

智觉科学课程 第二十三节

回顾复习：小我 (2)

Summary: Ego (2)

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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

小我的特性

Characteristics of Ego

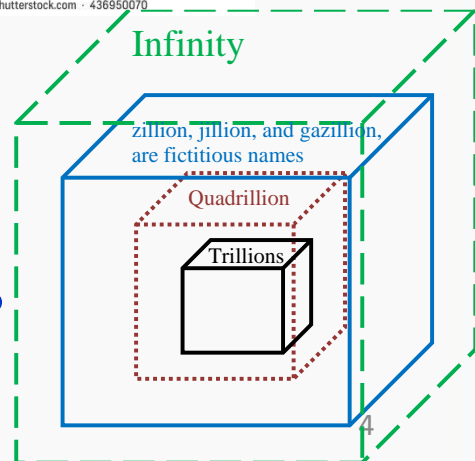
小我的九个定义 **Nine Definitions of Ego**

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) 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.



用身外物来做身份证明

Identification with things

小我用身外事物来做身份证明 (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?

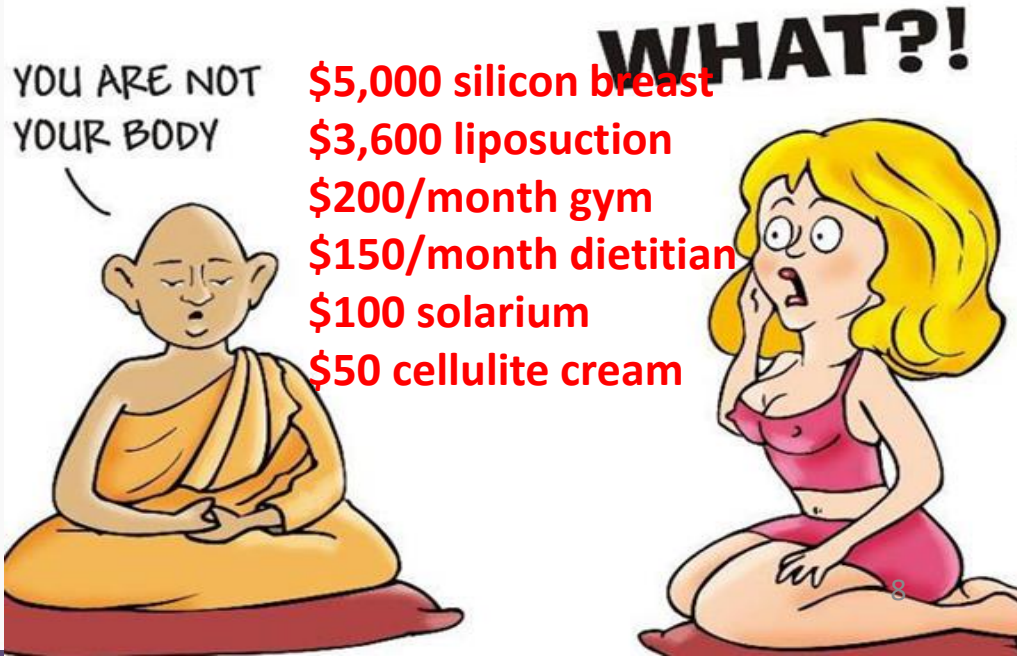




用外表来做身份证明

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.



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. 中世纪天主教会的宗教审判
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”

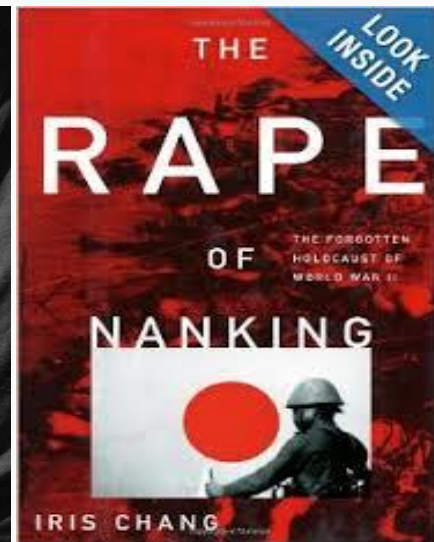
贪、嗔、痴都是一种“相”，而它们产生的根源是自然生态无明，我们现在已经把贪、嗔、痴的根源和形成的机制都清楚地说明了。

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 .

型

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.

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

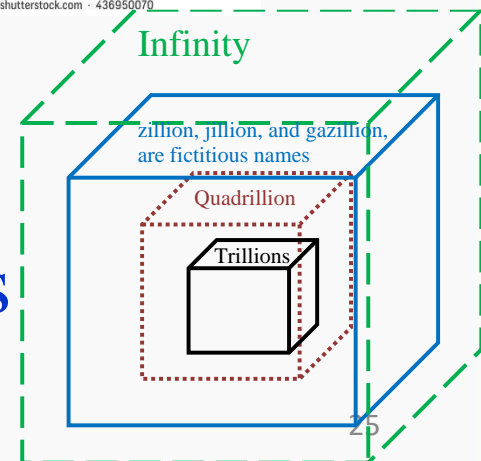
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小我的膨胀

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>

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 :

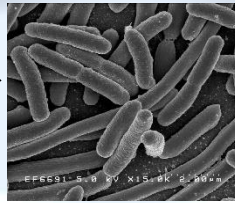
(1) 牛肉就是刺激， 喜欢或反感是反应。 这个刺激反应是从单细胞生物， 动物直到人类， 都是一样的在起作用。 Beef is *stimulation*, like or dislike is *response*. The stimulus response is the same from single-celled organisms, animals up to humans.

外来刺激反应 Stimuli Response

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



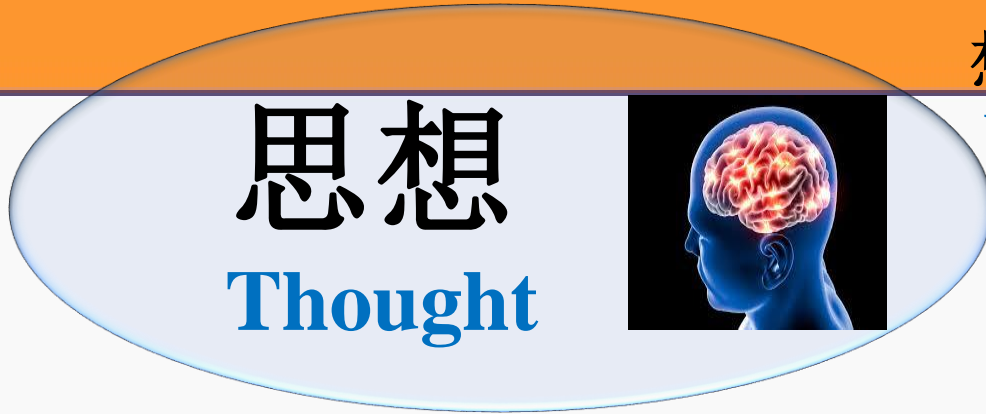
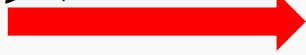
Thought

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



糖 Candy 3X



拿糖吃
Look for candy



糖 Candy 2X



好吃
Delicious



糖 Candy 1X



犹豫
Hesitate



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



内部刺激
Internal Stimuli

思想
Thought

内部反应：
很愤怒
Internal Response:
Intense anger

思想
Thought

外来刺激
Internal Stimuli



思想
Thought

愤怒 Anger

外来刺激
External Stimuli



侮辱 Insult

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(觉察， 警觉), 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).

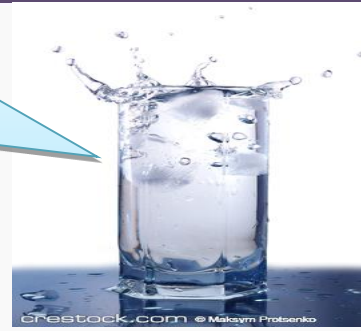


小我的防卫 **Defense of Ego**

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.*

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.

战胜小我

Overcome Ego

学习技能

Learning Skills

1. 术语定义

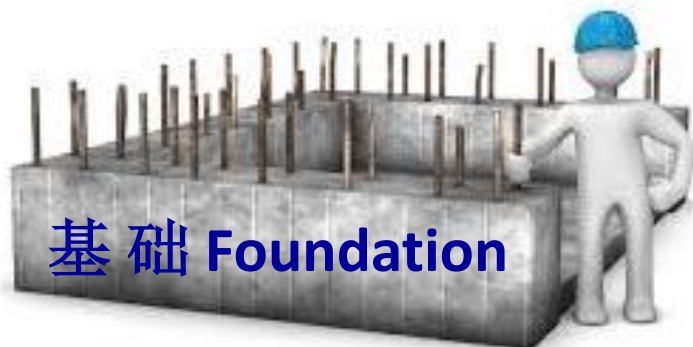
Definition of Terms

2. 沟通技能

Communication Skill Set

3. 思维模式

Mind Set

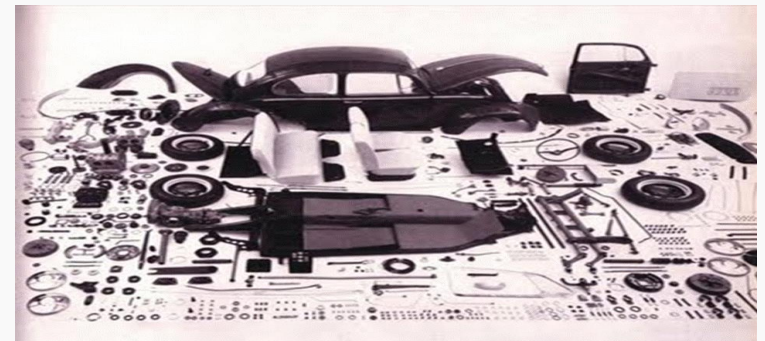
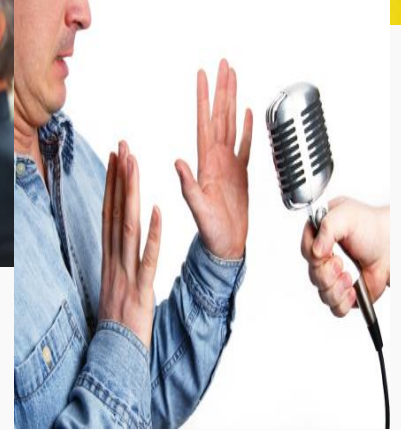


沟通技能 Communication Skill Set

1. 积极聆听 Active listening
2. 欣赏 Appreciation
3. 表达 Expression
4. 建立共识 Establish Collective Consciousness

战胜小我！

Overcome EGO



学习目标

Learning Objectives

学习技能为我们提供识别和消除小我的工具。因此，打开心量可以接受新的信息/教育。这样才可能学习。 Learning skill provides us tools to recognize and remove the ego. Therefore, the mind is opened in order to allow new information/ teaching to come in. Thus, learning is possible.



Learning Objectives

战胜小我 Overcome Ego

通过觉者教育来认识
Through Awareness of the
following:

1. 真正 (更高的) 觉识
True Consciousness
2. 生命 Life
3. 本源 Source
4. 存在 Being
5. 真实身份 True Identity



战胜小我的特性 (信解)

Overcome 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。 Identification of content 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.

战胜小我的特性 (信解)

Overcome Characteristics of Ego

事实上一切结构都是無常
(成, 住, 坏, 空)。

结构是小我身份证明底层
的思想过程, 它是通过拥
有物质, 美貌和名望等形

式 (相) 来表现的。 The Truth is that all
structures are unstable and impermanent. Structure is
the thought process underlying ego's identification with
forms such as materialistic possession, beauty, fame etc.

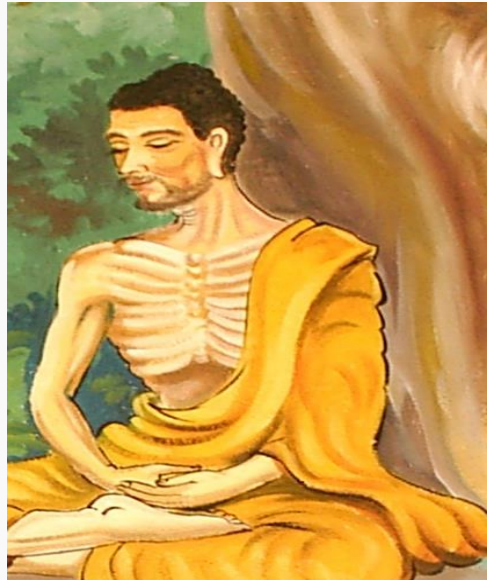


战胜小我的特性 (行证)

Overcome Characteristics of Ego

放弃所有财物(身外物)是东西方宗教都倡导的一种灵性修行。旨在破除小我的内容和结构，打破身份的识别。

Renouncing of all possessions is an ancient spiritual practice in both Eastern and Western religions. The aim is to break the content and structure of ego and break identification.



战胜小我 Overcome Ego

❖ 生活实例： 例如失业

In a situation: e.g. lost a job

❖ “我不高兴” → 这是一个思想

“I am unhappy” → It is a thought

❖ 辨认出这个“不高兴”的感觉

(情绪) → 它就是小我

Recognize/acknowledge the unhappy

feeling → It is the ego

战胜小我 Overcome Ego

- ❖ 把思想从处境中抽离出来 →
Separate the thought from the situation →
是小我的思想创造了不高兴的感觉
The thought creates the unhappy feeling
- ❖ 愿意去制止思想的不断膨胀 →
Willing to stop the inflation of the thought →
捕捉我们自己的思想（念：今心）
Catching our thoughts
- ❖ 明心的定义：明白我们自己的心意识是如何运作。所以战胜小我是明心的一部分。
Definition of understanding consciousness: Understanding how our consciousness work. So overcoming ego is part of the mind.

战胜小我 Overcome Ego

刺激

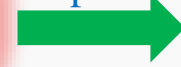
Stimuli



思想
THOUGHT

反应

Response



三毒

3 CARDINAL
SINS

贪婪 (贪)
GREED

嗔恨 (嗔)
HOSTILITY /
ANGER

愚痴 (痴)
IGNORANCE

三个明了的教法
(三无漏学)

5 ENLIGHTENMENT
TEACHINGS

慷慨来自纪律训练
(戒) Generosity from
DISCIPLINE training

安详来自当下三摩地
(禅定) 训练 (定)
SERENITY from Presence &
Samadhi training

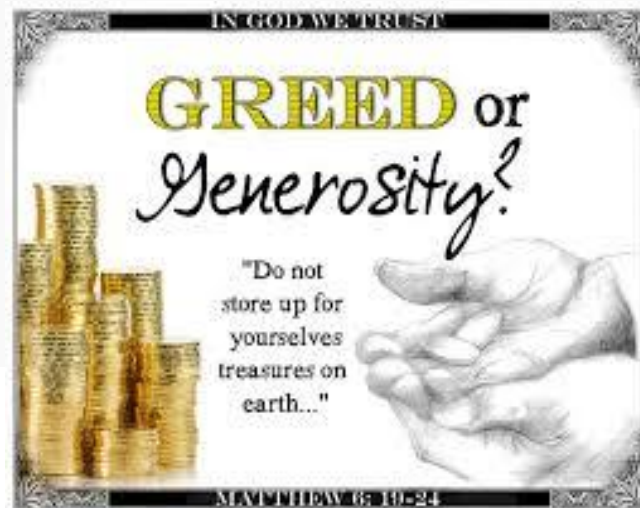
智慧源自正法的知识
(慧) WISDOM derived
from knowledge of the
dharma

贪婪 → 自律/慷慨

Greed → Discipline/Generosity

不贪婪是啥意思？

慷慨、仁慈、利他主义、无私、淡泊、节制、慈善、宽宏大量



what's the
opposite of
greed?

generosity, benevolence,
altruism, unselfishness,
indifference, moderation,
charity, magnanimity, apathy



贪婪或者慷慨？

不要为自己或者自己的家族霸占过多的财富和资源！



嗔恨 → 安详

Hostility/anger → Serenity

我们都在表露我们是谁，你可以选择表现冲突和愤怒，或者和谐安详。

"I used to have an anger problem"



Before Yoga



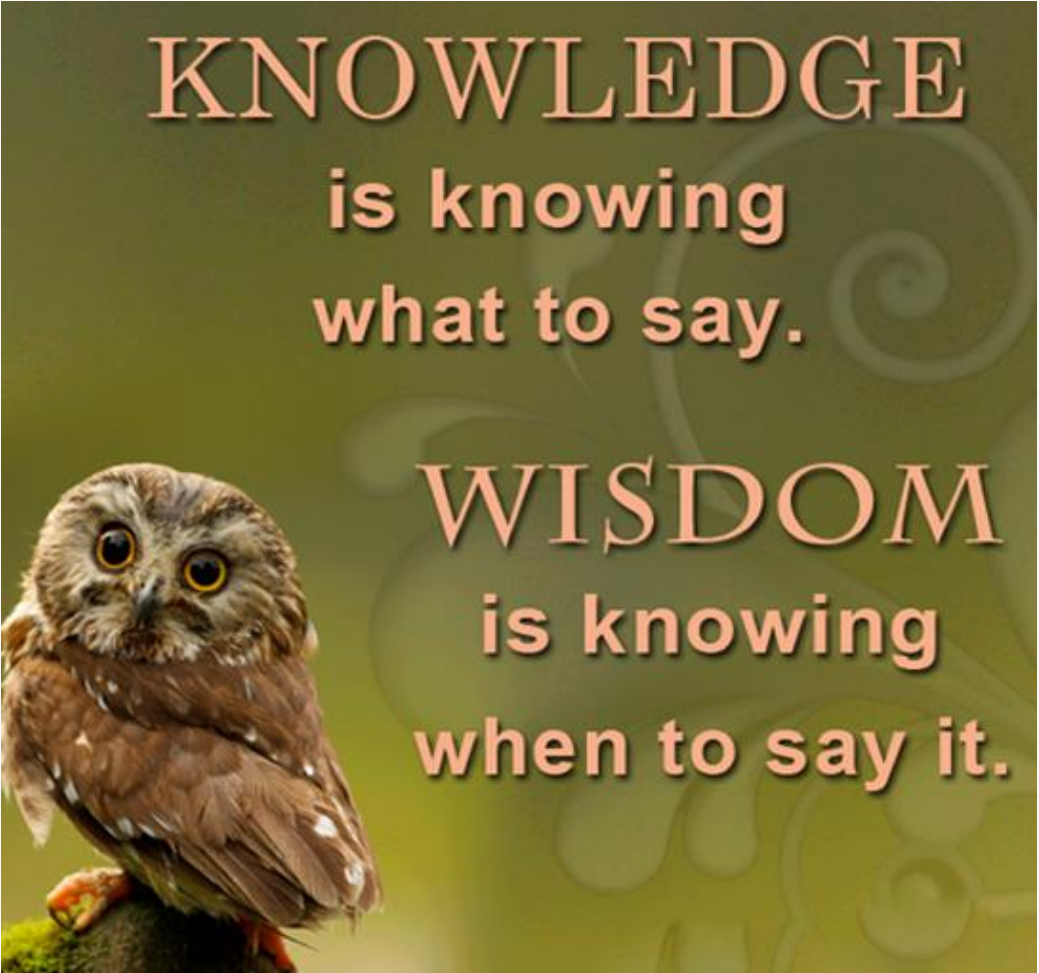
After yoga

"We all radiate who we are. You can choose to radiate conflict and anger, or harmony and serenity"

Sr. Stan



知识是知道
说些什么，
智慧是知道
该在什么时
候说。



避免十恶行 **Avoid ten evil actions**

身恶

1. 杀生 **Killing of living beings**

2. 偷盗 **Stealing**

3. 不合法性行为 (邪淫)

Unlawful sexual misconduct

避免十恶行 *Avoid ten evil actions*

口恶

1. 说谎 (妄语) *Lying*
2. 诽谤 (两舌) *Slander and tale-bearing*
3. 恶言恶语, 出口伤人 (恶口)
Harsh speech
4. 无聊和毫无意义的谈话 (绮语)
Frivolous and meaningless talk

避免十恶行 *Avoid ten evil actions*

意恶

1. 贪婪，贪得无厌，尤其对属于他人事物的渴望（贪欲）

Covetousness, or eagerly desirous especially of things belonging to others

2. 恶意；怨恨（嗔恚） *Ill-will*

3. 错误的观点（邪见） *Wrong view*

超越小我

Beyond Ego

超越小我→无我后，真正的觉识（真我）才能显露
Beyond Ego → Give up self to realize True Consciousness

- 佛是极其无有疲厌的，不屈不饶和坚定不移的觉者。 Buddhas are exceedingly insatiable , unyielding and unwavering beings.



- 地藏菩萨是无有疲厌的去解放所有的地狱众生。 Ksitigarbha Bodhisattva is insatiable in liberating all beings from hell.

超越小我→无我后，真正的觉识（真我）才能显露
Beyond Ego → Give up self to realize True Consciousness

- 佛（觉者）要灭苦，在努力引导众生解脱的过程中极度坚持和执着愿力（不可动摇）。 Buddhas are antagonistic to suffering and extremely persistent (immovable) in trying to guide sentient beings.
- 佛（觉者）的目标是拯救他人，而不是拯救自己。 Their goals are for the salvation of others and not for themselves.

超越小我→无我后，真正的觉识（真我）才能显露
Beyond Ego → Give up self to realize True Consciousness

• 把贪心修正为贪图世界大同理想
Greed → insatiable ideal of utopia

• 把嗔心修正为嫉恶如仇
Hostility → antagonistic to suffering

• 把疑惑修正为信心十足，毫不犹豫，毫不动摇
Uncertainty → immovable, unwavering grand vow

明了是把小我转变为更高的觉识

Enlightenment is the Transformation of Ego to a Higher Consciousness



三毒
3 CARDINAL
SINS

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智慧源自正法的知识
(慧) WISDOM derived
from knowledge of the
dharma

明了的定义

- 传统佛教关于“開悟”的定义是佛的境界。
- 智觉学苑把“明了”定义为佛的境界，解脱涅槃的境界。
- 明：破了无明，明明白白。
- 了：了结，了脱，一了百了，了生脱死。

- 開悟是开始刚刚打开心量时的状况。
- 在明了的时候，一个人是明明白白的，他已经觉者了。觉者就是警觉性很高，什么都可以思考，什么都可以懂的。
- 在这个状况下，所有的资讯都不排除，这是“活在当下”的意思。

“小我”和“无我”的分别

Difference between “Self” & “Selfless”

积极方面 Positive aspects	小我 Self (Atman)	无我 Selfless (Parmatman)
思维方式 Thinking mode	有限的 limited	无限的 unlimited
思维能力 Thinking capacity	有限的 limited	无限的 unlimited
见地 Point of view	有限的 limited	无限的 unlimited
智慧 Wisdom	有限的 limited	无限的 unlimited
般若能量 Prajna Energy	有限的 limited	无限的 unlimited
容量 Capability	有限的 limited	无限的 unlimited
生活 Livelihood	有限的 limited	无限的 unlimited
知识 Knowledge	有限的 limited	无限的 unlimited
生/死 Living & dying	分段生死 limited	不生不灭 unlimited

“小我”和“无我”的分别

Difference between “Self” & “Selfless”

消极方面 Negative aspect	小我 Self (Atman)	无我 Selfless (Paramatman)
苦难 Affliction	有，是的 yes	无 none
需求 Needs	有 yes	无 none
欲望 Desire	有 yes	无 none
妄念迁流 Wondering thoughts	有 yes	无 none

超越小我后是什么状况呢？

What is there beyond Self/I/Ego?

阿罗汉=自我觉醒（自觉）

Arahat = Self Awareness

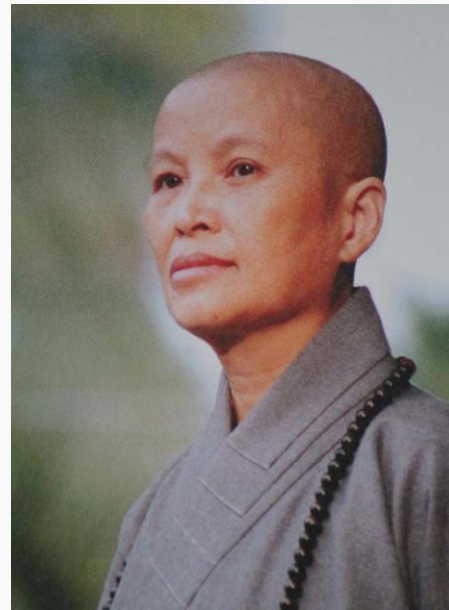
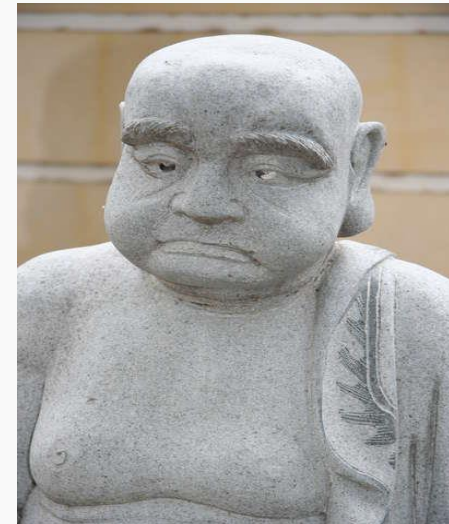
定义：超脱所有的人事物

Definition: Detached from all

菩萨=宏大的誓愿：自我觉醒，并引导他人觉醒

（自觉觉他） Bodhisattva = Grand vow: Self Awareness and entice others to Self Awareness

定义：为他人利益而奉献牺牲
Definition: Self sacrifice for the benefits of others



超越小我后是什么状况呢？

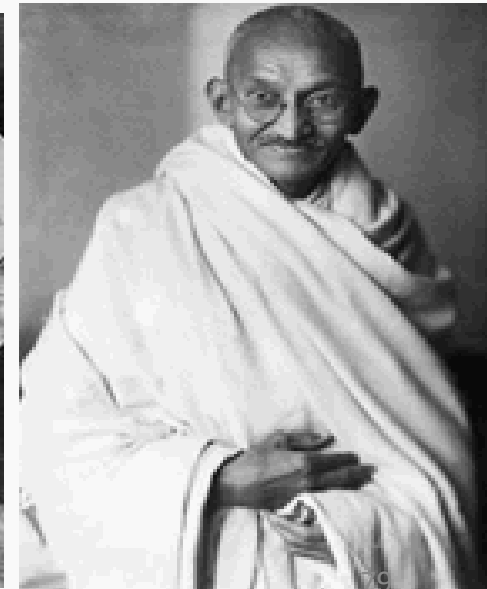
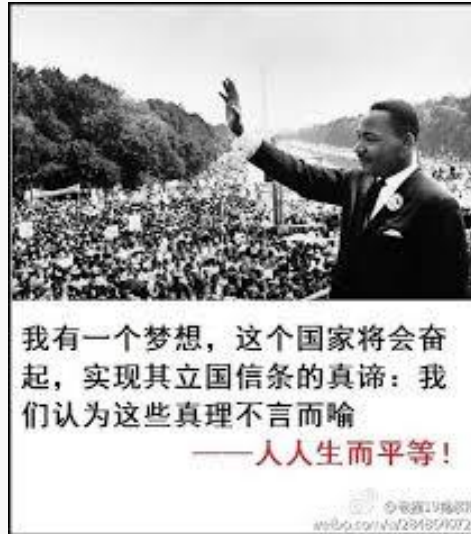
What is there beyond Self/I/Ego?

大菩萨 / 佛 = 实现
伟大的誓愿 (自觉
觉他 / 觉行圆满)

Mahasattva / Buddha =
Completion of Grand Vow

定义：在绝望中
带来希望

Definition: Bring hope to
hopeless situations



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.





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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