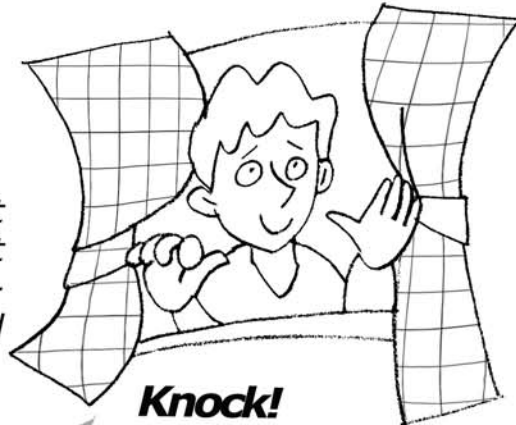


# THE KITCHEN

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



**Knock!**  
**Knock!**

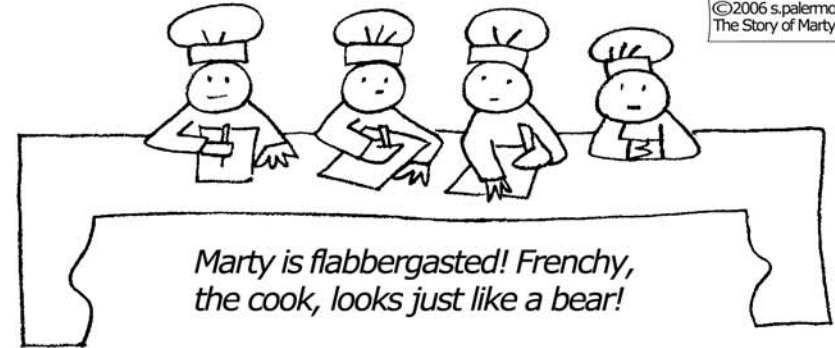
Let's try this inn. It sure smells good in there!

**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!

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The Story of Marty



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!**



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

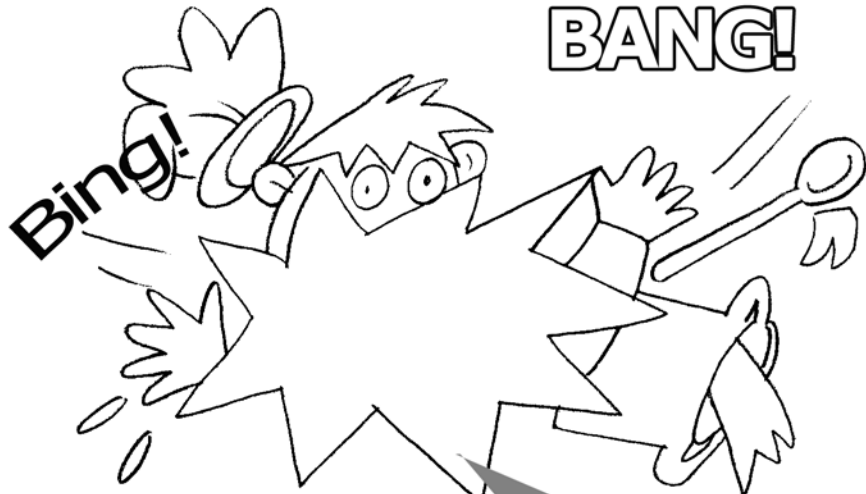
USE ME!



No! Use me!



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



**BANG!**

**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.

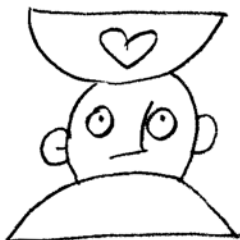


You can... I could have... I mean I apologize, I should have...



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!"

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!"

**IN ME?**

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*

**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!"

'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 VPJ 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.

**VALUES**

**PURE**

**JOY**



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 VPJ: 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!