



VOL.15

The Luxury of Less

The Folding Screen and the Art of Carving
Out Peace

做减法的奢华：屏风与开辟宁静的艺术

A Journey of Heritage and Healing
BAGBAGHEAL

"You cannot buy peace;
you have to carve it out by removing
the noise."

你无法买到宁静；
你必须通过剔除噪音来开辟它。

Part 1: The Fear of the Blank Wall

对 白 墙 的 恐 惧

Alex:

Look around your room right now. Are your shelves overflowing? Are your closets completely full? Welcome back to The Healing Weaver. I'm Alex. Today, we are talking about our obsession with accumulation. We live in a society that constantly tells us: more is better. We buy things to fill the empty corners of our homes, and to fill the empty spaces in our minds. We are terrified of a blank wall.

现在环顾一下你的房间。你的架子溢出来了吗？你的衣柜完全塞满了吗？欢迎回到《治愈织者》。我是 Alex。今天，我们要谈谈我们对“囤积”的痴迷。我们生活在一个不断告诉我们“越多越好”的社会。我们买东西来填补家里空荡荡的角落，也用来填补我们脑海中的空白。我们极其害怕一面光秃秃的白墙。

Carrie:

And I'm Carrie. It's true, Alex. We equate emptiness with poverty. But tonight, I want to show you that emptiness is actually the ultimate form of luxury. On the table, there is a miniature replica of a traditional Chinese folding screen, or "Pingfeng." Historically, these screens were placed in the grandest halls of imperial palaces. But a Pingfeng doesn't hold anything. It doesn't support the roof. Its only purpose is to stand there and do absolutely nothing.

我是 Carrie。是真的，Alex。我们将空无等同于贫穷。但今晚，我想向你展示，空无实际上是奢华的终极形式。在桌子上，有一个中国传统屏风的微缩复制品。在历史上，这些屏风被放置在皇宫最宏伟的大厅里。但屏风不承载任何东西。它不支撑屋顶。它唯一的目的，就是站在那里，什么都不做。

Part 2: An Architectural Pause

建 筑 上 的 停 顿

Alex:

It just stands there... doing nothing. That sounds like a waste of space, especially in a modern apartment where every square inch counts. Why would you put a wall in the middle of a room, just to block the view?

它只是站在那里……什么都不做。这听起来像是在浪费空间，尤其是在寸土寸金的现代公寓里。你为什么要在房间中间放一堵墙，仅仅是为了挡住视线？

Carrie:

Because it doesn't just block the view; it filters it. Ancient architects understood that if you can see everything at once, there is no mystery, no depth. The Pingfeng creates a boundary. It stops the chaotic energy of the outside world from rushing straight in. It forces you to slow down, to walk around it. And behind that screen, it protects a pocket of absolute silence. It's an architectural pause.

因为它不仅仅是挡住视线；它过滤了视线。古代建筑师明白，如果你能一眼看穿一切，就没有了神秘感，没有了深度。屏风创造了一个边界。它阻止了外部世界混乱的能量长驱直入。它迫使你慢下来，绕过它。在那面屏风的背后，它保护着一小块绝对宁静的空间。这是一种建筑上的停顿。

Part 3: Carving Out Peace

开 辟 宁 静

Alex:

An architectural pause... That's a brilliant concept. We are so eager to knock down walls and live in "open concepts," letting all the noise and clutter bleed together. But looking at this screen, I realize that without boundaries, peace is impossible. We try to find peace by buying more self-care products, but maybe the real solution is just putting up a screen, and fiercely protecting our empty space.

建筑上的停顿……这是一个绝妙的概念。我们如此渴望推倒墙壁，生活在“开放式概念”中，让所有的噪音和杂乱融合在一起。但看着这面屏风，我意识到，没有边界，宁静是不可能的。我们试图通过购买更多的自我护理产品来寻找平静，但也许真正的解决方案，仅仅是竖起一面屏风，并拼命地保护我们的留白空间。

Carrie:

Exactly. You cannot buy peace; you have to carve it out by removing the noise. The Pingfeng teaches us that the highest form of elegance is restraint. When you stop trying to fill every corner of your life, you finally give your soul the room it needs to breathe. Less isn't just more; less is everything.

没错。你无法买到宁静；你必须通过剔除噪音来开辟它。屏风教导我们，最高形式的优雅是克制。当你停止试图填满你生活的每一个角落时，你终于给了你的灵魂它所需要的呼吸空间。少不仅仅是多；少就是一切。

Part 4: The Language of Healing

语 言 美 学

Alex:

Less is everything. For our listeners who are feeling suffocated by the clutter of life, let's pick three words from tonight's screen.

少就是一切。对于那些被生活中的杂乱压得喘不过气的听众，让我们从今晚的屏风中提取三个词。

Carrie:

The first word is Accumulation. The gradual gathering of things, often out of a fear of lack.

"She realized her endless accumulation of objects was just hiding her inner void."

第一个词是 Accumulation（囤积/积累）。事物的逐渐聚集，往往出于对匮乏的恐惧。
“她意识到，她对物品无休止的囤积，只是在掩盖她内心的空虚。”

Alex:

Second is Restraint. Unemotional, dispassionate, or moderate behavior; self-control.

"The true beauty of the design lay in its absolute restraint."

第二个是Restraint（克制/节制）。不情绪化、冷静或适度的行为；自我控制。
“这个设计真正的美，在于其绝对的克制。”

Carrie:

And finally:Sanctuary. A place of refuge or safety; a quiet, protected space.

"By placing the screen there, she created a sanctuary from the outside noise."

最后：Sanctuary（庇护所/圣所）。避难或安全的地方；一个安静、受保护的空間。
“通过将屏风放置在那里，她创造了一个远离外界噪音的庇护所。”

Alex:

As we close tonight, we invite you to look at the delicate, translucent silk of the screen on your screen for 30 seconds. Give yourself permission to empty the room. Don't think. Just feel.

今晚结束之际，我们邀请你注视屏幕上屏风那精致、半透明的丝绸 30 秒。给自己一个清空房间的许可。不要思考，只是去感受。

Carrie:

See you in the next weave. Goodnight.

愿我们在下一场织造中相遇。晚安。

Glossary of Philosophy

01.Accumulation

囤积

[The Deeper Meaning]

The modern sickness of trying to fill an emotional void with physical objects. True luxury is not defined by how much you can accumulate, but by how much you are brave enough to remove.

[东方意境] 试图用物理物品填补情感空虚的现代病。真正的奢华，不是由你能囤积多少来定义的，而是由你有多勇敢去剔除来决定的。

[In Context] "She realized her endless accumulation of objects was just hiding her inner void."

02.Restraint

克制

[The Deeper Meaning]

The ultimate expression of quiet luxury. Restraint is the deliberate choice to stop before the canvas is full, leaving room for mystery, breath, and imagination.

[东方意境] 静奢的终极表达。克制是一种深思熟虑的选择：在画布被填满之前停下来，为神秘感、呼吸和想象力留出空间。

[In Context] "The true beauty of the design lay in its absolute restraint."

03. Sanctuary

庇护所

[The Deeper Meaning]

A sanctuary is not a place you find; it is a boundary you create. By placing a "screen" between yourself and the chaotic world, you fiercely protect the quiet space where your soul can heal.

[东方意境] 庇护所不是你找到的地方；它是你创造的边界。通过在你自己和混乱的世界之间放置一面“屏风”，你拼命地保护着那个能让灵魂愈合的安静空间。

[In Context] "By placing the screen there, she created a sanctuary from the outside noise."

See you in the next weave.

愿我们在下一场织造中相遇



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