The Story of Marty

A JOURNEY ON PLANET EARTH

COLOUR AND READ ME!
Dear Reader,

The story you are about to read was inspired by a man of wisdom. His name was Sathya Sai Baba and he lived in India not too long ago. He taught us how to be happy all the time, and told us a secret: “before we do or say anything that we would like to do or say, we should always turn to our heart to see if it approves.” He always joked and told us we were made of gold… because our hearts are full of love and light! Marty wrote his story to tell you how he made his way back home thanks to the wise advice of this man, and is really excited to share his adventures with you!

Dear mom and dad,

You can download “The story of Marty - a journey on planet earth”, at www.martyswatch.com. At the same website you will also find a series of worksheets conceived to enable you to deepen topics such as Unity of heart, head and hand (Character), the 5 D’s, the five Human Values, or tackle the art of concentration and silent sitting with your children.
THE STORY OF MARTY

A Journey on Planet Earth

by
Suzanne Palermo
THE FALL

Our story today opens with Marty. He's a nice guy. You'll like him!

Dada, deedeed, dududud...

There he is! Carefree and merry, walking along the rainbow...

Easy now, watch your step, Marty!

Too late! I'm FAAAAALLLLING!
GULP!

Galaxy glitter! He did it again!

"WATCH OUT! HERE I COME!"

That's not where I'm supposed to be landing, right?

No bumps or jumps; the track is clear, and so....
Hi guys! See anything flying?

Ehm, let's see. Nose... hands, feet, ...measuring tools: heart, head, hands... everything's in place...

"WHEW! WHAT A FALL!"

Heart   Head   Hands
"WELL, LET'S GET BACK HOME!"

Marty looks around. The clouds have moved on and the sun is beaming.

Hey! Where's the Rainbow? It's gone!

Aaargh!

What am I supposed to do now?
At first Marty is scared, and then he gets confused. He gets so confused that he even forgets who he is!

Who am I?
Where do I come from?
Where am I going?

A friend comes along.

What's up?
What's down?
Have something to say? A story to tell?

SNIFF!

A story?

This world is full of stories! I'm Plutarco.

Who are you?
Young and old, young and old, all have stories to be told...

Well, I...

...that put together make a load, of experience!

Look in the mirror...

GASP!
Shhh! No distractions!

You'll discover a treasure in your very own actions!

My name is Marty, and I'm lost, sir.
Ehm, did you say lost?

MORE OR LESS

No need to worry, Marty! If you landed here there's a reason.

A purpose.

"OH YEAH?"
Being in this world is precious and rare. A special chance! Don't sit and stare!

You just have to find out which road to follow.

Road? This planet is packed with roads! How am I suppose to know which is the one meant for me?

BLINK!

Look around! You'll find signposts all over!
Especially if you look inside of yourself.

Inside?

Look within and find the vision of the mission for today!

Ehm...

Make decisions with precision, see your vision grow and stay!
Step by step it will take you higher, it will lead you on your way.

Step by step it will take you closer. It will guide you night and day.

VISION?
MISSION?

You mean that it didn't happen by mistake?

That I fell to planet earth, for a purpose? That I've got something to do while I'm here?
Then that’s a different story! Maybe it’s my story!

Better get moving, start acting it out! Look! See! Taste! Touch! Think and feel...

"...AND FIND OUT WHAT IS TRUE AND REAL!"

Step by step
I’ll sing and dance.
For life on earth is a special chance!
One thing’s for sure, 
one thing I know. 
I will learn something new, 
where ever I go.
THE MAP

Marty walks onto the stage of life. A background music accompanies the sound of his steps and the pace of his thoughts.

I heard that the chance of being here, on planet earth, is precious and rare. But now that I’m here what am I suppose to do? Where am I suppose to go?

Life is a challenge, meet it.
Life is a gift, accept it.
Life is an adventure, dare it.
Life is sorrow, overcome it.

THIS WAY!
Life is a tragedy, face it.
Life is a duty, perform it.
Life is a mystery, unfold it.
Life is a song sing it.

Life is a dream, realize it.
An opportunity, take it.
Life is a journey, complete it.
Life is a promise, fulfill it.

Life is a game. Play it!

Life is love, enjoy it.
Life is beauty, praise it.
Life is a struggle, fight it.
Life is a stream, flow with it.

Life is a puzzle, solve it.
Life is a goal, achieve it.
Life is a miracle, revere it.
Life is spirit, merge with it.
A character sign post walks up to him.

Your new journey begins here. Throw the dice and make your steps!

Marty picks up some huge dice that topple over him...

"UGH!"

"HELP!"

Someone playing a leading role flies to the rescue. He looks familiar...
I'm Plutarco. Who are you?

I bet you just got here!

I'm Marty and I think I'm lost, sir.

LOST?

Don't worry, Marty. You'll find your way. This planet is full of roads, paths and high-ways.
A map?! It looks more like a maze to me!

Which road is the one that will take me back home?
Think about it, Marty. If you're here there's a reason, a mission, a vision that will guide you!

Look within and find your vision of the mission for today.

Make decisions with precision, see your vision grow and stay.

Step by step it will take you higher, it will lead you on your way.

Step by step it will take you closer. It will guide you night and day.
Vision? Mission? From what I see there are only roads to choose from, and so many different things to do!

My nose says 'go right', my eyes say 'go left', my head says 'go straight'...

"MAYBE I SHOULD TURN BACK, MAYBE JUST STOP RIGHT HERE..."

Aren't there any instructions? No directions to follow?
Concentration, Marty. It's rule number one for whoever lands on this planet.

You won't be able to do anything if first you don't learn how to concentrate. Start now! Withdraw those antennas!

Are you sure about what you're saying, Plutarco, Sir?
Don’t let your senses lead you astray, Marty!

You are the archer, the pilot, the charioteer. Guide your chariot! Be in command!

ARCHER?
PILOT?

CHARIOT?
CHARIOTEER?

I don’t drive a chariot or have any horses!

I’m just a kid!

Marty notices that Plutarch’s mirror reflects a strange kind of light. It doesn’t seem to come from outside...
What does your heart say? Sit down and listen to its song.

Look within and find the vision of the dream that lives in you.

Follow the light within your heart, its inner glow is ever true.

Step by step it will take you higher, It will lead you on your way.

Step by step it will take you closer. It will guide you night and day.
Ok, I got it... I'll withdraw my antennas.

Did you pinpoint your target...

... it looks like a rainbow. Hey! It's home!

... and find your direction?

Did you find the seed of your dearest dream?
"Home." The thought of getting back home is like a seed. A special kind.

Do you know what I'll do? I'll plant this seed in the field of my heart.

It's my hope. My dream. My purest wish.

One day it will bear flowers and fruit, and that day my dream will come true.
You will have to cultivate your inner vision like a gardener cares for his garden...

...and control your senses like a charioteer guides his horses!

But you'll make it my friend because all the qualities you need...

... are already in you!

"Have a nice journey!"
I'll follow my dream and find my way! Com'on Marty! Our journey has just begun.

Step by step, it will take me higher, it will lead me on my way.

Step by step, it will take me closer. It will guide me night and day.
Marty has been on planet earth for a long time and has covered a lot of ground; travelled along streets, roads and highways but still hasn’t found his way home...

"EHM... THIS PATH ISN’T LIKE THE OTHER ONES..."

...looks more like an underground tunnel. Some call it the inner path. Gee it’s getting dark. But I have no reason to worry. I’m perfectly equipped!

Techno-shield, satellite beamer, night viewer...

...digital watch that projects star light 24 hours a day...
He turns on all his gadgets, confident in their help, but strange enough. Nothing works!

"OH COM'ON!"

Nothing's working! And they call it technology! Seems more like tricknology* to me!

Marty trips and jumps back. A dark shadow is laying in front of him. It's a snake!

"A SNAKE!"

HELP!

Watch out, Marty. It might be poisonous.
But at a closer look the boy realizes that it's not a snake at all, just the play of the senses!

"Whew! What a scare! It's just an old rope."

"Oof! Getting out of this forest is becoming more and more difficult!"

Maybe I made a mistake, not suppose to be here... chose the wrong path. What a fool!

A comforting song rises up from within his heart.

"When I'm sad and I'm afraid and don't know what to do..."
My mind in doubt, my face a pout, feeling such a fool. I start the day and sit and pray, hoping that I’ll find my way. And then I hear, within my ear...

"Fearlessness is what you need..."

Who’s there? Who talked?
... or you'll never get out of this forest! Oh, and by the way... that rope... On planet earth things can appear different from what they really are.

WOW!

You're a real live elephant and you talk!
Elephant? Ehm, elephant is not the word...

"Did you just get here?"

Actually I landed on the planet quite a long time ago sir. Could you lead me out of this forest?

I could, but you'll have to adjust your antennas.

"ADJUST MY WHAT?!"

Will you follow the advice I give you?

I sure will!
OK, I'll make an opening for you to get through! Now do one thing. Throw away your sleeping bag, you won't need it anymore. Catch me?

Marty flings his sleeping bag and back-pack out of the way.

"I won't need this old rag bag anyway"... he thinks to himself.

With all that weight off my shoulders everything feels lighter!

"Good. Now listen attentively. What is important is to know where you're going and why. Call it goal, focus or vision, it will guide you on your journey." The elephant's tone is firm and dear. He knows what he's saying.
"Your thoughts and feelings are what count the most, you need to learn to observe, to watch them... Are you with me?"

I'm with you!

"Catch this!" says the elephant, tossing Marty a watch. "It will help you remember. Pretty original, isn't it?"

Looks like a compass to me. Well, thank you.

Now look who's coming! A mouse and a monkey! The mouse hands Marty a key, and the monkey a bag full of tools.

Take this!
You'll need that key, Marty, and the tools will serve useful too...while you tread the path.

Now listen closely. You'll have to build faith in yourself. Self-confidence is the foundation of the mansion of life! Remember that.

Let's see, I guess that's more or less all you need to know. Oh, well of course, Don't follow the body, it's like a water bubble!

"A WATER BUBBLE..."
"And don't follow the mind! It's like a mad monkey!"

"FOLLOW THE MASTER!"

Be confident, be sure, be happy, take the lead!

Be character! Be Pure! In thought, word and deed.

In truth you know you can love and serve your fellowman.

With beauty in your heart you'll know from where to start.

And if goodness will shine in your mind.... no problems you will ever find!
The elephant, the mouse and the monkey leave the scene...

What happened to everyone? Mr. Elephant! Are you there?

Alone again in this big, wild forest, with a key, a watch and a bag of tools. Hey, look! There's something written on this key: "See always inside". Wonder what that means. Well, let's start by looking inside of this bag of tools!

Watch out for...

DISTRACTIONS

DOUBTS

Despair

The 5 D's and more. Instructions for use. Don't be distracted by doubt, depression, despondency, disappointment and delusion.
Be devoted to your mission, your vision.

Use your discrimination: watch your steps!

Let discipline mind you.... and discipline that mind!

Be determined to finish this game: never give up!

And remember, its your duty to get back home!

**Delusions**

At the bottom of the bag there seems to be something else...
Marty ponders over the meaning of his encounter, and as he thinks about all the new things he learned that day his confidence gets stronger. He takes a step and then another, and starts whistling a happy tune. It's time to move on!

When I'm sad and I'm afraid and don't know what to do...

My mind in doubt, my face a pout, feeling such a fool.

I start the day and sit and pray, hoping that I'll find my way.

And then I hear, within my ear, a voice resounding so...
Be confident, be sure, be happy, take the lead!

Be character! Be Pure! In thought, word and deed.

In truth, you know, you can love and serve your fellowman.

With beauty in your heart you'll know from where to start.

And if goodness will shine in your mind, no problems you will ever find!

"... AND WHEN GOODNESS WILL SHINE IN MY MIND, NO PROBLEMS WILL I EVER FIND!"
THE KITCHEN

During his journey on planet earth Marty discovers different cultures and traditions, languages and people! Colours and forms, flavours and food!

Knock! Knock!

Let’s try this inn. It sure smells good in there!

Cooking WORKSHOP
10 tasty LESSONS!

My dear friends and guests, kindly remember that the quality of ingredients is very important whenever you are cooking, baking, doing or making anything!
Marty is flabbergasted! Frenchy, the cook, looks just like a bear!

“Never make what you do too salty, too hot, too sweet, too sour, too spicy, or too dull! Most of all weigh everything with love!”

The secret of a peaceful life, a life so rich and smart, is whatever you do, wherever you go...

...USE YOUR HEAD, YOUR HANDS AND YOUR HEART!
"Looks good. Smells good. What about a bit of this, just a touch... deelicious! Smell that fragrance!"

Oh, no! Don't do that! Don't do that!
"HOLY JUPITER! WHAT HAPPENED?"

I, I, I... was distracted by the smell of it...

...and threw in these herbs without even looking at the label!

I didn't check the clock, didn't weigh or measure my thoughts...

... I LOST ATTENTION...

... and forgot to watch what I was doing and how I was doing it!
How can you watch yourself when you are busy doing something? I don’t get it.

You can... I could have... I mean I apologize, I should have...

I didn’t put my heart in it, and my thoughts, words and actions were out of focus!
"Well... it CAN happen that you make a mistake from time to time. Our senses can mislead us, our thoughts can carry us away, our opinions can be so strong that they blind us!"

What do you do then?

Sir? What do you do in that case? What if you do something wrong, something you didn't mean to do?
You admit it! You apologize!

"You apply the neutralizing balm of awareness and the lesson is over!"

The past is past. Let it go! The future is uncertain, and now is the present... and it's a real gift to be here, isn't it?

Past?
Present?

Ehm, gift! Someone gave me this watch, it's pretty original... Will it help us stir things back to normal?
“A watch? You’re a lucky guy! That’s a perfect tool to have on hand... I mean on wrist, in the kitchen of life!”

It makes it easier for you to remember to choose, weigh and measure your ingredients with care, if you want good results. A great scale for whatever...

...you think, say or do.

“Looks like a compass to me!”

You mean to say that this watch helps me put things in focus and concentrate? Wow! Any other special traits?

**IT’S SPECIAL!**

“But it’s a secret”, whispers Frenchy. “That special touch is hidden between the hours, the minutes and the seconds.”
"It's hidden in your own Self!"

Values sublime, values divine! They add flavour to everything and make YOU special!

WHAT DOES THAT "S" OF SPECIAL STAND FOR?

Sweetness! Stability and Sensibility! Smiles! Stars and Sunshine!

SORRY SINCERITY

Sincerity and serenity... What about silence?

"Silence? Sure, you can't do without silence! And 'Sorry'! That's an 'S' you can't forget when you make a blast out of things!"
'Sorry' is the seasoning that brings back reasoning!

That special 'Watch!' aims at the SOLUTION: a revolution in evolution!

What is it?

What solution?

The solution lies in the right use of PJV HERBS!
V for Vitamins?

Vitamins!
Yes, my friend!

Vitamins you can make and bake, toast and roast!

Vitamins that make values strong. Human values that give a good flavour to everything. And do you know why? Because the trademark is P.J., and there is nothing better than 'pure joy'!

Pure Joy Values
These herbs, these values, are grown in biological gardens where the soil (some say the soul) is treated with Pure Joy.

So don't run after tinsel and toy, my boy... but feed your body, mind and heart with JOY!

And, if you make a mistake or even two, make up for it with PJV: a good cake or muffins will do!
All you need to do is put it everywhere!

Joy above and joy below,
Joy is all around me.
Joy in shape, in sight and sound,
it really does surround me.
On my fingers and my toes,
my lips and tongue and in my nose.
In what I think, in what I do,
it's everywhere, in me and you!
Be Positive! Positive! Positive!
Marty's journey continues. Now he knows a lot about VPJ herbs but still needs to learn how to cultivate them in a lasting way.

Come in boy. We have just begun. Today we're talking about the meaning of life. What's your name? Where do you come from?

I'm Marty...I... I come from...
"I see, I see. Why are you here boy?"

I've had a few adventures, here on planet earth, and have learned how important VPJ herbs are.

THEY GIVE GOODNESS AND FLAVOUR TO EVERYTHING.

I'd like to learn how to grow them sir, and make them everlasting.
Planet Earth is a great place to be, but sometimes it gets dreary and you get weary... lose the way, are exhausted at the end of the day! Is this the purpose of life?

Look! Look at this tree!

It's huge!

It's strong!

It's full of apples yum!
The whole universe is a tree.
Its life's within a seed, you see.
Love is this seed, an energy.
It is the cause of all that was,
Of all that is, and of all that will be.

The whole universe is a tree.
This is the truth of life, the key.
In each small fruit divinity,
that grows and grows to infinity.

The whole universe is a tree.
It's life's within a seed, you see.
Love is this seed, the seed's in me.
It is the cause of all that was,
of all that is, and of all that will be.

The universe is in you and me!!
"LOVE! THE INVISIBLE THREAD!"

The invisible thread...

The universal glue called Heart!

HEART!
“LOVE!
AND WHO, IF NOT MOTHER NATURE,
KNOWS ITS REAL SECRETS?!"

Do you know what makes up this world, son?

Forms?

Taste and flavour?
And sound, smell and endless colour! A miracle made out of only five elements!

Aren't they just like the ingredients you need for baking a good cake?

They mix and combine, to give taste to life! And love is the power that joins all the pieces...

...and keeps the parts together!

“AWESOME!”

Like a puzzle!
And all this happens...

"...WITHIN YOU, TOO!"

Experiment son. Learn by experience!

I hear the sounds travelling through space and feel the cool breeze on my skin!

The warmth of the sun enfolds me, water quenches my thirst. Earth food nourishes me and the air that I breathe charges my batteries!

Do you hear the sound of your breath, too?

BREATHE
“LOVE!”

It’s above, below, inside and outside! It’s here and there. It’s high, it’s low.

Is it inside this little seed, too?

“IT’S EVERYWHERE!”

But if you split the seed in two there’s nothing there!

NOTHING?

That ‘nothing’ is an invisible power, a powerful energy, Marty!
It's the most powerful energy there is! But, mind you! An apple seed will never give you a pumpkin!

Uhm, guess so. A pumpkin can only sprout out of a pumpkin seed.

And our thoughts are just like seeds!

"Really?"

It's simple. Good thoughts bring good results!
Nature is a great teacher! What else can I learn?

To care for her! If you uproot the weeds, beauty will flourish everywhere!

Hihih... and weeds can be uprooted from within you too!

Order

You learn to exercise daily! You need to bend and bow... to till the soil!

Discipline
You learn about wonder...

... and worship!

WORSHIP!
WONDER!
ADORATION!
LOVE!

The magical glue, the universal heart, the invisible current! Be grateful that you’re here in the midst of nature, Marty. Revere it! Adore it! you’ll BE it!

Tell me, and what do you reap?
V.P.J. herbs?

You can't reap them in a twinkle of an eye, Marty. They call for special care...

...in the garden of your own heart!

And what will the harvest be if, when the rain falls, no seed has been planted? What will the harvest be if seeds have been sowed but there is no rain? In order to reap the crop both are necessary: rain and sowing. So do you duty and pray for a good rainfall, and for sunshine too!

ALL OF THE SUDDEN...
An underground rumble makes the earth tremble and the fruit tumble!

The order and beauty of the garden are upset. Marty is aghast, while elves and fairies jump behind bushes and run here and there crying for help.
THE KEY

A flash of lightening scorches the sky with a blast drowning out the song of nature.

Someone forgot to weigh his thoughts with his heart again...

... didn't choose the right ingredients, look at the label...

WwOoOoOosh!
Just what happened to Frenchy!

Why is everyone so angry and distracted?

Look in the mirror, Marty...

...and remember, thoughts are like seeds!

They create forms and have consequences! You need to cultivate good ones, otherwise...
War is in the minds of men. The minds of men. Conquer the enemies within your mind, transform human kind.

Ego, anger and desire build that devastating fire of the inner battle field, that yields the human mind.

Pride and envy, lust, confusion, burn in darkness and illusion... heal the mind with love, find freedom from delusion.

If you follow the Master and finish the game, peace and love will reign.
Face the devil, fight to the end. No more trouble for family or friend.

No more pain. No one to blame. No more shame. If you follow the Master, and finish the game!
But when I look in the mirror all I see...

... is my own reflection!

Your watch, Marty...

...didn't it teach you to look closer?
His watch! Well, sure! It’s time to start using it!

I’m looking, I see something deep down within me.

Nature is crying! Conflict and war exist even here, in this beautiful garden.

“EGOISM!”

Even among family and friends! Look at what’s happening to this wonderful world!
Marty opens his eyes wide. He saw an elephant, a mouse and a monkey in his heart, too!

Now I remember: "Don't follow your mind, it's like a mad monkey."

I'd like to help win this game, sir, conquer those inner enemies...

... but how?

Think good, do good, see good...
Explore your mind with your mind. But stay on guard!

It weaves thoughts and desires like fabric! If the fabric gets dark and tight, you lose your freedom and inner light!

How can I unravel this strange piece of clothing?

I don't want to be trapped in it for ever!
Your mind is a bundle of thoughts, watch out or you'll get caught.

There it runs, up and down, right and left, and all around.

In and out, it comes and goes...

Until you know, there is nothing to know with your mind.

It's a bundle of thoughts!
"PULL THEM OUT!"

Let that one go!

Don't be attached to your thoughts!

I'll let go of the thoughts I don't need and keep the good ones!
So...
You unravel the dark and heavy thoughts from the fabric...

...and cultivate the shiny ones like flowers!

Your mind won't get entangled anymore! It will become lighter and start rising...

"UP TO THE SUN?"

...it will rise higher and higher, and your heart will too, until your mind and your heart become one!

And do you know what will happen then? P.V.J. herbs will sprout and grow within you, filling your heart with fragrance.
I got it! My measuring tools and my watch are meant to help me learn to guide my mind up high...

To reflect the light of the sun.

"I'll see more, and better, and I'll find my way!"

Thoughts grow fast and get caught everywhere, Marty. They carry you away, take you high and low. You need to choose the right ones and to be determined and devoted to your mission if you want to master them!

I'll manage, sir. I'll do it.

If I don't this beautiful garden will become infested with weeds and turn into a crazy battlefield!
W.A.T.C.H.!

Watch! Your words.
Watch! Your actions.
Watch! Your thoughts.
Watch! Your character.
Watch! Your heart.*

The best part still has to come, Marty.

When the inner sun guides your steps you discover something unique.

**Fascinating!**

**Extraordinary!**

* Sathya Sai
The Master? Do I find out who he is?

You find out that **YOU** ...

...are the Master, Marty.

**ME?**

You are the ruler, the leader of your destiny!

The charioteer and the pilot...

"...THE ARCHER AND THE ARROW!"

And I'm the map and the vision, too!
THE RAINBOW

Marty blinks and looks around, feeling good, light and happy. He just finished conquering the arch enemies of man, his own bad thoughts, and found out that the answers he's looking for and the resources he needs, are inside of his very own self!

"THAT WAS A TUG OF WAR!"

Now that it's over I feel great! Even this key seems lighter than ever! I wonder what door it's supposed to open...

An angel walks up to him and whispers softly:

Open the door of your mind Marty. Let the sunshine take you away!
Open the door of your mind,
let the sunshine take you away.
Open the door of your heart.
Let its beauty show you the way.

Let its beauty show you the love,
inside, around, below, above.
Let its beauty show you the way of
truth and love, so that you may.

Open the door to heaven high,
open the door and fly.
Open the door to heaven high,
open the door and fly!

**FLY HIGH!**

See Always Inside!

CAREFUL MARTY! TURN THE KEY
IN THE RIGHT DIRECTION!
"In the right direction."

Well, I guess so... I mean, if I want to open the door of my heart...

...I need to know in which direction I should turn the key... of my mind! Right or left?

Look within and find the vision of the mission for today...
...MAKE DECISIONS...

... with precision, see your vision grow and stay.

That's it! "See Always Inside!" The inscription on the key is giving me the answer!

Step by step it will take me higher, it will lead me on my way. Step by step it will take me closer, it will guide me...

...night and day!
Marty jumps up full of joy and starts singing!

Now I see it, now I know, who I am and where to go! In body, heart, head, hand and soul...

"... MY INNER STRENGTH WILL GROW AND GLOW!"

Nature dances and sings along. The earth and the sky unite in a happy ring-a-ring-a roses, embracing everything that exists!
I am here in the now, knowing that I am here,

there's no fear, in the now, all is dear and I bow.

I am here in the now, all is near, I know why.

In the now, all is clear and I know that I am I.
What an amazing dance! I have never seen anything like it! Now I understand how everything has its perfect place in this world, and in the whole universe!

Like the pieces of a puzzle!

A beautiful rainbow appears in the background and joins the happy dance by surrounding all there is with its colours. The colours mix, combine and dissolve into the infinite sky. A pure white light is all that remains.

"EVERYTHING IS CONNECTED! ALL IS ONE."
Whose voice is that? Could it be Marty's elephant friend?

Who is it?
Who's speaking?

IT'S ME!

Me? Who is 'Me'?

Me is me

I am me, I am I.
The love I feel in me is real.
I am me, I am I.
The love I feel will never die.
I am me, I am I.
With wings of love I soar and fly.
I am me, I am I.
My name is love, do you know why?
No it’s not his elephant friend talking … but the voice Marty hears seems so familiar. He sits quietly, goes within and…

WOW!

I must have turned the key in the right direction and opened my heart! Listen to its song.

Do you know? Yes I know! Truth is one and only one. It’s everywhere I go. It’s in and out, around, above, below me. In everything I feel and see.

Do you know? Yes I know! Truth is love and love is Joy. It’s with me all the time. I look within, I see a glow, my inner shine…
...The spark within that is divine.

Marty can't believe it. A few more steps and he'll be home! He takes one, and then another when...

"WAIT, MARTY!"

You still have to see what those two extra D's are! Remember? They're in your pocket!

Of course he remembers. Marty unfolds the small piece of paper...

Your journey hides final joy and pleasure, an everlasting treasure! A desire so pure, a desire sublime...

...A DESTINATION DIVINE!
After so much walking Marty finally stops. The meaning of his journey is now clear.

Being in this world is precious and rare! At the beginning you can feel out of place...

...but if you watch out for pointers your road opens up for you!

"CHILDREN! KIDS! GIRLS AND BOYS!"

Why not join our steps? We can reach the goal faster, all together!

If we care for our most cherished dreams,...

...the ones hidden in our heart, like a gardener cares for his garden...
...fragrant herbs and values, human values, will sprout, grow and blossom! And if we align our antennas and connect to the glue of Divine Love, we will rise higher and higher, up to the sun!

"THE WORLD WILL BECOME..."

SIC! We won’t be there!

..."HEAVEN ON EARTH!"
We have all we need: the tools, the instructions and the key.

Our watch will help us watch our steps...

"... AND ACHIEVE OUR MISSION TOGETHER!"

A happy world, a happy world, we will make together!
A happy world, a happy world, our lives will be much better.

A happy world, a happy world, will be a home for everyone.

A happy world, a happy world, one family we will be.

May all worlds be happy!
May all worlds be happy!
May all worlds be happy!
Peace! Peace! Peace!
Look within

Look within and find your vision of the mission for today.

Look within to find the vision of the dream that lives in you.

Now I see it. Now I know. Who I am and where to go in.

Make decisions with precision, see your vision grow and stay.

Follow the light that's in your heart, its inner glow is ever true.

Body, heart, head, hand and soul. My inner strength will grow and grow.

Step by step it will take you higher, it will lead you on your way.

Step by step it will take you closer. It will guide you right and day.

Joy above and Joy below

Joy above and joy below, yes joy is all around me.

Joy in shape, in sight and sound it really does surround me.

On my fingers and my toes, my lips and tongue and in my nose. In

what I think, in what I do, it's everywhere, in me and you.
Be confident!

When I'm sad and I'm afraid and don't know what to do. My mind in doubt, my face a mask.

F   C    F   Gm7   C7   F   Dm7
Bb7   C7   F   accel.   F   C

Be so kind a fool. I start the day and sit and pray.

Dm7   rit.   Bb   C7

Be hoping that I'll find my way. And then I hear within my ear a voice resounding so:

Be confident, be sure.

F   C   F   Bb   C

Be happy, take the lead!

C7   F

Be charmed. Be sure!

F   Dm   Gm   C7   F

In thought, word and deed. Be sure. Truth you know you can love and serve your fellow-man.

Bb   F   Gm   C7   F   C

With beauty in your heart, you'll know from where to start. And if goodness will shine in your mind, no problems you will ever find.

I am me, I am I.

G   Em   C   D

I am me, I am I. The love I feel in me is real.

I am me, I am I. With wings of love I soar and fly.

Am   D   G

I am me, I am I. The love I feel will never die.

I am me, I am I. My name is love, do you know why?
War is in the minds of men,
the minds of men,
the minds of men.

Conquer the enemies within your mind, transform human kind.

Ego, anger and desire, build that devastating fire of the inner battlefield, that yields the human mind.

Pride and envy, lust, confusion, burn in darkness and illusion.

Heal the mind with love, find freedom from delusion. If you follow the master and finish the game, peace and love will reign.

Face the devil, fight to the end, no more trouble for family or friend.

No more shame, no one to blame, no more pain. If you follow the Master and finish the game.
Your Mind is a bundle of thoughts

Your mind is a bun-dle of thoughts... watch out or you'll get caught. Your mind is a bun-dle of thoughts... watch out or you'll get caught.

Here it goes, up and down, right and left... and all a-round. In and out... it comes and goes. Until you know, there is no-thing to know with your mind... a bun-dle of thoughts!

I am here in the now

I am here in the now, knowing that I am here;

There's no fear, in the now, all is clear and I know.

I am here in the now, all is near, I know why.

In the now, all is clear and I know... I am
A Happy World

Open the Door of your mind

intro (Guitar)

Open the door of your heart. Let its beauty show you the way.
The whole Universe

G Em7 Am7 D G Em7 Am7 D
The whole universe is a tree, its life's within a seed, you see. God

G Em7 Am7 D G Em7 Am7 D
is this seed, the seed is He. It is the cause of all that was. Of

G Em7 Am7 D G
all that is and of all that will be. The

G Em7 Am7 D G Em7 Am7 D
whole universe is a tree. This is the truth of life, the key in

G Em7 Am7 D G Em7
each small fruit divinity, that grows and grows

to infinity.

May all worlds be happy

D Em A D
May all worlds be happy. May all worlds be happy.

D Em A D
May all worlds be happy Peace, Peace, Peace

italiano:

D Em A D
che tutta gente si a-se l- li di che tutta gente si a-se l- li di che

D Em A D
tutta gente si a-se l- li di pace pace pace
Let Marty lead you through his story! It might connect with your own! During his adventures on planet earth he meets funny characters and learns all kinds of things. Thanks to a key, a bag of tools and a starlight watch he finds his way home, but then...