

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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[ELT Forward](https://eltforward.com)

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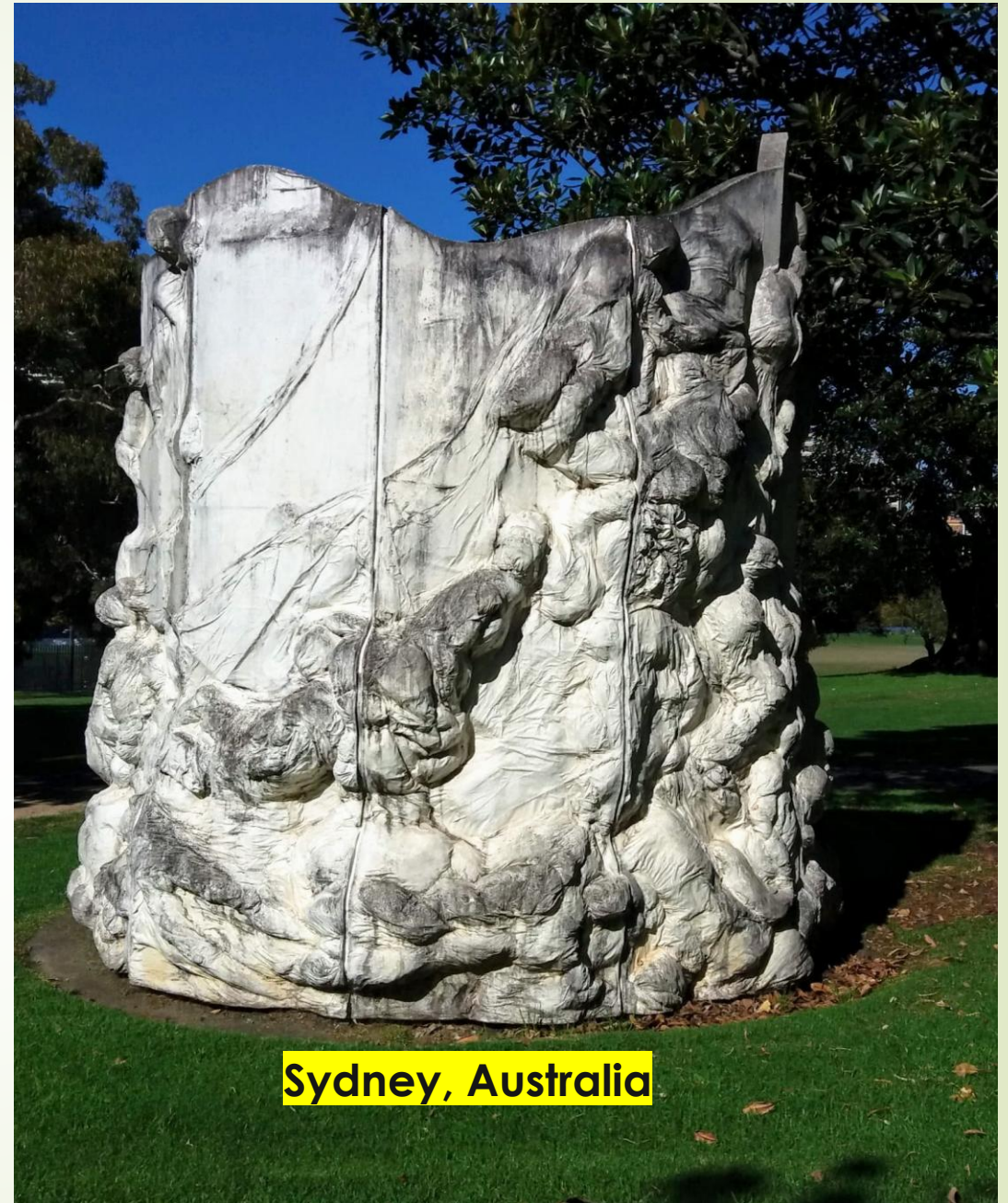
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Show & Tell series:
Interior Living

Dr Juliana Chau

Ever wondered if the artwork could speak, what would it say?

- *What are you living for?*
- *What do you fear?*
- *What brings you joy?*
- *Have you lived genuinely?*
- *Who do you think you are?*



Sydney, Australia

The way up is down.

Without the descent, few
can appreciate the
troubles and triumphs of
the ascent.

No different is our earthly
journey:

ups and downs,
lows and highs,
joys and sorrows...

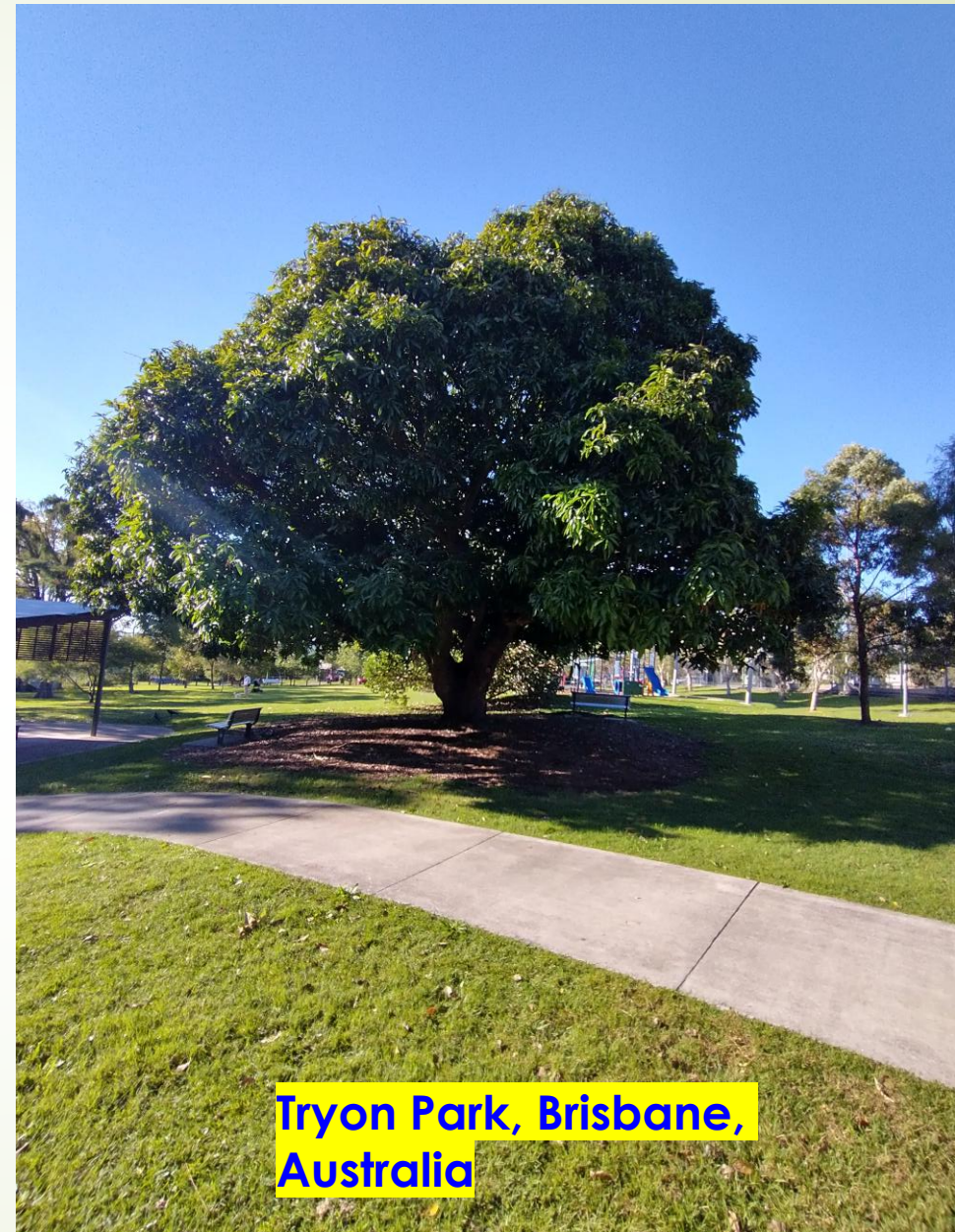
give **Life** its **Fullness**.



From a tiny seed comes
a magnificent tree.

The tree soars to new
heights, enabled by the
firm roots penetrating
the depths of the earth.

For Life to thrive, it
must be rooted in the
True Source.



A cuddly toy soothes,
settles, and softens.

Yet it is not the
material that offers
comfort and healing,
but the **Love** with
which the toy is made
that binds wounds and
embraces hurts.



Brisbane, Australia

Slow down, pause, and drink in the sights, sounds, smells, and spirits of where you are.

Renewed you will find yourself :

new eyes,
new ears,
a new heart,
a new perspective,
a new experience.

This is the movement
from restlessness to
restfulness,
from outward search to *inward
discovery*.



Cronulla, Sydney
Australia