

Final Exam - Answer Key

期末考试——问题答案

1) Name the 5 layers of our being presented in the metaphor of an onion. And what is in the center?

請說出在洋蔥的比喻中，我們存在的五個層面及位於中心的是什麼。

The five layers are:

1: Body (and by extension, the external world).

2. Breath

3. Inner winds (prana)

4. Thoughts

5. Seeds

... and in the center, is emptiness and bliss

五個層面是：

1: 身體(進而是外部世界)。

2. 呼吸

3. 內在風息 (氣)

4. 念頭

5. 種子

。。。而在中心，是空性與極樂

2) Explain the connection between our inner winds and our thoughts.

請解釋我們內在風息和念頭之間的聯繫。

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.

我們將在後面的課程中看到，有5種不同類型的內在風息。這些風息通過身體的氣脈流動，就像電流通過電線或水通過喉管一樣。

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.

與這些風息相連的是我們的思想。我們的風息和念頭就像馬和騎手一樣緊緊相連。馬跑到哪裡，騎手也到哪裡。同樣，我們的風息往哪裡走，我們的意識也必須跟著往哪裡走。這就是身體和念頭相連的地方，或者說物質和意識相連的地方。

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

請說出三大氣脈的名稱（梵文），以及每個氣脈與哪些負面情緒有關。

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.

在身體左側運行的氣脈叫做ida左脈，當風息在這個氣脈中運行時，體驗到的主要負面情緒是無明的慾望。

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.

在身體右側運行的氣脈叫做pingala右脈，當風息在這個氣脈中運行時，體驗到的主要負面情緒是無明的嫌惡。

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.

沿著身體中心流下的氣脈叫做sushumna中脈，當風息在這個氣脈中運行時，主要的體驗是愛、智慧和極樂。

4) 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.

現在，把這些聯繫起來，解釋我們的瑜伽練習如何聯係到我們的幸福，以及我們如何看待和體驗這個世界（例如，將其聯係到我們與另一個人的關係）。在你的答案中，請由外而內，也由內而外。

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.

當我們做練習瑜伽時，我們是在移動身體裡的風息。如果我們做的姿勢正確，這會對我們的呼吸產生影響——呼吸將得以控制和平靜。這反過來又會影響內在風息，令風息在體內運行得更順暢。當這些風息更順暢地運行時，它們也會離開左右二脈(ida和pingala)而進入中脈(sushumna)。因為我們的思想乘著這些風息，我們的思想將從憤怒和慾望的念頭轉變為愛和智慧的念頭。這又會在意識中種下良好的意識種子。

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.

現在我們也可以由內而外。這些意識種子會成熟為善的、有德行的念頭，這將對風息產生有益的影響。這些風息與呼吸相連，所以呼吸也會更受控、更平靜。呼吸與身體相連，我們會減少焦慮和壓力。

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，這些種子會成熟為外在的體驗，也是善的結果。我們的人際關係會發生變化。我們與伴侶或孩子之間的衝突會減少，我們在工作中會有更多的歡笑，我們的健康和豐盛的感覺一定會增加。

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

所以我們可以看到，我們的瑜伽練習直接影響我們生活的方方面面。

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

請說出瑜伽的傳統8個部分。這些在梵文中叫什麼？

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

瑜伽的傳統8個部分被稱為八支瑜伽。Ashta的意思是八，anga的意思是部分。這些部分是：

- 1-2 the art of living an ethical way of life (restraints and commitments)
- 3 physical poses
- 4 control of breath
- 5 withdrawal of the senses
- 6-8 states of meditation (focus, fixation, and perfect meditation)

- 1-2 道德生活的藝術(克制與承諾)
- 3 體式
- 4 呼吸控制法
- 5 感官收攝
- 6-8 冥想狀態(專注、單點、以及完美冥想)

In sanskrit these are梵文中,它們包括:

- 自我控制(Yama)
- 遵守記律(Niyama)
- 體位法(Asana)
- 調息(Pranayama)
- 感官收攝(Pratyahara)
- 專注(Dharana)
- 冥想(Dhyana)
- 三摩地(Samadhi)

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

在瑜伽經典學院的體系中,我們在這8個基礎上增加了什麼,我們把這個新體系叫做什麼?

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瑜伽的一個重要組成部分是慈悲智慧。在瑜伽的這8個部分的基礎上,我們還需要加上了解種子的智慧,以及做瑜伽的動機,使我們能夠以簡單和終級深刻的方式為他人服務。

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).

比如我們需要把生活道德和種子聯繫起來,以永不傷害他人的動機來保持我們的倫理生活方式。添加了這第九支的慈悲智慧,就是為什麼我們把我們的系統稱為navanga九支瑜伽(nava是九的意思,再說一次, **anga**是部分的意思)。

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

解釋什麼是脈輪，它們是如何形成的。

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'.

當兩邊的氣脈，左脈和右脈，環繞中脈時，脈輪便形成。這裡形成一個結，叫做脈叢結。這個結堵住氣脈，妨礙內在風息流進。這個結會導致更多的氣脈從這個堵住的點射出。如果我們從上面往下看中脈，我們就會看到這些打結的氣脈有特定的形狀，叫做脈輪，這是梵語，意思是“輪子”。

8) 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，我們使用內在和外在的方法來解開這些阻礙內在風息流入中脈的結。請舉出一些內外方法的例子，並解釋它們與ha-tha哈他瑜伽的關係。

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

內在方法的例子包括靜思、慈悲和內觀。

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體式、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”.

我們用這些瑜伽的內外方法來解開由側脈環繞中脈而形成的結，這樣可以讓右脈或“哈”脈的氣，以及左脈或“他”脈的氣流入中脈。瑜伽的意思是“加入”，所以我們將“哈”脈的風息與“他”脈的風息“瑜伽”引進中脈。這就是“哈他瑜伽”最原始、最深刻的含義。

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

在妮古瑪女士的名字中，蘊含著強大的教誨。請解釋她的名字與筆的空性有什麼關係。

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.

妮古瑪這個名字與Nir-guna這個詞有關。Nir意味著超越，guna意味著特性。這意味著世界上所有的物體都是超越特性的。它們是空的，沒有自性。這種空性允許人類把一個物體看成是筆，然而狗狗把它看成是磨牙玩具。這一點的關鍵含義是，我們的世界是我們行為的反映。理解了這一點，我們就只能得出一個結論。以最小的方式傷害任何其他生命都是瘋狂的，對任何情況的唯一合乎邏輯的反應是以愛和慈悲的方式行事。

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.

所以我們可以看到，妮古瑪女士為自己選擇了一個給人最高教義的名字，也是通往幸福的唯一道路。

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

請解釋保持錯誤的觀點如何損害我們的氣脈，以及瑜伽練習如何修復氣脈。

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.

氣脈損壞了，會有穿孔，或者是到處都是小破損。我們越是以錯誤的方式看待事物，認為它來自於它們那邊，我們就越是進一步破壞氣脈。氣脈越是受損，我們的身體就越是不健康，我們對世界的看法就越是錯誤。

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.

當你練習瑜伽時，你是從側脈中抽取氣。但如果這些氣脈損壞了，那麼氣就會滲回去，練習體式的好處就不會持久。

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

請說出妮古瑪瑜伽練習的5個目標。

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:

妮古瑪瑜伽練習主要是利用瑜伽體式使身體內部發生變化。這個練習的5個目標是：

- 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) 清理氣脈中的不純淨

2) 清理意識的明點

3) 同時清理風息和明點

4) 打開氣脈

5) 讓風息進入中脈

12) 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.

妮古瑪瑜伽序列通過四個簡單的步驟來實現這五個目標。這四個步驟的作用是解開氣脈中的結、弄直氣脈、將風息聚集到中央通道中、並分配明點和氣。請說出並簡述這4個動作。

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

這4個動作是 (1) 扭轉、(2) 拉伸、(3) 聚集、(4) 散氣。

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. 扭轉

扭轉的體式主要是把圍繞中脈自然扭轉的氣脈以相反方向拉動。當無法扭轉時，應用壓力來代替。比如根輪和頂輪就可以這樣做。

2. Stretch

These poses primarily straighten out the primary channels.

2. 拉伸

這些體式主要是把主氣脈打直。

3. Gather

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

3. 聚集

這些體式有助於將風息從側脈聚集到中脈。

4. Disperse

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

4. 散氣

氣聚集後，會被分散並沿著下一個脈輪向上移動。

13) Please name and briefly describe the three major bandhas

請說出三大收束的名稱並簡單解釋。

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.

收束是在身體的不同部位進行的輕度收縮，以幫助控制內在風息——例如防止氣從中脈流出。

The three main bandhas are:

三個主要的收束是：

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. 會陰收束

會陰收束的做法是在把會陰向內和向上收進，或者你可以把它看作是會陰或骨盆底的輕微收縮。

1. 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

收腹收束是以呼氣的方式進行，將空氣排空，將腹部掏空。這個鎖的第一部分，可以是輕微的，也可以是誇張的，這取決於練習者的意圖、技巧和經驗。其次，腹部會輕微地向內和向上收縮。這種收縮與其他兩種鎖同時短暫地保持。

2. 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. 收頷收束

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。

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

多羅那他大師是誰？什麼時候住世的？他對妮古瑪瑜伽練習的論釋叫什麼？

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

多羅那他大師是妮古瑪瑜伽一脈中最關鍵的導師之一。他於1575年出生於中國，他對妮古瑪瑜伽練習的論釋叫做《身體的機器》。

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.

多羅那他大師是一位鼓舞人心的學生，因此我們以他的人生故事為例，說明如何將妮古瑪瑜伽的教誨融入我們生活的方方面面。重要的是要記住，妮古瑪瑜伽的教誨不僅僅是一系列的瑜伽體式。它們是一種生活方式。

15) 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?

我們用騎虎難下的比喻來描述細微身的運用。這可能是一個非常強大的方法，但如果老虎對你發難，也會有很大的問題！這裡主要的問題叫什麼，是什麼元素的不平衡？

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

最常見的問題叫lung，是風元素過剩。

16) What are some signs of *lung*? *Lung*的症狀有哪些？

- *Signs of lung include:*
- *Lung的症狀包括:*
- *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*
- **胸部疼痛或心臟周圍有壓縮感**
- **無法入睡**
- **頭痛**
- **身體、手臂或手部顫抖**
- **異常的無法集中精力**
- **感覺過於輕浮, 表現得很傻, 無緣無故地大笑**
- **感到偏執或有妄想症; 被突如其來的焦慮所壓倒**

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

如果出現lung的症狀, 我們該怎麼辦?

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:

當出現這些症狀時，我們必須採取一些行動。如果我們早點行動，這些症狀就更容易治療。對付這些症狀最重要的方法是放慢或停止我們的練習，直到症狀消失。此外我們還可以：

- **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.**
- 吃固體、重的食物。油、黃油、花生或其他堅果油、酥油等，這些特別有用
- 到戶外或大自然中散步。仰望天空或廣闊的風景，以放鬆、廣闊的方式打開我們的意識
- 泡個舒服的熱水澡
- 進行精油按摩
- 閱讀一些愉快的、不嚴肅的、能讓你發笑的東西
- 避免進一步造成壓力或焦慮的情況。嚴格避免一切形式的咖啡因和醣類，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.

如果這些症狀很嚴重或持續超過18-24小時，可能需要向有經驗的瑜伽老師或有冥想靜修經驗的人尋求建議，或向專業的醫務人員尋求幫助。

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

請說出在進行關於元素的靜思時，元素消融的順序和相應的觀想。

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

體內的土元素首先開始化解成水元素。一切都開始以海市蜃樓的形式出現。

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，體內的水元素開始化解成火元素，就像透過霧氣或煙霧的面紗看一樣。

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，火元素開始化解成風元素，會有微小閃光的體驗，就像晚間的螢火蟲一樣。

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.

最後，風元素開始化解成意識。沒有任何活動來支持你的意識。你體驗到小小的堅定不移的燭光。

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

*Kala danda*一詞是什麼意思，妮古瑪瑜伽練習如何是終極的*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 was 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是時間的意思，**danda**是棍子的意思。然而，**kala**也有死亡的含義，因為只要給予足夠的時間，結論就是死亡。但是，妮古瑪瑜伽練習是終極的**danda**，因為它是我們用來將死亡打死的棍子。死亡是一個錯誤。它是一個意外。死亡是有原因的，我們可以消除這些原因。這些原因來自於無明，它誤解了現實，而正是這種誤解創造了側脈；側脈圍繞著中脈形成並扭曲，切斷氣的流動。通過妮古瑪瑜伽練習，我們能夠解開這些結，讓氣流入中脈。當完善後，這就是死亡的死亡。到了這個點，光體完全顯現，意識再中無負面思想和一切障礙。這是瑜伽的皇道。這是照顧無量眾生的道路。是完美的。