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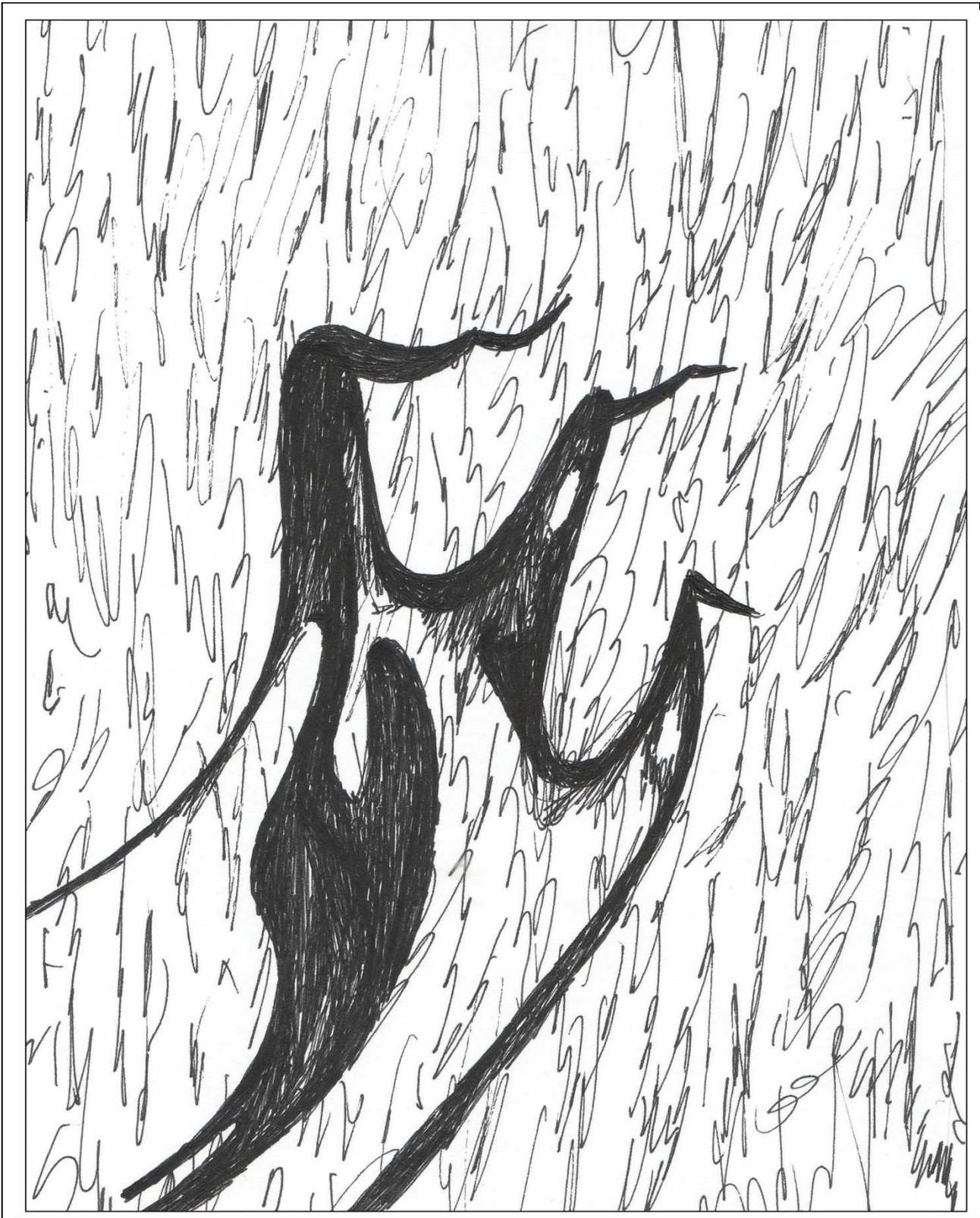
「震動驚動，震攝安逸」- 恐懼警剔令人事變得亨通

「震」是震動與驚動，像雷電之閃光與聲響震攝人心。平穩的生活過得久了，自然會有安逸與怠惰的心態。其實，這正是敗亡的徵兆。此時，外來的挑戰與突如其來的變動，往往會讓人感到恐懼。然而，這正好能夠令人有所警剔，從而自我反省。總之，能將變動視作當頭棒喝的人，將會因為恐懼而致福，令人事變得亨通。



畫作人資料

白雙全先生 Tozer Pak Sheung Chuen 2002年畢業於香港中文大學藝術系，副修神學。從事攝影、繪畫及概念藝術創作，作品關於人與人與城市和自然之間的感通。喜歡豐子愷的漫畫，陳百強的歌，喜歡旅行。2003-07年星期日《明報》專欄創作人，出版《七一仔你遊香港》、《單身看：香港生活雜記》及《單身看II：與視覺無關的旅行》。2009年代表香港參加威尼斯雙年展，2011被Art Asian Pacific選為年度最傑出及展望的亞太藝術家，作品被Tate Modern等收藏，2012年在Frieze London得到全場最佳展覽，同年獲得中國當代藝術獎(CCAA 2012)的最佳藝術家獎，2013年獲香港藝術發展局頒發年度香港最佳藝術家獎。現在於香港生活及創作。



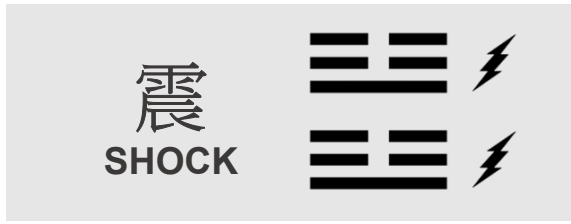
姓名 Name : _____

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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Success comes when we achieve tranquillity in turbulence

Suggested Action: Arouse

(hidden influence) 39 Obstruction: Innovate

(underlying cause) 57 Penetration: Permeate

Be inspired to remain calm during any unexpected shock of fate that may come our way. Enjoy what we can and be inspired to try something new or different at this time.

Sometimes we experience a sudden terrifying shock of fate that feels like an earthquake. There may be many shocks one after another. Remain calm no matter what is happening in these events when we have no control. Be grateful for what we have and celebrate life while we have it. We may be inspired to do something we never thought of until now. Maybe do something that will make we laugh. Stay focused no matter what distractions come our way.

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



Profile of Artist

Mr. Tozer Pak Sheung Chuen, he obtained his B.A. degree in Fine Arts and Theology from Chinese University of Hong Kong in 2002. One of the most promising conceptual and performance artists working today, Pak's practice often deals with and reflects upon the contradicting absurdness and ordinariness of everyday life in a poetic and humorous nature, thus creating a critical yet poignant sentiment for its viewers. His works was published in a local newspaper Ming Pao almost weekly 2003-07. Pak was awarded the Overseas Exchange Prize (Chinese Performance Art) by the Macao Museum of Art in 2005 and 2008 respectively, the Lee Hysan Foundation Fellowship by the Asian Cultural Council in 2006. Pak authored ODD ONE IN: Hong Kong Diary, ODD ONE IN II: Invisible Travel, and See Walk What on 1 July.

Pak has participated in numerous international exhibitions, including Taipei Biennial (2010 and 2012), Biennale Cuvee 10 (2010), 3rd Yokohama Triennial (2008), 3rd Guangzhou Triennial (2008), China Power Station: Part 2 (2007) and 6th Busan Biennale (2006). His solo exhibition Page 22 is permanently installed in New York's 58th Street Branch Library. His artworks were collected by Tate Modern Museum, Astrup Fearnley Museum of Modern Art etc. He is the core member of 2nd Floor 5 Sons Studio. He represented Hong Kong in 2009, the 53rd Venice Biennale. In Almanac 2011, Art Asia Pacific selected Pak as one of 5 Outstanding Artists and Promising Figure for 2011. In 2012, his exhibition Left & Right, Blue & Sky got the best stand prize in Frieze London. At the same year, he got the Best Artist Award in the Chinese Contemporary Art Awards (CCAA) 2012. He got the Best Artist Award in Hong Kong by the HKADC in 2013.