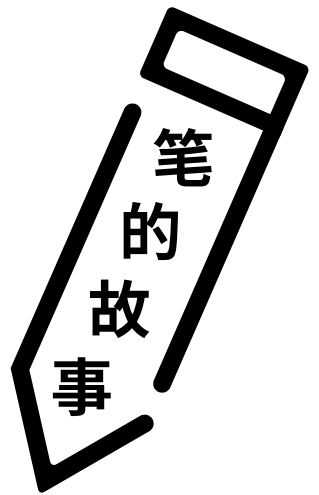


笔的故事18步骤

Pen Story 18 Steps



- 1.是什么？ 握起一支笔。这是什么？笔（此时不要称它为‘笔’：它只是一个物体。）
- 2.小狗 现在，假设那边的门打开，一只小狗进来。（在小狗面前挥一挥笔）
小狗会做什么？
观众：“会咬它。”
- 3.笔？ 那么，小狗是否将这个东西视为笔？
观众：不，他们视为可以咬的东西：一个磨牙玩具。“
- 4.谁对？ 所以，小狗把它看成是一个磨牙玩具；而人将其视为笔。谁对呢
有些观众可能会回答：他们都是对的！
- 5.肯定 再次与观众确认：你说得对的 - 他们两者都对的！
- 6.都对 没问题的，人可以用这个东西笔来写字，而狗也可咬它，把它当成磨牙玩具。
所以，他们都是对的！
- 7.离开 现在是最重要的环节来啦！（将笔放在桌子上。）
假设我把这件东西（不要说笔）放在放在桌面上。然后我们所有人都离开了房间。小狗出去了，人也出去了，最后一个人转身把门关上。
所以现在，房间里是空的，既没有小狗，也没有人 - 空无一物（让他们感觉房间是真的空的）
- 8.笔/玩具？ （也许耳语下一部分强调：）现在，在这个当下（强调这个时间），当人和小狗都离开了，请问这是什么东西？
是一支笔呢？还是一个磨牙玩具呢？
（实际说出这两个选项很重要，不要只是说：“这是什么东西？”）
观众可能会说：都不是。它什么都不是！
- 9.都还不是 没错！当你摇头！你是对的！都不是。它什么都不是！谢谢！
- 10.空性！ 在此刻，这个物件什么都还不是，它就像是一个戏院里空白银幕，等着投影机的投影。所以我们说这个物件具有无限的潜能，取决于看它的对象
- 11.人-笔 现在，门打开了，你回到了房间。（你东张西望，好像在寻找什么物件。突然你发现了笔！）
你看向桌子，发现桌上的物件。在那当下，这物件会变成什么？
观众：它变成了笔！
如果，门打开了，进来的是小狗，看到这个物件时，这个物件将会成为什么呢？
是的，它将成为小狗的“磨牙玩具”。
如果，门打开了，人和小狗一同进来，当他们看到这个物件时，这个物件将会成为什么呢？
是的，这个物件在同一个时间和空间，会变成两样东西，即是笔又是磨牙玩具。
- 12.来自于？ （现在重要的是转向一边，把笔放在你的脸前，所以观众可以得到看到你侧面拿着笔。）
好的，下一个问题。请问笔是来自于这支笔本身（沿着笔到你的眼睛的方向挥动你的手）
或者是来自于我呢？（沿着你的眼睛到笔的方向挥动你的手）
请大家展示给我看‘笔’从何而来？（转向观众，手挥向内，然后再向外。）
大家可以举起你的右手，你认为笔是来自于这支笔本身呢？还是自我呢？
- 13.来自我 对！笔是来自于我。这支笔是来自于我。它一直都是来自于我，而不是来自于笔的本身。
因为如果笔是来自于笔本身的话，那么小狗也会把它当成笔而不是磨牙玩具了！
- 14.许愿 稍等一下！如果笔是来自于我，我们可不可以把它变成我们想要的任何东西呢？
好的，让我们试一试把这个笔变成钻石！
我们现在可以闭上眼睛，让我们的用正念和专注力，用力的想，把这个笔变成钻石吧！
让我们一起说三次：钻石，钻石，钻石
（现在闭上眼睛，钻石，钻石，钻石，当你睁开眼睛看着笔时。。。）
哦！它没有变成钻石！！（停顿一会儿）
- 15.其他原因-种子 为什么呢？
虽然这支笔是来自于我，但这不意味我可以闭上眼睛，然后通过正面思考，努力的想就能把它变成钻石。
这也就为什么，我们每一个人都有自己心中想要得到的东西。但是我们不是每次都能得到它。
这是因为有其他的的原因。这支笔是来自于我，但不是我通过积极的想法创造的。
事实上，这支笔是来自于我的意识里的种子。意识里的种子是充满无限的潜能，而这支笔是来自于种子。
- 16.光的图片 我们意识里的种子，是过去的我的行为所种下的。之后，当我的眼睛看到桌上的物件，种子迫使它变成一支笔。
在这当下真正发生的是- 在这一刻，当眼睛看到这支笔时，我意识里的种子瞬间打开，在这一刹那，一个小小的，发光的笔的图像，意识就将这个图像投射出来，覆盖于这根黑色棒子，这根黑色棒子就对我来说就是一支笔。
- 17.所有人事物 这就是笔如何成为笔的过程，这就是我们整个世界，一切周围的所有人和事物 - 如何呈献在我们的面前的。
在这个房间里面的所有的事物，整个城市，坐在你旁边的人，都是从我的意识里出来的。（这实际上就是笔的概念）
- 18.基础+3千次 顺道一提，笔的故事是整个种子体系的基础概念。
在你真正理解它之前，你需要听3000次！（笔的故事结束）



1. What is this?

Hold a pen up. What is this thing? Pen (Don't call it a 'pen' at this point: it's just an object.)

2. Puppy

Now suppose the door over there opens and a young dog come in here.
(waves the pen in front of the dog) What would the puppy do with this thing?
Audience, "chew on it."

3. Pen?

So, do the puppy see this thing as a pen?
Audience: No, they see it as something to chew: a chew toy."

4. Who is right?

So, the puppy sees it as a chew toy; and the human sees it as a pen. Which one is correct?
Some audience may answer: They are both right!

5. Confirmation

Confirm for them: You are right – they are both right!

6. Both right

The human can use this thing as a pen to write, no problem. And the puppy can also chew on it; again, no problem. So, they're both right!

7. Everyone leaves

Now the most important idea of all! (set the pen on top of a table.)
Suppose I put this thing (don't say pen) on the table. And then all of us leave the room.
Puppy go out, people go out, and the last one turns back and closes the door.
And now the room is empty, completely empty; no puppy, no people – nobody at all
(Really get them to feel the room is empty)

8. Pen/toy?

(Maybe whisper the next part for emphasis:) At that moment (emphasize this time), when everybody is gone, what is this thing? A pen, or a chew toy?
(It's important to actually name these two options, and don't just say, "what is this thing?")
Audience may say: neither one. It's just nothing!
That's right! When you shake your head! You are right! Neither. Neither one, It's just nothing!

9. Nothing yet

That's right! When you shake your head! You are right! Neither. Neither one, It's just nothing!

10. Emptiness!

At this moment, this object is nothing; it is like a blank screen in a theatre, waiting for the projector to project. So we say that this object has unlimited potential, depending on who is observing it.

11. Human - Pen

Now suppose you opens the door and comes back into the room. (Look around the room like you are not looking anything special, and then, suddenly stare down very obviously at the pen) And you look down at the table and you see this thing. What does this thing become at that moment?
Audience: It becomes a pen!
If the door is opened and a puppy comes in, what will this object become when it sees it? Yes, it will become a "chew toy" for the puppy.
If the door opens, human and puppy come in together, what will the object become when they see it? Yes, this object will turn into two things in the same time and space, as a pen and a chew toy too

12. Comes from?

. (The important thing now is to turn to one side and place the pen in front of your face, so the audience can see you holding the pen from the sideways)
So now here's another question. Is the pen coming from its own side (wave hand towards yourself, from pen to you) or is it coming from the you? (wave hand away from your face forwards the pen.)
Show me now with your hand where is the pen coming from (turn to audience and wave in and out).
Everyone, please raise your right hand, is the pen coming from itself or is the pen coming from me?

13. Comes from me

Right! It is coming from me! The pen is coming from me! It's always from me, and not from its own side (Pause to let people digest that!) Because if the pen coming from its own side, then the puppy will also treat it as a pen instead of a chew toy!

14. Wishing

But wait a minute! If the pen is coming from me, does that mean that I can just make it be anything I want?
Ok, let's try turning this pen into a diamond!
We can now close our eyes and use mindfulness and concentration to think hard and turn this pen into a diamond!
Let's say it three times together: Diamonds, diamonds, diamonds
(Now Close your eyes, Diamonds, diamonds, diamonds, then open your eyes and stare at the pen)
Oh no! It didn't turn into a diamond! (Pause)

15. Other reason - Seeds

Why? Although this pen is coming from me, but that doesn't mean I can just close my eyes and wish real hard – I can't just use POSITIVE THINKING to turn this thing into a diamond.
And that makes sense, you see. Everyone wants things. But, they don't always get them. And that's because there's something else going on. The pen is coming from me, but not just because I'm thinking positive.
What's really happening is that the pen is coming out of a seed in my mind. There's some kind of potential – a seed in my mind, and the pen is coming out of that seed.

16. Luminous picture

So there's a seed in my mind, that I planted there by something that I did in the past. And then, as my eyes catch this thing on the table, and then suddenly it becomes a pen.
What's really happening is that at this moment – at the moment I lay eyes on the pen – a seed in my mind split open, and in that tiny moment, a small picture pen – a seed in my mind split open, and in that tiny moment, a small picture comes into my mind, a small luminous picture, made of light, just like the lights here in the hall. And my mind puts that picture on top of the black stick, and the stick becomes a pen.

17. Everything in life

And that's how a pen becomes a pen, and that's how everything in our whole world – all the people and things around us – become what they are. The hall, the whole city, the person sitting next to you, they are all coming from me, from my mind. (This actually concludes the Pen Thing)

18. Foundation + 3000 times

By the way, the Pen Thing is the basis of the entire DCI system (Seeds System)
You have to hear it 3000 times before you really understand it! (End of the Pen)