

The Sacred Dance of Feelings

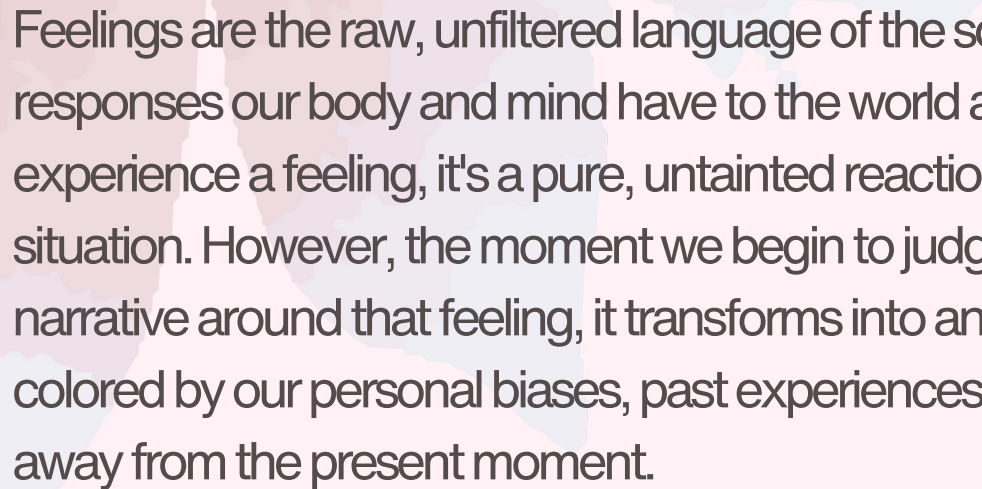
Embracing the Heart's True Language

擁抱心靈的真實語言 情感的神聖之舞

Dr. Paul Jeong

ICF & IAC Master Coach

A handwritten signature in a cursive script that reads "Feelings". The letters are connected and fluid, with a prominent loop at the end of the word.



Feelings are the raw, unfiltered language of the soul. They are the immediate responses our body and mind have to the world around us. When we experience a feeling, it's a pure, untainted reaction to a particular stimulus or situation. However, the moment we begin to judge, interpret, or create a narrative around that feeling, it transforms into an emotion. This emotion, colored by our personal biases, past experiences, and beliefs, often takes us away from the present moment.

Imagine standing at the edge of a serene lake. The water is calm, reflecting the world around it with clarity. This is the state of a pure feeling. Now, imagine throwing a stone into that lake. The ripples distort the reflection, creating a different image than what truly exists. This is what happens when we judge or interpret our feelings.

By constantly judging or interpreting our feelings, we shift our focus from the actual feeling to the emotion it has become. Our attention is diverted to thoughts, judgments, interpretations, and the stories we tell ourselves. This not only robs us of the present moment but also prevents us from understanding and embracing our true selves.

Feelings

感覺是靈魂原始的、未經過濾的語言。它們是我們的身體和思想對周圍世界的直接反應。當我們體驗到一種感覺時，它是對特定刺激或情況的純粹、未受污染的反應。然而，當我們開始判斷、解釋或圍繞這種感覺創造一個敘述時，它就會轉變為一種情緒。這種情緒受到我們的個人偏見、過去的經歷和信仰的影響，常常讓我們遠離當下。

想像一下站在寧靜的湖邊。水面平靜，清晰地倒映著周圍的世界。這是一種純粹感覺的狀態。現在，想像一下向那個湖里扔一塊石頭。波紋扭曲了反射，創造出與真實存在不同的圖像。這就是當我們判斷或解釋我們的感受時所發生的情況。

通過不斷地判斷或解釋我們的感受，我們將注意力從實際的感受轉移到它所變成的情緒上。我們的注意力轉移到思想、判斷、解釋和我們給自己講的故事上。這不僅剝奪了我們當下的時刻，也阻礙了我們理解和擁抱真實的自我。

Feelings

Self-Coaching Questions and Sample Answers:

When was the last time you experienced a pure feeling without immediately judging or interpreting it?

Sample Answer: Last week, when I watched the sunset, I felt a deep sense of peace. I didn't analyze it; I just let myself feel.

How do your judgments and interpretations of feelings influence your reactions?

Sample Answer: They often make me react defensively or with anxiety because I'm not responding to the actual feeling but to the story I've created around it.

What can you do to stay present and embrace your feelings without judgment?

Sample Answer: I can practice mindfulness and remind myself to experience feelings without immediately attaching a story to them.

Feelings

自我教練問題和示例答案：

您最後一次體驗一種純粹的感覺而不立即判斷或解釋它是什麼時候？

示例答案：上週，當我觀看日落時，我感受到了一種深深的平靜。我沒有分析它；我只是讓自己感覺一下。

你對感受的判斷和解釋如何影響你的反應？

示例答案：它們經常讓我做出防禦性或焦慮的反應，因為我不是對實際的感覺做出反應，而是對我圍繞它創造的故事做出反應。

你可以做什麼來保持臨在並不帶評判地擁抱自己的感受？

示例答案：我可以練習正念並提醒自己體驗感受，而無需立即附加故事。

Fellings

Development Plan

Mindfulness Meditation: Dedicate 10 minutes daily to practice mindfulness meditation. This will help in grounding yourself in the present moment.

Journaling: Write down your feelings without judgment. This will help in recognizing and separating feelings from emotions.

Emotional Awareness: Throughout the day, pause and ask yourself how you're feeling. Try to name the feeling without judging or interpreting it.

Feelings

發展計劃

正念冥想：每天花10分鐘練習正念冥想。

這將有助於讓自己立足於當下。

寫日記：不加評判地寫下你的感受。這將有助於識別並將感覺與情緒分開。

情緒意識：一整天，停下來問問自己感覺如何。

嘗試說出這種感覺，但不要評判或解釋它。

Feelings

Self-Coaching Guide

Acknowledge: Recognize your feelings without immediately reacting to them.

Separate: Differentiate between pure feelings and the emotions they turn into after judgment or interpretation.

Embrace: Allow yourself to fully experience your feelings without the need to label or judge them.

Feelings

自我教練指南

承認： 認識到你的感受，但不要立即做出反應。

分開： 區分純粹的感覺和經過判斷或解釋後變成的情緒。

擁抱： 讓自己充分體驗自己的感受，而不需要給它們貼上標籤或評判它們。

Feelings



Famous Quotes

**"Feelings come and go like clouds in a windy sky.
Conscious breathing is my anchor."**

- Thich Nhat Hanh

"The feeling remains that God is on the journey, too."

- Teresa of Avila

**"Your emotions are the slaves to your thoughts, and you
are the slave to your emotions."**

- Elizabeth Gilbert

Feelings

Summary 總結

Embracing our feelings without judgment or interpretation allows us to stay present and connected to our true selves. By differentiating between feelings and the emotions they become, we can navigate life with clarity and authenticity.

不加評判或解釋地擁抱我們的感受可以讓我們保持當下並與真實的自我保持聯繫。通過區分感受和它們所形成的情緒，我們可以清晰而真實地駕馭生活。

Feelings



Feelings are raw, unfiltered reactions.

Judgments transform feelings into emotions.

Emotions divert attention from the present.

Embrace feelings to stay connected to the true self.

**Practice mindfulness to differentiate feelings from
emotions.**

Feelings



感受是原始的、未經過濾的反應。

判斷將感受轉化為情緒。

情緒會分散當前的注意力。

擁抱感受，與真實的自我保持聯繫。

練習正念以區分感覺和情緒。

Feelings



Dr. Paul Jeong