

情緒與慾望、呼吸、冥想、血清素與二甲基色胺(DMT)之間的關係 The Relationship between Emotions and Desires, Breathing, Serotonin, Meditation, and DMT(Dimethyltryptamine)

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情緒與慾望 Emotions and Desires

情緒是我們一生都面對的問題，我們總是會追求快樂，但無可避免地總有一些讓我們痛苦的事情讓我們產生很多不好的情緒。無論是好情緒或是壞情緒，它不會只有好，或者只有壞，它陪著我們出世，和我們一起死去。

Emotions are a problem we face throughout our lives. We always seek happiness, but inevitably there are things that cause us pain and generate negative emotions. Whether it's a good or bad emotion, it's not just one or the other. It accompanies us from birth to death.

情緒的由來是我們對於外在變化產生不同的感受，這裡指的外在包括我們腦中的化學反應。有些人由於天生某些腦部缺憾導致在情緒控制方面較弱，有些人在缺乏自己理性監護情緒下受過大的情緒打擊導致某種行為偏差(童年較為普遍，但主要看每個人理性監護能力)，更甚者甚至成為反社會人格。情慾和慾望的關係是一種正比關係，如果一個人的慾望越強烈，他的情緒的起伏也必然會越強烈。不要輕視當下自己情緒和慾望的影響，它總會讓你說出和做出讓你後悔終身的事，輕則家破人亡，重則世界大戰。

The origin of emotions is our response to external changes, which here refers to the chemical reactions in our brain. Some people are naturally weaker in controlling their emotions due to certain brain deficiencies, while others may have certain behavioral deviations due to being subjected to great emotional trauma without self-rational supervision (this is more common in childhood but depends on each individual's ability to supervise their emotions). In more extreme cases, they may even become antisocial personalities. The relationship between emotions and desires is a positive correlation. If a person's desires are stronger, their emotional fluctuations will inevitably be stronger as well. Don't underestimate the influence of your current emotions and desires. They will always make you say and do things that you will regret for life, from minor family troubles to major world wars.

據非正式統計，人腦一天會產生大概一萬五千到三萬個念頭，當中很多念頭都是沒有任何價值，反而人腦被這些大量的念頭不斷消耗。而情緒是這些念頭的排洩物，這些情緒會加劇和進一步消耗大腦。我們需要讓這些念頭「穿過」我們，讓它們自然流走。不要投入這些念頭和情緒當中，避免造成大腦的過度消耗。

According to unofficial statistics, the human brain produces approximately 15,000 to 30,000 thoughts per day, many of which are of no value and instead consume the brain's resources. Emotions are the excretion of these thoughts, which intensify and further consume the brain. We need to let these thoughts "pass through" us and let them flow away naturally. Don't get caught up in these thoughts and emotions, which can cause excessive brain consumption.

呼吸 Breathing

有意識感知下的腹式深呼吸也是訓練正念行為的其中一種，而且更有助交感神經與副交感神經的互相作用，讓自己可以維持最佳生心理狀態，而配合一些瑜伽呼吸的觀想方式可以有意想不到的效果。例如幻想自己吸氣時，把氣經腹部、胸口、頸部、脊椎等運上眉心或頭頂，或像將頭部吹漲一樣。可以在吸之前用手指抓或點幾下自己的眉心作為吸氣的最終定位來輔助把氣運上眉心的想像。

Consciously perceiving deep abdominal breathing is also one of the ways to train mindfulness behavior, and it also helps the interaction between the sympathetic and parasympathetic nervous systems, enabling you to maintain the best physical and psychological state. By combining some yoga breathing visualization techniques, unexpected effects can be achieved. For example, visualizing the breath moving up to the brow or the top of the head, or inflating the head like a balloon while inhaling. Before inhaling, one can use their fingers to touch or tap their brow as the final position for the inhalation to assist in the visualization of moving the breath to the brow.

另外，有種呼吸方式被稱為冰人呼吸法(Wim-Hof Breathing)，透過不斷的換氣和閉氣，刺激身體大量內分泌，例如內源性大麻素、腎上腺素、血清素或者DMT，繼而令自己身體產生很多神奇效果，就像Wim Hof在冰天雪地下可以保持自己體溫，讓自己運動能力提高，讓自己更清醒更平靜更聰明。呼吸其實比你想像中更重要百倍。

In addition, there is a breathing technique called the Wim Hof Breathing Method, which stimulates the body's internal secretions, such as endocannabinoids, adrenaline, serotonin, or DMT, by constantly exchanging and holding breath. This leads to many magical effects on the body, such as Wim Hof being able to maintain his body temperature in the icy snow, improving his physical abilities, and making himself more alert, calm, and intelligent. Breathing is actually 100 times more important than you think.

<https://www.wimhofmethod.com>

https://www.youtube.com/watch?v=tybOi4hJZFQ&ab_channel=WimHof

冥想 Meditation

冥想也是訓練正念行為的其中一種，也是最重要最有效的一種，把自己全然投放在當下，感受當下的一切，接受所有出現的情況。現代社會娛樂豐富，一般人很難和很少坐下了解自己和自己相處，有時間還不如去玩去找尋刺激去平衡一些不快的情緒，或者利用暴食、酒精或毒品等用另一種感覺去取代另一種的感覺。這種需要外界刺激平衡情緒的方法很多時候只是在逃避，當刺激玩樂過後迎來的空虛不安是非常常見，因為情緒問題並沒有真正解決。就假設短期可以把當刻一些情緒問題解決，但反而會造成一種逃避依賴，外界的刺激有一種不確定性，如果某刻外界不能滿足逃避依賴的條件，更會讓情緒惡化，趕走身邊願意幫助你的人。所以當你感覺到你需要情緒控制時，冥想是一種最有效的方法，真正了解自己，反思自己，看穿虛假的方法。

Meditation is also one of the ways to train in mindfulness behavior, and it is the most important and effective one. It involves fully immersing oneself in the present moment, experiencing everything that is happening and accepting all situations that arise. In modern society, there are many forms of entertainment, and it is difficult for most people to sit down and be with themselves. When they have free time, they tend to seek excitement to balance out their negative emotions, or they use binge eating, alcohol or drugs to replace one feeling with another. This method of seeking external stimulation to balance emotions is often just a way to escape. After the excitement and fun is over, a common feeling of emptiness and anxiety follows, because the emotional issues have not been truly resolved. Even if this method may temporarily solve some emotional problems, it can lead to a dependency on escape and avoidance. External stimulation is uncertain, and if the conditions for escape and avoidance are not met at some point, it can worsen emotions and push away people who are willing to help.

Therefore, when you feel the need to control your emotions, meditation is the most effective method to truly understand yourself, reflect on yourself, and see through the falsehoods.

血清素 Serotonin

情緒是很抽象的概念，但在物質層面，其實就是神經訊息的傳遞。而這些訊息傳遞，靠的就是神經元與神經元之間的「神經傳導物質」，包括血清素、腎上腺素、正腎上腺素、多巴胺、乙醯膽鹼等等。大部份的憂鬱症患者腦中都嚴重缺乏血清素，雖然與多巴胺也有一點關係，但血清素與多巴胺讓我們短暫興奮的效果不同，血清素的穩定分泌會讓人產生平靜和愉悅感，對身體器官、精神狀態、思考、記憶都有很多已知或者未知的正面影響。血清素主要是由色胺酸(Tryptophan)轉變而來，而腎上腺素、正腎上腺素、多巴胺是由酪胺酸(Tyrosine)轉變而來，但我們真正需要的是血清素，而遠離一些會令人產生大量多巴胺的物質，例如咖啡、安非他命等，產生多巴胺的物質大多都令人成癮。另外血清素也參與褪黑激素(Melatonin)的合成，讓人可以安穩睡眠。讓身體分泌更多血清素有以下方法：

Emotions are abstract concepts, but at the material level, it is actually the transmission of neural signals. And these signal transmissions rely on neurotransmitters between neurons, including serotonin, adrenaline, norepinephrine, dopamine, acetylcholine, etc. Most depressed patients have a severe lack of serotonin in the brain, although dopamine is also involved to some extent. The effects of serotonin and dopamine on temporarily exciting us are different. The stable release of serotonin can make people feel calm and happy, and it has many known or unknown positive effects on organs, mental states, thinking, memory, etc.

Serotonin is mainly derived from tryptophan, while adrenaline, norepinephrine, and dopamine are derived from tyrosine. But what we really need is serotonin, and staying away from things that can produce a lot of dopamine, such as coffee, amphetamines, etc. Substances that produce dopamine often cause addiction.

Serotonin is also involved in the synthesis of melatonin (the sleep hormone), allowing people to sleep peacefully. Methods to increase serotonin release in the body include:

- 節奏性運動、搭配呼吸的運動、或者讓自己專注在某種節奏下的行為，如呼吸、跑步、瑜伽等。(藏傳佛教的轉經輪、木魚、念珠、反覆吟誦經文詩句也有同樣效果)
Rhythmic exercise, exercise combined with breathing, or activities that allow oneself to focus on a particular rhythm, such as breathing, running, yoga, etc. (Tibetan Buddhism's prayer wheel, wooden fish, prayer beads, and recitation of scriptures and poetry also have similar effects).
- 多攝取富含色胺酸的食物。如牛奶、起司、納豆、豆漿、堅果類、雞肉、雞蛋、鮭魚、鮪魚、瘦肉、牛肉、乳酪等食物。
Consume foods rich in tryptophan, such as milk, cheese, natto, soy milk, nuts, chicken, eggs, salmon, tuna, lean meat, beef, cheese, etc.
- 維生素B6可以幫助色胺酸合成更多血清素，例如香蕉、全麥麵包、菠菜、深綠色蔬菜、南瓜、燕麥、奇異果、蒜頭、堅果類、豆類、奶類、魚類等。
Vitamin B6 can help synthesize more serotonin from tryptophan, such as bananas, whole wheat bread, spinach, dark green vegetables, pumpkin, oats, kiwi, garlic, nuts, beans, dairy products, fish, etc.
- 平常亦可以適當補充保健食品，例如魚油、維生素B3、B6、B12、葉酸等。
Regularly taking dietary supplements such as fish oil, vitamins B3, B6, B12, and folate may also be helpful.
- 亦可以服用5-羥基色氨酸(5HTP)與少量維生素B6(不超過20mg)可以達到即時的效果。
Taking 5-Hydroxytryptophan(5HTP) with a small amount of vitamin B6(not exceeding 20mg) can have an immediate effect.
- 曬太陽，日光浴。
Sunbathing, exposure to natural light.
- 冥想
Meditation.
- 茶胺酸(theanine)，gaba(γ-氨基丁酸)可以加強副交感神經的作用，更容易分泌血清素並進入冥想狀態。
Theanine and GABA(γ-Aminobutyric acid) can enhance the function of the parasympathetic nervous system, making it easier to secrete serotonin and enter a meditative state.

二甲基色胺 Dimethyltryptamine (DMT)

DMT被認為是一種神秘精神傳遞物質，常見於人體、植物如死藤、相思樹等，會讓服下的人產生幻覺，是世上威力最強大的迷幻藥。在人體DMT這種物質於松果體由血清素合成，通常會在冥想與禁食期間大量產生。因為長期冥想者身體經過大量訓練會大量分泌DMT，這種情況下對人體是有益無害。很多宗教的修行者是因為透過不斷的冥想修行，透過身體分泌的DMT有很多不同程度的靈異經歷或特異功能，換個角度來看，讓身體分泌DMT是每個宗教修行者所追求的生理狀態。當服食DMT時，相等於在短時間內可能獲得相當於冥想修行十幾年在腦中分泌DMT的量，但如果在情緒起伏大或不穩定情況服用，會導致精神上有很多嚴重後果，更甚者精神分裂或者永久精神病。以下行為以及營養可以幫助身體自行產生DMT：

DMT is considered a mysterious spiritual neurotransmitter, commonly found in the human body and plants such as ayahuasca and acacia trees. It can cause hallucinations in those who consume it and is the world's most powerful psychedelic drug. DMT is synthesized from serotonin in the pineal gland during meditation and fasting periods, and long-term meditators can produce large amounts of DMT, which is beneficial to the body. Many religious practitioners can achieve different levels of spiritual experiences or paranormal abilities through continuous meditation and the secretion of DMT in the body. From another perspective, the ability to secrete DMT is the physiological state pursued by every religious practitioner. When taking DMT, it is equivalent to obtaining the amount of DMT secreted by the brain during meditation practice for more than ten years in a short period. However, if taken during emotional instability, it can lead to serious consequences, even causing mental illness such as schizophrenia or permanent psychosis. The following behaviours and nutrients can help the body produce DMT naturally:

- 維生素C、D3、B3、B6、B12、葉酸
Vitamin C, D3, B3, B6, B12, Folate
- 鋅、鎂
Zinc, Magnesium
- 牛磺酸、甲基硫鹽基甲烷 (MSM- methylsulfonylmethane)、色胺酸 (Tryptophan)
Taurine, Methylsulfonylmethane (MSM), Tryptophan
- 5-羥基色氨酸 (5HTP), 茶胺酸 (theanine), gaba (γ-氨基丁酸)
5-Hydroxytryptophan (5HTP), Theanine, GABA (γ-Aminobutyric acid)
- 長期深度冥想
Long-term deep meditation
- 曬太陽，日光浴。
Sunbathing, exposure to natural light.
- 禁食
Fasting
- 運動
Exercise

筆者註 Note by the author:

經筆者對DMT醫學文獻的研究，以及參與筆者實驗的多國受試者對DMT反應的實驗，DMT在不同人的作用下確實會產生出「視覺效果」，這可能與松果體內的感光細胞有關。大部份受試者的視覺效果基本符合藏傳佛教對「壇城」的描述，以及《金花的秘密：中國的生命之書》中對「金花」的描述。而含有DMT的草藥仍然在南美洲等地被當地薩滿用作「啟靈」之用，例如死藤水、相思樹皮、迷幻磨菇等等。而西方醫學也開始使用DMT去治療精神疾病、癌症等研究。

Through the author's research on DMT medical literature and participation in experiments conducted by the author involving test subjects from multiple countries reacting to DMT, DMT does produce "visual effects" under different people's actions, which may be related to photoreceptor cells in the pineal gland. The visual effects of most test subjects basically match the descriptions of "palaces" in Tibetan Buddhism and "Golden Flower" in The Secret of the Golden Flower: The Classic of Life Sciences of Ancient China.

Herbal medicines containing DMT are still used by local shamans in South America and elsewhere for "spiritual awakening," such as death cap pills, coral tree bark, psychedelic mushrooms, etc. Western medicine also began using DMT to treat mental illness, cancer and other diseases.