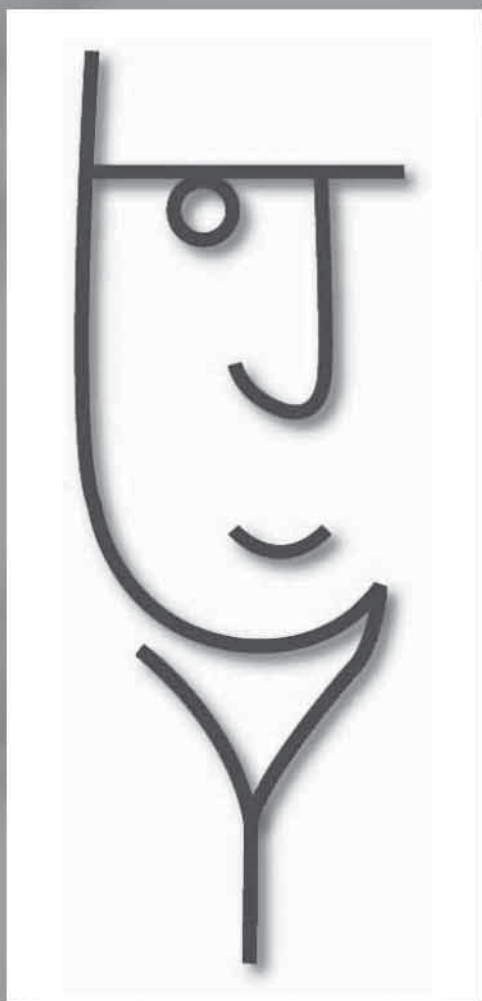


REJOINING

JOY



Volume V

Art

Gerald Young, PhD

REJOINING JOY

Volume V

Art

ALSO BY DR. GERALD YOUNG

Books

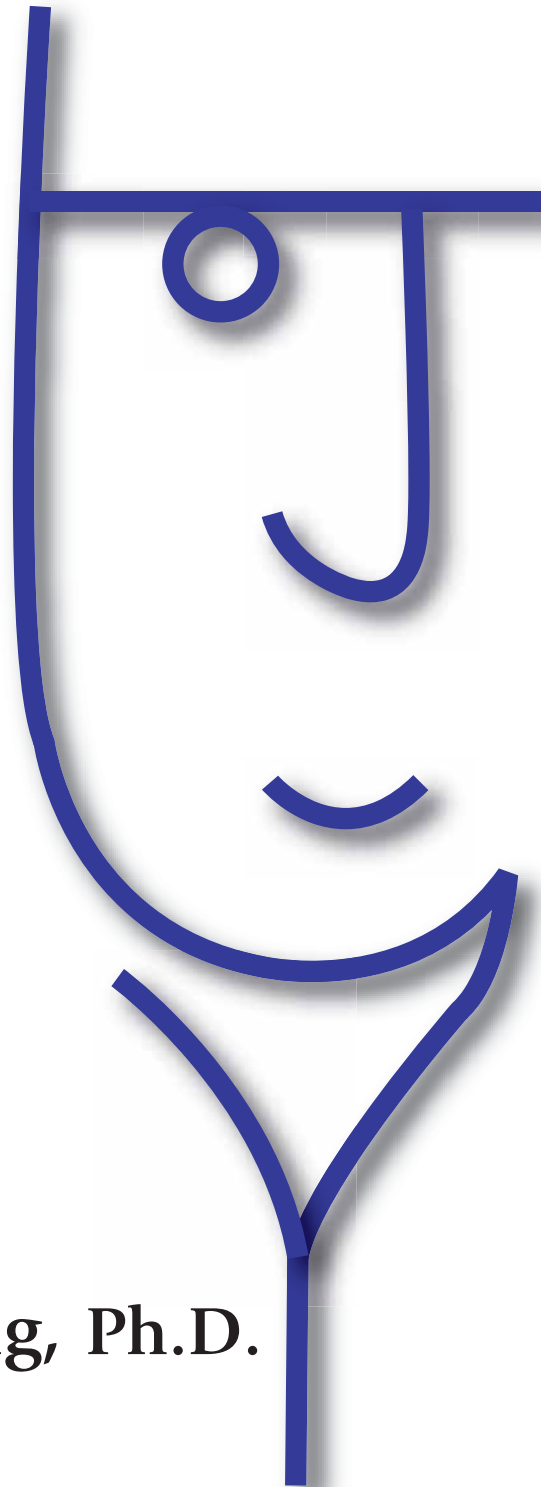
- Young, G., et al. (Eds.) (2013; in preparation). *Handbook of Psychological Injury and Law*. New York: Springer.
- Young, G., et al. (Eds.) (2012). *Psychological Injury and Law: Introduction*. New York: Springer.
- Young, G. (2011). *Development and Causality: Neo-Piagetian Perspectives*. New York: Springer.
- Young, G. (2010). *Rehabilitation Psychology [Course Kit]*. Toronto, ON: York University Bookstore.
- Young, G., Kane, A. W., & Nicholson, K. (2007). *Causality in Psychological Injury: Presenting Evidence in Court*. New York: Springer.
- Young, G., Kane, A. W., & Nicholson, K. (Eds.) (2006). *Psychological Knowledge in Court: PTSD, Pain, and TBI*. New York: Springer.
- Young, G. (1997). *Adult Development, Therapy, and Culture: A Postmodern Synthesis*. New York: Plenum Press.
- Young, G., Segalowitz, S., Corter, C., & Trehub, S. (Eds.) (1983). *Manual Specialization and the Developing Brain*. New York: Academic Press.

Journals

- Young, G. (Founding Editor and Editor-in-Chief) (2008–) *Psychological Injury and Law*. New York: Springer.

The 2013, 2012, 2010, 2007, and 2006 books are books on psychological effects of traumatic events, and the like, in relation to personal injury law. The 2011 and 1997 books are on life span development. You may also consult the journal for which I am editor-in-chief, entitled, *Psychological Injury and Law*. To see my work in the area of psychological injury and law, consult the websites www.asapil.org and springer.com. To see my work in the area of self-help consult www.rejoiningjoy.com.

Rejoining Joy



Gerald Young, Ph.D.

Copyright © 2011 by Gerald Young
2nd Edition with updates, 2016

All rights reserved. No part of this work may be reproduced or transmitted in any form or by any means—graphic, electronic, or mechanical, including photocopying, recording, taping, or information storage and retrieval systems—without the prior written permission of the publisher, or in the case of photocopying or other reprographic copying, a licence from the Canadian Copyright Licensing Agency.

Text design & page layout: Beth Crane, WeMakeBooks.ca
Cover design: Amy Greenan, amy.greenan@gmail.com

Rejoining Joy: Volume 5 Art
ISBN: 978-1-897478-05-9

©2011 edition is no longer available in print or download

Rejoining Joy Publishing Inc.
Toronto, Ontario Canada
www.rejoiningjoy.com

To my Family and my Clients



REJOINING JOY

Art Volume V

TABLE OF CONTENTS

Part 1

Introduction	xxxii	<i>Chapter 32 Birds</i>	35
<i>Chapter 31 Nature</i>	1	I am—You are	36
Gliding Over	2	Life Branch	37
Billowing Bird	4	Inner Peace	38
Northern Bird	5	Gliding	39
Camouflage Fantasy	6	Wind and Waves	40
Flamenco Flamingo	7	Faith	41
Flying in the Rain	8	Moon Dove	42
Genesis Bird	9	Blended	43
Marsh Duck	10	Finch	44
Mating Phoenix	11	Flyer	45
Phoenix Exodus	12	Before the Big Bang	46
Phoenix Returns	13	Collectivities	47
Power Bird	14	Duality	48
Water Bird	15	Singularity	49
Sea Bird	16	Swan Song	50
Sky Bird	17	Tending	51
Peacock	18	Caring	52
Star Fish	19	Young	53
Diving Fish	20	Flight	54
Mirroring Fish	21	Symphony	55
Fish	22	Haven	56
Sycamore Butterfly	23	Love Birds	57
Elephant Extinction	24	Family	58
Elephant	25	Radiations	59
Reindeer	26	<i>Chapter 33 Flowers</i>	61
Coyote	27	Shall We Dance	62
Catnap	28	Spring Forth	63
Kitten	29	Holy Land	64
Cat	29	Planting	65
Fable	30	Holding Flower	66
Filtering	31	Jig	67
Encirclings	31	Greeting Flowers	68
Dog Galaxy	32	Kissing Flowers	69
Earth Watch	33	Family Flowers	70
Origins	34		

Flower in the Middle	71	Chapter 35 Couples	113
Flower Couple	72	Dictionary of Love	114
Aromatic	73	Us	115
Layers	74	Balanced	116
Surging	75	Blessed	117
Flow-er	76	Souls	118
Nonverbal Communication	77	Lips	119
Star Flower	78	Helping	120
Butterfly Flower	79	Lean On	121
Genesis Flower	80	Fond	122
Ocean Flower	81	Twining	123
Ribirth Flowers	82	One Source	124
Progeny Protected	83	Hugging	125
Nature's Wings	84	Handle	126
Grasses	85	Hands Out	127
Tumbling	86	Love Hug	128
Flower Forms	87	Helpful	129
Flowing Flower	88	Touching	130
Chapter 34 Joy	89	Hand in Hand	131
Growing Wild	90	Hallowed	132
Ballet	91	Happening	133
Dancing	92	Jam	134
Gyrate	93	Loving	135
Grind	94	Love's Hug	136
Reverie	95	Dream's Embrace	137
Jump	96	Passion	138
High	97	Before Birth	139
Higher	98	Embracing	140
Joy	99	Love's Embrace	141
Freedom	100		
Grand	101		
Grab	102		
Tango	103		
Dance	104		
Freeform	105		
Forms Free	106		
Duet	107		
Hold	108		
Jive	109		
A Show of Hands	110		
Harmony	111		
Musing	112		

REJOINING JOY

Art Volume V

TABLE OF CONTENTS

Part 2

<i>Chapter 36 Families</i>	143	Forming	181
Why We Love the Planet	144	Earth, Wind, Fire	182
Expectance	146	Radiant Rising	183
Life Cradle	147	Moon by Day	184
The Mother	148	Strings	185
Being	149	Touching Nodes	186
Aloft	150	Light Matter	187
Baby Moses	151	Birth	188
Mother & Child	152	Formula	189
Being There	153	Tubes	190
We Must Help	154	Transition	191
Lifting	155	Horizons	192
Tender	156	Alignments	193
Home	157	Staying	194
Transmission	158	Thought and Talk	195
Ascending	159	Sun Swept	196
Grow	160	Ecstasy	197
Sow Forth	161	Simplicity	198
Relations	162	Enjoining	199
Shouldering	163	Nature's Glee	200
Share	164	Play	201
Healing	165	Pond	202
Acrobats	166	Pounding	203
Sisters & Brothers	167	Popilltan	204
Humanity	168	Power	205
Busy	169	Piercing	206
Babe in Arms	170		
<i>Chapter 37 Energies</i>	173	<i>Chapter 38 Jerusalem</i>	209
Cosmic Rain	174	Holy Hill 1	210
Parallels	175	Holy Hill 2	211
Galaxies	176	Human Scape	212
Invisibilities	177	Tree Bird	213
Densities	178	Symphony	214
Synergy	179	Synchrony	215
Change	180	Aleph Bird	216
		Exotic Trees	217

Fragrance	218	Binding	254
Parenting	219	Correlated States	255
Generation	220	Wheel of Eternity	256
Birthing	221	Hope	257
Dynamism	222	Awe	258
Face to Face	223	Meditation	259
Development	224	The Burning Bush	260
All in one	225	Chapter 40 Meaning	263
Maturation	226	Sycamore Falcon	264
Vibrant	227	Sycamore Dove	265
Wild	228	Sycamore Eagle	266
Whole	229	Biblical Dove	267
Spirituality	230	Mystic Place	268
Yad Vashem	231	Daydream	269
Surviving	232	Falcon	270
Integrated	233	Falcon's Dream	271
Universality	234	Tree Kings	272
Emergence	235	King of Falcon	273
Chapter 39 Spiritual	237	Head Space	274
Cosmos	238	Mystic Prayer	275
Helping the Moon	239	King's Court	276
Climb	240	Mystic Warrior	277
Fusion	241	Princess	278
Harbours	242	Friendship	279
Helpful	243	Reflections	280
Finger Forms	244	Guardian	281
Shared Prayer	245	Questioning	282
Abraham's Dream	246	Sister	283
Abraham's Struggle	247	Brother	284
Abraham's Help	248	Hat or Man	285
Abraham's Angel	249	Three Masks	286
Abraham's Hope	250	The Inward Turn	287
Abraham's Peace	251	The Outward Turn	288
Angel's Abraham	252		
Free Flow	253		

ABOUT THE AUTHOR

DR. GERALD YOUNG is an Associate Professor Psychology at Glendon College, York University, Toronto, Ontario, Canada. He is also a practicing psychologist dealing with rehabilitation and with counseling. He undertakes research on two major topics. The first is on psychological injury and law [five books]. The second is on child development. His most recent book is entitled: *Cognitive and Affective Parallels in Development: Comparing the Neo-Piagetians Fischer, Case, and Young* (published by Springer SBM, New York). He has written one other book, on the topic of manual and hemisphere specialization. He has received an outstanding research award from his faculty at the university. He is the editor of the leading journal in the area of psychological injury and law (*Psychological Injury and Law, PIL, springer.com*), and is the president of its housing association (ASAPIL, see www.asapil.org).

Dr. Gerald Young has gained the trust of his clients and of his professional colleagues in his professional practice in clinical psychology. He has helped numerous clients over the years; and his reports have been presented to court. As an Associate Professor at York University, he teaches students the courses of Rehabilitation Psychology, and Abnormal Child, Adolescent, Adult, and Advanced Development.



“There is unity in my university teaching, my research, my practice, and the self-help book series. With much passion, I have dedicated my professional life to the area, and the self-help books reflect that passion and the skills that I have learned and developed and want to communicate to the reader.”

FOREWORD

R*ejoining Joy* is a self-help book series on stress, emotions, pain, managing stress, and dealing with a range of daily issues, such as raising children and functioning well at work (see rejoiningjoy.com). The series is not a self-help one in the traditional sense, for it is more about improving our ways of living. It does not simply ask us to be more positive, happy, or better. Rather, it shows the reader how to accomplish these and related goals in a realistic manner. It does not simply give the reader positive statements about the self to learn. Rather, it helps facilitate the reader in *learning new ways of living* by dealing better with the negatives and increasing the positives.

The series is based on figures and accompanying text created by psychologist Dr. Gerald Young in sessions with his clients. The text for each figure is described in one to several paragraphs and, usually, includes a positive message. In his clinical work, Dr. Young encourages people to tell better stories about themselves, to find inner qualities and strengths, to learn destressing skills in order to add to them, and to use appropriately these qualities and strengths in solving problems.

There are eight volumes in the book series.

The first volume presents essays, without accompanying figures for the most part, including an essay on an

introduction to psychology, and another on therapy. The next volume, the first with figures and accompanying text, is on stress and destressing. The next two volumes are also in this figure-text format. Specifically, the third volume in the series is on emotions, such as worrying but, also, it includes positive feelings, such as love. The fourth volume deals with diverse topics relating to children, work, change, and so on. The fifth volume has neither essays nor figures and accompanying text, but presents artwork meant to be relaxing. In a sixth book, the reader is provided a self-contained workbook of psychological exercises. In addition, the series includes a seventh book based on excerpts from the best material from books in the series. The eighth book is on sayings for living, loving, and learning. The reader should find them inspirational. They emphasize the major theme of the book series—that when life is difficult, we can still do our best and do it well, and that we choose to find techniques, strategies, and ways of living to help us in this great and empowering task. Another way of describing the major themes of the book is that they involve: Reducing Negatives, Increasing Positives, and Improving Relations and Love. I created over 20 sayings for over 20 themes.

Together, the books are aimed at having the reader not only regain joy but, also, keep it.

Introduction to the Book Series

Dr. Young has written a series of eight self-help books. In these self-help books, he shares with you the clinical advice he gives to his clients, most of whom have been in traumatic accidents. A large part of the material in the books consists of graphics and accompanying text. They cover the multiple areas of stress, negative emotions, and life disruptions that follow trauma. There is also an introductory book of essays, a book on art and nature, and a workbook. The series concludes with an excerpted book of the best of the other books. It ends with a book of the sayings, some excerpted from the other books and some newly written for it. The workbook is about *Empowering the Core* and the collection of sayings is about *Living, Learning, and Loving*. Together, the books constitute a series called, *Rejoining Joy*. The title reflects the belief that we can learn to be in charge of our lives and maintain joy even when we might experience traumatic events such as accidents. We can learn to live our life to the fullest, and have a sense that we are in charge no matter what may happen to us, and no matter what our situation or age.

The contents of the books are scientifically-based, yet tailored to each client. The goal in these books is to help people who want to grow, learn from their experiences, and have a more positive and peaceful psychology. The work is based especially on car accident survivors, who come into the office with a whole host of life issues. Therefore, the books covers how to handle stress, how to deal with

negative emotions, how to handle injuries and pain, how to cope with death of a loved one, how to handle the many difficulties that emerge in daily life, how to promote positive emotions, and how to improve communication and relationships, deal with children, families, and work, and how to change for the better.

The approach taken is cognitive-behavioral, narrative, interpersonal, and developmental. The books emphasize that ultimately we are responsible for ourselves, but we create that sense of responsibility by active participation in our social relations and daily life, and by actively finding solutions to the problems that may arise in our roles. Even when the worst tragedies happen to us, we can still be in control, learn from the experience and grow, stay ourselves, and be helpful to others. No matter how bad things seem, there is always something that we can direct, adapt to, and live through with inner positivity and peace. Even in the most extreme stress and negative emotions, we can turn to those parts of us that are more positive and peaceful, make them expand, and regain joy. We can learn to emphasize our positives and work with our negatives, to make us better people and to make our future better.

The Book Series Has Taken a Unique Approach

1. The most important point about the book series is that it will be helpful to readers because it presents a wide range of useful strategies, techniques, and ideas for use in daily

life. The book series is not just for people who are undergoing stress, whether through great tragedies such as serious accidents or in the hassles of daily life. The counseling given in the book series also is useful to prevent stresses from growing out of hand, to head off bad habits, and to promote good habits. We all can develop control in our lives and prosper psychologically in our daily activities. There are eight books in the series and it is comprehensive in the topics discussed and the education and instructions given.

2. In addition, the book series reflects an integration of my practice, teaching, and research, yet stays at the level of my clients and the general reader. In an article written in 2008 for the journal *Psychological Injury and Law*, I describe the psychotherapeutic encounter, and argue that it should deal with the whole person, through 10 critical areas, as well as through family counseling and related interventions, if necessary. This model is an integrative one that has guided the present book series, leading me to organize many common psychotherapeutic techniques into a holistic model. It allows me to keep the client in focus in therapy, and facilitate their self-growth, inner peace, and relations with others in their daily lives.
3. The majority of the books use visual graphics with accompanying text. In the heart of the book series, there are 30 such chapters spread over three books. The books are unique in the amount of graphics and in their use as central organizers, with text written solely to explain them. That is, for each visual, usually there is a paragraph or page-long description. For any one chapter, together the graphics cover the major themes important for it. For the excerpted book, the author took material from each of these 30 chapters, in particular, as well as some introductory essays and some art on nature, as described below. In addition, he put in select sayings written for the margins, as described below.
4. The book of introductory essays includes essays that explain psychology and explain psychotherapy. The author wrote these essays instead of using cumbersome footnotes or endnotes. Almost all key words in the visual graphics and their accompanying text are explained in the essays. Other essays are more motivational and inspirational. Finally, there are those that explain development very well, and they are based on my professional publications. This book concludes with a few poems.
5. The art and nature book is a “green” one, for it encourages readers to respect and love the planet and its animals. The art consists of simple line drawings, illustrating that any one can undertake art, and at any age. Also, the themes are peaceful, motivational, and inspirational, such as ones on families, flowers, dancing figures, and art based on a visit to the holy land.

6. The workbook consists solely of workbook exercises, each having a brief introductory text. Most exercises and their introductions fit on one page. Each exercise consists of two questions, asking for up to five possible answers, or at least things to think about. Other workbooks use more text for each exercise, so there are fewer exercises in other books than in the present workbook. Each of the exercises is aimed at creating a sense that one can succeed in taking charge of life's difficulties. The workbook was written so that it can stand alone, and be read without reading any other book in the series.

7. The book of sayings is a collection of sayings used as margin material, but it turned out important in its own right. For the most part, other collections of sayings involve those not written by the authors, but by famous writers and public figures. Because the sayings are tied to the book series, all of them are psychological in nature, which is unlike the case for other books of sayings. The reader will find the sayings are consistent with the major themes of the book, and therefore reasoned, motivating, inspiring, and promoting positives while helping to control negatives.

Who Needs to Read the Book Series?

1. Anyone who has confronted any kind of stress, not just those coming from accidents, should read the book series.
2. Anyone who wants to learn how to handle effectively stress, negative emotions, and bad habits will profit from the book series.
3. Anyone who needs advice on communication, relationships, love, children, teenagers, families, work, and taking responsibility of any kind will keep coming back to the series.

In short, the book series will be useful for almost anyone. Moreover, its attractive visual and workbook format makes for easy reading and good learning.

People of all ages will find the book series interesting and informative, from teenagers to the elderly. Some of the graphics and workbook exercises might seem more appropriate for young people and others for adults. However, readers of all ages, whether they are young or young at heart, will find the book to their liking.

In addition, because the graphics have been made in session and because the workbook is oriented to clients, both treating mental health professionals and their patients should find the book series valuable.

AUDIENCE

Market

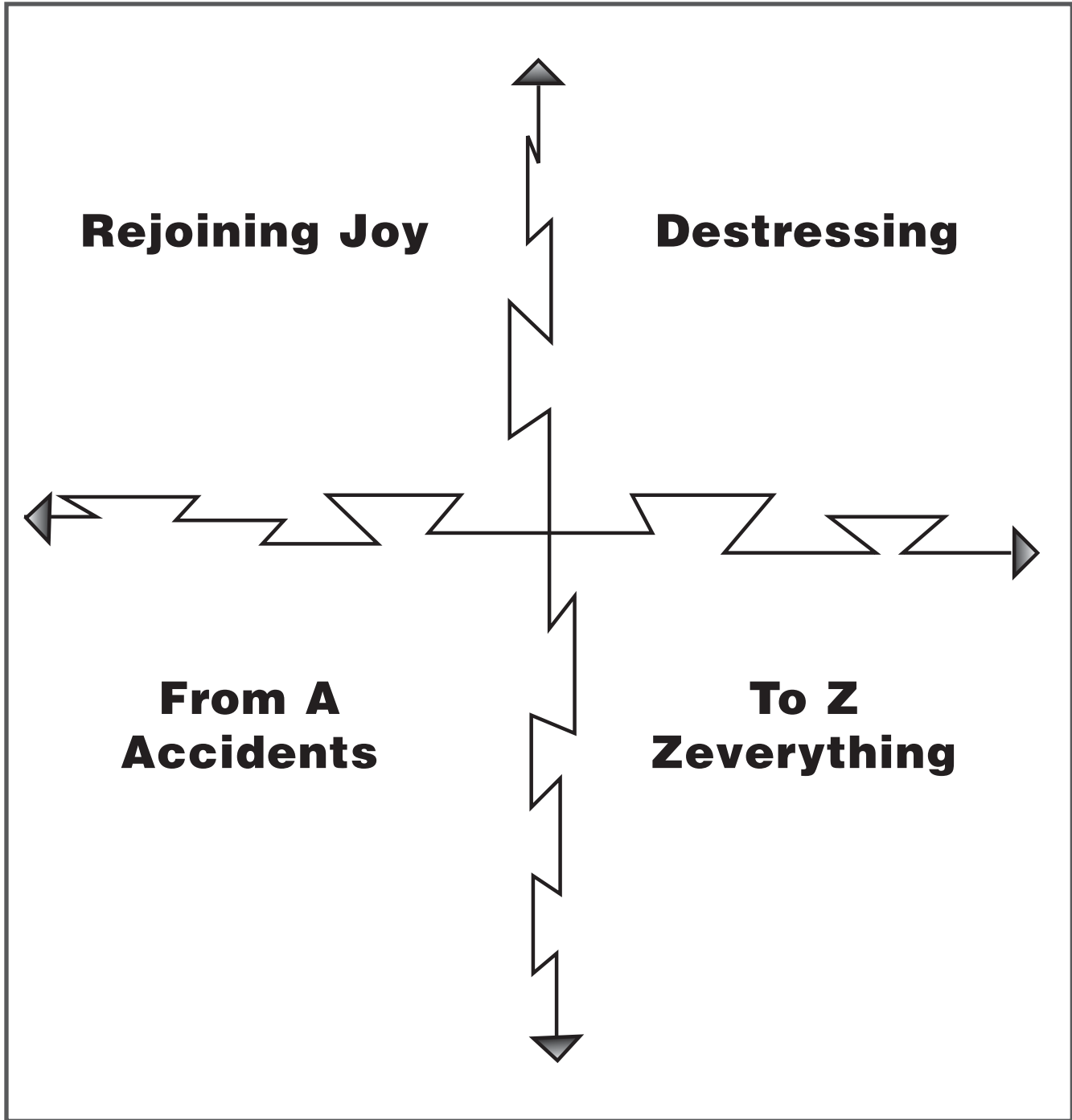
The book series was written starting with *clients* right in their sessions. I would make for them the therapeutic visualizations that I have described in order to illustrate what I wanted them to learn and to apply in their distressing and regaining joy. However, the book series is not just aimed at clines in need of mental health services. It aims, as well, for the self-help and self-healing *market, in general*. Many people need and seek simple techniques to use in their attempts to distress and regain joy, and they also seek books that further their sense of meaning and fulfillment, inspire them to change, and facilitate their growth. Therefore, the book series can be of great help to the general reader, given its motivational, inspirational, and reflective contents.

Because of its contents and the way it is written, *psychologists* and other mental health professionals will also find that the book series can be helpful in their practice. The contents of the books can be used effectively with their clients, just like I have used them with mine. For example, psychologists can use the therapeutic visual figures and their associated text to make crucial points in session. The sayings and art can be used to motivate and inspire. The essays can help flesh out therapeutic work, both in terms of facilitating reflection and for giving clients at-home reading assignments.

The advantage of my approach lies in its inclusive nature. I cover so many themes, with one chapter usually per theme. Within each chapter from the three books in the book series that have figures and matching text, there are at least 10 figures. Some are meant to present the same or similar information in different ways. However, most are quite distinct from the others. Because there are about 500 figures in the book series, and they cover a full range of topics, the mental health professional can select from much choice in the material covered by the books for the particular needs presented by clients in sessions. The therapist using my book series can design individually tailored groups of readings and figures for clients to consult.

REJOINING JOY: DESTRESSING

Stress infiltrates every aspect of our life. So can destressing and joy.



BOOK SERIES CONTENTS

Volume Descriptions

The first volume in the book series presents in a straightforward manner essays introducing psychology and how to live life more happily and effectively. The essays are meant to cover the basic topics presented in the remaining books, and they include pertinent definitions and explanations of concepts, although the reader does not have to read these essays before reading the other books. The topics in the first set of essays range from what are the fundamentals in psychology, to how to deal with stress, to how cognitive behavioral therapy works. The second set of essays is more literary in the first part and more scholarly in the second. The essays range from short ones that are more inspirational and motivational, to ones on change and on stages in development and their implications. Key themes relate to growth and responsibility.

The second volume is on destressing. This volume marks the beginning of the major use of therapeutic figures. In this volume, I explain basic concepts about stress and I explain behavioral techniques on how to distress. I emphasize various cognitive techniques, such as keeping our hope, optimism, and positive attitude. We learn that when confronted with stress, we have options in our behavior and we can be in control. I go on to explain that having some stress can be growth promoting and that we can learn to live effectively

with it. This first book in the series concludes with a chapter on recovering—stress is a start and dealing with it is our goal.

The third volume of the book series deals with negative emotions, such as worry and sadness, and specific emotional problems, such as drinking or dealing with pain. The volume moves from these negative and most basic emotions to positive ones, for it concludes with chapters on love and motivation, in particular. The main theme of this volume is that we can use emotions to our advantage, that emotions color all our activities, and that we can control them when they are negative. This third book in the book series concludes with a chapter on rewriting the stories that we tell about ourselves so that they are more positive.

The fourth volume in the book series is about improving the quality of our daily living. It deals with more complex topics, such as the self, communication, handling children and adolescents, coping with change, and managing work and family life. It includes a chapter on inspiration. It terminates with a description of major points of view in psychology, including the biopsychosocial perspective. This reflects the integrative effort that I have taken in writing the book series. To better understand our psychology, we need to look both inside and around us, both at our bodies and our mind, both at our thoughts and our emotions,

and both our bad habits and good ones. We all have core positives waiting to grow.

The fifth volume presents two-dimensional artistic line drawings intended to relax and inspire. Many of the drawings are about nature and animals. Many are about people and family. I do these drawings quickly, illustrating that, with a single line or a series of lines, we can both express ourselves and relax in doing so. The accompanying text for this book emphasizes the role that we all have to play in helping nature survive. I added text related to nature and our need to protect and preserve it. By acting to save the planet, its habitats, its animals, and its plants, we engage in the best forms of destressing.

Book six of the book series represents its crowning achievement. It consists of excerpts of the best material, especially from books III, IV, and V of the first five books in the series. I selected those figures and accompanying text that provide the clearest description of the book series' major messages and its best therapeutic self-help skills. The excerpted book offers a concise presentation of the book series contents, allowing the reader to consult the complete series for more in-depth reading.

Book seven presents workbook exercises that have the reader review and reflect on the contents of Books III, IV, and V of the book series. The exercises emphasize empowering our inner positive psychological core and good habits, or strengths and advantages, while helping readers toward altering negatives, bad habits, and so forth. Each of the exercises begins with an introduc-

tory paragraph, so that the reader can read the book by itself, without reference to other books.

The last volume of the book series presents inspirational sayings for living, loving, and learning. The sayings were written based on Dr. Young's work with his clients. They offer a basis for rejoining joy and gaining in life. The third through fifth book of the series concern stress, emotions, and daily living, and there are 10 chapters in each book. For each chapter, there are about 50–100 sayings and bolded sentences that are like sayings. They cover topics such as increasing positives, ensuring success, and improving relationships. There are over 20 topics related to destressing, emotions, and daily living, including at work and with family. There are over 20 sayings per topic. They will motivate, inspire, and help to promote good habits while helping to inhibit negative ones.

What the Book Series is NOT.

To better differentiate how this book series is different from other books similar to them the market, we need to know what the book series is not.

1. The book series is not on one particular topic, such as how to handle stress, depression, or pain, because it covers all these matters. Dr. Young, in his sessions with clients, deals with the full range of issues that come up after accidents and in life.
2. The book series does not give simplistic answers on how to cure or how to deal with all critical problems

that people face because there aren't any such simplistic answers, despite what some people or authors might preach. Books that simplify by giving catchy titles and cute phrases may inspire for the moment, but they do not create long-lasting helpful effects. The approach in the present book series is to not only inspire and teach, but also to have readers learn and apply the strategies in the series, and therefore improve their ways of living.

3. The book series is not a complex scientific explanation of psychology and its therapies. There are not a lot of theoretical explanation, references to the literature, and footnotes. Dr. Young has written scientific books and articles on therapy, but the goal of the present book series is practical and it is aimed at the mass market. The book series speaks to the reader at the level of the reader and gives a bibliography that the reader can consult for further information. Therefore, the book is balanced by being not too simple yet not too complex.
4. The book series is not simply text, because it includes many visuals. For each visual, there is usually an associated paragraph or page, and the visual and the text should be examined together.
5. The book series is not dry and humorless. To the contrary, it includes humor when necessary, it includes some
6. The book series is not another self-help book project that will not help people. We are coming to understand that self-help books have temporary effects and even some harmful ones. For example, by painting everything rosy or minimizing the difficulties in dealing with problems, other self-help books may overlook the serious problems people have in dealing with stress. Or, they may give very simple solutions that can only work in some situations, but lead to difficulties in others; so in the end, they limit the person and have opposite effects to those intended. The present book series is more realistic, never promising too much. However, it always offers good ideas and strategies, it motivates, and it always gives hope. **Life is a Lesson and we are both its teacher and student.**
7. The book series is not just for accident survivors. Indeed, it will be helpful for most people who want to learn how to handle stress of any kind, and regain joy. Also, it will be helpful to any one wishing to grow and transform for the better. Often, psychology is considered as a discipline that deals with helping people with their problems. The approach of the present book series goes beyond this, because psychology can help all of us all, no matter what our age, to learn to improve our psychological wellness, positivity, quality of life, ways of living, and joy in living.

PREFACE

The title of this book series includes the phrase, "Rejoining Joy." When we experience stress, we do the best that we can to get through it. We try to regain joy, and we use various destressing techniques, perhaps some like the techniques in this series. Rejoining joy is the goal so that we can get on with our lives and live it in enriching, productive ways. "A healthy way of living" is an important means to attain joy.

However, destressing is not a list of techniques mechanically applied. It is essential to want to destress and go beyond our repertoire of learned destressing techniques. People can learn to minimize or take away their present stress. It is just as important to learn that destressing is an ongoing process. When we go beyond the techniques used and see the whole picture, it becomes easier to deal with future stress.

The book series *Rejoining Joy* is divided into eight volumes. They cover a diversity of topics related to destressing, *a)* the nature of stress and how to best deal with it, *b)* the topic of emotions, such as worry, anger, motivation, and love, and *c)* topics relevant to daily life, such as communication, children, and work. The series does not try to cover every area relevant to destressing, nor does it attempt to be exhaustive. In order for readers to complete their knowledge and appreciation of the available destressing techniques in the field, they should consult other relevant self-help

books, their family physicians, and, if necessary, mental health professionals, such as psychologists.

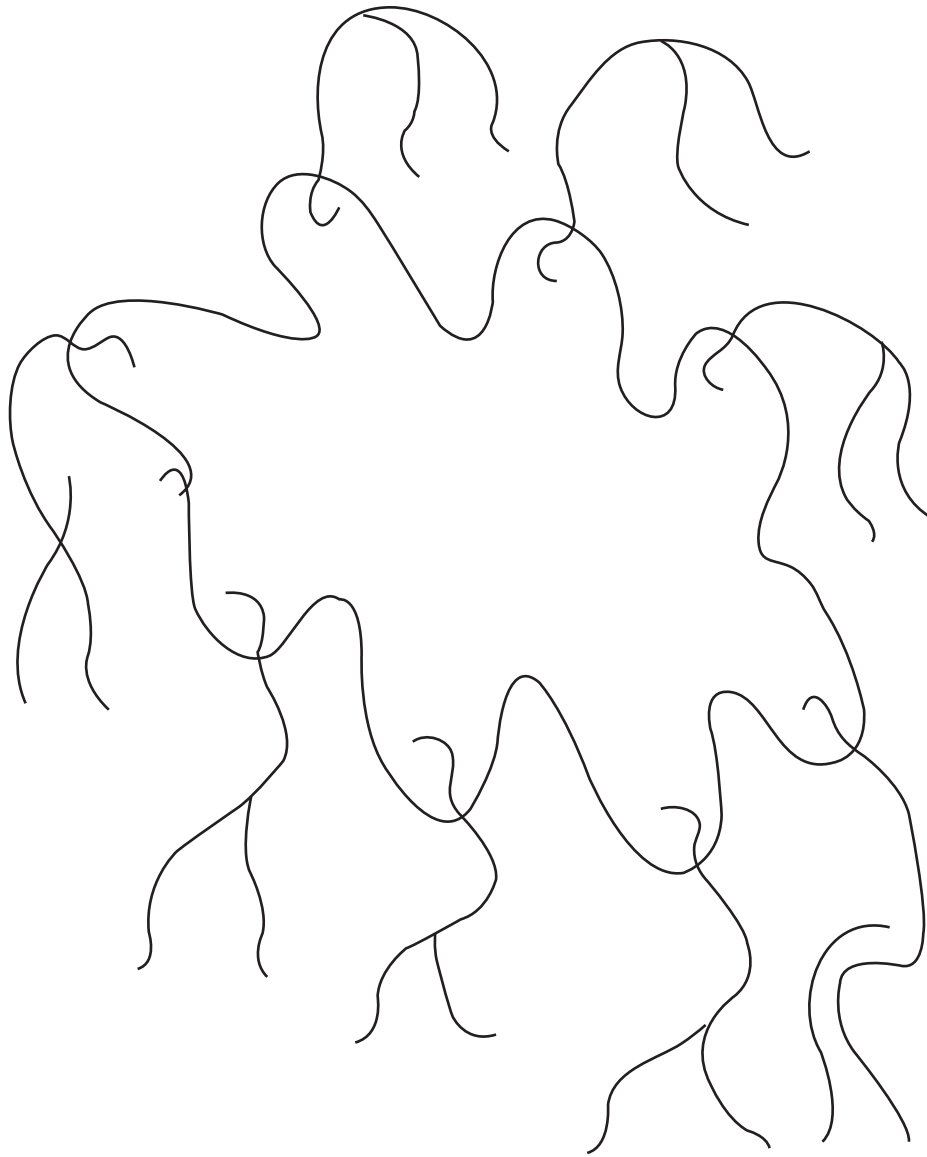
The *Rejoining Joy* book series is unique because it makes extensive use of visualizations, illustrations, drawings, figures, diagrams, graphs, charts, tables, and so on. In the book series, for the most part, I refer to them as "figures." The advantage of using the visual modality is that it captures simply the message that is being communicated. Moreover, visualizations are like verbal metaphors. They suggest, inspire, make people think, and so on, and often avoid direct instruction. Thus, they can function as powerful therapeutic tools. Within each chapter, the figures are loosely organized. It is not necessary that they be read in sequence from first to last. Each figure is meant to be a self-contained unit. Although there is accompanying text, each figure can be understood without reference to it. Similarly, the text can be read and understood without reference to any associated figure. Therefore, the reader can read the text on its own without reference to the figures, or can flip through the figures without reference to the text, or go back and forth between them.

One result of this format is that, at times, there are repetitions. For example, the idea of having a positive attitude is a common theme in the book series; instead of seeing this repetition as a drawback, we can see it as positive because it allows for the accentuation of important themes. The reader should note

that, although the focus of the book series is on figures, graphs, and so on, such visualizations have their time and place. For example, if using the book series, the therapist should not simply rely on visualizations. It is important to see each client as an individual with particular problems in particular stressful situations and, only when it is appropriate, should visualizations be used.

In our streams of consciousness, we find not only words and ideas but, also,

visual images, both of what happened in the past and what can happen in the future. Therapists can use more effectively the human penchant to visualize. Often, the visual modality is neglected in our thinking process regarding more positive stories that we can tell to ourselves and to others. The current book series aims to rectify this oversight through its many therapeutic visualizations. Narratives need not be verbal alone.



Dream Dance

The joy of music, rhythm, and dance invigorates life and provides the best source of destressing. We are connected in the smooth flow of coordinated, undulating bodies and the powerful chant of multitudes singing. Music and dance empower both individual and group. We sing in unison in choirs, or dance together to the trance of drumbeats. Or, we simply absorb the enchanting melodies that we hear at symphonies, at concerts, on the radio, or from our electronic devises. We listen to music as we fall asleep and it carries into the reverie of our dreams. **Music is to life, as life is to life.**

ACKNOWLEDGMENTS

The book series on Rejoining Joy owes much to my teachers, some of the best of whom have been my clients. It is their stories that have inspired me. Often, it is their ideas and solutions that I put into written and visual form. Often, they are like psychologists, and I simply facilitate the dialogue that they are having in their own minds about which course of action to follow, which advice to accept, and so on.

Another special set of teachers has involved my family, including my mother (Rosalind) and my late father (Samuel), my wife (Lelia) and our children (Carina, Joy, Victoria). They have been great teachers about children and parenting, as has been our first grandchildren, David and Osher. In turning to rehabilitation psychology, I owe much to Stephen Swallow, who was an excellent supervisor and mentor. Other important teachers whom I have had in my student and professional life have included: Jim Alcock, John Crozier, Thérèse Gouin Décarie, Neville Doxey, Michael Lewis, Edward Meade, Ronald Melzack, Gert Morgenstern, Marvin Simner, and Peter H. Wolff. To all these people, I say a hardy THANK YOU.

I would like to thank the following people who have helped put together the book series. Orden Braham of e-promotions completed the computer graphics following the hand written figures that I gave him, and he turned them into

the professional quality so clearly evident. Beth Crane of WeMakeBooks.ca worked diligently setting up the pages in their attractive format and provided timely advice, as well. Moreover, she greatly improved on the organization of the contents of the figures. Kim Monteforte set up the pages for the sayings book. Also Cindy Cake expertly put together the child alphabet book, which has been placed on the website for the book series (rejoiningjoy.com). Finally, Heidi Lawrance contributed to the last phases of preparing the book series for the website. The website itself is an excellent one, thanks to her work and that of Nathan Lawrance and Donna Lam, who worked so creatively on it.

Carina Young Rock had worked arduously on the first draft of some of the graphics, and Arthur Demerjian has helped her in this regard. More important, Carina Young Rock has provided photographs for the book series, the excellent quality of which is noticeable. These are, first, from the holy land and its nature preserves. Also, she took pictures in New York State. Brian Rock has added wonderful pictures of Switzerland. Joy Young provided the pictures of Toronto. Not to be left out, I added pictures from my visits to the San Francisco area and the Phoenix area (where conferences took place). Carina Young Rock and Joy Young have contributed some artwork to the series (Carina: the introductory art to Volume IV; Joy:

Figures 29.11 and the loon in Northern Bird in Volume V). They collaborated in writing the essay entitled, "Harmony."

Polly's parents have given kind permission for me to reproduce her epitaph (text for Figure 29.11) and the Foreword to the sayings book.

Editors and proofreaders must have patience, and, and I give Joy Young, Carina Young, Victoria Young, Catherine Leek, and Shayna Buhler many thanks. Jessica Chan and Darcy Winkler provided pertinent advice. Don Bastian provided incisive feedback from an editor's perspective that led to improvements in the final draft. Finally, a colleague, Andrew Kane, provided feedback on the essay, "On Psychology," demonstrating his effective writing skills.

Joy Young and Candice Rubinstein undertook the noble effort of struggling through my handwriting to type the manuscript. They had help from Regina Altarkovsky, Jessie Amaral, Melissa Canastraro, Kaitlyn Chambers, Jessica Chan, Joyce Chan, Aline Demerjian, Bonnie Donaldson, Hilary Downes, Paula Druzga, Ilana Gorodezky, Michelle Greisman, Urszula Jasiowka, Natalie Kardasopoulos, Ko Khaira, Vanessa Kissoon-Singh, Simone McMillan, Kathy Raufi, and Darcy Winkler.

I wish to thank Plenum Publishing Company (now called Springer Science & Business Media) for their kind permission to use full or adapted versions of material from my 1997 book, entitled *Adult Development, Therapy, and Culture: A Postmodern Synthesis*. The material forms the basis of the following figures in this series: E2-2, E2-3, E2-4, 7.5, 18.4, 26.5, 28.10, and 29.9. The poem entitled "A Healing Poem" is repro-

duced from that book, as is the essay "Reflections for Adults in Transition or Crisis." The art piece introducing Volume IV is taken from the cover of the Plenum book. Springer gave kind permission to take excerpts from chapters in my 2006 and 2007 books for the appendix in the book of essays. The first appendix is constituted by an excerpted, condensed version of a chapter by Young and Yehuda (2006). The second appendix is mostly constituted by excerpts from a chapter by Young, Kane, and Nicholson (2007), and by excerpts from an undergraduate BA research thesis by Janice Dias, written under my supervision, and published with permission by the authors. Parts of the essay entitled "Rehabilitation Psychology" are based on an article that I published in 2008 in the Springer journal that I edit, *Psychological Injury and Law*. Springer also gave permission to use material from my book in press for a section of the introductory essay on psychology and for two figures.

Many thanks to Mark Biernacki, LLB, of the law firm Smart and Biggar, for securing copyright and intellectual property rights for the book series and the website.

If you would like to order material related to *Rejoining Joy*, such as the artwork or the photographs, kindly visit www.regainjoy.com.

Gerald Young, Ph.D.
Department of Psychology
Glendon College, York University
Toronto, Ontario, Canada
February, 2011

SUGGESTED PROFESSIONAL READINGS

There are many books available for the interested reader. Robert Sapolsky (2004) has written an excellent trade book on the topic of stress. Boenisch and Haney (2004) present a fine book with ways of dealing with stress. In terms of dealing with the psychological trauma after an accident, the reader should consult Hickling and Blanchard (2006). A more academic description of stress can be found in Lehrer, Woolfolk, and Sime (2007). Pain management techniques are described very well in Turk and Winter (2006) and in Thorn (2004). The psychology textbooks that I use to teach my courses at the university have provided me with an excellent fund of knowledge (Arnett; DeHart and colleagues; Wicks-Nelson and Israel). For my own work, the reader is referred to Young (1997), Young (2007), and Young and colleagues (2006, 2007). For those interested in original academic journal articles on stress and distressing, you may consult: *Anxiety, Stress, and Coping; International Journal of Stress Management; Journal of Psychological Trauma; Journal of Traumatic Stress; Work and Stress, Traumatology, Journal of Child & Adolescent Trauma, and Psychological Traumas: Theory, Research, Practice, and Policy.*

Arnett, J. J. (2007). *Adolescence and Emerging Adulthood: A Cultural Approach* (3rd ed.). Upper Saddle River, NJ: Pearson.

Boenisch, E., & Haney, C. M. (2004). *The Stress Owner's Manual: Meaning, Balance, & Health in Your Life* (2nd Ed.). Atascadero, CA: Impact.

DeHart, G. B., Sroufe, L. A., & Cooper, R. G. (2004). *Child Development: Its Nature and Course* (6th ed.). Boston: McGraw Hill.

Lehrer, P. M., Woolfolk, R. L., & Sime, W. E. (2007). *Principles and Practice of Stress Management* (3rd ed.). New York: Guilford Press.

Hickling, E. J., & Blanchard, E. B. (2006). *Overcoming the Trauma of Your Motor Vehicle Accident: A Cognitive-Behavioral Treatment Program Workbook*. New York: Oxford University Press.

Sapolsky, R. M. (2004). *Why Zebras Don't Get Ulcers: Guide to Stress, Stress-Related Disease, and Coping* (3rd ed.). New York: Freeman.

Thorn, B. E. (2004). *Cognitive Therapy for Chronic Pain: A Step-by-Step Guide*. New York: Guilford.

Turk, D. C., & Winter, F. (2006). *The Pain Survival Guide: How to Reclaim Your Life*. Washington, DC: American Psychological Association.

Wicks-Nelson, R., & Israel, A. C. (2009). *Behavior Disorders of Childhood*. (7th ed.). Upper Saddle River, NJ: Pearson.

SUGGESTED SELF-HELP READINGS

In a certain sense, there is no competition for this book series because it is unique in the ways described. In another sense, the other self-help books that are presented below do very well and promise to continue to do well. Given that the present book series is unique compared to them, it is complementary to the others, and reader will find it an excellent addition to their self-help book library. Or, for young people, it could be a great way to start in self-help, learn psychology, or otherwise be inspired, learn, and grow. In the following, we review some recent books on the topic that are somewhat related to the present book series. By comparing them to the present book series, we illustrate not that the present book series is better, but that the field is ripe for another self-help book in psychology having the series positive characteristics, as described in the above.

A. The first group of competitors in the field that I examine consists of workbooks.

1. The first one is by Martha Davis, Elizabeth R. Eshelman, and Matthew Mckay called, *The relaxation & stress reduction workbook*. It follows the traditional model of workbooks, with a lot of text and exercises given throughout the chapters. The workbook in the present book series differs from it by having most of the exercises being one page in length, so that there are hundreds of them in the book. Each of mine has a brief introductory text that can stand alone, is interesting to read, and relates to a major theme in the other book in the series. Then, each introductory text is followed by two questions. Both questions are aimed at having the reader learn how to handle the issue presented in the exercise and feel confident in doing so.
2. The book by Glenn R. Schiraldi, *The post traumatic stress disorder sourcebook*, follows the same model. It covers many common therapeutic techniques to help clients deal with their traumas. It also covers the effects of trauma on many aspects of daily life. The present book series covers the material in Schiraldi, but in a more concise way, allowing coverage of many other topics.
3. The next book is *Mind over mood*, by Dennis Greenberger and Christine A. Padesky. It is a workbook that deals with cognitive-behavioral therapy, for example, for depression. Many of the workbook exercises deal with standard cognitive-behavioral techniques. In comparison, in my book series, although it is based on a cognitive-behavioral approach, it is not strictly on that approach. It is more expansive in how it deals with problems, yet nevertheless it is grounded in the cognitive-behavioral approach.

4. The next book is by Margaret A. Caudill and it is called, *Managing pain before it manages you*. The title shows a similarity with the present approach because a lot of what is done in the present book series is aimed at helping people manage their problems. The Caudill workbook is written in the standard workbook format, with a lot of text and exercises. It includes chapters on communication and problem solving. The comments for this book are similar to those of the others—it is well done but it deals with a limited range of difficulties that people confront after trauma and in their daily lives.
5. The same can be said for the workbook by Martin M. Anthony and Richard P. Swinson, called, *The shyness and social anxiety workbook*. Comparative analysis reveals that most likely at the scientific level, this workbook is the best one. It emphasizes that we are the experts and it intends that we generalize from what we learn so that we can deal with future difficult social situations. Once more, it is noted that the present book series covers a broader range of material, and is complementary to this one.
6. *Mindstorms* is a book written by John W. Cassidy, and it is a guide for families living with traumatic brain injury. It gives suggestions to families and patients, but it is not a workbook, *per se*. The present book series does not focus on traumatic brain injury, but it can

help patients and families dealing with the stress, emotional upset, and effects on daily living that accompany traumatic brain injury.

To conclude, all these workbooks that I have reviewed are complementary to my own, but, given its advantages, mine will gain a fair share of the market and prosper in sales.

B. The second set of competitor books that are examined are not workbooks, but are more general ones, mostly with text, rather than exercises.

1. The first one is by Barbara L. Fredrickson, called, *Positivity*. Positive psychology is a recent, fast-developing field, and Dr. Fredrickson builds on her concept of “broaden and build” to construct a helpful book. In her book, she ends up with suggestions for increasing positivity and flourishing, and offers a helpful toolkit of ideas. She does not have workbook exercises and does not use visuals. Given this contrast, the present book series is different and unique. At the same time, although it is not called a book directly on positive psychology, it is steeped in this approach.
2. The second book is by Stephanie McClellan and Beth Hamilton, who have written a book called, *So stressed*. It explains very well from a scientific basis the negative effects of stress on our body and on our psychology. It develops a stress detox program and indi-

cates how we can build resilience and regain peace of mind. There are a lot of similarities in the present approach in dealing with these matters, although the present book series is medical than them and deal with many more issues than just handling stress. There are also the other differences described in the above that make the present book series special.

3. James Hollis wrote a book on, *What matters most*. In a certain sense, my own book deals with similar issues. He considers love and living fully, wisdom and spirituality, adopting new ways of living, finding meaning, and creating our own paths and journeys. The present book series deals with these topics, as well, as it is not simply just about handling stress and emotions on a momentary level. It is also about living a full life, and it reflects my basic philosophy that life is about responsibility or taking on responsibilities that make sense to us and about continually re-dedicating ourselves to these responsibilities. Our responsibilities might include raising children with love, living with our partners in love, and studying and working with dedication and application.
4. Another book about daily living and change has been written by David Posen, called, *Always change a losing game*. It deals with making the right choices, avoiding traps, strengthening beliefs, and so on. As with these other books reviewed in this section, it consists mostly

text. Not only does the present book series deal with the themes in this book, it also deals with them in the unique ways indicated.

5. Ronald D. Siegel has written a book on the very influential approach of mindfulness, called, *The mindfulness solution*. Mindfulness is a kind of meditation that is simple to use and apply. As explained by Siegel, mindfulness can help deal with anxiety, depression, pain, and stress. Also, the book discusses areas of daily living, such as romance and parenting. Mindfulness can help us break bad habits, change, and grow.

The reader will notice that the present book series deals with all of these, although it does not refer to techniques as mindfulness, *per se*. Rather than teach one technique, the book series offers an array of choices to the reader and they can combine them in ways that are effective for them, while adding to them other coping resources. The approach of the author to psychotherapy and counseling is not about technique. Nor is it about theory. Rather, the present book series is about learning about oneself and growing, on the one hand, and about genuinely meeting the person in context at the individual level, on the other hand.

6. Finally, there are self-help books with catchy titles and contents, such as written by Leil Lowndes, on *How to instantly connect with anyone*. The reader will appreciate that the book series includes

hundreds of sayings in the margins of the text pages, and has gathered them into a book fully dedicated to presenting them. In addition, the present book series has put in bold font hundreds of sentences in the text that are catchy and that are worthy of emphasis. However, the approach of the author in writing these sayings and sentences has been to be educational and instructional,

and not only wise, humorous, inspiring, and realistic. Dr. Young wants the reader to remember and act on the sayings. However, more important, he would especially like the reader to remember specific behavioral and cognitive techniques and other strategies that have proven through psychological and scientific bases to lead to constructive change in the ways of living.

BIBLIOGRAPHY

- Anthony, M. M., & Swinson, R. P. (2nd Ed.) (2008). *The Shyness And Social Anxiety Workbook*. Oakland, CA: New Harbinger.
- Cassidy, J. W. (2009). *Mindstorms: The Complete Guide For Families Living With Traumatic Brain Injury*. Cambridge, MA: Da Capo Press.
- Caudill, M. A. (3rd Ed.) (2009). *Managing Pain Before It Manages You: Change How You Feel By Changing The Way You Think*. New York: Guilford Press.
- Davis, M., Eshelman, E. R., & McKay, M. (6th Ed.) (2008). *The Relaxation & Stress Reduction Workbook*. Oakland, CA: New Harbinger.
- Fredrickson, B. L. (2009). *Positivity*. New York: Crown.
- Greenberger, D., & Padesky, C. A. (1995). *Mind Over Mood*. New York: Guilford Press.
- Hollis, J. (2009). *What Matters Most: Living A More Considered Life*. New York: Gotham Books.
- Lowndes, L. (2009). *How To Instantly Connect With Anyone*. New York: McGraw Hill.
- McClellan, S., & Hamilton, B. (2010). *The Ultimate Stress Relief Plan For Women: So Stressed*. New York: Free Press.
- Posen, D. (2009). *Always Change A Losing Game: Winning Strategies For Work, For Home, And For Your Health*. Toronto, ON: Key Porter Books.
- Schiraldi, G. R. (2nd Ed.) (2009). *The Post Traumatic Stress Disorder Sourcebook*. New York: McGraw Hill.
- Siegel, R. D. (2010). *The Mindfulness Solution: Everyday Practices For Everyday Problems*. New York: Guildford Press.

CONCLUSION

Readers should note that the book series may not apply fully to them. Some parts might strike home, while others may be too advanced or may not address personal situations. On the other hand, readers may find that some parts have raised points that they have avoided. A good response would be to say to oneself, "I didn't realize that this book series could help me with this situation. I will keep going in my reading to help me with it."

Throughout the book series, I use some humour, irony, and other means of inducing smiles or laughter. When clients first enter my office, the use of humour is not appropriate. However, humour can help as sessions proceed, as long as it is used sensitively for helping clients move forward.

Note that in this series, I have protected the confidentiality of my clients. In this regard, at the few points when I do refer to particular clients or case studies, their background characteristics, situations, and issues have been altered in order to protect their anonymity.

In summary, I have written a self-help book series with unique features. There are eight books in the series, and the total pages across the books that are available to the reader number almost 2,000 pages. The book series should be appealing to the general reader, as well as mental health professionals and their patients. It will have a long shelf life, so readers should keep it on their reading list for years to come, and consult the full series, available at

www.rejoiningjoy.com. We look forward to your feedback.

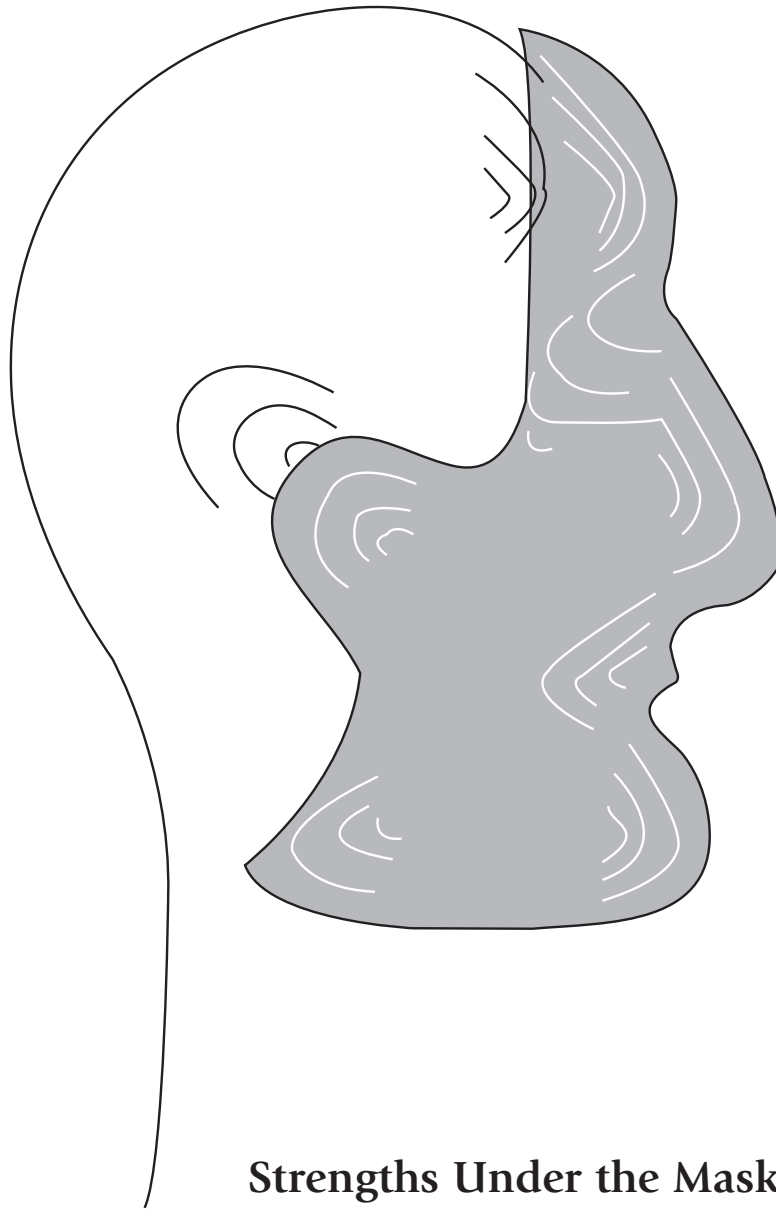
From Science to Practice and from Practice to Science

[Summary of an article published in the *Trauma Division Newsletter* of the American Psychological Association, 2009]

Evidence-based practice concerns application of sound scientific empirical investigation of psychological interventions to the treatment of patients. Moreover, it includes the capacity to engage in critical thinking, using scientific principles, in analyzing the quality of the research and in applying it to the patient being treated. Evidence-based practice adjusts to the wide individual variations in the population and the limits of the research.

Ideally, psychotherapy is a dynamic encounter of the therapist and patient, as they strive together to establish pathways to empowerment and improvement in the patient. Psychologists are trained in according to schools of thought, but often prefer eclectic and individualized approaches. We treat people for their symptoms rather than treating them for how they fit into schools of thought and learned techniques.

For a scientifically informed approach to psychotherapy published in the journal, see: Young, G. (2008). Psychotherapy for psychological injury: A biopsychosocial and forensic perspective. *Psychological Injury and Law*, 1 (4), 287-310. (www.asapil.org)



Strengths Under the Mask

Each of us has a unique set of core strengths that make us special. Each of us has weaknesses that can be improved by self-exploration, social support, and good advice. What others see in us is not a measure of what we know to be true of ourselves. At the same time, we may be confused about who we are, what are our strengths and virtues, and where we want to go and grow. **When times are difficult, we need to know that we have positive psychological anchors that can help us stabilize, preparing constructive change.** These can be found by being vigilant to our depths. By seeking inside, we will find constructive paths to the outside. By taking constructive paths on the outside, our inside anchors will grow.

VOLUME V — ART INTRODUCTION

The book is about art and nature. The reader will find that the art is generally quite simple, consisting of line diagrams. Lines take meaning in context, and the simplest of lines can reveal love, hope, spirituality, and future. The artwork is meant to inspire both

relaxation and reflection. The themes explored in the art mostly concern nature and people. This is a good combination, because both communication amongst ourselves and communion with nature are the best healers, and as a society we have an obligation to heal nature.

D
ART

A

W

I

N

FIGURES

S

K

E

T

C

GRAPHICS

E

ILLUSTRATIONS

Wonder

Art and Nature

Part 1

*In the first five art chapters,
I focus on nature and people*

Chapter 31

Nature

The art in chapter 31 is about nature. Nature is the best artist. It has designed life forms, panoramic horizons, and burgeoning energies that are exquisitely beautiful.



Lines are to drawings as art is to life.

Gliding Over

*Gliding over rivers, I cannot see the
power of the current's pull,
but salmon leap lifting each
other to birthing grounds.*

*Gliding over mountains, I cannot see
the massive rocks beneath,
but pronghorn sheep propel
powerfully at each other in a
struggle for birthing grounds.*

*Gliding over forests, I cannot see the
strength of steel tree trunks,
but branches reach to touch me,
shaking riotous leaves in the
breeze.*

*Gliding over deserts, I cannot see the
wind bursts moving dunes sliding
over hills,
but camels walk their marathon
through blinding sands.*

*Gliding over beaches, I cannot see the
continental shelf,
but it holds the land from
the sea.*

*Gliding over farms, I cannot see the
earth beneath the tilled fields,
but the endless stalks yield
abundant grain.*

*Gliding over cliffs that jut to shores, I
cannot see the diving birds below
the surface,
but they emerge with trophies
struggling in their beaks.*

*Gliding over jungles that bristle with
shrill calls, I cannot see the
multitude of birds,
but they pop out chirping in
flutters of motion.*

*Gliding over seething storms, I cannot
see the frantic animals seeking
shelter,
but they find safety in the
hearths they call home.*

*Gliding over lakes shrouded in fog, I
cannot see the serene mirror
covering the lakes,
but rainbows mark their dotted
presence.*

*Gliding over clouds that billow in
cottony explosion, I cannot see how
ephemeral they are, but they speed
toward the horizon.*

*Gliding in the night sky below the stars,
I cannot see the rays they send,
but they sparkle in connections
of constellation.*

*If we could no longer glide, if the planet had to stop us,
where would we seek the majesty
and serenity of flight in our
imagination?*

*Would we pretend that the sky was still
clear,
that it was as blue as the
sapphire in the sun?*

*Would we pretend that rivers still
flowed unclogged,
that the swift currents could still
hurdle its boulders?*

*Would we pretend that the mountains
were still pure,
and not attacked by corrosive
chemicals in the air?*

*Would we pretend that the forests were
still vibrant,
and not sickened because they
were too weak to resist
pathogens?*

*Would we pretend that the ice sheets
were still white with falling snow,
and not blackened by the soot of
our industries?*

*Would we pretend that the beaches
were still clean,
and not trashed by plastic and
discarded syringes?*

*Would we pretend that the lakes were
not choking with run-off,
and deadened for the fish at the
bottom.*

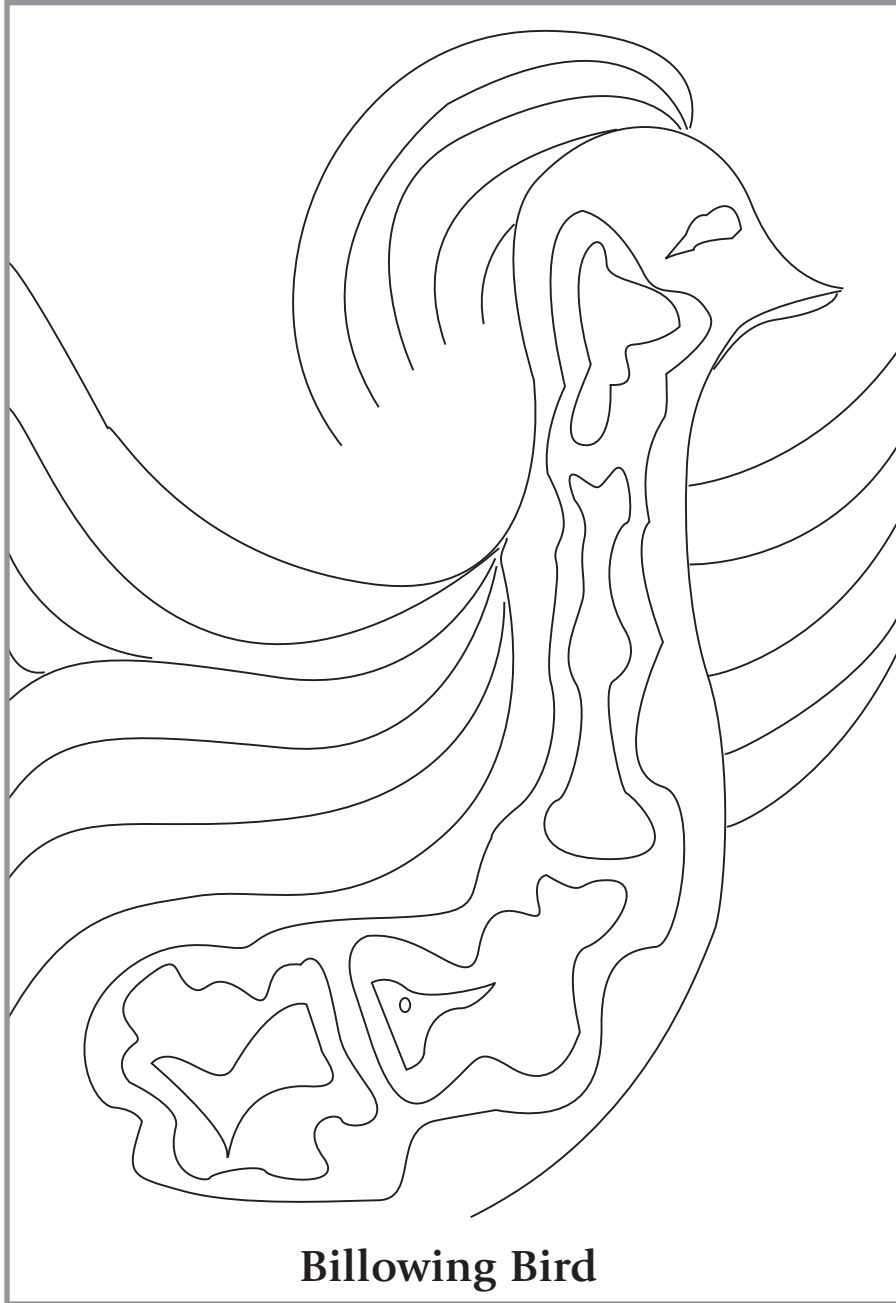
*Would we pretend that the oceans were
still fertile with food resources,
and not plundered by greed and
short sightedness.*

*Would we pretend that farms were still
spilling over with grains,
and not withered by draught
and dust.*

*Would we pretend that the planet was
not fighting back,
evolving to resist our degradation.*

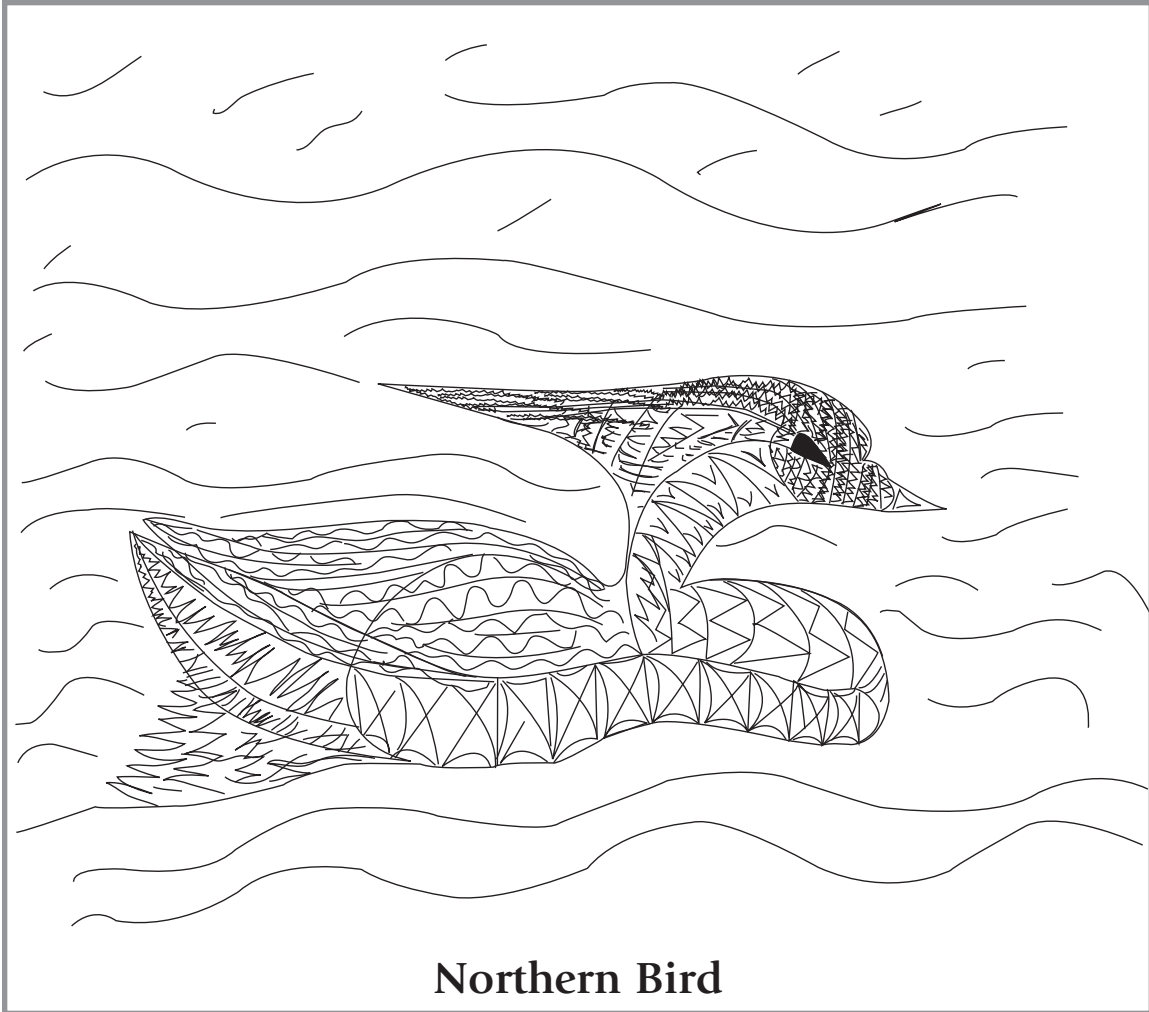
*Would we pretend that we had a future
if we did not change,
that the planet is not a living
vessel?*

*Would we pretend that we did not heed
the warnings that each of us must
do our part,
even if small, to make the great
changes needed?*

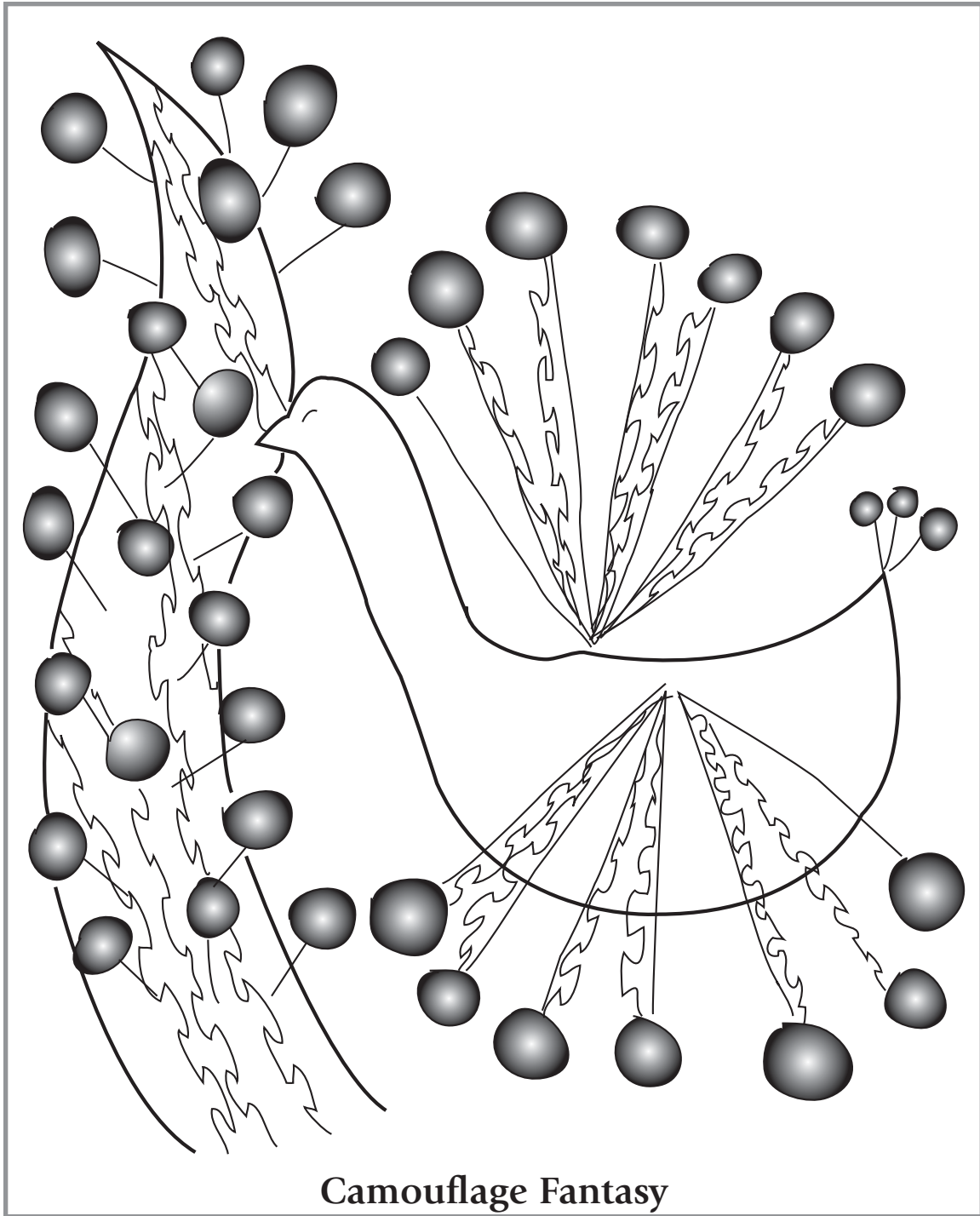


Billowing Bird

Birds live simultaneously at many different levels. First, they take care of their bodies. They nourish their bodies with wholesome food. They exercise in natural ways. They are proud of their form and colours, respecting their difference. Second, they take care of their being, what gives them spiritual moments, and for what they live. **Birds take flight where they have never been, finding new venues to explore and new ways to touch the sky.**



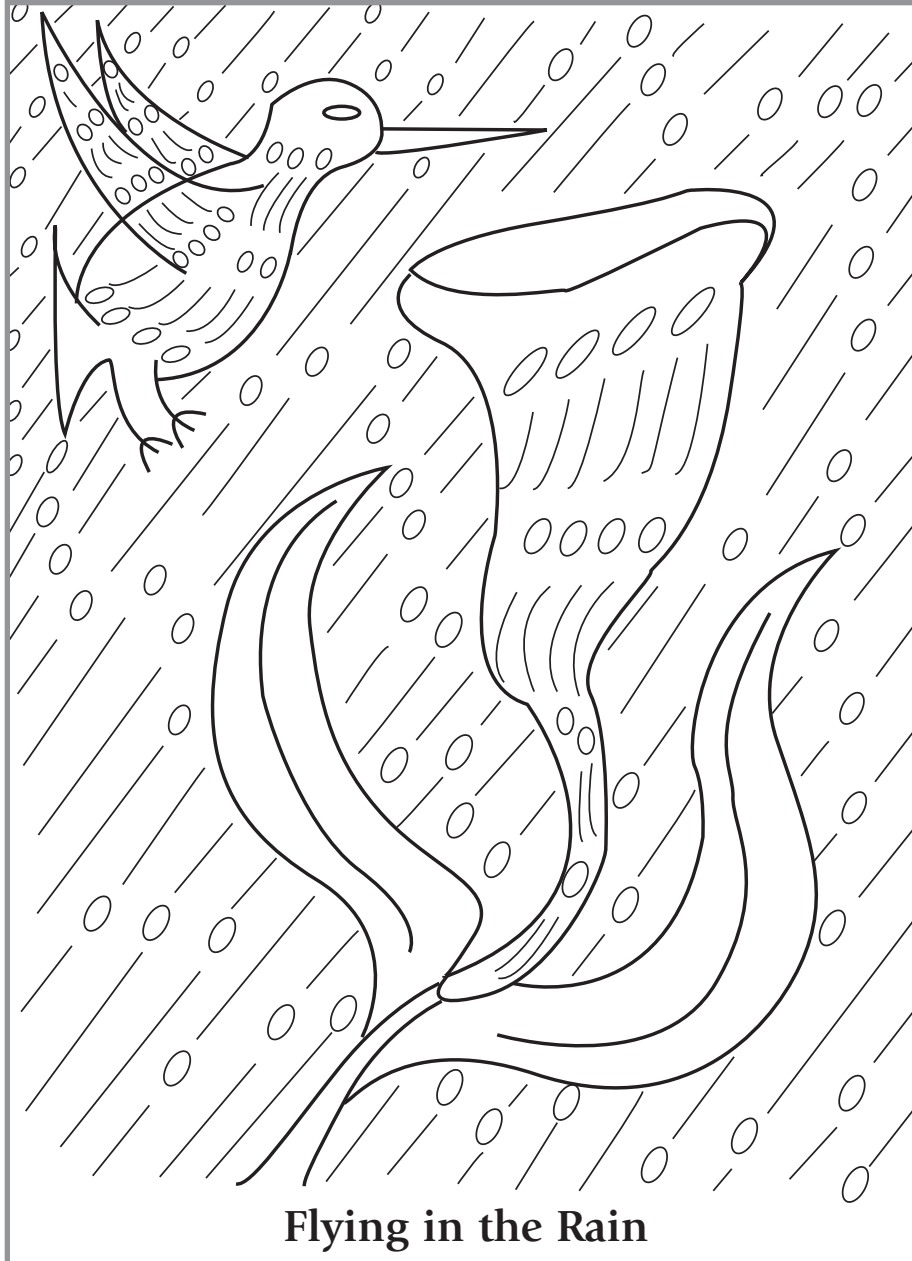
.....
The loons' lonesome calls on glassy lakes are harbingers of finding each other. Their sounds are majestic ringings that echo on cliffs not only to rebound toward each other but, also, into our minds. They bring us together in shared marvel. **Nature provides many openings for our momentary states of isolation to flow into communication both on the inside and toward each other.**
.....



As much as we may define ourselves by how we look to others, our self-definition derives from where we look inside. On the surface, we may move with flair, dress with dazzle, and deploy charisma to gain advantage. However, the deep meaning of our inner self puts on hold the expression of superficiality. **Looking in the mirror begins by holding it up to where we want to grow.**

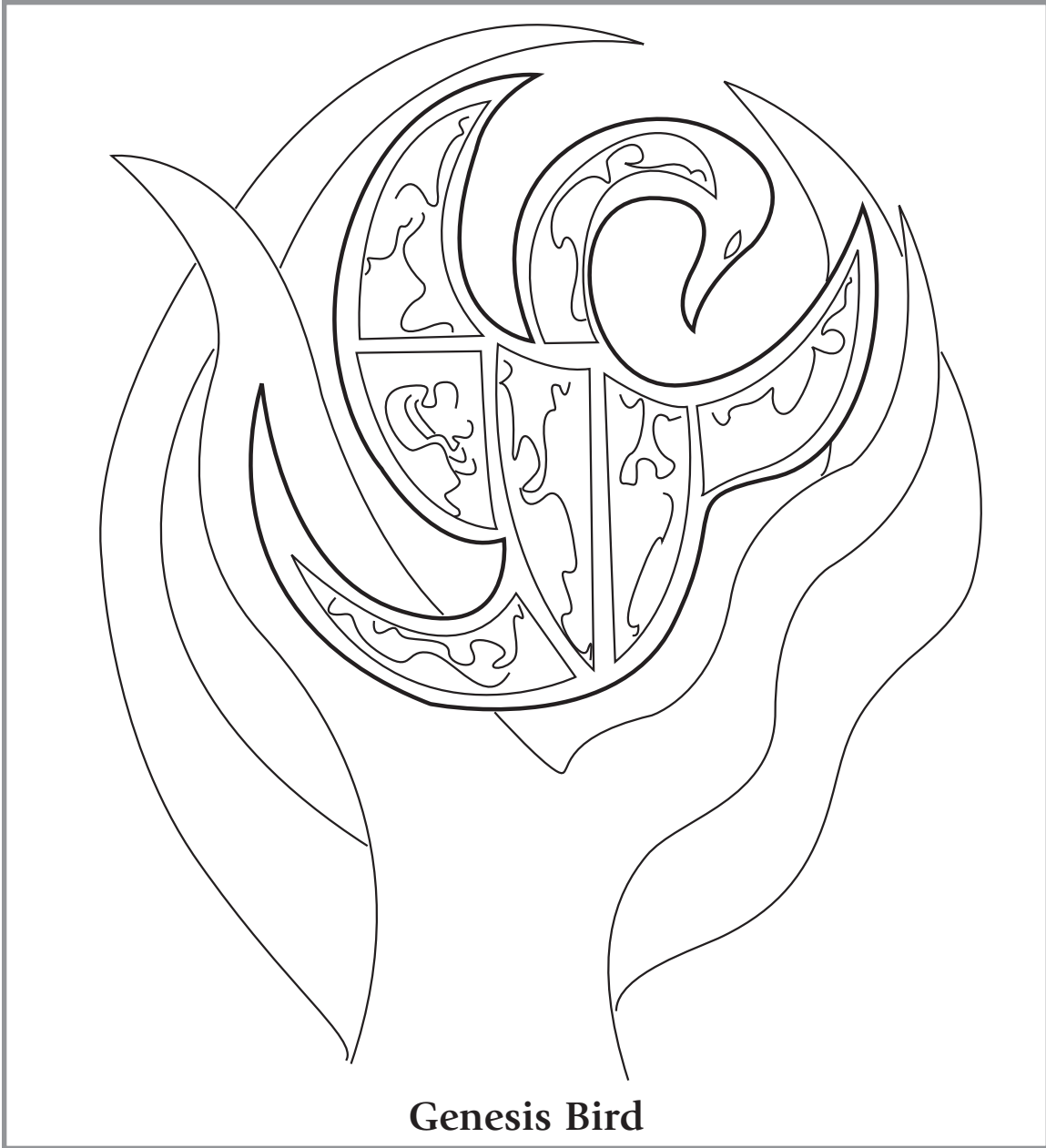


.....
Flamingos march in unison, a harmony of individuals married to the security of the group. They gain confidence in the other, swooping over land and lake. They dance in different horizons, to rhythms inherited over generations. We also flow in shared patterns but, in addition, we find our unique song. **There are melodies that each of us can have that are clearly our own.** We can give ourselves a special voice in what we share with ourselves and with others.
.....



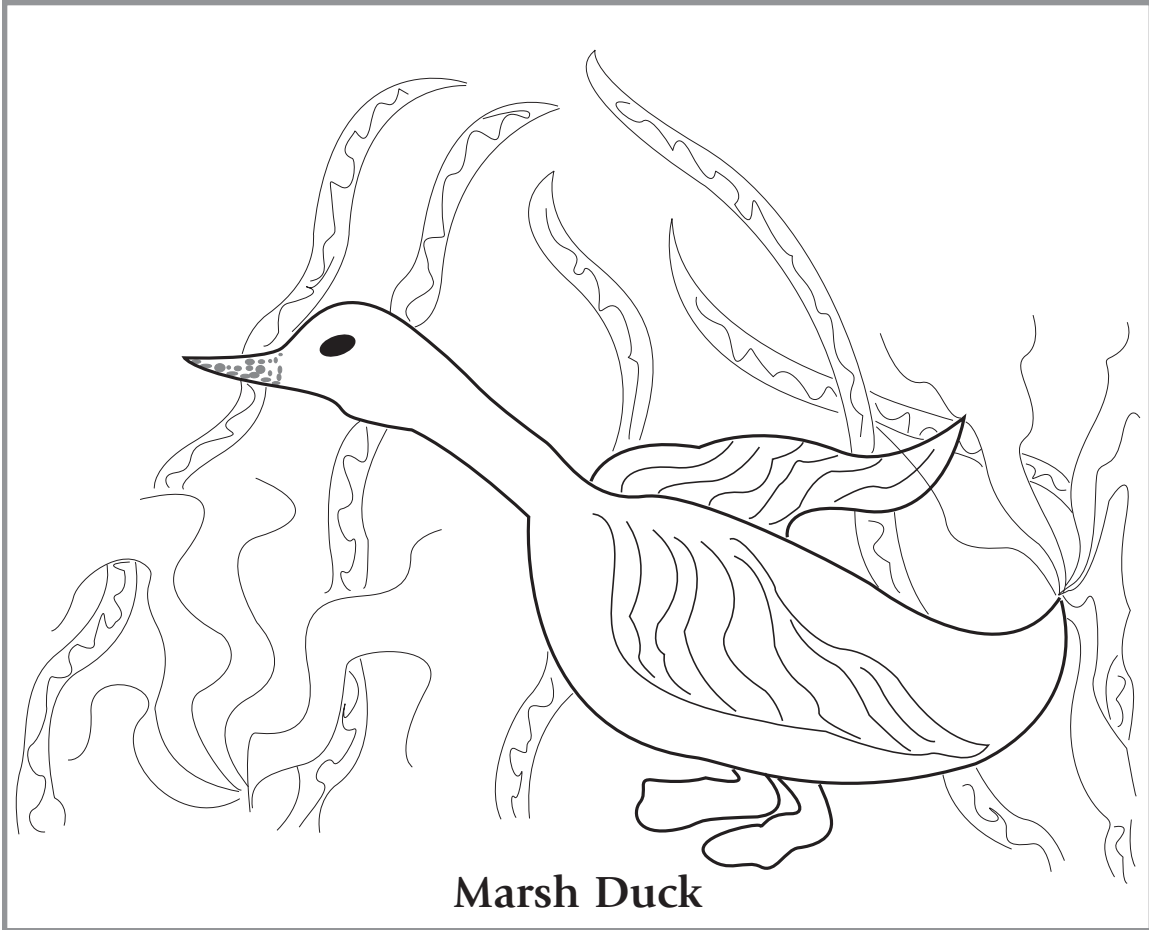
Flying in the Rain

Hummingbirds are nature's energy machines. They revel in the sustenance that flowers provide them. Like bees, they participate in the pollination process. Flowers and their pollinators are mutually adapted, each gaining advantage symbiotically from the other. Evolution has honed a thriving mutuality. Human activity threatens the planet's biodiversity, and bees, in particular, are facing steep declines. **The world will be much less wonderful without the richness that flowers offer.** As in our relationships with our partners, family, and children, in dealing with the environment, we need to find beneficial ways of relating to it toward developing long-term positive outcomes.



Genesis Bird

In the beginning, the universe formed life and life formed the universe. A singularity expanded to multiplicity in basic elements, galaxies, and life forms. Perhaps, there are multiple universes and other planets in our universe capable of supporting life. Our species continuously hovers on the boundary of aloneness and connection, of destruction of our habitat and efforts to save it. Should other worlds and humanlike species be discovered and engage with us, we need to learn to hover at the edge of curiosity and learning. Indeed, we need to learn to do the same in all facets of our lives. **Protecting genesis is not our burden but our reward.**

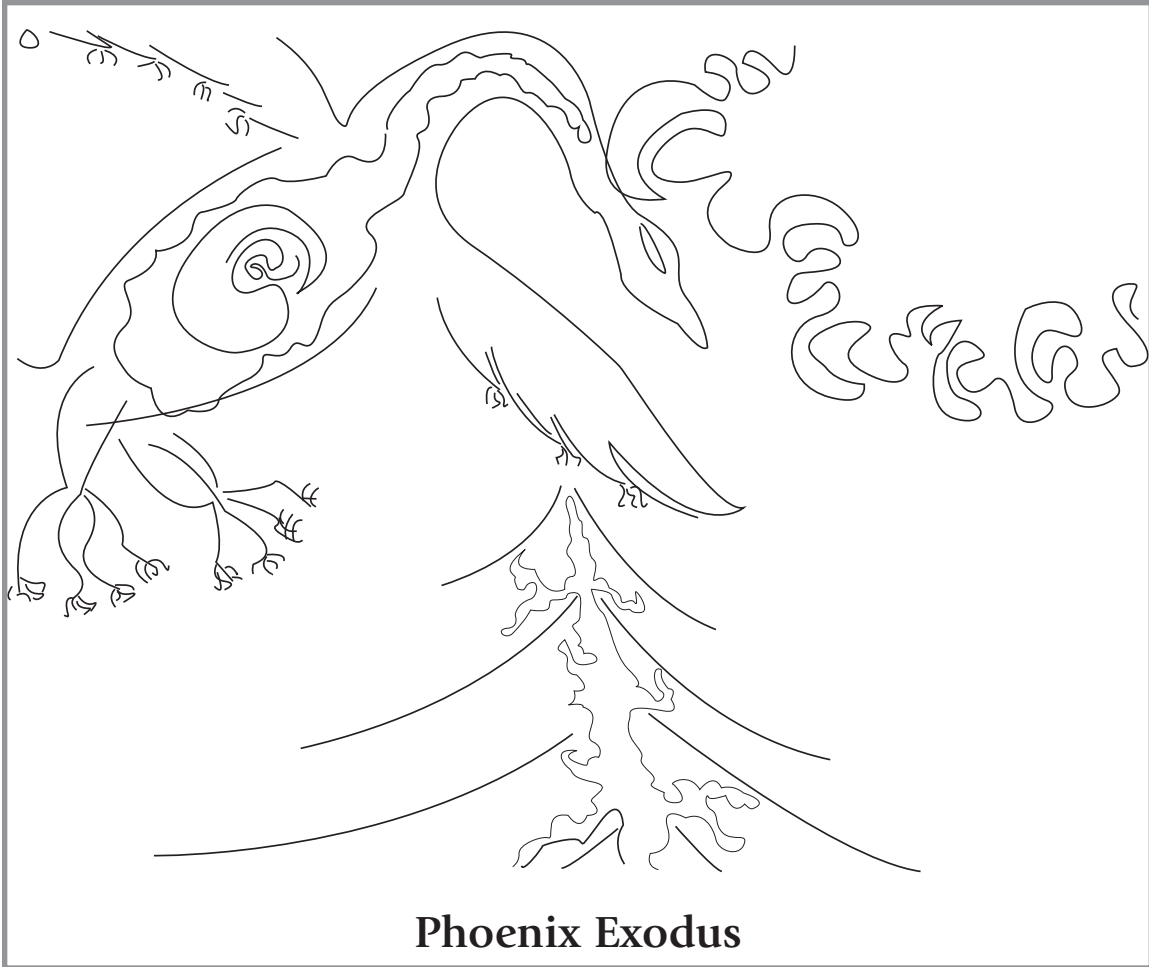


.....
The wetlands are not as attractive to us as are sunlit beaches by the ocean or by shimmering grand lakes. However, wetlands teem with life, and are havens for the vulnerable. Ducklings peer from entwined grasses calling for parental warmth. As with ducklings, human babies reach out for nurturing support from caring parents or other adults. Our caregiving responses vary from the loving and sensitive to the too busy or the negligent and abusive. **Our children wait for us to be the wetland havens in which their growth can flourish.**
.....



Mating Phoenix

Birds coddle their young. They follow programmes of caring that their genes prescribe. At the same time, they learn rapidly within the context in which the programmes unfold. Behavior is the product of the constant interaction between effects of genes and effects of the environment. Although development may seem like only the product of nature, it always involves nurture, as well. Moreover, when it appears that development is only the product of nurture, of course, one will always find the influence of nature. This being said, in the end, the organism is the seat of development, with nature and nurture contributing to growth but not dictating it. The chick in the egg does the growing. The chick has its say right from the beginning, screeching the joy of its birth. The chick's activity influences the parents throughout its development. Every second, the chick is reborn as its own "person" (or "bird"). It arises on its own terms from the state it had been. This growth takes place only partly due to the influence of genes and environment. The human developmental process is much the same. **We do the growing—our genes and our environment do the sowing.**

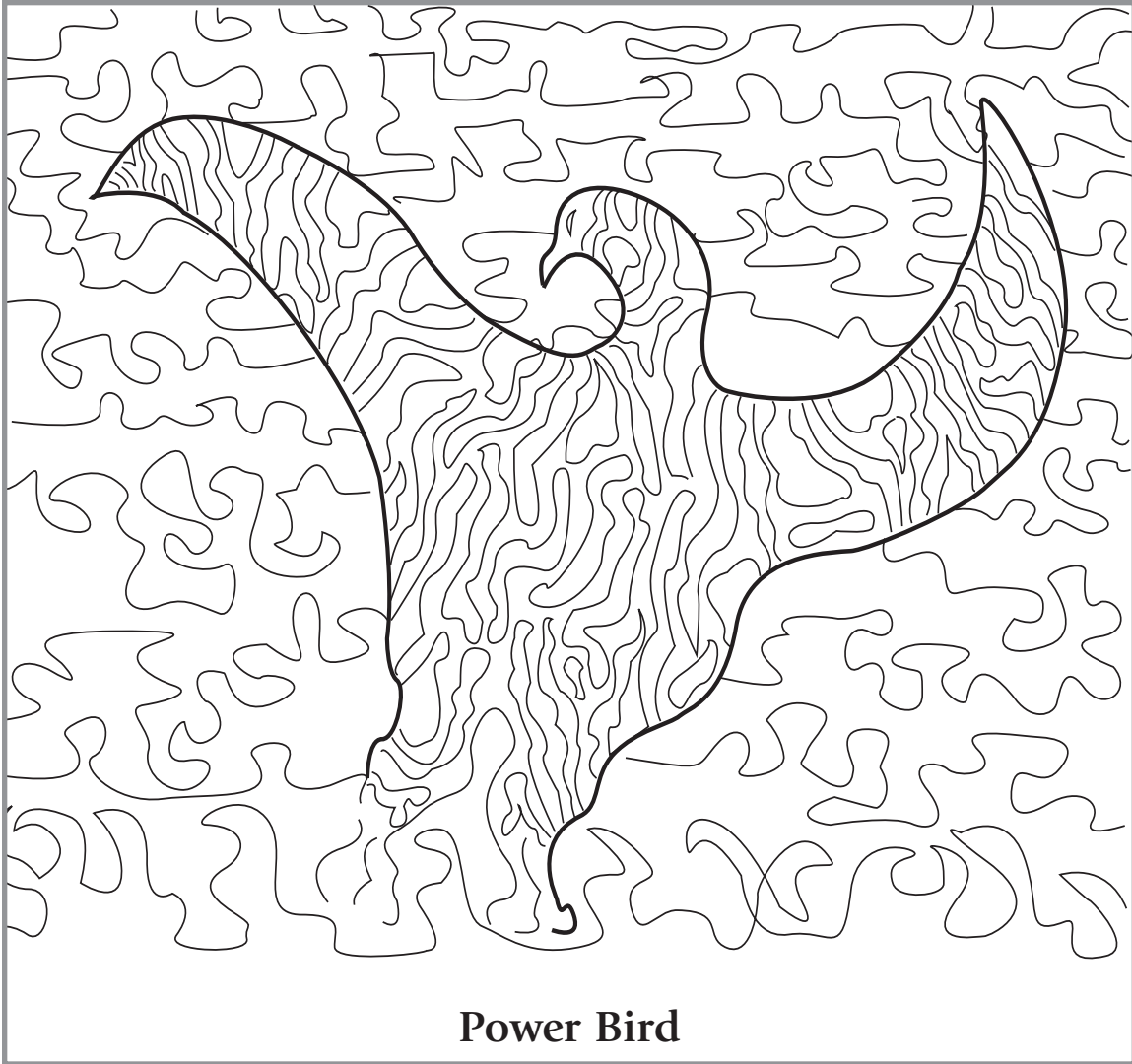


.....
When we start anew, we become new. Restarting gives us the power of its energy. However, restarting cannot be done blindly, in uncontrolled firing. Rather, we must look from where we came, and we must look to where we are going and with whom. **Context creates opportunities, but we are the ones who decide whether we are going to take advantage of them.** When we give ourselves more freedom by knowing our past and present contexts, and also our past and present selves, restarting happens more and also in the directions that we want.
.....



Phoenix Returns

.....
Each moment in time is a choice point. There are multiple avenues to the same outcome, and multiple outcomes that may take place. Each of our choices in the present may alter the lifelines that we are sketching. When our future review its paths, will it be content with the choices that we have made, will our future value the choices that we made at each moment when more constructive and less constructive options were available? **We can act in our moments of choice in a manner that facilitates our future's eventual applause with the decisions that we had made in the present.**
.....

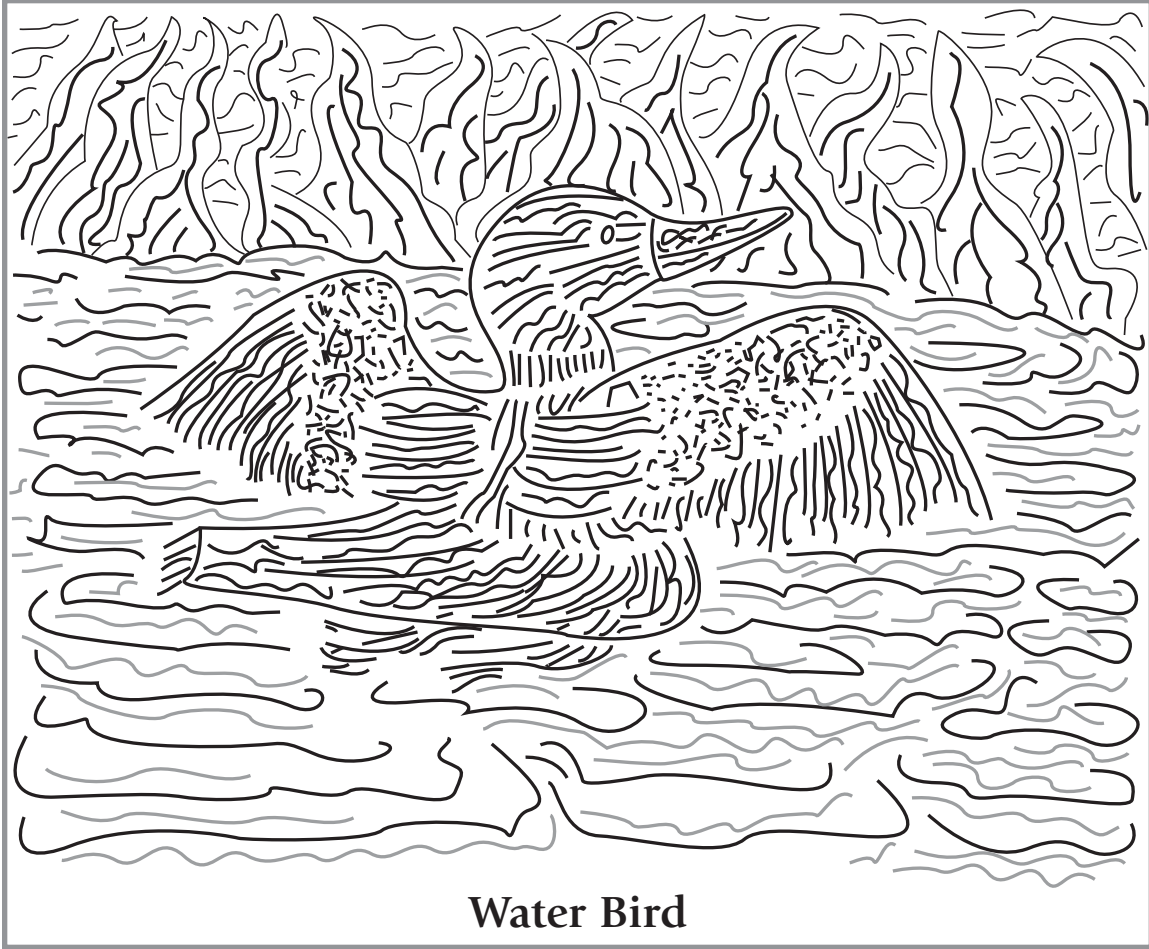


Power Bird

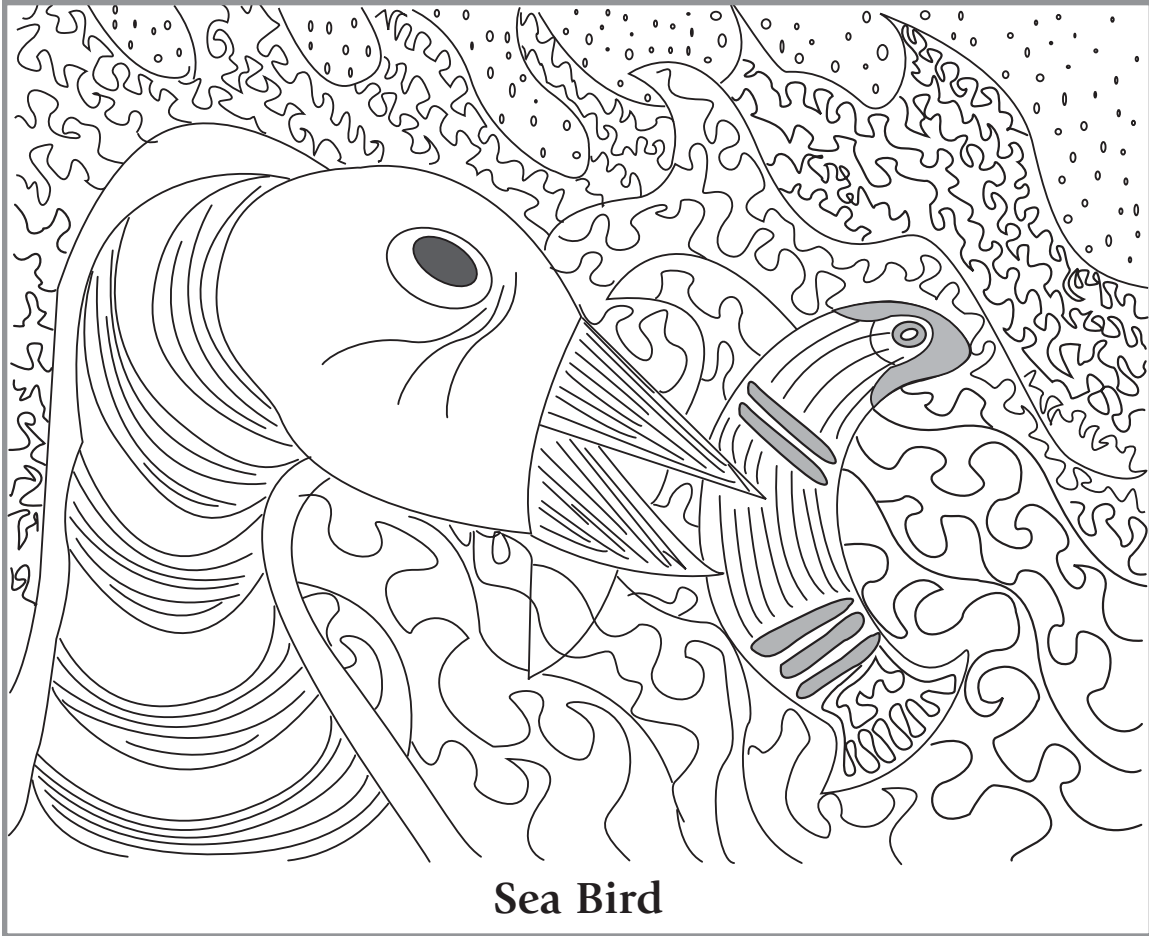
.....

Each of us stands out by our particular strengths and positive characteristics. We may not yet realize what they are, but hidden in our possibilities are potentials not yet imagined. Life is the not yet done. The moment that we decide to confront each day with our best, life becomes being. Power is not what we project in our bearing, but what we accomplish and the way that we accomplish it when duty calls. Keep in mind that, in this regard, duty never stops calling. To deal with our duties well, we should resolve to struggle through their travails, even though we are ebbing in energy and fatigue. In this manner, we will be growing all the while. Growth happens as we engage with commitment in our responsibilities, as we meet life's frustrations with aplomb, and as we lend a steadying hand to those who need it. **Being is true power.**

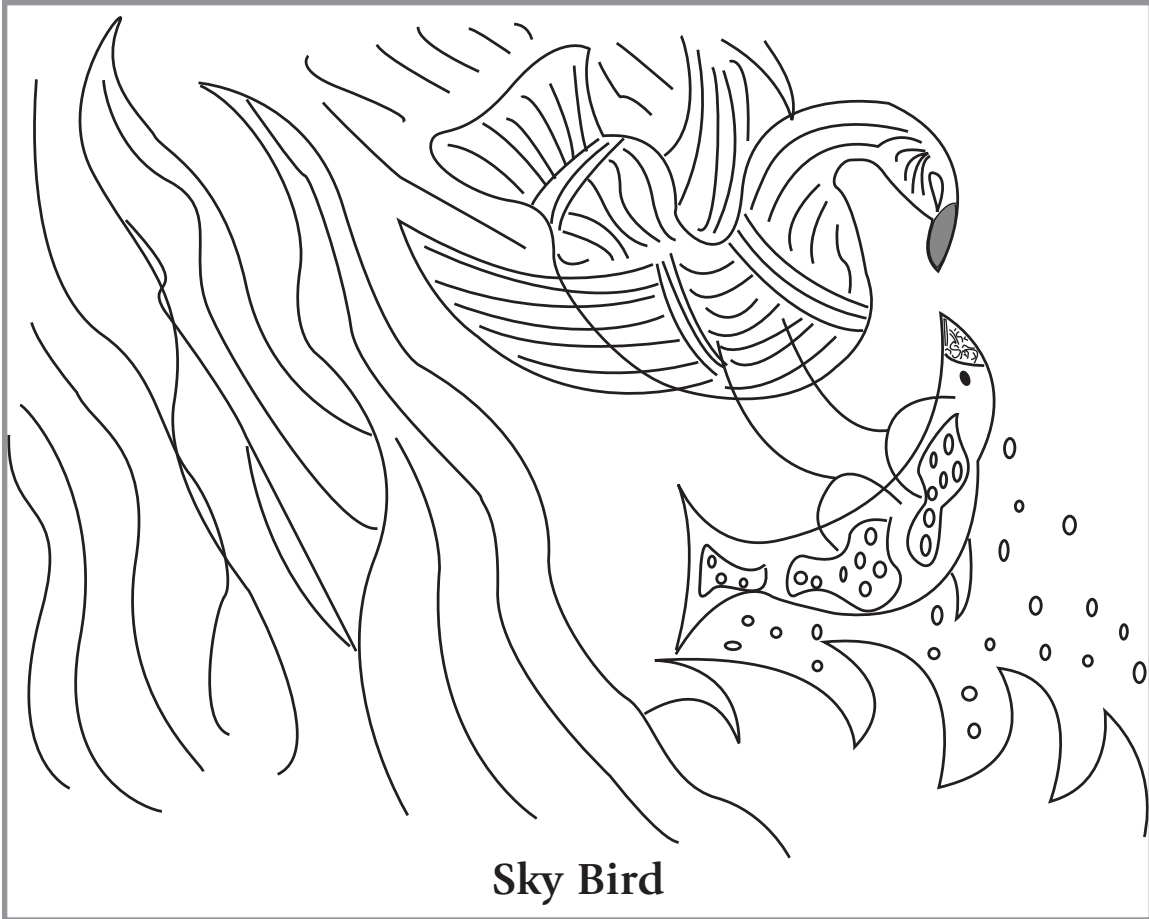
.....



Birds are fascinating because they accomplish their life tasks with so much grace. Who has not been impressed by the majesty of their flight, the enchanting nature of their song, and the beauty of their form? They live in contexts very different than our own, without the benefit of our technology. Relying on what they have been given and their deep will, birds navigate the air, water, and land with equal skill. They remain true to themselves in the worst times, and the worst times bring out their best. For example, they search relentlessly for food, to keep their developing eggs healthy. They shepherd their young through the dangers of the first days. **Birds participate in nature and are enthralled by it. They pass through the stages of their life cycle with nobility in their effort. They succeed within the constraints that nature has given them. Would we do the same.**



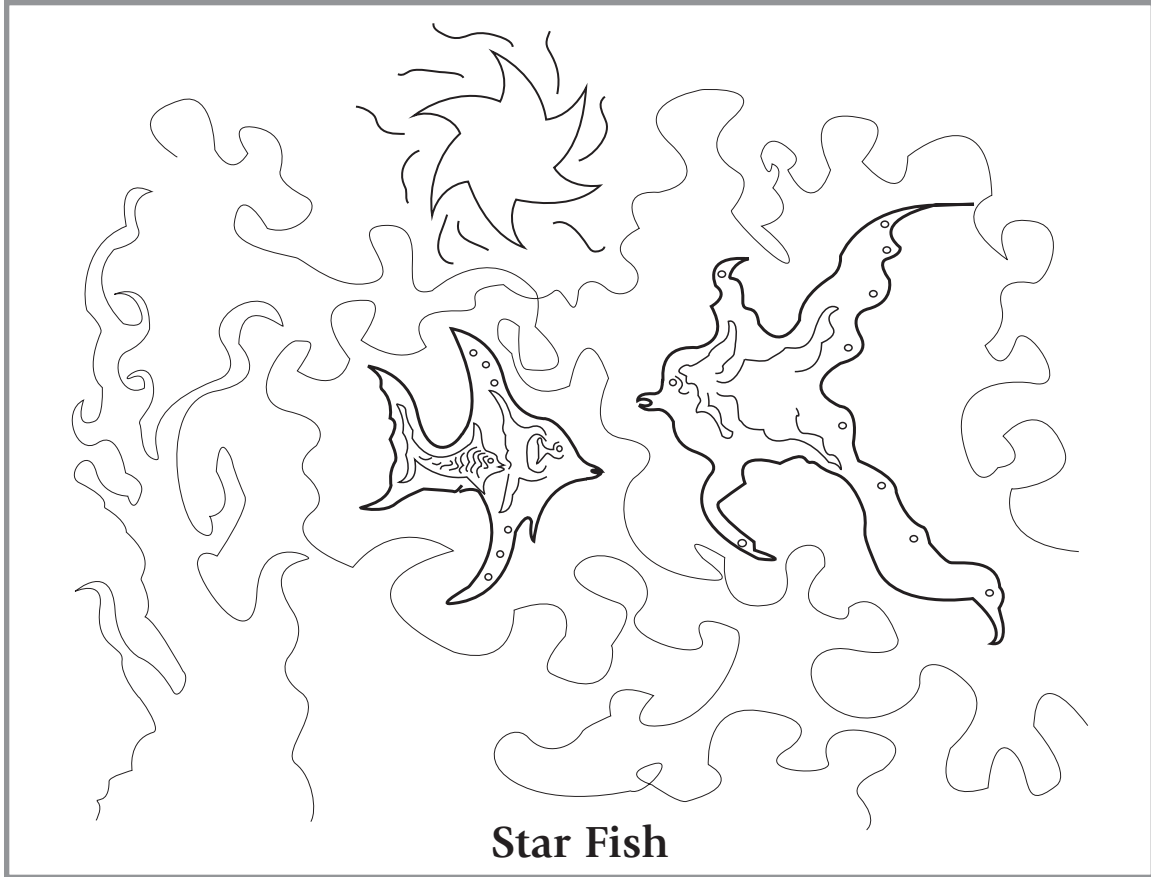
In our everyday discourse, we focus on the conflicts found among us and in nature. The major lens that we use to examine the natural world focuses on bad news and war, predator and prey, storms and stress, cataclysms and disasters, and so on. However, nature involves co-operativity as much as conflict. Species collaborate to monitor the dangers around them. Or, they exist in symbiotic relationships where the species involved profit from their partnership. It is less exciting to filter our understanding of the world around us in terms of cooperation compared to conflict. However, by seeking out such examples, we will learn more of our own potential for cooperation with others. **Cooperation is a two-way treat.**



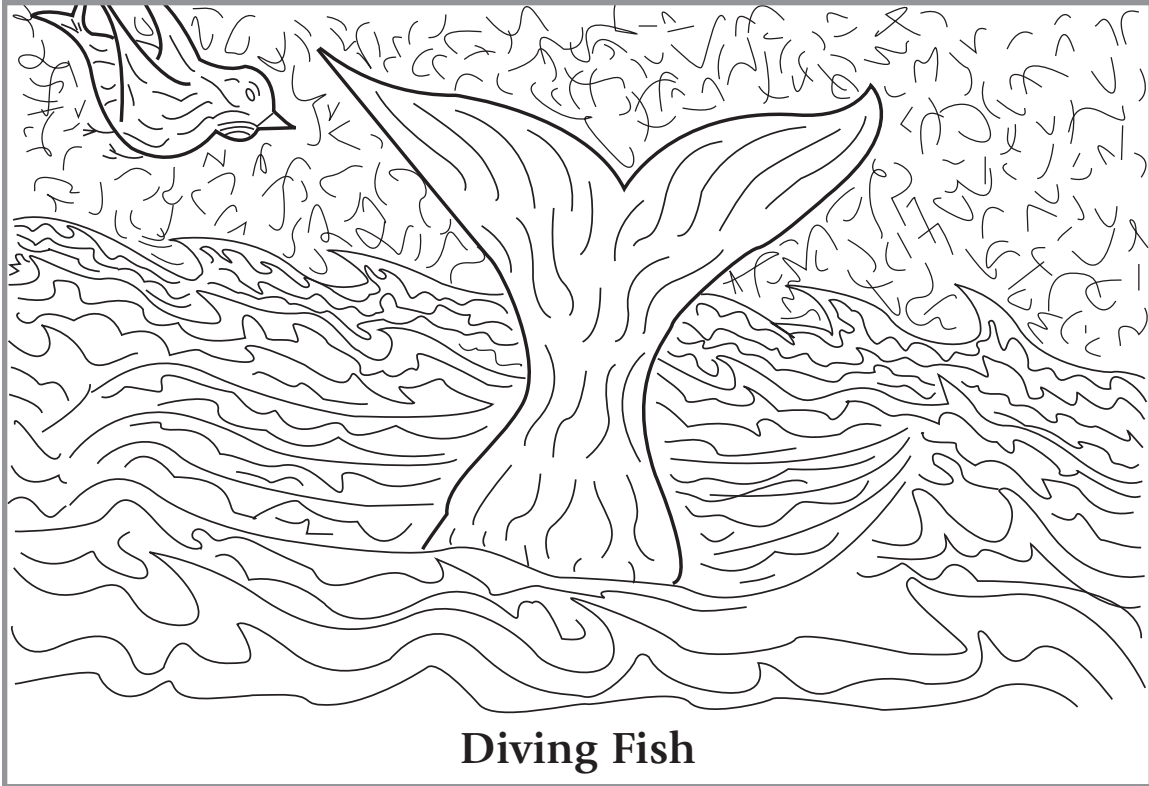
.....
Co-operativity is a choice as much as is conflict. People lurch toward conflict because they pass through each decision point with little thought and much crisis. However, by stopping to question where events are taking us, we can better create options that are more satisfying, less stressful, and healthier in the long term compared to those that lead to and maintain conflict. **Cooperativity should be the operative word.**
.....



Peacocks primp and preen. They proudly display their vivid feathers. The feathers have evolved to attract mates and ward off competitors for mates. The more elaborate the display, the greater the success. Because the quality of the display correlates with general health, it even reflects the peacock's capacity to confront predators. However, peacocks are locked in the prison of their behavior and ways. Peacocks cannot decide to alter their behaviors or change their ways. We also preen and primp. We display to impress others. However, **we are capable of learning that superficial, surface show does not measure deeper interior worth.** When we begin to learn this lesson, we begin to cultivate and display our true positive virtues. We change our behavior and change our ways.



.....
Fish are phantasmagoric. We can sit for hours in front of our aquaria, watching their fitful flitting, graceful flow, or combined synchrony. I see fish everywhere. The stars are full of them. When I search overhead on bright nights, constellations of sea creatures emerge incessantly from the night sky. **We have been given the gifts of imagination, visualization, memory, and mind.** The creativity that we make of them makes the person that we become.
.....

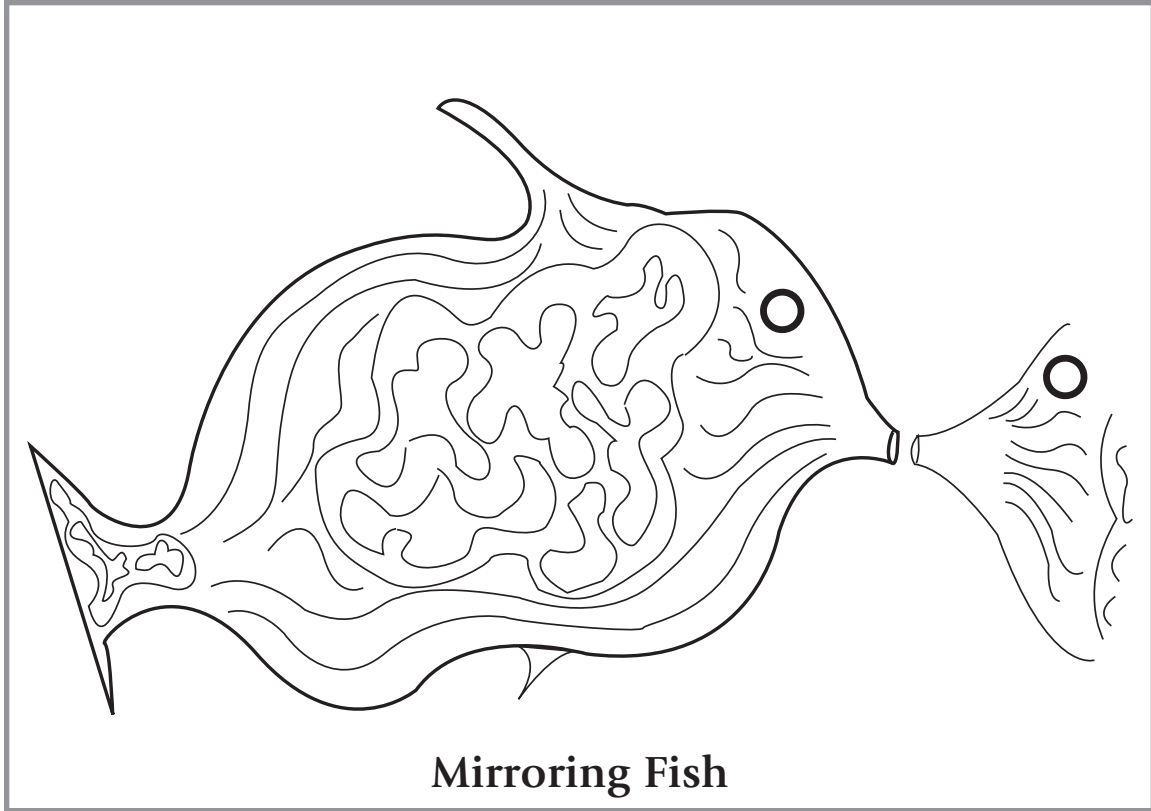


Diving Fish

.....

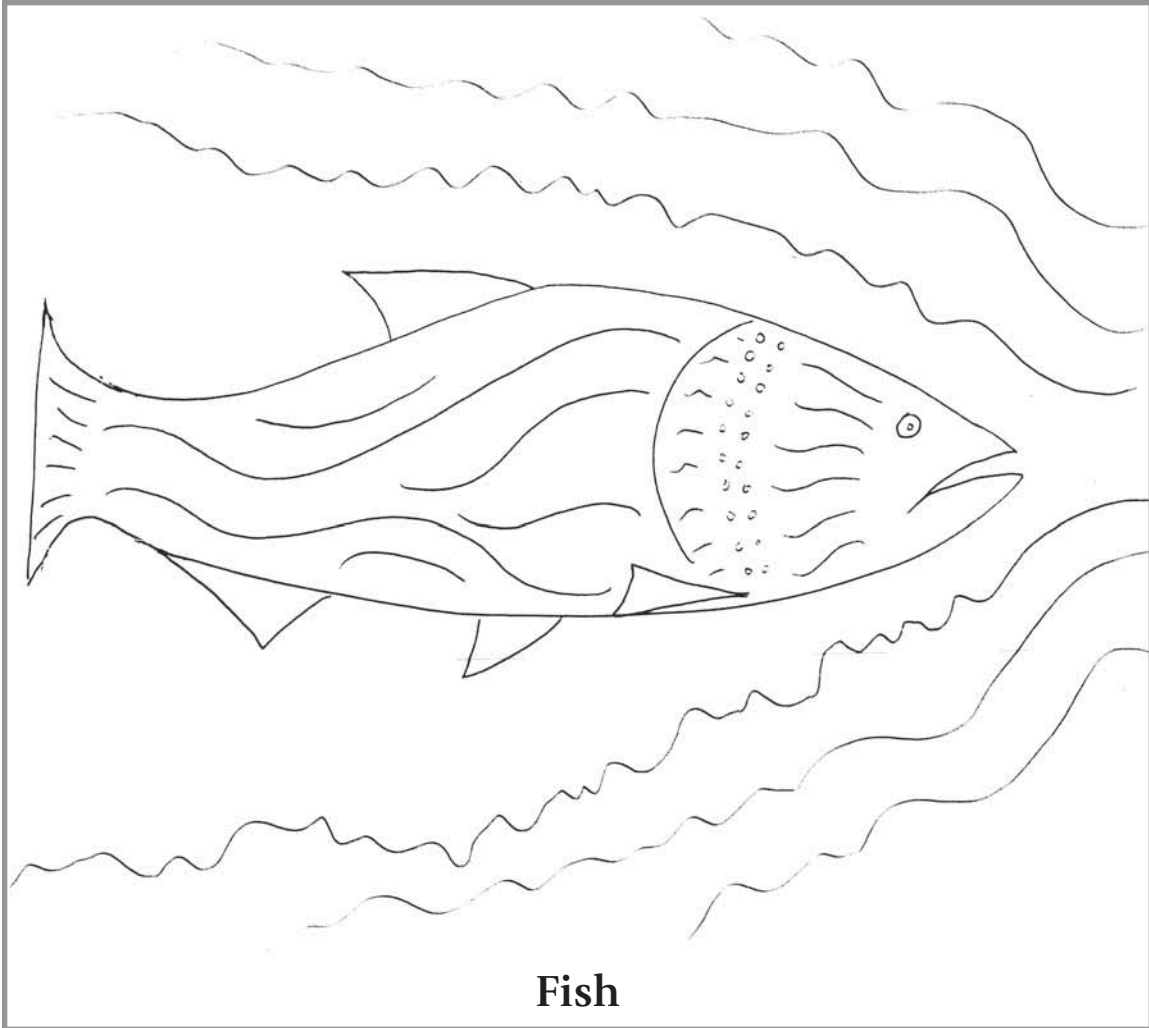
Nature is not a picture or static. Rather, it is a wild, boiling blotch of images that we construct from what we perceive of it in the present and from the memories and emotions that it evokes. For example, waters may appear flat, but beneath the surface galloping undercurrents stir its sediments. Winds are invisible, but they leave trails of gusts on which birds glide. Our perception of ourselves should be like the ones that we have of nature. We are not static. We perceive characteristics in ourselves that appear sturdy and unchanged. However, we are always a mixture of changing thoughts and emotions, as well as some constant ones. We may feel that we cannot change, that we are fixed in our ways, that the past has left a too marked impression on our psyche for change to be possible, and so on. However, **change is like the invisible wind or the currents underneath the calm of the sea; it agitates for its place on our stage, and it can happen when we let it.**

.....



Mirroring Fish

.....
When we look at others, often we see ourselves. Either we find someone like ourselves or we do not see their difference because we want to perceive them as being like us. However, seeking similarity to ourselves reduces the chances of growing beyond ourselves. We risk becoming entrenched and entrapped in particular ways that cannot adjust to new circumstances. **We need to find balance in keeping, without changes, the best of our current selves and improving ourselves by having an open attitude to change.** When we seek to grow, so do our mirrors.
.....

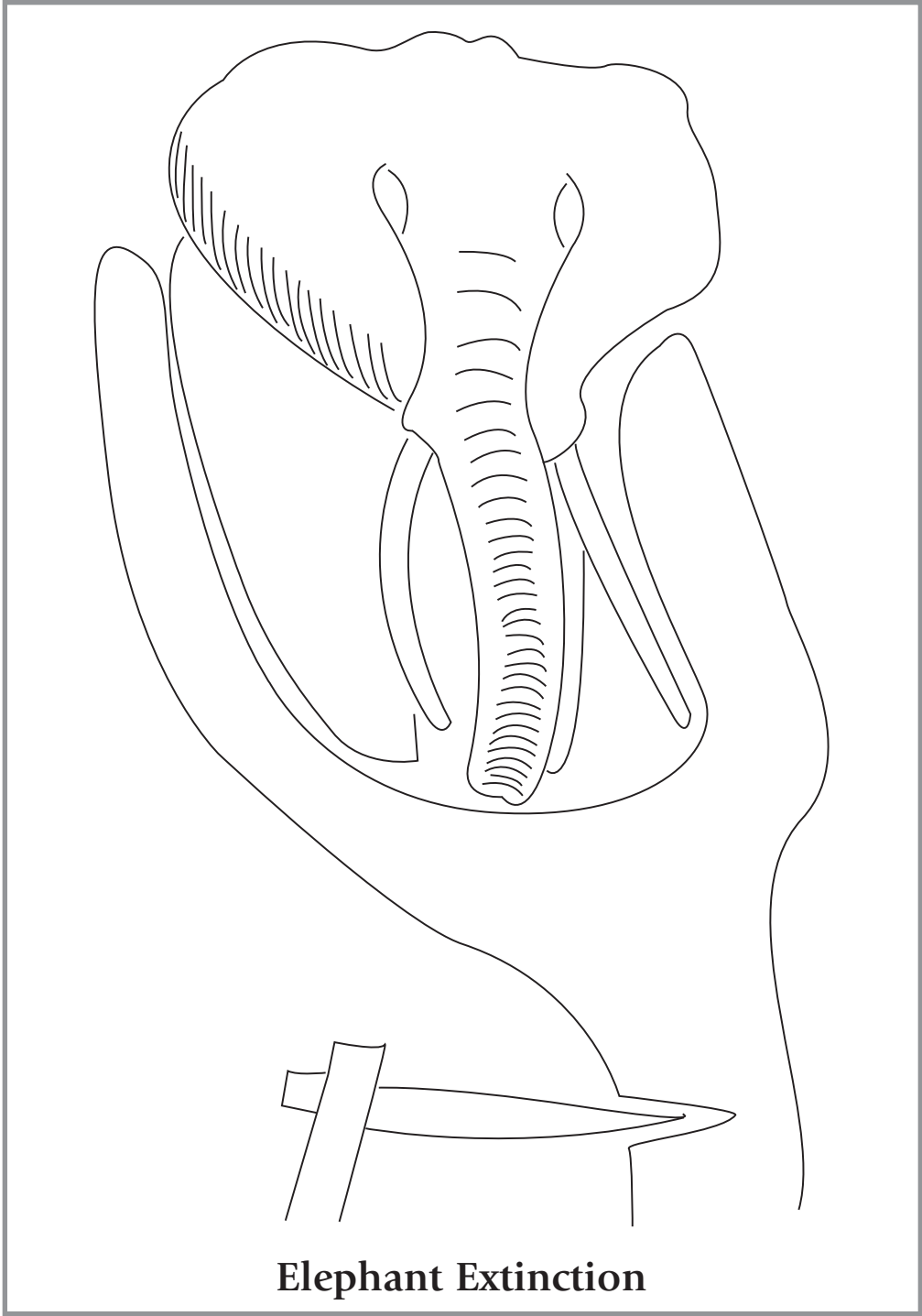


Fish are streamlined to swim well in the most turbulent currents. Waters scurry around fish in trails of turbulence minimized by the efficient plan of the shapes of their bodies. In the evolution of fish from sea to land, their fins gradually took on altered shapes that facilitated leaving shallows for beaches. They were not streamlined to navigate smoothly on shore, but persisted in order to escape predators and find nutrients without the same competition. Their forays were short and they returned to the sea after each one, their new way providing only temporary refuge. However, their new way solidified and eventually new species with wholly different ways evolved. By the same process as just described, behavior can evolve within each of us. At first, a new and better way can take hold, and we can apply it increasingly to problems and stresses at hand. It becomes an effective new way in most circumstances where it is needed. We should give new behaviors a chance to develop. **If we allow ourselves the possibility of having the confidence to change for the better, we will give new behaviors their beach head in our behavioral landscape.**



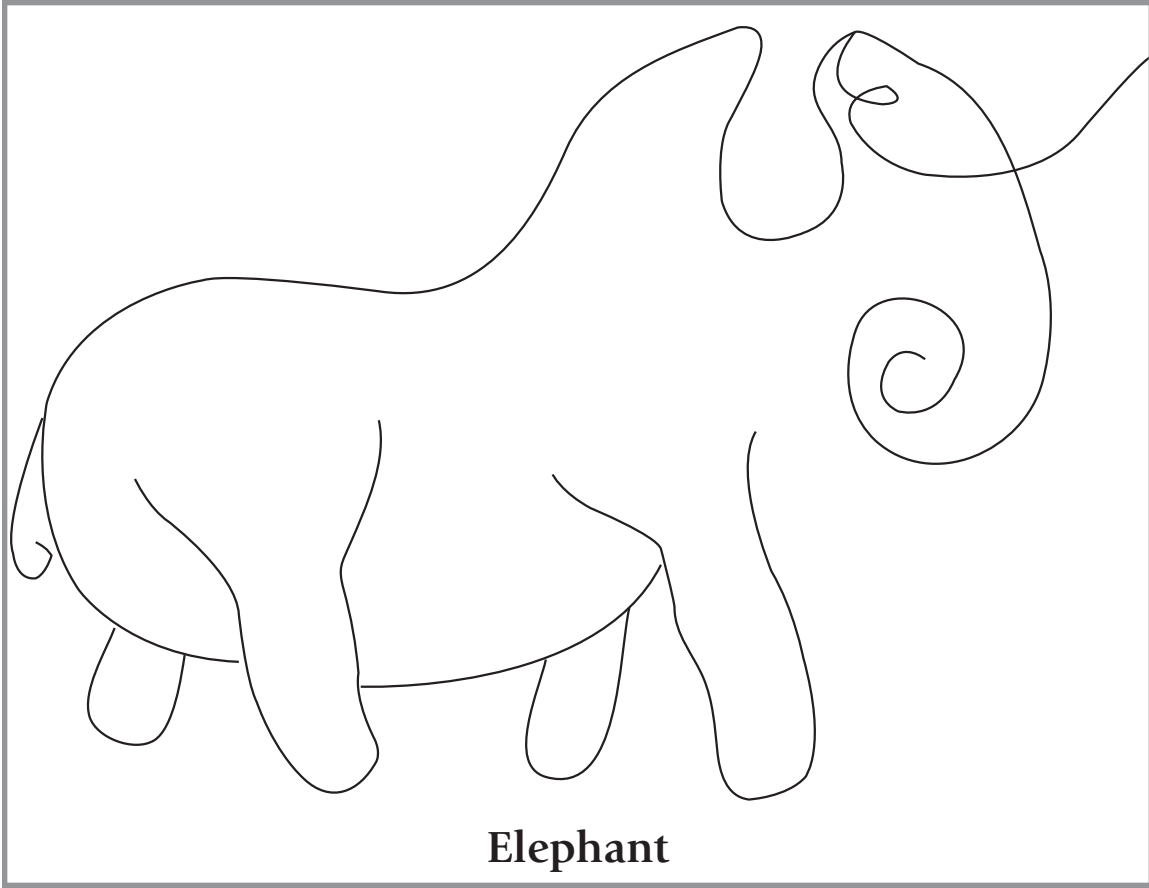
Sycamore Butterfly

One minute slice in the movement of nature reveals its vibrancy. Interacting in synergy, the butterfly alights on the beckoning flower while others dance. Even the course exterior of the bark of a tree gyrates with the energy of flaking bark. The apparently dead matter on the forest floor teams with regeneration, from stirring mushrooms to burrowing insects. Like nature, we move in vibrant ways, creating actions out of the contexts that life provides. We conform to the constraints of those contexts, yet try to alter them, rendering them more to our liking and needs. However, in doing so, it is best that we respect their vibrancies. **We are part of synergies that require our synchronies.**

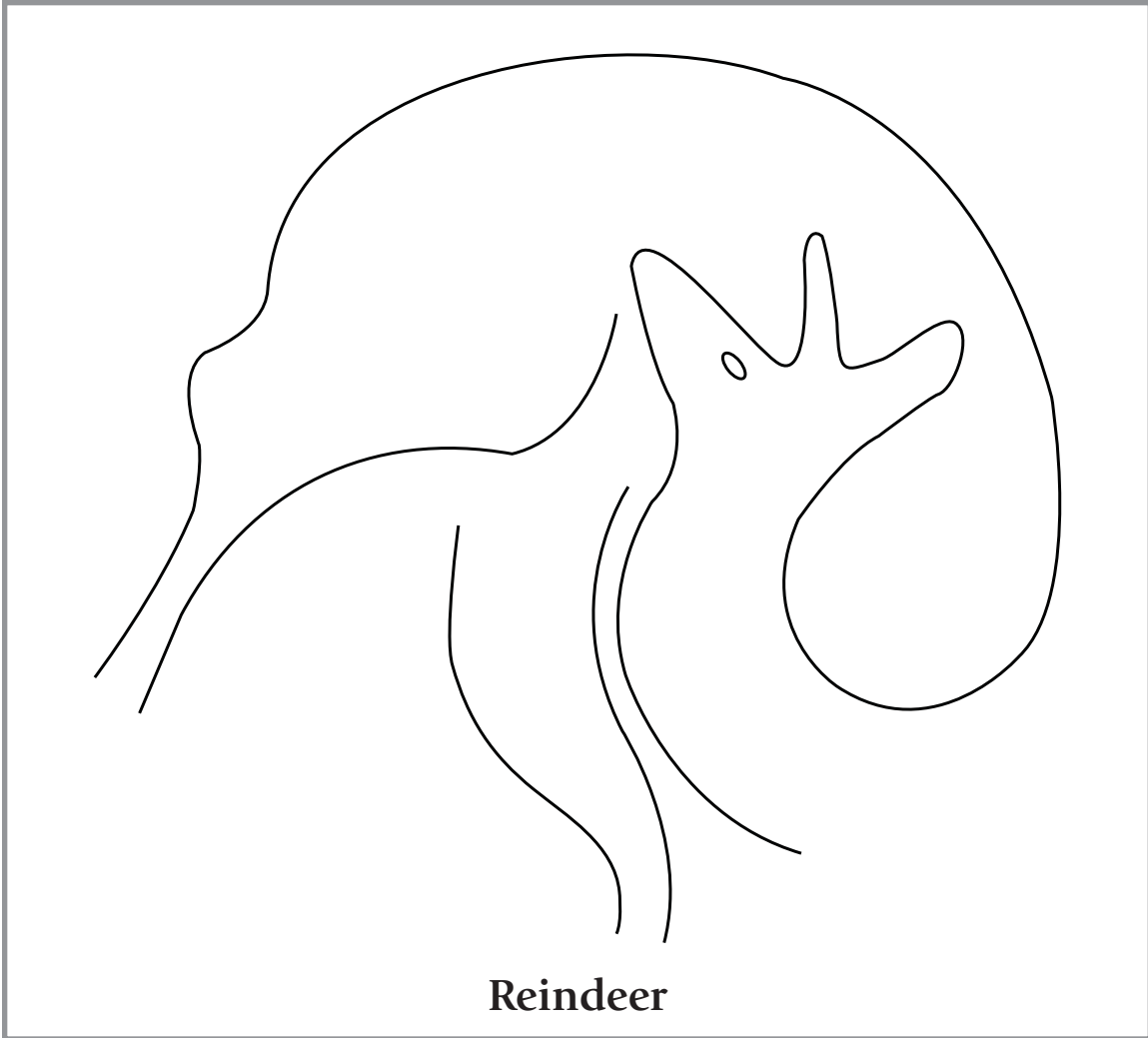


Elephant Extinction

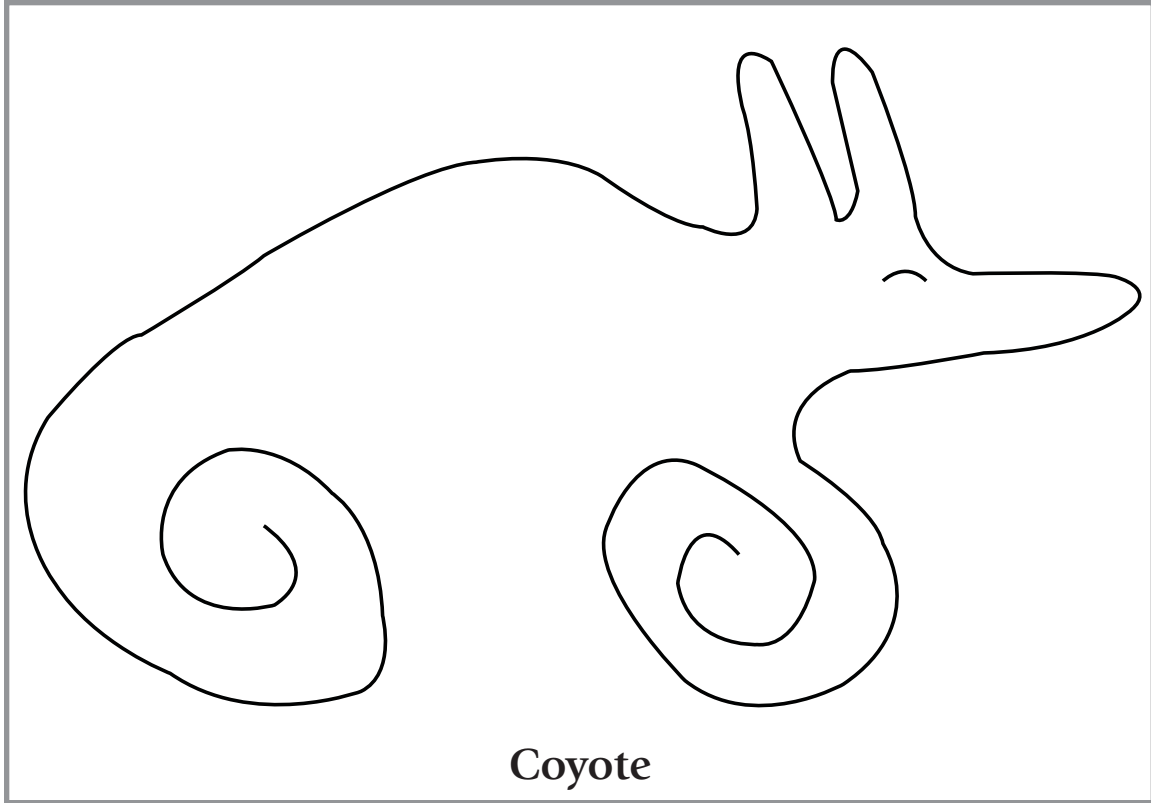
.....
When we act to save faun and fauna, we preserve our foundation.
.....



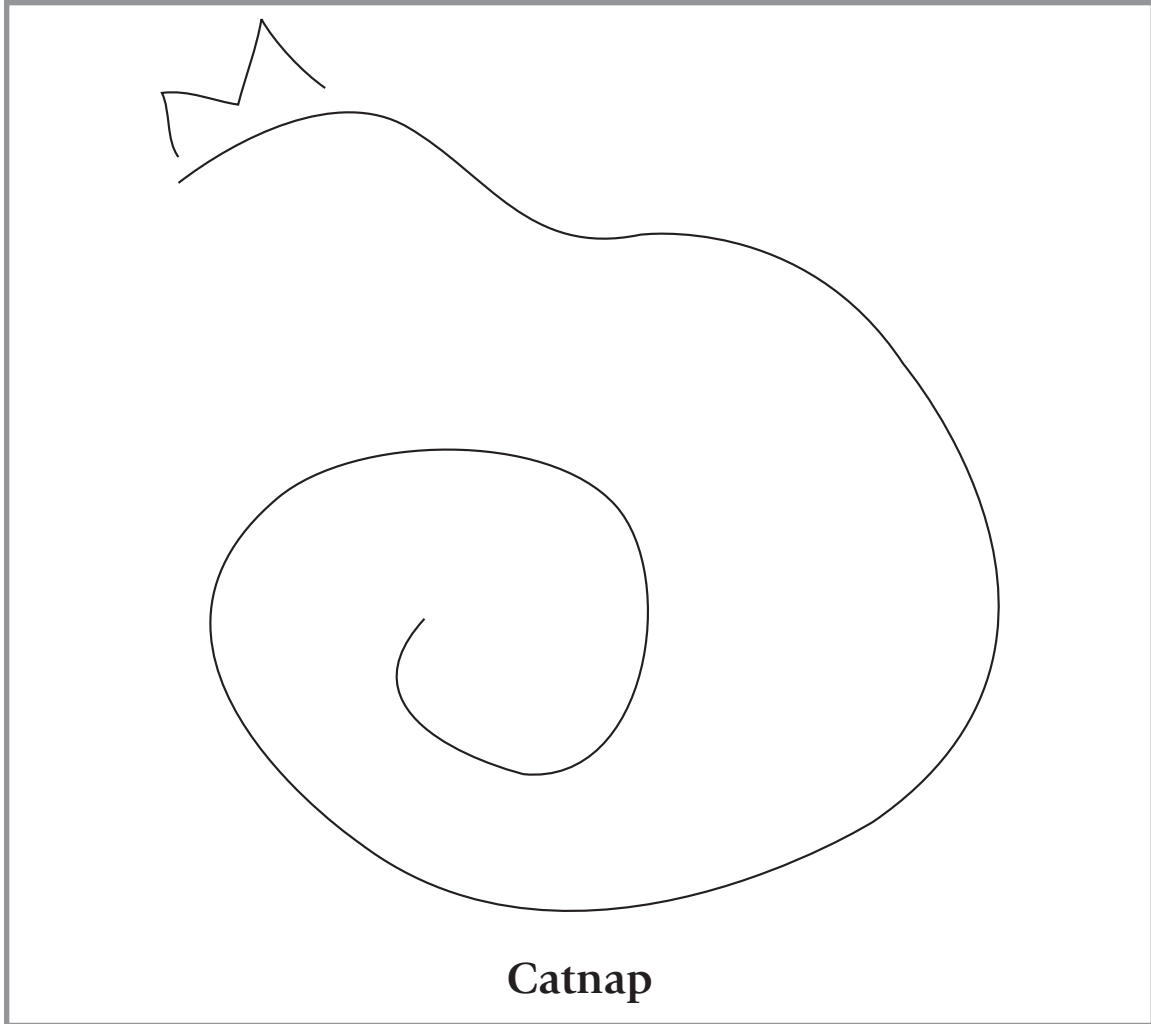
.....
Elephants have a fatal flaw—their tusks. These magnificent creatures are immense, powerful, intelligent, and caring. They are fearless, warm, protective, and wise. We kill them. Their ivory is considered an aphrodisiac. We kill them for our most basic needs. Lost in the hype of momentary pleasure, we forget the hope of finding full and lasting pleasure with wholesome others. Psychologically mature members of the opposite or attractive sex are the best aphrodisiac. Choosing a loving partner with whom to share our life is the strongest stimulant. **By slaughtering elephants and other species, and destroying their habitats, we are slaughtering ourselves.** This is our fatal flaw.
.....



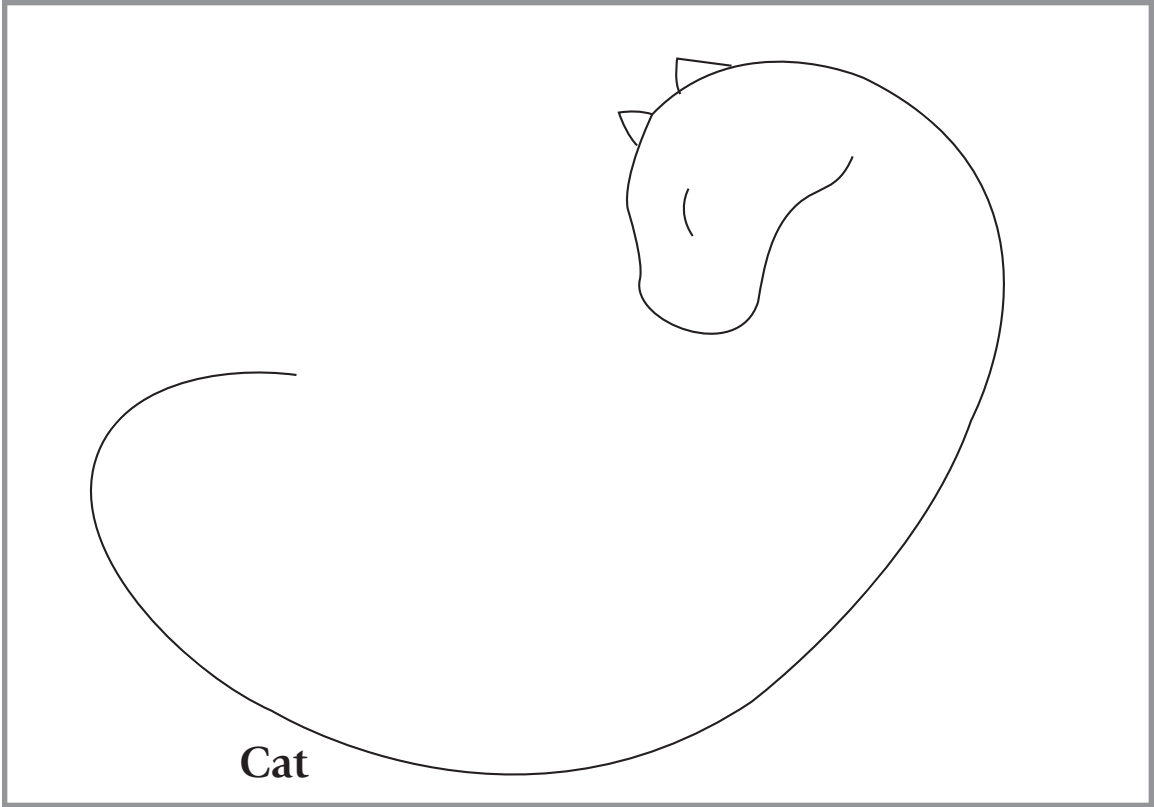
.....
Humans have been drawing the world around them for thousands of years. Cave art and related art, such as on desert rocks, indicate how perceptive were our ancestors. We have representative or symbolic capacities of not only the world around us but, also, of other worlds in the future, both on our planet and on others. We are captivated by the possibility of spaceship travel in extraterrestrial space to Mars and beyond. Artists depict what it will be like living on other planets. People also imagine what their future may be years from now. **When we have vision and not only sight, we can better paint positive pictures of what the future may hold. When we have will, the future that we imagine becomes closer. When we develop skill, as well, the future that we imagine becomes present. Art is a skill born of will and painted by vision. By studying how art has depicted life, we gain appreciation of the art of life.**
.....



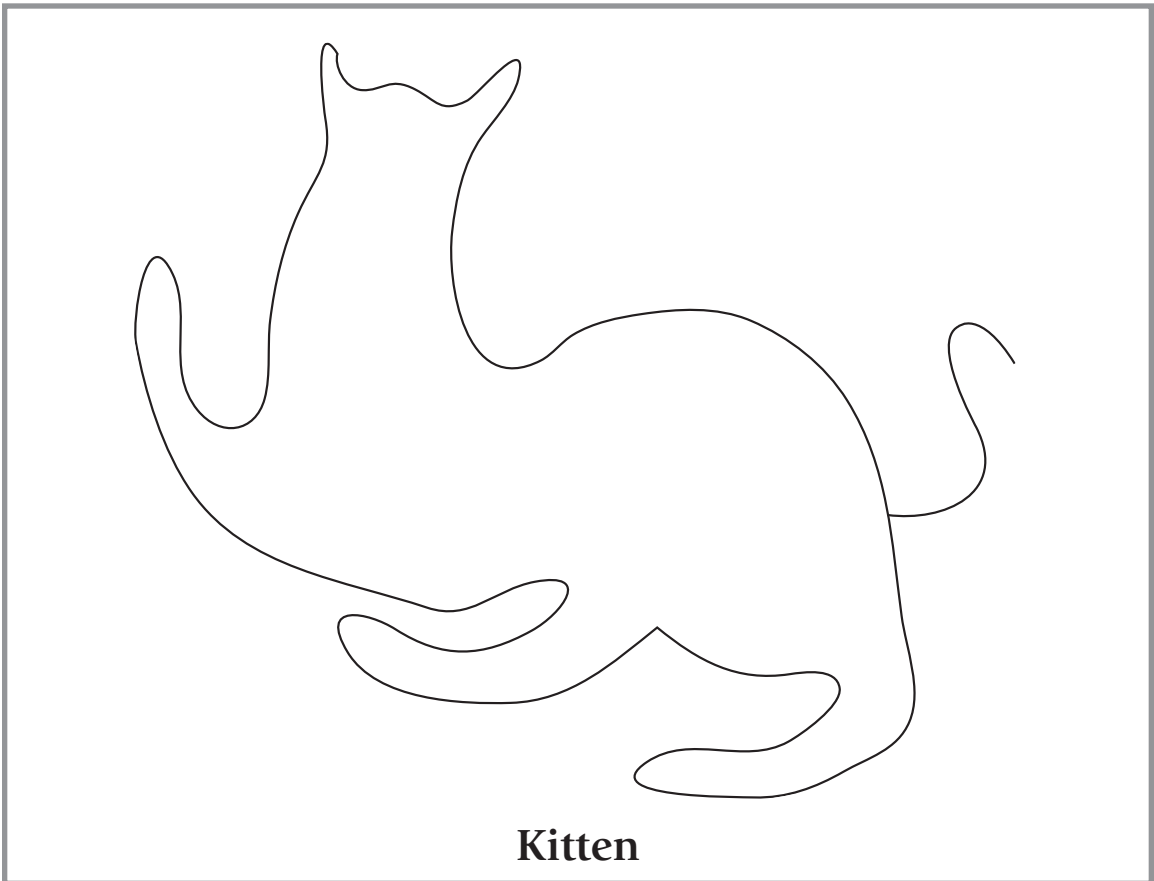
.....
Often, we paint positive pictures of pleasant possibilities. Some of us find this hard to do; we stay captured in the negative without hope for a better future. Our experiences have eroded our optimism. But deep within us, our capacities to entertain better worlds remain. **Having hope is hard reality's companion in our march toward the future.** Just like artists put in drawing their vision of the world around them, hope is our paint brush of a better future.
.....



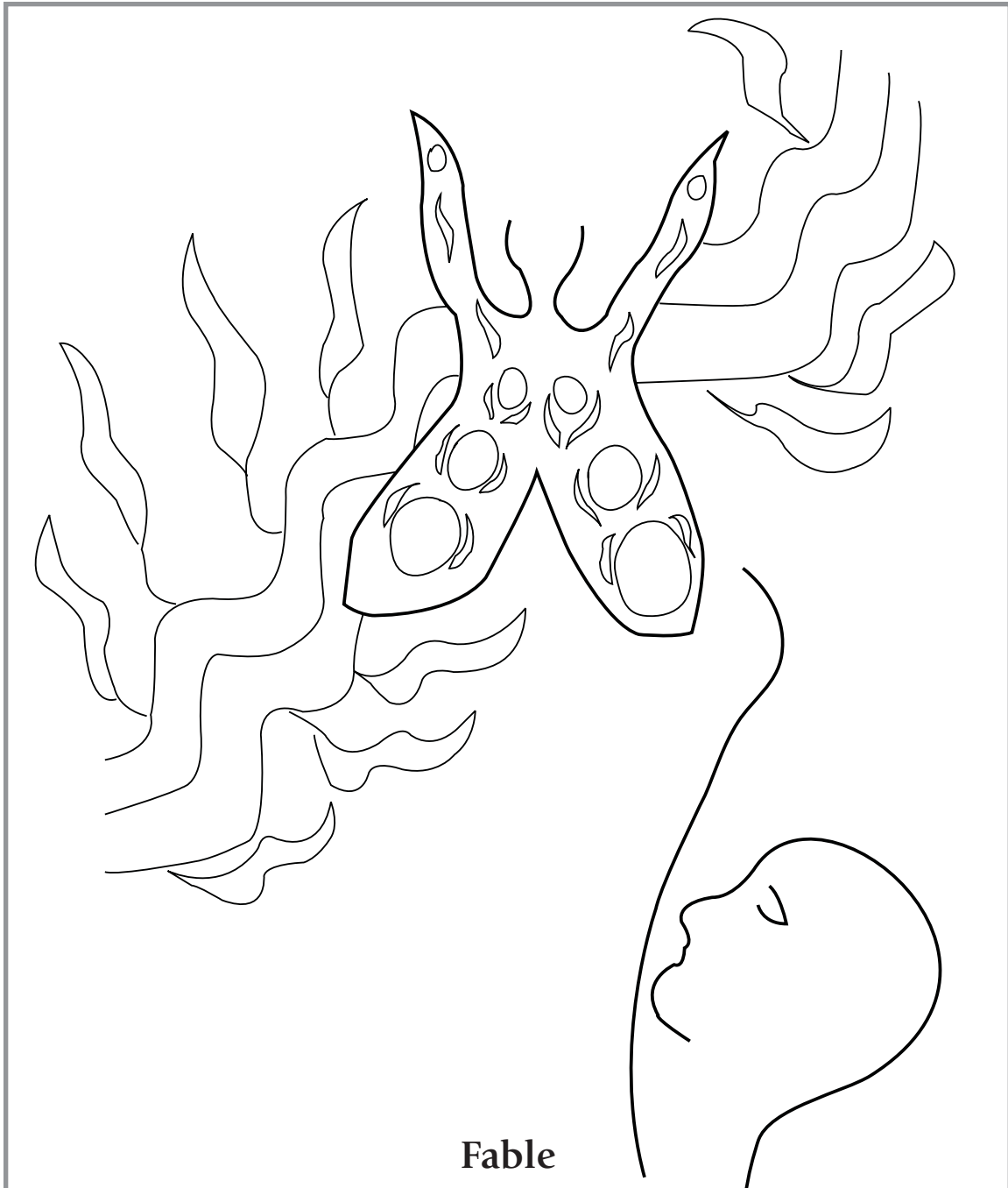
.....
Cats sleeping so peacefully are the ultimate images of relaxation. After they slumber, they stretch out in carefree poses. Cats would stay forever rested if they didn't have kittens. **Kittens jump, jive, and jangle with joy.** Their incessant movement is tiring and taxing even for the most calm of parent cats. However, parent cats would have it no other way. There is always time for rest when the jobs of the day are done. Because parent cats live this way, their kittens become good parent cats in their turn. Parent cats make good soul models.
.....



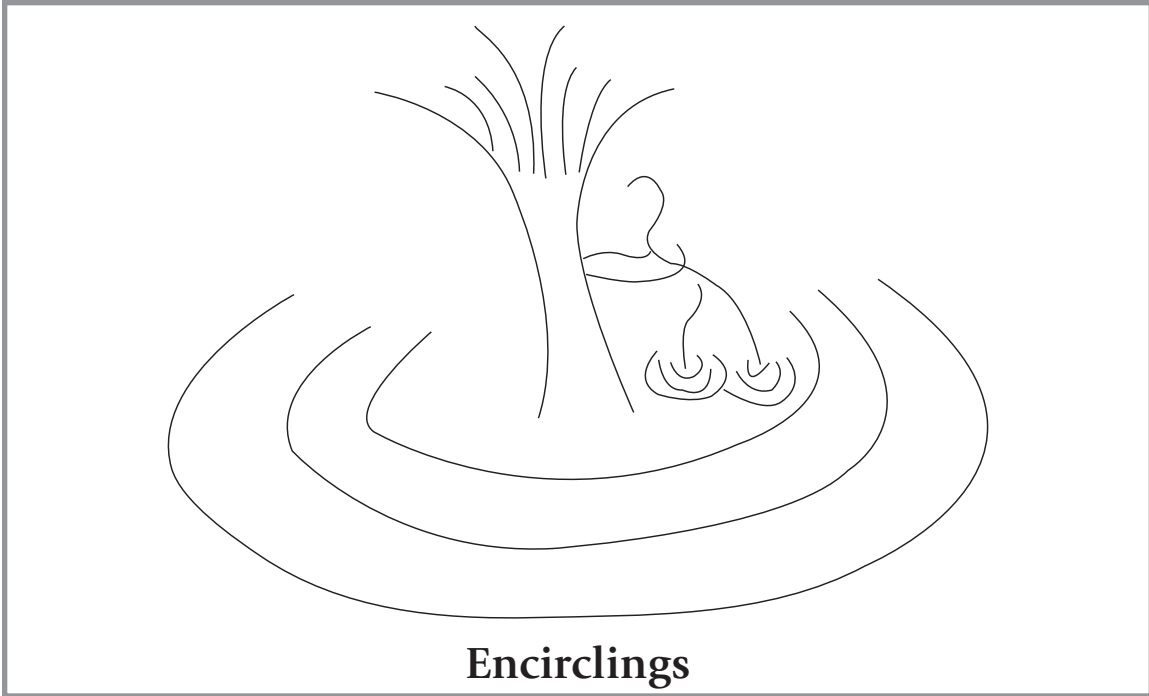
Cat



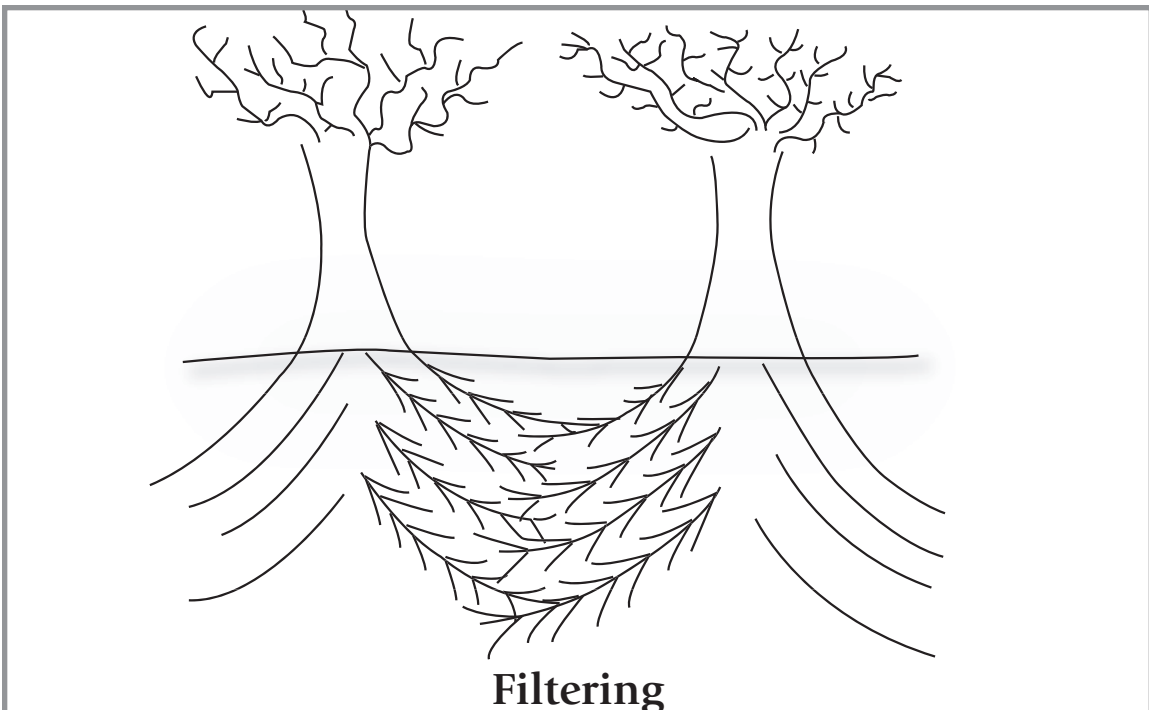
Kitten



Humans learned to live at one with nature. This did not happen in any overly idyllic sense, of passively staying apart from it and appreciating its richness. Rather, this happened in a realistic and active sense, where we evaluated scientifically the best way to protect nature and its biodiversity, and the best way to share in and appreciate its bounty. Part of what humans learned in living at one with nature was to learn to live as one with each other. We learned that to develop optimally as one, cognizant of each other as sentient and salient beings, we had to appreciate each other's richness, protect each other, and appreciate our individual differences. **Fables keep living as long as they do not become dogma.** This fable deserves to live.



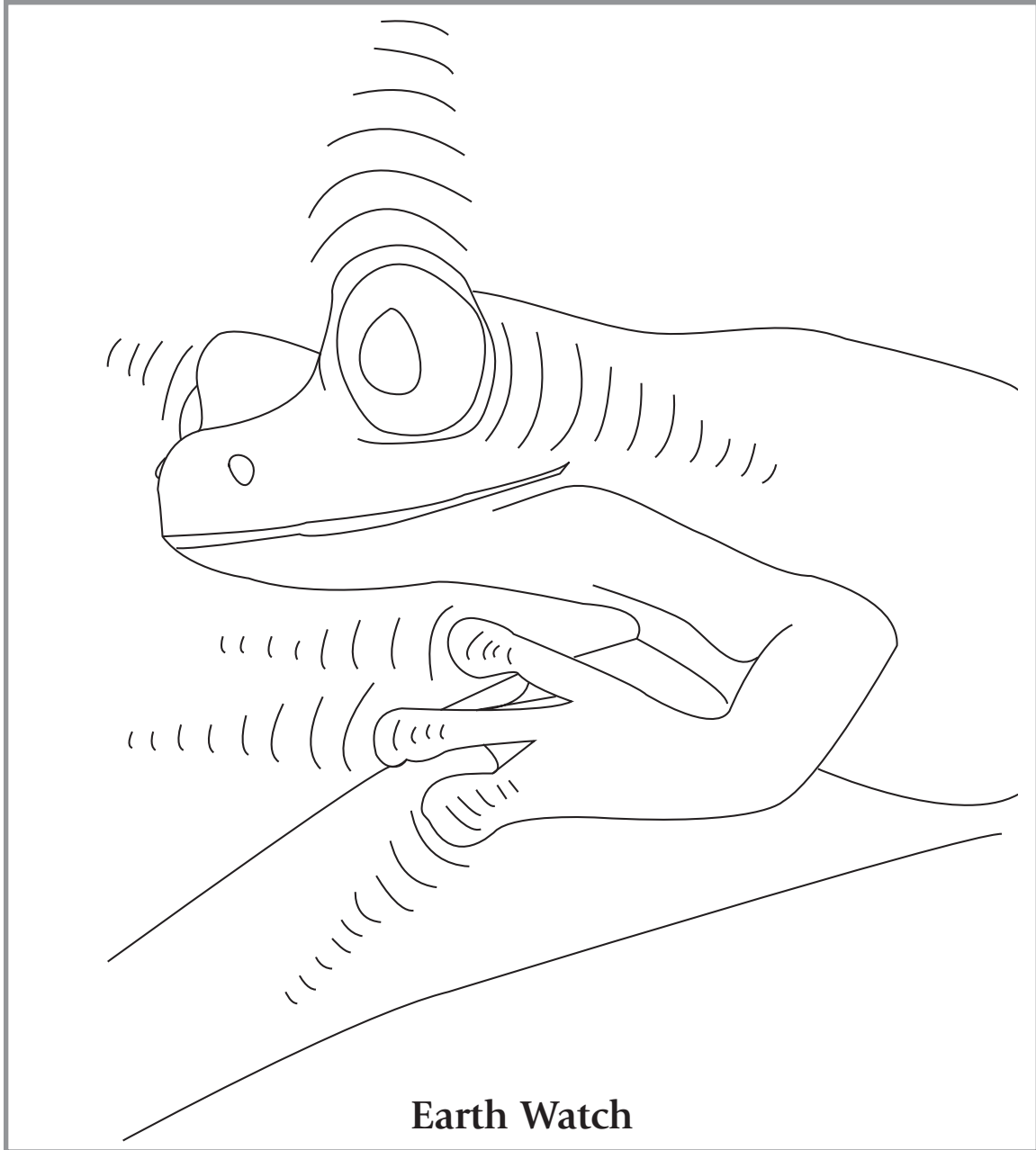
We are trying to save the planet that we are destroying. We love trees, and plant new ones as we clearcut them. However, how will we be able to move trees buried under rising waters caused by global warming? As the polar ice caps melt, coasts will be lost. Climate changes will wreak havoc in all ecological systems. **Trees are capable of subterranean communication through their network of roots and the biochemicals that they exude when facing threats, pests, and other dangers. Who knows what they communicate when humans come around.**





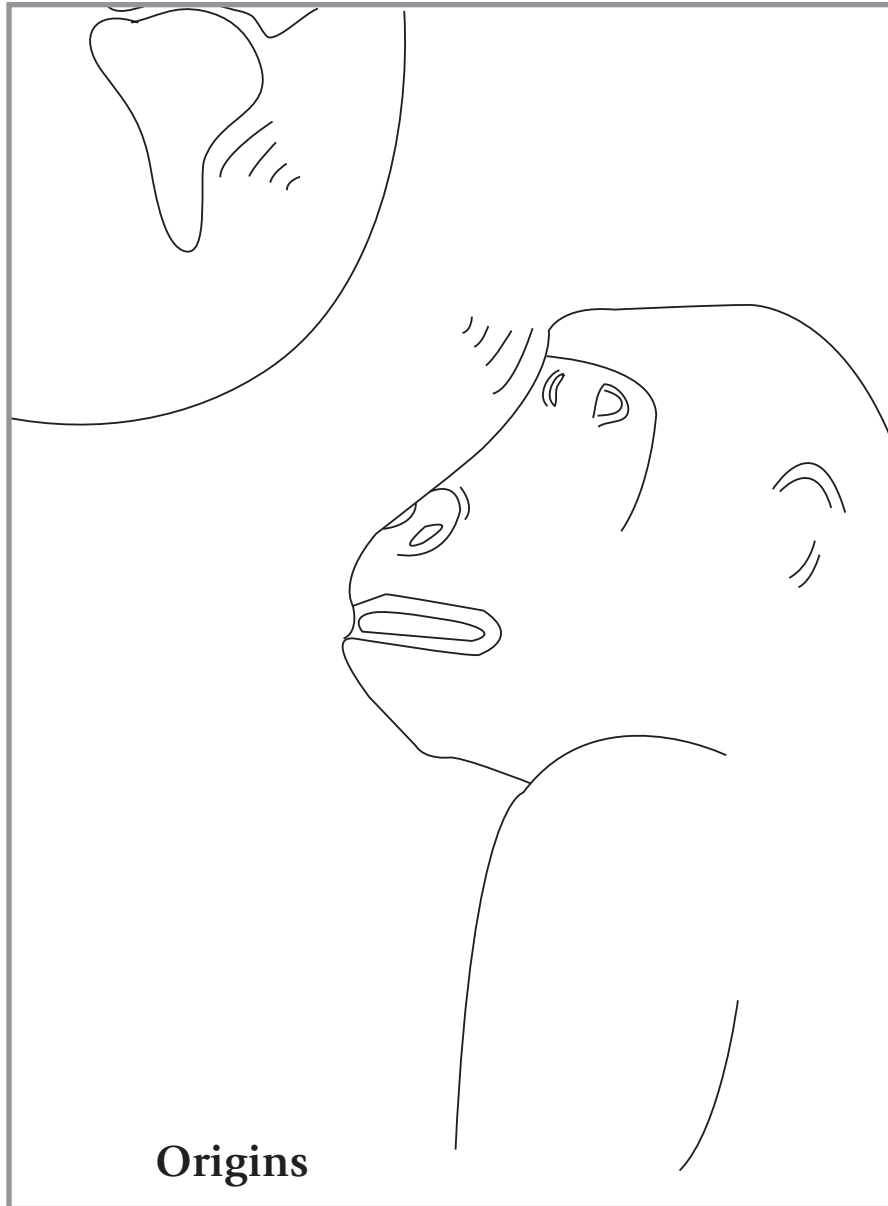
Dog Galaxy

Howling dogs are smarter than we think. They howl at the moon for hours thinking that the moon is listening. We laugh at their ignorance—but the man in the moon laughs at ours [or is it the woman in the moon?] Howling dogs are trying to find the dog galaxy, where there are only planets filled with dogs of all sizes and shapes. Howling dogs have been marooned on our planet. They know that there must be other planets—planets of the canines, and they howl to find them and leave us. If we did not love to play with dogs before, we have another reason—it may be our last opportunity. **We should live our lives like this in all its aspects—giving maximally in a constructive way in each moment as if it were our last chance. If we all would live this way, the howling dogs may decide to stay.**



Earth Watch

Frogs are the sentinels of the earth. Their fragile skin wards off bacterial and other invasions, and it needs to be boosted by a powerful immune system uncontaminated by toxins and human pollutants. Frogs are dying off. They are dying off because of our egregious misconduct, our unnatural ways, our lack of foresight, and our greed. Yet, we continue on in our destructive ways with only minor change, paying lip service to the need for major change. Should we continue along the same path, some frogs will survive our behavior and, as a group of species, they will survive longer than humans. **Frogs are not sentinels warning humans through their die-offs. They are sentinels warning the earth of humans.**



.....
This chapter on art has concentrated on nature and animals. For several reasons, I find this quite appropriate for a self-help book in psychology. First, we can learn much about human behavior by studying its origins in the evolution of our ancestral species and their relationship to their ecological contexts. What are the survival and reproductive value of each of our behaviors in each of our developmental phases, and how did they evolve? Second, the concept of a self-help book is somewhat of a misnomer. Often, the best way of acquiring help for the self is to give help to others, to the most vulnerable, to our children, to the elderly, and so on, but also to other species, to nature, and to the planet as a whole. **There is no more natural high than the one of involving oneself in nature and of helping nature preserve its species and habitats.**
.....

Chapter 32

Birds

Nature uses the brushstrokes of mathematics, the paint of elegance, and the palette of harmony to produce its peaceful forms.



People do not make art. Art makes people.

I am—You are

*I am the rivers.
You are the skies.
Shall we meet in the heavens?*

*You are the suns.
I am the planets.
Let me enter your paths.*

*You are the flowers.
I am the rays.
Shall we dance in the light?*

*I am the mountains.
You are the seas.
Shall we meet at the cliffs?*

*You are the continents.
I am the tides.
Come to the beauty in our shores.*

*You are the beaches.
I am the sands.
Shall the sounds of our joining rejoice?*

*I am the clouds.
You are the winds.
Should we gambol together?*

*I am the forests.
You are the canopy.
Let us fly in our spaces.*

*You are savannahs.
I am the wildebeest.
Shall we live for the union?*

*You are the islands.
I am the currents.
Where do our waters flow?*

*I am the butterflies.
You are the nectars.
Do we forage together?*

*You are the harmonies.
I am the flights.
Are our birds like one?*

*You are my canyons.
I am your gorges.
Do we intertwine forever?*

*You are my valleys.
I am your fields.
Shall we harvest the bounty?*

*You are my glaciers.
I am your tundras.
Do we align in the arctic?*

*You are my lavas.
I am your volcanoes.
From where come our surges?*

*I am your rocks.
You are my foothills.
Do we keep climbing?*

*I am your garden.
You are my roses.
Do the honeybees still alight?*

*I am your horizon.
You are my sunset.
Our days are never ending.*

*You are my fires.
I am your flames.
Our core is our cauldron.*

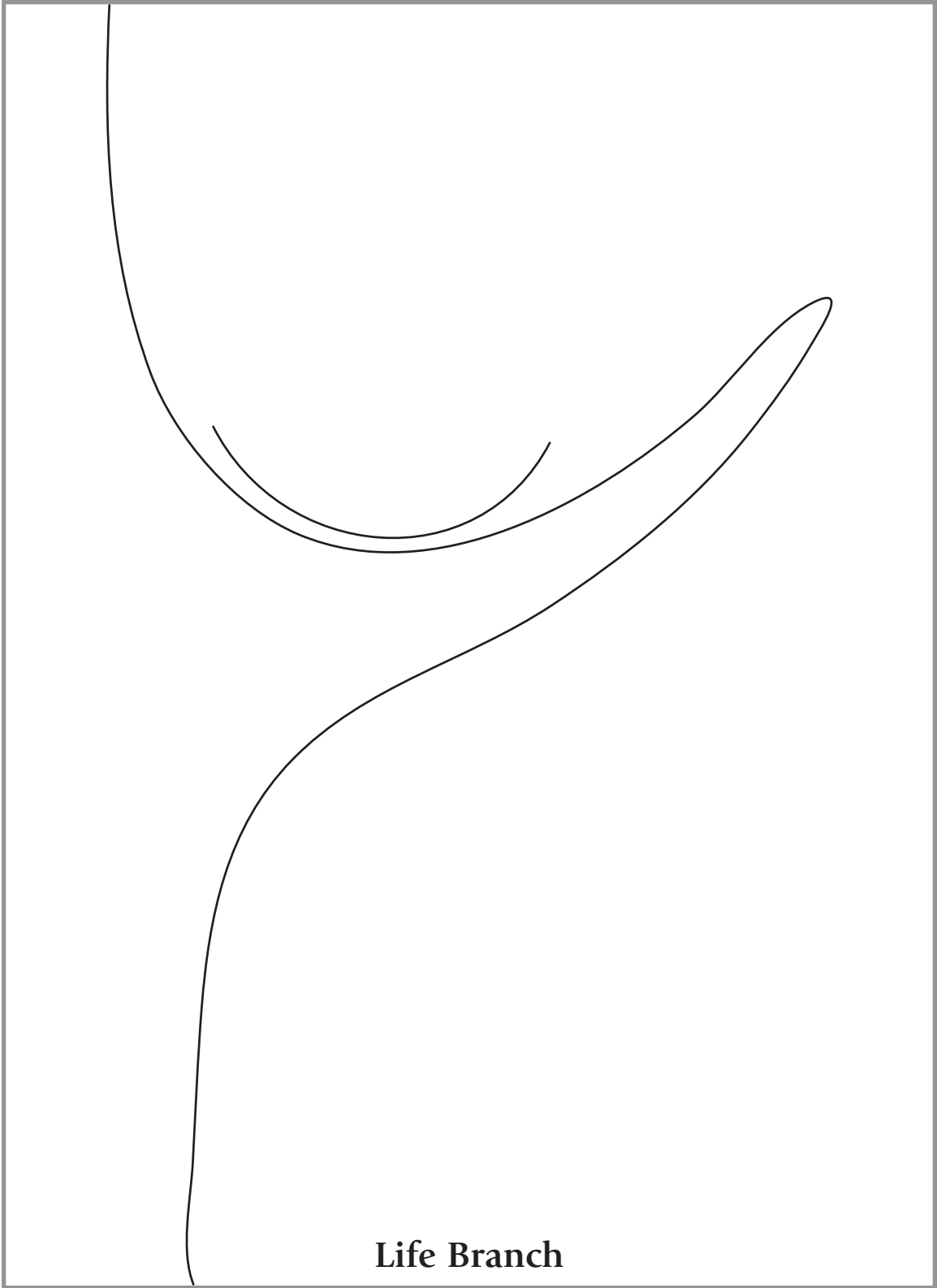
*You are my storms.
I am your vortices.
We are both the centers.*

*You are my deltas.
I am your nutrients.
We are the meeting grounds.*

*You are my eyes.
I am your ears.
Together we feel for the planet.*

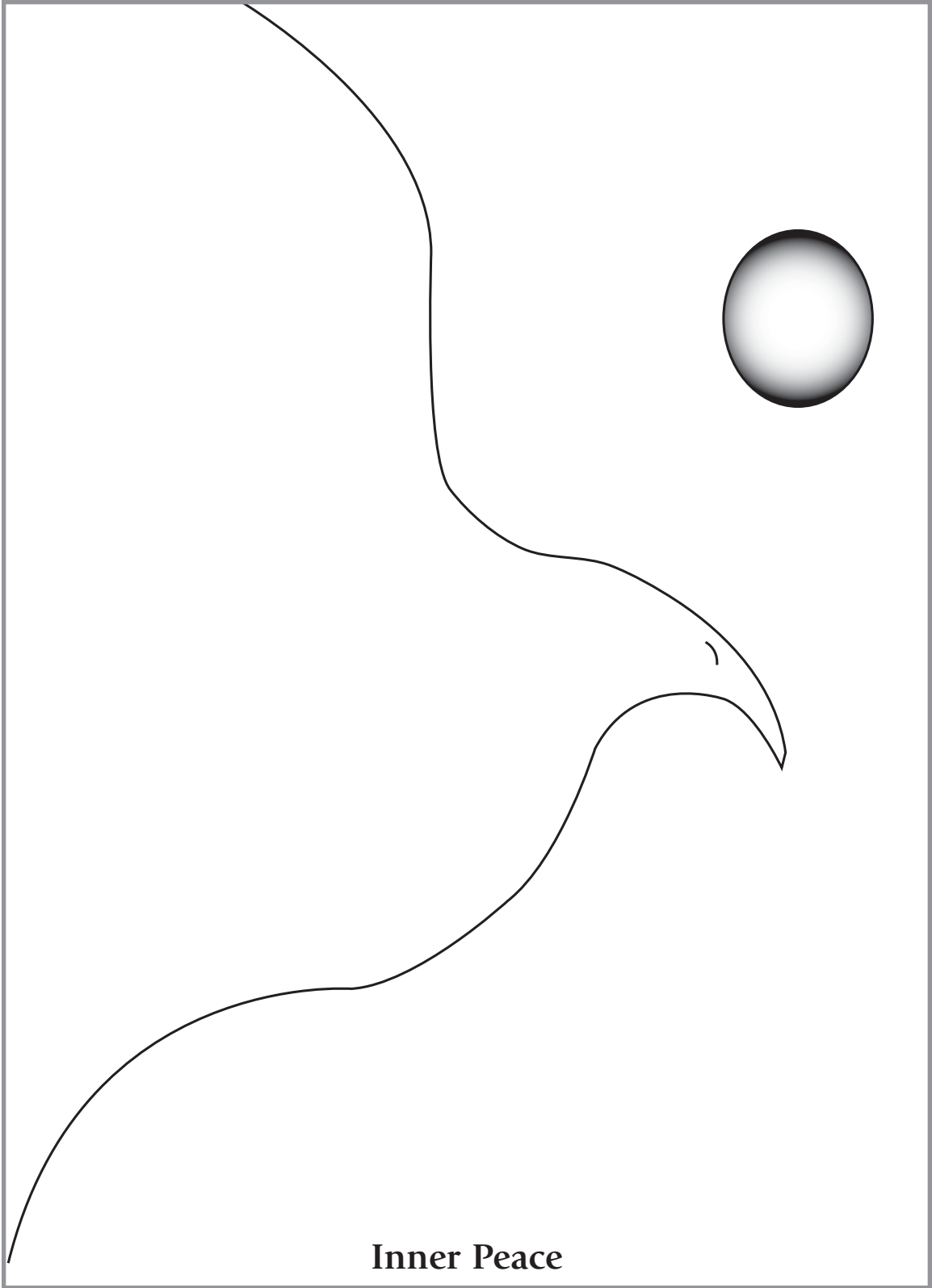
*I am your soul.
You are mine.
The planet loves life.*

*You are my meaning.
I am yours.
Life loves the planet.*



Life Branch

Birds parent 24/7 without the store 7/11.



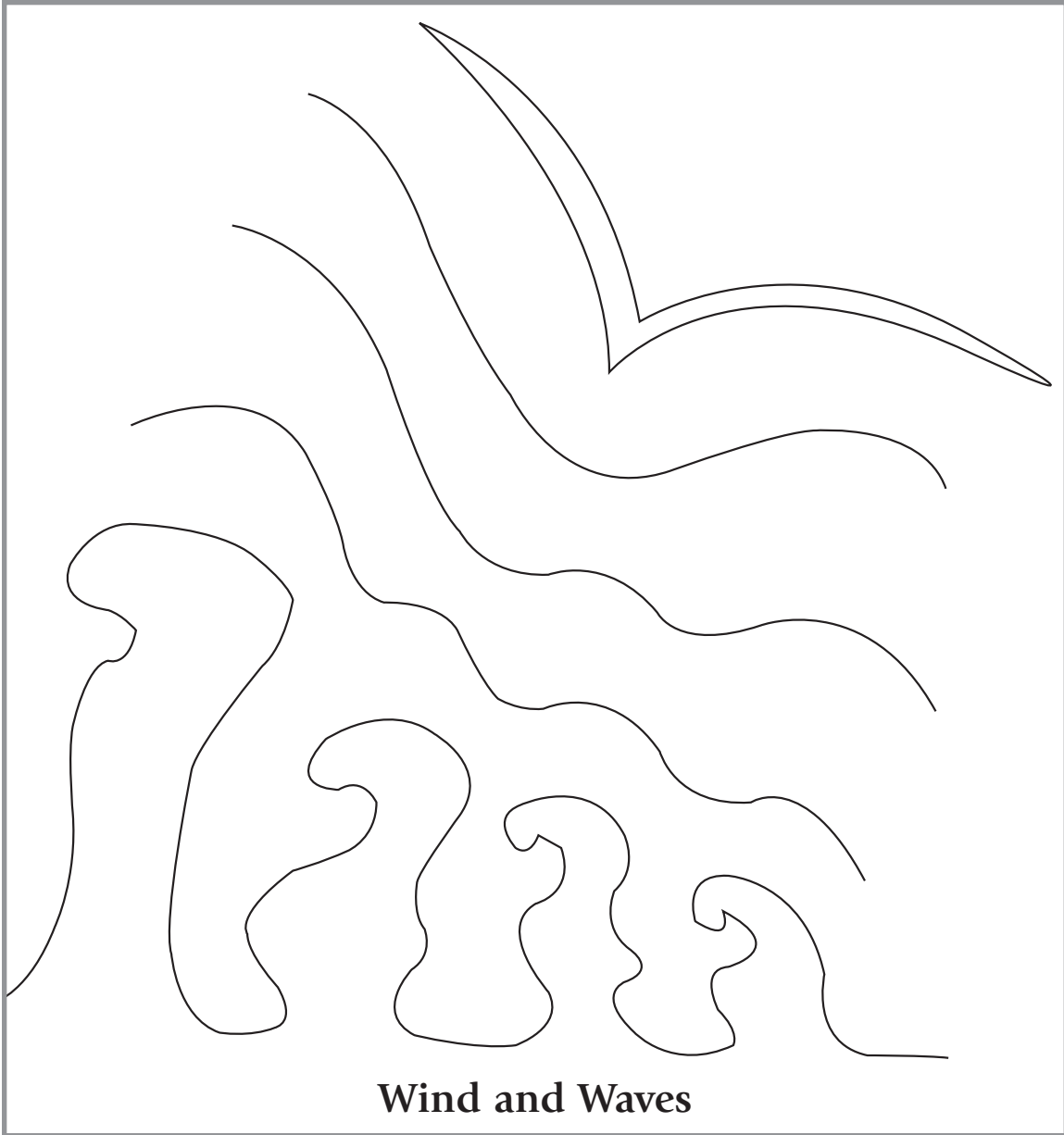
Inner Peace

Flight is inner bound as much as outer bound.

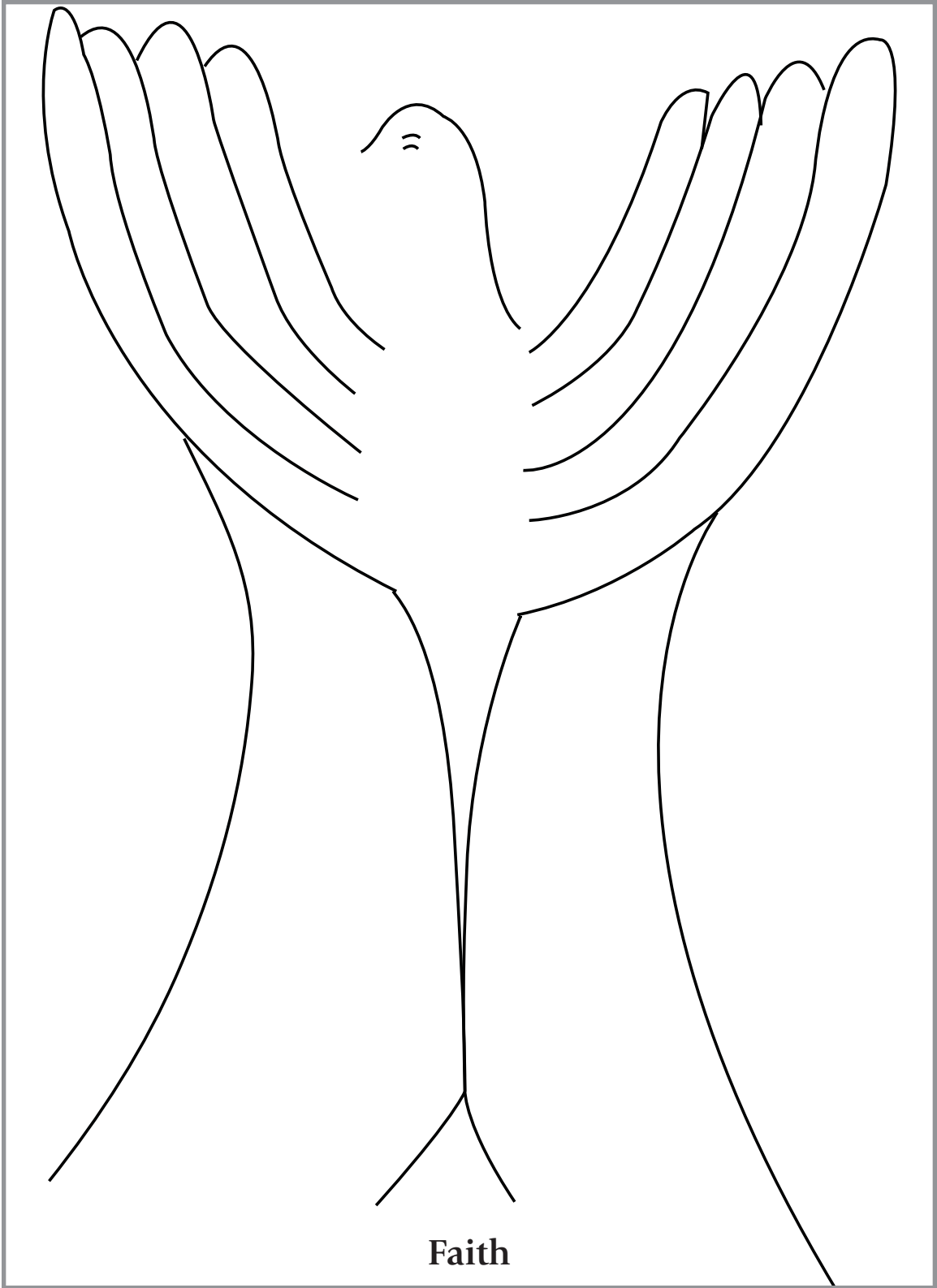


Gliding

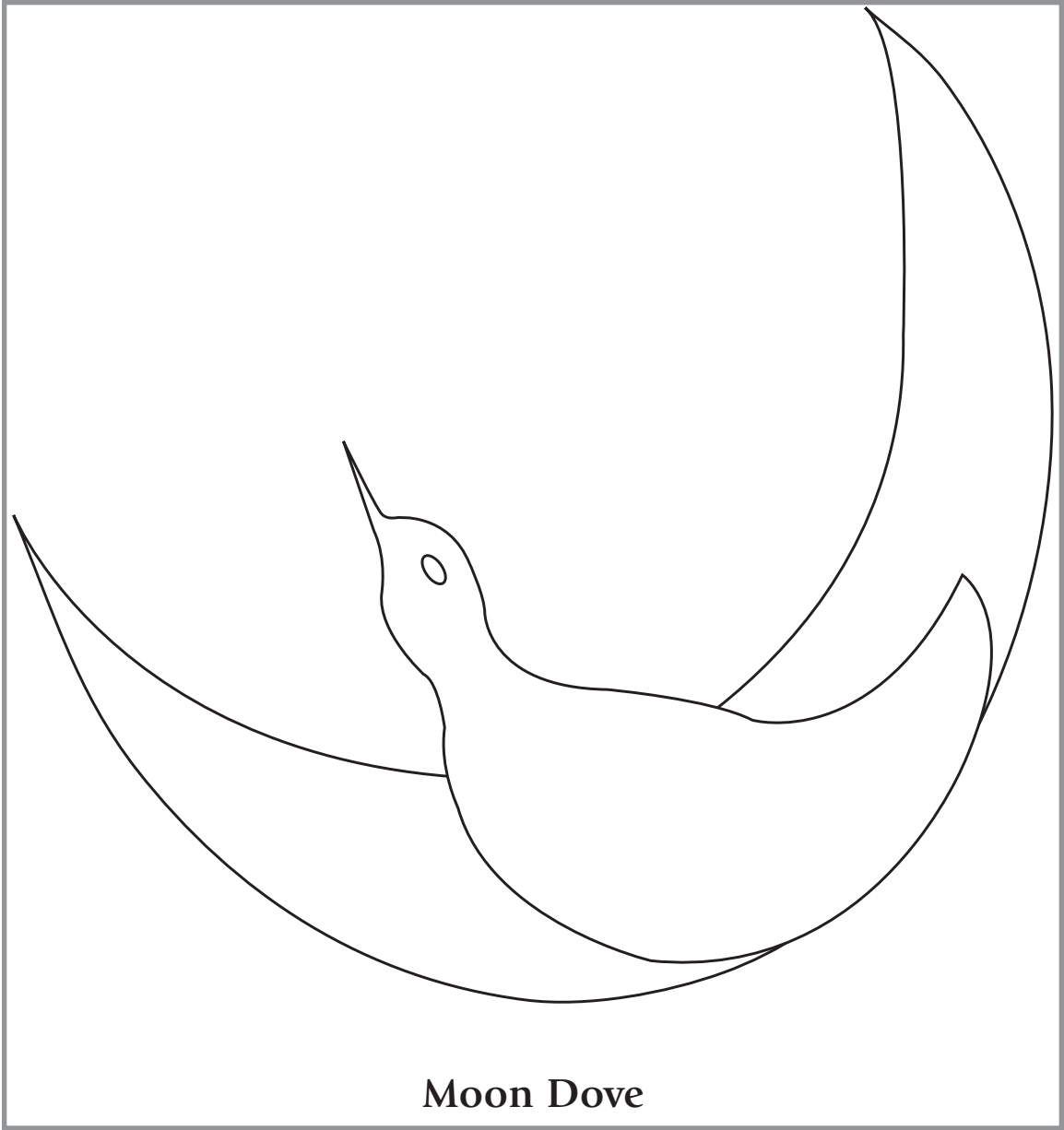
Flight is to birds as giving wing to kindness can be to humans.



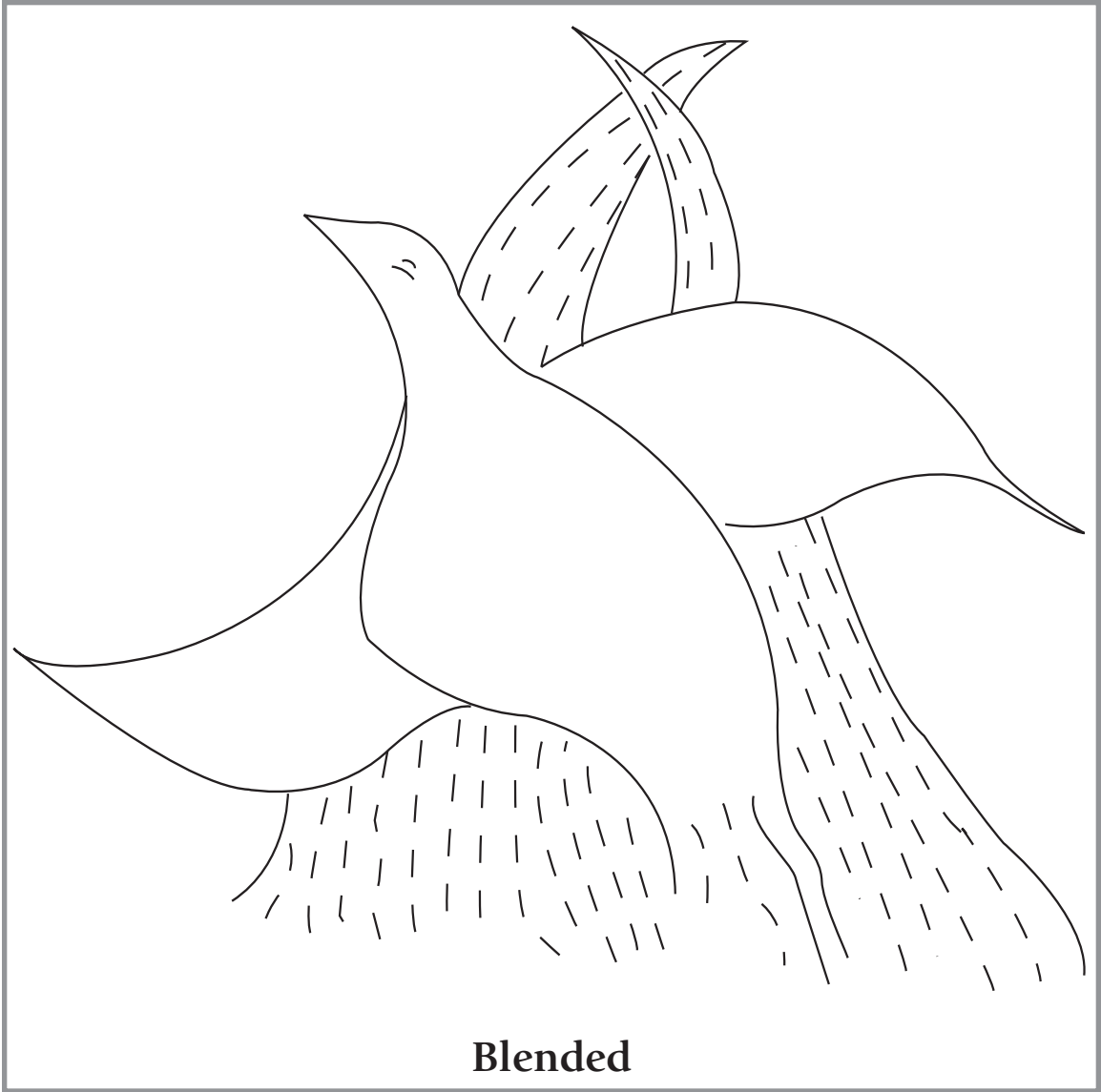
Birds hover in the peace above the storm.



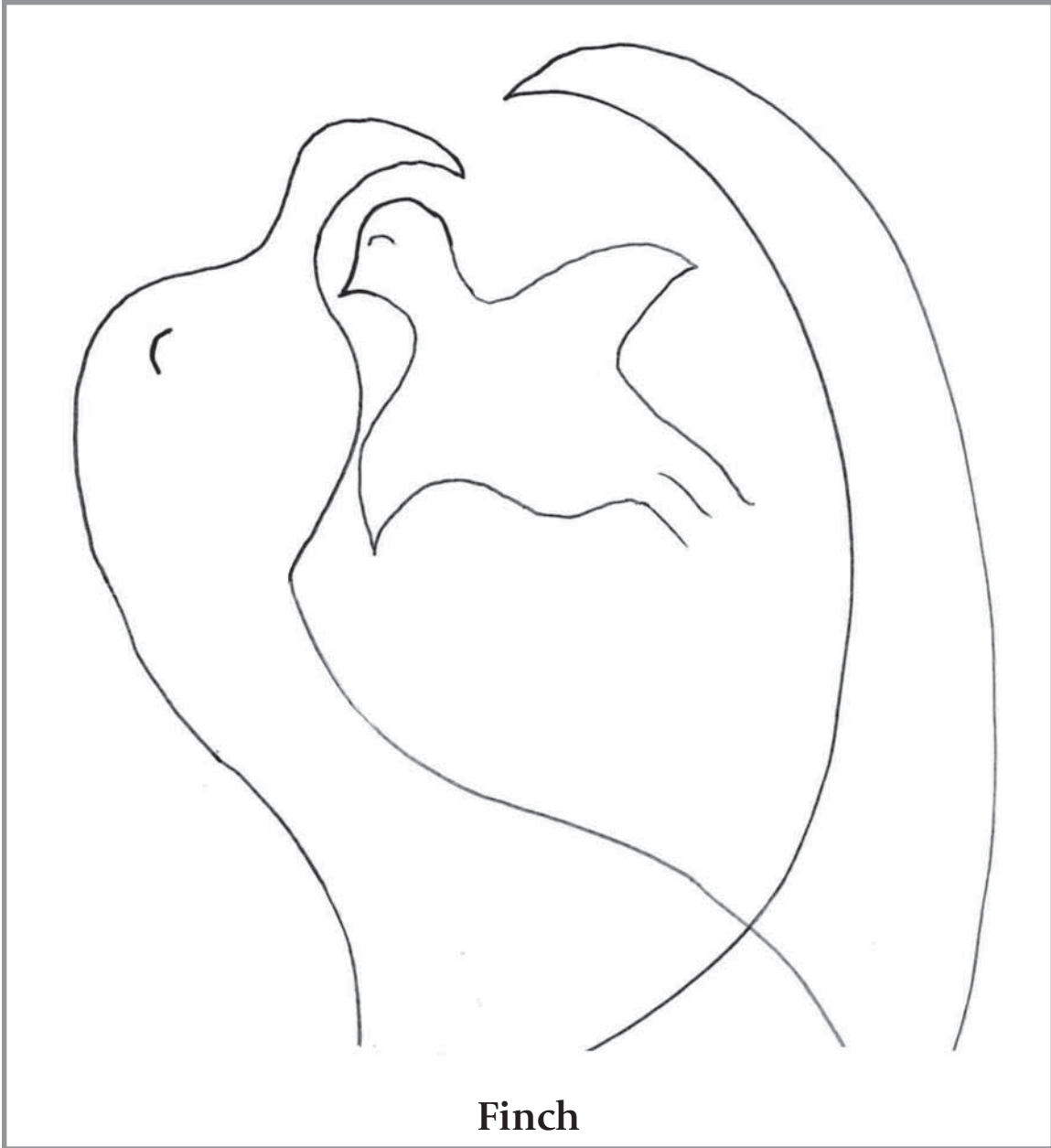
Hands that help birds hold human flight aloft.



Birds are the stars attempt to fly free.

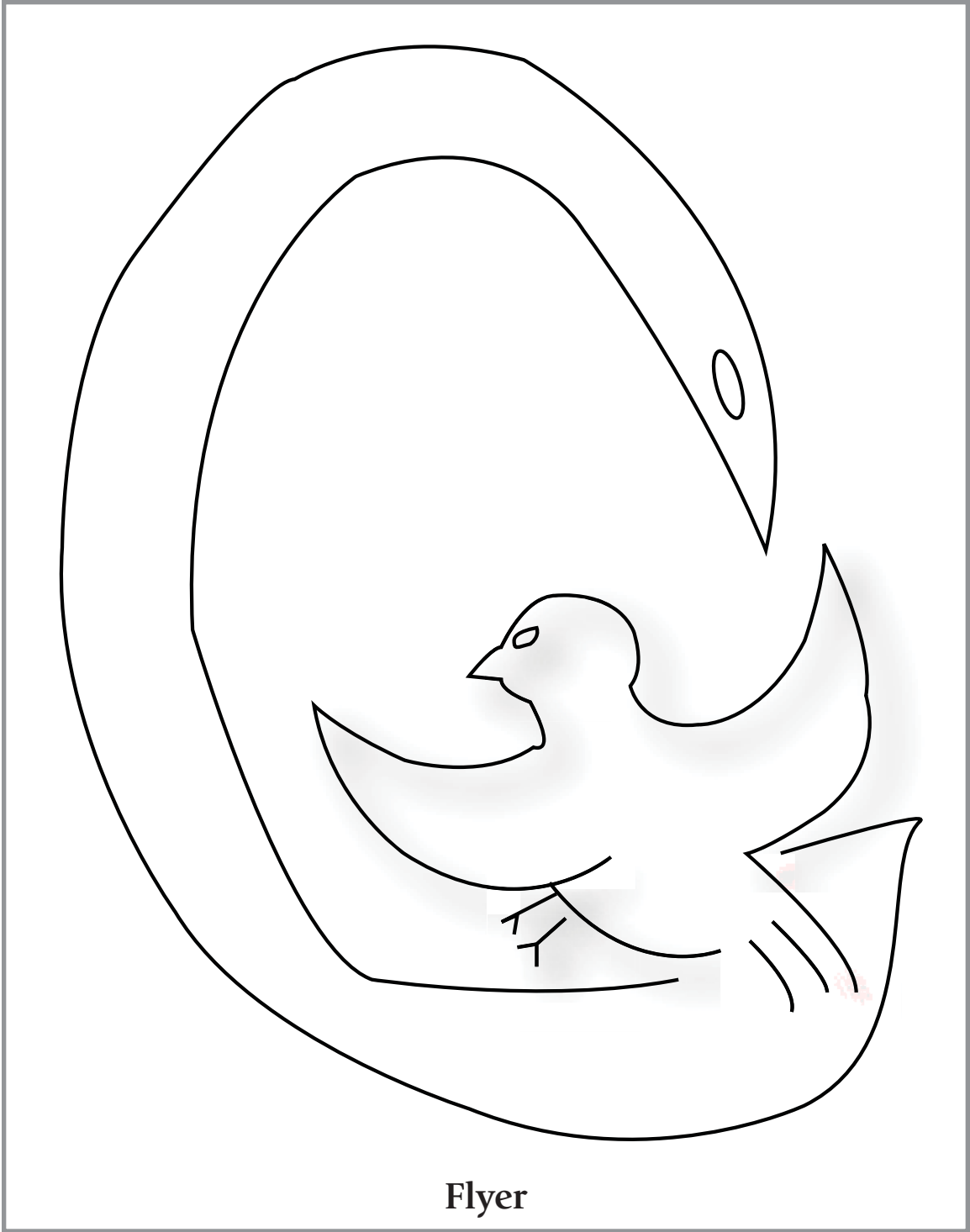


Birds fly, swim, walk, and hymn.



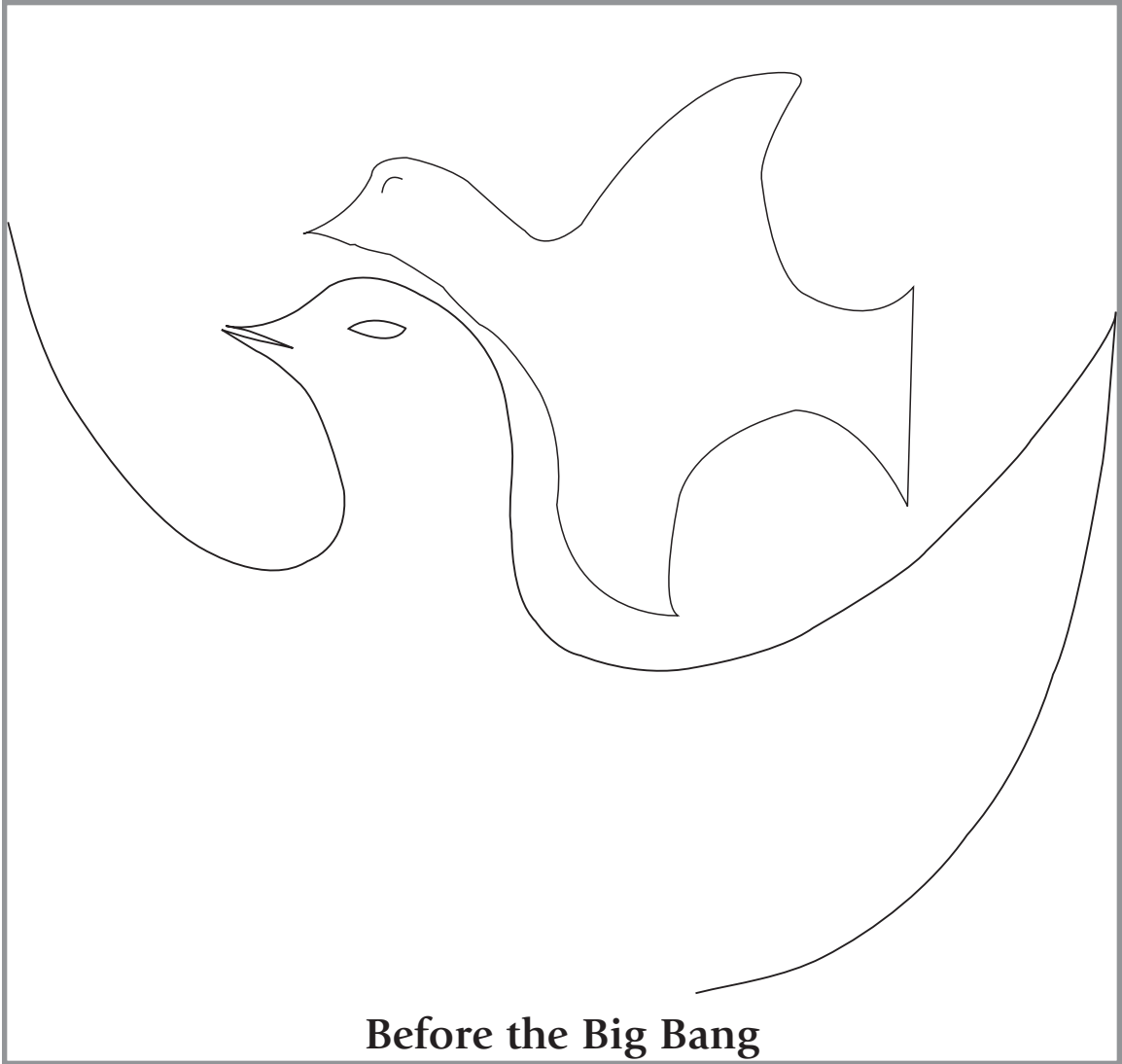
Finch

Surrounded by air waves, birds sing their songs.

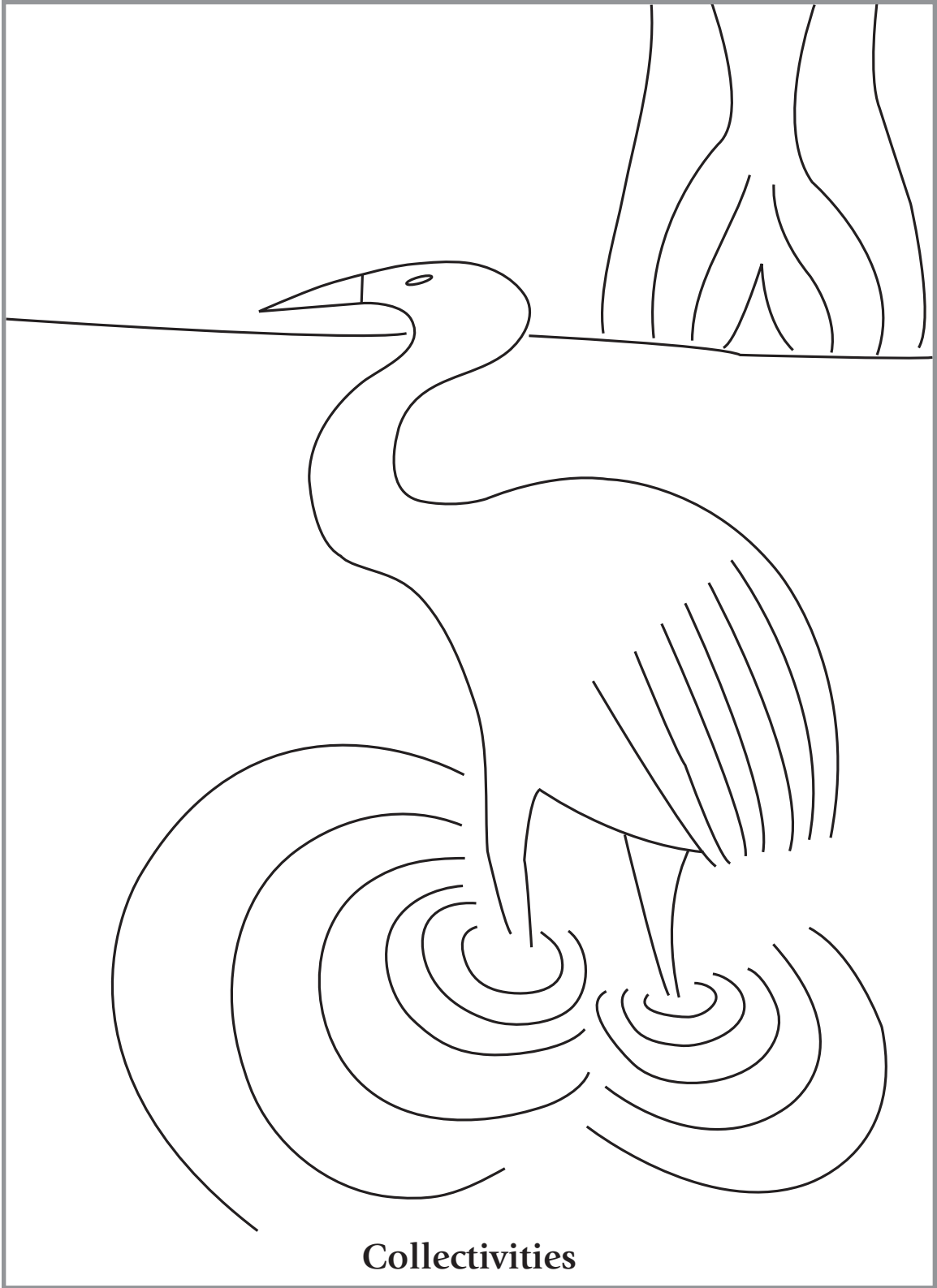


Flyer

Birds are born to fly—we are born to free.

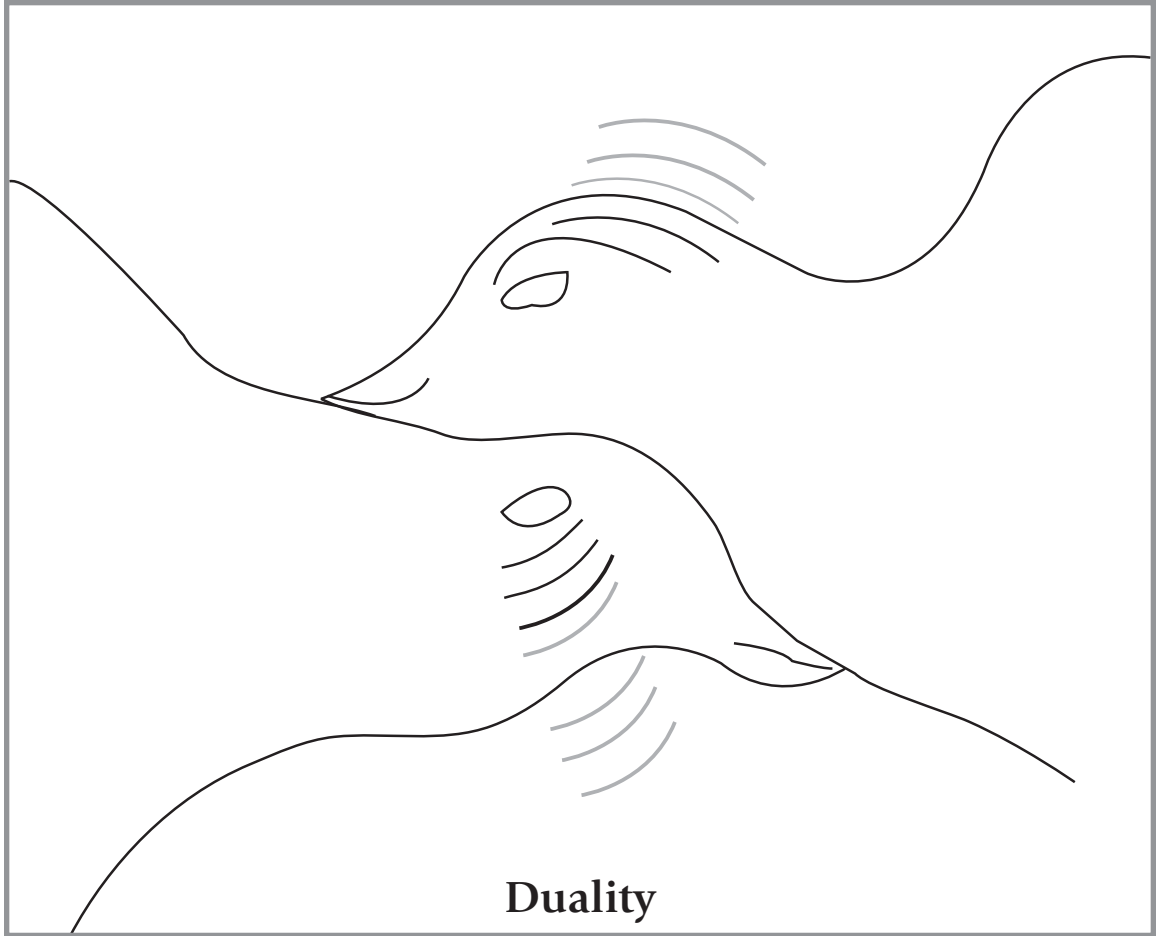


We do not have wings, but we have freedom.

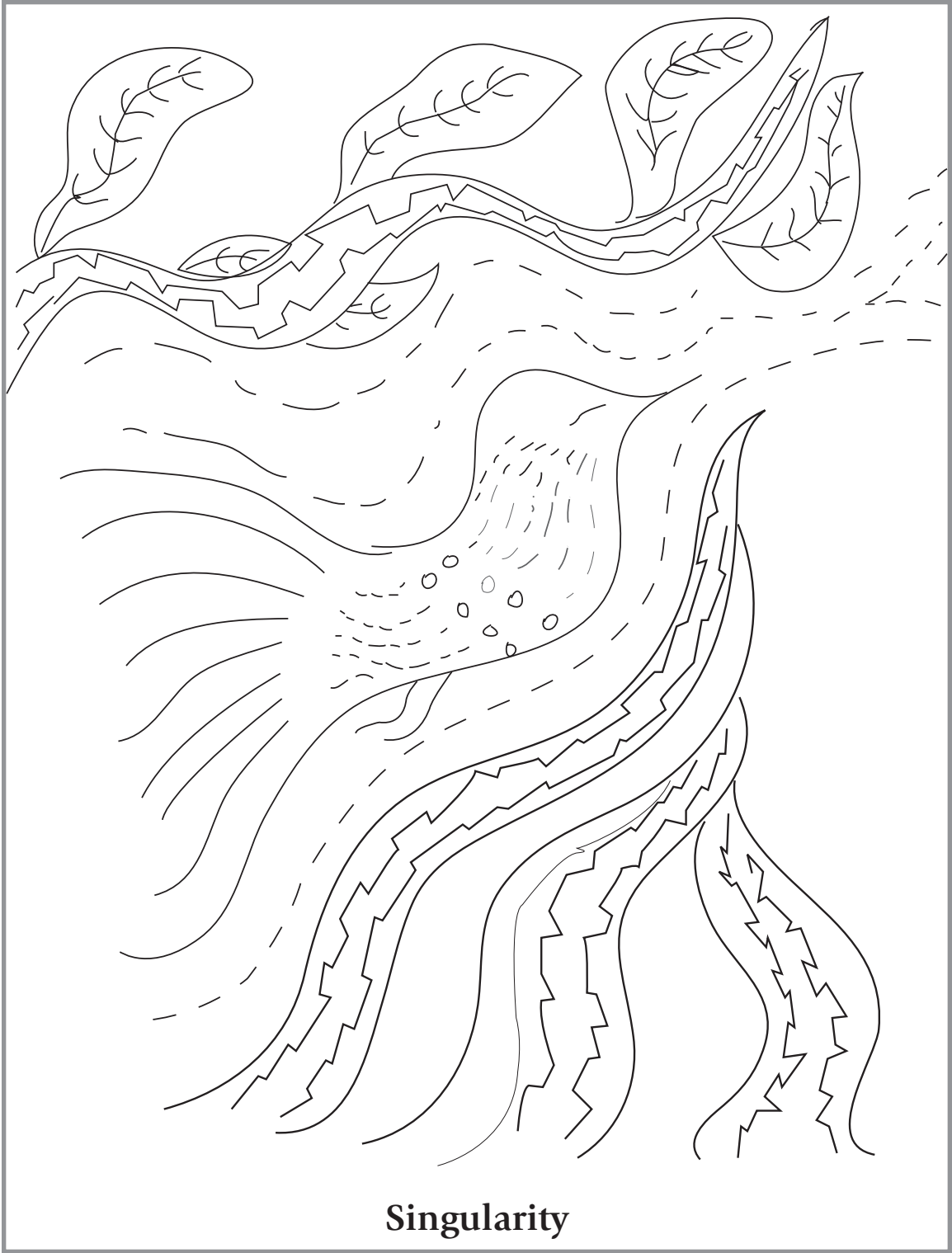


Collectivities

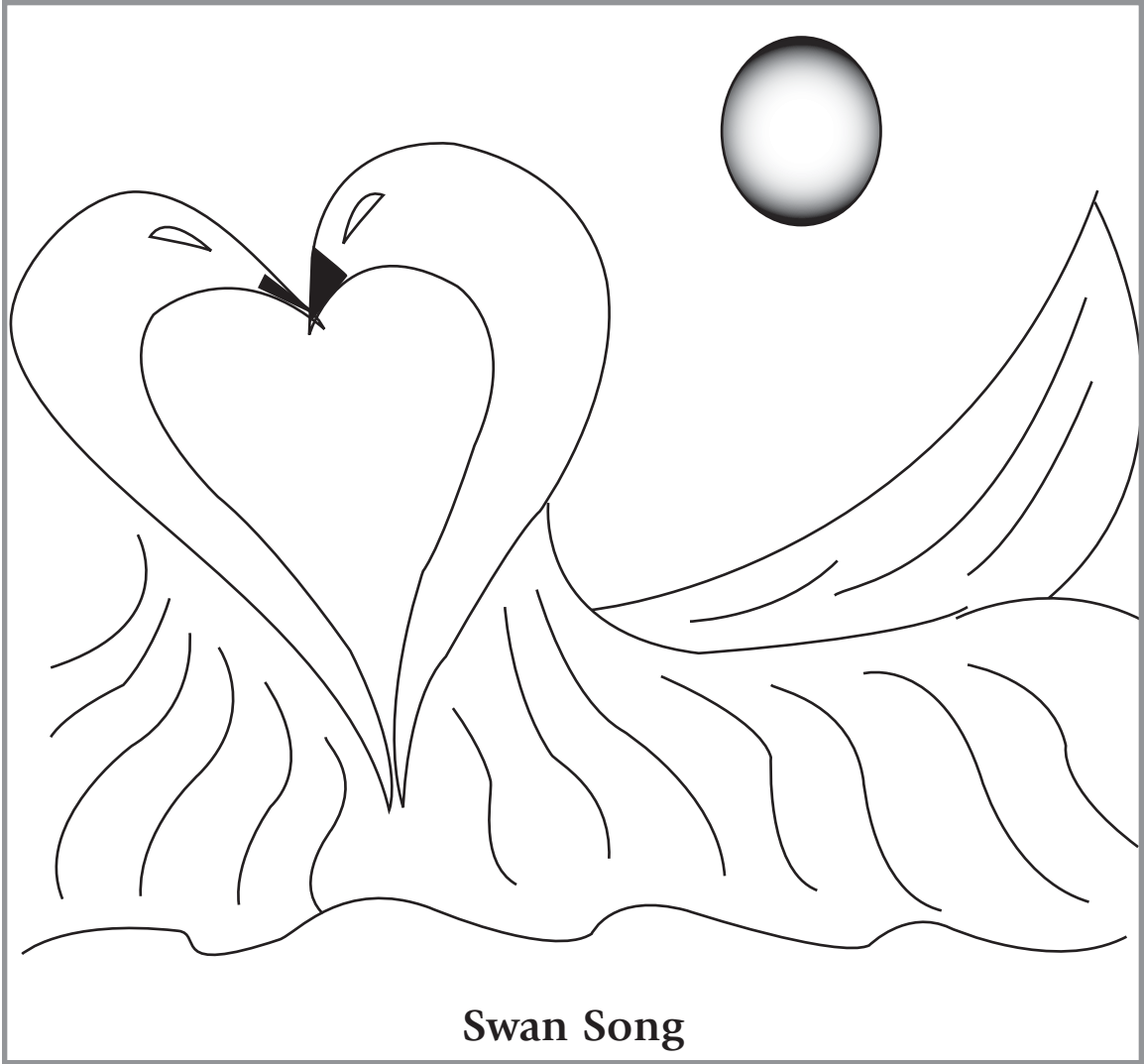
Birds have no home, just nature.



Birds who keep each other close share love's address.

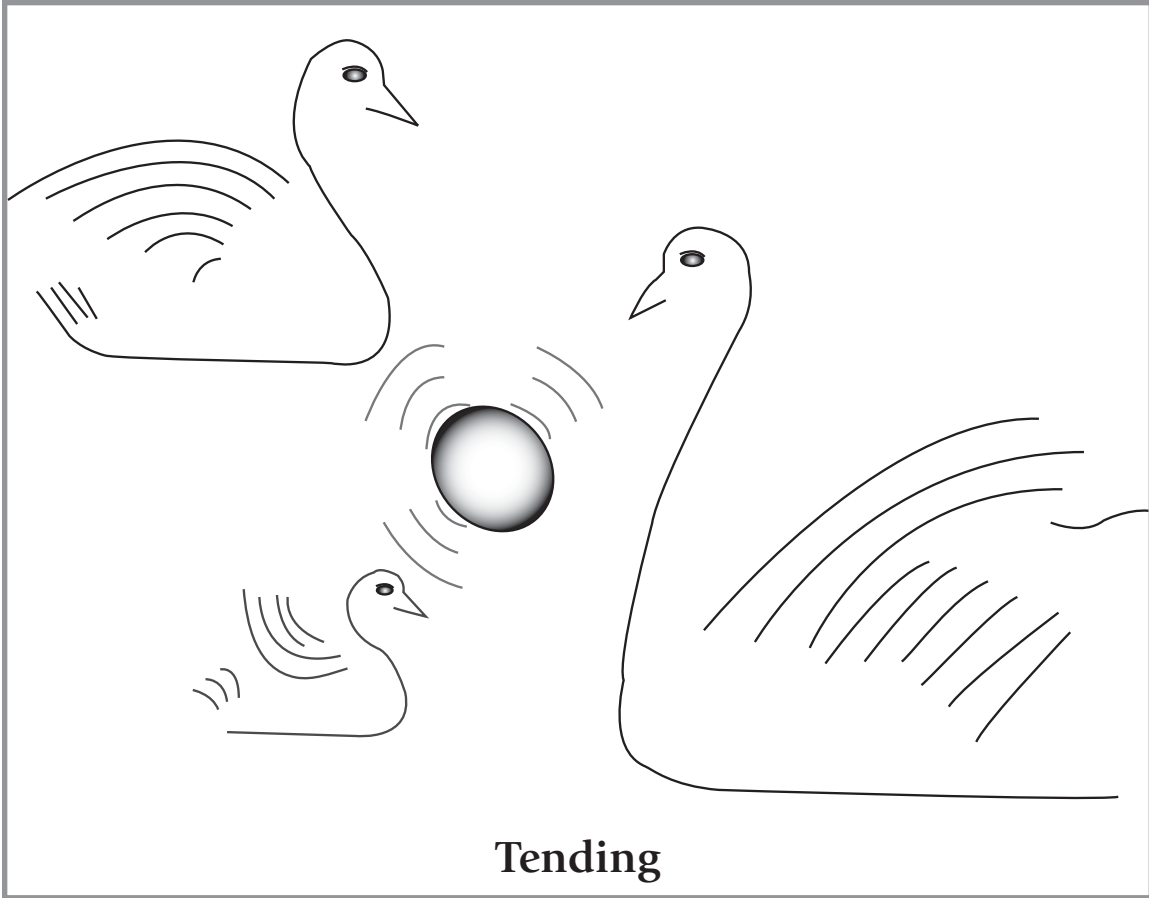


Birds are the eyes' bounty.

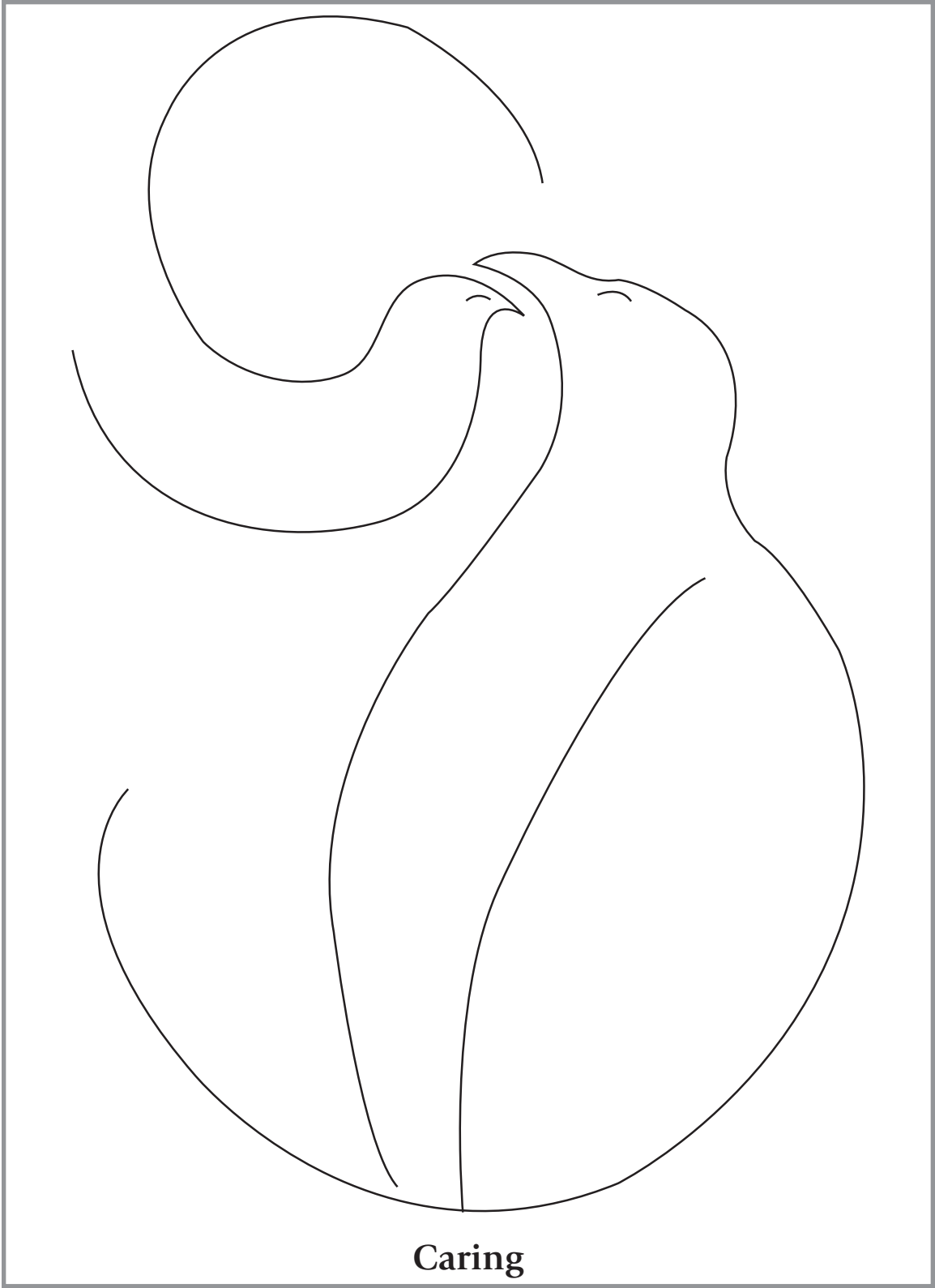


Swan Song

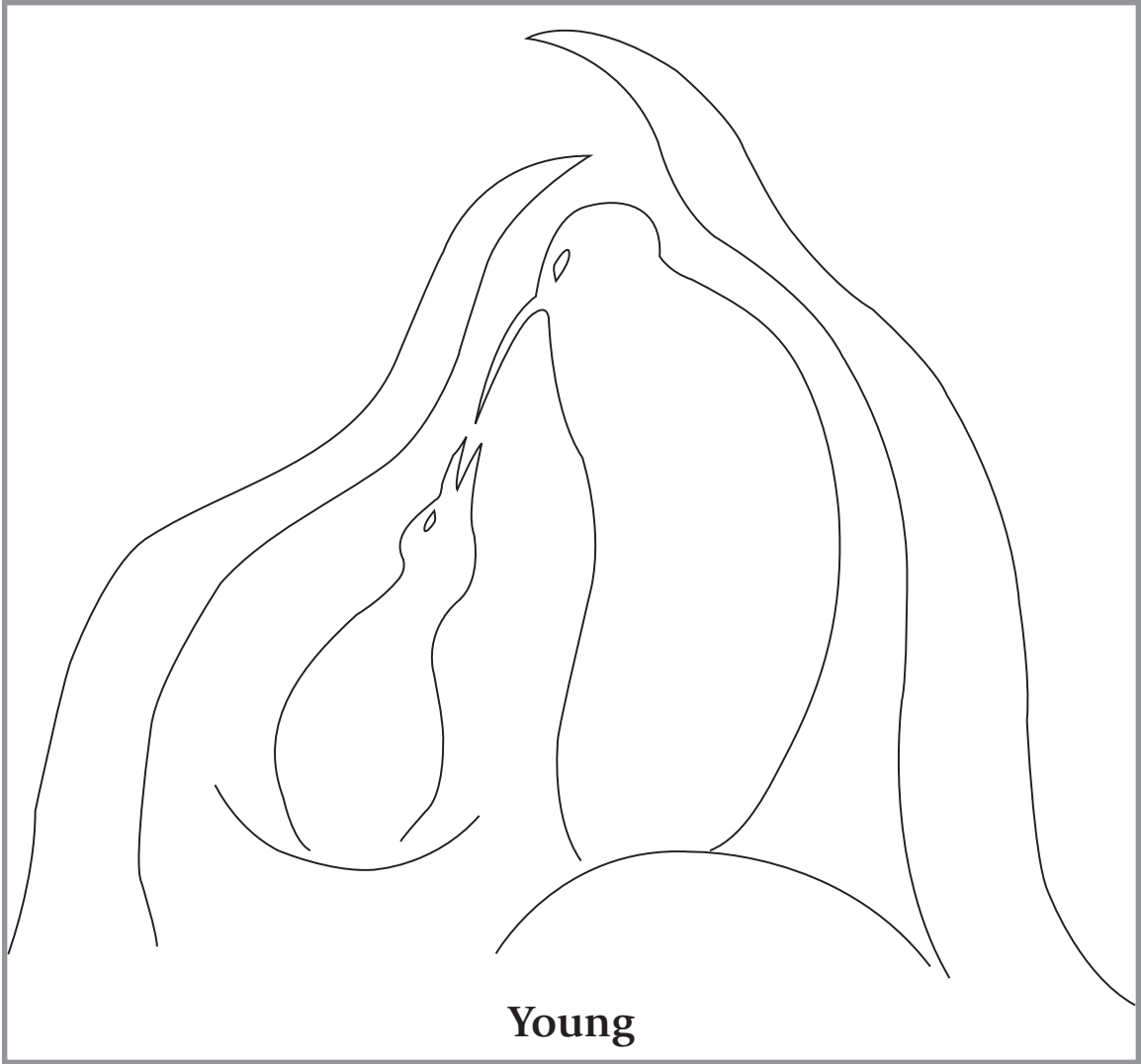
Swans together for all seasons nuzzle each other for any and all reasons.



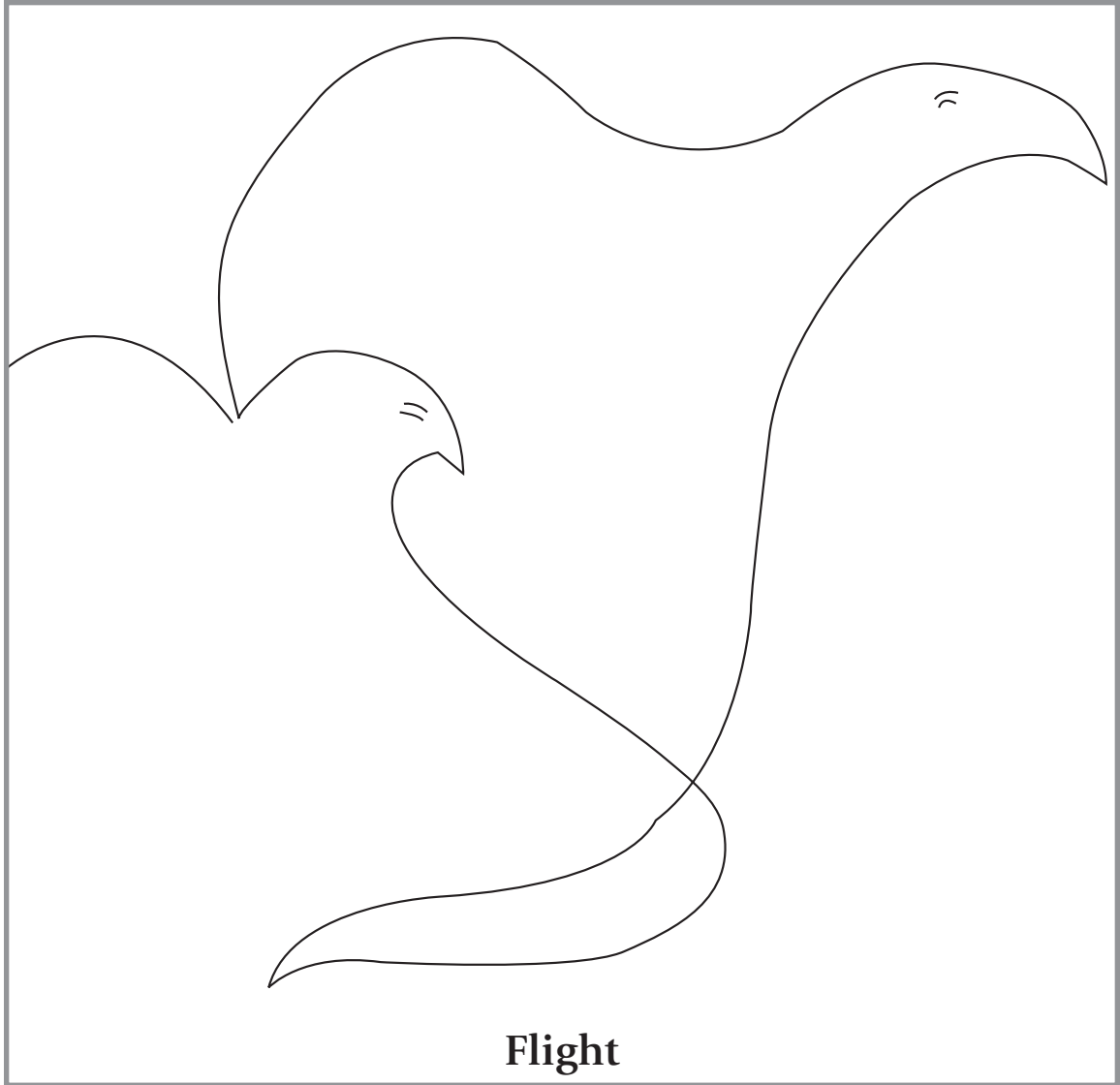
Birds do not need certificates how to parent. Go to their school.



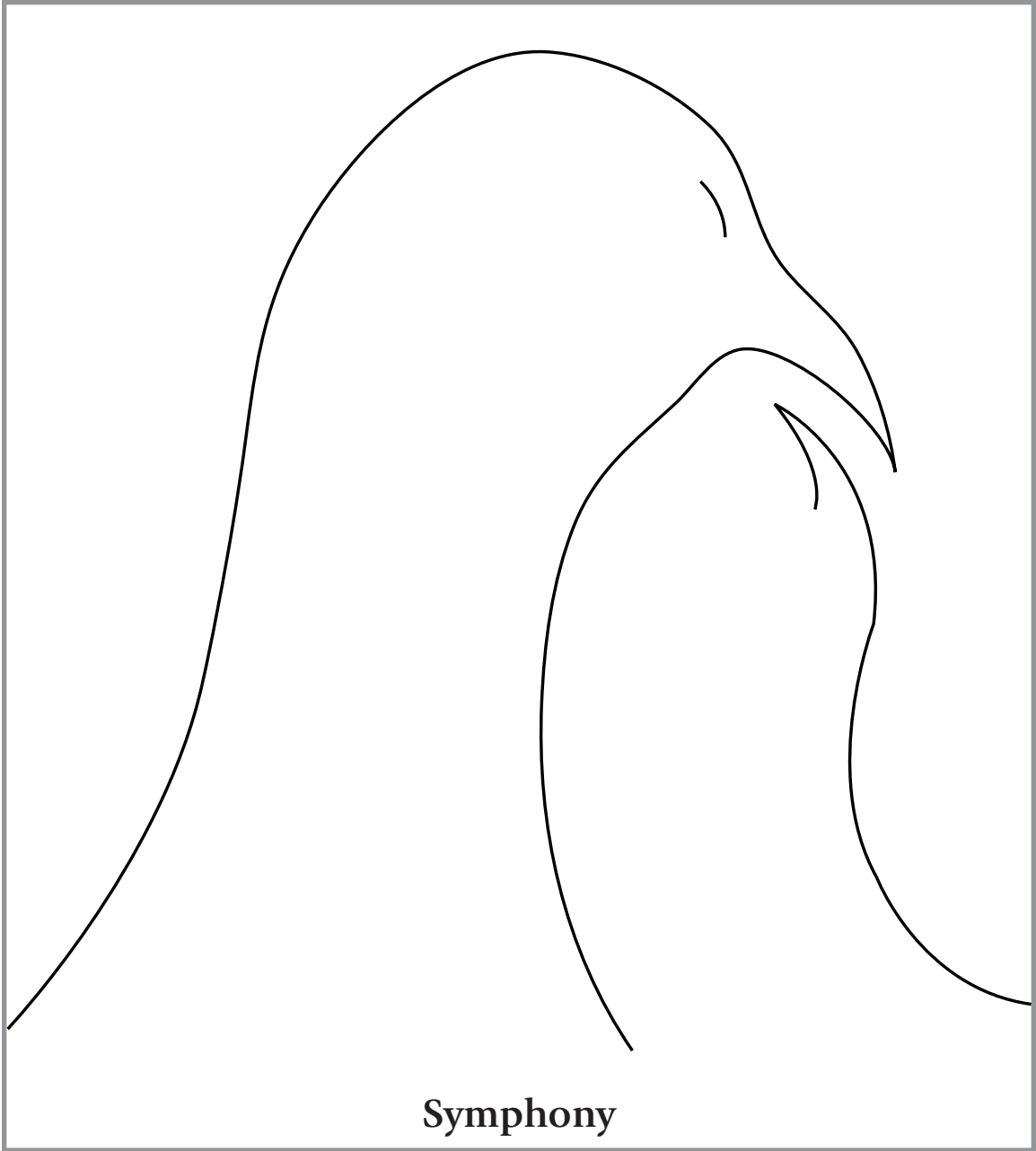
No greater love hath a parent dove.



Without question, birds nurture without question.



Birds fly in chorus to their songs.

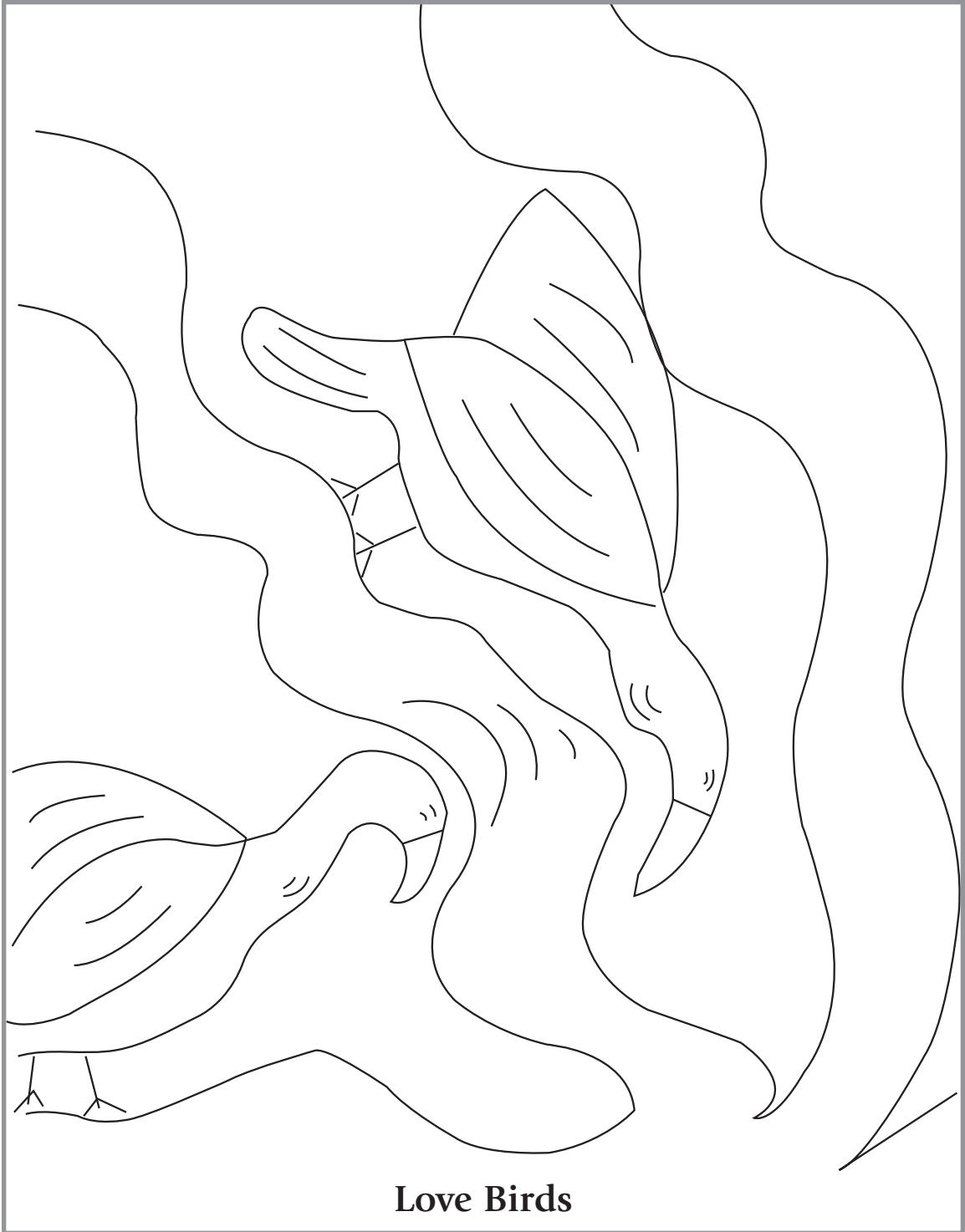


A light parental caress lets offspring rest.

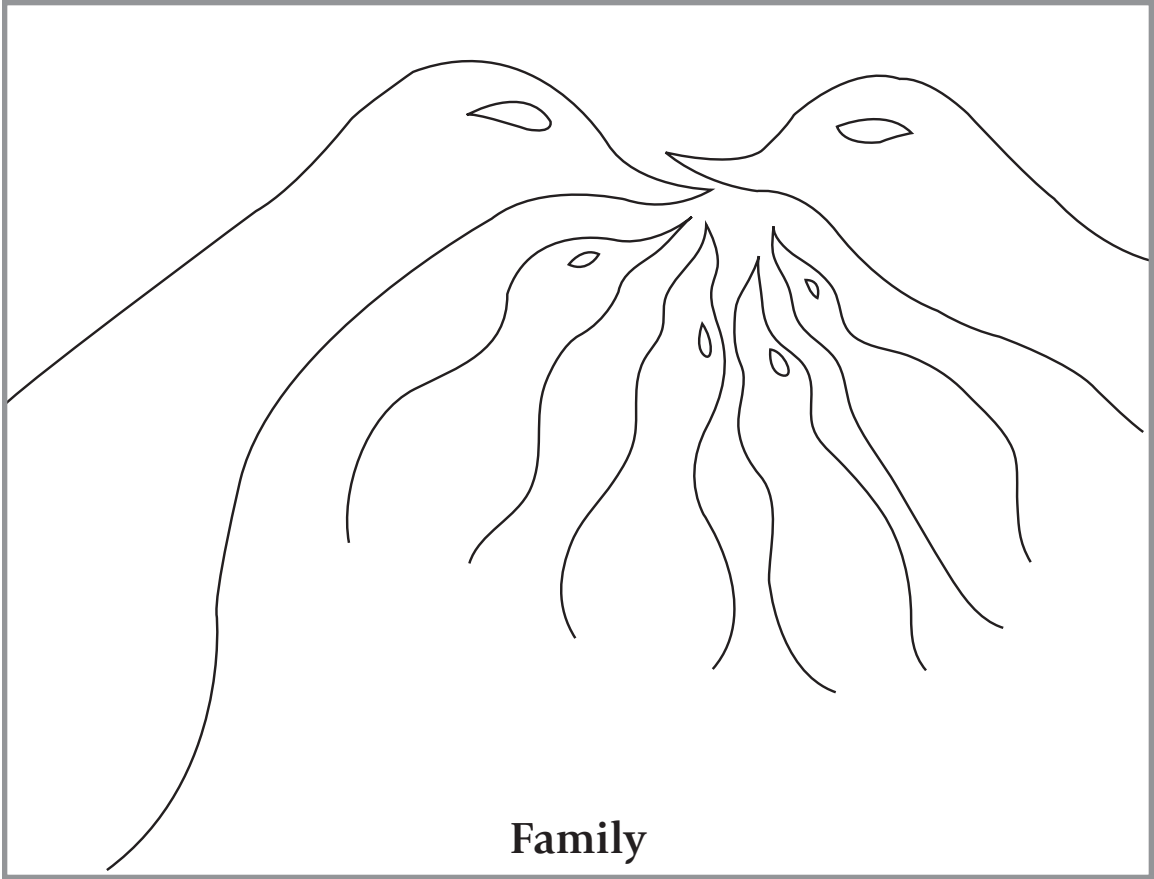


Haven

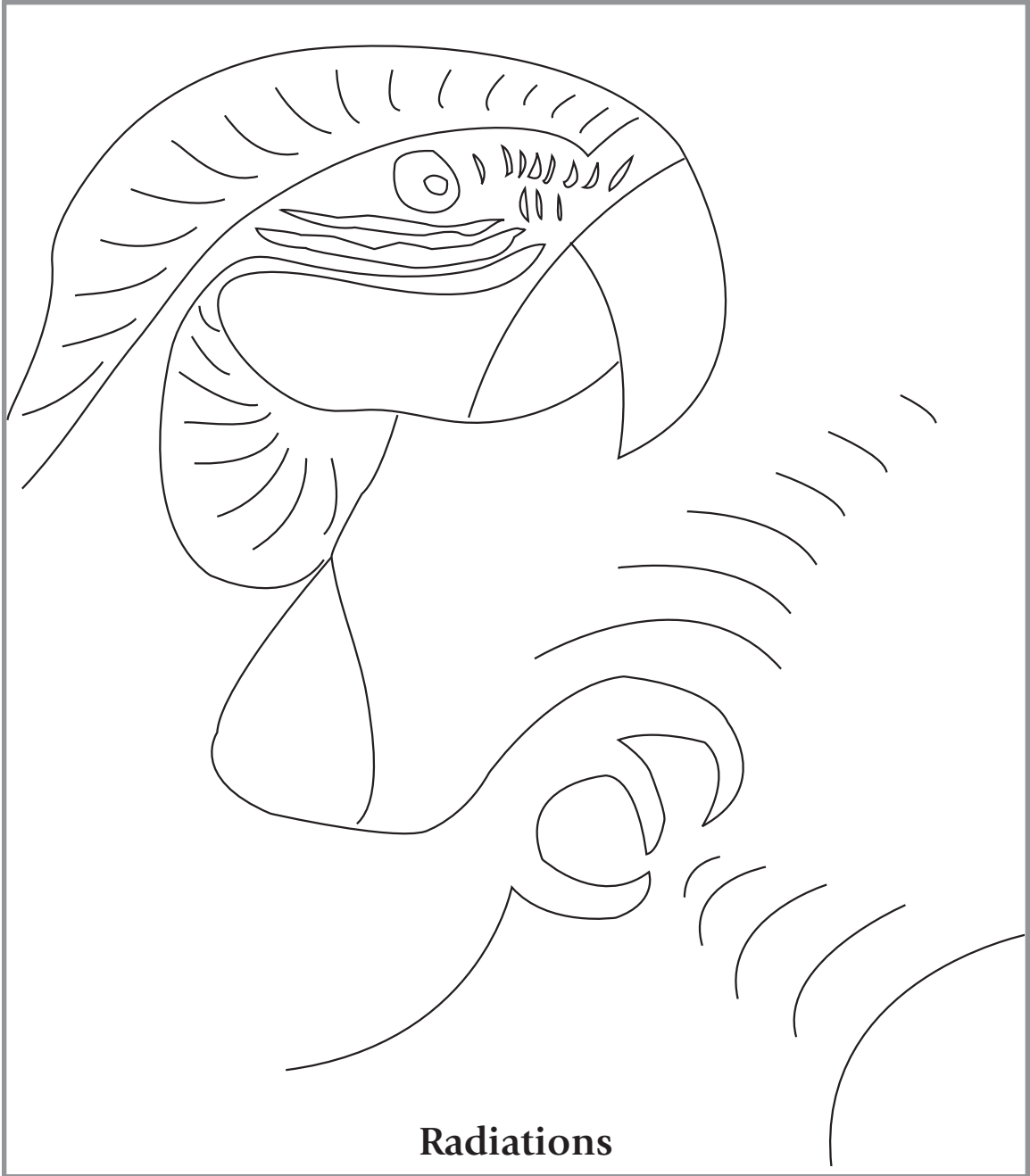
Birds teach their young to fly and teach us to live close to the nest.



In the parade of their love dance, birds learn to tune in.



Out of two, comes the crew.



Birds communicate through song
and commune through flow.

Chapter 33

Flowers

The simplicity of my drawings may evoke in you some of the same feelings nature has inspired in me.



Art unites the artist, the viewer (or listener), the past which feeds it, the present where it exists, and the future that it changes.

Shall We Dance

*Shall we dance at the river's edge,
letting water provide the chorus rhythms?*

*Shall we dance at the mountain's summit,
to the tune of wild winds whistling?*

*Shall we dance amid the tulips,
prancing in wide open glee?*

*Shall we dance as the birds celebrate,
in a cacophony of celebrating song?*

*Shall we dance in the ocean's wave,
surging with their flinging hands?*

*Shall we dance to the songs of the night,
illuminated by the howls to the moon?*

*Shall we dance in the wind's blast over the fields,
swaying in the roll.*

*Shall we dance in the courtship,
synchronized in their graceful choreography?*

*Shall we dance in the flight of the hawks,
gliding in their silent reverie?*

*Shall we dance in the dunes of the deserts,
sharing with graceful antelopes?*

*Shall we dance in the undercurrents of the seas,
riding the roiling turbulence?*

*Shall we dance in the trickling streams,
pebbles freshening in the flow?*

*Shall we dance in the moist earth,
pushing our seeds to reach the sun?*

*Who came to know we could not dance,
when the Earth began hurting too much?*

Not the flowers, for they are too weak to grow.

Not the trees, for they are standing alone.

*Not the bushes, for they are losing their
leaves.*

*No the waters, for they have sludge and are
slow.*

*Not the mountains, for they hear no more
sounds.*

Not the caves, for there are no more echoes.

*Not the ice sheets, for they are melting too
fast.*

Not the birds, for they seek their nests.

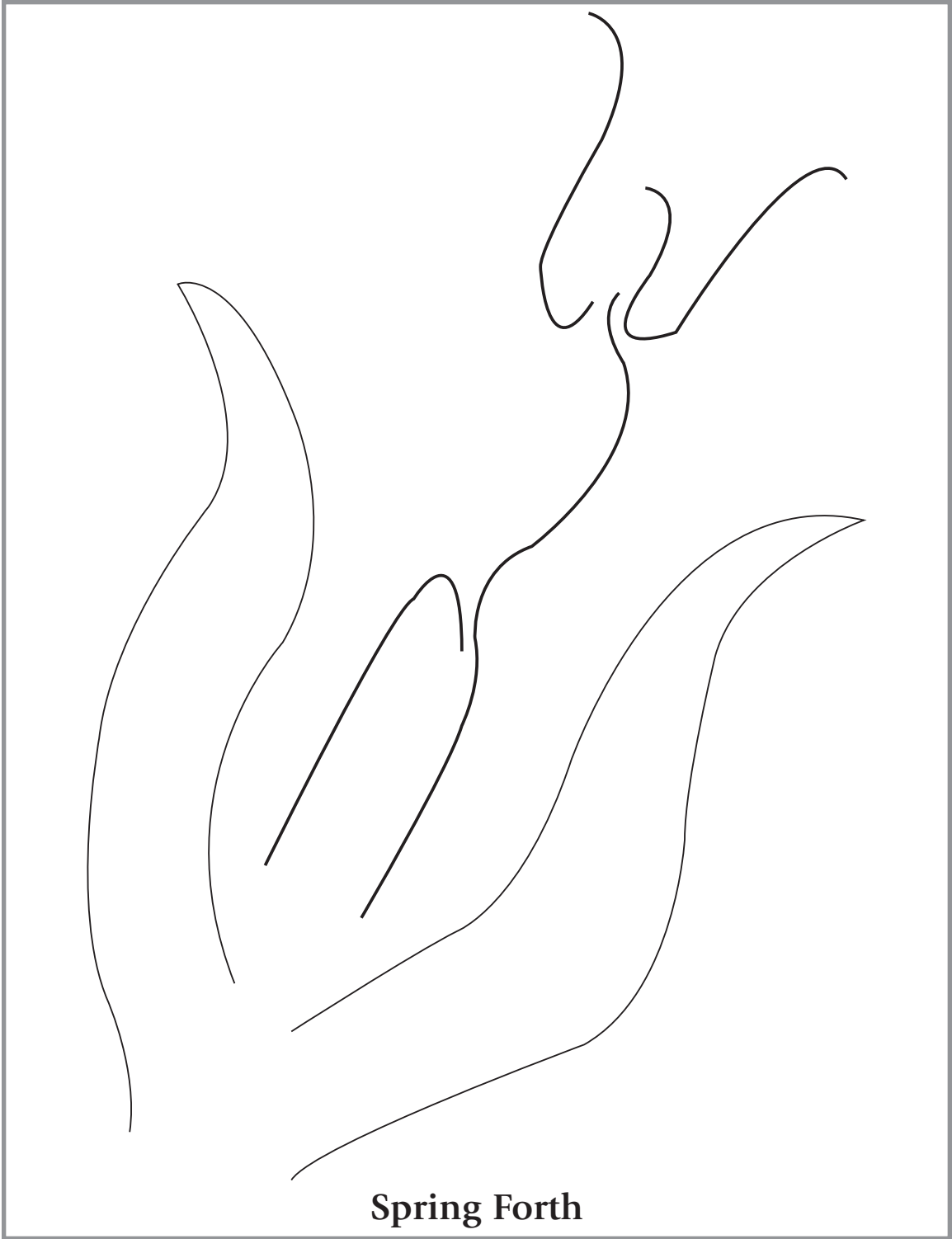
Not the fish, for there are no more schools.

Not the bees, for the honeycombs are dying.

Not the corals, for the reefs are dead.

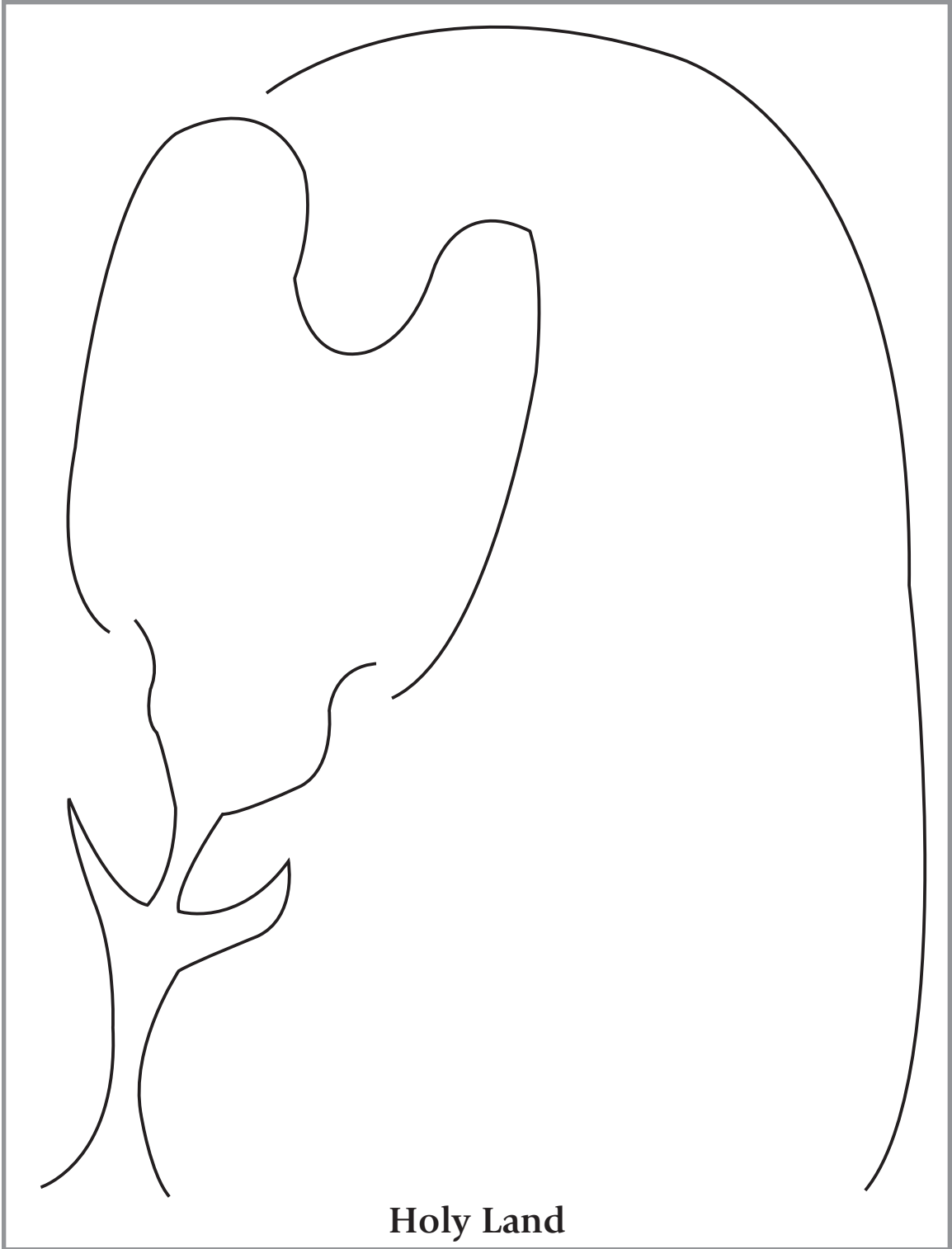
Not humans, for we cannot dance anymore.

*When shall we dance again?
When shall we decide?*

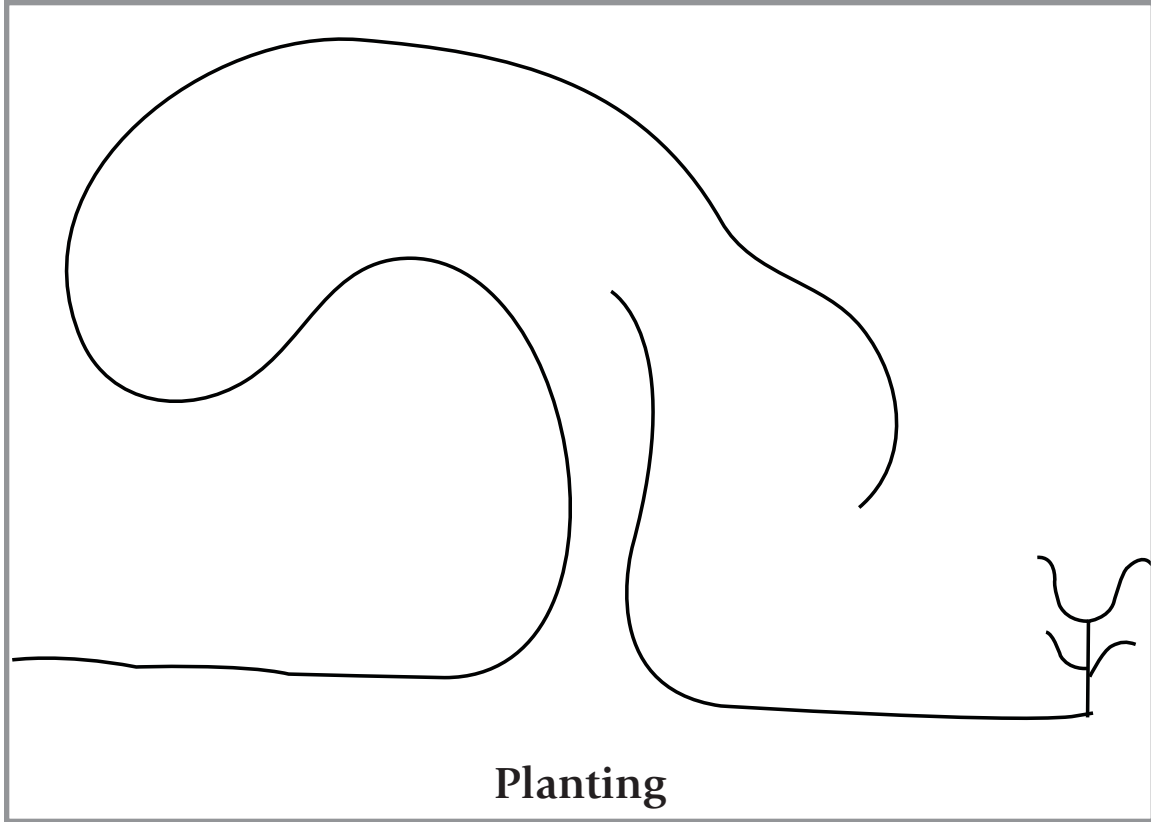


Spring Forth

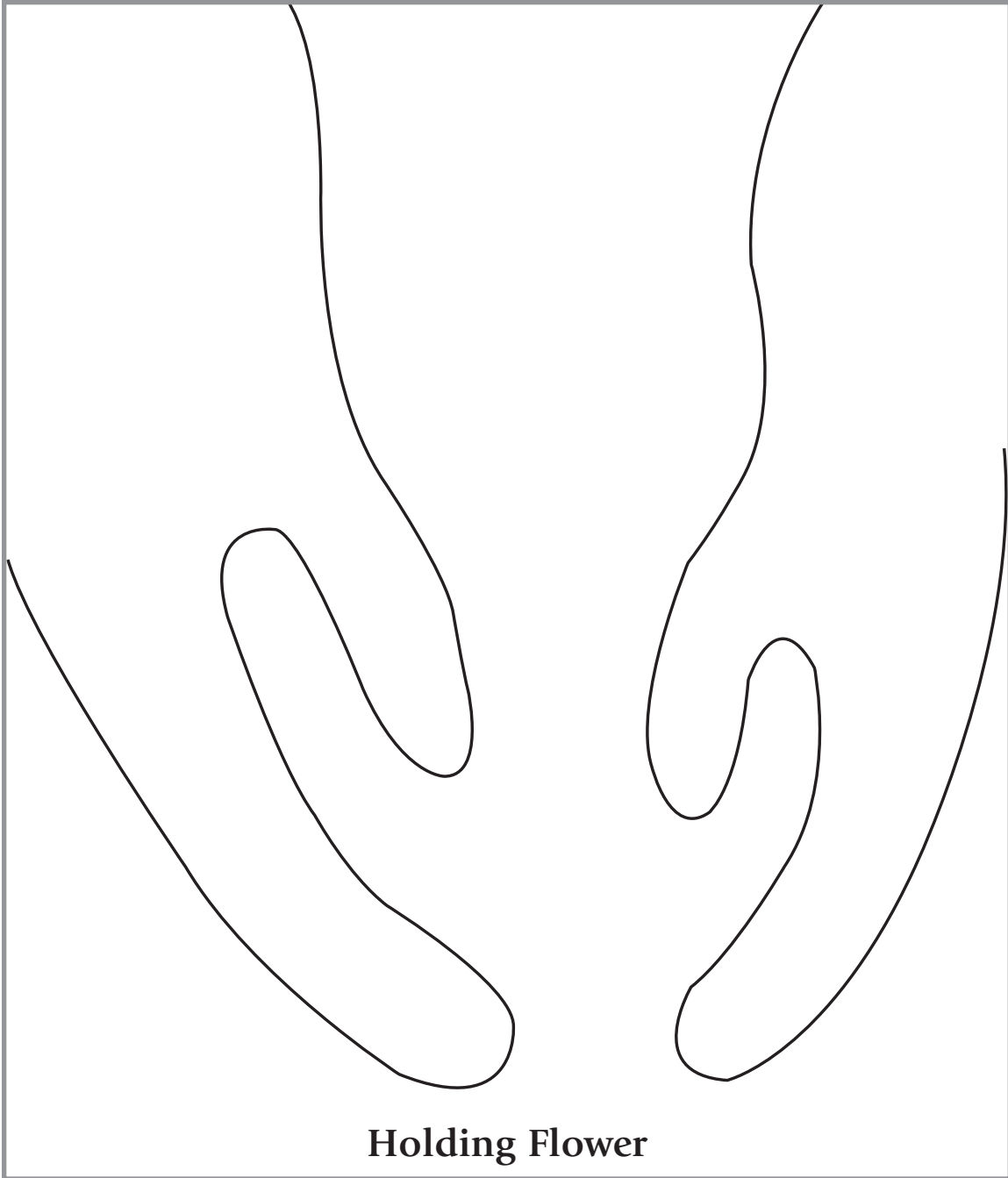
Life has given birth to us so that we may keep it birthing.



Nature is the temple. Planting is the prayer.

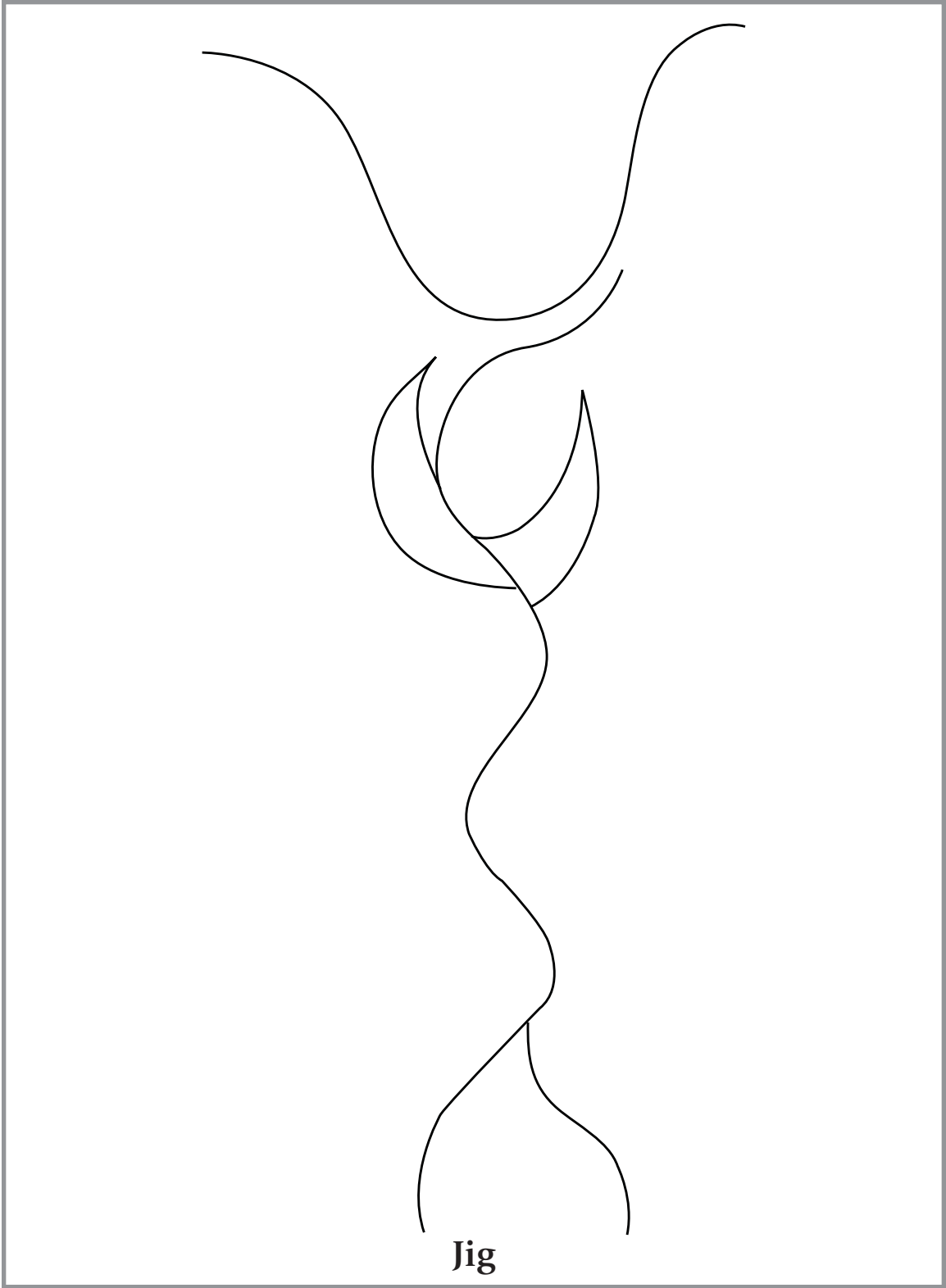


Being one with nature doubles our dreams.



Holding Flower

Should we partner with nature, we will avoid departure from ourselves.

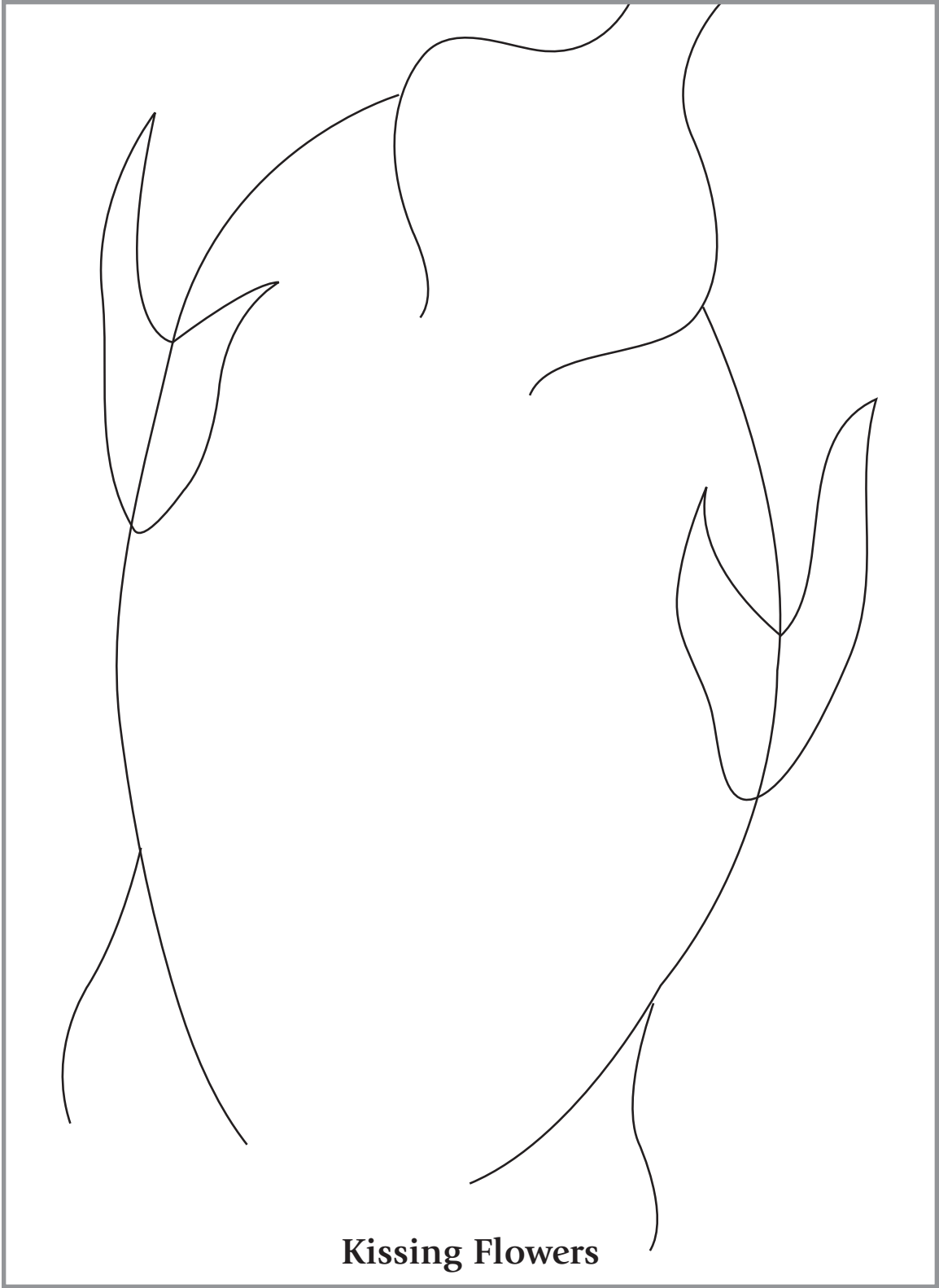


Jig

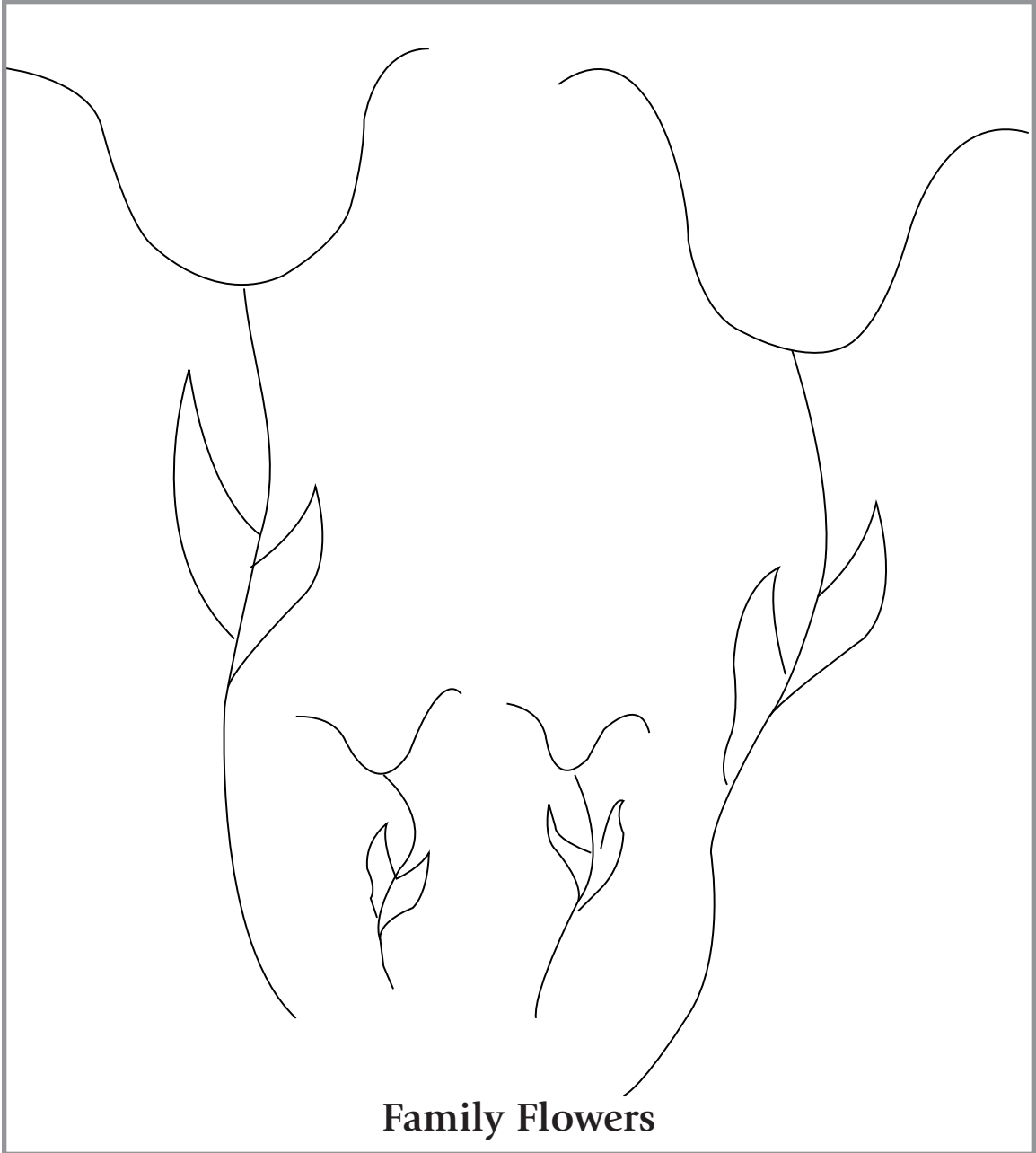
Get vision. Watch a flower.



Too much joy for one, they dance tied to rhythm and drum.

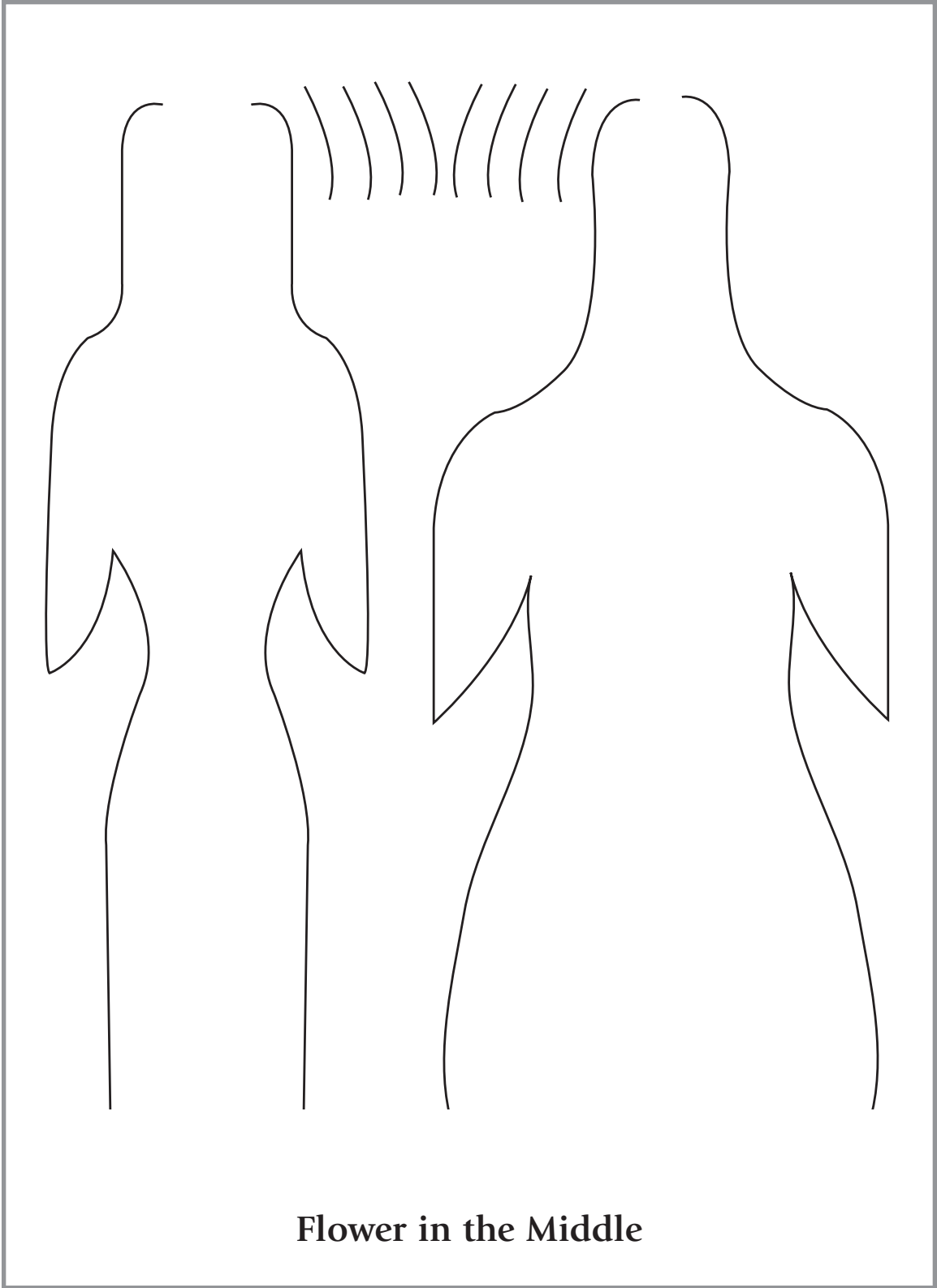


Locked in a lifelong kiss, such is love's bliss.



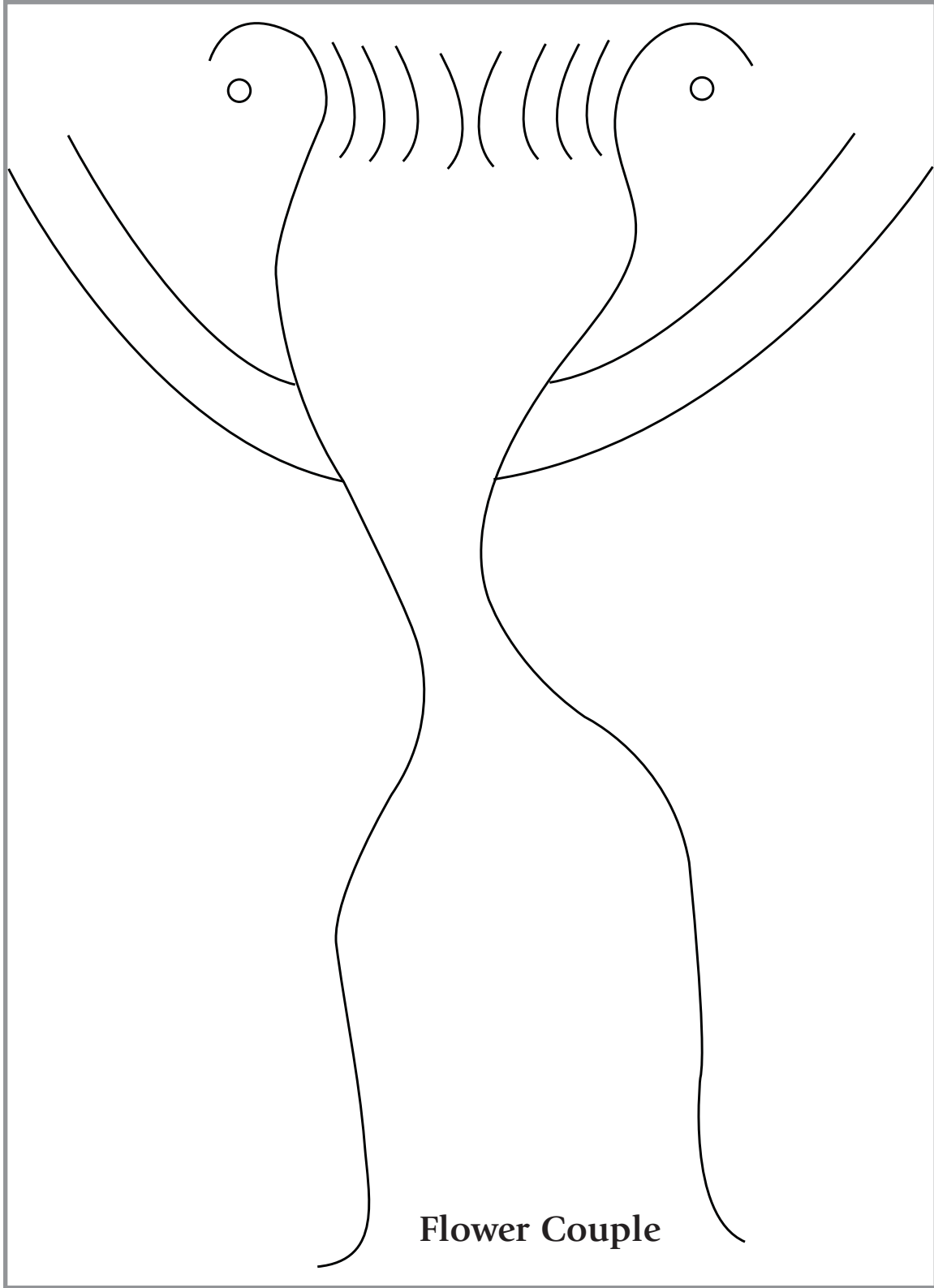
Family Flowers

By planting good seeds, flowers control the weeds.

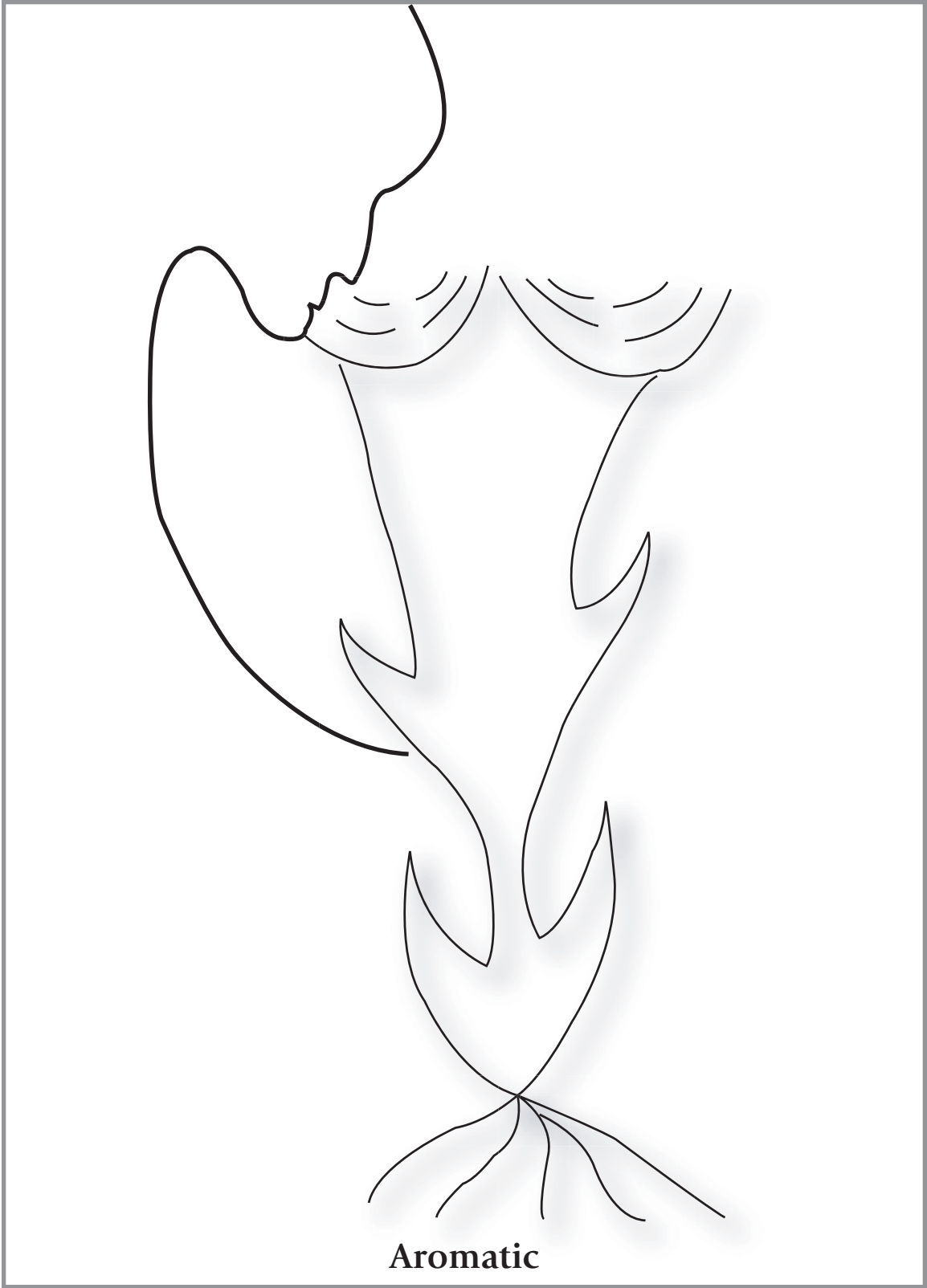


Flower in the Middle

A flower or a couple. Perhaps both. Be Supple.

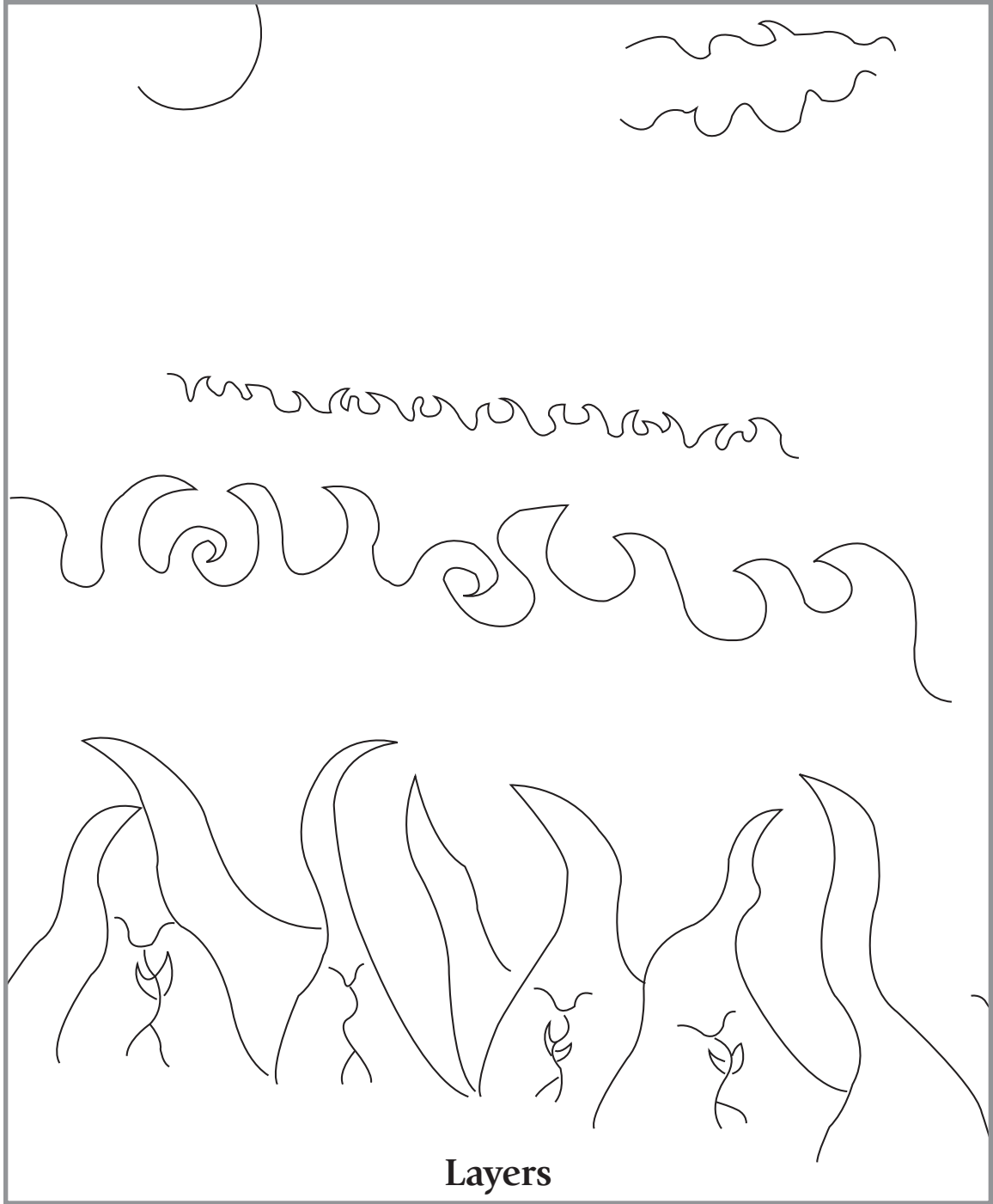


Couples who shake, rattle, and roll get hot and bothered.

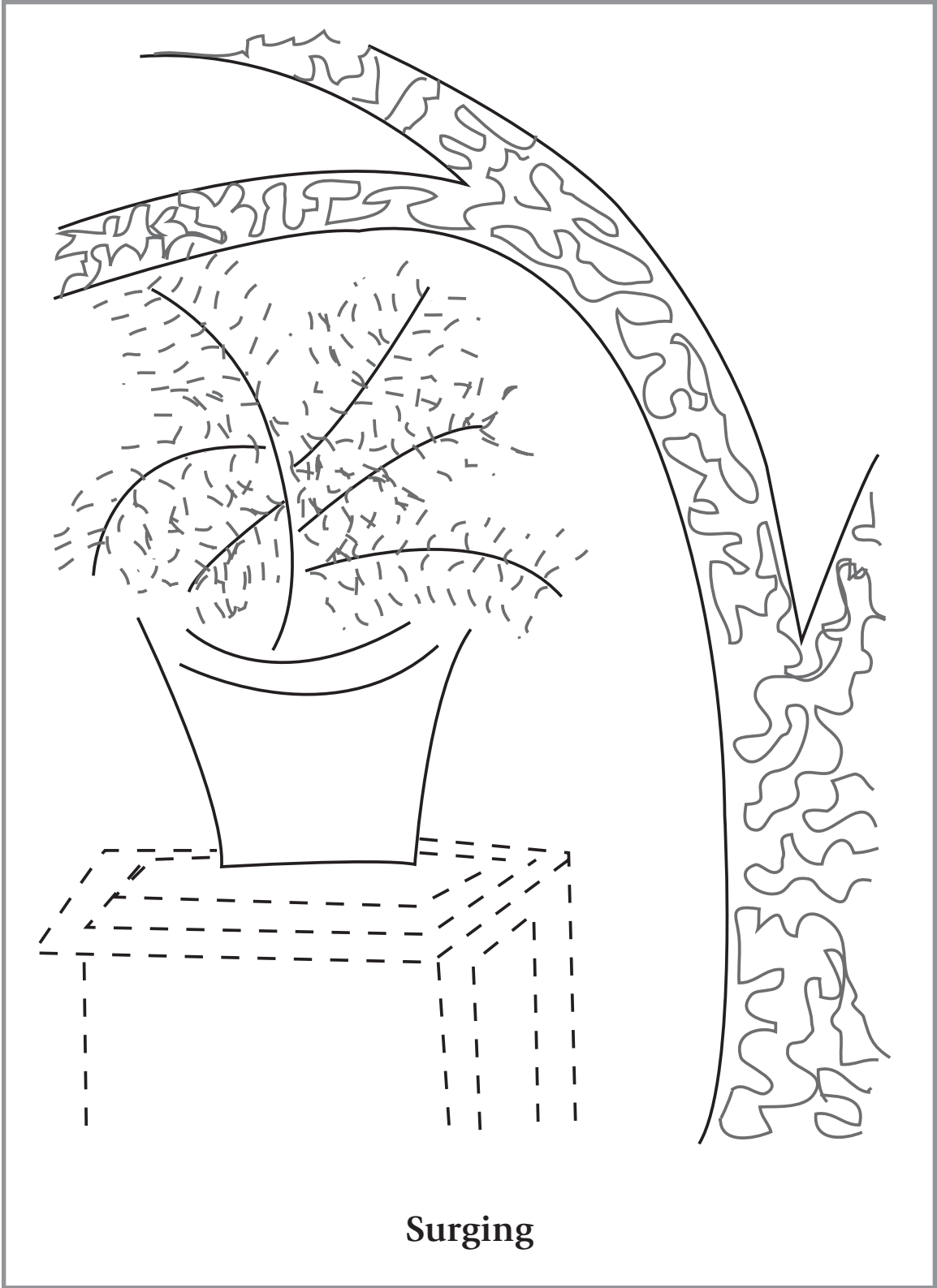


Aromatic

A rose is aromatherapy waiting to happen.

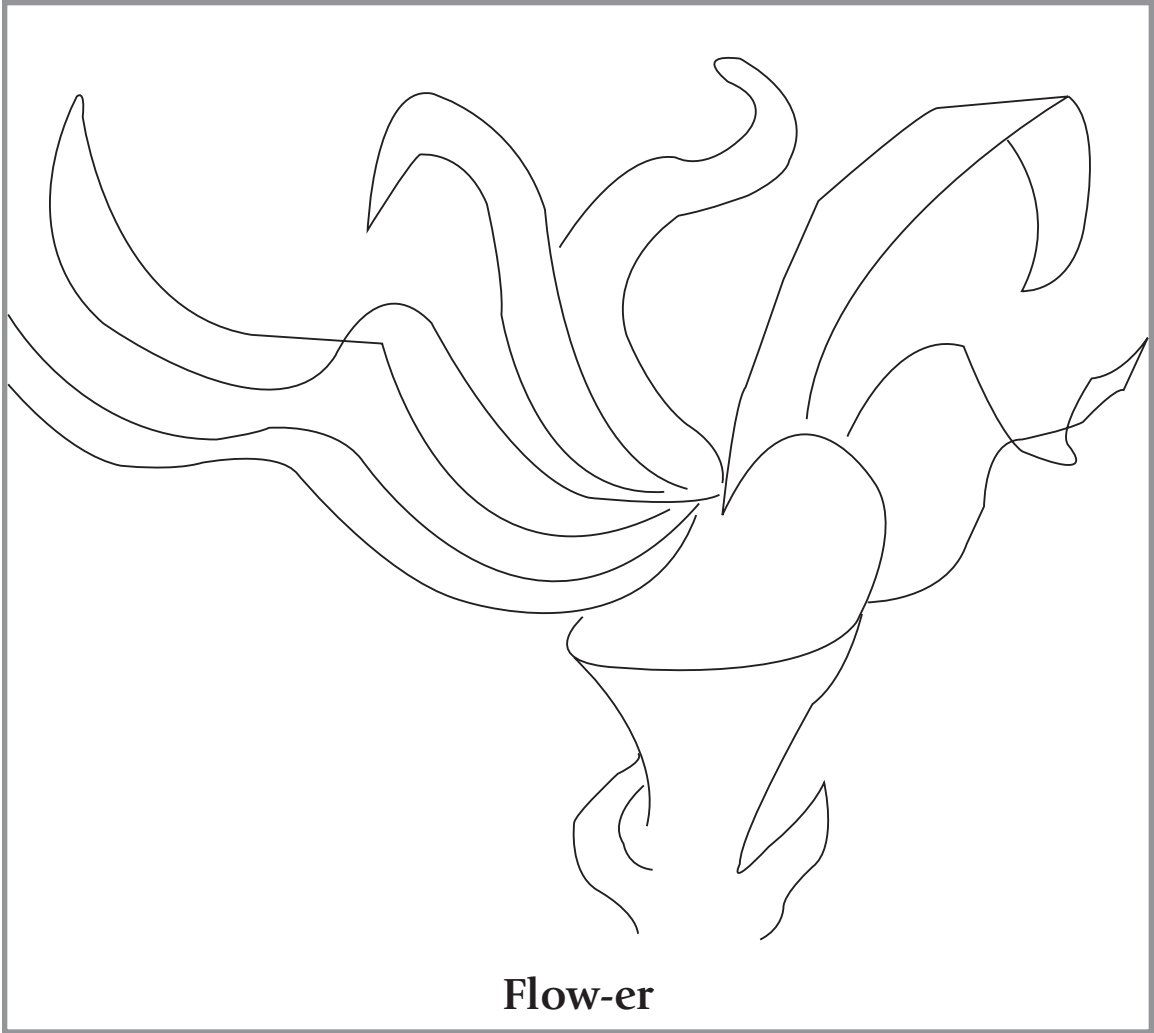


Near tumultuous shores, dune flowers dance with glee.

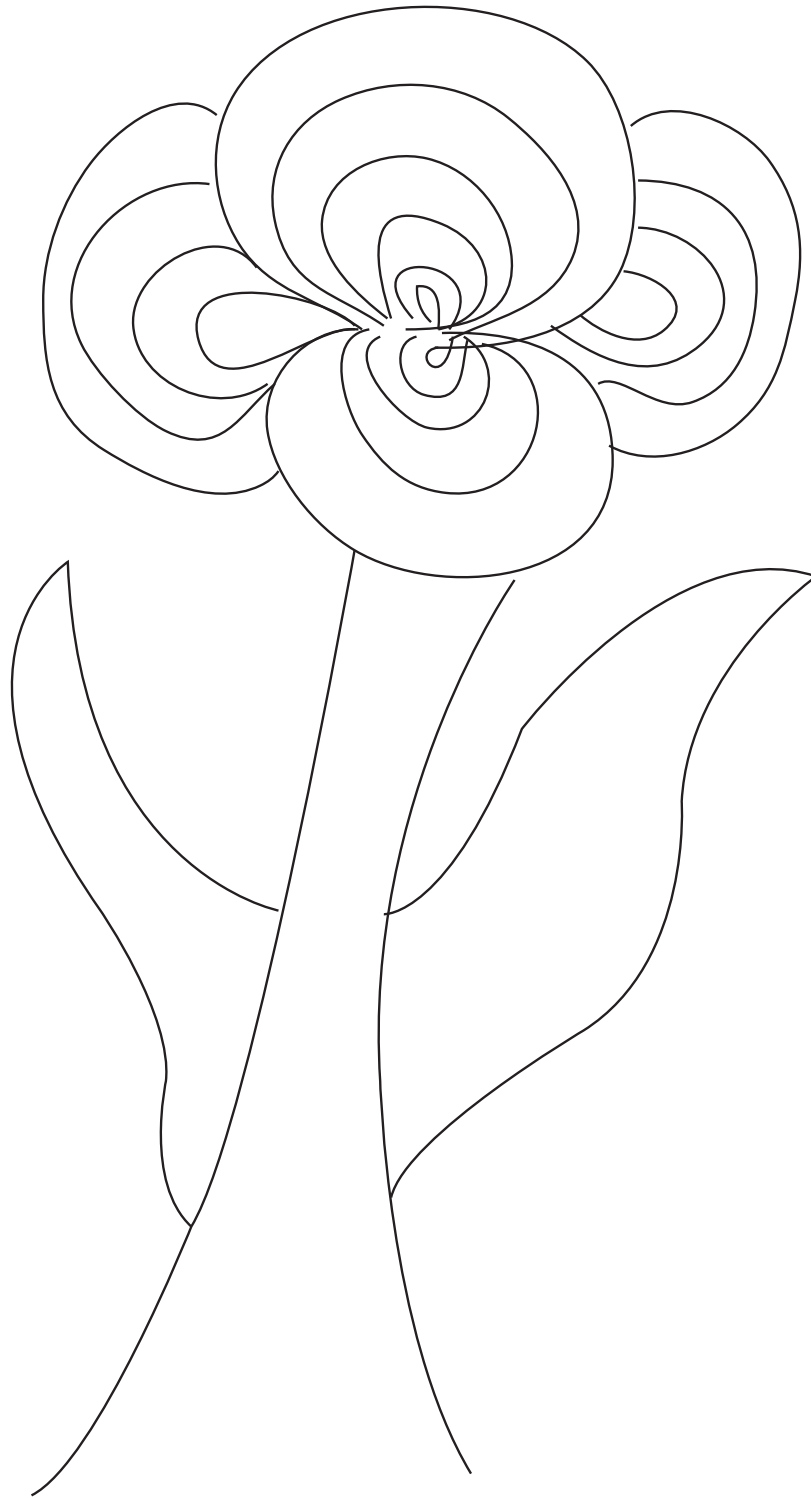


Surging

When animated by touch, life animates with living.

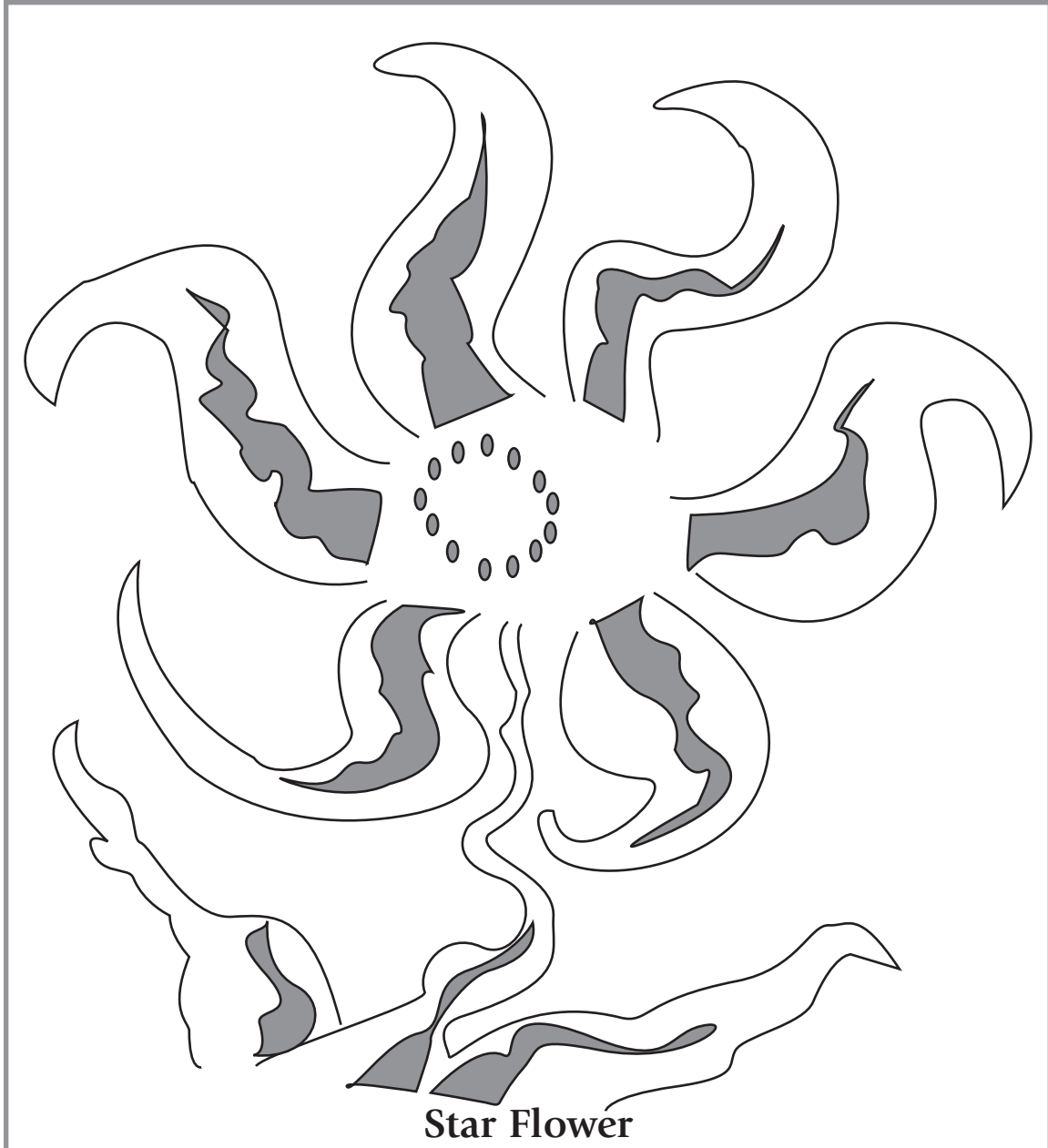


In their gyrations are flowers' emanations.

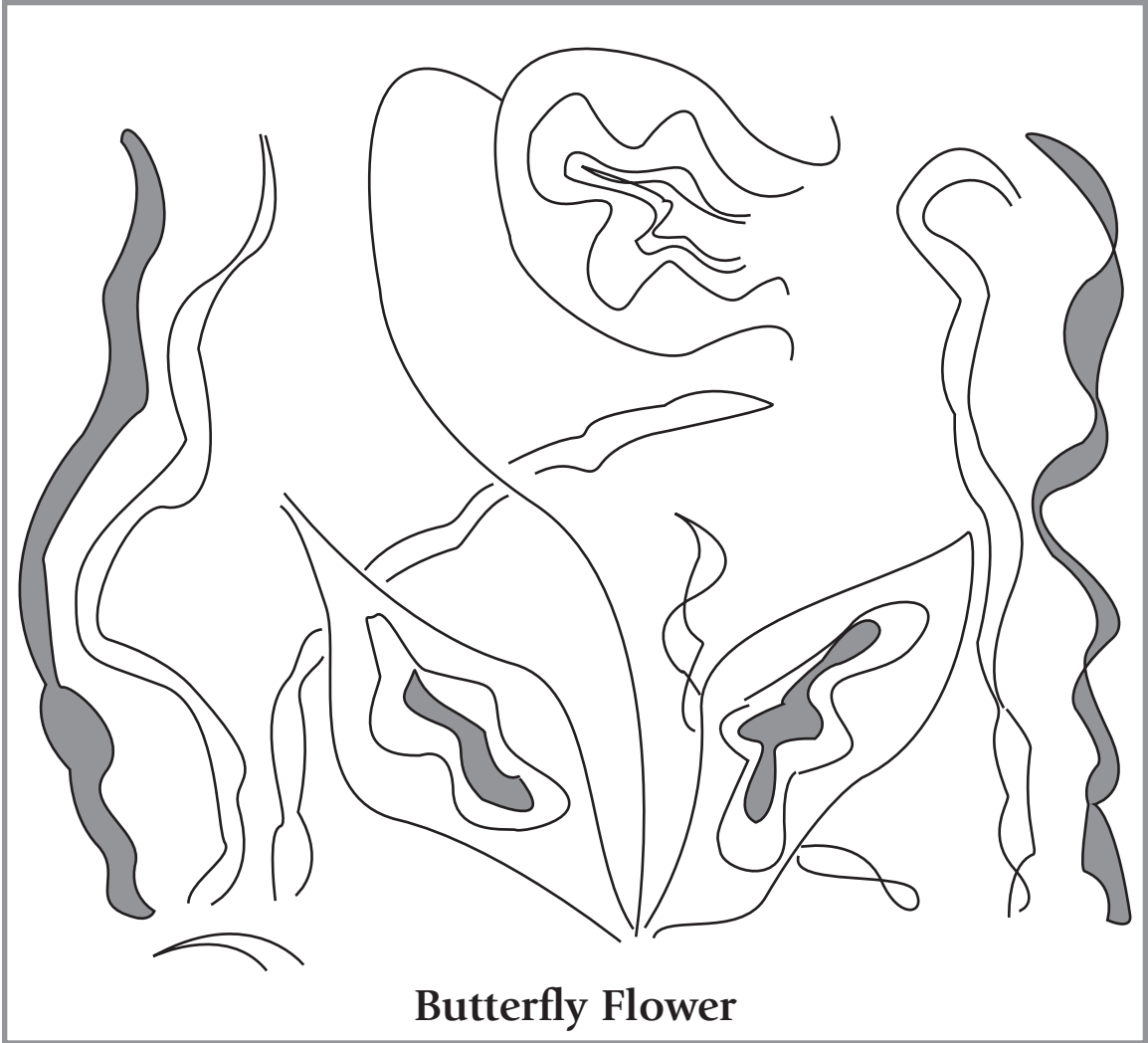


Nonverbal Communication

Flowers communicate without words. So do we.

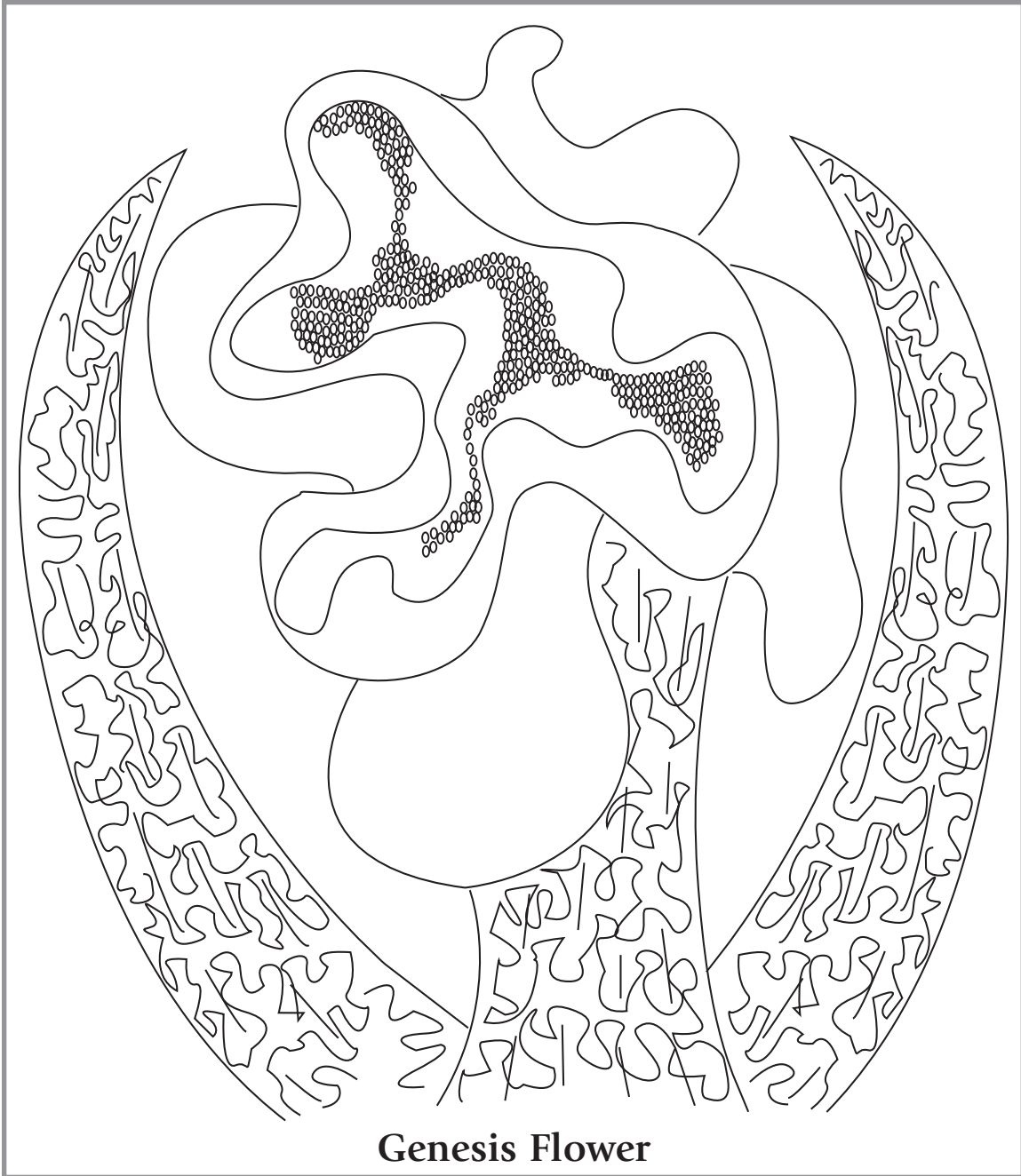


The same patterns mark the sky, the earth, and the seed.



Butterfly Flower

Get in a groove. Dance with a flower.



What starts as seed becomes majestic indeed.

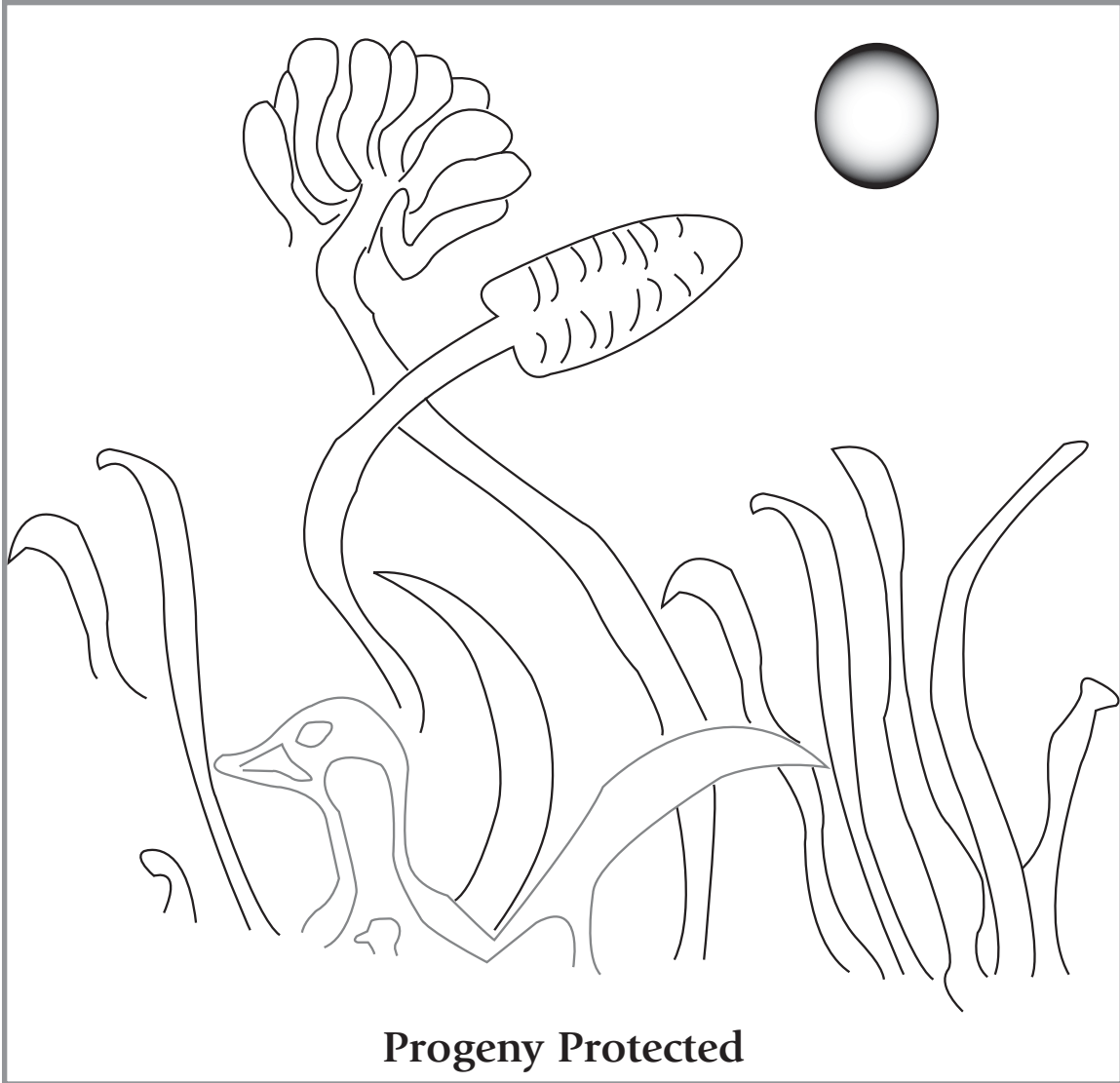


Ocean Flower

Life surges in the seas like ideas in the mind.



Sharing species harmonize. Sharing people, too.

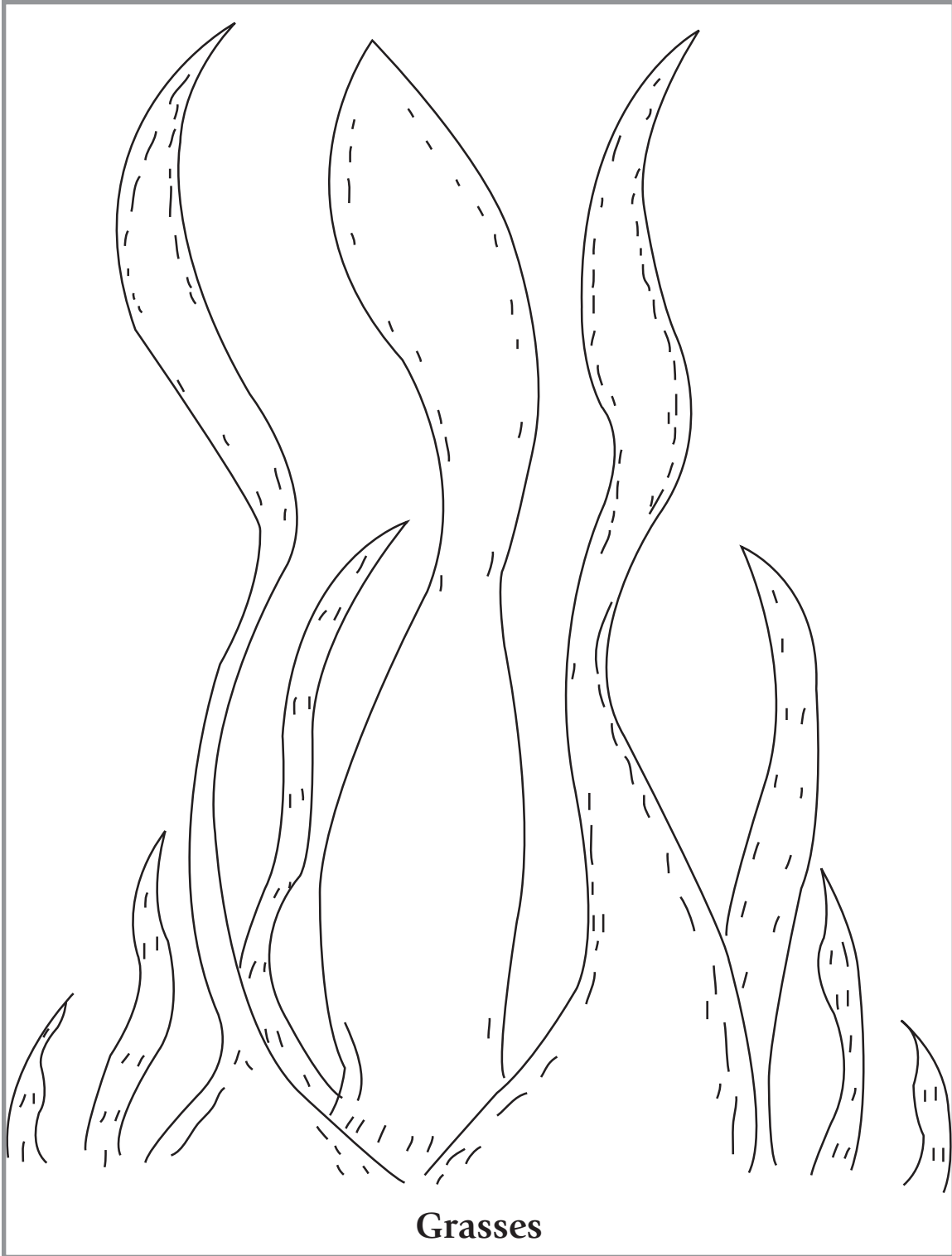


Progeny Protected

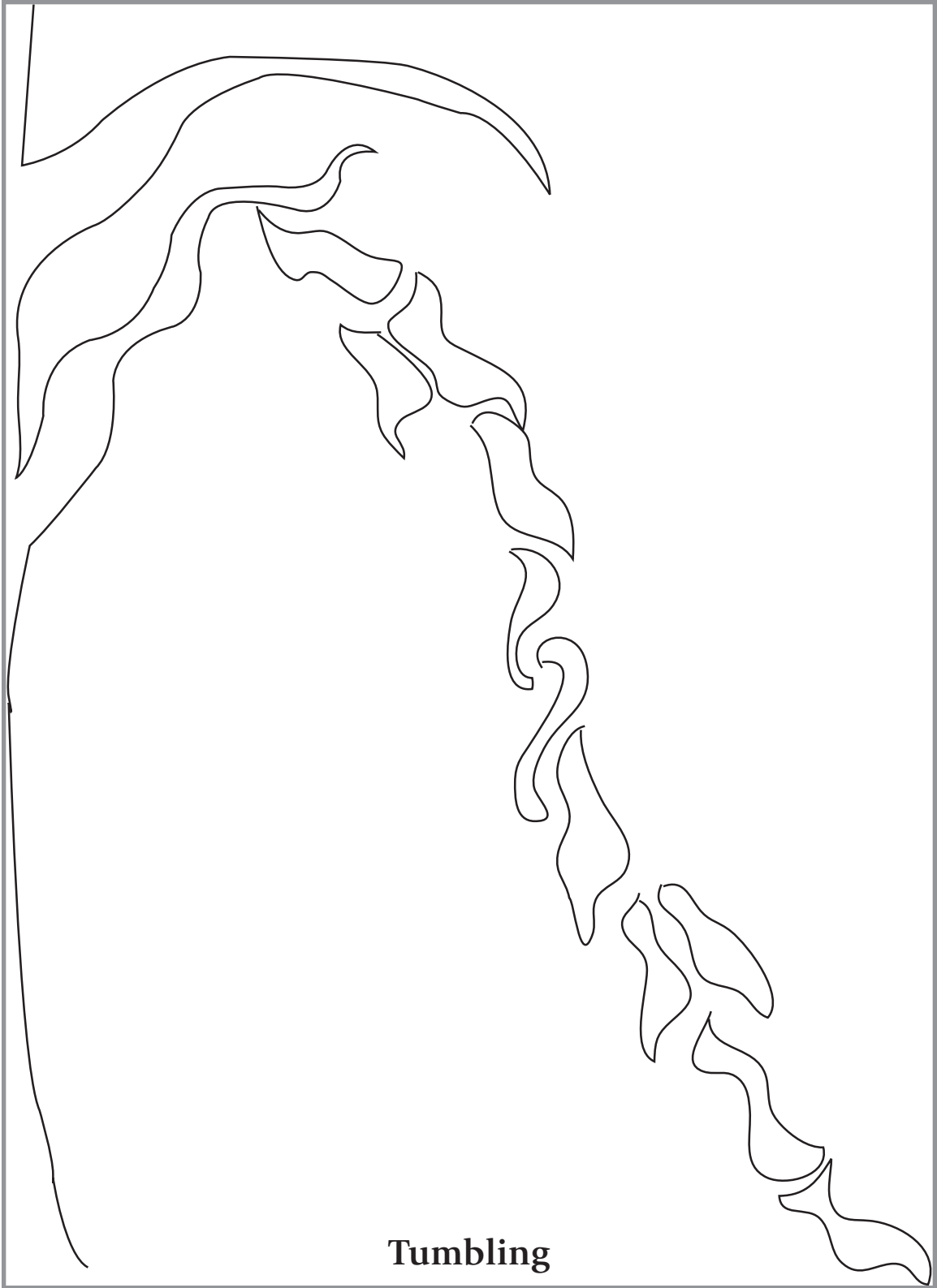
By helping the child grow in peace, we help peace grow in the child.



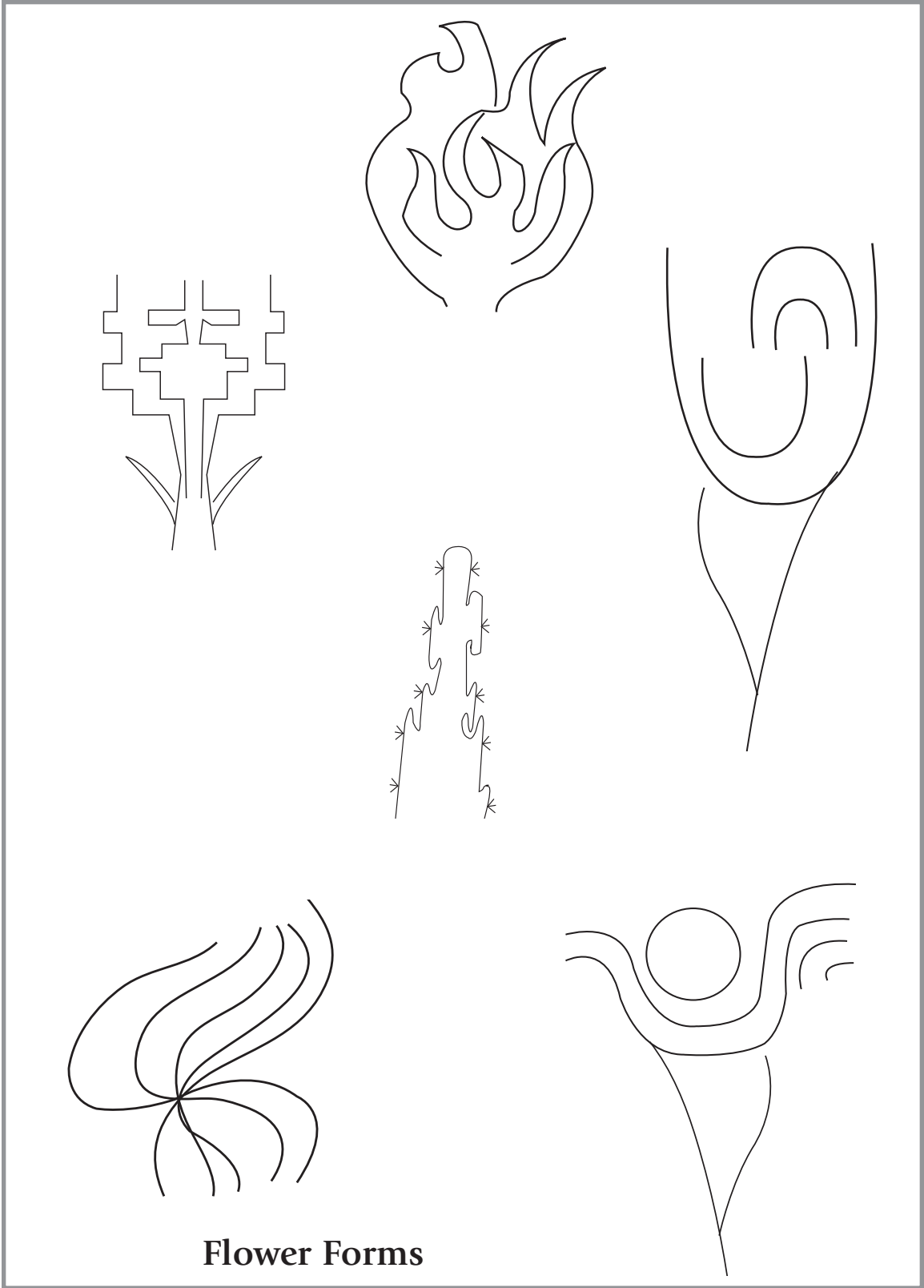
Children imitate even how we fly.



In simplest life lives the most complex questions.

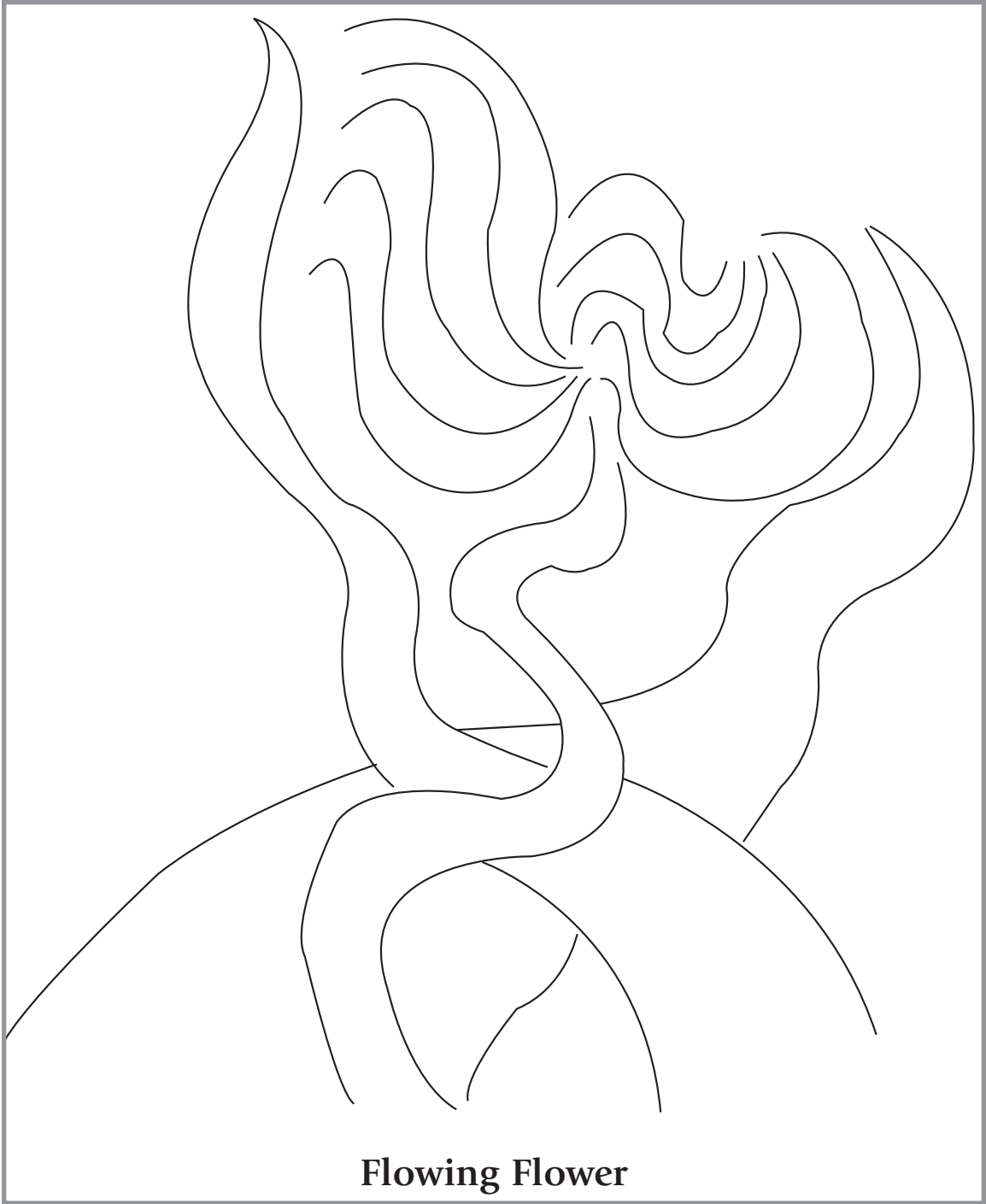


Seeds sow near us what we sow in them.



Flower Forms

Flowers bloom in imaginations.



Flowing Flower

When flowers move, the mind follows.

Chapter 34

Joy

Chapter 34 offers art reflective of people in motion, alive, and joyful. Unfortunately, I cannot draw three-dimensionally, but these art images tell stories of people, nonetheless.



Art does not reflect. It is.

Growing Wild

*Growing wild, vibrant colours can
hardly keep up with shooting
flowers.*

*Growing wild, tender shoots excite the
earth with their shivering reach.*

*Growing wild, leaves push into open
spaces.*

*Growing wild, the mews of lambs
bounce off content mothers.*

*Growing wild, baby elk suckle strongly
in the first hours.*

*Growing wild, whale calves twist in joy
beside rollicking twins.*

*Growing wild, peacocks strut their
graffiti palette.*

*Growing wild, seeds flutter in curling
winds.*

*Growing wild, eaglets call for prey of
the hunt.*

*Growing wild, nestlings fall free fall as
they glide to the ground.*

*Growing wild, wheat fields dream of
the sun.*

*Growing wild, cubs slap their siblings
with glee.*

*Growing wild, gazelles bound into the
yellow cover.*

*Growing wild, comets streak into the
stratosphere's fire.*

*Growing wild, foxes pounce on the tail
of their father.*

*Growing wild, dogs lick the hand of a
child.*

*Growing wild, cats escape into the
hiding night.*

*Growing wild, waters thunder down
the heights.*

*Growing wild, rapids cavort the walls
beside banks.*

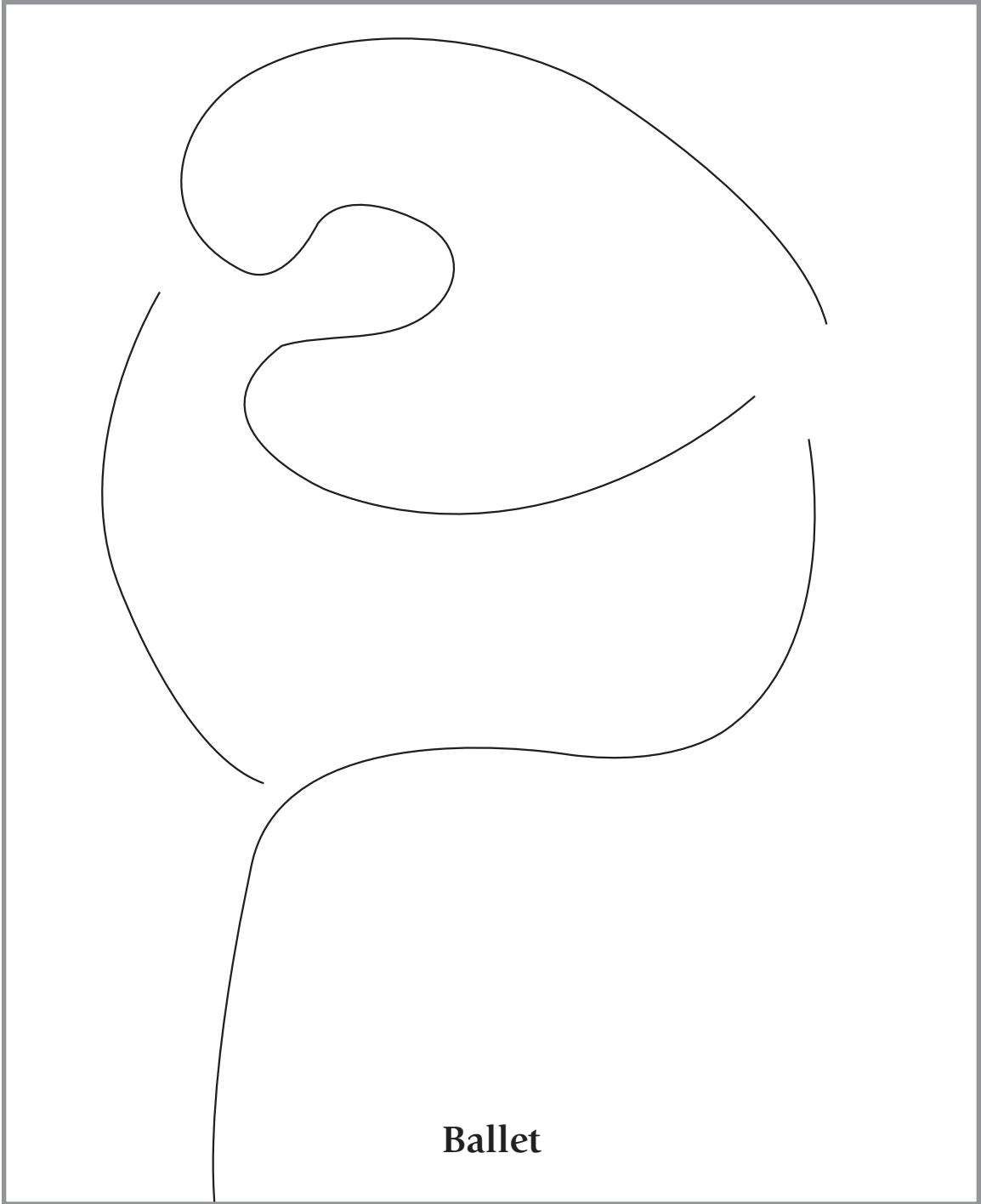
*Growing wild, the planet explodes in
faun and flora.*

*But will we let it continue, life living in
wildness free?*

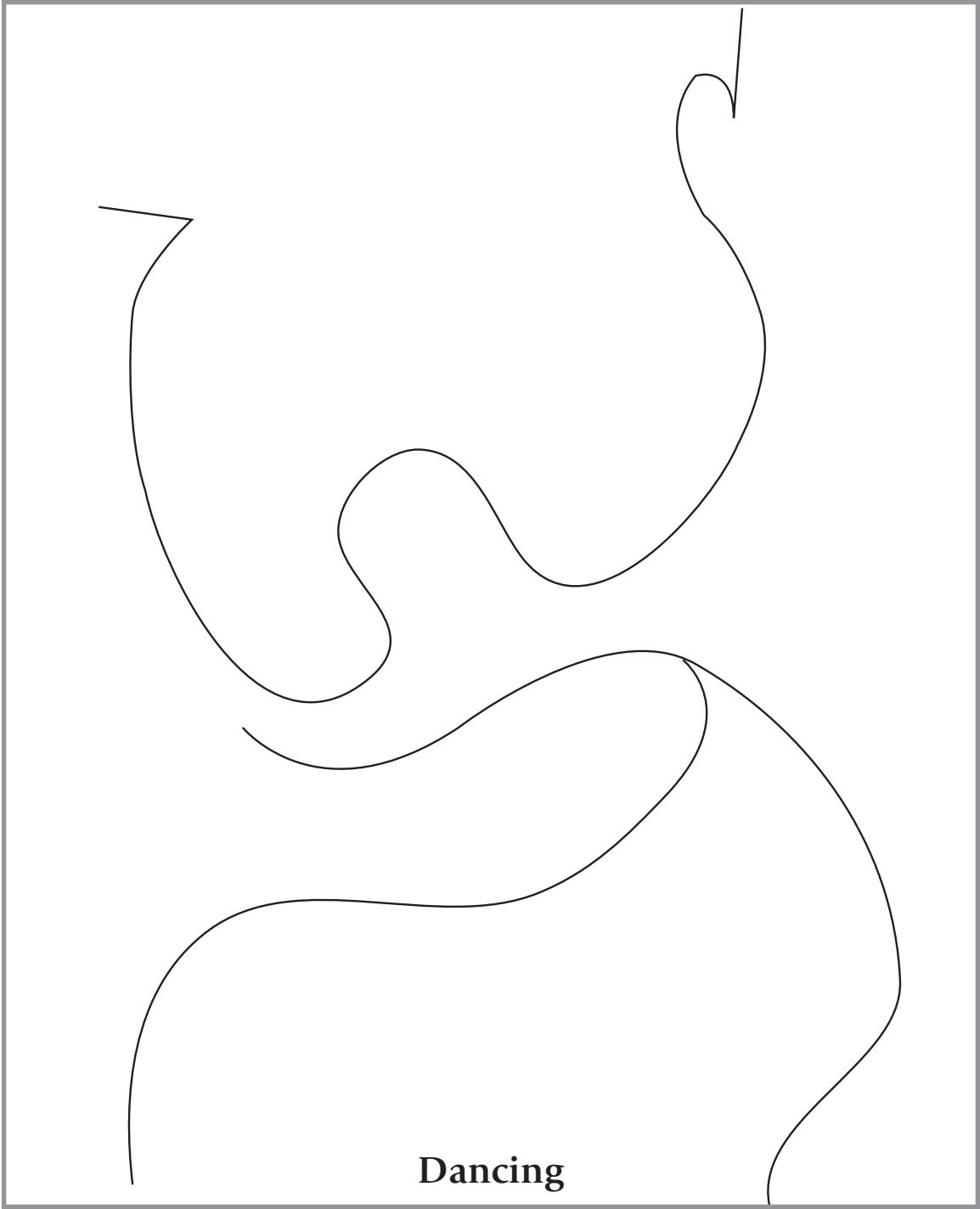
*Will we take our planet to nourish and
protect it, marrying forever to its
life?*

*Will we go to the ends of the world to
protect our world —
cherishing its life forms, both
present and future until the end of
our time?*

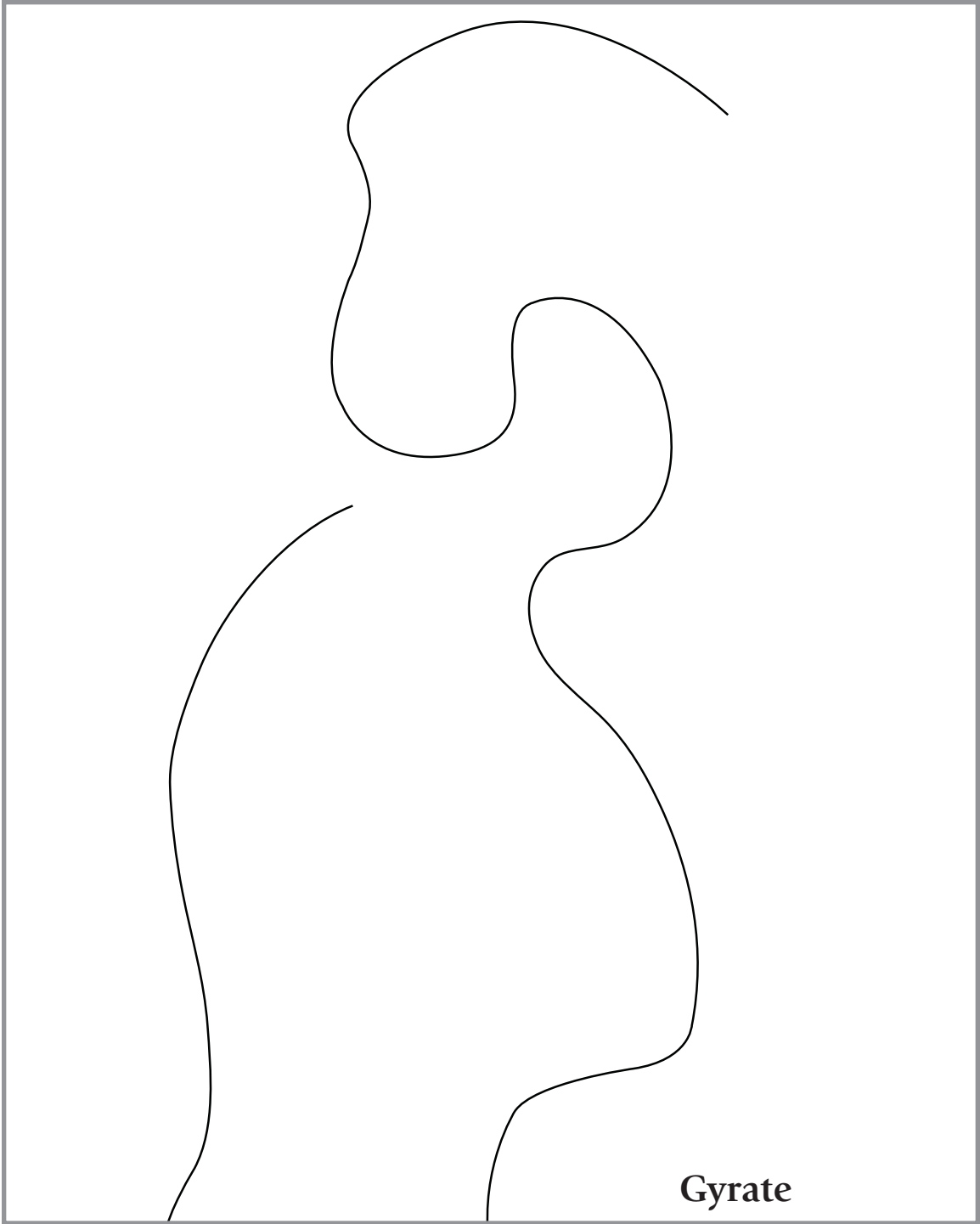
*Or will we end the planet's time—
stopping ourselves from living and
our planet from growing wild?*



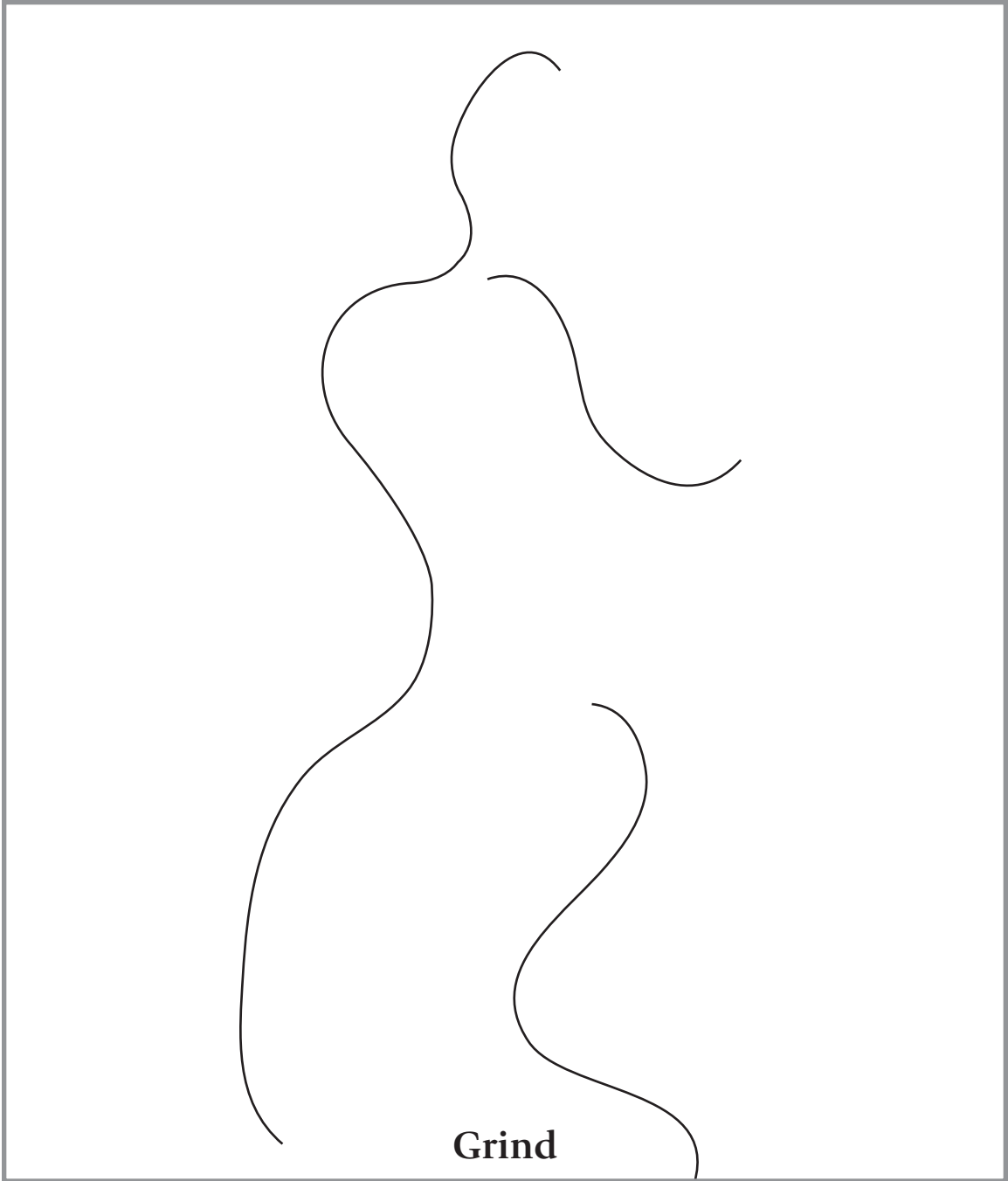
Each pose of the dancer is poise from preparation



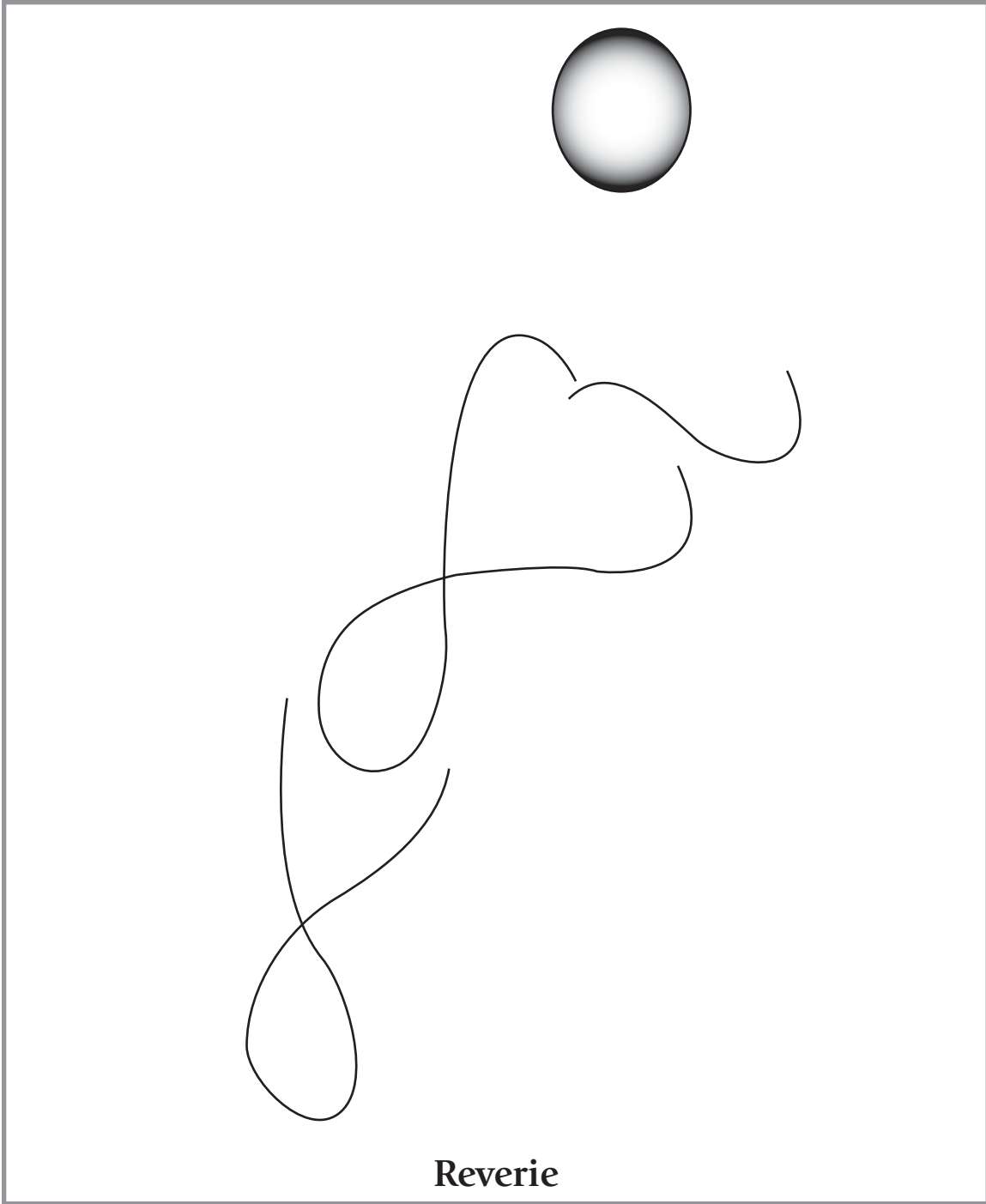
Dancing is the body's high five.



Music makes the mind.

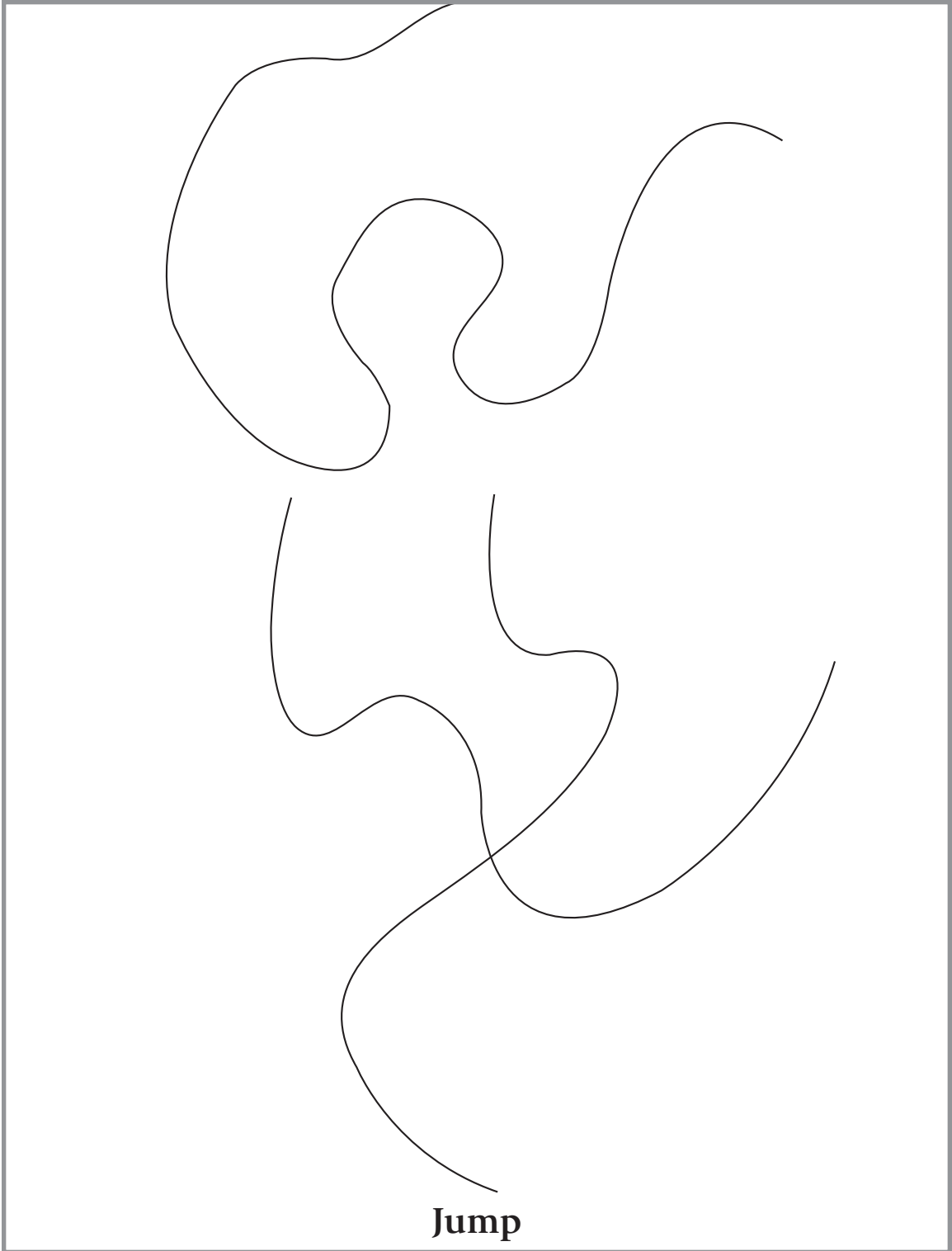


Ballads build bodies.

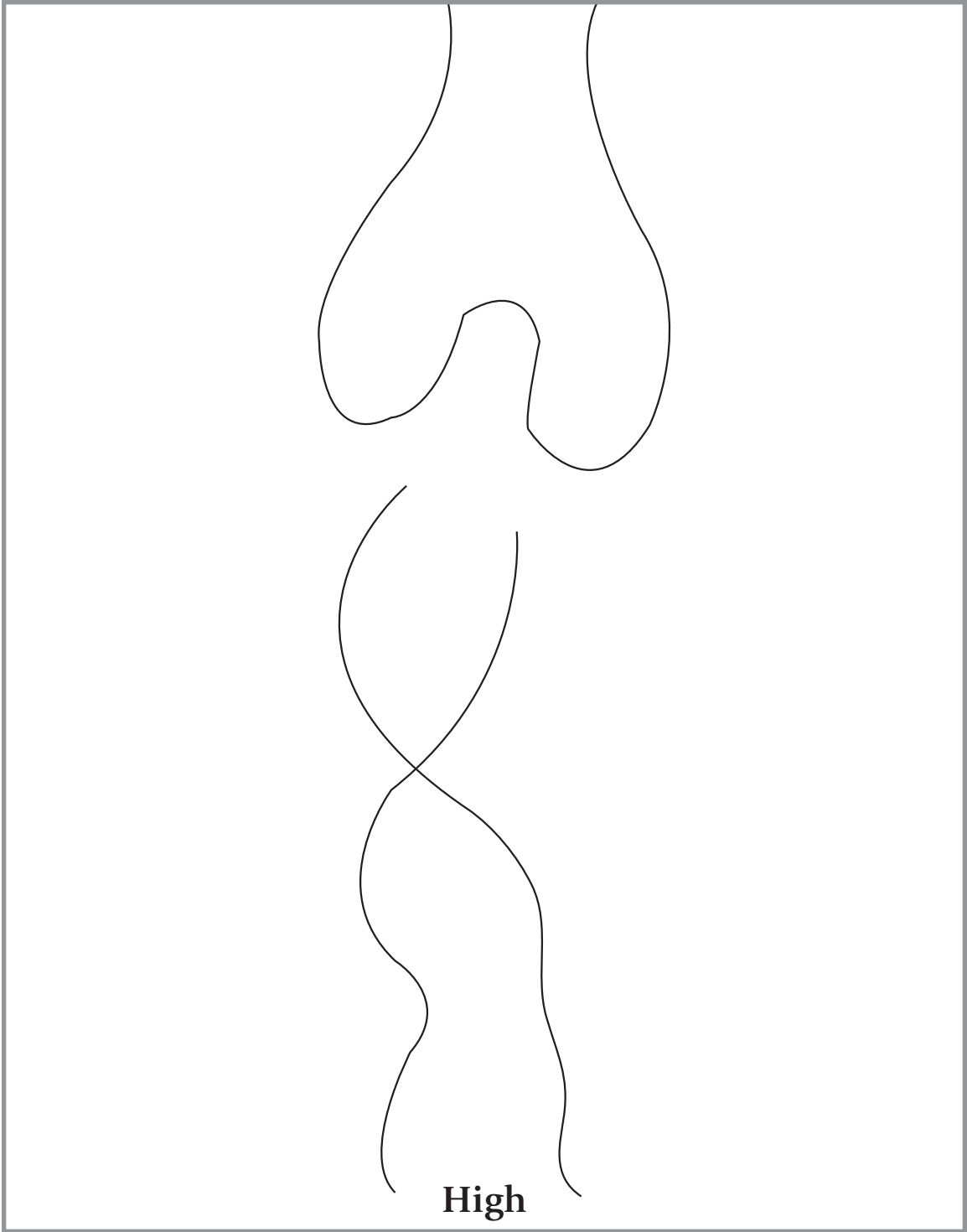


Reverie

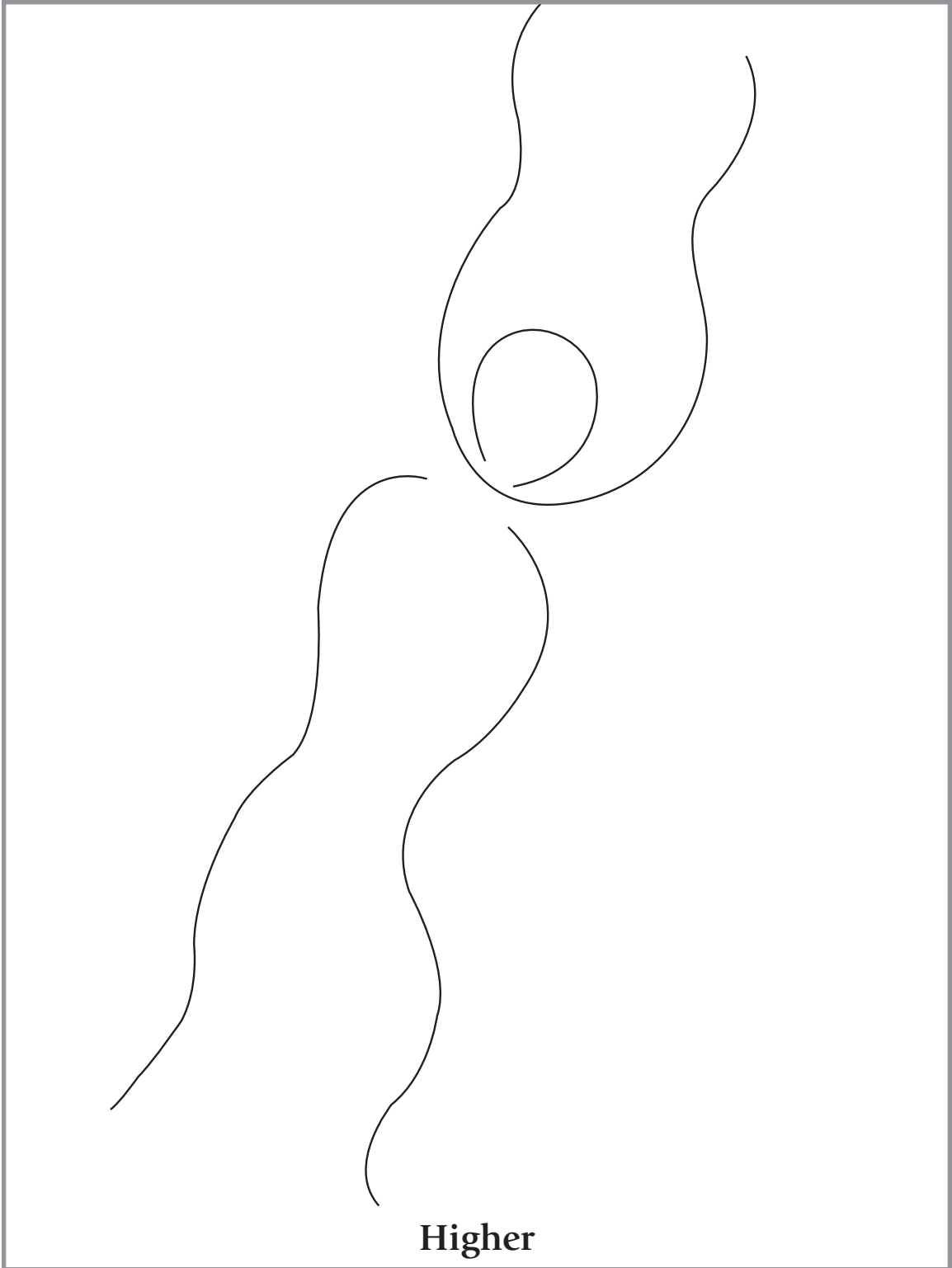
Swirling and swaying makes time sit still.



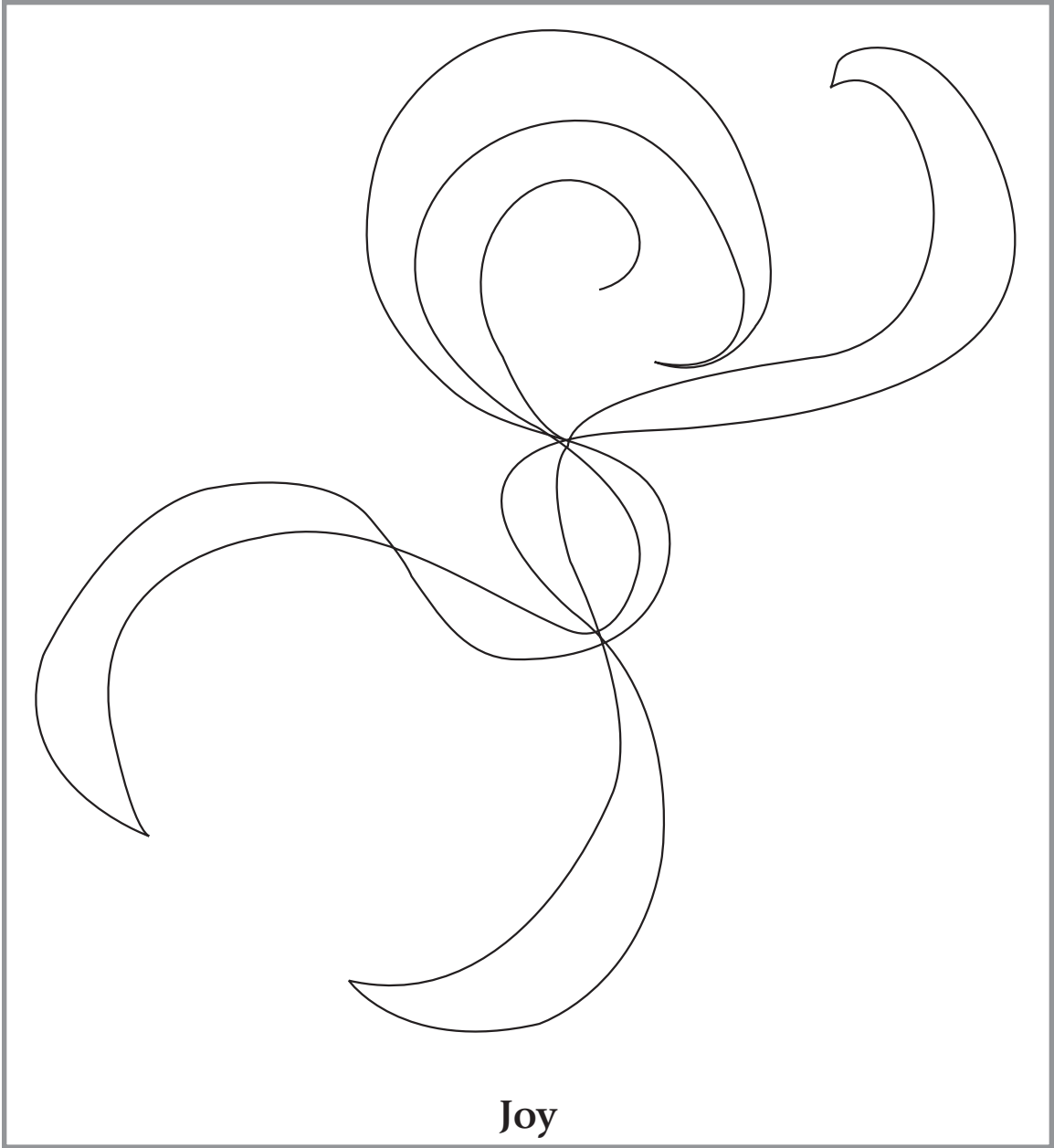
Joy is an irresistible face.



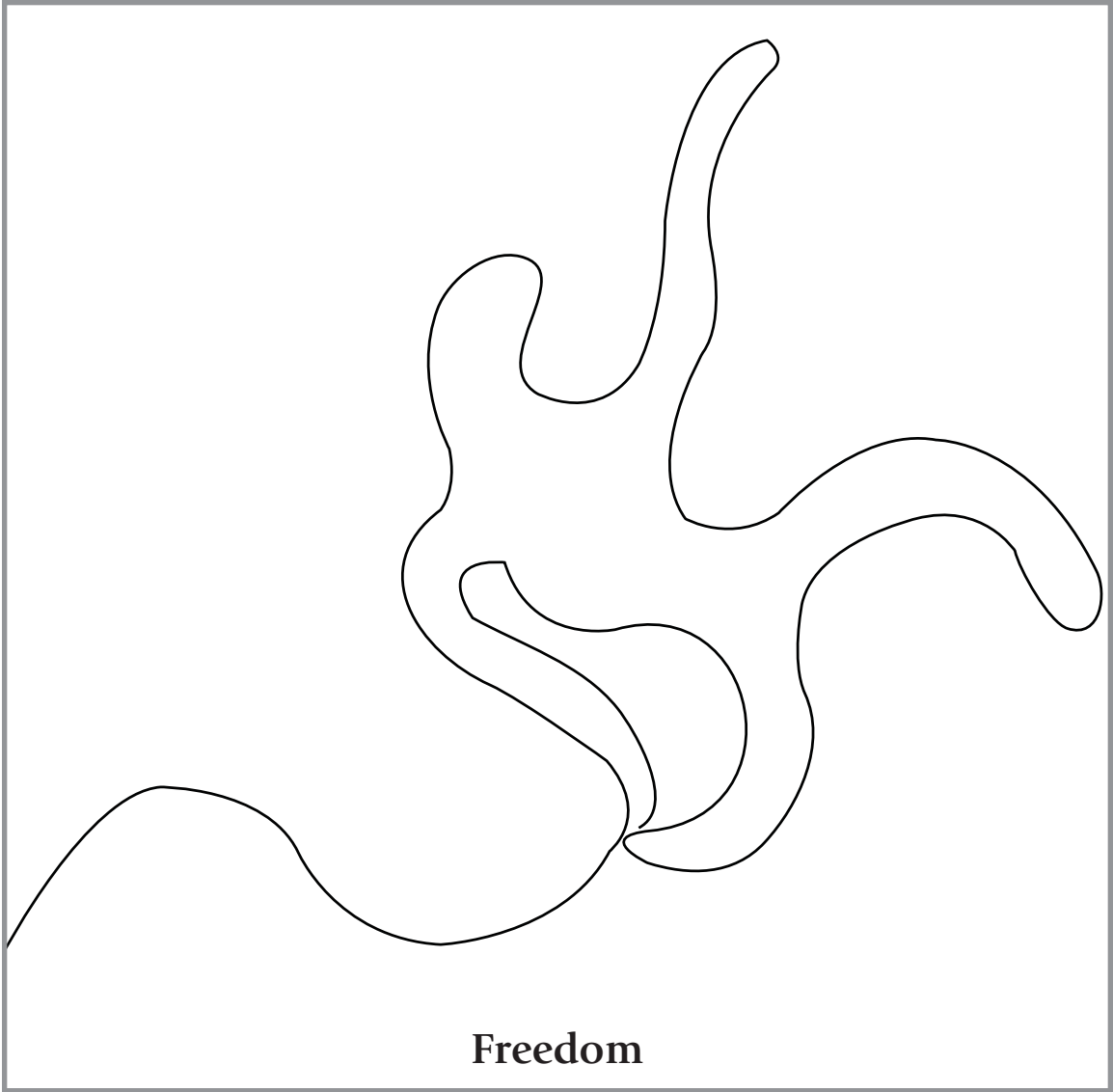
When we reach where our mind has never went, it stretches hope.



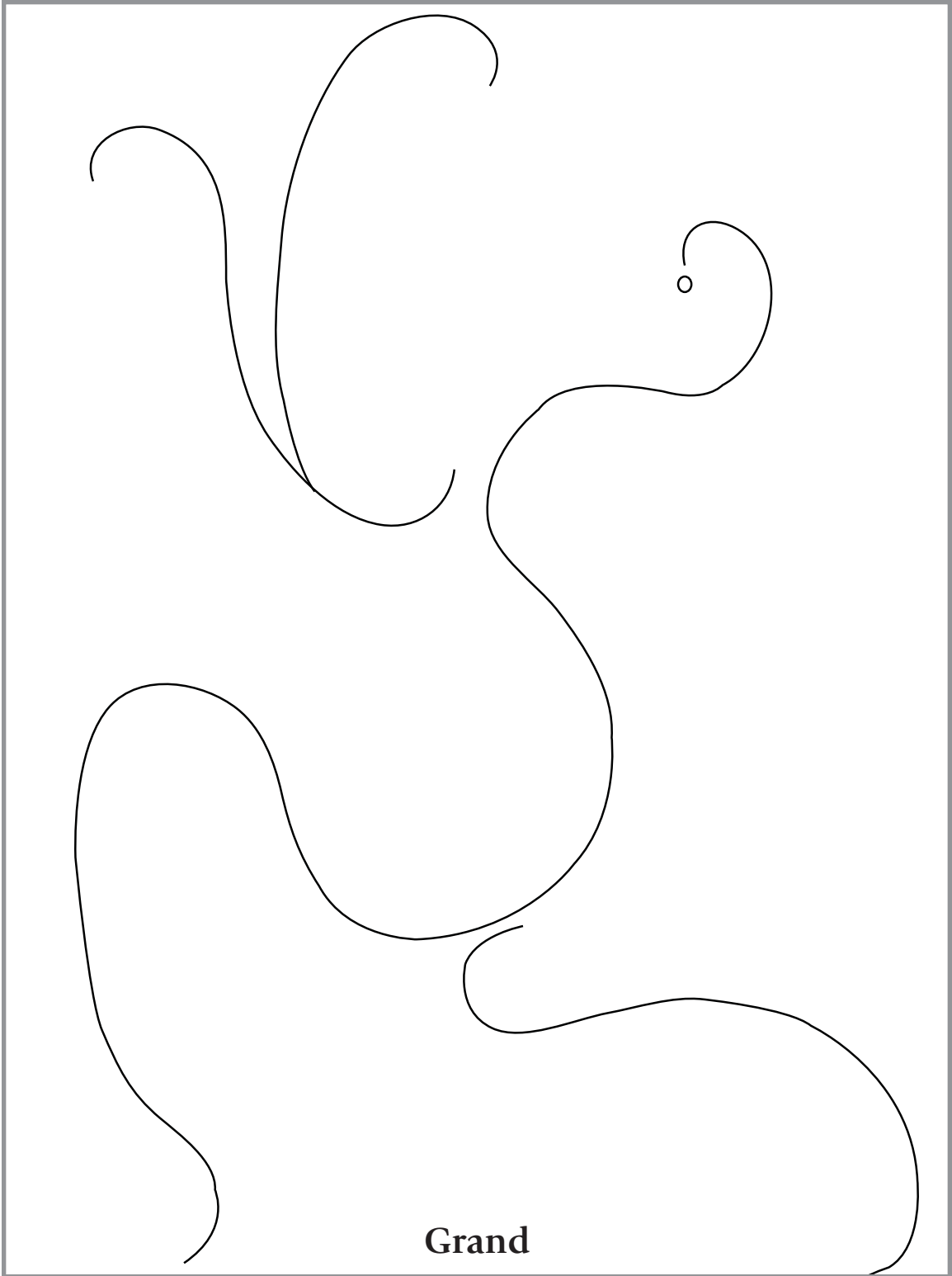
Horizons pull the sky to their ends.



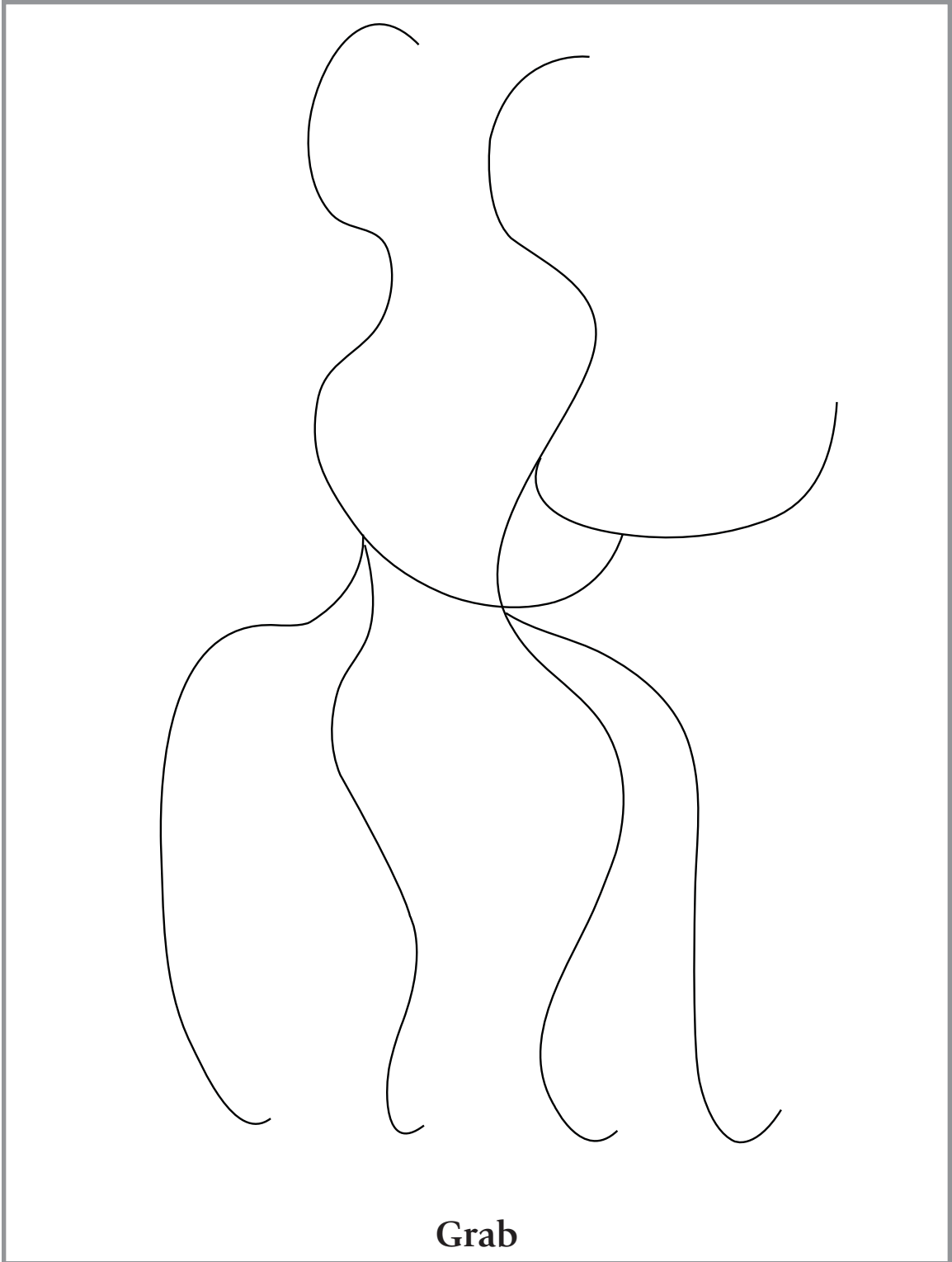
Fleeting moments of joy last forever.



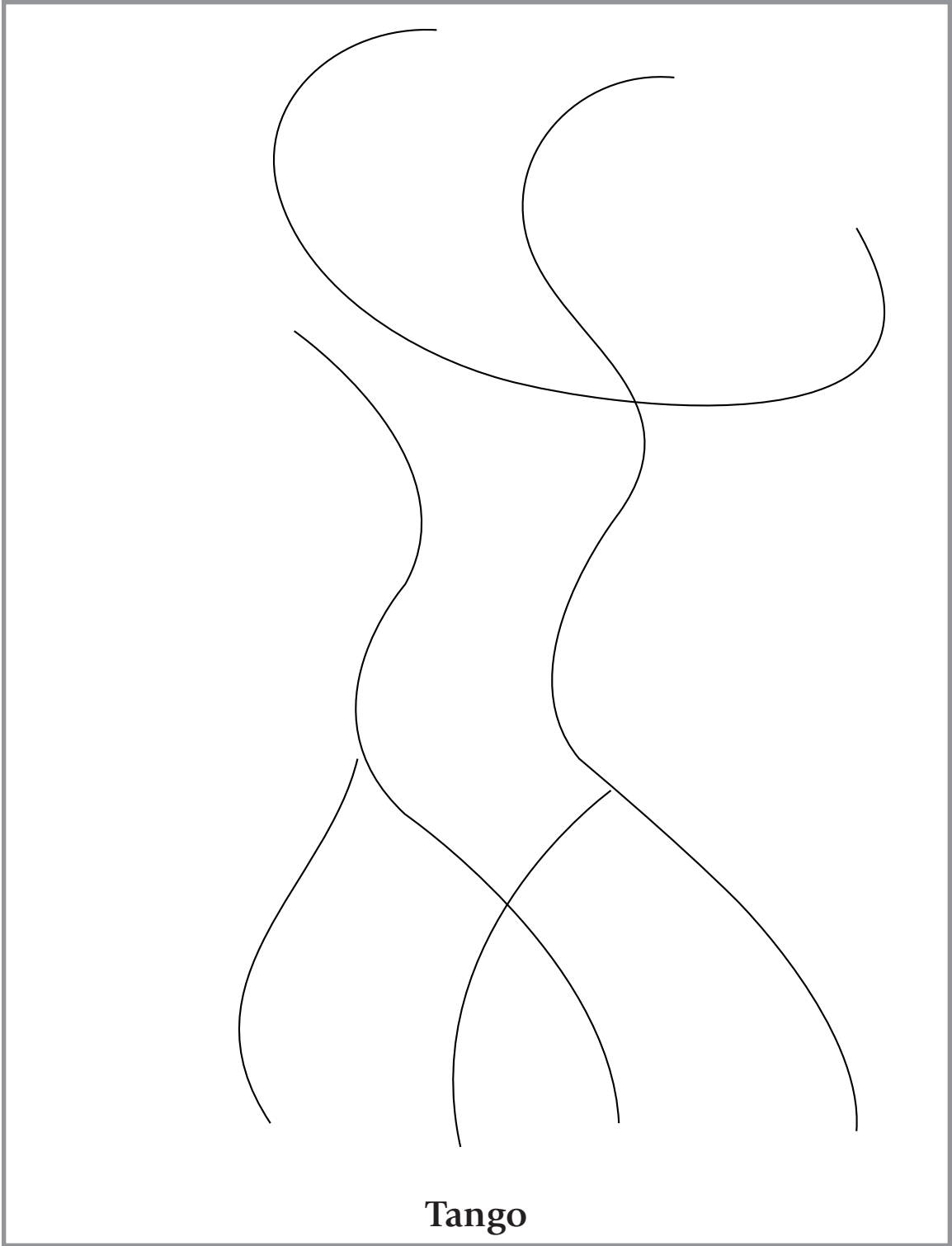
The past is not a chain but an anchor.



Freeing gyration ends stagnation.

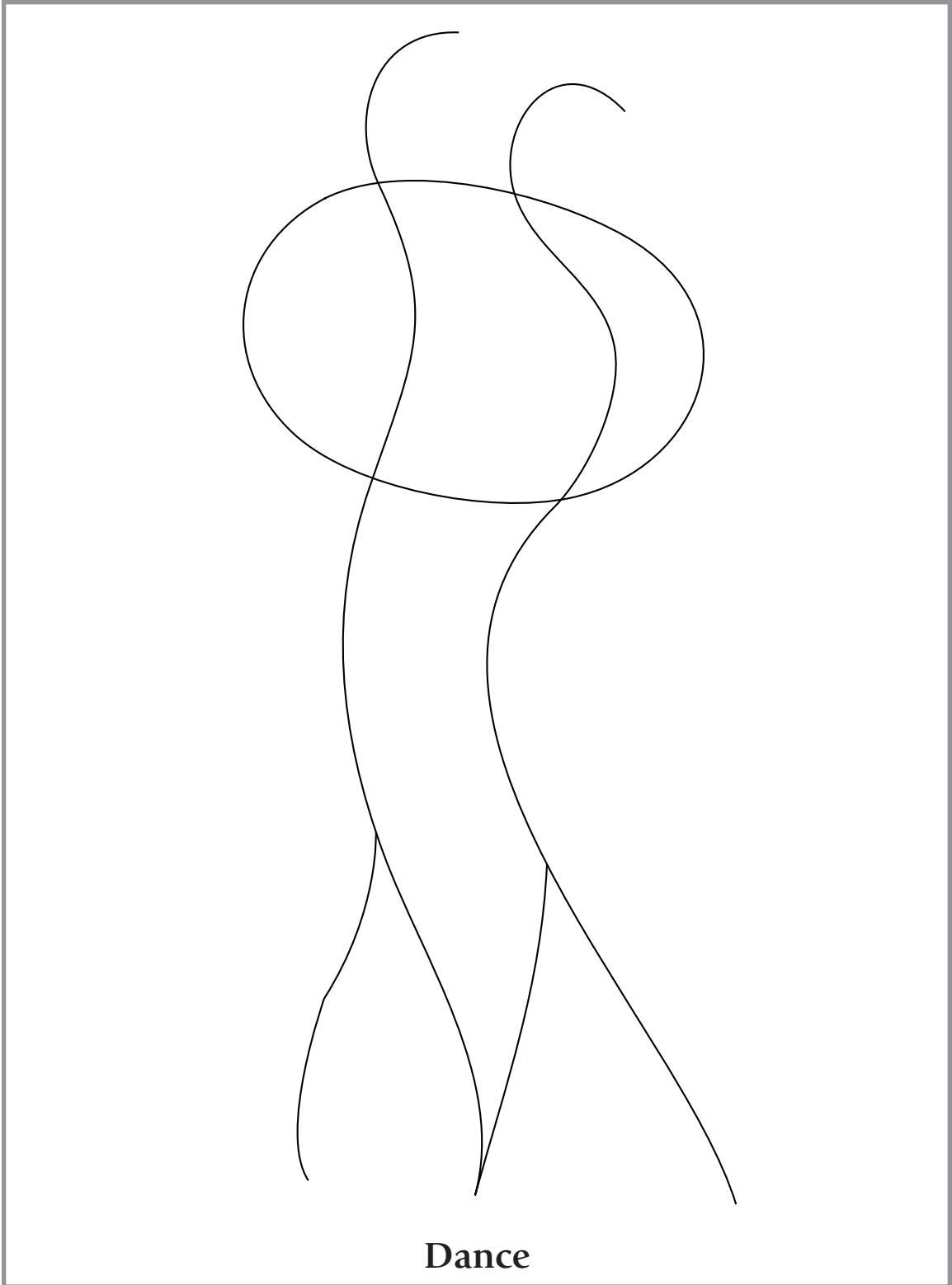


It takes two to tangle. It takes one to tango.

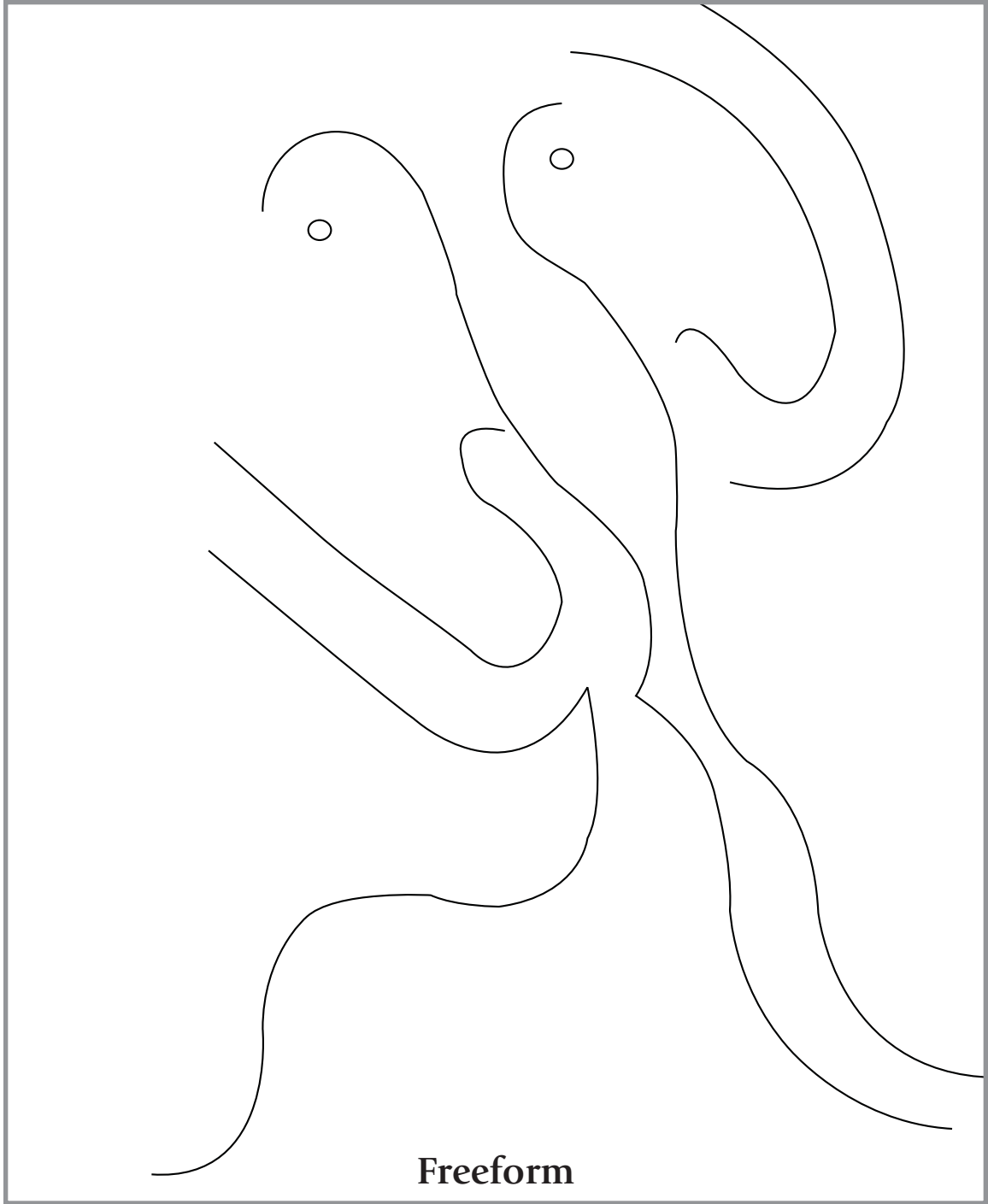


Tango

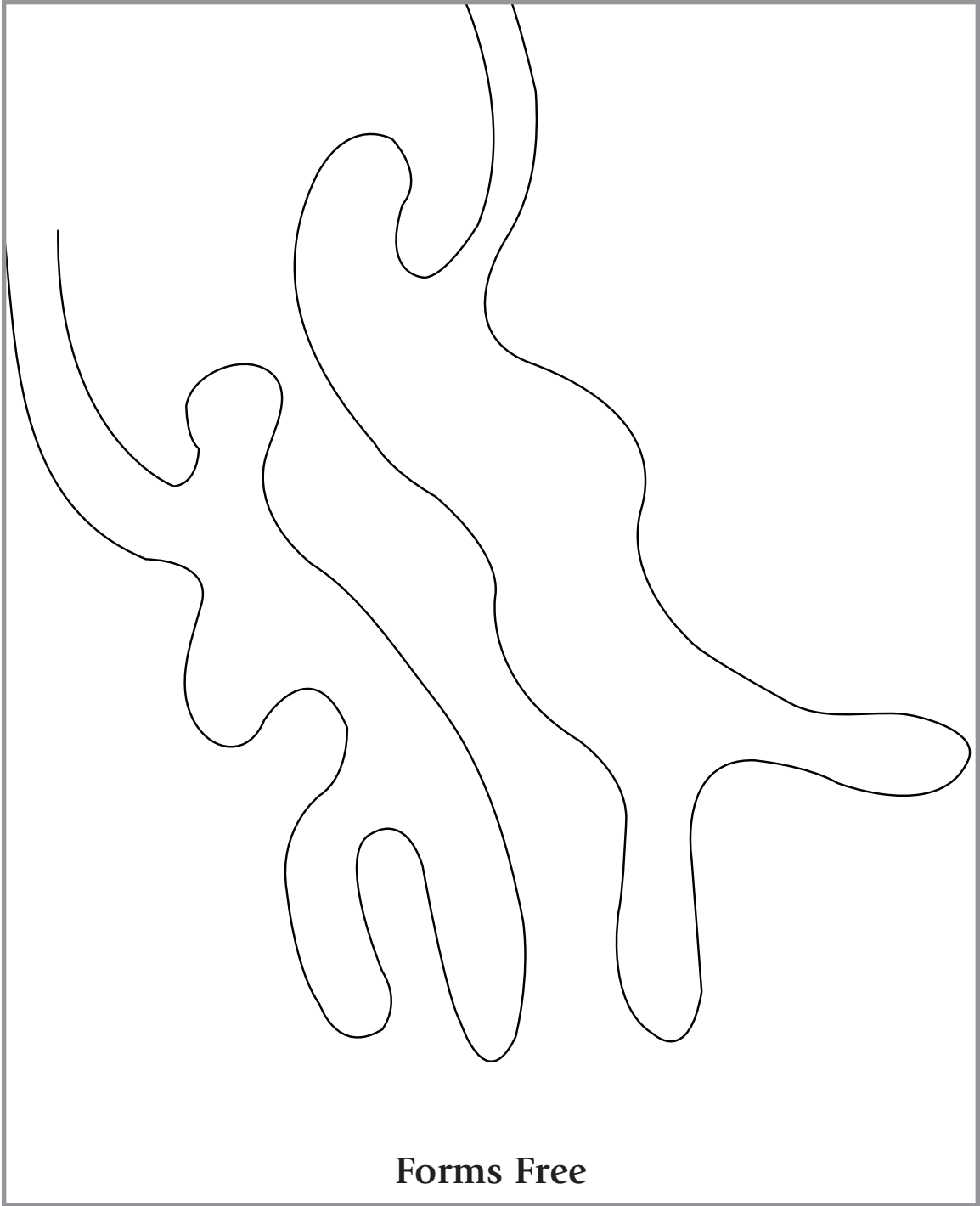
Dancing lockstep unlocks fun.



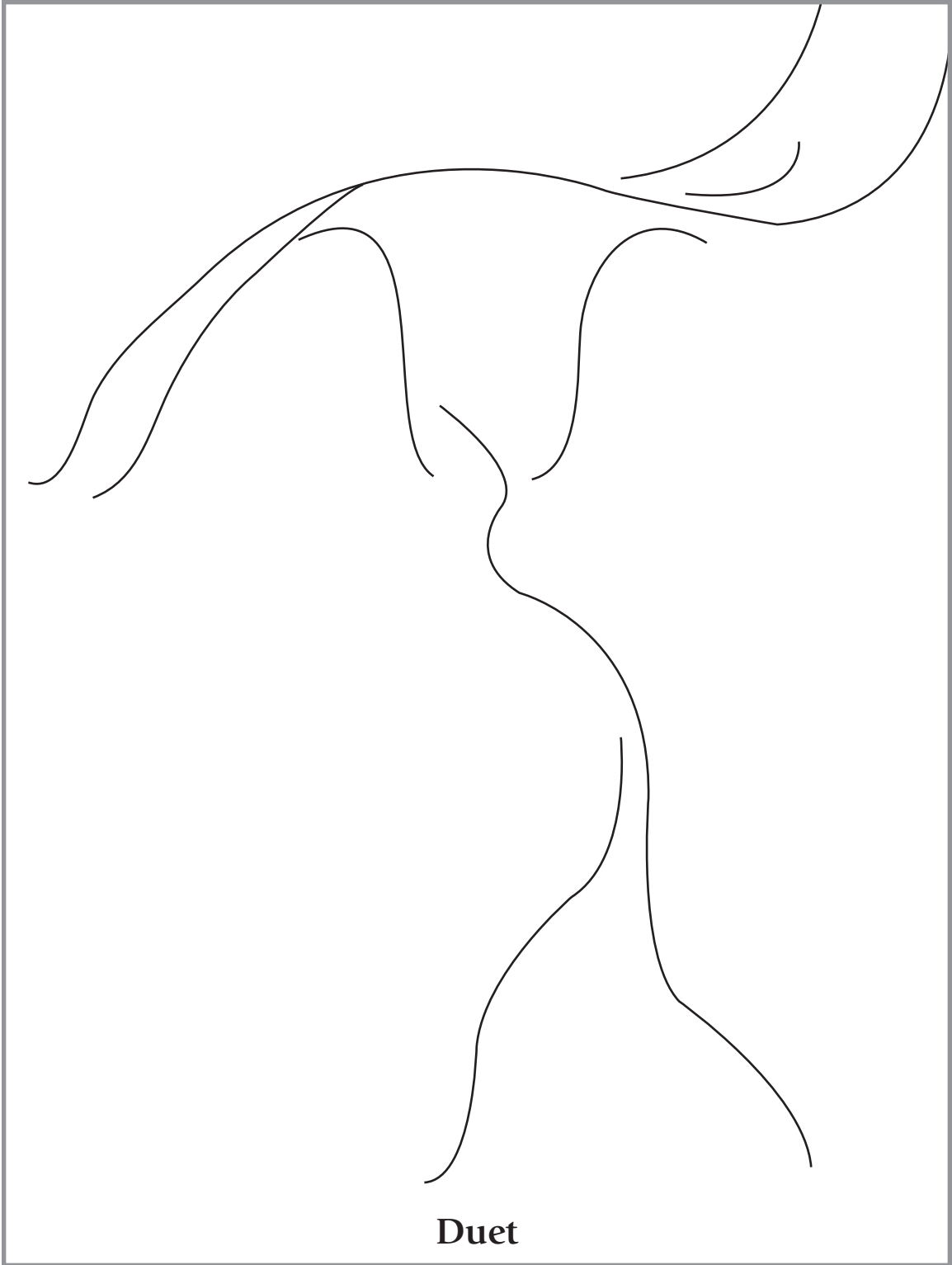
Listening is a rhythm.



Listening is a lyric.

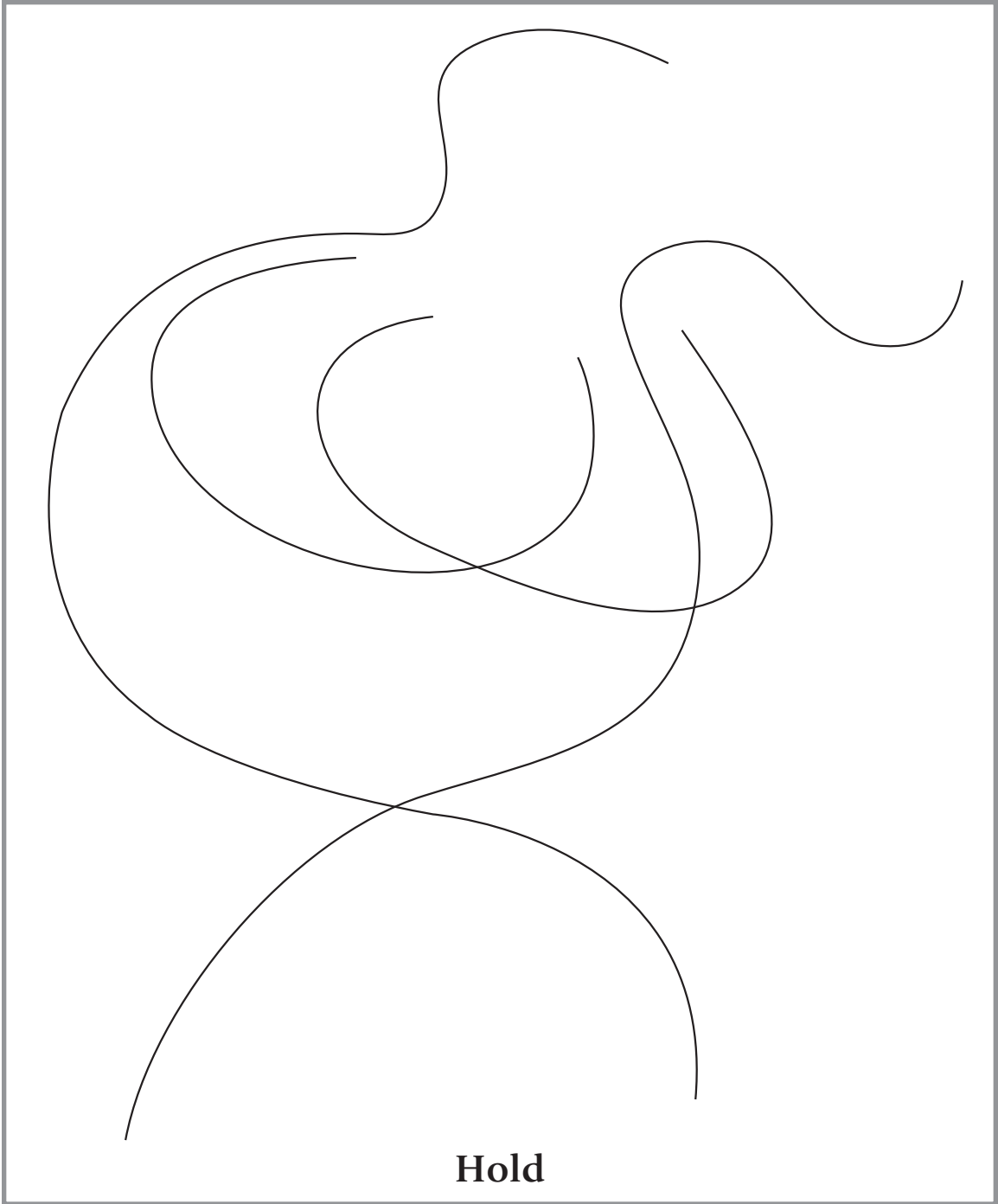


Hold on, hang tight, then dance.

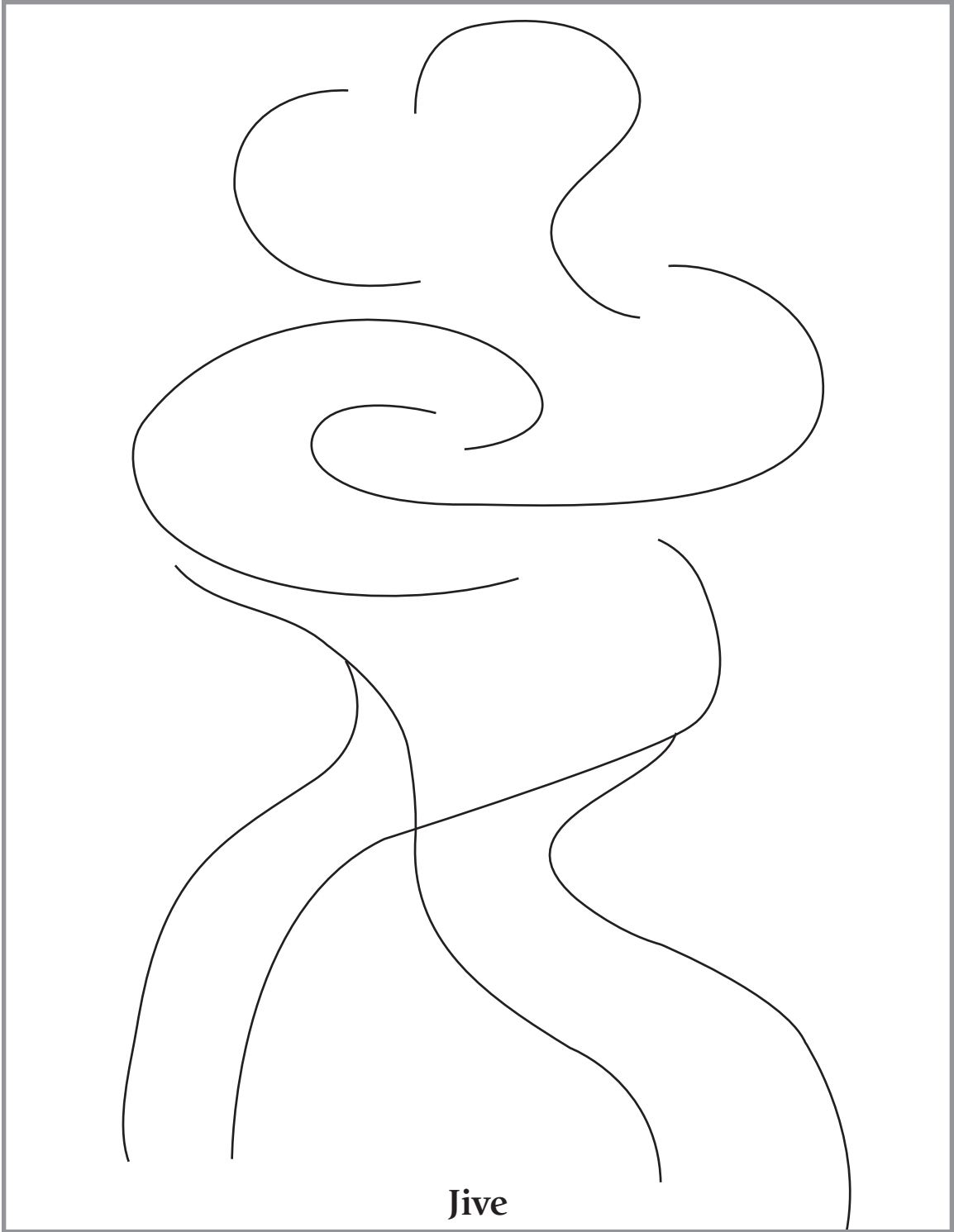


Duet

Lifting the spirit is holding the other in high esteem.

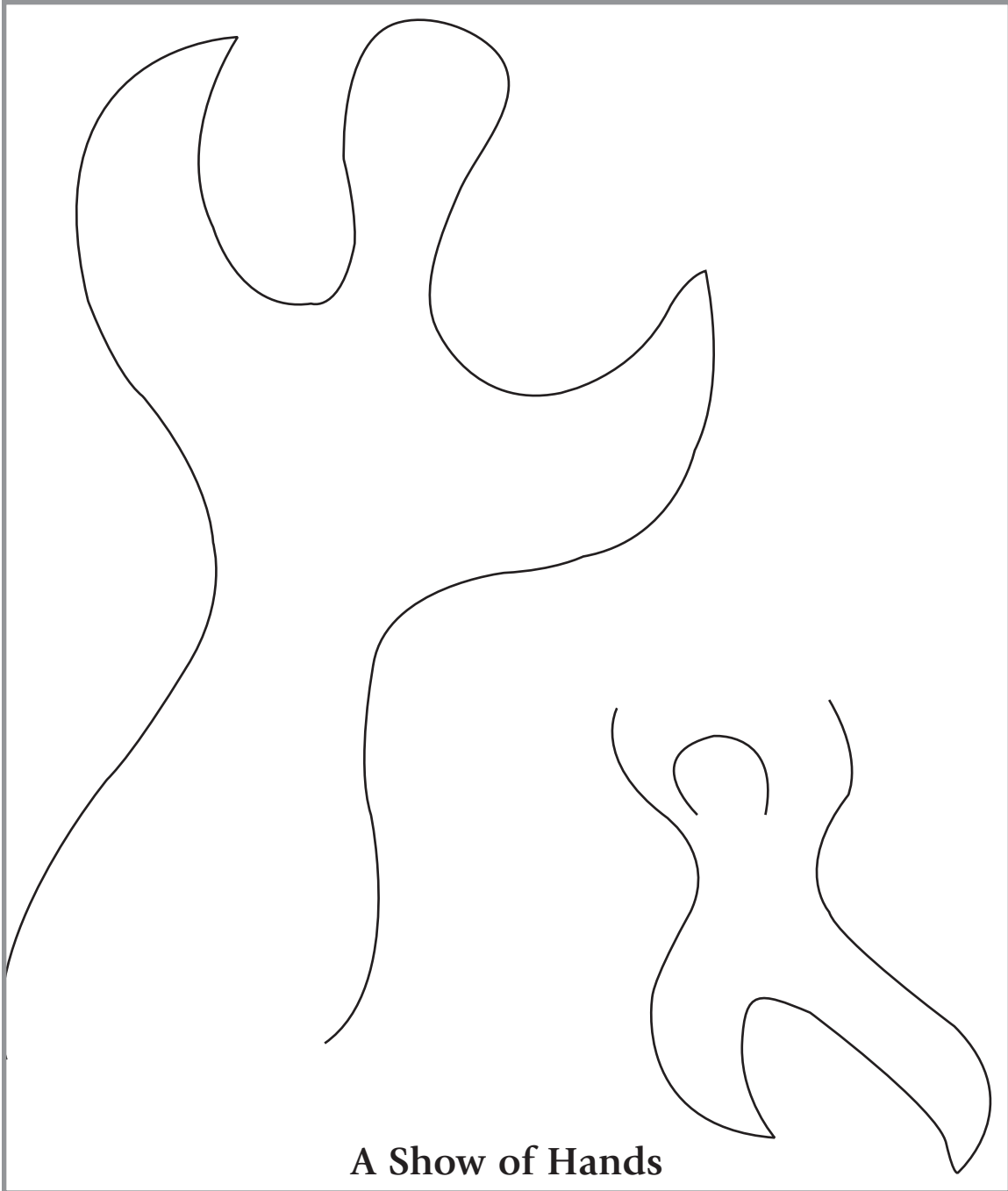


Music is heard in the heart.

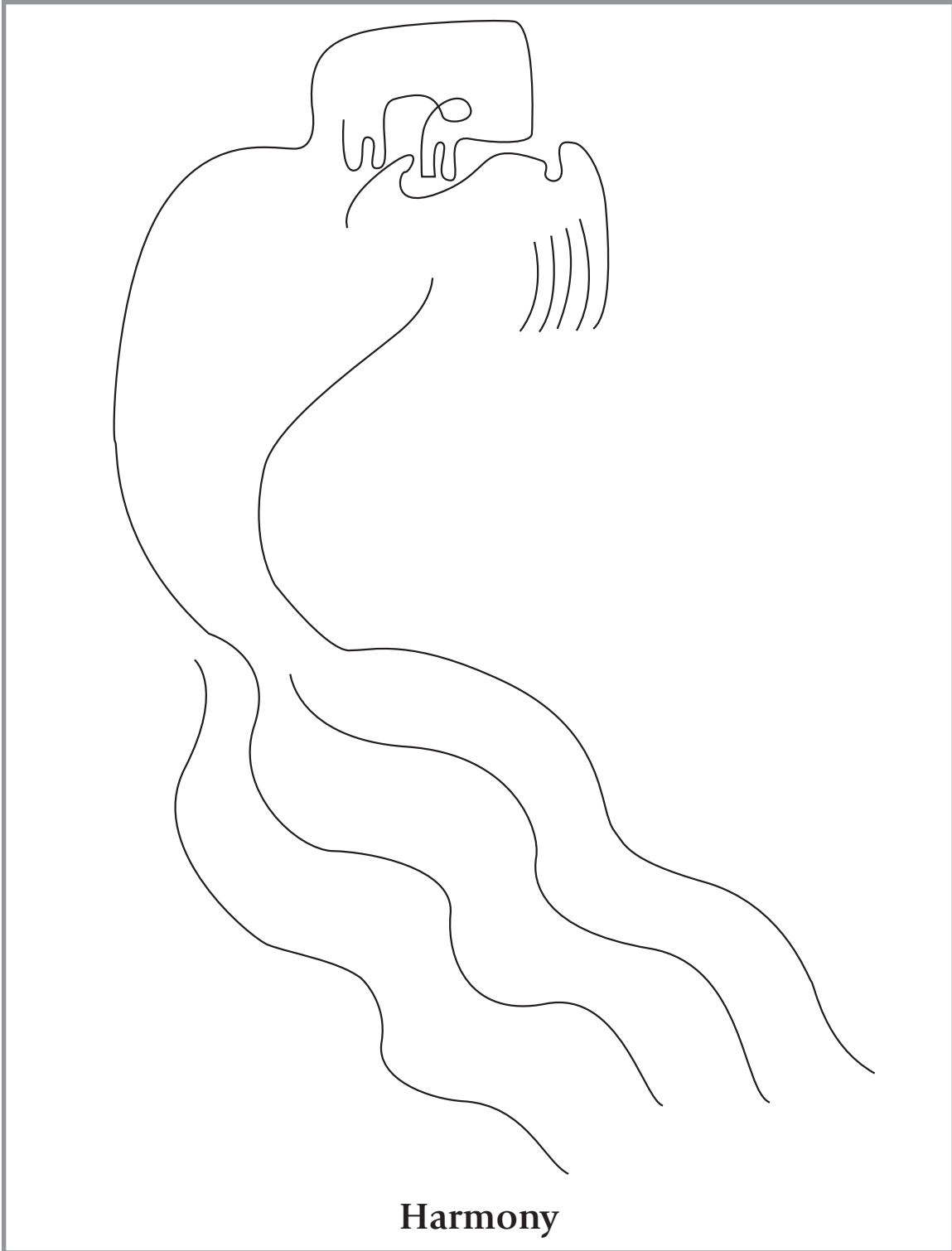


Jive

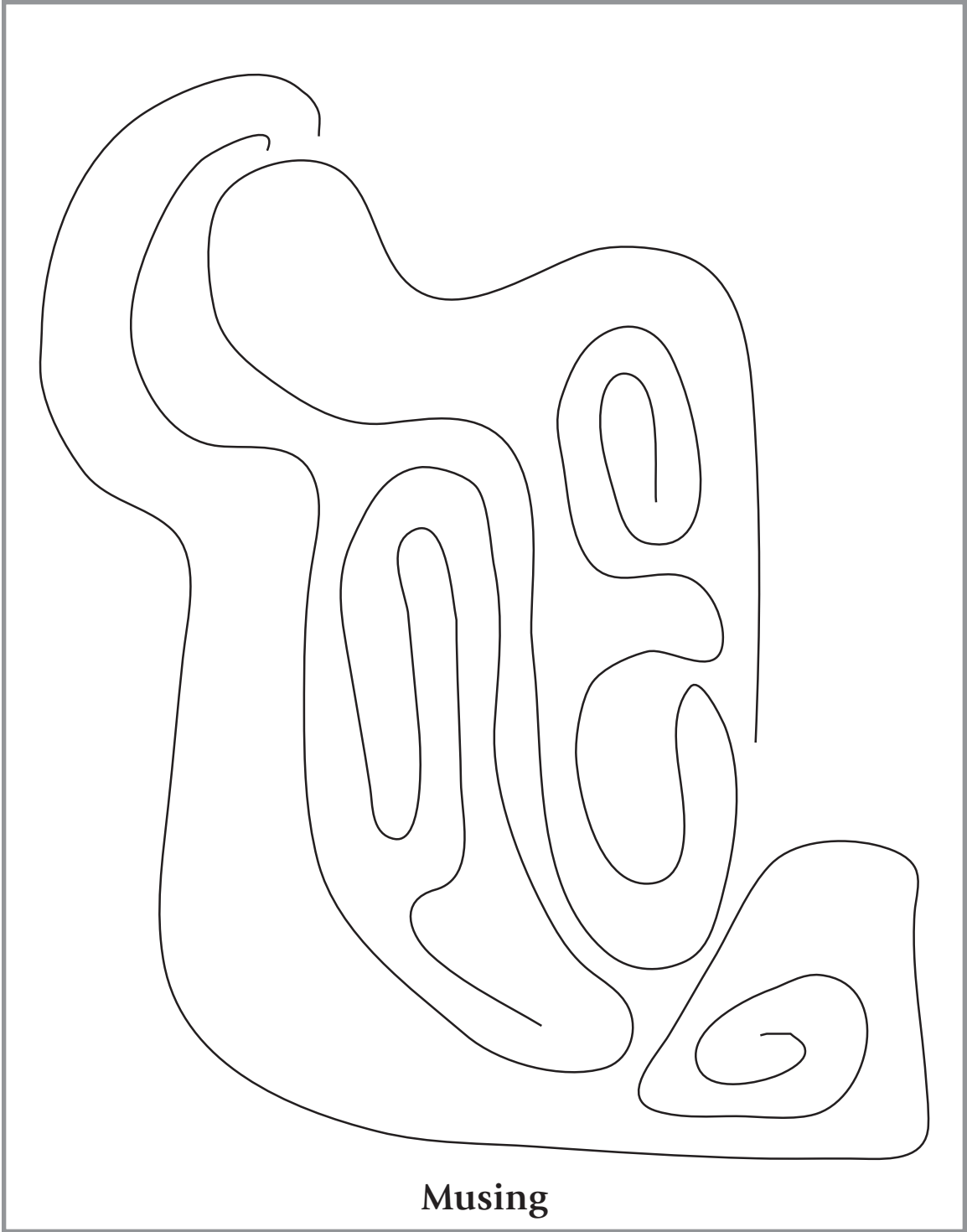
Couples are like melodies—more in tune, the better the harmony.



The songs that we know best are the reverberations parents bring.



Dancing as one is music's chorus.

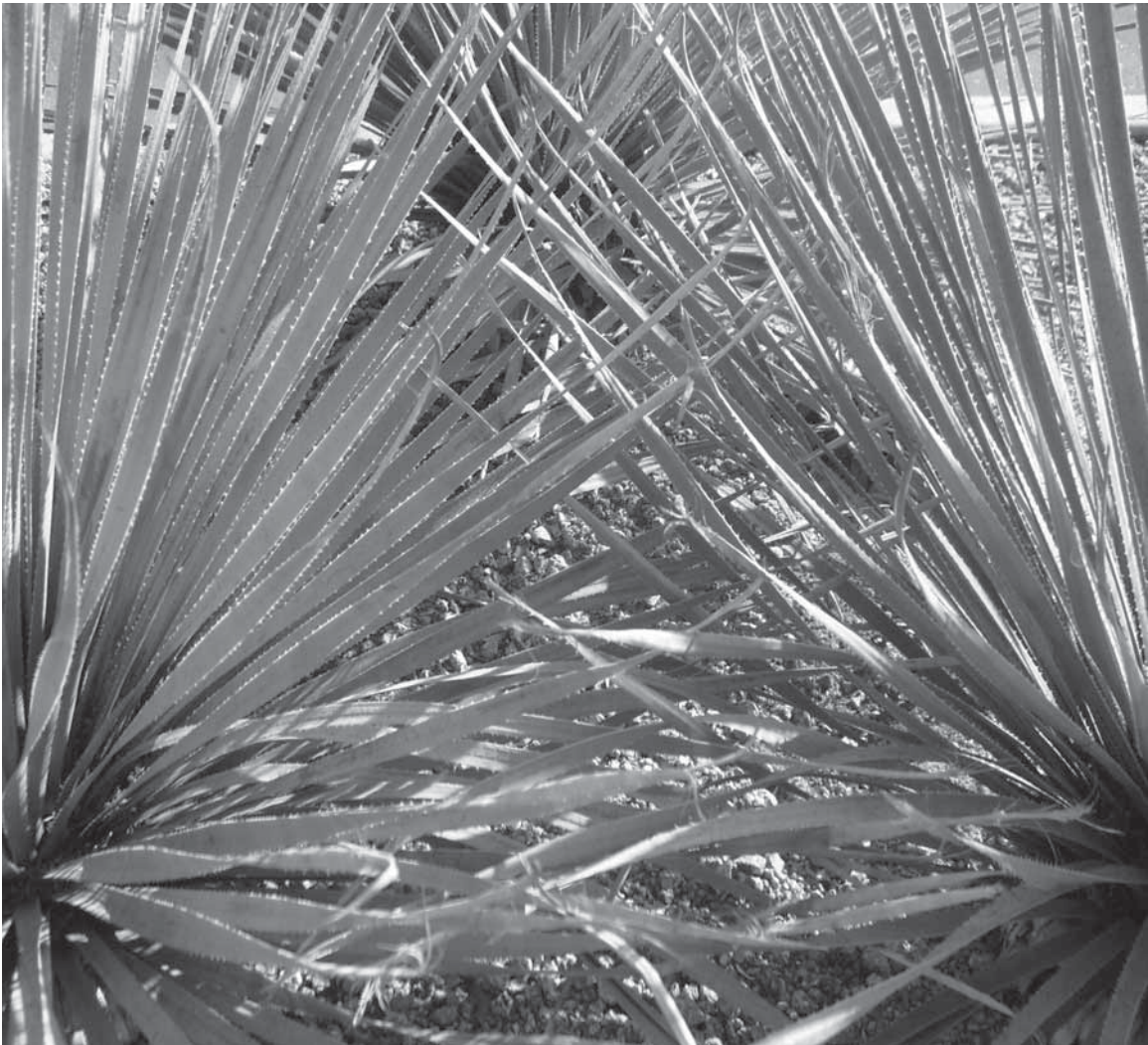


Circles are the perfect form. Extend the human radius.

Chapter 35

Couples

Each of us is unique and special. Each of us is a work of art. When we combine our differences, as in couples, we multiply our similarities.



Art springs from our spirit and lands in the spirit of others.

Dictionary of Love

*Love is more than what we do—
it is what we are and what
we want the other to be.*

Love is not an act—but a life.

*Love is entwinement of every sinew
of body, mind, and soul.*

Love is what we put into it.

*How can we love our partner,
without loving the planet?*

*Love is a dance, a music, a rush,
and a touch that creates a den
in the din.*

A partner is for partnering.

*When we take our partner for granted,
we are granted leave.*

*Love is feeling exquisite joy with
our partner—even in the most
boring task.*

*Love is sun no matter the phase
of the moon.*

Love's sharing brings living's daring.

Dark days should be love's light.

*The promise of love lies in keeping our
promises.*

The thrills of love give energy to our lows.

Love is a lighthouse—we are the harbour.

*Love is not the garden, or the bedroom,
but the home.*

*Love involves all the senses and
gives sense.*

*Love is a mindful meaning and an
emotional minding.*

*Love asks us to listen, communicate,
and ask.*

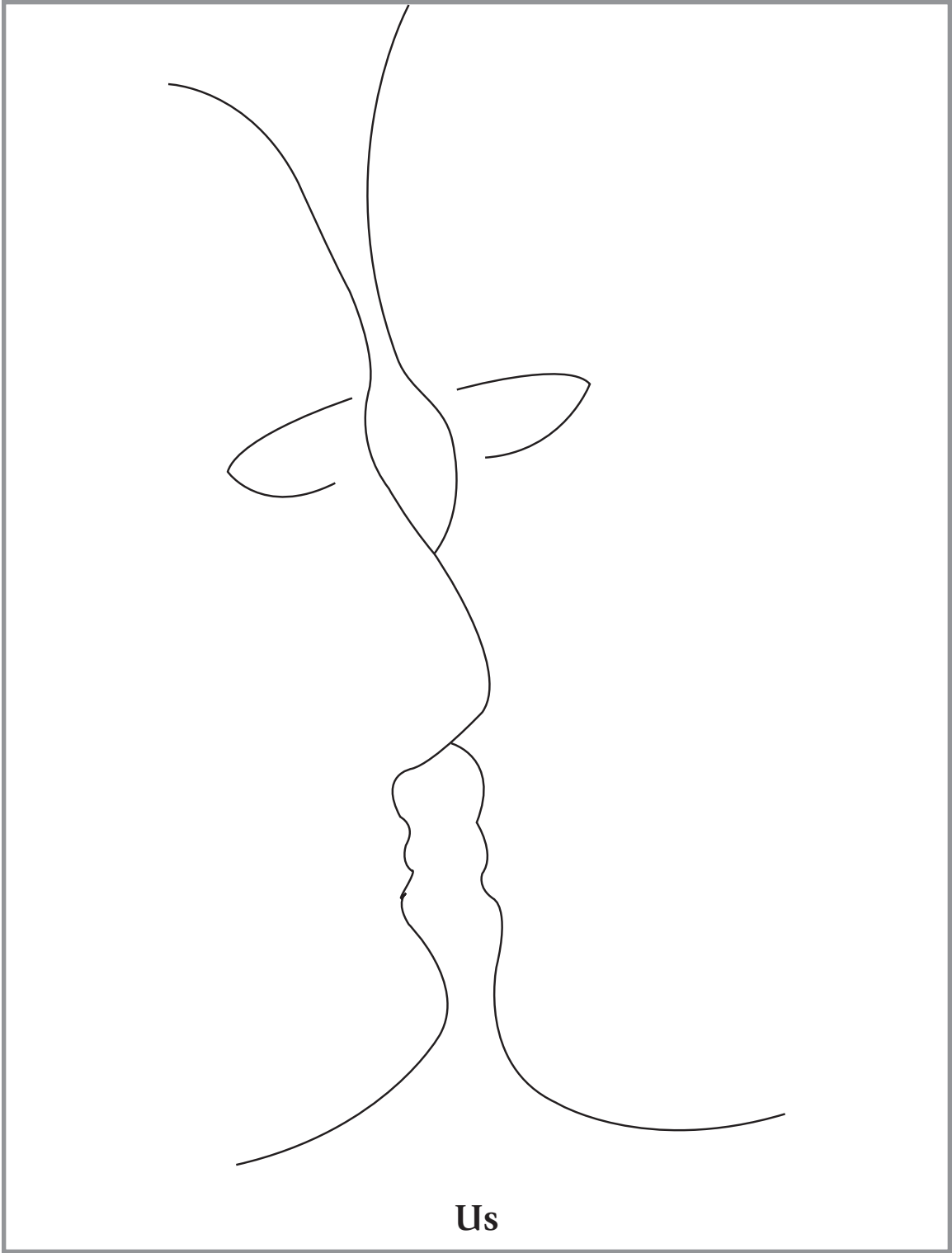
*Love is a deep sigh that brings closeness
and kindness.*

*Love is a glowing experience and a
growing experience.*

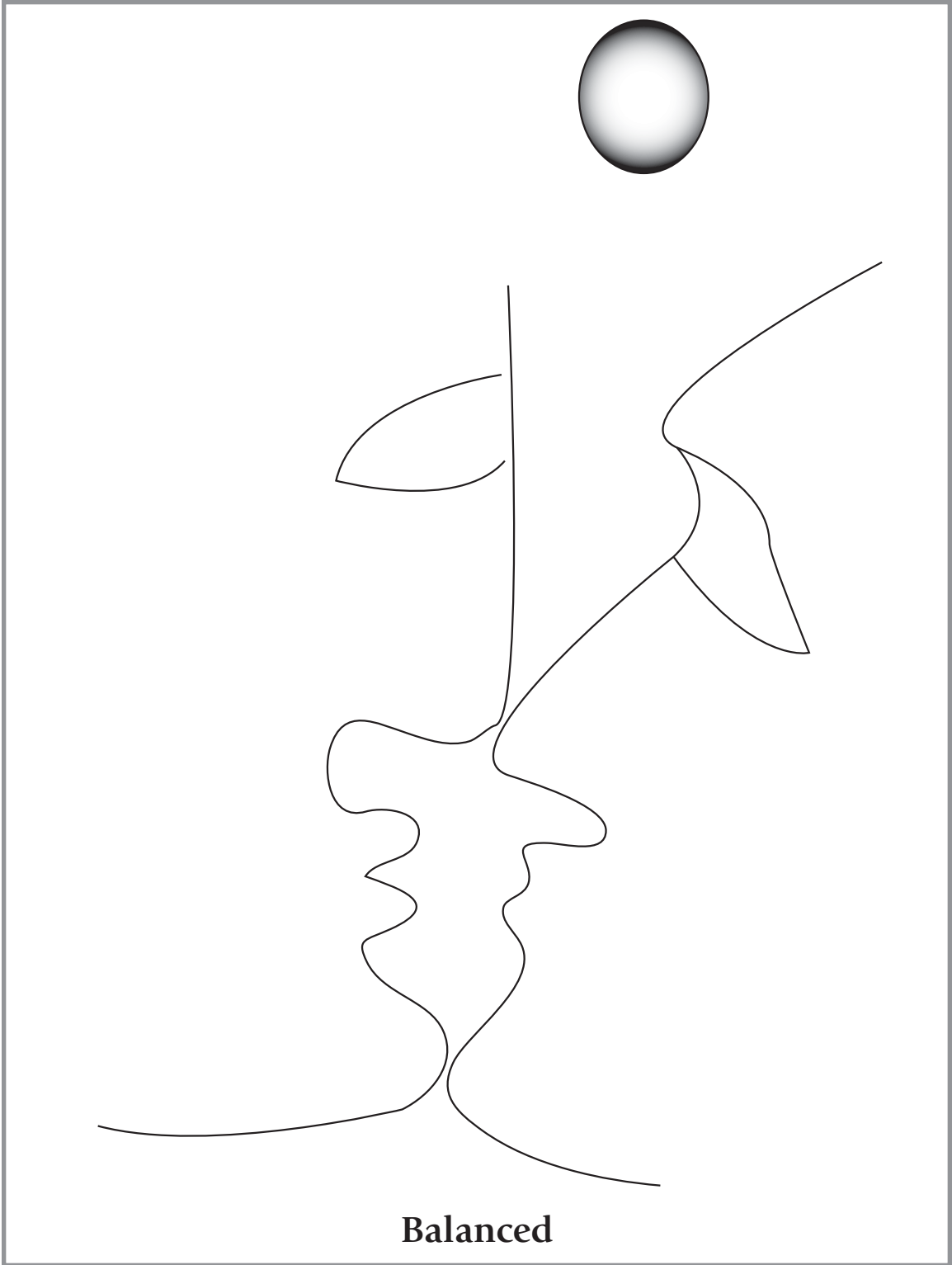
*Love brings a continual hope for the
better despite any bother.*

*Love is not only for us—but also for
those that love brings.*

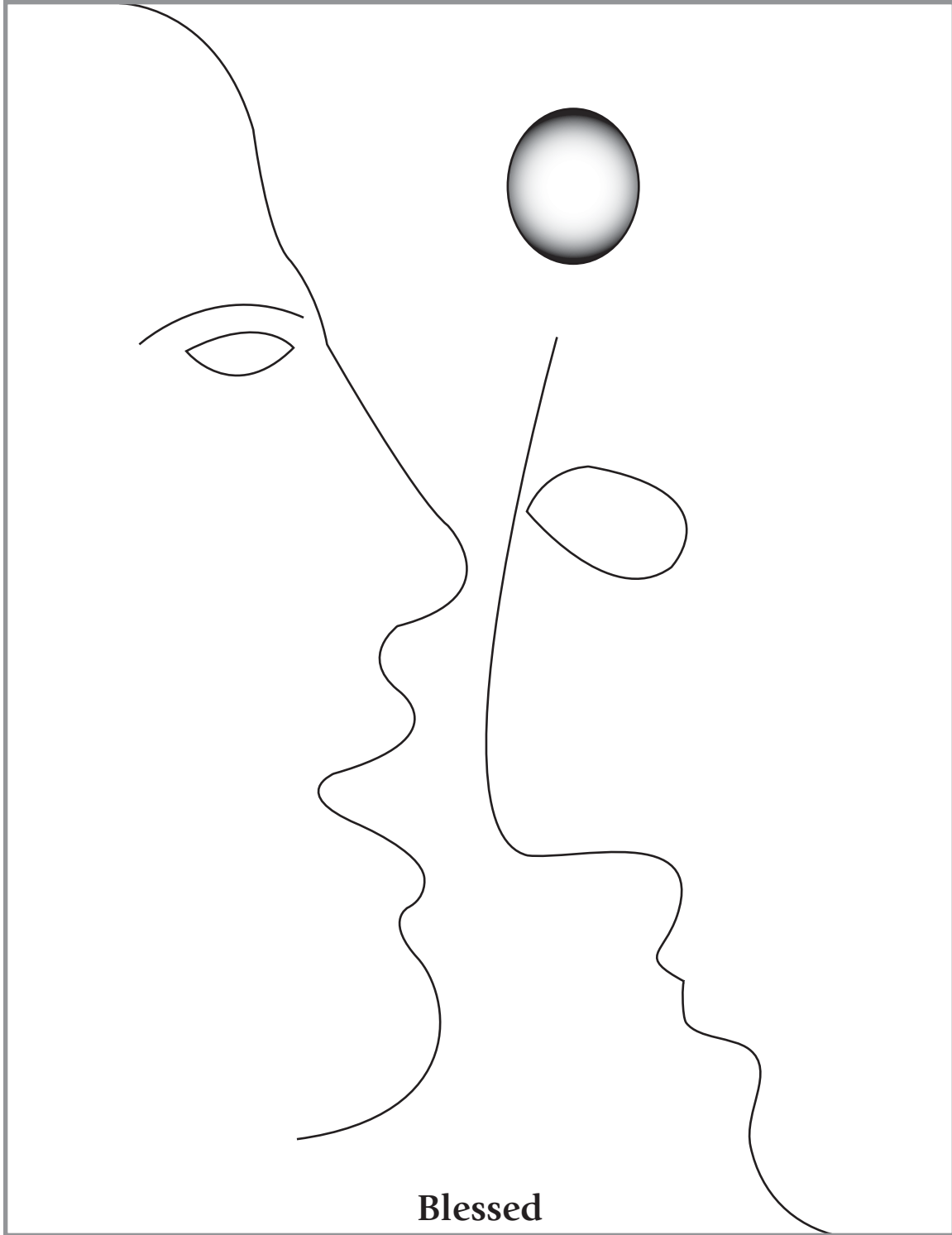
Love is immersion and emergence.



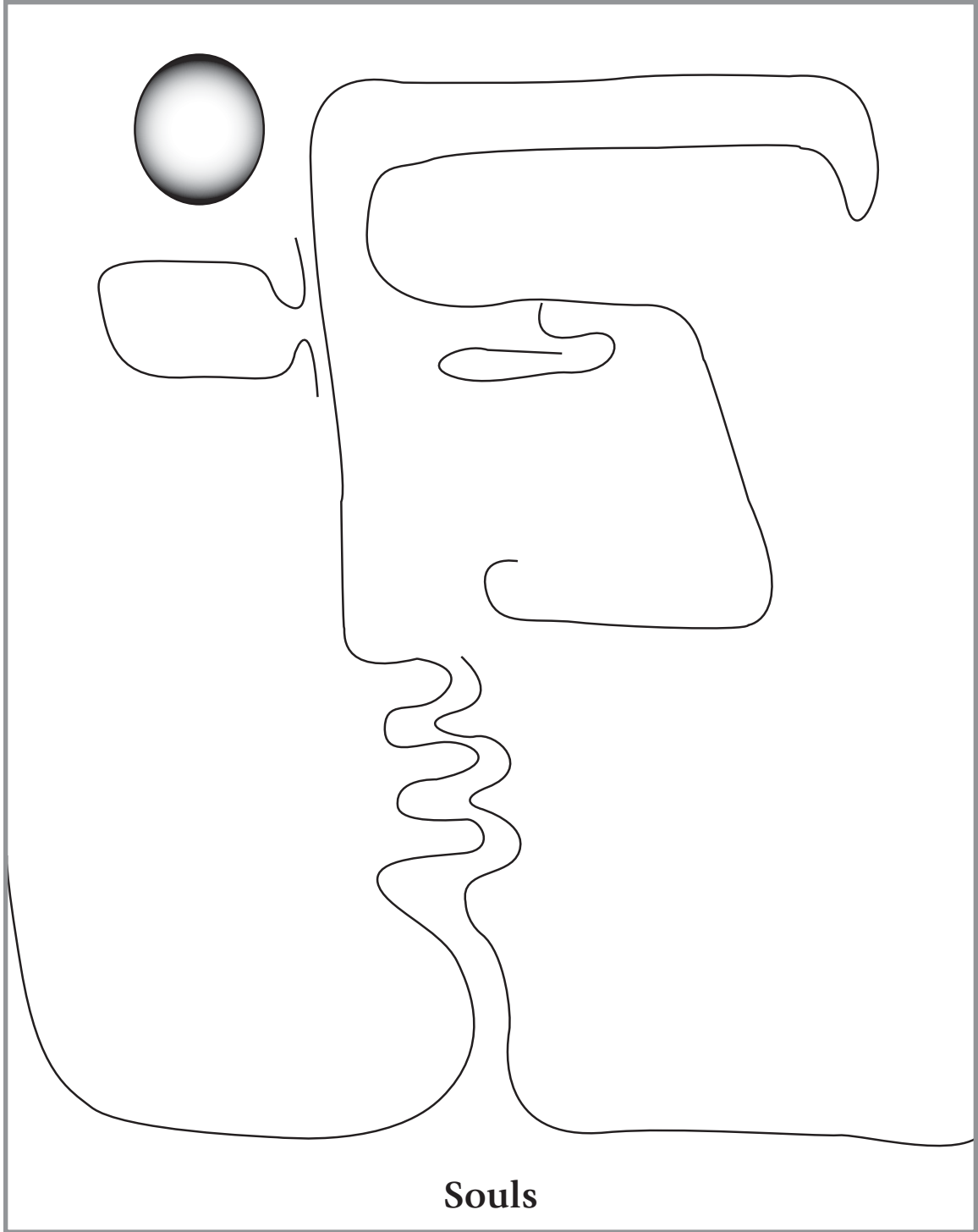
A kiss is always with the eyes.



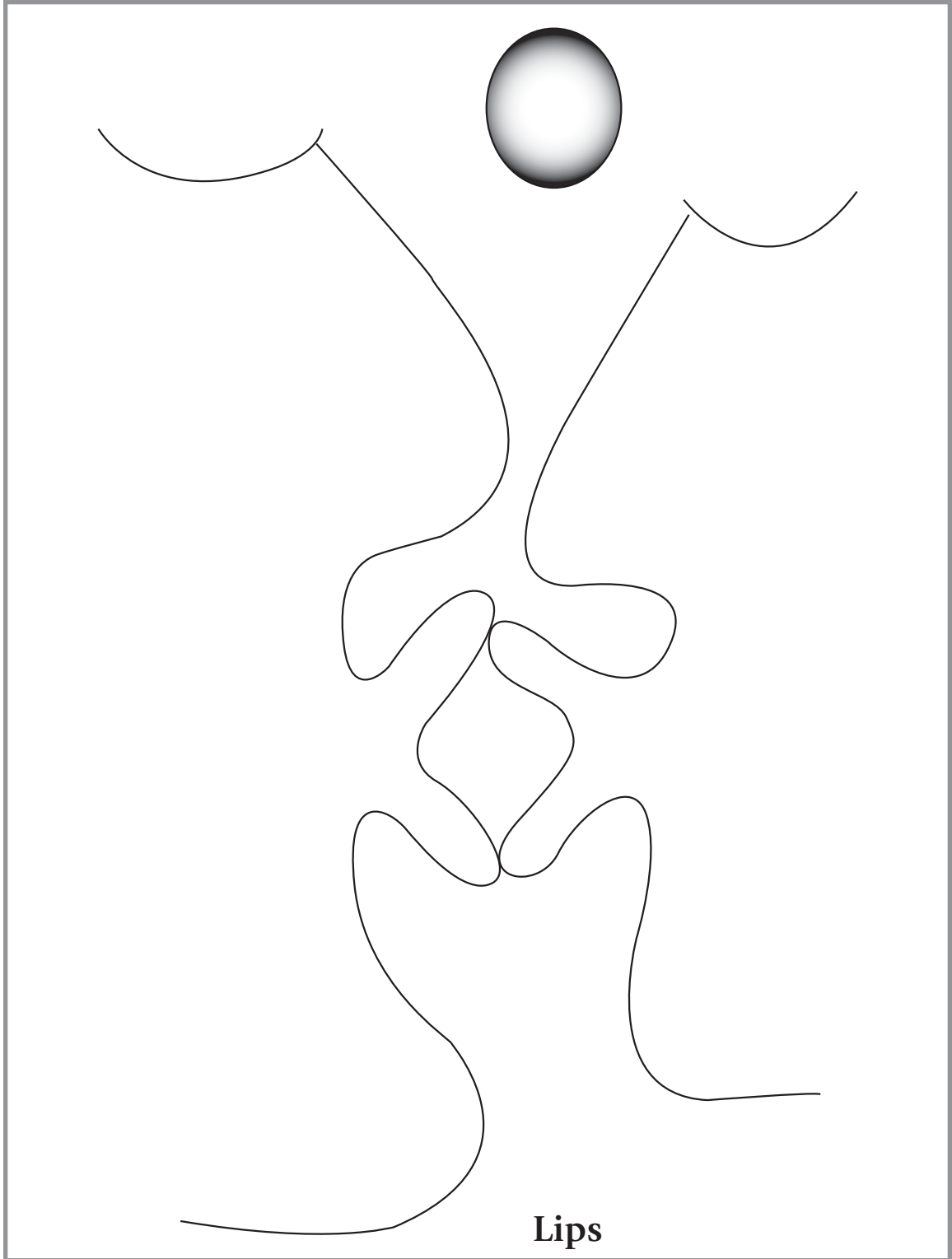
In couple math, two ones make one.



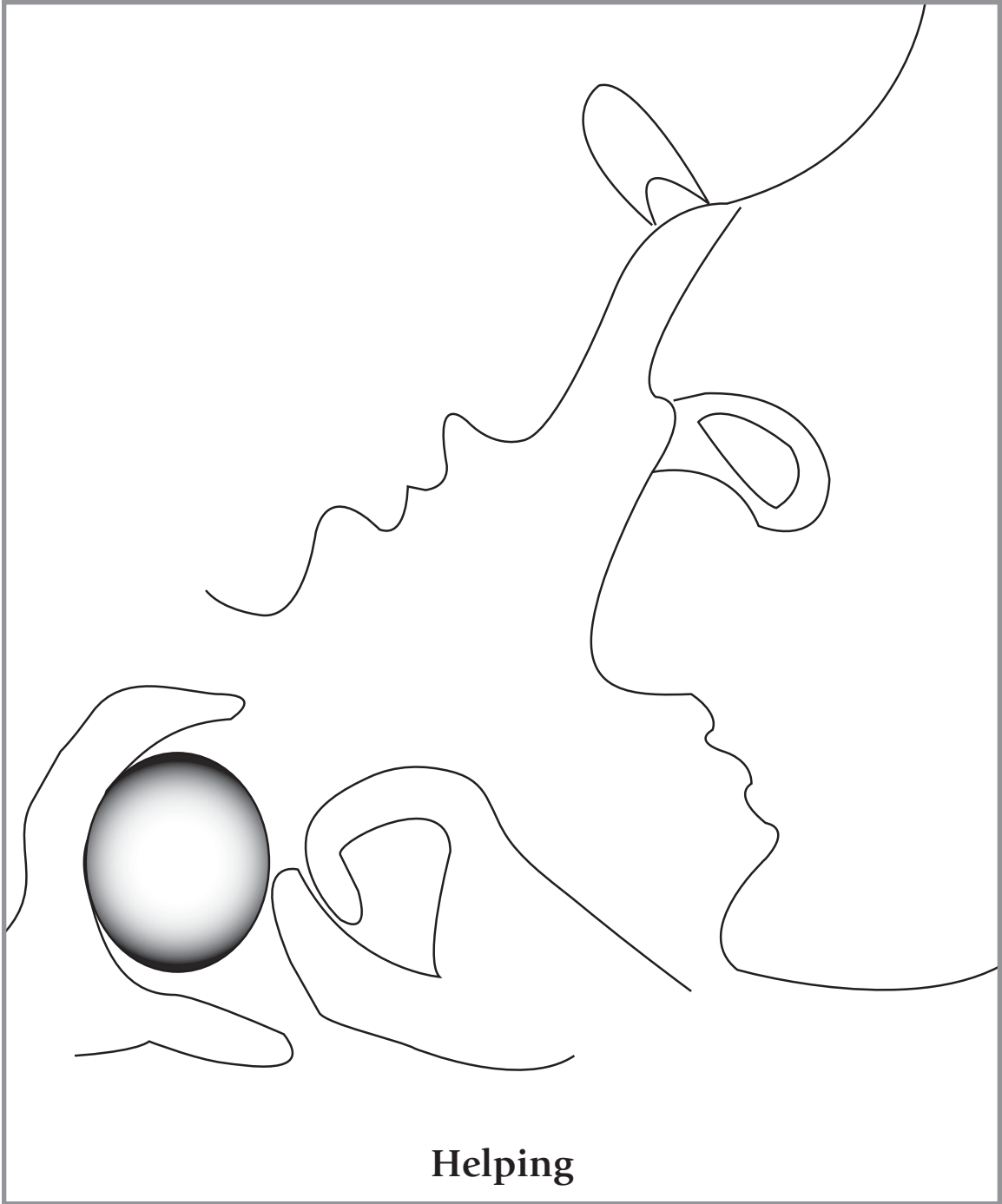
Love is in the eye, ear, and nose of the beholder.



In couples, emerging equals immensely shared.

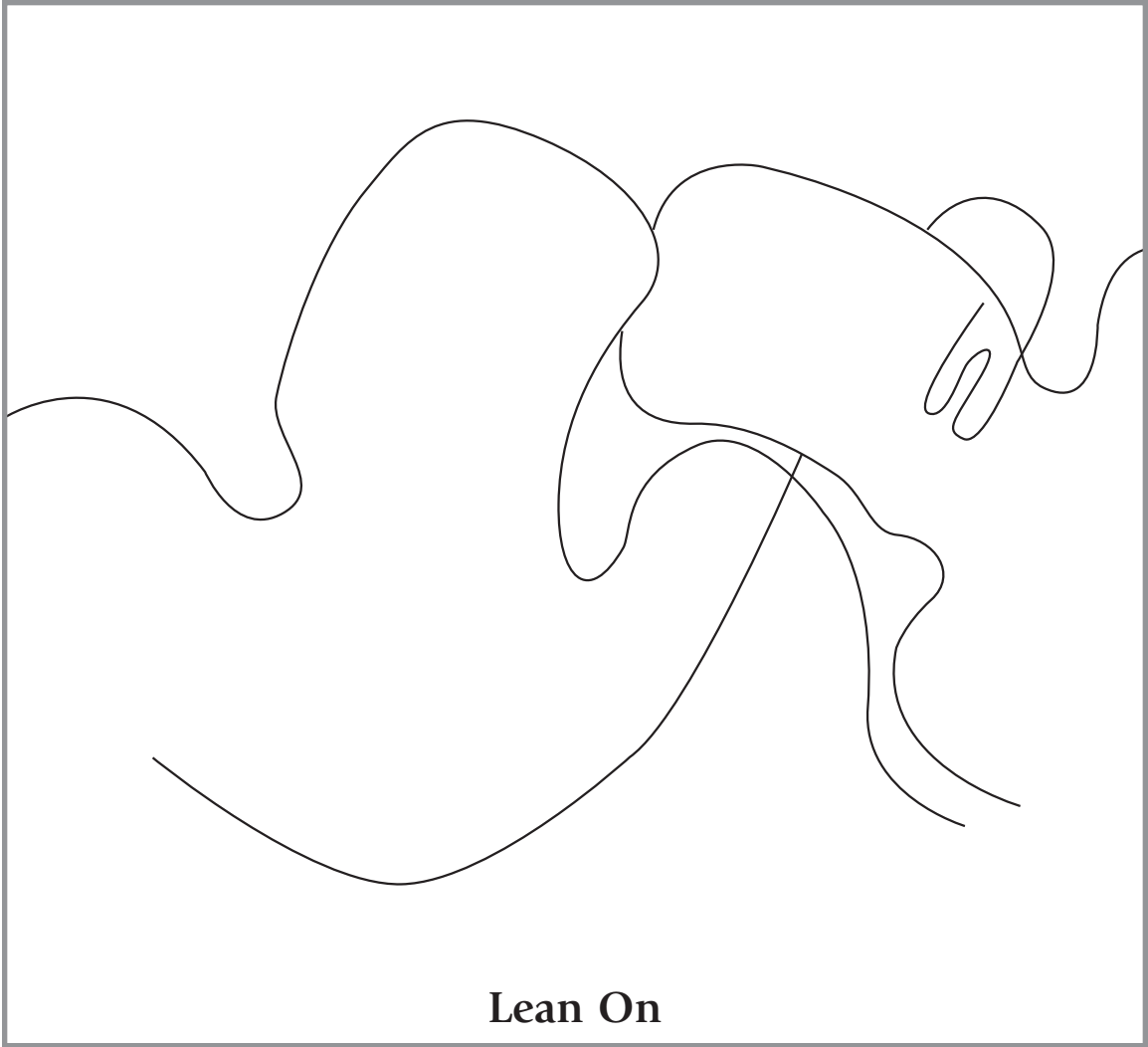


Lips apart, life together.

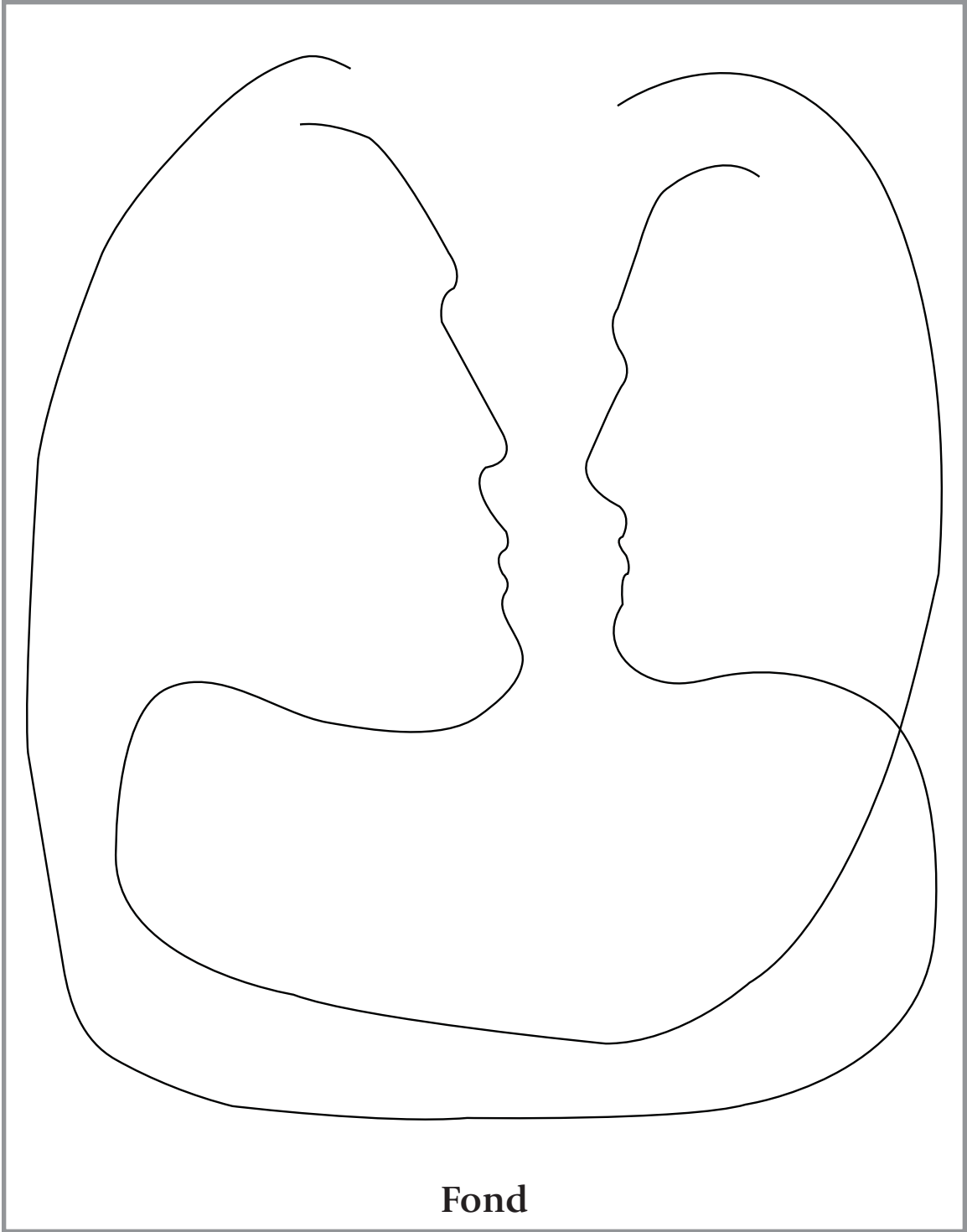


Helping

When we hold each other, hurt lets go.

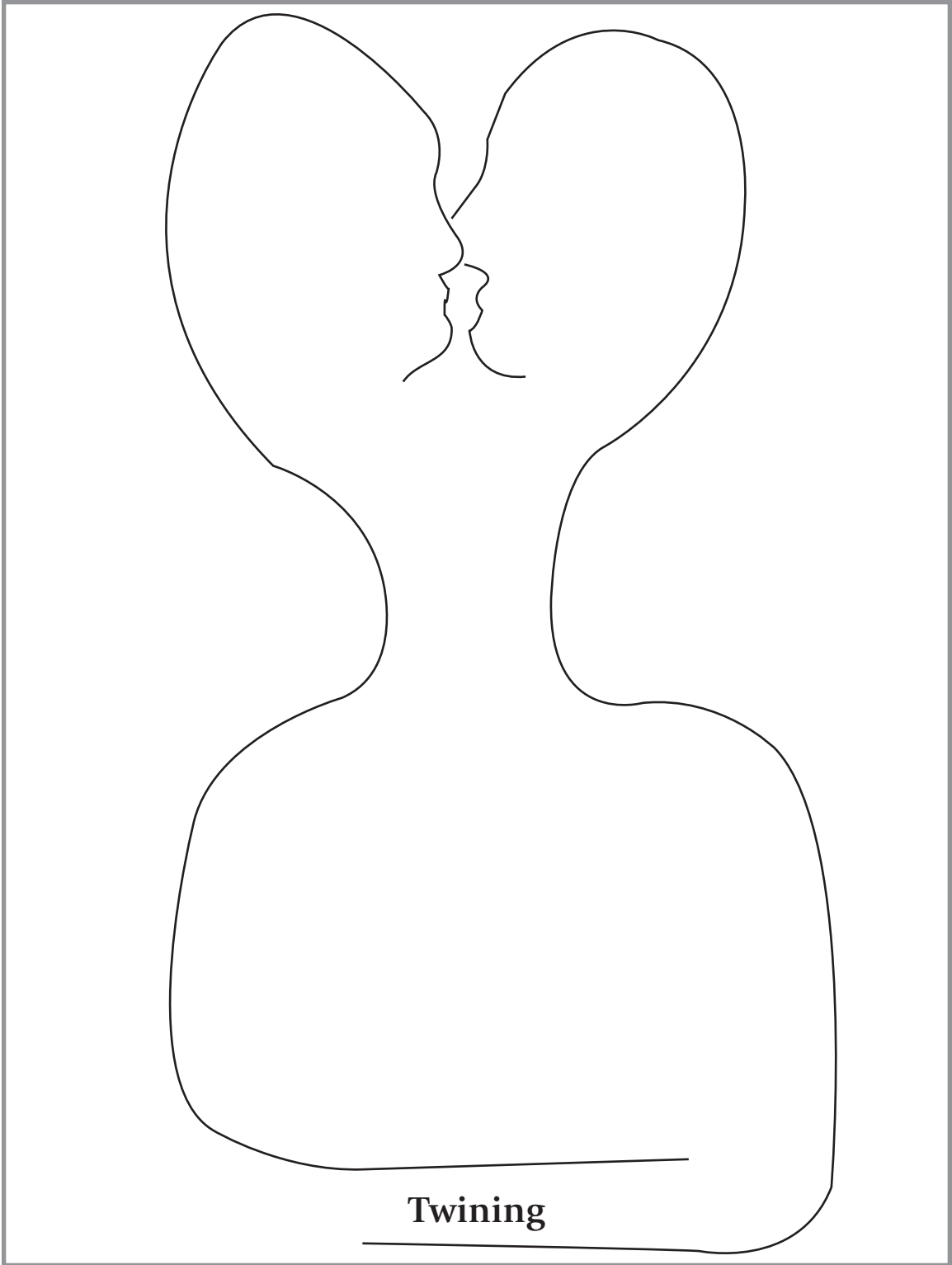


A helping hand is a holding heart.

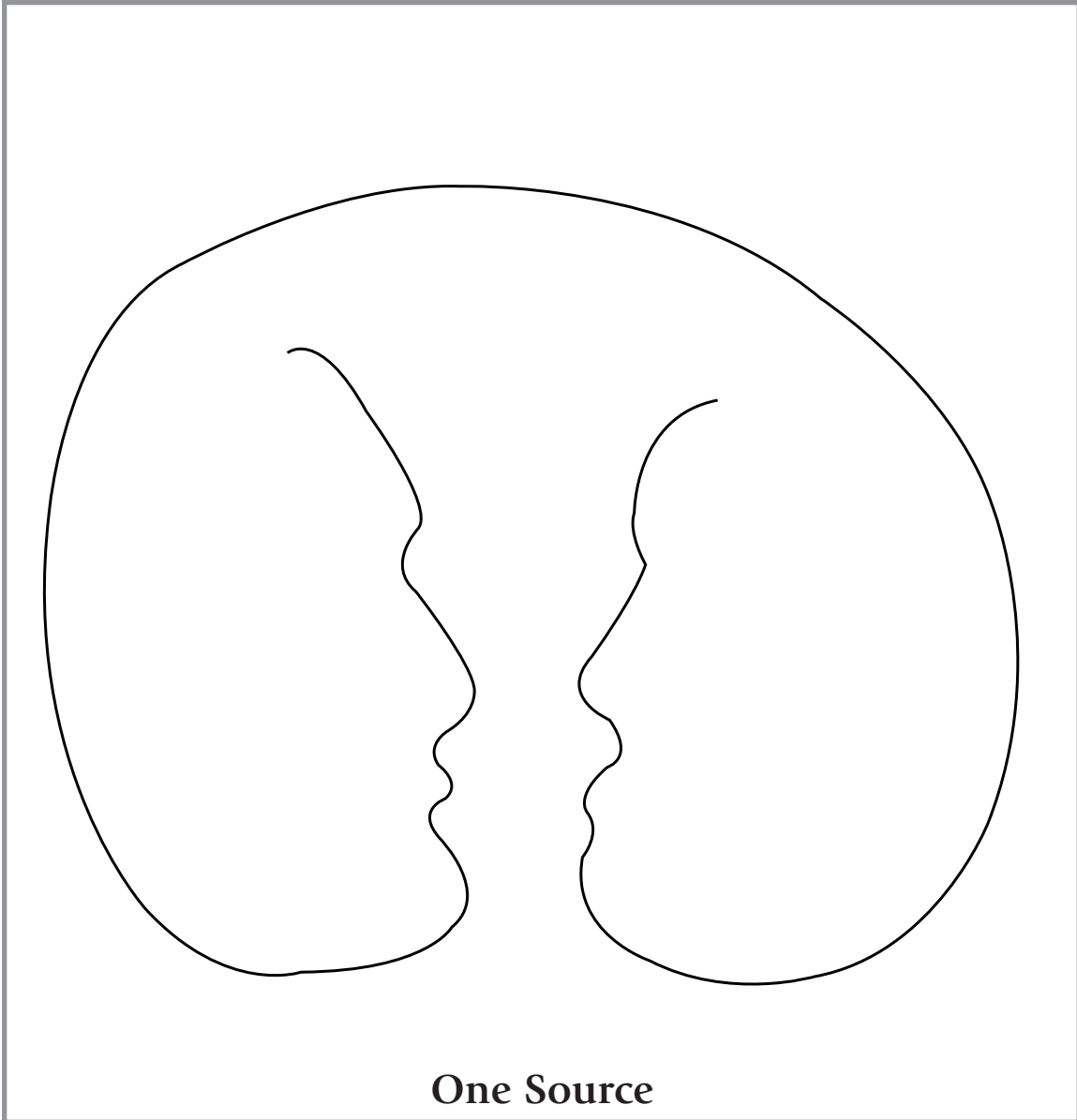


Fond

When I see all of you, I am blind to myself.

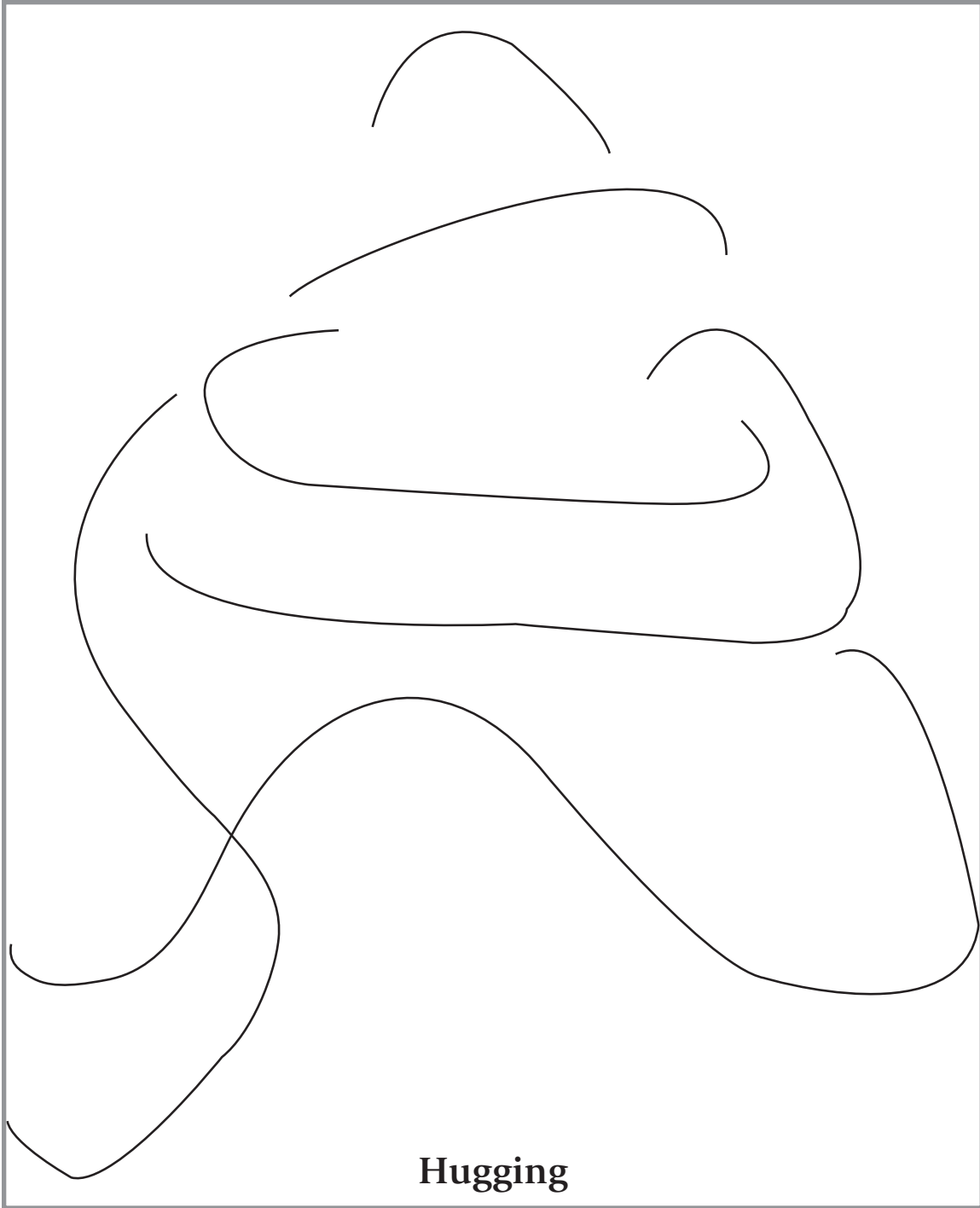


By being close, we get far.

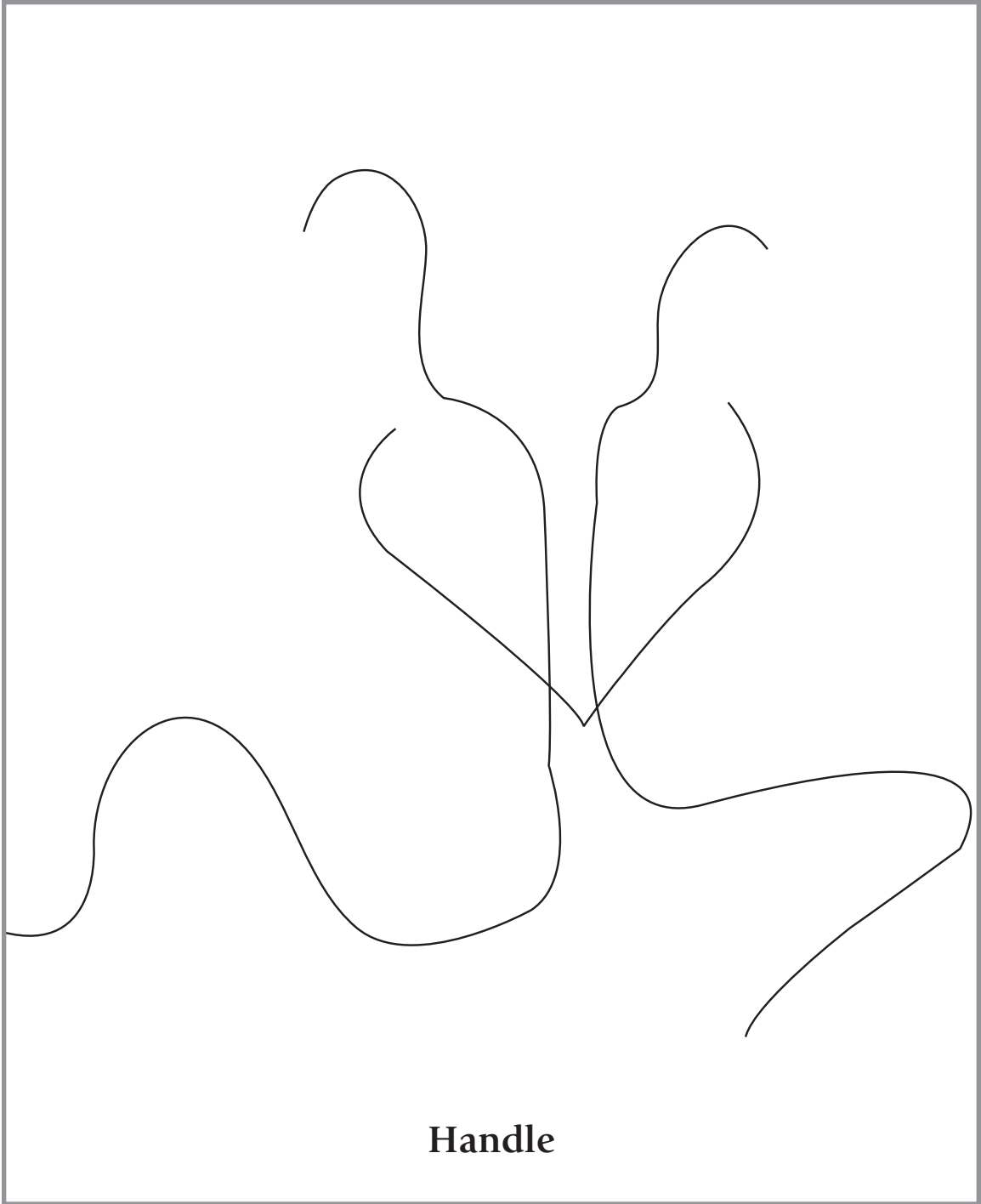


One Source

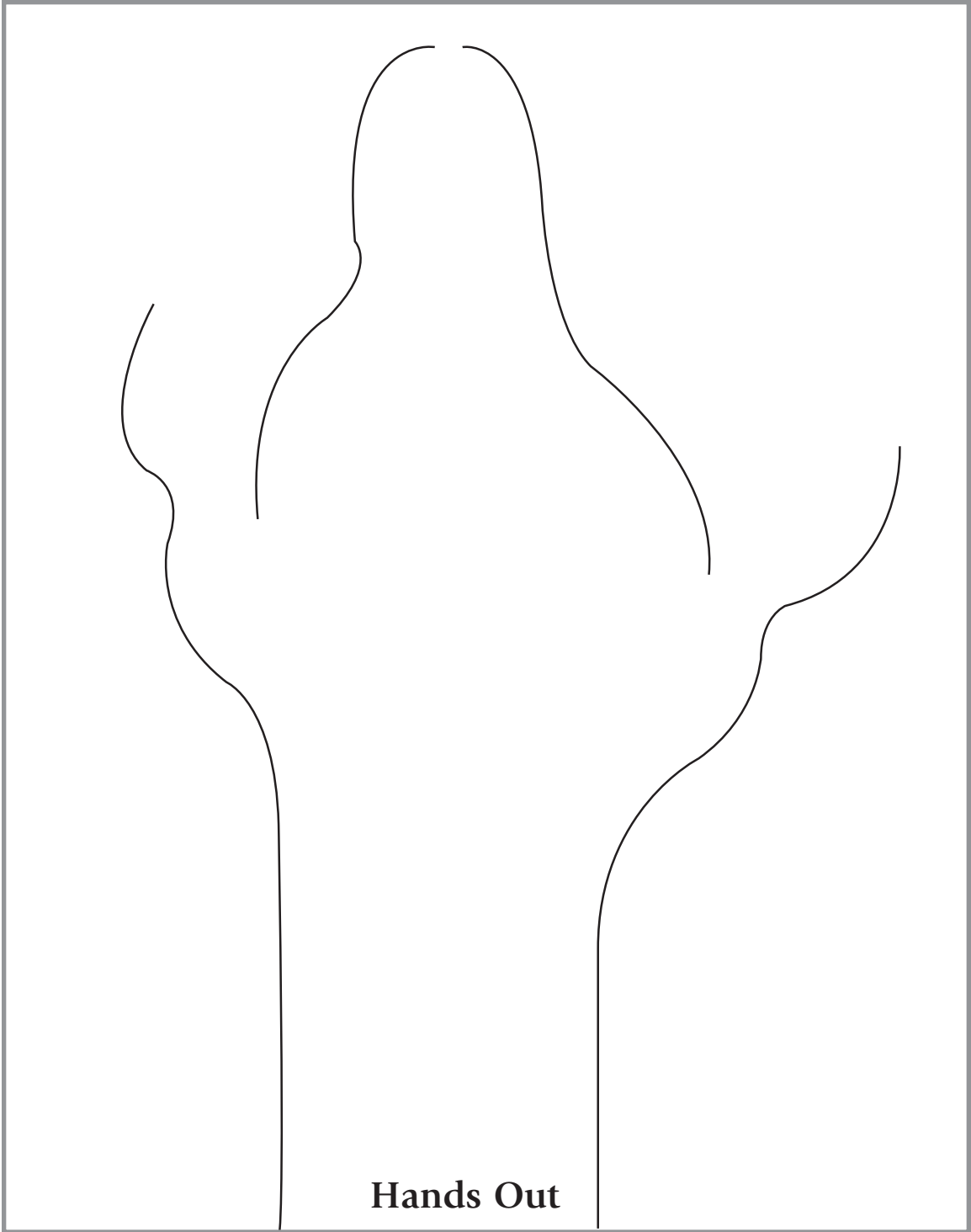
Once we were two.
Twice we were sad.



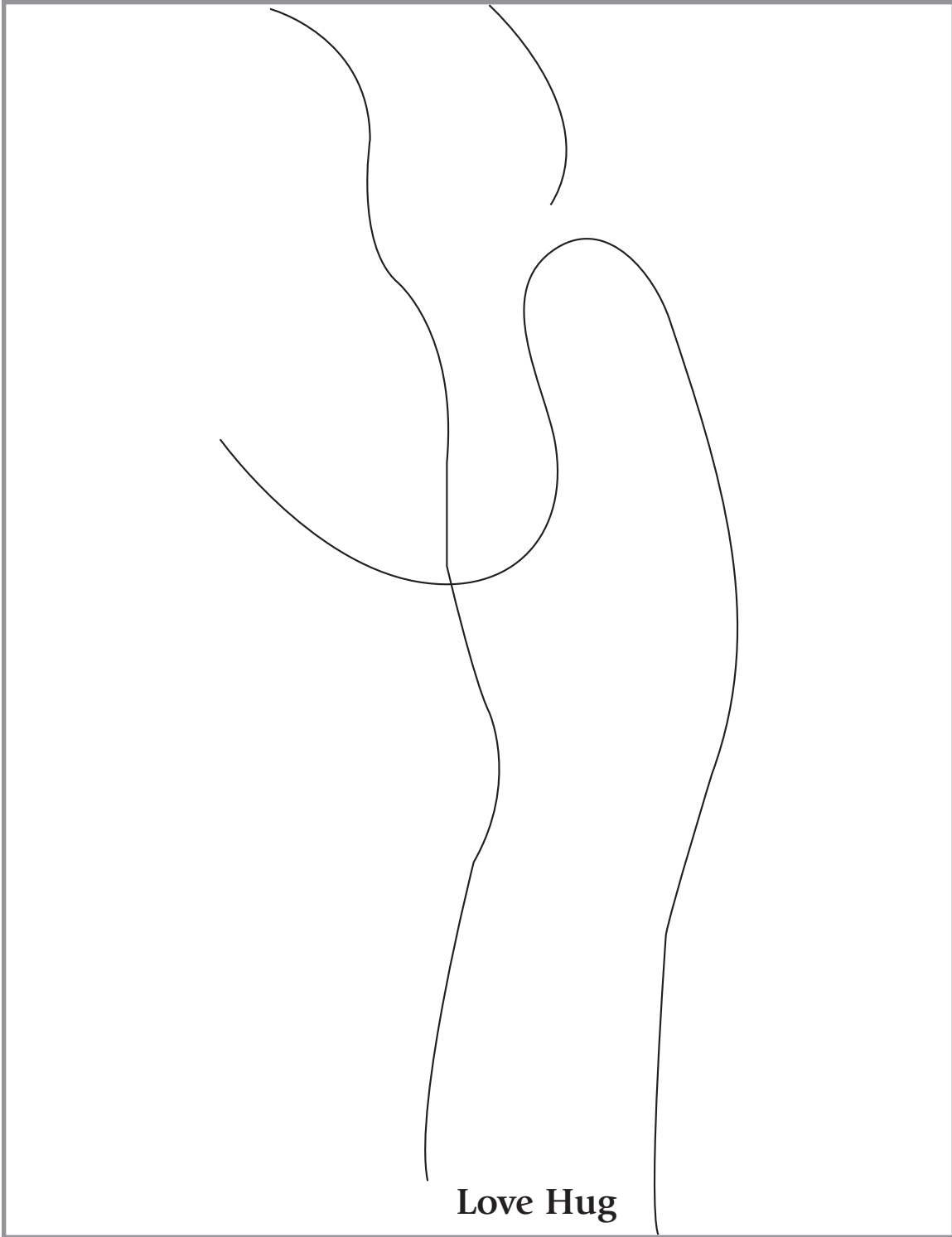
I'll be there for you when you need me.
You being there for me is all I need.



When life pulls us apart, love keeps us whole.

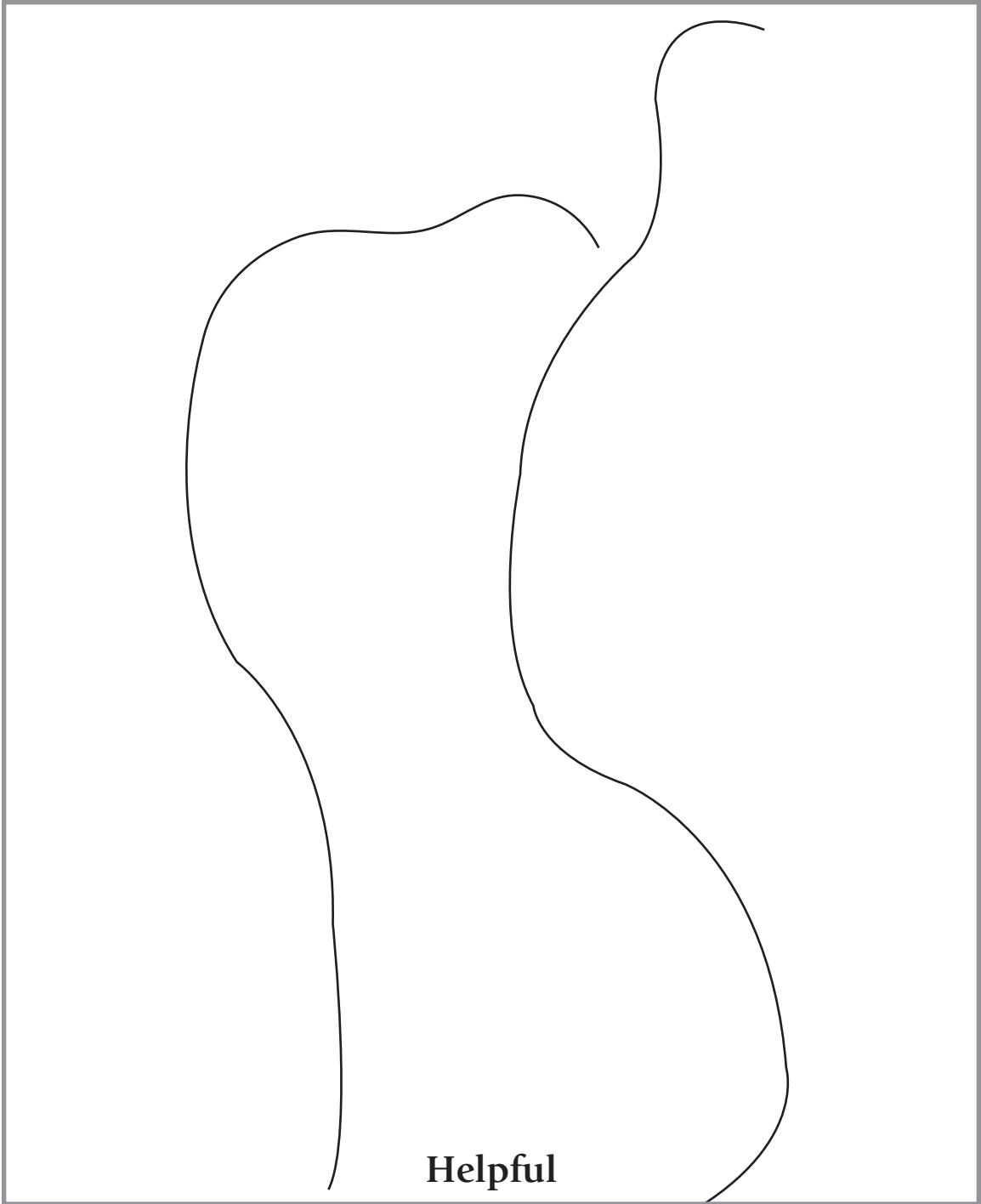


Hands touching high keeps downs low.

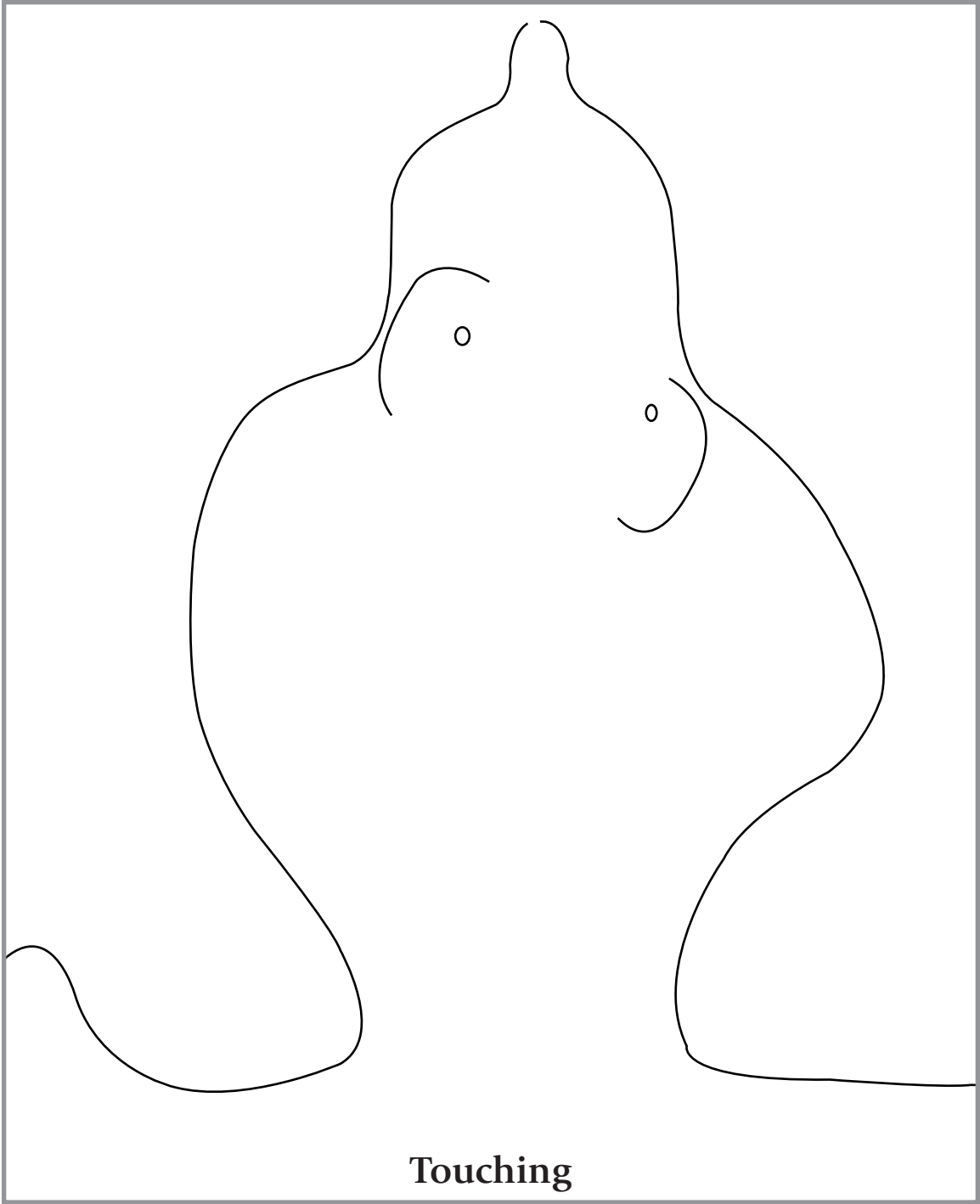


Love Hug

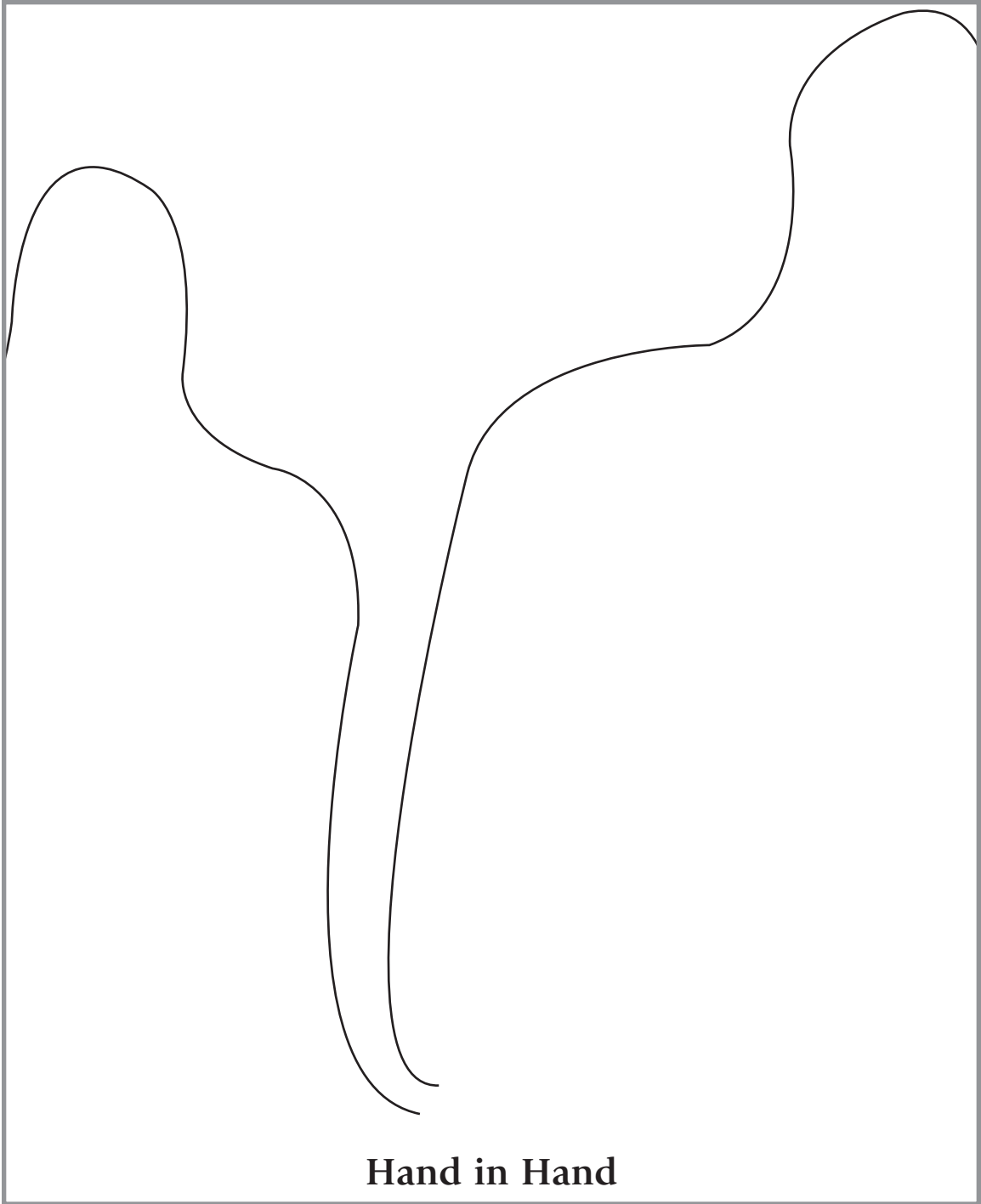
When you hug my shoulder, my back straightens.



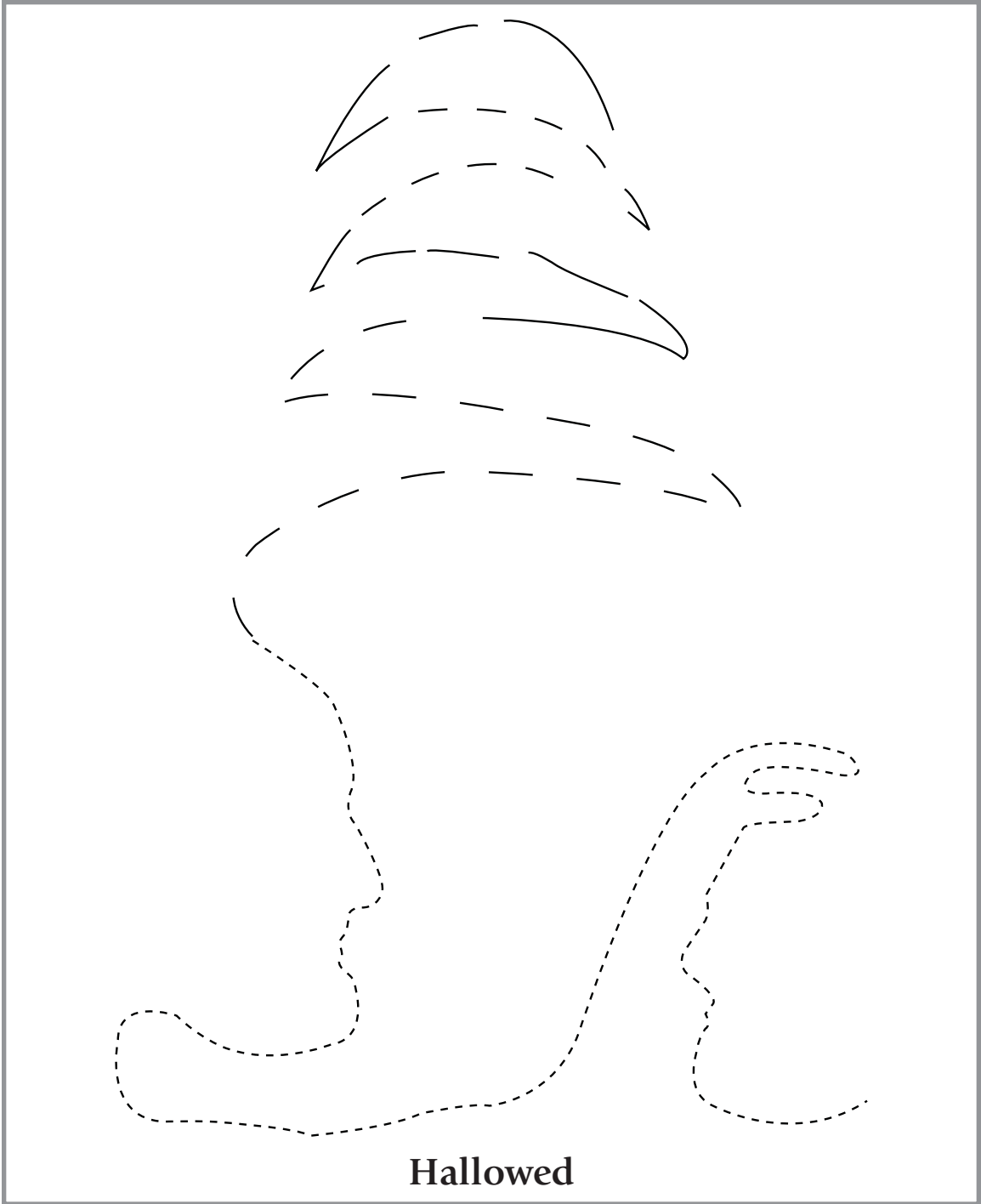
.....
Needing me is knowing me.
.....



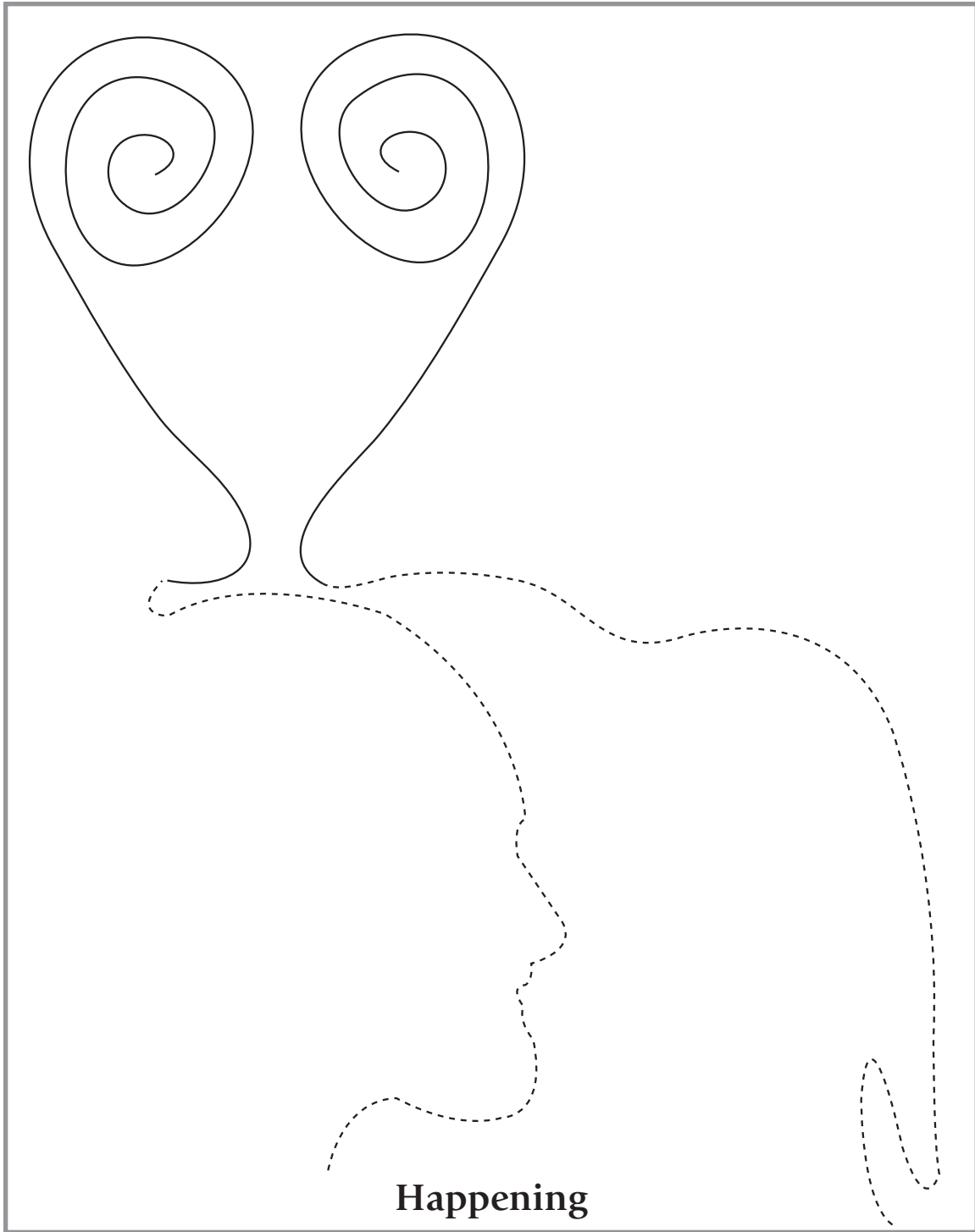
Communication starts with our hands
and brings us to our knees.



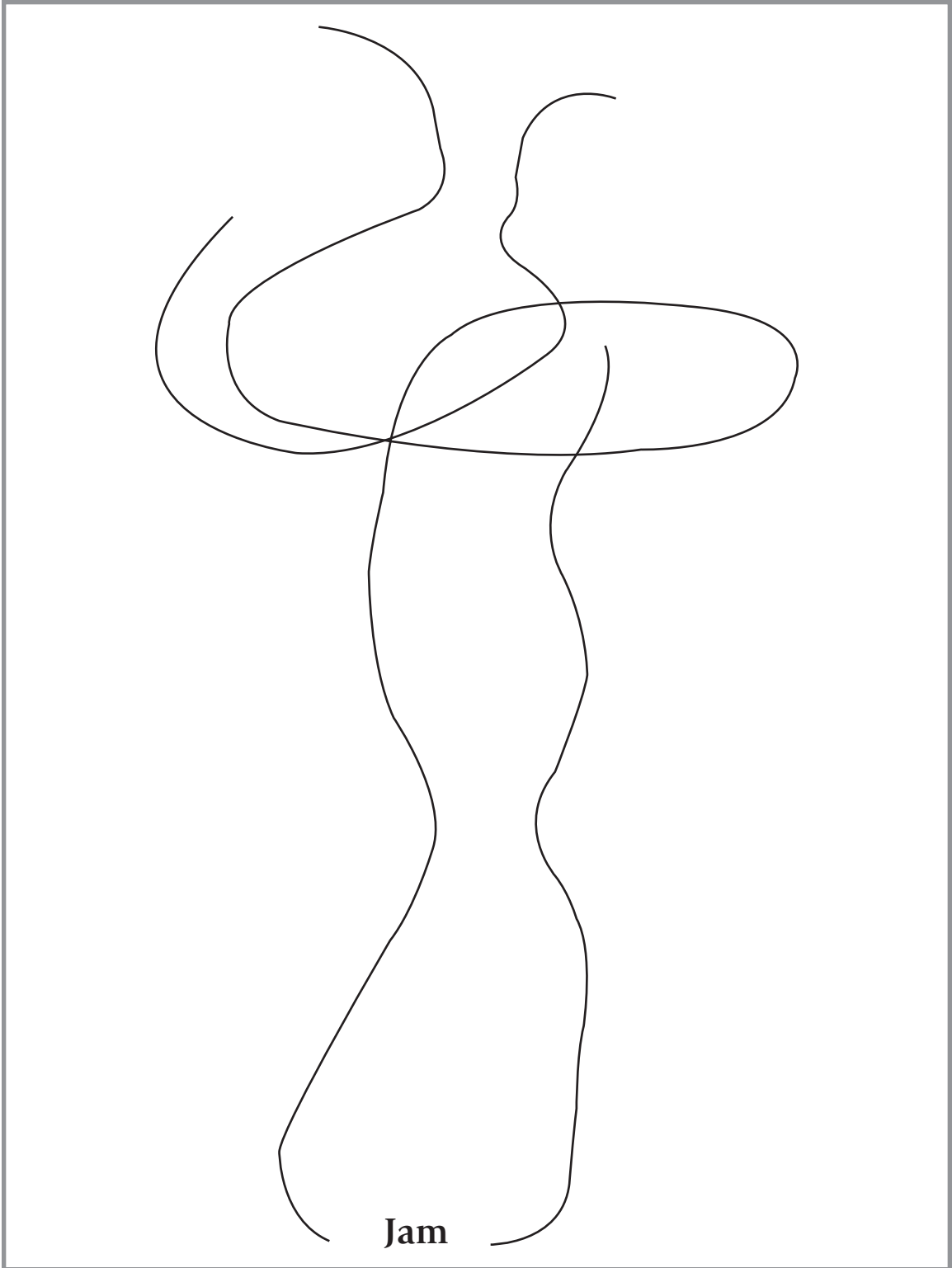
Hand in hand is person to person.



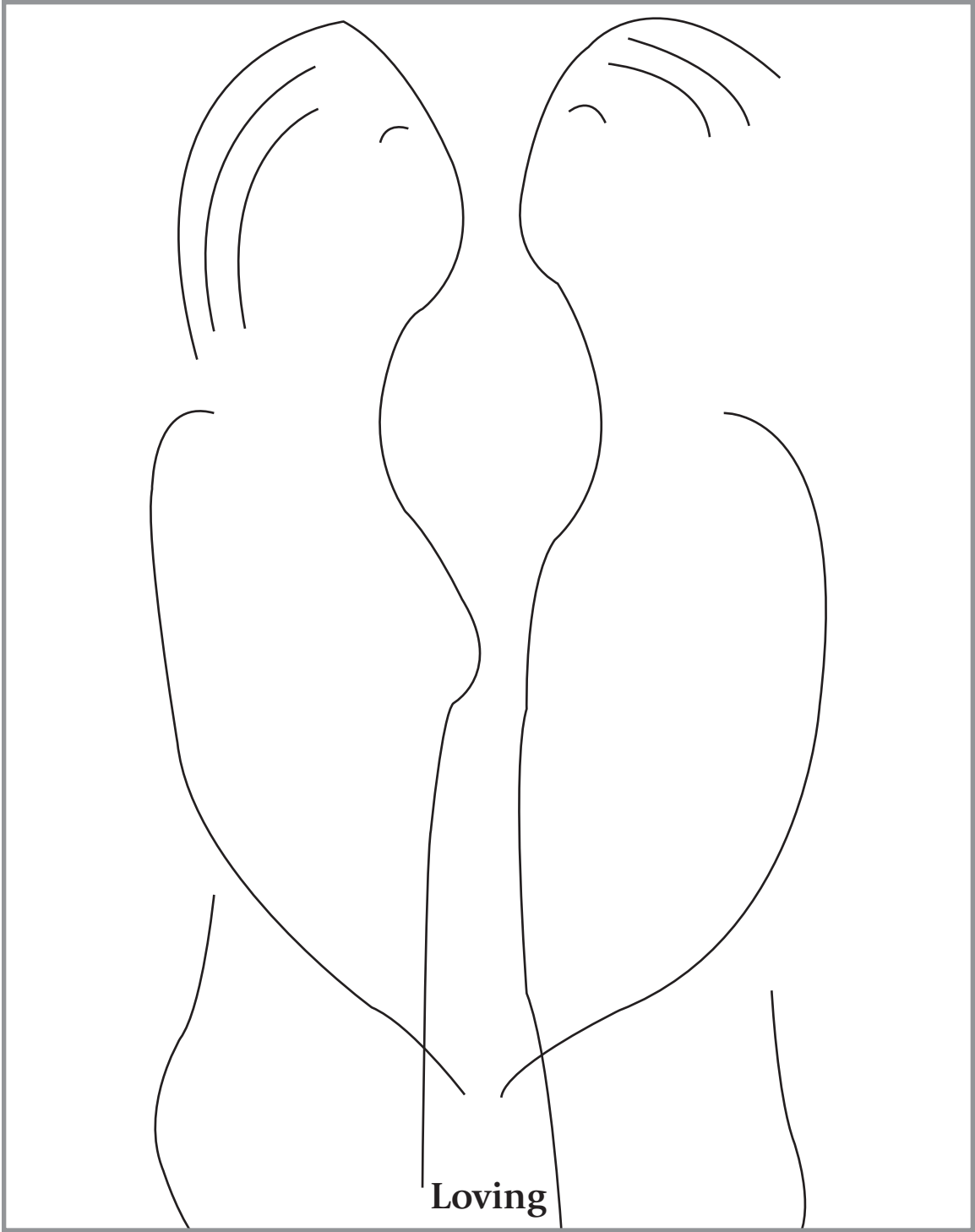
Our love grows the world.



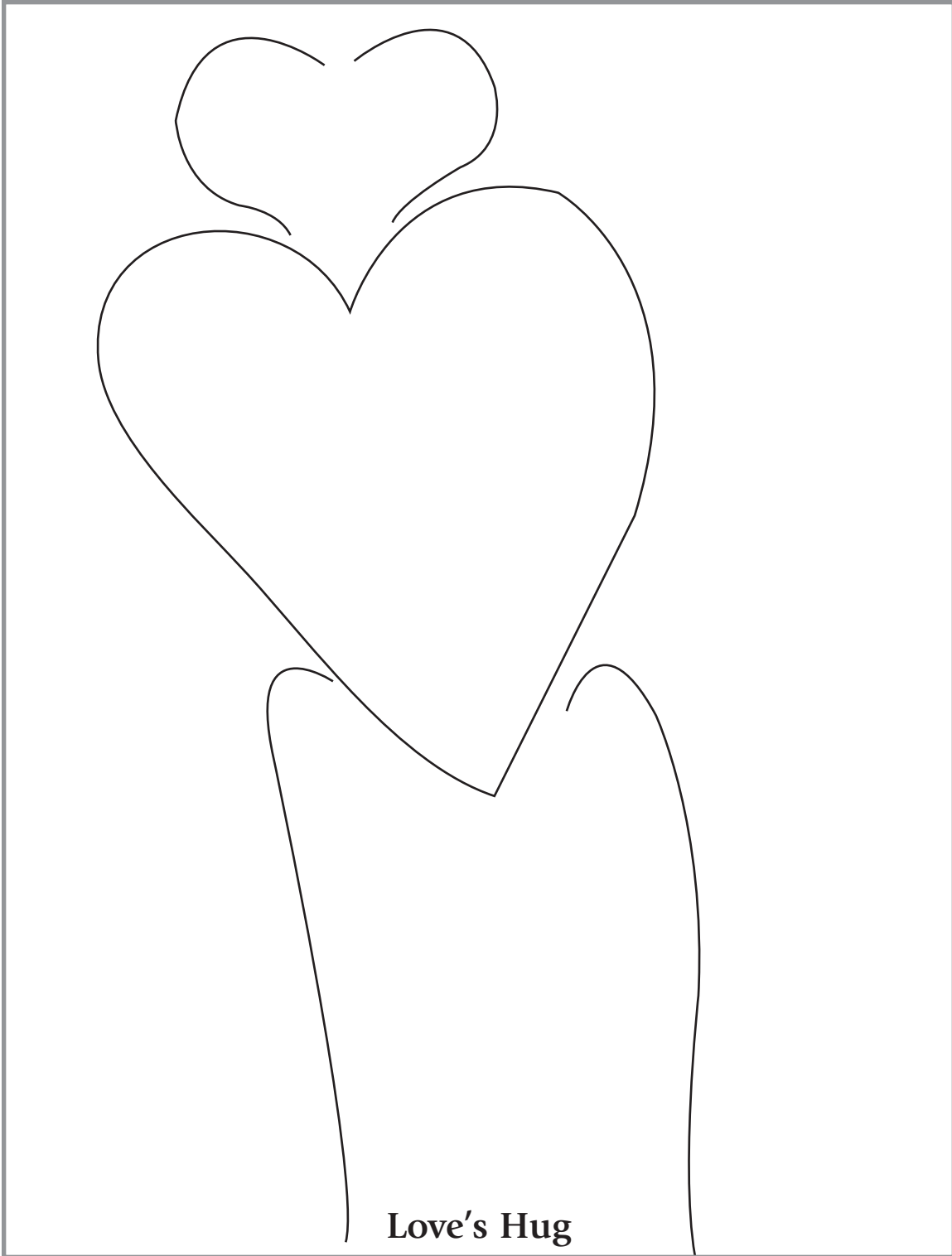
Couples that keep happening
happen to keep as couples.



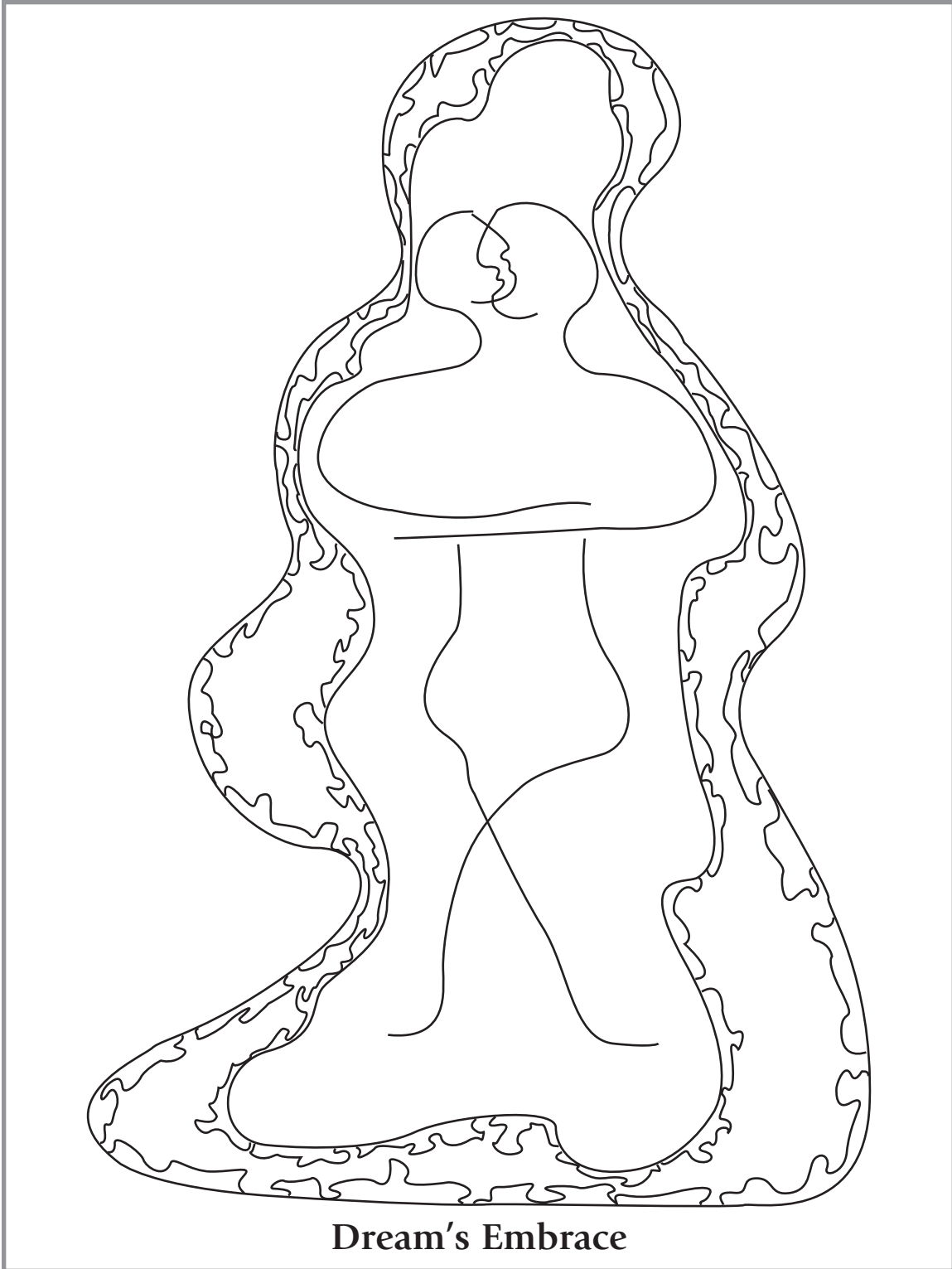
When life is heavy, be my light.



If we weren't us, I wouldn't be me.

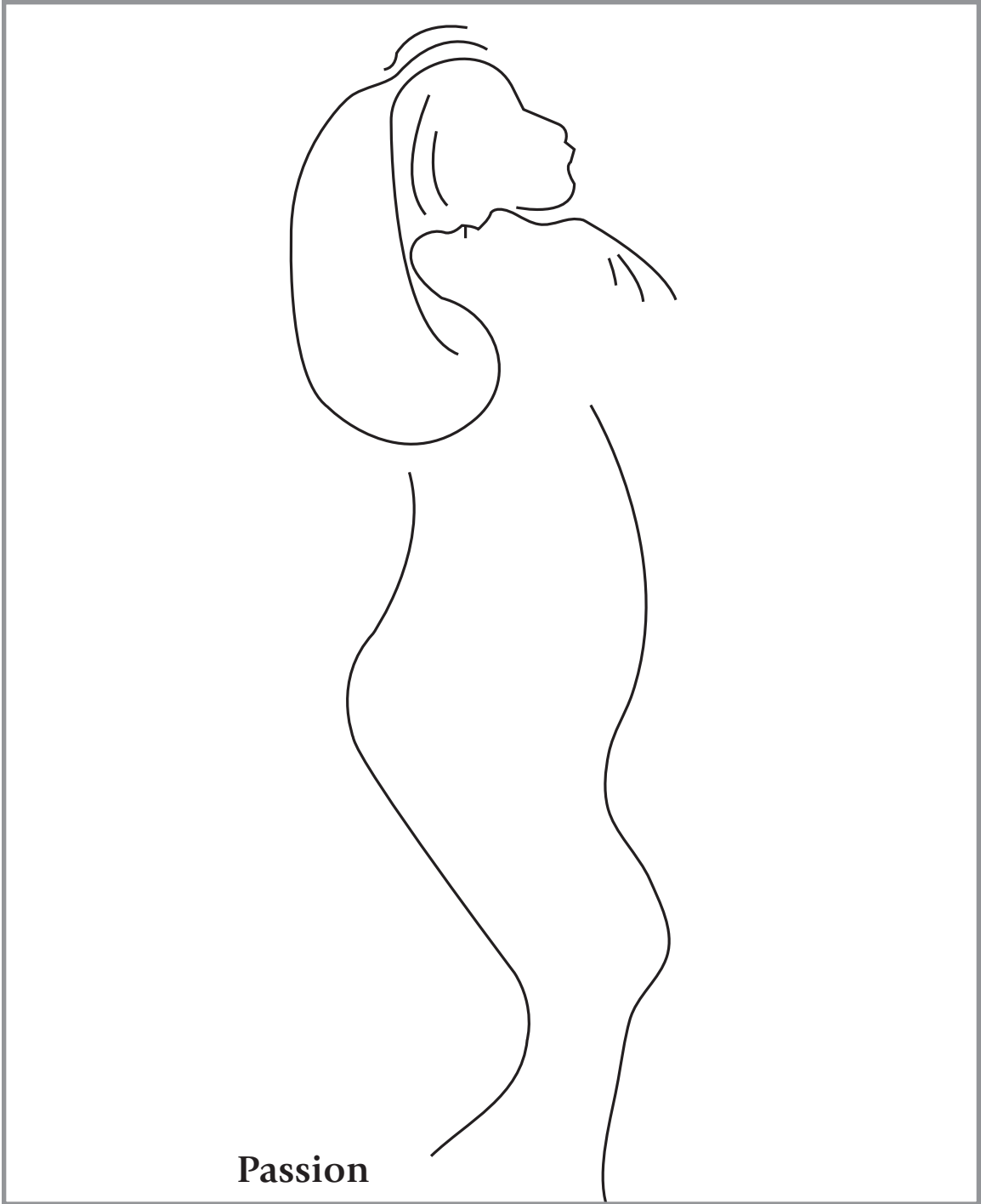


Where I come from I cannot change.
Where we grow to, we can.

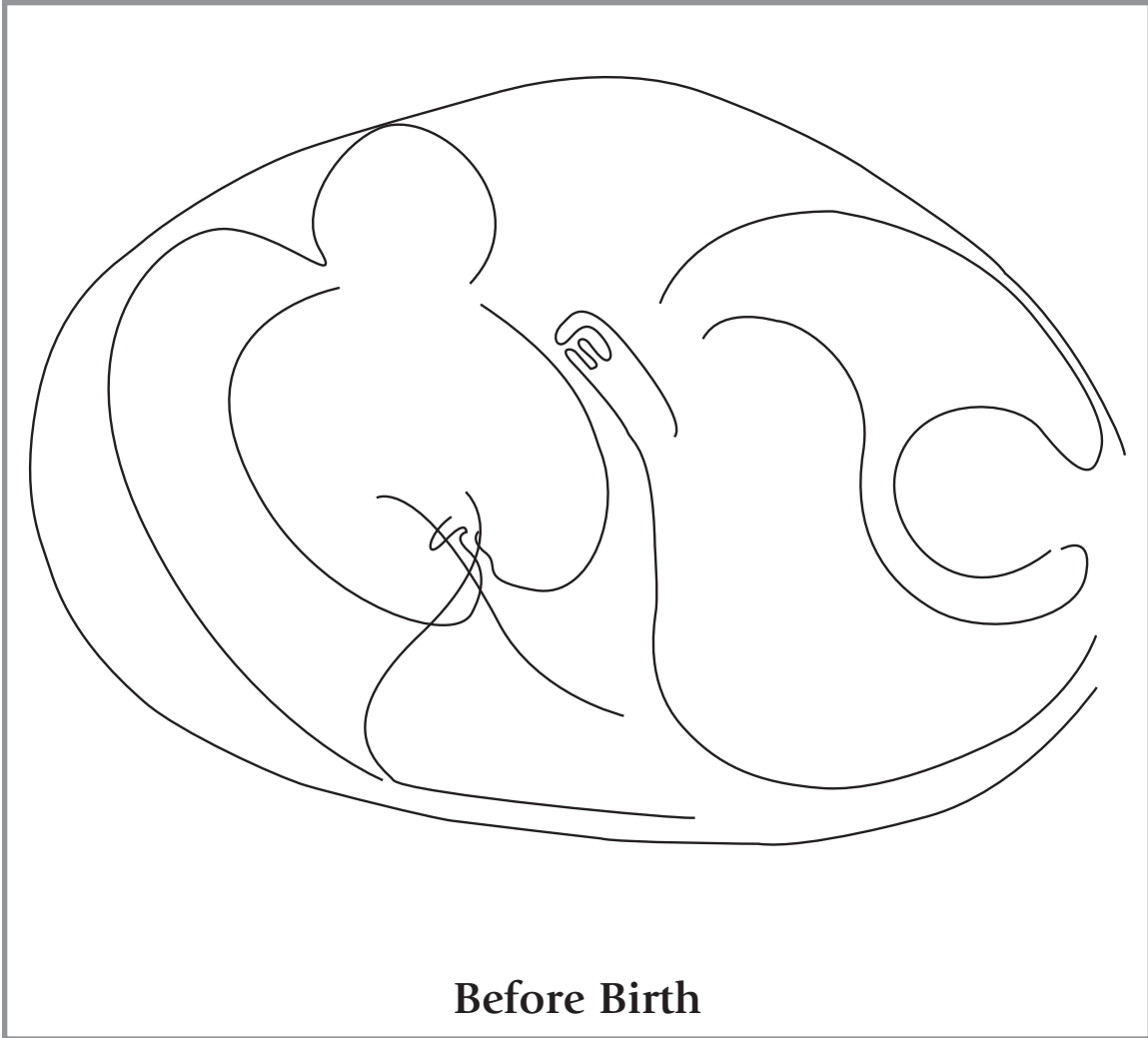


Dream's Embrace

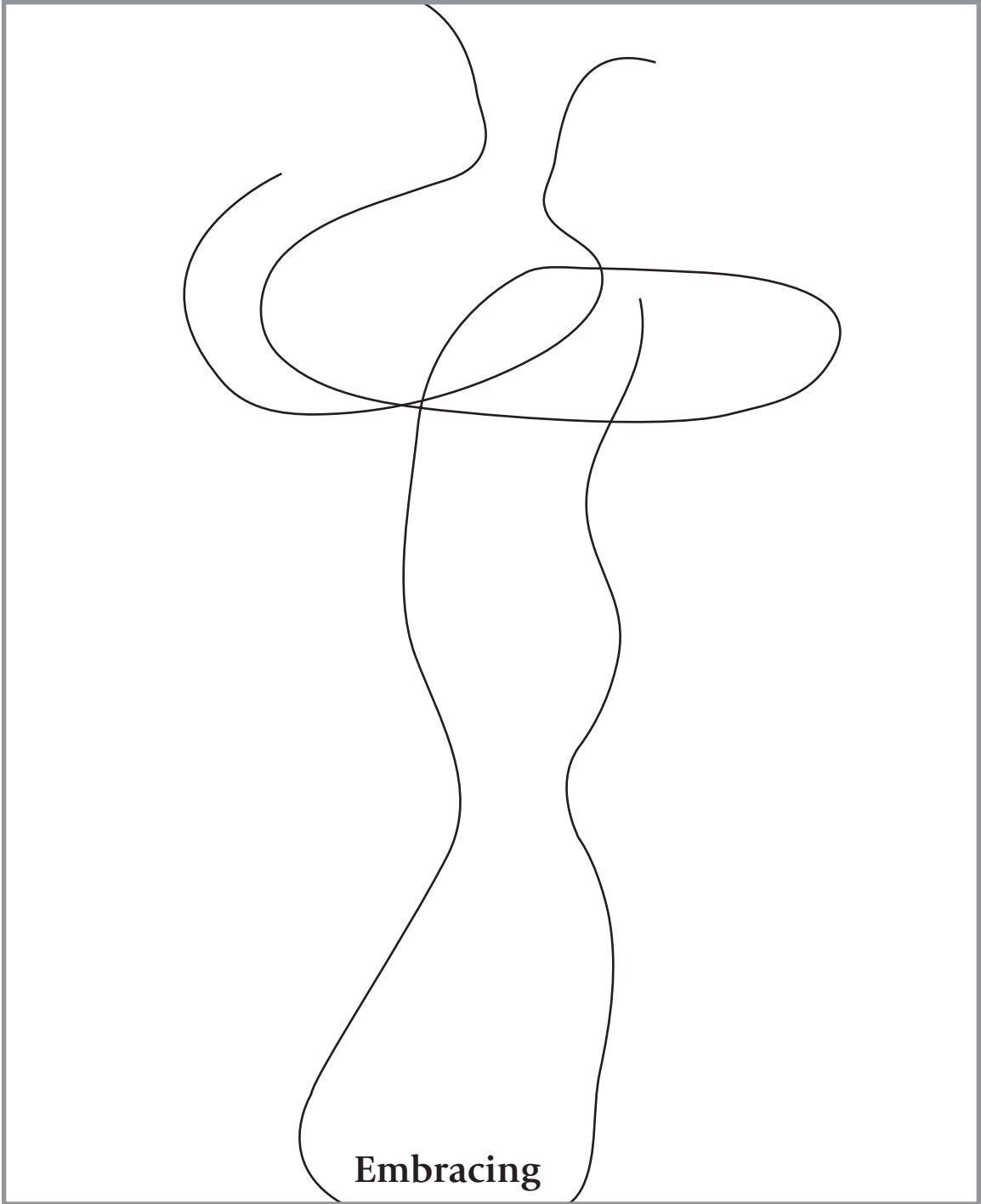
A timeless embrace gives a future.



In the lock of our love, lies life's key.

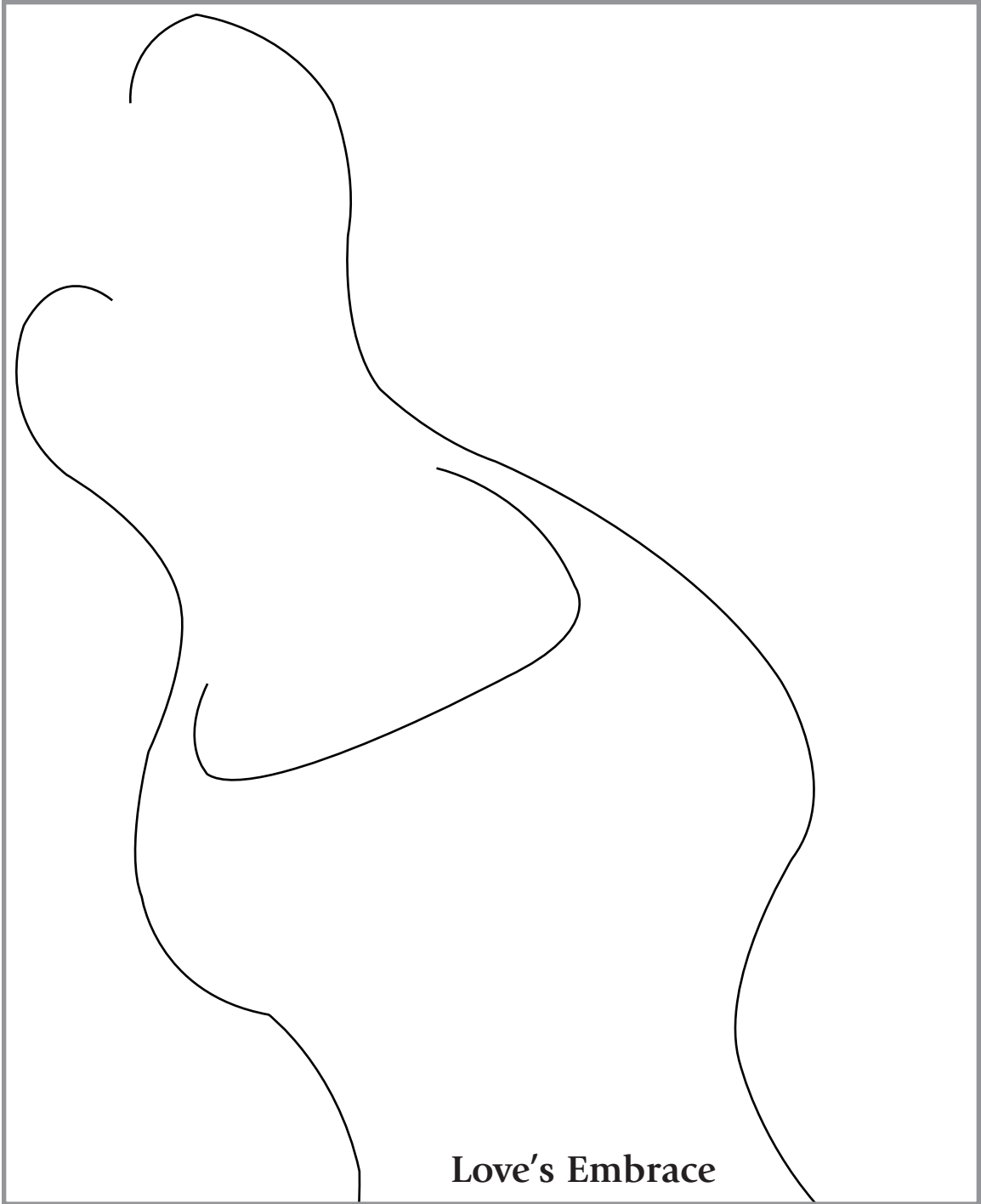


Children see as high as our eyes look.



Embracing

In a couple's quiet hold, fires take hold.



Holding on helps holding on.

Humans Can Change — Nature Can't Wait

*Children are our greatest asset.
The planet is their bed.*

Around the world in 80 tears.

*The highest of the species does
the worst of the deeds.*

*Time never runs out.
But humans seem good at making it run away.*

*It is never too late to start helping the planet.
But can we beat the Dead line?*

*Animals are destroying the planet—
so we would love to think.*

If we let animals be, we will be.

*If we do not see ourselves as part of nature,
nature will set us apart.*

*We have evolved with the capacity to lay witness
to the beauty of nature—not to lay waste to it.*

*In their past lives, our biochemicals were part of
faun and flora—All for one and one for all.*

Nature needs our nurture.

Save an ecosystem—save your soul.

Planetary text message—Lv natr.

Wild flowers are signs of the timelessness.

When birds sing, our epochal rhythms ring.

A butterfly is nature's palette.

Fast waters slow time.

Forests are for rest.

Do not let the willow weep for what we do.

Waves at the beach carry in our spirit.

Where sands stretch, tranquility expands.

*Mountains are majesty.
Polluting is travesty.*

*Rivers gather streams.
People should gather to protect them.*

*Stars do not disappear in the day.
But humans can disappear into the night.*

*Wish we could do better.
That should be our only wish.*

Chapter 36

Families

Art is a multiple dialogue across artist, inspiration, and those for whom it is meant to inspire. Similarly, living in a family is a multiple dialogue and is meant to inspire.



Art grows as we do.

Why We Love the Planet

*Running our hand through silken
petals soothes our inner terrain.*

*Digging a garden of exuberant flowers
heightens our natural connections.*

*Labouring in the forest's night beside
the campfire prepares a sleepful
repose.*

*Tilling fields of robust grains enriches
mental grounding.*

*Cultivating rows of plants nourishes us
to our inner symphonies.*

*Embracing trunks that rise like spires
has us peer to skies.*

*Walking in meandering paths amid
bushes pregnant with foliage
touches our sensitivities.*

*Sitting by the shore as waves splash our
feet filters stress from our soul.*

*Heaving on swells as we row to islands
uplifts our spirits.*

*Wading by the lake's edge, we hear the
loons' haunting call inviting us to
their inner circle.*

*Lying next to rocky embankments, we
see swans swimming to rhythms of
their orchestra.*

*Climbing cliffs filled with brazen gulls
hearkens to our origins.*

*Running through flocks of birds praising
life in their cacophony helps us
commune with what is core.*

*Breathing deeply the salty air beside the
ocean dunes provides timeless serenity.*

*Playing with children in a park where
butterflies abound shares with
them the magic.*

*Laughing at puppies frolicking in the
backyard and fills time with what
matters.*

*Marveling at gibbons maneuvering in
trees with long-armed leaps creates
the awe of unity.*

*Watching chimpanzees watch us expands
our consciousness of theirs.*

*Praying outdoors by the foothills of a
mountain cathedral brings a sense
of salvation.*

*Having coursing waters wash over our
hands as we reach into a stream
massages with softness.*

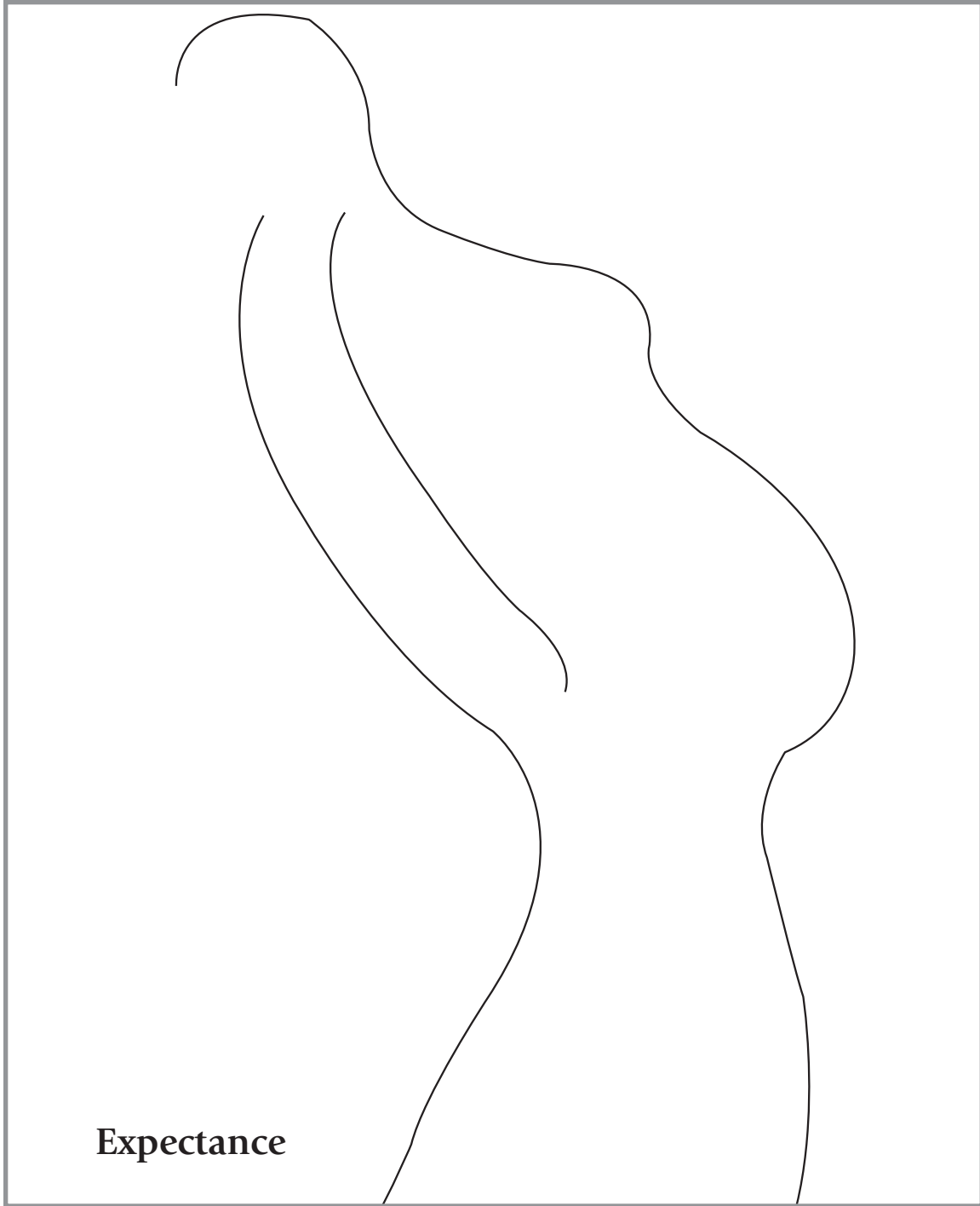
*Gathering wildflowers to make a
fragrant bouquet for a loved one
brings many passions.*

*Holding hands with our partner as
we walk white sands by the sea
strengthens our bond.*

*Longing for our partner as we walk
by the city's inner lake, gives us
pleasant tranquility.*

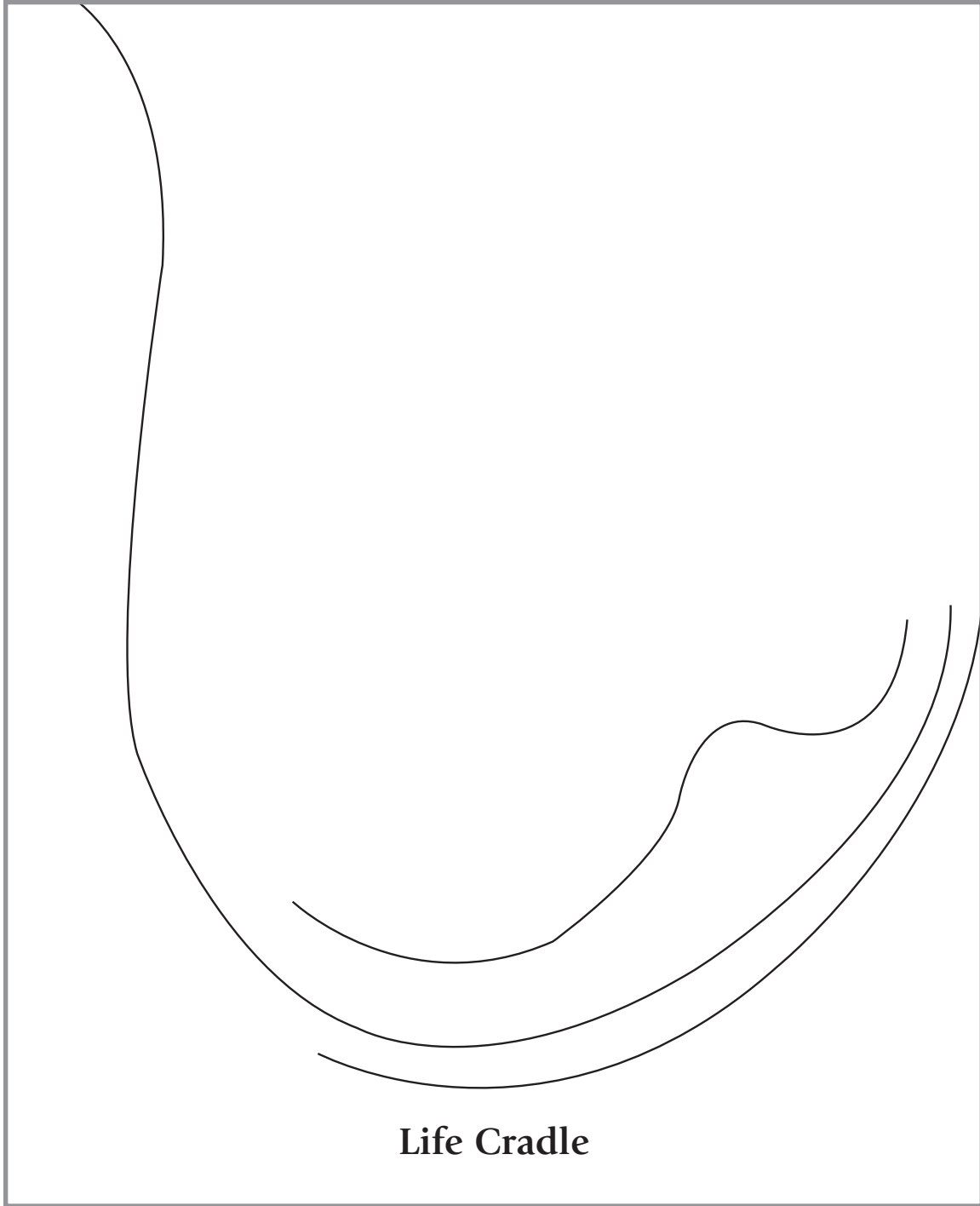
*Giving our time to fight pollution
purifies our meaning.*

*Acting to save the planet heals more
than we can imagine.*

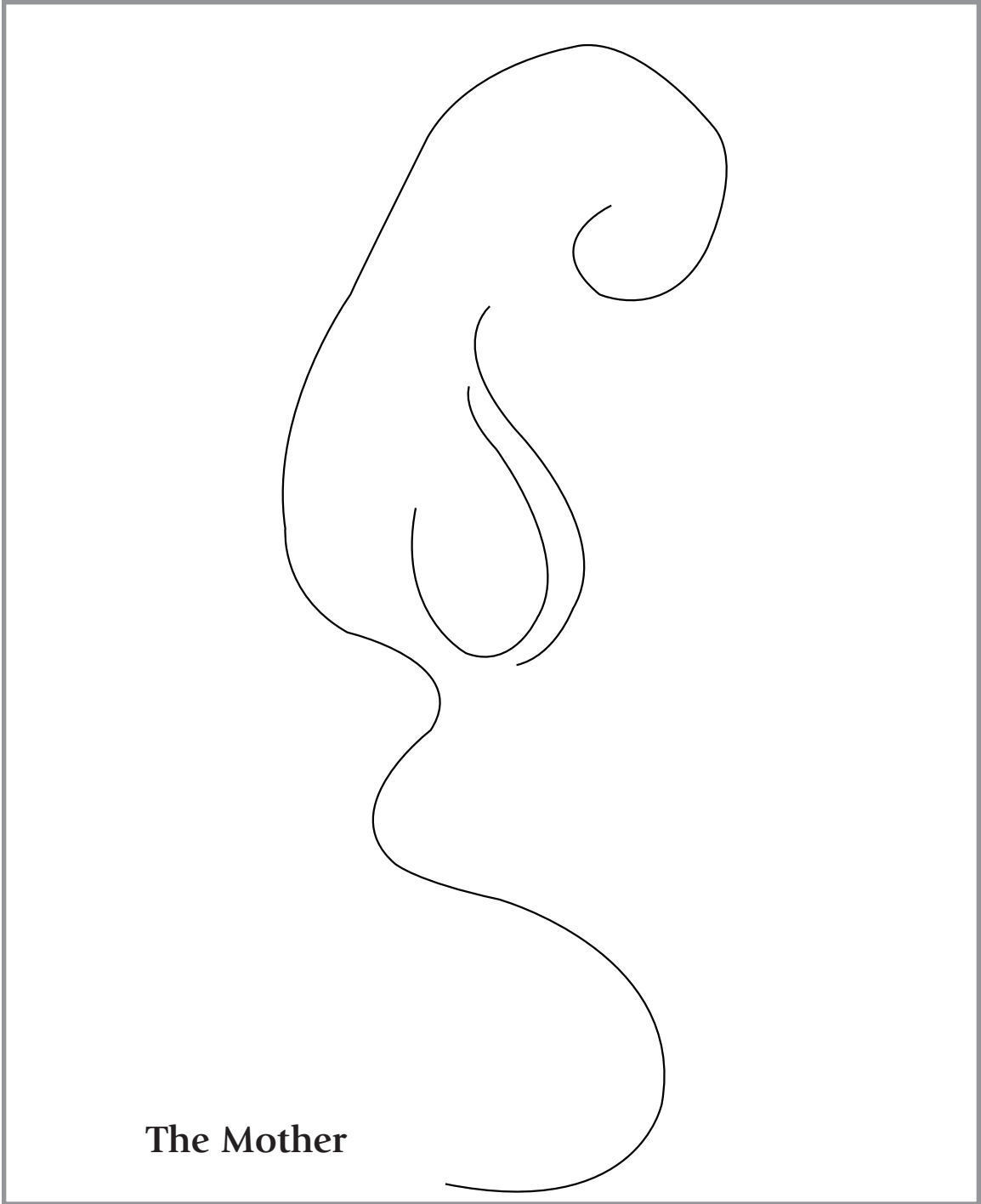


Expectance

Who could see the mighty river
in the nascent gurgling stream?

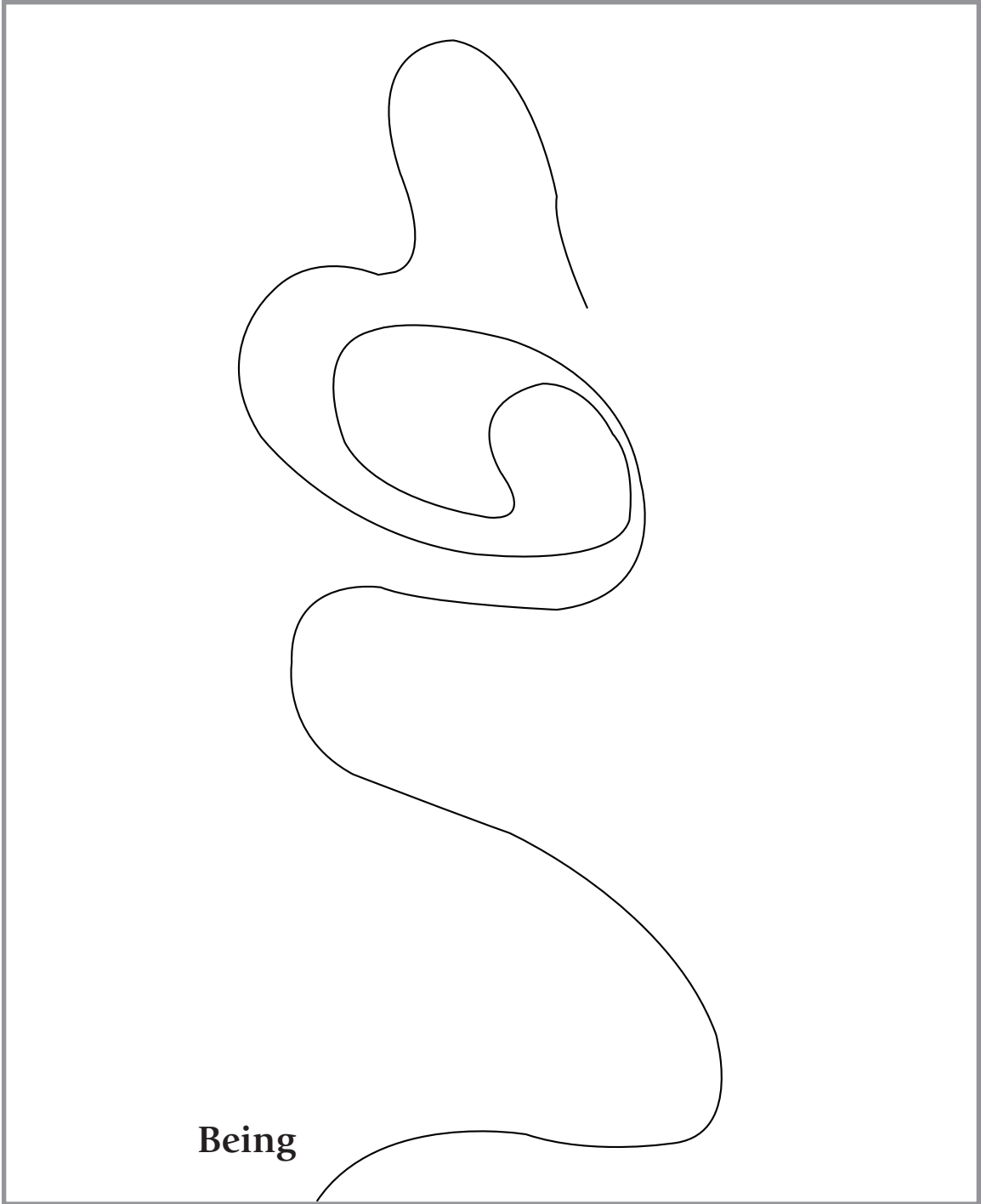


.....
Cradled, the nursing newborn sees
stars where we would see eyes.
.....



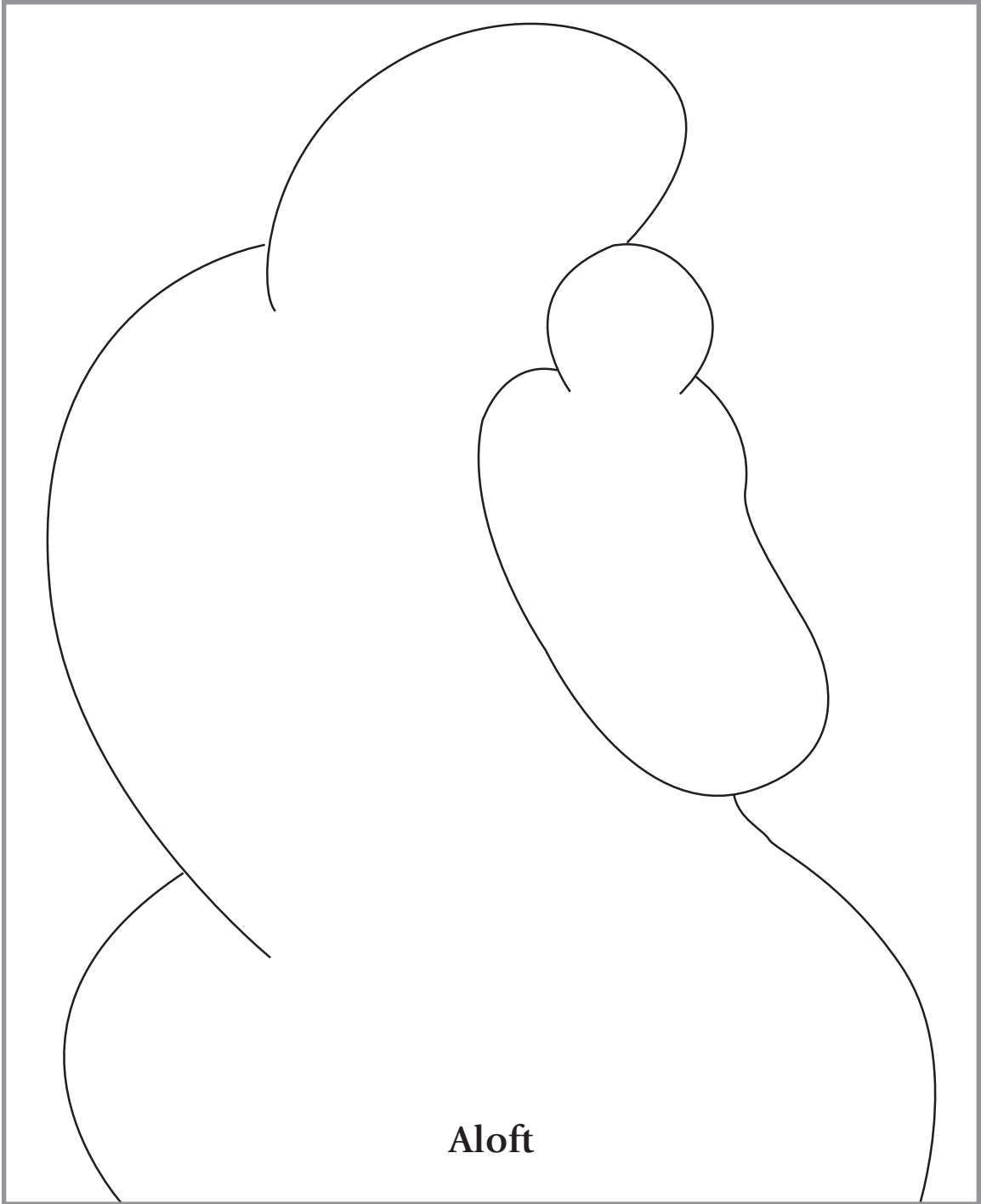
The Mother

When we care for our young, we nurture ourselves.

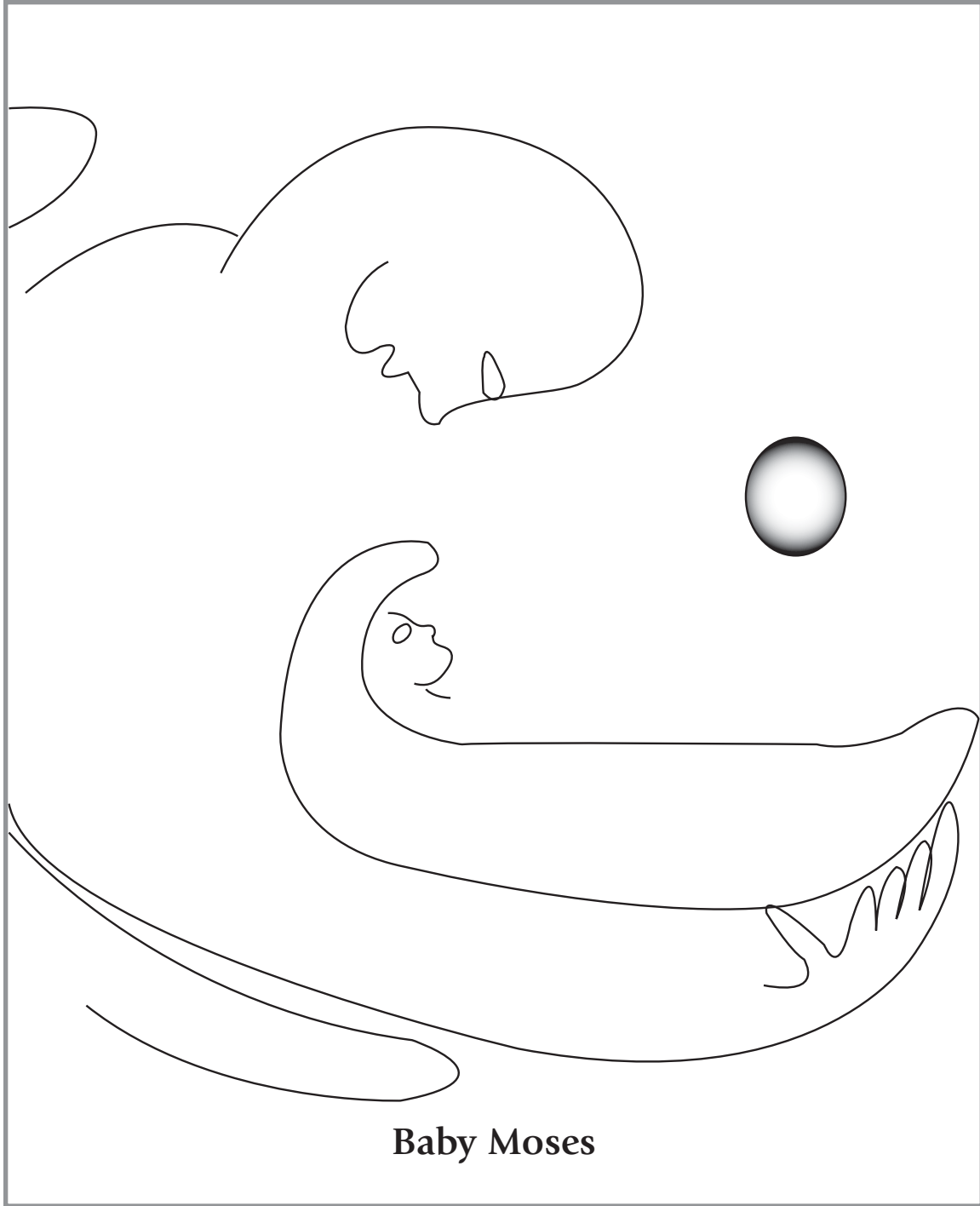


Being

Holding young to the heart
has them feel all our rhythms.

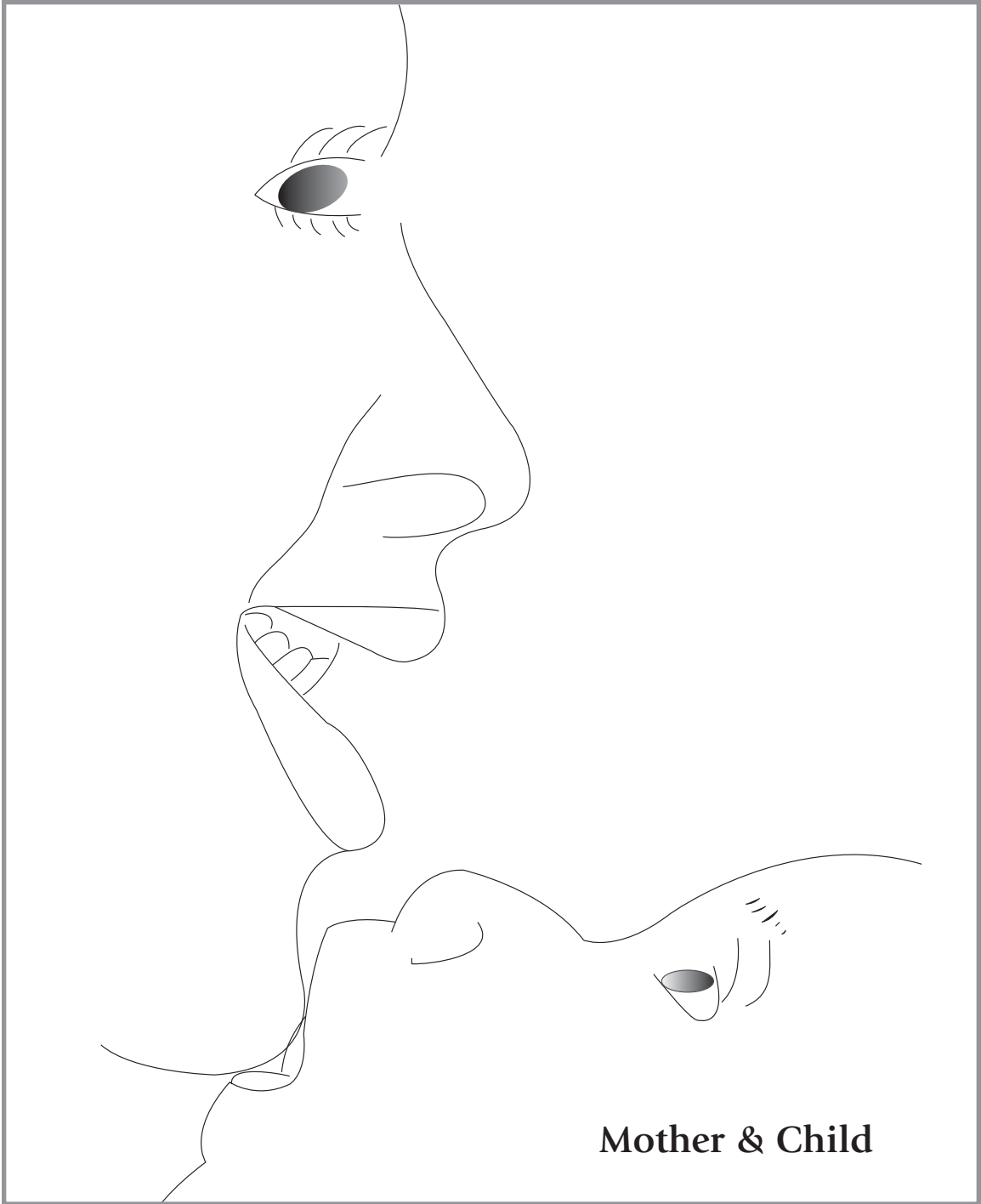


Each child is the sign of all our souls.

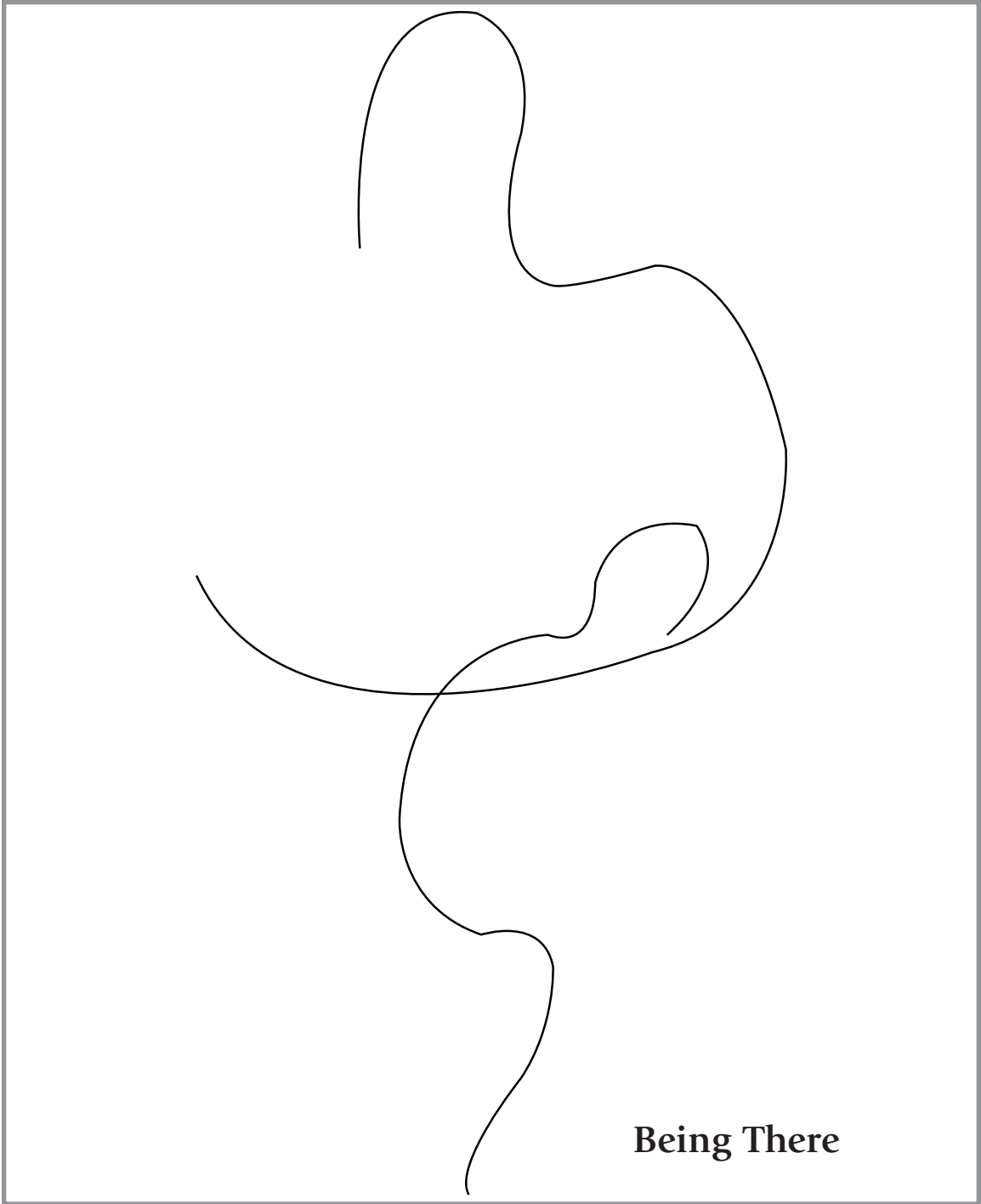


Baby Moses

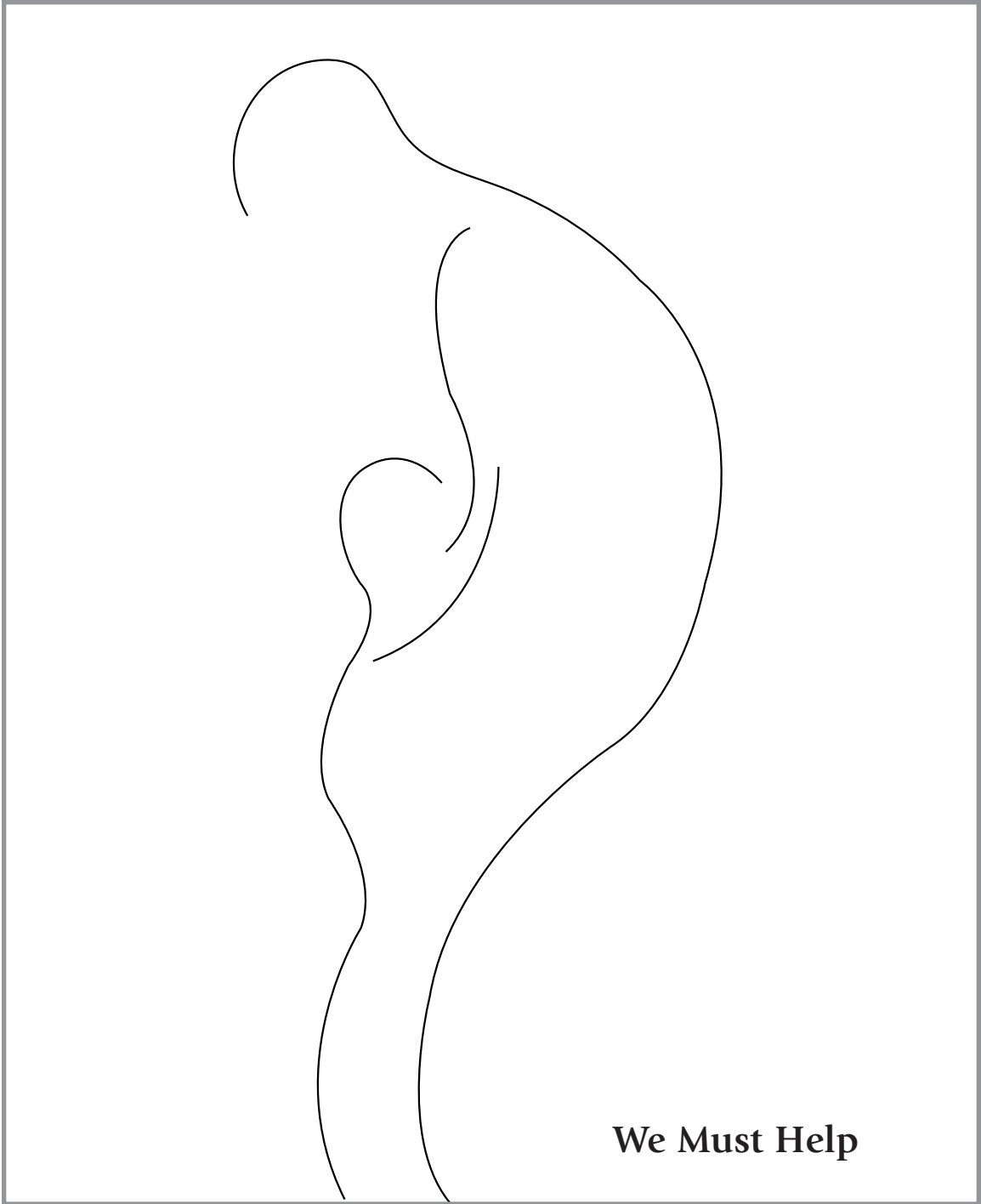
All children are ours.



Chins are for babies' bites.

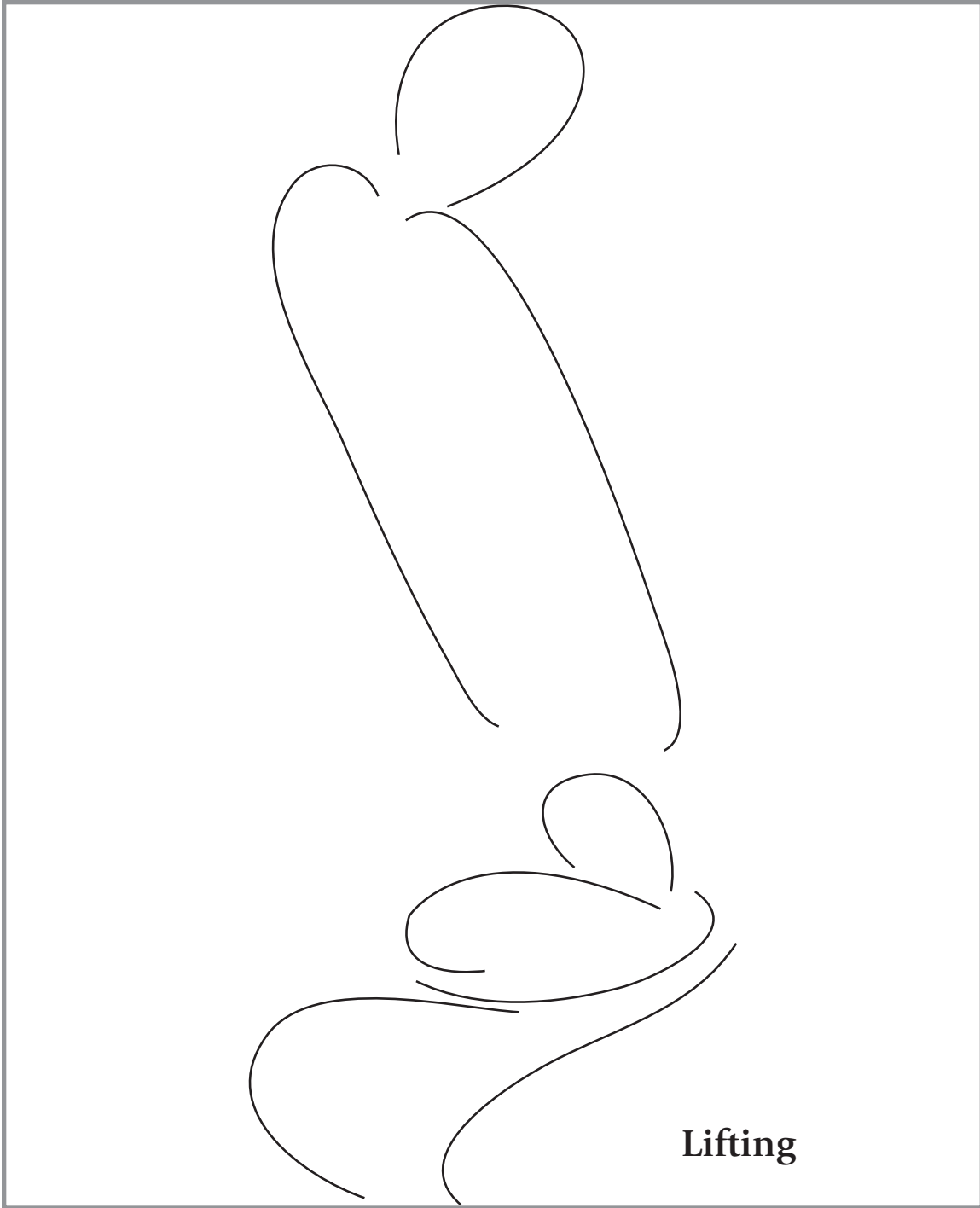


Save the planet. Give a child a hug.

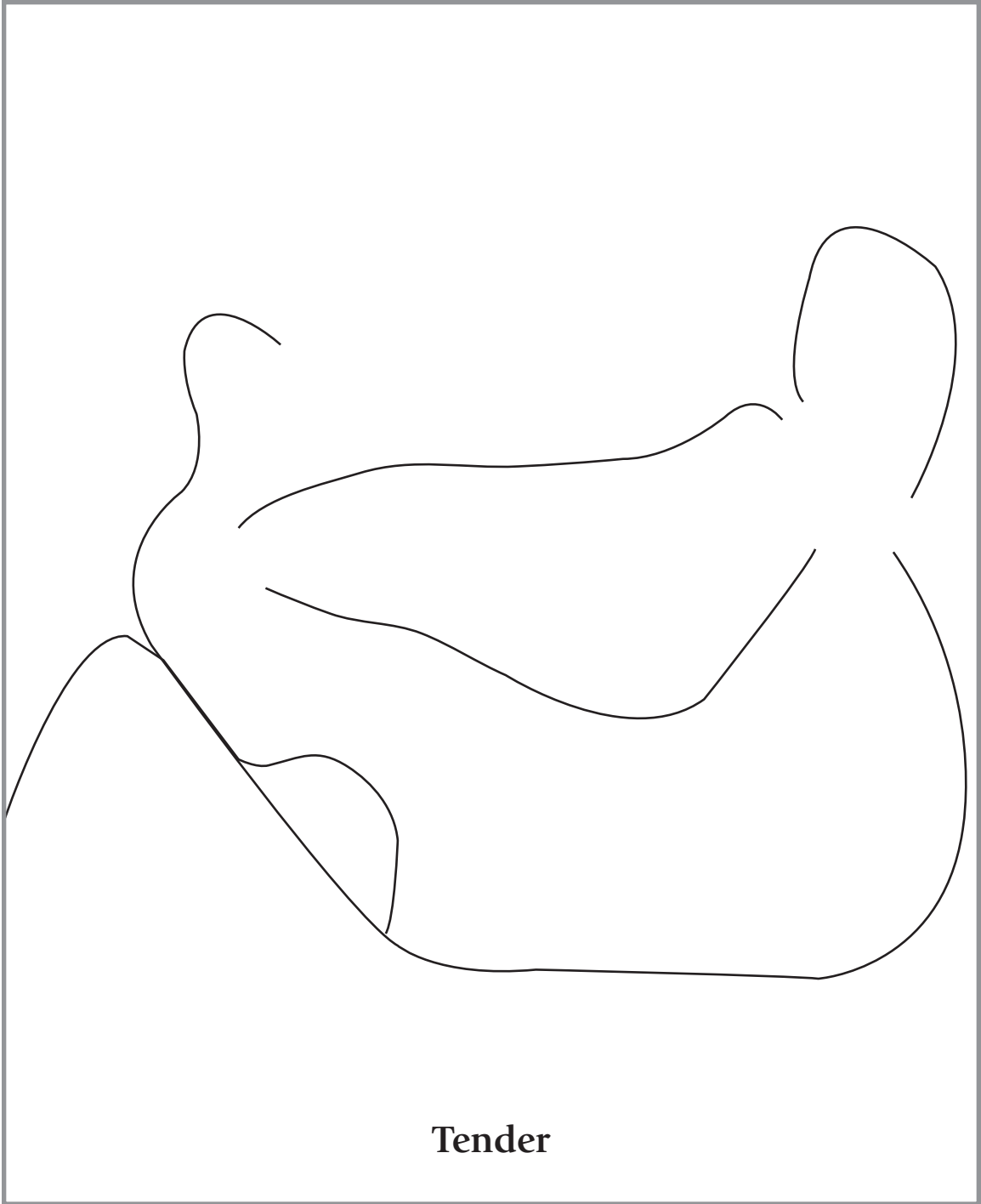


We Must Help

A child held close is as tall as our heads.

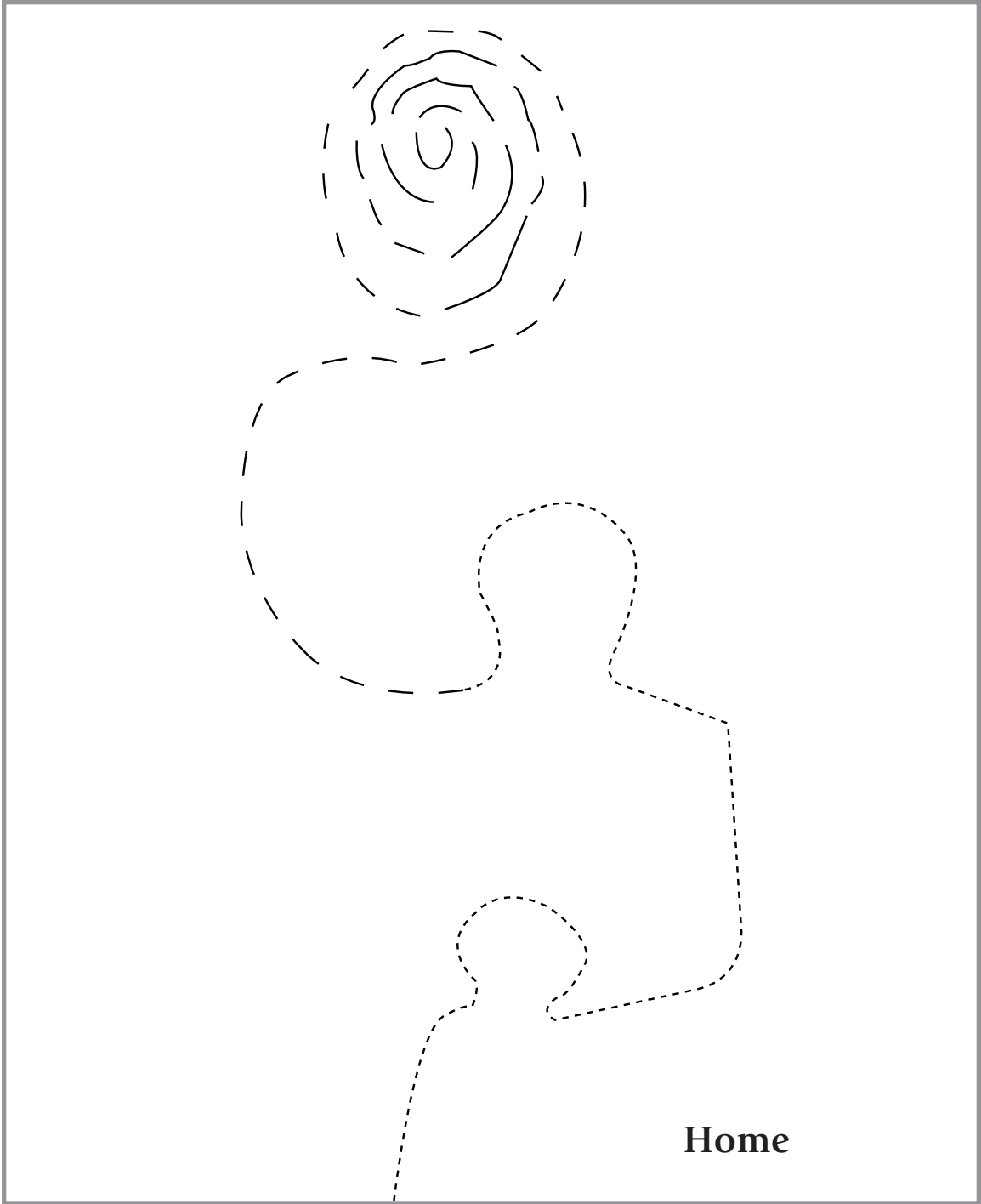


When I help up a child, it's his spirit I lift.

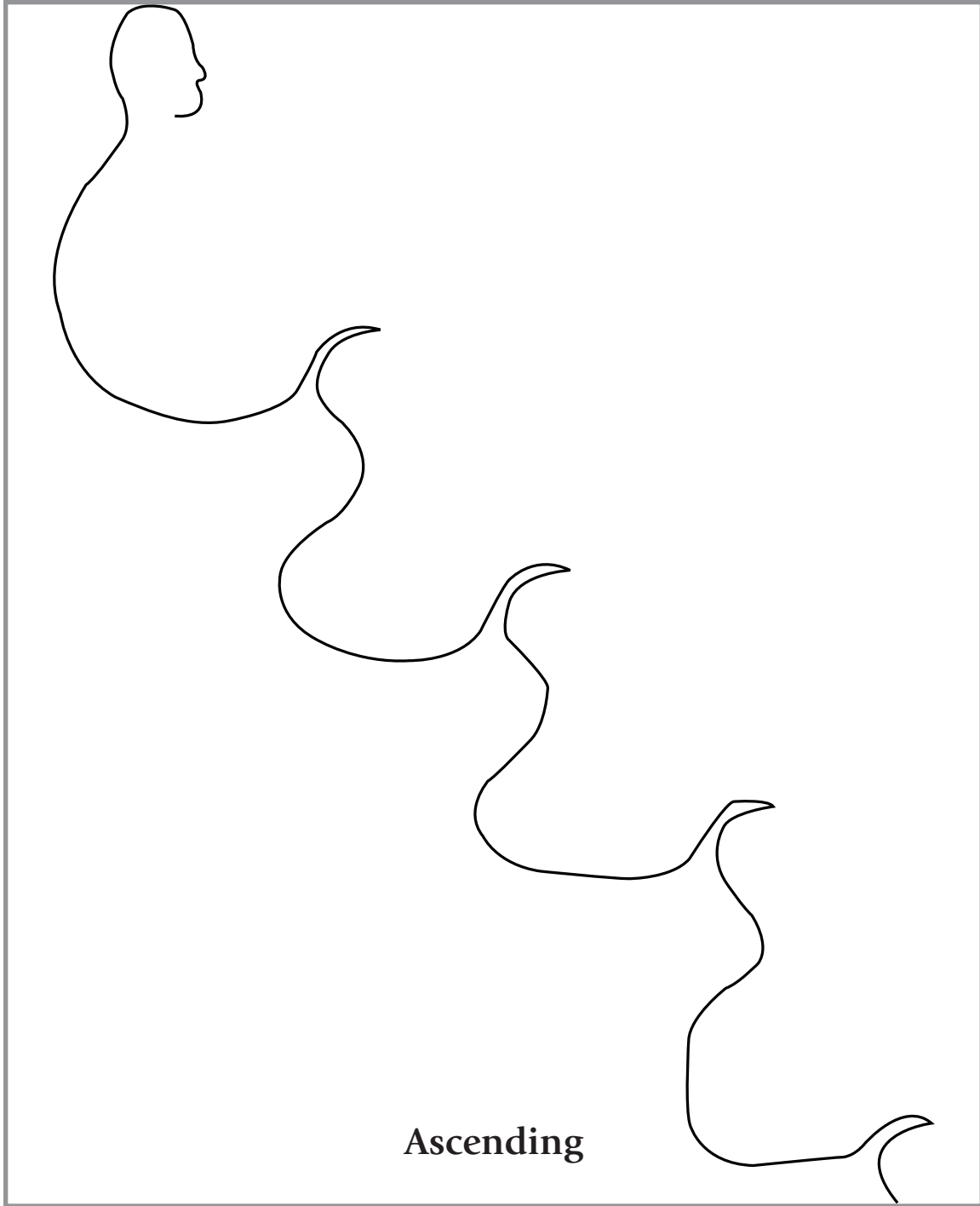


Tender

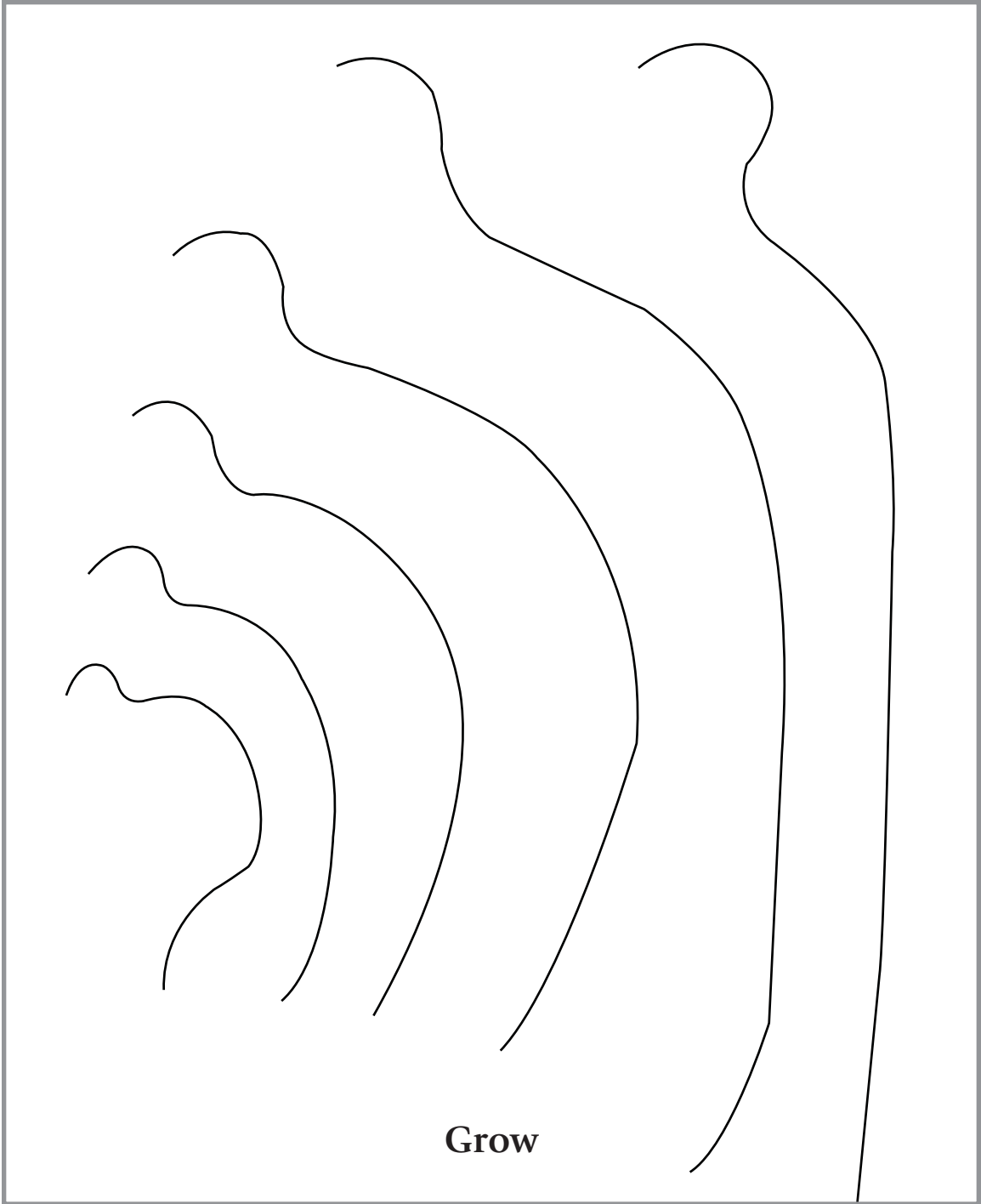
Playing with a child on my bent knees bends light.



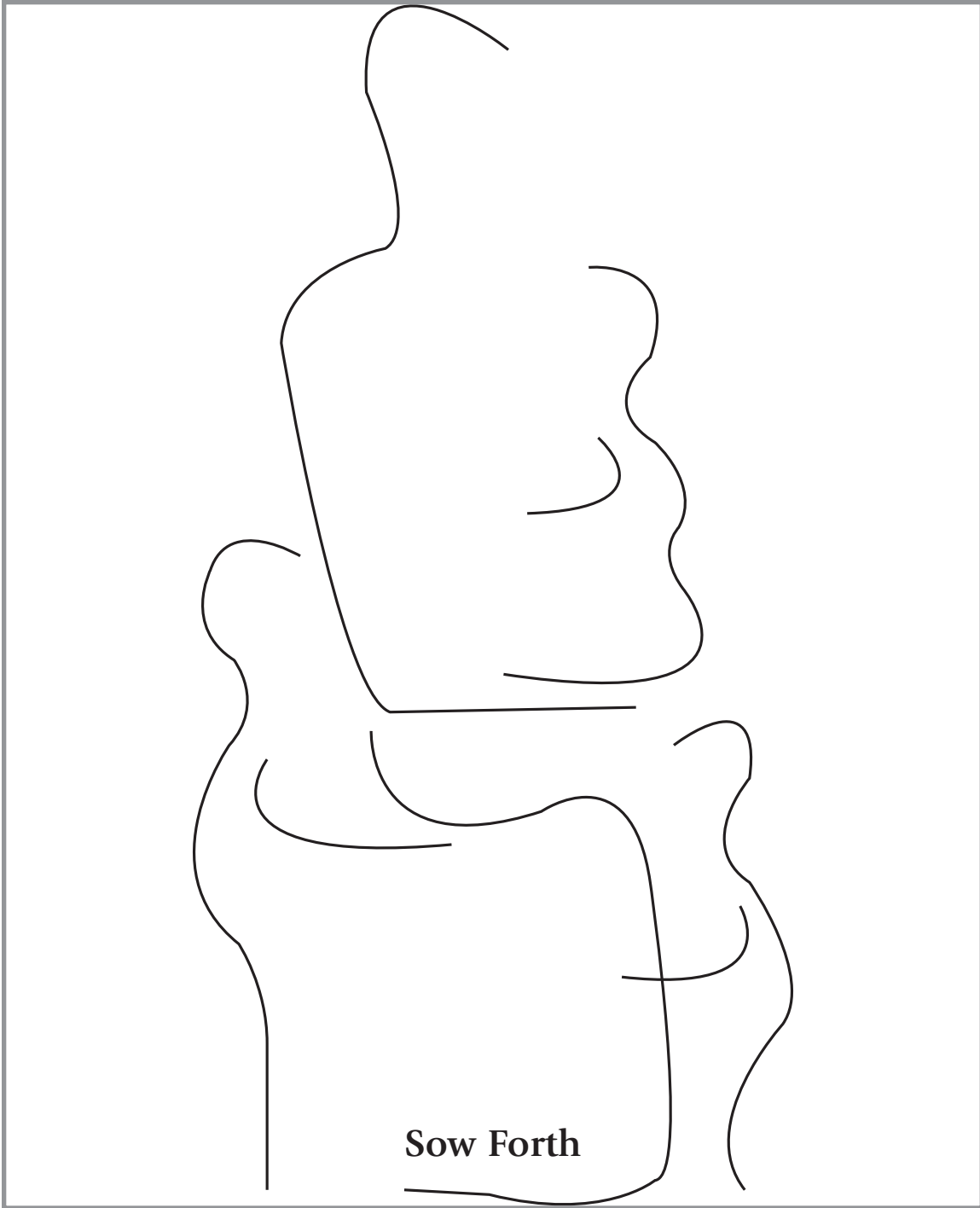
We are held when we hold a child.



A light caress of the oldest's head,
starts a cascade of care.

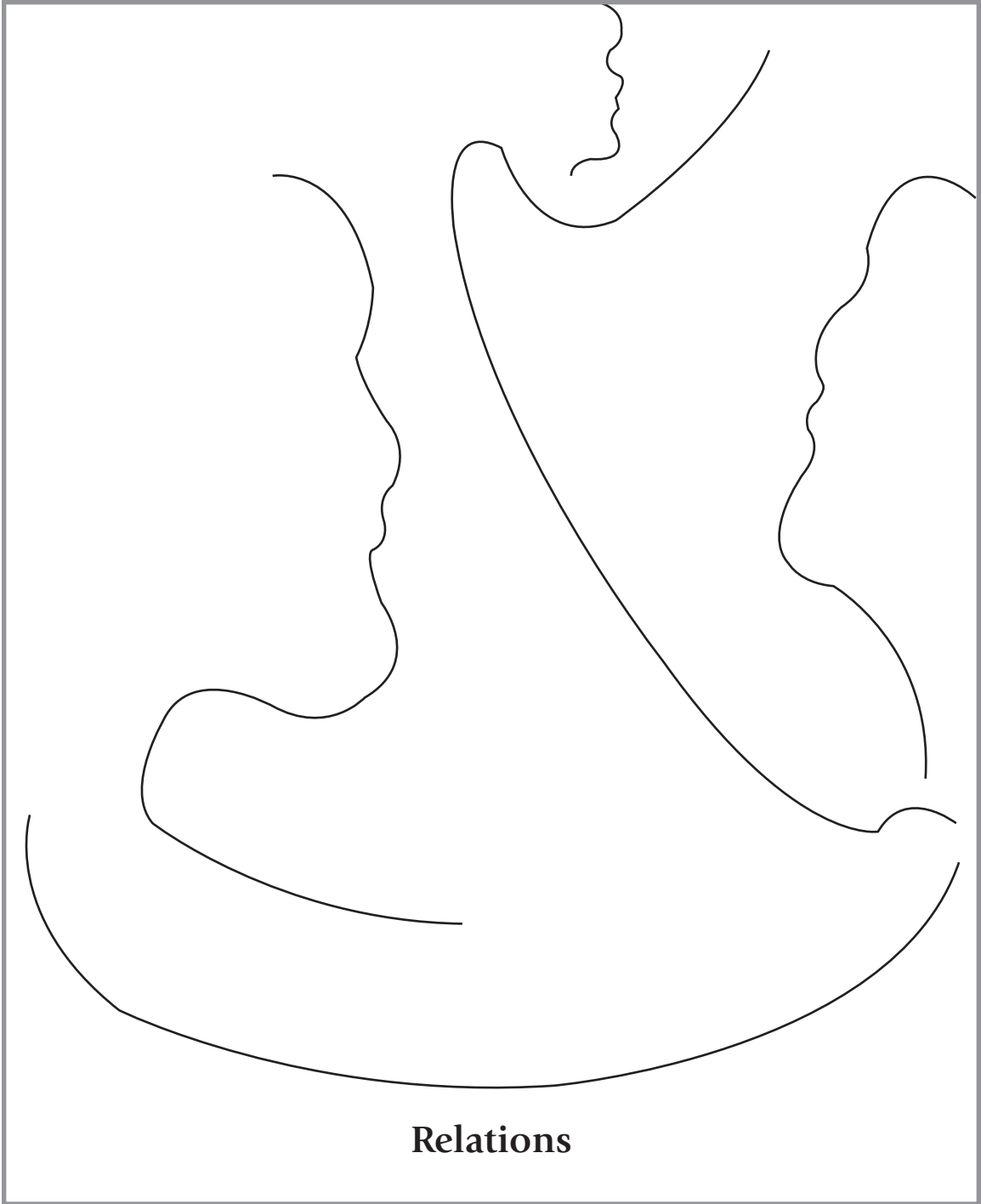


Each person who helps someone grow, grows.

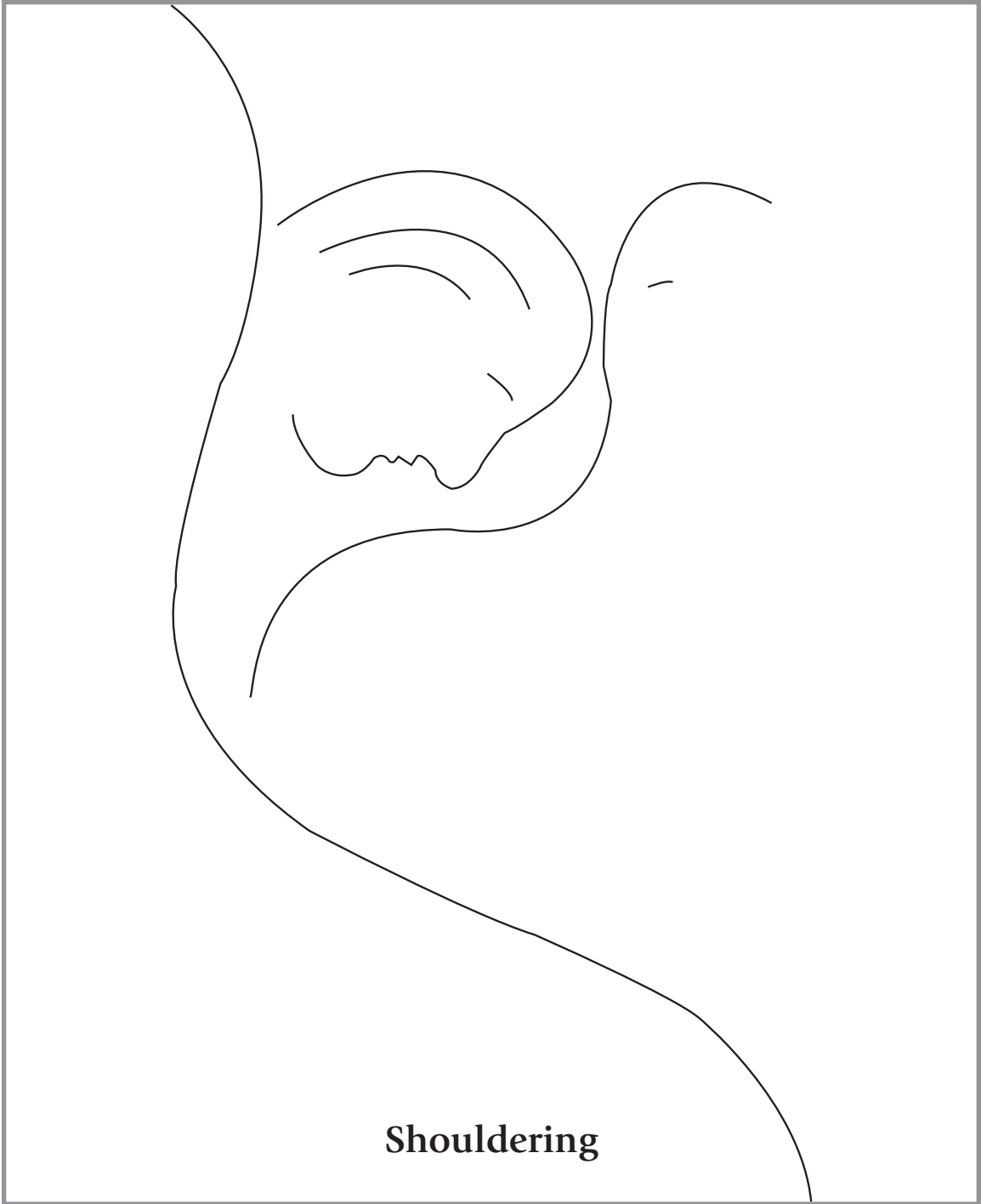


Sow Forth

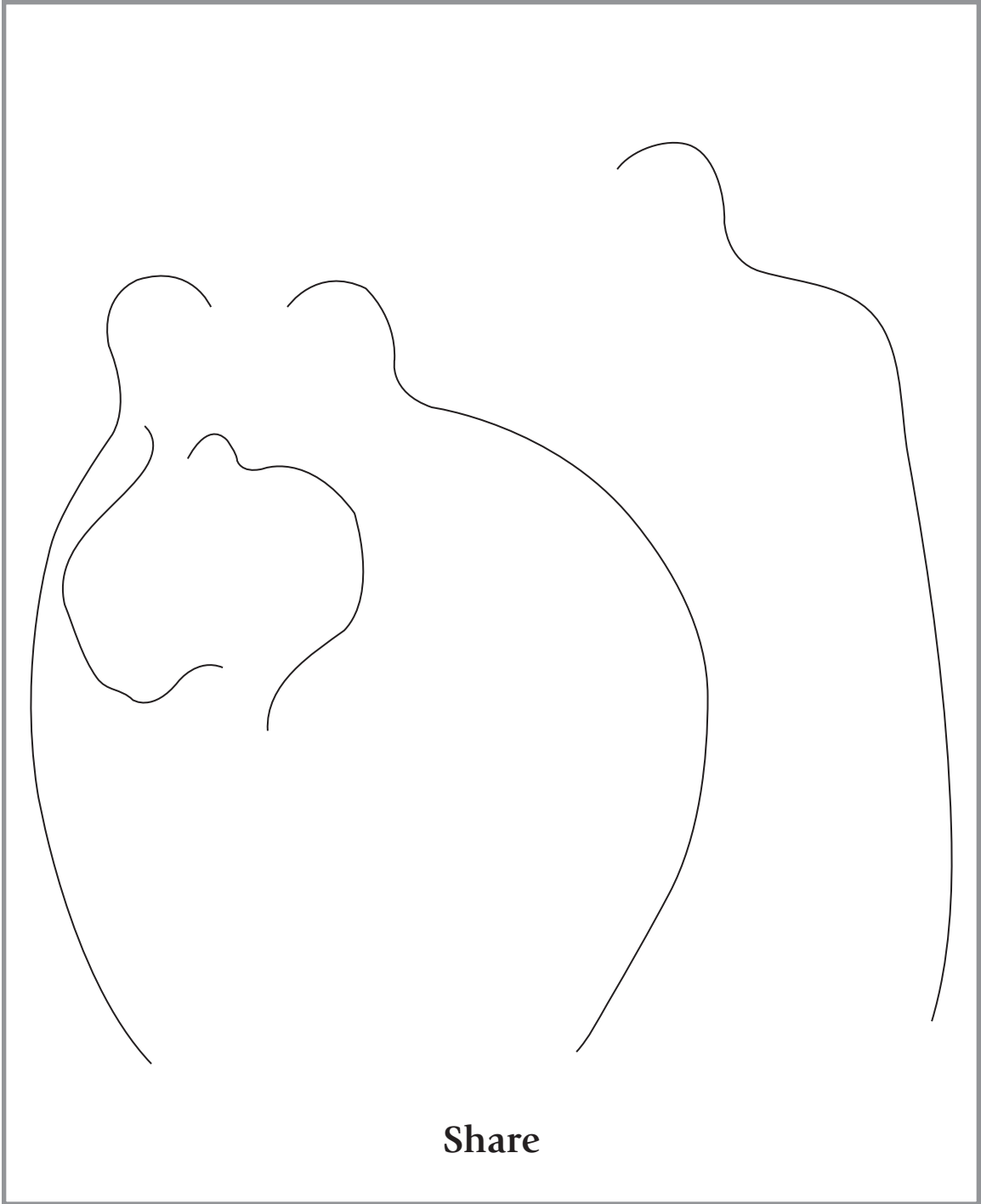
The ingathering of the young
launches their going out together.



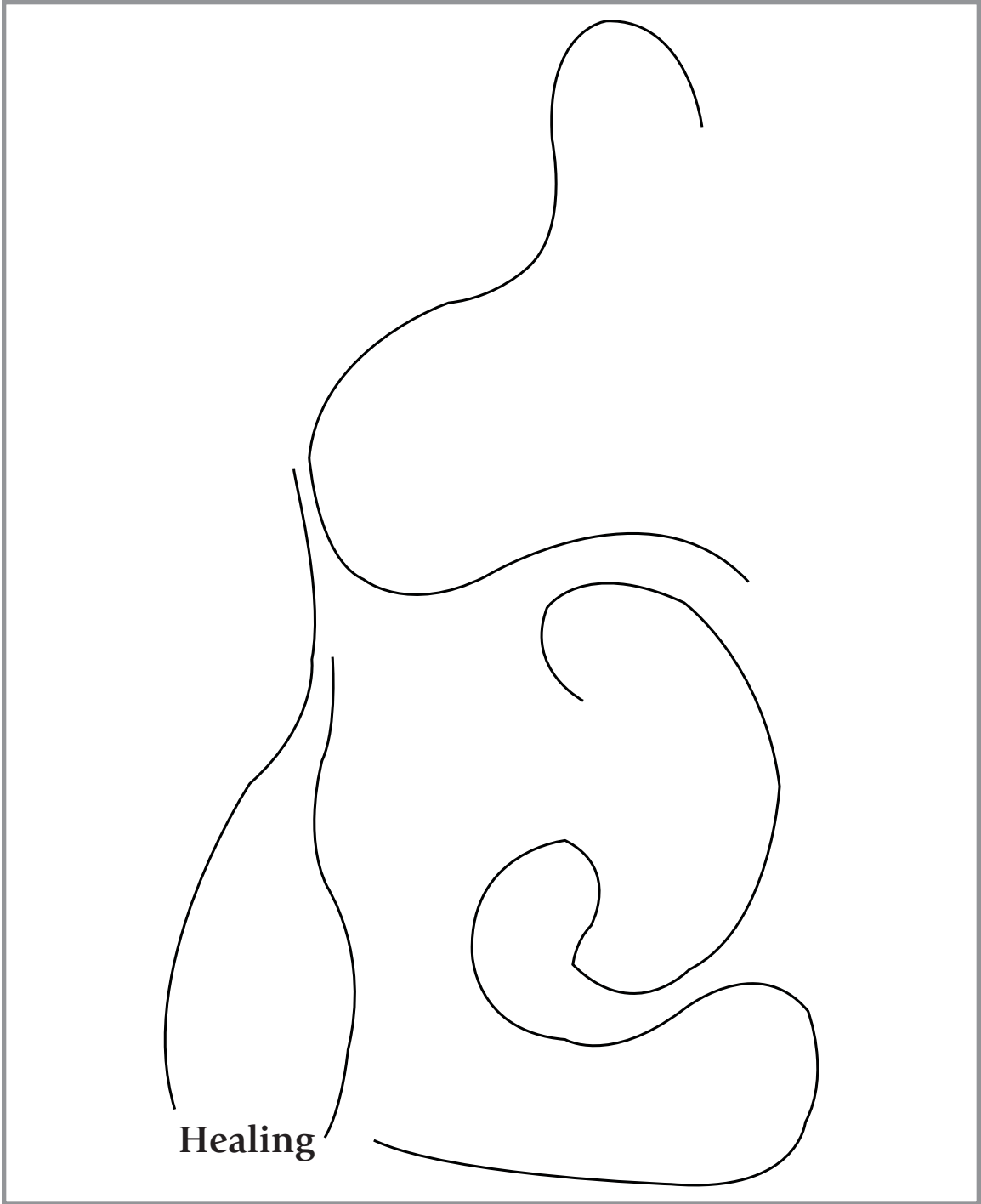
When you hold me and I hold her, she holds us.



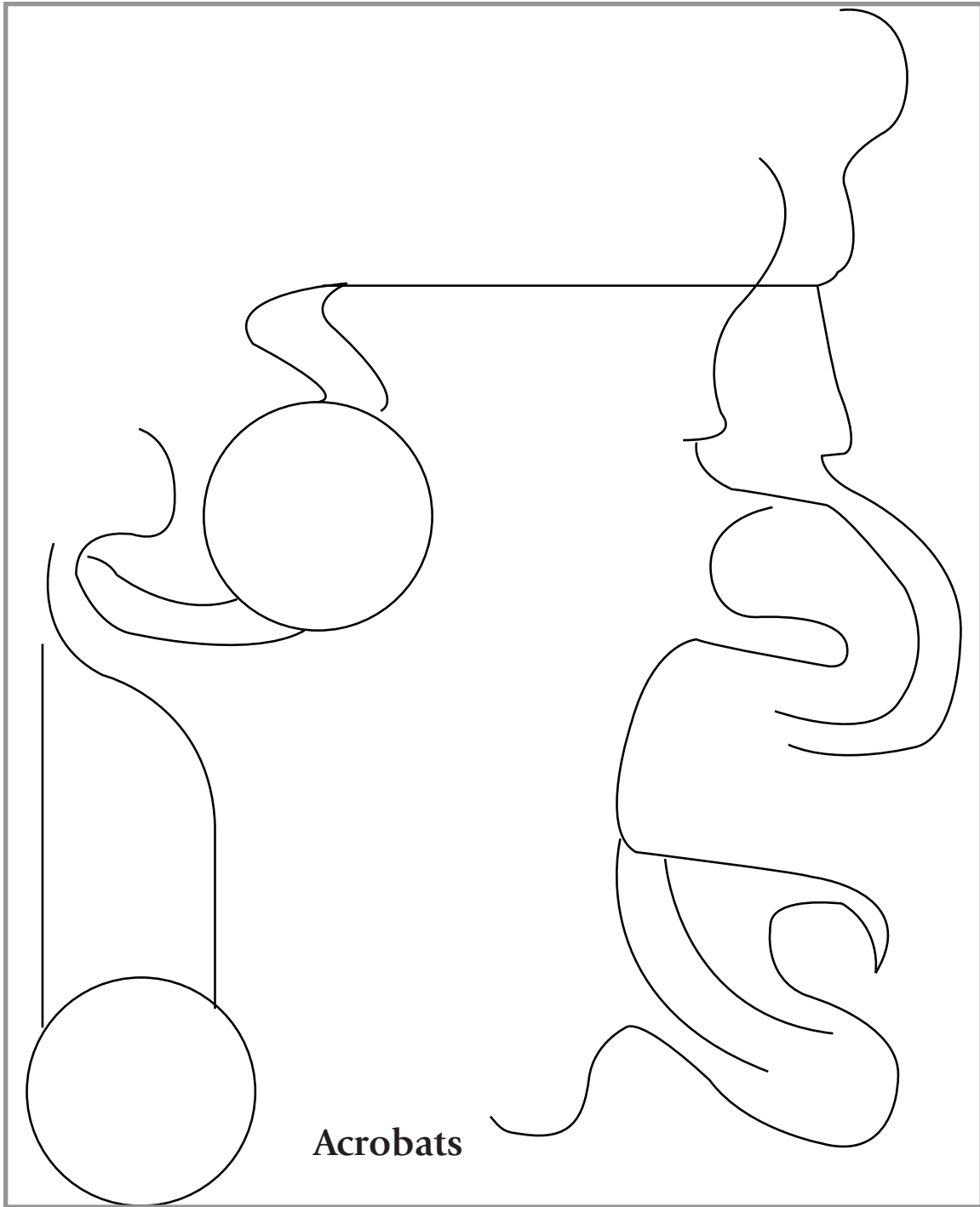
Because you were there for me, I am here where I am.



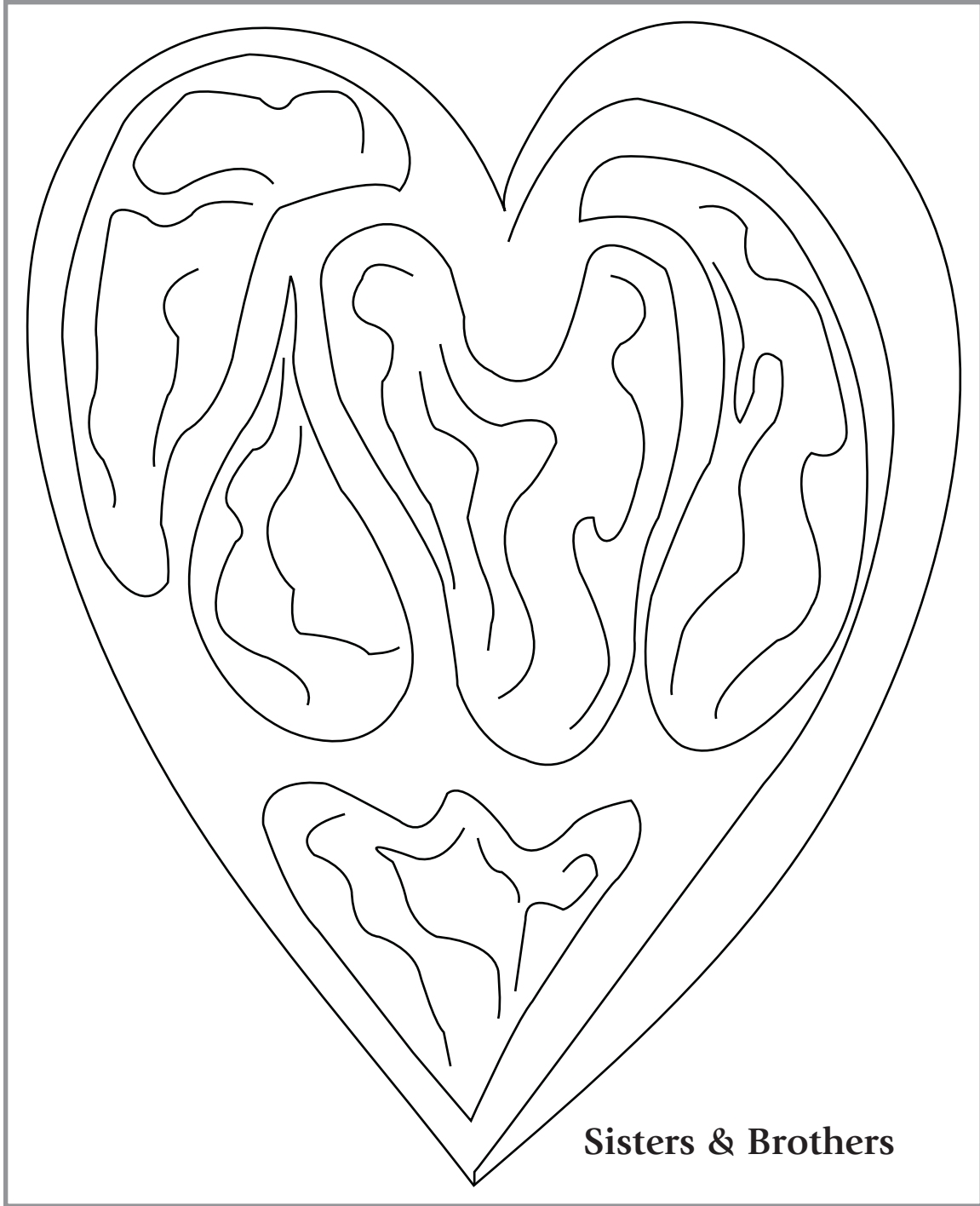
Being there is being.



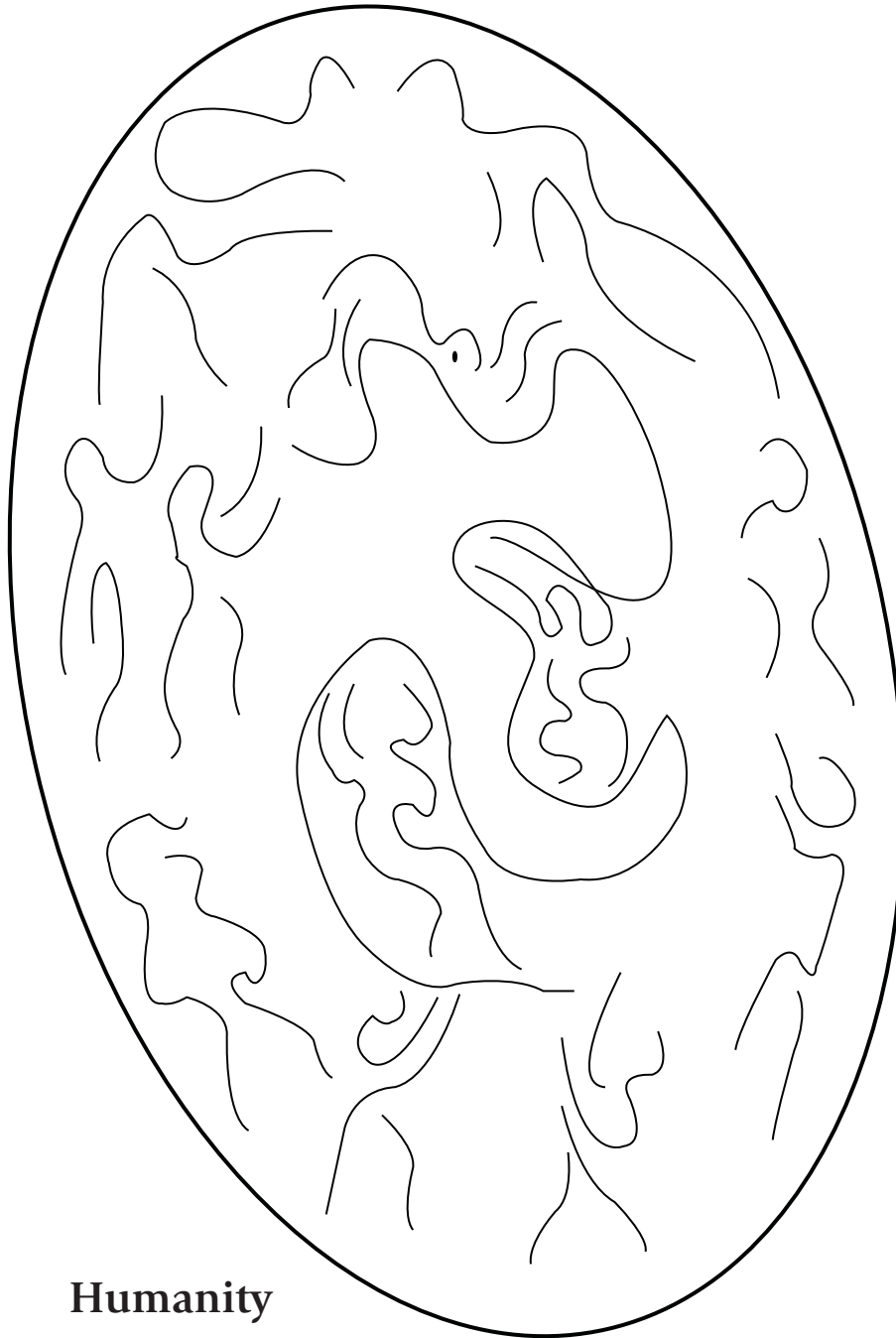
When we help, we nurture hope.



The human building needs no stones.

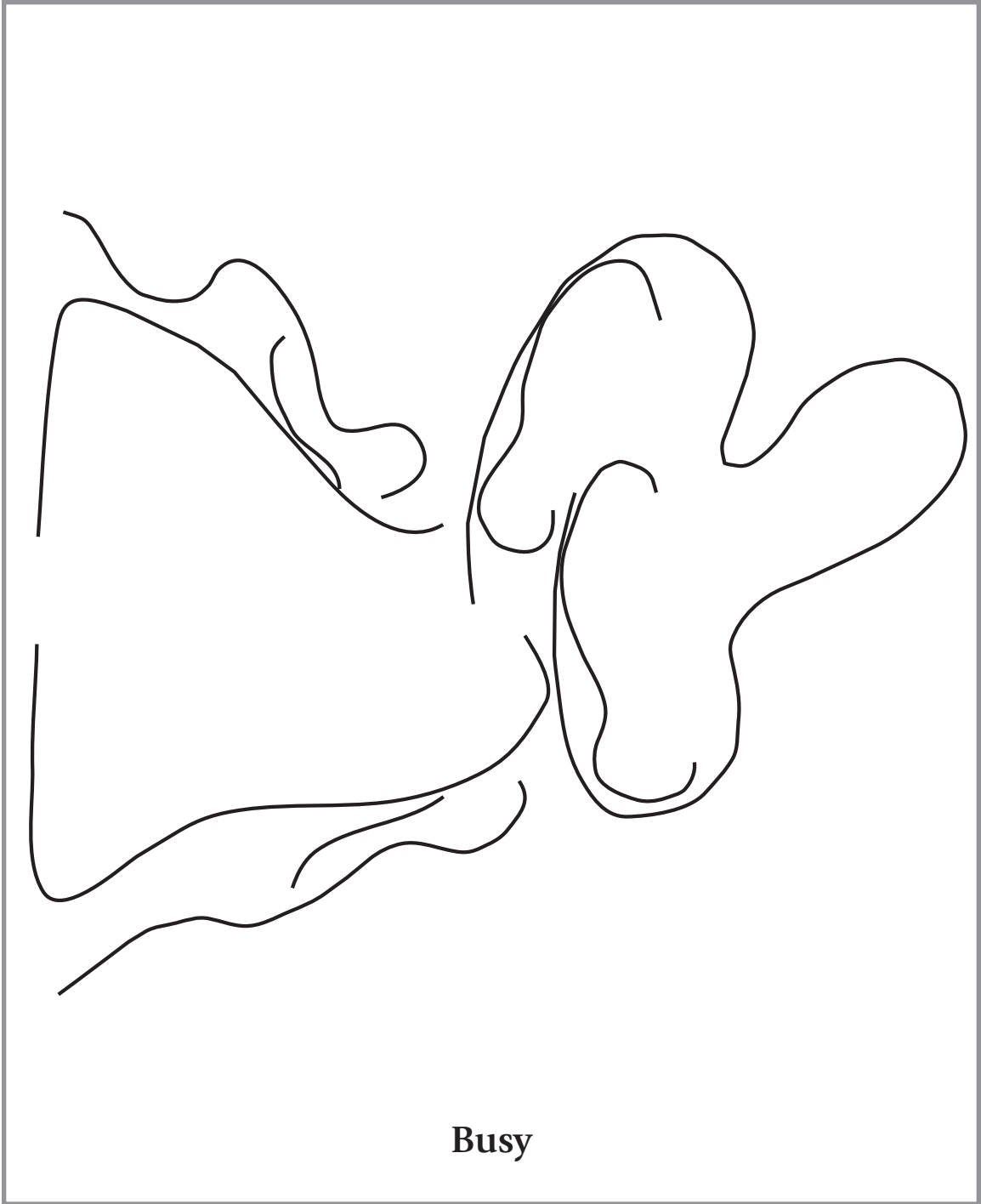


When I look in my heart, it is other hearts that I see.



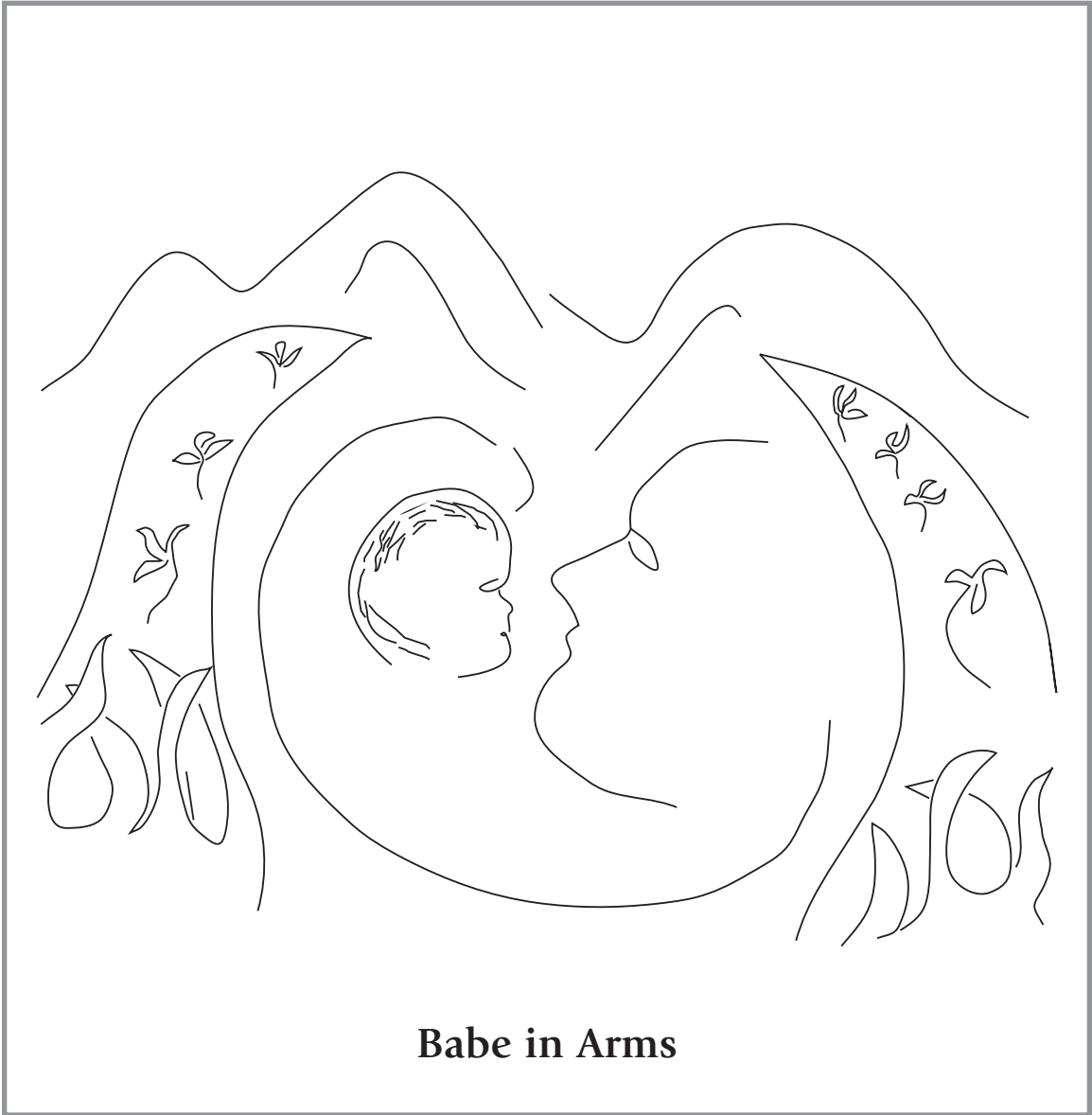
Humanity

Humanity is a sea. Each of us is a wave.



Busy

A child in good care is one who will dare.



Babe in Arms

We are only as good as the last hug that we give.

Humans are Part of Nature — for Now

*In starlight, worlds look so different.
In vision, they can be.*

*Imagine if you helped someone and that person was
inspired to help someone and that person ... Imagine.*

*Some say, some say they do,
some do what they say, some do.*

*The planet is a time bomb.
Animals are not its fuse.*

*Delicate, silken feathers together allow
planet-length flight. (arctic terms)*

Pity the soaring eagle watching us below.

If eagles had tears, they would cry too much for us.

A midsummer night's dream—no nuclear winter.

Learn from nature's fury—torrents are portents.

*Pray that innocents go to better places
and the guilty go to none.*

*Man's in humanity to man is never
said in terms of women.*

*We do not know from where we came,
but we better know to where we are going.*

Make horizons hero zones.

*On the other side of the hill is
three quarters of our will.*

*Inhumanity is in humanity.
Resisting it is, too.*

Please try to help me when I try to help myself.

Be godly—do everything that is humanly possible.

Love is where it is at—Make the planet it.

*Great civilizations leave legacies.
They should leave forests.*

*The find of the century—when we have
done enough to see the next one.*

*Religions that teach hate are destined to die.
Peoples that preach hate have no destiny.*

*Give science, mathematics, and all scholarship the
other half needed for survival—human decency.*

Human faculties are bred by university faculties.

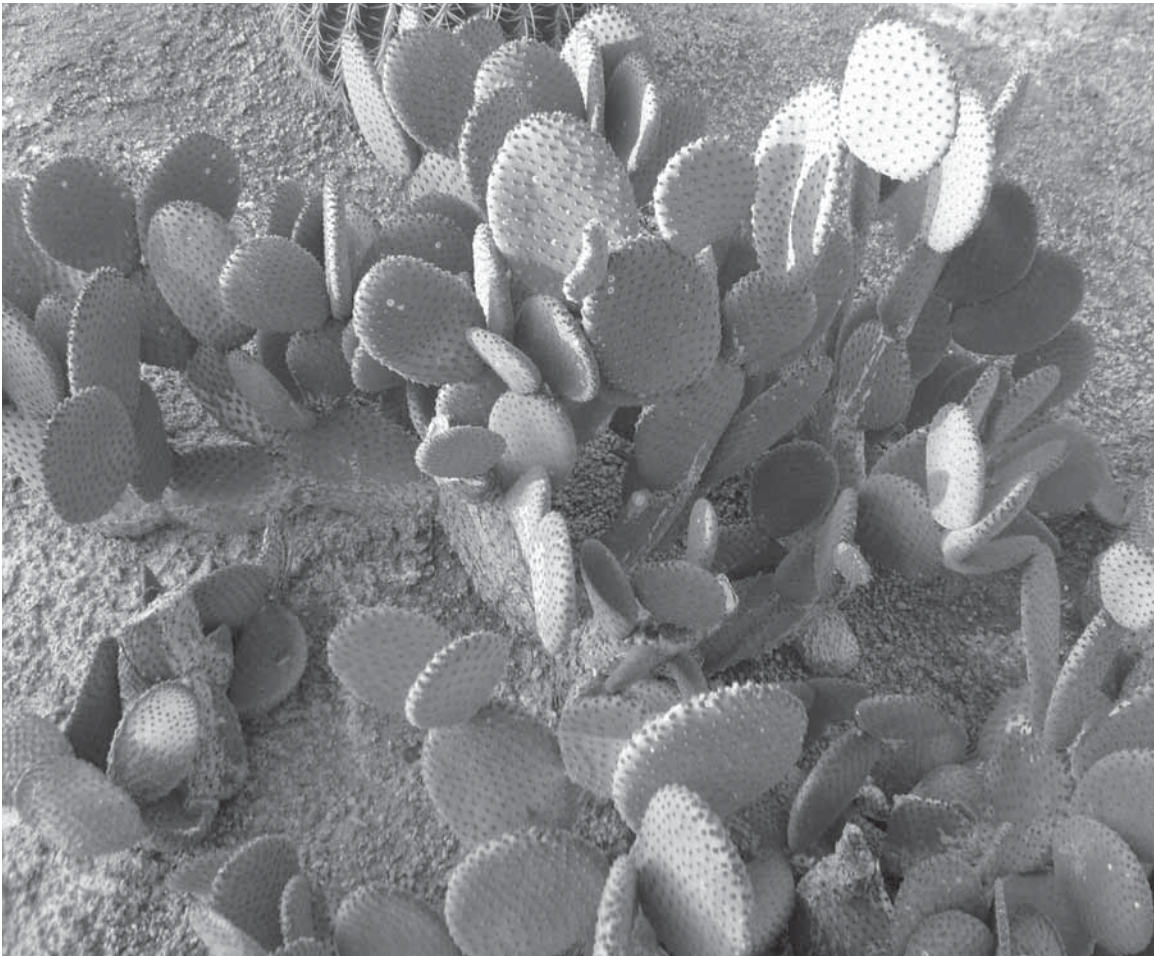
*They say that we are all brothers.
The brothers should let the sisters' help realize that.*

*At one level, we are all in it together.
At another level, we are all deeply in it.*

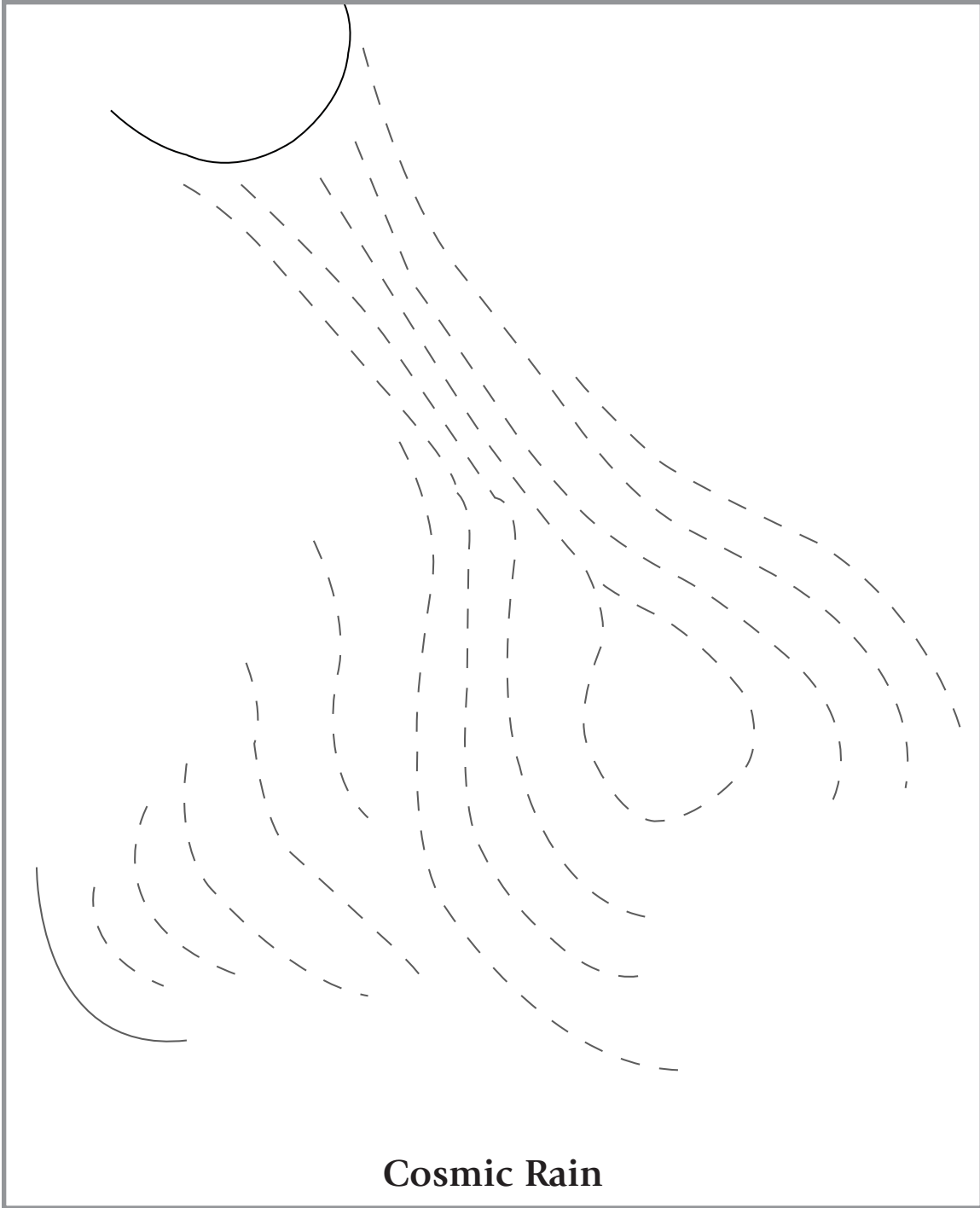
Chapter 37

Energies

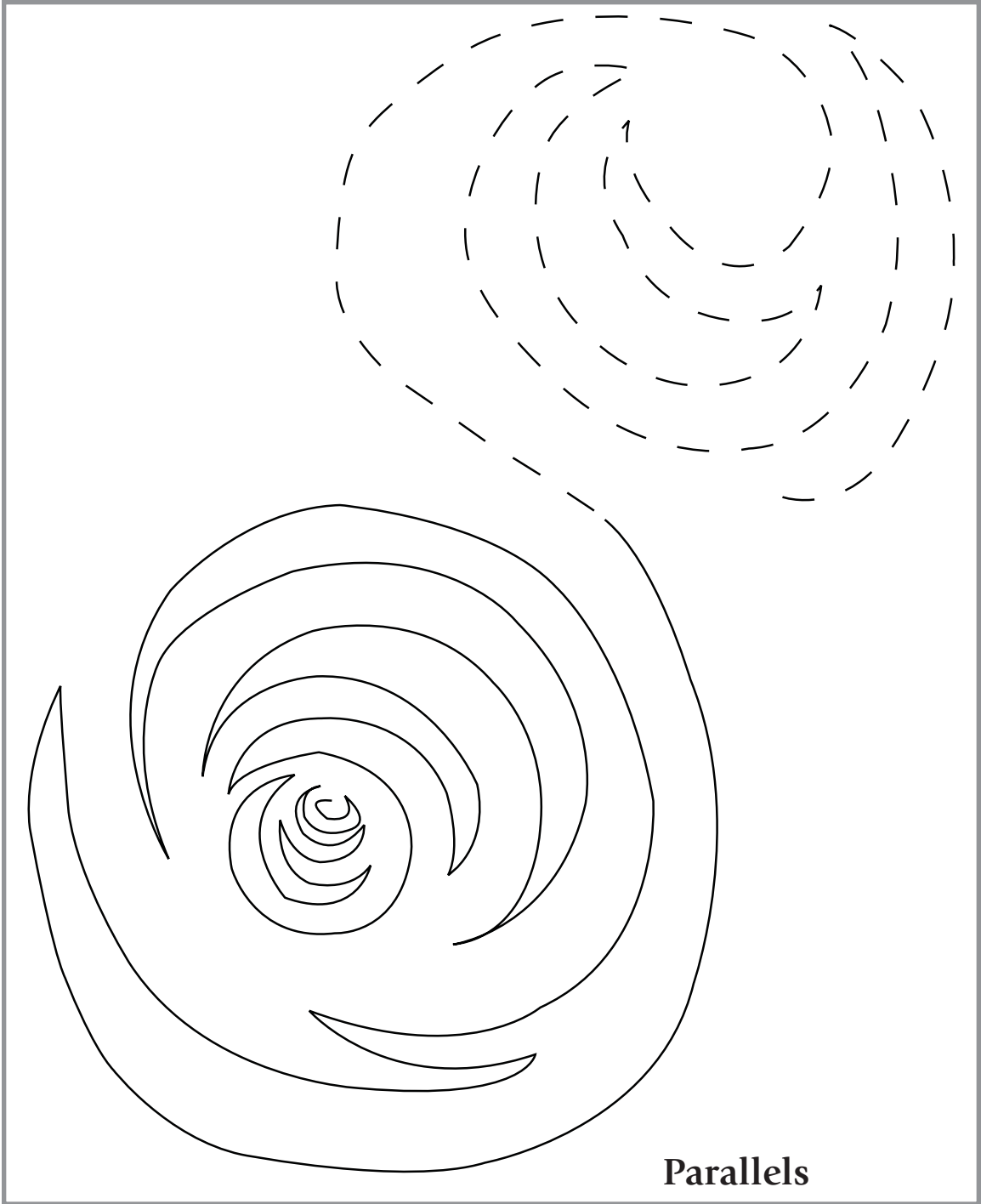
Art is something we imagine continuously without knowing it. We perceive the world through the busy pace that we keep and the occupied mind that filters it. However, there is always an emotional edge, even if minimal. Perception is always more than reality. We need to learn to add emotional colour to the world we perceive.



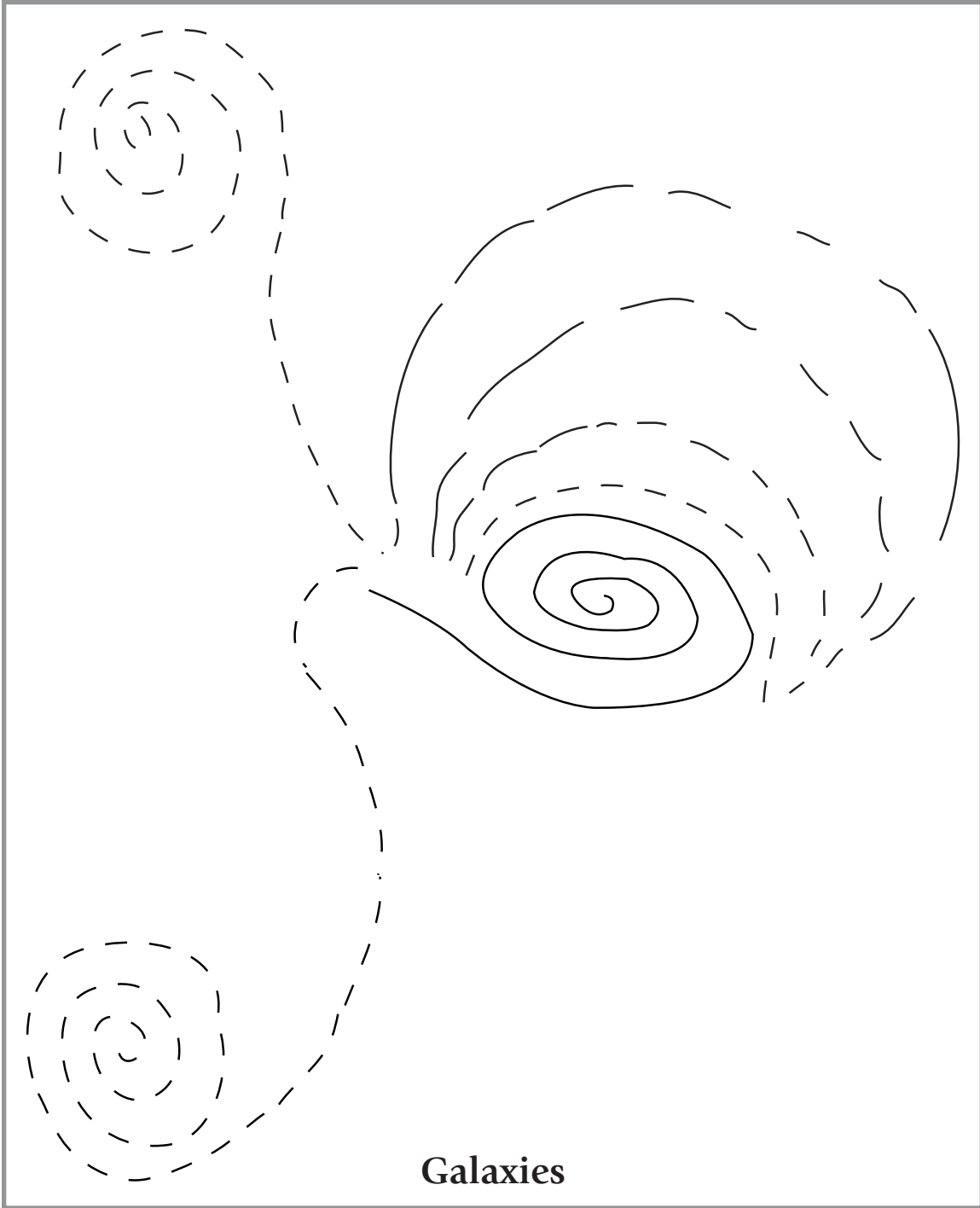
We grow as grows our art.



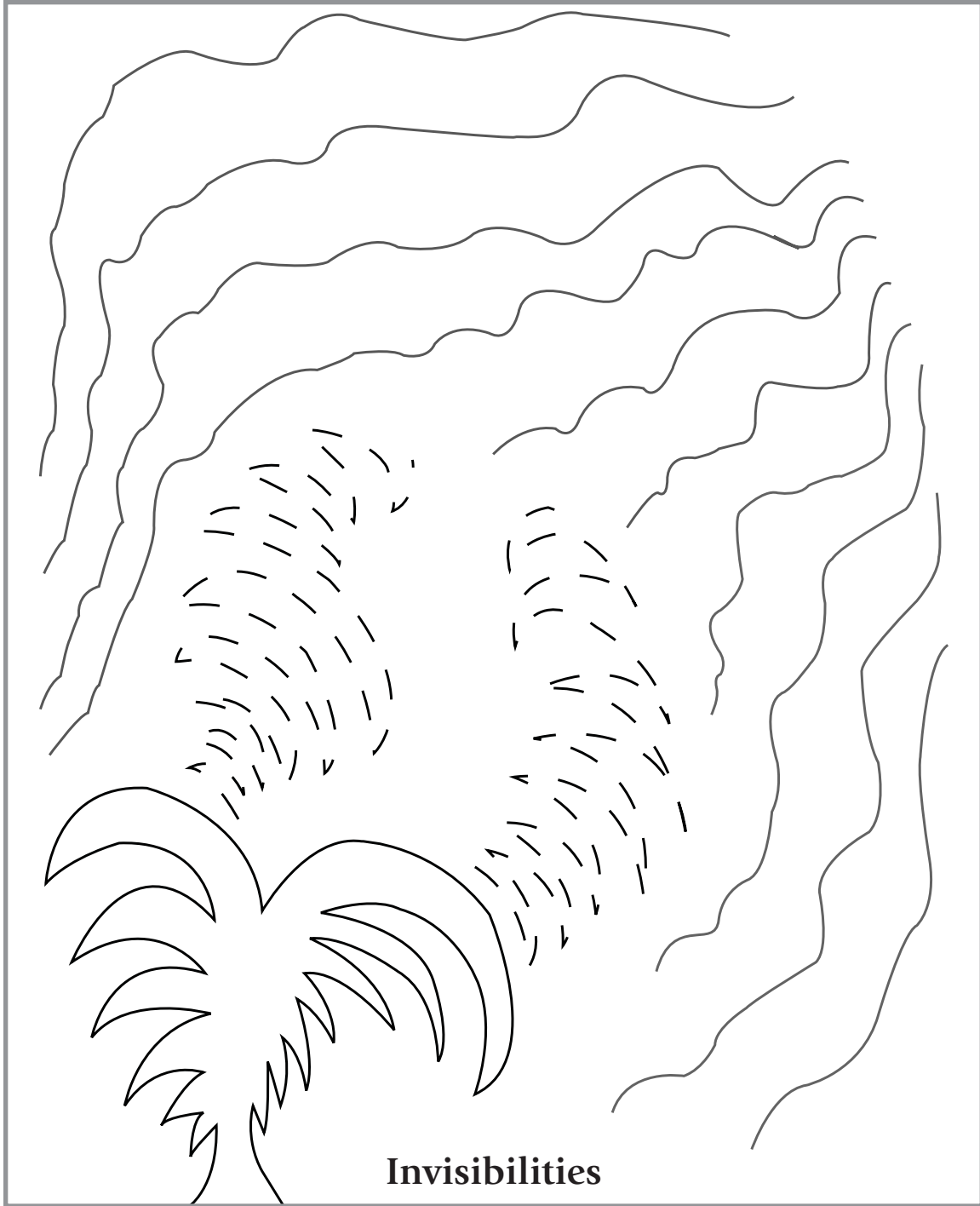
There may be hidden forces on the outside,
but our force lies in the inside.



Genes tell us where we grow.
Parents tell us how we grow. We do the growing.

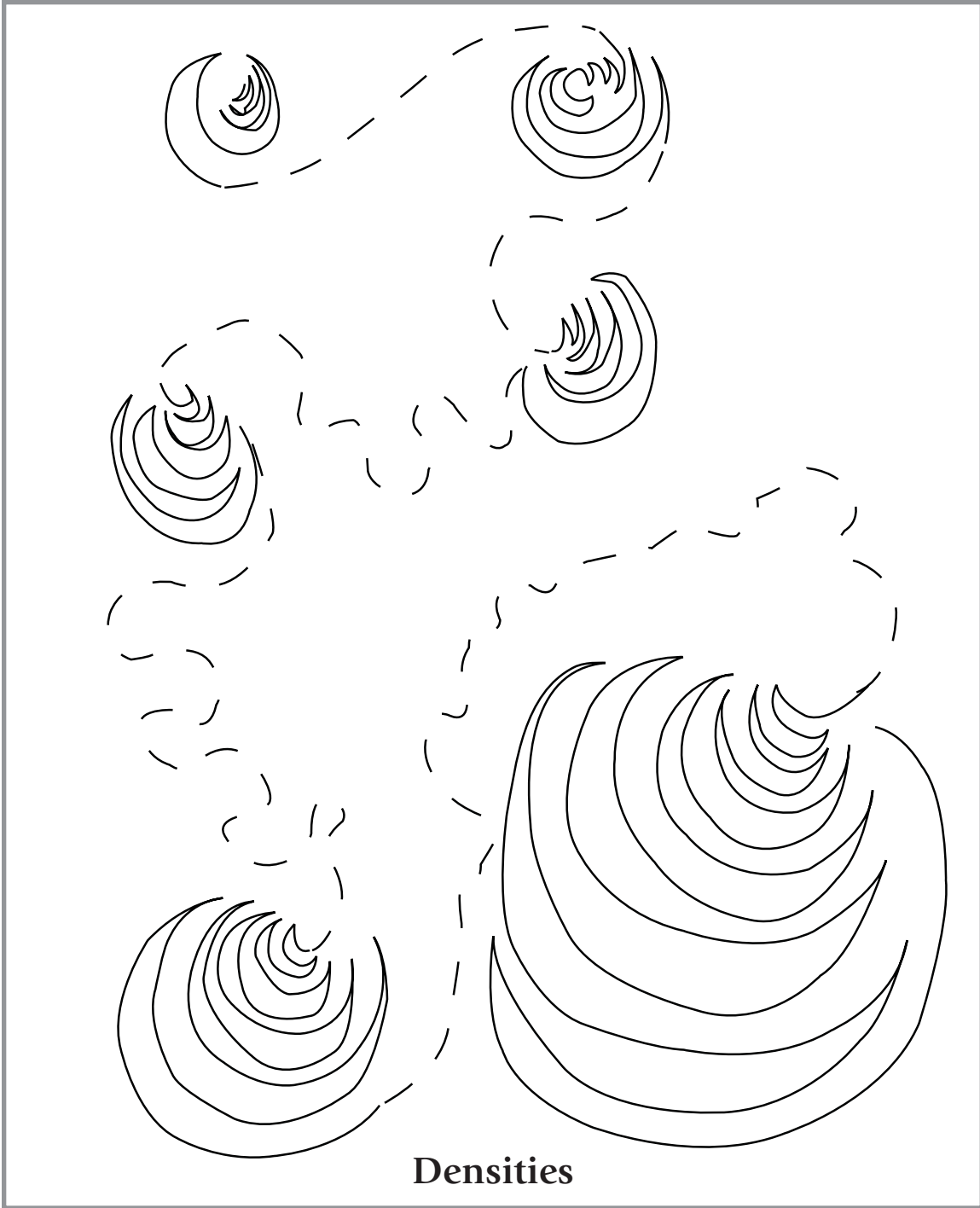


When we orchestrate our neurons,
there are great electric symphonies.

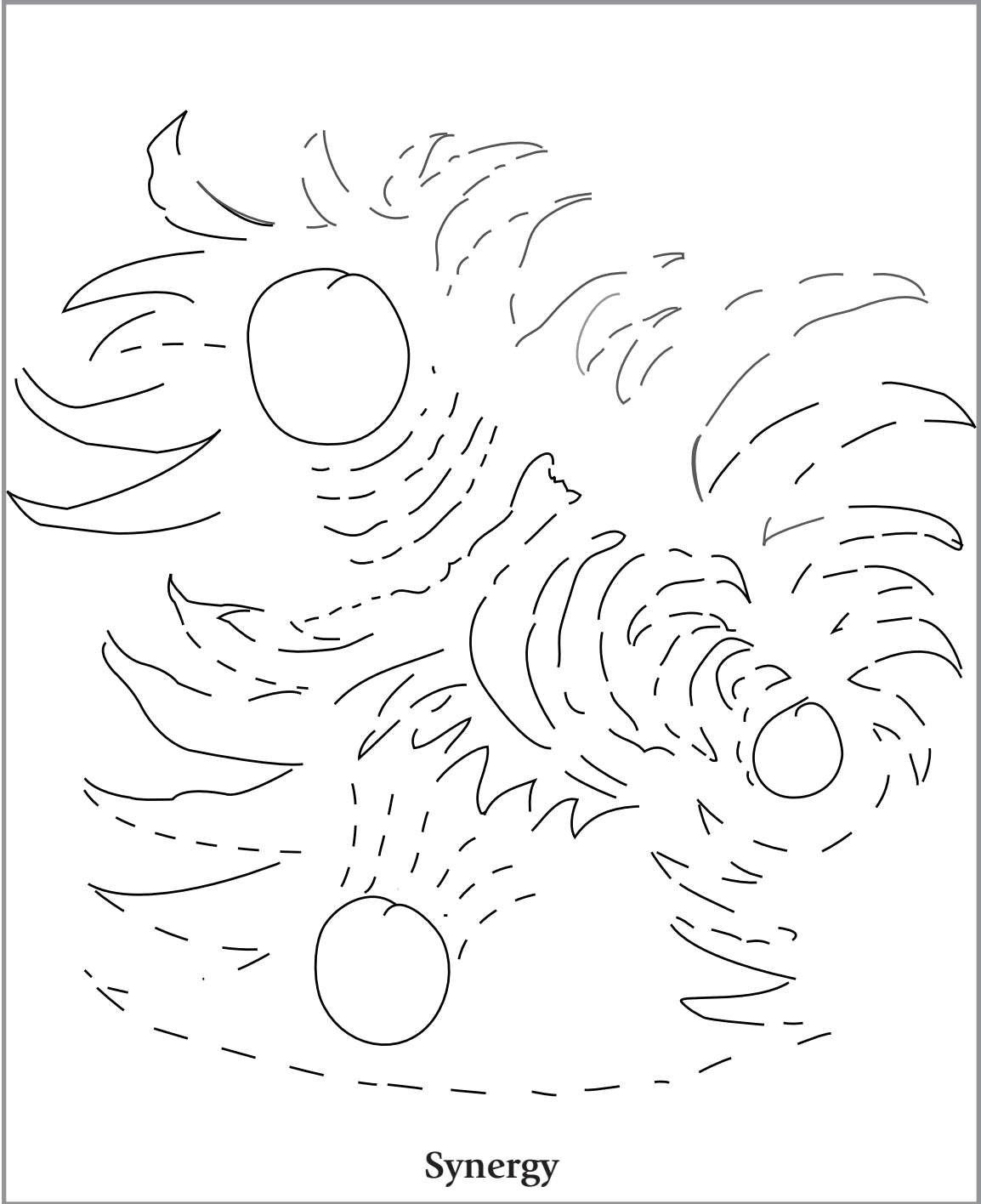


Invisibilities

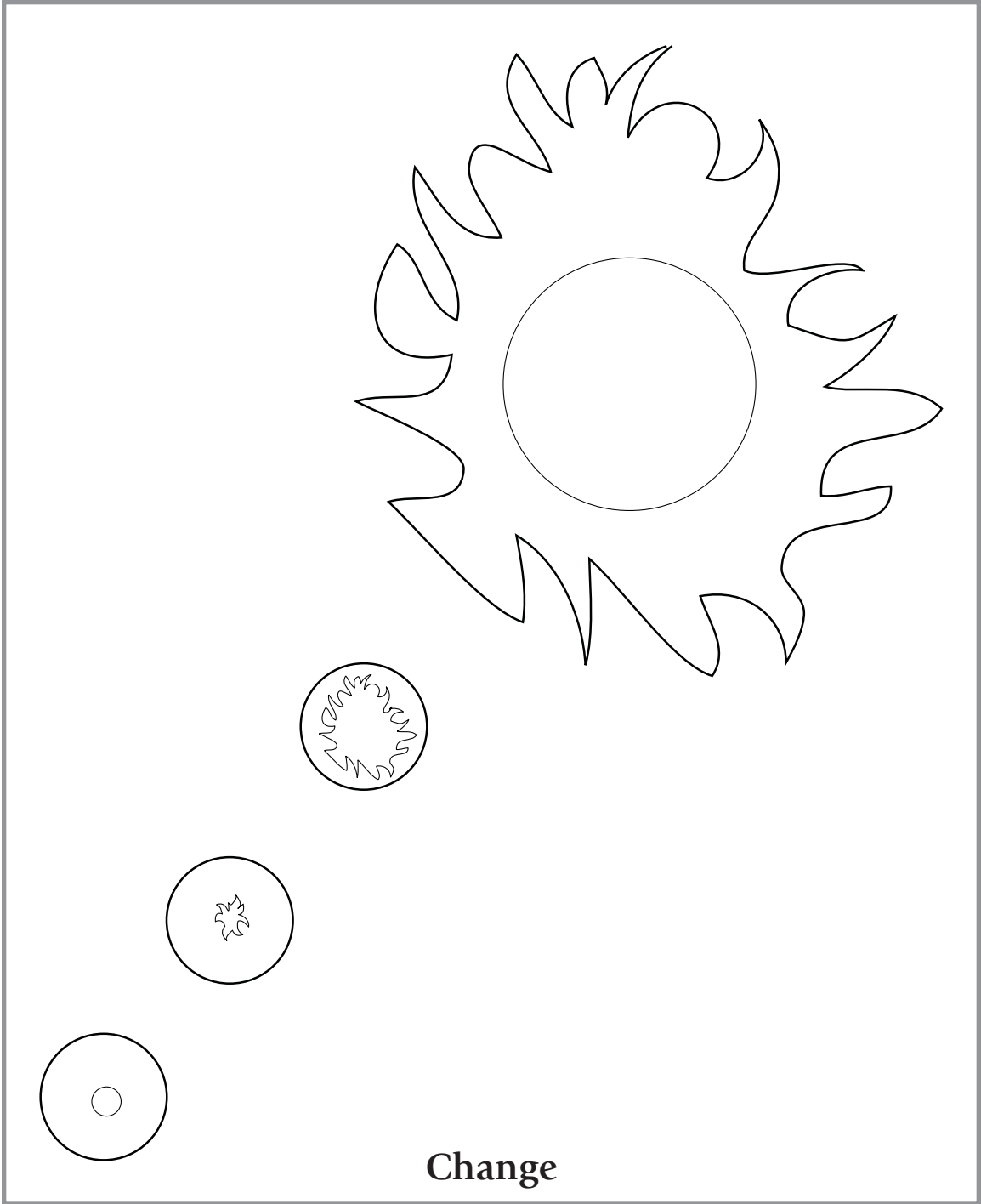
Neurons are to mind, as minds are to us.



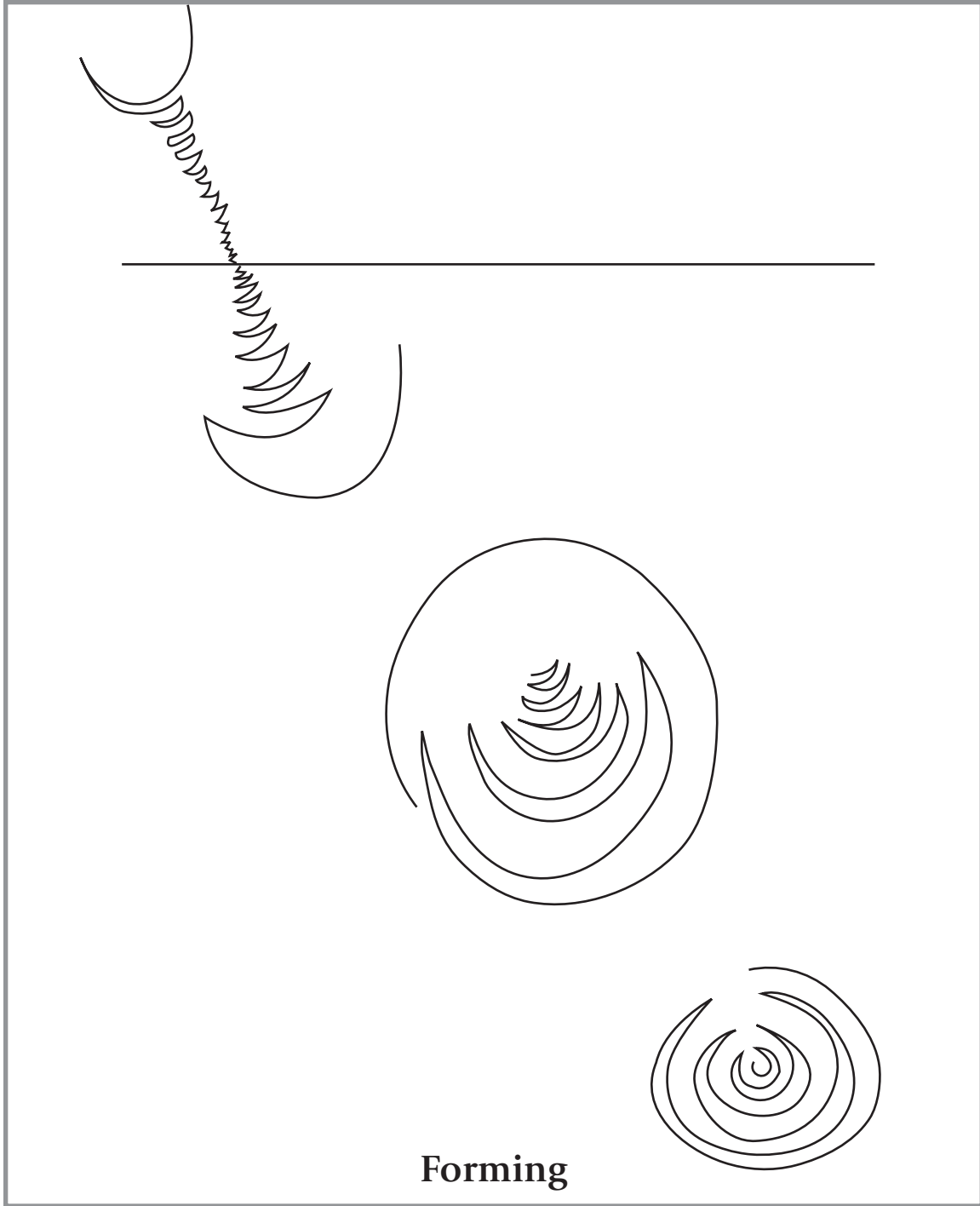
Wave or particle? Our light is both.



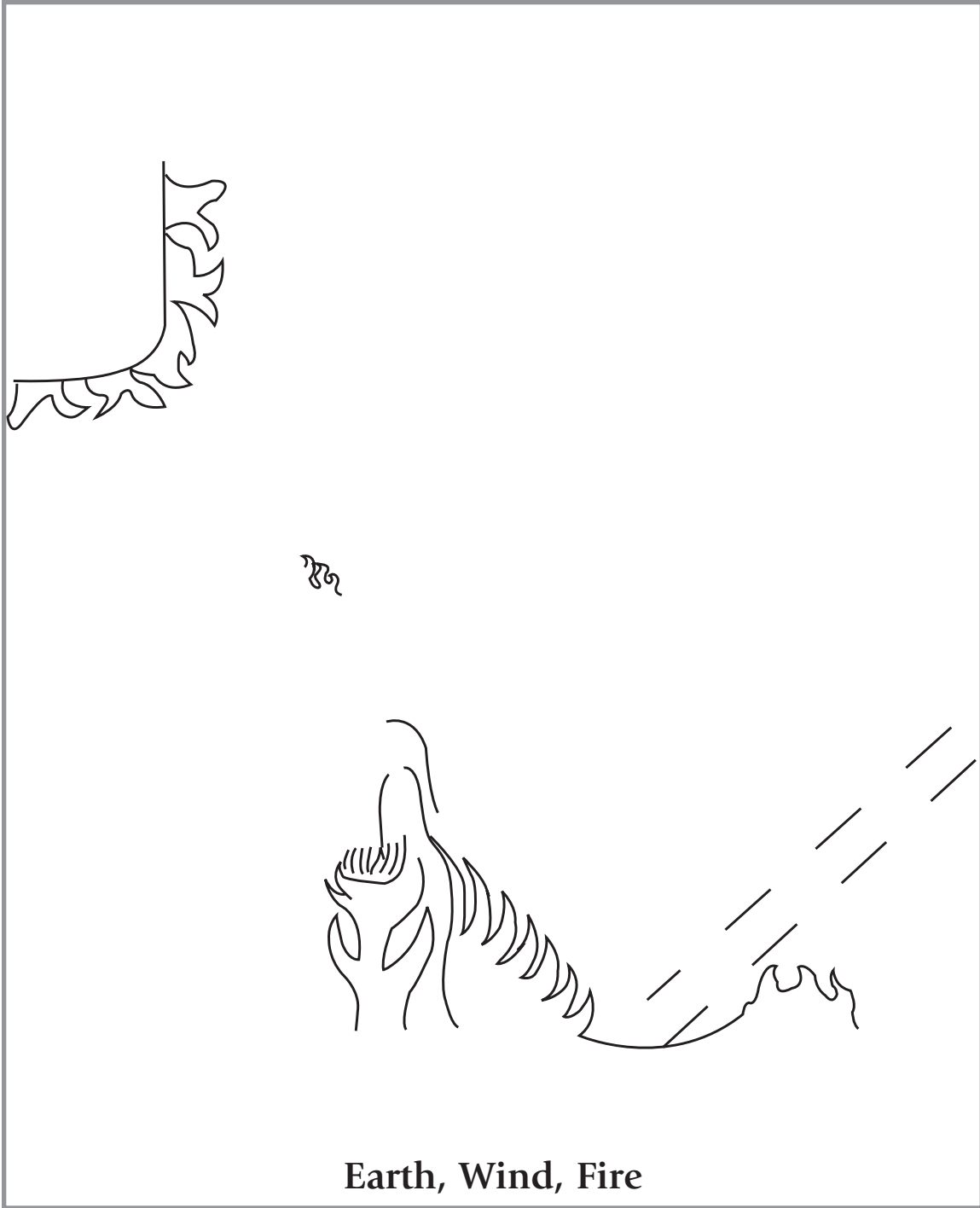
We emerge from what is to be more than what was.



Let life be the fire to your flame.

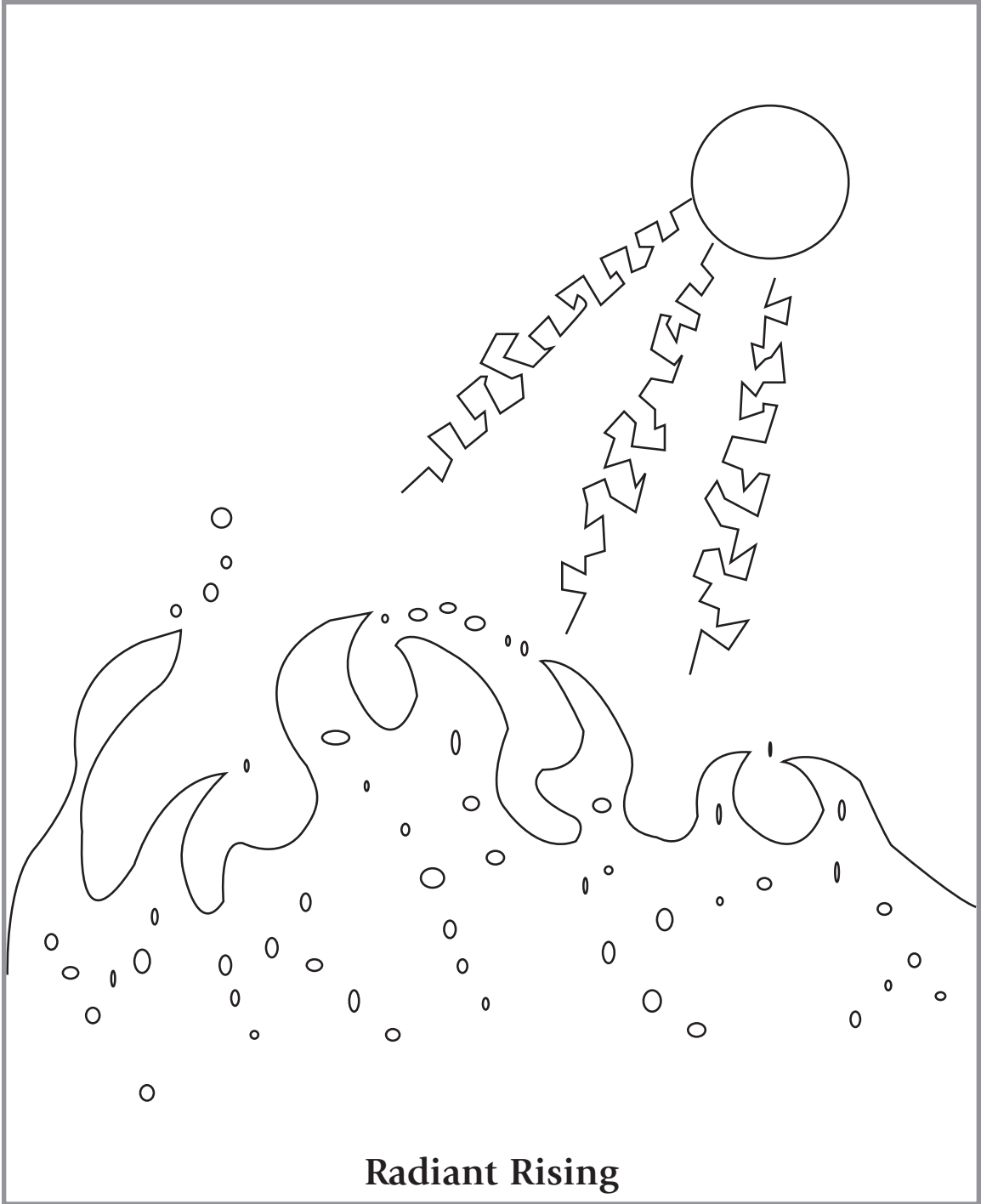


Free will is seeing things freely for what they are.

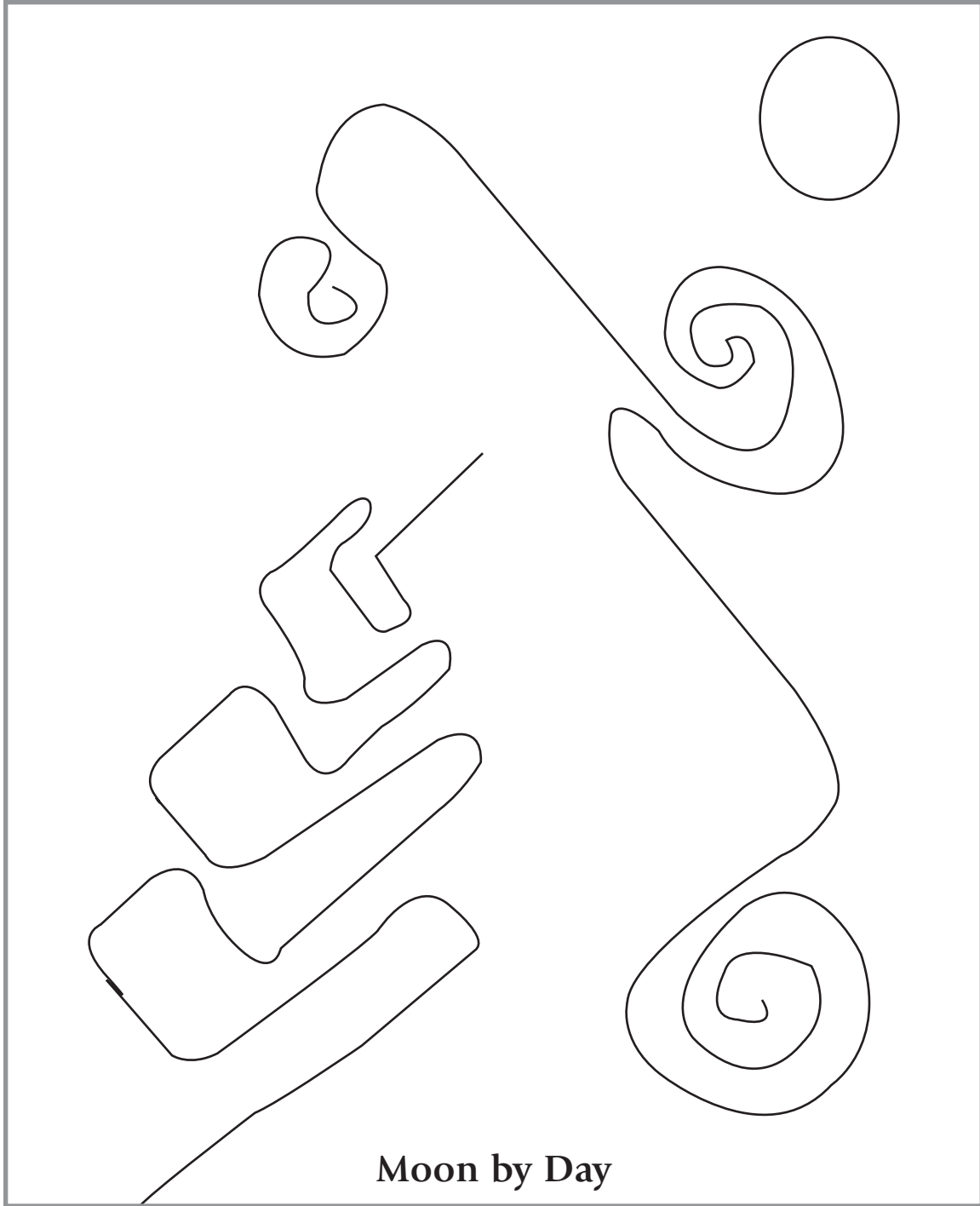


Earth, Wind, Fire

Suns nurture life. We nurture living.

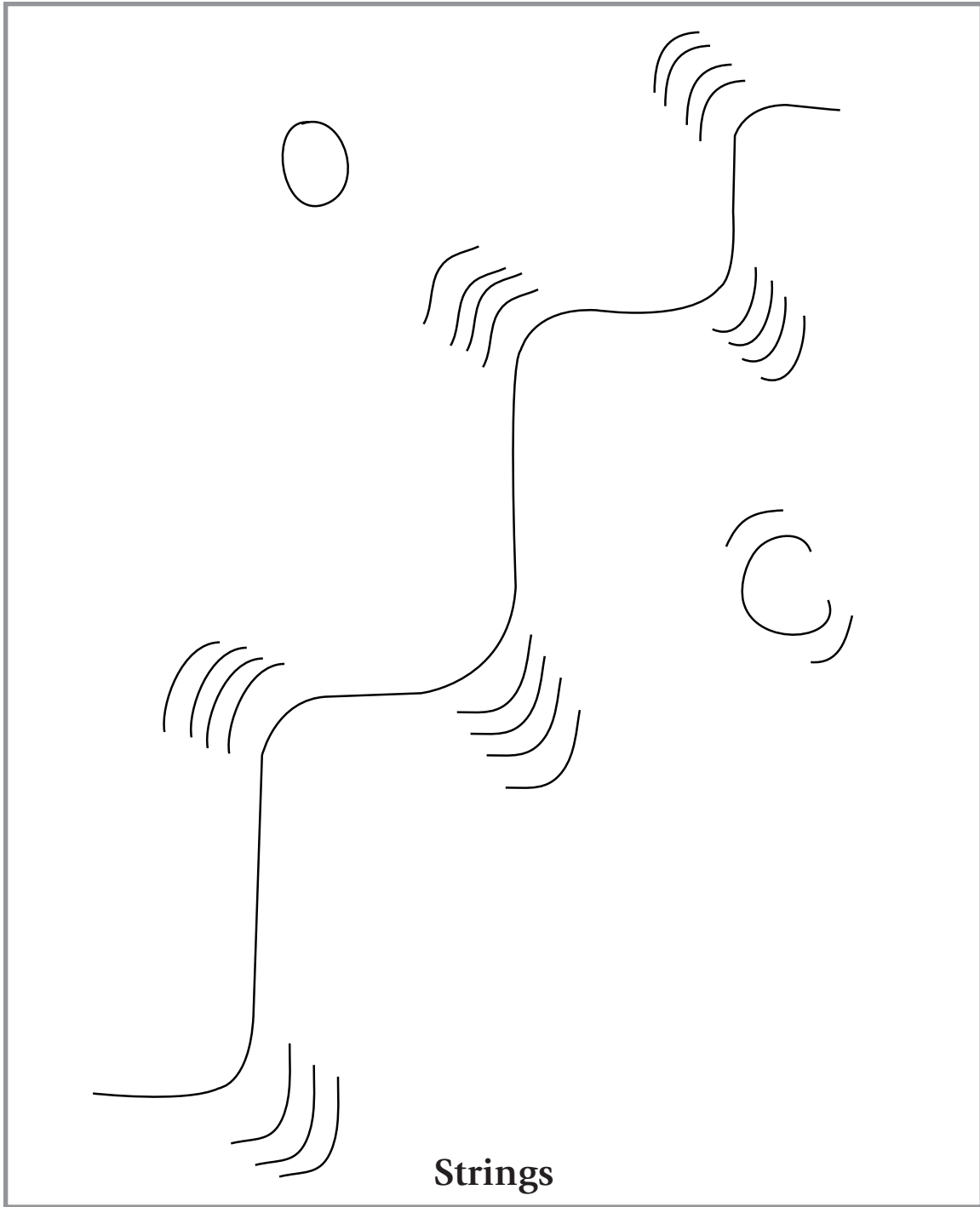


Each morning is a promise of potential.

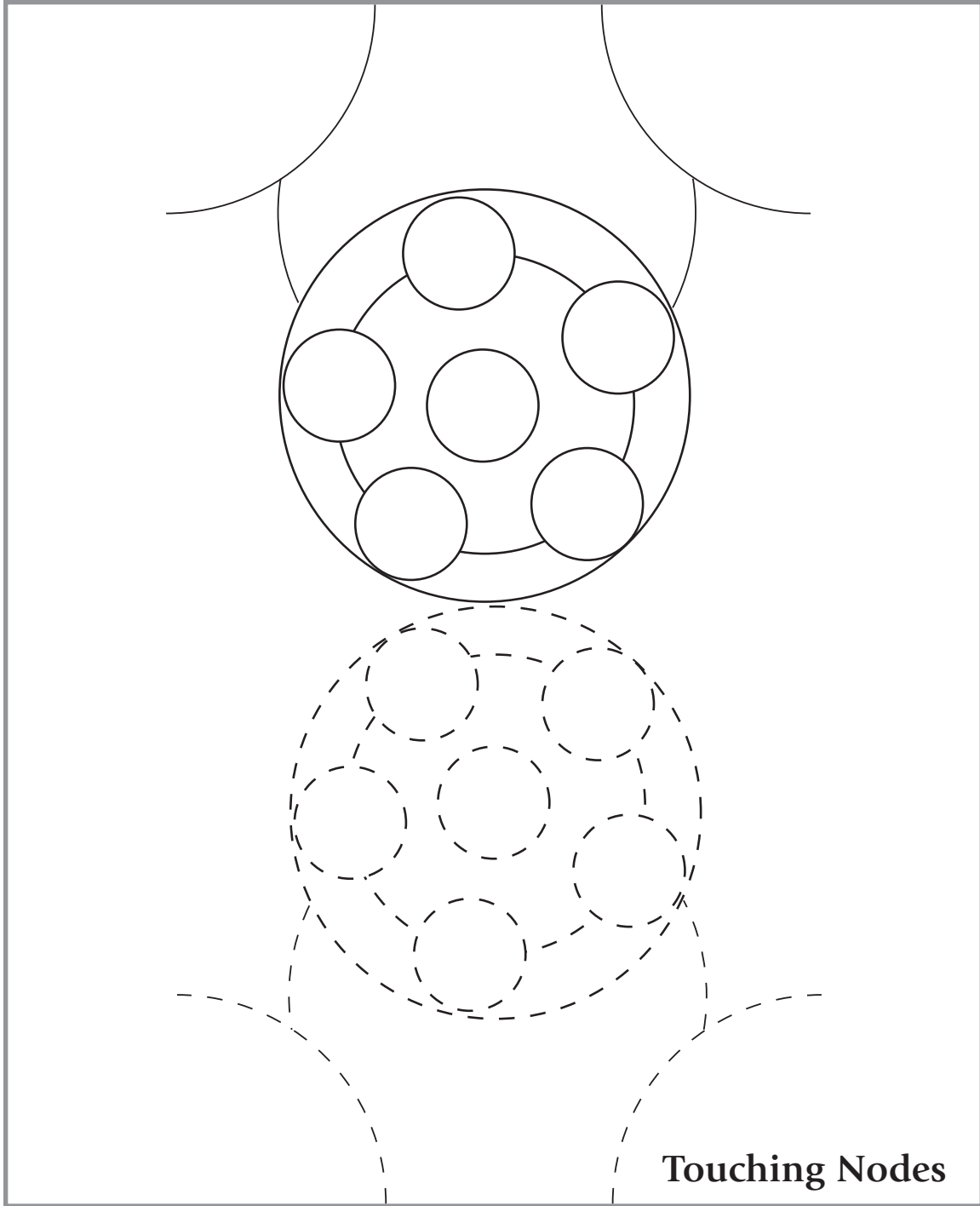


Moon by Day

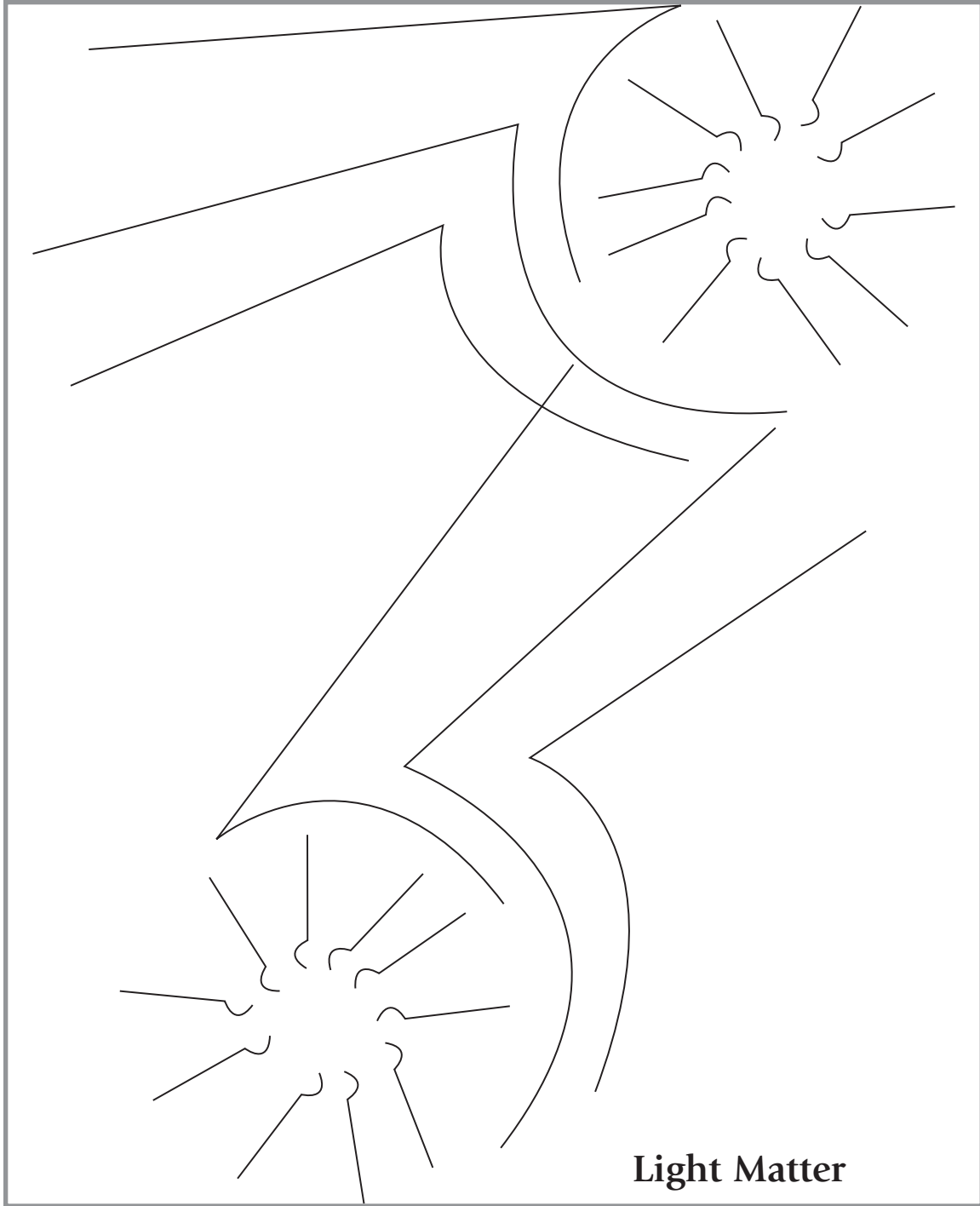
Physical exercise is mental "flexercise".



Discovery is reverie prepared by hard work.



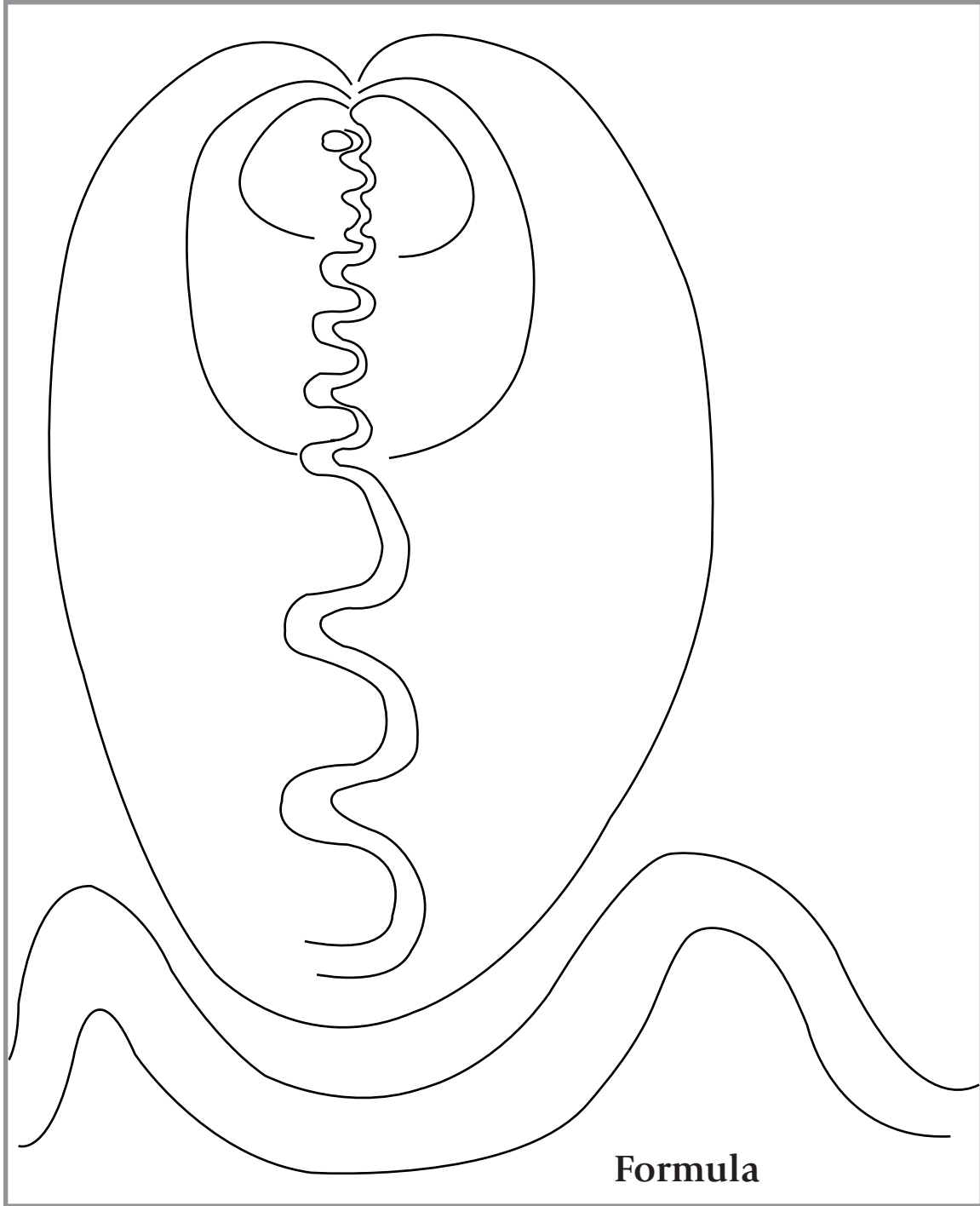
The deeper we look, the wider we see.



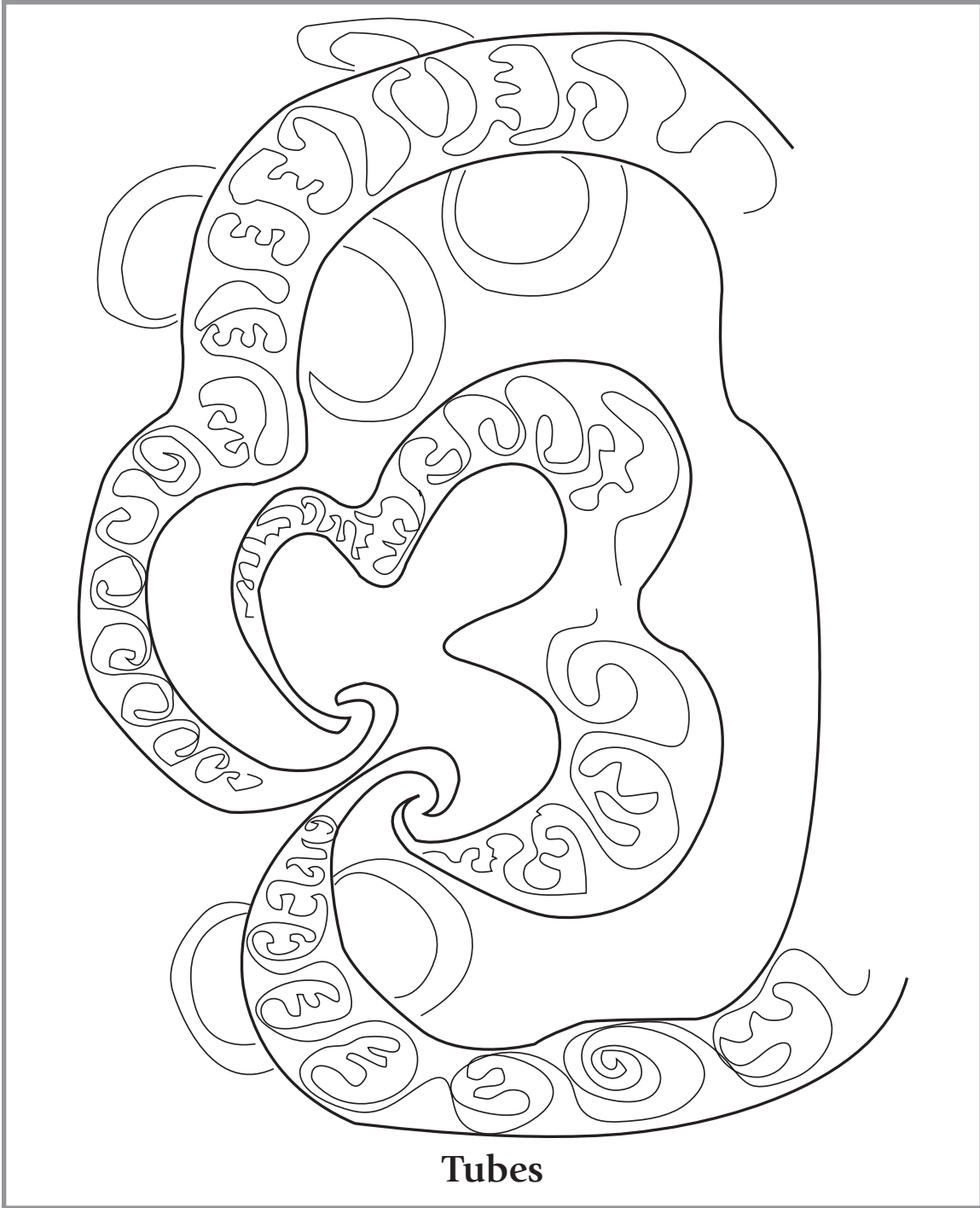
Seizing the moment grasps glimpses of eternity.



Where affection lives life's beginning, love is unending.

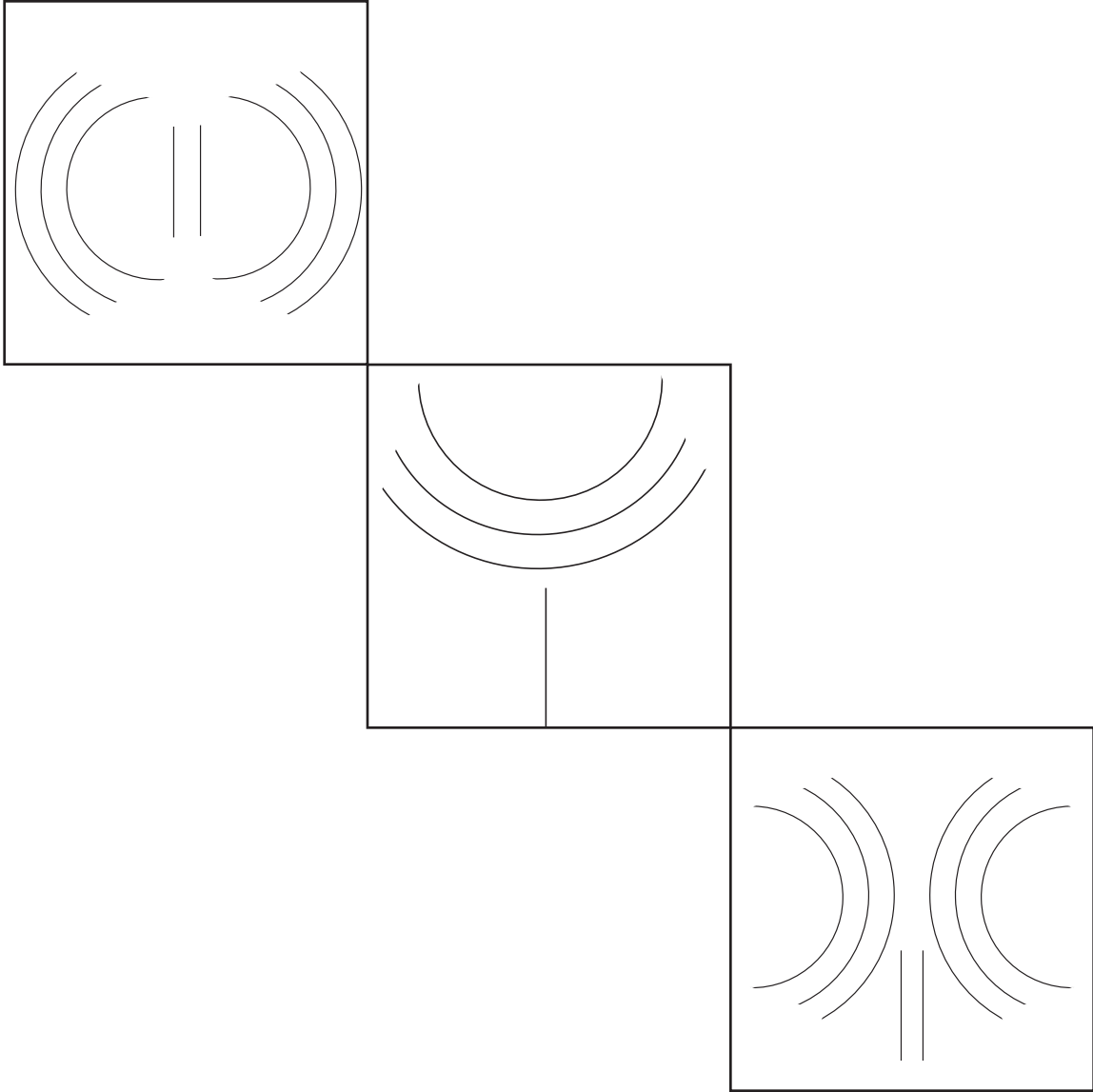


Seeds start. Parents continue.
School carries on. We carry forward.



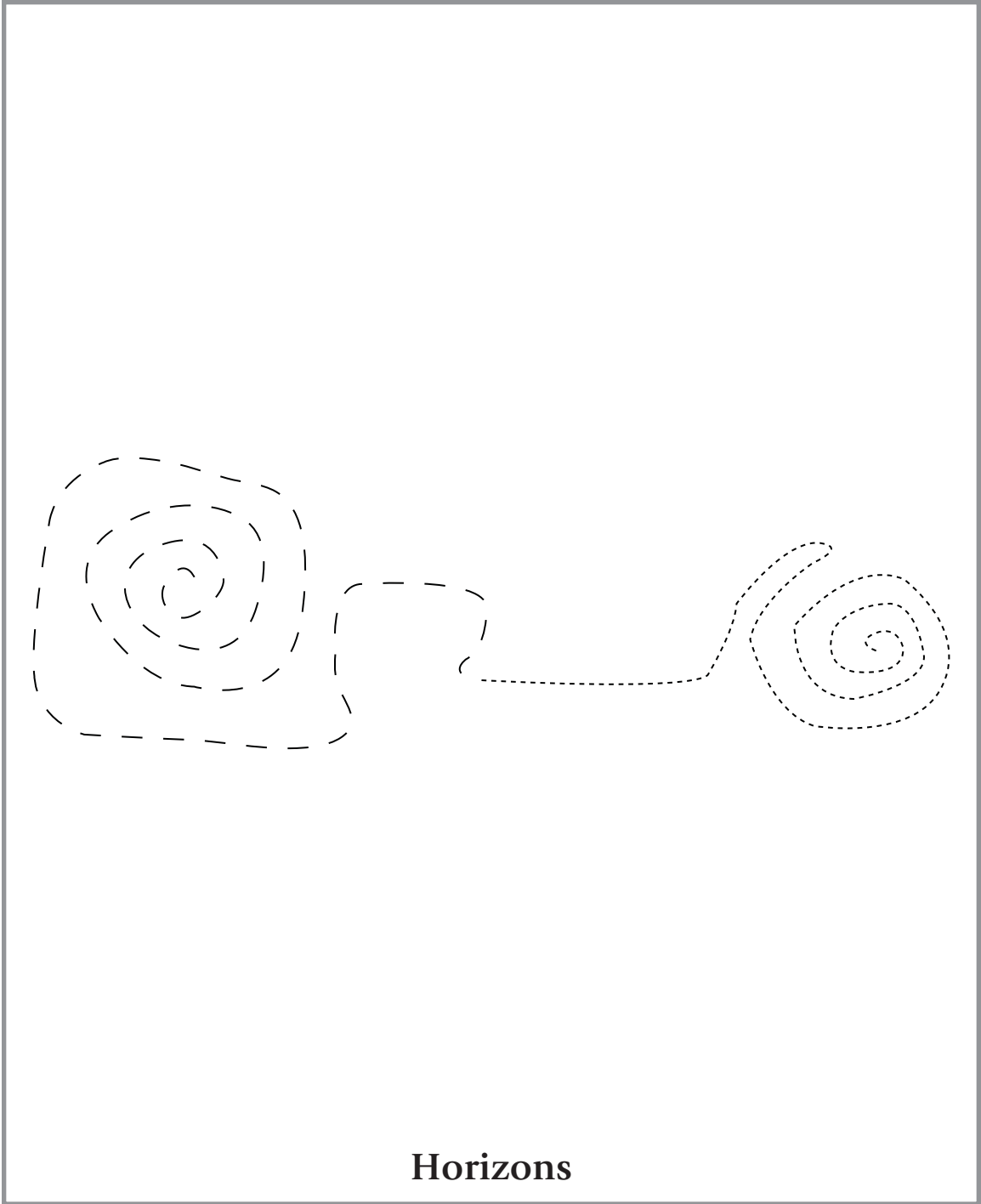
Tubes

Living simplicities avoids complicities.



Transition

The whole is greater than the sun of the hearts.



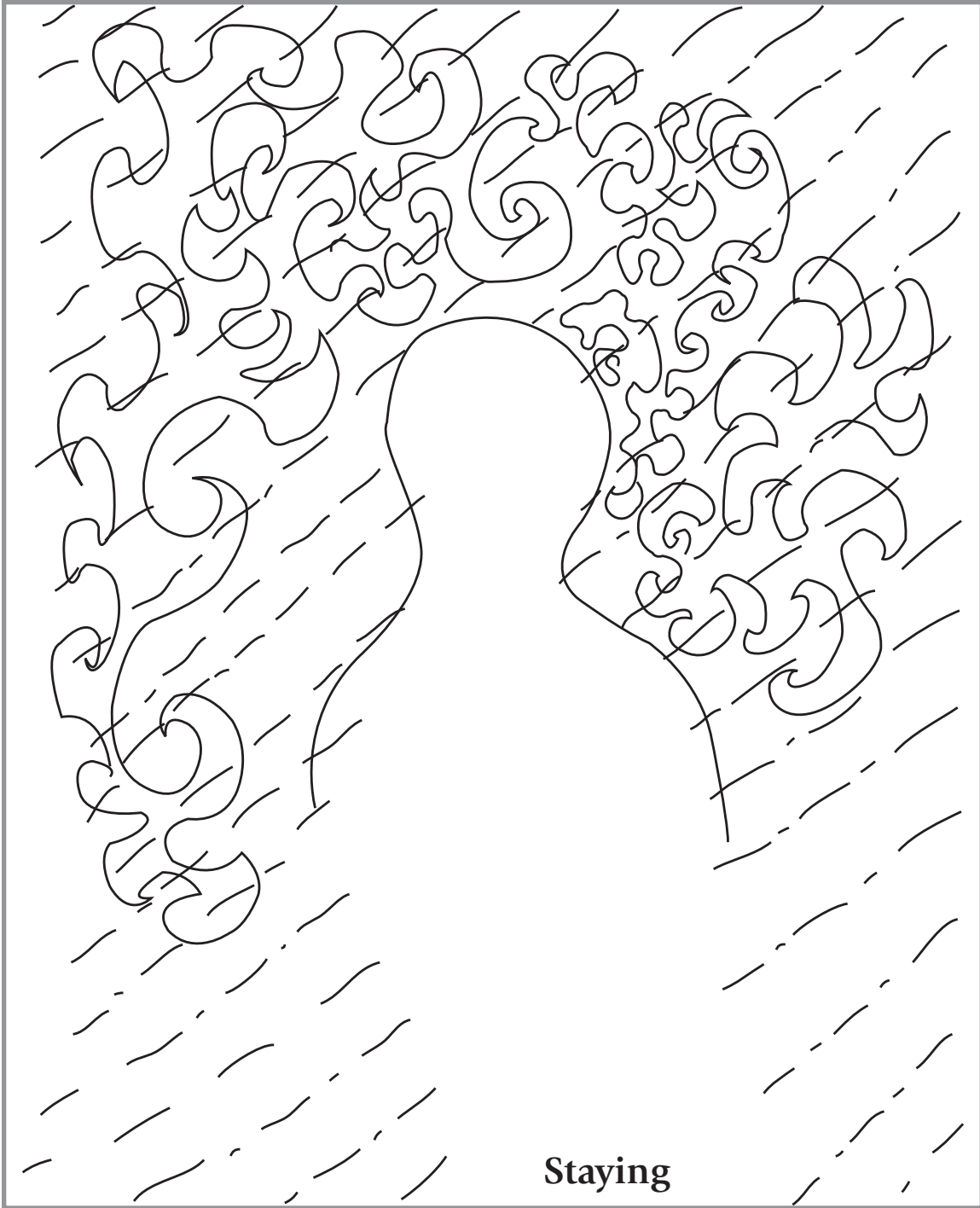
Horizons

Altering horizons increases our vertical leap.

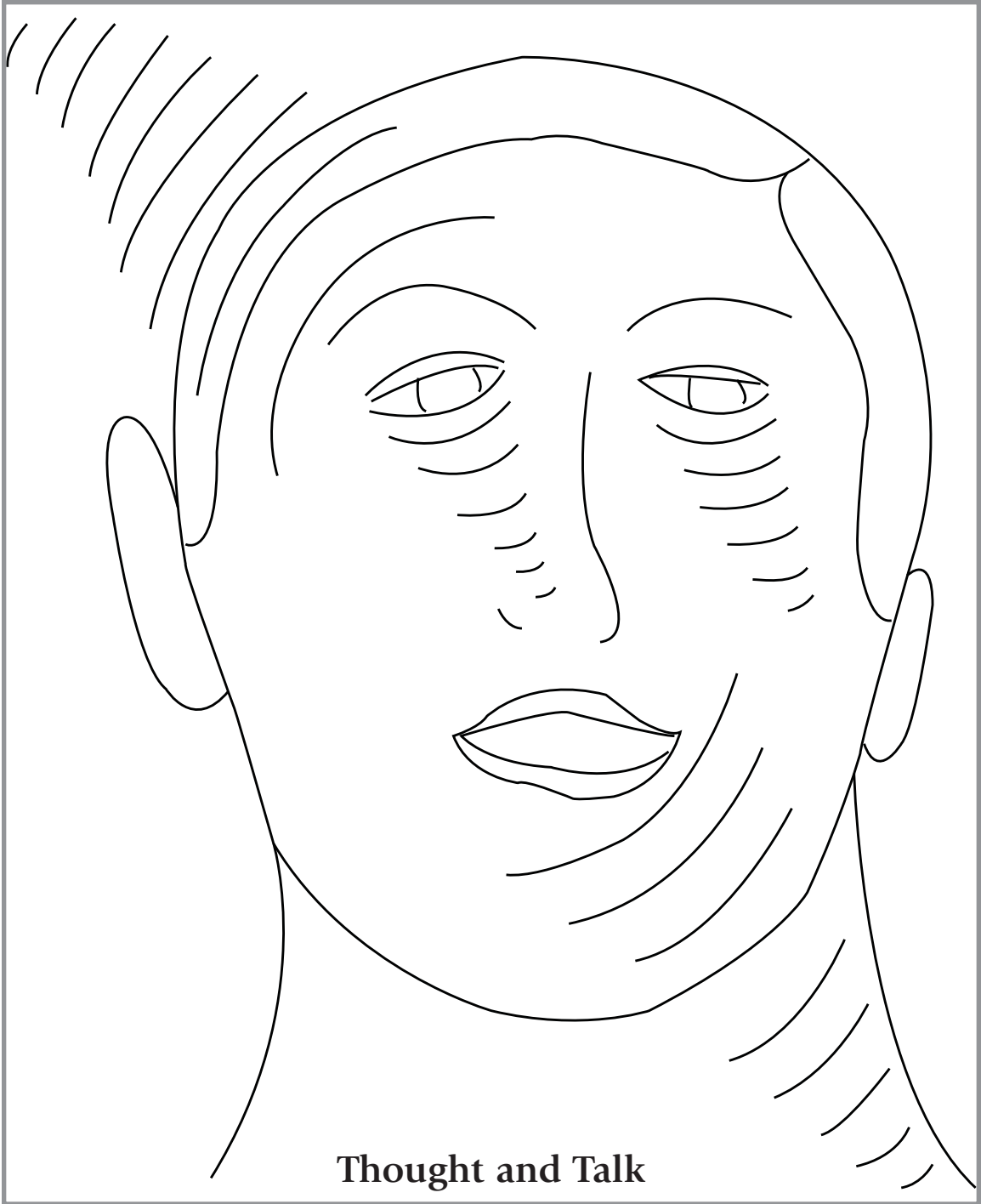


Alignments

Alignments make circles. Circles make patterns.
Patterns make alignments.

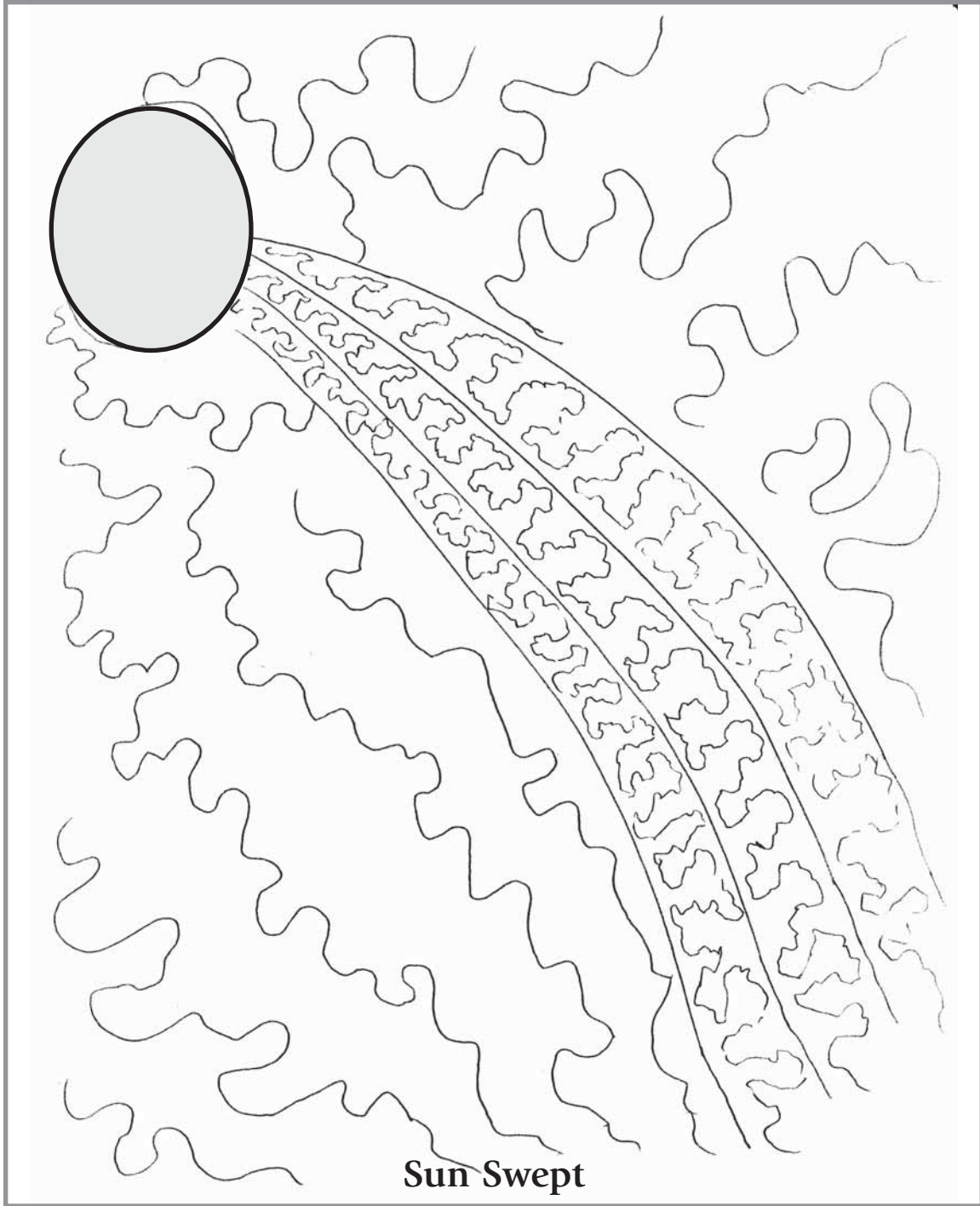


Leaving storms without leaves peace within.

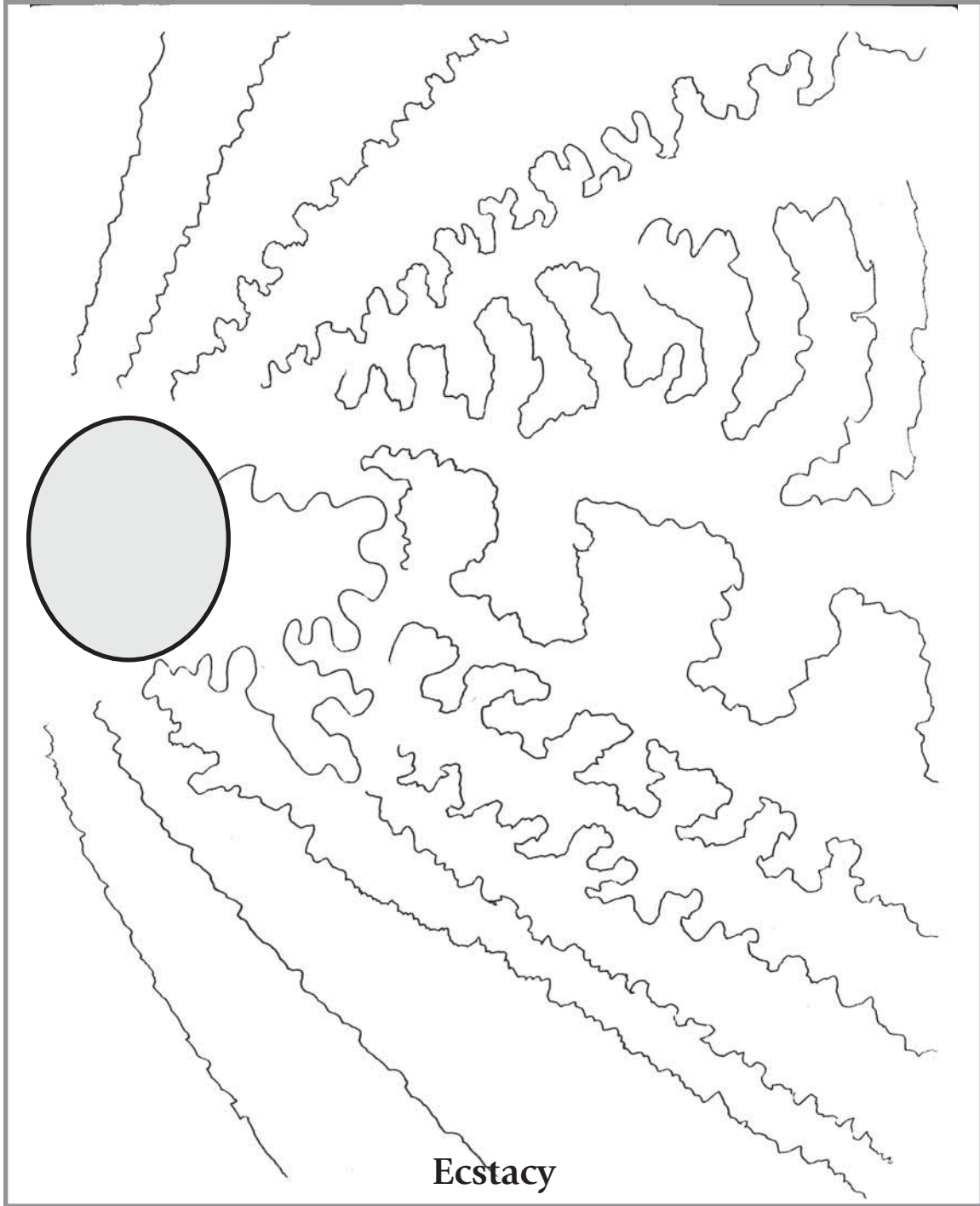


Thought and Talk

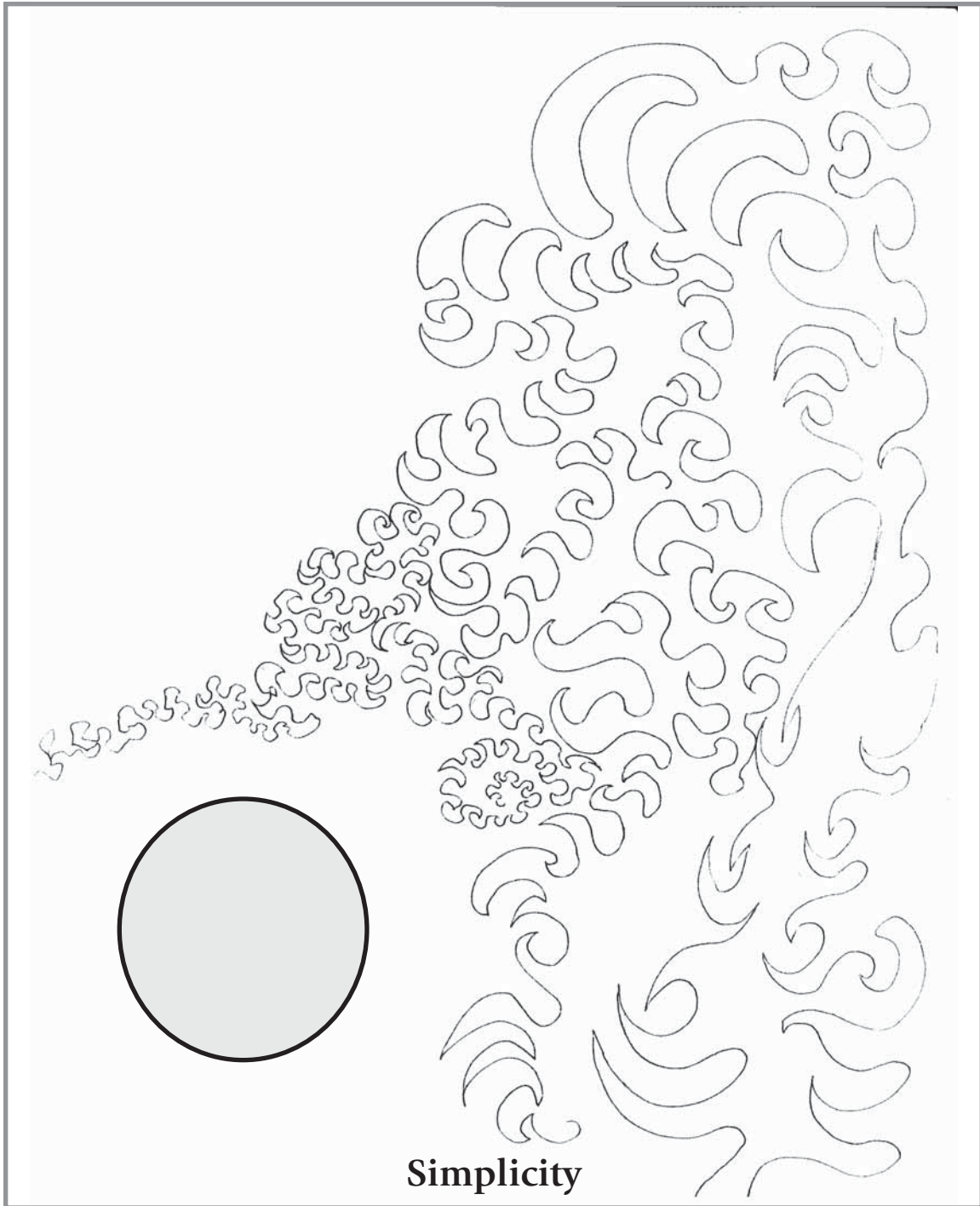
I am more than me. We are more than us.



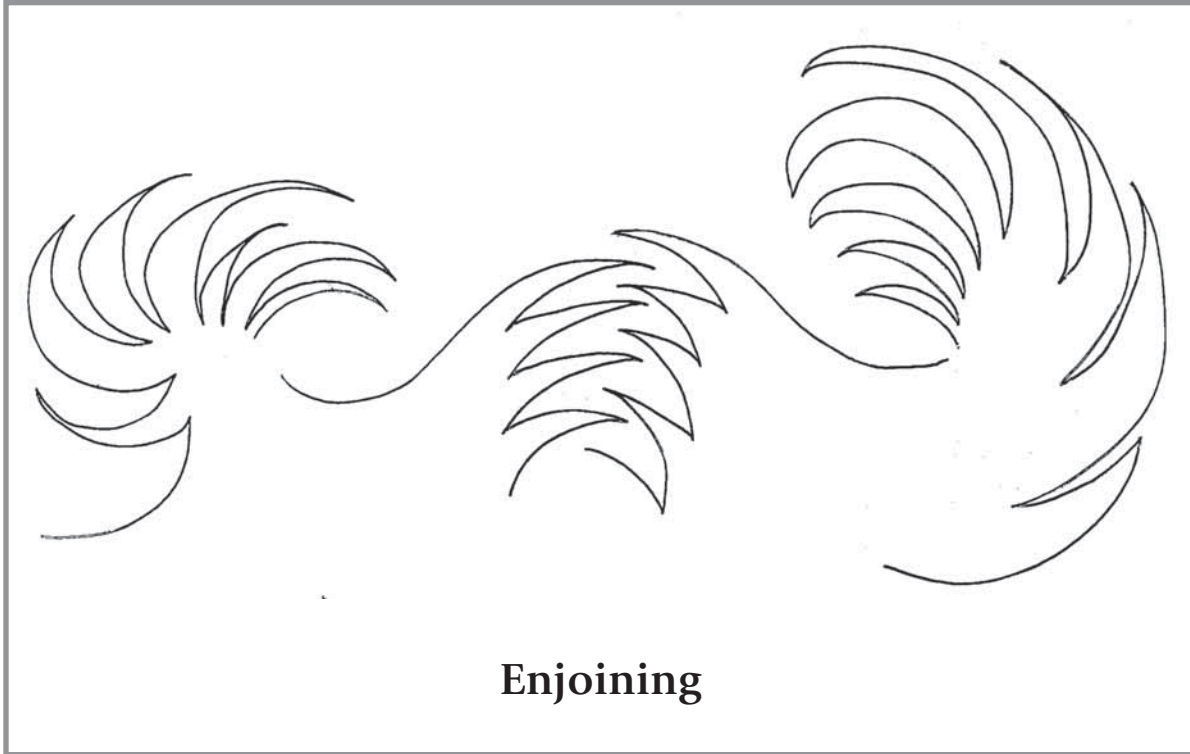
.....
The invisible wealths are the richest.
.....



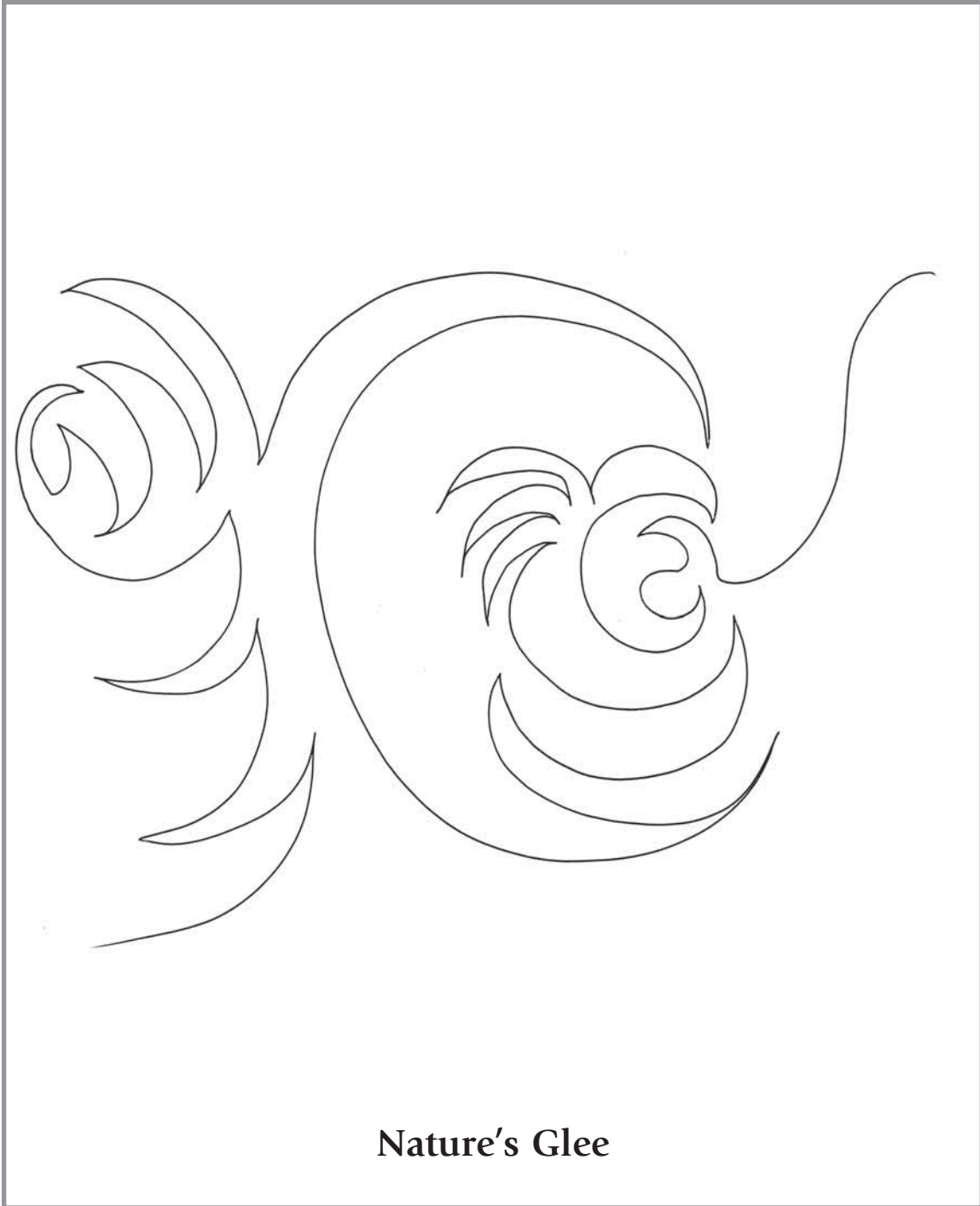
There is no holy book, only holy thoughts,
feelings, and actions.



The best ideas inspire beyond themselves and encourage the best in people. They do not constrain to themselves or limit the best in people. We cannot anticipate where they will go, except to be replaced by even better ideas that encourage even more of the best in people.

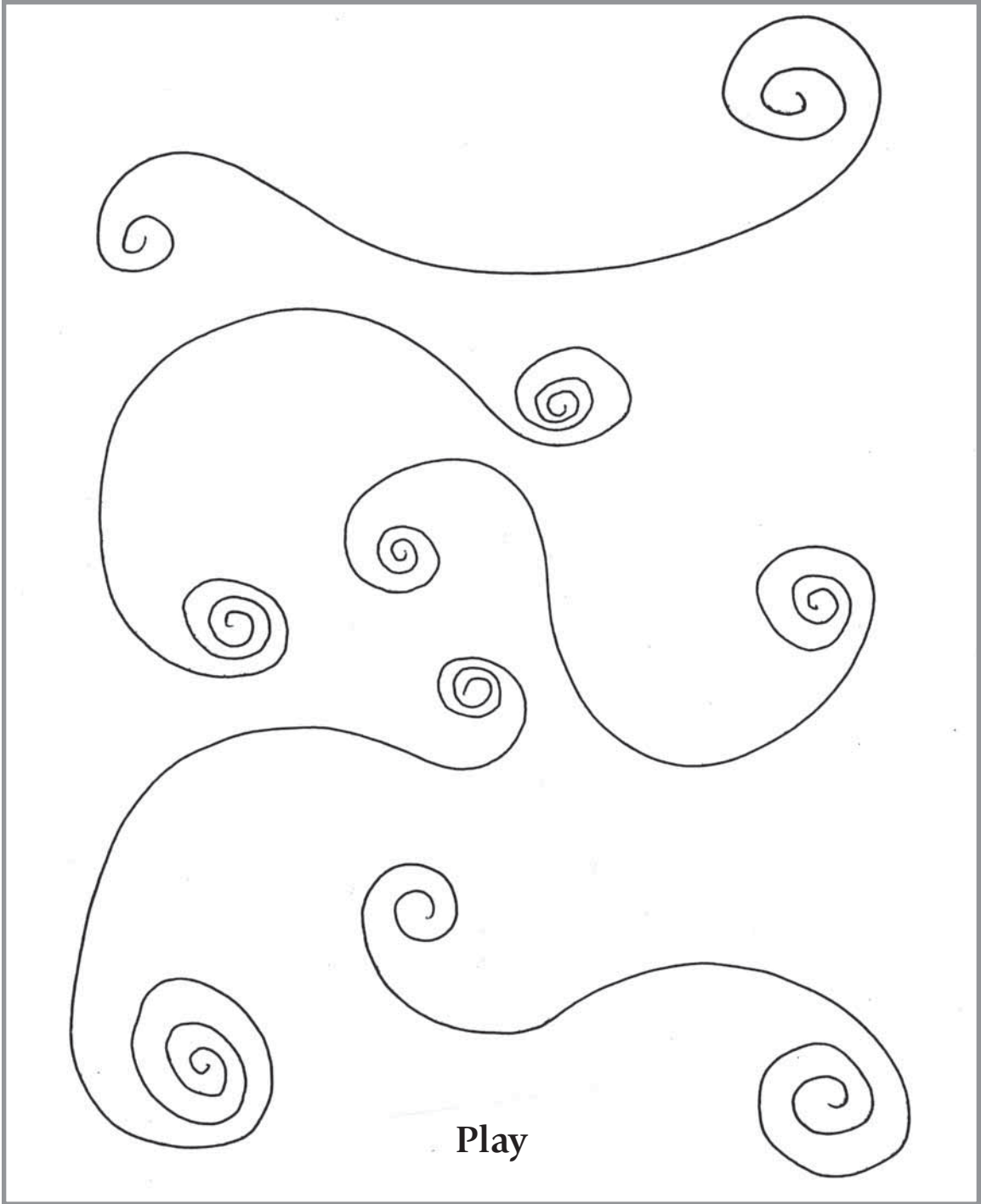


Like frothing bubbles in a stream that rejoices in the water's gleam
I enrapture in the singing scene wild in the light and its sheen
Swing Jump Vibrate Bold The joy is all that is told
Others share the dancers hold they brighten in her music's fold.



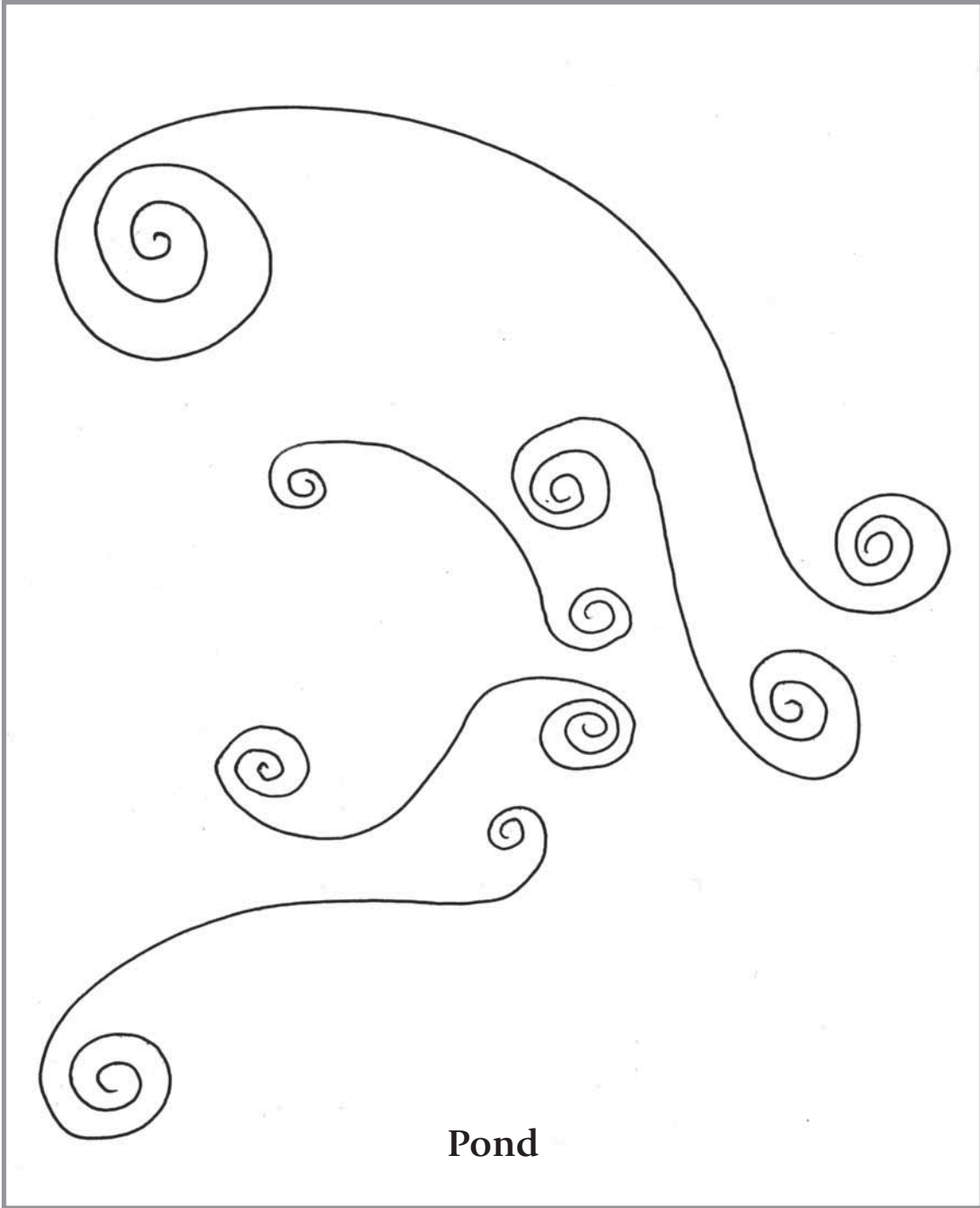
Nature's Glee

A branch?
A tree?
A seed?
A sea?
All of these in nature's glee.



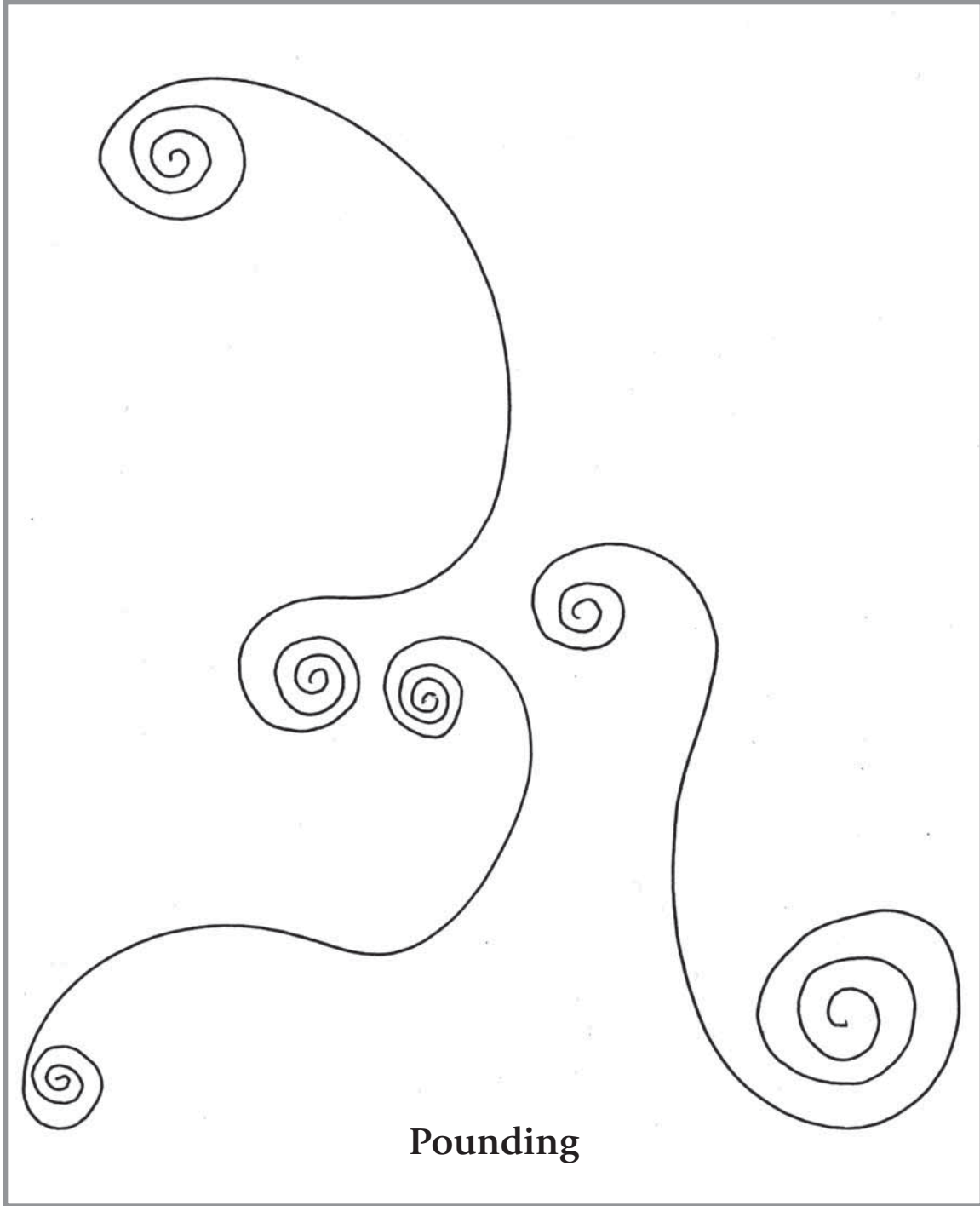
Play

Play is joy.

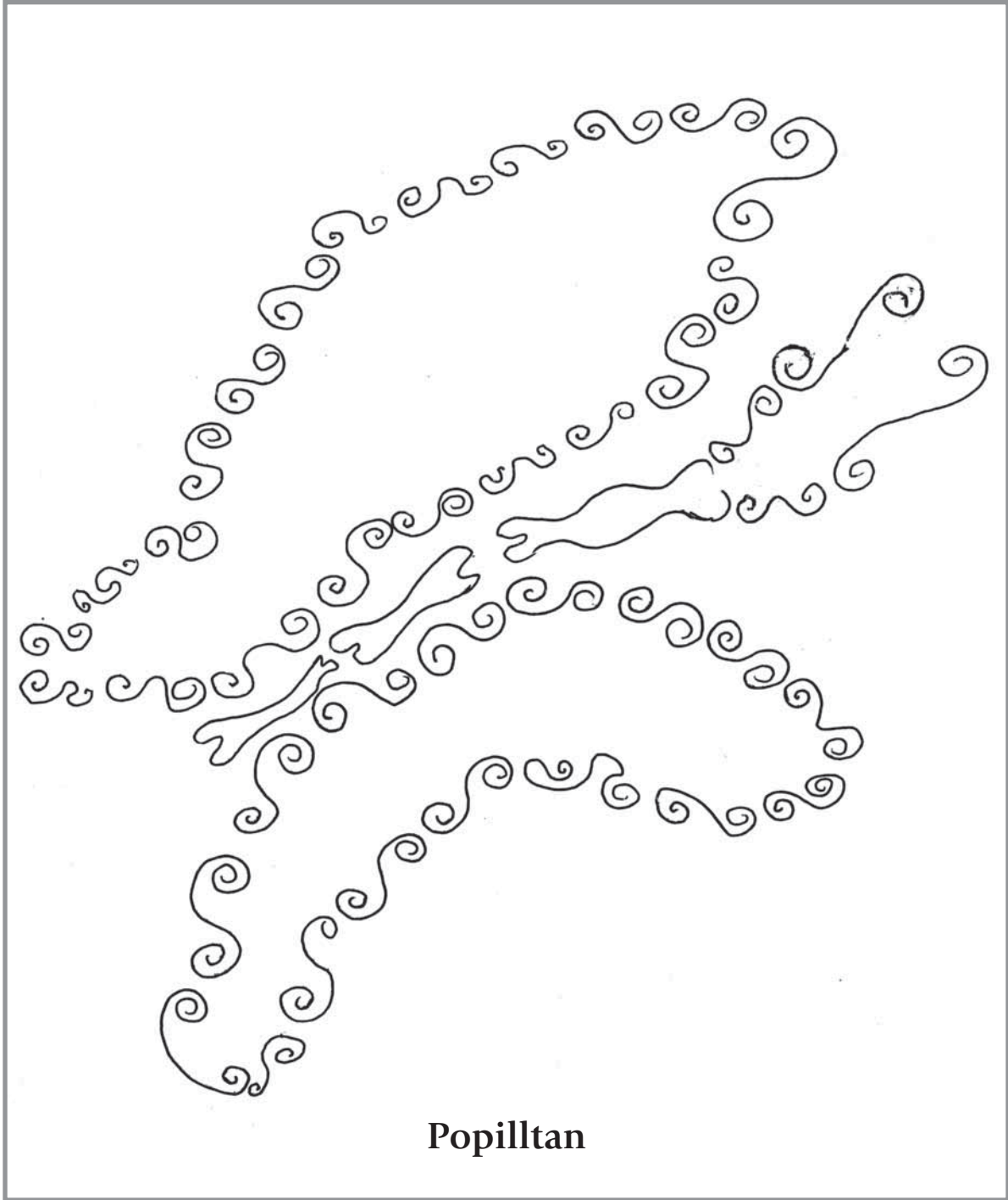


Pond

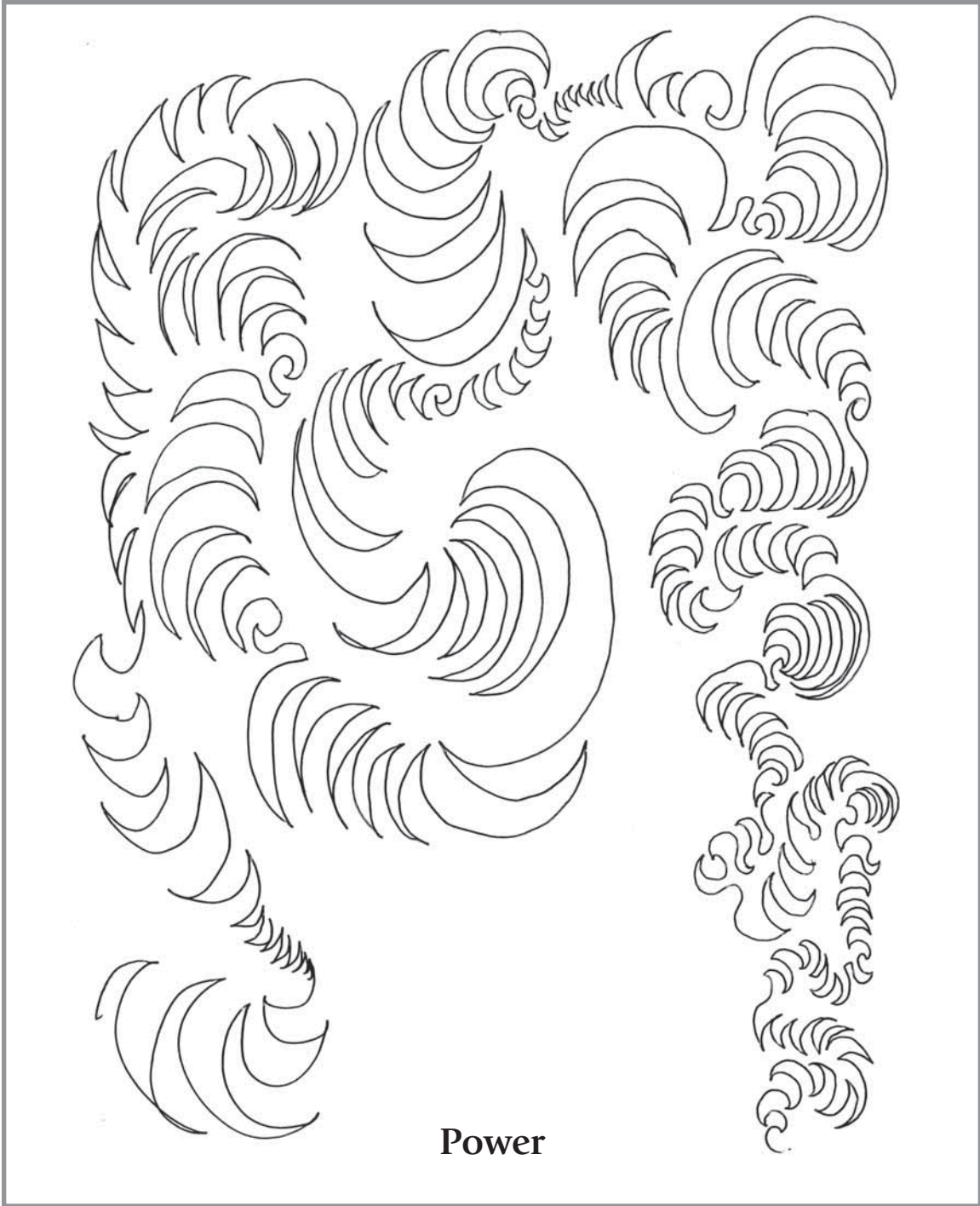
Ponds are pleasure.



.....
Pounding rules.
.....



Pupas pulsate.



Power peals.



Piercing

Piercing passion.

Nature Has a Future — Humans Might Only Have a Past

*First, they went in the forest to escape us.
Then, they went in the sea.
Then, they went in the air.
They can't go into space—too much of our clutter.*

*Maybe in other solar systems, we will change
our habits—village instead of pillage.*

To live and let live, love and let love.

Teach the little children—to teach themselves.

To live in beauty, undertake nature's duty.

Nature asks for nothing except the right to live.

Clearcut bad habits, not mountains.

The best highs lie low in valleys.

*Do not ask what our country can do for us,
but what we can do for our country, our forests,
our mountains, our rivers, our lakes,
our streams, our farms, our cities, and so on.*

Listen to the best music—Be in tune with nature.

*Where the mountain guides the stream,
let us guide our mind.*

*Work out to background music—
paddle with the loons.*

*Should we forget thee, Nature,
let us drown in global warming.*

Do not let them suffer—or we shall.

*When we pretend we know not,
we pretend we are living.*

Extinction stinks.

Make ecology first—it is a matter of life and breath.

*What is happening to the greening
of the planet should make use see red.*

Eco-friendly means selfish-nasty.

Selflessness is far from being selfless.

*Should each of us do our part,
each of us may have a whole planet.*

*In nature, everything fits together,
except when we tear it apart.*

*Nature will say forgive and forget,
when humans say give to get.*

*We cannot change the past,
but we can get past the lack of change.*

Winning is what we perceive, not what we receive.

Freedom brings will. We bring free will.

Vision allows seeing. Planning allows vision.

*Mind over matter. Mind under matter.
Mind around matter. Mind...*

*The future is not written in the past,
or the present, or the future.*

In the labyrinth of life, keep yourself amazed.

*The sun shines in all directions.
Hope shines in all who have it.*

*The flicker of the flame seeds
the embers of great shadows.*

*Under the quietest of waves,
on roils the greatest of currents.*

Two heads are better than sun.

It may not start just right, just as long as it starts.

When we go with the flow, it may not stop going.

Creativity frees rapture.

*We write a new page of our holy book
in each positive that we live.*

What smoulders inside reveals the fires that will sky.

Fanciful musings leap to fancy creations.

*Houses constructed from desert
earth harbour living futures.*

In regeneration lies veneration.

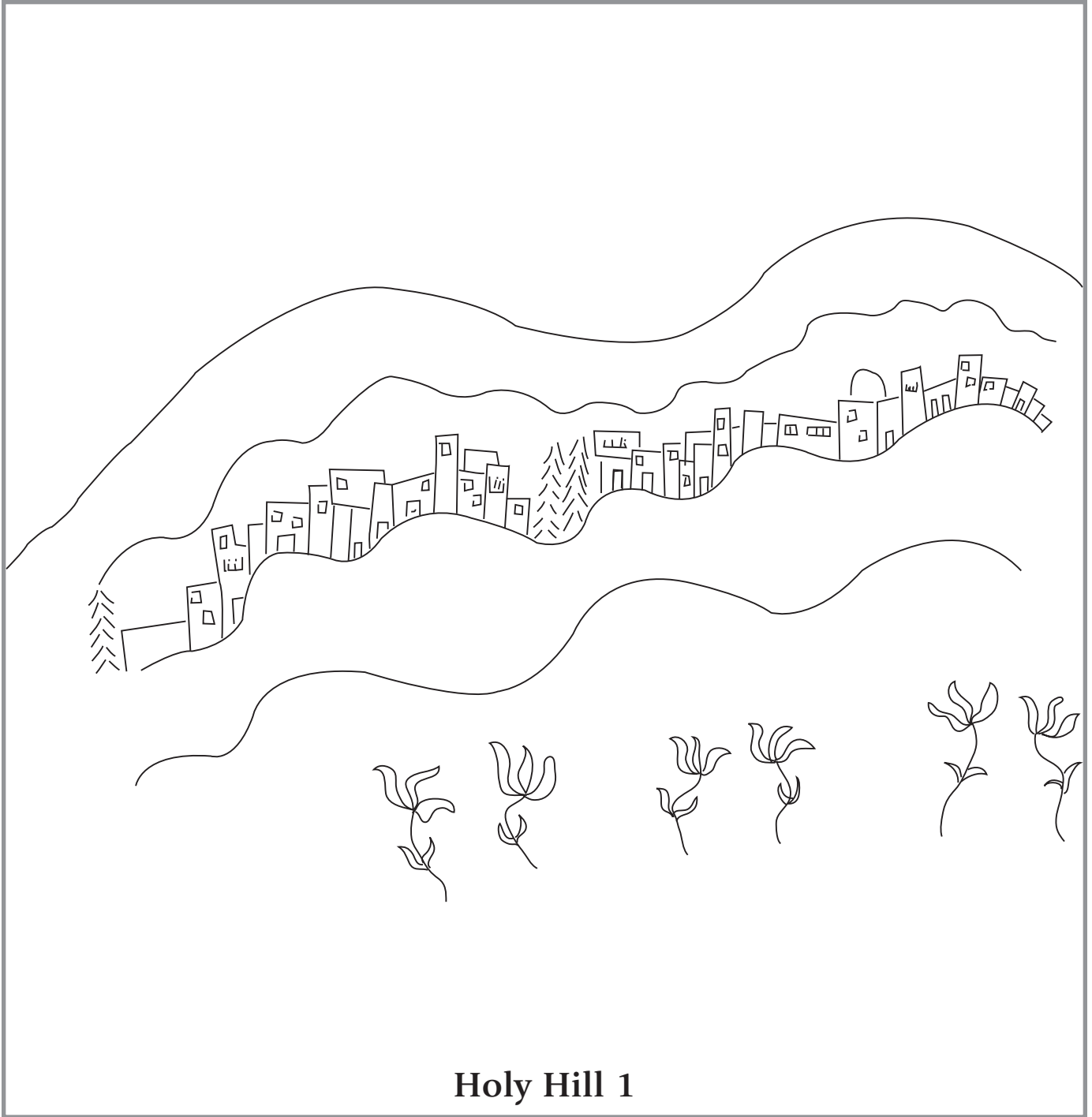
Chapter 38

Jerusalem

*The art in this chapter inspires spiritual feelings,
and was drawn in moments of inspiration on a
visit to the holy land.*

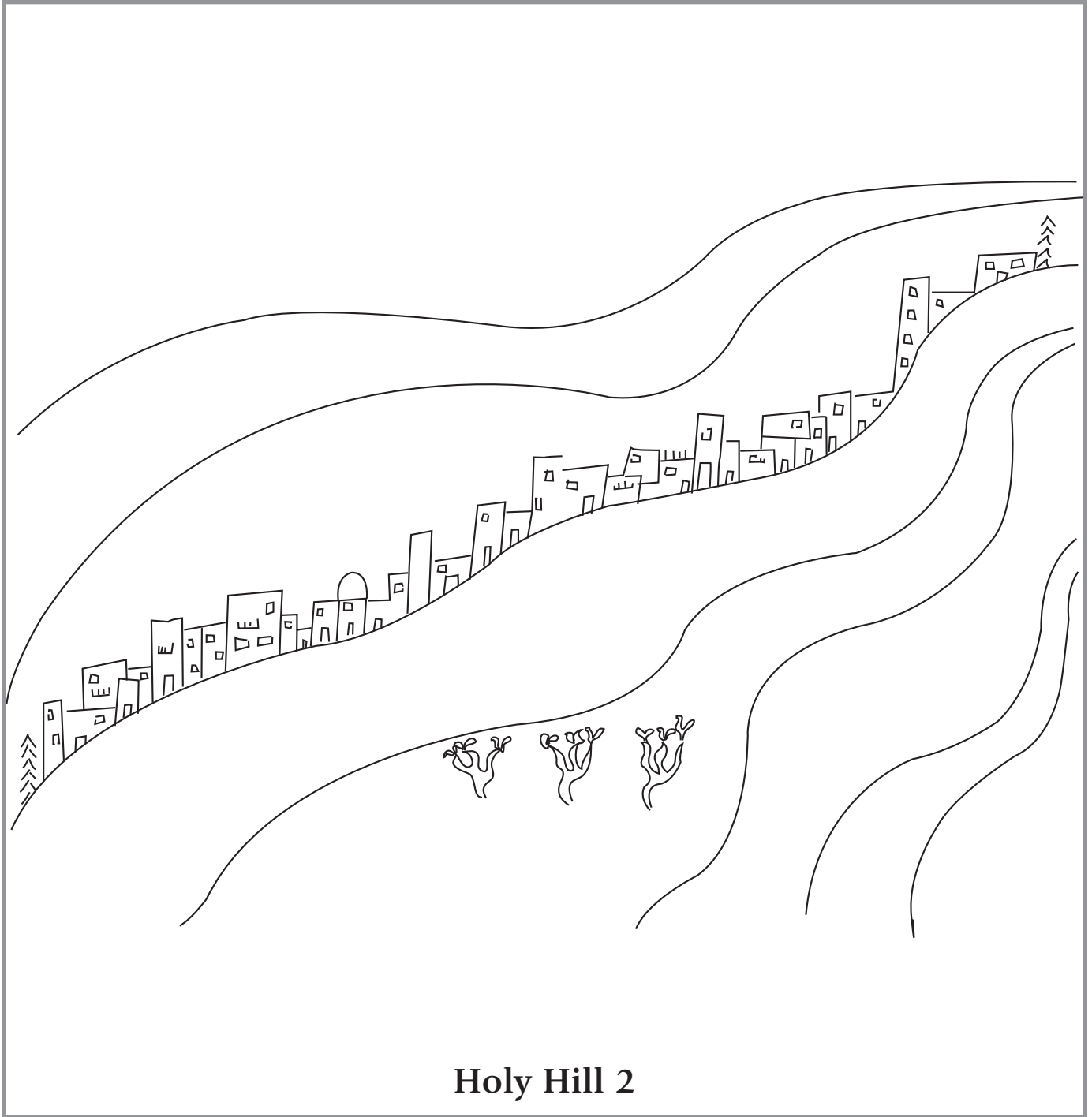


*When art is not part of our life,
life is not part of our life.*



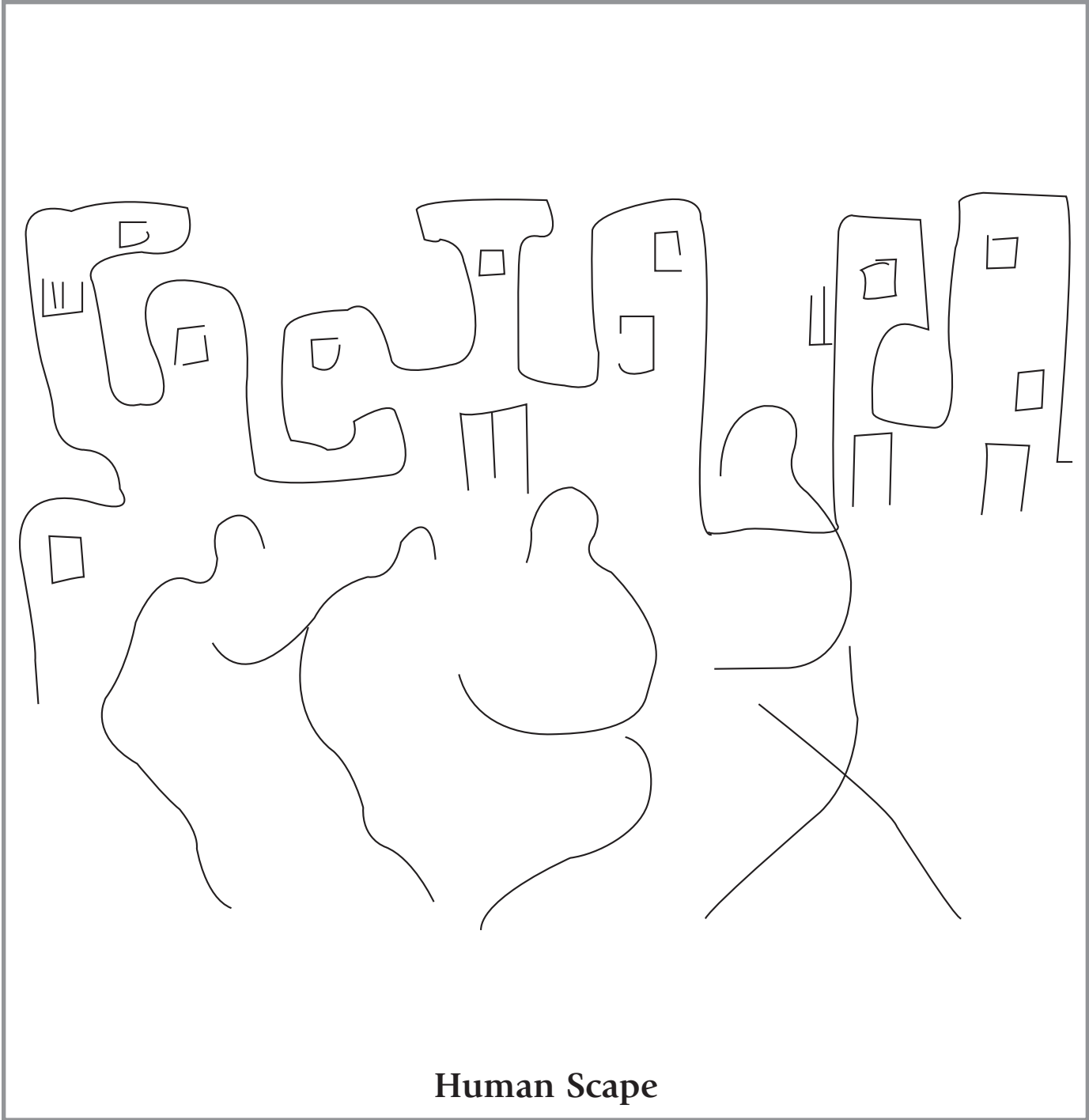
Holy Hill 1

We are everywhere. Even in the other.



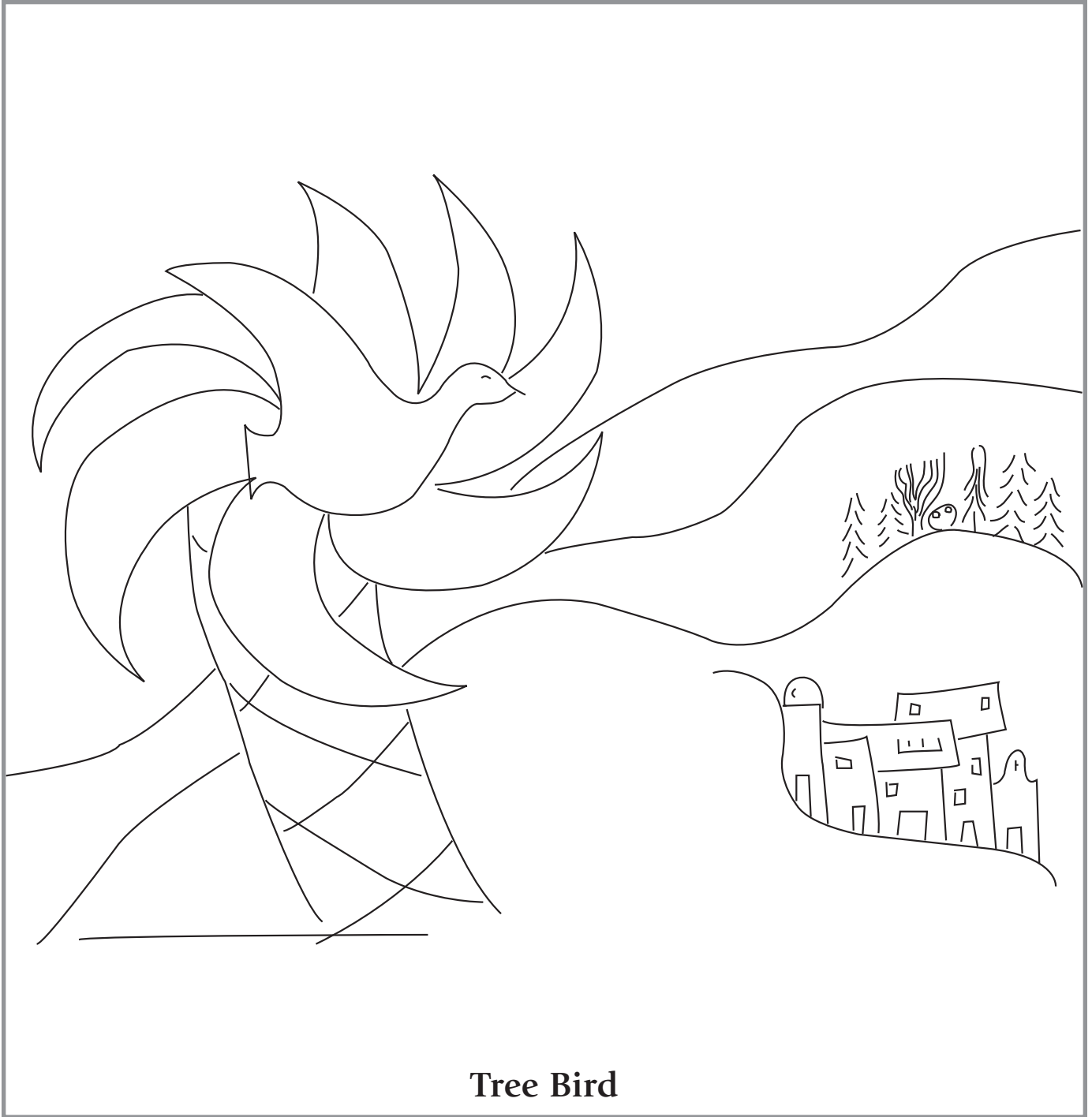
Holy Hill 2

Each holy book leads to the next.



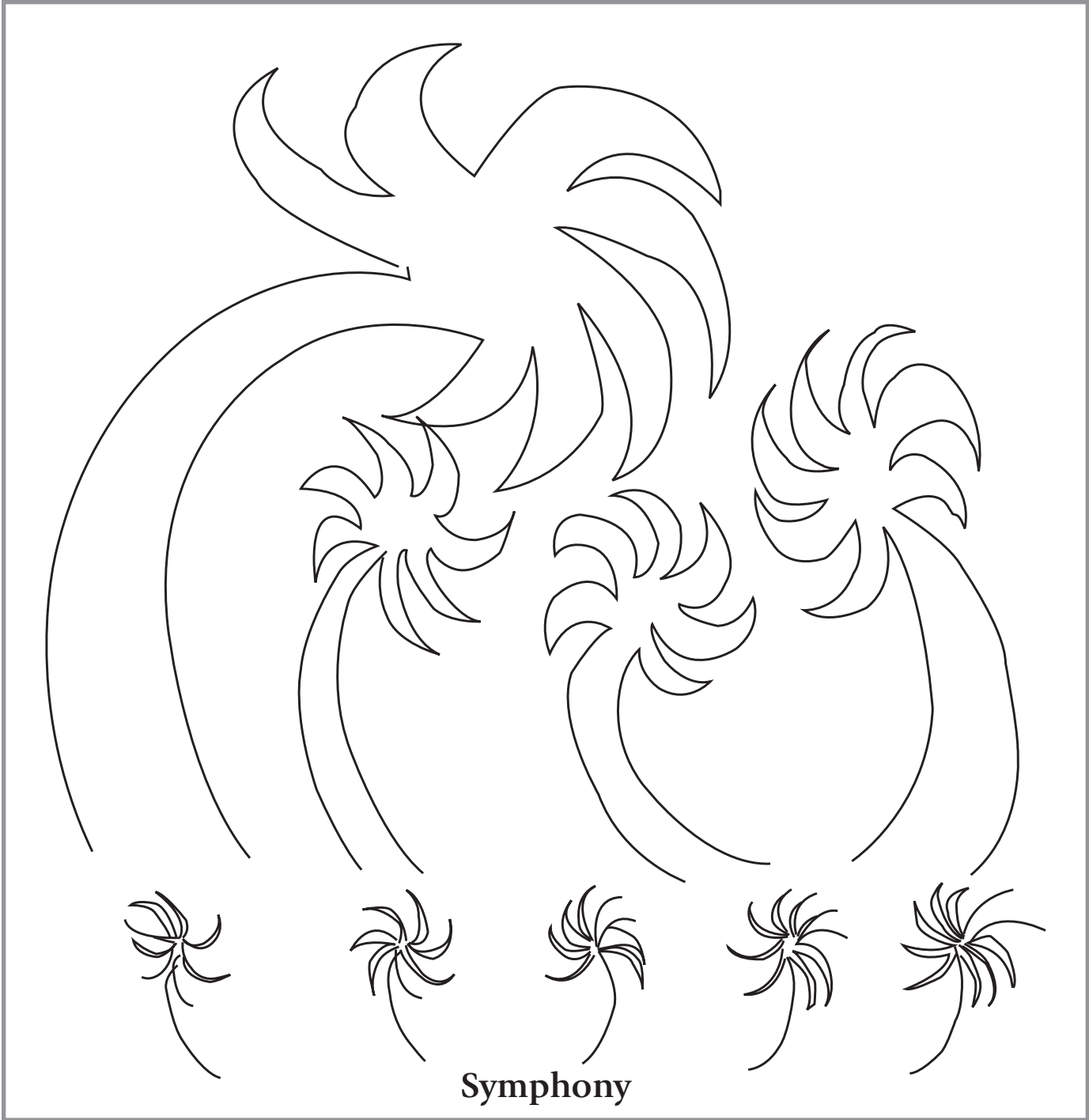
Human Scape

The person who can save the planet lives within each of us.



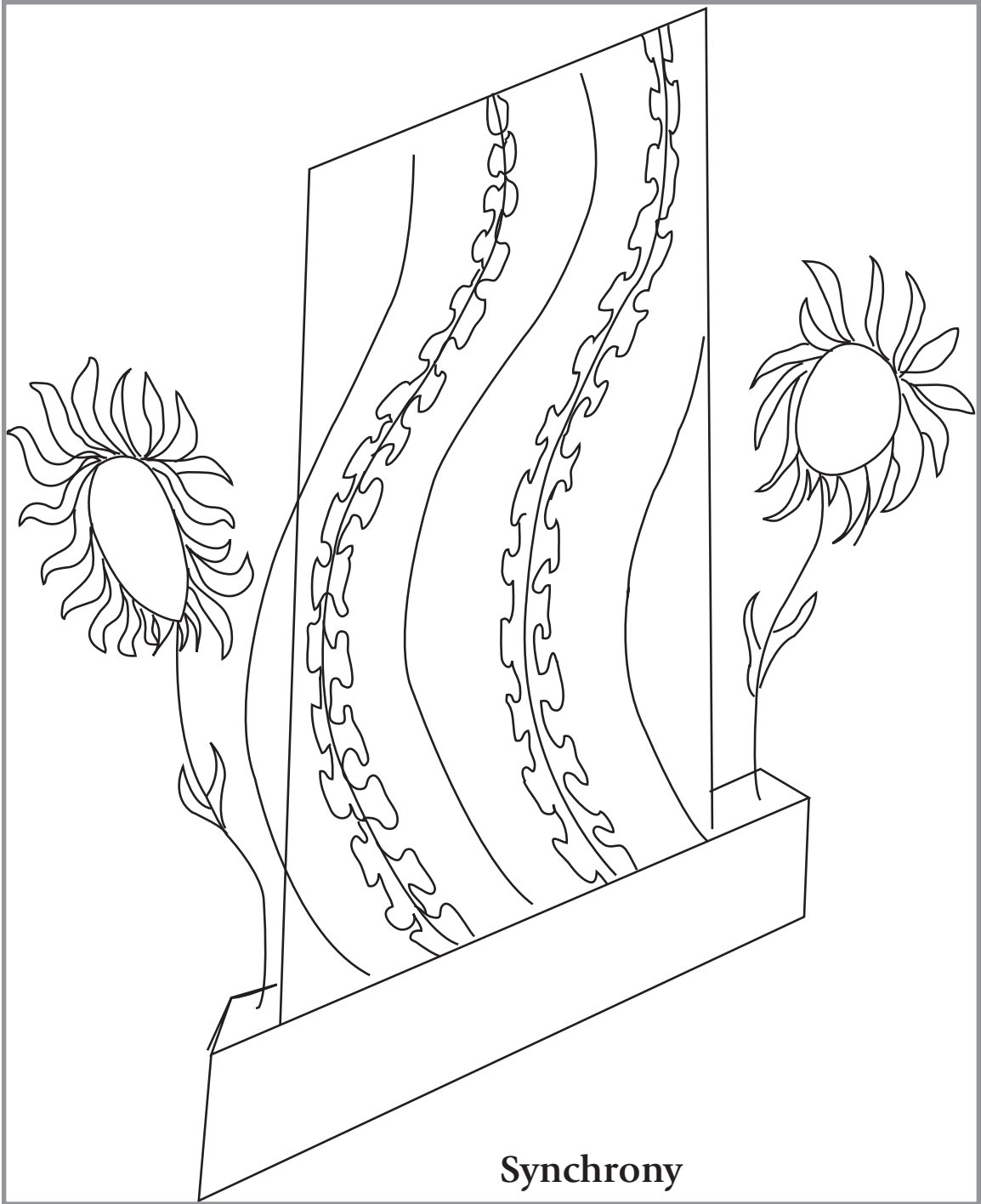
Tree Bird

Trees and plants synchronize together. So can we.



Symphony

Music lies in nature's dance.

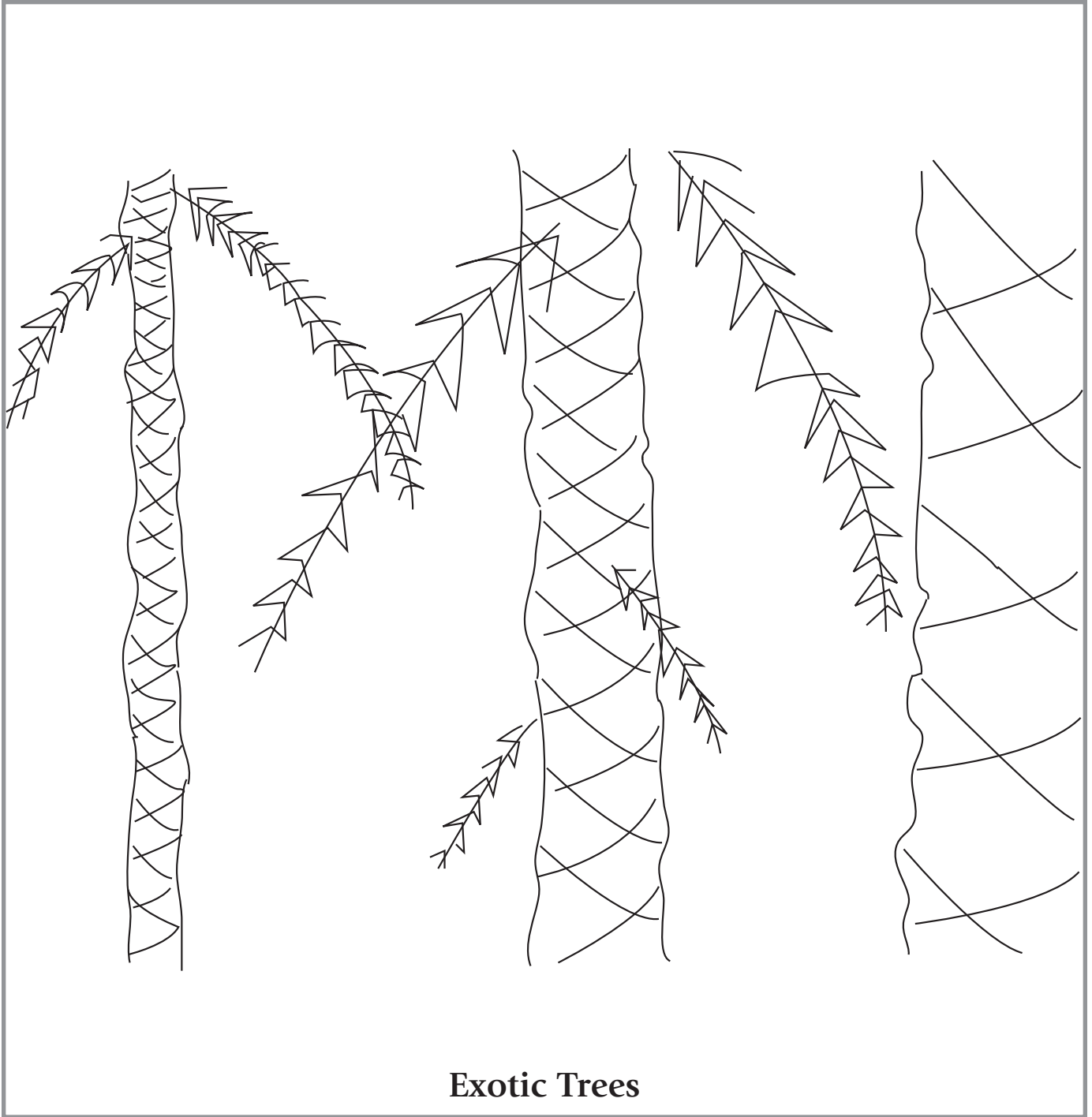


Synchrony

Peoples are humans first and peoples second.

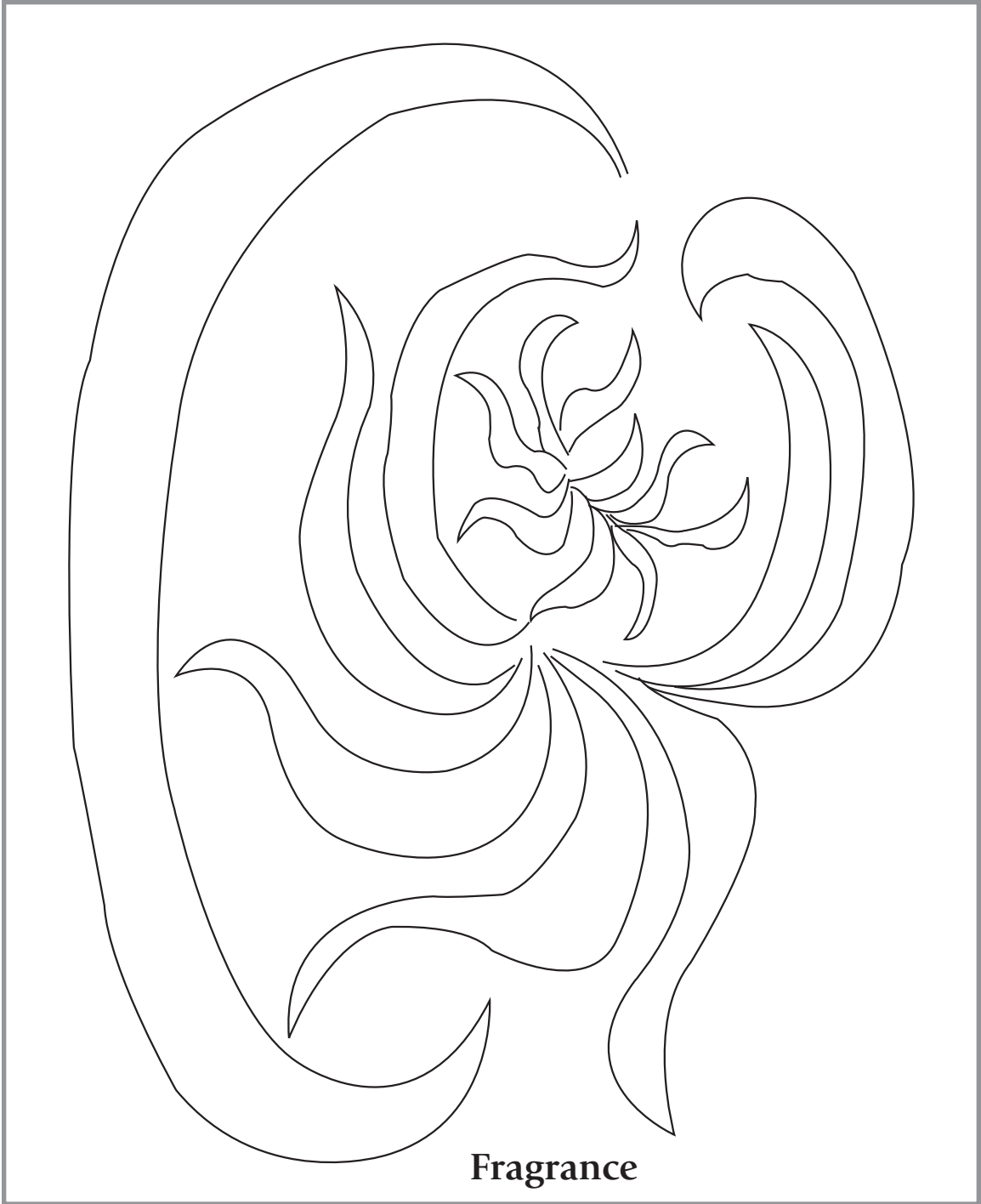


Imagination is a vowel. Learning is a consonant.



Exotic Trees

Trees remind us to stay rooted
in order to be resplendent.



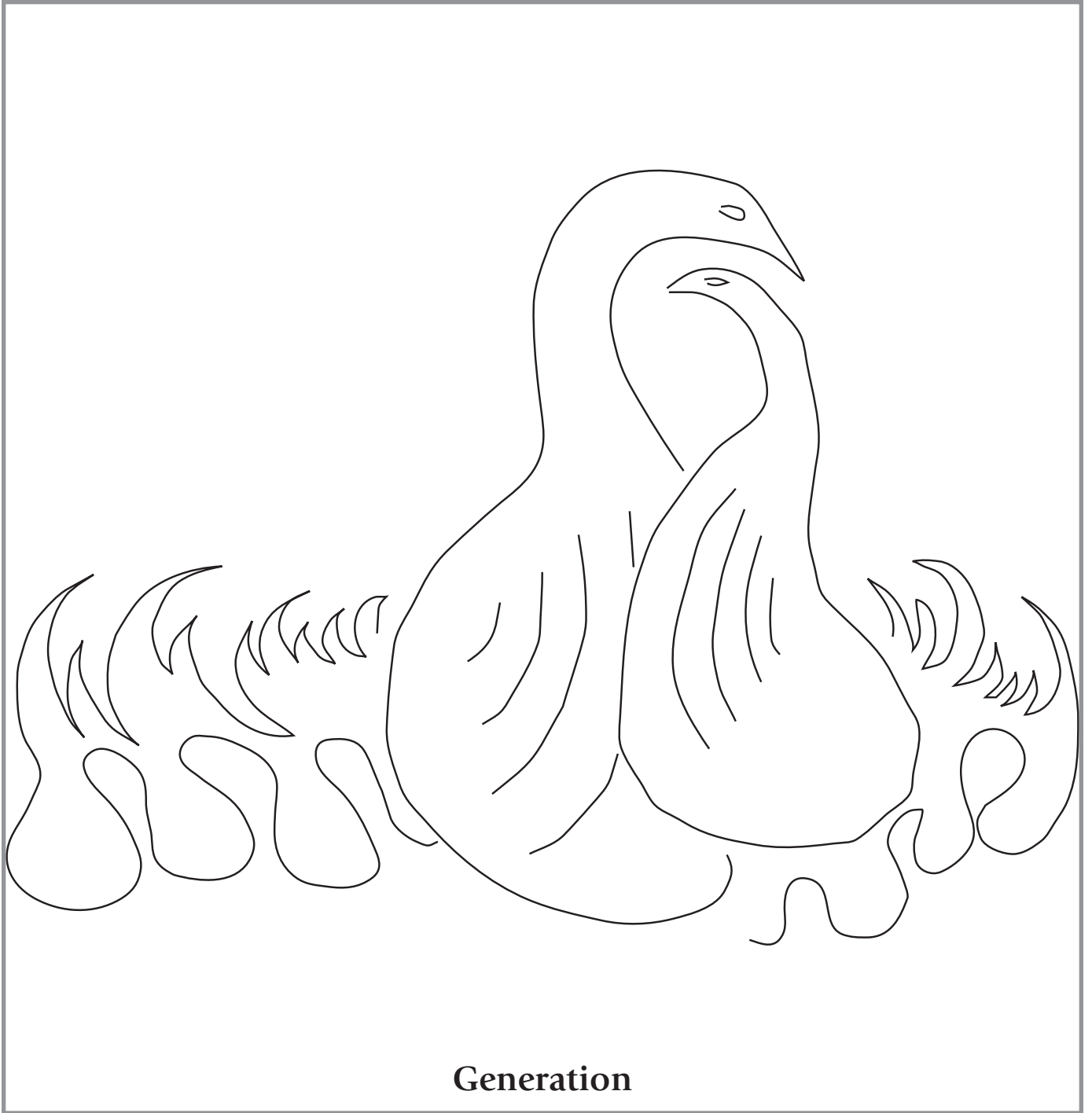
Fragrance

A flower is heaven's kiss.



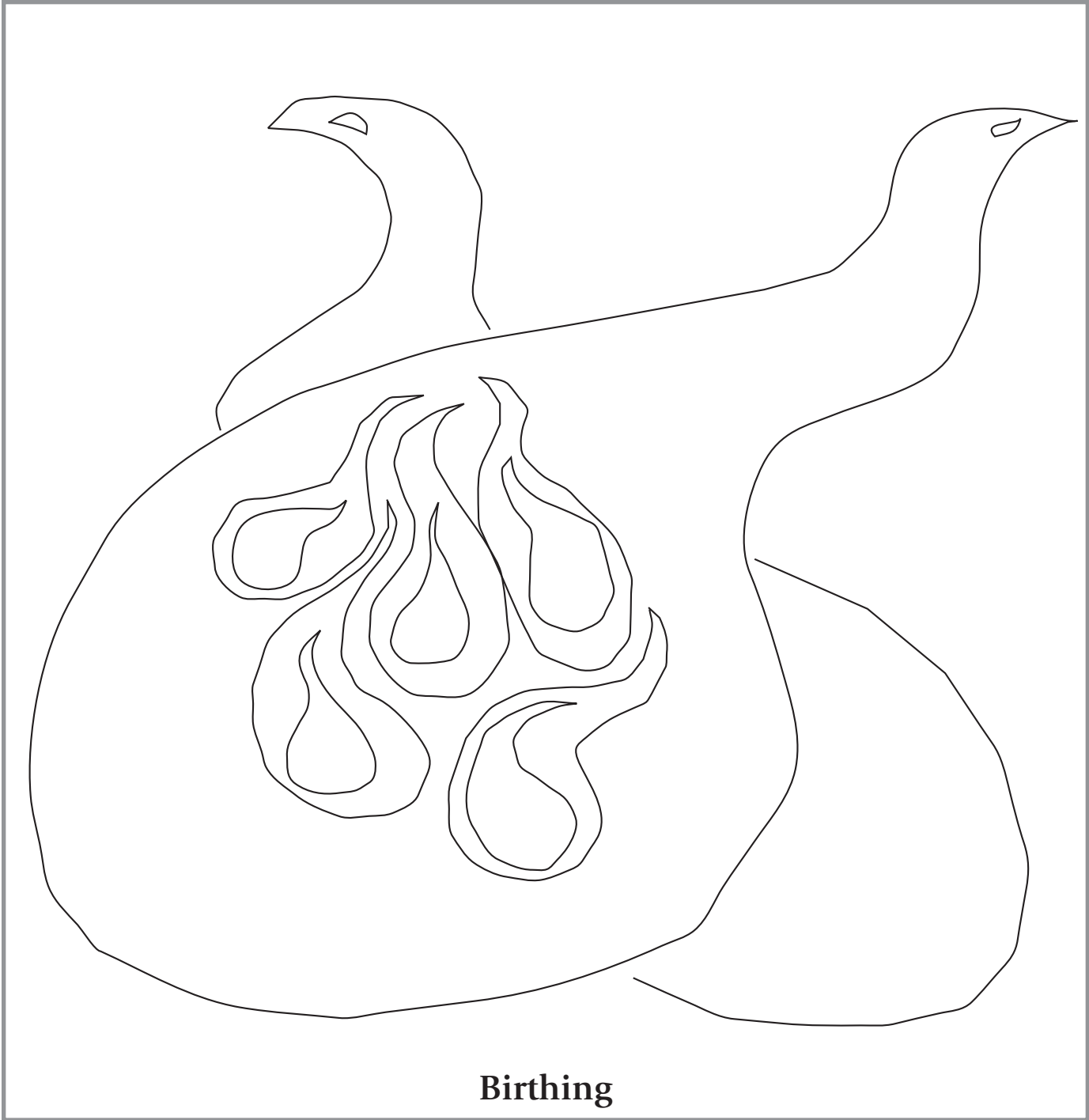
Parenting

Fathering means dithering.



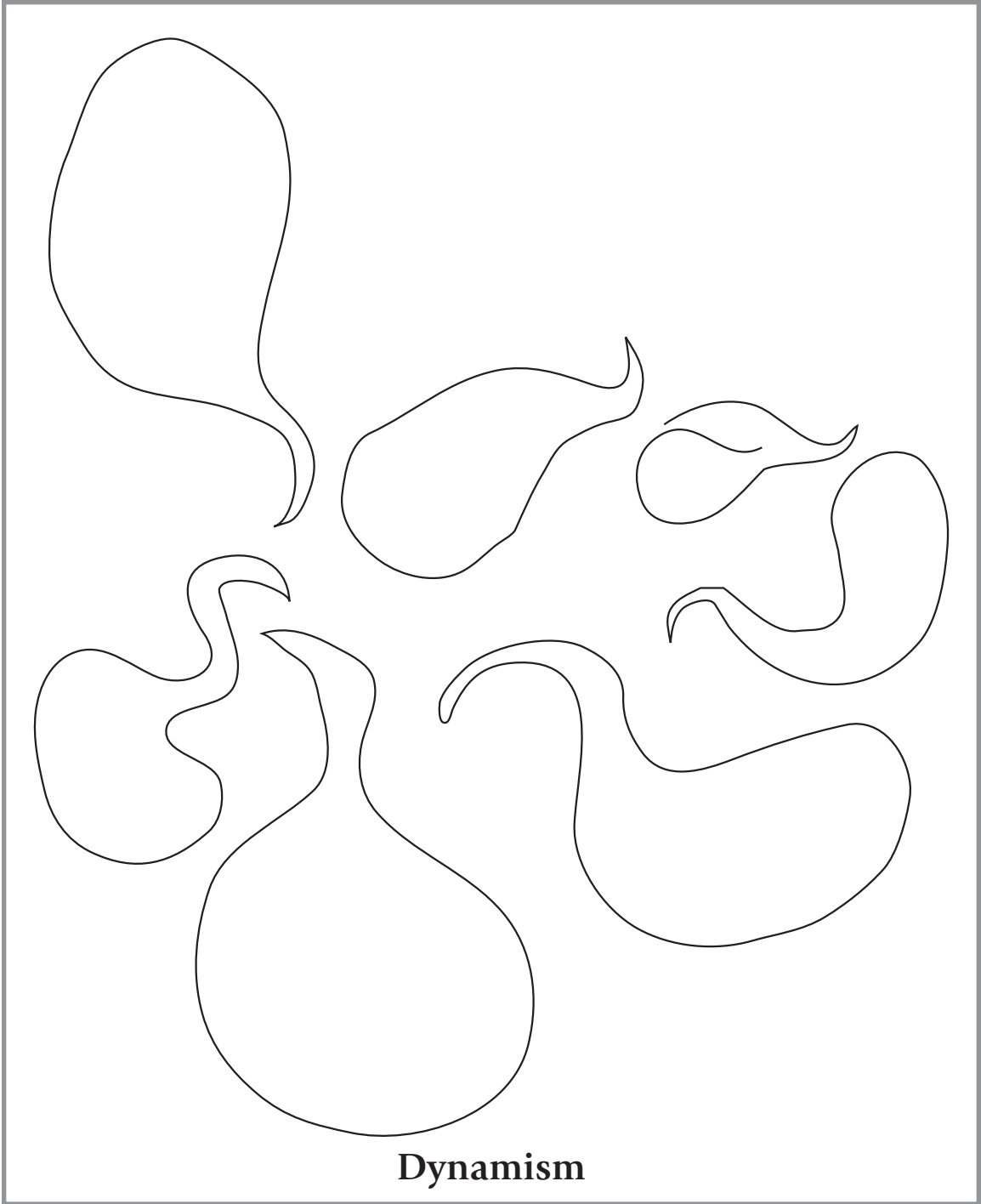
Generation

Give a child a treasure chest—yourself.



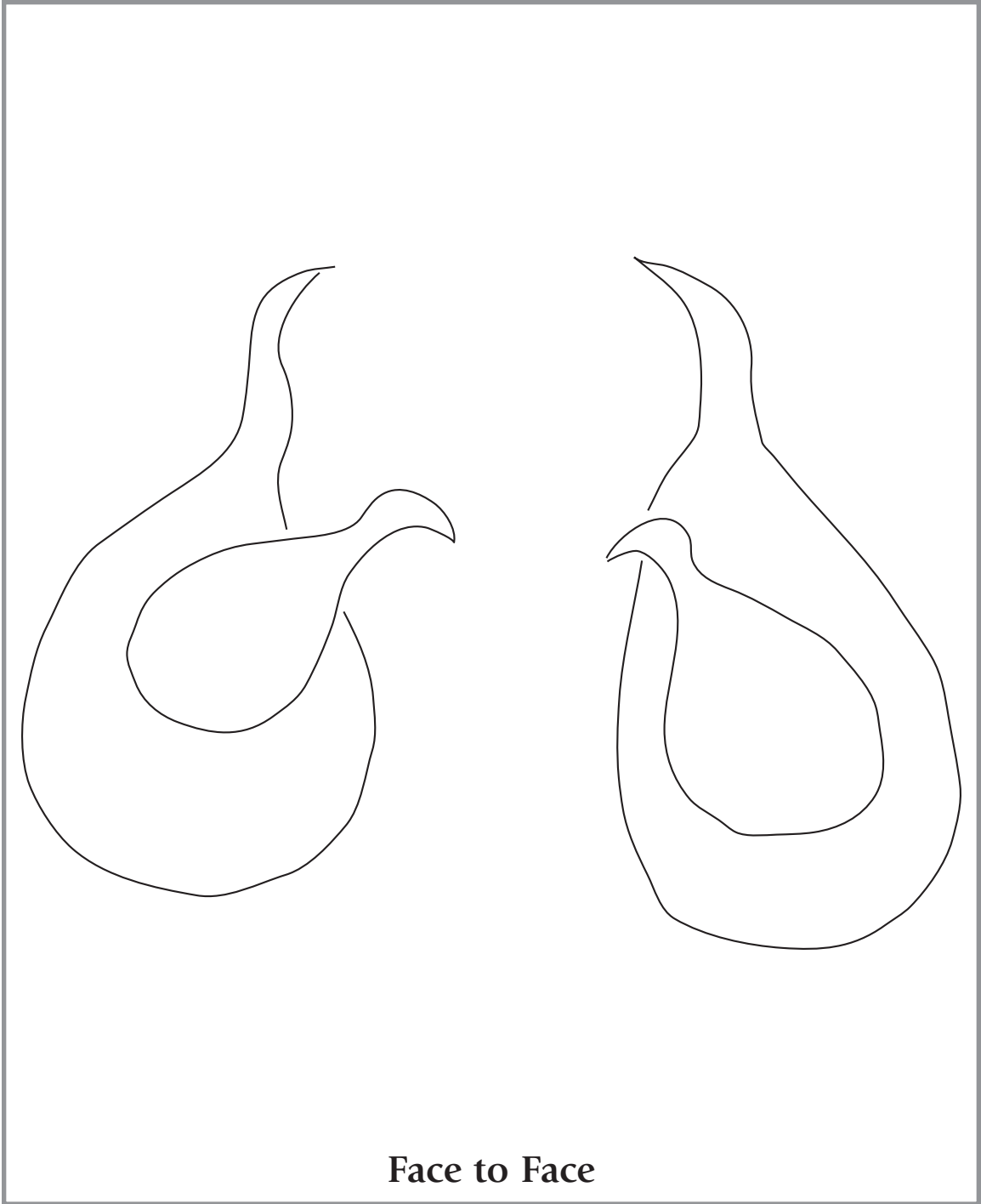
Birthing

Seeding hope delivers realities.

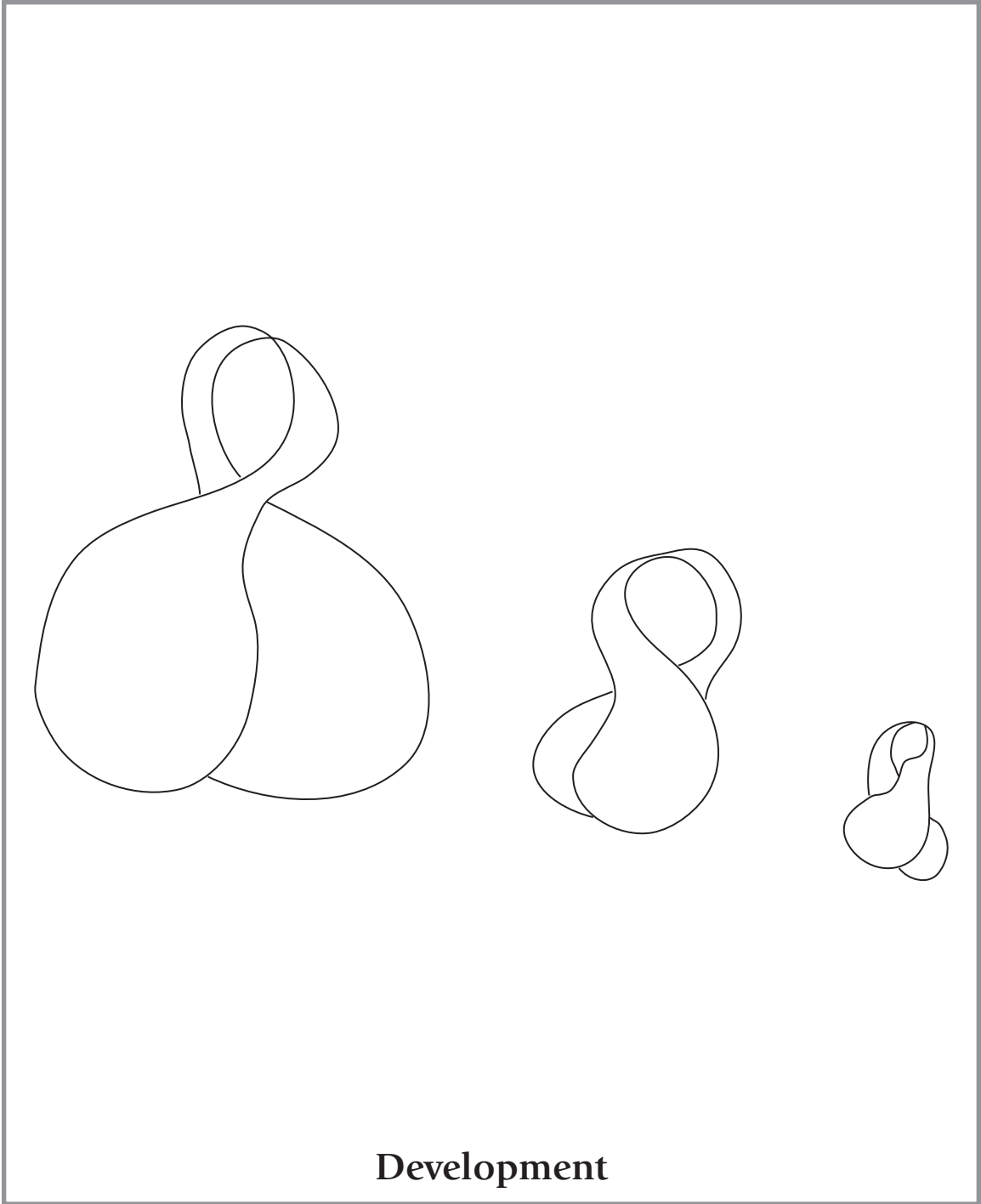


Dynamism

A circle of care is a ring of steel.



Developing a brain is child's play.



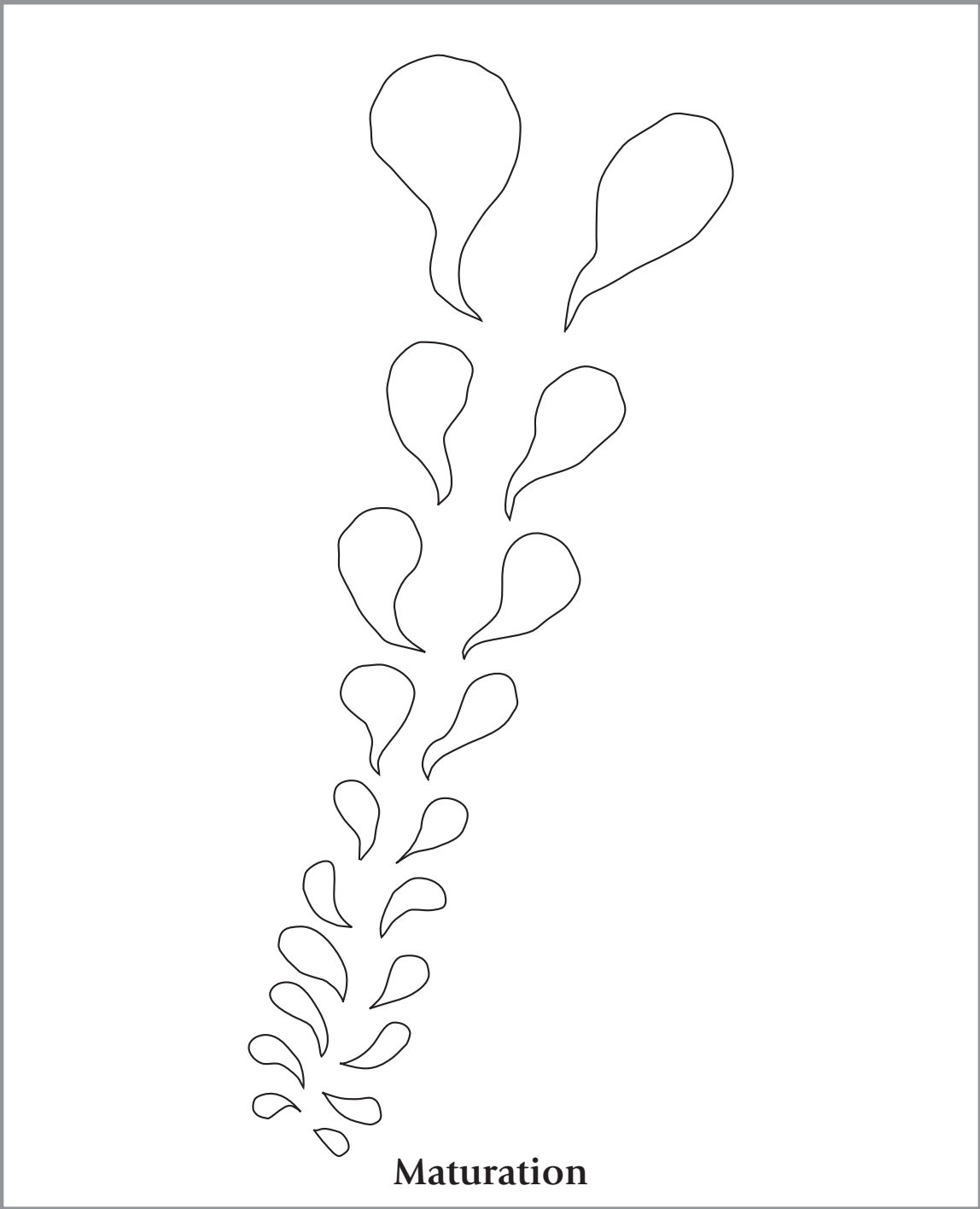
Development

Sticking together glues growth.



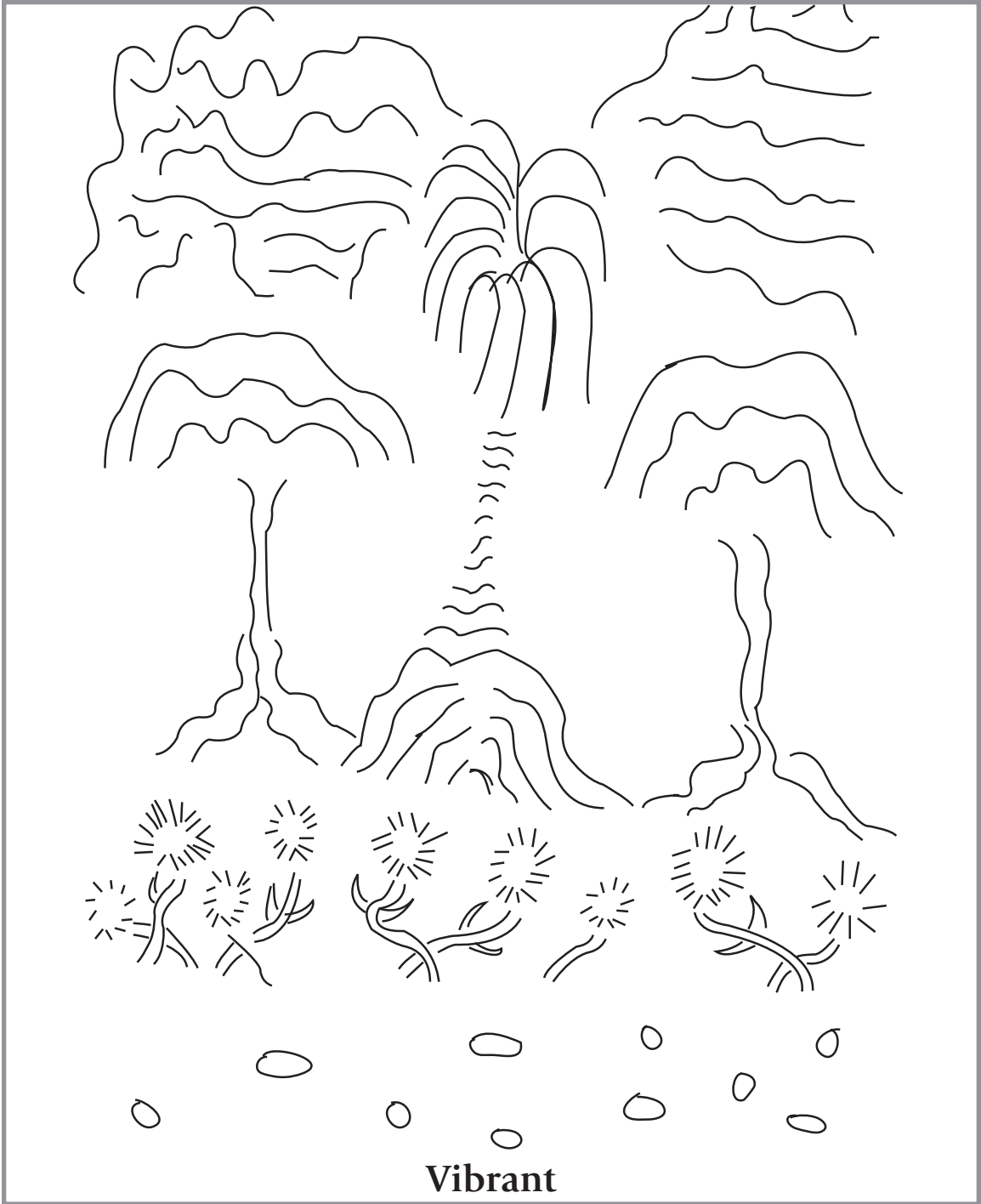
All in one

Tears are tomorrow's joys.



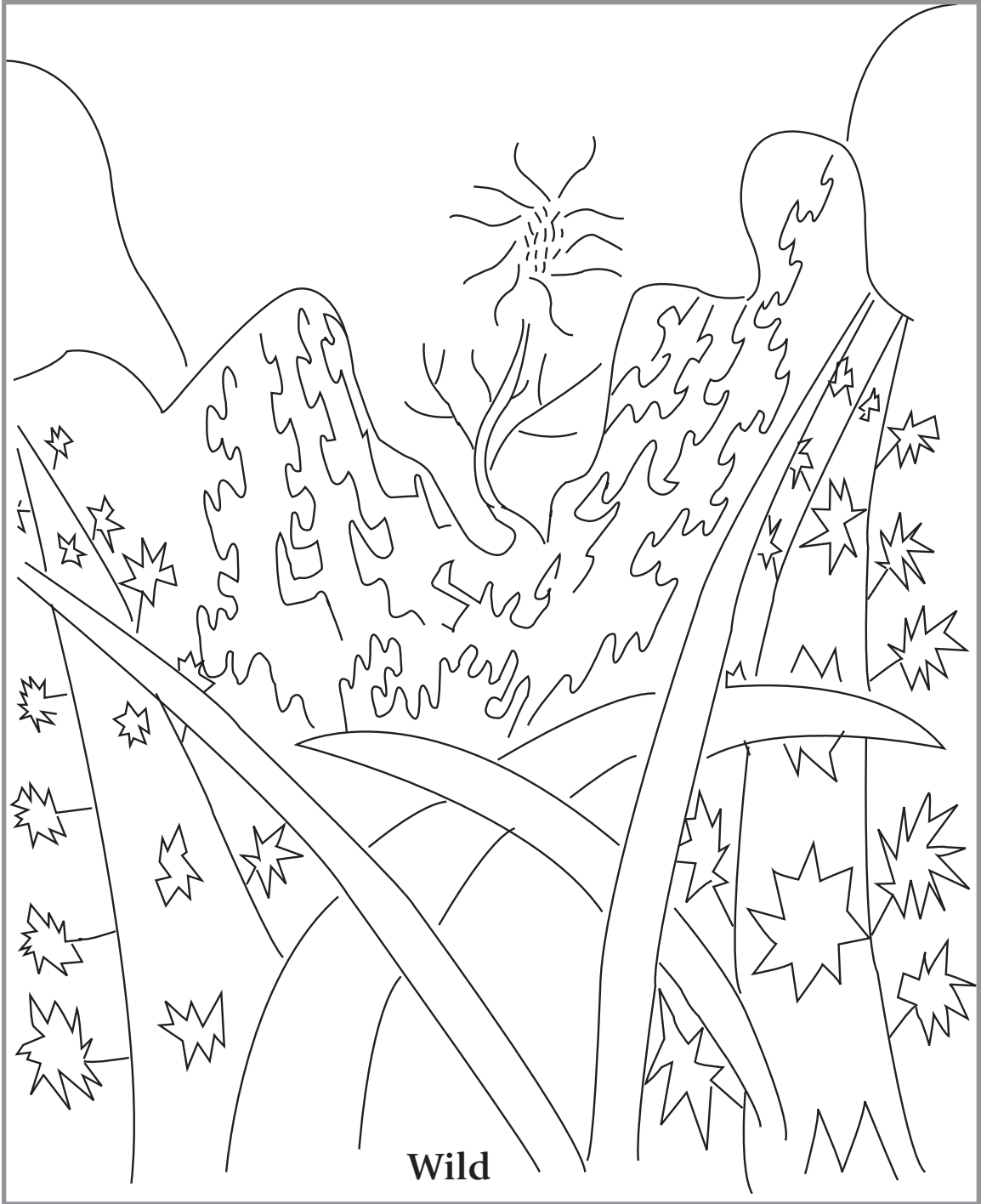
Maturation

Small steps lead to increasing footprints.

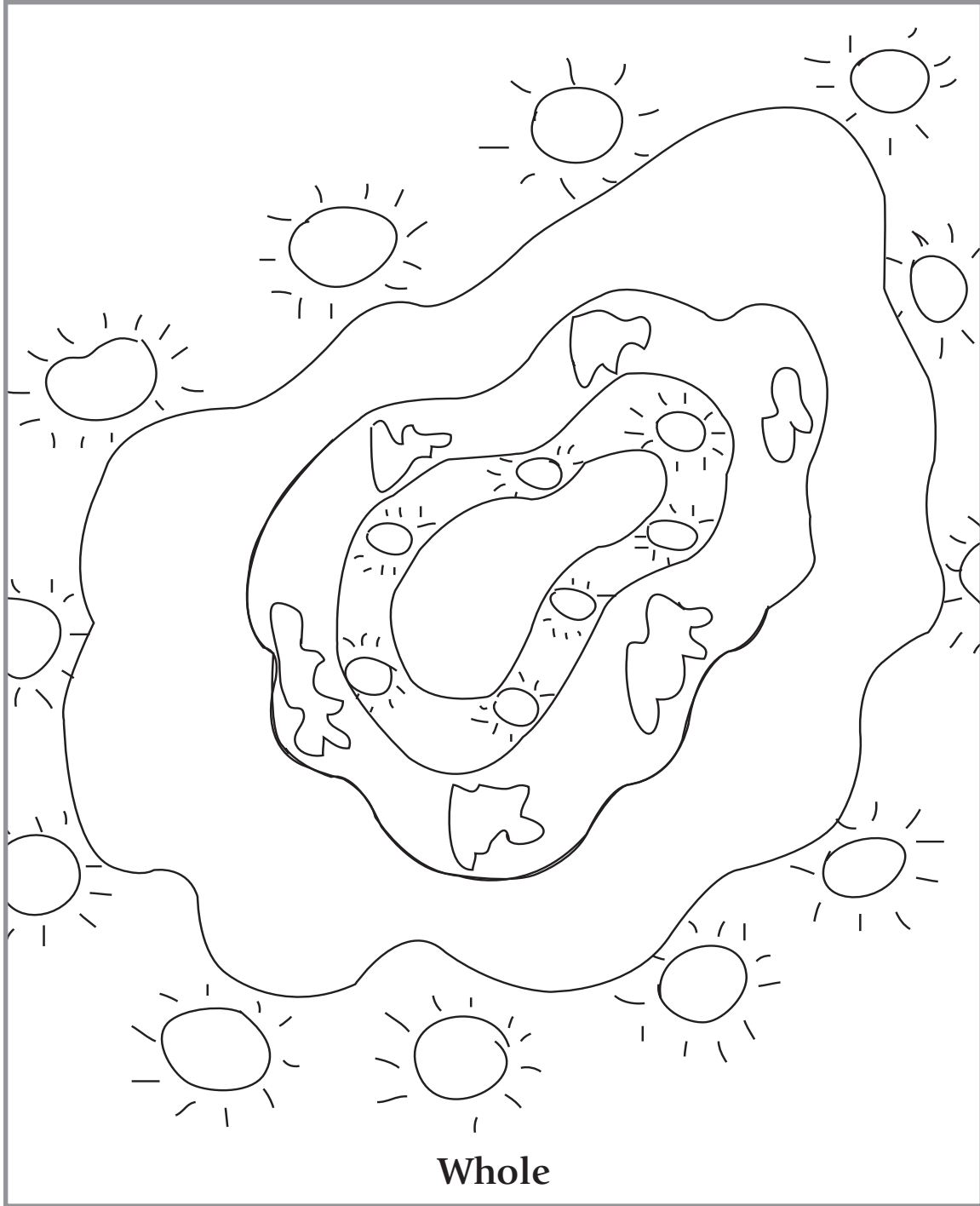


Vibrant

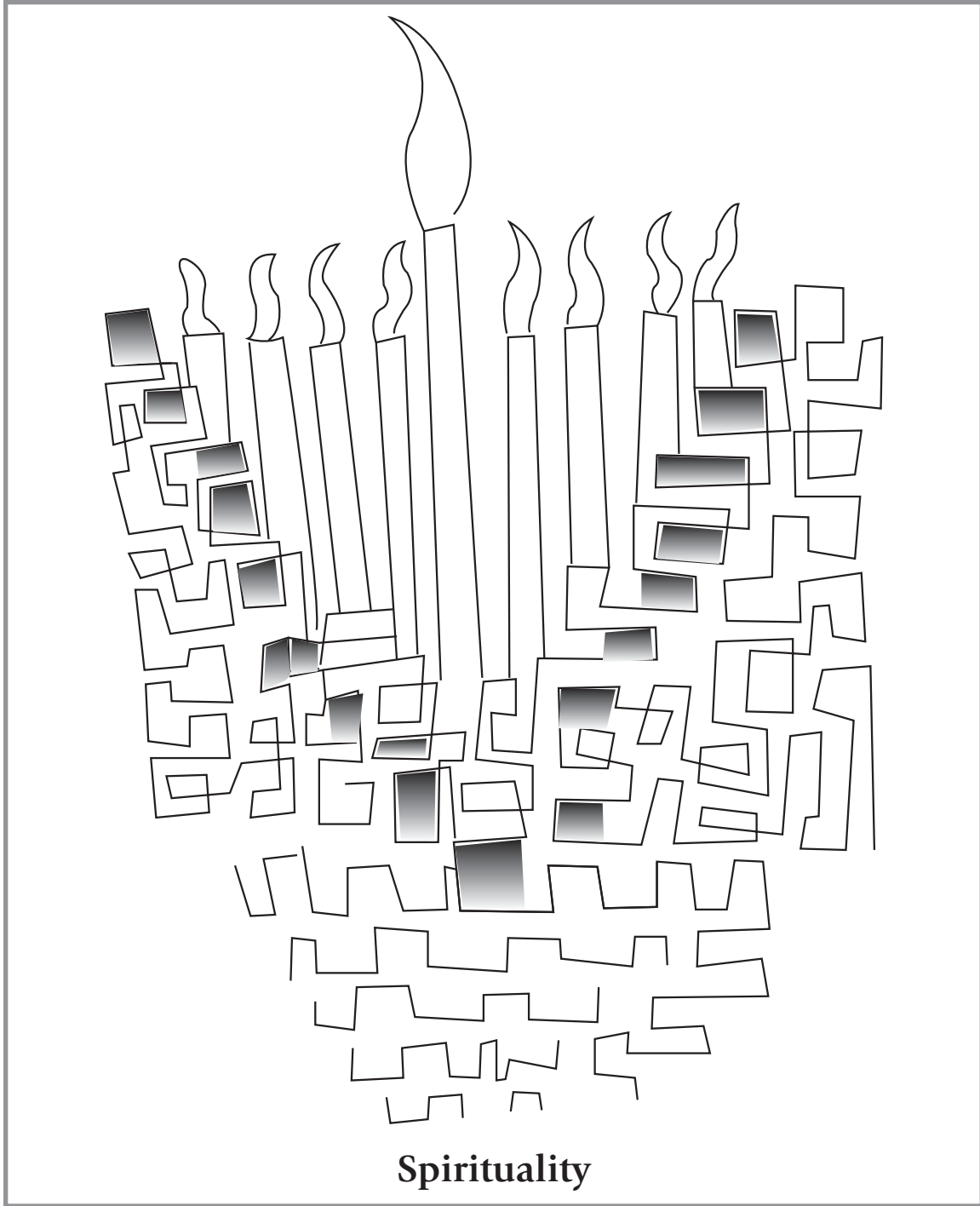
.....
Duress? Wilderness.
.....



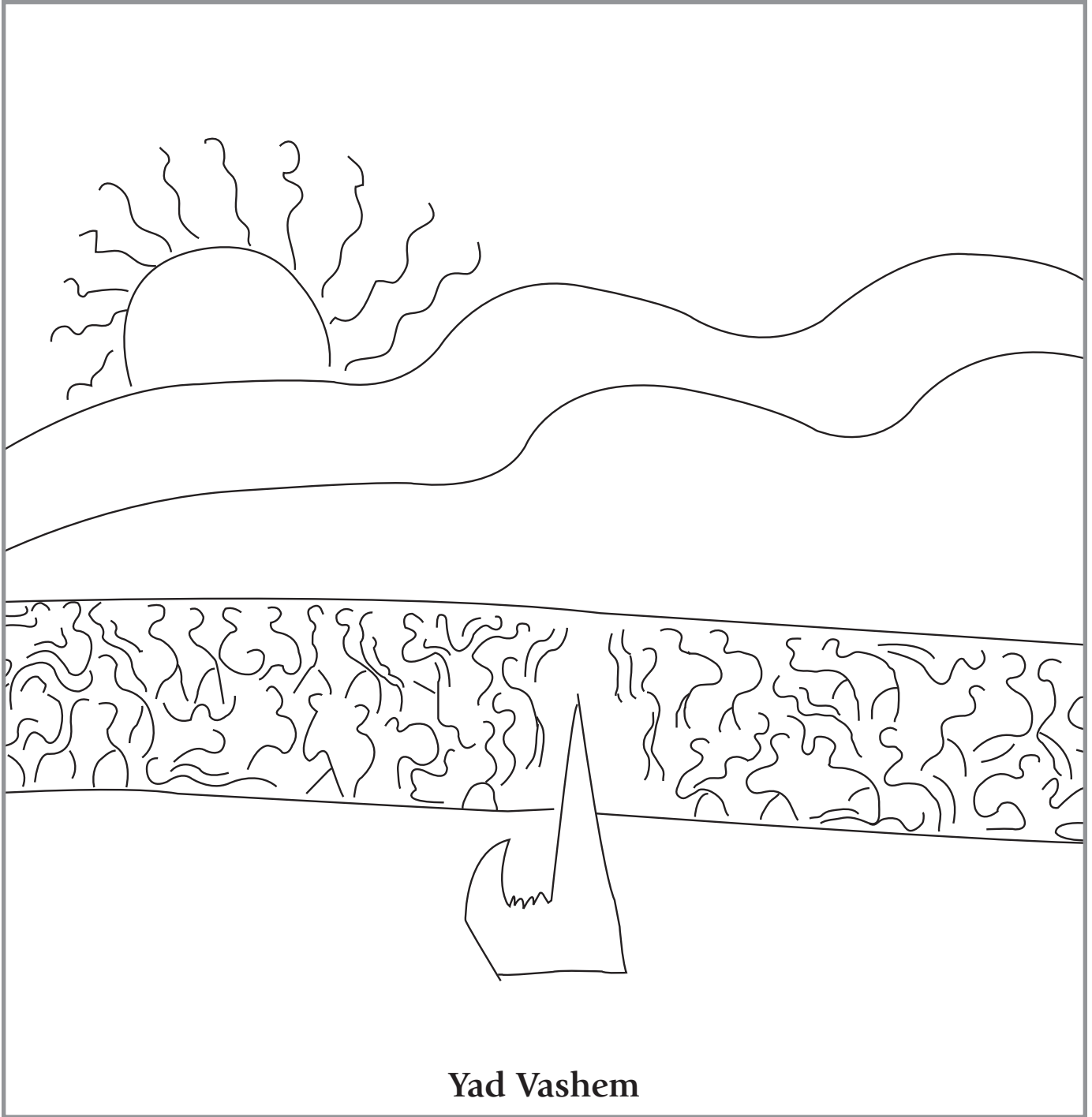
Beauty is in the wise of the older.



One day, religion will catch up to spirituality.

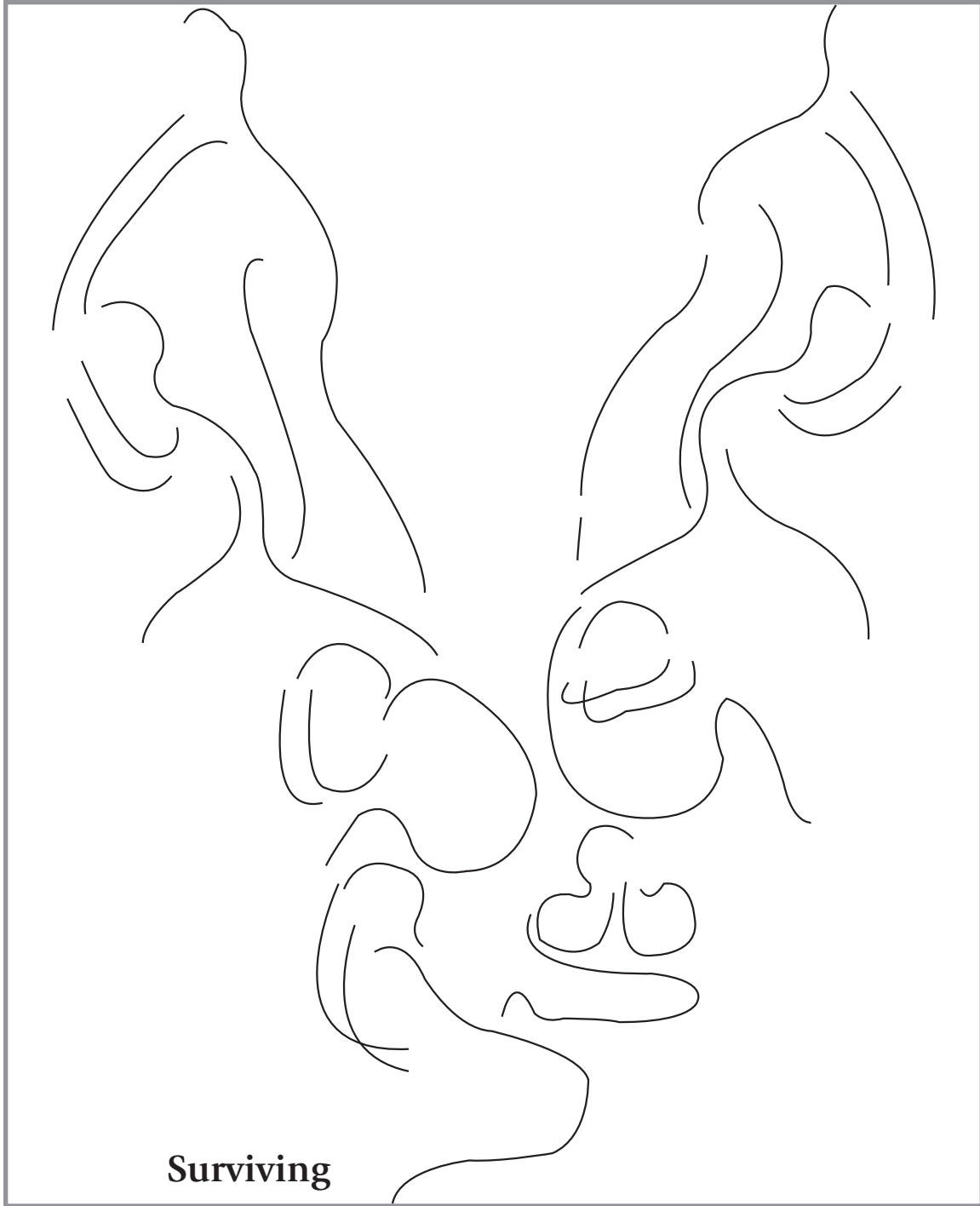


Excluding others blocks one's path.

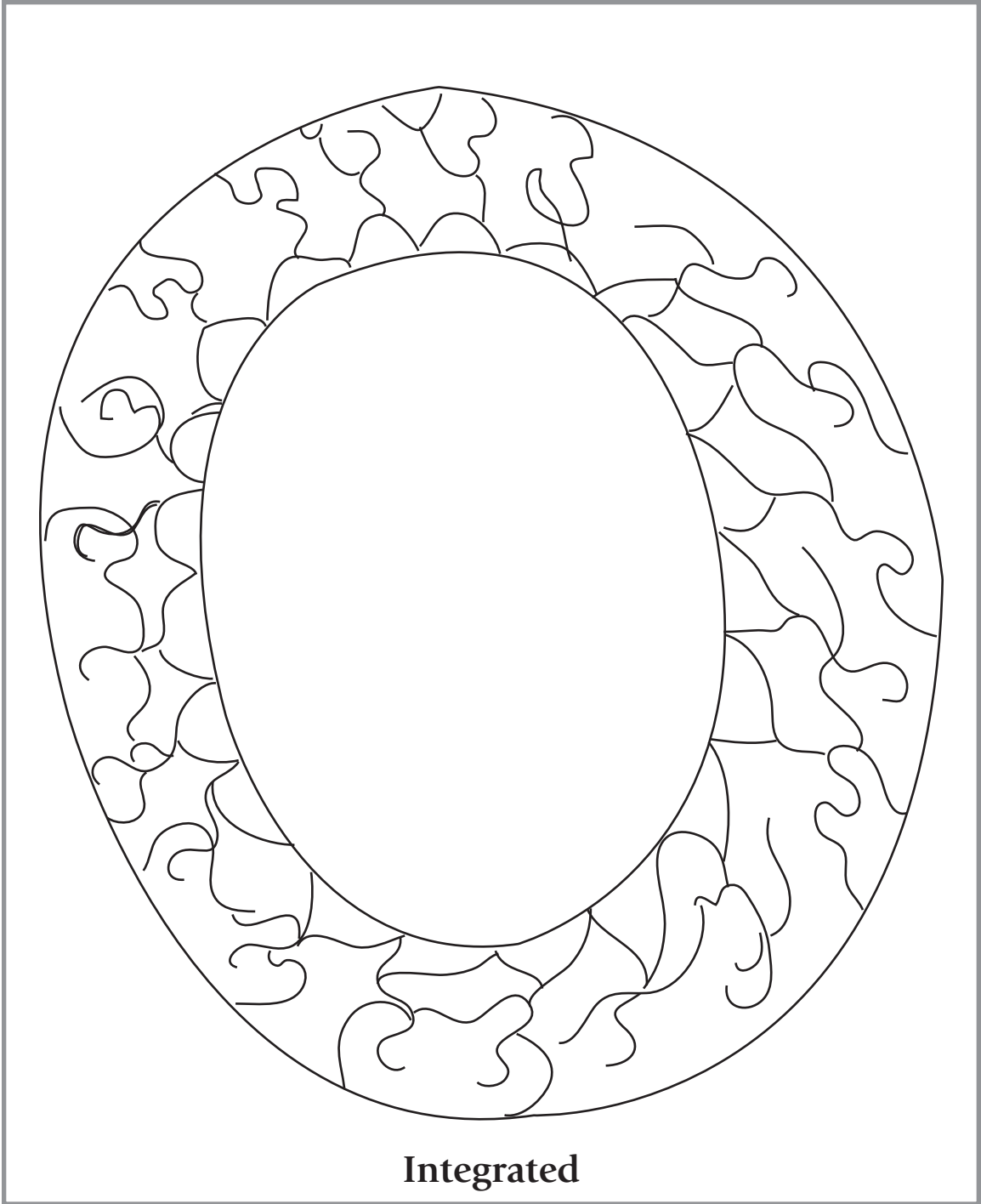


Yad Vashem

.....
Their children cannot help yours
if you do not let them be born.
.....

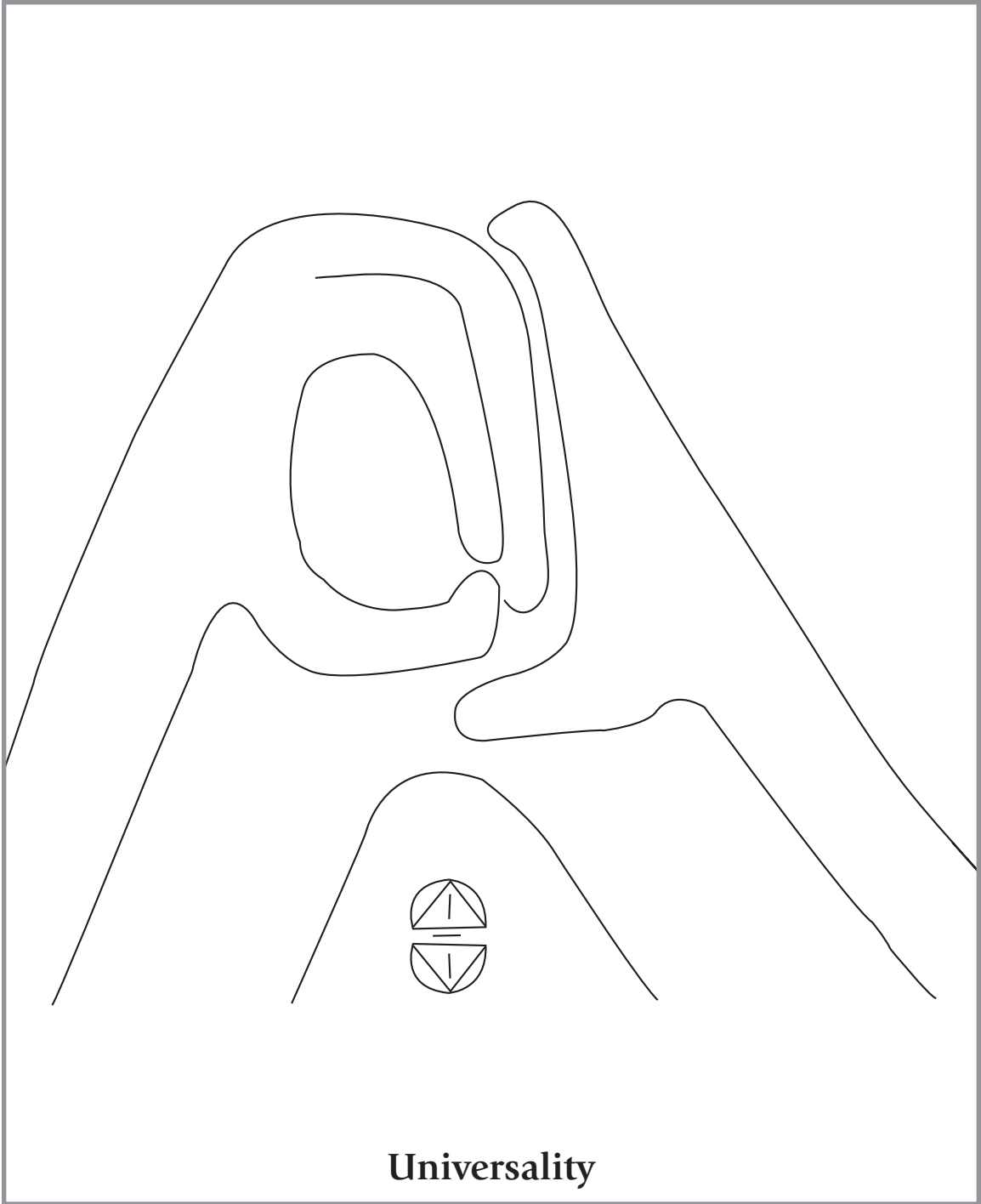


Tragedy is part of life, except when life creates tragedy.

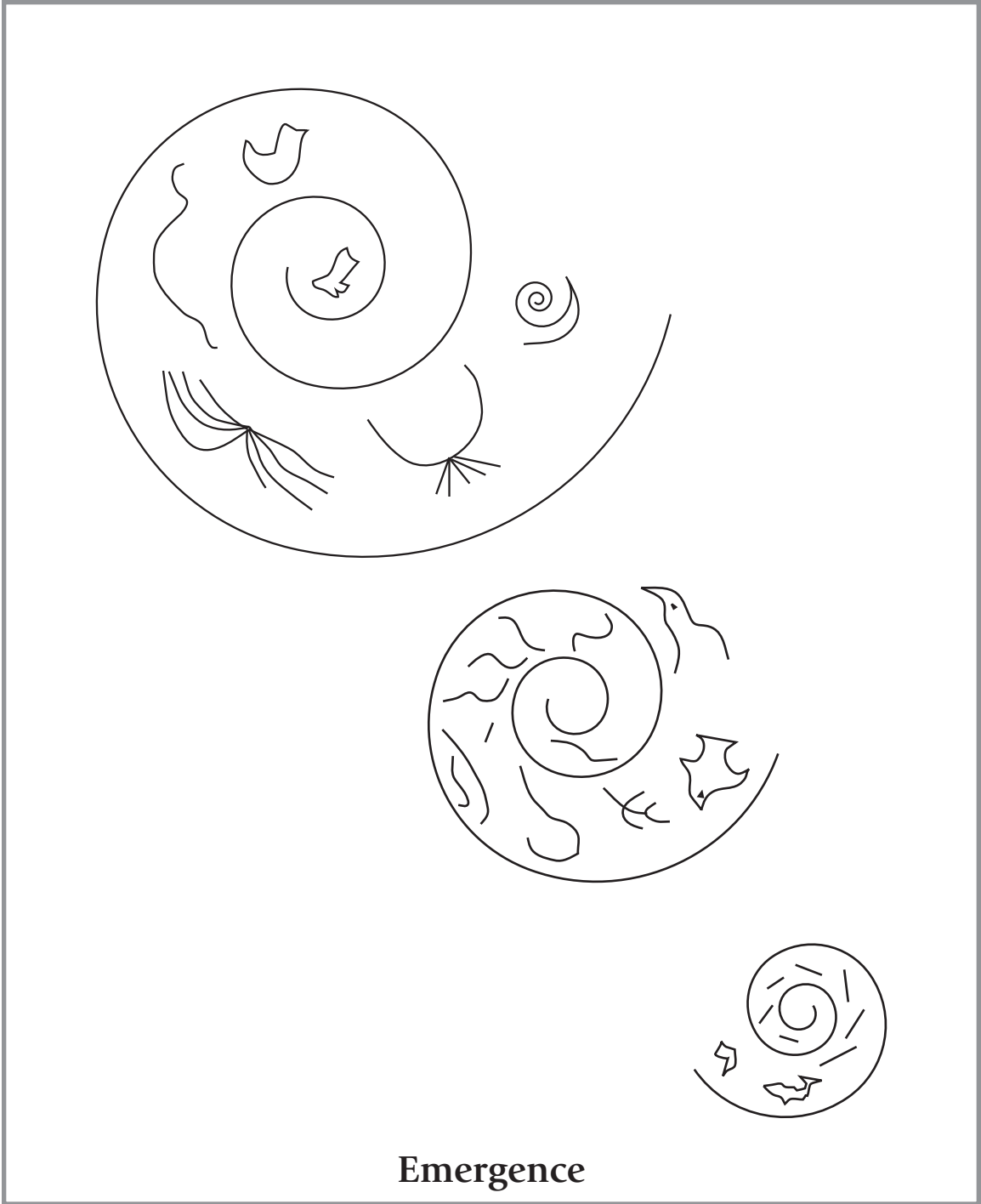


Integrated

People in a circle are equally close to the center.



As we walk through the valleys of hope,
we are our guides.



Accepting mystery enhances discovery.

Humans Have a Good Side—It Has to Become Their God Side.

The hardest work is the one at home.

*Honesty frees the self.
Honesty is a free good.
Use it freely.*

Lying is a bad idea, and a worse action.

Resolve helps solve.

Dignity is learned and earned.

*To encourage receiving respect,
be an equal opportunity employer of it.*

*Everyone is born equal—with
differences to be respected.*

*Liberty should be more than an ideal—it
should govern a way of life that we make ideal.*

Democracy is philosophy.

*Democracy lets people choose their ruling political
party, but people should never be left to choose
whether there should be democracy.*

Persecution kills—the psyche of those who persecute.

Transcendence goes only as far as our kindness allows.

Take advantage of opportunities, not people.

*Empathy is
sympathy is
sensitivity is
responsibility*

Generosity is the opposite of grandiosity.

Caring is for sharing.

Give the most priceless charity—a good heart.

Goodwill starts with good will.

Compassion should be our passion.

Mercy deserved should be mercy given.

*Grace helps us rise above
when we help others rise above.*

*Help should not be what we do to others when
called, but what we do to others before called.*

*Charity begins in the home,
in the street, in the shelters, in the ...*

Fairway is to golf as fair way is to bridging the gulf.

All is never lost when hope remains.

Finding oneself means seeking the other.

*Under the quietest of waves
roils the greatest of currents.*

*One thing at a time well done
is better than many parallel blunders.*

We are the spire to which children aspire.

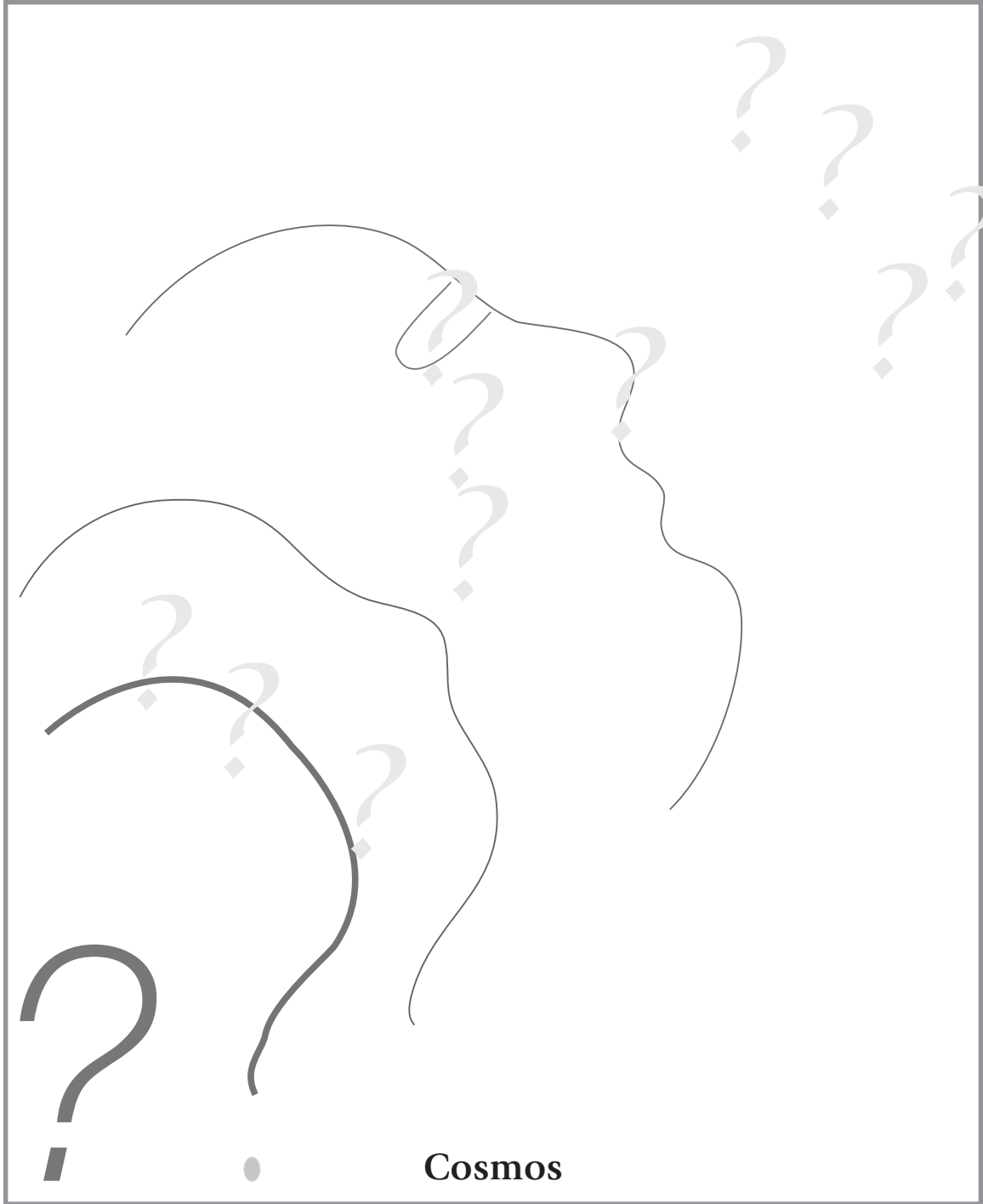
Chapter 39

Spiritual

*Art and spirituality go together.
In each of these existing essences
is the essence of existing others.*

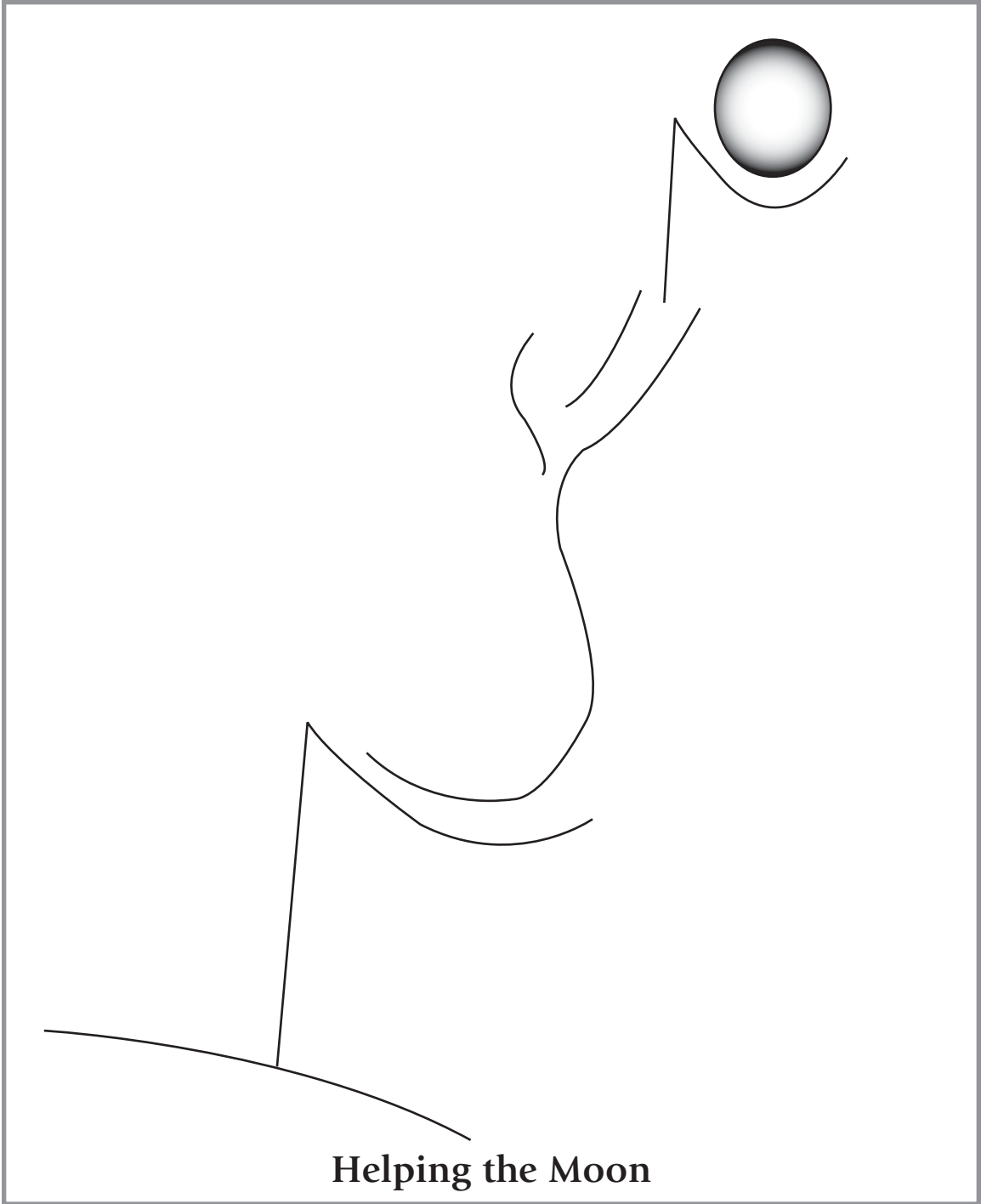


*We are born with art.
However, it can die in us even very early—
when we let it.*

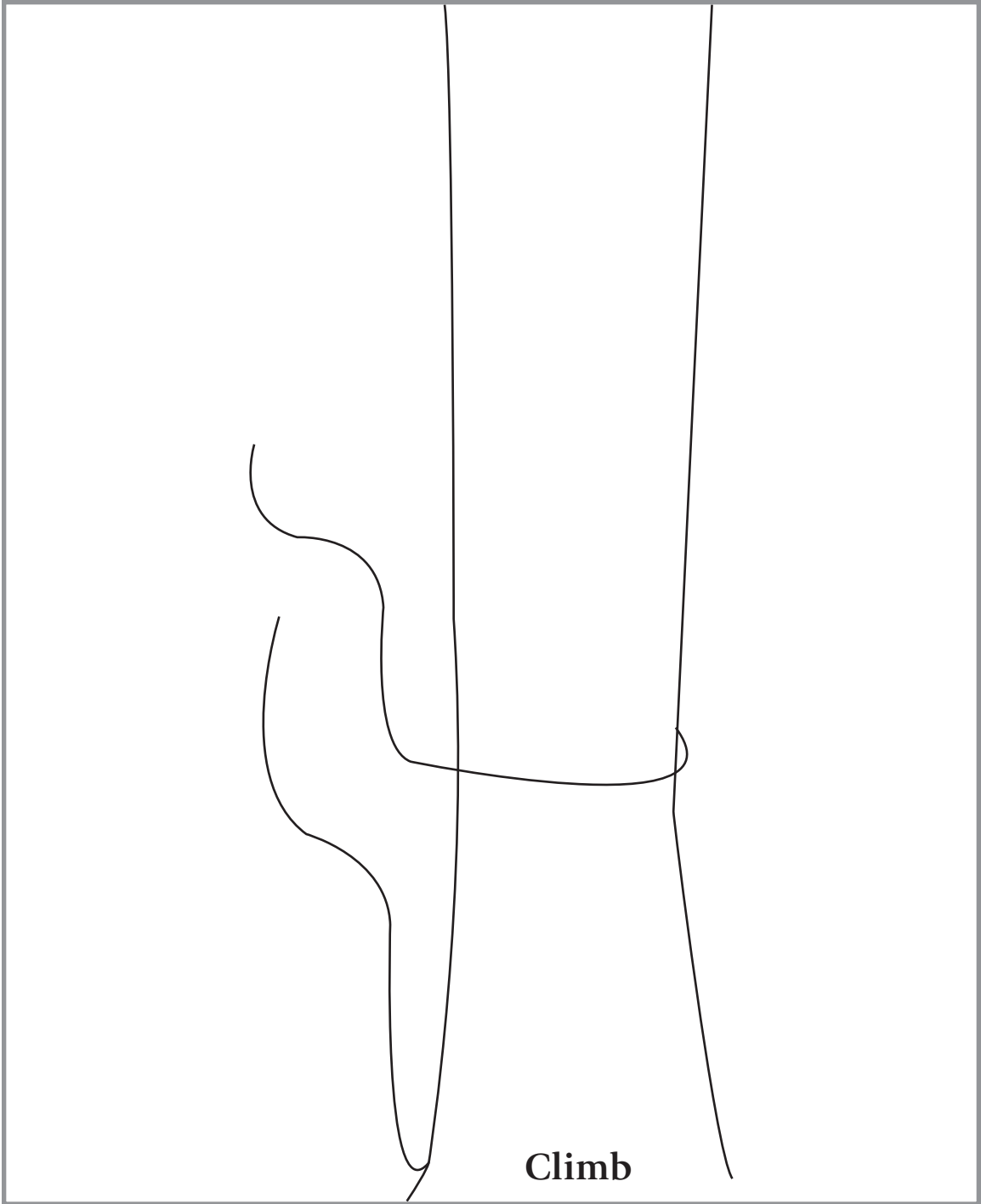


Cosmos

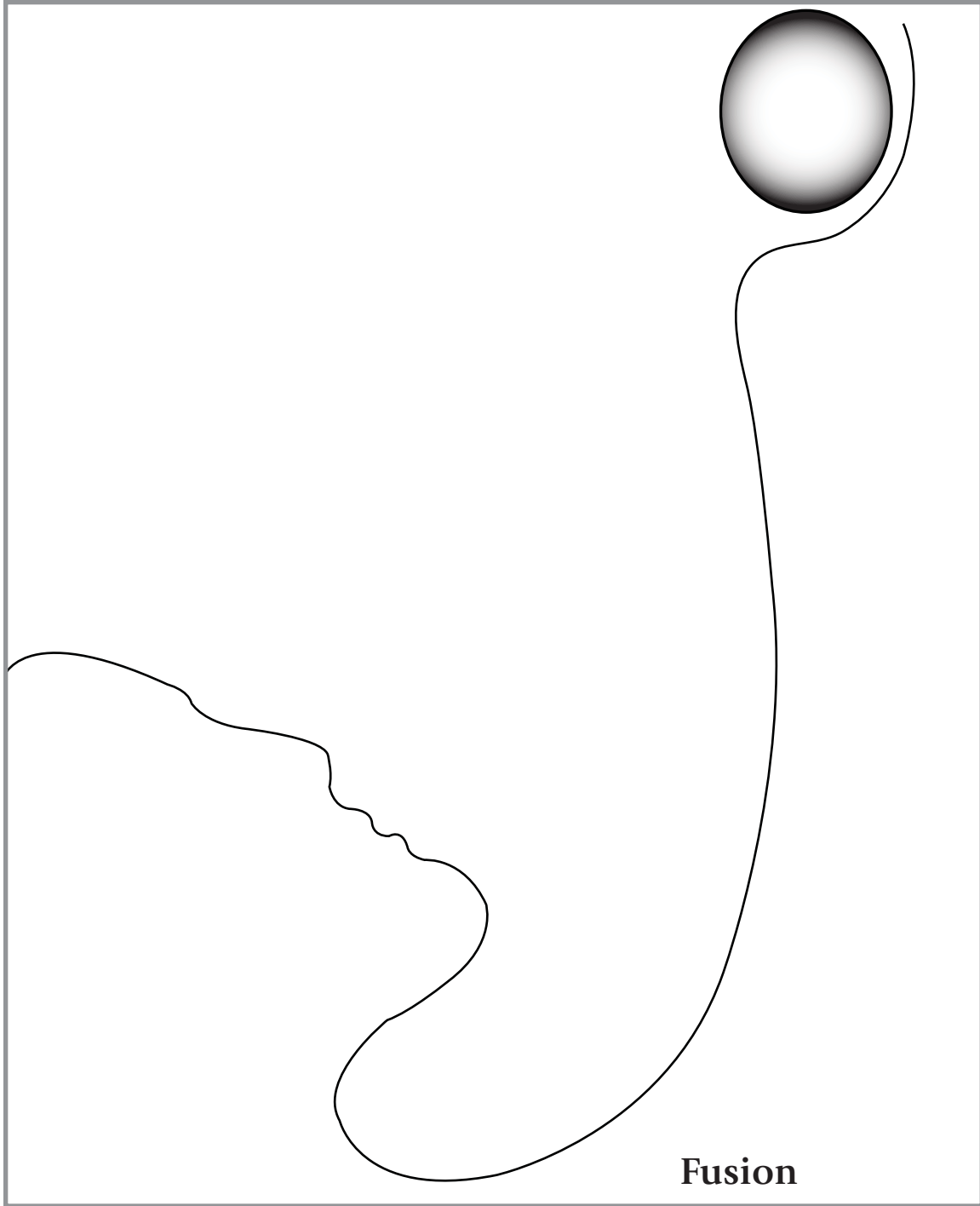
A flood of ideas brings us to higher ground.



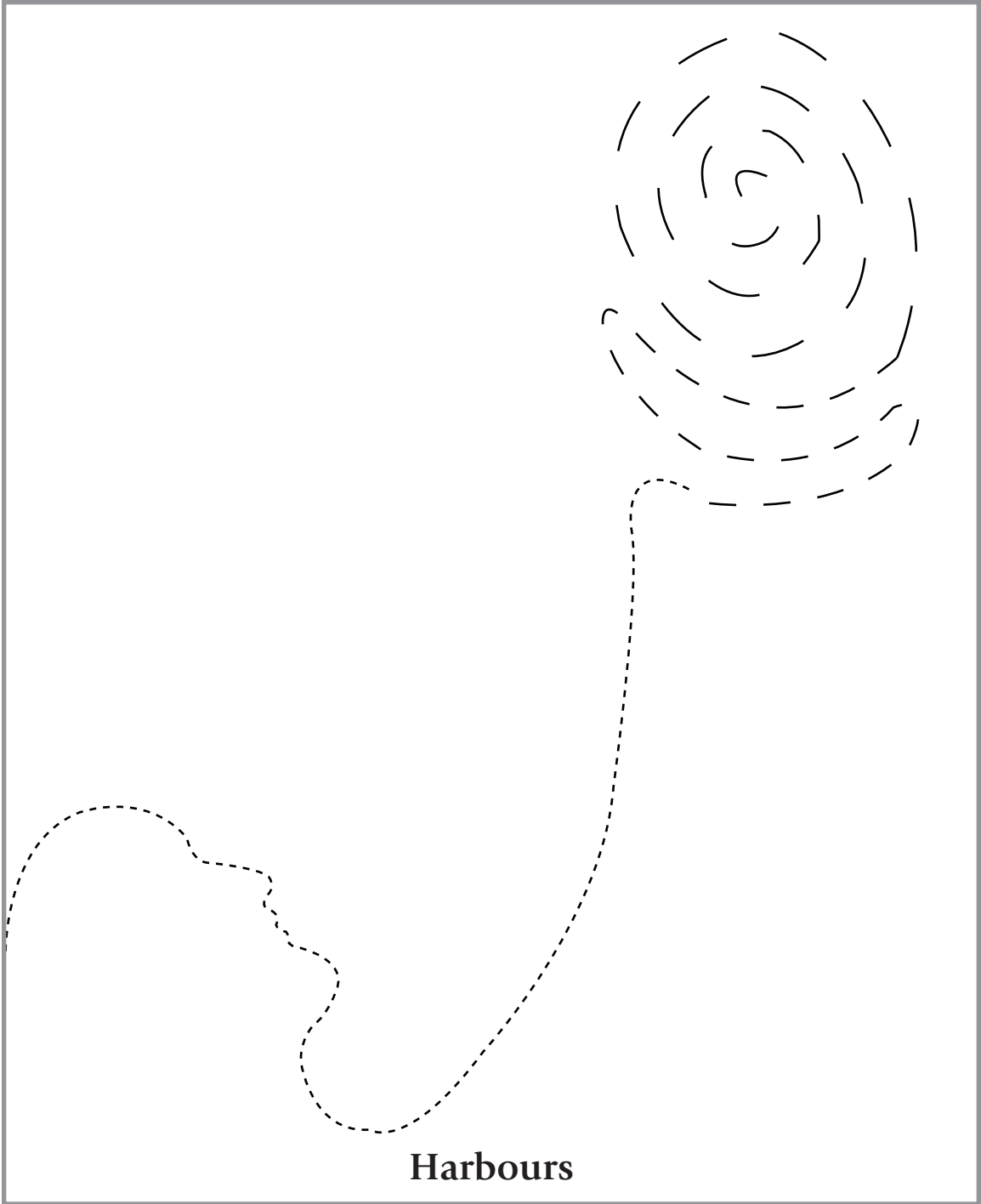
Help is a hold away.



Reality reaches to the horizon.
Spirituality reaches beyond.

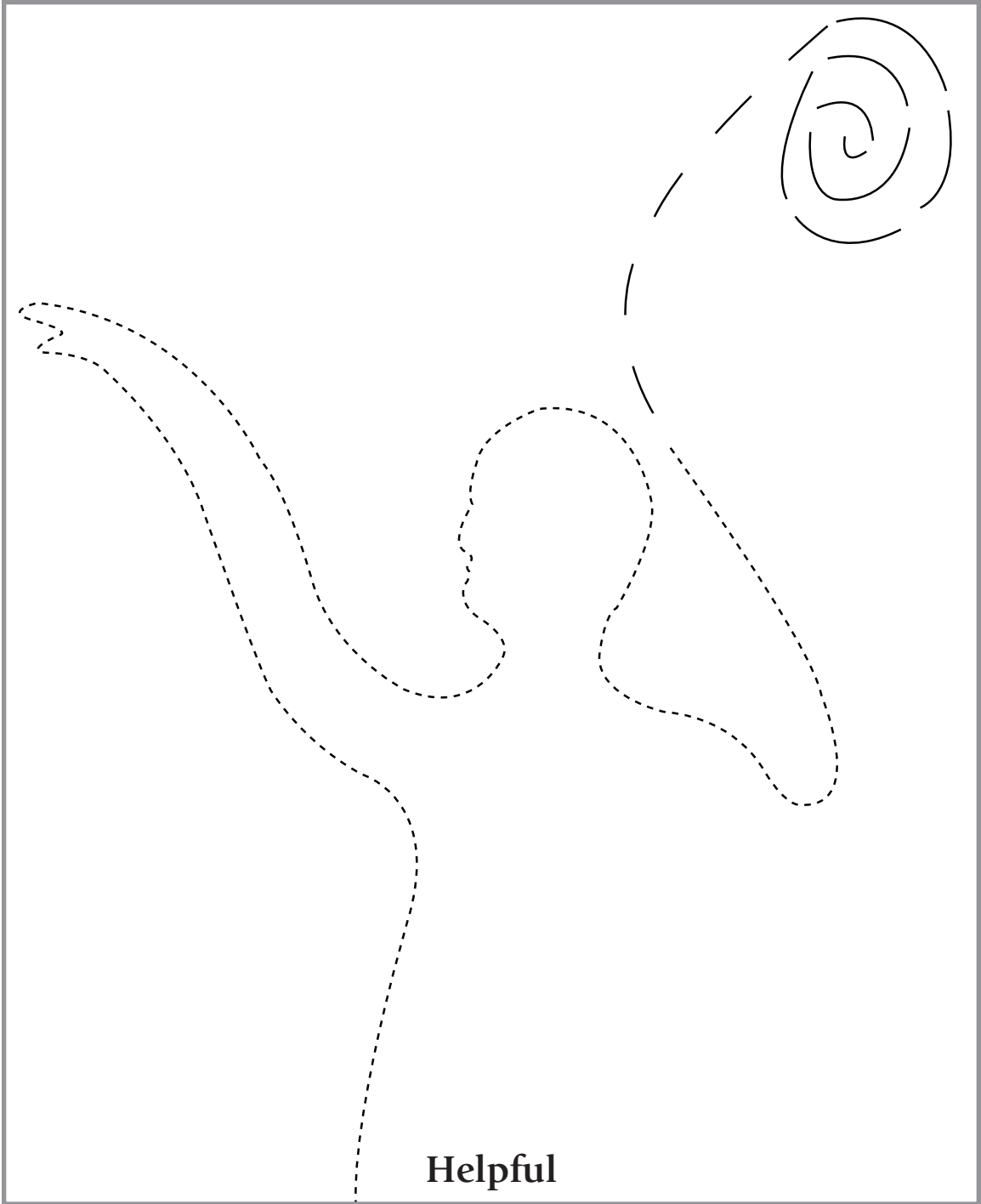


How shall I keep you? Let me be the ways.



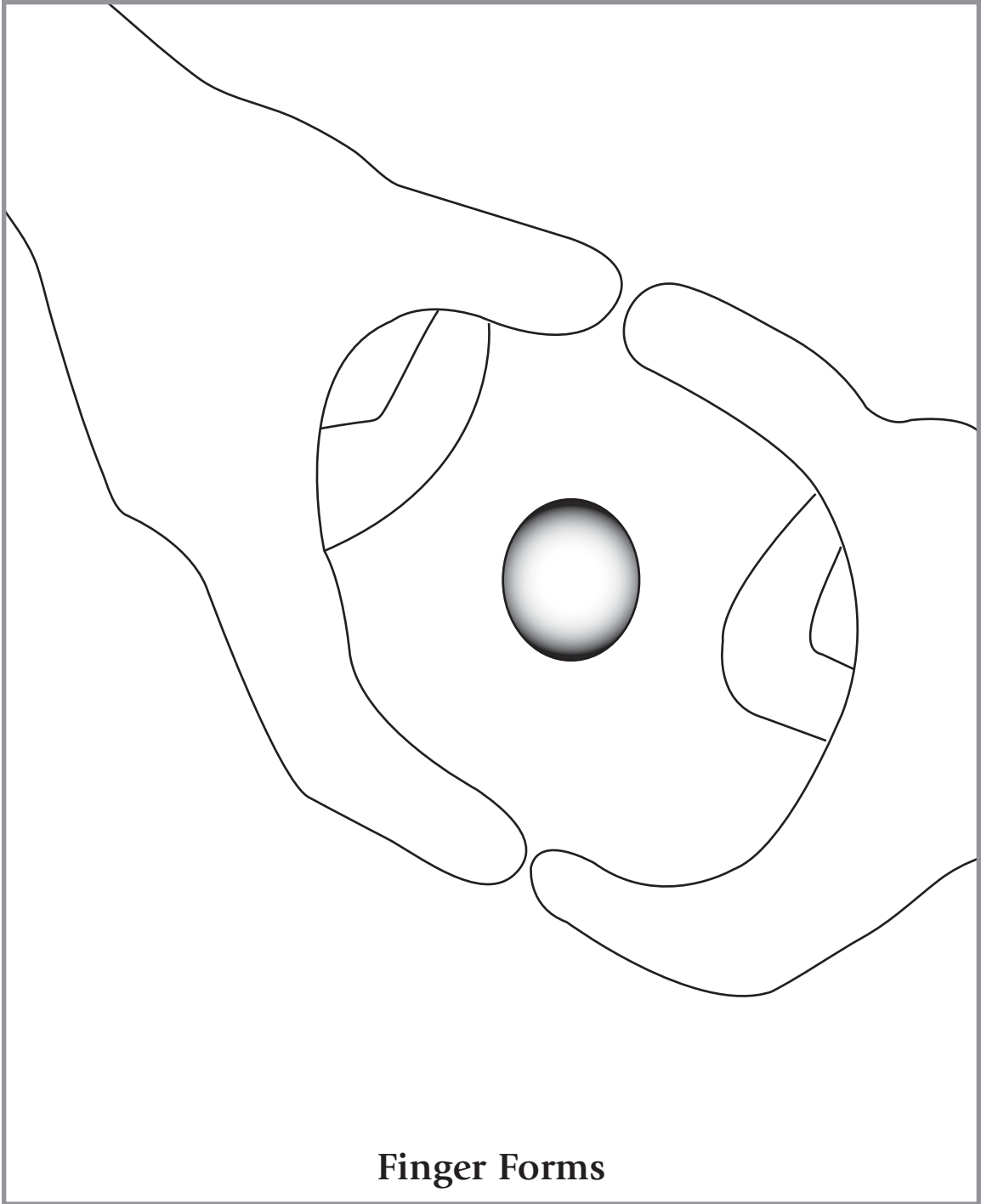
Harbours

Higher spirituality. Higher life forms.



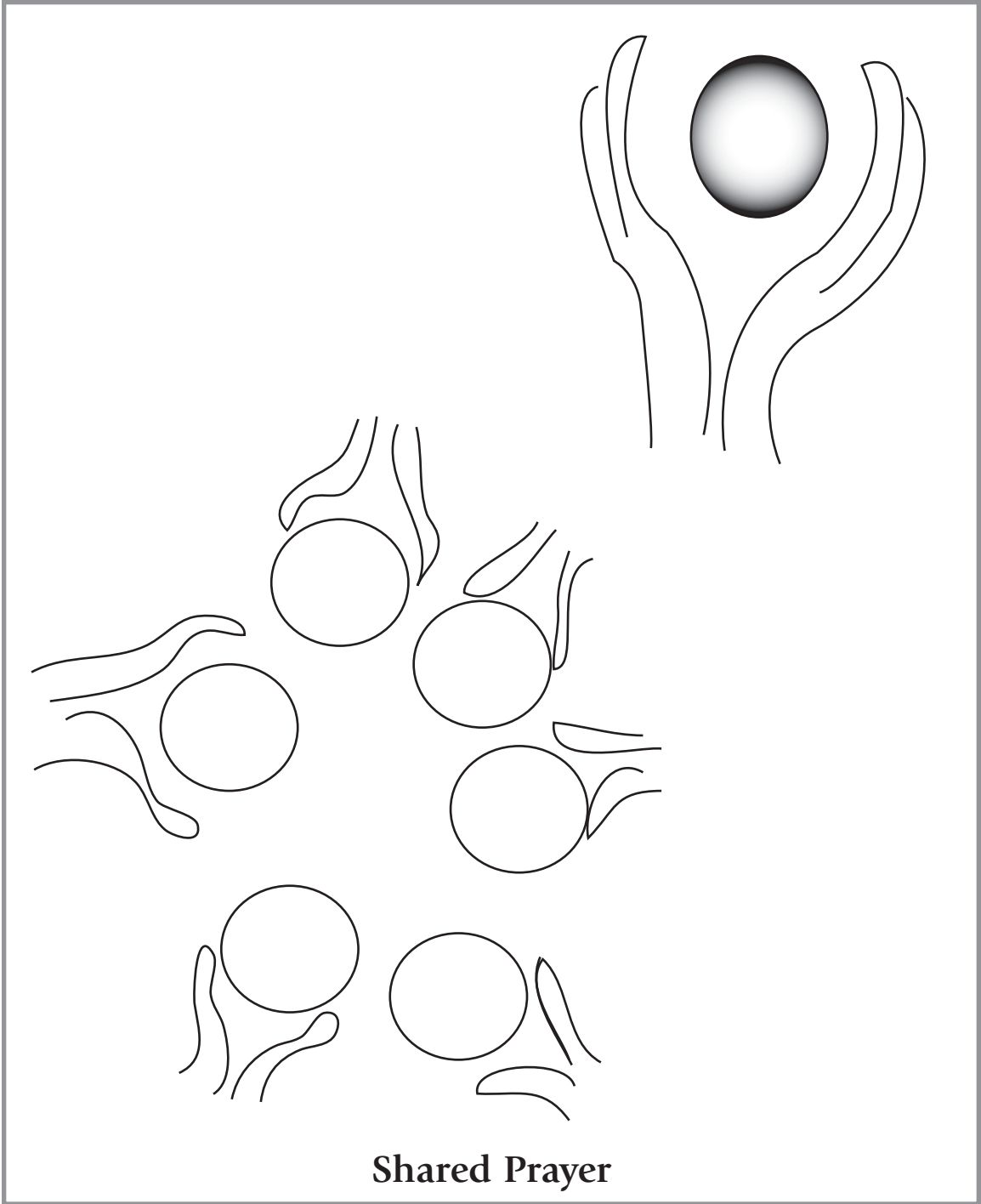
Helpful

Infused. Unfurled.



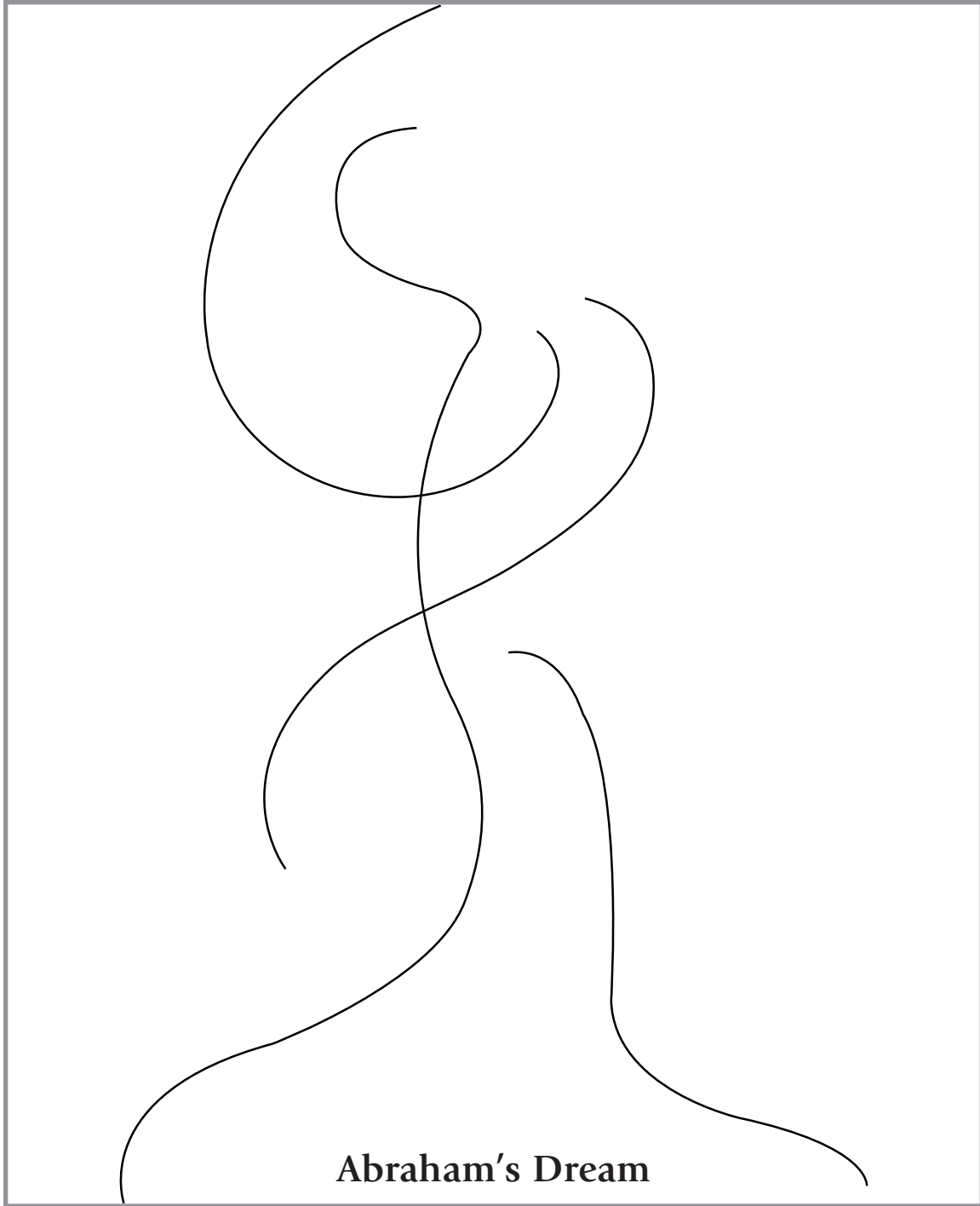
Finger Forms

A tome is but an atom.



Shared Prayer

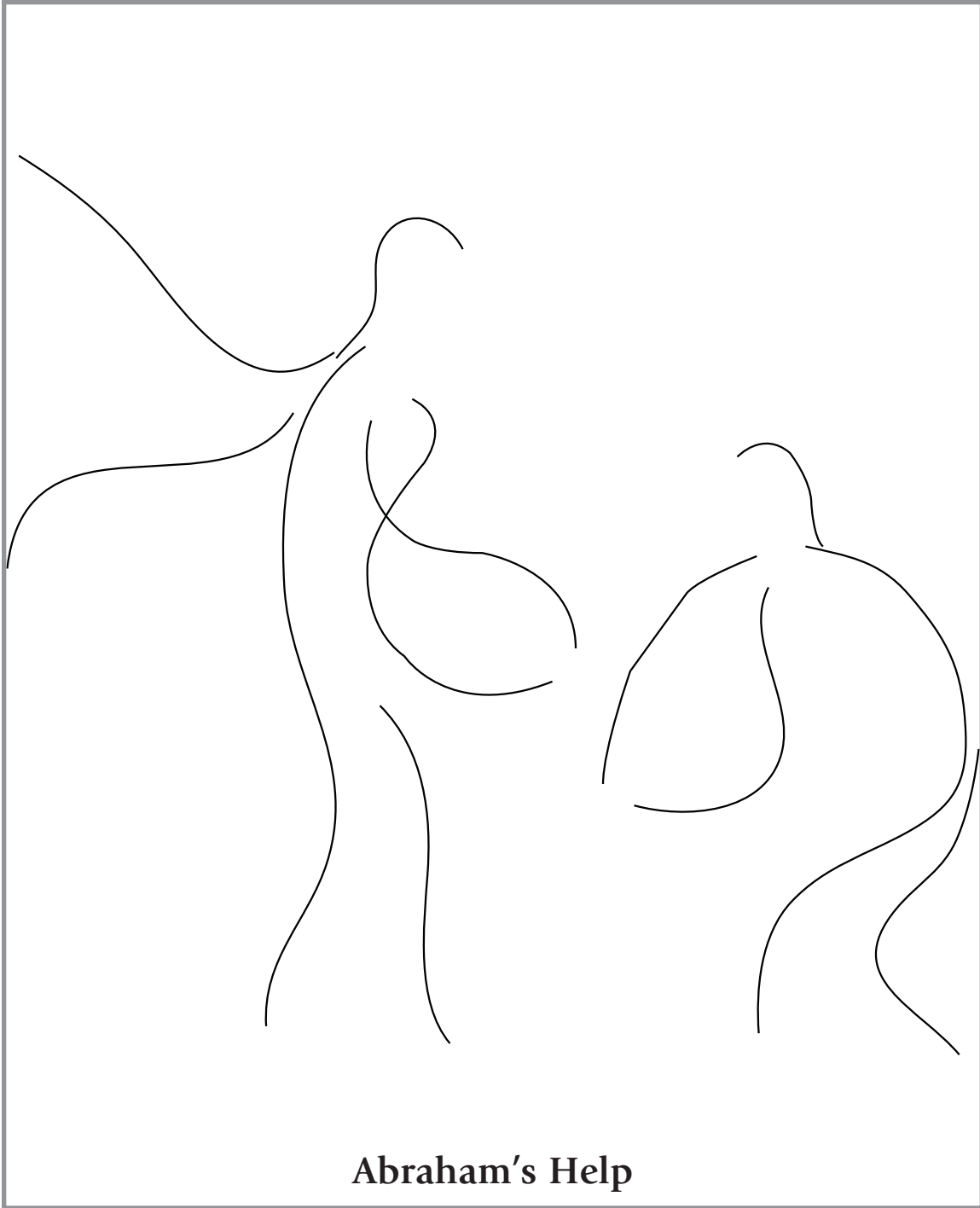
Fusion frees.



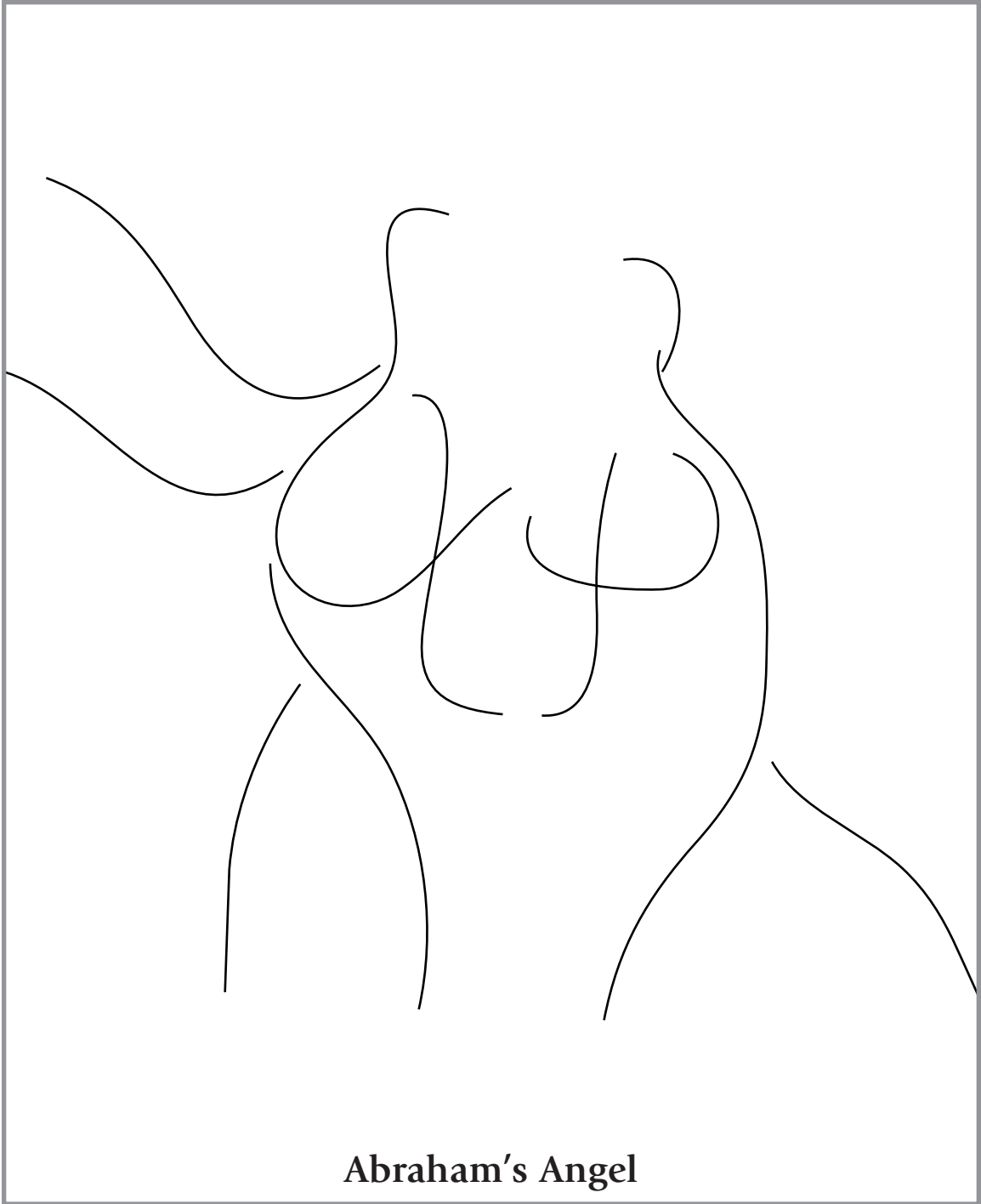
We are all asked to be more, not get more.



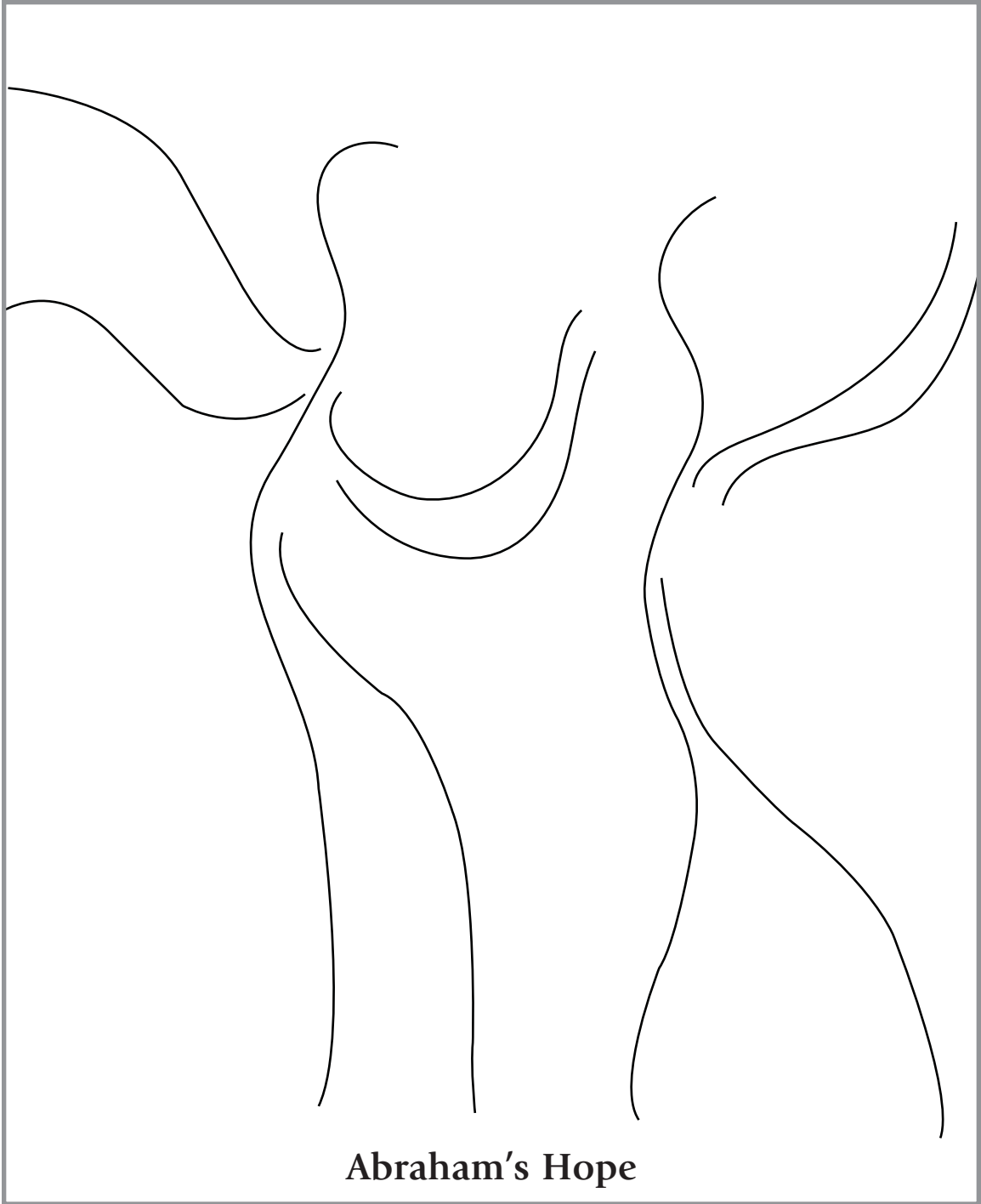
Being more asks more.



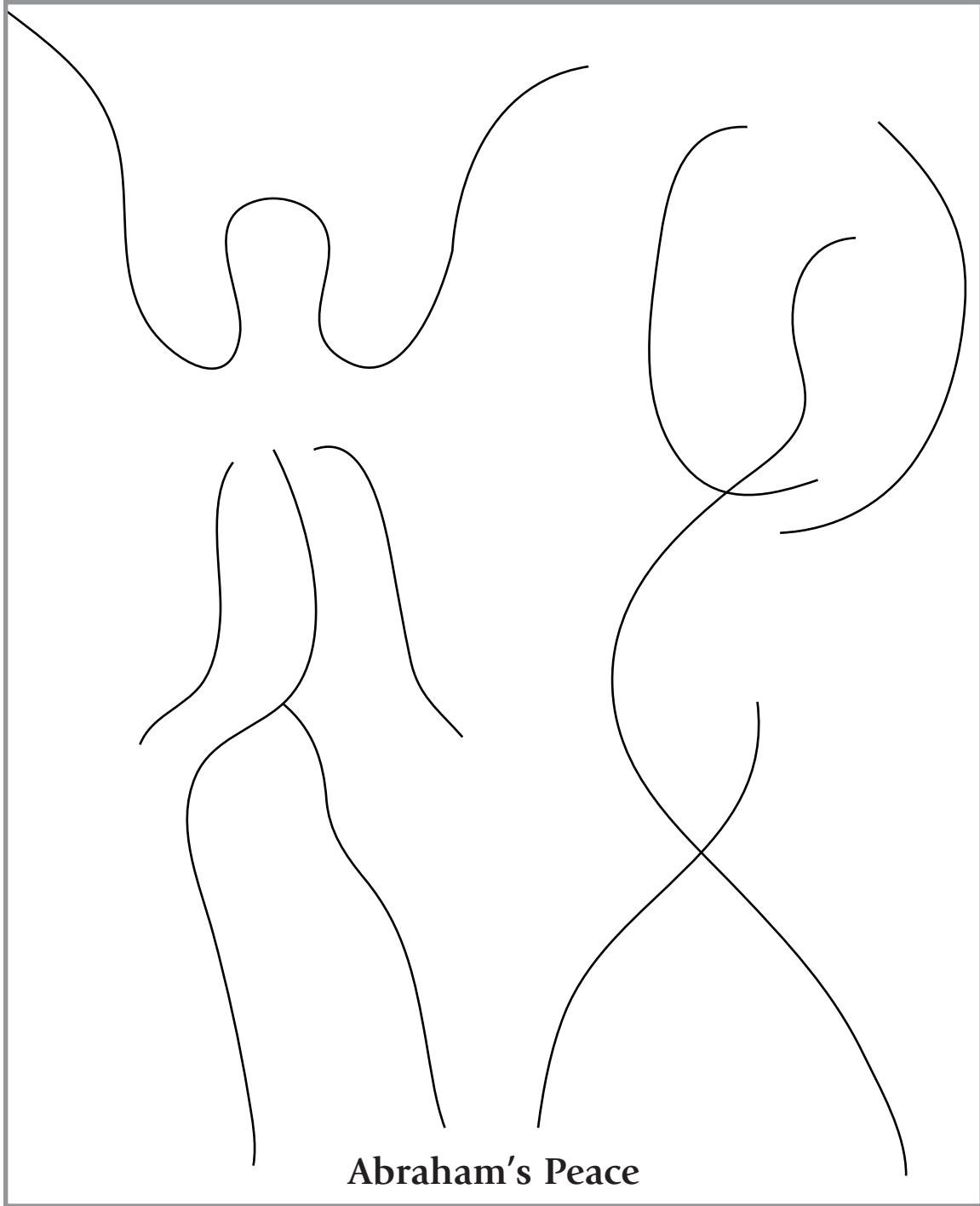
The more I give of myself, the more I give to myself.



.....
Giving is a state, not an act.
.....

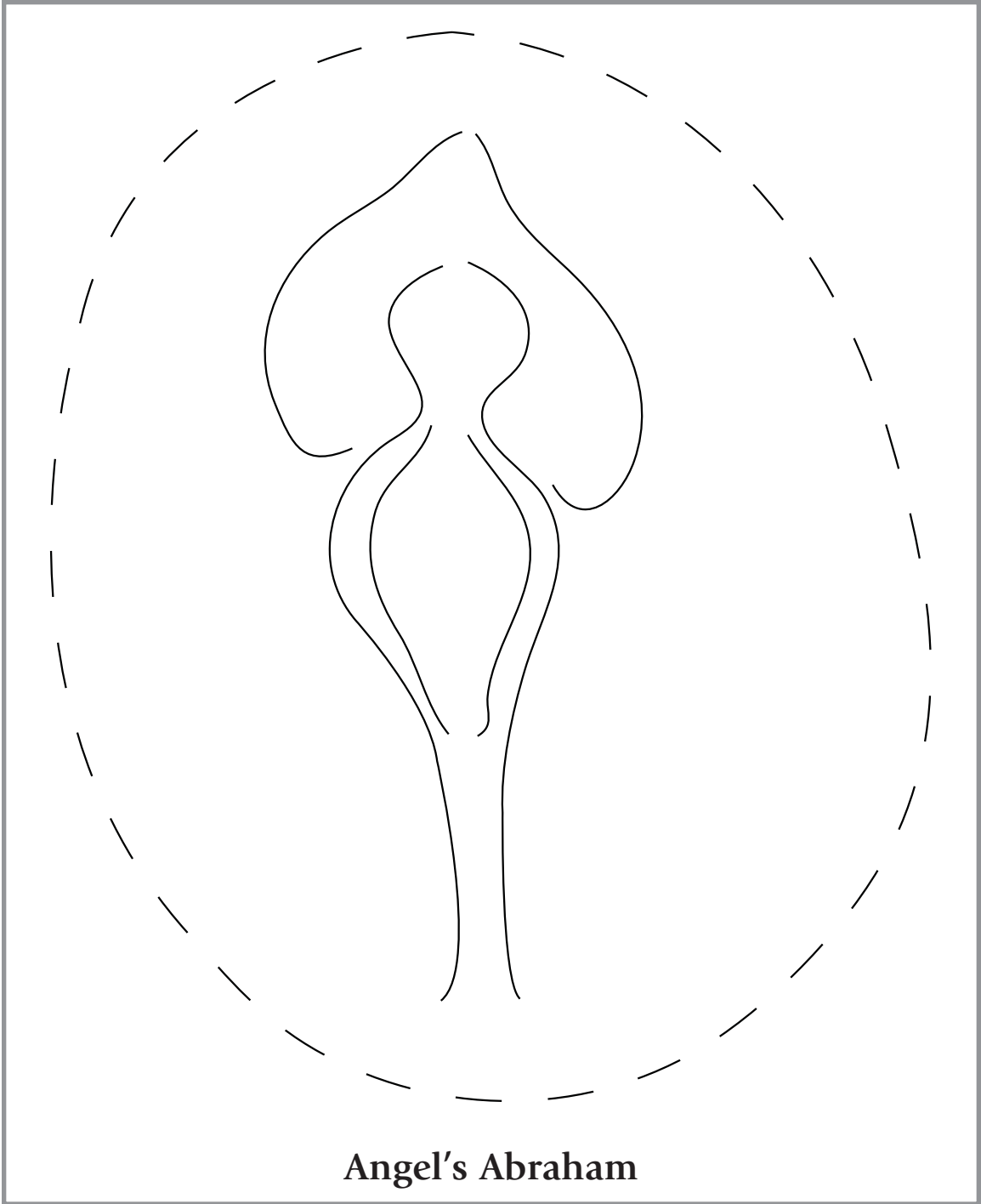


Our calling is to have many callings.



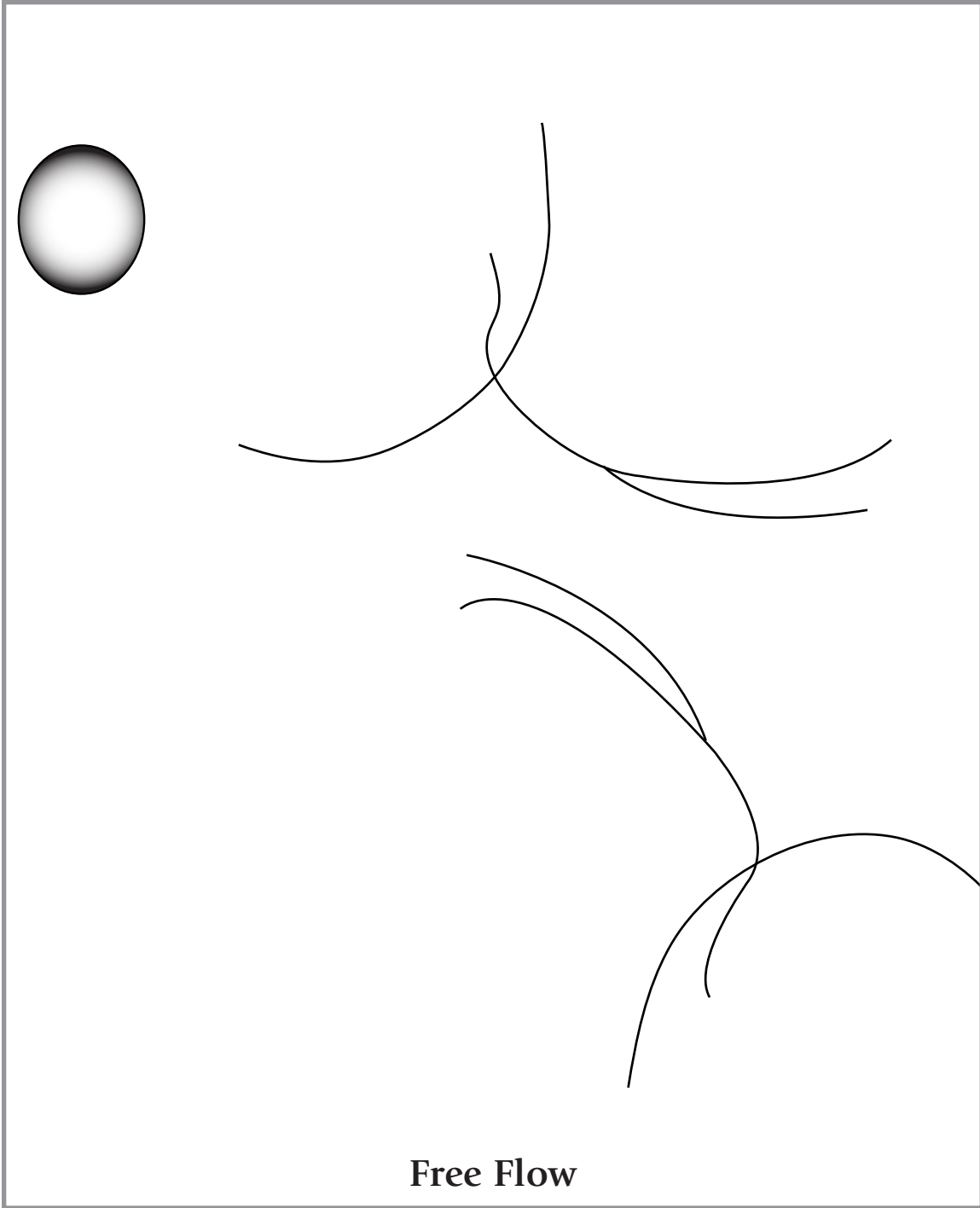
Abraham's Peace

Hurting another harms the self.



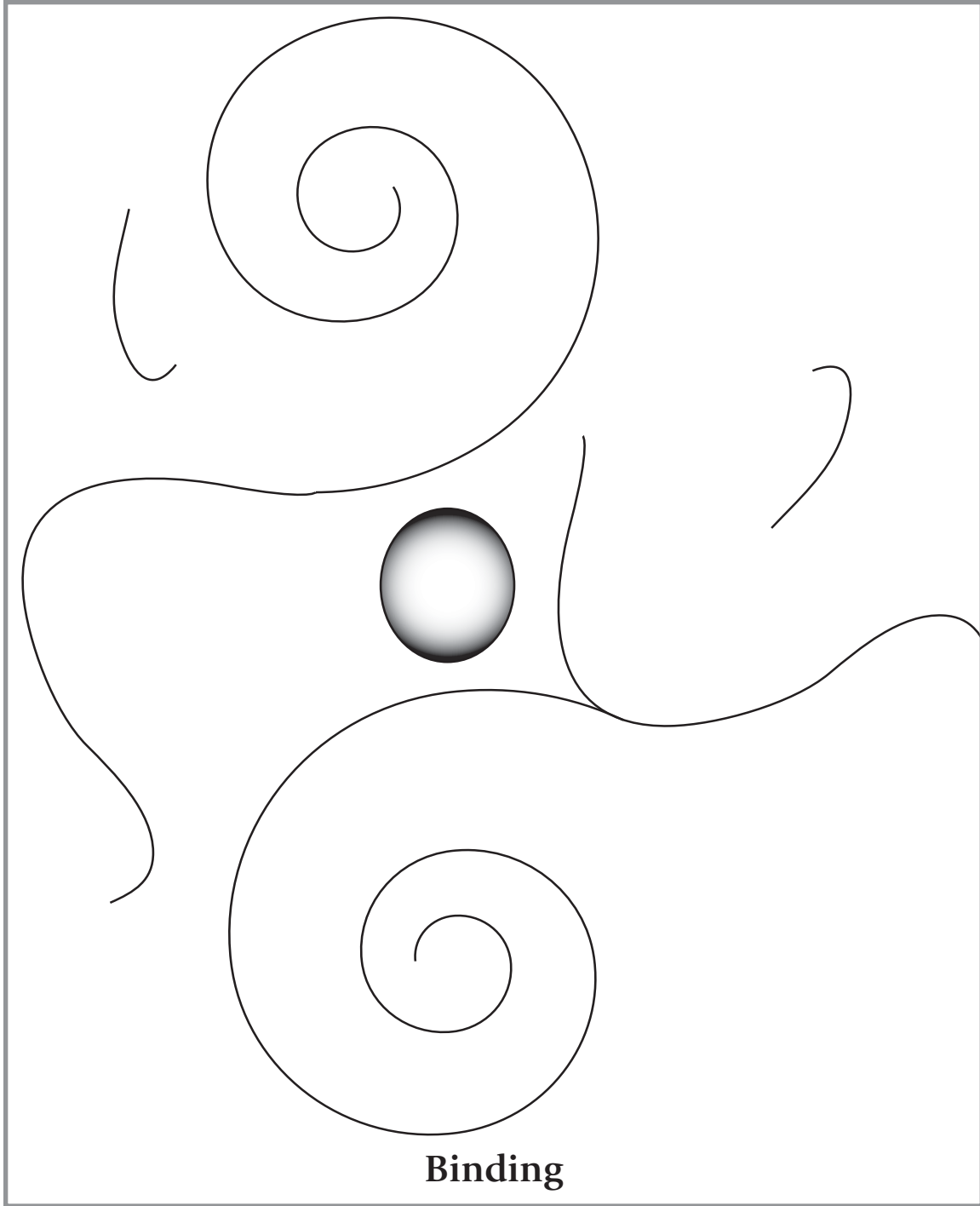
Angel's Abraham

Facing each other is facing forward.

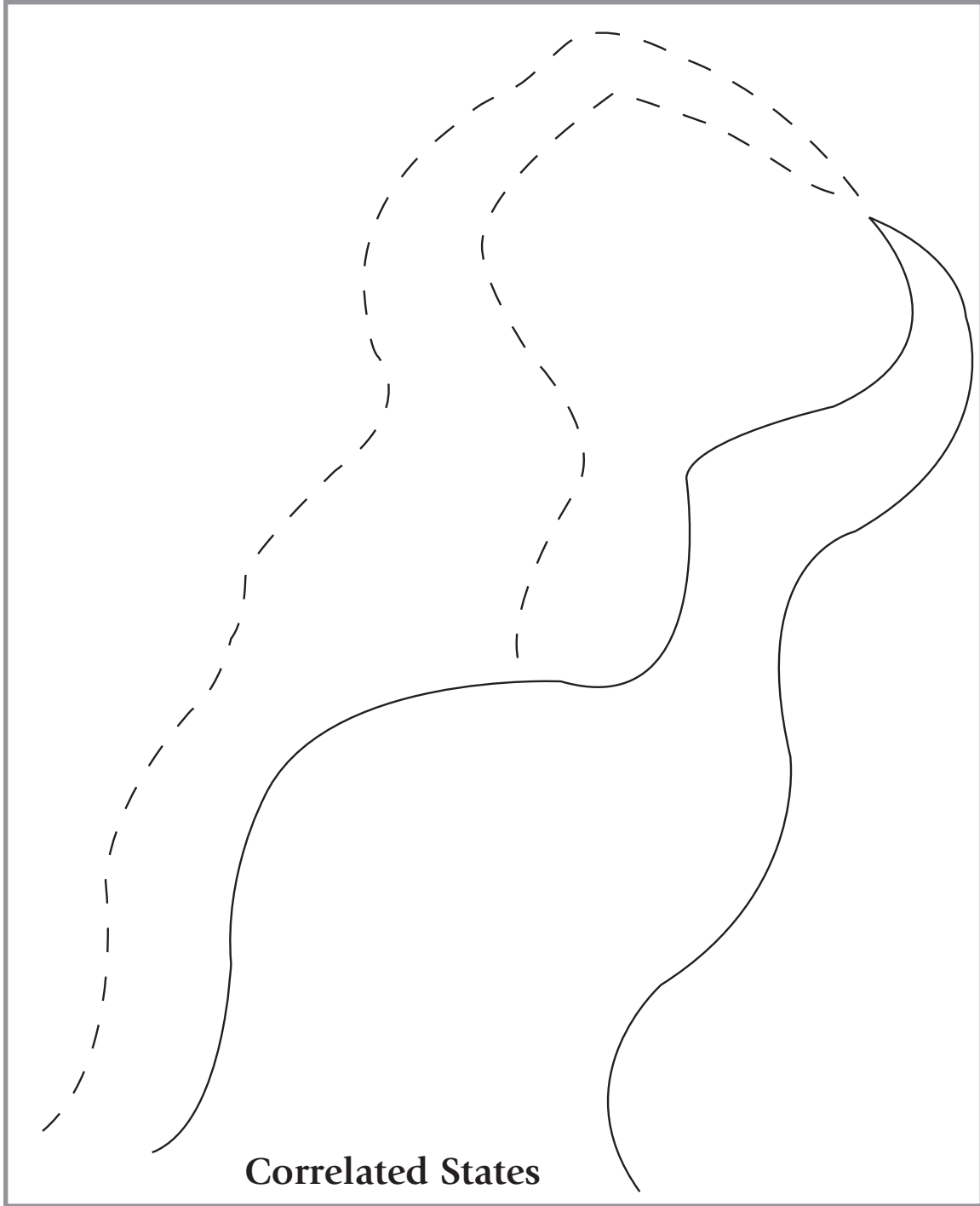


Free Flow

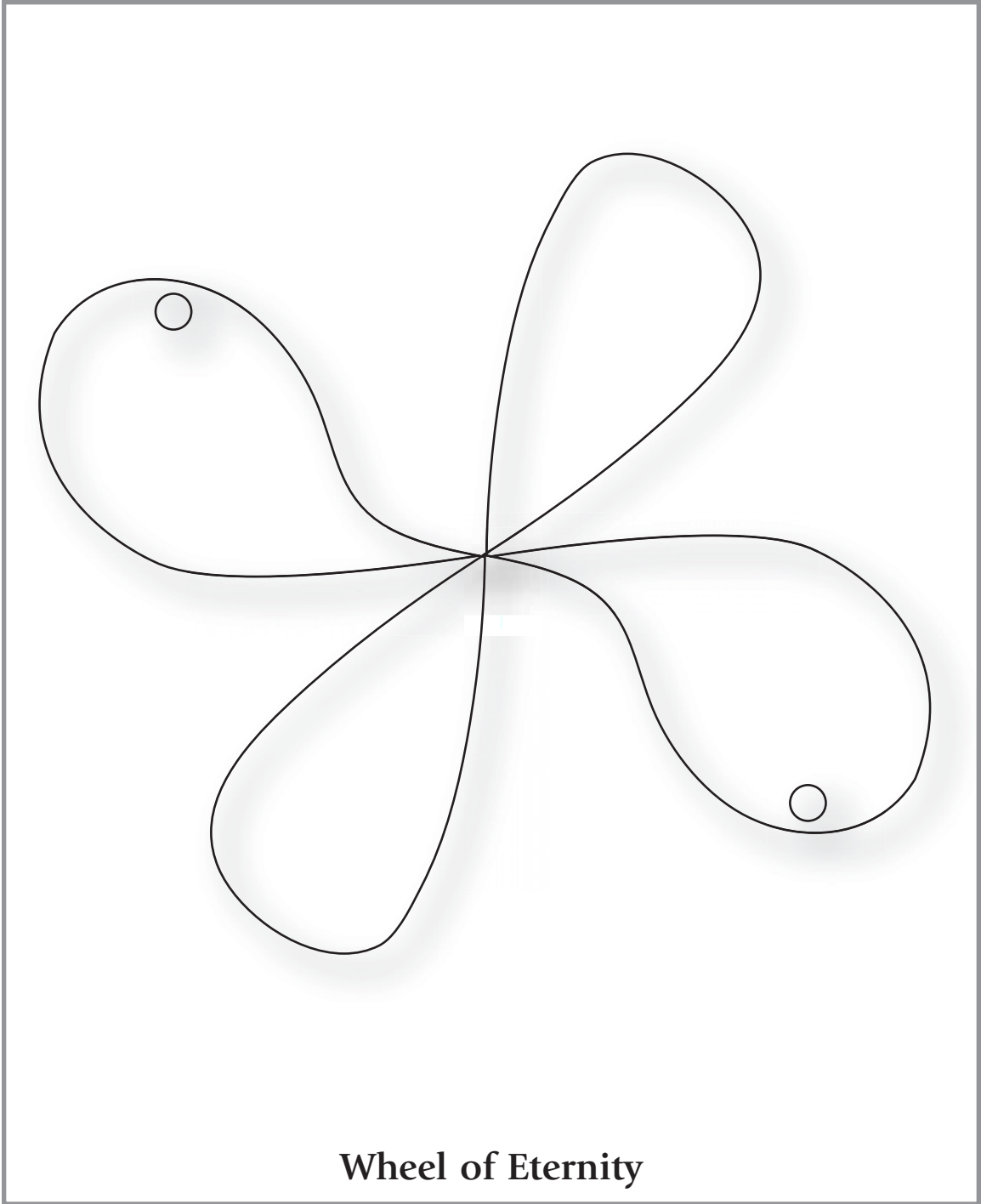
When we share dreams, they find ground.



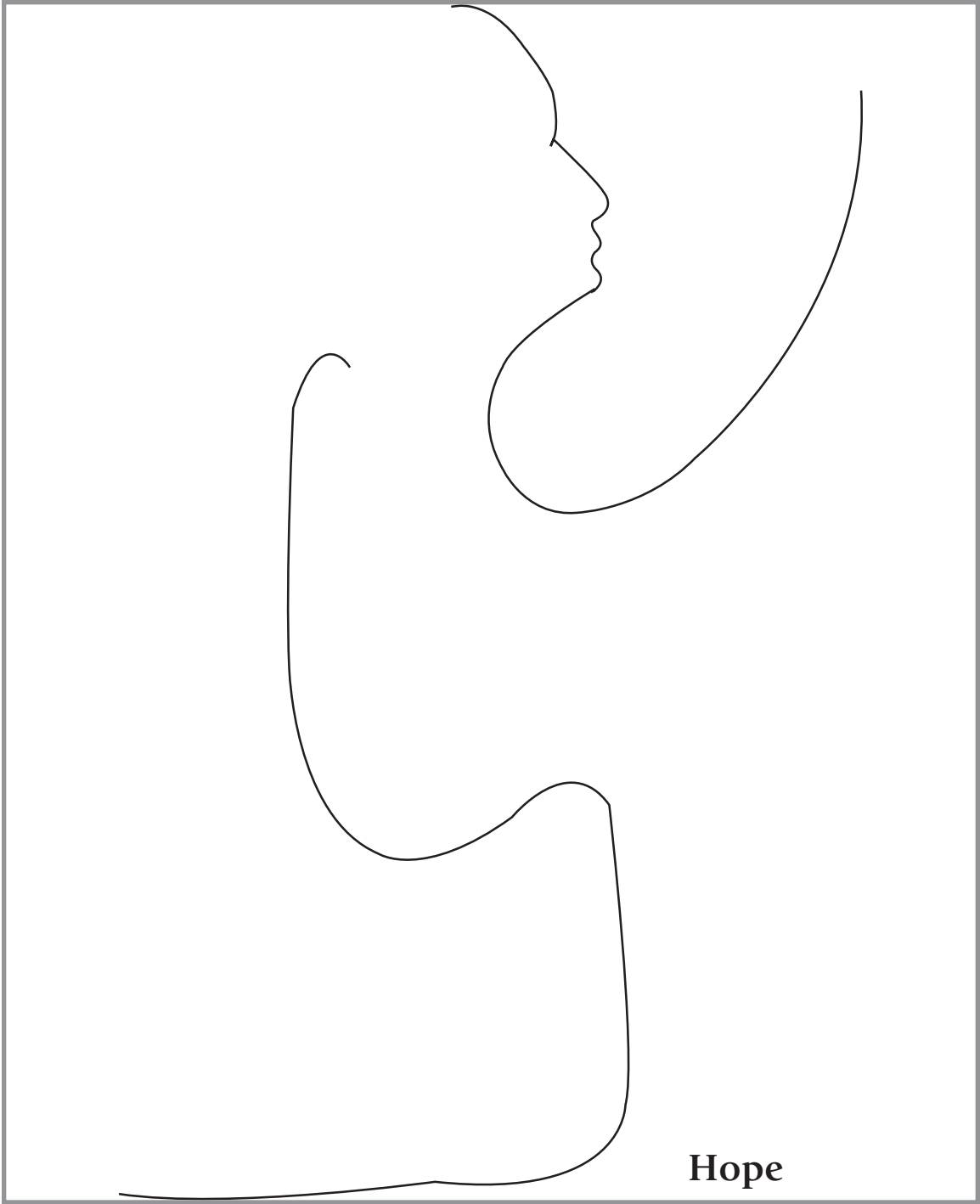
.....
A kind word is a kind of hurricane.
.....



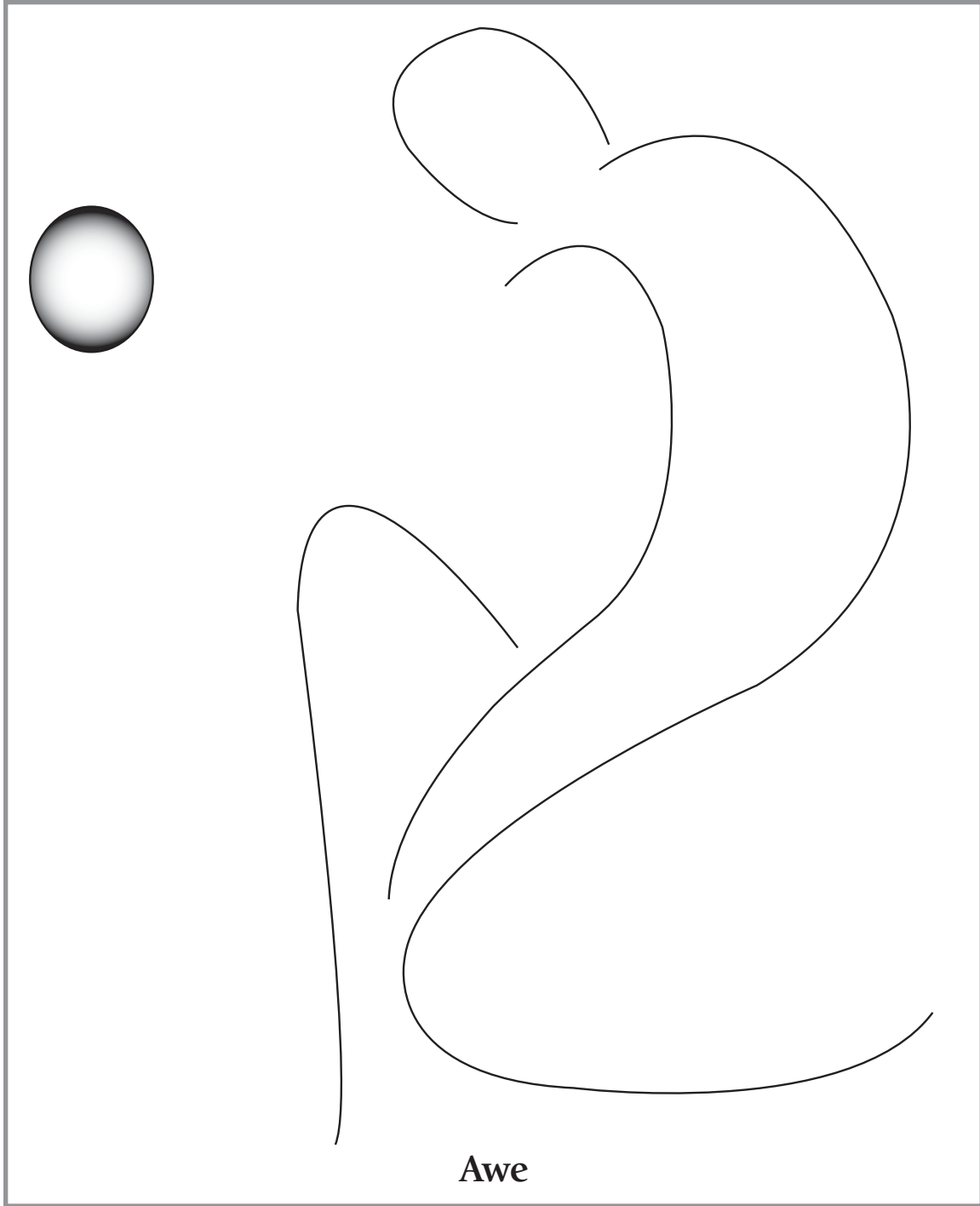
In the shadows, lie realities.



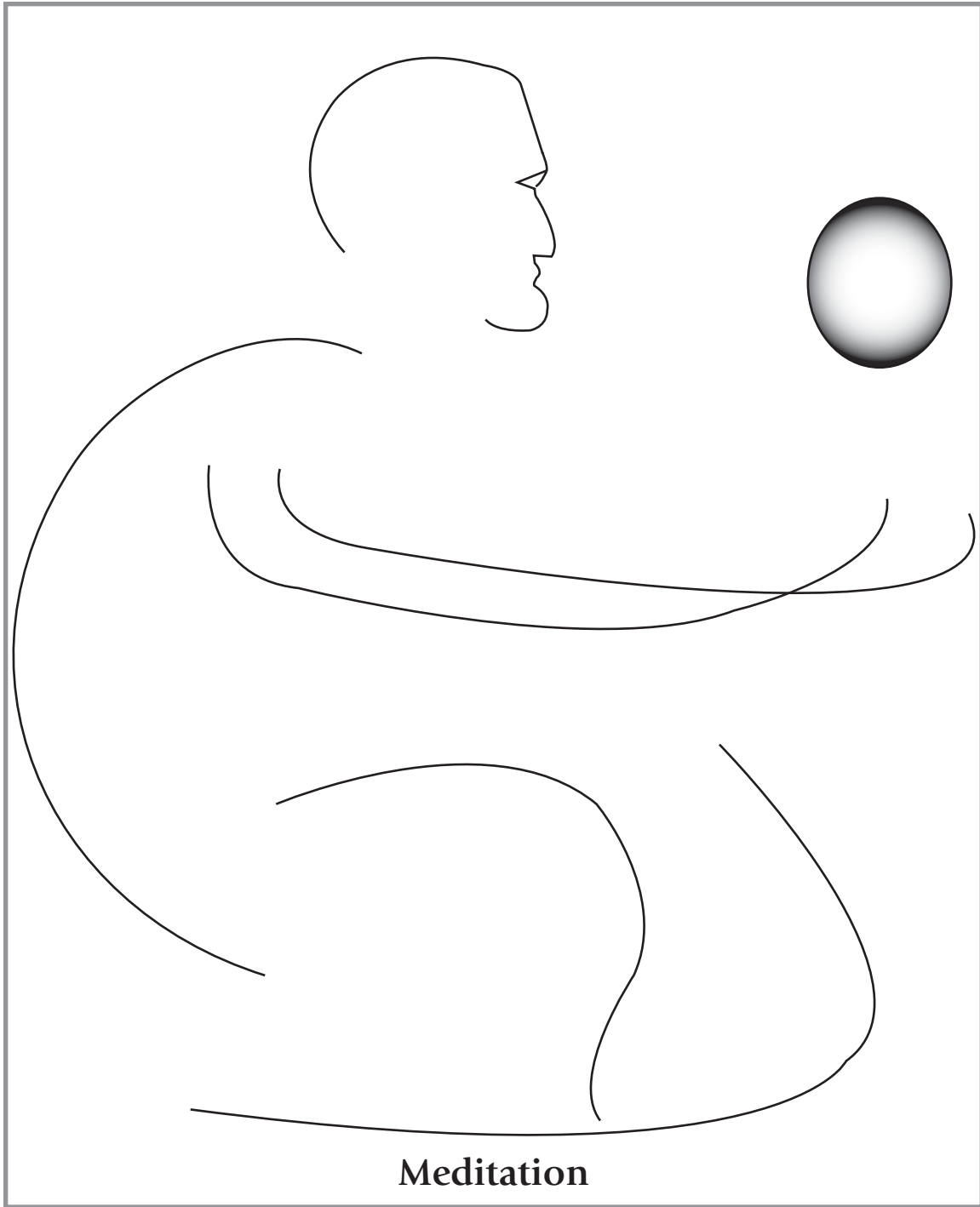
.....
We are the balance on the windmill.
.....



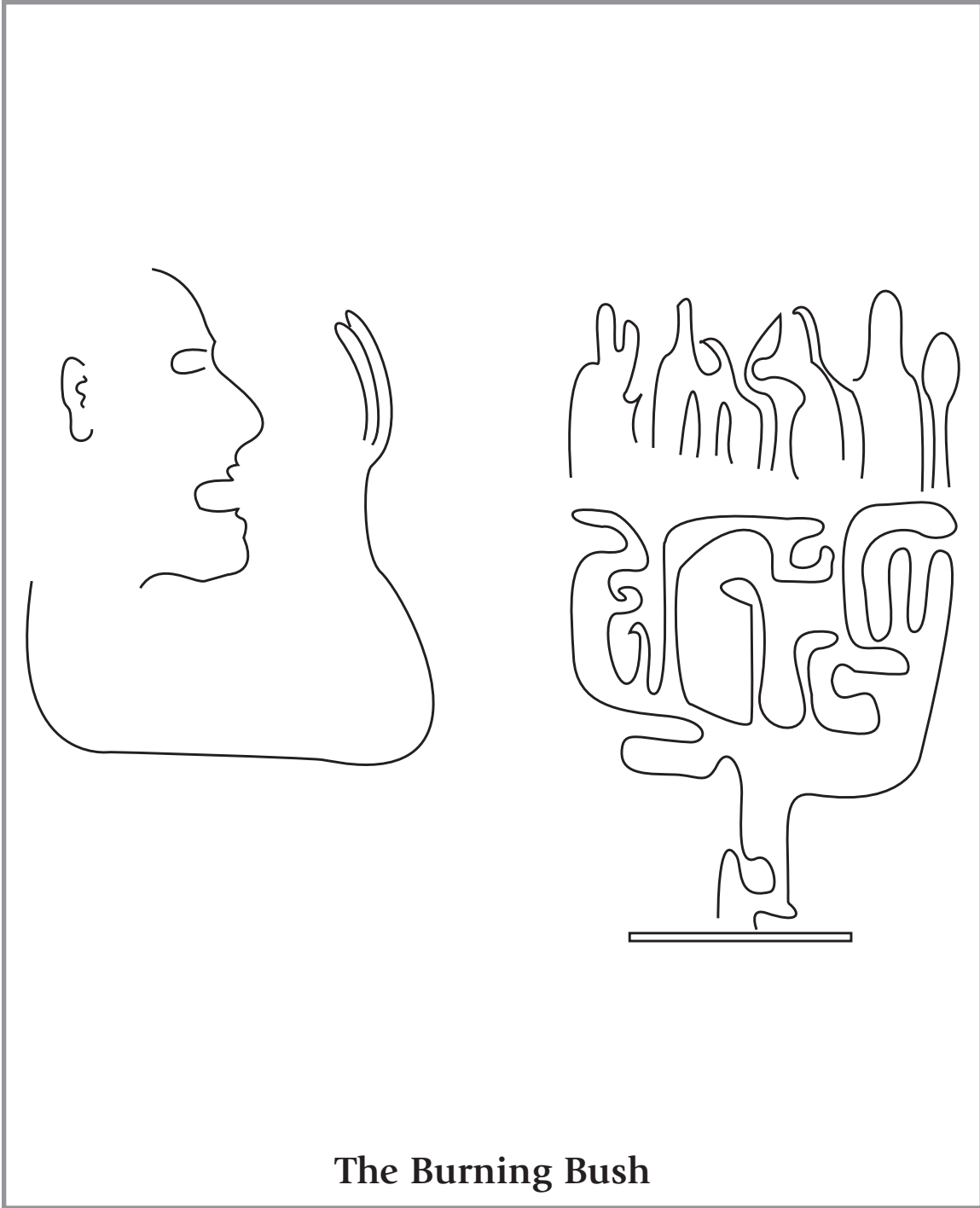
One spirituality. Many religions.



Each of us is a part of the whole.
The whole is a part of each of us.



When we pray for more than ourselves,
we become more than ourselves.



The Burning Bush

The burning bush is a story about our fire.

Someone who professes to have the
answer does not know the question.

In moments of stress, deep breathing is best.



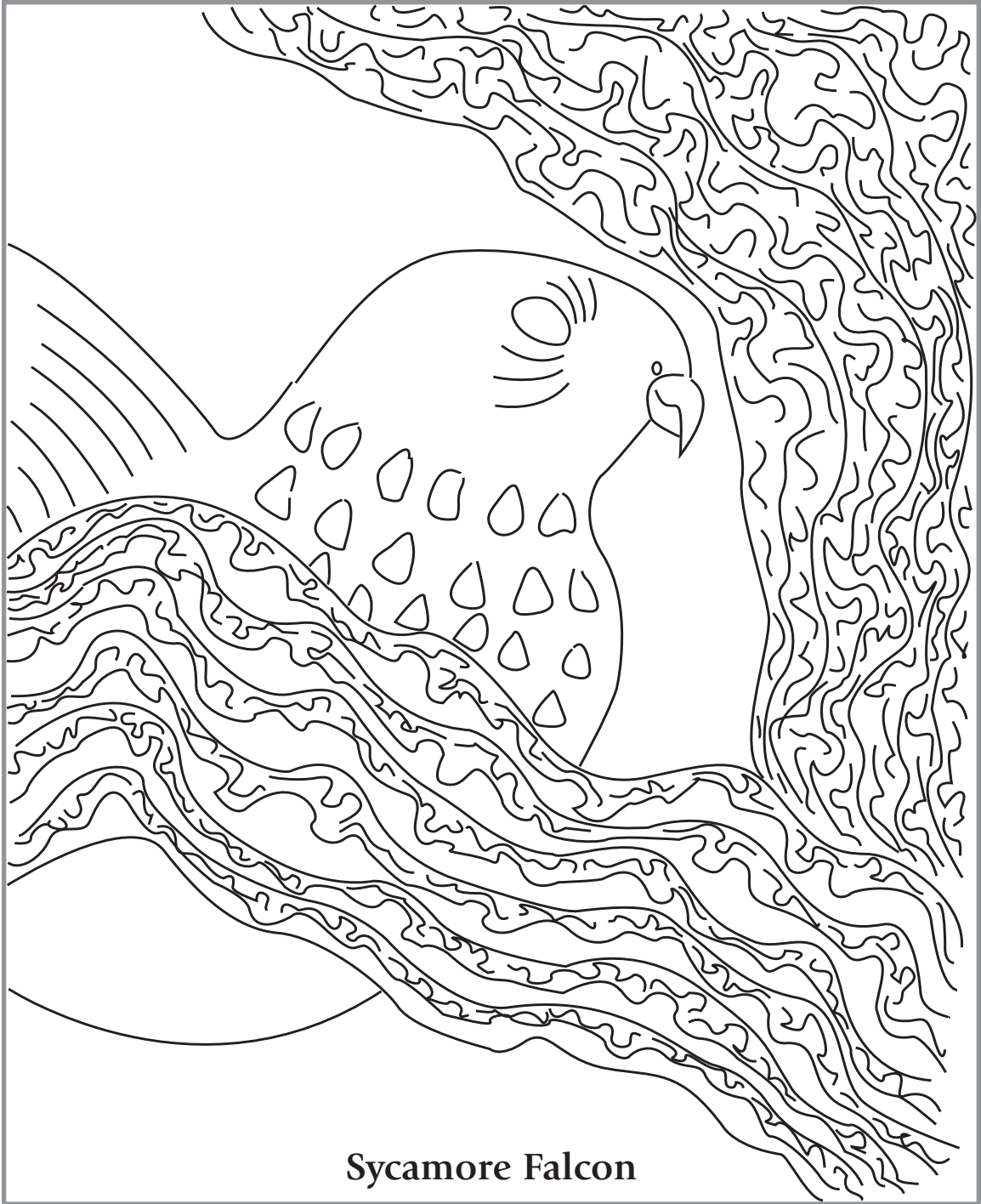
Chapter 40

Meaning

Art is not meant to capture directly its subject. It is meant to be evocative, leading us to new feelings and ideas. This chapter brings together images that may bring forth emerging meaning and dreams.

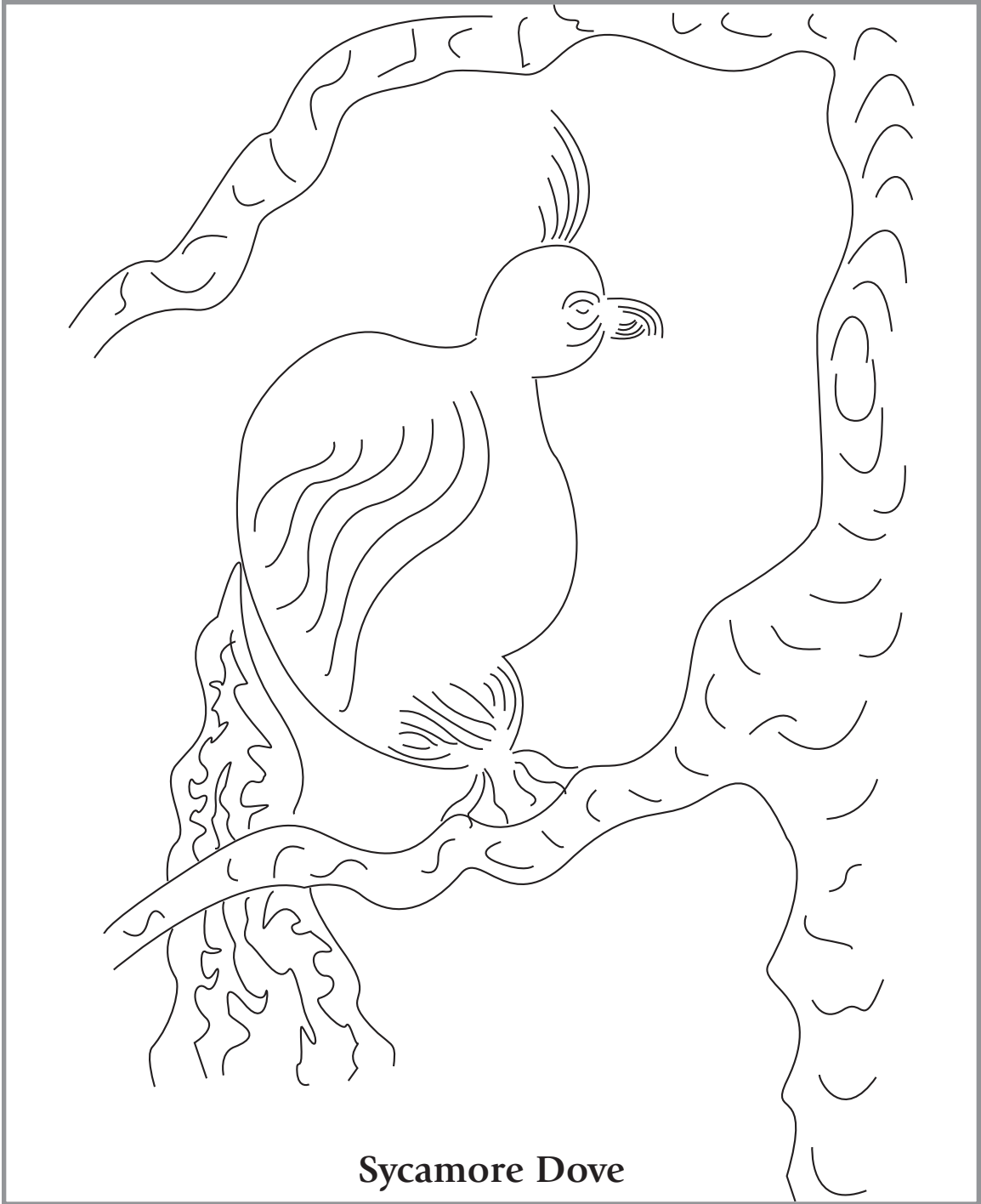


Creativity lost waits to be found.



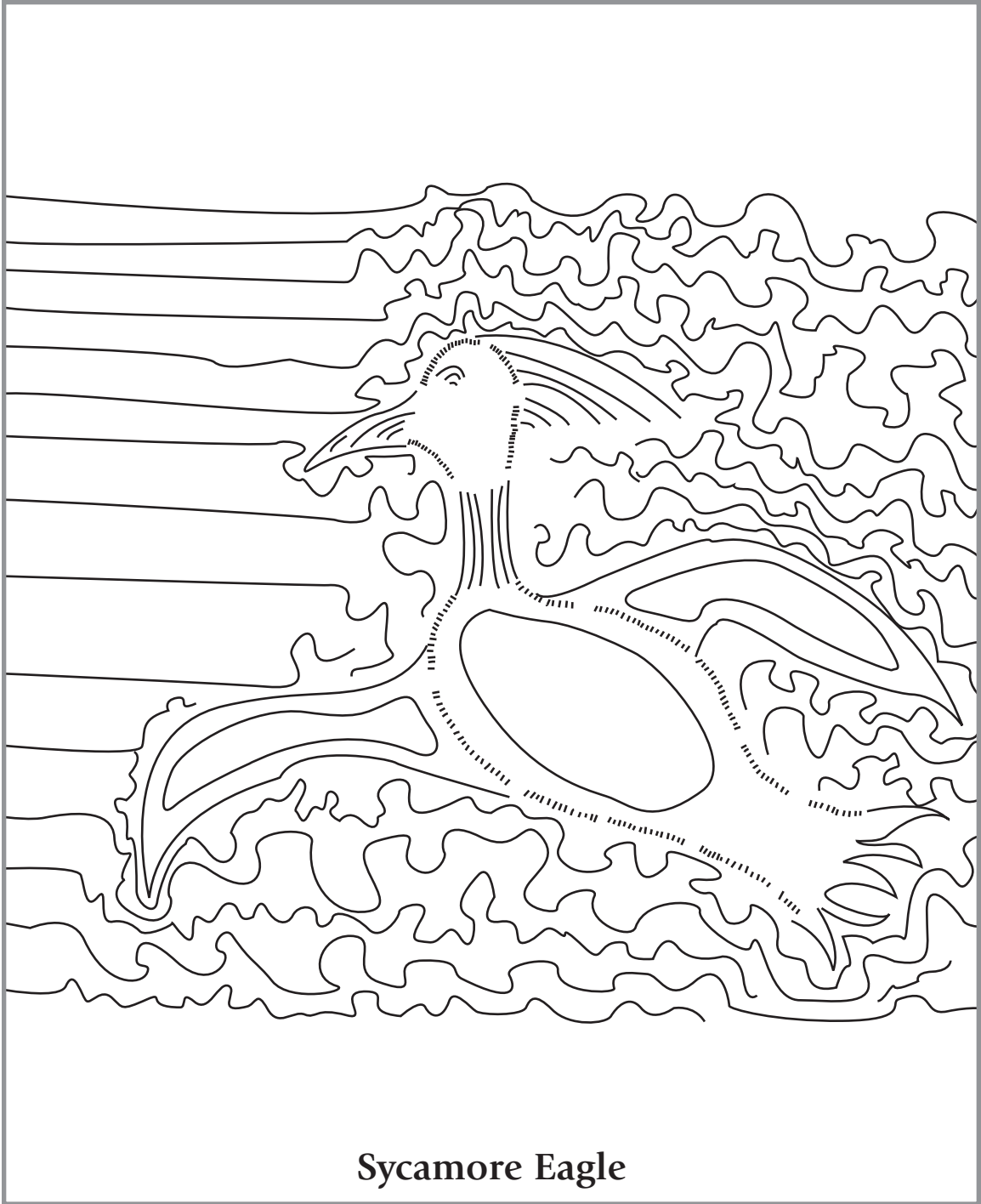
Sycamore Falcon

Hidden movements power moments.



Sycamore Dove

A bird in the hand is worth freeing.

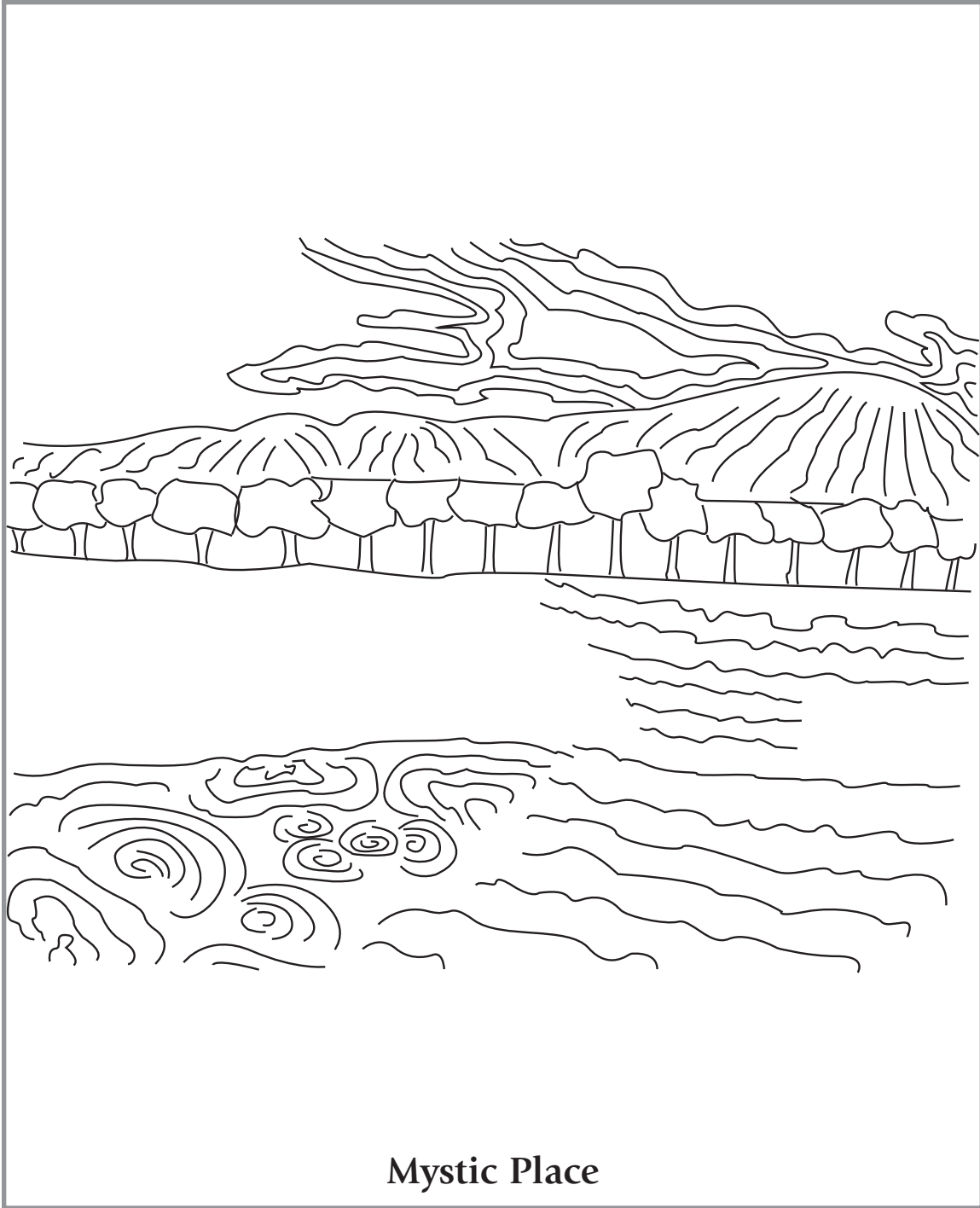


Air tremours tether to intruding forms.

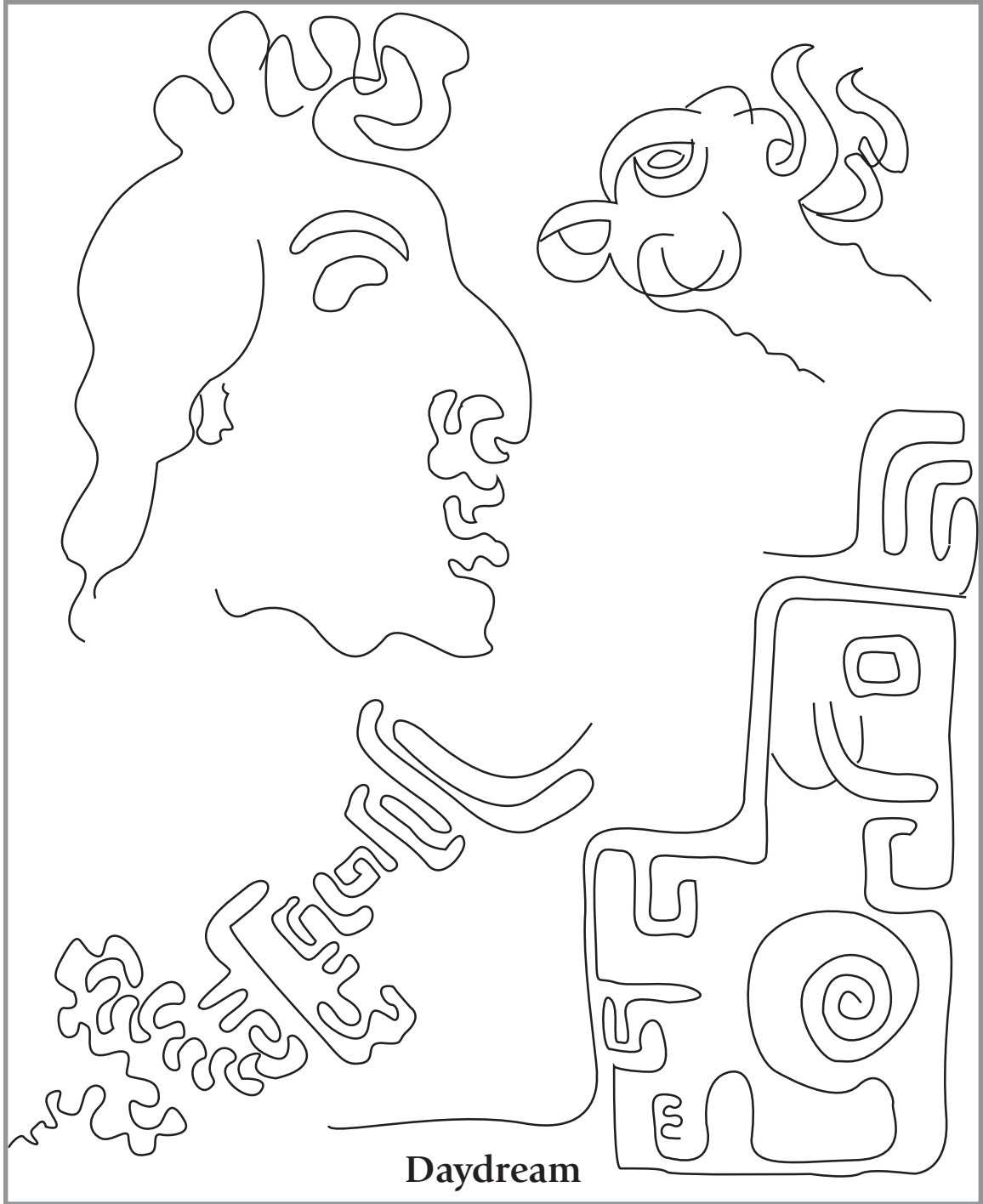


Biblical Dove

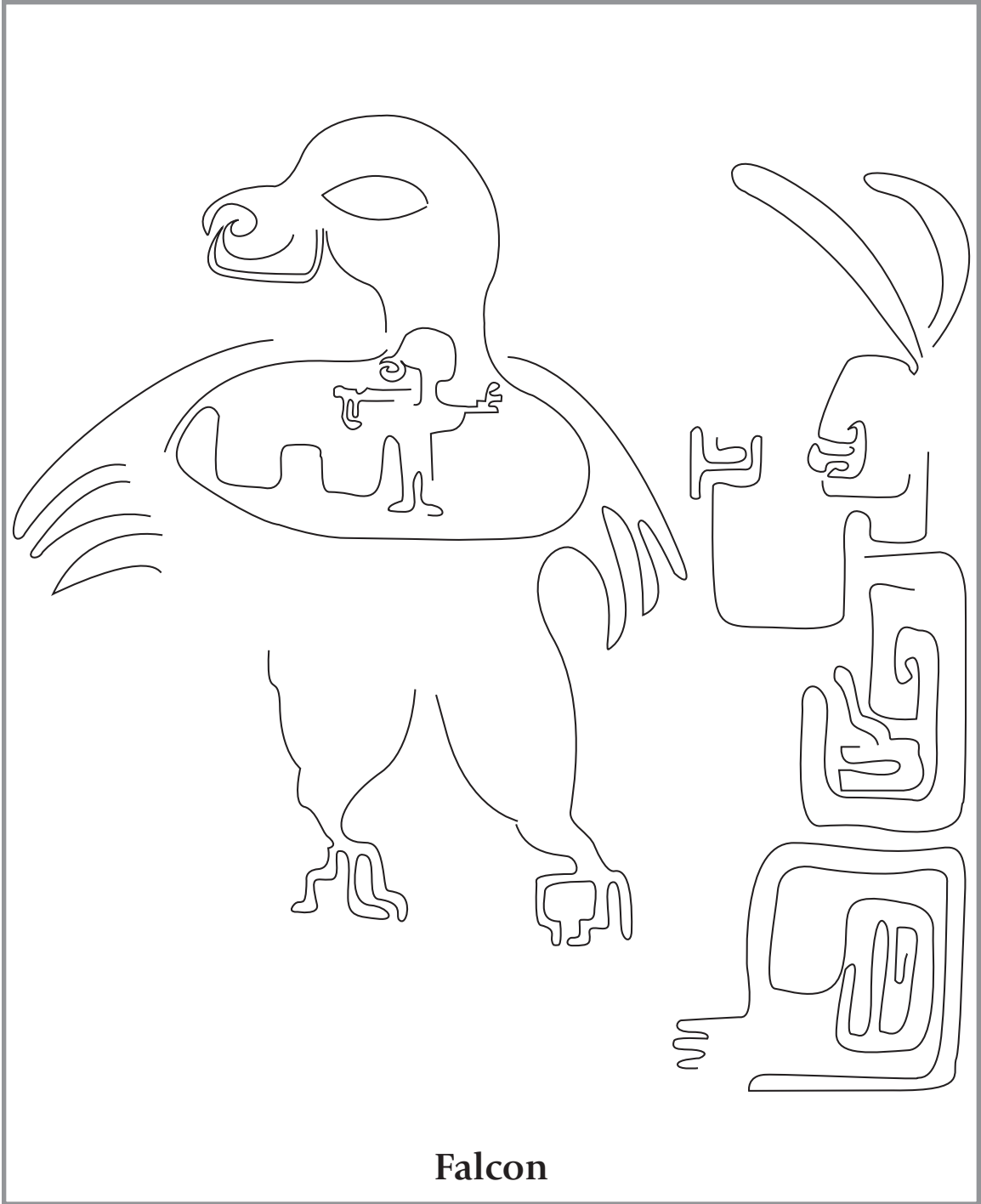
Partners should stop camouflaging their love for each other.



Were clouds oceans, we would never leave the shore.

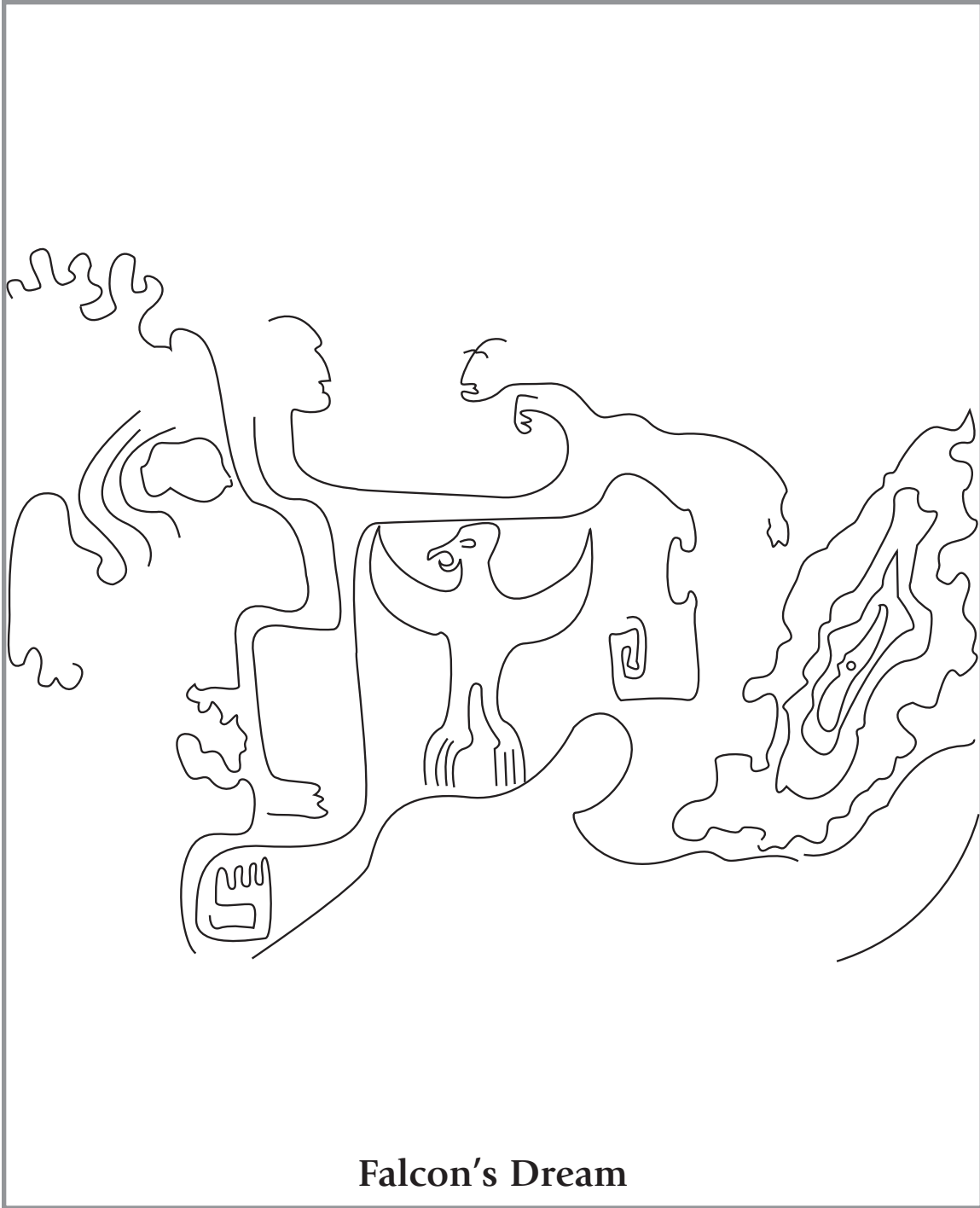


Other worlds present to us a world of others.



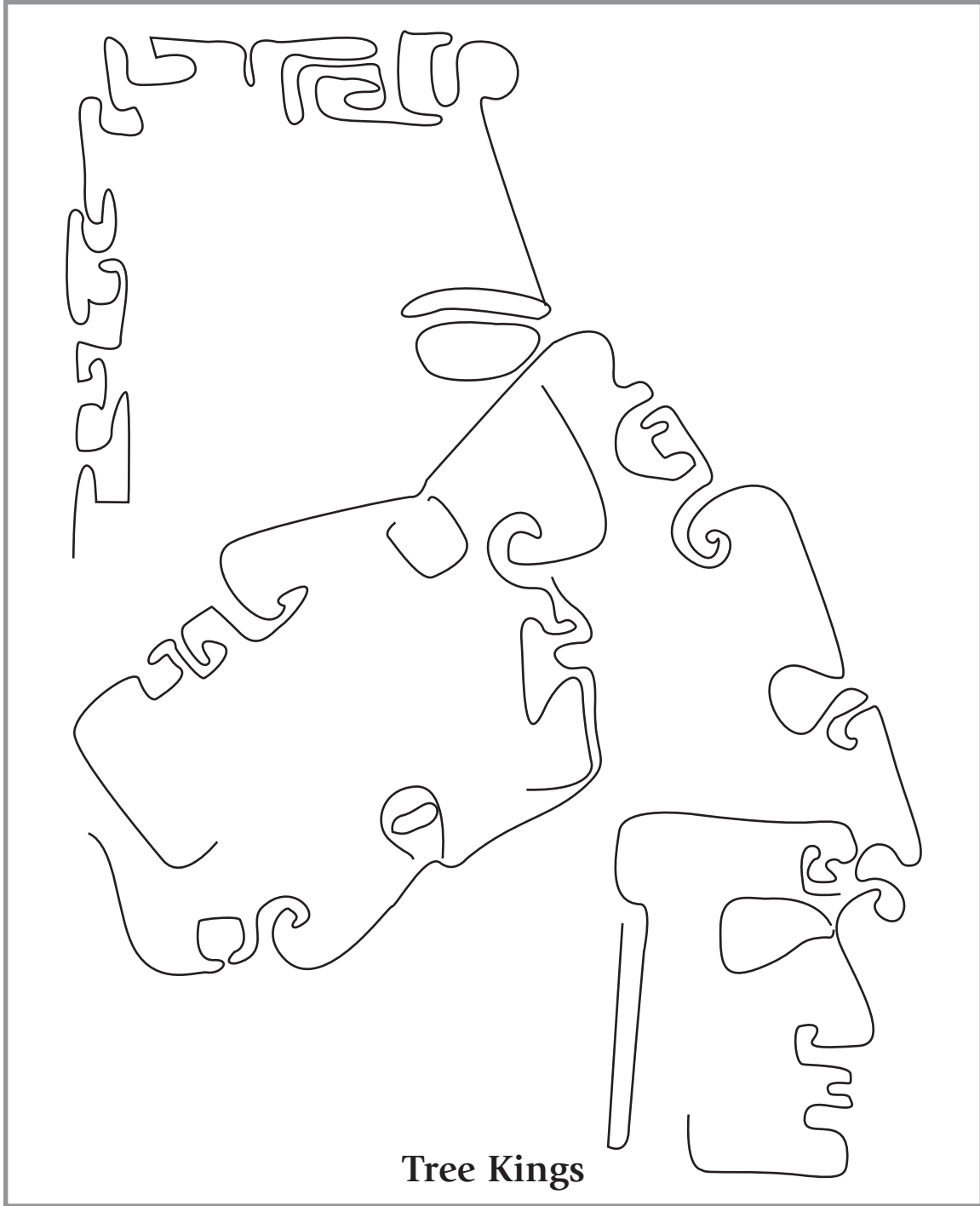
Falcon

Myths mark where minds ascended.



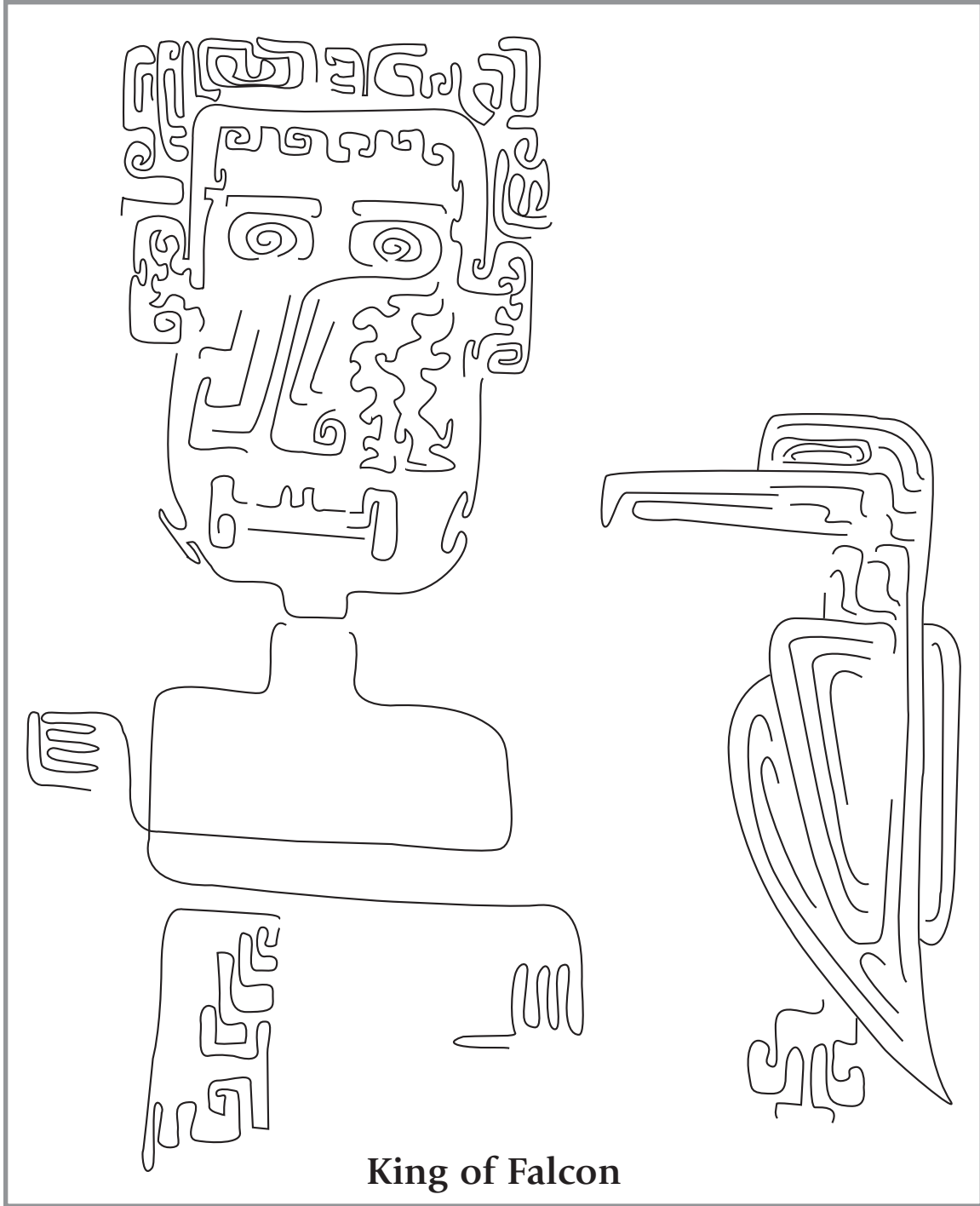
Falcon's Dream

Falcon dreams do not need our nightmare.



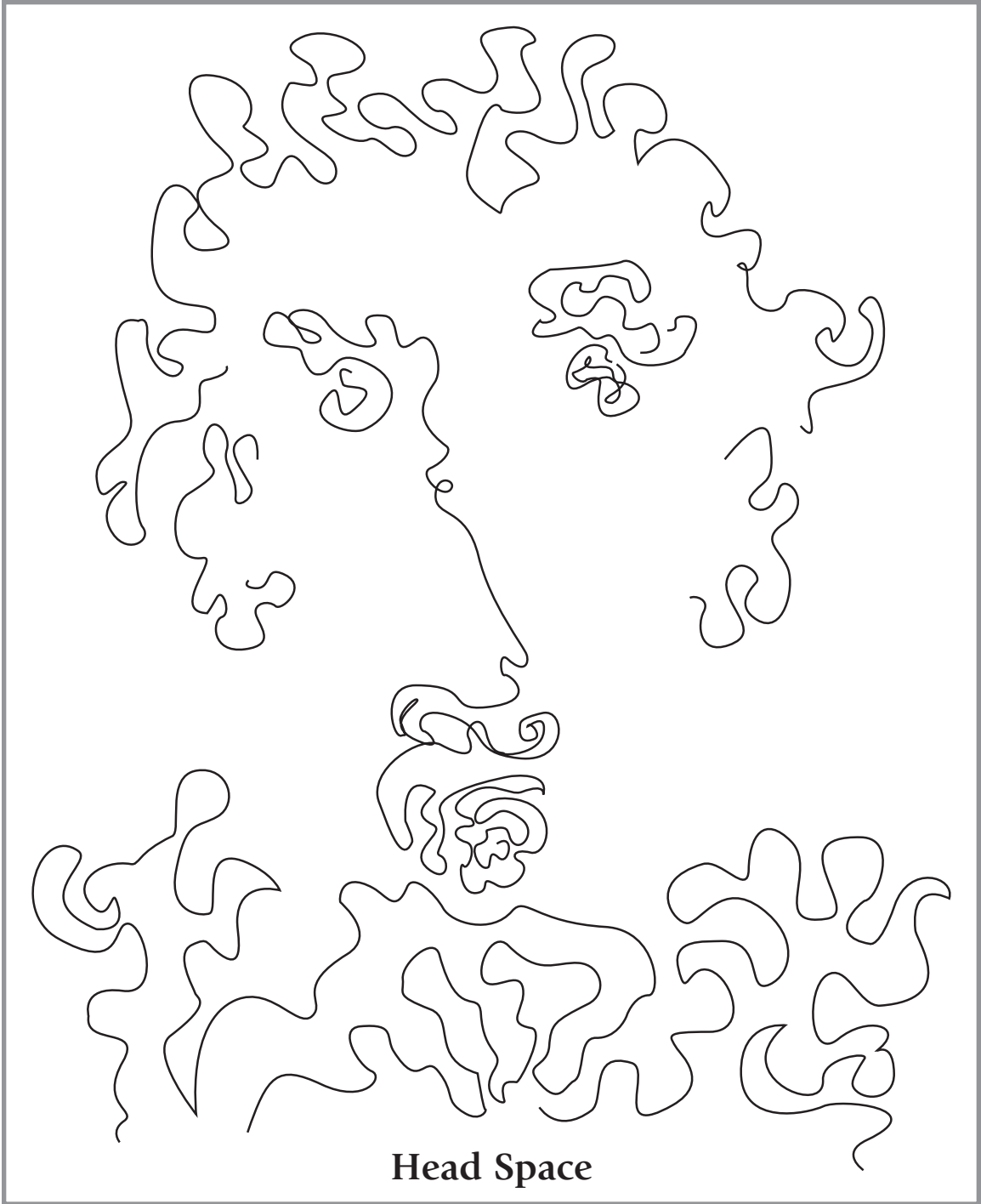
Tree Kings

The only dynasty that will last is democracy.



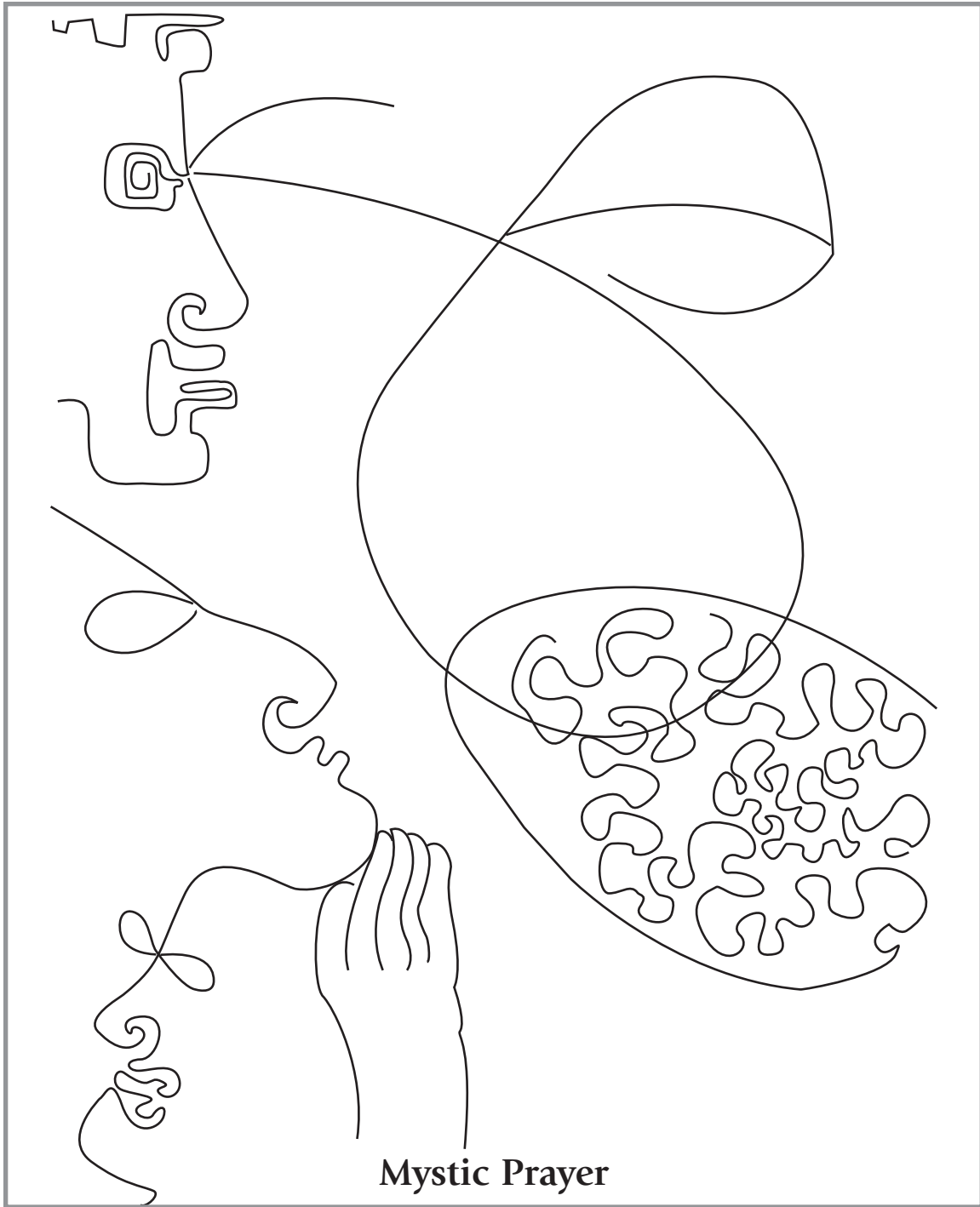
King of Falcon

When we stop trying to force-change nature,
we will start living with it.



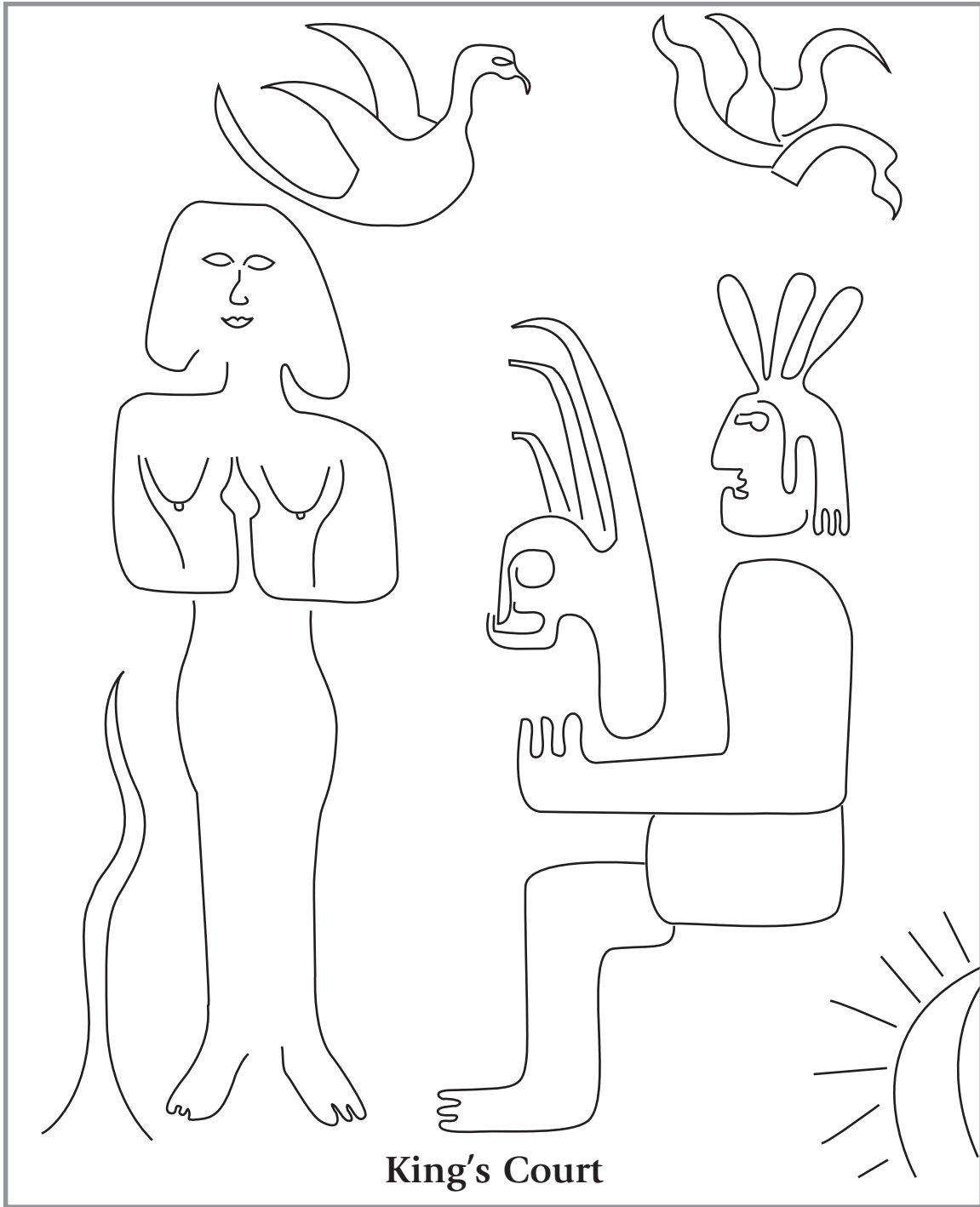
Head Space

.....
The mind is a wonderful think.
.....

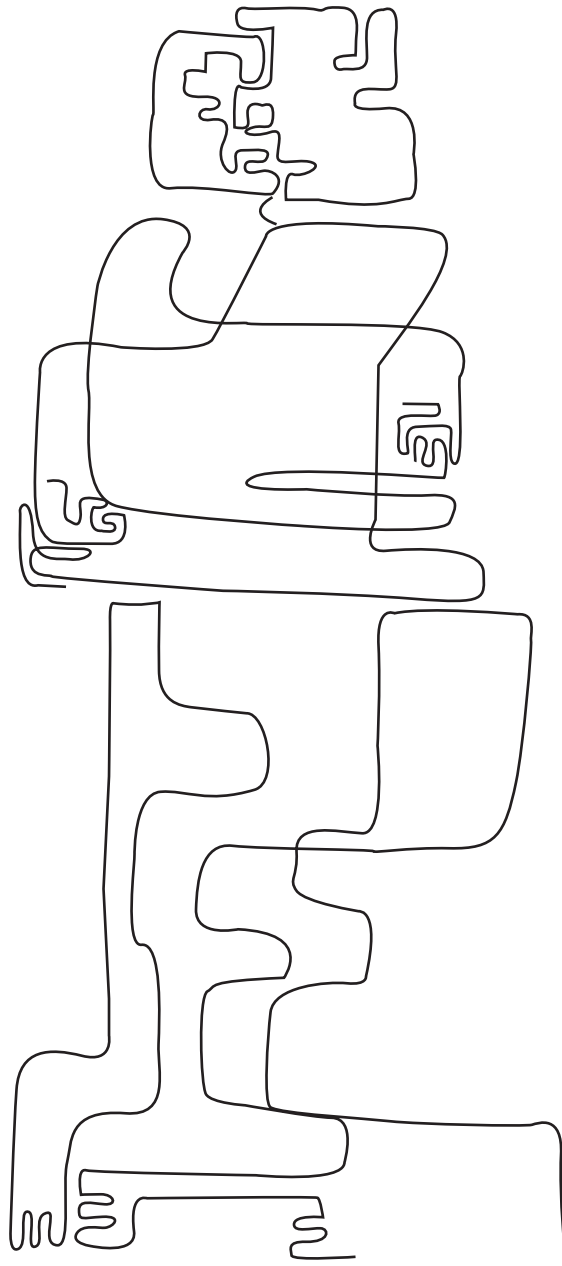


Mystic Prayer

Prayer is a means towards its end.

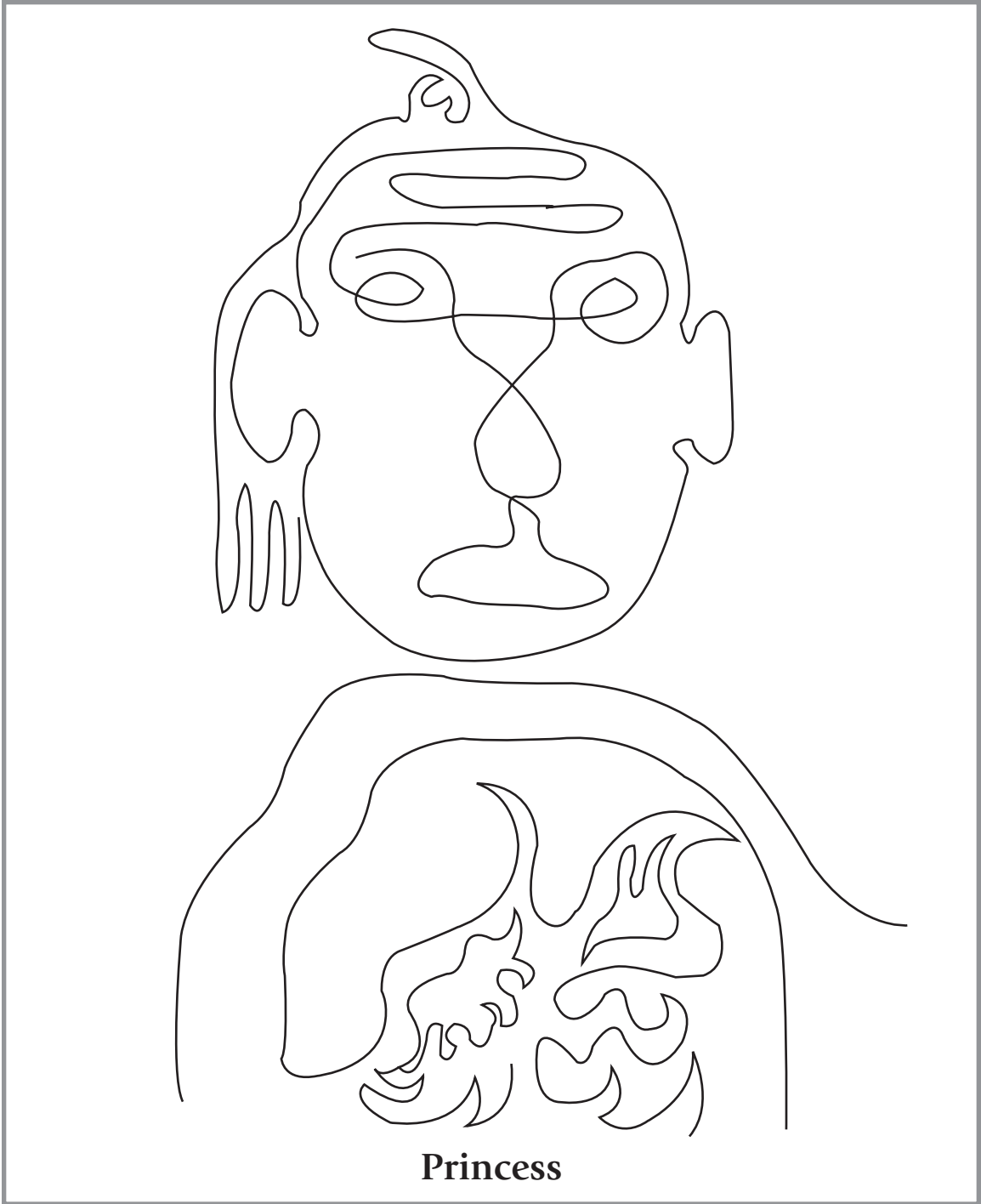


Learning the past educates the future.

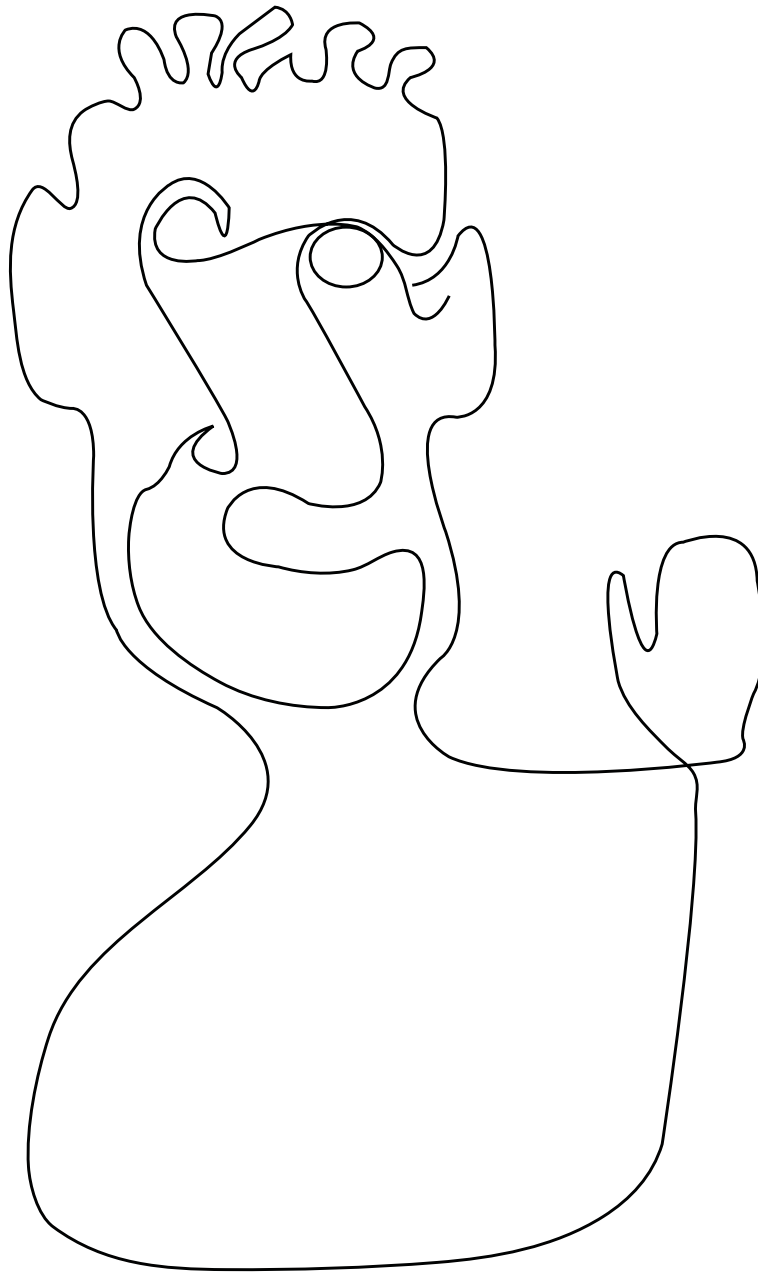


Mystic Warrior

A kiss a day keeps arguments away.

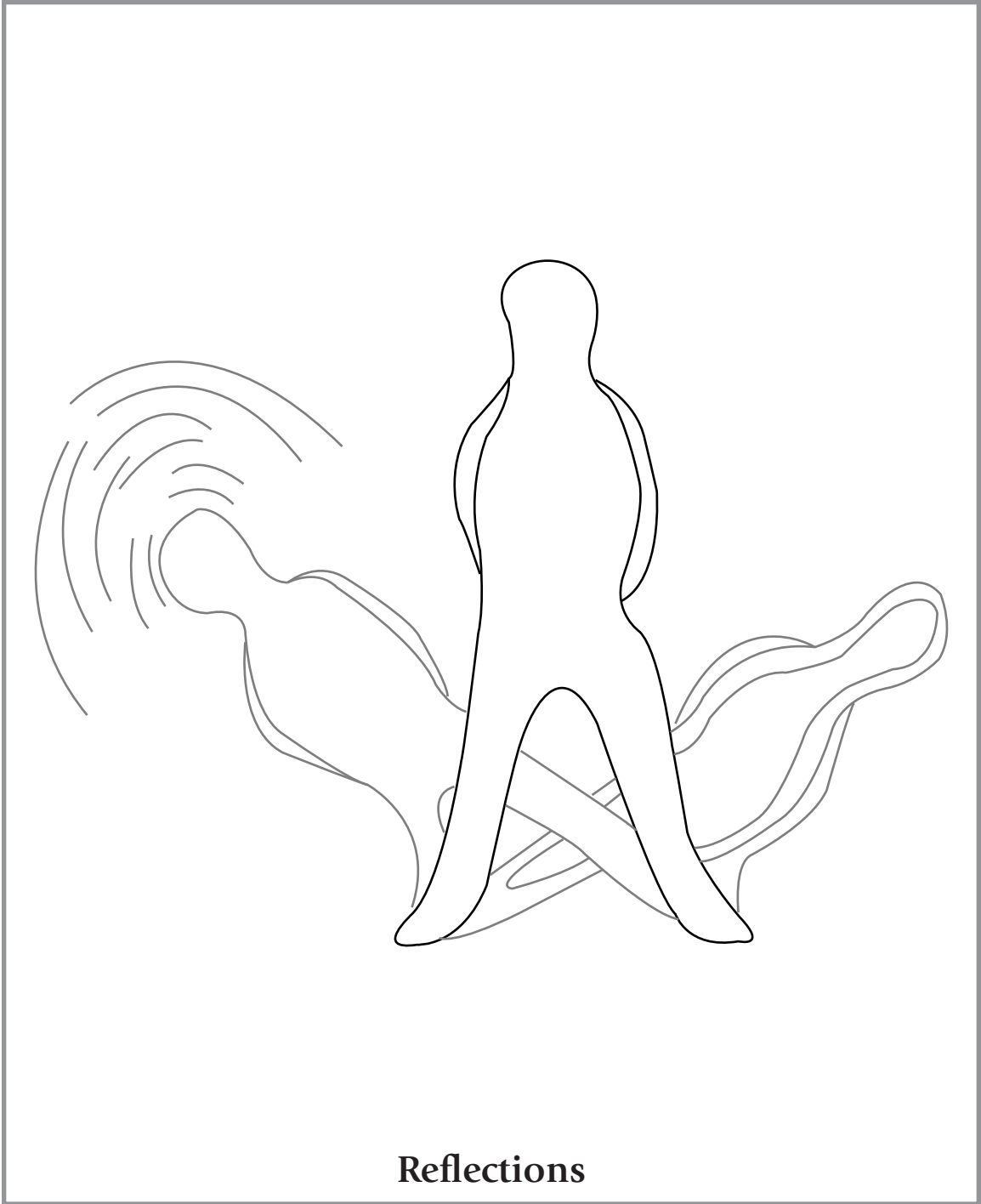


Bearing is not bestowed—but sowed.

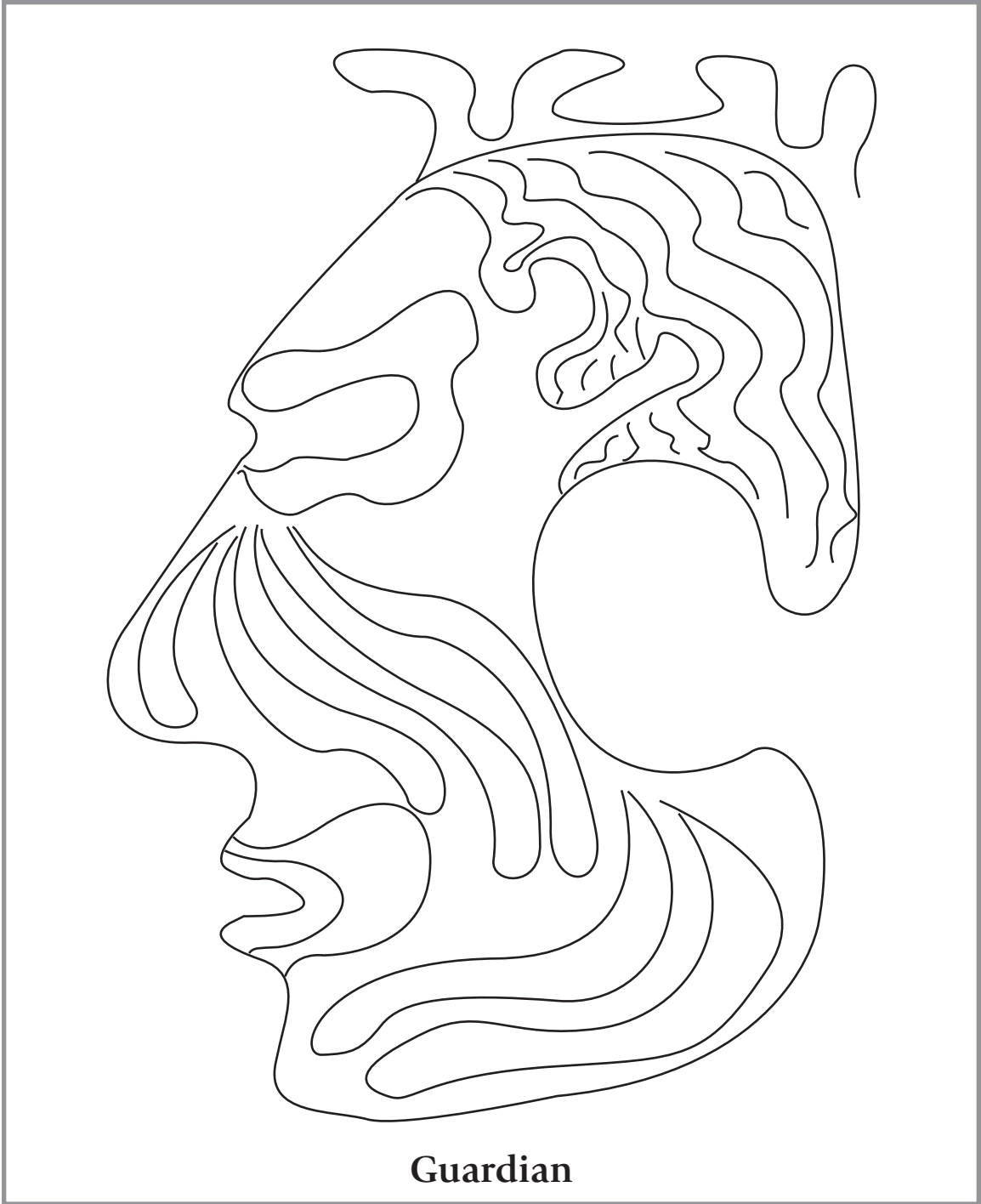


Friendship

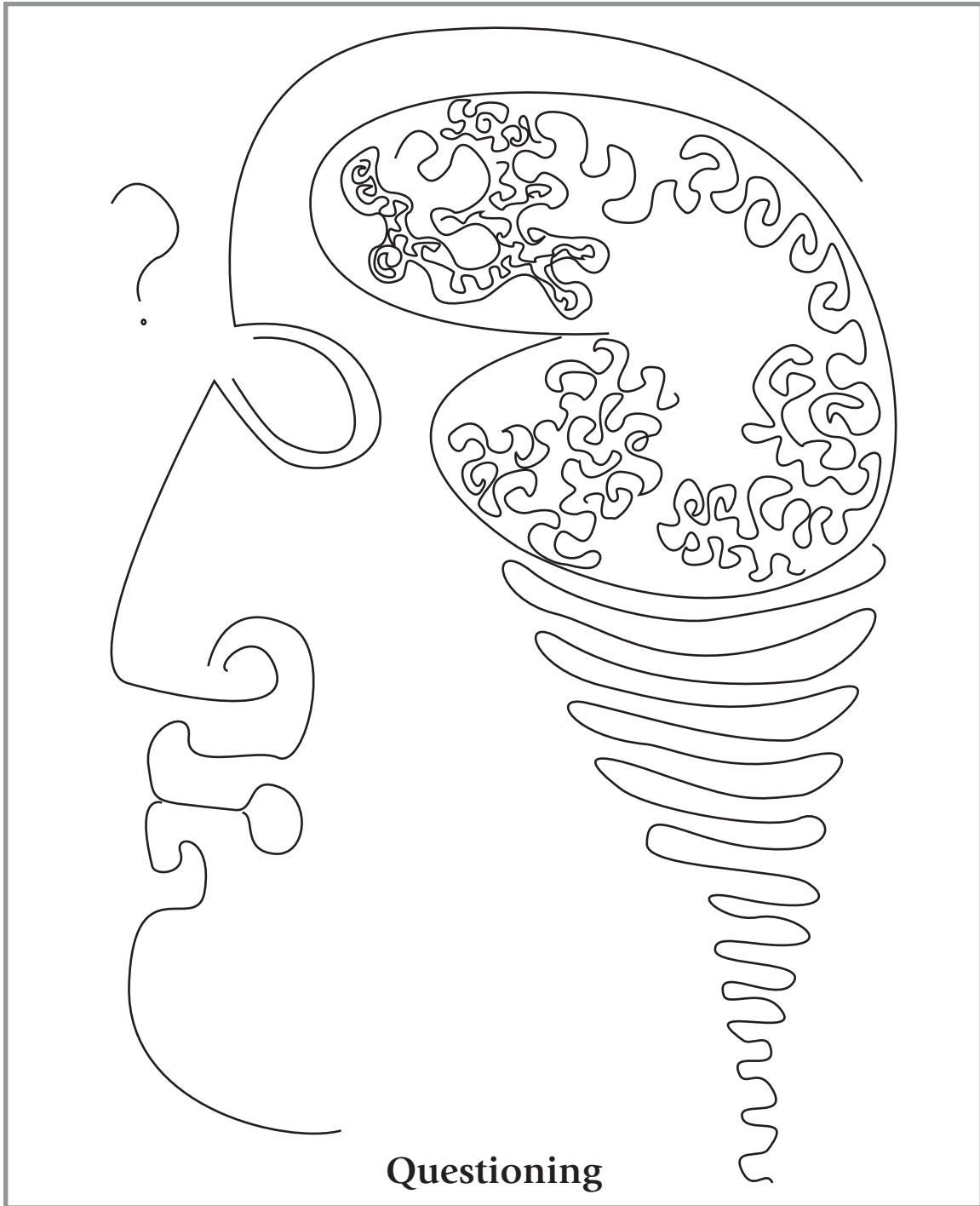
Friends are timeless—when they are
there for good times and bad times.



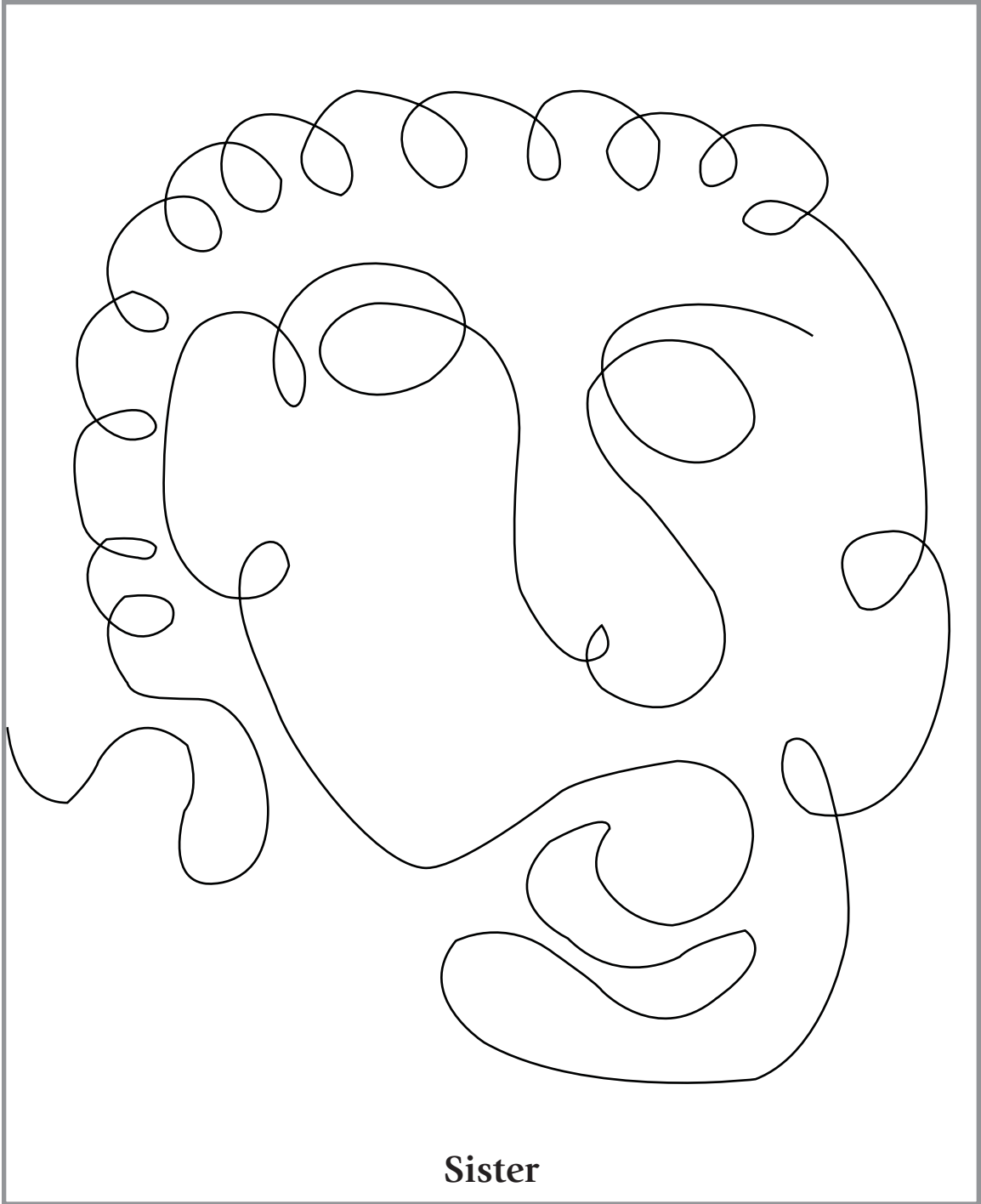
The open mind leaves bright shadows.



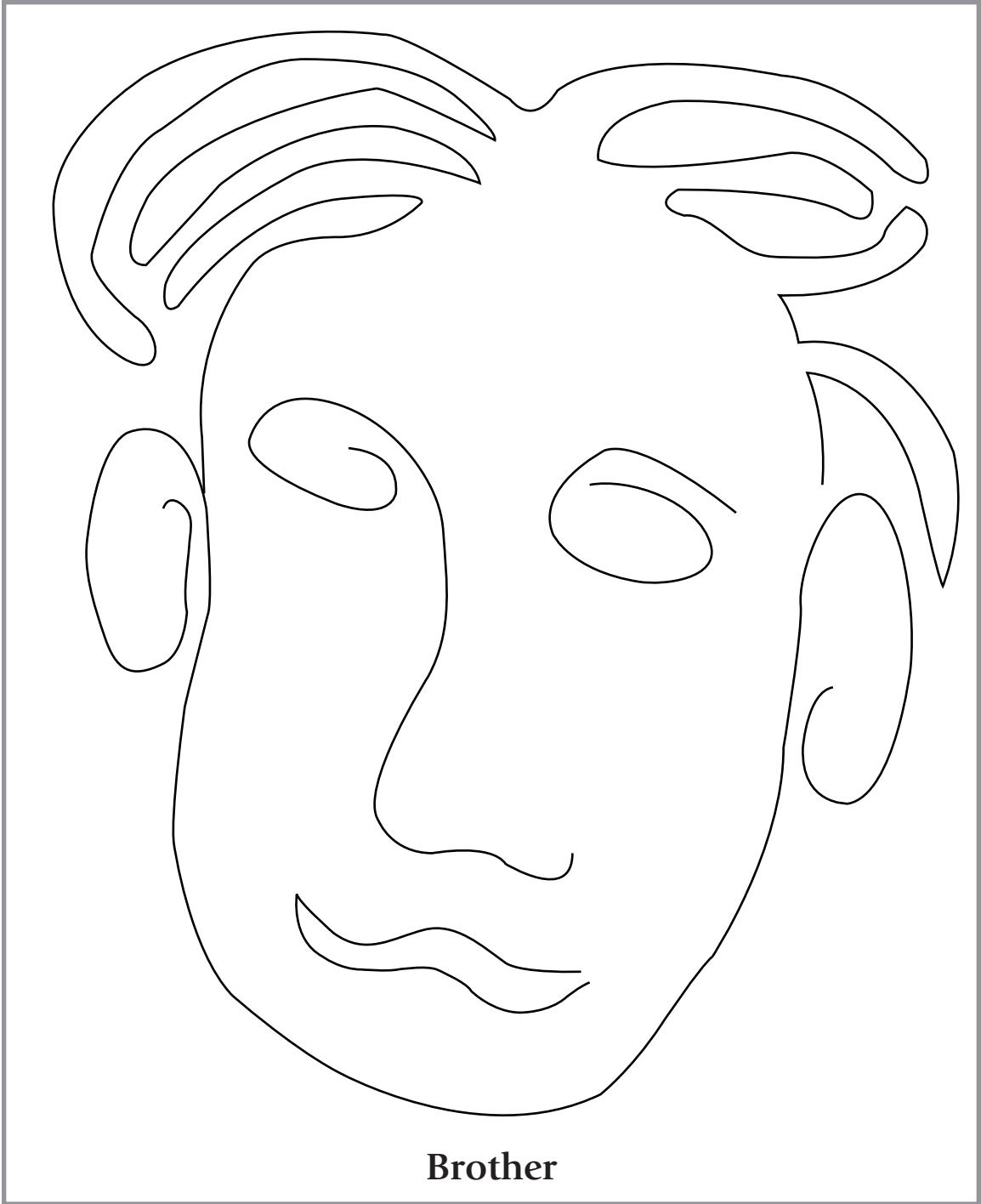
The closed mind leaves dark arrows.



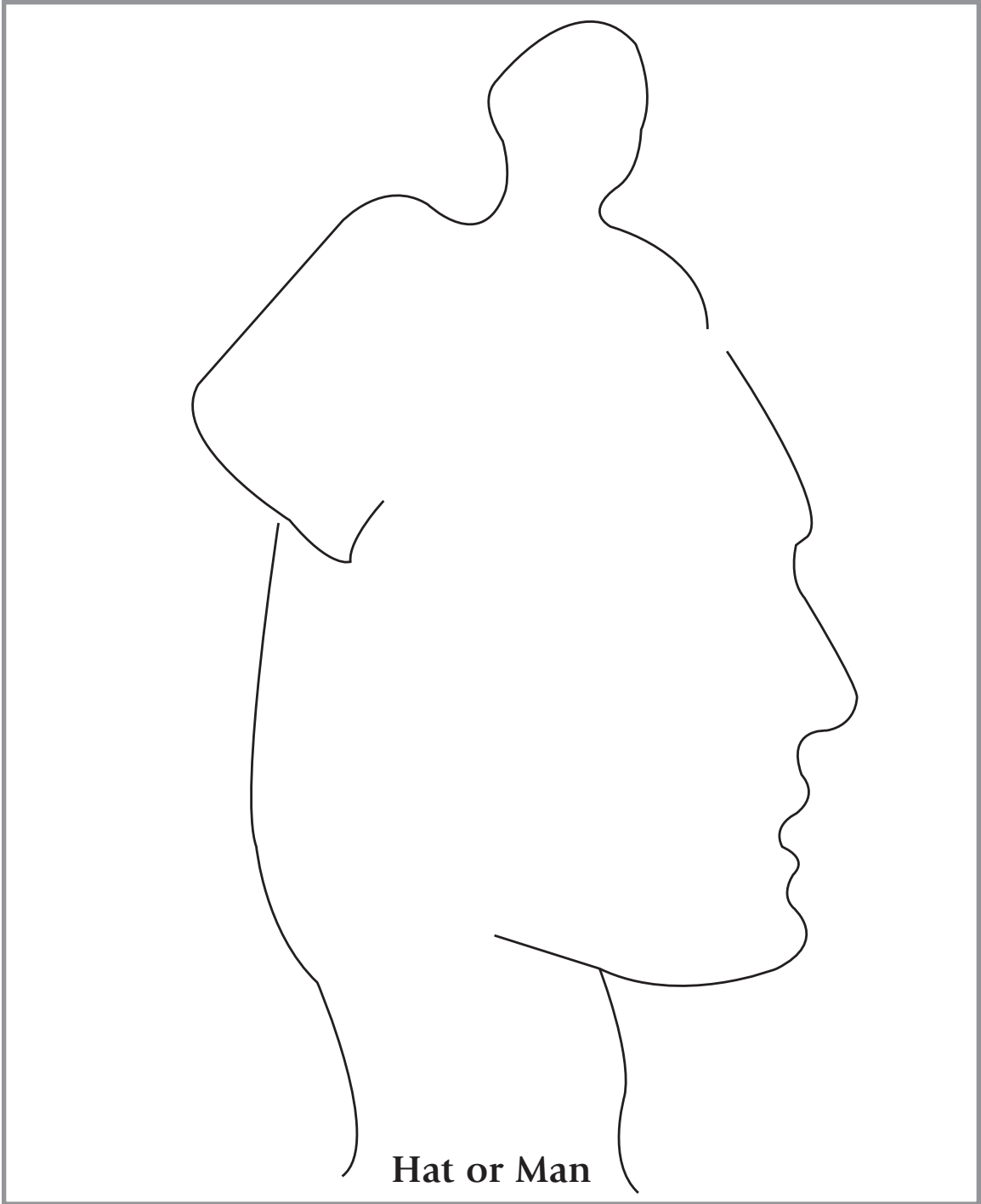
Asking a good question is already learning.



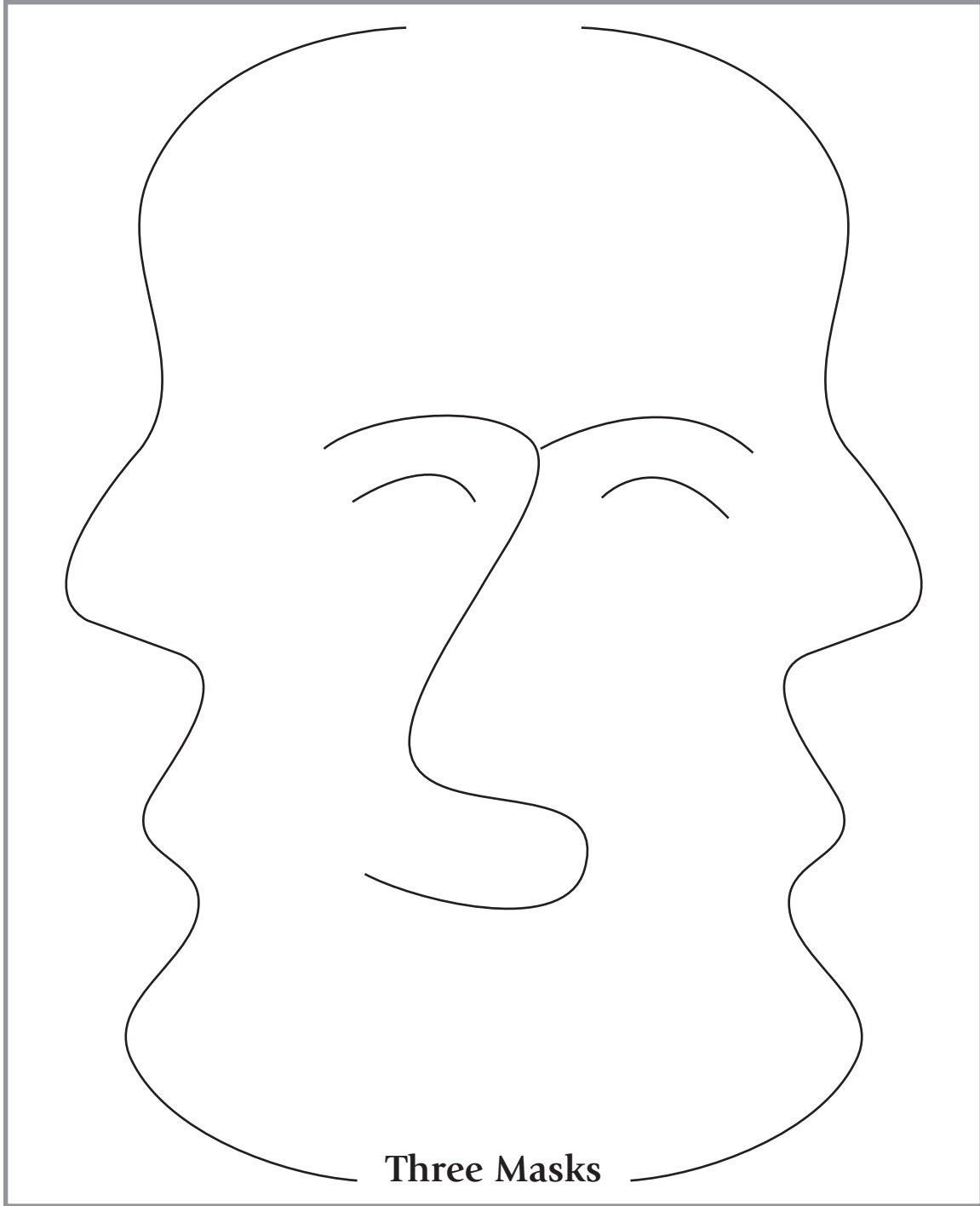
A sister is your best friend.



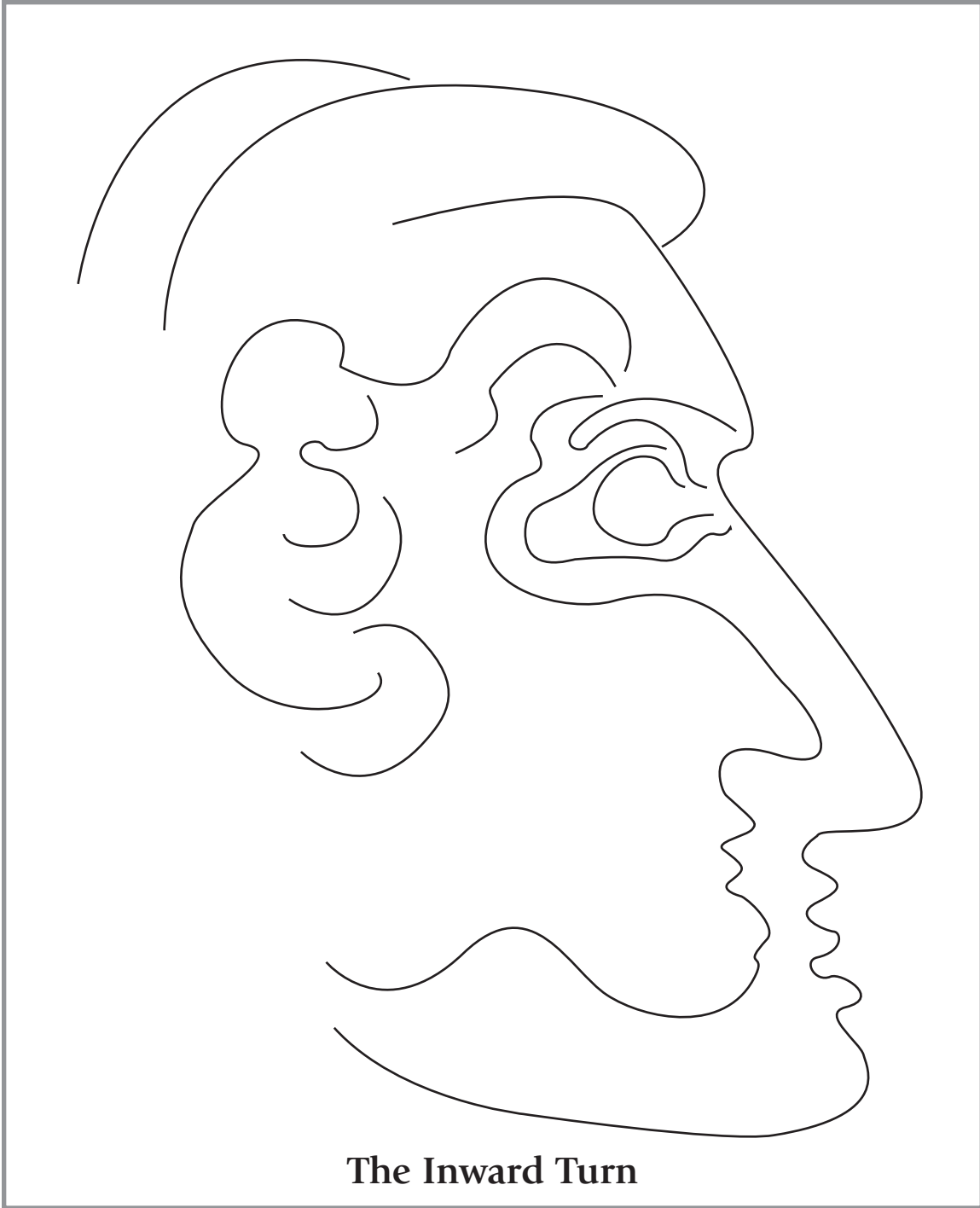
Brothers stand behind each other, and in front, too.



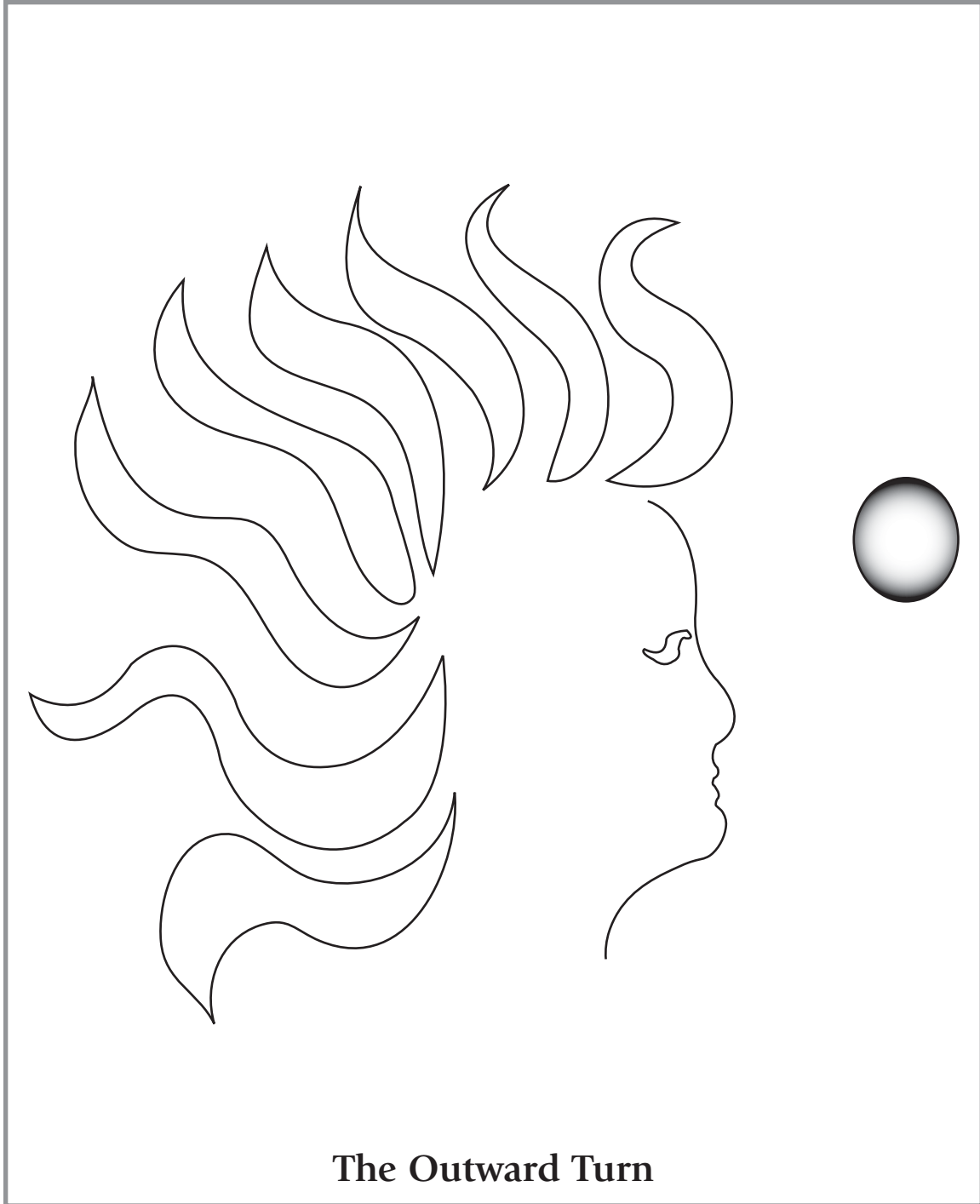
Choices make you think. Thinking makes choices.



The only person who sees my inner me is your inner us.



Exploring the world inside opens the world outside.



The Outward Turn

Exploring the world outside opens the world inside.

