

# méxico



## Inspiración

## española

037 Las Fridas  
© César Vulcano  
gusano de luz  
Impreso en México

Printed in Mexico

2017

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Dr. Maxwell

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Emergency

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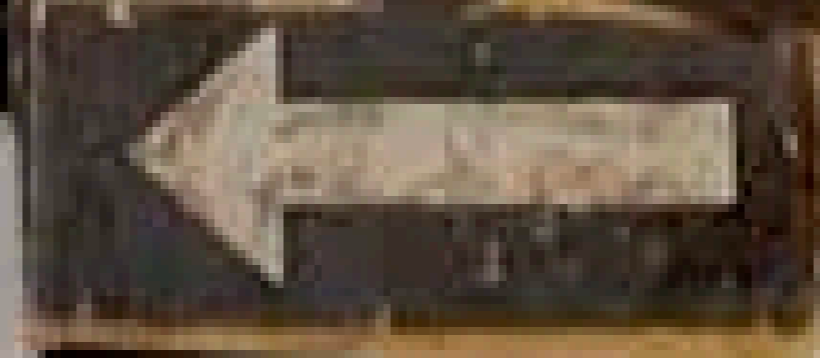
Queretaro  
Dr. Marco Alcocer  
edro

Heart Institute in  
Instituto de Corazón Queretaro Hospital Médica Te Queretaro

Daniel Martínez - Driver  
in San Miguel.

(044) 415-153-2538

Viajes San Miguel





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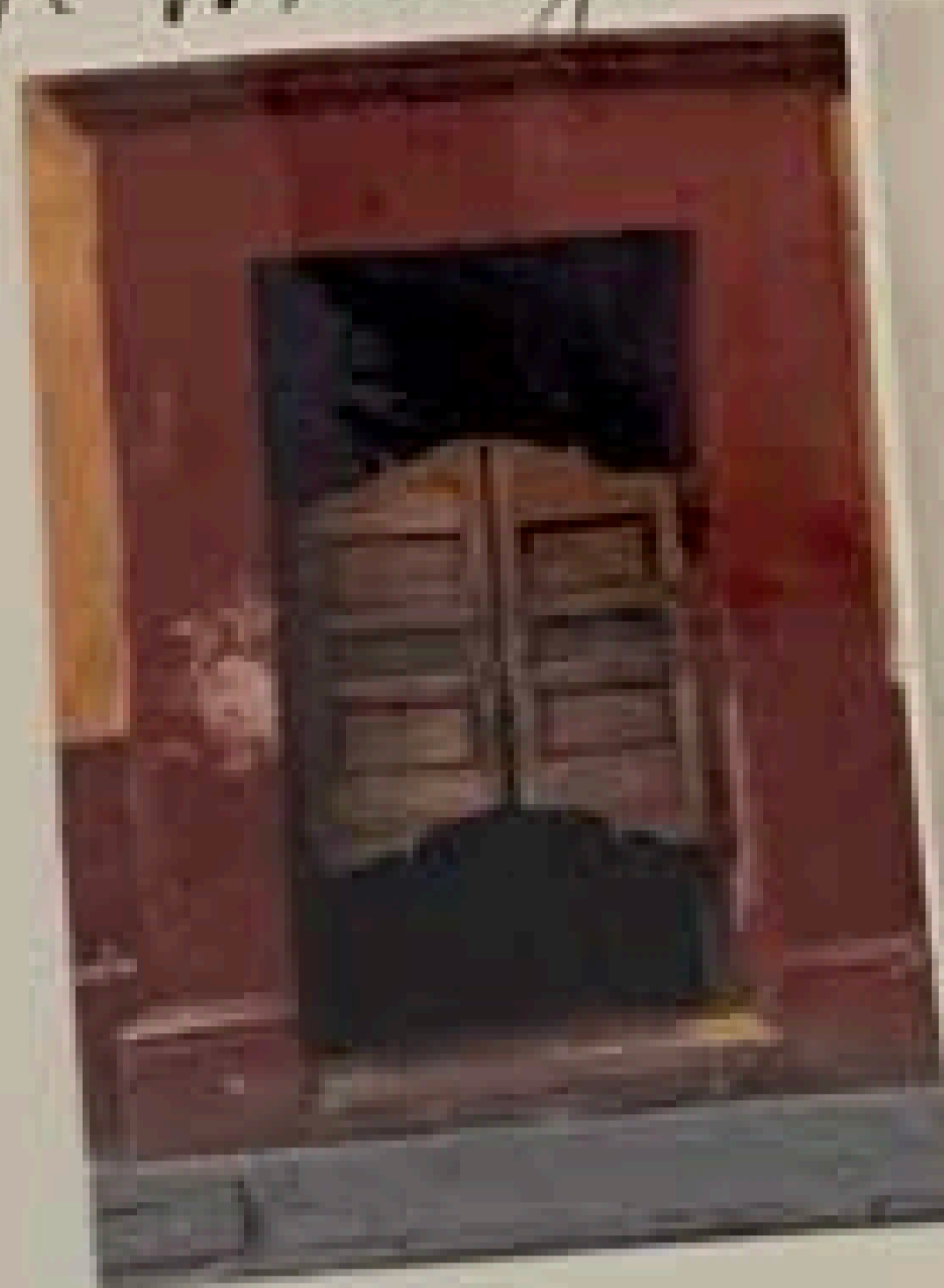




Daniel Hernandez - House Manager -  
044-415-105-1907

Angel

415 566 8733



20/3

PHOTOS:

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

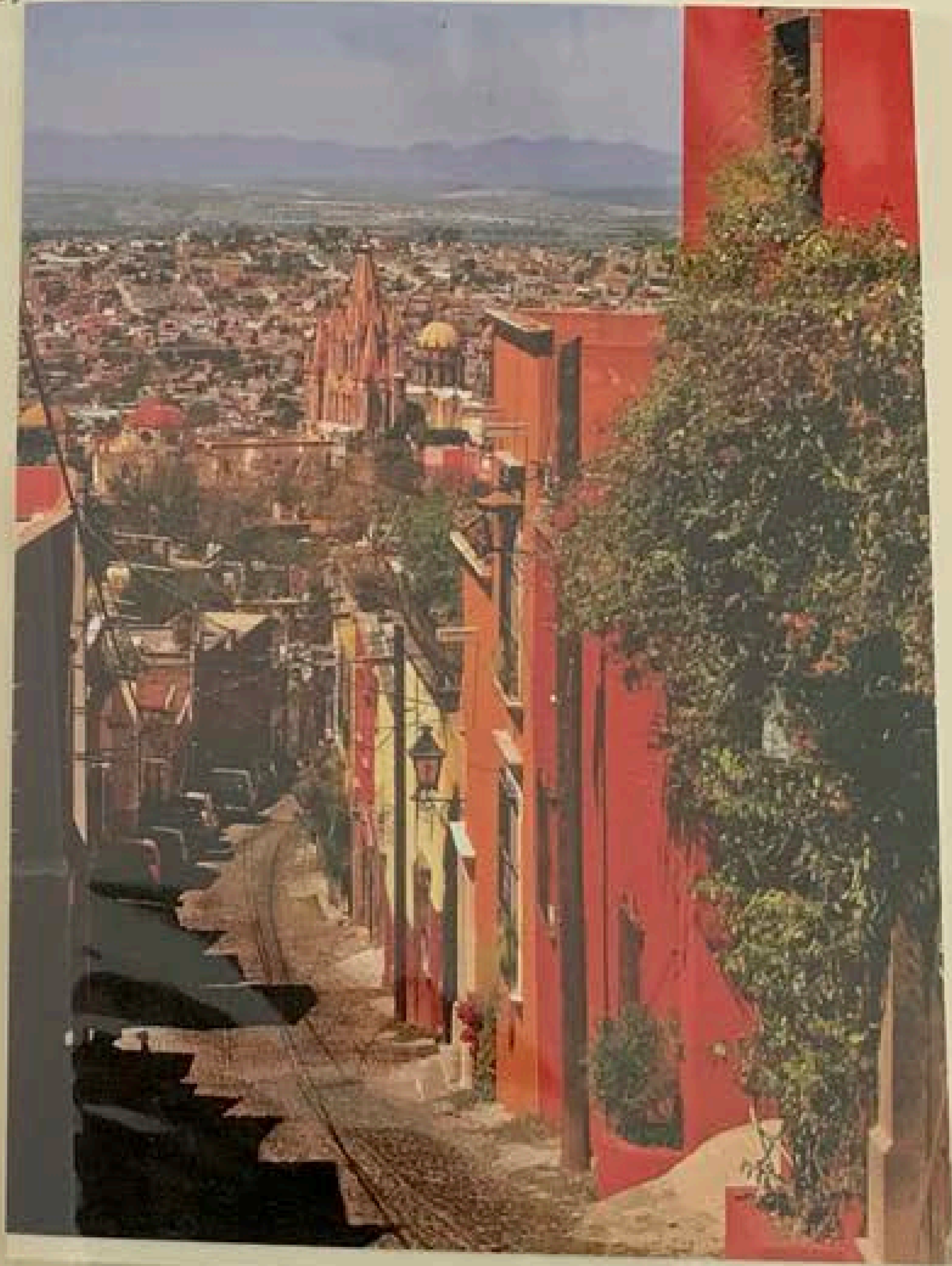
ALY XX  
YALYCE XX





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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elsmarienorby@gmail.com

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

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  
NEGLECTANCE, 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.

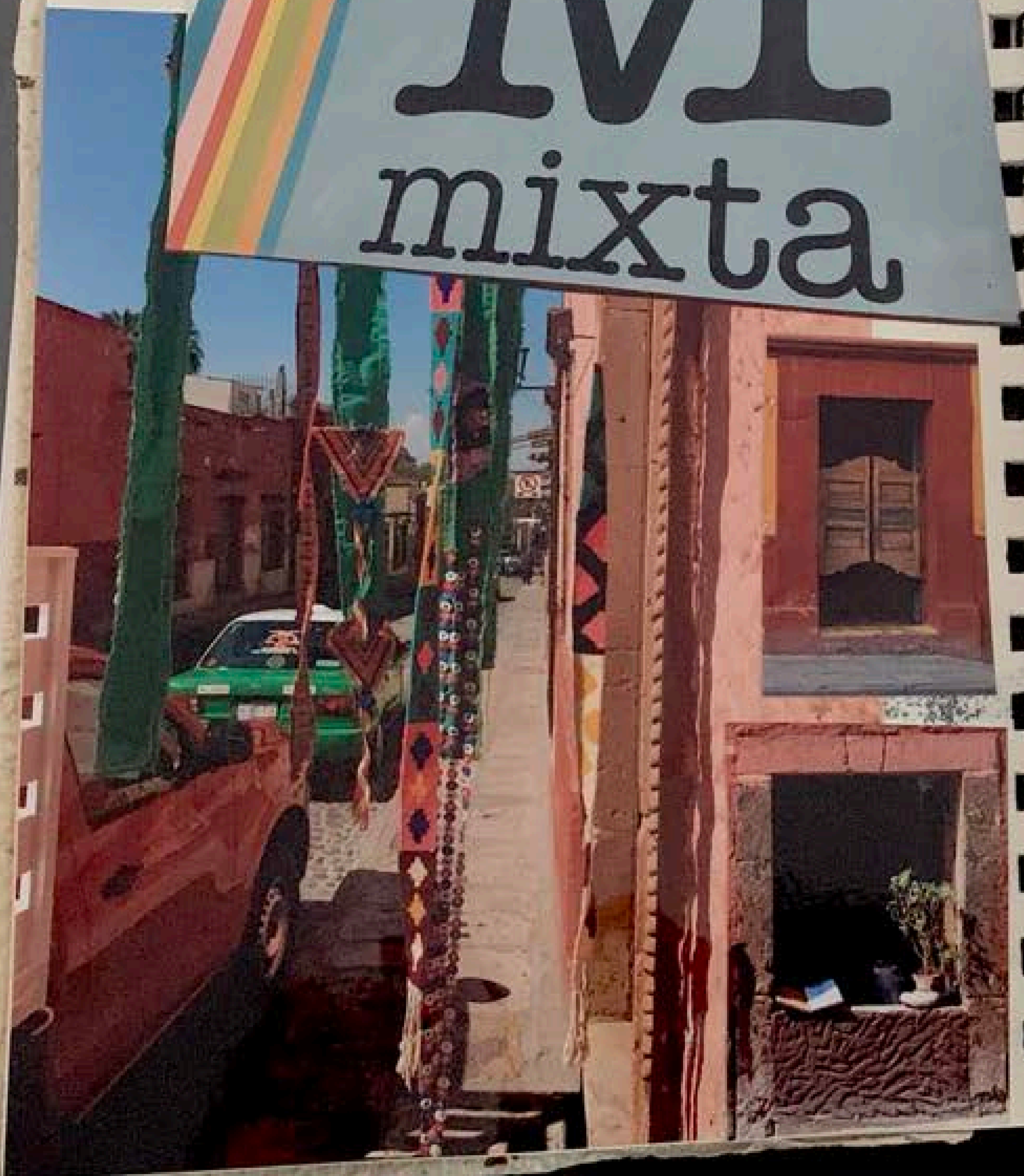
Serving others.

A light heart.

Love in my life.



# M mixta

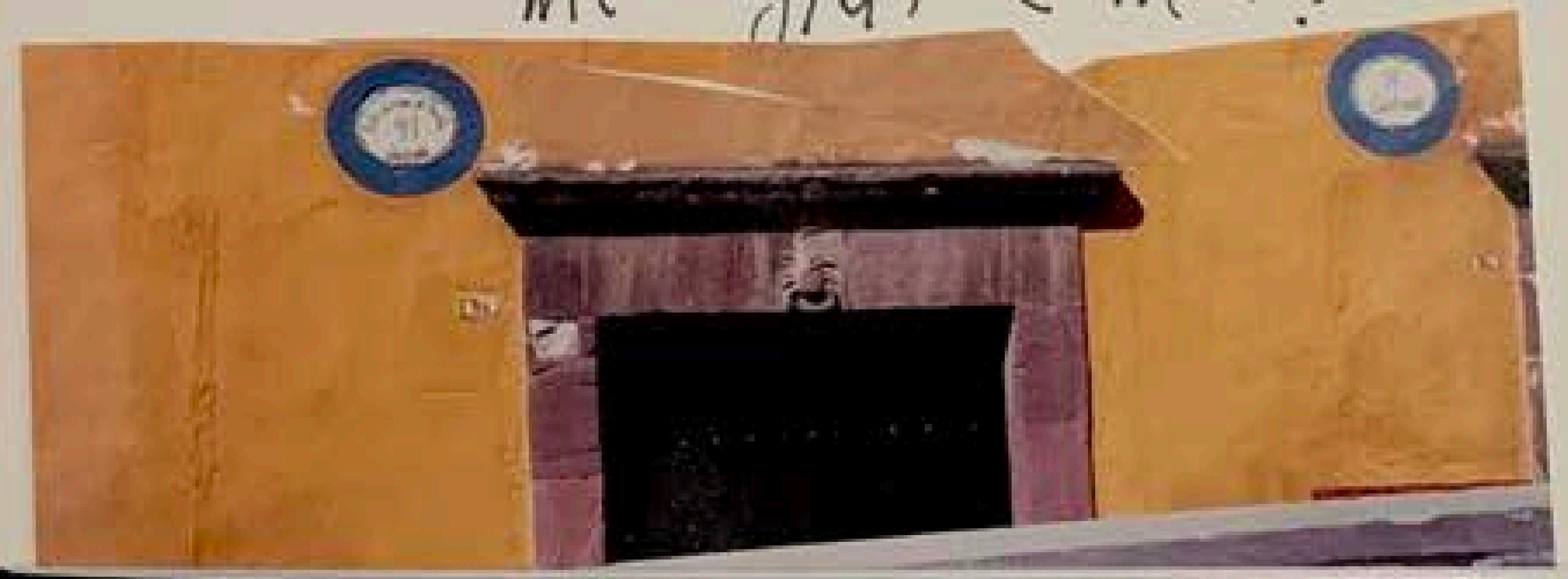


What stands in my way?  
The obligations + promises  
made in 29 pieces.  
Enough money to make it work.  
Feeling of duty.  
Feeling of God given 'calling.'

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?

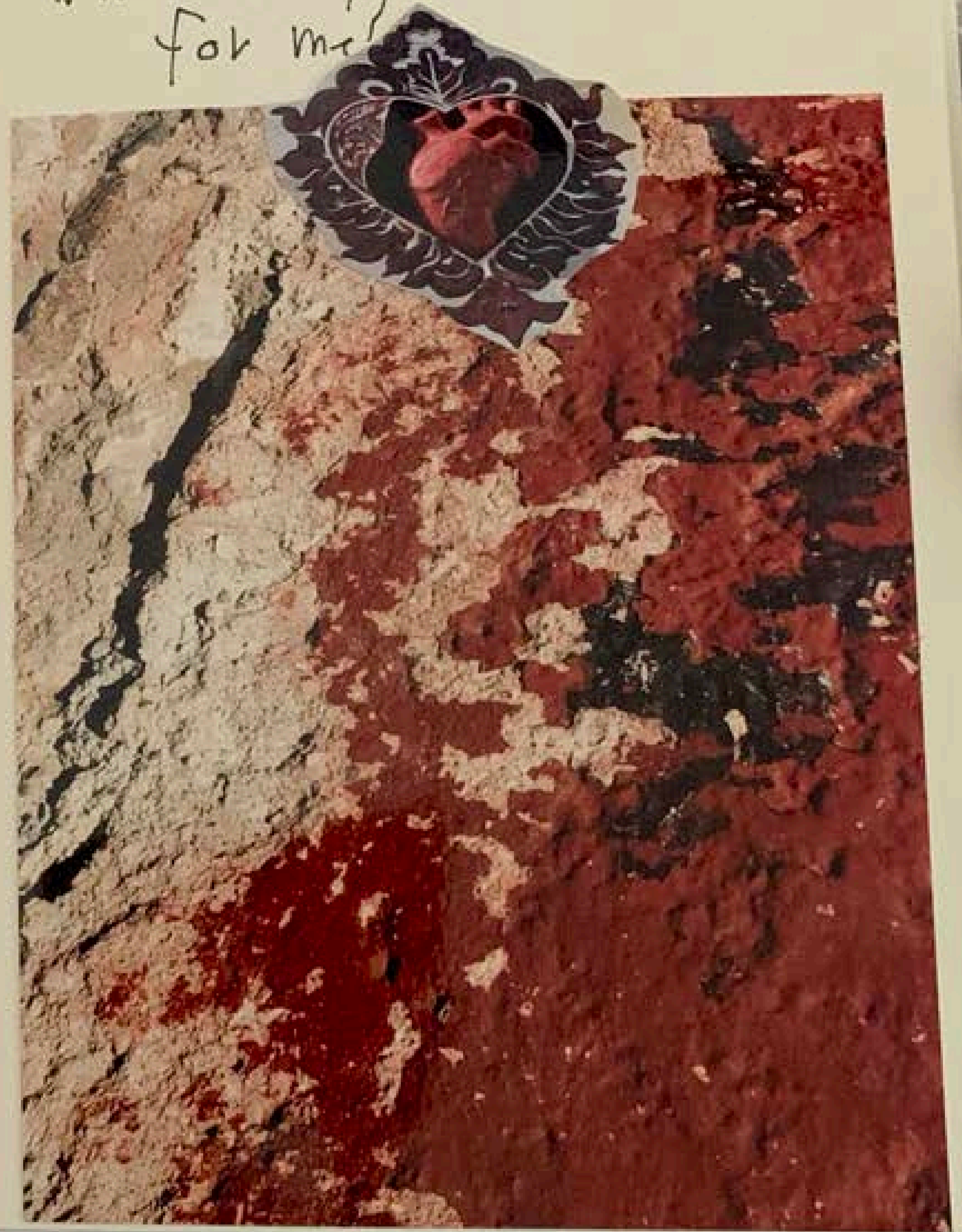


Casa  
Crazon



What is YOUR heart's desire  
for me?

What is YOUR heart's desire  
for me?



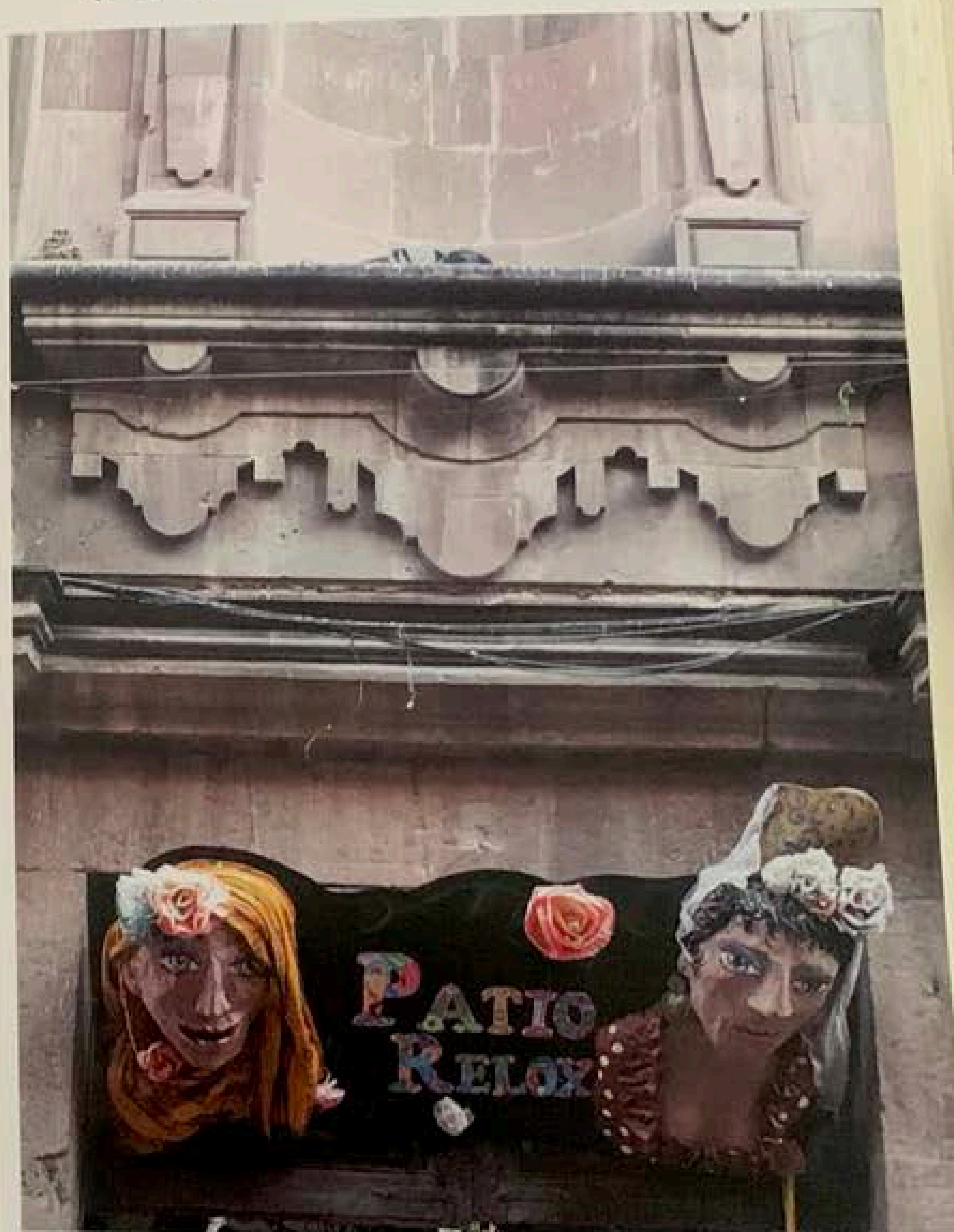
Walking the streets



into a courtyard,

of San Miguel.

Remember

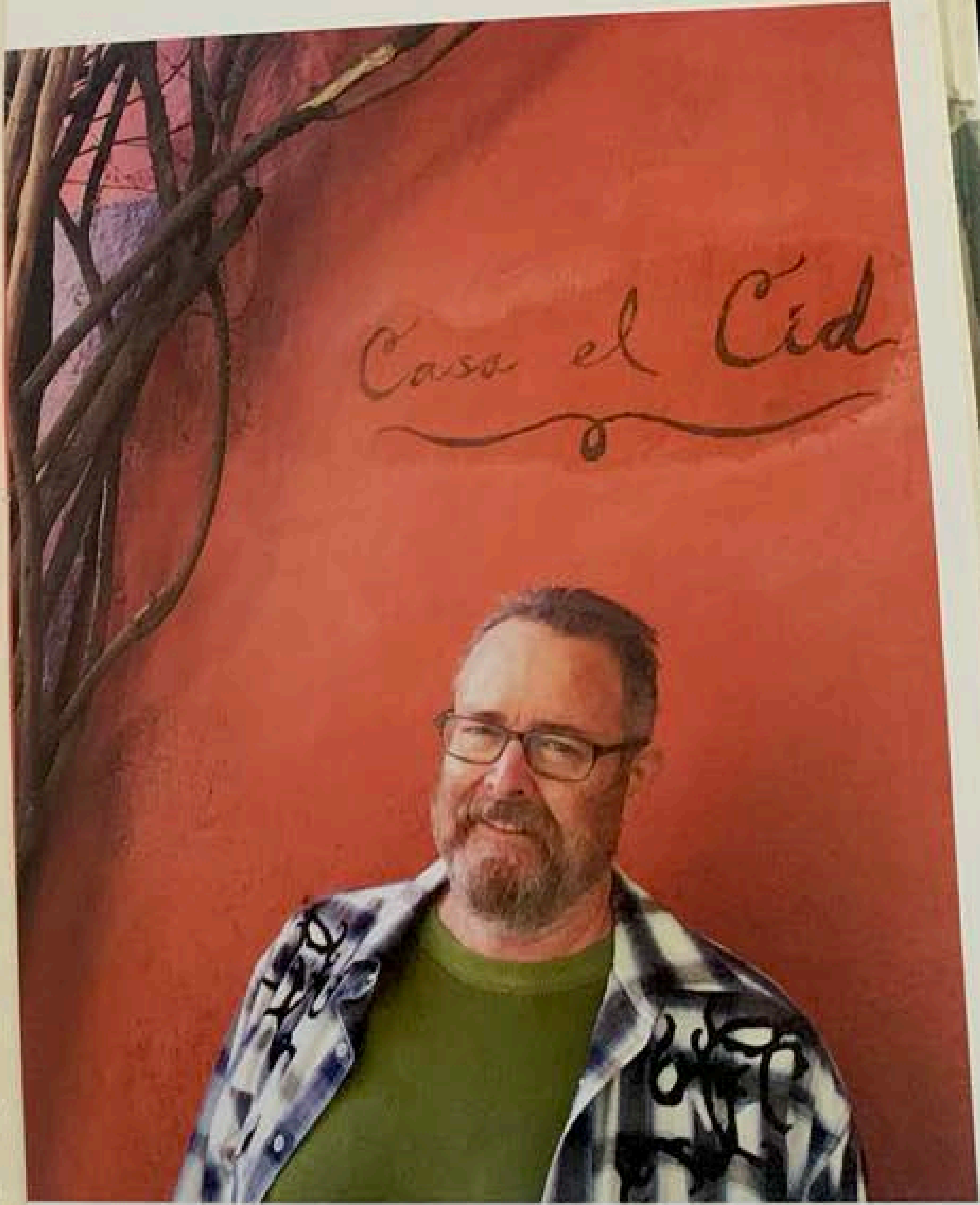


Relax: Storefronts, Food

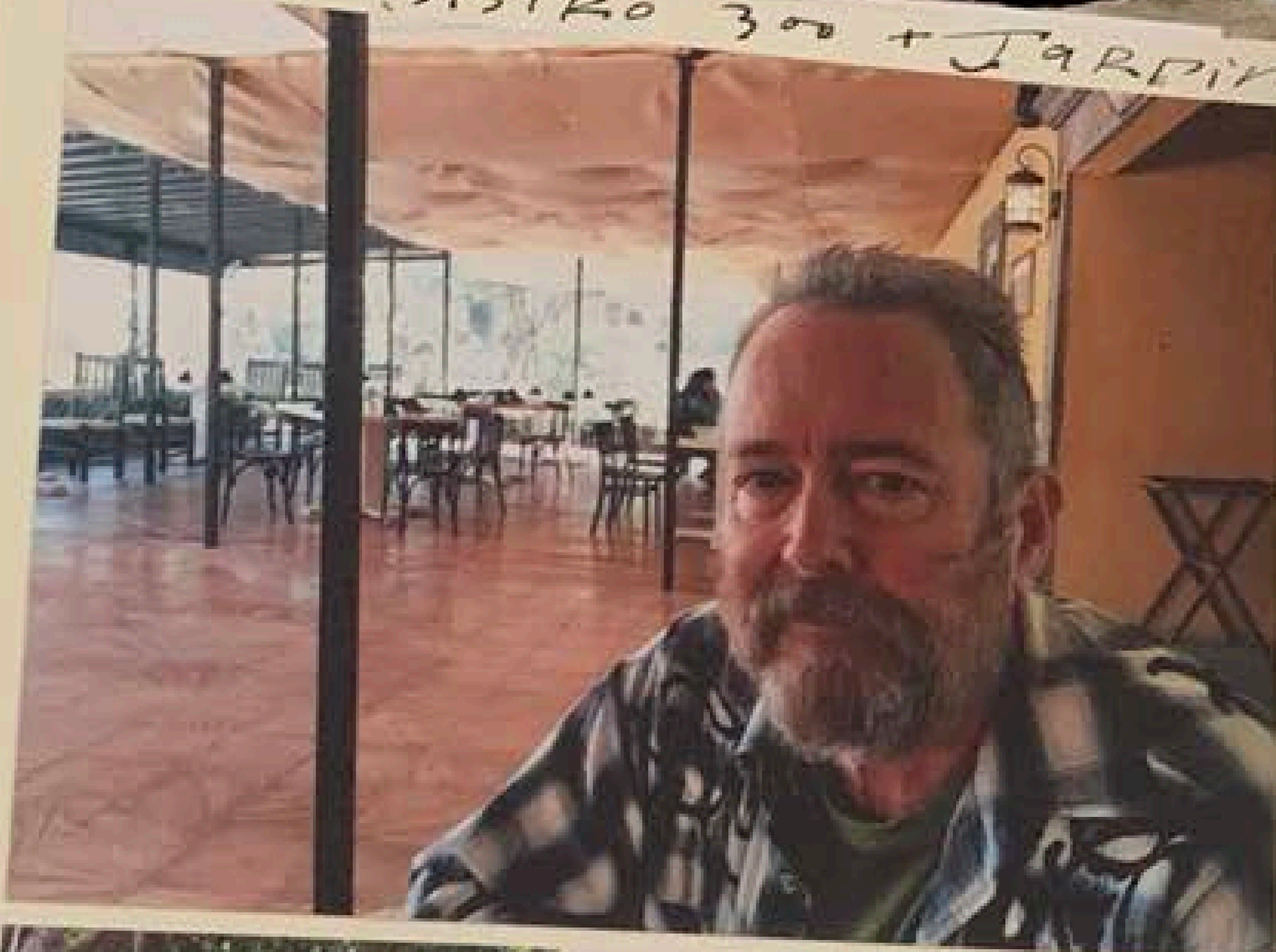
KB + KR on Blanco



Casa el Cid



KM at BISTRO 300 + JARRIN



FRIDAY, FEB. 3, 2017.

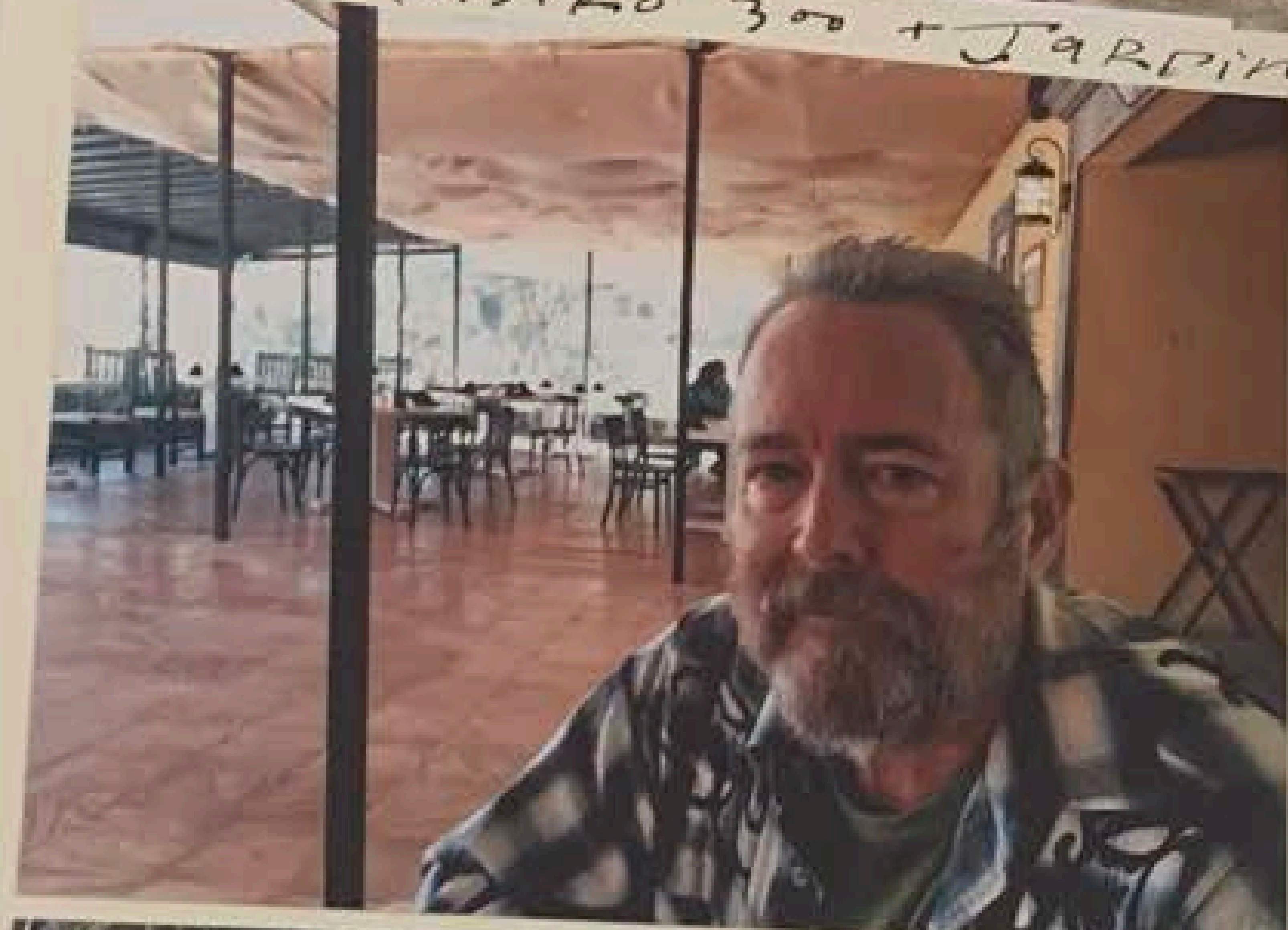
In San Miguel de Allende  
Beautiful, 70+ degrees during  
the day, 40's at night.  
The home we are in at  
18 Blanca is incredible.

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.

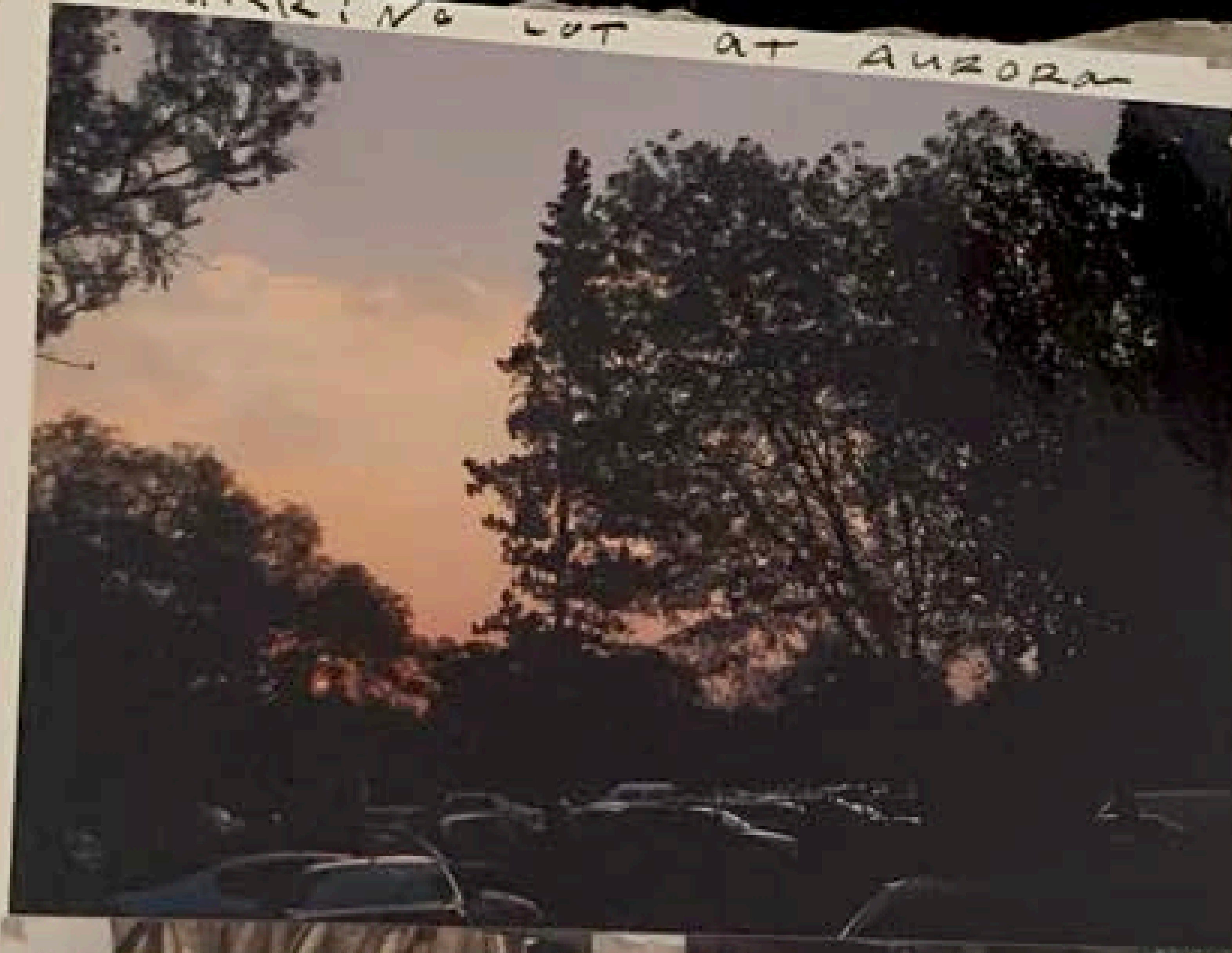
This interwoven, puzzle  
like architectural design

KM at BISTRO 300 + JARDIN



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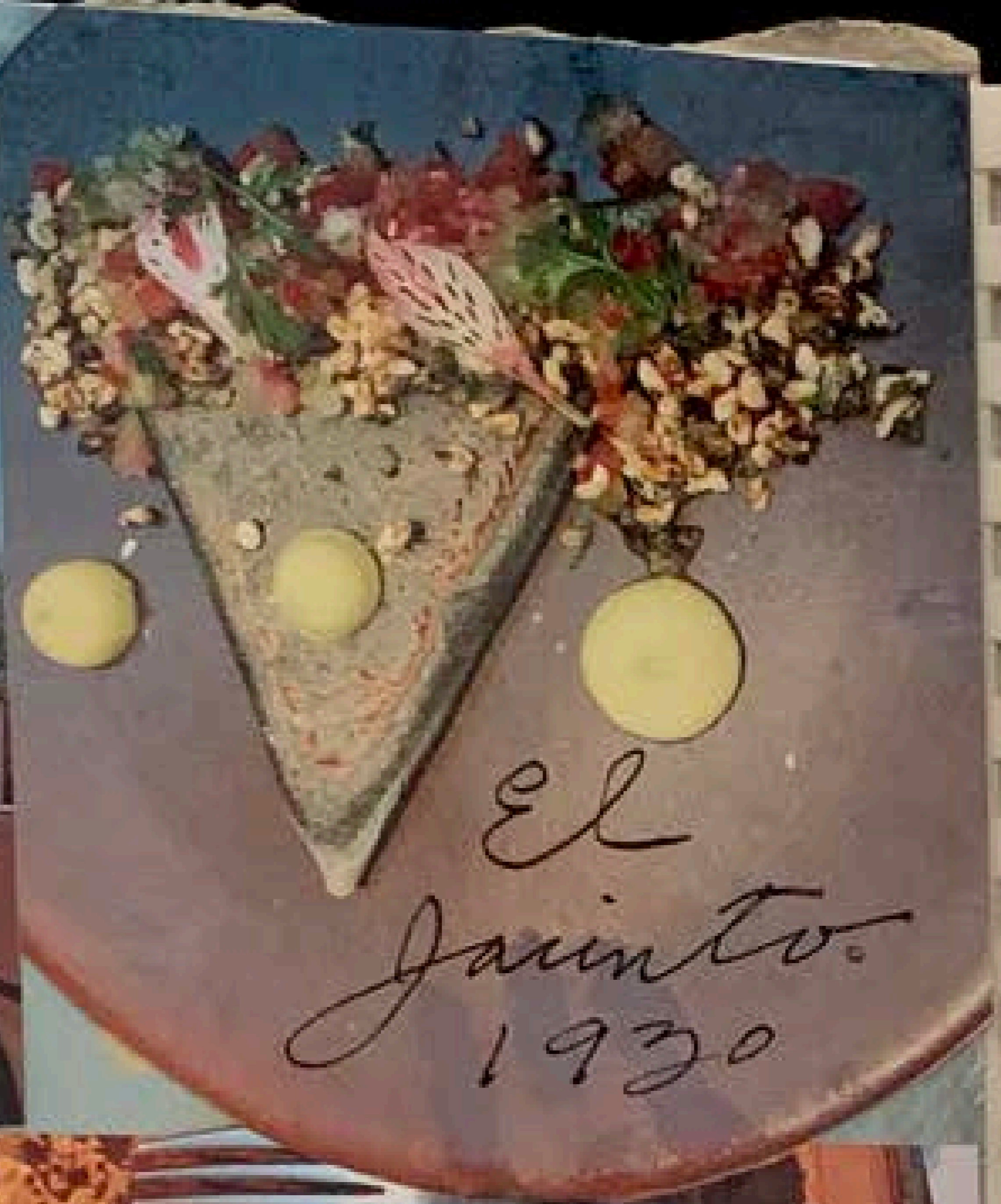
PARKING LOT AT AURORA



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: <sup>is:</sup> MAGICAL Realism - the STUFF of DREAMS.

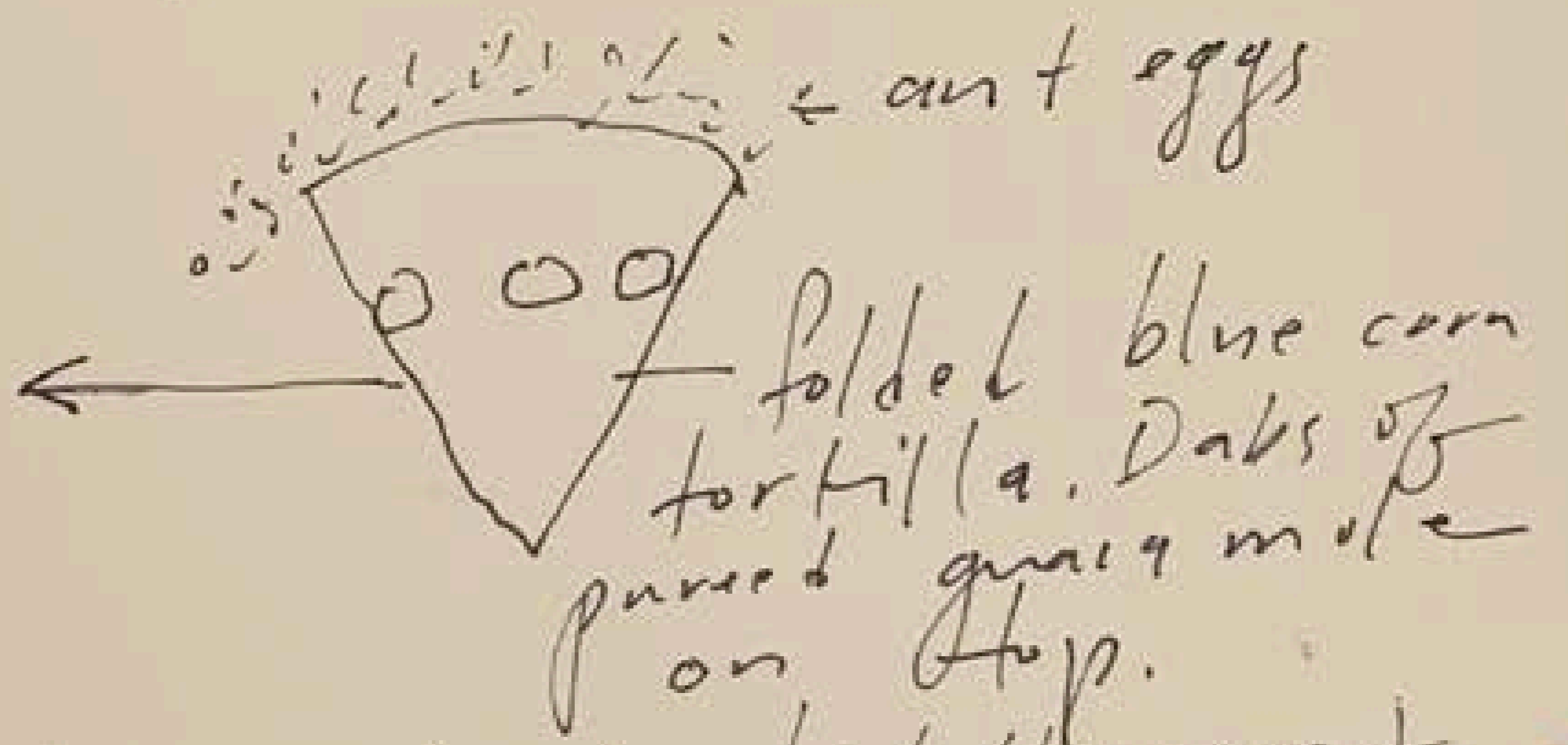
Last night, we went in for a restaurant - El Jacinto 1930 at 18 Relox St. The food was fabulous. I had a blue corn tortilla with cheese + beans. With an "ant egg" relish around it. Yes, real ant eggs - from ants that are 300 big. They tasted like egg whites the size of cottage cheese, and mixed with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



El  
Jaquito.  
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

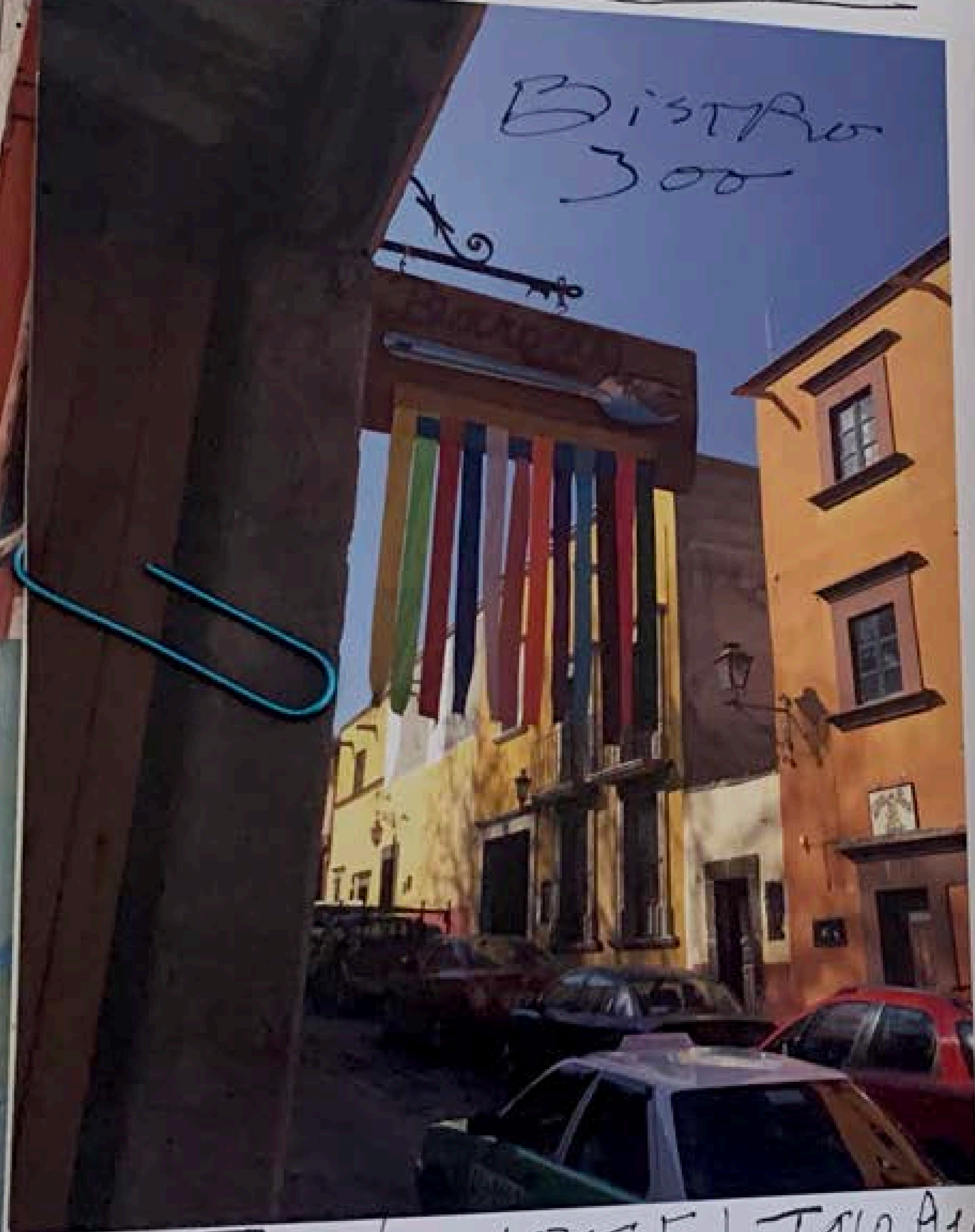
days of hours of walking on  
rough sidewalks + streets.  
(all cobblestone)

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 sold

Favorite Restaurant



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love Varanasi and have sold

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.

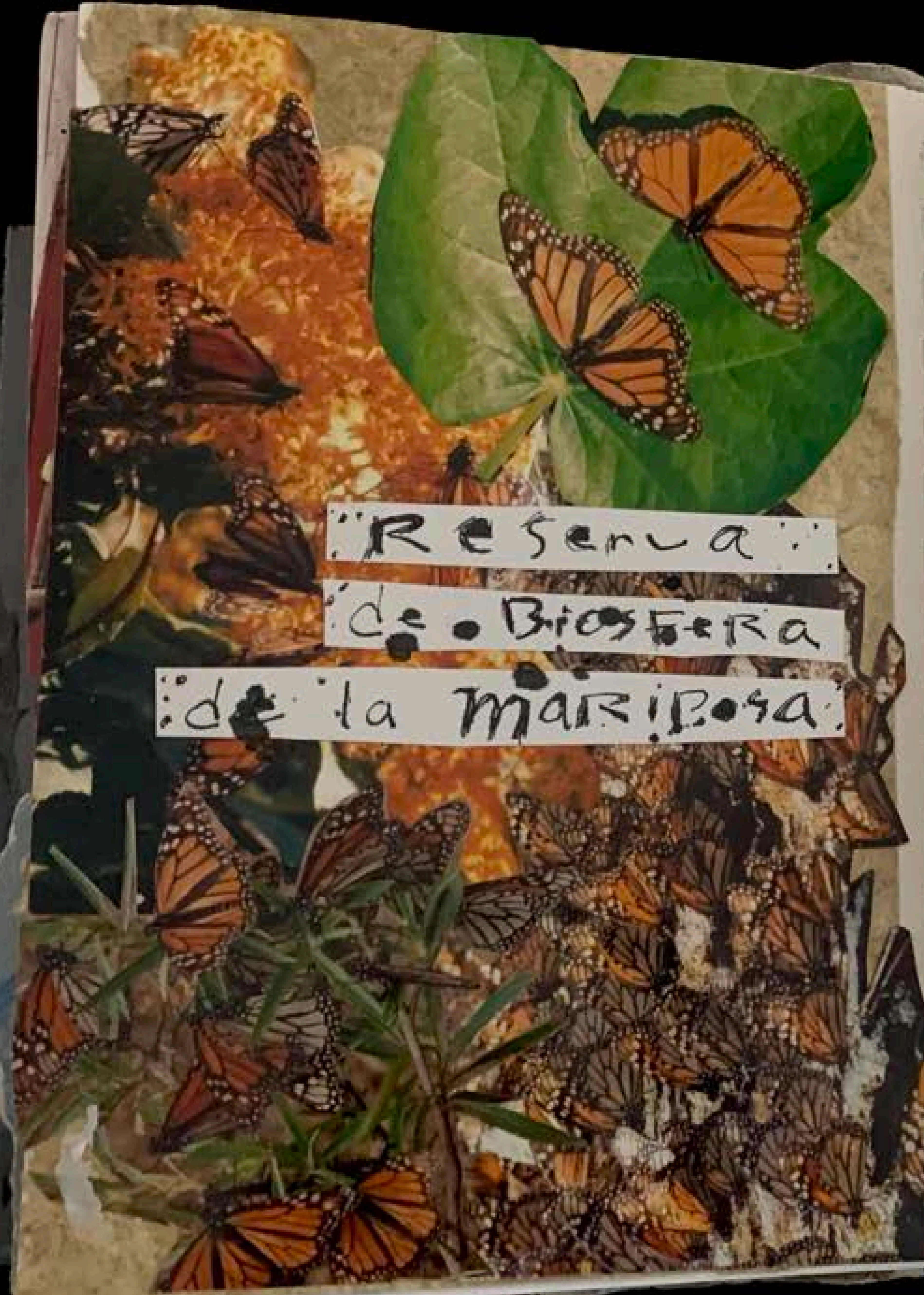
And try to get past this  
feeling of tears... where  
no words quite express it.

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 cobbles, etc.  
... because I simply can't breathe  
and ... have a lot on my mind.

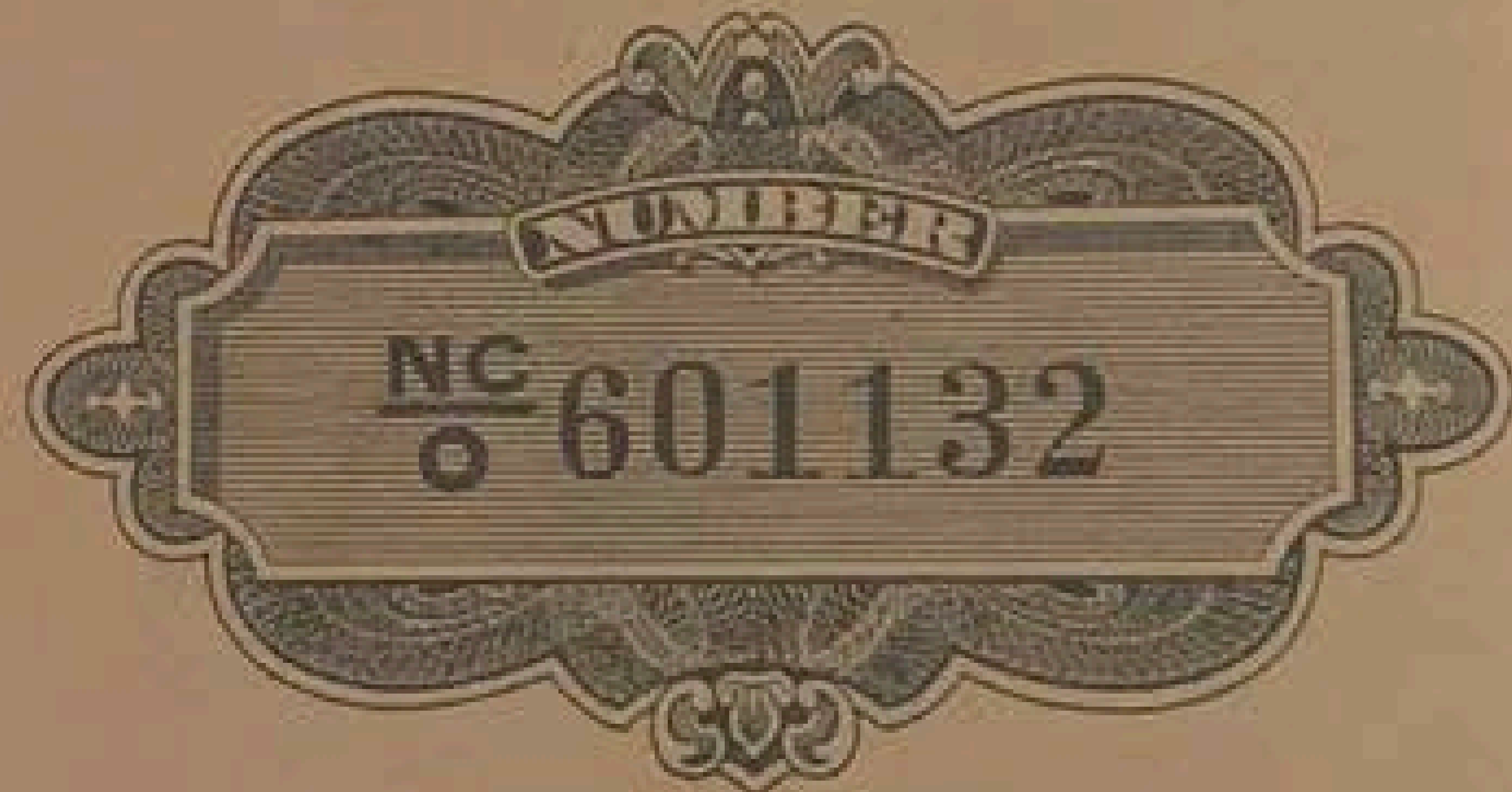
My traveling days - such  
as they have been - are  
over. My travel will need to be  
less ambitious, not that this  
is exactly grueling.

epiphany



choice  
and  
acceptance

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

facts.  
terfly

butterfly

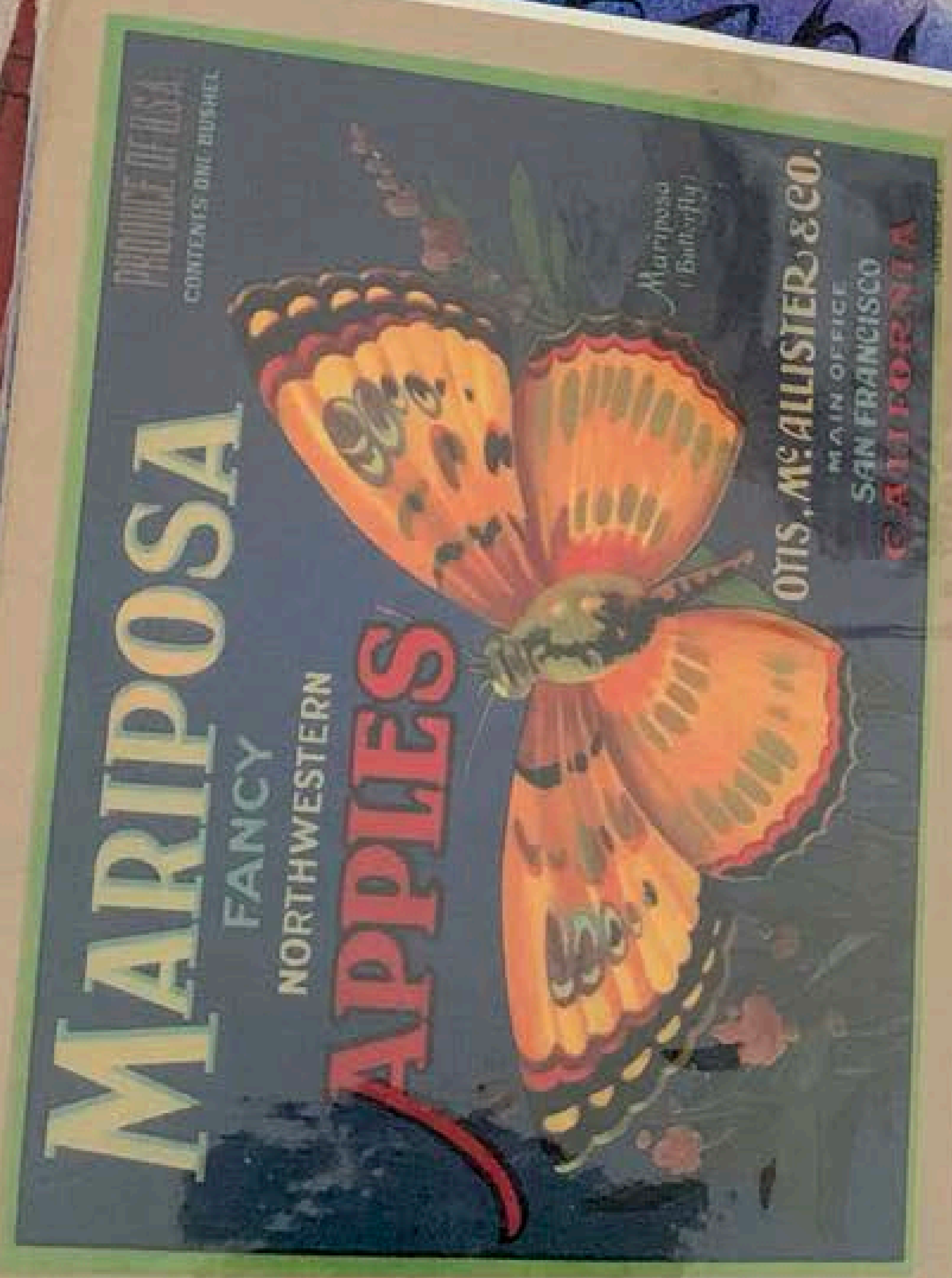
all those  
or do-  
the  
projects,

things  
needs.

peace.

in this

me. Love



Med York K and Kelly  
Alex  
 Warole | Gretchen | me



- There's  
 have energy

charts.  
 butterfly

the butterfly

all those  
 singer do -  
 have the  
 sive projects,  
 lly.

ast things  
 Pieces,  
 in peace.  
 site 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.

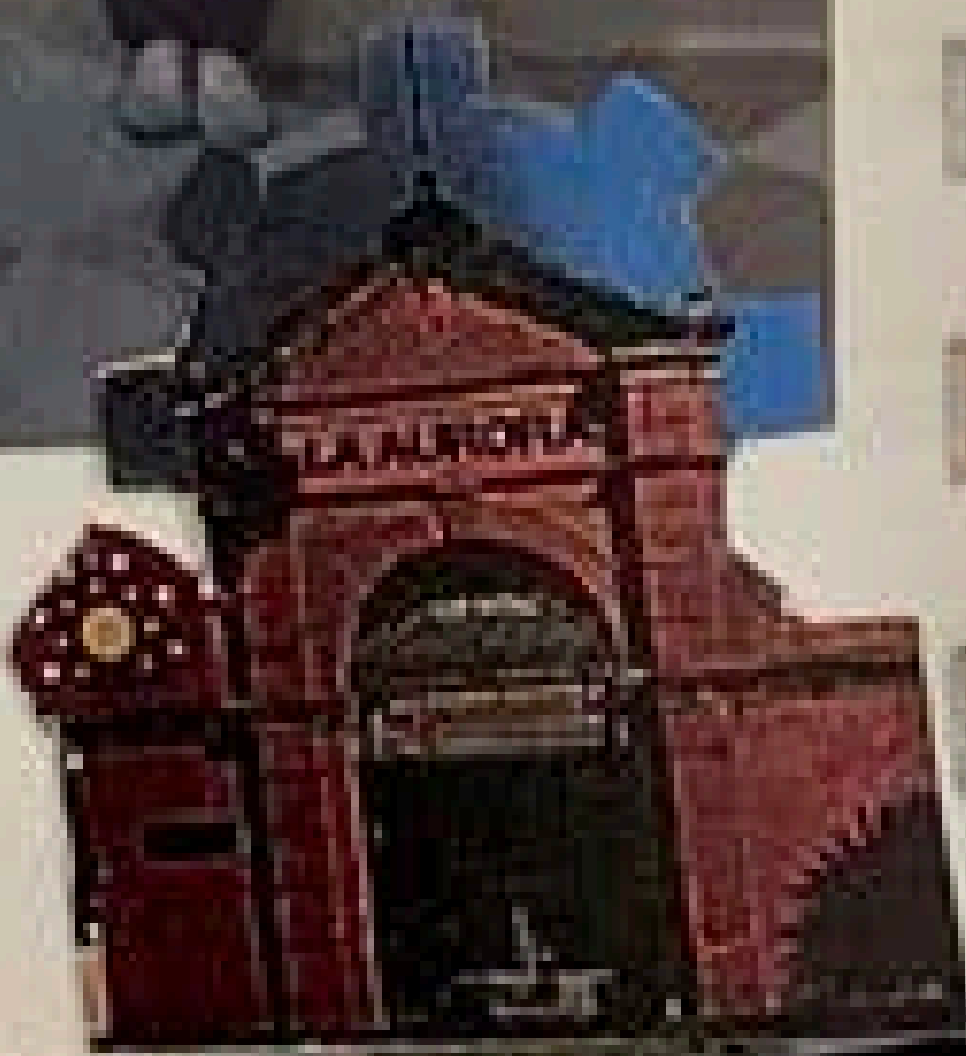
Look at the sky in peace. Appreciate clouds. Write in this journal. Draw. Meditate. Love

ART  
WALK  
SAB  
FEB  
5:00

DREAM PROJECT

LA AURORA

XIII  
ANIVERSARIO  
CENTRO DE ARTE Y DISEÑO  
FABRICA 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.



2 | 9

Horario: Lunes a Viernes  
10:00 A 2:00 y 4:00 a 7:00  
Reg. SSU: 100-450-10-100-2000  
Cel. Prof: 415-107-100-1000

**Dr. Roberto Maxwell**  
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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  
I sat 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. Maximal  
 who scared the living daylights  
 out of me - said he thought!

94  
 11 12



had a pulmonary embolism on  
 heart blockages. 1st to H+  
 Hospitalia SMC, then

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

Real de Minas  
 \$ 78  
 Wheelchair  
 WFI  
 Calle Ancha de San Antonio  
 No. 1  
 No elevator      ↓ Queretaro ↓



EL Dia  
HOTEL

Call Daniel

Call Doctor

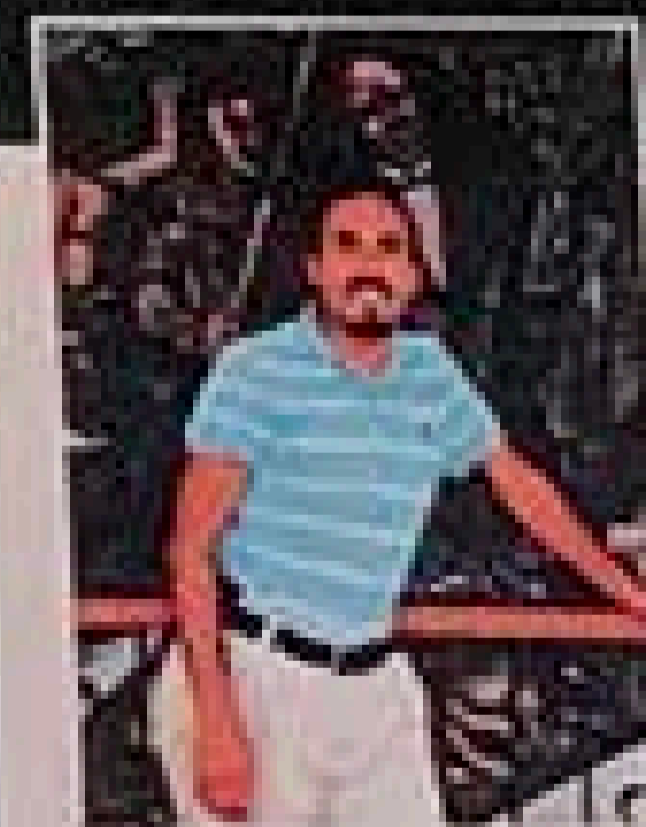
Call Amanda Slater

Hotel for here.

Drug store

Sarah Salazar.

Pack



**QUETZITLALLI**

Daniel Hernández Rangel  
*L.A.E.T. & Lic. Psychology*

*Transportation, Tour & Property Manager*

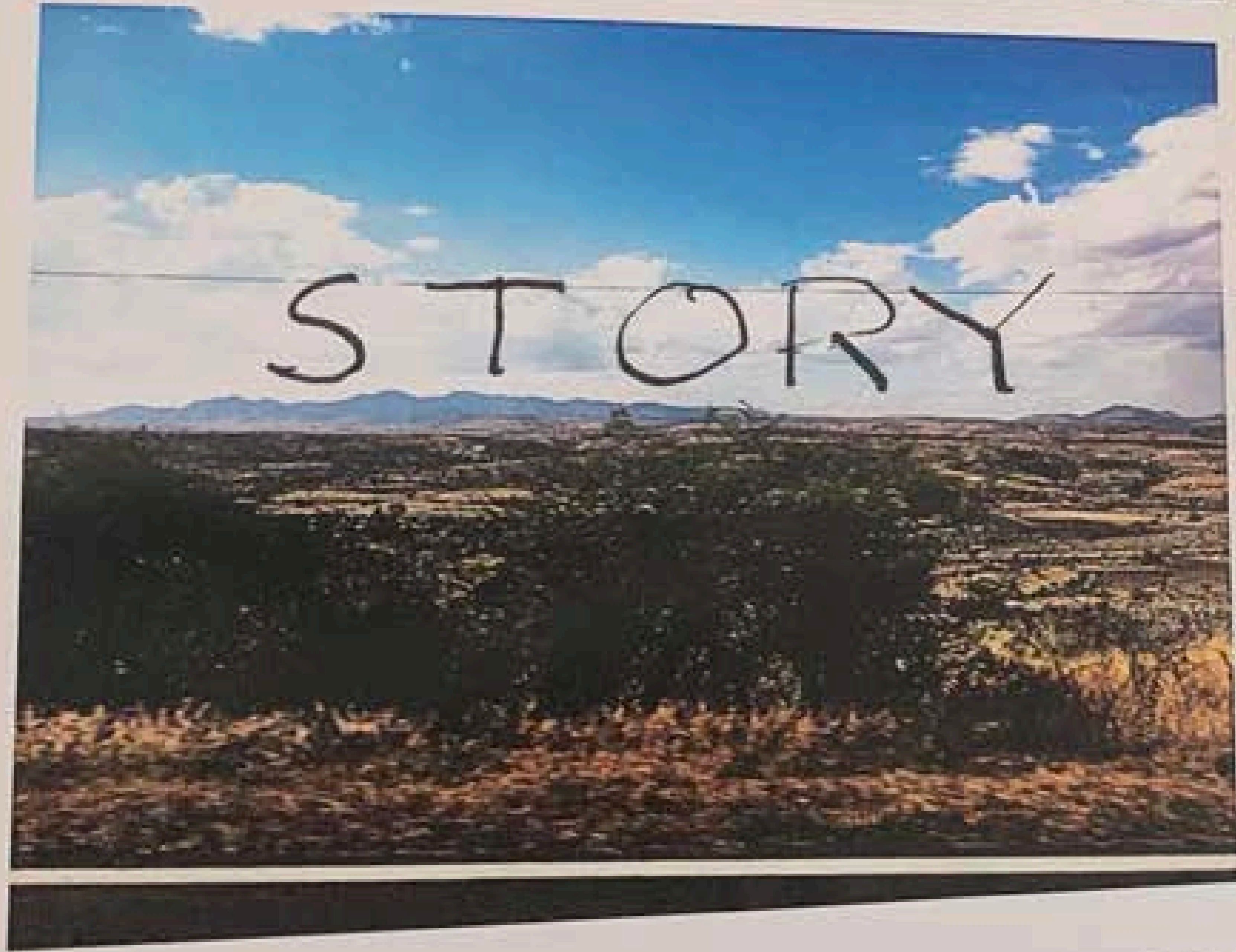
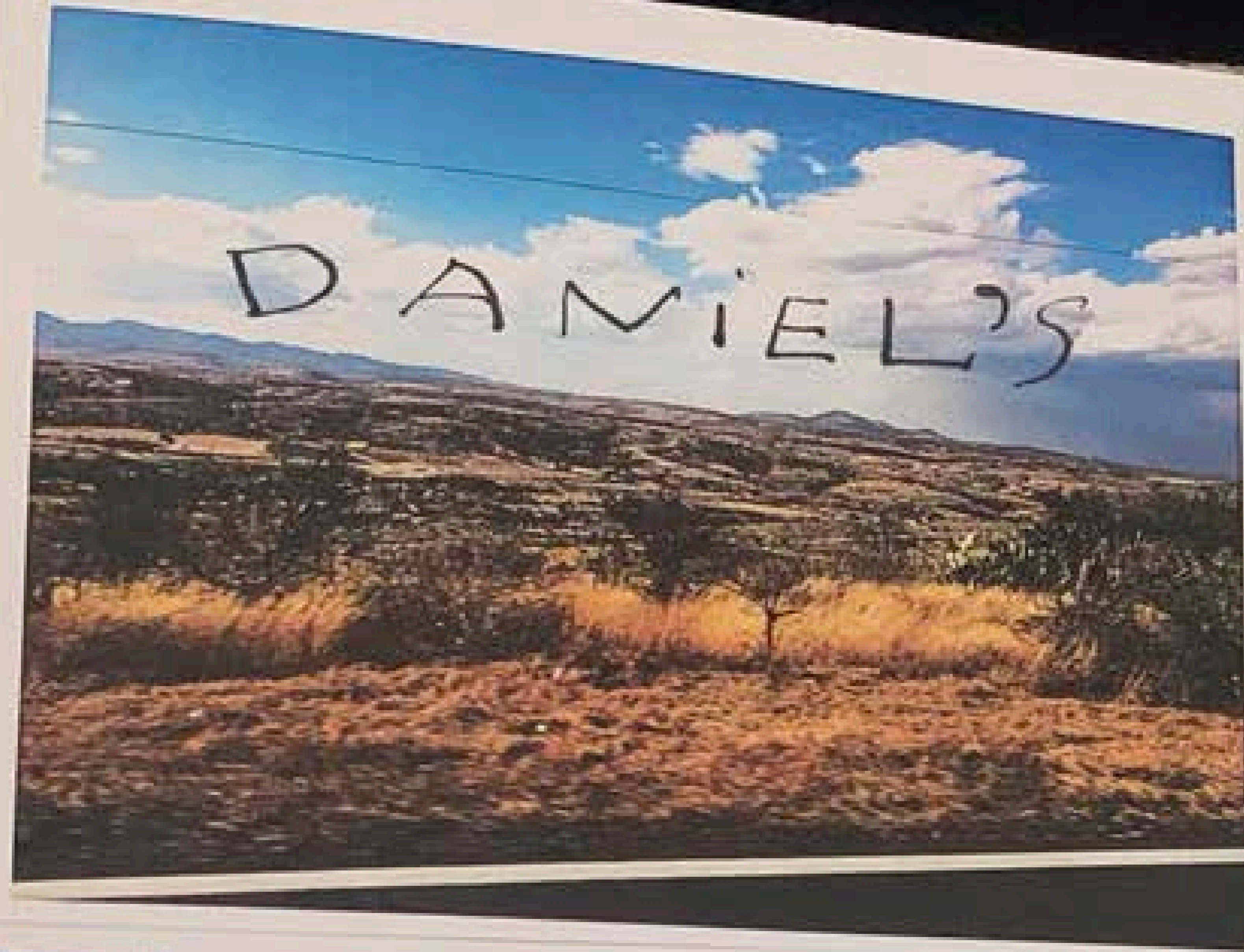
*Home/Fax: 011 52 (415) 120 3678*

*Cell: + 521 (415) 105 1907*

*danielhr1@yahoo.com*

*http://www.hernandez-tours.com/*

*San Miguel de Allende, Guanajuato, México.*



Feb. 11, 2017

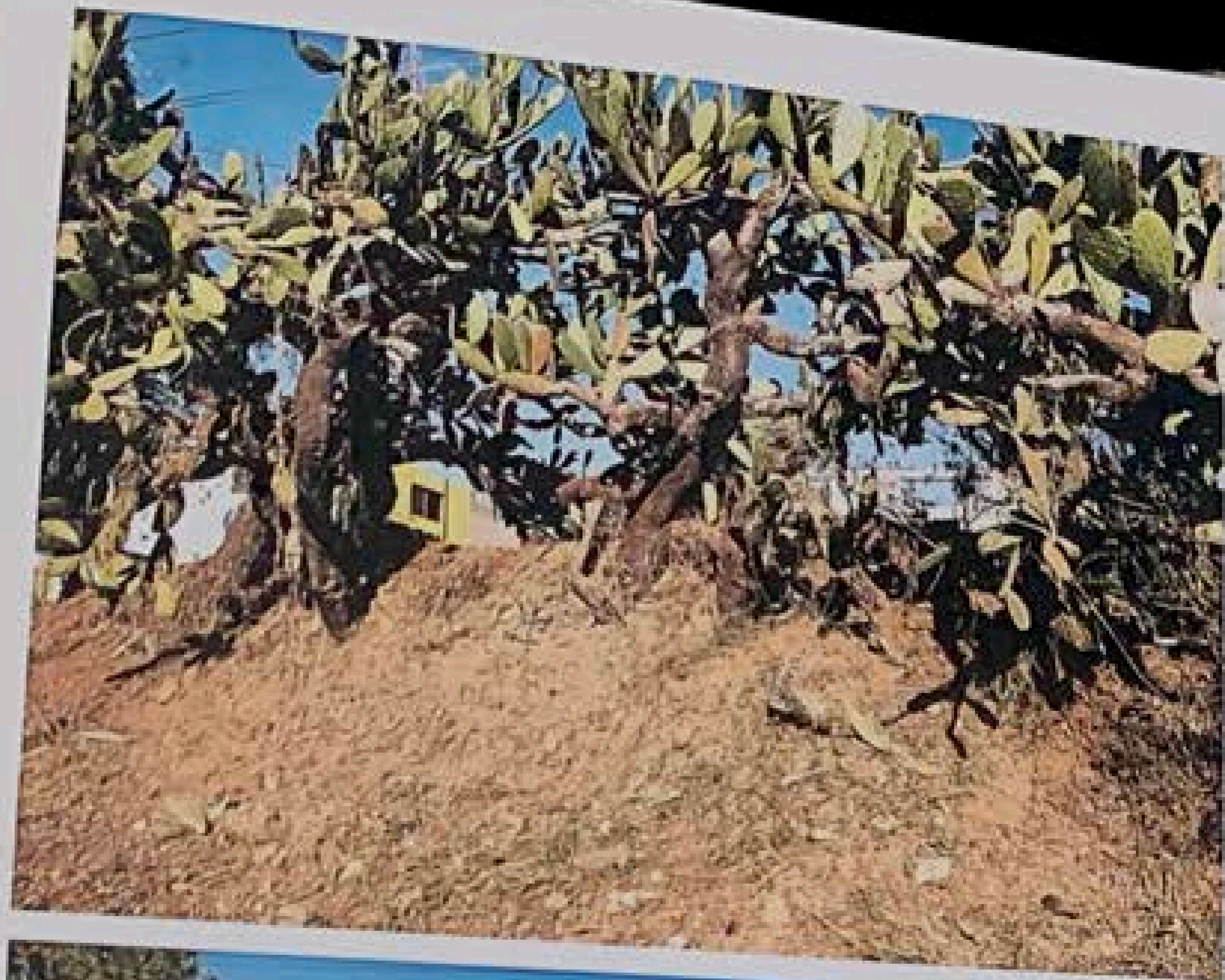
On the flight back to Dallas after a one hour + "narrative of my life" from Daniel Hernandez - the house manager for Colletto, (corner of 18 (Alameda Blanca) president of the San Miguel Chamber of Commerce, restaurateur, and tour guide.

He has two brothers and a sister living in Plano, Texas. They are undocumented. Brother 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 where there. Only the interception of someone to help mold you would change things.

Food in the car ... SMA ...

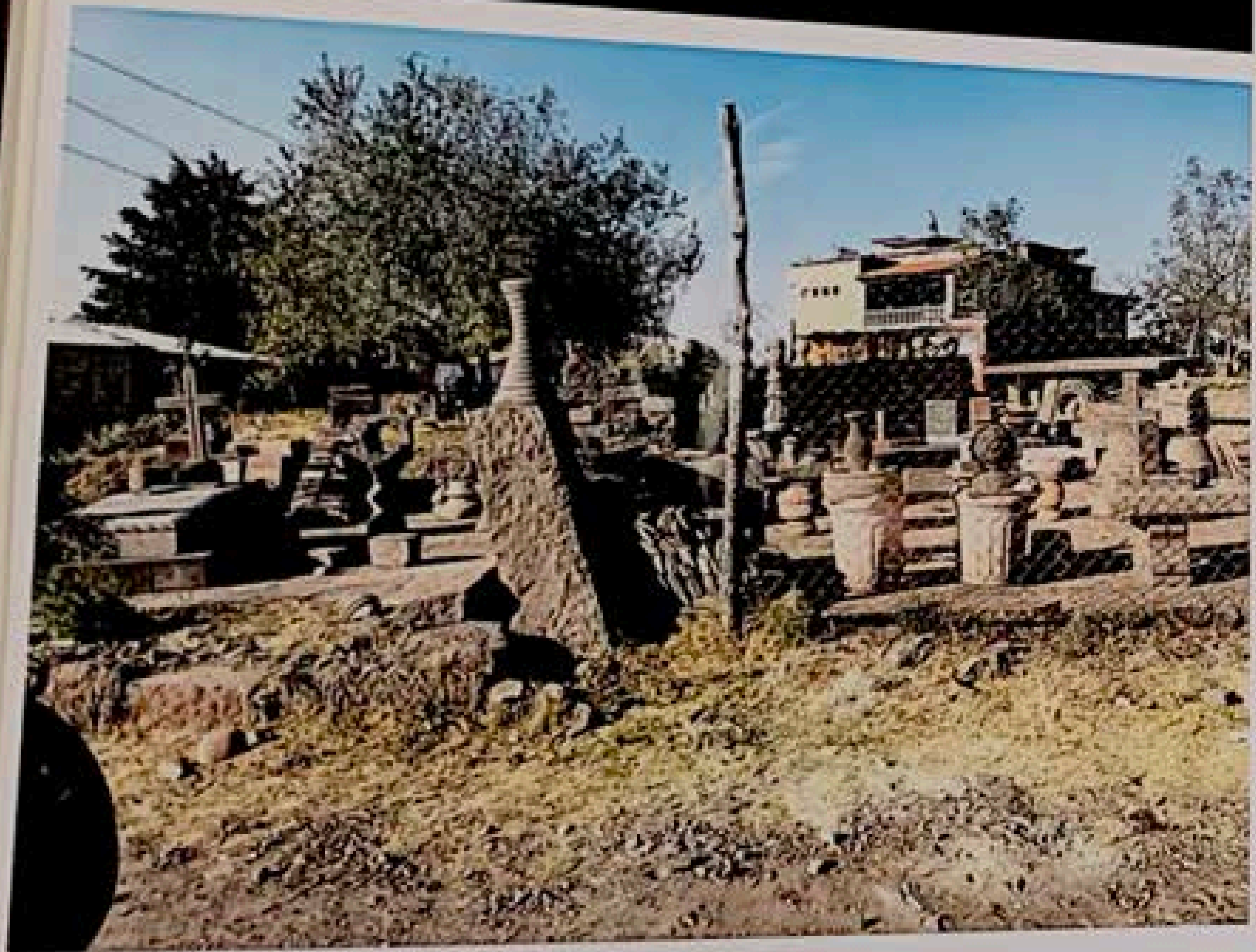


And he was lucky to meet a couple - Margie Bullock and — De Sisto, who had a school in Massachusetts and a home in San Miguel. They hired him in San Miguel. He told them he was going to go to the U.S. so they hired him to come to their school in MA, and work in a program for troubled youth from very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

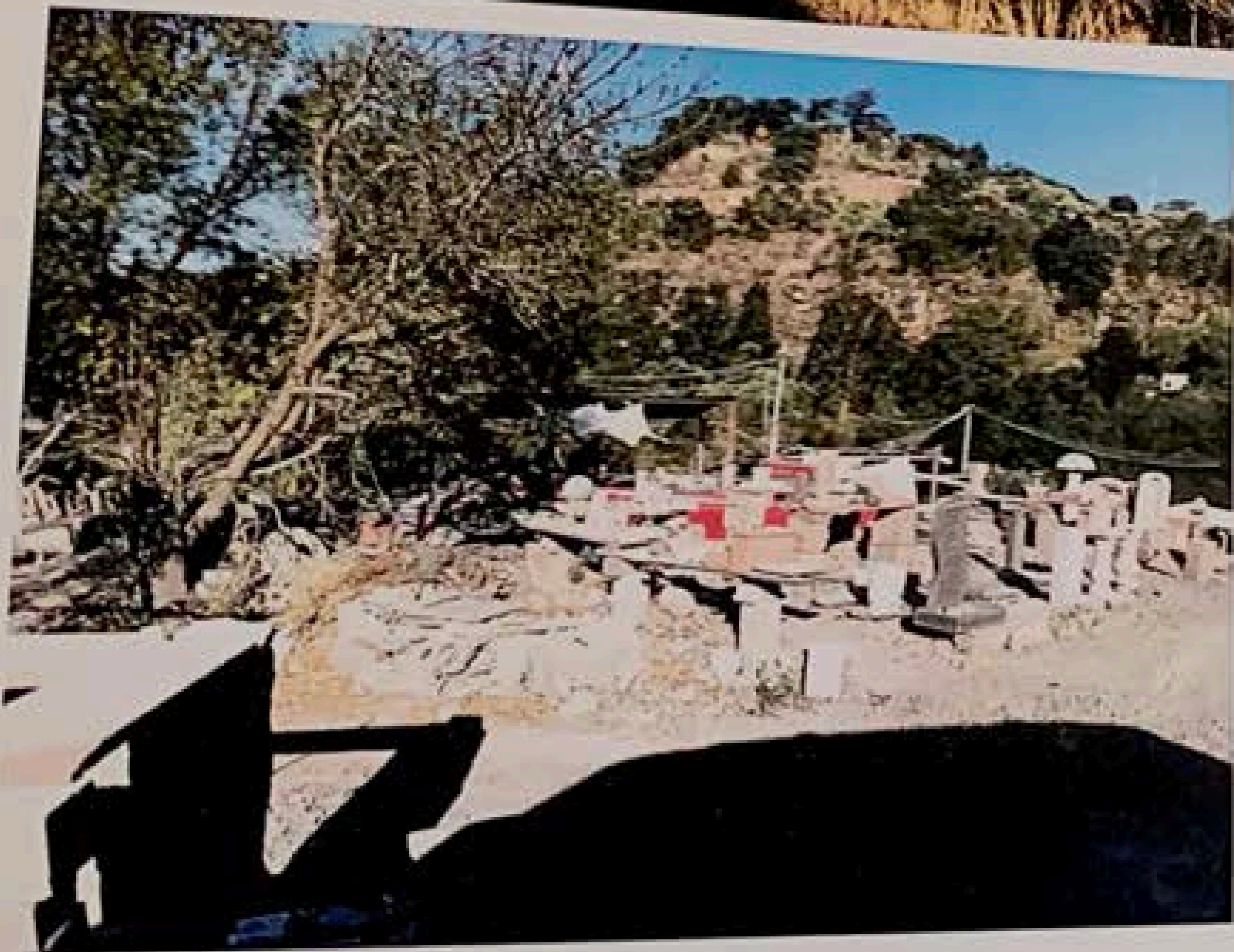
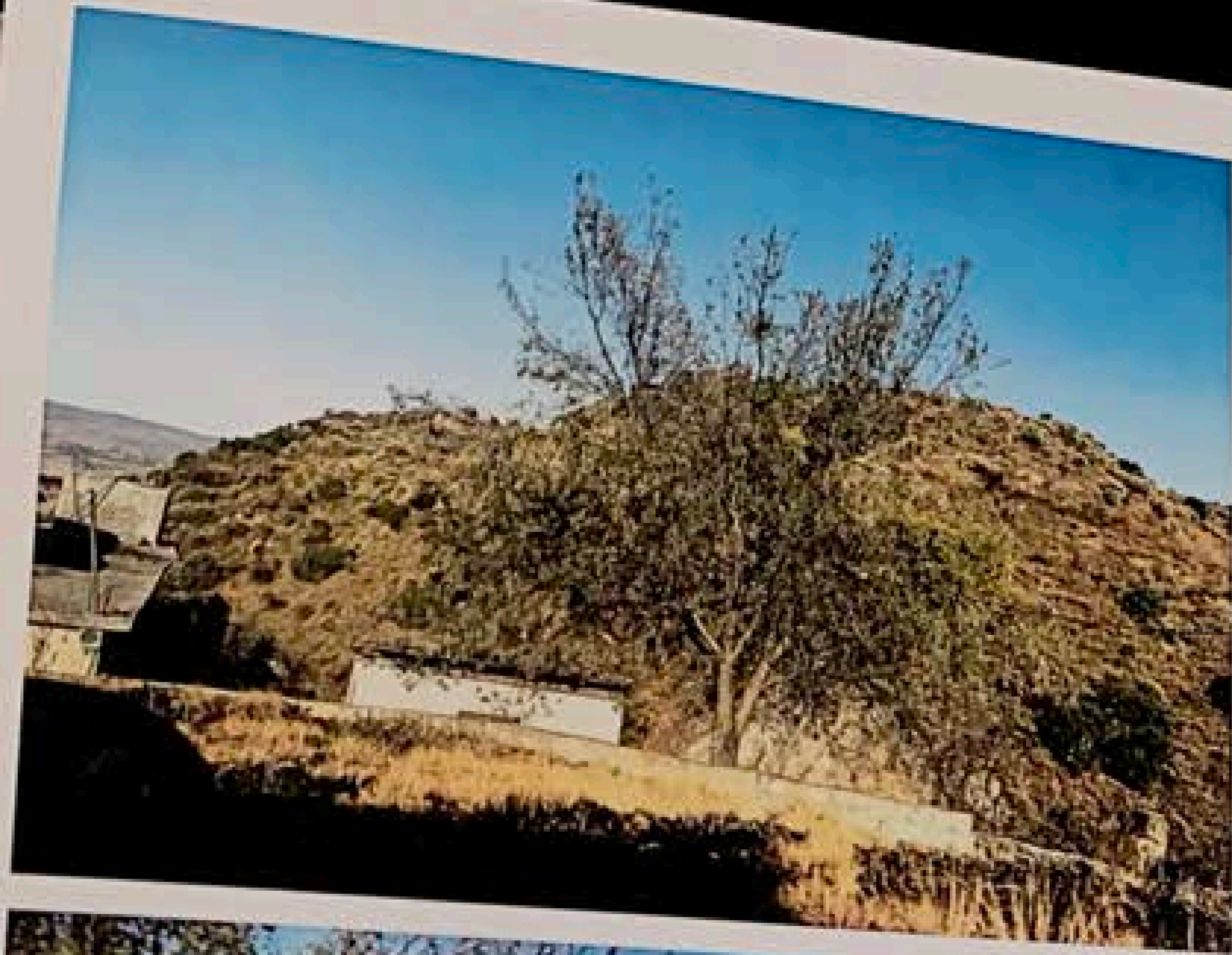


b. through Italy.

c. to Cuba (involving obstacles of all kinds - including arrangements for Americans) to travel to Cuba getting money wire, which had to come from certain Western Union stations, and to Cubans only, and feeding 10 people or 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 Continental Divide



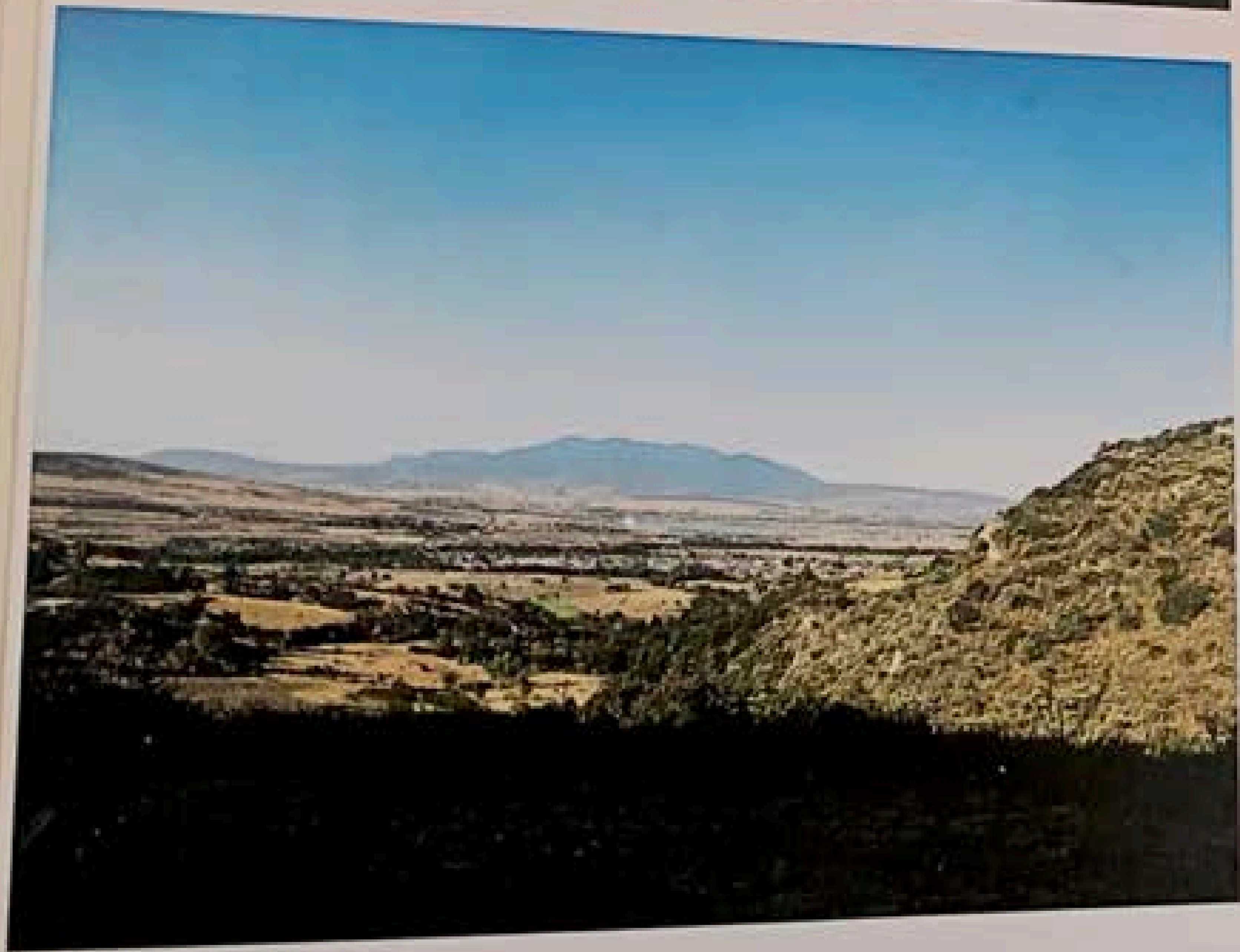
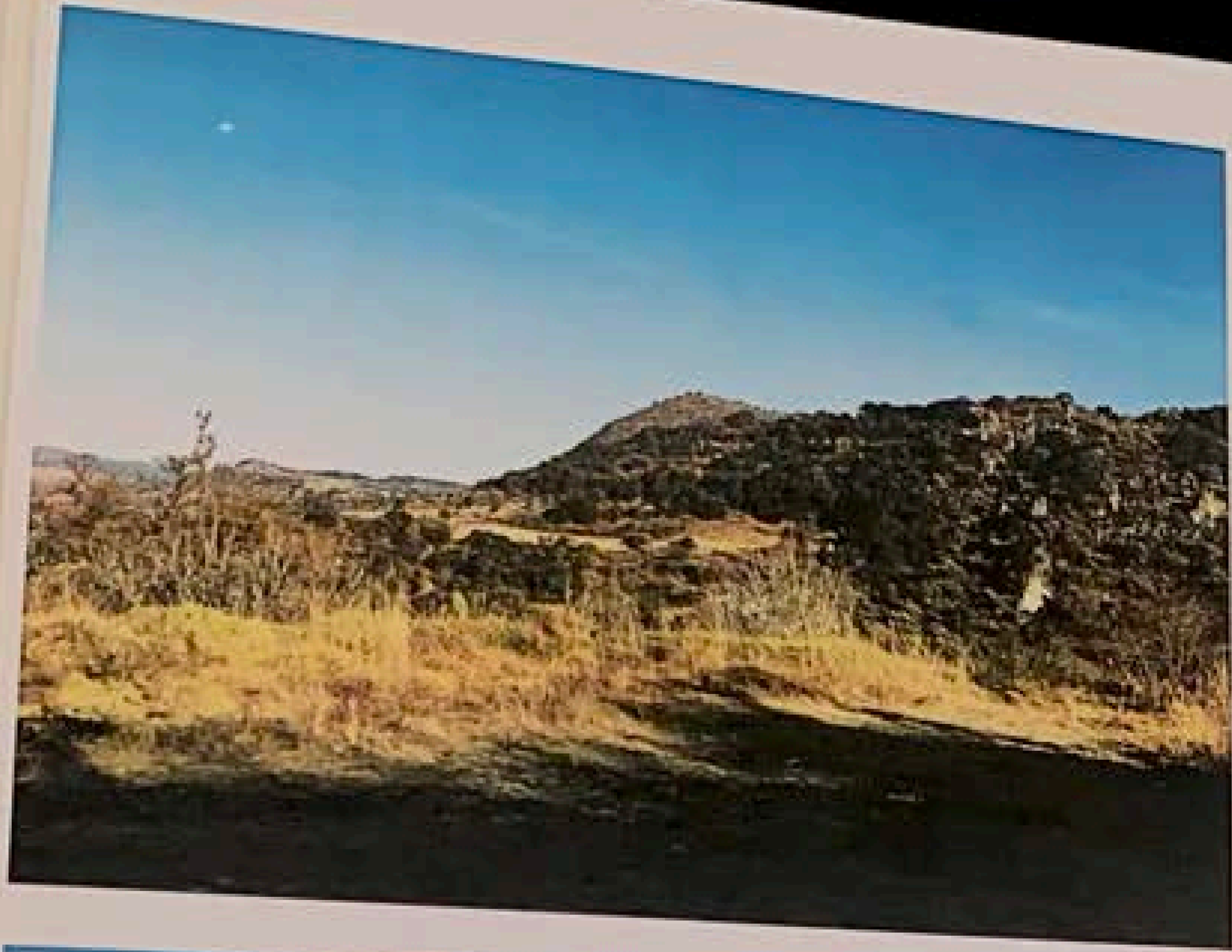
Daniel + he made her go back.  
[the landscape is beautiful - flying  
back to Dallas.] [mountains  
like waves]

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 - Gortchens! 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.

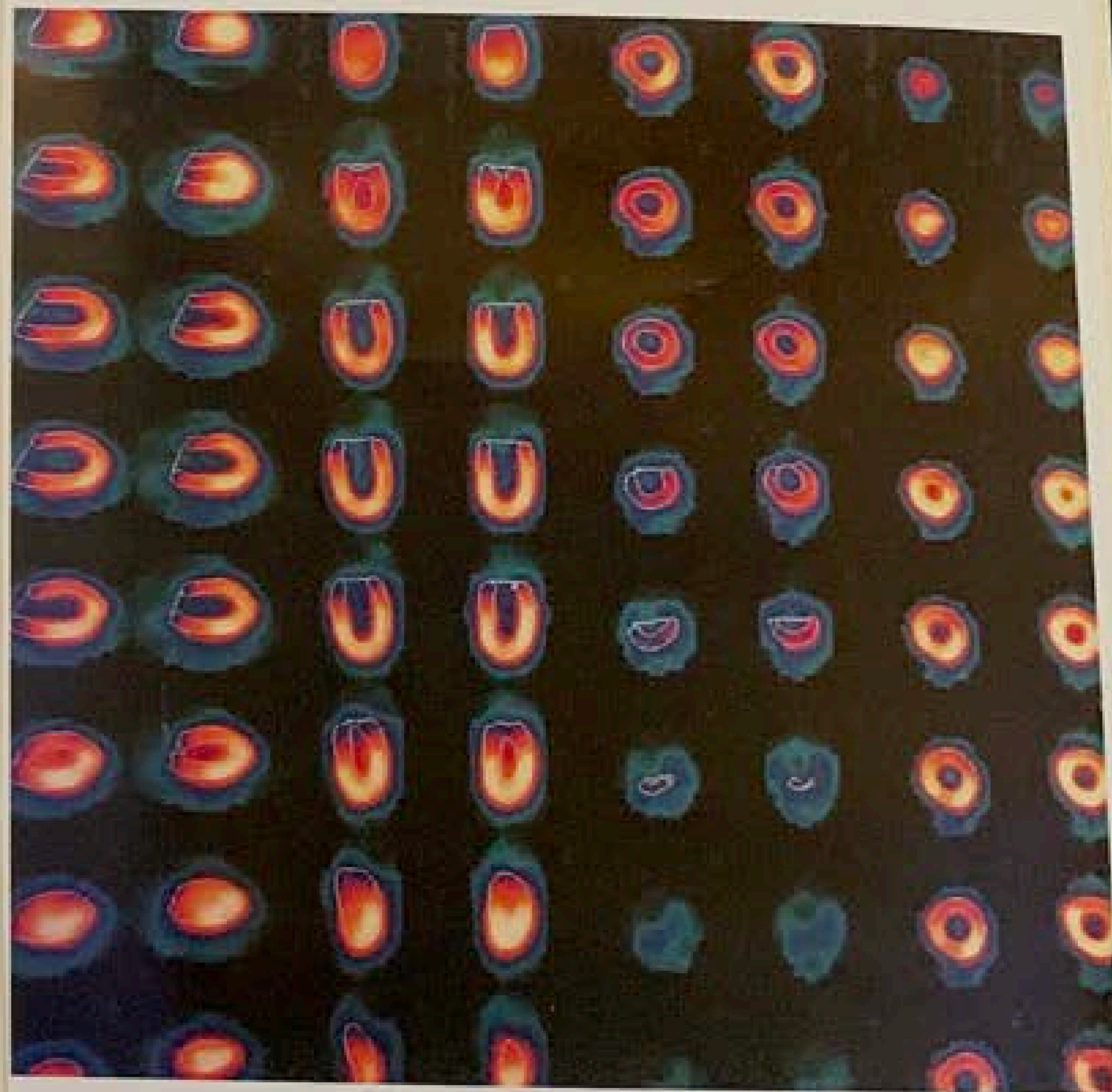
## Facebook POSTS FROM MEXICO

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 Dykstro 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.

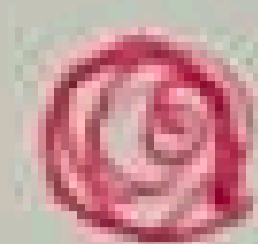


What do I dread?

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 } <sup>Strength</sup>  
                          } <sup>Weight loss</sup>  
                          } <sup>HEALTH</sup>

Civic involvement

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 <sup>what</sup>  
teaching/learning  
moments?

the  
PRACTICE

---

29 Pieces


---

The 1st Career

---

KELLY/  
MARRIAGE

the PRACTICE;

GIFTS? 

- Dana -
- Shelley -
- Sandra -
- Gretchen
- Debby -
- Vicki M. -
- Cindy -
- Constance -
- 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 Polix  
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:  
Dobby Knotts  
because she  
is:

BRAVE

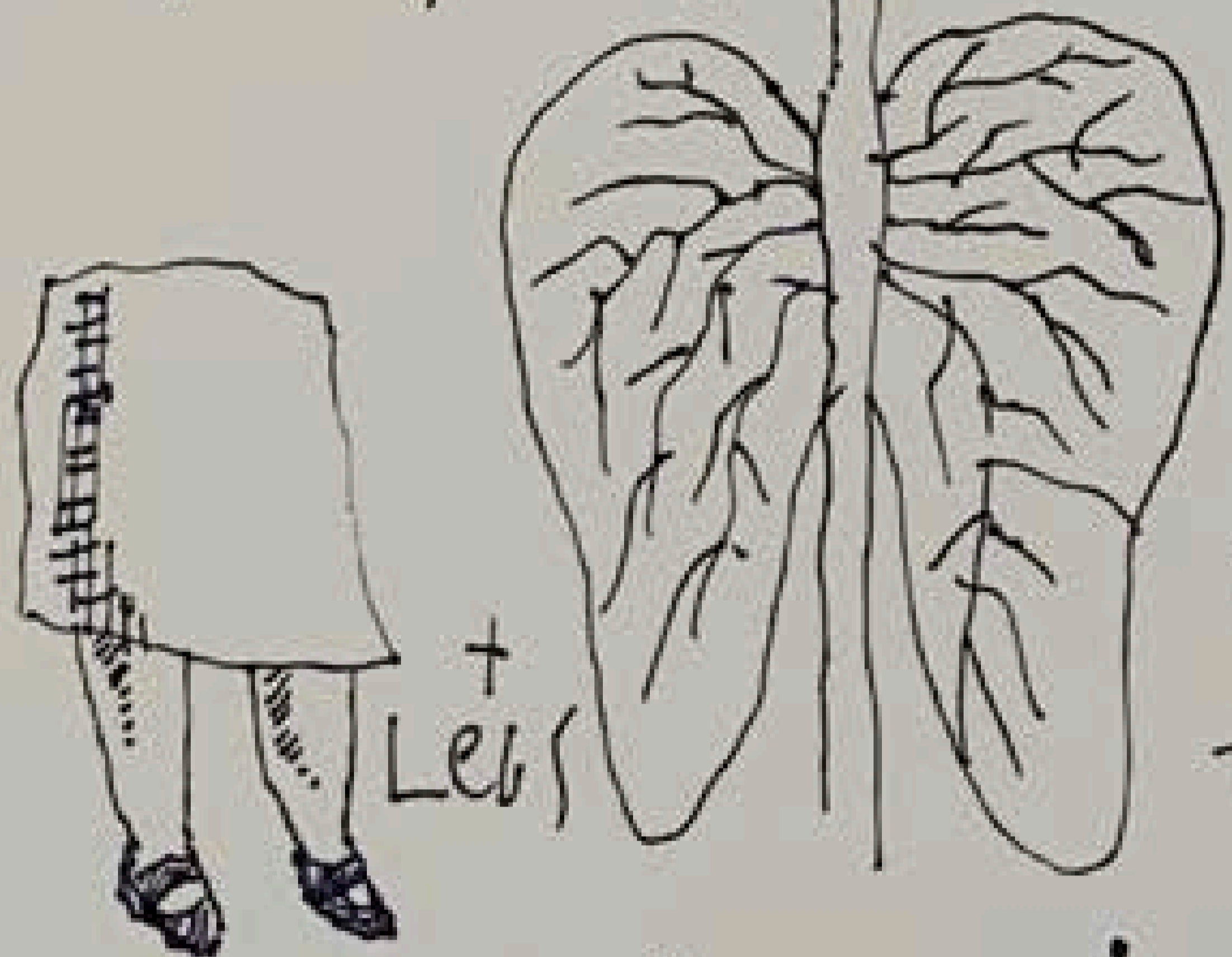
;

JOYFUL

What/who disappoints?

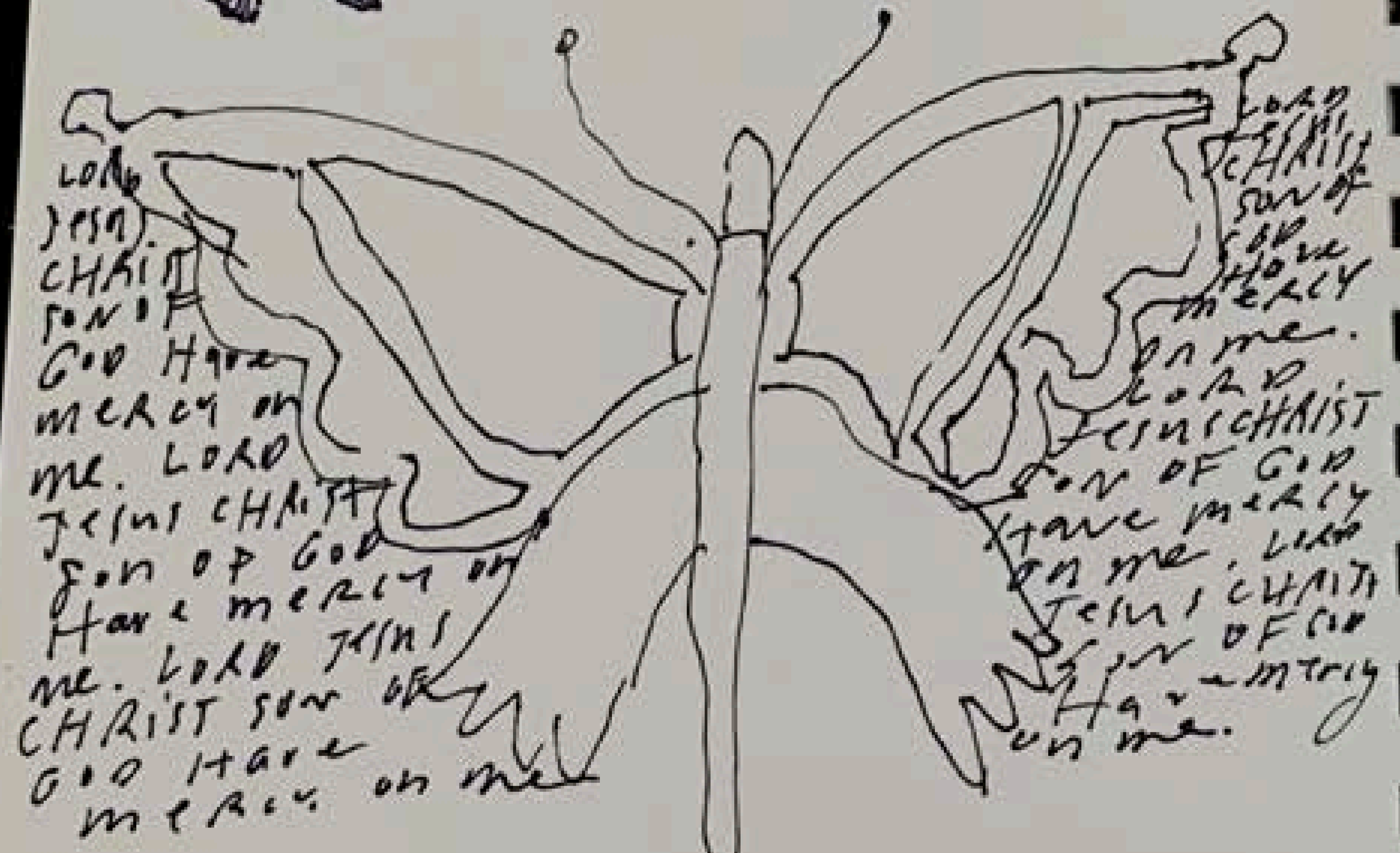
	ME		
THOSE WHO HOLD WOMEN BACK	FAMILY	OUR BODIES	
PEOPLE/ [Betrayal] [senseless]		The MEDICAL SYSTEM	
OUR LEADERS	U.S. VOTERS	A	THE GOVERNMENT
		THOSE WHO DAMAGE THE EARTH	

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.



The BUTTERFLIES

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.



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

PAPER WORK

Linens

SUGAR  
PACKS

DISHES

BOOKS

ACCOMPLISHING

PHOTO

LOT  
HES

PLATES

PENS

CONVERSION

SOCKS

GRAPHS

COFFEE CUPS

SHOES

MAKE-UP

PAPERS

NAPKINS

SHOES

SILVERWARE

FOOD

TV

BRAS

AMBITION



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	<ul style="list-style-type: none"><li>• Strength</li><li>• Clear arteries</li><li>• Starbucks?</li></ul>

What habits do I have?

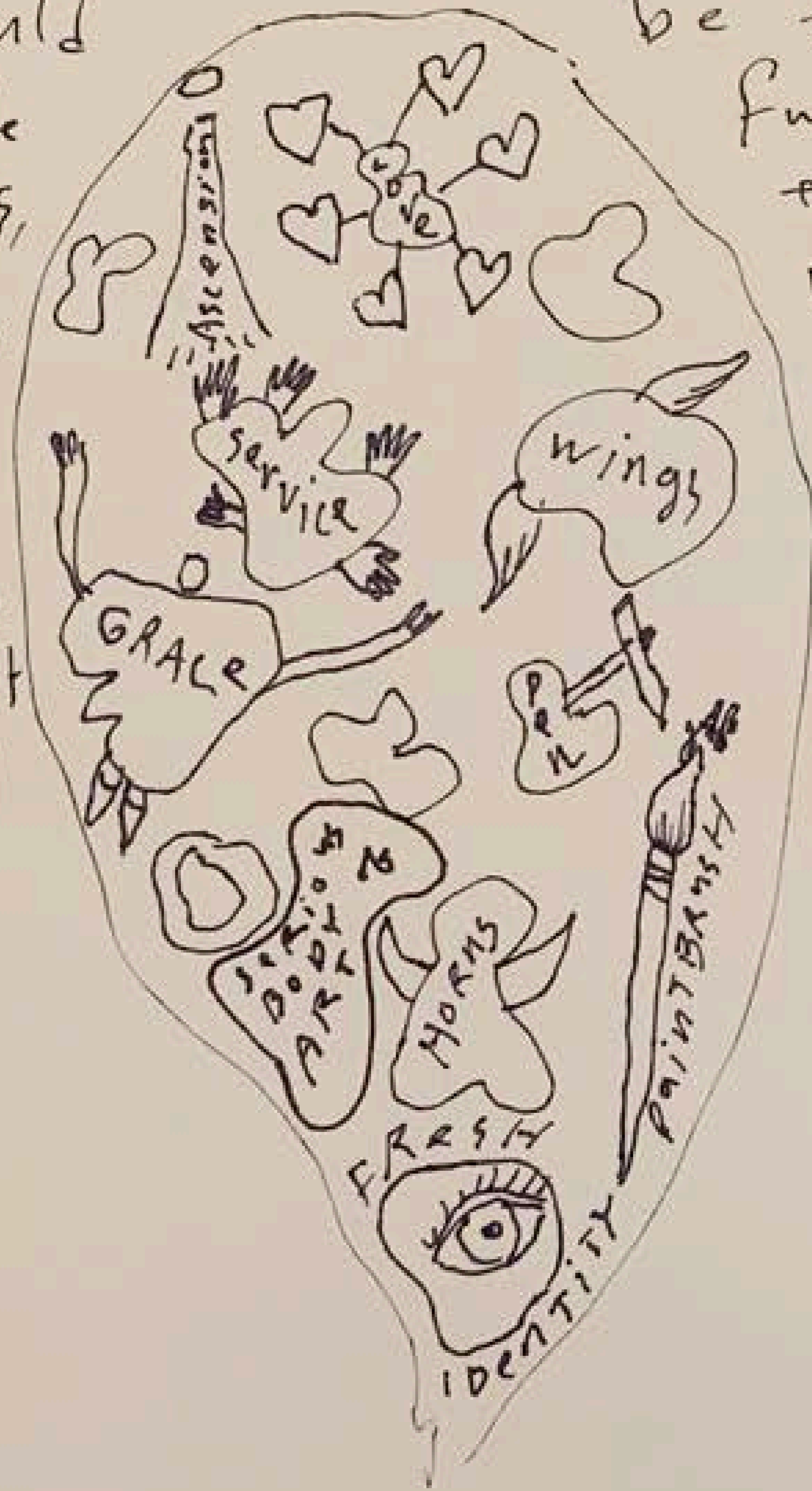
• Can change

CUE	ROUTINE	REWARD
5:50 P.M.	Go to GYM	Sense of accomplishment
Home from 29 l.	Drink + chips	Relaxed, satiated
Disappointment	Eat, withdraw	wallow
Anxiety stress	Eat,	Retreat
ANNOYANCE FRUSTRATION	WITHDRAW STEW	? MAKE someone FEEL GUILTY?
WAKE UP	COFFEE, MEDITATION, PROTEIN SHAKE	CENTERED Balanced, in TOUCH.

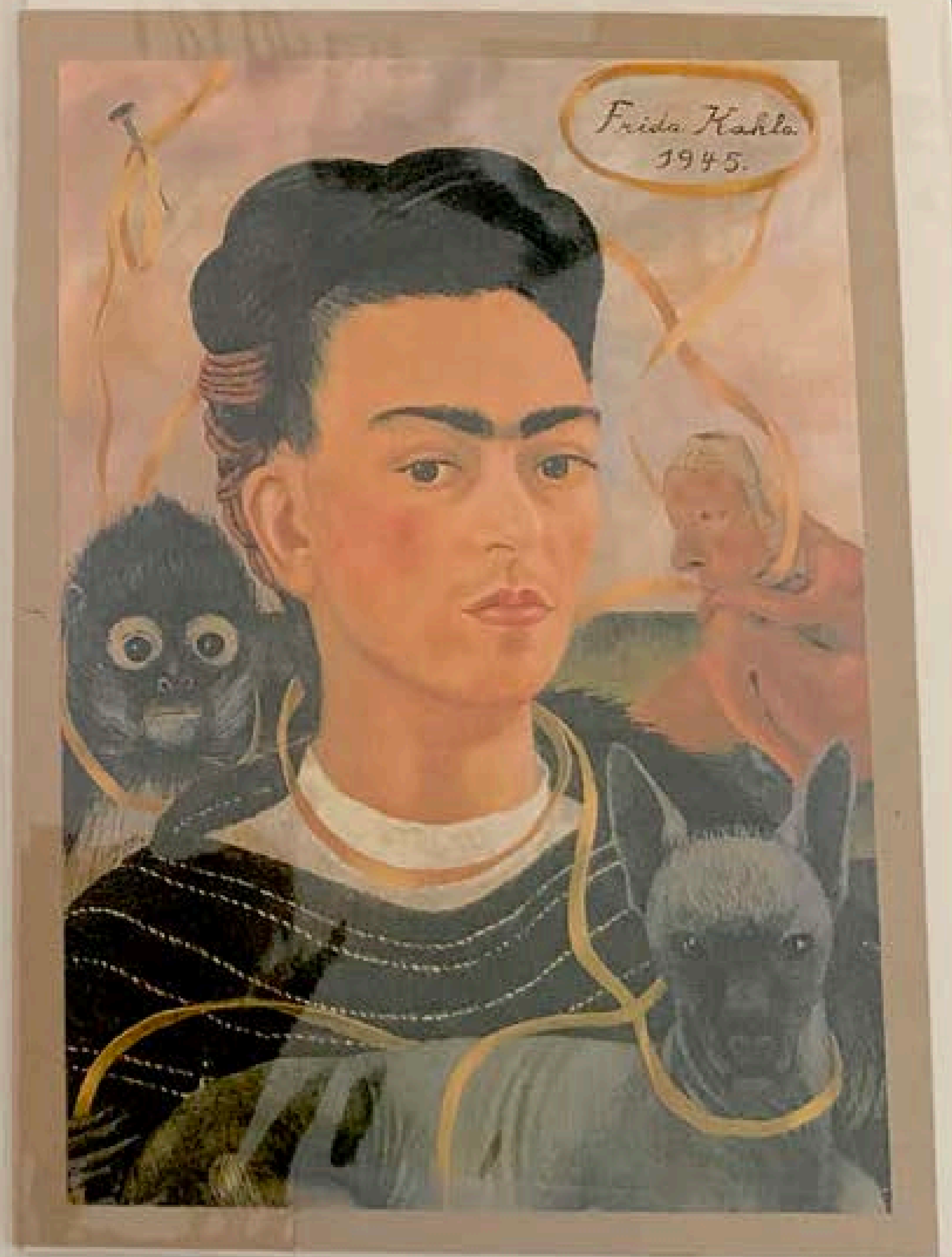
NEW

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 meet a- ing in 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

DIFFIC

Can  
anything  
good  
come  
of  
this?

ULTY

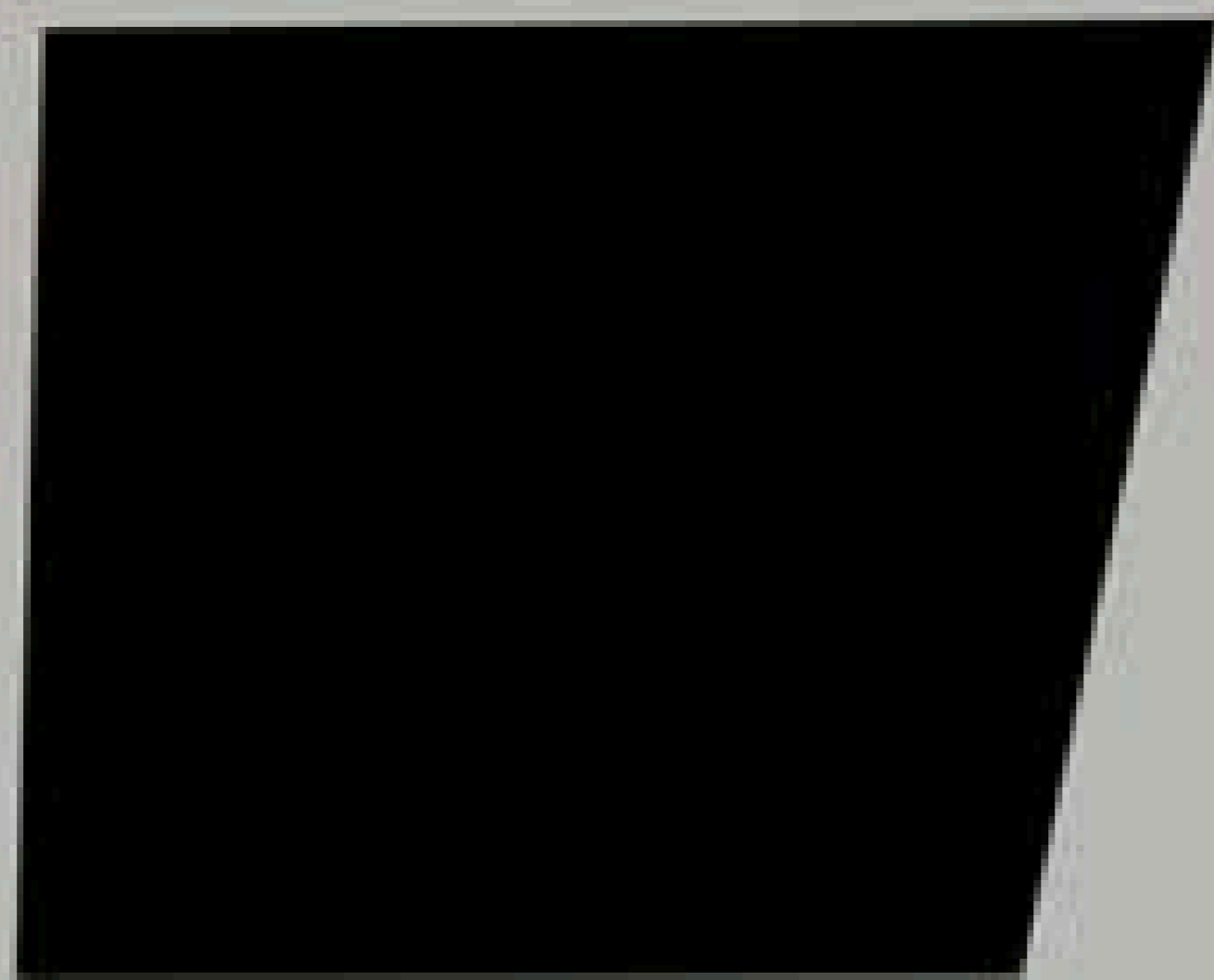
E  
N  
G  
T  
H  
E  
N  
E  
R  
G  
Y



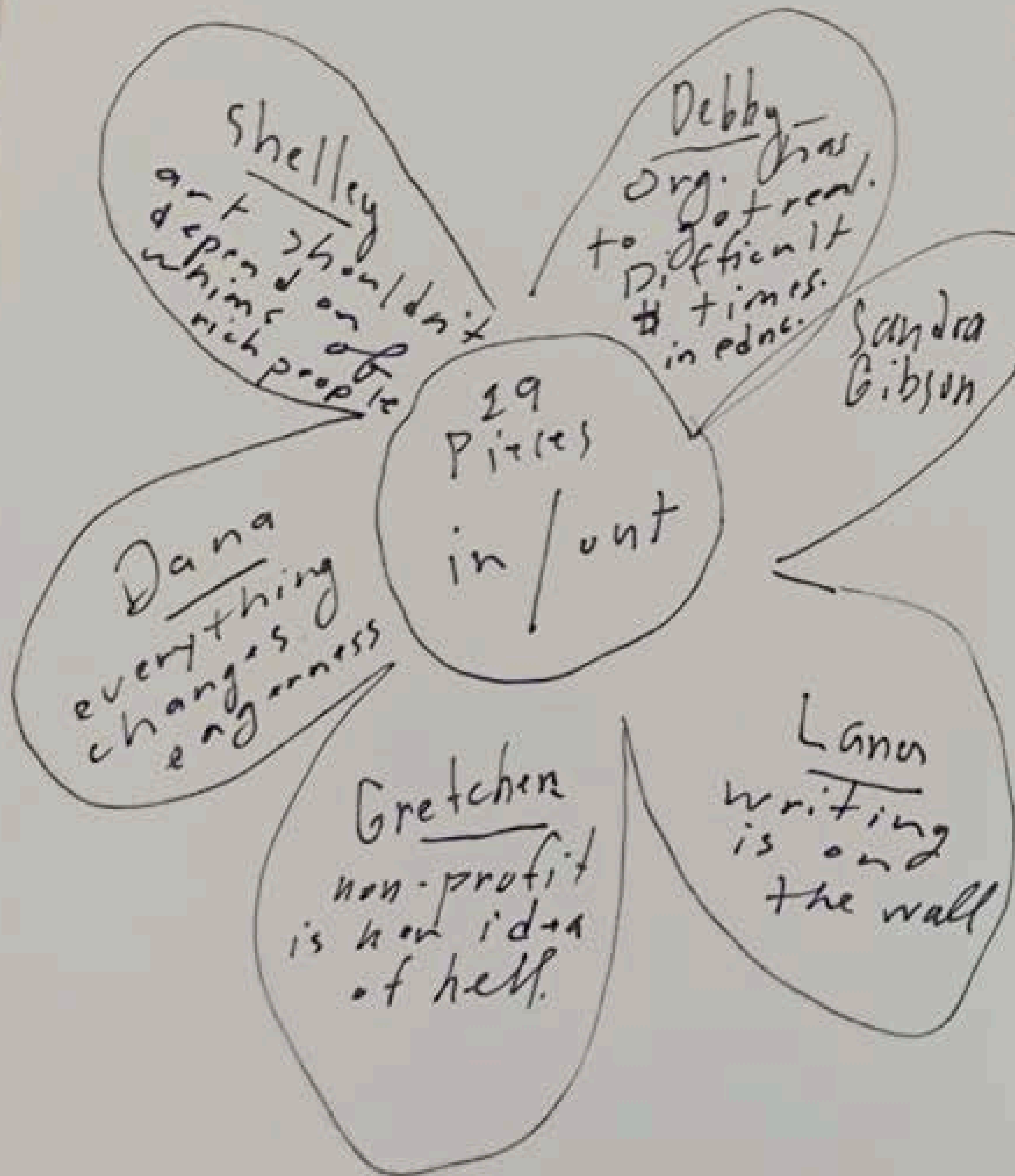
What does Kelly say?

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

LIGHTNESS of BEING.

As long as I can remember, my life has been entangled in a seriousness of responsibilities in 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

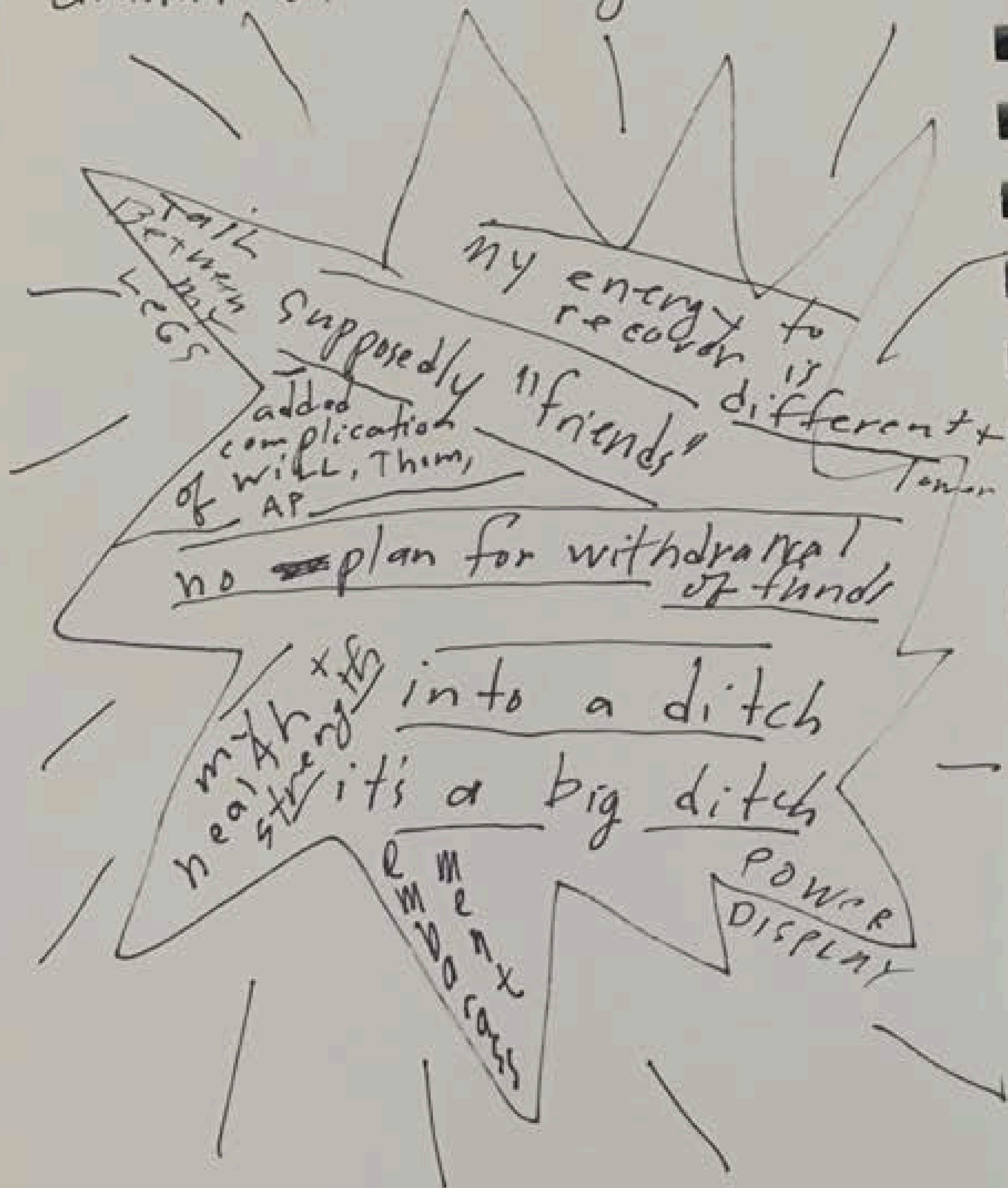
+  
trip to Mexico

health crisis in  
San Miguel

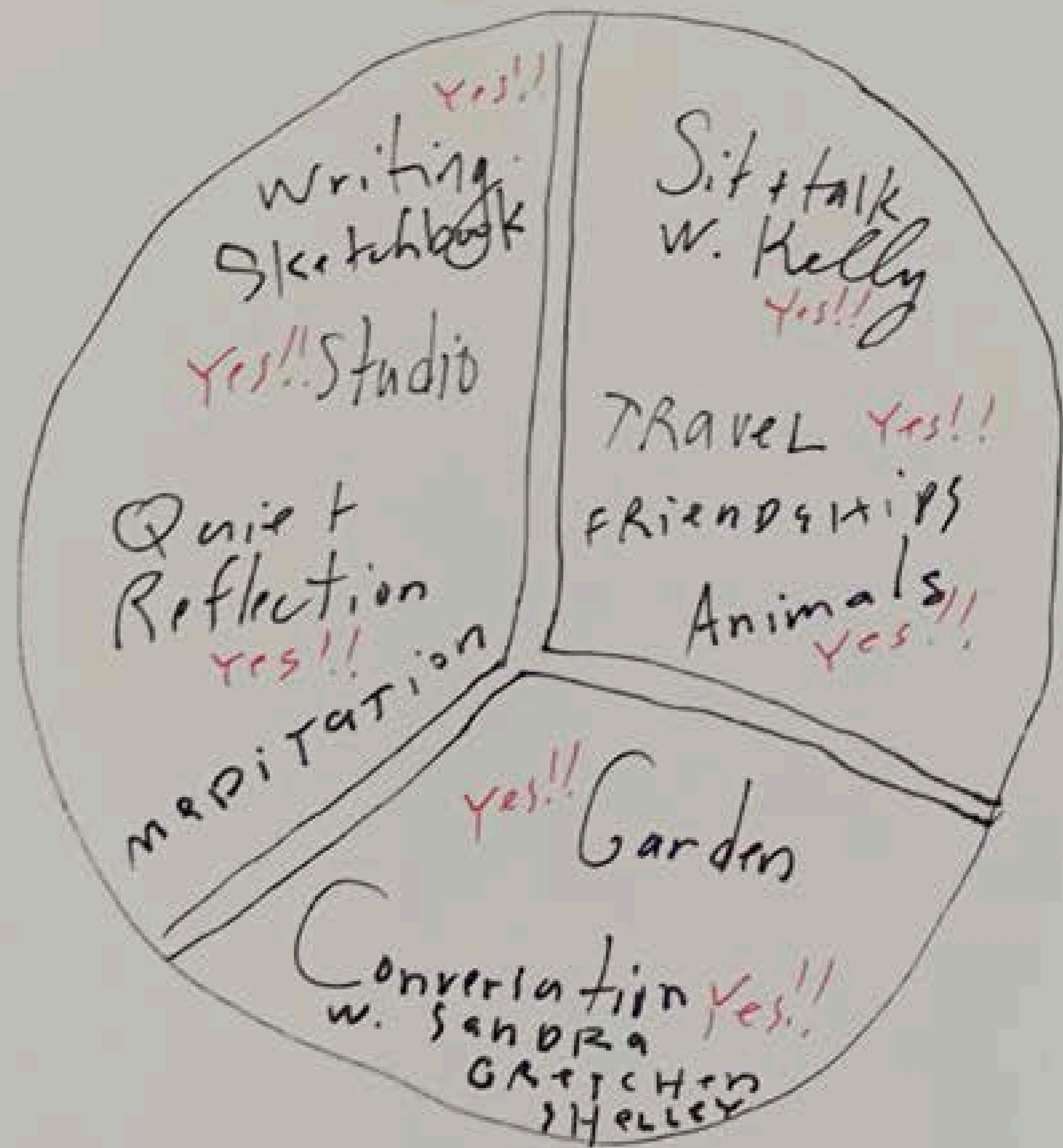
deep + thought  
+ Hope's life  
equals

clarity

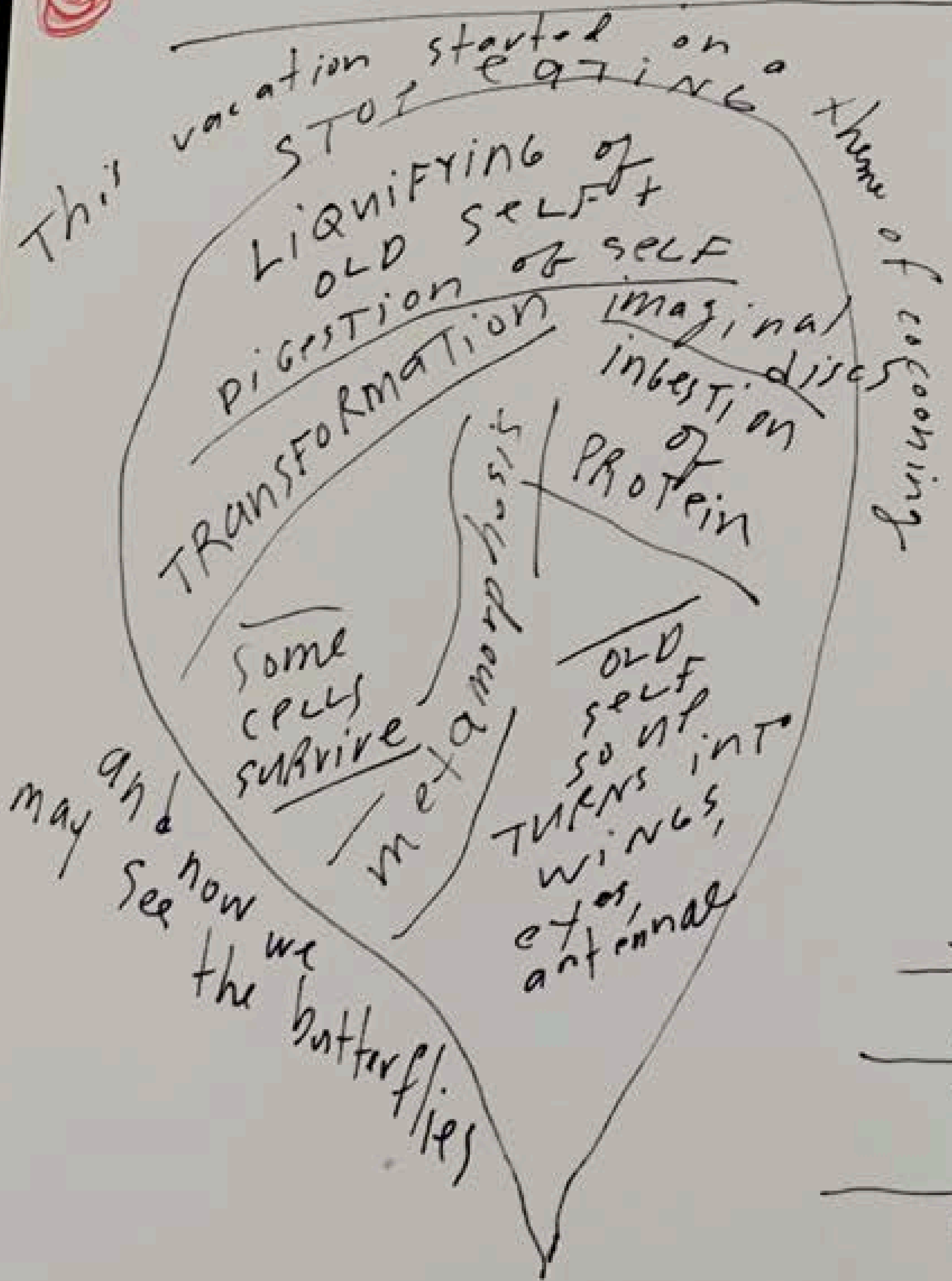
what was/is so wounding  
about [redacted] with  
drawal of funding?



# Where is JOY?



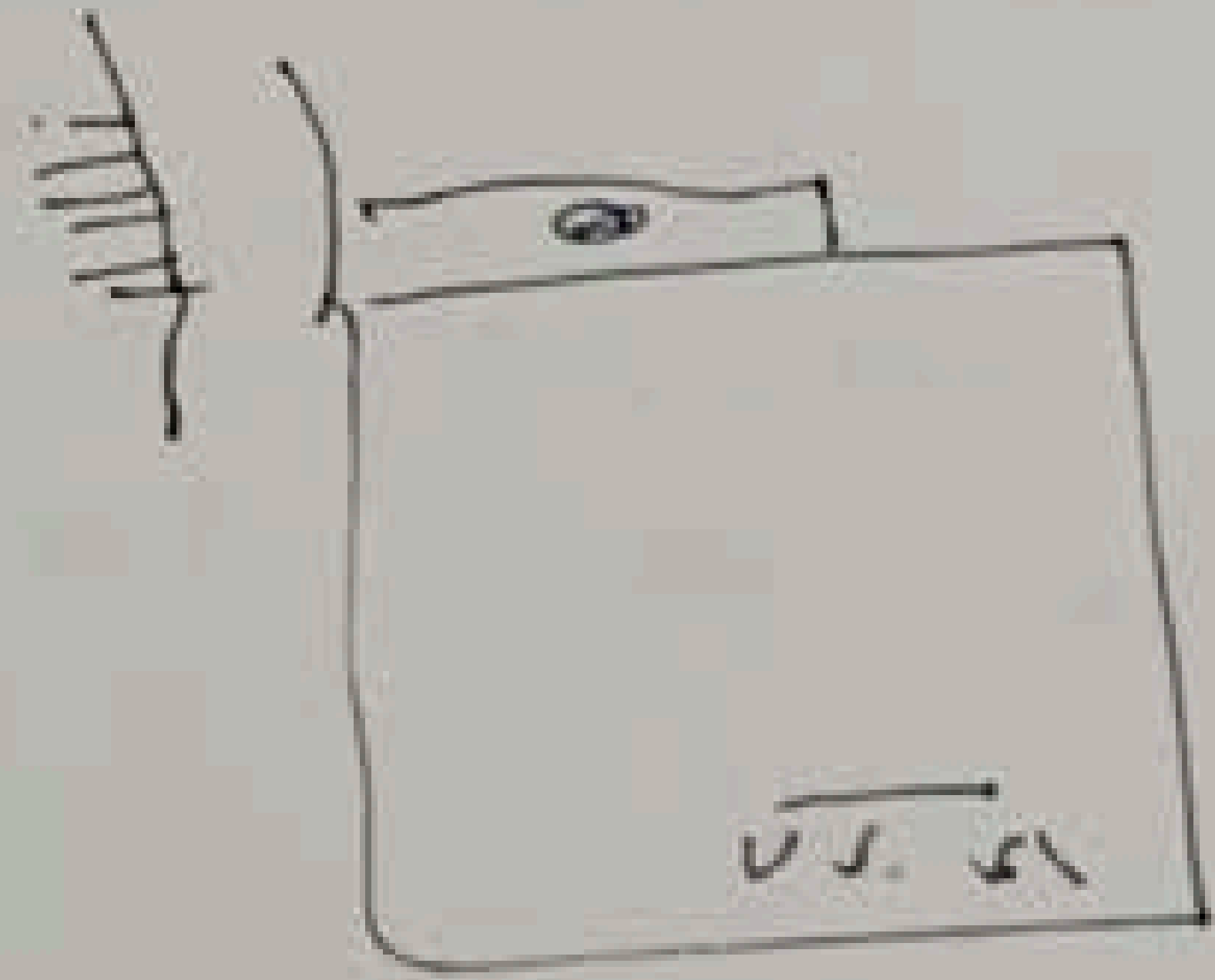
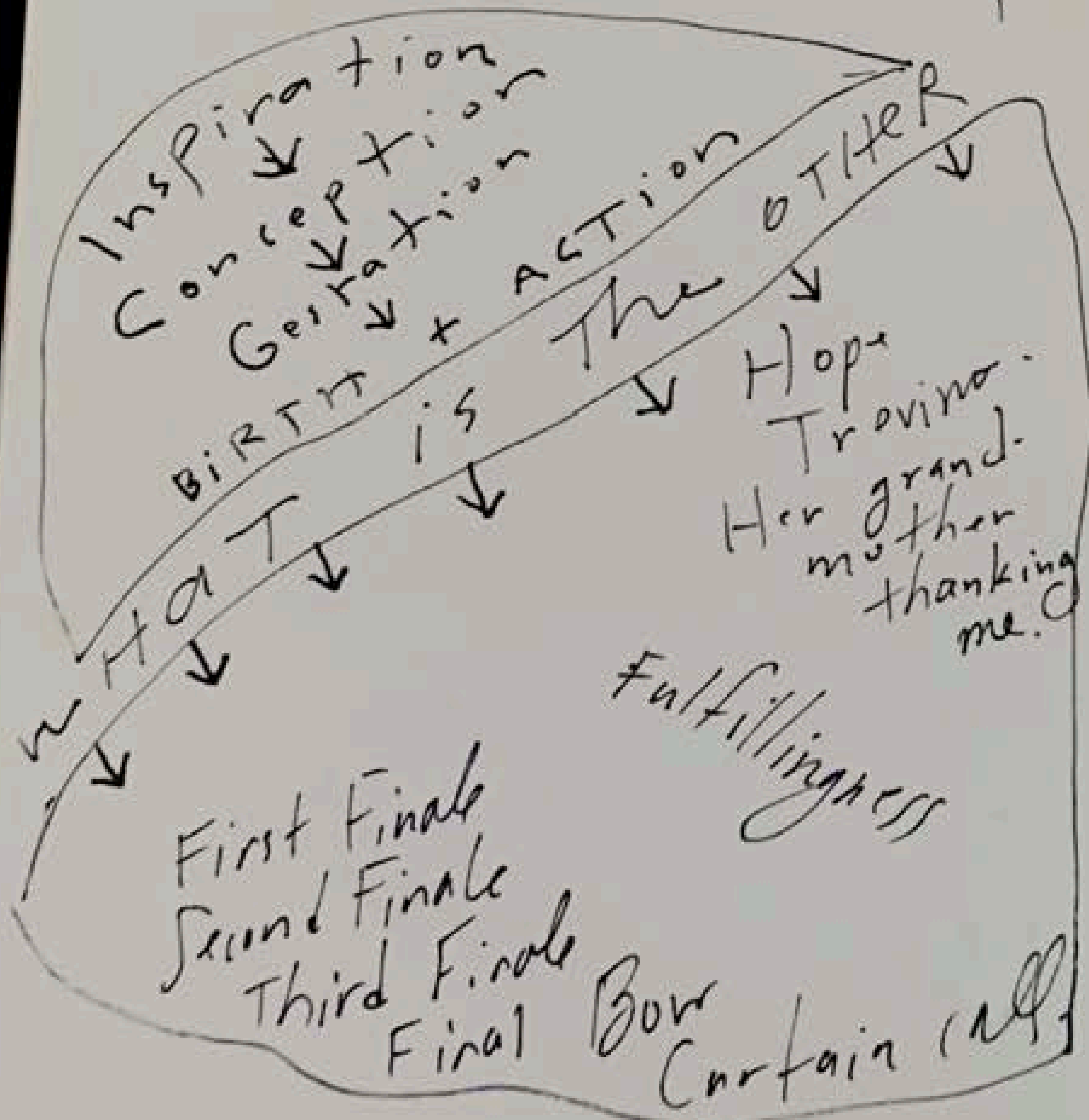
# WHAT HAPPENS in a cocoon?



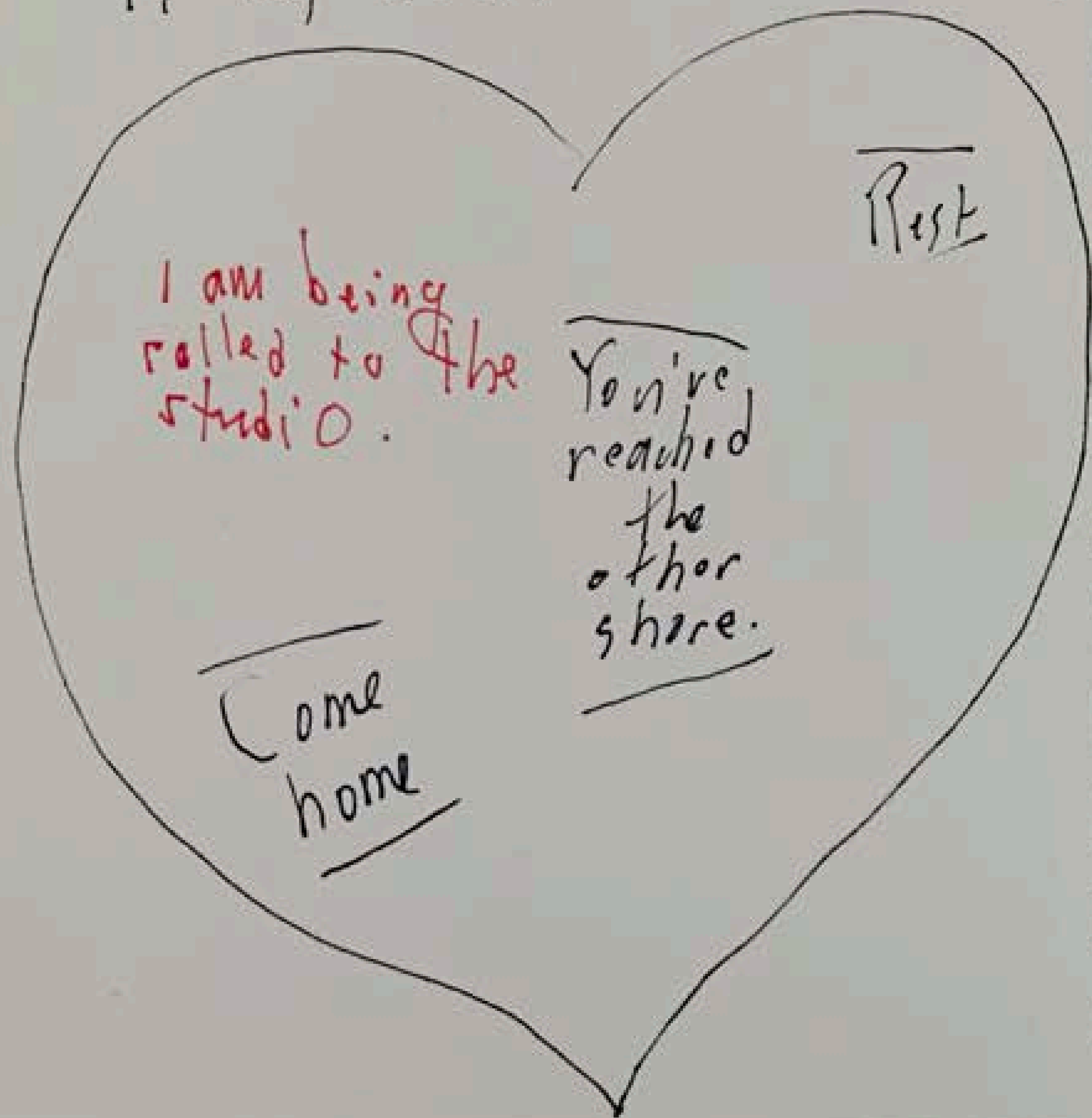
Who is the OLD SELF?

WHAT is the BUTTERFLY?

Stories



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 grand  
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?*  
A beautiful way to reach children. *something better than the rest of the bullshit product.*  
CINDY  
A perpetual struggle. *FUNDRAISING*  
A lot of hassle  
SPREADSHEETS  
Hope Kindness  
Mauricio  
Beauty  
Connectiveness  
constance

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

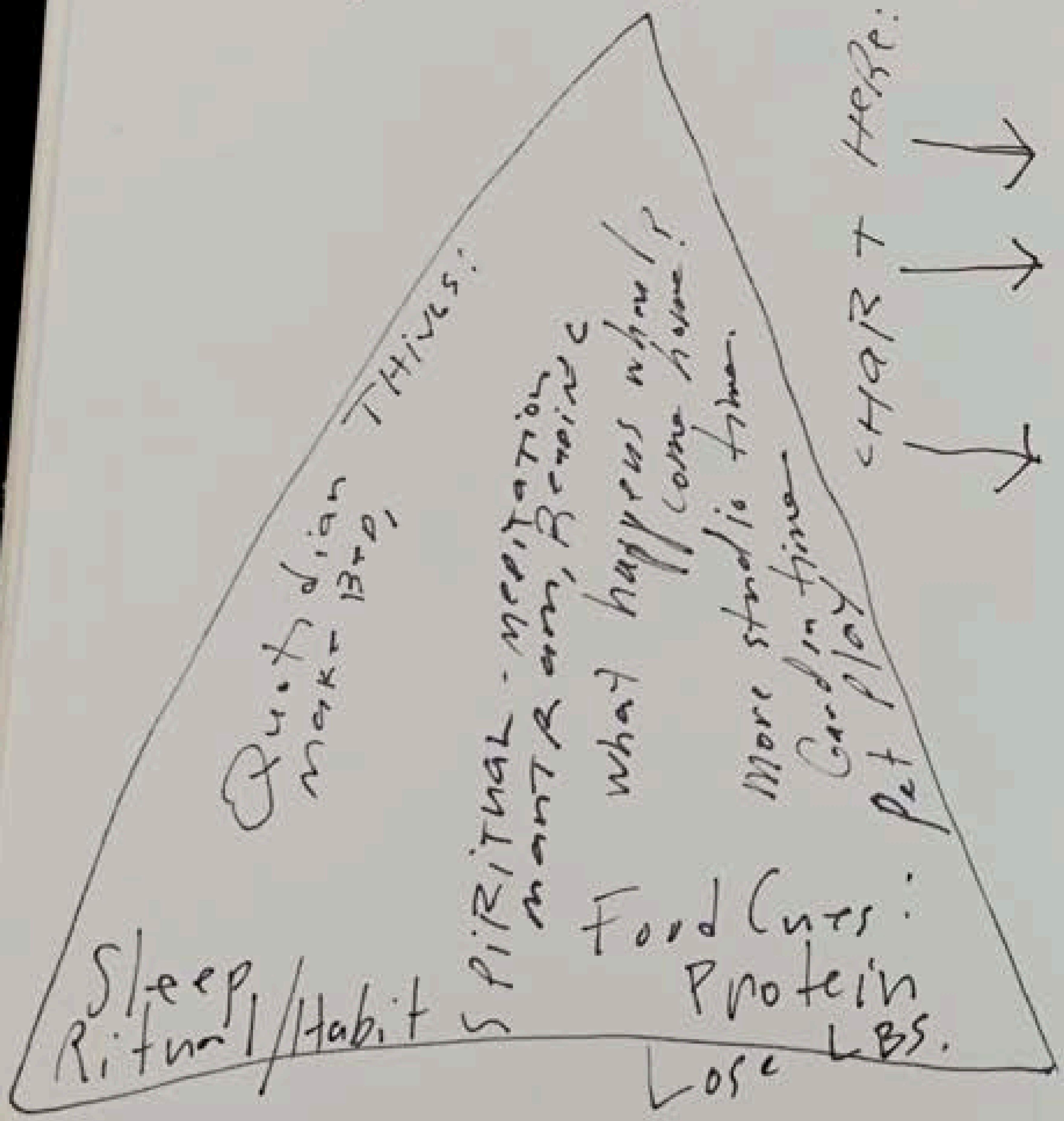


CHART HERE:  
 ↓  
 ↓  
 ↓

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?

---

Feel  
Done!

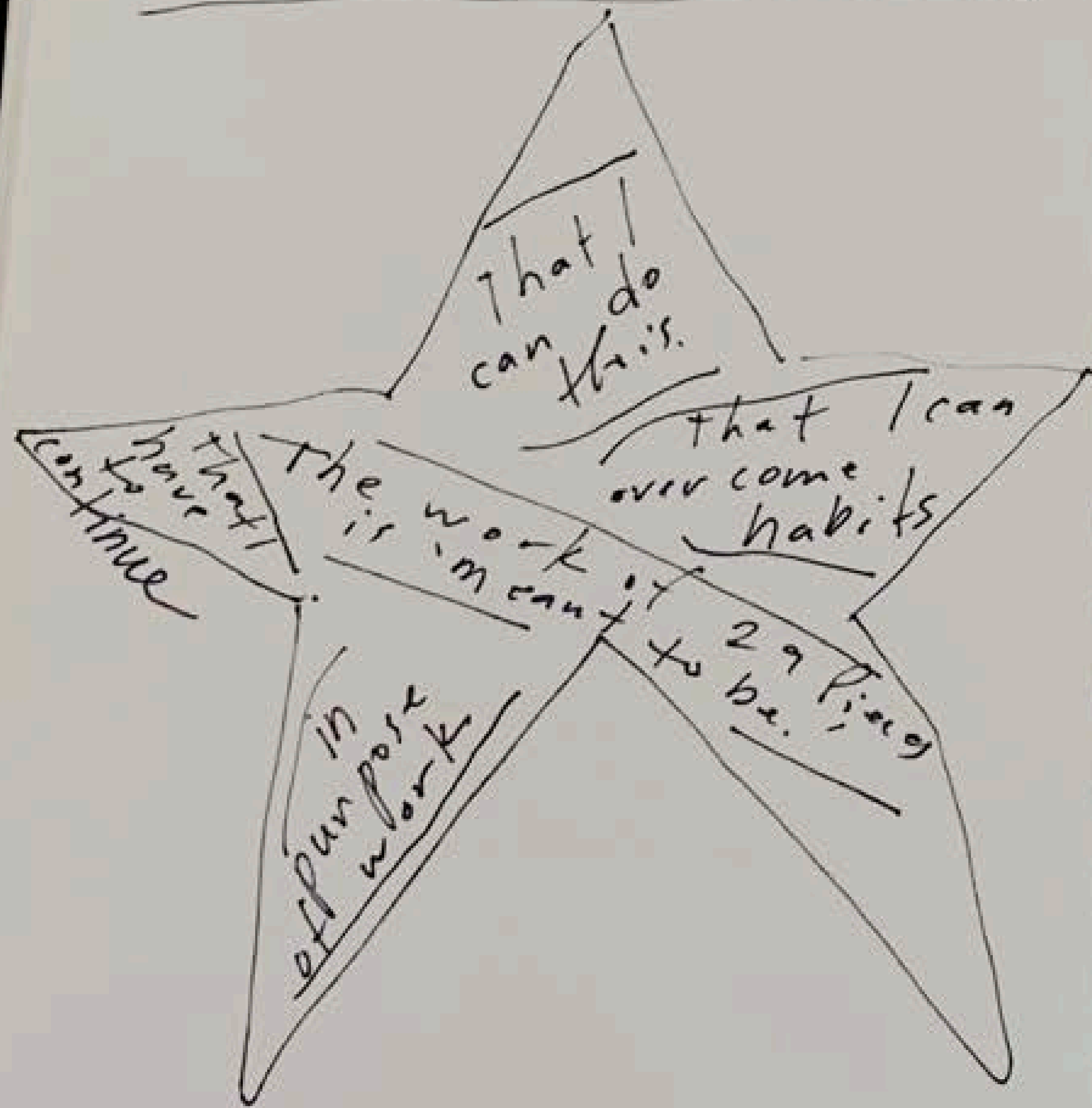
not at  
this  
moment

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PROBLEMATIC

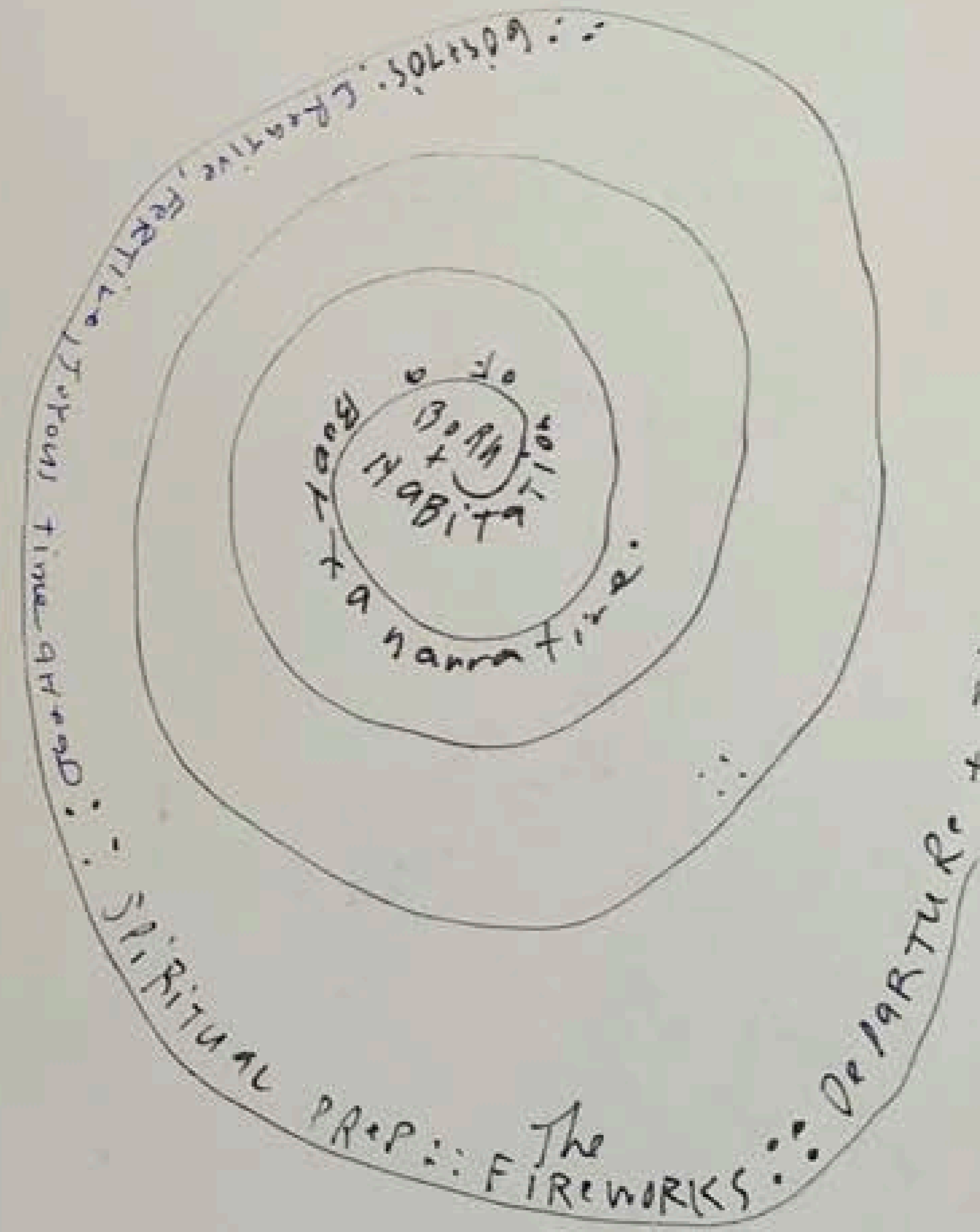
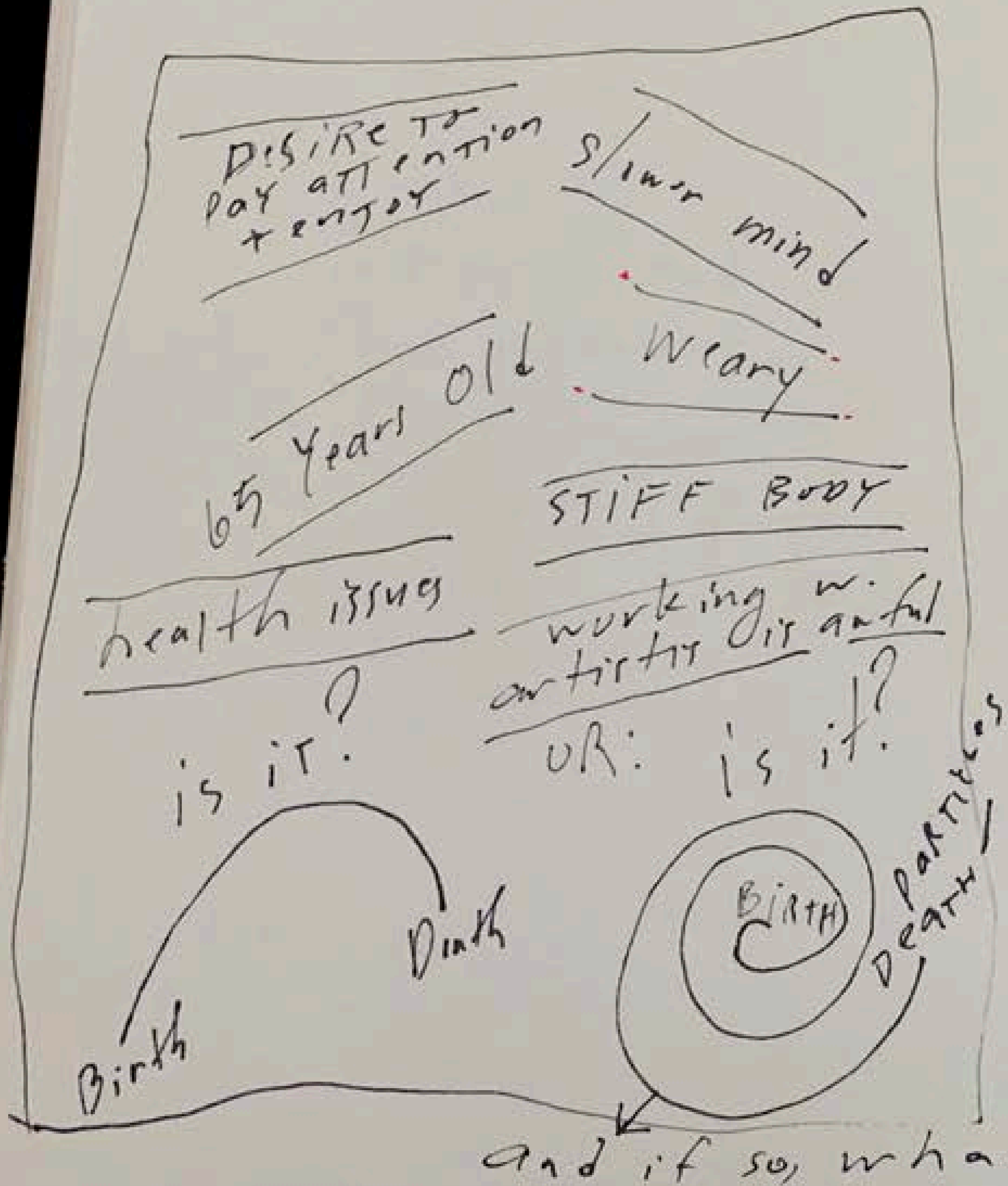
There  
may  
be  
will  
within  
or  
without

Where is the lack of belief?



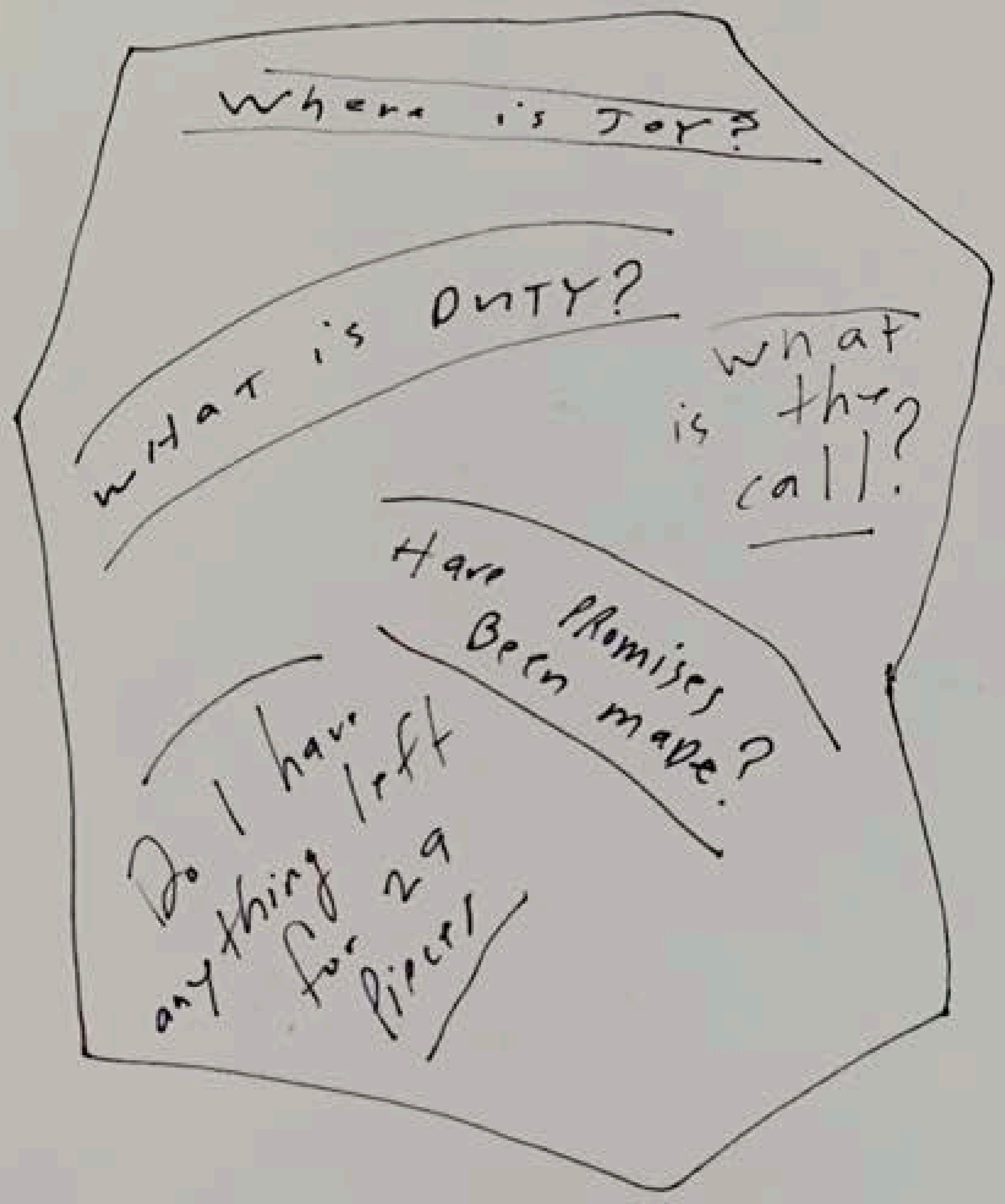
That my health and energy will hold up.

what is the reality?

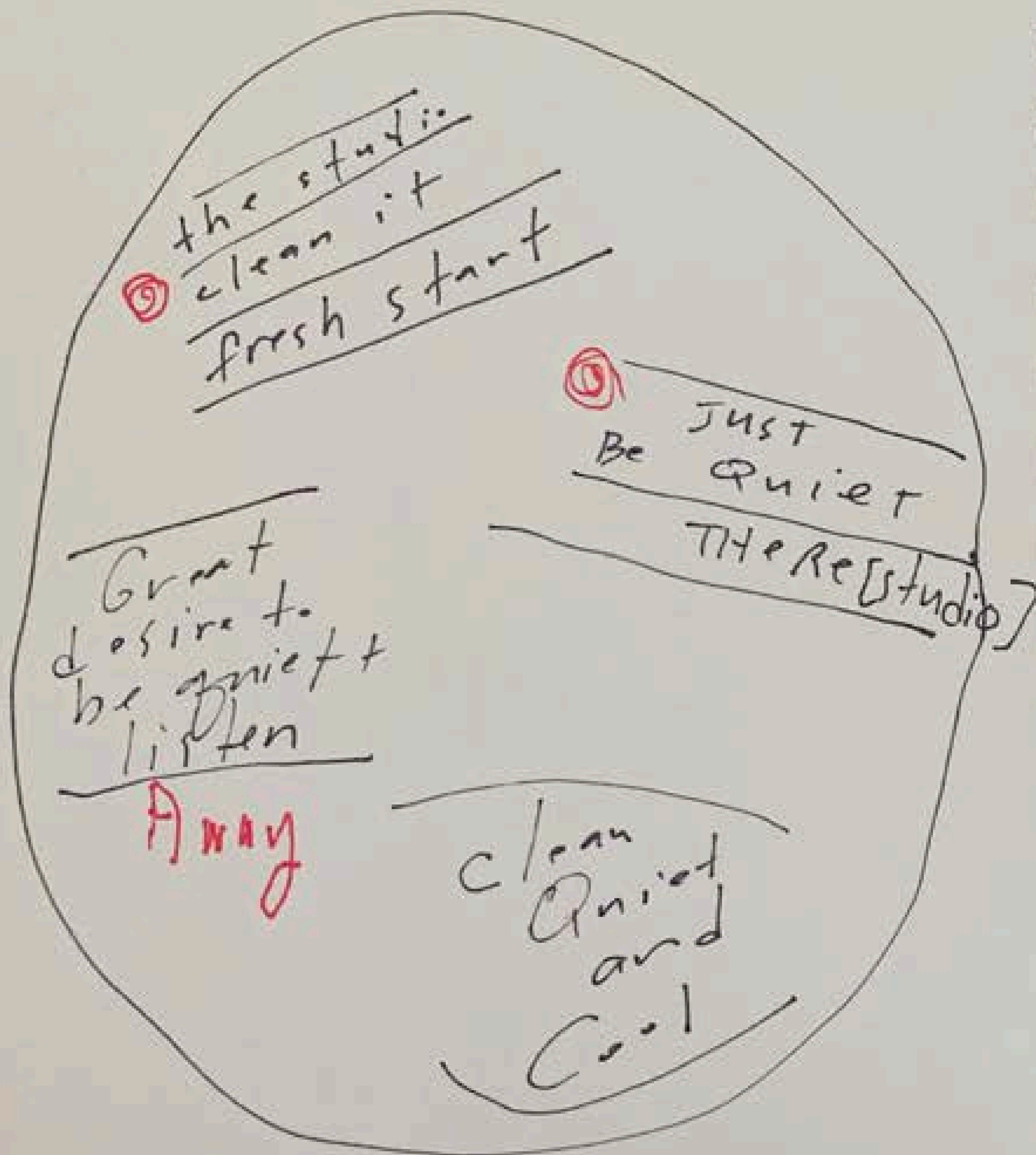


is the progression here?

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?

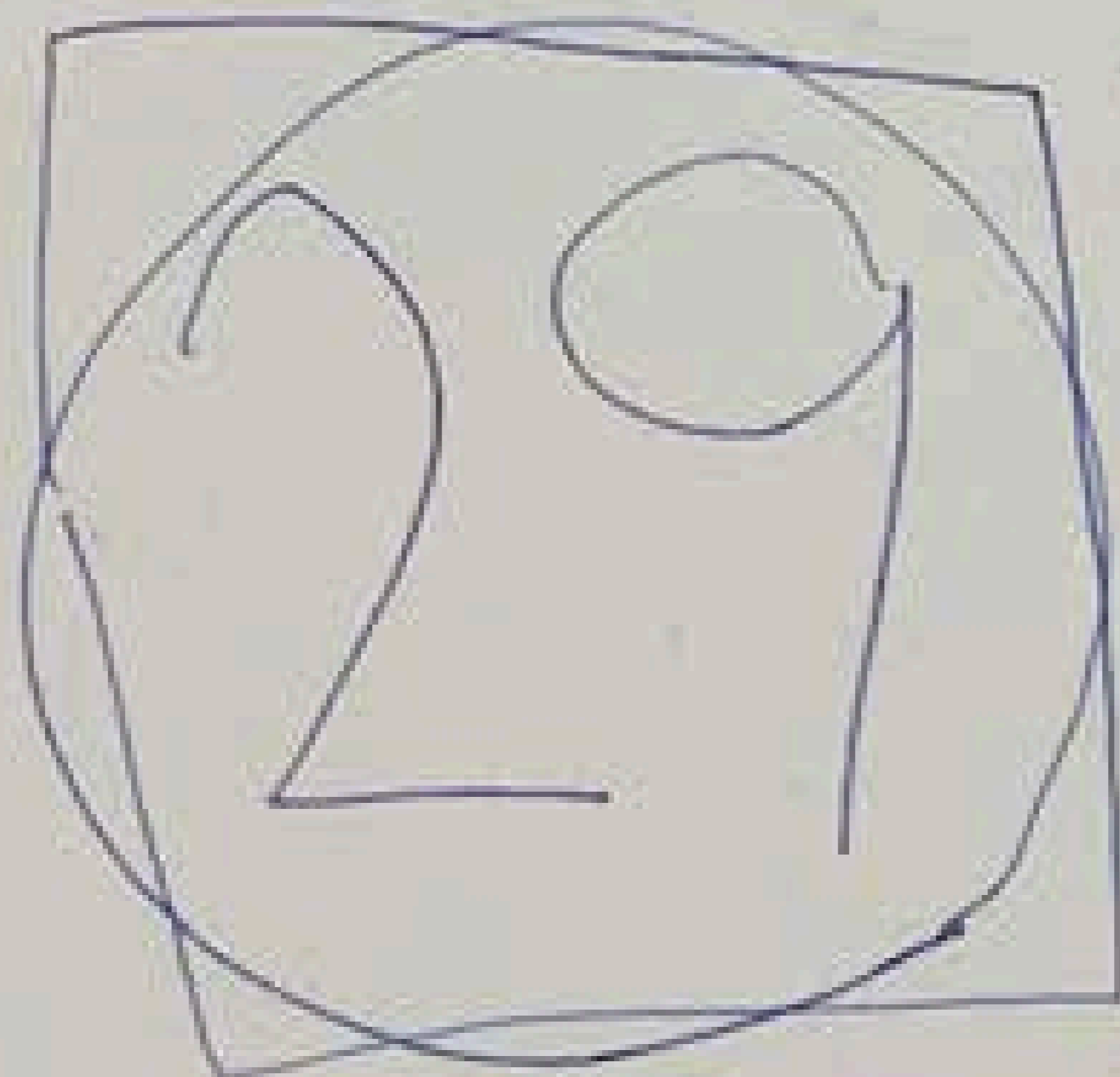
What was/is so wounding?  
about MK Larson?

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  
ENHANCEMENTS

DEVELOP  
PERSONA.  
GO INTO  
FINE ARTS

TEACH in a  
SCHOOL LIKE  
PATHFINDER  
in GARLAND

---

This journal  
came together  
in a non-linear  
way. It's been  
a time of  
'containing' +  
posting questions.  
The questions  
started at the  
back of the book  
and moved for-  
ward.

The daily en-  
tries 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 it got  
the job done.

Hope  
512  
705  
2257  
YES

Jan Miguel (My list)

Feb. 1-11, 2017

MAYBE

✓ WRITE - yes  
✓ READ -  
HABIT BOOK  
SHABISTARI <sup>you</sup>

abuajuato w.  
Kelly - no  
o Butterfly trip - yes  
o Hot Springs  
o Sona Spa - no  
SCHOCOLATEY  
CHURROS - no

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

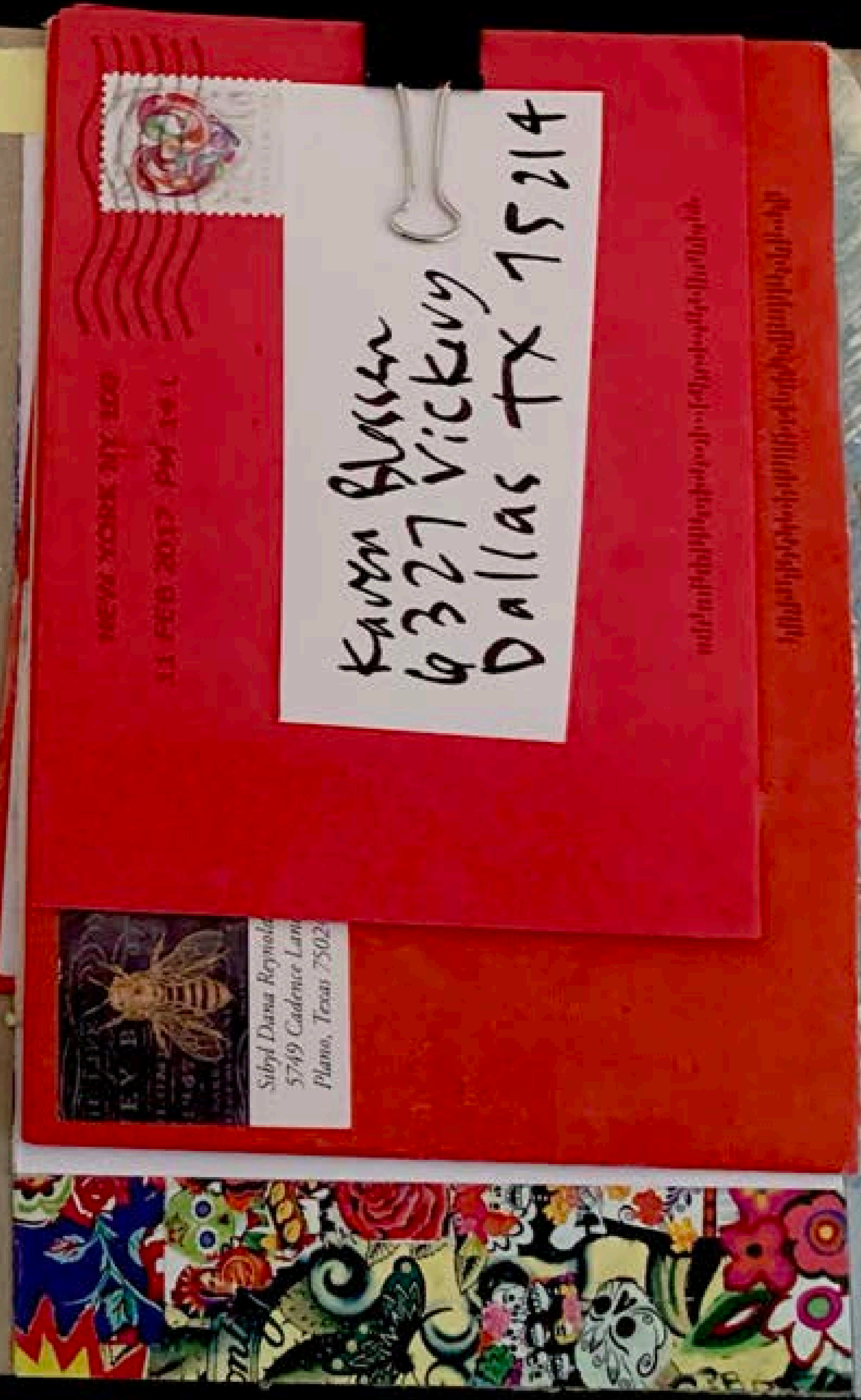
✓ PIX → HOPE, KATZ, <sup>IRIS</sup> DANA, <sup>MN</sup> OLE PETIT FOUR  
✓ EXPLORE THE  
MK WOUND - yes  
✓ HOVER OVER: WHO AM I CALLED - yes

TOGETHER

ANORA - no  
music on Sunday.

RED BUBBLE SITE. <sup>no</sup>

PROBABLY  
mi  
Home TOUR



Hope  
512  
705  
2297  
YES

San Miguel (My list)  
Feb. 1-11, 2017

✓ WRITE - yes  
✓ READ -  
HABIT BOOK / you  
SHABISTARI

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

✓ PIX → Hope, KATZ, IRIS, DANA, MN, OLE, PETIT FOUR  
✓ EXPLORE THE  
MK WOUND - yes  
✓ HOVER OVER: WHO AM I CALLED. - yes

TOGETHER

AURORA - no  
music on Sunday.

RED BUBBLE SITE

MAYBE

abuanojuntan.  
Kelly - no  
o Butterfly trip - yes  
o Hot Springs - yes  
o Sinsa Spa - no  
o CHOCOLATEY  
CHURROS - no

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](http://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](http://www.ojala-ninos.org)

Foto por

Elsmarie Morby

San Miguel de Allende GTO, Mex.

[elsmarienorby@gmail.com](mailto:elsmarienorby@gmail.com)

Traducción por: Xavier & Margarita Gilbr  
[xavergilbr@gmail.com](mailto:xavergilbr@gmail.com)

