

樂樂·黑黑

The Light and The Dark



潘敏慧 著

By Elsa Poon



The Light and The Dark

好好了解自己的心 Taking Care of Your Heart

記念・郭佳瑋

In loving memory of Stacey Kuo (2002 - 2010)



Stacey's Notes

"I found that hope is real... I have hope and joy.

For peace, we will always be together in our hearts !

It's time that I learned you don't need anything at all.

In life, it's just hope, in world peace.

So give it a try... .. for you."

Stacey... ..



Foreword

This book of emotions featuring the Light and the Dark is most precious during an unusual time for all of us. Although years have passed since Stacey and her sisters Stefani and Samantha learned to paint at Yellow House, everyone feels the lasting impact of Elsa's teaching and remains in touch with the Light in her heart. What Elsa taught my daughters was not only painting, but the ability to love everyone and face oneself honestly.

On the tenth anniversary of Stacey's passing, we remember her through her paintings, many of them award-winning, painted at Yellow House. During an emotional year we faced in 2020 under the pandemic, Stefani and I returned to Yellow House for more painting classes, and gained energy to move forward calmly. Now a playwright, Stefani has written a special poem for this book, in the spirit of Elsa's vision. We wish you will share the warmth, peace and love of the author when you read this booklet.

Prof. Syaru Shirley Lin

Political Economist and Venture Capitalist

前言

樂樂和黑黑的故事在當下對我們所有人來說都顯得彌足珍貴。儘管佳瑋和她的兩個姐姐佳怡、佳欣在Yellow House學畫的日子已經是多年前了，但受到Elsa的啟蒙，孩子們一直都感受到心中的樂樂。Elsa傳授給我們的，遠遠不止於繪畫而包含了給所有人的包容和俯視自己的勇氣。

在佳瑋離開我們的十週年，我們看著她的畫紀念她，其中不少獲獎的作品都是Elsa指導下創作的。在疫情中動蕩的2020年，佳怡和我又回到了Yellow House上繪畫課，獲得撫平我們心緒的能量。已成為編劇的佳怡也為此書創作了一篇英文詩，共同為Elsa所耕耘的理想努力。希望你在翻閱這本畫冊的時候，將能夠一同分享這份溫暖和愛。

林夏如教授

政治經濟學家，創業風險投資人



《祝福》

黑夜,你是那麼的沉靜
等待 等待

晨光,你把睡夢中的樹林喚醒
聽風 聽風

生命,又再次自由自在地
乘風



翱翔

“Blessings”

O night, ever so tranquilly do you wait

Light of dawn, rousing the dreaming forest from its slumber

Listening to the wind do songs create

Life, once more do you freely ride the winds

Soaring till you feel elate



從前 有對雙生兒，一個叫黑黑，一個叫樂樂，
整天形影不離，生活在一起。

他們看來很相像，個性卻是不一樣。

黑黑時常：頭重重、腳浮浮，滿懷心事皺眉頭；

樂樂卻是：簡單安靜心悠悠，創意活力無盡頭。

故事要開始了。

ONCE ...

There was a pair of twins -

The Light and The Dark .

They spent every moment together.

Though they looked alike, their hearts differed.

The Dark was always hanging his head low, knitting his brows
and pacing with worries.

The Light was living a carefree life in tranquility,
never running out of creativity.

Their story begins here.



出生。

The birth.

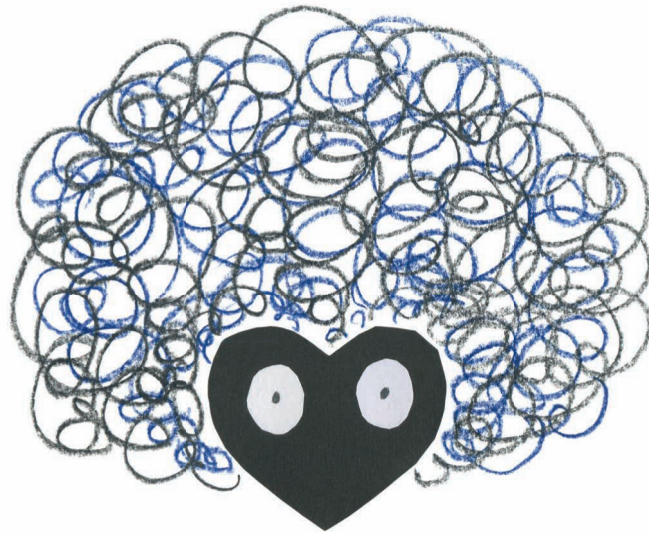




這是黑黑。
This is The Dark.







他會 想太多。
He thinks too much.



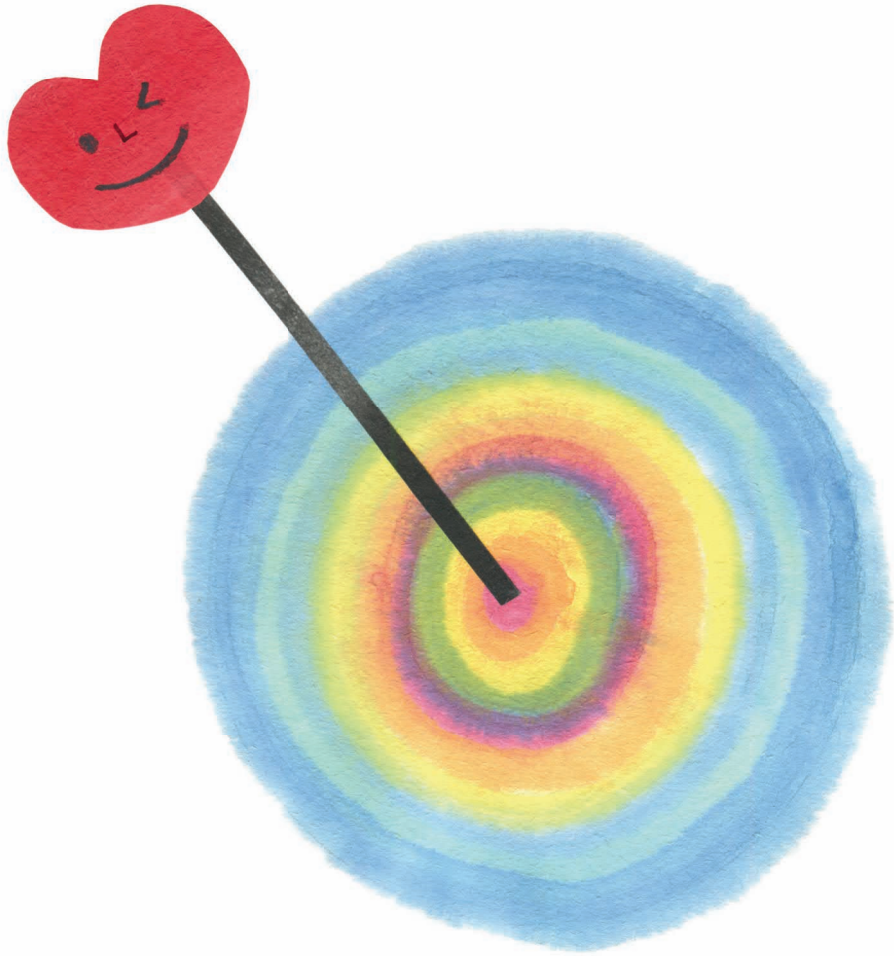
這是樂樂。

This is The Light.






他充滿 夢想，
He is full of dreams,



和信心。
and confidence.

An abstract artwork featuring a white background with vibrant, multi-colored splatters in shades of pink, purple, yellow, blue, and red. Large, thick, hand-drawn spiral shapes in black and pink/red are layered over the splatters. A semi-transparent white banner with rounded ends is positioned horizontally across the middle of the image, containing text in both Chinese and English.

可是, 他們卻經常打架

However, The Light and The Dark

和吵嘴!

fight often!





於是,他們便安靜一下:

So they try to calm down:



聽聽風,看看畫,

listen to the breeze, take a look at the paintings,

或許睡一會。

or have a nap.



寬恕將敵人變成朋友

蘇格拉底曾說過：「無論別人如何惡待您，任何人都絕不能以惡回報，也不要苦待任何人。」誠然，這是我們所能體驗到的最高生活質素。確實是，如果您能原諒敵人，那麼他（或她）將會成為您的新朋友。難怪中國古代哲學家孔子指出，伯夷和叔齊這兩個王子因懂得寬恕，所以鮮有敵人攻擊他們。²

寬恕比獻禮物更重要

讓我們看一下，耶穌如何教導他的門徒關於寬恕與和解的重要性。他說：「所以，您在祭壇上獻禮物的時候，若想起弟兄向你懷怨，就把禮物留在壇前，先去同弟兄和好，然後來獻禮物。」³他教導的要旨是，如果您仍然對朋友抱著仇恨的情緒，那麼獻禮都會是徒勞的。

寬恕是來自上帝的寶貴祝福

確實是，上帝寬恕了我們的惡行。耶穌獻上自己的身體，使我們可以與上帝和好、罪得赦免。--「因為神愛世人，甚至把他的獨生子賜給他們，叫一切信他的，不至滅亡，反得永生。」⁴

1：約翰一書 3:15

2：論語：公治長 - 子曰：「伯夷、叔齊不念舊惡，怨是用希。」

3：馬太福音 5:23-24

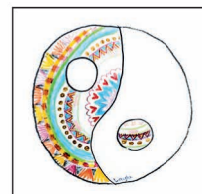
4：約翰福音 3:16

袁海星博士

中小學校監、寫作人

好好了解自己的心

韋芷嵐作品 八歲
By Layla Will Age 8



從小到大，我都很渴望心裡時常擁有一份寧靜和諧的感覺。可惜事與願違，這種內在的平安喜樂，卻一直是那麼的飄忽、難以捉摸。

後來年事漸長，才發現內在的和諧秩序，是需要不斷花時間去建立、練習和更新的。

樂樂和黑黑正是我內心的寫照：我時常都留意住自己內心的黑黑，不被他過份操控，好好照顧他，把他放在一個合適的位置上；而樂樂則是愛和力量的象徵，幫助我轉化黑暗和恐懼；而我很幸運，很多年前認識了愛和力量的源頭，主耶穌，從此專心誠實地走自己的路。

十分感謝多年來在畫室裡認識的家長和學生，這份情緣使我活出自己的召命，就是在藝術的氛圍裡，跟學生一起創作和成長。

讓我們一起學習了解和保護自己的內心，包括情緒和思想，好好來一個健康的整合，過一個踏實、精彩的人生！

潘敏慧

繪畫老師 (Yellow House Children's Art Programme 創辦人)

樂樂 ● 黑黑

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有人說，生命是由無數個抉擇組合而成；
而我相信，能夠聆聽、辨識和
接納自己內心的陰晴面，
是作出理智行動的重要基礎。

特別是當我們正處於是非真假
善惡混淆的世代，更需要一股
強大的內在力量去面對和分辨。

全書用了簡潔和接近童趣的詩歌
和插圖寫成，正好幫助我們
更易觸及事物和人性的本質。

Some say that life is a summation of
choices; and I believe being able to
discern and accept the Brightness and the
Darkness of our hearts is the key to living wisely.

Especially when we are living in such an
illusory world, where the boundary between real and
fake, true and false, good and evil is blurred, we need
extraordinary inner strength to cope with it.

This book draws on child-like illustrations and
narration to expose readers to the originality
of matters as well as the essence of humanity.

潘敏慧 Elsa Poon



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