

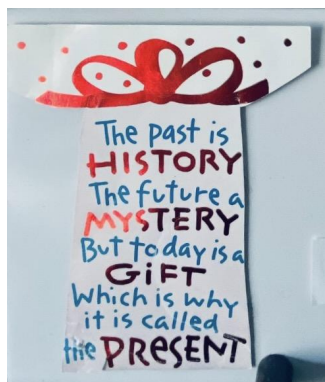


Notes & Quotes from Dawn

December 2022

*Take a breath, quiet your heart and listen deeply.
There is so much coming and going, and yet...
Feel how underneath it . . . all is a vast silence
and spaciousness... ~ Jack Kornfield*

During our most recent sunny morning, a few days ago, I was rather frantically searching through my filing cabinet drawers for some



information I couldn't seem to find. I began to wonder, "did I save it? If not, why not? And if I did save the file, where in the world is it?!" Just then I noticed the early morning sun streaming through the window was illuminating a card I've had taped to the top drawer of the cabinet for decades. I stopped, took a deep breath, and let the words sink in, grateful for the reminder. I refocused and, almost immediately, I found the file I was looking for! I have now moved the card to the

wall behind my desk and computer where I can see it any time I am distracted or feel my mind roaming back to the past or fantasizing about the future.

When you are present in this moment, you break the continuity of your story, of your sense of past and future; then, true intelligence arises—and also love. ~ Eckhart Tolle

**"LISTEN TO SILENCE.
IT HAS SO MUCH TO SAY."**

- RUMI



*We must not allow the clock and the calendar to blind us to the fact
that each moment of life is a miracle and a mystery. ~ H.G. Wells*

BOOK TALK



For those of you who have read *Little Girl Found* in one iteration or another since it came out last year, and would still like to write a short review, you can do that [here](#) or [here](#) Your reviews can be anonymous and don't need to be all positive! If you'd prefer to email me with comments, questions, or suggestions about something you'd like to see included in the (hopefully) expanded new edition next year, I would welcome that. (dnbarankin@gmail.com)



Sending you love and blessings as another challenging, unpredictable, and often heart-breaking year for so many of our fellow human beings comes to an end. May we continue to practice gratitude, compassion, and forgiveness, and may the new year bring us closer to peace within and peace with all.

Not all of us can do great things, but we can do small things with great love. ~

Mother Theresa

photos: taken crossing the Pacific Ocean October 2019