

# 修行就是練習顯意識與潛意識爭奪自己身體的控制權

Meditation (Zen Practice) is the practice of conscious and subconscious vying for control of one's own body —「止觀」、「定慧」、「守一」、「坐忘」、「冥想」、「禪修」、「太極」、「瑜伽」等等所有修行方法的本質和價值 The essence and core value of all practice methods such as “Samatha-Vipassana”, “Samadhi-Prajna”, “One-pointedness”, “Sitting in oblivion”, “Meditation”, “Zen practice”, “Tai Chi”, “Yoga”, and so on

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你的意識在哪，你的控制權就在哪；你的意識在身體的某部份，如肌肉、大腦和各種不同的器官和肢體等等，就等於你正在控制這些身體部份；你的意識在松果體，等於你在控制你的靈魂。感受某個身體部位的細微感覺並配合主動放鬆去放大這些細微感覺，就會讓自己變得更敏感，透過這種敏感然後你可以探知到的程度就會越高，你顯意識的控制權就會越來越大，直到完全控制這個「區域」。

Where your consciousness is, there is your control; your consciousness is in some part of the body, such as muscles, brain, and various different organs and limbs, etc. It is equivalent to you controlling these parts of the body; your consciousness in the pineal gland is equivalent to you controlling your soul. Feeling the subtle sensations of a certain part of the body and actively relaxing to amplify these subtle sensations will make you more sensitive, and through this sensitivity, the degree to which you can explore will be higher, and your conscious control will become greater and greater until you completely control this “region”.

但當進行並嘗試控制一個或整個身體部份時，潛意識(本能、情緒、慾望)會阻止你，因為你在侵入潛意識的「領地」，而「控制」就是與修行就是練習顯意識與潛意識爭奪自己身體的控制權。潛意識為了抵抗你的你入侵，會釋放出大量大腦訊號如念頭、身體訊號(如痕癢、麻痺、痛楚等等)和慾望去吸引你顯意識的注意，讓你不能繼續透過觀察去侵入潛意識的「領地」。這時候只需要讓自己擺脫並認識這些潛意識訊號的來源，最後和這些訊號保持距離。從各種大腦訊號中歸來，然後相信和依靠你的觀察對象(意識錨點)。不要企圖消滅這些由潛意識釋放的訊號，也不要排斥和抗拒這些訊號，只需接受其存在，但不要受其影響。捨棄對這些訊號的判斷，讓自己全然投入進行純粹的觀察就是修行。也是所為一個人類最自然的行為，也就是「止觀」、「定慧」、「守一」、「坐忘」、「冥想」、「禪修」、「太極」、「瑜伽」等等所有修行方法的本質和價值。

But when you try to control a part or the whole body, the subconscious (instinct, emotion, desire) will stop you, because you are invading the “territory” of the subconscious, and “control” is the practice of conscious and subconscious vying for control of one's own body. The subconscious, in order to resist your invasion, will release a large number of brain signals such as thoughts, body signals (such as itching, numbness, pain, etc.) and desires to attract your conscious attention, so that you cannot continue to observe and invade the “territory” of the subconscious. At this time, you only need to free yourself and recognize the source of these subconscious signals, finally keep a distance from these signals. Come back from various brain signals, and then trust and rely on your observation object (awareness anchor). Do not attempt to eliminate these signals released by the subconscious, do not reject and resist these signals, just accept their existence, but do not be affected by them. Abandoning judgment on these signals and fully engaging in pure observation is cultivation. It is also the most natural behavior of a human being, that is, the essence and value of all cultivation methods such as “Samatha-Vipassana”, “Samadhi-Prajna”, “One-pointedness”, “Sitting in oblivion”, “Meditation”, “Zen practice”, “Tai Chi”, “Yoga”, and so on.