

大自然之迴響

The Echo of Nature

花的世界無限可能
Chances to Possibilities

環球共友愛
Culture of Unity

環保愛護大自然
Environmental Awareness

押花治癒人生
Embracing Pressed Flower Art

押花親子世界
Good Parenting Starts with Pressed Flower

押花預防認知障礙症
How to Prevent Dementia

世界各地朋友如何抗疫
Together We Can Fight Against Virus

齊齊學押花
Join Along to Create Pressed Flowers Art with me

我的和裝世界
My Kimono World



Through *The Echo of Nature* I would like to leverage pressed flower art as a medium to raise awareness about pressing environmental issues

It was 7 years ago when I attended my first pressed flowers lesson. I was impressed by the technique of pressed flowers and my inspiration towards this art. It was a process of plants re-born and natural beauty with this art. Over the years, I was fortunate to have the opportunities to display my work in America, Japan and Hong Kong. I went to the Philadelphia Flower Show in Feb 2020 and surprisingly found that I was awarded the first prize winner of the pressed flower session - Lunch in a Piazza: I love Paris. I am proud of having this honor and would like to share my knowledge of this art to the people of Hong Kong and around the globe. Here are five main theme of my pressed flower art creation:

1) Good Parenting Starts With Pressed Flower Workshop

Through participating in the courses children can learn more about the environment. The creation process enables the children to express themselves with their creative pressed flower art and is also a good chance to communicate with parents through the parent-child workshop.

2) Pressed Flower Course To Prevent Dementia

I taught elderly students of NGO's and helped them to hold exhibitions in public areas like MTR. Their joy and satisfaction towards their artwork gives them the motivation to carry on with their daily lives and helps to get rid of sickness such as Dementia.

3) Rehabilitation Workshop

The work of Rehab students was amazing and they had good communication with their families during the workshop. They achieved their work in the workshop and expressed themselves by their design of the work.

4) Encouraging Youth Creativity

The Samurai warriors practiced pressed flower art in the 16th century for enhancing their power of concentration and promoting patience and harmony with nature. This is a good model for teenagers to try Oshibana for stress relieving and development of creative thinking.

5) Environmental Awareness

Dr Lee Lok-Sze contributed her whole life in environment education and polar foundation. The collaboration of my pressed flower art and her photos of polar animals inspires me to create my art for awareness of global warming and pollution in nature.

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方梓勳教授 — 賞「花」導航 — 「自是花中第一流」

Uncle Ray — 了解他最愛以花為題的經典金曲

高世章 — 從他珍藏的「花」圖案香水瓶，讓我們穿越時空，走進不同領域
花瓣地圖，充實我的押花世界，品味花香人生

歐丁玉 — 欣賞他在世界各地的「花花世界」

日本押花家 佐々木えみこ — 欣賞她原創及得獎押花作品

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 押花世界 無限可能
My World of Pressed Flowers - Chances to Possibilities

押花藝術取材大自然的元素，將花朵、花瓣、葉子和其他有機材料，經過各種壓製技術，製成乾燥和平面的材料，以創作完整的圖畫。中國和日本一直沿用這種工藝，據說早在16世紀，日本武士以研修押花藝術，作為提高集中力、耐力及促進人與大自然和諧共處的學習。摩納哥嘉麗絲王妃曾習押花藝術，協助推廣押花藝術至世界各地。

Pressed flower craft is the art of using pressed flowers and botanical materials to create an entire picture from these natural elements. Flowers, petals, leaves and other organic materials are being pressed until dry and flat, using a variety of pressing techniques. This craft has long been practiced as an art form in China and in Japan, where it is known as Oshibana (押し花). As early as the 16th century, Samurai warriors were said to have studied the art of Oshibana as a means of enhancing their powers of concentration, and of promoting patience and harmony with nature. Princess Grace Kelly of Monaco also practiced Oshibana and helped promote the art of pressed flowers worldwide.





The magic of Pressed Flowers

“It is beautiful. It is real. Love the nature. Life is new.”

花藝學者 夏妙然博士 Dr Serina Ha Miu Yin

香港大學現代語言及文化學院日本研究博士、浸會大學傳理學文學及傳媒管理社會科學雙碩士、資深傳媒人，曾獲得 20 個國際廣播獎，為各大學學術嘉賓、講師及中國日報年度校園學報（中港澳台）新聞獎評委。學術研究包括有日本文化中介人對 80 年代香港流行文化之影響。

夏妙然博士在香港大學主修日本研究，並於日本研修日本押花藝術五年，是日本全國押花藝術協會押花、麗乾花、夢想花導師。夏博士亦是日本草月流草月四級證會員，日本和裝教育協會和服二級講師及裏千家淡交會香港協會會員。

夏博士於 2015-2020 期間分別在日本大阪、東京、美國費城及香港展出其押花作品，於 2015 年獲韓國高陽市市長頒授年度花展「押花大賽榮譽獎」，2017 年獲美國費城年度花展押花作品「報道榮譽獎」及日本東京年度大賽及 2017 年 12 月年度麗乾花大賽「佳作榮譽獎」。夏博士為香港恒生大學藝術顧問，在香港大學、香港浸會大學、香港恒生大學、香港城市大學、香港鄧麗君歌迷會、陳百強國際歌迷會、明愛第三齡服務支援網絡、勵智協進會、香港聖公會福利協會彩齡學院、新生精神康復會、元崗幼稚園等擔任押花導師並與眾機構合作在不同的港鐵站舉行師生押花展覽。夏博士押花作品亦曾進行慈善拍賣捐助慈善團體，2017 年為勵智協進會籌款；2019 年 9 月成為莫文蔚母親慈善基金（莫里士愛心行動基金）Morris Charity Foundation 全場拍賣會其中最受歡迎的作品之一。未來預計安排慈善收益捐贈極地博物館基金。

夏博士在 2018 年 3 月獲皇家亞洲文會北中國支會（上海）邀請，於有 100 年歷史的上海外灘羅斯福公館擔任客席講師，是首位於館內舉行日本押花交流及展出作品的藝術家。她並在香港大學（2017/2020）、香港韓國文化院（2017）及香港恒生大學（2018）舉行個人展覽。2020 年成為美國婦女地質學會會員，同時憑作品《廣場裏的午餐——我愛巴黎》（本書第 8 章）獲得美國費城第 191 屆花展押花組別冠軍榮譽。2020 年 6 月推出六國語言花藝教育書《花的世界無限可能》。

Dr Serina Ha Miu Yin holds a Ph.D. in Japanese Studies from the School of Modern Languages and Cultures at the University of Hong Kong. Her research thesis focuses on the impact of cultural intermediaries in importing Japanese culture to Hong Kong in the 1980's. Having graduated MA in Communication and MSocSc in Media Management in the Hong Kong Baptist University, Ms Ha is also an expert in the Media and Creative industry. She has won 20 international awards in past years, including awards such as the Beijing People Broadcasting “Win by Creativity”, New York Festival and ABU Prize. She is also the adjudicator of the Campus Newspaper Awards held by China Daily since 2017.

She is an accomplished Japanese Botanic Artist, as well as a Pressed Flower and L'écrin Instructor of the Japan Fushigina Pressed Flower Association. Dr Ha had obtained level 4 of Sogetsu Foundation; Level 2 Kimono Instructor of Japanese Kimono Education Association and member of Japan Urasenke Foundation in Hong Kong.

Her art was first recognized at the 9th World Pressed Flower Craft Exhibition in Goyang Korea back in 2015 and her works have been widely exhibited in Osaka, Tokyo, Philadelphia and Hong Kong over the years. Dr Ha has held exhibitions of her work at the University of Hong Kong in March 2017 and November 2020, as well as in Hang Seng University of Hong Kong and Korean Culture Centre in 2018. She was the first artist to hold Japanese pressed flower workshops at the House of Roosevelt of the Bund in Shanghai. Dr Ha joined the Woman Geographic Association of Washington as a member in 2020.

She won the 1st Prize Award in the Philadelphia Flower Show 2020 after receiving the Honourable Mention Award in 2017. She has also been awarded the Best Art Award in the Tokyo L'écrin Flower Competition in 2017 and 2018. Her art has been acknowledged and raised fundings for the Intellectually Disabled Education and Advocacy League, and for the Morris Charity Initiative. For publication, she had released her first book “Chances to Possibilities” in June 2020. In the future, she hopes to raise a donation for the Polar Museum Foundation.





全有愛

Love is in the Air
愛は空気中です
사랑은이 공중에 있다
L'amour est dans l'air
Liebe liegt in der Luft

花材 Materials

馬鞭草
Verbena
バーベナ
버베나
Verveine
Eisenkraut

天竺葵
Geranium
ゼラニウム
제라늄
Géranium
Geranie

常春藤
Hedera (Ivy)
아이비
아이비
Lierre
Efeu

康乃馨
Carnation
カーネーション
카네이션
Ceillet
Nelke

媽

疫情開始
我就不能在妳身邊
我們都在擔心妳
要自己面對一切
是很不容易的事
然而妳的堅強
卻令我們感到驕傲
越過千山萬海
然而我的心
是每天都希望
在妳身邊
希望可以擁抱妳
妳輕輕的幾句話
總是給我無限的鼓勵
妳對生活的積極態度
已成為我每天的力量
永遠愛妳
我這本書特別送給妳
祝妳身體健康
延年益壽

哥

多謝你的愛
給我無限的支持
充滿更多正能量



1

南極企鵝爸媽——全球暖化下的警告！ South Pole Penguin Parents-Awareness of Global Warming!



守護你
You all mean the world to me
無件の愛
무조건의 사랑
Amour sans fin
Endlose Liebe

花材 Materials

堇菜屬
Viola
ビオラ
비올라
Viola
Veilchen

飛燕草
Delphinium
デルフィニウム
델피늄
Pied-d'alouette
Rittersporn

長春花
Catharanthus roseus
日々草(ニチニチソウ)
일일초
Pervenche de
Madagascar

繡球花
Hydrangea
アジサイ
수국
Hortensia
Hortensie

飾帶花
Trachymene Coerulea
レースフラワー
레이스 플라워
Trachymène bleu
Blaudolde

創作靈感來自李樂詩博士拍攝極地的生態環境

希望令更多人關注極地保育

令萬物生態可以健康生長

(* 資料及相片由李樂詩博士提供)

(Photos provided by Dr Rebecca)



帽帶企鵝 *Pygoscelis antarctica* 拍攝年份：1990年 地點：南極



帽帶企鵝 *Pygoscelis antarctica*
拍攝年份：1985年 地點：南極



帽帶企鵝 *Pygoscelis antarctica*
拍攝年份：1985年 地點：南極



李樂詩博士《極地情緣》



* 北極熊
拍攝年份：2008年8月 地點：北冰洋，北緯：約85度
Polar bear 85 degrees north latitude 8/2008
Dr Rebecca Lee Lok Sze @Arctic Ocean
(* 資料及相片由李樂詩博士提供)

參考李樂詩博士在極地拍攝的北極熊及企鵝，作為我創作的靈感，在任何逆境中希望大家堅強面對自己的未來。

瘦弱的北極熊——全球暖化下的警告！
Skinny Polar Bear - Awareness of Global Warming!



瘦せたホッキョクグマ（北極熊）——地球温暖化の警告！
마른 북극곰——지구 온난화의 경고!
Ours polaire maigre - l'avertissement du réchauffement climatique!
Der dünn polarbär - Warnung vor Erderwärmung!

花材 Materials

蒲葦
Pampas Grass
판바스그라스
팜파스 그래스
Herbe de Pampa
Pampagras

黃櫨
Smoke Tree
스모크트리
안개나무
Arbre de fumée
Räucher-Baum

繡球花
Hydrangea
아지사이
수국
Hortensia
Hortensie



拍攝年份：1985年 地點：南極



拍攝年份：1990年 地點：南極



拍攝年份：1990年 地點：南極



拍攝年份：1993年 地點：南極



拍攝年份：1993年 地點：北極（格陵蘭）



拍攝年份：1999年
地點：北極（格陵蘭）



拍攝年份：2005年 地點：北冰洋

Dr Rebecca Lee Lok Sze @ Arctic Ocean

(* 資料及相片由李樂詩博士提供)



帽帶企鵝 *Pygoscelis antarctica*
拍攝年份：1985年 地點：南極



皇帝企鵝 *Aptenodytes forsteri*
拍攝年份：1990年 地點：南極



企鵝 *Pygoscelis antarctica*
拍攝年份：1985年 地點：南極



夏妙然博士及李樂詩博士
Dr Serina Ha Miu Yin & Dr Rebecca Lee

李樂詩 極地博物館基金 創辦人

李樂詩自 1985 年加入中國國家南極考察隊後轉而成為極地科學工作者。並以藝術推動極地科學，從科學角度不斷研究、探索極地與環保之關係及重要性。她曾前赴南極 8 次、北極 10 多次，並於 2001 年在南極越冬，出版了十多本有關其探險心路歷程的著作及製作過有關我們居住的地球之電視記錄片及舉辦有教育意義的極地展覽。

李博士在 1997 年創立極地博物館基金，該基金旨在提倡極地科學研究的重要。於 2013 年在香港中文大學成立了有關極地氣候變化的展覽館，推動青少年對極地科學的認識，從而實行環保工作。

Rebecca Lee, Founder and Director of Polar Museum Foundation

Rebecca Lee is the first Hong Kong woman explorer to reach the Arctic, Antarctic and Mount Everest Region She was the author of more than fourteen books, organized numerous educational exhibitions and produced TV documentaries about the world we live in.

She has been to the Arctic ten times, Antarctica eight times and to Mount Everest region four times. Her work shows a true love for our planet and mankind.

The community has benefited tremendously from her public education efforts. She is contributing significantly to the goal of environmental protection.

今次這本書的收益部分作為花材提供押花教學給需要資助的朋友，協力推廣環境教育
This book helps to raise a charity donation for student financial assistance of pressed flower education for the theme of Polar Museum Foundation.





大自然之迴響
The Echo of Nature



L'écrin Flower

大自然之迴響 *
The Echo of Nature
大自然の声
자연의 소리
Voix de la nature
Der schöne Stimme der Natur

* 日本麗乾花大賽佳作榮譽獎
Semi Finalist Honor
Oshibana Art & L'écrin Flower Art Contest, Japan
L'écrin Flower Association (2018)

花材 Materials

向日葵
Sun Flower
ヒマワリ
해바라기
Fleur de soleil
Sonnenblume

海芋
Calla Lily
カラー
칼라 릴리
Calla lis
Gewöhnliche Calla

六出花
Alstroemeria
알스트로메리아
알스트로메리아
Alstroemère (Lys des Incas)
Peruanische Lilie

堇菜屬
Viola
비올라
비올라
Viola
Veilchen

宮燈百合
Sandersonia
산더슨니아
산데르소니아
Sandersonia
Sandersonia

小玫瑰
Mini Rose
미니バラ
미니 장미
Mini rose
Mini rose

丁香花
Syringa
바이카우츠키
정향나무
Lilas commun
Flieder