

méxico



Inspiración

española

037 Las Fridas
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gusano de luz
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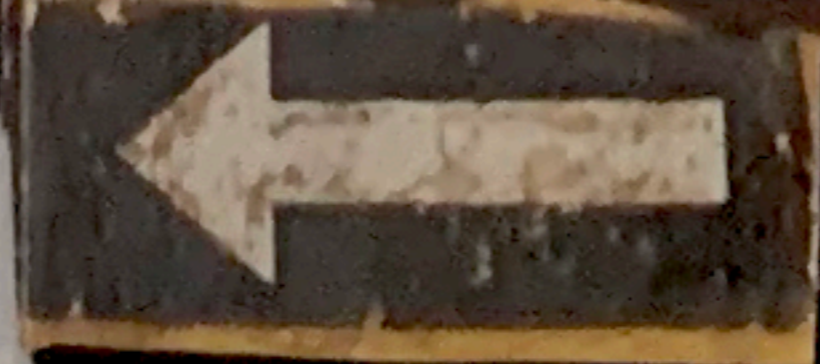
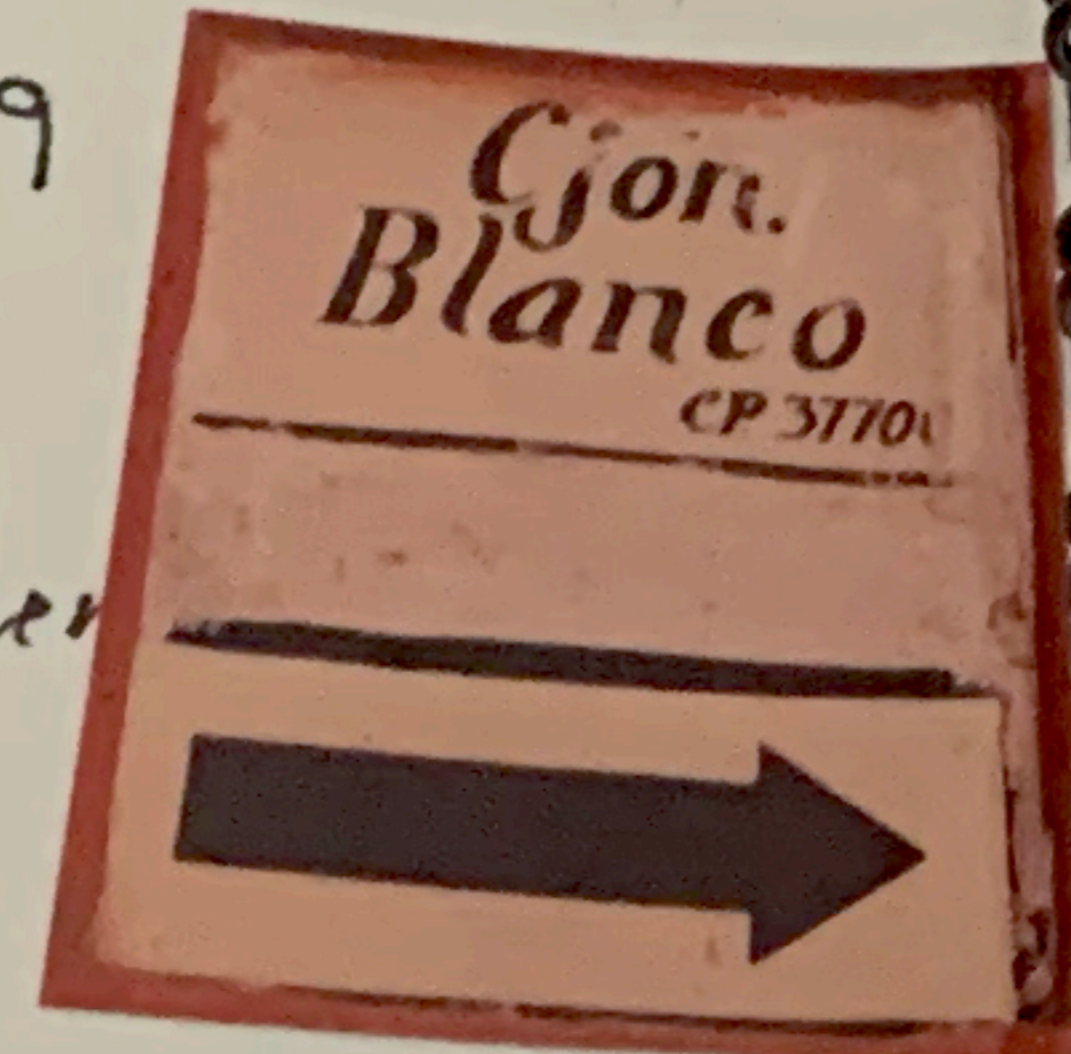
Queretaro
Dr. Marco Alcocer
echo

Heart Institute in
Queretaro
Hospital Medica Te
Queretaro

Daniel Martinez - Driver
in San Miguel.

(044) 415-153-2538

Viajes San Miguel





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Daniel Hernandez - House Manager -
044-415-105-1907

Angel

415 566 8733



PHOTOS:

- FARMERS/RURAL FOLKS
- GROUPS OF muslim men.
- SMALL TOWN VIEWS.
- GROWN MEN
- LITTLE BOY CLOTHES.

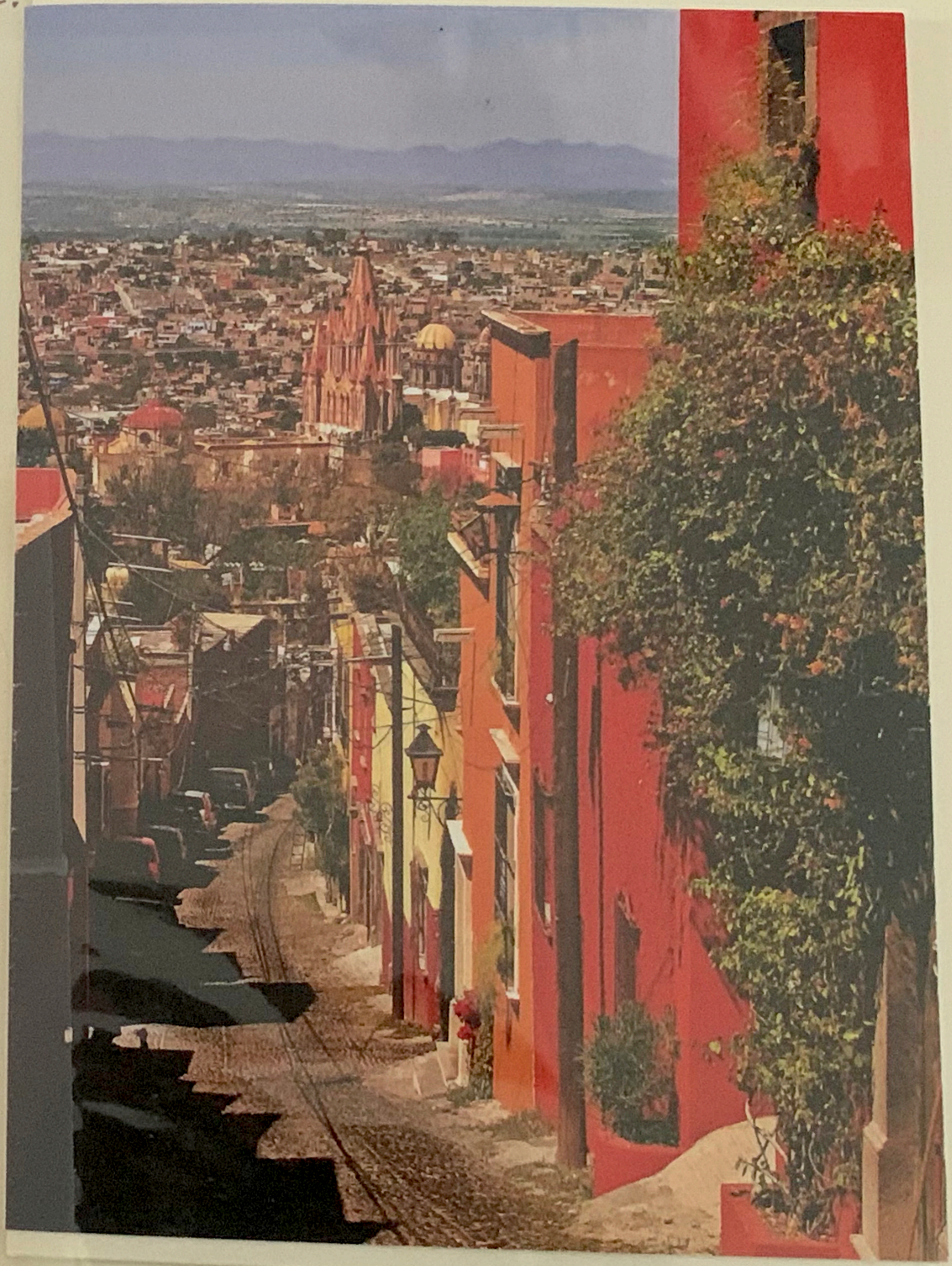


ALY XX
YALYCE XX



Los Caprichos - Goya.

2.



The city of San Miguel de Allende in the state of Guanajuato in the geographic center of México sits in high desert at 6200 foot altitude. It was the site of independence from Spain in 1810, has lots of historic colonial architecture, charming cobblestone streets, 7 beautiful churches in the center and almost perfect weather year round.

La ciudad de San Miguel de Allende, estado de Guanajuato, geográficamente en el centro de México, está asentada en un desierto a 6200 pies de altitud. Ésta, la cuna de la independencia de México en 1810, cuenta con múltiples construcciones de arquitectura colonial, encantadoras calles empedradas, 7 hermosas iglesias en su centro histórico, además de un clima casi perfecto durante todo el año.

Foto por
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Translations by / Traducido por: Xavier & Margarita Gibler
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Los Caprichos - Goya.

2. SUBJECT: Marriage.
"They say yes and give
THEIR HAND TO THE
FIRST COMER."

Women get married,
Have BABY, Hoping to
Have LIBERTY, LOVE.

3. SUBJECT: CREATING FEAR.
"HERE COMES THE BOBEYMAN."

Instilling FEAR in
SOMETHING THAT DOES
NOT EXIST.

4. SUBJECT: CHILDISH men
NEGLIGENCE, TOLERANCE, SPOILING
MAKE CHILDREN CAPRICIOUS &
NAUGHTY.

Come



Home

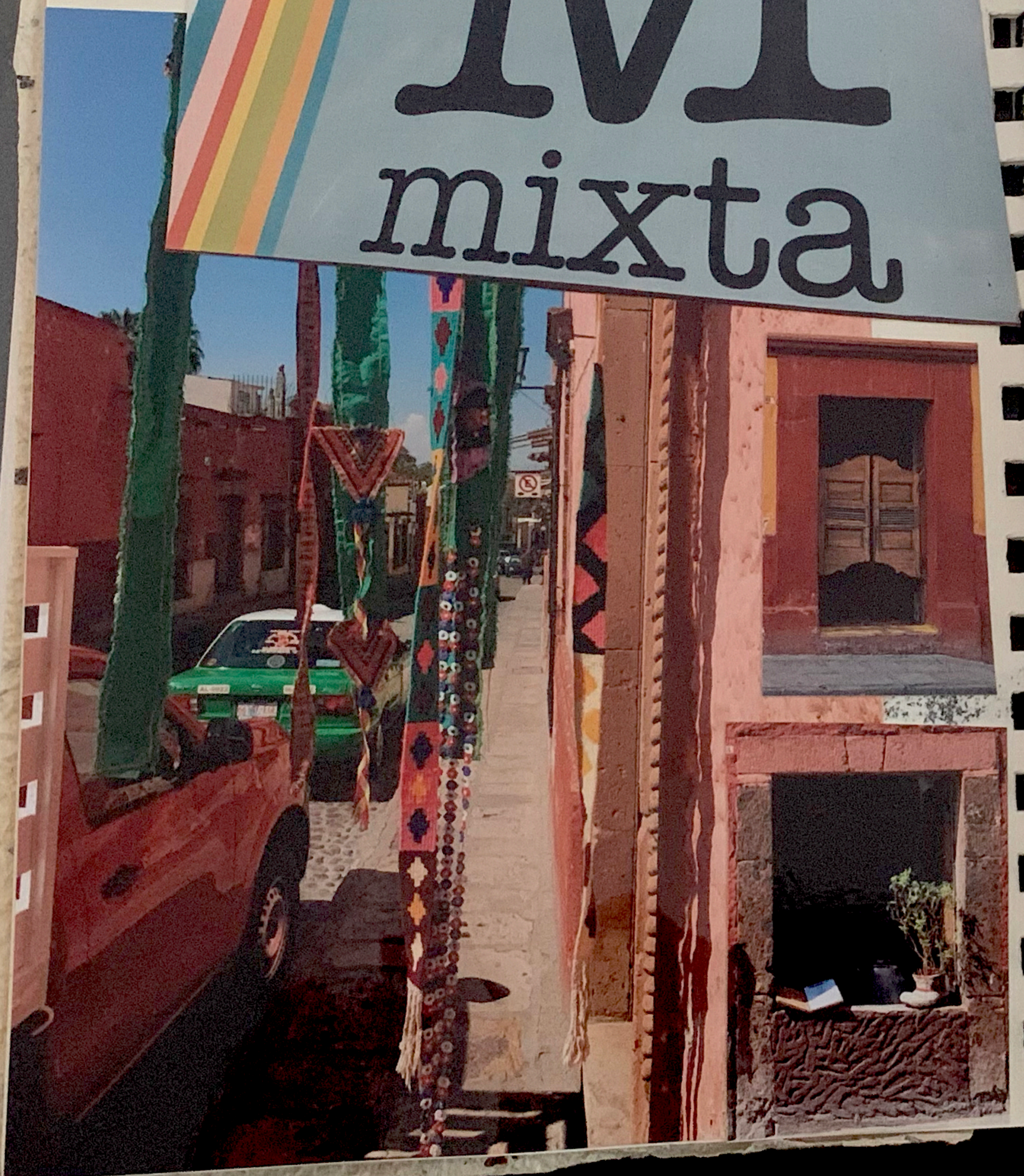
Feb. 11, 2017

What do I desire? To see what happens.
Quiet. Time in my studio.
Relationships. Tolerance of
beauty in our world. Peace,
justice, equity for all.
Animals around me.

What do I desire?
Illumination.
Serving others.
A light heart.
Love in my life.



M mixta

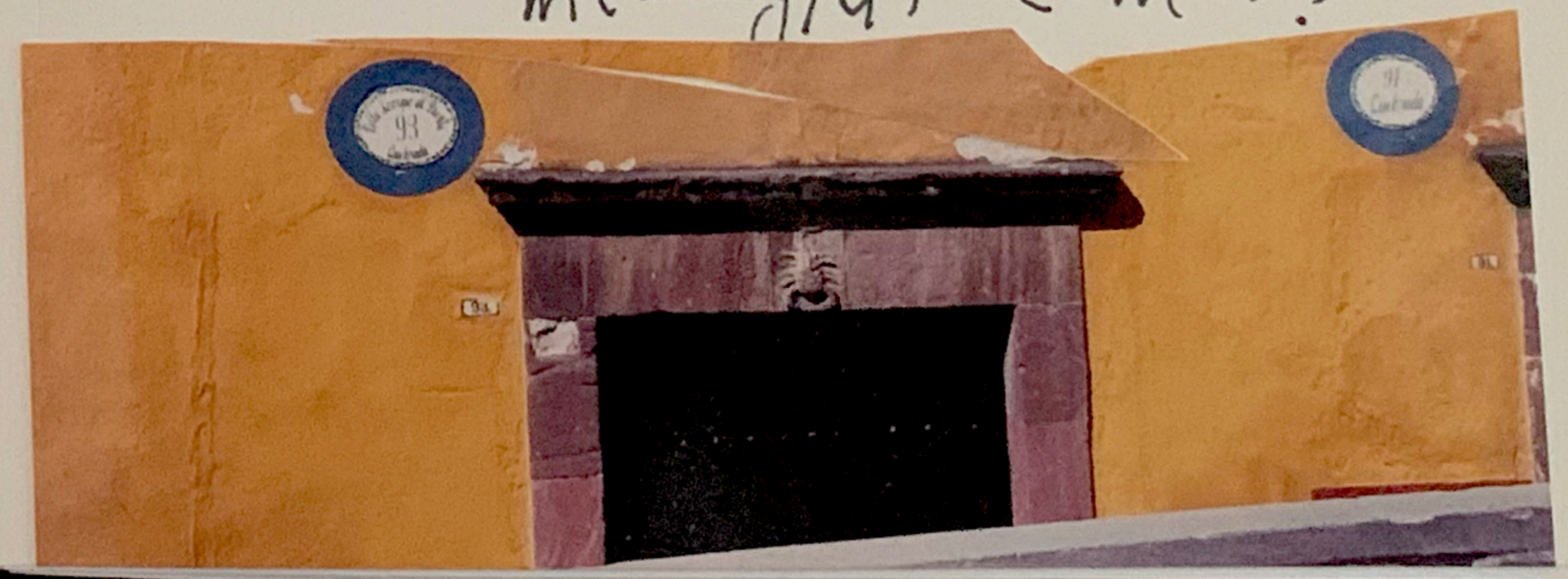


What stands in my way?
The obligations + promises
made in 29 pieces.
Enough money to make it work.
Feeling of duty.
Feeling of God given 'calling.'

What stands in my way?



- Fear
- embarrassment
 - denying God's wish for me.
 - what if pulling out is a mistake?
 - what if nothing as meaningful comes?



Casa Corazón



What is YOUR heart's desire
for me?

What is YOUR heart's desire
for me?



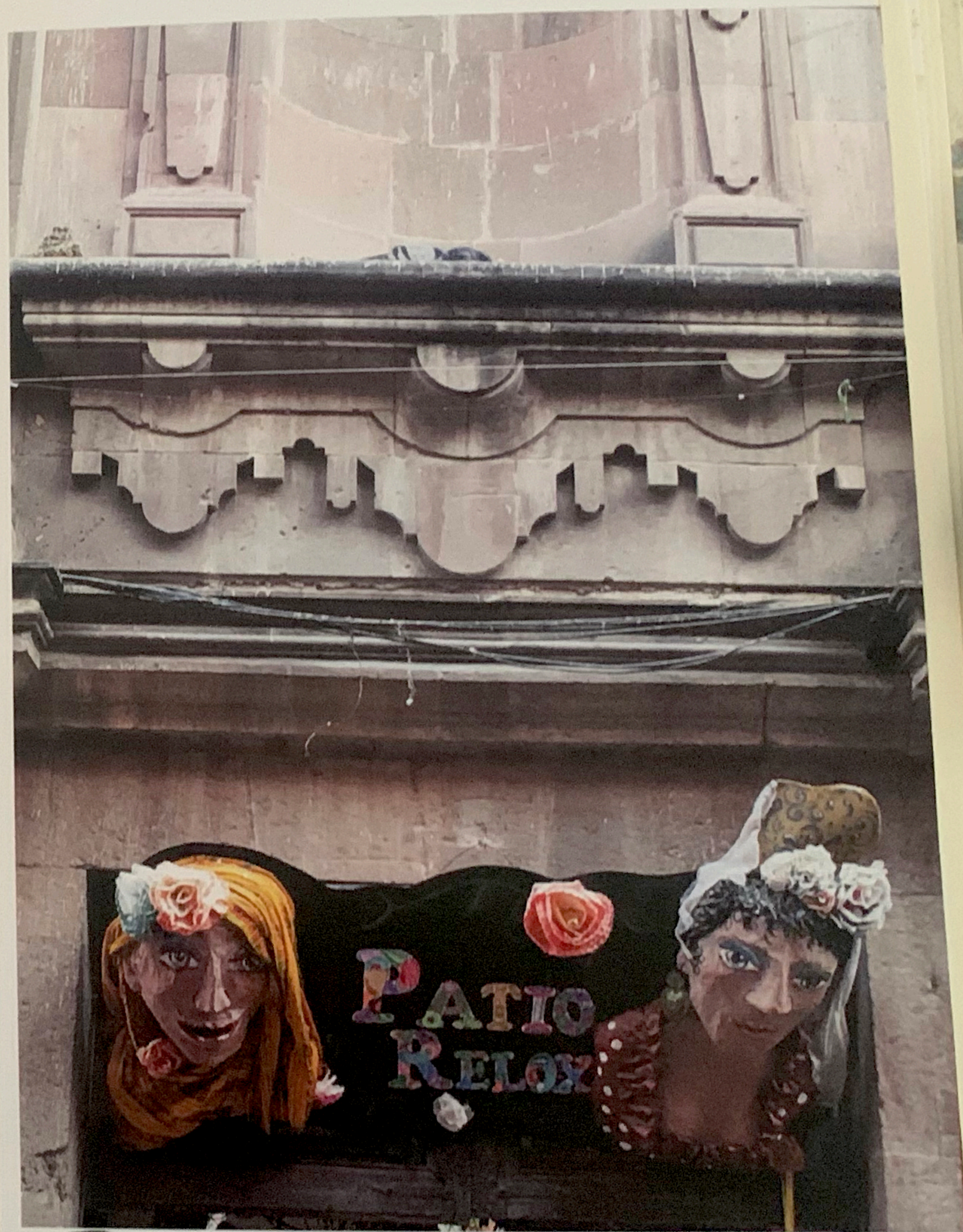
Walking the streets



into a courtyard,

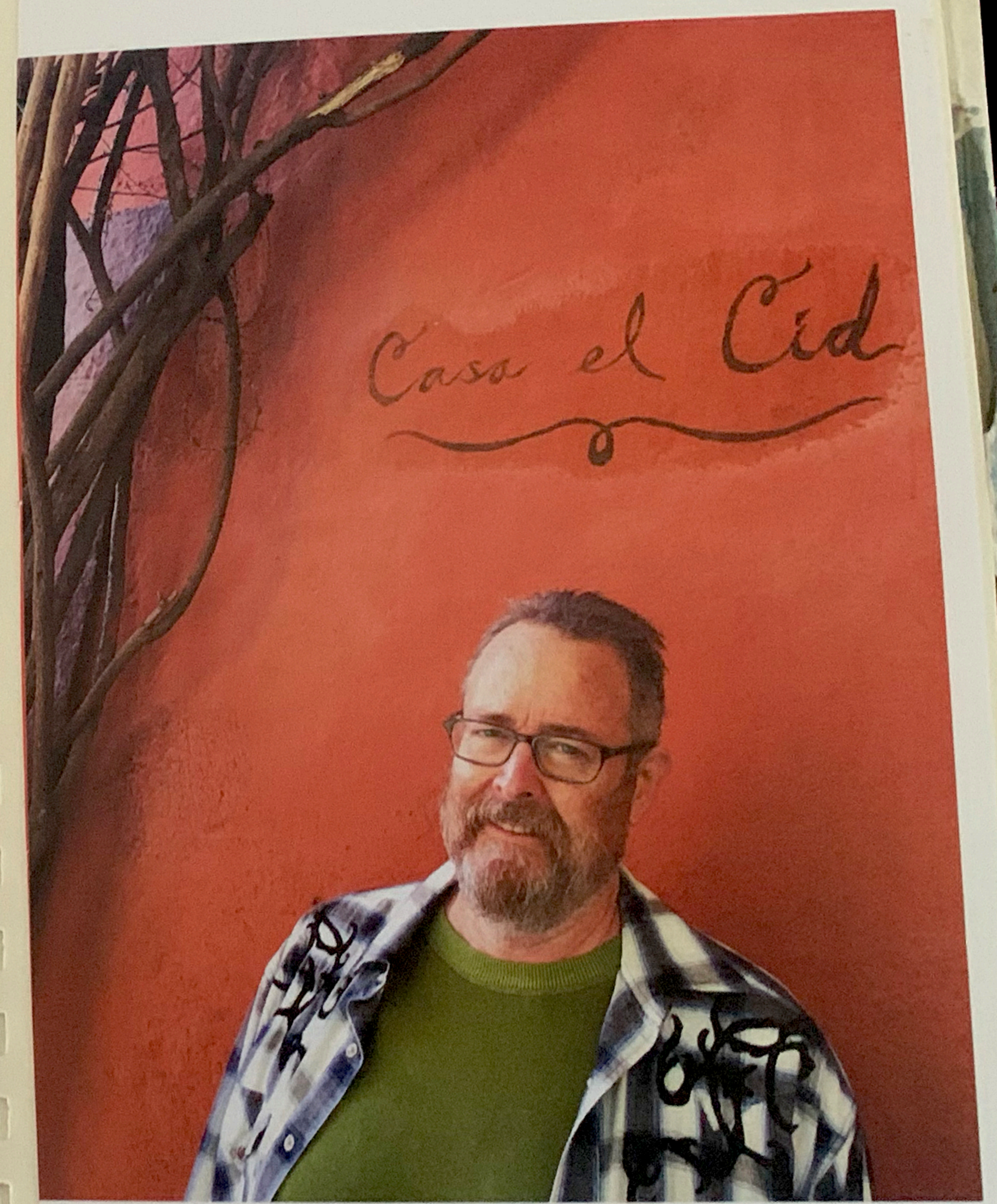
of San Miguel

Remember



Relax: Storefronts, Food

KB + KR on BLanco



KM at BISTRO 300 + JARDIN



FRIDAY, FEB. 3, 2017.

In San Miguel de Allende
Beautiful, 70+ degrees during
the day, 40's at night.
The home we are in at
18 Blanca is incredible.

There is a narrow entry...
from the very narrow
street (more like an alley)
and it opens to a magical
3 level Spanish home.

I've taken some pictures
+ will take more. The
rooftop patio has at
least 4 seating areas +
comfy chairs. There are
two interior patios.

This interwoven, puzzle
like architectural design

KM at BISTRO 300 + JARDIN

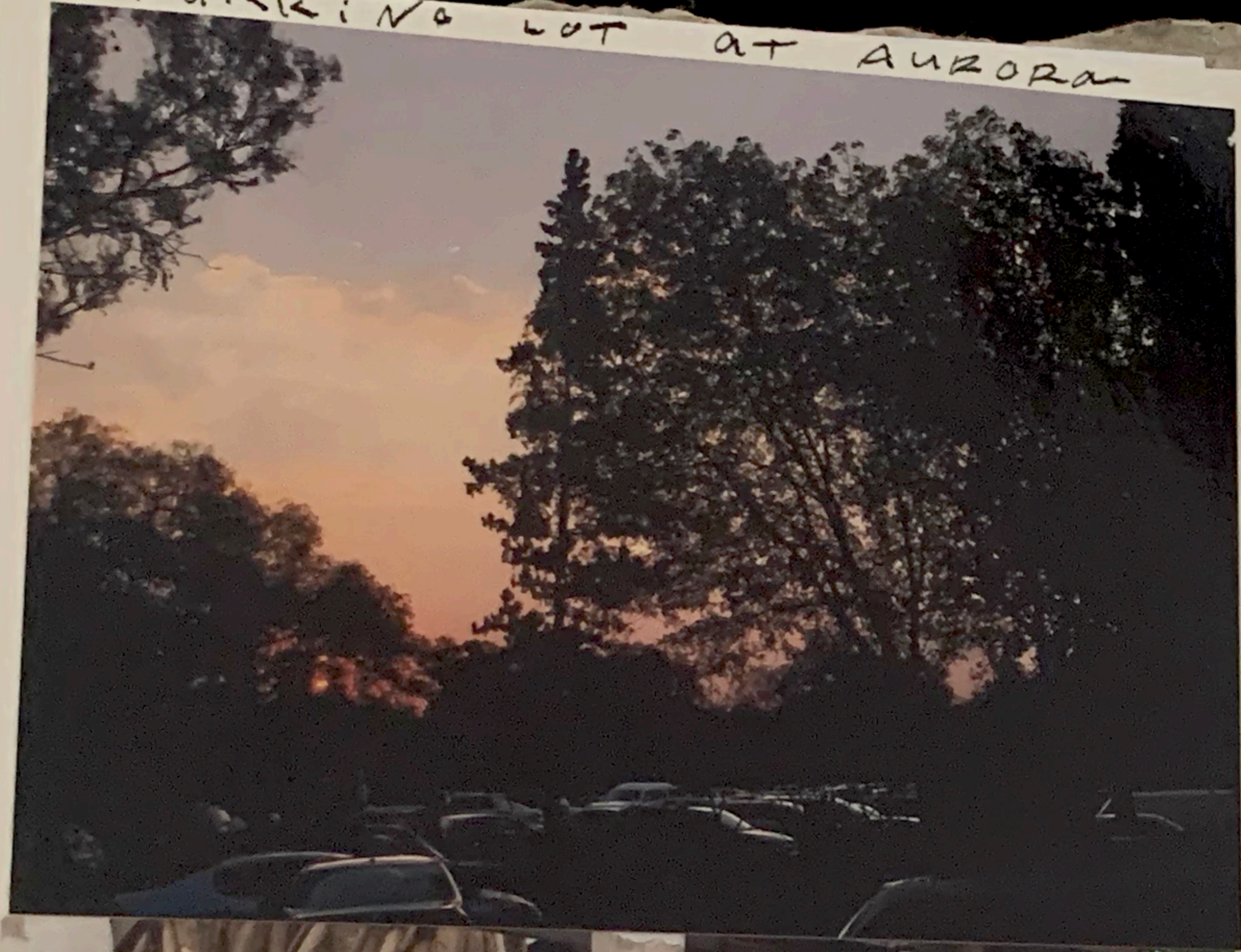


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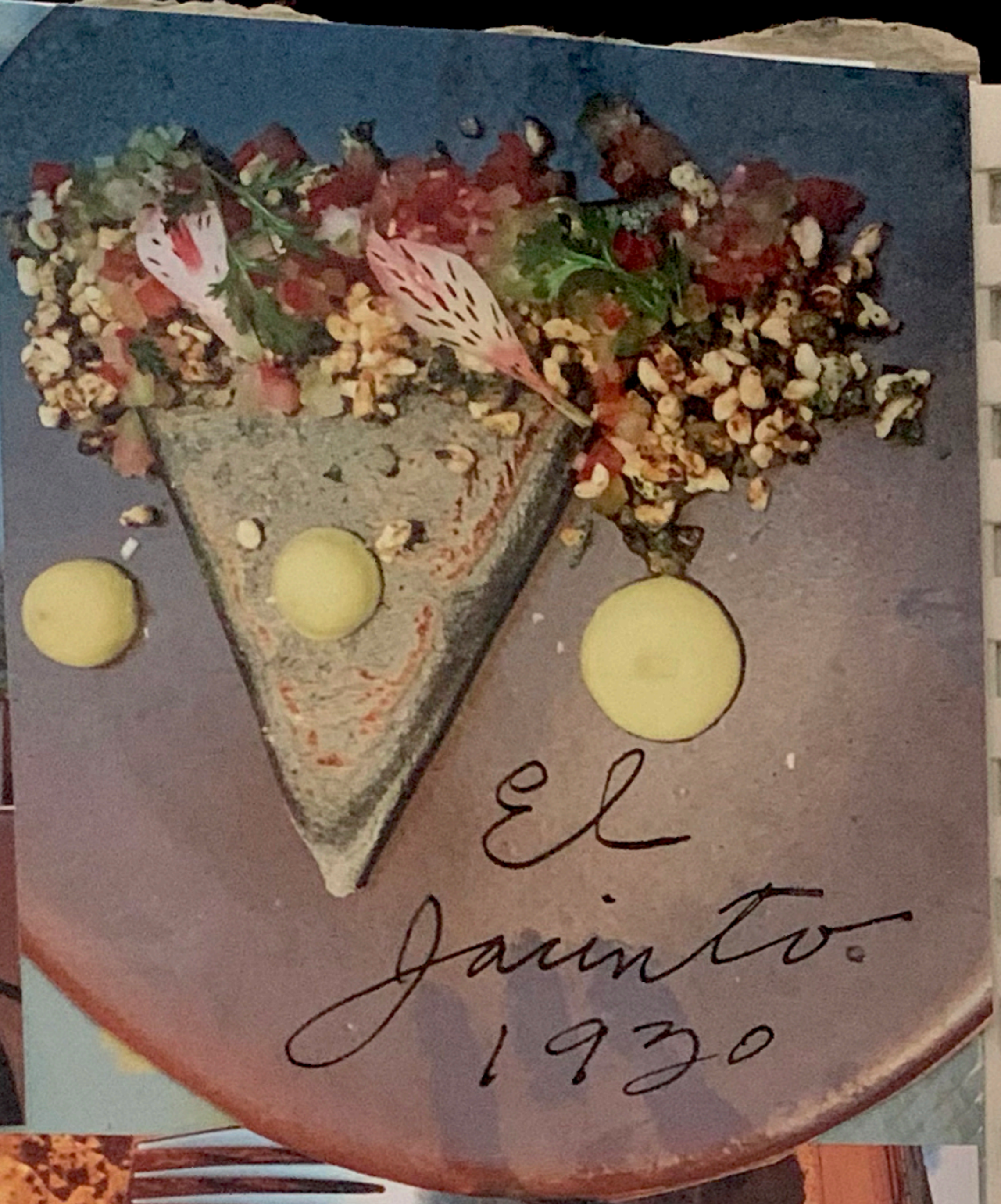
PARKING LOT AT AURORA



Kelly + Gretchen @ El Jacinto 1930

is something I have not seen before. It's a far cry from all the little individual Little Houses on the Prairie from my story. This is: ^{is:} MAGICAL Realism - the STUFF of DREAMS.

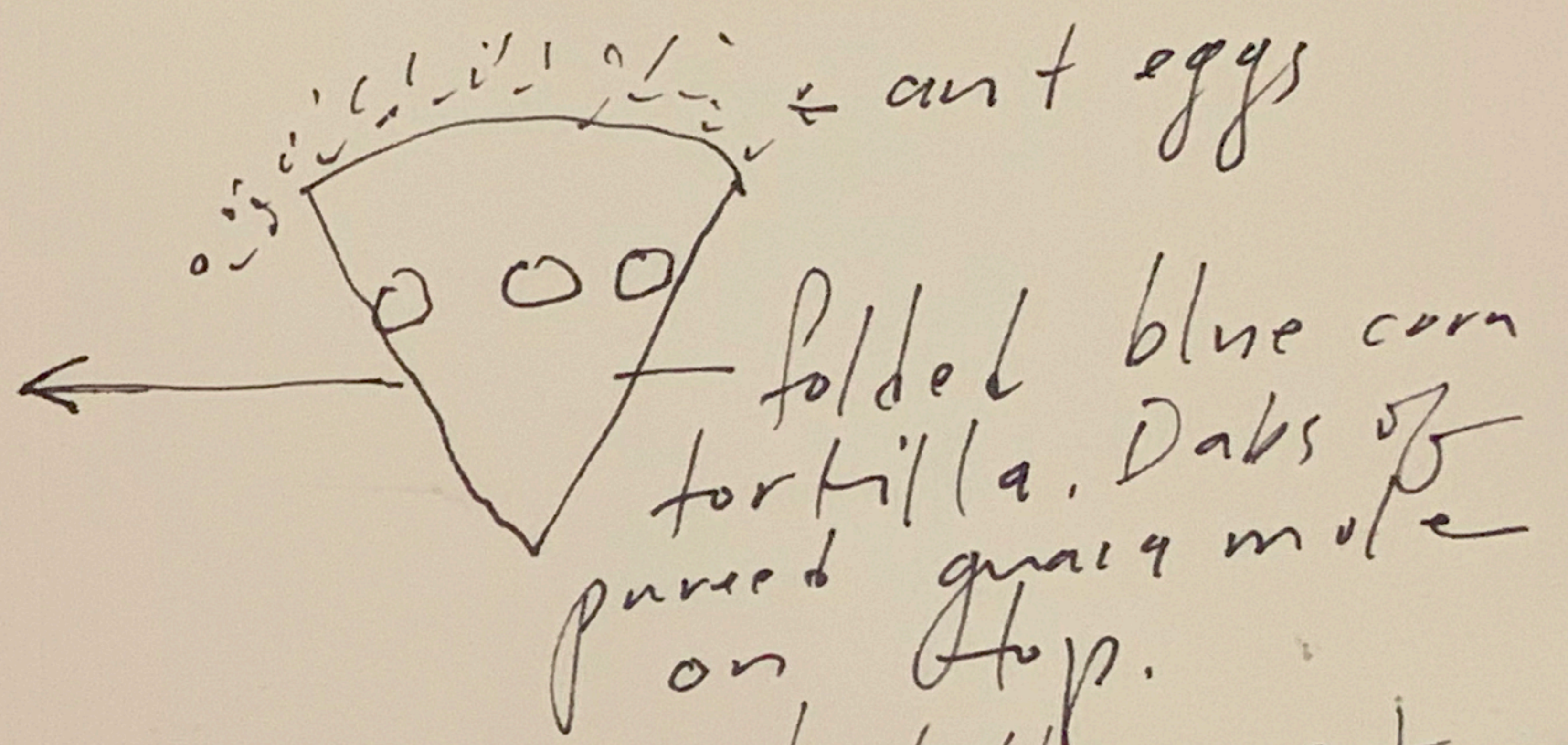
Last night, we went into a restaurant - El Jacinto 1930. at 18 Relox St. The food was fabulous. I had a blue corn tortilla with cheese + beans. With an "ant egg" relish around it. Yes, real ant eggs - from ants that are 300 big. They tasted like egg whites the size of cottage cheese, and mixed with chopped



El
Jaiinto.
1930



tomatoes and herbs.



I said I didn't want
this trip to be about food,
but the food is so good
and interesting.

Like MFK Fisher, can
Mexico restore me?
Kelly and Gretchen have gone
off to a walking tour of
San Miguel history. I declined
to do what I need to do -
some physical rest (after 2

Favorite Restaurants



El Tacinto 1930, El Taco Real

days of hours of walking on rough sidewalks + streets. (all cobblestone)

Feb. 3. Breakfast @ Bistro 300. Fantastic juice concoctions. Today: strawberry, almond milk, coconut milk, panna

The demographic of Americans here is the Road School demographic - Grey, retired looking, teachers, middle class.

Met a couple today at the cafe. They are from Vancouver. Both teachers - he in college, she in high school. He said he'd been in Benares (Varanasi) to immerse in learning to speak Hindi. I said I love Varanasi and have told

Favorite Restaurants



El Jacinto 1930s, El Talo Areal

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Robert Menzies of
Vancouver.



Natalie Strecker
Vancouver.

MORNING CONVERSATION AT BISTRO 308

He also wants to die in Varanasi.

my husband that I want to go
there to die. He lit up +
said he'd told his wife the
same thing.

When Gretchen + Kelly came
home from the walking history
tour, Gretchen said that Kelly
had told her I want to go to
Varanasi to die.

What a bizarre bit of
synchronicity. On this trip, when
I'm listening for hints, this
has been noted.

Saturday February 4, 2017

Good night's sleep. Dinner last
night at Mi Vida - fish in
squid ink.

Sunday Feb 5, 2017, 3:19 am

Awake. Feeling defeated + depleted.
San Miguel is ancient, historic.
Beautiful. But I feel like a

View from our Bed



in San Miguel

- cliché here. All the white people, served by brown people. I want to serve.

Tired from little sleep... poor sleep. Feeling raw... on the verge of tears. Fears of how to make what's ahead work out.

BUT.

I don't have the proper info to make a plan. Can I just be here?

Kelly and Gretchen just headed out for the bell ringing at the jardin (plaza) and then for a home tour. I walked a few blocks + then turned back. I am too tired and not resolved to push through unless it is something

Food + service here
were memorable -



Fantastic breakfasts
Fresh juice + eggs.

I care about.

So I am back at my
spot - Bistro 300. Having eggs
and beans + fruit juice.

Delicious.

And now - 3 hours or so to
myself.

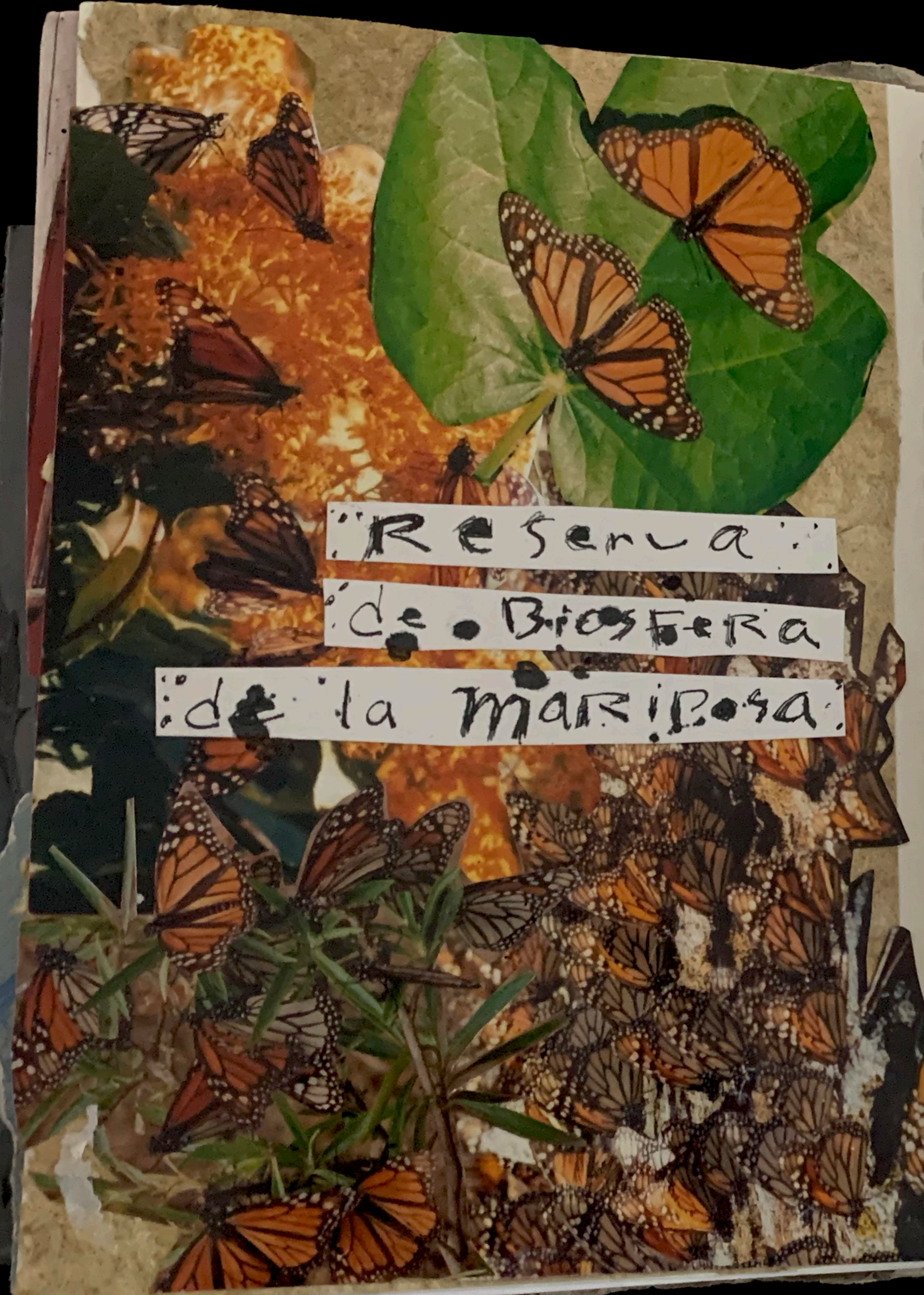
And try to get past this
feeling of fears... where
no words quite express it.

This grief... for an
aging, +

Middle of the night - around
2 a.m. Thursday, February 8, 2017.

Why am I awake? I've been
awake for almost 24 hours.

I want to go home. I miss
my cats, quiet, my own bed. I
miss air. The altitude



Reserva
de Biosfera
de la Mariposa

Sickness is wearing on me.
Today was the much
anticipated trip to see the
monarch butterflies in a high
forest in the state of Michoacan.
~~10~~ 11 thousand feet high -
I couldn't even walk the
first 100 yards without being
totally out of breath.

Very disappointing and
depressing. It's depressing to be
on a vacation that I've so
looked forward to + to be so
uninterested and unwilling to
climb, hike, walk over cobblestones,
... because I simply can't breathe
and ... have a lot on my mind.

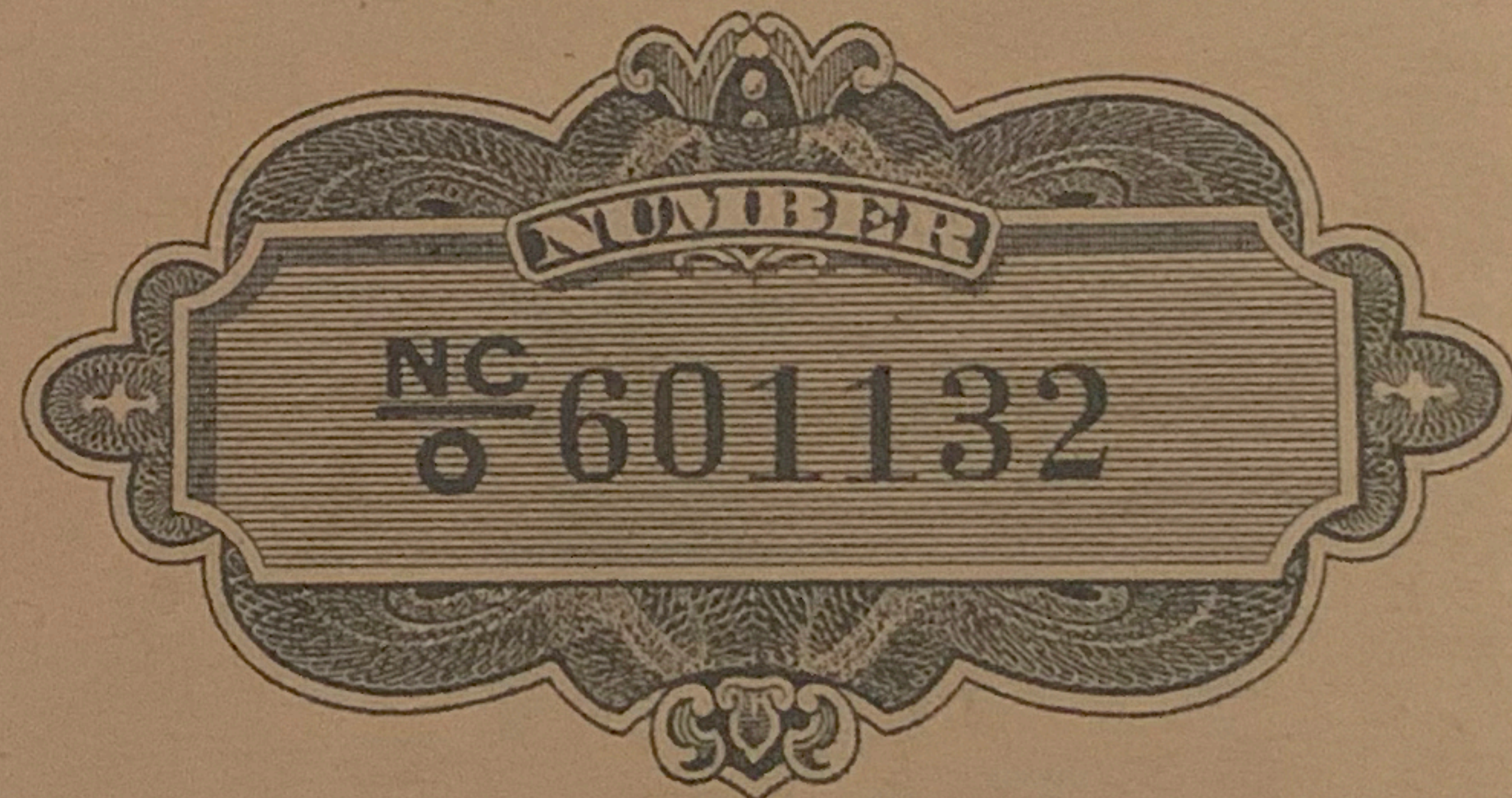
My traveling days - such
as they have been - are
over. My travel will need to be
less ambitious, not that this
is exactly grueling.

epiphany



choice
and
acceptance

NO TREES WERE DESTROYED TO CREATE THIS CARD.
HOWEVER, SEVERAL SMALL BUSHES WERE
CLUBBED TO DEATH.



NOTICE: THIS CARD COPYRIGHTED.
ANY UNAUTHORIZED REPRODUCTION WILL BRING
NOT ONLY SWIFT LEGAL ACTION BUT WE WILL
BE FORCED TO RECORD YOUR CRIME IN YOUR
PERMANENT FILE, BARRING YOU FROM EVER
PRACTICING LAW, OPERATING HEAVY MACHINERY
OR WINNING THE PUBLISHER'S CLEARINGHOUSE
SWEEPSTAKES. BEWARE. THANK YOU.

FC-350 BLANK

NOT JUST FOR
GROWN-UPS ANYMORE!
KIDS! ASK YOUR
PARENTS FOR ONE.

ALL RIGHTS RESERVED.
O'REILLYCARDS
DALLAS
TEXAS
USA



TAKE IT OR LEAVE IT.

- There's
energy

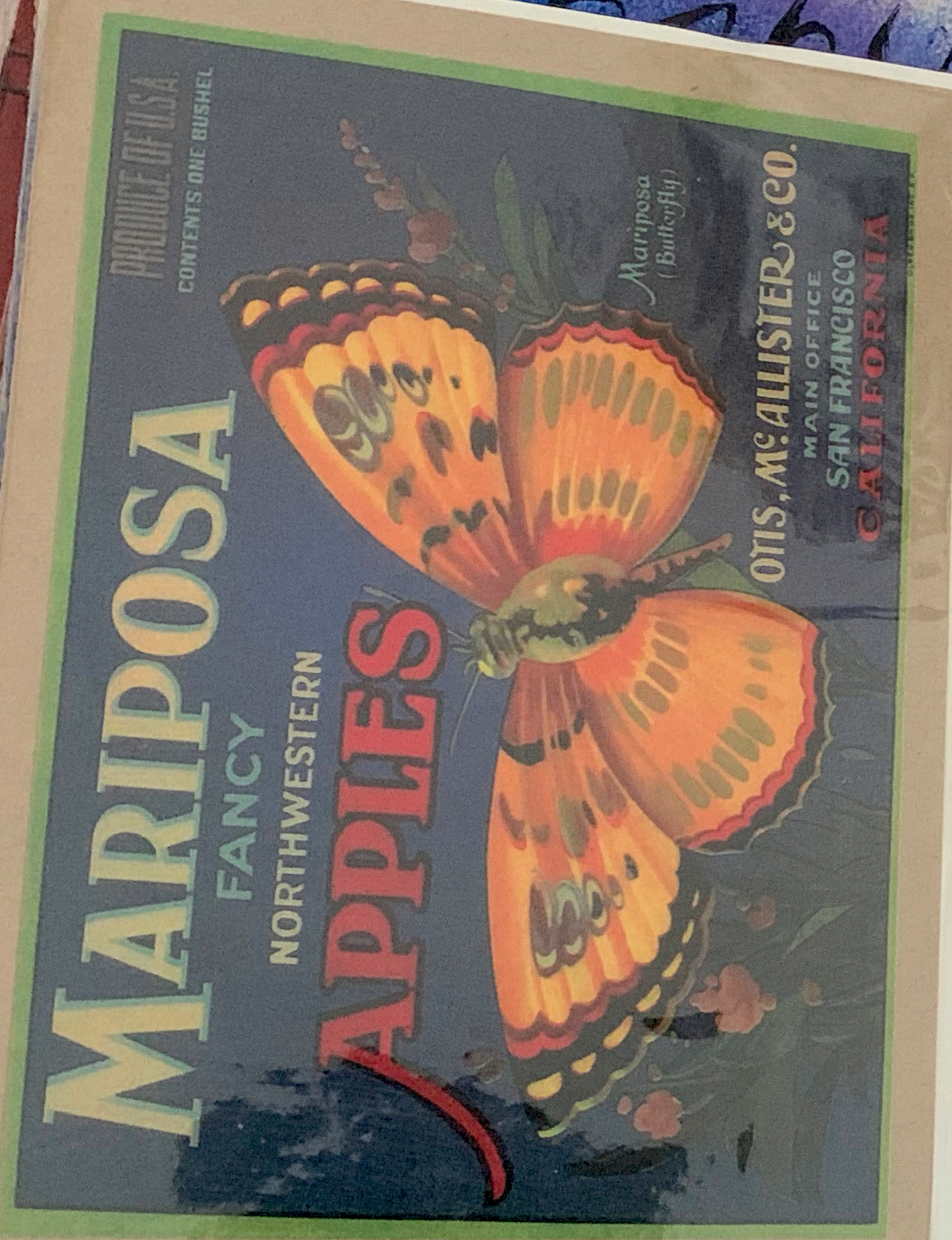
heats,
terfly

butterfly

all those
or do-
the
projects,

things
needs,

peace,
in this
me. Love



Med York K and Kelly —
 Alex
 Warble | Gretchen | me



- There's
 have energy

charts.
 butterfly

the butterfly

all those
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 sive projects,
 lly.

ast things
 Pieces,
 in peace.
 nite in this
 fate. Love



Kent took this photo of the Monarchs.

I fear I'm being rude - There's more to report than I have energy for: my alone time.

Journal writing

The questions (the checks,

The disappointing butterfly trip.

The epiphany at the butterfly sanctuary, ...

I can dwell on all those things I can no longer do - walking very far, have the stamina for extensive projects, travel energetically.

or.

I can enjoy those things I can do. 29 Pieces.

Look at the sky in peace. Appreciate clouds. Write in this journal. Draw. Meditate. Love

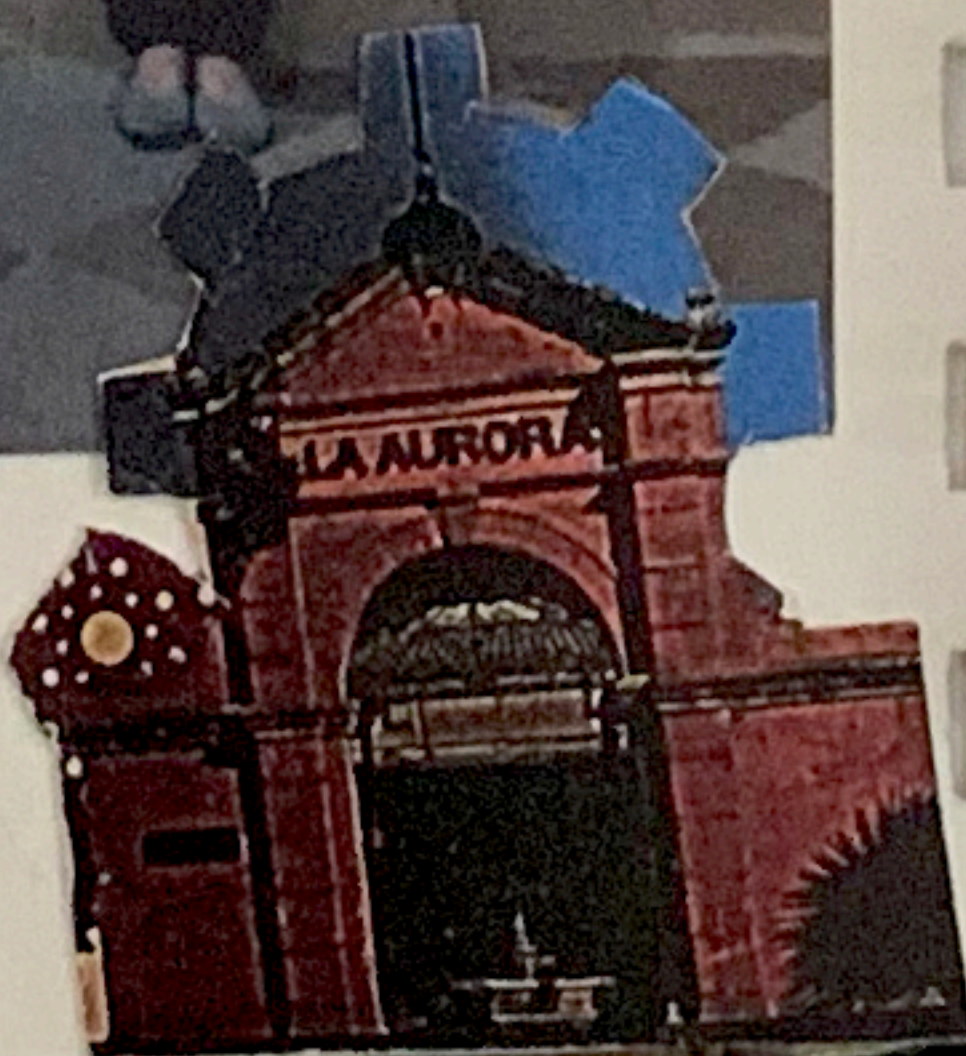
ART
WALK

SÁB
FEB
5:00

DREAM PROJECT

LA AURORA

XIII
ANIVERSARIO
CENTRO DE ARTE Y DISEÑO
FÁBRICA LA AURORA



my animals.

We went to La Aurora last Saturday.
Miles of aisles and rooms of artists
making art... paintings, sculpture,
pottery. Is that what I want?
Is this effort that I started
12 years ago worth fighting for?
Have I been too wounded by one

Is this big work of 29 pieces
worth the continued energy it
takes? It may be.
I wish I were home right now.

Thursday, Feb. 9, 2017.
Didn't sleep till 2:50 a.m.
or so. Up at 10:00 a.m.
And short of breath. just
going from toilet to counter.

DR. ROBERTO MAXWELL
MEDICINA CARDIOPULMONAR
TERAPIA INTENSIVA

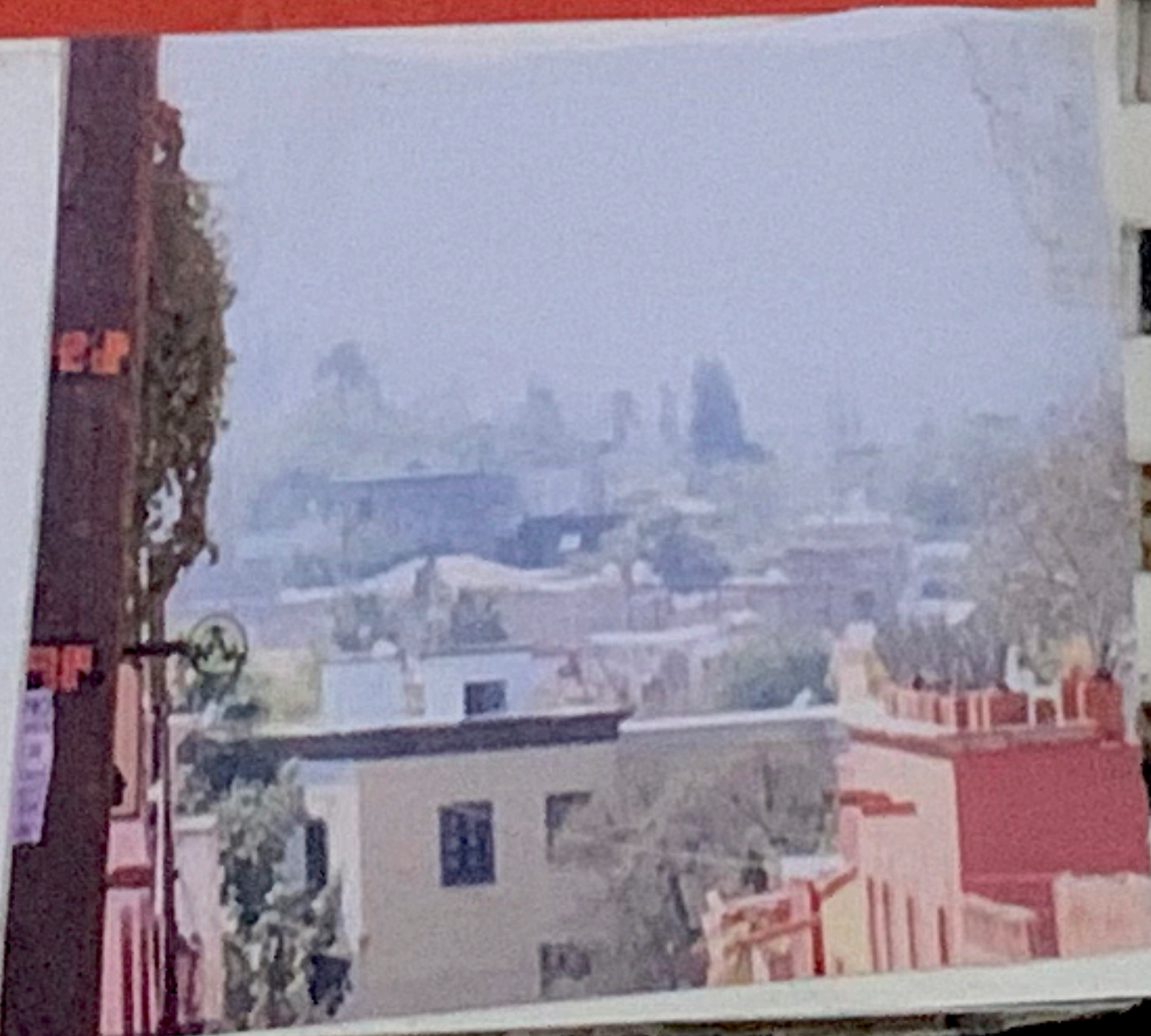
2 | 9

Horario: Lunes a Viernes
10:00 A 2:00 y 4:00 A 7:00
Reg. SSG. 411 268 46 Reg. SSG 192
Ced. Prof. 667587 U.N.A.M.

Dr. Roberto Maxwell
MEDICINA CRITICA Y TERAPIA INTENSIVA
CARDIOPULMONOLOGIA

Insurgentes No.29
Centro, 37700
San Miguel de Allende,
Gto.México

CONSULTORIO
Tel./Fax (415) 152 2365
URGENCIAS
Cel. 044 415 100 3592



So I called the doctor
(Dr. Maxwell) recommend. d by
Colette, and I am here at
the office. And it is a
parade of people like me -
the Road Scholar group.

Someone fell, someone has the
need for antibiotics. A pile
up of people in their 60's.
And a woman who looks
strikingly like me. All in
white white hair pulled back,
sandals on that are the
same as the ones I took
to India.



I was beside myself
last night - awake for 23 hours
Kelly snoring like crazy.

And San Miguel is
beautiful. And I am not
in a hurry to fully enjoy it.

in and son walked to Dr. Maxwell.
 Who scared the living daylights
 out of me - said he thought!



had a pulmonary embolism on
 heart blockages. 1st to H+
 Hospital de San Miguel, then

Casa Primavera
 Real Camino -
 Salda Real # 189
 elevator
 \$65-200

Real de Minas
 \$ 7B
 Wheelchair
 WFI
 Calle Ancha de San Antonio
 No. 1
 No elevator ↓ Queretaro ↓



EL Dia
HOTEL

Call Daniel

Call Doctor

Call Amanda Slater

Hotel for here.

Drug store

Sarah Salazar.

Pack



QUETZITLALLI

Daniel Hernández Rangel

L.A.E.T. & Lic. Psychology

Transportation, Tour & Property Manager

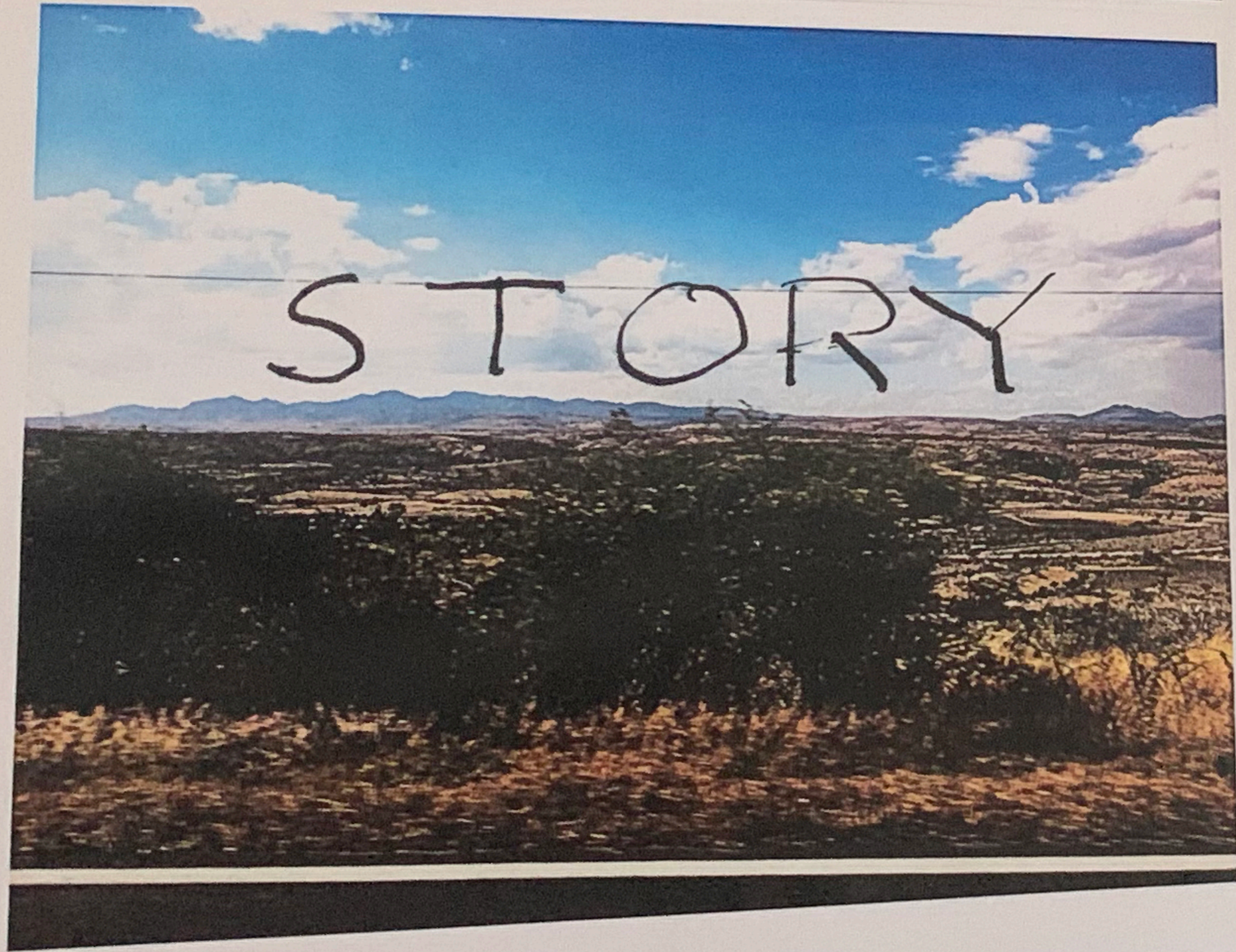
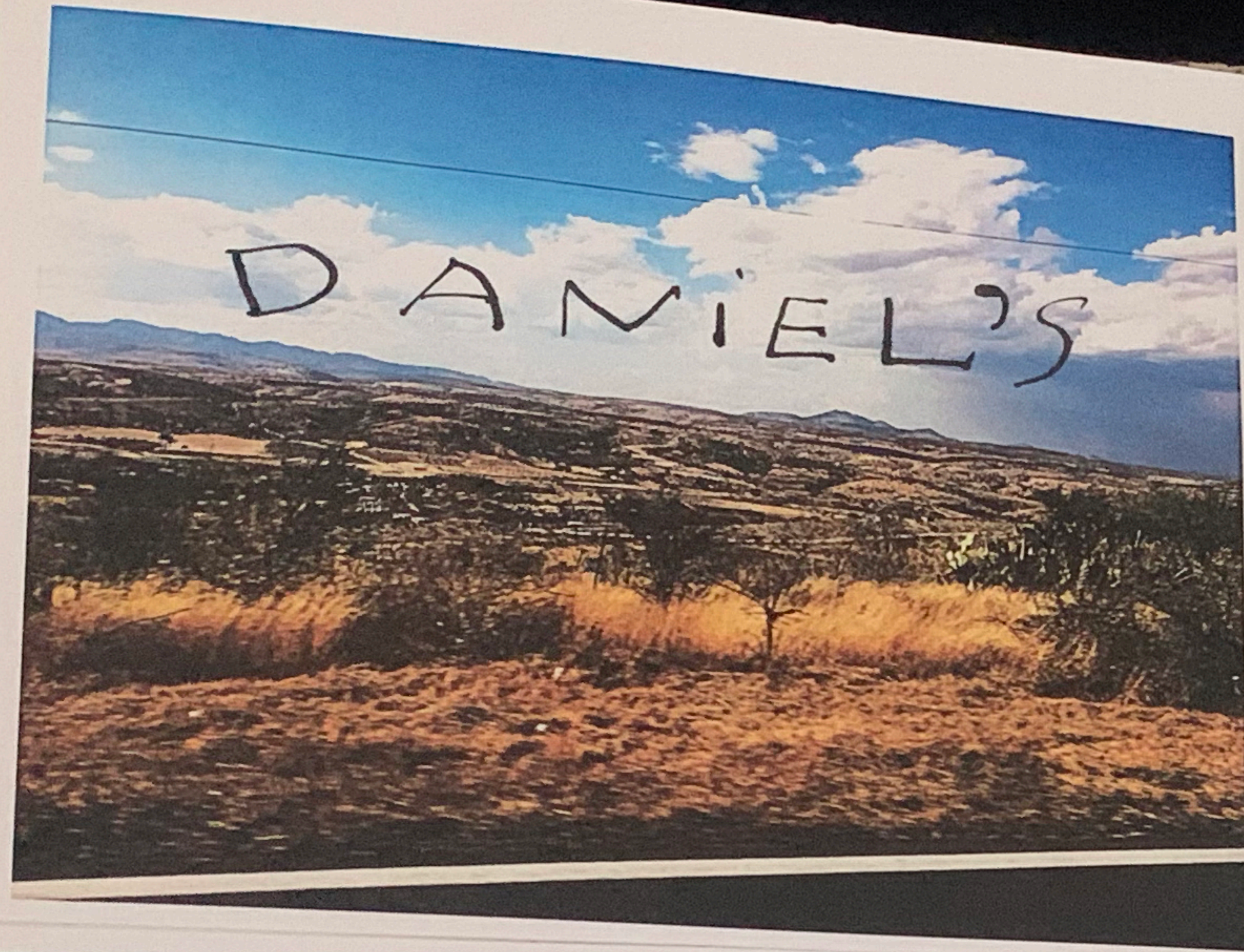
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<http://www.hernandez-tours.com/>

San Miguel de Allende, Guanajuato, México.



Feb. 11, 2017

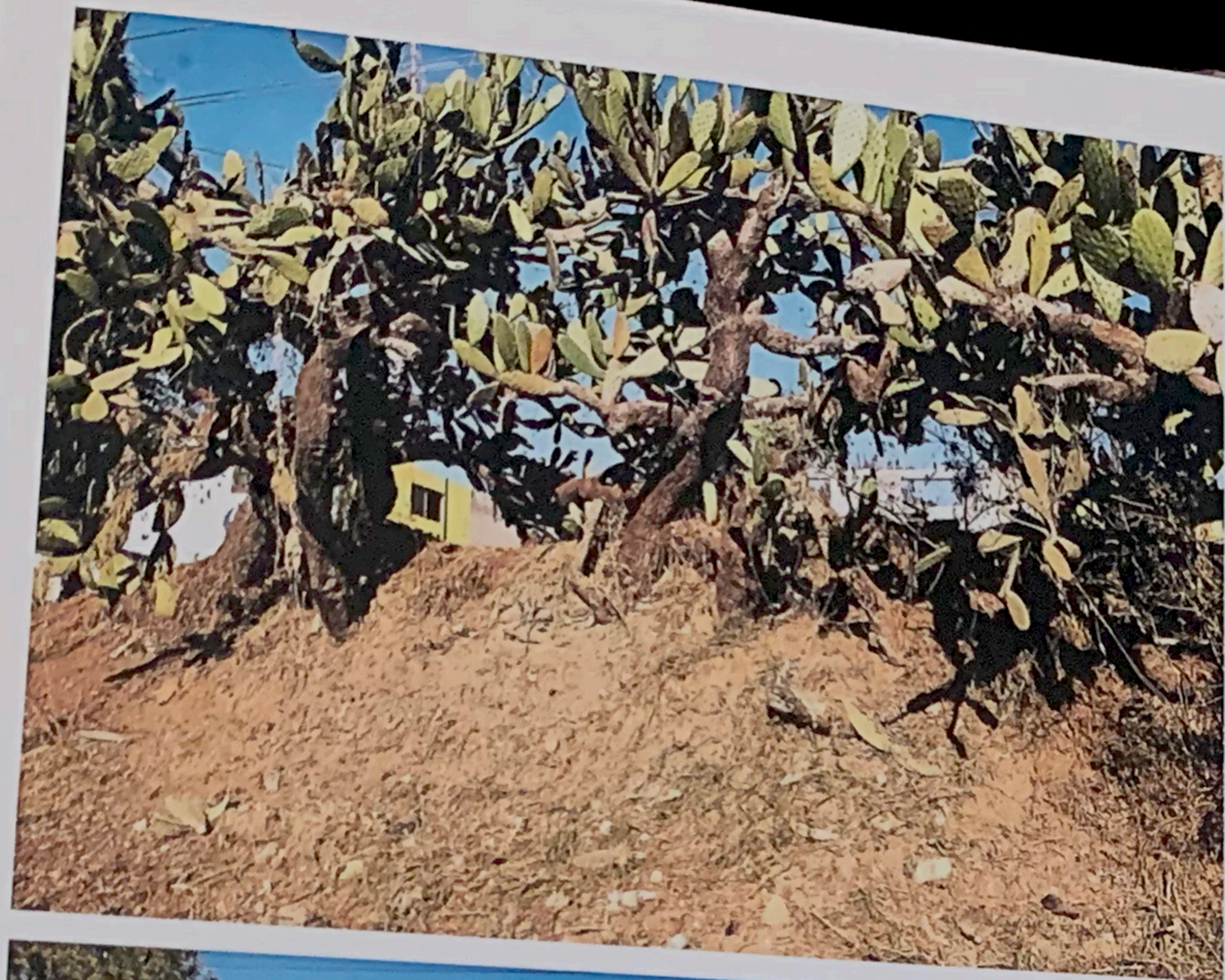
On the flight back to Dallas after a one hour + "narrative of my life" from Daniel Hernandez - the house manager for Collette, (corner of 18 Callejon Blanco) president of the San Miguel Chamber of Commerce, restaurateur, and tour guide.

He has two brothers and a sister living in Plano, Texas. They are undocumented. Brothers work at restaurants and the sister cleans houses.

I asked how, in one family, 3 siblings would leave Mexico, and he decided to stay. He said that his siblings were brave, and that he was the one who was 'chicken'. There were not jobs in San Miguel, and they wanted to go to the USA to succeed and be able to send money home.

He made the point that if you enter a culture at a low level, you will probably stay there. Middle - you'll stay there. High - stay there. Only the interception of someone to help mold you would change things.

Found in the car in SMA LEON



And he was lucky to meet a couple - Margie Bullock and De Sisto, who had a school in Massachusetts and a home in San Miguel. They hired him in San Miguel. He told them he was going to go to the U.S. so they hired him to come to their school in MA, and work in a program for troubled youths from very wealthy families.

(There are so many details to this story, it'd take hours to replicate it.)
It involves:

1. Daniel's rise from waiter in a systemic structure in which all the kids had roles in some discipline of a restaurant + performance hall, rise to → head waiter, floor manager, and then creator of a bicycling program for boys, that took 3 trips.

a. from Portland Oregon → Portland, Maine.

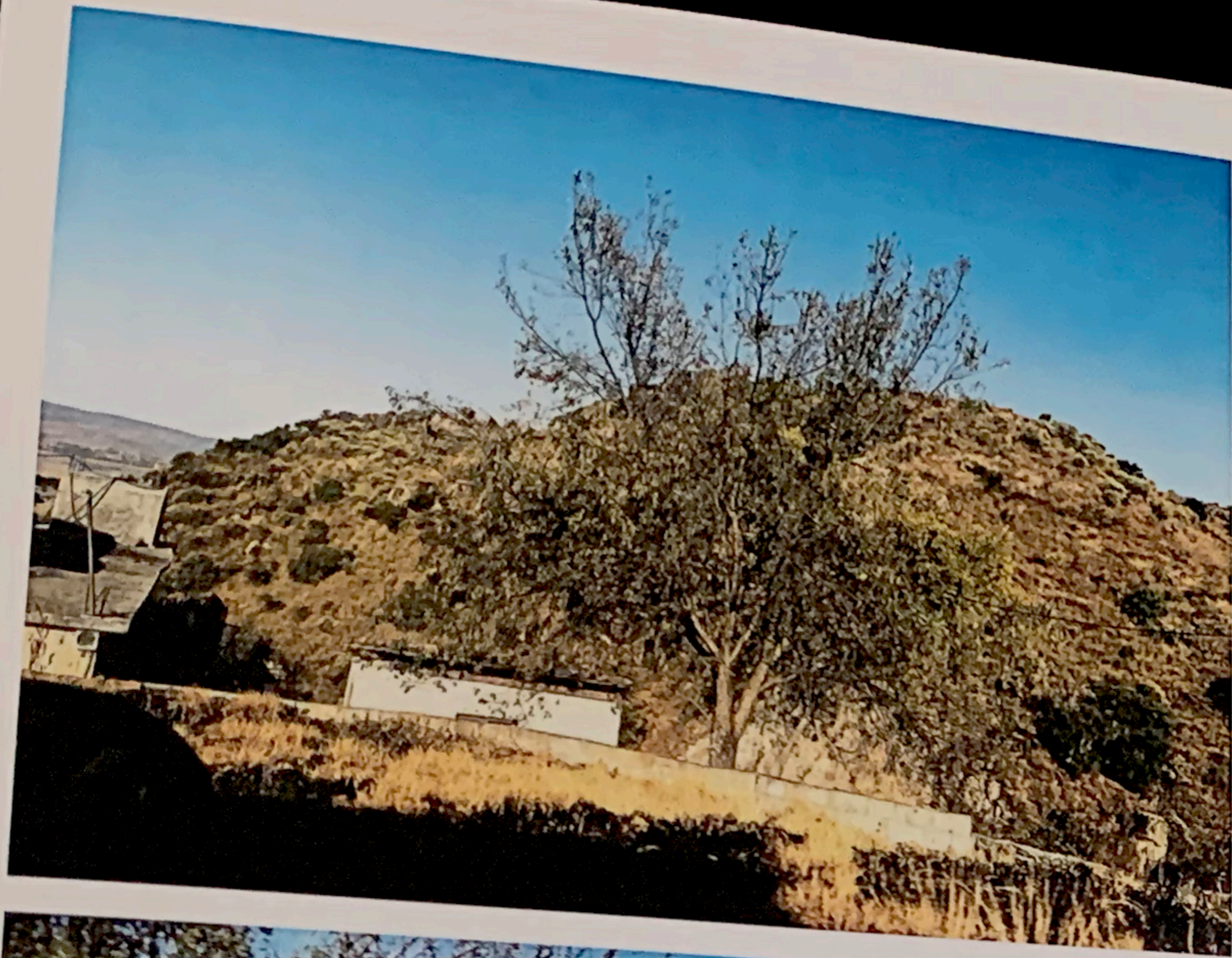


b. through Italy.

c. to Cuba (involving obstacles of all kinds - including arrangements for Americans) to travel to Cuba getting money wired, which had to come from certain Western Union stations, and to Cubans only, and feeding 10 people on about \$90/week (lots of beans + rice), dial up internet, and no money for anything extraneous.

d. the last and final bike trip was with 8 female students, 2 female teachers, and his Pakistani friend - who'd been a client at this school. The girls did him in they began to form cliques, they became resentful of one another. They were competitive with each other + for his attention. The Pakistani injured his knee + had to fly back. One female teacher kept coming on for

the Con Xion Xag /
the Divide



Daniel + he made her go back.
[the landscape is beautiful - flying
back to Dallas.] [mountains
like waves]

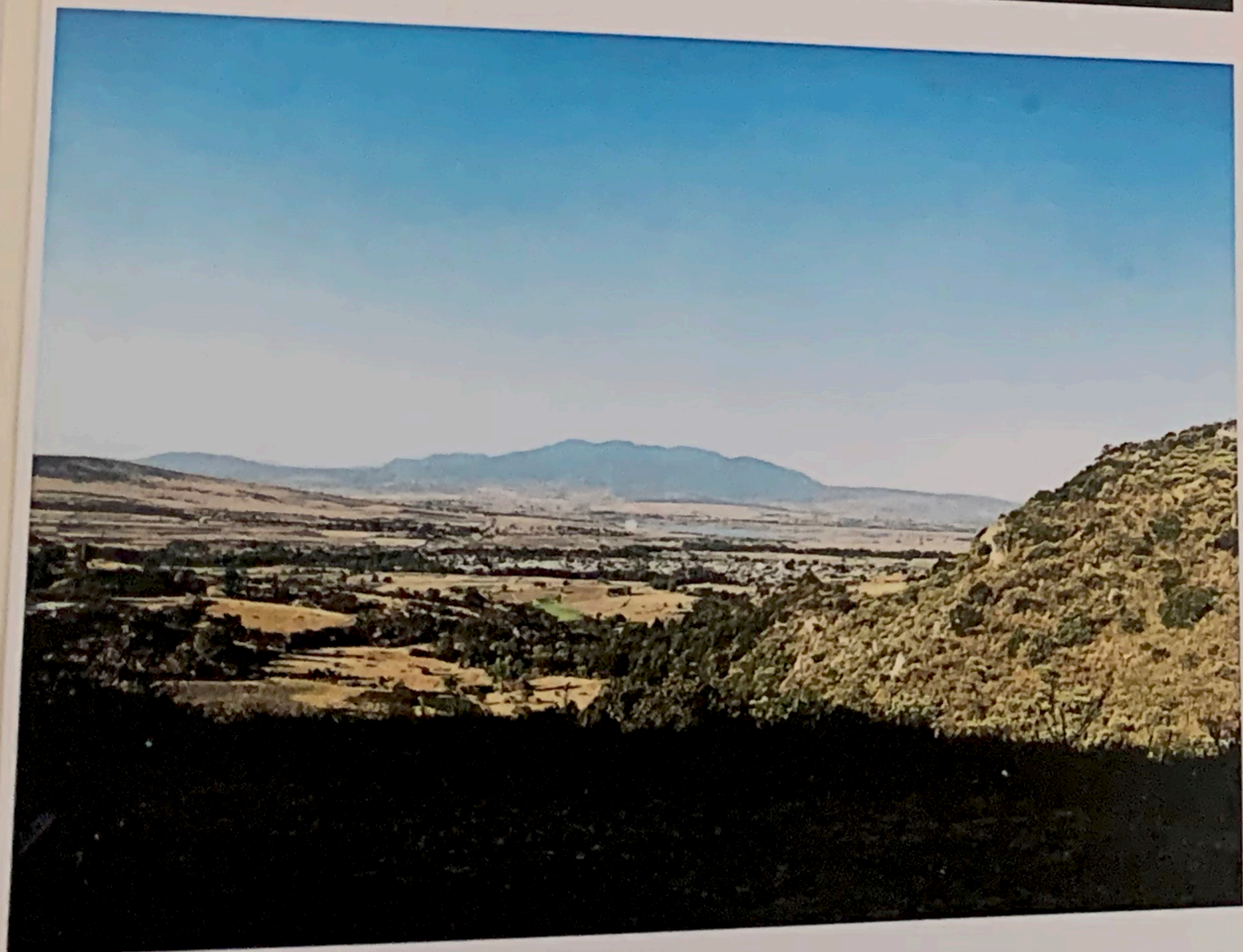
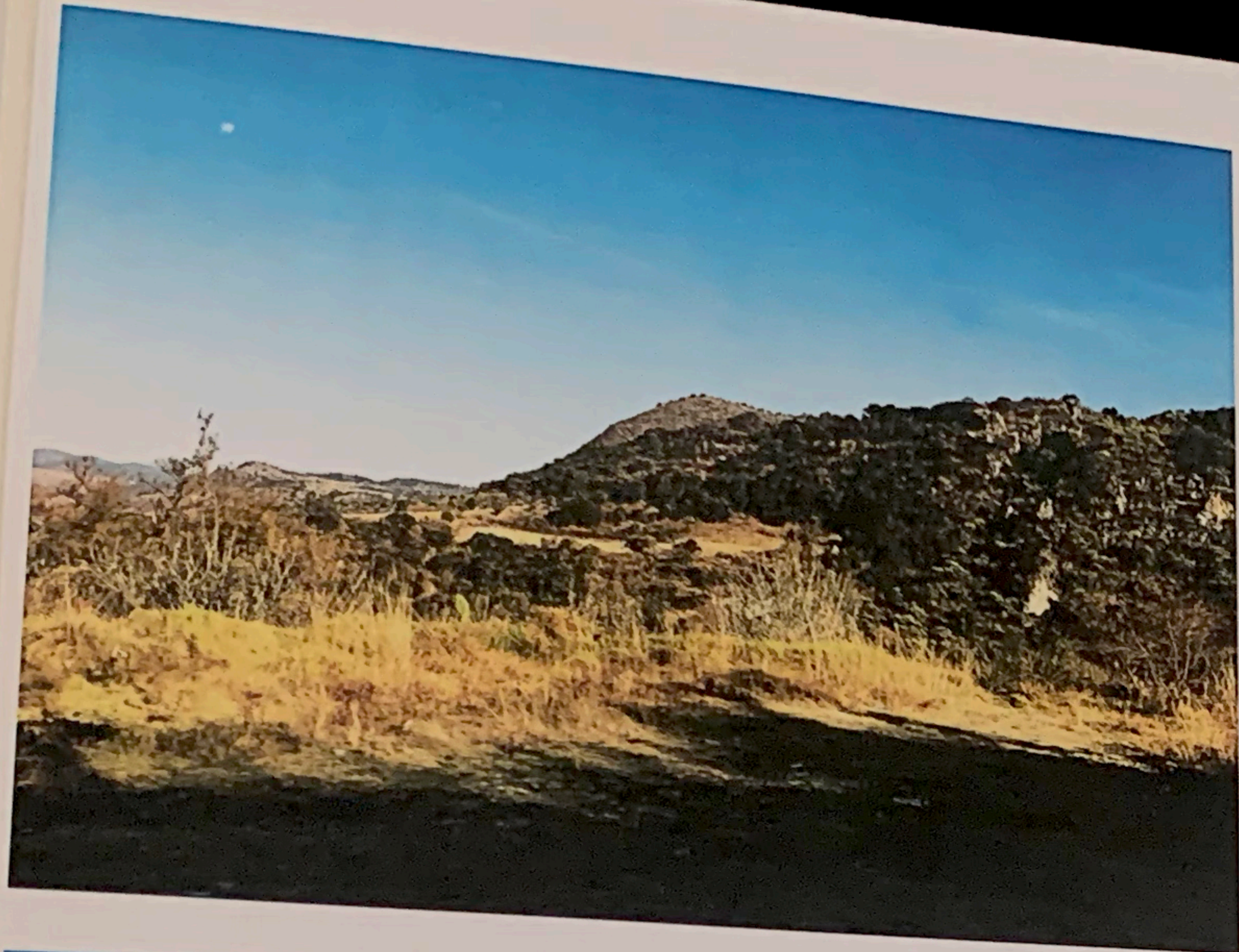
Two young girls wandered away
at night right into grizzly
country. They wandered away
again + came back covered with
mosquito bites.

One went too fast down a
mountain, crashed + broke her wrist.

The trip ended with Daniel,
2 students + one female teacher.
Quite a story.

Then Dr. Sisto was diagnosed with
kidney disease + died. Since
2019, Daniel has had his own
business.

Margie Bullock is still alive.
We arrived at the airport,
and that's how brothers within a
family can go very different
directions!



I thought of how incredibly cinematic the story was - so rich, in so many ways. I could see a movie of the bike trip with the girls...

Or the young Pakistani - who was sent to the school by his Pakistani mother, who became abusive to him after her American doctor husband died, along with her other sons, in a private plane crash - piloted by the father. The young Pakistani friend of Daniel's had said cruel things to his father - before the plane ride.

The Pakistani was made to work on the farm at this school - which others hated, but he loved. He taught Daniel how to speak English. He was patient with him.

And once home - Gretchen researched de Sisto - not good.



My lessons from this trip:
① Mexico is beautiful. I wish I did better while there,

② I wanted to see the butterflies but my health prevented it. I ended up staring at the clear blue sky, lying on my back.





My lessons from this trip:

1. Mexico is beautiful. I wish I did better while there,

2. I wanted to see the butterflies but my health prevented it. I ended up staring at the clear blue sky, lying on my back.

It was so easy to get tearful, and self-reproaching about my health, my age - all that is lost. But I decided to appreciate what I could do.

3. When faced with a doctor's diagnosis that was potentially life threatening, I said my mantram, remained calm & felt all gratitude for everything & body.

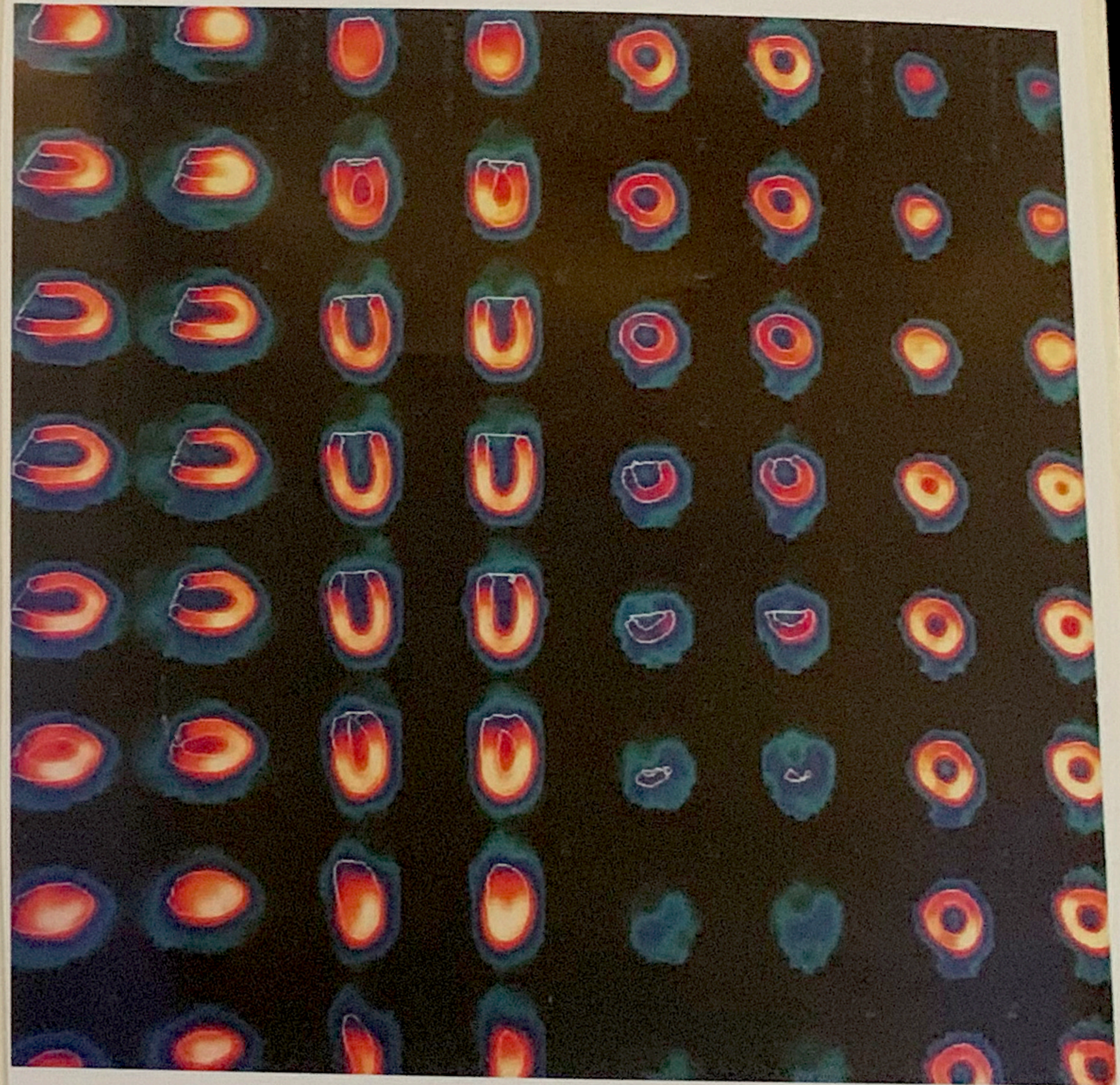
Facebook POSTS FROM MEXICO

February 9 at 9:33 pm: Not according to vacation plans! The doctors in San Miguel Allende have been terrific. Spent the day being checked out for a pulmonary embolism and tomorrow for coronary problems. This comes after days of feeling like an elephant is sitting on my chest. Thank you all for the prayers and good wishes. The doctor here in San Miguel is sending me to a heart hospital in Queratero for further tests. We may or may not travel back to Dallas tomorrow. Gretchen Dykstra and Kelly Nash have been the best possible advocates at bedside. And Dr. Roberto Maxwell here in San Miguel is accessible and on it. My doctor in Dallas - Dr. Dean Dimmitt - is in the loop and agrees with all that the docs here are doing. I am in good hands. Love you all.

February 12 at 4:51 pm: Thank you to all my friends in the Facebook community and beyond for your concern, prayers and love. I am home now in Dallas, breathing better, and have plans to see my doctor here tomorrow to have more tests on my heart, to get to the bottom of this. Dr. Roberto Maxwell, the Cardio Pulmonary specialist at 29 Insurgentes in San Miguel, was thorough and clear in his help for me this past Thursday and Friday. I learned a few things on these last days of our trip to Mexico. (1) Mexico is beautiful and I wish I did better while there, (2) I've had a lifelong dream to see the Monarch butterfly sanctuary in Mexico (at 11,000 ft. elevation). I wanted to see the butterflies (Kelly and Gretchen both did) but my health prevented it. I ended up staring at the clear blue sky, lying on my back. It would've been so easy to get tearful and self-reproachful about my health, my age - the things that are lost. But I decided to appreciate what I could do. I learned that where there is a will, there is not always a way, and (3) When faced with a doctor's diagnosis that was potentially life threatening (the doc scared the living daylights out of me by describing what I had as a 'widow maker'), I said my mantram, remained calm and felt all gratitude for everything and everybody. Though the blood tests indicated I had blood clots near my lungs, the CT scan proved that wrong. So - I feel good today, will see my doctor here tomorrow, and trust that I am here to be in the big mystery of it all for a while longer.

February 14 at 10:51 am: Happy Valentine's Day, dear friends. Thank you again for your love and concern over my health scare in Mexico. I saw my doctor here in Dallas yesterday, and he ordered a thallium isotope dye test to, as he says, "put this to rest." Evidently, for women, a CT scan, EKG's, echocardiogram and treadmill stress test are only 70% accurate, so this last test should be the decider. Other than catching a cold, I feel much better. The ups and downs (literally and emotionally) of the last week have been draining, so nap research is the order of the day today. May your home and your heart be Casa Corazon! Sending lots of LOVE!

February 22 at 9:40 pm: Heart Update: Today ... Two hours, and two intravenous injections of radio isotope dye, 64 photos of my heart done by a really creepy, heavy, moaning piece of equipment (that'd be the stuff of nightmares for anyone who is claustrophobic) hovering over my chest, a treadmill stress test and voila! Clean bill of health for my heart. So the heart test tally is: 3 EKG's, one CT scan, one echocardiogram, one treadmill stress test in Queratero, Mexico, and a radio isotope 3-D heart scan coupled with a treadmill stress test at Baylor Hospital today. And it all came out good. As far as we can tell, the troubles in Mexico were indeed altitude sickness. Again ... so relieved, I fell into another phase of nap research. Thank you all for calling in the angels, and for your love and prayers when things looked pretty scary there for a couple of days in San Miguel and Queratero. I've been treated by a lot of terrific, caring doctors along the way.



What do I dread?

Facebook	Email
Budgets	Taxes
more entanglement	

SOLUTIONS

Facebook: STOP IT DON'T DO IT	Email: A new habit? Allow slots of time for it?
Budgets NEW HABITS	Taxes DO IT, Come on. 1 HR/week. for BOOKKEEPING DO IT.

What would I want
to accomplish with
new habits?

Physical health } Strength
Weight loss
Civic involvement } HEALTH

Lightening up + emptying out
of house + belongings

Time in my studio.

Efficiency / fiscal
management of 29 pieces.

Home as sanctuary.

Deep joy despite it
all. Bravery. Kindness.

Who/what are the
greatest gurus? who/
offer the most ^{what}
teaching/learning
moments?


the
PRACTICE

29 Pieces

The 1st Career

KELLY/
MARRIAGE

the PRACTICE:

GIFTS? 

- Dana -
- Shelley -
- Sandra -
- Gretchen
- Debby -
- Vicki M. -
- Cindy -
- Constanza -
- MM -
- Hope -
- Maria -
- Katz
- Poppy
- Lynda

400

2000

what?

Biblioteca
Journals
Cards

La Corazon
all kinds of
things

Store on Canal
small purses

Store on Relix
skeletons

who / what never / almost
never disappoints?

██████	Mother Nature	Animals	Debby
Shelley	wisdom	the Divine	Vicki Morgan
Sandra	Piece 24 KIDS	ART THAT I LOVE	T R A V E L
Gretchen <u>JODY</u>	S L E E P	a mani pedi	E X E R C I S E


I admire:
Debby Knotts
because she
is:

BRAVE

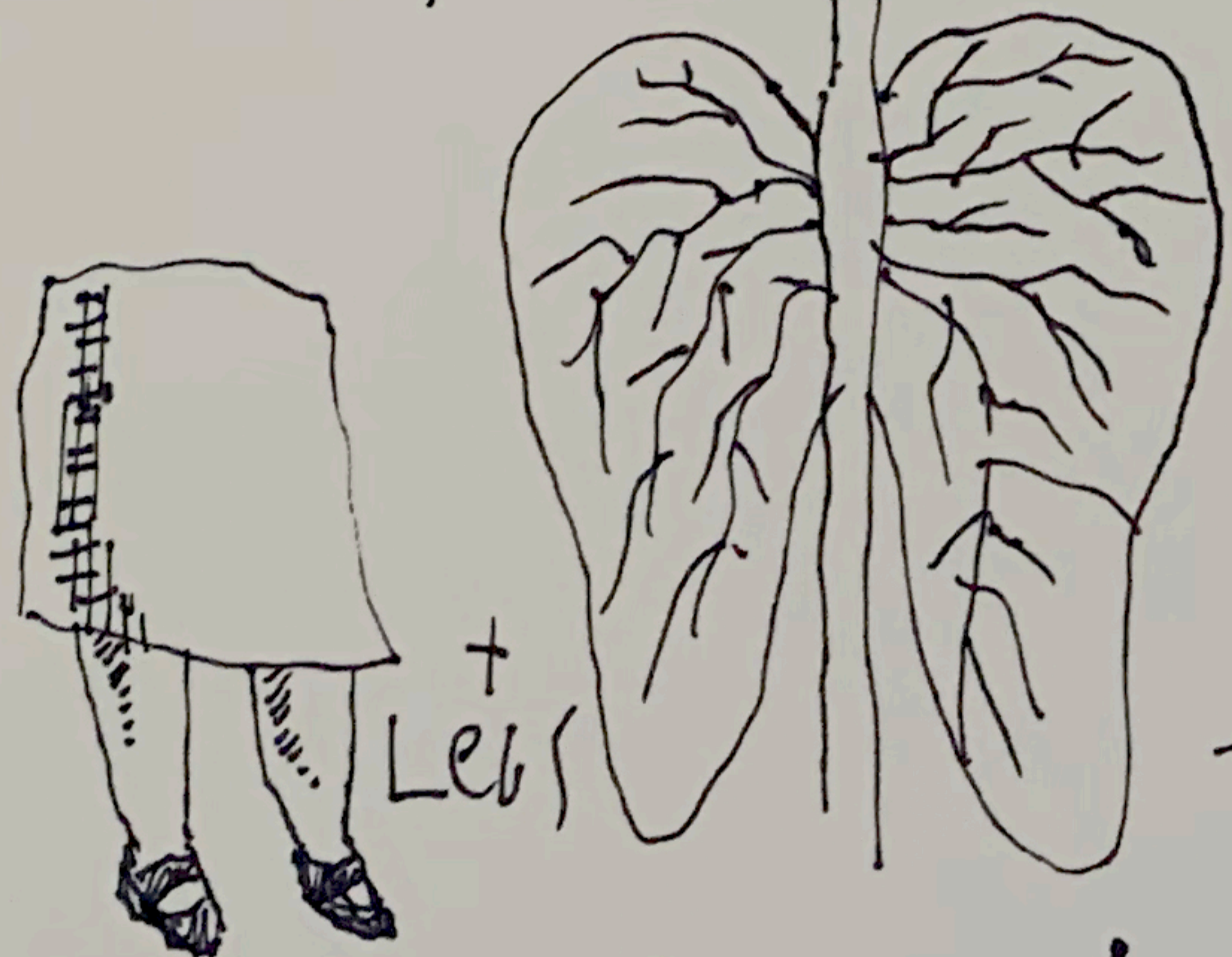
;

JOYFUL

What/who disappoints?

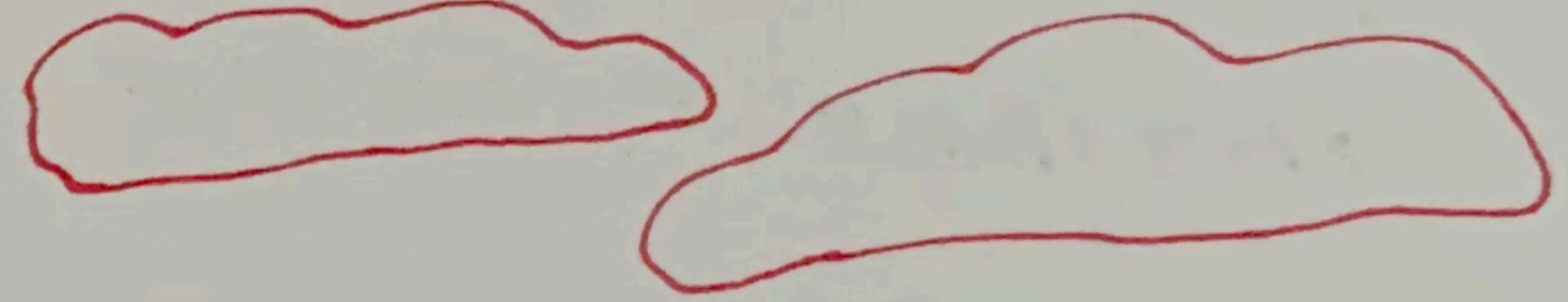
	ME		
Those who hold women back	FAMILY	OUR BODIES	
people/ [Betrayal] [senseless]		The Medical SYSTEM	
OUR LEADERS	U.S. VOTERS	A	THE GOVERNMENT
		THOSE WHO DAMAGE THE EARTH	

May my LUNGS



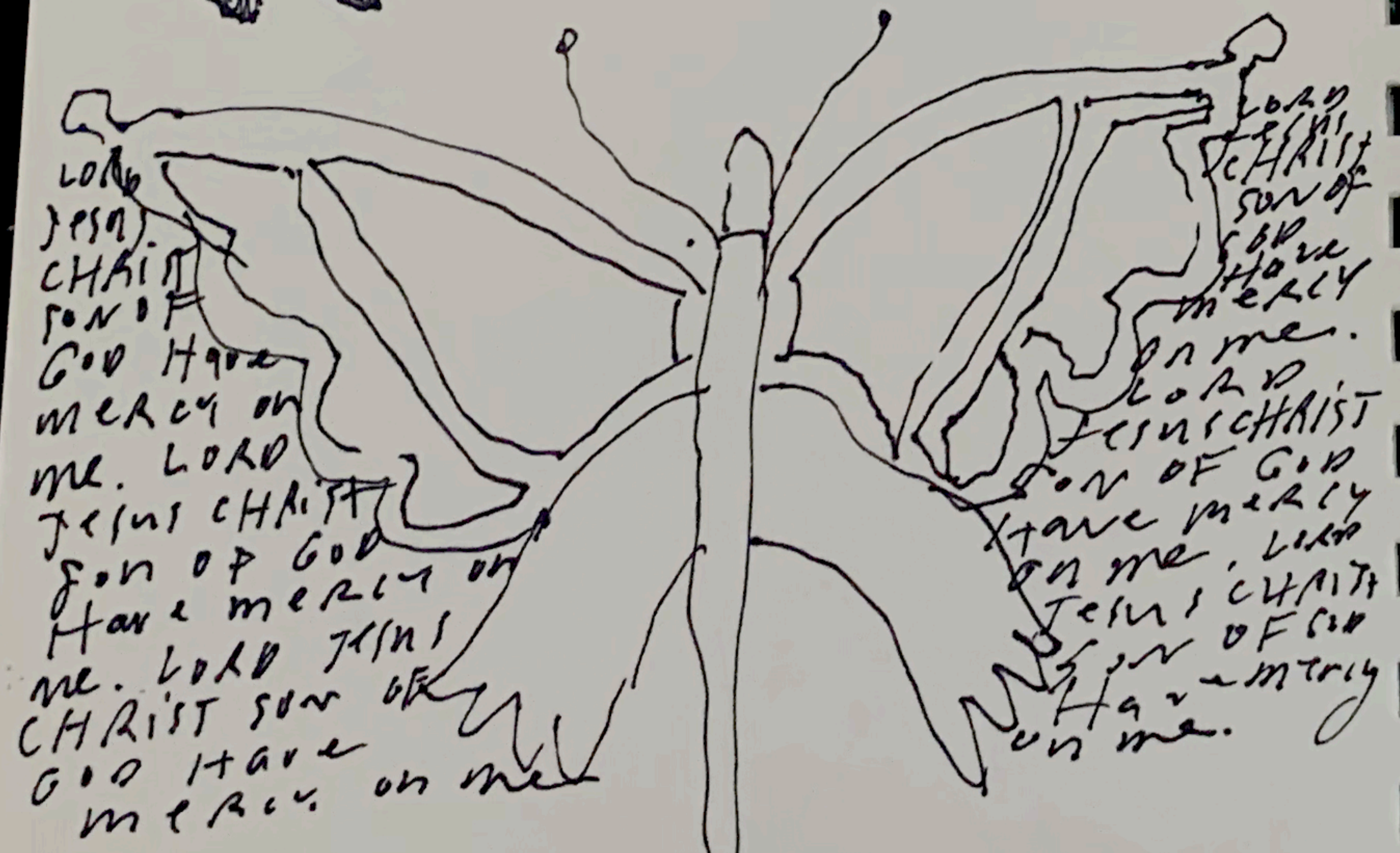
[WASN'T
MEANT
TO BE.
COULD
NOT
BREATHE
WORK
TO SEE

→ at 10,000 feet high. I laid
on the grass + looked at
clouds.



An epiphany. I can either
sink into sadness at all
that I cannot do anymore,
or embrace what I still
am able to do.

Our bodies. all our bodies,
begin to break down. And
choices arise - take care
of it. Adjust to the new
normal.



LORD
JESUS
CHRIST
SON OF
GOD HAVE
MERCY ON
ME. LORD
JESUS CHRIST
SON OF GOD
HAVE MERCY ON
ME. LORD JESUS
CHRIST SON OF
GOD HAVE
MERCY ON ME

LORD
JESUS
CHRIST
SON OF
GOD HAVE
MERCY
ON ME.
LORD
JESUS
CHRIST
SON OF GOD
HAVE MERCY
ON ME. LORD
JESUS
CHRIST
SON OF GOD
HAVE MERCY
ON ME.

The BUTTERFLIES

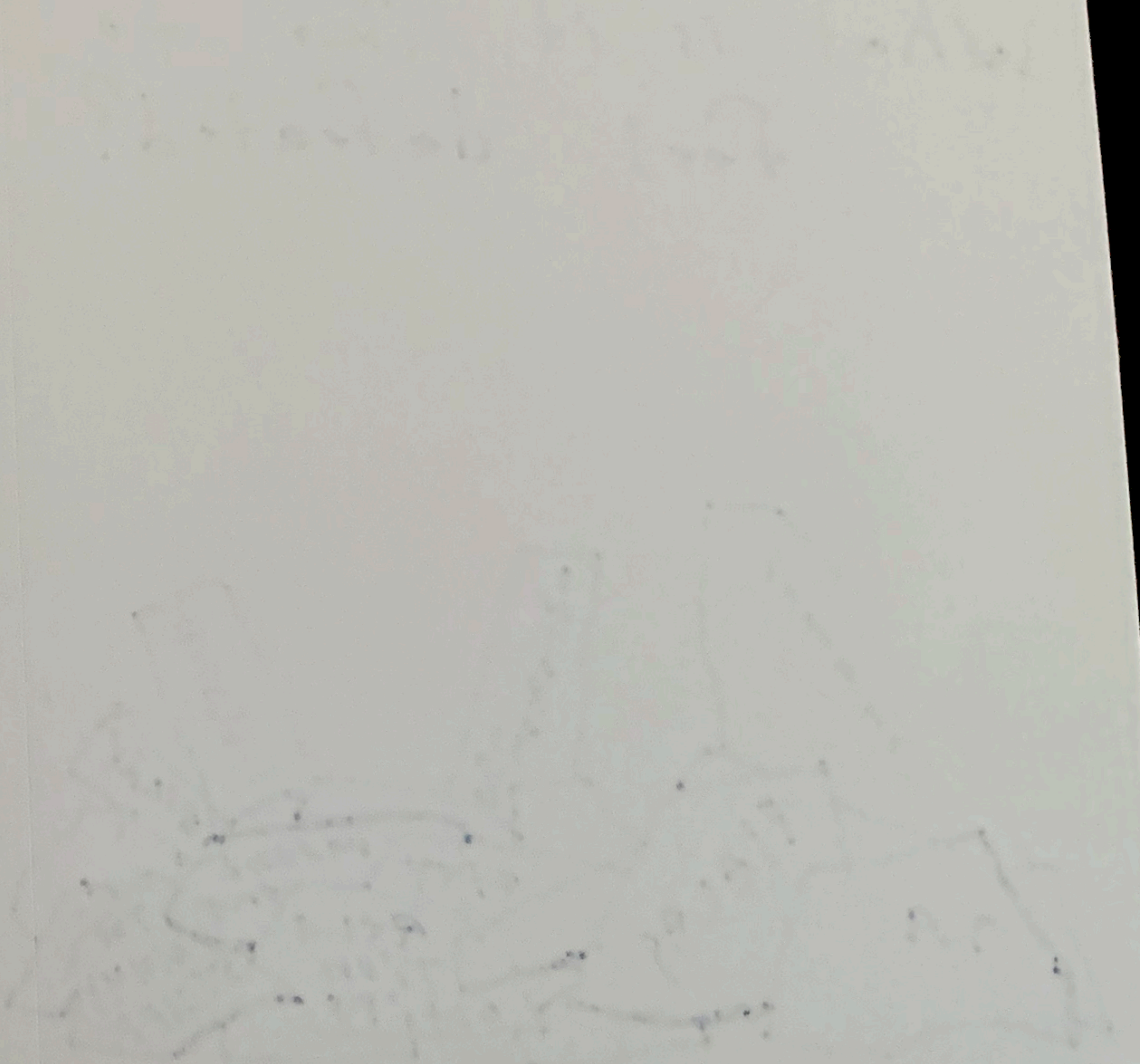


A Plan for improved health and vitality:

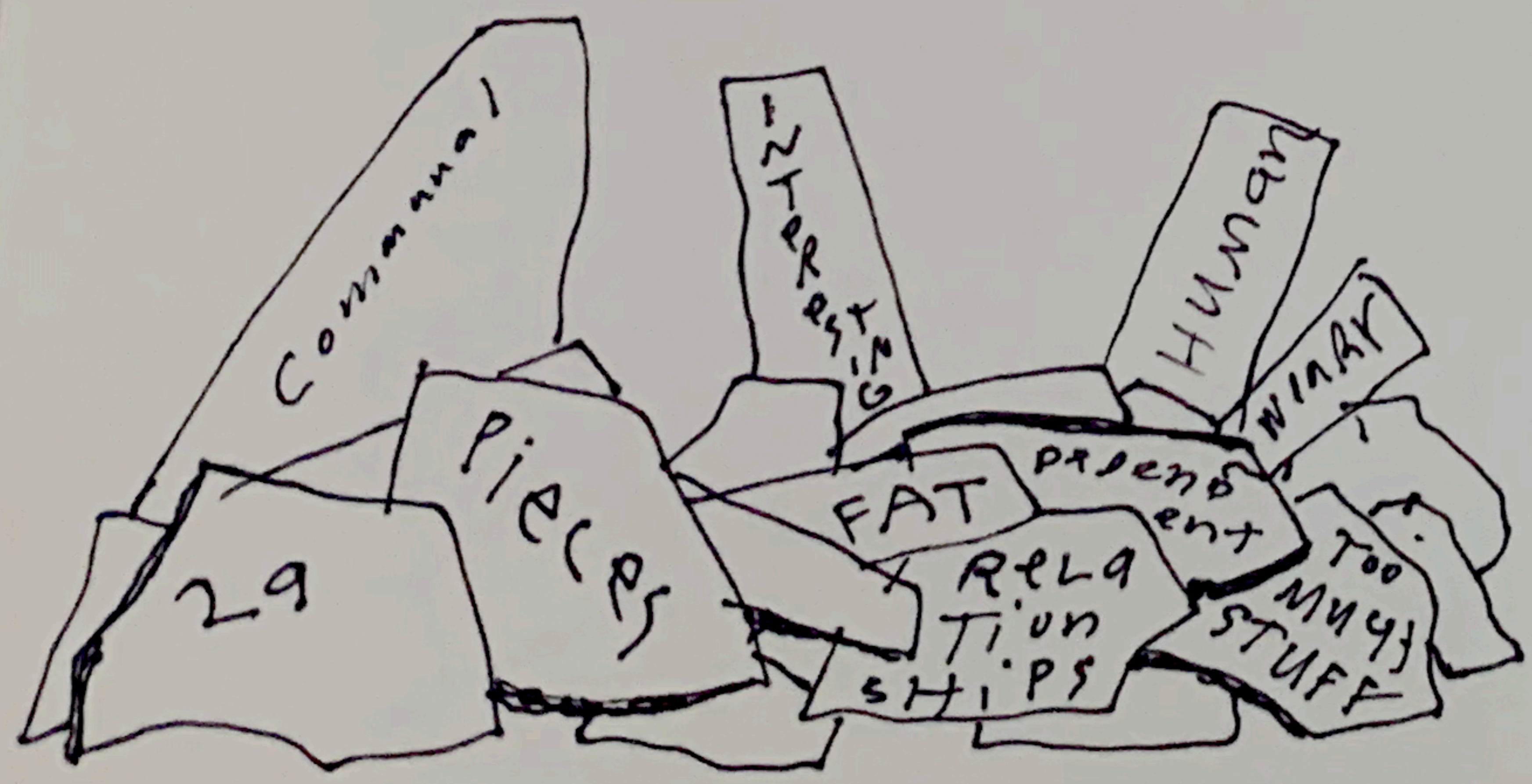
1. Doctor appts.
2. Continue exercise
3. Lighten up.
4. The practice
5. Protein rich food/Real Food
6. Massage, facials



TOO MUCH



What is it like to
feel defeated?



How can those habits
① change? [NEW HABITS]

Cue	Routine	Reward
End of Afternoon, time to sit in garden	Instead of wine - glass of Pellegrino w. dash of wine.	Relax. Bask in nature. Not slowed down by alcohol.
The time. Have appt.	Go to gym	. Strength . Clear arteries? . Starbucks?

What habits do I have?

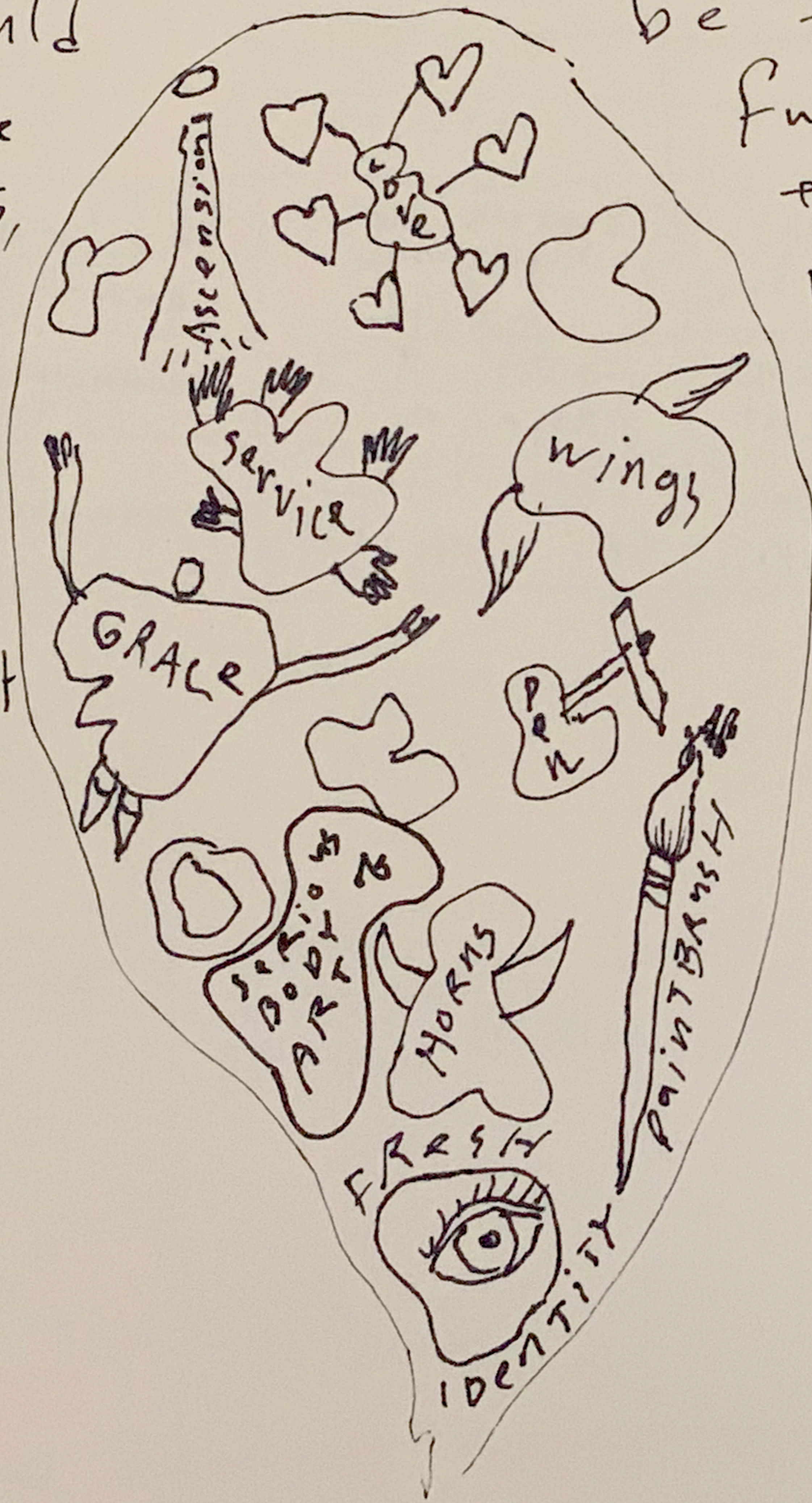
• Can change

CUE	ROUTINE	REWARD
5:00 P.M.	Go to GYM	Sense of accomplishment
Home from 29 l.	Drink + chips	Relaxed, satiated
Disappointment	Eat, withdraw	wallow
Anxiety, stress	Eat,	Release
ANNOYANCE FRUSTRATION	WITHDRAW STEW	? MAKE someone FEEL GUILTY?
WAKE UP	COFFEE, MEDITATION, PROTEIN SHAKE	CENTERED, Balanced, in TOUCH.

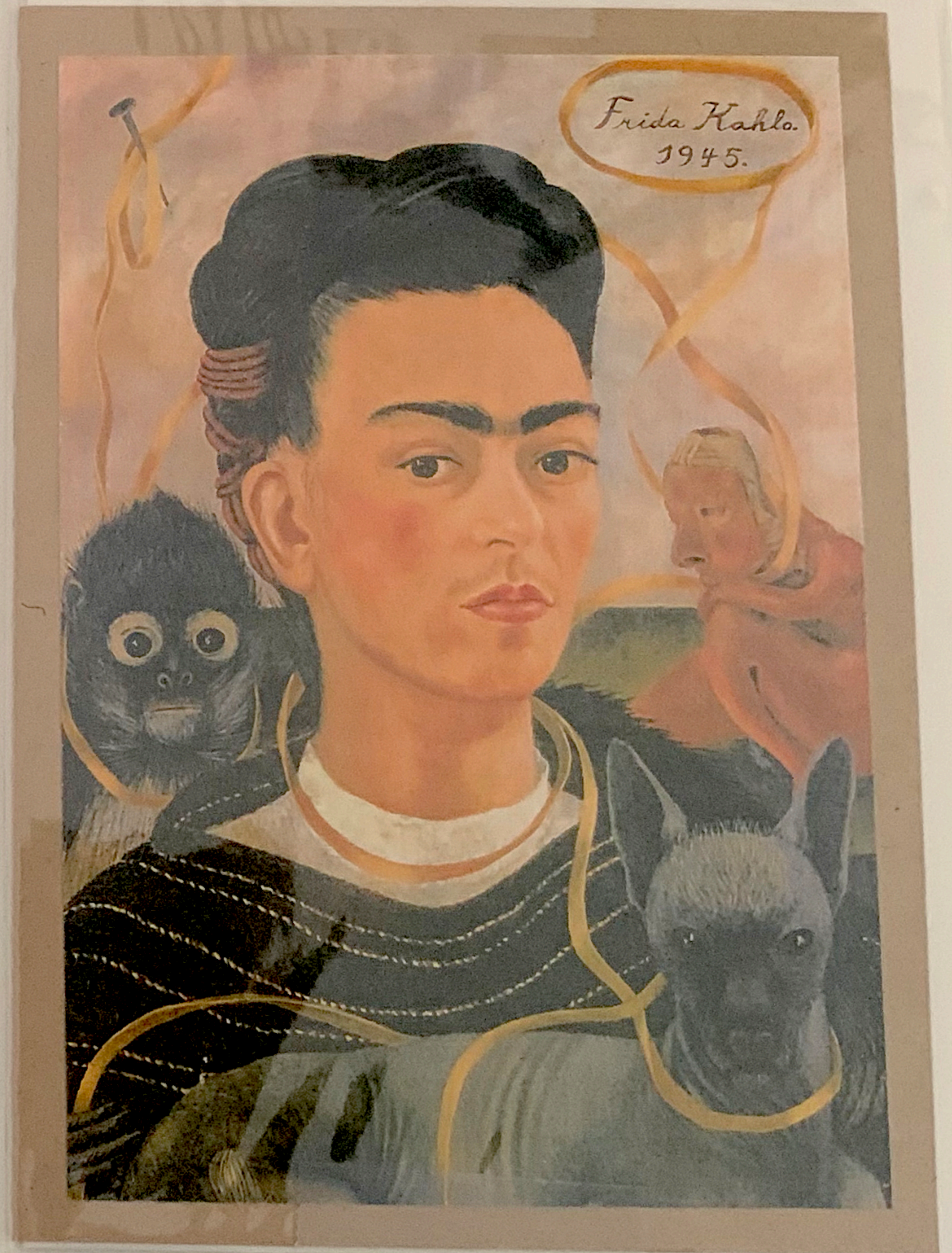
NEW

CUE	ROUTINE	REWARD
After work	Sparkling water + talk	Relax, connection
Disappointment	SAY A PASSAGE	equanimity
Anxiety, stress	Exercise, SAY PASSAGE	equanimity

If I were in a cocoon right now... a cocoon... what would little eyes, wings, would be the future ears, what I be morph- to? seeds carry? What do I



be the future ears, what I be morph- to? seeds carry?



AT The Intersection of:

A
G
E,
Diminishing

S
T
R

Big

DIFFICULTY

Can
anything
GOOD
come
of
THIS?

ULTY

E
N
G
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H
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E
N
E
R
G
Y



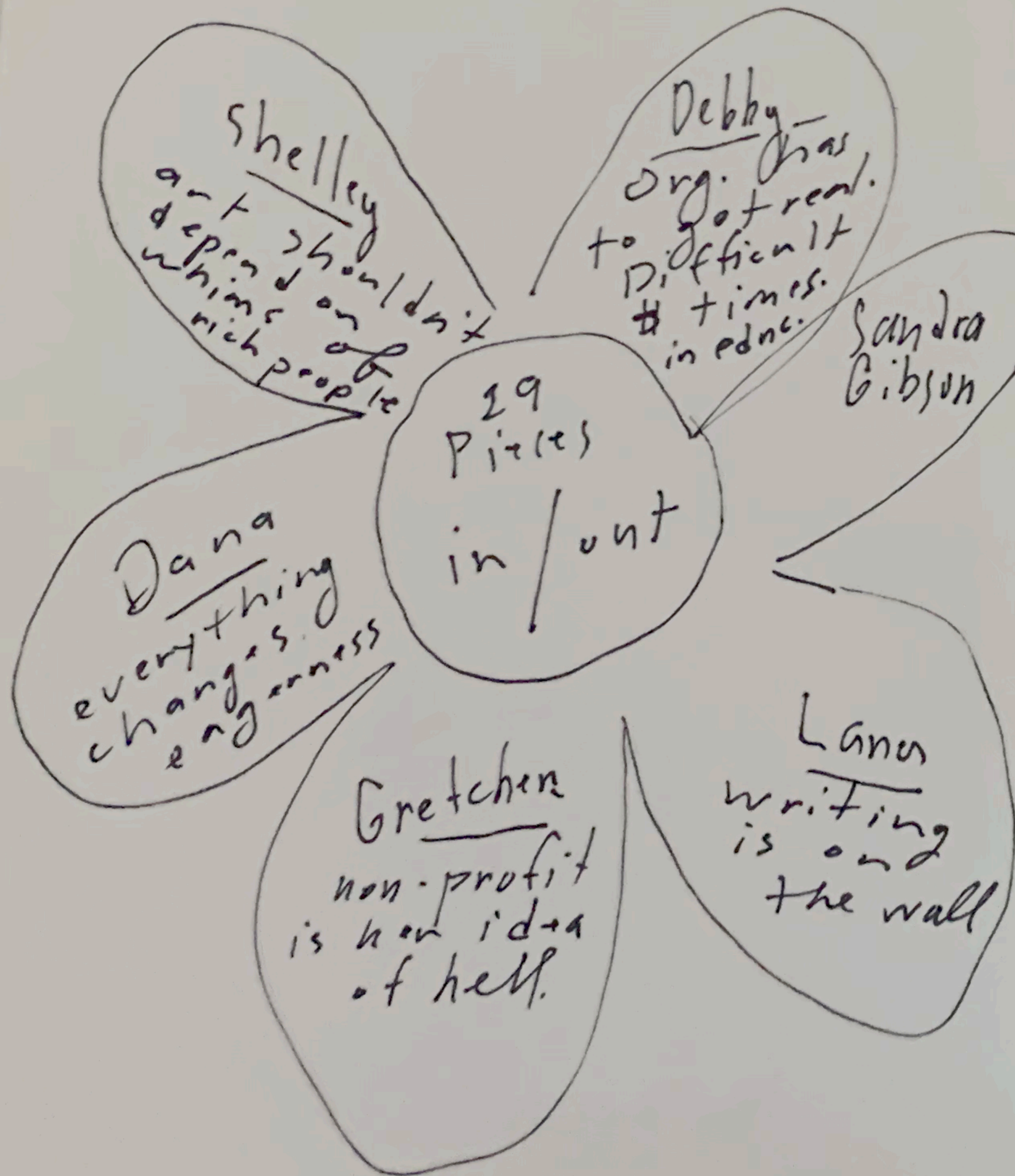
What does Kelly say?

I might have more
freedom.

It sounds exciting
(to leave 29 places)



what are friends saying?



What am I praying for?

Preservation
of
Beauty

Thy Will
Be Done

CLARITY

ART

PEACE

HEALTH + 4 ALL

me

A LIGHTNESS of Being.

As long as I can remember, my life has been entangled in a seriousness of responsibilities... care of grandparents, growth as an artist, care of Mom and Dad, their time of need, big art projects, the murder, the organization and my almost panicky feeling that it had to survive, the big responsibilities of keeping the plates spinning, the piece 24 project, and now everything has changed.

Funding crisis

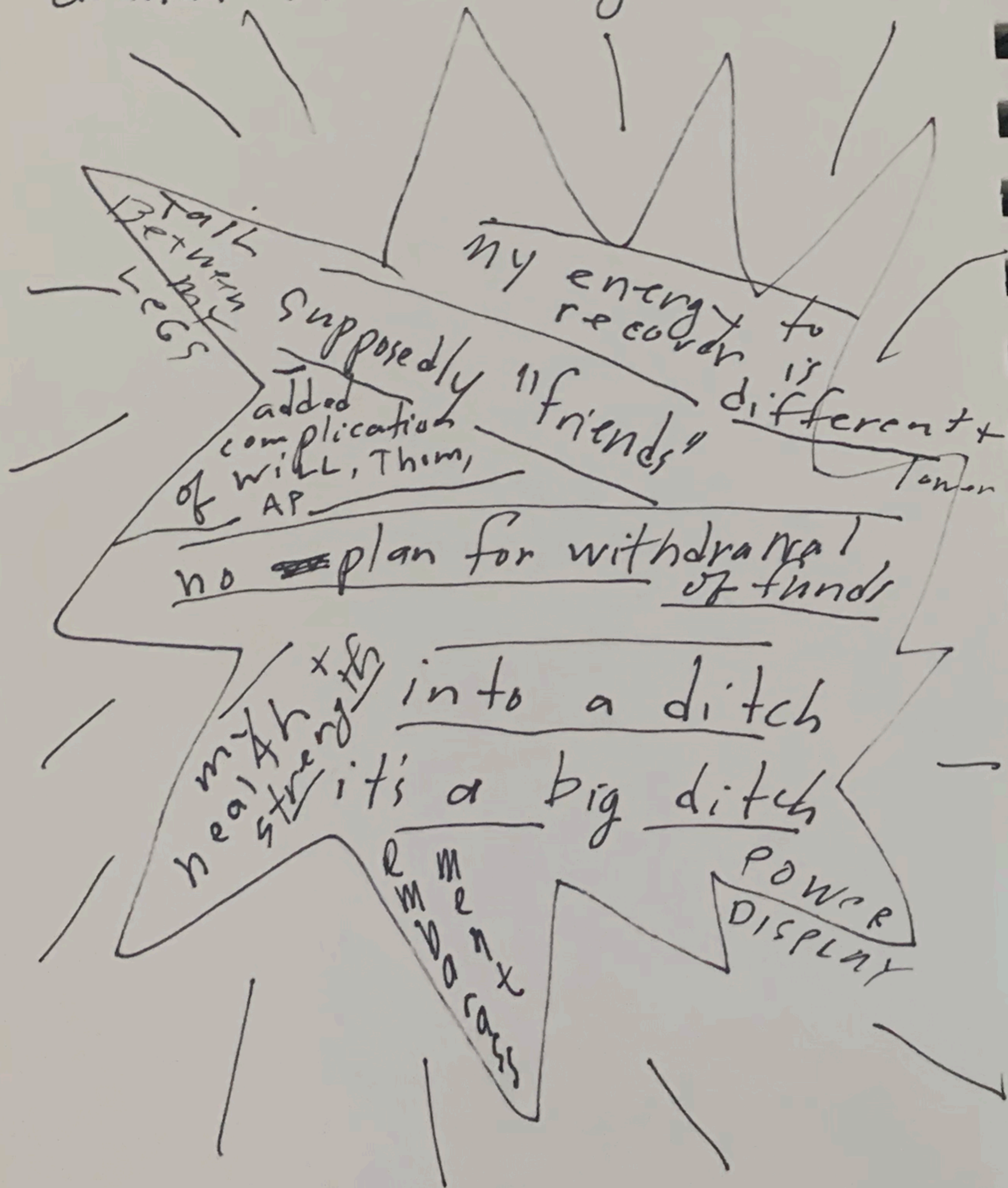
+
trip to Mexico

health crisis in
San Miguel

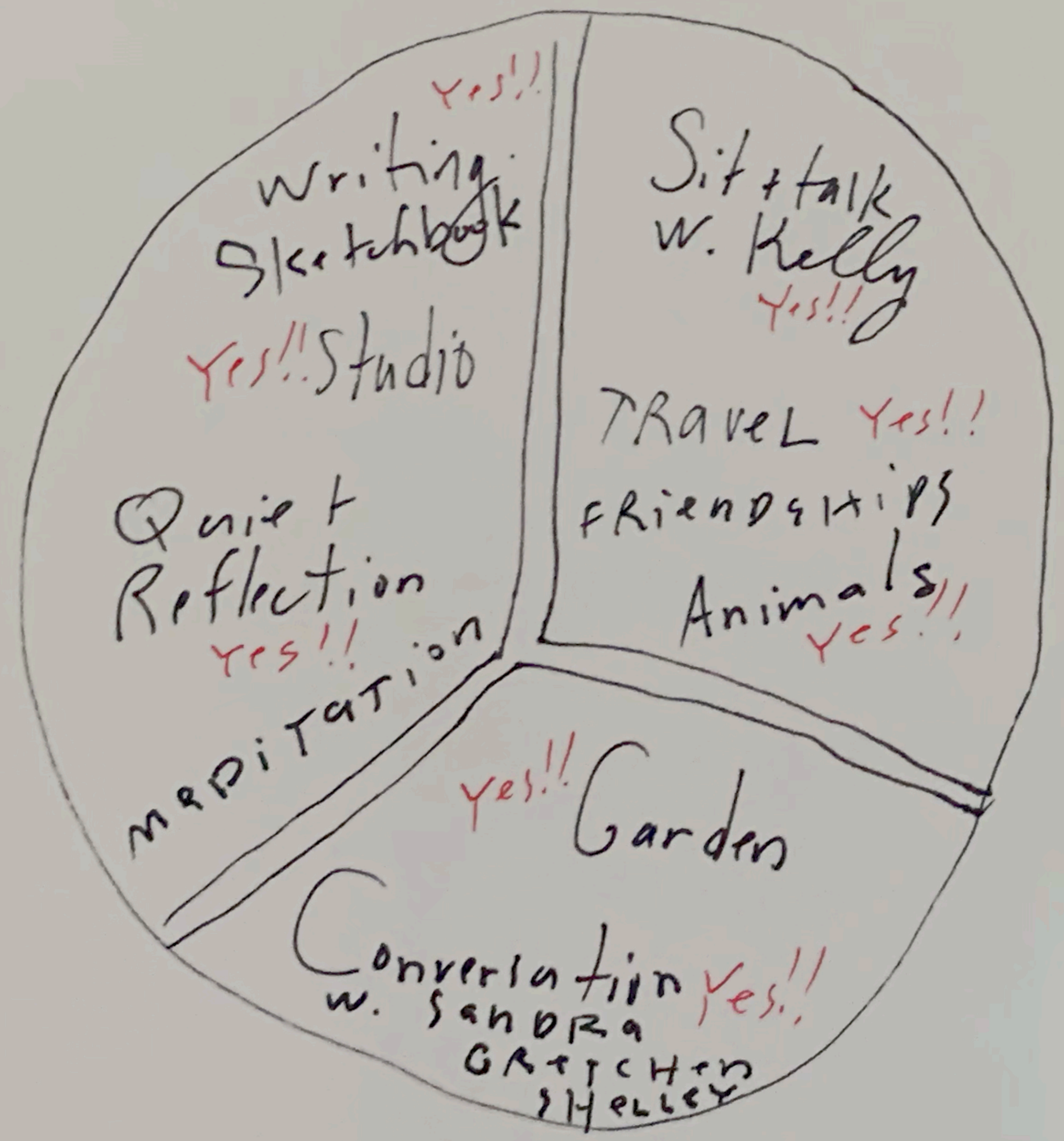
+ deep thought
+ Hope's life
equals

clarity

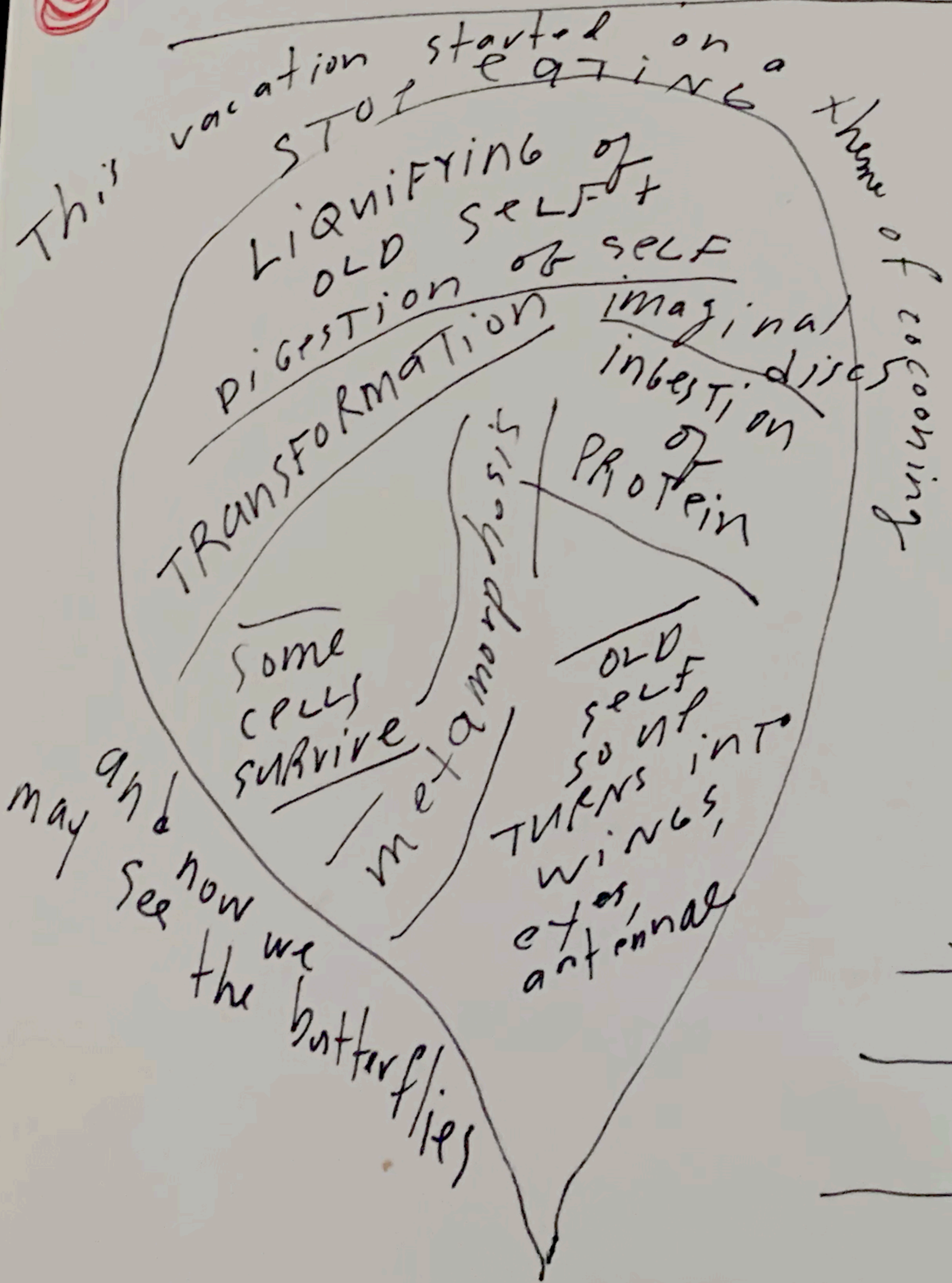
what was/is so wounding
about [redacted] with
drawal of funding?



Where is JOY?



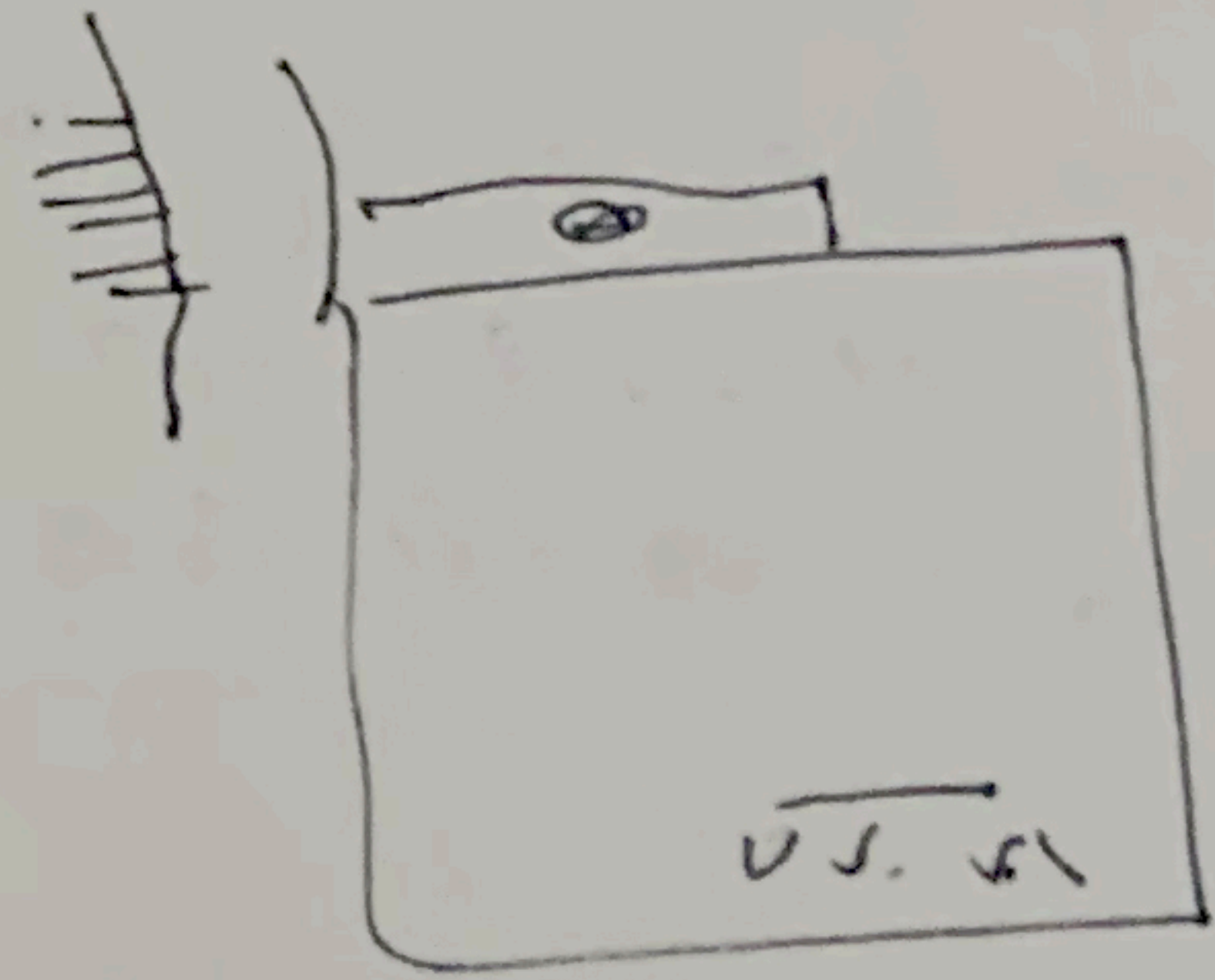
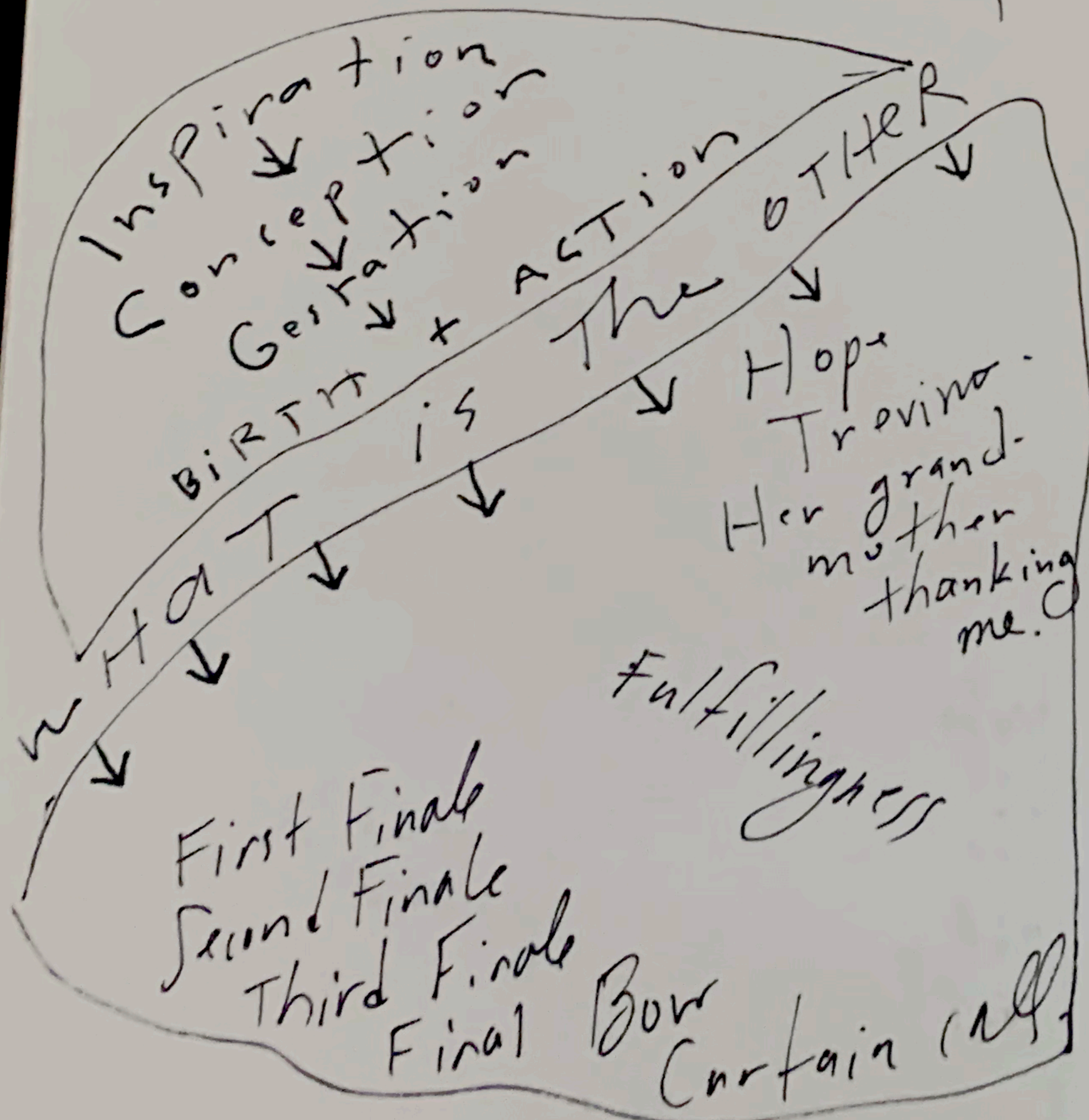
WHAT Happens in a cocoon?



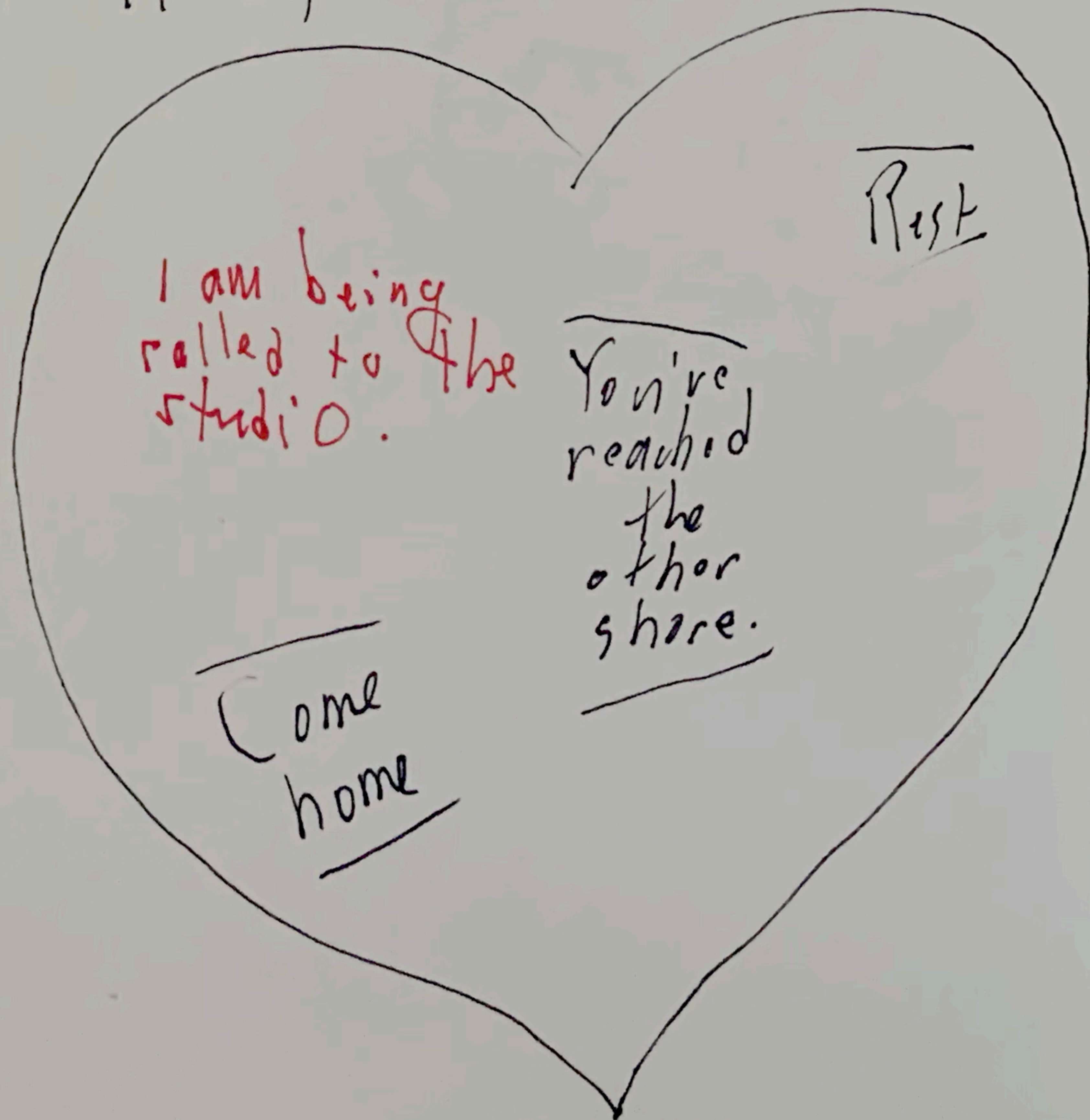
Who is the OLD SELF?

WHAT is the BUTTERFLY?

store?



Is there a voice from
the divine... from intuition...
From the Lord of both
worlds... speaking to me.
If so, what ~~is~~ is said?



What?

Disentangle.

Be open.

Be ready.

Don't rush to
entanglement because
it feels familiar.

I could so easily get geared
up for "the next big thing."
A project, a perceived responsibility,
new "big" ideas. Don't. Not now.
Maybe not ever again.

29 Pieces - what's left there?

The possibilities of spreading the work to children. ^{is there reward?} ^{something better than the rest of the bullshit produced.}

A beautiful way to reach children. **FUNDRAISING**

CINDY

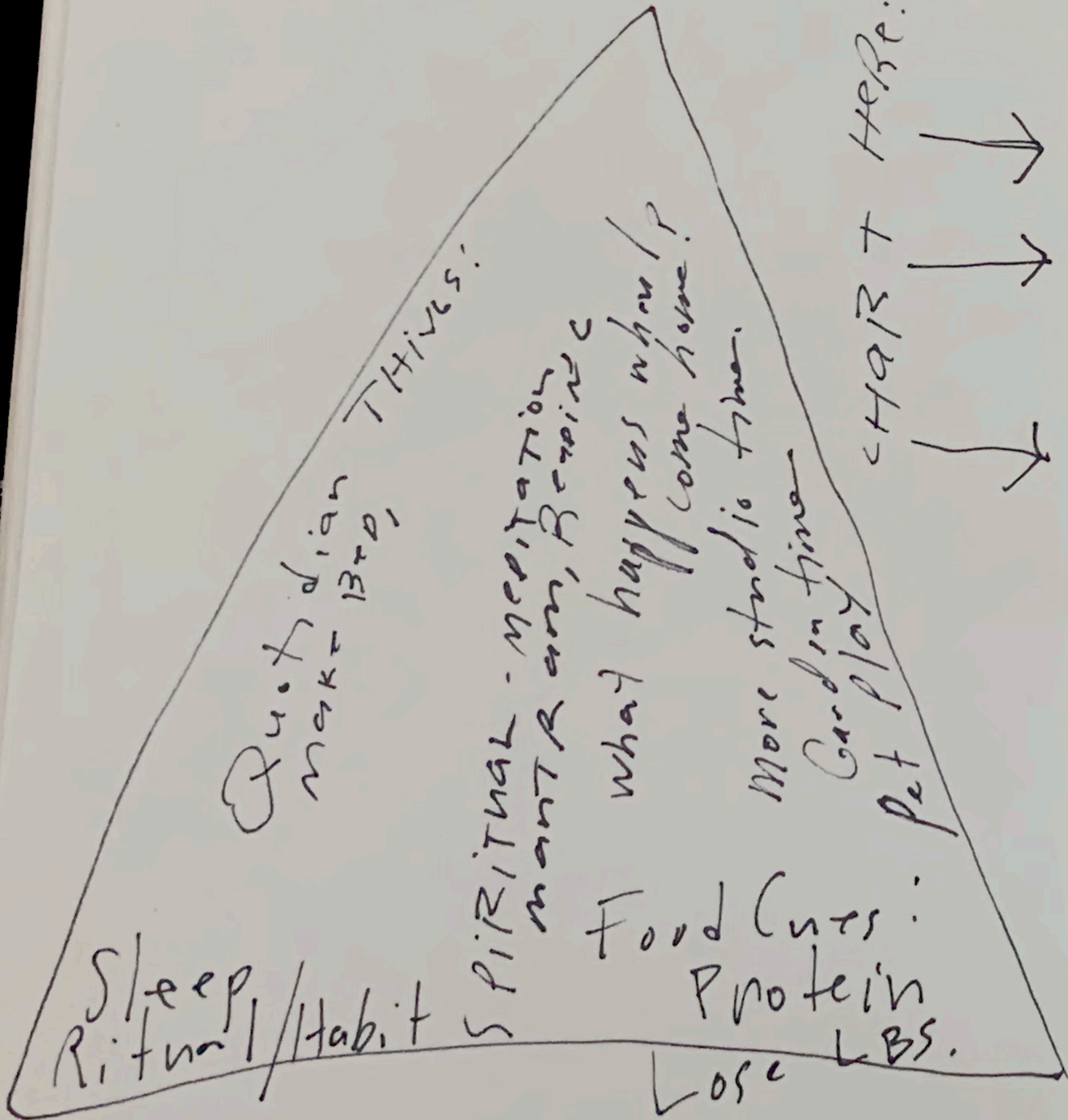
A perpetual struggle. **A lot of hassle**

SPREADSHEETS

Hope **Kindness** **constance**

connectiveness **Mauricio** **Beauty**

What are the habits I can revise to increase will, belief, health, spiritual growth?



Natalie Strecker and Robert Menzies - Hindu folk
 nrstrecker@shaw.ca
 r-a-menzies@shaw.ca

Salt Spring Island

Martin Brokenleg }
 Larry Brentro }
 Steve Van Bockern. }

Shingwauk's Vision
 JR Miller

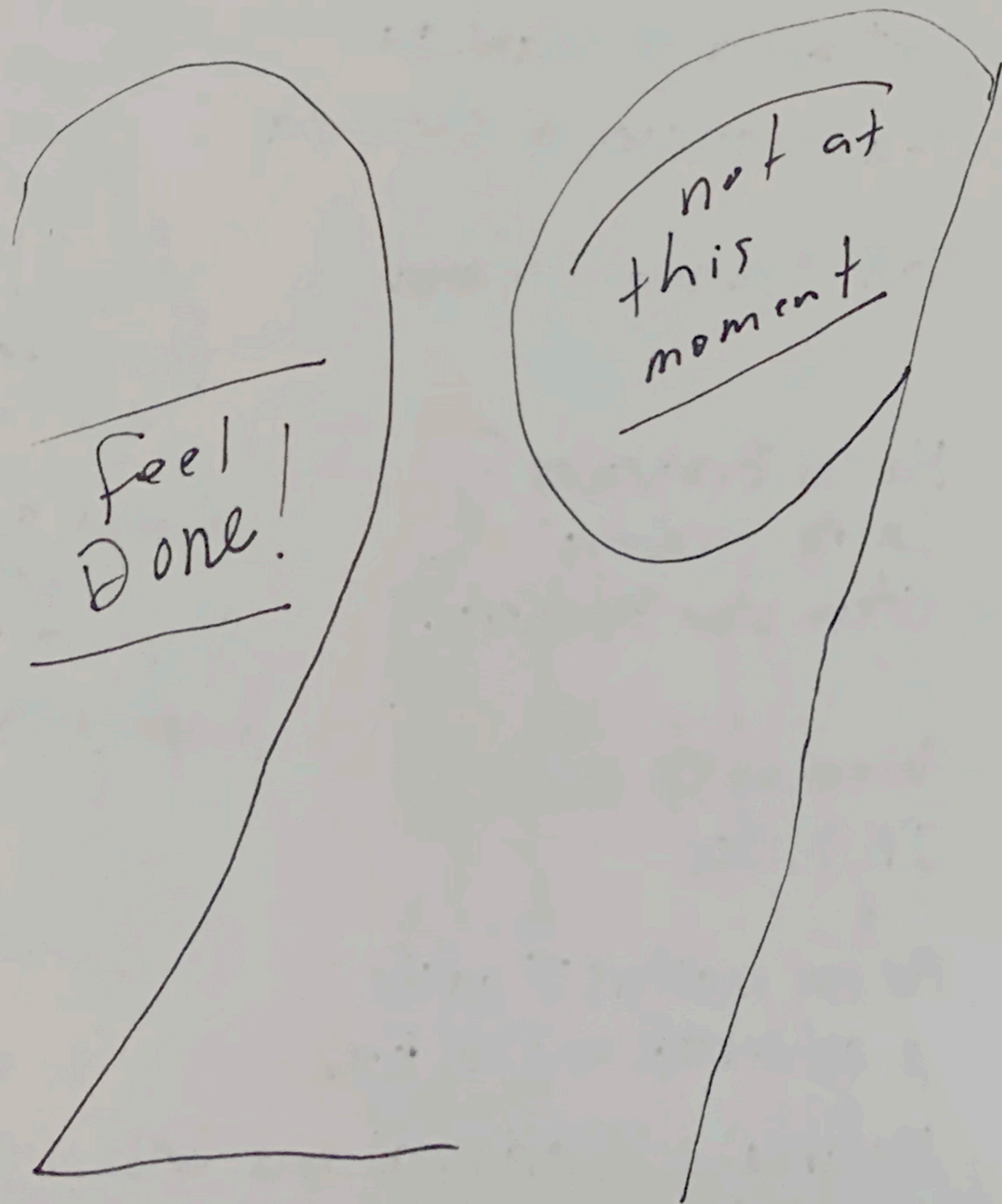
For my masters I wrote a guidebook on this book

My area is Aboriginal and EAL (English as an Additional Language Education).

women's rituals
 VRAT
 Stories - Anne Pierson
 Because it gives me peace of mind.

Mungala Sutra - Thread of Auspiciousness.
 ↓
 used as throat.

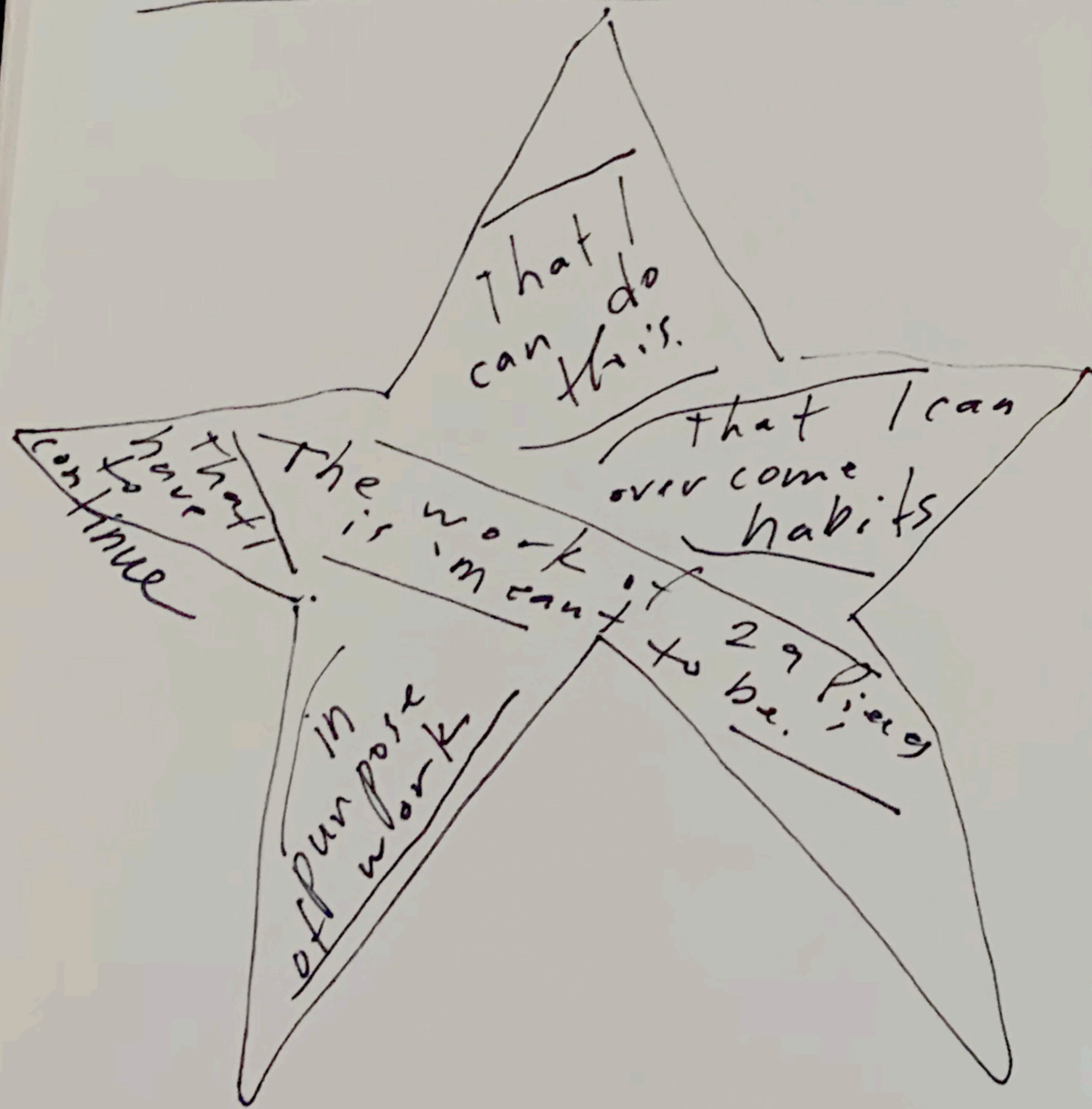
Is there still will
within me for 29 beers?



PROBLEMATIC

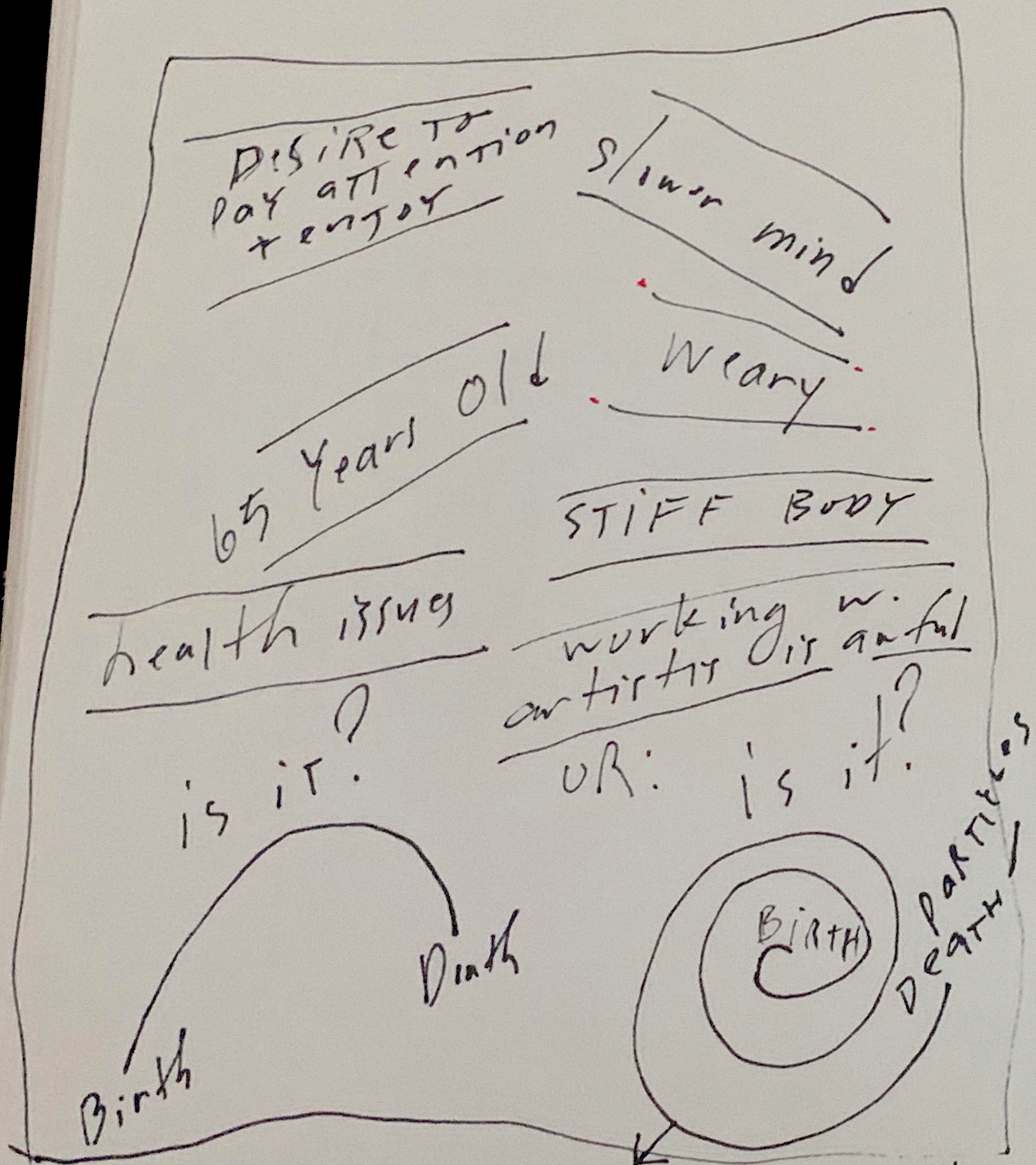
There
may
be
will
within
or
without

Where is the lack of belief?

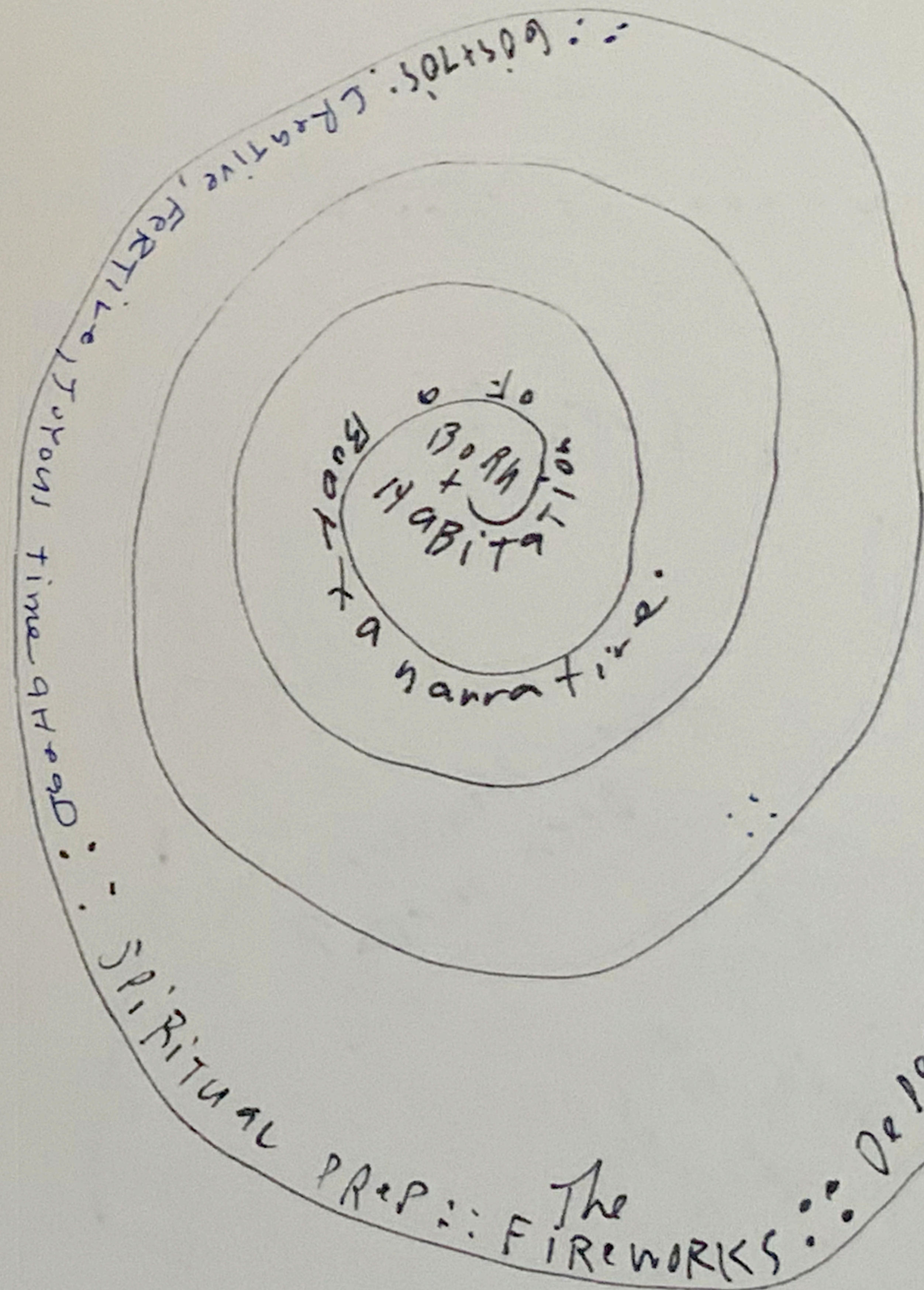


That my health and energy will hold up.

what is the reality?

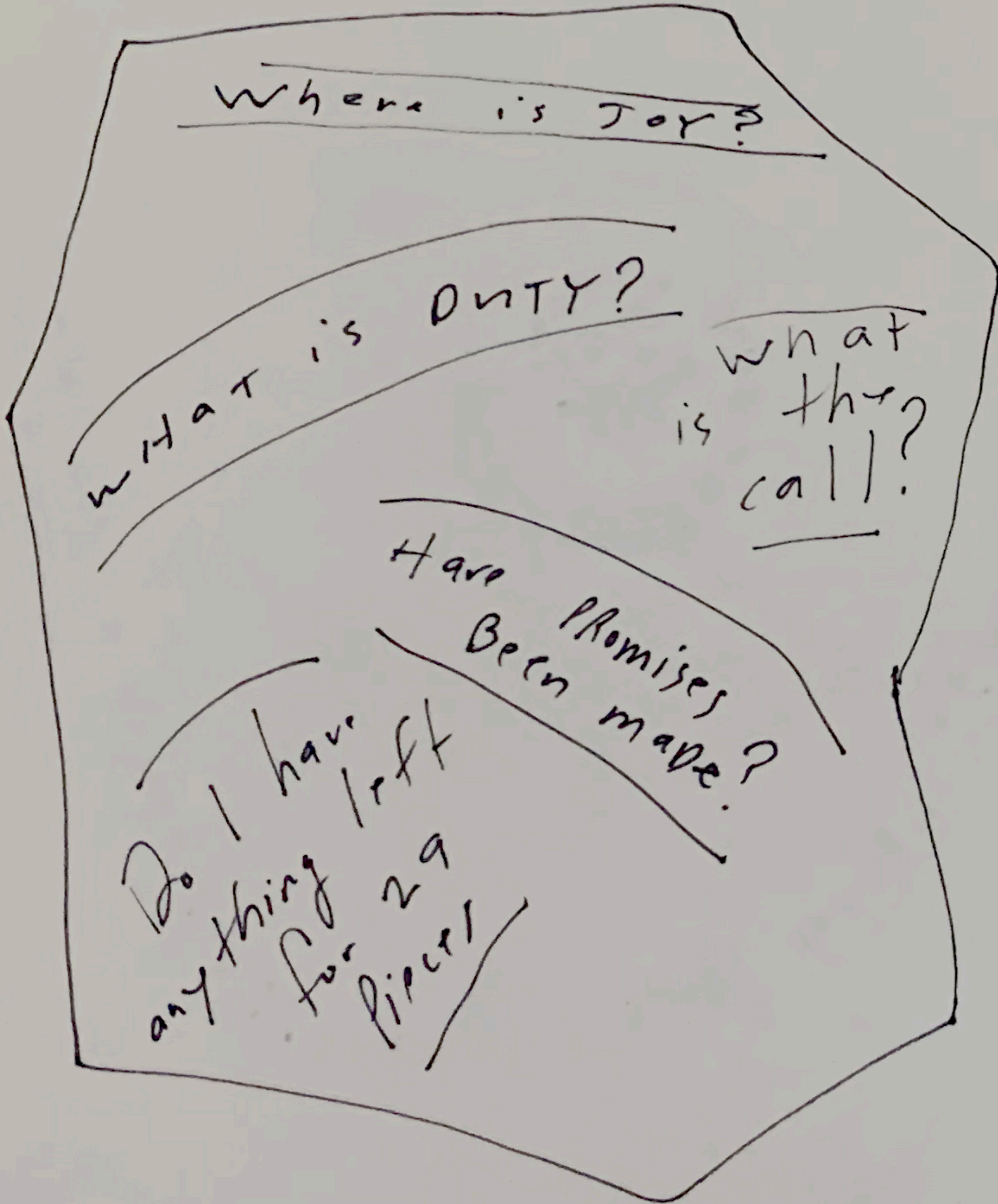


and if so, what

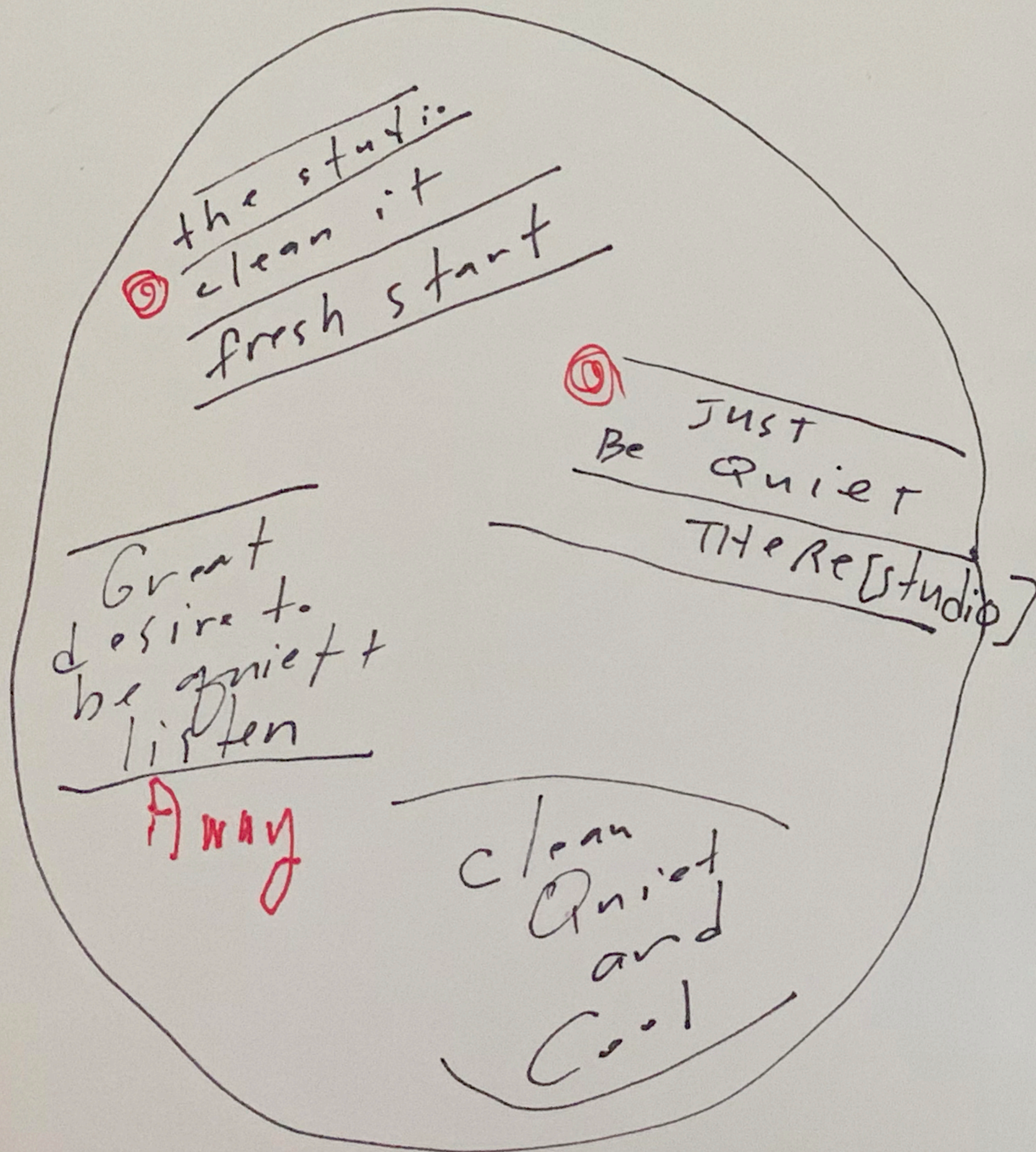


is the progression here?

What are the questions?



Where is the call?



this can be done.

where is the call?
what are the questions?
what is the reality?
where is the lack of belief?
is there still will within me for 29 pieces?

what are the habits I can revise to increase will, belief, health, spiritual growth.
29 pieces - what's left there?

what does the divine want me to do in this time?

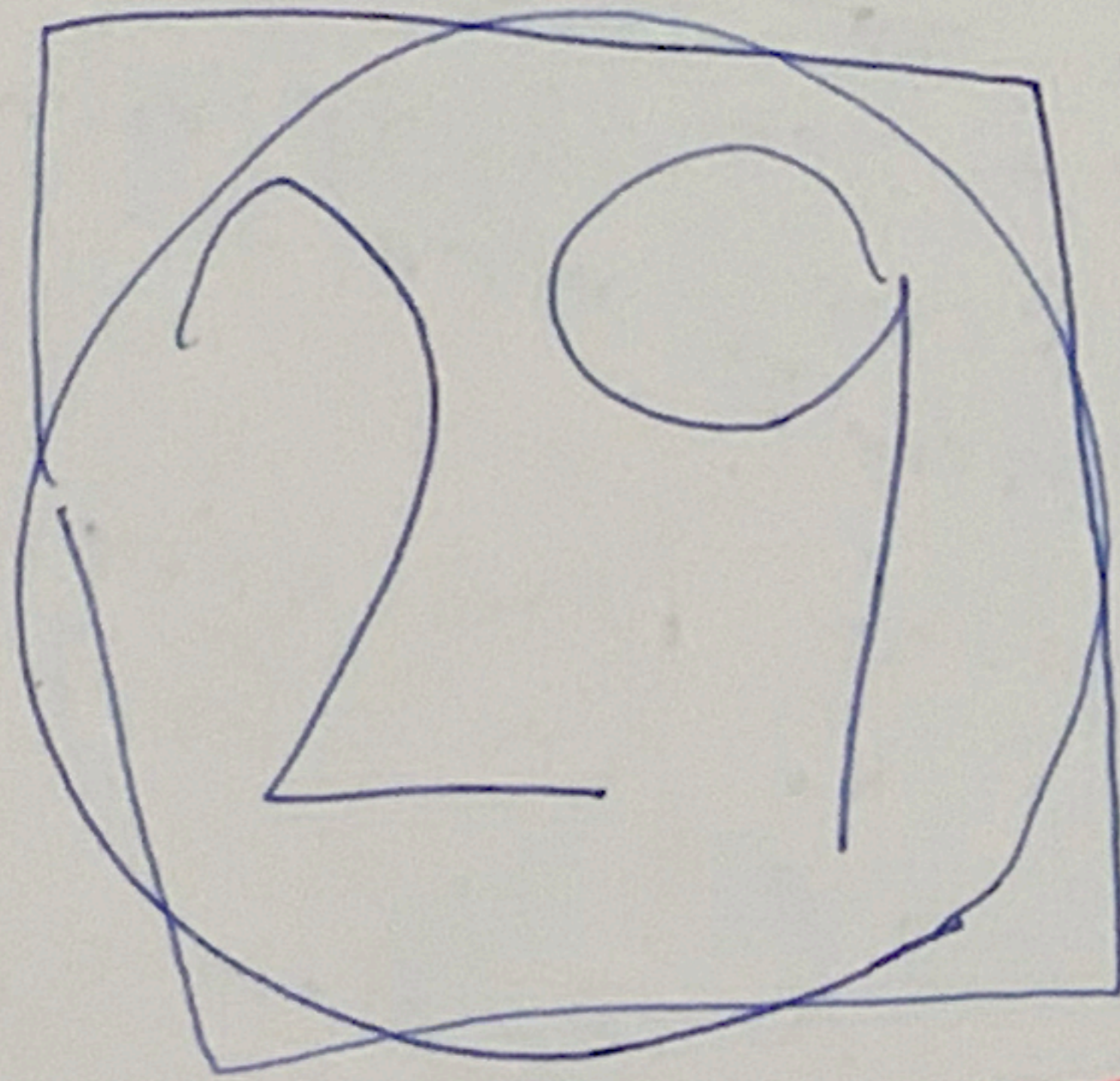
what is the other shore?
what happens in a cocoon?
where is joy?

What was/is so wounding?
about MK Larson?

What do my friends say?

OUTSIDE of 29 pieces,
How can I MAKE
a living?

Making +
SELLING
Fine
ART:
29 pieces
+ more



SELL
PRINTS
w.
HAND
TOUCHES

SPEAKING
ENGAGEMENTS

TEACH in a
SCHOOL LIKE
PATHFINDER
in GARLAND

DEVELOP
PERSONA.
GO INTO
FINE ARTS

This journal came together in a non-linear way. It's been a time of 'co-learning' + posing questions. The questions started at the back of the book and moved forward.

The daily entries started at the front, incorporating a couple of pages of notes about Los Caprichos, that were already in the book.

It's a jumble but if you get the job done.

Hope
512
705
2257
YES

San Miguel (My list)

Feb. 1-11, 2017

MAYBE

✓WRITE - yes

✓READ -

HABIT BOOK
SHABESTARI ^{yes}

✓CHARTS. - yes

✓MEDITATION - yes

✓EAT HEALTHY
PROTEIN RICH
FOOD. - yes

✓PIX → Hope, Katz, ^{IRIS} Dana, ^{MN} Ole PETIT FOUR ^{yes}

✓EXPLORE THE
MK WOUND - yes

✓HOVER OVER: WHO AM I CALLED - yes

TOGETHER

AURORA - ^{no}

music on Sunday.

Red BUBBLE site. ^{no}

abuajuato u.
Kelly - ^{no}

o Butterfly trip - ^{yes}

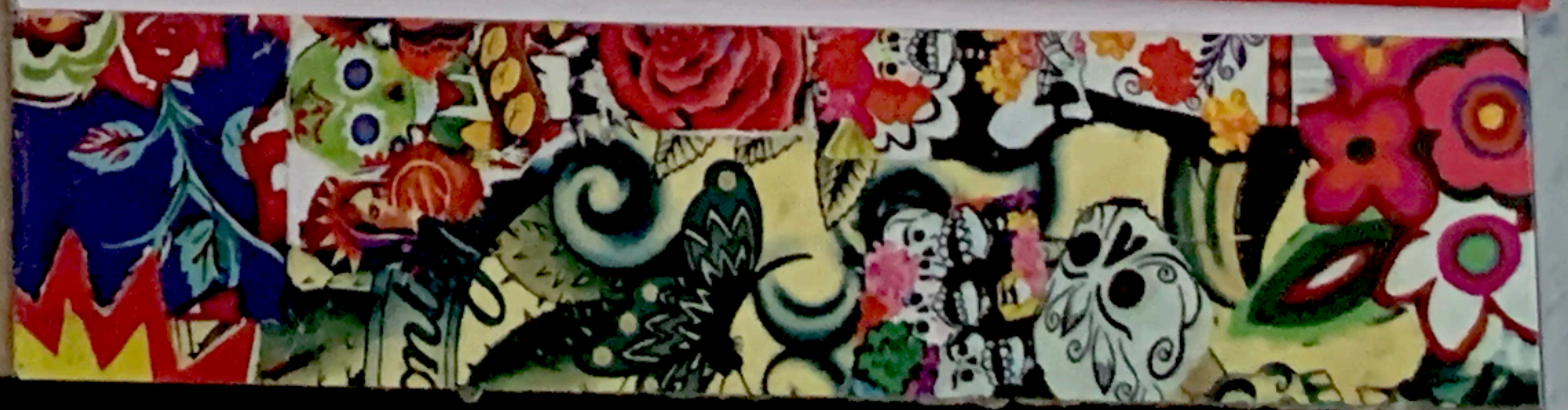
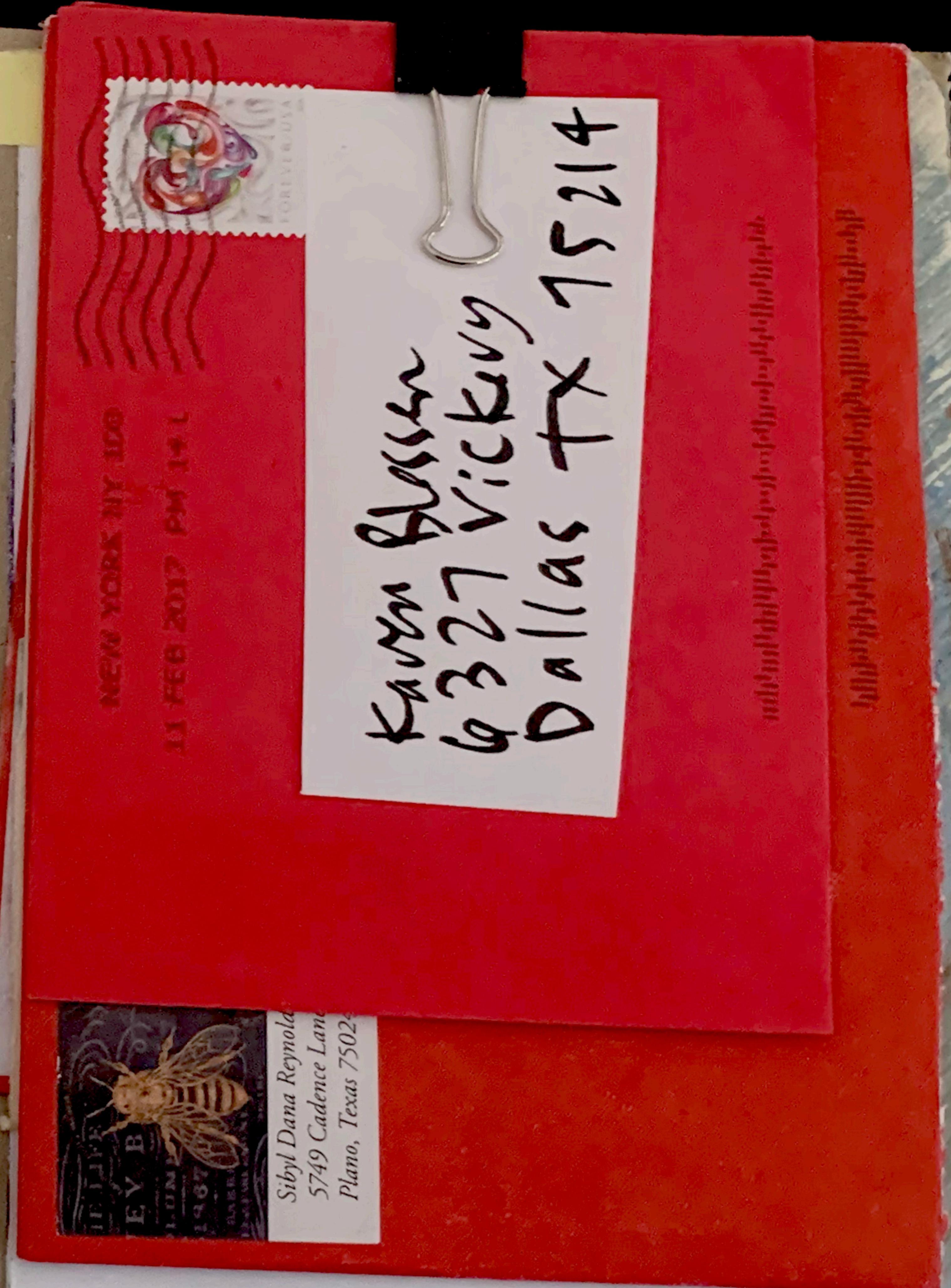
o Hot Springs ^{no}

o Salsa Spa - ^{no}

o CHOCOLATEY
CHURROS - ^{no}

PROBABLY

mi
Home talk



Hope
512
705
2257

San Miguel (My list)

Feb. 1-11, 2017

YES

✓ WRITE - yes
✓ READ -
HABIT BOOK
SHABESTARI / yes

✓ CHARTS. - yes
✓ MEDITATION - yes
✓ EAT HEALTHY
PROTEIN RICH
FOOD. - yes

✓ PIX → HOPE, KATZ, IRIS, DANA, MN, OLE
✓ EXPOSE THE
MK WOUND - yes
✓ HOVER OVER: WHO AM I CALLED. - yes

TOGETHER

AURORA - no
music on Sunday.

RED BUBBLE SITE.

MAYBE

abuajuaton.
Kelly - no
o Butterfly trip - yes
o Hot Springs - yes
o Sense Spa - no
CHOCOLATEY
CHURROS - no

PETIT FOUR
yes

PROBABLY
mi
Home tour
no

Donated fabric scraps became this beautiful collage of "Day of the Death" images, made by a group of 9 children in the Ojalá Niños arts program which is open to all children, free of charge in the rural, indigenous community of San Miguel Viejo, outside of San Miguel de Allende in the highlands of central México.
www.ojala-ninos.org

Retazos de tela que fueron juntando se convirtieron en este hermoso collage de imágenes del Día de Muertos, creación de 9 niños pertenecientes al programa de arte Ojalá Niños, el cual es gratuito, abierto para todos los pequeños de la comunidad rural de San Miguel Viejo, en las afueras de San Miguel de Allende, en el altiplano central de México.
www.ojala-ninos.org

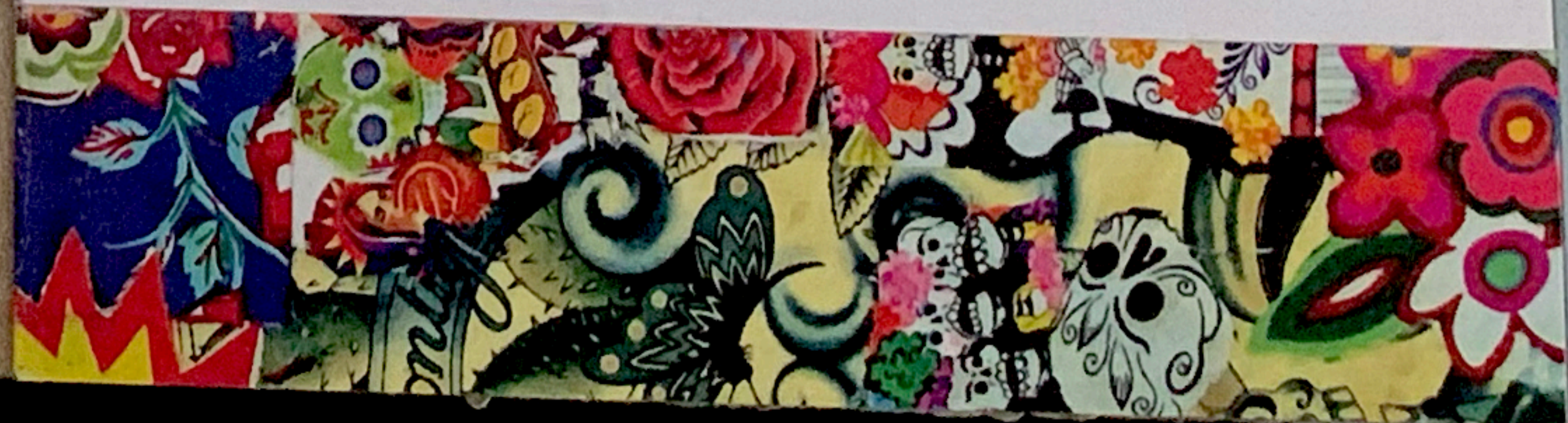
Foto por

Elsmarie Morby

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elsmarienorby@gmail.com

Translations by / Traducido por: Xavier & Margarita Gibler
xaviergibler@gibler.com



MÉXICO

