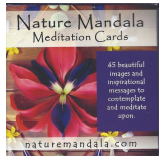


# A Week in Images and Quotes

## February - 2024



### CONNECTION

*Meditation Card*

**Connections** involve a sequence of questions we have on a specific topic followed by a summary of resources that was developed following each question. I will provide a template for a visual display of these relationships in an upcoming journal entry.

**Quotes are like prompts. A way of searching, connecting the dots.** Masha Tupitsyn

**Spirituality is not a formula; it is not a test. It is a relationship. Spirituality is not about competency; it is about intimacy. Spirituality is not about perfection; it is about connection. The way of the spiritual life begins where we are now in the mess of our lives.** Mike Yaconelli

**Sitting on the couch  
Listening to the music  
We both do our part -**

**Holding hands  
Making a connection  
Me-to-You / Heart-to-Heart.** ELP

THURSDAY

01

Several years ago, I read an extremely interesting book by Daniel Tammet – *Born on a Blue Day* – and sought out a few of his quotes of current relevance:

- *One of the lines from my books is about having respect for different minds, and if I had to have an epitaph at this point in my life, that would be it.*
- *Life is going to be complex, and the only way we're able to navigate our way through it all is by living as best we can and absorbing those experiences and somehow making intuitive responses in future situations that resemble them in some way.*

*Just before she died, she asked, What is the answer? No answer came. She laughed and said, In that case, what is the question? Then she died.*

Gertrude Stein

FRIDAY

02

SATURDAY

03

### TRUST IN THE PROCESS

*Meditation Card*

**P**resence  
**R**outines  
**O**bserve  
**C**ontent  
**E**qual  
**S**low Down  
**S**ilence

Your **presence** each day  
Enlightens the way

We do our **routines**  
together as a team

I **observe** movements  
To create improvements  
To be **content** & satisfied  
With you at my side

**Equal** in our status in life  
Living as husband & wife

**Slow down** our pace  
Life is not a race

And in **silence** and peace  
Our love will never cease.

# A Week in Images and Quotes

## February - 2024

SUNDAY

04

MONDAY

05

TUESDAY

06

WEDNESDAY

07

THURSDAY

08

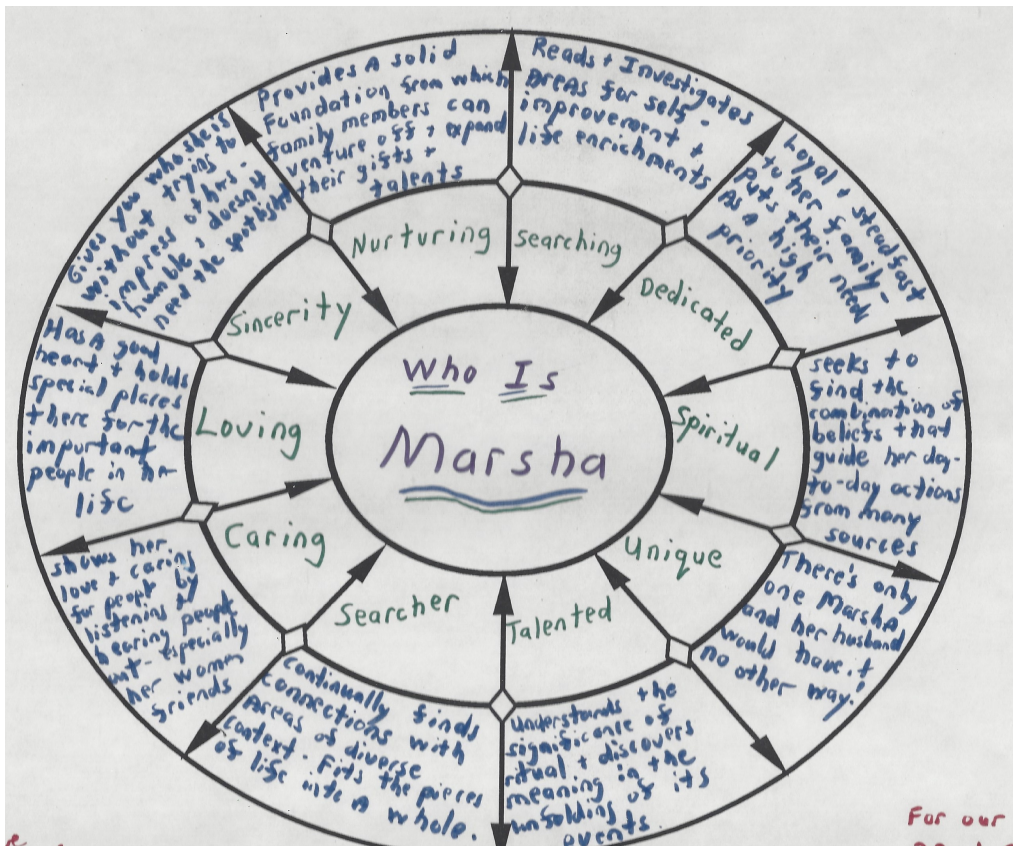
FRIDAY

09

SATURDAY

10

Developed for Marsha on the Occasion of our 22nd Wedding Anniversary



In case my writing is illegible:

**Searching:** Reads and investigates areas for self-improvement and life enrichments.

**Dedicated:** Loyal and steadfast to her family - puts their needs as a high priority.

**Spiritual:** Seeks to find the combination of beliefs that guide her day-to-day actions from many sources.

**Unique:** There's only one MARSHA and her husband would have it no other way!

**Talented:** Understands the significance of ritual and discovers meaning in the unfolding of its events.

**Searcher:** Continually finds connections with areas of diverse content. Fits the pieces of life into a whole.

**Caring:** Shows her love and caring for people by listening and hearing people out - especially her women friends.

**Loving:** Has a good heart and holds special places there for the important people in her life.

**Sincerity:** Gives you who she is without trying to impress others - humble and doesn't need the spotlight.

**Nurturing:** Provides a solid foundation from which family members can venture off and expand their gifts and talents.

*I didn't initially realize that I had used searching and searcher as two different key words surrounding Who Is Marsha?  
Perhaps this oversight was meant to emphasize this quality all- the-more.*


# A Week in Images and Quotes

## February - 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
<p><i>A Native American grandfather was talking to his grandson about how he felt. He said, "I feel as if I have two wolves fighting in my heart. One wolf is the vengeful, violent one, the other wolf is the loving compassionate one." The grandson asked him, "Which wolf will win the fight in your heart?" The grandfather answered, "The one I feed."</i></p> <p>Attributed to Black Hawk on AZ Quotes website</p> <hr/> <p><i>The heart of experiment is mystery.</i></p> <p>Rick Rubin, <i>The Creative Act: A Way of Being</i>, p 151</p> <hr/> <p><i>The past is a bucket of ashes, so live not in your yesterdays . . . but in the here and now.</i> Carl Sandburg</p>	<p><i>The idea is not to block every shot. The idea is to make your opponent believe that you might block every shot.</i></p> <p>Bill Russell</p> <hr/> <p><i>I'm on this current step of my journey, right now. Wait, I just moved!</i> ELP</p>	<p><b>LOVING ACCEPTANCE</b></p> <p><i>Meditation Card</i></p> <p><b>RADICAL ACCEPTANCE</b></p> <p><i>Radical acceptance rests on letting go of the illusion of control and a willingness to notice and accept things as they are right now, without judging.</i></p> <p>Marsha M. Linehan</p> <ul style="list-style-type: none"> <li><i>Imperfection is not our personal problem - it is a natural part of existing.</i></li> <li><i>What would it be like if I could accept life--accept this moment--exactly as it is?</i> Tara Brach</li> </ul> <hr/> <ul style="list-style-type: none"> <li><i>There is nothing in a caterpillar that tells you it's going to be a butterfly.</i></li> <li><i>Ninety-nine percent of who you are is invisible and untouchable.</i></li> </ul> <p>R. Buckminster Fuller</p> <hr/> <p><i>I wouldn't change a single thing, because one change alters every moment that follows it.</i> Sidney Poitier</p>		<ul style="list-style-type: none"> <li><i>We need to teach how doubt is not to be feared but welcomed. It's OK to say, "I don't know."</i> <ul style="list-style-type: none"> <li><i>Read everyday.</i></li> <li><i>Spend time with nature.</i></li> <li><i>Ask questions.</i></li> <li><i>Never stop learning.</i></li> <li><i>Don't pay attention to what others think of you.</i></li> <li><i>Do what interests you the most.</i></li> <li><i>Study hard.</i></li> <li><i>Teach others what you know.</i></li> <li><i>Make mistakes and learn.</i></li> <li><i>It's okay to not know things.</i></li> </ul> </li> <li><i>I learned very early the difference between knowing the name of something and knowing something.</i></li> <li><i>The highest forms of understanding we can achieve are laughter and human compassion.</i></li> </ul> <p>Richard P. Feynman</p> <hr/> <p><i>My job as a human being as well as a writer is to feel as thoroughly as possible the experience that I am part of, and then press it a little further.</i> Jane Hirshfield</p>		<p><i>Life is a process of becoming, a combination of states we have to go through. Where people fail is that they wish to elect a state and remain in it. This is a kind of death.</i></p> <p>Anais Nin</p> <hr/> <p><i>A journey is a person in itself; no two are alike. And all plans, safeguards, policies and coercion are fruitless. We find after years of struggle that we do not take a trip; a trip takes us.</i></p> <p>John Steinbeck</p>

# A Week in Images and Quotes

## February - 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19	20	21	22	23	24
<p><i>If I knew that this would be the last time you pass through this door, I'd embrace you, kiss you, and call you back for one more. If I knew that this would be the last time I would hear your voice, I'd take hold of each word to be able to hear it over and over again. If I knew this is the last time I see you, I'd tell you I love you, and would not just assume foolishly you know it already.</i> Gabriel García Márquez</p> <hr/> <p><i>It's only when we truly know and understand that we have a limited time on earth -- and that we have no way of knowing when our time is up -- that we will begin to live each day to the fullest, as if it was the only one we had.</i></p> <p>Elisabeth Kübler-Ross</p> <hr/> <p><i>I like writing about big turning points, where professional and personal lives coalesce, where the boundaries are coming down, and you're faced with a set of choices which will change life forever.</i></p> <p>Tana French</p>		<p><b>S</b>acred Space  <b>U</b>nique Journeys  <b>P</b>ersonal Stories  <b>P</b>erspectives by Facilitator  <b>C</b>onnected  <b>R</b>espectful Listening  <b>T</b>ransitions</p> <p><b>G</b>ratITUDE  <b>R</b>outines Matter  <b>N</b>onjudgemental  <b>U</b>seful Information  <b>P</b>ersonal Growth</p>	<p>The facilitator of the support group in which I participate provided the quote by Gabriel García Márquez prior to our most recent on-line meeting. It was quite impactful for many members.</p> <p><i>My primary physician recommended that I join a caregiver support group. I searched for a group that contained many of my own values and found one at LiveWell in Plantsville, CT. I captured my impressions of participating in this group with the SUPPORT GROUP acrostic summary.</i></p> <hr/> <p><i>What I look at, success is about really being grateful. You wake up in the morning, and you're thankful that you could breathe because it's a beautiful planet we live on, and I know there is a lot of struggle and pain, but there is more joy.</i> Beth Hart</p>			 <p><i>During one of my courses, I distributed name tags like the one above. I wanted to impress upon the students that they were the exceptional learners in my course as they were exposed to more creative ways to interact with future students in special education. In this phase of my life, I feel like the exceptional learner with respect to the topic of being a care provider for Marsha.</i></p>



# A Week in Images and Quotes

## February - 2024

SUNDAY

25

The following quote has many versions applied to numerous circumstances. It's nice to be reminded of its importance.

... we were learning to let go of the things we couldn't change; we just did our best with those things we could do something about.

John Irving  
The Last Chairlift,  
p. 855

I have realized that the past and future are real illusions, that they exist in the present, which is what there is and all there is.

Alan Watts

MONDAY

26

If one advances confidently in the directions of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours. Thoreau

I have always liked this quote by Thoreau. It has changed meaning over the years. Now my "dreams" are to live each day in the present moment. My "success" is a commitment to honor and provide Marsha with a nurturing environment in which to thrive as much as possible only limited by my present knowledge and creativity.

20 years ago was a blink of an eye.  
20 years from now will be the same.

Currently living minute by minute and Mindfulness is the name of the game. (ELP)

Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand - and melting like a snowflake.

Francis Bacon

TUESDAY

27

WEDNESDAY

28

My master's degree is in Community Health Education and during those studies I was introduced to René Dubos. I located two of his quotes that are quite pertinent to my current journey.

- Sometimes the more measurable drives out the most important.
- Wherever human beings are concerned, trend is not destiny.

René Dubos

BREATHE- LISTEN

Meditation Card

- My inner voice says, "In" as I count to 8 and "Out" as I count to 8.
- The sound of hot water making a crackling sound in the baseboard pipes.
- A car passes by on the road outside the bedroom window.
- A scratching sound as my hand relieves an itch on my face.
- My stomach gurgles.

THURSDAY

29

HEART MEDICINE

Meditation Card

- ½ hour holding hands and listening to music
- 1 long hug with an "I love you."
- A sincere "I'm sorry. I'll do better next time."
- A trip out in the car based on a spontaneous request
- 5 positive comments about how well we do things together.

GRATITUDE

Meditation Card

Gratitude is an Attitude

- knowing that enough means no more stuff!
- satisfied with what is; life is not a Jeopardy Quiz.
- thankful for my spouse and a safe, welcoming house.
- feeling blessed and in good health; that's the way to gain more wealth.
- reflecting on supportive friends who help me tie up many loose ends.