

# 本土靈性諮商初步探究

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## 摘要

生命總是在內在自我衝突中存在著，這使得人想要去探索自我存在的真實價值，一旦朝向此方向前進，就會邁向探索存在的本質——靈性，而探索靈性的歷程即是自我靈性療癒的諮商歷程。本文重點主要是探究生命的焦慮不安定感來自於何處，以及如何處遇？從量子科學與心理學觀點共同探究，發現生命議題不僅只有一世，不生不死的靈魂積累過去世的經驗，都影響著當下的自己。心理治療中的完形學派提到剝洋蔥似的人格，如同從生命議題走向靈魂議題，一層一層的剝離與看見。綜合本文，解決生命現象中卡住的方式，是學習自我覺察、修通，並頓悟——生命的本質是空無。心念能牽動一切，一個念的轉變能轉化一個生命現象。靈性諮商是引導人學會看見自己全然的靈魂脈絡，並真心的完成四道——道歉、道別、道謝與道愛。瞭解生命歷程是成就自我靈性開展的歷程，學習活在當下的此時此刻。此研究可提供本土化靈性諮商定義之參考依據。

**關鍵詞：**量子科學、完形學派、四道、靈性諮商

# An Initial Research on The Localization of Spiritual Counselling

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## Abstract

Life is always in conflict with itself. This makes people want to explore the true value of their own existence, and moving in this direction will lead to the exploration of the essence of existence–spirituality. The process of exploring spirituality is the counseling process of self-spiritual healing. The main point of this study is to inquire how to deal with anxiety of life. From the perspectives of quantum science, and psychological perspectives, it is found that life issues are not only based on this life, but also influenced by the past lives. The Gestalt school in psychotherapy refers to the personality of peeling onions, which can be described as exploring the psychological issues into soul issues gradually. In sum, the way to solve the problem of being stuck in the phenomenon of life is to learn self-awareness, go through and attain Epiphany–“*The essence of life is emptiness.*” Mind can affect everything, and a change of mind can transform a life phenomenon. Spiritual counselling is to lead people to view their entire soul context, and sincerely complete four sayings–apology, goodbye, thank you and love. Understanding life is the journey to achieve spirituality. Learn to live in the present moment. This study may provide a reference for the definition of spiritual counselling in the local context.

**Keywords:** quantum science, Gestalt therapy, four sayings, spiritual counselling