

# GONPA GAZETTE



*Lounging in my Indian lady's nighty/housedress.*

Can you be attached to something without even knowing it? Yup! Just lose it for any amount of time and the craving is in your face!

I never knew how attached I was to walking until I couldn't walk...my main form of stress-reduction, exercise and transportation gone, in one step...and without MY permission!

Four months of being just ambulatory enough to do my jobs, but nothing more. Humbling to say the least!

How to feel really old, really fast...What if this is the beginning of the next phase of aging? What if this is as good as it gets for the rest of my life?... What if, what if, what if...?

They say life is precious, fragile and not to be taken for granted. They say we never know when we will die or how. We also don't know how our bodies will decide to break down as they age. There is no universal rule book, blue print or plan! I am committed to treasuring every moment without being attached.



*Mobile again!*

# DECEMBER 2018 IN PHOTOS

