**Clear Thinking**

清晰的思考

If you ever watched a Tai Chi master teaching a new student, you probably noticed a big difference in the way they both moved. The teacher’s movements are smooth and flowing, whereas the new student would be awkward and out of rhythm. The teacher’s focus and concentration seem to reveal a clear, calm mind, while the student’s mind seems strained, confused, and unclear. This reminds me of the difference between the way we think when the mind is clear and when it is entangled with a powerful emotion such as anger. Emotions can throw your mind out of balance, and cause you to react to people and situations in ineffective ways that don’t support harmony and understanding.

如果你曾经看过一个太极大师教一个新的学生, 你可能注意到他们两个人的移动方式有很大的不同。 老师的动作平稳而流畅, 而新来的学生会很不灵活, 节奏也不太好。 老师的专注和集中似乎揭示了一个清晰, 沉着的心神, 而学生的心神似乎紧张, 困惑, 不清楚。 这让我想起了我们的思维方式的不同, 当头脑是清晰的, 当它与一个强大的情感, 如愤怒纠缠时, 情绪会使你的头脑失去平衡, 导致你以无效的方式对人和情况做出无法支持和谐与理解的反应。

For example, when a mother is angry at her child because of his behaviour, she will likely use criticism, blame, threats, and punishment to control her son. When her mind is not agitated by anger, she will more likely use wisdom, understanding, encouragement, and affection in her communication. Studies have shown that communication with your children — and with your partner, parents, colleagues etc — is far more effective when it is not overtaken by anger, and that peaceful communication has more long-term, beneficial results. So why do we so often choose anger over a calm clear mind? The simple answer is that anger is *easier.*

例如, 当一个母亲因为孩子的行为而生他的气时, 她很可能会用批评、责备、恐吓和惩罚来控制她的儿子。当她的思想不被愤怒所激怒时, 她就更有可能在她的交流中运用智慧、理解、鼓励和情感。研究指出, 与你的孩子, 以及与你的伴侣, 父母, 同事等的交流, 在不被憤怒牽著走的时候更有效, 而且和平的沟通有更长期、有益的结果。那么为什么我们总是选择愤怒而不是清晰的头脑呢？答案很简单,因為愤怒更为容易。

There are three basic expressions of anger that you are capable of, and like most people, you probably have a favourite way that you turn to. The three expressions are *attack, withdrawal, and passive aggression.* Attack is the most obvious. It is easy to tell a person is angry when you observe them being verbally or even physically aggressive.

人有三种基本的表达愤怒的能力, 和大多数人一样, 你可能傾向有一个自己最喜欢的方式。三种基本的表达方式是攻击, 退缩和被动攻击。攻击是最明显的。当你观察人们在口头上或者甚至肢体上具攻击性时, 你可以容易就看得出來一个人是否在生气。

Withdrawal is a little harder to detect, unless you pay a little more attention to the body language. Angry withdrawal is usually expressed by frowns, glaring eyes, or a look of cold indifference on the person’s face.

除非你特別注意一下肢体语言, 否则退缩是很难被发现的。退缩式的愤怒人的面孔通常表现为皱眉, 怒视的眼睛, 或冷漠的神色。

The most deceptive form of anger is passive aggression, because the person can seem not to be angry at all. Often the anger is disguised by teasing, or a look of cool intellectual superiority, using rational, intellectual words or sarcasm to make the other person feel small or inferior.

最具欺骗性的愤怒形式是被动性的攻击, 因为你根本看不出这个人在生气。 通常, 这种愤怒是透过开玩笑, 或者冷静理性的优越感, 用合理化强调智力的言辞或挖苦人的方式来做掩饰, 使其他人感到渺小或自卑。

Sometimes a person will begin with one expression of anger and then switch into another mode, for instance, starting by being coldly silent for awhile and then exploding into a loud verbal attack. Another person might be acting passive aggressively, and then withdraw into a silent fume. Are you aware of your pattern? Are you an attacker, withdrawer, or passive aggressive type of angry person? Do you recognize how the anger affects the way you think, and how it blocks any opportunities for mature, clear and effective communication? Do you also recognize that it moves you further away from a sense of peace and harmony in your life?

有时一个人会以一种愤怒的表情开始, 然后切换到另一种模式, 例如, 从冷淡的沉默开始, 一段时间后爆发成一种如雷的口头攻击。 另一个人可能会从被动地攻击, 然后退缩到无声的闷气里。 你知道你的模式吗?愤怒时, 你是直接攻击, 退缩, 或被动攻击型的人? 你是否认识到愤怒是如何影响你思考的方式, 以及它如何阻碍成熟、清晰和有效沟通的机会?你是否也认识到它使你在生活中更远离了平和与和谐的感觉?

Why would we want to choose anger over a more peaceful response to our problems and conflicts? Because anger is *easier.* Anger is an unconscious, compulsive behaviour that we have been maintaining throughout our lives. We have trained ourselves to employ a specific style of anger whenever we are in certain situations. We use it to try and control our children, our partner, our employees or colleagues, and all the other people in our lives. We rely on it to give us a sense of power in uncomfortable situations, and it is so easy to call on. Patience, wisdom, and clear, mature thinking take more effort and must be consciously applied, while anger takes no effort at all, and you can remain unconscious while engaged in it.

为什么我们會选择愤怒, 而不是对我们的问题和冲突作出更和平的反应？因为愤怒更加容易，愤怒是我们一直以來保持着的一种无意识的、强迫性的行为, 我们已經训练好自己使用一种特定的愤怒方式，每当我们處在某些情况下。我们用它来尝试和控制我们的孩子, 我们的伴侶, 我们的雇员或同事, 和其他所有在我们的生活中的人。我们依靠它在不舒服的情况下给我们权力感, 它是如此容易的被调用，而耐心、智慧、清晰、成熟的思维卻需要更多的努力, 必须有意识地去运用, 相反的，愤怒根本不需要付出任何努力, 你在動怒时候可以保持在无意识的狀態。

But anger is a clear indication that our minds and bodies are under stress, we are feeling threatened, and we are *afraid.* In that state, we absolutely cannot think clearly, and our choices often end up hurting us. Also, many people tend to feel guilty after they’ve expressed their anger, and guilt blocks clear thinking as well.

但愤怒清楚地表明, 我们的思想和身体处于压力之下, 我们感到受到威胁, 我们在害怕。 在这种状态下, 我们绝对不能清晰地思考, 我们的选择往往最终会会伤害我们。 而且, 许多人在表达了自己的愤怒后, 往往会感到内疚, 而内疚也阻碍了清晰的思考。

So these are the two options that every human being has: 1) continue to indulge in anger, put unhealthy stress on your body, cloud your mind with emotional thinking, and weaken your most important relationships, or 2) Begin to master your anger, fill your body with healthy, beneficial energy, clear your mind so that you can communicate with wisdom, understanding and compassion, and strengthen your most important relationships.

因此, 这是每个人都有两个选择: 1) 继续沉溺于愤怒, 把不健康的压力放在你的身体上, 用情绪化的思维来蒙蔽你的心灵, 弱化你最重要的关系, 或者 2) 开始掌握你的愤怒,讓 你的身体填满健康, 有益的能量, 具开阔的心胸, 使你可以用智慧, 理解和同情來沟通, 并加强巩固你最重要的关系。

If you choose option 2, think of yourself as entering a martial arts school, where you will learn to master not only your anger, but all your stressful emotions such as anxiety, guilt, frustration, and many more. It is not the easy path, but one that will benefit you tremendously as well as all the important people in your life. Just remember that the Tai Chi Master started from the same place you are right now.

如果你选择 2, 想象你自己成加入一个武术学校, 在那里你将学会不仅掌握你的愤怒, 还有所有的压力, 如焦虑, 内疚, 挫折, 和许多更多的情绪。 这不是一条简单的道路, 但是,这是一条会极大地造福于你以及你生命中所有重要的人的道路。 请记住, 太极大师也是从你现在所在的地方开始起步的。

**Note:** If you are a parent, remember that you are a role model for your children. In a way, you are clearing a path for them, and they might well model their behaviour and attitudes after you. One of the greatest gifts you could give your child is to show them how to master their stressful emotions, so that they can be wise, clear thinkers and emotional adults. You can’t be a role model just by talking to your children; you have to show them, because children watch you more closely than they listen to you.

注意: 如果你是家长, 记住你是你孩子的榜样。 在某种程度上, 你正在为他们扫清一条道路, 他们很可能会在你之后对他们的行为和态度进行建模。 你能给孩子的最伟大的礼物之一,就是向他们展示如何掌握他们的紧张情绪, 这样他们就能成为有智能、清晰的思想家和情绪成人。 你不可能仅仅通过和你的孩子口头说说就成为他们的榜样,你必须向他们展示, 因为孩子们不单只是听你说,他们更仔细的在看你的行动。

**Assignment:** If you can see that your anger is an unconscious, compulsive reaction, that requires no conscious awareness on your part, you might understand that your stressful emotions are actually controlling you and your behaviour. Perhaps you might then appreciate the previous lesson’s suggestion that you make note of how often and in what situations you become easily irritated and prone to anger. You are strongly encouraged to keep a concise journal of these unconscious tendencies. Awareness is your greatest ally in supporting you to become a master of your emotions.

指定作业: 如果你能看到你的愤怒是一种不需要你有意识的觉知,是一种无意识的, 强迫性的反应, , 你便可能会明白你的压力情绪实际上是控制着你和你的行为。 也许你会.体会到上一课的建议, 你会注意到在什么情况下, 你会变得容易被刺激, 容易发怒。 强烈鼓励你对这些无意识的倾向保持简明的日记。 觉知是支持你成为你情绪的主宰的最伟大的盟友。

Today’s assignment is designed to help you become more aware of your behaviour and the way you think when under stress. Take a few minutes to review the recent past in your life, focusing on moments where you became intensely angry with another person, and then answer the following questions:

今天的指定作业是为了帮助你更加意识到你的行为和你在压力下的思维方式。花几分钟时间回顾一下你最近的生活, 聚焦在你对某一个人極度的愤怒的时刻, 然后回答以下问题:

1. When was the last time you remember getting really angry?

你记得最近什么时候发了很大的脾气？\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Who were you angry at? 你在生谁的气？\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How did you express your anger (attack, withdrawal or passive aggression)? 你是如何表达你的愤怒 (攻击, 退縮或被动性攻击) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. When you were upset what do you imagine you were experiencing physically in your chest, solar plexus, or stomach? 当你心烦意乱的时候, 你想象你的身体在胸部、太阳神经丛或胃部正在经验到什么?

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1. How did you feel after the anger subsided in you — happy or unhappy在你的愤怒平息后, 你有什么感觉-快乐或不快乐? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. When you think about how you treated the person you were angry at, do you feel good or bad? 当你想到你是如何对待你生气的人时, 你感觉是好还是坏？ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Go back to Question 1 and do this exercise at least once more, before listening to today’s meditation. 回到问题 1, 在听今天的冥想之前, 至少再做一次这个练习。

**Meditation:** **冥想**

* For this meditation it would be better if you were sitting rather than lying down. 做這冥想時, 如果你坐着而不是躺下, 那就更好了。
* Just relax and enjoy the music for a few seconds. 放松片刻, 享受音乐。
* Clench your right fist as tightly as you can for 5 seconds 1,2,3,4,5, now relax your hand. Notice the pleasant, peaceful sensation of releasing the tension in your hand. 盡可能紧握你的右拳, 5秒鐘， 1-2-3-4- 5, 现在放松你的手。注意你手上释放紧张后的愉悦、平和的感觉。
* Now clench your left fist as tightly as you can for 5 seconds 1,2,3,4,5, now relax your hand. Notice the pleasant, peaceful sensation of releasing the tension in that hand. 现在握紧你的左拳, , 5秒鐘， 1-2-3-4- 5, 现在放松你的手。注意你手上释放紧张后的愉悦、平和的感觉。
* Now I invite you to notice any tightness in your body — your jaw… relax… your shoulders… relax… your chest… relax… take a moment to scan the rest of your body, down to your toes… relax and release… 现在我请你注意你身体任何紧绷的部位--你的下巴...... 放松你的肩膀... 放松..。花点时间扫描一下你身体其余的部分, 直到你的脚趾..。放松…释放….
* Now I invite you to imagine that an image of you is standing in front of you, as if you were looking in the mirror. 现在我请你想象, 你正站在你自己的面前, 仿佛你在照镜子一樣。
* Imagine this you is extremely angry… how would you see yourself in that angry state? Notice or imagine your eyes… your mouth… the way you’re standing… how you’re expressing your anger… how unhappy you look… sitting comfortably in your chair, notice how you feel as you sit there observing your angry self…想象一下, 你非常的生气..。注意或想象你的眼睛, 你的嘴巴......... 你如何表达你的愤怒........。
* Now watch as the angry self turns their back to you and then backs up and sits down inside you, melting all the way inside you…现在, 看着愤怒的你转身背对着自己, 然后在你的内心深处坐下来, 完全的融化在你的内在..
* Notice any sensations or feelings that occur in your body as the angry self melts completely into you. If there is any discomfort, simply breathe gently into it and let it dissolve… like a clenched fist relaxing…当愤怒的自我完全融化在你身上时, 注意到你身上发生的任何感觉或知觉。如果有任何不舒服, 只需轻轻地吸气, 让它溶解, 就像放松握紧的拳头一樣..。
* Now imagine that the person closest to you in your life is standing in front of you…现在想象一下, 你生命中最親近你的人正站在你的面前..
* Let a memory come to you of a time when you were extremely angry at this person… you don’t have to remember the details… even a vague memory is okay…

当你对这个人非常生气的时候, 让记忆来到你的面前.....

* Are you still holding on to some anger toward them? 你还在对他生气吗?
* Imagine there is an area in your body where you store all your angry feelings from the past… angry feelings that you didn’t yet release completely… old resentments, bitterness, blame, judgment, grievances… 想象一下, 在你的身体里有一个区域, 你把你过去所有的愤怒情绪都储存在这里..
* You don’t have to worry about the details… just imagine that there may be a place inside you… a storage room for these angry emotions… where would that storage room be located if you were to guess…你可以不必担心细节, 想象一下, 在你的内心深处可能会有這一个地方......... 如果你想猜,这个储藏室会是在哪里？
* Put your hand over that area of your body and observe whatever sensations you experience there. Allow gentle smooth breaths into that area. If there is tension there, watch it relax like a clenched fist releasing into a relaxed hand….

把你的手放在你身体的那个部位, 观察你在那里感受到的任何感觉。允许轻柔平滑的呼吸进入那个区域。如果感到紧张, 看它像释放握紧的拳头一樣，释放成一支放松的手...。

* Gentle… relaxing breaths… 轻柔的…放松的呼吸
* Less anger, more peace… clearer thinking… more enjoyable life…

更少的愤怒, 更多的和平, 更清晰的思考..