



Listening to the voice of the cosmos

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No chance. It becomes a truism in this day and age, that we are all so very busy as to pretty much neglect those things that are ultimately the most important. Finding keys, getting kids to school, making sure the washing machine doesn't overflow, pairing up the socks from the laundry. All trivial-but-necessary.

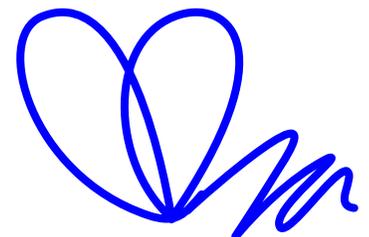
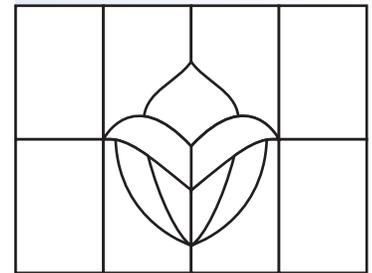
I don't know what the answer is to significant living, but I am pretty sure it involves more than the above.

At this point, suggestions from the audience are in order.

I am not complaining, understand, just voicing an ever-obvious problem in my own life where what I know is "more cosmic or eternal" I can hardly find the time to accomplish.

I know that in the past few years I have vowed to spend at least three minutes a day in meditation (this is above what time I spend listening to sermons and working on glass patterns that are inspirational and posted on [GospelGlass](#) or dedicated to helping make memories on [Memory-beads](#) or the soon to be ending breast cancer research project Windows of Susceptibility and the Environment in breast cancer [WOS](#) for which I volunteer many hours per week. These are all a part of my life, and they require much effort but they lack the "personal" and "spiritual" quiet listening to the cosmos and the power therein.

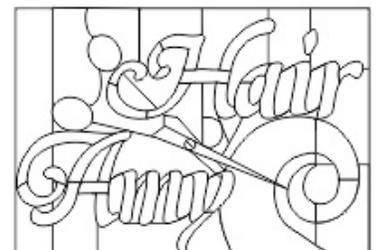
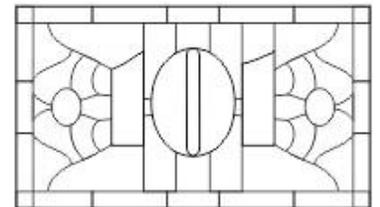
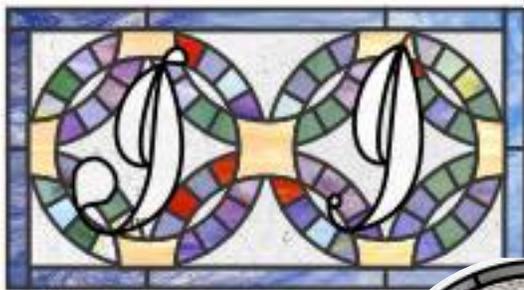
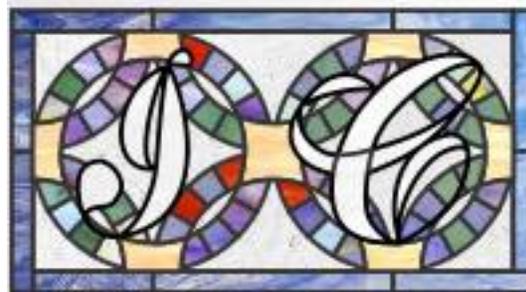
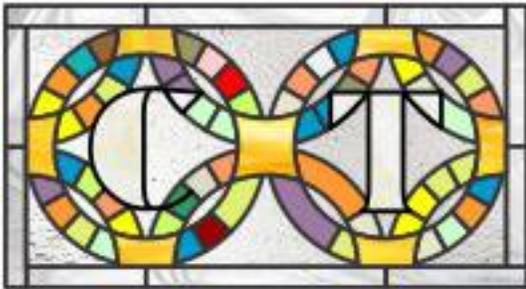
Not until I made a deal with my second son to stop smoking, and in penance I would force myself to 10 min of quiet meditation (in November of 2014) did I actually commit to making a dedicated time and place for just "listening". I have only missed one day as of this writing... I would recommend it to everyone. In the newsletters I write for the breast cancer grant, it became obvious that meditation was indeed one of the MOST important health tips that we can do as ordinary people. The ancients knew this. It is also true that meditation has greater effect when it is done in loving company, i.e. at least by twos. This I have not achieved in my 71 years... it is likely not to change... but my silly dog Zipper, the other day, came to snuggle next to me while I sat in lotus position just waiting for the eternal to send me power for the day and speak to my mind and heart. I do have a little stray that will meditate by me. Awesome.



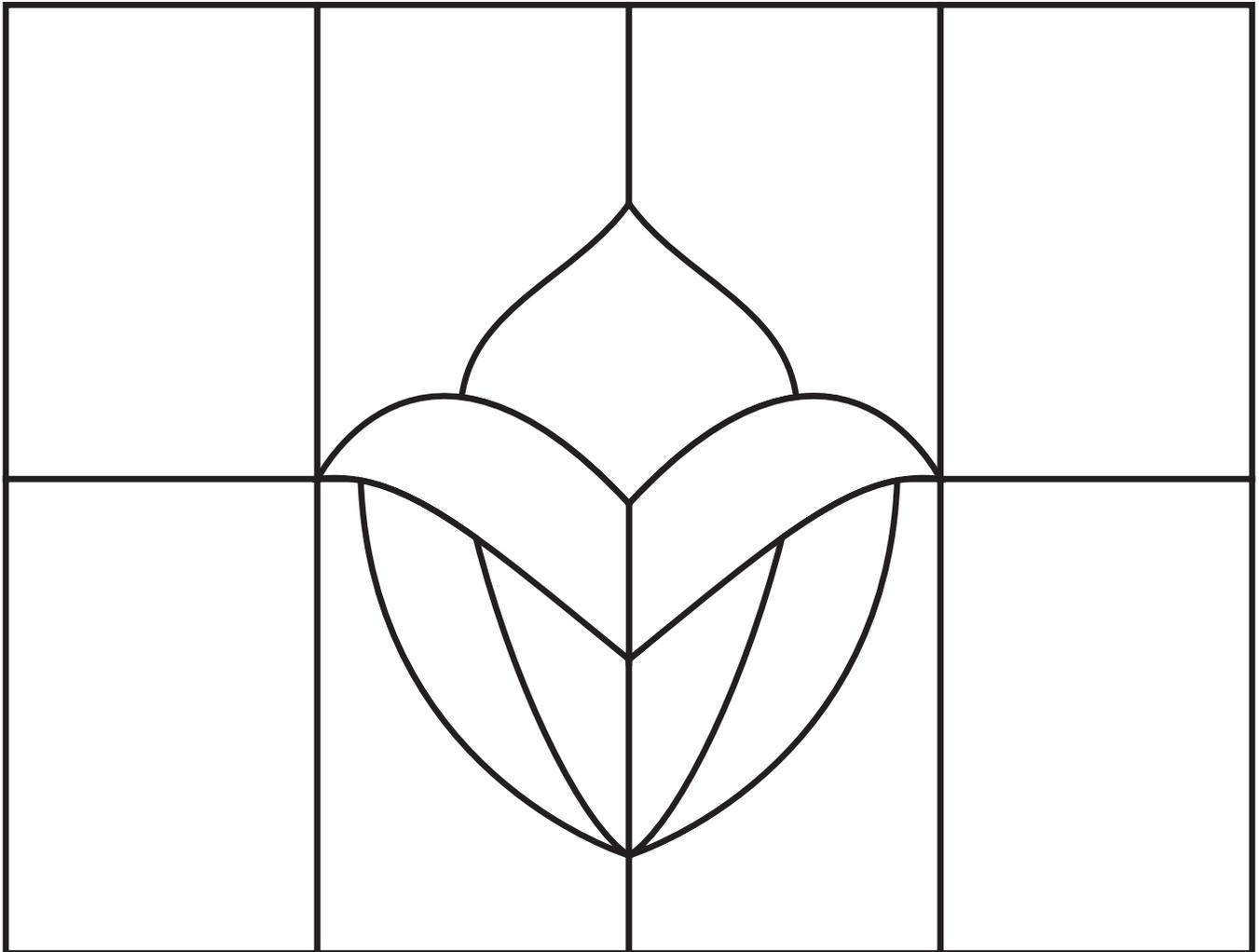
new stained glass patterns: february
at PDQpatterns.com and
estainedglasspatterns.com



new stained glass patterns: february



free pattern for march



COUPON

MEMORY BEADS, MEMORY JEWELRY and PEYOTE STITCH BEADING PATTERNS



eStainedGlassPatterns

GOSPELGLASS



Google plus, or like, or tweet or write a review or “like” of facebook, ON ANY SITE linked here and you get a free pattern of your choice. (you must email me what you did and the name of any pattern, and I will send it)