

第三十一节

觉识等级(五):主流宗教的觉识等级

Consciousness levels Part 5 :

Levels of consciousness in major religions

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(AWE)

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三稱

南 無 佛

Namo Buddhaya

南 無 法

Namo Dharmaya

南 無 僧

Namo Sanghaya

聖

开经偈

无上甚深微妙法
百千万劫难遭遇
我今见闻得受持
愿解如来真实义

觉识等级 Levels of Consciousness

- 主流宗教和非宗教的觉识等级

Levels of consciousness in major religions and non religions



- 开悟明了觉者的实例

Examples of enlightened beings

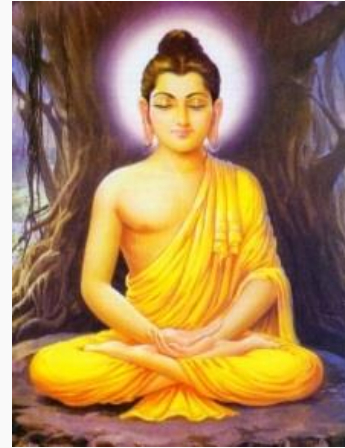
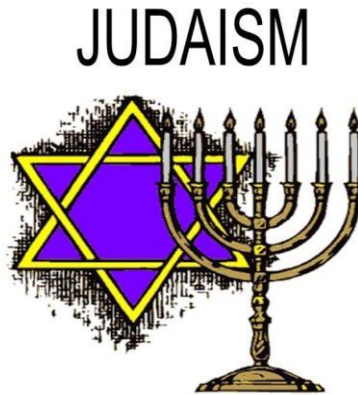
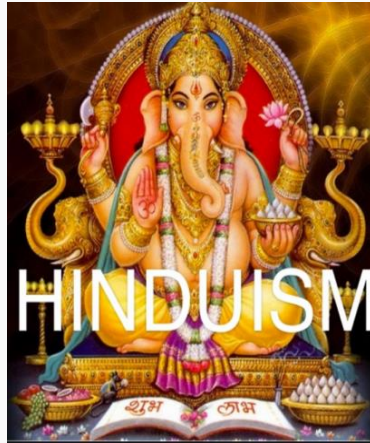
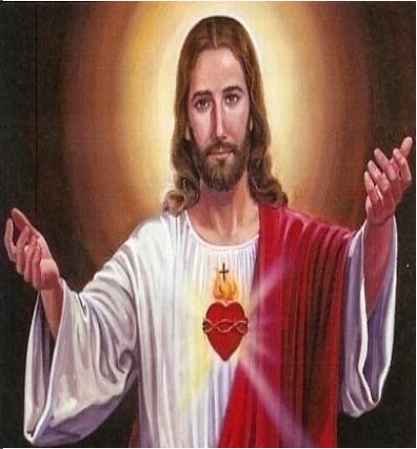
- 灵性与宗教的对比

Spirituality versus religion

觉识等级 Levels of Consciousness

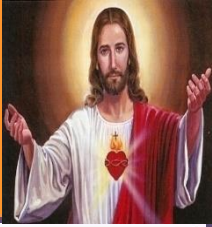
- 各宗教觉识等级下降的原因分析
Reasons for the Drop in Level of
Consciousness in Various Religions
- 佛教实践的方法
Practical approach of Buddhism

觉识等级 Levels of Consciousness



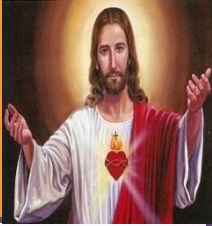
主流宗教的觉识等级
Levels of consciousness
in major religions

耶稣教 Christianity



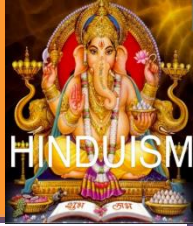
- 耶稣基督最初阐述的真理的觉识等级校准为1000分。 The level of truth originally expounded by Jesus Christ calibrated at 1000.
- 到了二世纪，他教义里真理的觉识等级降到了930分。 By the second century, the level of truth of his teachings dropped to 930.
- 到了六世纪，耶稣教教义的觉识等级降到了540分。 By the sixth century, it dropped to 540.

耶稣教 Christianity



- 到了十一世纪，在十字军东征期间，耶稣教教义的觉识等级降到了目前的498分。
By eleventh century, during the time of the Crusades, it fell to its current 498 level.
- 在公元325年，尼西亚理事会(天主教会的第一个理事会)之后，由于误解了耶稣的教义，天主教教义的觉识等级有了很大的衰落。
At 325 AD, after the Council of Nicaea, it had a major decline due to the misinterpretations of his teachings.

印度教 Hinduism



- 克里希纳神（黑天神）教义的觉识等级校准为1000分。

The teaching of Lord Krishna calibrates at 1000.

- 它目前实践的真理的觉识等级仍然是850分。

The truth of the current practice still calibrates at 850.

犹太教 Judaism



- 亚伯拉罕教义的觉识等级校准为985分。 The teaching of Abraham calibrates at 985.
- 在摩西时期， 摩西五经妥拉 (指引，律法) 里面所含真理的觉识等级校准为770分。 At the time of Moses, it calibrated at 770 → the level of truth of the Torah. <https://zh.wikipedia.org/wiki/妥拉>

犹太教 Judaism

JUDAISM



- 现代犹太教的觉识等级校准为499分。 Modern Judaism calibrates at 499.
- 卡巴拉 (犹太哲学观) 的觉识等级是720分。 The Kabbalah is 720.

<https://zh.wikipedia.org/wiki/卡巴拉>

- 光明篇的觉识等级是730分。(光明篇是卡巴拉对于希伯来圣经，旧约圣经的注解)

The Zohar is 730. <https://zh.wikipedia.org/wiki/光明篇> 11

伊斯兰教 Islam



- 穆罕默德的觉识等级过去是740分。 The level of consciousness of Mohammed was 740.
- 《古兰经》的觉识等级校准为720分。 The Koran calibrates at 720.

伊斯兰教 Islam



- 到十字军东征结束时，伊斯兰教义里面真理的觉识等级已经严重下降了。
The truth of Islamic teachings had dropped severely by the end of the Crusades.
- 激进的伊斯兰原教旨主义教义里真理的觉识等级是130分。 The level of truth of the teachings of militant Islamic fundamentalism is 130.

佛教 Buddhism



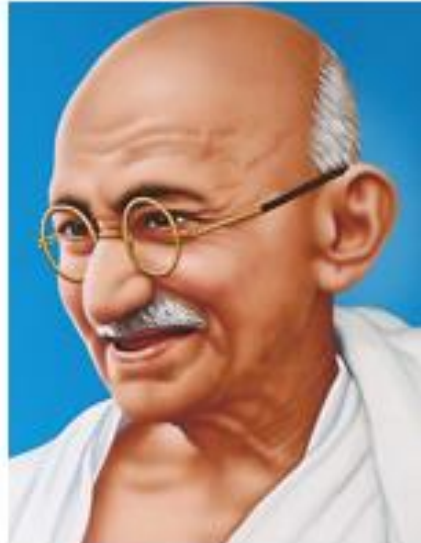
- 佛陀所教导真理的觉识等级最初是1000分。 The level of truth of Buddha's teaching was originally 1000.
- 到了公元六世纪，佛教实践中真理的觉识等级下降到900分。 By the sixth century AD, the level of truth in practice dropped to 900.

佛教 Buddhism



- 小乘佛教 (小车: 声闻, 缘觉) 仍然校准为890分。Hinyana Buddhism (the lesser vehicle) still calibrates at 890.
- 大乘佛教 (大车: 菩萨, 佛) 校准为960分。Mahayana Buddhism (the greater vehicle) calibrates at 960.
- 禅宗校准为890分。Zen Buddhism calibrates at 890.

非宗教的觉识等级 Levels of consciousness in non religion



非宗教的觉识等级

Level of Consciousness in Non Religion

- 美国独立宣言：觉识等级校准在700分。
American Declaration of Independence :
calibrated at level 700.
- “我们认为这些真理是不言而喻的，即人人生來是平等的，造物主赋予他们某些不可剥夺的权利，其中包括生命、自由和追求幸福”。 “We hold these truths to be self evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness”

非宗教的觉识等级

Level of Consciousness in Non Religion

- 也就是说，这些真理并非是一项来自“武力”的法令，也不是任何暂时的“统治者”所授予的。 That is, these truths don't derive as a decree from “force”, nor are they granted by any transitory “ruler”.
- 民主承认被统治者的神圣权利，而不是统治者。 Democracy recognizes the divine right of the ruled, rather than the ruler.

非宗教的觉识等级

Level of Consciousness in Non Religion

- 亚伯拉罕·林肯在葛底斯堡的演说：“这个国家孕育于自由的理念，并献身于一切人生来平等的理想。”，“要使这个国家在上帝保佑下得到新生——要使这个民有、民治、民享的政府永世长存”。（也校准在700分） Abraham Lincoln in the Gettysburg Address: “this nation was conceived in Liberty and dedicated to the proposition that all men are created equal” and that “this nation, under “God”, shall have a new birth of freedom - and that government of the people, by the people, for the people, shall not perish from the earth. (also calibrated at 700) <https://baike.baidu.com/item/葛底斯堡演说/9524243>

非宗教的觉识等级

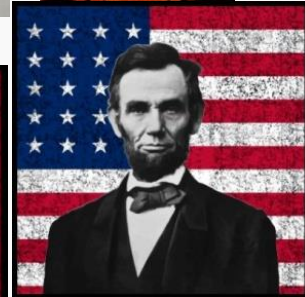
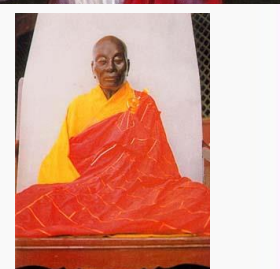
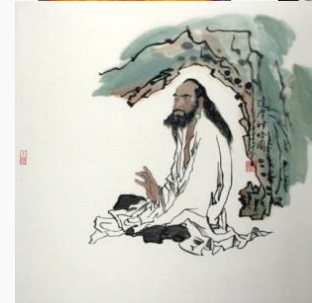
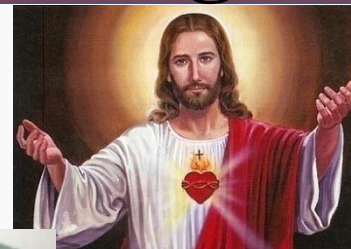
Level of Consciousness in Non Religion

- 与圣雄甘地相同的观念 (觉识等级为700分)。 Same concept as Mahatma Gandhi (level 700)
- 特蕾莎修女的事迹也是同样的等级 (觉识等级为700分)。 Same deeds of Mother Theresa (level 700)

开悟明了觉者的历史实例

Historical Examples of Enlightened Beings

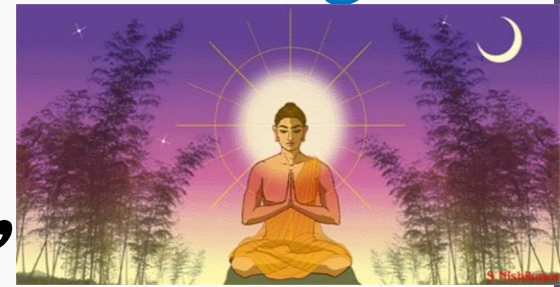
- 佛陀 Buddha
- 耶稣 Jesus
- 菩提达摩 Bodhidharma
- 中国禅宗的六祖慧能大师
6th Patriarch of Chinese Zen
- 杰斐逊, 华盛顿, 林肯 T. Jefferson,
G. Washington, Abraham Lincoln
- 圣雄甘地 Mahatma Gandhi
- 特蕾莎修女
Mother Theresa
- 一个现代人
A modern day person



佛陀 → 觉悟者

Buddha → The Awakened One

- 在佛陀之前，印度学者(婆罗门)有很高的灵性知识水平。 Before Buddha, scholars (Brahmans) in India had a very high level of spiritual knowledge.
- 佛陀在寻求智慧的过程中学到了所有这些知识。 Buddha learned all these knowledge in his search of wisdom.
- 在菩提树下沉思冥想了数周后，他觉醒/觉悟了。 After many weeks of contemplation under the Bodhi tree, he became awakened.



佛陀 → 觉悟者

Buddha → The Awakened One

- 他接受和包容了关于现实/实相微观和宏观，物理与形而上学方面的观点。 He embraced both the microscopic and macroscopic view of reality, the physical and metaphysical.
- 他把知识转化为智慧。 He transformed his knowledge into wisdom.
- 他向世界展示了通向开悟明了的“正确之路”。 He showed the world “The Correct Way” to Enlightenment.



耶稣 → 无私，无条件的爱

Jesus → Selfless, Unconditioned Love

- 耶稣在当时，意识到犹太教的局限性。

Jesus was aware of the limitation of the old testament (religion) at that time.



- 他提出了一种基于爱、善良和仁慈的新宗教

He proposed a new religion based on Love, Kindness and Mercy.

- 他完全意识到了人的灵性跟宇宙的灵性可以用父子关系来描述。

He was fully aware that the spirituality of man and of the universe could be described by the relationship between father and son.

菩提达摩 → 智慧

Bodhidharma → Wisdom

- 印度王子 Prince in India
- 成了一名僧人
Became a monk
- 前往中国 Went to China
- 住在少林寺 → 始创了少林武功

Resided in Shaolin Temple
→ Advancement of Kung Fu



http://www.youtube.com/watch?v=JeX5sQcop_c

菩提达摩 → 智慧

Bodhidharma → Wisdom

- 把以中国文化为基础的中国佛教现代化。 Modernized Buddhism for China based on Chinese culture.
- 开创和发展了中国制造的中国禅宗佛教。 Developed a made-in-China version of Chinese Zen Buddhism.

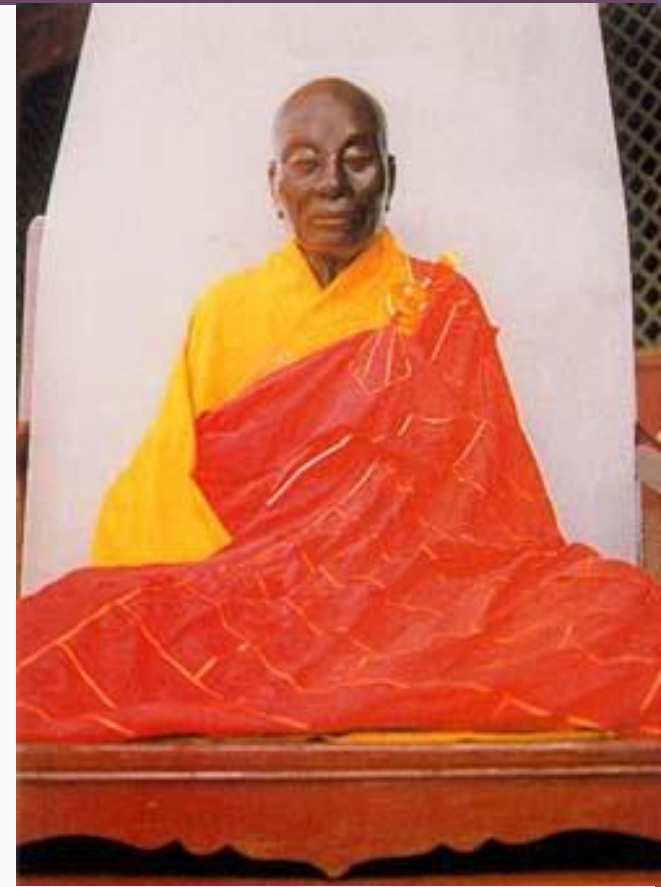


http://www.youtube.com/watch?v=JeX5sQcop_c

六祖 → 警觉

Sixth Patriarch → Awareness

- 他是除了佛陀以外其教义被视为佛经的唯一之人。
Only person other than Buddha whose teaching is regarded as Sutra.
- 文盲，贫穷的农民。
Illiterate. Poor peasant.
- 禅师。 Zen master.



六祖 → 警觉

Sixth Patriarch → Awareness

- 他提出了自性的观念。 He proposed the concept of Self nature (Buddha nature).
- 每个人都可以当下成佛。 Everyone can be a Buddha (here and now).
- 他首创顿悟法门，区别于渐悟法门。 He proposed Sudden Awareness versus Gradual progression of Awareness.

托马斯·杰斐逊 → 智慧

Thomas Jefferson → Wisdom

- 《美国独立宣言》主要起草人，美国开国元勋之一。



Main drafter of the Declaration of Independence of the United States, one of the founding fathers of the United States

<https://zh.wikipedia.org/wiki/托马斯·杰斐逊>

托马斯·杰斐逊 → 智慧

Thomas Jefferson → Wisdom

- 我们认为这些真理是不言而喻的，即人人生來是平等的，造物主赋予他们某些不可剥夺的权利，其中包括生命、自由和追求幸福。
“We hold these **truths** to be self evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness”
- 所有现代民主都是基于这些原则的。 **All modern day democracy is based on these principles.**

乔治华盛顿 → 警觉，无私

George Washington → Awareness, Selfless

- 带领美国人战胜英国军队 → 当时最强大的军队。 Led the Americans to victory over the British Army → the mightiest army of its time.
- 通过拒绝成为国王来维护（保护）宪法的价值。 Enshrined (protect) the value of the Constitution by refusing to be King.



乔治华盛顿 → 警觉，无私

George Washington → Awareness, Selfless

- 确保共和国的生存，而不是在美国建立一个新的王国。 Ensure the survival of a Republic instead of creating a new kingdom in America.
- 开创了政客退休的潮流。 Started the trend of retirement of politicians.
- 小我/自我/我在哪里？
Where was the ego/self/I?

亚伯拉罕·林肯 → 智慧

Abraham Lincoln → Wisdom

- 强制执行并确认
宪法的价值

Enforced and confirmed
the value of the
Constitution

- 领导美国经历南北战争
American Civil War



亚伯拉罕林肯 → 智慧

Abraham Lincoln → Wisdom

- 废除奴隶制 → 验证了人性/人道的意义
Freedom from slavery
→ validated the meaning
humanity
- 他失去了生命, 但却变得不朽。 He lost his life
but became immortal.



圣雄甘地 → 智慧

Mahatma Gandhi → Wisdom

- 和平的斗争(非暴力不合作运动)为印度次大陆内外带来了独立。 Peaceful struggle that brought independence to the Indian subcontinent and beyond.
- 将具有各种宗教的人们团结在更高的事业/更高等级的警觉/觉识中。 United various people with various religions to a higher cause / higher level of awareness / consciousness.



圣雄甘地 → 智慧

Mahatma Gandhi → Wisdom

- 促成殖民主义的崩溃。

The collapse of colonialism.

- 他的智慧仍然激励着世界 → 菲律宾反对独裁的人民革命、乌克兰的橙色革命、

尼尔森·曼德拉反对南非种族隔离的革命、阿拉伯之春。 His wisdom still inspires the world

→ People's revolution against dictatorship in Philippines, Orange revolution in Ukraine, Neilson Mandela's revolution against apartheid in South America, Arab Spring.



特蕾莎修女 → 无私的爱

Mother Theresa → Selfless Love

- 来自保加利亚的护士。 Nurse from Bulgaria.



- 为印度弱势群体服务的宏大誓愿。 Grand Vow to serve the disadvantaged in India.

特蕾莎修女→无私的爱

Mother Theresa → Selfless Love

- 不会说当地语言。没有工作计划。她也不知道自己誓言的细节。 Did not speak the language. No business plan. No idea of details of her action/vow.
- 坚定履行她的誓言。 Just act on her vow.
- 她的成就是不言而喻的。 Her achievement is self evident.
- 这是基于警觉和智慧。 That is based on Awareness and Wisdom.

一个活生生的菩萨

A Living Bodhisattva in the Making

个人成就：杨元宁

Personal achievement:

Yang Yuanning

- 1988年，出生在台湾一个非常富裕的家庭。

In 1988, born in Taiwan to a very wealthy family.

- 在16岁，出版了七本启发思想的儿童读物。

Age 16 - published seven thought-stimulating children's books.



一个活生生的菩萨

A Living Bodhisattva in the Making

- 17岁：为《时尚》杂志拍照和“纽约时装周”走秀。 **Age 17: modelled for “Vogue” magazine & “the New York Fashion Week”.**
- 18岁：进入哈佛大学就读，修习生物学与东方哲学双学位，并在大学二年级就修完哲学系的应修学分。 **At the age of 18, She entered Harvard University for a double degree in biology and Oriental philosophy, and completed his required credits in the Department of Philosophy in his sophomore year.**

一个活生生的菩萨

A Living Bodhisattva in the Making

品性 **Attributes:**

- 简单的生活方式：平淡无奇，不奢侈。
Simple life style: plain, non extravagant.
- 能够承受压力和逆境。
Ability to tolerate stress and adversity.
- 以目标为导向。
Goal oriented.
- 精力充沛、坚定、自信、“完美主义者”。
Energetic, determined, confident and “perfectionist”.

一个活生生的菩萨

A Living Bodhisattva in the Making

- 避免拖延和自我怀疑。 **Avoid procrastination and self doubt.**
- 主动。 **Takes initiative.**
- 有同情心, 善良, 乐于助人。
Caring, kind and helpful.
- 誓愿/宏愿大誓。
Vow/grand vow.

无私成就 Selfless Accomplishment

- 她从宾利学校高中毕业后，获得了“劳丹皇帝奖”。它被授予“那些最有可能创造成功并提供帮助人们创造成功的最好方式的人”。 She received the "Laudan Emperor Award" (Magistri Laudandi Award) on graduation from Binge Li High School (The Pingry School). It was awarded to “those who are most likely to create success and offers the best way to help people create success “.

无私成就 Selfless Accomplishment

- 她小时候在学校，通过资助、筹款和组织时装秀，帮助中国唇裂患者筹集资金。
As a child in school, she had helped fundraising for cleft lip sufferers in China, by financing, fundraising and organizing fashion catwalks.
- 她参加了不同的非营利组织，为穷人寻找希望。
She participated in different non-profit organization to find hope for poor people.

无私成就 Selfless Accomplishment

- 看到可怜的单身母亲带着孩子在危地马拉伤心。这些妇女生活在破旧的小屋里，每天要花两个小时的车去上班。她主动提出帮助。因此，她为不同的组织打了几十个国际电话以获取信息。在彻底消化了细节之后，她写了一份关于她的梦想和愿景的建议。它被介绍给危地马拉总统。 The sight of poor single mothers with children in Guatemala saddened her. These women lived in tattered huts and had to take a two hours bus ride to work daily. She offered to help. Thus, she made dozens of international calls to different organizations for information. After thoroughly digested the detail she wrote a proposal on her dream and vision. It was introduced to the president of Guatemala.

无私成就 Selfless Accomplishment

- 该项目呼吁制定一项“住房计划”，以帮助危地马拉当地的穷人。它的名字是“希望之村”和“光明之城”。“希望之村”旨在为低收入家庭建造环保、美丽的房屋。“光明之城”包括为穷人规划两千个家庭住宅、商业建筑、学校、医院等城市规划。

This project called for a "housing plan" to aid the local poor people in Guatemala. The name was "Village of Hope" and "City of Light". "Village of Hope" aimed for the construction of environmentally friendly and beautiful houses for low-income households. "City of Light" encompassed town planning for 2000 family homes, commercial buildings, schools, hospitals and so on for the poor.

宏大的誓愿 Grand Vow



- 在她的书《哈佛心体验》中，她说：“我的梦想是有一天我可以为世界许多地区的穷人提供更好的生活。我将成为一名“志愿者企业家”，希望能帮助世界上每一个人获得平静、和谐、平衡的生活。我希望有一天，即使是孤儿和被遗弃的儿童也有机会接受良好的教育，体验世界的美丽。 In her book, “Harvard Heart Experience”, she says, “My dream is that one day I can provide better lives for the poor in many parts of the world. I will become a “volunteer entrepreneur” with the hope to help every person in the world to get calm, harmonious, balanced life. I hope that one day even the orphans and abandoned children will have the opportunity to get a good education and experience the beauty of the world.”

灵性 vs 宗教 Spirituality vs Religion

Religion is for people who are afraid of going to hell.

Spirituality is for those who've already been there.

宗教是为那些害怕去地狱的人而设的。

灵性是为那些已经去过那里的人而设的。

灵性 vs 宗教 Spirituality vs Religion

灵性 Spirituality	宗教 Religion
同一性(平等) Oneness (equal)	二元性(上等的) Duality (superior)
共鸣 Empathy	同情 Sympathy
上帝在里面(内部焦点) God is within (internal focus)	上帝在外面(外部焦点) God is outside (external focus)
生命能量 Life force/power	信念/力 Belief/force
以爱为基础(非暴力) Love base (nonviolence)	以恐吓为基础(暴力) Fear base (violence)
开放性 Open to interpretation	教条主义性 Dogmatic
觉醒(解脱/自由/无依) Awake (liberation/freedom/independence)	无明(束缚/有依) Ignorance (imprison/dependence)

各宗教觉识等级下降的原因 Reasons for the Drop in Level of Consciousness in Various Religions

- 来自还没开悟明了的人的误解。
Misinterpretation by less enlightened beings.
- 在翻译中丢失教义原意。
Lost in translation.
- 教义的真实性 → 真相或错误 → 量或力
The truthfulness of the teaching →
Truth / false → power / force

佛教的基本方法

Basic Approach in Buddhism

- 佛教是实践和精神发展的道路（包括宗教、形而上学、科学和哲学）。引导洞察现实的真实本质，这条道路是以自我和其他生命达到开悟明了为最终目标的。

Buddhism is the path of practice and spiritual development (including religion, metaphysics, science and philosophy). Leading the insight into the true nature of reality, a path which ultimately culminates in enlightenment for self and other beings.

- 一个开悟明了的人绝对清楚地看待自然，如它本然一样，并按照这一愿景充分和自然地生活，代表着苦难的结束。

An enlightened being sees nature absolutely clearly, just as it is, and lives fully and naturally in accordance with that vision, representing the end of suffering.

日常生活中的佛教 Buddhism in Daily Life

- 佛教与日常生活有关，视生活为一个不断变化的过程。 Buddhism relates to daily life and sees life as a process of constant change.
- 佛教利用这样一个事实，一个人可以变得更好。 Buddhism takes advantage of this fact that one can change for the better.

日常生活中的佛教 Buddhism in Daily Life

- 佛教帮助人们转变观念和经验，以便充分而负责任地生活。 Buddhism helps people to transform their conceptual thinking and experience in order to live out their life fully and responsibly.
- 佛教徒不会“传福音”或强迫他人接受佛教，而是让感兴趣的人接受佛教，这样人们就可以自由选择。 Buddhist do not "Evangelize" or coerce (force) other people to adopt Buddhism, but rather to make the teachings available to whoever is interested so people are free to choose.

生命的意义与价值 Meaning and value of life

佛教 实际上是一种不断演进的人类觉识，包括宗教，形而上学，科学，哲学和认知心理学等等。
。（生命的意义） **Buddhism** is actually an evolving human consciousness including religion, metaphysics, science, philosophy and cognitive psychology.

(The meaning of life)

明了 就是包含了所有这些知识和智慧，让自己的人生明智地活出最高的价值。 （生命的价值）

Enlightenment is embracing these knowledge in totality and living one's life wisely to its highest value. **(The value of life)**



結束
THE END

感谢！

Thank You !

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Transfer of merit

By this effort, may all sentient beings be free of suffering.

May their minds be filled with the nectar of virtue.

In this way may all causes resulting in suffering be extinguished, And only the light of compassion shine throughout all realms.



聖

回向偈

愿以此功德，庄严佛净土
上报四重恩，下济三途苦
若有见闻者，悉发菩提心
尽此一报身，同生极乐国



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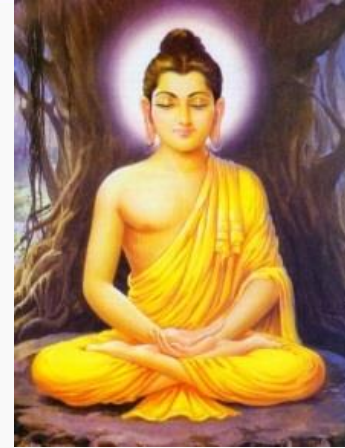
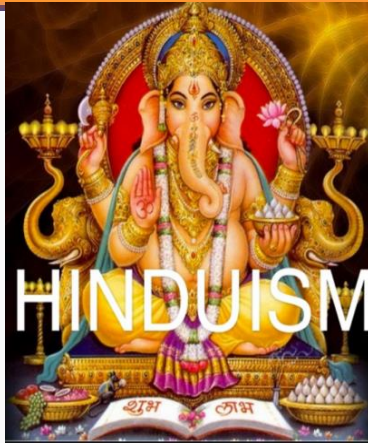
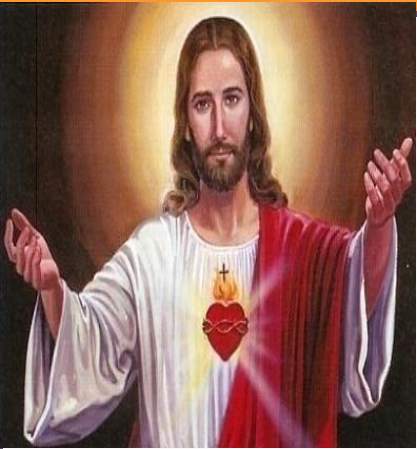
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觉识等级 Levels of Consciousness

- 历史学家以一种导致对圣人/智者/觉者偶像崇拜化的方式来著述历史。 Historians wrote in a way that led to idolizing the sages/wise/enlightened.
- 佛教实用的方法 Practical approach of Buddhism



觉识等级 Levels of Consciousness



主流宗教的觉识等级 Levels of consciousness in major religions

世界宗教人口比例（2010年）

- [基督教](#) (31.5%)， [伊斯兰教](#) (23.2%)
- 无宗教，包括[世俗主义](#)、[不可知论](#)及[无神论](#)等 (16.3%)，
- [印度教](#) (15.0%)
- [佛教](#) (7.1%)， [民间宗教](#) (5.9%)，
- 其他宗教 (1%) <https://zh.wikipedia.org/wiki/世界主要宗教>