



「危險重重，內憂外患」

— 堅定信念等待亨通之時

「坎」是重重陷阱的意思，象徵人生重大的難關與挑戰。面對內憂外患，四周滿佈危險而且似乎已沒有出路，人在這時，心情自然會焦慮挫敗。別要氣餒，天無絕人之路。只要堅定信念，保持樂觀的心境，環境再惡劣，也可以跨過的。主動出擊，還是會有收獲的。要爭取大的成就，便要遠離困難障礙及耐心等待亨通之時。



畫作人感想

雖然在驚濤大浪的大海上航行是很危險的事，但當抬頭望上天空，會看到繁星滿天。人生往往會遇到不如意的事情，但只要樂觀面對，享受過程，凡事都變得美好。

畫作人

黃慧霖女士 Chermaine Wong 及 **Rachel Yu**

Chermaine 一位人體結構及骨骼調整治療師。Rachel 是她的接受治療者。



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。





29

“Multiple hazards, internal and external adversities” – *Await fulfilment with great faith*

“**The Abysmal**” refers to multiple hazards, it symbolizes major difficulties and challenges in life. In the face of internal and external trying situations, people will naturally feel stressed with anxiety and frustration when surrounded by adversities that seemingly no way out. We should not be discouraged, there is always light at the end of the tunnel. Maintain an optimistic state of mind with faith, we can overcome any challenges. Take the initiative with correct attitudes, hard works then usually pay off. To strive for greater achievements, we must stay away from ‘hazards’ and wait patiently for times of thriving fulfilment.

Artist reflection

It is dangerous to sail in the sea with rough waves, but it is full of stars when you look up into the sky. Adversities in life are what we often encounter, everything will become better if we face them with optimism and try to enjoy the process.

Artist profile

Ms. Chermaine Wong (Doctor of Osteopathic Medicine) + **Rachel** (patient)
Osteopathic medicine is a philosophy and practice of physician care distinct in its holistic approach and pioneering in its conceptualization of “wellness” beyond human body structure and bone adjustment.

