

剝
山地剝



「剝壞之勢，難以逆轉」

一 捨離放下便是重生

「剝」是剝落，是逐漸喪失安居所之象。人面對即將動搖根基的情況，須知道有時向壞方向發展是自然而然，不可逆轉的事。若貿貿然東奔西走或是積極補救，雖然可以阻慢剝壞的速度，卻難以改變形勢。這時，要明白剝壞到盡頭便是生機的展現，不要拘泥於眼前已剝壞的東西，反而要將目光放遠一點。捨離放下，其實是種重生。



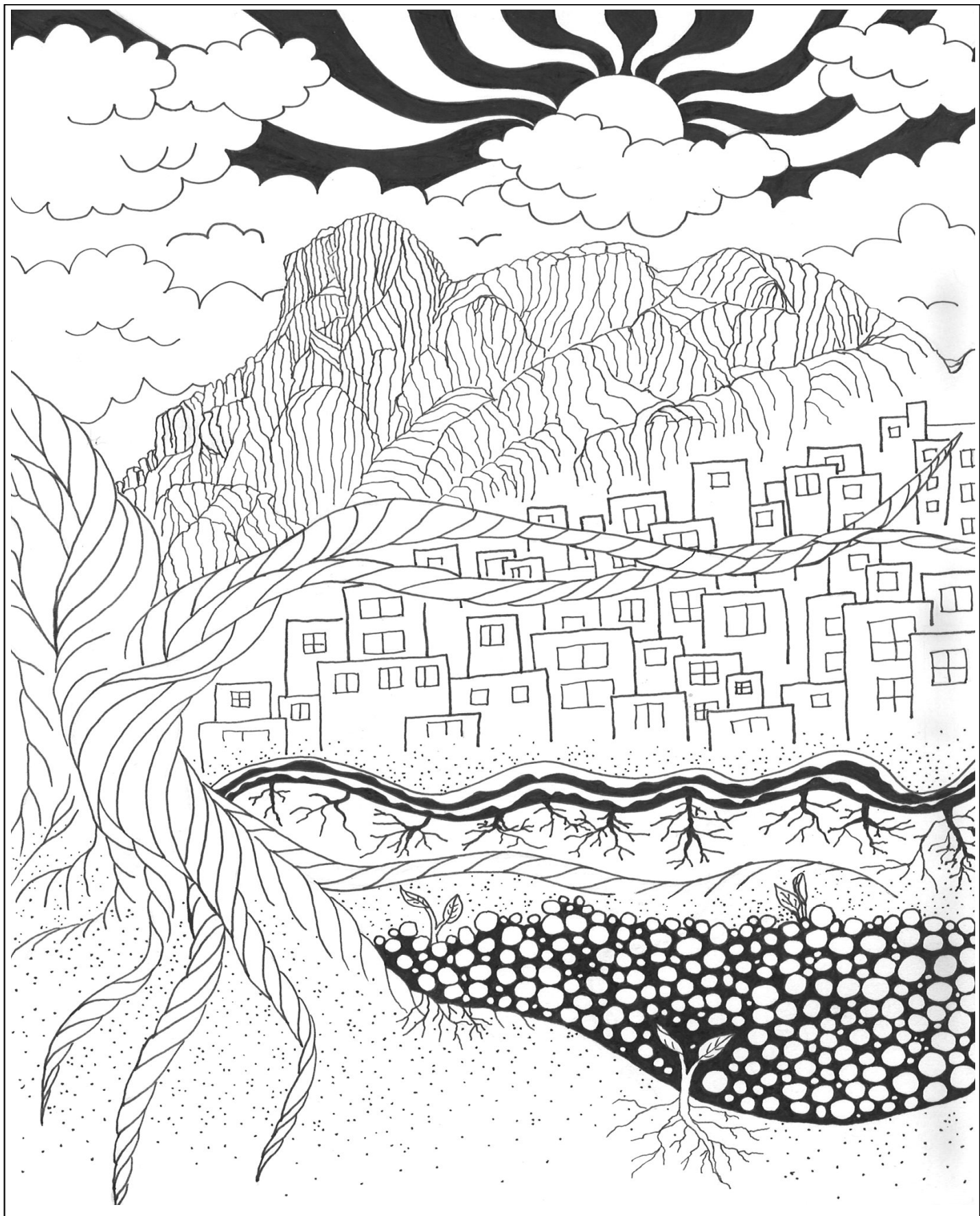
畫作人感想

明極暗生，暗極明生。在不穩固的土地上，我們播下堅實的種子，靜候時機，進入另一個循環的新開始。

畫作人

駱燕平女士 Yummi Lok

藝術家 / 詩人，喜歡用文字及圖畫表達內心想法及自我探索。她亦是藝術啓導員及聚焦導向表達藝術® 執行師，透過聚焦及表達藝術，聆聽心中覺醒及內在智慧。



姓名 Name : _____

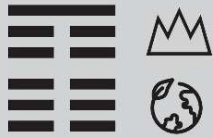
日期 Date : _____

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。



剥
Splitting
Apart



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“Trending towards deterioration, Difficult in reversal” *– Letting go for Rebirth*

“Splitting Apart”, a symbol of deterioration, gradual loss of a safe accommodation. One is faced with shaken stable foundation. We are to recognize that certain development towards a bad direction is sometimes natural and irreversible. If we hastily rush to remedy such situation, we might be able to slow down the rate of deterioration but unable to change the ultimate destruction. At this point, we should understand that “Splitting Apart” to this end is possibly a sign of revival. Accepting the reality and be forward looking by non-action is possibly better than watching things collapse. The wisdom of giving up and letting go is a kind of rebirth.

Artist reflection

Extreme light turns into darkness, Extreme darkness turns into light. We might sow solid seeds upon unstable ground; and patiently wait for a new beginning of another cycle.

Artist profile

Ms. Yummi Lok is an artist/poet who likes to express her inner thoughts and self-discovery through words and pictures. She is also an art instructor and an executive of Focus-Oriented Expressive Art®. Through focusing and expressing art, she listens to the awakening and inner wisdom in the heart.

