

Notes & Quotes from Dawn Summer 2023



Wildflowers don't care where they grow. ~ Dolly Parton



wildflower: a flower of an uncultivated variety, or a flower growing without human intervention; flower that can adapt easily to different soils and weather conditions; provides food in the form of leaves, nectar and pollen to insects; can grow almost anywhere including woods, meadows, wetlands, in garbage dumps, along river beds and in cracks in concrete.

I first encountered the astonishing beauty of mountainsides carpeted in wildflowers when we visited Schynige Platte in the Swiss Alps during the summer of 1977. I was utterly enchanted by the view that greeted me. I stood mesmerized gazing down at the cornucopia of flowers in such colorful array and was reminded of William Blake's quote about seeing heaven in a wildflower. When we were living in Switzerland in 2001, I was once again captivated by the wildflowers in this country of enchanting alpine vistas. I fell in love with Edelweiss, the traditional Swiss symbol of love and courage, also known for having medicinal properties. Though long associated with Switzerland, Edelweiss is the actual national flower of several other European countries, including Austria and Italy.

There are other countries and places to view wildflowers of course and it is always amazing to suddenly see a hillside that has once again burst into glorious bloom.

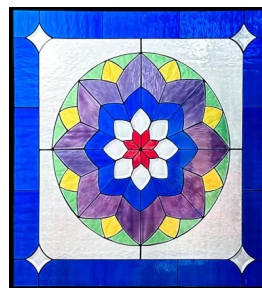
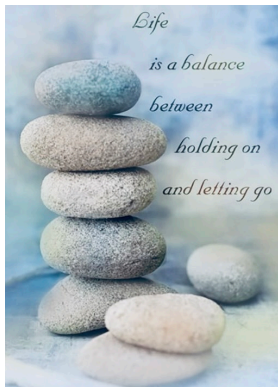
Like wildflowers . . . allow yourself to grow in all the places people thought you never would. ~ E.V. Rogina

Clearly, we are living in unsettling times. Yet, in the midst of the heightened uncertainty, unexpected challenges, and the unrelenting changes currently facing us in this world—on this always unpredictable journey we call life—we have the power to bloom wherever we may be planted.

NEW WEBSITE !



I'm very happy to announce that my completely rebuilt and newly hosted website is now up and running. I am no longer trying to grow a business or sell anything, and any retreats or workshops I may offer in the future will be by donation. The domain name remains the same; however, fromtheheart-hands.com is now a legacy website where you can read articles I've written over the years, access all the COMPASSIONATE TOUCH videos, learn more about my books and where to find them, read the latest Notes & Quotes, and even listen to me giving two different plenary talks at a Humanistic Medicine Conference in Garmisch-Partenkirchen, Germany many years ago, should that be of any interest. Additional articles and talks will be added occasionally.



Let us take time to reflect on the miracle of life. And let us cherish one another. ~ Richard Carlson

May we stay calm, carry on, and be kind. ~ Blessings, Dawn