

PINGO presents

# DUCK TALES

*Egon Schiele*

*Jasmin Eghbaly*

*Mels van der Mede*

*Patrick McDonnell*

*Clara Saito*

*Martin Fengel*

*Ly*

*Robin Thomas*

*Jan Ludwig*

*Luca Hillen*

*Isadora Tomasi*

*Glitterende Eenthoorn*

*Eric Guzman*

*Mario Chiattono*

PINGO IX \* 7 euros \* 6 pounds \* 9 dollars

Anger arises because you are not getting your own way.

I am going to mention several things to do or stop doing. They will conserve your energy. To begin with, it will be a challenge. As you get deeper into the process, you may become confused. The personality will always be trying to bamboozle you and make you give up. But keep going: the exercise will always be here to remind you and guide you. Your own undeniable experience that it's working will be the demonstration of the truth. You will notice that you are lighter, easier, more joyous. A new harmony will start pervading your whole life, within and without.

### **Stop talking about the past**

The personality lives off the past and feeds off you telling your story. Each time you hear yourself indulging in talking about the past, stop. The more you practice, the easier it gets. You may lose some friends who'll say you're getting dull and losing your former interesting and stimulating personality. You'll know by this that you're doing well.

There will be times when you have to refer to the past. However, to break the old habit, initially you must be extreme. The extremity is to not say anything that refers to the past. This includes what happened a minute ago, unless there's a purely practical reason for speaking, such as 'Did you post that letter?'

By stopping talking about the past you will eventually stop thinking about the past. And that will be the beginning of the end of worry.

Barry Long

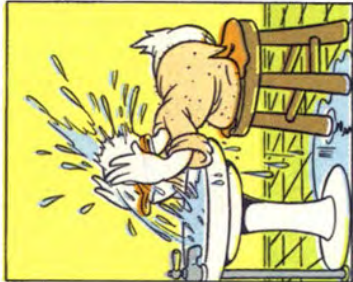
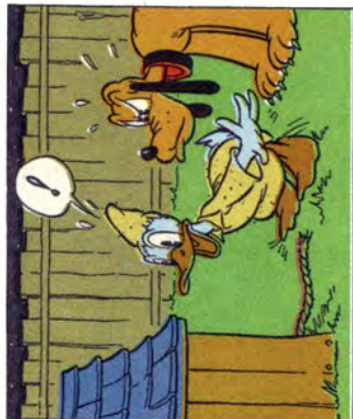




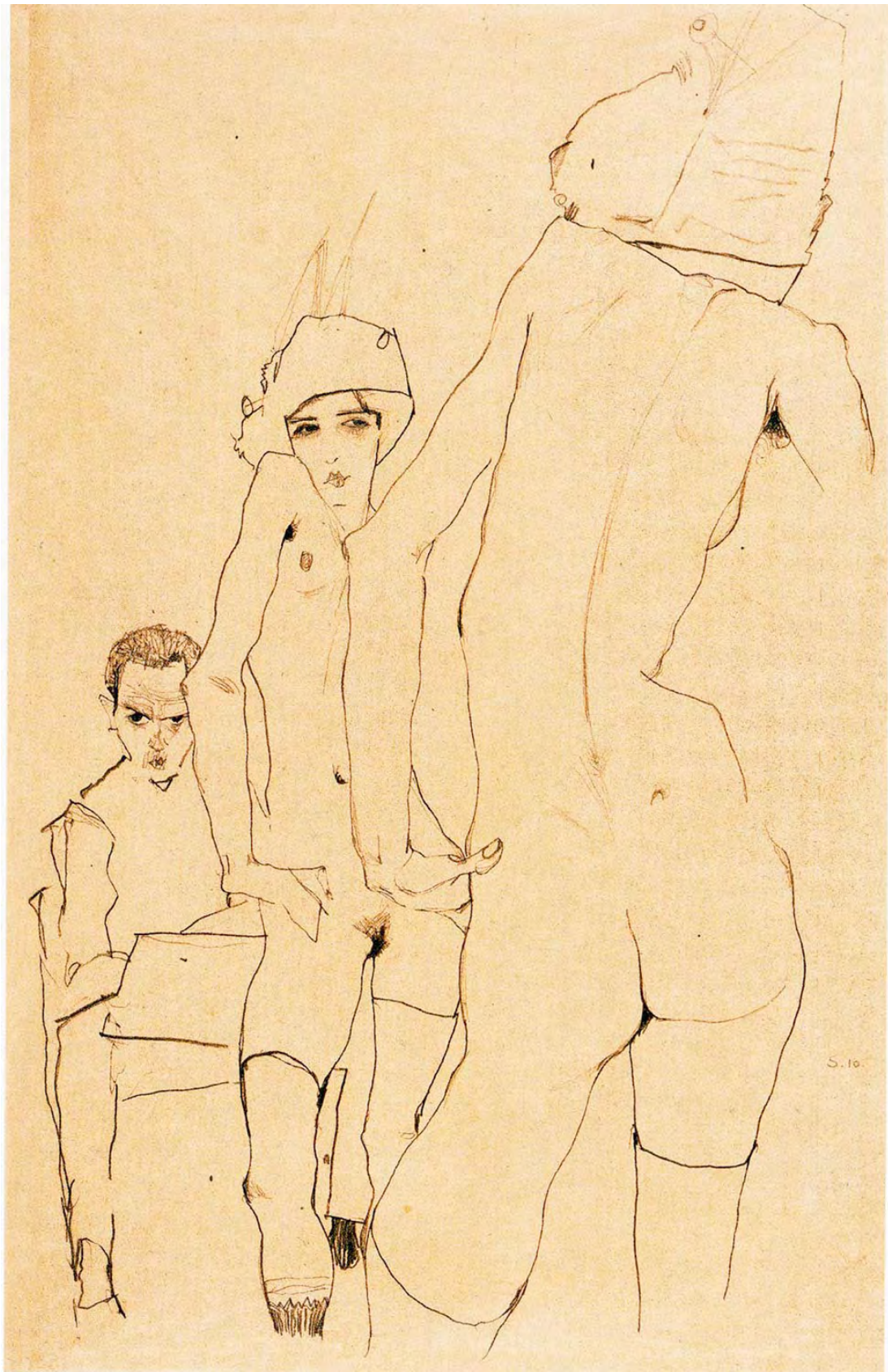
\*the reckless bogus money gang



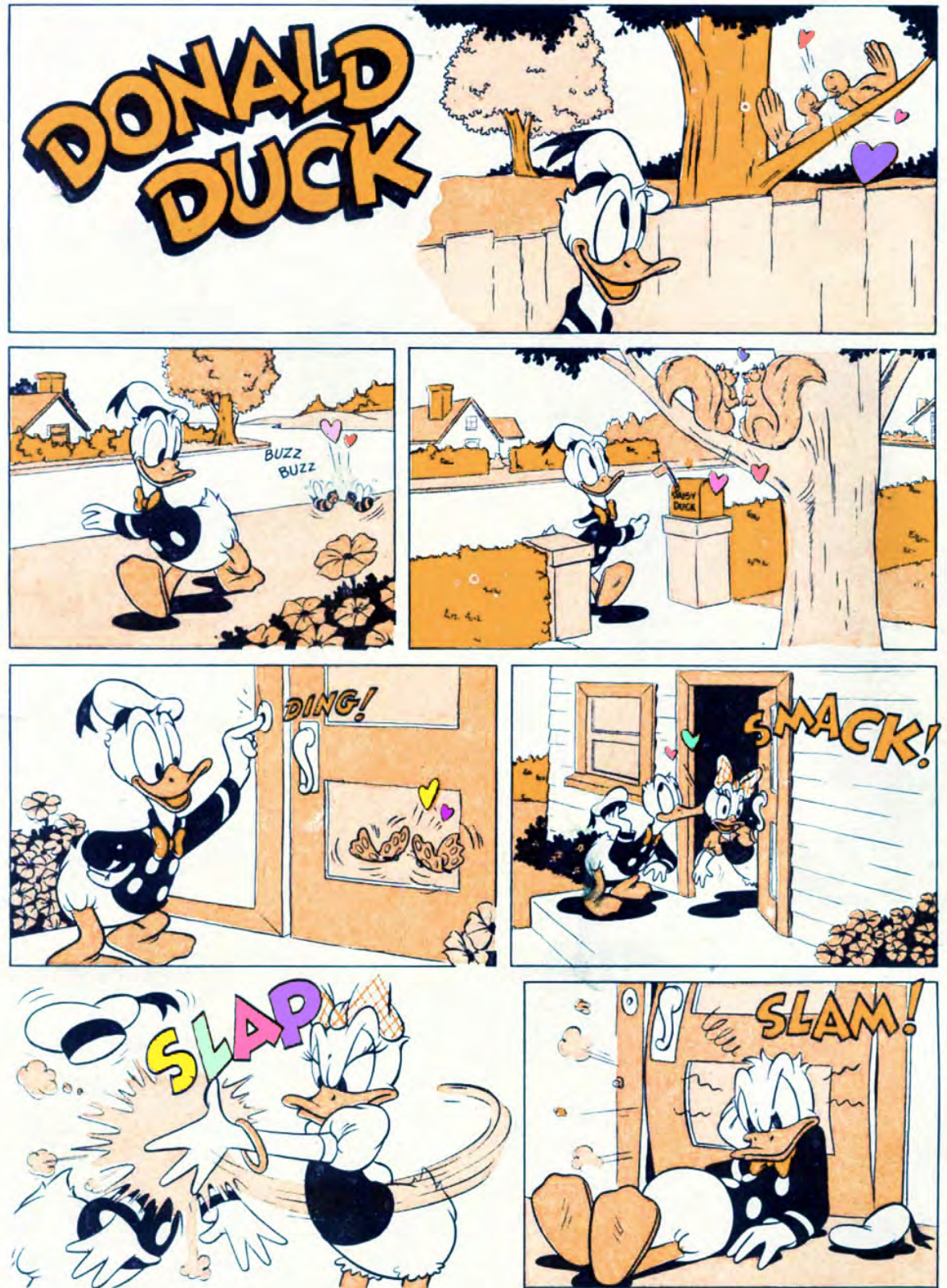
**Donald Duck!**



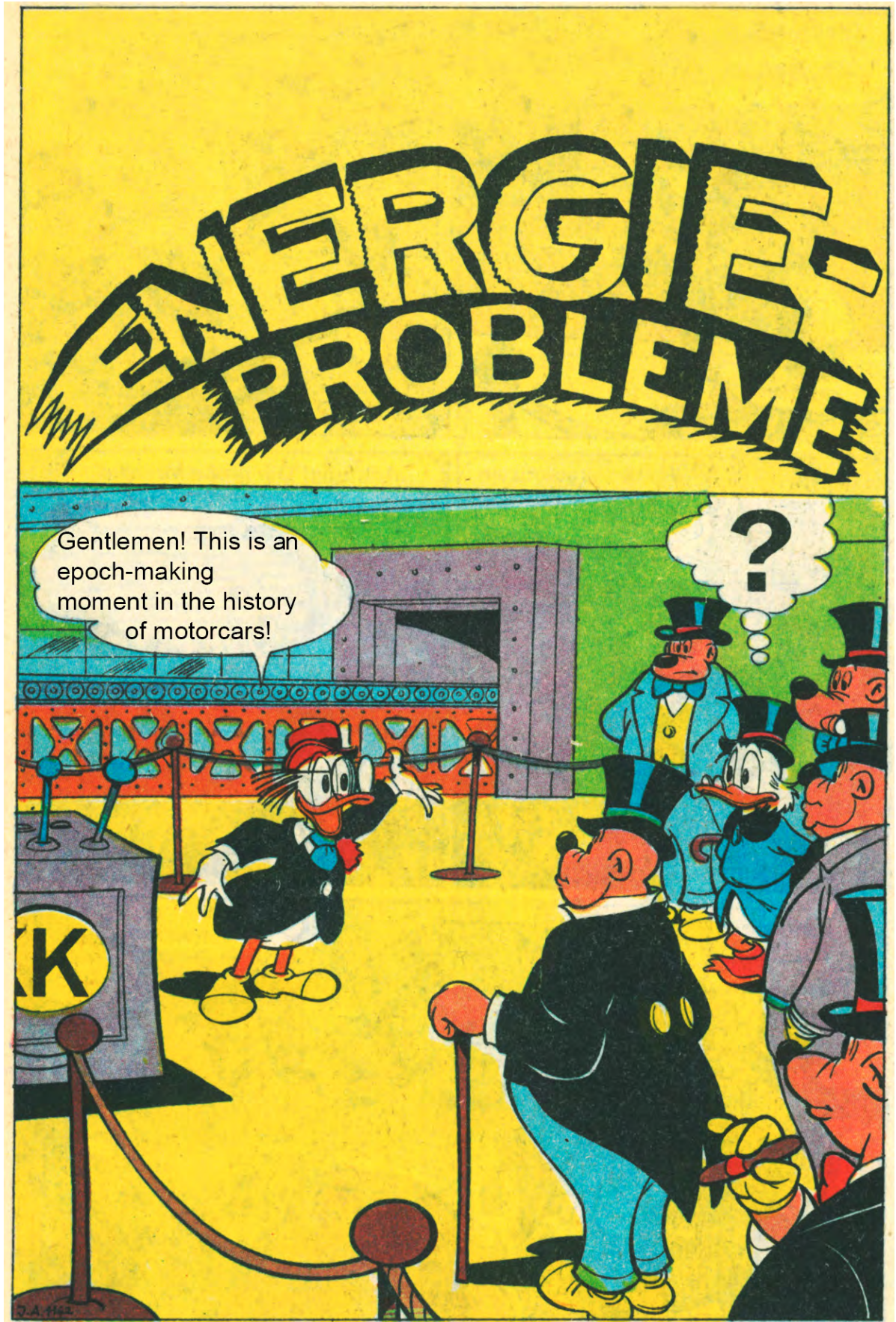
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S. 10.



energy problems



# DONALD DUCK & GOOFY





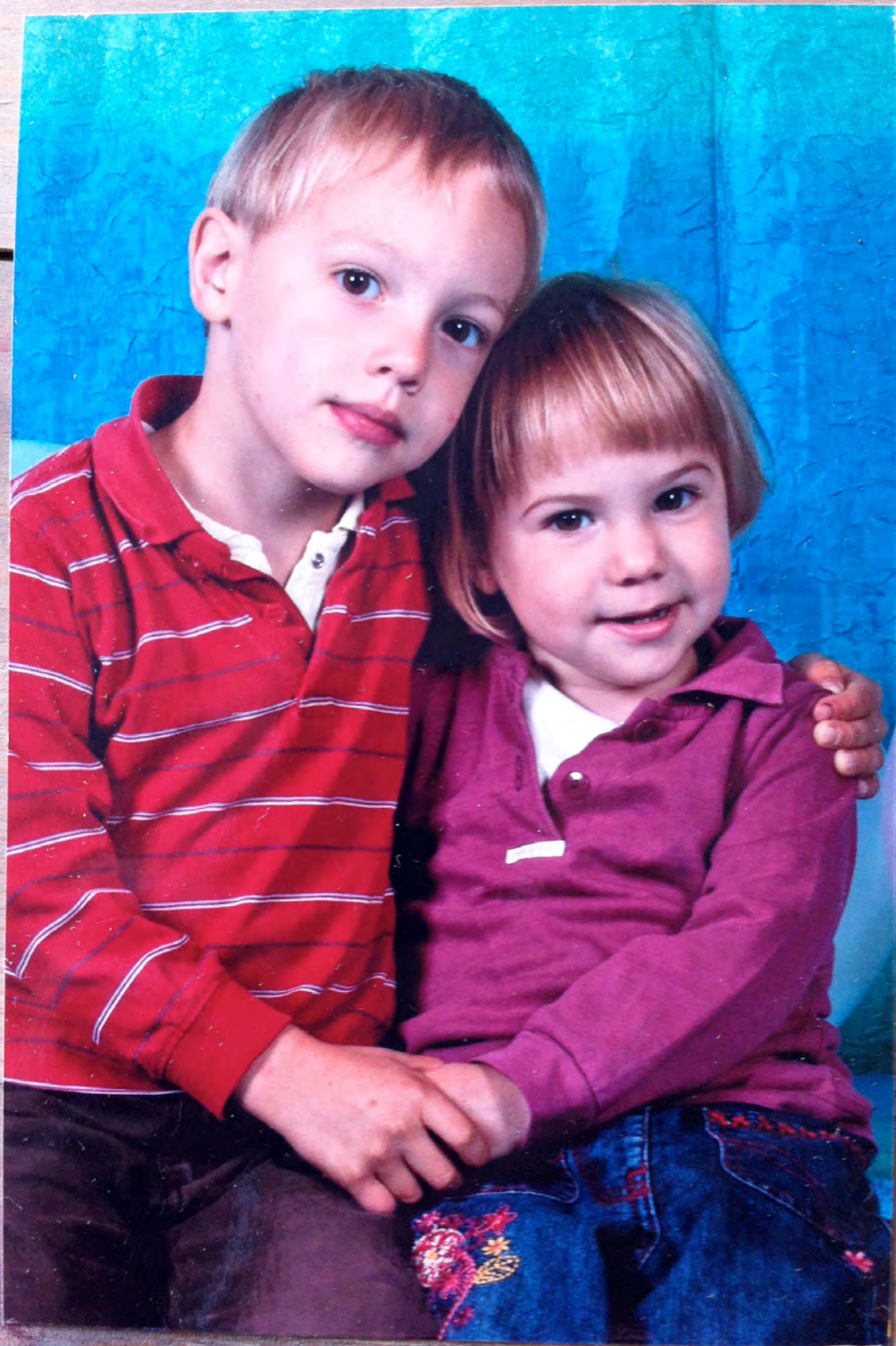
I see you being full of hate and resentment today.  
Would you like to talk about it?

Yes, okay.













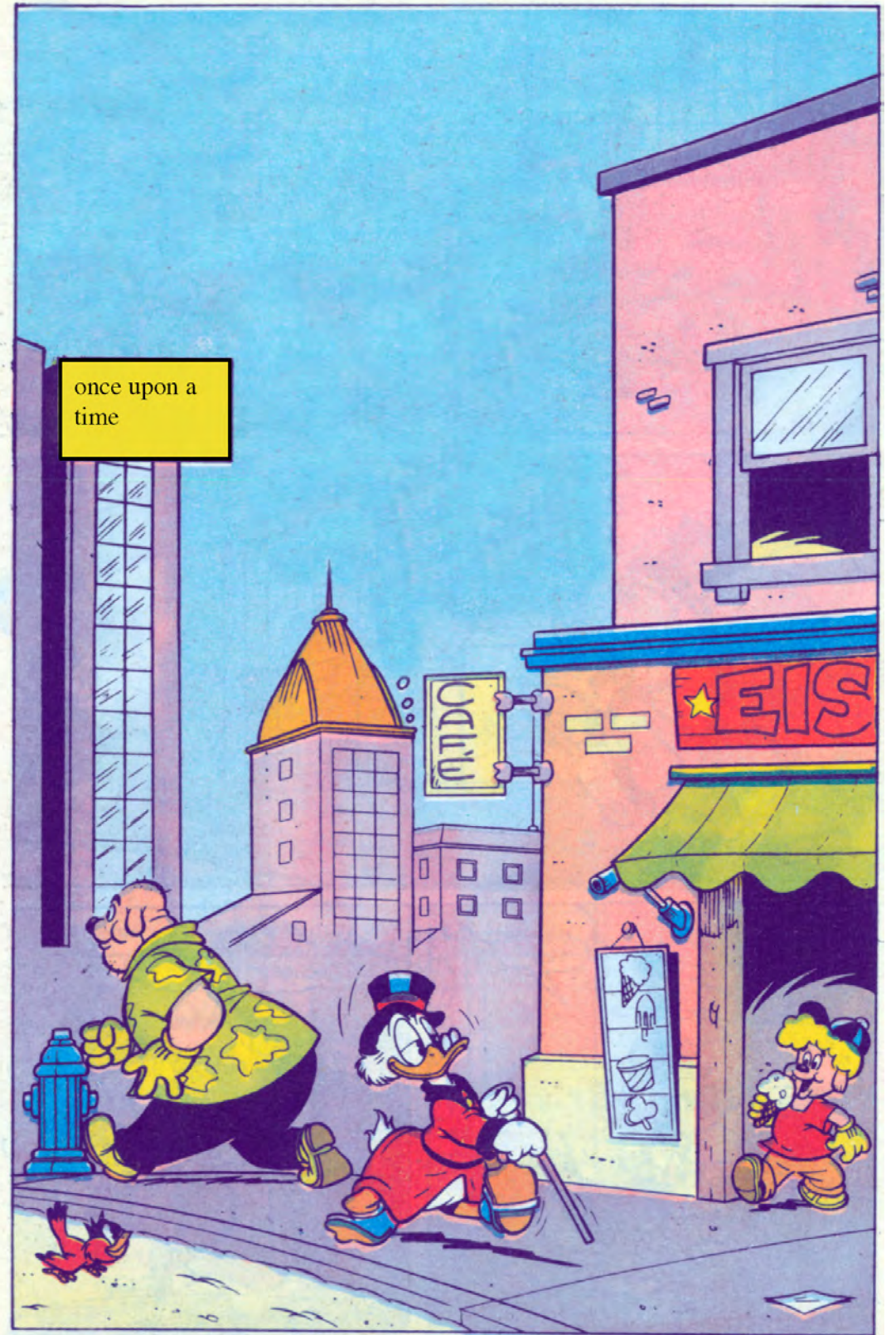
*Arthur François Fonville*

\* 03-06-1990 Zoetermeer

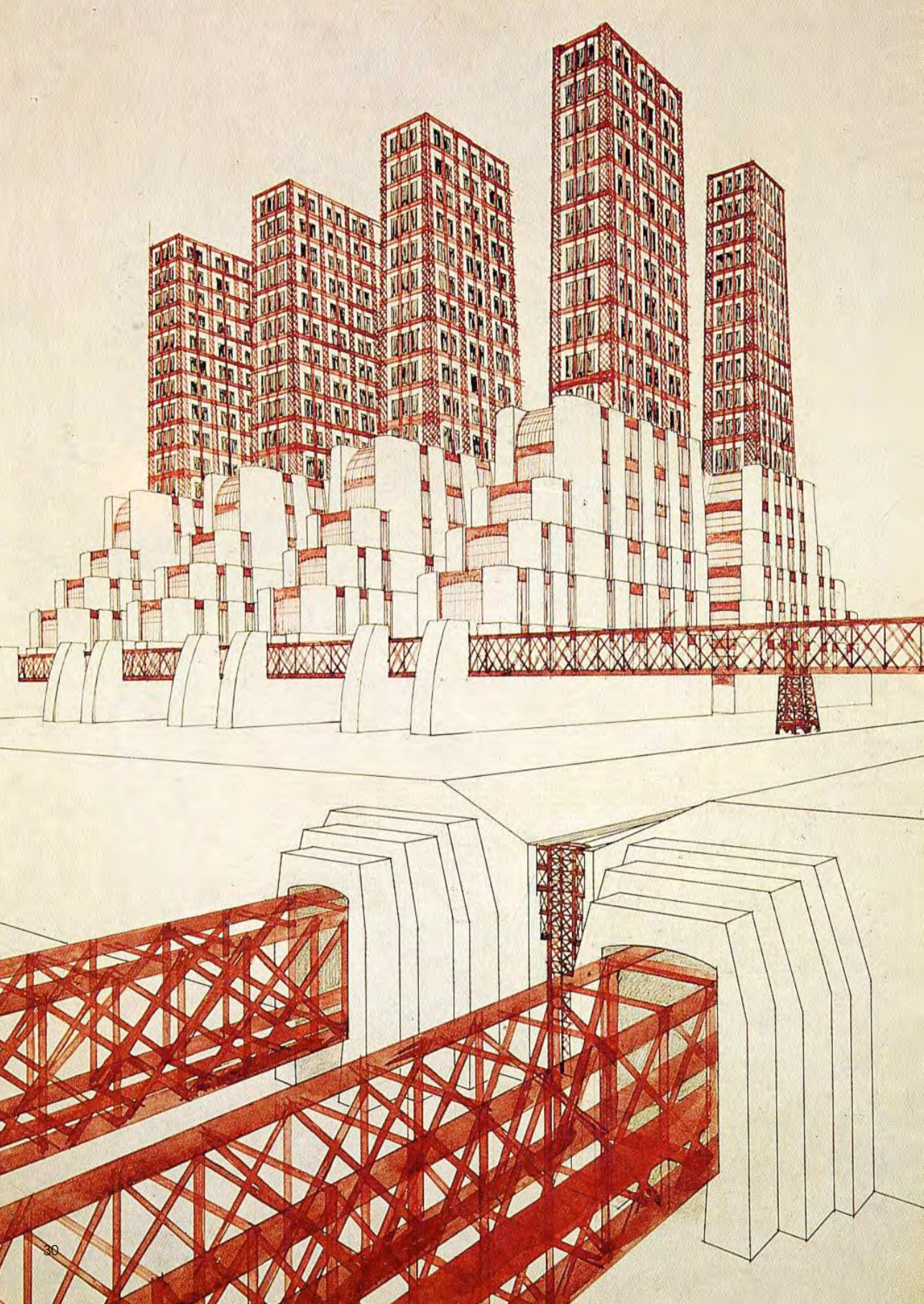
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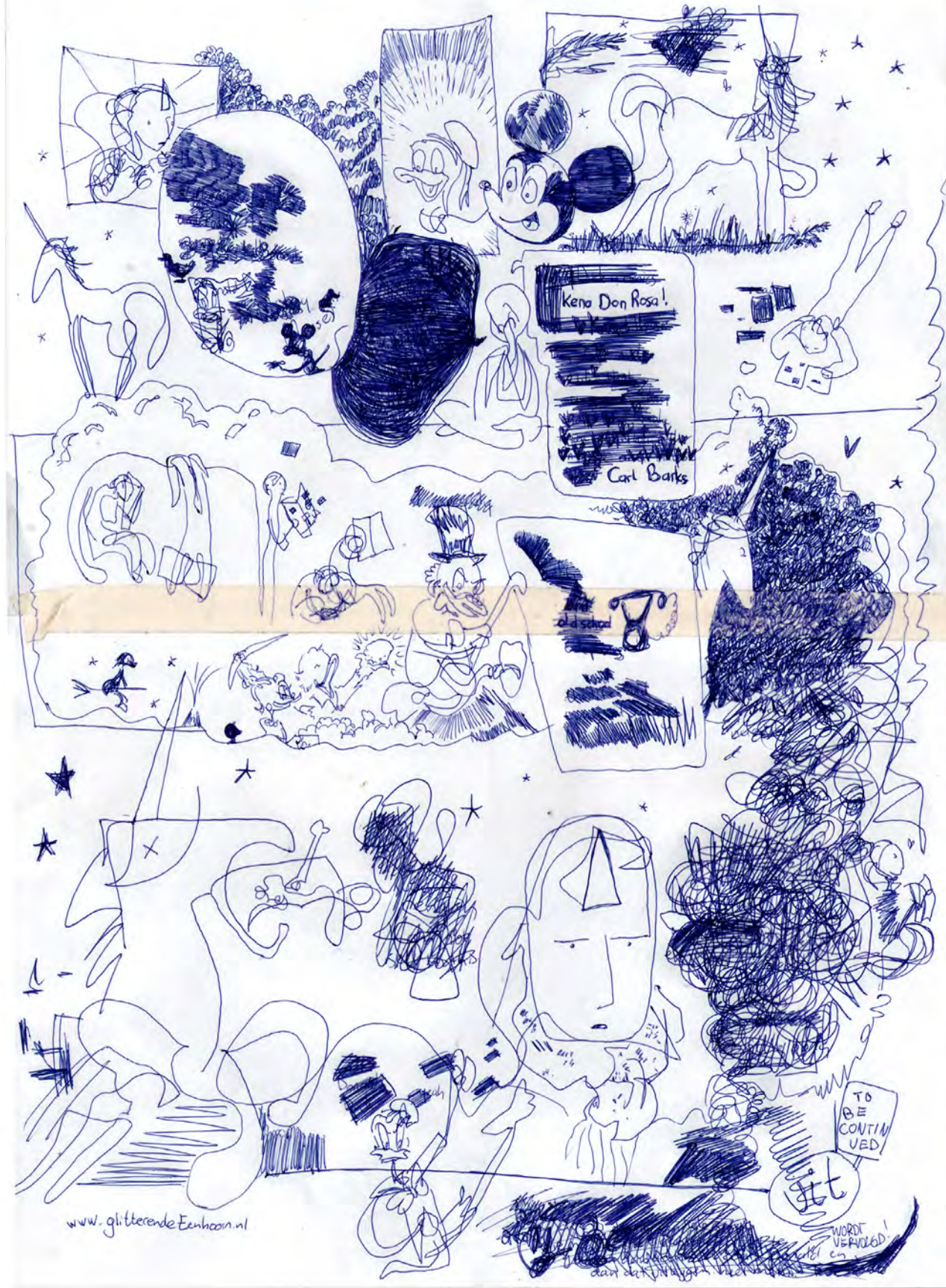
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# HOW TO **STOP** THINKING

Stopping Thinking = Stopping Worry  
By Barry Long – MP3 – [www.barrylong.org](http://www.barrylong.org)



## James' Dilemma

There once was a boy named James. He had a serious problem; he was beaten by his dad. No one knew because James covered up the doings of his dad. He drank, stayed out too late, and was mostly in a bad mood with James. James' mom suspected something but never said a word.

One particular day, James' dad came in drunk as usual. "Get me a couple drinks and clean this dirty house now." After James brought the drinks to his dad, his dad stood up and knocked the drinks out of his hand. He pushed him down and started kicking him. James hollered, "Stop!"

Just then his mom came in and asked, "What's going on?" James answered, "Just another nose-bleed." His mom sighed and walked off. James ran off.

The next morning while James was walking to school he gathered enough courage to talk to Mr. Alberson. He told Mr. Alberson everything. Then Mr. Alberson called DSS - the department of social security. DSS came to the Homestead residence and arrested Mr. Homestead. After James was taken to the doctor, it was discovered that he had many internal wounds.

The moral of this story is:  
Don't attempt to hide your wounds



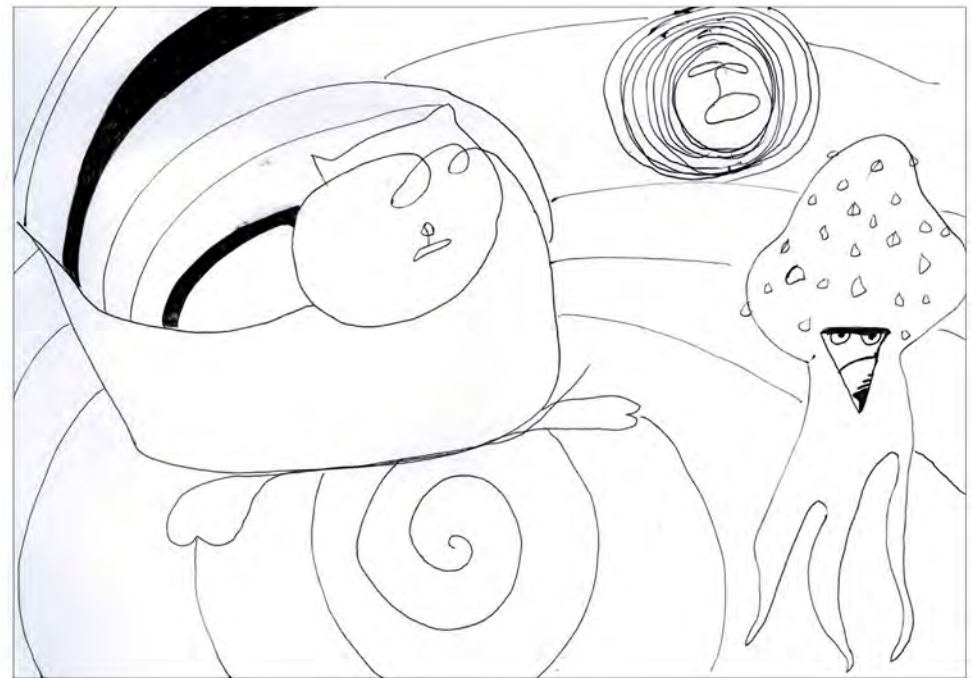
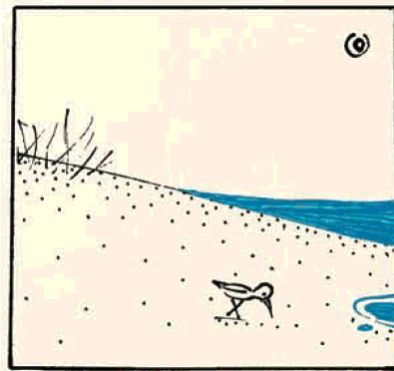
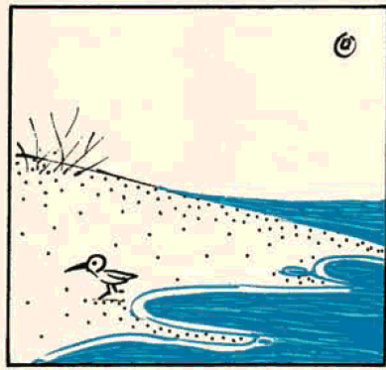
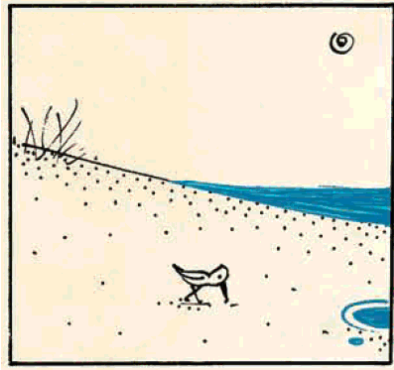


Der Heiserkeit sollen wir,  
wann immer sie sich  
einstellt,  
Tür und Tor öffnen,  
denn sie kommt nie  
zur unserssen Zeit.

Schopenhauer

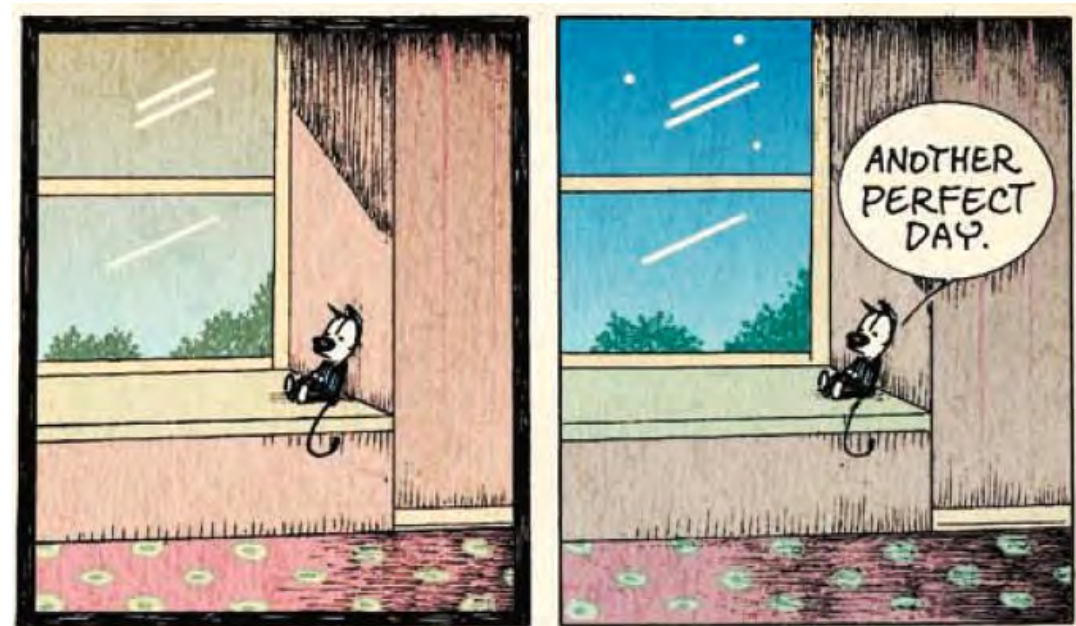
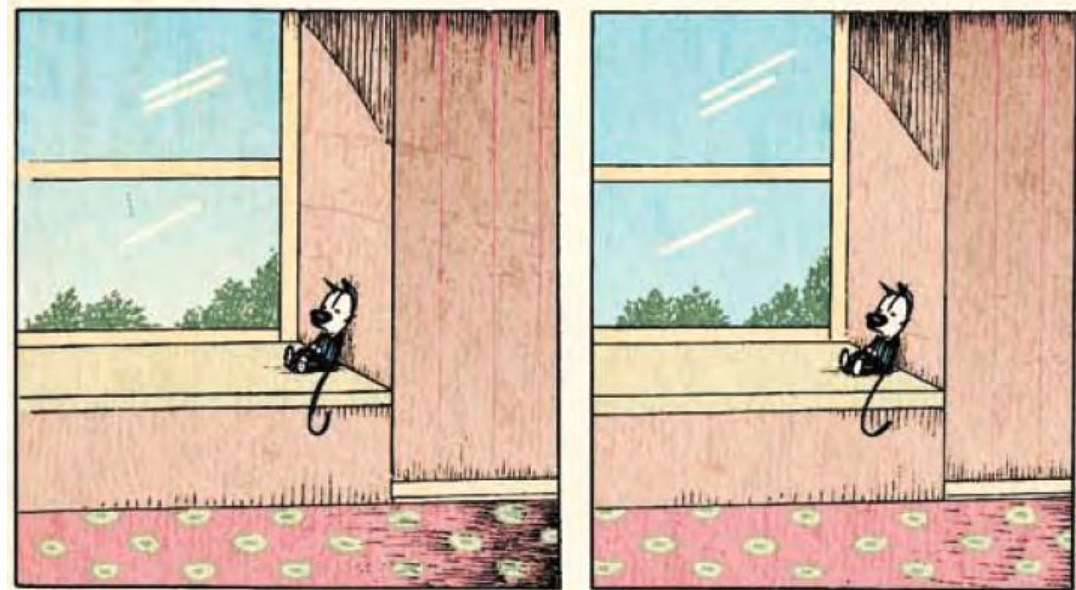
Elisabeth Rötter

14. 10. 71



everything natural - every flower,  
tree and animal - has important  
lessons to teach us if we would  
only stop, look, and listen





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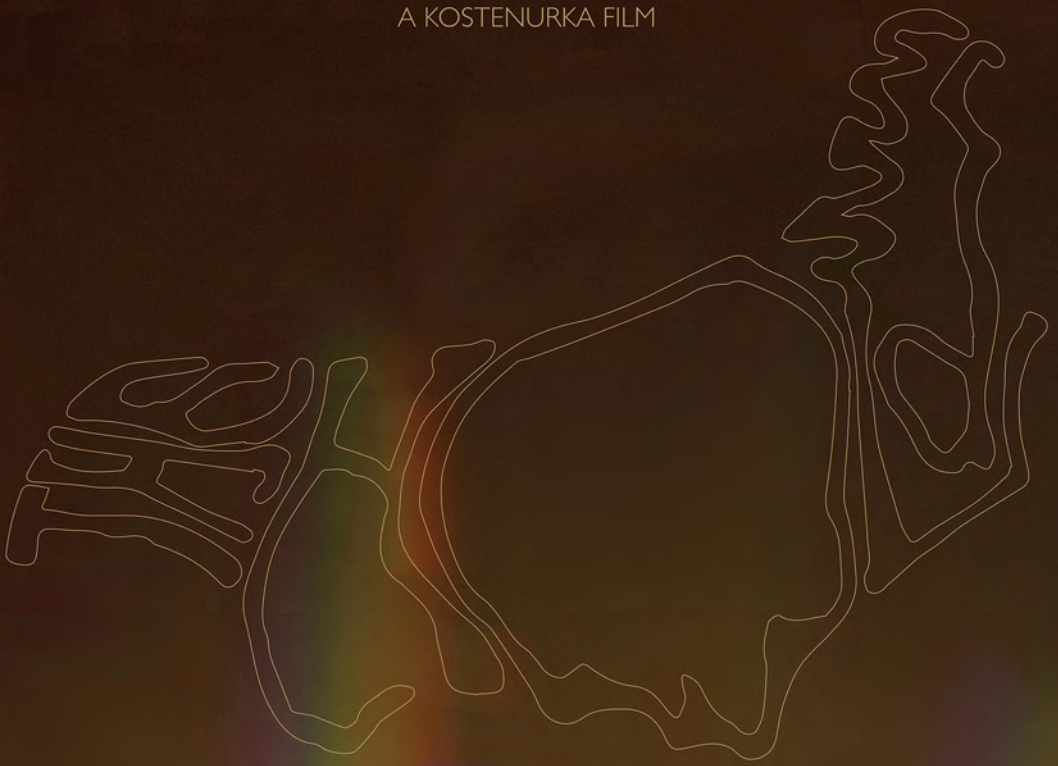
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A KOSTENURKA FILM



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