

**21 lessons
we can learn
from Taranatha**

我们可以从多罗那他尊者身上学到的 **21 个人生经验**

Welcome to the Lady Niguma 30 day challenge!
欢迎参加妮古玛瑜伽 30 天践行挑战！

Having completed the Lady Niguma intensive is a great accomplishment! Our goal in this 30 day challenge is to ensure that this material doesn't just become a fond memory, but instead is integrated into your lives in meaningful and practical ways.

完成了妮古玛瑜伽强化训练是一个伟大的成就！在这 30 天挑战中，我们的目标是确保这些材料不只是一个美好的回忆，而是有意义地、切实地融入你们的生活中。

To do this, we will look at Master **Taranatha's** example and how he, a student much like ourselves, was able to apply the teachings of Lady Niguma into his life. Taranatha became an important part of the lineage of Lady Niguma because he put the teachings into practice. Now it is our turn.

为了做到这一点，我们将看看多罗那他大师的例子，看看当他像我们一样做学生时，如何能够将妮古玛瑜伽的教诲应用到他的生活中。多罗那他成为妮古玛瑜伽传承的重要一员，因为他将教诲付诸实践。现在轮到我们的了。

In addition to these individual daily life lessons from Taranatha, we will have one weekly focus that relates directly to the Lady Niguma material. This focus is something for us to work on throughout the week in addition to these daily challenges.

除了这些来自多罗那他的个人日常生活经验之外，我们每周会有一个与妮古玛瑜伽的素材直接相关的重点。这个重点是除了日常挑战之外，我们整个星期会努力修习的内容。

As well, each person will be responsible to make AT LEAST three posts on Wechat / social media per week documenting their journey with the Lady Niguma practices. These posts could be funny or inspiring, document little insights you have, or even be little mini teachings of the concepts and ideas you have learned.

同时，每位同学有责任每周在微信/社交媒体上发布至少三个帖子，记录他们的妮古玛瑜伽练习之旅。这些帖子可以是搞笑的，也可以是鼓舞人心的，可以是记录你的小感悟，甚至可以是你所学到的概念和想法的小教学。

Lastly, throughout this challenge, students will have the opportunity to work with a mentor on a weekly basis to celebrate successes and seek clarification on any of the practices.

最后，在整个挑战过程中，学生每周有机会与一名导师交流，分享成功点滴、也可以请导师讲解自己在练习中遇到的任何疑问。

Week One:

第一周：

Lesson Day 01: General Focus for Week One: Compassion and Wisdom

课程第 01 天：第一周总重点：慈悲与智慧

The first class of the Lady Niguma intensive focused on Navanga Yoga, the essence of which is the application of compassion and wisdom to the inner and outer practices. Review these teachings as much as possible. And for this first week we ask that you apply this wisdom in the following way: as you engage with people throughout the week, think of how you see them as being nothing more than a simple reflection of your channels, for better and worse. See that your actions with these people and events (or even with your own thoughts), are either going to straighten your channels or cause them to twist a little tighter - releasing or constricting the energy flows. Like ice on a twig, how do these reactions affect your reality?

妮古玛瑜珈强化训练的第一节课主要讲的是九支瑜珈；其精髓是将慈悲和智慧应用于内外兼修。尽量多复习这些教诲。在第一周，我们请你透过以下方式应用这种智慧：这个星期，当你与人接触时，想想你如何看待他们，无论好坏，他

们不过是在反映你的气脉。看到你对这些人和事件的行动（甚至是你自己的想法），要么会使你的气脉变直，要么会使它们扭曲得更紧——释放或收紧能量流动。就像树枝上的冰挂，这些反应如何影响你的现实？

Taranatha Lessons

多罗那他的经验

Lesson Day 02) He was grateful to his parents

课程第 02 天) 感恩父母

Master Taranatha was born in 1575 in Western China. His father, Namgyal Puntsok, was 46 years old, which at the time would have been considered very old. His mother, Dorje Buga, was only 19. They deeply loved their son, and when he was recognized as a great teacher he left home to study away from his parents. Greatly saddened, his parents followed behind him for a very long distance, staring off after their son until long after he had disappeared from sight.

多罗那他大师 1575 年出生于中国西部。当时他的父亲朗加·彭措已经 46 岁，这在当时已经算是高龄了。他的母亲多杰·布加只有 19 岁。他们深深地爱着自己的儿子，当他被公认为一位大师时，他离开家乡，远离父母学习。他的父母非常伤心，在他身后跟了很远，一直盯着儿子，直到他在视线中消失了很久。

His father passed away when Taranatha was 39. Taranatha was stricken by an infinite feeling of grief, and his health suddenly deteriorated: he began to vomit blood, he was constantly dizzy, and he was stricken with a choking feeling. It took him a very long time to recover from his grief.

多罗那他的父亲在他 39 岁时去世。多罗那他被无限的悲痛所笼罩，健康状况突然恶化：他开始吐血、持续头晕、有窒息感。他花了很长时间才从悲痛中恢复过来。

When Taranatha was 48, he persuaded his mother to permanently live with him where she stayed for the rest of her life. He also took great care to honor the memory of his grandparents.

在多罗那他 48 岁时，他说服母亲与他长期生活在一起，她在他身边度过了余生。他还非常重视纪念祖父母。

Regardless of how our childhood may have gone, our parents have sacrificed much of their life to provide us with what we need. If nothing else, they have given us this body and mind and brought us into this world with what we need to succeed spiritually.

不管我们的童年是如何度过的，我们的父母牺牲了生命中的许多东西提供我们生命所需。即使没有给过我们其他更多的，至少他们赋予了我们身体和意识，把我们带到这个世界上；这些东西让我们得以在精神上获得成功。

Challenge: On this day, find a way to honor your parents (or the person that has played this sort of role for you). It could be a simple phone call, forgiving them in our hearts for a pain we have held onto for too long, or opening our hearts to them in a way we have never done before. If your parents are no longer with you, find a way to celebrate and honor them. As everyone knows who has lost a parent, our time with them is irreplaceable, and when they move on, we have often lost the person that has loved us the most in our lives. This practice done regularly can prevent a lot of regret later as it inspires us to spend quality time with those we love before they pass on.

挑战：在这一天，找到一种方式来尊敬你的父母（或者在你生命中扮演这类角色的人）。可以是一个简单的电话，在心里原谅他们曾带给我们,长久压抑的痛苦;或者以一种我们从未做过的方式向他们敞开心扉。如果你的父母已经不在你身边，请找到一种方式来赞美和纪念他们。失去父母的人都知道，我们和他们在一起的时光是任何东西都无法替代。当他们离开后，我们往往失去的是生命中最爱我们的人。经常做这个练习可以避免日后很多遗憾，因为它激励我们在他们去世前,与我们所爱的人共度美好时光。

Lesson Day 03) He was an excellent student

课程第 03 天) 他是优秀的学生

Master Taranatha took himself through an intensive training in spiritual knowledge, and continued learning new things even into the final years of his life.

多罗那他大师经历了精神智慧的密集训练，即使在生命的最后几年，也在不断学习新东西。

He received his first teachings at the age of four on the instructions of the Wheel of Time. At this early age he also began learning the practice of Tara, the Lady of Liberation.

他在四岁时第一次接受关于“时轮”的教导。而且，他也从年幼开始学习圣救度佛母，即度母的修法。

At age six he began formal studies, and quickly learned to read and write. By seven he was memorizing the cultural classics of China and engaged in traditional philosophical debating. By the age of eight he had memorized many scholarly books and was learning this at a level twice his age.

六岁时，他开始正式学习，并很快学会了阅读和写作。七岁时，他开始背诵中国文化经典，并参与传统的哲学辩论。到八岁时，他已经背诵了许多学术书籍，并且以年龄两倍于他的人的水平学习这些知识。

At this same age he began his formal relationship with his primary teacher, Kewang Jampa Hlundrup. He began formal philosophical studies, and then by age nine had been introduced to major ideas of philosophical thought from many works.

在同一年龄，他开始拜格旺·蒋巴·隆都为他的正式老师。他开始了正式的哲学学习，然后在 9 岁时从许多著作中了解到哲学思想的主要观点。

From the age of 10 to 17, he mastered countless subjects, especially the *anuttara yoga* or highest group secret instructions. He was extremely devoted to his teachers, and went through a period of extreme grief when one of them passed away; even at this age he went and constructed a beautiful tomb for him.

从 10 岁到 17 岁，他掌握了无数的课题，尤其是无上瑜伽或最高的一组秘密指导。他对老师极为忠诚，当一位老师去世时，他经历了一段极度悲痛时期；他在当时的年纪，已为老师建造了一座美丽的坟墓。

From the age of 17 to 30, he continued intensive studies with a wide variety of teachers from many lineages. In his later years, as we will see, he expanded his learning greatly to include teachers from many religious traditions, including those of Hindu India.

从 17 岁到 30 岁，他继续向来自许多传承的不同老师密集式学习。在他晚年，正如我们会看到的那样，他的学习范围大大扩阔，包括许多宗教传统的老师，这些包括印度教的老师。

The lesson here for us is that, as yogis, we cannot be of real service to others unless we put in the time to learn our spiritual lessons and knowledge thoroughly.

这里给我们的启示是，作为瑜伽士，除非我们花时间充分彻底学习我们的精神层面的功课和知识，否则我们无法真正的服务他人。

Challenge: Spend some time today planning how you will integrate the Lady Niguma material. Have you been reviewing the content from each class (the tradition is to do so at least three times!) Are you doing your yoga classes? Have you done your homework? Have you posted to the Wechat group?

挑战：今天花点时间计划一下你将如何把妮古玛瑜伽的素材融入生活中。你有没有复习每堂课的内容（传统是至少复习三遍！）你有没有上瑜伽课？你完成作业了吗？你有没有在微信群里发帖？

What changes will you need to make in your schedule to accommodate the course work, the assignments, and meetings? Use today to organize your time to make sure that you are meeting all of your normal obligations while maximizing your time integrating the course material.

你需要在你的日程安排中做出哪些改变来完成课程练习、作业和会议？请利用今天来安排你的时间，确保履行所有日常责任的同时，把最多时间用于将课程资料融入生活中。

Lesson Day 04) He kept an ethical code

课程第 04 天) 遵守道德准则

At the age of eight, Master Taranatha adopted a code of ethics aimed at never harming another living being.

在八岁的时候，多罗那他大师接受了一条道德准则，决意永不伤害其他生物。

In conjunction with his empowerments into the diamond teachings, he further took on the pledge to work for the benefit and happiness of every living creature in the universe.

当他获得金刚教义的授权时，他还进一步承诺为宇宙中每一个生命的利益和幸福而努力。

At this time as well he took on the Code of the Diamond Way, pledging to work at inner and outer yogic practices with all his strength, so that he could more quickly come to the service of all beings.

在这个时候，他也接受了金刚乘的守则，承诺将全力以赴地进行内外瑜伽的修持，以便更快可以为众生服务。

And so we as yogis must learn an ethical code; commit to it formally; and throughout the day use methods like a spiritual diary to track how well we are doing.

所以我们作为瑜伽士必须学习道德规范；正式承诺遵守规范；并在一天中使用心灵日记等方法来检视自己的表现。

Challenge: Identification of Core Values:

挑战：确定核心价值观：

It is impossible to live a happy life if we are transgressing our moral code.

And so to establish what our core values are is essential for happiness.

Examine the above below and choose three words that are most important to you. You can journal these words, thinking of why you chose them, why they are important to you, when you have been able to express them in your life, and how you can work to incorporate these more into your life.

如果我们违背了自己的道德准则，就不可能过上幸福的生活。所以确立我们的核心价值观，是幸福的关键。审视上面的列表，选择三个对你来说最重要的词。你可以把这些词写成日记，思考为什么选择这些词、为什么这些词对你很重要、你在生活中什么时候能够表达这些词、以及如何努力把这些词融入到你的生活中。

*acceptance accountability adventure beauty caring challenge commitment
compassion competence courage curiosity discipline efficiency enthusiasm
equality love loyalty mastery mindfulness non-violence peace problem solving
reliability resourcefulness responsiveness self-care simplicity stability strength
trust willingness wisdom openness purpose*

接纳 责任感 冒险 美丽 关心 挑战 承诺 慈悲 能力 勇气 好奇心 自律 效率 热情 平等 爱 忠诚 掌握 正念 非暴力 和平 解决问题 可靠性 机智 响应性 自理 简单 稳定 力量 信任 意愿 智慧 开放性 目的性

Lesson Day 05) He recreated himself

课程第 05 天) 他重新塑造了自己

Master Taranatha began life at a major disadvantage. As a very young child, he went through some major illnesses, one of which left him with a permanently disfigured face.

多罗那他大师的人生以巨大的灾难开始。在他很小的时候，他就经历了一些重大疾病，其中有一次让他的脸部永久毁容。

And yet throughout his life he recreated himself, refusing to be stuck in the person he was now, always striving to take himself higher. This lifetime effort is reflected even in the different names he took on as he went through life.

然而在他的一生中，他重塑了自己，拒绝拘泥于现在的自己，一直在努力让自己更上一层楼。我们甚至可以通过他一生中给自己取的不同名字，看到贯穿他一生的努力。

For instance, Taranatha had a vision that he would become an angel named "The Liberating Protector," and from that moment on he asked people to call him Taranatha.

比如，多罗那他梦想成为一位天使，名叫“救度保护者”，从那一刻起，他请人们叫他多罗那他。

The lesson is that—regardless of how we see ourselves now, regardless of our present opinion of ourselves—a higher identity is always available to us, if we work hard at our spiritual practice. And it is not a bad thing to feel a sense of pride about the hard work we have already accomplished.

这个启示是——不管我们现在如何看待自己，不管我们现在对自己的看法如何——只要我们努力地进行心灵修行，我们总是可以成就更高的自己。当我们为自己达成成就所付出的努力而骄傲，那不是一件坏事。

Challenge: We all play many roles in life, wear many masks, and sometimes let these roles and positions define us. Just like Lady Niguma's many appearances, ultimately, we are none of these and all of these.

挑战：我们在生活中都扮演着许多角色、戴着许多面具，有时会让这些角色和职位来定义我们。就像妮古玛瑜伽的诸多表象一样，归根结底，我们即不是这一切，亦是这一切。

How will you use Lady Niguma yoga to show up as the highest version of you in this life? Identify some negative self images that you would like to let go of and a plan of how to do so. Identify a few positive self images that you would like to embrace, acquire, or increase.

你将如何使用妮古玛瑜伽来展现今生最高版本的自己？找出一些你想放弃的负面自我形象，以及制定计划，列出你如何做到这一点。找出一些你想欣然接受、获得或增加的正面自我形象。

Lesson Day 06) He did his yoga, regularly!

课程第 06 天) 坚持规律地练习瑜伽

It is obvious from Master Taranatha's commentary to Lady Niguma's yoga practice that he himself was doing his yoga regularly. He gives exact milestones that we can expect after specific time periods of regular practice, and encourages us by telling us how, at a specific point, we will begin to learn the series by heart, and start to feel the effects of it in gaining new energy and not feeling tired from its practice.

从多罗那他大师对妮古玛瑜伽的论释中可以看出，他本人也在定期做瑜伽。他告诉我们，规律练习之后，可以期待的阶段性里程碑的明确时间节点。以此鼓励我们，明确告知我们，将在某个时间点开始记得这套瑜伽系列，并开始感受到它的效果。也就是获得新的能量，并且不会因为练习而感到疲惫。

And we know that he continued his yoga practice even into his later years; at the age of 56, Master Taranatha had a major attack of rheumatism that affected the function of all his limbs, and he carefully continued to do his yoga practice until it removed every sign of this sickness.

我们知道，他即使到了晚年，也一直继续练习瑜伽；在 56 岁的时候，多罗那他大师的风湿病发作，影响了他四肢的功能，但他仍小心翼翼地继续练习瑜伽，直到该病的全部病症消失。

And so we ourselves can follow his example of practicing regularly, and continue to practice in spite of illness, age, or injury.

所以我们自己也可以以他为榜样，经常练习，无论疾病、年龄、伤痛，都可以继续练习。

Challenge: This one is easy! Do your yoga today! Habits are created after a few short weeks. What commitments can you make to develop a regular yoga practice? Maybe there is someone that you can partner with to hold each other accountable by practicing together? Practice doesn't make perfect. Practice makes possible.

挑战：这个很简单！今天就做瑜伽！短短几周后就能养成习惯。你可以做出哪些承诺来养成定期练习瑜伽的习惯？也许有一个人，你可以和他搭档，让双方承担责任一起练习？练习不会使之完美。练习使之成为可能。

Lesson Day 07) Rejoice!

课程第 07 天) 欢欣!

For the last day of the week, spend some time rejoicing in all the good things you are doing. Be as indulgent as possible! And add in the good things you see others doing as well. Don't be limited by time. Reflect on goodness in the past, think of good deeds you can do in the future. Especially, think of all of your efforts in the practice of Lady Niguma. If you know the practice of coffee meditation, do this as much as possible throughout the day. Let it put a smile on your face. You are doing great! Recognize it and relax in this happiness.

在本周的最后一天，花点时间为你正在做的所有好事而欢欣鼓舞。尽情随喜自己！并把你看到别人做的好事也加进去。不要受限于时间。反思过去的善行，想一想将来可以做的善事。尤其是，想想自己在练习妮古玛瑜伽时所付出的一切努力。如果你知道咖啡冥想，就在一天中尽量多做咖啡冥想。让它给你带来欢笑。你做得很好！认可这一切，并在这种幸福中放松。

Week Two

第二周

Lesson Day 08: General Focus for Week Two: Subtle Body Awareness

课程第 08 天：第二周总重点：精微身的觉知

The second class of the Lady Niguma retreat focused on the subtle body. Review these teachings as much as possible. And throughout the week, become aware of how thoughts, words and actions of love, compassion, and wisdom are bringing winds from the side channels into the central channel. Can you use these practices to become more aware of your chakras and of the crucial point at each chakra. Relate the goodness you see in the external world to the winds, channels, chakras, and drops.

妮古玛瑜伽修行的第二课，重点是精微身。尽量多复习这些教诲。在一整周里，觉察到爱、慈悲和智慧的思想、言语和行为是如何将风息从侧脉带入中脉的。你能不能用这些练习来更加觉察你的脉轮和每个脉轮处的关键点。将你在外部世界看到的美好，与风息、气脉、脉轮和明点联系起来。

Lesson Day 09: He faced tragedies and used them to go higher

课程第 09 天：直面悲剧，以悲剧为道走得更高

It is very common for tragedies early in life to spur a person to spiritual practice; we might even consider disasters in life as great opportunities, a challenge can push us ever higher. Master Taranatha's tragedies were many; the most serious is probably the one that set the tone of his entire life.

人生早期的悲剧往往会促使一个人踏上心灵修行之路；我们甚至可以把人生中的灾难视为巨大的机会，挑战能把我们推向更高的境界。多罗那他大师经历过很多悲剧，最严重的一次可能奠定了他一生的基调。

At the age of two, he was stricken by a serious digestive disease that nearly killed him. He used this throughout his whole life to remember how precious life can be, and he used every moment to perfect himself in the practice of helping others.

两岁那年，他患上了严重的消化系统疾病，险些丧命。他以此一生牢记生命的可贵，在帮助他人的修行中，他每时每刻都用来完善自己。

And so as yogis we learn to use misfortune as a path: Think, “this is coming to me now so that I can strengthen myself, and become a comfort for others in their own tragedies’.

所以作为瑜伽士，我们要学会把不幸当作一条道路。想着，“发生在眼前的事，让我可以坚强自己，并成为别人遭遇不幸时的安慰者”。

Challenge: Revisit your largest challenges in life. Did you come out of them a richer, stronger person? What were the valuable life lessons that emerged from these darker moments? Perhaps there are some challenges going on right now in life as well. What lessons can you take from these? Is there someone you know who was able to turn a “tragedy” into a “blessing”.

挑战：重新审视你生命中最大的挑战。你是否从这些经历中走出来，成为更丰盛、更强大的人？你从这些黑暗的时刻中得出哪些宝贵的人生经验？也许现在生活中也有一些挑战正在发生。你能从中学到什么？你知道有谁能把“悲剧”变成“祝福”吗？

And if you want to go deeper, from a perspective of seeds, how do you explain something going from a “tragedy” to a “blessing”?

如果你想从种子的角度看得更深，你该如何解释一件事从“悲剧”到“祝福”的转变呢？

Lesson Day 10) He meditated

课程第 10 天) 冥想

In reading Master Taranatha's commentary to Lady Niguma's practice, it is clear that he considered meditation to be one of his main practices, and that he used it devotedly to struggle against his own negative emotions.

在阅读多罗那他大师对妮古玛瑜伽练习的论释时，很明显，他认为冥想是他的主要修行方法之一，而且他专注于用冥想来与自己的负面情绪抗争。

We too as yogis must identify our own emotional weaknesses—pride, jealousy, anger, desire—and undertake a lifetime daily practice of meditation to battle against them: to create the weapon of wisdom, the direct knowledge of emptiness, that we will use to destroy them.

我们作为瑜伽士也必须找出自己情绪上的弱点——骄傲、嫉妒、愤怒、欲望，并将冥想作为一生的日常练习，与负面情绪对抗：创造智慧的武器，即直见空性，我们将用这个武器来摧毁这些情绪上的弱点。

Challenge: Identify your worst negative emotion. Is it anger? Fear? Jealousy? What holds you back the most? Make a battle plan as to how you will fight it, day by day. Maybe this can become the focus of your six times book practice, or the object of your meditation. If you want a harder challenge, ask three trusted friends what they think your worst negative emotion is! In our experience, we often don't want to admit our worst one!

挑战：找出你最严重的负面情绪。是愤怒？是恐惧？是嫉妒？是什么最让你退缩？制定一个战斗计划，你将如何一天一天地与它抗争。也许这可以成为你记录六时书的焦点，或者成为你冥想的对境。如果你想要更难的挑战，你可以问三个值得信赖的朋友，他们认为你最糟糕的负面情绪是什么！根据我们的经验，我们往往不愿意承认自己最糟糕的一个情绪！

Lesson Day 11) He spoke from silence

课程第 11 天) 他从沉默中说话

As a child, during and after the intense pain of his early disease, Master Taranatha took refuge within the practice of silence. He did this so thoroughly that as a child it was thought that he was a deaf mute: that he couldn't hear, and would never learn to speak.

多罗那他大师在幼年受疾病的煎熬，在那期间和之后，他皈依沉默的修行。他把这个做得如此彻底，以至于大家都以为孩童时期的他是一个聋哑人：听不见，也永远学不会说话。

And then of course in time, from the foundation of this inner silence, he became one of the greatest teachers in the history of the world. And due to the extreme sensitivity of hearing that he developed in his silence, he further became one of the greatest scholars of Sanskrit—the Mother Language of all human sound!

当然随着时间过去，他以这种内在沉默为基础，成为世界历史上最伟大的教师之一。由于他在沉默中发展出极度敏锐的听觉，他进一步成为最伟大的梵文学者之一——梵文是所有人类声音的母语！

As yogis then we must learn to be silent, which allows us the high spiritual practice of listening.

作为瑜伽士，我们必须学会沉默，这带给我们倾听的高明修行。

Challenge: One of the greatest obstacles to silence is addiction to technology. For today, commit to using your cell phone as little as possible. Try to avoid all non essential screen time, turn off the t.v., the music, the movies, the ads... everything. Notice the urge in your mind to check the phone when it pings or buzzes. At the end of the day reflect on the experience and what you were able to use that time for. Determine if there are some habits you need to change and make a plan for how you will go about doing so.

挑战：沉默的最大障碍之一是对科技的沉迷。今天，承诺尽量少用手机。尽量避免所有非必要的屏幕时间，关掉电视、音乐、电影、广告.....一切。当手机发出提示音或嗡嗡声时，注意你的内心想查手机的冲动。一天结束后，反思一下这段经历，以及你能够利用这些时间做什么。决定你是否需要改变一些习惯，并为你如何去改变制定计划。

Plans could include ideas like:

Turn off all technology two hours before bed

Only check your phone for messages once per hour

计划可以包括以下主意：

睡前两小时关闭所有科技设备

每小时只查看一次手机信息

Brainstorm these ideas with your group and get some suggestions from people via social media.

与你的小组一起寻找灵感，并通过社交媒体从别人那里获取一些建议。

Lesson Day 12) He refused to accept the borders between countries

课程第 12 天) 他拒绝接受国与国之间的边界

Throughout his life, Master Taranatha continually refused to accept the artificial separations between people. He had teachers from many different

countries even when the customs of the time were not so favorable to having foreign teachers.

多罗那他大师一生一直拒绝接受人与人之间的人为隔离。他有来自许多不同国家的老师，即使当时的风俗并不赞成向外国老师学习。

When he became older and started building universities of his own, he turned to the master craftspeople of Nepal, inviting over 20 of them to China to impart their knowledge.

当他年纪大了，开始建设自己的大学时，他求助于尼泊尔的工匠大师，邀请其中的 20 多位来中国传授知识。

Later in his life, Taranatha again turned to teachers from India—the Brahmin named Pandit Krishna, and Pandit Bala Bhadra, both from central India—in order to learn classical poetry and become one of its greatest masters.

后来，多罗那他向印度的老师求学——来自印度中部的两位老师，分别是婆罗门人克里希纳大师和巴拉·巴德拉大师——学习古典诗歌，并成为这方面最伟大的大师之一。

Challenge: Do we, as yogis, have racial or national prejudices that we are perhaps not even aware of? Can we commit ourselves to identifying and rooting out these prejudices from ourselves, and using yoga as a universal language to one day wipe out the very borders between countries?

挑战：作为瑜伽士，我们是否有种族或国家偏见，是我们根本没有觉察的？我们能否致力于从自己身上找出并根除这些偏见，并以瑜伽作为一种普遍的语言，让国与国之间的边界有朝一日得以消除？

Lesson Day 13) He refused to accept the borders between religious traditions

课程第 13 天) 他拒绝接受不同宗教传统之间的界限

Master Taranatha smashed all Buddhist protocol when, at the peak of his career as a Buddhist scholar and teacher, he began studies of the Hindu Sanskrit classics with a Bengali Pandit by the name of Purna Ananda, from whom he learned both the Mahabharata and the Ramayana, two of the most important books of the Hindu faith.

多罗那他大师在他作为佛教学者和教师的巅峰时期，开始向一位名叫富楼那·阿南达的孟加拉大师学习印度梵文经典，从他那里学到了《摩诃婆罗多》和《罗摩衍那》，这些是印度教中最重要的两本书籍。

Throughout his life, he was also insistent that there was great wisdom to be found in all the Buddhist traditions, and during highly sectarian times he actively studied the teachings of others.

纵观他的一生，他也是坚持佛教各宗都有大智慧，在宗派性极强的时期，他也积极学习他人的教法。

When he was severely criticized for this openness, he replied, at the age of 38, with the following famous statement: "People here are stuck in thinking that their own viewpoints are the only ones that have any merit. They look upon those who follow other lineages as actual enemies; and they claim that it is wrong even to listen to the word 'Hindu,' much less learn the Hindu teachings. These are people with minuscule brains who mistake their own prejudice for some kind of knowledge."

他因为这种开放心态而备受严厉批评，他在 38 岁时回答了以下的话，这成为了他的名言：“这里的人固步自封，以为只有他们自己的观点才是有价值的。他们视那些追随其他教派的人为真正的敌人；他们声称，连听‘印度教’这个词都是错误的，更不用说学习印度教教义了。这些人脑袋微乎其微，把自己的偏见误认为是某种知识。”

Let us as yogis embrace the good in all traditions; as many texts say, "All paths lead to the same one goal."

作为瑜伽士，让我们欣然接受所有传统的优点；正如许多文本所说，“所有的道路都通向同一个目标。（条条大路通罗马）”

Challenge: We can look for teachings in all sorts of funny places. Today, listen for secret messages in movies you watch, from the normal encounters we have with people behind the counter selling us food, in the tiktok videos you watch, or pick up a random book, turn to a random page, and see what message the universe has for you!

挑战：我们可以在各种有趣的地方寻找教诲。今天，从电影中、从站在摊档后售卖餐点的人跟我们的接触中、从抖音视频中，倾听有没有秘密信息，或者随便拿起一本书，随便翻开一页，看看宇宙有什么信息要告诉你！

Lesson Day 14) Rejoice!

课程第 14 天) 欢欣!

As we did last time, at the end of the week spend some time rejoicing in all the good things you are doing. Be as indulgent as possible! And add in the good things you see others doing as well. Don't be limited by time. Reflect on goodness in the past, think of good deeds you can do in the future.

Especially, think of all of your efforts in the practice of Lady Niguma. If you know the practice of coffee meditation, do this as much as possible throughout the day. Let it put a smile on your face. You are doing great!

Recognize it and relax in this happiness.

就像上次那样，在本周结束时，花点时间为你正在做的所有好事而欢欣鼓舞。尽情随喜自己！并把你看到别人做的好事也加进去。不要受时间的限制。反思过去的善行，想一想将来可以做的善事。尤其是，想想自己在练习妮古玛瑜伽时所付出的一切努力。如果你知道咖啡冥想，就在一天中尽量多做咖啡冥想。让它给你带来欢笑。你做得很好！认可这一切，并在这种幸福中放松。

Week Three

第三周

Lesson Day 15: General Focus for Week Three: 5 Goals of Lady Niguma and 4 Methods to Reach those Goals

第 15 天：第三周总重点：妮古玛瑜伽的 5 个目标和实现目标的 4 个方法

The Third class of the Lady Niguma retreat focused on the five goals of Lady Niguma and how we use the tools of twisting, stretching, gathering, and distributing to achieve these goals. Review these teachings as much as possible. For our general focus of the week, try to focus on these principals while doing your yoga practice and commit to memory which poses perform which function.

妮古玛瑜伽修行第三课主要讲妮古玛瑜伽的五个目标，以及我们如何运用扭转、伸展、聚气、散气的工具来实现这些目标。尽量多复习这些教诲。作为我们本周的重点，在做瑜伽练习时，试着把注意力集中在这些原则上，并牢记哪些体式能发挥什么功能。

Lesson Day 16) He refused to accept the borders between women & men

课程第 16 天) 他拒绝接受男女之间的界限

There are over 400,000 different spiritual texts about yoga. Less than a hundred of these were written by women, and there has been an unfortunate tradition throughout Asia to ignore and belittle the spiritual contributions of half of humankind.

有超过 40 万种关于瑜伽的不同的精神知识文本。其中只有不到一百本是由妇女撰写的；整个亚洲有很不幸的传统，就是忽视和轻视人类一半人在精神层面上的贡献。

Master Taranatha was one of the few yoga teachers in history to smash through this barrier. In commenting on many practices by Lady Niguma he paid homage to one of the greatest yoga practitioners ever and set an example in honoring her in a time when women simply weren't as well respected.

多罗那他大师是历史上少数冲破这一障碍的瑜伽老师之一。他在评论妮古玛瑜伽的许多练习时，向这位有史以来最伟大的瑜伽修习者之一致敬；并在那个女性根本不受尊重的时代，树立了纪念她的榜样。

Challenge: Let's journal a whole bunch of questions! Are there areas you feel held back in life due to your gender? Are there certain emotions you are / are not allowed to express because of gender expectations? What unhealthy attitudes do you have about yourselves and others that are gender related? Are there gender roles that you feel trapped by and what can you do about it? Lastly, what are the unhealthy gender expectations in the yoga world and how can you commit to changing these? What seeds will you need to plant? What actions will you need to do?

挑战：让我们写下一大堆问题！在生活中，你是否有因性别而感到受掣肘的地方？你是否因为性别期望而被/不被允许表达某些情绪？你对自己和他人有哪些与性别有关的不良态度？你是否觉得自己被性别角色所束缚？你能做些什么？最后，瑜伽界有哪些不健康的性别期望，你如何致力于改变这些？你需要种下什么种子？你需要采取什么行动？

Lesson Day 17) He had the courage to express his opinions

课程第 17 天) 他有勇气表达自己的意见

Taranatha was persecuted for his philosophical beliefs his whole life as they went against the grain of his culture. Nonetheless he continued to hold onto his core values quietly, faithfully, and peacefully.

多罗那他一生都因其哲学信仰而受到迫害，因为这些信仰与主流文化格格不入。尽管如此，他仍然安静地、忠诚地、和平地坚持自己的核心价值观。

Yoga has also been criticized by mainstream culture for promoting counter cultural ideas such as vegetarianism and not wearing animal by-products as clothes. People in the yoga world are often quite outspoken on gender issues and women's empowerment issues such as equal opportunity and equal pay. 瑜伽还因提倡素食主义和不穿以动物副产品制成的衣服等反文化理念而受到主流文化的批评。瑜伽界的人经常在性别问题和女性赋权问题上直言不讳，比如平等机会和同工同酬。

As yogis we should also look at cultural assumptions that are perhaps not in line with our core values. This could be simple things like not eating fast food or frozen food, trying to buy locally, or to source our products from environmentally responsible organizations.

作为瑜伽士，我们也应该审视那些可能与我们的核心价值观不一致的文化假设。这可以是一些简单的事情，比如不吃快餐或冷冻食品、尝试购买当地产品、或从环保组织采购产品。

Challenge: For today's challenge, check in with your beliefs and values. For instance, notice if your household products are in line with your environmental values. Are you expressing your true opinions to others or are there things that you are refraining from sharing with people for unhealthy reasons? Do you feel heard in your relationships? In what ways have you positively rebelled from societal expectations and norms?

挑战：今天的挑战是，审视你的信念和价值观。例如，注意你的家用产品是否符合你的环保价值观。你是否向他人表达了自己的真实意见，或者有些事情你因为不良的原因而不与人分享？你觉得在你的人际关系中，人们听你说话吗？你在哪些方面积极地反抗社会的期望和规范？

Lesson Day 18) He spread wisdom in this world

课程第 18 天) 他在世界上传播智慧

As soon as he knew he had gone through a thorough training, Master Taranatha began a lifetime of teaching, with particular emphasis on making sure that knowledge was not lost in this world. He is also one of the most prolific of all writers of China, leaving us hundreds of books.

当多罗那他大师知道自己已经接受了完整的培训，就开始了一生的教学工作，特别强调要确保智慧不会在这个世界上消失。他也是中国最多产的作家之一，给我们留下了数百本著作。

Will we also be sure to share what we've been given with others, either in formal teachings, or simply over coffee, always in an open-minded and friendly way?

我们也会把从别人所学到的智慧分享给他人吗？无论是正式的教授、还是在咖啡聚会时简单的分享；并总会以一种开放的心态和友好的方式来分享智慧吗？

Challenge: Have you been doing your social media posts? Take today to spend a little extra time to share your experience of Lady Niguma on social media. (It is important to YSI that we don't proselytize or preach to people in ways that are over zealous or bothersome. We do want to bring people into the teachings by how we live our life and by sharing positive experiences in creative ways!)

挑战：你在社交媒体发帖了吗？今天抽出一点额外的时间，在社交媒体上分享你对妮古玛瑜伽的体验。（对 YSI 来说，重要的是不要过度热心或烦人地去劝导人们或传教。我们希望通过我们的生活，并用充满创意的方式分享积极体验，将人们带入教义中。）

Lesson Day 19) He preserved wisdom in this world

课程第 19 天) 他在世界上保存智慧

Master Taranatha could not bear to see any scrap of wisdom lost to the world, so during his 30's and 40's, he spent a huge amount of his time and money supporting projects that kept this wisdom alive.

多罗那他大师不忍心看到任何点滴智慧在世界上消失，所以在他三、四十岁的时候，他花了大量的时间和金钱支持让智慧得以延续的项目。

Again, the best way we can keep the teachings alive, is to keep them alive in our heart - by practicing them!

同样，我们确保教义长存的最好方法，就是通过实践，让教义活在我们的心中！

Challenge: Are there people you know doing projects that you think are really amazing and benefitting the world? What organizations and causes are important to you? How can you support these projects? Financially? Donating time? Helping them with advertising? Reposting their info on social media? It can also be very powerful to choose one individual, perhaps even a stranger who is struggling, and make a determined long term effort to help them.

挑战：你知道有哪些人在做你认为非常了不起的项目并造福于世界吗？哪些组织和事业对你很重要？你如何支持这些项目？经济上的支持？奉献时间？帮助他们打广告？在社交媒体上转发他们的信息？非常强大的一种方式，选择一个人，甚至可能是正在挣扎的陌生人，长期坚定地付出努力，去帮助他们。

Choose something. Help preserve it in the world. Even small acts produce seeds that bring big results.

选择一些东西。帮助这个世界保存它。即使是微小的行为也会产生能带来巨大成果的种子。

Lesson Day 20) He was a creator and a builder

课程第 20 天) 他是创造者，也是建设者

In 1615, Master Taranatha started a school where he could teach yoga and then started designing curriculum for students to study. In addition to teaching spiritual knowledge, he also took a keen interest in spiritual art, and wrote upon the subject, as well as sacred song and poetry.

1615 年，多罗那他大师创办了一所学校，在那里他可以教授瑜伽，然后开始设计课程供学生学习。除了教授心灵知识外，他还对精神艺术产生了浓厚的兴趣，并写下关于这一主题的文章、圣歌、以及诗歌。

Challenge: Michael Roach has often suggested that a spiritual practice should include:

keep a 6 times book

study seeds

meditate

do yoga

make it a way of life to help people

and serve sources of spiritual learning

挑战：麦克·罗奇经常建议精神修行应该包括：

写六时书

学习种子

冥想

做瑜伽

让助人为乐成为一种生活方式

为精神学习的源泉服务

As an exercise, place these in order of importance. Also, decide whether each one of them qualifies as an outer practice for getting winds into the central channel or if they are an inner practice. Can something be both an outer and an inner practice? Lastly, choose the one that you feel you are doing the best at and determine to keep going strong in this. Then think about which one is your weakest and how you can improve on it.

作为练习，把这些项目按重要性的顺序排列。同时，决定它们哪一些属于外在修行，哪一些属于内在修行，可以让风息进入中脉。其中哪一些项目既是外在的修行又是内在的修行吗？最后，选择你觉得自己做得最好的一项，并决定在这方面继续努力。然后选择你最弱的一项，并思考如何改进。

Lesson Day 21) Rejoice!

课程第 21 天) 欢欣!

At the end of the week spend some time rejoicing in all the good things you are doing. Be as indulgent as possible! And add in the good things you see others doing as well. Don't be limited by time. Reflect on goodness in the past, think of good deeds you can do in the future. Especially, think of all of your efforts in the practice of Lady Niguma. If you know the practice of coffee meditation, do this as much as possible throughout the day. Let it put a smile on your face. You are doing great! Recognize it and relax in this happiness.

在本周结束时，花点时间为你正在做的所有好事而欢欣鼓舞。尽情随喜自己！并把你看到别人做的好事也加进去。不要受时间的限制。反思过去的善行，想一想将来可以做的善事。尤其是，想想自己在练习妮古玛瑜伽时所付出的一切努力。如果你知道咖啡冥想，就在一天中尽量多做咖啡冥想。让它给你带来欢笑。你做得很好！认可这一切，并在这种幸福中放松。

Week Four

Lesson Day 22: General Focus for Week four: Our Destiny - To Help Others

第四个星期

课程第 **22** 天：第四周的总重点：我们的使命 – 帮助他人

In the fourth class of the Lady Niguma retreat, we focused on how our destiny is to fulfill the goals of yoga: to bring prana into the central channel, to dissolve these winds into the indestructible drop at the heart, and to release the winds upon which the direct perception of emptiness rides. Review these teachings as often as possible throughout the week and plant the seeds of deep inspiration to achieve this goal. It is the highest thing we can do to help others.

妮古玛静修营的第四课，我们会专注在如何去实现瑜伽的目标的使命上：将气带进中脉，让心轮位置不坏明点内的风息消融，释放主宰直见空性的风息。一周内尽可能多地复习教学内容，并为达成目标去播下深层启发的种子。这是我们可以帮助别人的最高境界。

Lesson Day 23) He had a good sense of humor

课程第 **23** 天) 他很有幽默感

Master Taranatha was known for his sense of humor, especially for someone living in a time that was quite hard compared to modern standards. This attitude was no doubt partly instilled by his own teacher, who when Taranatha was nine years old once said to him, "No one who can't succeed at worldly tasks can ever succeed at spiritual tasks". He also said that it would be better if Taranatha had been named "Ananda Incompetent"—Ananda being a great yogi, and Taranatha falling far short of that. The name stuck for many years, and Taranatha kept the same name, even when he had the opportunity to change it. He was able to laugh at having a not-so-flattering nickname and at the same time use it as motivation to become better.

多罗那他大师以他的幽默感而闻名，尤其是对于那些生活在一个与现代标准相比相当困难的时代的人来说。毫无疑问，这种态度在一定程度上是由他自己的

老师灌输的。多罗那他九岁时，老师曾对他说：“不能在世俗事务上取得成功的人，永远也不能在精神事务上取得成功。”他还说，最好把多罗那他叫做“不称职的阿难”——阿难是一个伟大的瑜伽士，而多罗那他远远不及他。这个名字沿用了许多年，即使他有机会改变，多罗那他也继续沿用着这个名字。他能够笑着接受有一个并不那么讨喜的别名，同时以此作为变得更好的动力。

Challenge: Laughter is such an under-rated spiritual practice! It is an essential part of the path and laughing more is a good sign that our winds are moving into the central channel. Today, make laughter like medicine. See how many times you can laugh! How many times you can get others to laugh. Post some funny images to social media. Take a break tonight and watch your favorite comedy movie. Learn from children we might be around - watch how they go through their day and how easy it is for them to laugh. Your goal today is to giggle, laugh and play! The path should be fun!

挑战：大笑是一种被低估的精神修行！这是修行道路的重要组成部分，多笑是表明我们的风息流进中脉的好迹象。今天，笑是良药。看看你能笑多少次！你能让别人笑多少次。发布一些有趣的图片到社交媒体。今天休息一下，看你喜欢的喜剧电影。向我们身边的孩子学习——观察他们是如何度过一天的，他们笑起来有多容易。你今天的目标就是傻笑、大笑和玩。学习周围的孩子——观察他们怎样渡过一天，和怎么那么容易笑。你今天的目标是傻笑、大笑和玩乐！修行的道路应该要好玩！

Lesson 24) He was an activist in the world

课程第 24 天) 他是世界上的活跃分子

Master Taranatha's times were unsettled and in many cases dangerous, with much sectarian violence. By the time he was in his 30's, Taranatha was working to try to stop this violence—the burning of books and destruction of libraries at the hands of different Mongolian armies.

多罗那他大师的时代动荡不安，许多情况下都很危险，充斥着大量宗派暴力。在他 30 多岁的时候，多罗那他一直在努力阻止暴力——各派蒙古军队焚烧书籍和毁坏图书馆。

When fighting broke out in his own city, Master Taranatha carefully steered his students away from any involvement, and redoubled his efforts to pass on

what he knew while there was still time. He was especially known for his diplomacy with the Tsang warlords, and ended up converting many to a non-violent spiritual life.

当战斗在他自己的城市爆发时，多罗那他大师小心翼翼地让他的学生远离任何牵连，并在还有时间的时候，加倍努力地传递他所知道的知识。他与后藏武装势力的交际手腕尤其出名，并最终使许多人过上了非暴力的精神生活。

What can we ourselves use yoga to stop violence in the world? How can we be spiritually focused inward, yet still contribute actively to the purpose of peace in the outer world?

我们自己可以用瑜伽来阻止世界上的暴力吗？我们怎样才能能在精神上专注于内在，同时仍然积极地为外部世界的和平作出贡献呢？

Challenge: Sometimes it is easier to take the reverse of a spiritual truth and to try to work at that level. Meaning that instead of trying to stop violence, we can do the opposite: protect life. This could take the form of eating less meat or being careful where we walk. It could be a bigger goal, like taking care of the elderly once a month. Make a goal today related to how you will reduce your negative impact on the world. Make sure to post about what you did and what you learned on social media.

挑战：有时更容易从真理的反面去努力。也就是说，与其试图阻止暴力，我们可以做相反的事：保护生命。可以是采取少吃肉或小心走路的形式。它可以是一个更大的目标，比如每月照顾老人一次。今天就制定一个目标，关于你将如何减少你对世界的负面影响。确保要在社交媒体上发布你做了什么和你学到了什么。

Lesson 25) He did his retreats

课程第 25 天) 他会去静修

Master Taranatha's biographies state that, by the time he was 30 years old, he had already spent several years of his life in deep retreat. He continued this practice up into his old age; even though he was *busy*.

多罗那他大师的传记中提到，在他 30 岁的时候，他已经在深度静修中度过了好几年。他一直坚持这种修行直至晚年；即使他很忙也会这么做。

And so surely we can at least devote a weekend or a week or two on a regular basis to learning how to do deep silent retreat, the ultimate wellspring of so much of yogic success.

因此，我们至少可以定期花上一个周末或一两个星期的时间来学习如何进行深度静修，这是瑜伽获得如此多成功的最终源泉。

Challenge: Retreat starts with decreasing the noise in our lives. It starts with consuming less irrelevant information so that our minds quiet down. Retreat starts with turning things off instead of on - the tv, the radio, the movie, the phone. Then we can choose one day a week or a month and decide to be device free until noon. Or maybe even the whole day. This leads to taking a weekend off and devoting this time to our practices. In this way we start to live a quieter life, no matter how busy we are. Everyone can start somewhere. Where will you start?

挑战：精修从减少生活中的噪音开始。首先要减少摄入无关信息，这样我们的意识才能安静下来。从关掉而不是打开一切东西开始静修——电视、收音机、电影、电话。然后我们可以选择一周或一个月的某一天，并决定在中午之前不使用设备。或者甚至一整天。这就需要我们花一个周末的时间来练习。这样我们就开始过一种更安静的生活，不管我们有多忙。每个人都可以从某个地方开始。你将从哪里开始？

What positive changes have you experienced over the past month? What will you need to do to continue this practice? What support systems will you need? Make a practice plan for the following month and think of seed partners that you can form to help hold each other accountable.

在过去的一个月里你经历了哪些积极的变化？你需要做什么来继续这种实践？你需要什么样的支持系统？为接下来的一个月制定一个实践计划，想想你可以组建种子伙伴团队来帮助彼此承担责任。

Lesson Day 26) He had the compassion to help others

课程第 26 天) 他慈悲地去帮助他人

Taranatha relentlessly served others his whole life. He was known for his selfless service, using his money not for himself but for the greater good, and tirelessly teaching. As mentioned, despite being extremely busy with countless projects, Taranatha did not let this prevent him from doing his personal yoga and meditation practice and his retreats.

多罗那他一生都在不遗余力地为他人服务。他以无私的服务而闻名，他的钱不是为自己，而是为了他人更大的利益，他不知疲倦地做教学。正如前面提到的，尽管他忙于无数的项目，多罗那他并没有让这阻止他做个人瑜伽、冥想练习和静修。

Challenge: Some days (most days?) we simply are just too busy to do everything that we would like to do. Today, take 10 minutes and consider what is essential for your daily practice. What are the things that you feel you should do every day. These can be quite simple - saying a prayer with meals, considering emptiness every day, doing a 6 times book, or a coffee meditation at night.

挑战:有些日子(大多数日子?)我们只是太忙了，没有时间做我们想做的事情。今天，花 10 分钟想想你的日常练习中什么是必不可少的。你觉得每天应该做的事情是什么?这些可以很简单——饭前祷告，每天思维空性，记录六时书，或者晚上做咖啡冥想。

No matter how busy we are, we all can set aside 10 minutes for meditation and 10 minutes for some yoga. Are these on your list? Create your essential list and resolve to stick to it!

不管有多忙，我们都能抽出 10 分钟来冥想，10 分钟来做瑜伽。这些在你的清单上吗?列出你的必要清单，并决心坚持下去!

Lesson Day 27) He cared about emptiness

课程第 27 天) 他重视空性

Emptiness is the one idea that can perhaps save the entire world, if it is understood correctly. The world is empty, or available, at all times: anything can happen in any place. What does happen is entirely dependent upon how we treat others—which is what "seeds" refers to. Seeds, meaning whether or not we take care of all those around us, is the paintbrush; and the people and places around us are like a white blank movie screen, upon which we project the fruits of how we've treated others.

如果能够正确理解空性，那也许是可以拯救整个世界。这个世界是空的，或者说永远可用：任何事情在任何地方都有可能发生。究竟会发生什么完全取决于我们如何对待他人——这就是“种子”的含义。种子，意味着我们是否照顾我们身边的人，是画笔；我们周围的人和地方就像一个空白的电影屏幕，我们在上面投射出我们如何对待他人的结果。

Master Taranatha was keenly aware of how emptiness was the most important idea of all, and he continued the Jonangpa tradition of teaching emptiness in two special ways known as *shen-tong* and *rang-tong*. Viewed correctly, these can be very helpful in developing a direct experience of emptiness; although they can also be easily misunderstood.

多罗那他大师敏锐地意识到空性是最重要的理念，他传承了宗喀巴教导空性的两种特别的方法，即自空和他空。正知见，这些对培养直见空性非常有帮助；尽管它们也很容易被误解。

And so we must find a Teacher who can explain them to us accurately!
所以我们必须找一位能给我们准确讲解的老师!

Challenge: Take 15 minutes today. Find a pen and a quiet spot. Think about how all of our negative thoughts come from misunderstanding the object. How is this possible? What are we doing incorrectly? Now, take that same question and instead of a pen, apply it to emptiness itself. Is emptiness itself empty?

挑战：今天花 15 分钟。找一支笔和一个安静的地方。想想我们所有的负面想法是如何来自于对事物的误解。这怎么可能呢？我们做错了什么？现在，用同样的问题，用除笔之外的其他事物，来应用到分析空性本身。空性本身是空的吗？

Lesson Day 28) Rejoice!

课程第 28 天) 欢欣庆祝!

As we did last time, at the end of the week spend some time rejoicing in all the good things you are doing. Be as indulgent as possible! And add in the good things you see others doing as well. Don't be limited by time. Reflect on goodness in the past, think of good deeds you can do in the future.

Especially, think of all of your efforts in the practice of Lady Niguma. If you know the practice of coffee meditation, do this as much as possible throughout the day. Let it put a smile on your face. You are doing great! Recognize it and relax in this happiness.

就像我们上次所做的那样，在本周结束的时候，花点时间为你正在做的所有好事而欢欣鼓舞。尽情随喜自己！并把你看到别人做的好事也加进去。不要受时间的限制。反思过去的善行，想一想将来可以做的善事。尤其是，想想自己在练习妮古玛瑜伽时所付出的一切努力。如果你知道咖啡冥想，就在一天中尽量多做咖啡冥想。让它给你带来欢笑。你做得很好！认可这一切，并在这种幸福中放松。

Day 29) Final Exam

课程第 29 天) 期末考试

Day 30) WE MADE IT!

课程第 30 天) 我们做到了!

Congratulations on finishing the Niguma 30 Day Challenge! On this last day, review your month of challenges and see which ones were your favorites. Which ones did you learn the most from? Which ones do you want to carry forward with you throughout the months (and years).

恭喜你完成了妮姑玛 30 天挑战!在这最后一天，回顾你过去一个月里的挑战任务，看看哪些是你最喜欢的。哪一点带给你最大收获?哪些是你想在今后的岁月里一直保持下去的呢?

Post your success stories on social media for other people to see and be inspired by! Sharing our lessons learned is a great way to inspire others and to build a community of like minded practitioners around us.

把你的成功故事发布到社交媒体上，让其他人看到并受到启发！分享我们的课程所学是一种很好的激励他人的方式，也是建立一个志同道合的践行者社群的好方法。

And most of all, take a few extra moments tonight for coffee meditation!

最重要的是，今晚多花点时间做咖啡冥想！