

智觉科学课程 第二十二节

回顾复习：小我 (1)

Summary: Ego (1)

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**Academy of Wisdom and Enlightenment  
(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

# 小我的定义

## Definitions of Ego

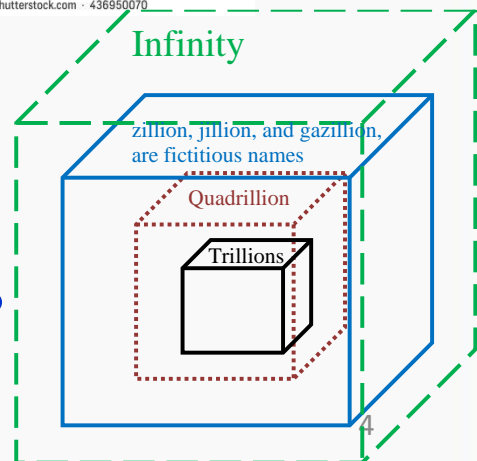
# 小我的九个定义 **Nine Definitions of Ego**

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) 7<sup>th</sup> 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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# 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-dr̥ṣṭi. Attachment to self is called ātma-grāha.

# 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.

# 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/思想过程, 并第一个提出了“五蕴炽盛苦”。 He perceived that ego was a thinking process and first proposed “8<sup>th</sup> 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 main subject of thinking is that it can leave the brain to operate independently.
- 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:  
you're Your own idea or opinion of yourself, especially your feelings of your 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.

# 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。 Because we have difficulty recognizing fear and belief, we must start by detecting the EGO

消极、焦虑、不安、愤怒、激动、烦躁

Negativity, anxiety, upset, angry, agitated, annoyed

# 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).

# 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

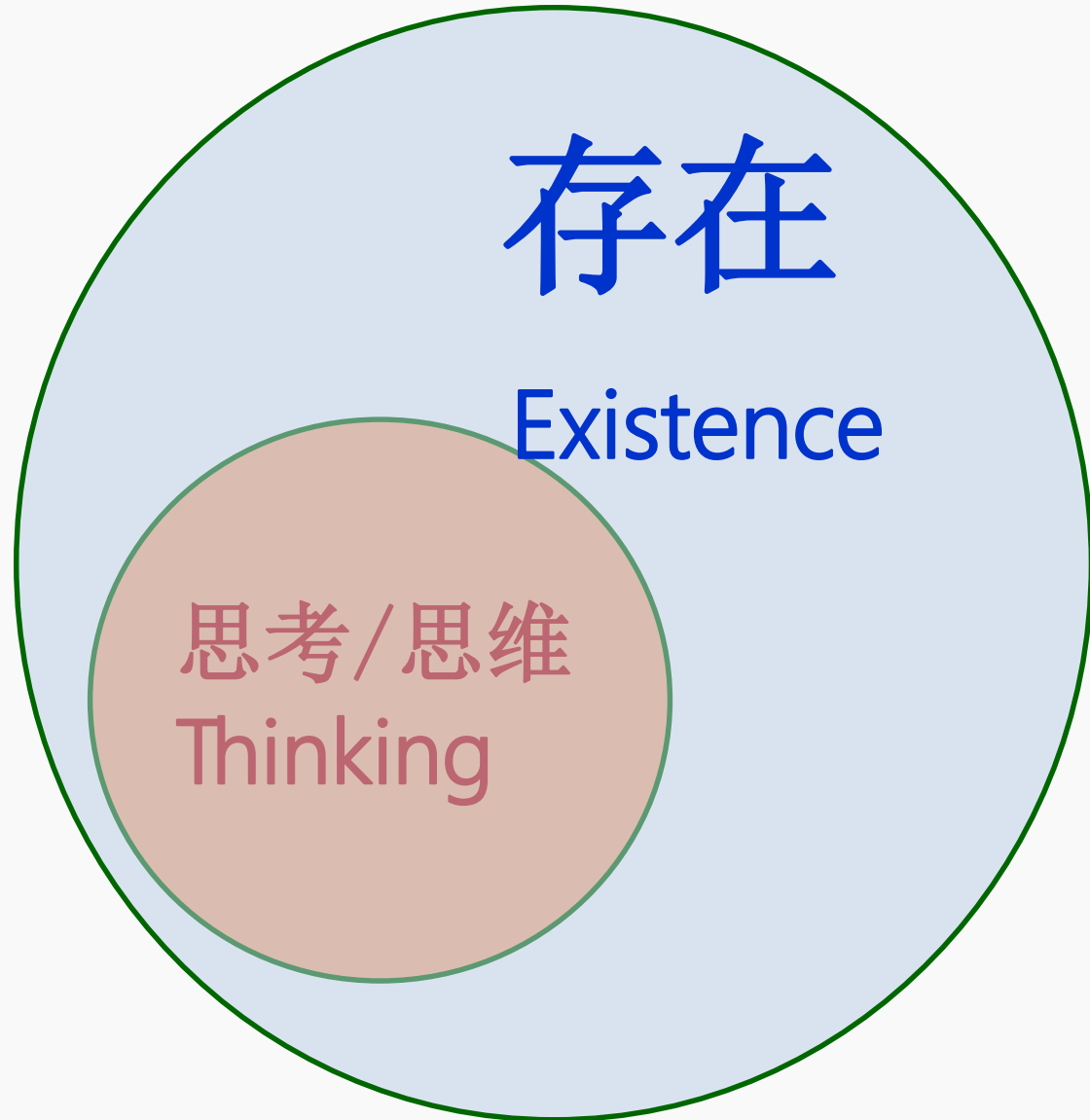
|          |          | 是 Yes                         | 否 No                                    |
|----------|----------|-------------------------------|---|
| 存在<br>am | 是<br>Yes | 我思考，我存在<br>I think, I am      | 我存在，我不思考<br>I am, I don't think         |
|          | 否<br>no  | 我思考，我不存在<br>I think, I am not | 我不存在，我不思考<br>I am not, I don't<br>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.



# 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。  
既没有证明，亦没有否定第八识（灵魂）的存在。 I am: It is referring to the 7th sense (Ego). There is neither proof nor denial of the existence of the eighth consciousness (soul).

# 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，大部份时间没有存在的感觉，所以对刺激不作出反应，至少是非常缓慢的，漫不经意的反应。 This is Arahant's state of extinction: no thought, most of the time there is no sense of existence, so no response to stimulus, at least very slow, casual response.



# 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：小我（自我/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.

# 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.

# 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）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（灵）

Consciousness aware of "My Being/My Thought": a living entity with higher energy than the brain: True Self (soul)

# 神经元的放电/激活(电化学)

## Neuron Firing (electrochemistry)

大脑神经细胞 / 神经元的放电：  
后面放电的念永远追不到前面已  
经放电 的念。 Neurons firing in the brain:  
The idea of firing later can never catch up with the  
idea of firing before.





# 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 educational system, acquired through families 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 & 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, 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.



(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.



(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 for 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)<br>Self, Ego (the seventh sense)            | 意識 (包括第六第八識)<br>Consciousness (6th & 8th sense)                        |
| 個體<br>Individual                                       | 一體/同體<br>Oneness/wholeness   |
| 過去和未來 Past and future                                  | 現在 Present   |
| 詳細信息 - 微觀 (內界)<br>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。

# 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

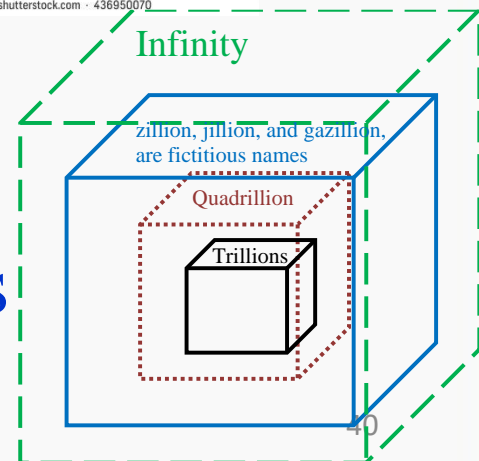
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6. 盲点 Blind spot
7. 生存工具 Survival tool
8. 思维框/我执框 Thinking/Ego boxes
9. 思想/思维过程 Thought process



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# 人类自我的演化

Evolution of Self in Human

# 生存本能 SURVIVAL INSTINCT

- 生存：生活与存  
SURVIVE: to live or exist
- 生存本能：吃，安全，  
繁殖  
SURVIVAL INSTINCT: Eat,  
Security and Reproduction

# 生存本能 SURVIVAL INSTINCT

吃，安全，繁殖这三个本能是从单细胞生物，到动物，乃至人类都有的，与生俱来的原始兽性和最初的本能。

Eat, Security and Reproduction: These three instincts are inherent in primitive beastliness and primitive instincts from single-celled organisms to animals and even humans.

# 自我/我/小我的演化

## Evolution of Self/I/Ego

### 小我 EGO

小我的特性

Characteristics of Self

小我的膨胀和防卫

Inflation and Defense of Self

小我的演化

Evolution of Self

小我的形成

Formation of Self

根本 ROOT

原因 CAUSE

生存本能: 吃, 安全, 繁殖

SURVIVAL INSTINCTS: Eat, Security, Reproduction

# 约翰·卡尔文 **Jean Calvin**

约翰·卡尔文 (1509 – 1564), 是法国十六世纪著名的牧師和宗教改革神學家, 也是基督教新教的重要派别: 改革宗(卡尔文派)的创始人。



**John Calvin** is was a famous French clergyman, theologian of religious reform, and the founder of the Reformed Sect (Calvinist Sect), an important Protestant sect.

# 卡尔文主义的教义“完全无能或彻底堕落”

Calvinism doctrine of “Total Inability or Total Depravity”

(1) 出生在这世界的每一个人，都是为罪恶/原罪而服务的奴隶（人之初，性本恶）。



Every person born *into* the world is enslaved to the service of sin.

- 原罪是指与生俱来的生存本能。  
The sin refers to the innate survival instinct.
- 我生来就是为了生存, 因此产生了原罪。 I was born to survive , so I had sin.

# 卡尔文主义的教义“完全无能或彻底堕落”

Calvinism doctrine of “Total Inability or Total Depravity”

(2) 所有人关心自己，多过关心旁人/他人的利益。 All are inclined to serve their own interests over those of their neighbours.

- 以自我为中心 → 为生存而竞争  
Self-centered → competition for survival
- 道德上无能为力 → 没办法对兄弟姐妹或其他人关心的程度，相等于关心自己一般。 morally unable → selfishness:  
Inability to care for siblings or others as much as care for oneself.

# 卡尔文主义的教义 “完全无能或彻底堕落”

Calvinism doctrine of “Total Inability or Total Depravity”

(3) 人本性的需要 → 人的天性本能  
是邪恶的 → 小我 = 邪恶 = 坏的

necessity of their own nature → People by nature are evil.  
→ Ego = evil = bad

原罪的概念 = 感觉系统（五蕴） →

思想过程 → 二元视角（二边见） →

受苦 → 原罪

Concept of sin = sense faculties → thought process →  
duality view (good/bad) → suffering → original sin



# 佛教 vs 卡尔文主义 Buddhism vs Calvinism

## 佛教 Buddhism

## 卡尔文主义 Calvinism

- **三大主要罪过 (三毒): 贪, 嗔, 痴** Three cardinal sins (3 poisons): Greed, hostility and Ignorance  
智觉学苑解释了根源:  
**自然生态无明 (不明不白)**
- 众生须凭自力拯救自己, 而不是依靠他人。因此, 一个人必须有信心独立解脱自己。 **(无依)** Seek salvation on one's own, not through anyone else. Therefore, one must have confidence to find liberation on

- **原罪: 众生天生已经 有罪**  
Original sin: The sin is innate in all beings.  
**只说明了状态, 没有解释原罪的根源**
- 人类只能通过耶稣基督才能获救。 所以, 必须完全相信耶稣基督。 **(有依)**  
Seek salvation only through Jesus Christ. Therefore, one must have faith in Jesus Christ totally.

# 佛教 vs 卡尔文主义 Buddhism vs Calvinism

## 佛教 Buddhism

- 六根六尘六识，组合成刺激反应的流程，人因刺激反应而受苦。  
6 sensory faculties combine into a stimulus response tool, people suffer from the stimulus response.
- 解脱，涅槃→阿罗汉，菩萨，佛  
Liberation → Arahant, Bodhisattva or Buddha

## 卡尔文主义 Calvinism

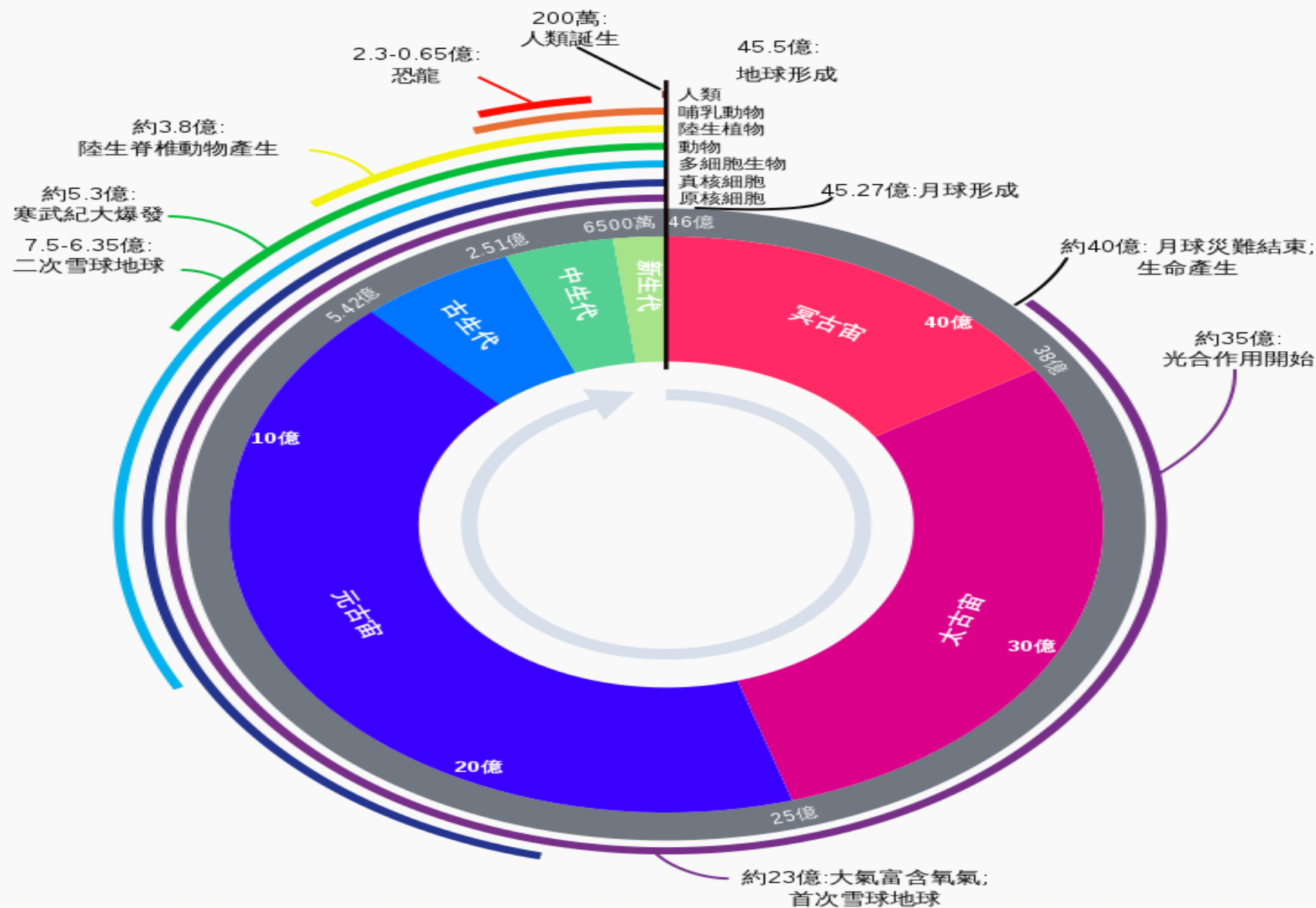
- 人与生俱来对现实的感知(刺激)，作出维护自我的反应，自然无法不造罪。 Human is born with the perception of reality (stimulation) to make self-defense response, naturally cannot avoid guilt.
- 拯救→耶稣基督  
Salvation → Jesus Christ

# 佛教 vs 卡尔文主义 **Buddhism vs Calvinism**

| 佛教 <b>Buddhism</b>        | 卡尔文主义 <b>Calvinism</b>     |
|---------------------------|----------------------------|
| 去我执<br>Elimination of EGO | 消除小我<br>Elimination of EGO |

成为佛教徒, 基督徒或天主教徒都是要去掉“自我/小我”的身份, 达到“无我”。无论是把个人奉献给天主, 作为修“无我”的办法, 还是佛教徒自己去修行解脱, 都同样要克服小我, 摆脱原罪或生存本能的控制和奴役。 To become a Buddhist or a Christian is to remove the identity of "self/ego" and achieve "no ego". Whether Christians devote themselves to God as a way of cultivating "no-self" or Buddhists practice their own liberation, they all need to overcome the ego and get rid of the control and slavery of original sin or instinct. 51

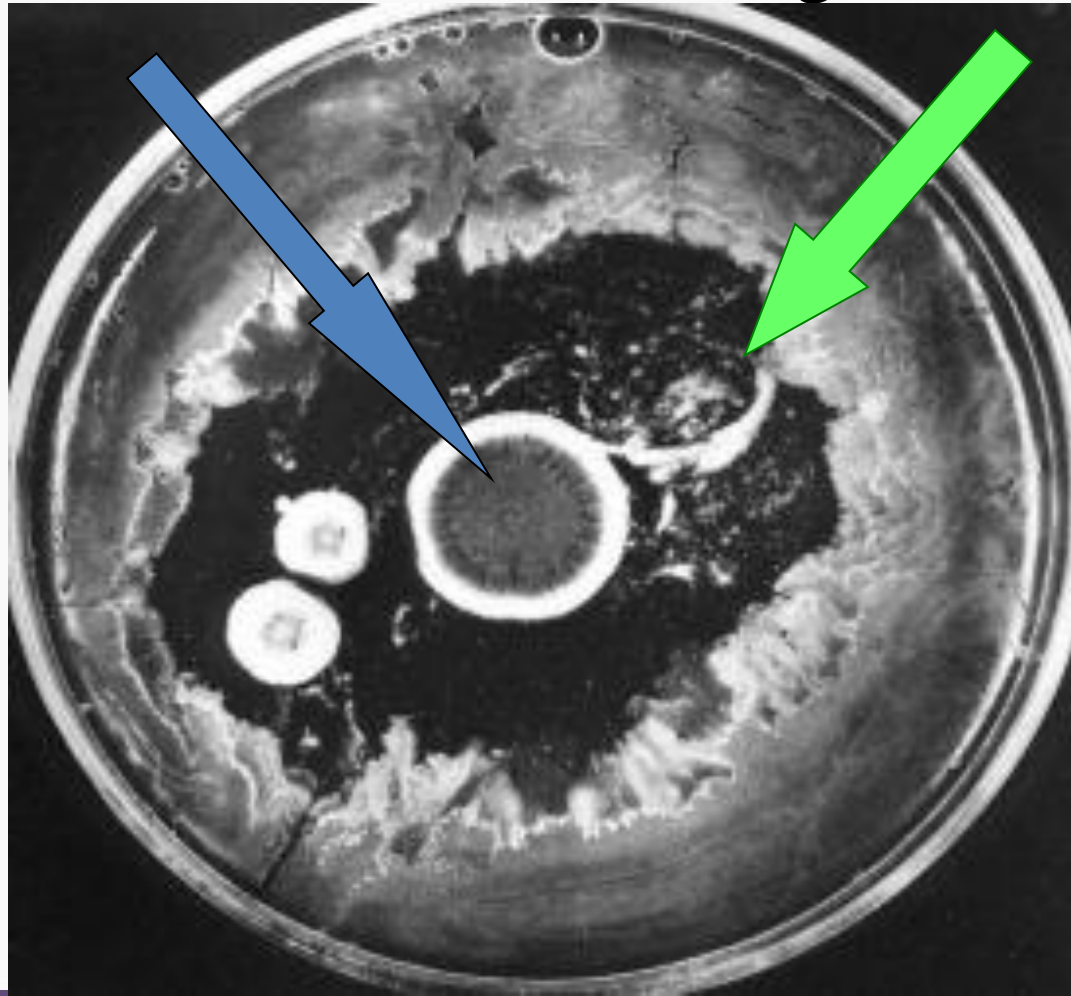
# 生命演化历程 Evolution of Life



# 细菌的基本演化 Basic evolution with bacteria

青霉菌/抗生素 杀死 细菌

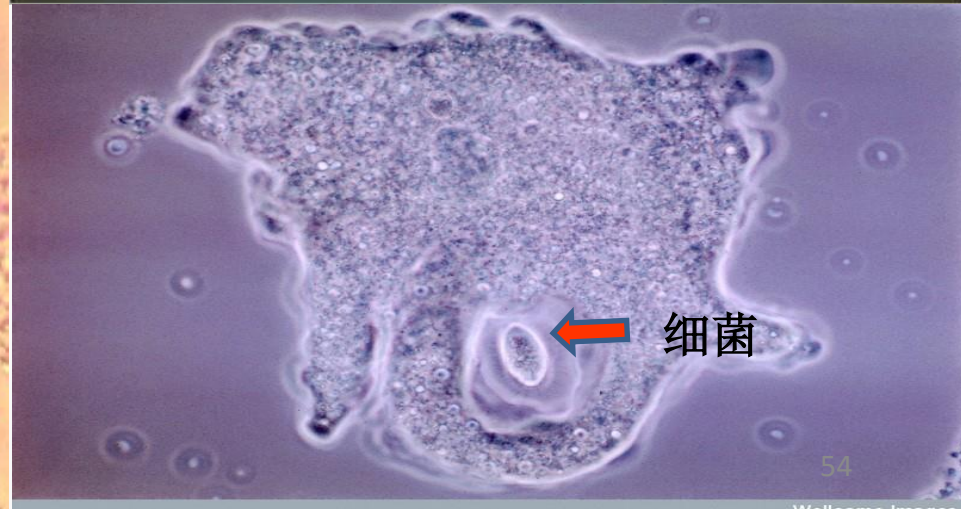
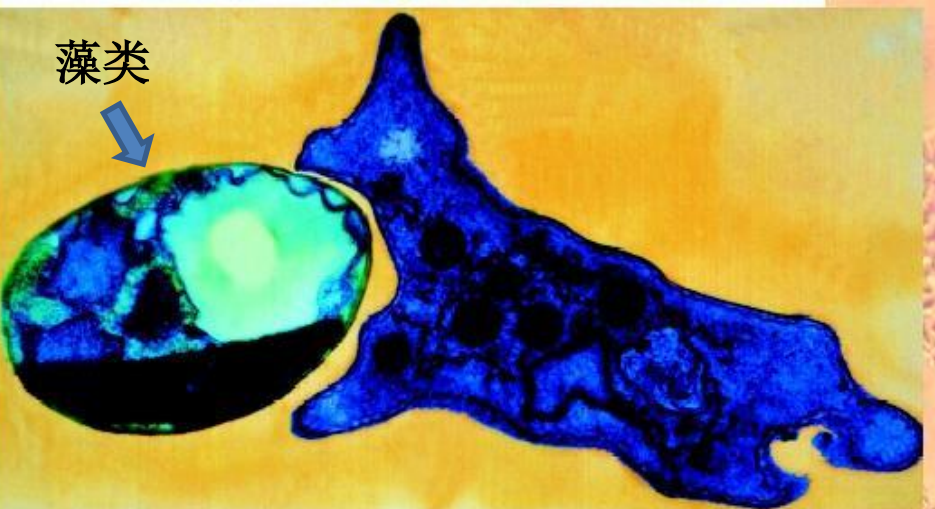
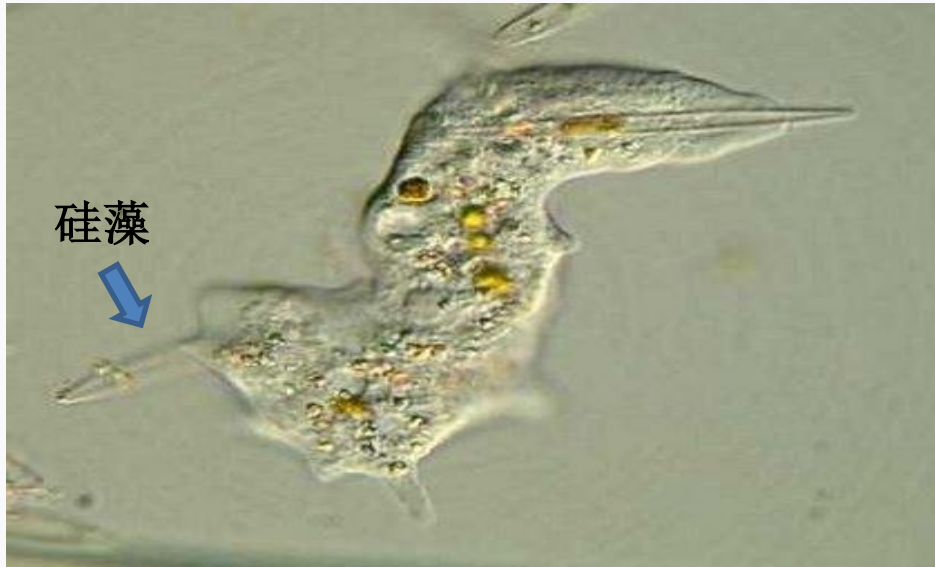
Penicillium mold killing bacteria



# 微生物的基本进化

Basic evolution with microbes

阿米巴吞食硅藻，细菌，藻类 Amoeba ingesting diatoms, bacteria, algae



# 微生物的基本进化

## Basic evolution with microbes

- 青霉菌和阿米巴变形虫都是为了生存而去杀和吞食，这是“嗔”的行为和表现。过量吞食，这就是“贪”。而它们不知道自己为什么要这么做，这是“痴”了。

Penicillium and amoeba kill and swallow for survival, which is the behavior and expression of "hostility", Excessive swallowing is "greed". And they don't know why they do it. This is "ignorance".

- 青霉菌和阿米巴变形虫都有同一个模式，就是由生存本能驱动而产生贪，嗔，痴。
- Both Penicillium and Amoeba share the same pattern, which is driven by survival instincts to produce greed, hostility, ignorance.

# 生存本能 Survival Instincts



生存与死亡 Life and death  
弱肉强食导致生命的本质  
就是痛苦 Suffering in the  
life of Self/I





# 自我/我/小我的形成

## Formation of “Self/I/Ego”

自古以来，从微生物演化到更高的生命形式，需要一些基本条件

Since beyond antiquity, some basic conditions are required for the evolution of microbes into higher life form:

(1) 首先最重要的是“自我/我/小我”的生存欲望。 First and foremost is the “desire” for “Self/I/Ego” to survive.<sup>57</sup>



# 自我/我/小我的形成

## Formation of “Self/I/Ego”

(2) 对于“自我/我/小我”的“形状/结构/表相”，必须满足一些基本的生存需求。这些需求是空气，水，食物，排泄物，健康，住所和繁殖。这种基本的生存需求对所有生物都是共通的（生存本能）。它还未曾发展成为人类本能。

Second, for “Self/I/Ego” to take “shape/structure/form”, some basic survival needs must be met. These needs are air, water, food, excretion, health, shelter, reproduction. This basic survival needs are common to all living creatures (Survival Instinct). It has not developed into Human Instinct yet.



# 自我/我/小我的形成

## Formation of “Self/I/Ego”

(3) 通过与环境的互动与整合(形态)，发展出“自我/我/小我”的思维(意识)。这个思维结构是培养出来的，在培养过程中(形态)，又巩固和强化自我(意识)，从而造成了一个“因果”的恶性循环(从形态到意识再到形态和意识)。 Third, through interaction and integration with its environment, “Self/I/Ego” thoughts are created. These thoughts must nurture its Structure, while Structure further nurtures its Thought. A “cause and result” vicious circle is created.



# 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 .



# 自然界生物食物链

# Food Chain

高级肉食动物



Carnivore

Quaternary consumers

第四消费者



高级肉食动物

Carnivore

中级肉食动物



Carnivore

Tertiary consumers

第三消费者



中级肉食动物

Carnivore

低级肉食动物



Carnivore

Secondary consumers

二级消费者



低级肉食动物

Carnivore

草食动物



Herbivore

Primary consumers

主要消费者



浮游动物

Zooplankton

植物



Plant

Primary producers

初级生产者



浮游植物

Phytoplankton

陆地食物链

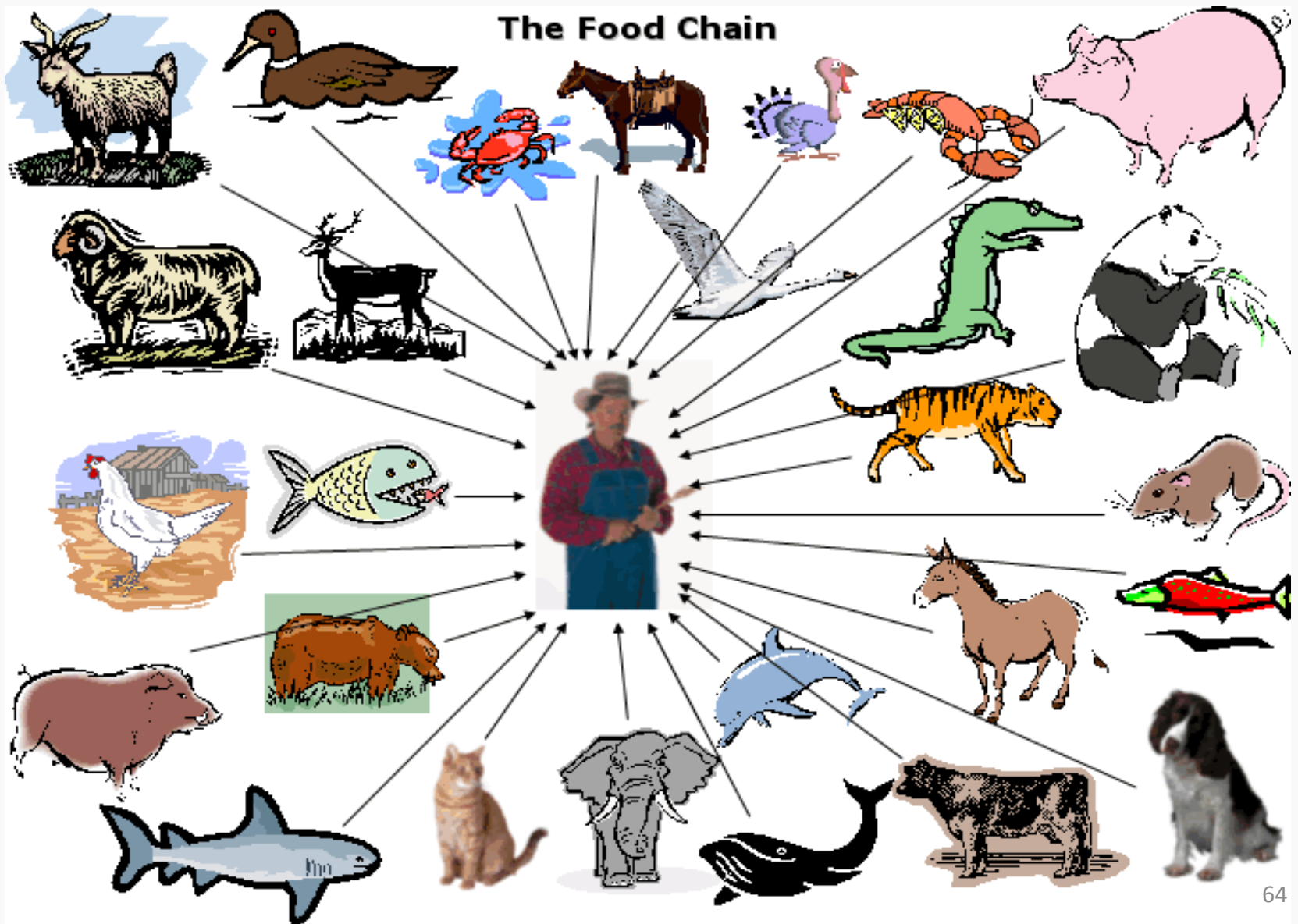
A terrestrial food chain

A marine food chain

海洋食物链

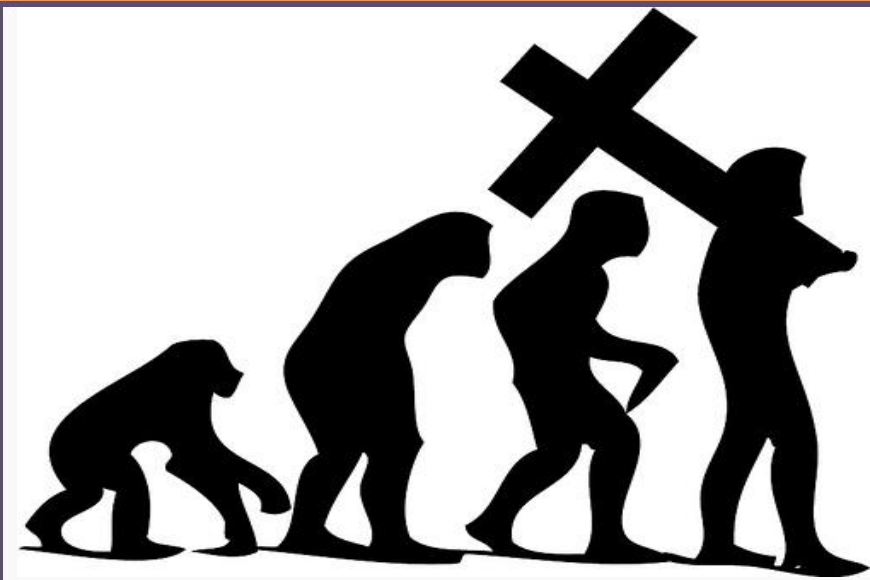
# 人类食物链

# Human Food Chain

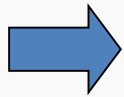




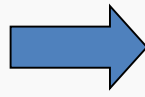
# 人类本能的演变 Evolution of Human Instincts



生存本能  
Survival  
Instinct



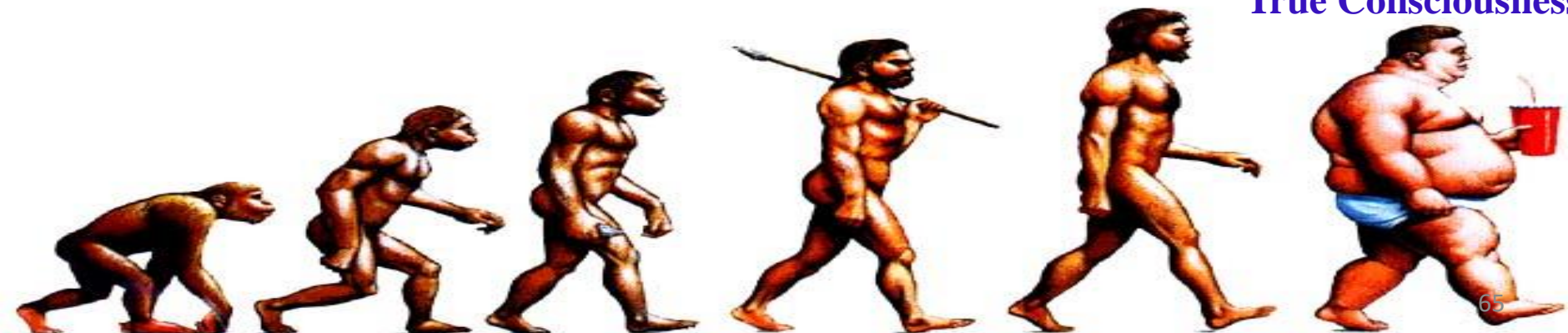
人类本能  
Human  
Instinct



灵性本能  
Spiritual  
Instinct



真理觉识  
(明觉系统)  
True Consciousness



# 人类本能的演变 Evolution of Human Instincts

- 生存本能：在无明系统中生活和运作 = 不明白

Survival instinct: Living and Operating in an Unenlightened System; ignorant & unaware

- 灵性觉醒：在明觉系统中生活和运作 = 知道每一个身口意的来源

Spiritual awakening: Living and Operating in an Enlightened System, aware of one's mind, speech and action

# 人类本能的演变 Evolution of Human Instincts

- 我们本来就有自由选择的权利，选择我们的生命方向和生活方式。  
We have the freedom to choose our life style.
- 我们可以超越生存本能的支配和控制，跳出无明系统，提升到明觉系统。 We can reject the domination and enslavement of survival instinct, rise above ignorance and let our true Consciousness evolve towards enlightenment.

# 个人自我的形成

Formation of Self in Individual

# 假手幻觉实验

Body Transfer Illusion Experiment

# 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

现在让我们用“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 difference 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, 儿童出现了

“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, 用一些事物来做个人身份证明的  
习惯就形成了(我: 小我/第七识; 我的/  
我所: 是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到自我觉识里面，因此儿童从这些事物中获得了个人身份的认定。

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，或者自以为傲的东西。

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





# 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.

# 总结：后天编码形成小我

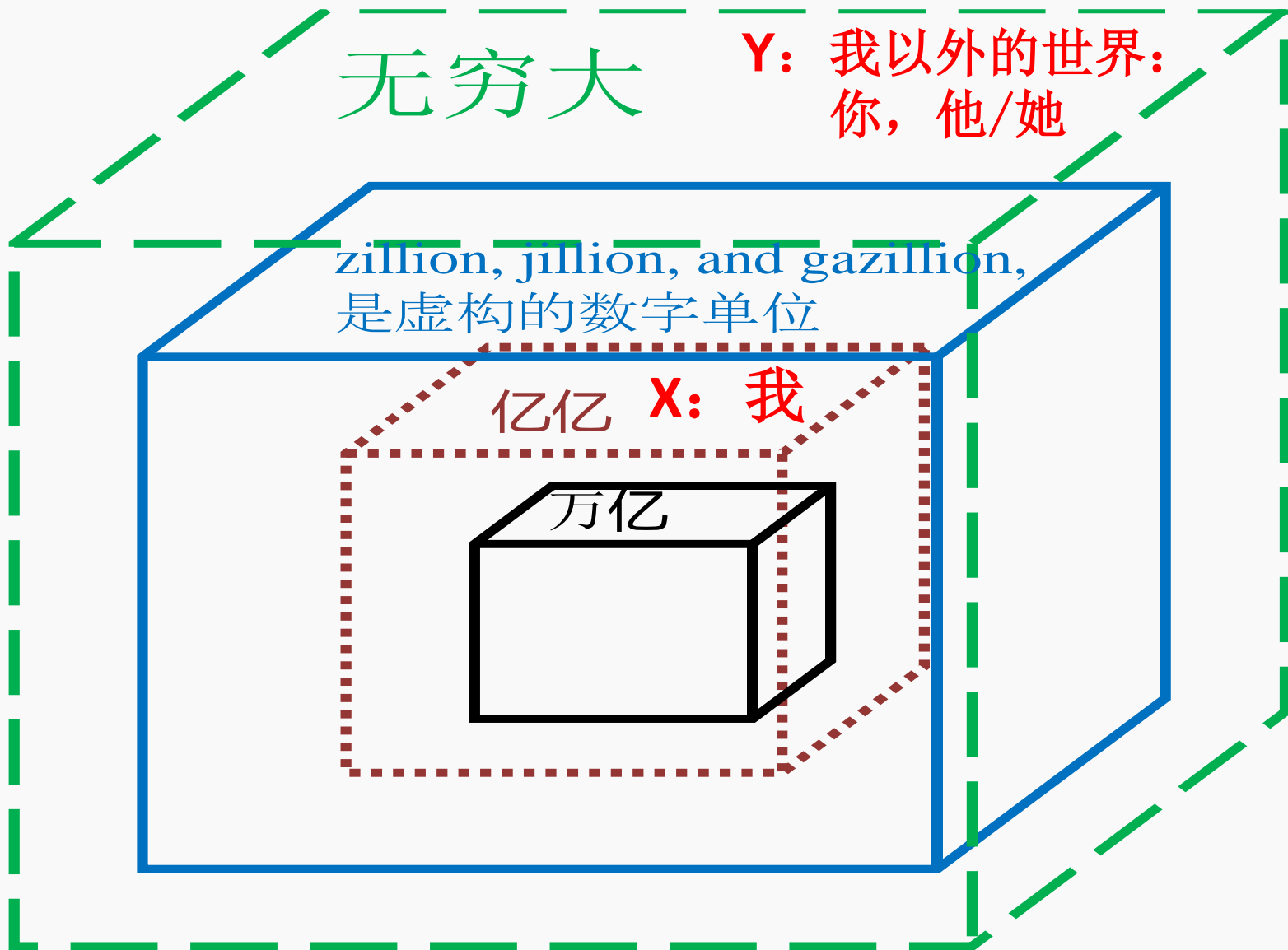
## Ego's Encoding & Programing

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, a person's thoughts will be constantly influenced and coded by education acquired through families and societies, as well as religious beliefs and cultural customs.



# 思维框: X & Y Thinking Boxes: X & Y



# 思维框: X & Y Thinking Boxes: X & Y

我们的心量太小，为自己设立了一个“框框”，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

- 这种个人身份证明的思想是分离的妄想。个人身份证明的思想，把个体从整体中隔离开来。 The thought of identification is the delusion of separation.
- 这些思想架构发展成为我/自我/小我的觉识。 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。（三种年龄：自然，社会与与心灵年龄） The I/self/ego grows bigger with the age but not with the maturation.

- 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





# 觉(佛) , 真我

Awareness(Buddha), True self

在觉和明了之前 (迷/无明的状态), “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.



# 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



結束  
THE END

感谢！

Thank You!

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