



## 「損己益人，去除多餘」

### — 懂得損才明白得失的智慧

「損」是減少，去除多餘的意思。損，有失，也有得。損是一種心態，捨棄生活中不必要的東西，將換來簡潔而清靜的生活；損是一種智慧，為了他人犧牲自己的利益，反而會得到施捨的喜悅與福德；損是一種修行，減損自身的欲望，過的是幸福自在的人生。世俗的人，每每好增加而惡減少，這其實是種執迷，也是煩惱的根源。懂得損，才有所得。



#### 畫作人感想

類聚集一起。正如畫中卦象（損卦）所指，當你有「損」時亦會有「得」時，如我因病而增加知識及幫助其他柏友，很有意義。

#### 參加機構：香港復康會 The Hong Kong Society for Rehabilitation

自成立以來，一直是推動復康工作發展的先行者。不只為有需要人士提供無障礙交通及旅遊、復康、持續照顧服務，更致力賦權殘疾或面對健康挑戰的人士，推動自助互助，讓他們恢復最大潛能，參與社會，擁有不一樣的豐盛人生。亦透過研究及倡議工作，與不同界別的持份者合作，推動齊建促進參與、共融、關愛的社會。

#### 畫作人：羅靜珍女士 (71歲)

患了柏金遜症 5 年，加入香港復康會社區復康網絡 1 年半，參加活動後結識了一班投契的「柏友」，使我增值不少，生活更充實及愉快。



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。



損  
LOSS



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## “Removing excess to benefit ourselves and others”

### - *The wisdom of knowing gain and loss through reduction*

“**Loss**” means reduction, removing excess. “Loss” can also be interpreted as deficit or damage but can also be gains. It is a state of mind, giving up unnecessary material things in life may bring simplicity and tranquillity. It is a kind of wisdom in which sacrificing one's own interests for the sake of others that will bring joy and blessings of giving. “Loss” is also a kind of self-cultivation practice that may bring more happiness and contentment by reducing one's own desires. Increasing more desires is one kind of obsession can be a source of misery. Only when one knows how to lose can we learn how to gain.

#### Artist reflection

Just as the hexagram “Loss” drawing suggests, knowing 'loss' also make us 'gain'. Same as my case of the illness, it is meaningful to gain knowledge about it so as to help other fellow mates.

**Participating NGO:** **Hong Kong Society for Rehabilitation (HKSR)** has been a pioneer in promoting the development of rehabilitation work since its establishment. It not only provides barrier-free transport and travelling, rehabilitation and continuing care services for the needy, but also endeavours to empower people with disabilities or facing health challenges to promote self-help and mutual help, so as to enable them to regain their full potential, participate in the community and have a different and fruitful life. Through research and advocacy work, we also collaborate with stakeholders from different sectors to promote the building of a participatory, inclusive and caring society.

#### Artist profile

**Mrs Law Ching-chun**, aged 71, has suffered from Parkinson's disease for 5 years. She joined the Community Rehabilitation Network of the Hong Kong Society for Rehabilitation (HKSR) for one and a half years. She met a group of "Parker Buddies" after participating in the activities. She expressed that it has added a lot of value to herself and made her life more fulfilling and enjoyable.

