

June 2017

CHAPTER THREE

The

FUTURE

vol. 1.



• ACCEPTANCE •



• INNOCENCE •

HOPE •

RETURN HOME

- Laser & Ink Jet Guaranteed:
24 lb. Writing, 70 lb. Text and 80 lb. Text
- Celebration® Colors Added to Showcase
All Fleck & Fiber-Added Sheets in One Book
- ♻️ Contains 30% Post-Consumer Waste

"MAGICAL" Moments

1. Thinking Lenny Kravitz's version of "When Doves Cry" and walking into Love Field to Prince's version.
2. Rainbow. Driving to Shelley's B'Day dinner, huge rainbow on a clear day, after hearing news of Flame's passing + falling back in to memories of the call about Dad's passing while driving to Lincoln on May 31 of 1994, for Shelley's birthday. Flame died on the same day, at about the same time as Dad.
3. Dong Stanley synchronicity. Jody + I met at Zoo Bar, talked briefly of Dong, and she heard from him + sent picture of us to him.

May 31,
2017

Heading to
Lincoln.



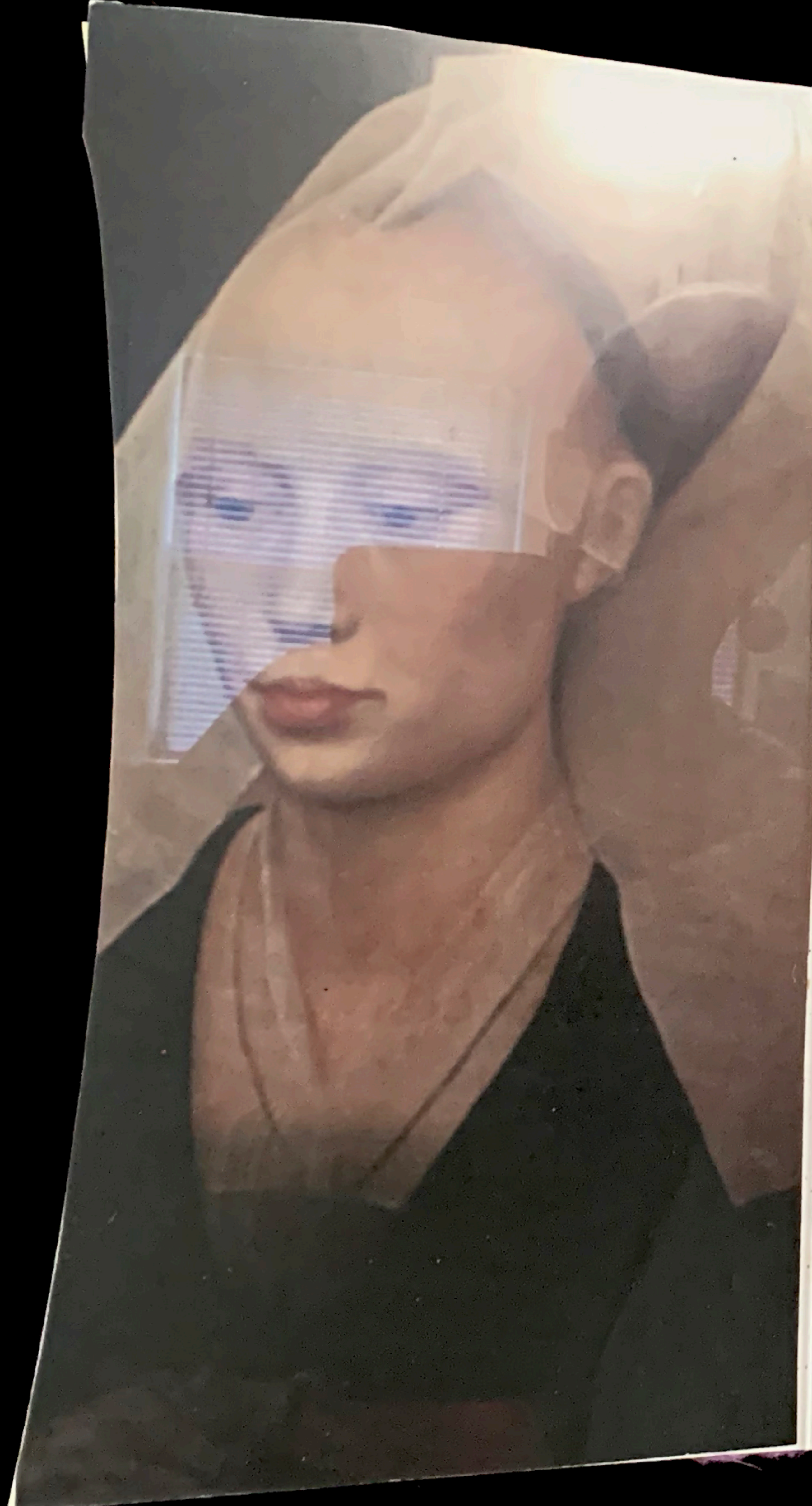
- I. PHYSICAL well Being
- II. PLACE
- III. In. NATURE, in the world
WITH THE DIVINE.
- IV. RELATIONSHIPS
- V. THE WORK: PERSONAL
- VI. THE WORK: 29 Pieces
- VII. SPIRITUAL GROWTH & MATURITY
- VIII. LOOSE ENDS
- IX. How I DEPART

cut sizes:
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 80 lb. cover and 100 lb. cover weights are 250 sheet wrapped.
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What are my
 questions and con-
 versations with
 the divine? with
 God, the Goddesses,
 with the Power of Love,
 "ThY WILL Be Done."

May 31,
 2017

Heading to
 Lincoln.

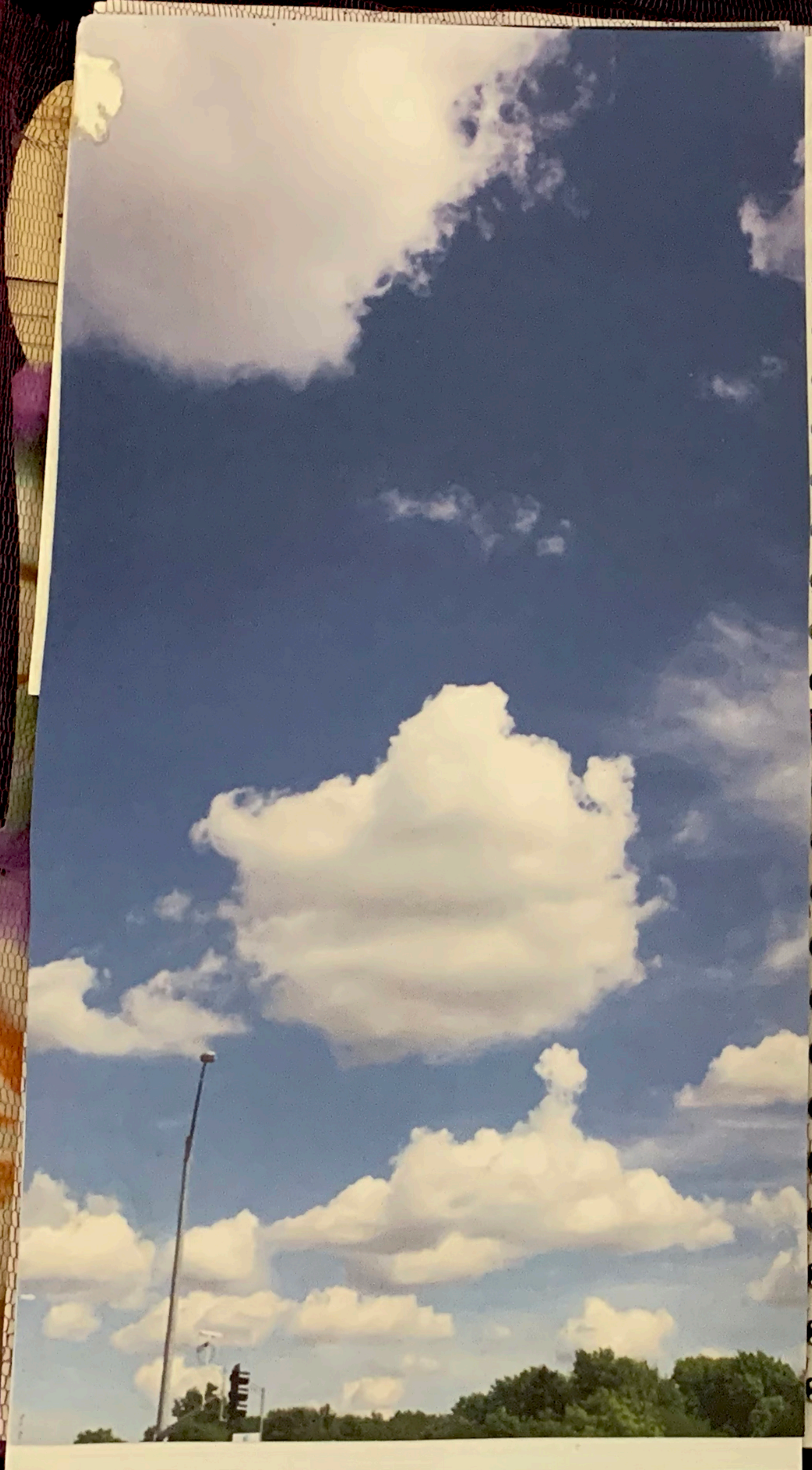




Last night, before going to sleep, I watched & Lenny Kravitz's inspired tribute to Prince - "When Doves Cry" and "The Cross" - performed at Rock + Roll Hall of Fame Induction.

This morning, walking into Love Field, I was singing it to myself.





When I walked in to
the terminal, when
Doves Cry was playing
near the Southwest
ticket booth. A
story - for what it's
worth.

For this journal,
I want to address
a reckoning with
HEALTH and Fitness
CHAPTER THREE the Future





Just spoke with Kelly.
He had Flame put down.
Another May passing.

Our sweet Flame -
whose life we prolonged
more than once.

And today is the
anniversary of Dad's
death. Back in 1994,
I was going in to Lincoln
at right about this
time when the nursing
home called to say
that he had passed.



I'm in Lincoln, and supposed
to head to Shelley's
dinner shortly,

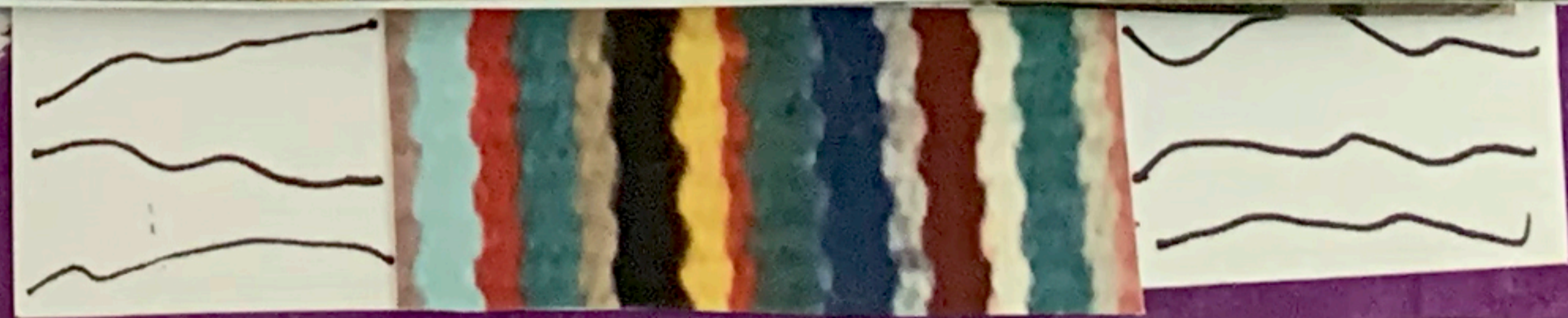
~~These~~ These losses, This
in describable feeling of
love & ones stopped away.

And Flame - I will
have to write more later.

What do we do with
these good-byes?

JUNE 1, 2017

Slept till 10:00 a.m. at
this very quiet Best



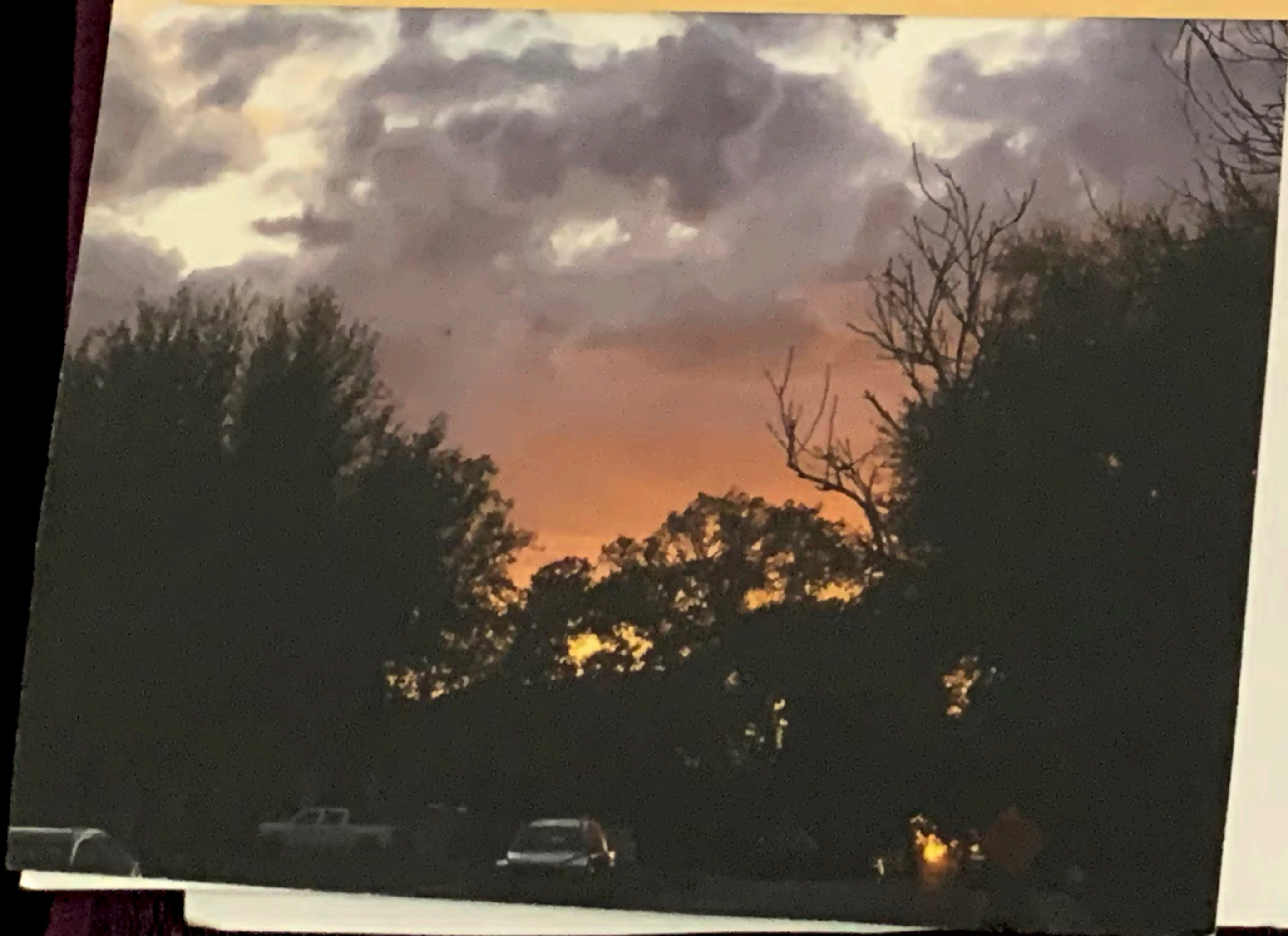
Western on n. 27th
St. in Lincoln.
missed breakfast.
enjoying my time
in the quiet and
anonymous rooms.

This year.

And last night...

And thinking about
so many things in

- the conversation at
Shelley's dinner
- the Marquez book -
Love in the time of
cholera



- Flame
- Dad and that moment
- the clean, cool air of this clean cool room.
- being in Nebraska
- the more and changes at 29 pieces.
- friendships here.
- seeing Judy at The Zoo Bar yesterday a flinnom.
- the future
- the beauty - of



the earth, of all
these intricate connections.

Saturday June 3, 2017

Coffee, chocolate +
great conversation with
Gardner - ranging from
books (Hamilton, Love in
the Time of Cholera,
Handmaid's Tale) to
family, pets, sex, aging,
Phoebe's zine, our
values of our conver-
sations, Lorraine, and
many other topics, I
said this many years



ago and will again — I
don't know anyone else
in my life with whom
I so much enjoy the
art of conversation.
I'd have to think harder
about why this is.

But it is.

And then a drive through
the beautiful countryside
and dinner with Jane.
Lovely days.

Home by 9:15 and
watching a PBS special
on the 50 year anniversary
of Sgt. Pepper.



JUNE 4, 2017.

Last day in Lincoln.
Need to go by 4 St. These
few days in an anonymous
Best Western motel room
have been bliss... devoid
of the past, simple furniture,
devoid of clutter and
cat hair. The air is
cool and feels clean—
almost like mountain
air. There've been no
big disruptions from neighbor-
ing rooms, thank God.
Just quiet. Listening.
Deep sleep. Hot showers.
And beautiful conversations
with friends.



And how is that achieved?

☀ Through meditation, prayer, mantram.

☀ Focused creative works

☀ Standing in wonder in nature

☀ in Deep Sleep

☀ Through deep connection and listening.

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TRYING TO DO TOO MUCH

WORRY

The DAILY LIST

PROCCUPATION

asleep @ THE WHEEL

WEATHER PATTERN
BUSINESS NOT EVEN TURNED ON.

Like a MORRIS

LOVE
KINDNESS
EMPATHY
LAUGHTER
HEALTH

LOUIS painting

LOVE
wisdom
connectiveness
creative inspiration
engagement



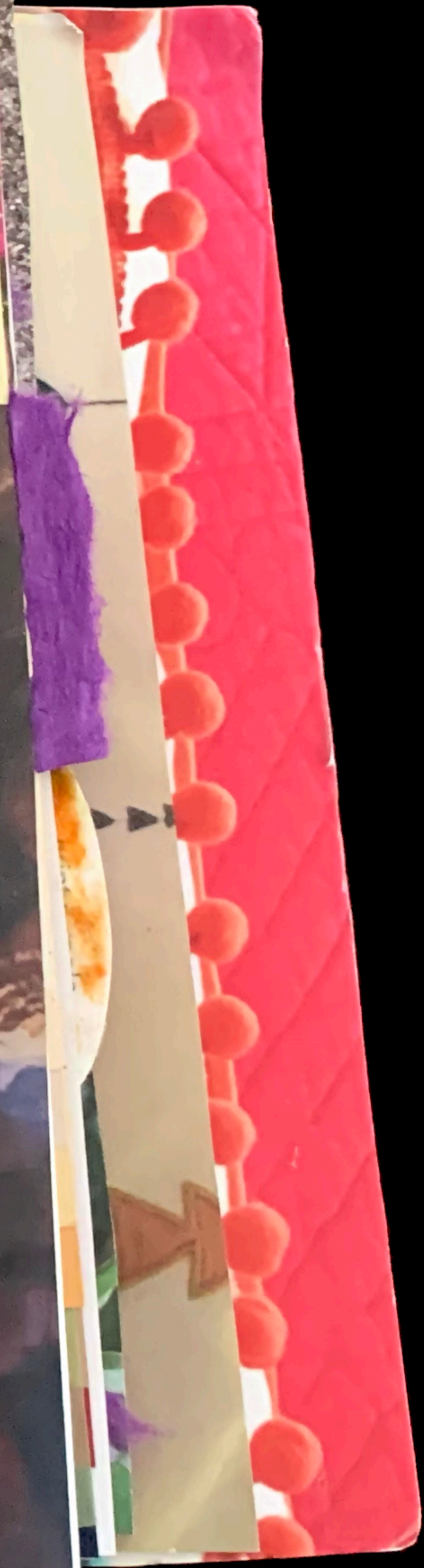
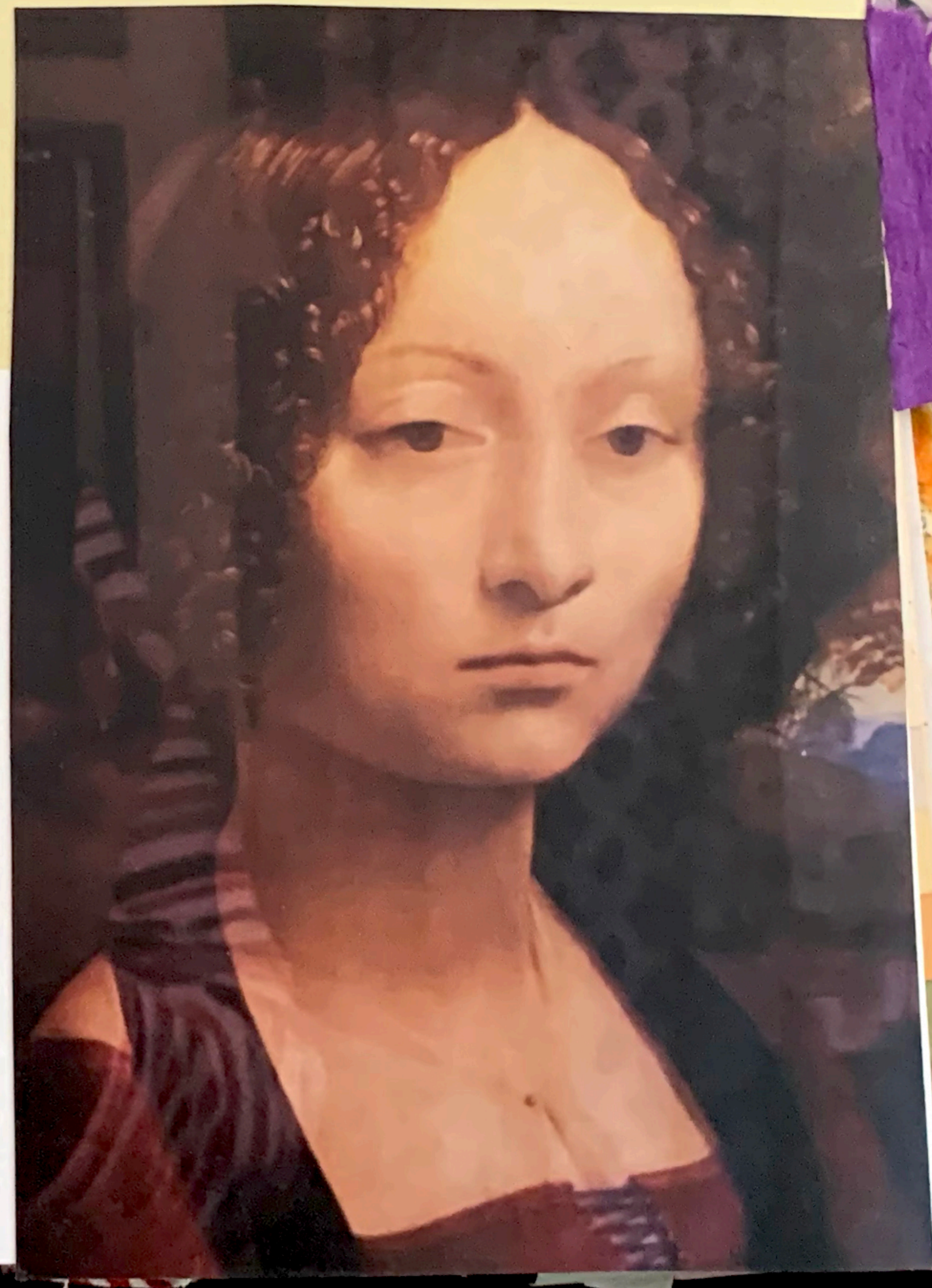
Handwritten text in Arabic script, likely a caption or note related to the photograph on the left.

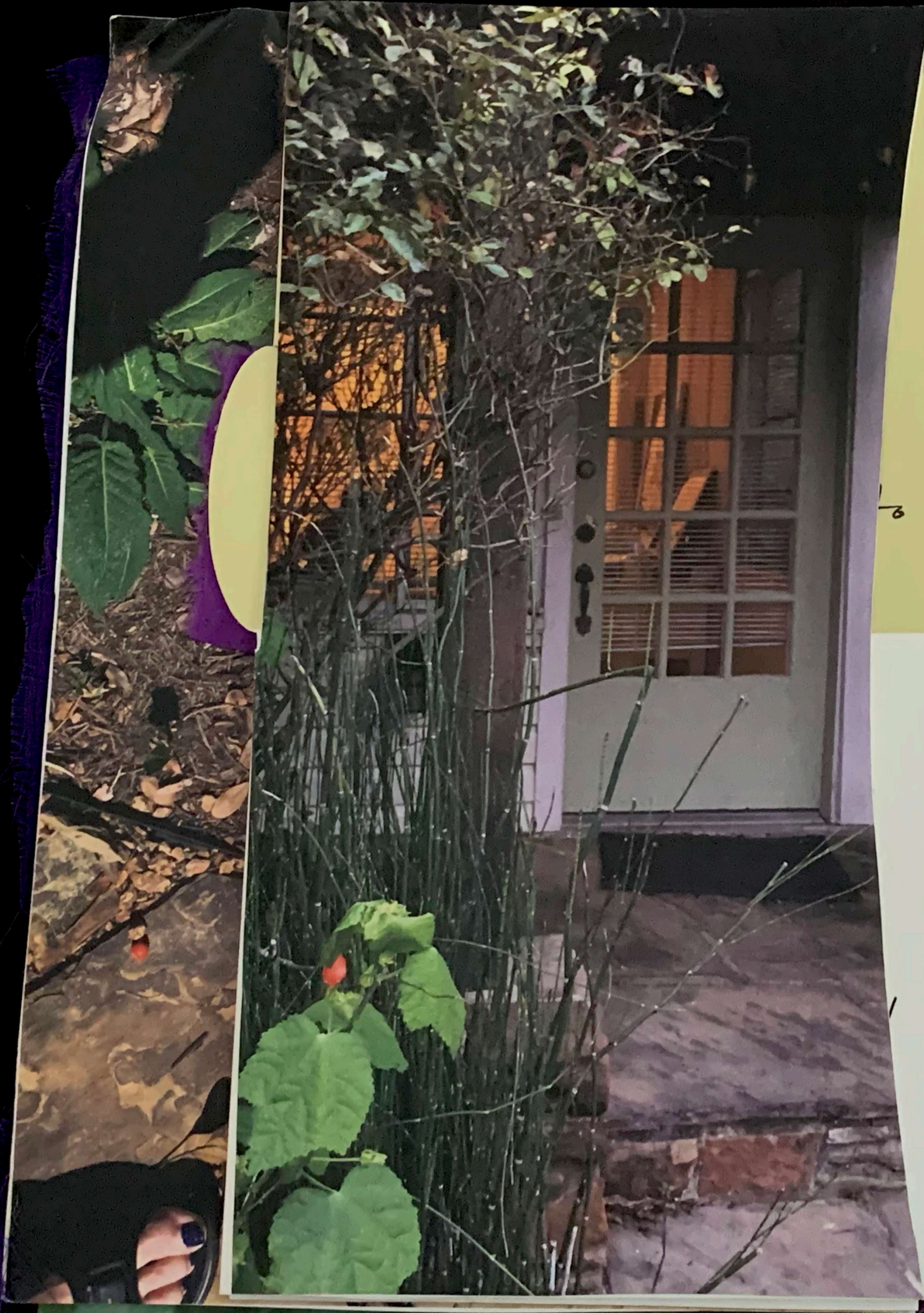


Handwritten text, possibly a date or location, partially obscured by a red and purple fabric strip.



PART
I.
PHYSICAL WELL
BEING
. - .





Karen Alyce Blessen
1951
1:55 p.m.
St. Mary's Hospital
Dr. H. B. Kuper
8 lb. 10 oz
Columbus Nebraska
Carl and Alice Blessen

- ~~purple~~
- ~~orange~~
- cottonwood 24w 70t 80c 100c
- balsa 24w 70t 80c
- willow 24w 70t 80c
- beechwood 70t 80t 80c
- anniversary gold 80t 80c
- kraft 70t 80c
- firecracker red 80c
- birthday blue 80c



June 1, 2017

Since turning 62 or so,
age is evident. The pain
of sore hips.

- Pee in my pants.
- Weight Gain.

Questions to myself:

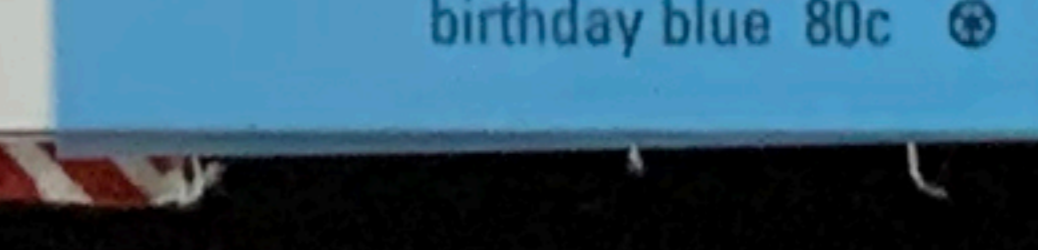
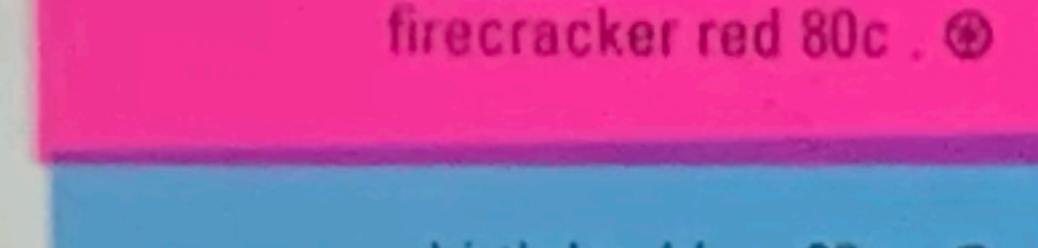
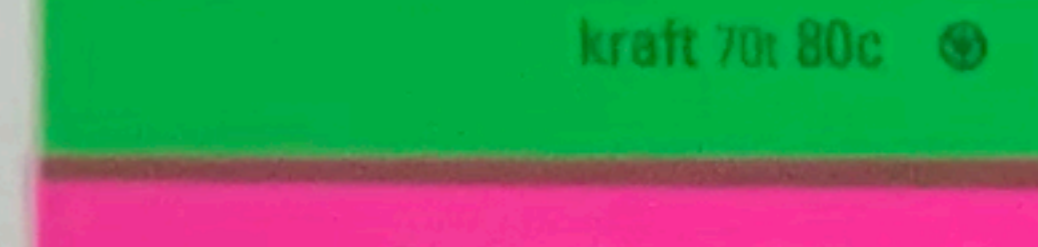
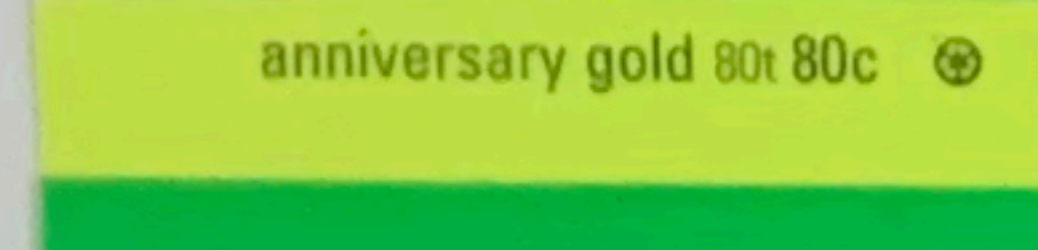
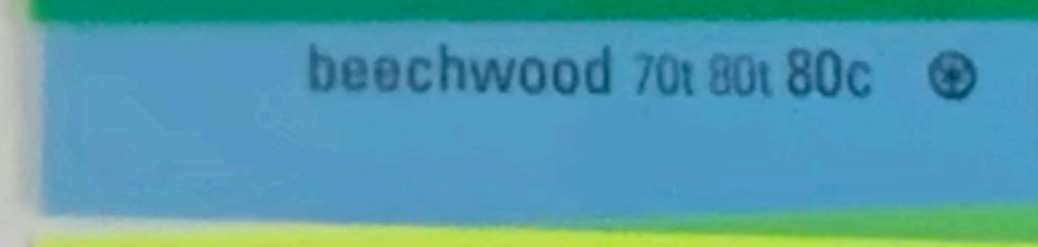
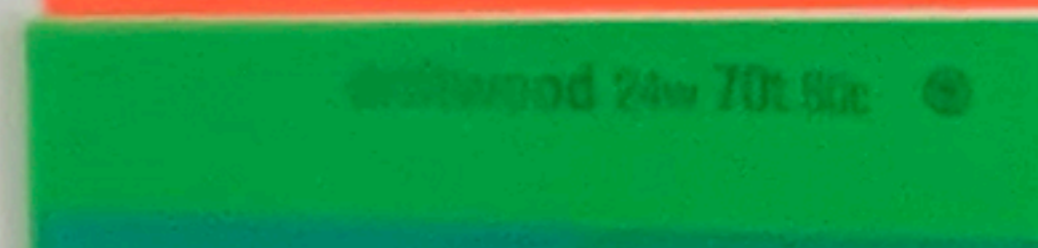
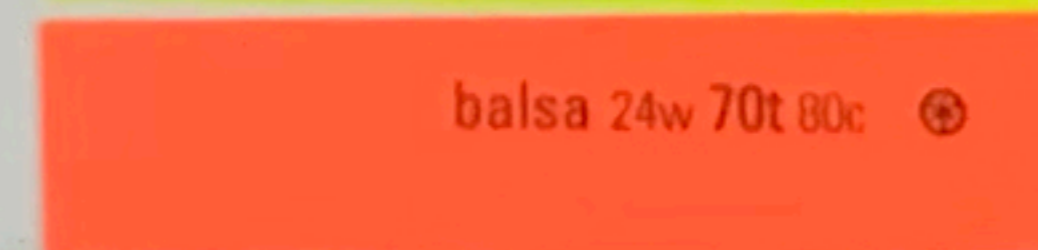
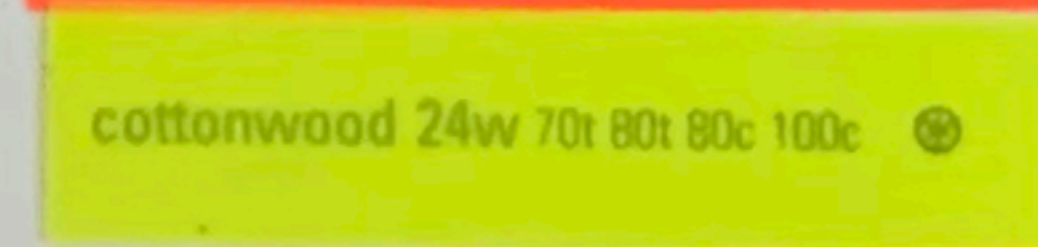
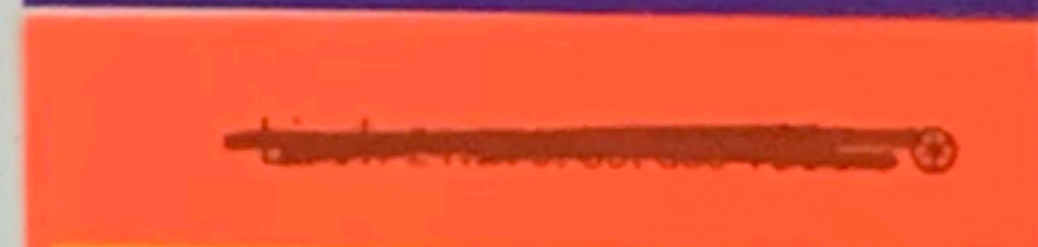
- Why have I allowed myself to get fat and out of shape?
- What am I going to do about it?

C. This is not about arbitrary rules of

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appearance or beauty.
It is about quality
of life. What can
I do to slow this
train so that my
quality of life would
improve?





- champagne ivory 70t 80t 80c ⊕
- birch 24w 70t 80t 100c ⊕
- cottonwood 24w 70t 80t 100c ⊕
- balsa 24w 70t 80c ⊕
- driftwood 24w 70t 80c ⊕
- beechwood 70t 80t 80c ⊕
- anniversary gold 80t 80c ⊕
- kraft 70t 80c ⊕
- firecracker red 80c ⊕
- birthday blue 80c ⊕

... allowed



why have I allowed myself to get fat and out of shape?

Context: I've taken care of myself in many ways - eating nutritious foods, some exercise, little alcohol, no drugs - except legal pain meds now.

Because Mom, Grandma and Grandpa all had long lives, I've assumed

that I would too

Denial

...
FAT?
WHY?
...

Habit + emotional eating

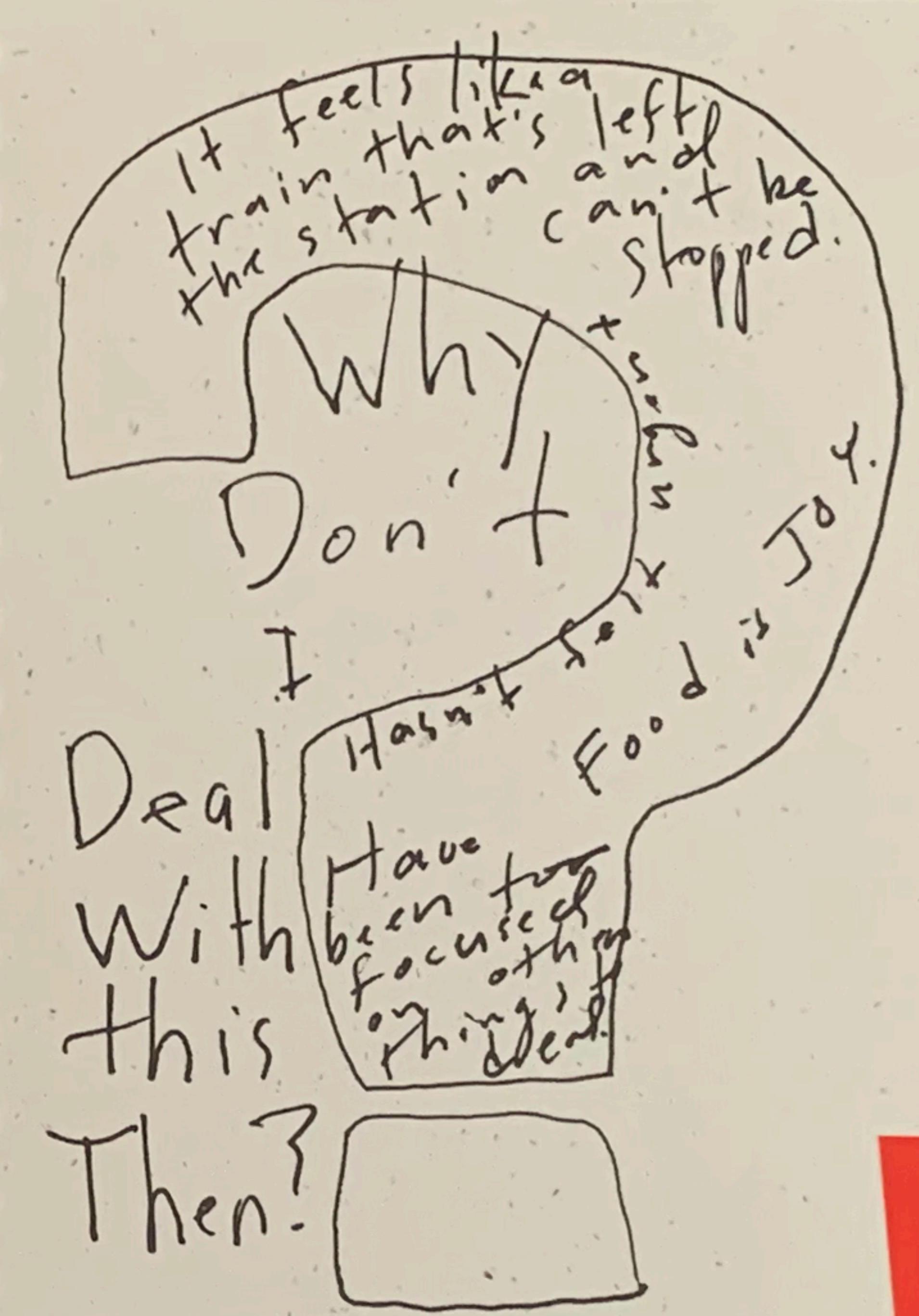
Deeply ingrained sadness

like I equate with food

have I allowed myself

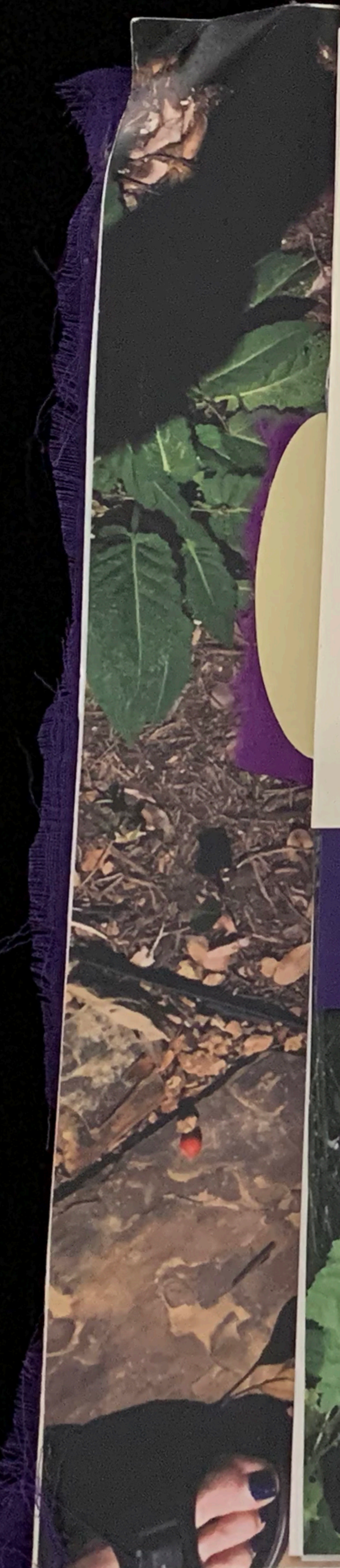
- champagne ivory 70t 80t 80c
- birch 24w 70t 80t 80c 100c
- cottonwood 24w 70t 80t 80c 100c
- balsa 24w 70t 80c
- driftwood 24w 70t 80c
- beechwood 70t 80t 80c
- anniversary gold 80t 80c
- kraft 70t 80c
- firecracker red 80c
- birthday blue 80c

And, Here's a thing:
 I don't really judge
 about being bigger than
 another. Many of the
 most beautiful women
 I know are lush and
 voluptuous - Teresa Wash,
 Vicki Meek, Mom.
 But what is happening
 with me is that it
 affects my health in
 a really negative way.
 I have trouble getting
 up from a chair. some of
 HIPS.



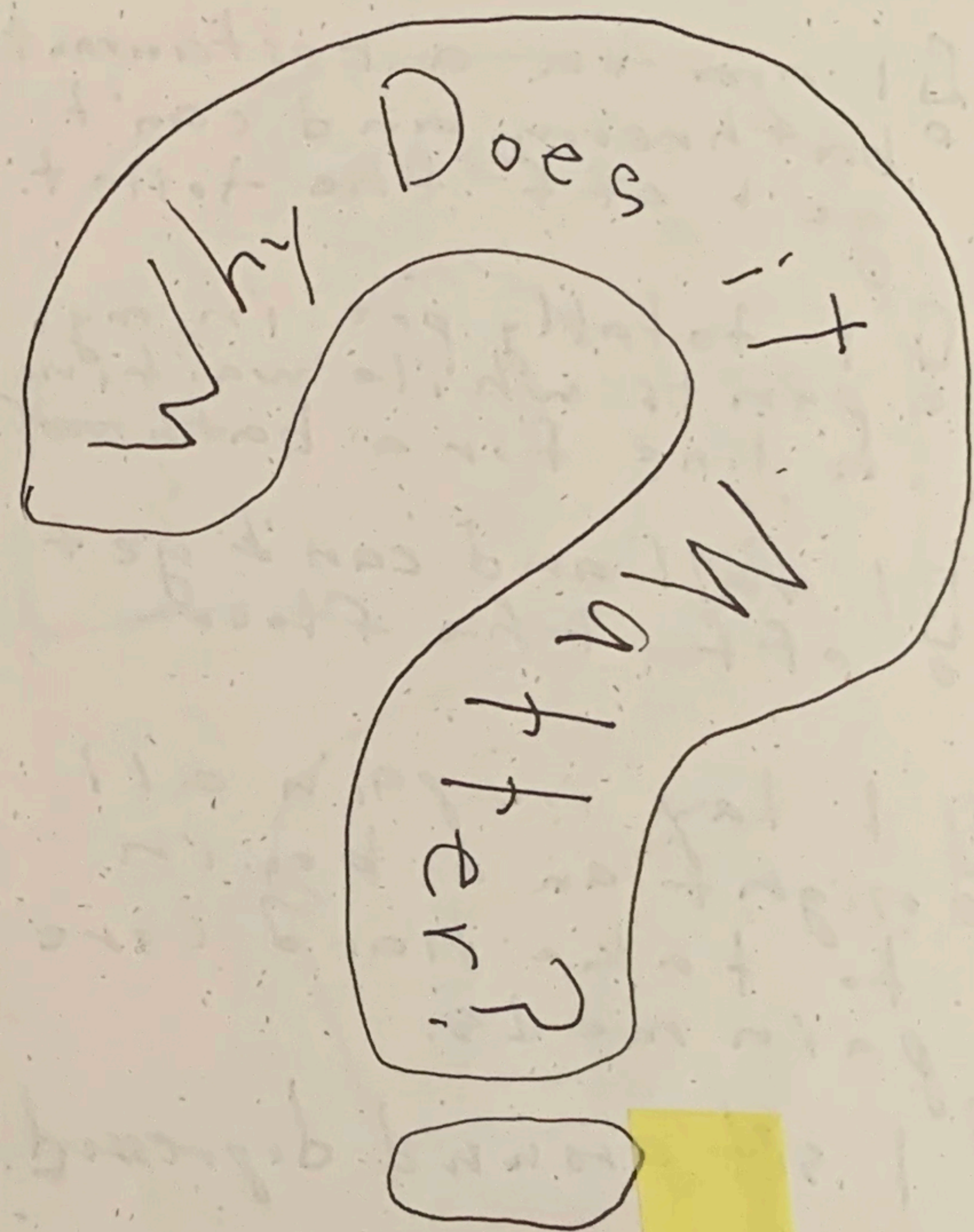
SOLUTIONS:

- birch 24w 70t 80c 100c ☺
- cottonwood 24w 70t 80c 100c ☺
- balsa 24w 70t 80c ☺
- driftwood 24w 70t 80c ☺
- beechwood 70t 80t 80c ☺
- anniversary gold 80t 80c ☺
- kraft 70t 80c ☺
- firecracker red 80c ☺
- birthday blue 80c ☺



17. I want my life to become so reduced that:

- I can't walk around the block?
- I can't get out of a chair or off the toilet?
- Travel is not a possibility.
- These symptoms harm me.
- My body is a victim of my harmful habits.



- cottonwood 24w 70t 80c 100c ☺
- balsa 24w 70t 80c ☺
- driftwood 24w 70t 80c ☺
- beechwood 70t 80t 80c ☺
- anniversary gold 80t 80c ☺
- kraft 70t 80c ☺
- firecracker red 80c ☺
- birthday blue 80c ☺

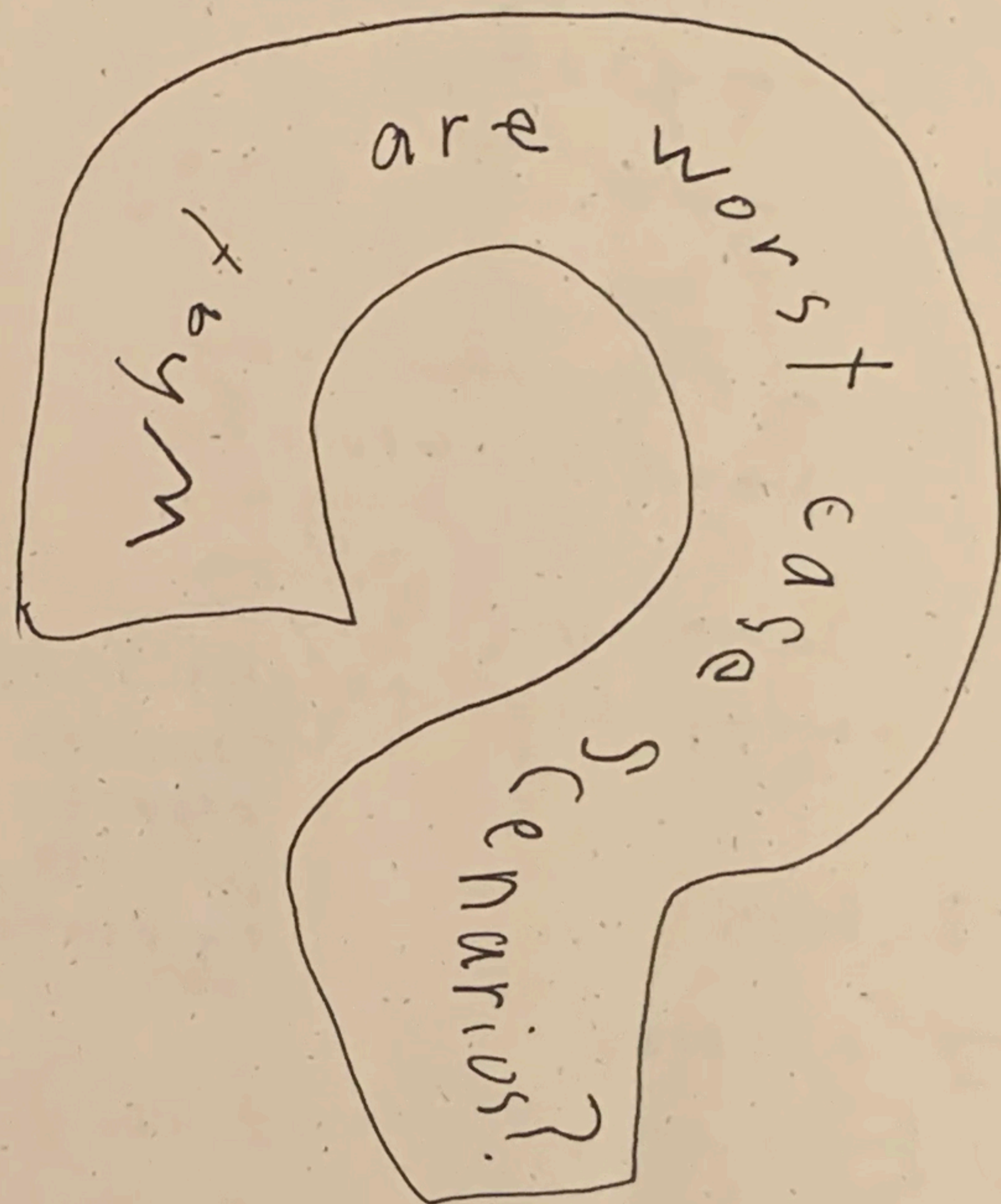
□ I am in a restaurant bathroom and can't get off the toilet.

□ I totally pee in my pants while waiting in line for a bathroom.

□ I fall and can't get off the floor.

□ I lay in pain all night and begin to take hard core pain meds.

□ I sit around depressed.



balsa 24w 70t 80c ⊕

driftwood 24w 70t 80c ⊕

beechwood 70t 80t 80c ⊕

anniversary gold 80t 80c ⊕

kraft 70t 80c ⊕

firecracker red 80c ⊕

birthday blue 80c ⊕

↪ A glass of wine every day.

↪ Sugar. G. away.

↪ Inflammatory foods. Gluten
Sugar

↪ Bananas every day Dairy
Soy
Nightshades

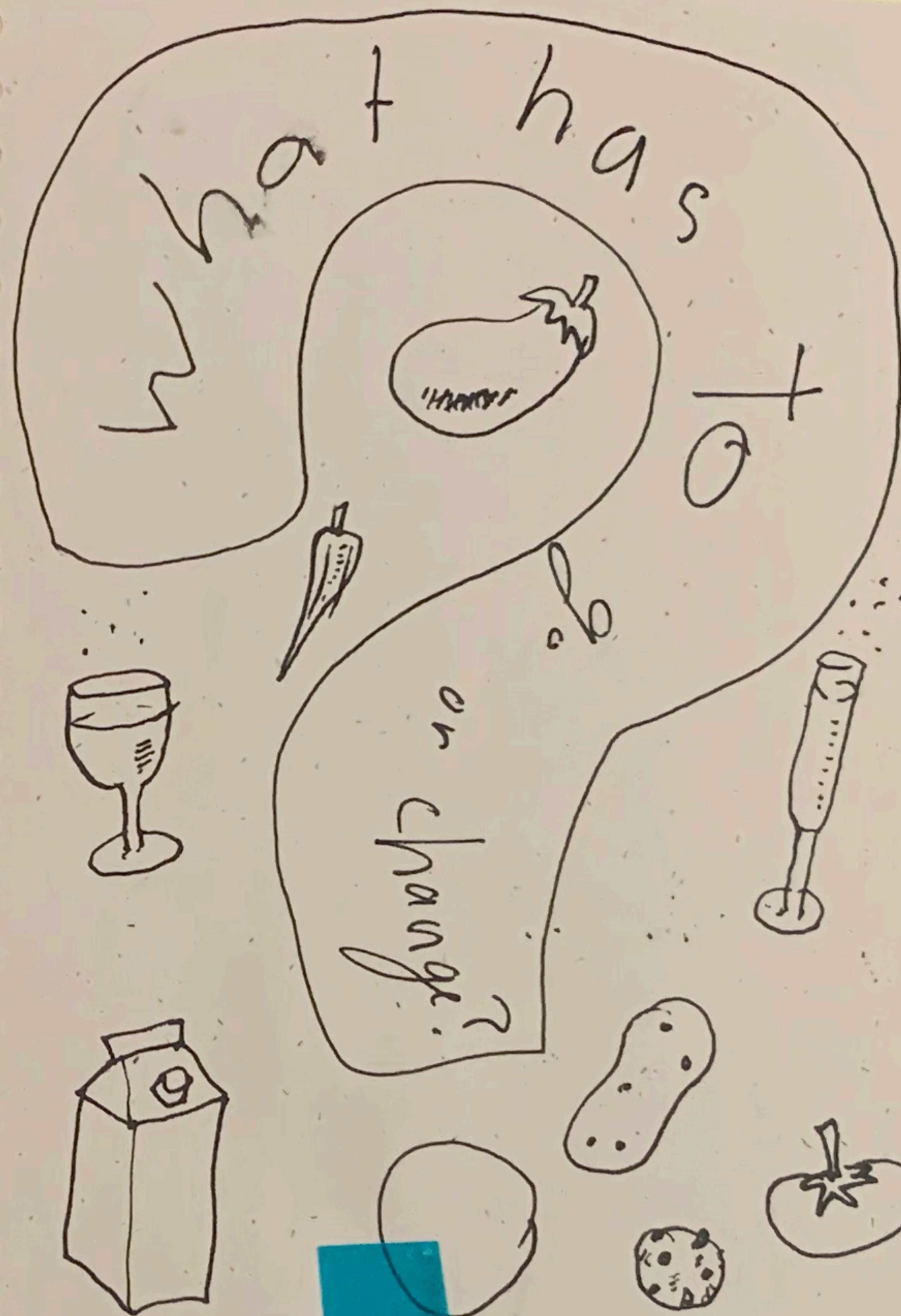
↪ Chips

↪ Poisons

↪ Excuses. (No time)

Impulsive sweets.

Night time fatty snacks



twood 24w 70t 80c ⊕

echwood 70t 80t 80c ⊕

anniversary gold 80t 80c ⊕

kraft 70t 80c ⊕

firecracker red 80c ⊕

birthday blue 80c ⊕

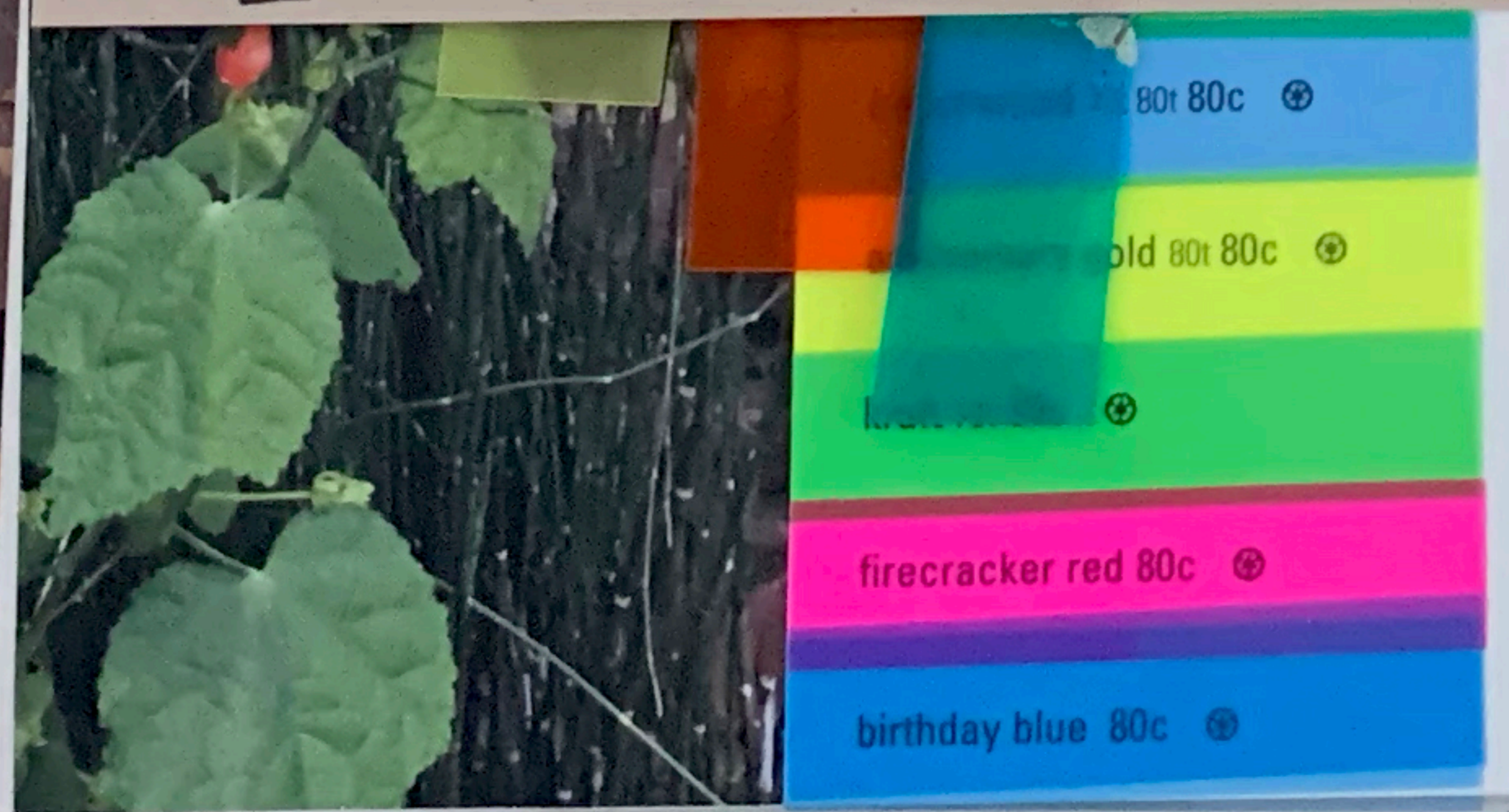
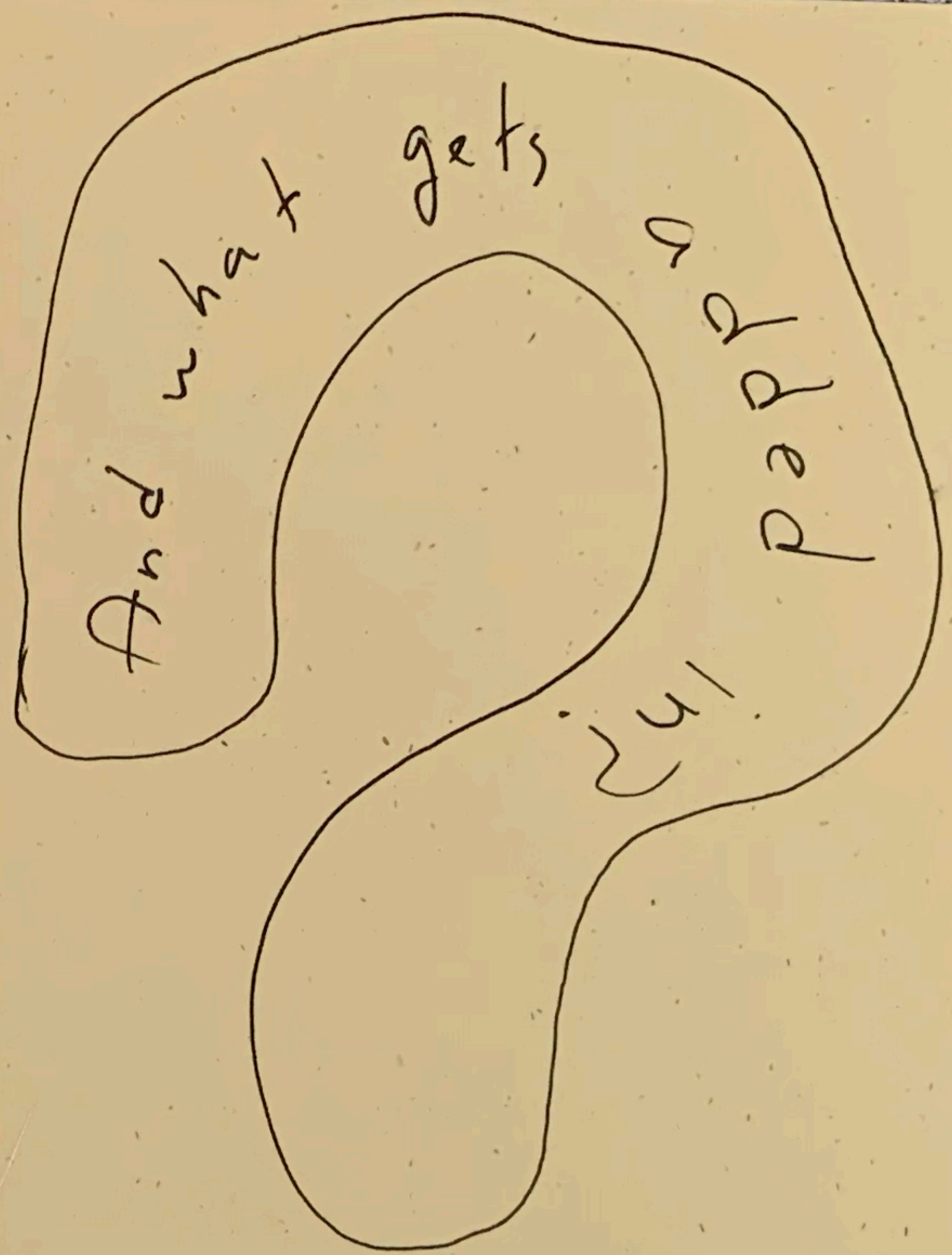
✚ A rocket boost of attitude change that the pain level, the energy level, the incontinence can be better

✚ Prioritization, Commitment to health.

✚ Good sleep habits.

✚ Committed exercise schedule.

✚ Calorie consciousness



o Slow down

o Schedule in:

- exercise
- time with friends
- nature time
- protein, nutrients

o Stick with anti-inflammatory foods

o Continue meditation practice.

What is the best picture for

Physical Well Being

o

- Bedtime ritual - release devices, PJ's, hot drink, reading.
- Uplifting bedtime reading - not emails, not Facebook.

Warm drink - herbal tea, cocoa, etc? (oops - not cocoa)

No agitated exchanges, skip it.

Clean, uncluttered bedroom

No electronic lights.

What

are my best

sleep habits? ;

- ✓ weight training
- ✓ Gradual walking more on treadmill
- ✓ Stretches/movements from P.T.

-
- ALV every day
 - ginger
 - Curcumin
 - Turmeric
 - Cinnamon
 - protein
 - more veggies

what habits get ALLs
 exercising

what foods get ALLs
 JIPPb

firecracker red
 birthday blue 80c

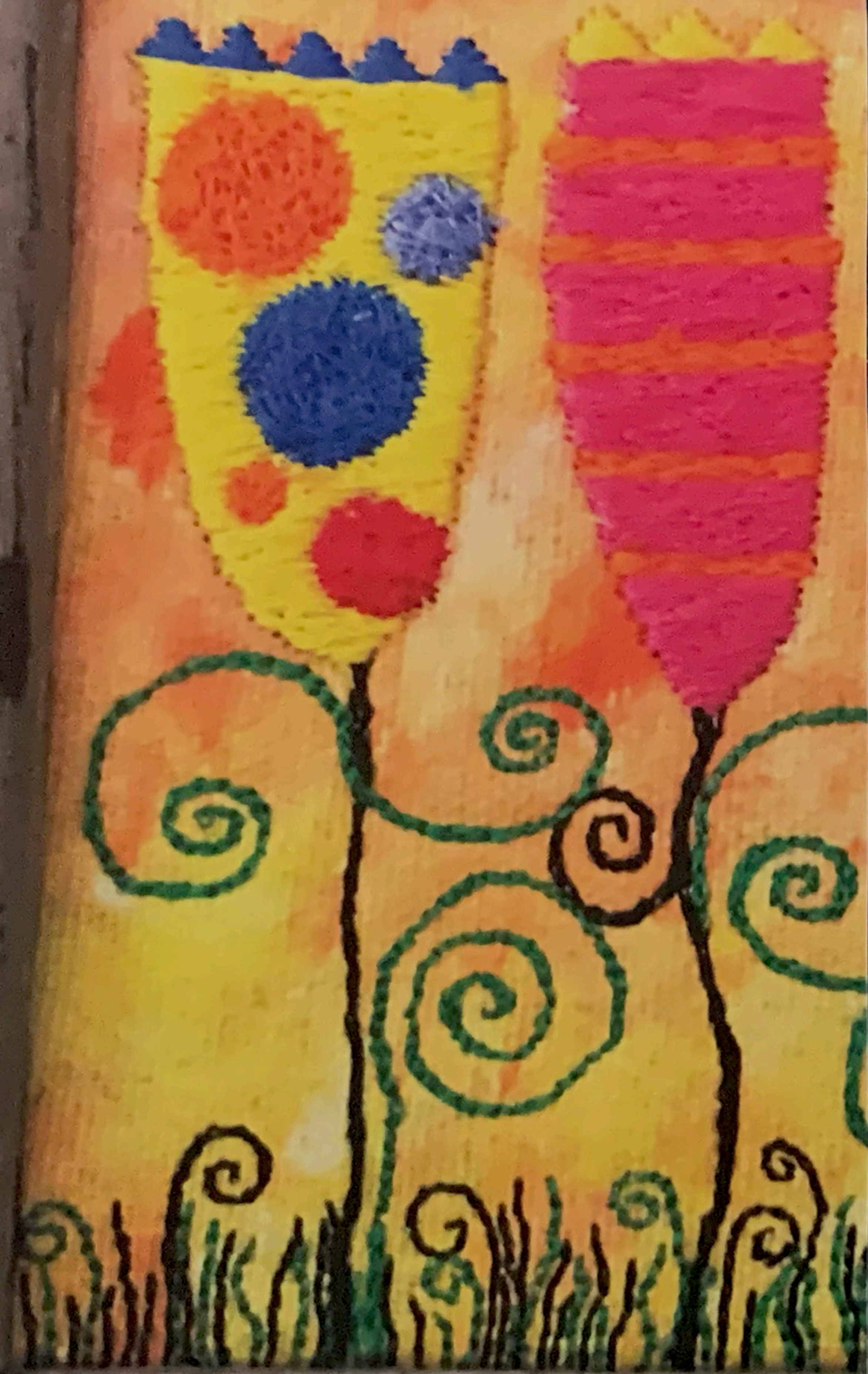
Call assumes continuing medi-

TEN ACTIONS

- 1 DOCTOR re HIPS ✓
- 2 EXERCISE
 - a WEIGHTS ✓
 - b TREADMILL or BICYCLE ✓
 - c URINARY/BUTT EXERCISES ✓
- 3 Eliminate stuff that causes pain ✓
- 4 Add more of what helps ✓
- 5 MORE + BETTER SLEEP ✓
- 6 FREQUENT CHECK-INS + NATURE BREAKS ✓
- 7 LAUGH MORE ✓
- 8 ASK the Gateway ??? ✓
- 9 BODY CARE - abhiyanga, PEDIS ✓
- 10 SLOW DOWN ✓

TEN THINGS

TO DO



PART II

PLACE

A Sense of Place
Come Home.

- a. TO SERVE
- b. TO CREATE + GROW
- c. TO REST
- d. TO LOVE
- e. TO MEDITATE
- f. TO RECHARGE
- g. TO NOURISH
- h. TO DREAM
- i. TO THINK
- j. TO PREPARE

a. Serve

Who do I serve?

- I serve beauty, kindness, CREATION, in all forms.

Who do I serve?

The fine of the hope that kindness will win. I serve LOVE, CARING, AFFECTION, CREATIVITY.

b. create and grow

• 29 pieces, as I conceived them.

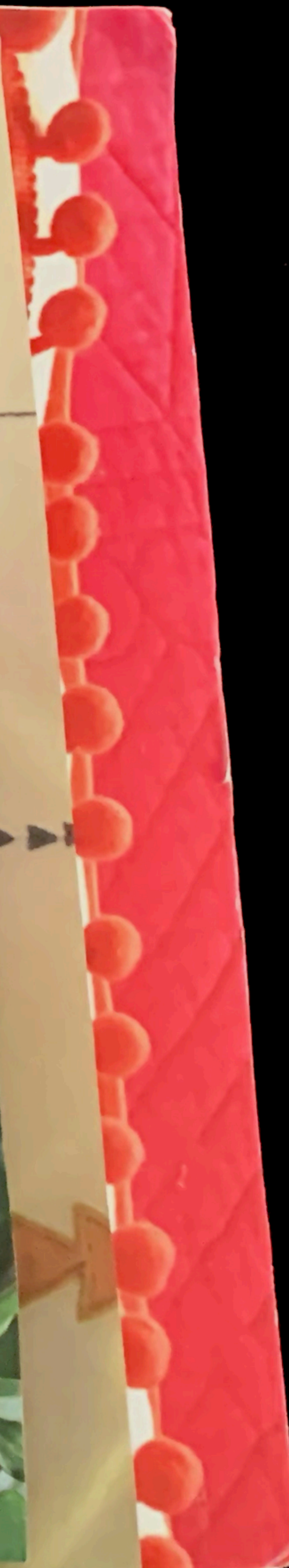
• the teaching; the lessons

• 29 pieces, as others conceive them.

• intricate networks of people, organizations,

• the gardens

• the animals that inhabit the garden.



C. TO REST

• How many places of rest can I weave into one home?

■ The Bedroom

■ The reclining chair for reading

■ Find a large, sturdy outdoor recliner.

■ A couch in the new studio

■ A Daybed in the new studio.

D. TO LOVE

♡ Smile and laugh.

♡ Forgive

♡ Focus on the Good.

♡ in a space that is clean, quiet + cool.

♡ in a space that exudes peace, connection.
NOT constant striving



e. TO MEDITATE

WHERE?

- In my chair
- In bed
- In the garden
- Anywhere. Anytime.

WHY?

- Because I have felt it to be the one most precious thing I do to stay connected to the divine.

f. TO RECHARGE

Come Home.
RECHARGE.

THE 'HOME' THAT RECHARGES ME IS PORTABLE.

-it can be right here - this house, this studio.
- it can be wherever this journal is.
- it can be wherever I connect with HER.
- DALLAS, Nebraska, N.Y., Mexico

YOU HAVE TAKEN



G. TO NOURISH

• I can nourish others
FROM HOME... WITH
CALLS, CARDS, PRAYERS,
LITTLE KINDNESSES.

• I can nourish THE
PLANTS in my GARDEN,
THE TREES, THE INSECTS,
THE BIRDS, THE BUILDINGS.

• I can BE NOURISHED,
BY THE SAFETY, THE
QUIET, BY WATCHING
A MOVIE

TO DREAM H.

☐ MAKE SPACE TO
DREAM.

☐ OPEN UP TIME.

☐ BE UNDER THE SKY
+ IN THE LIGHT



I. TO THINK

WILL THIS CHAPTER 3
ALLOW FOR CLEAR THOUGHT?

WHAT SETS THE STAGE
FOR CLEAR, CREATIVE
THOUGHT?

- TIME
- CONCENTRATION
- OPENING ONESELF UP
- OBSERVATION
- AWARENESS
- LISTENING

• CLARITY
OF WORDS

J. TO PREPARE

WHEN I WROTE THIS, I
WAS TALKING ABOUT
PREPARING TO DIE.

HOW DO I WANT TO
LEAVE?

See 29 Pieces,
#1 asks the question,
#29 arrives at an
answer.



JULY 4, 2017
In talking about PLACE, ^{II.}
all the OTHER Roman
Numerals were touched
on.

- III NATURE
- IV Relationships
- V. THE WORK:
PERSONAL
- VI. THE WORK:
29 Pieces
- VII. SPIRITUAL
GROWTH
- VIII. Loose Ends
- IX. HOW I DEPART.

But can be elaborated
on. in additional Books.

