

「事與願違，時不予我」

一 退避遁隱也可追尋理想

「遯」是退避與遁隱的意思。生活中有些時候，無論我們如何付出，也會得不到別人的認同。也有些時候，無論我們怎樣無辜，也會受盡別人的偏見與歧視。此時，留在原地實屬不智之舉，更有可能因此招來禍患。當時不予我，便應明哲保身，離開是非之地以求亨通，再等待時機東山再起。只要堅守個人品德，在那裡也可以追尋理想。



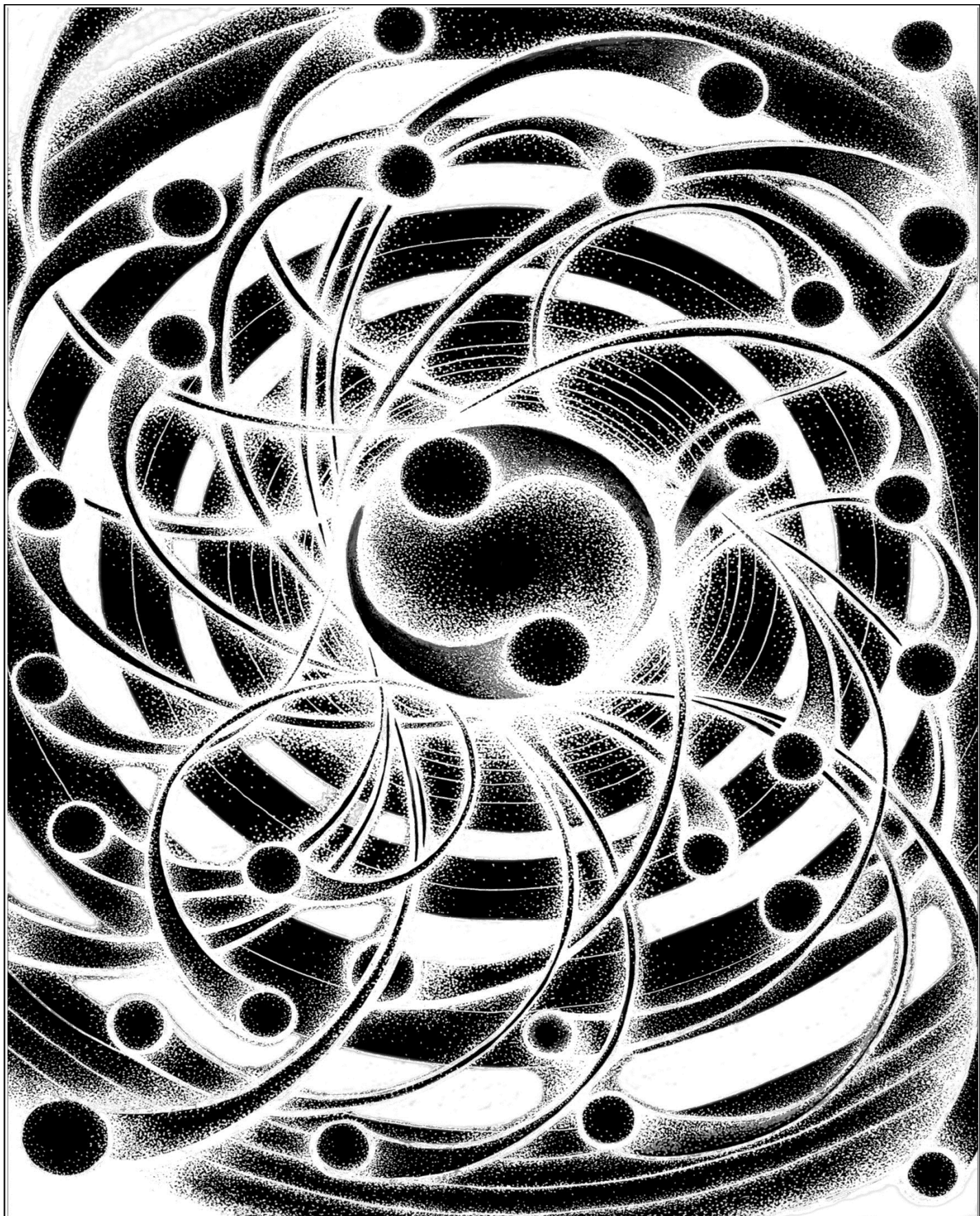
畫作人感想

也許比其他作畫黑色的空間較多，但希望黑暗可以喚起大家一些東西。在我的藝術療法課程中，我有時會要求人們在他們的在一張大黑紙上塗鴉，稱之為「冥想塗鴉」。當他們被要求在白紙上畫畫時，許多人經常會僵住，但以我的觀察，他們似乎在面對黑色時放棄了某些東西，卻開始享受黑暗中自然出現的東西。也許這就像在黑暗的天空中尋找星星，或者從無到有的概念，無法知道的令人興奮的。

畫作人

青島トモ女士 Tomo Aoshima Williams

是一位藝術心理治療師和巴哈花精治療師。她向有情緒及行為問題的兒童、青少年和成年人以及父母和成年人提供治服務，使他們能自我康復。她在英格蘭、西班牙、新加坡、日本和香港，與不同社會文化背景的各種心理狀況的人工作超過 13 年，使她得到多方位實習。正念和非雙重問診為她目前實踐的核心，她幫助客戶自身固有的自我康復能力。



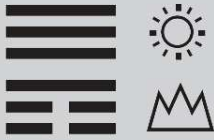
姓名 Name : _____

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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。





“Things backfire, not right timing”

- Ideals can still be pursued by Retreat

The literal meaning of “**Retreat**” is withdrawal and hiding. There are times in life when no matter how much we give, recognition is not necessary granted by others. Sometimes no matter how innocent we are, we still subject to prejudice and discrimination. It is unwise to stay where you are, it may likely bring harm. If timing is inappropriate, it is wiser to leave the wrong place for personal well-being and wait for right timing to rise again. So long if we are committed to our personal integrity, we can pursue our ideas anywhere.

Artist reflection

Maybe it has more black space than other drawings, but hopefully that ‘darkness’ can evoke something for others. In my art therapy classes, I sometimes ask people to scribble on a large black piece of paper in which I call it ‘meditation doodles’. When some people are asked to draw on white paper, many of them often freeze up. From my observations, some people seem to give up something in the face of black color and start to enjoy what comes naturally out of ‘darkness’. Perhaps it is more exciting to what is unknown like looking for stars in a dark sky or the exciting notion of coming from nothing.

Artist profile

Mrs. Tomo Aoshima Williams is an art psychotherapist and Bach flower essence healer. She provides therapeutic services to children, adolescents, and adults as well as parents with emotional and or behavioral problems, enabling them to heal themselves. Over 13 years of working with people of various psychological conditions from different socio-cultural backgrounds in England, Spain, Singapore, Japan, and Hong Kong has given her a multi-faceted internship. Mindfulness and non-dual consultation are at the core of her current practice, as she works with clients' inherent self-healing abilities.

