

## Final Exam - Answer Key

### 期末考试——问题答案

1) Who is the original teacher of our yoga series and when did she live?  
我们这个瑜伽系列的原教师是谁，她生活在什么时候？

**This yoga series was originally taught by Lady Niguma who lived around 1000 years ago.**

这个瑜伽系列最初是由妮古玛女士教授的，她生活在1000年前。

2) Name the 5 layers of our being presented in the metaphor of an onion.  
请说出在洋葱的比喻中，我们存在的五个层面。

**The five layers are:**

**1: Body (and by extension, the external world). As well, we include breath in this layer as it is what sustains the body and gives it life**

**2. Inner winds (prana)**

**3. Thoughts**

**4. Seeds**

**5. Emptiness/bliss**

五个层面是：

1: 身体(进而是外部世界)。同样，我们把呼吸也包括在这一层，因为它是维持身体和赋予身体生命的东西

2. 内在风息(气)

3. 念头

4. 种子

5. 空性/极乐

3) Explain the connection between our inner winds and our thoughts.  
请解释我们内在风息和念头之间的联系。

**As we will see later in the course, there are 5 different types of inner winds. These winds flow through channels in the body much like how electricity runs through a wire or water through a hose.**

我们将在后面的课程中看到，有5种不同类型的内在风息。这些风息通过身体的气脉流动，就像电流通过电线或水通过喉管一样。

**Connected to these winds are our thoughts. Our winds and thoughts are connected like a horse and rider. Where the horse goes, so too does the rider. Similarly, where our winds go, our mind must follow. This is the connection where body and mind meet, or where the physical connects to the mental.**

与这些风息相连的是我们的思想。我们的风息和念头就像马和骑手一样紧紧相连。马跑到哪里，骑手也到哪里。同样，我们的风息往哪里走，我们的意识也必须跟着往哪里走。这就是身体和念头相连的地方，或者说物质和意识相连的地方。

4) Give the name of the three main channels (in Sanskrit) and which of the negative emotions are associated with each.

请说出三大气脉的名称（梵文），以及每个气脉与哪些负面情绪有关。

**The channel that runs on the left side of the body is called *ida* and the primary negative emotion experienced when winds run in this channel is ignorant desire.**

在身体左侧运行的气脉叫做 *ida* 左脉，当风息在这个气脉中运行时，体验到的主要负面情绪是无明的欲望。

**The channel that runs on the right side of the body is the *pingala* and the primary negative emotion experienced when winds run in this channel is ignorant dislike.**

在身体右侧运行的气脉叫做 *pingala* 右脉，当风息在这个气脉中运行时，体验到的主要负面情绪是无明的嫌恶。

**The channel that runs down the center of the body is called the *sushumna* and the primary experiences when winds run in this channel are love, wisdom, and bliss.**

沿着身体中心流下的气脉叫做 *sushumna* 中脉，当风息在这个气脉中运行时，主要的体验是爱、智慧和极乐。

5) Now, tie these together and explain how our yoga practice relates to our happiness and to how we see and experience the world (for instance, relate it to our relationship with another person). In your answer, please work from the outside in, and the inside out.

现在，把这些联系起来，解释我们的瑜伽练习如何联系到我们的幸福，以及我们如何看待和体验这个世界（例如，将其联系到我们与另一个人的关系）。在你的答案中，请由外而内，也由内而外。

**When we do our yoga practice, we are moving the winds in the body. If we do the poses properly, this will have an effect on our breath - it will become controlled and calm. This in turn affects the inner winds and these winds run more smoothly in the body. When these winds run more smoothly, they will also leave the left and right channels (*ida* and *pingala*) and enter into the central channel (*sushumna*). Because our**

thoughts ride upon these winds, our thoughts will change from thoughts of anger and desire to thoughts of love and wisdom. This in turn plants good mental seeds in the mind.

当我们做练习瑜伽时，我们是在移动身体里的风息。如果我们做的姿势正确，这会对我们的呼吸产生影响——呼吸将得以控制和平静。这反过来又会影响内在风息，令风息在体内运行得更顺畅。当这些风息更顺畅地运行时，它们也会离开左右二脉（ida和pingala）而进入中脉（sushumna）。因为我们的思想乘着这些风息，我们的思想将从愤怒和欲望的念头转变为爱和智慧的念头。这又会在意识中种下良好的意识种子。

Now we can also go from the inside out. These mental seeds will ripen into good, virtuous thoughts which will have a beneficial effect on the winds. These winds are connected to the breath so the breath too will be more controlled and calm. The breath is connected to the body and we will have less anxiety and stress.

现在我们也可以由内而外。这些意识种子会成熟为善的、有德行的念头，这将对风息产生有益的影响。这些风息与呼吸相连，所以呼吸也会更受控、更平静。呼吸与身体相连，我们会减少焦虑和压力。

Additionally, these seeds will ripen into experiences of the world that are also a result of goodness. Our relationships will change. We will have less conflict with our partners or children, we will have more laughter at work, and our health and feelings of abundance must increase.

此外，这些种子会成熟为外在的体验，也是善的结果。我们的人际关系会发生变化。我们与伴侣或孩子之间的冲突会减少，我们在工作中会有更多的欢笑，我们的健康和丰盛的感觉一定会增加。

So we can see that our yoga practice directly impacts all aspects of our life.

所以我们可以看到，我们的瑜伽练习直接影响我们生活的方方面面。

6) Name the traditional 8 parts of yoga. What are these called in sanskrit?

请说出瑜伽的传统8个部分。这些在梵文中叫什么？

The traditional 8 parts of yoga are referred to as ashtanga yoga. Ashta means 8 and anga means parts. These are:

瑜伽的传统8个部分被称为八支瑜伽。Ashta的意思是八，anga的意思是部分。这些部分是：

1-2 the art of living an ethical way of life

3 physical poses

4 control of breath

5 withdrawal of the senses

6-8 states of meditation

1-2 道德生活的艺术

3 体式

- 4 呼吸控制法
- 5 感官收摄
- 6-8 冥想状态

7) In the system of the Yoga Studies Institute, what do we add to these 8 and what do we call this new system?

在瑜伽经典学院的体系中，我们在这8个基础上增加了什么，我们把这个新体系叫做什么？

**An essential component to YSI's yoga is compassionate wisdom. To each of these 8 parts of yoga we need to add the wisdom that understands seeds, and the motivation of doing yoga so that we can be of service to other people in both simple and ultimately profound ways.**

YSI瑜伽的一个重要组成部分是慈悲智慧。在瑜伽的这8个部分的基础上，我们还需要加上了解种子的智慧，以及做瑜伽的动机，使我们能够以简单和终极深刻的方式为他人服务。

**So for example we need to connect living ethically to seeds and to keep our ethical way of life with the motivation of never hurting others. The addition of this 9th step of compassionate wisdom is why we call our system *navanga* yoga (nava means nine, and again, anga means parts).**

比如我们需要把生活道德和种子联系起来，以永不伤害他人的动机来保持我们的伦理生活方式。添加了这第九支的慈悲智慧，就是为什么我们把我们的系统称为 *navanga* 九支瑜伽 (nava是九的意思，再说一次，anga是部分的意思)。

8) Explain what a chakra is and how they are formed.

解释什么是脉轮，它们是如何形成的。

**Chakras are formed when the two side channels, the ida and pingala, wrap around the central channel or sushumna. This forms a knot called a granthi. This knot chokes off the central channel preventing the inner winds from flowing into it. This knot causes additional channels to shoot off from this choke point. If we were able to look down the central channel from above, we would see that these knotted channels have specific shapes called chakras which is the sanskrit word meaning 'wheel'.**

当两边的气脉，左脉和右脉，环绕中脉时，脉轮便形成。这里形成一个结，叫做脉丛结。这个结堵住气脉，妨碍内在风息流进。这个结会导致更多的气脉从这个堵住的点射出。如果我们从上面往下看中脉，我们就会看到这些打结的气脉有特定的形状，叫做脉轮，这是梵语，意思是“轮子”。

9) In yoga we use inner and outer methods to release these knots that prevent inner winds from flowing into the central channel. Give some examples of both inner and outer methods and explain how they relate to *ha-tha* yoga.

在瑜伽中，我们使用内在和外在的方法来解开这些阻碍内在风息流入中脉的结。请举出一些内外方法的例子，并解释它们与 *ha-tha* 哈他瑜伽的关系。

**Examples of inner methods include contemplation, compassion, and visualizations.**

内在方法的例子包括静思、慈悲和内观。

**Examples of outer methods include the physical yoga poses, controlling our breath, and acts of kindness.**

外在方法的例子包括瑜伽体式、呼吸控制、以及善行。

**We use these inner and outer yoga methods to untangle the knots formed by the side channels wrapping around the central channel. This allows the prana in the right or the “ha” channel as well as the prana in the left or “tha” channel to flow into the central channel. Yoga means “to join” and so we “yoga” or join the winds from the “ha” channel with the winds of the “tha” channel into the central channel. This is the original and deepest meaning of “ha-tha yoga”.**

我们用这些瑜伽的内外方法来解开由侧脉环绕中脉而形成的结，这样可以让右脉或“哈”脉的气，以及左脉或“他”脉的气流入中脉。瑜伽的意思是“加入”，所以我们将“哈”脉的风息与“他”脉的风息“瑜伽”引进中脉。这就是“哈他瑜伽”最原始、最深刻的含义。

10) What is a *bija* syllable and how does it relate to the chakras?

什么是种子音，它与脉轮的关系如何？

**Bija means seed. Often bijas are referred to as seed syllables and are represented by Sanskrit letters. These sanskrit letters are the sounds of the inner body. As prana flows through a chakra the natural song of that chakra is the sound of the bija syllable. This is the basis of a practice called *nada yoga* or “*the yoga of sound*” or perhaps even “*the yoga of the song of the inner body*”. We will study this subject in future Lady Niguma programs.**

**Bija**是种子的意思。通常**bijas**被称为种子音节，用梵文字母表示。这些梵文字母是内在身体的声音。当气流经一个脉轮时，该脉轮的自然歌声就是种子音节的声音。这就是一种被称为“纳达瑜伽”或“声瑜伽”或甚至是“内在之声瑜伽”的练习基础。我们将在今后的妮古玛瑜伽课程中研究这个主题。

11) Within Lady Niguma’s name is a powerful teaching. Explain how her name relates to the emptiness of a pen.

在妮古玛女士的名字中，蕴含着强大的教诲。请解释她的名字与笔的空性有什么关系。

The name Niguma is related to the word Nir-guna. *Nir* means beyond and *guna* means qualities. This means that all objects in the world are *beyond qualities*. They are *empty of self-nature*. This emptiness is what allows for an object to be seen as a pen to a human and as a chew toy to a dog. The crucial implication of this is that our world is a reflection of our actions. Understanding this leaves to only one conclusion. It would be crazy to hurt any other being in even the smallest of ways and the only logical reaction to any circumstance is to act with love and compassion.

妮古玛这个名字与Nir-guna这个词有关。Nir意味着超越，guna意味着特性。这意味着世界上所有的物体都是超越特性的。它们是空的，没有自性。这种空性允许人类把一个物体看成是笔，然而狗狗把它看成是磨牙玩具。这一点的关键含义是，我们的世界是我们行为的反映。理解了这一点，我们就只能得出一个结论。以最小的方式伤害任何其他生命都是疯狂的，对任何情况的唯一合乎逻辑的反应是以爱和慈悲的方式行事。

**So we can see that Lady Niguma has chosen a name for herself that gives the highest of teachings and the one and only path to happiness.**

所以我们可以看到，妮古玛女士为自己选择了一个给人最高教义的名字，也是通往幸福的唯一道路。

12) Explain how having wrong views damages our channels and how yoga practice repairs them.

请解释保持错误的观点如何损害我们的气脉，以及瑜伽练习如何修复气脉。

**Channels are damaged and have perforations, or small tears all over them. The more we see things the wrong way, as coming from their own side, the more we damage the channels even further. The more damaged they are, the more unhealthy our body becomes and more mistaken our views of the world become.**

气脉损坏了，会有穿孔，或者是到处都是小破损。我们越是以错误的方式看待事物，认为它来自于它们那边，我们就越是进一步破坏气脉。气脉越是受损，我们的身体就越是不健康，我们对世界的看法就越是错误。

**While you are doing your practice you are withdrawing the prana from your side channels. If these channels are damaged, however, then the prana will seep back in and the benefits of your asana will not last.**

当你练习瑜伽时，你是从侧脉中抽取气。但如果这些气脉损坏了，那么气就会渗回去，练习体式的好处就不会持久。

13) Please name the 5 goals of the Lady Niguma practice.

请说出妮古玛瑜伽练习的5个目标。

**The Lady Niguma's yoga practice focuses on using yoga poses to make changes to the inner body. The 5 goals of this practice are:**

妮古玛瑜伽练习主要是利用瑜伽体式使身体内部发生变化。这个练习的5个目标是：

- 1) Cleaning the channels of impurities**
- 2) Cleaning the inner drops of consciousness**
- 3) Cleaning the winds and drops together**
- 4) Opening the channel**
- 5) Entering the wind into the central channel**

1) 清理气脉中的不纯净

2) 清理意识的明点

3) 同时清理风息和明点

4) 打开气脉

5) 让风息进入中脉

14) The Lady Niguma Yoga sequence achieves these five goals through four simple steps that work to release the knots in the channels, straighten the channels, gather the winds into the central channel and distribute the drops and prana. Please name and briefly describe these 4 movements.

妮古玛瑜伽序列通过四个简单的步骤来实现这五个目标。这四个步骤的作用是解开气脉中的结、弄直气脉、将风息聚集到中央通道中、并分配明点和气。请说出并简述这4个动作。

**The 4 movements are: (1) Twist, (2) Stretch, (3) Gather, and (4) Distribute.**

这4个动作是 (1) 扭转、(2) 拉伸、(3) 聚集、(4) 散气。

### **1. Twist**

**Twists are composed of poses that primarily pull at the channels in the opposite direction of their natural twist around the central channel. When it is not possible to twist, applying pressure is substituted. This is done for the root and crown chakras, for example.**

#### **1. 扭转**

扭转的体式主要是把围绕中脉自然扭转的气脉以相反方向拉动。当无法扭转时，应用压力来代替。比如根轮和顶轮就可以这样做。

### **2. Stretch**

**These poses primarily straighten out the primary channels.**

#### **2. 拉伸**

这些体式主要是把主气脉打直。

### **3. Gather**

**Poses that help gather the wind from the side channels into the central channel.**

#### **3. 聚集**

这些体式有助于将风息从侧脉聚集到中脉。

### **4. Disperse**

**After the prana has been gathered, it is distributed and moved up along to the next chakra.**

#### **4. 散气**

气聚集后，会被分散并沿着下一个脉轮向上移动。

15) Please name and briefly describe the three major bandhas

请说出三大收束的名称并简单解释。

**Bandhas are light constrictions performed at different areas of the body to help control the inner winds - preventing the prana from flowing out of the central channel for instance.**

收束是在身体的不同部位进行的轻度收缩，以帮助控制内在风息——例如防止气从中脉流出。

**The three main bandhas are:**

三个主要的收束是：

### **1. Mula Bandha**

**Mula bandha is performed by pulling in and up at the perineum or you could think of it as a slight constriction at the perineum or pelvic floor.**

#### **1. 会阴收束**

会阴收束的做法是在把会阴向内和向上收进，或者你可以把它看作是会阴或骨盆底的轻微收缩。

### **2. Uddiyana Bandha**

**Uddiyana bandha is performed with an exhale that empties out the air and hollows out the abdomen. This first part of the lock can either be done in a slight or exaggerated way, depending on the intent, skill and experience of the practitioner. Secondly, there is a slight constriction of the abdominal area in and up. This contraction is briefly held simultaneously with the other two locks.**

#### **2. 收腹收束**

收腹收束是以呼气的方式进行，将空气排空，将腹部掏空。这个锁的第一部分，可以是轻微的，也可以是夸张的，这取决于练习者的意图、技巧和经验。其次，腹部会轻微地向内和向上收缩。这种收缩与其他两种锁同时短暂地保持。

### **3. Jalandhara Bandha**

**Jalandhara bandha is performed with a slight constriction at the throat achieved by tucking the chin towards the chest. Simultaneously there is a slight sensation of sucking in the front of the throat into the back. This can also be triggered by ujjayi breathing. Jalandhara bandha helps prevent prana from moving into the head.**

### 3. 收颌收束

收颌收束是下巴抵胸，让喉咙轻微收缩。同时，喉咙前部有轻微向后抽吸的感觉。这可以用烏加依调息法帮助完成。收颌收束有助于防止气进入头部。

16) Who is Master Taranatha, when did he live, and what is the name of his commentary on the practice of Lady Niguma.

多罗那他大师是谁？什么时候住世的？他对妮古玛瑜伽练习的论释叫什么？

**Master Taranatha is one of the most crucial teachers in the Lady Niguma lineage. He was born in Kashmir India in 1575 and his commentary on the Lady Niguma practice is called The Machine of the Body.**

多罗那他大师是妮古玛瑜伽一脉中最关键的导师之一。他于1575年出生于印度克什米尔，他对妮古玛瑜伽练习的论释叫做《身体的机器》。

**Master Taranatha was an inspiring student and so we will use his life story as an example for how to integrate the Lady Niguma teachings into every aspect of our life. It is important to remember that the Lady Niguma teachings are much more than a series of physical yoga poses. They are a lifestyle.**

多罗那他大师是一位鼓舞人心的学生，因此我们以他的人生故事为例，说明如何将妮古玛瑜伽的教诲融入我们生活的方方面面。重要的是要记住，妮古玛瑜伽的教诲不仅仅是一系列的瑜伽体式。它们是一种生活方式。

17) Working with the subtle body is described with the metaphor of riding a tiger. It can be a very powerful method, but if the tiger turns on you, it can also be very problematic! What is the main problem called and what element is it an imbalance of?

我们用骑虎难下的比喻来描述细微身的运用。这可能是一个非常强大的方法，但如果老虎对你发难，也会有很大的问题！这里主要的问题叫什么，是什么元素的不平衡？

**The most common problem is called *lung* and is an excess of the wind element**

最常见的问题叫 *lung*，是风元素过剩。

18) What are some signs of *lung*?

*Lung*的症状有哪些？

**Signs of *lung* include:**

**Lung**的症状包括：

- Chest pain or feelings of constriction around the heart
- Inability to sleep
- Headaches
- Shaking in the body, arms, or hands
- Abnormal inability to concentrate
- Feeling overly giddy and acting silly, laughing uncontrollably for no apparent reason
- Feeling paranoid or having delusions; being overcome by sudden anxiety
  
- 胸部疼痛或心脏周围有压缩感
- 无法入睡
- 头痛
- 身体、手臂或手部颤抖
- 异常的无法集中精力
- 感觉过于轻浮，表现得很傻，无缘无故地大笑
- 感到偏执或有妄想症；被突如其来的焦虑所压倒

19) If signs of *lung* arise, what should we do?

如果出现*lung*的症状，我们该怎么办？

**When these signs arise, we must take some action. These ailments are much easier to treat if we act sooner than later. The most important way to counteract these conditions is by slowing down or stopping our practices until the symptoms go away. Additionally we can:**

当出现这些症状时，我们必须采取一些行动。如果我们早点行动，这些症状就更容易治疗。对付这些症状最重要的方法是放慢或停止我们的练习，直到症状消失。此外我们还可以：

- Eat solid, heavy food. Oils, butter, peanut or other nut butters, and ghee, are especially helpful
- Take a walk outside or in nature. Look up at the sky or vast landscapes to open up our consciousness in relaxing, expansive ways
- Take a nice relaxing warm bath
- Have an oil massage
- Read something enjoyable, not serious, something that makes you laugh
- Avoid situations that further cause stress or anxiety. Strictly avoid all forms of caffeine and sugars, even things like chocolate and fruit juices.

- 吃固体、重的食物。油、黄油、花生或其他坚果油、酥油等，这些特别有用
- 到户外或大自然中散步。仰望天空或广阔的风景，以放松、广阔的方式打开我们的意识
- 泡个舒服的热水澡
- 进行精油按摩
- 阅读一些愉快的、不严肃的、能让你发笑的东西
- 避免进一步造成压力或焦虑的情况。严格避免一切形式的咖啡因和糖类，甚至巧克力和果汁等。

**If these symptoms are acute or continue for more than 18-24 hours, it may be necessary to seek advice from an experienced yoga teacher or someone who has experience in contemplation retreats, or from professional medical personnel.**

如果这些症状很严重或持续超过18-24小时，可能需要向有经验的瑜伽老师或有冥想静修经验的人寻求建议，或向专业的医务人员寻求帮助。

20) In the contemplation of the elements, give the order the elements dissolve and the corresponding visions.

请说出在进行关于元素的静思时，元素消融的顺序和相应的观想。

**The earth element in the body first begins to dissolve into the element of water. Everything begins to appear as a mirage.**

体内的土元素首先开始化解成水元素。一切都开始以海市蜃楼的形式出现。

**Secondly, the water element in the body begins to dissolve into the fire element and it appears as though you are looking through a veil of mist or smoke.**

其次，体内的水元素开始化解成火元素，就像透过雾气或烟雾的面纱看一样。

**Thirdly, the fire element begins to dissolve into the wind element and there is an experience of tiny flashes of light like fireflies at night.**

第三，火元素开始化解成风元素，会有微小闪光的体验，就像晚间的萤火虫一样。

**Lastly, the wind element begins to dissolve into the conscious mind. There is no movement to support your consciousness. You experience a small unwavering candlelight.**

最后，风元素开始化解成意识。没有任何活动来支持你的意识。你体验到小小的坚定不移的烛光。

21) What do the words *kala danda* mean and how is the Lady Niguma practice the ultimate *danda*?

Kala danda一词是什么意思，妮古玛瑜伽练习如何是终极的 *danda*？

**Kala means time and danda means stick. Although kala also has the connotation of death, because given enough time, the conclusion is death. However, the Lady Niguma practice is the ultimate *danda because* it is the stick that we use to beat death to death. Death is a mistake. It is an accident. Death has causes and we can remove these causes. These causes stem from ignorance that misperceives reality and it is this misperception that creates the side channels which form and twist around the central channel cutting off the prana. Through the practices of Lady Niguma we are able to loosen these knots and allow prana to flow into the central channel. When perfected, this is the death of death. This is the point where the light body manifests completely and the mind is free of negative thoughts and all obstacles. This is the royal road of yoga. This is the path to taking care of infinite beings. Perfectly.**

Kala是时间的意思，danda是棍子的意思。然而，kala也有死亡的含义，因为只要给予足够的时间，结论就是死亡。但是，妮古玛瑜伽练习是终极的 *danda*，因为它是我们用来将死亡打死的棍子。死亡是一个错误。它是一个意外。死亡是有原因的，我们可以消除这些原因。这些原因来自于无明，它误解了现实，而正是这种误解创造了侧脉；侧脉围绕着中脉形成并扭曲，切断气的流动。通过妮古玛瑜伽练习，我们能够解开这些结，让气流入中脉。当完善后，这就是死亡的死亡。到了这个点，光体完全显现，意识再中无负面思想和一切障碍。这是瑜伽的皇道。这是照顾无量众生的道路。是完美的。