

豫
雷地豫



「安逸快樂，防患未然」

— 居安思危是智慧

「豫」是安逸與快樂。逸樂的人生，本來是值得欣慰的事。的確，有安穩的環境與豐足的資源，對很多人來說是夢寐以求的生活。然而，易經揭示的智慧是，逸樂的結果不一定是吉，故必須加以提防。古往今來，不少人因沉溺逸樂而變得怠惰，不要沉溺而迷失自我，要懂得節制，適可而止。因有可能最壞的後果是身敗名裂，甚至被家人朋友遠離。「生於憂患，死於安樂。」能居安思危，才能安心享樂而不會樂極生悲。



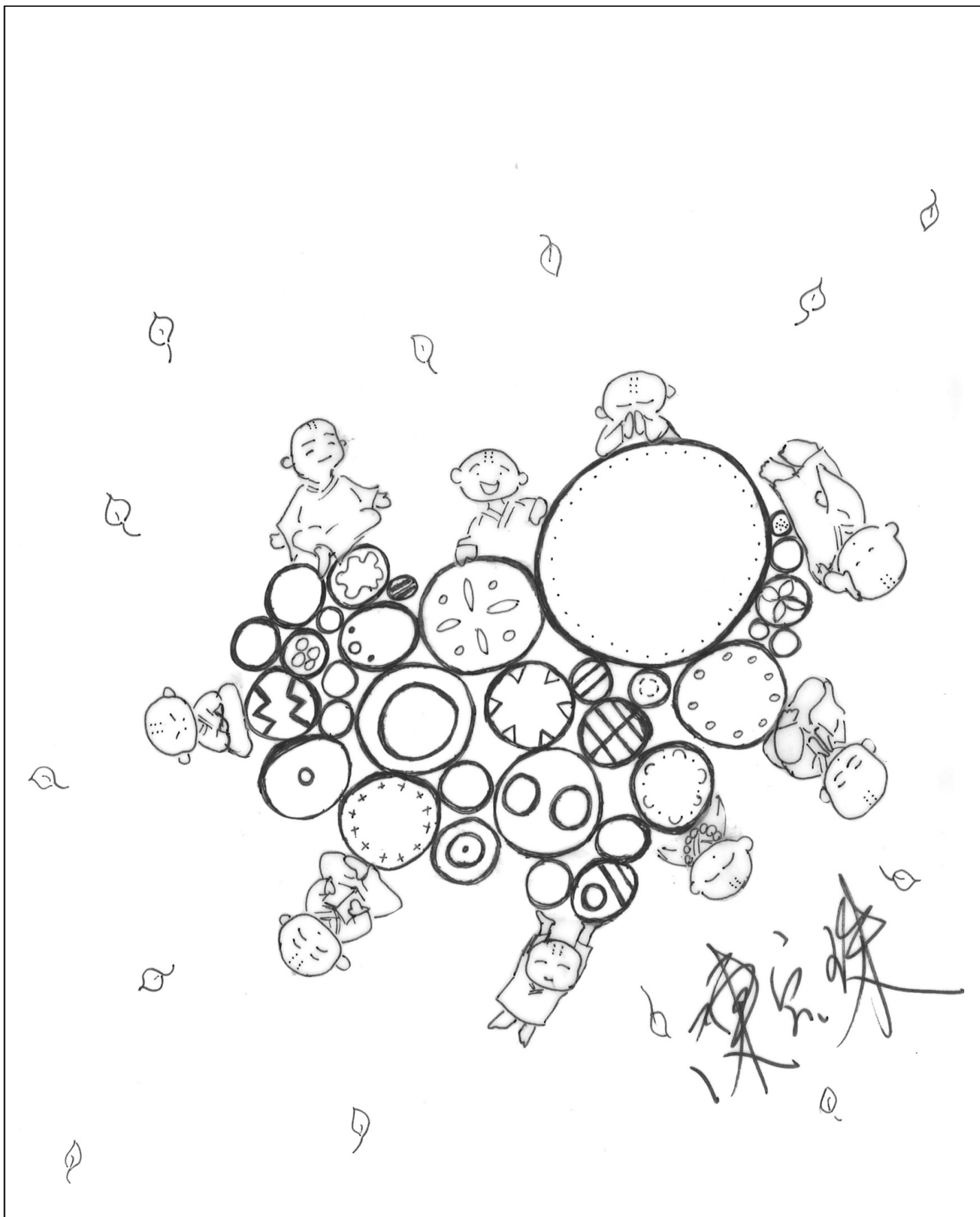
畫作人感想

快樂其實可以好簡單，只要你相信，快樂就在你身邊！

畫作人

陳寶珠女士 Connie Chan

是一位香港粵劇及電影演員，有「影迷公主」之稱，現為香港血癌基金愛心大使。



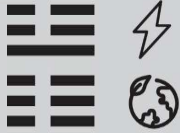
姓名 Name : _____

日期 Date : _____

感想 Reflection : _____

* 把完成填色的畫作給寫上感想，掃描QR Code 填好小問卷，然後電郵畫作到info@designerworkshop.com.hk 給我們，就可免費提取「易圖思」靜觀圖畫冊一本。





“Comfort and happiness, take precaution” – *Wisdom of being cautious at times of ease*

“**Enthusiasm**” literally means contentment and happiness. An easy life is meant to be gratifying. Having a stable environment and abundant resources is a dream life for many people. However, wisdom revealed by the Book of Changes illustrates that “Enthusiasm” may not necessarily be auspicious, we are to be more prudent in thoughts and actions. Throughout the ages, many people have become lazy due to indulgence in pleasures. The worst consequence is generating irreversible conflicts and clashes in any close relationships and matters inside and outside of family. There is a saying, "Born in sorrow and dying in happiness." Only by being able to be prepared for possible adversities at times of ease can we enjoy peace of mind, and not misery.

Artist reflection

Happiness can be so simple, ; happiness is by your side if you believe it!



Artist profile

Ms. Connie Chan, a Hong Kong Cantonese opera and film actress, is known as the "movie fan princess".