

A Week in Images and Quotes

May - 2025

Once again, Krista Tippett draws my attention to another wise person: Brené Brown. I have added a few of her books to my reading queue. Following are some quotes that currently resonate with my caregiver experiences:

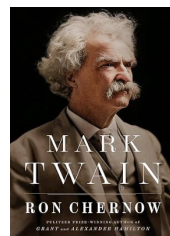
- *Imperfections are not inadequacies; they are reminders that we're all in this together.*
- *Compassion is not a virtue -- it is a commitment. It's not something we have or don't have -- it's something we choose to practice.*
- *Effort + the courage to show up = enough.*
- *Healthy striving is self-focused: "How can I improve?" Perfectionism is other-focused: "What will they think?"*
- *A good life happens when you stop and are grateful for the ordinary moments that so many of us just steamroll over to try to find those extraordinary moments.*

Now is no time to think of what you do not have. Think of what you can do with what there is. Ernest Hemingway, *The Old Man and the Sea*

- *There is really no kind of education for getting old. You get old, you begin to lose your power, suddenly you find that you are left with it, you are on your own with it, and no one sees it like you do.*
- *If you bring creative expectation to your future, no matter what difficulty may lie in wait for you, you will be able somehow to transfigure it.*

John O'Donohue, *Walking in Wonder*

How can I be useful, of what service can I be? There is something inside me, what can it be? Vincent Van Gogh



Interesting quote to juxtapose with a book I just bought:

Biographies are but the clothes and buttons of the man. The biography of the man himself cannot be written.

Mark Twain

THURSDAY

01

Krista Tippett mentions Pierre Teilhard de Chardin among modern thinkers who have influenced her outlook on life. Here are three quotes attributed to de Chardin that resonate with me.

- *In the final analysis, the questions of why bad things happen to good people transmutes itself into some very different questions, no longer asking why something happened, but asking how we will respond, what we intend to do now that it happened.*
- *We are not human beings having a spiritual experience. We are spiritual beings having a human experience.*
- *Growing old is like being increasingly penalized for a crime you haven't committed.*

FRIDAY

02

SATURDAY

03

I found much insight in the following quote as I remember my time with Marsha. The one image that sticks out is our togetherness. All the negative images recede into the distant background. ELP

We were together. I forget the rest. Walt Whitman

Failure comes when we don't get back up and try again. Jack White

Life is a long preparation for something that never happens.

William Butler Yeats

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SUNDAY

04

Letting something you don't understand come to fruition is an intelligence in itself.

Daniel Lanois

Now we sit through Shakespeare in order to recognize the quotations.

Orson Welles

Life is enriched by difficulty; love is made more acute when it requires exertion. Andrew Solomon

My practice is "nowhere," my opinion is here.

H. D. Thoreau,
Walden

MONDAY

05



I watched this documentary on PBS this evening (May 5th). Three different portrayals of caregivers with their loved ones sampled the range of interactions and feelings I also had in my caregiving experiences with Marsha. Well done!

TUESDAY

06

WEDNESDAY

07

My experience is what I agree to attend to. Only those things which I notice shape my mind.

William James

Everybody should have a documentary made about themselves. It's amazing what you see and what you learn.

Béla Fleck

THURSDAY

08

Find something you're passionate about and keep tremendously interested in it.

Julia Child

A great truth is a truth whose opposite is also a truth.

Thomas Mann

I think of quotes as mini-instruction manuals for the soul.

Cheryl Strayed

FRIDAY

09

- *The most important part of your life is ahead of you, not behind you.*
- *In his book Consolations, the essayist and poet David Whyte observed that the ultimate touchstone of friendship 'is not improvement, neither of the other nor of the self. The ultimate touchstone is witness, the privilege of having been seen by someone and the equal privilege of being granted the sight of the essence of another, to have walked with them and to have believed in them, sometimes just to have accompanied them for however brief a span, on a journey impossible to accomplish alone.'*

David Brooks, *How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen*

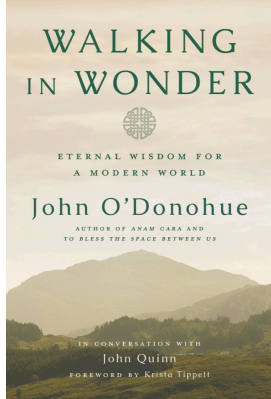
SATURDAY

10

- *Old people, with other old people, are not so old.*
- *Life is not what one lived, but what one remembers and how one remembers it in order to recount it.*
- *The truth is I'm getting old, I said. We already are old, she said with a sigh. What happens is that you don't feel it on the inside, but from the outside everybody can see it.* Gabriel García Márquez

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---|----------|
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| <p><i>U2's best work has always been when we didn't know what we're doing.</i></p> <p>Bono</p> <hr/> <p><i>Life's under no obligation to give us what we expect.</i></p> <p>Margaret Mitchell</p> <hr/> <p><i>As I sit here writing and look across the room at Janice, I keep thinking of the most heartbreaking question: which of us will go first?</i> Billy Crystal</p> <p><i>I don't have this question anymore, but I once did wonder what would be in store for the one who is left alone. The way things turned out we could not have known it would be you who would leave us first. Amid our lives that go unrehearsed. I think I am now better prepared because of the love we have shared.</i> ELP</p> | <p><i>I am expressing myself truthfully. That is an important thing.</i></p> <p>Ziggy Marley</p> <hr/> <p><i>Be happy for this moment. This moment is your life.</i></p> <p>Omar Khayyam</p> | <ul style="list-style-type: none"> <i>No one else can see the world the way you see it. No one else can feel your life the way you feel it.</i> <i>If you allow yourself to be the person you are then everything will come into rhythm.</i> <p>Tonight, Dylan paid a tribute to Shane MacGowan of The Pogues by singing <i>A Rainy Night in Soho</i>. A sample from the lyrics:</p> <p><i>I'm not singing for the future / I'm not dreaming of the past / I'm not talking of the first times / I never think about the last.</i></p> |  <p><i>I was looking for my next book to read and remembered Krista Tippett's interview with John O'Donohue. This also encouraged me to find some suitable quotes by this author that are compatible to my current life's journey.</i></p> <hr/> <p>Dylan sang <i>Garden Party</i> by Ricky Nelson during his performance on the Outlaw tour on May 14th. Excellent!</p> <p><i>But it's all right now. I learned my lesson well. You see you can't please everyone So, you got to please yourself.</i></p> | <ul style="list-style-type: none"> <i>An interesting question to ask yourself at night is, What did I really see this day?</i> <i>We do not need to grieve for the dead. Why should we grieve for them? They are now in a place where there is no more shadow, darkness, loneliness, isolation, or pain. They are home.</i> <hr/> <p><i>The most important hour is always the present. The most significant person is precisely the one sitting across from you right now. The most necessary work is always love.</i></p> <p>Meister Eckhart</p> | <p>In the book, <i>Walking in Wonder</i> by John O'Donohue I found the following passage "... Mendoza asks Gabriel Garcia Márquez, what did he think of his wife, Mercedes? Márquez, who has been with Mercedes for forty years now, said to Mendoza, 'I know her so well now that I haven't the slightest idea who she is.'"</p> <hr/> <p><i>Be willing to be a beginner every single morning.</i></p> | |

A Week in Images and Quotes

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SUNDAY

18

I needed to write, to express myself through written language not only so that others might hear me but so that I could hear myself.

Gabor Maté

(Without Why)

The rose is without why.
She blooms because she blooms.
She does not care for herself.
Asks not if she is seen.

Angelus Silesius

The whole problem with the world is that fools and fanatics are always so certain of themselves, and wiser people so full of doubts. Bertrand Russell

But please don't ask where I get my ideas from. I have managed to keep the address of the company where I buy my ideas a secret all these years, and I'm not about to let people in on it now.

Ursula K. Le Guin

MONDAY

19

TUESDAY

20

- *The price of inaction is far greater than the cost of making a mistake.*
- *There exists only the present instant ... a Now which always and without end is itself now. There is no yesterday nor any tomorrow, but only Now, as it was a thousand years ago and as it will be a thousand years hence.*
- *All God wants of man is a peaceful heart.*

Meister Eckhart

WEDNESDAY

21

THURSDAY

22

For Presence

*Awaken to the mystery of being here
And enter the quiet immensity of your own presence.
Have joy and peace in the temple of your senses.
Receive encouragement when new frontiers beckon.
Respond to the call of your gift and the courage to follow its path.
Let the flame of anger free you of all falsity.
May warmth of heart keep your presence aflame.
May anxiety never linger about.
May your outer dignity mirror an inner dignity of soul.
Take time to celebrate the quiet miracles that seek no attention.
Be consoled in the secret symmetry of your soul.
May you experience each day as a sacred gift woven around the heart of wonder.*

Meister Eckhart, *To Bless the Space Between Us*

Verse 4 from *The Lone Pilgrim on World Gone Wrong* – Bob Dylan

*Go tell my companion and children most dear
To weep not for me now I'm gone.
The same hand that led me through seas most severe
Has kindly assisted me home.*

FRIDAY

23

SATURDAY

24



Happy 84th birthday Bob!

We live our todays amid yesterday's memories and tomorrow's hopes. ELP

Knowing is not understanding. There is a great difference between knowing and understanding: you can know a lot about something and not really understand it. Charles Kettering

To love is to find your own soul through the soul of the beloved one.

Edgar Lee Masters

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---------|-----------|--|---|----------|
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| <p>Everyone that leaves your life leaves a subtle trail of connection with you; and when you think of them, and miss them and desire them, your heart journeys out again along that trail towards them in the elsewhere that they now find themselves.</p> <p>Excerpt From: John O'Donohue & John Quinn. Walking in Wonder</p> <hr/> <p>Yesterday's just a memory, tomorrow is never what it's supposed to be.</p> <p>Bob Dylan</p> | <p>While Sitting at the Airport on May 29, 2025</p> <p>Where do I go from here? When will my final days come near? How will I fill up my time Do I have more verses to my rhyme?</p> <p>Sitting in the airport writing some notes Looking for wisdom in my search for quotes. It's been about two months since Marsha passed. How the time seems to speed by so fast!</p> <p>I'm revising updates from the past few years. It's time to reflect and shift my gears To new endeavors and listen to my inner voice To see what I hear about having a choice ...</p> <p>To venture forth and live day by day To see what adventures may come my way. I'm not done yet – there's more to do Before my time on this earth is through.</p> <hr/> <ul style="list-style-type: none">• Whatever I have tried to do in life, I have tried with all my heart to do it well; whatever I have devoted myself to, I have devoted myself completely; in great aims and in small I have always thoroughly been in earnest.• A wonderful fact to reflect upon, that every human creature is constituted to be that profound secret and mystery to every other. Charles Dickens | | | <p>The question is the place where the unknown becomes articulate in us. A good question is something that has incredible grace and light and depth to it. A good question is something that always, in some way, plows the invisible furrows of absence to find the nourishment and the treasure that we actually need.</p> <p>From: John O'Donohue & John Quinn. Walking in Wonder</p> <hr/> <p>Logic will never change emotion or perception.</p> <p>Edward de Bono</p> | <p>BEGIN AGAIN</p> <p>Meditation Card</p> <p>I thought of the following quote by Rachel Carson that I uncovered today.</p> <p>Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature -- the assurance that dawn comes after night, and spring after winter. Rachel Carson</p> <hr/> <p>Resilience is a precious skill. People who have it tend to also have three underlying advantages: a belief that they can influence life events; a tendency to find meaningful purpose in life's turmoil; and a conviction that they can learn from both positive and negative experiences. Amanda Ripley</p> | |