

Calendar 2014

turtle child's diary I



Pictures and stories about creativity, friendship, and meditation. For the child, and for the adult, in me. For the child and the adult in everybody.



January
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
16 17 18 19 20 21 22 23 24 25
26 27 28 29 30 31

The Heartmaster, Veeresh, with the child I am, surrounded by many cosy animal-toys.



Who am I?
An errand-boy, a cleaner and a handy-man, very reliable with a big nose which is a rose.
An angry authority - A sad artist, very diligent did what he can.
A fitness-trainer, without success, in love with portwine, what a mess.

Who am I?
A meditator. Or a playboy, arrogant.
A gentleman, manager, chairman, puffed up like an elephant.
A warror and martial artist.

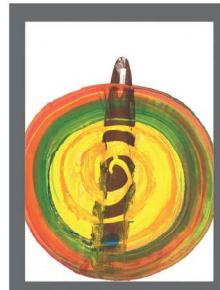


Holding my belly, holding my heart.
Feeling them. Healing them. Protecting them.
And doing it now, and again and again.

February
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Being a child again. Breathing deeply.
Feeling Yes and No in the belly. No fear!
Feeling the pain, even if it is uncomfortable.
Feeling the happy moments...



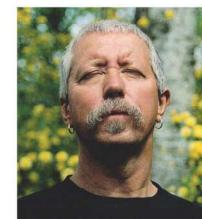
Breaking through.

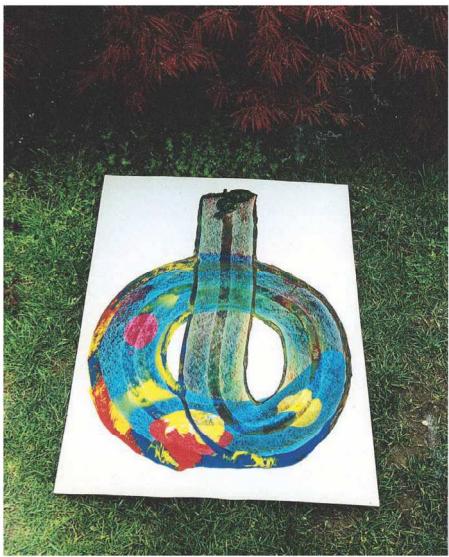


March
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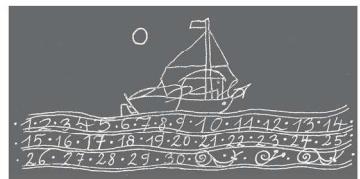
I love it to stay centered, holding
my belly, carefully, lovingly, patiently:
when people are confusing me, ≈≈
creating conflicts in me, burdening
me, or when my mind is torturing me.

While making a sound, everything
becomes round. And, even in the
wintertime, inside of me, ≈≈
grass is growing, flowers are flowing.





Giving good words to the body.



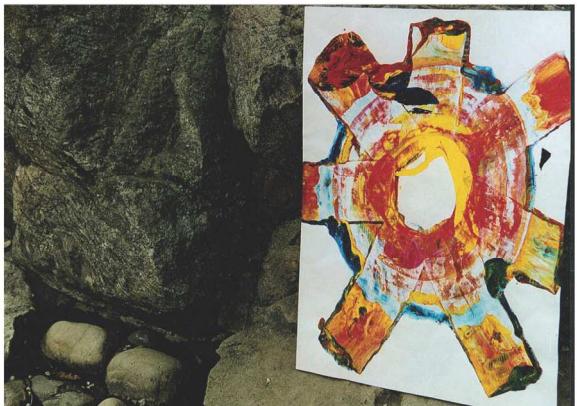
Brave lion. Green snake.



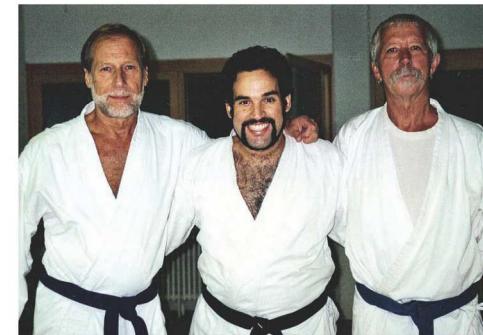
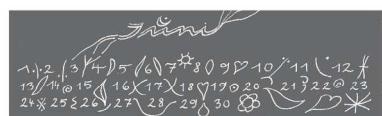
Friendship with Markus. A man with a warm heart. His stationery - shop is a place of friendliness and communication. A colourful, warming place. An oasis.



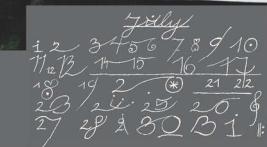
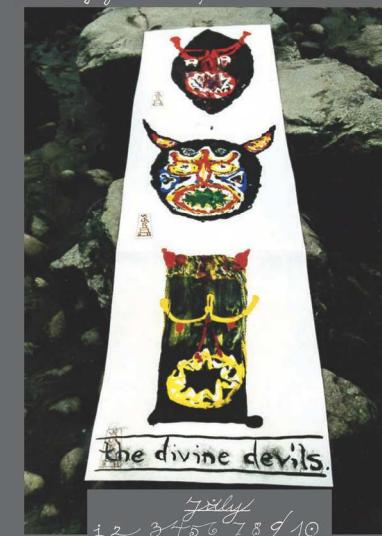
My tree-bed.
A few small flowers can change the face of a speedway.

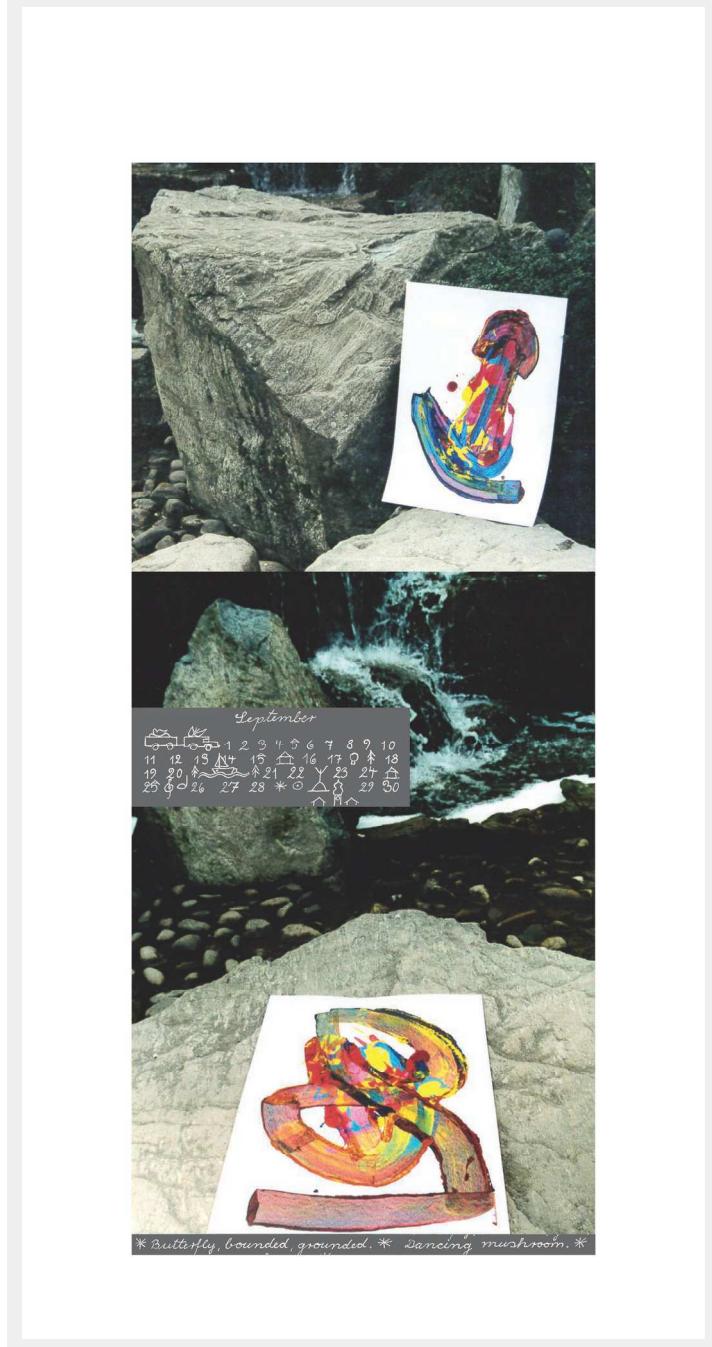


Flowering twins.



In love with Karate.
In love with Tae-Bo.
A Yes to me, and my brothers.
To violence a No.
"The holy no."
Letting go and flow.





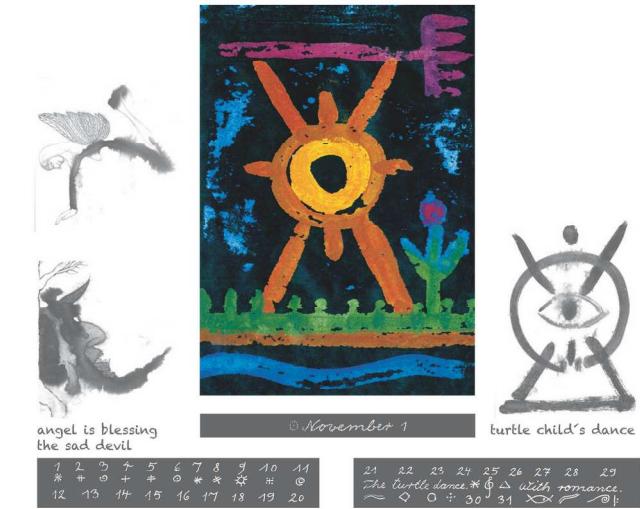


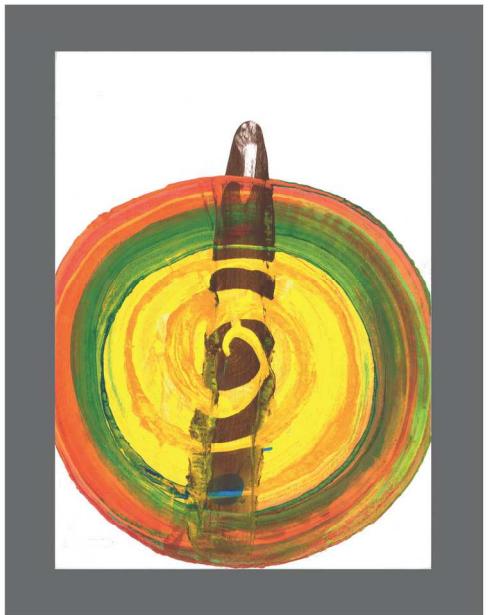
Being in the dark
What I can do is clear:
Fitness for now and the next year.

Disappearing the ground,
Fitness for the next round,
With good music, with a good sound.

In this kind of actions
you move in four directions.

But the center is inside
In the sun, the belly - sun.
This is not one, this is the teacher,
This is the guide, the preacher.

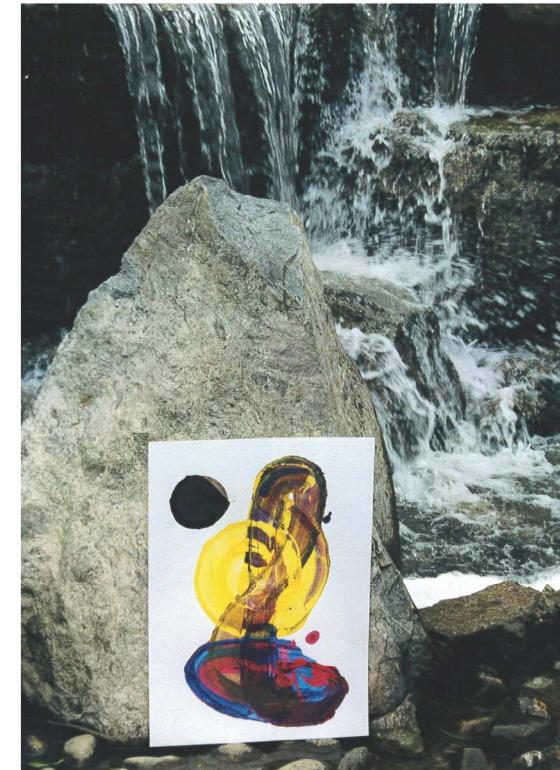




November 2

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The turtle dances * ♪ Δ with romance.
~~ ◊ □ ∵ 30 31 X ~ @ p



December and Between-the-ages.

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Relaxing belly.
my village, with
trees and mountains,
a car, a church,
a meditator, and
a small lake

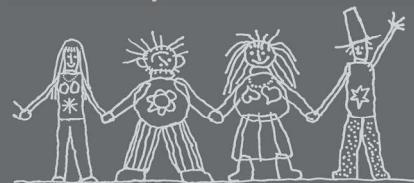


Turtle Child's Diary.
 The child I am is sad and full of fear.
 The dog I am carrying for likes to take baths in old thinned cow - shit,
 looks very satisfied about it. 
 The child I am likes to write slow  motion, in turtle - child - style. 
 Loves to eat potatoes, rice and spaghetti, cooked, fried, with a lot of sauce. Loves to drink portwine. Loves to walk  straight. Loves to lie in bed. Loves  books and movies, specially those from the heart, thrillers, and about meditation. The child I am loves children's movies. The boy I am is afraid of this outside-world with its lies, feeling not at home and safe in it, not trusting his own truth, his own power, his own strength, his own healing force. Stop! Healing  begins, when the adult I am is softly taking "me" by his hand, guiding and leading me carefully, respectfully, in a calm, clear, understandable, non-violent way. [Me means: the child I am] And so, in this way, slowly, slowly, step by step, the child in me begins to gain self-confidence and trust in life. And this is just the beginning of a new journey.

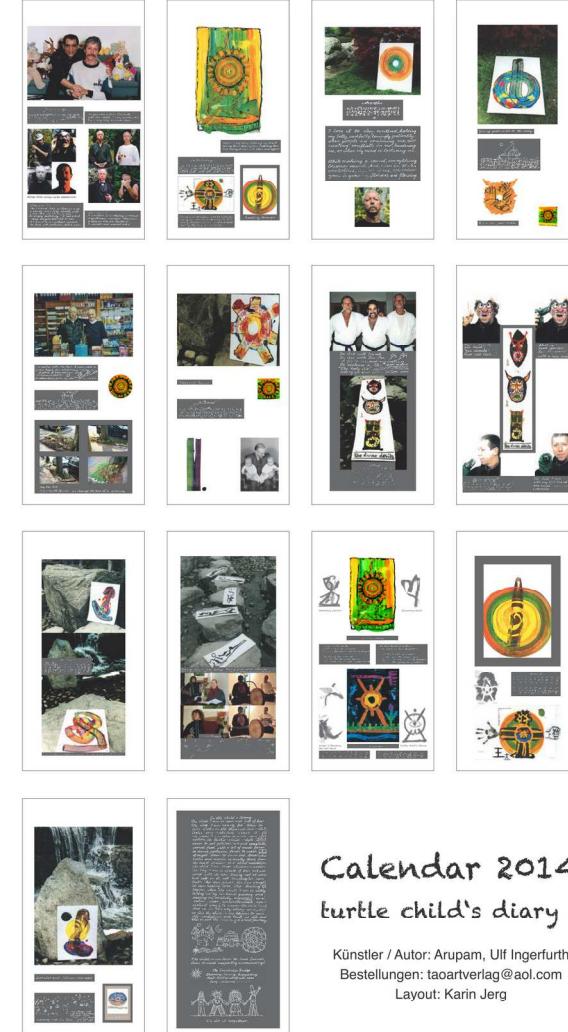


The child in me loves to have friends, loves to create "supporting surroundings":

 The Friendship Bridge.
 Sharing. Caring. Supporting.
 Mail: taofriends@aol.com
 Very welcome!



We do it together.



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Künstler / Autor: Arupam, Ulf Ingerfurth
 Bestellungen: taoartverlag@aol.com
 Layout: Karin Jerg