

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.

2006@suzannepalermo; online at www.martyswatch.com since 2012

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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!*

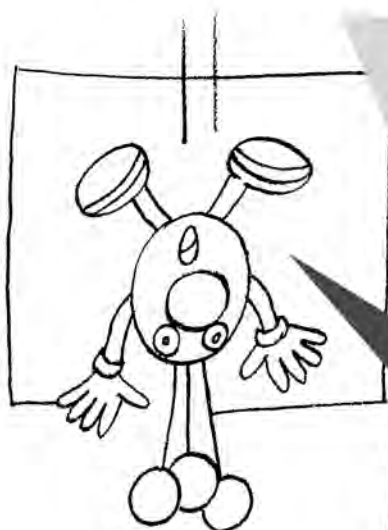


Dada, deede,
dududu....

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



Easy now, watch your
step, Marty!



Too late! I'm
FAAALLLLING!

GULP!

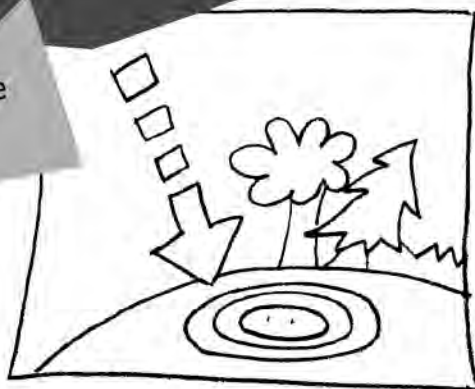


Galaxy glitter! He did it again!

**"WATCH OUT!
HERE I COME!"**

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

*No bumps or jumps; the
track is clear, and so....*



PLOOK!

POOF! AUCH!

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!"

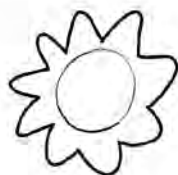
HEART

HEAD

HANDS

"WELL, LET'S GET BACK HOME!"

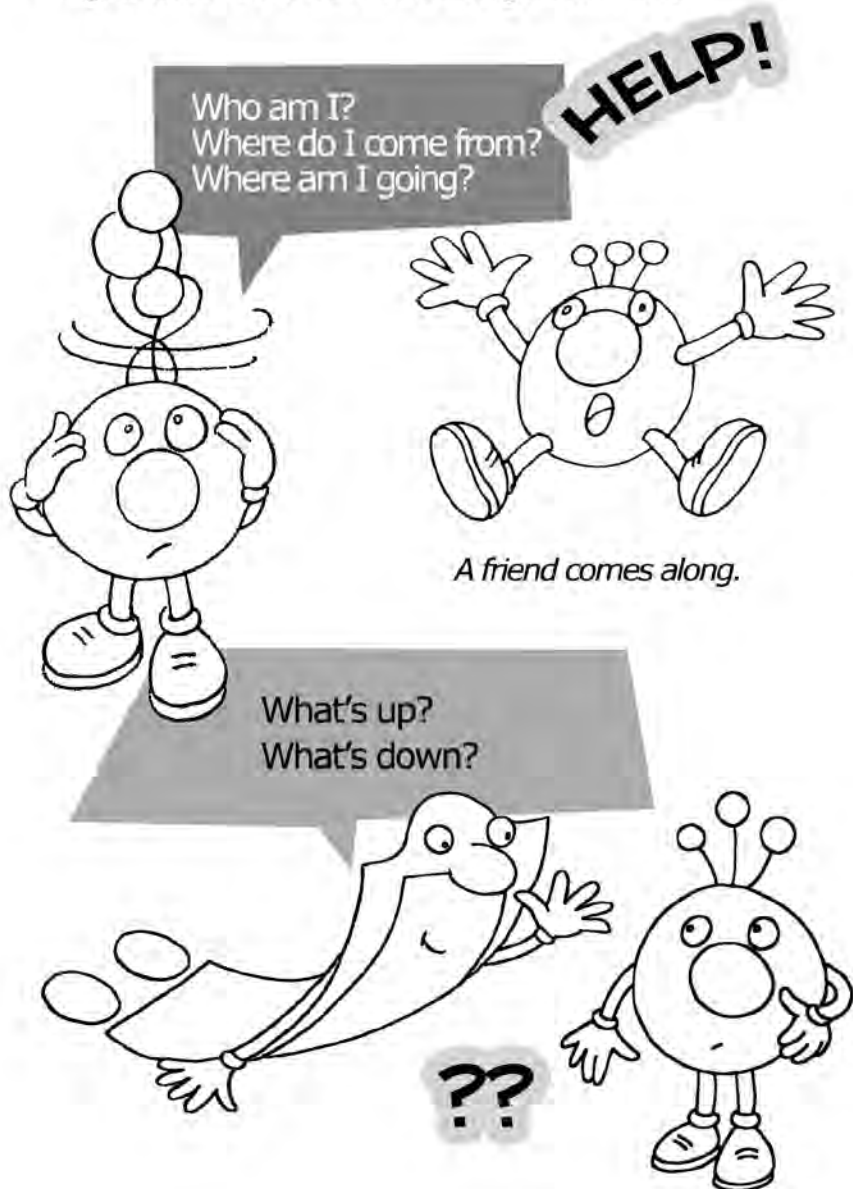
Marty looks around. The clouds have moved on and the sun is beaming.



HEY! WHERE'S THE RAINBOW?
IT'S GONE!



*At first Marty is scared, and then he gets confused.
He gets so confused that he even forgets who he is!*





Have something to say? A story to tell?

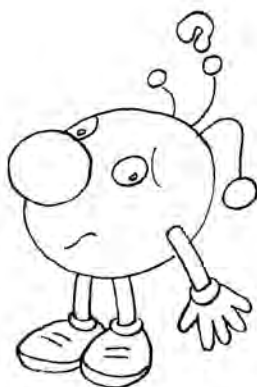
SNIFF!

A story?



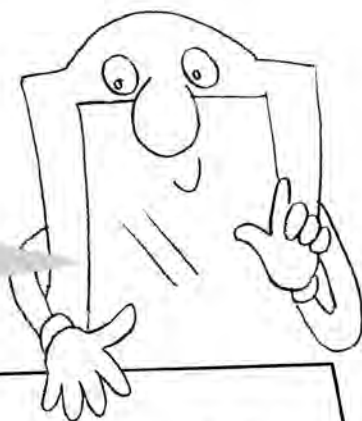
This world is full of stories!
I'm Plutarco.

Who are you?



Well, I...

Young and old,
young and old,
all have stories
to be told...



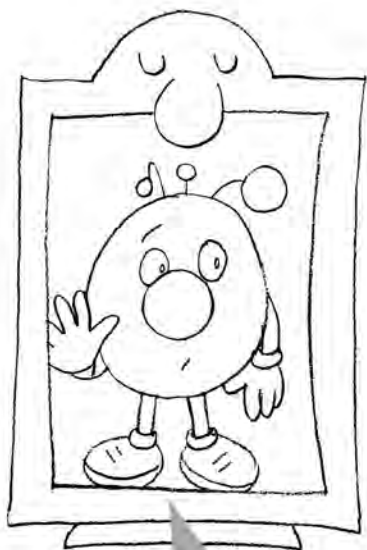
...that put together
make a load,
of experience!



Look in the mirror...

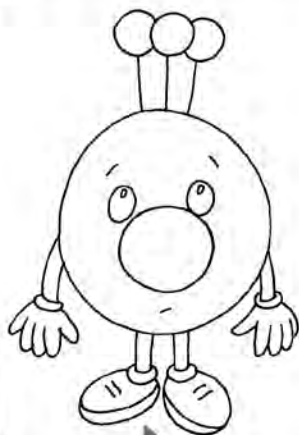


GASP!

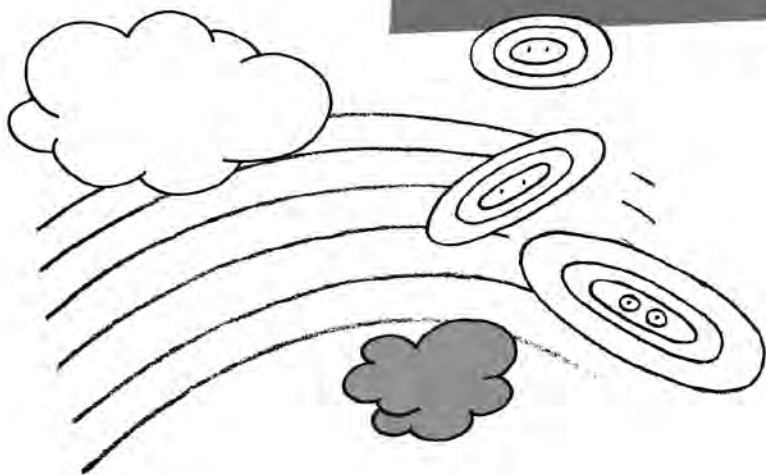


Shhh!
No distractions!

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



My name is Marty,
and I'm lost, sir.





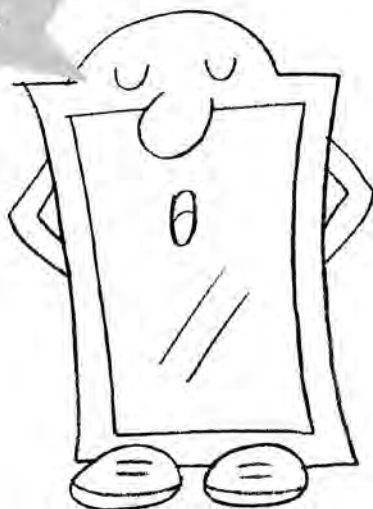
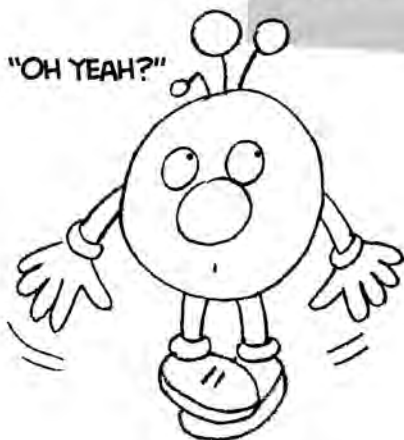
Ehm, did you say lost?

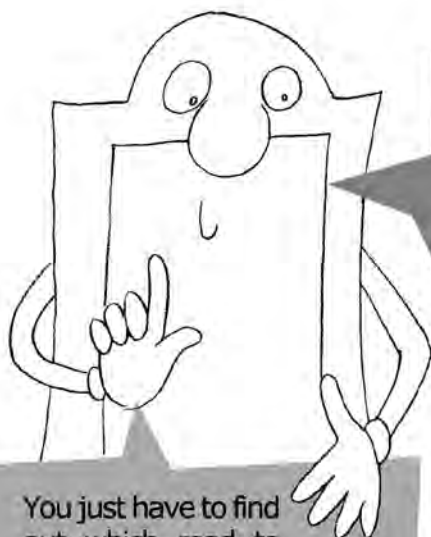
**MORE
OR LESS**



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

A purpose.



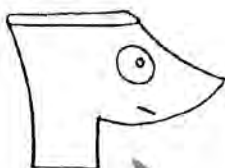


Being in this world is precious and rare. A special chance! Don't sit and stare!

You just have to find out which road to follow.

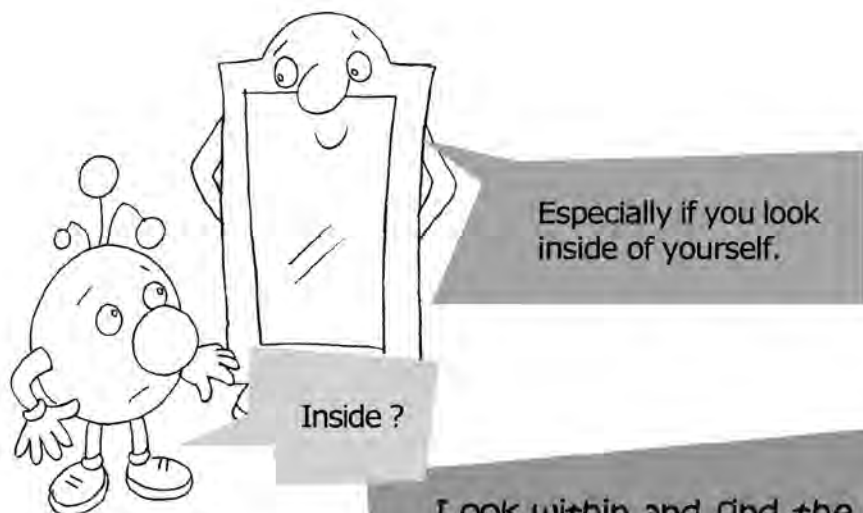
Road? This planet is packed with roads! How am I suppose to know which is the one meant for me?

BLINK!



LOOK AROUND! YOU'LL FIND SIGNPOSTS ALL OVER!

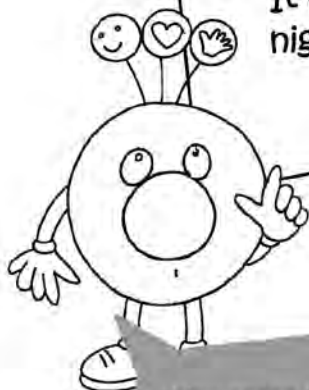




Step by step
it will take you higher,
it will lead you
on your way.



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

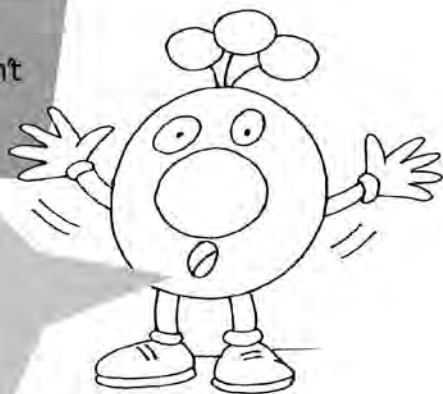


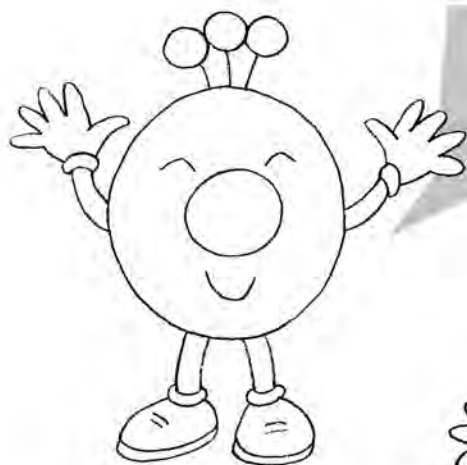
VISION?

MISSION?

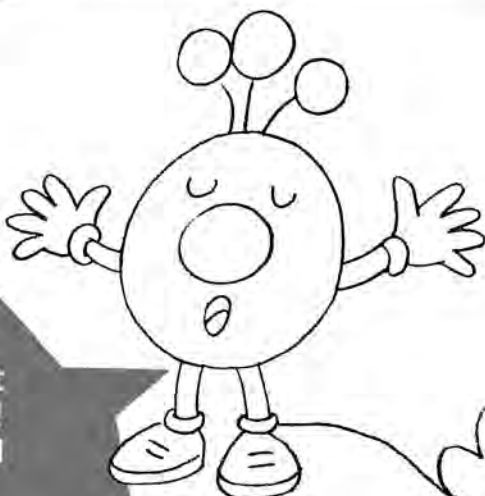
You mean that it didn't
happen by mistake?

That I fell to planet earth,
for a purpose? That I've got
something to do while I'm
here?



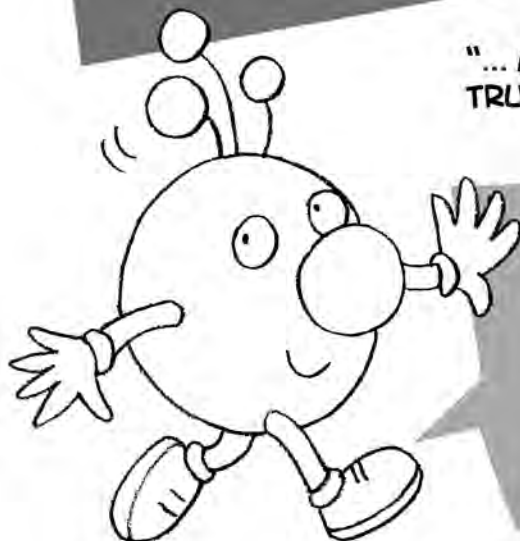


Then that's a different story! Maybe it's *my* story!



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

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



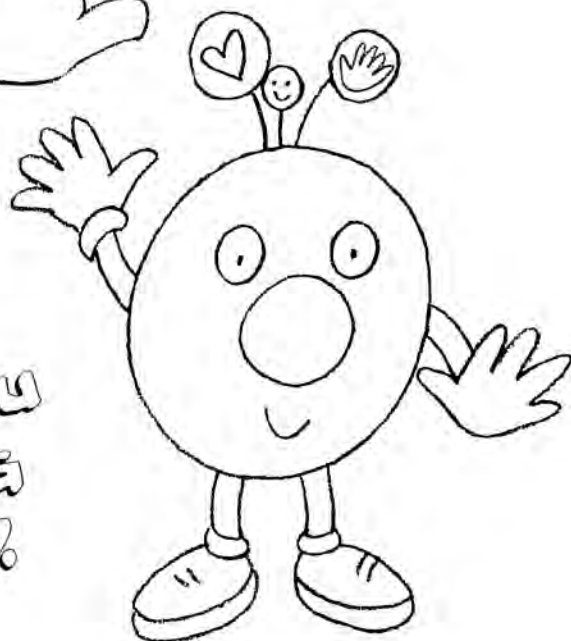
Step by step
I'll sing and dance.
For life on earth
is a special chance!



One thing's for sure,
one thing I know.
I will learn something new,
where ever I go.

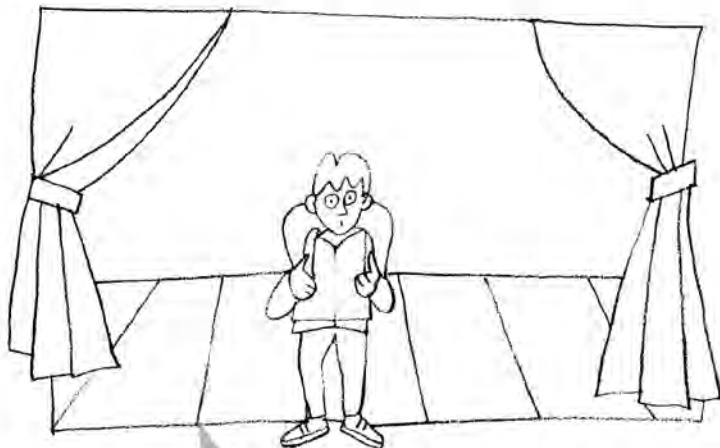


ARE YOU
COMING
ALONG?



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?

THIS WAY!

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



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

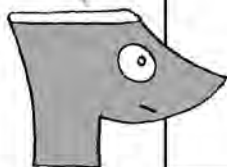
Life is a dream, realize it.
An opportunity, take it.
Life is a journey, complete it.
Life is a promise, fulfill it.

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.

THAT WAY!





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 ...*

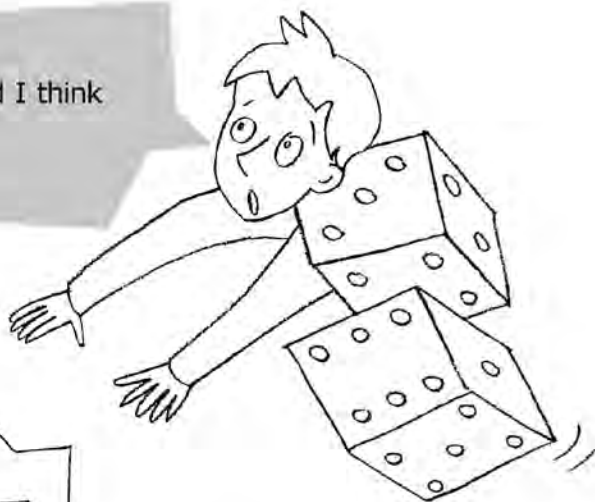


I'm Plutarco.
Who are you?

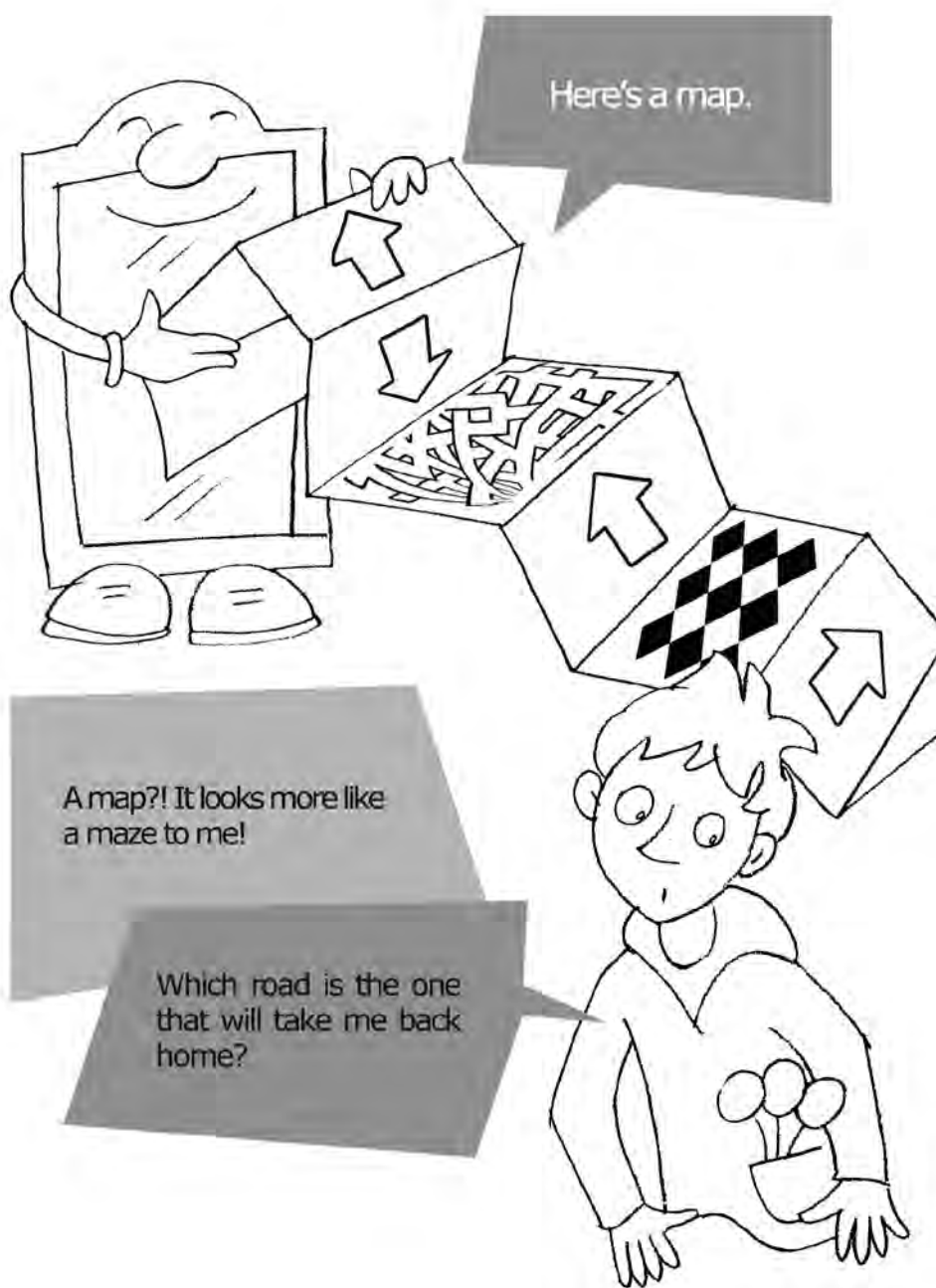
I bet you just
got here!

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

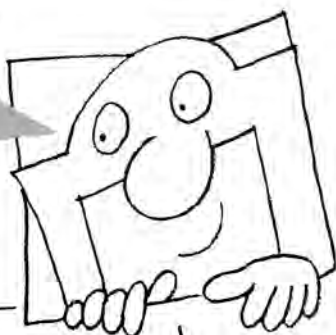
LOST?



Don't worry, Marty. You'll find your way. This
planet is full of roads, paths and high-ways.



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.

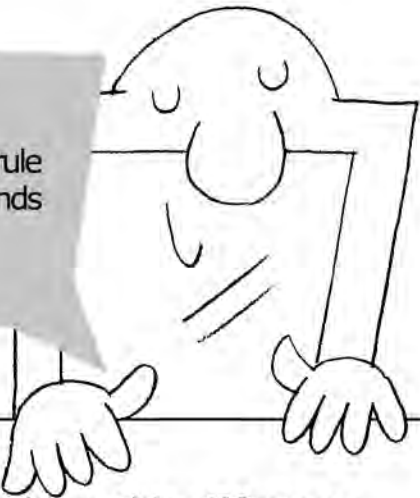
Vision? Mission? From what I see
there are only roads to choose from,
and so many different things to do!

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.

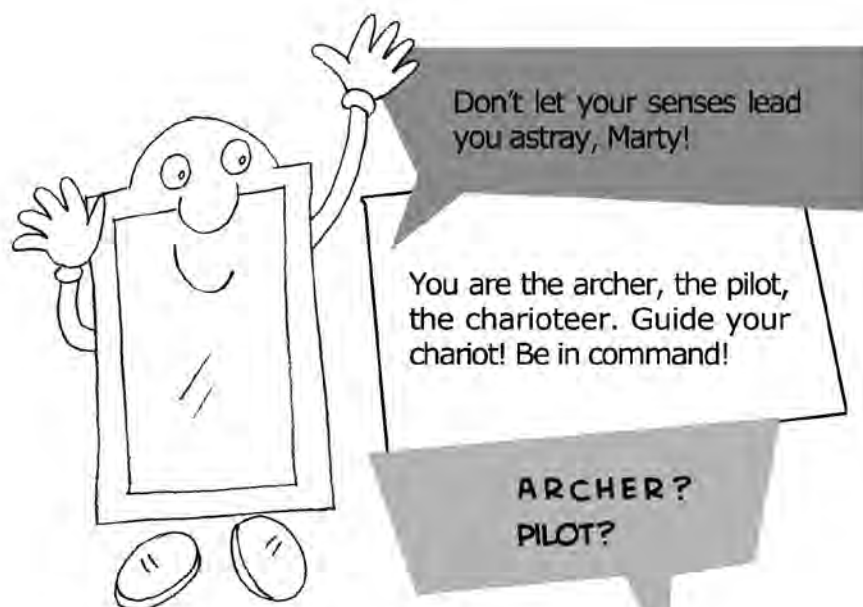
You won't be able to do anything if first you don't learn how to concentrate. Start now! Withdraw those antennas!



RULE N.1?

ANTENNAS?

Are you sure about what you're saying, Plutarco, Sir?



**CHARIOT?
CHARIOTEER?**

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

I'm just a kid!



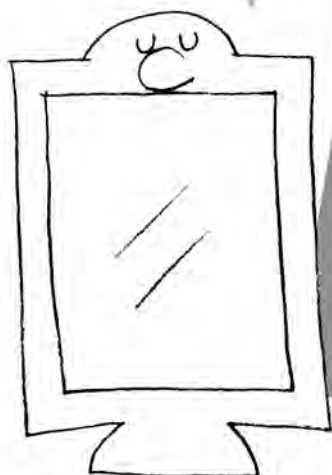
Marty notices that Plutarco's mirror reflects a strange kind of light. It doesn't seem to come from outside...

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.

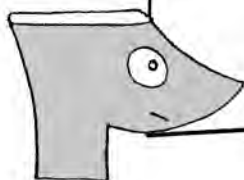
Follow the light
within your heart,
its inner glow is ever true.



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

GO WITHIN

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

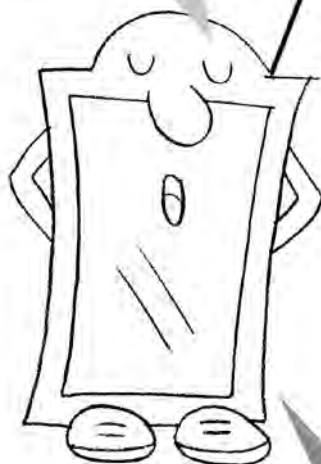


Ok, I got it...
I'll withdraw my
antennas.

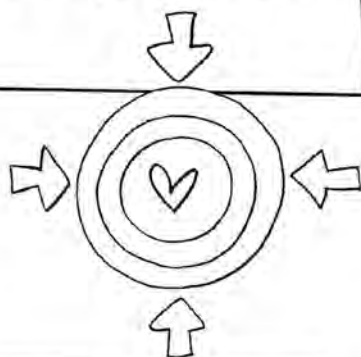


Did you pinpoint
your target...


... 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.

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

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



One day it will bear flowers and fruit, and that day my dream will come true.





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

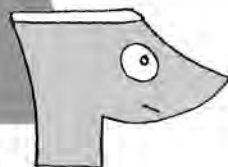


Step by step,
it will take me higher,
it will lead me on my way.



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

**STRAIGHT
AHEAD!**



THE FOREST

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!



"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...

Take heed, Marty!



"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.



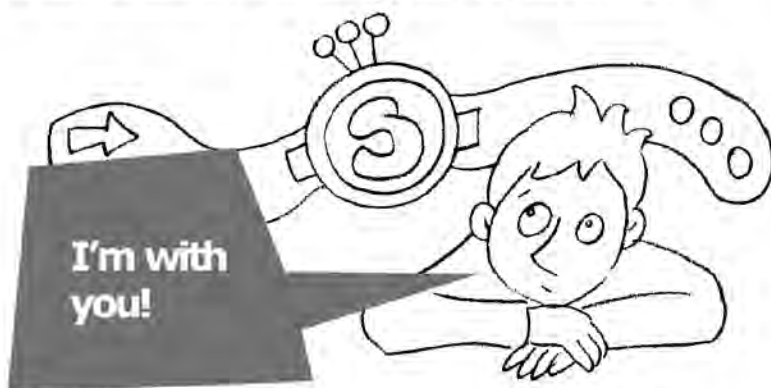
"I won't need this old rag bag anyway"... he thinks to himself.

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 clear. 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?"



"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.

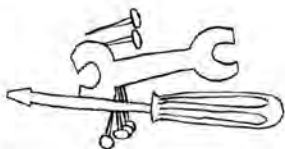
Now look who's coming! A mouse and a monkey! The mouse hands Marty a key, and the monkey a bag full of tools.



**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.



Self-confidence?

Yes Sir.

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.



Delusions

At the bottom of the bag there seems to be something else...



"WAIT!"



Looks like more instructions. Let's see...

BUT...

*"Read me later!
First get home!"*

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.

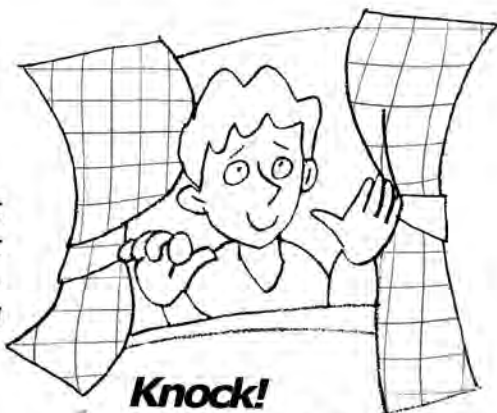
And if goodness will shine
in your mind, no problems
you will ever find!



"... 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!



"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...





Yum Yum! A pinch of this!
A pinch of that!

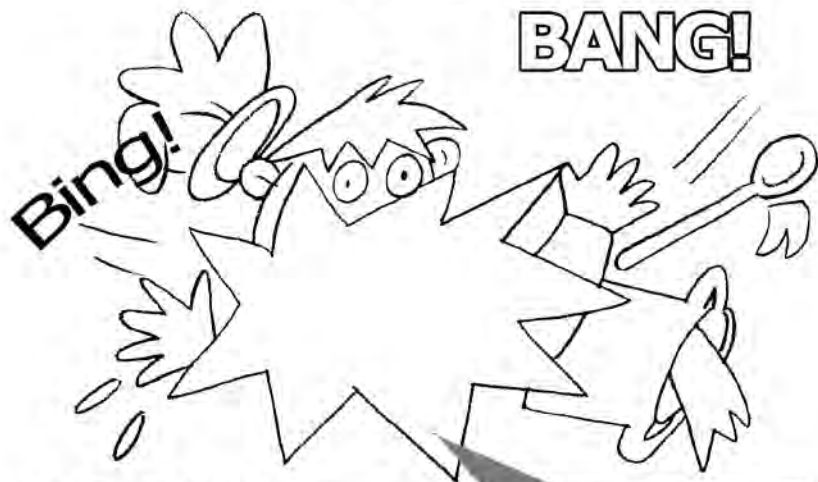
USE ME!



No! Use me!



"Looks good. Smells good. What about a bit of this, just a touch... deeeelicious! Smell that fragrance!"



BOOM!

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...



*...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.

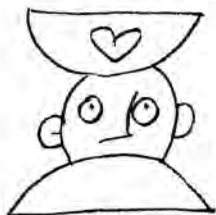
?!

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

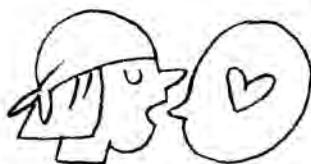


I didn't put my heart in it, and my thoughts, words and actions were out of focus!

THOUGHTS



WORDS



ACTIONS





"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!"



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 segret", whispers Frenchy. "That special touch is hidden between the hours, the minutes and the seconds."

"It's hidden in your own Self!"

IN ME?

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



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

**WHAT DOES
THAT "S" OF
SPECIAL STAND
FOR?**



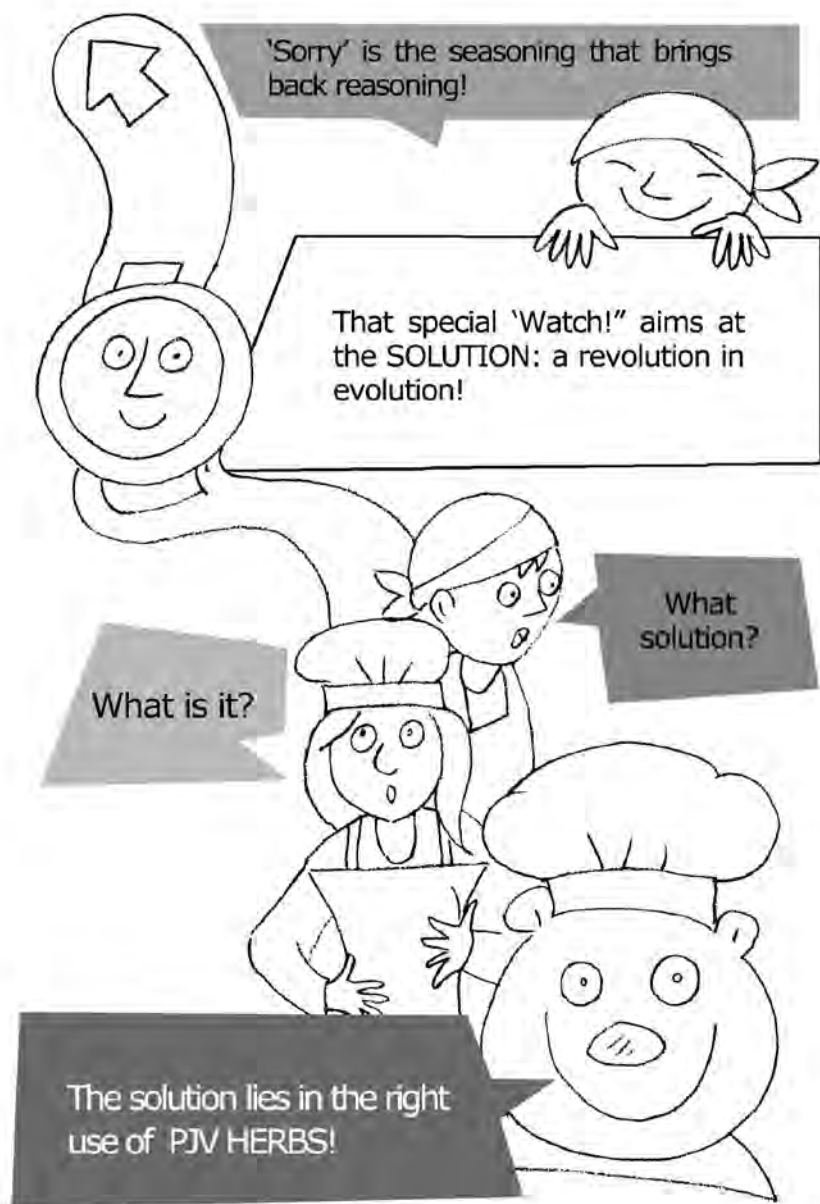
SORRY

SINCERITY

SILENCE

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!"

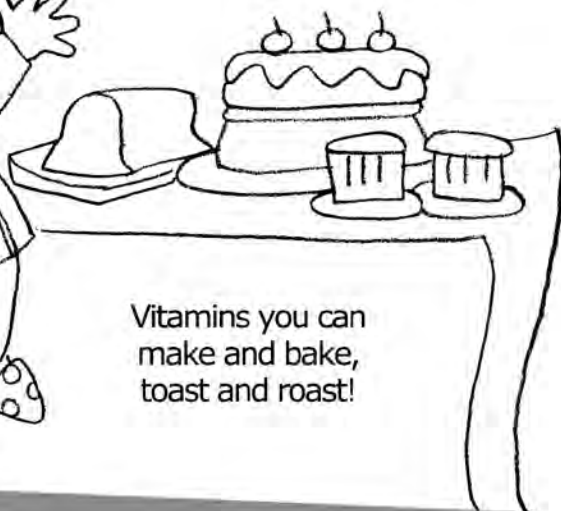




V FOR
VITAMINS?



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!

IT'S EASY, TO COOK, BAKE AND LIVE IN JOY!

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!

THE GARDEN


Marty's journey continues. Now he knows alot 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?"

WHY?

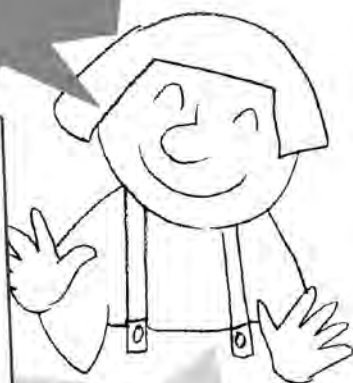
I've had a few adventures, here on planet earth, and have learned how important VPJ herbs are.

**THEY GIVE GOODNESS
AND FLAVOUR TO
EVERYTHING.**

I'd like to learn how to grow them sir, and make them everlasting.

Very happy!
Very happy!

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!



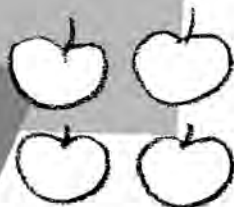


The whole universe is a tree.
Its life's within a seed, you see.
Love is this seed, an energy.
It is the cause of all that was,
Of all that is, and of all that will be.

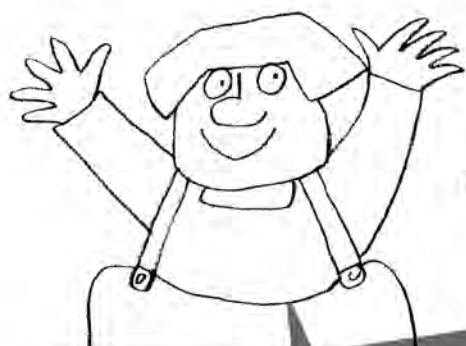
The whole universe is a tree.
This is the truth of life, the key.
In each small fruit divinity,
that grows and grows to infinity.

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!"

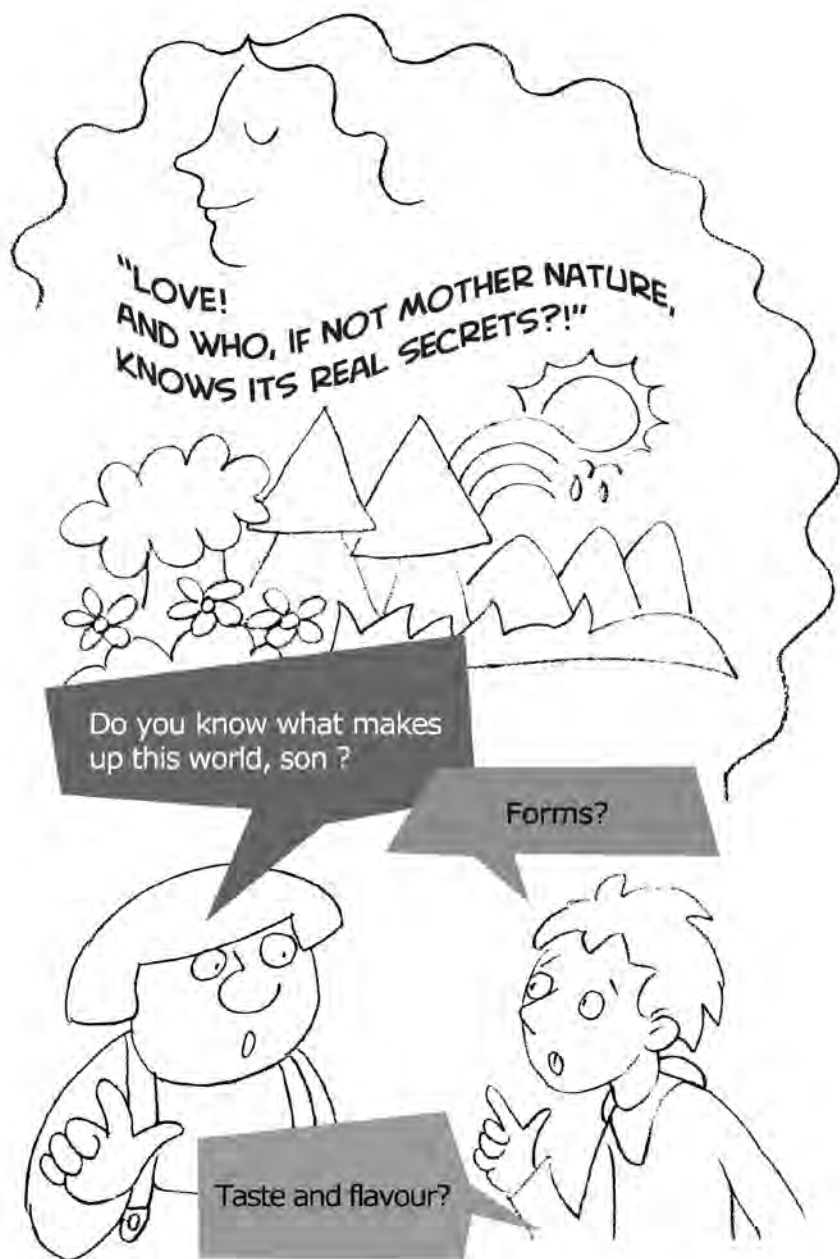


The invisible
thread...

The universal glue
called Heart!



HEART!



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

FIRE

Air

water

EARTH

space

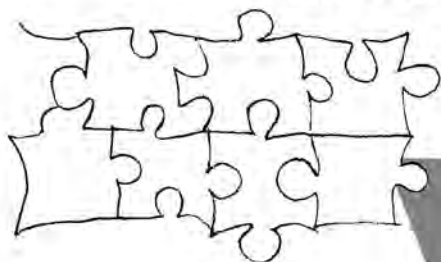


Aren't they just like the ingredients you need for baking a good cake?

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?

BREATH





"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?

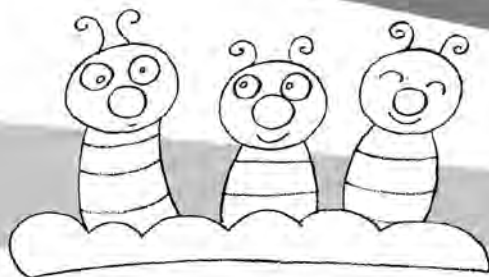
"IT'S EVERYWHERE!"

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

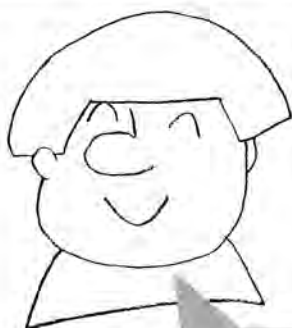


Nothing?

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!

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

ORDER



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



DISCIPLINE

You learn about
wonder...

... and worship!

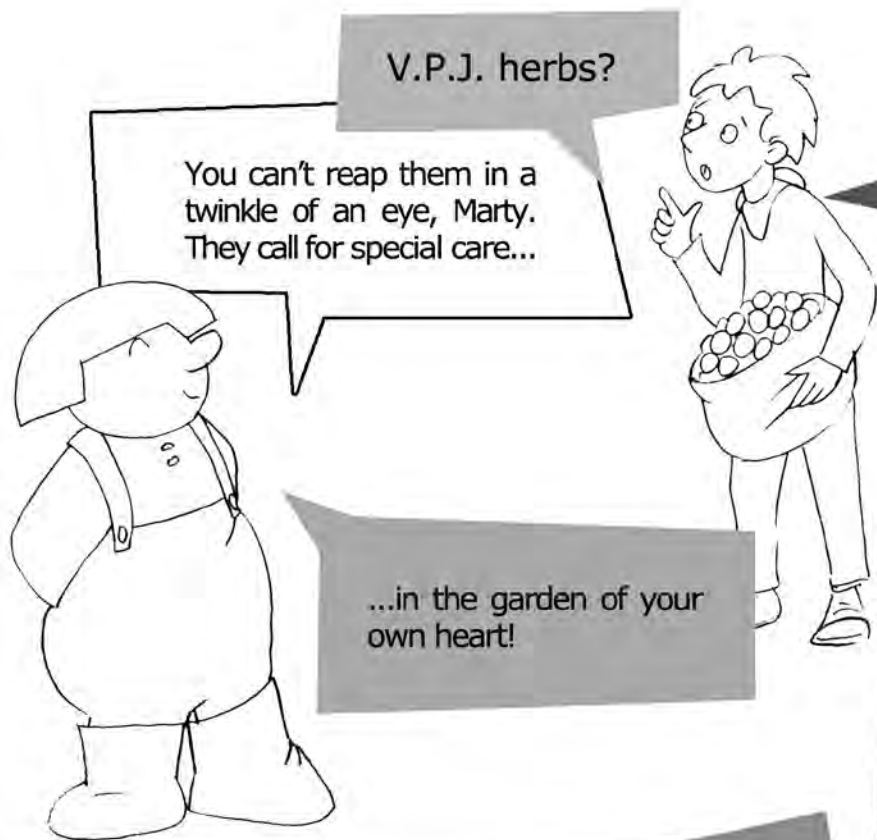


**WORSHIP!
WONDER!
ADORATION!
LOVE!**

The magical glue, the uni-
versal 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 your duty and pray for a good rainfall, and for sunshine too!

ALL OF THE SUDDEN...



PATA CRASH!

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.





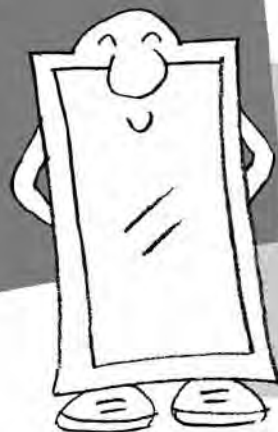


War is in the minds of men.
The minds of men.
Conquer the enemies
within your mind,
transform human kind.

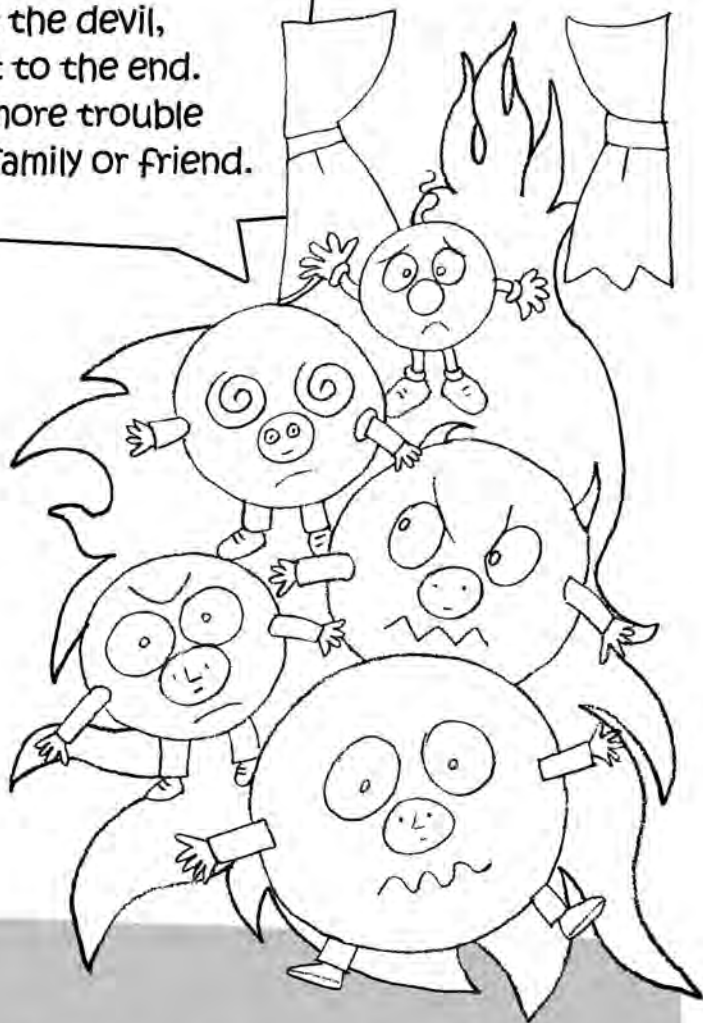
Ego, anger and desire
build that devastating fire
of the inner battle field,
that yields the human mind.

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!



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.

**GREED!
ANGER!
JEALOUSY!
PRIDE!**

"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, its like a mad monkey."

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

... but how?

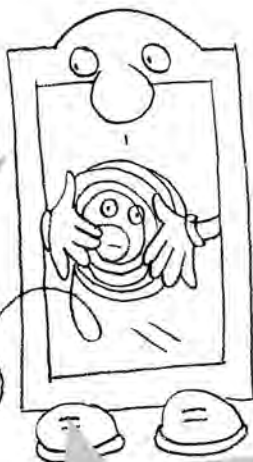


HEAD, HEART, HAND!

Think good, do good,
see good...

INQUIRE! EXPERIMENT!

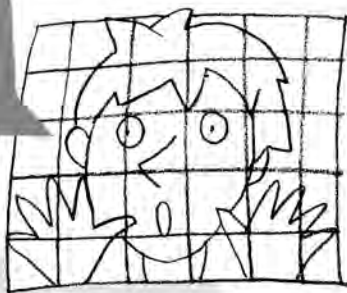
Explore your mind with your mind. But stay on guard!



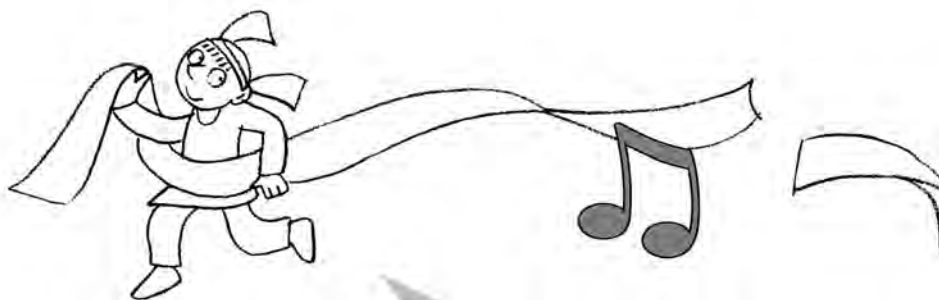
It weaves thoughts and desires like fabric! If the fabric gets dark and tight, you lose your freedom and inner light!

GASP !!

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!

**A BUNDLE
OF THOUGHTS**



So...

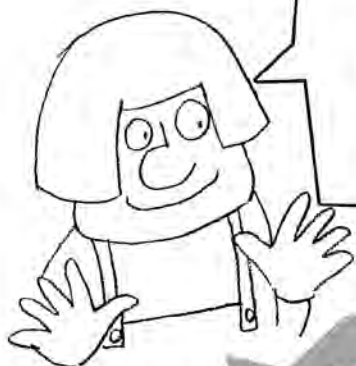
You unravel the dark and heavy thoughts from the fabric...

...of your mind...



... 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 deter-
mined 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.

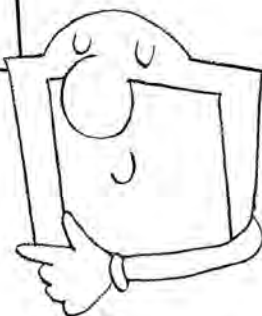
Fascinating!
Extraordinary!

* Sathya Sai



The Master? Do I
find out who he is?

M



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

...are the Master, Marty.

ME?

WOW!



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



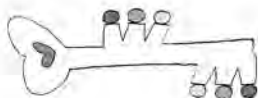
Marty blinks and looks around, feeling good, light and happy. He just finished conquering the arch enemies of man, his own bad thoughts, and found out that the answers he's looking for and the resources he needs, are inside of his very own self!

"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...

Close



Open

An angel walks up to him and whispers softly:

Open the door of your mind Marty. Let the sunshine take you away!



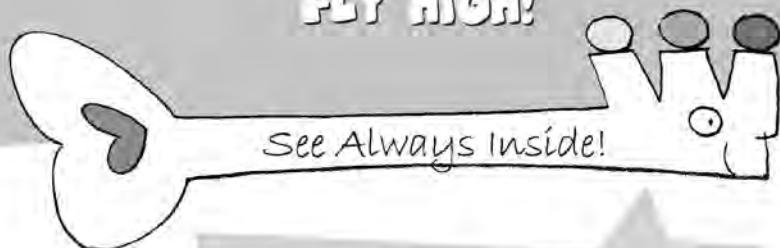


Open the door of your mind,
let the sunshine take you away.
Open the door of your heart.
Let its beauty show you the way.

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!



**CAREFUL MARTY! TURN THE KEY
IN THE RIGHT DIRECTION!**

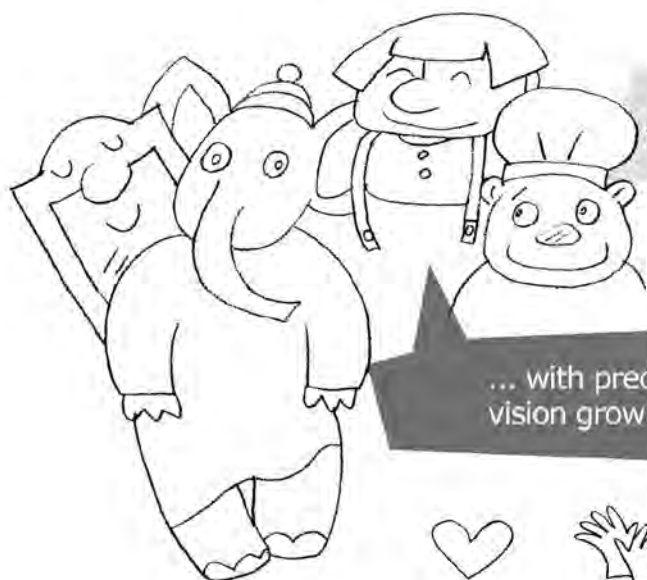
"In the right direction."

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!

CLICK!



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.



Whose voice is that? Could it be Marty's elephant friend?



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?

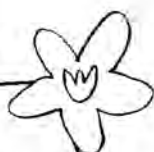


No it's not his elephant friend talking ... but the voice Marty hears seems so familiar. He sits quietly, goes within and...



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 dear.

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,...**

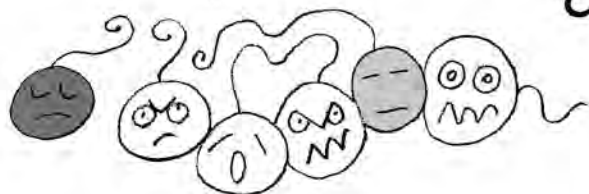
...the ones hidden in our heart, like a gardener cares for his garden...

...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
ÖÖN EARTH!"**

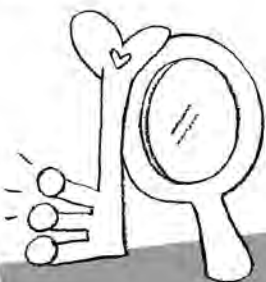




We have all we need: the tools, the instructions and the key.

Our watch will help us watch our steps...

The 5 D's



"... 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.

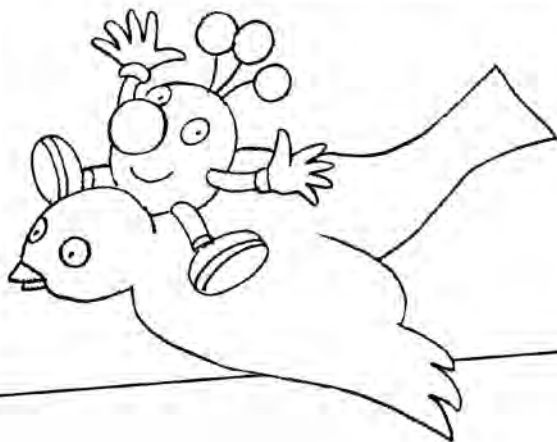


May all worlds be happy!

May all worlds be happy!

May all worlds be happy!

Peace! Peace! Peace!



Look within

Look with - in and find your vi - sion of the mis - sion for to - day. —
 Look with - in to find the vi - sion of the dream that lives in you. —
 Now I see it. Now I know! — Who I am and where to go. In

3 Make de - ci - sions with pre - ci - sion, see your vi - sion grow and stay.
 Fol - low the light that's in your heart, its in - ner glow is e - ver true.
 bo - dy, — heart, head, hand and soul. My in - ner strength will glow and grow!

5 Step by step it will take you hi - gher, it will lead you on your way.

7 Step by step it will take you clo - ser, It will guide you night and day.

Joy above and Joy below

Joy a - bove and joy be - low, yes joy is all a - round me.

3 Joy in shape, in sight and sound it real - ly does sur - round me.

5 On my fin - gers and my toes, my lips and tongue and in my nose. In

7 what I think, in what I do, it's e - very - where, in me and you!

Be confident!

slowly F C F Gm7 C7 F Dm7

When I'm sad and I'm a-raid—and don't know what to do— My mind in doubt, my face a poul,—

1 Bb7 C7 F *accel.* F C

fee-ling such a fool. I start the day—and sit and pray,—

7 Dm7 *rit.* Bb *a tempo* C7 Gm7 C F C7 *fast*

ho-ping that I'll find my way And then I hear with-in my ear a voice re-sound-ing so: Be

10 F C F Bb C

con-fi-dent, be sure, be hap-py, take the lead! Be cha-rac-ter— Be Pure! In

13 C7 F F Dm Gm C7 F

thought, word and deed.— Bel'n truth you know you can love and serve your fel-low-man. With

16 Bb F Gm C7 F C

beau-ty in your heart, you'll know from where to start: And if good-ness will shine in your

19 F Bb C7 F

mind, no prob-lems you will e-ver 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.

6 Am D G

I am me, I am I. The love I feel will ne-ver die,
I am me, I am I. My name is love, do you know why?

War is in the minds of men

Em D Em

War is in the minds of men, the minds of men, the minds of men.

3 Em D Em

Con-quer the e-ne-mies with-in your mind trans-form hu-man kind.

6 Em C

E-go, an-ger and de-si-re, build that de-vas-ta-ting fi-re

8 Am7 Bm7 C D Em

of the in-ner batt-le field, that yields the hu-man mind.

10 Em C

Pride and en-vy, lust, con-fu-sion, burn in dark-ness and il-lu-sion...

12 Am7 Bm7 C D Em

heal the mind with love, find free-dom from de-lu-sion. If you

14 Em Am D G

fol-low the mas-ter and fi-nish the game, peace and love will reign.

16 Em Am B7 Em

Face the de-vil, fight to the end, no more trou-ble for fa-mily or friend.

18 D Em B7 Em D Em

No more shame, no one to blame, no more pain... If you

21 Cmaj7 Am B7 Em

fol-low the Mas-ter... and fi-nish the game,

Your Mind is a bundle of thoughts

D A D G D A sus4 A
 Your mind is a bun-dle of thoughts watch out or you'll get caught. Your

6 D A D Em7 A7 D
 mind is a bun-dle of thoughts, watch out or you'll get caught.

10 Em7 A D Bm7 Em7 A D B7
 Here it goes, up and down, right and left, and all a-round. In and

15 Em7 A D Bm7 G Em7 D
 out, it comes and goes... Un-til you know, there is no-thing to know with your

19 Em7 A7sus D
 mind... a bun-dle of thoughts!

I am here in the now

G D Em7 C
 I am here in the now, know-ing that I am here;

6 G Em7 Am7 D G *Fine*
 There's no fear, in the now, all is dear and I bow.

12 C G Am7 E7/B
 I am here in the now, all is near, I know why.

17 Am C A/C# D7 *Da Capo*
 In the now, all is clear and I know I am I.

A Happy World

D G D A D

A hap - py world a hap - py world, we will make to - ge - ther. A

4 D G D A D

hap - py world, a hap - py world, our lives will be much bet - ter. A

6 G D Em A D

hap - py world, a hap - py world, will be a home for e - very - one. A

8 G D Em A D

hap - py world, a hap - py world, one fa - mily we will be.

Open the Door of your mind

intro (Guitar)

D Bm G A D Bm G A

3 D Bm G A D Bm G A

O - pen the door of your mind, let the sun-shine take you a - way.

9 D Bm G A D Bm G A

O - pen the door of your heart, let its beau - ty show you the way.

13 G A D Bm Em7 A D Bm

Let its beau - ty show you the love, in - side, a - round, be - low, a - bove.

17 G A D Bm Em7 A D B7

Let its beau - ty show you the way of truth and love, so that you may.

21 Em A D Bm Em7 A *Repeat last line to end*

O - pen the door to hea - ven high... o - pen the door and fly.

The whole Universe

G E m7 A m7 D G E m7 A m7 D

The whole u-ni-verse is a tree, Its life's with-in a seed, you see. God

6 G E m7 A m7 D G E m7 A m7 D

is this seed, the seed is He. It is the cause of all that was, Of

10 G E m7 A m7 D G

all that is and of all that will be. The

13 G E m7 A m7 D G E m7 A m7 D

whole u-ni-verse is a tree, This is the truth of life, the key. In

17 G E m7 A m7 D G E m7

each small fruit di - vi - ni - ty, that grows and grows

20 A m7 D G E m7 A m7 D

to in - fi - ni - ty.

May all worlds be happy

D E m A D

May all worlds be hap - py, May all worlds be hap - py.

D E m D A D

May all worlds be hap - py Peace, Peace, Peace

Italiano:

D E m A D

che tut - ta gen - te si - a no - fe - li - ci che tut - ta gen - te si - a no - fe - li - ci che

D E m D A D

tut - ta gen - te si - a no - fe - li - ci pa - ce pa - ce pa - ce

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...