



中庸思維：一種涵攝文化的生涯模式

Zhong-Yong mode of reflexivity:

A culture-inclusive career intervention model

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Date: 4-11-2020





- 天命之謂性，率性之謂道，修道之謂教。
- 道者也，不可須臾離也；可離，非道也。
- 是故，君子戒慎乎其所不睹，恐懼乎其所不聞。
- 莫見乎隱，莫顯乎微，故君子慎其獨也。
- 喜怒哀樂之未發，謂之中；發而皆中節，謂之和。
- 中也者，天下之大本也；和也者，天下之達道也。
- 致中和，天地位焉，萬物育焉。

～《中庸》第一章



Content



賽馬會
鼓掌·創你程計劃
CLAP for Youth@JC
Career & Life Adventure Planning

1. 《中庸》的基本精神 Overview of Zhong-Yong in Confucianism
2. 從文化的角度反思現代青年的生涯發展問題
Problem/culture-based reflections in the career development of our Youth
3. 中庸思維：一種文化涵攝的生涯模式 Prototype of a culture-inclusive career intervention model based on Zhong-Yong mode.



Zhong-Yong 《中庸》

中道

Doctrine of the Mean

Mesotes

the **golden mean** or **golden middle way**
is the desirable middle between two extremes
(Aristotle, 384~322 B.C.)

中道： Wisdom of Traditional Cultures



儒學 (Confucianism: Confucius, 551-479 B. C.)

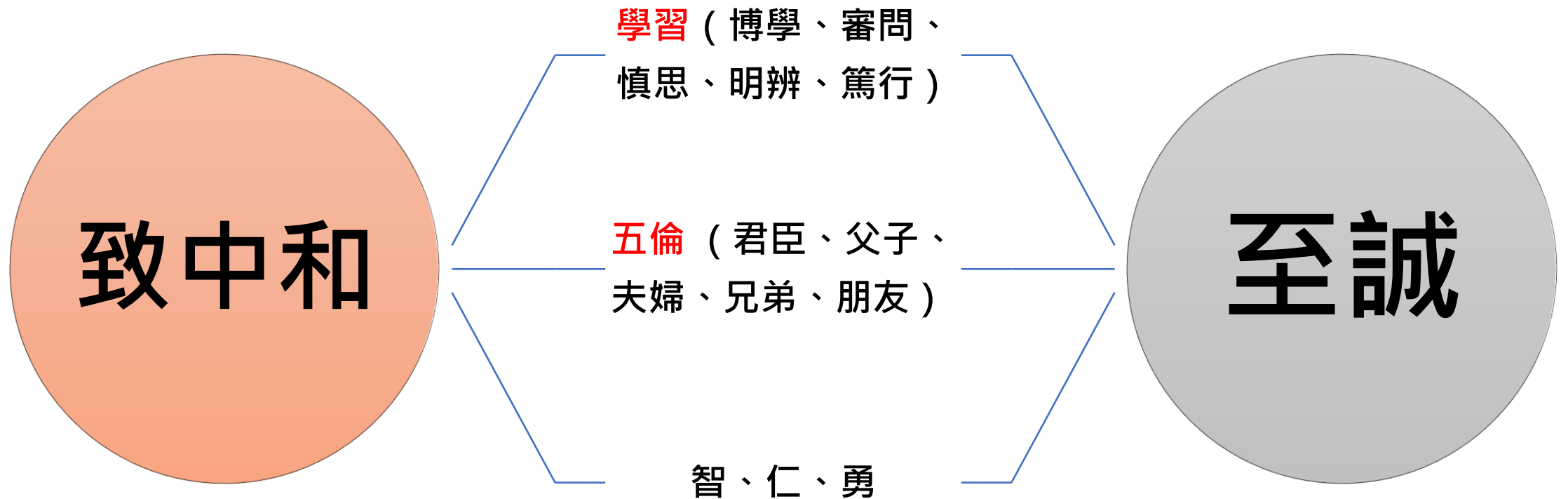


道家 (Taoism: Laozi, 570 B. C.-unknown)



佛學 (Buddhism: Buddha Gautama, 564-486 B. C.)

Zhong-Yong 《中庸》的結構



其書始言一理，中散為萬事，末復合為一理。

致中和 Mesotes & Harmony

喜怒哀樂之未發，謂之中；發而皆中節，謂之和。

Pleasure and anger, sorrow and joy: before they emerge they are called Mesotes; emerging by the proper rhythms they are called harmony.

中也者，天下之大本也；和也者，天下之達道也。

Mesotes : this is the great root of the world.

Harmonious: this is the ultimate Dao of the world.

致中和，天地位焉，萬物育焉。

Reaching Mesotes & harmony, heaven and earth take their proper places and the things of the world are nurtured.

和

修身 齊家 治國 平天下

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Problem/culture-based reflections in career intervention



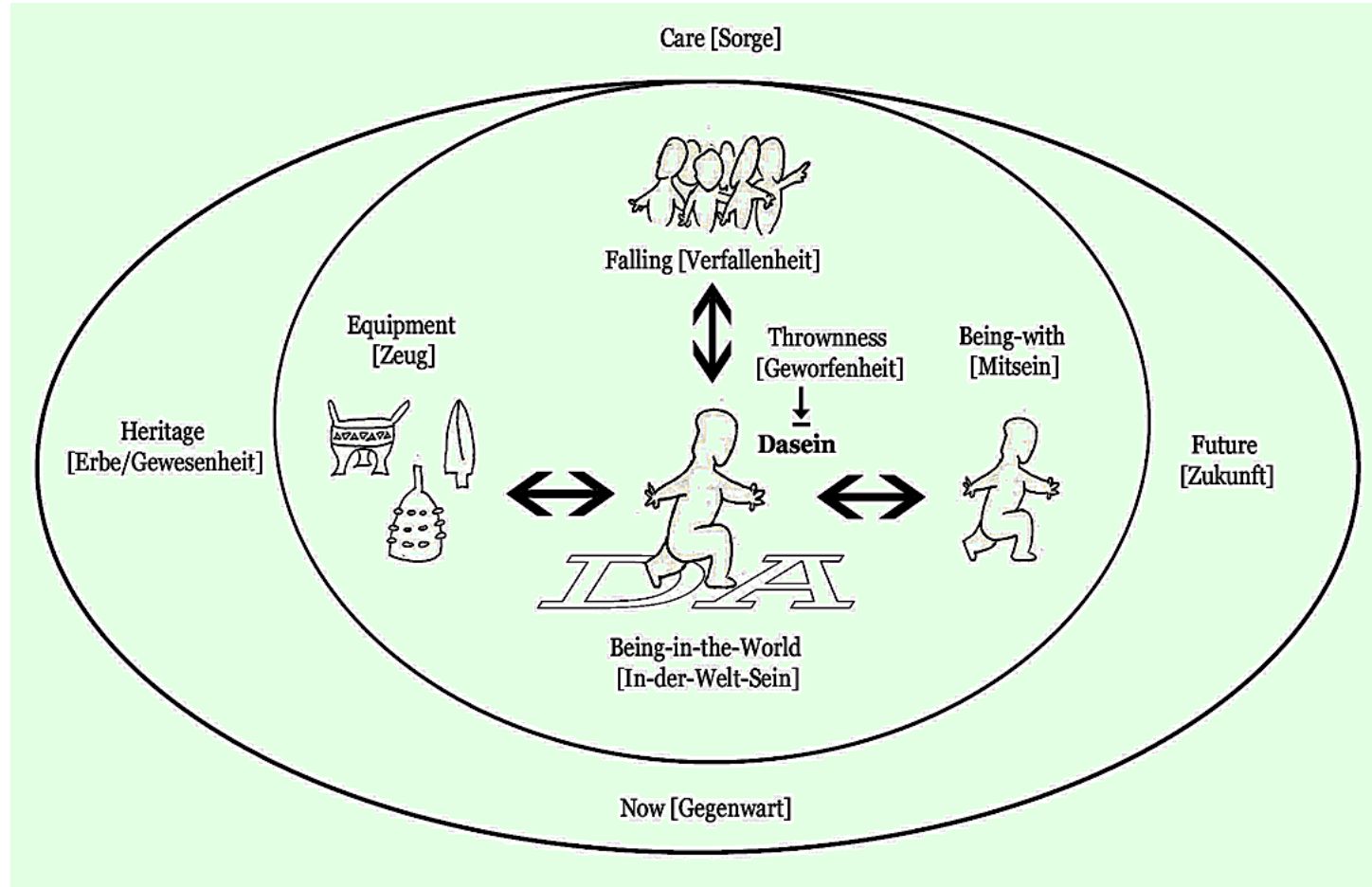
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限制中的自由

Being-in-the-world

(Martin Heidegger, 1889~1976)



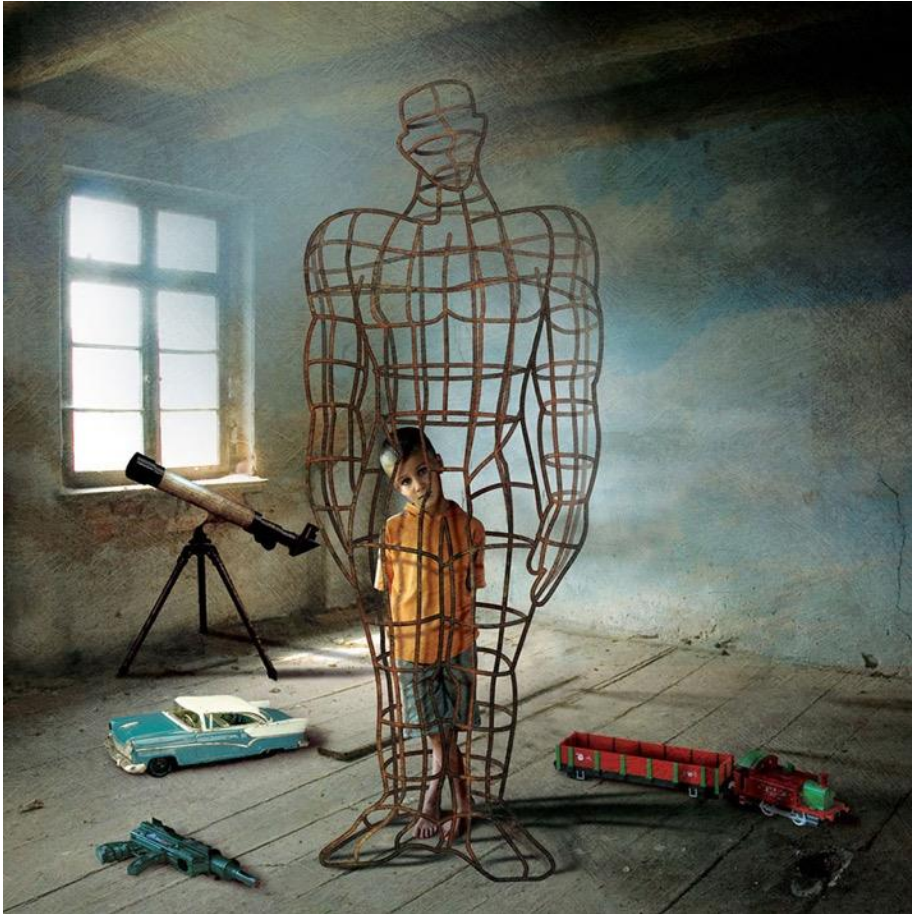
限制中的自由

Being-in-the-world



限制中的自由

Being-in-the-world



Case from Macau

- 16歲時從大陸移居澳門，不會說粵語，也沒有很多朋友：
“我覺得自己來到了一個陌生的荒島。每天我都很沮喪。”
- 當考上大學後，在父母的壓力下，我被迫選擇博彩管理專業，我的父母認為，工商管理專業將來會有更多工作機會。
- 大四時晚上在澳門一間博彩企業做兼職荷官，賭場內的人生百態，讓內心深受煎熬。有一次失誤賠錯錢，情緒崩潰。
- 在大學裡接觸文學，然後愛上了中國古典文學。

博彩從業員 一圓文學夢 Gambling practitioners, literary dream

身在賭場 心繫文學：黃燕燕



左手是魔鬼，戲賭人間萬千棋局；
右手是天使，玩轉天地辭海詩心。 ~ 黃燕燕

- 黃燕燕現職 新濠天地 市場策略副經理
- 連續在第六屆至第九屆澳門文學獎中獲獎
- 2012年參選澳門「感動人心激活正能量」，成為澳門首屆十大傑出青年之一。



黃燕燕在澳門首屆十大傑出青年頒獎禮上分享得獎感受

生涯抉擇中庸之道：

Little Hexagon of Holland Typology



Best of both : 兩全其美

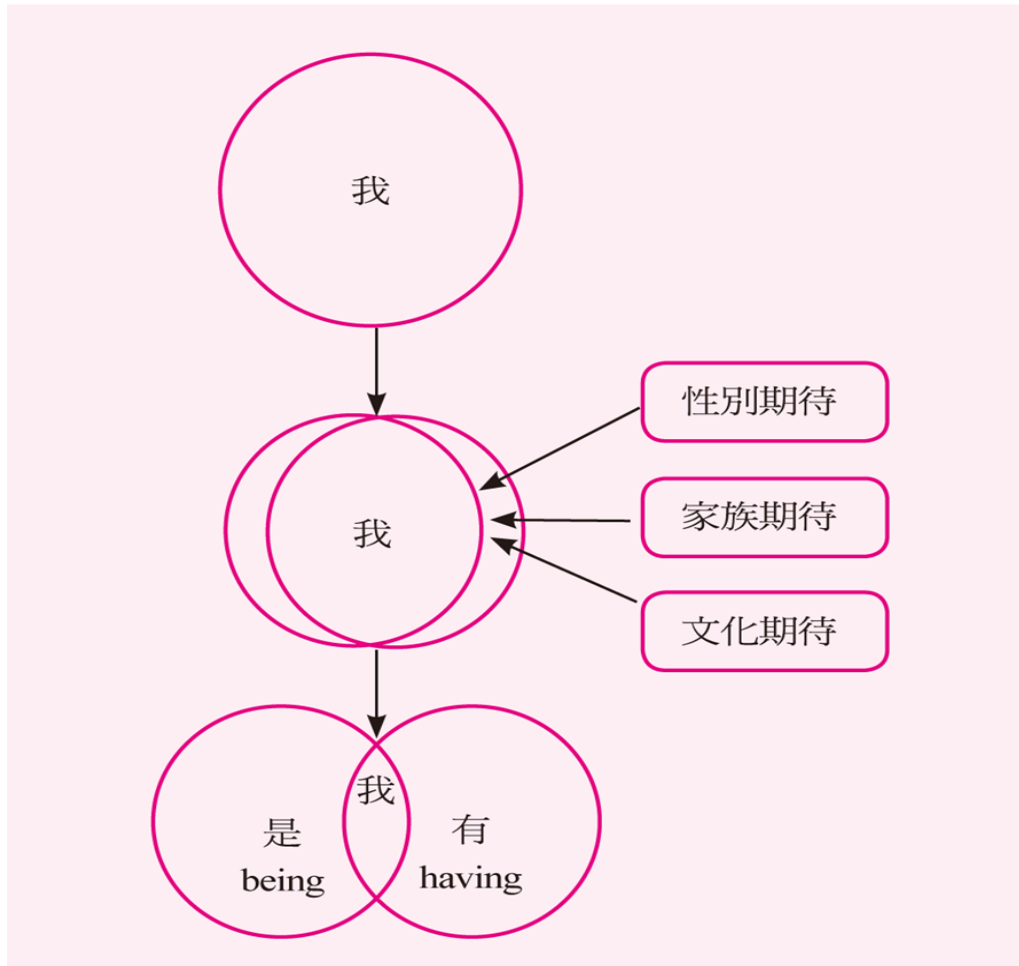
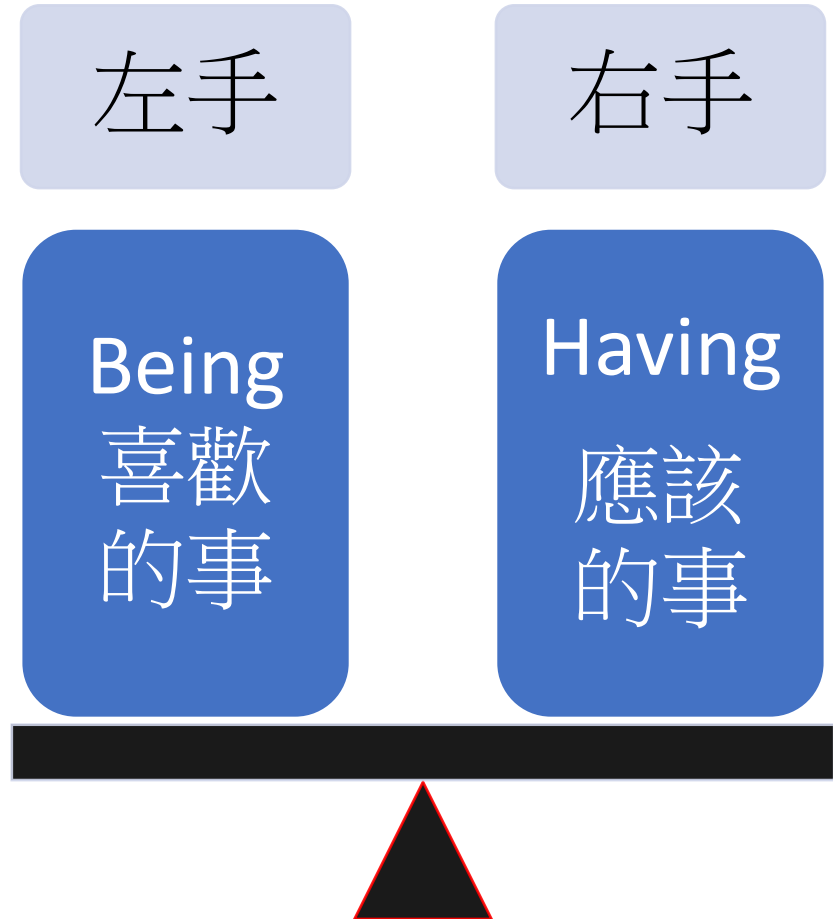
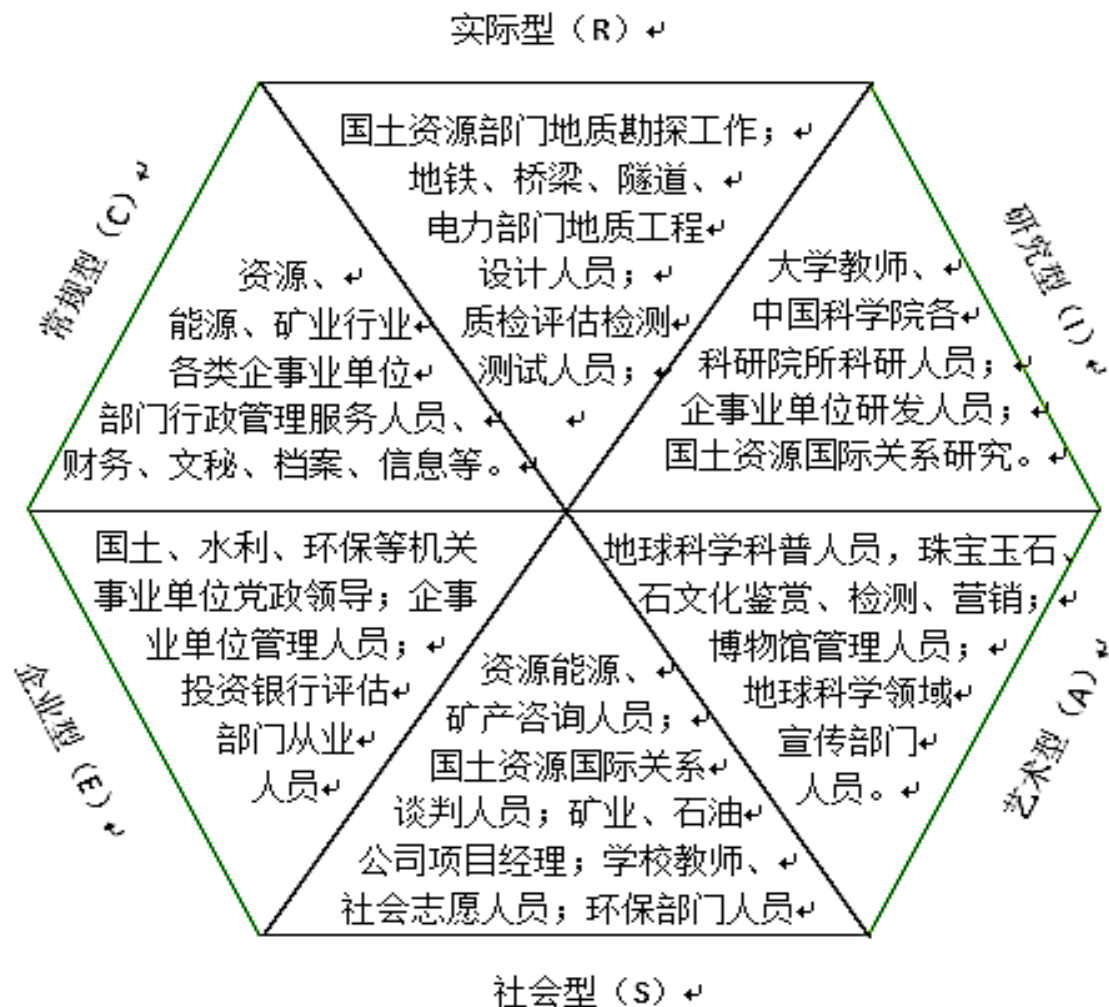


圖 3-3 「我有」與「我是」狀態分離的過程



地球科學領域的 小六角

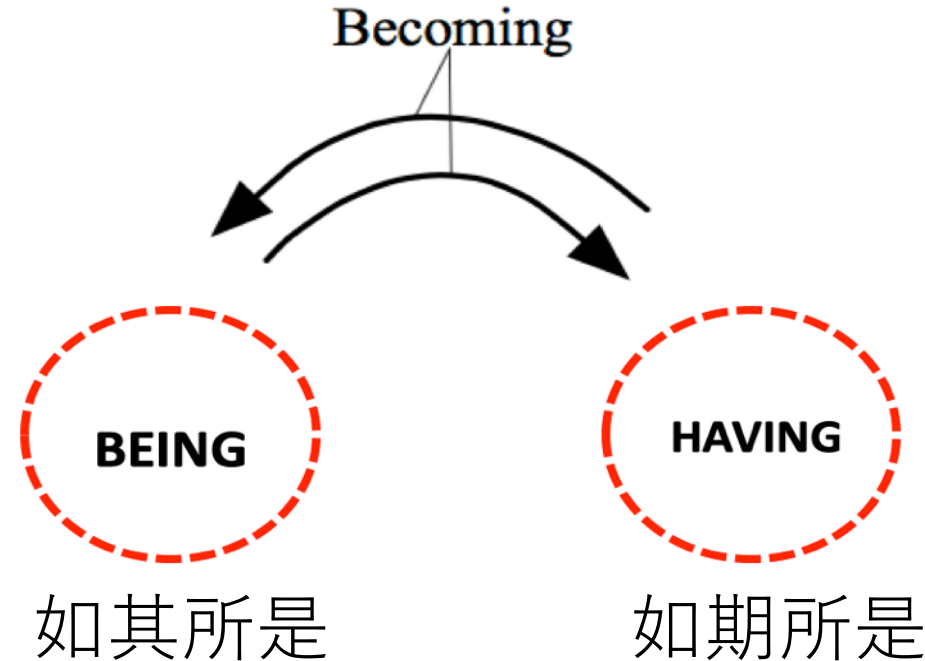
Holland typology in Earth Sciences



資料來源：劉慧(2019). 個體-專業-職業探索六邊形模型。南京大學。

Implication : career intervention

- 兩全其美，在限制中尋找自由 Best of both :
Satisfying "BEING career" in "HAVING career"



Problem/culture-based reflections in career intervention

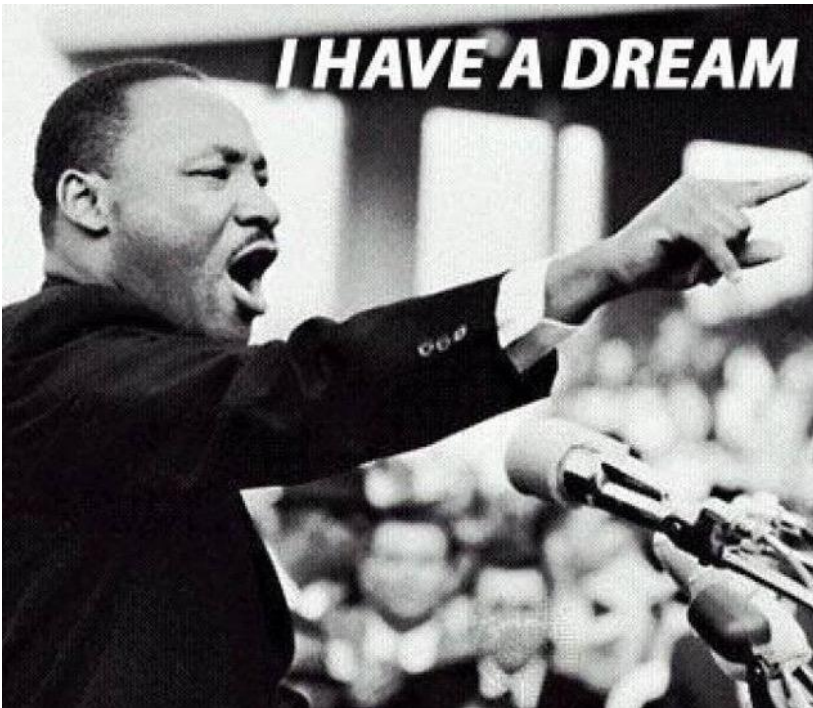


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The West vs. The East

- Be yourself
 - I have a dream



- Be yourself-in-relation
 - I have a family dream

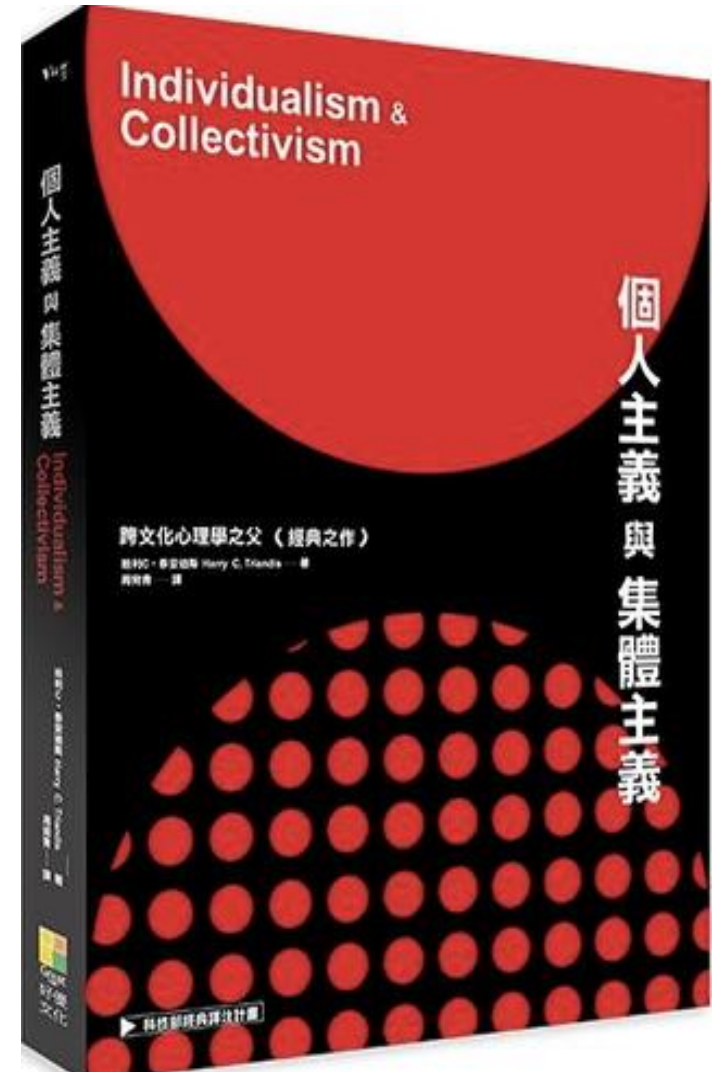
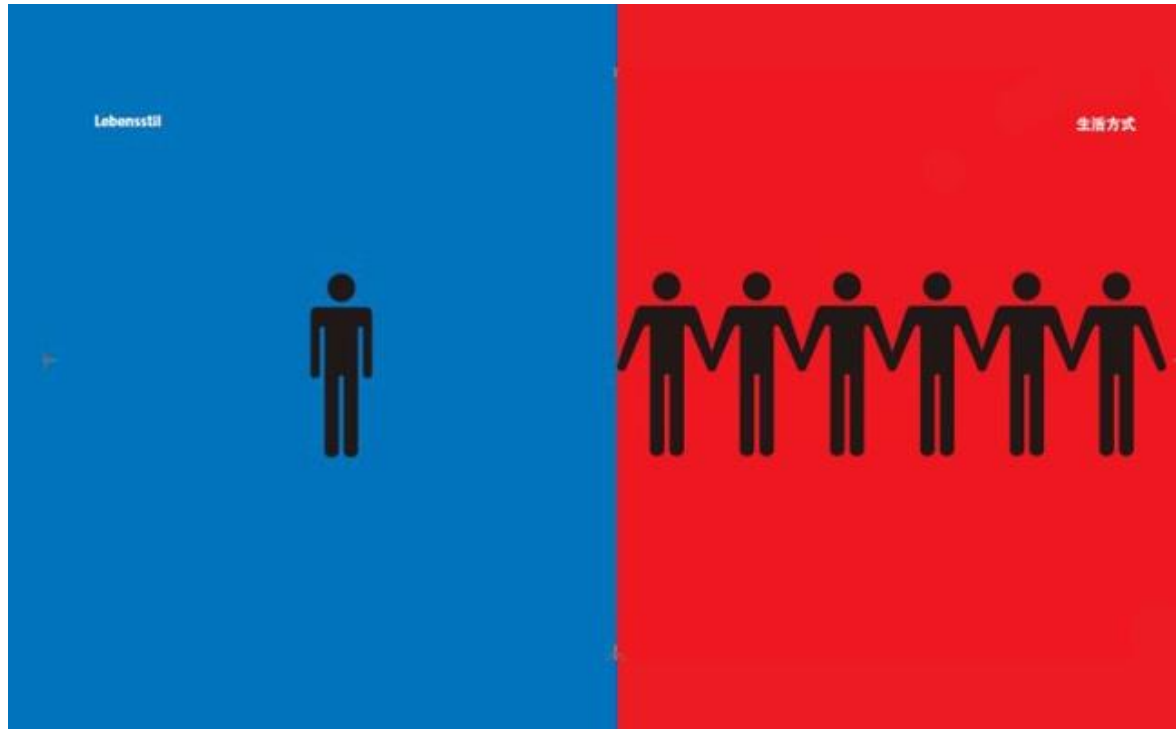


A person's effort, a family's dream



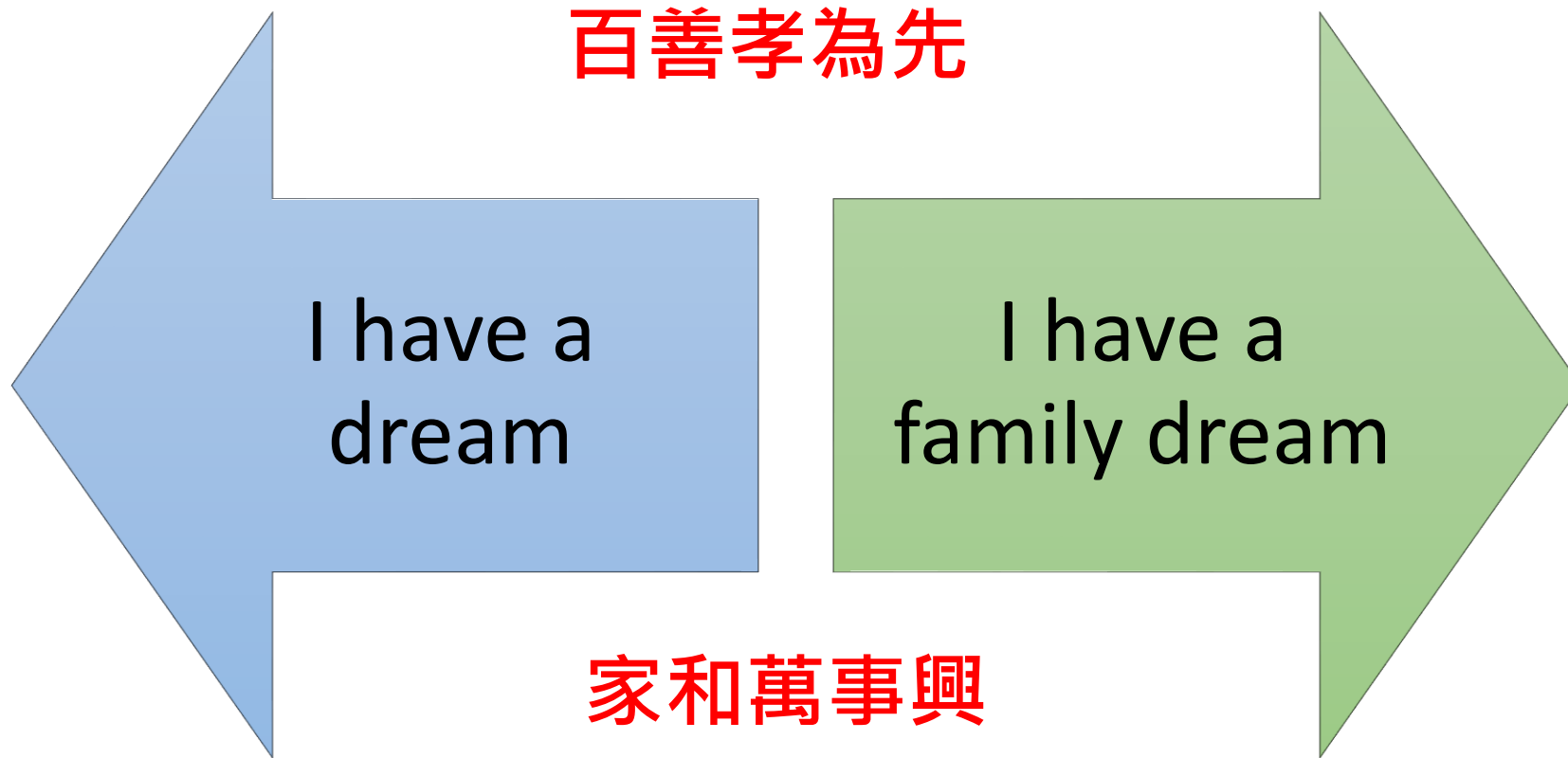
雙重文化現象

Individualism and Collectivism



Source: ~Yang Liu from “East meets West” book – www.yangliudesign.com

The dilemma of career choice in the context of Chinese culture



Case from Taiwan

- 我爸爸，爺爺奶奶外公外婆伯父叔叔舅舅，連伯公、舅公都是醫生，我是爺爺奶奶唯一的寶貝孫子，所以一定也要非當醫生不可。爺爺奶奶還說伯父、叔叔生的都是女兒，女孩子就不勉強，可是**我必須繼承我們家鄉那個大醫院**。
- 媽媽說，她為了栽培我念醫科，她特地辭掉會計事務所的工作，專心在家帶我。**如果我不當醫生，好像就對不起祖宗三代**。偏偏我愛哲學的奧妙，也喜歡新詩創作，老師你是知道的.....。

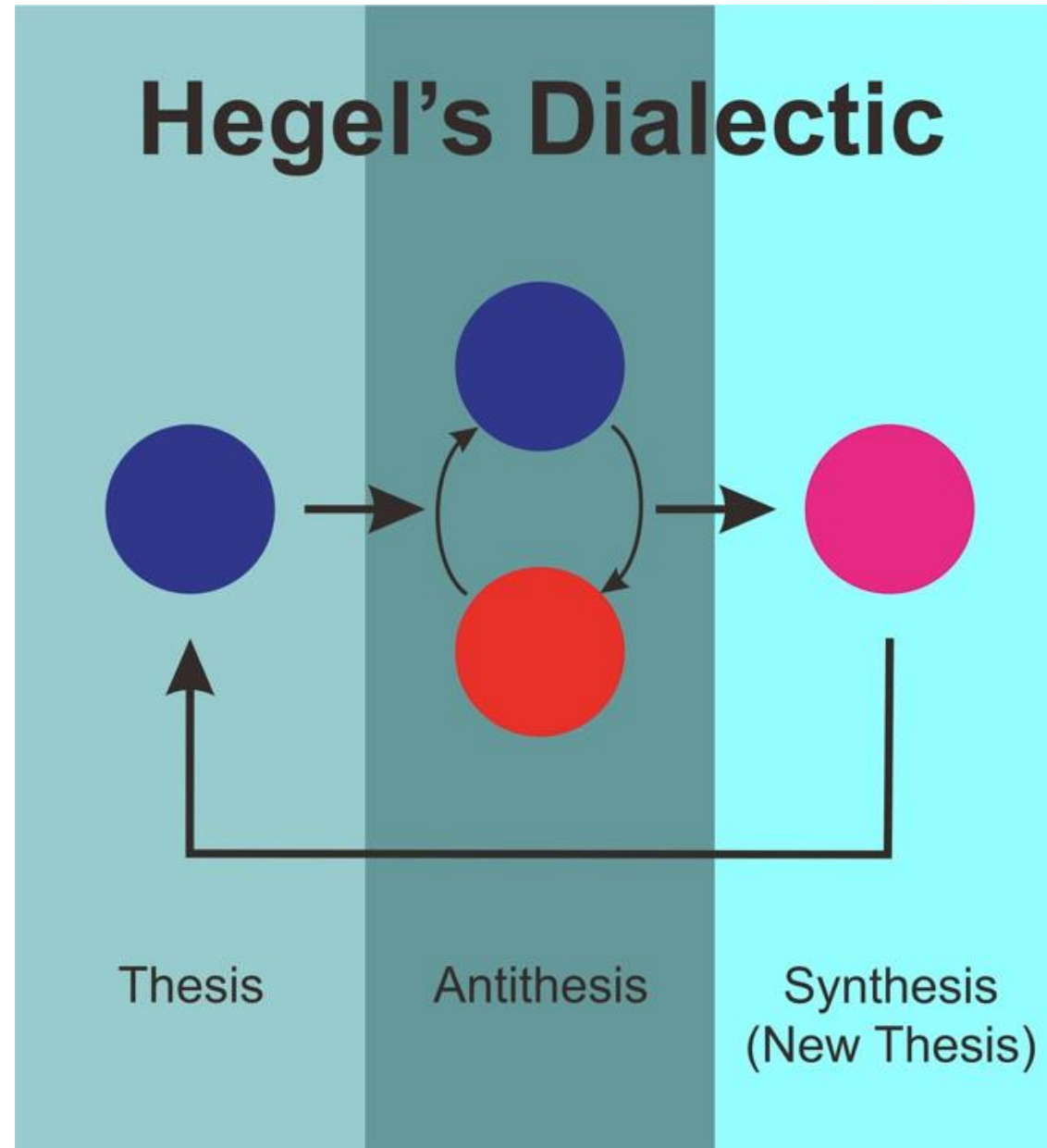
Case from Taiwan

- 老師，**如果我把台大哲學系當第一志願**，不曉得爸爸媽媽會怎樣？唉，我還真怕媽媽的淚水攻勢。
- 她一天到晚說，她只有我這個兒子，如果我怎樣的話，**她就不想活了**。
- 那，那我要怎麼辦？

執兩用中：第3選擇（The 3rd Alternative）



執兩



用中

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Wisdom of the West: Theories of career uncertainty

- 生涯建構論 Career construct theory/life design
- 善用機緣論 Happenstance learning theory
- 生涯混沌理論 Chaos theory of careers
- 榮格共時性 Jungian Synchronicity

Wisdom of Zhong-Yong

時中：Centering with Timing

仲尼曰：

君子中庸，小人反中庸。

君子之中庸也，君子而時中。

小人之中庸也，小人而無忌憚也。...

(禮記中庸 第2章)

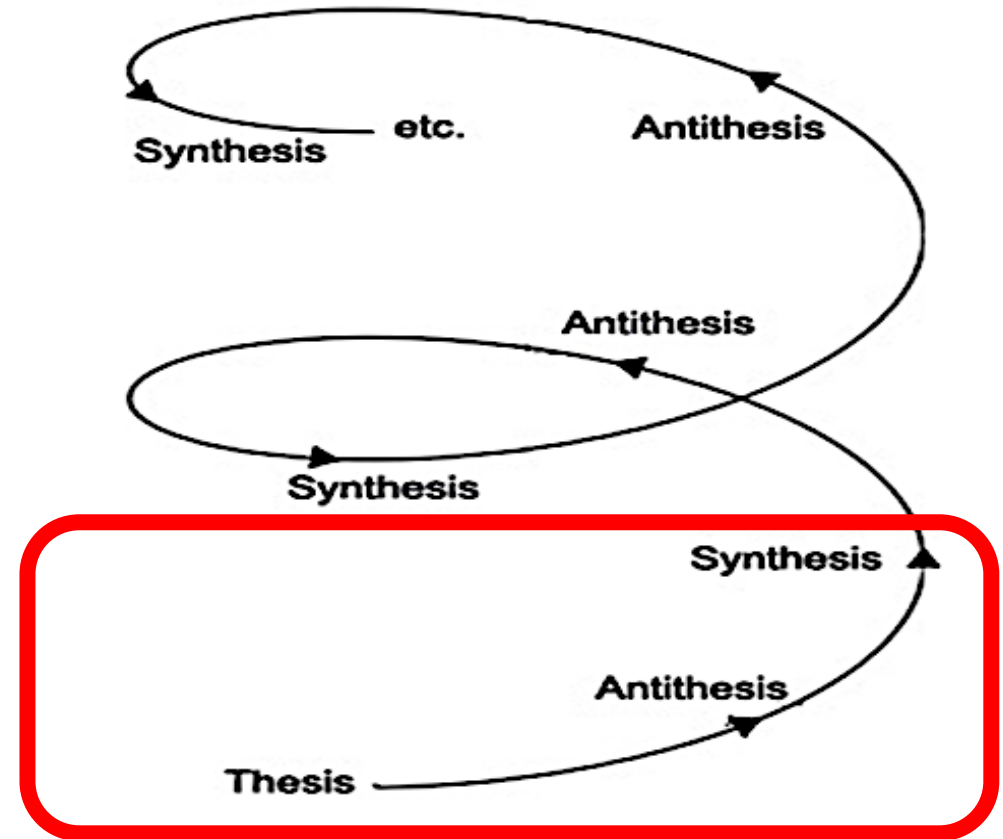
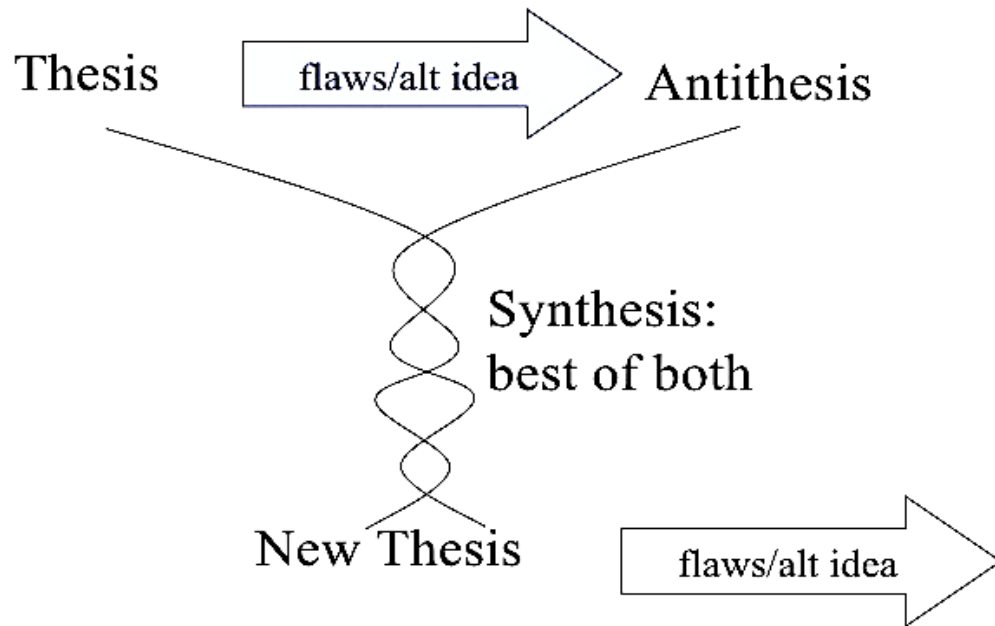
中庸所說的「時中」，是指君子的一切舉動，
其時，其地，及其所向之人，均隨時不同。(馮友蘭，2015，p.376)

The doctrine of the mean refers to
all the actions of a gentleman, at the time, the place,
and the people they were going to were different at any time.

Wisdom of Zhong-Yong 時中與權變：Dynamic balance

*Cognitive Psychology, Fourth Edition, Robert J. Sternberg
Chapter 1*

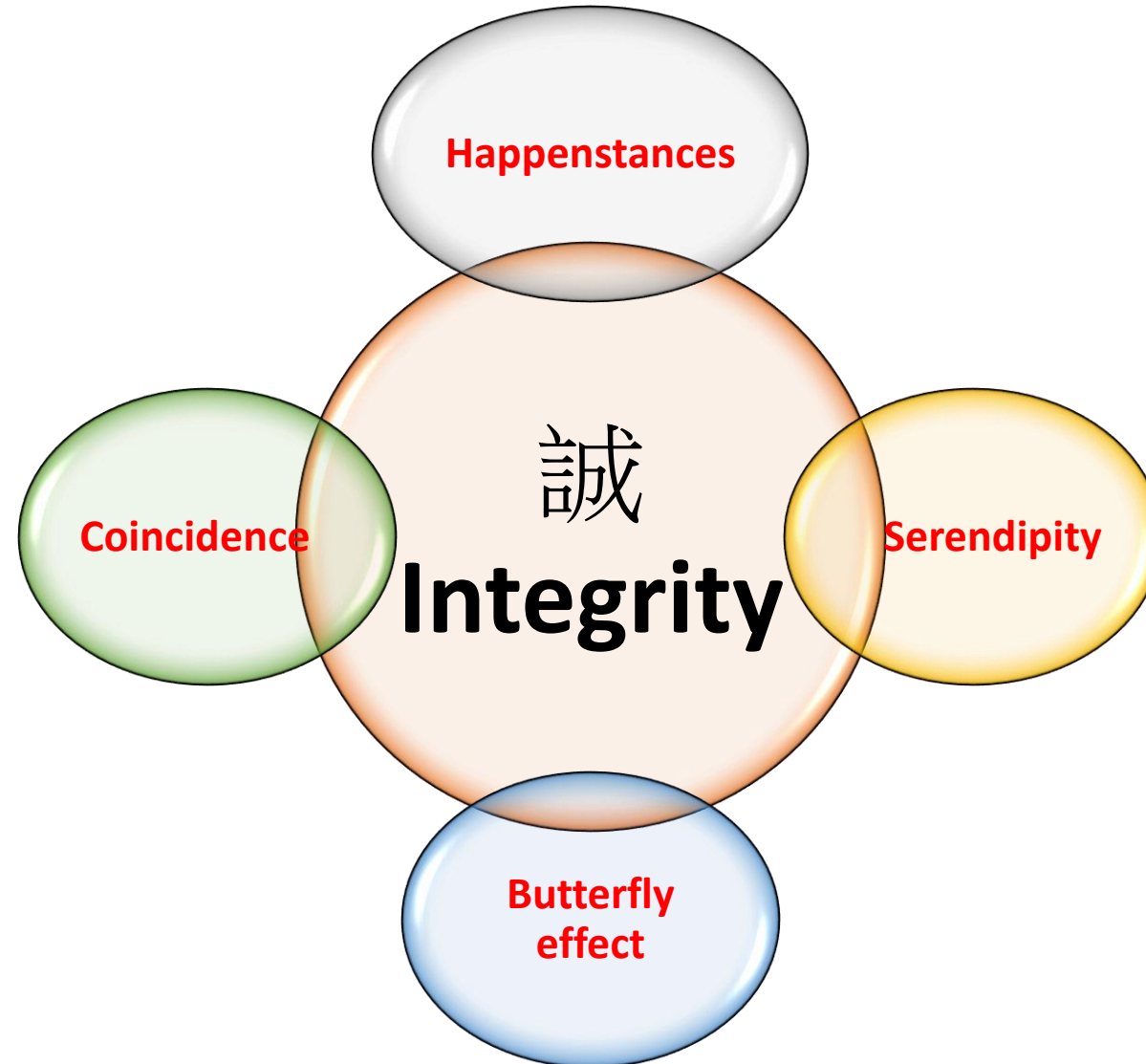
Dialectic Progression of Ideas: Hegel



Source: <https://cevazeradodavu.oberonlife.com/hegel-thesis309626196iw.html> ◦

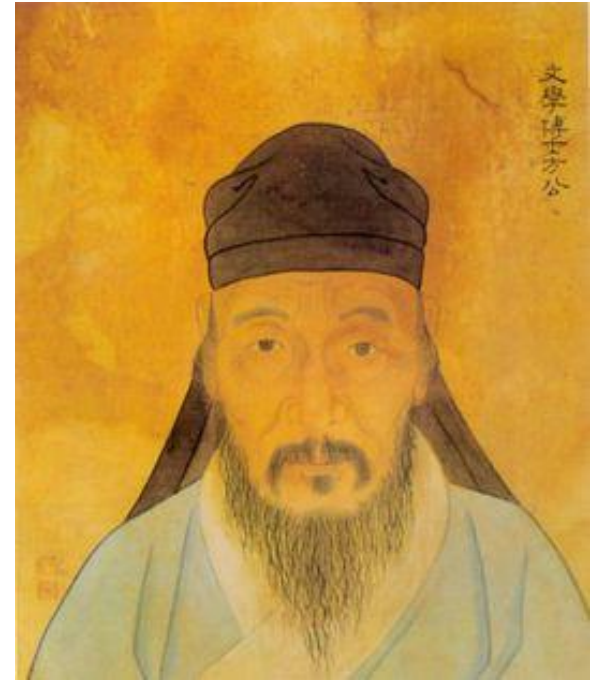
Source: <https://bubesyzonu.benjaminpohle.com/marx-thesis-antithesis-synthesis-35738ld.html> ◦

Wisdom of Zhong-Yong : 誠 Integrity



天地之間，至誠無息

INTEGRITY never ceases between heaven and earth



- 蓋慮之所能及者，**人事**之宜然；
而出於智力之所不及者，**天道**也。
- 古之聖人，知天下後世之變，非智慮之所能周，非法術之所能制；不敢肆其私謀詭計，而**惟積至誠**、用大德，以結乎天心

天地之間，至誠無息

當你真心渴望做好一件事，
when you want something,

全宇宙都會聯合起來幫你完成。
all the universe conspires in helping you to achieve it.

《牧羊少年奇幻之旅》

Source: Coelho, P. (2006). The alchemist.

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《中國梵谷》 China's Van Goghs



來源：余海波、余天琦（2016）中國梵高 紀錄片
Source: <https://tw.appledaily.com/new/realtime/20180804/1404848/>

趙小勇的故事：安身 Making a living



20年畫了10萬幅梵谷的畫

Source: http://www.mingpaocanada.com/van/htm/News/20171222/tcah1_r.htm

安身「立命」：天命之謂性 率性之謂道

**That which is ordained by Heaven is called our nature;
To lead by our nature is called the Dao. ~ Zhong-Yong**

- **天命之謂性**：天所賦予者，即自然之稟賦就叫做「性」。「天」為宇宙之理，天所「命」者即是性，所以「性」為天所「命」於人，人所「分」於天者。（馮友蘭，2015，p.379）
- **率性之謂道**：適性發展，即是「道」。

趙小勇的故事：立命 Making a life

My life is my art

“我想畫原創，畫自己的生活，我的生活就是我的藝術。

現在沒人認可，也許50年、100年後就有人欣賞了。”

來源：余海波、余天琦（2016）中國梵高紀錄片

趙小勇的故事

安身
making a
living

- 山寨模仿
- 養家糊口

立命
making a
life

- 創新求變
- 活出自己

Making a meaning in Adversity

蔡昭偉（蔡傑爸）

營造公司工程師，兒子三歲時被診斷出
重度自閉症。

歷經許多掙扎後，決定辭去工作，一肩
扛起教育責任，專心致力研究自閉症。



Making a meaning in Adversity

- 自從得知蔡傑是個自閉兒以後，蔡傑爸就立下志向，期盼自己能做一個自閉症的傳教士，讓全世界都能更深入瞭解自閉症是怎麼一回事。
- Since learning that CAI Jie is an autistic child, CAI Jie's father has set his ambition to be an autism missionary, so that the world can have a deeper understanding of what autism is like.
- 目前透過書寫持續分享蔡傑成長故事，並且受邀到全省各地、全球聽懂華語的國家去演講，如今海內外已完成四百場的演講。
- At present, through writing and sharing the story of CAI Jie's growth, he has been invited to speak in cities all over Taiwan and in the world who understand Mandarin. Now, 400 speeches have been delivered at home and abroad.

Making a meaning in Adversity



Wisdom of Confucianism



安身以和 立命以德

Confucius: Social harmony in conflict

From a Confucian perspective,
when personal goals or interests are incompatible with those of others,
a self-cultivated person should follow
the ethical principles of social order and
maintain **harmony** as the first priority.

- Chen, P. (陳秉華) (2009). A counseling model for self-relation coordination for Chinese client with interpersonal conflicts. *The Counseling Psychologist*, 37, 987-1009.

安身以和 立命以德

大德者必受命

~ 中庸第十七章

“It is therefore true that he who possesses exceedingly great moral qualities will certainly receive the divine call to the Imperial throne.”

安身以和 立命以德

《大醫精誠》論述醫德

~ 唐·孫思邈《備急千金要方》第一卷

- **第一是精** 要求醫者要有精湛的醫術，認為醫道是「至精至微之事」，習醫之人必須「博極醫源，精勤不倦」。
- The first is exquisiteness, requiring doctors to have superb medical skills
- **第二是誠** 要求醫者要有高尚的品德修養，「凡大醫治病，必當安神定志，無欲無求，先發大慈惻隱之心，誓願普救含靈之苦」
- The second is integrity, requiring doctors to have noble morals

- **回憶你從小到大讀過的學校，你最懷念哪一位老師？**
- Recalling the school you have attended since childhood, which teacher do you miss the most?

- **回想過去曾經為你看過病的醫生，你最感激的是哪一位？**
- Looking back on the doctors who have seen you in the past, who are you most grateful for?

- **在你現在工作的專業領域，你最佩服的同行或前輩是哪一位？**
- In your professional field, which one do you admire most?

Implication : career intervention

- 透過自我覺察與自我認識，探討內在的本質 Explore inner nature via increasing self-awareness and self-understanding,
- 從角色楷模中，學習生命意義的創造，涵養內在品德與利他精神 Learn how to create life meaning from role models, in either prosperity or adversity, by cultivating moral qualities and altruistic spirit

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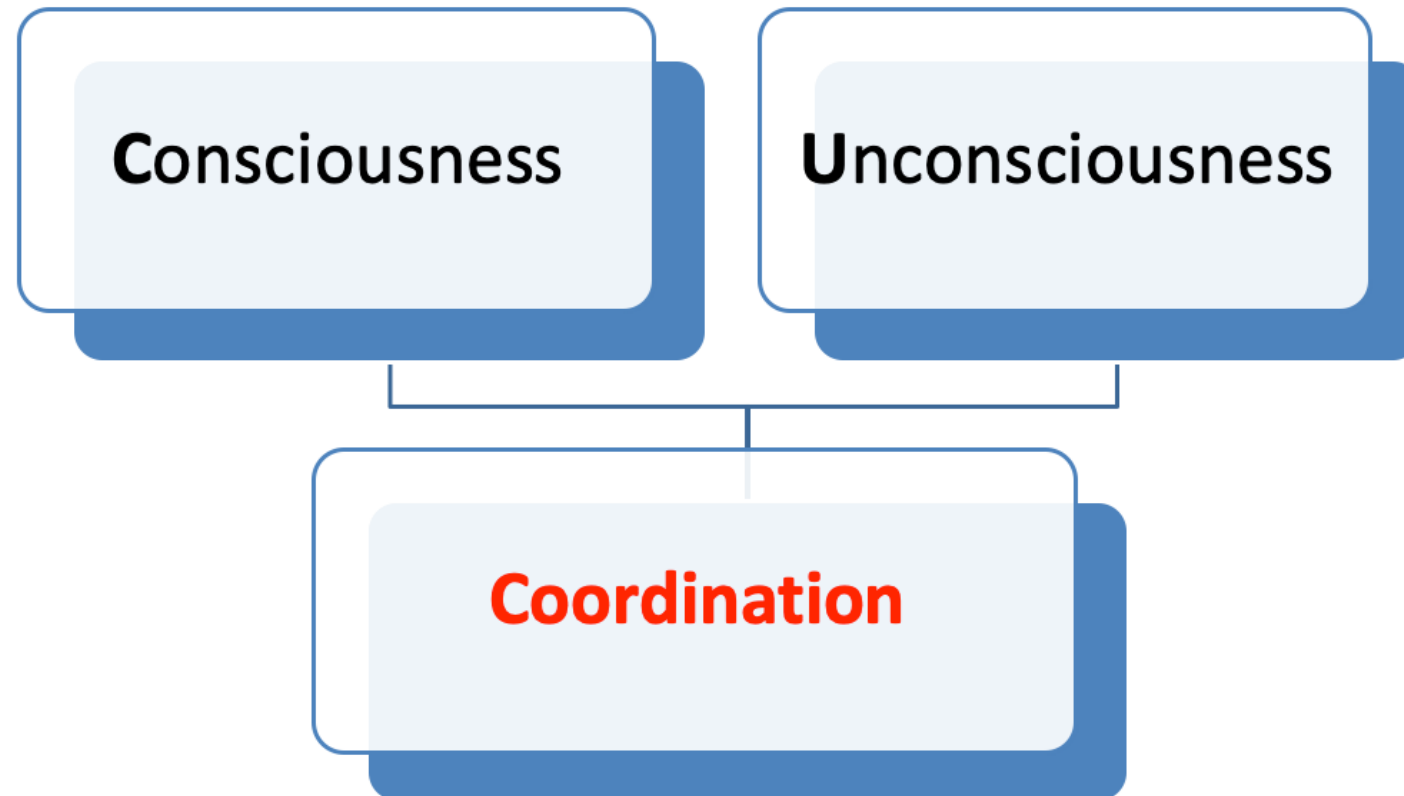
Zhong-Yong mode of reflexivity:

A culture-inclusive career intervention model

- Stage I: **C**onsciousness
- Stage II: **U**nconsciousness
- Stage III: **C**oordination

C-U-C model : 一種涵攝文化的生涯介入模式

執兩 用中



C-U-C model : Basic assumptions

- 生涯決定的本質，在於尋求安身與立命 The essence of the career decision-making lies in making a living and making of life;
- 生涯決定的要件，在於情感與理智的調和 The key to career decision lies in the reconciliation of emotion and reason
- 人有智慧進行生涯決定，最大的智慧需要左右腦並用 The greatest wisdom for career decision-making requires the use of both left and right brains.
- 生涯決定的完成，是一種中庸之道 The completion of CDM is an art of Zhong-Yong.

C-U-C model : Counseling goal

以“和”為「體」的宇宙觀所建構的生涯輔導目標

**Career counseling goal formed by the cosmology of
"Harmony"**

C-U-C model : **Counseling tasks**

以“中”為「用」所設計的生涯輔導方法

**Career counseling tasks designed by the methodology of
"Mesotes"**

C-U-C model : **Counseling tasks**

1. 透過自我覺察與自我認識，探討內在的本質 To explore inner nature via Increasing self-awareness and self-understanding,
2. 理解衝突雙方的需求與處境 To recognize clearly the needs of the self and related others,
3. 採用多元的衝突解決策略 To employ multiple conflict resolution strategies, i.e., the best of both & the dynamic balance of win-win,
4. 從角色楷模中學習創造生命意義，涵養內在品德與利他精神 Learn how to create life meaning from role models, in either prosperity or adversity, by cultivating moral qualities and altruistic spirit

C-U-C model

- **Stage I: Consciousness**
 - clients are aware of their own problem consciously, and carry on career exploration rationally.
 - Most of the problems are supposed to be solved sequentially & logically at this stage.
 - If the client is still having a difficult following decision, go over to the second stage.

C-U-C model

- **Stage II: Unconsciousness**

- 聆聽內心深處的聲音與呼喚 Listen to inner voice and calling
- 開放來自潛意識的信息 Openness to Unconsciousness

C-U-C model

- **Stage II: Unconsciousness**
 - 正念冥想 Mindfulness & Meditation
 - 生涯幻遊 Career fantasy
 - 夢工作 Dream work
 - 共時性 Synchronicity

C-U-C model

- **Stage III: Coordination**
 - 兩全其美 Best of both
 - 辯證法 Dialectics
 - 第三選擇 The 3 alternatives
 - 雙贏策略 Win-win strategies

CONCLUSION



雲來山更佳，雲去山如畫。
山因雲晦明，雲共山高下。

~ 元·張養浩《雁兒落帶得勝令·退隱》

More beautiful are the mountains where clouds throng;
But they are still pictures when clouds are gone.
The mountains are dimly visible because of the veil-like cloud.
Against mountains high or low clouds complacently crowd.

(辜正坤 譯)

Source: <https://www.cuhk.edu.hk/chinese/features/pavilion-of-harmony.html>



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::The END::

Thank you for your
Attention!

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