



智覺學苑 欢迎

佛教科学课程 第十八节

个人自我的形成

Formation of Self in Individual

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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

要明白和了解
“我是誰”

To understand “who am I” .

就要知道 “个
人自我(小我)是
如何形成的”

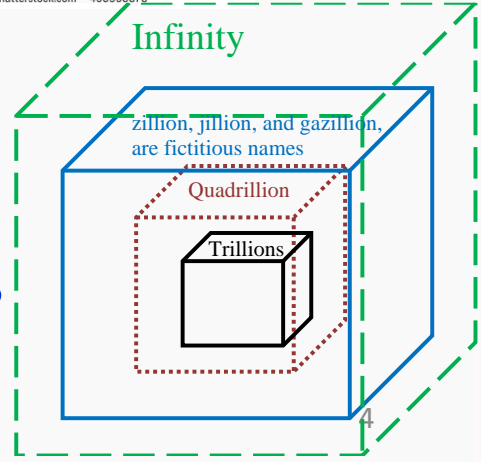
You need to know how the
individual self (ego) come
into being.



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



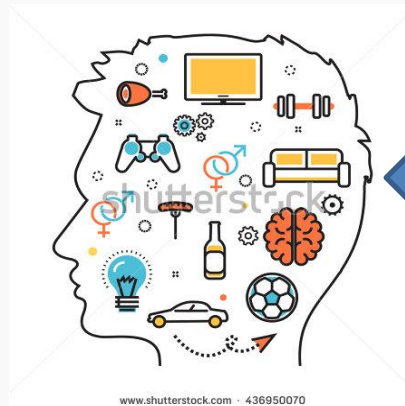
小我/我/自我的形成

Formation of Ego/I/Self

- 1) 我 → 一个人称代词 → 为了沟通常用来标识身体 I → a word → label the physical body for communication purposes.
- 2) 我 → 小我 → 思想过程 I → Ego → thought process
- 3) 我 → 我们把声带产生的“我”这个声音和我们思维中作为思想形式的“我”混淆了。 I → confused with the sound “I” produced by our vocal cord and the thought form of “I” in our mind.



图像 Image



思想过程 thought process



声音 sound



我与身体 I & Body

- 我/小我 = 妄想/幻觉，例如
I/Ego = delusion/illusion, i.e. :
- 我是这个身体。(是: 等同, 我 = 身体)
(错误) I am this body. (wrong)
- 我有这个身体。(正确)
I have this body. (correct)

在这个维度上，“我”只是暂时拥有这个身体。 At this very dimension, “I” only temporary owns this body.



我与身体 I & Body

让我们用“这顶帽子” (物体) 替换句子中的“这个身体” (物体)

Let us replace “this body”(object) with “this hat” (object) in the sentence:

- 我是这顶帽子。 (错误)

I am this hat. (wrong)

- 我有这顶帽子。 (正确)

I have this hat. (correct)



我与身体 I & Body

身体和帽子都是对象/物体，是由“我”拥有的。但是，小我将自己这个身体错误认为就是“我”（身见，我见）。

This body and this hat are both objects, which are owned by “I”. However, ego identifies this body as “I” .

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(形而下) Physical body
- 思维 Mind
- 灵魂/灵性(形而上) Soul/spirit



小我/我/自我的形成

Formation of Ego/I/Self :

婴儿出生时是没有自我与非我的分化的。当婴儿长到6个月大,从父母那里开始听到自己的“名字”,就会把这个名字与思想形式联系在一起了。于是,婴儿把这个名字和“自己是谁”等同起来了。





小我/我/自我的形成

Formation of Ego/I/Self

There is no differentiation between self and non-self at birth. When a baby reaches six months old and hears his or her "name" from his or her parents, he or she associates the name with his or her ideological form. So the baby equates the name with who he is.



- 儿童经常以第三者的角度来说明自己。例如说“玲玲饿了”（不说“我饿了” → 无我 → 出家人称谓）
Children frequently refer themselves in the third person, e.g. Elin is hungry.
- 很快，他/她们（约3岁大）学会了一个魔法词语“我”，并把“我”与自己的名字等同起来：我是玲玲。
Soon, they learn the magic word “I” and equate it with their names.



二边性开始于“我”这个概念，它把自我与父母，兄弟姐妹，朋友和其他人分离开了(二边见：我，非我)。

Concept of duality starts with “I”, which is separated from his parents, siblings, friends and other beings.

小我/我/自我的形成

Formation of Ego/I/Self

接下来, 出现“我”和
“我的”的想法,
用来指定一些事物是
从属于“我”的一部分。



因此, 用一些事物来做身份证明的习惯
就形成了 (我所: 指为我所有的身外事物)。
Next comes the thought of “me” and “mine” to
designate things that are part of “I”. Thus identification with
objects is formed.

小我/我/自我的形成

Formation of Ego/I/Self

这些代表事物的
思想已经融入了
自我意识里面，



因此从这些事物中获得了自我身份的认定。 These thoughts that represent things integrate into a sense of self, thereby deriving an identity from them.



小我/我/自我的形成

Formation of Ego/I/Self

随着儿童的成长，“我”会被认定为家人，朋友，学校，自己喜爱和拥有的事物，或者自以为为傲的东西。

As the child grows up, “I” is identified with family, friends, schools, possessions, or something that “I” is proud of.



My dad is a policeman...

I have a real big dog...

He caught a robber once...

He licks my face all the time...





小我/我/自我的形成

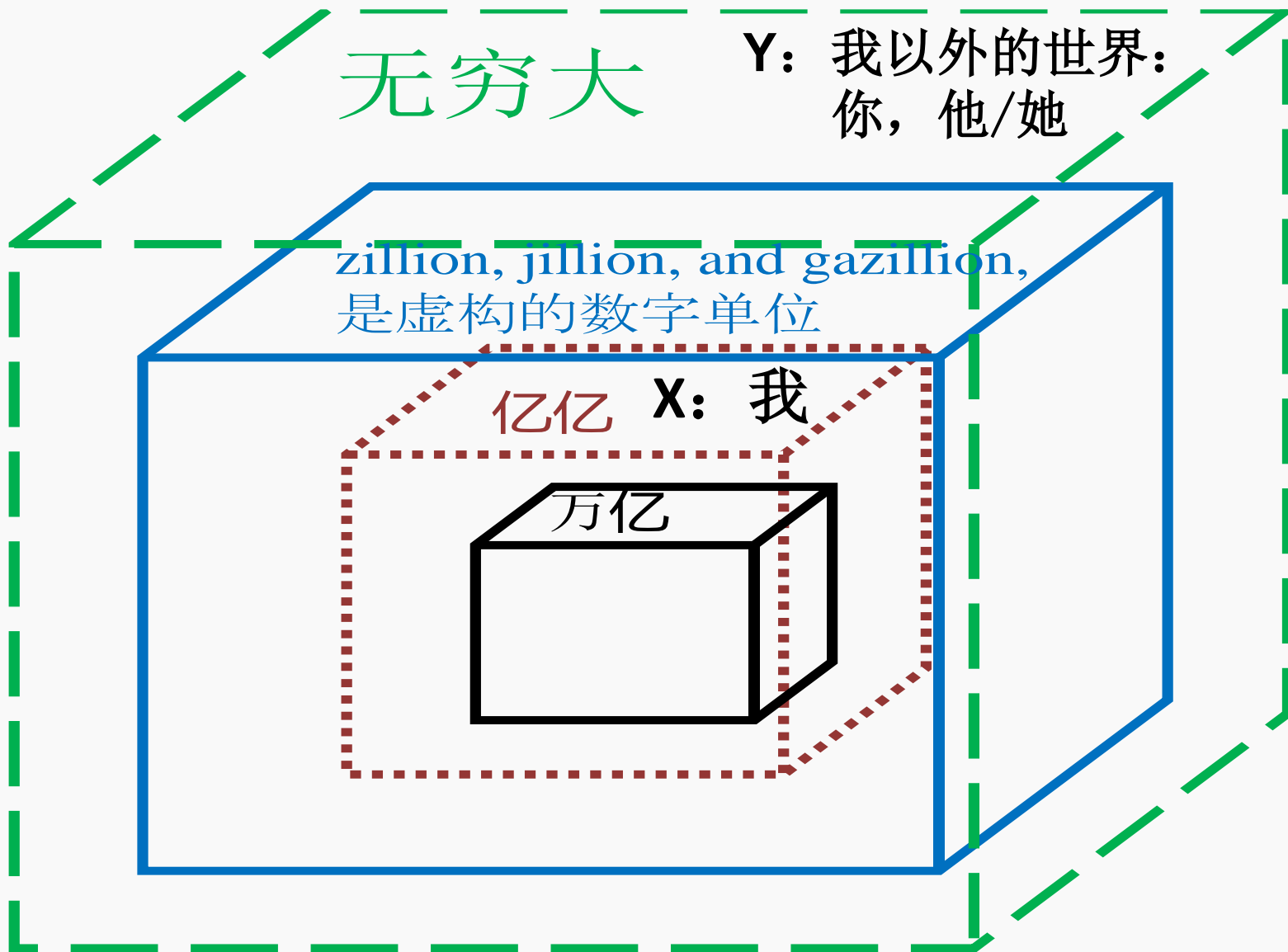
Formation of Ego/I/Self

作为一个成年人，“我”被认定为性别，外貌，国籍，种族，宗教，职业，角色，知识，习惯，记忆，行为，性格，生活，业力和命运等等。**(形成了思维框/我执框，**

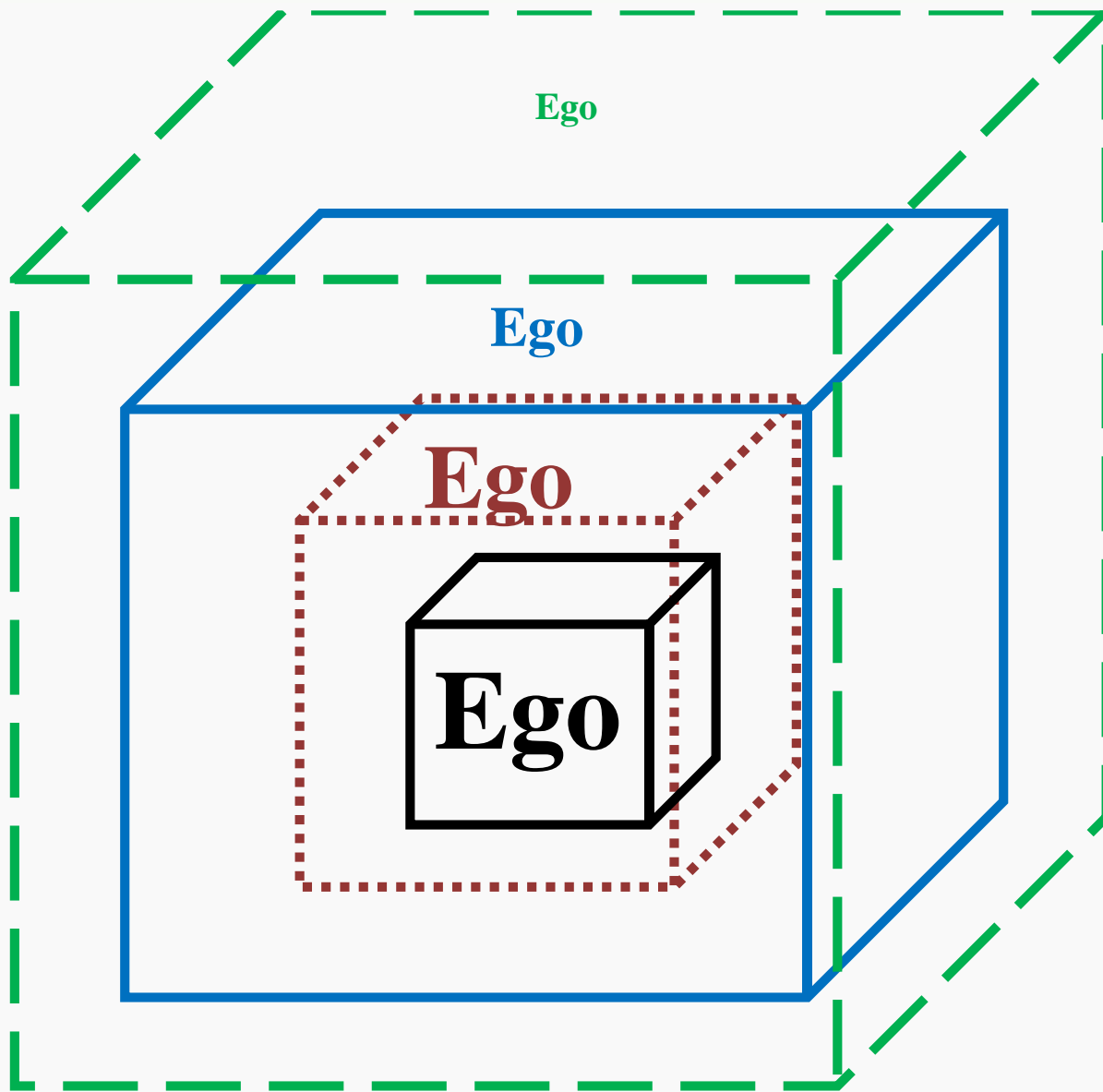
“我所”的内容和元素)。 As an adult,

“I” is identified with gender, physical appearance, nationality, race, religion, profession, roles, knowledge, habits, memory, behavior, character, life, karma & destiny.

思维框: X & Y Thinking Boxes: X & Y



我执框 Ego box



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 an opposite or contradictory thing with me. Then this thinking box is created.



小我/我/自我的形成

Formation of Ego/I/Self

- 这种身份证明的思想是分离的妄想。
The thought of identification is the delusion of separation.
- 这些思想发展成为我/自我/小我的意识。
These thoughts develop into sense of I/self/ego.
- 我/自我/小我随着年龄的增长而变大，但与心理成熟度无关。（自然年龄与心理年龄）
The I/self/ego grows bigger with the age but not with the maturation.

总结：后天编码形成小我

Ego's Encoding & Programing

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.



从小我编码中解放

Free from Ego's Encoding



但是，后天的编码可以被修改和更新。小我的编码被修改后，那么一个人就可以从编码中解放出来当家作主。 But the acquired code can be modified and updated. When the code of the ego is modified, a person can be freed from the code and become the master of his/her life.

即是说，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。 That is, a person has the free will or choice to decide whether to jump out of the ignorance system to seek enlightenment.

型 無忘我 Forget-me-not

小我（无忘我）这一系列的课程，是特别为了解小我，战胜小我和破我执而设计的。 The course of ego (Forget me not) is specially designed for understanding ego, overcoming ego and breaking attachment of self.



- 请小心注意你的**思想**，因为它们将成为你的**言语**。 Take care of your Thoughts because they become Words.
- 请小心注意你的**言语**，因为它们将成为你的**行为**。 Take care of your Words because they become Actions.
- 请小心注意你的**行为**，因为它们将成为你的**习惯**。 Take care of your Actions because they become Habits.

- 请小心注意你的**习惯**,因为它们将成为你的**性格**。 Take care of your Habits because they form your Character.
- 请小心注意你的**性格**,因为它将成为你的**命运**。 Take care of your Character because it will form your Destiny.
- 而你的**命运**将成为你的**一生**。
And your Destiny will be your Life.



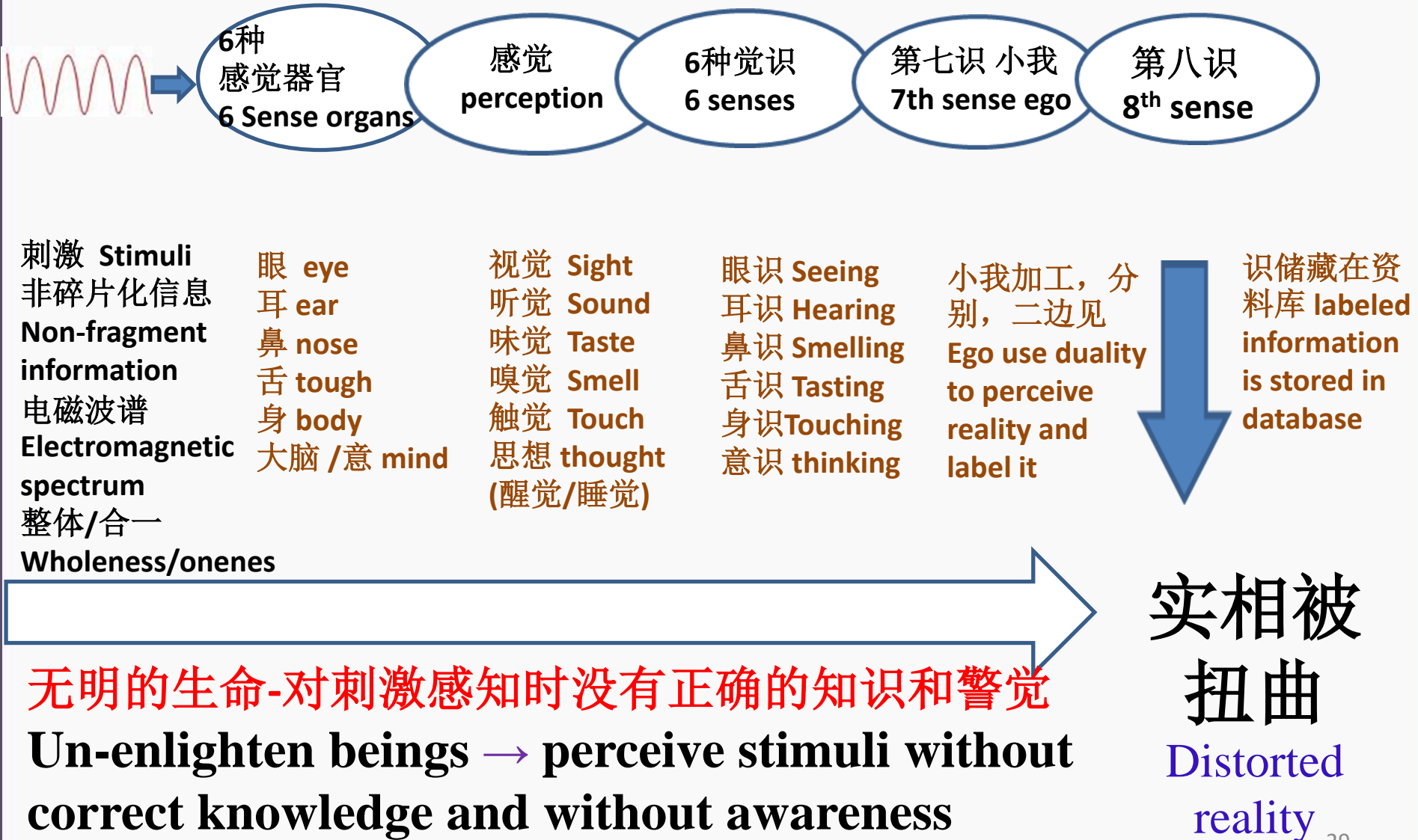
小我的一生轨迹图

Ego's Lifetime trajectory

- 小我 = 思想过程 = 五蕴过程 Ego = Thought process = 5 aggregates process
- 小我的思想 → 言语 → 行为 → 习惯 → 性格 → 命运 → 一生
Ego's thoughts → words → actions → habits → character → destiny → life

现实的感知：觉识，五蕴流程图

Pof R: Consciousness, Flowchart of 5 aggregates



现实的感知

PERCEPTION OF REALITY

五蕴的运作 5 aggregates processing



思维如何运行 How the mind works



小我的形成机制 Mechanism of EGO
formation



觉 (佛), 真我

Awareness(Buddha), True self

在觉和明了之前 (迷/无明),
“我”这个词产生于自我主义者自身的某种心理结构 (迷中我)。(看不到真我, 无我)

Before awakening and enlightenment (unenlightened), the word “I” comes from some mental construct of this egoist self. (can't see true self, non-self)



觉 (佛), 真我

Awareness(Buddha), True self

一旦从迷中觉过来，“我”这个词会从你自己内心深处的一个地方涌现出来(觉中我)。那么你将察觉到自己在与别人交往，言语，态度和行为等方面会出现突然的微妙变化。

(自性/真我的显露) Once awakened, the word “I” comes from a much deeper place within yourself. You will detect subtle/sudden changes in your interaction with people, your speech, attitude and behavior.

型

無忘我 Forget-me-not





結束
THE END

感谢！

Thank You!

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