

曼陀羅 繪畫療愈之旅

香港癌症基金會的
身心靈健康課程，
致力協助受癌症影響的人士提升內在
力量和潛能，改善
他們在抗癌路上的
生活質素。



本會的身心靈健康服務，連續6年為癌症患者提供曼陀羅繪畫療愈課程，透過藝術方法讓他們表達自己。曼陀羅 (Mandala) 主要是由圓心、圓形組成的幾何形狀圖像，代表生命的延續及連接。

本會舉辦的「從心出發 - 曼陀羅繪畫療愈之旅」畫展在本年6月16日至7月1日於中環中心 H6 CONET舉行，為全港首個癌症患者曼陀羅畫展。展示出癌症患者靜心的繪畫，分享他們癌症旅程中的心靈故事。專家相信參與這類視覺的靜心活動有助於放鬆身心、改善睡眠素質、提升專注力及從中心出發的創意表達。



「在曼陀羅繪畫療愈工作坊中，老師會帶領我們專注自己的狀態，留意自己的呼吸，尋找內在的平衡與平靜。第一次繪畫，發現自己的心很平和、自在和開心。而這種開心不是興奮的開心，而是安穩，從心而發。我其後一直也有畫曼陀羅，感覺心很平安和喜悅，有療愈的效果。」

李瑞蓮

「由2017年開始接觸曼陀羅繪畫，沒有想過自己能畫畫，但過程中，發現重點不是在畫作，而是繪畫的過程。畫了曼陀羅後，發現對自己的睡眠有幫助。現在學會了放鬆，放低憂慮，少了雜念，睡得較好。」

陸雁冰



Mandala Art Healing Exhibit

Hong Kong Cancer Fund's Wellness Programmes seek to help people touched by cancer find their inner strength and energy to improve their quality of life throughout their cancer journey.



For the last 6 years, as part of our Wellness programme, the Hong Kong Cancer Fund has offered Mandala Arts to our clients as a therapeutic way of expressing themselves. Mandala art often has geometric patterns with a circular shape but with a central point, representing the connectivity and continuity of life.

Our exhibition, from 16 June to 1 July at The Center in Central, displayed the Mandala art work of our cancer patients and their heartfelt testimonies from the moment of diagnosis through the treatment and to all touchpoints of their journey. Experts say engaging in this visual meditation helps bring a sense of relaxation, improved sleep quality and greater focus through a centred creative expression.



By Lin

“The Mandala instructor guides us to focus on ourselves, including our breathing to find inner peace and balance. While I was doing my first drawing, I felt peace, joy and at ease. This joy is not an exhilarating kind of joy, but it’s peaceful, coming from the heart. I found this Mandala practice very therapeutic and I will continue to practice it.”

By Connie

“I started to practice Mandala in 2017 and I never thought I could paint. I realized that the focus is not on the final product, but on the process of painting. Mandala actually helped me to sleep better. I learned to relax and let go of all the worries and disordered thoughts.”

