

# 道家高效冥想方法 (Taoist High Efficient Meditation)

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## 冥想前 Before meditation:

1. 避免進食辛辣或其他刺激性食物，例如咖啡，蒜，辣椒等等。不要吃太飽。  
Avoid eating spicy or other stimulating foods, such as coffee, garlic, chili, etc. Don't overeat.
2. 不要追求任何關於境界、身體異常等等可能在禪修出現的異象。  
Do not pursue any visions or abnormal bodily sensations that may arise during meditation.
3. 隨時在生活中「覺知」和「放鬆」自己的身體的肌肉和使用「腹式呼吸法」。在精神上要降低思想上的刺激，放慢節奏，不執著任何事物，接受當下所有事情的發生，讓「放鬆」成為生活習慣。甚至隨時提醒自己死亡是讓我們更珍惜生命的理由和接受自己隨時都會死亡的事實。  
Always be "mindful" and "relax" your body's muscles and use "abdominal breathing". Mentally reduce stimulation, slow down your pace, do not cling to anything, accept everything that happens in the moment, and make "relaxation" a habit. Even remind yourself that death is the reason for cherishing life and accepting the fact that you can die at any time.
4. 冥想前一小時可以適當服食維生素B6、色胺酸(100mg)、茶胺酸(100mg)、牛磺酸讓身體有效大量分泌血清素。  
One hour before meditation, you can take vitamin B6, tryptophan (100mg), theanine (100mg), taurine to stimulate the body's production of serotonin.
5. 亦可以挑選自己適合的冥想音樂與頻率：  
You can also choose meditation music and frequencies that suit you:  
<https://www.youtube.com/c/LovemotivesMeditationMusic>  
<https://www.youtube.com/c/TheMeditativeMind>  
<https://www.youtube.com/c/PositiveEnergyRelaxationMusic/videos>

## 冥想過程 Meditation process:

**止觀(回光)守中** : Vipassana (mindfulness) meditation:

1. 心繫眉心或頭頂，而不必將意念執守。  
Keep your mind focused on the center of your forehead or the top of your head without holding onto any specific thoughts.
2. 將全身每部份肌肉放鬆。  
Relax every muscle in your body.
3. 閉眼或讓眼自然打開一點直到剛好看到鼻尖。  
鼻端是一個最好的視線指引，上座時如睜眼而視線不放在鼻端，目光能見到外邊各種事物，會容易使心識外走，容易隨境而散亂；閉眼而坐亦不能見著鼻端，致使心神內馳，容易尋思私事而逐漸陷入昏沉。惟有雙目垂簾微張一線，取其適中，恰好彷彿見鼻端，故取為標準線。只要垂簾做到恰到好處，任其光線自然透入雙目，就不必在意注視某一定點了。  
Close your eyes or let them naturally open slightly until you can just see the tip of your nose. The tip of the nose is the best visual guide. If you sit with your eyes open and your gaze is not fixed on the tip of your nose, your sight may see various things outside, which makes it easy for your mind to wander and scatter along with those external stimuli. If you sit with your eyes closed and cannot see the tip of your nose, your mind may be distracted and gradually sink into drowsiness. Therefore, it is best to let your eyes half-open and let the light naturally pass through your eyes. As long as the curtain is just right, you don't need to focus on any specific point.
4. 意念像守著老鼠洞一樣，當生起雜念時就像老鼠從洞走出，但不要任其擴散。就像用大光燈一樣照向雜念，觀察此雜念存在於何處，雜念是由何處生起，又消失於何處？一念起，一念追，反反覆覆追究，當甚麼追不到時，即是雜念起處，此時就不要再追著雜念跑。  
**Your mind should be like guarding a mouse hole. When a distracting thought arises, it is like a mouse coming out of the hole.** However, do not let it spread. Shine a bright light on the distracting thought, observe where it arises from, where it disappears, and investigate it repeatedly. When you cannot find where it comes from, that is the origin of the distracting thought. At this point, do not chase after it anymore.

**止觀(回光)調息** : Vipassana (mindfulness) meditation breathing technique:

1. 心念易變化遊走外境，專心用調息方法使其平靜。如若呼吸粗短了，即用心使呼吸平緩而細長。  
Your mind is prone to wander and be distracted by external stimuli, so focus on using breathing techniques to calm it down. If your breathing becomes short and rough, use your mind to make it smooth and long.
2. 靜坐時昏然欲睡，精神不振，就是昏沈。除欲昏沉之法，只有用心調息，這個「息」是指口鼻間出入的呼吸。  
If you feel drowsy or lack mental energy while meditating, it is called lethargy. There is only one way to combat lethargy, which is to focus on breathing techniques. By "breathing," it refers to the air that passes in and out between your mouth and nose.
3. 用心在調息上，使出入呼吸之氣息聲音，只有心知而耳中卻聽不到。耳朵聽不見，則息是細長。息細長使心亦清靜。如能聽見呼吸聲，則氣是粗短，粗短則心亦渾濁，內心渾濁則陷於昏沉而欲睡。  
Focus on breathing techniques that make the sound of your in and out breaths, which only your mind knows but your ears cannot hear. If your ears cannot hear the sound, then the breath is smooth and long. A smooth and long breath makes the mind calm and clear. If you can hear the sound of your breath, then the breath is rough and short, and the mind is also muddy. A muddy mind leads to lethargy and drowsiness.

4. 內聽和內視。聽是聽其無聲，內視是觀其無形。

什麼是「視」？眼光返照內視，不緣外色境。不見外色而能清楚不昧，就是內視。並不是真有向內觀看身內物質的意思。什麼是「聽」？就是耳光返照內聽，不取外界音聲。不聽外音聲而能靈明不昧，就是內聽。並不是真有向內聽取體內音聲的意思。

如誤以追求「目不外視，耳不外聽」只封閉了耳目，卻又生出內心妄念紛馳的危險。只有專注於內視內聽，則意識不被外在環境所影響，又不會被內心妄念所牽動，如此就不會落於昏沉。

Internal listening and internal seeing. "Seeing" means focusing your gaze inward, without attachment to external visual stimuli. It does not mean physically looking within the body. "Listening" means focusing your ears inward, without attachment to external sounds. It does not mean physically listening for internal sounds.

**涅槃 Nirvana:**

因為冥想的本質為對「死亡的模擬」，當身體足夠放鬆和意識足夠清靜，這時候你的身體有機會感受到你正在「死亡」腦中會分泌大量DMT，並會產生對自己生命的不安全感，部份人可能有激烈情緒湧現。因為我們每個人都在被自己的情緒勒索，這些情緒知道你正在「死亡」時，會努力讓你留下來。這時候需要盡力令自己不被這些情緒影響，和接受自己將會「死亡」這個當下的事實。

Because the essence of meditation is to simulate "death," when your body is sufficiently relaxed and your consciousness is clear, your body has the opportunity to experience the feeling of "dying." At this point, your brain may secrete a large amount of DMT, and you may feel a sense of insecurity about your own life. Some people may experience intense emotions. Because we are all being held hostage by our own emotions, these emotions will try to keep you from leaving when they know you are "dying." At this point, you need to try your best not to be affected by these emotions and accept the fact that you will "die" in that moment.