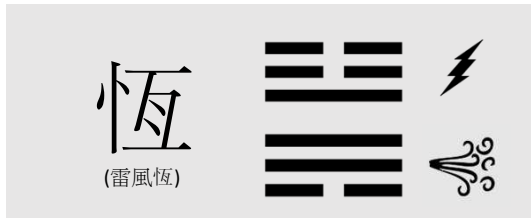


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「世事無常，但願恆常」- 矢志不移維持恆久之道

「恆」是長久與堅持的意思。一時的得失，短暫的關係，無不教人唏噓惋惜。無他，人總希望所喜歡的人事物可以恆常不變。世事無常，有太多非人力所能為的事。也正因如此，我們只須專注於人力所能為的地方。世間事，無論是為了維繫關係抑或成就事業，凡事堅定立場，矢志不移，便是成功不二法門。

畫作感想
恒是指在各種力量進入時達致並維持平衡。漢字「恆」以篆書的形式隱藏在藝術中。恒帶來了容忍和增長，就像一棵蓬勃發展的樹。



畫作人資料

董美姿女士 Mimi Tung 藝覓天空的創辦人；註冊藝術治療師、婚姻及家庭治療師及沙遊治療師，現為香港藝術治療師協會委員會秘書。超過十年心理治療經驗，一直致力推廣藝術治療專業應用並提供培訓、督導。最近期著作為《坦然面對生死的21堂課：繪出生命意義：藝術治療的應用》，亦有為雜誌及報紙撰寫專欄。



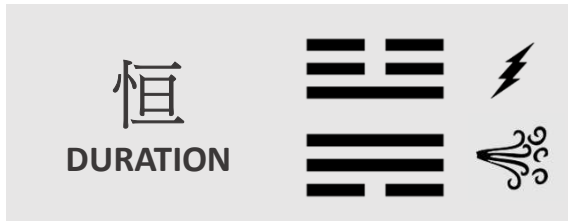
姓名 Name : _____

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。





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Commitment is the force of attraction that brings all things back to us

Suggested Action: Commit

(hidden influence) 43 Determination / Breakthrough

(underlying cause) 42 Increase/ Expand

Embodied in Duration (恒) is the idea that although things come to a conclusion there remains a quality that is enduring. Through movement you can you test your unwavering commitment in the face of adversity.

Commitment gives durability to the changes. Benevolence is an unconditional appreciation for what is, and keeps you open. Union brings two things together to make them one. your inner perspective is 'joined' with experience. Whether in relationship to each other or to events, "stand firm and do not change direction."

Commitment always unites what was once perceived to be separate. When you "fix the mind on an end that endures," commitment is the unseen, which gives durability to the changes.

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



Artist reflection

Consistency is about balancing and maintaining equilibrium whenever diverse forces come into place. The chinese word of "Duration" is incorporated into the art in the form of a seal script. Consistency brings tolerance and growth like a tree that will flourish.

Profile of Artist

Ms. Mimi Tung is a founder of ArtMazing Space; registered Art Therapist, Marriage and Family therapist and Sandplay therapist, is currently the secretary of the Hong Kong Association of Art Therapists. With more than ten years of experience in psychotherapy, other than clinical practice, giving training and supervision, she also writes columns for magazines and newspapers. Her recent publication is "The 21 courses of Life and Death: Drawing the meaning of life: the Application of Art Therapy".