

智觉科学课程 第二十节

小我的膨胀和防卫 (1)

Inflation and defense of Ego (1)

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(AWE)**



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. 我们学无我，是要去战胜和超越小我。
2. 在这个过程中，我们会遇到小我的防卫和反抗：小我反扑。
3. 所以，我们要了解小我的膨胀和防卫。



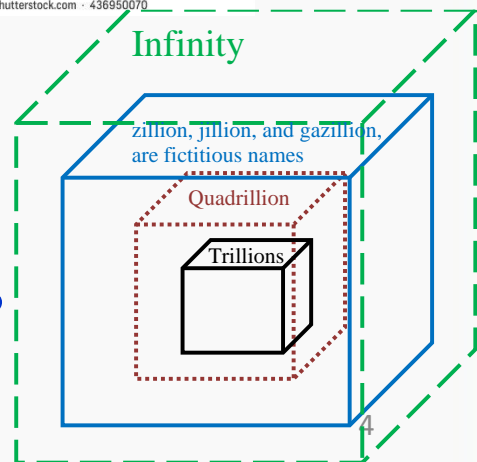
小我的九个定义 **Nine Definitions of Ego**

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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小我的膨胀

Inflation of Ego

术语 Terminologies

- 自我 = 小我 = 我执

Self = Ego = Egocentrism

- 无我 = 更高的觉识
= 无限的

Selflessness = Higher Consciousness = Unlimited

- 灵感 = 圣灵感染 = 圣魂 = 上帝

Inspirations = Holy Spirit = Holy Ghost = God



灵感 Inspirations

- 伟大的艺术和成就来自灵感。 Great arts and achievements come from inspirations.
- 灵感意味着潜伏在内的灵性显露出来了...灵性是什么？ Inspirations come from the word inspire (the spirit is in the body)... What spirit?



灵感 Inspirations

- 当圣灵在心里时，我们成了上帝的仆人，并开始伟大和卓越的创作。 **When the holy spirit is in us, we become servant of God and create greatness.**



- 当小我在心里时，我们会做自私或伤人的事情来满足自己的小我。 **When the Self/I/Ego is in us, we do selfish or hurtful things to satisfy our ego.**



刺激反应 **Stimuli Response**

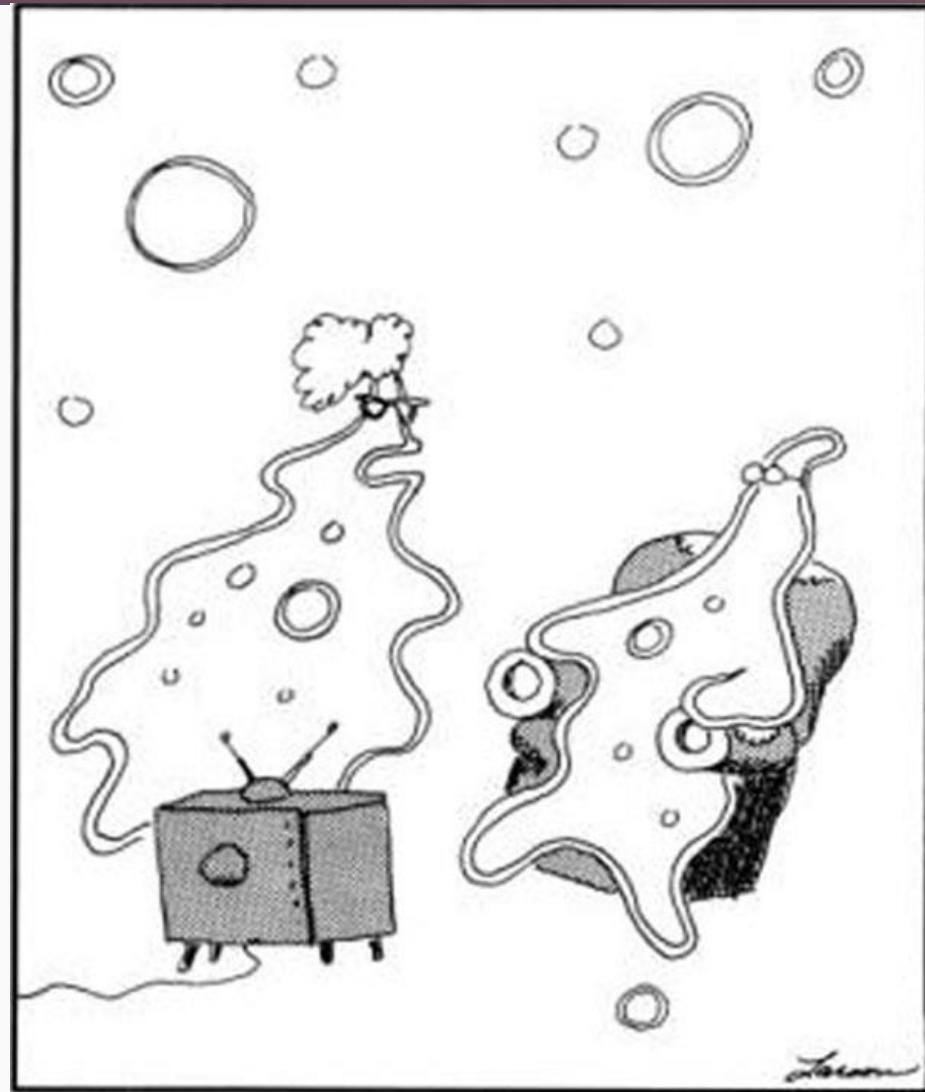
显微镜下, 阿米巴变形虫对任何微生物食物的刺激反应 (草履虫和支架虫), 碰到就吃!
人类也差不多...

Amoeba hunts and kills paramecia and stentor in 0-1.15 mins. Similarly humans react the same way to stimulus response.

<https://www.youtube.com/watch?v=4XlzCe5gDu0>

刺激反应 Stimuli Response

阿米巴太太骂整天看电视的阿米巴先生：“刺激反应！刺激反应永远都是刺激反应！你自己没脑的吗？”



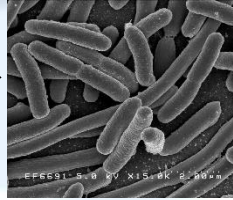
Stimulus, response! Stimulus, response! Don't you ever think?

小我的膨胀 Inflation of Ego

外来刺激
External Stimuli



生物



Organism

反应 Response



外来刺激
External Stimuli



阿米巴



Amoeba

反应 Response



外来刺激
External Stimuli



人



Human

反应 Response



外来刺激
External Stimuli



大脑



Thought

反应 Response





火 Fire 3X



想都不想飞快撤离

Withdraw reflexive



火 Fire 2X



快速撤离

Withdraw faster



火 Fire 1X



撤离

Withdraw



外来刺激 External Stimuli



拿糖吃
Look for candy

A green arrow points from the text to the right.



好吃
Delicious

A green arrow points from the text to the right.



犹豫
Hesitate

A green arrow points from the text to the right.

外来刺激 External Stimuli

小我的膨胀
Inflation of Ego

内部反应：
极端愤怒
Internal Response:
Extreme anger



思想
Thought

内部刺激
Internal Stimuli

思想
Thought

内部反应：
很愤怒
Internal Response:
Intense anger

外来刺激
Internal Stimuli



思想
Thought

愤怒 Anger

外来刺激
External Stimuli



侮辱 Insult

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 & Programming : 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. Mary 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 individual software is adapted through acquired codes of different environments and cultures. So, they have different personalities and hobbies when they grow up. i.e., Mary likes to eat beef while Amy do not eat 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, to 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 ignorant 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.

小我的生存 **Survival of Ego**

小我的生存取决于你将小我的思想（膨胀）视为**事实**。如果你能够认识到，这个**小我妄想**实际上是一个**幻觉**，那么小我就会消失。 **Ego's survival depends on you perceiving it as reality. When you can recognize illusion as an illusion, it dissolves.**



小我的防卫

Defense of Ego

小我的防卫 **Defense of Ego**

第一重的防卫 → 原始的抵抗

1st level of defense → primitive resistance

- 我是不会听的... I will not listen...
- 我不想听到超过小我（**思维框**）的教育。 I do not want to listen to teachings that exceed Self/I .



型 学习技能 **Learning Skills**

高效学习 **Speed learning**

障碍: 小我 **Obstacles: Ego**



小我的防卫 Defense of Ego

- 我只有听到有关强化小我的话语/言论才高兴。 I am only happy to listen to words that strengthen Self.
- 我好端端的，为什么要听觉者的教育课程？去听什么数数目字干嘛？ I'm good. Why do I need to listen the lecture on Enlightenment? What has numbers got to do with it? Why do I need to go to listen to the lecture on counting numbers?



小我的防卫 **Defense of Ego**

第二重防卫 → 理性化的抵抗

2nd level of defense → rationalized resistance

- 顺你意听一堂课
也无所谓，反正
我是不想去了解
它的。 Listen a little
bit won't do much harm,
after all I will not
understand it anyways.



小我的防卫 **Defense of Ego**

- 一直数数目到十,百,千,...百万, 十亿, 还好它们仍在我认识范围之内。
Counting to ten, hundred, thousands,..... millions, billion is within my reach.
- 任何比这数目 (十亿) 更大的数字就与我 (小我) 无关了。我把那些超出了自己理解范围的数字单位称为无限吧。
But any larger number is irrelevant to me (I/Ego). Call it infinity.

小我的防卫 **Defense of Ego**

第三重防卫 → 高智能/微妙的抵抗

3rd level of defense → highly intelligent/subtle resistance

- 我明白，但小我会马上“不明白”（无明）。

I understand, but Self/I will immediately ‘not understand’ (unenlightened).



小我的防卫 **Defense of Ego**

在课堂上，我明白了 10^{+n} 和 10^{-n} 。
但在课后，这些指数次方的内容是无用的，也没有实际的应用，就是说这是与我（小我）无关的东西。 *At the lecture, I understand 10^{+n} and 10^{-n} . After the lecture these positive and negative power stuffs are useless, no application, i.e. no relevance to me (I).*

三重小我反扑 3 Fold Ego Rebound

(1) 原始的抵抗
我不聽 = 自滿顛倒



(2) 理性化的抵抗
我聽聽也無防，
不過我是不會
明白的 = 有漏



(3) 高智能/微妙的抵抗
我明, 但馬上無明起 =
雜信污染/挪动门柱



红鲱鱼/转移话题谬论 Red Herring fallacy

拼图一块成功后, 小我转移话题: 我明白这堂课的内容和教训, 但有很多其他关于觉悟和人生的重要问题这一课都没有谈及和回答, 所以这一堂无价值。 *After the success of the jigsaw puzzle, the individual shifts the topic: I understand the content and lessons of this lecture, but there are many other important questions about Enlightenment and life that are not addressed and answered in this lesson, so this lecture is worthless.*

红鲱鱼/转移话题谬论 **Red Herring fallacy**

20. 红鲱鱼/转移话题谬论：小我改变主题（论题/话题），或者给出一个毫不相关的回应来使人分心。

Red Herring fallacy : We change the subject or give an irrelevant response to enforce distraction.

红鲱鱼/转移话题谬论 Red Herring fallacy

这个谬论源于一个在地上拖拽着臭鱼（即红鲱鱼）以分散猎狗对狐狸的注意力的做法。有着最好鼻子和训练的狗会避开红鲱鱼的气味，继续追赶狐狸。而比较差些的狗会追着臭鲱鱼而不是狐狸。

The red herring fallacy is derived from the practice of dragging smelly fish (i.e. red herring) along the ground to distract dogs in pursuit of a fox. The dogs with the best noses and training would avoid the red herring scent and continue pursuing the fox. The inferior dogs would pursue the smelly herring instead of the fox.

華嚴密 — 觀察小我反扑

Avatamsaka Esoteric Teaching - Watch the ego rebound

當同學運算至某一數值，而感到繼續下去已沒有必要，這個數值已經超出了同學的**思維框**，他/她就會拒絕繼續這個簡單計算運作和產生排斥，會覺得無關重要，無意義，沒有用的，並列之為“無限”算了。

Rejection sets in when the student starts to feel at a certain point that the value of one number has exceeded his/her thinking box and thus has become irrelevant, meaningless, useless and calls it infinity.

修行者的小我向行者本身反扑

The ego of the practitioner rebels against the practitioner himself

(1) 我不聽 I don't want to listen.

- “小我”是不願意聽到超越“小我”的道理 (例如：不聞覺者教育)。 The “ego” is unwilling to hear the truth of transcending the “ego” (i.e. ignoring Enlightened education).
- 小我喜歡聽鞏固小我的法門，如小我長命百歲，甚至永生。 I only like to listen to ‘how’ to console the ego, such as living a long life from birth to centenary to immortality.
- 數數位不願聽，數位和小我是無關的，多餘的。 Don't want to listen to counting numbers. Numbers are irrelevant and redundant for the ego.

修行者的小我向行者本身反扑

The ego of the practitioner rebels against the practitioner himself

(2) 我聽聽也無防，不過我是不會明白的。 I don't mind listening to counting numbers. But I won't understand anyway.

- 小我是決定不願意明白大道，因為大道理會扑滅小我。 The ego decides not to understand the main point because the main point would kill the ego.
- 數量單位,明白十...明白百，千萬，明白千萬與我有關 (富慾)，決定不明白與我無關的→無限。 The Unit of Quantity- I can understand ten... understand one hundred thousands, million, but decided that these numbers are unclear, *infinite* and have nothing to do with me. What relates to me is richness and desire.

修行者的小我向行者本身反扑

The ego of the practitioner rebels against the practitioner himself

(3) 我明，但馬上無明。 I am enlightened but I become ignorant immediately.

- 數量單位 10^n 明白，下課後無應用，不明如何應用，所以馬上無明。 Although I understand the unit of 10^n but after class, without knowing how to apply it, immediately I will return to being ignorant.
- 還有很多其它關於覺悟的重要問題這一課未有談及。 There are many other important issues of enlightenment that have not been discussed in this lesson... excuse created by the ego.



結束
THE END

感谢！

Thank You!

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