

泡泡作为一种方法

当天中午才报名的泡泡艺术工作坊，意外地收获了丰盛的感触。像是在路边随心walk in了一家饭店，结果发现是绝世美味，然后我在里面大快朵颐，yummy yummy～

MissBubblebliss 是一位国际泡泡艺术家(Bubble Artist)、身体疗愈师、人类学研究者，同时也是国际泡泡艺术家协会(AOIBA)成员。十四年来，她持续通过肥皂泡这一特殊而鲜活的媒介，探索感知、在场与人与人之间的连接。更多作品与视频可见：www.missbubblebliss.at

资料来源：Dweller (by.问地)

听Stephanie讲述“为什么是泡泡”时，心里的感动是暖色调的。她说，吹泡泡是她从小到大都在玩的。很早之前，她还在公司上班，工作强度高，压力也大。那时候每天早上在维也纳的巴士站等车的时候，人们看起来总是苦大仇深(原话是：Everyone is so angry in Vienna every morning)。然后她就穿着正经的工作服装，拿着公文包，在车站拿起泡泡玩具开始吹。嗯，没有人会在维也纳早晨七点的巴士站吹吹泡泡。她还会把吹泡泡玩具送给周围看起来最不开心的一个人。最原始的“快乐”即本源。

她说，泡泡的多样性和可能性，正如生活。她也通过泡泡做过一些和难民以及艺术疗愈相关的项目。

 bubble, peace and love, please no war.

现场上手与泡泡玩耍的过程很纯粹，即用不同工具(吸管、模具、手)吹出以及传递形态各异的泡泡，也可以说是创造雕塑以及使之流动。我欣喜于“泡泡”这一材料媒介的多元性。如此敏感、易碎、sensitive，又如此坚韧、powerful，有生命力，有awareness。微妙的呼吸变化、触碰的媒介、空间的湿度温度、环境的污染分子、泡沫，都会影响泡泡的时空形态。尤其是呼吸。我喜欢通过不同方式练习呼吸以及内在平衡：喝茶、现代舞、接触即兴、静坐、站桩。原来，吹泡泡也可以作为内观的一个方法。

当十几个人在室内微暗的空间里围桌吹泡泡的时候，梦幻又感动。童年过后，有好久、好久没有这样认真地吹泡泡了吧。吹泡泡或许是最小单位的自娱自乐。我们需要习得「Play」的能力。泡泡多可爱，可以将其作为探索议题的媒介，也可以just play, have fun and relax～洗澡的时候多吹几个。

以及，原来泡泡界也有gender议题值得思考。Stephanie说，在室外空间(比如公园)，大多是女性在玩泡泡，主要是出于照顾孩童的需求。而在室内空间(比如某些艺术和学术等严肃领域)，则男性居多。









图片: 神威大炮哥

Jian Shiting, Hangzhou, May 2026

Translation:

Bubbles as a Method

I signed up for the bubble art workshop on a whim that very afternoon, and the experience yielded unexpectedly rich and moving insights. It felt like spontaneously walking into a roadside eatery only to discover the food was absolutely exquisite—leaving me to feast to my heart's content. Yummy, yummy!

MissBubblebliss is an international bubble artist, bodywork therapist, and anthropology researcher, as well as a member of the Association of International Bubble Artists (AOIBA). For fourteen years, she has used soap bubbles—a unique and vibrant medium—to explore perception, presence, and human connection. View more of her work and videos at: www.missbubblebliss.at

Source: Dweller (by Wen Di)

Listening to Stephanie explain "why bubbles" evoked a warm, touching feeling within me. She mentioned that blowing bubbles has been a lifelong pastime for her. Years ago, while working a high-pressure corporate job, she noticed that people waiting at the bus stop in Vienna every morning looked utterly miserable (her exact words: "Everyone is so angry in Vienna every morning"). So, dressed in formal business attire and clutching her briefcase, she would take out her bubble toy and start blowing bubbles right there at the stop. After all, it wasn't exactly common to see someone blowing bubbles at a Viennese bus stop at 7 a.m. She would even gift her bubble toy to the unhappiest-looking person nearby. Pure, primal "joy" lies at the very source.

She says the diversity and possibilities of bubbles mirror those of life itself. She has also utilized bubbles in projects involving refugees and art therapy. 🌊 Bubble, peace and love; please, no war.

The hands-on experience of playing with bubbles was a pure one: using various tools—straws, molds, or one's own hands—to blow and pass along bubbles of diverse shapes. It was akin to creating sculptures and setting them in motion. I was delighted by the versatility of the bubble as a medium—so sensitive and fragile, yet simultaneously resilient, powerful, and full of life and awareness. Subtle changes in breath, the medium of contact, ambient humidity and temperature, airborne pollutants, and the foam itself all influence the bubble's form in space and time. Breath, in particular, plays a crucial role. I enjoy practicing breathing and cultivating inner balance through various means—tea drinking, contemporary dance, contact improvisation, seated meditation, and *zhan zhuang* (standing meditation). It turns out that blowing bubbles can also serve as a form of mindfulness practice.

Watching a dozen people gather around a table in a dimly lit room, blowing bubbles, felt both dreamlike and moving. It had been such a long time—since childhood—since any of us had blown bubbles with such earnestness. Blowing bubbles might well be the simplest form of self-amusement. We need to learn the capacity for "play." Bubbles are delightful; they can serve as a medium for exploring themes, or simply as a way to play, have fun, and relax—try blowing a few while taking a bath.

Also, it turns out there are gender-related aspects to the world of bubbles worth considering. Stephanie noted that in outdoor spaces like parks, it is mostly women who blow bubbles, primarily because they are looking after children. In contrast, in indoor settings—such as certain serious artistic or academic spheres—men tend to be the ones doing it.

Image: Shenwei Dapao Ge

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