

# 26

## 「機會處處，收獲豐盛」- 積聚實力以幫助更多人

「大畜」是大的儲蓄，象徵盛大的累積。人若要積聚，不論是有形的財物，還是無形的名勢，也不能閒賦在家，而應該積極外出奔走。大畜的時勢是機會處處，只要努力付出，便必定有豐碩的成果。當然，忙碌於事業容易忽略身邊的人。可是，既然有學問與德行，便應該心懷天下，積聚更大的實力幫助更多有需要的人。



### 畫作人資料

參加機構：香港心理衛生會 The Mental Health Association of Hong Kong 為一間政府資助之社會服務志願機構，宗旨在推廣心理衛生教育及提供康復服務予精神病康復者及弱智人士。開辦中途宿舍為工作重點之一；希望透過支援性的環境，協助精神病康復者在社區生活，學習適應及培養獨立生活技能。

畫作者：范傲姿 (O.G.) - 90後燥鬱症康復者

畫作感想  
我叫O.G. 是一個  
名90後躁鬱症  
康復者，現居  
於香港，心理  
生會欣怡軒衛  
途宿合，平日  
喜歡唱歌、打  
木箱鼓、制  
Buskin's、制  
作手工藝品、  
雖然每樣都做  
得不是很好，  
但投入就能舒  
壓，所以我依  
然會努力嘗試。



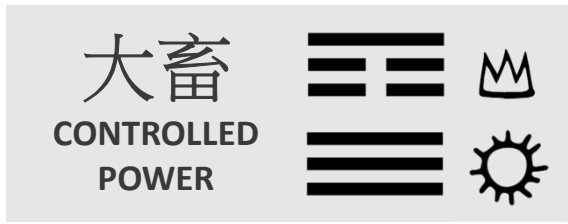
姓名 Name : \_\_\_\_\_

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。





# 26

## Our vital force is not wanting, only waiting for us to tap it

Suggested Action: Amplify

(hidden influence) 54: Propriety: Subordinate

(underlying cause) 45: Gathering Together: Network

Controlled Power (大畜) focuses on the power of silence and stillness. While others are running around demonstrating their power, one who is strong has no need to prove anything. Controlled Power has Propriety as its hidden influence because a will under the sheer steadiness of a mountain allows it to become incredibly powerful. There is also a need for timing in appropriate expression. Another's insecurity is no match for the power of silence.

We can change what the "world will look and feel like," by approaching it differently. "Acquaint ourselves with the teachings of antiquity" and we will see how desire can both, draw in experience or close we to it. Approaching the gateway of perception, we make the choice of what we will find.

The master said: "Do not listen with your ears, but listen with our mind. Do not listen with our mind, but listen with our vital force. Ordinary hearing does not go beyond the ears and the mind does not go beyond its symbols. Our vital force is not wanting but waiting. Life brings together all that is void to itself. Be empty ~ that is all. Thus we can master things and not be injured by them."

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



### Artist reflection

My name is O.G. I am a post-90s' with bipolar disorder. I am currently living in The Mental Health Association of Hong Kong. I like to sing, play wooden drums, busking, and make handicrafts. Although everything is not very good, the investment can relieve the pressure, so I will still try hard.

### Profile of Artist

**NGO : The Mental Health Association of Hong Kong** is a NGO, whose purpose is to promote mental health education and provide rehabilitation services to people with mental illness and mentally handicapped people. The establishment of halfway dormitories is one of the priorities. I hope that through a supportive environment, we will help ex-mentally ill people to live in the community, learn to adapt and develop independent living skills.

**Artist :** O.G. – 90's Bipolar disorder Recover