

Début du Voyage

An artistic inner journey full of reflections, paintings, journaling and poetry



TEXT & CONCEPT: Mark Allen Klenk



Preface

This book is pure nakedness.

The images and the poetry are authentic, intimate heart-felt moments passed on to you. Every one of us must take this journey. Regardless of how you name it - healing-process, spiritual growth, self-discovery, a bad hair day, winning mental strength, dark night of the soul, maturing, school of life or just (bad) luck - we all talk about this inward journey.

The stages of the journey are poetically called:

Earth, Fire, Water, Wind

Earth is where we are grounded in our hurt. Fire is the purification. Water washes it away. Wind refreshes the weary traveller. Another nice analogy for the inner process of transformation could be "tilling the soil, planting the seeds, watering the plants, harvesting the field". Life shows us, what we need to know. We just need to live with open eyes.

This book lets you know you are not alone. Take time to write down your reflections. Let yourself honestly know, what you feel and what you are thankful for. This nakedness is priceless. You will thank yourself later for it.

Wishing you flow and happiness. Bon voyage!

Mark Klenk

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Edition
WORTE und
TATEN

*“In three words I can sum up everything
I've learned about life: It goes on.”*

— Robert Frost



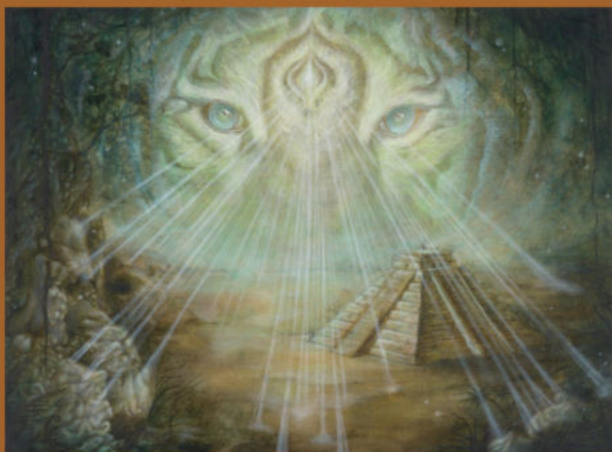
Earth

*Grounded in my woundedness.
The dirt and darkness
Stick to me like tar.
Please whisper to me gently,
What I am looking for.*

Atlantis Rising

Painting: Ana Hathor Arts

Text: Mark Allen Klenk



If the seed does not die,
How should the tree grow?
If the sun does not set,
How should she rise again?

In us the sadness does not die,
How should the happiness grow?
If the heaviness does not set,
How should lightness rise again?

Shed the old skin, take up the new.
Shed the darkness, take up wisdom.
Shed the lifelessness, take up hope.
Shed yesterday, take up today.
Each day.

Reflections...

In general, we tend to resist change, death or the unknown. We want to keep what we know. What helps you let go?

How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:

Withhold

Painting: NATAKO

Text: Mark Allen Klenk



Acceptance from inside.
I am inside, yet
Out of my comfort zone.
Show me my true colors,
I scream.
Colors echo back.
Now, it is so bright in here.
Wasn't I darkness?
The light spectrum sprays
The walls of my being
Like an urban artist.
But I want more order
I want more meaning
And I want less... me.

Reflections...

*Can you accept yourself or love yourself as you are?
What step could you take to help you grow in self-care?*

*How does the painting and/or the poem resonate to your
current or past situation? Take time for your answer:*

Magic Inside

Painting: Ana Hatha Arts

Text: Mark Allen Klenk



Guidance

Has many forms.

All of which are good.

Fear

Is a road sign of the soul.

Courage

Is the first step forward

On silent paws.

Understanding guidance

Is like spotting

White tigers.

Reflections...

Whether through meditation, prayer, psychology or reflection, we need to go in, to get out of ourselves. What helps you here?

How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:

Trust Me

Painting: NATAKO

Text: Mark Allen Klenk



Deep in me,
Where the fields are ripe,
The Ageless One
Is soothing
My woundedness.
Speaking out
Comfort, love and truth.
Share your heart,
Stay open, Flower!
That is the only way to grow.
When you are ready,
We will dance and play.

Reflections...

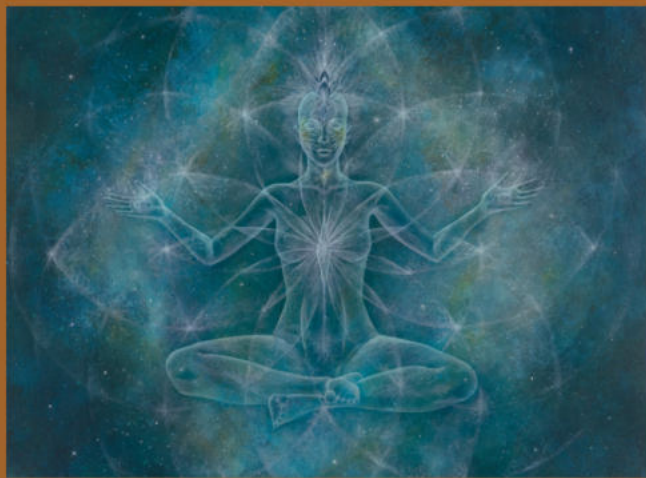
*We all need love, acceptance, belonging and meaning.
When is your heart most open for receiving these?*

*How does the painting and/or the poem resonate to your
current or past situation? Take time for your answer:*

Luminous Emptiness

Painting: Ana Hatha Arts

Text: Mark Allen Klenk




Alone.
Silencing inner voices.
Removing the blockades.
Energy reflows,
Connecting us
Back to ourselves.

Alone.
Freedom.
Burdenlessness.
Here we unite again
With our pure inner trueness.
You and the you-niverse.

Reflections...

Solitude can be a blessing. Quality time with yourself refuels the soul. How could you take more time alone to regenerate?



How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:





Fire

*Consume me.
Let me be refined
In the embers of love.
Creating purity in me.*

Chasing Rainbows

Painting: Olga Zhminko

Text: Mark Allen Klenk



It is your brightness,
Which attracts me.
Illuminating my darkness
Can I catch you?
Will you welcome me?
What is your name?
Row me to you.
Let your color warm me.
I want to breathe you
Deep in my lungs.

Reflections...

Fire is consuming. It can purify, create or destroy. Can you welcome times of change? How was it for you in the past?

How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:

Unity

Painting: Andreea Luca-Boier

Text: Mark Allen Klenk



What is in you?
Chaos or order?
Dark stones can glisten
If cut and polished.
Does fear of the blade
Keep you from inner potential?
Does sanding and daily cleansing
Unblock the light?
Can you receive and give away?
Be formed and shine.

Reflections...

Often we fear life's blade. It forms and cuts us, yet creates a beautiful jewel. What would help you trust the process?

How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:

Rebirth. We.

Painting: Olga Zhminko
Text: Mark Allen Klenk



Soul mate of passion.
Twin of serenity.
Journey with me.
Walk close entwined in my arms.
We are not opposites,
But universal fusion.
I cannot exist without you,
Nor you without me.
Balancing act of love.
Allowing the other to be,
As they are,
Enjoying what we are not,
So we can be whole.

Reflections...

*We search for the true self, but have difficulties accepting it.
What could help you love and embrace the true you?*

*How does the painting and/or the poem resonate to your
current or past situation? Take time for your answer:*

The Becoming

Painting: NATAKO

Text: Mark Allen Klenk



Silver wings -
I take the stairs
With wings too heavy to fly.
Iron wings -
Hold me back
Stuck to the magnets of the past.
Wooden wings -
Burn me
As my passions ignite.
Angels' wings-
Inward, not upward
My tears wet the dry paths
Below my feet.

Reflections...

Fear dwells in the past and anchors us there. What holds you back? Is your fear real or just an echo of the past?

How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:

Reflection of You

Painting: Olga Zhminko
Text: Mark Allen Klenk

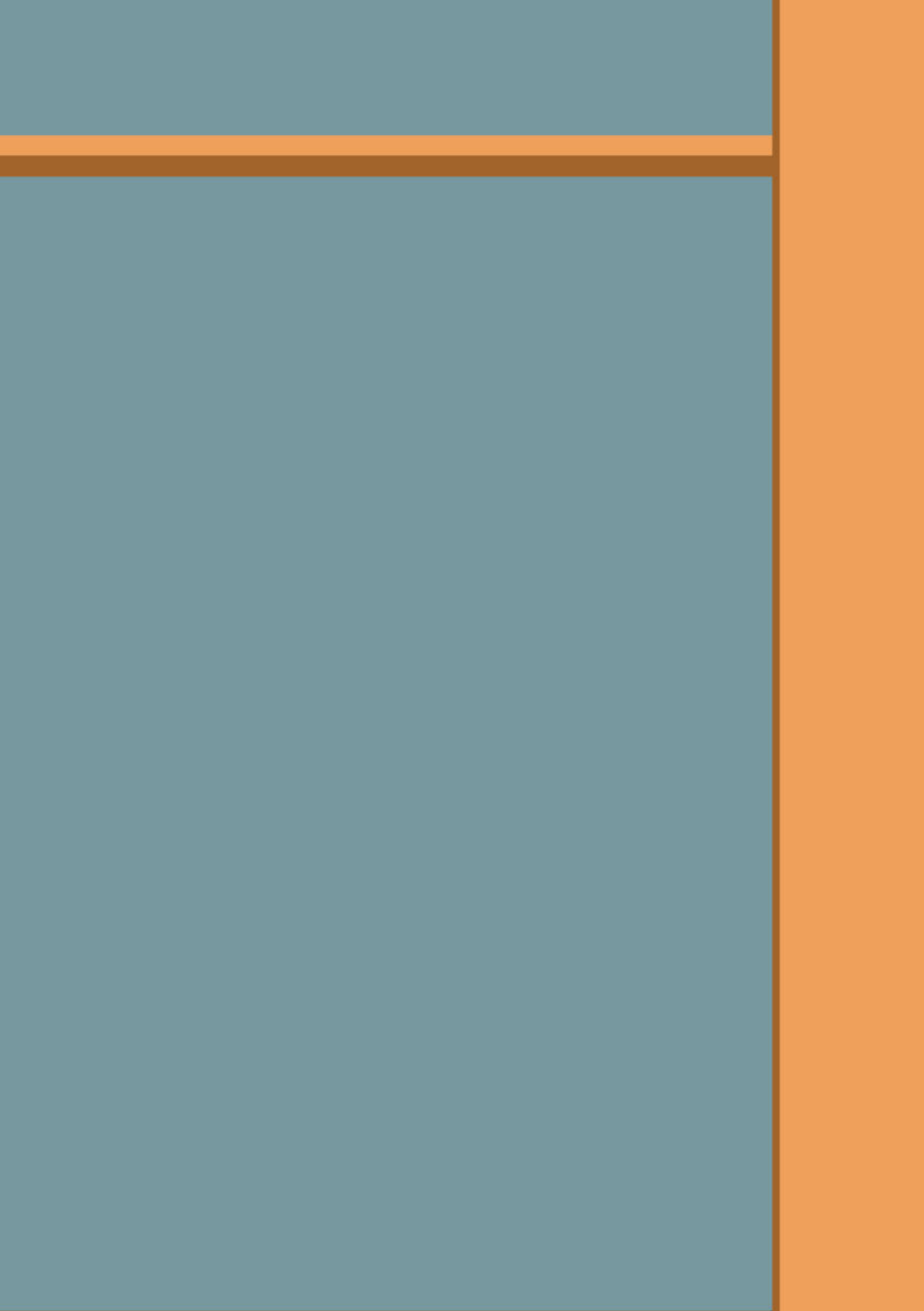


Introspective acceptance.
Dance of self-love.
Forgiveness is its trailhead.
Enlighten me,
I say to the light in me.
Love echoed
On the infinitive walls
Of my soul.
Dance of fire and water.
Of earth and wind.
Of me and myself.
Accepting and celebrating
The beauty in me.

Reflections...

Many people claim that their worst enemy is themselves. Can you see the beauty in you? What would help?

How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:

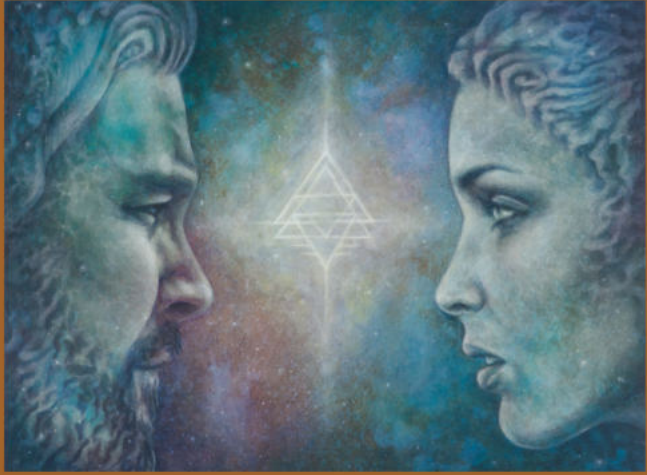


Water

*Flush away my pain.
Revive me.
Replenish my passion.
Make me whole again.
Walking makes me thirsty.
Wash desert dust from my soul.*

Alchemy

Painting: Ana Hatha Arts
Text: Mark Allen Klenk



Mirroring.
I see me in you.
Without you
There is no me.
No introspection
Without reflection.
Refract the good back
To help souls develop.
To help you develop.
To help develop.
To help.
Mirror.
Me.

Reflections...

*The fire burned the past and water gives a refreshing feeling.
Which areas of your life are now being refreshed?*

*How does the painting and/or the poem resonate to your
current or past situation? Take time for your answer:*

Clarity

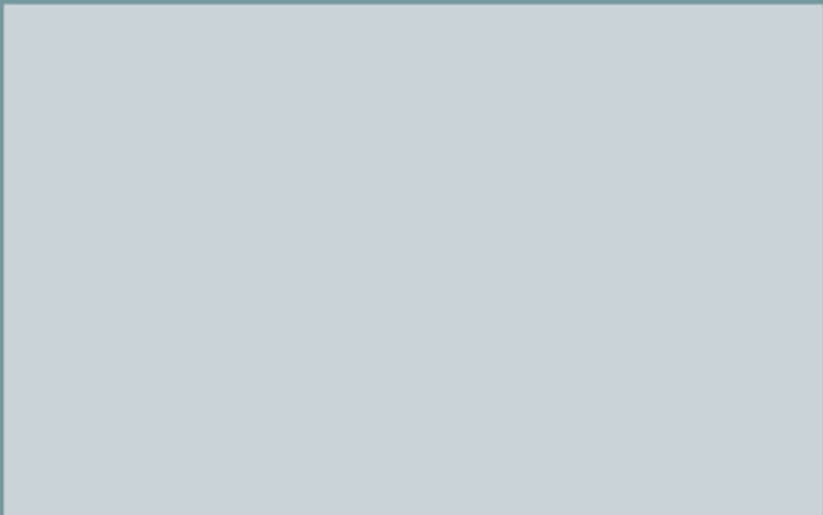
Painting: Olga Zhminko
Text: Mark Allen Klenk



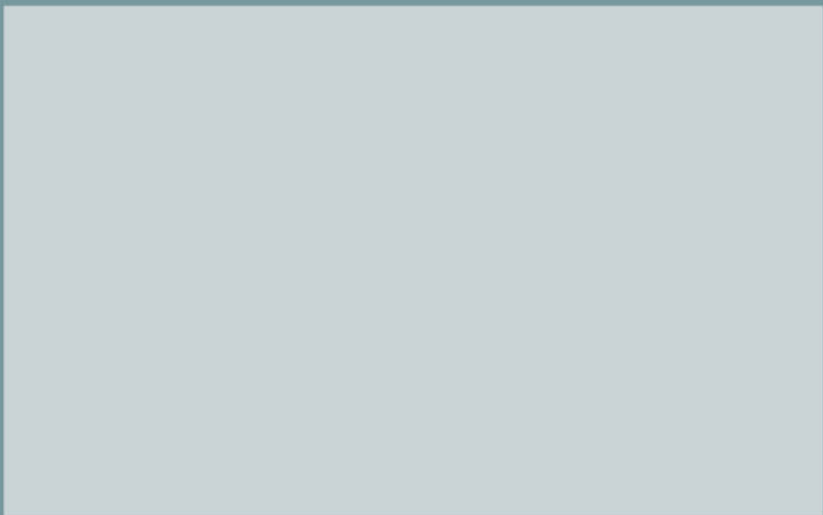
It is so.
In times of heavy greyness
All is washed pure,
Bringing color -
Only to be blinded
By the rainbows.
Why seek the light,
If clarity is found
In the storm?
Acceptance.
So it is.

Reflections...

We fear the storms in life, but how else will we see the rainbows or water the fields? Which storms of the past helped you?



How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:



Come as You are

Painting: NATAKO

Text: Mark Allen Klenk



My ocean's waves break
On the shore of my soul.
In my shells
I hear the echos
Of my eternity in me.
On my shore stories gather.
Water's. Land's. Sun's. Life's.
All different. All here. All me.

Reflections...

Do you see many treasures in you? Do you have to dig for them or are they washed up on your shore? Name them:

How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:

Diamond Sutra

Painting: Andreea Luca-Boier

Text: Mark Allen Klenk



Defining yourself,
Yet staying unlimited,
Allowing beauty to grow.
Staying true to you,
Yet allow development.
Inside. Outside.
For you. For others.
Random balance.
Outspoken beauty.
You.

Reflections...

This phase of growth defines who you are for the next while. Can you give your new identity a new name? Describe it, too:

How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:

Play with Me

Painting: NATAKO

Text: Mark Allen Klenk



Where did you grow?
Did enough water flow?
Was the river in your soul
Or did you find life
In desert roses?
Despite its somber beauty
Remove the thorns,
Before you dance.

Reflections...

*Good questions! Where did you grow? Did enough water flow?
Describe yourself as a flower and how much water it needs.*

*How does the painting and/or the poem resonate to your
current or past situation? Take time for your answer:*

Water Spirit

Painting: Ana Hatha Arts

Text: Mark Allen Klenk

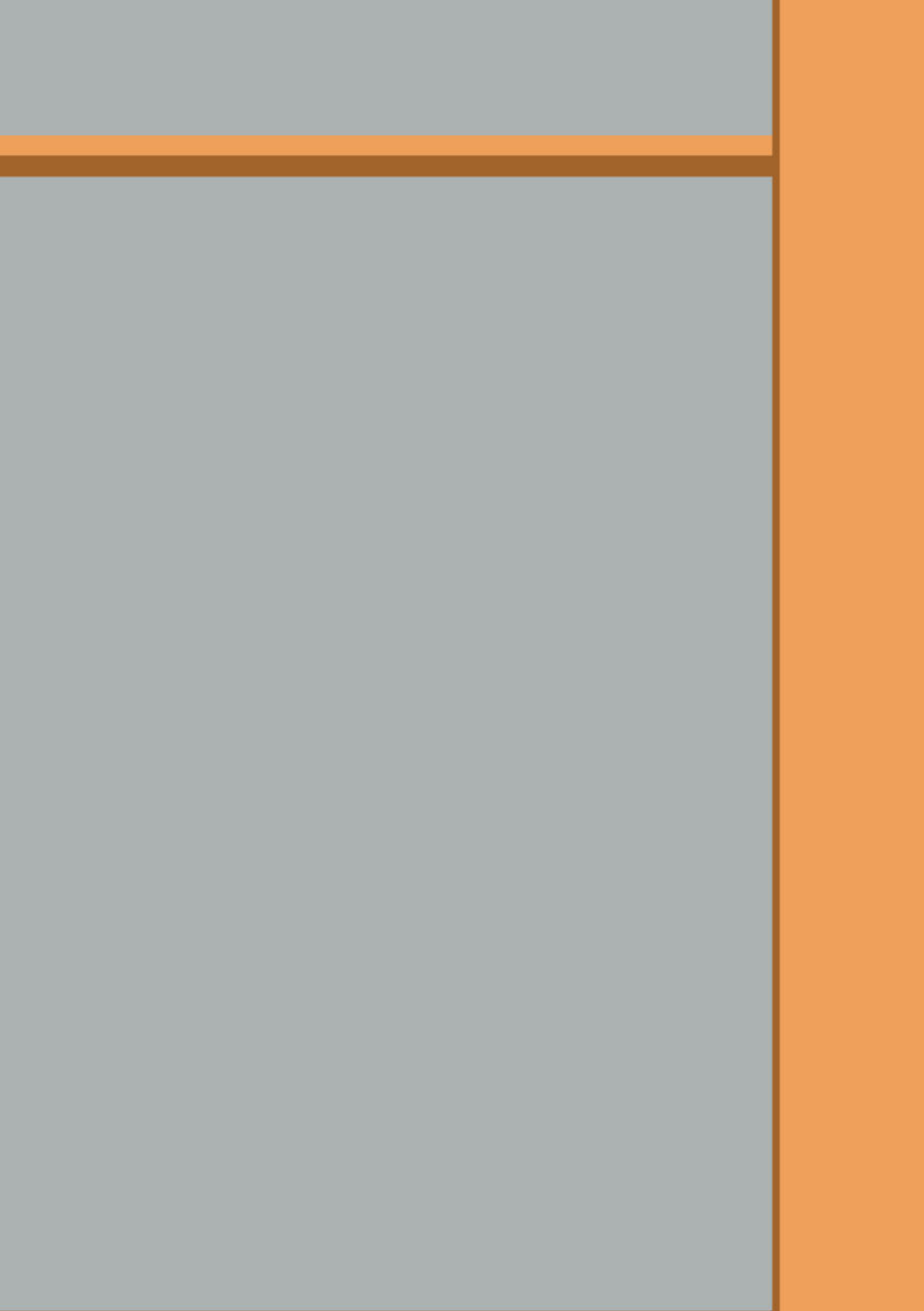


To get out, you must go in.
Freedom is acceptance.
Acceptance is presence.
Presence is love.
Love is giving freedom.
Giving freedom is giving acceptance.
Giving acceptance is being there.
Present. In you.
To get out, you must go in.
To free it, you must accept it.
To accept it, you must hold it.
To hold it, you must love it.
You. In you.

Reflections...

*Emotion clings to what it knows and rejects what it fears.
Where do you find the balance between the two?*

*How does the painting and/or the poem resonate to your
current or past situation? Take time for your answer:*



Wind

*Are we there?
Did we land?
Did you carry me so far?
Discovering me
Was a venturous road,
But there I found flowers
In the wastelands.
I can breath again.*

The Prophecy

Painting: Ana Matha Arts
Text: Mark Allen Klenk



As my trinity
Revives and heals,
My soul,
My daily rebirth
Grants me
Angelic heights.
Fresh light
In the inner darkness.

Three in one.
Me, myself and I.
Birth, life and death.
Receiving, having and giving.
Me as the triad
Reveals hope
And what tomorrow will bring.

Reflections...

"You can only receive, that which you give yourself." What do you need? Can you open the hands of your heart to receive it?

How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:

Connectedness

Painting: Andreea Luca-Boier

Text: Mark Allen Klenk



Eternity feels
Like such a short time.
United,
Life at the speed of light,
The same place,
Where time stands still.
My paradox.
Here light stands still.
Connected
To the real me
I have been looking for
All my life.
Here eternity stands still.

Reflections...

The fresh breeze at the end of the tunnel. The joy of completion. What success are you wrapping up and can now celebrate?

How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:

Owl Spirit

Painting: Olga Zhminko

Text: Mark Allen Klenk



Is freedom too much to ask for?
Who will let me fly?
Soon I will see truth
As it is.
Only I have the key.
Only I hold the chain.
Only I can step out
Into the light.
Out into the night.
Who else should spread
My wings for me?

Reflections...

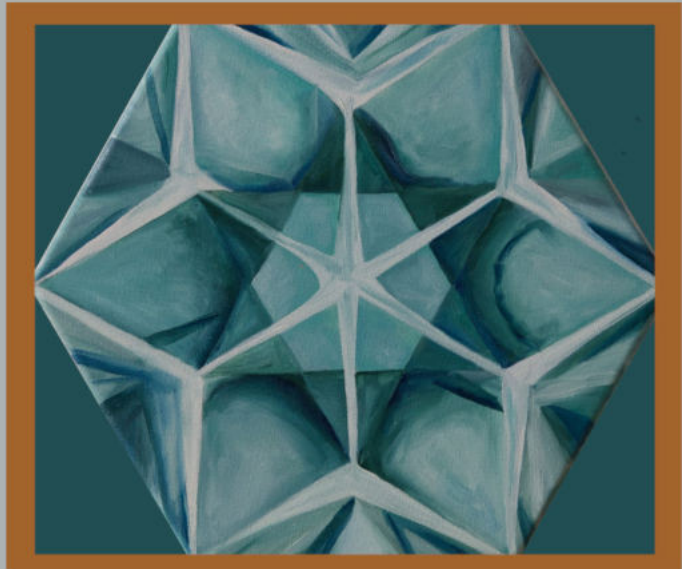
Nobody can give you freedom, or love, or acceptance. It's in you. Which step helps you discover this for yourself here and now?

How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:

DNA

Painting: Andreea Luca-Boier

Text: Mark Allen Klenk



I feel centered
Between fragile pillars.
Supporting,
Keeping me from breaking.
A moment of balance.
It is not perfect.
I am not perfect.
But it is my stronghold.
In my shadows are
Symbols of sacredness.
In my light are
Songs of hope.
Built with angles and angels.
All in this frailness,
I feel centered.

Reflections...

*Centering is a beautiful topic. Take time to discover it.
When do you feel balanced? When does your heart say 'yes!'?*

*How does the painting and/or the poem resonate to your
current or past situation? Take time for your answer:*

It is What It is

Painting: NATAKO

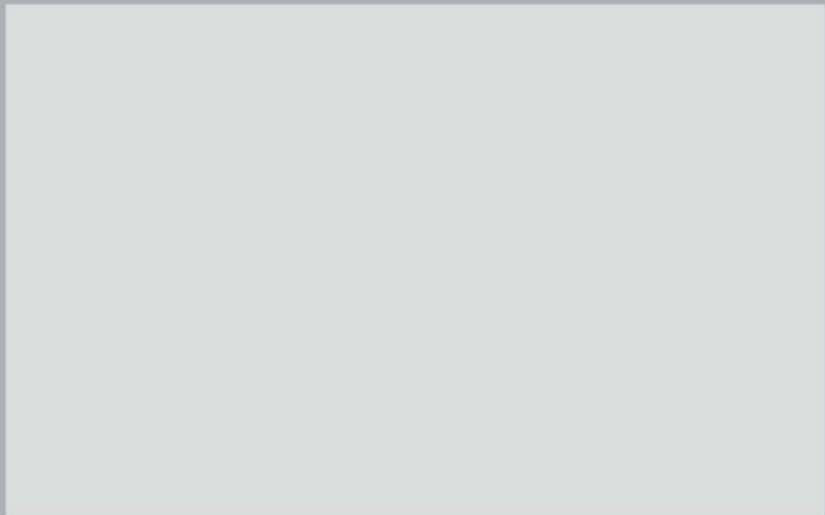
Text: Mark Allen Klenk



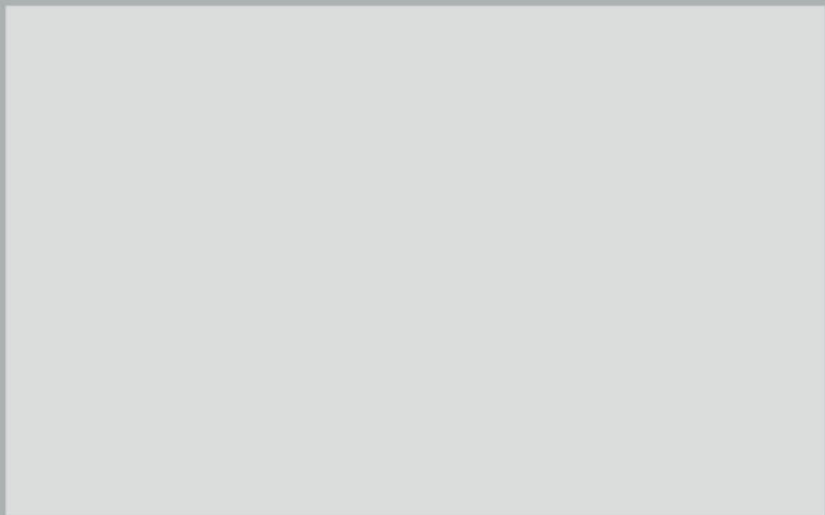
Self-acceptance.
Life in a dying age.
Will I allow me
To be me?
Simply to be?
Slowly to grow?
At first, I won't know,
Who I am,
Before I can give
Myself away.
Dandelion life,
The love sacrifice
Blowing seeds.
Self-love.

Reflections...

We need to be reminded to love ourselves. Do you have self-care days or me-only dates? Where do you find new energy?



How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:



Old Soul

Painting: Olga Zhminko

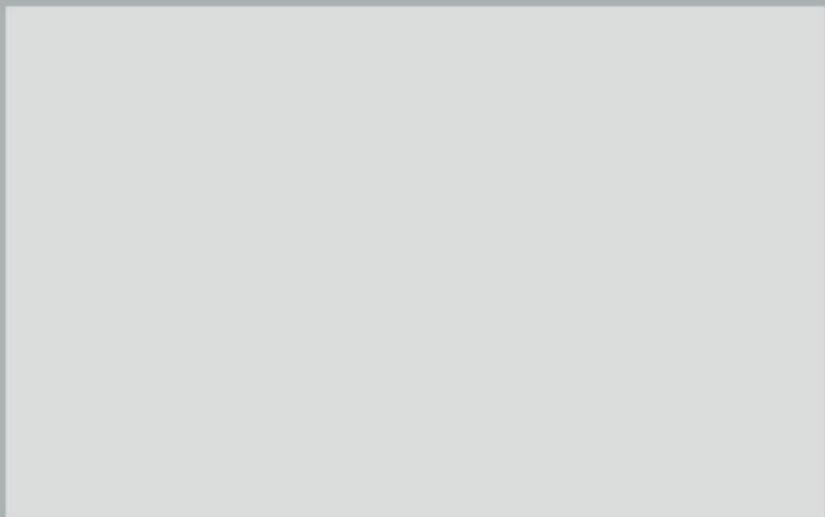
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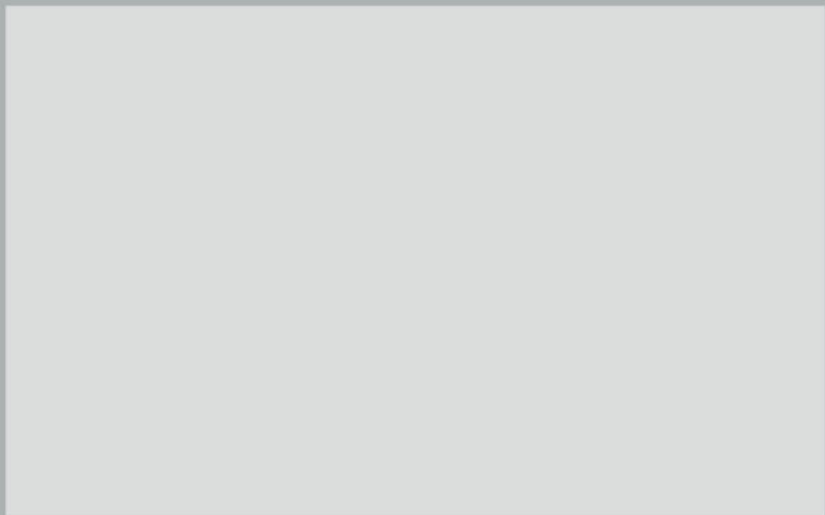
I found you
Deep within me.
Ageless.
Timeless.
Voice of my ancestors.
Full of hope.
Timeline and bloodline.
Energizing,
Yet a haven
Of tranquility.

Reflections...

*We are a product of generations. This is scary, yet wonderful.
A foundation to be discovered. Who is your ancestral mentor?*



*How does the painting and/or the poem resonate to your
current or past situation? Take time for your answer:*



Buddha

Painting: Andreea Luca-Boier

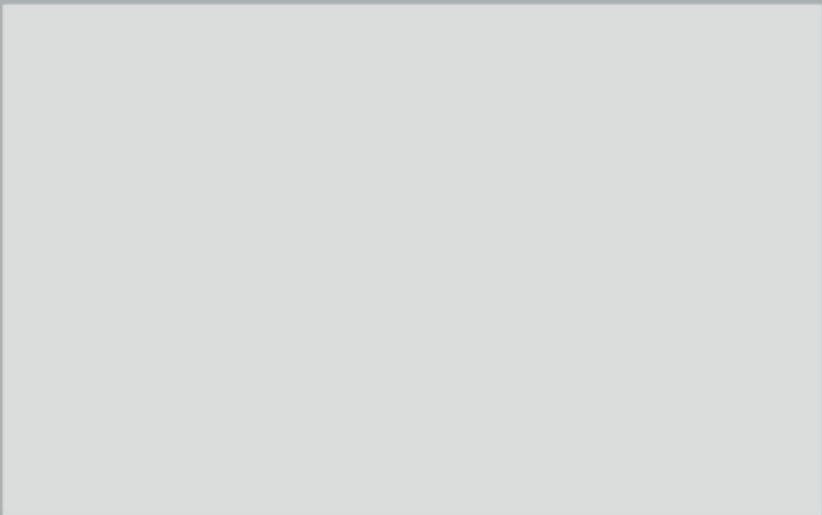
Text: Mark Allen Klenk



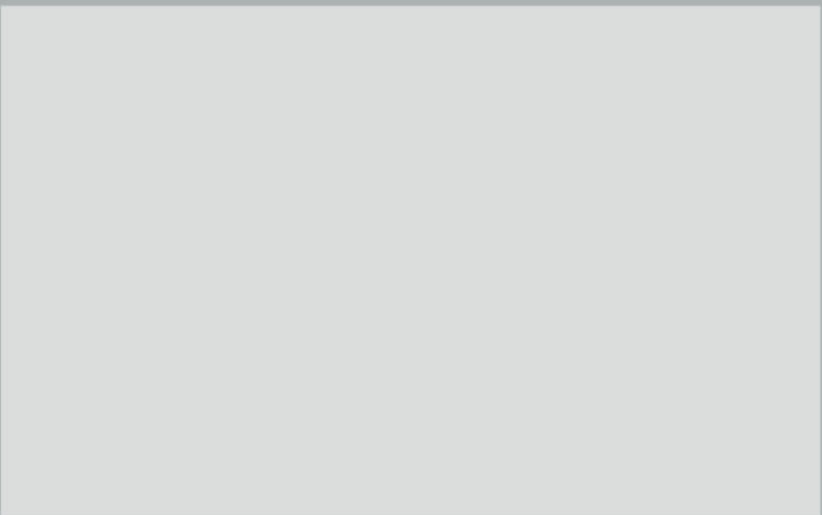
Sometimes is silence
The solution.
The answer is a whisper
In the soul.
To hear it you must
Surrender.
There is something
In that nothing,
Which quietly solves
The question of our void.

Reflections...

Life is noisy. Our monkey-mind is busy. Sometimes we need to shut off and simply exist. When do you feel this urge most?



How does the painting and/or the poem resonate to your current or past situation? Take time for your answer:





Self-Discovery

Take aways & throw aways

Self-Discovery

*What are your take aways and throw aways from this book?
Take some time to reflect and digest what you feel and think.*

Self-Discovery

Write about yourself and your journey. Write it like a diary, but with a big portion of thankfulness. Use the next pages for it!

Self-Discovery



Self-Discovery



Self-Discovery



Self-Discovery



The Artists

Natako



My artwork explores the intricate relationship between nature, humans, and consciousness. By combining abstract shapes and realistic forms, I aim to highlight the diversity of our world and emphasize that everything is interconnected. As an artist, I'm fascinated by inner truths, and I believe that vulnerability is key to unlocking them. Through self-reflection and courage, we can discover new avenues for transformation. My hope is to inspire an appreciation for our interconnectedness and the limitless potential within us all.

<https://www.natakoart.com>

Olga Zhminko Arts



As a self taught artist, I mastered my craft through mindfulness and respective life observation. The lock downs brought me more focus on art in my life, including taking courses at Vienna Academy of Visionary Art and Vienna Atelier of Traditional Art, broadening my expression and helping create higher quality artwork. Later, I developed under the coaching of Michael Fuchs, son of famous Austrian artist Ernst Fuchs. I find inspiration in the present moment, in mindful living and in spiritual literature.

<https://www.olgazhminkoart.com/>

The Artists



Ana Hatha Arts

I once had the following vision in a dream: My father came to me and handed me a bundle of paintbrushes, saying “create the world you wish to see” and put them in my right hand. He was followed by my mother, handing me a precious stone for my left hand with the words “connect to nature”. This is what I try to do in my art, with every stroke of my brush flowing from my heart through my hands.

<https://www.ana-hatha-arts.com/>



Andreea Luca-Boier

Andreea (DeLuca Art) is a Romanian painter and linguist in Vienna. The Buddhist influence in her art is recognizable and she tries to implement its principles such as mindfulness in her painting and make them accessible to the viewer. The brush, the canvas and the colors are a tool to surrender to the moment. Only through connectedness, empathy and understanding can we unfold our potential.

https://www.instagram.com/deluca_art

The Artists

Mark Allen Klenk



Mark is a founder of "Words and Deeds", a NGO based in Austria aimed at creating mental health awareness using arts and literature. He writes his texts in English and in German. He moderates events and was guest on ORF twice in 2022.

Selected books:

"Oh, That's Me" ("Oh, das bin ja ich" Löcker Verlag 2022)

"Kite" ("Drache" kul-ja! Publishing 2021)

"Breaking Point" ("Der Zerreiprobe" Words & Deeds 2020)

<https://www.markklenk.com>

Words and Deeds

Non-Profit Organisation
WORDS and
DEEDS

This non-profit organisation collaborates with psychosocial institutions, aid associations and cultural associations with charity purposes for innovative projects. We want to implement "words and deeds" together with our network of artists to set up supportive projects. We see art as a tool for healing, but it also promotes important issues, raises awareness and can be used as a tool to reach target groups, where they are.

<https://www.worteundtaten.at/>

