

The Miracle Gifts of Speech

Alta Oosthuizen



Prologue

It is that time of the year again. I am super excited to share my 2023 project with you. I decided to do something different this year. This project is lighter and not that emotionally loaded, but it is still filled with insights and life lessons that will enrich your life!

We all use idioms in our every day speech. Idioms are incorporated to add some “colour” to what we say, or to add some impact to the words we speak. I created “visual idioms”, a literal representation of what we say. In line with my usual style, I once again wrote a little poem for every image, to highlight the deeper meaning of what we say.

This year’s project is not a single story with a strong storyline that runs from the first to the last image. It is however a bundle of short stories. Each page is a story on its own, each page has its own message to absorb. It is important to view each page as a new gift that you unwrap. Think about the message/story of that page before you turn over to read the next story! May this project bring a smile upon your face and insight to take with you on your life’s journey!

“Idioms add colour to your words and insights to guide your daily ways!”



Special thank you

A photographic project is impossible with the help and support of people. I would like to thank those who made this project come to life. All of you made it possible for me to say: “From an idea to pictures to be able to touch people’s lives!”

Rudolph, Rico and Alri, thank you for all your love and support. Without you my world would be empty! Thank you for always believing in me! I love you with all my heart!

Feedback on my images as well as spelling and grammar checks are very important in a project like this. Thank you to the friends who are always willing to sacrifice their time to give me constructive feedback. You all play a critical role in my “project journey”. Thank you so much!

My models. You are once again the stars of my project. Without your total dedication and enthusiasm, the project will only be an idea. I hope that you know that my appreciation runs deep and that you enable me to tell my story. Thank you!

Alri Oosthuizen, Dejauné Jansen, Kiara Asher, Madel Fivax, Marina Snyman, Natasha Le Roux, Rico Oosthuizen and Tisha Meiboom.

All the Glory goes to my Heavenly Father for giving me this passion to be able to tell a story!!

“Models are the key element to the gift a photographer gives to the world!”





Variety is the spice of life

Idioms are the spice of words,
adding colour to how we speak.

A variety of sayings, witty and true,
a smile on our faces for me and you.

To spice up your words, use idioms galore,
with just one phrase, you'll be saying so much more!



Give it 110%

Ever since our first breath, we were working hard. It took some doing to drink our milk and growing up had some challenges! To work is our daily assignment, but how we work is the determining factor. Always remember that you have to give your best and that hard work will bring along success and a sense of accomplishment.

Like with anything in life, there is also a warning that accompanies hard work. Hard work is a good thing, but remember to maintain a healthy balance!

The key to success is hard work, but the key to life is how you handle your success. Your actions will determine if people share in your joy or will your behaviour put them off so that they try their best to avoid you? You have the choice, choose wisely!





The key to success

The question on the lips of each and everyone,
“The key to success” – how can it be done?

Planning of what you would like to achieve,
dedication and commitment will help you achieve.

Working hard, each and every day,
consistency in effort is really the only way!



Puzzle things out

Finding an answer to a difficult problem,
a process of analysis trying to make sense.
Do not get overwhelmed, take a deep breath,
step by step, try to puzzle things out.
The pieces will eventually fit,
keep your focus, just do not quit!



Dot the “I’s” and cross the “T’s”

I look at myself and smile,
pedantic about detail – that’s my style.
I think in pictures, I do create,
capturing nature’s beauty makes me feel great.
Spending time to apply my expertise,
make sure I dot the “I’s” and cross the “T’s”!



Best of both worlds

How lucky can one be,
if you are blessed with best of both worlds.
Everything you see is on your side,



only the positives that will abundantly provide.
Only the joy and nothing that is bad,
no snag to make you angry or sad!





Feather in your cap

You are allowed to be proud of the reward you received,
but never let your ego dictate what you do.

Always stay humble, on social media don't overshare,
people will quickly scroll, instead of pausing to stare.
Learn from this achievement, use hard work as your map,
feel good about yourself as you put a feather in your cap.



An Ace up your sleeve

Life is like a poker game,
filled with clever and calculated moves.
It's important to keep an Ace up your sleeve,
hitting your opponent with disbelief.
Listen and observe, speak when spoken to,
the impact of your words will then shine through.



FINISH



In the fast lane

We are all running in the race of life,
objectives and goals we would like to achieve.
But listen to this message, this warning sign,
do not turn your head trying to decline.
The price of running in the very fast lane,
missing out on life, bound by a dangerous chain!



Life is a hard nut to crack

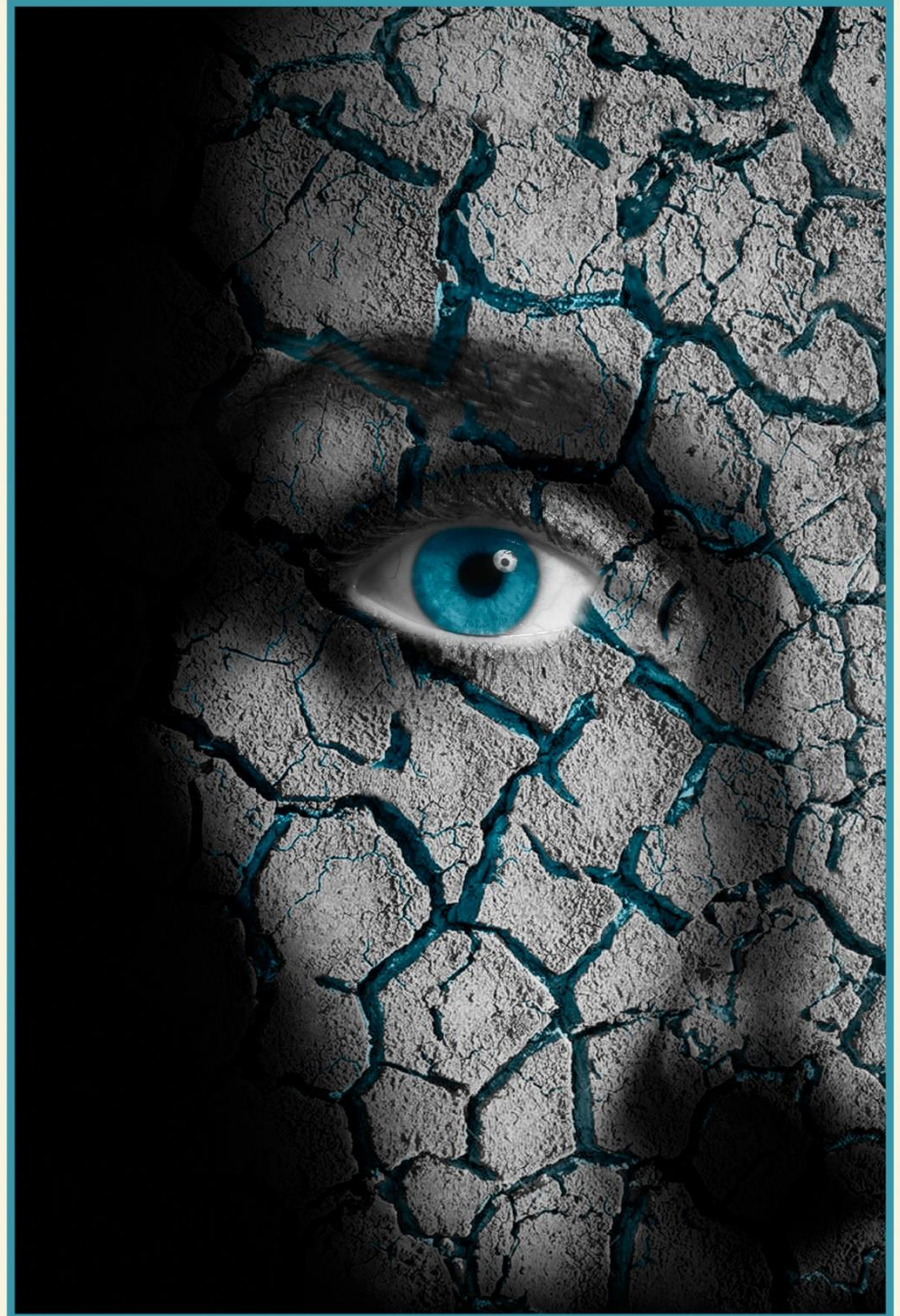
One of the first things life teaches us is – “Life is not fair!” Sometimes, no matter how hard you work and how positive your attitude is, life hits you like a ton of bricks. Tough situations that are difficult to handle, putting your emotional strength to the test.

Life has its ups and downs, we all go through that roller coaster ride. Experience all the emotions and know that it is sometimes “ok not to be ok!” Be thankful for help and support you receive from those around you and know that the bad times will not last forever. Find comfort in the fact that you will be able to conquer the bad times with the love and guidance from our Heavenly Father!



Feeling blue

Life has the tendency to sometimes hit hard,
it makes you feel empty, you don't know where to start.
Tears and cracks are starting to appear,
lost and confused, trapped in consuming fear.
Take a day to think it all through,
sometimes it's ok to feel a little blue.

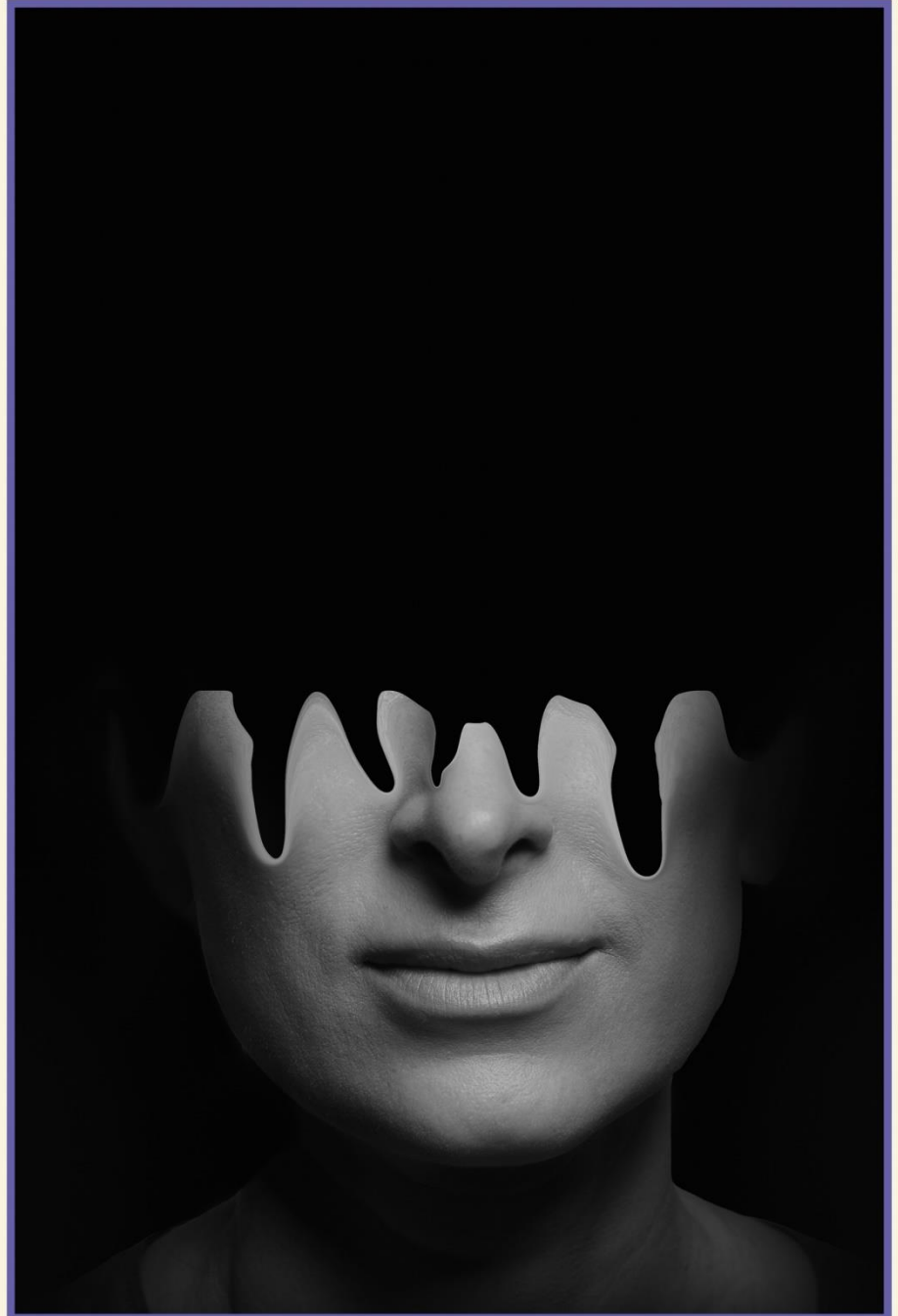


Having a melt down

Life is not as easy,
as we'd like it to be.

Circumstances makes us weary,
not as strong as we're supposed to be.

You might break down, loose face and just cry,
a meltdown of note, till your tears are running dry!





Hanging by a thread

The reality “Hanging by a thread” becomes true,
if the hanging is done by you.

Elements dangerously closing in,
your secure foundations starting to spin.

An uncertain state - “Will I survive?”

God your only anchor to stay alive.



Cracked under pressure

Endurance and strength are all that we need,
to handle the pressures of the outside world.
Like anything in life, we all have a limit,
discouraged and scared, I really feel timid.
Stress makes me weak, I feel under attack,
helpless as I feel how the pressure makes me crack.



Beggars can't be choosers

We live in a world filled with poverty,
even the wealthy lack emotional prosperity.

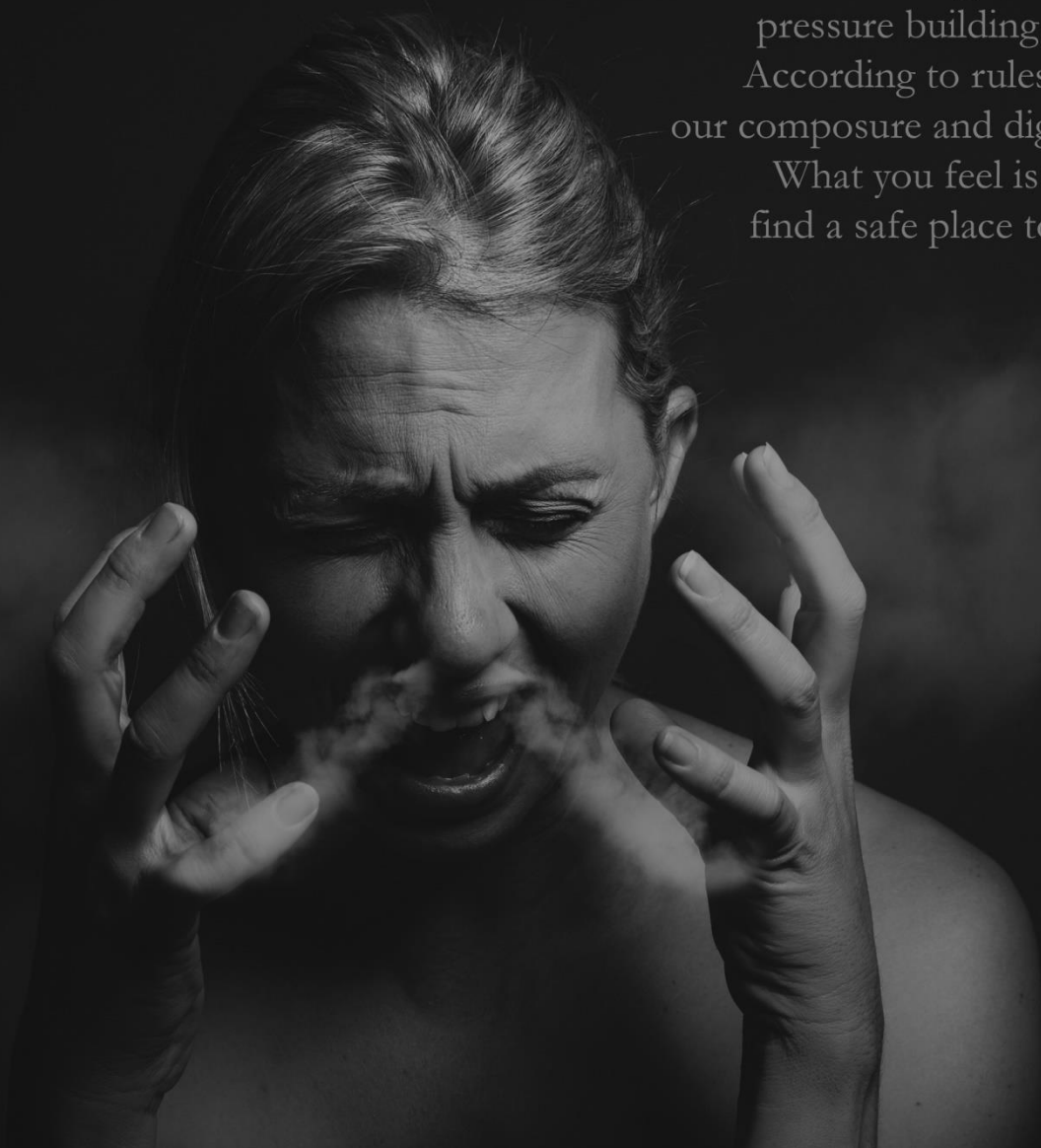
Those in need depend on generosity,
but why do some show intense animosity?

Beggars can't be choosers, be thankful for what you get,
please don't leave the givers with nothing but regret!



Blowing off steam

Dealing with life, take its toll,
pressure building up, emotions on a roll.
According to rules, regulated we must act,
our composure and dignity must always stay intact.
What you feel is real, it is not a dream,
find a safe place to blow off some steam!





Bite the bullet

Avoidance of pain or discomfort is a good technique,
to side-step the hurt, to duck some sharp critique.

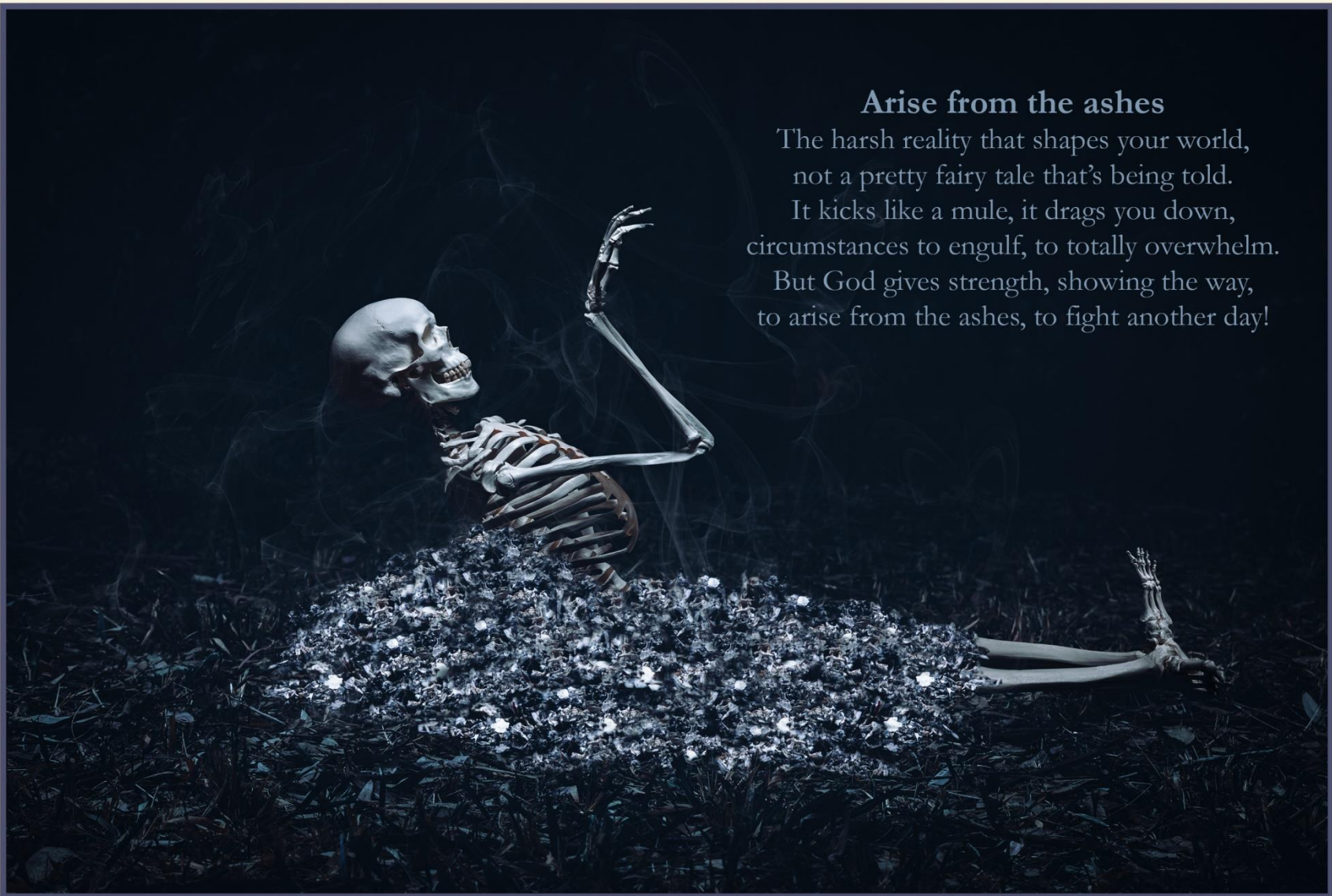
Not always realistic to stay clear of a blow,
you need to take the shots life will throw.

Bite the bullet and deal with what is unkind,
learn the lessons, lift your head and clear your mind!



Arise from the ashes

The harsh reality that shapes your world,
not a pretty fairy tale that's being told.
It kicks like a mule, it drags you down,
circumstances to engulf, to totally overwhelm.
But God gives strength, showing the way,
to arise from the ashes, to fight another day!



Recharge your batteries

A stressful time calls for some sort of a break. Pour yourself a cup of coffee and get lost in the fantasy world of a book!





It looks like you need coffee
Running like a hamster on its wheel,
the pace is fast, the impact real.
Tired and exhausted, you need a break,
stop for a while, prevent a big mistake.
Feet up, relax, let coffee sooth your soul,
you need some coffee to take back control!





Lost in a book

Getting lost is what most people fear,
anxious about their control to disappear.
But to get lost in a book is a good place to be,
a fantasy world where you could really be free.

A magic story, a new world to explore,
for just a while, you may close the reality door!



Free love, unofficial
panionate marriages
proval.

Only at one point of
itself above the wa
strongly object to any
And Dickie, with tha
liked so much, reassu
ever come into her ho
that was quite unde
arrangement suited
once gets her foot ove
male friend, "I de
drop her who
sooner or late

After his th
Dickie announce
literature, an
conducted at
golf, tennis,
He said little
his mother ke
"Dickie is writ
first act alread
further toward
from Mrs. Stev
novel, which in it
making any apprec
vague details cease
the communiqués
"My son Dickie"
work of his, you
content itself w
workshop ever a
person asked qu
antly and murm

Leap off the page

A storybook is like a fantasy world,
a reality where you can get lost.

The characters are real, they're family to you,
leaping off the page, the world that they pursue.

Captured by every move they make,
devouring every word without taking a break!



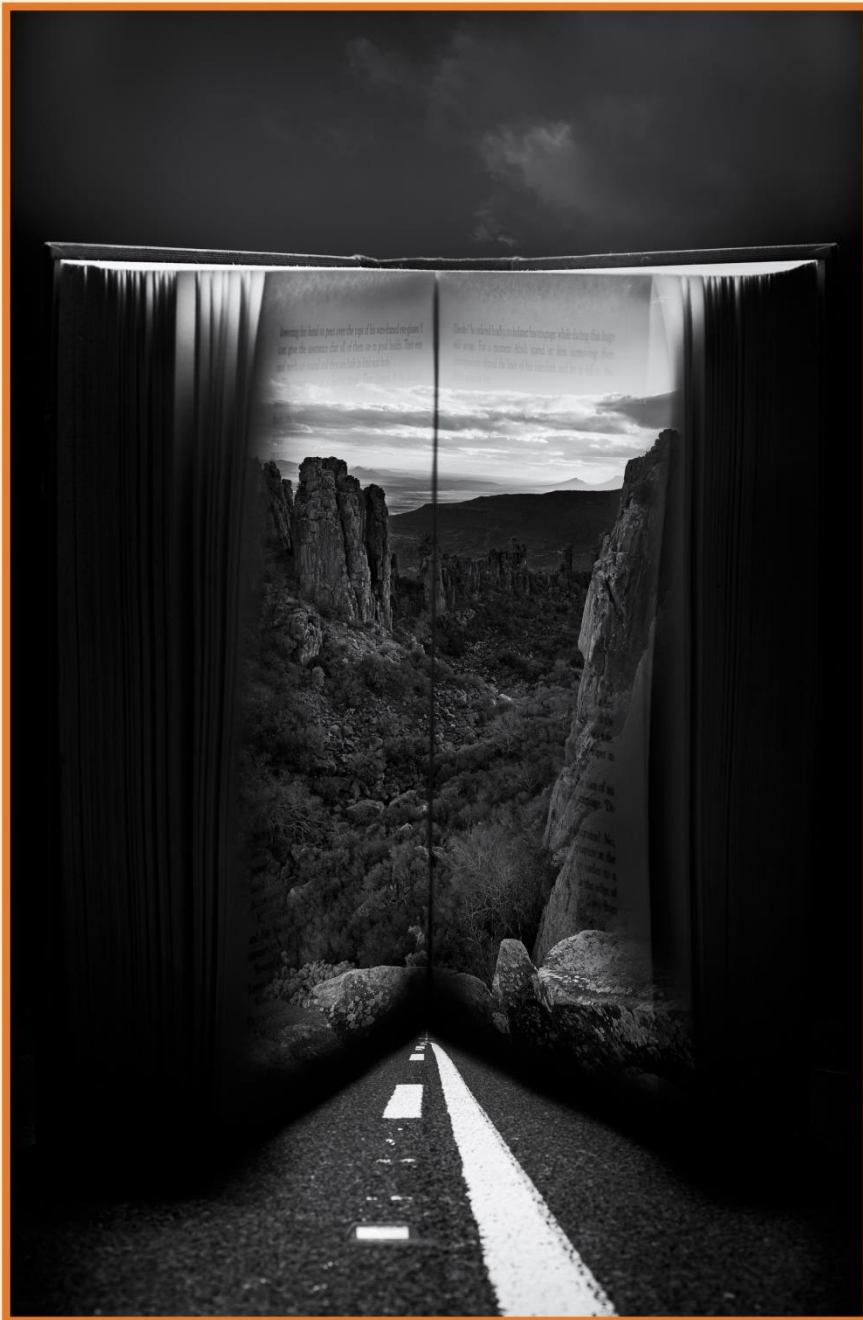
Knowledge is power

It is imperative to realize that we are not here for ourselves. Our main purpose in life is to show His love to the world and to be there for one another.

Sometimes its easy to support those around you, sometimes you have to look beyond the obvious. To be able to understand people and life itself, takes practice on a daily basis. Knowledge is power, but with power comes immense responsibility.

Do not look at people to judge according to your own frame of mind. Look to understand so that you can act in wisdom. Never listen to reply, always listen to hear the underlying cry!





The story behind the story

Stories are words written on a page,
the truth clearly seen in black and white.
Every once in a while, you need to read beyond,
on someone's story you really need to respond.

Hear and see the story behind the story,
help them see God's presence and all His Glory!





Read between the lines

Life is like a book, a story that you read,
the lessons you learn in phrases and words.
But life is not as clear as you'd like it to be,
not so easy to understand that what you see.
For you have to learn to read between the lines,
comprehend the secret meanings of life's different signs.





I read you like a book

Looking at you, I already know,
no need for words to flow.

Your thoughts and feelings to shout out loud,
you speak without making a sound.

I read you like a book, know you so well,
you the pearl and I am your protective shell!

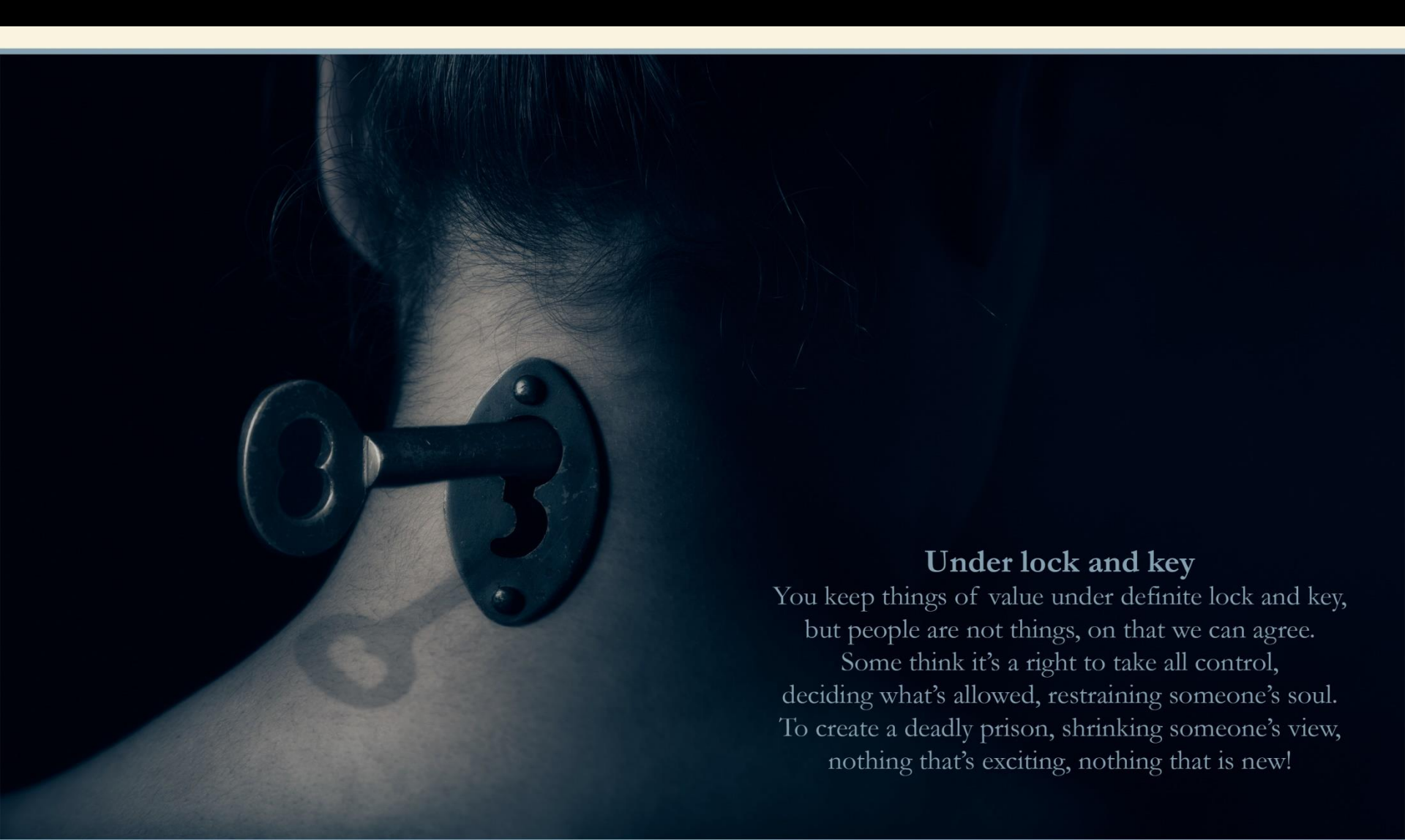


A snake in your bosom

Once you look to understand, you might realize that abuse is right under your nose. You become aware of friends and family that are caught up in the tight grip of abuse. You might even come to the realization that you yourself are a victim of this. The impact of this is severe, it consumes a person's whole being.

Abuse can come from any person, but most often it comes from those who are close to you. So sad that the person who is supposed to love and cherish you, is actually the snake in your bosom!





Under lock and key

You keep things of value under definite lock and key,
but people are not things, on that we can agree.

Some think it's a right to take all control,
deciding what's allowed, restraining someone's soul.
To create a deadly prison, shrinking someone's view,
nothing that's exciting, nothing that is new!





Caged in

There was a time when I was free,
when I was allowed to be the true Me.
Slowly I was caged to do what he dictates,
the prison his orders and words creates.
I lost myself, the pressure made me crack,
totally defenceless against his verbal attack.





You hold the key

You hold the key to your happiness,
no one is allowed to take that control.

You have the power, just believe that you do,
compassion for yourself will teach them to respect you too.

You always have a choice, you hold the key,
will you be imprisoned or will you set yourself free?



A vicious circle

We feel comfortable when we are in control of our life and the situations we find ourselves in. Having limited to no control causes anxiety and frustration. Sometimes you are able to regain some sort of control, but sometimes you stand back to see how things spin out of control. A vicious circle that goes round and round, but know that this too shall pass!!





The writing's on the wall

The signs are crystal clear,
the dreadful things that you fear.

The writing is on the wall,
the balls in your hand are about to fall.

Try seeing it as music notes and sing a happy song,
this too shall pass and you'll be standing strong!





Vanishing into thin air

Helpless and desperate when you have no control,
anxious as you are unable to prevent the fall.

Emotional stability or the happiness of a friend,
not able to protect, not allowed to defend.

Watching things vanishing into thin air,
the reality leaves you with sadness and despair!



My hands are tied

“Life is like a box of chocolates,
you never know what you are going to get.”
Situations in life where you have no control,
unable to change, no matter how hard you try.
Accept the fact that your hands are tied,
learn the lessons and ride out the tide!





Going up in flames

Life as you know it may change in an instance,
disaster may strike to destroy all that's known.

Not having the power to turn back the clock,
unable to react - you are filled with utter shock.

So helpless to see your life going up in flames,
powerless to save, your hands tied by metal chains!





Pulling the plug

Life is sometimes tough,
loaded with emotional stuff.
Hard decisions to be made,
step away – you have been betrayed.
See that excuses became your drug,
know when it's time to really pull the plug!



Through thick and thin

Going through life leaves you feeling alone and uncertain. The comfort we can fall back on is that you are never alone. You have God to walk beside you, even carry you when you are unable to cope! He is with you through thick and thin!



Flickering of hope

In the darkest of nights,
you feel alone and scared.

Desperately searching for a flickering of hope,
to guide your way and regain clear sight.
No matter how dark your world feels to you,
God is your light to guide you through!





Keeping an eye on you

Walking through life is a scary feeling,
the unknown sometimes stops our breathing.

But do not fear, you are never alone,
God is your foundation, as solid as stone.
God is in control, you're always in His view,
the Creator of all is keeping an eye on you!

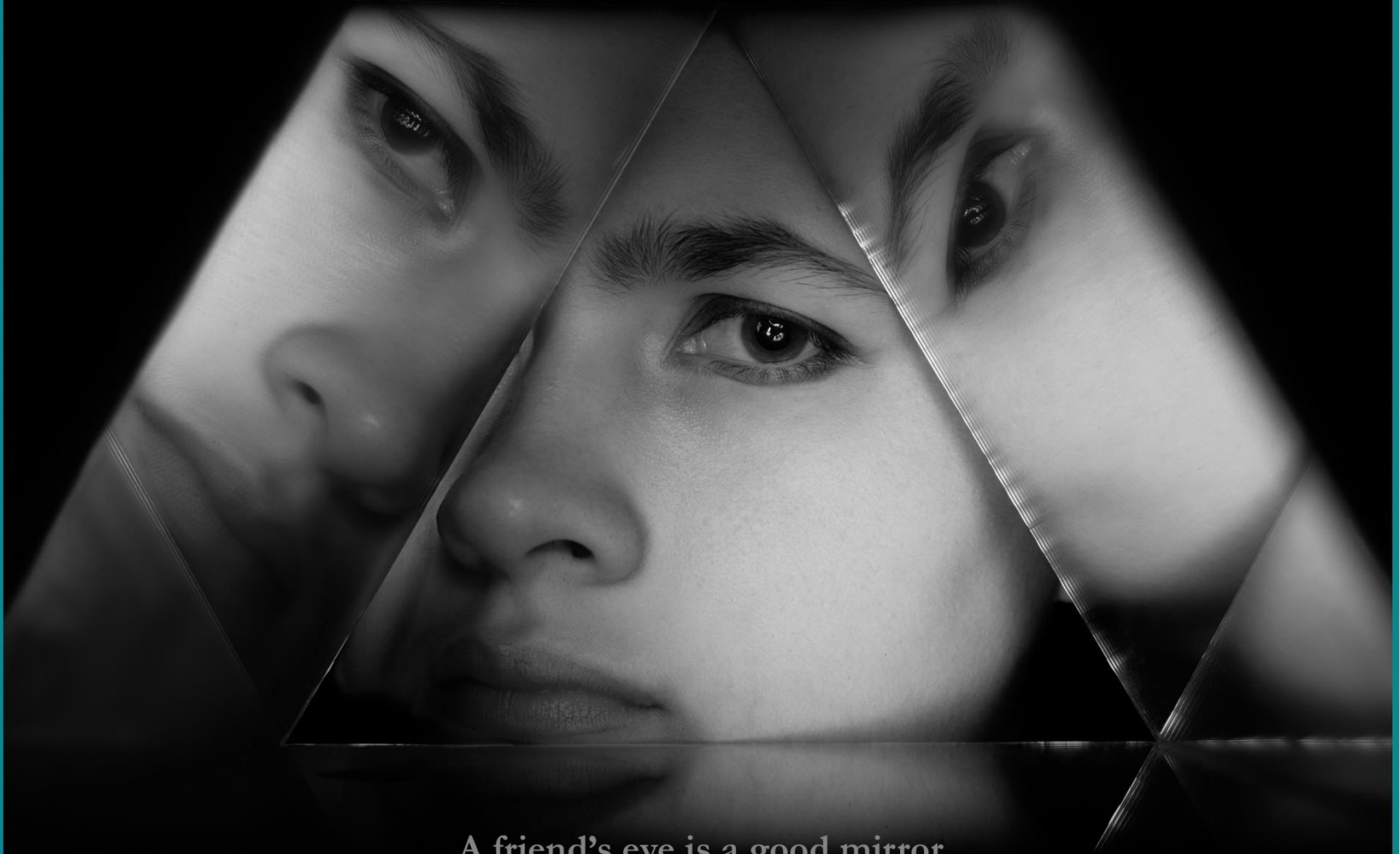


Making a fresh start

Be the best person you can be! From time to time you have to do an internal stock take. Where are you standing with yourself? What are your strong points to strengthen even more and what are the areas that need some improvement? Start on a clean slate with the lessons you have learned from life itself.

We are God's icons, the visible symbols that represent Him. It is an honour to be His icons, but never forget that with the honour comes a huge responsibility. The world gets to know Him through what we do, how we say things and how we handle life's challenges!





A friend's eye is a good mirror

A mirror makes you see,
the true reflection of "ME!"

So clouded your sight, you need a new view,
reflection and perspective, something to review.

A friend can be a mirror to you,
use their eyes to see a better you!



Put your best face on

We all have a choice,
who we show to the world.

The face that you wear,
can help with emotional repair.

Always choose to put your best face on,
the eternal battle has already been won!





The odd one out

We live in a world where people are alike,
acting the same, conditioned like sheep.
No norms and values to guide their ways,
corruption and evil to fill their days.

You have to be different, be the odd one out,
to follow God's words is what life is all about.

It is one's blood

Children are a wonderful gift. Parents always strive to be and do the best they possibly can for their children. Children come with a responsibility, but also with pure enjoyment to be able to see them grow up to be their own person. Being a parent means you put your children first, but it is important to maintain a healthy balance. Look after yourself as well, do not lose yourself in the process!!





Apple of my eye

I looked at you with warmth in my heart,
proud to be able to call you my own.
You are my son, you are my daughter,
I'm the flower, you're my life giving water.
The apple of my eye, proud of who you are,
as precious as the dark night's brightest star!

Empty nest

Building a nest when your chicks arrive,
creating a safe space - that is your only drive.

You sacrifice yourself in order to provide,
they become you, your inner self shifted aside.

Important to find something to fill your heart,
as one day the empty nest will make you fall apart.

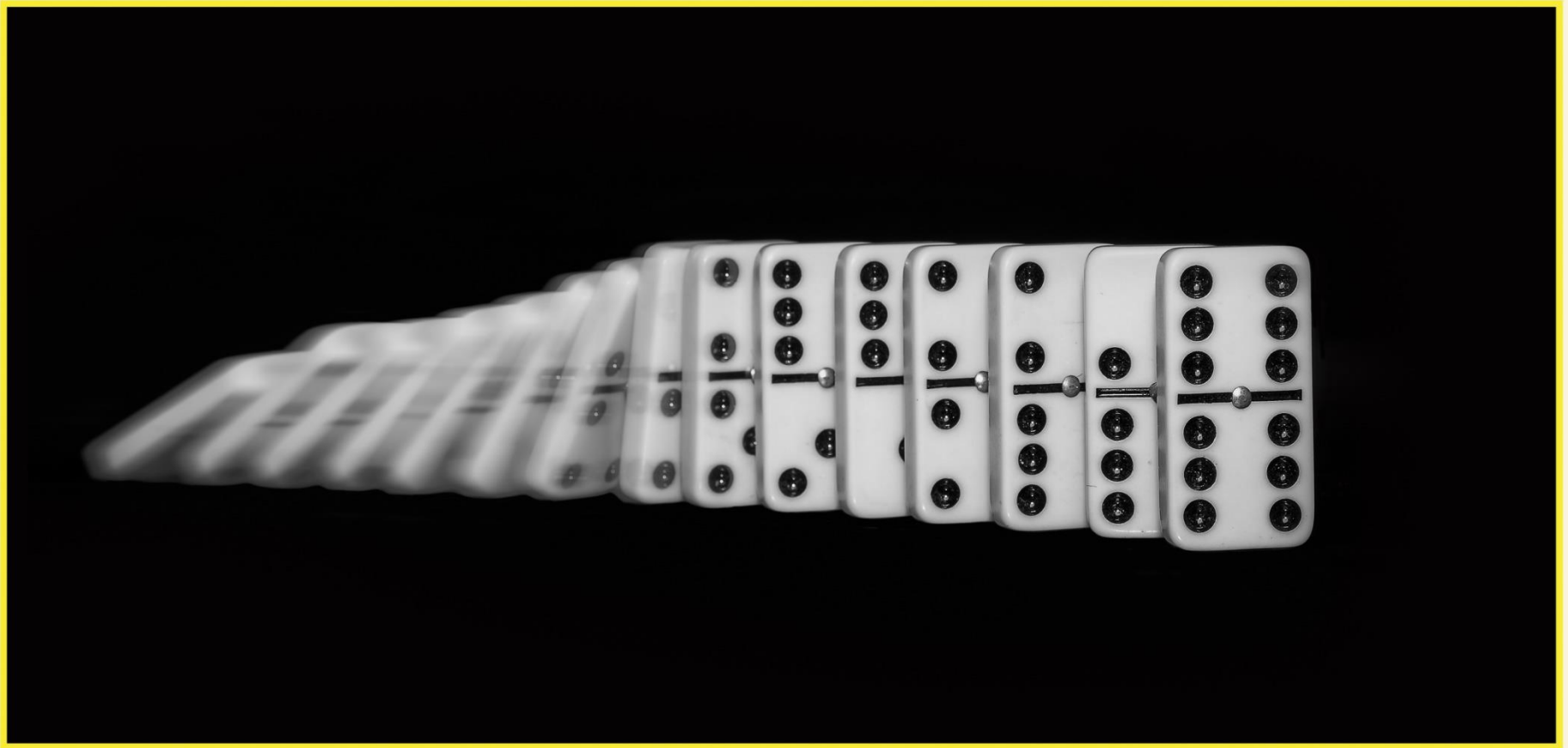


Face the consequences

“For every action there is an equal and opposite reaction.” This is Newton’s third law, which is not only applicable to science. This is definitely true for our everyday life!

What happened to us in the past will have an effect on how we act today, but that in itself will have consequences of its own. Think before you leap, consider your phrases before you speak. Once you act or speak, your words cannot be withdrawn. Whatever you say or do has consequences as actions cannot be unseen and words cannot be unheard. You have the power to steer consequences in a positive direction or to let it be the beginning of the end!





Falling like dominos

Every action has a reaction,
consequences for everything you do.

Your actions might not trigger only the one,
a sequence of reactions that can't be undone.

A ripple effect like dominos that fall,
words spoken you are unable to recall!





Face the music

My father taught me this life lesson,
a fact to remember, no rhetorical question.

Life is filled with options galore,
which avenue of choice would you explore?
The freedom of choice lies within your hands,
facing the music is what your choice demands!



Ghosts from the past
Incidents from the past,
impressions that will forever last.
Learn from what was done,
let go for you to see the sun.
Stop revisiting, clinging to the drama,
break the chains of blinding karma!



The Line



Crossing the line

Boundaries are needed, it draws a line,
where people may tread, what part is only mine.
Not all we know respect that line,
no decency to stop, not reading the sign.
You're crossing the line, give back what's mine,
what YOU think is right, is not part of my design!



Let sleeping dogs lie

A complex situation needs to be resolved,
addressing problems so it could be dissolved.

Know when to let sleeping dogs lie,
interference will only make people cry.

Although you mean well, you will make things worse,
trying to help will turn into a curse!





Zip your lips

Some think they're so clever, they always have to speak,
to share some useless info, sharing feelings and critique.
To you who has that impulse, before you give "advice",
is it really needed, is it true and nice?

Be wise and mature and follow life's tips,
sometimes it's better to rather zip your lips!





The power of stepping away

Life confronts us with people who sting,
circumstances that do not have a positive swing.
People who suck up all your positive vibes,
a vicious circle, devastating tides.
You have the power to step away,
breaking destruction for your sanity to stay.



Only time will tell

Time is a precious commodity, none of us have time to waste. We have to use our time wisely to work hard, but also enjoy our life while living it. We are sometimes running a race against time, but also wishing that time could stand still to appreciate those special moments that pass so quickly. We do not know when time will stop for us. Live every day to the fullest, as if it's your last. Treasure all that you experience and learn life's lessons time after time!





Time flies

Attitude is a crucial part,
it allows that what fills your heart.
Focusing on fun in whatever you do,
adding enjoyment and pleasure too.
How time flies when you're having fun,
before you know it, all your work is done!





Time stands still

Time waits for no man,
time just ticks away.

How we sometimes wish,
that certain moments could stay.

A magic wand would give a big thrill,
if only for a while, could time stand still?





In my mind's eye

The memories of yesterday,
are like a movie that I see.

In my mind's eye so crystal clear,
the flashes of yesterday so magically appear.

So precious to relive, those special days,
memories of yesterday, to guide my future ways.

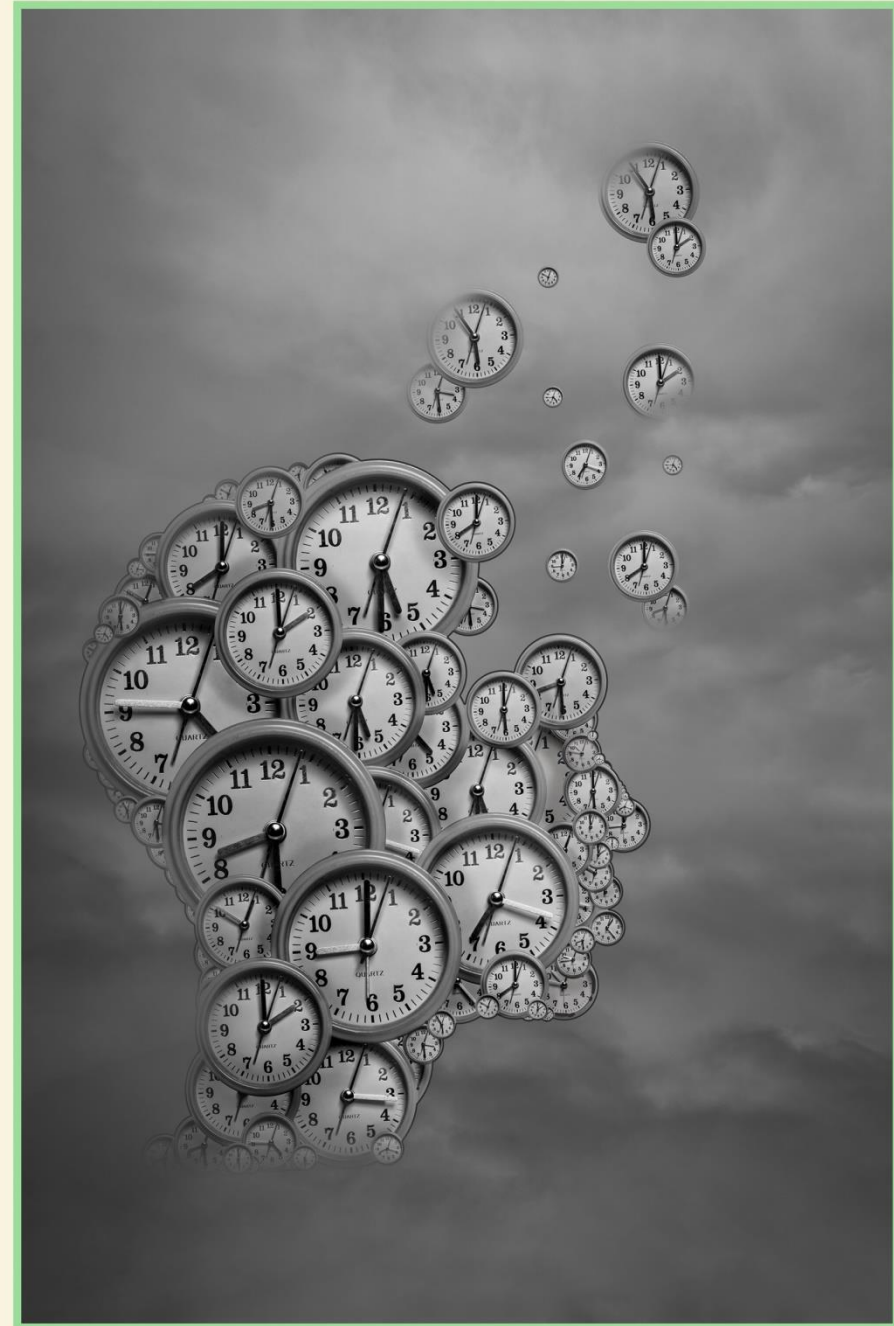


Time out of mind

We all would like to leave a legacy behind,
remembered for what we did, by what we were defined.

A few special people achieve this goal,
to be forever remembered in history's heart and soul.

But the reality is harsh and sometimes unkind,
most of us will eventually be time out of mind.



Put life into perspective

Your frame of mind will determine how you experience life. Perspective is not something you can easily obtain, you sometimes need to make some mistakes before you get the well needed insight. They say experience is something you get after you needed it, this statement applies to perspective as well. Perspective and insight is not something that everybody receives. Some people go through life thinking that they know it all. Only true perspective comes when you realize you have to put your own ego aside to learn the lessons life teaches you.

Keep the following in mind: The way you approach life is determined by your frame of mind. Your frame of mind is formed by the exposure you allow yourself to have. The variety of exposures will put life into perspective. It will allow you to obtain insight and understanding in order to make happiness and contentment within your reach!



In the eye of the beholder

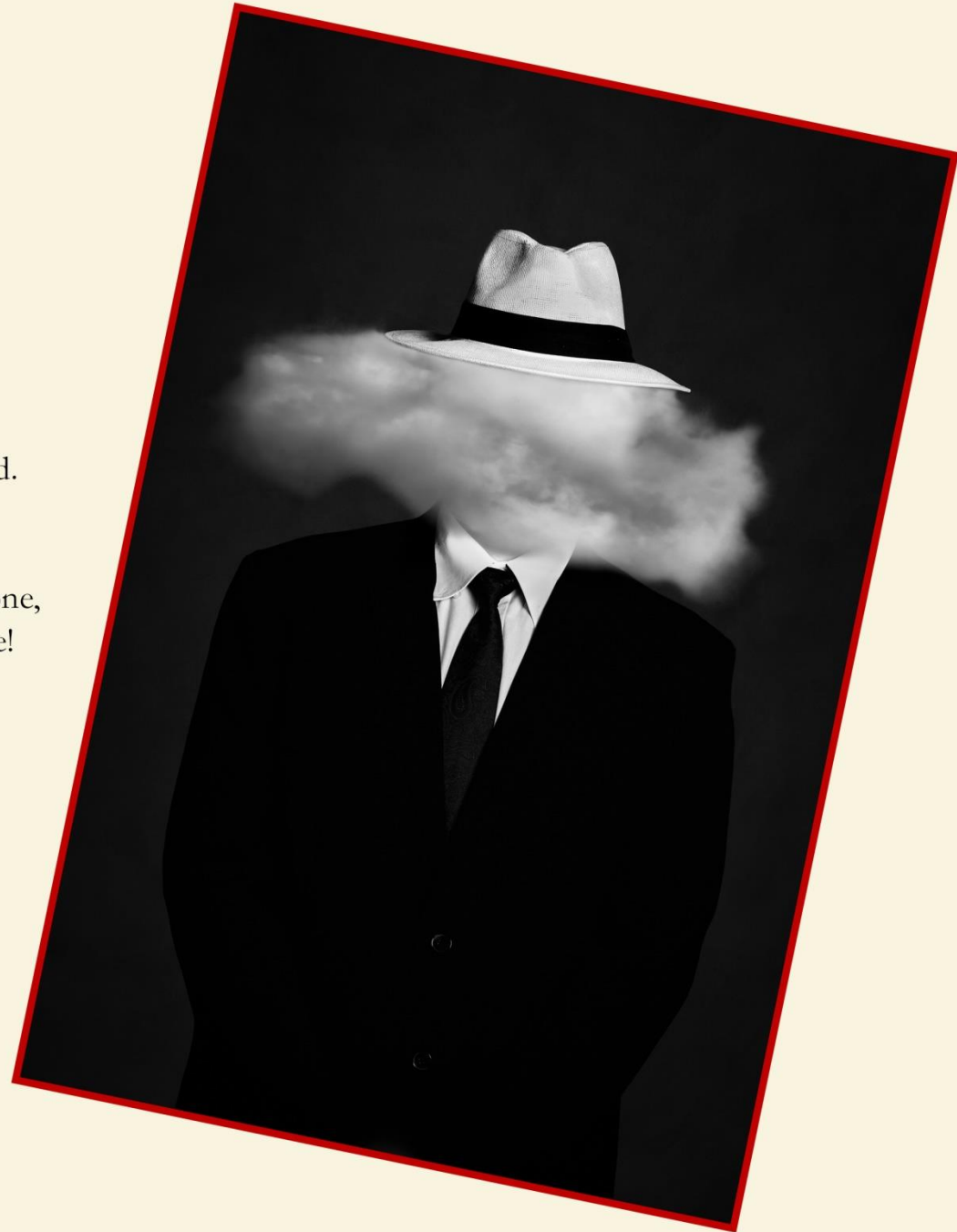
Opinions are unique,
to each and everyone.
What we see as precious,
what we view as good.
How we look - not fixed in moulds,
as beauty lies in him who beholds!



Head in the clouds

People are different, surely not alike
frustration dealing with another frame of mind.

I struggle to cope with people so unaware,
absent minded, an attitude of “I don’t care”.
With their heads in the clouds, momentum is gone,
working alone to ensure all the work gets done!





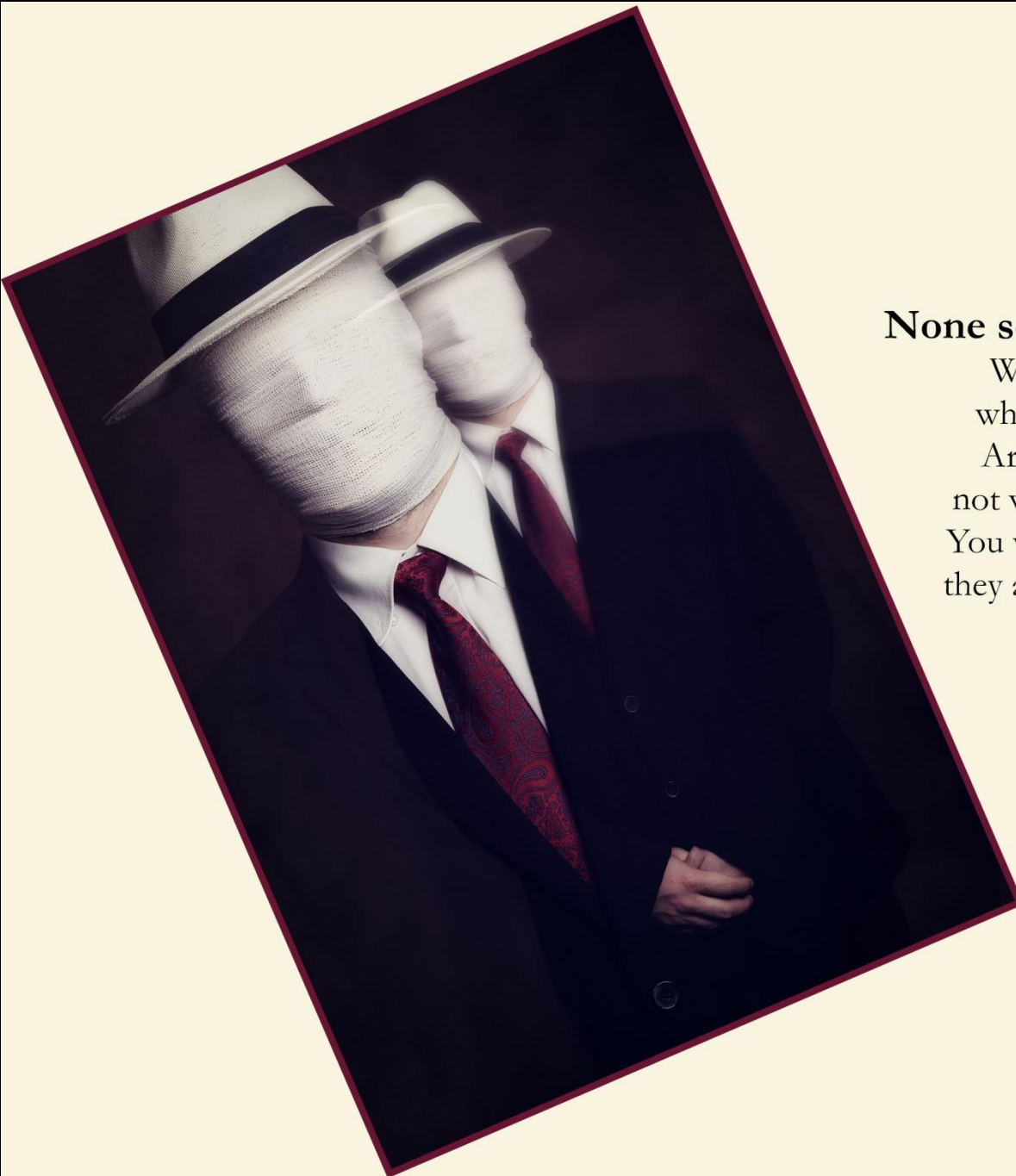
In the land of the blind

Abilities and knowledge is viewed as relative,
not all who says “I can” is truly competitive.

In the land of the blind, the one eyed is King,
in the land of the mute, the one with a voice claims to sing.

But in the land of those who really know,
the One Eyed King, must rather go slow!





None so blind as those who will not see

We all know those “special” people,
who are blind and do not want to see.

Arrogant and stubborn in their ways,
not wanting to listen to any other phrase.
You will not succeed, forcing them to see,
they are blind, leave them and let them be!

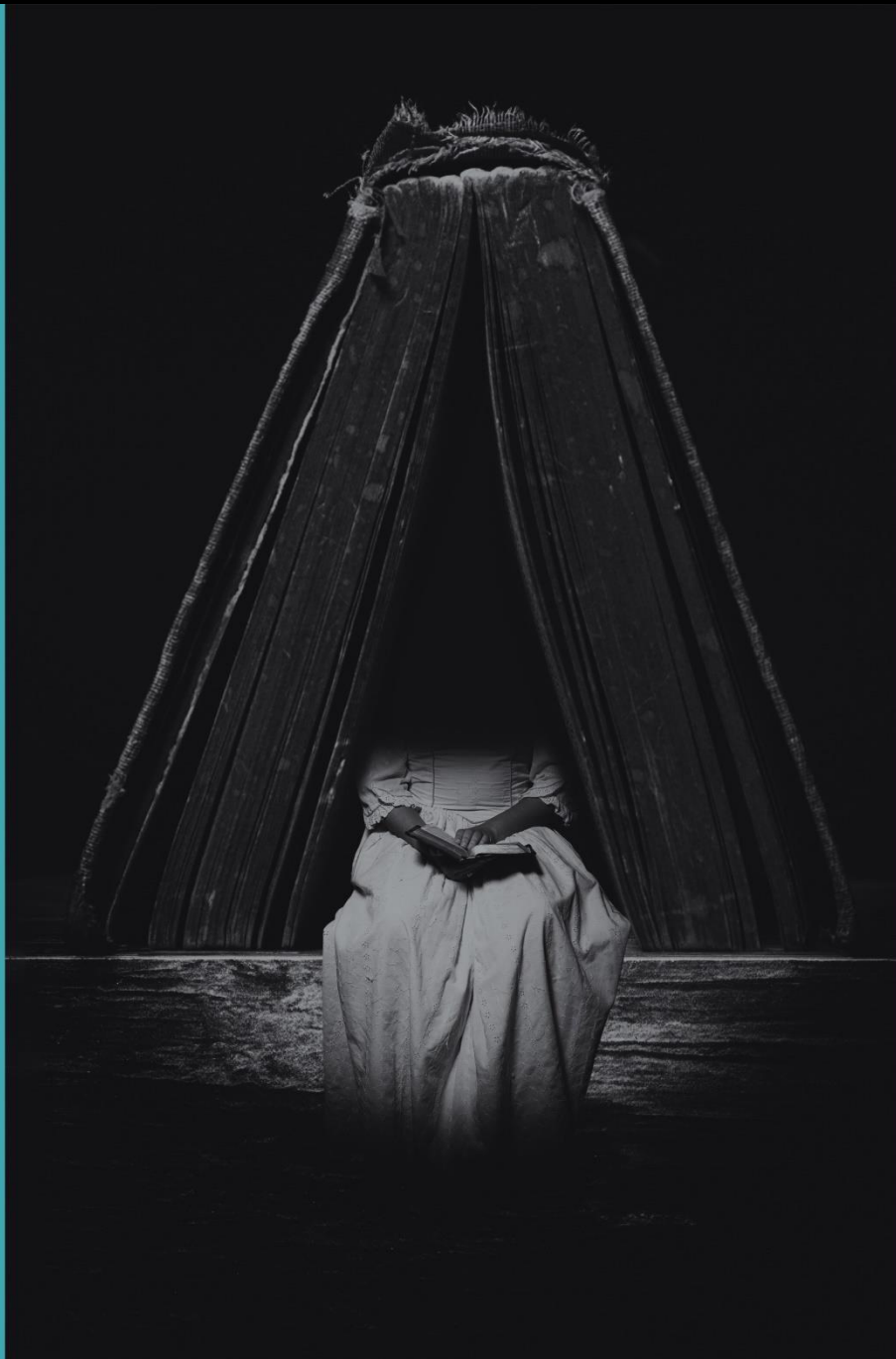




Tunnel Vision

We look to see, we see to know,
gather some insight for us to grow.

Our vision determines what we understand,
a broad view and knowledge to go hand in hand.
Some have a narrow view, a tunnel keeps them trapped
rigid and stiff, no options to adapt!



Kept in the dark

Knowledge is power to play your part,
being informed gives you a great head start.

Sometimes, no matter how hard you try,
to understand the how, and to know the why.

People plot to keep you in the dark,
preventing you from making your mark!





Changing seasons

Change is the only constant thing in life,
knowing nothing ever stays the same.

Phases come and phases go,
the change of season part of life's flow.

How you view the change will determine your state,
a positive mind help you to carry all the weight!



All in good time

Patience is a virtue! Some people have all the patience in the world, other want things to be done yesterday. Patience teaches you the true meaning of timing. Being at the right place at the right time! It takes you on a spiritual journey, where you have to let go of the control over your own life and hand it over in the hands of Him who controls the Heavens and the Earth. Do what you are supposed to do, work hard and wait for Him. On His time, on His terms the perfect plan for your life will become a reality!



Good things come to those who wait

Patience is a virtue,

it is a very precious gift.

The ability to patiently wait,

a very positive personality trait.

Positioning yourself, opportunities that time create,

as good things come to those who wait!



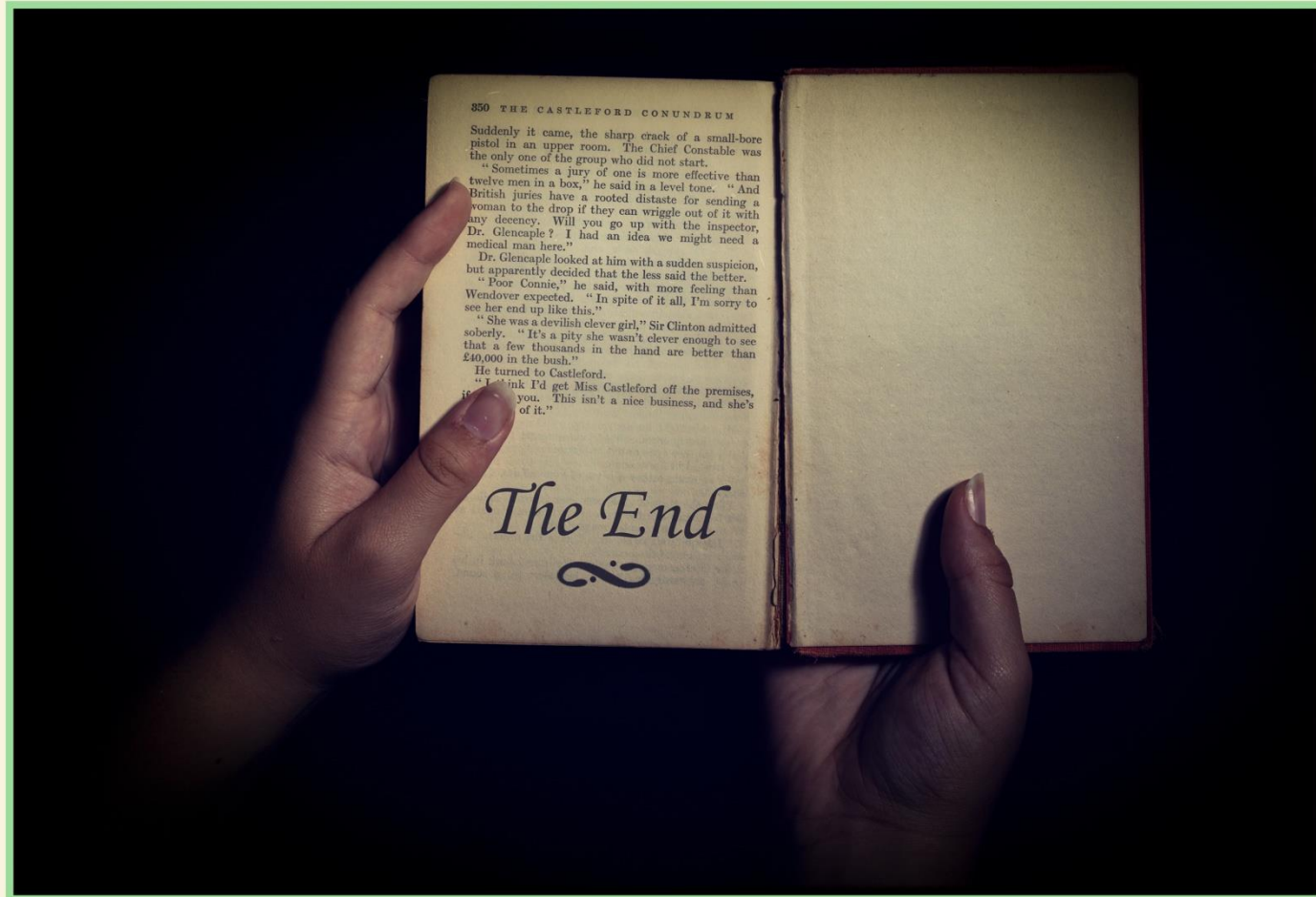


Play the waiting game

We live in a world of immediate gratification,
the instant fix of any situation.

Everything must happen, right here, right now,
like a child so demanding, no patience we allow.
Stop for an instance, please play the waiting game,
on His time, for His Glory,
life not only for our selfish fame!!





The End
∞

The final word

We were dealt with an amount of words,
a lifetime of phrases we need to speak.

The choice we have in what we say,
choose to testify as you pray.

Make sure your final word is loving and kind,
the memory of you in someone's mind!

