

# 所有沒有被覺知到的潛意識都會操控你的人生，而你卻稱其為命運 — 榮格 Until you make the unconscious conscious, It will direct your life and you will call it fate - Carl Gustav Jung

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所有沒有被覺知到的潛意識都會操控你的人生，而你卻稱其為命運。  
Until you make the unconscious conscious, It will direct your life and you will call it fate.

瑞士心理學家榮格 Carl Gustav Jung

人的命運從一件雞毛蒜皮的小事，大到選擇什麼工作、和什麼人結婚等等的每一個選擇當中構成，同樣的一個選擇放在不同人的面前都會有不同的反應。我們看待事物的觀點與價值、行為、信念和選擇等等無時無刻都在被潛意識影響，甚至有時會覺得這是屬於自己的「特性(性格)」。它也會讓大部份人一直有一種「錯覺」讓我們以為自己在人生的種種選擇當中有所謂「自由意志」，或者被某個造物主或者命理系統「命定」。

Human destiny is composed of choices ranging from trivial matters to major decisions like choosing a job or whom to marry. The same option will elicit different reactions from different people. Our perspectives and values, behaviours, beliefs, and choices are constantly influenced by our subconscious, and sometimes we may even attribute these to our own “personality traits.” This can lead most people to believe that they possess “free will” in their life choices or that they are “predestined” by some creator or fate system

人的潛意識包括性格、心理創傷、與生俱來的本能、情緒和慾望等等，除了生物本能之外大部份都是來自於過去的生活經驗的累積和「印記」。大部份人都沒有覺知到自己做出某個選擇前在潛意識的「內在原因」。所有人的人生都不一樣，但由於現代社會普遍缺乏「情緒管理」教育，我們並沒有在接受社會教育期間學會如何和自己的情緒相處，如果有人如果在理性監護能力較低或者自己本身的感受能力較強的時候受到嚴重心理創傷沖擊，所造成的傷害就會更加深刻又長久。

The human subconscious includes personality traits, psychological traumas, innate instincts, emotions, desires, and more. Most of these, aside from biological instincts, come from the accumulation and “imprints” of past life experiences. Most people are unaware of the “inner reasons” within their subconscious that lead to their choices. Everyone’s life is different, but due to the general lack of “emotional management” education in modern society, we don’t learn how to deal with our own emotions during our social upbringing. If someone experiences severe psychological trauma when their rational guardianship ability is low or their sensitivity is high, the resulting damage can be even more profound and lasting.

## 在進行顯意識覺知訓練之前，我們其實只有「有限度的自由意志」Before undergoing conscious awareness training, we actually only have “limited free will”

有朋友雖然經校園欺凌歷已是過去幾十年，但仍然會產生幻覺認為旁邊的乘客與司機都還在談論當年他被欺凌的問題，被當年欺凌者跟蹤等幻覺，現在仍在不同的社交媒體發洩當年的怨恨與憤怒，甚至對自己完全失去信心，覺得自己一事無成等等。這些負面情緒由於已經在青少年潛意識紮根，會令事主覺得很難清除這些感覺，直到未來某一刻會因為某種訊息觸發這些潛意識的陰影，令自己情緒起伏。

Some friends, though having experienced bullying decades ago, still suffer from the illusion that passengers and drivers around them are discussing their past traumas, being stalked by bullies from the past, and continuing to vent their resentment and anger on various social media platforms. They may even lose confidence in themselves, feeling like they have achieved nothing in life. These negative emotions have taken root in their subconscious during adolescence, making it difficult for them to overcome these feelings until some future moment when a certain message triggers the hidden shadows of their subconscious, causing emotional turbulence.

這些情緒會潛伏在潛意識非常長的時間，影響人生未來的每一個決定，令很多人在未來做出令自己後悔終身既決定，甚至會傷害身邊人。因為「命運」其實是由人生的每個決定去做成，而過去的每一個深刻的經歷會形成「性格」或者改變已形成的「性格」，但未來每一刻的決定都會反過來被「過去的陰影所形成既性格」所影響，所以很多人認為自己的悲慘的人生是一種「輪迴的宿命感」的原因是「不斷被過去的陰影影響人生未來的每一個決定，活在過去，失去現在與未來」。

These emotions can lurk in the subconscious for a very long time, affecting every future decision in life and leading many people to make regrettable choices that can hurt those around them. This is because “fate” is actually created by every decision in life, and each profound past experience forms or alters one’s “personality.” However, every future decision will be influenced by the “personality shaped by past shadows,” which is why many victims feel that their miserable life is a result of a “cycle of fate” – being constantly influenced by past shadows, living in the past, and losing the present and future.

另外，很多人相信算命和占卜師的對自己命運的「預言」，或者相信自己因為出生日期及時間所導向的某種「命格」而形成的各種性格。但往往是因為這種「相信」會形成一種「心理暗示」繼而在未來自我實現算命師當初所預言的命運和「命格」所形容的性格與命運軌跡。例如有人相信自己的「命格」或算命師的「預言」會在未來某個年份戀愛，就會覺得自己在未來某個年份之前所結識的異性並不是「命中注定」，而往往選擇在所「預言」的年份戀愛或結識異性。

In addition, many people believe in the “prophecies” of fortune-tellers and diviners about their own fate, or they believe that their personality traits

are determined by some kind of “destiny” based on their date and time of birth. However, often this “belief” creates a kind of “psychological suggestion” that leads to the self-fulfilment of the fortune-teller’s predictions and the character and fate described by the so-called “destiny.” For example, if someone believes that their “destiny” or the fortune-teller’s “prophecy” predicts that they will fall in love in a certain year in the future, they may feel that the person they meet before that year is not “meant to be” and often choose to fall in love or meet someone in the year of the supposed prediction.

**其實「人是否有自由意志」並不是一個哲學問題，而是意識學的問題。因為很多人缺乏對意識的「覺知」訓練，對於自己的意識的「覺知」不足，從而不知不覺被自己過去形成的性格所影響，失去對自己人生的選擇權（自由意志）。**

The question of whether humans have free will is not actually a philosophical problem, but rather a matter of consciousness studies. Many people lack training in consciousness awareness, and as a result, they have insufficient awareness of their own consciousness. This leads them to be unconsciously influenced by their past-formed personalities and lose the ability to choose their own path in life (free will).

## **對潛意識的覺知、平等與反思就是改變「命運」的唯一方法 The awareness of the subconscious, equality, and reflection are the only ways to change “destiny”.**

人自出世以來就處於一個巨大的慣性系統，從被父母的原來的慣性狀態影響外，到被原生地的社會價值觀、教育、各種媒體以及親朋戚友等等逐漸塑造成一種特定的方向的運行軌跡，成為「命運」。所謂「青年危機」、「中年危機」等等其實是我們在人生的不同階段對人生慣性的不安，內心渴望衝破現有的運行軌跡。要想擺脫慣性（命運），要不是對「慣性本質的觀察研究」以及對「內在的反思」後擺脫慣性，要不是就需要靠外力從外部打破慣性的運行軌跡。但如果單純靠外力去改變現有的慣性的運行軌跡，自己的「內在的反思」並沒有參與改變就容易變成只是順著外力而跌入另一個固定的慣性的運行軌跡。而靠「內在的反思」可以隨時隨地改變自身的狀態在不同的軌跡上運行，真正達到「自由意志」的境界。

Since the birth of humanity, we have been part of a huge inertia system. Apart from being influenced by our parents’ original state of inertia, we are gradually shaped into a specific trajectory by native social values, education, various media, family and friends, etc., and this trajectory becomes our “destiny”. The so-called “Youth Crisis,” “Midlife Crisis,” and so on are actually our anxiety about the inertia of life at different stages, and our inner desire to break through the existing trajectory. To get rid of the inertia (destiny), we either need to observe and study the nature of inertia and reflect internally to break free from it, or rely on external forces to break the trajectory of inertia. But if you simply rely on external forces to change the existing trajectory of inertia, your own “internal reflection” does not participate in the change and it is easy to become just following the external forces and falling into another fixed trajectory of inertia. Relying on “internal reflection” can change your own state at any time and run on different trajectories, truly reaching the realm of “free will”.

當遇到一些讓自己「痛苦」的情緒困境，例如一些讓你覺得「不平靜」的情緒時，第一時間以第三身的角度去觀察自己的痛苦，不要認同潛意識給予你的負面情緒和想法，只需要觀察自己的傷口和感受痛苦的來源，找尋這些痛苦在潛意識如何被建立。另外正確的冥想（對潛意識覺知與平等心的冥想）與正確的催眠等等專業的顯意識訓練也可以讓我們從我們的潛意識奪回控制權，如同光驅散黑暗一樣，驅散在身上加諸的詛咒和「命運」，將生命中未來無數的決定權再次掌握在自己手中。

When encountering emotional difficulties that cause “pain”, such as feelings of unease, the first thing to do is to observe your pain from a third-person perspective. Do not identify with the negative emotions and thoughts given to you by the subconscious. Instead, observe the source of your pain and how it was established in your subconscious. Additionally, correct meditation (meditation with awareness and equality) and professional subconscious training such as hypnosis can help us regain control over our subconscious. Just like how light disperses darkness, this can dispel curses and “destiny” imposed upon us, and regain countless decision-making power over our lives.