



	Freedom	自由
Q1	Why should I bother with enlightenment?	为什么我需要觉悟操心呢？
A1	Because you want freedom.	因为你想要自由。
Q2	I am free now.	我现在很自由呀。
A2	You only think you are free, but actually you are not.	你以為你是很自由，但實際上你不是。
Q3	Why am I not free? I do what I want, love who I want, eat what I like.	为什么说我不自由呢？我可以做我想做的事，爱我想爱的人，吃我喜欢吃的东西。
A3	All your behavior, all your thought processes, all your motivations are controlled by your physiology that you are not aware of. For example, an attractive person walks pass and you automatically look. You only think you have the freedom to look. You are not aware that your sensation of sight have triggered a stimulus-response neural circuit subroutine. You have no free choice under the dictatorship of your own neural physiology.	你所有的行为，思维过程，动机都被你的生理机能控制着，但你对此却毫无感知。譬如，一个有魅力的人从你身边经过，你会自动地看过去。你以为自己有观看的自由。却不曾意识到原因是你的视觉触发了“刺激-反应”的神经回路子程序。在你的神经机能的绝对控制下，你并不拥有自由选择。你不能选择目不斜视。
Q4	I don't fully understand or agree with what you are saying and I am not convinced. I still think this natural physiology is freedom. I am free to look at the attractive person because I enjoy the eye-catching experience.	我不完全明白你在说什么。但我不大认同和信服。我仍然認為這種自然的生态就是自由。我觉得我朝一个有魅力的人去看，甘心被吸引也是一种自由。
A4	An amoeba is good at stimulus-response behavior. How could we call the amoeba's involuntary behavior as freedom of choice? Such animal instincts have totally repressed the true freedom our intellect or spirit is capable of.	变形虫很擅长做出被刺激所反应的行为。但我们怎么可以把变形虫无意识的行为称作自由选择呢？这种原始兽性动物本能完全抑制了我们智慧或者灵性所具有的真正自由。

Q5	I am still not clear about the distinction between stimulus-response behavior versus intellectual and spiritual freedom.	我还是不太明白“刺激反应上的行为”与“灵性智慧上的自由”之间的区别。
A5	Stimulus-response behaviors are governed by the involuntary autonomic nervous system and the reward center of the brain. The entire system evolves for survival and reproduction of the selfish gene. The entire psychological system is meticulously orchestrated without real free will. Intellectual freedom of choice is the awareness based on knowledge and rationale operating mainly in the frontal lobe of the brain. Spiritual freedom involves consciousness independent of the brain.	刺激-反应行为是由非自发性的神经系统和大脑的奖励中枢控制。整个系统为“自私基因的生存和繁殖”而进化。整个心理系统是在没有自由意志的情况下细致编排而成的。智慧上的自由选择主要是基于由大脑额叶控制的知识 and 理智的意识。灵性自由是指大脑以外的独立意识。
Q6	I am really confused. This is too much information for me. I just want to live my life freely with the person I love.	我完全糊涂了。对我来说信息量太大了。这真令我很困惑。我只是想与我爱的人一起自由自在地生活。
A6	Do you prefer to choose a life of confusion? Click here to find out “What is Love”. Click here to Increase your knowledge capacity.	你愿意不明不白地过一生嘛？ 点击这里 去了解“什么是爱”。 点击这里 去提升你的知识容量，如何打心量。