



Notes and Quotes from Dawn

June 2022

“When we are no long able to change a situation, we are challenged to change ourselves.” - Viktor Frankl

I began the introduction to my book, *Making Friends with Cancer*, written twenty-two years ago, with that Viktor Frankl quote. In the last paragraph of the Preface to *Little Girl Found: How I Reclaimed My Self After Early Childhood Trauma* I refer again to this neurologist psychiatrist, philosopher, and author when I say:

“We are all shaped by the circumstances of our lives. However, as Holocaust survivor Viktor Frankl famously wrote, and a number of spiritual teachers have reiterated, we have the power to choose how we respond to whatever may occur.”

Given the current state of our world, on so many levels, I have lately found myself suddenly flooded with emotion when reading newspaper headlines or a magazine articles. The words, “I don’t understand!” leap into my mind and heart or even stream out of my mouth. While pondering what seems to be utterly incomprehensible, and impossibly difficult to ‘grok’

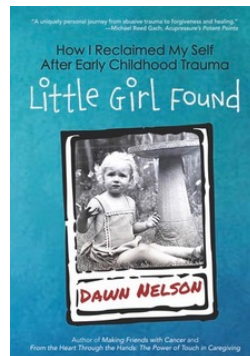
as some of who were alive in the sixties used to say, I often remember the Zen saying:

“If you understand, things are just as they are. If you do not understand, things are just as they are.”

As I contemplate the root causes of our planetary and political, as well as personal, conflicts, and examine sometimes strong attachments to my opinions and preferences, I am reminded of the importance of discriminating between an individual and that persons beliefs or particular points of view. I try to remember that what I give my energy to will grow, and that my state of consciousness affects others.

Pema Chödrön continues to remind me in her books, talks, and interviews that resisting whatever is occurring is a major cause of suffering, that nothing ever really goes away until it teaches us what we need to know, and that:

“If we learn to open our hearts, anyone, including the people who drive us crazy, can become our teacher.”



As I work on a second edition of *Little Girl Found*... I'm interested to hear from those of you who have read it what it brought up for you, what you wish I'd expanded on, questions you have about anything you read, etc. If you haven't read the book yet, and prefer ebooks, I have enrolled it on Smashwords summer / winter

sale at 50% off. Otherwise check your local bookstore, Goodreads, Powell's, Amazon or let me know if you'd like a signed copy mailed to you.

*May you be well, may you be safe,
may we find our way to peace
within and peace with all ~
Blessings, Dawn*

