

【生活工具 8：冥想的九个层次】

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教授笔录 (by GMR, AP Victoria Tarangul, AP Marija Moertl & AP Peter Moertl)

GMR：

这是一个美妙的古老教授，9个冥想的层次，像高速公路的路标一样。小时候父母带我们远行，我们4个小孩在车上总有吵闹，8小时的旅程中总会问到哪里了呀，父母就教我们读路标，我们就学会了看离目的地还有多远，这样我的父母也很开心。这课程最棒的是：我们会运用1000年前的智慧，展现冥想的9个层次，看我们离完美冥想状态还有多远？

VIKTORIA：

我们要讨论在冥想过程会经历的9个层次。好幸运，我们有1000年前的冥想版画。这工具让我们学习冥想的进程。这工具是：冥想的9个层次。我们会一一讲述每个层次。这LT可以认知我们来到哪里，距离目标还有多远。我们都希望可以到达第个层次，完美的冥想境界。

第一层，把意识先锁定，这层会有怎样的经历？如果这是第一次，先听取导师的指示，会告诉你冥想的对象，接着坐在冥想垫上开始第一层，对对象的专注意识是比较薄弱的，甚至比没冥想更混乱。8岁的孩子首次尝试后，说不适合，意识总是千万个念头，会担心。我解释说，一开始，专注的能力，像苍蝇一样，飞来飞去，不断焦躁从一个物件转到另一个物件。因为刚开始学习冥想，所以会跳跃，意识状况会更糟糕。这阶段，我们在学习如何导向专注力。在这阶段不断练习，把专注3-4分钟在冥想对象上。这阶段，我们会开始有些许能力专注在冥想对象，会觉察到丢失了冥想对象，

接下来第二层次，冥想对象的专注力又提升了，第一和第二，昏沉和焦躁很强大，随时干扰。不断地锁定对象，能更专住在对象。像苍蝇来到一个地方停留。没关系。只要持续练习就好，最终会有回报的。

MARIJA

测量意识进展是很困难的，帮助自己理解离目标还有多远。第一次开始冥想的时候，10%专注在对象，90%在其他事物，像早餐或者接下来的计划。如果你踏上第一层，已经与众不同，因为你有了冥想老师，也开始冥想了。还有很多人还没开始冥想呢。来到第一层已经了不起了。

来到第二层，可以专注几分钟了，已经是最好的妈妈，商业人士与瑜伽老师，如果可以把意识专注个几分钟，已经很好了！开始我们是用时间来衡量，同时也可用昏沉和焦躁来衡量。第一层是百分百的昏沉/焦躁。像旅途的经济舱一样，不是商务舱。

第三是，添上补丁。举例有非常喜欢的牛仔裤，膝盖有破洞，但最喜欢这裤，就填上补丁，补丁在冥想中表示离开了冥想对象，能锁定在对象，就是偶尔会丢失，已丢失就填上补丁，接着又专注。所以第三层，专注在对象多过丢失的时间了。古代老师说：我可以教你很多细节，但你要亲身体验，因为没人有不同意识有不同体验，所以第三是添补丁，大大进步了。

第四将意识牢牢锁在对象上，不再丢失冥想对象了，YAY,然而专注力的品质还没那么好，意识还是有很多的昏沉和焦躁，没有清晰度，像在迷雾。想在大雨中驾车，可看到前方有车，却不清楚。像拍照要聚焦一样。我们不会丢失冥想对象，但是仍有待提升。这时冥想能力已经在百人之上了。来到这层，冥想能力成长了，不再是幼儿了。我们还有要努力的方向。

PETER

第五个层次：这是我最喜欢的一个主题，冥想前两个层次，像经济舱，3，4是豪华经济舱，5，6是商务舱了。在第4层，真的要付出相当的努力，才可专注对象，会消耗冥想肌肉。这时，昏沉意识会悄悄潜入，我们说是细微的昏沉，最危险的敌人，所以要认识，去对应。昏沉带来个什么感觉呢？第一点，可专注对象，会发生有些微放空，意识不是很清晰，像吃了药物的昏沉，为了要很好进入冥想，要带入很愉悦的感受。希望大家都有愉悦。如果可以跳脱细微的昏沉，就是要提振我们的意识。主要去思维能点亮我们的意识，如果能获得愉悦感，明枪的强度会加强，也会有信心达到冥想的目标。

第5和第6不同是，不再担心些微的昏沉了。当清晰度有了，就总会影响日常生活中，会开始觉察一整天会焦躁和跳跃，我们的意识是最宝贵的资产。任何可以帮助让意识清晰的工具都是无价的。

第6层，依然调整，像驾车，调方向盘一样，回调细微的较早状态。像冰下的水，分心的事物仍然发生。当专注力提升后，这层次的焦躁是非常细微的，不那么明确。想念头的碎片，像冰面上下的水流。导正法是，想些会让我们感伤的事物。这层的意识警报力是很强大的。不用过多担心细微的状态。

GMR:

要描述第7，8和9层。冥想目的之一是，不是坐在家中，什么都不想。如果你和我一样，把冥想用在要解决的事上。在我的职业生涯，对7，8，9层冥想的感受。有天回到家感觉不太对劲，我也得了新冠，不很严重，感觉像重感冒，去了医院，确诊了。我悄悄开心可以躲个两三天，其实那时在准备翻译课程，在两个礼拜要准备60堂，每趟要3-4个小时。我和太太说，要躺个两三天，一天送几次餐就好，我需要180小时准备。来，看看。我的第一天像第7层，我感觉不是很好，但还是在9点准备，感受到细微的昏沉和焦躁，回想还有什么项目要做，在意识后方，像冰面下的水流，有很多任务要做，不能完全专注在翻译上，也有些昏沉，我完成12小时的工作，除了厕所用餐，工作没中断。

第二天，来到8层，可以直接进入工作，太太很怀疑，几乎没有细微的焦躁，半小时直接深入工作当中，完全专注，完成50个小时的工作量，我直接在床上工作，不感到疲惫。来到第9层，太太知道要送两三次餐，知道我在工作，安全，不用提防，直接切入工作状态，全天都全然专注，在12-15小时内，哇，直接进入冥想状态，完全不会想到其他食物，也不会感到疲累，这就是第9层。你是可以持续工作很长时间的

这需要花时间抵达，要教会很多人冥想，才可以种下这些好的冥想种子。有个学生问：老师，你有很坏的习惯，有时你就只是盯着人看，但其实是想其他事物，会让其他人不自在，感觉没在聆听对方，你要5-10分钟后才听我讲什么。我想，一旦审查进入专注，要把善心持守住，有种冥想，让我们深入，却也自私，只专注工作和事业，当789层，必须格外谨慎，除了自己，也要顾及其他人，一位杰出的冥想者，要感受上面的连接，这是超越第9层。要把专注力，在伴侣，家人，孩子和共事的人的身上。

精华摘要 (by Teacher Sharon)

冥想的9个阶段

昨天昨晚瑜伽谁脚还在痛的？瑜伽是动态冥想，在维持维持平衡时，我们进入了某种程度的专注和宁静。但需要练习才能做到，而且是优雅的做到。大多数的时候，瑜伽和冥想就好像拔河，在过度的焦躁或昏沉之间，只要片刻的优雅。达到完美的冥想一共有9个阶段，我们可以为自己在周六做的冥想评个分。今天的状态好，明天也可能不好，就算今天的冥想状态不好，明天也可能会有突破，因为有不同的种子开出，所以种子要持续种。

Level 1 - 将意识设定在对象身上，一开始我们一是像是苍蝇一样，飞来飞去，非常杂乱。但至少我们知道它是乱的。比如两个关在房间打架的孩子，妈妈没有听到，现在妈妈知道了。所以就好像妈妈关注着孩子一样，我们要正视、照顾它、不能看到又忽视它。

Level 2 - 我们可以将意识停留在对象上“片刻”，这就好像走在有铺满油的地面上。专注力只有3、4分钟然后就飞了。聚焦的时间仍然少于散乱的时间，但由于第一层的努力，即使是一下，也是很大的进步。

Level 3 - 我们可以将意识停留在对象更长的时间，好像裤子破了一个洞，可以补丁。能力变强了，分心、放空的时间也比前两个层次要少。

Level 4 - 我们可以将意识牢牢地锁定在冥想对象身上了，不会丢失对象了，还可以觉察到这个对象没有很清晰。为什么呢？因为我们的意识还是要对抗焦躁和昏沉。

Level 5 - 掌控意识，由于之前地努力，意识有一点匮乏，细微地疲倦。很危险，因为我们没有留意到自己放空了。我们要留意到这种非常细微地昏沉，警觉到，回想我的冥想是为了什么？回想冥想可期的美好结果，或是在意识中想象明亮的阳光，点亮我们的意识。

Level 6 - 可能矫枉过正，出现细微的焦躁，成为“冰下的水”。细微的昏沉会变成细微的焦躁了。现在是和刚才相反的方向，运用觉察力，观想月光。或是观想我们身边那些死去的人，知道每个当下都是我突破的机会。

Level 7 - 现在意识到达了全然平静，意识的警铃已经非常强大，昏沉和焦躁只需要微调了。

Level 8 - 冥想来到不受干扰了的阶段，只要稍加努力就能将意识锁定在冥想对象上。

Level 9 - 最后是到达深层的冥想，不需刻意努力就能开始延续完整的冥想练习，也是冥想的最高境界。要触碰金刚世界，直见空性，是很必要的。

行动建议：

1. 冥想是个人的练习，不要比较。以庆祝和鼓励取代。
2. 记录自己的冥想日记
3. 观察自己的进展，观察自己今天和昨天有什么不一样，庆祝或适时做出适当调整

【LifeTool 8: The 9 Levels of Meditation】

*This teaching summary is for reference and does not represent the teaching of the professor.
Please do not forward it.*

Teaching Summary (by GMR, AP Victoria Tarangul, AP Marija Moertl & AP Peter Moertl)

By GMR

9 stages is like the 9 signs on the highway. When I was a kid, there were 4 brothers and my parents loved to take road trips. On a 8hour trip, after every 10 mins we kept asking if we had reached? our parents taught us to read the road signs and distance.

So one of the greatest things about L3 is: using a 1000 years poster to talk about the 9 stages of meditation.

It teaches us how far we are away from perfect meditation.

By AP Victoria Tarangul

Measuring progress in your meditation journey

The levels we will go through in meditation.

All these milestones were created 1000 years ago. With this LT, we will know exactly how far we've come and how far we have to go.

We will go through all the 9 levels and try to identify where you are at your practice. It is an indicator to you to know how far you have to go. Our goal is to reach the perfect meditation ground. Let's start at FIRST LEVEL: That is to fix a meditation object. Everyone will start at this level.

If this is your first time meditating, you will be instructed to pick a meditation object. Which was taught in LT 4.

Spend some time understanding LT4.

At this 1st level, the focus is rather vague. You may even feel that your mind is busier before meditation. It looks like this before you meditate. It's noisy because we were not aware of our thoughts. When my son went to meditation at 8yo, her son told her he couldn't do it. He had a million thoughts in his mind and told Prof Viktoria that he's

worried he's the only one with so many thoughts. I explained to him our focus ability is akin to a house fly on a dung. It flies very actively and jumps from thought to thoughts, just like our mind. At this point, we are only learning to meditate and we can only focus on our meditation object for a very short period of time. Before it jumps again. This gives us the impression that we are bad at focusing. This lets us know that our mind is noisy and discover that we are unable to focus.

If you practice well, you will start to focus for a period of 3-4mins. Still, our ability to focus will be enhanced.

Initially, your mind will be filled with tasks.

LEVEL 2 of Meditation: The concentration is better and better, the time of focus is longer. In the 1st and 2nd level, the sleepy and active mind is there. The amount of time on the MO is lesser than the time spent on other thoughts in the mind. However, we can focus on MO better than the first level.

Just like a fly who flew towards a dung, stayed there for a while longer then flew away.

This is a stage. Just keep trying. The daily mental exercise is worth it.

By Marija Moertl

Level 1: 10% of the time is on the MO, 90% is focused on other things. Many people has not tried meditation. So please do not think you are a bad meditator when you are just at level 1. You are amazing to be at level 1. LEVEL 2: you are able to hold your focus for a few minutes. If you are at level 2, you are already the best biz leader in your city. The best yoga teacher, the best mama, the best biz leader. If you can focused for a few minutes, you can be a good inventor. You are measuring the amount of time you can focus on MO. Also, we can also measure the amount of sleepiness and busyness in our minds. 100% we are in sleepy and busy state. This mean we are like in the economy class of the plane. We are flying but in economy class. Not business class.

LEVEL 3: keep the mind on the MO (stitching the patches) Eg, you have a favorite pair of jeans. You have worn it for several years then a hole appeared on the knee area. Since it's your fav, you patched it up. This patch is akin to the mind wandering away from the MO. The rest of the jeans are just like the amount of time spent on MO. It means you are able to focus on the MO (like 10mins) but lose your focus (like 2mins). When you lose the Focus for a while, the patch is there. The amount of time on MO is more than the time wandering off.

An ancient wisdom:

I can teach you many things but you have to experience it yourself.

Different people will experience different things.

LEVEL 4: Maintaining the mind tightly You do not lose the MO anymore but the quality is not there yet. You are constantly on the MO but the volatility of the mind is there. The focus still comes and goes. Your mind is still foggy. Just like a car in heavy rain, you can see the car in front but vision is unclear. Just like you are trying to adjust the focus of the camera. It is amazing to be in this stage. It means you are doing better than most. This is like your first Adult meditation. Your ability to meditate has grown. You are no longer a child.

You still have to work on busyness and sleepiness of meditation,

By Peter Moertl

LEVEL 5: (economy premier class) It took Prof Peter to be in this level 5. In level 4, we put in a lot of effort to focus on the MO. Subtle dullness – most dangerous enemy in meditation. We must understand our enemies. Subtle dullness: we do not jump and no need to patch up. We are not distracted. we may be spacing out a little bit. Mind is still not clear, rather the mind is like the feeling after a drink or two, after some medication. To get into a good meditation, we feel good and in a joyful state.

It is a mental breakthrough. To feel subtle dullness and a good meditative state.

What can we do to get out of subtle dullness? There are many different tools to get out of this. But mainly it is to think of something that makes you happy. When your mind is happy, then you will be able to focus on the MO. Then you will feel the feeling of reaching the meditation goals. The difference between Level 5 and the previous levels is you do not need to worry about your sleep and busy state of mind. From my personal experience, when you keep meditating, it will spill over in your daily life and influence all areas of your life. You will be able to have the antidotes for all the sleepiness and busyness of your daily lives with meditation. Our mind is our most precious asset. So keep your mind in a happy and excited state. on LEVEL 5 we get to understand what is subtle dullness and learn how to stop it.

LEVEL 6: again, we are reacting to correct subtle dullness. It is like a car driver trying to stay in their lanes. In L5, we are often in subtle busyness while trying to uplift the subtle dullness. Think of “water running under the ice” when you are in the beginning levels,

you are often distracted. When you are able to focus on MO, those distractions are just going to by pass. Subtle dullness is there. Just like below the surface. It is like walking on an ice lake in Russia. The way to correct this mental state is to quieten down and to think of events that make us sad. Then the agitation of the mind will be leveled off. We can easily detect the sleepiness and busyness of our mind! So how can we improve our state of mind and get into Business class?

Summary of Essence (by Teacher Sharon)

9 Stages of Meditation

Meditation – Elegant Moment, this moment needs to be practiced & trained. Yoga or Meditation both need to be balanced just like wall of tag 1 site busyness & 1 site dourness.

Meditation has 9 levels/stages.

1st Stages – just like a baby starts to stand-up & walk... keep on falling & stand-up again multiple times only can succeed. 1st let focus on an object 1st, a lot of time we like house fly flying around. At this moment you are aware your mind is flying around. Example like 2 boys in a room fighting But the room door is closed so Mum was not aware until Mum opened the room door & found both of them are fighting, so now mum needs to use love & stop them.

A lot of time we found today or tomorrow Meditation stages always different in stages. A lot of time we need to plant seeds.

2nd Stage – we need to start to stop a moment in our mind for a few mins, just like standing on ice. We may fall by standing on ice, we found we can stand longer compared after we know how to balance.

3rd Stage – Now you can focus on an object when meditating but you still have some interruption, you just need to patch the missing object & pull yourself back.

4th Stages – we are able to focus very clearly on the object for longer & very cleanly, no more flying around but the object still not as clear as crystal yet. As we still need a lot of energy to hold the object in mind.

If we continue practicing, we are reaching 5th Stages now. What happens here... we may feel tired as we had spent too much energy referring to the last few stages. Example u read a sentence but after read u did not get the meaning yet. U just read only. How to overcome this to have a clear object? we need to find our focus back example pull yourself back.

6th stages – we manage to cool down calm just like water flows below the ice. How to calm down? Just imaging moonlight. Or re-call any close relative who had pass-away & we are still alive now, bring back yourself.

7th Stages – now you are a good driver on the road just relax & drive.

8th Stages – u able to have 1 focus point in meditation now.

9th Stages – you are at the highest level now, and can touch the diamond world.

You need to always be aware of how your meditation progresses, especially what you eat everyday.