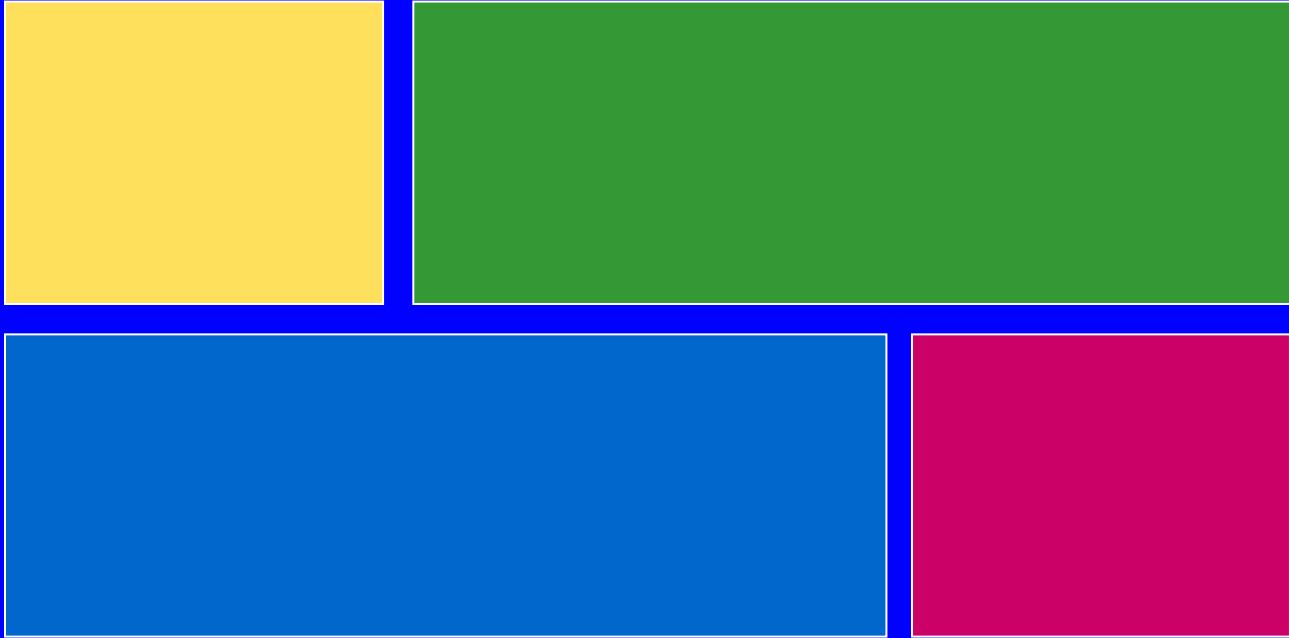


智慧之窗...



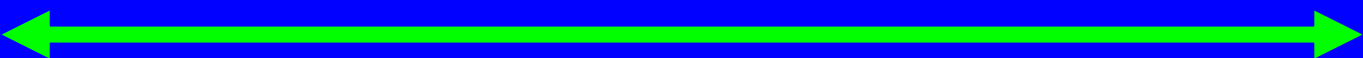
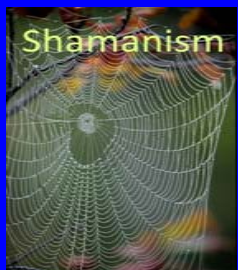
現實...

萬知 ≠ 萬有

啟蒙始於混亂

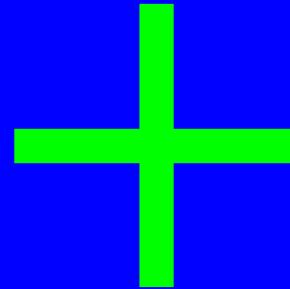
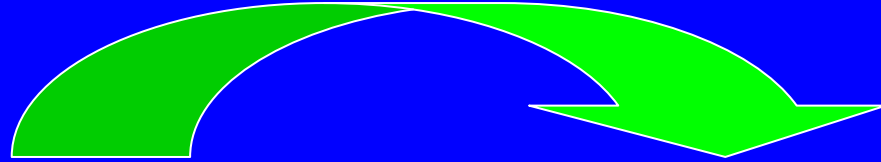
Milton Erickson

www.excelcentre.net/erickson

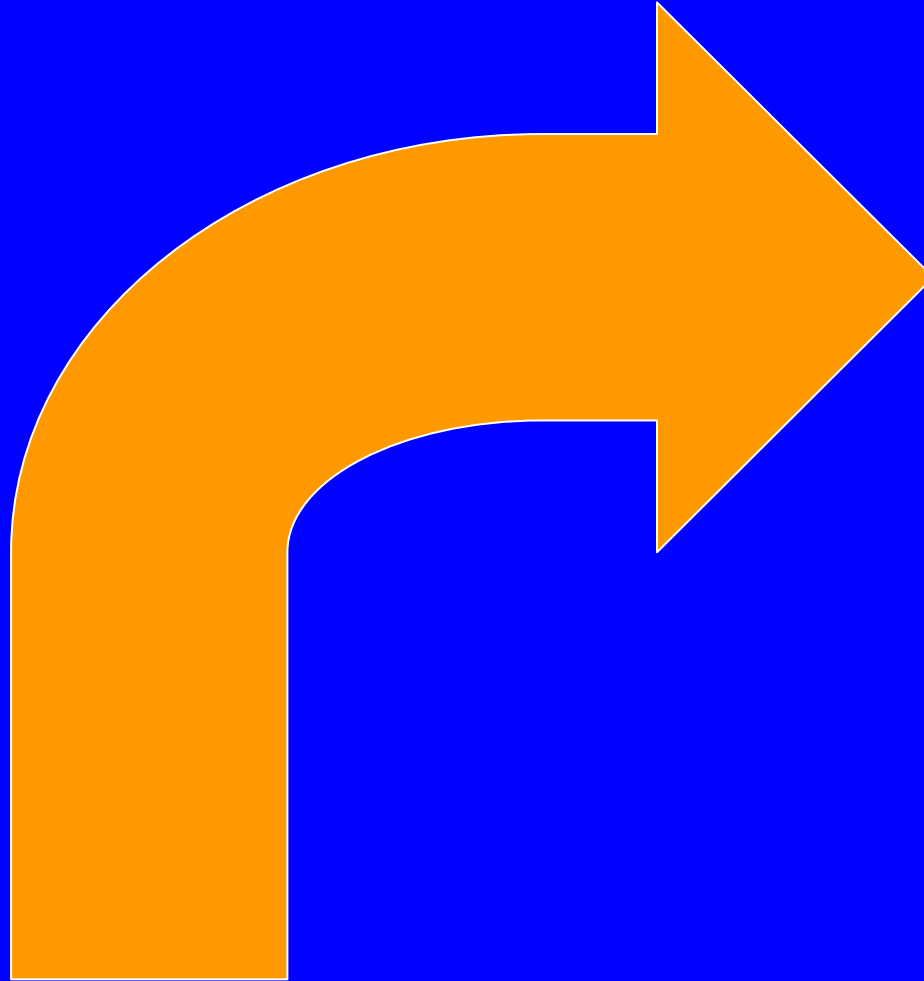


人境互惠 聯盟自然

Eco-Psychology
Rozzak
1992
神經症
Wilderness
Effect
Greenway
神經症
Earth Wisdom
William
McLennan



艾克森治療學？



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ALL
Problems
ARE
CONFLICTS

外在矛盾



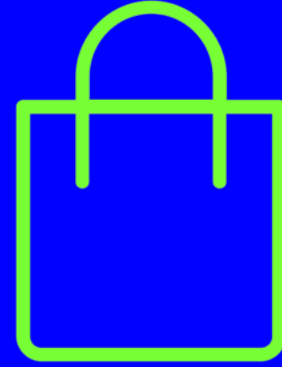
內在矛盾



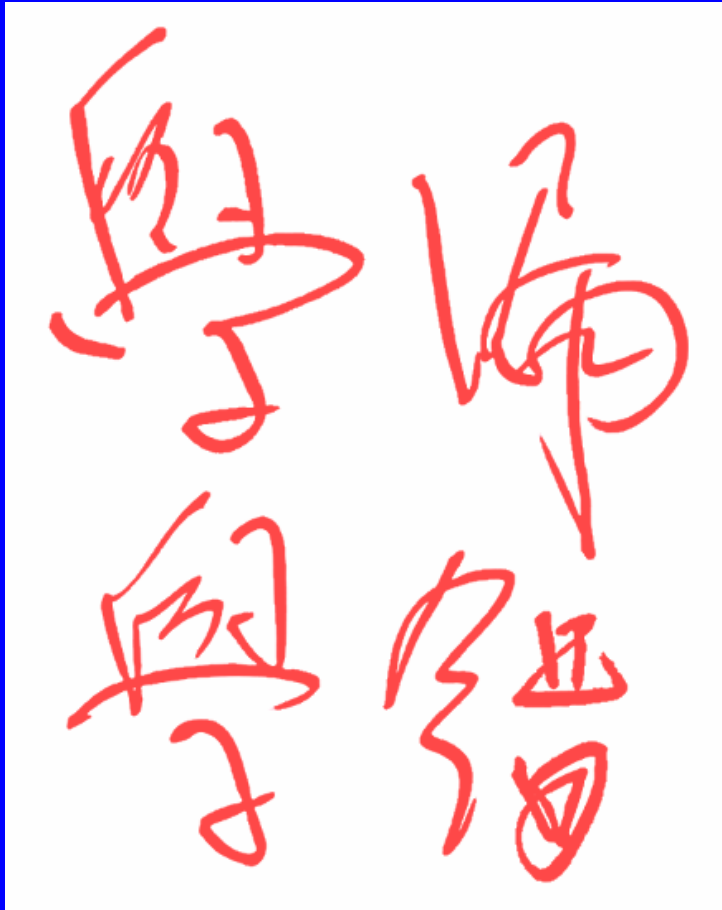
為什麼不做？



不願
不懂



為什麼學習？



→ 學返漏

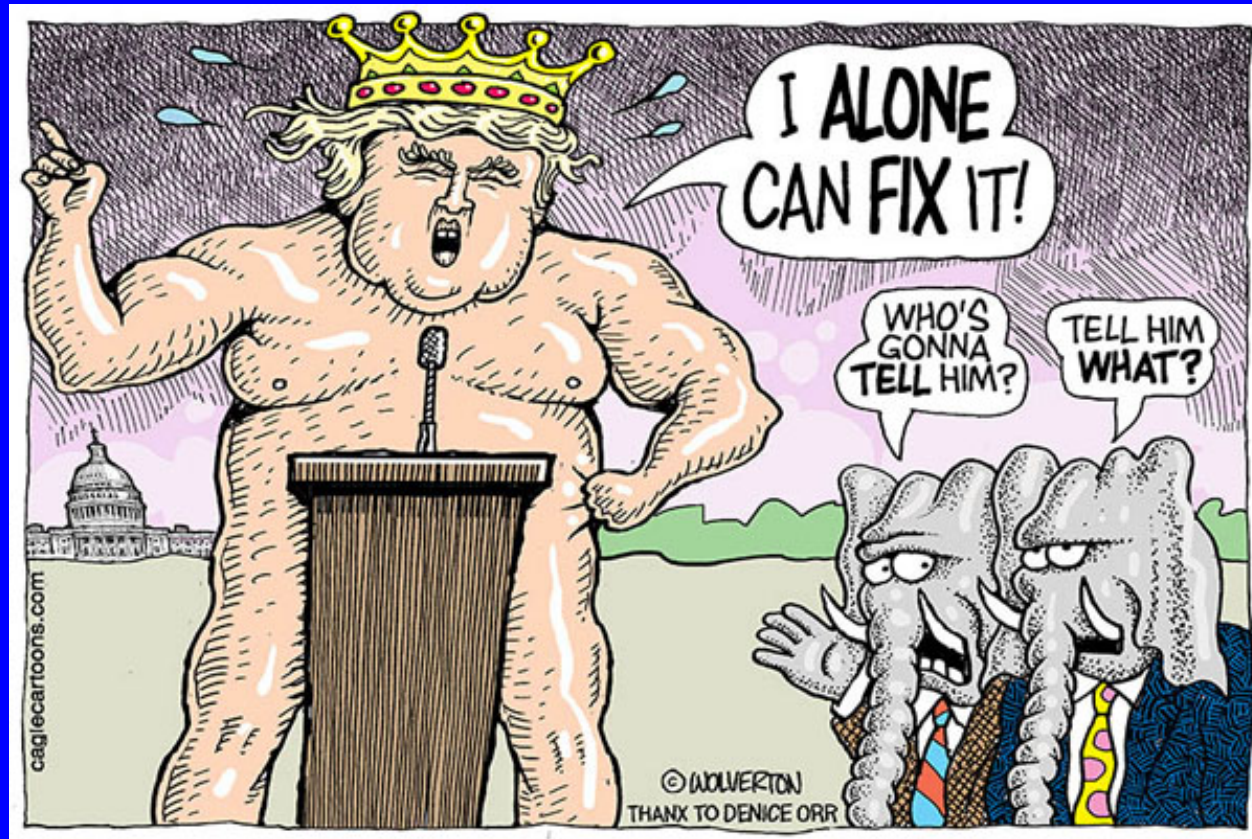
→ 難題

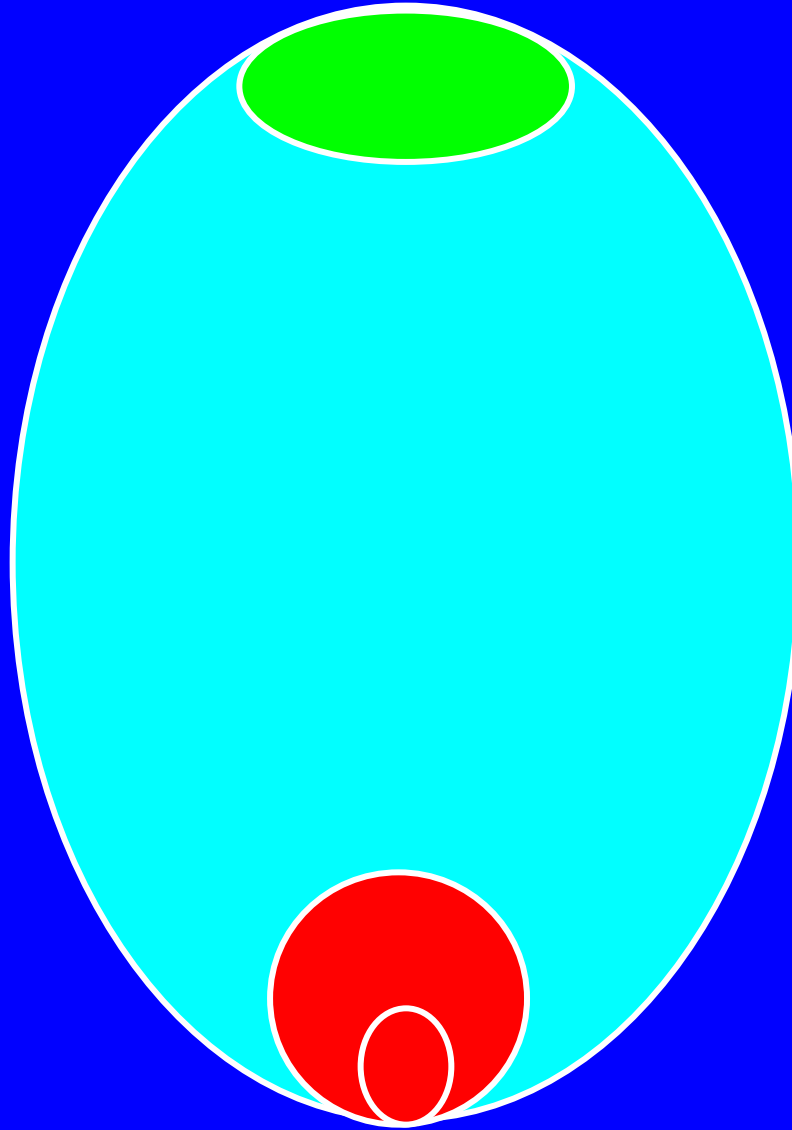
→ 學返啱

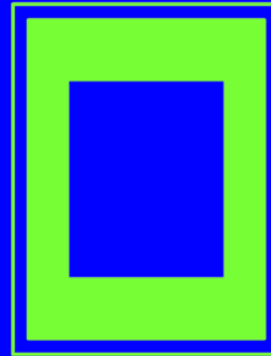
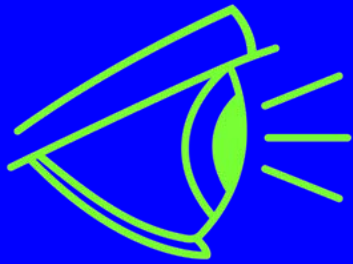
A vertical rectangular image featuring a sunset over the ocean. The sky is filled with dark, dramatic clouds, and the sun is a bright, glowing orb on the horizon, casting a warm orange and yellow light across the scene. The ocean below is dark with some white-capped waves. A white rectangular frame is centered in the image, containing the text "With every choice you make, you create your life." in a white, typewriter-style font.

With every
choice you
make, you
create
your life.

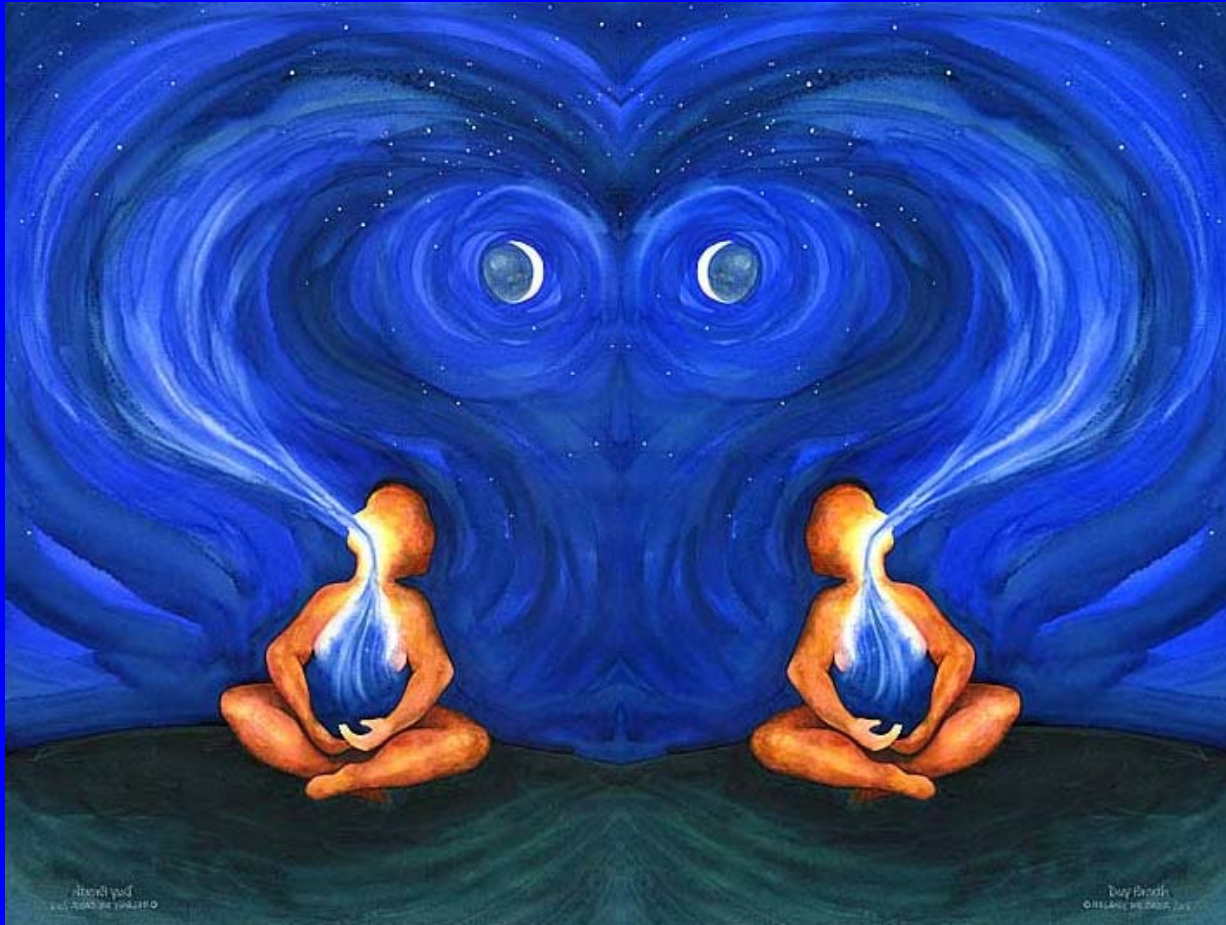
沒穿衣 vs 看不到...







Spirit ≠ Soul...



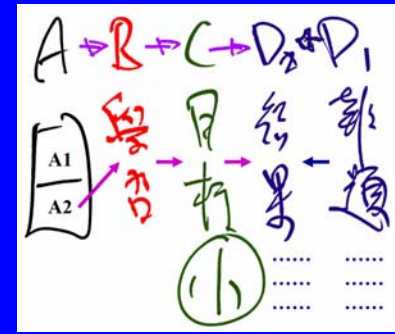
Spirit
Pneuma
Breath
Soul
Psyche
Breath

Root of Shaman/Ecopsychology
Root of Your Practice



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艾克森策略...

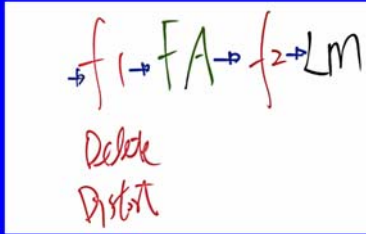


不同的難題
難題的不同
不同的結果

Territory

Territory

Map

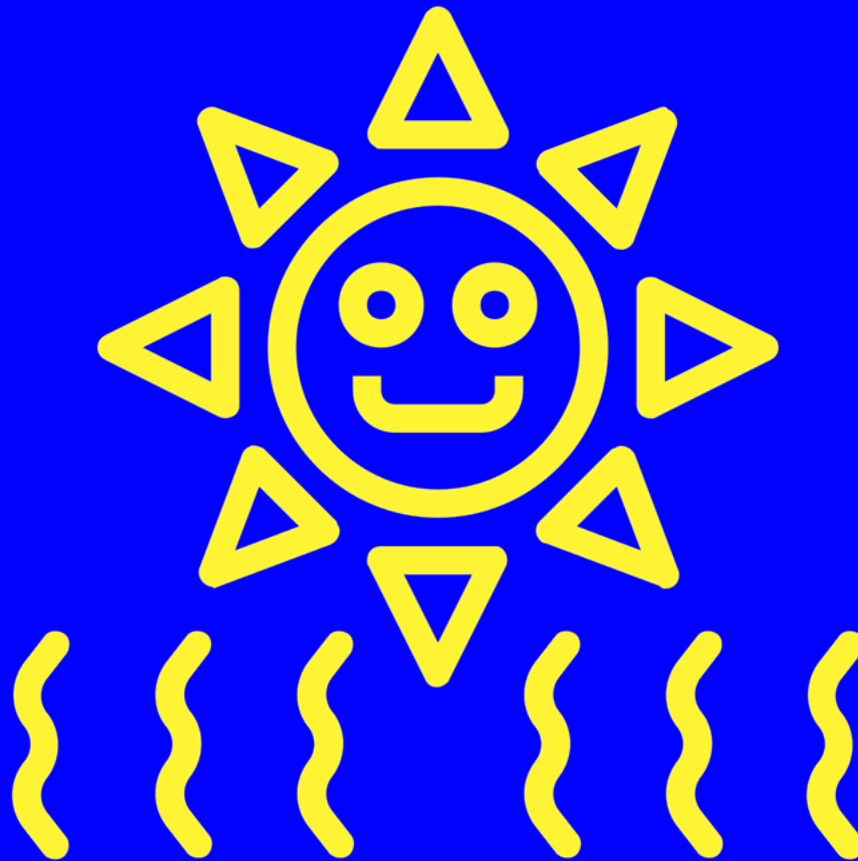


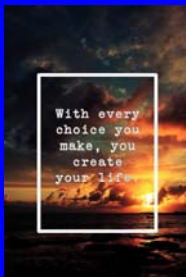
Map **Not** Territory
Territory **Not** Territory



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Delete...





積極參與...

有機會贏得 Apple Notebook



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Dharma Sukarah...



艾克森治療學...

Therapy

治療 Therapy

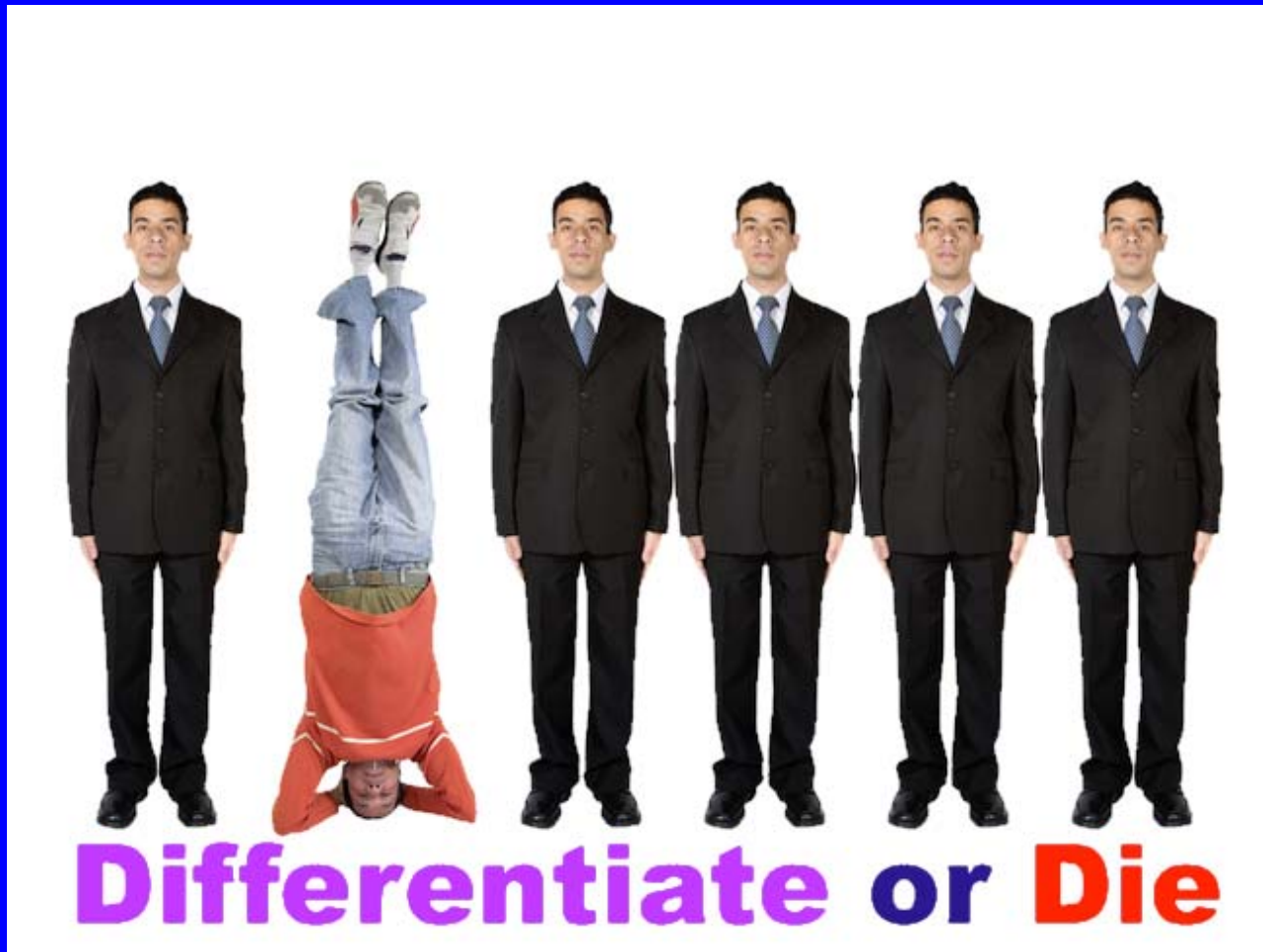


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NLP 思維...

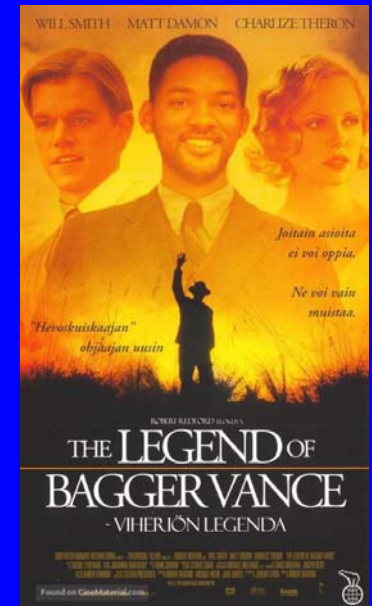
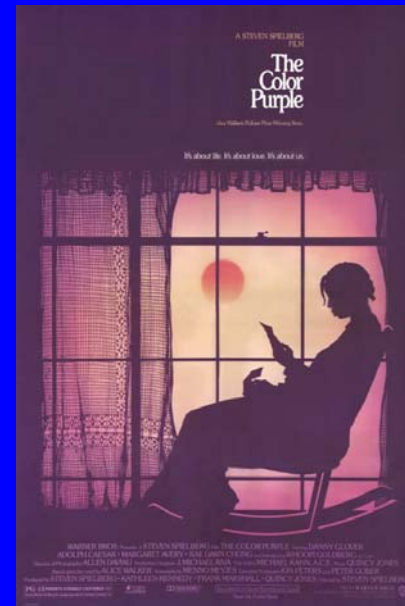


沒有分別，沒法生存...



隨意隨心 Compassion...









閒

間

闕

闡

閤

閘

閼

開

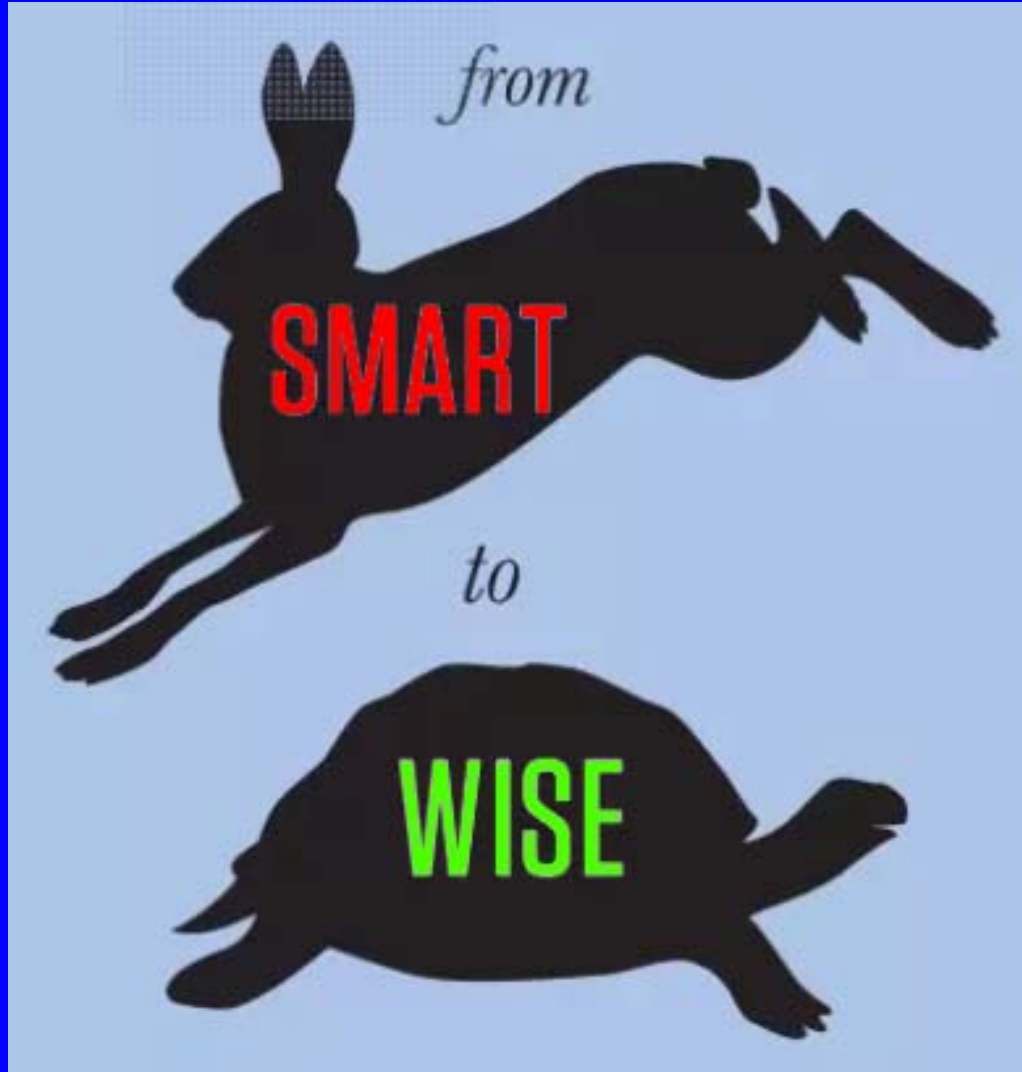
問

閼

閼

閼





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現實，沒有肯定...

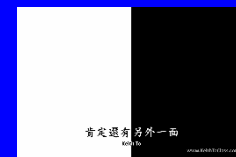
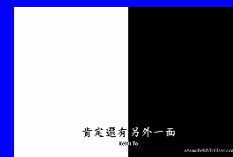
As far as the
laws of mathematics
refer to reality,
they are not certain;
and as far as they are certain,
they do not refer to reality.

ALBERT EINSTEIN

突破發展...



另一邊...
另一邊...

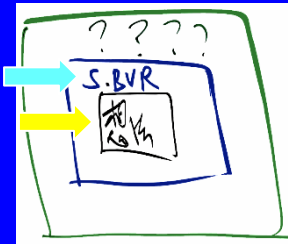


Mak
 mak
 Mak
 meso
 NP Mak T. dnt
 Rukun T. dnt
 T
 NP Rukun T
 T
 NP Skala Rukun T.
 Rukun T.

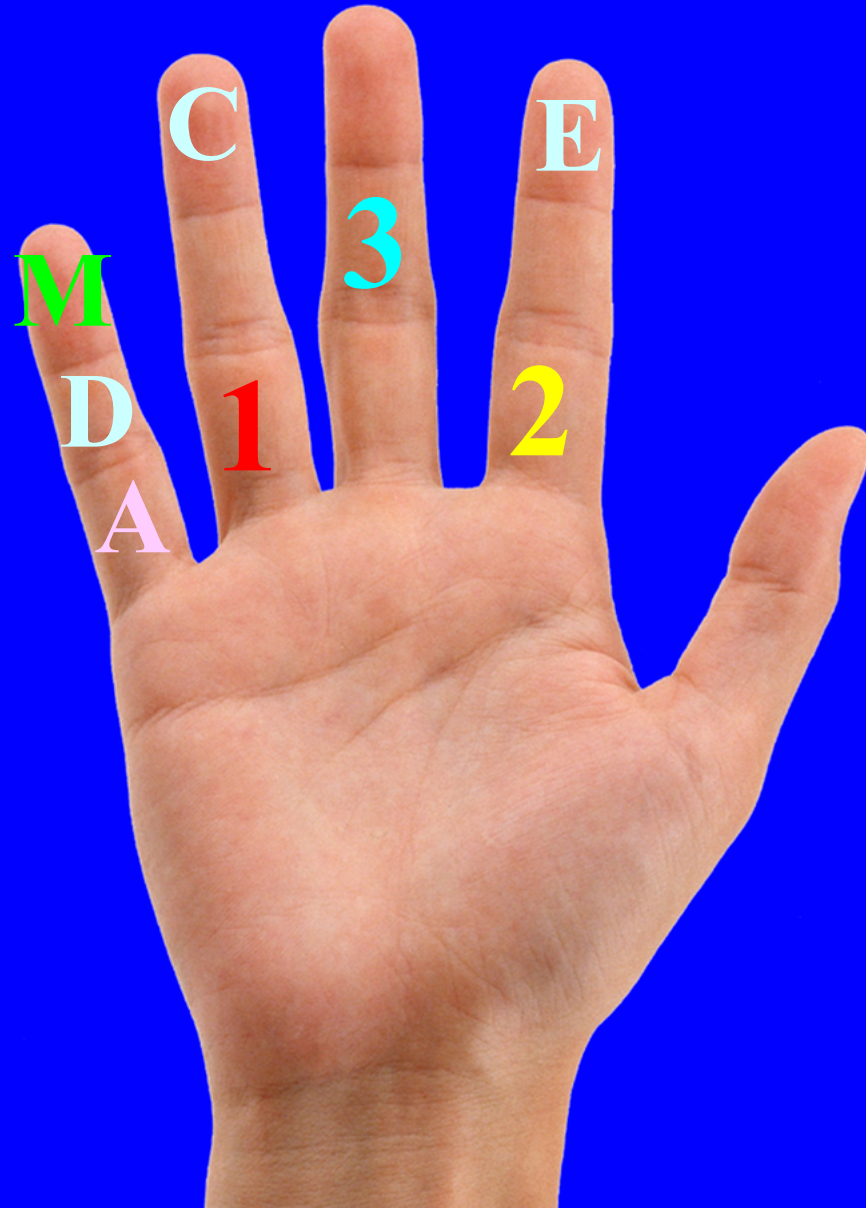
思想 思想 思想

思想 思想 思想

思想 思想



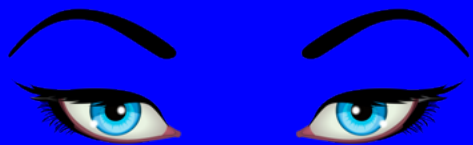
NLP 手法...



NLP ...



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助你



NLP = 思想慣性

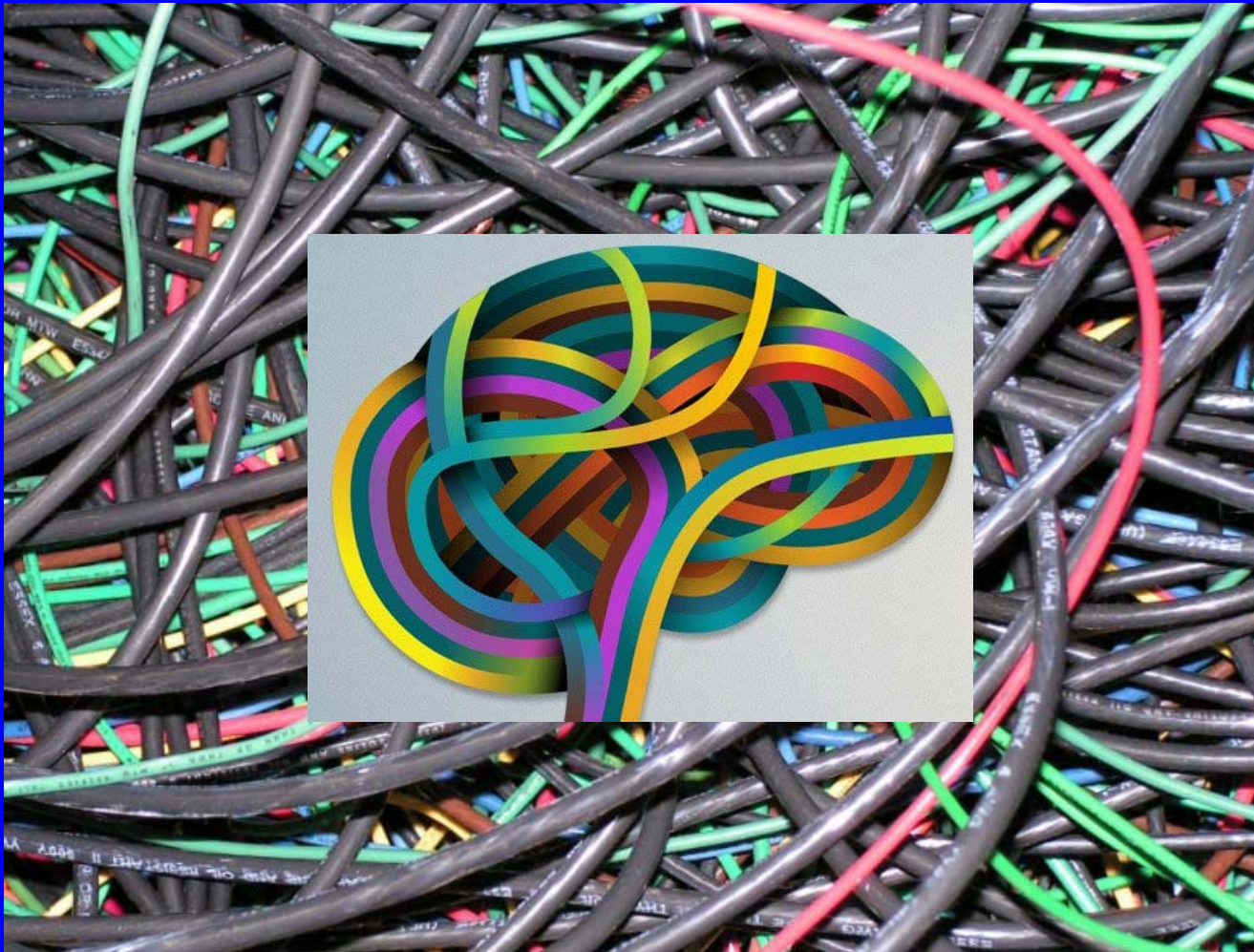


阻你

正向心智...



混亂中理出秩序...



你醒未？



NLP 說服 ...



Spiritual...



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Spiritual = 關聯



Spiritual...

看不見,也可存在

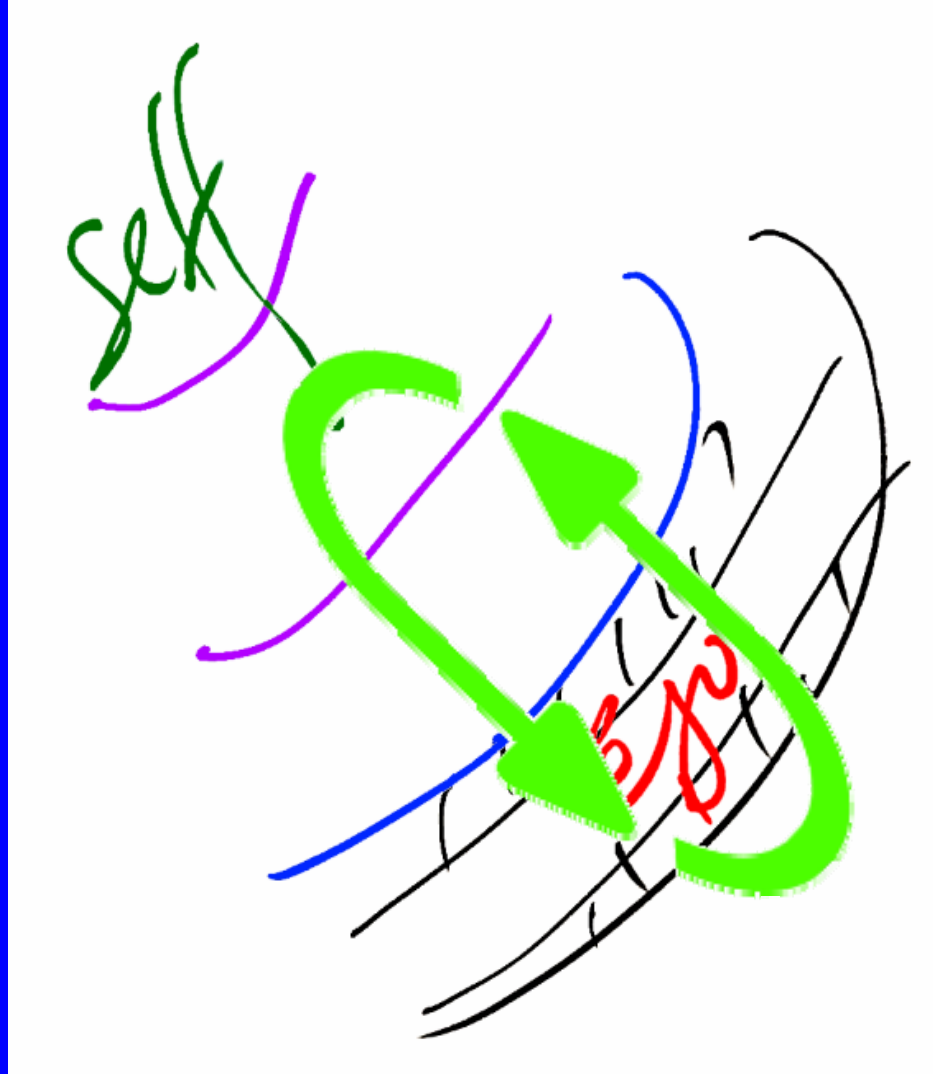
~~看不見,也是存在~~



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The Shaman Path...

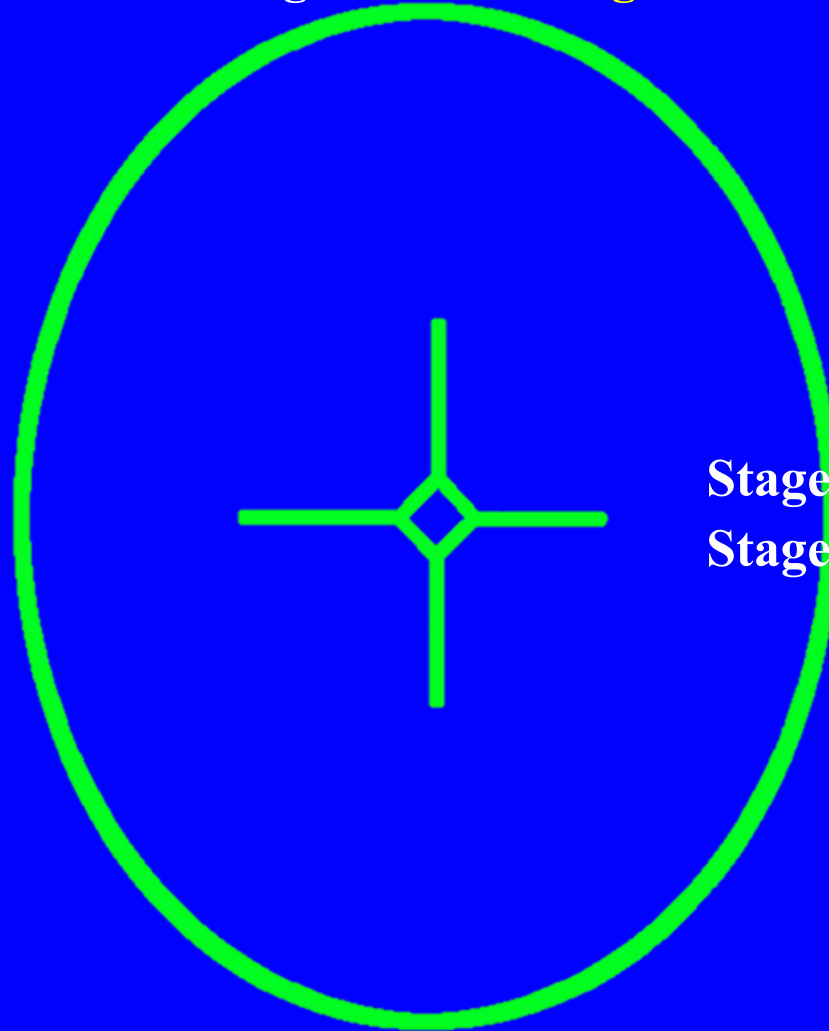
超然洞悉
體會本能
面對陰影
放下面具



The Shaman Path...

Stage 8: **Mastering**
Stage 7: **Returning**

Stage 6: **Realizing**
Stage 5: **Apotheosis**



Stage 2: **Detach + Initiate**
Stage 1: **Experiencing + Root**

Stage 4: **Re-Marriage + Atone**
Stage 3: **Expand + Guided**



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Simultaneous Thinker

同步
超然於思維本身來思維



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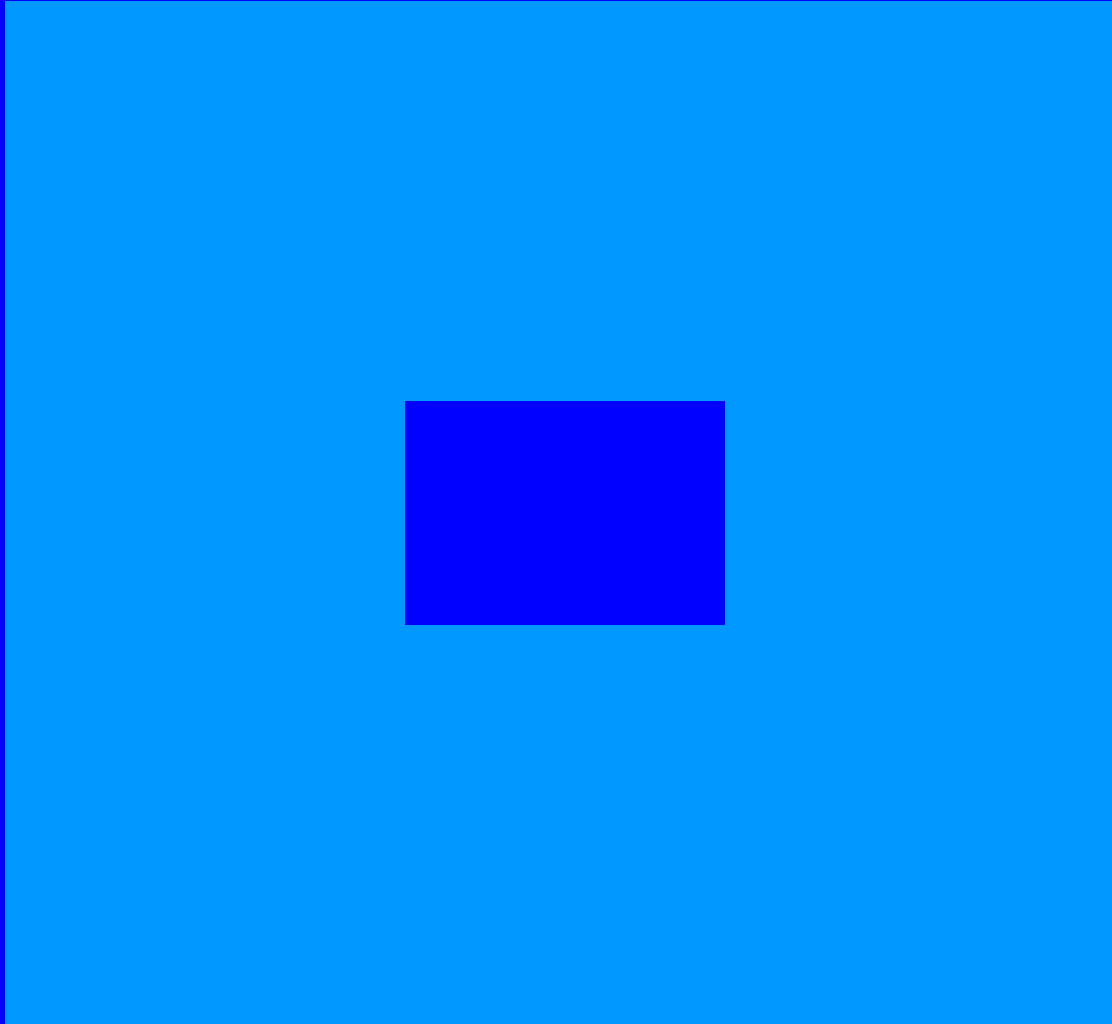


你 Master 被 Master



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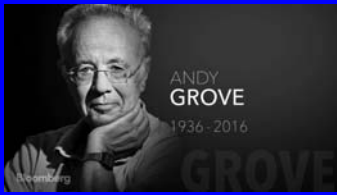
自己框死自己而不覺...



你是你自己的...



CEO of Me Co.
Unltd.
Ltd.



BCs + SMEs

Google

Intel

MBO

1. 去邊?

2. 點去?

3. 點知去緊?



Facilitation: Process?

Information



Activities



Goals

Relationships



Facilitation: 如何...



基準
參與
能量

Group → 臨時Team



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Brief Self-Generative Systemic



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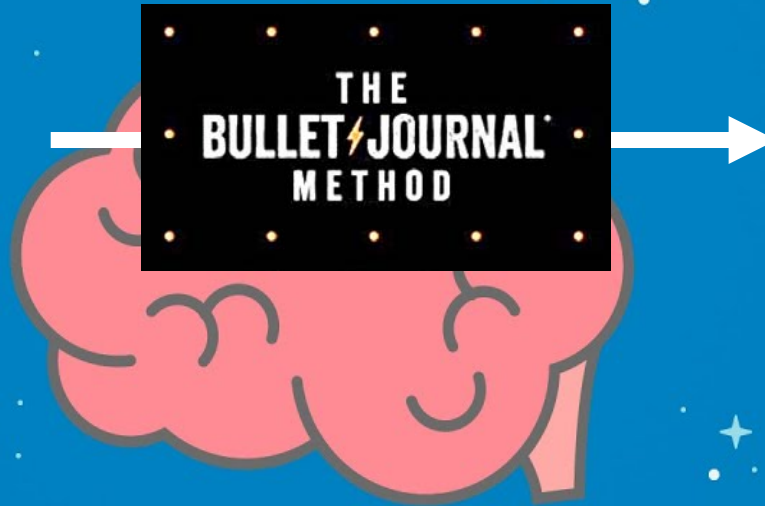
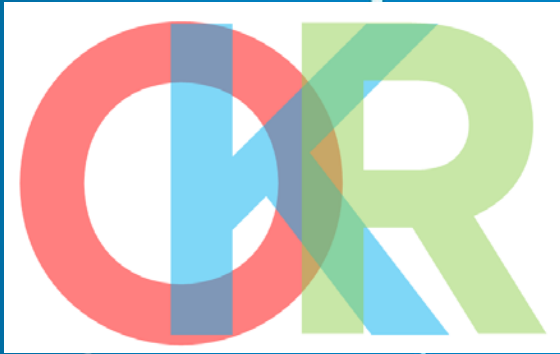
Goalmanship: I believe to do my small, clear, important, open goal...

I
believe to
do
my
small,
clear,
important,
open goal



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MINDSET





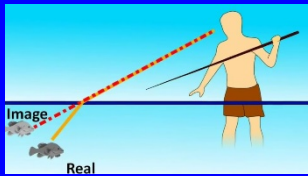
如何發生？

Concepts HOW?

Models How?

Skills how?





追尋知識→遠離真相

真我 = 軟弱

照單全收→遠離真相

假我 = 一層層

誘惑 → 假我出現



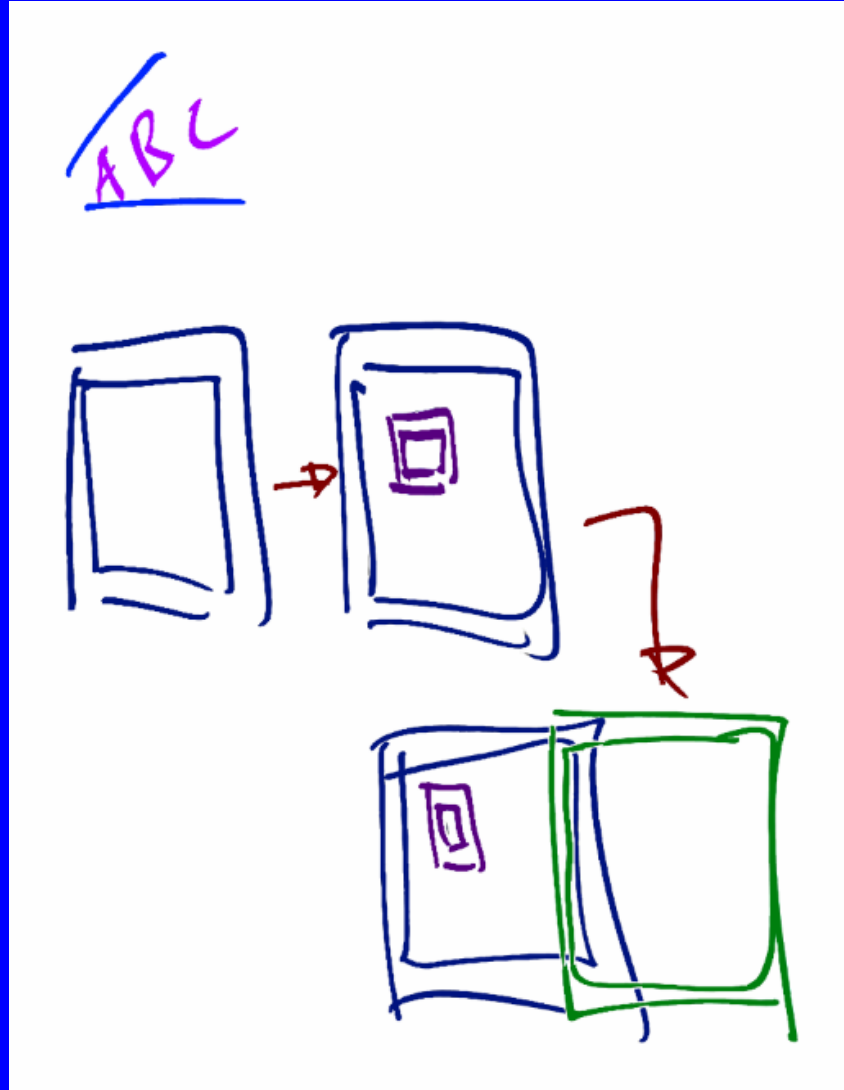
Having choices is better than having no choice!



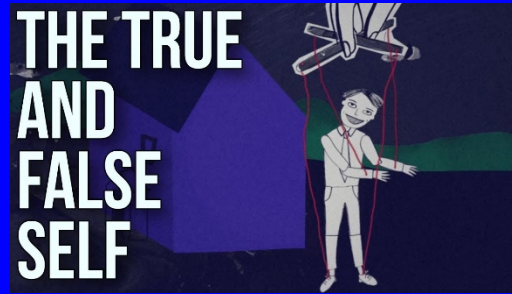
NLP...更多選擇...



越多 Context → 思路...



假我...



你 ≠ 你



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假我...



肯定還有另外一面

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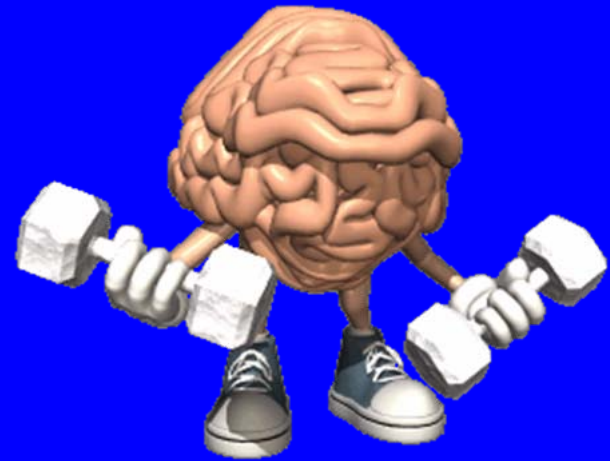
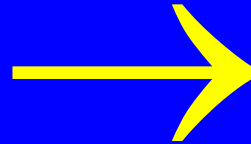
Ego, Soul, Lost Soul = 自己是什麼人...

知 ego 自己~自己
不知 soul 自己~自己
不不知 lost Soul 自己~自己

SR = 尋找人生意義

什麼是教練?

Coaching?
Com-



什麼是教練？



不教而學

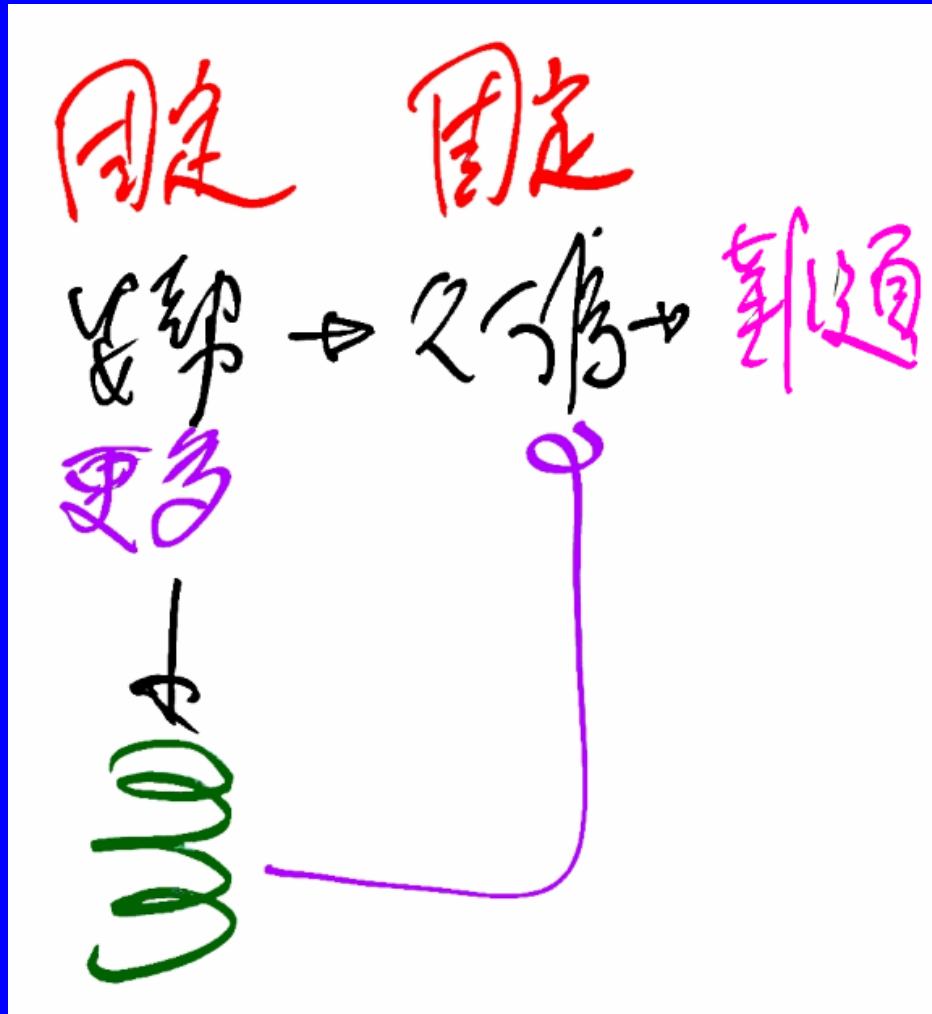


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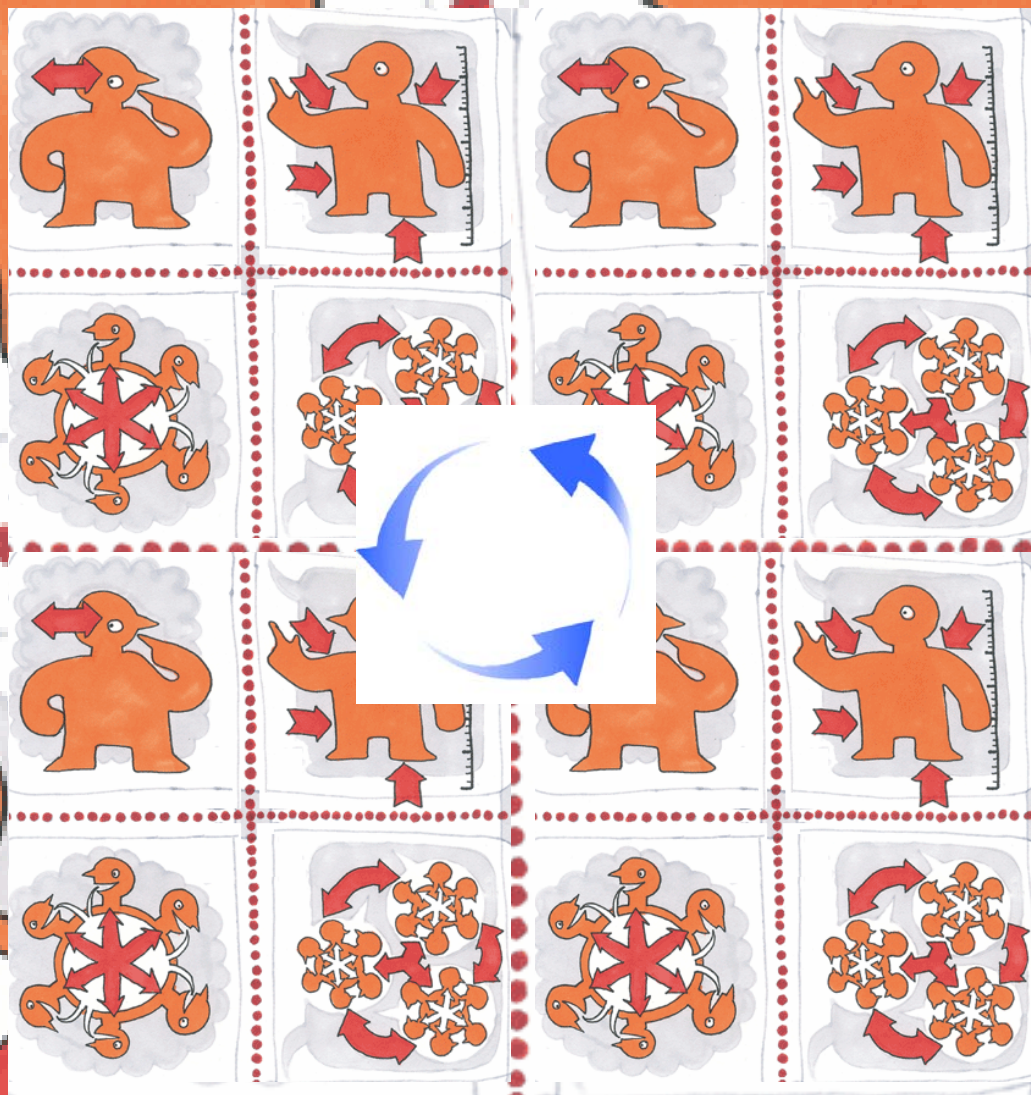
智慧的兩面...



艾克森治療學: Knowing a Client...Posture...



包含全部
超越整體



爭論是好的!

出聲 / 不出聲

Facilitation...更易更快...

由小嘗試開始!



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Anti-先入為主

Coaching = 我唔知



教練問題 ~ 面試問題...

Career Coaching Question

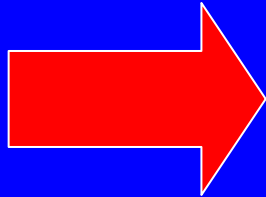
Explore 探索

Expand 擴展

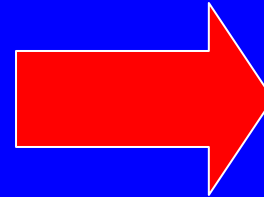
Job Interview Question

Verify

你的
盲點



誤導



他的
盲點

教練？

沒有假設的對話



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↓ Awareness

憂慮

心不在焉

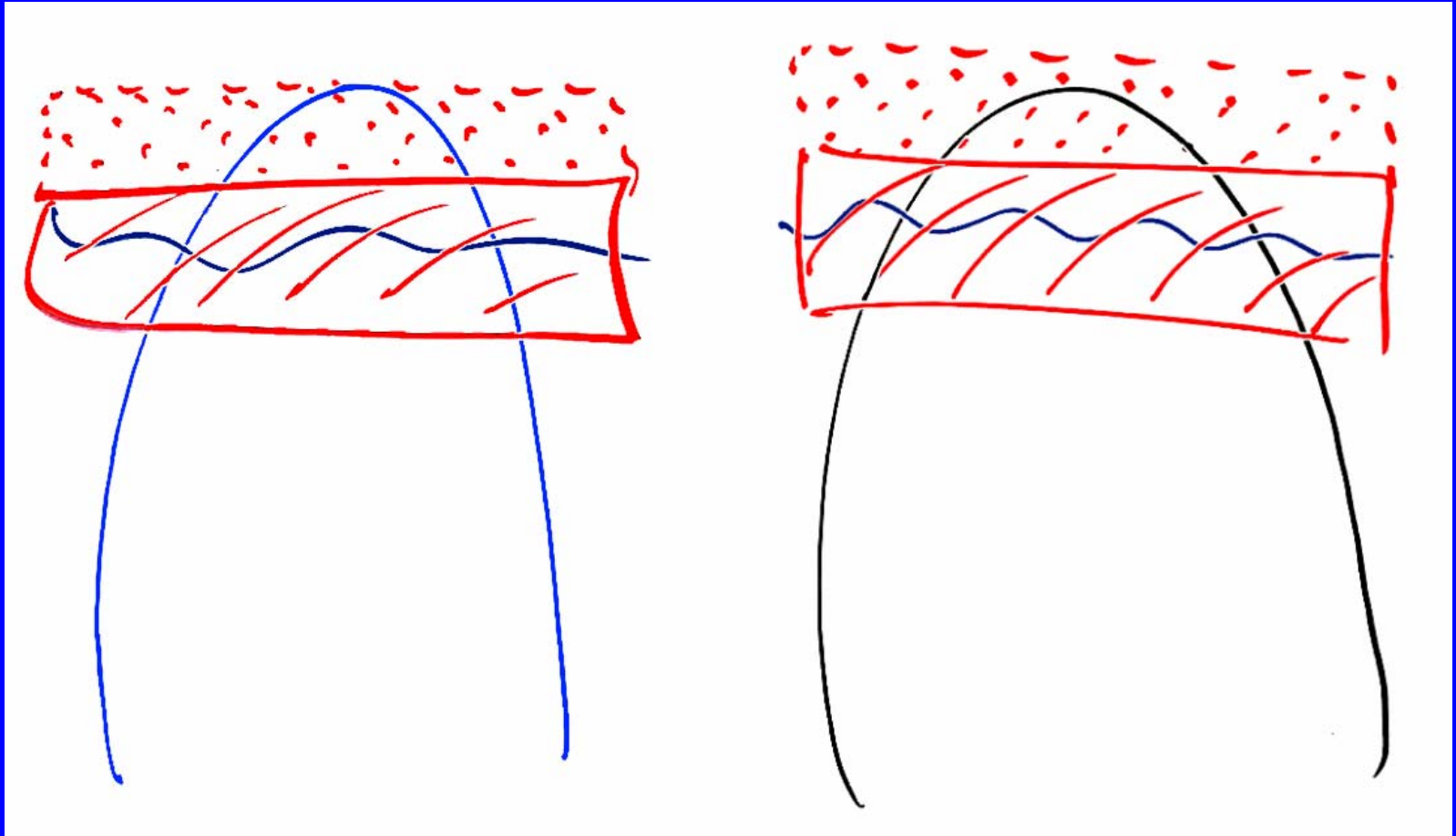
視而不見

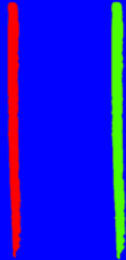
見而不明

不明不問



為什麼不能出, 不能入?





NLP = 思想慣性



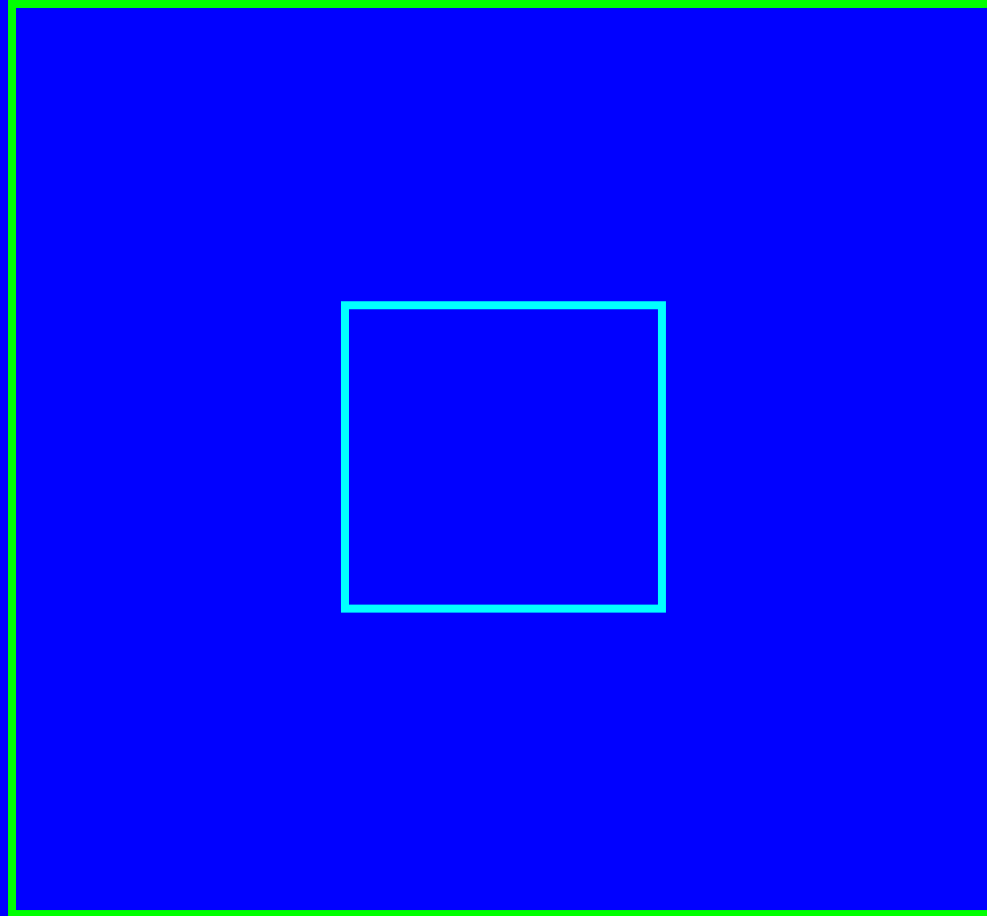
學習→提昇認知能力...

Learning....

① 語言

② Brain

非心理學家解夢法...



正面自我解夢法...

正面 自我
ve → +ve 他
U.M.

Facilitation...

Power在參與者!



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催眠治療...

習慣 = 最好的解決

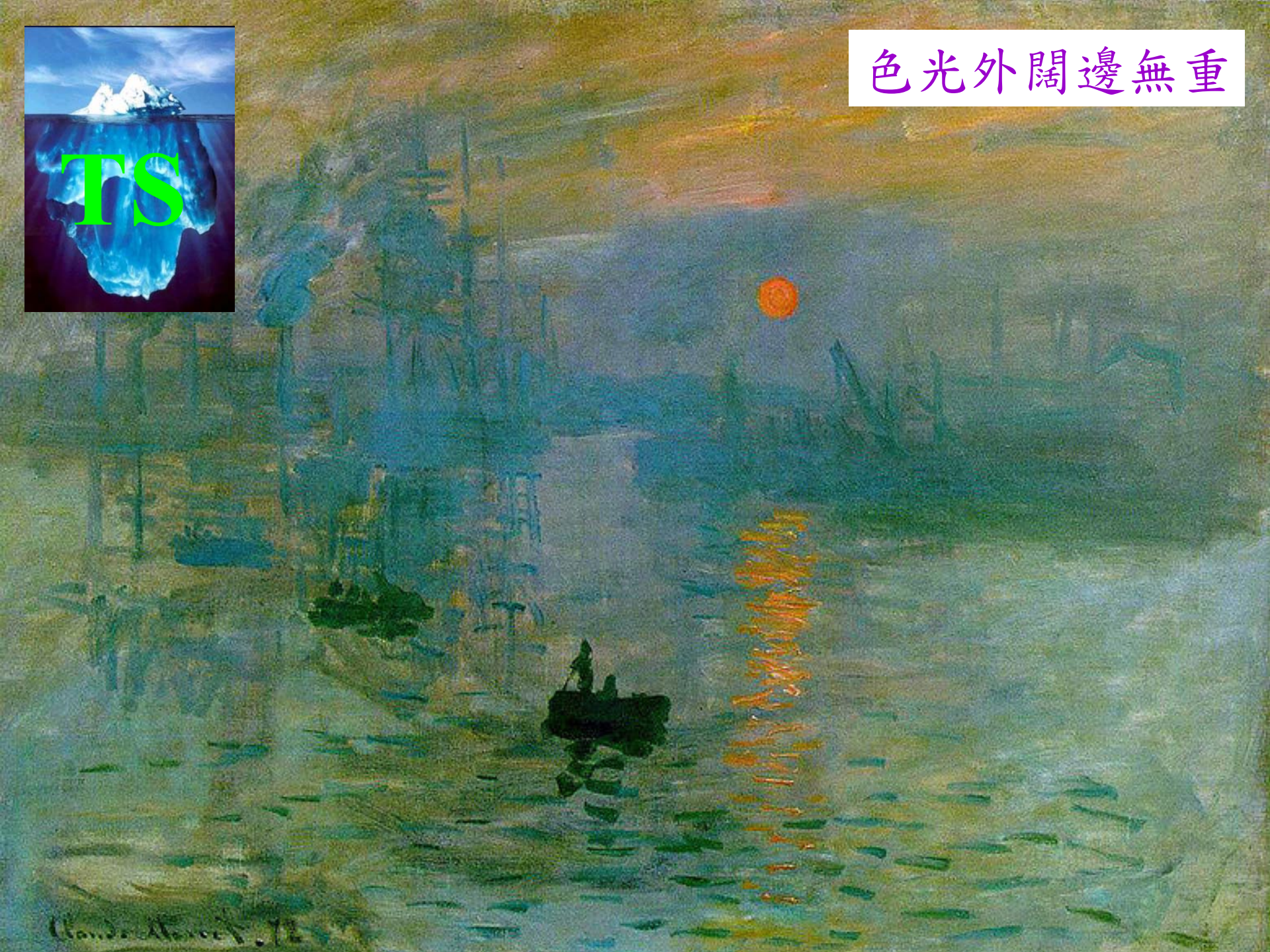


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只看部份...



色光外闊邊無重



艾克森治療學：只是為了 TS...

比喻/故事 $\leftrightarrow$ TS

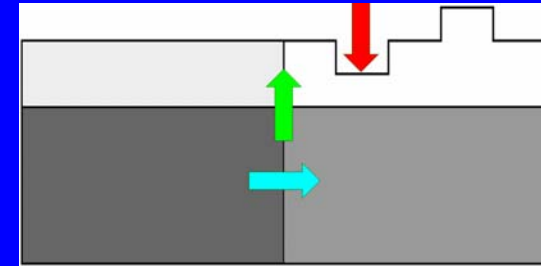
Trance $\leftrightarrow$ TS

肯定+不肯定 $\leftrightarrow$ TS



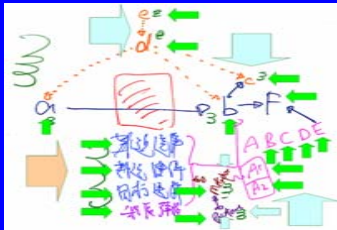


Utilization Focusing Emergence Self-Training TS



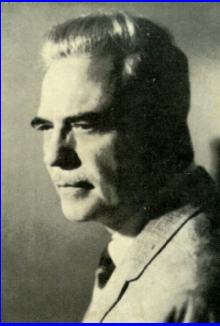
*Develop your own techniques.
Be your own natural self.
I tried to do it the way someone
else did and it was a MESS.*

Milton Erickson



Foundation Foundation





*When you read my work,
do not study the patten,
the technique,
the wordings of suggestions.
The really important thing is...*

.....

Milton Erickson



智慧之窗...

