

佛教科学课程 第十六节

小我的定义 (2)

Definitions of Ego (2)

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(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

我知道, 知道我 I know, know “I”

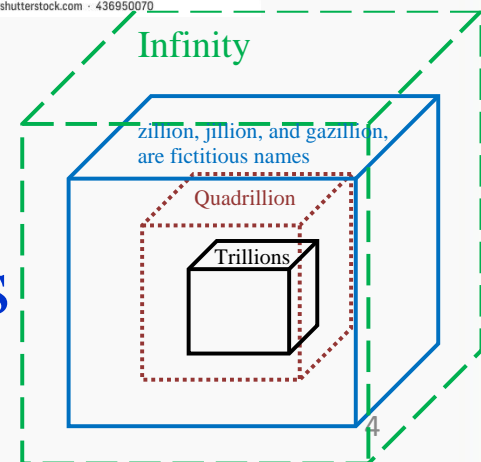
阻碍你前进的
不是大山
而是
“我知道”

如果你啥都知道
你就不是现在
连自己都不满意的样子

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



小我：幻觉 Ego is an illusion

爱因斯坦：“人是宇宙的一部分，他把自己和自己的感受与其他事物分开来体验，这是他意识的一种视觉错误”。意味：自我（小我/我）是觉识的一个幻觉。

Einstein's letter to Dr. Robert Marcus

Feb 12, 1950

A human being is a spatially and temporally limited piece of the whole, what we call the “Universe.” He experiences himself and his feelings as separate from the rest, an optical illusion of his consciousness. The quest for liberation from this bondage is the only object of true religion. Not nurturing the illusion but only overcoming it gives us the attainable measure of inner peace.

<https://thymindoman.com/2018/03/29/einsteins-misquote-on-the-illusion-of-feeling-separate-from-the-whole/>

萨特名言 Jean-Paul Sartre

让-保罗·萨特 (1905 - 1980)，是法国著名哲学家，作家，存在主义哲学大师，二十世纪最重要的哲学家之一，诺贝尔文学奖获得者。

如果你什么都没有，只有思想的话，你是不会知道自己是在思想中的。因为觉察到“我存在”的觉识是有别于“思想”的觉识，这两个觉识是属于不一样的维度。

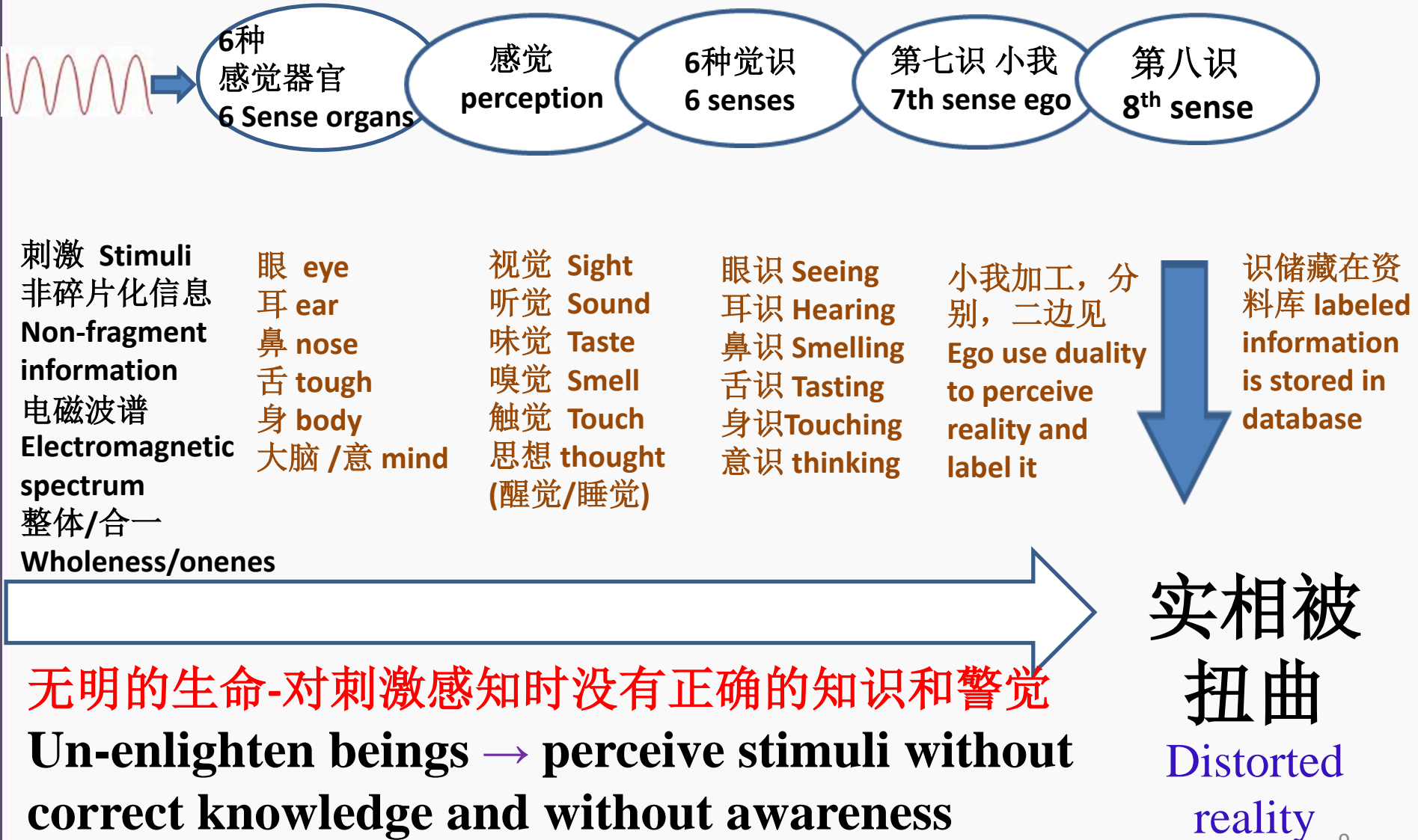
Jean-Paul Sartre : If there were nothing but thought in you, you wouldn't even know you were thinking. The consciousness that say "I am" is not the consciousness that thinks. It is a different dimension of consciousness.

觉识定义 Definition

- 觉识是一种感知现实的能力。（觉识是个感觉系统，身体凭着觉识感知外部的种种刺激） Sense is the ability for a being to perceive reality. (Sense is a faculty by which the body perceives an external stimulus)
- 觉识是从物理/形而下到形而上的连续统一体 → 从第一到第八识的一个连续统一体。 Sense is a continuum of physical to metaphysical → a continuum from 1st to 8th sense.

现实的感知：觉识，五蕴流程图

PofR: Consciousness, Flowchart of 5 aggregates



不同的觉识 Different consciousness

- “思想”的觉识：用一个思想去捕捉另一个思想（念头）是不可能的。只有用更高能量的觉识才可以捕捉思想。 Consciousness of thinking: It is impossible to capture one thought with another thought. Only with higher energies of consciousness can thoughts be captured.
- 觉察到“我存在/我思想”的觉识：一个有更高能量的生命体：**真我**
Consciousness aware of "My Being/My Thought": a living entity with higher energy than the brain: True Self (soul)¹⁰

艾克哈特·托勒的观点

Eckhart Tolle's viewpoint

艾克哈特·托勒：是美国的心灵作家
Eckhart Tolle: American spirit writer :

在做梦的人是不会知道自己是在做梦的，当你在梦中察觉到自己正在做梦时，你就是觉醒了。

You would be like a dreamer who doesn't know he is dreaming, When you know you are dreaming you are awake within the dream.

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



真我： 圣灵 vs 灵性 True self

如果您不介意的话，我能看到在你身体内的圣灵。
(耶稣的圣灵 = 真我)



看到对方的真我，
不是小我

如果您不介意的话，我能看到在你身体内的佛性。
(佛性/灵性 = 真我)

小我 vs 真我 Ego vs True Self

- “我”这个词误解了“你是谁”的真实义。
The word “I” is a misperception of who you are.
- “我”是一种虚幻的身份认同感。
“I” is an illusory sense of identity.

猫 Cat → 思想过程 thought process → 幻觉 illusion
→ 狮子 Lion



型 自我/我/小我

Self/I/Ego

小我只不过是某些认同形式：思想，身体，和感情等等形式，但主要是思想形式。

Ego is no more than an identification with form: thought form, physical form and emotional form, but primarily thought form.



人出生后，其个人的思想会不断地受到后天家庭，学校和社会的教育，还有宗教信仰与文化习俗等等的影响和**编码**。

After birth, people's personal thoughts will be constantly influenced and coded by the education of acquired families, schools and societies, as well as religious beliefs and cultural customs.



后天的种种**编码**能把每个人弄成机器人一样，完全可以预知其刺激反应的程序。**后天编码形成的小我**让人完全失去了**自由**。 The acquired codes can turn everyone into robots, and they can predict the stimulus response process. The acquired coded ego completely deprives people of their freedom.



后天编码：双胞胎

Ego's Encoding & Programing : Twins

例子：一对同卵双胞胎姐妹 Mary 和 Amy，Mary 在西方美国长大，Amy 在东方印度长大。这两姐妹先天的基因和硬件完全一模一样，但软件被后天不同环境和文化的编码改写了，因而她们长大后有不同的性格和爱好。例如，Mary 会喜欢吃牛肉，而 Amy 则会对牛肉反感。



后天编码：双胞胎

Ego's Encoding & Programing : Twins

Example: A pair of identical twin sisters, Mary and Amy, grew up in the West in the United States, and Amy grew up in the East in India. Their genes and hardware are identical, but their software is adapted by the codes of different environments and cultures acquired, so they have different personalities and hobbies when they grow up. i.e., Mary would like to eat beef while Amy would hate beef.





从Mary和Amy的例子我们看到
From the examples of Mary and Amy, we can see that :

(1) 牛肉就是刺激， 喜欢或反感是反应。这个刺激反应是从单细胞生物，动物直到人类，都是一样的在起作用。 *Beef is stimulation, like or dislike is response. The stimulus response is the same from single-celled organisms, animals up to humans.*



后天编码： 刺激反应

Ego's Encoding & Programing



(2) 刺激反应的程序和编码让单细胞生物到人类都活在不明系统里，而且是不知不觉，不明不白，完全丧失了自由。

The stimulus response program and coding forces single-celled organisms and human to live in an ignorance system, unconscious, unintelligible, and completely lose their freedom.

(3) 我们小我的后天编码把我们整个人的大我和真我都覆盖住了，导致大我，小我都完全失去自由。 The acquired code of our ego covers the whole person's true self, which leads to the complete loss of freedom of our true self.



(4) 小我认为的“自由选择”不是真正的自由选择，即是对“牛肉”也没有办法选择。 Ego's "free choice" is not really free choice, even for "beef" there is no choice to Ego.

但是一个人有自由的意志或选择决定是否跳出无明系统去寻求开悟明了。 However, a person has the free will or choice to decide whether to jump out of the ignorance system to seek enlightenment.

左右腦功能對比

Contrast of left and right brain functions

左腦 Left brain	右腦 Right brain
自我 (第七末那識) Self, Ego (the seventh sense)	意識 (包括第六第八識) Consciousness (6th & 8th sense)
個體 Individual	一體/同體 Oneness/wholeness
過去和未來 Past and future	現在 Present
詳細信息 - 微觀 (內界) Details → micro (the internal world)	鳥瞰 - 宏觀 (外界) Bird's eye view, Aerial view → Macro (the external world)
低能量 Low energy	高能量 High energy

左腦 Left brain

自我(唯识:第七末那識):
(1)有人以为打七(禅七,佛七)是要把左脑打死,打死左脑后就是开悟了。其实,打死左脑后是一个只有半个脑的人,并没有开悟。

個體:区别哪个是我们的身体,什么不属于我们的身体。这个“个体”区别的功能是很重要的。

右腦 Right brain

意識(包括第六第八識):
(2)右脑好像有“开悟”的功能,但没有左脑配合的话是不行的。(3)我们不用废除左脑的功能,只要把第七识的编码解除解码,就是“无我”。每一个人都是被“小我”的编码形成“我”和“自我”的意识。

一體/同體:无法区分盐和白糖,烫还是不烫。最严重的时候,无法区分食物是否是我自己身体的一部分,甚至连最亲的人也认不出来。

无明系统 vs. 明觉系统

Ignorance system vs Enlightenment system

- 无明系统：有刺激反应，有情绪波动，有二边相对概念，每一边都能激动我们的情绪。 Ignorance system: The concept of this system consist of (a) stimulus response and (b) emotional excitement causing moods swings and unwanted side effects.
- 明觉系统：不受刺激反应，心平气和，很有逻辑和有序，不受情绪影响。 Enlightenment system: No stimulus response, calm, logical and orderly, not excited or emotional.

无明系统 vs. 明觉系统

Ignorance system vs Enlightenment system

用现代语言模式来说，就是把二边概念打破之后，可以马上由无明系统跳跃进入到明觉系统。 In modern language when the dualistic concept is broken, you can jump from the system of ignorance into the system of enlightenment immediately.

小我生态系统 Ego system vs Ecosystem



生态系统 (Ecosystem) 是指在一个特定环境内，相互作用的所有生物和此一环境的统称。此特定环境裡的非生物因子（例如空气、水及土壤等）與其间的生物之间具交互作用，不断地进行物质的交换和能量的传递，並藉由物质流和能量流的连接，而形成一個整体，即稱此為生態系統。生態系統可分為森林生態系、海洋生態系、陸域生態系、珊瑚礁生態系等。生物圈是地球上最大的生态系统。

小我生态系统 Ego system vs Ecosystem



Ecosystem refers to all organisms interacting in a particular environment and the general term of this environment. In this particular environment, abiotic factors (such as air, water, soil, etc.) interact with other organisms, constantly exchange material and transfer energy, and form a whole through the connection of material flow and energy flow, which is called ecosystem or egosystem. Ecosystem can be divided into forest ecosystem, marine ecosystem, terrestrial ecosystem, coral reef ecosystem and so on. The biosphere is the largest ecosystem on earth.

小我 vs 生态系统 Ego vs Eco



个人小我/自我，分离的幻觉
Illusion of separation, individual self

真我 True self
佛性 Buddha nature
整体 Wholeness

这种“无觉醒”或“健忘”是
“原罪”，受妄念之苦
This “Unawareness” or “Forgetfulness” is
“original sin”, suffering delusion

关联 Interconnection
平等性智 wisdom of
equality(samata-jbana)
真乐 True happiness

型

無忘我 Forget-me-not

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結束
THE END

感谢！

Thank You!

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