

瑜珈經密集課程

Yoga Sutra Intensive

八肢瑜珈

Ashtanga Yoga

**Tat pratisheda-artham eka tattva abhyasah
Maitri karuna muditopekshanam sukha dukha
Punya-apunya vishayanam
Bhavanatash chitta prasadanam (I.32~33)**

*And if you wish to stop these obstacles,
there is one and only one practice for doing so.
You must use kindness, compassion, joy and equanimity
Learn to keep your feelings in balance
Whether something feels good or whether it feels bad
Whether something is enjoyable, or distasteful
This practice makes the mind bright and clear as pure water.*

如果你想要阻止這些障礙，只有一種修行可以幫你達成
你必須用仁慈、慈悲、喜悅、平等心
不論好、壞、舒服、難過，學著平衡你的情緒
這個練習讓心智清澈光明像純淨的水

**Prachardana vidharanabhyam va pranasya
Vishayavati va pravirttir utpanna
Manasah sthiti nibhandani
Vishoka va jyotishmati
Vita raga vishayam va chittam (I.34~37)**

*It gives the same effect as releasing,
then storing, the wind of the breath.
It also helps us control the tendency that we have,
of thoughts constantly arising
about outer objects of experience.
It also makes your heart carefree
And radiant like starlight.
And it frees your mind from wanting things.*

它達成的效果跟呼吸控制一樣。

幫我們控制那個習慣

對外在事物不斷浮出的想法的那個習慣。

它讓你的心無憂無慮，像星星一樣閃亮

讓你的心從慾望中解脫。

**Yama niyama-asana pranayama pratyahara
Dharana dhyana samadhyoshtava-angani(II.29)**

*The eight-limbs are self-control, commitment
The physical poses, control of the breath,
Withdrawal of the senses,
Focus, fixation, and perfect meditation*

自律、承諾、姿勢、呼吸控制、收攝、專注、專一、禪定
就是八支瑜珈

**Ahinsa satya-asteya
Brahmacharya-aparigraha yamah (II.30)**

*The different forms of self-control are
Avoiding harm to anyone,
Always telling the truth,
Never stealing from another,
Keeping sexual purity,
And overcoming possessiveness.*

不傷害別人、總是講實話、不偷別人的東西、
保持「性」潔淨、及克服佔有性就是自律

**Shaucha santosha tapah
svadyayeshvara pranidhanani niyamah (II.32)**

*The commitments are to be clean, to be contented with whatever we have,
to embrace hardships for higher goals, to engage in higher study, and to
seek our Master's blessings*

潔淨、滿足、為達成目標而經歷艱難、
提升自我的學習、請求上師的祝福就是承諾

Sthira sukham asanam.

Prayatna shaithilya-ananta samapattibhyam (II.46~47)

The poses bring a feeling of well-being which stays with you.

They do so through a balance of effort and relaxation;

And through endless forms of balanced meditation

透過努力和放鬆的平衡,

透過平穩的靜心

姿勢帶給你美好的感受