TO REFRESH THE BUSY MIND

A SELECTION OF POEMS & ILLUSTRATIONS

CULTURAL HARMONY

NOW

CALENDAR FOR LIFE

WHERE EAST MEETS WEST

无鱼日历的艺术点

东西方文化的交汇点
Living in Harmony

和諧生活

Anthony Chimnello

"be sure its written for the healing to be shown."

"When the heart whispers in a language of its own

treasures of love that need to be told.

Allow thoughts of the heart to slowly unfold.

In the Garden of the Sun, Doncaster Gardens Primary School, Melbourne Australia
followed by positive energy and commitment. It is important to have a clear vision of the end goal and to work towards achieving it. This can occur in many different ways, such as starting a new relationship, improving your business or achieving a personal goal. The most important thing is to be able to create a sense of achievement and fulfillment.

Summary

Energy is harnessed for reality to become open. The mind is the dreamer that comes. Plant a seed for greatness and something real can grow. An idea filled with inspiration and zeal will ensure achievement and fulfillment of our natural state. Our being yearns for the chance to create:

Creation
love and having similar aims or goals in life. Sharing a physical bond but also feelings of disconnected a healthy relationship is not only friends or partners, we can sometimes feel very even though we are physically close to our

**Summary**

Yet minds often stray and set us apart. Sharing is a sense of and feeling of heart. MInds can often drift with a single blink. Two of us living in a similar room.  

**SAME ROOM DIFFERENT WORLDS**
Summary

Meditation is a way of calming the mind and achieving more stability within. Within the world around us becomes stressful, take a few minutes to sit quietly and guide your thoughts. Practice will create more peace in your life. This is pleasant memories of experiences. To pleasant memories of experiences. This is pleasant memories of experiences. To pleasant memories of experiences. This is pleasant memories of experiences. To pleasant memories of experiences.
Summary

Knowledge and Wisdom

An asset that remains with us forever – everyday life. Wisdom comes from experience, powerful only if we practice and experience it in through books and education. Knowledge is
We often strive to improve our knowledge

never to be found in a script that's bound. Wisdom will grow through the ups and downs
but with experience of life and what we retain.
The key is not found in the knowledge we gain
We love to immerse and become all knowing.
Knowledge is a never that's forever knowing.
Summary

Our day is filled with many moments - some good and others not so good. Every moment can be a precious gift if we know that each one of them is an opportunity to learn, grow and experience the beauty and variety of life.

September Week 4

每一个瞬间的诞生都会有其道理和价值。

每个瞬间都会教导我们新的事情，让我们学会接受和欣赏。

Melissa Wu age 10, Doncaster Gardens Primary School, Melbourne Australia

Beautiful Landscape 美丽宁静的池塘

by Melissa Wu
Summary

The challenge is great yet victory is near.
3 Learning that gives you courage to face.
Accept your position with ease and grace.
A turning point has come in the journey. You’re in

VICTORY
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