June 2017

CHAPTER THREE

The

FUTURE

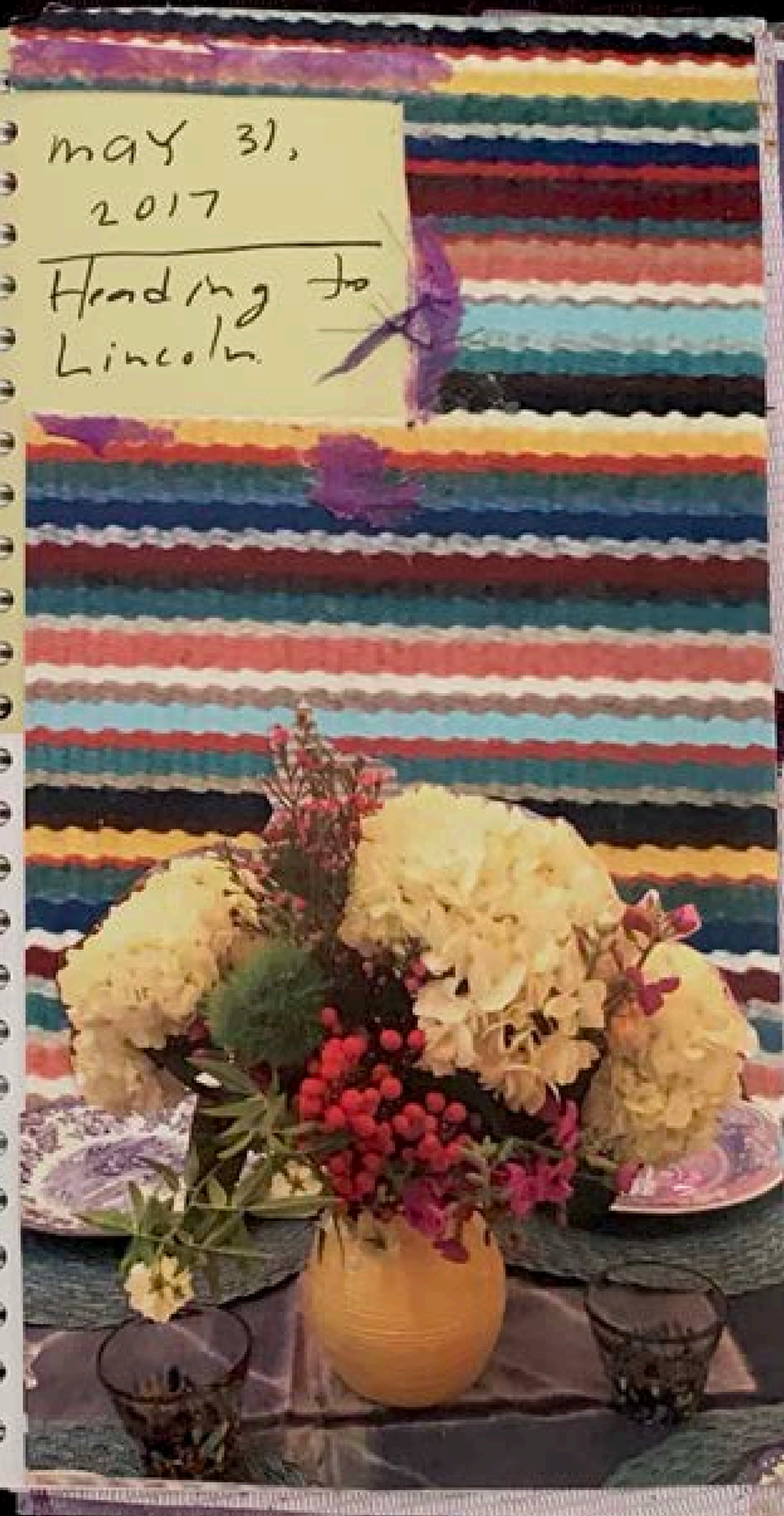
vol. 1.

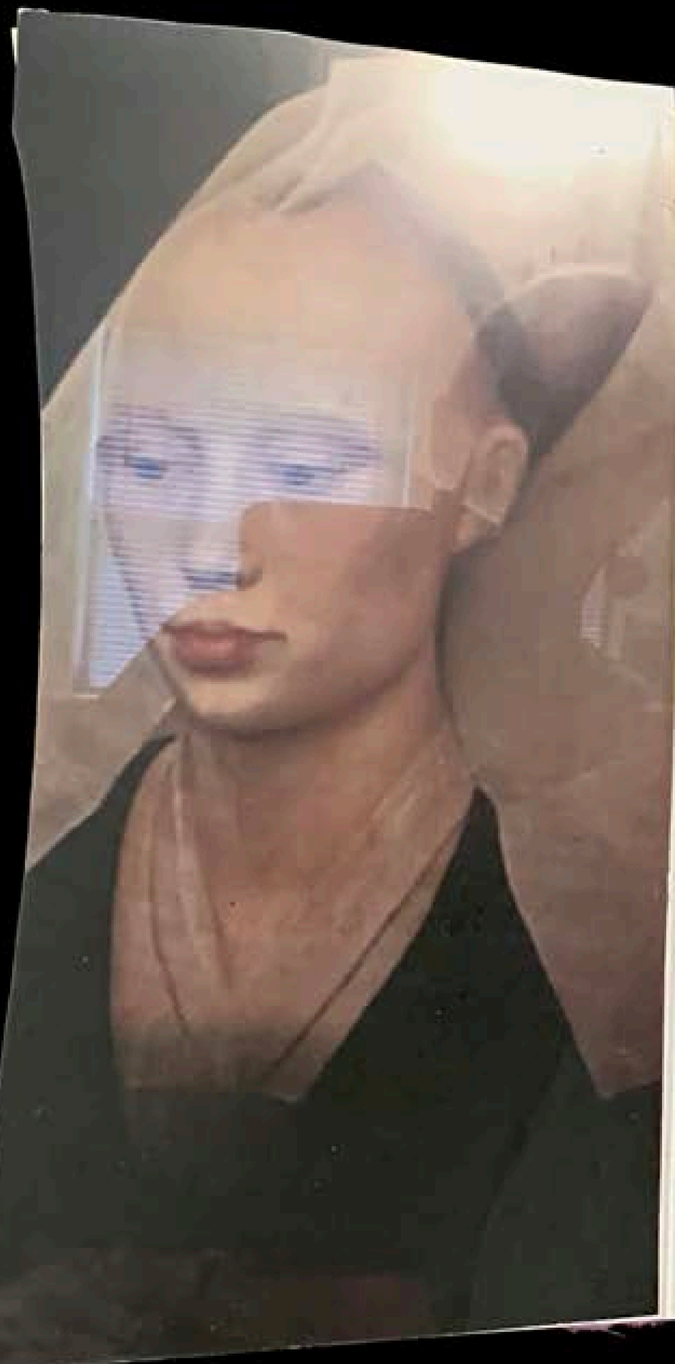
"MAGICAL" Moments

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 into memories of the call about Dad's passing while driving to Lunch on May 31 of 1994, for Shelley's birthday. Flame died on the same day, at about the same time as Dad.
3. Doug Stanley synchronicity. Jody + I met at Zoo Bar, talked briefly of Doug, and she heard from him + sent picture of us to him.

May 31, 2017

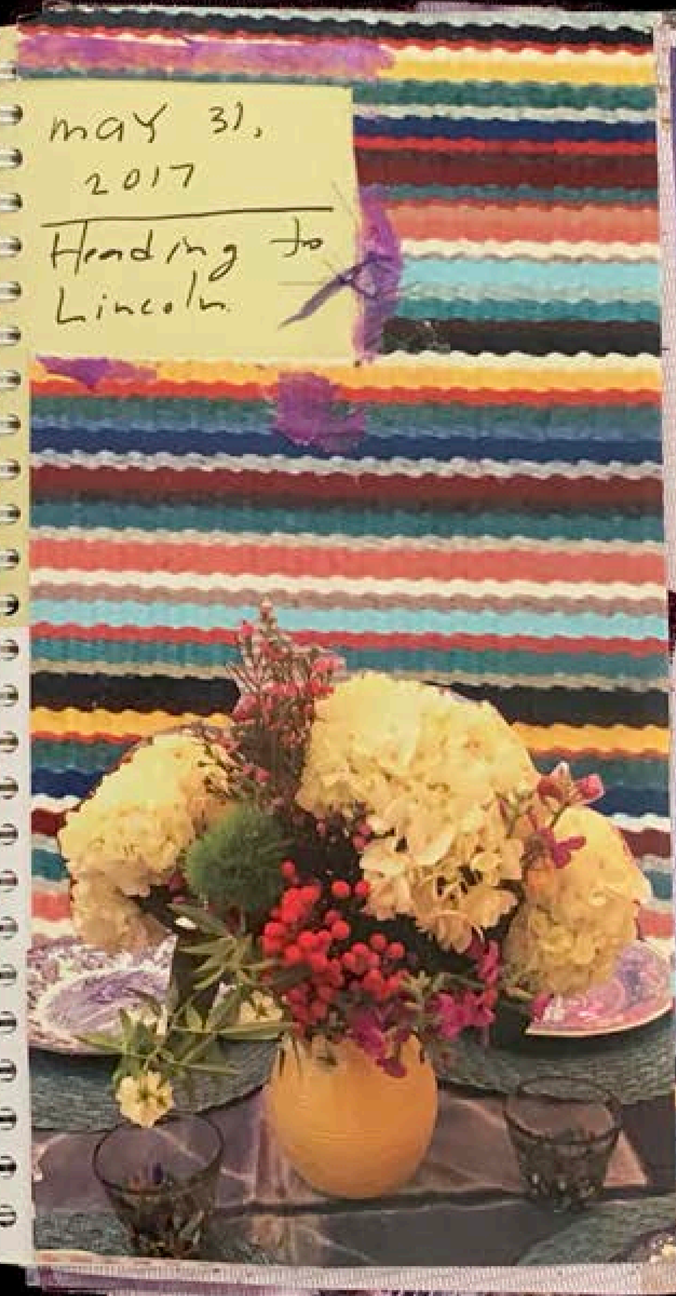
Heading to Lincoln.





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

What are my questions and conversations 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 lunch
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.

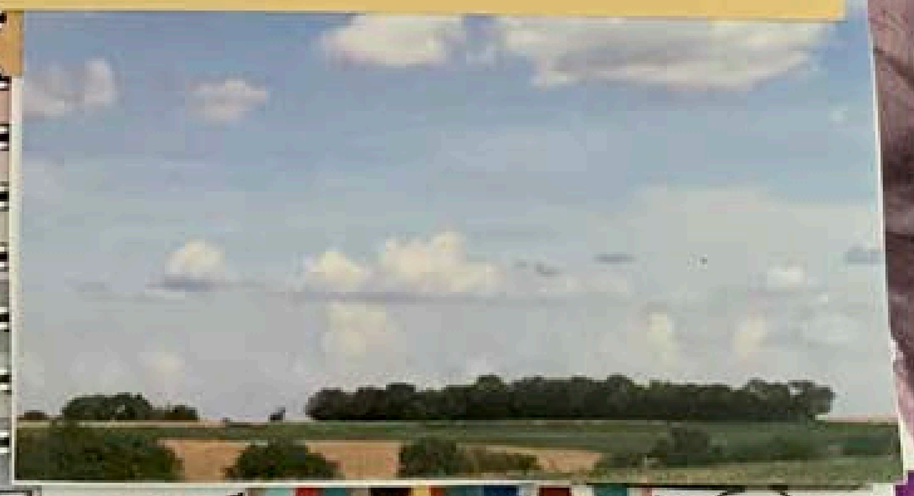
Those losses. This indescribable feeling of loved ones stripped away.

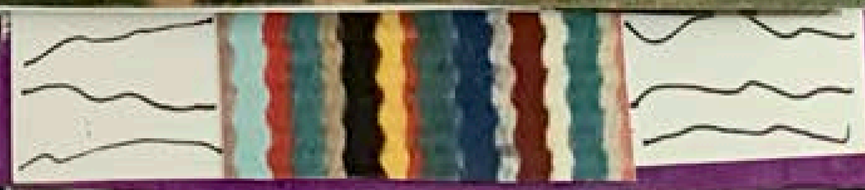
And Flame – I will have to write more later.

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 mass.
This year.
And last night...
And thinking about
so many things...
. 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 the clean cool room.
- being in Nebraska
- the mire and changes at 29 Pieces.
- friendships here.
- seeing Judy at The Zoo Bar. yesterday afternoon.
- the future
- the beauty - of

the earth, of all
these intricate connections.

Saturday June 3, 2017
Coffee, chocolate +
great conversation with
Sandra - ranging from
books (Hamilton, Love in
the Time of Cholera,
Handmaid's Tale) to
family, pets, sex, aging,
Phoebe's zine, our
value 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 day.

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

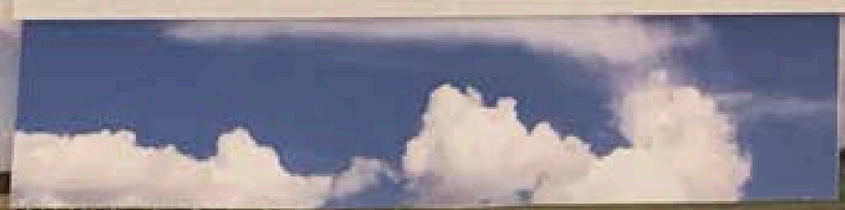
JUNE 4, 2017.

Last day in Lincoln. Need to go by Y St. These few days in an anonymous Best Western motel room have been bliss... devoid of the past, simple furnishing, devoid of clutter and cat hair. The air is cool and feels clean — almost like mountain air. There've been no big disruptions from neighboring rooms, thank God.

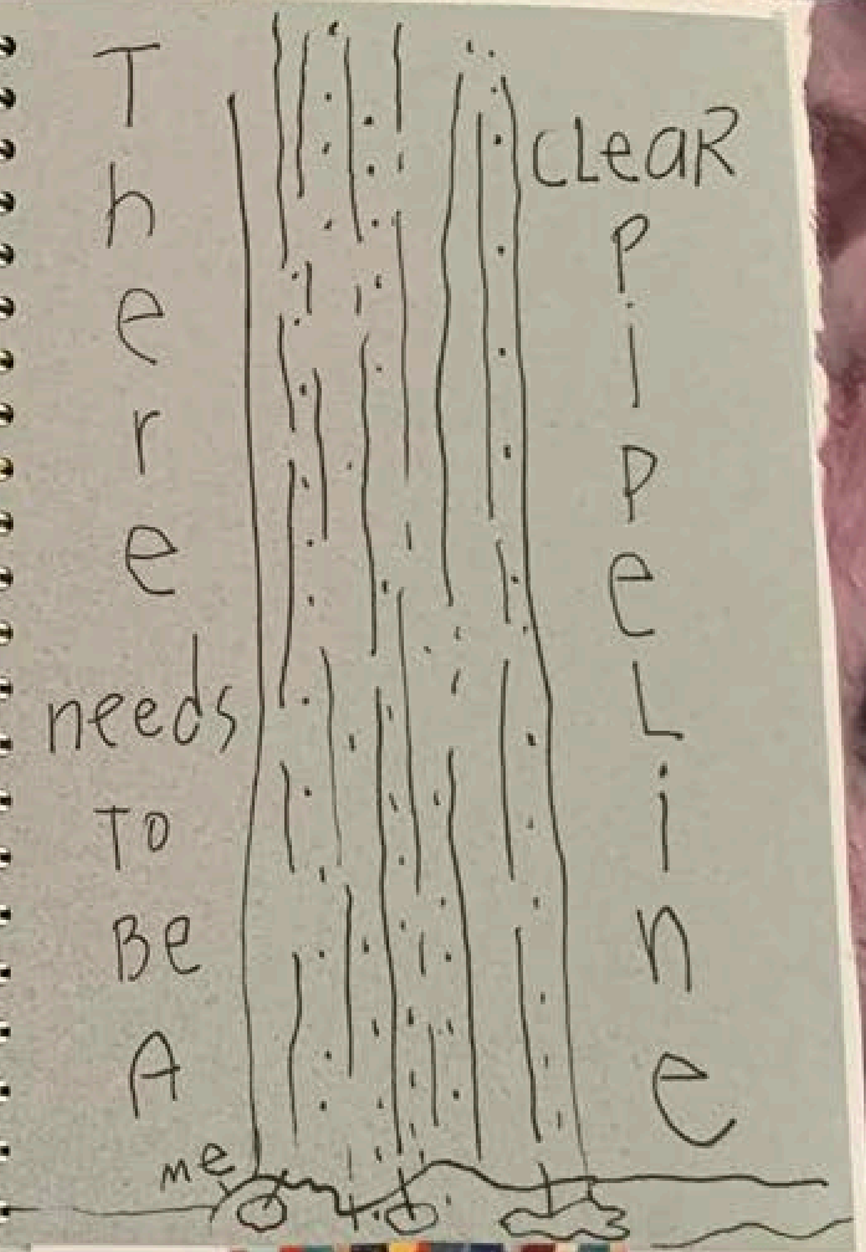
Just quiet. Listening. Deep sleep. Hot showers. And beautiful conversations with friends.

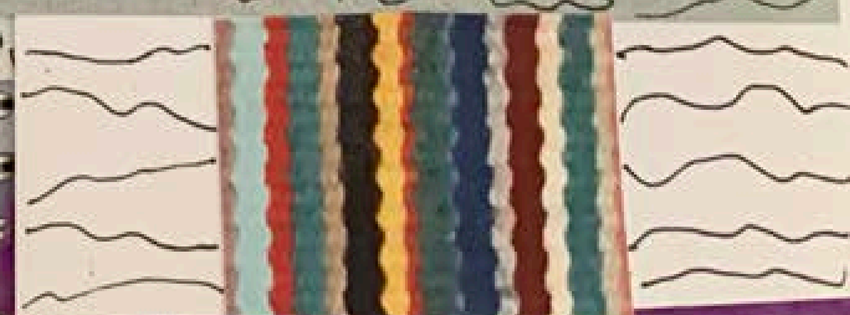
And how is that achieved?

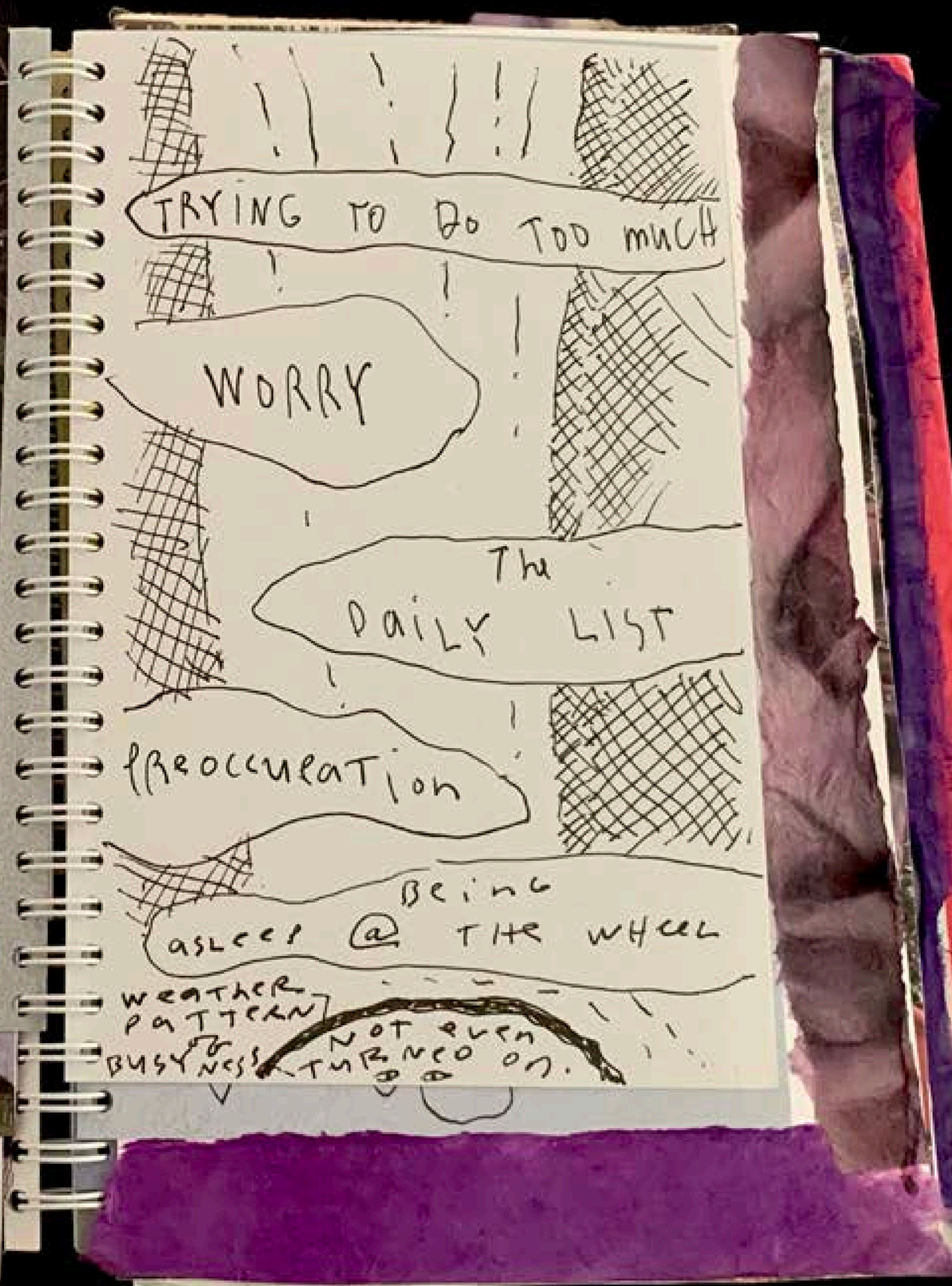
- Through meditation, prayer, mantram.
- Focused creative work
- Standing in wonder in nature
- in Deep Sleep
- Through deep connection and listening.



There needs to be a





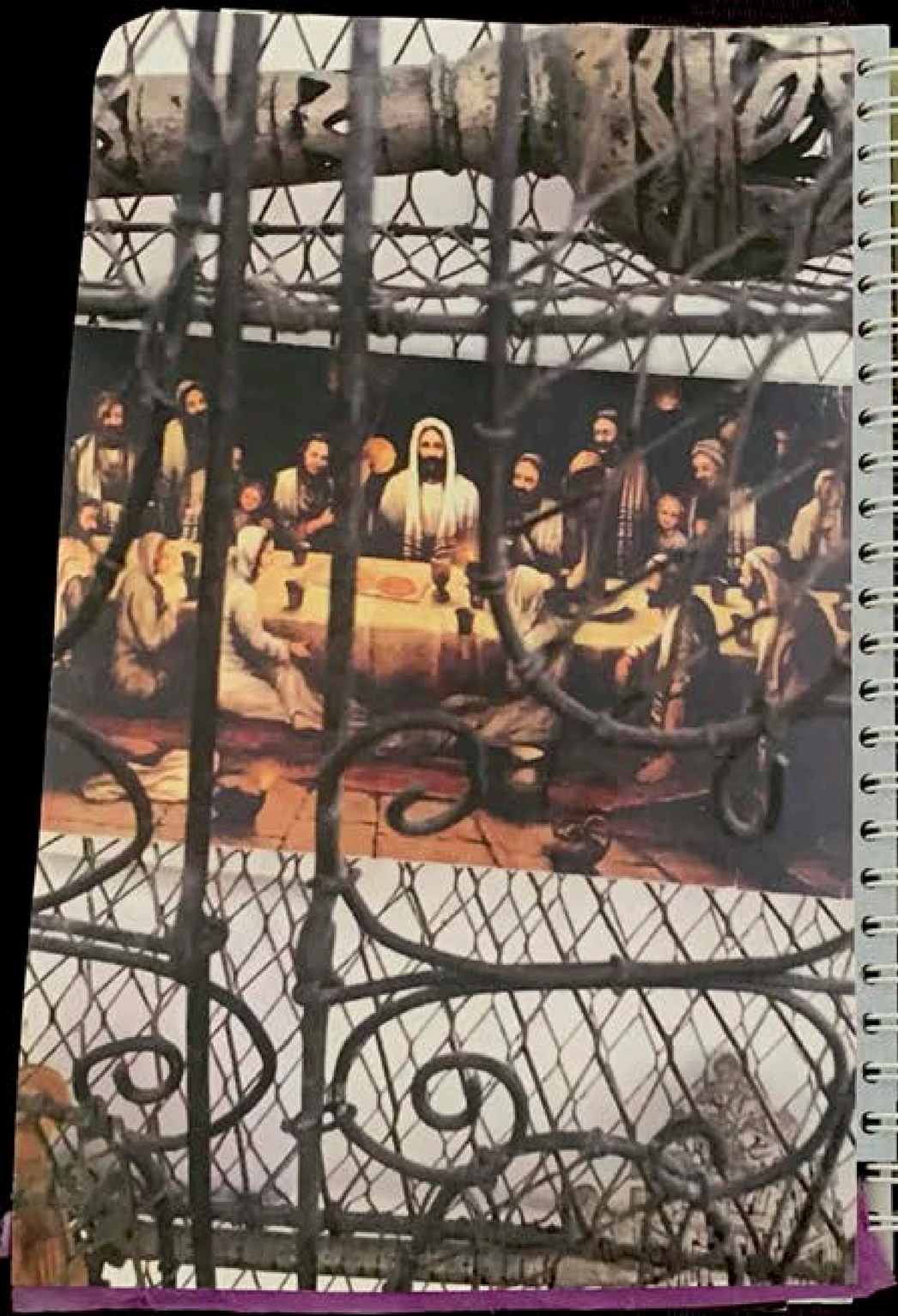

TRYING TO DO TOO MUCH
WORRY
The DAILY LIST
PROCCUPATION
BEING ASLEEP @ THE WHEEL
WEATHER PATTERN
BUSYNESS
NOT EVEN TURNED ON.

LOVE
KINDNESS
EMPATHY
LAUGHTER
HEALTH

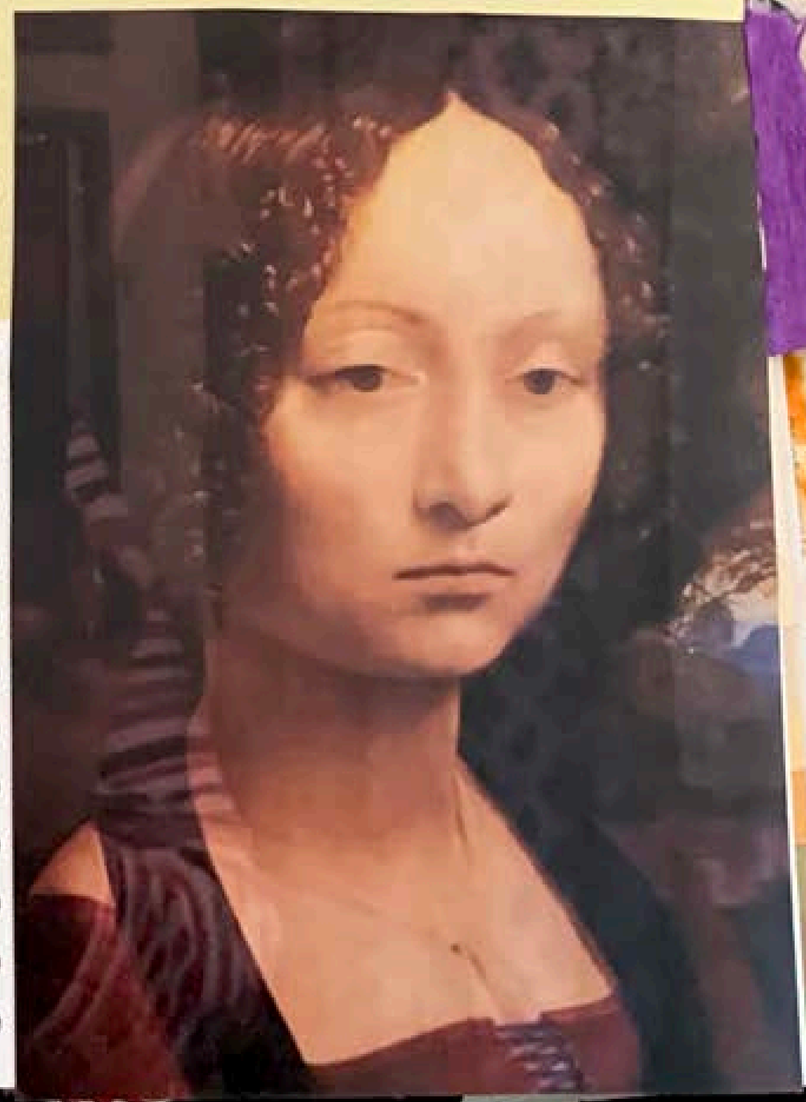
Like a morris

LOVE
WISDOM
CONNECTEDNESS
CREATIVE INSPIRATION
engagement

Lorris painting



PART
I.
PHYSICAL WELL
BEING




Karen Alyce Blessen
1:55 p.m.
8 lb. 10 oz.
St. Mary's Hospital
Columbus Nebraska
Dr. H. D. Kuper
Parents
Carl and Alice Blessen
cottonwood 24w 70t 80c box 100c
beechwood 70t box 80c
anniversary gold box 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.

a. Why have I allowed myself to get fat? and out of shape?

b. what am I going to do about it?

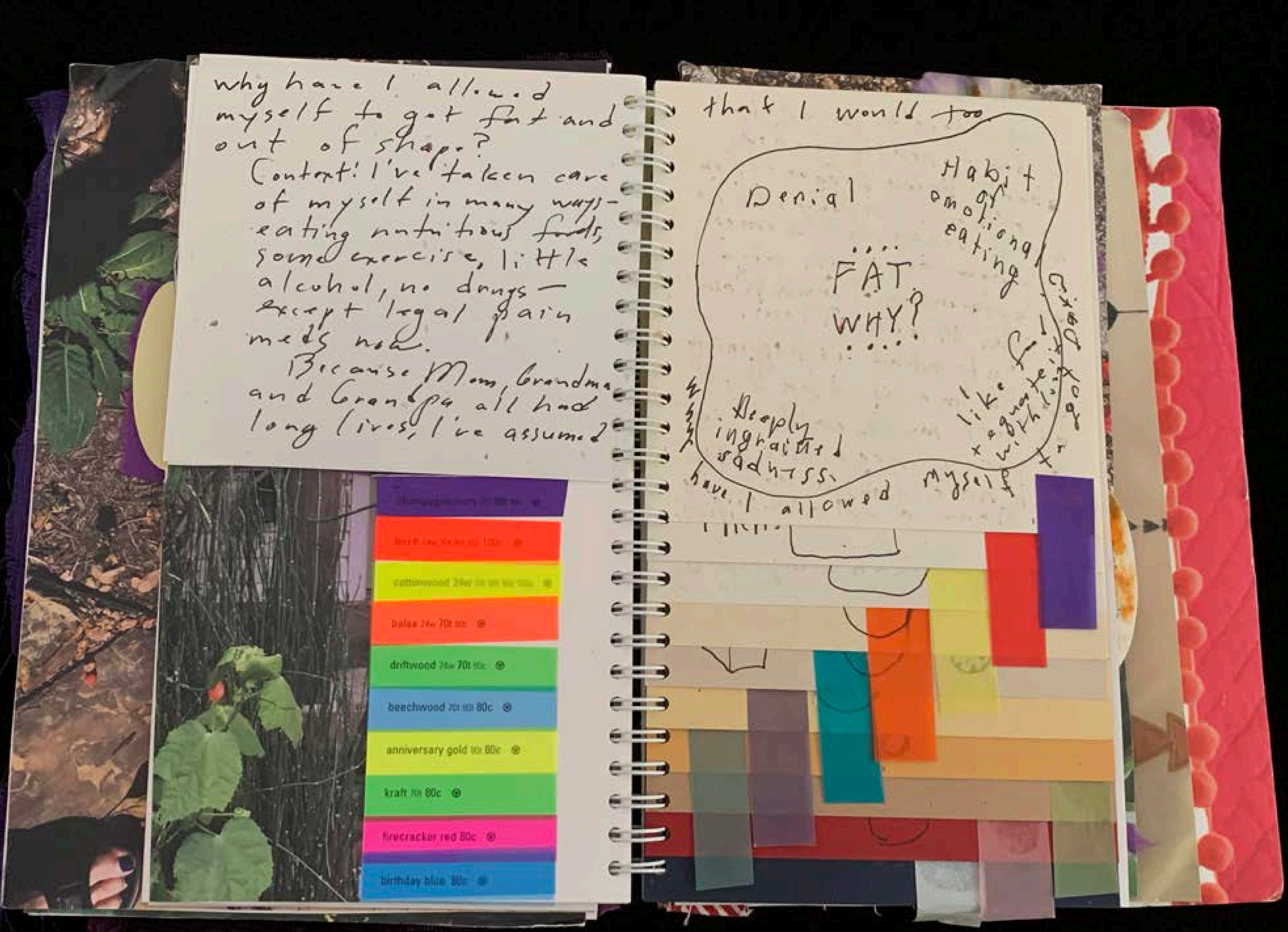
c. This is not about anbitrary rules of appearance or beauty. It is about quality of life. what can I do to slow this train so that my quality of life would improve?


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

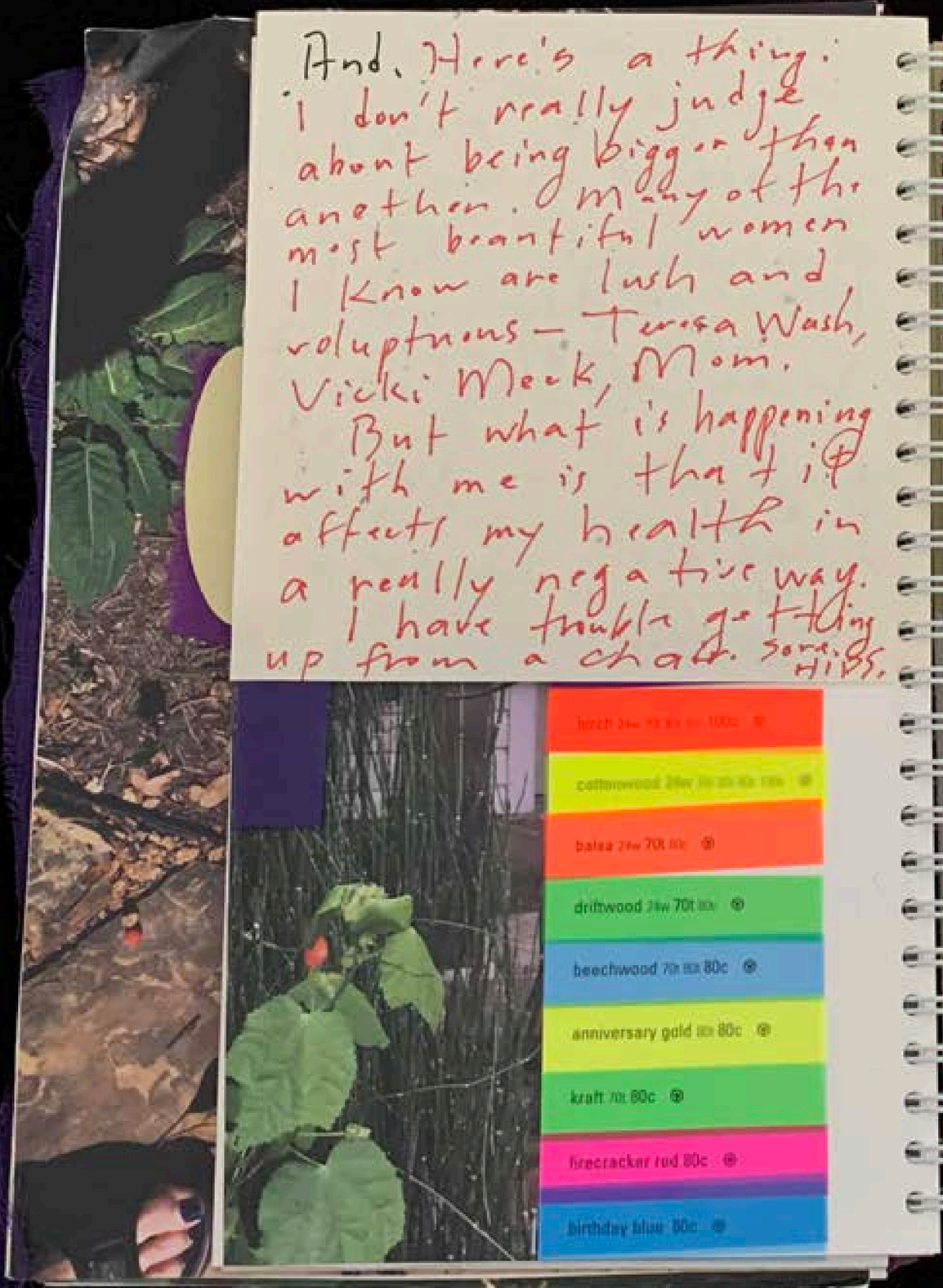
why have I allowed myself to get fat and out of shape?

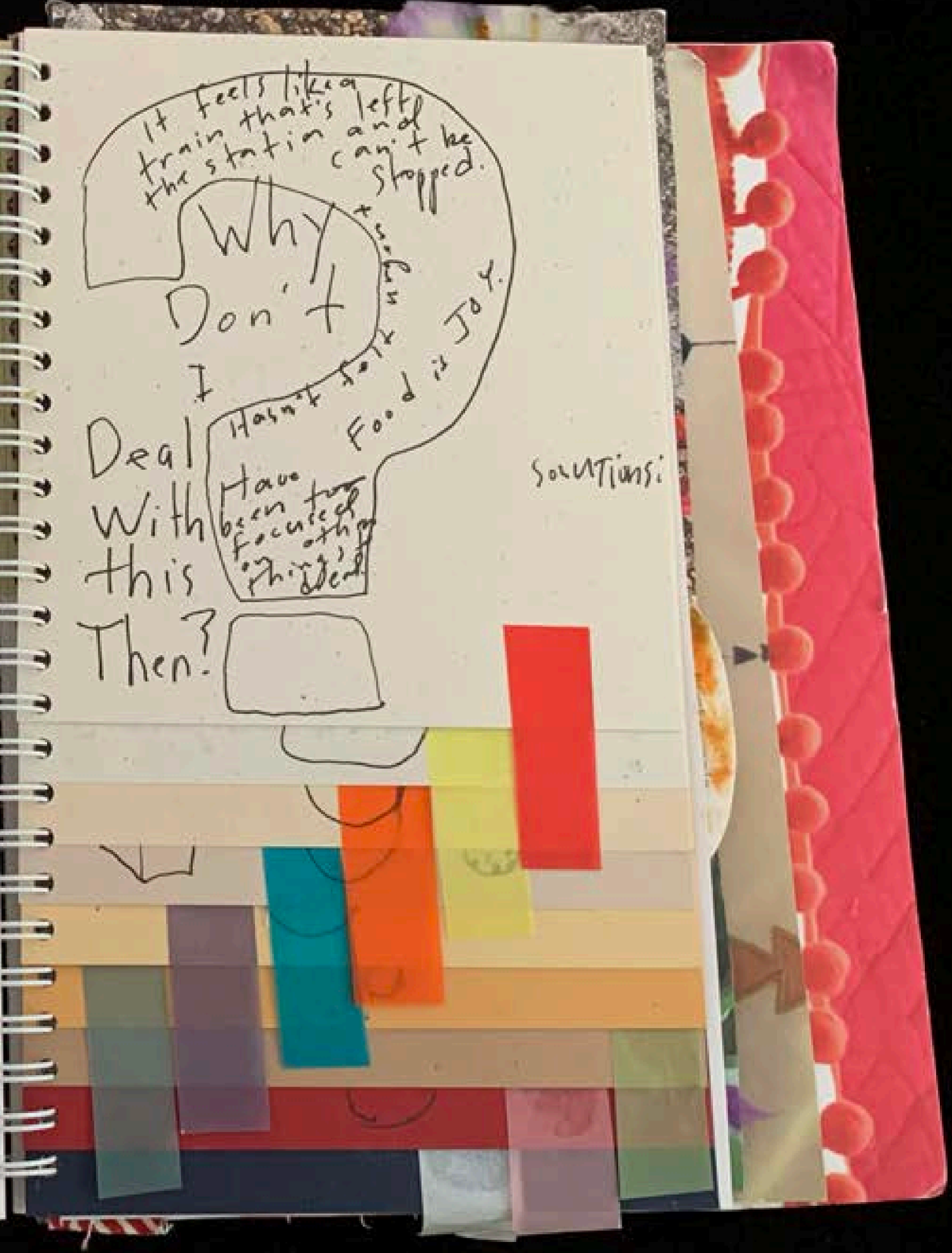
Context: I've taken care of myself in many ways — eating nutritious foods, some exercise, little alcohol, no drugs — except legal pain meds now.

Because Mom, Grandma and Grandpa all had long lives, I've assumed that I would too.



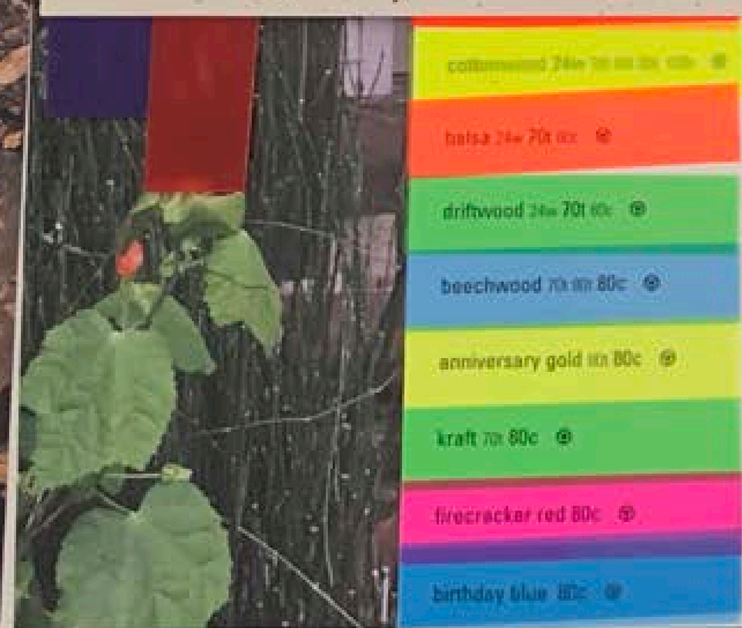
And, Here's a thing:
I don't really judge
about being bigger than
another. Many of the
most beautiful women
I know are lush and
voluptuous — Teresa Wash,
Vicki Meek, Mom.
But what is happening
with me is that it
affects my health in
a really negative way.
I have trouble getting
up from a chair. Sorry,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

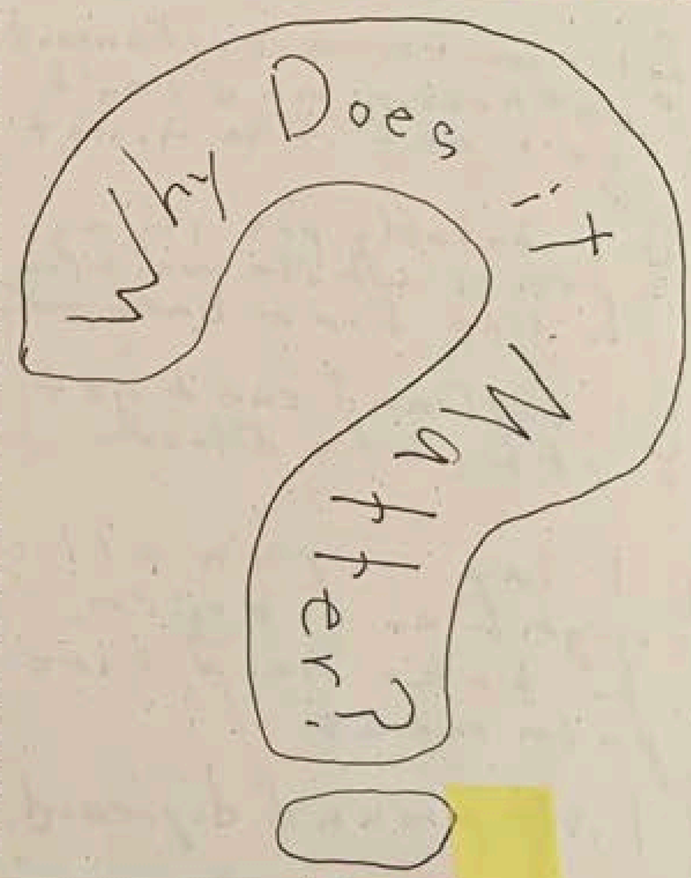




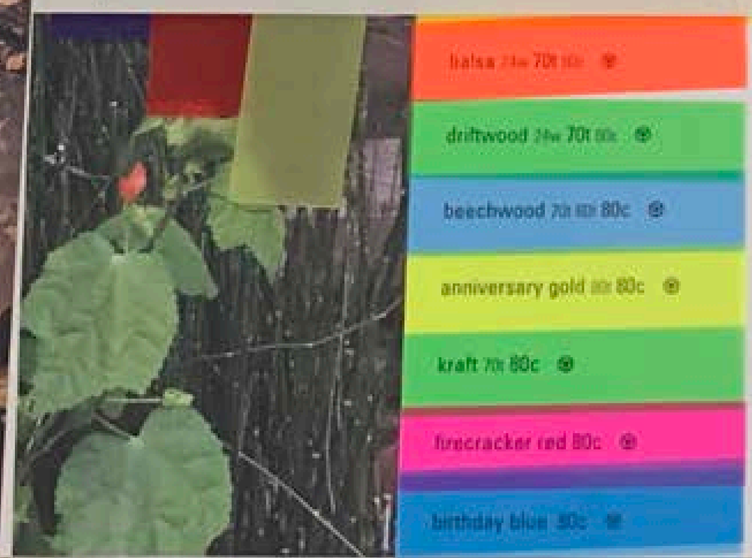
D. I want my life to become so reduced that:

- ☐ 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.





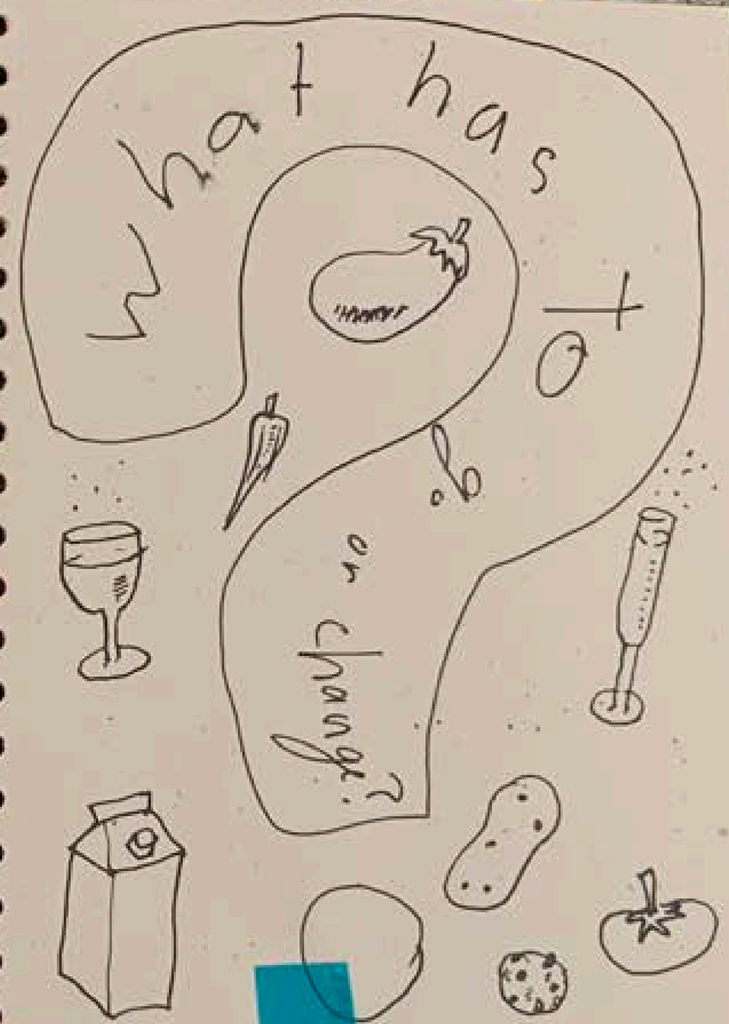
- I am in a restaurant bathroom and can't get off the toilet.
- I totally pee in my pants while waiting in line for a bathroom.
- I fall and can't get off the floor.
- I lay in pain all night and begin to take hard core pain meds.
- I sit around depressed.

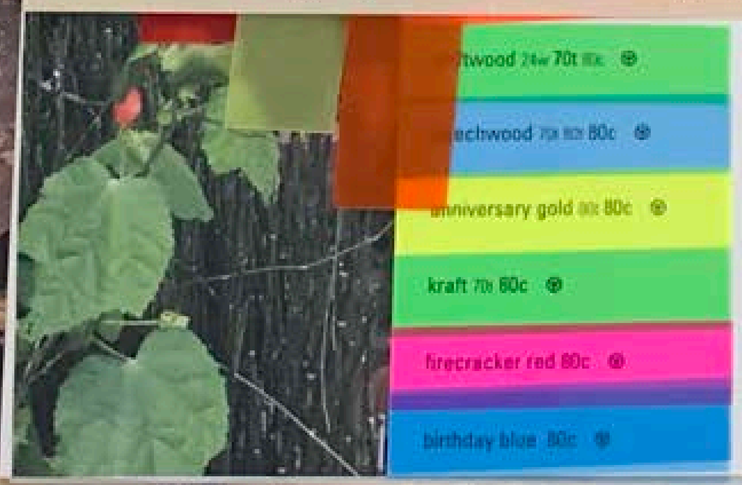


What are worst case scenarios?

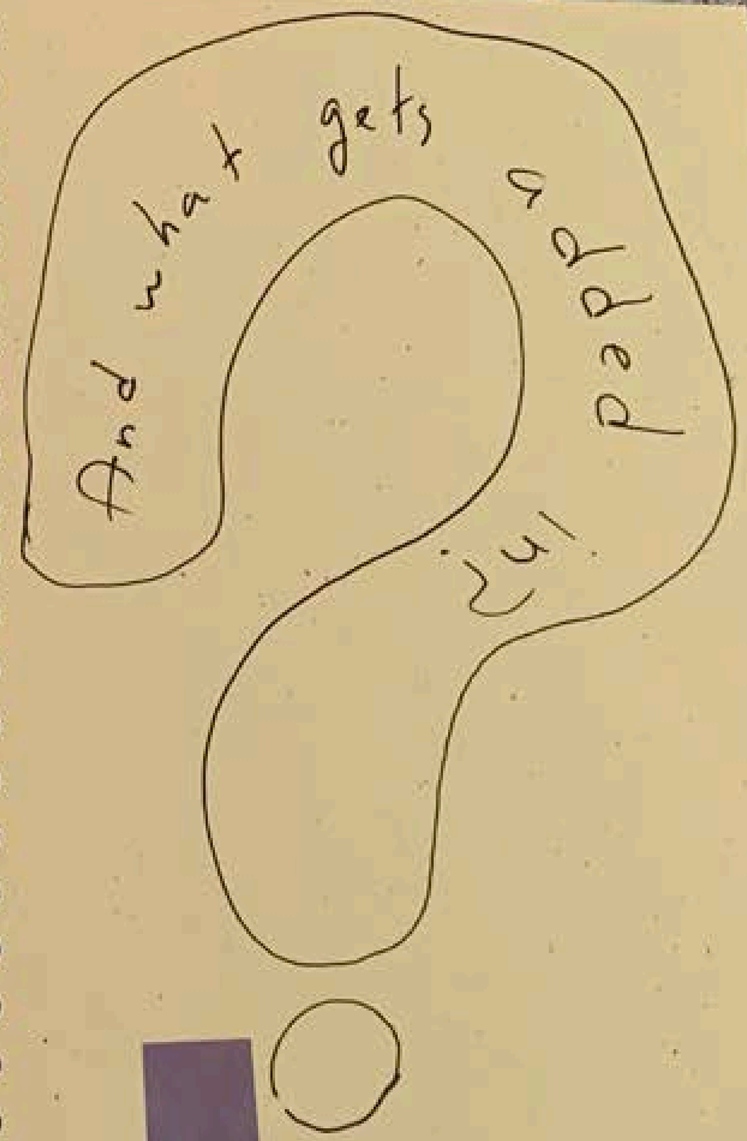
- A glass of wine every day.
- Sugar. Go away.
- Inflammatory foods. Gluten, Sugar, Dairy, Soy, Nightshades: tomatoes, peppers, potato, eggplant
- Bananas every day
- Chips
- Poisons
- Excuses. (No time)

Impulsive sweets.
Night time fatty snacks





- A rocket boost of attitude change that the pain level, the energy level, the [redacted] can be better
- Prioritization, Commitment to health.
- Good sleep habits.
- Committed exercise schedule.
- Caloric consciousness



- Slow down
- Schedule in:
  - exercise
  - time with friends
  - nature time
  - protein, nutrients
- Stick with anti-inflammatory foods
- Continue meditation practice.

What is the best picture for physical Well Being?

- [ ] Bedtime ritual - release devices, PJ's, hot drink, reading.
- [ ] Uplifting bed time reading - not emails, not Facebook.
- [ ] warm drink - herbal tea, cocoa, etc? (ooops - not cocoa)
- [ ] No agitated exchanges, skip it.
- [ ] Clean, uncluttered bedroom
- [ ] No electronic lights.

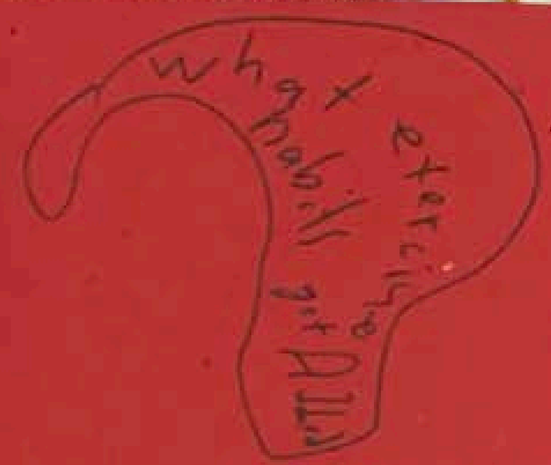
What are my best steep habits?'s

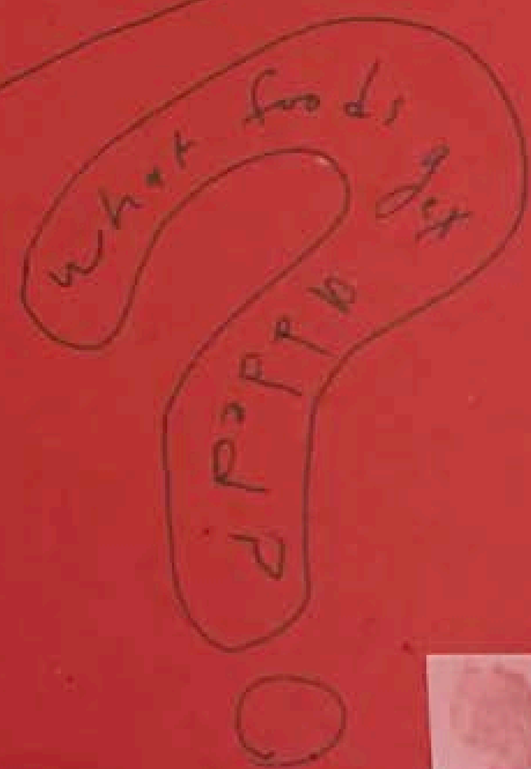
✓ weight training

✓ Gradual walking more on treadmill

✓ Stretches/movements from P.T.

- ☐ ALV every day
- ☐ Ginger
- ☐ Circumin
- ☐ Turmeric
- ☐ Cinnamon
- ☐ protein more
- ☐ veggies





Lake assumes continuing med

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 – ubtiyanga 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 fire of the hope that kindness will win. I serve LOVE, CARING, FEROCIOUS 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 garden
- 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

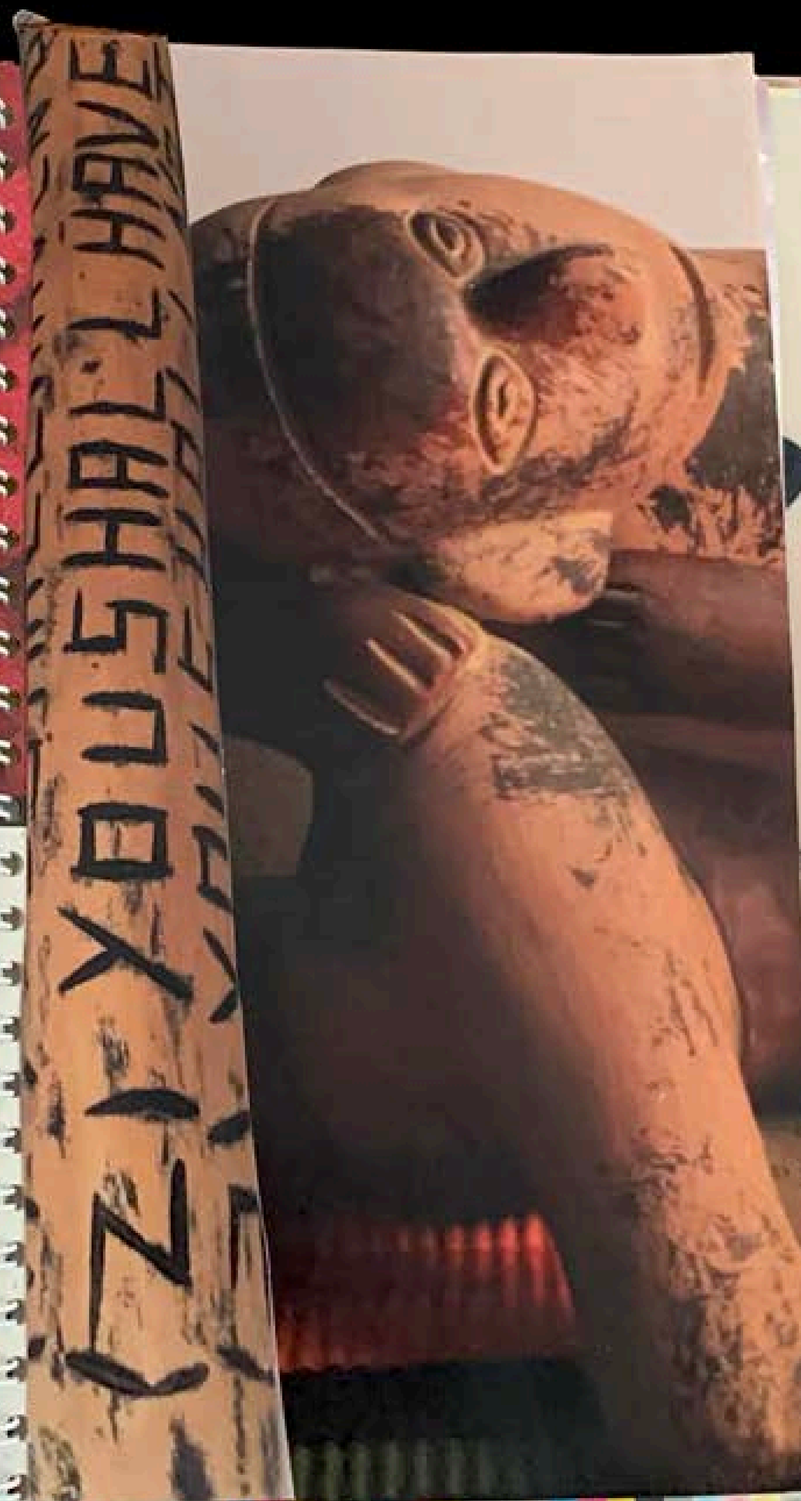
WHERE?
- In my chain
- In bed
- In the garden
- Anywhere. Anytime.

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



6. 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

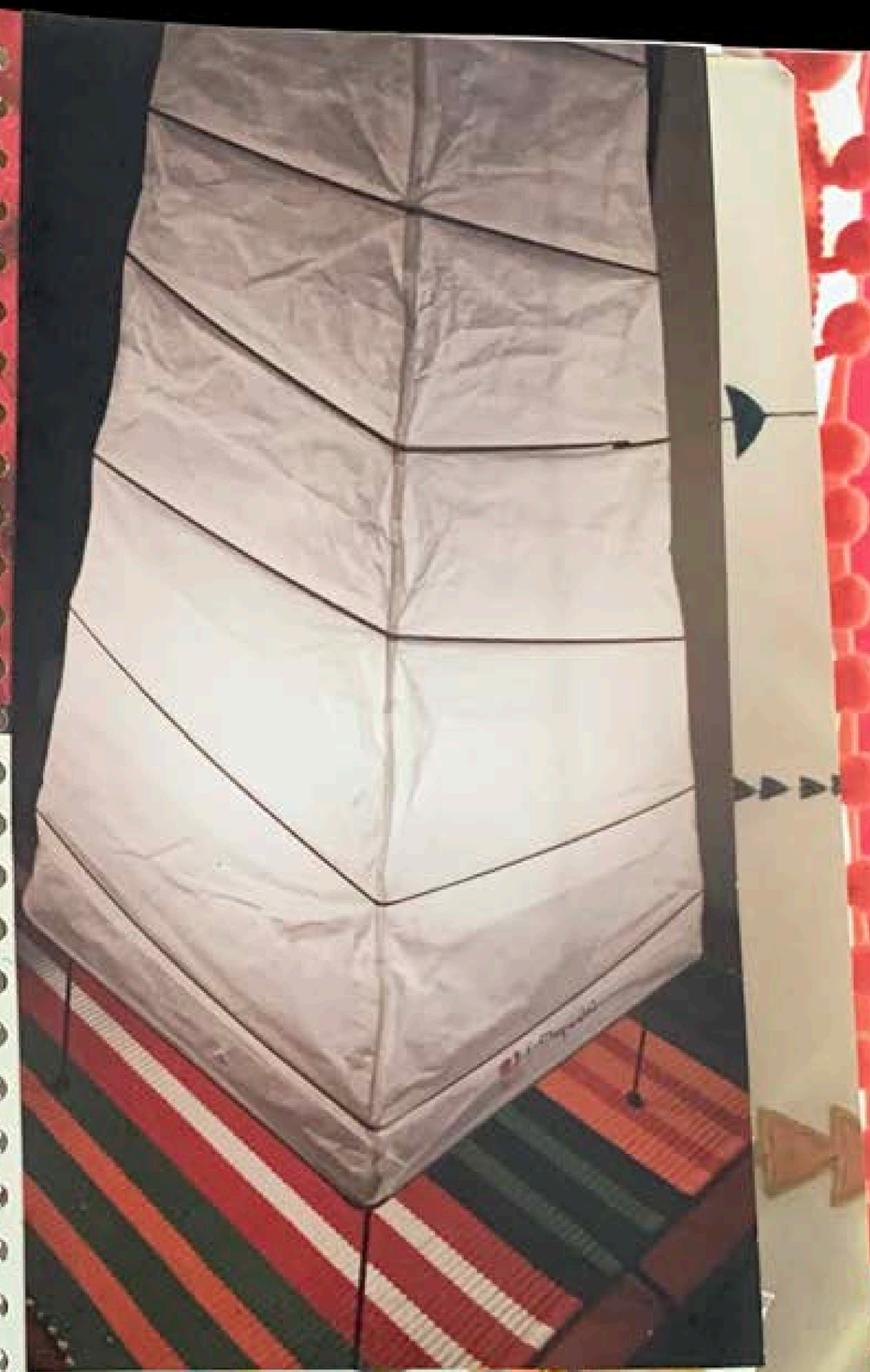
WILL THIS CHAPTER 3
ALLOW FOR CLEAR THOUGHT?
WHAT SETS THE STAGE
FOR CLEAR, CREATIVE
THOUGHT?

- 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.