



Notes & Quotes from Dawn Spring 2023



*Live in each season as it passes; breathe the air, drink
the drink, taste the fruit.* ~Thoreau



Here in northern California, it seemed like a long, wet, and windy winter with the weather changing as abruptly as the daily news. We never quite knew what the temperature might be from one day to the next before we officially moved into spring. When the rose-loving garden specialist who has pruned our plants the past few years had failed to come by the end of February, I felt called to apply myself to the task. Pruning our 50+ plants, which usually takes her about two days, required my attention over several weeks, with time off during long days of heavy rainfall.

As the rains eventually receded to an occasional drizzle, the clouds began to disappear and clear blue skies returned. The landscape seemed awash in bright green, a color which typically represents new beginnings and rebirth. I could look out almost any window of our home and see over a dozen different shades of that refreshing color; I felt a new appreciation for its nuances.



And so blossom by blossom the spring begins.

~ Algernon Charles Swinburne

As our Azalea plants began popping into full bloom almost overnight, it seemed, I waited for the roses. Hoping I had pruned them correctly, I was relieved to see tiny little buds forming on the bushes in early April. A couple of weeks later, every bush was showcasing its distinctive personality. By month's end, I was cutting a variety of colorful and fragrant roses to arrange in vases to give away to family and friends.

Once the rains had receded to an occasional drizzle, the gray clouds began to disappear and the tranquility of clear blue skies returned. Our Japanese iris soon shot upright followed by the delight of our first gardenia blossom of the season, a sight that entices us to bend down and breathe in its intoxicating aroma as we leave our house and each time we come home.

In late April, I participated in a three and a half day zoom dyad meditation retreat with more than 40 other individuals from around the world. At the end of





that familiar and always valuable activity, I felt rejuvenated, enlivened, more present, and grounded in my physical body in some new way. I was experiencing a newfound gratitude for my embodied human form. The next day I was feeling the impulse to expand outward, so to speak. My husband Barry was happy and eager to take us on a drive to look at the beautiful wildflowers that bloom along the roads and often cover nearby hillsides in our area at this time of year. While out and about that day, we discovered a restaurant we'd never been to before and decided to give it a try. We hadn't been to any restaurant in a long time, having grown used to ordering food on line, occasionally, and having it delivered to our doorstep. On that particular weekday, in the early afternoon hours, we noted that the shaded outdoor seating area of the restaurant seemed to be emitting a calm, tranquil vibe. As we relaxed and breathed in the fresh air, our gaze landed on a giant oak tree across the street, its top branches spreading outward against the azure blue sky as shown above. No photograph could capture how blessed I felt in those moments, gazing at the beauty of that vista, nor the gratitude that welled up in me for the gift of eyesight to behold it.



*Breathing in, I know I am breathing in
Breathing out, I know I am breathing out.*

~Thich Nhat Hanh



Look for the 8-petaled lotus image on my recently rebuilt website! We designed the image a decade ago, choosing all the colors intentionally for what each represented, with the help of a stained glass artist. It hangs in the large window over our front door. The new website is not intended to expand a business or to sell anything. It is more for historical and legacy purposes as a way to share what is available of my writing and other creative endeavors over the past several decades of my life. The domain name remains the same: fromtheheart-hands.com

*May your life be like a wildflower growing freely
in the joy of each day.* ~ Native American Proverb

. . . and may you bloom, wherever you are planted.

Love & Blessings ~ Dawn

Lotus flower color symbolic meanings: red—love, compassion; white—peace, purity; blue—knowledge, learning; purple—spiritual awakening; yellow—mental clarity.

