

井
水風井



「水井之道，改善質量」

一 品行高尚受人愛戴尊重

「井」是水井，乃古時村民共用賴以生存的必需品。井之好壞全憑水量與水質，一旦泉水乾涸或者水質欠佳，人便會棄井離去。為人處世也一樣，品行高尚將受人愛戴尊重，反之，品行低劣將受人唾棄。人心乖離，我們應先反躬自省，修身積德。有德，人們自然會前來追隨，正如修好的井有甘美的泉水，村民自然會再前來取水。不改善，不維護，廢棄恐怕是必然的命運。



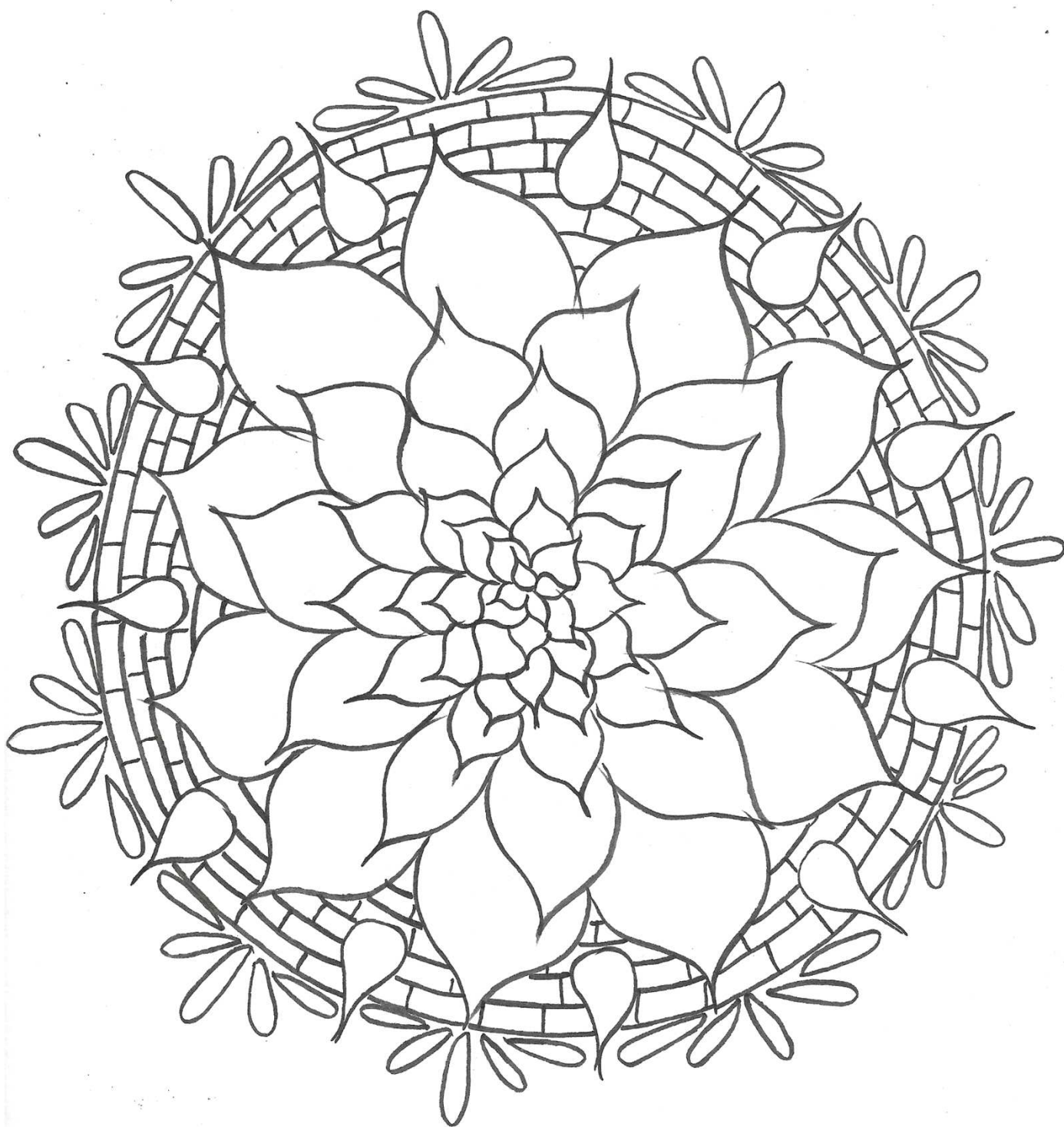
畫作人感想

這幅畫以易經第四十八卦井卦為題，水滴及磚塊組成外圈，盛放的花朵圖案為中心，嚴格來說，這作品不算是真正曼荼羅，因為它不具備完美對稱的元素。我會認為這是一個結構性的繪圖，主要是純粹可以釋放焦慮及連接著一個人的創作過程。

畫作人

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具有臨床心理學博士學位，持有 California Board of Behavioral Sciences 心理治療師執照及註冊催眠治療師。從她的心理治療職業生涯開始，她主要為受虐待和尋求緩解壓迫的女性患者。她目前與丈夫和兩個孩子住在香港。



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。



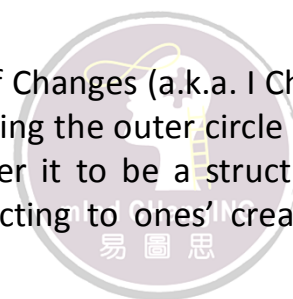


"The Way of the Well, Improve Quality and Quantity" – *Love and Respect for high moral character*

"**The Well**" refers to water well which was a necessity for villagers to survive in ancient times. The well is only as good as the quantity and quality of its water it contains. Once the water dries up or of poor quality, people would abandon it. The same applies to people's behaviour. A person of high moral character would be loved and respected, while a person of poor character would be scorned. We should first reflect on ourselves and cultivate our virtues. If we have respectable virtues, people will naturally come to follow us. Similarly, when a well is repaired and fill with sweet spring water, villagers will naturally come back for more. Without improvement and maintenance, abandonment may be the inevitable fate.

Artist reflection

This drawing is based on the 48th hexagram of the Book of Changes (a.k.a. I Ching or Yijing), the "Well", with the water drops and bricks forming the outer circle and the blooming flower motif in the centre. I would consider it to be a structural drawing, mainly as a way of releasing anxiety by connecting to ones' creative process.



Artist profile

Dr. Vivian Chan has a doctorate in clinical psychology, holds a California Board of Behavioral Sciences psychotherapist license and a registered hypnotherapist. From the beginning of her psychotherapy career, she has primarily worked with abused and female patients seeking relief from oppression. She currently lives in Hong Kong with her husband and two children.