

Lady Niguma Foundation II: Triumph of the Winds

30 Day Wisdom in Action Challenge

妮古玛瑜伽深造班中阶：御风而胜

30天智慧行动挑战营

Welcome to the Lady Niguma II Wisdom in Action challenge!

欢迎参加妮古玛瑜伽中阶智慧行动挑战！

Completing 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. To do this, we will look at how we can incorporate the Triumph of the Winds into our daily lives through daily challenges.

完成妮古玛瑜伽密集课程是一项巨大的成就！在这30天的挑战中，我们的目标是确保这些课程内容不只成为一个美好的回忆，而是以实用且有意义的方式融入大家的生活。为此，我们将着眼于如何通过日常挑战将御风而胜的学习融入到每日生活中。

Each week of challenges will have a specific theme. We will focus on embodying one of the 5 aspects of Lady Niguma's wisdom.

每周的挑战都会有一个特定的主题。我们将专注于体现妮古玛瑜伽五大智慧的其中之一。

- Week 1 we will aim to embody the **Yogi of Appearance**, who has perfected **Mirror Wisdom**.

- 第一周，我们的目标是展现显现能者的智慧，他们已经完善了如镜的智慧。
- Week 2 we will aim to embody the **Jeweled Yogi**, who has perfected **Equal Wisdom**.
- 第二周，我们的目标是展现宝藏者的智慧，他们已经完善了平等的智慧。
- Week 3 we will aim to embody the **Yogi of Attainment** who has perfected the **Wisdom of Accomplishment**, AS WELL AS the **Limitless Yogi** who has perfected the **Wisdom of Discrimination**.
- 第三周，我们的目标是展现成就者的智慧，他们已经完善了成就的智慧；以及展现无限制者的智慧，他们已经完善了善辨的智慧。
- Week 4 we will aim to embody the **Unshakeable Yogi** who has perfected the **Wisdom of Emptiness**.
- 第四周，我们的目标是展现不动摇者的智慧，他们已经完善了空性的智慧。

As you complete your challenges, we encourage you to post your experiences on social media and in your Lady Niguma group chats to connect with the community. Posts can be funny or inspiring, document little insights you have, or even offer mini teachings of the concepts and ideas you have learned by doing the challenge.

当你完成挑战后，我们鼓励你在社交媒体和妮古玛瑜伽课程大群中分享你的体验，与社群产生链接。帖子内容可以是有趣的、鼓舞人心的，也可以分享你的个人见解，甚至做一场你在挑战营中所学到的概念或理念的小分享。

This is your chance to intimately, and proactively live these teachings in your world. **The intention is for this to start as a challenge, but to stay as a habit.**

这是一个你可以密切且主动在自己的生活实践这些教学的机会。我们的目标是以挑战形式开启，但重点在于帮助大家养成习惯。

In addition to the daily challenge, students are expected to complete the following practices each day for the 30 day challenge:

在30天的挑战中，除了每天的挑战，学生还需要完成以下每日练习：

1. Journal your Lady Niguma's Yoga practice: date, duration and insight.

记录你的妮古玛瑜伽练习：日期、持续时间和洞见。

2. Daily meditation practice. Use the recordings from the course. Do the first meditation during week 1, second meditation during week 2, third in week three, and fourth in week 4.

每日静思练习。使用课程录音。在第一周做第一个静思，第二周做第二个静思，第三周做第三个静思，第四周做第四个静思。

Important to Note:

需要注意的是：

Developing your yoga practice is a highly personal and individual process. What is good for one person or one body, might not be good for another. And what is right for one person one week might not be good for the same person the next week. We need to listen to our bodies, our monthly cycles, and accommodate our other responsibilities appropriately. That said, a consistent practice is essential to progress, and often it is very helpful to have a teacher or community to push us and to motivate us.

培养瑜伽练习是一个高度个性化的过程。对一个人或一个身体有益的东西，对另一个人不见得就好。这周适合这个人的练习，即使是同一个人，下周也有可能不适合。我们需要倾听我们的身体以及我们的每月生理周期，并适当地顾及自身的其他责任。也就是说，持续的练习是进步的关键，而且有一个老师或社群来推动我们并激励我们，往往是非常有助益的。

At YSI we encourage people to take one day off a week. We also recommend consistent practice, as opposed to making up for lost days of no practice with sessions that are twice as long the next day.

在YSIG，我们鼓励大家每周休息一天。我们也建议大家有规律的练习，而不是在第二天用两倍长的练习来弥补没有练习的日子。

Lastly, we feel that the time following the retreat is crucial in integrating the practices and developing positive habits. **It is in this next month while teachings are fresh that huge progress can be made.** We ask that you push yourself this month to develop these habits, to practice consistently, and to integrate the material into your life profoundly. This way we can really embody the lineage, realize its results, and be able to accurately pass it on to others.

最后，我们认为课程一结束的这段时间对于练习和培养积极的习惯是至关重要的。正是在接下来的一个月里，趁着所学内容还很新鲜，你更容易取得巨大进步。我们希望大家在这个月内能严格督促自己养成这些习惯，坚持练习

，并将这些内容深刻地融入到生活中。这样我们才能真正体现出这个传承，达到既定成果，并能准确地将它传递给他人。

Have fun, be curious, and cherish meaningful practice!

请保持开心、好奇心，并珍惜这个有意义的练习！

Week One: Yogi of Appearances - Mirror-like Wisdom.

第一周：显现能者——如镜的智慧。

This first week we will focus on Vyana Vayu and transforming ignorance into Mirror-like Wisdom, using the practices of Appearances.
第一周，我们将专注于遍行风，利用显现的练习，将愚昧无知转化为如镜的智慧。

We challenge you to be a person who is hyper-aware of their thoughts, words, and actions. The practices sound simple but they are a challenge to do:

我们挑战你成为对自己的思想、言语和行为高度觉察的人。这些听起来很简单，但做起来却很有挑战性：

- don't harm (self or others)
- 不伤害(自己或他人)
- do good
- 行善
- think big
- 胸怀大志

Day 1: Primary Challenge

第一天：主要挑战

Challenge: In the morning, sit down with your schedule for the day and plan a way to apply Mirror-like Wisdom in one activity. As you do so, try to embody a “yogi of appearances” practicing this wisdom. What does it *feel*/like to do so?

挑战：早上坐下来看看你当天的日程安排，并计划在其中一项活动中应用如镜的智慧。当你这样做时，试着感受一位“显现能者”正在实践这种智慧，以及这样做会有什么感觉？

For example, the general theme of Mirror-like Wisdom is to understand emptiness and to see that the world is a reflection of the purity of your mind. So as you look forward to your day, try to hold this theme throughout the day, AND choose one specific situation in which you want to bring this wisdom into a situation (meeting), interaction (picking up your child from school), or even your yoga or meditation practice.

例如，如镜智慧的要义是理解空性，看见这个世界是你纯净意识的投射。因此，当你展望一天时，试着一整天都牢记这个主题，并且选择一个具体情境，把这种智慧带入到某个场景（会议）、互动（接孩子放学），甚至是你的瑜伽或静思练习中。

**Day 2: “I will become that person who
would never willingly hurt even a fly.”**

(Practice 17 - from the manual)

**第二天：“我要成为连苍蝇都不愿意伤害
的人。”(练习17——参考手册)**

The Yogi of Appearances is constantly making sure they're not hurting any other person, or any other being – including insects! Try to have a constant check on your mind that you are not causing the slightest pain, physical or mental, to anyone around you.

显现能者不断确保他们不去伤害任何人或其他任何生命——包括昆虫！试着经常检查自己的意识，确保自己没有给周围的人造成丝毫的身体或精神上的痛苦。

Challenge - 2 options:

挑战——两个选项：

- 1) Identify where you can decrease the suffering through your choices of food. If you eat meat, don't eat meat today. If you already don't eat meat, but you consume dairy or eggs, give those up for today. Find your edge and go a little further.

找出在有哪些地方，你可以通过对食物的选择来减少痛苦。如果你是荤食者，今天选择不吃肉。如果你已经不再吃肉，但你吃奶制品或鸡蛋，今天选择不吃这些。找到你的边界所在，并试图再超越一点点。

- 2) Identify someone you hurt or upset recently. Find a way to apologize to them.

找到你最近伤害或惹恼的人，想办法向他们道歉。

Day 3: “I will try to use every moment to do something good for others.” (*Practice*

18)

**第三天：“我会尽量利用每一刻，来为他
人做些好事。”(练习18)**

Use your time wisely. Don't let your time flitter away in idle distraction or activity. See how precious this life really is and cultivate a mindfulness about using each moment meaningfully. In the most meaningful way you can.

明智地利用时间。不要在无聊的干扰或活动中虚度时光。想想这一生多么珍贵，培养一种能够善用每一刻的觉知。请以你能做到的最有意义的方式来做。

Challenge: Identify where you “waste” time. Today, replace that activity with something good and meaningful, like studying, practicing, calling your loved ones, etc.

挑战：找出你“浪费”时间的地方。今天就用一些好的、有意义的事情来取代那些活动，比如学习、实践、给亲人打电话等等。

Day 4. Think Big - practice for the world.

(Practice 19)

第四天 胸怀大志——为世界而练习。

(练习19)

Constantly remember why we practice and who we are practicing for. There are so many people out there who need us – and this practice is to try to always remember them in our actions.

不断记住我们为什么要练习，我们为谁练习。外面有那么多人需要我们，而此练习就是利用我们的所为，将他们放在心中。

Challenge: It can seem overwhelming to hold the idea of helping “all beings”. There are indeed a lot of them. Perhaps it is easier to think of all beings for me, as the people I will meet today. And even then, it is still potentially a lot of people!

挑战：抱着帮助“所有生命”的想法，可能会让人喘不过气来。这些生命的数量确实很多。或许对我来说，可以把今天将要遇到的人看成是所有的生命，这样会容易许多。即便如此，确实还是会有很多人！

So today, pick one person, and dedicate your practice, maybe even the whole day, to that one person. By bringing them to mind over and over, when you do yoga, eat, meditate, sleep, study, work or sit in a meeting—do it for them.

所以，今天就选择一个人，把你的练习，甚至把这一天，都献给这个人。当你在练瑜伽、吃饭、静思、睡觉、学习、工作或开会时，一遍又一遍地把他们带到你的意识里，为他们而做这一切。

Imagine they are right there beside you. And perhaps we can see that we can change the course of their day, maybe only by a matter of a few degrees. But this may change how they interact with someone else, and the effects of our kindness ripples out like a positive virus throughout the world.

想象他们就在你身边。也许我们可以看到，我们能改变他们一天的进程，也许只是一丁点，但这可能会改变他们与他人互动的方式；而我们的善意会像一种积极的病毒一样，在全世界蔓延。

Mini-theme for challenges 5 and 6: 'Future me'

挑战5&6/小主题：“未来的我”

One of the amazing capacities of the person who develops this wisdom is that they can morph into whatever anyone needs. By practicing the following two challenges, you will write this perfected wisdom into your future. Whenever we use this wisdom to seek shelter from the troubles of the world, we are re-engineering our future self.

拥有了这种智慧的人有一种不可思议的能力，那就是他们能够变成人们所需要的任何事物。通过练习以下两个挑战，你将把这种完美的智慧编进自己的未来。每当我们用这种智慧来为世上的麻烦寻求庇护时，我们就是在重塑未来的自己。

Day 5: Future me version #1

第五天：未来的我，版本#1

When things are not going quite as expected, you are struggling with some task or situation, find a private place like a park, an empty office (or even a bathroom!) and imagine that your future self can hear you. This future you, has already attained Mirror Wisdom so you ask them for help. Spend some time just listening for their answer.

当事情不尽如人意时，当你正在为一些任务或情况而挣扎时，请找到一个私人空间，如公园、空旷的办公室（甚至是洗手间！），想象你未来的自己能听到你的声音。这个未来的你，已经获得了如镜的智慧，所以你可以向他们寻求帮助。花点时间倾听他们的回答。

Challenge: Write a letter of advice to your current self from the perspective of the Yogi of Appearances. If you heard a message when you looked in the mirror, write that down. Keep this in a safe place. Review it after the 30 Day Challenge.

挑战：从显现能者的角度给现在的自己写一封建议信。如果你在照镜子时听到了这个信息，就把它写下来，并把它放在一个安全的地方。在30天挑战结束后再回顾一下。

Day 6: Future me version #2

第六天：未来的我，版本#2

Again, when you need shelter from things that trouble you or you simply need an answer, ask your “future mirror wisdom me” for the answer.

同样，当你需要在困扰你的事情中获得庇护时，或者当你只是需要一个答案时，请向你“如镜智慧的未来自己”寻求答案。

Challenge: Bring to mind the thing that is giving you trouble. Then, go to your bookshelf. Stand in front of it and close your eyes. Select a random book. Keep your eyes closed, open the book to a random page and place your finger on the page. Open your eyes and read the message your “future you” sent back in time just for you.

挑战：回想一下给你带来麻烦的事情。然后，走到你的书架前。站在书架前，闭上眼睛。随机选择一本书。闭上眼睛，随机打开书中的任意一页，并把手指放在书页上。睁开眼睛，看看“未来的自己”专门给到你的及时回应。

Day 7: Break Day

第七天：休息日

Kick back and enjoy thinking about how and when you connected with Mirror Wisdom over the past week. Consider why it is that these practices can transform ignorance and the winds that they ride upon into Mirror-like Wisdom.

放松一下，享受地回顾过去一周你是如何以及何时与如镜智慧连接的。思考一下为什么这些练习可以将愚昧无知和它们所骑乘的风息转化为如镜的智慧。

It is simple really. How we treat others forces a projection or an image, as though coming out from a movie projector, onto the screen of an empty, available world. Or another way to think of it is like chocolate sauce covering ice cream. My behavior towards others fills in the details, positive or negative, feelings, sensations, and experiences. Plan how you might continue to use these six simple practices to purify the winds of habitual patterns of behavior into “Mirror Wisdom.”

这其实很简单。我们如何对待他人，迫使着我们在一个空性而可用的世界屏幕上投射出一个影片或图像，就像从电影放映机里投射出来的一样；或者用另一种方式来想，就像巧克力酱覆盖在冰淇淋上。我对他人的具体行为填补了更多细节，无论是积极的或消极的，哪怕是感受、感觉还是体验都是如此。计划一下你如何继续使用这六种简单的练习，将惯性行为模式的风息净化成“如镜的智慧”。

Week Two: Jeweled Yogi - Equal Wisdom

第二周：宝藏者 - 平等的智慧

When the negative emotions that ride upon Apana Vayu are purified, we perfect our ability to exchange ourselves with others and all forms of pride and stinginess drop away. This freedom allows us to take total delight in the four forms of sharing:

当驾驭于下行风的负面情绪被净化时，我们完善了自他交换的能力，所有形式的傲慢和吝啬都会消失。这种自由使我们能够在四种形式的给予中获得全然的快乐。

1. material objects
 2. wisdom
 3. freedom from fear
 4. love—the wish for everyone to have happiness and the causes for happiness.
1. 物质
 2. 智慧

3. 无畏惧

4. 爱——希望每个人都能拥有幸福和幸福的因。

We are cultivating a spirit of generosity and this spirit is the jewel that adorns the beauty of our mind.

我们正在培养一种慷慨的精神，这种精神是装饰我们意识之美的宝石。

Day 8: Primary Challenge

第八天：主要挑战

Challenge: In the morning, sit down with your schedule for the day and plan a way to apply Equal Wisdom to one activity. When you go to act in that way, imagine that you are the Jeweled yogi who has perfected that Wisdom.

挑战：早晨，拿着你当天的日程安排坐下来，做一个将平等的智慧应用于某项活动中的计划。当你以这种方式去行动时，想象你就是宝藏者，已经完善了这种智慧。

For example, the general theme of Equal Wisdom is to treat everyone equally. This means we need to be hyper aware of unhealthy preferences that influence our actions.

例如，平等智慧的要义是平等地对待每个人。这意味着我们需要对影响我们行动的一些不健康的偏爱保持超强觉知。

Day 9: The gratitude of abundance

第9天：富足的感恩之心

Consider all the “things” you have. Consider (a) the material things you have, (b) the wisdom that you’ve been taught, (c) the times when you’ve received grace after making an error or hurting someone, and (d) the times you’ve received love from others. Feel grateful for the abundance of all these good things. Recognize that all these good things came from seeds you planted each time you helped someone else. From this state of gratitude, complete the following challenge:

想一想你所拥有的所有“东西”。想想(a)你所拥有的物质，(b)你所学习的智慧，(c)在你犯错或伤害别人后所得到的宽恕，以及(d)你从他人那里得到的爱。对所有这些美好事物的丰盛深怀感激。意识到所有这些好事都来自于你每次帮助别人时种下的种子。在这种感恩的状态下，完成以下挑战。

Challenge: Express gratitude to someone who gave you one of the 4 kinds of things listed above. You can do this as a text message, a handwritten letter, or a phone/video call.

挑战：对给予你上述4种东西之一的人表示感谢。你可以通过短信、手写信件、或电话/视频通话的方式进行。

Day 10: Sharing material things (*Practice*

11)

第十天：分享物质的东西（练习**11**）

Challenge: Commit to give a material thing to someone today that would make a difference in their life.

挑战：承诺今天给别人一件物质的东西，这将使他们的生活有所改变。

Maybe you anonymously pay for a random person's coffee. Maybe you give money to help someone buy a car, or apartment. Maybe it's giving food to a hungry person. Maybe it's one of your favorite items that you know someone else would really enjoy but you're very attached to it.

你可以匿名为一个人买杯咖啡。或许你可以给钱支持别人买车、或买房。可以给一个饥饿的人提供食物。也许是给别人一件你自己心爱的，而你知道他人也会喜欢的东西。

Day 11: Sharing protection from fear or danger (*Practice 12*)

第11天：分享保护，使他人远离恐惧或危 险(练习12)

This kind of protection comes from seeing that everyone's happiness is exactly equal to mine. The idea of "friends, enemies, and those in-between", all come from my mind. So no matter who appears, ask, "Have I given them my best?" Did I work as hard for others today as I did for myself?

这种保护来自于看到每个人的幸福都与我的幸福完全平等。对于“朋友、敌人、或介于这两者之间的人”的想法，都来自于我的意识。所以无论是谁出现，都要问：“我有没有给他们最好的？”我今天为别人所做的是否有像我为自己所做的一样付出努力？

Challenge: If we see a nail in a parking lot, we typically might leave it there because our car isn't in danger of popping a tire on it. Similarly, if there is an object on the ground that someone could trip over, we leave it there and walk over it. Today, commit to protect others by picking up the nail, picking up the object, or removing any other thing that may

endanger others. The Jeweled Yogi works to protect others as much as they work to protect themselves.

挑战：如果我们在停车场看到一颗小钉子，我们通常会置之不理，因为我们的车即使开过去也不会有爆胎的危险。同样，如果地上有一个可能会把人绊倒的物体，我们也会置之不理，或是从上面跨过去。今天，承诺保护他人，把钉子捡起来，把物体捡起来，或把任何其他可能危及他人的东西移开。宝藏者努力保护他人，如同他们努力保护自己一样。

Day 12: Sharing wisdom (*Practice 13*)

第12天：分享智慧（练习13）

Challenge: Commit to share wisdom today. This can be verbal, but it can also be through physical demonstration of how you carry yourself in life.

挑战：承诺今天要分享智慧。这可以是口头上的，但也可以是通过你在生活中如何身体力行来体现。

This can be as simple as redirecting an unhealthy conversation. Maybe your coworkers or friends are talking negatively about someone else—with grace and compassion, you could skillfully change the subject or transform the conversation to one that praises that person, instead of speaking unkindly about them.

可以简单地引导一次不友善谈话的方向。也许你的同事或朋友正在说着别人的坏话——带着优雅和爱，你可以巧妙地转变话题，或将谈话转为赞美那个人，而不是讲关于对方的不友善言语。

For this challenge, you can have something in mind that is premeditated and exact, but it can also be a general commitment, like looking for opportunities to respond to a scenario beautifully, like the co-worker example above.

对于这个挑战，你可以有一些预设和确切的想法，但也可以是一个普通的承诺，比如寻找机会对某个场景做出漂亮的回应，就像上面这个同事的例子一样。

Day 13: Sharing love (*Practice 14*)

第13天：分享爱 (练习14)

Give love with heightened intention and awareness today in the form of attention. How often when someone is talking to us are we focused on something else —maybe we're looking at our phone, glancing around the room, or even thinking our own thoughts instead of listening.

今天，以给予关注的形式，带着更高的动机和觉知给予爱。当有人和我们说话时，我们有多少次是在关注其他事情——也许是在看着手机，在房间里四处张望，甚至在想着自己的想法，而非聆听对方。

Challenge: Pick one person today to give your undivided attention and unconditional love to. One of the greatest loves we can give is the gift of being seen or heard. Try to fully empathize with this person, and feel what they are feeling when they are talking to you. Be fully present. Imagine being the Jeweled Yogi, with your love shining on them like light reflecting off a brilliant jewel.

挑战：今天，选择一个人，把你的全然专注和无条件的爱给到对方。我们能给予的最大的爱之一，就是送给他人被看到或被听到的这一份礼物。努力与这个人充分共鸣，在他们与你交谈时，感受他们的感受。完全融入当下。想象自己是宝藏者，你的爱照耀着他们，就像光反射在灿烂的珠宝上一样。

Day 14: Break Day

第14天：休息日

Kick back and enjoy thinking about all the sharing you did over the past six days. The point is to feel an internal change in our capacity to share. Check to see if any giving was infected or blocked by pride or stinginess. Giving is the source of jewels.

休息，思考你在过去六天里所做的所有分享，享受这个思考。关键是去感受到我们有能力去分享的这一内在变化。检视一下在分享时，是否有被骄傲或吝啬的情绪所侵染或阻挡。给予，是珍宝的源泉。

Week Three Pt. 1:

第三周 第一部分

Yogi of Attainment - Wisdom of Accomplishment

成就者 - 成就的智慧

By purifying the negative emotion associated with samana vayu we attain the Wisdom of Accomplishment. With the transformation of this wind, all competitiveness and jealousy drop away.

通过净化与平衡风有关的负面情绪，我们获得了成就的智慧。随着这种风息的转化，所有的好胜心与嫉妒将烟消云散。

When we say, act, or think with jealousy and competitiveness, all kinds of painful seeds are planted. However, in their absence all of our own and others' wishes can be accomplished. Accomplishing Wisdom works on the emotions that create walls between me and you, emotions that limit our capacity. When we transform these emotions, we create bridges rather than walls.

当我们带着嫉妒和好胜的心态说话、做事、或思考时，就会种下各种痛苦的种子。然而，当它们消失时，我们自己和他人的所有愿望均能得以实现。成就的智慧作用于那些在你我之间铸造围墙的情绪，那些情绪会限制我们的能力。当我们转化这些情绪时，我们便建造了桥梁，而非围墙。

Our challenge is to make offerings to others. You might wonder, “how is making offerings different from the four kinds of sharing?” One approach is that offering looks at sharing in four different ways.

我们的挑战便是为他人奉献。你可能会想，“奉献与四种给予有什么不同？”其中一种奉献的方法就是，以四种不同的方式看待给予。

Get this—our job is to learn to enjoy someone else's enjoyment. How sweet and fun is that? Let's take the art of sharing food.

记住这一点——我们的任务就是要学会享受别人的快乐。那是件多么甜蜜和有趣的事情啊？让我们以分享食物的艺术为例。

First, we can share it as we normally do—an elegant delicious “outer offering” to friends and family. We enjoy their enjoyment of just looking at the food.

首先，我们可以像往常一样分享食物——给朋友和家人一个优雅美味的“外在奉献”。当他们只是看着食物而感到开心时，我们都能享受着他们的快乐。

Second, we can enjoy their blissful internal enjoyment of the food we offered to them. This is an “inner offering.” We learn to look for their subtle signs of enjoyment.

其次，我们可以享受我们给到他们食物时，他们内心的幸福和内在喜悦。这是一种“内在的奉献”。我们学会寻找他们享受的微妙迹象。

Third, we imagine them linking wisdom to the blissful enjoyment—meaning they understand where the “delicious food” comes from (seeds), and we enjoy the fact that the delicious food triggered this wisdom. We call this a “secret offering.”

第3，我们想象他们将智慧与极乐的享受联系在一起——这意味着他们知道“美味的食物”从哪来(种子)，而我们享受因食物的美味而触发的智慧。我们称之为“秘密的供奉”。

Finally, fourth, as yogis we always “bring it to the central channel” — we see them connect the wisdom and bliss to winds being in their central channel, and we enjoy this as the “suchness offering.”

最后，第四，作为瑜伽行者，我们总是“把它带到中脉”——我们看到他们把智慧和极乐与位于中脉的风息连接起来，我们享受这种“真如的奉献”。

This is how we make the four kinds of offering with everything we share. It is a deep exquisite practice that works to break down the walls between me and you, us and them.

这就是我们分享任何东西时所运用的四种奉献方式。这是一种深刻而精致的练习，它可以打破我和你、我们和他们之间的围墙。

Day 15: Primary Challenge

第十五天: 主要挑战

Challenge: In the morning, sit down with your schedule for the day and plan a way to apply the Wisdom of Accomplishment to one activity, and choose a second activity which you could apply the Wisdom of Discrimination. When you go to act in these way, imagine that you are the Yogi of Attainment who has perfected that Wisdom for the first activity, and the Limitless Yogi for the second activity.

挑战:早晨,拿着你当天的日程安排坐下来,做一个将“成就的智慧”应用于某项活动中的计划,然后选择第二件可以应用“善辨的智慧”的事情。当你以这种方式行动时,想象你是在第一件事上圆满了这种智慧的成就者;而在做第二件事情时,你已经成为了无限制者。

For example, the general theme of the Wisdom of Accomplishment is wanting to make sure others' needs are met without any sense of jealousy or competitiveness.

例如,“成就的智慧”的要义是确保别人的需求得到满足,且不帶有任何嫉妒或好胜心。

The Wisdom of Discrimination allows us to understand where things come from in the world - from our past actions that created seeds. When we understand this, we understand that we can not achieve happiness solely through the acquisition of material things. It therefore purifies ignorant desire. And when this ignorance is purified our actions and words will match our thoughts. This makes a Limitless yogi profoundly capable of teaching others and in practicing the six perfections.

“善辨的智慧”让我们了解世界上的事物从何而来——从我们过去创造种子的行为中来。当我们理解了这一点,我们就会明白,我们不能仅仅通过获得物质的东西来获得幸福。因此,它净化了愚昧的欲望。当这种愚昧得以净化,我们的言行就会与我们的思想一致。这让我们得以成为无限制者,并有深刻的能力教导他人实践六大圆满。

Day 16: Give Flowers (*Practice 15*)

第十六天: 送花(练习15)

Challenge: Give flowers to friends or strangers. You can do this by sending them pictures of your favorite flowers, or sending them real flowers, or if you can be together, give them the real thing! Then,

importantly, imagine or observe the four kinds of offerings happening within them.

挑战:送花给朋友或陌生人。你可以给他们发送你最喜欢的花的照片,或者送他们鲜花,或者如果你们在一起的话,送他们实物!然后,重要的是,想象或观察发生在他们身上的这四种奉献。

Day 17: Disarming Jealousy (*Practice 15*)

第十七天:消除嫉妒(练习15)

Challenge: Identify someone that you are jealous of and celebrate their good qualities by sending them a message of gratitude. *Note, it is recommended that you DO NOT tell them that you're jealous of them. Alternatively, you can send this message of praise to someone else who knows them.

挑战:找到你所嫉妒的人,给他们发一个感谢的信息,赞美他们的优秀品质。注意,建议你不要告诉他们你嫉妒他们。或者,你也可以把赞美的信息发给认识他们的人。

Maybe this is someone in your life that you interact with frequently. Maybe they are a famous person that you do not have a relationship with. Regardless, overcome your jealousy with gratitude and praise. Spend some time considering their emptiness, then identify what you appreciate about their good qualities.

也许这是一个你在生活中经常接触的人。也许他们是一个与你没有关系的名人。不管怎样,用感激和赞美战胜你的嫉妒。花一些时间思维他们的空性,然后找出你欣赏他们的哪些好品质。

Finally write out a message of thanks, or praise, or gratitude, and send it to them. Even if they are some famous person, find their social media account and you can send them a message. As you write the message, imagine that you are the Yogi of Attainment. Then, importantly, imagine or observe the four kinds of offerings happening within them.

最后写一封感谢信,或赞美,或感激,并发给他们。即使他们是名人,找到他们的社交媒体账户,并给他们发信息。当你写信息时,想象你是成就者。然后,重要的是,想象或观察发生在他们身上的四种奉献。

Week Three Pt. 2: Limitless Yogi - Discriminating Wisdom

第三周 第二部分：无限制者-善辨的智慧

When the Udana Vayu reaches a state of total purity, the wisdom that shines forth is the Wisdom of Discrimination and we become a limitless light for the world. With this wisdom comes appreciation, empathy and understanding of others' qualities. What is purified is the distracted, restless, busy mind of wrong desire and addiction.

当上行风达到完全纯净的状态时，智慧得以闪现出来，这就是“善辨的智慧”，我们就会成为世界上的无限光芒。这种智慧带来对他人品质的欣赏、同理心和理解。而被净化的，是那些错误的欲望和瘾所带来的散漫、不安、忙碌的意识。

Our speech can be absolutely attractive to others. When what we teach or present is done in a well-organized, clear, and elegant way, we captivate the minds of those who listen. Likewise, they will have a well-organized clear way of understanding and recalling what they've heard.

我们的演讲绝对能吸引别人。当我们以一种条理清晰、优雅的方式来教授或呈现时，我们就能吸引听众的注意力。同样，他们也会有条理清晰的理解方式并能够记住他们所听到的。

For example, if we're the head of a team or company and we present the plans of a project in a very well-organized, clear, and elegant manner, then everybody can engage with clarity and come together as a high performing team. Because of our elegance and clarity, we become like a limitless light of wisdom for others.

例如，如果我们是一个团队或公司的负责人，当我们以一种条理清晰而优雅的方式展示一个项目计划时，每个参与其中的人就会很清晰，并共同组成一个高效的团队。因为我们的优雅和清晰，我们成为他人无限的智慧之光。

Day 18: Pay it forward (*Practice 9*)

第18天：把爱传出去(练习9)

Consider a recent pleasant experience you've had. It could be as "small" as a tasty bowl of soup, or as "big" as buying your dream home. Next, remove the object (in this case, the soup or the home) and consider what your *experience* was. Maybe it was relaxation, comfort, love, happiness, or something else. Understand that this experience did not come from the object alone. In truth, the experience of these objects came from you taking care of others. With this in mind, do the following challenge:

想想你最近有过的愉快经历。它可以像一碗美味的汤一样“小”，也可以像买到你梦想中的房子一样“大”。接下来，移除对象(在本例中是汤或房子)，并思维你在这当中的体验是什么。也许是放松、舒适、爱、幸福，或者其他。要明白这种体验并不仅仅来自于这个物品。事实上，对这些物品的体验来自于你对他人的照顾。将这一点牢记于心，并进行以下挑战：

Challenge: Today, find a way to give that same good experience to someone else.

挑战：今天，找到一种方式，把同样好的体验带给他人。

Reinvest the yield! Keep good things going by giving it to someone else!
收益再投资！把美好的东西送给别人，从而让它得以持续下去！

Day 19: Write a thank-you letter (*Practice 9*)

第19天：写一封感谢信(练习9)

Challenge: Identify someone who has shown you great kindness and write them a handwritten thank you letter, then mail it to them.

挑战：找出对你极好的一个人，给他们手写一封感谢信，然后寄给他们。

The thank you could be very specific about a specific event, or it could be general and an overarching message of gratitude that they are in your life and how they've positively impacted you.

感谢可以是针对某一特定事件的具体表达，也可以是泛泛的，概括地表达感激之情，感谢他们出现在你的生活中，以及他们如何给予你正面影响。

This person could be a friend, a school teacher, someone who taught you a skill like piano, a parent... this could be anyone who you are grateful for.

这个人可以是一个朋友，一个学校老师，一个教你钢琴之类技能的人，父母.....这个人可以是任何你感激的人。

Day 20: Embracing the Opposite (*Practice 10*)

第20天：拥抱对立面(练习10)

Not everyone sees the world the way you do! This is a difficulty that we all face. As we hear differing perspectives, we often find the limit of what we can understand, appreciate, or empathize with. Today's challenge is all about expanding your limits by finding wisdom in "other people's" ideas, especially those that seem to be opposite ours.

不是每个人都和你有着同样看待世界的方式！这是我们大家都面临的困难。当我们听到不同的观点时，我们往往会发现自己所能理解、欣赏或感同身受的东西颇为有限。今天的挑战是透过“别人”的想法寻找智慧，尤其是那些似乎与我们相左的想法，从而扩展你的极限。

Identify someone who is the opposite of you. Opposite in as many ways as possible! If you are a biological male, this person might be a biological female. If you are tall, maybe this person is short. If you like sports, maybe this person is not athletic. If you are vegetarian, maybe this person eats mostly meat. If you think the world is a good place, this person thinks the world is a bad place. So on and so forth. Once you have a complete image in your mind of this person, think about what kind of media they like to consume, or activity they like to do.

找到一个和你意见相反的人。这个相反可以体现在多个方面！如果你生理上是男性，那么这个人可以是位女性。如果你很高，这个人可以很矮。如果

你喜欢运动，也许这个人并非运动型的。如果你是素食主义者，也许这个人以肉食为主。如果你认为这个世界很美好，或许这个人认为世界很糟。等等等等。一旦你对这个人有了一个完整的印象，想想他们喜欢在什么样的平台上消费，或者他们喜欢参加什么活动。

Challenge: Consume that media (watch a movie, read a book, read a poem) or do that activity (play that sport, create a craft from that person's culture), and place your entire focus on finding the wisdom in that media or activity. Appreciate that different people have different needs.

挑战：去那个平台上消费(看电影，看书，读诗)或参与那项活动(玩另一种运动，根据那个人的文化创造一门手艺)，然后专注于从那个平台或活动中寻找智慧。欣赏不同的人所拥有的不同需求。

Day 21: Break Day

第21天：休息日

Kick back and enjoy thinking about all the good you've done so far in this challenge, and the perspective you held while you did it. How are you feeling?

放松下来，好好想想你在这次挑战中所做的一切，以及你在挑战过程中所持的观点。你的感觉如何？

Week Four: Unshakeable Yogi - Wisdom of Emptiness

第四周：不动摇者--空性的智慧

When the Prana Vayu reaches a state of total purity the wisdom that shines through is Unshakable. What is unshakable is our capacity to

focus on ultimate truth. This week we will work on breaking the chains of stupid dislike. Challenge yourself to be the calm, soothing influence others need when they are stressed, nervous, frightened, or angry. Focus all your peaceful calm actions, communications, and thoughts on benefiting the person or persons you will meet on any given day.

当生命风达到完全纯净的状态时，不可动摇的智慧开始闪耀。不可动摇指的是我们专注于终极实相的能力。本周我们将致力于打破愚昧厌恶的枷锁。挑战自己，在别人有压力、紧张、恐惧或愤怒时，成为他们所需要的一股平静、和缓的影响力。把你所有和平、平静的行为、交谈和想法都集中于用来利益这一天你所遇到的任何人上。

To help you become that wise, calm, soothing peacemaking influencer for the world, there is a full week of transformative challenges for you! 为了帮助你成为对世界有影响的明智、平静、平和的和平缔造者，有一整周的变革性挑战供你选择！这些实践旨在改变我们的生活。

These practices are aimed at transforming our moments of irritation, impatience, and outright anger throughout the day. We need our wisdom to be unshakeable and constant. We need to stand with one foot in the world of how something appears one way, and the other foot in the world of understanding its true nature.

这些练习的目的是改变我们一天中的烦躁、不耐烦和歇斯底里的愤怒时刻。我们需要我们的智慧是不可动摇的和持续的。我们需要一只脚站在事物如何显现的世界里，另一只脚站在了解其真实本质的世界里。

We develop a deep awareness of emptiness which constantly recognizes deceptive truth—anger that arises from past anger. Unpleasantness that comes from the hurt I have applied to others. And the deep awareness of what was never there, never could be there, and never will be there. We understand the ultimate truth: the lack of something not coming from me.

我们要培养对空性的深刻觉知，不断看清欺骗性的现实--从过去的愤怒中产生的新愤怒。不愉快来自于我过往对他人的伤害。以及对从来不曾存在、永远不可能存在、也永远不会存在的东西的深刻觉知。我们明白了最终的真相：即不来自于我的事物的缺失。

Day 22: Primary Challenge

第22天：主要挑战

Challenge: In the morning, sit down with your schedule for the day and plan a way to apply the Wisdom of Emptiness to one activity. When you go to act in that way, imagine that you are The Unshakeable Yogi who has perfected that Wisdom.

挑战：早晨，拿着你当天的日程安排坐下来，做一个将空性的智慧应用于某项活动中的计划。当你以这种方式去行动时，想象你就是不动摇者，已经完善了这种智慧。

For example somebody practicing Mirror-like Wisdom understands that when a mirror is dirty, images don't reflect in it clearly. They are distorted. The same is true when we look at any object with a mind distorted by ignorance. By taking refuge in the fact that nothing exists in any other way other than as a result of seeds - how well we have taken care of people in the past - then we are cleaning the mirror of the mind, purifying ignorance, and developing Mirror-like Wisdom.

例如，练习如镜智慧的人明白，当镜子脏了，图像就不能清楚地映照在里面。它们是扭曲的。当我们用愚昧扭曲的心去看任何事物时，也是如此。在这一事实中寻求庇护：没有任何东西以除了种子产生结果之外的其他任何方式存在着，也就是一切来源于我们过往如何善待他人。了知这一点，我们就在清洗意识之镜，净化愚昧，培养如镜般的智慧。

Day 23: Nada yoga

第23天：纳达瑜伽

Challenge:

挑战：

Part a - (Practice 2). Set the sound of a bell to go off every 2.5 hours from the time you rise to the time you sleep. Your challenge is to single pointedly surrender yourself to the sound. To do so, follow the sound and try to define the moment it arises and the moment it is gone. Follow the sound into emptiness. Explore how the sound is “out there” yet you experience it internally. Perhaps note any pleasant or unpleasant feelings you have about it. Find as many creative ways as possible to think about emptiness in relation to the sound of the bell.

a部分--(练习2)。设置一个铃声，从你起床到睡觉期间，每2.5小时响一次。你的挑战是让自己单点专注于这个声音。做到这一点，你需要跟随着这个声音，并试着界定它出现的时刻和消失的时刻。跟着声音进入空性。探索这个声音是如何“在那里”，但你却在内在体验着它。留意你对它是否有愉快或不愉快的感觉。找出尽可能多的创造性方法来思考与铃声有关的空性。

Challenge yourself to listen to an “unpleasant sound” and analyze the emptiness of it. Focus on the sound once again and check—does it still appear as unpleasant?

挑战自己，去听一个“令人不悦的声音”，分析它的空性。再次专注于这个声音，检查它是否仍然让你觉得不舒服？

Part b - (Practice 1). Put an object in your pocket, or wear a special piece of jewelry which will symbolize emptiness. When you feel or see it, bring your mind to the emptiness exercise of the bell. Whatever the object is, keep it close to you throughout the day, especially as you practice with the sound of the bell.

b部分-(练习1)。在你的口袋里放一个物体，或戴上象征空性的特殊首饰。当你感觉到或看到它时，把你的意识带到铃声的空性练习中。无论这个物品是什么，一整天把它带在身边，尤其是在你用铃声进行练习的时候。

Day 24: Believe you can accomplish your ultimate goal, for the sake of others

(Practice 3 + 4)

第24天：相信你一定能实现利益他人的终极目标(练习3+4)

Challenge: On a piece of paper, write down your highest, most ultimate goal in life. At the end of your statement write “so I can better help others.” Place that piece of paper where you will see it every morning as you get ready for your day, e.g., tape it to the bathroom mirror, or put it where you put your glasses at the end of the day so you see it when you put your glasses on, etc.

挑战：在一张纸上，写下你人生中最高、最终极的目标。最后一句写上“这样我就能更好地帮助别人”。把这张纸放在你每日开启一天时能看到的地方，例如，把它贴在浴室的镜子上，或者把它放在你一天结束时放眼镜的地方，以便你戴上眼镜时能看到它，等等。

Day 25: Maintaining healthy relationships

(Practice 6)

第25天：保持健康的关系（练习6）

When we become very focused on something, whether it's work, our study, or something else, we can neglect some of the most precious relationships in the world. The Unshakeable yogi recognizes that these relationships are critical to maintain and invest into—we're doing our practice to help them, after all!

当我们变得非常专注于某件事情时，无论是工作、我们的学习，还是其他事情，我们都可能会忽略世界上一些最珍贵的关系。不可动摇者会意识到，对这些关系的维护和投资是至关重要的--毕竟我们的练习到头来也是要用来帮助他们！

Identify a relationship that you cherish, like your partner, children, parents, mentors, etc, that has been lackluster recently. Maybe resentment has built up, maybe you simply haven't connected with them in a while.

找出你所珍视的一段关系，比如你的伴侣、孩子、父母、导师等等，可能这段关系最近不太理想。也许怨恨开始积聚，或者你只是很久没和对方联系了。

Challenge: Today do something meaningful to invest in an important relationship you have. Do so remembering love and the truth of the nature of things.

挑战：今天做一些有意义的事情，来投资你所拥有的一段重要关系。当你这样做时，记住爱和事物的真实本质。

Day 26: Discovering teachers all around

us (*Practice 7*)

第26天：发现我们周围的老师（练习7）

When we think about seeking teachers, we often think about finding someone new—especially people we really admire and like. What is surprising, though, is to recognize that some of our greatest teachers have been people we have trouble loving.

当我们想到寻找老师时，我们经常会想要寻找一些新的人--特别是我们真正钦佩和喜欢的人。然而，令人惊讶的是，我们会意识到，其中一些最伟大的老师往往是那些我们难以去爱的人。

Identify the most difficult person in your life right now. The one who triggers your anger. That angry, demanding person, or the person who shows you jealousy, malice, or pride. The one who loves to criticize you or belittle you or those you love. Ask “what are you trying to teach me...?” And listen carefully for the answer.

找出你生活中那个最难缠的人。那个引发你愤怒的人。那个愤怒、苛刻的人，或者对你表现出嫉妒、恶意或傲慢的人。那个喜欢批评你、贬低你或贬低你所爱的人的人。问“你试图在教会我什么.....”？并仔细聆听答案。

Challenge: Decide in your heart that you will love that person, unconditionally— because it is the most intelligent way to transform the scenario. Think, “I am sorry I made you this way through my own past actions, speech, and thoughts.”

挑战：在心中做出决定，你将无条件地爱那个人，因为这是改变脚本的最明智的方法。去思维，“我很抱歉，因为我自己过去的行为、言语和思想而看到了这样的你。”

Choose a limited amount of time to interact with this person so you can give them love and shift the seeds. Be UNSHAKEABLE in keeping your mind on compassionate wisdom. Build your capacity to love *wisely*. In your heart, thank them for showing up in your life to help you overcome every shred of these painful negative emotions. Learn the lessons they are trying to teach you.

选择一个时限去与这个人互动，这样你就可以给他们爱并转化种子。将你的意识毫不动摇地锁定在慈悲和智慧上。建立你明智的爱能力。在你的心中，感谢他们出现在你的生命中，帮助你克服一丝一毫痛苦的负面情绪。从他们试图教授你的课程中学习。

Day 27: The Triumphant You

第27天：胜利的你

This is a writing challenge. So set aside a peaceful 30 minutes and savor the experience.

这是个写作挑战。因此，请留出30分钟的宁静时间，细细品味这一经历。

Challenge: Write a 7-paragraph letter to yourself.

挑战：给自己写一封7段话的信。

- 1) The first paragraph is about your intentions, especially as you wrote for Day 24.

1)第一段是关于你的动机，像你为第24天所写的内容那样。

- 2) Paragraphs 2-6 are advices that your future self wrote, each paragraph from the perspective of each yogi. Consider what you experienced and learned each week. Imagine that as your hand writes, you are writing with purified winds moving through your body.

2)第2-6段是你未来的自己所写的建议，每一段都是从不同瑜伽者的角度出发。思维你每周所经历和学到的东西。想象一下，当你的手在写的时候，你是用身体里流动的净化的风息在写。

3) Paragraph 7 is a description of the world, as seen from within the Paradise Mind, as seen by the version of you who embodies the 5 yogic qualities of Lady Niguma, as seen by the version of you who has conquered all of your negative emotions.

3)第7段是对世界的描述，以天堂般的意识状态在看世界，以你拥有了妮古玛女士5大瑜伽品质在看世界，以已经征服了所有负面情绪的你在看世界。

Day 28: Break Day

第28天：休息日

Kick back and relax, unshakable in the knowledge that your week was well spent planting perfect seeds for wisdom to flourish. Happily, review the highlights of the last month. Immerse yourself again and again, in the happiness of using compassion and wisdom to transform your mind into a paradise, then bring that bliss to the central channel.

放松，坚定的知晓你这一周所种植的完美智慧种子正在准备绽放。愉快地回顾上个月的闪光点。一次又一次地让自己沉浸在用慈悲和智慧把你的意识变成天堂的幸福当中，然后把这种极乐带到中脉。

Day 29: Study!

第29天：学习！

Prepare for the exam.
为考试做准备。

Day 30: Exam

第30天: 考试

Take the exam!

参加考试!