

節  
水澤節



60

## 「節制身心，禮儀制度」

### — 中庸之道才能長保亨通

「節」是節制，代表恰到好處的理想狀態。「節」，就像人手中端著盛滿水的杯，只有節制動作以保持平衡，水才不會溢出。正如做人一樣，要懂得節制，凡事適可而止，才不會出亂子。禮儀與制度，便是為了節制人的行為而生，讓社會走上亨通之道。然而，「節制」本身也需要適可而止，否則節制得太苦又會是窮困而難行。總之，中庸之道，才能長保亨通。



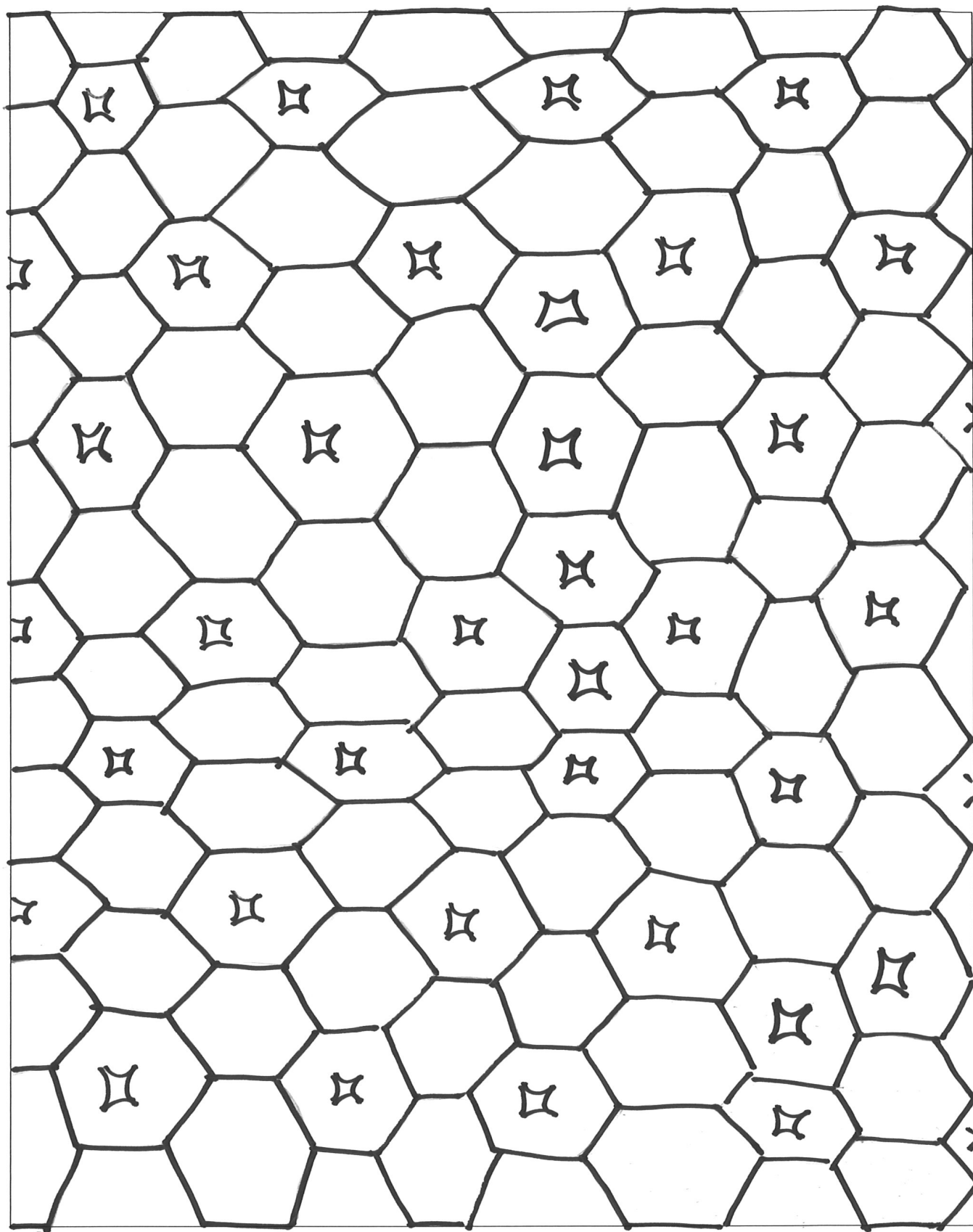
#### 畫作人感想

我做精神復康的工作，「節」卦讓我聯想到理財，要開源節流，分配適當。

參加機構：**新生精神康復會** New Life Psychiatric Rehabilitation

於 1965 年成立，主要為康復者提供住宿、就業培訓及社區支援服務。為推動社會共融及支持康復者自力更生，本會發展多元業務的社會企業，以及透過 330 品牌 – 寓意「身、心、靈」，積極向公眾人士推廣關注身心靈健康的訊息。

畫作人：**Caren** – 精神復康工作者



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](mailto:info@designerworkshop.com.hk)給我們，就可免費提取「易圖思」靜觀圖畫冊一本。



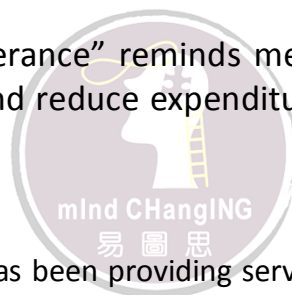


## "Temperance of Mind and Body, Etiquette and Regulations" *- Moderation to ensure lasting wellbeing*

**"Temperance"** refers to regulation, represents moderation to achieve the ideal optimal state of being. It is like holding a fully filled cup of water in one's hand. Only when one moves with temperance to maintain balance so that the water will not spill. In the case of dealing with human affairs, we must know how to exercise restraint and cease at the right time in order not to get into trouble. Etiquette and regulations are created to guide human behaviours and keep our society thrives. However, moderation in our conduct itself needs to be appropriate, otherwise too much moderation will lead to hardships and poverty. In short, practice everything in modesty is the way to ensure lasting wellbeing.

### Artist reflection

My job is in mental rehabilitation, and the hexagram "Temperance" reminds me of financial management. It is necessary to increase resources and reduce expenditures and allocate them appropriately.



**Participating NGO: New Life Psychiatric Rehabilitation Association** has been providing services to those with mental health issues, from residential care and employment and vocational training to community support for people in recovery (PIR) since 1965. As a result of our passionate belief in social inclusion and self-reliance for PIR, we have established different social enterprises and promoted the well-being message under the brand "330", which in Cantonese carries the homophonous meaning "body, mind and spirit" – the balance of which we all strive to attain.

### Artist profile

**Caren** – Rehabilitation Worker