

打開心門的密碼



自我介紹及創作理念

我是張慧瑜，今年23歲，喜歡畫圖，學校畢業後，因為情緒和溝通的問題無法進入職場工作。媽媽提早退休陪伴我在家。參加畫圖徵件比賽和畫展，是我持續創作最大的動力。

這次創作的主題是「打開心門的密碼」。主要是想說，表達和情緒的障礙，從一出生的「與眾不同」，就注定跟著我一輩子了。後來媽媽終於找到和我相處的最佳模式，就是靜靜的陪伴，讓我自己把心門打開。愛、包容、和理解，讓我不再恐懼，勇敢打開心門、迎向未來。





每個人都有專屬的心門鑰匙，但我的鑰匙卻不見了。



An illustration of a person with long dark hair, wearing a purple sleeveless top, sitting on the floor with their head buried in their arms, appearing to be in a state of despair or loneliness. In the background, a large, closed door with a silver handle and a purple lock is set against a wall. A large, bright orange sun is visible behind the door, casting a shadow of the door's handle onto the wall. The floor is a mix of grey and white, and the walls are decorated with a pattern of yellow, grey, and white squares.

沒有鑰匙心門打不開，我只能孤獨的活在封閉的世界裡。



An illustration of a mother and daughter walking away from the viewer through a forest. The mother is on the left, wearing a purple shirt with a large red heart on the back and a grey padlock on it. The daughter is on the right, wearing a blue shirt. They are holding hands. In the background, there are stylized trees with brown and grey trunks and green foliage. A large, glowing yellow and orange sun is in the upper right, and a large green key is floating in the air next to it.

媽媽很著急，帶著我四處找方法，希望能為
我找到那把鑰匙，打開我的心門。



An illustration of a woman with her back to the viewer, standing in a doorway. She has her hands on her head, suggesting distress or fear. The doorway is brightly lit from within, creating a warm yellow glow. Outside the doorway, the background is dark grey and populated by several colorful, cartoonish monsters. These monsters are in various poses, some with lightning bolts around them, and they have menacing or surprised expressions. The colors of the monsters include green, blue, red, yellow, purple, and teal. The overall scene conveys a sense of being trapped or overwhelmed by a chaotic and scary world.

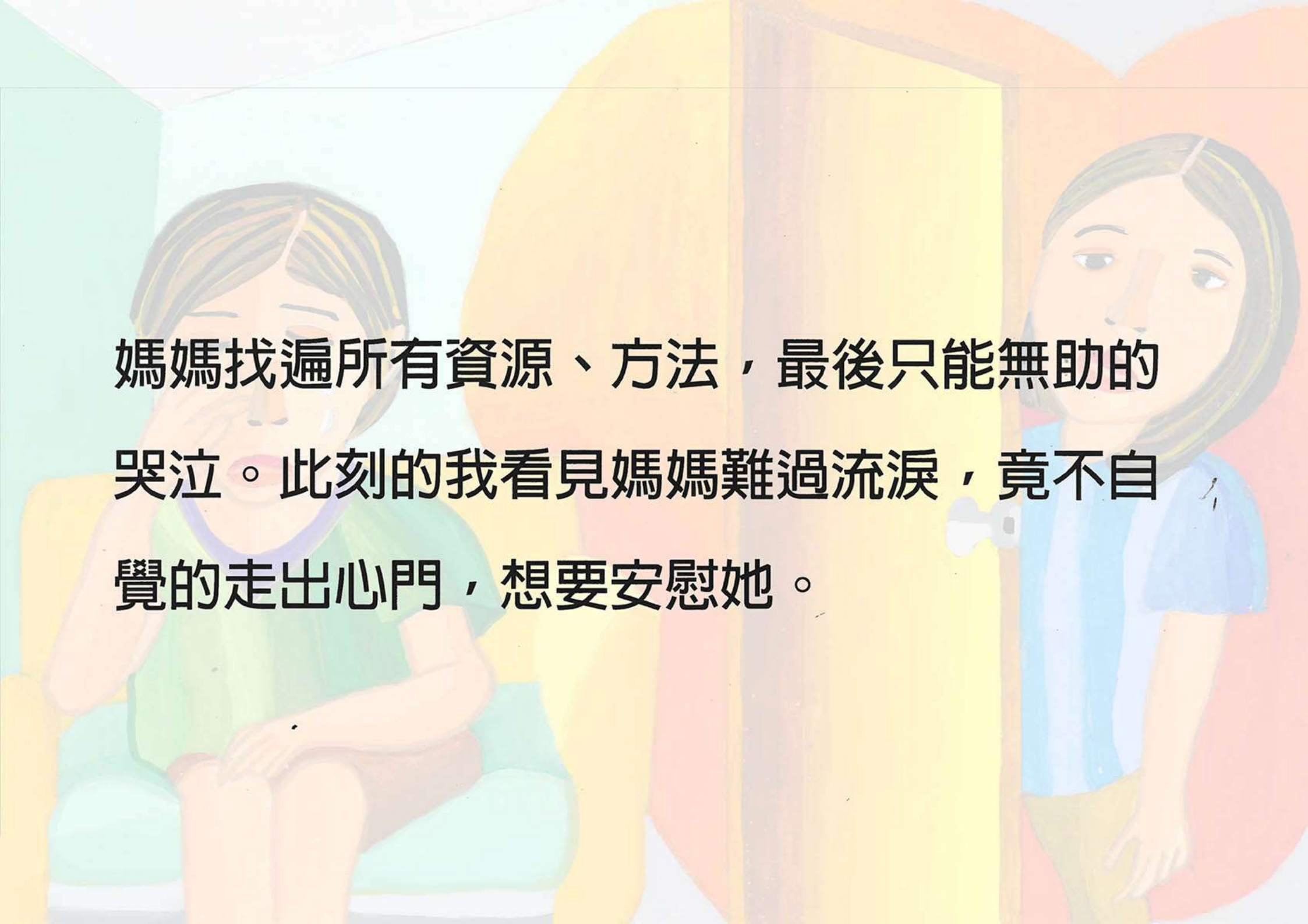
門外的世界到底是怎樣的世界？我充滿恐懼
與焦慮。



An illustration of two women standing in a doorway. The woman on the left is wearing a purple top and blue pants, with her hands on the door handle. The woman on the right is wearing an orange top and brown pants, with her hands on the door frame. Both women have a concerned or fearful expression. The background is a simple, light-colored wall.

因為有說不出原因的害怕，我把門守的更牢固，還把幫我的媽媽當作「迫害者」反抗。



An illustration depicting a scene of emotional distress. On the left, a woman with dark hair, wearing a green shirt and blue shorts, sits on a yellow chair. She has a pained expression, with her hand covering her mouth and tears streaming down her face. On the right, another woman with dark hair, wearing a blue shirt and brown pants, stands in a doorway. She looks towards the woman on the chair with a concerned and empathetic expression. The background features soft, warm colors like yellow and orange, suggesting an indoor setting.

媽媽找遍所有資源、方法，最後只能無助的
哭泣。此刻的我看見媽媽難過流淚，竟不自
覺的走出心門，想要安慰她。

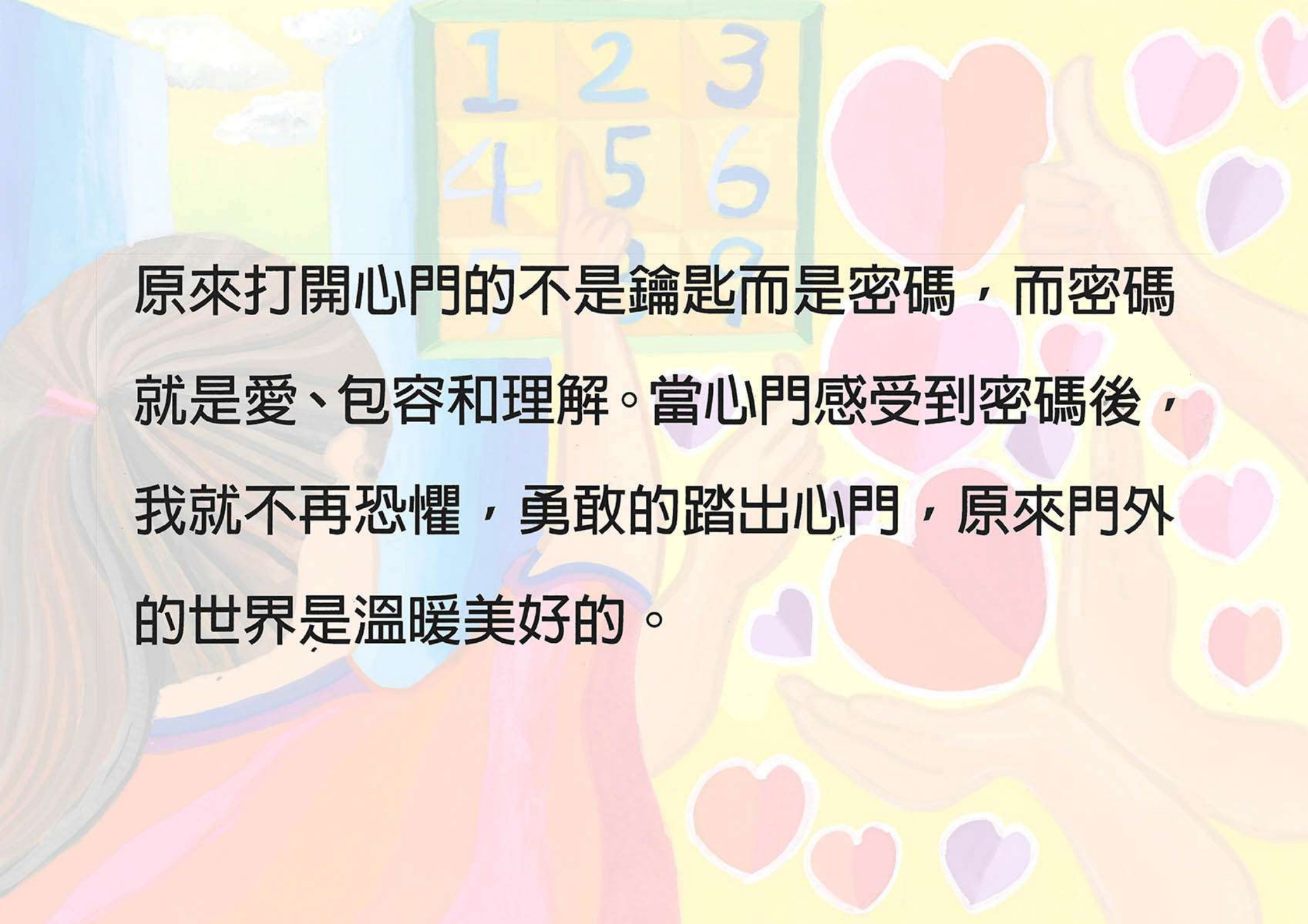


An illustration of a mother and daughter in a garden. The daughter, on the left, has her hands clasped in prayer. The mother, on the right, has her hands held out towards the daughter. A white, wavy line connects their hands, symbolizing a connection. The background is a large heart shape with a warm orange and yellow glow, set against a blue sky with white clouds. Pink flowers are scattered in the foreground.

母女連心，媽媽瞬間感受到我心靈發出的訊息，原來心門不用鑰匙也可以打開。



1	2	3
4	5	6
7	8	9

An illustration featuring a young girl with long brown hair on the left, looking towards a green-bordered grid of numbers (1-9) in the center. To the right, several hands are shown holding various colored hearts (pink, purple, orange). The background is a soft yellow with light blue clouds and a blue sky. The overall theme is positive and emotional.

原來打開心門的不是鑰匙而是密碼，而密碼
就是愛、包容和理解。當心門感受到密碼後，
我就不再恐懼，勇敢的踏出心門，原來門外
的世界是溫暖美好的。





打開心門破繭而出的我，用畫筆和色彩盡情揮灑，想讓大家看見隱藏在心中獨特且豐富的世界。