

漸消退，不到一週便完全痊癒。這讓我深刻體會到，拜懺不僅冥陽兩利，也能消除自身業障，消解病苦，這正是禮懺功德的真實展現。這段經歷給了我許多啟示：誠心懺悔功德不可思議，迴向的力量能廣利一切眾生；佛法並非空談，而是真能改變因果業力的妙藥。夢境前後的變化，以及病苦的痊癒，正是冥陽兩利的明證。今後我定當倍加珍惜，持續精進修行，以此功德普願眾生離苦得樂，共證菩提。❀

karmic obstacles and alleviates illness. This is the true manifestation of the merit and virtue of repentance practice.

This experience offered profound insights: the merit of sincere repentance is truly inconceivable; the power of dedication universally benefits all beings; and the Buddhadharma is not empty theory, but a wondrous medicine that genuinely transforms karmic causes and effects. The dramatic changes in the dream, coupled with the healing of my illness, stand as clear testimony to benefits in both the seen and unseen realms. From this point forward, I resolve to cherish this practice even more, cultivate diligently, and universally dedicate this merit, wishing that all beings may leave suffering behind, attain happiness, and together realize Bodhi. ❀

呼吸之道

The Art of Breathing

翁麗華 文

作者簡介：加拿大認證私人教練、筋膜伸展治療師、步態功能專家、達比訓練系統槓鈴訓練認證教練

By Lihua Weng

About the Author: A certified personal trainer, fascial stretching specialist, certified gait function specialist, and DTS barbell trainer (Canada).

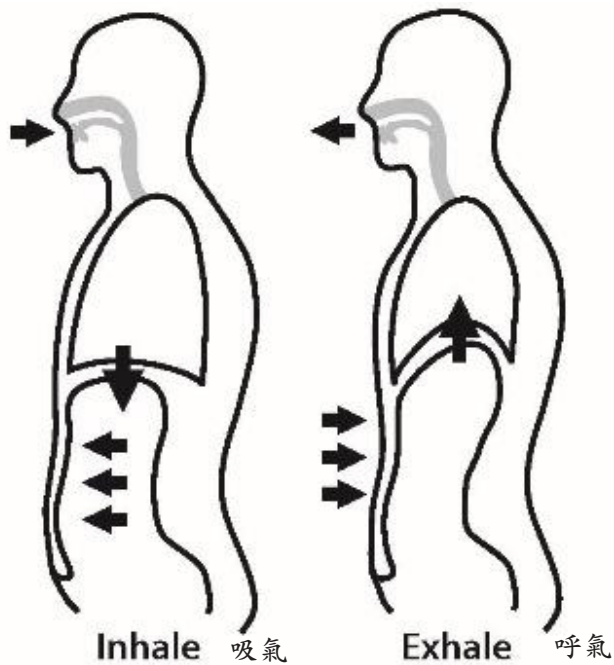


在修行的道路上，了解如何有效地運用我們的身體是非常重要的。既然肉身只是我們用來修行的暫時載具，那麼了解它如何運作、如何順應自然法則，便能讓我們更順利地修行。上人的開示中也提醒過我們，要調理身體的正氣並經常鍛鍊，使身體成為修行的良好工具。

中國的傳統文化和中醫理論中經常提到「氣」。要理解這個概念，首先需要

As we cultivate, it is essential to understand how to use our bodies efficiently and effectively. Since our physical body is a temporary vessel for cultivation, it is advantageous to understand how it functions and aligns with the laws of nature so that we can cultivate more efficiently. The Venerable Master often emphasized the importance of regulating our vital energies and exercising regularly so that the body can become a capable instrument for cultivation.

Traditional Chinese medicine and culture often refer to



知道身體必須維持陰陽平衡才能保持長期健康。氣屬陽——象徵能量與氧氣；而血與津液屬陰，由氣來推動與調節。當氣不足以把血和津液輸送到重要器官時，當陰變得主導就會造成陰陽失衡。身體會因此出現反應，如肩頸僵硬、上背痛或腰痛等。

要培養充足的氣，就必須建立在正確的呼吸模式。您可能聽過一些常見的提示，例如「吸氣時肚子鼓起」、「吐氣時胸口下降」。但您是否想過，哪一種呼吸方式才是最有效率的呢——胸式呼吸、肩式呼吸，還是腹式呼吸？答案是：橫膈膜呼吸——這是身體天生設計、最省力、最自然的呼吸方式。

什麼是橫膈膜？橫膈膜是一塊圓頂狀的肌肉，位於肺與心臟下方、腹腔器官的上方。當它收縮時會向下移動，讓腹腔產生柔和的壓力，使肺部能充分擴張，讓氧氣順利流通全身並改善血液循環。

什麼是橫膈膜呼吸？什麼又是呼吸功能失調？真正的橫膈膜呼吸會讓軀幹產生立體的三維擴張——不

qi. To understand this concept, it is crucial to recognize that our body requires a balance of *yin* and *yang* to maintain long-term health. *Qi* represents *yang*—energy and oxygen. *Qi* controls *yin*, which is our blood and bodily fluids. Without sufficient *qi* to transport blood and fluids to our vital organs, *yin* can dominate *yang*, leading to an imbalance. Our bodies respond to this imbalance, which can manifest as discomfort, neck and shoulder stiffness, or upper and lower back pain.

To cultivate strong *qi* (Yang), it is crucial to develop a proper breathing pattern. You may have heard common cues such as “inhale and let your belly rise” or “exhale and let your chest fall.” But have you ever wondered which type of breathing is most efficient for our body? Chest breathing, shoulder breathing, or abdominal breathing? The answer is diaphragmatic breathing—the natural, energy-saving method our bodies are naturally designed to use.

What is the diaphragm? The diaphragm is a dome-shaped muscle located just below the lungs and heart, and above the abdominal organs. When it contracts, it moves downward, creating gentle pressure in the abdomen. This allows the lungs to expand fully, facilitating smooth oxygen flow throughout the body and improving blood circulation.

What does diaphragmatic breathing look like, and what is breathing dysfunction? True diaphragmatic breathing creates a gentle, three-dimensional expansion of the trunk—meaning the belly is not the only part that moves. The abdomen, rib

只是肚子鼓起，而且腹部、肋骨、下背、甚至骨盆都會隨著呼吸微妙而和諧地擴張與收縮。

健康的呼吸有一個重要指標：能用鼻子溫和吐氣後，停止呼吸約20秒。若無法做到，則視為呼吸功能失調。呼吸功能失調並不代表肺有問題，而是代表身體為了滿足日常呼吸需求，消耗過多能量。呼氣時間短的人常出現氣喘、易怒、焦躁、睡眠不佳等症狀。另外，吐氣不完全會使二氧化碳無法有效排出，導致器官逐漸下移，長期可能造成消化不良、器官下垂，甚至影響心理與情緒平衡。

透過橫膈膜呼吸訓練，我們能改善體內壓力系統，使大小腸更有效率地運動，幫助消化、減少胃酸逆流。同時，橫膈膜呼吸也能增加氧氣輸送，提升整體活力。

有一位患者在不到一週內完成了四次橫膈膜與功能性訓練後，呼吸表現有明顯提升。原本她念《地藏菩薩本願經》不到一半就會疲倦、胸悶；但四次訓練後，她能夠念完整部經文，胸口束縛感大幅減輕，疲勞也明顯減少。

吸氣會啟動交感神經系統，而吐氣則刺激副交感神經系統。若要真正進入放鬆狀態，吐氣時間必須至少比吸氣長1.5倍。當吸氣與吐氣一樣長，或吸氣更長時，身心會持續停留在緊繃的「戰或逃」模式，無法徹底放鬆。

橫膈膜呼吸的其他益處包括：增強體耐力、提升專注力與心智清晰度、改善姿勢穩定性。接下來我們會解釋為何我們無法輕易做到橫膈膜呼吸，以及身體中哪些因素會阻礙這項能力。在此之前，願您持續以深沉、穩定的橫膈膜吸與吐，讓身心更安定、更踏實。

☞待續

cage, lower back, and pelvis all expand and contract subtly and rhythmically. A key indicator of healthy breathing is the ability to hold for about twenty seconds after a gentle exhalation through the nose. When this cannot be achieved, it is considered a breathing dysfunction.

Breathing dysfunction does not necessarily indicate a problem with the lungs. Instead, it means the body is using more energy than necessary to meet its daily breathing needs. Individuals with short exhalations often experience symptoms such as shortness of breath, irritability, restlessness, and difficulty sleeping. Additionally, incomplete exhalation prevents the full release of carbon dioxide, causing the organs to shift downward gradually. Over time, this may contribute to digestive problems, organ prolapse, and even mental or emotional imbalances.

As we train our bodies with diaphragmatic breathing, we improve internal pressure, which allows the large and small intestines to move efficiently, enhancing digestion and reducing acid reflux. More incredibly, we also increase oxygen delivery to the bloodstream, boosting overall vitality.

One patient, who completed just four sessions of diaphragmatic and functional exercises in less than a week, experienced remarkable improvements in her breathing performance. Previously, when reading less than half of the *Earth Store Sutra*, she would become very fatigued and feel chest tightness. After the four sessions, however, she was able to read the entire sutra with much less chest restriction and significantly reduced fatigue.

Each inhalation stimulates the sympathetic nervous system, while each exhalation activates the parasympathetic nervous system. To shift the body into a true relaxation response, the exhalation must be at least 1.5 times longer in duration than the inhalation. When inhalation and exhalation are the same length, or when inhalation is longer, the body and mind stay in a heightened “fight-or-flight” mode, unable to fully relax.

These are just a few of the many benefits of diaphragmatic breathing. The other listed benefits include: Enhanced physical endurance, better focus and mental clarity, and help to stabilize the posture.

The following article will explain the factors that prevent us from practicing diaphragmatic breathing. In the meantime, stay grounded and relaxed, with deep diaphragmatic inhalation and exhalation.

☞To be continued