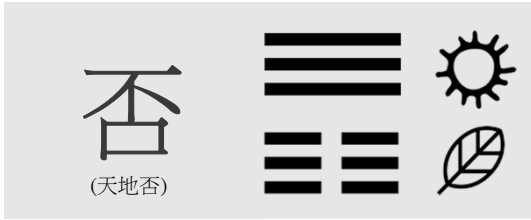


12



「難關逆境，堅忍靜處」- 安心等待否極泰來

「否」是閉塞不通的意思，象徵天地之氣陰陽無法交流融和，導致萬事不順。生活中，缺乏交流，甚至無法溝通，人與人的關係將會破壞，結果必然是疏離、爭執，甚或不復相見。用於社會，更是不和與混亂之象。身處否之時，周遭都是困難與阻礙，凡事切不可冒進強求。放心，逆境總會過去的，只要堅忍低調，保持盼望，便能安心等待「否極泰來」之時。



第 畫
十 作
二 感
卦 想
離 婚
、 它
談 到 了 離 婚
停 滯 人 和 目 標
我 的 生 活 如 標
就 是 去 了 解 如
何 實 現 及 保 持
和 諧 。

畫作人資料

Pamela Williams 是一位英國插畫家，現時66歲，出生自一個藝術家族，其中包括著名的WW11藝術家Morris Meredith Williams和 Doctor Dolittle兒童書籍的Hugh Lofting。作為童年時代的英雄們，他們激發了學習畫線和繪畫的熱情，以捕捉周圍人的生活方式和情緒。她曾在倫敦、雅典、紐約和香港生活，工作和展出。她由21歲開始已把易經實踐於生活當中。

Pam的畫圓圈的技巧：用6B鉛筆在粗糙的水彩紙速畫（摘自Pam藝術課程的第一堂課。概念是：我們周圍的一切都是基於一些簡單的形狀。）在30年的教練繪畫技巧，無一例外，對每個學生來說一個手繪完整的圓圈帶來了微笑和刺激。這是繪畫課程的第一個挑戰，並且仍然是一項常規練習，收集我們的平靜，平衡和專注。本來就是一條連續的線，它看起來很容易，太簡單。最初，令她感到驚訝的是，這個簡單的練習對我們所有人來說都是一個必不可低估的工具。



如何畫一個有價值的圓形？這是一個自我發揮、探索和試驗的機會，亦能展示“我們有集中注意力嗎？”，（它亦是代表我們目前的精神狀態（畫一個連續的圓圈是需要專注、耐心和理解。）

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。



12



Contentment cannot be held in ones' hand, but lives perpetually in the heart

Suggested Action: Release

(hidden influence) 53 Development: Permeate
underlying cause) 11 Peace: Relax

The master said: "Everything flows on and on like the river. We can appreciate the changes taking place in nature, while wholly unaware of our own mutability."

Finding a balance in contentment that still allows for growth becomes an important lesson in following the energy of life. Standstill (否) suggests that you are holding on to something that is keeping you from moving forward.

The nuclear trigram of the Mountain is immovable, while the Gentle Wind encourages movement. Together, they ask you to release your expectations, so that you can discover the joy of following life on its terms.

Do not root yourself in the momentary thing that made you happy because contentment is simply the proper response in following. If you do not expect anything, you can discover the magic that life has in store for you.

* excerpt reference from <https://cafeausoul.com/>



Artist reflection

It talks of divorce, stagnation and friction.

My life goal is to understand how to achieve and maintain harmony.

Profile of Artist

Ms. Pamela Williams comes from a family of artists, which includes Morris Meredith Williams, a renowned WW11 artist, and Hugh Lofting, author of the Doctor Dolittle children's books. As childhood heroes, they kindled her passion to study line drawing and painting to capture the lifestyles and moods of people around her. Pam has a broad background as an illustrator and fine artist and has lived, worked and exhibited in London, Athens, New York and Hong Kong.

Illustration of a circle - sketched on rough watercolour paper with a 6B graphite stick.

(Taken, from the first class in Pam's art courses. The concept: 'everything around us is based on a few simple shapes'.

In 30 years coaching drawing skills, without exception, a hand sketched complete circle has brought a smile and thrill to every student. It is the first challenge of the drawing course and continues to be a regular exercise, which accomplished, gathers our calm, balance and focus together.