

# 生死學於表達性諮商之實踐：以李常受的三一論為探討

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## 摘要

本文、前言：生死學在西方歐美的思想體系中，以醫學、生物學、生理學等作為主幹，多數常人認為死亡是共同的終點；對基督徒而言，將死亡定義為「安息」、「安睡」，人生最終的安息就是結束世上的勞苦重擔，回到最初的源頭。生死學是眾多學科領域裡，最直接與死亡產生直接關係；超越理性範疇的靈性，以人的靈魂為對象，修煉人的靈性為目的，從現今世代直指來生世界；透過宗教教義、靈性諮商為傳遞，使常人能看淡生死，或平安地迎接死亡。

其次、核心理論-三一論：人觀的三層次-靈、魂與體，作為本文的鋪陳；1、靈性在常人生命中的結構地位，及其生命形態；2、以人觀的三層次為論點，論及生死學的意義與重要性。常人死後的喪葬儀式，正是聯繫到靈與魂的深奧世界；靈與魂作為常人生命結構中的高等層次，亦是人與禽獸之所以不同的主要分野，靈魂具有對神聖界的認知、對善惡的判斷、對無形的存在構成概念，對感官世界所無法達到的事物，進行另一層次的知覺反應。

以三一論、人觀的論點出發，有助於將生死議題，應用在常人的心理、生理層面；對於生與死的話題，以嚴謹性、客觀性的角度面對，不避諱死亡的禁忌，產生達觀、寬宏的視野，應變人生的各樣危難與災害，使之對生死有積極、正面的態度。

第三、生死學於靈性諮商的實踐：1、靈性諮商的意義：靈性與諮商之間的相互性與群體性；2、靈性作為照護的中心體系：靈性諮商的終極目標是導向正面的生死信念，建立積極的人生哲學，在面臨死亡之際能豁達開朗。

以三一論與生死學為主軸，論到與靈性諮商的關聯；靈性諮商涵括的範圍極為廣闊，藉由對生死、人觀的正確認識，加上靈性諮商的覆蓋，幫助常人在面對生離死別的情境中，是充滿盼望、正向的理念，而非含冤、痛絕、厭世、苦恨的負面情緒，更不是哀聲嘆氣地等待死亡臨到。

第四、結論：透過三一論、靈性諮商等建立健康的生死信念，明白生死學與死後的未知世界，可在其基礎的信念上，由靈性來指導體的行動與魂的認知，建構生命目標、生活動力的尊嚴，將生命放置在正確的位階；對於世事的無奈、死亡的恐懼等陰影下，從對有形的失落轉為無形的盼望，把未來的生命做為標竿，視為生命力的提昇與靈性的成長。

**關鍵字：生死學、靈性諮商、李常受、三一論**

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# **Life and Death Learning from the Practice of Spiritual Consultation: Taking the Trinity of Witness Lee as the Discussion**

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## **Abstract**

This preface of this article: Life and death in the Western European and American ideology, with medicine, biology, physiology, etc. as the backbone, most people think that death is the common end point; for Christians, define death as "rest", " Sleep peacefully, the ultimate rest of life is to end the hard work of the world and return to the original source. Life and death is the direct relationship between death and death in many subject areas; the spirituality beyond the category of reason, the object of human beings, the spirituality of cultivating people, the world from the present generation; through religious teachings and spirituality Consultation is a transmission, so that ordinary people can look down on life and death, or meet death peacefully.

Secondly, the core theory-three-one theory: the three levels of human view--spirit, soul and body, as the paving of this article; 1, the structural status of spirituality in ordinary people's life, and its life form; 2. The three levels of human view For the argument, talk about the meaning and importance of life and death. The funeral rituals after the death of ordinary people are the deep world connected with the soul and the soul; the spirit and the soul are the higher levels in the life structure of ordinary people, and the main difference between the human and the beast. The soul has the cognition and the sacred world. The judgment of good and evil forms a concept of intangible existence and another level of perceptual response to things that cannot be achieved by the sensory world.

Starting from the arguments of the Trinity and the People's View, it helps to apply the issue of life and death to the psychological and physiological aspects of ordinary people. For the topic of life and death, it is faced with rigor and objectivity, and does not avoid the taboo of death. To create a vision of vision and magnanimity, to respond to the various dangers and disasters of life, so that it has a positive and positive attitude towards life and death.

Third, life and death learn from the practice of spiritual consultation: 1. The meaning of spiritual consultation: the mutuality and groupness between spirituality and consultation; 2. The spirituality as the central system of care: the ultimate goal of spiritual consultation is to guide Positive belief in life and death, establishing a positive philosophy of life, and being open-minded in the face of death.

Taking the Trinity Theory and Life and Death as the main axis, we talked about the

connection with spiritual consultation; the scope of spiritual consultation is extremely broad, with the help of the correct understanding of life and death, human outlook, and the cover of spiritual consultation. In the situation of facing death and death, ordinary people are full of hope and positive ideas, rather than negative emotions of guilt, sorrow, misery, and hatred, and even more sighs and wait for death to come.

Fourth, the conclusion: through the Trinity Theory, spiritual consultation, etc. to establish a healthy belief in life and death, to understand the unknown world after life and death and death, can be guided by the spirituality to guide the action and soul of the body in its basic beliefs. The dignity of life and the dignity of life, placing life at the right level; in the shadow of helplessness and fear of death, from the tangible loss to the invisible hope, the future life as the standard, as The improvement of vitality and the growth of spirituality.

**Keywords: Life and Death Learning, Spiritual Consultation, Trinity, Witness Lee**