

Anti-Virus Thinking Level 3

Egoless Thinking Apprentice Program Mastering I-Ego

小我思維學

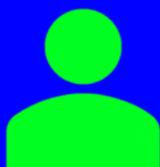


靜觀



在觀

小我



EGO

FRIEND
OR
ENEMY?



超我
自我
本我

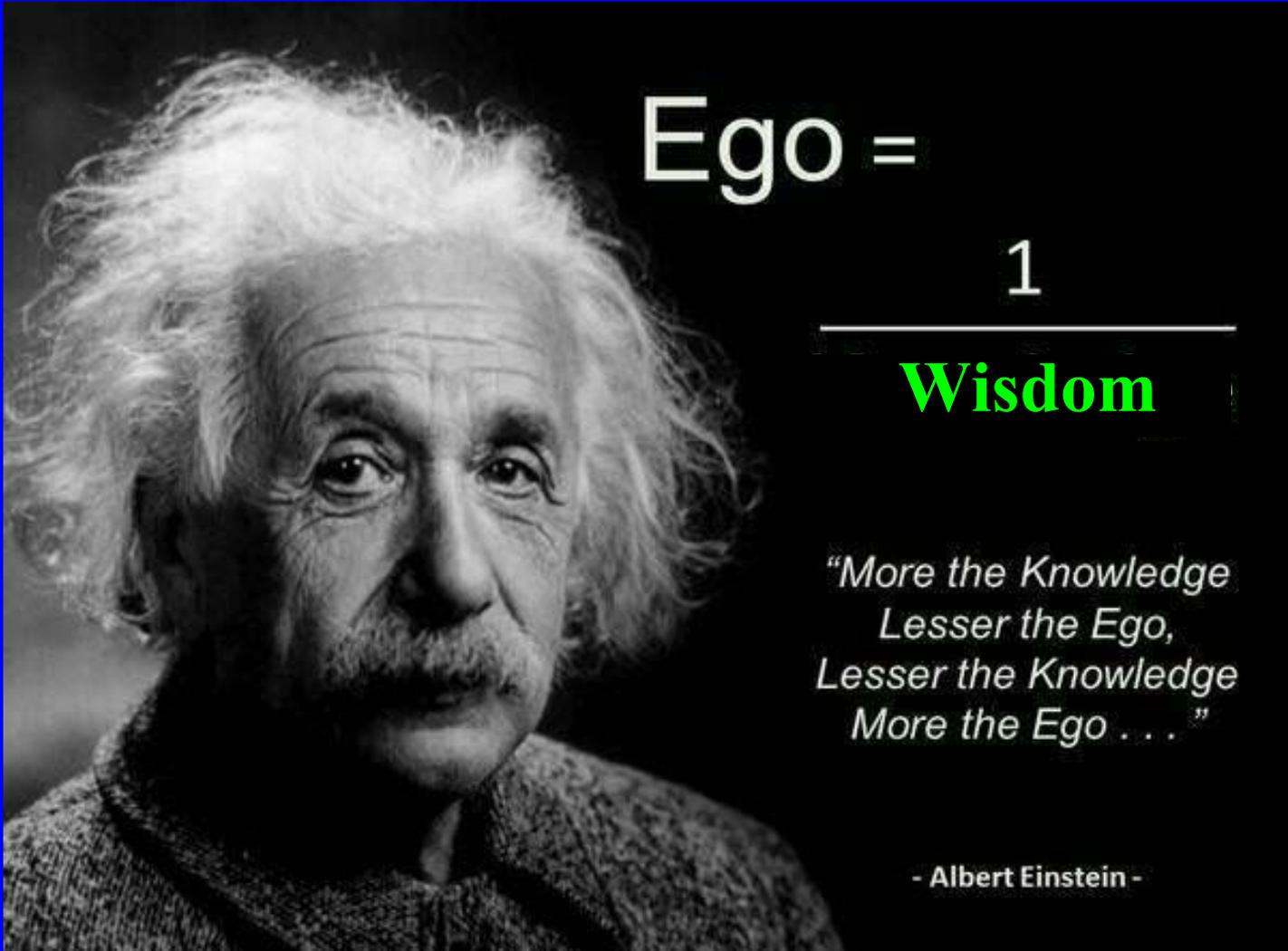


超我
自我
本我

超我
自我
本我

小我 / 無我





Ego =

1

Wisdom

*“More the Knowledge
Lesser the Ego,
Lesser the Knowledge
More the Ego”*

- Albert Einstein -

去毒思維

去負思維

小我思維



邏輯小我
操練小我
修鍊小我



邏輯小我
操練小我
修鍊小我

智慧 → 無苦

難題 → 痛苦



自我



邏輯小我
操練小我
修鍊小我

不明所以

慈悲
靜觀
目標
難題



邏輯小我
操練小我
修鍊小我

難題 → 痛苦
↑
自我

情況 ↔ 難題



邏輯小我
操練小我
修鍊小我

難題 → 痛苦
↑
自我



醒人 / 未醒人



邏輯小我
操練小我
修鍊小我

時空

Aware
Act



Here There
Past Now Future

Here There
Past Now Future

Here There
Past Now Future



活在當下 = Aware

活在當下 = Act



邏輯小我
操練小我
修鍊小我

難題 → 痛苦
↑
自我



Practical \neq Reality



邏輯小我
操練小我
修鍊小我

難題 → 痛苦
↑
自我

醒 = GO + BO = Aware of BO



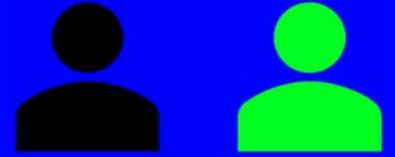
邏輯小我
操練小我
修鍊小我



需要 → 想要



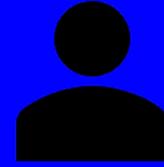
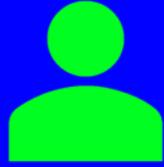
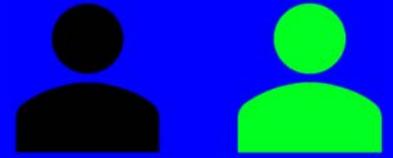
邏輯小我
操練小我
修鍊小我



我



邏輯小我
操練小我
修鍊小我



我觀察我



邏輯小我
操練小我
修鍊小我

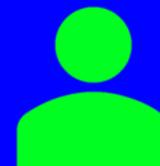


小弟



邏輯小我
操練小我
修鍊小我

Ego = Collection of Beliefs



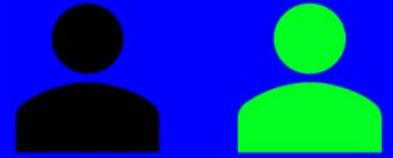
信 / 覺得 / 認為 / 知 / 不知



我觀察我

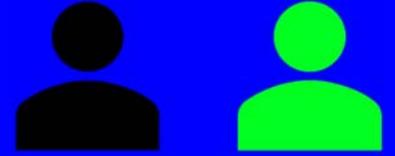


邏輯小我
操練小我
修鍊小我



相信/不信 運氣





機會
直覺
期望
壞好



1. 我有時會與陌生人交談

2. 我不容易擔憂與焦慮

3. 我對新體驗保持開放

4. 我經常聆聽我的直覺

5. 我持續提昇自己的直覺

6. 我常常期望好的事情,即將發生

7. 我傾向去獲取我想要的,就算機會好像渺茫

8. 我期望大部份我遇上的人,都是友善助人的

9. 我傾向看事情好的一面

10. 我知道就算壞事,長遠來說也會變好

11. 我不傾向想著過去的壞事

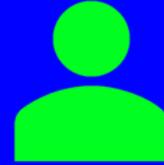
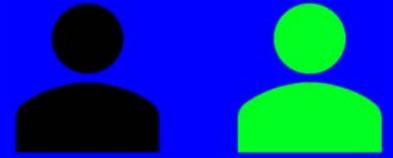
12. 我會從錯誤中學習

1-5

極不贊同 ... 極贊同



邏輯小我
操練小我
修鍊小我

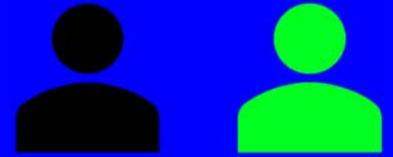


主觀

客觀

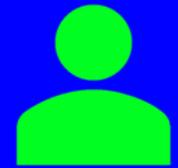


邏輯小我
操練小我
修鍊小我



目標 = 需要

目標 = 想要

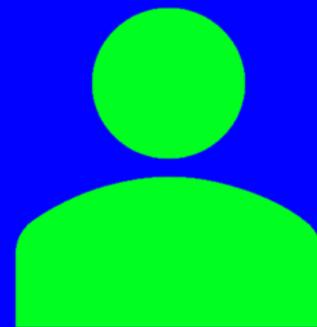


邏輯小我
操練小我
修鍊小我

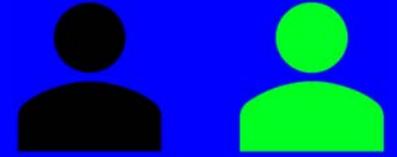
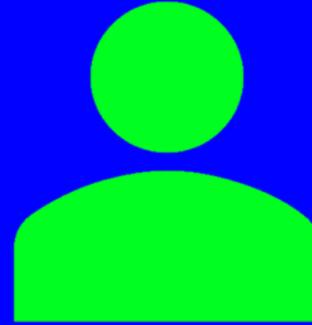


目標 = 需要

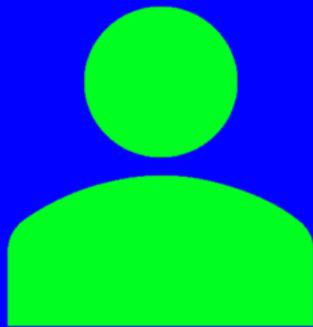
目標 = 好想要



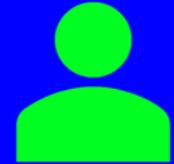
邏輯小我
操練小我
修鍊小我



我知 我好想要...

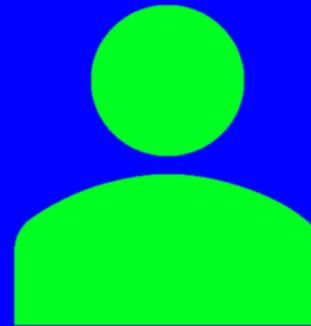


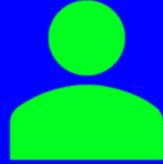
Practical + Reality



Self Improvement

? Personal Development

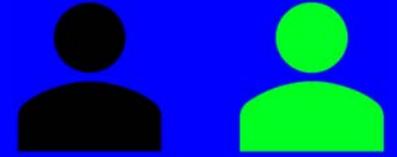
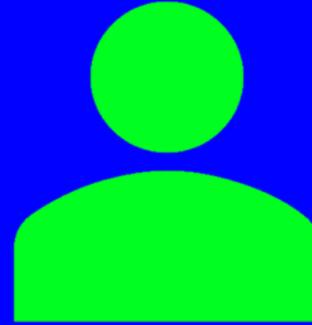




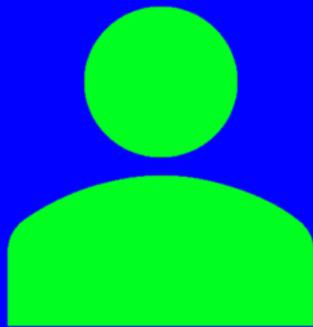
構想 ← 知道 → 達成



邏輯小我
操練小我
修鍊小我



我知 我好想要...



邏輯小我
操練小我
修鍊小我



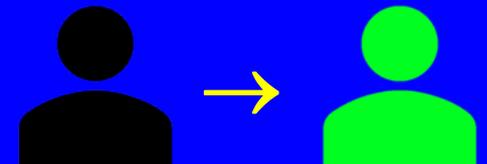
邏輯小我
操練小我
修鍊小我



Interrupting Ego
↑
3 Seconds of No Ego

1. 停論

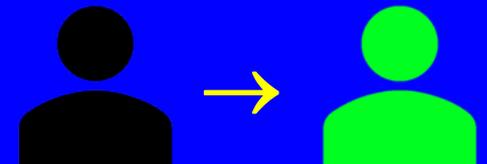
Pause 3s



邏輯小我
操練小我
修鍊小我

2. 會心

Attention away from Ego
↑
3 Seconds of Heart Feeling

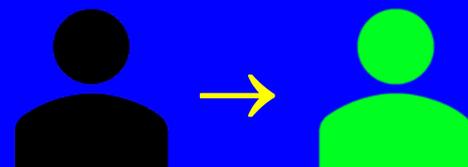


邏輯小我
操練小我
修鍊小我

Interrupting Ego
↑
Creativity

3. 創新

難題 → 創新 ← 放下 Ego
Here & Now



邏輯小我
操練小我
修鍊小我

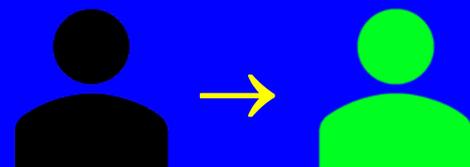
Space = Non Ego = GO
↑
Space In-Between

4. 之間

延長
注意
察覺

延長
注意
察覺

想法 想法 想法



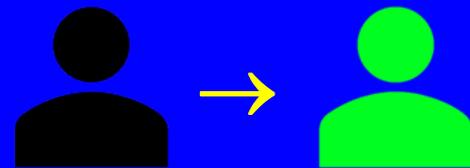
邏輯小我
操練小我
修鍊小我

5. 超越



Beyond Ego
↑
Beyond Thoughts

想法



邏輯小我
操練小我
修鍊小我

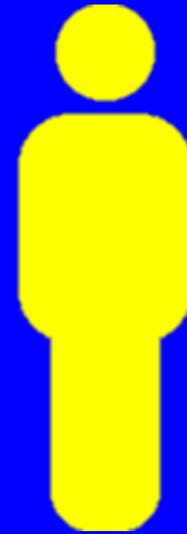
100% Away from Ego



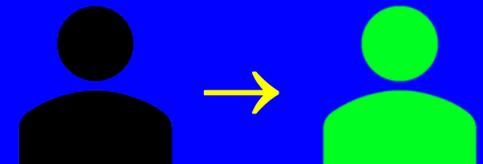
知者 = GO

6. 知者

想法



知者



邏輯小我
操練小我
修鍊小我

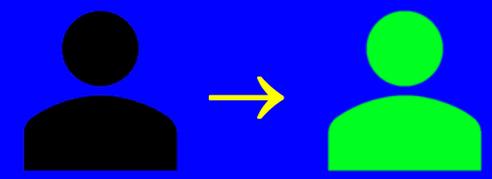


邏輯小我
操練小我
修鍊小我

1. 調入寧靜

Turn off Ego
↑
Tune into Silence

Practice Not Practice Tune into 靜

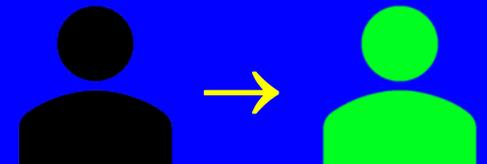


邏輯小我
操練小我
修鍊小我

2. 察覺察覺

Turn off Ego
↑
Tune into Silence

察覺 察覺

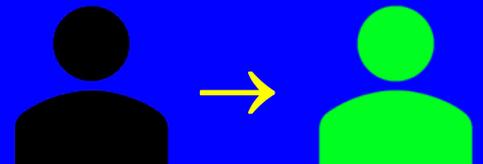


邏輯小我
操練小我
修鍊小我

2. 察覺察覺

Turn off Ego
↑
Tune into Silence

知 知

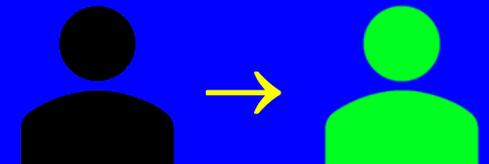


邏輯小我
操練小我
修鍊小我

3. 聆聽寧靜

Turn off Ego
↑
Tune into Silence

●	●	●	●
●	●	●	●
●	●	●	●
●	●	●	●





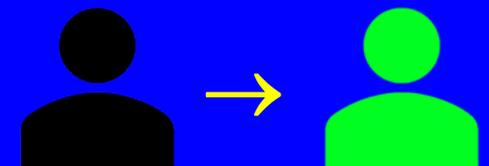


邏輯小我
操練小我
修鍊小我

4. 停留寧靜

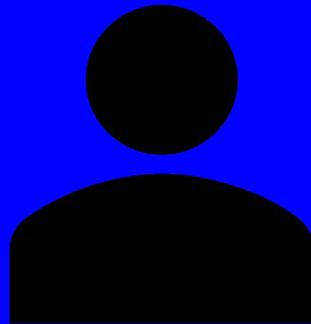
Turn off Ego
↑
Tune into Silence

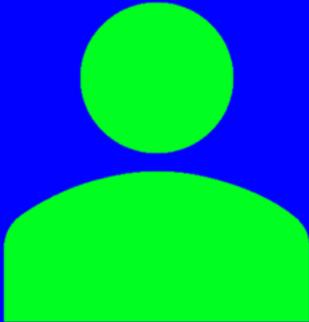
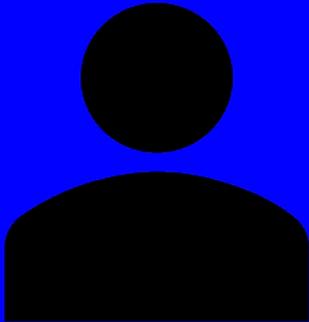
●	●	●	●
●	●	●	●
●	●	●	●
●	●	●	●

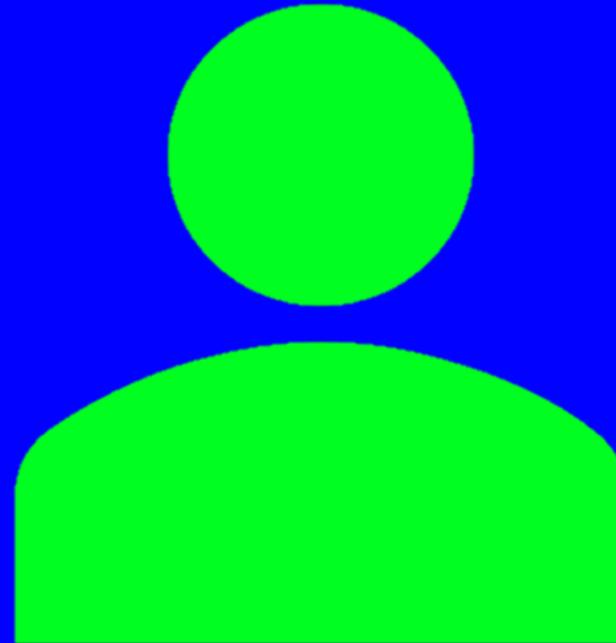
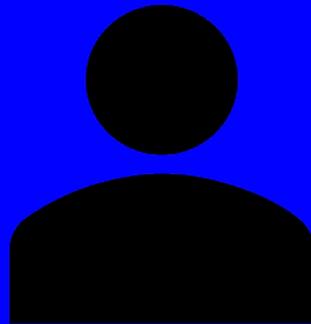


邏輯小我
操練小我
修鍊小我











即將開辦課程

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