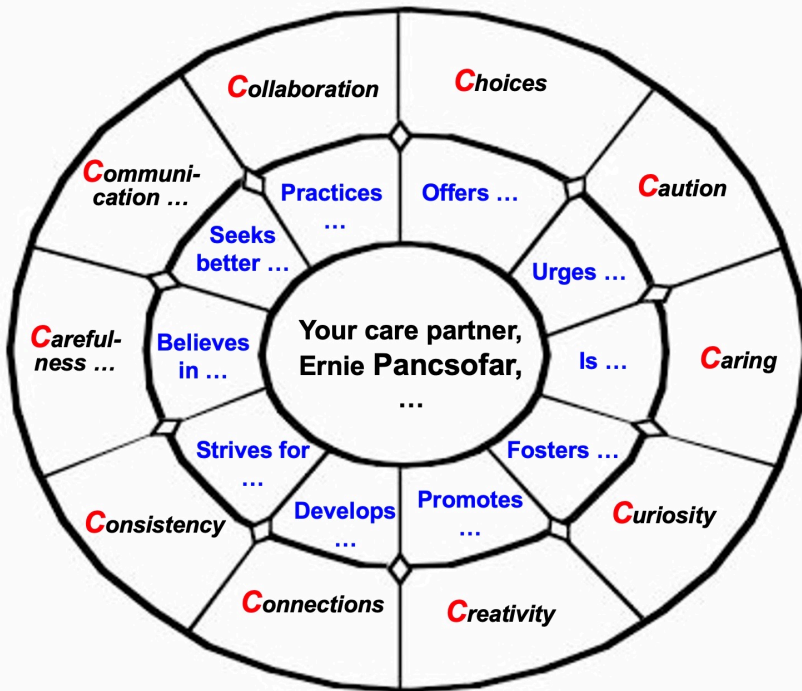


A Week in Images and Quotes

July - 2024

MONDAY

01



Several years ago, I introduced myself to students in a course I was teaching with this graphic of concentric circles. I changed the inner circle to its current rendition.

TUESDAY

02

WEDNESDAY

03

One of my friends alerted me to the following quote by Hermann Hesse. I got caught up in several other quotes by Hesse and will share them in upcoming weeks.

When someone seeks, said Siddhartha, then it easily happens that his eyes see only the thing that he seeks, and he is able to find nothing, to take in nothing because he always thinks only about the thing he is seeking, because he has one goal, because he is obsessed with his goal. Seeking means: having a goal. But finding means: being free, being open, having no goal. Hermann Hesse

Happiness in this world, when it comes, comes incidentally. Make it the object of pursuit, and it leads us a wild-goose chase, and is never attained. Follow some other object, and very possibly we may find that we have caught happiness without dreaming of it. Nathaniel Hawthorne

You don't have to reinvent the wheel every day. Today you will do what you did yesterday, and tomorrow you will do what you did today. Eventually you will get somewhere.

Chuck Close

Learn to get in touch with the silence within yourself, and know that everything in life has purpose. There are no mistakes, no coincidences, all events are blessings given to us to learn from.

Elizabeth Kubler-Ross

THURSDAY

04

FRIDAY

05

SATURDAY

06

Interesting connection to previous quote:

He who seeks does not find, but he who does not seek will be found.

Franz Kafka

Never be afraid to sit awhile and think. Lorraine Hansberry

Life is a lot like jazz... it's best when you improvise.

George Gershwin

• *Grow old with me! The best is yet to be.*

• *Stung by the splendour of a sudden thought.*

Robert Browning

A Week in Images and Quotes

July - 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07	08	09	10	11	12	13
<p>Wisdom cannot be imparted. Wisdom that a wise man attempts to impart always sounds like foolishness to someone else ... Knowledge can be communicated, but not wisdom. One can find it, live it, do wonders through it, but one cannot communicate and teach it.</p> <p>Hermann Hesse</p> <hr/> <p>Today is the first day of the rest of your life. And if that doesn't work out for you, tomorrow is the first day of the rest of your life.</p> <p>Bob Saget</p>	<p>TAKE IT EASY TAKE IT SLOW</p> <p>Meditation Card</p> <p>As we age into elderhood, this advice is greatly appreciated:</p> <ol style="list-style-type: none">1. If it doesn't get done today, there is always tomorrow . . . and next week!2. Periodically, sit on the couch and listen to light classical music.3. A schedule of events is a reminder of options, not demands for the day.4. Incorporate some Tai Chi walking into my routine.5. Be mindful that the present is the NOW and will be gone shortly. Be aware! <hr/> <p>It isn't the things that are happening to us that cause us to suffer, it's what we say to ourselves about the things that are happening. The truth you believe and cling to makes you unavailable to hear anything new. Pema Chödrön</p>		<p>Progress. Just make progress. It's okay to have setbacks and the need for do-overs. It's okay to draw a line in the sand and start over again - and again. Just make sure you're moving the line forward. Move forward. Take baby steps. ... Then change will come. And it will be good. Lysa TerKeurst</p> <hr/> <p>I want to thank our on-line support group facilitator for bringing this quote to my attention.</p> <hr/> <p>Never put off till tomorrow what you can do the day after tomorrow.</p> <p>Mark Twain</p> <p>I think I should stop my procrastination and help Marsha shampoo her hair tomorrow. Wait a minute! Mark says I can wait until Monday! ELP</p>	<p>BALANCE</p> <p>Meditation Card</p> <p>Balance is not a passive resting place – it takes work, balancing the giving and the taking, the raking out and the putting in.</p> <p>Robin Wall Kimmerer</p>	<p>I am not a wealthy person But I certainly am a rich one. We are growing older together And when each day is done, I am thankful for your presence. You are the best person I know And I continue to be surprised At just how much I grow When I support and care for you. There's richness in the air. Love surrounds and flows through us. We are a lovely pair. ELP</p> <hr/> <p>Last week there was a theme of seeking-finding that emerged. The quote below is from an author whose book I am currently reading – <u>Braiding Sweetgrass</u>.</p> <p>A Cheyenne elder of my acquaintance once told me that the best way to find something is not to go looking for it.</p> <p>Robin Wall Kimmerer</p> <p>Thank you to George and Pat for the gift of this book.</p> <p>BRAIDING SWEETGRASS</p> 	

A Week in Images and Quotes

July - 2024

SUNDAY

14

SURRENDER

Meditation Card

Instead of defining surrender as “giving up,” I am using this term as “letting go.”

Let go of a need for predictable routines.
Embrace acts of improvisation.

Let go of a fear of the unknown for an unwanted disease.

Embrace the essence of Marsha’s identity.

Let go of dreading making mistakes.

Embrace the journey of making new discoveries.

Let go of sadness.

Embrace memories that brought us to this current moment

Let go of a need to be perfect

Embrace the process of perfecting my supports.

Let go of self criticism.

Embrace reflection.

Let go of doing it alone.

Embrace sharing with a support group.

MONDAY

15

TUESDAY

16

Respond to hurtful words ... with **peace**.

Respond to anger ... with **love**.

Respond to confusion ... with **understanding**.

Respond to agitation ... with **peace**.

Respond to frustration ... with **love**.

Respond to clutter with **understanding**.

As Nick Lowe aptly wrote (What’s So Funny ‘bout)
Peace, Love and Understanding.

WEDNESDAY

17



You may need to use some imagination, but I refer to this large stone in our backyard as Turtle Rock. This animal has significance in the creation story among many indigenous people as explained by Robin Wall Kimmerer. It’s a nice connection to have when Marsha and I make a frequent inspection of our property.

Creativity itself doesn't care at all about results - the only thing it craves is the process. Learn to love the process and let whatever happens next happen, without fussing too much about it.

Elizabeth Gilbert

THURSDAY

18

FRIDAY

19

Observational Learning

This learning occurs on my part if I am paying attention to events around me. I have noticed that Marsha appears to enjoy scraping her bowl to obtain the last bit of food. This occurred when she was eating her cereal for breakfast yesterday. A little while later I was having a very difficult time coaxing her to open her mouth for her morning medicines. Typically, if she does not take the medicines herself, I can put them in a small teaspoon of applesauce, and she’ll accept them in her mouth - - - but not today. She appeared quite confused no matter how I explained to her to open her mouth so I could give her the medicine. Solution: I put a small bowl of applesauce in front of her that included her medicines and told her this was the rest of her breakfast. Within just a few minutes she had scraped the bowl clean and taken her medicine. ELP

There is only one day left, always starting over: it is given to us at dawn and taken away from us at dusk.



Jean-Paul Sartre

SATURDAY

20

A Week in Images and Quotes

July - 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22	23	24	25	26	27
<p><i>A gift comes to you through no action of your own, free, having moved toward you without your beckoning. It is not a reward; you cannot earn it, or call it to you, or even deserve it. And yet it appears. Your only role is to be open-eyed and present. Gifts exist in a realm of humility and mystery – as with random acts of kindness, we do not know their source.</i></p> <p>Robin Wall Kimmerer</p>	  <p>Marsha commented to one of our daughters, <i>“I can see myself in you.”</i> This gave me an idea to juxtapose two recent photos of my dad (106) and me (73) and send it to my siblings with the same quote.</p> <hr/> <p><i>A friend often says I'm an old man in a young(er) man's husk. I like that. I am old-fashioned in some ways.</i></p> <p>[(er) added by the younger Ernest]</p> <hr/> <p><i>Time changes everything except something within us which is always surprised by change.</i> Thomas Hardy</p> <p>Daniel Radcliffe</p>		<p>During the course of our online support group meeting, the facilitator offered the following quote after I related an experience I recently had with Marsha:</p> <p><i>Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.</i></p> <p>Viktor Frankl</p> <p>Selected comments that resonated with me as I listened and participated with members of this group.</p> <p>Refram I ng Fra N kl Quote It Goe S Around and Around G I ve up the Need to be Right Tou G hest Journey H ang in There! 4 S T eps Forward 2 S teps Back</p> <hr/> <p><i>It is never too late to become the person you always thought you could be.</i> George Eliot</p> <p><i>The trouble is you think you have time.</i> The Buddha</p>		<p><i>You never know when enough is enough . . . You never know what the next step is supposed to be . . . You never know what will happen next . . . But you do know you are doing the best you can based on your experiences along with the energy and creativity you bring to each situation! ELP</i></p> <hr/> <p>In honor of the Opening Ceremonies of the Summer Olympics:</p> <p><i>The hard days are the best because that's where champions are made.</i></p> <p>Gabby Douglas</p> <hr/> <p><i>I've been pretty blessed. Sometimes it comes in disguise.</i> Clarence Clemons</p>	<p><i>It's frightening when things you love appear suddenly changed from what you have always known.</i></p> <p>Barbara Kingsolver</p> <hr/> <p><i>Do not seek death. Death will find you. But seek the road which makes death a fulfillment.</i></p> <p>Dag Hammarskjöld</p>

A Week in Images and Quotes

July - 2024

SUNDAY

28

Isn't this the purpose of education, to learn the nature of your own gifts and how to use them for good in the world?

Robin Wall
Kimmerer

We are not going in circles; we are going upwards. The path is a spiral; we have already climbed many steps.

Hermann Hesse

*I'm just where I'm meant to be
At the exact time that's meant for me!* ELP

MONDAY

29

HAPPINESS

Meditation Card

There is only one happiness in this life, to love and be loved.

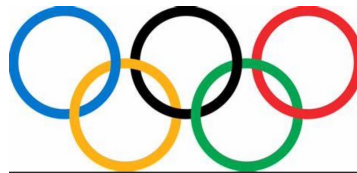
George Sand

- Society cannot continue to disable themselves through their need to categorize people or make assumptions as to another individual's abilities.
- I'm not a deaf musician. I'm a musician who happens to be deaf.

Evelyn Glennie

TUESDAY

30



- *I can only control my own performance. If I do my best, then I can feel good at the end of the day.*
- *I have a lot of goals, but I think that I just want to take it day by day.*
- *I'm the same kind of guy before all this happened.* Michael Phelps

Consistent achievement happens only if you love what you are doing.

Bart Connors

You should also appreciate the goodness around you and surround yourself with positive people.

Nadia Comaneci

Adversity and perseverance and all these things can shape you. They can give you a value and a self-esteem that is priceless. Scott Hamilton

WEDNESDAY

31

Contradictory precepts that have guided me for as long as I can remember:

1. *I will live forever.*
2. *I will die tomorrow.*

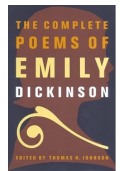
Howard Gardner

Marsha indicated that she wanted to go down to our basement in the early afternoon today (Saturday) and while there I noticed a book containing all the poems of Emily Dickinson. It didn't take me long to locate two of my favorites:

*"Hope" is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -*

and

*I'm Nobody! Who are you?
Are you - Nobody - Too?
Then there's a pair of us!
Don't tell! They'd advertise - you know!*



I have always believed, and I still believe, that whatever good or bad fortune may come our way we can always give it meaning and transform it into something of value. Hermann Hesse

*Curious people are interesting people;
I wonder why that is.* Bill Maher

*I will never run out of books to read
In which I find great pleasure when I need
Distractions throughout my day
That keep me in the present so that I may
Provide my supports at the drop of a hat.
Now - back to my book - where was I at?* ELP