A photographical and philosophical journey through the highest mountains of the world - covered with prayer flags - where humans and animals live with Buddhist gods.



• "The highest mountains of planet earth embrace you. Here nature reigns and universe begins!" © Prayer flags flutter devoutly on Dingboche Peak (5.068 m) spreading their buddhistic messages into the heights of Khumbu – May 2005



© Close your eyes regularly and listen, what your inner voice has to tell you. © Reclining statue of the Buddha in the garden of Mike's Breakfast (Restaurant in Kathmandu) – April 2005



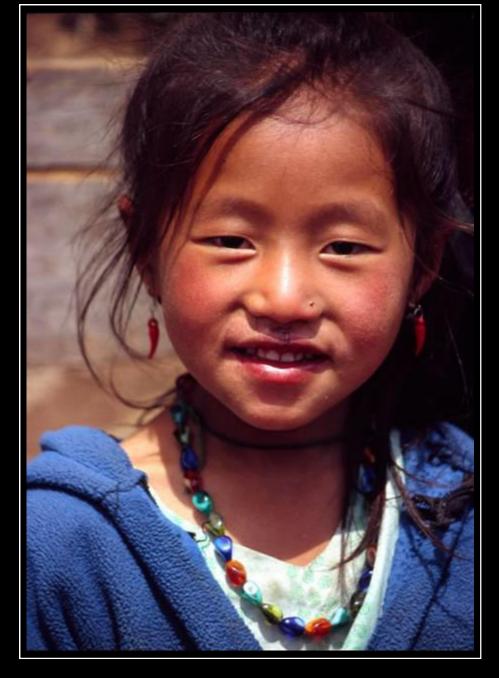
Surround yourself with people, who give you security, comfort and a well feeling. © Granny with grandchild on my way from Junbesi to Nuntala in the Solo Khumbu region (East-Nepal) – April 2005



• Melt your deep frozen thoughts and be delighted about the freshness of change. © View on one of the five lakes on my way to Gokyo Peak (5483 m) – May 2005



© Flourish and sunbathe self-confidently in the unique splendour of your colors and forms. © Schwimming flower-potporri at the Farmhouse Hotel of Nagarkot (2168 m) (ca. 35 km east of Kathmandu) − June 2005



 $\ensuremath{ \bullet}$ Even in difficult situations you should keep the smile and the confidence of a child. $\ensuremath{ \odot}$





You can do it without walls: light and shadow, joy and suffering cannot be stopped for any reason.

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 Dawn on a meadow for yaks near Machermo (4479 m) in the Khumbu region – May 2005



© Grow with your surroundings: recognise the common ground and respect the differences. © Banana leaves and fruits on my way from Bandhar to Kenja in the Solo Khumbu region – April 2005



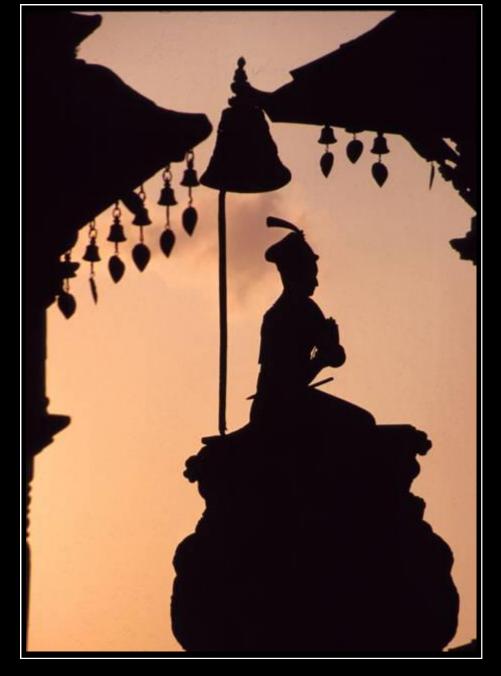
Put your arms around the shoulders of people, who need your power, courage and warmth. ©

Girlfriends on my way from Bandhar to Kenja in the Solo Khumbu region – April 2005



Sing and fly like a bird. Then your real significance will appear.

Bird twitters joyfully around (in the background Nuptse (7855 m)) on my way to Gorak Shep (5160 m) – May 2005



© Listen calmly to the bells of life and find love, peace and happiness within yourself and others. ©

Ornamentations at the Nyatapola-Temple in Bhaktapur (15 km east of Kathmandu) − June 2005



Light the lights of your soul and illuminate the earth and its people with your love and care.

Stupa of Bodnath on the evening of Buddhas Birthday (full moon night in the month of Baisakh) – May 2005



Strive for your future goals in the distance without forgetting the beautiful frame of the presence.

Bonus-Pic: View on Mount Everest (8848 m) left and Nuptse (7855 m) right from the viewing point Kala Pattar (5565 m) – May 2005