

# WATER REFLECTIONS part 4



Tranquillity



## In Neutral

Patty and I spent time in late 80's and early 90's learning about the principles of Mind, Consciousness, and Thought, as originally espoused by Sydney Banks. Joe Bailey is the Minneapolis based psychologist that guided us through the principles. I think I read all the books, available at the time, on the subject.

The concepts were particularly productive for both of us - simple ideas - very effective. One idea that hit home with me was: "Notice the feeling and do nothing". The idea is, clear your mind... put it in neutral... let your thoughts pass through, no fixating. The consequence is a return to the natural state of well being. Like the New England weather - wait fifteen minutes and it will pass.

I had an image of a lone standing chair, taken at the time, looking out on Green Bay. It was a favorite image, and reminded me of the concept IN NEUTRAL. While meandering the Oregon coast in 2015, I captured another image, I again call, In Neutral.



In Neutral



## I Affirm Love

I love in the moment, and the energy spreads beyond the imagination. I love in the moment by living the present, not fixating on the past, worrying needlessly about the future, or fantasizing wildly about possibilities, but rather focusing on and loving people, the process, the positive, the pristine, and my passions.

I love while listening to my Inner Wisdom, balancing my life, caring about others, being healthy, and contributing my uniqueness. I accept the uniqueness in myself, as well as that of others, without judgement, with respect, patience, and a sense of humor.



I Love



Haystack Reflection

## Tranquillity

Tranquillity is hiding - unnoticed amongst 25,000 reflections in my library of images. It now (2021) speaks loudly to me. Why it didn't mesmerize in 2015, at the time of capture, befuddles me. I suspect I am now more emotionally needy of the evocation.

I could call it AtlanticLight15, preStroke16, preprolonged COVID19, preAlzheimer's10. Now, I have a longing for less stress - simplicity, calm, quiet; nature's promise - hope. The Simple prayer of Francis comes to mind - make me an instrument of your peace... where there is darkness - light.

I reflect on Francis of Assisi - he forgoes wealth and material power, and is absorbed in the purity of nature's creation. I can only imagine the eternal rewards of his words and actions. "Where there is hatred, sow love, injury - pardon... it is in giving we receive".



Tranquility





Atlantic Morning



New Day

## Social Distancing

I've been trying to make sense out of wearing masks after being vaccinated with a 'very effective' medicine against this awful flu, which allegedly, unnaturally, started in a lab in China.

Maybe it's a fight of life's driving forces of fear and risk taking - are we Evil Knievel or Howard Hughes? - Likely in between, with a lean one way or another.

I suspect I lean to risk taking, but at this time I am driven to making others comfortable and being light about it. I laugh at remembering my dad making light of my frequent comment to him when he had an accounting challenge - I'd say, No Problem.

There is a new verse to the song - What a Wonderful World: I see vaccinated friends wearing masks, Saying, how do you do? They're really saying I love you.





Naturally Social Distancing

## Maine

The big water is the draw, to me. I love it - water sky-line, sound, smell, sand, sun. It can be Pacific, Atlantic, Caribbean, Mediterranean, Adriatic, and others, unseen.

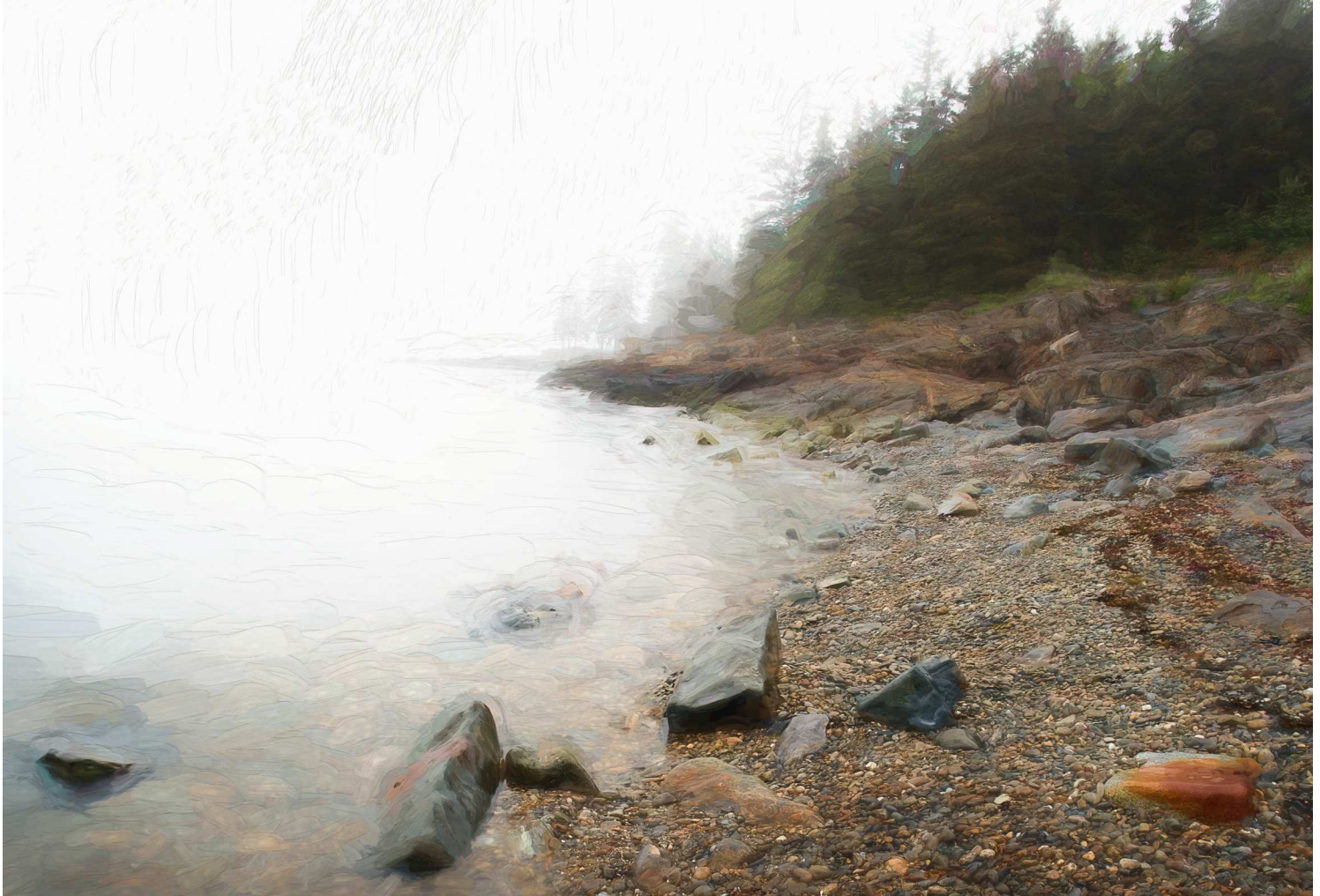
Maine is close - four hours from home and I'm at the Atlantic. The water calls from the entire east coast. I wish to visit beyond just Maine.

Maine has called to date - Maine Media workshops, in Rockland, is the east coast's Santa Fe Workshops. Acadia National park is nearby. Popham Beach, Monhegan Island and small port towns are wonderful visits.



Eagle Pond, Acadia



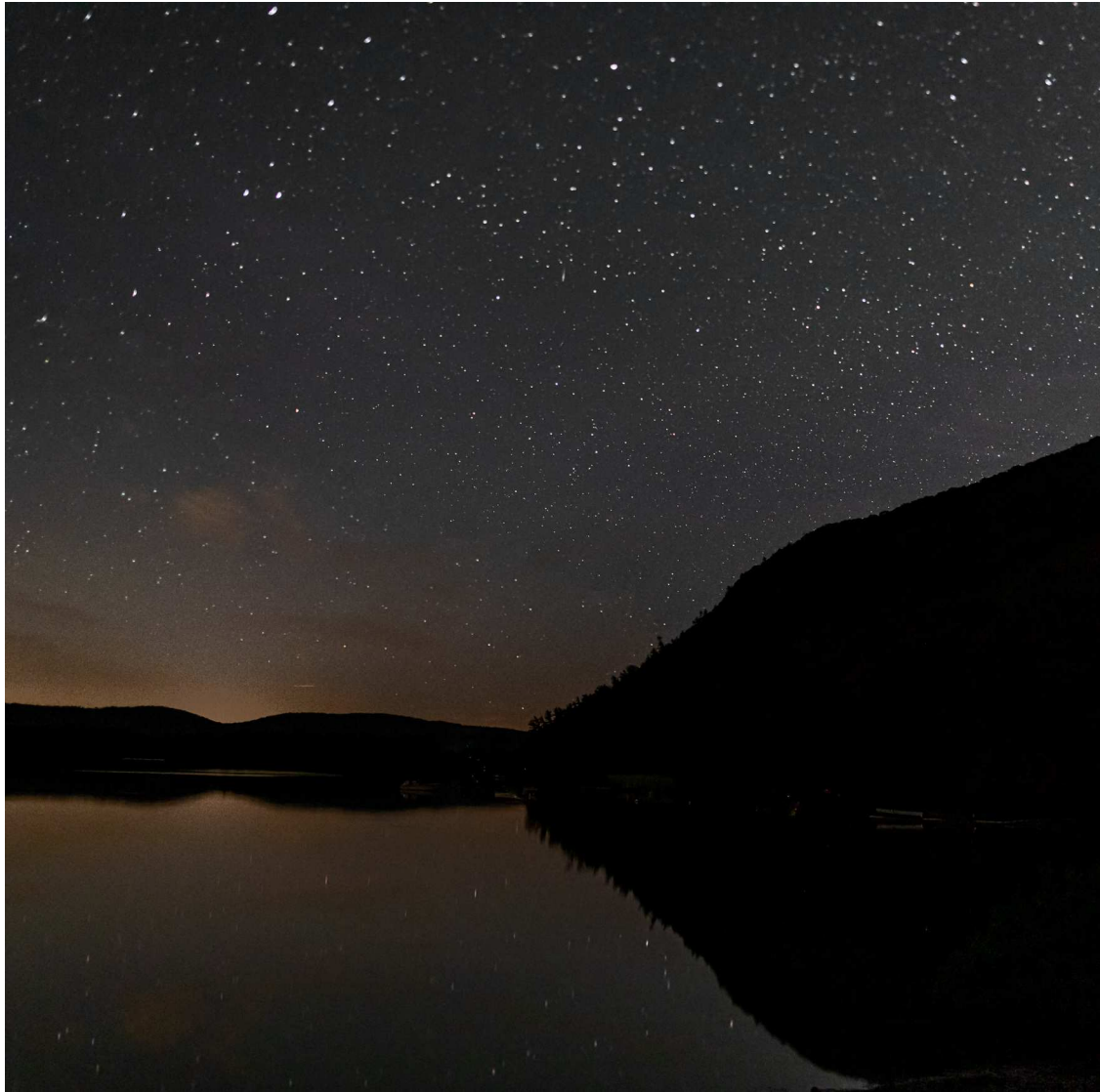


Port Clyde



Port Clyde Lighthouse





Barrett's Cove



WOW

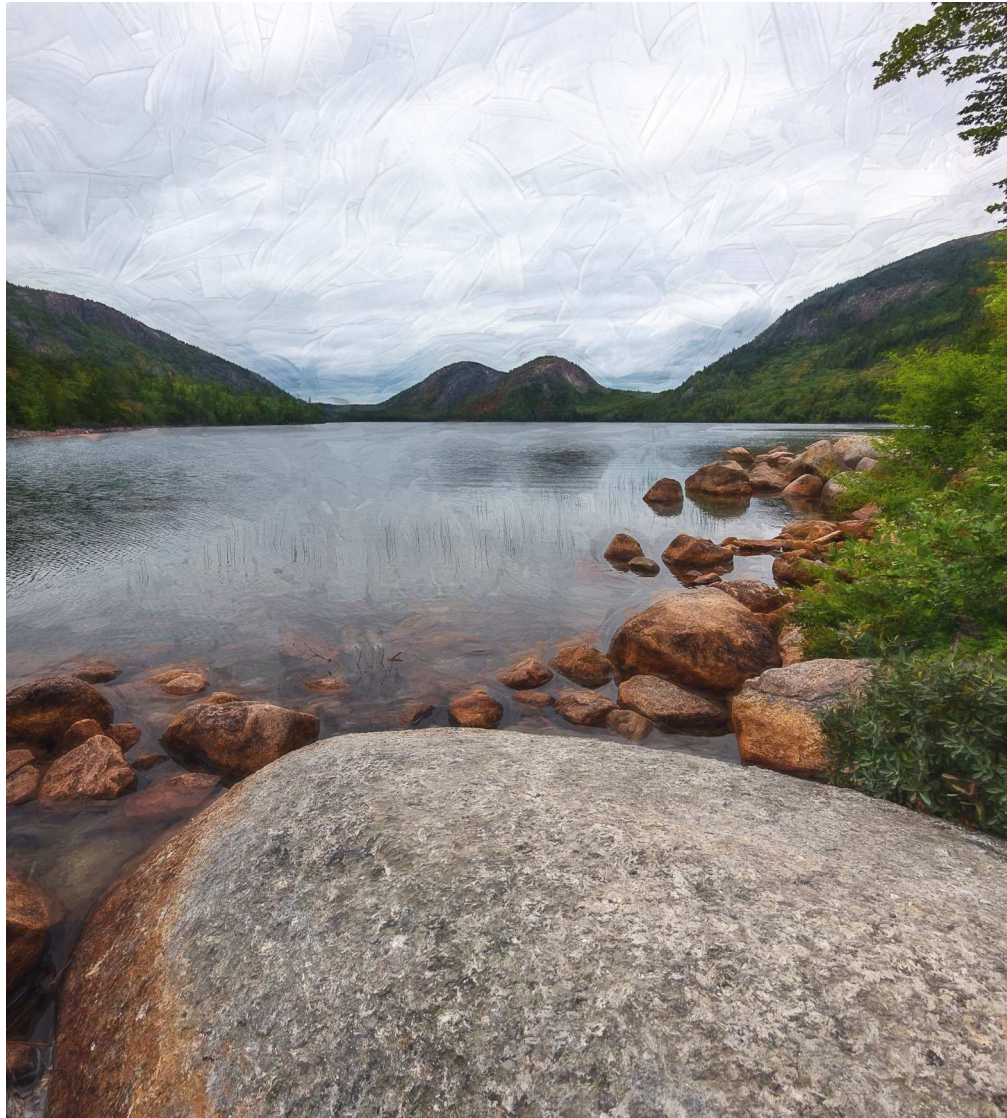


Monhegan Island





Rising Tide, Tenants Harbor



Jordon Pond, Acadia





Popham Beach



Fall Reflection

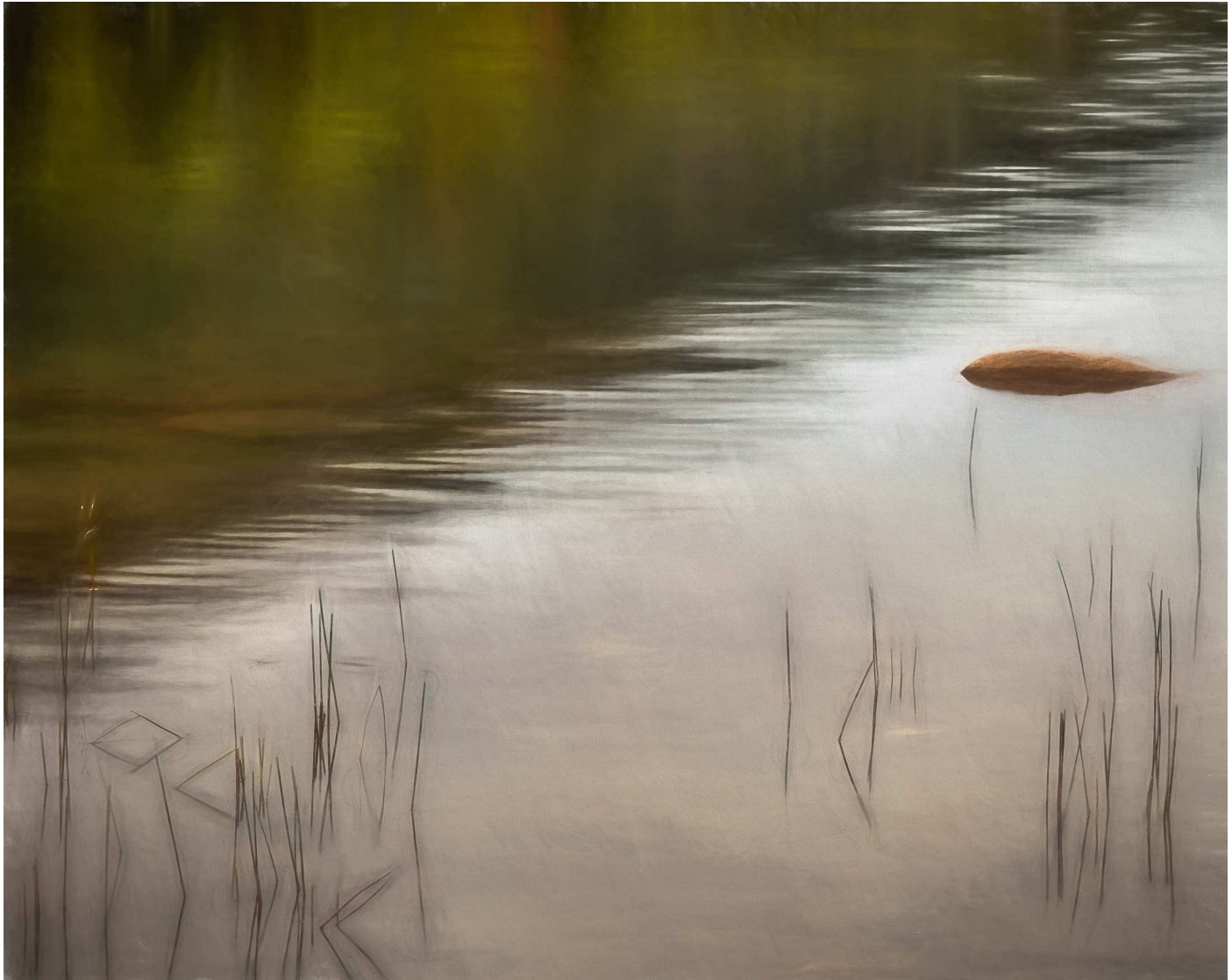




Maine Roadway



Long Pond, Acadia



Jordon Pond, Acadia





Ripple Reed Reflection





River's Edge



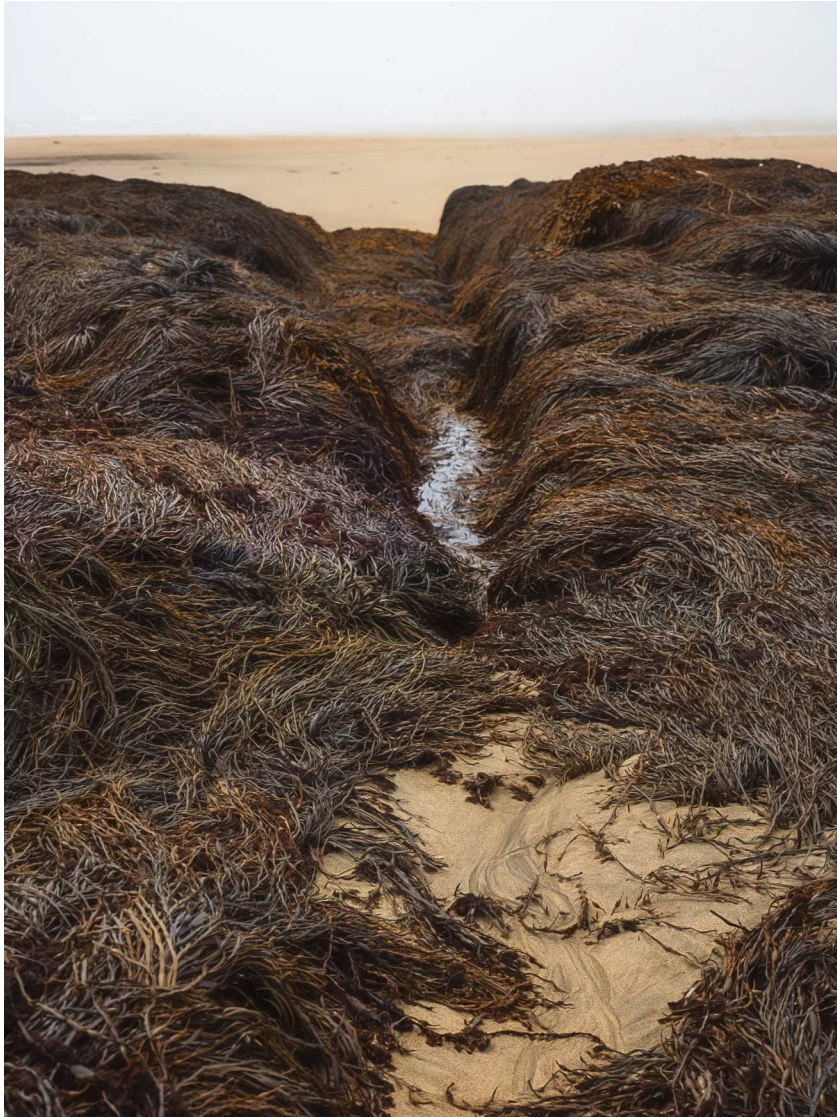


Polin Palate

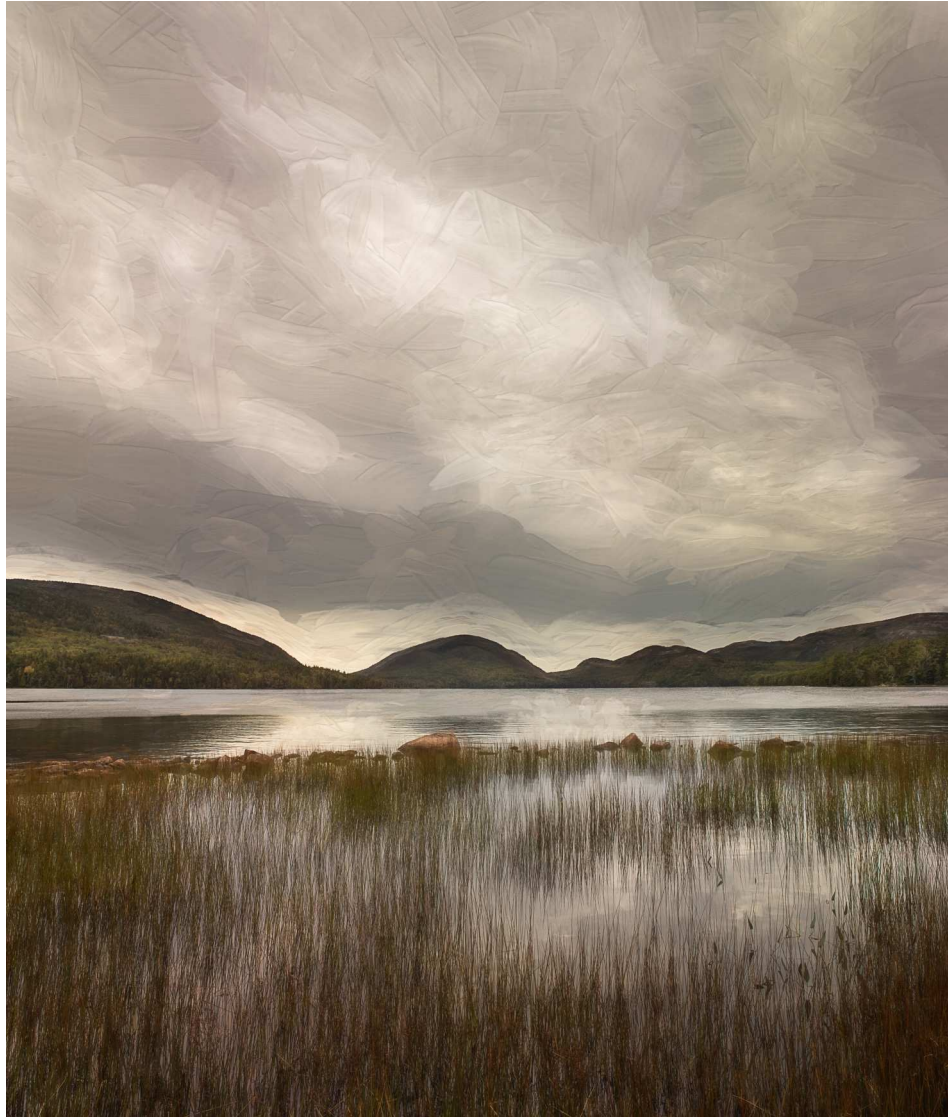


Sand and Sea



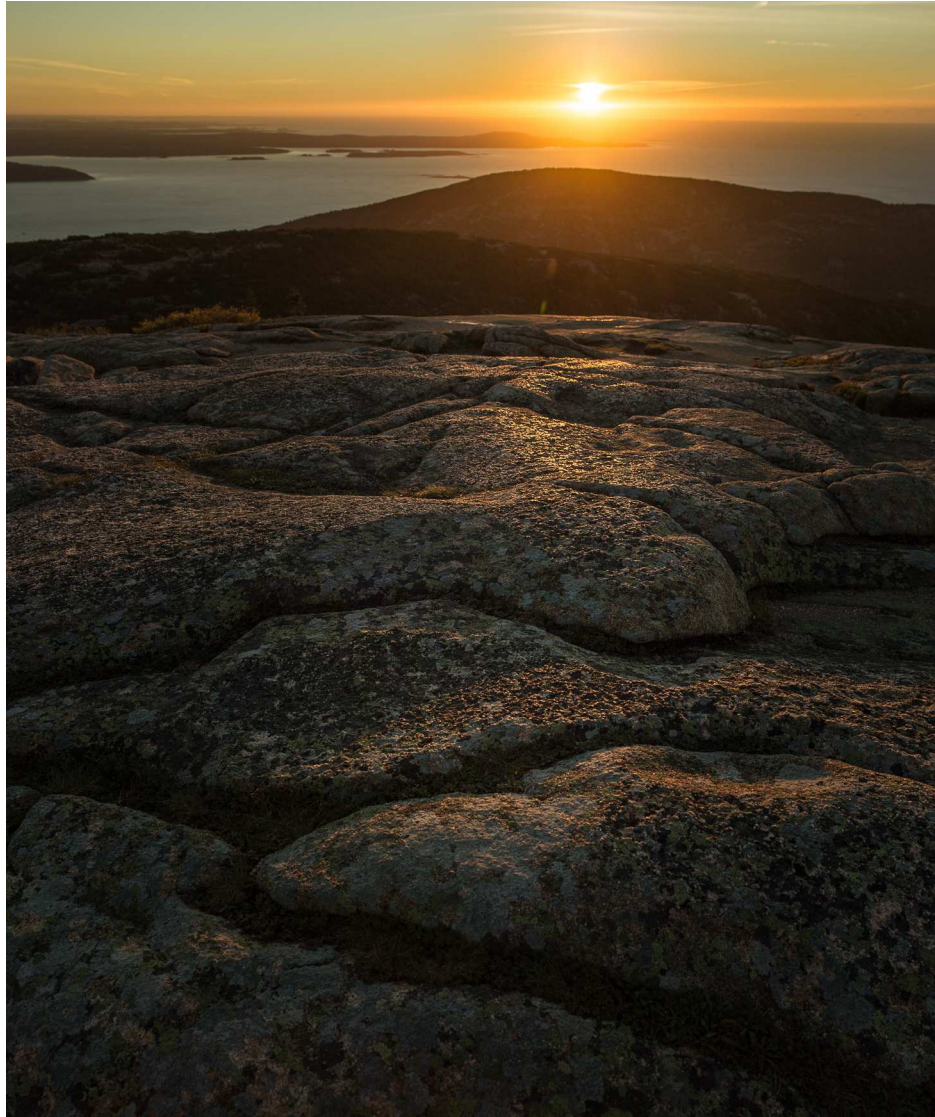


Wet



Eagle Pond, Acadia





First Light, Acadia



Morning Affect

## Shelburne Farms

Shelburne Farms is a special place - a must stop for visitors to the area. I walk about it's friendly paths, along the lake, many times each Spring, Summer, and Fall. I'd love to snowshoe it's gentle terrain, but I haven't yet.

Shelburne Farms was a summer stop for the wealthy Webb family. Now it is a working, teaching, nonprofit institution lead by Alex and Marshall webb. They do great working teaching and living healthy sustainability. Their smoke cheddar cheese is my favorite - try it with smoke salmon on a saltine - it's to die for!





The Inn at Shelburne Farms



Lakeside

## Water Travel with the McGintys

Patty and I have been fortunate to spend material time in the Old Country - two years in Germany while in the army, and ten trips with the McGintys to England, Ireland, Italy, Croatia, Slovenia and Switzerland. Water was always near - It's hard not to be with so much water around - magnetizing water - to be near, or on - The Rhine, Mosel, The Isle of Wight in the English channel, Mediterrean, Adriatic, Lake Como, Atlantic, and others

At first, the McGinty trips were more of a stop in, and lately the visits with them are the main attraction. The three England trips, where we touched paths, are not represented here. The digital captures, since about 2008, coincident with the sale of my Life-Wealth planning practice, are the main matter in this book.

I start here with Ireland - a special trip for Patty and me - a forty year anniversary spree - a trip to Patty's proud heritage, somewhere near Cork. We started the drive across country in Dublin, with a meet up with John and Elizabeth. I fell in love with Guinness in Dublin. We had a wonderful evening with John and Elizabeth and dear friends of theirs.

The big stop for us was Dingle. We visited Galway, met Ena - fell in love with her and the water all around. Ena lived on the beach and galleried her daughter's nature paintings. I suspect water was a positive influence on her delightful disposition.



Sunrise, Galway, Ireland





Exhilaration in Dingle Bay



Ena, a lovely local meet, Dingle





An Artist and Postman, Dingle



Age of Dingle



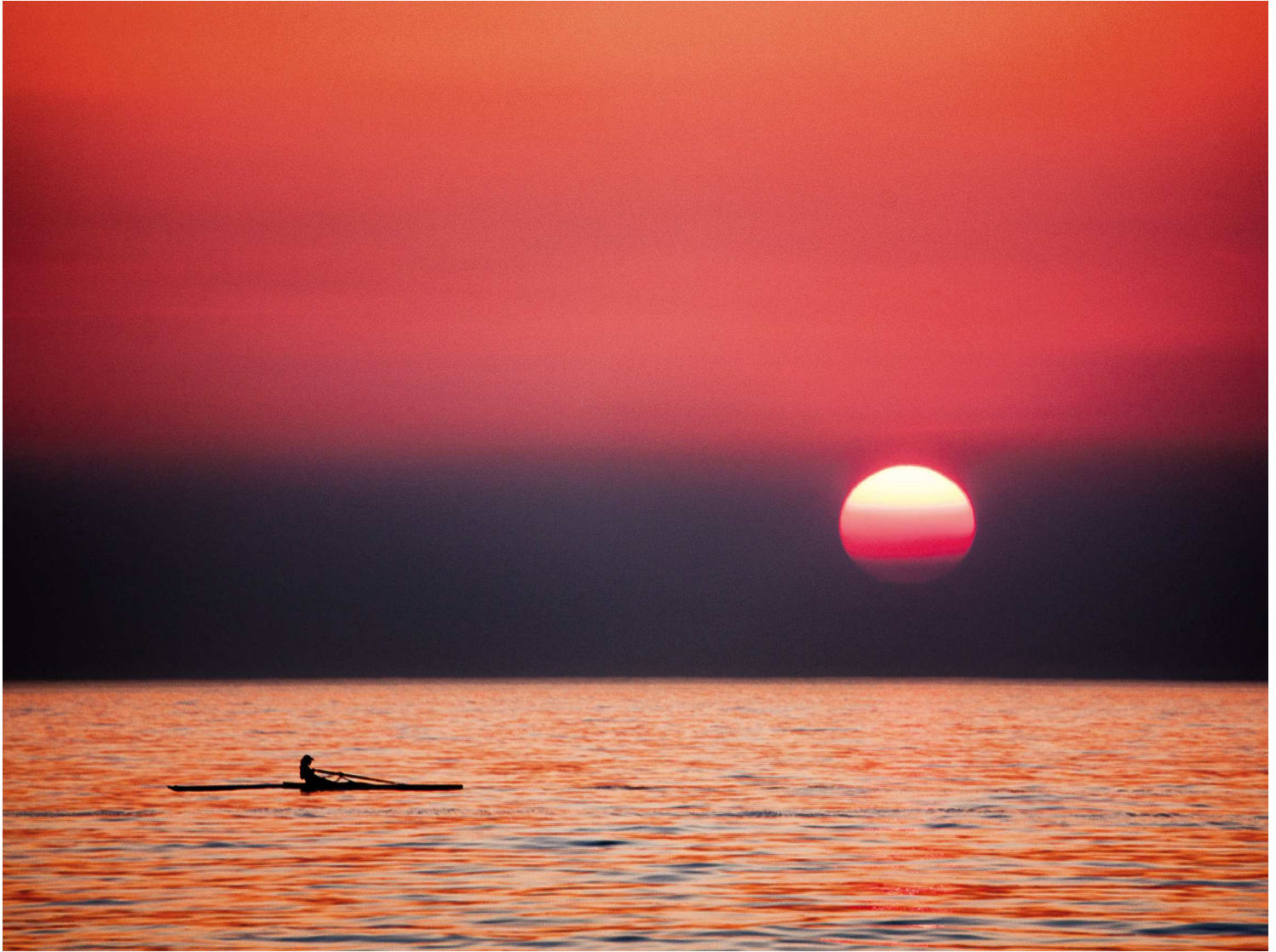
## Trieste - Magical

Trieste, on the Adriatic, a couple hours east of Venice, drew John and Elizabeth to it's shore as a post career home. Trieste is a wonderful place, a settling spot for many in their third stage of life.

Their move to Trieste is great for us - I have visited six times. I hope for more visits.

We travel well together - we specialize in three hour meals at fine Ristorantes. Wonderful visits have included: Tuscany, Levanto, Riomaggiore, Verrazza, Castellina, Sienna, Lake Trasimeno, Assisi, Fano, Chioggia, Taormina, Positano and Amalfi Coast, Sorrento, Portopiccino. Most frequently we landed near water - heightening moods.

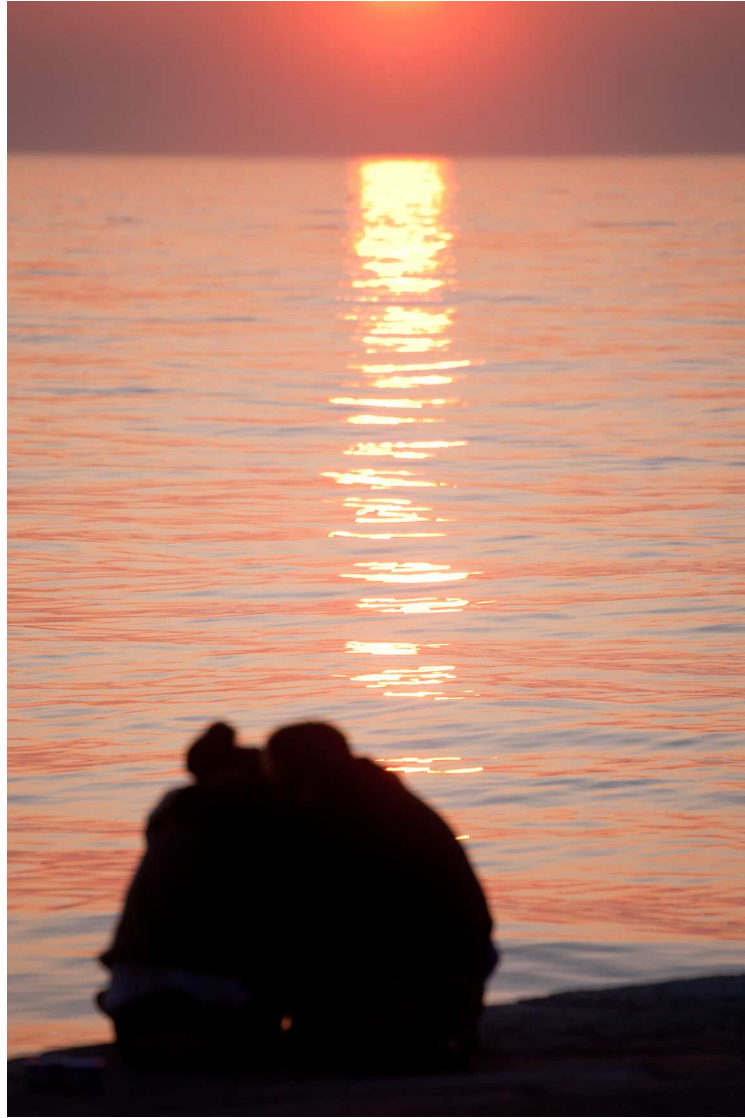




Adriatic Row, Trieste



Water Love



Heart





Trieste Canal





One of many delightful meals



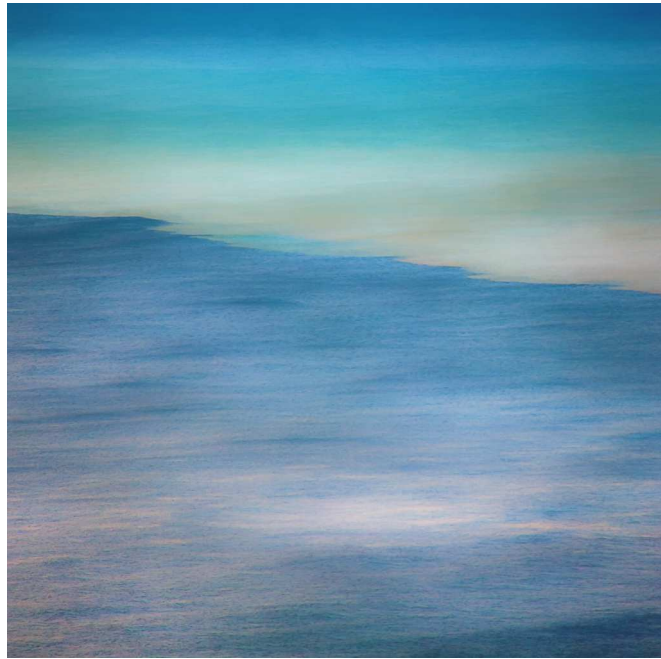
Eataly





Designed using Adobe Photoshop Lightroom





Blue