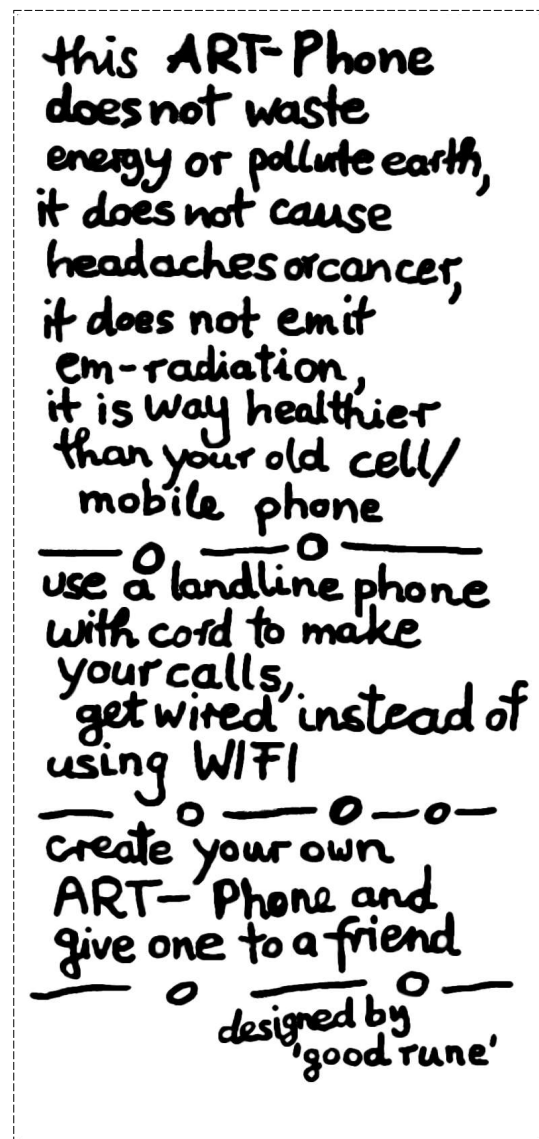




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Make your own ART-Phone (live life live)

Switch off your sm-art phone, create an „ART-Phone“:
your own healthy and really smart „phone“

How? take some old cardboard, cut the shape of your cell, print this page and cut out back and front labels and glue them onto the cardboard, or paint and decorate it as you like

put it in your purse / pocket instead of the unhealthy one (which you can still use for emergency phone calls outdoors or as a camera, but deactivate WiFi and all apps and keep it switched off and stowed away)

use your landline phone indoors!

each time you feel the urge to check your messages / look at the screen you'll be reminded that there's real life around you for you to take part in – and you can be proud of yourself to break with old habits and feel encouraged every single time, because you do something to help save the environment and therefore yourself!!

a few more thoughts on TV, movies, internet...

Margaret Atwood, "Cat's Eye", page 281:

"My parents... They won't buy a television like everyone else, because my father says it turns you into a cretin and emits harmful radiation and subliminal messages as well."

I wish all parents would act that way! - why? -

I'll explain:

do you remember how hard it sometimes was to switch off the TV when we were young?

if we wouldn't, mom or dad would switch it off nagging us to go outside and play -

then came remote control - we could hide it, so we could still watch what we wanted as long as we wanted

but dad could also switch channels directly at the TV or pull the plug

now - today - things have changed:

everyone can have their own TV - portable, mobile: a smart phone (first invented as a mobile telephone but then combined with a screen, camera, recording...)

so we don't need to switch it off and leave it behind, we can take it with us - and it's personal, everyone has their own (no more arguing - compromising! - on what we watch)

and even better: it interacts with us directly, we ourselves can be the stars on the screen, can talk to it/to friends, can be entertained limitlessly, go online, so much to explore, so shiny, what we don't want to see we simply ignore

[think : who programmed it ? who gave it the information it shows us ? what was necessary to build the device ? who got the "ingredients" out of the mines in Africa or China , Russia ... ? child labour ? who sells it ? who gains ? why should we spend so much time with it ? ... where will it be in 5 years ? have you ever been to a garbage dump ? one earth ! ...]

and babies and toddlers see their parents and all the people around them using it — which of course sparks their interest

kids see (us) turning to this little gadget for advice, consulting it in emergencies, asking it for answers, relying on its knowledge ([...]!), trusting it, laughing, having fun with it

instead of asking a person / the elders directly for advice

instead of paying attention to them, living real

so (we) are responsible, we show them how important this little gadget is — and then we complain that they can't get away from it ; — of course not ! —

they formed an emotional bond

like babies are supposed to do with the persons who care

for them and whom they trust

because of our behaviour our children trust this little gadget more than they trust us / their elders ;
they rely on it , seek its advice instead of listening to their elders ,
instead of understanding where they come from ,
instead of forming a bond with mother earth and their birth mother (or caregivers) —
and thus "interbeing" — the connection , the human - earth bond , is disrupted , damaged ,
which leaves all of us feeling "hollow, empty"
and sends us on a lifelong quest for sense
until we eventually find our connection to mother earth and thus to ourselves again
and can heal

So :

switch that thing off
go outside
and walk

walk and walk and walk

don't consciously think , walk , find a rhythm,
walk , for hours

round and round the park or along the road
or through a forest ...

walk



I'm curious what'll happen to you
when you'll hear that inner voice
that most of the time is drowned by entertainment

walk

don't think consciously

walk

day after day

whenever you'd normally stare at a screen -

aimlessly

walk

you'll find surprising things inside your head

true things

worthy things

they'll come to you while you walk - just

continue

liberate your SELF

shed the unnecessary stuff that normally occupies
you and weighs you down

walk

you'll feel so light so free so on the
track of something that'll do you good

you'll change

you'll connect to EARTH and earth is

at the H[←]EART of everything
the heart, the love, the forgiveness, the hope, the art, the
creation, idea, life ... walk!!!