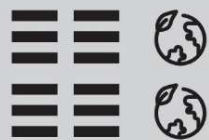


坤  
坤為地



# 2

「柔順堅貞，厚德載物」

## 一 順勢而為帶來圓滿

「坤」卦象徵大地的 廣闊與柔順，恆常不變，能承載天下萬物。世事往往不如人意，充滿困難與挑戰，教人難以忍受。然而，當我們將一己之心放下，讓自己襟懷如大地般廣闊，品格如大地般謙卑，則能包容與承受一切。當具備安穩而貞定的心，生活自然會處處順境。



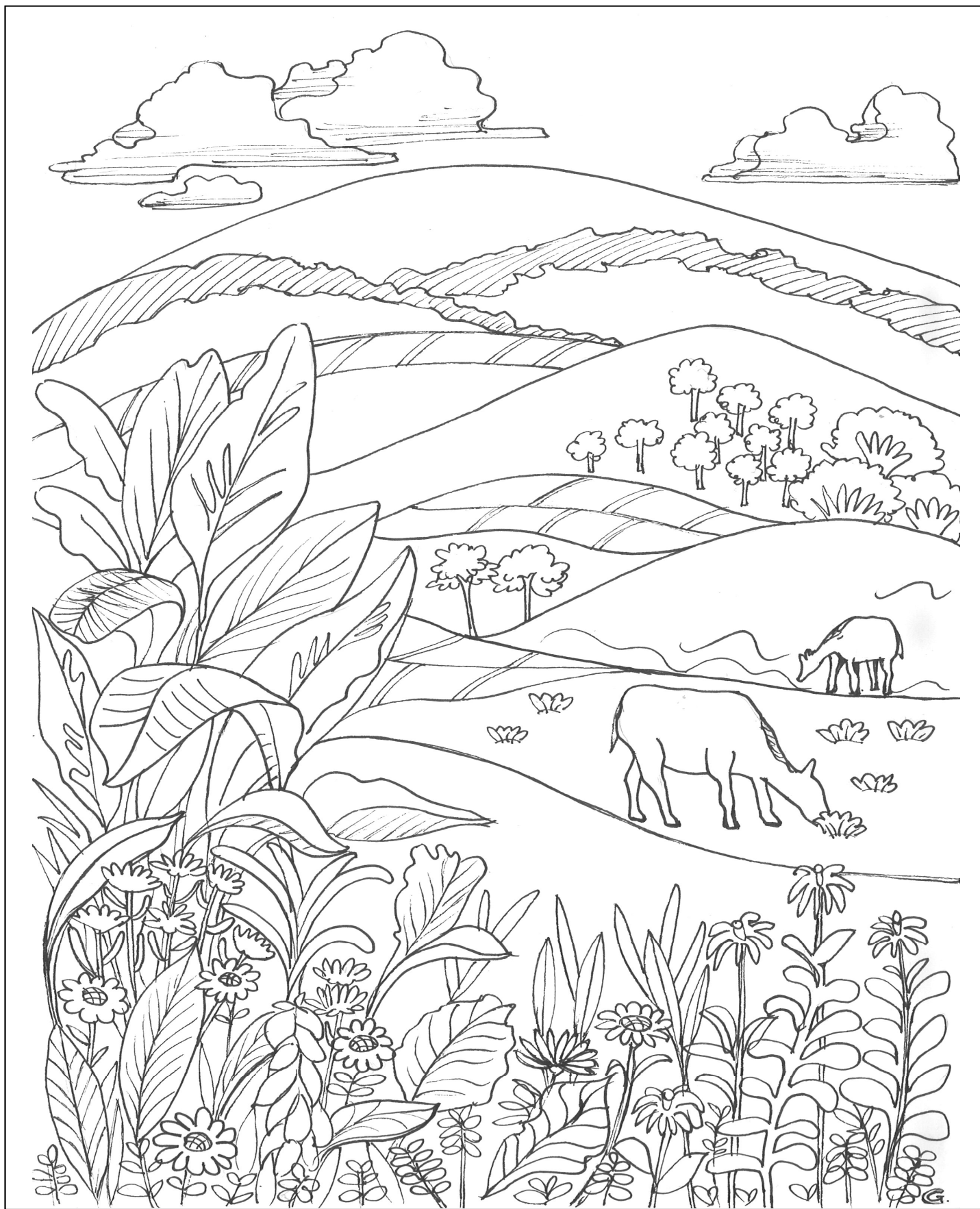
### 畫作人感想

繪畫大自然的美，寬廣的大地盛載萬物，默默滋養生命，也象徵大地柔順包容的特質。這也是身為藝術治療師的我，學習以創過程和畫作，溫柔盛載和包容各種情緒的胸襟。

### 畫作人

**陳詠儀女士** Grace Chan

一位註冊藝術治療師，現職於非政府組織社福機構的復康服務單位，她亦致力於社區推廣藝術治療，與弱勢社群、社區各階層人士分享創作，以藝術表達交流。現為香港藝術治療師協會副主席。



姓名 Name : \_\_\_\_\_

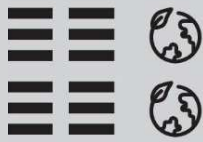
日期 Date : \_\_\_\_\_

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](mailto:info@designerworkshop.com.hk) 給我們，就可免費提取「易圖思」靜觀圖畫冊一本。



坤  
THE  
RECEPTIVE



# 2

## **“Submit with docility, embrace all with virtues”** *- Go with the flow brings fulfilment*

**“The Receptive”** symbolizes vastness and suppleness of nature; constant and unchanging that can carry all things under the sun. Things might not always go according to our many expectations, often filled with difficulties, challenges and sometimes even unbearable. However, if we can be broad-minded with a humble character same as vastness of the earth, we can then embrace and bear all things. When there is a stable and subdued mind, life will naturally go well everywhere.

### **Artist reflection**

Drawing the beauty of nature, spacious earth that contains all things, nourishes life in silence. It also symbolises the earth's suppleness and tolerant nature. As an art therapist, I have learnt to use my creative process and paintings to gently contain and embrace all kinds of emotions.



### **Artist profile**

**Ms. Grace Chan** is a registered art therapist working in the rehabilitation service unit of a social welfare NGO. She is also committed to the promotion of art therapy in the community, sharing her creativity with the underprivileged and people from all walks of life in the community to express their communication through art. She is currently the Vice-Chairman of the Hong Kong Art Therapists Association.