

## **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.

# Show and Tell Series: *Living (Part 1)*

*Dr. Juliana Chau*

Why are we drawn to round objects:

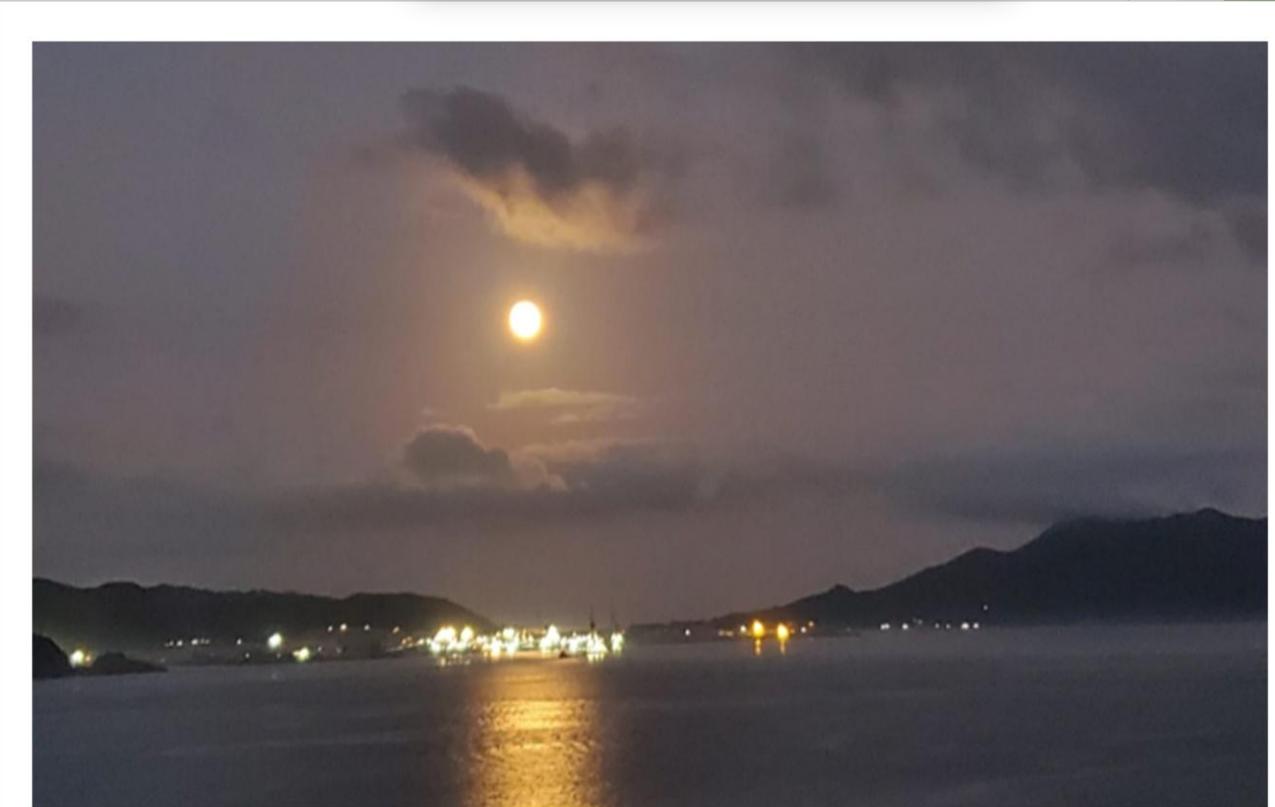
a bowl, a clock, a pizza,  
a ball, a button, a coin,  
the sun, a full moon?

A baby's round, chubby face evokes innocence and beauty.

A full moon stirs feelings of calm and hope.

A circle signifies completeness and perfection.

What's your favourite "round"?



Over Lei Yue Mun, Hong Kong, September 2023

Is life no more than  
endless rounds of  
Musical Chairs –  
competition, comparison,  
position, possession?

***No!***

There's winning  
by giving up,  
by sharing, by submitting.

Sharing multiplies,  
rendering Love visible in  
all seasons of **Life**.



Brisbane, Australia, April 2025

If you could look at your daily life from above or from a distance, you might wonder:

What gets me out of bed every day?

What am I busy for,  
upset about,  
thrilled about?

What do I care most?  
What am I here for?



Chai Wan, Hong Kong, May 2020

Go far, carry less.  
Carry less, clear out.  
Clear out, expand space.  
Expand space, roam free.

Move light.  
Catch joy.  
Taste life.

*What's in your “travel bag”?*



Fish Lane, Brisbane, Australia,  
February 2025

Look beyond the horizon,  
yet hold tight to your  
near and dear ones.

Move on, yet pause and  
feel the breeze on your  
cheeks.

Lift your gaze to the stars,  
and give thanks for their  
light amid darkness.

*Forget not...*  
the sun is just a sleep  
away.

