



*It is about Time*

*A children book for adults of all ages*

*It is about time, present:*

*Was it? Will it? Is*

*Once upon a rhyme  
there was this one guy  
whose hyperactive mind  
between "will be" and "was"  
spent most of the time.*



*Thoughts about the past...*



5 years, 3 weeks or 1 moment before,  
what should-would-could I have done,  
some blah blah blah ago?

You said blah, blah, blah.

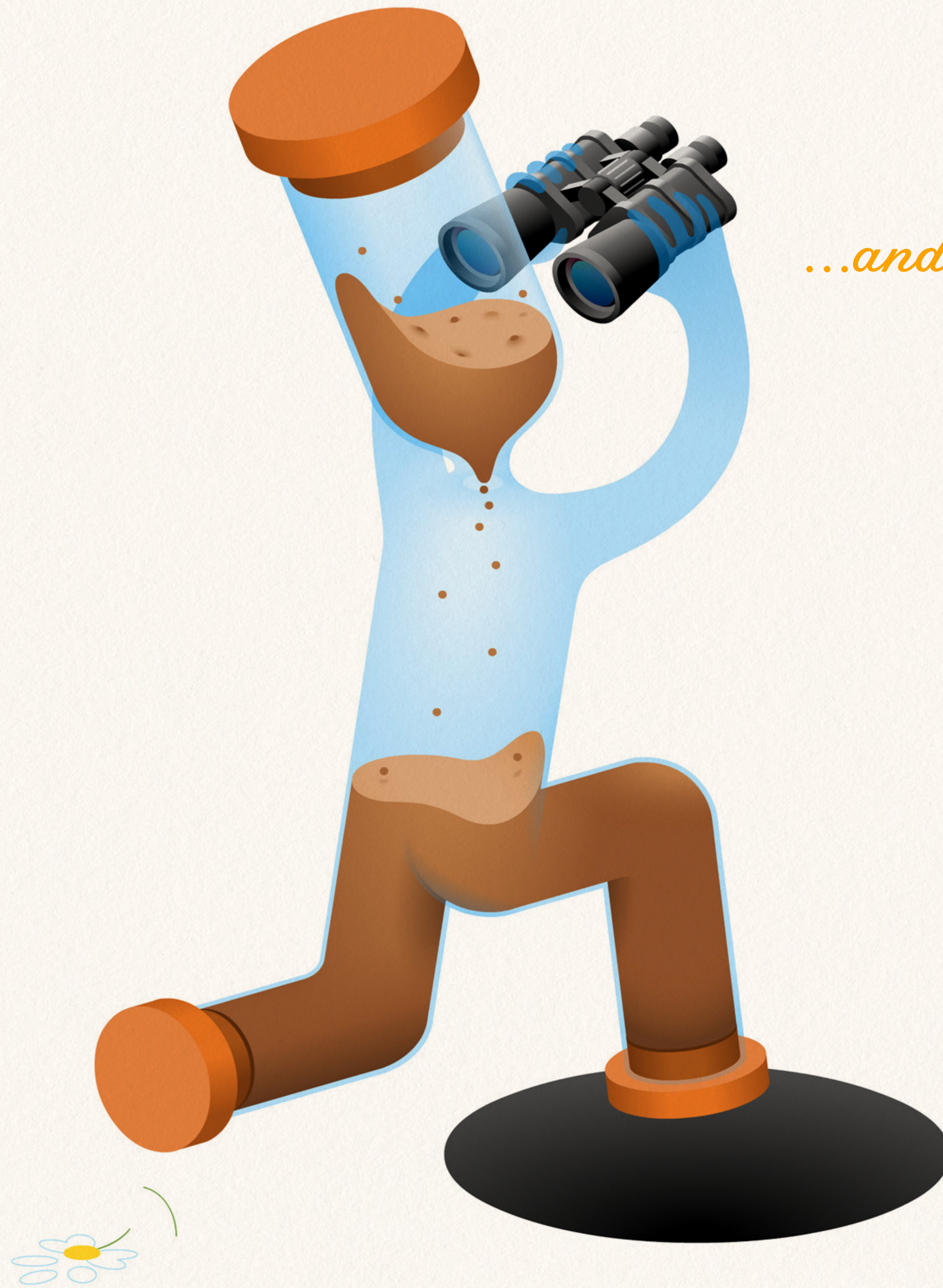
And I said blah, blah, blah.

I wish I had blah when you did blah, blah.

I was going to blah, blah, but then blah, blah, blah.

If only they had blah, things would be blah, blah, blah...

...and I would be happy!



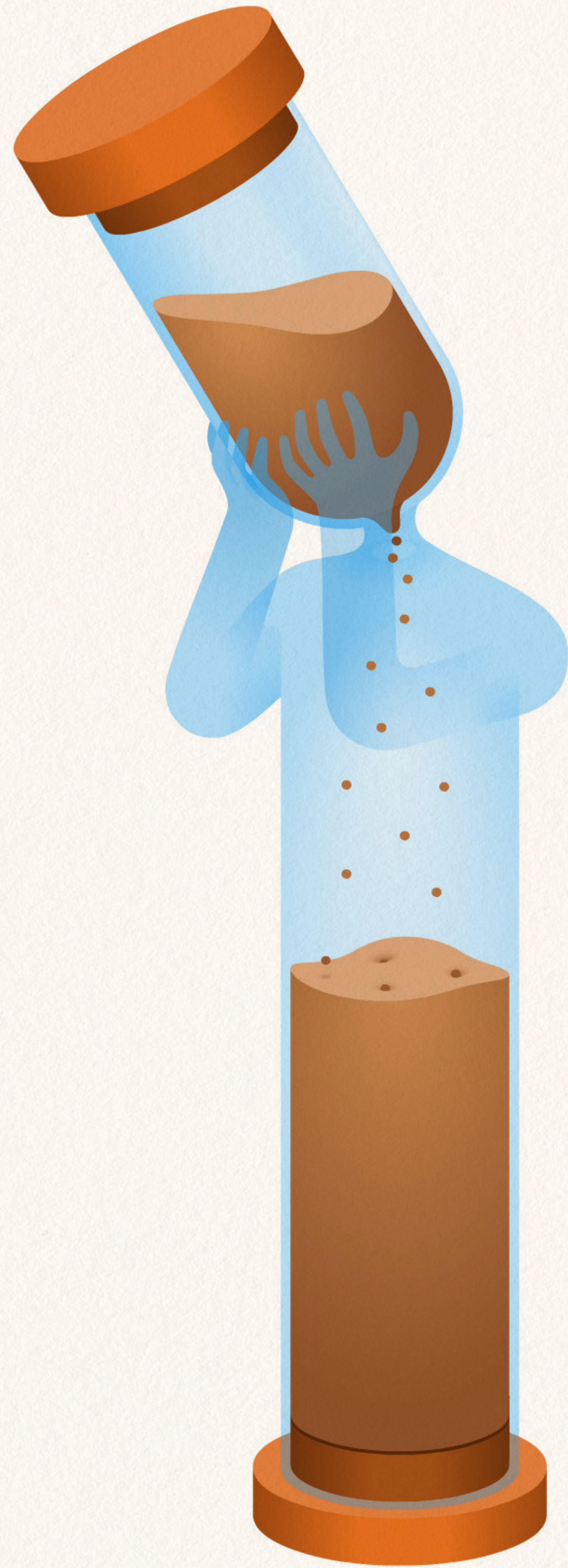
*...and thoughts about the future.*

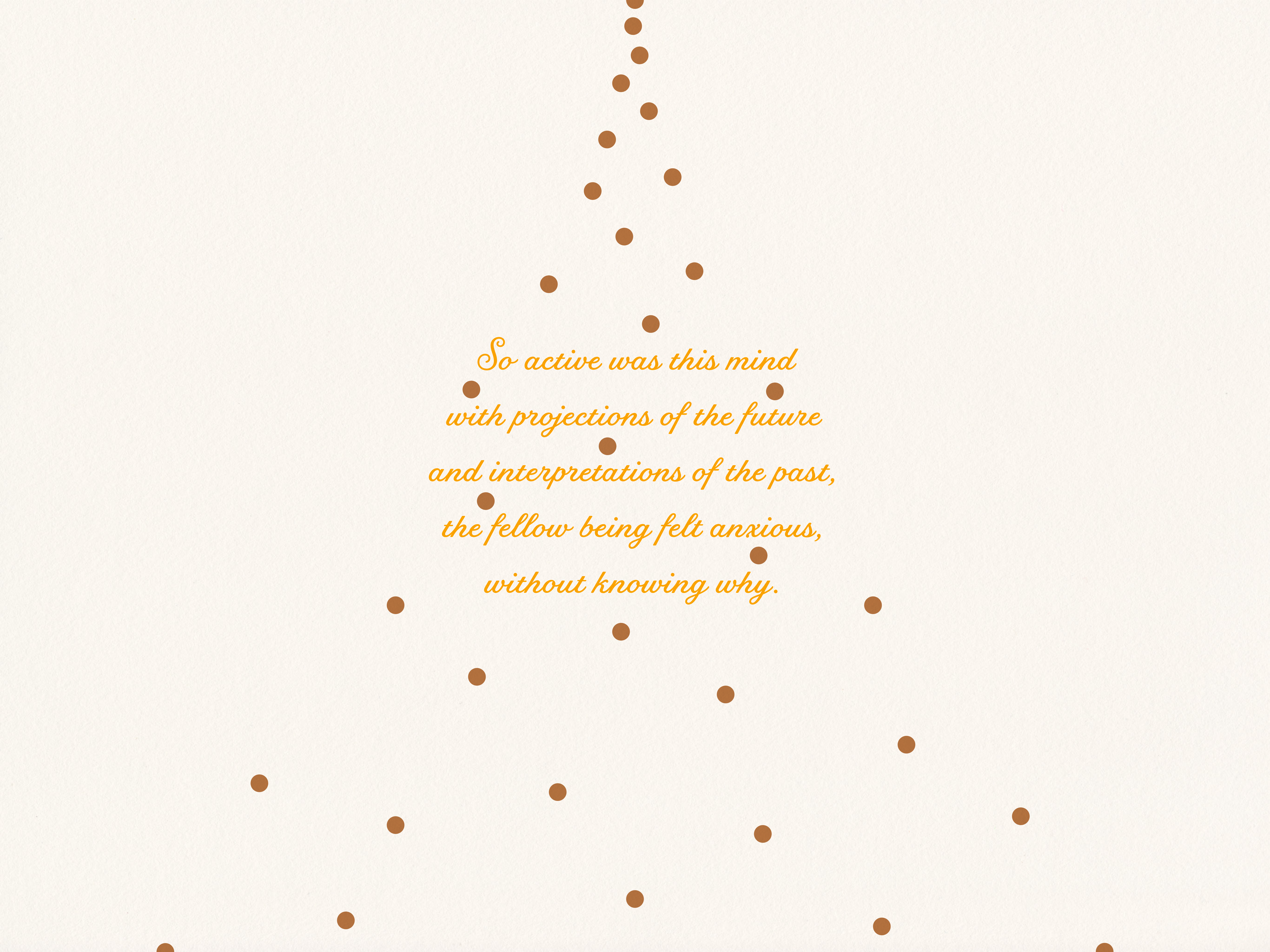
*Tomorrow, next month, the day I retire,  
I shall, will or won't ever do this or that,  
blah, blah, blah in the years to come!*

*Next year the market will certainly blah.  
I am afraid things won't blah in two thousand blah, blah.  
If we blah they will blah and I will surely blah, blah.  
Then as soon as I blah things will blah, blah, blah.  
So I will finally have time to blah, blah, blah, blah...*

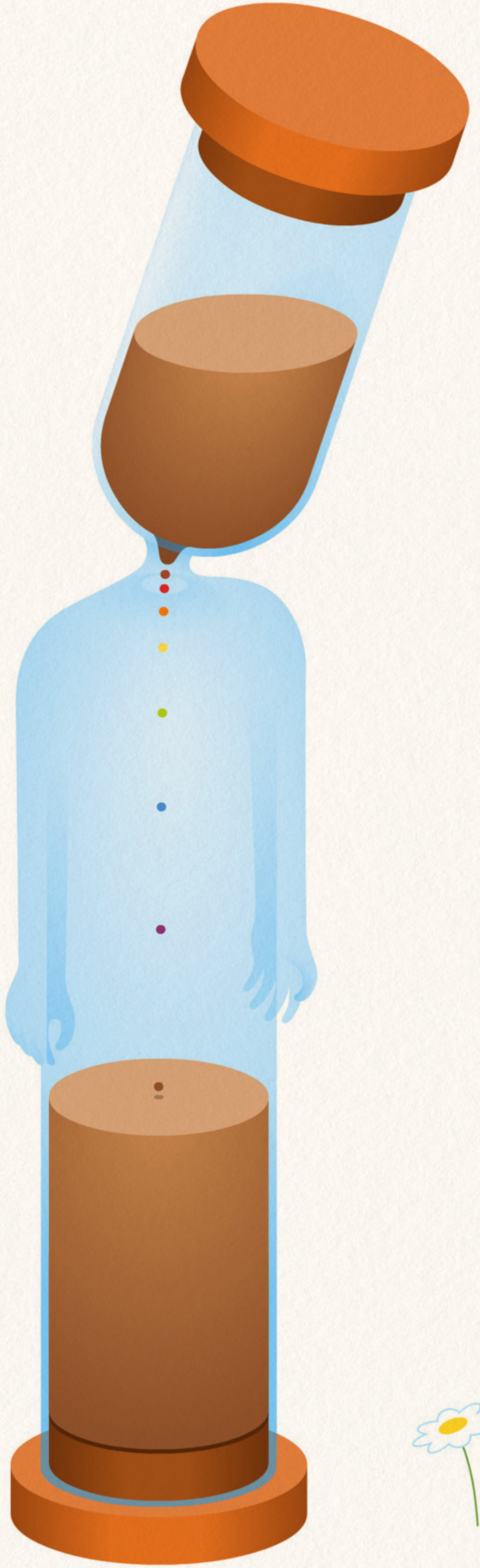
*...and I will be happy!*







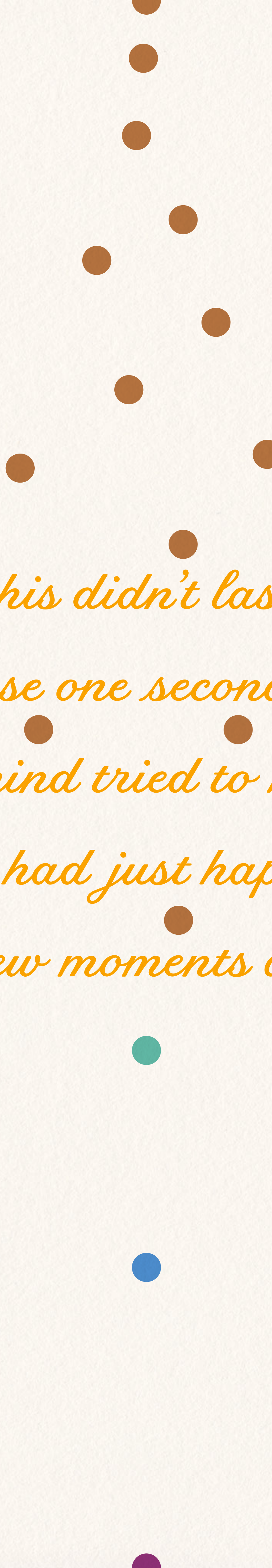
*So active was this mind  
with projections of the future  
and interpretations of the past,  
the fellow being felt anxious,  
without knowing why.*



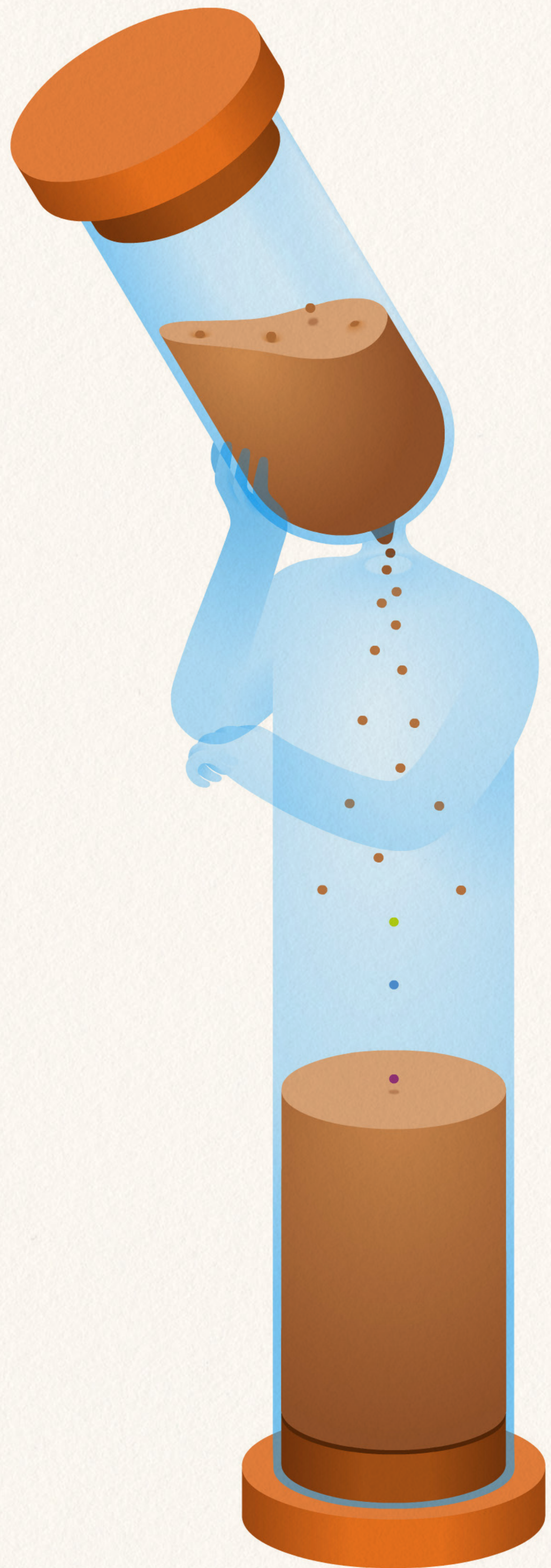


*One day by mere chance,  
upon a white flower walked,  
and by its beauty distracted  
the fellow being mind...  
stopped thinking in awe!*





*But this didn't last long,  
because one second after  
the mind tried to know,  
what had just happened  
a few moments ago.*



What was that? What just happened?  
When I saw that flower I felt at ease...  
How can I extend that feeling of peace?


Was it the colour? Maybe the scent, or...  
that I had never seen one like it before?  
What if I open a brand new flower shop?

Yes, that is it! I have finally found it!  
Twenty-four-seven surrounded by flowers!  
No doubt then I'll live happily ever after!

There is no time to lose!  
Now there is so much to do!  
Blah, blah, blah, blah!







*So our friend, in the end,  
found out what he wanted:*

*A start-up of flowers!  
Now all that he needed  
was money and the license.*

*The En...*



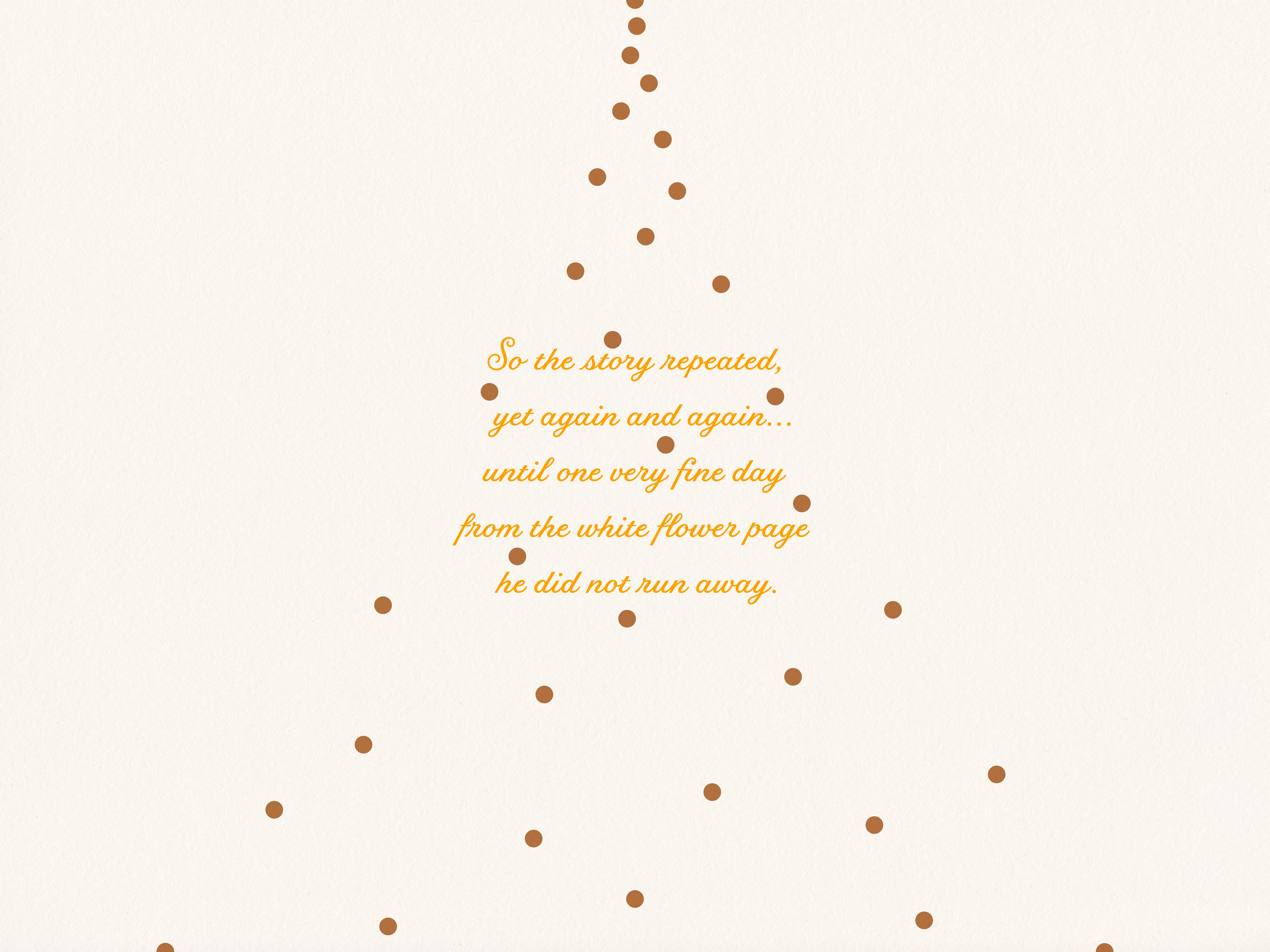


*...but wait a minute!  
How can be The End,  
be so like the beggining?  
If you payed attention  
the story is repeating!*

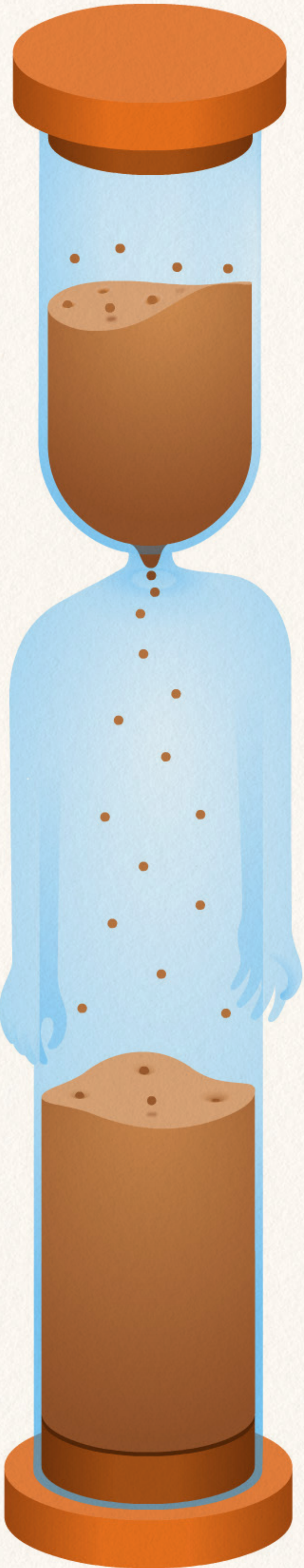
*And as this story goes,  
if I am not wrong,  
with so many thoughts,  
soon enough our friend,  
will feel anxious as before.*

*Uh oh, there we go...*





*So the story repeated,  
yet again and again...  
until one very fine day  
from the white flower page  
he did not run away.*



*“Hi”, whispered the flower.  
Because in case you forgot,  
this is a children book,  
and in such, she can talk.*





*Flower, how do you do it?  
You look always so calm,  
you seem to be happy,  
just enjoying the sun.*



*I just sit... and that is it.*

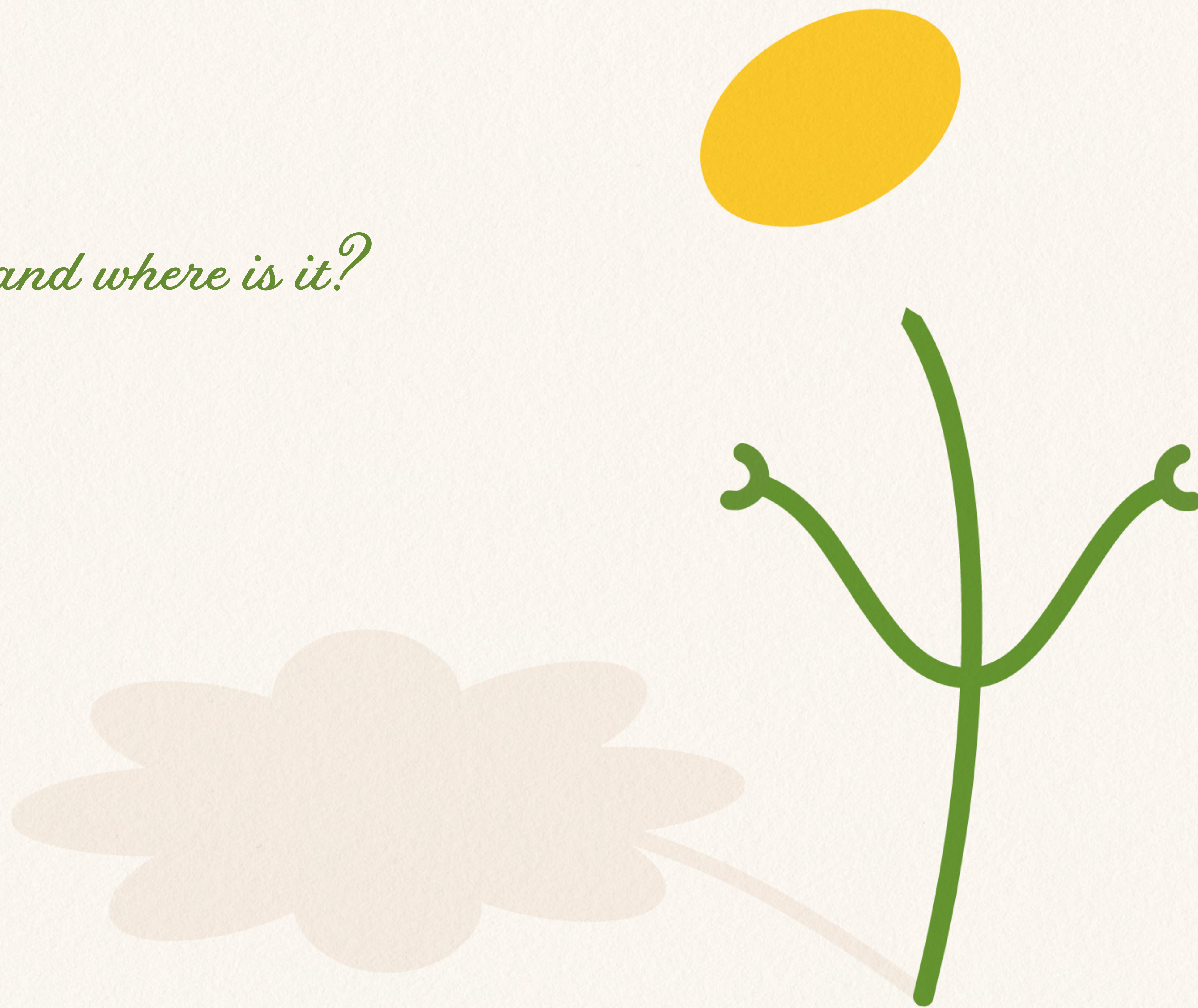




*It's so easy for you,  
you are just a flower.  
I'm a human being,  
and carry a big burden.*



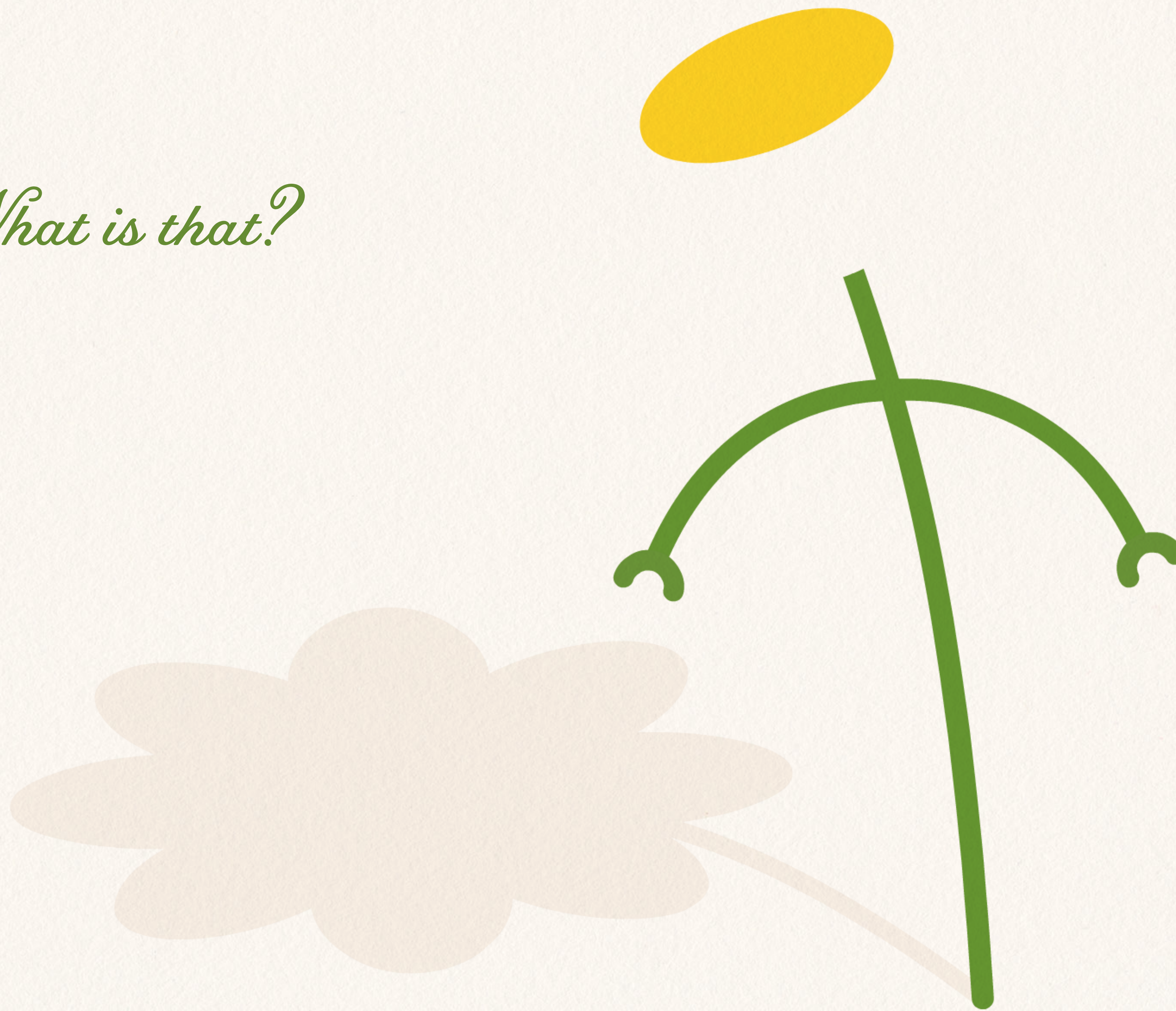
*I see... and where is it?*





*You can not understand!  
It is all in my mind...  
My past was quite hard,  
and to survive in the future,  
there is so much to plan!*

*Future? Past? What is that?*





*The past is what was.  
The future what will be.  
There's so much to think,  
that most of the time,  
there's no time to blink!*

*It is only your mind,  
that thinks in those terms.  
You are nothing but change,  
constant flow, nothing else.*

*Like clouds block the sun,  
many thoughts block your mind.  
Why not try full attention?  
I hear you human beings,  
call such thing Meditation.*

*Give up guessing the future,  
stop thinking what was,  
be now and here with me,  
just sit down and relax.*





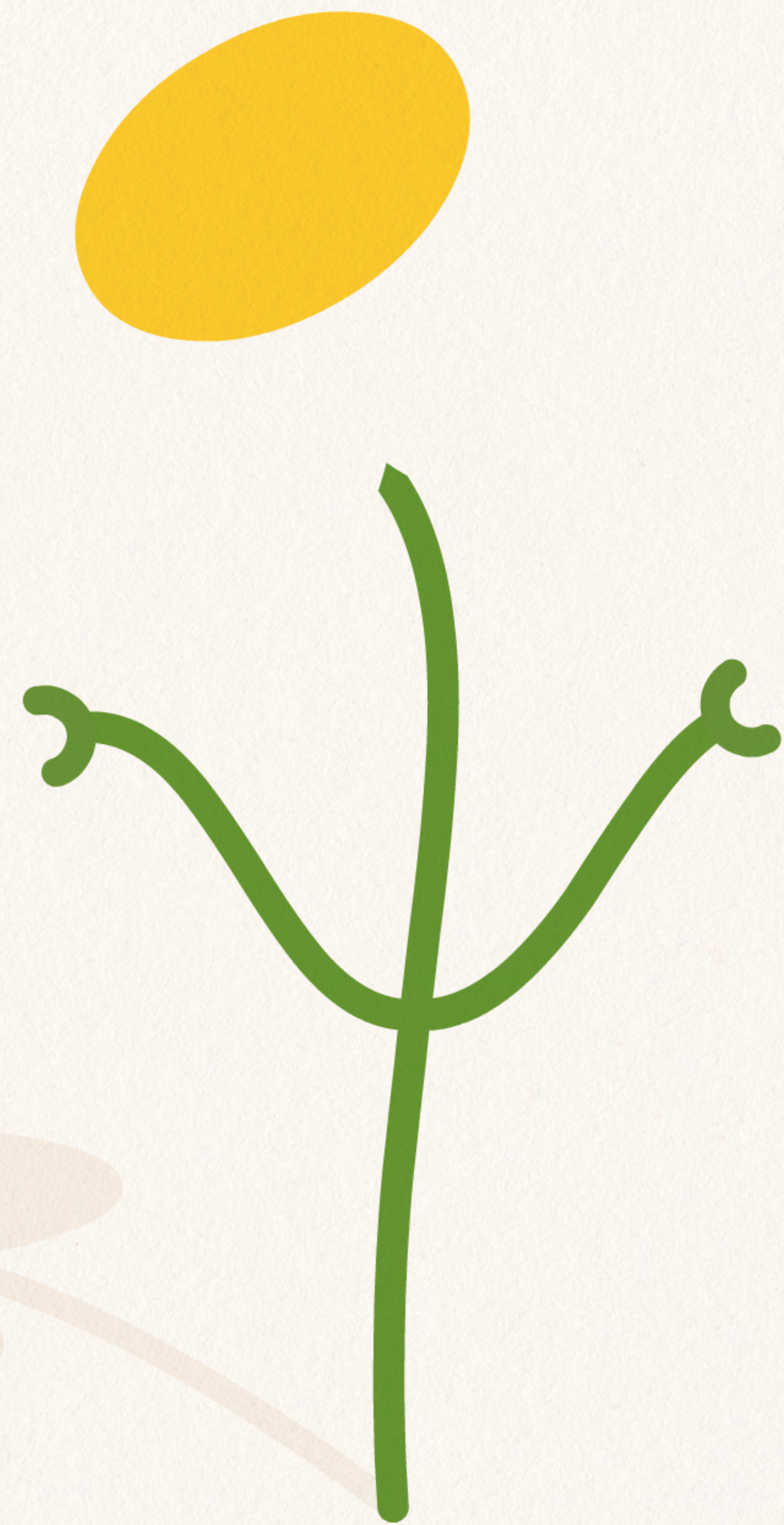
*I have to think ahead.  
How could you understand?  
We are consuming the earth,  
and for us to be saved,  
there's so much to change!*



*I guess I'm not that smart,  
but I'm never unhappy,  
I do not harm the earth  
nor experience anxiety.*

*And how can you act,  
with no peace in your mind?  
If your mind is not whole,  
words and deeds are messed up.*

*From the mind it all grows.  
Deeds from words,  
words from thoughts...  
so bring peace to the source.*



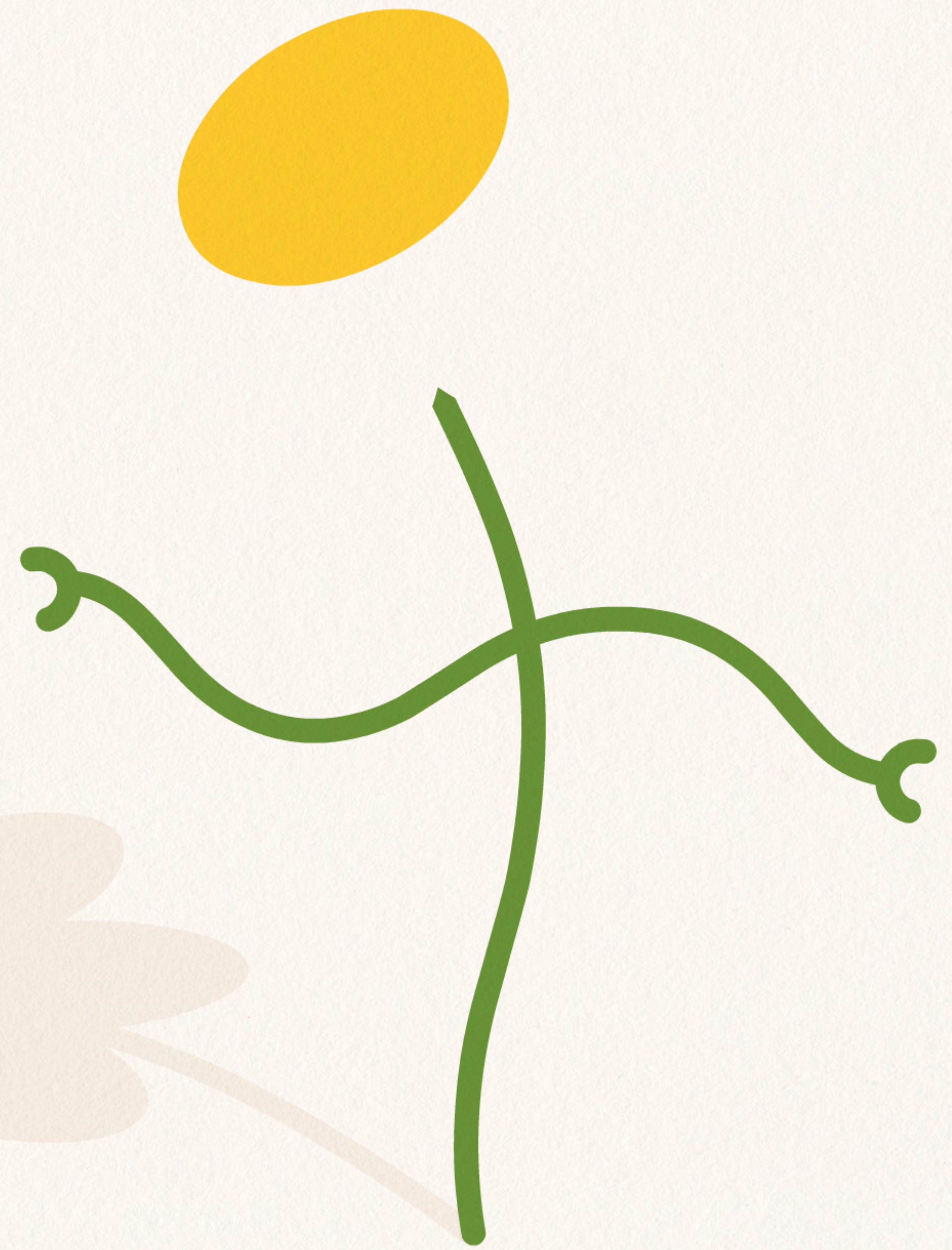


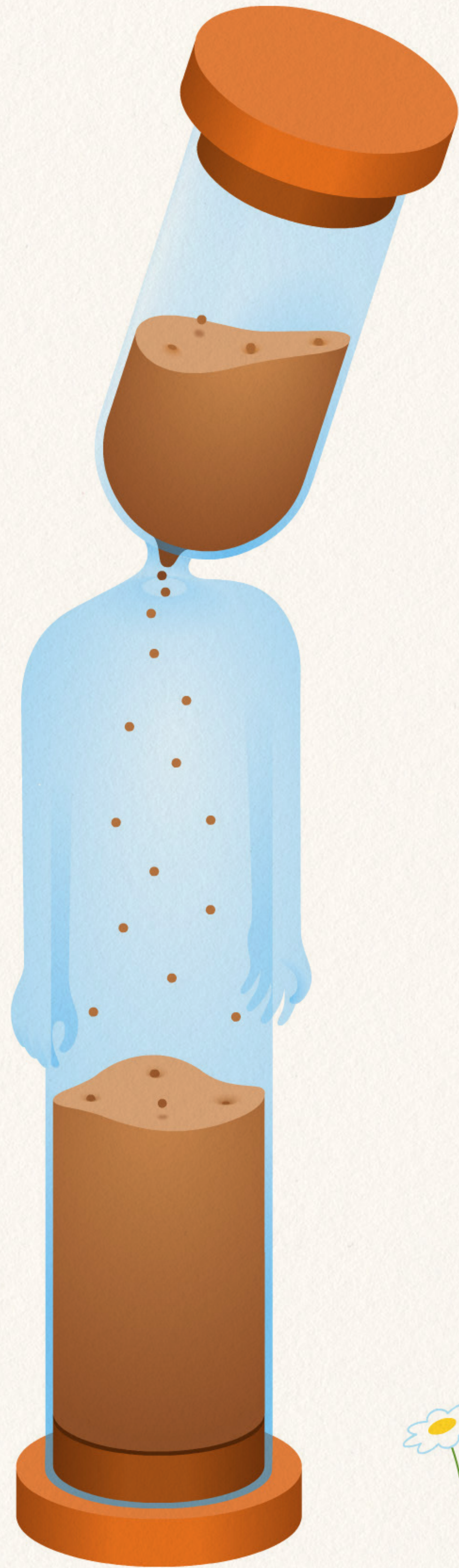
*I don't have time for that!  
Not a second to waste!  
To make earth a great place  
the bar I have to raise.*

*Might be hard to believe  
if you're so used to think...  
...but this moment that is,  
is all there is to be.*

*To make earth a better place...  
why not change your mind's pace?  
To slow down human speed:  
That the real change is.*

*Without you, the earth,  
keeps on going just fine.  
It is you, humans beings,  
who are troubled inside.*

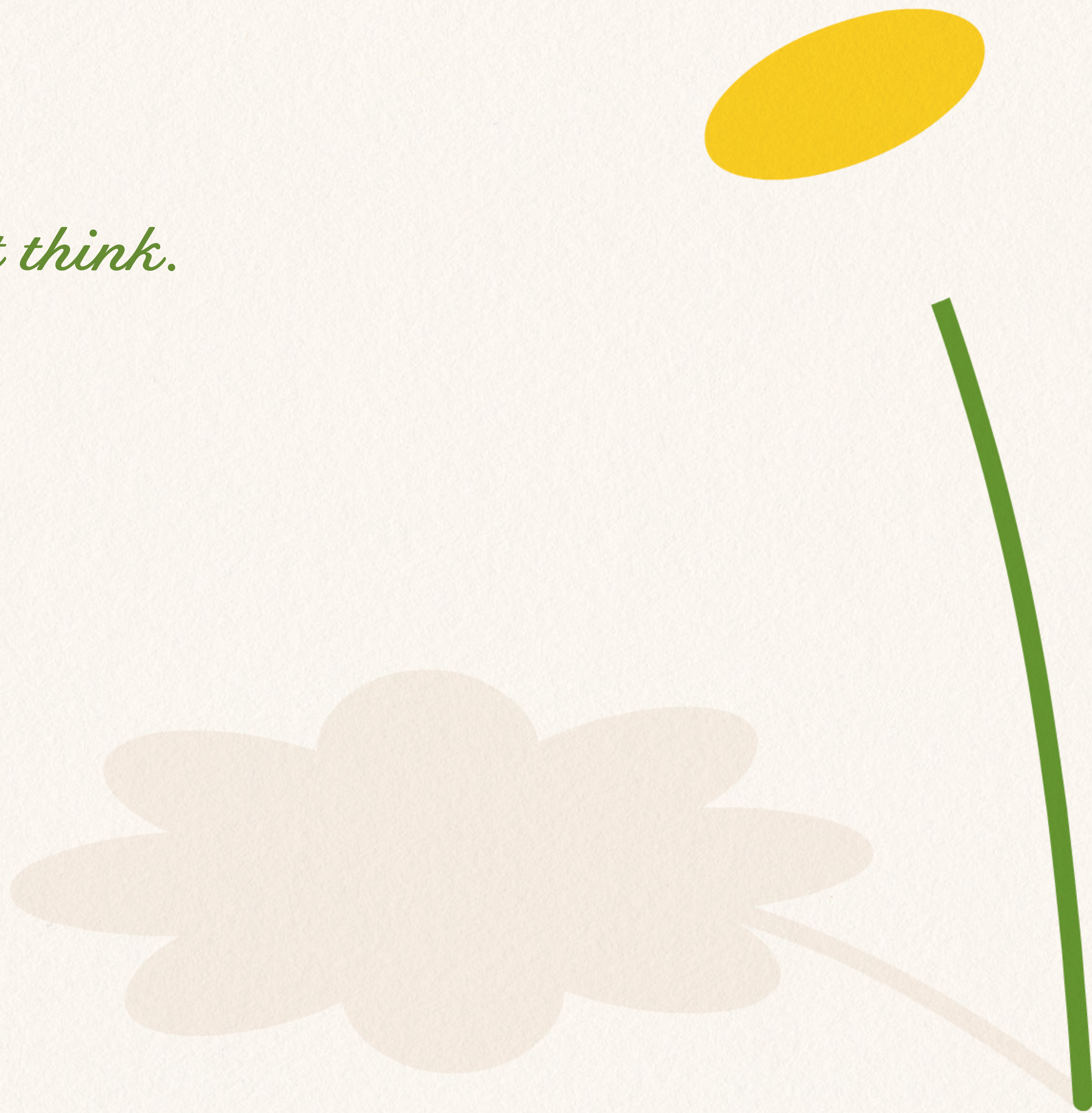




*Ok flower, I trust you.  
I will give it a try.  
I am tired of this loop,  
all this past, all this future,  
this nonsense in time!*

*What do I do?  
Where do I start?  
Which book should I buy?  
Do I fill any subscription?  
Some material to acquire?*

*Just sit and don't think.*



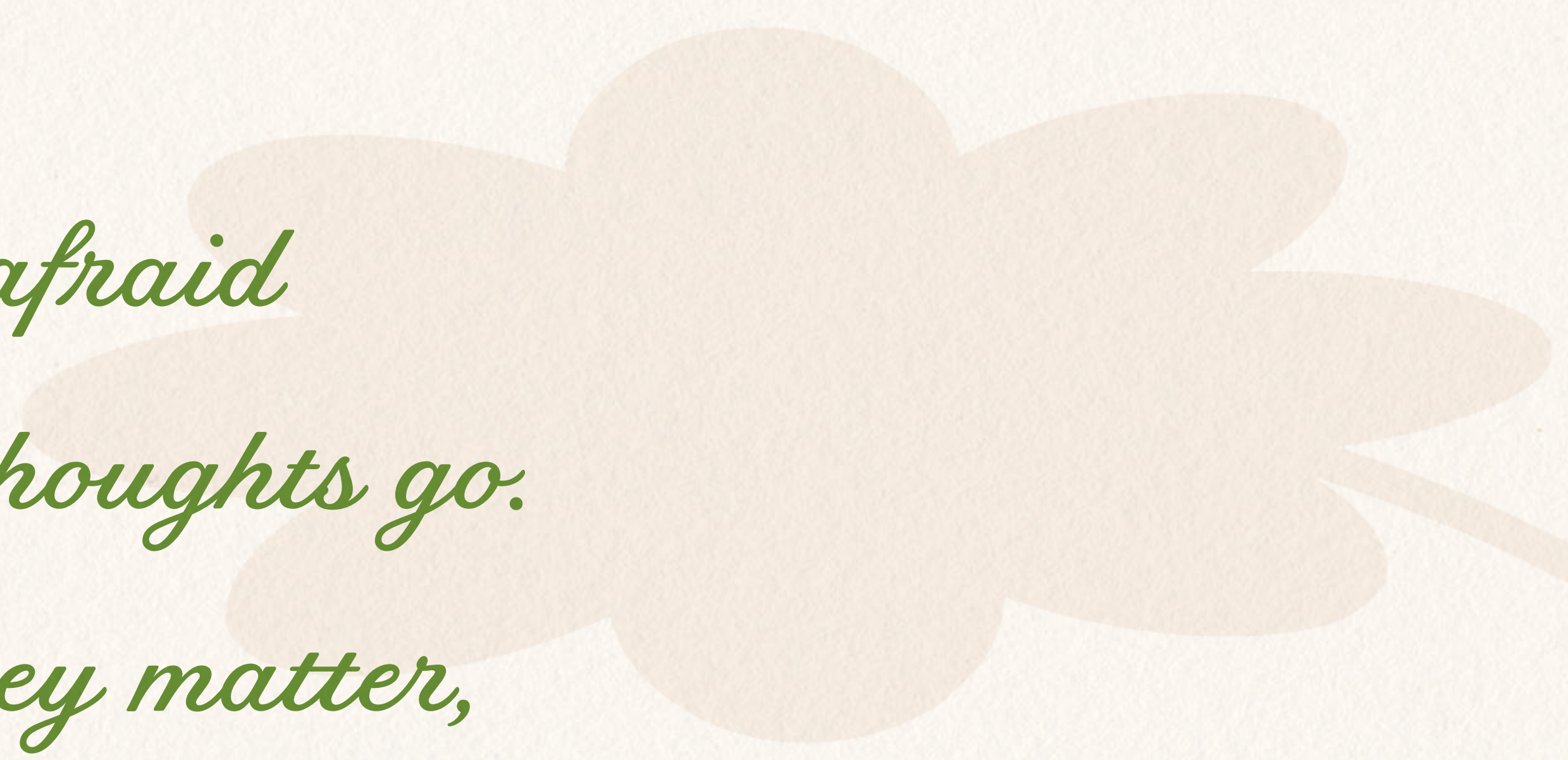


*But if i stop thinking,  
I fear I'll disappear!  
Without I, me, mine,  
then who will I be?*

*Oh, that is just your ego,  
but there's something beneath:  
An unthinkable thingness,  
common to all living beings.*

*When you get to experience it  
you see we're all one thing  
and from that sense of being  
you will emanate peace.*

*So do not be afraid  
of letting all your thoughts go.  
Below all that grey matter,  
we are all just pure love.*

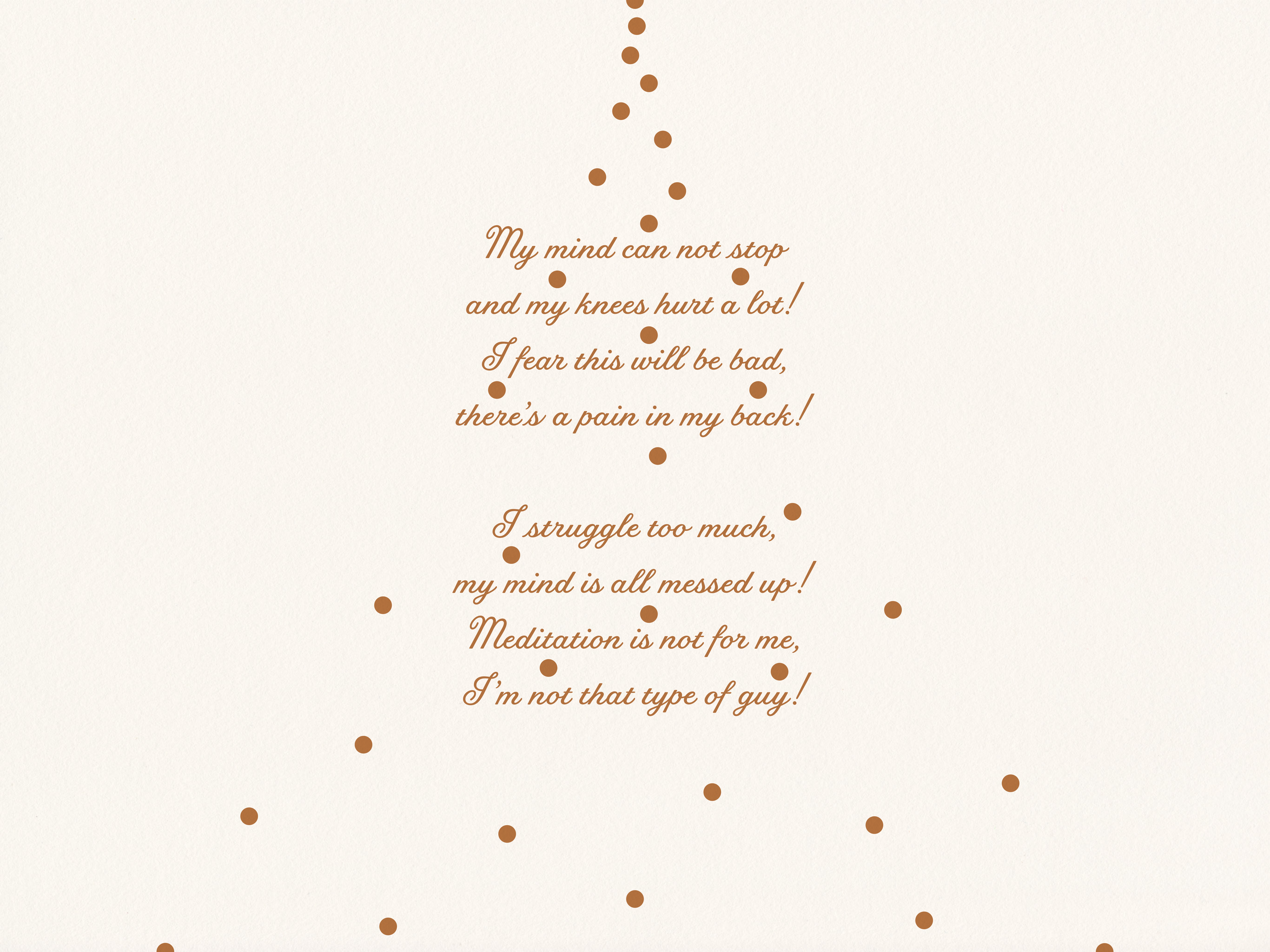




*So still with some doubts,  
but with good intention,  
the fellow being sat...  
and first tried Meditation.*







*My mind can not stop  
and my knees hurt a lot!  
I fear this will be bad,  
there's a pain in my back!*

*I struggle too much,  
my mind is all messed up!  
Meditation is not for me,  
I'm not that type of guy!*

*That is just an excuse,  
another trick of your mind.*

*You are not that special:*

*Sorry, everyone can.*

*It's normal you struggle,*

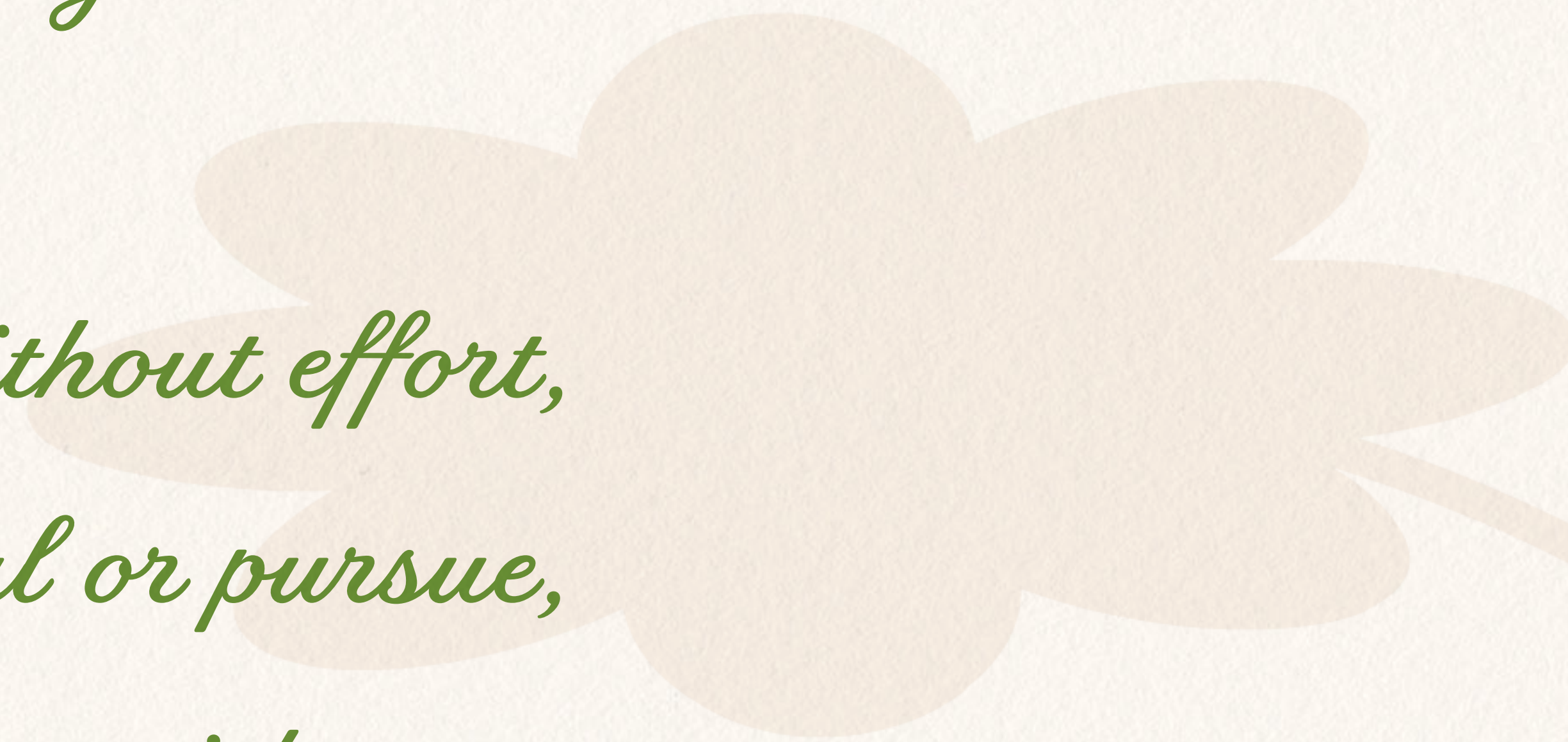
*this is only day one.*

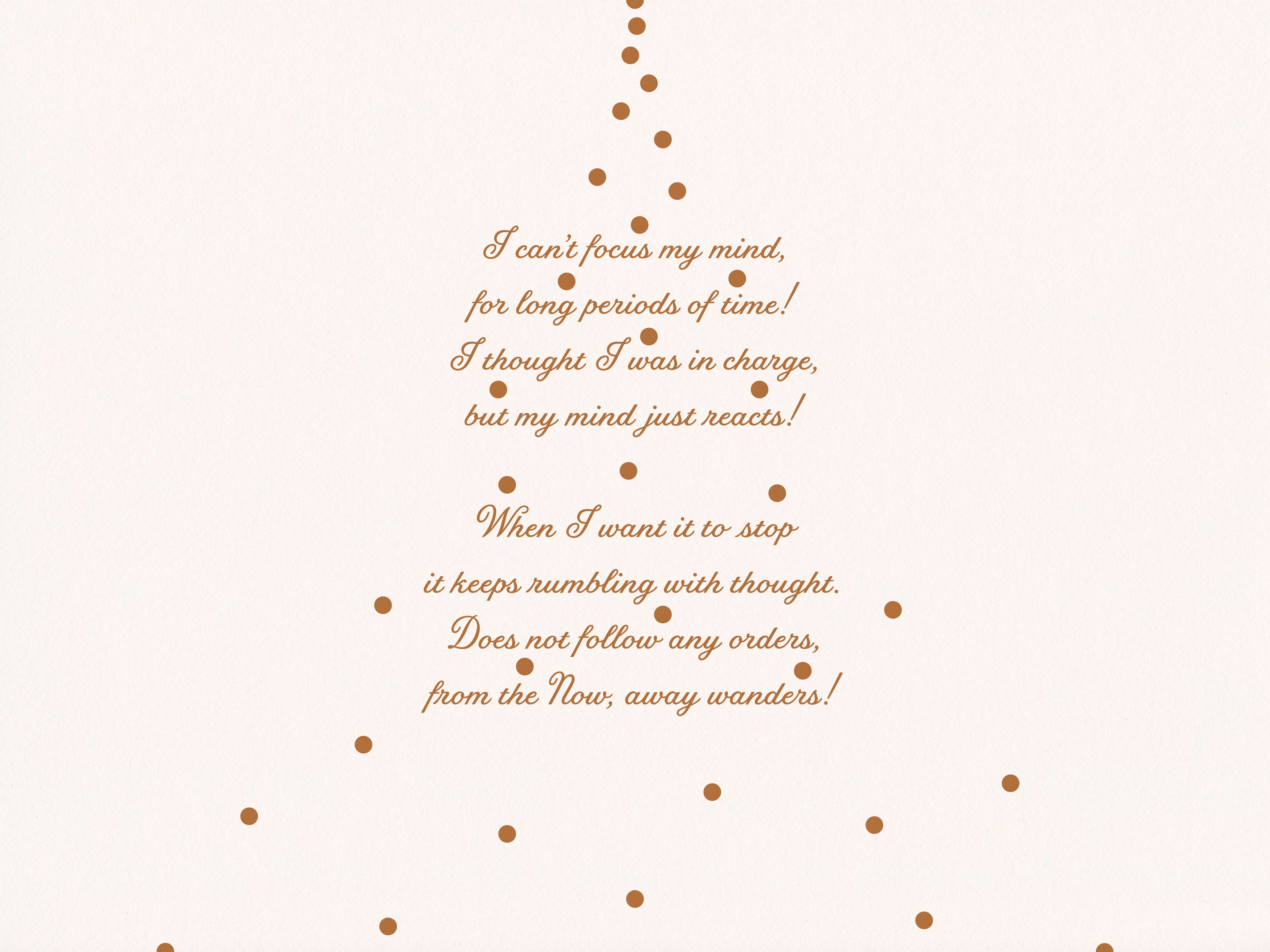
*The first day of running  
how far can you run?*

*Only be, without effort,  
without goal or pursue,*

*just sit here with me,*

*enjoying the view.*





*I can't focus my mind,  
for long periods of time!  
I thought I was in charge,  
but my mind just reacts!*

*When I want it to stop  
it keeps rumbling with thought.*

*Does not follow any orders,  
from the Now, away wanders!*

*Meditation use "objects"  
to focus the attention.  
You can use breathing  
or body sensations.*

*When the mind away wanders  
you go back to the object,  
and slowly, with patience,  
the attentive period is longer.*

*The longer the periods,  
the more sharp mind becomes.  
And the more single pointed,  
the deeper the vibes.*



●  
●  
●  
*Breathe in,*

●  
*breathe out,*

●  
*in and out,*

●  
*- I feel the cold air coming in -*

●  
*- I feel the warm air coming out -*

●  
●  
*hhhhhhhhhhhhhhhhhhhh,...*

● ●  
● ● ●  
*...hhhhhhhhhhhhhhhhhhhh,*





*hhhhhhhhhhhhhhhhhhhhhhhhhh,*...



*hhhhh, I, me, mine, blah, blah, blah!*



*- My mind has wandered away -*



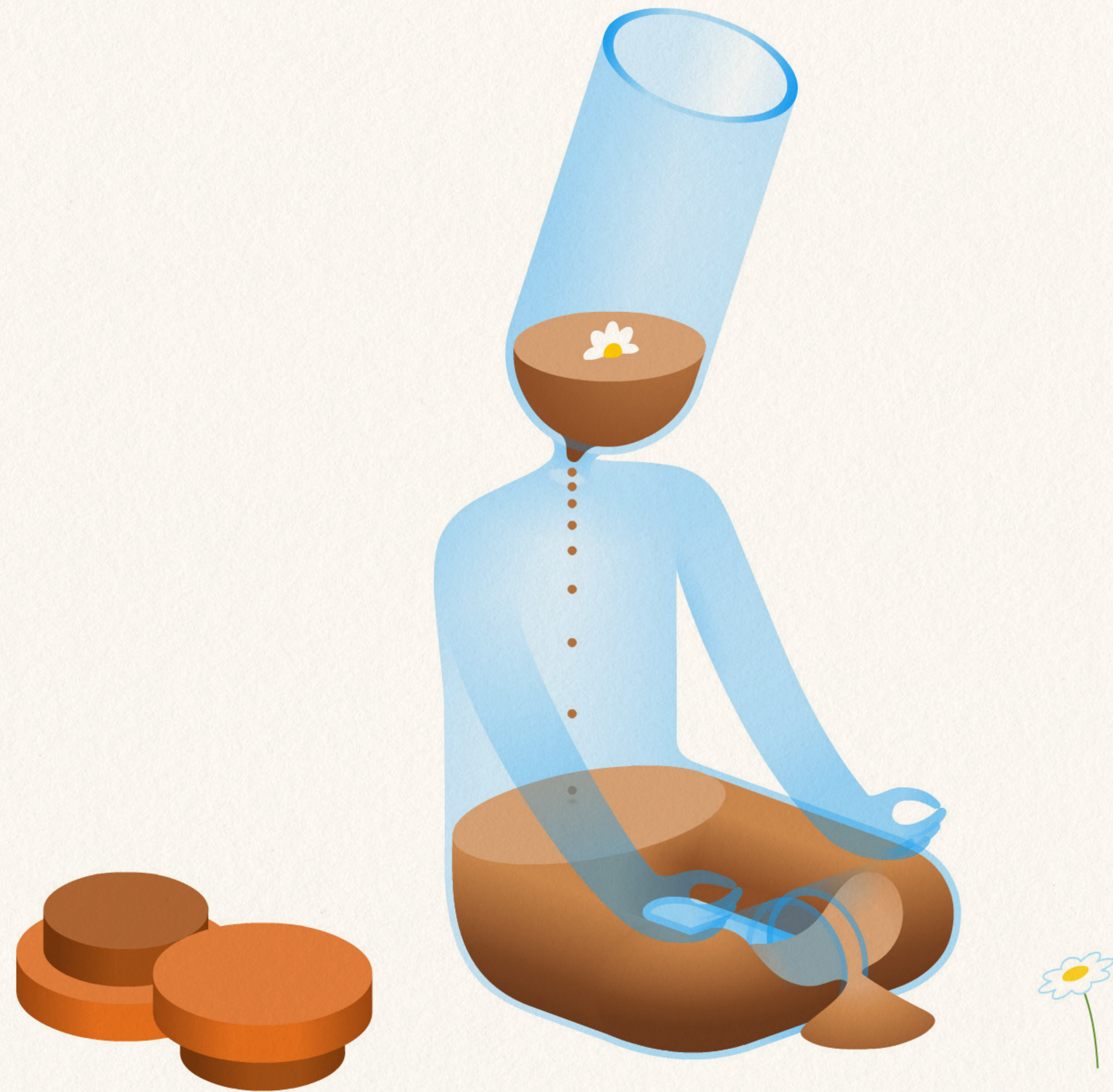
*- No blame - Just try again -*



*...hhhhhhhhhhhhhhhhhhhhhhhh,*









*...hhhhhhhhhhhhhhhhhhhh,*



*hhhhhhhhhhhhhhhhhh...*



*...hhhhhhhhhh,*

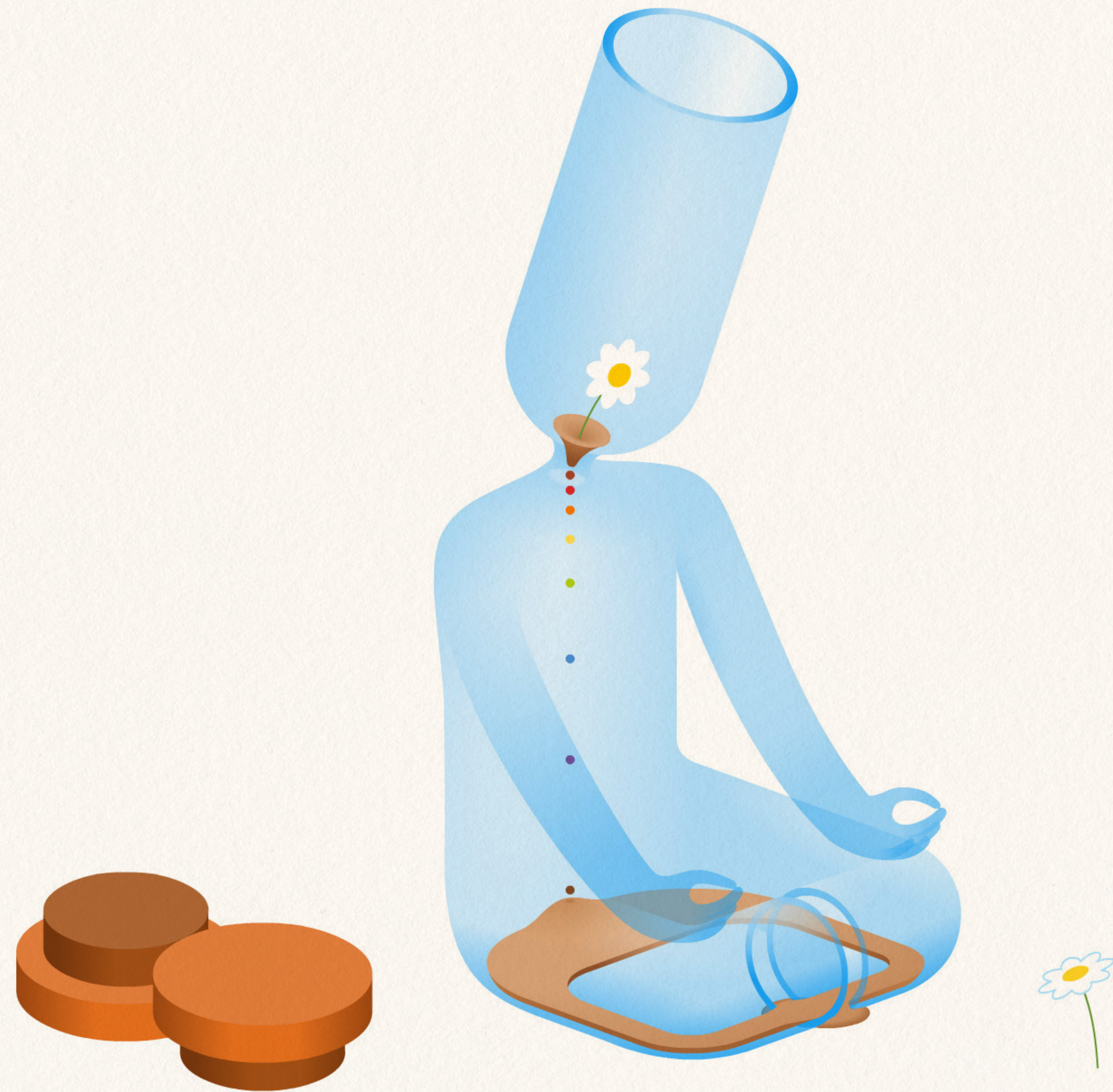


*hhhhh...*

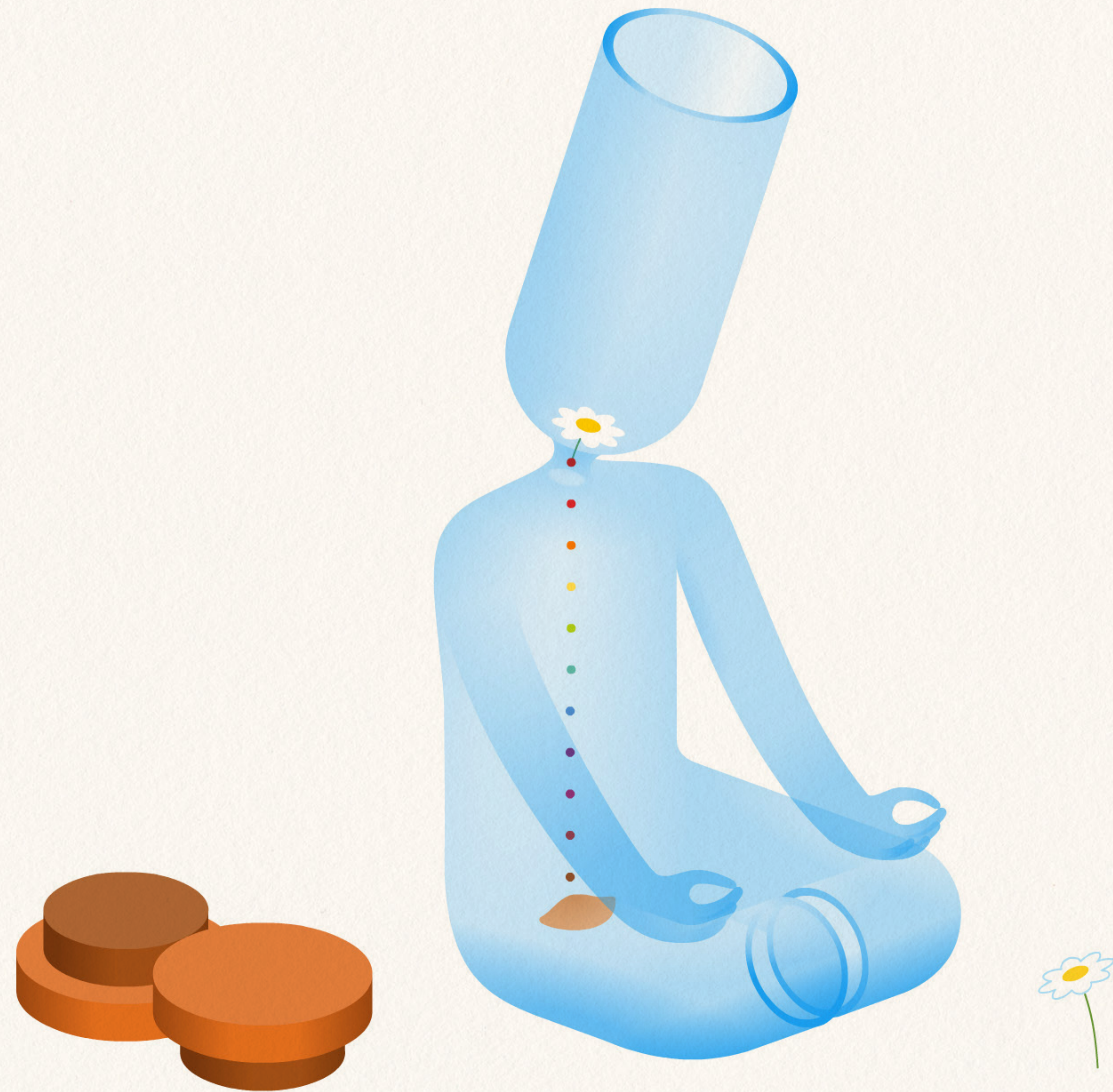


*...hhh,*

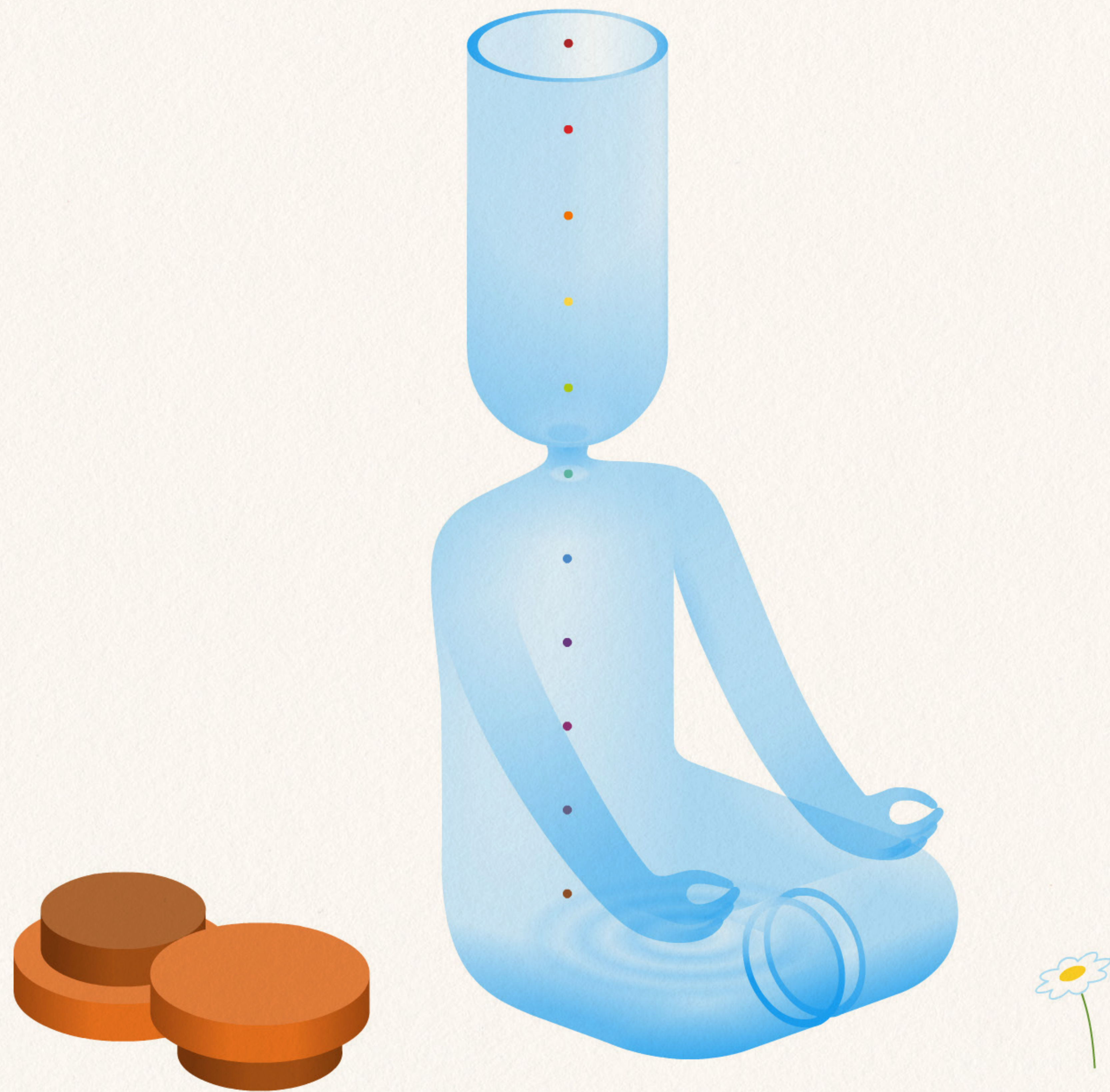












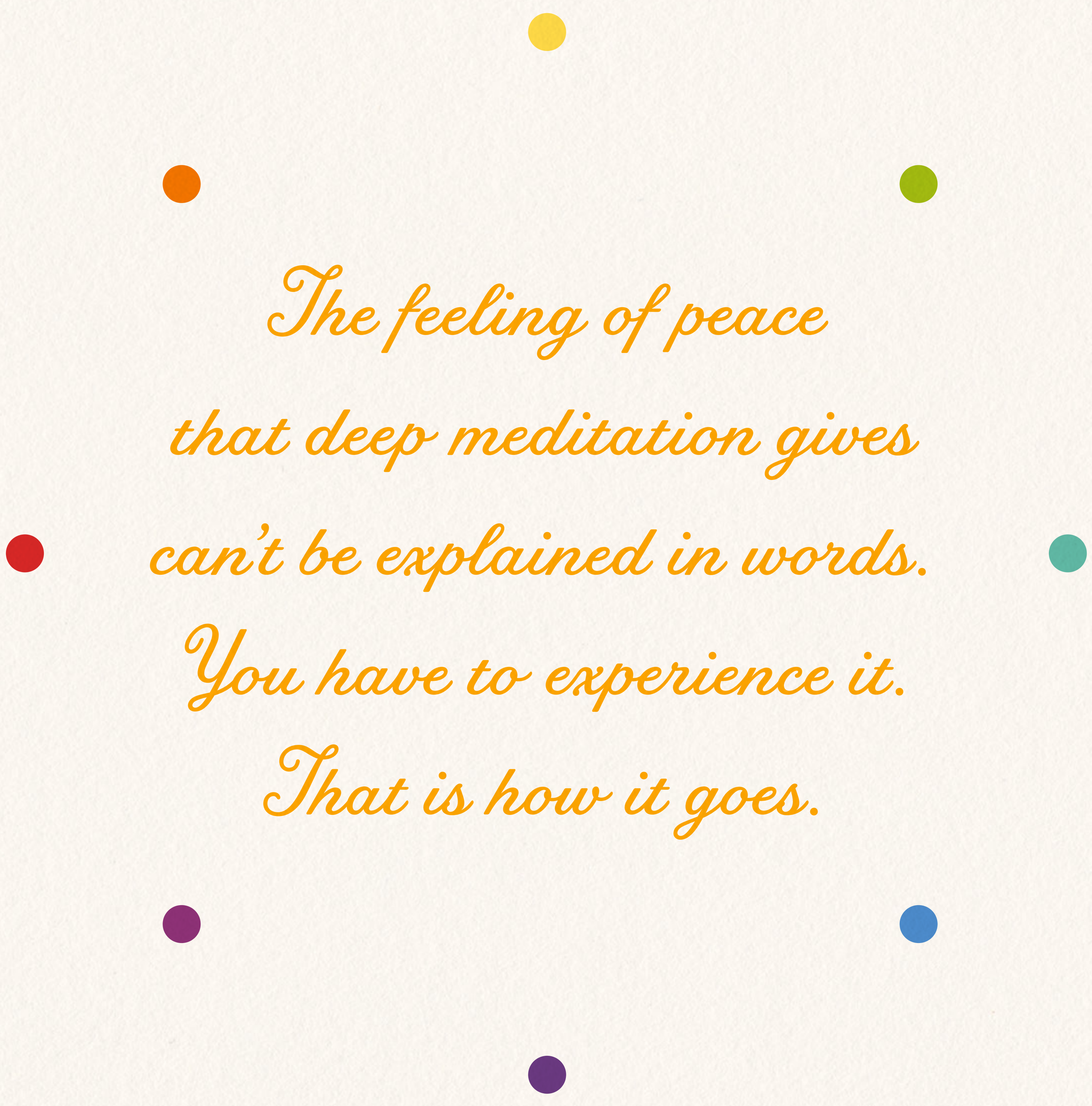


*Slowly, with patience,  
our friend trained the mind.*

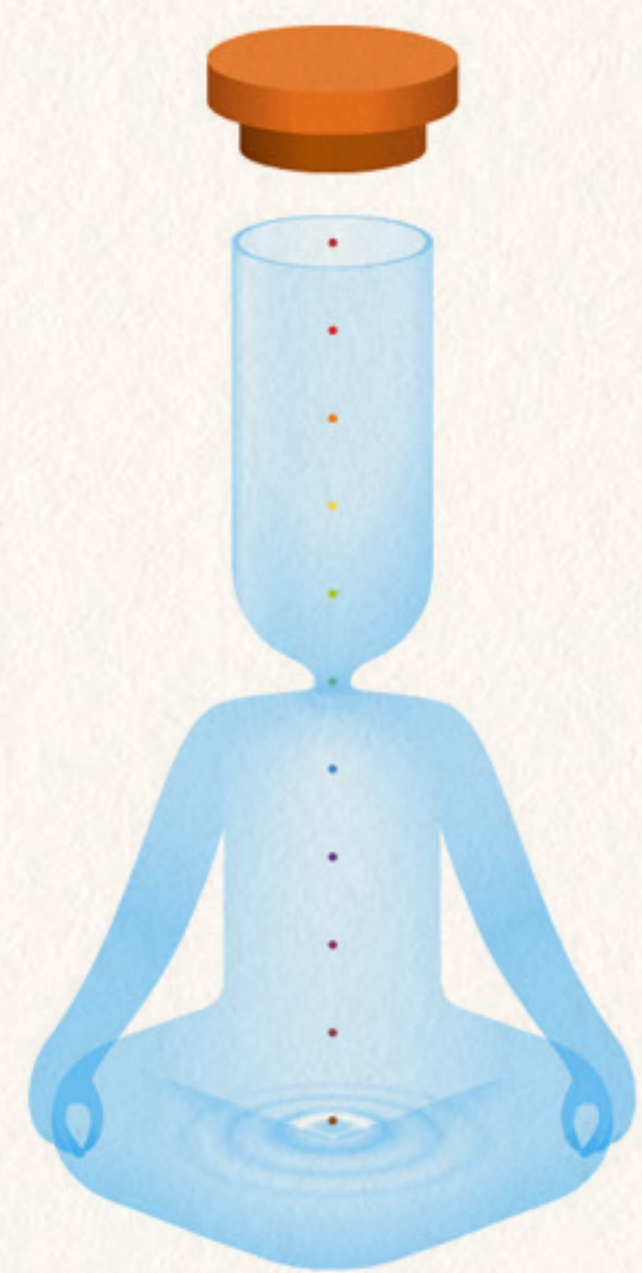
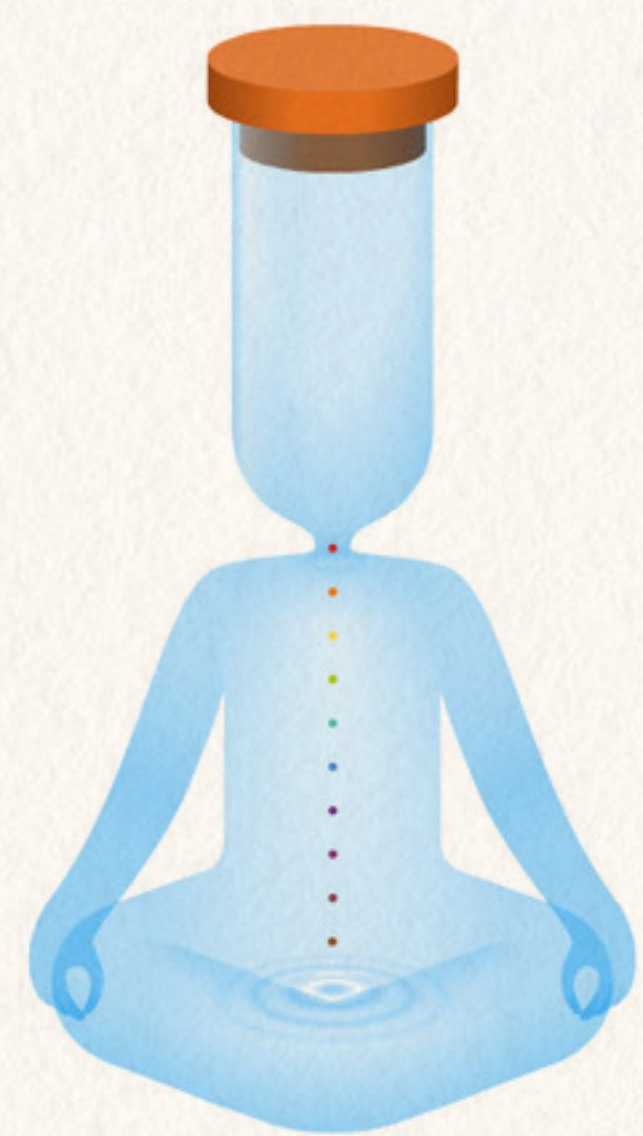
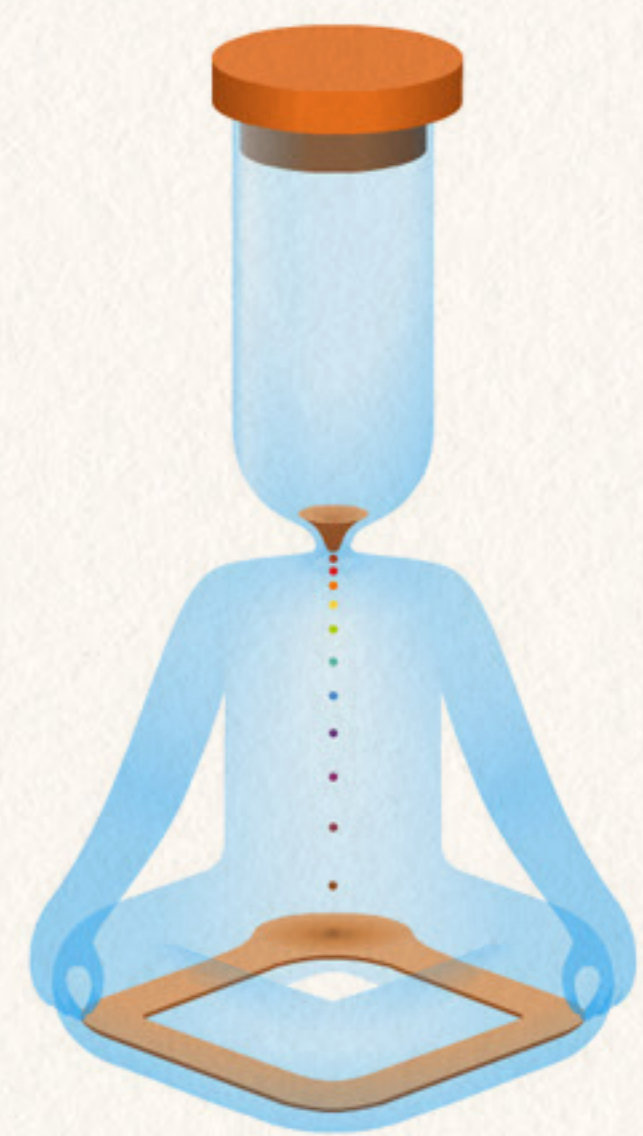
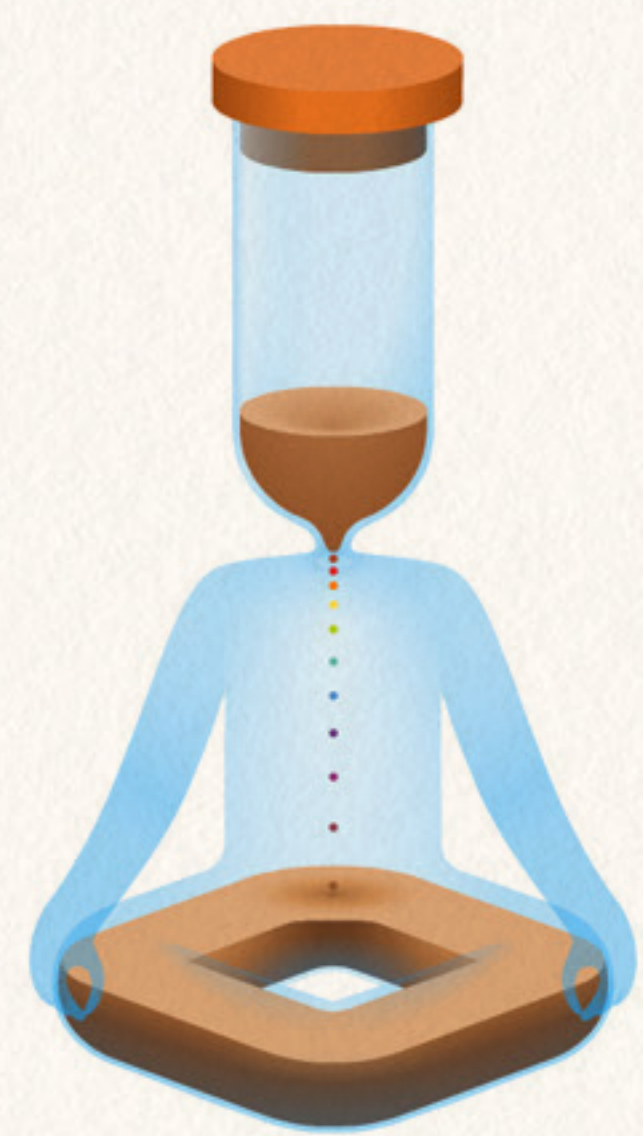
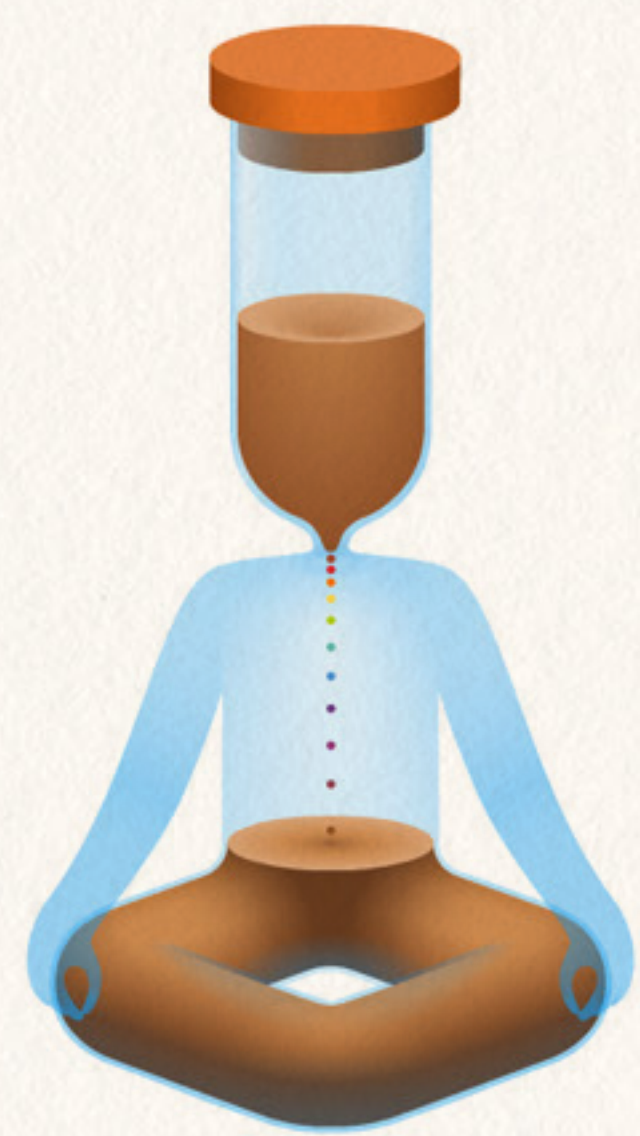
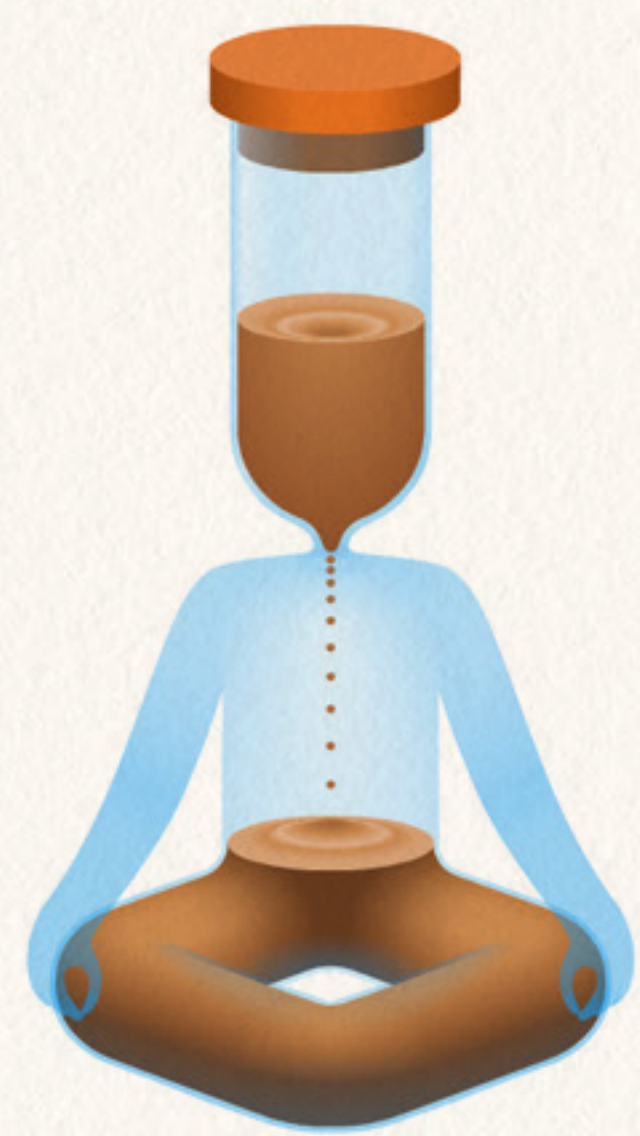
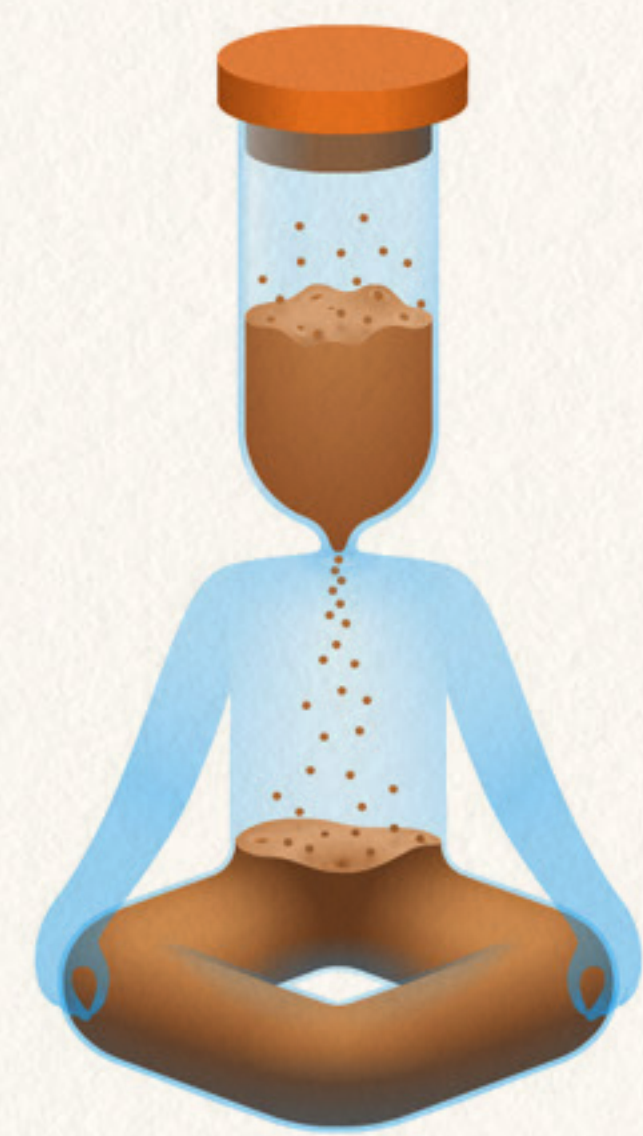
*Now empties its thoughts  
and flows in the present,  
whenever he/she wants.*





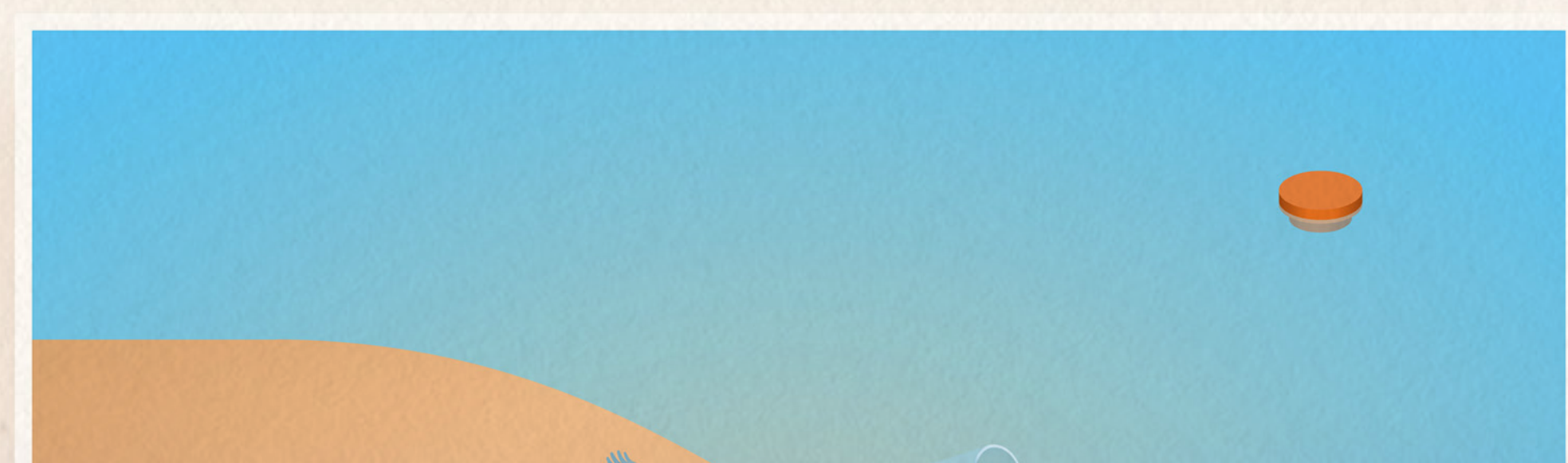
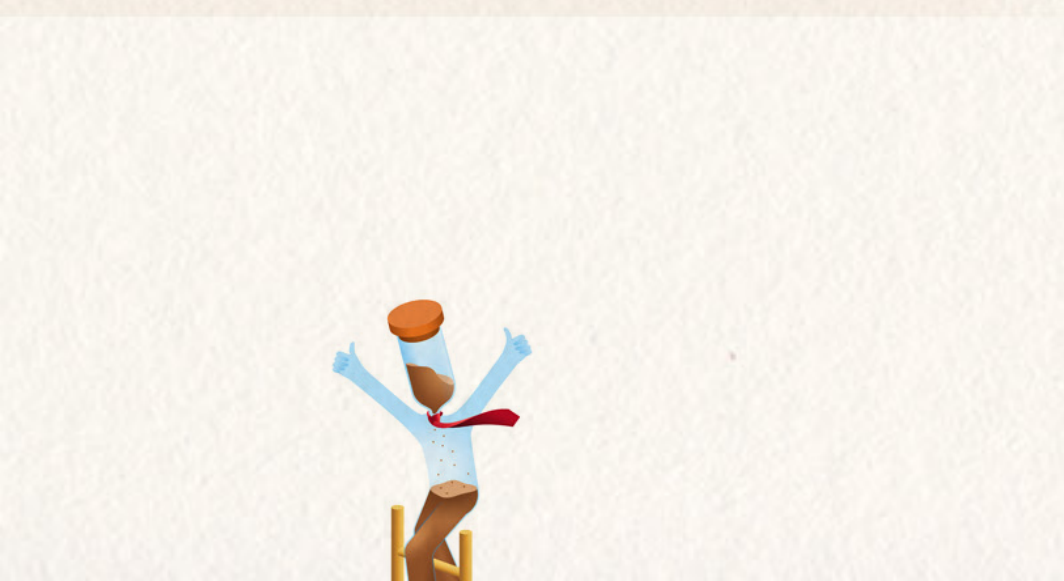
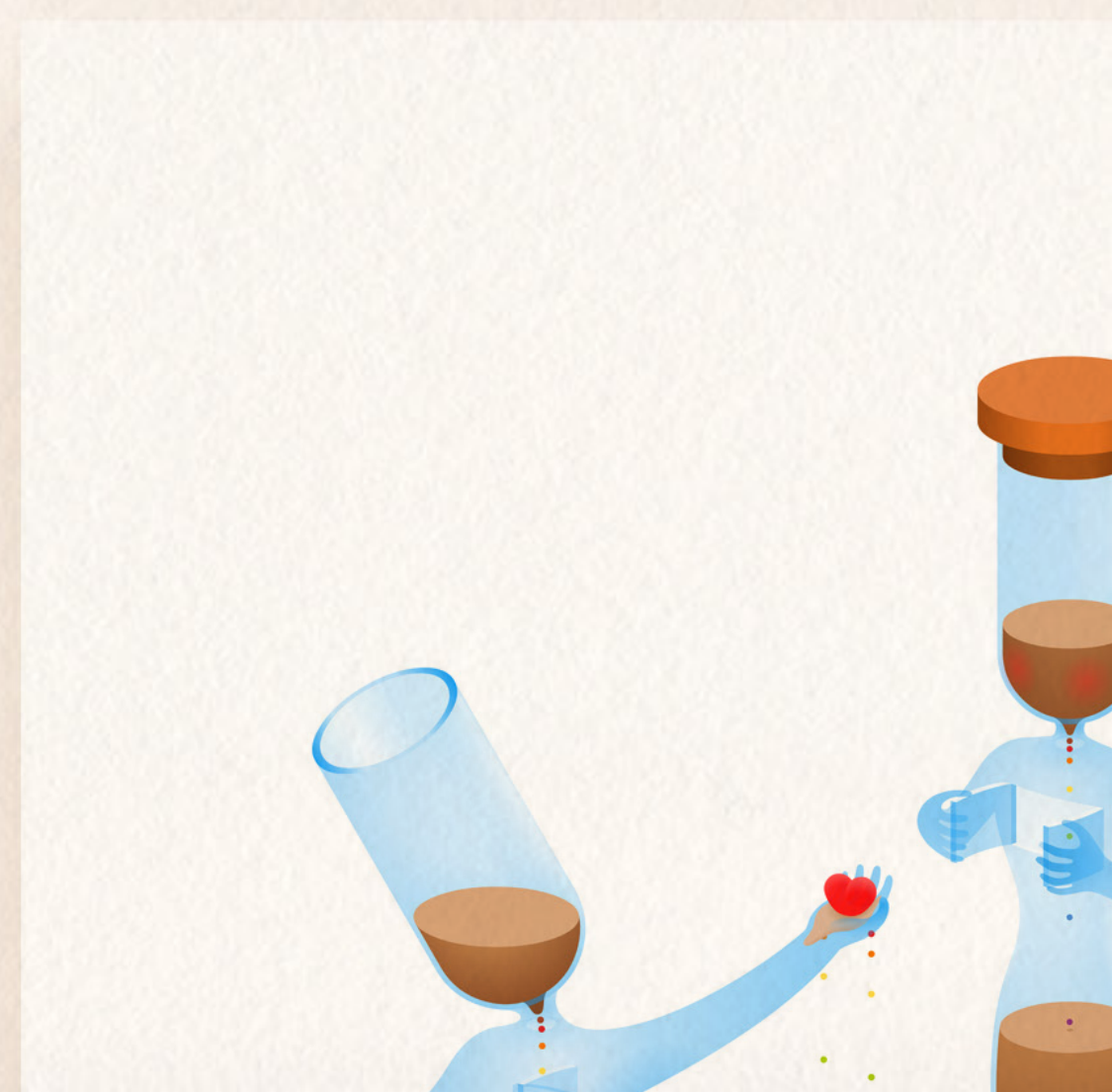
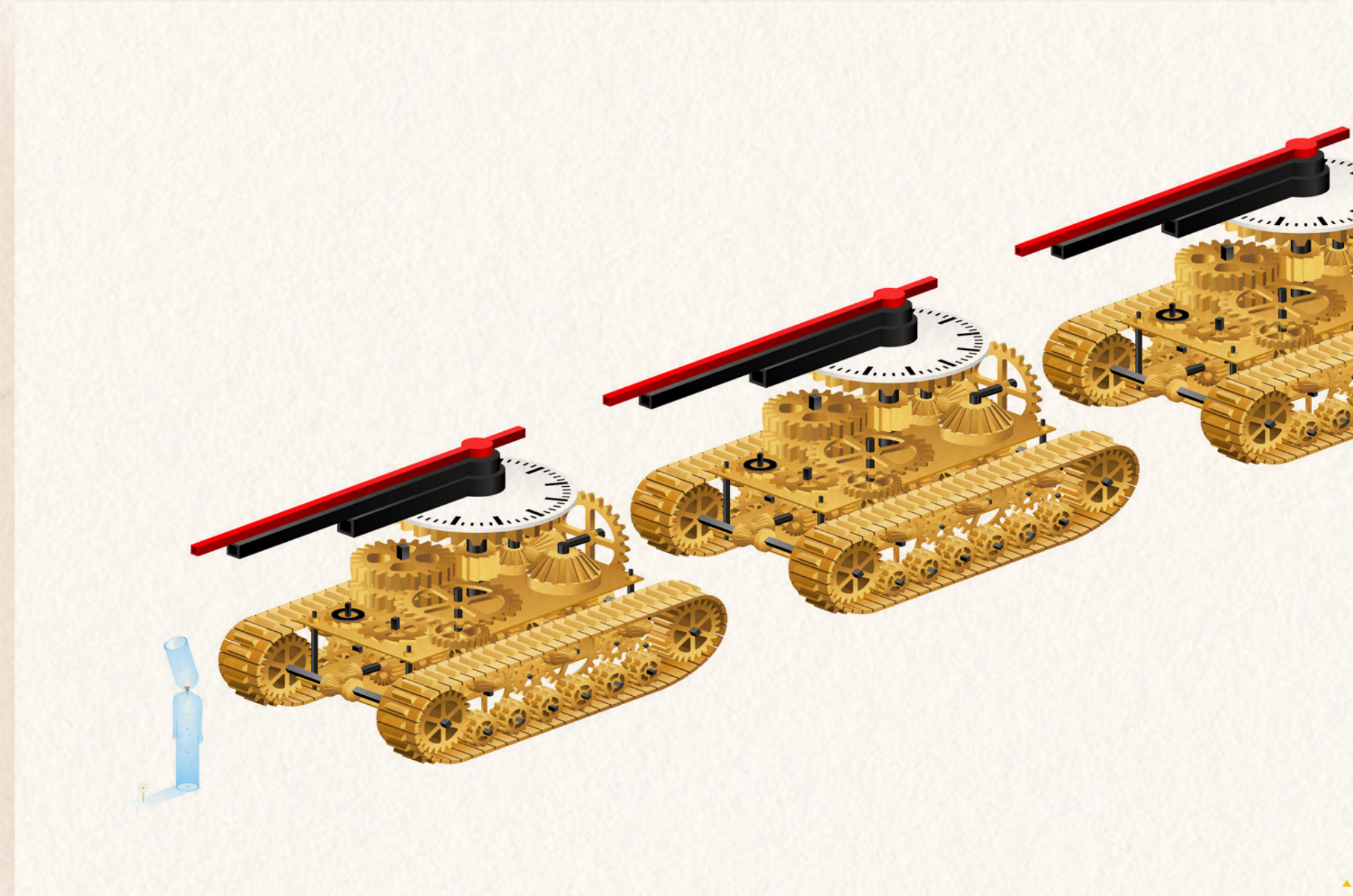
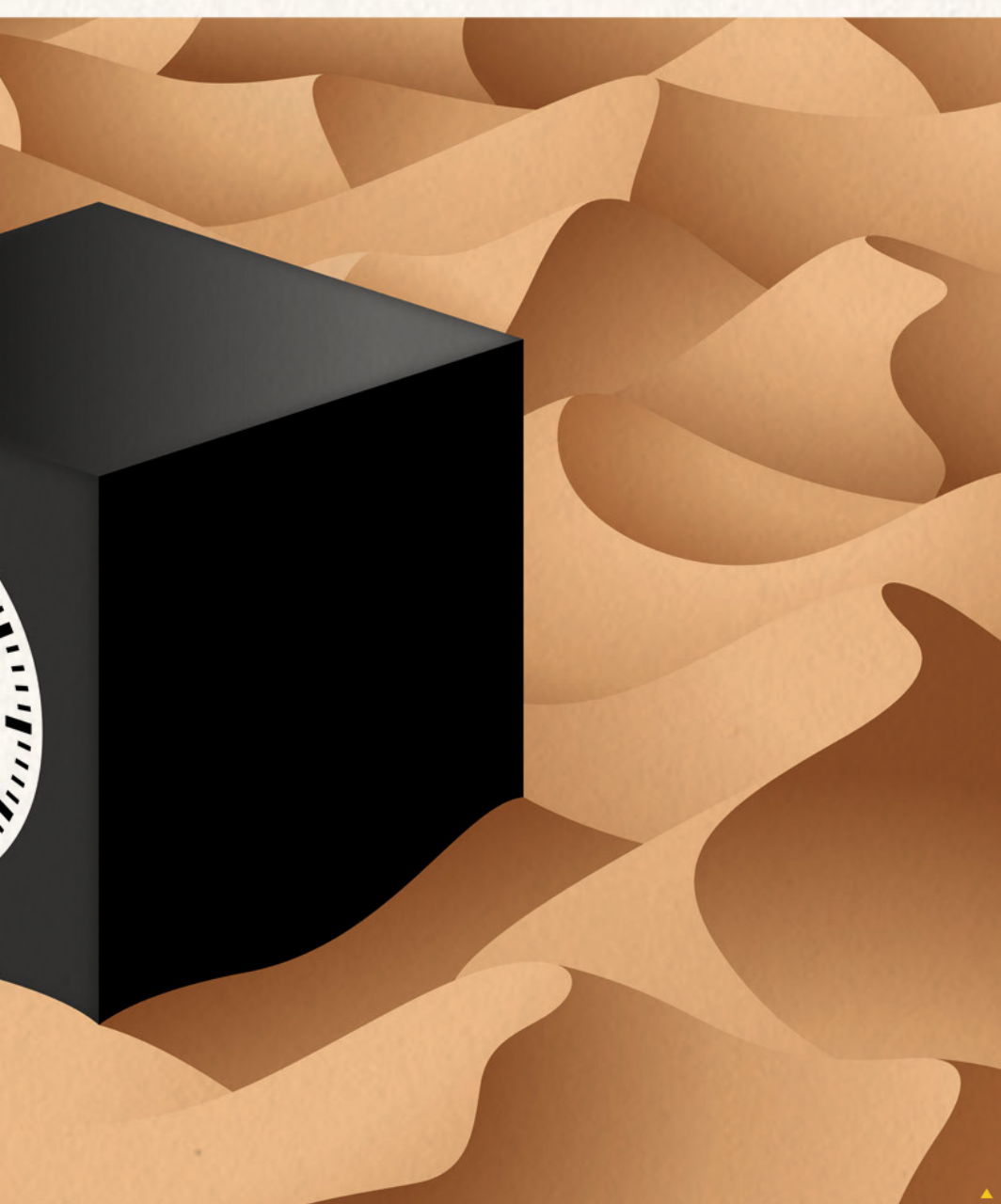
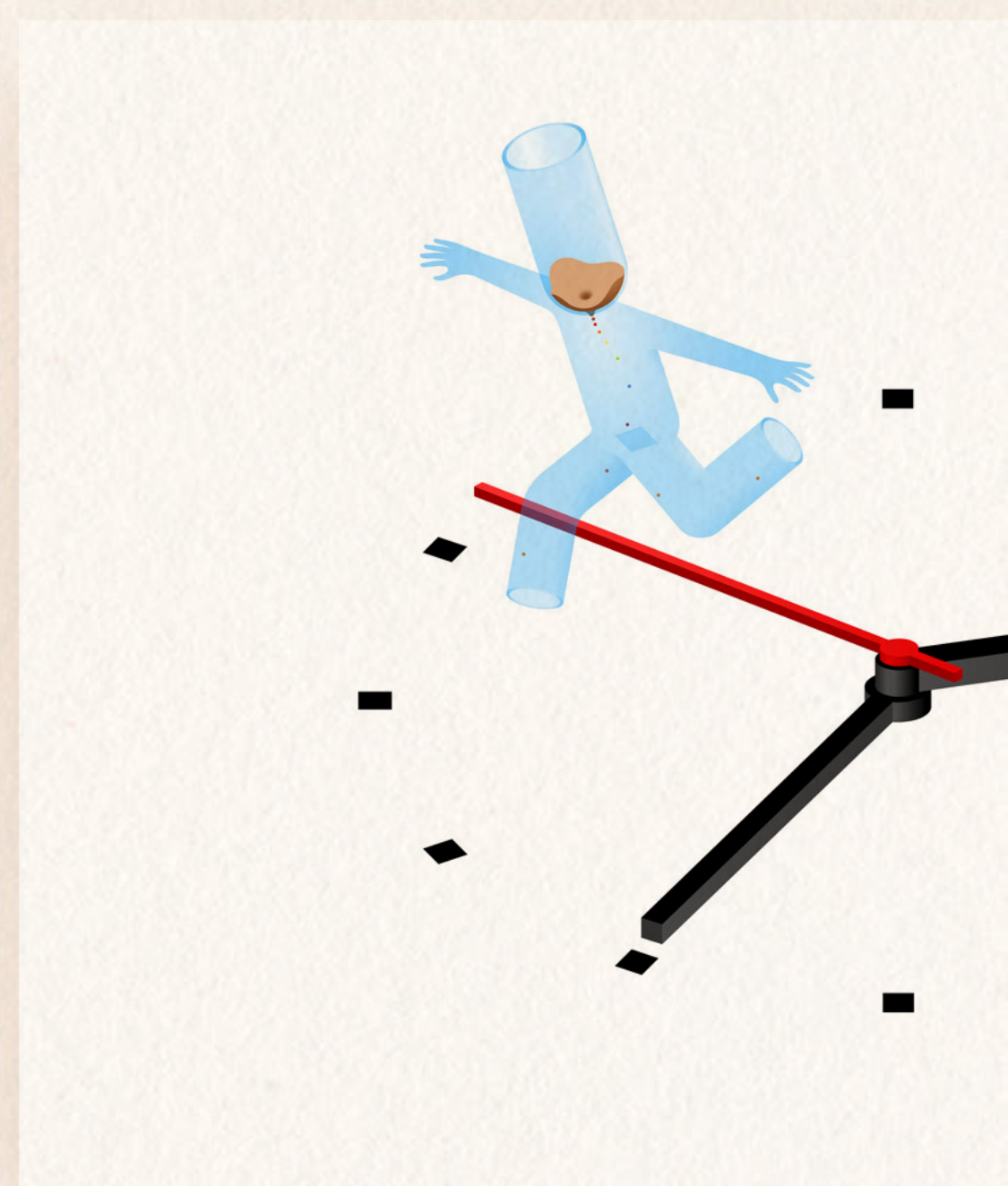
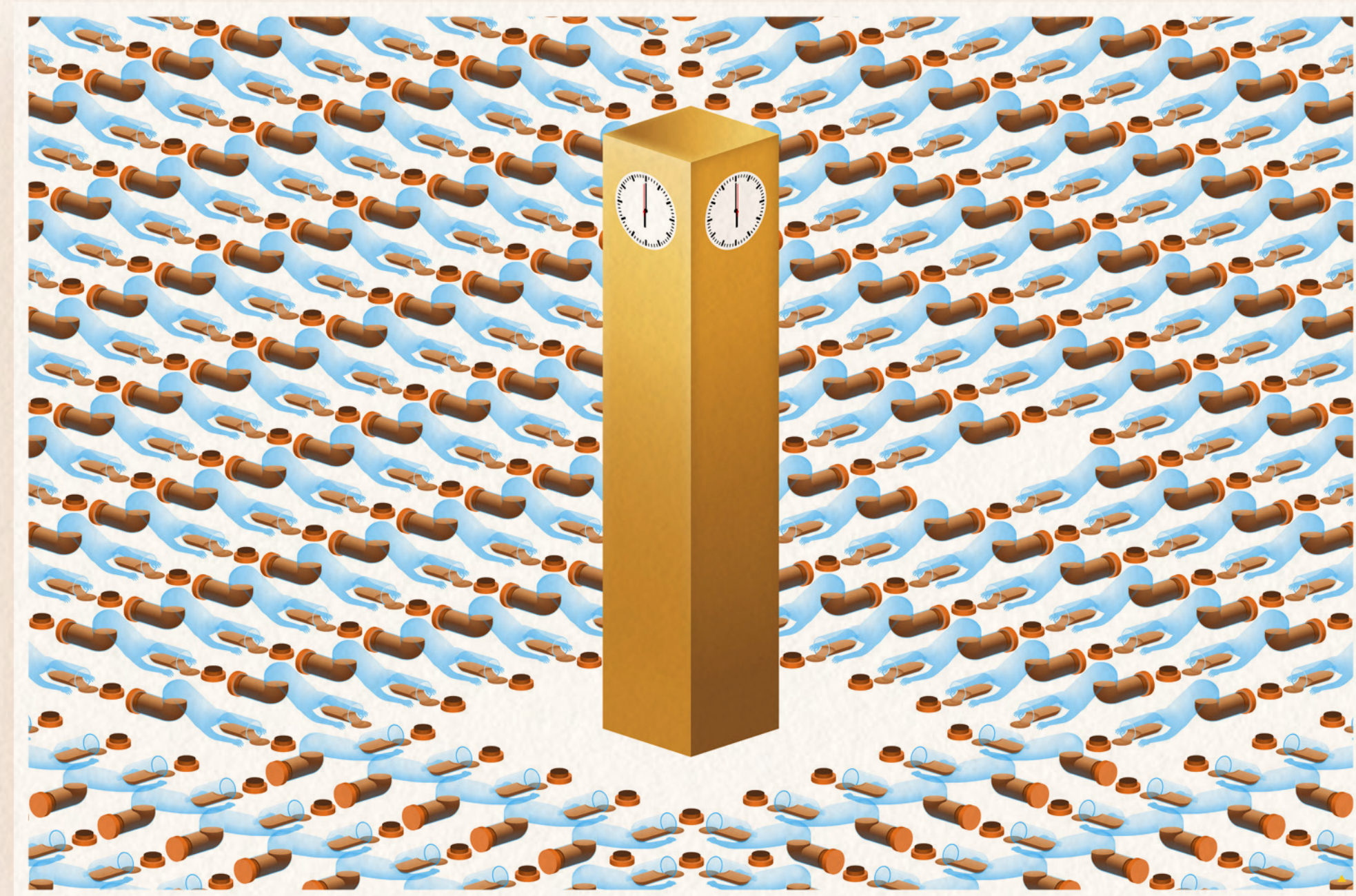
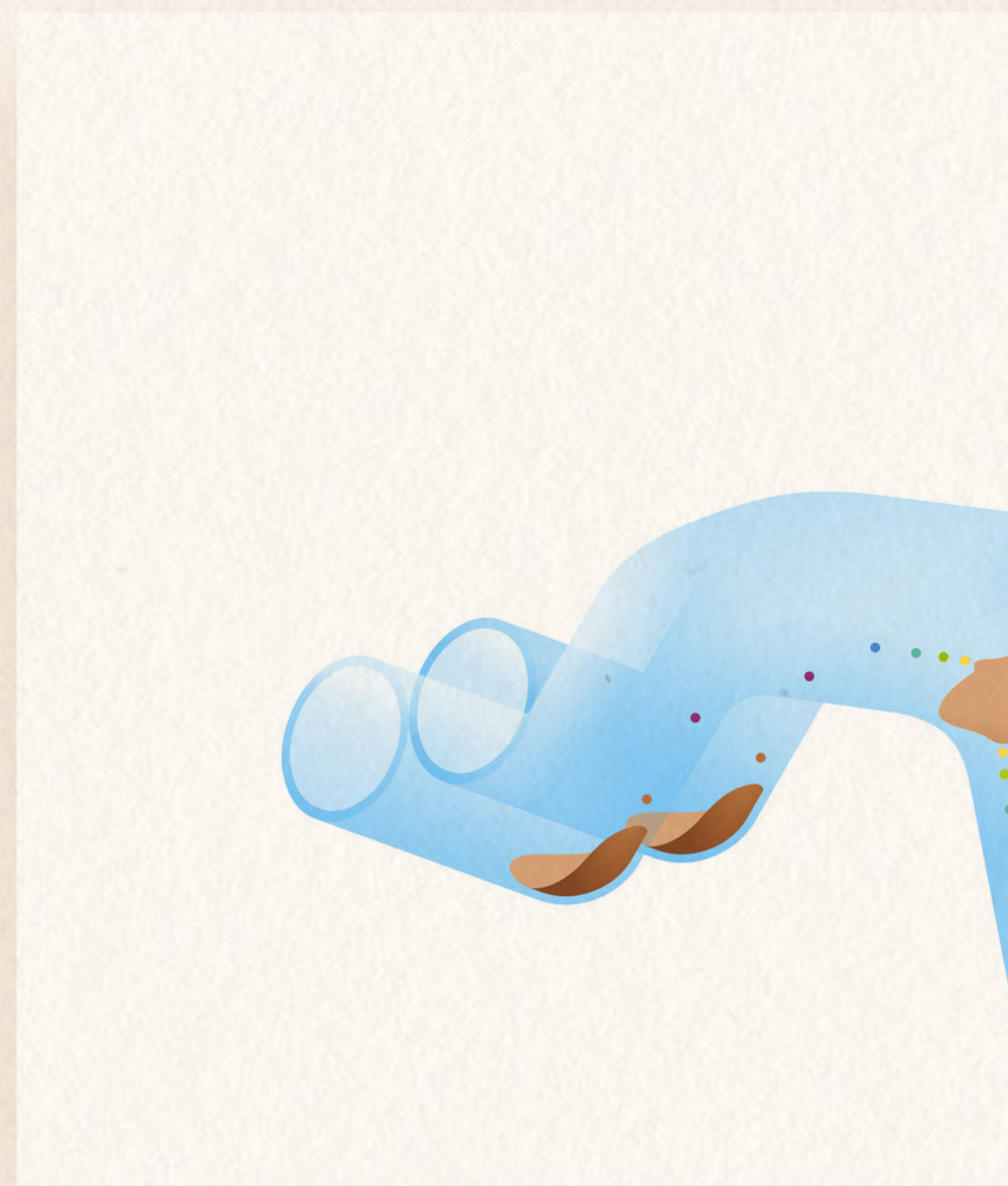
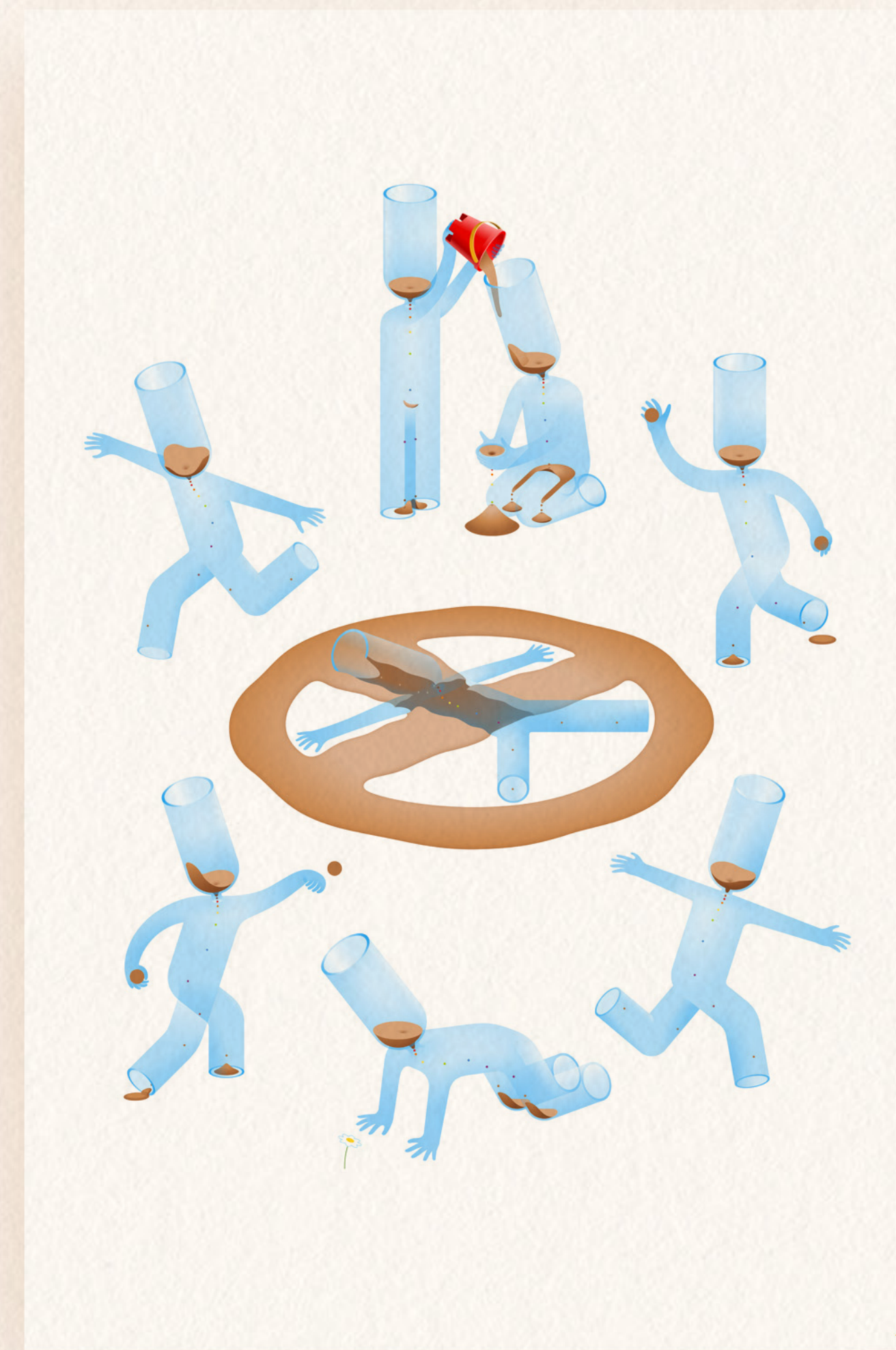
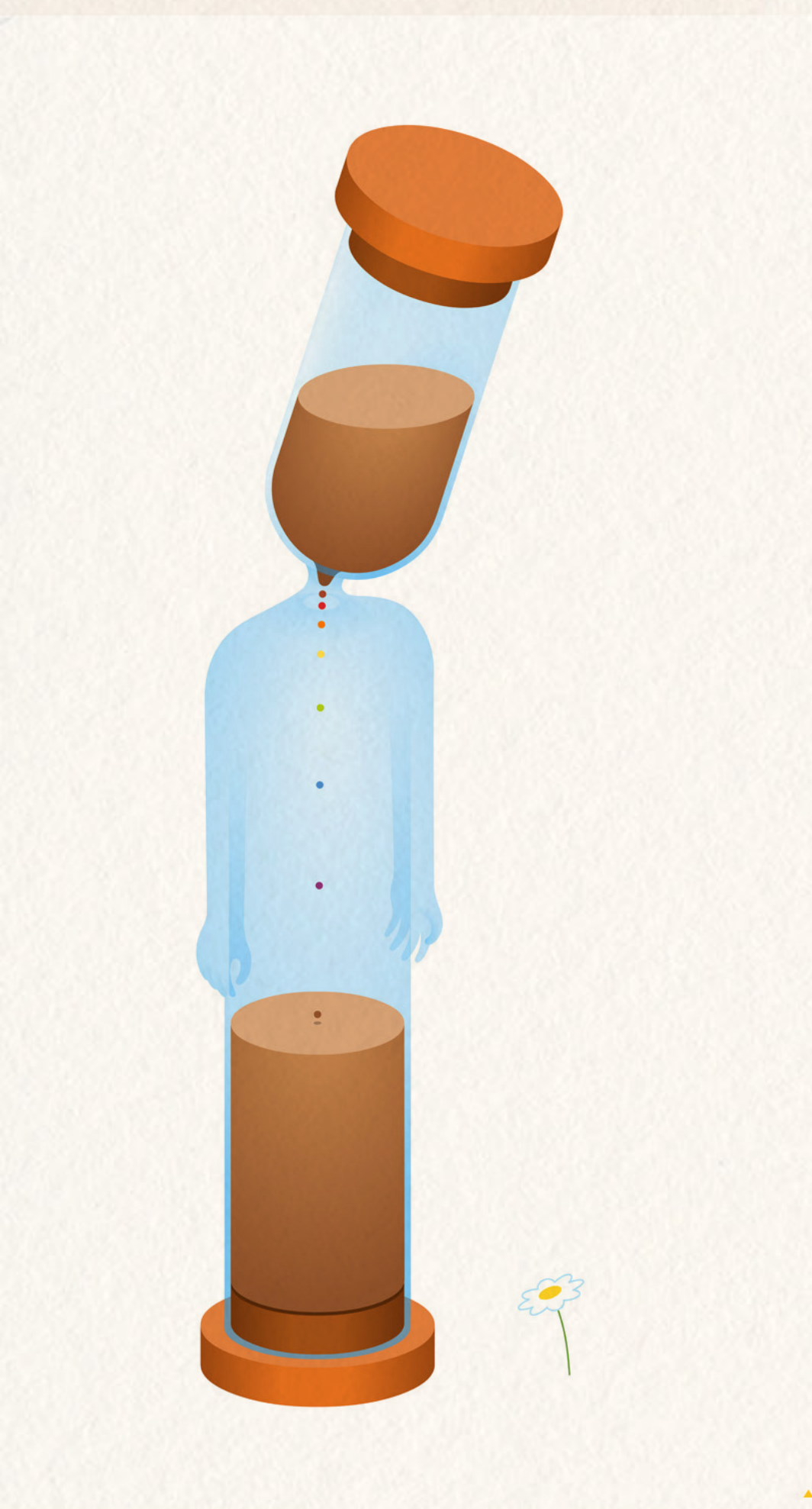
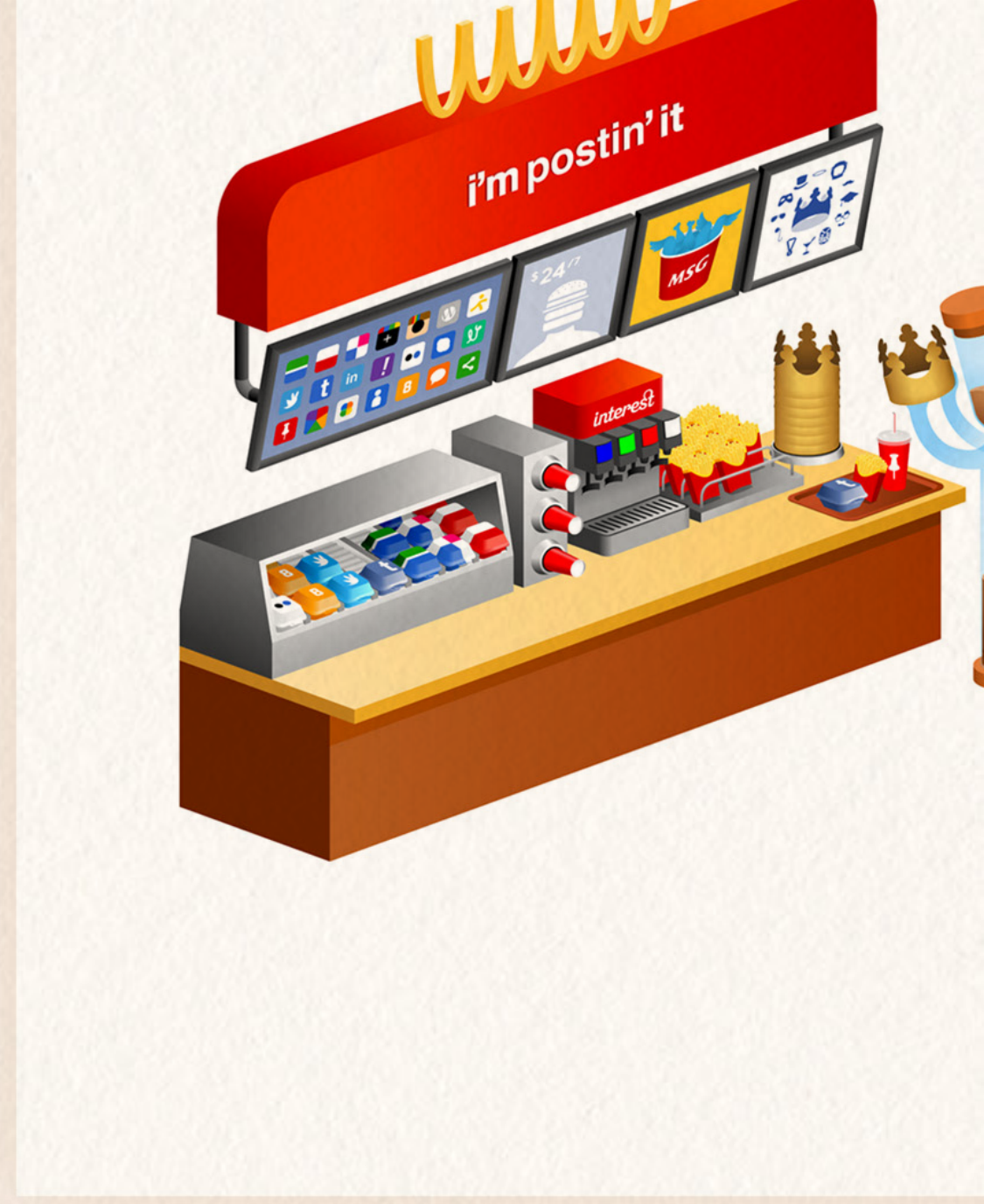
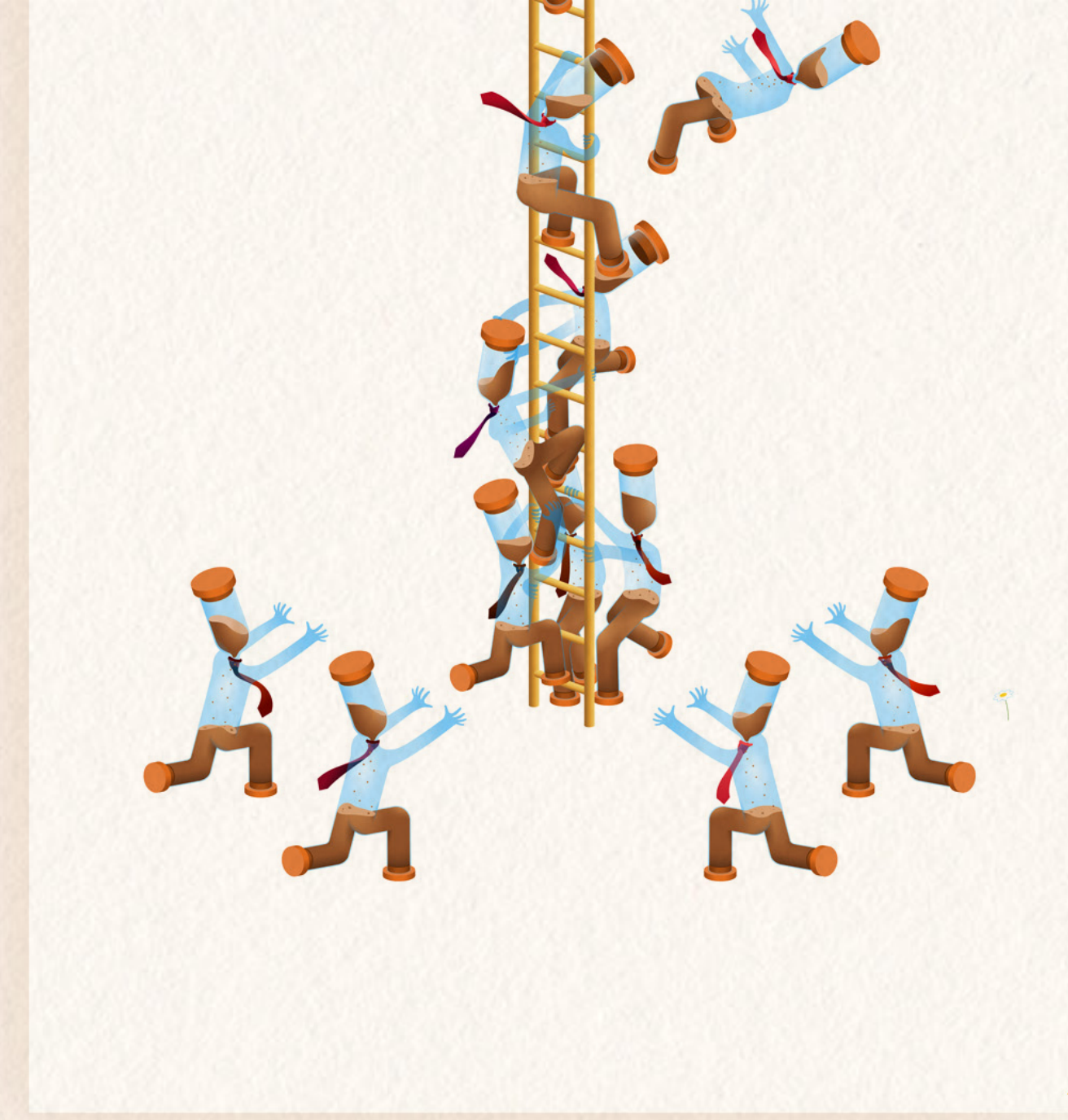
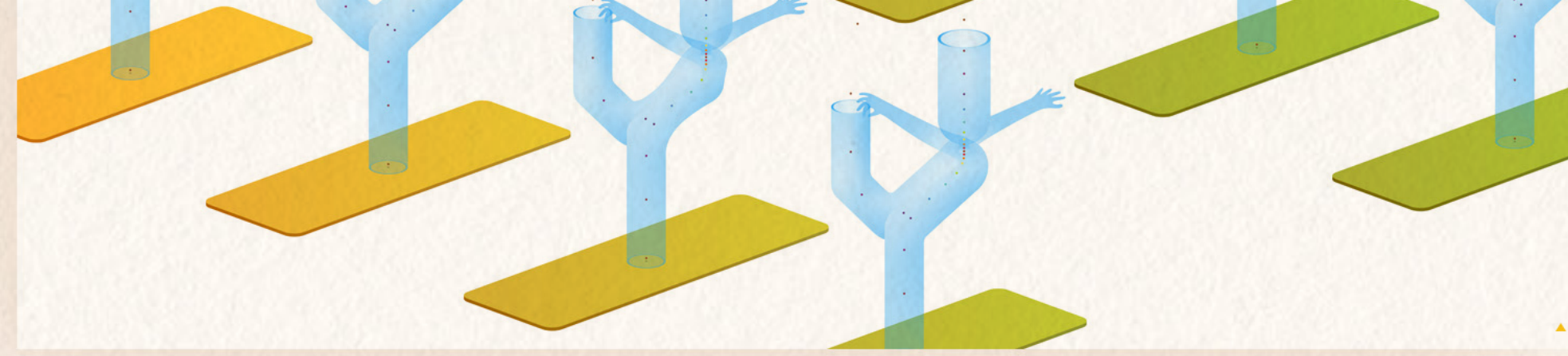
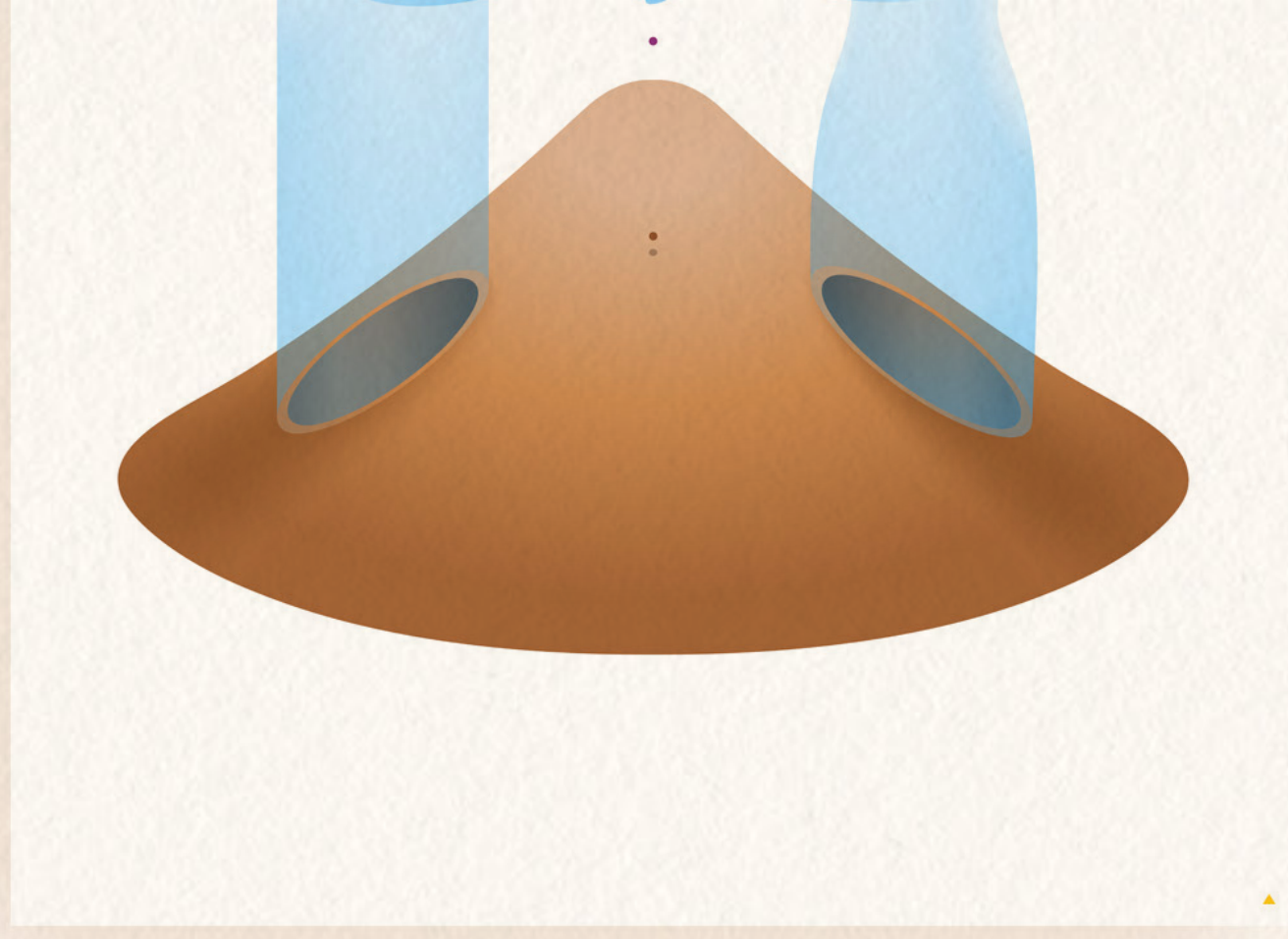
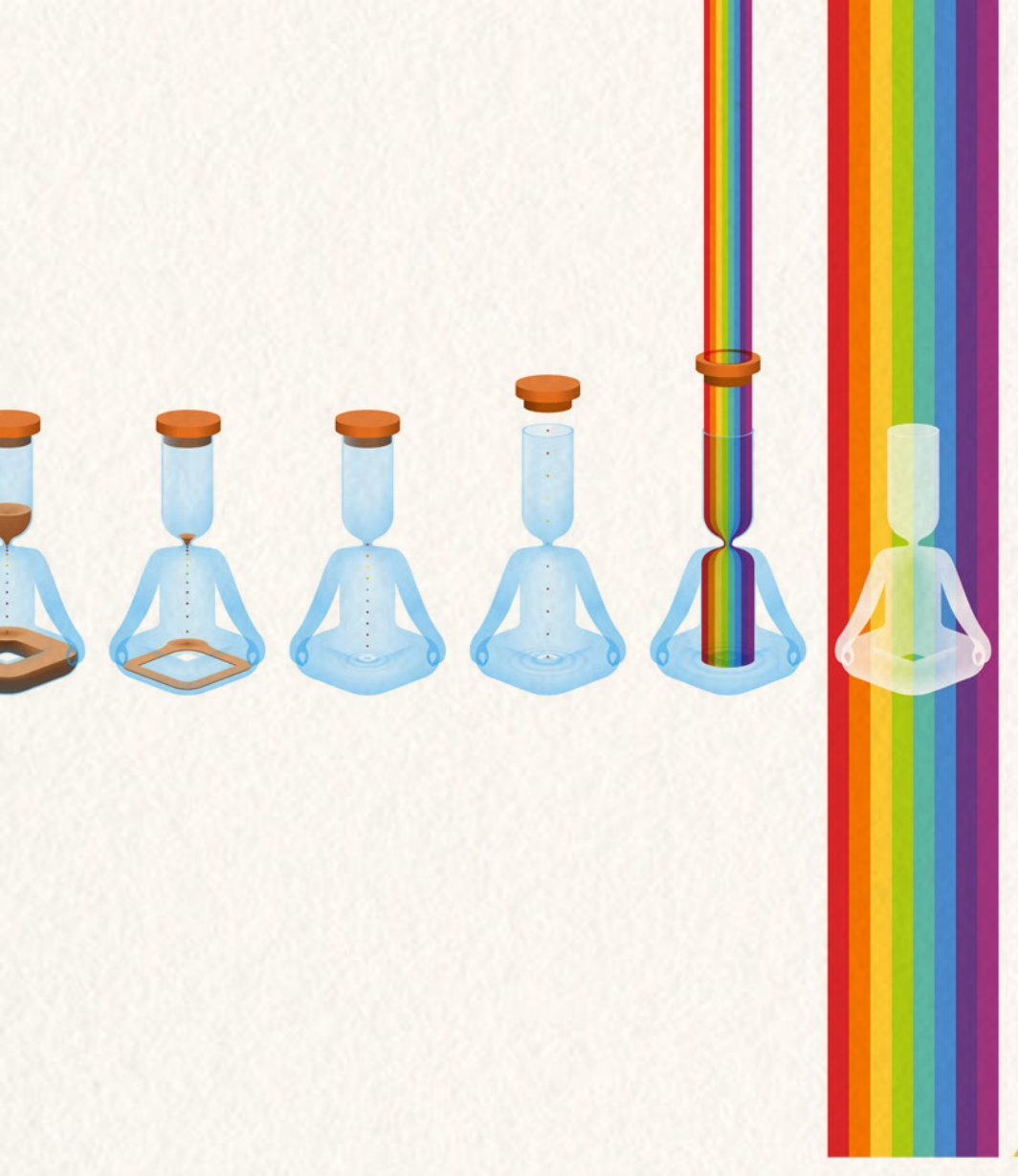


*The feeling of peace  
that deep meditation gives  
can't be explained in words.  
You have to experience it.  
That is how it goes.*



*The without End nor beggining.*

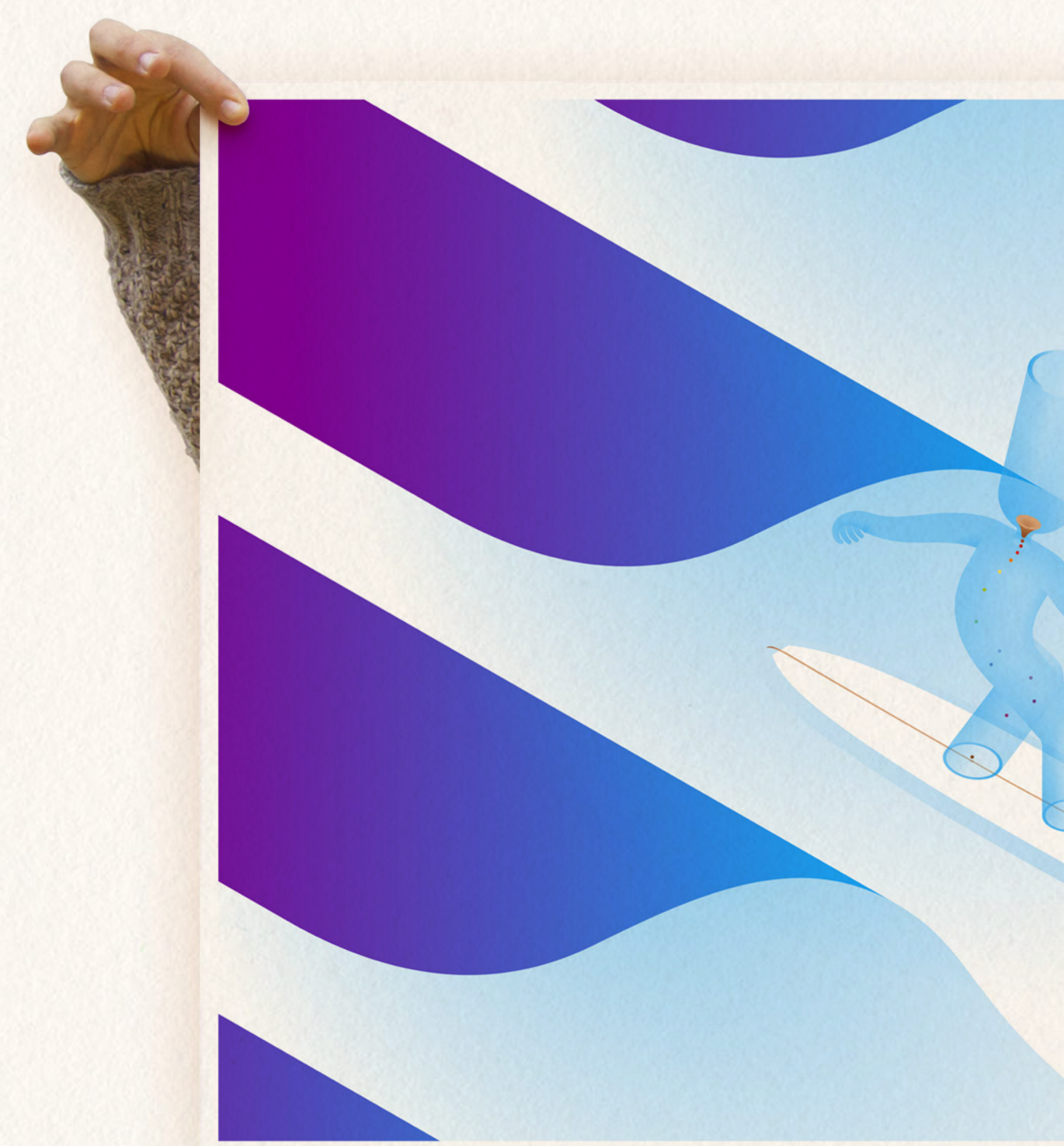
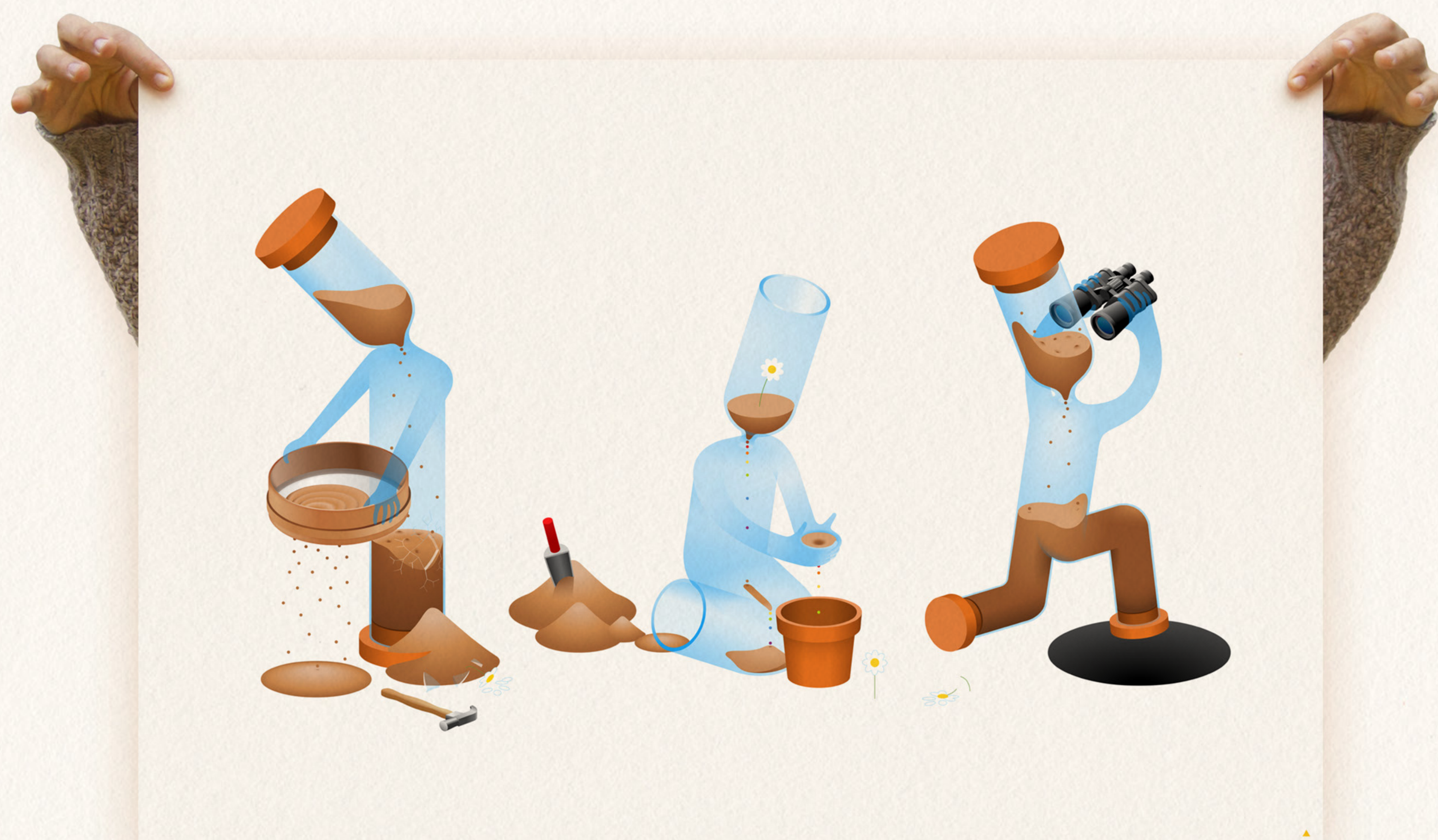
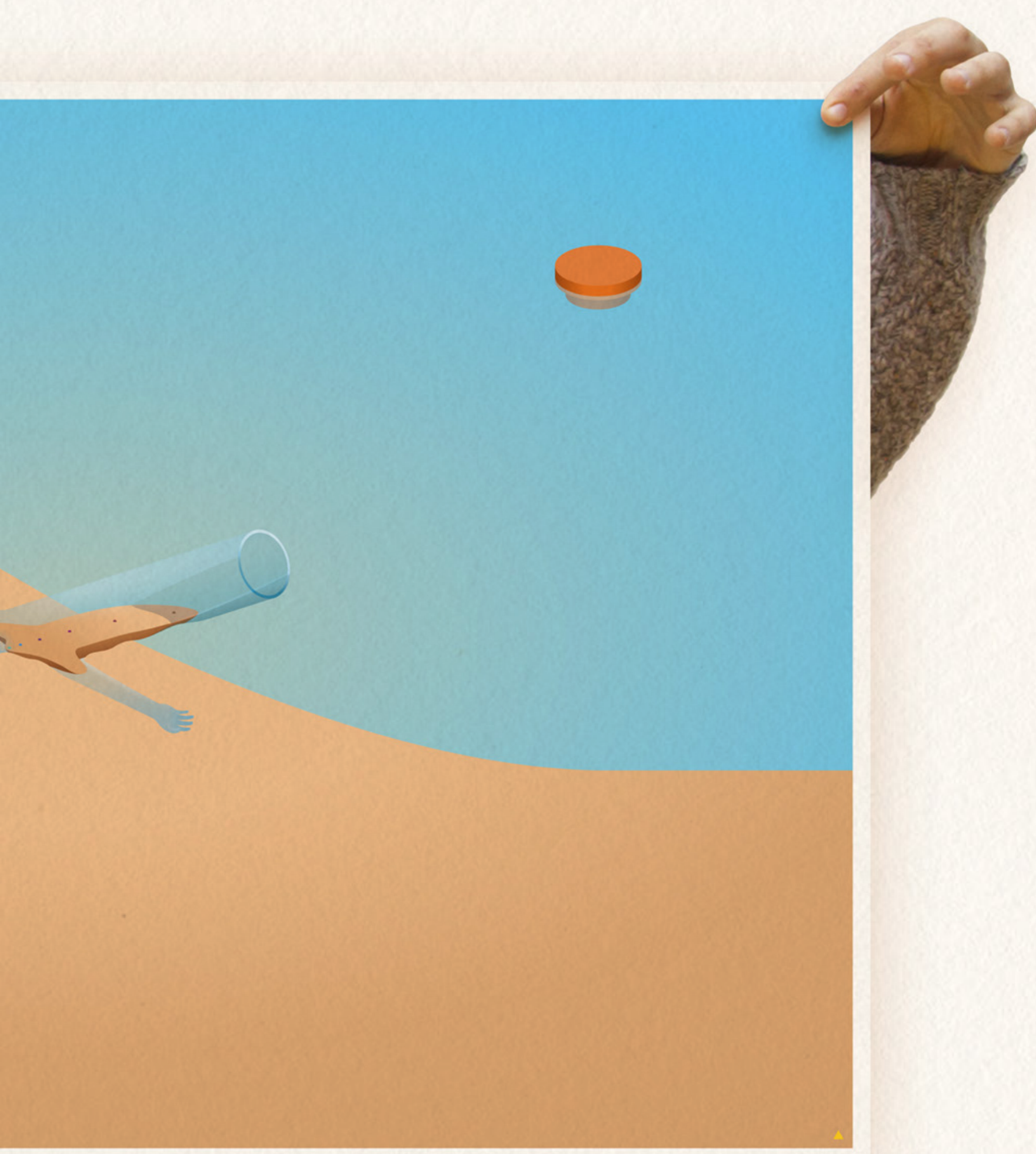
*Consider sharing this children book with adults that spent too much present in the past or the future.*





*Gallery quality, giclée prints available here: [www.aboutime.be](http://www.aboutime.be)*

*The profit will be reinvested in artistic projects that spread qualities of beauty, consciousness and kindness.*



*Credits*



*A Failing Beautiful project.  
Concept, artwork and writing by Nacho.  
“www.aboutime.be” Website creative developer Hugo Dechesne.*

*Thanks*



*To the very kind people of Random Studio for hosting me during the duration of the project.  
To the wonderful typographer Jessica Fische for her wonderful typography “Tilda”.  
To my friends, for their reflections, their comments and their time.*

*No human beings have been stressed out in the making of this project.*



*Failing Beautiful, The Netherlands.  
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*Empty of all thoughts.*  
*Flow of present sensations.*  
*Awakes peaceful mind.*



*May all beings be present*

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