

HIMALAYA

2006

*A photographic 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



☺ Even in difficult situations you should keep the smile and the confidence of a child. ☺

Smiling girl on my way from Junbesi to Nuntala in the Solo Khumbu region (East-Nepal) – April 2005



☺ Be proud of the diversity of your personality and present it with dignity and style. ☺

Prayer flags und chortens at the Sir Edmund Hillary-/ Tenzing Norgay memorial near by Namche Bazar (3446 m) – May 2005



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

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

THANK YOU

for your

TIME