

032408 Monday

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 and Aliana to the hospital for Dad's outpatient rehabilitation
- homeschooling with Aliana, emphasizing reading
- driving Dad and Aliana home
- driving Aliana to the library
- returning items

- watching Aliana and others put on puppet shows
- reading more with Aliana
- reading more of A New Earth: Awakening to Your Life's Purpose by Eckhart Tolle
- lifting weights
- stretching
- treadmilling
- cleaning the kitchen
- driving to church and attending the next session of the Enlightenment class (part of The History of Christianity, with emphasis on intellectual history) at Countryside Church Unitarian Universalist (CCUU); today's session focused on Helvetius, Beccaria and Adam Smith; I assisted with the playing of the DVDs - I really enjoyed the class today
- reading Harry Potter and the Chamber of Secrets with Aliana

Playful Reflections (Text)

Impression of the Day

I really enjoyed the day and the time with Aliana.

Worldview Elaboration

To be continued...

Gratitude

- I'm grateful to myself for doing all I did today, which helped meet my need for living a fulfilling life.
- I'm grateful to Aliana for her companionship and communication.
- I'm grateful to Cherita for her help caring for Dad.