

解  
雷水解



## 「困難危機，自力解除」

### — 積極面對才是解脫之道

「解」是解除，代表從危機中解脫。解，是問題的解難，更是心靈的解脫。總有些時候，我們被太多難題捆綁，令人喘不過氣來。其實，遇上困難阻礙，能毫不猶疑地積極面對，轉危為安，便是解脫之道。若然問題是由於自身犯了過錯，此時也可得到赦免及寬恕。解脫後，若然有明確的目標，便應該及早起行；若然沒有明確目標，便應該早日回家。



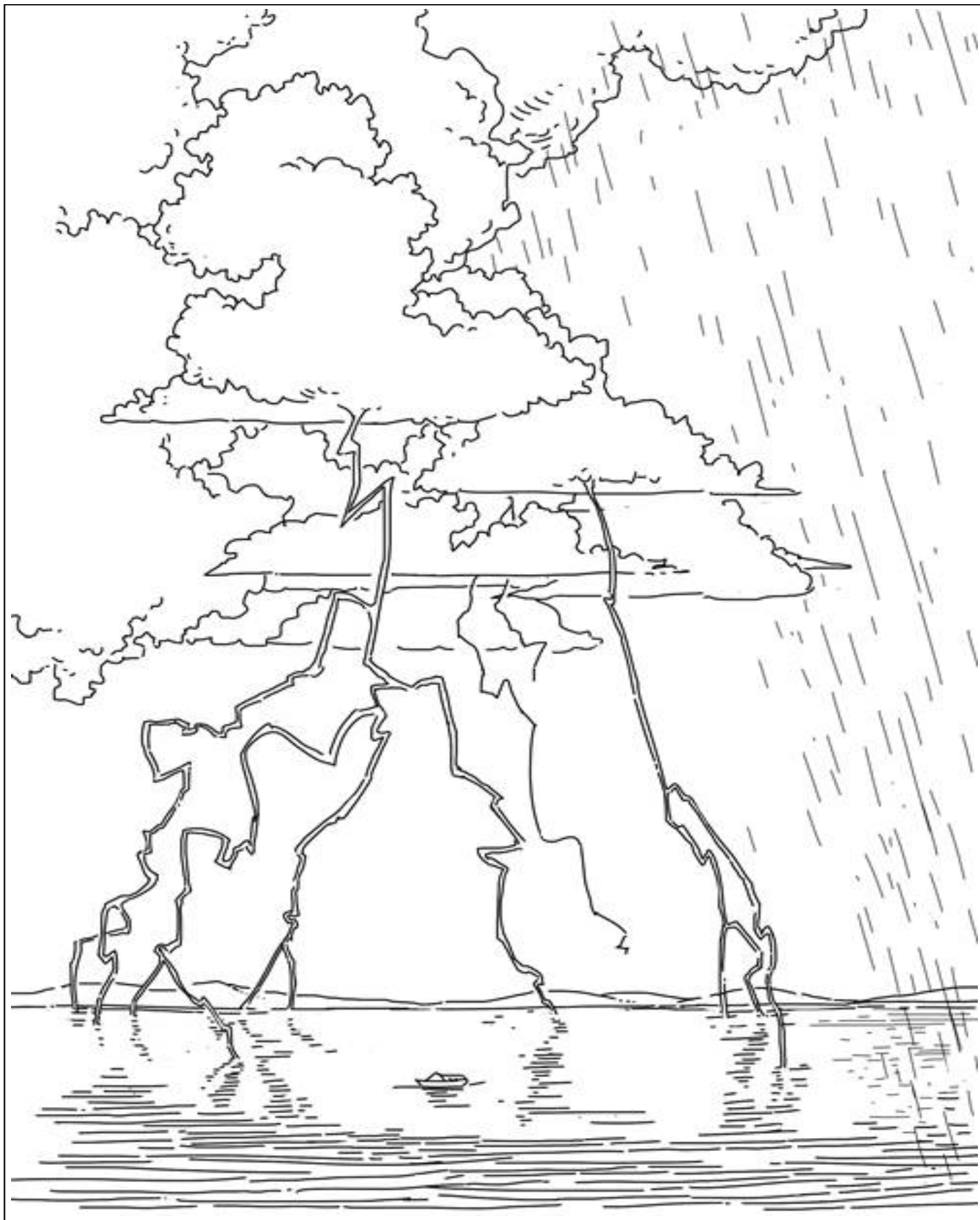
#### 畫作人感想

從小就在父親的耳俞目染下接觸了易經與其哲學，當然至今也未能完全解讀。今天能以自己擅長的媒介去表達卦象，是一種緣分，也是一個提醒。希望能讓更多的人以不同的方式去理解變化的道理。

#### 畫作人

**王恬君小姐** Tina Wong

畢業於中國美術學院，2019 年香港浸會大學視覺藝術院藝術碩士畢業生。她的作品多集中於在紙本與數位媒體進行的插畫創作。喜歡觀察與捕捉微妙的人際關係與環境情感，對聲音情有獨鍾。



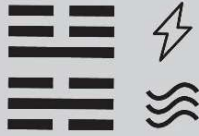
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\* 把完成填色的畫作給寫上感想，掃描QR Code 填好小問卷，然後電郵畫作到[info@designerworkshop.com.hk](mailto:info@designerworkshop.com.hk) 給我們，就可免費提取「易圖思」靜觀圖畫冊一本。



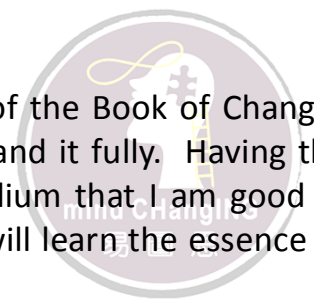


## **“Obstructions in crisis, Self-reliance to resolve”** *– Liberation by facing up with resilience*

**“Liberation”** refers to relief from crisis. The possible solutions to a problem also often means liberation of our mind. There are times when we are bound by so many problems that we might feel suffocating. However, we must carry attitudes with a positive mindset when we encounter difficulties and obstacles to relieve ourselves from troublesome situation. If the problem is due to our own negative egos for control or forced progress by arguing and manipulation, it may be excused at the time being. However, we should consider setting self-correction goals for transformation sooner once the crisis is resolved.

### **Artist reflection**

Under the immense influence of my father and learned of the Book of Changes and its philosophy since childhood. I still do not understand it fully. Having the opportunity to interpret the hexagram meaning in a medium that I am good at may perhaps be a fateful reminder. I hope more people will learn the essence of ‘change’ in different ways.



### **Artist profile**

**Ms Tina Wong** graduated from the China Academy of Fine Arts and received her MFA from the Academy of Visual Arts at Hong Kong Baptist University in 2019. Her works focus on illustration in paper and digital media. Her works capture subtle interpersonal relationships and environmental emotions from her own observations and express her passion in sound.