



NOTES & QUOTES from Dawn MAY 2026



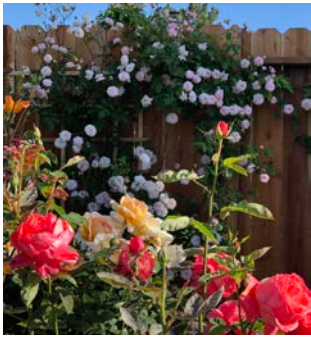
Where wildflowers bloom so does hope ~ Lady Bird Johnson

Wildflowers: small but powerful reminders of resilience.

Wildflowers never cease to fill my heart with surprise and joy. I am continually amazed at how they seem to suddenly pop up overnight, on grassy hillsides, in meadows, and alongside walking trails. Wildflowers also manage to bloom in unexpected and barren places, pushing themselves up between rocks or through cracks and crevices in weathered concrete.

I am awestruck by the profusion of color and the myriad variations of wildflowers that continually grow and spread without human intervention, whether coming upon them beside roads or public areas a few miles from our home, in Golden Gate Park in San Francisco, near Napa Valley vineyards, in Death Valley, California, in the Swiss Alps or on the grounds of Findhorn in Scotland. Wildflowers seem to tell a story of adaptability, resiliency, persistence, and survival. Wildflowers remind us to bloom wherever we may find ourselves and to continue to persevere, whatever the weather may be.





The heavy rains we had here in March brought a profusion of April and May flowers, most visibly in the form of our 50 plus rose bushes bursting into bloom once again. Unlike wildflowers, roses need cultivation, although there is such a thing as roses that grow in the wild in a number of countries and even a few places in California such as Big Sur. The space where nearly all of our roses grow now was completely covered in ivy when we moved into our home nearly forty years ago and began slowly removing the ivy.



As our garden evolved, we originally planted bare-root Hybrid Tea bushes, including a couple of tree roses. Bare-root plants have the advantage of blooming in the same year as they are planted, although they can take up to 3 years to reach maturity in our area. In more recent years we have often planted potted rose bushes and several climbing roses. Over a dozen of our roses have now been planted as memorial roses for relatives and friends no longer with us in physical form, chosen for a particular color, aroma and/or its specific attributes.



I can complain because the rose bush has thorns or I can rejoice because the thorn bush has a rose. It's all up to me. (attributed to various)

My life is part roses, part humor, part roses, part thorns. (Bret Michaels)

Like human beings, all roses have their own distinctive characteristics including personality, appearance, smell (or sometimes not), rate of growth, and life span. The more time I spend among the roses in our home garden and elsewhere, the more I learn about them and about myself. The familiar idiomatic expression "Stop and smell the roses" is a reminder for us to slow down, relax, count our blessings, be present in each moment in each day as it unfolds, and practice gratitude for the lives we've been given. This is easy to do in nature, among wildflowers, tending to individual rose bushes, or stopping to breathe in the unique aroma of individual roses in a garden.





BOOK TALK

An edition of my latest book, ***BONE BY BONE Healing from Preverbal and Childhood Abuse***, with minor corrections and additions, is now available from [Amazon](https://www.amazon.com) and [Bookshop.org](https://www.bookshop.org). Other on-line book stores such as [goodreads.com](https://www.goodreads.com) and [alibris.com](https://www.alibris.com) sell both new and used copies, often at a lower price than [Amazon](https://www.amazon.com) or local bookstores. If you are so inclined, you can leave a short review (always appreciated) on any of those on-line sites.

Readers sometimes ask me what books I am currently reading so here you go . . .

Poetry: *The Path of Kindness Poems of Connection and Joy* (ed., James Crews)

Non-Fiction: *Zen in the Vernacular: Things As It Is* - Peter Coyote

Fiction: Louise Penny mysteries (currently on book #14)

and, *CHAIR YOGA for Seniors Over 60* (Alex Harper)

. . . some quotes for our times

Even before smart phones and the Internet, we had many ways to distract ourselves. Now that's compounded by a factor of trillions. It is indeed a radical act of love just to sit down and be quiet for a time by yourself. - Jon Kabat Zinn

Do not let the behavior of another destroy your inner peace - Dalai Lama

*When the power of love overcomes the love of power,
the world will know peace* - Jimi Hendrix

We all have the power to make a positive impact on the world. It starts with small acts of kindness and compassion. — Evelyn Laude

Think deeply
Speak gently
Love much
Laugh often
Work hard
Give freely
and Be Kind.