

Where East Meets West

东西文化的交汇点

CALENDAR FOR LIFE

人生日历

A SELECTION OF POEMS & ILLUSTRATIONS
TO REFRESH THE BUSY MIND

一本图文并茂的诗歌精选 让身心忙碌的你精神焕发



CULTURAL
HARMONY
NOW

"Allow thoughts of the heart to slowly unfold
treasures of love that need to be told.

When the heart whispers in a language of its own
be sure it's written for the healing to be shown."

Anthony Chiminello

要允许内心的思想慢慢地展露，
这些真爱自己的宝藏有必要的低语，
当心灵以自己独有低语，
务必记下这低语兆示心在复苏。

倪立秋翻译



和谐生活

Living In Harmony

Chelsea Kwan age 10, Doncaster Gardens Primary School, Melbourne Australia

CREATION

Our being yearns for the chance to create newness and achievement our natural state. An idea filled with inspiration and zeal plant a seed for greatness and something real. Open the mind to the dreams that come energy is harnessed for reality to become

创造
我们生性就渴望有机会去开创，新颖和成就就是我们的热忱念头。一个富含着以取得的真正伟大成就，播撒种子即将来临的梦想故开胸怀，利用能量来把这些梦想变得实在。

Summary

To be able to create gives us a sense of achievement and is the foundation of life. This can occur in many different ways, such as starting a new relationship, family, business or hobby. Creation starts with an idea or dream followed by positive energy and commitment.

诗歌概要

有能力去创造给我们带来一种成就感，它也是生命的基石。这种创造能以多种不同的方式来表现，比如建立一段新的关系，组建一个新的家庭，开创一门新的生意，或者培养一种新的爱好。创造起步于一个念头或梦想，跟着还要有正能量和积极的投入。

Personal Notes 个人笔记.



Evenn Liew age 10, Doncaster Gardens Primary School, Melbourne, Australia

SAME ROOM DIFFERENT WORLDS

Two of us living in a similar room sitting as one with a different tune. Togetherness is not physical but what we think minds can often drift with a single blink. Sharing is a sameness and feeling of heart yet minds often stray and set us apart.

Summary

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

相同的空间不同的世界

我们两个人生活在一个相似的空间，坐着宛如一体心情的却在不同阶段。和谐的该眼的是我们的工夫思想就只是会偏离。分享是一种心灵相通也是内心感受，但思想常常偏离它会导致我们分手。

诗歌概要

即使在身体上与朋友或伙伴靠近，我们有时还是会有疏离感。一种健康的包含爱的感受，并在生活中拥有相似的目的或目标。

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Mikaila Galota age 10, Doncaster Gardens Primary School, Melbourne, Australia

Personal Notes 个人笔记

MEDITATION

沉思冥想

Turning within is a challenging time
problems arise we thought were fine.
Allow scenes to pass and sit with the light
feel a peace and comfort that's always right.
Going beyond is a liberating thing
let go of the body and issues we bring.

内心辗转不宁是个挑战性的时刻，
问题出在我们曾以为没事的环节。
让那些情形都过去坐在灯下是好事，
体会到平和与舒适那常常是好事。
超越是一种让人感到解脱的东西，
松开手放过去那些自己造成的问题。

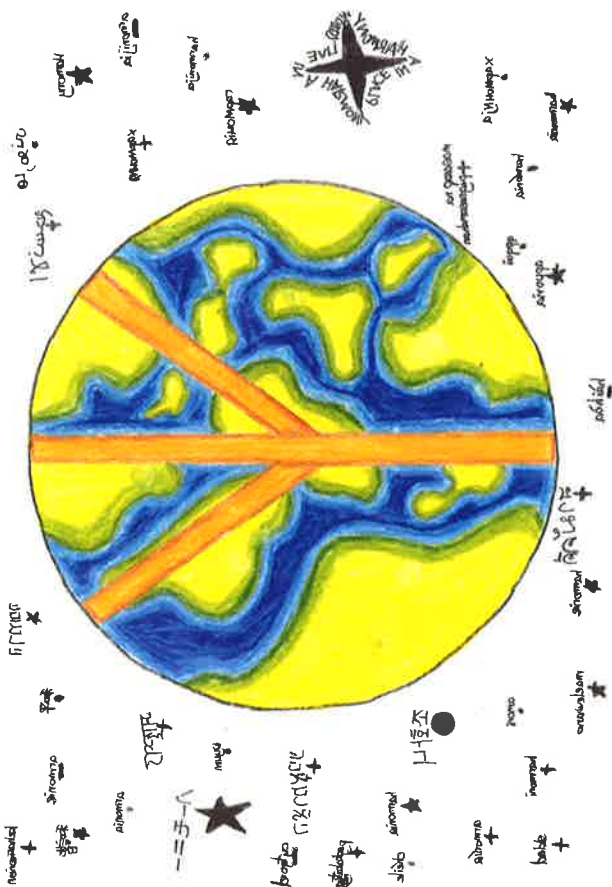
Summary

诗歌概要

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

沉思冥想是一种使心神保持镇静的方
式，也能在内心创造出更多的情绪稳定
感。当我们周遭的世界变得紧张有
压力时，花几分钟的时间静坐，把内心
的意念引到愉快的记忆或经验中去，
这样做会给生活营造出更多的平和与
安宁。

Personal Notes 个人笔记.



Jarrett Goh age 10, Doncaster Gardens Primary School, Melbourne, Australia

KNOWLEDGE AND WISDOM

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

Summary

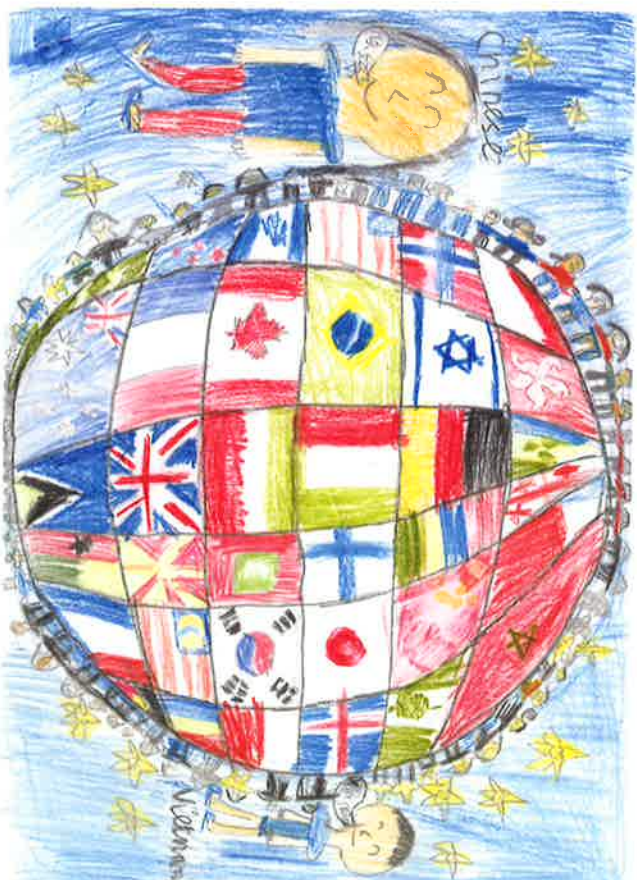
We often strive to improve our knowledge through books and education. Knowledge is powerful only if we practice and experience it in everyday life. Wisdom comes from experience - an asset that remains with us forever.

学问与智慧

学问是一条河永远都在奔流，我们叔想浸濡且通晓其所有。生活秘诀非取自于所学问，而要从经验和落智慧发现其增，人生有起有落能发现其身影，书本里决无可能发现其身影。

诗歌概要

我们常通过读书受教育增长学问。日常生活中，只有在我们去实践和体验时，学问才有用。而智慧则来自经验——这是一笔永远属于我们的资产。



Emily Tan age 10, Doncaster Gardens Primary School, Melbourne, Australia

Personal Notes 个人笔记.

ENCOURAGEMENT

Seeing the best in another is a vision of hope judgement is removed and assists you both. Look with love and the connection becomes real vibration has risen and it promotes pure zeal. What you see in another is also in you remember to encourage and see what's true.

Summary

When we see the goodness in others, then we create harmony and encourage them to improve. Judgement and criticism can cause anger and revenge, which are not constructive ways to improve relationships.

鼓励

看到他人最好的一面是个你希望的愿景，因此要摒弃主观判断的关系发得纯净，怀着爱意对已产生的会激发同样的爱。在他人身上看到在你身上真诚的内心，要记得去鼓励并看到那些真心。

诗歌概要

看见他人身上有善良美德时，我们就营造和谐融洽的气氛，并激励他们更上一层楼。主观判断和批评会引发愤怒和报复情绪，这不是建设性的改善关系的方式。



Michelle Li age 10, Doncaster Gardens Primary School, Melbourne, Australia

Personal Notes 个人笔记.

TREASURE THE MOMENT

Every moment is born with a quality of its own savour the experience and nurture what is shown. Each moment is a flower with beauty and colour see how it gives and appreciate what you discover. Moments change with every second that drifts experience and value them as precious gifts.

珍藏这个瞬间

每个瞬间的诞生都会有自身特性相随，尽情享受这一刻都是一朵重视你所发现的会改变，看它如何给予不断礼物那样去重视和体验。随着秒针的转动，每一份珍贵的礼物。

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.

诗歌概要

我们的日子充满了许多瞬间——有些很美好，但余下的却未必如此。知道每个瞬间都是一个机会，能让我们去学习、成长和体验生命的丰富多彩，这样的礼物，每个瞬间都会成为一份珍贵的礼物。

荷花
Lotus flower



By Melissa Wu

Beautiful Landscape 美丽的池塘

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

Personal Notes 个人笔记

Handwriting practice lines consisting of multiple horizontal lines for writing.

VICTORY

A turning point has come in the journey you're in. Strength has improved and there's stability within. Accept your position with ease and grace a learning that gives you courage to face. The challenge is great yet victory is near give thanks to the lesson and remove your fear.

Summary

Learn to see that every challenge in life also brings great benefit. When we know that each problem teaches us a valuable lesson, we gain courage for the journey ahead.

胜利

你所经历的旅程转折点已来临，力量已经加强内部还具备稳定性。轻松优雅地接受你所有的气面对。一趟学习之旅让你有勇气在附近，挑战还是很大可胜利就在附近，感激所得教训消除你的恐惧心。

持续地走

学会认识生活中每一次挑战都大有裨益。当懂得每个问题获得勇气，在旅程中继续向前。



Nikita Triferis age 10, Doncaster Gardens Primary School, Melbourne, Australia

Personal Notes 个人笔记

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