

## 摘要

近年美感教育在臺灣獲得政府豐厚之資源挹注，欲落實美感教育，使美感確成一般民眾普遍珍視之價值，當有更堅實之學術論述為後盾。為確證美感經驗之於個人的永恆價值，本論文以文獻分析為方法，綜述美感經驗的典型——優美或崇高、美感經驗的範疇——由藝術作品、藝術創作，自然或日常生活所引發之經驗。並進一步將美感經驗中的自我狀態，整理為「自我滿足」、「自我辯證」、「自我整合」、「自我實現」與「自我超越」等五面向，即由高度自滿通往自省、自覺、及至忘我與無我的旅程。由是可知，美感經驗指向廣袤無垠的可能性、開啓內省與統合的契機、應允感性質地的生活態度與價值，並鋪陳個體實現與超越的高階潛能。

**關鍵詞：**自我、美感經驗、感性

## Abstract

In recent years, aesthetic education in Taiwan has received abundant government support. To implement aesthetic education effectively and make aesthetic experience widely appreciated by the general public, some solid theoretical foundations are needed. To confirm the enduring value of aesthetic experience to an individual, this study conducted literature analyses to explore the very genres (beauty or sublime) and categories (experiences triggered by art pieces, creative activities, nature or daily life) of aesthetic experience. In addition, the researcher further sorted out five dimensions of self/ego statuses generated within aesthetic experience: “self/ego-fulfillment,” “self/ego-dialectic,” “self/ego-integration,” “self/ego-actualization,” and “self/ego-transcendence.” These five dimensions are states of single aesthetic experience and might possibly be a process of a certain kind of continuity. That is, it is a journey that goes from the state of high self-satisfaction to that of profound self-reflection, total self-awareness, and even to the state of forgetting the self/ego and no-self/ego. As understood from the literature, aesthetic experience points to boundless possibilities, unlocks opportunities for internal reflection and integration, enhances sensitivity as a valuable quality in life, and contains higher-order potentials for fostering individual self-realization and transcendence.

**Keywords:** self/ego, aesthetic experience, sensitivity