

# 莊子 Zhuang Zhou—「坐忘」冥想法 Sitting and Forgetting Meditation

Date: 2023-02-23 16:19:38

**墮肢體，黜聰明，離形去知，同於大通，此謂坐忘。**

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不斷放鬆自己的肢體，直到失去自己肢體的感覺。

Continuously relax your body until you lose the feeling of your body.

不斷忽略和擺脫身體帶給你的一切訊息(包括耳、目和雜念等)，直到失去一切의思想和概念。

Continuously ignore and get rid of all messages from your body (including your ears, eyes, thoughts, etc.), and until losing all thoughts and concepts.

最後與大道合一，就是坐忘。

At last, you will be united with the Tao, that is, sitting and forgetting.