

# 正確禪修（冥想）態度及方法 Meditation Attitude and Procedures

Date: 2021-08-05 14:11:41

## 正確禪修態度

禪修是一種平等心與覺知力的訓練，就像在大海行駛上的船一樣，思緒和情緒就像海上的各種情況，有風平浪靜的時候，也有狂風暴雨的時候。訓練自己面對狂風暴雨的平等心和覺知在大海航行每一刻的變化，不要翻船沉入大海，這就是禪修。

開始禪修之前不要對禪修有太大期望，想從禪修得到某種神通和智慧，或者期望禪修一定能帶給你平靜喜悅，這會對禪修產生執著。禪修是有無常起伏，可能進行禪修幾個月也體會不到明顯個人變化，但不要太執著階段性的結果及過去禪修經驗，每日堅持一步步來，靜看花開，在禪修當中體驗當下每一刻。

每日以幾分鐘為目標，不要一開始就設下幾小時以上的禪修時間，這會很難讓你持續每日都進行禪修訓練。有心理準備禪修和運動一樣，在狂風暴雨下保持平等心和覺知力是一種心理訓練，要盡力去做。思緒和情緒也像河流一樣，我們要站在河流邊觀察河流各種變化就好，不要打算截停河流，不要跌入河流，不要害怕河流，要認知站在岸邊河流並不會影響到你。

最重要是有信心去相信你現在所做的是，喬布斯有句名言：「You can't connect the dots looking forward; you can only connect them looking backwards. So you have to TRUST that dots will somehow connect in your future.」（你無法預知當下自己走的每一步路是如何串連到某個目的地，直到你在目的地轉個頭看著走過每一個腳印。你必須在走每一步路時都相信每一步都在引領你到未來。）

## Correct Meditation Attitude

Meditation is a training of Equality and Awareness, It is just like the boat driving on the ocean, thoughts and emotions are the situations on the ocean, those just like the bad weather, calm, storms, sun burning... Meditation can train us the Equality and Awareness to detect and face every changing occasion on our minds in every instant moment, and don't sink to the bottom of the sea. This is the Meditation.

At the beginning of meditation, please do not give too many expectations for getting something smart and superpower, and expect the meditation can calm you down immediately, These expectations will only make you cling. Meditation has up and downsides (good trip or bad trip), you probably could not feel any changes even after meditating few months, but don't worry, don't cling to the result and the past experience of meditation, just insist on meditation step by step every day, focus every instant moment during meditation.

Set a minute target and don't set an hourly target for your meditation, it will make you feel more comfortable to insist on the daily Meditation. Prepare for yourself that meditation is just like an exercise of Equality and Awareness under the storm and rain, try your best to meditate. Your thoughts and emotions are also like the river, just sitting beside the river and observing every change on the river, don't try to stop it, don't fall to the river, don't be afraid of the river, recognize that you will not be affected by any accident from the river due to sitting beside the river.

Just be confident in the meditation, "You can't connect the dots looking forward; you can only connect them looking backward. So you have to TRUST that dots will somehow connect in your future." - Steve Jobs

## 基礎禪修方法

- 進行冥想或禪修前一小時盡量放鬆自己，減少環境影響、資訊量的吸收。
- 首先全身要坐直或躺平，要讓全身為一直線，如坐著頸部可以微微屈曲，就像將頭放在頸上休息一樣。亦可以稍微把頭抬高一點點。
- 閉上眼。或眼簾半閉讓光稍稍進入，眼光僅僅看到自己鼻尖亦可。
- 覺知全身每一個部份的肌肉放鬆，可以由眼睛由身體上至下開始放鬆，亦可以由腳指、小腿、腹部等逐步放鬆到頭頂，放鬆所有肌肉後感受地心作用於自己身體的吸力。
- 緩慢深呼吸，覺知每一下呼吸，並將自己的呼吸由粗調整到細。內觀自己的呼吸直到聽其無聲，視其無形。
- 感受在頭頂、眉心或雙眼之間，只需要輕柔的注意力即可。
- 如果感受到身體有什麼念頭和情緒或者有任何異常，只需單純坐著，覺知它然後回到當下接受就好，不要試圖停止或被它影響，要保持平等心。不需要達成任何目標。接受所有出現的情況，不要拒絕任何情況。把所有出現的問題都當成挑戰。
- 你的潛意識會不斷嘗試依附並影響你的顯意識，所以要認知「我所想的並不是我所想」，要想像用顯意識推開你的潛意識，避免投入在潛意識帶給你的任何情緒、異像或感覺等等。
- 要知道自己的內在是自己最安全的島嶼，無論島嶼外風雨多大都不能傷害和動搖我們。
- 不要想，只要看。
- 適當地使用音頻或冥想音樂會有意想不到的效果，例如432Hz, 528Hz。
- 如果有任何焦慮或恐懼的情緒，可以覺知自己下丹田腹式深呼吸，並對自己表示願意與這些感覺共存，並不會逃避這些負面感覺。要認清這些讓你感覺恐懼或焦慮的真相，放鬆及平靜面對恐懼。不要相信恐懼和焦慮帶給你的虛假事實，要相信這些恐懼只是潛意識產生，並沒有任何意義。這些恐懼和焦慮只是心的阻礙，平常生活也可以從減少自己的慾望，不對任何感官或心理上的欲樂產生貪愛，或斬斷本我與外在的捆綁去減少恐懼。
- 持續保持寂靜的覺知，對變化的平等心。任何念起，覺知即可。覺知後綿綿止住念頭後可立即反照調查（觀察幻像或念頭）刺破虛假，從而增加對真實的認識。如沒有答案也是可以的，最後再放下反照的念頭。以上，是為【迴光反照】，亦

是【定慧雙修】，也是【止觀】。

- 如果覺知意識已經平靜，可以選擇無限覺知身邊的空間，從深入覺知身邊的噪音氣溫等外界流動變化到更遠的虛空變化。也可以往身體內繼續覺知，有些人可以聽到自己的血管如雷聲般大，感受身體每條血管的跳動等。
- 到某個冥想比較深入的時候，會出現喜悅快樂的感覺，這些正面感覺被稱為「禪悅」。這些悅樂也是我們需要去接受、觀察並消除，不要享受這些悅樂，以免影響後續修行。
- 禪修的本質是習慣死亡，學習死亡，讓自己經歷死亡。要有「為自己而死的覺悟」，認識死亡的不可避免，明白生命有始必然有終，並經常讓自己處於下一刻就會死的思考模式。

## Meditation Procedures

- Try to relax as much as possible an hour before meditating and reduce the influence of the environment and the absorption of information.
- First of all, you must sit upright or lie down. Keep your whole body in a straight line. If you are sitting, your neck can be slightly flexed, just like your head is resting on your neck. You can also raise your head a little bit.
- Close your eyes. Or the eyelids are half-closed to let the light in slightly, and the eyes can only see the tip of your nose.
- Breathe slowly and deeply, be aware of each breath, and adjust from coarse to fine. Be aware and immerse your breathing until you hear it silently.
- Be aware of the relaxation of the muscles in every part of the body. You can start to relax from the top of the body to the bottom, or gradually relax from the toes, calves, abdomen, etc. to the top of the head. After relaxing all the muscles, feel the effect of the earth's center on your body
- **FEEL** the center of your brain or eyebrows or between your eyes. Only gentle attention is required.
- If you feel any thoughts, emotions, or abnormalities in your body, just simply sit, be aware of it, accept it and then return to the present moment. Don't try to stop or be affected by it, but keep your equanimity. There is no need to achieve any goals. Accept all situations that arise and don't reject any situation. Treat all problems as challenges.
- Your subconsciousness will continue to try to attach to your mind and affect your consciousness, so recognize that "what I think is not what I think", imagine using your consciousness to push your subconscious away, and avoid being immersed in any emotions that the subconsciousness brings to you. e.g. Vision or feeling, etc.
- Knowing that inside of you is your safest island, no matter how much wind and rain outside the island, it cannot hurt and shake us.
- Don't think. See.
- Appropriate use of audio or meditation concerts can have unexpected effects, such as 432Hz, and 528Hz.
- You can have deep abdominal breathing immediately when you suddenly be afraid and nervous and tell yourself you are willing to live with these kinds of feelings, don't try to run away from these bad feelings. Just recognize the facts of these feelings, relax and calm and face the bad feelings. Do not trust the fake information provided by these bad feelings, these are just generated by our deep consciousness, and these bad feelings are meaningless and block our minds. These bad feelings can be reduced by reducing our desire and wish. Do not have craving for any sensory or psychological desires, or cut off the bond between the self and the outside (outside includes what are you having, what you want to become to everyone, what are values provided by our society...)
- Keep your Equality and Awareness quietly. Just only aware of every thought and emotion, do not try to change it. You can also turn back to see what it was after you have just slightly skipped the thoughts and emotions, investigate and recognize the fact of what you have been thinking of and where the thoughts and emotions come from, if no alright answer, just skip it. And stop to look back eventually. This is the Meditation.
- Be aware of the space around you after being aware you are already quiet. From being aware of the noise and temperature, and each changes around your space, and finally to the further space changing. You can also dig into your body, deeply being aware of the natural event of your body. Some people can hear their blood vessels as loud as thunder, feel the beating of every blood vessel in the body, etc.
- In a relatively deep meditation stage, you will feel very joyful, it is called "the happiness of meditation", these kinds of good feelings are also needed to be accepted, ignored, and skipped. Don't enjoy these good feelings, and these will make your step back or stop.
- Recognizing death is inevitable. The essence of meditation is to get used to death, learn to die, and let yourself experience death. You must have the "consciousness of dying for yourself" and often put yourself in a thinking mode that you will die at the next moment. You need to know that death is inevitable, accept it.