

2020: Quite The Marathon For One And All -

And, how much farther, how much longer? No answers, certainly no guarantees, no crystal ball. We are tired, depleted, feeling lonely and longing for normal, despite knowing it will not be a normal as we've experienced in the past.



I sometimes think I know quite absolutely nothing – and there is some truth in this, and sometimes a wildly open sense of ease!

And, there is truth in a few other knowings – such as **What We Focus On, Grows Stronger**. I have been intentionally exercising my appreciation and gratitude muscle and it has grown stronger. In fact, I spontaneously notice new things. Simple things, like the food that I am about to eat, my wild friends (the bees that are sleeping somewhere, the Black Capped Chickadees that eat at my 'restaurant', the chattering squirrels that burn more calories chattering at each other than there are peanuts and seeds put out for them.

Beauty And Positives Coexist With The Difficult. I am grateful for my senses, for being gobsmacked by the starry night sky, for a warm and cozy bed, for a drawer full of PJs, for great coffee to enjoy in the morning, for my love of reading, of music, of moving my body, for singing with our dogs (we make a great choir) – the list is truly endless. The more I look, the more I notice, the more my body tingles in delight and appreciation.

There Are Substantial Global Concerns And Challenges. And technology 'gifts' us as much detail (including live time) as we choose. The concerns in our world include about covid, the longhaulers (folks who survived covid and have lasting health challenges, the economy, social justice and equity, and Mother Earth and all living beings who share life and habitat here.

There Are Visionaries, Dreamers, And Bold Ones Stepping Into Action. I am, and remain mostly hopeful and inspired – by different people, younger and older, who are calling out for better, for fairness, those working to create, and dreaming Big Time for different, for better for One and All. There are some amazing inventions of new products made out of "garbage" – the tiny houses made out of shipping containers, paint that collects solar energy, the hydrogardening vertically in containers, that feed many with such little space, people who are dedicating their lives to rescuing and rehabilitating wild and domestic animals. And the tiny things – like seeing an older person's face light up at the sight of a baby, or a young child holding the door for someone else, or the simple beauty of Nature!

This is where I prefer to "incline my Mind" or to simply Beeeeee, to open into and feel, and to dream and wonder what I can contribute to better, from here?

Please, ...Take Good Care!

Warm Regards,

Shelley & Becky