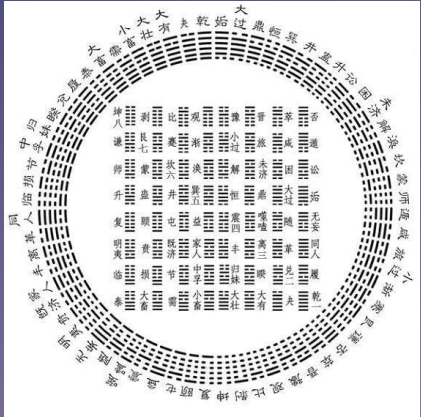


IAK Switzerland 瑞士亚洲文化兴趣协会
-West Meets East, Ancient Meets Modern 观古今之通变, 述中西之精要-



Ancient Eastern Philosophy, Medicine, Breathing and Practice Methods 古代东方哲学和医学, 呼吸和修行方法



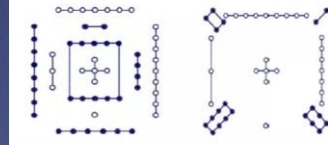
JIAN Geyang

April 11, 2022

Speech for South China Yoga Association

Health & Happiness
Connecting Minds - Enabling Greatness

The Hetu 河图 The Luoshu 洛书



天一生水, 地六成之;
地二生火, 天七成之;
天三生木, 地八成之;
地四生金, 天九成之;
天五生土, 地十成之。

戴九履一,
左三右七,
二四为肩,
六八为足,
以五居中。

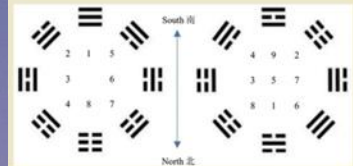


Up 9 & down 1;
3 left & 7 right;
2 & 4 are
shoulders,
6 & 8 are feet;
5 stays at center.

Generation 成数- Completion 生数

- Water: Yang 1 - Yin 6
- Fire: Yin 2 - Yang 7
- Wood: Yang 3 - Yin 8
- Gold: Yin 4 - Yang 9
- Earth: Yang 5 - Yin 10

The Prmordial Eight Trigrams (Bagua) 先天八卦
The Manifested Eight Trigrams (Bagua) 后天八卦



乾三连, 坤六断, 一数坎兮二数坤,
震仰盂, 艮覆碗, 三震四巽数中分,
离中虚, 坎中满, 五寄中宫六乾是,
兑上缺, 巽下断。 七兑八艮九离门。



乾(天) 坤(地) 震(雷) 艮(山)
Heaven Earth Thunder Mountain



离(火) 坎(水) 兑(泽) 巽(风)
Fire/ Sun Water/ Moon Lake Wind

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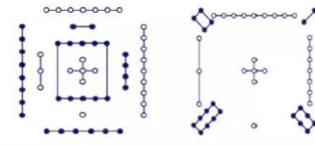
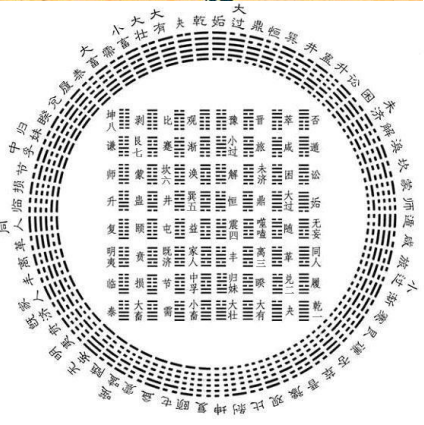
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中国古代文化 Ancient Chinese Culture

伏羲，神农，黄帝，尧舜禹汤，文武周公，老子，孔子，儒释道

Saint kings: Fuxi, Shennong, Huangdi, Yao, shun, Yu, Wen, Wu, Duke of Zhou, Laozi, Confucius, Confucianism, Buddhism and Taoism

- 注重传承的中华传统文化：《四库全书》，《大藏经》
- **Emphasis on Inherited Traditional Chinese Culture: Complete collections of books**
- 包容天下的气概：不要有门派之争
- **The spirit of tolerance of the world: do not have sectarian disputes**
- 老子的哲学：“无为而无不为”，“夫唯不争，故天下莫能与之争”；
- **Lao Zi's philosophy: "Do everything with pure mind", "If you have nothing to fight about, so the world can't fight against you";**
- 尊敬祖先，无保留地传授知识。孔子的“温良恭俭让”，“述而不作，信而好古”，对祖先的尊敬，圣人无常师；
- **Respect ancestors and pass on knowledge without reservation. Confucius is "gentle, beneficent, respectful, sparing and humble"**
- 《易经》的哲学；“天尊地卑，乾坤定矣。卑高以陈，贵贱位矣”：外来的和尚好念经，马祖的故事
- **"IChing(Book of Changes)"; "Heaven is revered for its lofty distance, and earth is humble for lying beneath us, revealing the vast expanse of the universe. The distinction between noble and humble is merely a matter of location. " We always prefer further than nearer. The foreign monks are more popular. The story of Master Mazu Daoyi.**
- 达摩祖师：不要轻视后学；
- **Patriarch Bodhidharma: Don't despise post-study;**
- 理论与实践相结合的科学论证
- **Scientific proof: Combining Theory and Practice**
- 道家的修心炼性，儒家的存心养性，佛家的明心见性
- **The cultivation of the mind in Taoism, the nurturing of the mind in Confucianism, and the enlightenment of mind in Buddhism.**
- 《史记·论六家要旨》排在第一位的阴阳家：阴阳，儒家，墨家，法家，名家，道家
- **"Historical Records. On the Essentials of Six Schools" ranked first in the Yin-Yang School: Yin-Yang, Confucianism, Mohism, Legalism, Famous School, Taoism**
- 阴阳五行与《黄帝内经》，阴阳五行和五脏的关系，道医理论 Yin-Yang and Five Elements and
- **"Yellow Emperor's Inner Classic", the relationship between Yin-Yang, Five Elements and Five Zang-organs, Taoist Theory**
- 道藏：火龙真人《参同契》
- **Daozang: Immortal Fire Dragon "Can Tong Qi"**
- 《华严经》法界：理无碍，事无碍，理事无碍，事事无碍
- **"Hua Yan Sutra" Dharma Realm: Principles are unobstructed, matters are unobstructed, principles and matters are unobstructed, and all phenomena are unobstructed.**



天一生水，地六成之；
地二生火，天七成之；
天三生木，地八成之；
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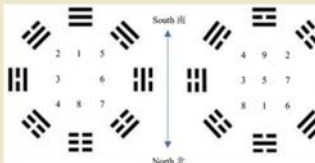


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The Prmordial Eight Trigrams (Bagua) 先天八卦



乾三连，坤六断，
震仰盂，艮覆碗，
离中虚，坎中满，
兑上缺，巽下断。



乾(天) 坤(地) 震(雷) 艮(山)
Heaven Earth Thunder Mounta



离(火) 坎(水) 兑(泽) 巽(风)
Fire/ Sun Water/ Moon Lake Wind

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佛法的般若智慧The Prajna Wisdom of Buddhism : 释迦牟尼佛Siddhartha Gautama, the Buddha

- 大彻大悟，全才全能的佛陀，印度最聪明的人 Achieved great enlightenment and was renowned as the most brilliant person in India.
- 无想定三年，非想定三年，雪山苦行六年； He attained the formless meditation for three years, then the meditation beyond form and formlessness for another three years, followed by six years of austere practices in the snow-covered mountains.
- 三藏十二部。 His teachings are compiled into the Tripitaka, consisting of twelve parts.
- 慈悲救世，与孔子，并不多大差异。 His compassion for saving the world shows little difference from Confucius.
- 哲学义理，各有所长，不可强作比拟。 Each philosophy has its strengths, making comparisons inappropriate.
- 全部教法与学说，由中国传承下来，融合贯通， All teachings and doctrines were passed down from China and merged
- 伟大的译经师：鸠摩罗什大师，玄奘法师等，举国之力的译经院，耀古烁今的中国佛教。 Great translators such as Master Kumarajiva and Master Xuanzang were supported by the whole country, enhancing Chinese Buddhism's legacy
- 众生平等。“缘起性空，非自然，无主宰” All beings are equal "Dependent origination and emptiness are not created, not natural, and have no master."
- 佛法的不共法：智慧的成就，般若智慧，无边无际； The unique teachings of Buddhism include the achievement of wisdom, Prajna wisdom, boundless and limitless

真空妙有 True emptiness and wonderful existence: 毕竟空，胜义有 Ultimate emptiness and the utmost existence
龙树菩萨（八宗共祖），般若性宗 Bodhisattva Nagarjuna (the ancestor of the eight schools) emphasizes the nature of Prajna.
弥勒菩萨，无著菩萨，唯识法相宗 Bodhisattvas Maitreya and Asanga focus on the characteristics of consciousness-only

佛学论藏里的四部大论 The Four Major Treatises in the Buddhist Canon :

- 龙树菩萨《大智度论》， Bodhisattva Nagarjuna's "Great Treatise on the Perfection of Wisdom"
- 弥勒菩萨，无著菩萨，玄奘法师译《瑜伽师地论》，十七个次第修证，五乘道； Bodhisattva Maitreya, Bodhisattva Asanga, and Master Xuanzang's translation of the "Yogacarabhumi Sastra," explaining seventeen stages of practice for the five paths.
- 智者大师《摩诃止观》 Master Zhi's "Mohe Zhiguan" (Great Treatise on the Stages of Practice),
- 永明延寿禅师《宗镜录》 Master Yongming Yanshou's "Zongjinglu" (Record of the Source Mirror)。
- 藏传：印度阿底峡尊者《菩提道次第论》到宗喀巴大师《菩提道次第广论》)； In Tibetan Buddhism, from the Indian master Atisha's "Lamp for the Path to Enlightenment" to the Tibetan master Tsongkhapa's "Great Treatise on the Stages of the Path to Enlightenment.

“宗者，乃教理之纲宗；教者，乃宗旨之阐演，离宗旨以何为教，离教理安可标宗。” "The tradition is the essence of teaching principles; teaching is the elaboration of the tradition. Without adhering to teaching principles, how can one establish a tradition? Without understanding the tradition, how can one explain teaching principles?" If one only grasps the teaching principles, then all doctrines will be understood

“通宗不通教，开口便乱道。通教不通宗，好比独眼龙。” "Understanding the tradition without understanding the teachings is like babbling nonsense. Understanding the teachings without understanding the tradition is akin to being a one-eyed dragon."

岂止教理而已，若果明心，一通百通， "It's not just about doctrinal understanding. If the mind is clear, one can understand everything.

五明(内明、因明、声明、医方明、工巧明)之学，凡外诸说，无不通达。 The Five Insights Enlightenment (inner insight, causal insight, manifest insight, medical art insight, and skillful means insight) encompass all external teachings without exception."

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- West Meets East, Ancient Meets Modern观古今之通变，述中西之精要-

瑜伽 YOGA

- 瑜珈Yoga: : 冥想观行，天人相应的作用，翻译为相应，禅，禅思，禅观 Meditation and Practice, Correspondence of Heaven and Man. Yoga, derived from the Sanskrit root "yuj," meaning to join or unite, encompasses meditation, observation, and the interaction between humans and celestial beings, translated as corresponding, Zen or Chan, Zen thought, and Zen observation.
- 瑜伽师 Yoga Practitioners
- 瑜伽的哲学Philosophy of Yoga: 与数论派相似Similar to Samkhya
- 表记密语，Om，念颂得到相应。the philosophy of Yoga emphasizes secret codes, Om, and the efficacy of reciting hymns.

身心相应，合二为一，天人合一； Body and mind are in harmony, merging into one; the unity of heaven and humanity.
什么是心？“载营魄而抱一，能无离乎” What is the mind? "It carries the spirit and embraces the unity, and can be without leaving."

- 瑜伽经：The Yoga Sutras:
三昧品The Samadhi chapter
方法品The method chapter
神通品The magic chapter
独存品The independence chapter

所立神与我身心，不可分开，修炼方法和原理，从心理和身理入手，绝欲清心，自求解脱。通过各种修炼方法，从而得到身心解脱。
The established deity and my body and mind cannot be separated. The practices and principles that start with psychology and physicality break through the heart and pursue liberation. Through various practices, achieve physical and mental freedom.

梵Brahma: 清净 Pure
身体，心灵清净，每一个细胞都清净The body, the mind, every cell is pure



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身瑜伽，音声瑜伽和心瑜伽Physical Yoga, Sound Yoga, and Heart Yoga

(西方认为的东方神秘的健身运动) (Western recognized as Eastern mystery of physical fitness)

- 身瑜伽Body yoga:

定力，身体结合呼吸锻炼的方法“专气至柔，能婴儿乎”，气功，导引，太极，八段锦等等；达摩祖师：“外息诸缘，内心无喘，心如墙壁，可以入道。”一切外缘都放下了，无攀缘心
Concentration, body combined with breathing exercises "Concentrate on the breath until it is soft, can you be like a baby", Qigong, Daoyin, Tai Chi, Ba Duan Jin, etc.; Bodhidharma: "Let go of all external attachments, be calm in the heart, and guard the heart with walls, then you can enter the Tao." Let go of all external attachments, and have no attachments

- 音声瑜伽Sound Yoga:

咒语，音声，频率 Mantra, Sound, Frequency

- 心瑜伽Heart Yoga:

保留完整在《瑜伽师地论》，从止观修定慧，五乘修证（包括四禅八定，六通，9次第定）。
修正观瑜伽四十种作意，2种法门，详细八万四千法门，系心，住心在1种法门和其余加行法门。
复卦，“至虚极，守静笃，万物并作，吾以观其复”

It is preserved in its entirety in the Yogacarabhumi Sutra, from meditation and insight to the practice of concentration and wisdom, the five vehicles of practice and attainment (including the practice of four Samadhis and eight Dhyanas, the six supernatural powers, and the nine stages of concentration).

There are forty kinds of main mind practices, two main methods, and detailed to eighty-four thousand methods for practicing meditation and insight yoga. Concentration of the mind is one method and many other additional methods.

Fu Gua(reverse the body clock), "reaching the extreme of emptiness, keeping the stillness, all things are working together, I just observe everything is recovering" (Dao De Jing)

(真正的定慧，根本没有传到西方，我们自己人也大多数不会。反省和深思。)

(True practice of samadhi and wisdom have never been spread to the West, and most of us in the East don't know how to do it either. Reflect and think deeply.)



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瑜伽八支行法Eight Ways of Yoga

- 1.) 禁制（五戒：不杀，不盗，不邪淫，不妄语，不贪） Keep the precepts (five precepts: do not kill, do not steal, do not commit adultery, do not lie, do not be greedy)
 - 2.) 劝制（五种清静的行为：知足，苦行，念颂，记颂，敬神） Admonitions (five pure behaviors: contentment, asceticism, chanting, reciting, worshipping gods)
- 瑜伽修炼者的修炼方法： Practice methods for yoga practitioners
- 3) 坐法，96种，莲花坐，狮子坐，鸡坐，拜坐，孔雀坐.... 双手十指手印 Sitting method, ninety-six postures, lotus sitting, lion sitting, chicken sitting, bowing sitting, peacock sitting ... ten fingers of both hands make mudras
 - 4) 调息，呼吸气功 Breathing, breathing exercises
 - 5) 制感，控制身体的感觉，收摄六根的龟缩法，达到动物冬眠状态 Control the senses, control the body's feelings, converge the six roots, and reach the hibernation state as animals
- 瑜伽的中心行法：获得神通和智慧，身心解脱 The core practice of yoga: gain supernatural wisdom, body and mind liberation
- 6) 执持：此心不动，断绝一切妄想，制心一处 Samatha: This mind does not move, cut off all delusions, focus on the mind
 - 7) 静虑：持心不动，境与心冥，得浑然合一的禅定 Vipassana: Keep the mind still, the environment and the mind are in harmony, and obtain a perfect and unified meditation
 - 8) 等持（三摩地）：终使心如虚空，境照万象。 Samadhi: Finally, the mind is like the void, clear and aware of everything.

大多数哲学思想研究，忽视实验求证。

瑜伽派的哲学，是实证主义，理论从《奥义书》层层蜕变，注重禅思与观行，用身心求证宗教哲学的真谛，近于科学。

印度任何宗教与学派，求证的方法，都离不开瑜伽的禅观，佛教也不例外。

只是求证所得，程度深浅，见地正确与否的差别。

再加同时存在的六师外道，印度有96种外道见解，单以印度，已可涵盖古今中外各种思潮，叹为观止。

Most philosophical thought research ignores experimental verification

The philosophy of the Yoga school is positivism. The theory evolved from the Upanishads. It focuses on meditation and observation, and verifies the truth of religious philosophy with body and mind, which is close to science. Any religion or school in India cannot do without the meditation of yoga, and Buddhism is no exception. The only difference is the degree of verification and the correctness of the viewpoints. Including the six externalists who existed at the same time, there are 96 kinds of externalist views in India. It is amazing that India alone can encompass all kinds of thoughts from ancient times to the present, both at home and abroad.

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身心百分百：四大与八识 100% body and mind: the four elements and the eight consciousnesses

(风大和火大，东方的生理学；现代西方医学，解剖学，是地大，水大)
(wind and fire, Eastern physiology; modern Western medicine, anatomy, is the earth element and water element)

生命科学：身心的问题，路径 Life science: body and mind problems, paths

- 地：骨肉及所有身体固体的组成部分 Earth: bones, flesh and all solid parts of the body
- 水：身体所有的液体 Water: all body fluids
- 火：生命能量，体温 Fire: life energy, body temperature
- 风：呼吸，气脉 Wind: breathing, qi channels
- 昆达里尼/拙火，拙火定（清心寡欲的条件是否具足） Kundalini/tummo, tummo concentration (the conditions for pure mind and free from desires)
- 四禅八定是共法，修行的条件《瑜伽师地论》 Practice of Four Samadhi and eight Dhyanas are common methods, and the conditions for practice are written in "Yogacarabhumi Sastra "
- 四大调和：修行才能断身心烦恼，功夫上路，清心寡欲（情绪是身理秉赋） Harmony of the four elements: practice can eliminate physical and mental troubles, real practice leads to clear mind and fewer desires (emotions are physical)
- 八识：眼耳鼻舌身意，末那识，阿赖耶识 Eight consciousnesses: eyes, ears, nose, tongue, body, mind, manas, alaya consciousness
- 六根对六尘，鼻根对香气，耳根对音声； Six consciousness roots attach to six physical world conditions, e.g. nose smells aroma, and ears hear sound;
- 饮食的问题：“饮食男女，人之大欲存焉” Dietary issues: "Diet, sex, men and women, the greatest desires of people""
“四象五行皆籍土，九宫八卦不离任”；清肠胃 “The center of five elements is earth(stomach), and the nine palaces and eight trigrams are depending on Ren(Water/Kidney)”; clean the stomach and intestines



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健康从呼吸开始：生命从呼吸开始Health starts with breathing: life starts with breathing

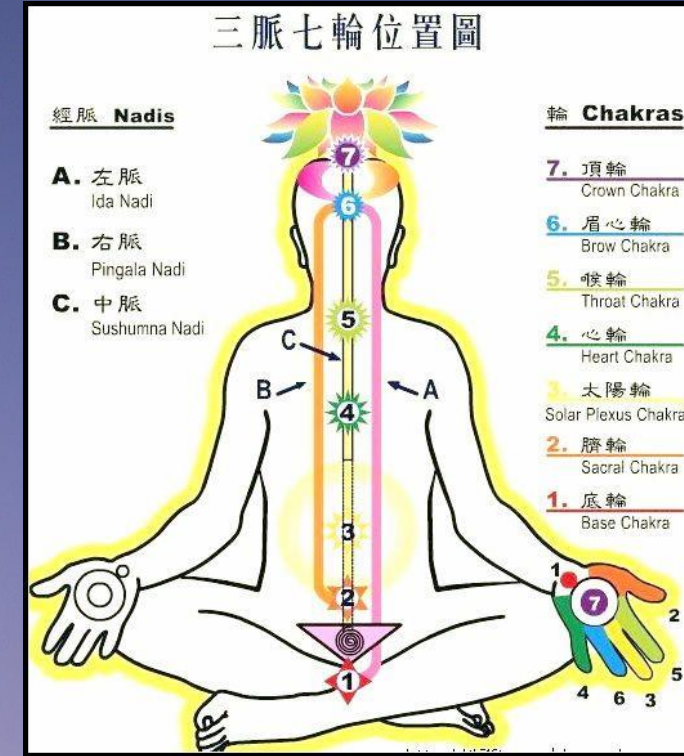
- 七支坐法的好处《瑜伽师地论》Benefits of Lotus Sitting Method

1. 轻安Easy to reach Samadhi
2. 经久Durability
3. 不共法Unique Dharma
4. 形相端严威仪Dignified appearance
5. 佛佛弟子共所开许Taught by all Buddhas and their disciples

脊椎，内脏，双腿盘和增长10年寿命Spine, internal organs, legs crossed and increase lifespan by 10 years
(达摩祖师，易筋经，亥母金刚拳，八段锦，九节佛风，宝瓶气。)

(Patriarch Bodhidharma, Yi Jin Jing, Hai Mu Vajra Fist, Eight-section Brocade, Nine-section Buddha Wind, Treasure Bottle Breath.)

- 气脉的修行方法（上百种方法）：风大，呼吸与生命
Methods of practicing Nadis(hundreds of methods): Wind, breathing and life
- 三脉七轮：红，蓝，白，左右鼻孔。心轮8，喉轮16，顶轮32，脐轮64。（72000根气脉）
Three Nadis and seven chakras: red, blue, white, left and right nostrils. Heart chakra 8, throat chakra 16, crown chakra 32, navel chakra 64. (72,000 Nadis)



修身的重点是心正The key to self-cultivation is to have a righteous heart

“大学之道，在明明德，在亲民，在止于至善。
知止而后有定，定而后能静，静而后能安，
安而后能虑，虑而后能得。
物有本末，事有终始。知所先后，则近道矣。”

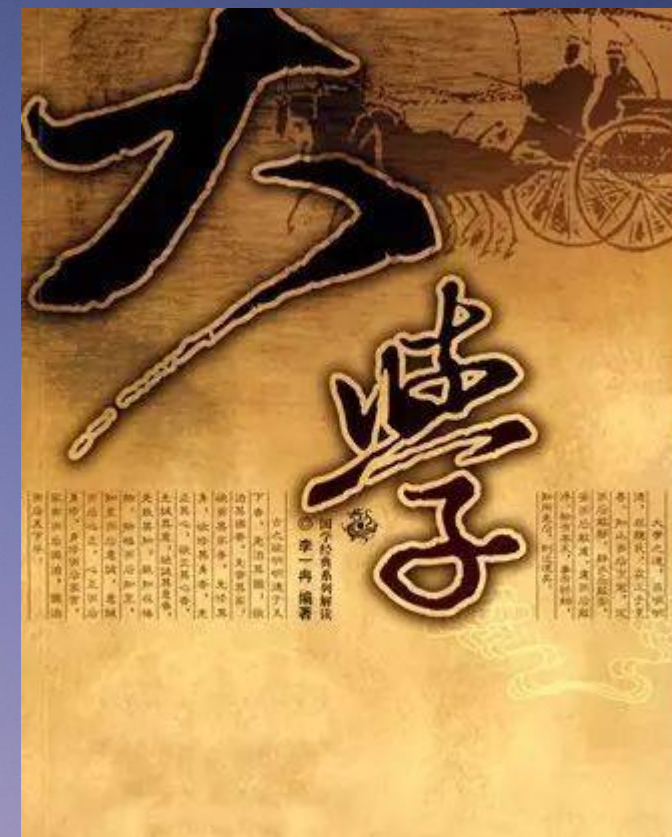
"The way of the Great Learning is to manifest the bright virtue, to be close to the people, and to behave always with kindness. Behave always with kindness lead to concentration, concentration will lead to tranquility, tranquility will lead to peace, peace will lead to clear observation, clear observation will lead to enlightenment. Trees have their roots and branches, and things have their beginnings and ends. Knowing what comes first and what comes later will lead you to the right path(Way)."

智慧资粮，福德资粮 Wisdom resources, merit resources

六祖慧能大师：顿悟，上上根 Master Huineng, the Sixth Patriarch: Sudden enlightenment is based upon real wisdom

神秀大师：渐修，活到老，学到老，学海无涯苦做舟

Master Shenxiu: Gradual cultivation, live and learn until old age, the sea of learning is endless and hard work is the boat



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-West Meets East, Ancient Meets Modern 观古今之通变，述中西之精要-

祝愿大家 I wish you all:

诸恶未作，众善奉行，身心调和，健康快乐！
Abstain from wrongdoing, embrace virtuous deeds, achieve
harmony of body and mind, and experience health and
happiness!

THANK YOU!

