

佛教科学课程 第十五节

小我的定义 (1)

Definitions of Ego(1)

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

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小我讲义 Lectures on Ego

1. 小我的定义 Definitions of Ego
2. 人类自我的演化
Evolution of Self in Human
3. 个人自我的形成
Formation of Self in Individual
4. 小我的特性 Characteristics of Ego
5. 小我的膨胀和防卫
Inflation and Defense of Ego

型 無忘我 Forget-me-not

- 学佛就是学无我，无我是没有小我。

To understand Buddhism is to learn without self: no ego.

- 学习技能：术语定义

Learning skills: Definitions of terms

- 小我是什么？小我的定义是什么？

What is ego? What is the definition of ego?



自我/我：維基百科定義

Ego/Self : definition from Wikipedia

自我是一個人類對於其自身个体存在、人格特質和社會形象，所產生的一種認知、意識與意象。通常人類個體會認為其自身是一個連續性、整合、不可分和具備獨特的自我，也是一種對自己的意象、人格特質所持有的整體知覺與態度。自我是作家、文學家、哲學家與心理學家，甚至是宗教（佛教）長期關注的課題。 Ego is a kind of cognition, consciousness and image produced by human beings for their individual existence, personality traits and social image. Usually, human beings consider themselves as a continuity, integration, indivisibility and unique self, and a kind of holistic perception and attitude towards their own image and personality traits. Self is a long-term concern for writers, philosophers and psychologists, and even religion (Buddhism).

自我/我：維基百科定義

Ego/Self : definition from Wikipedia

我(梵語: आत्मन्, ātman, 巴利文: atta) 在佛教術語中，通常指作為輪迴主體的“自我”。輪迴主體的我，稱為人我，而法的自性，稱為法我。對於“我”的錯誤見解，稱為我見。對於“我”的執著，稱為我執。 Self (Sanskrit : आत्मन्, Pali : atta) in Buddhist term usually refers to the "self" as the subject of transmigration. The self of reincarnating subject is called human self, and the self of nature is called nature self. Wrong opinions about self is called ātma-dṛṣṭi. Attachment to self is called ātma-grāha. <https://zh.wikipedia.org/wiki/%E8%87%AA%E6%88%91>; [https://zh.wikipedia.org/wiki/%E6%88%91_\(%E4%BD%9B%E6%95%99\)](https://zh.wikipedia.org/wiki/%E6%88%91_(%E4%BD%9B%E6%95%99))

小我:牛津词典的定义

Ego:definition from Oxford Dictionary

小我：个人的自尊或自重感 Ego: A person's sense of self-esteem or self-importance

它包括两方面的含义 It has two meanings:

(1) 【精神分析】 思维的一部分，在有觉识和无觉识之间起中介作用，并且负责现实测试和个人身份认同感。

Psychoanalysis: The part of the mind that mediates between the conscious and the unconscious and is responsible for reality testing and a sense of personal

identity. <https://en.oxforddictionaries.com/definition/ego>

小我: 牛津词典 vs. 佛教的概念

Ego: Oxford Dictionary vs. Buddhism

- 中介作用 = “五蕴”（假我），这是释迦牟尼佛创造的新概念。

Mediates = “5 Aggregates” (pseudo-ego): The new concept is created by Sakyamuni Buddha.

- 佛陀觉察到自我是一个思维过程，并第一个提出了“五蕴炽盛苦”。 He perceived that ego was a thinking process and first proposed “8th Dukha : Inferno of the 5 aggregates”.

小我: 牛津词典 vs. 佛教的概念

Ego: Oxford Dictionary vs. Buddhism

“五蕴”，“五蕴炽盛苦”是佛教的基本教义 = 负责现实测试和个人身份认同感（现代语言模式）

These two concepts are the basic doctrine of Buddhism = responsible for reality testing and a sense of personal identity (Modern Language)

小我:牛津词典的定义

Ego:definition from Oxford Dictionary

(2) 【哲学】(形而上学) 有觉识的思维主体。 *Philosophy (in metaphysics) a conscious thinking subject.*

- 思维主体的意思是它能离开大脑独立运作。 *The meaning of thinking subject is that it can operate independently without the brain.*
- 这个定义与唯识学中“第八识”的定义是大同小异的。 *This definition is similar to the definition of "the 8th sense" in consciousness-only theory.*

<https://en.oxforddictionaries.com/definition/ego>

小我: 剑桥词典的定义

Ego : definition from Cambridge Dictionary

小我: 自己的想法或意见, 特别是, 感受自己的重要性和能力

Ego: Your idea or opinion of yourself, especially your feeling of your own importance and ability

<https://dictionary.cambridge.org/dictionary/english/ego>

小我：剑桥词典的定义

Ego : definition from Cambridge Dictionary

【精神分析的专业心理学】的定义：属于个人思维的一部分，它试图将其Id（潜意识，无意识思维的一部分），即隐藏欲望（愿望）配合好现实世界的要求。

SPECIALIZED psychology in psychoanalysis, the part of a person's mind that tries to match the hidden desires (= wishes) of the id (= part of the unconscious mind) with the demands of the real world.

这里把牛津词典关于小我精神分析方面的定义内容展开了说明。 Here is expanding the Oxford Dictionary's psychoanalysis definition of Ego.

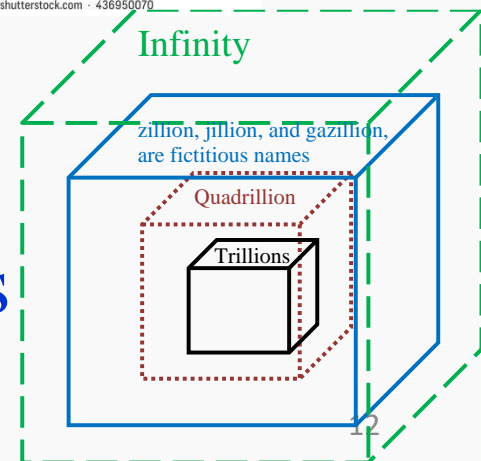
智觉学苑 小我的定义 AWE Definition of Ego

小我 Ego :

1. 我 (代词:主语/宾语)/自我 I/me/self
2. 个人身份 Identity
3. 恐惧 Fears
4. 第七识 (末那识) 7th sense
5. 习惯, 习性 Habits
6. 盲点 Blind spot
7. 生存工具 Survival tool
8. 思维框/我执框 Thinking/Ego boxes
9. 思想/思维过程 Thought process



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学习技能 Learning Skills

高效学习 Efficient learning

障碍：小我 Obstacles: ego



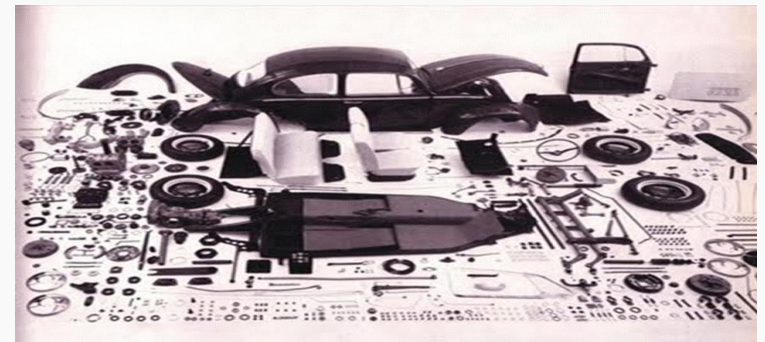
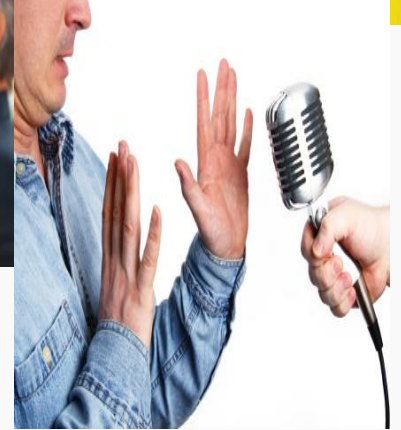
学习技能 Learning Skills

习惯的力量 Force of Habits



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



战胜小我!

Overcome EGO

小我反扑 Ego rebound

(1) 我不聽 = **自滿顛倒**

I don't listen.



(2) 我聽聽也無防，不過

我是不會明白的 = **有漏**

I can't help listening.
But I won't understand
anyway.



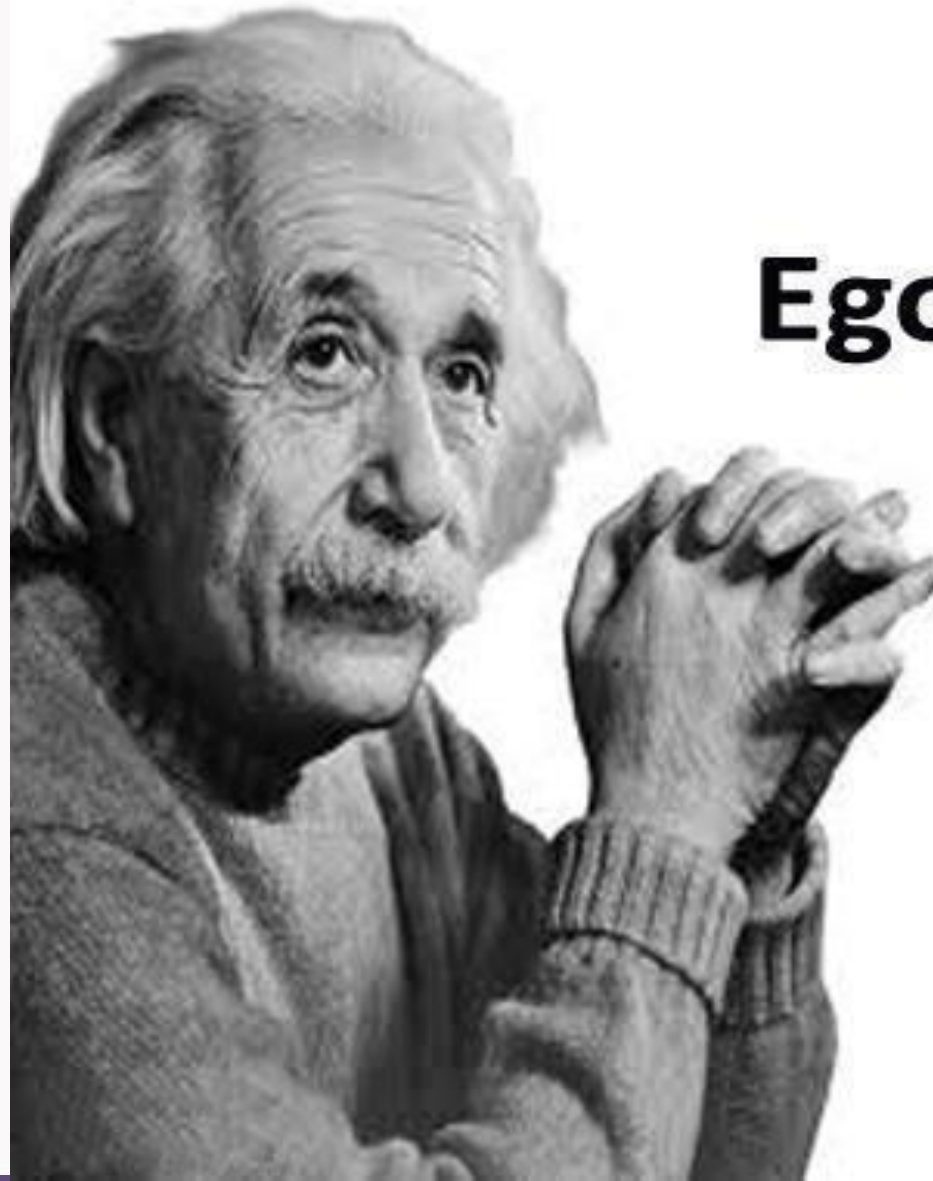
(3) 我明, 但馬上無明起

起 = **雜信污染** I am
enlightened, but I turn to
be ignorant immediately.



爱因斯坦的小我定义

Einstein's Definition of Ego



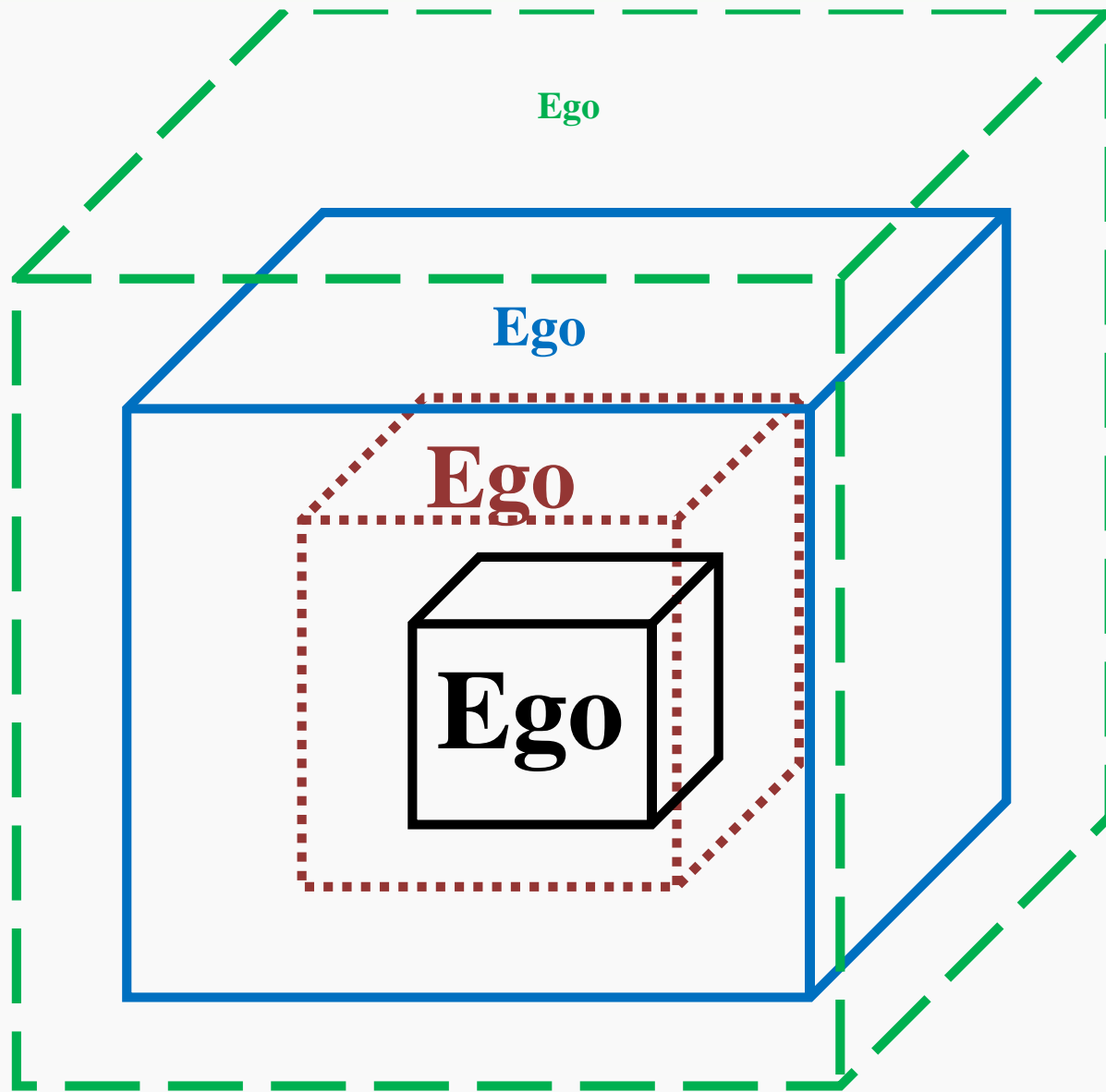
$$\text{Ego} = \frac{1}{\text{Knowledge}}$$

(Correct knowledge)

*"More the Knowledge
Lesser the Ego,
Lesser the Knowledge
More the Ego..."*

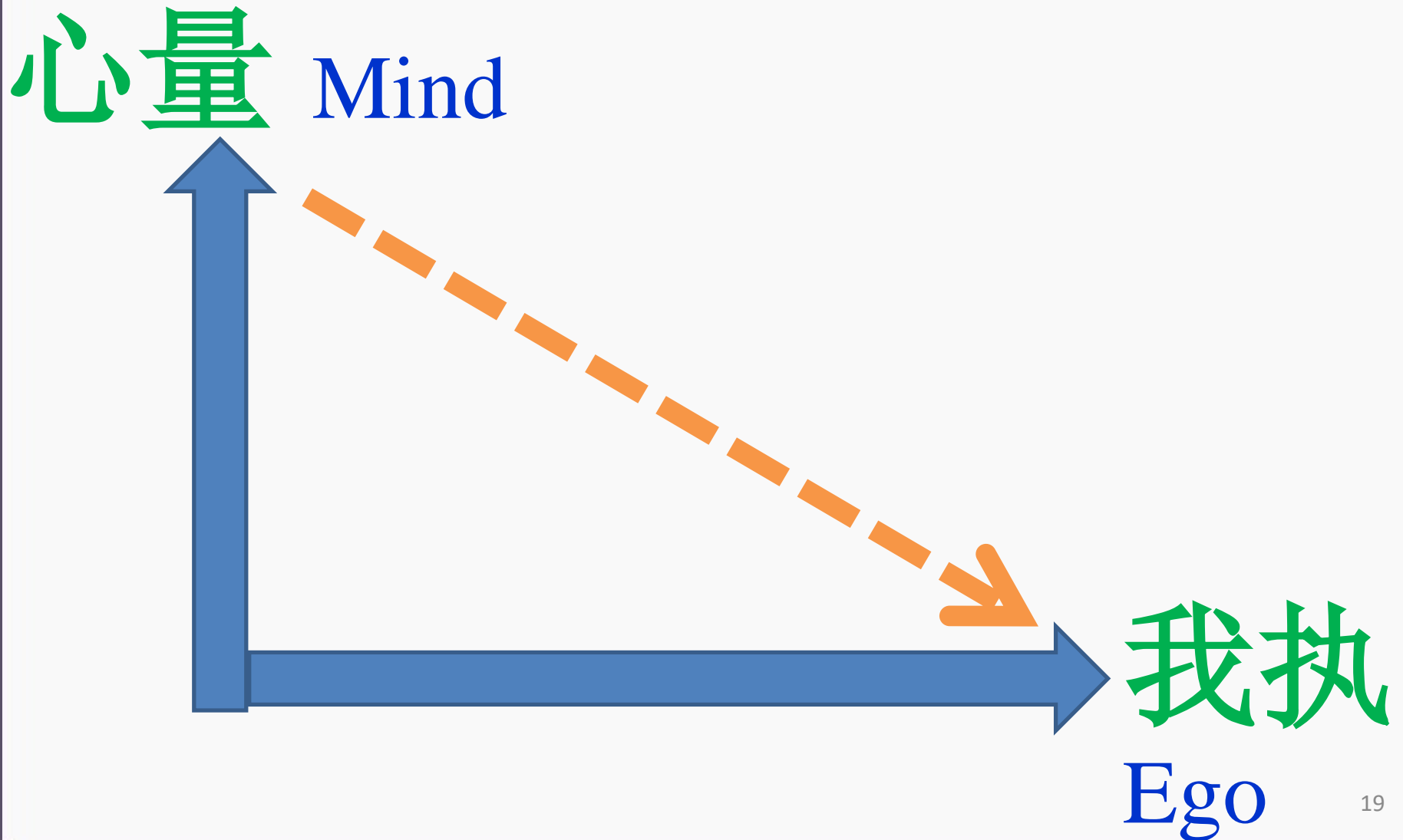
-Albert Einstein.

我执框 Ego box



心量和我执是反比例的

Mind and ego are inversely proportional



小我:恐惧 Ego: Fear



汤姆·坎贝尔 (Tom Campbell) : 小我的定义

Tom Campbell's Definition of Ego

汤姆·坎贝尔是一名物理学家，是

My Big T.O.E. (Theory of Everything)

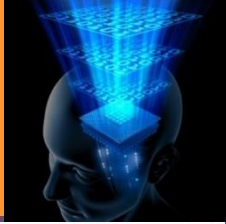
的作者。 Tom Campbell is a physicist, the author of My Big T.O.E. (Theory of Everything).

小我 → 为恐惧而服务的觉识

Ego → Awareness in service of fear

<https://www.youtube.com/watch?v=d0Avfihg060&t=2573s> (26:00 – 32:00)

小我:恐惧 Ego: Fear



- 恐惧创造了信念(文化观念, 价值观)
Fear create beliefs
不确定性(无常) ➡ 令到小我缺乏安全感
Uncertainty ➡ discomfort for Ego
信念阻碍了新的洞察力 Beliefs block new insight
- 因为我们难以识别恐惧和信念, 所以
要从察觉小我入手。 Fear and beliefs are hard to
identify, start with Ego.
消极、焦虑、不安、愤怒、激动、烦躁
Negativity, anxiety, upset, angry, agitated, annoyed

型 無忘我 Forget-me-not

我们知道了小我的定义，那么小我的构成是什么呢？

We know the definitions of ego, so what is the constitution of ego?



我/自我的构成 I/self :Composition

我 /自我是由三部分构成的

I / self is made up of three parts :

- 身体 Physical body
- 思维 Mind
- 灵魂/灵性 Soul/spirit



笛卡尔的哲学命题：我思故我在

Descartes: I think, therefore I am

笛卡尔 (René Descartes, 1596—1650), 法国十七世纪著名哲学家、数学家、物理学家

Descartes (1596-1650), a famous French philosopher, mathematician and physicist in the seventeenth century

我思故我在

或：思考是唯一确定的存在

I think, therefore I am.



笛卡尔的哲学命题：我思故我在

Descartes: I think, therefore I am



- 学佛和学习知识一样，是讲究逻辑的，不是超越逻辑的。 Like learning knowledge, learning Buddhism emphasizes logic, not transcending logic.
- 下面分析一下这个命题的论据和含义
The following is an analysis of the arguments and implications of this proposition:

如果我在思考，那么我存在。 (大前提)

我正在思考。 (小前提)

所以，我存在。 (结论)

If I think, then I exist. (Major premise), I'm thinking. (minor premise). So I exist. (conclusion).

命题逻辑

P, Q 是一个命题，陈述句。

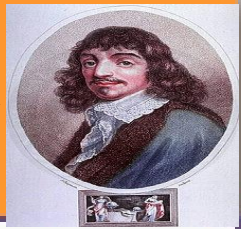
$P \rightarrow Q$ (大前提)

P (小前提)

Q (结论)

笛卡尔的哲学命题：我思故我在

Descartes: I think, therefore I am



如果我在思考 (P)，那么我存在 (Q)。

(大前提)

我正在思考 (P)。

(小前提)

所以，我存在 (Q)。

(结论)

If I think, then I exist. (Major premise), I'm thinking. (minor premise). So I exist. (conclusion).

我思故我在：论证

I think, therefore I am: argument

“我思”与“我在”有四种关系

"I think" and "I am" have the following relations:

1) 假设我思考，那么我必然存在。

If I think, then I must exist.

2) 假设我不思考，那么我存在或不
不存在，无法确定。

If I don't think, then I exist or not, I can't be sure.

我思故我在：论证

I think, therefore I am: argument

3) 假设我存在，那么我思考或不思考，无法确定。 If I exist, then I can't be sure whether I think or not.

4) 假设我不存在，那么我必然不在思考。 If I don't exist, then I'm certainly not thinking.

这个命题在逻辑上意味着**存在是思考的必要条件**，而**思考是存在的充分条件**。重点是我存在，而不是我以何种方式存在。 This proposition logically means that existence is the necessary condition for thinking, and thinking is the sufficient condition for existence. The point is that I exist, not how I exist.

我思故我在：论证

I think, therefore I am: argument

“我思与我在”的四个逻辑范畴

"I think" and "I am" have the following 4 Logical Categories :

思考/思维 Think

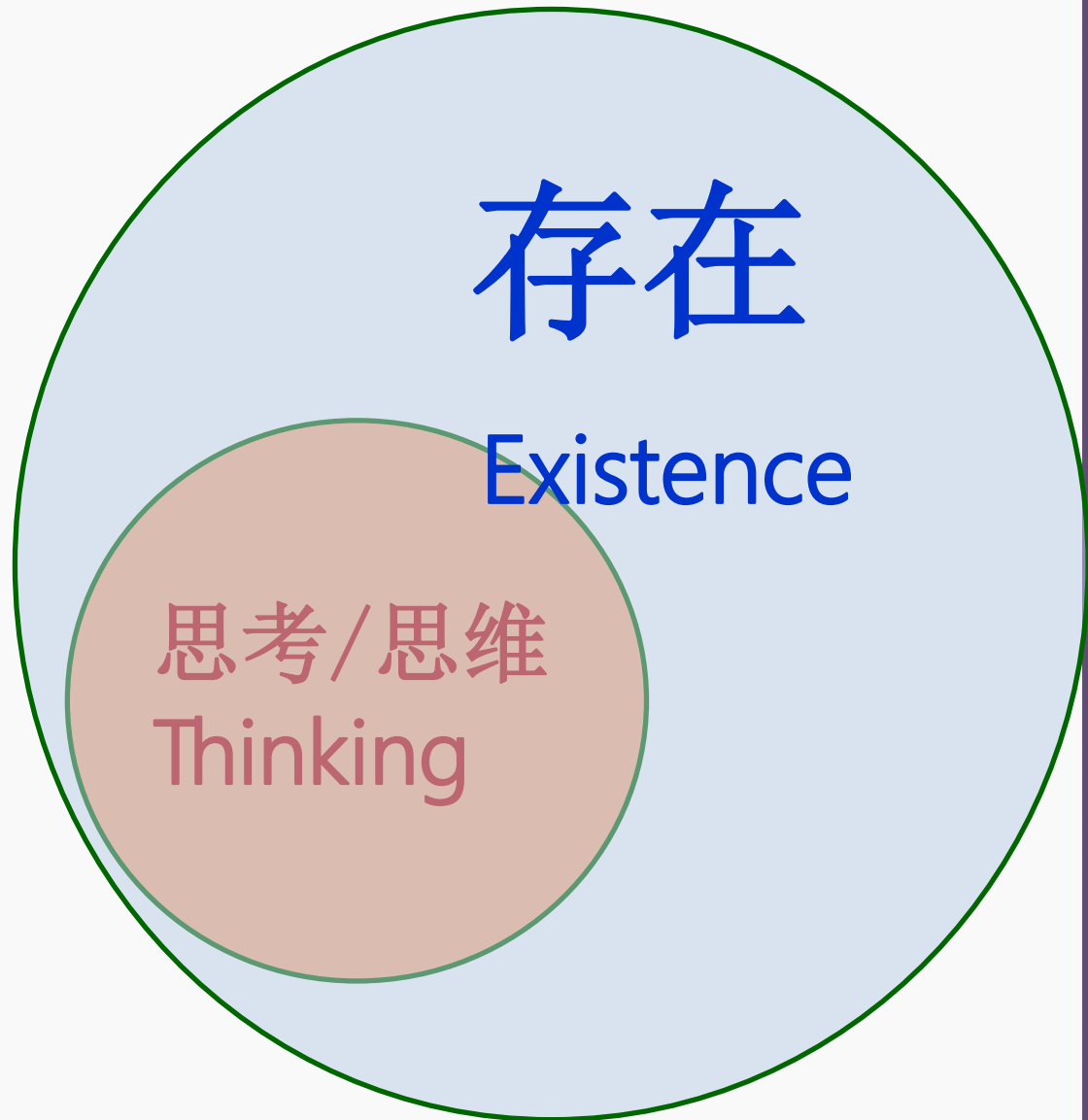
		是 Yes	否 No
存在 am	是 Yes	我思考，我存在 I think, I am	我存在，我不思考 I am, I don't think
	否 No	我思考，我不存在 I think, I am not	我不存在，我不思考 I am not, I don't think

我思故我在：维恩图

I think, therefore I am: Venn Diagram

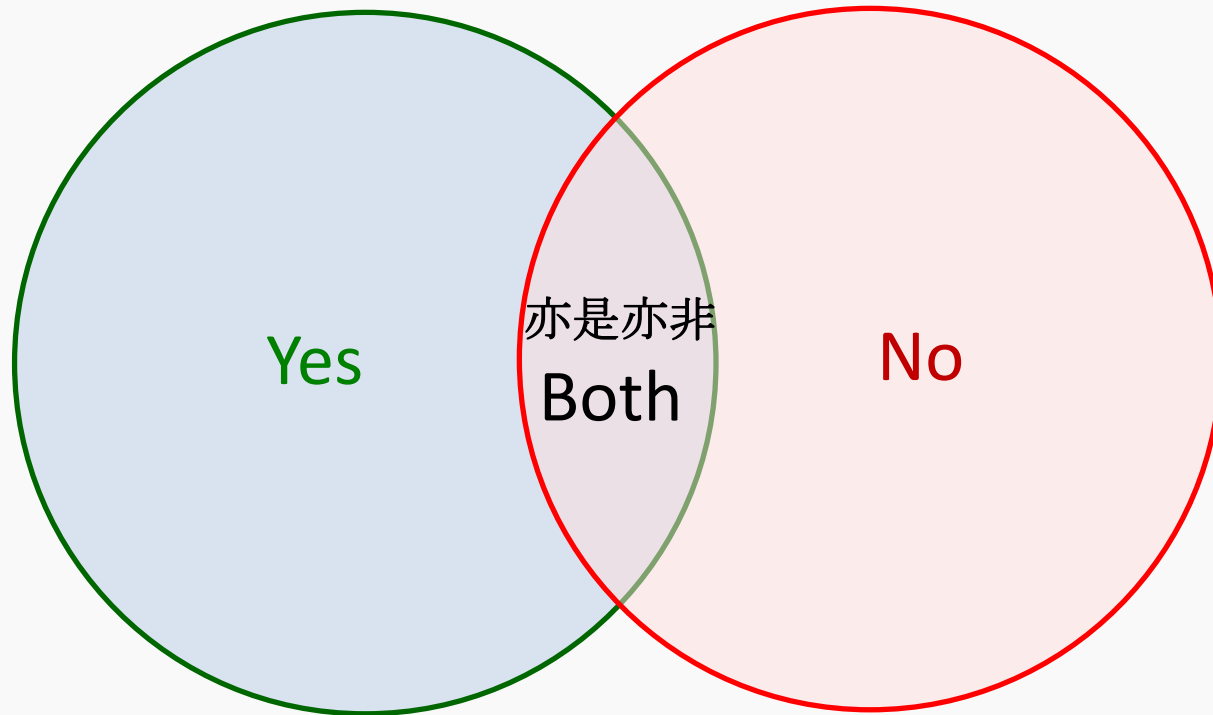
存在是思考
的必要条件，
思考是存在
的充分条件。

This proposition logically means that existence is the necessary condition for thinking, and thinking is the sufficient condition for existence.



四句偈的范畴逻辑

Venn Diagram 维恩图



Neither 非是亦非非

我思故我在：笛卡尔的“我”与唯识的“我”

I think, therefore I am

- 我思考 I think = 有能力构建一个概念
Ability to form a concept = 思想过程
Thought process = 小我 Ego
- 对比笛卡尔和唯识关于我的定义
Contrast Descartes and consciousness-only definitions of self :

笛卡尔的“我”：是指第七识，末那识，是小我 I: It means the 7th sense, the ego

我思故我在：笛卡尔与唯识

I think, therefore I am

- 思：思维，是指第六识：意识的思考

Thinking: mind ,the 6th sense

- 我在：是指第七识(小我)的存在，
不是说第八识的存在。

I am: It is referring to the 7th sense (Ego). It is not referring to the 8th sense.

我思故我在

I think, therefore I am

1) 假设我思考，那么我必然存在。 If I think, then I must exist.

这是众生，一般人类的状态。

This is the state of all living beings, human beings in general.

2) 假设我不思考，那么我存在或不存在，无法确定。 If I don't think, then I am not sure whether I exist.

这是非想非非想天的状态：婆罗门教最高禅定的境界。

This is a state of heaven of non-thinking and not non-thinking: the highest state of Samadhi in Brahmanism.

我思故我在

I think, therefore I am

3) 假设我存在，那么我思考或不思考，无法确定。 *If I exist, then I can't be sure whether I think or not.*

这是八识田，资料库的状态：第八识里面有很多资讯，这些资讯没有经过思考，存在或不存在不确定。

This is the state of the 8th sense's database: there is a lot of information stored in the 8th sense storehouse, However, if this database are not thought about or retrieved and processed, then their existence are uncertain.

我思故我在

I think, therefore I am

4) 假设我不存在，那么我必然不在思考。 *If I don't exist, then I'm certainly not thinking.*

这是阿罗汉灭尽定的状态：已经不思考，完全没有思考。

This is Arahant's state of extinction: no thought, no existence at all.

型

無忘我 Forget-me-not

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結束
THE END

感谢！

Thank You!

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