

公司文化講座第二十講 如何做自己情緒的主人

[https://youtu.be/p4\\_Pg10PtAU](https://youtu.be/p4_Pg10PtAU)

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情緒管理的重要性：

情緒是源於我們的血液,需要通過發洩、放鬆等方式來管理。

每個人都需要有自己的"抒壓寶物",如寶石、茶藝等,來幫助放鬆心情。

合理使用藥物：

一些藥物如酒精、毒品等都能暫時讓大腦放空,但長期使用會造成傷害。

應該學會通過茶藝、品酒等方式來達到放鬆的目的,而不是依賴毒品。

利用自然元素：

洗澡、曬太陽等都可以幫助恢復精力,緩解情緒。光照對於緩解冬季憂鬱症有重要作用。

情緒管理的藝術：

面對他人的謾罵,不應該直接還擊,而是用更高尚的方式來回應。

用"我愛你"的正能量來化解他人的負面情緒。

### 5. 紓壓寶物

- **動機:**玩電動時遇到強敵,就要檢查有哪些寶物。  
不夠時,要去修練或蒐集寶物。
- **分享:**當遇到挫折時,情緒自然受到影響,  
這時要尋找紓壓寶物,才能克服情緒困擾。
- **你有奶嘴 毛巾嗎? 紓壓是人天生的需要。**



魔石學 魔藥學 元素魔法 咒語學 我愛你

這是禮節講座的第八講,如何做自己情緒的主人。前面有提過情緒,因為它是源於的血液,所以做些直覺的發洩,或者是練習呼吸來把它放空,或是專心一意活在當下,只做一件事慢活。現在要提到抒壓寶物,每個人都需要寶物,好像小朋友天生就是需要奶嘴,或者是需要毛巾,都沒有的會自己自己挖挖耳朵。紓壓是人天生的需要,

用東西抒壓，就等於是人的一個慣性，因為慣性可以克服感覺，習慣可以克服不自然的感覺。所以小朋友到一個陌生的地方，你要讓他帶著他自己的奶嘴，還是他的枕頭跟毛巾，他就能夠比較適應，要是什麼東西都沒有，沒有一個東西給他去依賴的話，他就沒有辦法適應新的變化。

大人當然，就是魔石學/魔藥學/元素魔法/咒語學跟我愛你，

魔石學就是每個人都有自己的生日石，就是不同的水晶/不同的寶石，有的人就是頻率比較合，有的人頻率就是不合，就是在買寶石的時候，要把它握在手裡面，握在掌心上面，如果覺得寶石在掌心上面活蹦蹦跳，跟著的心跳一起在跳，感覺到它的跳動，跟自己的頻率相應，這顆石頭就可以拿來做的抒壓寶物，就是你心情不好的時候，還是有什麼障礙的時候，就拿著石頭慢慢的感應他在你手掌心的跳動，其他的東西都不要想，等於是仔細感應石頭跟心臟跳動的頻率同步來放空思慮。

魔藥學學問就大了，藥是什麼東西？藥就是抽煙/喝酒/吸大麻/強力膠，這些東西給的效果，其實就是放空你的大腦，像抽煙的話，大概可以放空個十分之一秒，喝酒的話，喝到夠量，大概可以让你昏倒一個晚上，吸大麻跟安非他命/毒品這些東西，其實追求的也是頭腦放空的一種狀態，當然了，這些都是用毒品。當然是不好的，

所以不需要用到這麼毒的東西，不管是喝茶/喝水/喝飲料甚至是紅酒，這些東西都可以當做疏壓的一種媒介，重點就是跟做茶藝/書藝的時候是一樣，要活在當下，要慢活，一口水慢慢的喝進去，體會他在嘴裡面的流動，溫度的變化，然後慢慢流進喉嚨的感覺。總之，要把所有的精神跟思慮集中在一個很小很小的點上面，一門深入就可以達到放空的目的，其實茶道，在品茶/品酒的時候是一樣的，甚至有的老頭子在抽煙斗，也是就是三公克的煙絲要抽三分鐘，比賽誰抽得最久，完全就沉浸在緩慢的品味的過程之中，感覺放空，萬物與我一體的狀態，所以同樣是魔藥學，要用什麼藥，其實是看我們的智慧，以及對人生的瞭解，所以不要沉迷於毒品之中，用了再多的毒品，萬一沒有毒品媒介，你就是生不如死。所以要用毒品放空，還是要靠自己的智商比較好。

下面說元素魔法，金木水火土，實驗證明洗冷水澡很有用，你看跑馬拉松的，還是踢足球的，跑完/踢完的時候，都要死不活，奄奄一息，等他進去/洗洗/梳梳等到再出來的時候，馬上元氣就恢復了。所以洗澡其實是可以幫恢復疲勞，心情不好的時候去洗一洗澡，或者是疲憊不堪的時候，去洗洗澡，要當班的時候，爬不起來先去洗洗澡，像我本人就是在船上得了腎結石，痛不欲生的時候，沒有辦法緩解，就用洗熱水澡，熱水澡洗一洗，就是可以稍微緩解，然後趕快去睡一下，要不然也是沒辦法再撐下去。如果是張學友的話，張學友他要怎麼辦？張學友就會真想跟你去吹吹風，雖然是不同時空，也可以講講心裡話，所以心情不好的時候去吹吹風，感覺風在頭髮，還有臉頰上面的流動，這些都是在專心放空。

像北歐冬季的時候非常長，瑞典有一個著名的導演叫伯格曼，他冬季就有憂鬱症，每到冬天/日照的時間非常短，他早上起來的時候，外面的天色都還是黑的。所以就有很深的起床憂鬱症，

根本就不想爬起來，甚至於想要輕生，根本就不想活了。他說每年都是樣子，要到什麼時候才會好一點？要等到太陽日照的時間越來越長，每天躺在床上，看到太陽光從窗戶照射進來的角度，太陽的光影一天比一天長，求生的意志才一點一點的增強，知道夏天的好日子要到了，所以才有活下去的勇氣，這就是他才是所謂 *causa a problema vampire* 做吸血鬼的問題。

前陣子有一個什麼國家，芬蘭說：做也 21，不做也 21，成年人不管有沒有任何理由？他不想幹了，國家免費給他什麼 700 克朗普，差不多是該國國民的平均薪資，讓他去無限期的休假，世界上有這種不勞而獲的國家，大家一定非常羨慕，對不對？可是你不知道他們國家成人自殺率是 30%。所以當他冬天的憂鬱症來襲的時候，你不讓國家貼一點錢，讓他去自我放空，還是去什麼/自我調適，他要去自殺的話，你國家的損失更大對不對？搞不好就是一個家庭少了父母，還是什麼？

所以元素魔法裡面最重要的就是太陽，不管任何時候，你都可以去曬太陽，太陽之所以寶貴是因為太陽本身就是一個燃燒的大火球，裡面燒的東西什麼都有，金、銀、銅、鐵，樣樣都不缺。所以，不管你是什麼樣的體質，你身體響應的是什麼頻率？在陽光之下，你都可以找到對應的紅橙藍靛紫/相對應的頻率，讓你能夠吸收太陽的能量振作起來，前一陣子還有說：印度有人可以不吃飯，每天用額頭去曬曬太陽，就可以吸收能量。當然，也只有我家的傻瓜才會信這種東西。

好，說咒語學就是很胡說八道的東西啦。前幾年太陽花學運學生衝擊行政院，結果被中正分局的員警，還是後備隊這些人一陣亂打，打得頭破血流，打出去了第二天早上，立法院質詢立法委員就開始，指著中正分局長的鼻子罵，他說你們這些官吏啊，這些學生手無寸鐵/憑得一股熱血，你們就亂棍把人家打得頭破血流啊，你們還是不是人啊？什麼東西就是亂罵一陣，對不對反正是國民黨派來的。

像這樣子的話，立法委員罵人，中正分局長被罵？誰要做情緒管理，當然是中正分局長要做情緒管理啊，因為罵人的人都是很爽的，從來沒有說哪一個罵人罵到不爽自己去跳樓的，都是被罵的人會去跳樓，如果像這樣漫不講理/亂罵一陣，如果再回家去處理的話，倒楣的是誰啊？不是你的老婆？就是你的小孩對不對？因為你的情緒會感染到他們，他們還要去躲颱風尾，這是幹嘛啊？對不對？

所以遇到這種蠻不講理的情形，也不必客氣啦，他要罵你就隨他，但是，他罵你/你也要罵他，對不對？罵他，你死三八啦，你真不要臉啦，你這種話也說得出口嗎？你道理這是對的嗎？難道員警就活該被打？當然他-他是在檯面上罵，電視實況轉播，你-你是在心裡面罵，他罵的，還不能太離譜，你罵的，就是三字經五字經七字經，馱妮梁/死老查某/等等咒語，在心裡面罵可毒了，當然啊臉上還是要面帶微笑，這東西就是咒語學

他罵你/你罵他，公平，他罵完了/你也罵完了，不帶走一片雲彩，大家，不論是朋友還是社會

輿論，還要稱讚你，涵養深厚/風度翩翩/真乃人君之才具，這是不是刀磨豆腐兩面光，所以咒語學，專門是對付這些喜歡謾罵的人。

最後一講，我愛你，就講到我家兒子啦，去當兵/當政戰兵，只要當一年兵吧，然後，做了半年，就變老兵了，他在司令部裡面做，上面有七級的長官，他是最小的政戰兵，有連長/連輔導長/營長/營輔導長什麼等等一堆，等做了老兵的話，當然就油條啦，不管什麼長官來派工，表面上都是點頭稱是，好/好/好/等長官一走，馬上一推 2/5/6，就找個新兵來頂替，把工作都推給別人，過得愉快的日子。

可是，天不從人願，七個直屬長官裡面有一個有焦慮症，永遠都不能好好的過關，同樣他一來派工，我們家的小李子，心裡面就開始罵了，又是他/又是他。一派完工啊，做小李子的你要滿口答應，好/好/好/好/等到他走出去，就想要推給別人，可是你不要忘了，他是有焦慮症的人。

小李子剛剛滿口答應，過了十分鐘以後，他馬上又進來/要檢查進度。小李子哪有什麼進度啊？剛剛推給別人，只好趕快胡說八道一陣，又把他呼嚨出去，又打了一大堆保證。可是過了半個鐘頭，他的焦慮症又發作了，又進來重新從頭到尾再交代/再問過一遍，小李子又是滿口保證/把他送出去。本來 12 點要交的東西，只過了一個鐘頭 11 點，他又來再交代/再問過。總是這樣子/來來回回/往往複復，所以，小李子就不能混了對不對？然後，

用咒語學在心裡面罵他，有沒有用？這是沒用的。只好改一套，就是用”我愛你””，每次他一看到他進來，心裡面就開始默念，我愛你/我愛你/我愛你/我愛你，發散正面的能量/緩解他的焦慮。聽說後來也是有用，不管他的焦慮症好了沒有？至少小李子心情是好了一點。

我們說，愛是所有情緒障礙的解藥，就是這樣。你真心愛他，就是不管天荒地老/海枯石爛都不成問題，他沒有好，至少你的能量充飽了。

註：做吸血鬼的問題：如果你有機會成為吸血鬼——無痛且不會給他人帶來痛苦，獲得令人難以置信的超能力以換取，放棄你人類的存在，而你所有的朋友都已經實現了這一飛躍並熱愛它——你會這麼做嗎？

公司文化講座第二十講 舒壓寶物 魔石學 魔藥學 元素魔法 咒語學，跟我愛你：

[https://youtu.be/p4\\_Pgl0PtAU](https://youtu.be/p4_Pgl0PtAU)

Okay, Hello, everyone, this is the eighth lecture of our Li Jie, how to be the master of our own emotions. We have mentioned emotions before because they originate from our blood, so we can do some intuitive venting or practice breathing to empty it or focus on living in the moment and doing only one thing slowly. Now we mention the pressure relief treasure, everyone needs a pressure relief treasure, like children

naturally need pacifiers or some need towels, some will dig their ears on their own if they don't have anything. This pressure relief is a natural need of human beings. Once we have this thing, it is equivalent to a habit of ours, because we say habits can overcome feelings, habits can overcome unnatural feelings.

So when a child is in a strange place, if you let him bring his pacifier or his pillow and towel, then he can adapt better. If he doesn't have anything to rely on, he won't be able to adapt to new changes. As for us adults, that is, learning magic stones, magic medicine, elemental magic spells, and saying 'I love you.' Magic stone learning, this thing is that everyone has their own birthday, like different crystals and gemstones, some people have a frequency that fits, some people's frequency does not fit, so when we buy gemstones, we should hold it in our hands and palms. If you feel that this gemstone is jumping in the palm of your hand and jumping with our heartbeat, feel its beating, then it corresponds to our frequency, and this stone can be used as our pressure relief treasure.

When you are not in a good mood or have any obstacles, just hold this stone and slowly feel its beating in your palm. Don't think about anything else. It's like using the frequency of the stone and the heartbeat to empty our thoughts. The study of magic medicine is a big deal. What is medicine? Medicine is smoking, drinking alcohol, smoking marijuana, strong glue, these things actually help to empty our brain. If you smoke, you can empty your mind for about a tenth of a second. If you drink alcohol, when you drink enough, you can pass out for a night. Smoking marijuana, amphetamines, and other drugs are actually seeking a state of emptying the mind. Of course, using drugs is not good. Therefore, we don't need such toxic substances.

Whether it's drinking tea, water, drinks, or even red wine, these things can be used as a medium for us to relieve pressure. The key is when we are doing tea art or winemaking, we need to live in the moment and live slowly. Drink the water slowly, feel the flow and temperature changes in our mouths, then slowly feel the flow into the throat. In short, we need to focus all our thoughts and spirits on a very small point, and then delve deeply into it to achieve the goal of emptiness. In fact, in the tea ceremony, when tasting tea and wine, it's the same. Some old men even indulge in smoking a pipe, it's about inhaling three grams of tobacco for three minutes and completely immersing themselves in this slow tasting process, feeling the state of emptiness of all things and being one with me.

So when it comes to magic medicine, what medicine to use actually depends on our wisdom and understanding of life, so don't get addicted to drugs. No matter how many drugs you use, if you don't have this medium, you might as well be dead. So whether to let go or rely on one's own intelligence is important. Next, let's talk about the elemental magic of metal, wood, water, fire, and earth. Experiments have shown that taking a

bath is very effective. Whether you're running a marathon or playing football, after running or playing, you might feel exhausted and out of breath. Taking a bath can help you recover and rejuvenate instantly. So, taking a bath can actually help us recover from fatigue. When feeling upset, taking a bath, or when feeling exhausted, taking a bath, when unable to get up during your shift, take a bath.

Personally, when I had kidney stones on a ship and was in excruciating pain, taking a hot bath helped me slightly relieve the pain, allowing me to rest and recover. So, what would someone like Jacky Cheung do? Jacky Cheung would really want to go with you and chat, although they are in different time and space. So, when feeling upset, going out for a walk and feeling the breeze can help, as it promotes relaxation. During the long winter in the Nordic region, there is a famous director named Bergman. He suffered from winter depression as the daylight hours were very short during winter. When waking up in the morning, it would still be dark outside, leading to a sense of depression and reluctance to get up, or even a desire not to live anymore.

He would ask himself, 'When will things get better?' It's when the sun shines for longer each day, and seeing the sunlight streaming into the room at different angles, the shadow of the sun getting longer day by day, that the will to survive gradually strengthens. He would wait for the good days of summer when there's more sunlight, thus finding the courage to keep going. This is why 90% of vampires who cause problems, lose their essence when they melt, and are very cool and uncool, all still dark. This is why facing depression in the morning, not wanting to get up, or even thinking of suicide, when the sun shines longer each day and you see the sunlight coming through the window, the shadow getting longer, you know that the good days of summer are coming, giving you the courage to go on.

So, the sunlight has a significant impact on our depression. Recently, there was a country where adults didn't want to work for no reason, so the country paid them 700 crowns, almost equal to the average national salary, to take an indefinite leave. While many envy such countries for their 'free lunch' policy, the country had a high adult suicide rate of 30%. Therefore, when winter depression strikes, a little financial aid from the country to let them relax or adjust is not enough. If they resort to suicide, the country's loss would be greater, possibly resulting in the loss of a family or more. Therefore, the most important element in magic is the sun. No matter when, basking in the sun is valuable because the sun itself is a burning giant.

Inside the fireball burns gold, silver, copper, and iron, nothing is lacking. So, no matter what kind of constitution you have, what frequency your body responds to, under the sunshine, you can always find the corresponding resonance frequency of the mundane blue electrons to absorb their energy and perk up. Some time ago, it was said that some people didn't eat, and instead spent their days sunbathing with their foreheads

to absorb energy. Of course, only fools in our family would believe in such things, we say mantras and these things are just nonsense. A few years ago, during the Sunflower Student Movement, students clashed with the Executive Yuan and were attacked by police officers from the Zhongzheng Police Department or the reserve forces, causing head injuries and bloodshed.

The next morning, legislators at the Legislative Yuan began criticizing the Director of the Zhongzheng Police Department, accusing him of sending armed officers to brutalize unarmed students. Such situations can get out of hand, and there's no need to be polite. If he scolds you, just let it be. But when he scolds you, we must also scold him, right? After he's done scolding, you scold him back. This is not about taking away a cloud, it's about being friends in the end. Public opinion will still praise you for your profound demeanor. Cursing is used specifically for those who like to swear. Finally, saying 'I love you' settles it all. When he goes out and passes the task to someone else, don't forget, he is a person with anxiety disorder.

Just agreed with full mouth, but after ten minutes, he immediately came back in to check the progress. How could Xiao Li show any progress? Just passed the task to someone else, then had to quickly speak nonsense, urge him out again, make a bunch of assurances, but after half an hour his anxiety disorder flared up again. He came back in, re-explained everything from the beginning, asked Xiao Li again, and repeated full assurances to send him out. What was originally due at 12 o'clock, after an hour at 11 o'clock, he came back. It's always back and forth like this, can this Xiao Li still be allowed to continue? And then, cursing him in your heart with spells, it's useless. Then had to change approach, using 'I love you'. Every time he comes in, silently chant 'I love you, I love you, I love you' to dispel this positive energy and relieve his anxiety. It is said that later it did work, whether his anxiety disorder improved or not, at least this Xiao Li has improved a bit. Love is the antidote to all emotional disorders. If you truly love him, then no matter what happens, it's not a problem.