



*Book of Life*

*Live Life Life Live*

*Live Love Love Live*

*Live Long Long Live*

*Love Long Long Love*

*Long Life Life Long*

*Live Well Well Live*

*Love Well Well Love*

*Love Content Content Love*

*That's All There is to it !*

*Just Do it !*

*Smile !*

*Be Happy !*

*α Have Content, and be Content ! Ω*

*± Tree of Life ! ∞*

## *An Explanation of the Characters and Symbols*

### *Used in the "Peace and Harmony" Picture Puzzle:*

#### *The Blue Sky - From the top left hand side of the picture:- ©2002*

1. The first pair of Chinese Characters represent "Generosity" (the flip side of "forgiveness").
2. The next blue pair of characters represent "Happiness/Satisfaction".
3. "Contentment" - meaning "not wanting more than your fair share".
4. The last pair of characters represent "Forgiveness" (the opposite, or flip side of "Generosity").
5. Intertwined with "Contentment" rests the "Chinese Dragon" in the clouds, which traditionally represents "Strength and Goodness", and which is particularly used in Chinese New Year Celebrations, which is accompanied by cleaning of homes - to symbolise the "Sweeping out the old, and welcoming in the new". The New Year Holiday is a time for families to share food, gifts, and best wishes. The colour red is a symbol of good luck, while orange represents "Good Fortune". The Dragon, therefore, is a very powerful symbol to be included.

#### *The Gold Sky Warmth - From the left hand side:-*

1. The first double pair of Chinese Characters represent "Energy - Positive and Negative".
2. The next pair of golden coloured Chinese Characters represent "Freedom".
3. "Freedom" is also represented in English, in the sky, in gold coloured letters, with the central "e" at the heart of the red, central figure - indicating that "freedom is central to our being, but very hard for anyone to find".

#### *The Red Legs of the Central Red Figure - Left to Right:-*

1. The first pair of red Chinese Characters (ankle to knee) represent "Courage".
2. The next pair of characters (knee to hip) represent "Wisdom".
3. The next pair of characters (hip to knee) represent "Stamina" or "Long lasting Energy".
4. The next pair of characters (knee to ankle) represent "Fulfillment", or "Happy Satisfaction".
5. The next pair of characters (in the boot/foot) represent "Fruitfulness" or "Bearing Fruit".

#### *The Green, Productive Earth, and Trees - Left to Right:-*

1. The first pair of characters, positively and negatively written in the green, represent "Love".
2. The next pair of characters (in the boot/foot) represent "Friendship".
3. The next pair of characters written in the eyes of the green tree head represent "Vision" - meaning both "short and long vision" which is so very necessary for us all!

#### *The Red, Central Figure - Top to Bottom:-*

1. The "head" utilizes a modified Chinese "Yin -Yang" symbol, which represents "opposites", or the "positives and negatives" we all have in our lives. A gap has been opened between the two halves to represent the mouth of the universal person depicted, which is both male and female. Red was chosen as the main colour of the figure, and of the top part of the head, to represent "Good Luck and Fortune", which is inextricably linked with the blue colour of the bottom part, representing "Gut Feeling", "Intuition", and "Empathy".
2. The "Neck" has a red scarf, symbolizing the fact that HIV, illness, etc. affects us all.
3. The body has "Heart Hands" to symbolize our potential to do "good things".
4. The body's arms are the English Words "Friendship" and "Fulfillment", things we all need.

5. The second of these words has been written in the positive and the negative, and with a different spelling, to indicate that we can attain satisfaction by knowing that things can be achieved in different ways ("Fulfillment" is the American way of spelling the same word).
6. The trunk of the body of the figure is comprised of the words, "Courage", "Energy, +/-", "Wisdom", "Stamina, +/-", and "Vision", which are essential components of good character.
7. At the Centre of our being, we should hopefully find "Empathy" or a true "Gut Feeling", or "Intuition". This feeling is often twisted with emotions, hence the twisted letters, and the blue heart background colour.
8. The combined and altered "Male/Female" symbol, with a "foetus" at the loins has been shown this way to indicate that we are all the same, and have both male and female parts at our very centre, being, and origin, and that this is the seat of our generative power.
9. The red central figure is also shown moving forward, expressing "Rage" (which can also mean, "to Party", or "Passion") which indicates that we should not stand still and vegetate.

### *The Green "Tree" Figure - Bottom RHS - Top to Bottom:-*

1. The "Hat" of the tree has the word "Fruitfulness" inlaid in gold into its "Crown". This is to show that "Fruitfulness" should be our "Crowning Achievement!". In the original work, both the word, and a pineapple can be clearly seen in the "U" (the leaves can easily be seen).
2. "Faithfulness" forms the brim of the hat. This "brim" serves to protect us from too much heat, and helps to promote "Fruitfulness" - as indicated by the hanging pears etc.
3. The red "Third Eye" indicates another way of us seeing, with "Intuition and Empathy".
4. The "Eyebrows" are shown both "rough" and "smooth" to indicate there will always be "rough" and "smooth" parts or periods - of, in and through our lives.
5. The "Ears" of the tree figure indicate low and high sounds (the "bass" and "treble" clefs) - opposite ends of "pitch" - and both necessary components of our auditory perception!
6. The "Eyes" are both "almond" and "round" to indicate that different races are equal, while the Chinese Characters indicate "short vision", and "long vision", respectively - both parts being essential for our general health, well being, and on-going development.
7. The "Lips, Tongue, and Throat" disguise the word "Generosity" depicted in two colours and in fragments, opened to the outside world, and rooted in "Truth", "Happiness", "Love" and the **"Earth/Creator"**. The fragments show that people may be generous in many different ways/ periods. Such generosity has caused flowers to spring up from the neck, shoulder and heart.
8. The "Face" shows both "Young" and "Old" sides. If we live, all of us will experience this!
9. The "Chest" indicates the female "Breast" (with red nipple), and male parts of our psyche, and that "Happiness" is grounded in "Truth", "Love" (the red heart) and "balance". A life finely balanced, of course will promote "Equality", "Justice", "Hope" and "Peace".
10. The golden "Heart Hand" carries the International Peace (Anti-War) Symbol (Vietnam➔).

### *Other Symbols - From Left to Right:-*

*Donald Chalmers ©2002*

1. "Australian Koala" seated in the fork of an Australian Gum Tree. The idea for this picture puzzle sprouted in Australia from my relationship (I am a native born Caucasian Australian) with a Naturalized Australian of Chinese roots. The inclusion of an animal and birds shows that we must live in harmony with nature, and Australia's first people, if we are all to prosper.
2. "Blue-Bird of Happiness" seated on the central red figures' knee.
3. The ancient Egyptian "Ankh" symbol shown in gold colour represents "fertility" and "soul".
4. "Dove of Peace, with olive branch", was included as a truly Internationally and Timelessly recognized "Symbol of Hope", since the time of Noah's arrival at Mt. Ararat, after the flood.
5. In addition to these things, you will see also, if you look carefully, the profile of a female face Looking to the left, a male face looking at you, and a unisex face looking down! Any others?

## ***a* Inalienable right to be always right**

**O**f all the foibles in human nature, the need to be right must rate as the most impressive. The contortions most of us will perform to vindicate our viewpoint would shame an Olympic gymnast.

Being right is, of course, not motivated by the pettiness of winning an argument or scoring a point. For most of us, being right in life is a moral crusade - a holy undertaking.

The general starting principle is that being right is necessary and proper on all occasions. But there are some special occasions where it is imperative to be right.

First and foremost, it is mandatory to be right when we are, in fact, wrong. In situations where we sense that our position is rapidly becoming absurd or untenable, we must confidently declare how right we are while simultaneously moving towards the nearest exit.

Second, we must ensure that we are always right in front of others. If we are to be wrong, it should not be before a crowd of people. Like the Biblical figure Job, we can afford to lose the home, the estate and the family, but losing face is an entirely different matter.

A third situation where we are called to be right, and aggressively so, is when other people presume to speak before us in our special area of interest. In this case, we must insist on being right by somehow making the interloper at least a little wrong.

We may need to misinterpret, obfuscate and fudge a little. Yet if we do our job well, our rival will never dare to be right in our area of interest again.

Being right is a much more delicate task in democratic and egalitarian circles, where shows of triumphalism are considered vulgar and oppressive.

**I**f we must associate in such circles, the safest rule is to feign an air of complete indifference about the rightness or otherwise of any opinion expressed.

In most ordinary situations, however, we are simply compelled to be right and be sure that everyone else knows that we are right. If we have the misfortune to find ourselves wrong, we must need to spend much time and energy ruminating about how we can be proved to be right again.

Our friends may offer wise counsel: "Let it go! Don't be so precious! Get a life!"

But their admonitions will fall on deaf ears because being right is not a matter on which we can allow ourselves to be wrong. **Ω**

**From "Human Nature", by Michael Clanchy (The Age, Monday 4<sup>th</sup> August, 2000)**

NB ! Most of us can be like this some of the time. There is a big problem when someone is like this all of the time ! Such persons are a real pain in the arse, and need to be told the truth ! Be a friend. Quote this !

# A Friend:

*Wise Author, Unknown*

*A*ccepts you as you are  
*B*elieves in "you"  
*C*alls you just to say "HI"  
*D*oesn't give up on you  
*E*nvisions the whole of you (even the unfinished parts)  
*F*orgives your mistakes  
*G*ives unconditionally  
*H*elps you  
*I*nvites you over  
*J*ust "be" with you  
*K*eeps you close at heart  
*L*oves you for who you are  
*M*akes a difference in your life  
*N*ever Judges  
*O*ffers support  
*P*icks you up  
*Q*uiets your fears  
*R*aises your spirits  
*S*ays nice things about you  
*T*ells you the truth when you need to hear it  
*U*nderstands you  
*V*alues you  
*W*alks beside you  
*X*-plains things you don't understand  
*Y*ells when you won't listen and  
*Z*aps you back to reality

*It's not easy to be a friend. It is hard to be perfect. We can but try to satisfy most of the above, most of the time.  
If at all possible! The other person must also give something back. However...*

***The only way to have friends, is to be one.***

# Love, not Hate!

*Beginning*

π

*End*

*Why Hate when you Rage against Fate!*

*It's too late to Latch the Gate, turn Tide and Date,  
Finger the Dyke, Rail against Life... it will Bleed You!*

*Fools may Heed you, Ape you, and  
Berate, Hate and Rape you, rather than Fête you!  
Shove to Escape you!*

*Make No Mistake, Don't Hate. LOVE!*

*LOVE, you Log, 'Cause*

*Life 'twill be better off Without you...*

*Unless YOU Choose to Love!*

*That's the Message of Jesus, the Jew,  
A Better Person than You, who Sees Us,  
And Believes in Us...*

*'Tis LOVE... 'Tis!*

π ♪ ☺ ♪ π

**α Q.E.D. Ω**

# *Religion. . . . Wise Author, Unknown*

*If man's religion cramps his soul  
And takes away his song,  
Or puts his spirit in a cell....  
It's wrong - all wrong!*

*If man's religion frees his soul,  
His spirit fills with light,  
And weaves a song into his life....  
It's right - all right!*

§

*The key to immortality  
is first to live a life worth remembering.*

§

*"Lies are the termites in the house of life."*

§

*Giving is receiving.*

*Now is the only time there is.*

*Let us join in Love, Joy and Peace.*

*Forgiveness is the way to true health and happiness.*

*Empathy + Compassion = LOVE*

*LOVE + Generosity + Support = Godness = Goodness*

*Male = Female = Balance = Equality = Justice  
= Goodness = Godness = God among us, and within us !  
= Holy*

§

*Those who speak most often and most loudly are often full of shit !  
Therefore, listen carefully, even to the dull and ignorant,  
just in case you are the dull one, and miss something !*

§

*An Interpretation of ..... (Wise Interpreter Unknown)*

**α                      THE PRAYER of JESUS                      Ω**

*God our Mother, God our Father,*

*God of Earth and Heaven,*

*God among us and within us, you are holy!*

*Continue your reign in us.*

*Do your will in us, as in all creation.*

*Forgive us our failings and shortcomings, as*

*We forgive others too.*

*Lead us through our temptations, and*

*Strengthen us to contend with evil.*

*For all love, healing and life are yours, now and forever,*

***Amen***

# The Figure of the "Universal 'Man' ", of NO Clan, for ALL Clans !

(Best read looking at "Peace and Harmony" Artwork, by Donald Chalmers 11/09/2002)

When I Approached the Figure of the Universal "Man", Expressing "Rage" -

The Figure said - "It's All Right to Rage,  
'Cause that Just Means - to 'More Party',  
and to Express 'Passion' - and that's  
All Right ! All Right !

But then You just Have To - Move On - as I'm Doing ! As You See !  
You Must Have True Vision, Both the Short and the Long to  
Get On with Life, and Not Stumble About  
In the Dark !

You Must Hear Plainly Both the  
High and the Low,  
All Such Sounds are Pleasing to God  
Our Creator !

Be of Kind Mind, Forgiving and Generous, and  
Then You'll be Able to 'Move On', 'Right On' !  
Thanking Our God the Creator of All that's  
On Earth and Within.

The Seeing and the Blind - the Deaf Too -  
Can Hear Gods true Tune, if they  
Seek, they Shall Find It ! A Fine Tune !

Each of You Have Inside,  
what's Required to be Free -  
And That's what's at the Heart of ME !

Courage and Wisdom, Stamina and Fulfilment

Will be Yours, if You Have 'Fruitfulness' Too !

And True Gut Feeling Will Come, when You  
Realise that All of 'Us' are Male and Female 'Inside' !  
Capable of Creating, in Friendship and Love  
New Beings, All Right 'Inside' ! Inside !

So Use All Your 'Gifts' and 'Talents' Provided, and  
Sing to Your Great God of Love and 'Just' Love !  
And Balance and Justice, and Fidelity and Faithfulness will be Yours !  
All Yours to Enjoy !

Enjoy and 'Move On' !  
Enjoy and Move On, Using Different Words,  
Many Languages and Colours !  
Say the Same Thing ! 'Move On' !

Use Your Heart Hands, to Give and Produce,  
Something quite Worthy, for Guidance of 'Youth',  
For the Young and the Old Together, with Much Combined Experience -  
Shall See ME -

The Universal 'Man' ! \*The Prophet of your choice\* !

And as You Move Forward, when You See ME,  
You Will Be Nourished, from the  
Fruit of the Tree !  
Which draws from the Earth, Creator, much  
Water and Goodness, which is Plain to See !

When You are Set Free ! Be FREE !

Free to be Kind and Tolerant of All -  
Even of those of Great Difference !  
For 'Each Kind' has It's Place, in God's Place !

The Birds of the Air, the Fish of the Sea -  
Things Crawling on Land or on Sea -  
Are Part of My Creation for Thee and Thee and Thee ! Even Thee !  
To Share the Resources which have been Provided, with Passion,  
Great Passion ! With Balance and Justice and Dignity !

Have Respect !

Have Respect for Each Other,  
You Children of God,  
Or You'll be Lost in the Fog and 'Get Lost' !  
All Lost ! Last !  
And won't 'Find' the 'Love of Life' that's 'Within'.  
Within the 'Universal "Man" ' !  
'God Among Us, and Within Us' ! - \*The Prophet of your choice\* !

Then there are the Sick and the Dying,  
the Limp and the Lame,  
All Needing a Kindness to  
Help 'Them' to 'Get Through' !  
The Starving and Hungry,  
All Needing 'Your' Touch !

So when You Look at 'ME',  
Remember All Things 'Said' !  
I Am the Universal 'Man', \*The Prophet of your choice\* !  
God Among Us and Within 'Us' !  
Moving On !

For All Healing Love and Power are  
Yours to Use Wisely ! Wisely and 'Sagely' !  
So You can Move 'ON' with 'NO' Pain and Regret  
For the Destruction You've Left - Behind you !

So Look at ME again 'Friend',

Remembering all things Said -  
And Leave Regrets Behind You, and  
Make Up for them Instead !

Be Fruitful and Multiply, the Fruit of My 'Tree', and  
You will Reap Rewards Undreamed of - because,  
'I'm the Universal "Man" ' ! \*The Prophet of your choice\* !

It Matters Not, When You Seek ME,  
Many Paths I have Trod,

Whether You Call ME Mohammed, Sai Baba, the Allah, the Buddha, or  
'Just Jesus', the Jew - I'm the God Creator, and  
Within You, and You, and You ! Even 'YOU' !

So Hate Not, and Rail Not, against Fate, Everywhere,  
Just Make up 'Your Mind' to be 'All' You can Be !  
Just, Good and Fair, because -

I Am, the Universal 'Man' ! GOD ! Creator !  
I Need Not a Dome !  
I Am GOD Among You and Within You !  
Even YOU !

My 'Peace' to YOU ! 'Always' !  
'Long May Your Light Shine Long' !

May All of Life's Blessings be Yours ! For -  
I'll be Loving YOU - Always !  
And All 'That' - Always !

So 'That' leaves the 'Amen' !  
And If You will All say 'It' Wisely, and Warmly,  
And Kindly, and with Great Empathy,  
You Will Intend to Follow My Instructions just Given, With Action !  
And You will be Acting in the Way  
Your Good God Intended ! "

AMEN ! ACTION !

**Ω ■ Destruction ◀ Chaos ◀ Famine ◀ War ◀ Homophobia  
◀ Racism ◀ Hate ◀ Lies ◀ Indifference ◀ Ignorance ◀ ☺ ■ “I”**

Where do you fit on this test of balance? Which way are you headed? Squint your eyes, and you will be able to see that the arrows sometimes appear to point in different directions, so it is not impossible to go backwards – or forwards, or sideways, from any particular position.

We must all remain vigilant, and remain focused on our goals to achieve personal happiness, true satisfaction, and Peace and Harmony within. Always speak the truth, and seek knowledge and enlightenment, and you will not often be disappointed, so long as you are Kind.

None of us, if we live long, will escape being tested to the full, nor from making mistakes. All we can do is to learn from every situation, and strive to do our best, always remembering that Forgiveness and Generosity are the same. Love !

If we have more than we need, we should share, or trouble awaits.

Love is our best way forward to achieve our personal and global freedom. Awaken the Giant Within !

Donald Chalmers 2003

**“I” ♥ ☺ ▶ *Enlightenment* ▶ Knowledge ▶ *Empathy* ▶ Inquiry  
▶ *Content* ▶ Hope ▶ *Charity* ▶ Health ▶ *Happiness* ▶ Respect  
▶ *Fruitfulness* ▶ Goodness ▶ 🎵 ▶ *LOVE* ▶ FREEDOM ▶ α**

Another Day.

Another Life.

A New World.

$\alpha$  **Love** **A New Beginning.**  $\omega$  **Love** **Live**



*Let your love light shine brightly, leaving fear, ego, and blame and shame games behind, so that all of life's blessings may be yours!*

# Love, Not Hate!

Everyone on this planet has legitimate rights and concerns. These must be addressed equitably, before peaceful solutions can be found.

In doing so, we will discover that love is not about leaning, but lending support! Love is about holding hands, not chaining souls! There is no hate in love!

To move forward at this time of great world peril, ALL of us must leave fear, ego, and our blame and shame games behind. We must acknowledge that all war is based on greed, fear and ignorance. Let us try more sharing and caring for others!

We will then be able to bring love into the "World Peace, and Equitable Solution" equation. Bullies of all persuasions will then be disenfranchised!

*Let our love light shine brightly, leaving fear, ego, and blame and shame games behind, so that all of life's blessings may be ours !*

# **If I have no Love, I am Nothing.**

(If I will not express the Love I hold in my Heart, I am Nothing)

Final Perspective

Love is Patient and Kind; it is  
Not jealous or conceited or proud.

Love is not ill mannered or selfish or irritable.

Love does not keep a record of wrongs.

Love is not happy with evil, but is  
Happy with the Truth.

*Love never gives up; and its*  
Faith, Hope and Patience never fail.

*Love is Eternal.*

Of Faith, Hope and Love:  
The GREATEST of these is LOVE.

*It is Love, then, that you should strive for.*

***Help, Encourage, and Comfort.***

Paul's First letter to the Corinthians – Message headed LOVE – Chapter 13