

靈性意識發展：以耶穌禱文為例

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摘要

祈禱，乃各宗教都有的宗教行為。對基督宗教而言，祈禱是能夠認出每個人同樣都具有上帝所賦予的本然形象之儀式。在祈禱過程中，祈禱者與上帝、與他人、與世界達成和諧關係，並藉著不停祈禱，最終直接以心靈眼目觀看上帝，進入到主客合一、單純、無言之「一」的境界。同時意識到自己每日生活，實際上都是在上帝之內完成的，是基督徒最理想的狀態。然而這個理想並非憑靠偶然出現幾次的神秘經驗就可以達成，乃是需要在不間斷的祈禱靈修過程中，看到自己目前的靈性意識狀態及需要面對的問題，一步步地克服並跨越每個困難點。本文以耶穌禱文為例子，檢視祈禱時的意識發展。「一」的境界固然很重要，但透過每日不停祈禱，腳踏實地跨過每一層意識，這個過程是更為要緊的。

關鍵詞：意識發展、耶穌禱文、不停祈禱、「一」的境界

Development of Spiritual Consciousness: Taking Jesus' Prayer as An Example

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Abstract

Prayer is a common religious action in all religions. For Christianity, prayer is to recognize everyone's natural image given by God and to attain harmonious relation with God, people and environment. By constantly praying, he is able to look at God directly in his spiritual eye, and to enter the realm of the simple and silence—"the One". Finally, he recognizes that the daily life within God is the most ideal state for Christian. But this ideal state is not achieved by one or two mystical experiences. It is necessary to pray constantly, to understand the spiritual state and problems, and to overcome every difficulty. In this article, the author takes the Jesus' prayer as an example to examine the conscious development during praying. For Christians, although it is important to achieve the state of "the One", the process of rising conscious layer by praying constantly in daily life is more important.

Keywords: development of consciousness, Jesus' prayer, constantly praying, the state of "the One"