

Show and Tell :
a platform for self-expression, 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:

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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.

