Show and Tell: a platform for selfexpression, a tool to hone organization skills and a way of interaction and communication with others.

You may come across an object or a scene in your living and let it go pass by before your eyes. But if you care to take a look at the object or the scene for 1 minute, you may be inspired by the hidden clues, and your mind and soul can be nourished.

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Show and Tell Series:

Dr Juliana Chau

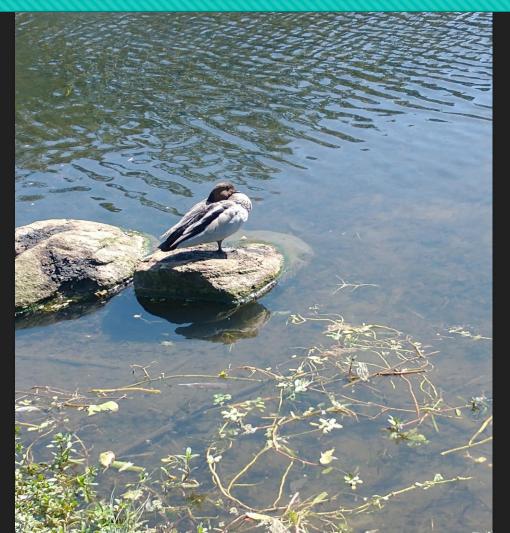
Alive to Life

A key to unlock your inner self? Where?

Probably in the most ordinary of things: a rock, a breeze, a tree, a toy, a song, a whisper, a smile, a grain of rice...



There is a time for prudence; there is a time for action.
Action without prudence invites folly; prudence without action deadens life.



In stillness the yarn sits, awaiting the Knitter.

A beanie, a scarf, or a pair of socks?

The yarns cares not.

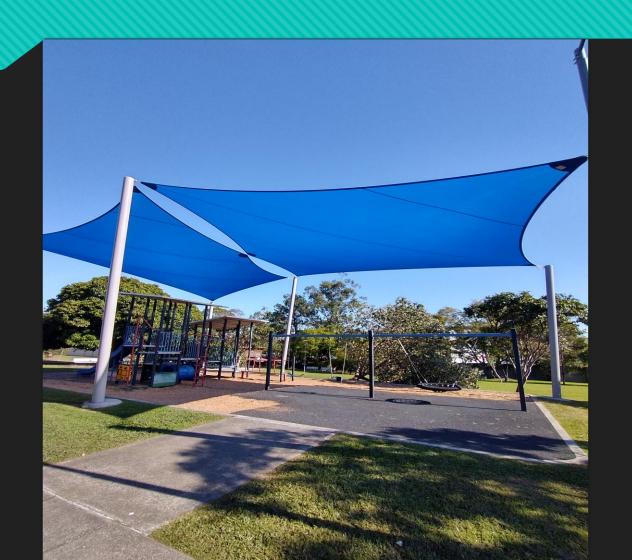
The Knitter it trusts for Gifts of Love and Beauty.



Silence shouts. Emptiness fills. Rest invigorates.

Noise is the door and the window to *silence*, as fullness is to *emptiness*, activity to *rest*.

Life can only be attained by living it, holding the paradoxes in harmony.



Dark clouds may threaten, but they can be a timely alert to pack a brolly or a raincoat, as well as a welcome sign of a copious drink for plants. The river?

It flows, silently, following its course, giving and receiving merrily.

