



Memo to Self Re: Meditation

自我備忘錄——禪坐

By Ron Stone

Chinese Revision by Janet Lee

羅恩·史東 文

李采真 中譯修訂

Right now you don't have to parse the entire
universe in infinite, particulate detail;
for just these few minutes merely sit and become
only breath, that is to say, spirit.

Now... what you see is a world without you,
as it was before you were born and
will be when you're no longer here.
Are you amazed that it goes on without you?

Slowly learn the lesson about who you are:
dust of the earth, dust of a star.
The stuff that is you has always been here
fulfilling its purpose in losing its Self.

Until you.

Now it's become human body and brain;
it believes it's an I and stands apart
from the rest of creation, asserting its right
to be Lord of All, whatever the price.

But you know in these moments the price is too high,
far more than our planet is able to pay.
In your ego-fed effort to have it your way
you have "become Death, the destroyer of worlds."

The world doesn't need you the way you need it.
For these next few minutes, let go and just be,
and become not an ego in charge of it all
but a part of the Whole in search of your place. ❀

現在，
無須以不盡的枝節末梢解析宇宙；
只是幾分鐘的靜坐，
唯存氣息，亦即性靈。

在你未生之前、離開之後，依然如故。
沒有你，世界持續運轉，你驚訝嗎？

慢慢學習有關自己是誰的課題：
大地的塵土，恆星的塵土。
本有的你一直都在，
並實現目的，即捨離自我。

直到你。

現在，它成為身體和大腦；
以為這就是我，與眾不同的我，
在萬物中稱王，不計代價。

但你知道在這些時候代價太高，
遠遠超出我們的星球所能支付。
在你自負的努力下，以自己的方式，
你成了「死亡——世界的毀滅者」。

這個世界之需要你，並不像你需要它那樣。
接下來的幾分鐘，放下，只是存在，
不再是統領一切的那個自我，
在尋找自己的位置中，
成為整體的一部分。❀