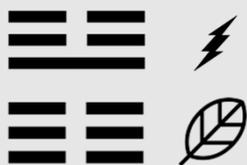


16

豫

(雷地豫)



「安逸快樂，防患未然」-居安思危是智慧

「豫」是安逸與快樂。逸樂的人生，本來是值得欣慰的事。的確，有安穩的環境與豐足的資源，對很多人來說是夢寐以求的生活。然而，易經揭示的智慧是，逸樂的結果不一定是吉，故必須加以提防。古往今來，不少人因沉溺逸樂而變得怠惰，最壞的結果是身敗名裂，甚至國破家亡。

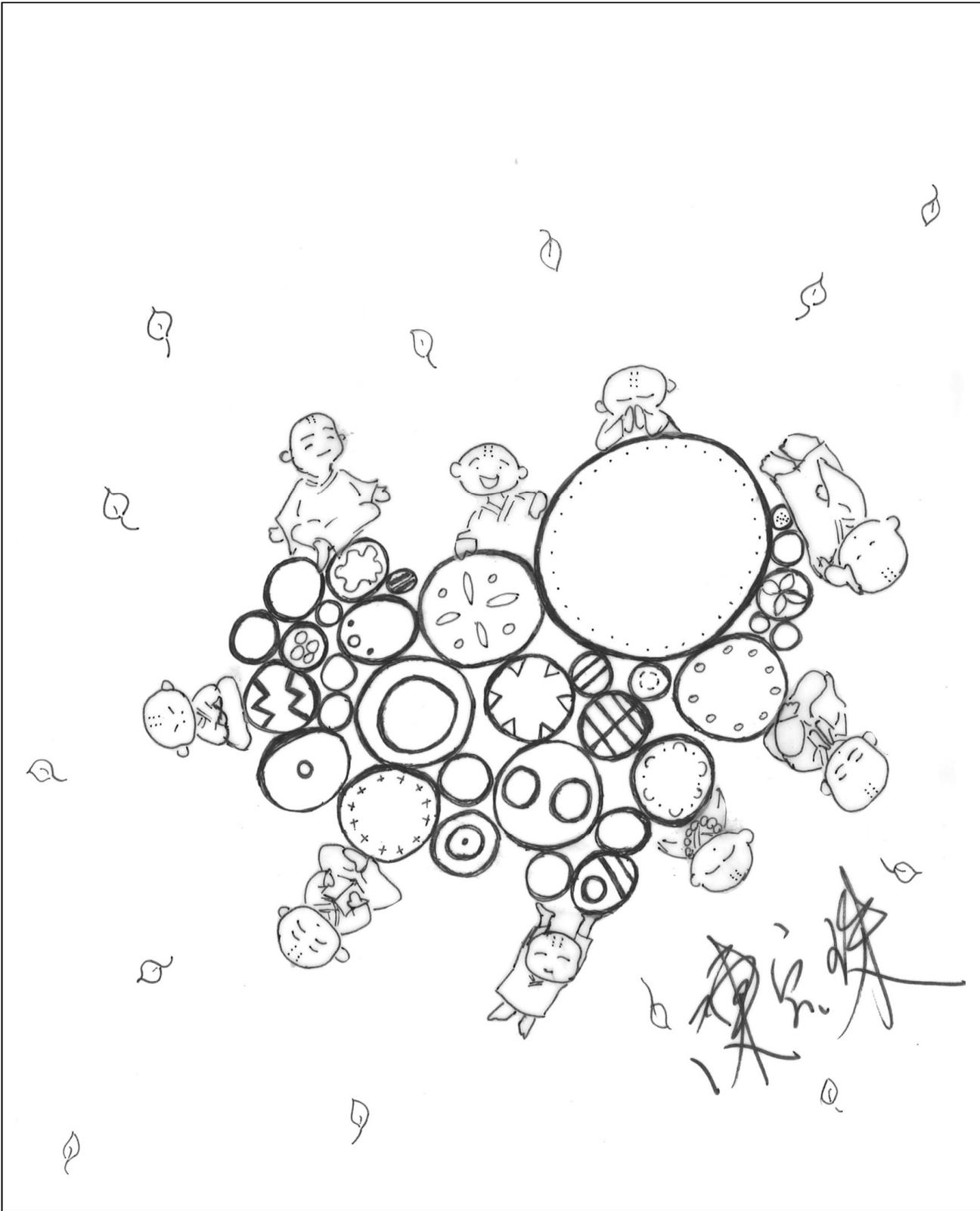
「生於憂患，死於安樂。」能居安思危，才能安心享樂而不會樂極生悲。

畫作感想
快樂其實可以
好簡單、只要
你相信、快樂
就在你身邊！



畫作人資料

陳寶珠女士 Connie Chan 是一位香港粵劇及電影演員，有「影迷公主」之稱，現為香港血癌基金愛心大使。



姓名 Name : _____

日期 Date : _____

感想 Reflection : _____

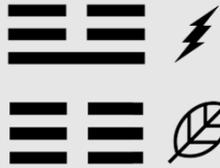
* 把完成填色的畫作給寫上感想，掃描QR Code 填好小問卷，然後電郵畫作到info@designerworkshop.com.hk 給我們，就可免費提取「易圖思」靜觀圖畫冊一本。



16

豫

ENTHUSIASM



If one make our home in the inevitable, we will arrive exactly where we need to be

Suggested Action: Excite

(hidden influence) 39 Obstruction: Innovate

(underlying cause) 9 Small Restraint: Surrender

The only similarity between Enthusiasm (豫) and the power of attraction is positive intention. Enthusiasm (豫) coaches modesty or a willingness to stay practical and grounded. You can fill intention with a concrete desire or preconceived outcome and wonder why it doesn't arrive. Perhaps you are gaining something fulfilling by playing in fantasy. The texts warn that you need not wait a whole day. you've been given the answer. You've already seen the signs. Enthusiasm embraces what is. We must sometimes close the door to fantasy so that reality can show us it is even better than we dreamed.

You can approach life with a positive attitude of acceptance, or you can resist and fight against it with your will. The way is much easier when you follow the path of least resistance.

Banging endlessly against a closed door, you might discover that another door remains open. This is the sublimity you will discover when following the energy of life.

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



Artist reflection

Happiness can be simple, as long as you believe, happiness is by your side!

Profile of Artist

Ms. Connie Chan Po Chu is a Hong Kong Cantonese opera and actress. She is known as the "Princess of Fans" and is now the Ambassador of Hong Kong Blood Cancer Fund.