





Into the Land of Beauty
My Faith My Fate

美善之境

我如此信、如此活着

黄笑雯博士 Dr. Susan Wong





## 导翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權) 翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印 【cknowledgement 翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印 場割。版權所有,不得翻印 一式閱:版權所有,不得翻印 一大但如此

衷心感激生命中的恩人:全人成長所的物理治療師 陸嘉賢先生、蔡慧敏姑娘及全體治療師對我的創傷 疼痛悉心醫治, 教導我做重整身心靈健康運動護 理,學習重新啟動上主賜予身體裏面的自我療癒機 能,才會有這樣的健康精神去完成這些畫,重新整 合自己身心靈復活的靈性修持;感謝諸聖座堂對我 靈性的滋養,讓我體會諸聖共融的真實。感謝范晋 豪座堂主任牧師支持,鼓勵我將個人的靈修畫作展 覽和出版。感激我的音樂老師雅當遜博士(Dr. Philip Adamson)及文百立老師(Mr. Bernard Man)多年的 教導啟發,鼓勵我努力創作,再感謝「道在人間」 及陳國權牧師的教導啟發,讓我更堅定相信「美」能 拯救世界!

非常感激陳謳明大主教、陳國權牧師及范晋豪座堂 主任牧師為畫冊撰寫序,感激我的專業攝影師馮思 諾攝下所有畫像,他曾獲 2018 WMA 公開攝影比賽 的冠軍,這位年輕的藝術家就是我的兒子,他貼身 地見證和支持我默觀繪畫的旅程。多謝默觀靜修團 體在十年來與我一起共修。最後,感激好朋友林李 桂雲姊妹與黃秀慧姊妹義務校對英文內文、陳詠珊 書法老師為畫冊提如此優美的字及基督教文藝出版 社為出版此畫冊付出的辛勞

衷心感謝天上的父親憐愛着我,呼喚我歸回心靈的 家、體會到上主的美、讓我可安歇在祂的懷裏。多 謝聖保祿樂靜院的易素嫻修女(Sr. Stella Yick)邀請 我畫信經畫作。為了呈獻給上主,這九幅描述信經 的畫已經送給上水樂靜院,讓靜修者在信任中可以 默觀禱告,體會上主愛的懷抱 折有,不得翻印/試閱:版權所有,不得翻

式閱:版權所有,不得翻印/試閱:版權所

E所有,不得翻印/試閱:版權所有,不得翻 E所有,不得翻印/試閱:版權所有

試閱:版權所有,不得翻印/試閱:版權所

不得翻印/試閱:版權所有,不得

Heartfelt gratitude to the physiotherapist Mr. Calvin Luk, Miss Nora Choi, and all the therapists at T & T Counseling and Physical Therapy Center, Hong Kong. By treating my traumatic pain and teaching me whole body wellness exercises, I have learnt to re-activate the self-healing system given by God. With their holistic care, I attained a healthy mind to complete these paintings, and picked up my spiritual practices in order to gain the revival of body and mind. I am also very grateful to All Saints' Cathedral for their spiritual nourishment, a community where the communion of saints was deeply experienced. Special thanks to Very Revd Samson Fan for encouraging me to display and publish my paintings. I am thankful to my piano teacher, Dr. Philip Adamson, and my art teacher, Mr. Bernard Man, who inspired and encouraged me to create. Thanks also to Rev. Patrick Chan of "Tao in the World", who taught me to believe that "aesthetic" can save the world!

My deepest gratitude also goes to The Most Revd Andrew Chan, Rev. Patrick Chan and The Very Revd Samson Fan for writing the prefaces for this album. I also owe a great debt to my professional photographer and winner of the 2018 WMA Open Photo Contest, Mr. Caleb Fung, who captured all my paintings. This young artist is my son, who closely witnessed and supported my journey to contemplative painting. I would like to extend my sincere gratitude to our contemplative group for their company over the past ten years, to my dear friend Miss Judy Lam and Miss Olivia Wong for revising and editing the English text; and to Miss Josephine Chan for writing the elegant Chinese Calligraphy for the title of the album. Last but not least, I would like to thank the Chinese Christian Literature Council Ltd. for their hard work in publishing this contemplative album. And I am most grateful.

My deepest gratitude goes to my heavenly Father for loving me unconditionally, calling me back to my spiritual home, and letting me rest securely in His arms. Thanks to Sr. Stella Yick for inviting me to paint The Apostles' Creed. As my gift to the Lord, the original series of paintings resides at St. Paul's House of Prayer in Sheung Shui, where pilgrims can 上級網印/試閱:版權所有,不得翻印/試閱:版權所有 contemplate and pray in trust and experience the love of God 不得翻印/試閱:版權所有,不得翻印/試閱:版



得翻印/試閱:版權所有,不得翻印/試閱

序一 Preface I

序二 Preface II

序三 Preface III

畫匠導言 Words from the Artist

The four movements of Visio Divina

我信上帝,全能的父,創造天地的主

視覺靜觀的四個動態

heaven and earth

我信我主耶穌基督,上帝的獨生子

I believe in Jesus Christ, His only Son, our Lord

I believe in God, the Father Almighty, creator of

因聖靈的能力成孕,由童貞女馬利亞所生

He was conceived by the power of the Holy Spirit and born of the Virgin Mary

他在本丢彼拉多手下受難,被釘在 十字架上,受死、埋葬

He suffered under Pontius Pilate, was crucified, died, and was buried

降至陰間;第三天復活

He descended to the dead. On the third day He

升天,坐在聖父的右邊

He ascended into heaven, and is seated at the right hand of the Father

版權所有,不得翻印/試閱:版權

/試閱:版權所有,不得翻印/

他將要再來,審判活人死人

He will come again to judge the living

我信聖靈,我信聖而公的教會

I believe in the Holy Spirit, the Holy Catholic Church

我信聖徒相通,我信罪得赦免,我信身體 復活,我信永生。阿們 the communion of saints, the forgiveness of sins, the resurrection of the body, and the life

everlasting. Amen

結語 **Epilogue** 

書家簡介 The Artist



Music & The Creed Recitation

# ,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱: ords from the Artist 書匠導言

「信心是幫助我們行近上主的雙腳, 愛就是那導 航者。」

聖十字架約翰

作為至高者的初學藝術工匠,我相信這畫冊縱使沒 有文字講述,畫的本身也能夠述説信息。不過,作 為靈修導師,我又盼望能夠以靈性修持的角度,寫 出繪畫過程的心路歷程與大家分享。最後,作為鋼 琴音樂老師,蒙上主憐愛的女兒,我懷着感激之情 彈奏了巴哈 —— 這位敬虔的偉大音樂家,所作的英 國組曲第四首裏面的 Sarabande 呈獻上主, 祂大大的 憐憫了我這個卑微軟弱的罪人!所有的外在角色包 括罪人、畫匠、音樂老師及靈修導師都是虛幻,總 要過去的;裏面真正的我是上主所愛的孩子。這孩 子已經在祂的愛裏預備好跳出美妙自由的舞姿。這 首舞曲以緩緩、柔雅、優美又充滿變化的旋律,配 以豐厚、堅定而忠誠實在的豐富和弦,彷彿承載着 單純專一的信任。信任上主的兒女將會在愛中得釋 放,繼而翩翩起舞,舞出安穩信任中的自由生命。

深信音樂和繪畫是一對雙生孩子,一起述說又表達 上主的美,並攜手領我們進入美善之境!

《美善之境:「我如此信、如此活着!」》這本默 觀靈修畫冊嘗試以繪畫和音樂表達信仰,藝術所表 達的真善美能超越言語、理性分析、個人執着、種 族和宗教界限。耶穌說我的信能讓我得到拯救!這 太閱:版權所有,不得翻印/試閱 E所有,不得翻印/試閱:版權所有,不得翻 E所有,不得翻印/試閱:版權所有,不得翻

試閱:版權所有,不得翻印/試閱:版權所

"Faith is like the feet wherewith the soul journeys to God And love is the guide that directs it."

St. John of the Cross

As an artist of the Most High, I believe that even without a description, a painting can also deliver its messages. However, as a spiritual director, I believe that written reflections on one's spiritual journey can also be a blessing to the wider community. Furthermore, as a piano teacher, music is like an offering of gratitude to God for His mercy on me as a sinner especially when I play "Sarabande" in English Suite No. 4 by Johann Sebastian Bach, a man of God and a great musician. The skills of an artist, spiritual director, and musician are certainly rich but these will fade; what will truly remain is the self of God's beloved child who is ready to dance freely in His infinite love. This dance is slow, soft, beautiful and filled with improvisations. As in music, the harmonic lines are arranged with firm and rich chords, evoking a simple and unique trust. So that the children of the Lord can be set free in love to dance elegantly and freely in a land of divine beauty.

I believe that music and painting are twins, mutually exhibiting the beauty of the Lord and inviting us into a land of infinite beauty and goodness.

This Contemplative Art Album "Into the Land of Beauty - My Faith My Fate" is an expression of my personal faith through art and music. Through art, the truth, goodness and beauty of life can be expressed beyond language, rational analysis, personal attachment, as well as ethnic and religious boundaries. Jesus once said that my faith has saved me. The salvation Christ offered through faith goes beyond forgiveness 一個翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/ of sin, nor is it only a ticket to heaven. That includes the 不得翻印/試閱:版權所有,不得翻印/試閱:版權所有 不得翻印/試閱:版權所有,不得翻印/試閱:版 樣的拯救不再只是罪得赦免,獲得天堂的入門券那 麼的簡單和功利,而是生命裏的災病得到治癒,心 靈裏面的疾病、黑暗、那些波動的情緒、自我否定、 偏情、依附、失衡、迷失、分心走意、沉溺……都 漸漸地被治癒! 救恩是回歸生命原初被造的模樣, 是一種身心靈充滿動態的成長旅程。心靈漸漸被淨 化得清明如鏡,能夠反照出造物主的真、善、美形 象,再次擁有一種整全的人性

我們這羣離開父家的孩子,被慈愛的天父呼喚我們 歸家。現代人生活於忙亂失衡中,漸漸迷失自我, 只能不斷的回應周遭的要求,使身心靈疲乏繃緊。 當我們察覺心靈渴望着一種悠然恬息,我們或許開 始欣賞到夕陽無限好、正是近黃昏的意景,正好是 生活忙碌閉幕將近,才見到溫柔恬靜的夕陽,體會 到黄昏就是歸家的時分,終於能夠回歸安息,遇上 那位時刻等待着抱擁我們歸家的父。盼望這本畫冊 能邀請所有渴望愛的人,被真善美的造物主吸引, 在「美」之中被這位全愛生命之神擁抱,回歸上主的 愛裏。這幅「黃昏中等待」成為我們進入信任之旅程 的序幕!

信任耶穌基督的人每主日在聖餐禮儀裏,回應上主 的大愛而念誦《使徒信經》,我們字字真誠地向耶 穌表達從心靈深處發出的認信,認信成為生活中的 韻律節奏,叫我們醒悟歸家,安歇在上主的慈愛 裏。可惜的是,我們往往口裏承認但心裏卻不能夠 真的相信,或許是因為我們習慣了多用左腦,少用 上所有,不得翻印/試閱:版權所有 試閱:版權所有,不得翻印/試閱:版權所有 不得翻印/試閱:版權所有,不得翻印/試閱:版

不得翻印/試閱:版權所有,不得翻印

of the soul, heals the sickness, the darkness, emotions, selfdenial, lamentation, attachments, loss of identity and balance, distractions of thoughts, indulgence etc. Salvation leads us back to the original image when life was first created. It is an adventure for body and mind. In the process, the heart is gradually purified to be as clear as a mirror to reflect the truth, goodness and beauty of the Creator. Salvation therefore recovers the wholeness of our humanity and returns us to the life that God intended for us.

We are prodigal sons and daughters who have left our Father's home. We are lost in our busy lives. We lost ourselves in returning the demands of the world. Our body and soul are exhausted. We might long for rest, or we might start appreciating the beauty of a sunset. A sunset means a day is about to be over and time for home. At this moment, our loving Father calls us to return home. I sincerely hope that through this contemplative album, people will be attracted to the divine beauty, embraced by the God of love. I have therefore chosen the painting "Waiting till Dusk" as the prelude to our journey of faith.

Those who trust Jesus Christ are not alone on the journey of faith. Together we read out The Apostles' Creed in preparation for the Eucharist. The Creed is not only an expression of and a resonance with the depths of our heart. It is also our rhythm of life. Let us be awakened daily to make the journey homeward, seeking healing from obstructions and disconnections, and learning to let go in the love of God. Unfortunately, we often repeat the words of the creed but do not really believe it in the heart. Perhaps we have been trained to use our left brain (for analysis) and not the right brain (for contemplation). Or we have become fragmented in ·思潮印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/

右腦,又或者是我們被訓練成身心靈分割,一心多 用,使我們沒法敞開心扉,放鬆整個身體,去承載 着如此的信。現代人患有高血壓、心臟病、中風、 糖尿病、抑鬱、肩頸痛、失眠多的是,基督徒甚至 神職人員也不例外,或許這一切的疾病都與我們的 信有關!我們都信不夠,休息不夠、靜不夠,我們 沒有足夠的信心去讓身心靈放下、放鬆、放心、放 手、放開所有的跟隨基督,負起祂托付給我們輕省 的軛。盼望看畫的你在默觀這系列的《使徒信經》畫 像中,能夠讓上主引導你經驗更深的信,身心靈進 入慈悲仁愛的上主裏面,回歸人類終極的家,享受 到一種恬靜安歇,全然的大愛,一無所求,清明純 潔的信任中,重新活出一種全然相信的生活。

這系列的畫已經送了給香港上水聖保祿樂靜院,作 為獻給上主的禮物,信任上主會透過藝術去觸動人 心,盼望在那裏渴望靜修被主抱擁的朝聖者會在默 觀中體會上主的慈悲仁愛!

籌備出版此默觀畫冊之時,正是香港面對政治動盪 和瘟疫,人心充滿黑暗、恐懼、傷痛、撕裂及痛心 絕望之時。盼望我們在黑暗中仍信任上主,將心靈 的目光朝向永恆之光。但願我們繼續信任,懷着信 心願意放下所有一己的執着,在信任上主中被愛溶 折有,不得翻印/試閱:版權所有,不得翻

太閱:版權所有,不得翻印/試閱:版權所不

**LE所有,不得翻印/試閱:版權所有,不得翻** 

試閱:版權所有,不得翻印/試閱:版權所

up and letting faith sink from the mind to the heart. Modern people suffer from high blood pressure, heart disease, strokes, diabetes, depression, neck and shoulder pain, insomnia, etc. Yet, as we open our hearts and respond in deep faith, our body receives comfort and healing. Christians and even clergy are no exception. On some level, these diseases are related to faith. We do not have enough faith; we do not rest enough; we do not have enough peace. We are resistant and simply do not allow the body and mind to calm down, relax, rest, and enter into stillness. Consequently, we are not able to let go and entrust all things to Christ who has entrusted to us a light and bearable yoke of life. It is my sincere prayer that readers will enter into contemplation through each painting of The Apostles' Creed and be guided by the Lord into a deeper faith. Let your body, mind and spirit enter into the stillness and presence of God so that you may experience love, compassion, rest and peace. On this journey of home coming to where everything was first created, let your spirit be filled with the perfect and pure love of God, that will nurture us and lead us into a life of complete trust.

This collection of paintings has been sent as a gift to God to Saint Paul House of Prayer in Sheung Shui. I believe God will touch men's hearts through art. I hope the pilgrims can see the love of God through their contemplation.

强翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/ TAMENTA TO THE REPORT OF THE PARTY OF THE P

靠着上主的恩惠,讓我們再次在這裏誦出我們所 相信的:

#### 《使徒信經》

我信上帝,全能的父,創造天地的主。 我信我主耶穌基督,上帝的獨生子, 因聖靈的能力成孕,由童貞女馬利亞所生。

> 他在本丢彼拉多手下受難, 被釘在十字架上, 受死、埋葬,

降至陰間;第三天復活;

升天,坐在聖父的右邊。

他將要再來,審判活人死人。

我信聖靈,我信聖而公的教會,

我信聖徒相通,我信罪得赦免,

我信身體復活,我信永生。阿們。

Let us read what we believe again:

#### The Apostles' Creed

I believe in God, the Father Almighty, creator of heaven and earth. I believe in Jesus Christ, His only Son, our Lord

He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead.

On the third day He rose again. He ascended into heaven, and is seated at the right hand of the Father.

He will come again to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church,

the communion of saints, the forgiveness of sins,

the resurrection of the body, and the life everlasting. Amen.



### 因聖靈的能力成孕,由童貞女馬利亞所生

Acrylic on Canvas // 40 x 50cm // 2018

到一個童女那裏,她已經許配大衞家的一個人,名叫約瑟;童女的名字叫馬利亞。天使進去,對她說:「蒙大恩的女子,你好,主和你同在!」馬利亞因這話就很驚慌,又反覆思考這樣問候是甚麼意思。天使對她說:「馬利亞,不要怕,你在上帝面前已經蒙恩了。你要懷孕生子,要給他起來,稱為至高者的兒子;主上帝要把他祖先大衞的王位給他。他要作雅各家的王,直到永遠蒙會有這事呢?」天使回答她說:「聖靈要臨到你身上;至高者的能力要庇蔭你,因此,那要出生的聖者要稱為上帝的兒子。(路加福音一章 27-35節)

## He was conceived by the power of the Holy Spirit and born of the Virgin Mary

Acrylic on Canvas // 40 x 50cm // 2018

to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary. The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you." Mary was greatly troubled at his words and wondered what kind of greeting this might be. But the angel said to her, "Do not be afraid, Mary; you have found favor with God. You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over Jacob's descendants forever; his kingdom will never end." "How will this be," Mary asked the angel, "since I am a virgin?" The angel answered, "The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God. (Luke 1:27-35)





「聖靈之美」

讓我們開放心靈,放下佔據我們的既定思維、邏輯、習慣和情 感,醒悟聖靈的臨在、安慰、治癒、引導和光照。

#### "The beauty of the Holy Spirit"

Come, Holy Spirit! May our hearts be opened so that we are free from our preoccupation with thoughts, logical thinking, attachments, and emotions. Awaken us to the presence of the Spirit so that we may be comforted, healed, guided and illuminated.

所有,不得翻印/試

得翻印/試閱:版權用

權所有,不得翻印/訂

不得翻印/試閱:版權

反權所有,不得翻印/

## 題:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱 了權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱: 所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所 100 心靈畫語

我相信耶穌因聖靈降孕,由童貞馬利亞所生,我需 要以身、心、靈去信任造物主,相信祂的作為能夠 超越人的理解,介入人類的身體、心靈、世界, 超越時空、科學和醫學的限制,使童貞馬利亞感 孕生子。 馬利亞展示出對上主的信任和降服,謙 遜地接受這個挑戰,開放自己的身心靈,迎接上 主子臨在懷裏,在她裏面被孕育而誕生,神蹟的拯 救就在神人協作之下發生了!由於人不能自行攀登 到上主那裏,若要重新回復上主的形像,就只有靠 着上主降下成為人的樣式,活出整全人性的光輝, 才使人得以回歸原初的上主樣式。早期教父亞他那 修(Athanasius, 298-373) 這樣說:「神成為人,以 至人可以成神。」(God became man so that man can become god.)

馬利亞作為人類家庭的代表,滿全了人類對上主的 信任,她被邀請孕育耶穌,讓耶穌在她裏面誕生, 我們同樣被邀請去孕育裏面的耶穌,讓耶穌在我們 裏面誕生呈現。耶穌往往不以強硬的方式呈現,祂 願意成為脆弱的嬰孩誕生在馬槽裏,成為人類家庭 的一分子,耶穌需要我們細緻的接待,專注悉心的 顧念,時刻醒悟祂在我們的懷裏。祂溫柔地叩我們 的心門,等待我們察覺祂的臨在,並且信任祂、迎 接祂的來臨。信任耶穌的人就是小基督,接受祂進 入自己的心靈深處,漸漸肖似基督,與祂聯合,重 拾天父兒女的身分。在如此的奧蹟中,馬利亞扮演 了重要的角色,因此,萬代稱她為有褔的,她的心 尊主為大,在她的周圍被神聖黃金的繡花環繞,代 表一種神聖光芒的美,聖神親自臨在她裏面,聖化 了她的生命成為萬代的祝福,畫中描繪她的窗外見 到遍野活潑充滿生命力的田園,叫我們懷着活潑盼 望去學效上主之母,一生懷抱耶穌,跟隨她的心尊 一门。 版權所有,不得翻印/試閱:版權所有 15所有,不得翻印/試閱:版權所有,不得翻印

試閱:版權所有,不得翻印/試閱:版權所有

不得翻印/試閱:版權所有,不得翻印

I believe that Jesus was conceived by the Holy Spirit and became incarnate from the Virgin Mary, though it is beyond our human understanding. I believe in the Creator with my body, heart and mind that He has the power to overcome the limitations of time and space, science and medicine, to enter a human life. Through Mary's faith, she surrendered to the Lord and humbly by opening her body and mind to the divine presence. This handmaiden of the Lord welcomed the Living Word into her very womb, to be born in her. The miracle of salvation was thus realized through the work of God and men. Human beings cannot regain the image of God on their own terms. Only through Jesus whom incarnated, lived as human and demonstrated humanity in full, could people see and return to God's image. St. Athanasius, one of the early church fathers (ca. 298–373), once said that "For the Son of God became man so that we might become god."

As a representative of the human family, Mary was so faithful to the Lord that she was invited to nurture Jesus and let Him be born in her. In a symbolic and spiritual way, we are also invited to nurture Jesus in our heart and let Him be born in us. Instead of being strong and able, He subjected himself to become a vulnerable baby, to be born in a manger, and become a part of the human family. Jesus needs our warm reception and heartfelt devotion. He gently knocks on the doors of our hearts, waits for us to be aware of His presence, and be welcomed in our arms. By accepting Him into the depths of our souls, we who believe in Jesus will become a little Christ. Gradually we are more like Christ. Through the unity with Him, we regain our identity as the beloved children of Abba Father. In this miracle, Mary played a very important role. Therefore, from this day generations will call her blessed, because her soul glorified the Lord. Therefore I have painted Mary with baby Jesus surrounded by the embroidered sacred gold, which represents sacred light. The Holy Spirit sanctified her life, and she became the blessing of all generations. The window behind her depicts a wild life filled with vitality, beckoning us to live with hope, and inviting us to learn from the mother of our Lord. Let's 人試閱:版權所有,不得翻印/試成 embrace Jesus in our hearts and follow her heartfelt devotion 一個 翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/

不得翻印/試閱:版權所有,不得翻印/試閱:版





## My Faith My Fate Pictorial Journal

我如此信、如此活着

心繪日記

黄笑雯博士 Dr. Susan Wong



找個寧靜的角落,安坐下來,閉上眼睛,垂直端坐,安 定心神,單純地留意一呼一吸,將雙手放在筋骨上,深 深的吸入一口氣,好像深深的吸入一口香氣似的,感覺 胸膛漸漸膨脹,然後又徐徐的呼出,猶如吹生日洋燭一 樣的集中,直至你的呼吸漸漸緩慢有節奏,就可以將手 放在大腿上。這樣,讓自己安歇在上主的愛裏,讓祂能 夠好好的凝望自己心愛的孩子,就是這個寶貴的您!

開始時,懷着謙遜的心,領受生命的禮物,就是這口呼吸,大概十分鐘,定時操練。每次繪畫心繪日記之前也可以這樣安歇在上主的愛裏,等待祂的愛澆灌心田,由 祂親自牽動您的手,繪畫心靈愛語。

Find a quiet corner, close your eyes and sit still. You are invited to simply pay attention to your breathing. You are aware that your chest gradually expands, then your shoulders relax and exhale as if you are blowing a birthday candle. You can put your hands on your thighs until your breathing becomes slow, gentle and rhythmic. In this way, let yourself rest in the love of the Lord, so that He can have a loving gaze at you, His beloved child.

At the beginning, with a humble heart, you gently receive each breath as the gift of life. You can rest in the love of the Lord before painting this diary, waiting for His love to pour into your heart, and He will take your hand to paint with love.

(心繪日記只適用以蠟筆、油粉彩、乾粉彩及木顏色繪畫。)
(This Pictorial Journal is suitable only for crayon, dry or oil pastel and color pencil.)

版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有 文權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試队 版權所有 我信上帝,全能的父, 創造天地的主 I believe in God, the Father Almighty, creator of heaven and earth 印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權戶 ,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/意。 不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權 畫出愛語

繪出天父賜給我的世界 Draw the world that my Heavenly Father has given me

·翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所 問:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版權所有,不得翻印/ 溪水、山嶺、汪洋 My favorite clouds, flowers, leaves, trees, streams, mountains, ocean 試閱:版權所有,不得翻印/試閱:版權

1:版權所有,不得翻印/試閱:版權所有,不得翻印/試閱:版

最觸動我心靈的早晨、正午、黄昏、晚霞、月亮、星宿
The beauty of morning, noon, sunset, moon and stars



願上主藉着這信心引導您進入祂的美善之境! 願您在靜默中歸家!

May God lead you into His land of beauty through the gift of faith;

May stillness bring you home!



此為《美善之境:「我如此信、如此活着!》默觀靈修畫冊 之附屬日記,不作獨立銷售。

This is an affiliated journal of "Into the Land of Beauty — My Faith My Fate" Contemplative Art Album, no for separate sale.

