



心深聽學

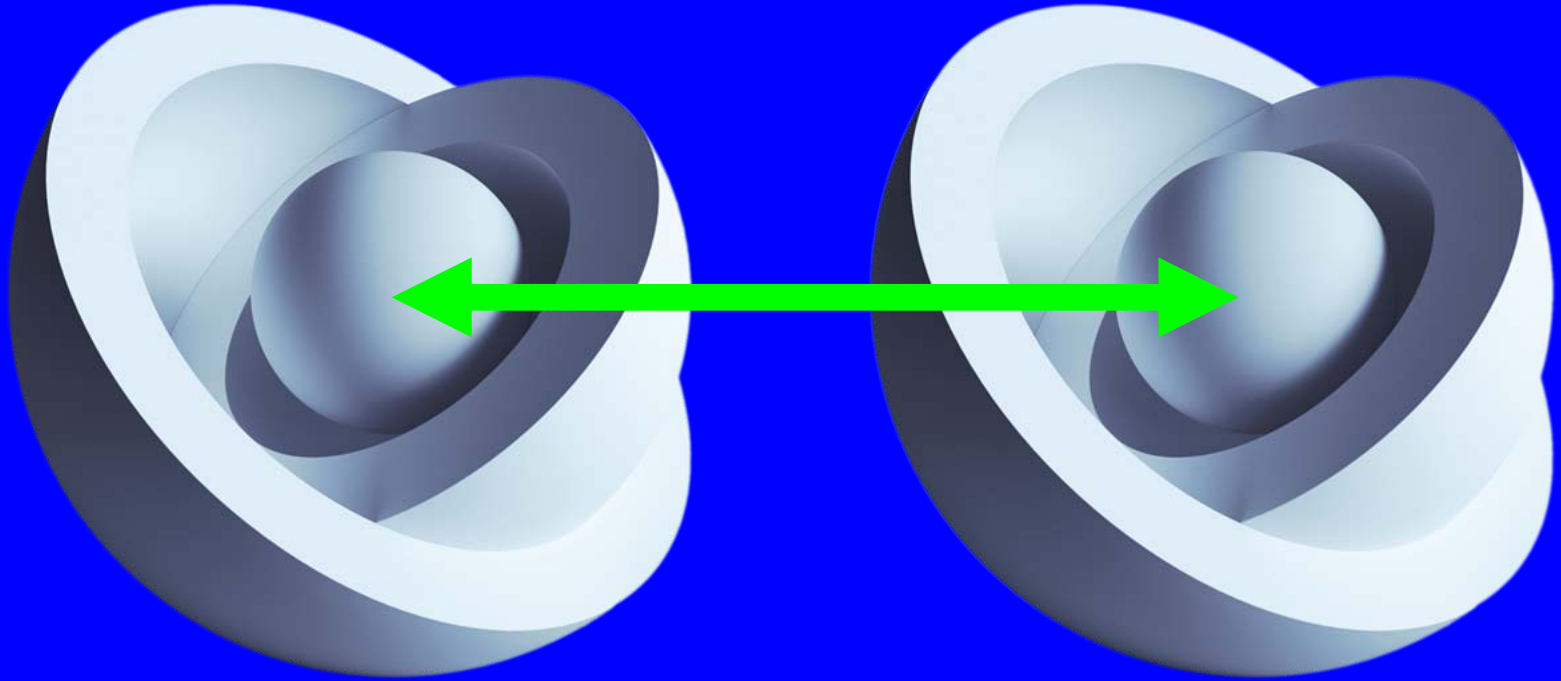
Class 1-4 Summary



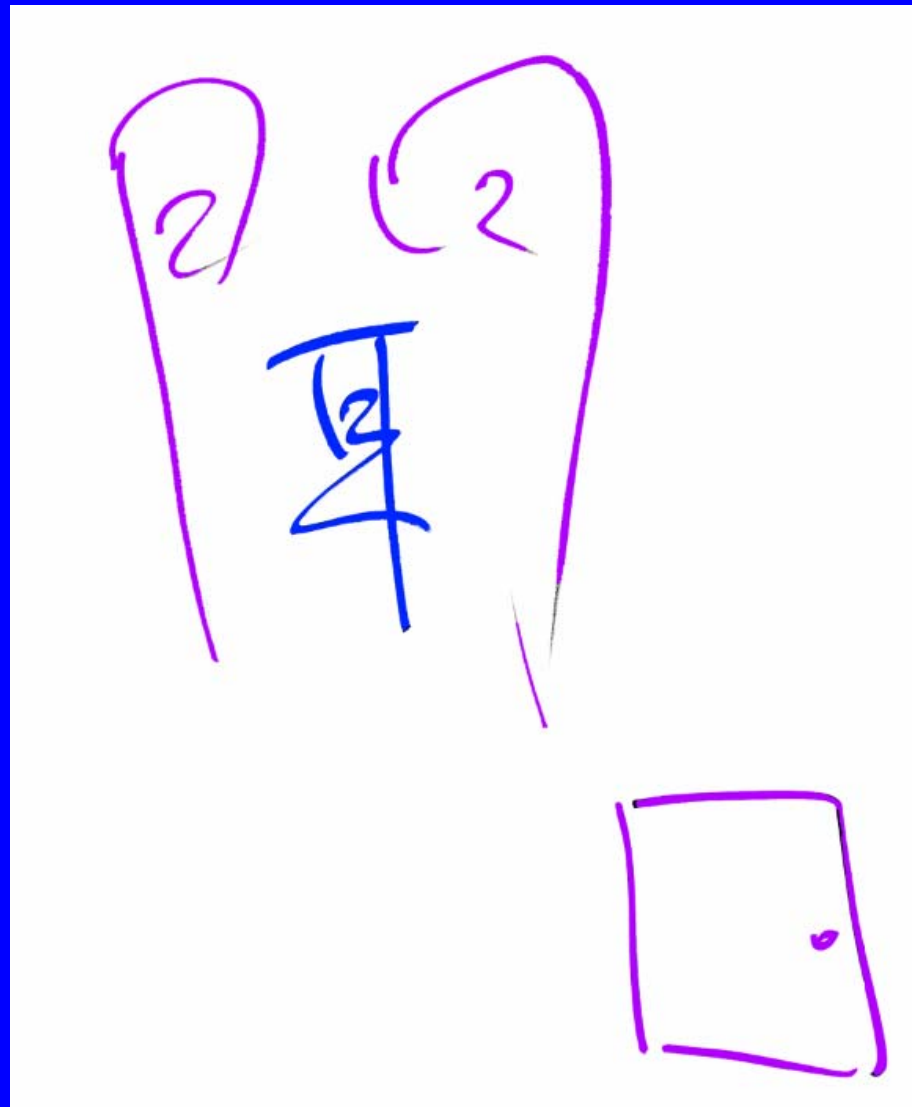




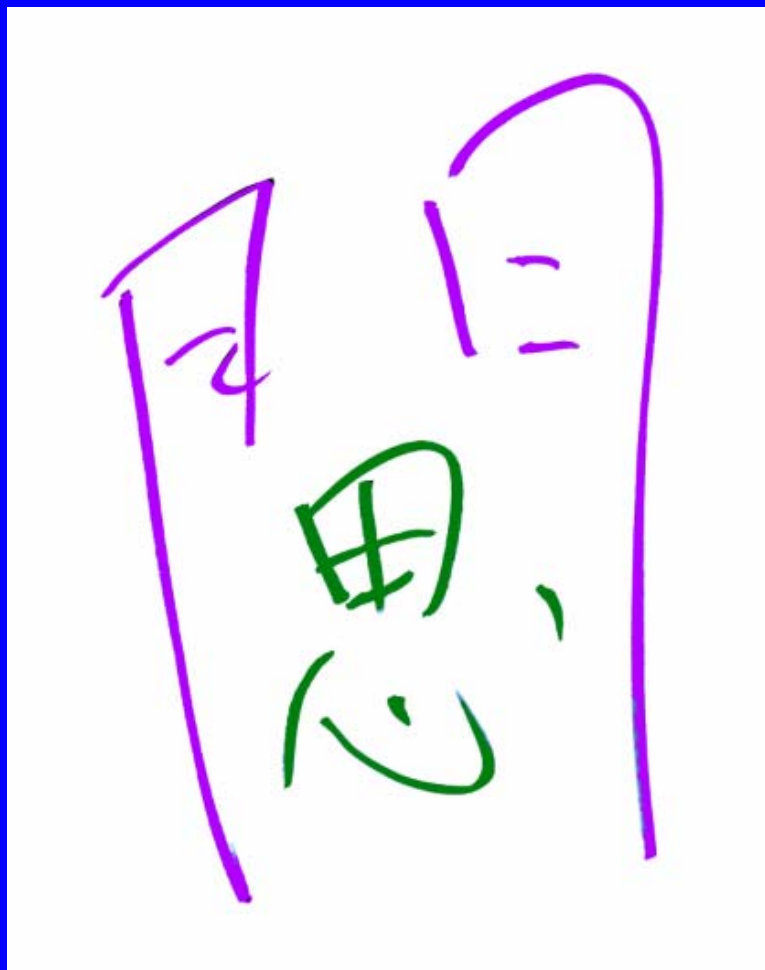
由心
全心
核心
內心



聞 = 明白...



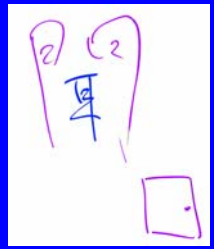
邊界思維者的學問...



Inner Thinking...

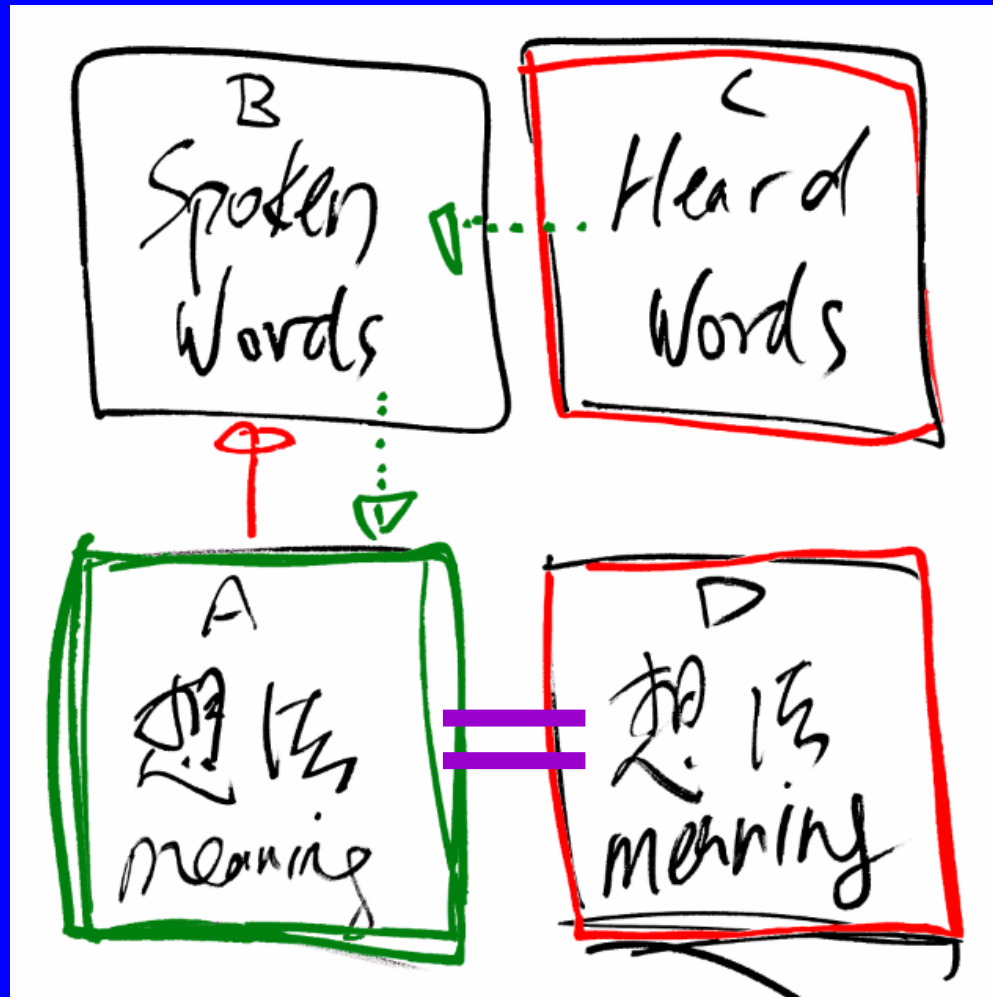
Knowledge
Understanding
Info
Focus

Reality

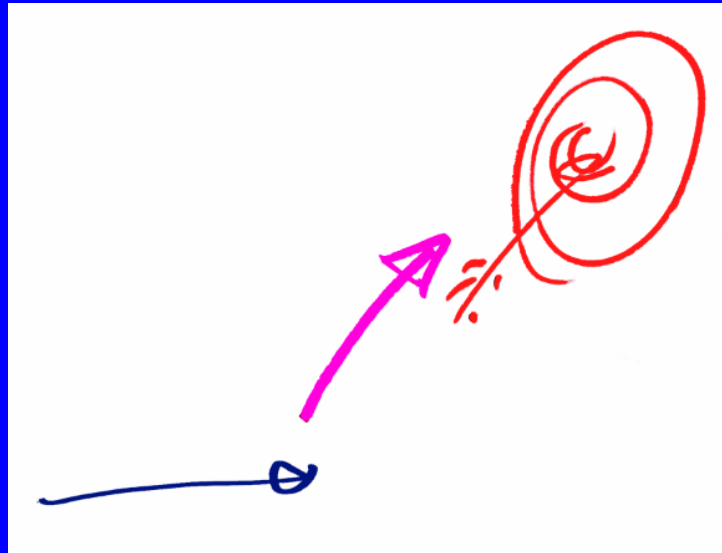
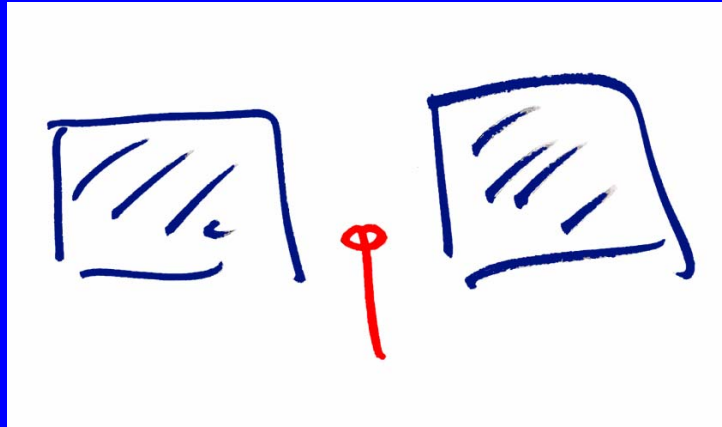


Heart-Deep Listen 在那裡?

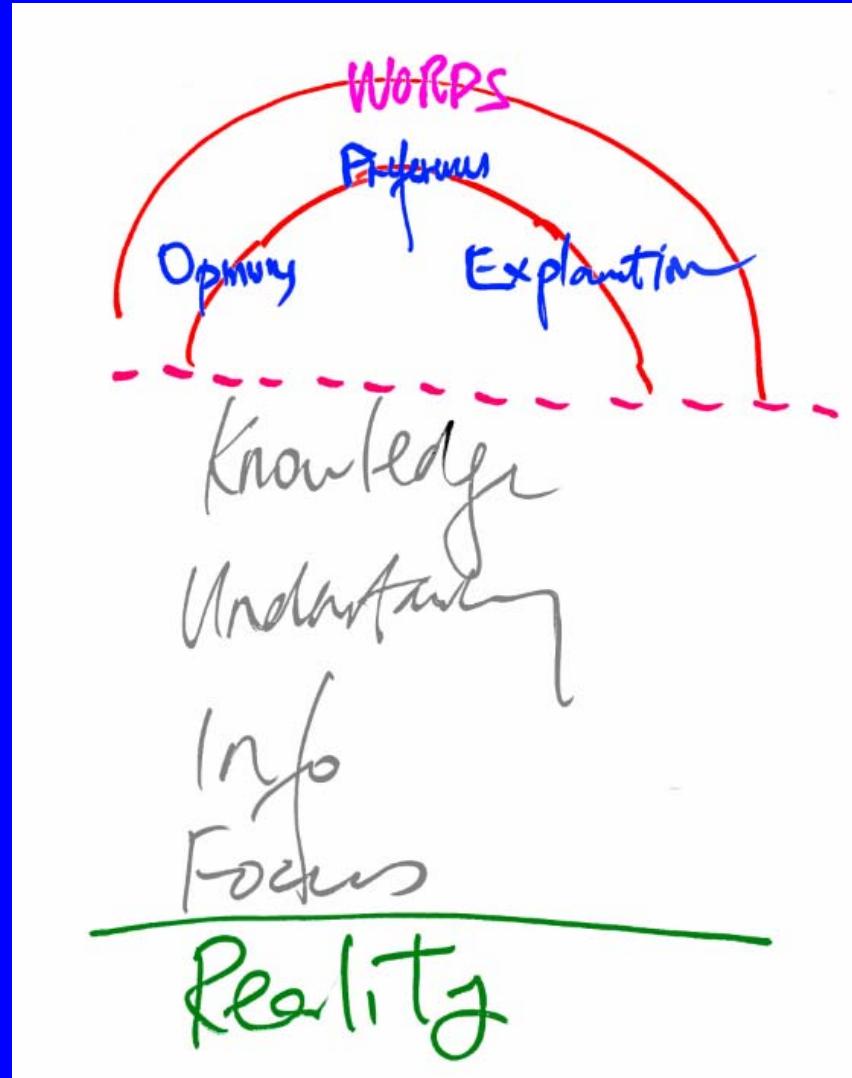
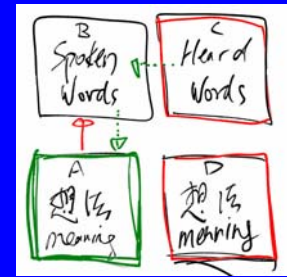
Heart-Deep
Listen



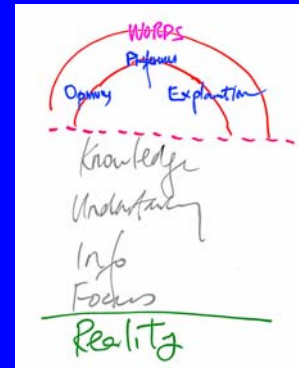
Heart-Deep Listen 的障礙...



聆聽外與內...



Word 罩 → 全估錯...



1. ^物 O P E X E

2. ^气 O E P X P

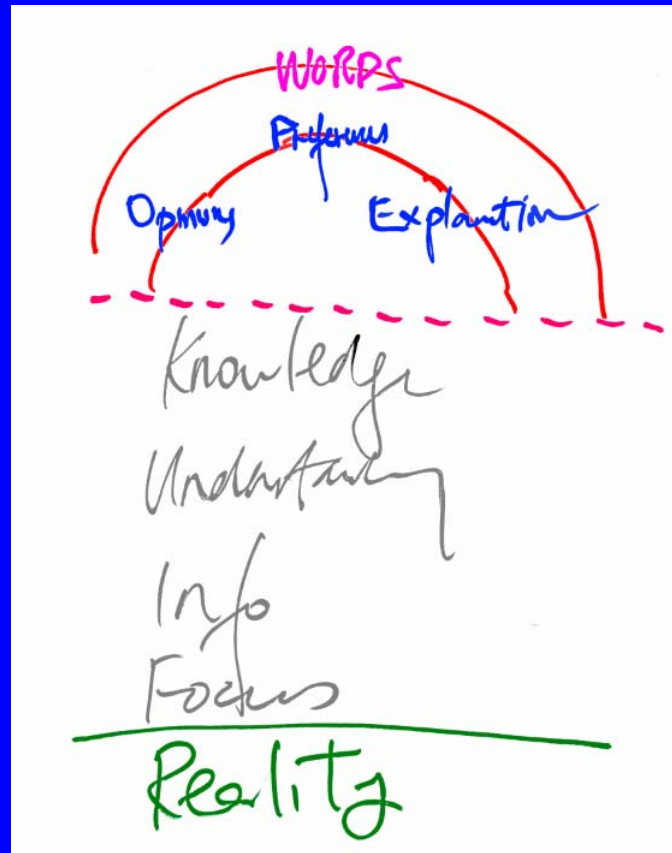
3. [→] O P E X P



Dissolving Shield: OPE

Choose
Before/Above
Other Options

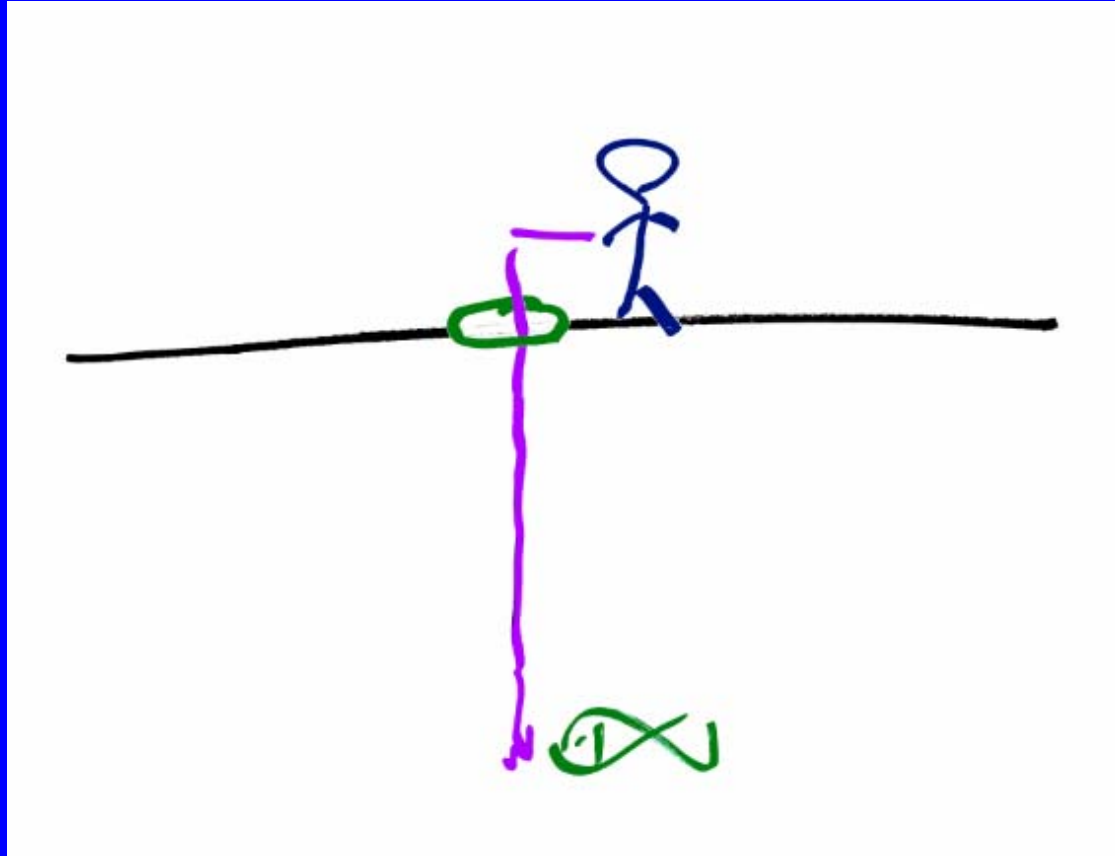
Judgement
w/o
Sufficient
Ground



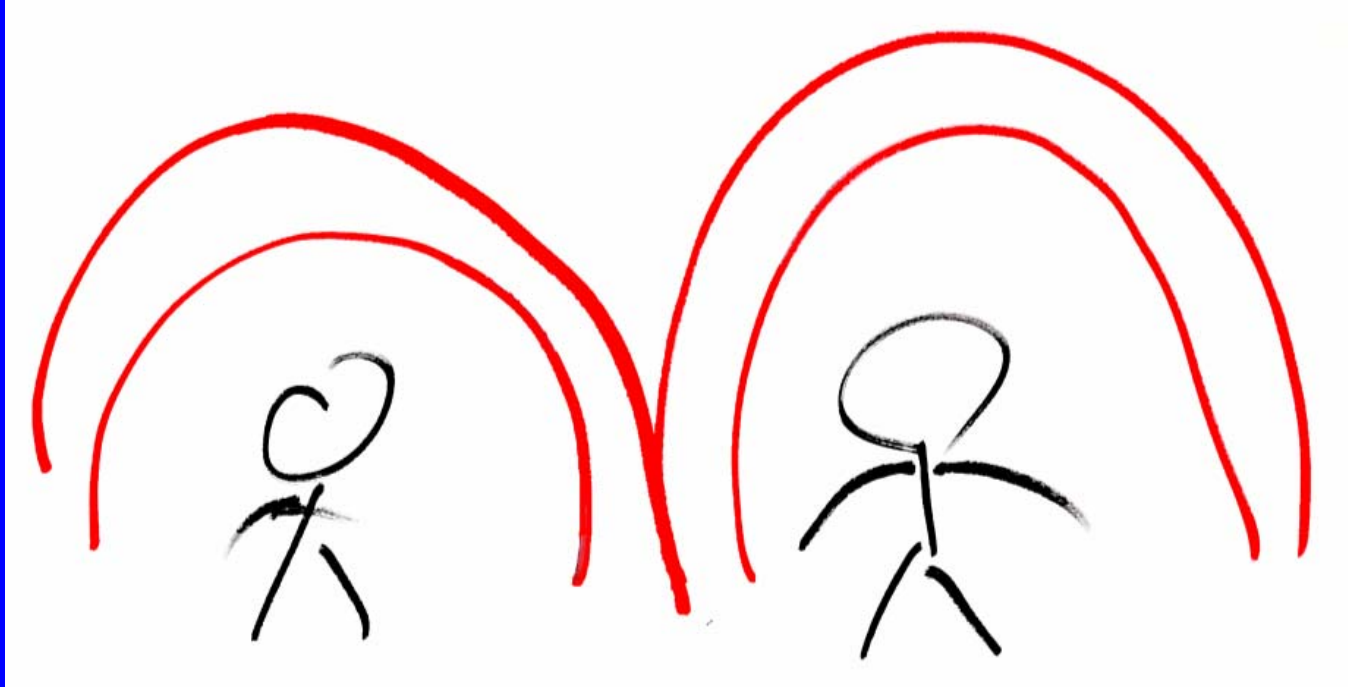
Make Plain

= →

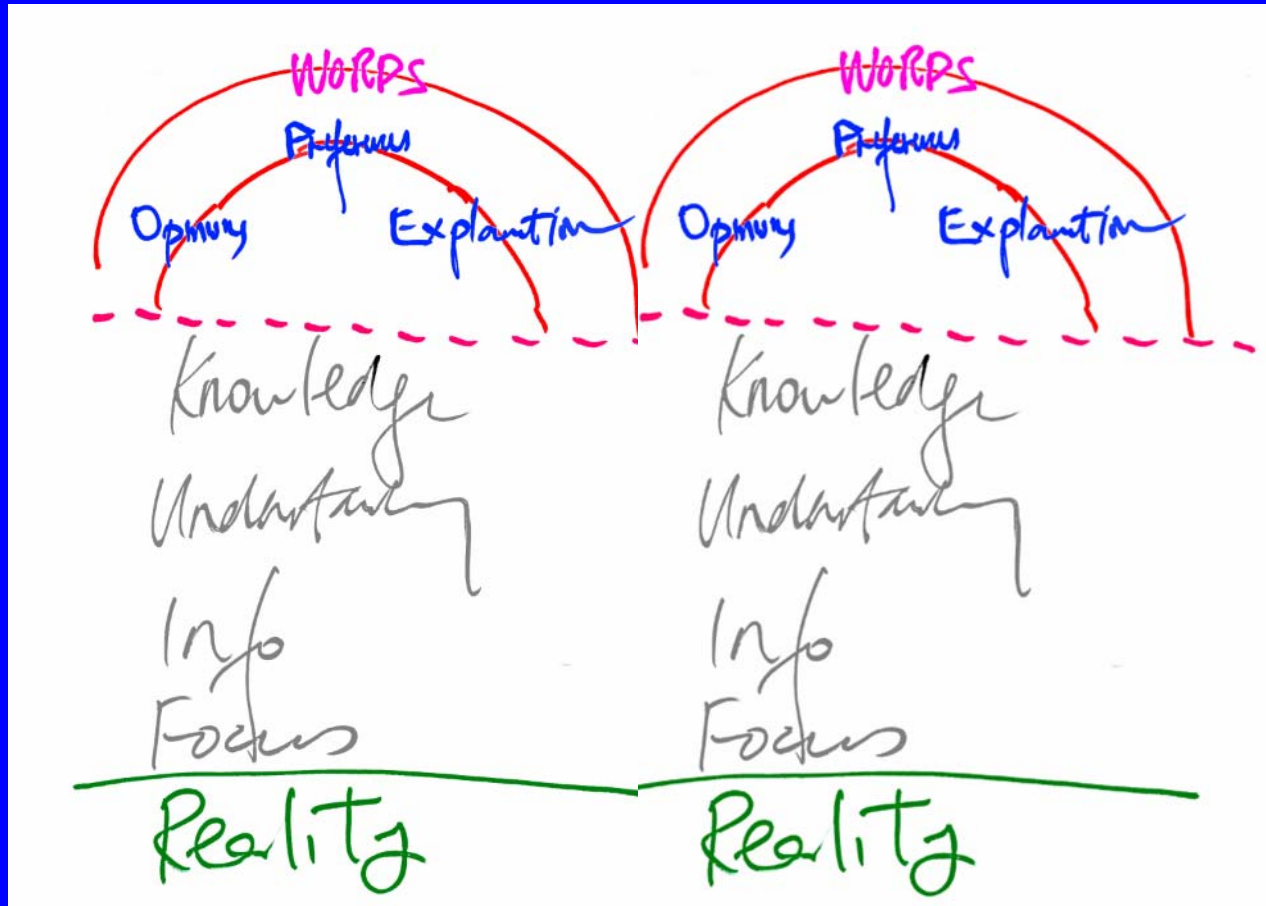
Heart-Deep Listen = 釣冰魚...



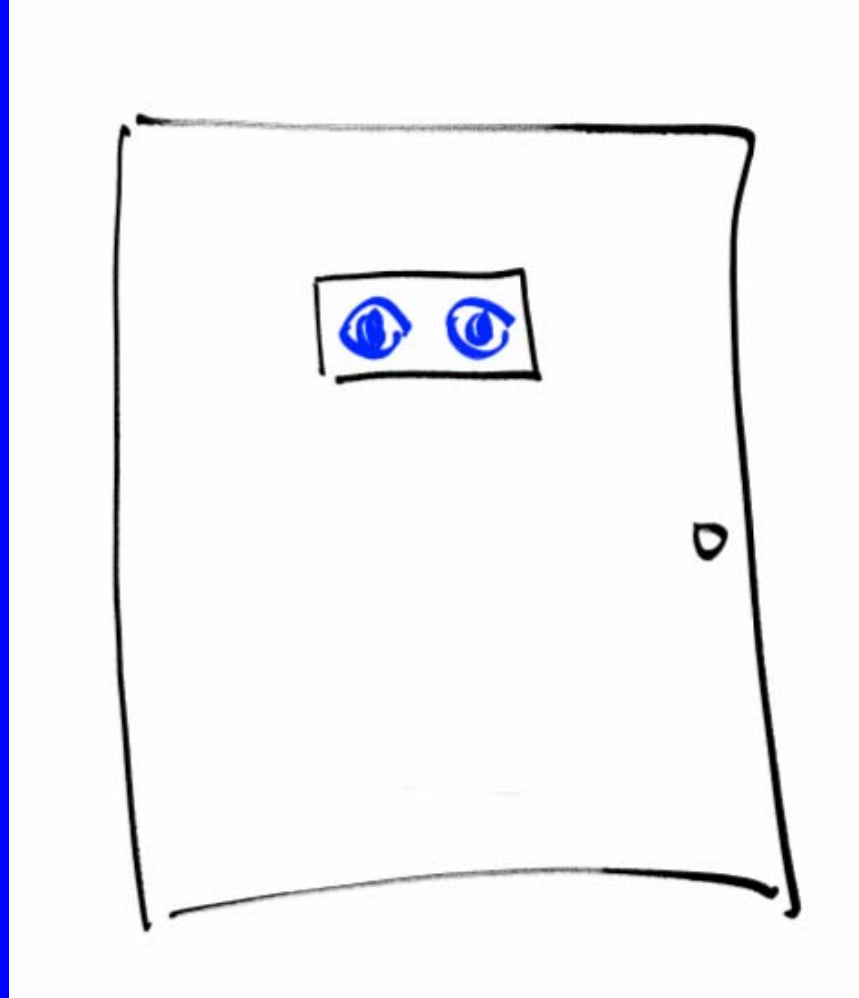
2× 罩 → 聽不到...



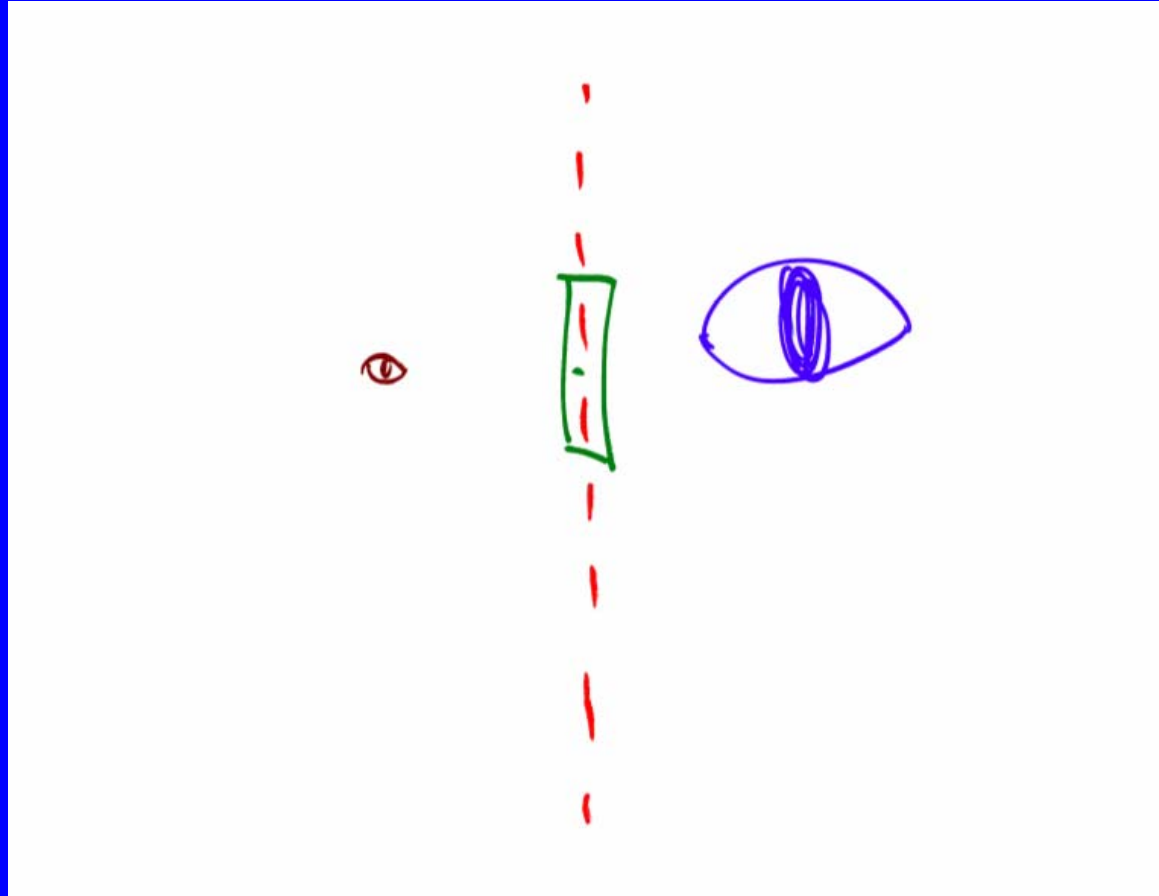
2x 罩 → 聽不到...



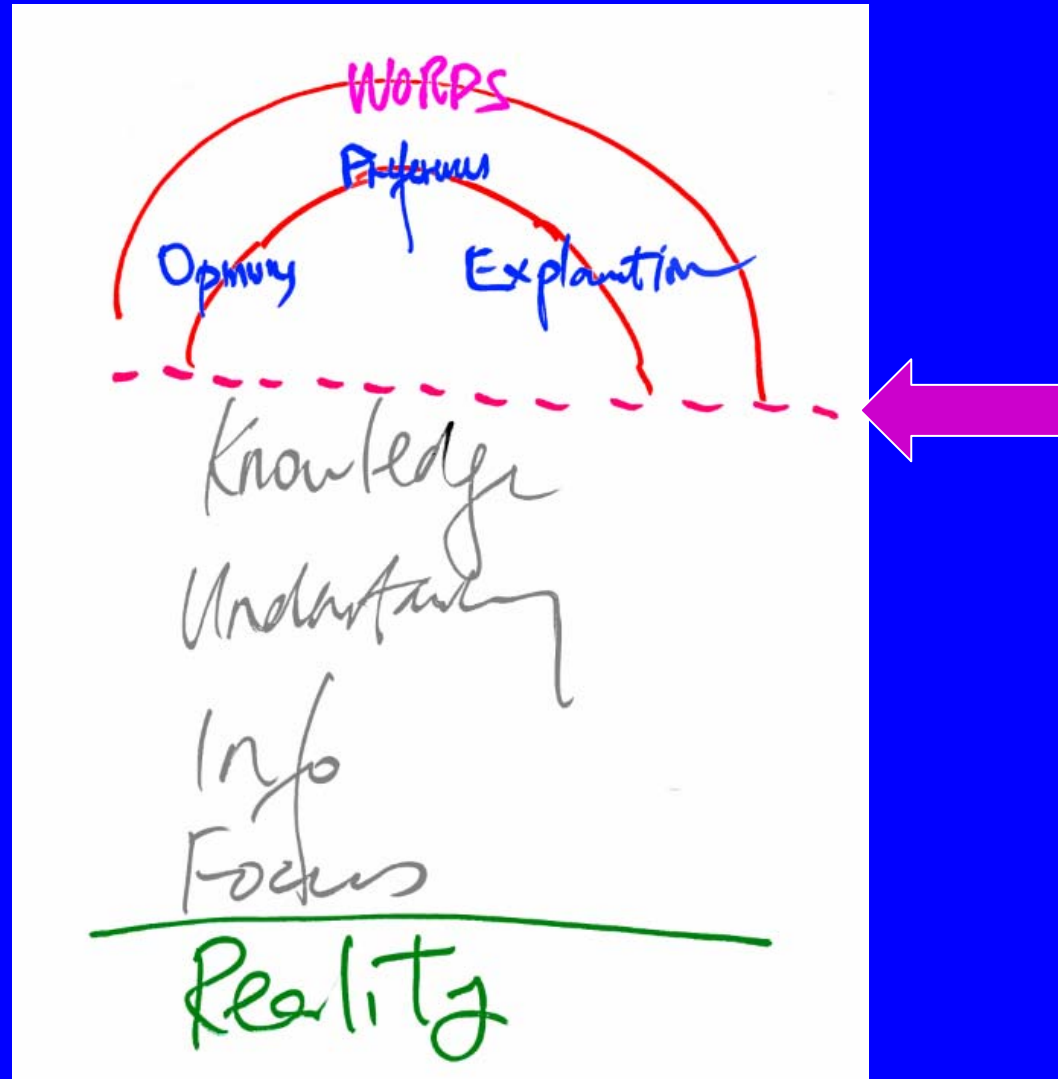
罩門...



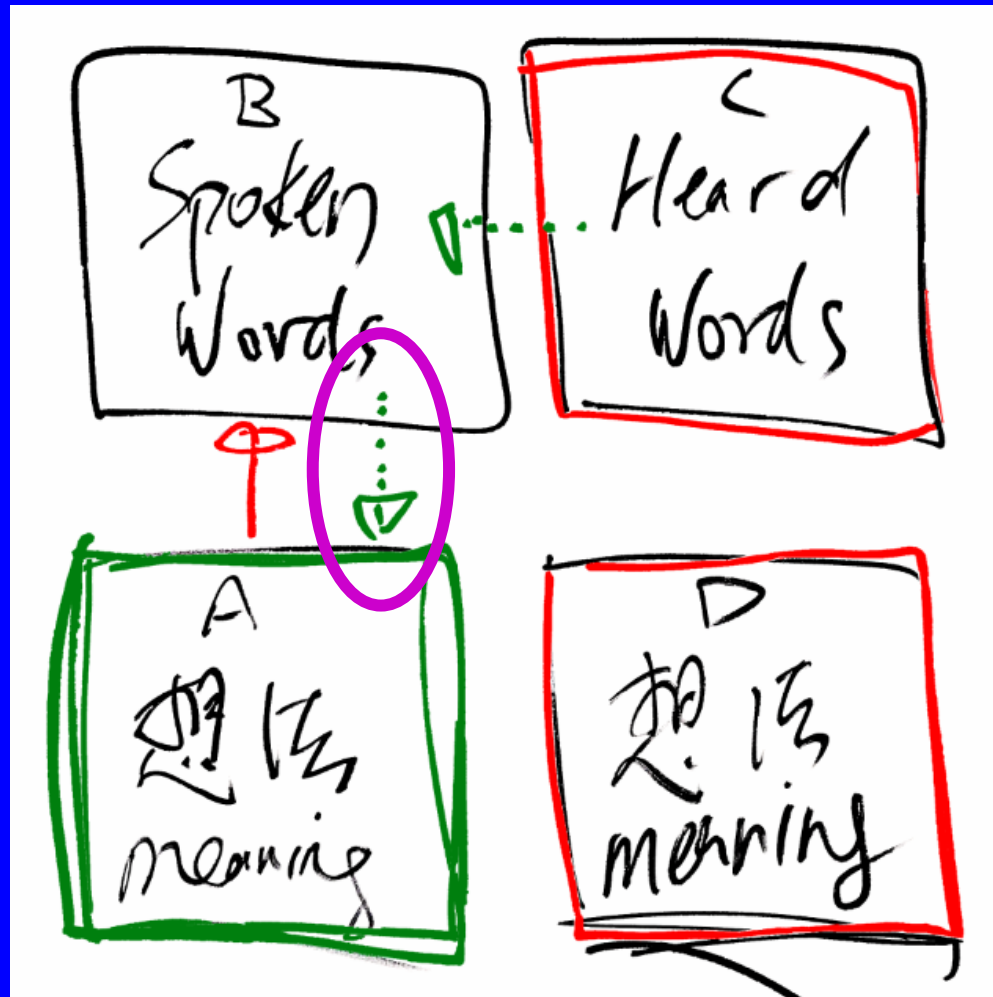
不知 → 知 → 改進...



邊界思維者: 看到兩邊...



邊界思維者：說話→想法...

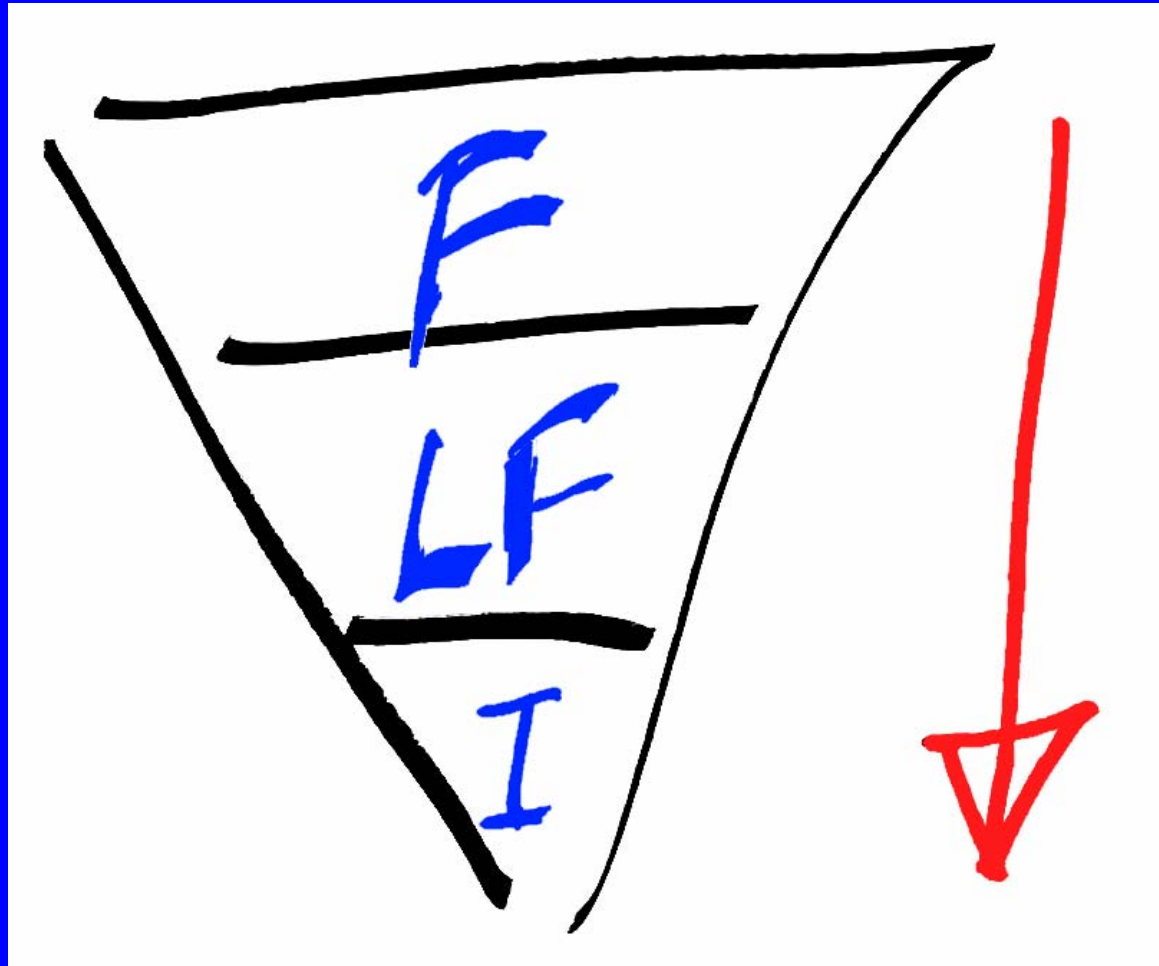


邊界思維者 = 聽己聽人...

修鍊

Boundary Thinker → Listen to Self → Listen to others

為什麼不懂聽？



Listening is Important, but **HOW?**

Popular.... knows...

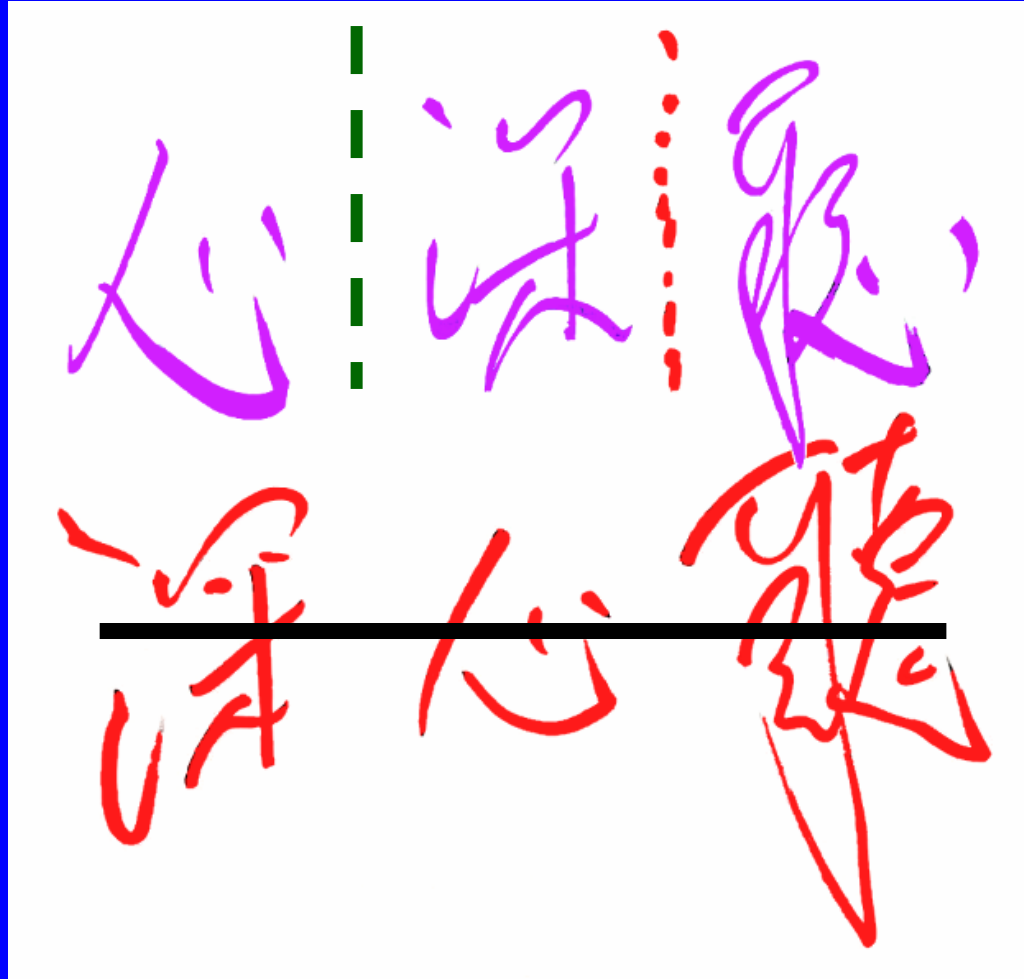
Listening > Talking

Art...

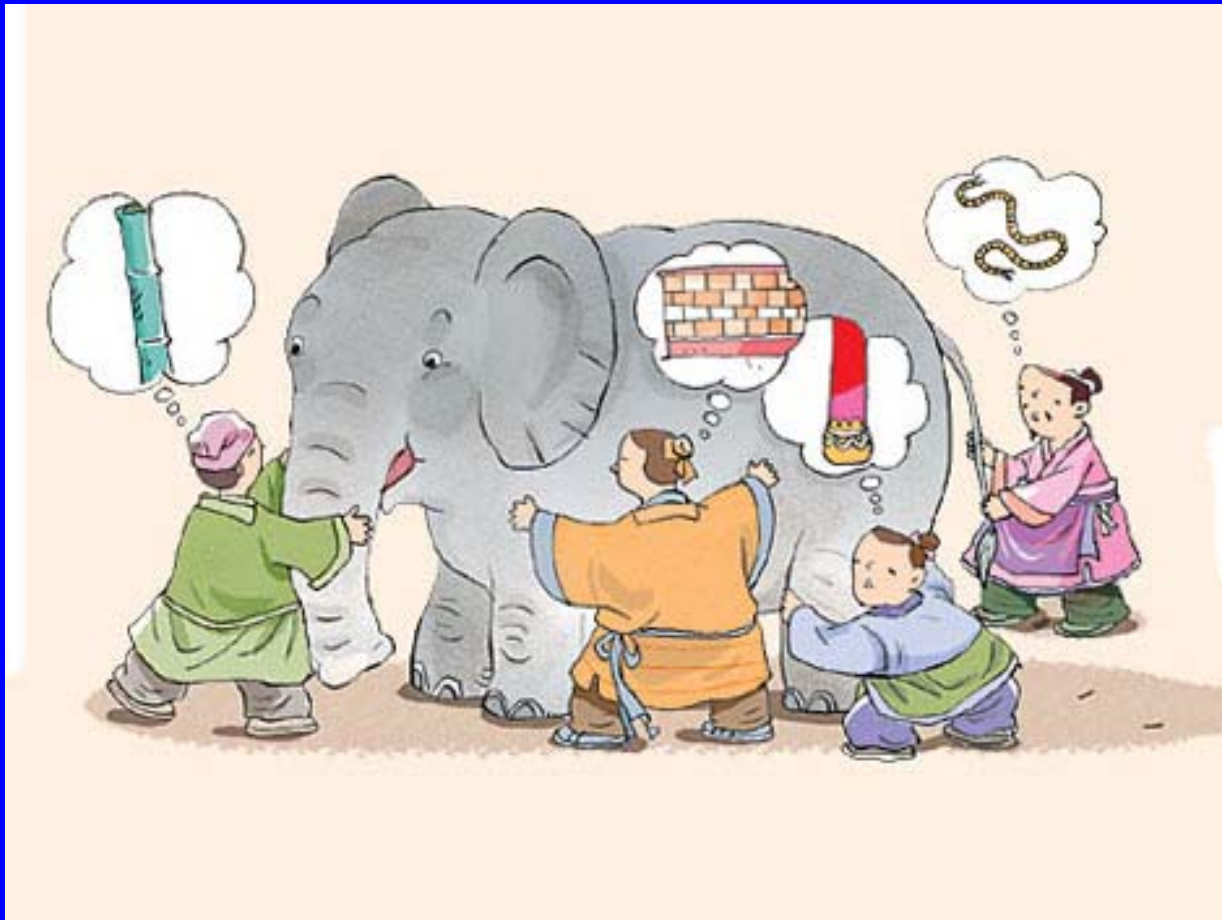
Sincere Respect...

2 Ears 1 Month?
How?

心深/深心? 心深 | 聽 ...



為什麼不聽下別人點講？





任何人皆盲(聾)！



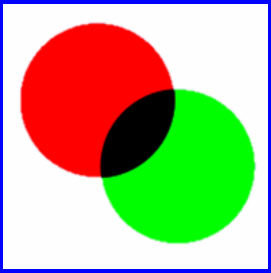
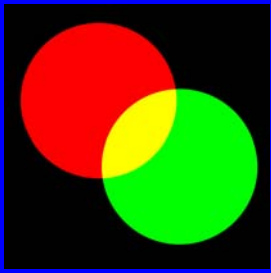
指月...

任何人皆盲(聾)!



為什麼盲聾？

Obvious

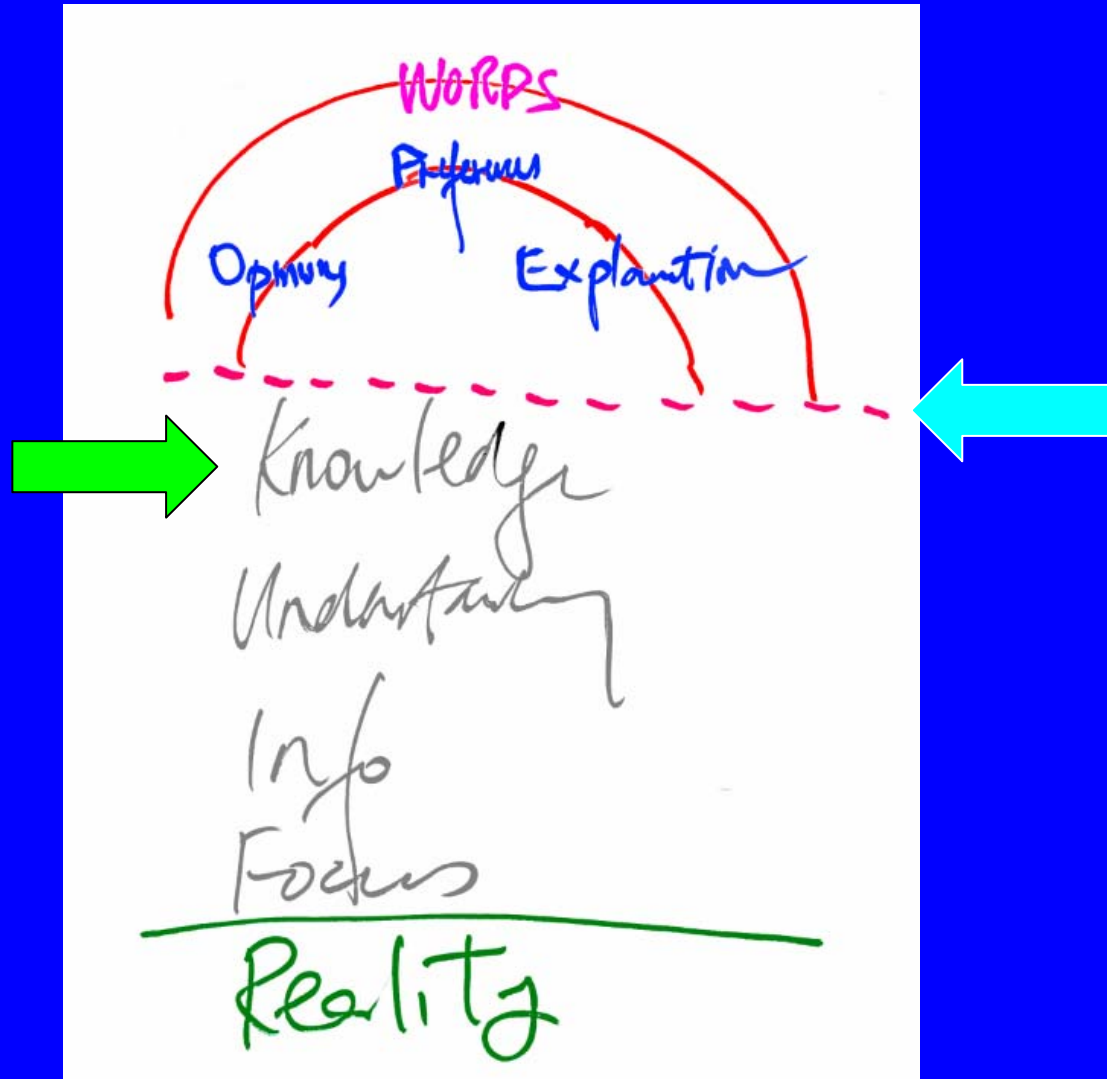




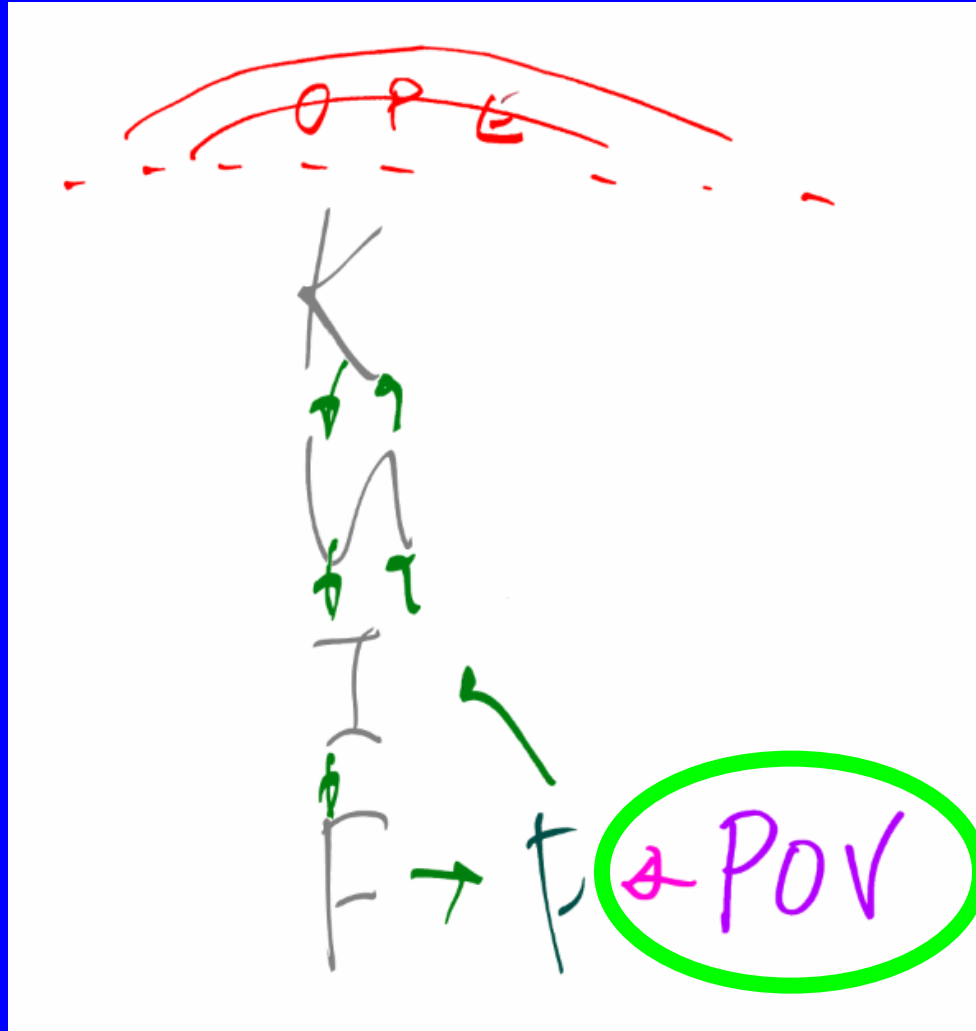
De-Obvious



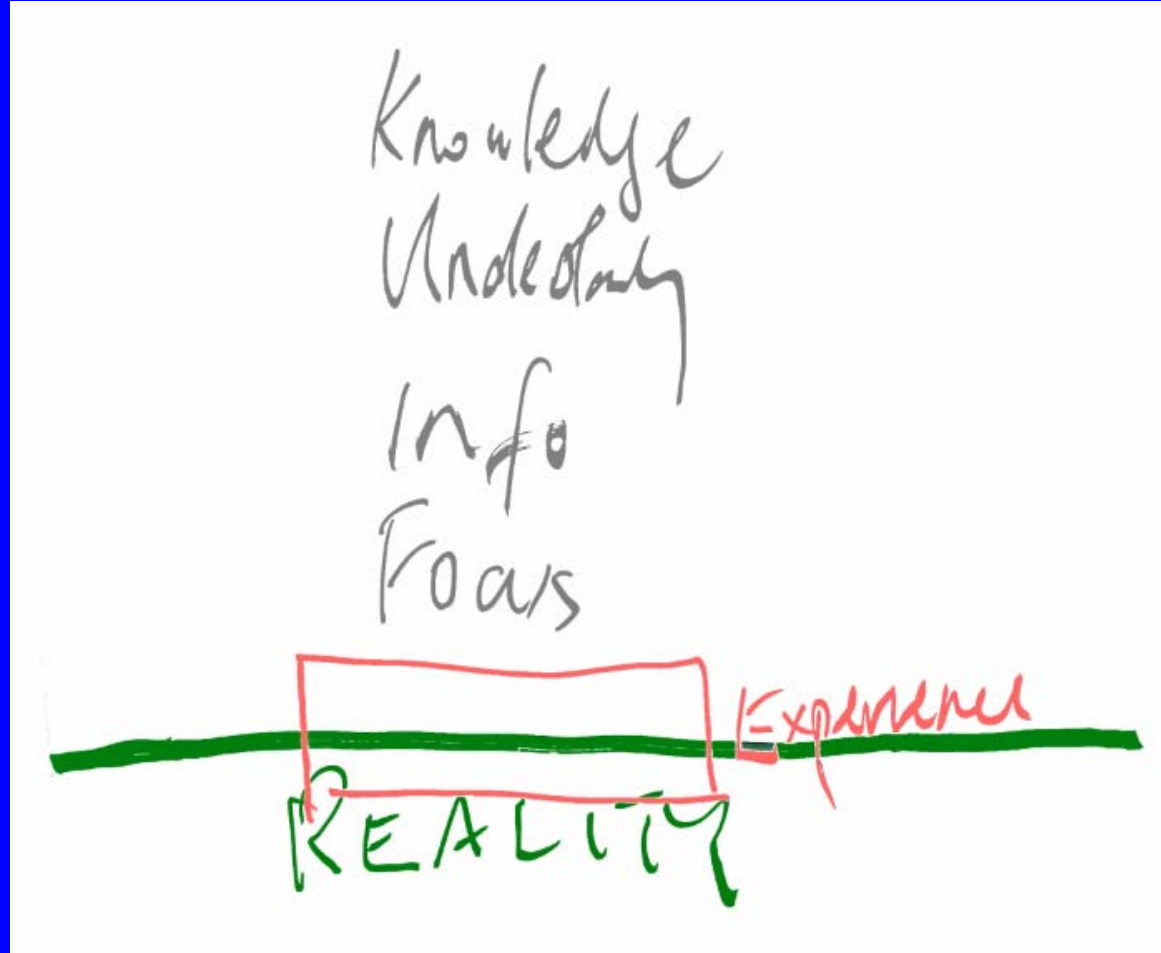
邊界思維者: 看到兩邊 ... De-Obvious



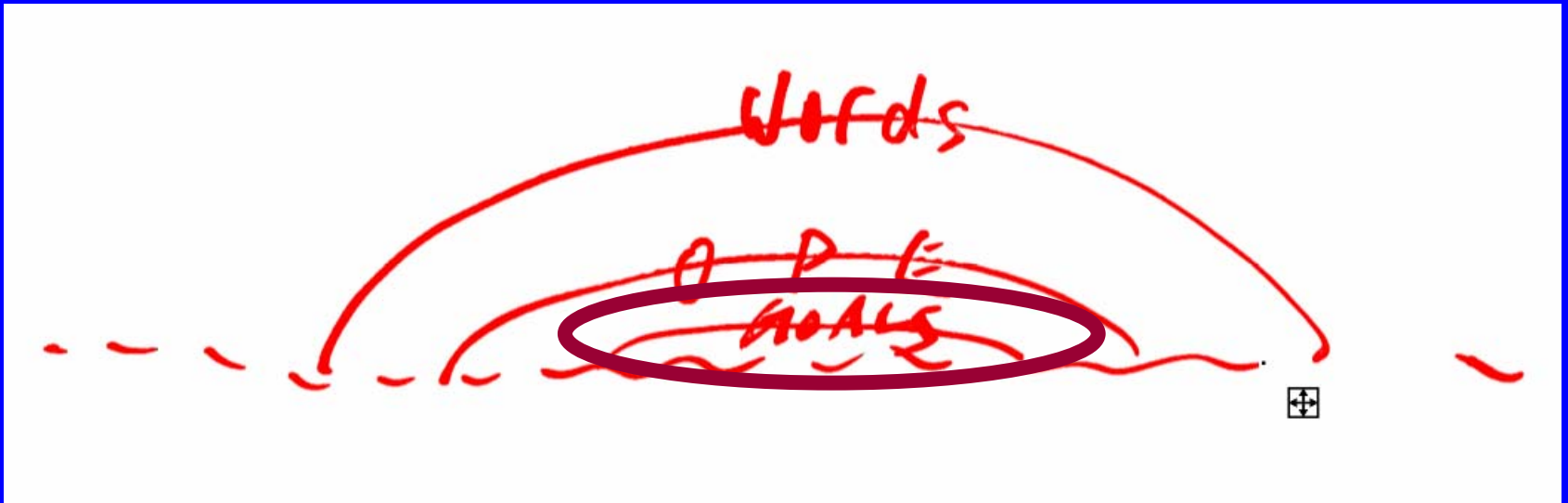
邊界思維者: 看到兩邊 ... De-Obvious



邊界思維者: 看到部份 ... Experience / Reality



**FREE
RENT!**





Main

Probing
Agreeing
Persuading

Sub

Distracting
(Re-assuring)

Side

Dissolving Shield: Goals

Thomas Gordon

Telling what to do

Risks / Dangers

Suggestions / Solutions

Duties

Responsibilities

Blaming / Criticizing
/ Disagreeing

Labelling Person

Re-Interpreting

Directing
Warning
Advising
Moralizing
Judging
Slaming
Analysing

Probing
Agreeing
Persuading

Distracting
Re-assuring

Facts / Information

Matching/ Complement

Reasons / Logic
P & L

Away From

Sympathizing



Judge, Probe, Advise, Analyze from MY POV...

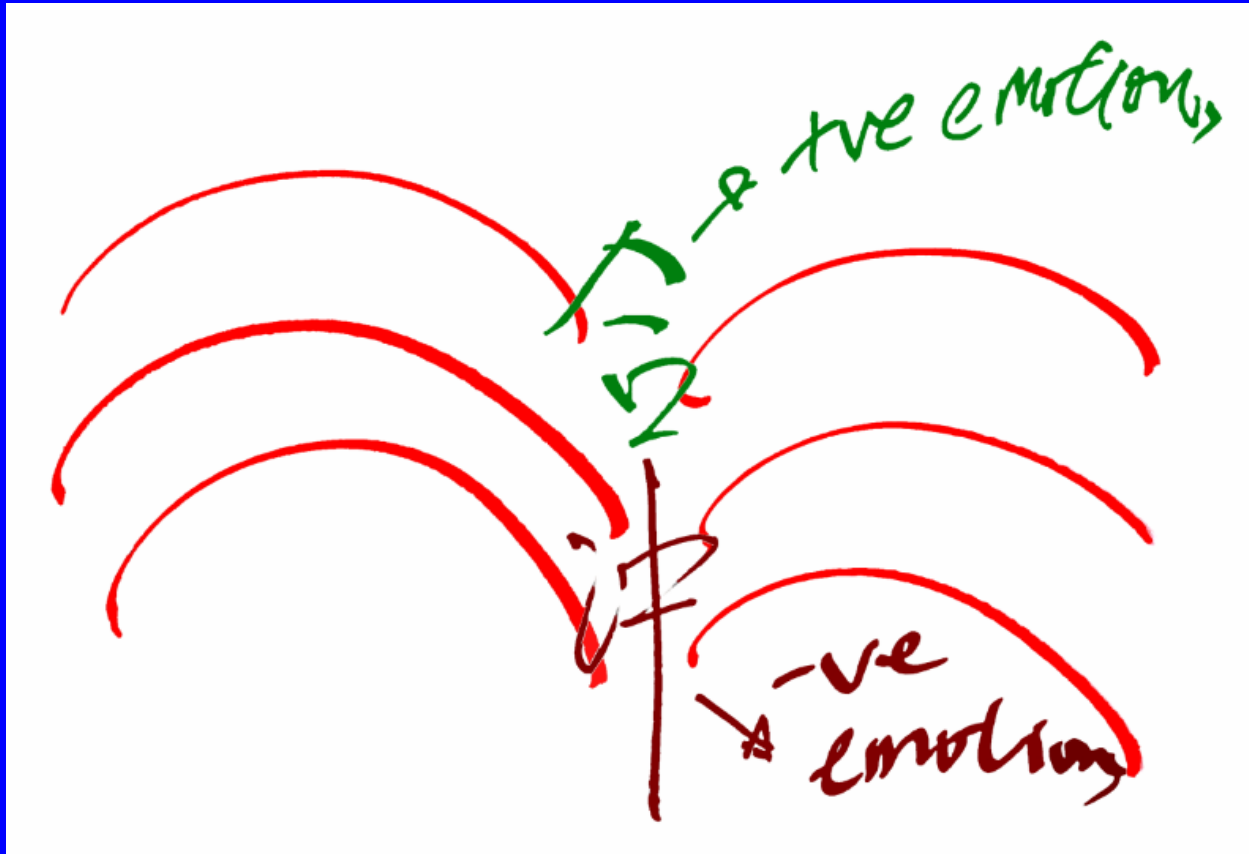
Steven Corey

白傳式

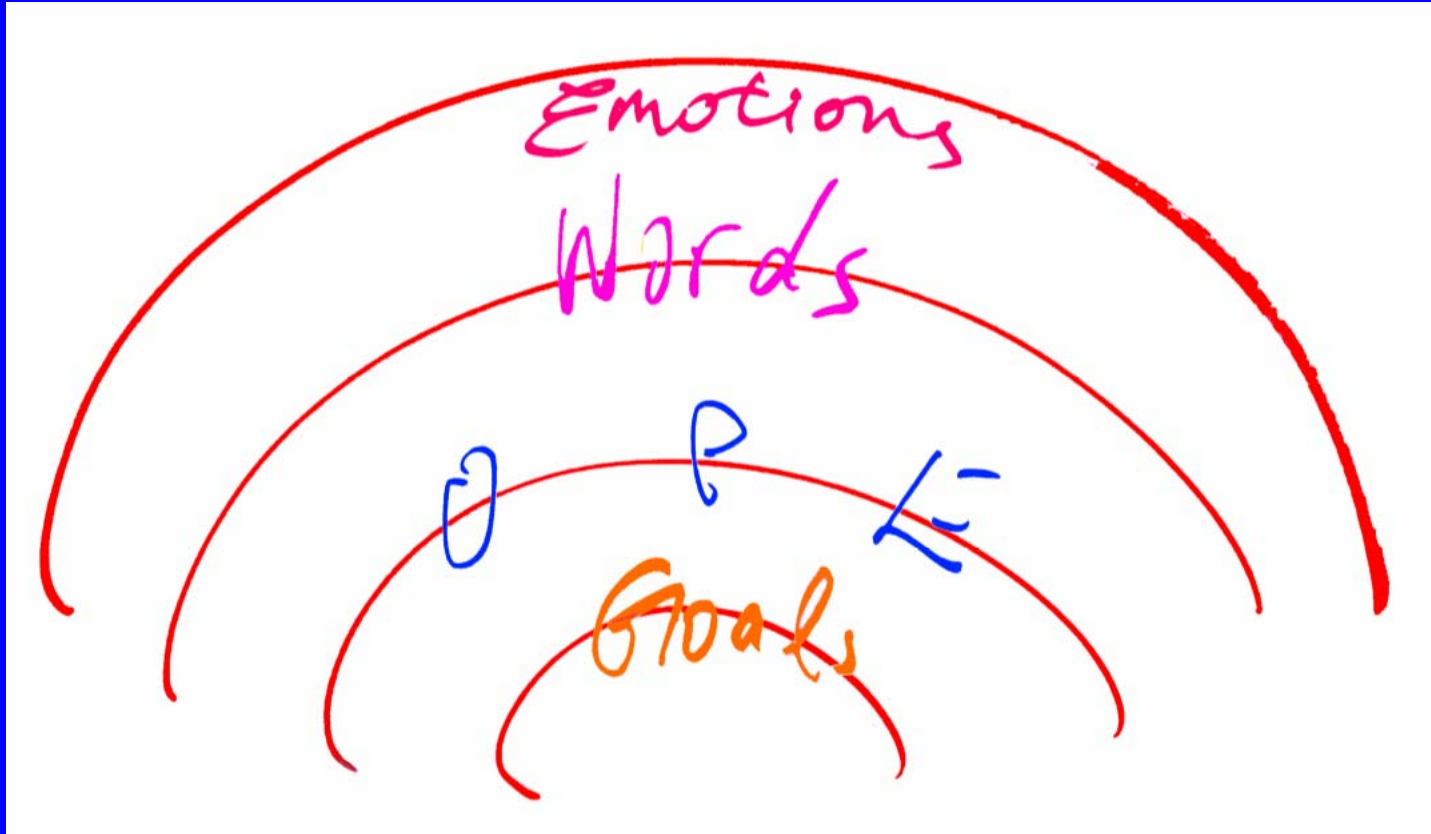
Sincere Desire to Understand

Listening → ? → 情緒...

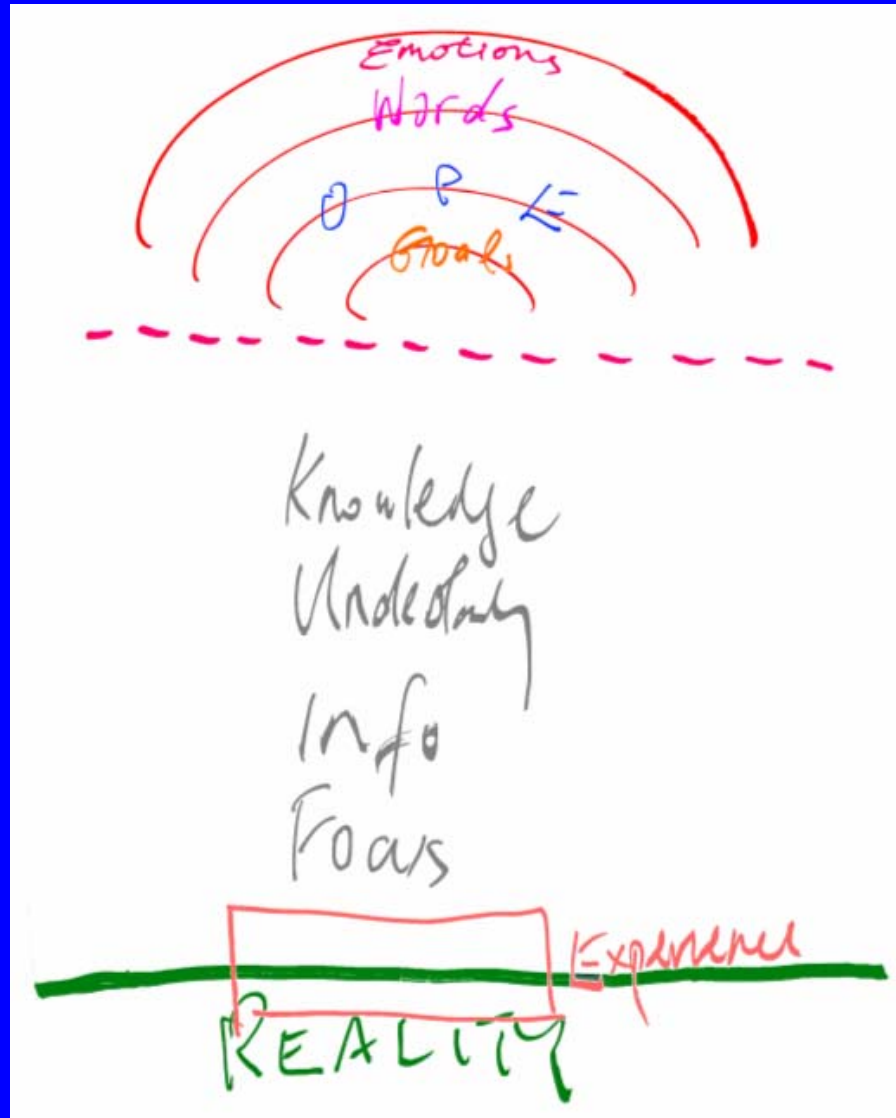
Emotional Shield ?



4th Shield: Emotion...



邊界思維者: 看到兩邊...



邊界思維者：自我修鍊...



改變看法

改變看法

改變看法

↑
他的道理
你的道理

↑
明顯 → 另一個觀點

↑
改變如何看自己

↑
不同看法



天生 ↔

Mirror Neurons

~~sensitive~~

≠ 感感

知 how others Feel / Think

HDL ~ Empathy



看
聽 → 知
感



天生 ↔

Mirror Neurons
~~sensitive~~

≠ 感感

聽 →

知 how others Feel / Think

HDL ~ Empathy

? ??

? ??

Mirror Neurons



Emotional Contagion

情緒感染



? ??



Hatfield

① Imitate

② Emotion Change

Implicit

Explicit



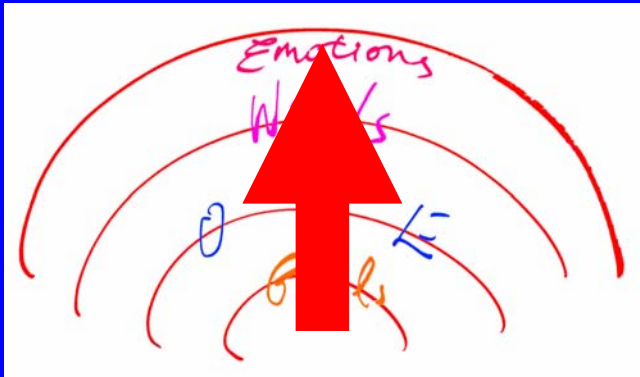
? ??

Mirror Neurons



Emotional Contagion

Open Trust



天生 ↔

Mirror Neurons
~~sensitive~~

≠ 感感

聽 →

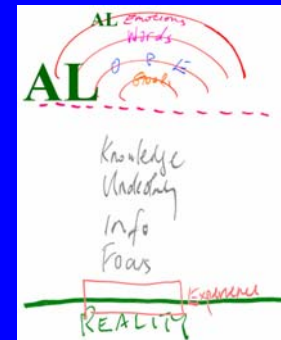
知

how others Feel / Think

→ 批判

HDL ~ Empathy

EC AL



Listening w/o Judging...

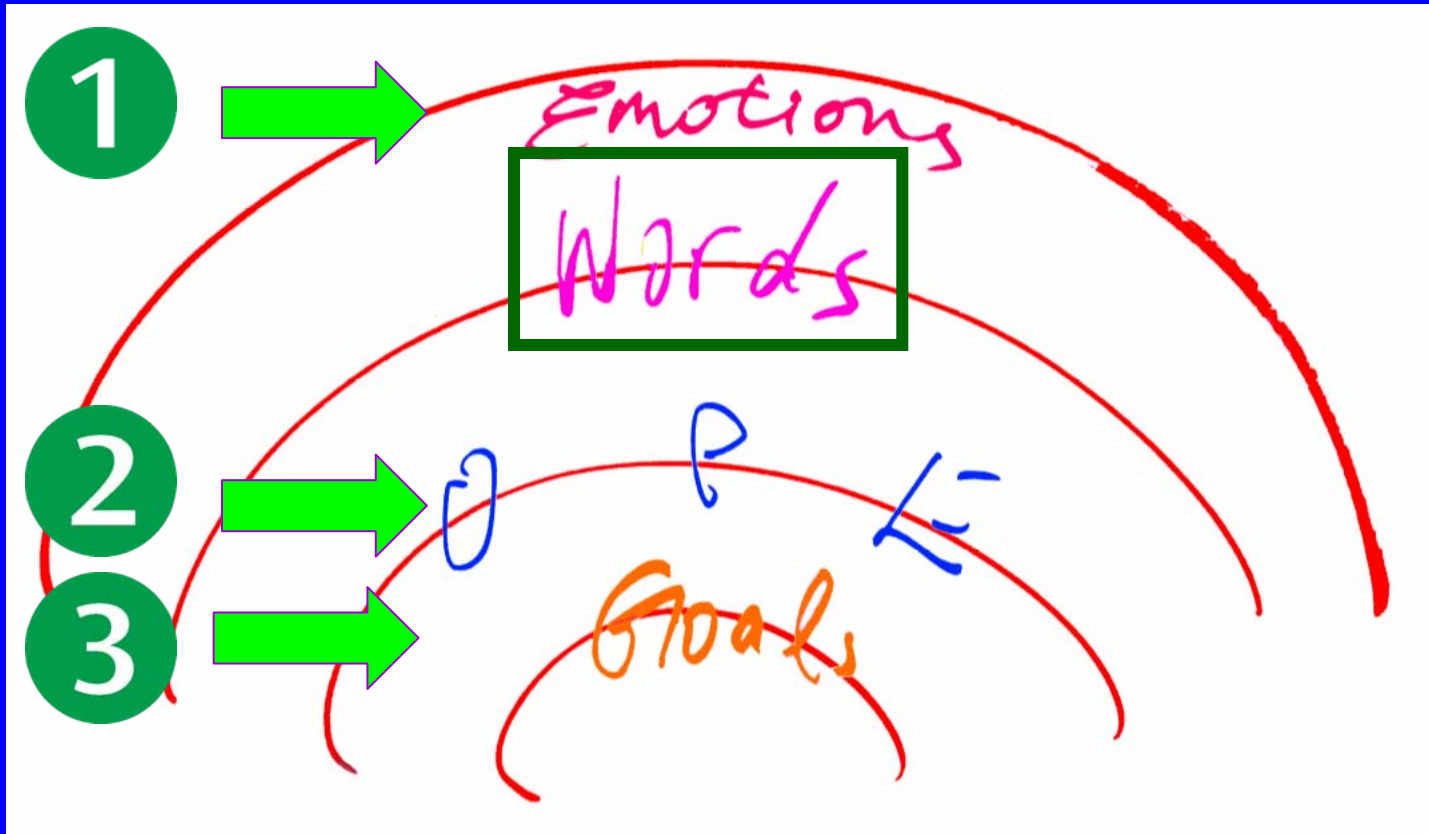


LOVE

仁(儒) 惻隱
道 回
墨子 義愛
佛 悲
與樂 救苦



Dissolving Shields...



$$\text{HDL} \sim \text{AL} + \text{CL}$$

Affective Listening

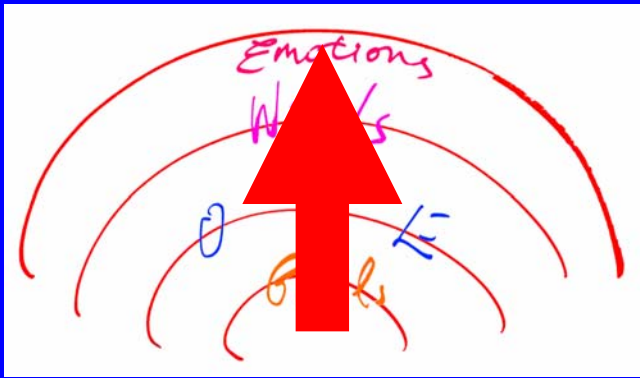
Awar
知
↓
知

情緒 + 想 法

表 示

① ♡ 阿 ② ?





天生 ↔

Mirror Neurons

≠ 感感

~~sensitive~~

LOVE

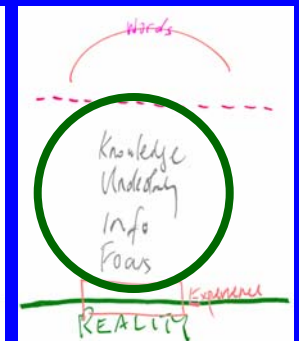
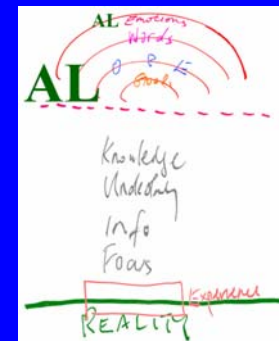
聽 →

知 how others Feel / Think

→ 批判

HDL ~ Empathy

EC AL CL



HDL ~ AL + CL

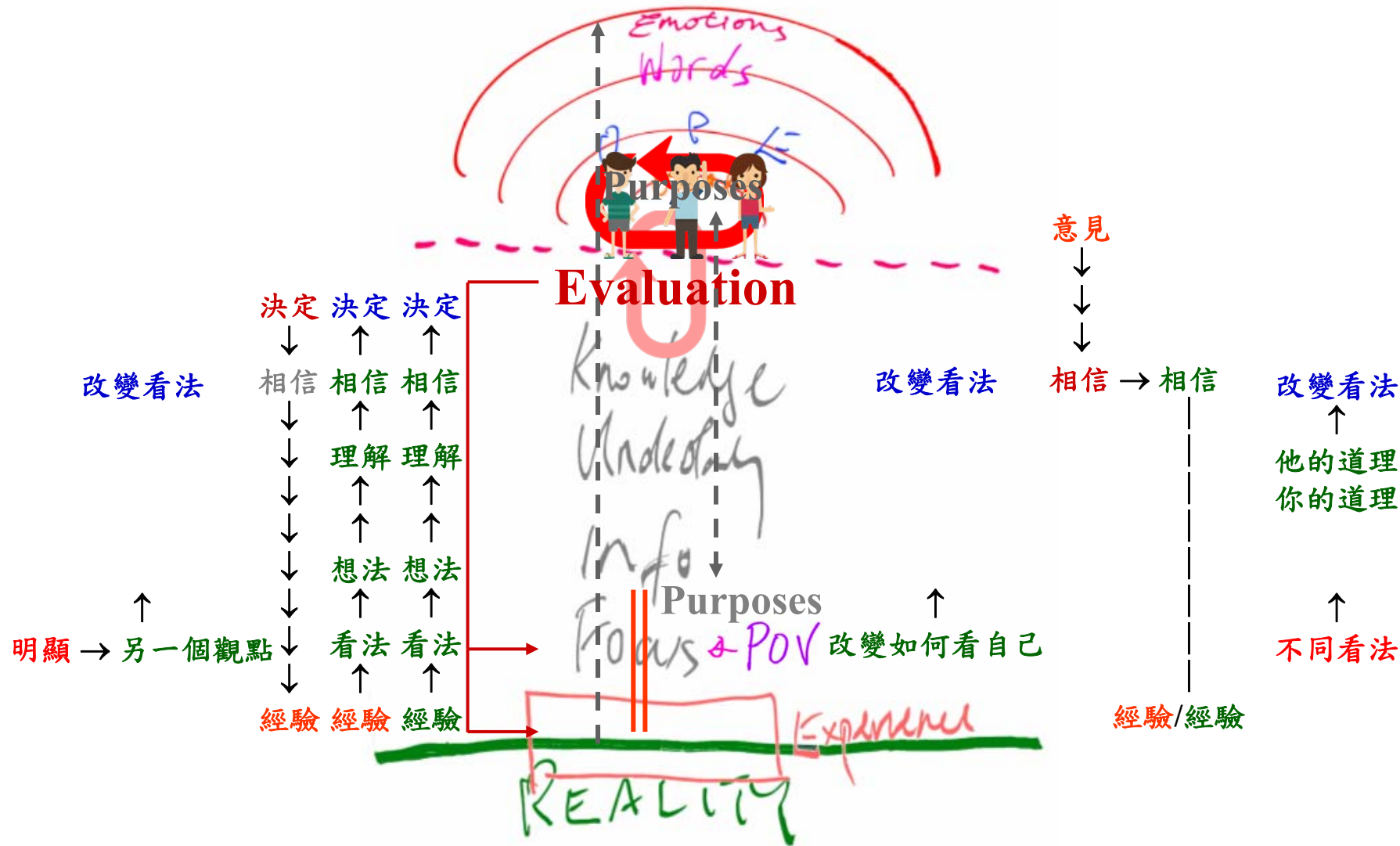
Cognitive Listening
↳ Inner Thinking

此時此事

是這層次



邊界思維者：自我修鍊...



罩的 解藥...

OPEN



OPEN

最新課程

只辦一次

回復真正的自己

SOUSIOLOGY

in search of your soul...

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沒有方法
沒有原理

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