

A Week in Images and Quotes

October - 2026

- *In the end, I learned that the practice of Not-Knowing is the very ground of altruism.*
- *Helping, fixing, and serving represent three different ways of seeing life. When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole.* Joan Halifax

A contemplative approach to dying includes ways of being such as mindfulness, warmth, authenticity, stability, and generous listening. This allows us to enter the question of dying without so many answers. Being with dying calls for humility, acceptance, and a willingness to let go of control. Frank Ostaseski

Quotes by Donald Woods Winnicott:

In my current reading of *The Five Invitations* by Frank Ostaseski, he mentioned the work of Donald Winnicott and the role of play and creativity in one's life. This connected with some of the teachings of Lev Vygotsky in a chapter of a book used in a discussion group of which I am a member.

- *It is a joy to be hidden, and a disaster not to be found.*
- *Creativity consists in maintaining a key aspect of the experience of childhood throughout one's life: the capacity to create and recreate the world. Creativity is the omnipotence of the child's mind.*
- *The fact that grief takes so long to resolve is not a sign of inadequacy but betokens depth of soul.*
- *It is in playing and only in playing that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self.*

Perhaps the truth depends on a walk around the lake.

Wallace Stevens

Human experience is complex and particular. Creative work means contemplating and translating that complexity rather than flattening it into the simplest answer.

Georgi Lupi, In Defense of the Detour, *NY Times Opinion*, September 27, 2026

- *When we are not sure, we are alive.*
- *There's a virtue in slowness, which we have lost.*

Graham Greene

*I walk the path I'm on.
There is impermanence from where I come.
My ancestors walk with me wherever I go
And I can feel your presence as well.
I remember reading a quote at the Denver Airport:
"I have arrived, I am here.
My destination is in each step." Thich Nhat Hanh
My history is in each step – I am here body and soul.
I carry memories, however distorted they may be.
I walk the labyrinthian path toward a final place of rest
But meanwhile, every place is here and every time is now. ELP*

THURSDAY

01

FRIDAY

02

SATURDAY

03

Death is not the end of anything... I believe we are all just energy that becomes matter... When the matter is gone... The energy still exists... You can't destroy it... It never dies... It manifests elsewhere.

Willie Nelson

Living is a form of not being sure, not knowing what's next or how ... We guess. We may be wrong, but we take leap after leap in the dark. Agnes de Mille, dancer

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SUNDAY

04

To return back into ourselves, there are three things needed, for which you don't require a computer, television or radio: the first is a bit of stillness. Nothing can happen without a certain stillness. We also need silence. There is nothing so vocal and articulate as silence; all good language, all great words, are born of it. And the third thing we need is solitude. We need to acknowledge that solitude is an invitation to the soul to come alive. Solitude is utterly luminous if we lose our fears and begin to enter it more deeply.

From "Earth's Inner Light," An interview with John O'Donohue in "Earthlight" #27

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- *What would it be like to live in a library of melted books. With sentences streaming over the floor and all the punctuation settled to the bottom as a residue. It would be confusing. Unforgivable. A great adventure.*
 - *Some conversations are not about what they're about.*
 - *Time isn't made of anything. It is an abstraction. Just a meaning that we impose upon motion.*
 - *Come back! Even as a shadow, even as a dream.*
 - *To be running breathlessly, but not yet arrived, is itself delightful, a suspended moment of living hope.*
 - *Sometimes a journey makes itself necessary.*
 - *When I began to be published people got the idea that I should 'teach writing,' which I have no idea how to do and don't really believe in. Anne Carson*

WEDNESDAY

07

THURSDAY

08

FRIDAY

09

SATURDAY

10

Nate Silver was mentioned in one of my acrostic puzzle clues, so I wondered if he had any insights to share from a statistician's point of view:

- *We're not that much smarter than we used to be, even though we have much more information.*
- *People gravitate toward information that implies a happier outlook for them.*
- *A lot of the time nothing happens in a day.*
- *I think a lot of journal articles should really be blogs.*
- *We must become more comfortable with probability and uncertainty.*
- *The key to making a good forecast is not in limiting yourself to quantitative information.*

Wonderment is the awe of life, the human capacity to appreciate without the embellishment of judgment. It emanates from curiosity, though less an inhabitant of the Socratic mind and more a wondrous sigh ending in a happy exclamation point. Norma Wong, Who We Are Becoming Matters

True growth is a process which one allows to happen rather than causes to happen. Gerald May

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
Below is a comment I wrote upon reading some insights offered by Courtney Martin on her SubStack - The Examined Family: <i>We will be exposed to many dualities as the election beckons us to make a decision of either/or. What if both candidates were selected but had to share an office and only by working together could a proposal emerge for the benefit of both political points of view? What if consensus ruled rather than a majority vote? I know this is somewhat simplistic, but I read a quote and you can pick your religious affiliation to change the context. What is the main difference between democrats and republicans? One group goes to mass at 8:30 while the other group goes to mass at 11:00.</i> <i>Looked at in another context, I marvel at the reactions of concert goers who have just left a Bob Dylan show.</i> <i>I couldn't understand a word he sang! This was the worst show I have ever been at!</i> <i>as opposed to</i> <i>I am here to honor his impact on my life and I don't care what song he sings! This is the best show I've ever been to!</i> <i>I like the way you challenge us to think differently about important aspects of the phase of life we are each experiencing. Thank you.</i>			<i>Some questions cannot be answered. They become familiar weights in the hand, round stones pulled from the pocket, unyielding and cool.</i> <i>When I write, I don't know what is going to emerge. I begin in a condition of complete unknowing, an utter nakedness of concept or goal. A word appears, another word appears, an image. It is a moving into mystery.</i> <i>I want to preserve a certain unknowing about my own poems – perhaps because unknowing is in itself a useful poetic thirst. To move the perimeter of saying outside my own boundaries is one reason I write.</i> <i>Habit, laziness, and fear conspire to keep us comfortable within the familiar.</i> <i>You may do this, I tell you, it is permitted. Begin again the story of your life.</i> <i>Zen pretty much comes down to three things - everything changes; everything is connected; pay attention. Jane Hirshfield</i> Excerpt from <i>Praise What Comes</i> by Jeanne Lohmann: <i>... At the end there may be no answers and only a few very simple questions: did I love, finish my task in the world? Learn at least one of the many names of God? At the intersections, the boundaries where one life began and another ended, the jumping-off places between fear and possibility; at the ragged edges of pain, did I catch the smallest glimpse of the holy?</i> Commenting on an aspect of <i>Praise What Comes</i> by Jeanne Lohmann, Parker Palmer states: <i>These are open questions, probing questions, humble questions, all worth pondering – with the understanding that coming up with answers is not the point. The point is to allow questions like these to draw us toward reflecting more deeply and living more deeply while we have the gift of life.</i>			