



STM
SPIRITUAL TRANSMISSION LINKED MEDITATION
靈性傳導聯結冥想

STM is a simple and advanced method of meditation based on spiritual transmission from an accomplished spiritual master (**Guru**) to student. This method results in purification of intellect and feelings to move beyond mind and getting absorbed in divine light and subtle vibrations. With the grace of Guru, realization of the self is followed by realization of GOD. At this stage, person experiences true love, perfect peace, bliss, and knowledge.

STM 是一種基於已修練圓滿的靈性導師(**Guru**)將靈性傳導給學生的簡單且先進的冥想方法。這個方法可以純化思維與情感，超越心智以及融入在神聖之光與奧妙的震動中隨著靈性導師的恩典，自我瞭解後其次是瞭解神，在這個階段，學生會體驗到真正的愛、完美的和平、神的福佑與知識

STM inherits spiritual linkage with the system of noble **Naqshbandia Mujaddidia Mazaharia Ramchandria Sufi Order**. STM encompasses subtle aspects of **Patanjali Yoga, Kabir Surat Shabad Yoga** and **Vedanta Philosophy** of universal brotherhood and love. STM also has spiritual connections and blessings of many saints of different religions, places and spiritual methods.

STM 從蘇非教派(Guru 穆罕默德)裡崇高的 **Naqshband** (Sheikh Hazrat Bahauddin Naqshband Sahab R.A., 17th Guru) 、**Mujaddid** (Sheikh Hazrat Mujaddid Sahab R.A., 25th Guru) 、**Mazahar** (Sheikh Hazrat Mazhar Sahab R.A., 29th Guru) 、**Ramchandra** (Samarth Guru Shri Lala Ji Maharaj R.A., 35th Guru)承襲了靈性聯結至今。STM 包括奧妙的 Patanjali 瑜珈、Kabir Surat Shabad 瑜珈、愛與世界大同的一種古印度吠檀多哲學。STM 亦包含了許多地方裡的不同宗教中許多聖者的靈性傳承、祝福及修練方法。

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Obeisance (1 time) 致意 (1 次):

Guru the Creator (of good attributes), the Sustainer (protector and guide on spiritual path), and the Destroyer (of evil), the manifestation of Godly attributes; I bow to you (3).

靈性導師是創造者(良善特質)、支持者(保護)、毀滅者(對於邪惡)，神性特質的示現者，我向您致意(3 次)

《梵文》

**Gurur Brahma, Gurur Vishnu, Gurur Devo Maheshwara,
Guru Sakshat Parbrahma, Tasmehin Shri Guruve Namah (3)**

Submission (1 time) 謙恭地歸順 (1 次):

You are my Mother and father. You are my Brother and friend. You are my knowledge and wealth. You are my All, My Lord (3).

你是我的父母、你是我的兄弟與朋友、你是我的知識與財富，你是我的全部，我的主(指引者)(3 次)

《梵文》

**Twa-meva Mata cha Pita Twa-meva; Twa-meva Bandhu cha Sakha Twa-meva,
Twa-meva Vidya, Dravinam Twa-meva; Twa-meva sarvam, Mam Dev Deva (3)**

**Purifying Mantra or Gayatri Mantra (11 or 21 times) 淨化真言(祈禱文) 或
Gayatri 真言(11 或 21 次):**

'Om' (God's Name) is all pervading & adorable. Let us meditate on 'Om' which is the source of light and knowledge. Let that source of light and knowledge inspire and purify our intellect.

唵(主的名)無所不在且值得崇拜。讓我們冥想這所有的光明與知識的根本-Om，讓這所有的光明與知識啟發與淨化我們的思維

《梵文》

**Om Bhur, Bhuva Svah, Tat Savitur Varenyam,
Bhargo Devasya Dhi Mahi, Dhiyo Yonah Prachyo Dayat**

**Discrimination Mantra or Vivek Mantra (11 or 21 times) 辨別真言或 Vivek 真
言(11 或 21 次):**

Om (GOD) alone is the only support and ultimate reality.

只有唵(主)的存在是唯一的支持與根本的事實

《梵文》

Om Tat Sat

Peace Mantra or Shanthi Mantra (11 or 21 times) 和平真言或 **Shanthi** 真言(11 或 21 次):

Let there be peace individually, collectively and universally.

個人、團體、全部萬物都充滿和平

《梵文》

Om Shanthi

Meditation Mantra or Dhayan Mantra 靜心真言或 **Dhayan** 真言:

《梵文》

Om

Focus on the third eye which is little above and between two eyebrows. Keep repeating “Om” silently and try to receive light and vibration of GOD. Do not struggle with your visions and thoughts (reflection of your Karmas). Let them come and go. Just watch them as you watch a movie. Meditate in morning and evening as well for 20 minutes.

集中注意力在兩眼間中間微略上方的第三眼。不停地默禱 OM 並且試著接收真主的光明與震動。不用對抗你的幻覺與意念(這是你的業力的反鏡)，就讓他們來且去，只要看著他們就像是看一部電影。每天在早晨與傍晚最好固定做 20 分鐘的靜心冥想

Prayer 1 (for sharing love and spiritual power with Guru) 禱告 1(與靈性導師分享愛與靈性力量):

Let us* be protected. Let us be nourished. Let us work together with good strength.

Let our effort be energetic and fruitful. Let us not have bad feelings. Let the peace prevail (3). (*guru and student)

讓我們得到保護。讓我們得到滋養。讓我們為了廣佈善念一起努力。

讓我們一起去享有活力與成果，讓我們不要有不好的感覺，讓和平散佈人間(3 次) (導師與學生一起禱告)

《梵文》

Om Sahanavavatu, Sahanaubhunaktu, Sahaviryam Karavavahai,

Tejaswinam Vadhitamastu, Ma Vidwishavahai,

Om shanthi ! shanthi ! shanthi !

Prayer 2 (for welfare of all) 禱告 2(為所有人的福祉):

May GOD give happiness to all. May all be healthy. May we see light of GOD in all.
May we respect all, and may all be free from pain and sorrow. Let the peace be there
(3).

願真主賜予萬物快樂，願宇宙萬物都健康，願我們可以看到真主的光明在每個人身上願我們崇敬宇宙萬物，祈願宇宙萬物皆可從悲傷與痛苦中解脫而得到心中真正的寧靜(3次)
《梵文》

**Sarve Bhavantu Sukhina, Sarve Santu Niramaya,
Sarve Bhadranti Pashyantu, Ma Kashchid Duhk bhag bhavet,
Om shanthi ! shanthi ! shanthi !**

GOD of all is one, call him by any name. Know yourself to know GOD. Pray and meditate regularly. GOD will help us always. As long as we live, problems are there. Find solutions not worries. Every feeling, thought, action has a reaction. Therefore, we should be good to ourselves and others. Smile is the best answer to blames, praises, questions, and worries. Thank GOD for whatever we get. Relax in nature and learn from birds, animals, trees, and earth etc. to care. View the world through the eyes of a child. Play to relax yourself and to keep yourself healthy. As we are, the same type of people-situations we will find in life. We must improve ourselves first, world will improve itself.

所有的唯一即是真主，可以任何名字去稱呼祂的名。瞭解你自己就可以瞭解真主做規律的禱告與靜心冥想，真主總是會協助我們，只要我們還活著，人生的路上總會遇到難題，不用擔心並找到解決方法 每一個感覺、想法、行動都會有一個反應(或反作用力)，因此我們應該善待自己與其他人。面對責備、讚美、問題和憂慮給予微笑是最好的答案。對於我們現在所擁有的一切---感謝真主，在大自然中學習放鬆自己，並向鳥兒/動物/樹木/地球等等去學習 如何善待自然並與其共處。用著如同小孩般純淨的眼睛去看這整個世界，可以透過和純真小孩玩耍來放鬆我們自己。就如同我們總是會在生命歷程中遇到與我們相似的人一樣，我們必須先改進我們自己，自然地這世界將會變得更完善。

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