

# Ayudarme

**A Book from ME For YOU**

**For FREE - It just cost TIME**

**Written by the BEAUTY & LOVE of LIFE**

**A book about Mistakes, Fear, Hope, Believe, Courage,  
Depression, Life & Death, Friends, Love, Trust and  
Nature.**

I wrote this book not with the intention to write it for You!

I wrote it for ME. It helped me to find myself, made me ask, living, thinking, meditating, reflecting and learning more about myself and this world and wonder. It helped me and I hope, it helps you too or at least let you think and wonder a bit.

It's a gift and I would be honoured and grateful if you take the time to read it and maybe even discuss it with me or someone else, because good books are made to think about them and discuss them.

I know your time is very valuable. There are a hundred better things to read in a book. Work, cook, eat, FB, Instagram postings, hanging out with friends, a movie night, adventures and so on but if you find some time between for some chapters -That would be amazing!

I know that money can sometimes be quite a good extrinsic factor and motivation, so I thought it would be a fun project and idea to put some money in the pot, to see if it motivates You to read a book ;)

**Why do I spend this money for this book?**

It feels right for me!

I have not really any other idea or desire to invest my money in right now and have everything I need, so that money is just laying around. I tried to have a car and it just drives

me crazy to drive around alone instead of going with friends. I don't need a house, I like to move and be flexible and to camp or chill out with friends or get invited or be in a hostel or helping on a farm.

I've been blessed and I'm really grateful for the situation I have been born in and for all my life so far! I inherited this money from my grandfather, so I didn't work for it and didn't need it for the last 5 years and it was spending the time useless in a bank account. I heard, you should get rid of things you didn't use for such a long time - Simplicity!

So, the book and your opinion and thoughts about it are way more interesting and valuable for me than money. If you have a good or bad opinion or even if you think I'm crazy - everything has a value for me and I can learn from it as an author and human and just like a good discussion. Student's pay for these discussions when they study philosophy or something. Almost everyone likes to share their experiences and photos and thoughts, that's why social media are so successful, but a like or a short comment is not really a statement or a discussion. So, this book is nothing different, just sharing some thoughts I've had during lockdown and I would love to hear your opinion and to discuss.

I'm also blessed that I studied in Germany and didn't have to pay huge student loans like in other Western countries and have no debts.

I calculated that I've still spent more time and money into university and for a degree, while learning less than writing this book, which is another good point for investing in this book, because education should be universal and be available for everyone.

I'm young and able to work and actually find joy in most of the jobs I do or did, which is also pretty grateful for, because I have always been able to choose and apply for jobs I like to do and not which I have to do. Sometimes/often I actually like the work I do and not particular counting the hours till it's done which means having joy in work. A good team and working outside and learning something new and providing me enough money to live a simple life at the moment is all I actually need.

Am I crazy to give money away for free?

Maybe. Maybe trustful and full of faith. I just a try to make it a bit different, while everyone around me seems to be more and more focused on money and on governmental trust and focusing on the media and so on, even more than before, I think I try it the other way around and to share my things to connect and trust friends a bit more than others. Before you judge me or you don't understand it, please read the book and maybe talk to me or even meet up :), always open and happy to talk about points. It would be a pleasure to meet old friends or strangers, who have read my book and my thoughts and I would really appreciate discussing different viewpoints and opinions.

I think it's unfortunately becoming more and more unusual to share money for ideas, but it's basically just a credit and trusting in others and helping others if they need help. So, in that perspective it is normal and I also kind of believe that energy and money never get lost completely, it's just transformed or exchanged into something. Food, accommodation, clothes, work, a project.

I also do not really donate the money! For me it's an investment into the world ;)

An investment in myself, and my viewpoints, in helping friends or strangers who need it more than I right now but maybe help me if I need accommodation or food. In ideas and projects I may not even know or can think about right now. Or an investment in animals, nature and other humans. In a better world, in the future, in a dream. Just investing money to get more money out of it or build another new thing is pretty criticized and also a bit lame in my viewpoint. Money is defined as a medium of exchange, so for me it's basically an exchange into the unknown. Who knows what surprises are waiting. Definitely more surprises, if I would just invest the money myself.

“Donating” this money is also advertising, because I have no idea about advertising but to give it to someone so he gives it to someone, so FB puts a picture up and people see it, seems to be too many steps for me. In the end you put money into something, so other people share it. These other people don't have to be agencies, they could be friends or YOU if you like it. And if all the ideas are wrong and the money's gone in the end and I'm poor. It's just an experience and I can work for new money or I meet really cool people, get connected and make new experiences and it opens new opportunities which would be a dream. All I know is that it would take me longer and cost probably a lot, I and would annoy me more to find an editor and advertise my book, so this seems like a fun way and I heard sometimes you just earn anyways just a dollar for a sold book and authors don't get rich and maybe I become famous to become the first author giving away money for selling, just to adapt a bit to this crazy world and in the end I don't like to get money by friends anyways and as more I give as more I get back normally.

“Born to share”

### **Am I rich?**

**Yes!** I am, because I'm born in Germany. I've never felt hunger, I've had a roof above my head, I was able to go to school and to study without any debts and I'm free and able to travel the world and basically do what I want. I'm rich because I have a lot of friends I can trust and talk to. I'm by definition in the richest 10% or something like that of the world population just by being born in an industrial country.

**No!** By definition in Germany I'm not rich. I never earned more than 15.000 € a year while working in Germany which is basically by definition under the poverty line. I worked in most of my jobs around the minimum wage. I have no house, no car and no solid job. I have no credit worthiness. I'm by definition poor in Germany and in NZ, where I am at the moment.

**How does it work? How do I get the money?**

Sorry for the disappointment but it's like always an exchange.

1. I would really appreciate it if you read my book and it takes time, but it took me way more time to write it ;)

2. I would love to hear a feedback, just because out of interest

3. This money is not for you! It's for something/someone who you really think needs or can do something good with this money and who or which project is most important for you . Just write me the amount you think this book is worth for you. Also, I don't like to lose transfer money, so Paypal for sending the money is preferred. I also don't like to spend my money for big organizations where it works a lot for the administration but for small grass root ideas, actions or companies, where it really helps and can have an impact.

## **About the book:**

This book has nothing new in it. It's just a reminder about what we anyways know and what I think and feel sometimes, and I hope most of us feel similar. I actually think most of the good books, movies, music and quotes focus on the same points of human desires and thoughts.

So, I just wrote honestly down my dreams, thoughts, desires and experiences and mixed them up with some smart quotes, entertaining short stories, facts, inspirations, conversations and jokes to make it all a bit more entertaining..

## **What makes this book different?**

Of course, whenever we are doing something we're trying to do something special, unique and different. I'm not thinking my book is better than any other book but I tried to write it a bit different from the norm.

1. Instead of paying money for it, I give "you" money for it, because I think it's a pleasure and honour for me, that you are taking your valuable time to read my thoughts.
2. It has no setted chapters and you can read it in any sequence you like. I'm not even sure if it's finished yet.
3. It has mistakes in it and not really a great layout and I'm proud of it. English is not my native language, which is no excuse. But if you find a mistake please don't take it as a reason to make me down or criticize me but to lift me up and correct my mistake to improve me as a human and you as a person and to help to make this book a little bit better. I also think that we shouldn't overvalue mistakes. They're part of a process and life and as long as it doesn't change the sense and the message. it's not a big deal.

4. This book is a team project and it's not only written/typed by me but also by friends and it's a subjective perspective and always open to change if someone in this book doesn't like the perspective or pictures of them. It's a processed book.
5. It's a shared project book. Some chapters are not even ready yet, because I asked friends to write them down for me. I also have the goal and hope to translate the book into other languages just using the resources I have, so the knowledge and different language skills of friends and also feel more than free to share it with a friend you think might help him/her a bit.

## ***"Happiness is only real when shared" (Into the World )***

### Goal of the Book and the project

*"Rather than love, than money, than fame, give me truth"*

— *Henry David Thoreau, Walden & Into the wild*

The only goal of the book is to make the world a little bit better to make you think and feel, to get you outside or connect you to a friend by sharing this book or talking. If this book is helping or encouraging or connecting someone by reading it, I'm more than happy and honored and it's already worth all the money and time and it is also a great way to express myself, because we have way to less deep conversations with friends while sitting around a campfire nowadays.

## **About me:**

I'm a human on this beautiful planet and kind of a "Lost Soul" looking for the purpose of life, like most of us, especially during this interesting time. I had strong depression just a few months ago, so I guess I'm a little bit crazy and weird too and had just too much free time during the lockdown to think, research, read and write.

But right now I'm happy and grateful for the depression I've had and the lessons I learned and the Friends who supported me during that time. I learned that I'm not alone and that talking the truth and about your feelings really helps and that almost everyone has worries in their life. It's not a problem but a chance, showing us our mistakes, we have to work on and be open to others.

I'm very lucky! I'm in Aotearoa/New Zealand and the Covid 19 situation here is not as bad as in other countries and the lockdown was quite relaxed for me and I've had a wonderful time.

have been 7 weeks or so in a beautiful hostel with amazing friends around me and was able to do some sport, to write, to watch movies, to play games, to learn and grow.

I can honestly say, that I haven't had any worried or regretful second during the lockdown and just felt pure happiness and joy.

But I also know that I wouldn't have survived this period, if I would have been still in my depression during this time and would have been in real self-isolation, which makes me even more grateful. That is the situation in many other countries and for many other people and unfortunately mostly for the poorest and weakest, for those who have nothing anyways. This time is just horrible and I can't imagine being in their situation. I'm blessed for my situation, so that I just want to help somehow to make the world a bit better again with what I can do. Giving some money away and writing a book is a pretty easy way for me and doesn't hurt me but makes it an experience..

The Covid-level situation in Aotearoa is down on level 2, which means I can enjoy nature to the fullest again and live my adventure outdoor dreams.

I've put all my heart and soul and love and work in this book and I know that I have a lot of expectations in this book to change this world to a better place again, because this virus gives us as humans a sign and the chance to change our way of living.

I would always wait and expect reactions to this book and dream and whoever reads this book needs first of all time to read it and hopefully to think about it.

So, I decided to go for a while Into Nature and follow my dreams without always looking at my phone just because all the news and messages make me crazy.

*"And then we are sitting quiet; looking into the sky up to the stars, the horizon of the sea listening the waves, the snowy unreachable tops of the mountains in the sunset feeling the cold of the night coming, smelling the moisture of the forest in the spring and listening to the singing birds and the splashing small, little river.*

*These are the moments when we are wondering what this all means, who we are, and why are we here and what is the purpose of life? Just to forget it again..."*

## **SHARING IS CARING -More than ever!**

**Looking forward to getting in touch with you and hear about project donation ideas and friends all over the world, suggested by friends :).**

**Let's connect to help each other!**

**We are all ONE**

**Be Happy  
Be Kind  
Be Honest  
Be Outside  
Be Loved  
SMILE!**

**IT's MORE FUN!**

I hope you enjoy reading the book :):

**[AYUDARME](#)**

<https://www.together-alone-tours.com/blog/>

**Donated/Invested Money and Reactions:**

So far, I always get something back, when I've invested money with a cause. I didn't exchange it for money but sometimes for some happiness a good feeling, a gift, the future hope, in growing trees, in animals, in something good to read, in projects of others and in surprises. I'm excited to continue the list and to share my experience with you :)

- [schnurstracks Adventure park](#) back home: An enormous Thank You from my boss and friend and the hope that when I'm coming back I will still have a great place to work, with an awesome team!
- Giving some money to a friend in Ecuador, who directly asked me for it, because he had an accident and needs it more than I do at the moment but with the promise to help me translating this book and always being welcomed and having a friend in Ecuador
- Buying a present/Greenstone locally in Wanaka. A friend asked for another good friend. Now I'm wearing it proudly and having one of these greenstones. It gave me a wonderful story, experience, a day and some really cool new friends here.
- A bit of money in The Guardian newspaper, to invest in independent media and media culture.
- Investing some money and time in tree planting projects and companies, like ForestFinance and Plant for the Planet.
- A bit money in Avaaz to help the fight against hunger in most of the development countries, which is even more than ever before, due to Corona  
(<https://www.theguardian.com/global-development/2020/apr/21/coronavirus-pandemic-will-cause-famine-of-biblical-proportions>)

- Supporting the OrangUtan project, because they are pretty close related to us and almost pretty helpless animals who basically just want to live a free happy life in nature instead of being prisoned (<https://www.orangutan.org.au/>)
- Investing/Donating into a crowdfunding film project of [Green Renaissance](#) because I love their movies and idealism without actually knowing them but they have just a positive vibe and wow I'm invited to filmmakers in South Africa just by donating some money and writing some kind words.

Answer:

"Hajo!

WOW. We are bowled over. I almost fell off my chair this morning when I logged into my emails to see your donation via PayPal. That is so incredibly generous of you. I can promise that every single dollar will go straight back into our filmmaking projects. And will be a HUGE help to help keep these stories flowing.

I really do wish that we had the opportunity to meet up while we were in NZ last year. But I know that our paths will cross one day. Please know that if you ever find your way to South Africa, there is a warm bed, healthy meals, and lots of laughs here that we can share here with you.

And please do keep us updated as your film project unfolds. We'd love to follow your adventure.

Thanks again, from the bottom of our hearts, for your belief in our journey, and your support of our work.

It's great to have you as a part of our little 'family'."



# Please don't buy this jacket!

Local. Recycling. Unique. Beautiful. You.

Go to Wasties!

I worked in New World in the Town Centre. They got everything there. They are in the centre. They are expensive. Everyone goes there, everyone has to do it, it's the only supermarket in town. It's organized, it's safe, it's open during the crisis. It's a safe job. Boring but safe.

But in my freetime, with old friends, with new friends, for excitement, if I don't know what I want or what to do. If I just want something cool. I come to you. Your staff is cool, unique, free to wear everything they want. You are outside of town. You're dirty, unorganized. Fucking cheap.

I worked at the old New World. I was thankful not to work in the New World opening a couple of weeks ago. Because the New World is more sterile, bigger and crazy modern. I would get paid there more. But some of my friends are working in the old New World. My Friends are coming to buy stuff in the old New World. Still, I have to wear my uniform. Check in by fingerprint. Have 30 min unpaid breaks. I'm normally getting outside to get some air.

If friends tell me about cool stuff they bought. It's from Wasties. If I have something I really like, it's from you! A Canadian shirt, I wanted for ages. A colorful hut, random people on the trail notice me after meeting for a second. Blue shorts, with broken pockets, I stitched three times. A helmet, a safety vest. A guitar, because I want to learn to play it. A friend bought a book here for my birthday. Wool socks for the winter.

Everything I love, I want to keep, I want to bring home, I talk about with friends. Everything which makes me happy I got it from you. They make me unique, beautiful, making me be me. It's not expensive, just more difficult to get here and look for stuff but it's worth the time because it makes me happy.

I worked for New World but always wanted to work for you, being with the cool kids, for less money, less hours but more freedom, more friends, more more happiness, more fun.

The crisis comes. Friends tell me. You're lucky. You got the safest job. They asked me if I know if New World is still looking for staff. One friend, two friends, ten friends asked me for a job. Packing things in for money, or standing as a cashier hearing a beep, every second. Being a slave for money. Yesterday, I decided to quit! I'm not worried but finally free and happy. I went with a new friend to Wasties, we walked all the way there and back. He loved it and bought a heavy book with a beautiful picture for an art project. I will not change something but it will make him happy.

I wrote that text in the night at 2 pm in my diary because I want to keep these memories.

The next morning I woke up at 9 am, went to the kitchen of the hostel. My friends talked about visiting you before everything shuts down. One friend wanted to buy a specific picture of a naked lady, she had seen before for 25 \$ but didn't buy. Now she was talking about it and wanted it. I want it too, not for me but for her as a gift, because she is and was my friend when I have had hard times.

But I waited for my tea and they went off by car. I was too slow for the present and sad. I went anyway to visit you with friends by bike.

I met my friends on the way, telling me that you are closed. I went anyway because I wanted the painting. I sat down in front of your gates, people telling me you're closed. I couldn't believe it. Not you! I was sad. I sat down and wrote. A staff guy came by. He is the Wastebuster guy, wearing cool stuff, is at every event, always active. I don't know him by name but he was always cool and an inspiration for me. He was different. This time, he came by in his van just telling me that you're closed. I said yes, I know.

Other friends came by. "Ohh, Wasties is closed. That's so sad. Mmm, ok, let's go to the grocery. Huh, it's cold, let's go back into the car." I don't want to go anywhere, I just want to be here and be sad.

It's the first time I came here and really know what I want. Not for me but for making a friend a bit happier to give back. I need to go and ask.

People were still working to close down Wasties, with music, happy. I had to give it a try for my own hope. I can just go there and ask, they can only say no or yes, because they are just humans and this is just a word anda chain around an area. I met the Wasties guy. I described the picture, told him the story, the price and that's for a friend and I would pay 50\$.

We went in. No problem. We found the picture. We both didn't like it. It's ugly. He asked if I can pay by Credit card or Eftpos but my credit card was at the hostel and my phone was dead and I have no Mobile Data.

He said, I can pay later. Because he didn't change. I opened my wallet and found 25 \$. I paid 30 \$ because 5 \$ doesn't matter to me for a gift!

I got the painting and was happy. I took it. It's hard to transport the painting on my bike. Impossible to ride in the wind, so I walked home. Thinking, it's worth it.

The Wastebusters guy comes by in his car again. He stops and offers me a ride. Bike in the back. Painting in the front. He drives me back to the hostel. His name is Cail? He has been here for longer than anyone else, I met here before he worked for Wastebusters for so long. I'm happy about the story. Showing me that hope and love is stronger than fear and if I want to do something with passion there is a chance.

I brought the painting to the hostel. My friends were surprised, happy and so was I. Not for the picture, but for the story and the moment.

I went to New World after. They are wearing masks and gloves there now and looking like aliens for me. I'm happy that I'm not working there anymore. My friends there couldn't understand. They look sad but they have a job and money.

Another shop open in town is Macpac. I met another friend on the way there to buy a jacket for the cold winter because they have 50% off. She has been there before but didn't buy the jacket last time. I told her, I would be happy to share my jackets, I have enough warm stuff. We went in. It's all plastic, expensive and dark products. I don't like it. She asked me if I like the jacket. It's black and boring, so I said no. I found a magazine laying around, called 1964. It looks cool, It tells stories about people and dreams and life. I ask how much it is. It's the only thing in the shop I would buy. It's for free.

My friend bought the jacket.

### **Don't buy this jacket! -**

Is known as one of the best advertisements of Patagonia on a Black Friday. Everyone knows Patagonia. It's a cool brand with cool stuff, made for lifelong and with some stories. I don't have any Patagonia stuff because it's too expensive but I like it anyway not for the stuff but for the stories, and their beliefs. The rest is just necessary to do so.

Please, before you buy something next time don't buy it just for you and for something but buy it for making you, me and others around you happy. Buy local, by environmental friendly but with purpose.

*"Why buy two pieces of clothes when one can do the work for both."* (Yvon Chouinard)

[The Stories we wear!](#) #wornwear

[https://www.youtube.com/watch?v=llufipz18\\_k](https://www.youtube.com/watch?v=llufipz18_k)

## **Small companies and projects - We miss you!**

Small companies and projects - Not Essential but Important & Loved - We miss you!

Buy local, sustainable, share, repair.

Be proud of what you bought and wear. Bring it alive. Make it a part of you!

Wasties\* - We miss you not because we need a special item but to stay curious and search for things we didn't think about before.

\*Wastebusters and Salvation Army are two local shops, recycling shops in Wanaka, where I bought all my stuff on the picture and which is basically a full clothing to wear and I got heaps of praise like "Nice hat", which were often a good conversation starter.

I think little, personal shops or companies like these, are struggling the most at the moment. These shops and projects are actually also the things, which make a town/city different and interesting instead of the big brands you can find everywhere in the world.

That's what I normally like in towns to explore these little shops and meet the interesting people behind it, because they can tell a story about their shop and life with it.

When I travelled in the US almost every town looked the same. In Santa Cruz there are a lot of Entrepreneurs. A light shop, a Nut Creation shop, Cookie Cruz, Adventure Sports Journal, Santa Cruz Bicycles and many more. I loved Santa Cruz not only for the landscape and the spirit but also to explore but I think it goes hand in hand.

There are a few in Wanaka and New Zealand I visited or like to visit like Wastebusters, Salvation Army, Pure Ice Cream, Soul Food, Keke, Paradiso Cinema, 1964 magazine, Good Rotations and many more.

In New Zealand there are some shops I bought products from or heard from which sound interesting and I would like to visit SaveMart, Ti Ora tea, Hansells shakes, I Love baking cookies, Regal Salmon, The Collective yoghurt, The Brothers Green, Ceres Organics, beeswax wraps, Lily Bee Wrap, Chantal organics, Whittakers Chocolate, Bennetto Natural Foods, Living Nature, Yank, Icebreaker, Picture clothing, Linda McCartney's and probably many more companies I have not heard of yet but would love to explore and maybe even work for, for a day to meet the people behind.

There are many more good companies in the world and I was able to work with or to read/heard about like the schnurstracks Kletterpark, Plant for the Planet, Forest Finance and many more I'm happy for suggestions and would be very happy to hear about more to visit.

The most known company is probably Patagonia with Yvon Chouinard who is still a role model for many companies and has quite an influence on me without even buying one of their products.

*"The hardest thing is to simplify your life, it's so easy to make it complicated. (Yvon Chouinard )*

*To do good, you've actually to do something. (Yvon Chouinard )*

*Patagonia will never be completely socially responsible. It will never make a totally sustainable non-damaging product. But it is committed to try (Yvon Chouinard )."*

The book: Let your people go surfing is a great economic book and advertisements like "Don't buy this jacket" are just great to lead us in the direction of sustainability. Repair old clothes and spending 1% for the planet and organizations are just great to do for a company and should be mandatory. We take, We give!

Furthermore, they producing amazing documentaries not for profit but to show projects and our Nature, showing the sad reality but also show hope like in 180° South, [Damnation](#), [Blue Heart](#), [The Fisherman's son](#), [Unbroken Ground](#), [Fishpeople](#), [Artifishial](#), [Takayna](#), [Treeline](#) and [Nevertown -Revolution starts from the bottom.](#)

<https://www.youtube.com/user/patagoniavideo>

Small companies make such a change for moments and for small people and it would be so sad to miss them after. They make the world more colourful and hopeful, because in the end we all want to live like that and in harmony in/with and on this beautiful word and this crisis gives us the chance to think about it again and finally act. It's our choice as customers what we want and should buy and we know it if we trust our feelings.

**Buy local and responsible for you and all of us and Mother Earth!**

# Plant a Tree - Dear Grandma

*"The best time to plant a tree? Twenty years ago. The second best time? Today."  
(Chinese proverb)*

*"A Society grows great when old men plant trees whose shade they know they shall never sit in."  
(Greek proverb)*

*"There is no wifi in the forest, but I'll promise you, you won't find any place with better connection."*

In my last moments, when the world would collapse, when I would die, I would plant a tree. Martin Luther recommended an apple tree. (*"Even if I know that tomorrow the world would go to pieces, I would still plant my apple tree."*)

You can hug him. He gives you food. You can lie in his shade  
Song: There is a big tree in my garden - The Stand High Patrol  
(<https://www.youtube.com/watch?v=kSjXOebB7el>)

Hi Grandma,

greats from New Zealand, from the other side of the world.

It's crazy here, but so it's home.

I hope you are happy. I am. Just sad, that we will not see each other again.

Do you remember when I was a kid?

We played in the garden with the sheep.

You taught me so much, doing so little.

I guess that's the wisdom of life.

We planted an apple tree together. I planned to plant more and more, because this one tree wasn't enough.

I wanted more. I grew up and left to explore the world.

You stayed, watered my tree and gave him love.

You, not me picked the first apple. I wasn't there.

Every birthday you asked me for my wishes. I said, I don't know. I'm good. I had enough money. You just had a bit of savings from your retirement.

In the end you gave me money. I didn't need to.

Grandma, I have a wish now: Can you please plant an apple tree for me? Or maybe even two or three.

Can you take care of them again?

So, if I'm back, I can pick an apple and think about our times.

I ordered 3 trees. I paid. That's the easy part. Planting them is the hard one. Sorry, you have

to do it.

It should be me.

I bought old types. They are not beautiful, but they taste good. I bought three trees.

A "Gravensteiner", because you always told me, that's your favourite.

A "Wohlschmecker of Vierlanden" because that's Heimat (home). That's local. That's a tree who will stand where it belongs.

A plum tree, called "Anna Späth" like the second name of my sister (and your mother). For her (my sister).

The "Echte Prinz" - you always called me little prince, was out of order till september.

I hope it's coming back then.

To my friends back home, I'm thinking of you.

Feel free to plant an apple tree, for me, for you, for whatever you love. Feel free to plant it in my garden if you don't have your own.

It's actually not my garden. It's our earth, so home of all of us. It belongs to all of us.

To my friends in the world, open your garden for others and plant an apple tree together.

Planting a tree is an exercise, a meditation not more not less.

It isn't fear but love to go out and plant a tree.

Picking an apple, a fruit from a tree, is shopping from mother earth.

*"Carpe Diem! - Seize the day - All time is still a fly and this same flower which smiles today tomorrow will be die! ... and we're food for worms."* ([Dead's poets society](#)/Robin Williams)

[Heartwarming Grandmother](#) - What is important in Life

(<https://www.youtube.com/watch?v=j9rckyEsmAA>)

[Forest Man](#) (<https://www.youtube.com/watch?v=HkZDSqyE1do>)

[Moving the Giants](#) (<https://vimeo.com/163280465>)

Champion Trees are the answer (<https://www.ancienttreearchive.org>)

Companies:

[Plant for the planet](#) (<https://www.plant-for-the-planet.org/de/startseite>)

[ForestFinance](#) (<https://www.forestfinance.de/en/>)

## **A Tree. A Moment. Everything. Change**

Kia ora my Dear Friend.

How are you? You have changed a lot recently.

It took a while before we even met. People came here just for you. Not me. When I came the first time it was just an accident. There were hundreds of people around you, taking pictures. I didn't. I didn't like you. You were just a single tree. Famous and not even a native tree. A willow tree, an introduced species, growing everywhere. Time went by and I didn't visit you for a while. Why should I?

The second time I came, I liked you better. It was for sunrise. You were still surrounded by people with cameras and phones.

Then, some of us but still all of us because we are all humans destroyed your beauty for no reason. They cut down some branches and left them on the beach - no one cared. You changed.

Less of us are coming now. They think you're not beautiful anymore. Maybe you needed a break. Maybe it's good. Maybe you don't care - no you don't care. You're just a tree. But you're still standing. You are still here. You're still the same.

We do! We get angry or sad, we write articles.

Instead we could at least use what we took from you. Using your branches for something, just something instead of just leaving it at the beach.

I came a third time for sunrise again. I took a picture with my phone. There was no one around just a few ducks and birds playing around you enjoying the quiet.

You changed but you will grow after a dark cold winter. I'm excited to see you again next time, next summer to see how you changed.

I can't leave you now. I have to visit you again.

A storm came. Rain, cold, hail. I was worried about you. I had to see you. Only one older guy was there with a real camera. Cleaning it with passion to take a good picture of you.

Another friend came by. A musician and photographer. He enjoyed you. He took a picture of you and me. I went first in front of you a little bit just my feet into the water. It was shallow. I went further and further in and went all the way. Touched you, the cut branch. We got a picture together. I don't know what the older guy thought. He didn't say anything but I went into his picture for a moment. He had to wait for me. He waited and I thanked him but even more I have to thank you and Flo for this one moment. This picture.



It was a cold, dark night. I've had the feeling, I have to visit you again. So I came. I couldn't find you when you first went to the lake too early. Have been here so many times. I should know by now where you are and where you're waiting for me. I didn't but you waited till I found you. It was midnight, no one around, no one was coming, it was just us. Not even the ducks were there anymore. Just the world you and me.

You're just a tree but in this moment, you were everything to me.

Hi, did I tell you that I did a short Instagram post when I visited you the second time. Taking a shy, phone picture like everyone else. A friend from Canada who hasn't seen you. I Like you too. He is an adventurer. I didn't know about him. That he was a painter as well but he sent me a picture. He painted you.

I asked him to send it back home to Germany. He does. I bought a postcard of you and sent it to him. I'm not sure so, if I send him the right postcard. No I didn't. I found a better one. I bought it for 6 \$, an expensive postcard but it got painted by a nine years old kid. It has a picture on it with a bird, saying. "That's a cool tree! It would have been the postcard I wanted to send to him. But I lost it and the store is closed now.

You're just a tree standing your whole life in one place. I travelled the world. So did you.  
We're both here now. At this one moment.

I asked my friend to send me the picture. Three times. He never did and I got sad about this small question but when I went to the tree the last time. I saw a family. The kids ask: I would really love to go and touch that tree. Is it ok Mom? Yes, it is. It's just not ok to climb the tree. The kids went to the tree and touched it and were happy. A good last visit for a while!

Kia ora Wanaka Tree!

I lost the card and found the by the kid painted card again!

My friend Ryan rediscovered his fascination for night photography.  
His chosen subject: The Wanaka Tree.

Book: The Golden Spruce, John Vaillant or the Film: [Hadwin's Judgement](#)

# Another Tree. A Moment. Share. Wisdom

*"A fool sees not the same tree that a wise man sees. (William Blake, Proverbs of Hell)*

My dear Friend,

you're a Redwood. Beautiful, tall, proud, huge. No one really cares about you. They all are going for the small Wanaka tree a bit further. You don't care. I like you, I wanted to climb you from the first time, when I saw you the first time. I went by a hundred times without climbing you. You kept standing, waiting for me. Time passed. I got sad/depressed. I couldn't climb you. I had no more confidence in myself. You kept waiting for me.

Finally, after 5 month the day came. I decided to sleep outside in the park under another Redwood to climb you the other morning directly for sunrise. I met some friends on the way and told them on the way that I want to sleep outside under a tree. They felt sad for me, they invited me to sleep on their couch, instead seeing it as an adventure. I luckily didn't take their offer.

In the morning, after a cold night but a beautiful sunrise. I finally climbed you for the first time for sunrise. I climbed in shoes and with my phone to take some pictures from the top, to post them later. To be cool?

It was just beautiful, concentrating completely on climbing you but it took longer than expected. I was already too late for work, so I decided it doesn't matter anymore and went to the Parkrun at 8 am next by, because I like it more and it makes me happier than 18.50\$. I started fast and was in first or second position and felt strong. Maybe, I can win for my ego. I lost my phone and went back. Someone had picked it up and brought it back. I picked it up. I was on the end of the field, behind an old man walking, a young kid, a father and his daughter running together. All just enjoying it. I started again, just to enjoy the run.

I climbed you a second time in the dawn. I climbed you with an old friend, who stayed here in Wanaka with me for the last 5 month, helped me a lot during this time and never gave up on me.

We climbed you after watching a beautiful and inspiring Mountain Film Festival. I was stocked and motivated to show you to my friends but only one wanted to join me for that easy adventure, just so easy to reach. One friend, the oldest here, was enough to share with you. It brought back all the good memories I made, even so I couldn't enjoy it that moment. He showed me that if I'm brave, I not only can sit on your top but stand. We both came down, really happy. He was happy that I convinced him and I was happy to have shown him something, completely free.

The third time I shared you in the afternoon sun with a new friend, not even knowing his name at that time but down for an adventure from the first moment. We climbed up barefoot without phones. He told me cool stories, like that he worked on a ship going from Alaska all the way down to Southern California, hiking the West Coast Trail, and diving in Hawaii, it all

sounds cooler than climbing a tree but at the moment. He shared his other adventures and let me dream. On the way back, we met two new friends in the park and joined them slacklining for a while and sharing experiences.

Fourth time. The world changed. Self-isolation in New Zealand. Storm with hail, rain and cold. My old friends who wanted to climb you today finally came to the tree with, eating a 5\$ Domino Pizza in the car, before they always ate healthier than me. The world changed. I couldn't believe it. I climbed you alone in the rain, while the others were sitting in their car eating their pizza. Saying it is dangerous in these conditions but you've seen worth and me too and we both are still here. You gave me trust and I climbed. The wind and the rain around me, barefoot, cared by your branches. I made it pretty dry to the top. The wind and the rain were all around me. I enjoyed it more than any pizza in a car because I felt alive. I saw the blue sky ahead and climbed down. When I reached the ground the storm was gone.

Fifth time. Midnight. I was cold maybe 4/5 C and dark, but I have to climb you this time. I'm scared, not to climb you in the dark but how the world has changed in such a short glimpse of time. You don't care. I climbed you barefoot, without a headlamp, without a phone. Completely alone in the dark. No, not alone. You are here. From the top, I can see everything around us. You're so high and I'm so small. I can see the galaxy above us, we are so, so small. Just, a glimpse in the universe. Your seat on top is not pointing to the boring town but to the lake, to the mountains. Looking in that direction, I can enjoy freedom and the beauty of nature.

You have been here for hundred years, always standing on the same spot. You never left. You have never seen anything else. I travelled the world, have seen, heard and talked a lot. I'm still so young and stupid compared to you, what you've seen and heard and experience on this one spot.

I climbed you through different times, conditions and I always took different routes. I came with friends and alone. Sad, excited, scared, sad. I always had to climb you with all my focus and came back to the ground more relaxed and happy.

everything comes and goes, but I can always come back to you! Kia ora.

I hoped to come one more time to show you to a friend who asked to climb you for the first time but haven't done it. It takes time. You can wait, you have time. I'm not sure about us, but I trust and keep waiting...

One of the most inspiring and a famous story of 1990s is about Julia Butterfly Hill spending 2 years in a redwood tree:

"In the late 1990s, environmental activist Julia Butterfly Hill spent two years living in a redwood tree she named "Luna." Her goal was to save it from being cut down by a logging company. She succeeded both literally and mythically. Luna was spared from death, as was a surrounding three-acre swath of trees. Hill became an inspiring symbol of artful, compassionate protest.

Later she told Benjamin Tong in the DVD "The Taoist and the Activist":

*"So often activism is based on what we are against, what we don't like, what we don't want. And yet we manifest what we focus on. And so we are manifesting yet ever more of what we don't want, what we don't like, what we want to change. So for me, activism is about a spiritual practice as a way of life. And I realized I didn't climb the tree because I was angry at the corporations and the government; I climbed the tree because when I fell in love with the redwoods, I fell in love with the world. So it is my feeling of 'connection' that drives me, instead of my anger and feelings of being disconnected."*

Posted in Extinction Rebellion Australia"

The Legacy of Luna, Julia Butterfly Hill; Website: <https://www.juliabutterflyhill.com/>

Talk about Courage (french original coming from cour: heart. Courage instead of bravery only happens if we come against fear, overwhelming and our anxiety.  
(<https://www.youtube.com/watch?v=2UvLVMXfRGI>)

*If I were a tree, I would have no reason to love humans...*

*"Trees are sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth. They do not preach learning and precepts, they preach, undeterred by particulars, the ancient law of life..."*

*"Fancy cutting down all those beautiful trees ... to make pulp for those bloody newspapers, and calling it civilization" (Winston Churchill, remarking his son during a visit in Canada in 1929)*

*A tree says: My strength is trust. I know nothing about my fathers, I know nothing about the thousand children that every year spring out of me. I live out the secret of my seed to the very end, and I care for nothing else. I trust that God is in me. I trust that my labor is holy. Out of this trust I live." (Hermann Hesse)*

Let's climb a tree - Nihilism

Books:

The Wild Trees - Richard Preston

The Legacy of Luna - Julia Butterfly Hill

Movies:

[Takayna \(https://www.youtube.com/results?search\\_query=takayna+patagonia\)](https://www.youtube.com/results?search_query=takayna+patagonia)

[Run with the Ghost of Giants \(https://www.youtube.com/watch?v=qbnDD7VaOyM\)](https://www.youtube.com/watch?v=qbnDD7VaOyM)

[Treeline \(https://www.youtube.com/watch?v=YCEaYInJbos\)](https://www.youtube.com/watch?v=YCEaYInJbos)

One trail. A million stories.

"Every journey begins with one single step" (Lao Tzu)

*"Home is behind the world ahead*

*And there are many paths to tread*

*Through shadow to the edge of night*

*Until the stars are all alight."*

(Pippin's song, Lord of the Ring)

It took me so long to get to you. I thought too much and did so little. It wasn't the right time. Gillespie Circuit.

Once, I heard it's a beautiful hike. I wanted to do it. I didn't.

A girl, sporty, friendly, kind, beautiful. A girl, I wanted to hear more about her life story, wanted to go. She asked if someone wanted to join in a whats app group. I thought yes. I didn't write back. I met her. We talked and I said yes! I got a phone call to show up tomorrow to fill out a form for my depression, the next day at 11 am in the hospital. So, I couldn't go anymore. I didn't sleep that night. I didn't prepare for a hike. She was anyway way more sporty and faster. I would just destroy her hike. So, I wrote. I can't go. She wrote another friend is going too and just for the first part to the first hut and then I could still decide. A good friend, I could talk too, I know better. I trusted him. I didn't go. The appointment took 5 min. It destroyed the day.

Two other friends, old workmates from the job, I quit, wanted to go the other day. Another chance. I said yes and went to the DOC centre and bought the hut tickets. I wasn't sure about it. I missed my first chance. A better chance. I regret it. I was worried about the weather, it was supposed to rain. They would talk about work and bring back memories.

I got a message from a friend I haven't seen in ages. I met back in Germany at my first job. A good, wise friend and his girlfriend, who were on a world trip, said that he will be in Wanaka the next day. He came in the evening. It was raining. We were sitting in the car, I couldn't show them around. We talked about depression, about life, about alternatives. I told him that I couldn't sleep. He gave me alternative sleeping pills. They said I should go for the hike.

I couldn't sleep that night, not at all. The decision was easy. No sleep, not prepared, leaving good friends. I shouldn't go. I wrote Jen, that I wouldn't go. In the morning, I went straight to DOC to change my reservation, to not lose the money. I met some other people there, who just came from the hike and said. I should go. So, I went back to the Service Hub, still not sure. In the end, Jen made the decision for me. I would enjoy it. I should join it to make me happy and so I did. We went to buy more groceries and wanted to say, I don't want to go let

me here, I didn't. We passed the Hub again, my car. I wanted to say No. We passed the campground with my friends just waking up. Just leave me here.

After an hour, we reached the trailhead. Fiona, the other friend, just came back and wanted to drive back. I could go with her but she said. "You're already here. The hike is beautiful. Go."

I did. I felt horrible, every single step. But it got better with every step. In the end it felt good. I took off my shoes, I played music, I sang, and talked. We reached the hut. Only, cool kids inside. Mountaineers, coming back from a sunrise mountain expedition. A long distance cyclist, cycling all over NZ, sharing their stories. I had nothing to tell, so I just sat there and went to bed. Another, horrible, sleepless night.

In the morning, I was frustrated. I made it out of the hut but stopped at the first climb and said I will go back. Laurie and Jen didn't try to stop me.

For over an hour I was sitting on the rock not moving. Some small steps back, passing the hut. A bit further. It was already 10 am. Would I make it back in time, would someone pick me up? I stopped again, trapped on the ground. The cool kids came by. With backpacks two times as heavy as mine. I joined. They were faster, but we made it. Back to the carpark. They gave me a ride and I talked about my depression, because that was my only story that time. They got a phone call. Their friend, a climber, just died.

I was shocked. I was numb.

Back in Wanaka I went to DOC to change the date of my reservation, to save my money. I called the friend of Jen, who was supposed to pick them up by speedboat so that he wouldn't have to worry about me anymore. The boat just has a capacity of four and he normally wanted to have one other person on the way there to help him. Without me it was good. He asked me if I wanted to come. Having fun on a speedboat, picking up my friends. "Hell ya"! I said yes. I thought I felt sick and it would be rainy and cold and I didn't even have a proper rain jacket. I called again and said "NO". Two other people died shortly after during a river crossing close by.

I changed my hut reservation three times due to weather, appointments, friends and fear. I gave up and cancelled it completely.

Time went by and I got stronger. One good day, I decided to go. The day passed by somehow. I said Goodbye to Laurie who left back home.

I had my backpack, a bag of nuts, a bit of chocolate, a thin sleeping bag, a bivy bag, a jacket, a headlamp and desire.

I started to hitchhike there around 4/5 pm. A guy stopped and asked me how long I have been in NZ for because of the Corona virus situation. I said, 5 months in Wanaka, I'm safe. I jumped in. Would he have picked me up, if I would have been the same person but here for a shorter time? I don't know. Fear or Love?

He drove me even a bit further than he needed to do to the Lake Hawea corner, which gave me a better chance to get picked up.

After a while an Israelian couple, who wanted to do the hike the next day, picked me up. They had a self contained van, pure freedom. They didn't know about the rules that they basically could park and sleep for free in a lot of spots. Even at the start of the track, like I told them. They let me out at the campground.

I got picked up by a french couple. They were worried about going home, so they looked for a place with Wifi. The first place they wanted to stop wasn't open and didn't have Wifi. Good for me, We kept driving. The next stop was 1 or 2 km before the trailhead. I walked the last mile on the road. I started the trail at dawn around 6 pm. With my headlamp, I went through the dark. Four hours of me and the trail, so quiet, so peaceful. I reached the hut at 11 pm. There were people here but they were already sleeping. There was a thin mattress laying in the front/living room and I decided to sleep here to wake no one up.

I woke up at 5 am, packed my stuff, before someone else. I just met one person in the morning going to the toilet and I wrote into the DOC hut diary. For the others, I will be a ghost. I was never here, we haven't met.

I started the hike and went wrong, up an old riverbed. A hard way uphill. I lost an hour on my way to reach the ridge for sunrise. Did I lose that hour? No, I just missed the trail to find it again. Not more, not less. I reached the ridge a bit after sunrise.

A kea was sitting on a rock. He looked at me and I looked at him. We observed each other. I took a break and so he did too!

Then he spread his wings, showing all his colours and started to fly into the sky into freedom, into the emptiness and started to play like crazy into the sky. Other Kea's came by and they all started to play.

I got stucked on the ground, so I continued on my way and went down the trail.

I passed the hut, I paid a month before around 11 am. It didn't make sense to stay there this time. I had the full day in front of me.

A rainfront behind me but the sun ahead I kept going. I didn't look back. The last part I walked barefoot, slower not running anymore. Enjoying the little things more.

I stopped for a little tree and a mushroom in the moss on a rock.

I stopped for a little, purple, super colourful mushroom.

I stopped for a little bird, singing or maybe grumbling at me, who knows. He joined me for a while and then he left again.

I crossed a field with cows. They looked interested but didn't care too much, so I went through them without getting bothered.

Finishing, the trail opened into a beautiful open valley. A rainbow showed up for a short moment. I was in heaven and purely happy that moment. An open field, so open. So much space, so many ideas, possibilities, ways. It was the right moment and the right time to do it like that, here and now.

I heard some music, crossing the field in shuffled order.

The first song I heard was

"Numb", from Linkin Park. A sad but energizing song.

The second song was

"Man lebt nur einmal - You only live ones" from Ohrbooten. A song, I danced once back in Germany with some good friends in a tiny kitchen. Pure energy and confidence in life.

"Just breath" from Pearl Jam was the third song. A calm song to breath and be.

"Das ist dein Leben - This is your life" by Philipp Dittberner was the last song, crossing the valley.

The wind picked up. I got cold. I crossed the river. The water was freezing, the wind harsh in my face. Black clouds were coming. I hurried up, to get to the road.

Colourful, hat on, looking a bit crazy and thumb into the wind.

A guy stopped. A crawl fisher, who lost his job. He just came back from holidays in Abel Tasman and Milford Sound - Kayaking, MTB'ing and hiking with friends and family. Back into an uncertain future. We talked. He seemed to be happy and not too worried.

We listened to a rap song, I've never heard before but I liked it.

"I'm different" (Potluck).

He brought me all the way back to the campground, where my friends waited for me to hear my story and have fun again.

Kia ora trail!

*"There is no glimpse of the light without walking the path. You can't get it from anyone else, nor can you give it to anyone. Just take whatever steps seem easiest for you, and as you take a few steps it will be easier for you to take a few more." (Peace Pilgrim)*

Film to watch, because it's beautiful and for free and about Mother Earth!

[HOME](#) (Yann Arthus-Bertrand)

<https://www.youtube.com/watch?v=ZjE9T-KQZOU>



# Truth and Trust & Faith

*"Peace is possible, truth at all costs." (M. Luther)*

***The best way to find out if you can trust somebody is to trust them (Ernest Hemmingway)***

*Our truest life is when we are in dreams awoke (H. D. Thoreau)*

*The truth is lived not taught (Hermann Hesse)*

*The greatest compliment that was ever paid me, was when one asked me what I thought, and attended to my answer (H. D. Thoreau)*

*Truth is stranger than fiction, but it is because fiction is obliged to stick to possibilities, truth isn't (Hermann Hesse, Siddharta)*

*Better a cruel truth than a comfortable delusion.*

*The best way to find yourself is to lose yourself in the service of others (Mahatma Gandhi)*

*If you tell the truth, you don't have to remember anything (Mark Twain)*

*But still, if it's true, how can it be a lie? (Pippi Longstocking)*

*No one is more hated than he who speaks the truth (Plato).*

*Always stay true to yourself (M. Obama)*

*We have to choose if we want to trust in friends or trust on a system.*

People/We want to be seen, that's why we take so many pictures and share these pictures. So that the small kid in us gets some love. We do that instead of truly embracing the moment. To try to save the moment, which is even by pictures not possible. When we die we just have had the moments. (adapted from Adam Pahnke, Anderswo. Allein in Afrika)

What is true? Are facts true, or are all facts just fake news? Made by humans to be falsified at some point? It's always easier to prove something to be wrong than completely true.

## The highest Mountain?

Which one is the highest Mountain on Earth? Most people will say, the Mt. Everest with 8,848 m. But there is actually a geology discussion.

(<https://geology.com/records/highest-mountain-in-the-world.shtml>)

- Mount Everest has the highest altitude, measured in feet above sea level
- Mauna Kea is the tallest mountain measured by the height from the base on the ocean ground to the summit.

- Mt. Chimborazo is the highest mountain above earth's centre.

I asked around and most people decide for Mount Everest, because of human mountain history. But tallest ist basically another synonym for highest and measuring from the centre to the furthest point is a typical way to measure distance instead of starting somewhere at a layer. For me it's easier, to have no idea and no highest mountain and just accept that, because I don't climb mountains anyways for fame but for joy.

## Egg of Columbus

Everything seems to be true or impossible until someone has done it or proved it different. The Egg of Columbus is an example of it.  
([https://kids.kiddle.co/Egg\\_of\\_Columbus](https://kids.kiddle.co/Egg_of_Columbus))

"Columbus being at a party with many noble Spaniards, where, as was customary, the subject of conversation was the Indies: one of them undertook to say: —"Mr. Christopher, even if you had not found the Indies, we should not have been devoid of a man who would have attempted the same that you did, here in our own country of Spain, as it is full of great men clever in cosmography and literature." Columbus said nothing in answer to these words, but having desired an egg to be brought to him, he placed it on the table saying: "Gentlemen, I will lay a wager with any of you, that you will not make this egg stand up as I will, naked and without anything at all." They all tried, and no one succeeded in making it stand up. When the egg came round to the hands of Columbus, by beating it down on the table he fixed it, having thus crushed a little of one end; wherefore all remained confused, understanding what he would have said: that after the deed is done, everybody knows how to do it; that they ought first to have sought for the Indies, and not laugh at him who had sought for it first, while they for some time had been laughing, and wondered at it as an impossibility."

***Rather than love, than money, than fame, give me truth (H.D. Thoreau, Walden)***

## Faith

Faith is a complicated word between Hope, Trust, Believe and even Confidence/Courage for me.

Def.: Faith, derived from Latin fides and Old French feid, is confidence or trust in a person, thing, or concept. In the context of religion, one can define faith as confidence or trust in a particular system of religious belief. (Courage)

### SCRIPTURAL DEFINITION:

**Faith** is the assurance that the things revealed and promised in the Word are **true**, even though unseen, and gives the believer a conviction that what he expects in **faith**, will come to pass. ... In other words, it becomes so tangible that you now possess it. It becomes a reality in the spiritual realm.

The **purpose of faith** is to act as a measure of a person's hope, and to help a person grow in his or her trust in God the Father and in God's purposes for us as his children. The Apostle Paul said that **faith**, hope, and charity (the pure love of God) are key attributes of being in eternal life.

Some faith quotes to get trust into faith.

*"We have done so much for so long with so little, that now we are qualified to do anything with nothing. (Mother Teresa)*

*"Faith is seeing light with your heart when all your eyes see is darkness"*

*Faith is like Wifi. It's invisible, but has the power to connect you to what you need.*

*Faith is taking the first step, even when you don't see the whole staircase (M. Luther King)*

*Faith is unseen but felt, faith is strength when we feel we have none, faith is hope when all seems lost (Catherine Pulsifer)*

*Keep the faith. Hold on. Things will get better. It might be stormy now, but it can't rain forever.*

*Faith makes all things possible, Love makes all things easy, Hope makes all things work, and Family and Friends makes life worth living.*

#### Trust yourself:

*"You wouldn't plant a seed and then dig it up every few minutes to see if it has grown.*

*So why do you keep questioning yourself, your hard work and your decisions?*

*Have patience, stop overthinking and keep watering your seeds. (Steven Bartlett)"*

Gratitude. Sadness. Happiness. Perspective. Simplicity

***"For sale: Baby shoes. Never worn." (Ernest Hemmingway)***

***"Smile. What a beautiful day."***

One sentence makes us cry. The other makes us happy. Just a few words. One sentence about money and the past and another about the present.

I was biking in the sun. Listening "Lose yourself from Eminem. On the way, I saw an older guy, sitting in his wheelchair looking at the river and into the sun. I passed by. Right after, on a pile, I stopped seeing a pair of small baby shoes, wondering about their story. Did they have a story? Not for sale but to take? Did someone just lose them here? I will never find out because things don't talk. They will never do it. I can just wonder, think. I wanted to take a picture, stopped for a moment. I put my MTB into the picture to symbolize happiness, fun, and adventure we can choose to have in life, between birth and death.

I decided to talk to the older guy in the wheelchair, just to say Hello, maybe to hear and learn something from him. So, I went back.

"How are you?" He smiled and said: "It's a beautiful day, isn't it?"

I had to smile too, said yes and we remained in silence, enjoying the moment together for another moment.

We didn't really talk more, because he taught me everything with this. Enjoy the moment. I grabbed my bike and moved on. On, to another trail, to another adventure into my future. Living my life.

A great experiment is to really imagine and play your last 24 hours of life. Imagine you would have just 24 hours more to live. What would you do, Where would you be, What would you say!

### **The Mexican Fisherman and the Investment Banker:**

One other of my favourite stories about gratitude is the well-known story of the Fisherman and the Investment Banker:

"An American investment banker was at the pier of a small coastal Mexican village when a small boat with just one fisherman docked. Inside the small boat were several large yellowfin tuna. The American complimented the Mexican on the quality of his fish and asked how long it took to catch them.

The Mexican replied, "only a little while. The American then asked why didn't he stay out longer and catch more fish? The Mexican said he had enough to support his family's immediate needs. The American then asked, "but what do you do with the rest of your time?"

The Mexican fisherman said, "I sleep late, fish a little, play with my children, take siestas with my wife, Maria, stroll into the village each evening where I sip wine, and play guitar with my

amigos. I have a full and busy life.” The American scoffed, “I am a Harvard MBA and could help you. You should spend more time fishing and with the proceeds, buy a bigger boat. With the proceeds from the bigger boat, you could buy several boats, eventually you would have a fleet of fishing boats. Instead of selling your catch to a middleman you would sell directly to the processor, eventually opening your own cannery. You would control the product, processing, and distribution. You would need to leave this small coastal fishing village and move to Mexico City, then LA and eventually New York City, where you will run your expanding enterprise.”

The Mexican fisherman asked, “But, how long will this all take?”

To which the American replied, “15 – 20 years.”

“But what then?” Asked the Mexican.

The American laughed and said, “That’s the best part. When the time is right you would announce an IPO and sell your company stock to the public and become very rich, you would make millions!”

“Millions – then what?”

The American said, “Then you would retire. Move to a small coastal fishing village where you would sleep late, fish a little, play with your kids, take siestas with your wife, stroll to the village in the evenings where you could sip wine and play your guitar with your amigos.”

(<https://bemorewithless.com/the-story-of-the-mexican-fisherman/>)

*“If you look at what you have in life, you’ll always have more. If you look at what you don’t have in life, you’ll never have enough. (Oprah Winfrey)*

*The hardest thing in the world is to simplify your life. It’s so easy to make it complex. What’s important is leading an examined life. (Yvon Chouinard)*

**Simplicity, Vulnerability, Dependency, Feeling small in Nature, Faith - leading into - Hope Believe and Gratitude**

**Ikigai:** Your **reason to be**; why you **get up in the morning**, something that motivates and gives one a sense of purpose. This film delves into the Japanese belief that everyone has a reason to be, and a pursuit to commit their life to; a purpose which imbues a person's life. ([A lucky man](#))

Book: It’s all good! (Lars Amend)

Movie: Dieses bescheuerte Herz

# Playing. Be Active. Laughing. Child.

*No kids playing anymore...*

*"Will our children survive our choice?"*

*"Tell the children the truth" (Bob Marley)*

Beginning of the summer a friend Margaux started a Ultimate Frisbee group to play, because she loved the game and there were apparently others around and enjoying it too and happy to join. I played awful the first time and couldn't wether catch or throw the frisbee, but I played and went through it and felt better after then before.

The group grew, we became friends and shared other things like sitting in the evening in a van at the beach, or offers for skydiving. I kept going and got better again, ran more and felt more connected to the game.

Corona came and none of my old friends came by anymore, even two days before.

I got a hostel group together and Jack, my "Another Tree" tree climbing friend joined and brought another friend. Six players, we've had fun. On the way back, we passed the playground. No kids playing anymore. Just a banner, saying "Caution".

## **Caution - playing is dangerous!**

Children are our future. But what kind of future do we have with people of fear, who haven't played, who haven't lived real life. Who have spent more time in front of a smartphone than outside in nature, playing with friends.

*"After a while the adult person who lives in her head begins to talk to her soul, the kid.*

*"Listen to your monkey mind. Stay weird. Feed your inner kid." (Laurie)*

Children inspire us by everything we miss as adults!

*"We did everything adults would do. What went wrong? (Lord of the Flies)*

*"Creativity, Curiosity, Simplicity, Imagination and Determination are the gifts given to us, when we are childs. Growing up, we give them away in exchange for money, a career and fame, in society. Finding sometimes some small, little pieces back - in a smile, in children playing around, following our desires and dreams and in nature - just to lose them again."*

*As children we are free of fear, regrets and expectations and full of dreams, activity and trust. The rest of our life we are just trying to find that feeling again! (Peter Pan syndrome)*

Inspiration: Peter Pan and Pippi Longstocking and Karlson on the roof

# Mountains. Effort. Time. Passion. Reward

*Mountains. Running. Climbing. Effort. Time. Passion. Reward*

Mountains are calling and I **WE** must go (John Muir) - The Mountains will always be there!

"It's not the mountains we conquer, but ourselves!" (Edmund Hillary)

When I first came to Wanaka I ran Mt. Iron, like almost every other tourist. It's not a real mountain, more a hill. 200 meters, 45 min of walking. Doesn't the word mountain implies a challenge?

It was hard and I was a bit out of shape. I had to walk quite a few parts instead of skyrun and it's actually just a hill of a little bit more than 200 m elevation, but it has a beautiful view all over the place of Wanaka. It's a beautiful 5 km round and I thought, nice, I should do that every morning now.

I didn't do it for a long time after that run but the few times I went up there, I have never been disappointed.

During my depression I didn't run you. I forgot you. I got ideas. Actually on one of my first runs, I thought you would make an amazing location and circuit for a "Last man standing - Ultra." A good, traily but not too difficult round, some altitude and a fantastic view. Probably, one of the most beautiful 5 km rounds in the world, you could do. In my dreams I imagined, a group of runners, a potluck/ first aid station, a music station and a running film and a presentation station created from runners for the runners on top of the mountain. I forgot about all these plans and sank deeper and deeper into my depression.

Mirco, Lara, Robert, Kath and Alex wanted to go to Elton John's Farewell Tour in Dunedin and had one spare ticket and were looking for another person to join. I'm not an Elton John fan but I decided to go with them, not because of Elton John but more to spend a fantastic time with friends.

The tickets cost around 126\$ plus extra expenses but therefore I watched the first time the movie Rocketman with my friends, visited Dunedin and Tunnel beach, went to my first concert, slept with my friends in a tent all night in rain, got some midnight cookies, had a beautiful ride with friends, learned some more music, shared some stories, so it was worth every single \$.

I learned to know my favourite songs of Elton John, "Crocodile Rock" - Laaaa, la, la, la la laa, easy to sing and great to annoy your friends for a whole night and drive, and "I'm still standing" because I was still standing in a dark mind, suffering but still alive.

At that time, I couldn't run 5 km without a break, I couldn't climb an easy beginner climbing route top rope, my mind was broken. I didn't believe in myself and couldn't focus on my goals and unfortunately the body follows the mind and not the other way around.

A year and a half ago, I was motivating a Canadian friend, Stephen to run 180 km in 5 days along the Sunshine Coast trail in Western Canada on the other side of the world. I did my own "The Most Beautiful Ironman" in the Rocky Mountains, I did 4 American Dream Marathons. One year ago, I climbed a volcano in Ecuador alone for over 14 hours. I tried to run the Condor Trek, a five day backcountry hike on over 4500 m elevation in one day.

Half a year ago, I worked as a raft guide and ran the UTMB round of 160 km and 10,000 m elevation in 4 days by myself, with a short break at my friend's house, Matze. I came to visit him, after a horrible rainy, cold night. I rested for a day, he cooked, we played some games and I started again.

I started that run with Johanna, another friend, who joined for the first part and I could stay, when I came back. Half a year ago, I went to the Transalp run to join and support my friends Patrick from Hamburg and Todd and Adrian from Edmonton, Canada for parts of it. It's an expensive run but a dream for most trail runners. I ran the most beautiful parts in the best weather conditions for free and could motivate some good friends at the same time. I slept for free outside and got even invited for dinner.

### **Time can change so fast. The mind controls the body.**

After five long months of being numb and not able to run, I decided to run/hike one morning in Aspiring NP and to push my friend Kriz to his first half marathon and my first marathon, including a lot of walking. I got better and could do the Gillespie circuit in two days. I went for a morning run with Micro, a superfit Swiss machine, doing yoga and sport everyday and was way fitter than me a month ago. Now I had to wait for him on the climb of Mt. Iron, feeling not tired at all and motivated. I went to run with the Wanaka trail runners, where I met Ian, who did the Revenge, a crazy ultra race, talking and happy all time during the run and even motivated me to stay for a sponsorship. We ran together for the first time, chatting, laughing. He has old running shoes in my size, he wanted to give me them.

Corona, changed everything. A week later, he didn't even want to run a 5 km round, 2 m apart, together and I already started to miss a good run with a friend.

I started to run it two times in both directions, a beautiful run and I even talked to some crazy people on the way.

On the way back to the hostel, I picked some free apples from the trees next to the street, which no one else is doing anymore.

The next day, I thought, it's a good idea to motivate some friends for a two meter or even more social distance Mt. Iron marathon staffel. No one wanted to join. So, I thought, I have to run 10 rounds by myself. I started later than I wanted to do, around 12.30pm. On my first round I met Lauren and Ryan, some friends from the Lighthouse, walking the trek. They were happy to be outside and told me that they have a lot of extra food, I could have and they're happy to share. On another round, I met a Spanish girl, a little bit exhausted. I could motivate her a bit and pushed her to the top and could speak/practice my Spanish at the same time. I met a girl from America, sitting at the top, not on her phone but writing into her diary. She was happy to hear that you can walk to Roys Peak and hike it, without driving



which is forbidden. Everything seems to be forbidden at the moment. People are like sheep, not allowed to make their own decision anymore and decide what's best for you and your friends. I met a Kiwi couple from Nelson, for training, they hiked with their backpacks. I would have liked to join them for the next hike. I ran 3 laps to one side and 3 laps to the other side, running is so much more fun with other people. On my 7th, my last round I finally met some friends again, Joe from New World and Tama the guy from Nelson, i met before came back for a run, inspired by me running, maybe. Anyways, only humans are able to inspire other humans but therefore we have to do, to meet and to talk. So, I finally ran my last half lap with a new friend together, two meters apart, behind each other talking and sharing experiences, because that makes us human and alive. I got promised some food from some other friends and I did 32 km of running and 10 km of running yesterday. But the only think what was really counting in the end was that I created a wonderful day for myself just by going outside and being active and alive.

*“Conquering mountains is an ironic phrase. We are not conquering them. We can never pretend to be fighting nature because we're part of it. (Kilian Jornet)*

*“The absolute simplicity. That's what I love. When you're climbing your mind is clear and free from all confusions. You have focus. And suddenly the light becomes sharper, the sounds are richer and you're filled with the deep, powerful presence of life. I've only felt that one other time.”*

— Heinrich Harrer, Seven Years in Tibet

Climbing and mountaineering is another story than just running the trails beneath it. Climbers are in direct contact with death. Every movement is essential not to fall. Every climbing style is different and you can climb routes differently. You can't get closer to God and yourself than in the mountains. So small, so surrendered. You're basically alone with yourself and nature. If people call climbers who died in the mountains, dying what they loved to do and believed in, what made them pure happiness, if those people call climbers ignorant how can they respond? Negotiate life by not doing what you love. Everyone chose his love!

**SUFFERING => GRATITUDE = HAPPINESS = BE ALIVE**

[Mountains Film \(https://www.youtube.com/watch?v=w-OQjSJwpc8&t=158s\)](https://www.youtube.com/watch?v=w-OQjSJwpc8&t=158s)

The misty mountains cold (<https://www.youtube.com/watch?v=BEem0AjTbsac>)

## Islands - Port of the Unknown

*Islands - Port of the Unknown*

*What would you take to an island?*

Isn't an island a beautiful metaphor for life?

*You're kind of trapped somewhere but full of all the possibilities to choose to go, leaving the safety and voyage into the unknown. Who knows how far, who knows how long, who where to go? Just surrounded by open water.*

Here in Wanaka, Aotearoa, you can find the only island on an island on an island on... - Mou Waho.

Maria chose to organize a trip to this special place on her birthday with her friends. We swam to the last small island on the island. The island was not super special for me, another piece of land, just harder to enter. But the experience made it special. From the island<sup>9</sup> we sang a birthday song for Maria, because she organized this special trip with 18 friends. I think a birthday song on an island<sup>9</sup> is special.

Another island special for me is Ruby island. I swam to Ruby Island two times. Isn't it a dream for everyone to have an island for yourself. I've had an island for a sunny afternoon just for myself - what a feeling. It wasn't my property, none someone else's at this moment. I was just there with nothing then in my wetsuit.

If you're free from everything you own everything.

I went there one night on a SUP to sleep there.

The way out was hard, cold, windy and wavy but on the island the wind calmed down and I felt safe. I slept under a beautiful sky of scars and pure freedom for the next day. The next day the lake was calm and I paddled into a beautiful day.

I went back to work the same morning, but already had the feeling to live a full day. So, even if it was just one night sleeping on an island, sleeping anywhere can be a story. In the end I just slept and went somewhere like every other day.

You can create a story with every day, every moment, every single step you go. Remember, to write a good story you and maybe someone else would like to hear or to read and you would like to share with other people.

**Lord of the Flies**

*"A plane has just gone down. The only survivors are some British schoolboys, who can't believe their good fortune. Nothing but beach, shells and water for miles. And better yet: no grownups.*

*On the very first day, the boys institute a democracy of sorts. One boy, Ralph, is elected to be the group's leader. Athletic, charismatic and handsome, his game plan is simple: 1) Have fun. 2) Survive. 3) Make smoke signals for passing ships. Number one is a success. The others? Not so much. The boys are more interested in feasting and frolicking than in tending the fire. Before long, they have begun painting their faces. Casting off their clothes. And they develop overpowering urges – to pinch, to kick, to bite.*

*By the time a British naval officer comes ashore, the island is a smouldering wasteland. Three of the children are dead. "I should have thought," the officer says, "that a pack of British boys would have been able to put up a better show than that." At this, Ralph bursts into tears. "Ralph wept for the end of innocence," we read, and for "the darkness of man's heart". (Lord of the Flies, William Golding)*

*"Life has taught me a great deal," it began, "including the lesson that you should always look for what is good and positive in people." ([The Real Lord of the Flies](#) Story: Rutger Bregman's Humankind:*

*[https://www.theguardian.com/books/2020/may/09/the-real-lord-of-the-flies-what-happened-when-six-boys-were-shipwrecked-for-15-months?CMP=oth\\_b-aplnews\\_d-1](https://www.theguardian.com/books/2020/may/09/the-real-lord-of-the-flies-what-happened-when-six-boys-were-shipwrecked-for-15-months?CMP=oth_b-aplnews_d-1))*

### **The Beach (movie):**

I actually believe we learn a lot of being alone. Sailors and people who lived on an island out of society have some crazy, easy human based thoughts. The movie, The Beach with Leonardo Di Caprio, is probably the most famous movie about an island, some quotes: (<https://www.moviequotes.com/s-movie/the-beach/>)

*"Never refuse an invitation, never resist the unfamiliar, never fail to be polite and never outstay the welcome. Just keep your mind open and suck in the experience. And if it hurts, you know what? It's probably worth it."*

*"I still believe in paradise. But now at least I know it's not some place you can look for. Because it's not where you go. It's how you feel for a moment in your life when you're a part of something. And if you find that moment, it lasts forever."*

*"I just feel like everyone tries to do something different, but you always wind up doing the same damn thing."*

*“You hope, and you dream. But you never believe that something's gonna happen for you. Not like it does in the movies. And when it actually does, you want it to feel different, more visceral, more real.”*

*“The only downer is everyone's got the same idea, we all travel thousands of miles just to watch tv and check in somewhere with all the comforts of home, and you gotta ask yourself, what is the point of that?”*

*“Look, no offense and all. But, you're fucked in the head right?”*

*“If I was being completely honest, I was just like everybody else: shit-scared of the great unknown.”*

*“- Richard: I'm American.*

*- Etienne: So?*

*- Richard: I think in miles, not kilometers.*

*- Etienne: Okay, so how many miles do you think it is?*

*- Richard: I don't know, but it looks like a long way away.”*

*“In a shark attack, or any other major tragedy, I guess the important thing is to get eaten and die, in which case there's a funeral and somebody makes a speech and everybody says what a good guy you were. Or get better, in which case everyone can forget about it. Get better or die. It's the hanging around in between that really pisses people off.”*

*I had nothing left to offer but pure reflex. Pure reflex and mankind's basic drive for survival, that somehow shouts: “I will not die today”.*

*“Anywhere you go, desire is desire. The sun cannot bleach it, nor the tide wash it away.”*

## **Sailing**

*A ship is not built for the harbour...*

*“There is not such a thing as an atheist on the ocean in a lifeboat.”*

*“I can't control the wind but I can adjust the sail.” — Ricky Skaggs*

*“To reach a port we must set sail –Sail, not tie at anchor. Sail, not drift.”  
— Franklin D. Roosevelt*

*“Twenty years from now, you will be more disappointed by the things you didn't do than those you did. So throw off the bowlines. Sail away from safe harbor. Catch the wind in your sails. Explore. Dream. Discover.”*

— Mark Twain

*“No pessimist ever discovered the secret of the stars or sailed to an uncharted land or opened a new heaven to the human spirit.” — Helen Keller*

And a good TED talk about sailing: [The surprising thing I learned sailing solo around the world. Dame MacArthur](https://www.youtube.com/watch?v=oolxHVXgLbc) (<https://www.youtube.com/watch?v=oolxHVXgLbc>)

[The Island Taxi](https://www.youtube.com/watch?v=9-xMFNDugPI) (<https://www.youtube.com/watch?v=9-xMFNDugPI>)

# Believe

Believe.

Believe in yourself, Believe in others, Believe in yours dreams, Believe in Love, Believe in God, Believe in whatever you want, but always Believe in Something!

*"Lose your dreams and you will lose your mind."  
(The Rolling Stones)*

I never believed in God. I studied science and so I like to think rationally.

I ended up in the Lighthouse group, because I went outside to play, to show a friend, I met hitchhiking, to show her a new game - disc golf. We ended up in a group of people, eating. They invited us. And so we ate with them and did some slacklining – having fun. Being active, being together with friends.

I got busy and met the guys just randomly for another round of disc golf. I brought three other friends. They were welcome, we shared some frisbees and played. They even talked and got jobs through each other, they trusted and helped each other from the first moment. I came another time with another friend for waterskiing. We forgot to bring food for the group. They shared, they taught us to waterski, showed us cliffs to jump off.

I didn't show up for a while. I was depressed and caught in my mind.

After months I made it the first time to the Lighthouse. People didn't want to come because of the self-isolation, the next day. This time I wanted to come back. I forgot the cookies I wanted to bring. I brought a book and my diary.

I came in. First thing to do: They send me to wash my hands and seat me in a chair 1,5 m apart from each other. This didn't feel like the group I've met before. We met the first time inside a room, not outside to do something but inside to talk, worry and pray but not to do. Everyone brought a book or was reading something out of the Bible. I handed the Pee Wee Kiwi book to Ryan and he read it for all of us. It's a short little story about friends, beliefs, life and hope, almost like the bible.

I brought one book to share and got two books from them for free, one of them was the backpacker bible - I'm happy to read.

Remy was talking about his new job with bees. About hope and being grateful, not focusing on money. I read my chapter about "Plant a tree" and asked them to plant the "Echle Prinz" apple tree for me. Complicated but possible. Someone else was reading his wishes. Ryan looked into his phone to search for my apple tree. Thank you but it's not important right now, you will not buy it right now to plant it. Someone next to you is reading for you. That's the moment we have.

Also, we ate popcorn out of a bag without contacting them. Popcorn instead of a self cooked potluck. We prayed for love and hope. I just asked for a hug to say goodbye, because that hug gives me love instead of just saying/praying for it. Everyone was thankful, and we hugged.

Lauren gave me a bag of self-made oatmeal. She was proud of it, because she made it herself instead of just buying it. I left, saying hope to see you again! They posted a virtual meeting for next week. I will not attend. I'm sad. Virtual is the new come together in this cold new world.

I went back to the hostel. Ian the owner asked me where I've been. I said: Meeting some good friends for the last time for a long time. He said, just to let you know: "Next time it will have consequences." I hope the Lighthouse will always be open for me. A church should always be open, especially in dark times. Not to be a church but to have a place to believe.

## **A Glimpse of God is in every Human - Have Faith**

*"All of us have a God in us, and that God is the spirit that unites all life, everything that is on this planet." (Wangari Maathai)*

I walked along the beach with my friend Jacob, a Christ, and it took me quite a while for me to convince him to come with me. Yesterday, he told me he wanted to play in the Waves with me and here we were and I wanted to show him Body Surfing. Yesterday, he already didn't join me for some great waves. My friends even tried to stop me when I went in. They thought it's too dangerous without knowing about the current but in the end it worked out and I played in the waves and was happy, just would have liked to play with a friend instead alone. The morning was beautiful and the waves were great. Just Jacob still didn't want to come, when I tried to remind him that we said we will get out to scout the way because a part was not possible to go during the tide up. He said, we cannot change it anyway and we all will go the way anyways, but we said we will scout yesterday to the others. He said it would be a waste of time and he had to take down his tent. After a lot of asking he finally joined me for a morning run along the beach telling me that I'm sometimes kind of persistent and annoying asking people. For me it was not a question but a reminder of his desire from yesterday and a promise he gave to him, me and even the group.

He told me that having faith in humans could be a waste of time and I sometimes have to give up this faith. I should only have faith in GOD and Jesus Christ. A few minutes later continuing the talk, he said God is in everything and there is a glimpse of God in every human. But that would mean trusting and having faith in friends and other humans and everything around us is basically believing in God, which makes it way easier to believe in for me, because that's what I have to do anyways.

*"God writes the Gospel not in the Bible alone, but also on trees and the flowers and clouds and stars." (M. Luther)*

We scouted the way and decided it would be good in an hour. He went for a bit bouldering in the sunrise, because he is a climber and I showed him some bodysurfing, which he enjoyed like a kid. Was it a waste of time?

*"Reason is the enemy of faith." (M. Luther)*

When we came back to the camp, Chantal, his wife, had taken down the tent and he proudly told me of course she did. The others asked us how the crossing looked like. I said good,

even though it was still high, because I was anticipating that it's going down and by the time we would be there it would be good. He said it's still too high making the others think and worry. We did a morning bible reading.

One verse was: *"To love is to listen"* (Bible). Another story Ryan read the next morning for me was about the fisher I forgot his name, but he was meant to be a fisherman and opened the first church to fish for believers. However, he negotiated Jesus three times when I had been asked and promised Jesus three times, that he would believe in him when Jesus asked him. Sometimes, having faith is hard. In the Bible and even in real life. Jesus asked this guy, if he loves the fish, his passion or him more. If he would take care of his sheep and his lambs, which means for me, if you believe in someone, just believing and praying is not helping you have to help and to care what other people tell you and then you have to act. I don't know much about the Bible but going fishing and taking care of some lambs sounds fun and I could believe in that.

*"The fewer the words the better the prayer."* (M. Luther). - So we basically have just to enjoy life and living kind and grateful?

## Fly fishing lessons

Another bible verse, the same morning was:

*"Blessed are those who believe without seeing."* (Bible)

We went on and after passing the tide part and another beach we finally made it to the hut and with it to the river. Ryan, who read the Bible verses was really excited about staying at the hut and to go fishing there, so he took his fishing rod all the way but now it was senseless because we were not staying at the hut and he couldn't see any fish. But is the joy of fishing in catching a fish or to do the fishing? I asked him to show me how to fly fish, so he did after some more asking, He taught me a bit and I learned. Other friends were joining and asked other questions and we all enjoyed the river and fly fishing without seeing any fish, or even thinking or believing there could be one but we had fun and carrying the rod wasn't senseless in the end, which would have been the case otherwise.

### **Go(o)d joke:**

A man is caught in a flood, and as the water rises, he climbs to the roof of his house and waits to be rescued. A guy in a motorboat comes by, and he says, "Hop in, I'll save you."

"No, thanks", the man on the rooftop says. "My Lord will save me."

But the floodwater keeps rising. A few minutes later, a rescue plane flies overhead and the pilot drops a line.

"No thanks," the man on the rooftop says. "My Lord will save me."

But the floodwaters rise ever higher, and finally, they overflow the roof and the man drowns.

When he gets to heaven, he confronts God.

"My Lord, why didn't you save me?" he implores.



"You idiot," God says. "I sent you a boat, I sent you a plane."

"I think in a way we are all just like the guy on the rooftop. Things take place, there is a confluence of events and circumstances, and we can't always know their purpose, or even if there is one. But we can take responsibility for ourselves and be brave. (Lance Armstrong)

*Believe you can and you're halfway there (T. Roosevelt)*

***There is an indefinable mysterious power that pervades everything. I feel it though I don't see it. ... This informing power or spirit is God. To me God is truth and love. God is ethics and morality; God is fearlessness. God is the source of light and life, and yet he is above and beyond all these. God is conscience. He is even an atheist. (Mahatma Gandhi)***

# Stones

Stones. No ears. No voice. Timeless stories.

Dear Stone,

so many colours, forms, structures, just waiting till someone sees your beauty and picks you up to take you to another place. Are you creating stories or are we making stories about you.

My dear friends Jana and Dan, I found it!.

Jana, a few days ago you asked me for a gift for Dan. A necklace, a stone. Dan can wear close to his heart. I should find a gift/a stone, which expresses all your love for him and for this country in one single small thing in a time when all the shops are closed, and of course I wanted to put my deep respect for our friendship in this gift as well. Can you buy something like that?

I thought of leaving Wanaka and all this Corona thing behind me, it was just too much for me. Just that night Jim, a Maori Kiwi and a wise friend here came by. He told me about all the rules and laws and scared me but he also gave me a goal for the next day. He showed me his Pounamu (Greenstone), the God Stone/ Peace Stone of the Maori tales, which he got from another Maori friend on the campground the days before. A Stone maker, his name: Dan.

I found this guy, a story, my interest in stones and much more by looking for a gift for a friend from a friend in love.

Dan and Jill were some of the last people on the campground. I told Dan the story and he took out the stones and his stories.

Out of heaps of stones, I picked your stone.

Tangi Wai - Tears of Sorrow/ Tears of Love.

The legend is about a great warrior, trying to rescue his love, but he was too light in his canoe and couldn't rescue her in the end. This stone symbolized his tears.

I talked for a while with Dan and Jill, about God, the world at the moment, my depression, Dan's depression and his way to Jesus Christ which gave me hope and trust, my fears. I got a new friend through this simple question, an honest new friend, after a short time but I feel a lot of trust and an open heart. I felt welcome, just asking for a stone/ a gift. Not just a product to buy.

Dan, do you remember, when we did this rafting trip in our team. It was the best rafting, I have ever done and will ever do. A boat of friends, grade 5 river, adventure on a beautiful day. You were the guide, because you were the best of us and we trusted you. In the end Jana felt out. You/We couldn't do anything to help here. I've never seen you more worried, not about stupid cancelled trip with customers or anything else. We all felt with you and luckily it was a Happy end but it also showed us the unpredictability of nature again. From pure fun to something else, I can't put into words.

This stone I'm wearing at the moment on your behalf has already brought me so many stories and reminds me of so many friends and times. I'm waiting for the time when I can pass it on.

When the Maori were arriving at the west coast they were looking for the God Stone/ Peace Stone and they found Pounamu, after a while a lot of them referring to Dan found their belief in Jesus Christ as well.

However, I went on to Lake Hawea and in Hawea I found all this coloured and painted stones with little messages for me and you. Only good positive words. The stones in Hawea were speaking. I went back to the hostel and in an apple tree I found a friendship wristband for my stone. The wristband was too wide for my stone whole and it broke. It makes me happy, because it means that I have to work on my stone.

Kia ora hoa Pounamu Tangi Wai!

A few weeks later on a SUP trip I brought some stones from lake Hawea back to the hostel to get creative and bring some beauty to Wanaka as well. I painted a few stones with my own creative signs.

A cross combined with a double smiley stands for BELIEVE in Happiness, Dreams and God's plan for you. The upper smiley stands for the sky protecting your happiness from the top but reaches to the sky, while the under smiley reminds you, where you're from and settling you on the ground!

More LOVE: A upside down double heart in heart reminds me to believe in Love and only in Love!, because Love is the answer for everything. Live, Love, Laugh. Be kind! Give Love and you will get more love back!

# Small things. Curiosity. Creativity. Sharing.

Things:

Things are just things. They come and they go while experiences and interactions stay forever - invest in experiences not in things.

You *never own things. Things always own us*

([What is Freedom](https://www.youtube.com/watch?v=NZE1MmG9x6o) - <https://www.youtube.com/watch?v=NZE1MmG9x6o>)

What to buy for the Covid lockdown? I don't know what you bought but I like to share what I bought. A lot of people bought tons of food and toilet paper, even the supermarkets asked to shop as usual.

I bought one box full of stuff which I could carry on my bicycle, because I went there by bicycle and not by car.

I got a cardboard box for free to carry my stuff and I will make a sign for my bike out of it: "Free to share. Use it. Enjoy the ride and please bring it back."

I bought some almonds, because they're pure power food. Some smoothie mixes. I bought a carrot, because it's grounding me and I can eat it on the way. An apple to remind me to eat some fruits every day. We got a pear tree at the hostel and lots of apple trees around, where I can pick some fruits for free and later I even found some strawberry trees, chestnut trees and even more apple trees. I bought some other more expensive, sustainable produced food and was a little bit upset to see that a lot of unhealthy, non small, local food was sold, while all the food I bought was almost full on stock. I bought a USB stick to remind me to save and share and look back on my stories.

Hundred grams of high quality Whittakers chocolate ....., not my favourite, because it was sold out but Craig's favourite one, a friend from Nelson, I met couchsurfing and who introduced me to this chocolate, and the favourite chocolate of a friend is great too.

Some, I love baking unicorn cookies, because I love unicorns and I even love cookies. They always make me happy and they are great to share with friends, when it's dark and cold outside, after a good adventure.

I went to the bookstore "Paper Plus", because it was one of the remaining shops open.

Others bought big books to read to kill time during the lockdown. Somehow, I got really interested in a small picture book, titled Pee Wee The Kiwi (<https://peeweethekiwi.co.nz/>) with beautiful pictures and a short story you can read in 5 minutes. I actually read it in the store, but I really liked the story. It's about a little Kiwi looking for friends and meeting all the other birds, who can do things like singing beautifully, being creative and playful, can swim in the water and so on. Pee Wee the Kiwi feels always depressed and little and not worthy of anything but in the end he meets Noah the moa and all the other birds come back because Pee Wee the Kiwi was a good friend. The book is just a beautiful story about Life. A

kind, little, brave Kiwi travelling and adventurous, looking for friends and a place and maybe a meaning in life. The book cost over 20\$, which is quite expensive for a little book, but I was super surprised and happy when I got the book with a small little stuff Kiwi. How cool is that to get a book and I shared my book with others and got in exchange more books than I can actually read, all for free. I presented the Kiwi story in the Lighthouse and got a magazine and a Backpacker bible, which probably takes me all the lockdown to read anyways. As a second book, I bought a pink diary. I didn't really like the colour but the cover quote and it wasn't available in another colour and not the outside of a diary matters but the inside is important. The cover quote is: Dream it! Wish it! Do it! So I bought two books. One for reading and more important for sharing and secondly a book for writing, writing down my thoughts.

*"Reading and Writing are one of the oldest forms of meditation."*

### **Small things matter - Be Kind.**

#### **Message in a bottle:**

If we read carefully and with fantasy, we can even find joy in a Maple syrup bottle. After a long hike, I rested a night at a friend's house. In the morning I decided to make some pancakes for us, because to start the morning with pancakes is never a bad idea. The organic Maple Syrup by whole Harry is pretty interesting if you think a little bit weird about it. It has three maple leaves on it in the front. They're black, red and gold, which is the German flag, the country where I'm from. Produced in Canada, the country I love. Shipped all the way to New Zealand, the country I am right now. Harry is the nickname of my dad, which connects this bottle to my family. The text in the back is saying: "...With 65 protective antioxidants and minerals, you need to be getting this precious sap of the tree gods into everything you possibly can." This advertisement is basically saying that GOD is in the trees and nature and you have to suck it in as much as you can. So, go out into Nature and have fun to believe, which is quite fun for me and makes it easy to believe.

But to be fair instead of a hidden message for me, it also could also just be an advertisement of a Maple Syrup company, who knows ;). But with fantasy and curiosity this maple syrup bottle is worth reading and thinking about it. It kept me entertained and if you read this with some thoughts, this message of a bottle kept you entertained as well ;).

Song: Message in a bottle, The Police (<https://www.youtube.com/watch?v=ZRRSRNDuu98>)

#### **Creating Happiness at the Source**

The place: In Wanaka we have a beautiful water source, where a lot of people go to get clean drinking water for free and also without a plastic bottle without going into a shop but go into nature. Before it was a meeting point. People talked. Some other people created this source nicer with stones to make it more enjoyable for others. The place gives a great view on the world in small format. A beach to play, a lake to swim or paddle, a houseboat

because it was someone's dream to live there. How many of my friends told me about this houseboat and they want to be there. Funny, in the end it's just a lonely house (self isolated in a lake), the jet skies for unexplainable extra fun. The street and open field in the background going to the Aspiring NP into the pure wilderness?!

The mountains, calling for us. The endless sky, other days you could see paragliders from here. A bird is playing and singing around me. What else do we need to dream or to enjoy? I went on to the beach, because a day before I got inspired by stones, painted by other people in Hawea. I was thinking of doing it and another friend at the hostel motivated me when I wasn't sure anymore.

I found a nice stone and a beautiful piece of wood and took them to the beach. I started to paint, to express myself a bit. I'm not sure if it's art, if it's beautiful but it made me happy for that moment doing it. If someone likes it or throw it away. I don't care. I was reading an article about my friends Ryan and Lauren in the Lighthouse magazine, which portrayed them really good and tells a story about friends I haven't heard and would rather like to hear in person from them but it's still kind of connecting and I was happy to read their story and got inspired and felt connected a bit more. It also inspired me to write a little bit more down in my diary about my story and my thoughts.

I placed the painted stone and the wood at the source just because I think it fits and makes a few people smile and curious and also because to leave a little bit of myself in the beautiful world if I will be gone someday to keep people smile because that's all we can do and it's always the best thing to do. Connect with friends and strangers and give them some nice words and some hope and maybe even a smile and make their and our day a bit better. Later that day we built another art project out of an old beer bottle and plants as a gift for a friend. Giving away some fun, happiness and creativity.

Be happy. It's more fun!

Smile.

Music: All we do - Oh Wonder! (<https://www.youtube.com/watch?v=xPGREQvK-dQ>)

Find yourself, lose yourself and then find others.

Humans need humans to talk, to inspire and to motivate and small things matters. Deep inside we like to share, create, be curious, motivated, active, to think and to be social. It makes us human.

At the same time I was a little bit worried, showing some symptoms of Corona like hustle, a bit of headache etc. I wasn't worrying about myself. I'm healthy and it's just a virus, but to bring the virus to my friends in the hostel.

The same day, I got a message from a friend in Canada with some bible verses, asking me to share it. It doesn't hurt me or anyone else and it was a request of a friend to send love into the world, so I do.

*"After the war, the Israelites came to Moses and said, We counted and No One is missing (Num 31 vs 49)."*

I shared it with a few friends, who were still more worried about my wellbeing than themselves. Praying for me and not for them. I went into isolation.

Two days later, I went to the source again and my project was gone but while it was there it made some people happy and smile, that matters. I found it, thrown away and put it up again further away from some humans, who might not like it but still visible for people, who might have a view into the beauty of nature to find a little surprise which hopefully makes them smile!

### **A birthday surprise by an unknown friend**

My friend Lauren celebrated her birthday and we were planning to go SUPing, but actually it's not really fun with just one SUP and the other just watching. Thank GOD (Ryan and Lauren are my friends of the Christian Lighthouse group in Wanaka), Ryan found a kayak from some very kind people who put the kayak out for sharing. Just free to share without knowing us at all, just trusting us! What a beautiful, kind present of humanity:

"God wants you to be in peace and enjoy his beautiful creation. This kayak is free to use, just put it back.

God loves you." Thank you God for a beautiful day.

Song: [Hurra, die Welt geht unter!](https://www.youtube.com/watch?v=XTPGpBBwt1w) (<https://www.youtube.com/watch?v=XTPGpBBwt1w>)

# Let's play a game...Monopoly or Settlers of Catan?

Let's play a game...Monopoly or Settlers of Catan?

Games are social, fun and good games have a learning experience. We played games when I was a kid, in the evening, when it was cold and rainy outside. Instead of watching TV or playing on our smartphone.

When I met Dave, we ended up to talk about the game "Settlers of Catan. One of our favourite games and Game of the Year for some year.

It wasn't available in the hostel game box but we are creative and we can create/make games. Dave is an artist and when we first met he said it would be easy to build the Settlers game. It just takes dedication and people are always distracted and tend to be lazy instead of using their potential. The next day, instead of building the Settler game, Dave found a Monopoly game and wanted to play it. Not because it's better but just because it's there, ready to take.

Monopoly is a game about money. Buy as much as you can and to win by buying everything while walking for all the time in the same round. It's boring after some time. Settlers of Catan is normally a shorter game of development. Develop your own settlement and trade resources with other players. We both said we don't like Monopoly. We both like Settlers of Catan more. It also symbolizes the world a bit, how it is at the moment and how it maybe should be. Maybe they are just two games, maybe a metaphor for our world, who knows. But in fact, there are a lot of people who prefer Settlers over Monopoly!

In the end Dave started to build the game and other friends joined to help. It's fun to build a game and be creative but it takes time and effort. Finding some cardboard in the trash to create the game, using painted matchsticks for the roads and stones for the settlements. My friends always got distracted instead of finishing the game. Instead of playing and trying a maybe non perfect game, they wanted to build a perfect game from the beginning, like the original one, no adaptation, fixed on a plan.

"The template has to be perfect." Wrong! You can draw it, make mistakes, cut it and make it again. Games and Life is a try and we can just always try our best, that's all we can do. We almost finished the game and I went out for a run, when I came back everyone was in front of the TV and drinking alcohol.

Steve, hasn't played the game but always heard about it and wanted to play it. Always waiting for it, because others have had no time but he also didn't invest the time to help the others to really play the game. We never have time and this virus shows us that we have no time, but instead of using our time wisely and playing a game with friends, we hide and save ourselves in fear and distraction. Time is never stopping, it's just passing by and now we



have the time to think and realize what kind of Life/Game we want to play in the future. Monopoly or Settlers.

In the end we played a self created not completely perfect settler game and we all have had a lot of fun. I played with an open hand, sharing and trading all my cards just to try a different way. It didn't work out completely and I didn't win but also didn't lose completely but have had a lot of fun during the game. The winner does not get more than the same fun, maybe a little bit more for his ego but after 5 min, no one is anymore talking about the winner.

Everyone was proud to have built a game which normally cost 50-60\$. Saying we build a game for free. Not completely true, we invested time but as long as the time is worth it's better than money.

For me a game is not about winning but learning with the process and having fun with friends. One friend asked how long a game takes on average. I said, normally around 60 minutes but I also played ones over 4 hours, til 3 am into the night. "Ohh, that's sounds not good." It's good, we chose to play and we could always stop but games are supposed to make fun and forget the time, so we have had a good game instead of sleeping - a fair deal for me.

#### Learnings from the Game:

When you throw a seven and have more than 7 resources you lose half of it. I've had 10, so I lost 5. Other friends were angry. But it's just a game where you lose and get resources. Just a game, so I have had no regrets. Because, it's not affecting my life at all, wouldn't it be great if we could just see life as a game

Tables moved. Oh no, the world is collapsing-laughing. We built the game again.

You can trade resources with the other players or the bank in the game.

Ole: "I give you two wheat. Dave: "But I'd rather trade with Becca, she is nicer and she needs it more." Ole: "I give you three. Dave, wait. I will change one for one but you have to wait till it's my turn. Ole: "I can't wait."

I played the game another time with two other friends and we were just giving everything whenever someone asked to help. It worked and was fun too. In the end someone won and we all had fun and played the same game and maybe even a bit faster and with more fun. I learned something out of both times, I played the game. Same game, same rules, same outcome but two times a different game experience.

I also, really like to be creative with other games and change the rules sometimes just to try new things but often other people are too focused on the rules and don't want to try new rules, even so it's just a game and nothing can happen. It could be more or less fun than before or it could be just a different experience than people have from the game experience before. We can just learn from some games but therefore we have to play them. Nothing can happen.

We played some Werewolf another evening. It's a role game. You have some Werewolves,

who kill villagers in the night and during the day the villagers have to decide to figure out who the Werewolves are to kill them and win as a village. Then there are some extra characters like Armor, a healer, a hunter, a couple and so on to make the game a bit more interesting. The villagers have to work together and have to decide democratically, who they think is a werewolf and who they want to kill. It's a fun kid`s game to play around a campfire, but apparently adults like it too and maybe it's even a game teaching us a bit about how the world works. Just a kids game but fun.

I invented the murder game. Symbolizing the virus. You hand over a thing when you are alone with another person. Both have to touch it. Everyone wanted to be in--taking the risk for a virus for fun. Is it irresponsible? No, we are in the same house for 4 weeks. It's impossible to not touch. Games can symbolize life so well.

I also played a game of chess later with Steve. Unfortunately, it was a chess game out of drinking glasses for every figure you lose you have to drink. We both thought it's stupid to combine a strategic game of kings with drinking and played without drinking. We played and it looked pretty bad for me and I lost a lot of figures but in the end I won by surprise. A game/Life is never over before it's over!

Just hope and want to motivate you to play some games with your friends or family at this time. After this, the Game of Life is starting again and it has been changed and you can always choose how you wanna play the game!

**Next Game: Game of Life. Enjoy it to the fullest. You can only play it once and you don't know for how long. And you can make most of the rules, so be creative.**

# Yoga & Meditation - Just breathe and do what feels good

Yoga & Meditation - Just breathe and do what feels good for you.

*"It's not about being good at something. It's about being good to yourself."*

Yoga is for a lot of people quite a story, especially for guys. "Girls always develop a little bit faster in school and are 2 years or so ahead", my mother said to me when I was young. Yoga? No, I'm an awkward, stiff triathlete. Ok, professional triathletes, climbers and everyone else is doing it and/or of course a little bit meditation and/or Wim Hof breathing. And then there is the rest of us. Going in a studio with only cool sporty girls and blaming yourself for trying to stretch a bit. No way!

My first Yoga minutes were taught by Nele, a Yoga obsessed girlfriend of one of my best old school friends. She first talked about her Yoga session that day and a nice story about a guy there and how Yoga and trusting her made his day a bit better. However, in the end she taught me and Felix, my friend, a 5 min downward facing dog position. Five minutes were enough for the next 6 months.

Yoga was everywhere in Wanaka. Friends went to the gym and yoga sessions and sauna after. I was depressed and not even good in running, a sport I was normally good in, so yoga was no option.

It got worse and took to the time till another friend, Maria, a certified yoga teacher, in the hostel offered to teach her first yoga class outside the hostel. Surrounded and pushed by friends, accompanied by other friends who never did yoga, I did my first full yoga class and felt just great and like walking on a rainbow after it. A first really good feeling after being numb for a long time. I did some yoga, breathing meditation the next weeks for myself and visited other yoga classes and watched online courses, because you have to find your teacher, who is doing it right for you, a friend suggested.

I've ever had this rainbow feeling from my first session again, but I also never felt bad after it.

Lockdown in the same hostel, I've had my first yoga session but unfortunately Maria and my other yogis were all gone. I did my breathing, yoga and meditation at the same place like then. A beautiful view on the lake, some birds singing. One day Liza and Oliva, two new friends joined for a bit of yoga.

In the group, we decided to do some yoga from now on every day at midday. It never worked out.

Instead we have had a big yoga class in front of the TV. A yoga teacher from New York taught us Yoga from a TV, inside. I would lie, if I would say I like it and it corresponds with

my idea of yoga at the moment. I joined for a few parts and exit for other parts to write but that's yoga as well, choose what is good for you.

The other day, we finally practiced some yoga outside, five of us and my first lesson as a yoga teacher after 3 month as a yoga student but in the end yoga is easy. Just do what feels good!

Not sure if I invented a new way of yoga but I haven't seen it before, so let's call it SharingYoga :). It's correspondence with my philosophy "together alone", that we always can learn from others and it makes more to share and teach instead of just one person doing something.

I started with some yoga but the others have had more experience, so whenever someone has had a good idea or pose to add or wanted to teach for 5 minutes, we changed and had a new teacher and a new way of yoga explanation putting me into the back. Somehow, I finished with a Wim Hof breathing, just because some didn't know about it and during the session we talked and laughed about it. I finally had this rainbow walking feeling, like after my first session again and also learned to maybe include Wim Hof into my yoga and maybe sharing yoga, outside in a group of friends, with some singing birds on the gras and under a blue sky is the ultimate form of yoga for me. But I'm still super excited to learn from others and my friend and first yoga teacher Nele (theartyoga) is creating a yoga video I'm gonna watch and try because in the end it's yoga and I can always learn something new and will always feel better afterwards.

Some words of my friend Morgan, I found in her post a week after our yoga class and it made me smile.

*"Day 3: A friend offered to lead an evening yoga class. Here's what I appreciated most about it: I was reminded to soak in the sun's warmth and light. I was told more than once to listen to what the birds have to say. We all had a chance to take a turn as instructor and share what felt right with no judgement. I heard gratitude for the blue blue sky. I learned a new breathing technique from a friend who practices it every morning. Laughter was plentiful. I saw a cloud shaped like a hand. Thank you, yoga friends!"*

# A good job!

Work to live / Live to work. Do what you love!

I've had a few different jobs and but never really a profession or a professional job, but looking back I learned something from every single one and can look back happy that I've tried it and not been focused just on the money but always had some fun and found some friends in the jobs I did, which is worth more than money.

I started my career as a postman. I was all the time outside and got paid for walking/cycling around and giving people something to read and to say hello and on special days, like Christmas I got some extra money or gifts from the people. If I was too busy for school, my sister or my parents helped me sometimes. Exploring my neighbourhood and neighbours.

After this, I worked as a swim and triathlete trainer, teaching friends and kids and adults in a sport I love at that time and being creative with creating the best training I could imagine for them. Disadvantage was the short time, often one hour to work but effectively almost two hours to go there and back etc. and also to combine it into my own training.

Working as a climbing instructor in an adventure park was my longest job, I did it for almost 10 years beside other jobs and studying and looking back it was just a great job. I worked outside, in a forest, surrounded by an amazing team of friends, a boss, I could always talk to and who was open to new ideas and interested in bringing people together. We called our customers guests and just wanted to make their day a bit better. Most of our guests were families and kids and groups but also business groups, relaxed and friendly and just looking to have a good day together. As a trainer, I was just there to help, guide and maybe rescue them - just a friendly hero. What a job, getting paid for being, outside in the forest, being active and friendly to people. A special moment, I still remember was when Albi, my boss, was cleaning up after a long day for all of us of team coaching and BBQ. Colleagues filled out their worksheet and left to catch the train and go home. I felt a little bit sad for Albi, cleaning up all this alone and we managed to clean it up together in around half an hour instead of 1 hour or even more for him. I didn't get paid but most of our jobs don't really hurt and sometimes it is more fun to help as a friend than working for money. There are so many people in this world. Any of our jobs would be a small dream, giving them money and socialising and a small purpose. Behind every company stands the idea of an entrepreneur/owner who is taking all the financial risk and much more work to provide us with a job. I came to the adventure park in my free time to see my friends and climb with other friends and just have a good time outside. I got other jobs as a tree climber, climbing instructor and so on through that single job and the connections I got there, just by trust and humanity and I will be grateful forever, that I worked there with humans on a project to make the world a bit better and make some people smile. In the end, I worked there as an instructor for the new trainers. For me it didn't feel like work at all, because I could teach

what I like to interested new friends, active and outside. In the end, Albi and I shared the money of the course. I didn't make a fixed price but we talked about how much is fair and ok to earn for both of us. Not sure if it was fair, because I did actually do all the fun parts, while he did the hard part of advertising and office work. Seeing projects and dreams and small businesses like that, trying to make the world a better place, struggling the most by Corona at the moment is breaking my heart. It's not a company to make a lot of money but a dream of a friend I was invited to be part of and being involved for some time.

I also worked as a self-employed arborist/tree climber. It's dangerous, physical and sometimes mentally hard and weatherwise unpredictable and every day is somehow different. A different team, a different project/tree, a different customer, a different rescue and work plan. Sometimes you get invited for a cake or a tea while working, other times the neighbour hates you for cutting down a branch or you have just no idea how to cut down the tree at all. For me it's still one of the best jobs in the world, sometimes missing the social aspect of trainer jobs a bit. Still, when I can climb a tree, I feel like a child again. I'm concentrated and in the moment, because I have to and it's fun.

### **Three short work examples:**

When I started tree climbing and learned a bit, I got a call from an older lady, asking if we also could rescue a cat sitting in a tree for over three days, not her cat, just a stranger cat. We have never rescued a cat before but we tried our best and in the end the cat just fall ten meters down into a spanned bedsheet others were holding on the ground and through on the ground and was panicked running away. The women invited us for tea and cake and even gave us 50 €, just for doing something good.

Another time, a family in the climbing park was asking if someone can hang up a swing for their kid in their tree. A fun and short project, so I went. A few years later, they messaged me again if I could take it down again, the kids are grown and not using it anymore. I thought they could just cut it down and it's all good. At the time I was in Austria and it took me a while to come back home and to get my stuff together and come by. When I was there, the son, who was excited to see me climbing again was still visiting a friend but it started to rain anyways and so I went in to eat with them and we were talking about their and my travels in Colombia and Ecuador. When the rain was over, I took down the swing and let the kids climb a bit and swing in my harness. A twenty minute action took me over 3 hours but it was a really good time and I had all the time fun and in the end they still wanted to give me money to pay me.

Before I went to New Zealand, I got another job cutting down a really big spruce by rigging because there was a treehouse on the last part of the tree. The guy who asked, had just done a geocache course taught by a friend, I met in the climbing park and went tree climbing once. I haven't been in the trees for over half a year, just rafting all the summer, and only had a small chainsaw, too small for the tree and also couldn't find an experienced

tree climber because I made the price too cheap again and it was the beginning of the season. In the end, I worked with a guy, Robin, who just finished his A-tree climbing course. I have never worked with him before and just met him once. He didn't know about all the stuff and neither how to really rescue me, so we thought a lot and I explained a lot and we figured out a plan B, I felt good with. However, it took almost double the time I calculated and I kept calculating that I wasn't coming on my normal hour wage and how much I can pay him and so on. But in the end a job always takes as long as it has to take and till it's done and you're happy with the result and you can't rush in the tree, safety first. After finishing that job, I felt super happy, everything was good, no one got hurt, the job was done. I was working with a great new friend and introduced him to tree climbing and he was just motivated and tried his best all the time instead of just seeing it as work, we have to finish to go home. In the end, I gave him 100€ and he was thankful, because he would be even happy to just learn something, that was his intention. The customer invited us for dinner and we talked about trees and other climbs. What a great day - just my job at that point!.

I worked as an instructor for wind turbine service technicians and got paid way better, working in the warm environment, drinking a cacao and teaching every day kind of the same at the same place for less hours. It was a good job too, still teaching other people and working with friends and people but it wasn't outside and with families and a friend, who worked with me before in the climbing park and now is working there all the time is always telling me the negative parts about this job and the positive ones of the adventure park. People went there for training, because they had to go, not because they wanted to go. Looking back, I still feel blessed to try and mix all these jobs and always have the free choice to do what I wanted.

Last summer, I worked as a raft guide in a holiday region of Tyrol. The payment was not really good and sometimes you feel like paddling a group of alcoholics down a river, washing their wetsuits afterward. From another perspective, you're outside at some of the most beautiful places on earth, sharing, teaching some groups to have fun on the river and respect nature. In my time off, I went for runs or with some colleges for rafting, kayaking or canyoning. Things for which our guests paid hundred of dollars. We all shared a house together, cooked together and for one week, even friends came by to try rafting and go climbing and mountaineering with me.

I feel pretty blessed looking back, able to have tried all these jobs and sometimes I forgot to appreciate it enough and I think most of us do, while doing the job!

It's hard to keep up with these jobs but I was focused on a career and doing something out of my year long studies. Looking for a career instead of happiness like we all are sometimes tending to do and getting lost in a job for years.

In Wanaka, NZ, I worked as a Camping ambassador in a paradise, surrounded by lakes, mountains and friends, getting a good payment for doing nothing. Sitting around and talking

to people. I was unchallenged, bored and couldn't see the purpose of the job. Maybe my other jobs before were just too good and I was too lucky, maybe sometimes depression just hit us, maybe I was too worried about a future job and that I couldn't find one which looks like fun.

I quit three times and asked my boss three times if I can come back. He took me three times back and when I finally quit completely, he understood and also my work mates still accepted me as a friend and not as a complete confused guy and I'm more than thankful for that.

My last job was as a packer in the freezer section of a supermarket, New World. I never wanted to work in a grocery store but I'm happy for this experience as well.

I had to start at a specific time every morning, wearing my uniform, locking in with a fingerprint, not allowed to use my phone, have a 30 min break and doing boring packer things without much talking. On the other hand, I realized that I don't want to be a "slave". That I went outside in my 30 min break just to get some sun. That working without my phone makes me more happy and concentrated. That I'm happy when a customer recognizes me and asks me where he/she can find a product. That I'm happy when a workmate is saying something to me or I find a new cool product. That I appreciate my days off. That I'm getting crazy happy when my boss is coming by and asking me after reading my application, if I can help him to cut some branches outside on the trees, knowing that I'm a trained arborist. That I have time to explore all the cool products we have and that behind every product there is a company with a message sending with their product. That I would love to visit these companies and meet these entrepreneurs to hear about their vision, products and how it all works.

I asked for an extra day off to work for a tree company again. On the first day they greet me with a hug. I realized that it's good to work with people, I can call friends outside and in nature and do something for other people.

Always remember you can decide what you do. Don't blame someone for the job he /she created for you but be thankful to have this job and be part of someone else's dream or vision. If you don't like a job you can change or you have to be brave enough to create your own job. Even if a job is not defining you as a human, it's a part of what you believe in and spend your time for. It can suck some time and be fun other times but it should always be more worth than just the money you get because you're paying with your time. It's an exchange!

[Time for Money](https://www.youtube.com/watch?v=4GX6a2WEA1Q) - Jose Mujica (https://www.youtube.com/watch?v=4GX6a2WEA1Q)



# Animals

Animals - Our best friends!

*"Be brave! It takes guts to be a mama bear."*

*"When I look into the eyes of an animal. I do not see an animal. I see a living being. I see a friend. I feel a soul (A.D. Williams)"*

Some people say animals are better friends than humans. They're listening and sometimes acting like they understand us without judging or whine. They don't ask but wait for us. They make us go outside. They make us care, love and hug someone. It's not only dogs or cats but any other animal is life, is different, has a soul and a story like any of us humans. Infinite stories of life in this world. This is maybe one of them. A small, little dog story, but it's beautiful and I'm happy to maybe just have been a little part of this dog's life story.

## **Rosco - A little dog story**

Rosco: Over a year ago, I went to a small little village in Ecuador, Quilotoa, to do the Quilotoa loop and the Quilotoa trek. At the lake I stopped for a little dog, who was alone, not like the other Ecuadorian street dogs, loud, just there, not even begging for food, I had no food with me and didn't feed animals. However, he was cute and followed me a bit and I took a picture with him, just because it was a small, little, kind and adorable street dog who made my day a bit better and I wrote:

" Happy Animals 😊 :) Besides beautiful places and friendly people, free animals are often highlights of a lot of my trips and make my and our experiences even more alive and enjoyable.

It's pretty sad that some of them are just living for a few months in tiny cages to end on our plates instead of being our friends and living a humane life.

That's why I prefer to eat cookies instead of meat 😞 "

A few days ago, I reached out to Jonathan, a friend in Banos, five hours away from Quilotoa, who I taught a bit German in a school, while I was there, sharing my first paragliding experience in NZ with him, because I knew he is a great paraglider. A few days later I got this beautiful and surprising message.

"Hello!! My name is Sydney. I visited Ecuador for a few months, I just returned home. I actually ended up adopting a dog that followed me for days and nights when I hiked the Quilotoa loop! A friend just sent me a picture from an old post of yours...and I am pretty sure it is either the dog I brought home to the states with me, or a sibling, or a parent! I was wondering if you would be willing to tell me more about this doggo in your photo! I am so curious if it's my pup or a relative? Because they look SO SIMILAR, yet different."

"Dear Sydney,

I don't know anything about the dog. It was just a cute, little street dog full of love and trust in people that made me at that moment and that day really happy and looked cute and happy then. But he was just a dog and I was just another tourist, so he couldn't talk to me. In your pictures he looks even happier, finding you and making you happy too. I can just tell you to give him a big hug from me!

I love watching animals, can't explain why.

They're flying diving, swimming, running, eating and playing like us without all the stupid human stuff around. Animals trust us without asking.

Prisoned, killed and dead animals, they make me cry.

Too often we decide!

*"If slaughterhouses had glass walls, everyone would be a vegetarian."* - Paul McCartney

### **A little Bird Story**

Have you ever had a baby animal to care about? I've had a lamb "Blümchen" when I was really young and a small baby duck we found on the street. So, helpless and depending on you.

Lately, I found an injured bird at a glass bus stop. He probably flew against the glass and was laying in the bus stop and looked pretty bad in shape. So, I picked him up, just to put him somewhere a little bit nicer to at least die in nature at a beautiful place in a flower bed at the cemetery. I put him on the earth into the flowers and left, because I couldn't do anything else. I got a little bit sentimental and drew a smiley on a nutshell, kind of a gravestone and settled it next to the little bird one hour later. He still didn't move and looked miserable. When I came back the next day, the bird was gone.

### **A dog walk - Am I walking with the dog or the dog with me?**

Another day a friend of a friend asked me if I wanted to join him for a walk with his dog. A six month old young puppy, first time in Wanaka and exploring a new place. Hell ya! When I came back to the hostel, Steve asked me what I'm doing? Going out with a dog was my response.

"Do you get at least some money for walking the dog", was his question.

I would be ashamed to get money for this pleasure.

From another perspective, I also don't give any money to the dog. He is walking with me as well and sharing his happiness and his curiosity. The owner joined me for the walk and we talked a lot.

It was just a simple walk of pleasure!

Why should we pollute this walk with the exchange of money.

Oh, actually we did and I got paid. He invited me for a hot chocolate and some valued time together.

Background worth reading, watching, listening links:

[Animal Farm](https://www.youtube.com/watch?v=XXkicQRI6vg) (https://www.youtube.com/watch?v=XXkicQRI6vg)

[Dominions/Earthlings](https://www.youtube.com/watch?v=LQRAfJyEsko&has_verified=1) (https://www.youtube.com/watch?v=LQRAfJyEsko&has\_verified=1)

[We feed the world](https://www.youtube.com/watch?v=41mi9igI5Kk) (https://www.youtube.com/watch?v=41mi9igI5Kk)

[Food, Inc.](https://www.youtube.com/watch?v=KUNuKs_Qyqg) (https://www.youtube.com/watch?v=KUNuKs\_Qyqg)

Okja: <https://www.youtube.com/watch?v=qZpXID6ihWM>

SirPlus Food Markets and Raphael Fellmer;

<https://www.youtube.com/watch?v=P5gY0Cwlgco>

Book: Eating Animals (Jonathan Safran)

Mama's Last Hug, Frans de Waal

(<https://www.theguardian.com/books/2019/may/08/mamas-last-hug-frans-de-waal-review?fbclid=IwAR0Hlaezc2qmw94Xr3B8knCH8KVMlMTDKEqyHKTWJ7oVre7GQ05KjYuktCE>)

# A special Day

**A day. A special day to celebrate. Every single day.**

## **A birthday run present - We can run together**

Herzlichen **Glückwunsch** Stephen and all the best from NZ. Inspired by your idea and birthday invitation and everything you taught me I went for a 29 km (my age), 8 Wonder Birthday run in Wanaka. I could even motivate a friend to join me for the first half and in the second half I ran and listened to some music and thought about the wonderful runs we have had together and others which will hopefully follow. It was also my first half marathon in a mask, Corona safety first but also a lack of breathing so great extra training like a professional. This run just happened because you taught me to be creative, motivate other people and put a long run in small chapters of different places to explore.

7. Wonders of Wanaka.

1. Sticky Forest top, just wonderful trails build by people for people to enjoy
2. The bridge and campground I lived for over a month and like to jump from every morning for a cold shower
3. Mt. Iron the closest Mountain were I did a Still Standing Backyard staffel with friends
4. A beautiful source with clear water to drink and a fantastic view, all for free.
5. A beautiful Redwood I like to climb.
6. The famous Wanaka tree
7. Ruby Island is a beautiful Island where I slept and celebrated my birthday.

Most important is the 8 wonders.

Nature and the motivation of a friend to celebrate a day and the moment and maybe just go for another run in a wonderful world!

Have a wonderful day!

We're so lucky most of the days and take it for so granted instead of always reminding ourselves, that we're probably one of the 10% of people who are able to read this because we have the time right now, a computer, electricity, the knowledge to read, no hunger or thirst, so we can concentrate. We're in this world and can think. We're living in exactly this

time, in which we can just walk to a grocery store to get food, without a war, without slavery.

The question is, if I actually know more about life, than a little, poor, hungry child who still enjoys playing soccer with friends and smiles sometimes? No, I definitely don't. I'm just born lucky.

*"You have an opportunity and a responsibility to enjoy and to live your life as passionately as you can."* - Nick Butter, [Running The World 196](#)

## **Birthday thoughts of a friend!**

Another friend, which was actually in the same town and would have had the time to celebrate with me instead to do no but to share his 30th birthday thoughts with me and other friends and I really liked his viewpoints and couldn't explain it better:

"Hello dear everyone,

Today is my 30th birthday. A big moment that's happening far away from most of my loved ones. A lot of you haven't heard from me in months or longer. You know how it gets tho. To have some sort of connection on a reflective birthday, I wrote a sort of essay that compiles some of my contemporary opinions and ideas. And I'd like to share that with you. Feel free to share it with people whose contact I don't have. Also feel free to share with strangers if you think it could mean something to them.

I'm going to thank you already for the wishes and please bring your glass to my health somewhere today!

The piece:

Today I turn thirty.

Today exactly 30 years have passed since I first came upon this earth. In other words, the earth has completed 30 loops around the sun since I first drew breath. In itself this 30 is an arbitrary number: it's only relevant because we calculate in intervals of 10. If I had been born in old Mesopotamia, presumably this would have been my 26th birthday. But in our world I turn 30. And because a symbolic number is a perfect excuse, for once I'm not going to hope that people will remember my day and wish me things, but do the exact opposite.

In itself not much will change, of course. I will presumably continue the slow process of development that I've been living through my whole life. There is no abrupt fracture between 29 and 30, apart from the fact that I now start writing my age with a 3. But in reality this seemingly unimportant change of a 2 into a 3 still has a considerable impact.

Turning 30 does not change a whole lot, but socially I start belonging to a new category, that of 'people in their 30s'. And that change does have real implications. As a newbie in this category I obviously have little idea what it's like, compared to someone turning 40 today. And yet I feel like certain expectations come with the category.

People in their 30s are grown up. They finally get taken somewhat seriously. If they didn't already do it in their 20s, they get houses with kids inside of them. They pay off their mortgage with a steady job that gives them purpose. They take up their social responsibility. They contribute and teach how to contribute. They finally fulfill the role they have been prepped for their whole lives, and they prepare the next generation to do the same.

I am of course creating a stereotype. A stereotype of which everyone who knows me feels that it doesn't fit me. I'm happy to finally get taken a bit more seriously (although that was already the case in my late 20s to be honest), but apart from that I feel little desire to conform to social expectations. To put it more bluntly, I have never felt at home in our society.

I have never felt good about the sequence school-work-pension with as its highest aim the outdoing of others and the climbing of the social ladder. I don't like the fact that our world is divided into bosses and followers and that we're being taught this is a law of nature. I never felt good about the mantra that more consumption will make us happier. That this time the emptiness really will be filled by the new iPhone. I've never felt at peace with, and I actually even felt some disdain for our society that praises itself as the best ever, but constantly steps on the people that make this luxury possible. I believe in our world psycho- and sociopaths are privileged because it's easier to lay off a factory full of breadwinners if your brain is incapable of feeling empathy. But "what I can't see, doesn't bother me" is also the motto of those that stubbornly refuse to look past their own yard so as not to feel guilty about being born on the right side of the world. I bless the universe for granting me the privilege of being born into the Western-European middle class and all the opportunities that come with it. But my empathy sometimes makes normal functioning within our society hard. Sometimes I envy those that don't give a fuck. Their life is probably (even) easier. Poor me!!

The aim of this writing is not to paint myself as an enlightened benefactor that looks down on the assholes that are ruining everything. Not in the slightest! Everyone has been fed these ideals since birth so it's only normal that everyone joins the race to the top. It's normal that those who make it there happily pat themselves on the back. We've always been told that this is the summum of civilization so if one becomes successful in the best possible society, you have a right to be proud, right? Success feels great and recognition for success feels even better. I don't want to deny that. And also those that feel good about a house and a garden, a raise at work and three weeks of holidays a year, may enjoy that to the fullest! Your life is yours and you should do what feels best. What I'm trying to accomplish in saying this, is explain why I've never felt at home. I'm not saying these aspects of society are evil, I'm saying they don't fit me. The insatiable hunger for more money,

power and possessions is not the devil's work, but it's work that makes me run away screaming.

When I turned 26, 27, 28, I always felt that turning in the stomach everyone is all too familiar with. I felt 30 creeping up and felt as if I hadn't accomplished anything worth being proud of yet. Or rather: these were moments when I felt one of my biggest fears most strongly: that of 'the life unlived'. The fear that on my eventual death bed I'd be asking myself what I had done with all those years that had been given to me. That I would have wasted my time. And if the laid out path feels like a waste of my life, what do I do instead?

Halfway between my 28th and 29th birthday I took the big leap into the abyss and relocated to the other side of the planet. My solution to fill the emptiness society brings me, is to look for intensity. In the six months that followed, I saw half of Australia in a crazy adventure full of hitchhiking, climbing mountains, looking for water and making new friends, with kangaroos, kookaburras and eucalypti around every corner. When I turned 29, one year away from 30, I felt nothing in my stomach. Slight hunger at the most. No more fear for the life unlived, cause I was living the intensity that I was looking for. I did the crazy shit that I could look back on with pride and no longer felt that I was wasting my time. I learned that the answer to the question 'what makes life worth living?', is a question in itself: does it fulfill you? And what I did fulfilled me, so I felt no fear for the big 3.

Today I turn 30. Since my 29th birthday I have continued my crazy adventure: from outback to tropical rainforest to New Zealand, where autumn is embracing us. A huge turnaround has taken place. I'm not afraid anymore. Moreover: I'm actually kind of enthusiastic because I'm curious how this decade of my life will play out. I excitedly clap my hands because I can't really wait to see where this story is leading. As if I want to binge-watch life.

That probably sounds a bit strange in uncertain times like these. There's a virus that separates us, with governments using this opportunity to get an ever greater grasp on the populace they trust less and less. More cameras and more control are applauded by those receptive to the fear mongering that can advance one's career so easily. The thinking in 'us vs them' is an increasingly popular solution for the problems caused by the division into different categories. Economic uncertainty and smart propaganda cause those most heavily affected to point the finger at each other. And if that's not enough already, we're in the midst of an ecological disaster that could very well wipe us off the map. How can one be enthusiastic about the future in such a situation?

Well, because I see life, or rather existence, as a grand story, and we have the privilege to consciously live through it. The greenstones in New Zealand's rivers are also blessed with the gift of existence, but I doubt that they'll ever retell the tale. We are blessed with existence and the conscious experience of it. Along its road we forge bonds and feel love and acquire so many different experiences. Live through things that fulfill us. And more so: we have influence. Whatever we do, it will be a part of the story of the universe and that's

quite beautiful if you ask me. Whether you find the remedy for the coronavirus or you Netflix and chill all day, this is your addition to the story. According to me, the question is not whether one is better than the other, but rather whether both were fulfilled by it. If not, they'd better invest their time in something else. If so, then it was worth the time.

And it's true that this episode of existence isn't the most pleasant one for us living through it. But would *The Lord of the Rings* be as good of a story without all the trouble that Frodo and his companions went through? We're in that part of the story where it seems as if 'the forces of evil' will gain the upper hand, but the battle ain't over yet! And many tiny lights are currently popping up to brighten the darkness: people are realizing that social and essential workers are far more valuable than the celebrities we used to give all our attention to. That the shareholders have a lower need for those coins than the employees that fill their pockets. We see that the race to the top is not as important as being in touch with our loved ones. That not being able to go outside is harder than not being able to shop. People are reaching out to each other and seeing that this is beautiful. The explosion of creativity brings us laughter and tears. Scientists across the whole world are coming together to beat this quasi invisible enemy. We're living through an experience that currently connects almost every person across the globe. And even nature curiously comes peeping on our doorstep after a month of lowered production. The sprouts of a more beautiful world are showing themselves already even before the destructive inferno has finished.

A cliché I'd like to repeat is that I think that the best weapon against dark times is not giving in to dark times. Keep your head up, keep your hope up and stay looking for happiness in those places you can find it. Be happy we have the luck to experience this, even if times are a bit rougher now. When I look back to the hard times I've personally struggled through, I'm happy that I lived through them. Hard times shape us. They teach us lessons and make us grow thicker skin and allow us to navigate the rest of life with better preparation. "Level up", you could say.

The big difference between me now and me ten years ago, heck, even two years ago, is that I no longer feel powerless. Back then I felt like no matter how hard I'd try, I'd never have any influence on the world. Today I know I have influence. And if it's not on the whole world, then at least on the details of the story of the universe. My story in that universe. To continue with the video-game analogy: life is like a gigantic role-playing-game and I have the capacity to play the game as I want to with the stats I have. And that goes for everyone. Currently a lot of people play to gain the highest score, but I'm gonna play to make the game as pleasant as possible for everyone. To level out the stats a bit and make the game a bit more fair.

There is no existence outside of experience and in my experience seeing someone smile brings me more happiness than outdoing someone. I kind of assume that goes for most people. In this open world we're playing in, everyone can put their energy in the direction they want to go to. Are we aiming for the money? The fame? The name in the annals of



history? Or do we go for making the experience more beautiful for the greatest possible number of players? I would whisper in your ear that fulfillment is the biggest price and that money and fame probably don't lead there. But that's, like, my opinion man. You can only decide your focus yourself. I for one definitely know what I'm going to be putting my energy into in the coming decade.

Happy my birthday everyone!

Hugs and kisses from beneath the snowy mountaintops on the southern side of the world,

Sander

# Lakes

**Lakes. Clear Eyes of Mother Earth.**

*These are those waters!*

Take a refreshing bath and come out awake and like a newborn sometimes.

Lakes can be lying calm in the sun. They can be rough and wavy with the wind. They can be clear like a mirror or even shiny like a diamond in the sun. They can be green, turquoise, and all the other colours of blue - light or dark or both or some are just muddy brown. They can have all different forms: round, long, with islands in the middle, formed like a heart, surrounded by mountains or flat meadows or beaches.

You can watch and enjoy them from a mountain, from the beach or from the boat. You can do activities like sailing, canoe, kayaking, paddling, fishing, SUPing, kiteboarding, windsurfing, waterskiing, cliff jumping, BBQing, stone skipping, diving or swimming.

When I came to Wanaka, Ruby Island seemed pretty appealing. In the middle of the lake around a km from the shore, easy to swim but still a good swim. Time went by and I explored the lake mostly from the shore by enjoying the view but on special days I was able to try waterski on you, doing a birthday boat trip with friends and going cliff jumping on the way. Volunteering for the triathlon, I was even able to go for a sunrise SUP tour. I bought a wetsuit to train again and swim but mostly to swim to Ruby Island. There are even competitions, called Ruby Island swim.

One day, I did and it wasn't hard at all. I was a swim trainer before and Hendrik, my senior trainer and almost every swim trainer I know always says, swimming is about the technique and not about power, just for sprints, maybe.

I enjoyed the island on the lake for a short break in the sun before I swam back, feeling great after this easy accomplishment and some time for myself.

During the first period of the lockdown I tried the Wim method, just because it was only a short walk to the lake from the hostel and we even had a dock to jump from. People asked me if it's cold? Of course but just for the first moment and sometimes it's even warmer than the air. Friends joined sometimes, but Wim Hof recommended doing it constantly, so I did it.

Dave was thinking about the idea if it's possible to swim all the way to the other side and to the Wanaka tree. I gave him my wetsuit and some trust. The next day he was less convinced and found excuses. He wouldn't fit into the wetsuit without trying it, he can do it another day. He fit into the wetsuit and swam the first bit to the bojes, that was enough for him,

saying you have to train for an accomplishment and he will have heaps of time. Or you just do it and look for an even bigger accomplishment after it, to grow.

I lost my faith in Dave, but apparently one day Paul another guy asked me if he could borrow the wetsuit for a swim and he swam almost all the way to the other side, not to the tree but to the other side. The other guys were cheering him and were also a little bit worried about him, but standing and cheering/worrying about him is not really helping him at all. It's like FB likes for pictures instead of reading the message, just useless and not helpful, showing that I was thinking for a second hey, not more. I decided to go and bring him his clothes and a towel instead.

I got really happy, when Edwin took the wetsuit one morning, even before the sunrise to start swimming into the sunrise. Having a wonderful sunrise swim on the lake and then reached the tree really cold and without anyone cheering him. Luckily, Sophie, another girl from the hostel was there for a morning walk/run and she called Suzanne, her mom to pick Edwin up. Just a story about a lake, a dream, a swim and trust in yourself. I like this story. The lake got closed to swim in it a few days later. I can't understand why.

But I still enjoy the view every morning :)

After 4 weeks, I'm allowed to swim in the lake again and to SUP on the lake and we build a sail out of an old umbrella, so I can even sail.

There is an amazing movie, called [STAND UP](http://standfilm.com/) (<http://standfilm.com/>) about the Canadian First Nation, building your own board out of wood and an action of paddling to save the area from an oil pipeline project!

# Dreams/Dreamer

**Dream it! Wish it! Do it!**

*Loose your dreams and you will lose your mind (Rolling Stones).*

*You are never sorry what you do. You regret what you don't do!*

**No regrets!**

A dream keeps us motivated, keeps us on a path and keeps us alive. Dreaming and share our stories and adventures make us human and who we are. As older we become and as more we know, explore, hear and see as more we can regret what we haven't done. That makes travelling and hearing inspiring stories dangerous. When I was depressed, basically every cool story of another traveller or a friend made me not happy for him but sorry for me, that I haven't done it with him or instead, which is definitely the wrong perspective but it's hard to control the mind sometimes. But you can't fulfill other dreams or all the dreams in the world. You have to follow your own dreams and therefore, you need to clarify them and maybe write them down. This time is a great chance to really define your dreams.

*Dreams are the touchstones of our character (D. Thoreau)*

Some people dream about a small little house and a family and a good job, other people dream about money and career. I keep dreaming about adventures and share these with some good friends. The good thing is that dreams can always change and we don't have to stick to them but at least for me they always come back to my mind at some point.

I'm pretty happy when I follow a dream and they still make up the best of my stories. Doing a bike ride along the WestCoast from Vancouver to San Diego, "Most beautiful Ironman in the Rocky Mountains, or the Sunshine Coast Trail, or the Rim to Rim and some smaller dreams like SUP tours etc.. If a dream is strong enough it's our decision to find a way to do it. There is nothing stronger than a dreamer following a dream.

I normally planned most of my ideas and always tried to encourage other people to join me. Some of my ideas were too spontaneous, some too crazy or some just at the wrong time for others to follow but at the end I really often ended up to do things alone or just with one or really few friends. Often people came afterwards to tell me it looks so cool and next time they will join. There will never be a next time. There are so many dreams in this world and to copy a thing the second time will never be like the first time. I also learned that sitting somewhere and waiting for a dream, that it comes to you is always an illusion. We have to chase our dreams actively and with a lot of effort.

Another thing I always learned on my solo adventure achievements was that when I was really in a bad situation there were always people/new friends or angels showing up to help

me. A family picked me up after riding for 4 hours in really bad weather conditions on the Icefield Parkway. Going for the Skyline trail the day after in the rain and exhausted, someone lent me a car to drive and to sleep in. I met a farmer family in the middle of nowhere on the Condor trek in the dawn and rain in 4500 m altitude on a stupid solo run. Somehow, I am always lucky but I guess sometimes we have to prove our guardian angel.

When I came to New Zealand I didn't really have a strong dream to chase. Travelling a bit and seeing the beautiful landscape and working a bit beside in a good area.

That didn't work at all for me and I got really depressed and just followed minimal dreams. Luckily, I've been surrounded by a lot of friends at that time and I could join them on a few of their projects and build up some ideas again for myself. Small goals like to go climbing, swim to an island, climbing a tree, applying for a job, running a half-marathon again.

All my dreams have nothing to do with money but with nature, exploring and friends and sharing. Money is just a thing to bring me there faster or more easily.

Running/Exploring is always part of my dreams and luckily ultra/trail runners are often just crazy dreamers and a good community.

Before the crisis, I finally went for a run with the Wanaka trail runners and met Malcom, who did some crazy cool running projects and built up the Wild Things Trailrunning community all over New Zealand. As impressive as this runs in the mountains was that he ran a backyard ultra of 60 km in his backyard for his birthday and even more impressive for me was asking for monetary help for the Wild Thing project for the future. I think it's one of the bravest things to ask someone for help! On the other hand they dreamed and built up a one week trail running dream, working as a team with companies and sponsors together.

They were asking for building up a New Zealand list of Dream trails you want to run in a week (<https://contest.app.do/thedreamtrails/Pgfi-lwp>) in exchange, they ask for supporting them as a VIP membership of 49\$, so basically a lottery idea.

However, building up my Dream trail list helped me to focus and write down the runs and hikes I want to do in New Zealand. An ultra run can symbolize a day in a life. The goal is to run *Aotearoa* in one week to see a glance of all the beauty of this country and this world.

*Take your time to dream! It's never wasted! The hard part is to make your dreams come true!*

*Dreamers: Nothing is stronger than a person following his dream!*

1. Stewart Island - southeast point and on an Island
2. Kepler Track to run in Fiordland

3. Routeburn
4. Mueller hut Aoraki NP to run close to Mt. Cook in the heart of the South Island
5. Copland Track to run at the West Coast
6. Abel Tasman to run at the beach
7. Queen Charlotte Island track because it's an Island journey close to the Sea
8. Tongariro Crossing because it's famous and I missed it on my way down
9. Cape Reinga to run at the most Northern point
10. Rangitoto is close to Auckland to finish.

Other dreams for my life:

- A treeverse climbing, sleeping in or under the Kauri trees and being active for them to help to protect them.
- A Carribean bike/run/sailing tour hoping from Island to Island
- Tour de Europe, climbing the highest mountains, paraglide between, kayaking the rivers and MTB, trailrun the trails between.
- Ki uta ki tai paddling down the Clutha river in a plastic build float from the mountains to the sea to show the way of plastic.
- Canyoning all the Auerklamm in Tyrol
- Swim the Imster Schlucht Rafting course in Tyrol
- Having a trail running festival in the Canadian Rockies, running the most beautiful trails in the Rocky Mountains and meeting every evening with friends on a campfire and sharing adventure stories.
- Paddling down the Yukon with friends on a SUP with some good friends
- A CliBoTri Raz in the Adventure Park in Hamburg
- A sail voyage around the world
- Seeing the Takayna forest in Tasmania
- Running all the Volcanoes in Guatemala

- SUP/Sail/Surf down the Coast of California

Risk it for the biscuit!

Shoot for the moon, even if you will miss, you'll land among the stars (Les Brown)

Keep dreaming and never give up!

*"Dead dreams rot within us. Not to do what we want causes bitterness. Bitterness manifests in anger, jealousy or depression."*

And always remember:

***"Your nightmare might be someone else's best dream."***

Music: [Sweet dreams](https://www.youtube.com/watch?v=qeMFqkcPYcg) are made of these. Everybody is looking for something....(<https://www.youtube.com/watch?v=qeMFqkcPYcg>)

# HAPPINESS

## HAPPINESS :)

*Happiness is when what you think, what you say, and what you do are in harmony  
(L. Tolstoy).*

*"If you see someone without a smile, give him one of yours!"*

*"Peace begins with a smile (Mother Teresa)*

*If you want to be happy, be (Leo Tolstoy).*

*Happiness is to enjoy the little things in life.*

*Happiness is only real if shared (Into the wild)*

What makes you happy?

After taking pictures of little smilies over the last couple of years I finally put it all together  
and made my own Happiness board:

Wind. Snow. Rain. Sun. Night. Stars. Sunrises. Stones. Trees. Animals. Plants. Water.

**NATURE.**Being Outside.

Adventures. Gifts/Treasures. Colours. Mistakes. Surprises. Freedom.

**FRIENDS.** Talking. Family. Camp Fires. Playing. Sharing. Come Together. Happiness is only  
real if shared.

Swimming. Cycling. Climbing. Flying. Running. Walking. Exploring. Travelling Dancing.  
Surfing. Handcrafts. Meditation. Yoga. Breathing. Cooking. Eating Good Food. Listening.

Watching. Reading. Writing. Recycling. Art. Learning. **ACTIVITIES.**

**IMAGINE.** Inspiration. Motivation. Doing. Courage. Curiosity. Creativity. Culture. Thinking.

Smiling. **DREAMS. TRUTH.**

Don't worry be happy or HAKUNA MATATA

**LIVE & LOVE & LAUGH**

Be Alive in a Beautiful World living a Day.

A friend, Lieze, painted me a picture when I was depressed to always remind me to Never  
regret. We never regret what we do but what we don't do. Try, make mistakes, try again. Be  
perfectly imperfekt. Never, ever die in a chair (Chadd Wright). *Yesterday's history.*

*Tomorrow's mystery. So live for today.*

Another friend, Ryan, painted me another picture with plum colours saying LOV. Always  
choose Love and Hope over Fear.

Be happy. It's more fun :)



Disney Movies (<https://www.disney.com.au/>) are actually amazing showing the truth and the happy things of life if you watch them with some fantasy and kid's eyes.

Lately, I watched: The Lion's king, Spirit - The Wild Mustang, Frozen, Mulan and lately Onward, showing exactly the boring world we live in right now at the beginning, while for magic you have to believe in yourself and be honest etc. They all have these beautiful hidden meanings for Happiness in Life!

# Mother Earth - Nature. Wilderness

Mother Earth, Gaia, Pachamama, Papatūānuk, Papa, Akna, It Bunoo, Nature, Wilderness

Be quiet. Listen. Breath.

What is the use of a house if you haven't got a tolerable planet to build it on? (H.D. Thoreau)

*"Go into nature, fall back in love with the natural world, and let your commitment stem from that place of connection. What you see may spark a powerful connection that will motivate you into action." (Xiuhtezcatl Martinez)*

[Let Nature Heal You](#), Green Renaissance

(<https://www.youtube.com/watch?v=wfGCy3PJ2SA>)

[Prescribing Nature](#)

([https://www.youtube.com/watch?v=0uk0QriYYws&list=PLG9D\\_Vk9VQKiQZfZ4HsnY4-jm2ASgsz8i&index=14&t=0s](https://www.youtube.com/watch?v=0uk0QriYYws&list=PLG9D_Vk9VQKiQZfZ4HsnY4-jm2ASgsz8i&index=14&t=0s))

It's not about us!

*"In wilderness is the preservation of the world." (Thoreau)*

*Everything has beauty, but not everyone can see it! (Konfuzius)*

We still think, we are the center of the universe, the center of earth, we/ I am the most important.

We are not! We are a glimpse of time. Nothing of what we humans do is important. All we can do is to be grateful, to be on this wonderful planet every single day and appreciate it and try to enjoy it and restore it. Go out, HEAR the birds, SEE the small plants. SMELL. FEEL the wind.

It's Earth Day today! We have one day to remind us about all the beauty surrounding us. Gratitude!

The world is big and I want to have a good look at it before it gets dark (J. Muir) or the modern translation in cool: "Never stop exploring!" (The North Face slogan)

*“Men come and go, cities rise and fall, whole civilizations appear and disappear-the earth remains, slightly modified. The earth remains, and the heartbreaking beauty where there are no hearts to break...(Edward Abbey)*

*When the last tree has been cut down, the last fish caught, the last river poisoned, only then will we realize that one cannot eat money.*

*The Last Unicorn Movie/Songtext:*

*“When the last eagle flies over the last crumbling mountain  
And the last lion roars at the last dusty fountain  
In the shadow of the forest though she may be old and worn  
They will stare unbelieving at the last unicorn  
When the first breath of winter through the flowers is icing  
And you look to the north and a pale moon is rising  
And it seems like all is dying and would leave the world to mourn  
In the distance hear the laughter of the last unicorn  
I'm alive, I'm alive  
When the last moon is cast over the last star of morning  
And the future has passed without even a last desperate warning  
Then look into the sky where through the clouds a path is torn  
Look and see her how she sparkles, it's the last unicorn  
I'm alive, I'm alive”*

*(<https://www.youtube.com/watch?v=EKkrv2pTbJw>)*

Growth for the sake is the ideology of a cancer cell. (J. Muir)

You don't need to be a biologist or scientist to be a nature lover/conservationist. You just need to be a human with a heart and a voice. (E. Abbey)

*“And then we are sitting quiet; looking into the sky up to the stars, the horizon of the sea listening the waves, the snowy unreachable tops of the mountains in the sunset feeling the*

*cold of the night coming, smelling the moisture of the forest in the spring and listening to the singing birds and the splashing small, little river. These are the moments when we are wondering what this all means, who we are, and why are we here and what is the purpose of life? Just to forget it again..."*

Some beautiful free things to learn and celebrate our Home, our Mother Earth, who gives us everything and we just destroy every day a little bit more but it's still there to enjoy and shine every day.

- [Home, Yann Arthus-Bertrand](#)
- [Mother Nature is speaking](#)
- [Meeting and presentations Pachamama Alliance](#)
- [Earth Song, Michael Jackson](#)
- [Mother Earth Song, Culcha Candela](#)
- [Papatūānuku \(our earth mother\) is Breathing, New Zealand Auckland](#)
- [TED Talk: We are all connected with nature, Nixiwaka Yawanawa](#)
- [Colours of the wind, Pocahontas](#)
- [Mother Earth Jane Goodall](#)
  
- [Planet of Humans](#)
- [The Earth is just as alive as you are](#)  
([https://www.nytimes.com/2019/04/20/opinion/sunday/amazon-earth-rain-forest-environment.html?fbclid=IwAR1EcZOKDt\\_e4HcAsZ\\_GtA66nugGJwNFcqvQpu44UVDY1BID6mupV1vNxD4](https://www.nytimes.com/2019/04/20/opinion/sunday/amazon-earth-rain-forest-environment.html?fbclid=IwAR1EcZOKDt_e4HcAsZ_GtA66nugGJwNFcqvQpu44UVDY1BID6mupV1vNxD4))
- [A letter from Patagonia founder, Yvon Chouinard](#)  
(<https://www.onepercentfortheplanet.org/stories/a-letter-from-yvon-chouinard?fbclid=IwAR1muSwnAsxzJEGfOJenwAKyi9RrJo1SQy0Eo5EKpjZPjbKHXRgRlgxPOLY>)
  
- [Wilderness](#) (<https://vimeo.com/190453307>)

## Sea. Ocean. Unknown. Unexplored. Sharks. Death

*Nowhere is the horizon further, the sunset longer, the quietness louder.*

Oceans. The ocean covers over 70% of the Earth's surface, and over 90% of the Earth's biosphere, less than 20% of the oceans have been mapped. Yesterday, we celebrated Earth Day! The ocean is the unknown, unexplored and misunderstood part of our earth. Some people have done a sailing voyage, and have seen the upper surface of this mysterious world.

I'm not born at the sea, I've never lived there for long, I'm not a sailor, not a surfer, not a diver. Still, if I come there and see you and listen to you, I feel calm and home and I feel a deep desire to listen and feel.

A recent post from a friend made me really sad. He posted it during the lockdown, one day before Earth Day showing a boat filled with a lot of dead baby hammerhead sharks - "Catch of the day Hammerhead shark. That alone is sad enough. They bought 14 baby sharks for 5\$.

### What is a life worth?

Sharks are kind of the humans in their world, they have almost no predators. We fear and celebrate them. 400 million years old, thousands of species. Hammerhead sharks get around 15 babies per year and can get 25 to 35 years old. By buying these sharks we are not fishing and eating an endangered species but also killing all the babies of an amazing creature.

Comments: "Enjoy dude.", "Damn cool", " Well..i am totally against killing them! Actually i was like WTF is that hammerhead shark... but they were dead anyway.. and i know that they don't throw the fish back in the ocean.. i mean even if i don't buy it and no one buys it they wouldn't stop catching it. So i was like fOk it .. lets eat some fish .. ", " you had 15 sharks for 5 dollars ??".

What we eat is our choice and always a statement. We have more time than ever before to think about how we want to live in the future! These sharks would have had almost a human life ahead. Instead of us they are not destroying everything around them. They're not the killer, killing everything around them just for fun. Maybe they have more soul than we, Homo sapiens, maybe they're more sustainable.

"[Tavaha](#)" is a nordic expression for taking care of the ocean, and is a short documentary about Simen Knudsens perspective on plastic pollution and why he contributes (<https://vimeo.com/311262874>)

Another beautiful film about surfing and bipolar disorder is the documentary about Andy Iron ([Foundation](https://andyironsfoundation.org/): <https://andyironsfoundation.org/>) "[Kissed by God](#)" (<https://www.youtube.com/watch?v=GJWIPRvtAHk>).

*"The ocean washes away the ills of mankind, and surfing soothes the soul."*

Never have been our oceans in more danger!

"BLUE is a cinematic song for our oceans; beautiful, intimate and grand. Fearlessly truth-telling, yet passionately hopeful. See this film and you will want to rise up with the waves."

BLUE - The film: <https://bluethefilm.org>

[https://www.youtube.com/watch?v=wwMh9Y\\_xxhw/](https://www.youtube.com/watch?v=wwMh9Y_xxhw/)

The Ocean Nature's Speak: <https://www.youtube.com/watch?v=rM6txLtoaoc>

Ocean Film Tour: <https://nz.oceanfilmtour.com/trailer>

One breath around the world:

<https://www.youtube.com/watch?v=OnvQggy3Ezw&t=612s>

The Flipflop: <http://www.theflipflop.com/>

Stand UP film: A beautiful film about the Canadian First Nation, SUP boarding and to Stand up for your rights <http://standfilm.com/video/>

# Keep running - Never give up!

*Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes (Buddha)*

“Kia ora from Wanaka, New Zealand

I heard about the Trail Running Film Festival for the first time when I was in Santa Cruz, California. The Festival was held in Monterey an hour south of Santa Cruz.

Luckily, another running friend gave me a ride and during the ride a lot of trailtips and network connections for Santa Cruz.

I really liked the exhibition in front of, learning and meeting people there and the community projects. Also, to talk to other runners and share trail running dreams, been stocked after watching the film.

Corona: I can't complain. I can still go for runs on some beautiful trails here in Wanaka. Running on some awesome MTB trails in the forest just to have some beautiful views on the mountains and lakes. But I also know and had a great trail community before the lockdown and it would be just way more fun to share this trails and the fun again with other runners and I miss to chase the trails with others. I know that the mountains and real trails in the mountains are calling and waiting and can't wait to explore new trails again.

Dreams:

Aren't all trail runners dreamers, becoming kids again on the trails, but we have to play on the real trails. Just listening to podcasts or watching cool running movies might inspire us but in the end, we have to run and explore trails ourselves to feel alive. That'S the deal! It's important to have a goal and keep running towards it. It makes the training and the way more interesting.

The Wild Things trail running community NZ asked for a personal trail running dream when the lockdown is over.

I would love to run all over NZ. In the south, the north, the east the west. In the mountains and on the beach. It's basically everything possible here in a week with a little bit of effort. But even more important for me is to run with others, with friends, new or old. To share the trails and maybe sitting in the evening together around a cozy campfire and sharing other trail dreams.

Every runner knows that a run can mean/symbolize a day in a lifetime. Easy, uphill, downhill, sunny, dark, warm, cold, runners high, crawling on your knees and crying. Sometimes we need a friend telling us to keep running, sometimes we have to be this friend for someone else. The trail running community is awesome. To all of you: Keep running, crawling, moving and hopefully see you soon again on the playground of nature. Sharing some trails,

adventures and laughs. Keep running!

Some Forrest Gump quotes:

*"Mama always said, dying was a part of life. I sure wish it wasn't."* – Forrest

*"My mama always said, 'Life was like a box of chocolates. You never know what you're gonna get.'"* -Forrest

*"You have to do the best with what God gave you."* – Mrs. Gump

[Never Die Easy](https://www.youtube.com/watch?v=QcJoW9Lwzs0&list=PLG9D_Vk9VQKhAweG7Upavbi8DOYkYHBKu&index=149&t=497s&fbclid=IwAR0tnrwJer4xWRU6JlfRaicvf5FA-ohHM96_cNv-Y176TCxW0yN2Aegen-U)

([https://www.youtube.com/watch?v=QcJoW9Lwzs0&list=PLG9D\\_Vk9VQKhAweG7Upavbi8DOYkYHBKu&index=149&t=497s&fbclid=IwAR0tnrwJer4xWRU6JlfRaicvf5FA-ohHM96\\_cNv-Y176TCxW0yN2Aegen-U](https://www.youtube.com/watch?v=QcJoW9Lwzs0&list=PLG9D_Vk9VQKhAweG7Upavbi8DOYkYHBKu&index=149&t=497s&fbclid=IwAR0tnrwJer4xWRU6JlfRaicvf5FA-ohHM96_cNv-Y176TCxW0yN2Aegen-U))



# Sky

**Sky. Wind. Sun. Night. Stars.**

*Every day above earth is a good day.* (Ernest Hemmingway)

*The sky is the daily bread of the eyes.*" (Ralph Waldo Emerson)

The easiest way of meditation is just to look up into the endless sky and feel so small. You can look into a blue sky, or you can see some clouds or even a grey sky, knowing that the sun is just about to fight her way back, or enjoy the fresh rain on your face, or look up into the night and watch up to a million stars wondering about all the universe. There is always something.

If you're depressed or worried, remember:

"You are the sky. Everything else is just the weather." – Pema Chodron

And weather comes and goes like thoughts and worries in your mind- Let them come, be and go!

I just learned a little bit of paragliding a few weeks ago. It was my first time in the air and I flew only a bit but it's an amazing feeling. Maybe like diving, maybe totally different. All I can say, it's freedom in every direction and at the same time you're totally surrendered - It's just wonderful. Like being a bird, feeling the wind. Reading the wind on your skin and in every single tree, or every single small grass straw. Observing the birds flying and knowing that we just copy them in a very simple form. For me as a raft guy, reading the wind is still a little bit like reading a riverstream, sometimes really easy and logical and on the other hand still complex and still surprising me sometimes when I think I know it, better than any book we can write. A book written by nature, written every single day new and free to read and to teach us a lesson in life.

Feel the wind, the rain, the sun, the cold air!

See the rainbows, lightning, thunderstorms.

Hear the wind, the birds, and whatever else will come.

Smell whatever the wind brings to you!

*Remember the last time you've seen a sunset at the sea, when the sun comes down to kiss the ocean and finally sink completely in it but it keeps still light for a bit longer.*

*Remember the last time you've seen a sunrise from a mountain top, you've climbed in the dark just to say hello to the next day. The sun comes slowly, shy over the ridge just to rise higher and higher till the day is there!*

“Only from the heart can you touch the sky.” – Rumi

“Imagine there’s no heaven, it’s easy if you try. No hell below us, above us only sky. Imagine all the people living for today.” – John Lennon

A sky full of stars, Coldplay (<https://www.youtube.com/watch?v=VPRjCeoBqrl>)

Colours of the wind, Pocahontas

(<https://www.youtube.com/watch?v=O9MvdMqKvpU>)

Glimpse of God - The Hubble Telescope's 12 Best Photos on the 30th Anniversary of its Launch into Orbit

([https://www.goodnewsnetwork.org/hubble-top-12/?fbclid=IwAR1tZOt2tNcPG5QdtCX-hv5EUAoSdb5tviTjLRjF4\\_0\\_yEh8VxHssuaLMXs](https://www.goodnewsnetwork.org/hubble-top-12/?fbclid=IwAR1tZOt2tNcPG5QdtCX-hv5EUAoSdb5tviTjLRjF4_0_yEh8VxHssuaLMXs))

Are Species like Clouds?

(<https://www.youtube.com/watch?v=EgFhR1sabbw&fbclid=IwAR0sGwnR8k0dzuJRygr9zjmhS47yIBxG4X4BMeFY04DvkqIsiliZP8n4Tpg>)

Sonrisa en el cielo 16. Mai. 2020

<https://ecoosfera.com/conjuncion-venus-jupiter-luna-carita-feliz-cielo-cosmos-planetas-mayo-2020>

Song: [A sky full of stars, Coldplay](#)

# FIRE & EARTH & HOPE

*"It's fire more fruitful than rich lands." (Dave)*

Small and needy like a baby, beautiful in colours like a fox, warm like a beaver skin faster than a rabbit and more dangerous than a bear, uncontrollable.

Fire is the TV of wisdom and nature!

I remember this quiz, I think it was in *Winnetou* where First Nation children shall bring the most marvelous they know. One of them brings fire, because it has everything mentioned before and made human development possible.

Is fire dangerous or helpful? Beautiful or dangerous?

Like everything in life it's a perspective and how we humans use it.

Making a fire always brings me together and can be made a beautiful challenge if you try it with less help. Start it again out of an old fire from the last day just blowing away the ashes and light up the embers.

We have a stack at the moment here in the hostel and I love to start the fire in the morning. Not to heat the living room but to bring some wilderness, some beauty, some natural beauty, some good memories into the hostel - a friend I can invite and who always shows up.

Of course, can you start a fire with a lot of paper and just to have some more heat in the room, that's how most of the people seem to see the fire.

Or fire is art, meditation and entertainment all in one. A small fire is warm like love. You give it to the fire at the beginning and revive more after. The Disney song/film shows it quite well [Lava](https://www.youtube.com/watch?v=uh4dTLJ9q9o) (<https://www.youtube.com/watch?v=uh4dTLJ9q9o>)

Take the old ashes of the chimney and clean the window just to make the fire a little bit more beautiful. Go outside to take the wood in, some small birch wood to start it, some pine for the smell and some oak wood for the long life. Feel the beautiful feeling of wood in your hands, thinking about the tree, which lived for many years. What could we have built out of this beautiful wood, instead we burn it, almost a little bit sad if we don't honour it!

Start the fire and care about it at the beginning till it finally gets its temperature and is strong enough.

Closing the door of the stack because it smells, "stinks" like fire. Prison the fire. Losing already half of the warmth and the beauty of it.

Not a campfire but you're still bringing warmth and joy into the room.

A campfire outside, sitting around it with friends, talking about life and warm yourself always turning around because the back is already cold again and the legs are too close and burning hot. Playing some werewolf and making some stickbread or even some fish or BBQ beside and losing yourself watching into the fire all night.

Fires in Canada, California, South East Asia, South America and Australia have destroyed a lot of forest and even towns, existences and lifes. It costs millions of \$ and kills so many animals. From New Zealand, you could see the smoke of the Australian fires beginning of the year 2020. Maybe a sign for a dark year or time. But we should never forget that in most of the cases us humans started the fire. The fire is just getting stronger and stronger, from a small little fire to an uncontrollable inferno, we don't have under control.

Hollow Coves - The Woods (<https://www.youtube.com/watch?v=2Q466ZPyNAo>)

### **Earth/ Ground:**

*"Soil is more important than oil." (Unbroken Ground, Patagonia)*

There was an earthquake today in Wanaka, 5.2, so not too strong but still strong enough to feel it. What a feeling, if it would be stronger or we would have been closer to the epicentre, we could just have died in a second without any chance. No difference between poor or rich - so powerful! Just a little bit of shakin /snoring of the earth.

A burned place looks dark and dead but it is also an empty space full of opportunities and a succession is just a new start. A new circle of life. We have to accept a fire, the death of something, the change and can just help to build something new. Unfortunately, that's what is normally not happening. Agriculture , buildings, farmland and/or money are more important than a good healthy soil or a forest. "Why are you restoring the forest?" is like saying, "Why should you love your mother?" ([Hinewai Reserve](#) ).

If there is no forest, there should be a sustainable, diverse farmland.

*"Nature loves diversity, humans always trying to centralize, commoditize everything.It's wrong!" [Patagonia Unbroken Ground](#); The Biggest Little Farm.*

Soil is often just seen as valuable to grow food. We use the rich soil to use it as farmland until it's not rich anymore and then leave it devastated till nature makes it rich again.

*"If you go through life not embracing the complexity then you do not really try. It's a bit lazy, just accepting what's handed to us. There is no better example than food."*

"You're what you eat!", so it's not only our responsibility, regarding the planet but also for ourselves.

Don't live by your own rules but in harmony with nature (Epictetus).

## **HOPE**

*"Everything that is done in this world is done by hope." (Martin Luther)*

*"Hope is the only thing stronger than fear." (The Hunger Games)*

### A Seed of Hope

A seed means always hope. To put a seed into the ground is easy, the waiting for the plant teaches us one more time patience and with the appearance of the first tiny little bit of plant and green in the spring we often connect hope and a beginning. A new plant, a new life, which can grow up to a huge tree. All out of a small little seed. How beautiful!

"I see you, I see hope!"

I can say that to a plant, to a tree or even to a person!

I was lucky enough that it was once said to me and it is still the biggest and most beautiful compliment I've ever got.

When I was on my bicycle, cycling back from John Muir's paradise, Yosemite, back to the coast and to the Surf City, Santa Cruz to meet some friends again. I was happy, the only thing was the way between some boring and busy roads, so I made a sign for bike hiking, if some car wants to pick me up to make it a little bit faster and more interesting but I wasn't in a rush. Anyways, the two people who stopped for me to read my sign, was a newspaper guy on a motorroller, who showed me a shortcut to the next campground and came by in the evening to eat pizza with me and a woman in a small car completely filled with stuff. She apologized that she couldn't give me a ride and gave me 5\$. We talked and she had just lost her house, her job and had debts and didn't know at all where to go next. I wanted to give her the money back but she really wanted me to keep it. She wrote in my diary: "I see Hajo. I see hope!"

I don't know her name, or what happened to her, but in 5 min of talking next to the dirty street she gave me everything. I hope the seed of hope in her grew again in her and she is doing good. I will remember this moment forever!

*"People will forget what you said, what you did, but they will forget how you made them feel." (Maya Angelou).*

*"Talk to teachers and professors to learn about stuff and statistics and so on, talk to the poor, homeless, lost people to learn about life!"*

Every single human has a message to give, to share, to listen, to learn and to grow!

*Hope sustains us in difficult times. It is what motivates us to strive for our goals, whatever they may be. And it matters now, more than ever (Hope, Never Fear, M. Obama)*

*"It's not impossible to hope. Nothing is impossible" ([On the Road](#))*

# Culture, History,

*Culture. History.*

**Culture:**

*Ka mate! Ka mate! Ka ora! Ka ora!*

It is death! It is death! It is life! It is life!

*Ka mate! Ka mate! Ka ora! Ka ora!*

It is death! It is death! It is life! It is life!

*Tenei te tangata puhuru huru*

This is the hairy man

*Nana nei i tiki mai whakawhiti te ra*

Who caused the sun to shine again for me

*A upa ... ne! ka upa ... ne!*

Up the ladder! Up the ladder!

*A upane kaupane whiti te ra!*

Up to the top where the sun shines!

*Hi!!!*

(haka, composed by Te Rauparaha, Ngati Toa Chief)

We're looking back to the times about proud first nations and their stories still without understanding all their knowledge and magic but it is always inspiring to read or watch films about it. Wherever you look: Vikings, First nations, Maya, Maori, Aborigines, Yanomami, Polynesians, Tibetians, First Nation in Canada, Inuit (means people), and America, Rapa Nui, and so many more cultural human tribes and history have been destroyed by humans. Here we are sitting and playing on our smartphones, and computers and just worrying about money and insurance and the news. Sometimes, I'm wondering what happened to us as a society. But of course, we should be grateful, we're living at the best times. Do we? Or do we just know the other cultures from stories.

"Totara, is the most important tree in Maori culture. Indeed totara is so valued that Maori say at the death of an important person, 'Kua kua hinga te totara o te Waonui a Tane' - the totara in the great forest of Tane has fallen. (Totara, A natural and cultural history by Philip Simpson)"

"The Dalai Lama is still known as one of the wisest men. "Life is dear to all. I will pray you will see this is our greatest grant not our weakness." To return a gift of a friend is unforgivable. If there is a problem and you can change it, why worry. If there is a problem and you can't change it, why worry (Dalai Lama, Tibetan Saying) out of the movie Seven years in Tibet - [https://www.youtube.com/watch?v=LSyr\\_vJ5t3k](https://www.youtube.com/watch?v=LSyr_vJ5t3k))

The Polynesian sailed just led by the sun and stars and streamed on wooden kayaks over the oceans (<http://www.hokulea.com/>).

The origin of the Nazca Lines is still kind of a mystery.

Indigenous peoples told us about the connection and the spirit of any plant and animal's life and that we can't eat money.

Just a short story about a mask sign of a running race - that's culture. (Answer after asking the RiverValleyRevenge race about the origin of their symbol, of a mask medal, and to remember the Canadian history of Natives)

"Our logo was inspired by an indigenous mythological character, Bak'was, from the Vancouver Island west coast first nations people, Coast Salish.

Ba,,was is the Wild Man of the Woods, literal translation "man of the ground embodiment". He is small in size and is the Chief of ghosts or spirits, the spiritual embodiment of everything in the forest."

"I ask you, if you had the power to create all matter, including life, and you could synchronise those creations perfectly, what would you do if one life form was apparently abusing all other life, including themselves?" — Extract from the book the Golden Spruce and the Haida Gwaii, Canada, First Nation. manifesto 'Hadwin's Judgement' (<https://www.hadwinsjudgement.com/#titlepage>) Disney's Pocahontas (<https://www.youtube.com/watch?v=BbFzoDcRjYA>)

Have you been to Machu Picchu? Hidden in the jungle and just still marvelous after all these years.



([https://www.sierraclub.org/sierra/two-pandemics-ecuadorian-amazon-covid-19-and-oil?utm\\_content=128531767&utm\\_medium=social&utm\\_source=facebook&hss\\_channel=fbp-48485058304](https://www.sierraclub.org/sierra/two-pandemics-ecuadorian-amazon-covid-19-and-oil?utm_content=128531767&utm_medium=social&utm_source=facebook&hss_channel=fbp-48485058304))

Did you know that “li lani loo” (probably written completely different) means “See you again” in Inuit. Cute, right? That’s what my friend Edwin told me. And Inuit means People while Eskimo means eaters of raw meat, which is quite offensive.

There are so many more little stories but basically all of them are teaching us to respect nature and living in concord to each other, being kind and have gratitude to all life and that we are all one and everything is connected to each other.

In times of old, the world was full of wonder and magic but times change... (Onward - <https://www.youtube.com/watch?v=gn5QmllRCn4>)

### **History:**

### **Don't forget to remember!**

*"I will tell you something about stories (he said)*

*They aren't just entertainment.*

*Don't be fooled.*

*They're all we have, you see,*

*all we have to fight off*

*illness and death.*

*(Leslie Marmon Silko, Ceremony)*

*Those who do not remember the past are condemned to repeat it. ...*

*We can learn from the past, but we should just learn to improve it, not to live it again.*

The Swastika sign was the sign of love and well-being and good fortune and was used for thousands of years in almost every culture (Hindus, Buddhists, Indian sign and also in Europe) before the Nazis used it in the Western World for the last century. Now, it’s banned in Germany and Germany tried to ban it in the whole of Europe. Just a sign changed from a sign of Love into a sign of fear in a historical short time, used by one culture/nation.

Nowadays, more people know it as a national socialism sign of fear than as a sign of love in the western world but we should always know and remember, there are always some dualism and two sides in every story and history

(<https://www.bbc.com/news/magazine-29644591>)

; A Yin and Yang:

“In the black there is some white  
In the wrong there is some right  
In the dark there is some light  
In the blind there is some sight”

Even the word Corona, nowadays just connected to the horrible virus and a time of social distancing had once, just a few months ago, a positive meaning of a crown and crown around the sun and even the meaning of a group of young people coming together to do something together, which is almost sarcasm and the opposite of what it is meaning now.

There is even a poem by Paul Celan, written in 1952 with the title Corona. This poem has all the beautiful words like friend, love, dream, truth and time in it. A Yin and a Yang defined by time and use.

### Corona

Autumn is eating a leaf from my hand: we are friends.  
We are picking time out of a nut, we teach it to run:  
and time rushes back to its shell.  
In the mirror it's Sunday,  
in dreams people sleep,  
the mouth tells the truth.

My eye descends to the sex of my loved one,  
we gaze at each other,  
we whisper out darkness,  
we love one another like poppies and memory,  
we sleep like wine in a seashell,  
like the sea in the moon's bloody rays.

Embracing we stand by the window, and people look up from  
the street:  
it is time that they knew!  
It is time that the stone grew accustomed to blooming,  
that unrest formed a heart.  
It is time it was time.

It is time.

There is also a song called "Corona" released in 1984 by the band Minutemen, and today better known as Jackass song.

The song derives its title from Corona Extra, a brand of Mexican beer. Lyrically, "Corona" is a Latino protest song that contains political lines. It subsequently became famous as the theme song for the MTV reality television series Jackass (Wikipedia).

““Corona is very heartfelt,” says former Minutemen bassist Mike Watt “[Guitarist] D. Boon wrote that one on a trip to Mexico. After all the drinking and the partying, the morning after, there’s a lady picking up bottles, to turn them in to get monies for her babies. It really touched him.”

Tragically, Boon would never learn of the song’s legacy. A year after the album’s release, he was killed in a car accident. The song sparks memories in Watt that he still cherishes. “When I hear that – he plays those motifs, that kind of mariachi, I mean, it’s just everything for me. D. Boon, in that song, it really means a lot. Music was personal with us, it’s how we were together, and then the [punk] movement let us do it in front of people.””

(<https://www.loudersound.com/features/minutemen-corona-jackass-mike-watt-d-boon-mt-v-interview>)

#### **Corona/Jackass song:**

The people will survive  
In their environment  
The dirt, scarcity, and the emptiness of our south  
The injustice of our greed  
The practice we inherit  
The dirt, scarcity and the emptiness of our south  
There on the beach  
I could see it in her eyes  
I only had a Corona  
Five cent deposit

You write your story with every single step, with every word you continue your part of your own story (Madsen, Du schreibst Geschichte). All of us, anytime and every single moment. We're responsible for our story of life.

How can we be so arrogant, knowledgeable to say we are living in the best time, when more people than ever die of hunger and depression and there is more money than ever paid for the defense industry? Can we be so arrogant to say we are at the highest stand of human development? We might have the technology but what is it worth without a heart, passion

and dreams (The Great Dictator Speech by Charlie Chaplin:  
<https://www.youtube.com/watch?v=w8HdOHrc3OQ>).

When I'm looking deep into myself and going back to the quotes of stoicism and that was over 2000 years ago and I can still refer to them, more than to another instagram cat, dog food photo.

*Life is not short, we are just wasting most of it (Seneca)*

**Stoicism:**

- Living in accordance with nature
- Devoting to wisdom
- Focus on internal experience of life than external
- Avoiding intense emotions

**Culture Again** (just because I'm in NZ and I like the Hope and idea of the anthem to give hope and unity)

**Maori "Aotearoa" anthem:**

*1. E Ihowā Atua,*

*O ngā iwi mātou rā*

*Āta whakarangona;*

*Me aroha noa*

*Kia hua ko te pai;*

*Kia tau tō atawhai;*

*Manaakitia mai*

*Aotearoa*

1. O Lord, God,

Of all people

Listen to us,

Cherish us

May good flourish,  
May your blessings flow  
Defend Aotearoa

2. *Ōna mano tāngata*

*Kiri whero, kiri mā,*

*Iwi Māori, Pākehā,*

*Rūpeke katoa,*

*Nei ka tono ko ngā hē*

*Māu e whakaahu kē,*

*Kia ora mārire*

*Aotearoa*

2. Let all people,

Red skin, white skin

Māori, Pakeha

Gather before you

May all our wrongs, we pray,

Be forgiven

So that we might say long live

Aotearoa

3. Tōna mana kia tū!

Tōna kaha kia ū;

Tōna rongō hei pakū

Ki te ao katoa

Aua rawa ngā whawhai

Ngā tutū e tata mai;

Kia tupu nui ai

Aotearoa

3. May it be forever prestigious,

May it go from strength to strength,

May its fame spread far and wide,

Let not strife

Nor dissension ensue,

May it ever be great

Aotearoa

*4. Waiho tona takiwā*

*Ko te ao mārama;*

*Kia whiti tōna rā*

*Taiāwhio noa.*

*Ko te hae me te ngangau*

*Meinga kia kore kau;*

*Waiho i te rongō mau*

*Aotearoa*

4. Let its territory

Be ever enlightened

Throughout the land

Let envy and dissension

Be dispelled,

Let peace reign

Over Aotearoa

*5. Tōna pai me toitū*

*Tika rawa, pono pū;*

*Tōna noho, tāna tū;*

*Iwi nō Ihowā.*

*Kaua mōna whakamā;*

*Kia hau te ingoa;*

*Kia tū hei tauira;*

*Aotearoa*

5. Let its good features endure,

Let righteousness and honesty prevail

Among the people of God

Let it never be ashamed,

But rather, let its name be known

Thereby becoming the model to emulate

Aotearoa

# Rivers - Go with the flow!

## Go with the flow - Save our Rivers!

*Rivers - The blue veins , tears and streets of Mother Earth*

*Free our Rivers (John Muir)*

*Rivers are like trees branching out into the land.*

Ooops, who wants a poetic raft guide?

Rivers are there for fun - fishing, kayaking, rafting, swimming etc.

Surely, they are! But they are also just beautiful passing different landscapes on their way, having different colours, changing their face during the year and sometimes every single day. Exploring something from a river gives you a total different perspective on a landscape, you think you would know.

Travelling on rivers is more than everything else moving without moving yourself - it's fluent like being part of the river.

You can't fight the pure energy of a river - just GO WITH THE FLOW!

But for a flow we need pure, natural and free rivers. A beautiful film, which shows that in a beautiful, sad, human inspiring way is [DAMNATION](#) and the [BLUE HEART](#) from Patagonia.

Some points mentioned in the films:

"One deep desire/need of human beings is to CONTROL nature!"

"We, humans, have to find the patience and faith to let Mother Nature do, what she has always done!"

"Sentiment without action is the ruin of the soul (Edward Alley)

When we feel we ought to do something and yet do nothing, we will slowly die inside.

We know we ought to create and move towards beauty, but we let fear and laziness win in the battle of our will, and so we turn to our tv's and phones for comfort and distraction, and wonder why we're depressed.

The good news...



The converse is also true. When we do take action toward that thing we know we ought to do, we bring life to our soul

Raft guide? Going down a river on a big gummy boat. There are more elegant ways. Going down by kayak or SUP, swimming or on a unicorn. But, rafting and working as a raft guide gives you the change to show the rivers to other people and sometimes show them another word.

Of course, as a raft guide you have often the bachelor party guys who just want to have fun and yes it can be fun going into the big waves, but the trips and things I will remember the most will be the calm morning trip with fog hanging over the river, explaining people what an eddy is and see their surprising face when they underestimate the strength of the stream trying to swim back to the boat.

The nice thing about rafting, it is like a nutshell, people work together as a team and have fun, just playing in the water and another advantage it's fun even when it rains.

There are three golden rafting rules:

- 1. Never lose your paddle/T-grip**
- 2. Smile**
- 3. Always have fun! - It's playtime!**

Cons and tips for raft guests:

Rafting at least in Tirol is quite a business. There were Saturdays when our company had more than 7 boats and over 60 people in the water just combined by 2 or 3 other companies with the same amount on only one trip. All doing their Safety Talk at the entrance point. Go an hour on the river, back into the bus and drive back. Business days. Don't do it on a full Saturday and go with small 6er boats.

Apart from Rafting:

*Canyoning:*

Rivers start normally smaller - as creeks or canyons. Canyoning is the way to explore these forms of a river and stone wall gorges by Climbing, Jumping and Sliding. It's fun and often beautiful. The first part of River's life is like a child - just creative and playful.

*Kayaking:*

I'm not a kayaker, unfortunately not! It always looked to me like playing even more with the river. While a raft is like a panzer or an LKW, a kayak is like a bicycle going with the flow. I just went down the Imster Schlucht once by kayak. A night kayak trip where I couldn't see anything but feel the flow of the river even more - We don't have to see if we feel!

*SUP (Stand up paddling):*

I'm a fan of this sport. Not only because the transport is very easy. With one SUP you can even carry it in a bag and go by train or bus, but you can also stand up and surf and challenge yourself. I'm not sure if I can ever SUP on a lake again. I did two memorable SUP trips. One on the Imster Schlucht, Jan and I were more swimming than standing or even sitting on the board. A great way at the beginning of the season to swim through every single rapid and truly going with the flow. If you have an unplanned adventure at the beginning, you can't be shocked later, because you have been through it. On my second trip we went from Haiming, 45 km, to Innsbruck. We just enjoyed the quiet river, even if there are people on the shore, being on the river you're on a totally different path apart from the others, an empty road in only one direction. Arriving in Innsbruck during the night was just a special slow feeling of floating into the middle of a city.

There are a lot of other ways of exploring a river but in the end it's always playing and going with the flow.

A sad part: You can see the human trash easily. Damms destroy the full story of a river. Bottles, balls, fridges it all looks super unnatural on a river. Why fridges? While I did my rafting course there was a fridge hanging for quite some time in a tree on our course. The rivers are transporting all this waste into the ocean. Where it is gone, so we don't have to worry about it anymore...

We saw it probably the last time on the river. A last very easy chance to just catch it and fish it out, so it does not pollute another world of our earth. The rivers are the veins of Mother Earth. They should be clean and powerful and free flowing like our veins otherwise, we get a heart attack or so.

The Mata-au (surface current)/Clutha river is the longest river of the South Island of Aotearoa, unfortunately this river is like most of the other rivers today, prisoned by dams, on his 150 miles away from the mountains to the sea (ki uta ki tai).

Cheers for reading. It's playtime. Have fun but also please respect the river.

Some thoughts of a raft guide and "river lover".

Inspiring actions for Rivers:

[Save our rivers](#)

[Artifishal Film](#)

[Clean our Rivers](#)

# Humans, Friends, Society

## Humans, Friends, Society

Humans:

*Homo sapiens - Wise man - That's quite arrogant*

*Humans see what they want to see... What is the most dangerous animal?*

*What makes us humans?*

Cogito ergo sum - I think, therefore I am (Descartes)

Human rights:

I'm just writing the human rights here without any comment about the Corona crisis but to be fair I think there is a reason for them and that they once have been written down or was it just a waste of paper and time and without any reason, just for fun and not for peace. I like them and like to believe in these rights. Everyone can have a free opinion is one of the rights ;).

*If you need me to prove my humanity, I'm not the one who's not human (Suhaiymah Manzoor - Khan)*

We are all born free. Free to dream, free to follow our dreams, free to think and share our opinion. Free to do as long as we do not harm someone else.

I. All human beings are born free and equal in dignity and rights

II. Everyone is entitled to all rights and freedom without distinction

III. Everyone has the right to live, liberty and security in a person

IV. No one should be held in slavery

VII. All are equal before the law

XIII. (I) Everyone has the right to freedom of movement and residence within the borders of each state.

(II) Everyone has the right to leave any country including his own, and to return to his country.

XXI. Everyone has the right to freedom of opinion and expression

Human kindness

*"What shall I do with a stranger? Invite him into my house, and treat him like a brother, so that he becomes one." (Bible)*

*People will forget what you said, what you did, but they will never forget how you made them feel (Maya Angelou)*

Most beautiful documentary about

[HUMANS](#) by Yann Arthus-Bertrand

(<https://www.youtube.com/watch?v=0-Retnj3TsA&t=67s>)

[Human postcards](#) - Everyone is a Story (<https://www.humanpostcards.com/>)

We are all Human - Be kind (<https://www.youtube.com/watch?v=k2tgibFZdzM>)

*Human beings can be awful cruel to one another (Mark Twain), or they can be kind and helpful.*

*The more you destroy another human being, the more you destroy yourself. (Mubarak Awad)*

### Story of a wise elderly man and two travellers:

"Once there was a wise, elderly man who spent his days just outside his village sitting under a shady tree where he would think. One day, a traveler came up to him and said, »Old man, I have traveled far. I have seen many things and met many people. Can you tell me, if I go into this village, what kind of people will I meet there?«

The wise man replied, »Yes, I'd be happy to tell you. But first, tell me what kind of people you've met in your travels so far.«

The traveler responded, »Oh, you wouldn't believe it. I have met the most awful people! People who are selfish and unkind to strangers. People who don't care for themselves or one another. I've met foolish young people I could learn nothing from, and old people whose lack of hope depresses everyone they meet.«

As the traveler spoke, a look of sadness grew in the wise man's eyes as he nodded in a knowing way. »Yes,« he said. »I believe I know exactly the kind of people you speak of. And I'm sorry to tell you, but if you go into my village, I'm afraid that's exactly the kind of people you will meet.«

»I knew it!« the traveler scoffed. »It's always the same.« He kicked the dirt under his feet and stormed off down the road, without ever bothering to stop in the village. A few hours

later, another traveler came upon the wise man. »Kind sir,« he said, »I have traveled far. I have seen many things and met many people. Can you tell me, if I go into this village, what kind of people will I meet there?«

The wise man replied, »Yes, I'd be happy to tell you. But first, tell me what kind of people you've met in your travels so far.« The traveler responded, »Oh, you wouldn't believe it. I have met the most amazing people! People who are kind and generous to strangers; people who care for one another like family. I've met older people with a youthful passion for life that brings joy to everyone they meet. And I have learned much from all of them.«

As the traveler spoke, the wise man smiled brightly as he nodded in a knowing way. »Yes,« he said. » I believe I know exactly the kind of people you speak of. And I'm happy to tell you if you go into my village, I'm certain that's exactly the kind of people you will meet.« »Come then,« said the traveler, »and introduce me to them.«

Lessons from this story:

- Your mindset is very important. If you focus on the bad, that is what you will find. But if you focus on the good you will find it.
- Listen before you speak. When answering a question make sure you know what someone is really asking you.
- Have an open mind, and be willing to find the best in people and in situations.
- Let negative people go. You do not have to try to help everyone.
- Be kind, be nice, manners matter.
- People like being happy, like to be around happy people, and like to share happiness

(<https://medium.com/@purposefocuscommitment/story-a-wise-elderly-man-and-two-travelers-883c998c38b6>)

## Friends

*Friendship is the only cement, that will ever hold this world together (W. Wilson)*

*"I would rather spend one lifetime with you, than face all the ages of this world alone."*

—J.R.R. Tolkien, *The Lord of the Rings*

Connection is why we're here. it's what gives purpose and meaning to our lives...(Brene Brown)

We never know when we cruce the path of a new friend for the first time. There are different kinds of friends. People you meet once and then maybe somewhere on the other side of the world again. Friends you lived with. Sport friends, university student friends, school friends, work friends. Everyone of these friends can be your best friend at a special

time. They're all FRIENDS, so I'm grateful for every single one, because every single friend taught me or reminded me of something.

*A real friend is one who walks in when the rest of the world walks out.*

*"A good friend knows all your best stories, but a best friend has lived them with you." "Many people will walk in and out of your life, but only true friends leave footprints in your heart."*

*"A single rose can be my garden... a single friend, my world."*

*"Friends are those rare people who ask how we are and then wait to hear the answer."*

*"Friends are the siblings God never gave us."*

*"The greatest gift of life is friendship."*

*"The only way to have a friend is to be one."*

Friends can teach you new things. Old friends can remind you who you are. Family can teach you love and can be your nest in dark times. Nature teaches you life everyday and everything else.

I cannot write down what I learned or got reminded from all the friends over the years but some lately experiences over the last few months are significant about friendship for me. Sorry, if I have forgotten someone here but if you are my friend and we have done something I'm pretty sure if you just ask me I can just say one moment and what I've learned directly, also of course I learned from every friend more than one thing. It's just a list of appreciation and what came first into my mind. I'm sure everyone of us has these friends, and are learning life lessons, so sometimes it helps to talk to a friend.

- Felix, German, my old school friend and model and photographer and son of a gardener family, I'm sometimes jealous of because all the money he sometimes earned on a single day, reminds me always that money isn't really important and to focus on a goal but always stand with two feet on the ground.
- Jana and Dan German and Venezuelan, two Rafting friends on a Paddle World tour called me with time difference and bad wifi. They would even have booked me a flight. They should love me and Dan is wise and always shows me how quotes can help to heal and think for a moment.
- Heiko, German, was one of my closest friends and tree climbing college for a while before we got a dispute about a job and money, which took us over four years of not talking. But he was there for me, after all this time when I really needed him to talk. True friendship is stronger than old problems and money. Money comes and goes. True friends stay!

- Albrecht, German, my longterm boss but even more friend of the adventure park. I didn't know if I should fly back all the way to work for a short time and a lot of money and pleasure. He waited and showed patience and trust in me.
- Emelie, German, shows me always to try new things and to stay curious.
- Adrian, German, SUP instructor and adventure guy always shows me how motivation and working on your project with all your believing makes dreams true.
- Lina, German, teached me that it's always ok to change a decision if it doesn't feel right anymore
- Jana, German, showed me to be a amazing mother and person even the life is incredible hard
- Mirco, a Swiss, the first long term friend I met in Wanaka, teached me to make my bed every morning and teached me how important a routine can be.
- Robert, a Canadian, made me a tea every morning showing me how good it is to enjoy the morning without stress and start relaxed. He is also an amazing hugger. Saying, there is no bad hug! Every hug transports a little bit of love.
- Karl, a Phillipin, in New World, a Grocery Store for the last ten years. Shows me to work hard and play hard and see the bright side of life and keep smiling.
- Noi, Vietnam, always writes me in a while to stay connected and see how I am, what I'm really thankful for even if we don't talk much
- Jonathan, Ecuador, my German/Spanish student and teacher tandem partner at the same time
- Fiona, France teached me that a friend is always there to listen
- Noemi, trusted me and kept asking to do something when I wasn't reliable
- Catrin ,Wales, teached me to start the morning with some sport is impressive and always a good way to start
- Lieze, Dutch, teached me not to regret the past
- Benedikt, teached me that it's easy to make good food and live cheap
- Yossi, Israel, teached me to take every opportunity to do something
- Philipp, climbed with me when I climbed like crap but was still motivating me and teached me to just enjoy to be out there
- Jim, Kiwi, another climbing friend, teached me to questioning dump rules and to think about them and that death is not really a thing to worry about
- Kriz, California/America, teached me that even a person you don't really know can become a really good friend in a short time and can trust more in yourself than you do
- Meggie, France, never noticed me in the hostel when I was there quiet for 3-4 times, teached me that you have to do and to say and to be a little bit crazy and to have a story to be noticed.
- Lewis, Scotland; borrowed me without any hesitation his paddle board and rent me a bike for a amazing price and teached me to just ask and get surprised if you want something



- Adam, I helped and who lived in my car for 2 weeks just to leave it abandoned and dirty and without a Thank you and just to get angry at me showed me that Karma always comes back and I even can try to help everyone but don't have to if it is not helping me and that other friends helping you if someone is acting not nice in exchange.
- Honza, a Czech guy, showed me to always have fun, even if the work is boring and make a game out of everything
- Jane and Jean, Kwi, showed me to hug even if you don't really know the person at the beginning and being honest about your depression from the beginning can actually open more doors and understanding than to deny it.
- Ryan and Lauren, American, taught me to believe in waiting and to love each other. They went away for a couple of months after we met the first time but were really kind again when we met the second time and became even better friends then and it's impressive how they care for each other and the group around. Ryan carried Lauren on a hike through a river for hours on his back, when she twisted her ankle while we carried their bags. So, the team grew closer together.
- Dirk, German/Australian, I met on the street rescuing a hedgehog, showed me to just always talk to everyone and to network with everyone and connect people
- Ryan and Lauren, American, showed me to believe in God and faith
- Ember, a friend in Canada taught me to always come back into the moment
- Evan, my Masterthesis mentor and Magdalena in Canada taught me that you can go through difficult projects together
- Teresa, German in Austria, showed me that confused people are loveable and that friends who are not always there and talking with you are still thinking and caring about you more than you think and sometimes just need their time to find the time and the right words
- My mother, my father, my sister and my whole family because they are ALWAYS there for me and always LOVE and TRUST me, whatever I do, because that means family!

Sorry, if someone is missing in the list. I guess I'm just too blessed with friends, but always happy to talk!

You can't expect anything from friends. You can ask. You can hope. You can trust. But expect something, that's too much! Even if they have promised something. Promises are finally and time flies. They've their life and you have yours and every single life has its own complexity and challenges. Sometimes friends only have the energy to deal with their own problems.

A good friend is a person who tries to be always there for you but that doesn't mean he/she can always be there for you. Remember and celebrate all the good times when he/she was there for you and not the one single time when not. That wouldn't be fair! Instead ask if they need help. Maybe it's your time to be a friend at the moment.

Don't pick the 1 of 100 times when someone makes a mistake, isn't there for you. Doesn't react like you expected. Isn't answering you. Or when the cyclist isn't smiling but yelling at you.

Waiting. Waiting for a friend is a choice of patience. Instead of concentrating on the waiting and become angry, enjoy the given free time as an investment into you and your friendship.

FriendShip: Is like being together in a rough storm on the sea or fishing on a lake in the sunshine together.

"Do I not destroy my enemies when I make them my friends?" (Abraham Lincoln)

## Society

"Man is born free, but he is everywhere in chains" Rousseau

(Def.: The aggregate of people living together in a more or less ordered community.

*It's a mystery to me*

*We have a greed*

*With which we have agreed*

*You think you have to want*

*More than you need*

*Until you have it all you won't be free*

*Society, you're a crazy breed*

*I hope you're not lonely without me*

... (Into the Wild, Eddie Vedder)

"Growth for the sake is the ideology of a cancer cell. (J. Muir)"

*"Great minds discuss ideas, average minds discuss events, small minds discuss people."*  
(Eleanor Roosevelt)

*"A society grows great when old men plant trees whose shade they know they shall never sit in*

— Anonymous Greek Proverb

WE Human beings are all here on this Earth together as a Society. We are all ONE and in the same boat right now.

“WE ARE NOT IN THE SAME BOAT ...

I heard that we are all in the same boat, but it's not like that. We are in the same storm, but not in the same boat. Your ship could be shipwrecked and mine might not be. Or vice versa.

For some, quarantine is optimal. A moment of reflection, of re-connection, easy in flip flops, with a cocktail or coffee. For others, this is a desperate financial & family crisis.

For some that live alone they're facing endless loneliness. While for others it is peace, rest & time with their mother, father, sons & daughters.

With the \$600 weekly increase in unemployment some are bringing in more money to their households than they were working. Others are working more hours for less money due to pay cuts or loss in sales.

Some families of 4 just received \$3400 from the stimulus while other families of 4 saw \$0.

Some were concerned about getting a certain candy for Easter while others were concerned if there would be enough bread, milk and eggs for the weekend.

Some want to go back to work because they don't qualify for unemployment and are running out of money. Others want to kill those who break the quarantine.

Some are home spending 2-3 hours/day helping their child with online schooling while others are spending 2-3 hours/day to educate their children on top of a 10-12 hour workday.

Some have experienced the near death of the virus, some have already lost someone from it and some are not sure if their loved ones are going to make it. Others don't believe this is a big deal.

Some have faith in God and expect miracles during this 2020. Others say the worst is yet to come.

So, friends, we are not in the same boat. We are going through a time when our perceptions and needs are completely different.

Each of us will emerge, in our own way, from this storm. It is very important to see beyond what is seen at first glance. Not just looking, actually seeing.

We are all on different ships during this storm experiencing a very different journey.

Unknown Author.

Sent from another "boat".

Be kind and true and try to help some other boats in the storm. You never know when the wind might change again!

One bee, one ant, one life. Who cares? One of a million, uncountable in a microcosmos. Only the Queen is important but she wouldn't be anything, couldn't survive, live without the others. Who knows what this one bee, the one ant is thinking, is feeling. Nothing. I, You and I we are one of 7 billion humans. Who cares? Me and You and a few friends around. No one else. But we are still here all together.

I would rather talk to a homeless person than to a professor. A professor can teach you about science, statistics and all the stuff in university but a homeless person can maybe teach you more about life, about struggling and still get up every day! In the end we have to live, so maybe give both teachers a fair chance.

“Never judge a person in the first moment, if you haven't walked in his boots for at least three days”. Never judge a person by it's past, you might not know the story behind it and no one knows the mind.

In Christchurch, I gave a cookie to a homeless stranger. (*Like slavery and apartheid, poverty is not natural. It is man-made and it can be overcome and eradicated by the actions of human beings. And overcoming poverty is not a gesture of charity. It is an act of justice. It is the protection of a fundamental human right, the right to dignity and a decent life. While poverty persists, there is no true freedom - Nelson Mandela*) He smiled and was so happy, so grateful. It made me happy for the rest of the day. He is a human with his own interesting, beautiful, incredible story. Sometimes I think back, would it be a better investment into my life to just have listened to him for a day instead of going by and searching my own path and adventure - People talk, Wise people listen.

Film:

Human documentary (<https://www.youtube.com/watch?v=vdb4XGVTHkE>)

Planet of the Humans (<https://www.youtube.com/watch?v=Zk11vl-7czE>)

2040 (<https://www.youtube.com/watch?v=p-rTQ443akE>)

Music: All We Do (<https://www.youtube.com/watch?v=xPGREQvK-dQ>)

Homeless (<https://www.youtube.com/watch?v=mgjyV-NA9-8>)

Songs: Auf gute Freunde (<https://www.youtube.com/watch?v=9XgwIJo-yuA>), Echte Freunde

([https://www.youtube.com/watch?v=GP-\\_1ah7GFs](https://www.youtube.com/watch?v=GP-_1ah7GFs)), Society

(<https://www.youtube.com/watch?v=cl4cLEToPfc>), Freunde, Tote Hosen

([https://www.youtube.com/watch?v=bL\\_lkBYQAAG](https://www.youtube.com/watch?v=bL_lkBYQAAG))

# Depression in the paradise

*The mind is its own place, and in itself, can make a heaven of hell, a hell of heaven. (John Milton, Paradise Lost)*

The mind is creating its own story sometimes. It's the human mind which creates the life of each of us, the world around us or better how we see it. It's this mind creating our reality or what we want, believe in, what we think, what we say, what and why we do something. This mind is unexplainable and it can create fear or hope. Laziness or action. Motivation and action creativity or boredom. This mind is a muscle we can try to train.

I have no idea how it happened and why I made some decisions, why I said some words, why I wrote something, why I refused some offers, why I couldn't see the beauty of the world anymore, why I couldn't see hope and why I wanted to die instead of living!

Wanaka in New Zealand is probably one of the most beautiful places. New Zealand is probably one of the easiest, friendliest and adventurous countries to be in and I got probably one of the easiest jobs to work, so I should have been more than happy. I wasn't. I was laughing on the outside and crying on the inside. Why am I writing this down? First of all for me to remind me in the future that I've been through it and don't want to do it again and secondly for you to show the hope and that life can always change and learn from the past. We have to go through dark times sometime to see the light. Everyone can suffer in every situation without you even knowing it - Talking, and support and Love is always important for everyone in hard times but therefore we have to meet and to speak. Therefore we have to smile and to hug. Therefore, we have to share and we have to laugh. Therefore, we have to be humans.

## Some Words/A Song to Say Goodbye

FB post of 15th, January, 2020: When I explored the darkest part and the darkest adventure of my life.

*"Depression and suicide thoughts are unfortunately at the moment my life and basically any moment hurts and I'm pretty scared of myself and hate myself more than everything but almost anything you can find recommend to talk about your depression, accept it and let people know and I don't want to be one of the people who just disappeared and people are wondering why did he do that to his family and friends and I really don't want to seem like a drama queen it's basically just one of the last tries to reach out for help and create awareness - even so I know I'm the only one who is responsible for myself and can help to get out of there but it always helps to talk and in my better moments I did.*

*Depression is not living in the moment but regretting the past and fear for the future.*

*Depression is not to appreciate what you have but regret what you don't have or haven't done.*

*Depression is living but don't be alive.*

*Depression is if the happiness and achievements of your friends don't make you feeling happy for them but sad for yourself.*

*Depression is if it just takes all your energy to be.*

*Depression is like a devil inside you waiting for your weak moments to destroy and kill you and make everything senseless.*

*Most of you have met me as a happy and active person I liked to be with ideas and plans. I have had this idea and plans for NZ as well but was never able to even start this plan. I know that I'm one of few privileged persons in this world. I have enough money, food, a shelter, a family and friends. I got everything and in clear moments I appreciate it and in other moments I'm just already dead. I know I'm not alone and depression is a huge problem - It doesn't help!*

*Right now I'm in Wanaka, NZ one of the most beautiful parts of the world with happiness and activities around me and all possibilities I could ask for but instead of enjoying it, it's a heavy burden on my shoulders to do something and be like others. I quit a fantastic job as a Camping ambassador, I just had to drive around and talk to friendly people. A dream job in a dream place destroyed by illusional thoughts and depression to just get out of a situation in my head, I created in fantasies.*

*It was basically the last trigger point to lose the trust in myself - how could any rational person could do it and to be honest it feels like a first easy suicide. In a weak moment I destroyed my happiness and plans for enjoying NZ and I have no explanation why I did it. I understand people jumping in front of a train, driving in another car, saying or doing any other stupid thing - it's not to hurt someone but to finish your pain - without knowing how or why.*

*This is a brilliant song and video which describes my situation and I listen to it right now all the time. The time when your inner child, dreams, plans and enthusiasm die and you need someone to help you!*

*I'm asking for this help full of frustration that I'm not able to help myself anymore. Please talk to me. It helps me and I know everyone has some problems in this world and as long as I'm talking my mind is focused on that. Talking and communication helps and makes us humans.*

*If my depression wins at one of my dark moments please remember me as the happy and hopefully sometimes a bit crazy person I have been in a few good times of my life.*

*Written in one of my clearest and most active moments of the last days.*

*I also know FB is FB and this is more like a private and intime problem and some of you who don't know me good enough will make it to a drama and cry and for attention but that's basically what is a suicide too, so that's the better option.*

*Thanks for all the time, friendship and fun I have had with my friends and I hope to talk. I'm just not always strong enough to reach out to you.*

*My slogan was ones*

*"Be happy - It's more fun 😊:)"!*

*and I had some great fun in this life. It doesn't count anymore!*

*A song to say Godbye (<https://www.youtube.com/watch?v=e7bxXjQL3cY>)*

*Thank you everyone! Feel better and have friends around. Sorry for not answering everyone!"*

**My mistakes during my depression:**

I was focused on what friends and other people do and what I didn't do and even further what the news said, celebrities are doing and what I will never be able to do, so I didn't do anything from the beginning. That's the safest thing, but it's stupid.

“Don't compare your life to others, There is no comparison between the sun and the moon, they just shine when it's their time.”

I had too many friends and was just going from friend or friend group to friend to join them in their life and their adventure instead of living my own life and making my own plans. I didn't have any routine and no purpose in what I'm doing. I wasn't even sure why I did what I did. I was hanging in the time between past and future but not in the now. My job gave me money but no deeper purpose. I didn't do sports and was eating unhealthy.

It took a lot to bring me back to life, when all my thoughts only circle around how I can end my life, without hurting myself or my family or friends too much. The smallest piece of love for me, my family, my friends, nature, life, adventures and the unknown kept me alive and prisoned in this world. It was just horrible, my thoughts were just around all my mistakes and failures, my dark future and death. All day long. I was lucky to have...

A family I could always talk to.

Friends all over the world and around me who supported me, however they could.

Beautiful Nature around me to do anything I wanted to do.



Enough Money to buy what I needed.

"Love kept me prisoned in a world of invisible pain!"

My friends organized an appointment with the doctor and brought me there. My friends called the police, when I was so down, that they were too worried about me. My friends got me out of bed with a cup of tea in the morning. My friends organized something for the day. My friends and family called me every day trying to organize a flight back home or wherever for me, when I couldn't decide it myself. My friends gave me time to recover.

It took a lot of support, help, pills, trust and time and baby step adventure before I found the trust in myself again and was able to live again.

*"Sometimes you have to pull out the weeds to see the flowers."*

"Only if we walk in the darkest darkness we are able to see the brightest stars."

#### **TRUST THE DARKNESS NOW**

**If you are lost.**

**If nothing makes sense anymore.**

**If all your reference points**

**have collapsed.**

**If the old life is crumbling now.**

**If the mind is foggy, tired, busy.**

**If the organism is exhausted**

**and longs to rest.**

**Celebrate.**

**Trust.**

**This is a rite of passage,**

**not an error.**

**You are healing  
in your own original way.  
Contact the ground now.  
Breathe. In, out.  
Make room for the visitors:  
The sorrow, doubt, fear, anger.  
An ancient emptiness -  
They just want to be felt.  
They just want to pass through.  
You are a vessel, not a separate self.  
You are a sky, not the passing weather.  
An old life is falling away.  
A new life is being born.  
Others may not understand.  
But trust anyway.  
Celebrate.  
Contact the ground.  
- Jeff Foster**

*"Darkness cannot drive out of darkness, only light can do that. Hate cannot drive out hate, only love can do that (Martin Luther King)*

*You don't know it yet, but we're the lucky ones! (Lance Armstrong)*

*As closer as we have been to death, we can be grateful and celebrate life!*

*We have to die at least ones to be truly alive!*

Happiness is the counterpart of depression - 7 Paths to Happiness

1. Having a goal/plan
2. Believe in yourself/be yourself
3. Eat healthy
4. Moving
5. Don't compare yourself with others or your better self

*When you come out of the storm you won't be the same person who walked in.*

*That's what this storm is all about. (Haruki Murakami)*

*"Happiness in intelligent people is the rarest thing I know." (Ernest Hemingway)*

This time is uncertain. This time is hard for a lot of people. We have to wait to trust. Like I learned during my depression, this is unfortunately not the healthiest way for human health. To be honest, I don't think it's the healthiest and the best way. It's not a conspiracy theory if I say what I feel and I'm not criticizing any governmental decisions. How could I? I'm in New Zealand, my family is in Germany and a lot of my friends are in Canada and I got most of the media from the U.S., which government can I criticize and why should I? I know too little about that stuff. I wouldn't change it anyways. But I personally have to admit that I like the Swedish approach of accepting the virus as something what it is and keep living normal as I would choose. I don't like rules and I can't know all of them anyways. ("I knew all the rules but the rules did not know me." (Into the wild)). I believe in freedom and the smartness of people. It would be normal for me if someone doesn't want to stay 2 m next to me, because he is scared and doesn't want to give me a hug, that's ok if it's his/her decision. If we don't go to old and sick people to save them that's also a decision. I just don't know why it has to be a rule and people are just not smart enough to care about themselves anymore. That's all. Having a rule to stay inside with 25 others instead of not doing sports outdoors and camping alone, while I sometimes feel more at home in nature, I just can't understand. To open Mc Donald's and Subway with unhealthy food instead of small local distributors. I don't understand. To pay by card where everyone touches the same touchpad instead of cash. I don't understand.

Feeling alone in fear and inside waiting instead of going through tough times with friends, hope, a plan, sporty outside feels just weird for me.

It feels a little bit like the world is in a depression for me, right now. Uncertain and don't know where to go.

We all: People, states and countries are focusing on the mistakes of others. Blaming the mistakes of other countries, the death or infection numbers instead of focusing on their own problems and trying to learn and support each other seems not right. Pointing a finger at Trump, saying America and Trump defeated a virus called after a Mexican beer coming from China is not helping anyone, it's heartless. It's not a president, a country struggling. There are real people struggling and dying and hopeless. I know that if we don't know these people in person it's just an abstract mass but it's still never good to make fun about mistakes instead of trying to help. Also, in the end we don't know if one country is really doing better than another, we just focus always on the virus death and infection rates. Death by depression/suicide are unknown. Economic crises of people etc. are unfortunately often not pictured and it's hard to find data at the moment but the death by depression, hunger or an unhealthy lifestyle caused statistically still more deaths than this virus and that's just a fact. And, we can't say, yes but only because our government has reacted that fast and well. We don't know. The future and why something worked or not is still unknown and will always be.

Friends posting old travel pictures all the time and talking about future plans like flying somewhere without knowing how the economy will change. It's uncertain. Even as a society we only have the now.

Video conferences with friends, without a hug or seeing each other in person and having adventures together are not as good as real life. I realized that friends meet up way more often for viral, alcohol parties. Hanging more and longer in front of the screen and sometimes watching old soccer games from 10 years ago. Becoming less reliable, because they have no structure in their days and no plans for the day. Just living/losing one more meaningless day after another. Carpe diem? It feels sad for me.

Here, in the hostel are friends who see it as an achievement to go for a walk during the day, waking up at 2 pm and going to bed late.

There is a beautiful German book and film called: "Dieses bescheuerte Herz - This fucking heart". It's about a young boy, who only lives on 20% of his heart capacity and could die every single moment. His highlight is to go to the supermarket. Living on 20% of heart capacity is not fun. Luckily, he meets a friend who helps him to realize his dreams and live to the fullest without fear, but most of us have no reason to live on 20%. We still do sometimes and actually we also can die every single moment. There is almost no difference.

I do not blame them for sleeping so long. It's just a sign that they are not sleeping well because they're worried about a job, travel plans, their family and if you're worried it's hard to concentrate and focus. Less exercise and more unhealthy food. Positive is that a lot of

friends are really more grateful if they've done something and appreciate the beauty of nature more, if they're looking up from their screens.

I can't help myself but for me, it feels like our world is in a huge depression and it depends on all of us how we get out of there. Suicide or as a better society. It's definitely a time for a change of our living style on this planet. I can just say that my depression helped being outside in nature, meeting friends and hugging them and helping and sharing and love and trust and work on brighter future plans. I see just no disadvantage if the world and all humans would do the same.

Maybe the problems of the world are not the crazy and mentally confused people but the normal one. The question is if we want to go back to normal. What was normal before and was it good/better?

Craziness

A crazy time

A crazy world

Crazy People

Crazy Rules

Our time. In this world. We are these people. We make these rules.

*The depth of the ocean, The expanse of the universe, depression, a virus , death.  
We/Humans fear the unknown the unexplainable. The things we cannot see, hear, smell or  
even explain and talk about. These are the last and biggest adventures where we have to  
learn to feel to love and to trust!*

[A Simple Way: Crisis as a chance](https://www.youtube.com/watch?v=XUwLAvfBCzw) (https://www.youtube.com/watch?v=XUwLAvfBCzw)

Book: Out of the woods - A Journey through Depression and Anxiety, Brent Williams

# Art. Music. Films. Quotes

Art. Books. Films. Music. Quotes

*"Often we read, hear or watch something and become inspired for that moment and then we forget it again to continue in our way."*

I like to talk with people about their favourite books, films and music. It's not that I know that person as well as I would an adventure with them together, but it's a first step to learn a person to know and if we have similarities.

*Books to read and films to watch is a good way to start but there is no substitute for going there (Y. Chouinard) and writing your own story or your own song, watching your own movie.*

*When you buy something from an artist*

*you're buying more than an object.*

*You're buying hundreds of hours of errors and experimentation.*

*You're buying years of frustration and moments of pure joy.*

*You're not buying just one thing,*

*you're buying a piece of a heart,*

*a piece of a soul...*

*a small piece of someone else's life.*

*(Token Queen of Pottery)*

Books:

Maybe films, talks, songs are too fast for us to truly understand the world. Maybe we have to read more books again. Maybe we have to read them out loud and a few times the same passage again and again to fully understand the meaning.

- The Bible
- Into the Wild
- The Golden Spruce
- Walden
- The Red Giants
- The Power of One
- It's all good
- The Alchemist
- Siddharta
- Les Miserables
- The little Prince
- The call of gold & The Sea Wolf & White Fang and all the other Jack London Books
- Lord of the Rings
- Pee Wee The Kiwi
- Don't Give a Fuck, Everything is F\*cked - A book about hope by Mark Manson
- Homo sapiens, Homo Deus, 21 Lessons for the 21st Century from Yuval Noah Harari
- The Fear Bubble, Ant Middleton
- The Future WE Choose, Christiana Figueres, Tom Rivett-Carnac
- Riding with Giants, Peter Holmes a Court
- Talking to Strangers - What we should know about the people we don't know, Malcolm Gladwell

And many other good books. It's just a list to start and remind me that books to read are actually better than hanging on a phone or TV.

### **Movies:**

I'm normally not a friend of movies but some documentaries and movies are just beautiful and not just a time killer but we have to focus on them completely and not just watch them beside doing something else.

- Home and Humans documentary by Yann Arthus Bertrand
- Mountains
- Into the wild
- Seven Years in Tibet
- The Beach
- The Green Mile
- The Lord of the Rings
- Million Dollar Baby
- Les Miserables
- Cool kids don't cry
- The Lion's King

- Spirit
- The Last Unicorn
- Onward
- Mulan
- 2040
- We feed the world
- Bohemian Rhapsody
- Rocketman
- Le Chorus Les Choristes
- Patagonia Movies: 180° South, Nevertown, Damnation...
- Green Renaissance Movies
- Hadwin's Judgement
- Stand UP
- Forrest Gump
- Joker
- Anderwo, Allein in Afrika
- Dieses bescheuerte Herz
- Dead Poets Society
- Pursuit of Happiness

**Music:**

*"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." (Plato)*

*The quieter you become, the more you are able to hear - Rumi*

A really short and incomplete list but I almost thing we can find some kind of wisdom in every song, because singing is the voice of love and expression of our inner soul

- Beatles - Yesterday, Hey Jude, Come together, Let it be, Here comes the sun
- John Lennon - Imagine, Stand by me
- Queen - Bohemian Rhapsody; Love of my life, We are the Champions, I was born to love you, Who wants to live forever
- Bob Marley - Three little birds, Roots, rock Reggae, Redemption song
- Michael Jackson - Earth Song, They don't care about us
- Eminem - Lose yourself, Till I collapse, Kings never die, Love the way you lie
- Coldplay - Paradise, A sky full of stars
- Alligatoah - Lungenflügel, Freie Liebe, Beinebrechen, Wie Zuhause, Mein Sohn
- Ärzte - Lasse Reden, Deine Schuld, Wofür man lebt, Rebell, Junge



- Tote Hosen - Alles passiert, Nur zu Besuch, Paradies
  
- Iriepathie - Hand zum Himmel
- Irie Revoltes - Antifaschist, Rebelles, Fäuste hoch, Zeit ist Geld
- Ohrbooten - Autobahn, Keine Panik, Und Tschüss, Man lebt nur einmal
- Culcha Candela - Mama Earth, Next Generation
- Udo Jürgens - Tausend Jahre sind ein Tag
- Europe - The Final Countdown
- Alec Benjamin - Let me down slowly, If we have each other
- The Police - So Lonely, Message in a bottle
- Fools Garden - Lemon Tree
- Skillet - Not gonna die tonight, Rise
- Placebo - A Song to Say Goodbye
- Nirvana - Smells like Teen Spirit
- Eddie Vedder - Society, Just breath, Hard Sun, Long nights, Guaranteed
- Flora Cash - We own this town, Somebody else
- Era - Ameno
- Hollow Coves - The Woods, These Memories
- Led Zeppelin - Stairway to Heaven
- The Rolling Stones - Paint it Black
- AnnenMayKantereit - Hurra die Welt geht unter, Pocahontas
- Disturbed - The Song of Silence
- Vangelis - Conquest of Paradise
- No wonder - All we do

# Time. Quality. Money

## Time. Quality. Money.

Forever Now!

History, stories, pain, the past - Not real! Now is the time!

Time - What is time?

One moment can feel like forever! Time is relative! (Albert Einstein)

Thousand years are a day ([https://www.youtube.com/watch?v=9Vrt0\\_eU7qQ](https://www.youtube.com/watch?v=9Vrt0_eU7qQ))

Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present (Bill Keane)

*"Frodo: I wish the Ring had never come to me. I wish none of this had happened.*

*Gandalf: So do all who live to see such times, but that is not for them to decide. All we have to decide is what to do with the time that is given to us." (—J.R.R. Tolkien, The Lord of the Rings)*

Every moment everything can change (Hillary Duff song)

*The two most powerful warriors are patience and time (Leo Tolstoy)*

*The time is always right to do what is right! (Martin Luther King)*

Eternity is a mere moment, just long enough for a joke (Hermann Hesse)

## Time for a present?

Time is fair. Each of us is given 24 hours a day.

A friend, Dirk, told me that it's our friend Michael's 50th Birthday soon. He knows Michael way better than I do and actually lived with them for over 3 months. I asked him for a good idea, because he knows him better and mentioned in the end we could definitely give him a picture of all three of us were we are smiling and happy and Dirk could send me a printable high quality postcard of this picture with some nice words, because he knows Michael better and it's already my job to get the beer and prepare the present and to bring it to Michael. Dirk said he is happy to pay but he had no time for a friend, who had time for him for 3 months to create something. So, he sent the picture to another friend to print it in lower quality without some nice words. The friend had to print it and I had to pick it up and

write some nice words myself, not half as good, because I don't know Michael good. It took me way more time to pick it up and write something on a printed paper than it would have taken Dirk to call me a couple of times and managed the communication with his friend. Anyways, in the time I prepared everything Dirk hopefully earned some more money, while I invested my time in going for a run, meeting a friend on the way, being creative, getting a kids smile, a piece of a birthday cake and a dry bag me in exchange for my time, not a bad deal neither. It depends just what Dirk is doing with the money he got for his time, but the time is gone.

Time is always a choice!

Instead of one person's time. His time. I've had to pay with my time and his other friend with his time. I think, the quality of the gift was lower than it could be and the invested time in total was higher. It's called inefficiency!

Money comes and goes! Friends stay and can actually help you, if you really need them! I learned that during my depression. I've had enough money but not the money but my friends saved me. There are some lonely celebrity stories

Unfortunately, this is just one little story about a present but this inefficiency is happening all around us in the world. Everytime in every company, when people or companies give up their responsibilities and time in exchange for money to make things more complicated instead of doing things themselves. Being responsible for our actions and taking our time for what's important for us, is rare today.

No time, no time. How often do we hear that? No time is always a choice of no effort!

[El valor de la vida](https://www.youtube.com/watch?v=4GX6a2WEA1Q) (Pepe Mujica, Presidente de Uruguay, 2010.2015, The poorest president: <https://www.youtube.com/watch?v=4GX6a2WEA1Q>)

*Goodness is the only investment that never fails (Thoreau).*

*Success isn't about how much money you make, it's about the difference you make in people's lives (Hope, Never Fear, M. Obama)*

*To do good, you actually have to do something (Yvon Chouinard)*

*Do what you can, with what you have, where you are (Theodore Roosevelt)*

*The cost of a thing is the amount of what I will call life which is required to be exchanged for it (Thoreau).*

To do something with Quality, something unique, something that defines us takes time, effort and love. Good cooking, Art, Writing, being good in a sport, music or anything else, it all takes time.

Money:

We can't buy time. No one can!

*'We buy things we don't need with money we don't have to impress people we don't like.'*  
(Dave Ramsey)

*Possessions make you rich? I don't have that type of richness. My richness is life, forever (Bob Marley).*

Everyone trusts money. It's almost a religion. Money is never enough. You should always try to have control about money/have money in your hand and not the other way around so money controls you. The problem is, when we depend on money. (Anselm Pahnke: Eine Reise zu sich selbst. Anderswo, Allein in Afrika:  
<https://christianbischoff.libsyn.com/eine-reise-zu-sich-selbst-40000-kilometer-mit-dem-fahrad-um-die-welt-interview-mit-anselm-pahnke-folge-231>)

*"Money isn't real (It's just paper or a credit). Never forget that George! ([Blow](#))"*

Money isn't good or bad for me. It is what it is. The currency to trade at the moment. We exchange that currency for our lifetime and we have to decide how much of our lifetime we want to spend and for what kind of work! If we want a job with life quality or a job to earn more in a short time and do something in our free time. We have to decide how much money we need. How much savings do we want? It's a hard calculation but we also don't need money when we die. Money should never be the full desire to do something, otherwise we are a slave of this money thing.

## Money Tree

Finally, after 6 weeks of lockdown I was allowed to work again as a ground person for some arborists. It was different, then the first time no hug, gloves all day but still a lot of fun. Seeing different gardens, see how other climbers work and being outside in the sun all day. Getting invited for a hot chocolate and a brownie and working with friends and meeting new people. Only one conversation while laying on the ground and enjoying the sun and the birds singing made me a little bit sad and thinking.

We talked about the biggest eucalyptus tree of Wanaka, which was apparently standing just in front of the hostel in Wanaka and was cut down for the powerline and everyone of us was sad about it. Jean was also trying to time her day tomorrow to drive a hour to Queenstown, hopefully while it's raining to cut down 3 "fucking trees" in 15 minutes and then drive an

hour back again. She said it's a good deal. Good money for a minimum of work, just felling the trees is the job. For me it sounds awful! Two hours driving, to cut down 3 trees in a hurry and in the rain without using much of your skills and knowledge and working without a team. I rather like to work one day in the sun, with a team on a complicated tree project and learning something new. That's why I was really thankful for this working day today. A great team, we changed the whole garden and the chipping felt in flow and we have a great coffee, brownie break in the sun where I learned again what work should be like for me.

*"When the last tree has been cut down, the last fish caught, the last river poisoned, only then will we realize that one cannot eat money (Cree Indians)."*

*"Money has never made man happy, nor will it; there is nothing in its nature to produce happiness. The more of it one has the more one wants."* – Benjamin Franklin

"Rich people are poor people with money. Money is not the solution. It's good to have but it's not happiness!" (Martin - Against all odds:

<https://www.youtube.com/watch?v=RkDLo4UedoU&list=RDCMUCCPPUszZ4-7yzZNgAAYwJg&index=3>)

When I've had my depression, I had enough money and a job to not be worried but what saved me were my friends and the people around me. Not the paper. There are a lot of celebrities with millions of dollars but a lonely soul and huge social problems, just looking for friends and often just finding drugs and alcohol (some films: Bohemian Rhapsody/Freddie Mercury, Rocket Man/Elton John and many more gone)

Sometimes it's way more valuable to pay someone with your time and your trust and encouragement and with instead of just paying some money. Most people don't realize that at the moment but they will hopefully realize, remember it later. Sometimes to teach someone takes more time at the beginning but it pays off later:

*"Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime."*

The definition of richness in the western world is still focused on material richness. Money and possessions but both can change too fast and are not stable in life. The story of Bill Gates is a modern story similar to a story in the bible and various other stories but maybe it is true ;).

## The man richer than Bill Gates

"Someone asked Bill Gates ( the richest man in the world at the time), " is there someone richer than you? "

Gates said : " Yes, there is. " And he went on to tell this story:

One day I was waiting on my flight, then I went to buy a newspaper for this guy who was selling them. After I grabbed the newspaper, I looked for a change in my wallet, I couldn't find it. Then the guy said to me, it's okay you can take it.

Couple months later, Gates flew into that same airport and when he went to buy a newspaper, the same guy was selling them and the same thing happened. After he grabbed the newspaper, he couldn't find any change in his wallet. Then the guy told him, it's okay you can take it. Gates said no no, not again, you gave it to me last time for free, I can't take it again. The guy replied, yes you can take it, I'll deduct it from my profit, it's not a loss to me, just take it. And Gates went on his way.

Couple years later, after Bill Gates became who he is now, with fame and all the money in the world, he remembered this newspaper guy. He tracked him down, and after a month and half, he found the guy, and he asked him:

Gates : do you know who I am?

News paper guy : yes I do, you are Bill Gates.

Gates : Do you remember me, giving me newspapers for free?

News paper guy : yes I do.

Gates: I want to repay you for what you did for me back then. Name something that you want and I'll fulfill it.

News paper guy : no, I can't.

Gates : why?

News paper guy : it's not the same.

Gates : how do you mean?

News paper guy : when I helped you, I didn't have anything. Yet I did. You want to repay me now, when you have everything! It's not the same.

That's when Bill Gates knew it's far more great to have a rich heart than a lot of money.

Here is to that!"

Time/Money for Happiness:

No money, no honey!

Can we buy happiness?

Everyone is saying no, but money helps to not worry. If we see money as an exchange of time to make other people or us happy. We can buy happiness at least for a short time. But even a moment is happiness. Buying some good food and cooking it and then eating it, that's happiness. Saving money for something you really want. Maybe think back, when you were a kid and saved for your first bike. Remember all the time you worked for this money to finally buy the bike and ride it the first time, before it became normal and you left it in the corner of your garage.

An easy way of happiness I learned is to give some money to a homeless person or buy him some food. I got this tip from a friend and if a few \$ are not super important for you, try it. Give a homeless stranger some money or some food and if you are really good maybe even talk to him. Ask him about his story. If he smiles and is thankful about this money, which was before just unnoticed in your wallet, it's hard to not smile too. A super easy way to happiness shared for two people and it doesn't hurt normally and makes a stranger to a friend for a second. Just try it the next time and see if it works. Might not work if alcohol is involved somehow.

Asking for money is one of the most vulnerable, hardest, frustrating but also bravest things humans can ask for. So, a homeless person can be the bravest man, a hero and an inspiration for me and maybe should be for all of us. Don't see a poor person. Normally, his heart is big but maybe his mind or life is fucked at the moment.

## Banker to the Poor

In 2006, Professor Muhammad Yunus got the Nobel Peace Prize for the simple idea of creating a bank a village bank/microcredits for the poorest in Bangladesh. Just giving money to the people, who need it for help, a vision and a dream and definitely don't have it instead of a bank giving it to big companies just playing with the money for some projects. What a brilliant idea of giving a credit or just basically what credit means. Def. credit: the ability of a customer to obtain goods or services before payment, based on the trust that payment will be made in the future.

"Traditional banks refused to loan money to the poor, because of the risk of default. But Professor Yunus trusted the recipients. He lent US\$27 of his own money to 42 women. They each paid back the loan. Microcredit was born."

<https://sustainable.org.nz/sustainable-business-news/leadership-inspiration-from-muhammad-yunus-microfinance-pioneer/>

A history of microfinance Ted Talk, Muhammad Yunus:

<https://www.youtube.com/watch?v=6UCuWxWiMaQ>

Some quotes of M. Yunus:

- “The fact that the poor are alive is a clear proof of their ability.
- Poor people are like bonsai trees. There is nothing wrong with their seeds. Only society never gave them a base to grow on.
- Making money is happiness. Making other people money is super happiness.
- You have to define your destination, and then use your imagination to find the path to reach it.”

## Capitalism

Capitalism is another dualism with a mostly negative association nowadays accompanied by the world Globalization.

**Capitalism** is derived from capital, which evolved from capitale, a late Latin **word** based on caput, meaning "head"—which is also the **origin** of "chattel" and "cattle" in the sense of movable property (only much later to refer only to livestock) (Wikipedia).”

**Globalization** is an historical process that began with the first movement of people out of Africa into other parts of the world. Traveling short or long distances, migrants, merchants and others have delivered their ideas, customs and products to new lands.

Both definitions sound positive for me in their origin. Somehow, the meaning in society became negative over time. Capitalism is now, if big companies/few people have a lot of money and globalization is travelling by airplane and being depending on other countries' trade. Maybe it's time to go back a step of time.

Capitalism a Love Story by Michael More:

<https://www.youtube.com/watch?v=JeROnVUADj0>

"Death over life, Money over people. This world is crazy!" [Alborosie Money](https://www.youtube.com/watch?v=Nq9gUo6ykqc)  
(<https://www.youtube.com/watch?v=Nq9gUo6ykqc>)

Money, Money, Money (ABBA)

Wake up you need to make money - [Stressed out, Twenty one pilots](#)

G€ld, Seed (<https://www.youtube.com/watch?v=OxAP6ieuDgl>)

Burning Daylight/Lockruf des Goldes, Jack London

[10 Things Money can't buy](#)



(<https://www.powerofpositivity.com/10-things-money-cant-buy/>)

1. Love
2. Truth
3. Time
4. Peace
5. Talent
6. Health
7. Manners/Class
8. True Friends
9. Knowledge
10. Presence/Acceptance

# Courage - The Power of One/The Power of Choice

Risk it for the biscuit!

*Be the change you want to see in the world! (M. Ghandi).*

*It's not important to be strong but to feel strong (Into the wild/world ;)*

Everyone thinks of changing the world, but no one thinks of changing himself (L. Tolstoy)

You haven't lived until you've found a cause for dying! (J. Muir)

I would rather die a meaningful death than to live a meaningless life! (Corazon Aquino)

*How wonderful it is that nobody need wait a single moment before starting to improve the world (Anne Frank)*

If you don't ask, you don't get it! It's a lost chance and opportunity killed before it even lived.

The average man don't like trouble and danger (Huckleberry Finn, Mark Twain)

You're not only responsible for what you say, but also for what you do not say (Martin Luther)

It's way easier to have no courage and follow without questioning and discussing and thinking and doing. But that's what sheep are doing. Not humans born with courage.

*Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen (W. Churchill). --> We realize the importance of our voices only when we are silenced (Malala Yousafzai)*

Courage comes from the french word coeur, which means heart. So courage is the courage to overcome all your fears and anxieties and choose love instead for something which is super important for you in the core of your heart!

It takes courage to grow up and turn out to be who you really are (E. E. Cummings)

The two most important days in your life are the day you're born and and the day you find out why (Mark Twain)

*Be yourself, everyone else is already taken (Oscar Wilde).*

*Imitation is suicide (Ralph W.Emerson)*

*There are two ways of spreading light. To be the candle or the mirror that reflects it (E. Wheaton)*

Thousands of candles can be lit from a single candle and the life of the candle will never shorten. Happiness never decreases by being shared. Happiness is contagious (Buddha)

*A hero is not braver than an ordinary man, but he is brave 5 minutes longer (W. Emerson)*

It takes a lot of courage to say I've made a mistake and even more courage to forgive a friend or yourself for something, but this is also the courage which defines you as extraordinary and brave!

*"The weak can never forgive. Forgiveness is the attribute of the strong (L. Tolstoy)*

Courage can come in baby steps to be built up over a life or it can be an explosion, because something seems so wrong and so against your will and your dreams of life and how it should be, that you have to choose love and courage and you have to stand up.

## Heuristic

Enabling a person to discover or to learn something for themselves (Greek: find/discover)  
A technique, on any approach to problem solving or self-discovery that employs a practical method that is not guaranteed to be optimal, perfect or rational, but which is nevertheless sufficient for reaching an intermediate short-term goal.

"We make hundred or thousands of decisions every day. Breakfast, steps, thoughts. If we would try to analyze every single aspect of every situation or decision, we would never be done with anything.

*"Courage is grace under pressure (Ernest Hemmingway).*

*"Sentiment without action is the ruin of the soul." (Edward Abbey)*

*To have striven, to have made the effort, to have been true to certain ideals - this is worth the struggle (William Penn)*

*"People are always blaming their circumstances for what they are. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them" (George B. Shaw)*

*When everything seems to be going against you, remember that the aeroplane takes off against the wind, not with it! (Henry Ford)*

*No difficulty can discourage, no obstacle dismay, no trouble dishearten the man who has acquired the art of being alive. Difficulties are but dares of fate (The Art of Being Alive, Ella Wheeler Wilcox).*

*Sorrow is a fruit. God does not make it grow on limbs too weak to bear it (Victor Hugo).*

“Please read this poem. Feel it. Let the words sink in.

Go all the way — Charles Bukowski

"If you're going to try, go all the way

Otherwise, don't even start.

This could mean losing girlfriends, wives, relatives and maybe even your mind.

It could mean not eating for three or four days.

It could mean freezing on a park bench.

It could mean jail.

It could mean derision.

It could mean mockery — isolation.

Isolation is the gift.

All the others are a test of your endurance, of how much you really want to do it.

And, you'll do it, despite rejection and the worst odds.

And it will be better than anything else you can imagine.

If you're going to try, go all the way.

There is no other feeling like that.

You will be alone with the gods, and the nights will flame with fire.

You will ride life straight to perfect laughter.

It's the only good fight there is.”

The Power of One, Bryce Courtenay

[The Art of Being Alive](http://www.ellawheelerwilcox.org/books/artofbeing/2.htm), Ella Wheeler Wilcox

(<http://www.ellawheelerwilcox.org/books/artofbeing/2.htm>)

## \*BEING ALIVE

Cease wondering why you came--  
Stop looking for faults and flaws;  
Rise up to-day in your pride and say,  
"I am part of the First Great Cause!"

In every thousand people who are living on this earth, not more than one is *alive*.

To be really alive means more than to be a moving, breathing, eating, drinking, and talking human creature.

He who is actually alive finds the days too short for all the wonderful explorations which life offers in three realms to the reverent and aspiring adventurer.

He finds life itself a continual adventure, an unfolding panorama, with opportunities for pleasure and achievement at every turn.

He finds himself an object of interesting study, however dissatisfied he may be with the present results of that study, for he perceives that he is a crude chunk of Eternity, and that in himself lie all the powers and possibilities latent in the Universe. And that in himself lies the *will* to work out these possibilities.

He who is fully alive enjoys the earth and all its pleasures. He loves the slap of the wind upon his cheek, the dash of the waves up on his breast, the motion of his limbs in the swift walk; the thrill of the good steed's body under his own; the ecstasy of rhythm in the dance; the vibrant swing of the oar. He loves labor, and the fatigue which follows; and in his harmoniously developed frame there is not one lazy or unused muscle.

But being alive does not stop here.

The man who is practicing the art of being alive to its full extent has an alert, receptive brain and an awakened spirit. Without these he would simply be a splendid animal. With these he is the highest expression of the Creative Power visible to mortal vision. And with these he finds his opportunities for happiness, usefulness, and pleasure in existence threefold.

He knows the pleasures of the physical plane, for which his body is fashioned; he draws to himself the pleasures of the mental plane, and he senses the pleasures of the spiritual plane, which lies near, and derives power therefrom.

The man who is alive in all these ways must radiate light, cheer, sympathy, and helpfulness to all who come within his aura. Being alive to the vibrations from three realms, he knows all temptations; and having made many missteps himself, in his road to unfoldment, he can sympathize, counsel, and help onward those who have not been able to keep step with him in his progress.

The man who is really alive realizes that he must use his own position in the world, and his own environment, as the first field of action if he hopes to reach success in any venture. He must not wait for luck or a miracle to give him a change of location and surroundings better suited to his taste. Out of whatever destiny has bestowed upon him he will make the conditions which he desires.

And out of every earth day he will make a little bit of heaven.

No difficulty can discourage, no obstacle dismay, no trouble dishearten the man who has acquired the art of being alive. Difficulties are but dares of fate, obstacles but hurdles to try his skill, troubles but bitter tonics to give him strength; and he rises higher and looms greater after each encounter with adversity.

The man who is wholly alive finds pleasure in the simplest things; and to him nothing is commonplace, nothing is menial. And he is never bored, for nature and human nature and himself are ever interesting subjects of contemplation and study. And the future to him is a radiant vision, growing ever more and more wonderful.

If you are alive you are in touch with every new movement; you are awake to the consciousness of the march of progress and the discoveries of science; and you are lending a listening ear to what the students of metaphysical thought have to say.

If you are dull or indifferent or unbelieving when the great facts relative to this subject are mentioned in your presence, then you are no more alive to the vital truths of the day than is the child unborn, or the victim of the sleeping sickness, who lies for months in a state of lethargy, unable to think or reason, even though not dead. The marvels which exist all but you, the wonderful experiences which are related by thousand of intelligent human beings, who have given time and concentration to the exploration of the mental realm, have

appealed to your mind and heart sufficiently to awaken your respectful interest, if you are really *alive*.

If you are bored with life and work, if you think the years of early youth alone are happy years, if you believe sentiment and romance are evanescent feelings, if you find daily life commonplace, if you imagine you are too old or too busy to make something worth while out of your opportunities, then you are not *alive*.

If you believe sickness, poverty, and unhappiness cannot be changed to health, comfort, and peace by yourself, then you are indeed unborn; and if you think elasticity of body and mind, and a joyful outlook, and worthy achievements, and vital joy in life cannot accompany human beings along the way after the half-century mark has been passed, you are not *alive*. You merely exist. And you are losing your wonderful chance to utilize for the good of the world and for your own good, here and hereafter, these golden days by knowledge and use of the Divine Will in yourself.

*Are you alive?*

*The Art of Being Alive* by Ella Wheeler Wilcox.

Tumwater, WA: The Ella Wheeler Wilcox Society, 2006.

Based on the edition: New York, London: Harper, 1914.

Song: Conquer of the Paradise - Vangelis

## Love. Judgement

LOVE. Judgement.

*"Where there is Love,*

*there is hope.*

*Where there is hope,*

*there is joy.*

*Where there is joy,*

*there is laughter.*

*Where there is laughter, there is freedom.*

*Where there is freedom, there is trust.*

*Where there is trust,*

*there is Love."*

*(found in originz giftware shop wanaka)*

John Lennon, Bob Marley, Nelson Mandela, Martin Luther King, a lot of environmental activists, Mark Twain, The Dalai Lama, Mother Teresa and many more inspiring people. They all talked about the power of Love with the voice of Love. We honour and we love these people for what they have done, because they did everything they do with Love!

*All You need is Love (John Lennon)*

*The common language being spoken is often one of fear .... My medicine is the language of love, which creates a space where all people can sit down together. Our world is literally dying for us to become emissaries of love. (Julia Butterfly Hill)*

*"You say you love rain, but you use an umbrella to walk under it. You say you love the sun, but you seek shelter when it is shining. You say you love wind, but when it comes you close your windows. So that's why I'm scared when you say you love me (Bob Marley)."*

*No one is born hating another person because of the colour of his skin or his background or his religion. People learn to hate, and if they can learn to hate, they can be taught to love for love comes more naturally to the human heart than its opposite (Nelson Mandela)*

*We must discover the power of love, the power, the redemptive power of love. And when we discover that, we will be able to make this old world a new world ... Love is the only way (Martin Luther King, JR.)*

*Love and truth are faces of the same coin, and both very difficult to practice , and the only things worth living for ....*



*True love is boundless like the ocean and swelling within one, spreads itself out and, crossing all boundaries and frontiers, envelops the entire world (Mahatma Gandhi)*

To love is to accept. It is not a weakness. It is the most extraordinary power... (Jack Kornfield)

*Love takes off the masks that we fear we cannot live without and know we cannot live within (James Baldwin)*

*Love is, above all else, the gift of oneself (Jean Anouih)*

*Kindness/Love is the language, which deaf deaf can hear and the blind can see. (Mark Twain)*

*People will forget what you said, what you did, but they will never forget how you made them feel (Maya Angelou)*

*Love is the absence of judgement (Dalai Lama).*

*If you judge people, you've no time to love them (Mother Teresa)*

Never judge people by their past. You've no idea what they've been through too or why. Neither judge a person for the moment, if you don't know his/her situation.

*You don't know a person before you haven't walked at least three days in his shoes. Also, don't judge a person for the future decision. No one knows the future. Everyone is just guessing. Actually, just never judge it just takes energy. Be free of judgement. It's hard enough to judge yourself.*

[Against all odds](https://www.youtube.com/watch?v=RkDLo4UedoU&list=RDCMUccPPUszZ4-7yzZNgAAYwJjg&index=3)

(<https://www.youtube.com/watch?v=RkDLo4UedoU&list=RDCMUccPPUszZ4-7yzZNgAAYwJjg&index=3>)

*Who are you to judge the life I live? I know, I'm not perfect and I don't live to be, but before you start pointing fingers, make sure your hands are clean (Bob Marley)*

or "Let any one of you who is *without sin* be the *first* to throw a stone at her." (Bible)

*When you judge another, you do not define them, you define yourself (Wayne Dyer)*

I believe in Love and only in Love, because if you love you live!

At the end of life the only ones who are judging about it are yourself and God, no one else.

[Love is essential!](https://www.youtube.com/watch?v=IMgP76vRTd8) (<https://www.youtube.com/watch?v=IMgP76vRTd8>)

All you need is Love, Beatles ([https://www.youtube.com/watch?v=M3\\_kikV3b3w](https://www.youtube.com/watch?v=M3_kikV3b3w))

## Good or bad? -The Parable of Taoist Farmer (by Kent Moreno)

Does good or bad exist? There is the story of the Lao Tzu farmer and Taoism.

Taoism is an ancient Chinese religion founded in the third or fourth century B.C. by Lao Tzu. Taoism also is called the water course way, for it believes that life flows in much the same way as a river. And like the river, though we are able to have influence over our lives, we are never able to take total control.

The Taoist prefers to look at life events without judgment or interpretation. According to Taoism, the true significance of events can never be understood as they are occurring, for in every event there are elements of both good and bad. Furthermore, each event has no specific beginning or end and may influence future events for years or even centuries to come. An excellent example of the Taoist view of life is found in the following parable of the Taoist farmer.

*"There was once a Taoist farmer. One day the Taoist farmer's only horse broke out of the corral and ran away. The farmer's neighbors, all hearing of the horse running away, came to the Taoist farmer's house to view the corral. As they stood there, the neighbors all said, "Oh what bad luck!" The Taoist farmer replied, "Maybe."*

*About a week later, the horse returned bringing with it a whole herd of wild horses, which the Taoist farmer and his son quickly corralled. The neighbors, hearing of the corraling of the horses, came to see for themselves. As they stood there looking at the corral filled with horses, the neighbors said, "Oh what good luck!" The Taoist farmer replied, "Maybe."*

*At that same time in China, there was a war going on between two rival warlords. The warlord of the Taoist farmer's village was involved in this war. In need of more soldiers, he sent one of his captains to the village to conscript young men to fight in the war. When the captain came to take the Taoist farmer's son he found a young man with a broken leg who was delirious with fever. Knowing there was no way the son could fight, the captain left him there. A few days later, the son's fever broke. The neighbors, hearing of the son's not being taken to fight in the war and of his return to good health, all came to see him. As they stood there, each one said, "Oh what good luck!" The Taoist farmer replied, "Maybe."*

[Taoismus - The Art of Not Trying: https://www.youtube.com/watch?v=tLAZvESoVgI](https://www.youtube.com/watch?v=tLAZvESoVgI)

Good or bad. Better or Worse is just a definition by humans. It's a judgement of a moment and of one perspective, which can turn to be good in a longer perspective or for someone else. Even if you make a mistake, someone might get a life lesson out of it. Even, if it feels bad now it might be valuable for the future. Who knows? My depression was horrible, when I've had it, today I'm grateful and happy for it.

## DON'T LIKE THIS POST

it's not helping me or you BUT share or send me a message with your dreams, plans, thoughts, favourite book, film, music so I can learn and grow.

I have had 5 depressive months in NZ to learn again about life and myself and could post everyday a beautiful picture to make you jealous and me happy for a short moment.

But these are my 4 favourite one.

### 1. Carpe diem

I could have gone to this place everyday but it took me 5 month but every day is a new chance. Sun goes down and rises again and every day is a gift.

Kea's: A Metaphor for life. They can sit next to you looking at you and think, not as a beautiful bird but then one moment they open their colourful wings and just play and enjoy the moment.

### 2. Be yourself, be crazy but take your time to rest.

Festival New Year

Everyone is doing something special, as I. 6 cans red bull. I didn't really enjoy it, tried my best and felt more exhausted after.

### 3. FRIENDS/Family

Always there for me to talk to share to help me when I needed them.

My birthday. A cookie party because its me. I was thinking of baking my favourite cookies but didn't know where in the end a friend brought some cookies for me because I wasn't able to. Other friends baked cookies without having time to show up and without being friends for a long time.

Thankful for everyone and every shared moment.

### 4. BE in NATURE - ENJOY THE MOMENT -APPRECIATE THE SMALL THINGS -GROW

I enjoyed this, after 40 km beautiful trails, just this small moment of small things.

A tree shows life. Standing with his roots and keeps growing. Sometimes slow, sometimes faster. A mushroom symbolizes protection for what you love.

Nothing of this is new and we all know about it but sometimes we forget and life has to remind us to just be and breathe.

# Adventure. Fear. Life. Death

Adventure. Fear. Life. Death

"A lifetime is so little a time that we die before we get ready to live." (John Muir)

## Adventure

Do epic shit! (Token Queen of Pottery)

*There is no certainty. There is only Adventure.*

Adventures are when plans fall apart, when things go wrong, when you have to react, be creative, feeling vulnerable, be spontaneous, when things are uncertain, and when you have hopefully a good story to tell afterwards. Adventures are the little time of unknown, but what do I say. Life is one big adventure itself.

But I can't tell you about adventures, you wouldn't understand them anyway. To understand an adventure completely, you have to live them, be there, share an experience. Telling about adventures is just a small glimpse of the experience. It isn't fair to the adventure.

*"What if I were smiling and running into your arms? Would you see then what I see now?"*  
(Into the wild).

Adventures can be, no they are everywhere!

We can't live any adventure a second time, neither a lot of other things in life. Every moment in real life is singular. Yes, we can watch a film a second time, but it's pointless and not as exciting as the first time. There is only pure magic for the first time. The second time is already a copy. So, if you get invited for an adventure, decide if you wanna join or not, but there will be no second time adventure. Life is too valuable for copies!

Question of our raft guide instructor once:

"Are you ready?"

Answer: "Born ready!"

Adventures are timeless. They can be long or just a second of a moment.

There is no real definition for adventure. Everything can be recreational and easy until it's changed to an adventure. Everyone can have a different perspective of adventure. Driving in crazy city traffic is more stressful and more adventurous for me than being a day long in the forest on the rivers, or climbing in the mountains or at the sea, which might be an adventure for others. It's enjoyable and meditating for me. Not saying that car driving is a fun adventure, more stressful. It's all in our mind and depends on the perspective.

It's the same with being at home, in a grocery store, or doing taxes, it's stressful and I know more people calm down out there do it (in Nature).

*Few places in this world are more dangerous than home (J. Muir)*

If you not fail, it wasn't hard enough for you! If you're well prepared, everything is easy until you fail, that's when people judge you for your mistakes and know everything better without having been in the situation.

But failure and mistakes it's where we learn the most and are part of adventure.

Some might have quit/died when it still is easy for others.

*"Driving poles for adventures is searching for happiness and finding myself"* (Kilian Jornet - Summit of my Life).

The Purpose of Life is Adventure (Alastair Humphreys:)

<https://www.outsideonline.com/1869091/purpose-life-adventure?fbclid=IwAR1UB9Bj0LaWvtIt9TxbwYE7M510rP8LX4iKqiBMkdMYlp0aUQuddypT1Ru0>

What if the thing that stops us living as adventurously as we might dream of is not time or money or family or expertise or gender or training, but our own fears?

<https://www.facebook.com/149963098097/videos/10157365850353098/>

\*There is a common perception that adventure has to involve leaving the real world behind, heading far out to sea into epic landscapes, with expensive equipment and specialist skills. And that to be an 'Adventurer' you have to be a middle-class white man who is strong and athletic or -- more importantly -- rich and well-connected!

But I honestly believe that adventure is more accessible than that.

So what IS holding us back from living more adventurously?

There is disability and illness, of course, a reminder for those of us who ARE healthy not to take that for granted.

And there are the big, glaring obstacles:

A lack of time is one of the biggest problems of our age. Being too busy for adventure -- for wilderness, tranquility, sunsets -- surely means that we NEED to make time for it, even if it is just a short microadventure escape from the office.

A shortage of money stops many people, through a mistaken assumption that adventure has to be expensive. Some of the best journeys of my life cost less than the smartphone you are reading this on.

Relationships and family commitments and children stand between many of us and the eternal, blissful, selfish dirtbag vagabondage we dream of. Maybe you truly are indispensable, or perhaps your other half simply does not share or even understand your restless spirit. In which case... in which case... Good Luck! You'll need a wiser man than me to solve that conundrum!

But otherwise, I think that what's standing in the way of you and your adventure is not time or money or kids or whatever: what's stopping us living adventurously is fear. Fear.

Often we might not recognise it as that or even deny it or react angrily at the very suggestion. But fear has so many forms.

There are simple fears like vertigo that keep us from climbing, or fear of snakes, or wide open oceans.

There is fear for safety, from the wilderness or from assault -- particularly amongst women. But anxiety about wild places is merely a healthy emotion of respect and should not preclude us from starting small. And fear of assault: is that an issue for quiet evenings alone in the countryside, or one for our daily life surrounded by humans in the 'real world'?

Some of us fear travelling alone or have no adventurous friends to join us. What are we scared of here? The dark? Ghosts? Loneliness? Or do we doubt ourselves? So many of us do, mistakenly worried that our small adventures won't count, or aren't up to much. We fear the inadequacy of comparison. We hide behind excuses like the paradox of choice ("I can't go on an adventure because there are too many options to choose from!"). Or we hide behind defences that class, or upbringing, or education mean that 'people like us' don't do adventure, CAN'T do adventure, that the door to adventure is closed -- as if that was ever possible for walking up a hill, or cycling across a country, or joining a club and making a start?

It's not equipment or training, or wild camping worries, or access to the 'right people' that stops us making a start, it's us lacking the confidence to go for it. We stop ourselves because we're scared. We're scared of the unknown; we are scared to change. And that is why we settle for what we know and where we presently are rather than casting off and taking a chance on changing something.

It can be hard to change. If we are stuck in a rut with work, or depressed, or chasing the mortgage, or changing nappies then change (or even a temporary escape) can feel like an impossibility. I do not deny that, but nor do I believe it is impossible.

And as if all this was not hard enough -- making changes, risking uncertainty -- we also fear what other people will think. What will society or friends or family think if we go and do

something weird like camp on a mountain or sling on a backpack or jump into a cold, clear river with our crazy kids? What will people think?!

We fear, above all, the unknown. Not the literal unknown of the wilderness that we all yearn for, but the unknown of how it might all pan out if we do start to live more adventurously.

Adventure is not scary. LIFE is scary. And that's why we stick with what we have. We procrastinate. And we make excuses.

But what scares me, more than any of these very real fears, is that soon it will be too late. One day this will all be over. And I am scared how much I will regret it if I don't do whatever I can to push off from the shore and dare myself to live a little more adventurously while I have the chance.

## FEAR/FAILURE/Worries/Uncertainty

### The Fear of Nature instead of statistics and society

Fear and comfort zones are made by society and sometimes friends around you, sometimes even because they love you and want to protect you. But to find happiness, and love into yourself and nature you sometimes just have to be egoistic, courageous and brave and try things. Because that's where we all as a society, friends and ourselves are learning from. From exploring, trying and doing. "Grey is all the theorie!"

We went for an adventure. Ok, actually just a hike with a bunch of friends on the west coast for a weekend in the sunshine, with tents, enough food, backpacks, a lot of gear and everything we need, a marked trail and even a hut, so maybe not an adventure, but a nice recreational hike. I haven't been to the ocean for a long time and the waves looked great, so I ran into the sea to play. A few of my friends waved their arms and made a cross sign and shouted to stop, while I was already in the water. I came out and explained that I can still feel the ground and that there is no underneath current. Six surfers died the day before by a current thing in the Netherlands or so, so my friends were worried about the crazy currence in New Zealand now. Not sure about the connection. We hiked further and Lauren twisted her ankle and we went into the night, but we had headlamps and survived the night before, so for me it was no reason to worry.

The first time I got a little bit scared was on the parking lot, when we as a group the first time to split up and I had to put all my trust in a tired driver who just hiked for the last 7 hours and didn't sleep good the night before and with all the possums on the road in the darkness. But that was the moment, when the group felt safe and the adventure was over. Not for me! Statistically, there are more car deathly car accidents than hiking accidents, but somehow with all our crazy gear and even if climbers some of us fear nature more than a crazy fast driving car. I enjoyed the hike and survived the car ride!

*The only thing we have to fear is fear itself (T. Roosevelt)*

*Fear keeps us alive but sometimes it stops us from living!*

*The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time. (Mark Twain)*

I wished I would have failed more often and feared less, because that would mean that I have tried and have been brave more often! I didn't fail a lot in my life, which means I haven't lived enough out of my comfort zone! I feared a lot in life and that means that I regret now even more. The problem is that the fear of the future is converting into the regret of the past, which is even worse than fear. Failure isn't really existing. Failure is a definition you make up yourself. Often in other eyes or out of another point of view it isn't even failure it's just a lesson - a life lesson.

*Sometimes even the big mistakes seem worth making (Deborah Boskuy)*

*If I find 10.000 ways something won't work I haven't failed. I'm not discouraged, because every wrong attempt discarded is often a step forward (Edison).*

Regret and Worry is wasted emotion.

*Fear never bites as hard as regret! (BE by A.C.Ping)*

*Failure is like a free tuition (Thomas Gomy)*

Pain is temporary. If I quit it last forever (L. Armstrong)

*The greatest glory in living lies not in never falling down but in rising each time we fall (Nelson Mandela)*

*Worrying doesn't take away tomorrow's pain. It takes away today's peace. So, feel it and let it go! (LizAdulging.com)*

*Train yourself to let go everything you fear to lose (Yoda)*

*If a problem is fixable, if a situation is such that you can do something about it, then there is no need to worry. If it's not fixable, then there is no help in worrying. There is no benefit in worrying whatsoever (The Dalai Lama)*

Let it go, Frozen (<https://www.youtube.com/watch?v=moSF1vxnbgk>)

The beautiful thing about children is that they don't have this fear. A beautiful dutch movie is called "[Cool kids don't cry](#)". About a girl having blood cancer - leukämie and still enjoying life - just beautiful, because kids are cooler than us and don't cry but live the moment.

(<https://www.youtube.com/watch?v=CoSEcWlo3iU>)



## LIFE:

*"Grey, Dear Friend, is all theory, and green is the golden tree of life (J. W. Goethe, Faust)*

"Where there's life there's hope, and need of vittles."

— J.R.R. Tolkien, The Lord of the Rings

Most people view themselves as waves and forget they are also water. They are used to living in the realm of birth and death, and they forget about the realm of no birth and no death. Just as waves live the life of water, so too do we live the life of birth and no death. We need to know this...(Thich Nhat Hanh)

Live the moment! What you don't have at the moment isn't real. A promise, a contract, a job, a plan, a dream, the future - not real!

*Life is an unknown, internal, short and wonderful story!*

*Life is an unknown. You don't know. Nobody knows (Lance Armstrong)*

*To live is the rarest thing in the world. Most people just exist, that is all (Oscar Wilde).*

When we least expect it, life seats us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not ready. The challenge will not wait. Life does not look back (Paulo Coelho).

The aim of life is to live, and to live means to be aware, joyously, drunkenly, serenely, divinely aware.

I. Let go of the life we planned, so as the life that is waiting for us can come

II. Embrace your suffering. Suffering is nature's way of indicating a mistaken attitude - you have to die a few times before you can really live.

III. Become aware: Become completely engaged with what you're doing in here and now.

IV. Spend money on experience instead on things. Chase after money and security and your heart will never unclench.

V. Return to Nature. We do not come into this world. We come out of it as leaves from a tree.

VI. Each breath is one breath closer to death - Life is a blessing.

### Top 5 Regrets of Life (Bronnie Ware)

1) I wish I'd had the courage to live a life true to myself, not the life others expected of me.

- 2) I wish I hadn't worked so hard - Purpose & intention - Simplicity.
- 3) I wish I'd had the courage to express my feelings
- 4) I wish I had stayed in touch with my friends
- 5) I wish I had let myself be happier - Happiness is now - No regrets - Smile and know

12 Rules for Life - An antidote to chaos (Jordan B. Peterson)

- 1) Stand up straight with your shoulders back
- 2) Treat yourself like someone you're responsible for helping
- 3) Make friends with people who want the best for you
- 4) Compare yourself to who you were yesterday, not to who someone else is today.
- 5) Do not let your children do anything that makes you dislike them.
- 6) Set your house in perfect order before you criticize the world.
- 7) Pursue what is meaningful not what is expedient.
- 8) Tell the truth -, or at least don't lie.
- 9) Assume that the person you're listening to might know something you don't
- 10) Be precise in your speech
- 11) Do not bother children when they're skateboarding
- 12) Pet a cat when you encounter one on the street

Song:

Lonely soul, The Beach (<https://www.youtube.com/watch?v=mz2TI0KVPWc>)

Through the Storm - Grief

<https://www.youtube.com/watch?v=tB98ldnUcTE&t=2s>

## DEATH

Death means, "We have lived!"

*"A cemetery is a house full of rich people (, who can't spend the money anymore but would be happy to exchange every single dollar for every moment."*

*"Every man's life ends the same way and it's only the details of how he lived and dies what distinguish him from another.*

I actually think we are sometimes focusing too much on death. During a ceremony we shouldn't be sad about a person, who is gone but happy and glad about all the beautiful time we have spent with this person.

When I talk with people about the movie "Into the wild", a lot of friends say it's their favourite movie. But when we actually talking about the movie, a lot of people are just telling me how stupid this guy was by eating the wrong plant without bein informed and how selfish he was not to contact his family. I think it's not fair just to focus on one moment, maybe the death. It might be the most intense moment but over this moment we should never forget all the moments before. In the End a Life is more than the Death!

A Life is all the Happiness, the Love and Laughs and Dreams and Adventures we experienced and shared with friends. All the people we met and influenced. That is Life and that's what we should remember a person for when we are standing at their grave praying for them. Not the one stupid, unfortunate moment, when the person made a mistake or got sick. That would be judging without being in their situation at that time.

*"When I'm dead, who cares? I don't! (Freddie Mercury)*

# Words. Listening. Discussion. Learning

## *Words. Listening. Discussion. Learning.*

“Our words have power. They impact others, but they also impact us.”— Michael Hyatt

“Remember your words can plant gardens or can burn whole forests down!” - Gemma Troy

Unfortunately, that is more than true. Not only for politicians, who can basically decide about nature conservation and stopping wildfires by their action but also for a single human putting a word and a plan into action.

With every single time we think, say or write something a desire becomes stronger, so listen to the voices of yourself and the words of others.

## A bit more about this book

This book was a process over many years. I've had the idea about writing a book for many years and the title “Ayudarme” was in my head for over 10 years, since I learned a bit spanish.

However, the title works out pretty good and especially in the combination with the website, which I started as a travel website called: TogetherAloneTours

Both and this book all have the desire to be all one and work as humans together instead of being against each other. We are all pretty impressive as single human beings, but society can often act pretty dumb and irrational destructive. Imagine, if we all would put all our single full potential together and create a better world together. However, just dreaming a bit. It's probably not possible, because therefore we would have to give up a bit of ourself.

I wrote these stories first in two diaries, probably produced in South East Asia. I bought one of the books in New Zealand (Australia/Oceania) and the other back in Germany (Europe).

The cover of the first one shows

“AfricanArt - African ornamentation, abstracted depictions of people and animals and lovingly elaborated mandalas in the rich, warm colours of Africa.”

I'm German, writing it in probably American english, in New Zealand, with a Spanish title. I asked and wrote stories and mentioned friends all over the world in this book, so at least in this book and in my little world this book shows the peace between some friends all over the world.

Interesting fact knowledge about the title, you can basically decide between two different ways to write it.

**Ayúdame** is the imperative form - help me

Ayúdame a buscar mis llaves - Help me look for my keys

**Ayudarme** is the infinitive form - to help me

Gracias por ayudarme - Thank you for helping me

I decided to choose the infinitive, more peaceful form to ask for help as a question and not as an imperative and request, so you have the choice. Quite interesting what is all hidden in one single little word. Right? Without sometimes even knowing it. Interesting.

"The quieter you become the more you can hear" (Rumi)

A friend showed me a picture today of a boat trip at Milford Sound.

I replied: "You're looking fat."

First the others laughed, because they didn't know what to say. Then they complained because I shouldn't say something like that to a girl.

Some thoughts why I said it.

First, it was the first funny thing coming to my mind and it was unexpected to say and a joke and what else should I say? Yes, Milford Sound looks amazing and you're beautiful - you know that already.

*"- Françoise: What are you talking about?"*

*- Richard: Just making conversation.*

*- Françoise: Do you have a girlfriend?"*

*- Richard: Here?"*

*- Françoise: Anywhere.*

*- Richard: No, why?"*

*- Françoise: Just making conversation."*

*(Conversation, The Beach)*

You're not fat and you know that! If I would have said. You look fluffy in your jacket. It would be ok. I didn't say "You're fat!". I said, "You're looking fat (because of a jacket)".

In the end I just tried to make a conversation. To make the conversation a little bit more unexpected. However, I said sorry, sad to not discuss the words, I said and about what people hear.

1. *"One of the most sincere forms of respect is actually listening to what another has to say."* (Mc Gill)

2. *"The biggest communication problem is we do not listen to understand. We listen to reply."*

3. *"Discussion is an exchange of knowledge; an argument an exchange of ignorance."* (Robert Quillen)

### **Sarcasm:**

*"When people ask me stupid questions, it is my legal obligation to give a sarcastic remark."*

I like dry sarcasm, just because it makes you think and it's playing with language. It's losing the magic if others don't understand it and you have to explain it.

Wastebusters is open again and we waited in line. Martin, the friend I came with was for people in front of me in line and said I should just come next to him. I decided to politely ask the person behind. She replied with a smile: "NO, we are waiting here for hours." To be fair, I wasn't sure about her answer, because she was smiling while saying it and the waiting time was like 10 min, but in fact she meant it real.

"The important thing is not to stop questioning." (Albert Einstein)

"He who asks a question remains a fool for 5 minutes. He who does not ask remains a fool for a lifetime."(Chinese Proverb)

### **A question:**

Why should I ask a question if it's not important for me? If I recommend something to someone, it's a process of thinking what she/he might like to recommend to him, something it's basically a gift of knowledge and an invitation to discuss.

If I ask for something, I ask because I'm interested and don't know it, or because I want to hear an opinion of someone, or because I want something.

If I read a rule, it's my responsibility as a thinking person to ask if it actually makes sense and maybe to discuss a rule, which is always kind of an opinion of someone I can question and discuss before accepting it. I'm not against rules but normally don't really like them if they're not making sense to me, because they always limit the freedom of self-determined thinking and acting.

I went into a shop and saw the quote of Love, written down in the Love chapter. Next to it a sign saying "Please don't take a picture of the things/art in this shop. Buy it to respect the artists." Compare it with signs like. "No pictures.". What do you like better? A "Please" and an explanation to understand it makes me respect rules more. I still asked where the quote is from, that I really liked it but don't have a house to hang the quote up but would really love to write this quote down. I asked and explained and the shop owner listened and understood my request, so in the end she decided that the rule made no sense in my case.

*Speak only if your words are more beautiful than silence. (Iman Ali)*

*"Wise men speak because they have something to say; Fools because they have to say something" (Plato)*

## **The Triple Filter Test of Socrates before Speaking**

In ancient Greece, Socrates (the famous philosopher) was visited by an acquaintance of his. Eager to share some juicy gossip, the man asked if Socrates would like to know the story he'd just heard about a friend of theirs.

Socrates replied that before the man spoke, he needed to pass the "Triple-Filter" test.

The first filter, he explained, is **Truth**.

**"Have you made absolutely sure that what you are about to say is true?"**

The man shook his head. "No, I actually just heard about it, and ..."

Socrates cut him off.

**"You don't know for certain that it is true, then. Is what you want to say something good or kind?"**

Again, the man shook his head. "No! Actually, just the opposite. You see ..."

Socrates lifted his hand to stop the man speaking.

**"So you are not certain that what you want to say is true, and it isn't good or kind. One filter still remains, though, so you may yet still tell me. That is Usefulness or Necessity. Is this information useful or necessary to me?"**

A little defeated, the man replied, "No, not really."

"Well, then," Socrates said, turning on his heel. "If what you want to say is neither true, nor good or kind, nor useful or necessary, please don't say anything at all."

## CONSIDER THIS

Before you answer a question or voice your opinion, ask yourself:

**Is it true?**

**Is it good?**

**Is it kind?**

**Is it useful?**

**Is it necessary?**

If it passes these filters, speak up. If not, either find a tactful way to make it pass or better still, keep it to yourself.

Most people leave it at that and assume that the story is just about the information we spread.

What if the real truth behind it, however, is about the information we seek and create. Imagine how different the world would be if we only chose to seek or create information that was true, good, or useful. Imagine how different the world would be if we only chose to seek or create information that was true, good, or useful.

(<https://www.quora.com/What-is-Triple-Filter-test-of-Socrates>)

I think a problem today is that we communicate more and more by short messages, not using the full potential and beauty of language. Instead of just calling sometimes or meeting up we spend way too much time to write short misunderstanding messages. Just call or even better meet up otherwise we are not learning but getting angry sometimes.

## A Promise

Also, I feel more and more that a promise is more often not reliable anymore.

A promise is declaration or assurance that one will do something or that a particular thing will happen.

In the past you gave a hand on something and it was a deal. Nowadays, a president is sometimes sign a declaration just to neglect it by Twitter later. A role model of trust?

When I talked to my friend Dali, the night before heading to the West Coast with some other friends making a plan to go to Ruby Island on Sunday evening, when I'm back to go there by paddle board and kayak and camp there and have dinner. I took it as a serious plan and promise. During the West Coast trip, we were slower than expected and came back late but I didn't have any cell phone connection and my phone died at some point. So, I was all the time during the trip that Dali hopefully is not waiting too much. The first think, when I was back was sending him a message to say sorry in hundred ways, but he didn't had me



send one single message and was tired anyways and happy to have a calm unadventurous day. So, all my worries about my promise were senseless but to try to keep my word, I gave to a friend and trust is still important for me, because of the hundred times you waiting for a friend, sometimes he is waiting for you and that's when great adventures happen

Song: Disturbed - The Song of Silence

