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不受無謂的干擾

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情緒管理 藝術

The Art of Emotion Management



了解情緒才能正確的紓解情緒，進而有效運用情緒於成長學習，提升自我「身、心、靈及人際關係」的和諧。

首先了解情緒特性有以下四點：

一、情緒並非是自發性，而是由刺激而引發：刺激則來自六根（眼、耳、鼻、舌、身、意）與六塵（色、聲、香、味、觸、法）的合和而成，造就情緒的七情六慾之波

Understanding emotion is the best way to release your emotions correctly. Moreover, you can use emotion effectively during your study of growth for the purpose of increasing the harmony of your physical, mind, spiritual selves and human relationships.

The four characteristics of emotion :

1. Emotions are not spontaneously made, but they are induced by stimulations. These stimulations come from the combination of the six organs "eyes, ears, nose, tongue, body, and mind" and the six senses "visual, sound, fragrance, taste, touch, self-awareness". These things



動。而更深沉的刺激則來自古老習性、無意識、深沉潛意識等的執著經驗影響，非頭腦意識所能輕易覺察或控制，但能經由個人的修持，達到自我平合面對一切執著之經驗，也可以有意識的持續自我暗示而得到改變的力量，暗示第一重點即是當任何不如意情境出現時，告訴自己「接受、接受、接受」，因為唯有當下接受，才能以平靜的心來面對，進而看見各種不如意的境界，所為你帶來的啟示與教導。

二、情緒是一種主觀的經驗：當任何境界發生時，情緒之起伏，往往來自過往的生命有絕對的對錯好壞，或因個人立場與看事情的角度不同罷了，若能有意識的訓練自己以客觀的心，或是同理心的思維，面對當下人事物時，相信情緒的波動起伏必隨之平靜。

三、情緒具有可變性：身體的僵硬緊繃或放鬆，會間接造成心理情緒的僵硬或敞開，若身體常常僵硬緊繃，心情也會隨著僵硬，而受外界情境的影響也就容易隨之波動，若能隨時讓自己的身體保持放鬆，心情也必然隨之放鬆，那情緒就不容易受外接的干擾，當然身體與心理本互為因果關係，兩者會相互影響與牽絆，故可選擇單一層面進行放鬆，只要身心常放鬆，情緒自然能隨時保持平靜祥和的狀態，記得、放輕鬆哦！

四、情緒具有時效性：水能載舟亦能覆舟，情緒可正可負，情緒並非持續的存在，只要適當的控制好當下的情緒波動，甚至適當的發洩情緒，皆能有效的提升身心品質，也可以促進良好的人際互動關係。當正面情緒（愛、快樂、喜悅...）來時，並不需要特別的壓抑，可以適度的讓情緒自然流露，但記得要適度哦！當負面情緒（憤怒、悲傷、內咎...）來時，首先需要反觀自覺自己的內心，為何受影響、是何種外在現象在影響、還是自己的意識想法在作

create the changes of one's emotions and desires. Furthermore, the deeper stimulations are influenced by ancient habits, non-conscience, and sub-conscience. Those stimulations cannot be easily realized and controlled by consciousness. However, with one's personal exercise, one can treat everything with an equal experience and is able to obtain the strength to change with conscious self-implications. The main point of implication is to tell oneself to accept the current situation when facing difficulties. Only through acceptance can a person treat the difficulty calmly and find the problems. Therefore, one can learn and gain experiences from implication.

2. Emotions are subjective experiences. When something happens, the ups and downs of one's emotions are caused by the personal likings, views and stance in matters. If one can train oneself with an objective view and try to think for others, the ups and downs of emotion will definitely become smoother.

3. Emotions are changeable. The degree of rigidity or relaxation of one's body can affect his emotions. If one's body is often rigid, his emotions also tend to be more rigid. Therefore, he is easily influenced by outside feelings. If one can keep the status of one's body relax, he tends to feel relaxed and is not easily influenced by outside feeling. One's physical body and spiritual mind can be influenced each other, therefore one can choose to relax one of the two. As long as one is relaxed in either way, his emotions can be kept as calm and peaceful. Remember to relax yourself.

4. Emotions are time effective. Water can float and sink a boat also. Emotions can be positive and negative. Emotions do not exist permanently. They can be controlled with proper adjustment. To release emotions timely can also effectively elevate one's living quality and benefit human relationships. When you have positive emotions "such as love, happiness, joyetc.", you do not need to suppress on purpose them but to show them with moderation. It is better to show them properly any way. When you have negative emotions "such as anger, sadness, guiltyetc.", it is better to reflect your inner self and find out why you are influenced.



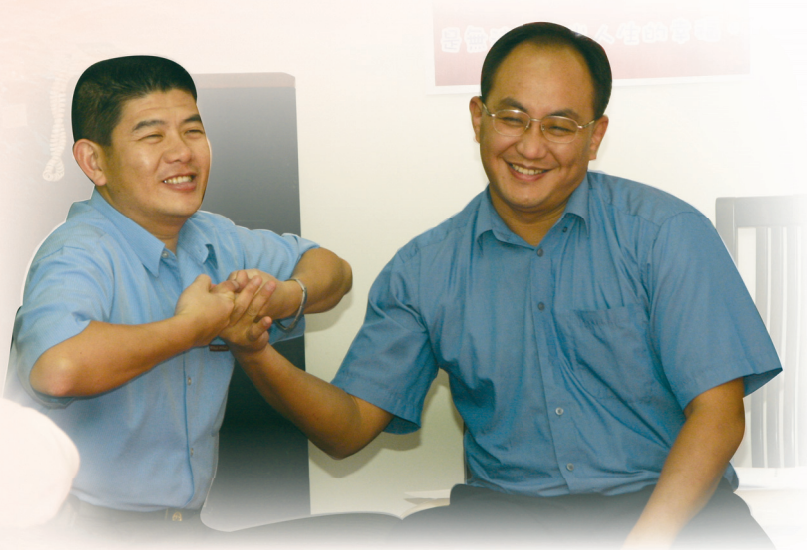


崇，應先釐清，而情緒要出來時，要試著保持覺察自己當下的情緒，不要讓情緒主宰了你，成為情緒的奴僕，記得保持覺察，情緒是被允許的哦！況且情緒的呈現往往只是一時性的，並非永遠存在單一情緒。

情緒有正面情緒有負面情緒，情緒有單一情緒有複雜情緒；情緒是阻力也可以是助力，故如何正確面對情緒，並且有效管理情緒及紓解情緒，甚至運用情緒來提升自我身心品質與人際關係，是身為現代人不可不知，不可不學的成長藝術。

情緒管理應從「接受心」培養開始，當接受心提升時，即不易受外界的各種刺激而引發情緒反應。例如：眼所見之一切形色、耳所聽之一切音聲、鼻所聞之一切味道、舌所嚐之一切飲食、身所觸之一切感受、意所感之一切感受等各種存在現象，總因個人的「好、壞、善、惡等習性」之分別，而生起「喜歡、不喜歡」等二分法之心境，如：好與善則喜（正面情緒），壞與惡則不喜（負面情緒），而這一切二法，畢竟是一種我執，無論是執好或執壞、執善或執惡，皆是執著啊！執著是痛苦的根源之一。此外，接受心的培養又從自我靜心（淨心）起，靜心非關宗教，也不需要特定的儀式或時空，祂只是一種自然的存在狀態，你可以說祂是「禪」、是「活在當下」、是「單純的存在狀態」等，當然，靜心絕對是一種充滿覺知的「覺察」，而且就只是覺察，沒有高低好壞、沒有對錯與得失，允許一切的存在狀態來去自如。

情緒管理是一門藝術，是一種美化內在環境的方法，當各種情緒來時，不要否定它，要用心反觀自覺，是什麼引發當下情緒之反應，而適當的允許情緒呈現於當下，但切記要保持覺察，清楚的知道自己為何而呈現情緒，不要讓情緒控制，要做自我情緒的主人，俗話說：「水能載舟亦能覆舟」，情緒亦同，只要能確實掌握情緒，即能藉由情緒變化，進行自我的



◆ 學會時時刻刻用正面的情緒接納和面對自己，才能建立良好人際關係
Learn how to accept and face yourself with positive emotions. You can create a good human relationship with it.

You should understand whether you are influenced by external matters or by your own consciousness. When releasing your emotions, you should try to beware of your emotions at the time being and never let emotions take control of you. Emotions are allowed. As a matter of fact, an emotional behavior is lasting for a limited time only, one can never have one emotion forever.

Emotion can be either negative or positive. They even have single or complex emotions. Emotions can be either an obstacle or a help. Therefore, one should know how to face emotions with positive attitudes, manage and release emotions effectively. One can even use emotions to elevate one's living quality and human relationships. It is one kind of knowledge that a person should know.

Emotion management can be developed from acceptance. When acceptance is carried, one is not easy to be influenced by external stimulations. For example, based on personal ideas of good, bad, kind, and evil, one can like or dislike anything he sees, hears, smells, tastes, touches, or feels. Therefore, one feels happy (positive emotion) when he thinks one thing is good and kind, yet unhappy (negative emotion) when he feels bad and evil. However, this is caused by insistence. No matter the insistence is about being good, bad, kind or evil, it's all insistence. Insistence is one origin of the pains. In addition, acceptance can be developed from being calm in mind. This is not about religion and doesn't need special ceremony or time or space to do. It is just a natural state of existence. You can call it as Zen, seizure of moment, or simple state of existence." Calmness in mind is of course a sense of feeling. And this sense of feeling has no good or bad, wrong or right, it allows everything to come and go freely.

Emotion management is an art. It is a way to beautify one's inner



成長學習，化阻力為助力，轉化自我意識趨向清明，清淨自我「身心靈」，享受美好的人際互動關係。

所以，當情緒呈現時，其情緒管理流程有以下四點，第一、要先覺察情緒：不要否定自己的情緒，也不需要排斥情緒的呈現，因為我們是人，人有情緒是合情合理的啊！第二、全然接受當下情緒：情緒沒有絕對的好壞，就看自己如何運用及呈現而已，因為壓抑反而容易造成傷害。第三、明確的表達情緒：情緒運用得當，反而能提升自我身心品質，並且促進良好的人際互動，首先讓自己保持客觀而和緩的表達情緒，是表達正確情緒的第一步。第四、有意識的紓解情緒：「喜、怒、哀、懼、愛、惡、欲」等七種情緒，是人類普遍共通的基本情緒，可以在日常生活中，覺察自己的情緒起伏狀態，若有壓抑的情緒，可於私下的藉由肢體語言來釋放，或是團體的活動帶領來釋放。再度強調，情緒是被允許的，只要運用得當，情緒也可以成為一種治療。

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self. When every kind of emotions comes, you do not deny them. On the contrary, you should reflect yourself and find out when stimulate them. You should properly allow your emotions to be shown. However, you should stay alert and know why you react that way. Don't let emotions take control of . You should master your emotions. As the slang goes "Water can float and sink a boat", so can emotions. As long as one takes control of his emotions, he can learn how to grow and turn obstacle into assistance. He can have a clearer self-awareness and clarify his "body and spirit." He can even enjoy a good human interaction.

Therefore, when emotions come, there are four points to manage them. 1. Beware of your emotions. Don't deny your emotion and turn against the performance of emotions. We are human and humans are allowed to have emotions. 2. Accept the emotions. There is no definite good or bad of one's emotions. It depends on us how to use and perform them. Suppression is easy to cause injuries. 3. Show your emotions. Use you emotions well can actually elevate you living quality. This will also create good human interaction. You should first keep yourself objective and gently express your emotions. It is the first step to express emotions correctly. 4. Release emotions with consciousness. People generally have seven emotions, which are happiness, anger, sadness, fear, love, evilness, and desire. You can sense your ups and downs during daily life. If you have suppressed emotions, you can release them through body language or group activities. Once more, I emphasize that emotions are allowed. As long as they are properly used, emotions can be a treatment.

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◆ 如何了解自己的情緒，可以透過團體學習方式，更進一步深入探索

How to understand you emotions. You can learn them though a group activity for further exploration.