

## 冥想和觉悟/顿悟的普遍性

### The Universality of Meditation and Enlightenment

超越冠状病毒进入一个更紧密、更合作、更健康的世界

Looking past COVID-19 into a better connected, more cooperative and healthier world

协调呼吸、自然和现代世界

Harmonizing breath, nature, and the modern world



Figure 1: <https://yogaheidelberg.com/wp-content/uploads/2017/07/lord-shiva-meditation.jpg>

### 呼吸，重新连接一切 **Breath and reconnecting with everything**

在读这篇文章之前请放松。深呼吸。再深呼吸。对自己呼吸的感觉自然地连接着身体/思想/精神。这是冥想的关键。身体/心灵/精神是三回事也许他们是一回事？最初他们其实是一个，但是我们的分析思维大脑把它分成三个。冥想就像是回到我们原来的一个状态的门。仅仅“呼吸”这个词就可以成为我们的“钥匙”——一种有条件的反应，让我们回到真正的人性和健康。所以，在这篇文章中，我会反复地说：“呼吸。”这是一个很好的习惯，无论我们在做什么。

Before reading this article please relax. Take a deep breath. Take another deep breath. Awareness of one's own breathing connects body/mind/spirit naturally. It's the key to meditation. Is the body/mind/spirit three things or one? Originally one, but our analytic thinking brain chops it into three. Meditation is like a doorway back to our Originally One state. Just the word "Breathe" can be our "key," - a conditioned response bringing us back to our real humanity

and health. So, throughout this article I will repeat and repeat: “breathe.” It's a wonderful habit to develop whatever we are doing.

从气功、少林拳、太极拳、冥想等等，我们都学过“横膈呼吸”。也叫“腹式呼吸”。大多数人大多数时候只是做些微呼吸。这在一定程度上是因为在人类创造的现代世界里，我们住在房子里，教室和办公室里，用轮式车辆在中间运送，我们不怎么移动，也不怎么呼吸。

From Qi Gong, Shaolin and Tai Chi, meditation and so on we are taught “diaphragmatic breathing.” It's also called “belly breathing.” Most people most of the time just take tiny breaths. This is partly because in the human-created modern world, living in houses, and classrooms and offices, and being transported by wheeled vehicles in-between we don't move much, and we don't breathe much.

如今，我们在其他人创造的人造世界中生活着人造生活，而不是在自然界创造的现实世界中生活。每年，我们越来越受到电子媒体的编程影响，越来越少地进入现实世界。这会带来健康和情感上的损失。这些世界之间能否找到和谐？可以兼得两者吗？可能是的，但是我们必须放下一些人工的阻碍以使这种和谐发生。(请深呼吸!)

Nowadays we live artificial lives in artificial worlds created by other people, not in the real world created by nature. Every year we are more and more programmed by electronic media, and less and less part of the real world. There are health and emotional costs to this. Can a harmony be found between these worlds? Is it possible to have the best of both? Probably yes, but we have to let down some walls to allow that to happen. (Breathe!)

## 大自然、心、药 **Nature, mind and Medicine**

大自然、心、身心康复的典范

Nature, Mind, and Medicine: A Model for Mind - Body Healing, by Jason A. Kaufman Ph.D., Ed.D.

人的心身具有一种非凡的内在治愈能力。基于进化上保守的大脑和身体系统，自然似乎是健康的基本来源，沿着注意力和放松这两个载体。然而，在人类刚刚开始重新发现其好处的时候，然而我们的物种正在远离自然。。。

结论: 暴露在自然环境中可能会提供一个治疗的“窗口”途径，可以通过使用引导冥想和最终的催眠暗示，通过连续的干预来扩展。其结果可能是提高了促进执行功能增强和免疫调节更有力的能力。现在是时候在自然之手的指引下发展一种更全面的医学了。(再次深呼吸!)

The human mind-body possesses a remarkable innate ability to heal. Grounded in the evolutionarily conserved systems of the brain and body, nature appears to function as the fundamental source of wellness along the two vectors of attention and relaxation. Yet, our species is moving away from nature at a time when humanity is just beginning to rediscover its benefits...

Conclusions: Exposure to natural environments may provide a "window" of healing that can be extended through a continuum of intervention through the use of guided meditation and ultimately hypnotic suggestion. The result may be an improved ability to promote greater executive functioning and more robust immune regulation. The time has come for a more holistic medicine guided by the hand of nature. (Breathe!)

[https://www.researchgate.net/publication/324815833\\_Nature\\_Mind\\_and\\_Medicine\\_A\\_Model\\_for\\_Mind-Body\\_Healing](https://www.researchgate.net/publication/324815833_Nature_Mind_and_Medicine_A_Model_for_Mind-Body_Healing)

冥想至少是暂时放下现代世界教给我们的大部分东西，让我们回到一种更自然、更有活力的状态，这种状态包括呼吸更彻底、更深，看到、听到、感觉、品尝和闻起来更直接、更真诚，没有现代世界教给我们的所有过滤器。(呼吸!)

Meditation is at least temporarily letting go of most of what the modern world taught us and returning us to a more natural and alive state which involves breathing more completely and deeply, and seeing, hearing, feeling, tasting and smelling more directly and honestly without all the filters the modern world teaches us. (Breathe!)

婴儿自然而然就可以进入冥想状态。但是随着我们学习更多的单词，我们就会失去这种天生的能力。我们学习的单词越多，我们拥有的力量就越大。但是，我们同时开始将整个世界划分成越来越小的部分。我们学习“好”和“坏”，并且接受我们通常所学的内容而无需多加考虑。我们知道男孩和女孩是不同的。男孩通常对此不怎么考虑，但女孩通常会考虑，因为传统上现代的“文明”赋予男孩许多优势和更大的自由。我们学习了 10,000 个喜欢和不喜欢的事物。(深呼吸!)

Babies are natural meditators. But as we learn words we lose this innate ability. The more words we learn the more power we have. But we simultaneously start to chop the whole world into smaller and smaller pieces. We learn “good” and “bad,” and accept what we learn usually without thinking about it much. We learn that boys and girls are different. Young boys usually don’t think about this much but girls often think more about it because modern “civilization” has traditionally given boys many advantages and greater freedom. We learn 10,000 likes and dislikes. (Breathe!)

语言和文化开始定义我们的存在。我们常常无法通过我们的语言和文化的面纱看到事物。冥想正在更直接地体验生活，而没有单词，语言和文化的过滤条件。这是我们的初衷。我们不必立即标记所有内容。我的天啊！有钱人！可怜的人！一个英俊的男人！一个丑陋的男人！聪明人！一个愚蠢的人！亚洲人！一个黑人！白人！什么？这是人。所有这些其他东西都太肤浅了。对所有这些事情的态度取决于个别文化，而不是觉悟/顿悟的属性。(深呼吸!)

Words and cultures come to define our existence. We often cannot see things as they are through the veils of our languages and culture. Meditation is experiencing life more directly without all the filters of words, languages and cultures. It is our original mind. We don’t have to label everything immediately. Omg! A rich man! A poor man! A handsome man! An ugly man! A smart man! A stupid man! An Asian man! A black man! A white man! What? This is a human. All those other things are so totally superficial. Attitudes to all those things are determined by individual cultures, not attributes of enlightenment. (Breathe!)

当我遇到其他人时，我们对其他人的善良冷酷有多维度的敏感。比如对他人的感受/想法/需求/愿望/梦想有多敏感？我们到底是在乎别人，还是仅仅从他们对我们有用的角度来衡量他们？(深呼吸!)

When meeting other humans I’m sensitive to the dimensions of kind heart/cold heart – like on an empathy scale. How sensitive are we to the feelings/thoughts/needs/wants/dreams of others? Do we care at all or do we just measure people in terms of their usefulness to us? (Breathe!)

在这个现代世界里，我们很容易失去真正的人性，变成一个机器人。我们的眼睛看不见。我们的耳朵听不见。

In this modern world it’s so easy to lose our real humanity and become like a robot with eyes that do not see, ears that do not hear, etc.

我们已经成为不听闻、不看、不感觉的专家。在大多数情况下，我们别无选择。例如，我们了解到每年有九百万人饿死，但我们不能让自己在痛苦中迷失。(深呼吸!)

We have become experts at not hearing, seeing, and feeling. In most cases we don't have a choice. For example, we learn that nine million human beings starve to death every year, but we cannot allow ourselves to get lost in the pain of that. (Breathe!)

我们每年都会看到 10000 个广告，但我们甚至不能注意其中的 1%。这些天我们不得不封锁我们环境中的很多东西。所以，我们闭上眼睛，关上耳朵，感觉越来越少。当我们生活在大自然中时，这种持续的锁定是不必要的。树木、山脉、天空、河流、湖泊和海洋都不想卖给我们任何东西。这是一个比人类创造的现代世界要轻松得多的世界。(深呼吸!)

We each see 10,000 advertisements every year but we cannot pay attention to even 1% of them. We have to lock out so much of what is in our environments these days. So, we close our eyes, and ears and feel less and less every year. This constant locking out isn't necessary when we live in nature. Trees, mountains, skies, rivers, lakes and oceans don't try to sell us anything. It's a vastly more relaxing world than the modern world humans have created. (Breathe!)

在现代世界中，对呼吸的持续感知将我们与我们原始身体/心灵/精神本质的合一性联系在一起，这是非常有帮助的。

Continual awareness of our breath is very helpful in the modern world by connecting us to the oneness of our original body/mind/spirit nature.

自从文明开始，我们就开始用词，用词越来越多。从我们醒来的那一刻起，直到我们在夜里沉入梦乡，我们的大脑被粘在一起的文字和逻辑挤得水泄不通。(深呼吸!)

Since civilization began we started using words and more words and more words. From the moment we wake up until we drift into dreams at night, our brains are crowded by words glued together with logic. (Breathe!)

是的，我们需要语言在社会中发挥作用。有好话也有坏话。但是，最终要重新发现我们的“自然真实的心灵”，我们需要学会不时地放手，放松我们的思想。如何做到？专注于呼吸和感觉。不加识别和评估的去去看去听。只是去单纯的看听。只需观察，不必把他们分类。(请深呼吸!)

Yes, we need words to function in society. There are good words and bad. But, ultimately to rediscover our “original mind” we need to learn to let go of words from time to time and just relax our minds. How to do that? Focus on breathing and feeling. See without identifying, weighing and measuring everything. Hear without always evaluating and calculating. Just see. Just listen. Just observe without cataloging everything. (Breathe!)

暂时放开逻辑链条，观察一下。或许有一天，你会放松到放下自我与“他人”之间的隔墙，与你所观察到的融合在一起。

Let go of the chains of logic for a while and just 1) observe. Then perhaps one day relax enough to 2) let down the wall between self and “other” to merge with that which is observed.

这是一个放手的过程。放松心灵，直接体验现实。

This is an “unlearning” process. Relaxing the mind to experience what is - directly.

令人惊讶的是，嗅觉是我们五种感官中最真实的。为什么？来自鼻子的感觉输入直接进入我们大脑中被称为“嗅脑”的“嗅觉部分”——过滤最少。所以，我们对气味有最强烈的记忆和情感反应。

Surprisingly smell is the most honest of our five senses. Why? Sensory input from the nose goes directly to the “smell part” of our brain called the Rhinencephalon - with the least filtering. So, we get the strongest memories and emotional reactions to smell.

我知道大多数人不太喜欢科学。但是，当人们知道他们正在处理一些有确凿科学证据支持的真实事物时，他们会感觉舒服得多。太多的人编造荒谬的废话卖给别人。这就是大多数商业世界的意义所在。分析和综合就像阴阳。我们需要分析和综合同时流动才能体验整体性。(请呼吸!)

I know most people don't like science very much. But, people feel a lot more comfortable when they know they are dealing with something real that has solid scientific evidence to support it. Too many people make up ridiculous nonsense and sell it to other people. That's what most of the commercial world is about. Analysis and synthesis are like yin and yang. We need both functioning together simultaneously for wholeness. (Breathe!)

### **批判性分析思维的真正需求 The real need for critical analytic thinking**

同时我们肯定也需要我们的分析大脑。有许多错误的路径应该避免。例如，一个医学研究者必须确定哪种药物对大多数副作用最少的人最有效。这必须以最安全、最人道的方式进行。每件事都必须仔细权衡和分析。(深呼吸!)

We definitely need our analytic brain too. There are many false paths that should be avoided. A medical researcher for example must determine which medicine is really best for the most people with the fewest side-effects. This must be done in the safest most humane way possible. Everything must be very carefully weighed and analyzed. (Breathe!)

The word "analysis" in English means: "To divide." We must analyze some things or we will be reckless fools.

### **科学的美、真与光 The beauty, truth and illumination of sciences**

这个人类创造的世界确实有许多美好的事物。我喜欢真正的科学。我们怎么知道什么是真理，什么是谎言？有一种科学的方法可以用来确定真相，例如检验有效性和可靠性。我们都产生了理论，但是我们如何检验它们呢？好的科学是优雅而美丽的。什么是科学？我将科学定义为：“寻求自然界中可信赖的关系。”数学被认为是“科学女王”。为什么要“女王”？在西方国际象棋中，女王是唯一可以向各个方向移动的棋子。同样，所有科学都以数学上定义关系的能力向前发展。数学是一门对所有科学都至关重要的科学。(请深呼吸!)

This human created world does have many wonderful things. I love real science. How can we know what is truth and what are lies? There are scientific methods one can use to determine truth, like tests of validity and reliability. We all generate theories, but how do we test them? Good science is beautiful to me. What is science? I define science as: "The search for lawful relationships in nature." Math is considered the "queen of sciences." Why "queen?" In western chess the queen is the only piece that can move in all directions. Likewise, all sciences move forward with their ability to mathematically define relationships. Math is the one science that is critical to all sciences. (Breathe!)

### **艺术的美、真与光 The beauty, truth and illumination of art**

我也喜欢伟大的艺术。伟大的艺术把平凡的现实，伟大的和可怕的转变到一个超越的水平。他们与人类更深更高的自我交流。伟大的音乐、绘画、书籍，甚至有些电影也能教会我们很多东西。(深呼吸!)

I also love great arts. Great arts transform mundane reality, great and terrible to a transcendent level. They communicate with humanity's deeper and higher selves. Great music, paintings, books, and yes even some movies can teach us so much. (Breathe!)

但和往常一样，保持分析思维和直觉感受思维的开放，这样一个人的纯净心灵就不会被腐败的科学和/或艺术所污染。人们一定会想：这合理吗？感觉对吗？有时大公司为研究买单，而这些公司生产虚假数据为这些公司赚钱。同样，一些不幸的艺术家希望引起不同群

体之间的冲突以及国家内部和国家之间的冲突，因此他们创作的艺术具有欺骗性，可以在不应该发生冲突的地方引发冲突。(深呼吸!)

But as always, keep both analytical thinking mind and intuitive feeling mind open such that one's pure mind is not polluted with corrupt science and/or corrupt art. One must think: Is this reasonable? Sometimes big companies pay for research and those companies produce false data to make money for those companies. Likewise, some artists wish to divide people and nations and so they produce art that is deceptive and can cause conflict where no conflict should be. (Breathe!)

然而，随着我们越来越深入到现代世界，我们越来越成为人工创造的世界的一部分，越来越少地成为我们物种进化的自然世界的一部分。(深呼吸!)

And yet, as we go further and further into the modern world we become more and more part of an artificial - human created world and less and less part of the natural world in which our species evolved. (Breathe!)

### **陷阱、隐藏的议程和牟取暴利 Traps, hidden agendas and profiteering**

不幸的是，与此同时，人造世界有越来越多的陷阱和隐藏的议程。它以利润为导向。比如他会说：买这东西！这东西会带给你幸福！没有这件事你就不完整！没有这东西你会很痛苦的！没有这东西人们会嘲笑你的！爱我们，恨他们！这是唯一的办法！这些是商业世界的信息。

(深呼吸!)

Unfortunately at the same time the artificial man-made world has an increasing number of traps and hidden agendas. It is profit oriented. Buy this thing! This thing will bring you happiness! Without this thing you will not be complete! Without this thing you will be miserable! Without this thing people will laugh at you! Love us, hate them! This is the only way! These are the messages of the commercial world. (Breathe!)

在这篇文章中，我回到我们的集体人性，试图阐明伟大哲学和宗教信仰的普遍性。我不想分裂，而是要团结。我知道需要现代化、科学化、简单化和自然化；学习历史而不被历史所束缚，始终保持与呼吸的联系。(呼吸!)

In this article I return to our collective human nature and try to illuminate the universality of the beliefs of the great philosophies and religions. I do not wish to divide, but to unite. I know the need to be modern and scientific, and simple and natural; to learn from histories without being trapped by them and always keep connected with breath.

冥想是人体/心灵/精神的自然状态。早在文明之前，人类就和平和谐地生活在一起。战争直到最近才开始，大约在公元前 10000 年。第一次战争是围绕着“文明”开始的，那是第一次有富人和穷人。在那之前，人们更加和平。人类天生就是合作与和谐的。(呼吸!)

Meditation is the natural state of the human body/mind/spirit. Long before civilization humans lived in peace and harmony together. Wars did not start until recently, about 10,000 BC. The first wars were fought around the beginning of "civilization." That was the first time there were rich and poor. Before that people were much more peaceful. Humans are by nature cooperative and harmonious. (Breathe!)

小心隐藏的议程！有些人提出了非常简单但危险的哲学。比如什么？

如果感觉很好，就去做吧！

Beware of hidden agendas! There are some people offering very simple but dangerous philosophies. Like what?

If it feels good, do it!

这是很危险的，因为很多东西感觉很好，但破坏性极大。也许大多数毒品在开始时感觉很好，但最终人们变成了那些毒品的奴隶，成为那些贩卖毒品的人的奴隶。还有一些人利用

哲学和宗教分裂人民和国家，制造冲突和战争。他们是可怕的人，他们和他们扭曲的哲学是最好避免像瘟疫。我相信，如果历史上所有伟大的圣人，以及所有伟大的哲学家，诸如此类的人走到一起，他们会彼此相爱，就像我相信他们所教导的一样：善良，仁慈。

(深呼吸!)

This is dangerous because many things feel good but are extremely damaging. Probably most drugs feel good in the beginning, but in the end people become the slaves of those drugs and the people who sell them.

Also, there are those who use philosophies and religions to divide people and nations, creating conflicts and wars. Those are horrible people and they and their twisted philosophies are best avoided like the plague.

It is my belief that if all the great holy people from history, and all the great philosophers and so on came together they would love each other as I believe they all teach essentially the same things: Be good, be benevolent, be merciful.

(Breathe!)

### 意外欺骗 - 当心我们崇拜的东西 **Unintentional deceptions - Beware of what we worship**

对于这个作家来说，写或假装对冥想，启蒙和上帝无所不包的一体性有所了解是一种欺诈，因为没人能知道不可知或无法形容的东西。这些是无言的超越体验，无法捕捉并放入定义明确的小盒子中。(呼吸!)

For this writer to write about, or to pretend to know something about meditation, enlightenment, and the all-encompassing oneness and unity of God is a fraud because no one can know the unknowable or describe the indescribable. These are wordless transcendent experiences that cannot be captured and put into nicely defined little boxes. (Breathe!)

一个人不能把所有的存在/不存在都塞进自己的帽子里，在快乐的路上徘徊，想着：“是的，我现在拥有了一切。”

One cannot scoop up all of existence/non-existence into one's hat and wander off on one's merry way thinking: "Yes, I have it all now."

然而，有一种超越的普遍驱动力，是所有需要生活意义的人所体验到的。

And yet, there is that universal drive for transcendence experienced by all people who need meaning in their lives.

(Breathe!)

1993年，有一次我沿着丝绸之路向西游荡，黎明后我发现自己走在一条尘土飞扬的路上，寻找印度阿姆利则郊区的锡克教金殿。一个车夫刚刚让我下车，显然是在一个偏僻的地方，说：“就在那条路上，”指着路，也许像一个古老的先知引导我走向一个新的启蒙。(呼吸!)

One time wandering west along the Silk Roads in 1993 I found myself along a dusty road just after dawn walking in search of the Golden Temple of the Sikhs on the outskirts of Amritsar in India. A rickshaw puller had just let me off in the middle of apparently nowhere and said: "Just up that road," pointing the way, perhaps like an ancient prophet guiding me to a new enlightenment. (Breathe!)

沿着那条尘土飞扬的路走着，我感到左边有东西在拉着我，瞥了一眼，注意到一小群人；可能有五人或十人。我没有因为目标明确而停止，我也不会分心。但是，好奇心的“痒”已经被激起，所以我走回去看看是什么吸引了这一小群人。

Walking along that dusty road I felt a pulling force of something on my left, glanced over and noticed a small crowd of people; maybe five or ten. I didn't stop because being very goal directed, I wasn't about to be distracted. But, that "itch" of curiosity had been aroused so I walked back to see what had attracted the small crowd. (Breathe!)

一分钟后，我看到人们在一块黑色岩石前跪在地上。他们把额头贴在前面的地上。这是传统的崇拜。我突然想到，我感觉到的“拉力”可能是磁性的，而那块岩石是陨石。

A minute later I saw. What? The people were worshipping a black rock. How? Kowtowing on hands and knees, placing the forehead on an old cloth on the ground in front of it. My analytic brain went into hyperdrive and it occurred to me the “force” I had felt “pulling” me was probably magnetic, and that rock a meteorite. (Breathe!)

石头是神圣的-至少在他们的脑海中，是神或诸神之类的礼物。我只是观察了片刻。一个男人起身转身对我微笑。我完全同情地笑了。我感到与他合一。(呼吸!)

No wonder the people were worshipping it, I thought. It was divine - at least in their minds, a gift from the god, or gods, or whatever. I just observed for a moment. One man getting up turned around and smiled at me. I smiled back in complete empathy. I felt the divine flicker through my mind. (Breathe!)

从尼泊尔到印度，乘火车和公共汽车经过漫长的路途，几乎没有食物和睡眠，而我的分析思维并不是那么敏锐，无法将自己与他分开。这是我小时候发现的一种叫做镜像思维的“游戏”。内部/外部合并为一体，墙壁溶解。(呼吸!)

It had been a long road from Nepal through India on trains and busses with little food and sleep, and my analytical mind wasn't that sharp to divide myself from him. It's a “game” called mirror-mind I discovered as a child. Inside/outside merge into Oneness and the walls dissolve. (Breathe!)

现代主义者可能会嘲笑他们和/或我。同时，敬拜特定的岩石满足了这些农村居民的需求。我感到很吸引人，但我没有加入。我的分析大脑运转得足以思考：“我不是那个信仰系统，”但是在我疲倦的情况下，这个和那个之间的墙壁模糊了片刻，消失了片刻。(呼吸!)

Modernists might laugh at them and/or me. At the same time worshipping that specific rock filled a need in those rural people. I didn't join them though I felt the attraction. My analytic brain was functioning enough to think: “I am of this belief system not that,” but in my tired condition the walls between this and that was blurred and disappeared for a moment. (Breathe!)

在欣赏了片刻之后，我继续沉思地沿着尘土飞扬的旧路前往金庙。我能判断那些人，或者说什么是生活中的真理和虚假？他们没有伤害任何人，在世俗之外的活动中发现了超越的意义。(呼吸!)

After a moment of appreciating the situation I continued walking along the dusty old road to the Golden Temple in contemplation. Who am I to judge? Am I some God who can say: This is truth, and that falsehood! They were hurting no one and found transcendent meaning in their activities above and beyond the mundane. (Breathe!)

这也是我在金庙发现的东西，它是对神的爱，超越了自我驱动的人类事务。这些礼拜行为没有以利益为动力的动机。他们满足了与无限成为一体的需求。我认为这些经验很好。

This is also what I found in the Golden Temple, a love of the divine above and beyond the ego-driven affairs of humanity. There was/is no profit-driven motivation in these acts of worship. They were filling a need to become one with the infinite. What can I think/feel about those experiences except they are good. (Breathe!)

他们还给了我一些非常美味的面包。他们在那里做面包。他们不想要钱。我非常感激。似乎我总是个可怜的旅行者，所以我欣赏沿途所有的好人。他们很仁慈。(呼吸!)

They also gave me some very delicious bread. They make the bread there. They did not want any money. I greatly appreciated it. It seems I am always a poor traveler so I appreciate all good people along the road. They were benevolent. (Breathe!)

为什么我总是可怜的旅行者？也许这是因为资本主义之神希望每个人都在工厂和办公室里工作，让他们变得更富有。如果有人逃走了，在工厂和办公室外面尝到了现实生活的甜头，我们就会受到惩罚。

Why am I always the poor traveler? Maybe it's because the gods of capitalism want everybody working in their factories and offices all the time to make them richer. If someone escapes and tastes the sweetness of real life outside the factories and offices even for a moment, then we are punished. (Breathe!)

当您不工作时，应该在电视上观看极端的暴力和性行为，这样您就不会被报纸上的报道所震惊。这就是资本主义的方式。（呼吸！）

When you are not working you should watch extreme violence and sex on TV so you are not shocked by what you read in the newspapers. This is the Way of Capitalism. (Breathe!)

许多现代主义者告诉我：“一切都是 OK。这令人不安。可以折磨人吗？杀人可以吗？现在有很多人生活在电子媒体中。他们生活中的一切都是幻想。他们看着成千上万的人在电视上丧生，并杀死成千上万的“人”玩游戏。因此，对他们来说一切都很好。我是一个奇怪的人还是一个坏人，对此提出质疑？（呼吸！）

Many of the modernists have told me: "Everything is OK." This is disturbing. Is torturing people OK? Is killing people OK?

So many people now grow up living inside electronic media. Everything in their life is an illusion. They watch thousands of people killed on TV, and kill thousands more playing games. So, everything is OK for them. Am I a strange person or a bad person for questioning this? (Breathe!)

每年有 900 万人必须饿死。另外 10 亿人永远挨饿，好让几百万人能享受如此巨大的财富，以至于一辈子都没人能数得出来。

Nine million people must starve to death every year. Another billion people are perpetually hungry so that a few million can enjoy wealth so vast no one could count it in a lifetime. (Breathe!)

有人会说：“一直都是这样。”但事实并非如此。在历史上，帝国通常在流血冲突中扩张，但随后会有几个世纪的和平。但在过去的 500 年里，战争是无休止的。和平已经成为没有人相信的可能了。为什么？太多的人呆在分配给他们的小盒子里。只有像这位作家这样的傻瓜才会质疑现状。（呼吸！）

Some will say: "It has always been this way." But that is not true. In history empires usually expanded in bloodshed, but then there would be centuries of peace. But during the past 500 years it has been endless wars. Peace has become something nobody believes is even possible any more. Why? Too many people stay in the little boxes to which they are assigned. Only fools, like this writer, question the status quo. (Breathe!)

在这个物质世界里，从有权势的人创造的小盒子里想出来确实是一件危险的事情。把这些观念传达给别人更危险！我们必须小心。人们倾向于崇拜最奇怪的东西，有些是不好的。崇拜金钱和权力凌驾于他人之上；剥削弱者并使自己成为上帝是不好的。（呼吸！）

To think outside of the little boxes created by the powerful people in this material world is a dangerous thing indeed. To communicate those perceptions to others even more dangerous! We must be careful. People have a tendency to worship the strangest things and some are not good. Worshipping money and power over other people; exploiting the weak and making oneself into a god are not good. (Breathe!)

这是一个很好的理由，有志于精神上的超越或相信上帝。理性意义上的上帝没有证据。然而，当我相信自己是上帝时，我可以剥削或杀害任何人，因为谁会审判我？(呼吸!)

This is one good reason for aspiring to transcendence or believing in a god. There is zero evidence of a God in a rational sense. And yet, when I believe myself a god I can exploit or kill anyone, for who will judge me? (Breathe!)

相信一些自然法则，一些比我自己强大的力量会让我在做事之前三思而后行。自我常常是一个暴虐的怪物，有着无法满足的需求。无论一个人变得多么富有或强大，总会有更多。Believing in some set of natural laws, some force greater than my own makes me think twice before I do things. The self is all too often a tyrannical monster with insatiable needs. No matter how rich or powerful one becomes there is always more. (Breathe!)

“不要崇拜整个欧洲。到处都有善也有恶。到处都是天使和魔鬼。有天使脸的魔鬼，到处都有魔鬼脸的天使。还有一件事是不变的，孩子，那就是永恒的：殖民主义者总是一个魔鬼……”

书名：《万国之子》，印度尼西亚人普拉莫迪亚·阿南塔·托尔著，1996年企鹅图书，第82页

“Don't worship Europe in its totality. There is good as well as evil everywhere. There are angels and devils everywhere. There are devils with the faces of angels, and angels with the faces of devils everywhere. And there is one thing that stays the same, Child, that is eternal: The colonialist is always a devil....”

Book: *Child of All Nations*, by Pramoedya Ananta Toer, 1996 Penguin Books, p. 82

在通往开悟/合一的许多可能道路上，有许多幻觉可以引导我们误入歧途。即使是大师的教诲也只是“指点月亮”，而不是自我实现。知道路是一回事。言行一致是另一回事。

(呼吸!)

On the many possible roads to enlightenment/Oneness there are many illusions and dead-end things that can lead us astray. Even the teachings of the masters are only “fingers pointing to the moon,” and not realizations themselves. It is one thing to know the Way. It is another to follow the Way with words and actions. (Breathe!)

例如，在禅宗哲学中，“指月”的比喻来自《兰卡瓦塔拉经》：

For example, in Chan philosophy the “finger pointing to the moon” analogy appears to be from the Lankavatara Sutra:

“无知的人抓指尖而不抓月亮，所以那些抓着信的人，不知道我的真相。”(D.T.铃木翻译)

“The ignorant grasp the finger-tip and not the moon, so those who cling to the letter, know not my truth.”

(D.T. Suzuki Translation)

[http://lirs.ru/do/lanka\\_eng/lanka-nondiaccritical.htm](http://lirs.ru/do/lanka_eng/lanka-nondiaccritical.htm) LXXXII - 3

Lankavatara 佛经是唯一受佛大师菩提达摩研究的佛经。他在少林寺静坐了九年。据报道，他是 Chan 在中国的祖先。奇怪的是，在中国佛教绘画中，他有红色的头发和蓝色的眼睛。同样，他被称为蓝眼睛的野蛮人(呼吸!)

The Lankavatara Sutra was the only sutra Chan master Bodhidharma studied. He sat in meditation for nine years at the Shaolin Monastery. He is reported to be the progenitor of Chan in China. Curiously in Chinese Buddhist paintings he has red hair and blue eyes. Likewise he is referred to as the blue-eyed barbarian (biyǎnhú 碧眼胡) in [Chinese texts](#).

本文顶部的照片与此类似。这似乎是一个禅宗的说法-逻辑粉碎-一个悖论。

The photo at the top of this article is similar. It seems to be a Zen statement in the form of a logic-breaking paradox.

图片说明称这是冥想中的湿婆神雕像。这不是人们看到湿婆神（Shiva）的描绘的通常方式，湿婆神是毁灭和舞蹈的印度教主。（呼吸!）

The photo caption reports it is a statue of Shiva in meditation. This is not the usual way one sees depictions of Shiva, the Hindu Lord of destruction and dance. (Breathe!)

湿婆通常表现为压碎头骨或跳舞，尽管有时偶尔会看到他的雕像与他的妻子 Shakti 永恒地结合在一起。关于他在印度教中的地位：

Shiva is usually represented crushing skulls or dancing, though one does occasionally see statues of him in eternal union with Shakti, his wife. In terms of his status in Hinduism:

“三位一体的神（Trimurti）Trimurti，这个术语表示“有三种形式”，是指上述三个主要的印度教神：梵天、毗瑟奴和湿婆。最初，特里穆蒂被奉为一个单一的实体——至高无上的存在。”

“Trinity of Gods (Trimurti) Trimurti, the term denotes “having three forms,” refers to the three main Hindu gods mentioned above: Brahma, Vishnu, and Shiva. Initially, the Trimurti was worshipped as a single entity- the Supreme Being.”

[www.allyogatraining.com/the-8-hindu-gods-and-goddesses.html](http://www.allyogatraining.com/the-8-hindu-gods-and-goddesses.html)

在这三位一体梵天是至高无上的神，创造者，毗湿奴是“保护者”，湿婆是毁灭者。因此，湿婆像在和平安静冥想中的照片是对历史和启蒙的独特评论。对于那些了解历史的人来说，这是一种“精神障碍”。这是不合逻辑的。然而，却激起了人们的思考。（呼吸!）

In this trinity Brahma is the supreme God, the creator, Vishnu is the “preserver” and Shiva is the destroyer. Consequently, the photo of the statue of Shiva in peaceful meditation is a unique commentary on history and enlightenment. It’s a “mind-stopper,” for those who know the histories. It can make people think outside the box. (Breathe!)

也许它能教我们一些东西。Maybe it can teach us something.

历史上大多数伟大的哲学家和先知可能都是瘦弱而坚强的。

Most of or all of the great sages in history were probably lean and strong.

肥胖一直是富人的象征。先知并不富裕。他们很穷。

Obesity has always been a symbol of the wealthy. The prophets were not wealthy. They were poor.

悉达多（Siddhartha）六年来一直实行禁欲主义，这是一种极度匮乏的生活，希望他能找到自己想要的答案。在此期间，高塔玛（Gautama）非常饿，剥夺了自己的身体/灵魂以寻求意义。离开家后，他一直都是素食主义者，毫无疑问，他非常苗条，但是走了很长一段距离，可以整日笔直地坐着，昼夜不计其数。这需要一种很少有人能获得的力量和纪律。（呼吸!）

For six years Siddhartha practiced asceticism, an extreme life of deprivation in hopes that he might find the answers he was looking for. During this time Gautama starved and deprived his body/soul in search of meaning. He was, after

leaving home, always a vegetarian and no doubt, very lean, yet walked great distances and could sit perfectly straight and upright for days and nights without counting. That takes a kind of strength and discipline attained by very few. (Breathe!)

我认为，我今天在很多人身上看到的身体上的巨大弱点，可能很大程度上是现代世界的影响。我们不需要步行。我们不需要用手洗衣服。在我们的童年，我们大部分时间都被钉在椅子上。在这个庞大复杂的社会里，每件事都是由机器或其他人为我们做的。(呼吸!)

I think it's possible the great physical weakness I see in so many people today is largely the effect of the modern world. We don't need to walk much. We don't need to wash our clothes by hand. During our childhoods we are nailed down into chairs in school for most of the time. Everything is done for us by machines or other people in these huge complex societies. (Breathe!)

同样，大多数亚伯拉罕的先知都进行了长期的斋戒和祈祷，以加深对神的了解/与神合一。他们也瘦。拿撒勒人的耶稣禁食了很长时间，很坚强。他是石匠。(呼吸!)

Likewise, most of the Abrahamic prophets engaged in prolonged fasts and prayer in their efforts for better understanding of/unity with the divine. They too were lean. Jesus of Nazareth fasted for long periods of time and was probably quite strong. He worked as a [stone mason](#). (Breathe!)

他禁食四十昼夜，就饿了。那试探人的来见耶稣，说：“你若是神的儿子，就吩咐这些石头作饼。”耶稣说：“经上记着：‘人不可单靠饼过活，只要靠神口中的每一句话。’”

“After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'”

Matthew 4:2-4

这些都是精瘦的坚强个人，具有非凡的自律能力。本文顶部的照片准确地描述了这一点。湿婆是神吗？印度教徒当然相信。我不会否认任何人的信仰，只要这些信仰不侵犯他人的生命和自由。“你按照自己的方式行事，我就会按照我的方式行事。”(Koran 109: 1-6, 优素福·阿里翻译)(呼吸!)

Those were all lean strong individuals with extraordinary self-discipline. The photo at the top of this article depicts exactly that. Was/is Shiva a God? The Hindus certainly believe so, and I will not deny anyone their beliefs as long as those beliefs do not infringe upon the lives and liberties of others. “To you, be your Way, and to me, mine.” (Koran 109: 1-6, Yusuf Ali translation) (Breathe!)

从定义上讲，所有伟大的哲学和宗教都教导宽容和仁慈，因为如果不宽容和仁慈，它们就不是伟大的。

All of the great philosophies and religions, by definition, teach tolerance and benevolence because if they do not, they are not great.

所以，也许我们应该提防我们崇拜的东西。金钱和权力，短暂的美丽和肤浅的身体享受，甚至力量和纪律本身都可以是好的或坏的。但是宽容和仁爱、和平和爱被普遍推崇为通往启蒙和上帝之路的路标。(呼吸!)

So, perhaps we should beware of what we worship. Money and power, transitory beauty and shallow physical pleasures, and even strength and discipline by themselves can be good or bad. But tolerance and benevolence, peacefulness and love are universally extolled as signposts along the pathways to enlightenment and God. (Breathe!)

## 冥想与免疫系统 Meditation and the immune system

以下只是数百篇关于冥想及其如何增强人体免疫系统的科学文章中的几篇。如果你不懂科学别担心，并不重要。我只是把它放在这里，这样人们就会明白这不是什么迷信的废话。这里是有确凿的科学证据表明冥想确实能增强免疫系统。(请深呼吸!)

The following are just a few of the hundreds of scientific articles on meditation and how it can strengthen a person's immune system. Don't worry if you can't understand the science. It's not that important. I just put it here so people will understand this is not some old superstitious nonsense. There is real scientific evidence meditation does strengthen the immune system. (Breathe!)

在短暂的科学回顾之后，在中国有一段很短的坐着冥想的历史。再简单介绍一下马祖道一。他是著名的南岳怀让大师（677-744）的学生。妈祖道一教“平常心”，“平常心”是道。(呼吸!)

After the short science review there is a very short history of zuòchán(坐禅) – Seated Meditation in China. And then a very briefly introduction to Mazu Daoyi (馬祖道一, 709–88). He was a student of the famous chán master Nanyue Huairang (南嶽懷讓, 677–744). Mazu Daoyi taught about “ordinary mind.” The “ordinary mind” is Tao, *běnláixīn* (本来心) – chán mind. (Breathe!)

下面是关于“觉悟/开悟”的一小段，大多数人不知道觉悟/开悟是什么，但是每一个伟大的哲学和宗教对觉悟/开悟的描述几乎都是一样的。它似乎是每个文化、哲学和宗教中智者普遍理解的概念。(呼吸!)

Following that is a short section about “enlightenment.” Most people have no idea what enlightenment is and yet every great philosophy and religion describes enlightenment pretty much the same. It appears to be a universally understood concept among the wise in every culture. (Breathe!)

但首先，简单地看一下： But first, just a very brief look at:

有很多方法可以理解冥想对免疫系统的影响。抗体和 T 细胞是身体最活跃的战斗者。抗体（免疫球蛋白）识别病毒和细菌等入侵者（抗原），然后刺客般的 T 细胞杀死它们。冥想对两者都有帮助。(深呼吸!)

There are many ways to understand the effects of meditation on the immune system. Antibodies and T-Cells are the bodies most active warriors. Antibodies (immunoglobulins) identify invaders (antigens) like viruses and bacteria and then assassin-like T-cells kill them off. Meditation can help both. (Breathe!)

加州大学洛杉矶分校的研究人员发现，即使每天静心冥想 30-40 分钟，也能阻止 CD4 T 细胞下降的速度减慢，在某些情况下，还能阻止艾滋病病毒的发展。(呼吸!)

UCLA researchers found that even 30-40 minutes of daily mindfulness meditation stopped the decline of CD4 T cells slowing and, in some cases, stopped the progression of HIV.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2725018/> (Breathe!)

其他研究着眼于正念冥想训练对健康人的影响。

Other studies look at mindfulness meditation training effects on healthy people.

正念冥想引起的大脑和免疫功能的改变

Alterations in brain and immune function produced by mindfulness meditation, by Davidson RJ, Kabat-Zinn J, Schumacher J, Rosenkranz M, Muller D, Santorelli SF, Urbanowski F, Harrington A, Bonus K, Sheridan JF

“与所报告的冥想引起的身心健康变化相关的生物过程的潜在变化尚未得到系统的探讨。我们进行了一项随机对照研究，研究了在健康员工的工作环境中应用的 8 周正念冥想临床训练计划对大脑和免疫功能的影响。(呼吸!)

“The underlying changes in biological processes that are associated with reported changes in mental and physical health in response to meditation have not been systematically explored. We performed a randomized, controlled study on the effects on brain and immune function of a well-known and widely used 8-week clinical training program in mindfulness meditation applied in a work environment with healthy employees. (Breathe!)

我们首次报告冥想者与非冥想者相比，左前激活显著增加，这是一种先前与积极情感相关的模式。我们还发现冥想中受试者的流感疫苗抗体滴度与等待名单对照组相比显著增加。最后，左侧激活增加的幅度预测了疫苗抗体滴度升高的幅度。(深呼吸!)

We report for the first time significant increases in left-sided anterior activation, a pattern previously associated with positive affect, in the meditators compared with the nonmeditators. We also found significant increases in antibody titers to influenza vaccine among subjects in the meditation compared with those in the wait-list control group. Finally, the magnitude of increase in left-sided activation predicted the magnitude of antibody titer rise to the vaccine. (Breathe!)

结论:

这些发现表明，在正念冥想中的一个短程序会对大脑和免疫功能产生明显的影响。这些发现表明，冥想可能以积极的方式改变大脑和免疫功能，并强调需要进一步的研究。(呼吸!)

CONCLUSIONS:

These findings demonstrate that a short program in mindfulness meditation produces demonstrable effects on brain and immune function. These findings suggest that meditation may change brain and immune function in positive ways and underscore the need for additional research.

*Psychosom. Med.* 2003 Jul-Aug; 65(4): 564-70.

<https://www.ncbi.nlm.nih.gov/pubmed/12883106> (Breathe!)

冥想有许多不同的生理益处。

There are many different physiological benefits to meditation.

正念冥想与免疫系统：随机对照试验的系统评价

大卫·S·布莱克和乔治·M·斯拉维奇

“研究表明，正念冥想可能对炎症、细胞介导免疫和生物老化等特定标志物产生影响……” (请呼吸!)

Mindfulness meditation and the immune system: a systematic review of randomized controlled trials

David S. Black and George M. Slavich

“The findings suggest possible effects of mindfulness meditation on specific markers of inflammation, cell-mediated immunity, and biological aging...”

*Ann N Y Acad. Sci.* 2016 Jun; 1373(1): 13–24.

<https://www.ncbi.nlm.nih.gov/pubmed/26799456> (Breathe!)

度假是一个好主意，可以减轻压力，减少患各种疾病的可能性。下面的研究比较了那些在假期中完全放松的人和那些在假期中参加一个密集冥想计划的人的区别。(深呼吸!)

Taking a vacation is a good idea for lowering stress and reducing the probability of contracting various diseases. The following study compared those who simply relaxed on vacation and those who participated in an intensive meditation program while on vacation.

冥想和假期效应对疾病相关分子表型的影响

Meditation and vacation effects have an impact on disease-associated molecular phenotypes by E. S. Epel, E. Puterman, J. Lin, E. H. Blackburn, P. Y. Lum, N. D. Beckmann, J. Zhu, E. Lee, A Gilbert, R A Rissman, R. E. Tanzi & E. E. Schadt

“这项研究表明，度假对人们是有益的，然而密集的冥想训练在细胞水平上有更多的积极的医学效果，例如，一些端粒维持途径基因的表达增加，端粒酶活性的测定增加。”(呼吸!)

“This study showed taking a vacation is good for people, however intensive meditation training had a larger number of positive medical effects on a cellular level, e.g. increased expression of a number of telomere maintenance pathway genes and an increase in measured telomerase enzymatic activity.”

*Psychiatry* 6, e880 (2016). <https://doi.org/10.1038/tp.2016.164>

<https://www.nature.com/articles/tp2016164> (Breathe!)

## 祈祷、冥想和健康 Prayer, meditation and health

祷告时，大多数生理反应与冥想相同。两者都停止了自我驱动的逻辑机器。两者都能使人放松，降低血压，给人一种更积极的人生观。研究冥想和祈祷的异同的科学还处于初级阶段，然而迄今为止的研究结果表明两者都是非常健康的活动。(呼吸!)

During prayer most of the physiologic responses are the same as meditation. Both stop the ego-driven logic machine. Both relax people, lower blood pressure, and give people a more positive outlook on life. The science studying the similarities and differences between meditation and prayer is still in its infancy, however the results thus far suggest both are very healthy activities. (Breathe!)

祈祷可以重塑你的大脑。你的现实 2009 年 5 月 20 日

他解释说：“这是一个通常接受我们感官信息的领域，试图为我们创造一种自我感觉，并在世界上确定自我的方向。”当人们失去自我意识、感觉到一体感、自我与他人之间界限模糊时，我们发现这一领域的活动减少了。”

纽伯格发现，这一结果不仅与拜姆，而且与其他僧侣，他扫描。当他想象方济各修女祈祷和锡克教徒念经时，情况也是一样的。他们都感受到了宇宙的同一体性。纽伯格说，说到大脑，精神体验就是精神体验。

纽伯格说：“没有基督徒，没有犹太人，没有穆斯林，只有一个。”(呼吸!)

Prayer May Reshape Your Brain ... And Your Reality, May 20, 2009

"This is an area that normally takes our sensory information, tries to create for us a sense of ourselves and orient that self in the world," he explains. "When people lose their sense of self, feel a sense of oneness, a blurring of the boundary between self and other, we have found decreases in activity in that area."

Newberg found that result not only with Baime, but also with other monks he scanned. It was the same when he imaged the brains of Franciscan nuns praying and Sikhs chanting. They all felt the same oneness with the universe. When it comes to the brain, Newberg says, spiritual experience is spiritual experience.

"There is no Christian, there is no Jewish, there is no Muslim, it's just all one," Newberg says.

<https://www.npr.org/templates/story/story.php?storyId=104310443> (Breathe!)

祈祷如药：我们学到了多少？

Prayer as medicine: how much have we learned? By Marek Jantos and Hosen Kiat, 21 May 2007

对生命意义和希望的精神追求是人类生存不可或缺的一部分。这在个人压力和危机时期尤为明显。最近的人口普查结果表明，74%的澳大利亚人和96%的美国人相信更高的权力，类似的比例声称有某种形式的宗教信仰。(1,2) 证据还表明，某些精神信仰和祈祷实践与改善应对和更好的健康结果有关。(3,4,5,6) (呼吸!)

The spiritual search for meaning and hope in life is integral to human existence. This is particularly evident during times of personal stress and crisis. Recent census findings indicate that 74% of Australians and 96% of Americans believe in a higher power, and similar percentages claim some form of religious affiliation. (1,2) Evidence also suggests that certain spiritual beliefs and the practice of prayer are associated with improved coping and better health outcomes. (3,4,5,6) (Breathe!)

祷告能使人放松

最早的一个命题是祈祷的好处是通过“放松反应”得到的。(15) 从这个角度来看，祈祷被认为是西方超验冥想的一种形式。众所周知，冥想会产生令人满意的生理变化，如呼吸减慢、心率降低、血压下降、外周温度升高、脑电波活动减慢（以 $\alpha$ 和 $\theta$ 活动增加为特征）和代谢低下状态。练习冥想的人，不管他们的宗教信仰如何，报告说他们感觉更精神，体验到心理和生理上的幸福感，和平与安宁。立即出现的问题是，是否有特定的生理指标，区分祈祷与非精神冥想和放松。(呼吸!)

Prayer as a relaxation response

One of the earliest propositions was that the benefits of prayer are derived by means of the “relaxation response”. (15) From this perspective, prayer was considered to be a Western form of transcendental meditation. Meditation is known to produce desirable physiological changes, such as slowed breathing, reduction in heart rate, a drop in blood pressure, peripheral warming, slower brain wave activity (marked by an increase in alpha and theta activity), and a hypometabolic state. People practicing meditation, irrespective of their religious persuasion, report feeling more spiritual and experiencing an enhanced sense of psychological and physiological wellbeing, peace and tranquility. The question that immediately arises is whether there are specific physiological markers that differentiate prayer from non-spiritual meditation and relaxation. (Breathe!)

祈祷、冥想和放松反应之间的一些差异已经被记录在案。祈祷，无论是无声的还是口头的，都与大脑皮层活动的增加有关，例如在警觉和专注的交流中， $\beta$ 频率更高。

(4) 为了更清楚地了解为什么人们从祈祷中获得健康益处，未来的研究需要进一步探索祈祷和非精神放松技巧之间的差异 (呼吸!)

Some differences between prayer, meditation and the relaxation response have been documented. Prayer, silent or spoken, is associated with increased cortical activity, exemplified by higher beta frequencies, as seen in alert and attentive communication. (4) To gain a clearer understanding of why people derive health benefits from prayer, future research needs to further explore the differences between prayer and non-spiritual relaxation techniques. (16) (Breathe!)

祈祷作为积极情绪的表达。

祈祷被视为对幸福产生积极影响的第三种机制是通过它所产生的积极情绪。在对祈祷研究的回顾中，莱文认为“礼拜和祈祷的健康益处是由于它们所产生的积极情绪

对健康的促进作用”。(4) 麦卡洛同意, 祈祷可以改善情绪, 并导致一种平静的状态, 这种平静状态延伸到祈祷者生活的其他领域。(21 个)(呼吸!)

Prayer as an expression of positive emotions...

A third mechanism by which prayer is seen as exerting its positive impact on wellbeing is by means of the positive emotions it engenders. In a review of prayer research, Levin expressed the view that “the health benefits of worship and prayer are due to the health-promoting effects of the positive emotions that they engender”. (4) McCullough agrees that prayer improves mood and leads to a state of calm that extends to other areas of the life of the person praying. (21) (Breathe!)

珀特因其在身心交流方面的神经肽研究而广受认可。在她著名的著作《情感分子：心身医学背后的科学》(22)中, 她说: “正是情感, 我来看看, 把身心联系在一起。”。大脑中的下丘脑-垂体系统是连接思想和情绪与释放到脑脊液和血液系统进入全身的信使分子的主要沟通渠道。正是在这个层次上, 积极的情绪产生的生理变化, 对我们的健康和福祉产生深远的影响。

和平、快乐、希望、信仰、信任和爱的积极情绪与祈祷有关, 可导致影响一个人幸福状态的生理变化。(四)(呼吸!)

Pert is well recognised for her work on neuropeptides in mind – body communication. In her renowned book, *Molecules of emotion: the science behind mind–body medicine* (22) she states, “It is the emotions, I have come to see, that link mind and body”. The hypothalamic–pituitary system in the brain is the primary communication channel linking thoughts and emotions with messenger molecules that are released into the cerebrospinal fluid and through the blood system into the whole body. It is at this level that positive emotions generate physiological changes that have far-reaching consequences on our health and wellbeing.

The positive emotions of peace, joy, hope, faith, trust and love, associated with prayer, can lead to physiological changes affecting a person’s state of wellbeing. (4) (Breathe!)

<https://www.mja.com.au/journal/2007/186/10/prayer-medicine-how-much-have-we-learned>

祈祷有什么好处-以及它的证据

What Prayer Is Good For — and the Evidence for It

Clay Routledge, April 9, 2018

对于大多数信徒来说, 它并不能替代基于数据的解决方案。它是一种补充其他深思熟虑行动的个人资源。

每当发生大规模枪击或自然灾害等民族悲剧时, 都能可靠地观察到两种现象。首先, 人们提供或要求祈祷。第二, 其他人的反应是批评, 甚至嘲笑祈祷...似乎许多批评者没有意识到, 经验性的证据显示祈祷可以很有帮助。。。 (呼吸!)

For most believers, it isn’t a substitute for data-based solutions. It is a personal resource that complements other thoughtful action.

Whenever there is a national tragedy such as a mass shooting or natural disaster, two phenomena can reliably be observed. First, people offer or ask for prayers. Second, others respond by criticizing, even mocking prayer... It appears many critics don’t realize that empirical evidence reveals that prayer can be quite helpful... (Breathe!)

许多研究表明祈祷与健康 and 身体健康有着积极的联系。。。。

祈祷等宗教习俗也有助于人们对生活意义的感知, 从而促进心理健康。。。。

例如, 在一个癌症患者的样本中, 那些把祈祷集中在感恩和关心他人上的人被发现最没有抑郁的症状。。。 (呼吸!)

A number of studies suggest that prayer is positively associated with well-being and physical health...

Religious practices such as prayer also contribute to perceptions of meaning in life, which promote psychological well-being...

For example, among a sample of cancer patients, those who focused their prayers on thankfulness and concern for others were found to have the least symptoms of depression... (Breathe!)

这些发现与研究人员的建议一致，即祈祷通过减少人们被负面情绪分散注意力的程度，释放出专注于精神任务所需的认知资源。。。

与宗教信仰增加自我控制的理论相一致，祈祷也被发现可以减少不健康的行为。例如，在一系列的研究中，研究人员发现祈祷的人越多，他们越不可能大量饮酒...

研究人员发现，祈祷有助于提升牺牲的价值以及一段关系的强度。。。 (呼吸!)

These findings are consistent with the researchers' proposal that prayer frees up cognitive resources needed to focus on mental tasks by reducing the extent to which people are distracted by negative emotions...

Consistent with the theory that religious faith increases self-control, prayer has also been found to reduce unhealthy behavior. For example, across a series of studies, researchers found that the more people prayed, the less likely they were to drink heavily...

Researchers found that prayer helps promote the value of sacrifice as well as the strength of a relationship... (Breathe!)

对于大多数信徒来说，祈祷并不能替代基于数据的解决方案。它是一种个人资源，可以补充甚至有助于促进其他深思熟虑的行动。一位最近被诊断出患有癌症的朋友完美地总结了这一点，她说：“我完全相信，通过上帝、医生和祈祷，我将百分之百痊愈。”对我来说，这听起来像是一个充满活力，而不是心烦意乱的人，有信心采取基于科学的治疗措施。(呼吸!)

For most believers, prayer isn't a substitute for data-based solutions. It is a personal resource that complements and may even help facilitate other thoughtful action. A friend who was recently diagnosed with cancer summed it up perfectly when she said, "I have complete faith that through God, the doctors, and prayer, I will be 100 percent healed." Sounds to me like someone who is energized, not distracted, by faith to act upon science-based treatment. (Breathe!)

<https://www.nationalreview.com/2018/04/what-prayer-is-good-for-and-the-evidence-for-it/>

以下是有关祈祷与健康的最全面的科学评论研究之一：

One of the most comprehensive scientific review studies published on prayer and health is the following:

祷告对病人健康的影响：系统文献综述

总共鉴定了 92 篇论文，其中 12 篇纳入了评价。在七项研究中，祈祷被认为是一个积极因素，并且已确定祈祷对健康有若干积极影响：减少患有癌症的儿童的母亲焦虑；降低相信解决问题的参与者的关注程度；并改善信仰祈祷的患者的身体机能。祈祷是一种非药物干预和资源，应包括在针对患者福祉的整体护理中。

The Effect of Prayer on Patients' Health: Systematic Literature Review

Talita Prado Simão, Sílvia Caldeira and Emilia Campos de Carvalho

A total of 92 papers were identified and 12 were included in the review. Prayer was considered a positive factor in seven studies, and several positive effects of prayer on health were identified: reducing the anxiety of mothers of children with cancer; reducing the level of concern of the participants who believe in a solution to their problem; and providing for the improved physical functioning of patients who believe in prayer. Prayer

is a non-pharmacological intervention and resource, and should be included in the nursing holistic care aimed at patients' well-being.  
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(<http://creativecommons.org/licenses/by/4.0/>).

## 坐禪的簡史 Very brief history of Chan meditation

“坐禪”一詞在中國是在禪宗之前使用的

“The Chinese term zuòchán 坐禪 (zazen) was in use among Buddhist practitioners even before the appearance of the Chán (Zen) School...”

描述三摩地方法的佛經最早的中文譯本出現在公元二世紀末。其中最著名的是《祖宗經》，由孔聖惠翻譯的《坐禪經》。

The earliest Chinese translations of Buddhist sutras that describe methods of samadhi appear around the end of the second century A.D. The most famous of these was the zuòchán ching 坐禪經, The Sutra of Sitting Chán, translated by K'ang Seng-hui 康僧會.

公元五世紀初，庫馬拉吉瓦翻譯了大量三摩地經。其中一位是祖桑美青。坐禪三昧經。所以我們看到，“坐禪”一詞早在 2 世紀就在中國使用，至少有兩部經典在書名中使用了這個詞。我們知道，在這段時間，許多僧侶在印度傳統中練習坐禪以達到三摩地。這一點在《高僧傳》中關於禪宗修行的一章中尤為明顯。這是在梁朝（502-557）編纂的... (呼吸!)

In the beginning of the fifth century A.D., Kumarajiva 鳩摩羅什 translated a large number of sutras on the practice of samadhi. One of these was the zuòchán san-mei ching 坐禪三昧經. The Sutra on zuòchán and Samadhi. So we see that the term zuòchán was used in China as early as the second century, and there are at least two sutras that use the term in their titles. We know that many monks during this time practiced tso-Chán to achieve samadhi in the Indian tradition. This is especially revealed in the chapter Hsi-Chán p' ien 習禪篇, On Cultivating Chán, in the Kao-seng chuan 高僧傳, The Biographies of Eminent Monks. This was compiled in the Liang Dynasty 梁朝 (502-557)...

“如果通過修行，特別是‘坐禪’，能使人之心達到一個統一的境界，這個境界可以稱為三摩地。”。說頭腦是統一的並不意味著人有與宇宙同延的感覺或想法。相反，這意味著頭腦根本不動。內部和外部、自我和環境之間沒有區別。” (呼吸!)

“If, through practice, especially zuòchán, one can get one's mind to a unified state, this state can be called samadhi. To say that the mind is unified doesn't mean that the person has a sense or idea of being coextensive with the universe. Rather, it means that the mind is simply not moving. There is no distinction between inside and outside, self and environment.”

<https://www2.kenyon.edu/Depts/Religion/Fac/Adler/Rein360/Shengyan-zuochan.htm> (Breathe!)

同時，也許並不奇怪，“坐禪”在禪宗傳統中並不總是啟蒙所必需的。

Simultaneously and perhaps not surprisingly, zuòchán is not essential to enlightenment in the chán tradition.

“這和坐禪是一樣的：在《川騰錄》或《長安玉錄》中的記載告訴我們，禪師可以通過日常生活中遇到的不起眼的東西，或通過與禪

师的对话，达到开悟的目的，或者通过日常琐事，甚至不提练习。因此，毫不奇怪地断言，由于启蒙运动的转折点可以“自发”地遇到，而不需要任何人为因素，因此，在佛教中，修行坐禅并不是必须的。” (呼吸!)

“It is the same case as the zuòchán 坐禅 (meditation in sitting position): Records found in the Ch’uan-teng lu (傳燈錄), or the Chán-yu lu (禪語錄) tell us that chán masters could achieve the enlightenment through insignificant incidents run across in the ordinary mundane life, or through the dialogue with chán masters, or through routine chores, not even mentioning the practice of zuòchán. It is, therefore, no wonder to assert that, as the juncture of the enlightenment can be ‘spontaneously’ encountered without any artificiality, the practice of 坐禅 is not imperative in the chán Buddhism.”

<http://www.buddhism.org/the-system-of-practice-of-the-patriarchal-cha-buddhism>

(Breathe!)

平常心是道 = 禅意

*pingchang xin shidao*

“Ordinary mind is the Way”

关于“平常心”的探索，请阅读马祖道仪的著作和有关马祖道仪的著作。他是南岳怀让的学生。继惠能（638-713，传说中的“六祖”）之后，妈祖是中国古代最著名的长安大师。(呼吸!)

For explorations into “ordinary mind” read the writings by and about Mazu Daoyi (馬祖道 709 – 88). He was a student of Nanyue Huairang. After Huineng (慧能 638–713 the legendary “sixth patriarch”), Mazu is the most famous of the ancient Chinese Chán masters.

<https://terebess.hu/zen/mazu.html> &

<https://terebess.hu/zen/mesterek/Poceski-Mazu.pdf>

他的“平常心”哲学唤醒了我们内心的真实，从历史的角度看，标志着中国化的完成。(呼吸!)

His philosophy of ‘ordinary mind’ awakens the real within us and from a historical perspective signifies the completion of the Sinicization of Chán.

庞云常被引用的诗，宣告他致力于妈祖“平常心”的教导。以下是诗的前两行和后两行：

Pang Yun’ s oft-cited poem, proclaims his dedication to Mazu’ s teaching about ordinary mind. Here are the first two and the last two lines of the poem:

我认为以下是很好的翻译。不是我的。

The following are good translations I think. Not mine.

日用事無別、唯吾自偶諧。

神通并妙用、運水及般柴。

My daily activity is not different. It is only that I am spontaneously in harmony with it...

Supernatural powers and wonderful activity: Fetching water and carrying firewood.

<https://terebess.hu/zen/mesterek/Poceski-Mazu.pdf>

他的教诲也是如此。不过，重申妈祖影响力的一个重要部分，可能会有所帮助，因为他吸引了大批来自大唐帝国各个地区的弟子，他们先是到江西的宫公山，然后到洪州（现在的南昌）与他一起进修。The same goes for his teachings. It might be helpful, however, to reiterate that an important part of Mazu's influence is reflected in the large number of disciples he attracted from all parts of the sprawling Tang empire, who came to study with him at his monasteries in Jiangxi, initially at Gonggong mountain 龔公山 and then in Hongzhou 洪州 (present-day Nanchang).

确实有许多启蒙之路。就个人而言，我认为在坐姿中学习冥想是一个好主意。为什么？它教了很多东西，包括简单性。它教导了脊柱的正确对准。这是学习的一种有用的学科形式。这是一门有数千年历史的学科，有很好的理由。是的，这不是唯一的启蒙之路。但是，它是一个有用的工具。祷告是有用的工具。瑜伽是一种有用的工具。太极拳是一个有用的工具。游泳和跑步很有用。简单的正念可以随时随地应用。（呼吸！）

It is true there are many paths to enlightenment. Personally, I think it is a good idea to learn seated meditation. Why? It teaches many things, including simplicity. It teaches correct alignment of the spine. It is a useful form of discipline to learn. It is a discipline that has survived thousands of years for good reasons. True, it's not the only road to enlightenment. It is however a useful tool. Prayer is a useful tool. Yoga is a useful tool. Taiji is a useful tool. Swimming and running are useful. Simple mindfulness can be applied anytime, anywhere. (Breathe!)

### 禅师语录 Some Chan Quotations

我相信下面的翻译很好。它们是禅宗弟子翻译的，不是我。

I believe the following translations are good. They were translated by Chán disciples, not me.

如果你不懂下面的引语，别担心。也许他们不是为了被理解而写的，只是被欣赏。我们的“文明”思想给我们带来了环境破坏，甚至可能导致物种灭绝。也许下面这些可以帮助我们唤醒“平常心”（呼吸！）

Don't worry if you don't understand the following quotes. Perhaps they were not written to be understood, only appreciated. Our "civilized" thinking has brought us to environmental destruction, and possibly species extinction. Maybe the following can help us awaken our "ordinary minds." (Breath!)

∞

趙州和尚、因僧問、狗子還有佛性也無。州云、無。

A monk asked Jōshū, "Has a dog the Buddha Nature?" Jōshū answered, "Mu."

無門曰、參禪須透祖師關、妙悟要窮心路絕。

In order to master Chán, you must pass the barrier of the patriarchs. To attain this subtle realization, you must completely cut off the way of thinking.

祖關不透心路不絕、盡是依草附木精靈。

If you do not pass the barrier, and do not cut off the way of thinking, then you will be like a ghost clinging to the bushes and weeds.

且道、如何是祖師關。

Now, I want to ask you, what is the barrier of the patriarchs?

只者一箇無字、乃宗門一關也。

Why, it is this single word "Mu." That is the front gate to Chán.

遂目之曰禪宗無門關。

Therefore it is called the "Mumonkan of Zen."

透得過者、非但親見趙州、便可與歷代祖師把手共行、眉毛厮結同一眼見、同一耳聞。

If you pass through it, you will not only see Jōshū face to face, but you will also go hand in hand with the successive patriarchs, entangling your eyebrows with theirs, seeing with the same eyes, hearing with the same ears.

豈不慶快。

Isn't that a delightful prospect?

莫有要透關底麼。

Wouldn't you like to pass this barrier?

將三百六十骨節、八萬四千毫竅、通身起箇疑團參箇無字。

Arouse your entire body with its three hundred and sixty bones and joints and its eighty-four thousand pores of the skin; summon up a spirit of great doubt and concentrate on this word "Mu."

晝夜提撕、莫作虛無會、莫作有無會。

Carry it continuously day and night. Do not form a nihilistic conception of vacancy, or a relative conception of 'has' or 'has not.'

如吞了箇熱鐵丸相似、吐又吐不出。

It will be just as if you swallow a red-hot iron ball, which you cannot spit out even if you try.

蕩盡從前惡知惡覺、久久純熟自然內外打成一片、如啞子得夢、只許自知。

All the illusory ideas and delusive thoughts accumulated up to the present will be exterminated, and when the time comes, internal and external will be spontaneously united. You will know this, but for yourself only, like a dumb man who has had a dream.

驀然打發、驚天動地。

Then all of a sudden an explosive conversion will occur, and you will astonish the heavens and shake the earth.

<https://sacred-texts.com/bud/zen/mumonkan.htm>

## 开悟的合一性 The Oneness of Enlightenment

那么，批判性思考者可能会问什么？这是佛陀和其他超越自私利己主义、与无限快乐结合的人所经历的伟大的。有许多定义，以下是原型：

What then, the critical thinker might ask is Samadhi? This is the great enlightenment experienced by Buddhas, and others who transcend selfish egoism and attain joyful union with the infinite. There are many definitions of which the following is a prototype:

三摩地，字面意思是“共同指导”，是瑜伽修行者感知灵魂为精神的状态。它是一种神的狂喜和超意识感知的体验；灵魂感知整个宇宙。换句话说，人类意识与宇宙意识是一体的。灵魂意识到它远不止是有条件的身体。基督教圣徒以前曾将这种经历描述为“神秘婚姻”，在这种婚姻中，灵魂与上帝融合，并与他合为一体。(呼吸!)

Samadhi, which literally means “to direct together,” is the state in which the yogi perceives the identity of his soul as spirit. It is an experience of divine ecstasy as well as of superconscious perception; the soul perceives the entire universe. In other words, human consciousness becomes one with cosmic consciousness. The soul realizes that it is much more than the conditioned body. Christian saints have previously described this experience as “mystical marriage,” in which the soul merges into God and becomes one with Him. (Breathe!)

<https://www.ananda.org/yogapedia/samadhi/>

在这种三昧中，只是可以说是“充满真理”

In that Samadhi, knowledge is said to be "filled with truth".

一位中国作家写道：

One Chinese writer wrote:

Afterwards, I finally tasted the sweet nectar of blissful samadhi.

后来我终于进入了极乐三摩地，品尝到甜美甘露。

这种与神的结合也是几个穆斯林苏菲传统的目标。

Such a union with the divine is also a goal of the several Muslim Sufi traditions.

伊斯兰苏菲最终达到了一种因爱神而喜悦的状态（瑞达），随后完全向神投降（塔瓦库尔），然后才与神达成统一（“塔瓦哈德”）。最后一站是法纳，这是伊斯兰苏菲的一个基本目标，也是他完全沉浸在神的存在中的时刻。(呼吸!)

The Sufi eventually reaches a state of joy for love of the divine (*rida*) followed by complete surrender to God (*tawakkul*), before moving on to reach unity with the divine (*tawhid*). The final station is fana, which is an essential goal of a Sufi, and is the moment in which he becomes utterly immersed in the existence of God.

[https://www.metmuseum.org/toah/hd/sufi/hd\\_sufi.htm](https://www.metmuseum.org/toah/hd/sufi/hd_sufi.htm) (Breathe!)

这听起来非同寻常，但来自世界各地的历史强烈表明，这种超意识的感知、普遍的爱，以及其他属性，对于那些愿意放弃对自私欲望的世俗贪婪的人来说是可以实现的。(呼吸!)

It sounds amazing, but histories from all corners of the world strongly suggest this kind of superconscious perception, universal love, along with the other attributes is attainable for those willing to let go of their mundane greed for selfish desires.

中国哲学家墨子（墨子）在公元前 4-5 世纪教导普世之爱，拿撒勒的耶稣和其他许多人也是如此。在大多数伟大哲学中，禅修是通往启蒙的一条道路。但这并不是最终目标。三摩地的许多翻译在英语中称之为“启蒙”，而其他翻译则称之为“觉醒”（呼吸!）

The Chinese philosopher Mozi (Mo-tzu) taught universal love in the 4<sup>th</sup> – 5<sup>th</sup> Centuries BC, as did Jesus of Nazareth and so many others. zuòchán 坐禅 meditation in most great philosophies is one *road* to enlightenment. It is not however the final goal. Many translations of Samadhi render it as “enlightenment” in English, though others translate it as “awakening.”

汉语中有很多词是用来指精神启蒙和精神觉醒的：

There are many words in Chinese for spiritual enlightenment and spiritual awakening:

- 百尺竿头 bǎichǐgāntóu - to be at the highest level of enlightenment
- 觉悟 juéwù - to come to understand / to realize / consciousness / awareness / Buddhist enlightenment (Sanskrit: cittotpāda)
- 开明 kāimíng - enlightened / open-minded / enlightenment
- 开悟 kāiwù - To become enlightened
- 菩提 pútí - Bodhi in Sanskrit/ enlightenment in Buddhism
- 成佛 chéngfó - to attain enlightenment
- 三昧 sānmèi (Samadhi) 源于梵文《三昧》的音译，意为“止思安神”，是佛教一种重要的修行方法。通过对事物本质、真理的论述，教学内外对这个词有着不同的讨论和解释。它有两个层次的含义：一般的和特殊的：它可以指的是集中精神的能力，一般的，或是从实践中发展出来的集中精神。因此，它已经成为一种神秘的力量，可以把冥想者带到更高的层次，完全改变生活状态。

Samadhi comes from the transliteration of Sanmadhi in Sanskrit, which means to stop the thoughts and calm the mind, which is an important practice method of Buddhism. By referring to the essentials of things, the truth, there are different discussions and interpretations of this word both inside and outside the teaching. It has two levels of meaning: general and special: it can refer to the ability to focus in general, or to the concentration that develops from practice. As a result, it has become a mysterious force that can bring the meditator to a higher level and completely change the state of life.

- 有道 yǒu dào to have attained the Tao; be accomplished in the Tao; adhere to principles of truth and right
  - 以及其他 (呼吸!)
- And others. (Breathe)

在其他宗教中，也有同样的说法：印度教中的“莫克沙”，耆那教中的“克瓦拉·约拿那”，琐罗亚斯德教中的“乌斯塔”。(呼吸!)

In other religions there are words for the same thing: “*moksha*” in Hinduism, “*Kevala Jnana*” in Jainism, and “*ushta*” in Zoroastrianism. (Breathe!)

在每一种哲学和宗教中，都有一些教条主义者坚持认为他们的道路、他们的方法是唯一正确和正确的方法，而所有其他人都是错误的、坏的和/或异端的。(呼吸!)

It is sad but true in every philosophy and religion there are some dogmatic people who insist that their path, their methods are the only true and correct methods and all others are misguided, bad and/or heretical. (Breathe!)

同样，文化确实有必要保护其自身文化的独特身份/公式/仪式。这很好。文化多样性是很好的，只要一种文化不诋毁其他文化，不否认这么多人类基本经验的普遍性。(呼吸!)

It is also true that cultures have the real need to protect the unique identity/formulas/rituals of their own cultures. This is fine. Cultural diversity is very nice, as long as one culture does not denigrate other cultures and deny the universality of so many essential human experiences. (Breathe!)

不幸的是，没有科学的方法来衡量启蒙运动。在研究这一点时，我只发现了一篇有趣的文章：更高意识的症状：18个明显的精神觉醒迹象，由史蒂夫·泰勒博士撰写。这篇文章确实提出了18个可测量的品质，可以用来构建启蒙的评估工具。启蒙可能在某些方面对每个人都是不同的。每个人都以自己的方式体验启蒙。都是一样的，都是不同的。启蒙高于语言和文化；不被语言和文化所迷惑。在我看来，这是普遍的，就像智慧和真理一样。(呼吸!)

Unfortunately, there are no scientific measures of enlightenment. In researching this I only found one interesting article: [The Symptoms of Higher Consciousness: 18 Unmistakable Signs of Spiritual Awakening](#), by Steve Taylor by Ph.D. That article does present 18 measurable qualities that could be used to construct an assessment tool for enlightenment. It is possible enlightenment is in some ways different for each individual. Each individual experiences enlightenment in their own way. All are the same and all are different. Enlightenment rises above language and culture; is not ensnared by language and culture. It is universal in my opinion, like wisdom, and truth. (Breathe!)

开明的人会对病毒和细菌有更好的免疫力吗？

Would an enlightened person have better immunity to viruses and bacteria?

《道德经》第五十章说：

Chapter 50 of the Tao Te Ching it says:

蓋聞善攝生者，路行不遇兕虎，  
入軍不被甲兵。兕無所投其角，  
虎無所措其爪，兵無所容其刃。  
夫何故？以其無死地

Yea, I understand that one whose life is based on goodness, when traveling on land will not fall a prey to the rhinoceros or the tiger. When coming among soldiers, he need not fear arms and weapons. The rhinoceros finds no place wherein to insert its horn. The tiger finds no place wherein to put his claws. Weapons find no place wherein to thrust their blades. The reason is that he does not belong to the realm of death.  
(Susuki translation)

<https://www.yellowbridge.com/onlinelit/daodejing50.php>

但是，这方面还没有科学研究。诚然，有些人似乎无懈可击，而另一些人则不然。一项研究可以很容易地设计出来，以确定被别人描述为“开明”的人是否更健康、寿命更长。那将是一个简单的研究项目。但是，得等到另一天。(呼吸!)

But, there is no science on this yet. True, some people seem invulnerable whereas others do not. A study could easily be designed for find out if people described as “enlightened” by others tend to be healthier and live longer. That would be an easy research project. But, it will have to wait until another day. (Breathe!)

另一方面，很多研究强烈地表明，练习冥想确实能提高对疾病的免疫防御能力。（以上介绍，还有更多文章。）

There is on the other hand quite a lot of research strongly suggesting practicing meditation does improve immune defense against disease. (Presented above, plus many more articles.)

## 结论 Conclusions

这个故事没有结论，因为道和生命是圆的。启蒙是无限的。

There are no conclusions to this story because the Dao and life are circles. Enlightenment is infinite.

如果读者生病了，去看医生。冥想和祈祷非常有力，但是病毒和细菌也是如此。大自然可以治愈，但也可能非常危险。这篇文章旨在帮助人们重新发现自然方法，从而变得更健康，更快乐。我们有责任保护包括我们自己在内的生命，我认为，有同等责任帮助恢复大约 37 亿年前开始养育地球生命的自然生态系统。

所以，呼吸！与朋友在自然界中散步或慢跑。建立积极的关系，并寻找我的下一篇文章，我希望它将是关于运动，营养和免疫系统的。保持健康并呼吸！

If the reader is sick, go to a doctor. Meditation and prayer are very powerful, but so are viruses and bacteria. Nature is remarkably healing, but can also be incredibly dangerous. This article was written to help people rediscover natural methods to be healthier. We have a duty to protect life, including our own, and I believe an equal responsibility to help to restore the natural ecosystems that fostered life on earth starting some 3.7 billion years ago.

So, breathe! Take a walk or jog in nature with friends. Build positive relationships and look for my next post which I hope will be about sports, nutrition, and the immune system. Be well and breathe!

## 孔子语录 Confucius Quotations

“看到什么是正确的而不去做，就是缺乏勇气。” (2.24)

“To see what is right and not to do it is to lack courage.” (2.24)

“智者不惑，仁者不急，勇者不惧。” (9.29)

“The wise are not confused; the *ren* are not anxious; the courageous are not afraid.” (9.29)

“仁人必然勇敢。” (14.4)

“The man of *ren* is inevitably courageous.” (14.4)

“如果一个人的社会个性发展得如此之强，以致于成为任，他能够像感觉自己一样亲密地感受到他人和社会的利益，那么他就会显得很勇敢，因为他从为好人服务的角度看到了自己生命的价值。” (呼吸!)

“The person who has developed his social personality so strongly as to be *ren* – who is capable of feeling the interests of others and of society as intimately as he feels his own – will appear courageous because he sees the value of his own life in terms of his service to the world of good people.” <https://chinatxt.sitehost.iu.edu/Resources.html> (Breathe!)

(深呼吸!)