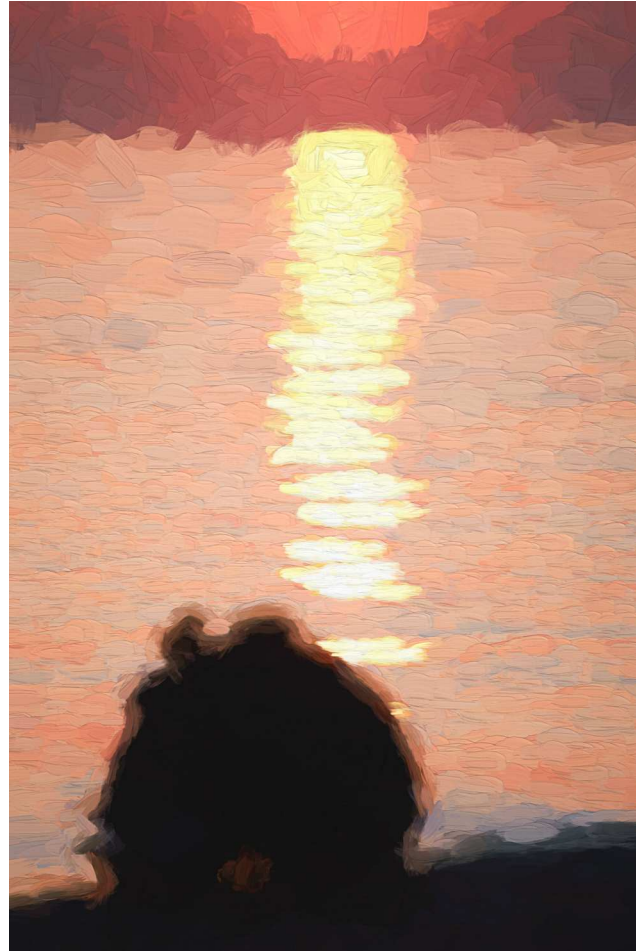


WATER REFLECTIONS part 5



LIVE LOVE



At Rest Pauetoue



Lines



Secured



Portopiccino



Lake Trasimeno



Bleeding Heart Cividale



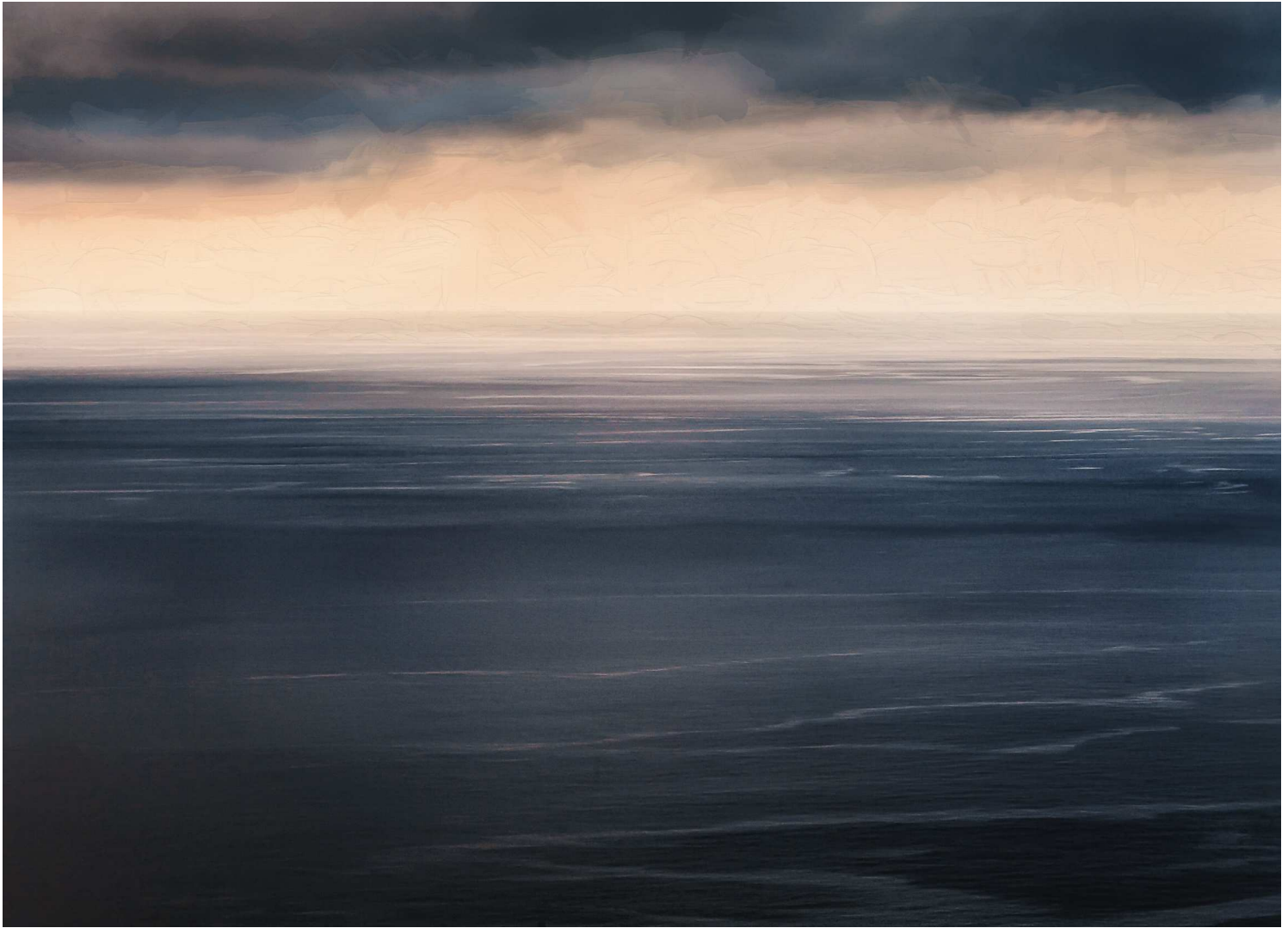
Bella Beach



Catania fish



Lava Rock Water Rush



Meditarrearan Blue



Room with a View



Positano Beach



Spring Sun Spring Shade



Ristorante Mediterraneo Delight



Colorful Sorrento

White and Blue

My mind wonders, attracted to the two beached boats on Positano's beach. I think of companionship, advocacy, guardian angels, God's guiding spirit. The white - the guide - support, not needing motorization. The blue - me, comforted, knowing there is more than me alone, to walk, sail the course.

YOU'LL NEVER WALK ALONE from the Sound of Music resonates a note for me to ruminate: "Walk on through the wind, Walk on through the rain, Though your dreams be tossed And blown. Walk on, walk on, With hope in your heart, and you'll never walk alone."

In 2014, I put my strong feelings about the importance of having a personal advocate, in my client gift book, ADVOCATE PLANNING, To Do What You Love To Do. The book discusses revelations, late to my professional career, including three principles integral to living with purpose, love - Self-realizing, Connecting and Giving, (SCG). These principles are most effectively accomplished with you listening to your Inner Wisdom and having a personal, and a professional advocate, who know you better than you know yourself. My personal advocate - Patty, was a great advocate for me for over fifty years.

My 2014 dissertation fell short of expressing my strong feelings about the importance of SCG - love, having an advocate. I am now thinking about writing a follow up book to ADVOCATE PLANNING - maybe it will be a companion.

I am shooting for a book to the planning profession, rather than a gift addition to clients and friends. The tentative title is, LIVE LOVE, Unleash Your Passion. A Purposeful Passion Priority Process.



White and Blue



Amalfi Sunset



Beached



Beached



Walled Off



Room with a View



Amalfi Coast Morning



Positano Hillside



Positano



In the Zone

Serenity Prayer

God, grant me the serenity to accept the things
I cannot change, courage to change the things I
can, and wisdom to know the difference.



Serenity

Alzheimer's

Twilight Positano was captured in March of 2017. It is hard to believe it was four years ago already. The image pulls me into thoughts and feelings about Alzheimer's. I didn't take the picture with Alzheimer's in mind, but since the capture, I think of nothing else when I reflect, as I view the scene.

Why do I go to Alzheimer's with my thoughts when I reflect on Twilight Positano? The overwhelming color is purple - Alzheimer's organization's color... and, a good color for the lingering loss - daunting. dark. ominous. end of day. heavy.

The prominent positioned readied float is warm hued, welcoming to a world beyond, with hope of peace and passion.

Patty is in the image, not recognizable. Family are standing by, with love and support. Others looking on to guide - research, longing for a cure, and assisting with tolerating.

We are in the tenth year now. The deterioration is incremental, but seemingly certain. No short term memory. Confusion - mislabeling a wall for a room, a shoe for a sock. Searching for words once readily available.

But... we breakfast out every morning, listen to 50's music, watch a movie, and walk when we can. Soon Patty anticipating words from the 50's will leave her singing lips. She sits through the movies, but doesn't really follow, and of course doesn't remember (watching repeats is not a problem for me either).

I dread the day we can't do the daily routine.



Positano Twilight

Simple Prayer

Make me an instrument of Your peace. Where there is hatred let me sow love. Where there is injury - pardon, doubt - faith, despair - hope, darkness - light, sadness - joy.

Grant that I do not seek to be consoled, as much as to console, to be understood, as much as to understand, to be loved, as much as love.

It is in giving I receive. It is in forgiving I am forgiven.
It is in dying I am born to eternal happiness.



Fallen



On the Rocks

Kripalu

Kripalu is a former Jesuit retreat center, a respite spot from Alzheimer's, for me - yoga and Ayurveda for most - nestled in nature in Stockbridge, Massachusetts - part of the Berkshires.

I was introduced to Kripalu when Bridget attended their Mindfulness Outdoor Leadership training. I thought this might be a great place to get away and do some nature image reflecting, eat some healthy food, try a little yoga, and have a couple massages. I went in October 2019. It rained quite a bit, but it was effective in meeting my expectations. The rain added an element of influence, that was actually photographically challenging and fun to be in. I expect to experience Kripalu again, this October (2021), when my sister Rosie and brother John will sub in the ring with Patty.

Alzheimer's is mean! It is probably playing a mind game with me, that unknowingly, Kripalu is the stress relief needed - I seem oblivious to the big A's meanness on me.

I can't imagine having brain blight. It's a long wasting illness - a slow death - a slow grieving process, to be repeated again, after the inevitable. It's like incremental worsening lobotomies that torture to the end, slow but sure. Where is the Patty I know?



Monk's Pond



Dock?



Branch Out

Preserve

Processing two images in one is rare for me. It made sense for Preserve to be included in OUR BASIN OF RELATIONS, The Art and Science of Living with water.

PhotoShop is a great tool for the creative - a want-a-be for me. I venture in a bit, with manipulation, but prefer to create beauty, or the message I wish to make, with all the elements existing in nature - well, maybe I add a little enhancement to create what I feel is attractive.

The other afternoon (June 8th, 2021) Patty asked 3 year old grand daughter, Olive, if she wanted the water that sat on the kitchen table. I said, no..... that's Emmett's. Patty got frustrated and slammed the glass of water on the table - nearly breaking the glass. Water flew all over the place. I popped my lower lip and shrugged my shoulders. Olive followed, popping her lower lip and shrugging her shoulders. The mysteriousness of Patty's reaction caught both of our attentions in the same way. I had to smile.

My mind reenacted the incident at three am, that night. Patty is used to the grandkids running past me to her arms - she kept their attention and connected at their level. Things are different now. We all know something is wrong, even Patty. How frustrating it must be for Patty. I wish we could preserve the way it used to be.



Preserve

Seventy Fifth Birthday Thoughts

August 8, 2021

Seventy Five is a milestone for me - I feel an end of an era. I have never felt my future to be so uncertain. It's okay - just what is - day to day living. Actually, it helps me live my mantra - Love in the moment.

Alzheimer's is taking it's toll. I've avoided the caregiver's note in their file - combative - but I feel it now. The other day my three year old granddaughter showed me a fingernail imprint on her arm, and said, you need to talk to Bama, and I said, I will, and she said No, Now.

With no memory, talking to Patty was, of course, a futile exercise, but a telling experience - an experience noteworthy for my Alzheimer's journal. I have two other 'too physical' episodes noted in my, now, twenty five page journal.

My adult children are now saying it is time for sedation or a memory care unit - I have a call into the doctor. The memory care unit is too much for me to handle, right now, but the sedative may be a good transition for all of us?

Anyway, I pause to reflect on a few things I have learned over the last 75 years!

1. No matter how much crap I go through, family is my highest priority.
2. All is Gift.
3. My biggest goal is love.
4. My best way to love is SCG - Self-realizing, Connecting and Giving.
5. My passions are the route to optimizing SCG
6. My passions give me the most satisfaction
7. I do what I prioritize.
8. The Simple Prayer is not so simple
9. Water is a wonder
10. You can teach an old dog new tricks



Seventy Fifth birthday sail



Seventy Fifth birthday diner

Whichwayer

It was in Seattle, while walking the neighborhood where Bridget lived at the time, probably 2016, that I came up with the Alzheimer's walking team name -The Whichwayers. Patty would say, usually walking ahead of me, which way now?

Patty walks much slower now - clearly in saunter mode. There is no more questioning which way now - Patty shadows me, like a loyal blind dog.

I used the, what I thought, was a clever name, at our inaugural Alzheimers walk in 2017, both in Minnesota and Vermont. It was of significance since it was coincident with our fiftieth wedding anniversary. We used the walk as a fiftieth anniversary celebration. It was a great way to celebrate with friends and family.

Now 2021, we religiously walk in Vermont's annual Champlain Valley Alzheimer's fundraiser. Patty handled, for the first time, the windmill flower with the color for those having Alzheimer's - I am not sure she understood, but she willingly took on the appropriate flower, rather than one of the other four or so flowers that represented other relationships to the ugly disease.

It's tragic to see one lose their way before losing their life.

Visit Alz.org - a worthwhile cause.



Whichway

Daily Duty

I like to walk the wonderful paths along Lake Champlain in Burlington, especially when the weather is nice.

Today we started walking south. Patty says let's turn around. I say let's walk a little further to the Surf Club - I can use their facilities - we can sit awhile, and I can do my daily duty. Patty, hearing I had a need, willingly agreed.

We got to the Surf Club and the gates were locked. Oh, oh - that has never happened before. I didn't know if I could make it back to a public bathroom... for relief.

I walked faster than Patty. I would backtrack while squeezing my cheeks. I can do this. I can do this - mind over matter - messy, stinky matter!

I checked out a couple of spots along the trail. The cover was no good. I am experienced at finding my own out door spots. I knew what to do - take down my pants - do my thing - and use my underwear for wipe. I've made the mistake of messing my menswear - no fun - got to dump and cover.

I stopped at the railroad station - there is a big sign - NO PUBLIC RESTROOM. I stopped at the city water works (ironic) - NO PUBLIC RESTROOM. I thought - how mean they are. Don't they know how urgent this is?

The public facilities at Perkins Pier was in sight. I'll make it. I did - with very little damage.

NO PUBLIC RESTROOM - please. The pandemic has created more signs -NO PUBLIC RESTROOM. Public restrooms may take on new meaning - at least for me!



Lakeside

See the Light

Why doesn't everyone think the way I do? What a wonderful world it would be... or maybe not.

It took a lifetime for me to understand the power of consensus - different opinions - looking at something from all angles, and coming to a decision that all can live with. The outcome may not be the answer I want, but one I can live with.

I was involved in consensus building a number of times during my career. It was effective, albeit, time consuming. I do admit though, I like being the lone ranger - I was often called an enigma. I fought the process, but learned it was necessary to get good 'buy in'. I think my fighting the process has a to do with my level of patience, and my desire to be in control of my own destiny.

With big decisions that can unify a group, consensus building is powerful - powerful in a good way. Maybe the consensus is a compromise, and many times the decision is better than I image.

The beauty of a good open forum, where people are free to express what they believe is - everything is ok - no thought is rejected - every side is heard - everyone is free to express themselves.

Listening to hear separate realities is an important principle for me - one of the best lessons I have learned - improving communications - relationships.

Muting, cancelling, outlawing, lying, abusing power - all are common now. It seems like it is a no-holds barred for obtaining power to control.

I think it is time to move away from a dualistic approach - a win/lose mentality - a quest, at any cost to obtain power to control.

Maybe the size of the world is part of the growing problem with dualism. About the time I was born in 1946 - simpler times - there were 2.5 billion people in the world. Now there is three times that, 7.5+ billion. If just 1% are corrupted, and considering the advancement in technology, the corrupted out there may be powerful, even at 1% - powerful in a bad way..

Maybe we should start listening to more opinions, not less, and hear the logic of our diverse neighbors.



See The Light

Live Love

'Love in the moment' is my mantra - has been for thirty years. I condense my thoughts about loving in the moment to eighty words. I affirm my mantra daily, and preface the affirmation with a prayer.

My older brother Richard said on his 80th birthday - "The largest task of life is to love. And love is the only thing that lasts; everything else melts away."

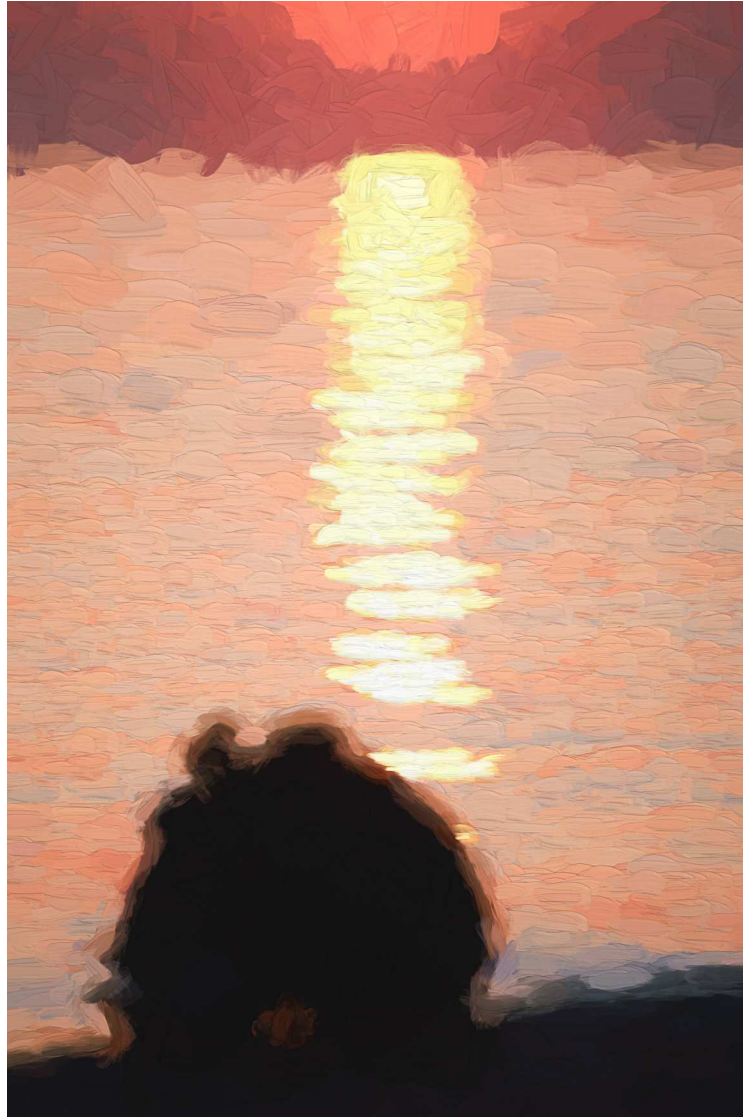
My quest for deeper planning relationships, at the end of my Life-Wealth planning career lead to my conclusion that discussing clients passion priorities and acting thereon was planning's Holy Grail.

I looked at all the values I could muster up and came to a clear conclusion - a divine revelation, maybe - I couldn't come up with this stuff myself... And it all boils down to Love - love of self and love of others.

I concluded that the universal principles of Self-realizing, Connecting, and Giving (SCG) are primary to living passions. And the self-realizing value activities of learning, serving, mentoring; connecting value activities of exploring, relating, playing; and giving value activities of protecting, contributing, transferring are effective in buiding a simple passiion priority process that will result in happy results.

I spent a great deal of time on SCG in my 2014 book ADVOCATE PLANNING, To Do What You Love To Do. I feel I didn't do justice to the beauty of the process.

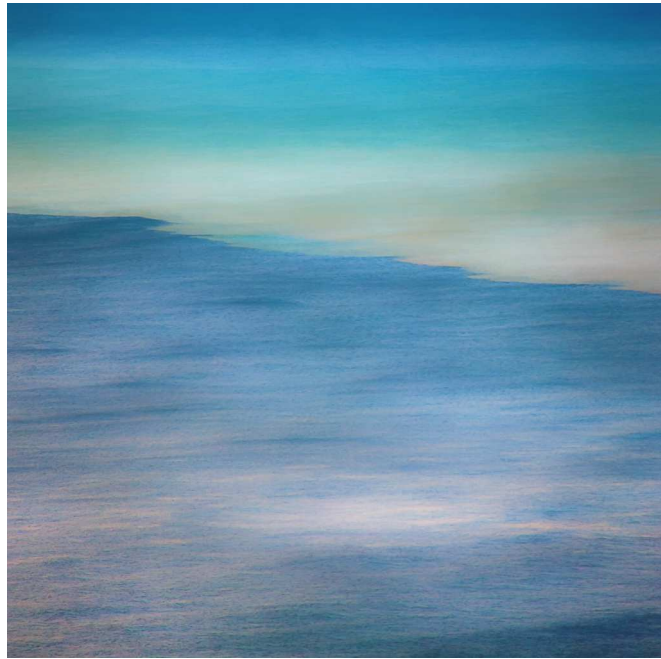
I will try again with my next book project - LIVE LOVE, Unleash Your Passion. A Purposeful Passion Priority Process. I will focus only on the passion priority process, and simplify the steps. I will not spend much time on the resources of Time, Health, and Wealth, which were heavily dealt with in ADVOCATE PLANNING, To Do What You Love To Do.



Live Love



Designed using Adobe Photoshop Lightroom



Blue