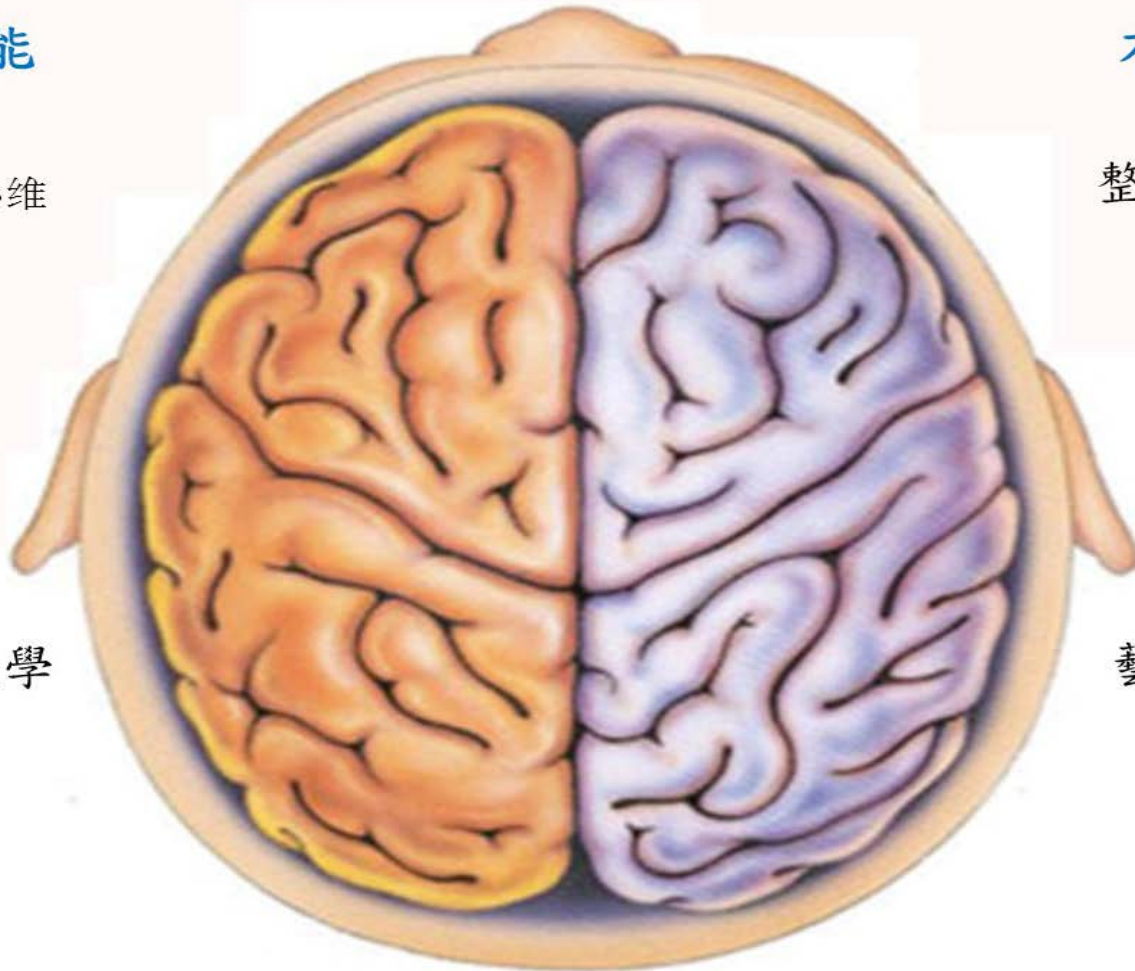
直覺

語言

創造

科學和數學

藝術和音樂



华严经的智慧和方法

Avatamsaka Sūtra wisdom and methods

1) 数目字是左脑功能，而抽象概念是右脑功能。上面列表的“位数字”是“量”，“单位名称”是“质”。数数目字强迫我们把“无边，无等”，“不可思，不可说”等不可捉摸的抽象概念转化成一个个的“定值”，强迫我们的左右脑同时配合运作。 Numbers are left brain function, while abstract concepts are right brain function. The "digital unit" in the list above are "quantities" and "unit names" are "qualities". Counting numbers force us to transform elusive abstract concepts such as "infinite, inequality", "inconceivable, unspeakable" into "fixed values" one by one, forcing our left and right brains to cooperate at the same time.

华严经的智慧和方法

Avatamsaka Sūtra wisdom and methods

2) 左右脑同时配合时，质和量，有限和无限的相对矛盾就被破除了，那么质和量，有限和无限这两边都圆融起来，不再对立了，这样就进入了不二门。 When the left and right brains cooperate at the same time, the relative contradictions of quality and quantity, finite and infinite are broken down. So, quality and quantity, finite and infinite are melted together and no longer opposed, which leads to non-duality.

华严经的智慧和方法

Avatamsaka Sūtra wisdom and methods

3) 进入不二门后，开悟的人都没有矛盾性和分歧，没有相对的二边概念。 After transcending duality, enlightened people have no contradictions and differences, and no relative concept of duality.

所以，华严数数目字的意义是：（一）打开心量。（二）迫使我们左右脑同时运作，进入到不二法门。这个教训非常重要！

Therefore, the meaning of Avatamsaka Sutra model is: First, open the mind. Second, we are forced to operate both left and right brain at the same time, and then transcend duality. This lesson is very important!

不二门的作用

Function of transcending duality

不二门的作用 *Function of transcending duality*

不二门有双重作用

Transcending

duality has dual functions:

- 用来啟發平等性智, 例如無限 = 有限 *Used to inspire equality wisdom, for example, infinite = finite*
- 还有分析的作用, 用来破相顯體 *It also has the function of analysis, used to break appearance to display the reality/ noumenon.*

不二门破相顯體的作用

X, 非 X, 是名 X (世界, 非世界, 是名世界) = 不二门 = 名可名非常名 = 见山是山(相) → 见山不是山(本体) → 见山还是山(从体起用)

金刚经, 道德经, 禅宗用的语言模式不一样, 但表法一样: 离二

不二门



不二门



学佛修行次第

- 打開心量 = [開] [吾] [心]
- [開悟] = [開] [吾] [心] = [開心]
 - 入不二法門（进入佛门）
 - 学无量法门
 - 产生无量问题
 - 找到无量答案
 - 明 (光明,明白)
 - 了 (一了百了,了生脱死,解脫, 涅槃)



课程讲义 Agenda (2)

回顾：简介，学习技能，
思维模式 (1)：打开心量

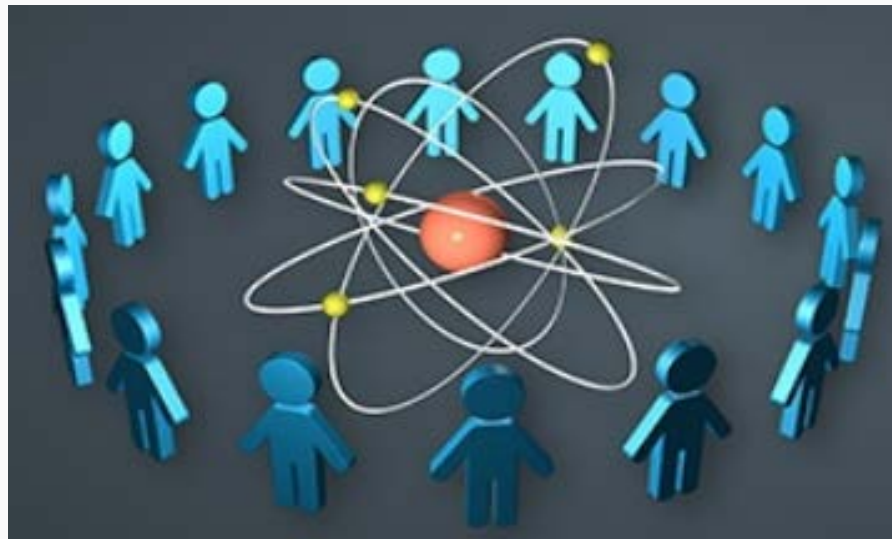
Review: Introduction, Learning
Skills, Mind set(1):open mind

分享光明 Share the light

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分享光明和正能量

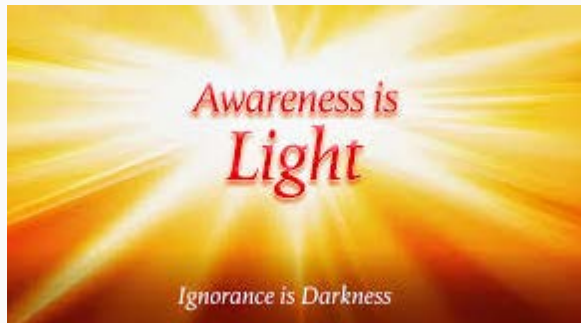
Share the light and energy



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, 正能量, 真理 clarity, energy, the truth

黑暗 Darkness = 无明 (不明不白) ignorance →
困惑 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 Attain real 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，才有给予自己和他人光明的能力。 Solve the psychological, emotional, family, life's confusion. Understand why you are in such a state and how to solve these problems? Only by learning to accept love and see the light, can we love ourselves and others. Genuinely help others to see the true light.

型 课程获益 The Benefits

4. 提升生命能量和生命力

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？如何处理和解决负能量？ 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. 打开我们的心量和思维框

Open and expand our hearts, minds and thinking boxes:

打开心量就是开吾心，
开吾心 = 开悟，
打开心量是明了的第一步。

Open your mind is the first step to enlightenment.

型 课程获益 The Benefits

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. A painful experience has both- a negative side and a positive side. We should dig out the positive side and turn the painful (negative) experience into life's helping hand.

型 课程获益 The Benefits

b) 打开思维框，你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。 Open your mind and thinking box. You are not only responsible for your own life but also for saving the world and improving the spiritual level of the whole universe. You are not only responsible for the survival, purification and spiritual upgrading of your own self but also for the universe. One's instinctive survival advantage of “eat to live and reproduce” is only a minimal dimension.

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。了解贪、嗔、痴、慢、疑的定义与危害。做到慈悲喜舍，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. Understand the definition and harm of greed, hostility, ignorance, arrogant and suspicion. Within Loving-kindness, Compassion, Joy and Equanimity, soft body and mind; away greed, hostility, ignorance, arrogant and suspicion⁵¹.

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负责？怎样对自己的身心负责？
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 body, mind and soul?

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 就是接受包含了所有这些知识和智慧，让自己的生命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

佛教科学课程 第二节
学习技能 **Learning Skills**

主讲：李捷伟，郭灿東

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型 学习技能 Learning Skills

高效学习 Speed Learning

障碍 Obstacle



学习技能 Learning Skills

习惯的力量 Force of Habit



三种学习技能 Three Sets of Learning Skills

I. 术语的定义

Definitions of Terms

II. 沟通技能

Communication Skill Set

III. 思维模式

Mind Set



I. 术语的定义

Definitions of Terms



术语定义 Definition of Terms

佛 Buddha



清晰的沟通 Clear communication

三种学习技能 Three Sets of Learning Skills

I. 术语的定义

Definitions of Terms

II. 沟通技能

Communication skill Set



沟通技能 Communication Skill Set

1. 积极聆听 Active listening
2. 欣赏 Appreciation
3. 表达 Expression
4. 建立共识 Establish
Collective Consciousness

积极聆听 Active listening

- 不要评判 → 对/错, 好/坏 Do not criticize → right/wrong, good/bad
- 不要试图将新信息装入现有的思维筒仓内 Do not try to fit information into existing silo



积极聆听 Active listening

- 接受别人的观点 (可以不同意的)
Accept other's opinion (disagree is OK)
- 不要打断别人说话 Do not interrupt

战胜小我：
实修无我的法门
Overcome EGO



型 欣赏 Appreciation

- 发现自己的固执
Discover obstinacy in oneself
- 连接发言人(肢体语言)
Connect with the speaker (body language)
- 改进塑造我们性格的元素和因子
Improve the elements and factors that mould our character

战胜小我
Overcome EGO



- 克服对公开演讲的恐惧
Overcome fear of public speaking
- 奉献自己 Contribute by giving oneself
- 从聆听别人说话而学会讲得更好
(体贴) Learn to speak better from listening to others (considerate)

战胜小我
Overcome EGO



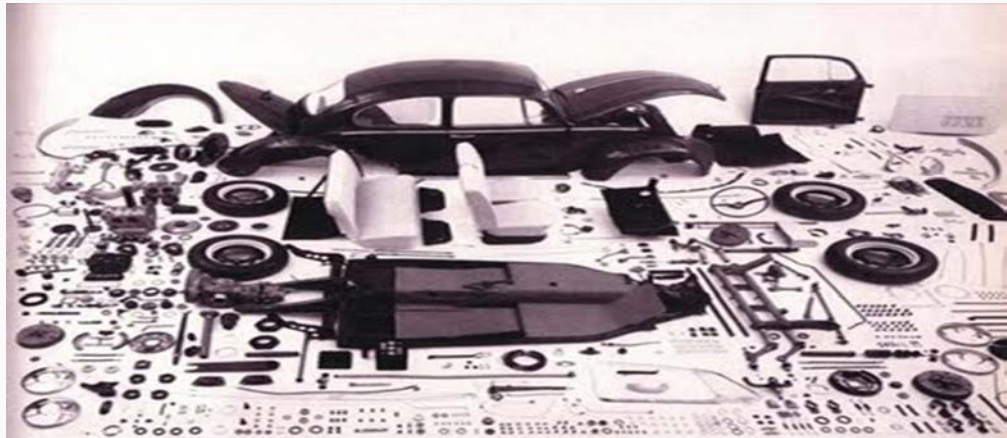
建立共识

Establish Collective Consciousness

- 从别人那里吸收好的观点
Absorb the good points from others
- 把自己的固执/顽固减到最低
Minimize one's obstinacy/stubbornness
- 整体大于其组成部分的总和
The whole is greater than the sum of its parts

战胜小我

Overcome EGO



佛教科学课程 第三节

思维模式(1):打开心量

Mind Set (1): Open Mind

主讲: 李捷伟, 郭灿東

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打開心量
超越無限



心王菩薩請法

数数目字方法来自《大方廣佛華嚴經》
卷第四十五，阿僧祇品第三十

Avatamsaka Sutra chapter 30 of Scroll #45

Avatamsaka Sūtra 大方廣佛華嚴經



華嚴數數目字：心王菩薩請法

爾時，心王菩薩白佛言：「世尊！諸佛如來演說阿僧祇無量、無邊、無等、不可數、不可稱、不可思、不可量、不可說、不可說不可說。世尊！云何阿僧祇乃至不可說不可說耶？」佛告心王菩薩言：「善哉善哉！善男子！汝今為欲令諸世間入佛所知數量之義，而問如來、應、正等覺。善男子！諦聽諦聽！善思念之！當為汝說。」

時，心王菩薩唯然受教。

心王菩薩請法

在練習前先說明經文中術語‘洛叉’，‘俱胝’（數量單位）：

洛叉 = 100,000 = 十萬

一百洛叉 = “俱胝(koti)” = 10個百萬 = 1個千萬

從一個叫“俱胝(koti)”的單位開始
(10個百萬 = 10,000,000 = 8個單位數) 計算自乘。每次自乘倍增

大方廣佛華嚴經卷第四十五—阿僧祇品第三十

佛言：「善男子！一百洛叉為一俱胝，俱胝俱胝為一阿庾多，阿庾多阿庾多為一那由他，那由他那由他為一頻波羅，頻波羅頻波羅為一矜羯羅，矜羯羅為一阿伽羅，阿伽羅阿伽羅為一最勝，

無盡無盡為一出生，出生出生
為一無我，無我無我為一阿畔
多，阿畔多阿畔多為一青蓮華，
青蓮華青蓮華為一鉢頭摩，鉢
頭摩鉢頭摩為一僧祇，僧祇僧
祇為一趣，一趣一趣為一至，

一至一至為一阿僧祇，阿僧
祇阿僧祇為一阿僧祇轉，阿
僧祇轉阿僧祇轉為一無量，
無量無量為一無量轉，無量
轉無量轉為一無邊，無邊無
邊為一無邊轉，無邊轉無邊
轉為一無等，

不可思不可思為一不可思
轉，不可思轉不可思轉為
一不可量，不可量不可量
為一不可量轉，不可量轉
不可量轉為一不可說，不
可說不可說為一不可說轉，

不可說轉不可說轉為一
不可說不可說，此又不
可說不可說為一不可說
不可說轉。」

反觀：請同學沉默靜心一分鐘

完成數數字

1. 有樂趣地完成
2. 無奈地完成
3. 疲累地完成
4. 煩惱地完成

未完成數數字

1. 疲累地跟不上
2. 煩燥地不能跟上
3. 無意義, 不願跟上
4. 我已知道這課的意義, 數到某點就停止不再數下去了



結束
THE END

感谢！

Thank You !

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