

030408 Tuesday

Playful Actions (Photos)

As background for the following, I invite you to read my

- Brief Self-Introduction
- Current Activities page

and, if you're especially ambitious, my

- Worldview Summary

Playful Actions (Text Summary)

- helping Dad get up in the morning
- helping Dad dress
- driving Dad to Outpatient Rehab
- homeschooling with Aliana
- reading Home Learning Year by Year: How to Design a Homeschool Curriculum from Preschool Through High School by Rebecca Rupp
- weight training
- inverted stretching
- treadmilling
- supervising Aliana's treadmilling
- audio listening to "Seminar" recordings of Nathaniel Branden, made monthly starting perhaps in 1969 and continuing

through the early 1970s, which were distributed on LP records; in this series, he answered questions on many subjects including psychology and philosophy; on those sessions to which I speed-listened today, he discussed psychology, sex and romantic love

- finishing and posting yesterday's blog entry
- writing and sending email including to Cherita
- starting composition of a new message for a reader who asked me a question that I really liked about my Worldview Summary
- driving to the library
- reading more of Ender's Game
- reading Peaceful Living: Daily Meditations for Love, Healing and Compassion by Mary Mackenzie
- organizing books
- conversing via phone with Julie
- conversing via text messages with an online friend
- starting composition of this blog entry

Playful Reflections (Text)

Yesterday's headache, achiness and sluggishness disappeared from me today - so I felt as if I were "myself again!"

Gratitude

- I'm grateful to myself for completing all the forms of housework that I did today. This helped meet my needs for order and progress.
- I'm grateful to Aliana for giving me an opportunity to contribute with our homeschooling efforts.
- I'm grateful to Cherita and Aliana for their companionship and communication.
- I'm grateful to Cherita for her productive, professional work and economic support.
- I'm grateful to Cherita for her help developing my website.
- I'm grateful to Cherita for her help caring for Dad.