

佛教科学课程 第十九节

小我的特性

Characteristics of Ego

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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

1. 学佛是学“无我”，这就要先了解“我是谁？”
2. 了解“我是谁”就要知道“小我”和“小我的特性”，来明白小我的价值观，行为和表现。
3. 只有认识和了解到“小我”之后，才可以克服和战胜“小我”，从而达到“无我”。



小我的九个定义

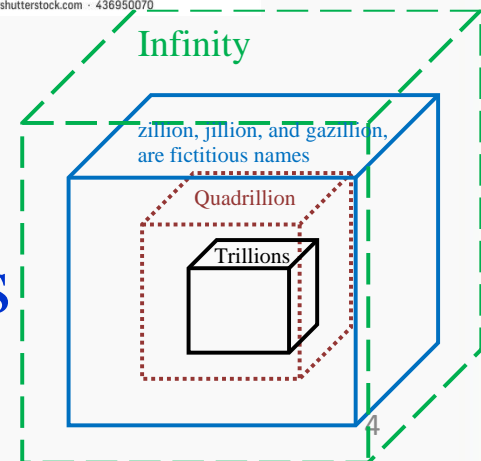
Nine Definitions of Ego

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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小我的特性 Characteristics of Ego

- 小我具有内容和结构，并严重依赖身份的识别。 Ego has content, structure and relies heavily on identification.
- 内容的识别受环境，教养和文化的制约。 Content identification is conditioned by the environment, upbringing and culture.
- 结构是个底层思想过程，对相的识别或认同（着相）是建立在这个结构之上。 Structure is the thought process underlying ego's identification with 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.



结构 Structure

结构:思想过程,我想...

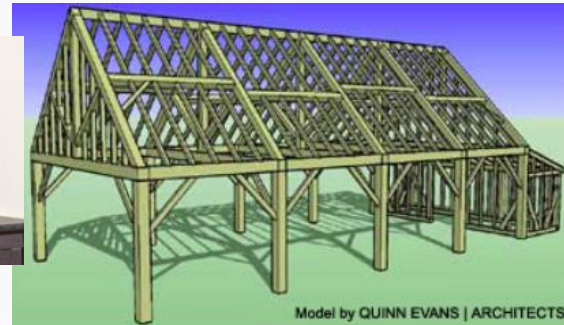
Structure: Thought process, i. e. I want ...



1. 结构; 构造; 机构; 体系。 The way in which the parts of a system or object are arranged or organized of a system arranged in this way.



2. 构成; 组织。 To plan, organize, or arrange the parts of something.





用身外物来做身份证明

Identification with things

小我用身外的事物来做身份证明（识别）。例如：小孩拥有玩具是内容。玩具如何成为“我”身份的一部分是**结构**。 Ego's Identification with things e.g. the toy is the content. How the toy becomes part of “I” identity is the structure.





用身外物来做身份证明

Identification with things

长大以后，小我对物质的欲望和要求越来越高，取代玩具的是我的汽车，我的房子和我的生活，它们成为“我”的一部分。但是，当死亡接近时，这些东西又有何意义呢？

Later, instead of toys, my cars, my house and my life become part of “I”. How meaningful are these when death is near?

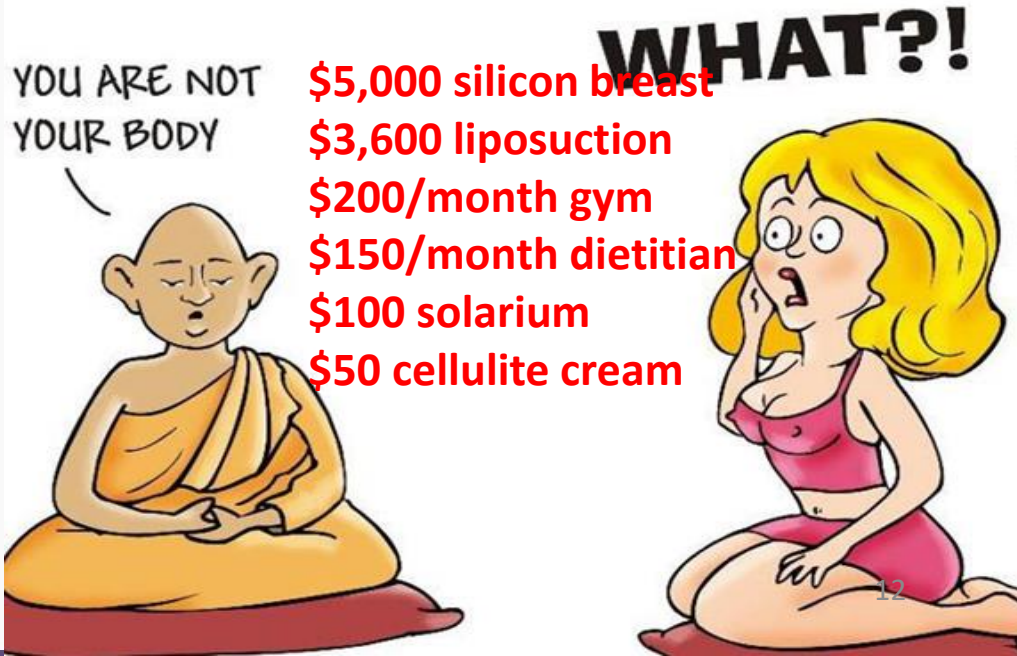




用外表来做身份证明

Identification with things

小我还用身体，性别和外表来做身份的证明：我们可以清楚地看到电视广告是利用这些来推销美容产品的。 Ego's identification with body, gender & physical appearance: We can see this clearly with the TV Commercials that push beauty products.





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

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 Physical body
- 思维 Mind
- 灵魂/灵性 Soul/Spirit



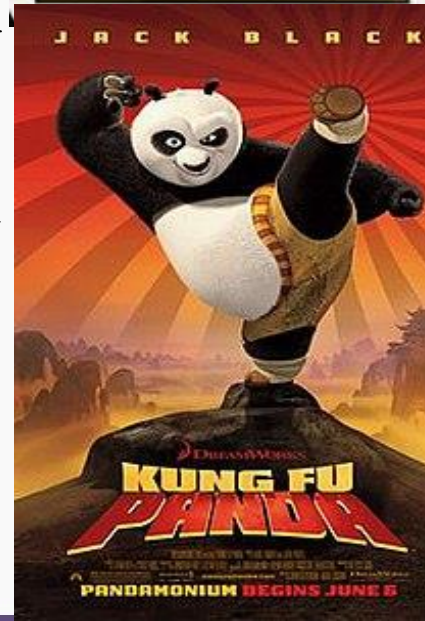
用地位和名誉来作身份证明

Identification with Status and fame

- 小我用**社会地位**的高低来证明**身份**：上流社会，阶级和等级观念。 Identification with status: Upper Society, class and hierarchy .

- 小我用**名气**大小来证明身份自我需要感觉优越，例如电影明星，体育明星。

Identification with fame: Ego needs to feel superior, e.g. movie stars, sport stars.



小我的特性 Characteristics of Ego

小我通过相互攀比来生活：例如追逐财富和名望，来满足小我的虚荣感。 Ego lives through comparison: e.g. chasing wealth and fame, to satisfy it's vanity.



小我的特性 Characteristics of Ego

小我倾向于将“有”和“存在”等同起来。因此，“我拥有，所以我存在。”

小我存在的意义和价值要凭借所拥有的东西表现出来（价值观）。但是，这种拥有的满足感是相对短暂易逝的。例如对一只新手表或一辆新车，在一年半载后还会兴奋吗？

Ego tends to equate “Having” with “Being”. I have therefore I am. But its satisfaction in having is relatively short lived.

Why? Because form is never permanent.

小我的特性 Characteristics of Ego

小我是贪婪的，总想要更多的东西：想要是结构性的，所以没有多少东西能够满足它。例如，小我总是希望从别人或周围那里得到一些东西。这里隐秘的动机是“一种还没足够的感觉”。而其中潜在的情绪则是恐惧(小我是为恐惧而服务的觉识)。因为用形相来当身份证明(着相)是无常的。 Ego is greedy and always wants more: Wanting is structural, so no amount of content can fulfill it, e.g. Ego always wants something from other people or situations. The hidden agenda is “a sense of not enough yet”. The underlying emotions is fear. Again because identification with form is impermanent.

小我的特性 Characteristics of Ego

小我“自以为是”。即使某些宗教也不能超越这个缺点，例如：Ego wants to be “right”: Even some religious practice cannot rise above this, e.g.

1. 中世纪天主教會的宗教审判 Catholic church Inquisition and Reformation

2. 伊斯兰圣战 Islamic jihad



小我的特性 Characteristics of Ego

小我不渴望和平。
它需要戏剧和冲突，
例如：动作/暴力片。

Ego does not want peace.
It wants drama and
conflicts, e.g. action
movies.



小我的特性 Characteristics of Ego

小我喜欢**抱怨和嗔恨**：
为了自我感觉优越，感到自己很重要(自重感)，
比如侮辱别人，吆喝，
语言和身体暴力。 Ego
loves complaining and resentment:
to feel superior, to feel important,
e.g. name calling, shouting and
physical violence.



小我的特性 Characteristics of Ego

家长角色：“不要让我失望。我为你牺牲了很多。父母懂得比你多得多。”

这个时候，你不要和父母产生对抗。因为父母的小我会采取防卫性的立场。要知道你正在遇上父母自我主义方面的小我，而不是他们的真我。 Parental role: “don't disappoint me. I sacrificed so much for you.” Parents know best. Don't fight them. Ego will take up a defensive position. Recognize that you are dealing with their egoist self and not their true self.

小我的特性 Characteristics of Ego

小我是很个人/自我化的，例如：
“相信我，我知道！” “你为什么不相信我呢？” 这种行为是小我的防卫性，甚至是侵略性。 Ego can also take things personally, e.g. “Believe me, I know”, “Why don’t you believe me?” The action can be defensive, even aggressive.

小我具足贪嗔痴 Characteristics of Ego

- 小我会导致**贪婪**。

Ego leads to greed.

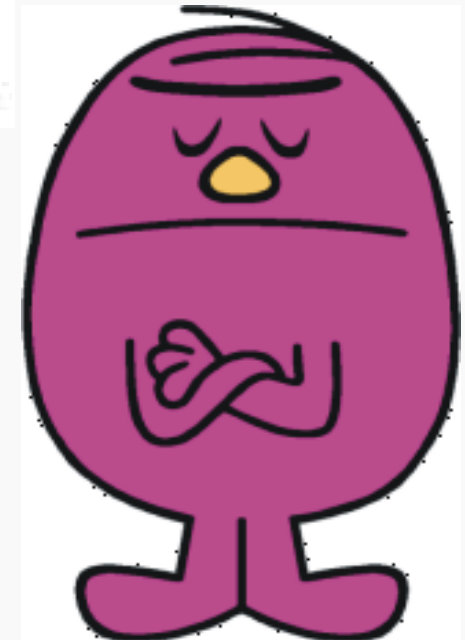
- 小我能促进**嗔心**

Ego feeds hostility.



- 小我是愚痴：**固执的，无知的。**

Ego is stubborn, ignorant.





自我/我/小我的形成

Formation of “Self/I/Ego”

从这个**恶性循环**中，**贪、嗔、痴**就被创造出来 From this vicious circle, greed, hostility, ignorance are created:

贪婪是不明不白的执着于**自我生存**而创造出来的。贪生怕死，蝼蚁尚且偷生，甚至细菌和过滤性微菌，亦复如是。这是自然生态。 Greed is created by the survival necessity of Self. Even single-celled organisms including virus wants to survive: afraid of death, hunger, etc.

自我/我/小我的形成

Formation of "Self/I/Ego"

- 嗔**是不明不白的执着于**自我生存**而创造出来的。适者生存，不断竞争，导致嗔恨。 Hostility is created by the survival necessity of Self. Hence, survival of the fittest: incessant competition.
- 痴**是愚痴，从微生物至人类，生来就是**不明不白**的（无明），对自我以及自我的行为都是不明不白。不明白自己处于“**贪、嗔、痴**”的状态。 Ignorance is created by the survival necessity of Self. Hence, when Self fails to understand the instinct of Self, "Unenlightened" results.



自我/我/小我的形成

Formation of “Self/I/Ego”

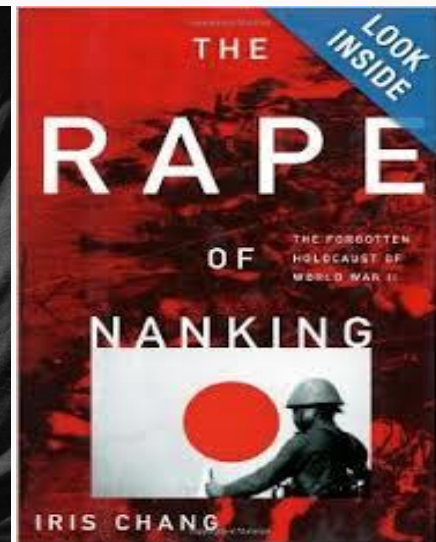
贪、嗔、痴都是一种“相”，而它们产生的根源是自然生态无明，我们现在已经把贪、嗔、痴的根源和形成的机制都清楚地说明了。

Greed, hostility, ignorance are all one kind of phenomena, and their origin is the unenlightened of natural ecology. Now we have clearly explained the origin and formation mechanism of greed, hostility, ignorance .



小我共识 Collective Ego

小我共识可以有像单个小我一样的行为，例如：战争，国家之间的冲突。 Collective ego can act like individual ego, e.g. war, national conflicts.





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.



小我共识的形成

Formation of Collective Ego

因此，小我会认同自己的种族，民族，国家，文化和宗教，形成小我共识，不认同其他的...这样就形成了国家或团体之间的对立，障碍了世界和平。 *Therefore, "I" is identified with race, nationality, country, culture, religion and form collective ego to disagree with others. In this way, the antagonism between countries or groups has been formed, and world peace has been hindered.*

型

無忘我 Forget-me-not





結束
THE END

感谢！

Thank You!

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