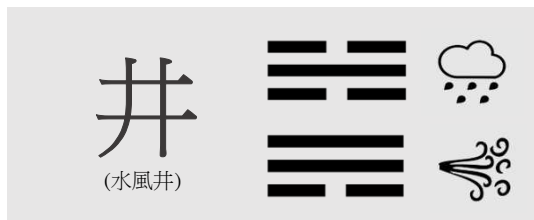


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井
(水風井)

「水井之道，改善質量」- 品行高尚受人愛戴尊重

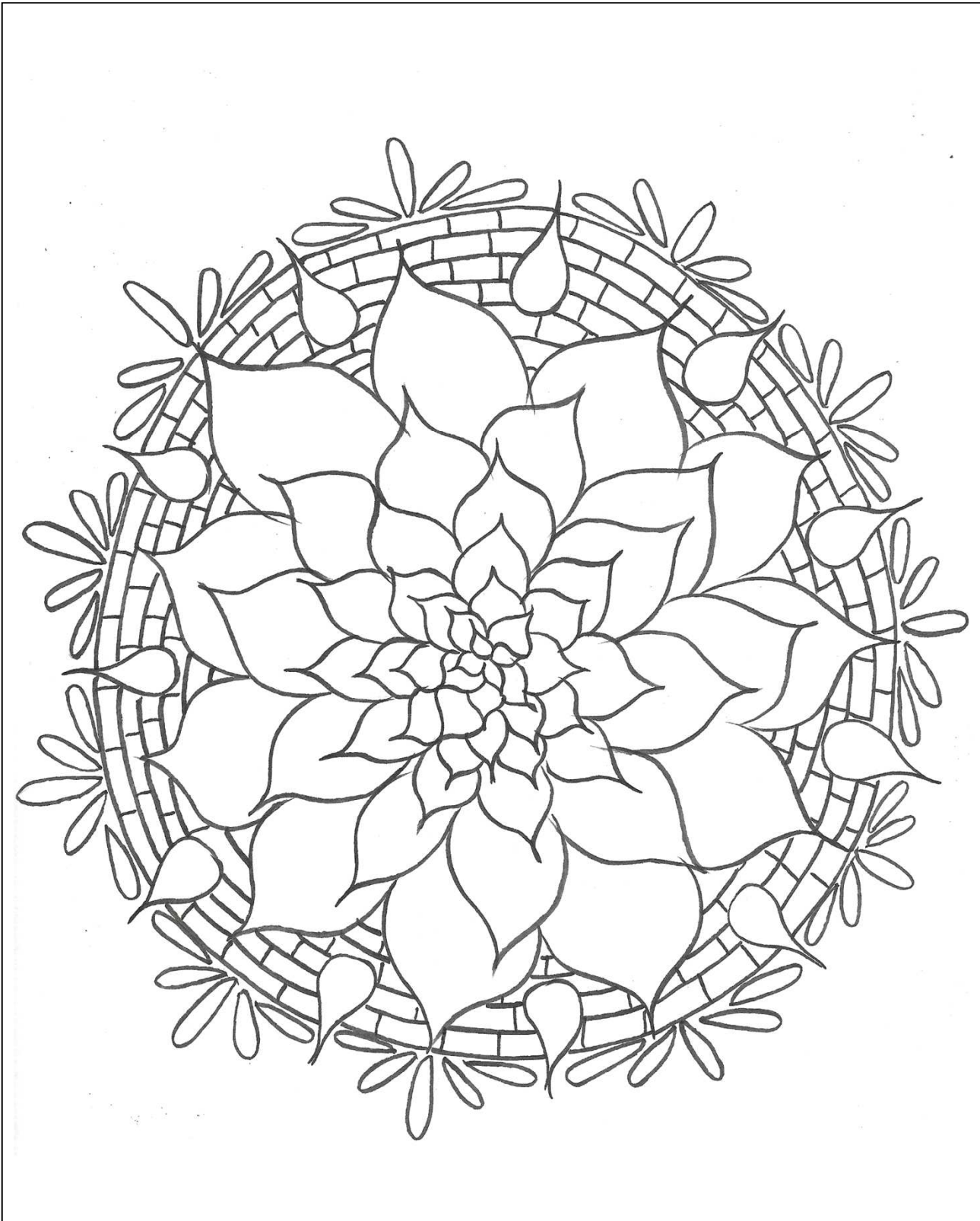
「井」是水井，乃古時村民共用賴以生存的必需品。井之好壞全憑水量與水質，一旦泉水乾涸或者水質欠佳，人便會棄井離去。為人處世也一樣，品行高尚將受人愛戴尊重，反之，品行低劣將受人唾棄。人心乖離，我們應先反躬自省，修身積德。有德，人們自然會前來追隨，正如修好的井有甘美的泉水，村民自然會再前來取水。不改善，不維護，廢棄恐怕是必然的命運。

畫作感想
這幅畫以井卦為題，八卦外圍為磚塊組成的花圈，盛放中心一朵圖案為中心，嚴格來說，這作品不算是真正曼荼羅，因為它不具備完美對稱的元素。我會認為這是繪圖，結構性是一個純粹的主題。焦點可以釋放一個人的創作過程。



畫作人資料

陳李明慧博士 Dr. Vivian Chan 具有臨床心理學博士學位，持有 California Board of Behavioral Sciences 心理治療師執照及註冊催眠治療師。從她的心理治療職業生涯開始，她主要為受虐待和尋求緩解壓迫的女性患者。她目前與丈夫和兩個孩子住在香港。



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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Like water in the well, purification is valued. Noble character is always respected by others

Suggested Action: Inspire

(hidden influence) 38 Opposition: Accommodate

(underlying cause) 21 Biting Through: Discern

The Well (困) is associated with the reservoir of unconscious activity like fear and inspiration. It can also symbolize elements of life that do not change.

A representation of complex situations that are unfathomable and can only be understood over time. The beginning of any relationship opens a depth of feeling in a way that can be overwhelming and requires time to allow the situation to reveal itself. In work, the Well can show that you possess the deep inner resources to meet the challenge. The hidden influence of Opposition asks you to accommodate the needs of others by nourishing them. During a time of Biting Through (噬嗑) you had the opportunity to discern or use the mind to comprehend events.

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



Artist reflection

This picture draws from the title of the hexagram, The Well. Water droplets and brick compose the outer circle encompassing a blossoming floral design in the center. Strictly speaking, this piece is not a true mandala as it does not possess the element of perfect symmetry. I would consider this an organic drawing where my focus was purely on therapeutic release of anxiety and connecting with one's creative process.

Profile of Artist

Dr. Vivian Chan possesses a doctorate in Clinical Psychology, is a licensed psychotherapist on the California Board of Behavioral Sciences, and a certified hypnotherapist. Since the beginning of her career in psychotherapy she has mainly worked with female patients that have suffered abuse and those that seek relief from oppressive relationships. She currently resides in Hong Kong with her husband and two kids.