

佛教科学课程 第二节

学习技能 **Learning Skills**

主讲：李捷伟，郭灿東

**Academy of Wisdom and Enlightenment  
(AWE)**

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# 型 学习技能 Learning Skills

高效学习 Speed Learning

障碍 Obstacle



# 学习技能 Learning Skills

## 习惯的力量 Force of Habit



# 三种学习技能 Three Sets of Learning Skills

## I. 术语的定义

Definitions of Terms

## II. 沟通技能

Communication Skill Set

## III. 思维模式

Mind Set



# 三种学习技能 Three Sets of Learning Skills

## I. 术语的定义

### Definitions of Terms



# 术语定义 Definition of Terms

## 佛 Buddha



清晰的沟通 Clear communication

# 生命的意义与价值 Meaning and value of life

**佛教** 实际上是一种不断演进的人类觉识，包括宗教，形而上学，科学，哲学和认知心理学等等。

**(生命的意义)** **Buddhism** is actually an evolving human consciousness including religion, metaphysics, science, philosophy and cognitive psychology

**(The meaning of life)**

**明了** 就是接受包含了所有这些知识和智慧，让自己的生命明智地活出最高的价值。 **(生命的价值)**

**Enlightenment** is embracing these knowledge in totality and living one's life wisely to its highest

value. **(The value of life)**

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Communication skill Set





# 沟通技能 Communication Skill Set

1. 积极聆听 Active listening
2. 欣赏 Appreciation
3. 表达 Expression
4. 建立共识 Establish  
Collective Consciousness

# 沟通技能 Communication Skill Set

## 1. 积极聆听 Active listening

战胜小我

Overcome EGO



# 积极聆听 Active listening

- 不要评判 → 对/错, 好/坏 Do not criticize → right/wrong, good/bad
- 不要试图将信息装入现有的思维筒仓内 Do not try to fit information into existing silo

战胜小我

Overcome EGO



# 积极聆听 Active listening

- 接受别人的观点 (可以不同意的)  
Accept other's opinion (disagree is OK)
- 不要打断别人说话 Do not interrupt

战胜小我

Overcome EGO



# 沟通技能 **Communication Skill Set**

1. 积极聆听 **Active listening**
2. 欣赏 **Appreciation**

战胜小我

**Overcome EGO**



# 欣赏 Appreciation

- 发现自己的固执 Discover obstinacy in oneself
- 连接发言人(肢体语言) Connect with the speaker (body language)
- 改进塑造我们性格的元素和因子  
Improve the elements and factors that mould our character

战胜小我

Overcome EGO



# 沟通技能 **Communication Skill Set**

1. 积极聆听 **Active listening**
2. 欣赏 **Appreciation**
3. 表达 **Expression**

战胜小我

**Overcome EGO**



# 型 表达 Expression

- 克服对公开演讲的恐惧 Overcome fear of public speaking
- 奉献自己 Contribute by giving oneself
- 从聆听别人说话而学会讲得更好（体贴） Learn to speak better from listening to others (considerate)

战胜小我

Overcome EGO





# 沟通技能 **Communication Skill Set**

1. 积极聆听 **Active listening**
2. 欣赏 **Appreciation**
3. 表达 **Expression**
4. **建立共识** **Establish**  
**Collective Consciousness**

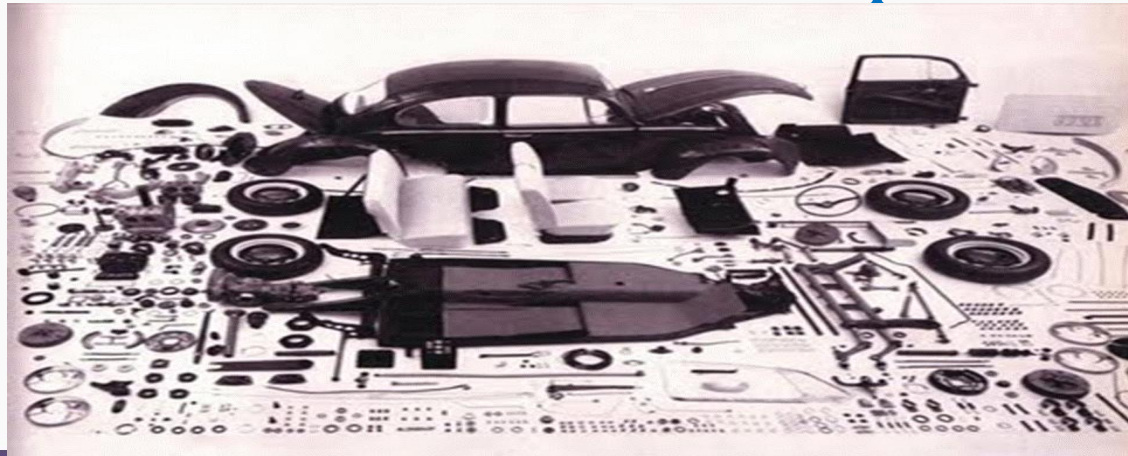
# 建立共识

## Establish Collective Consciousness

- 从别人那里吸收好的观点  
Absorb the good points from others
- 把自己的固执/顽固减到最少  
Minimize one's obstinacy/stubbornness
- 整体大于其部分的总和  
The whole is greater than the sum of its parts

战胜小我

Overcome EGO



# 建立共识

## Establish Collective Consciousness

世界是我们集体意识的投射。如果我们的集体意识达到充满和平, 和谐, 欢笑和爱的地方, 那将是一个不同的世界。

---迪帕克·乔布拉

The world is a projection of our collective consciousness. if our collective consciousness reaches that place of peace, harmony, laughter and love, it will be a different world. -- Deepak Chopra

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結束  
THE END

感谢！

Thank You !

[info@awe-edu.com](mailto:info@awe-edu.com)





# 智覺學苑 (AWE)

## Academy of Wisdom and Enlightenment

98 Glen Cameron Rd, Thornhill, Canada L3T 1P8

中文：李捷伟 647-855-5416

郭灿东 416-917-1632

English: Tammy 416-727-5577

Jenny 416-830-4718

[www.awe-edu.com](http://www.awe-edu.com)