

mm Moment Memories Matter

This photo was with our last supper with Tom. It is a good memory.

I walked past that very table at our cabin this morning. Memories flow if I pause even a moment. Re-connections.

VIRTUAL PHOTO HERE

Imagine a happy group (named below) around our table at our cabin two summers ago. Read below to “view” the picture.

VIRTUAL HAPPY HOUR

“Love to all of you from all of us. Somebody should catch mountain views, a sail, and a happy hour for Tom...”

The quoted words are from Terry from Wisconsin where Tom is seriously ill. He hears and understands. He no longer talks. He still remembers times sailing and being at the cabin here many times.

The missing photo was from an actual visit two summers ago at our cabin, before the pandemic. Enlarge to see Jean, Max and Hannah, Tom (in the center of the picture) and Terry from Wisconsin and Erin and Patrick from Vancouver, BC.

Terry invites us to a virtual time with and for Tom.

There is a lot of “virtual” going on these days.

Art Morgan

Does anyone really know how the mind keeps track of all these connections? What other species has ability to imagine even a moment of connection with someone thousands of miles away? We can feel concern and sympathy and love...all sorts of realities, *virtually*. We can send invisible thoughts or feelings or prayers as conscious intentions.

I sit with my breakfast omelet and toast and coffee by my table on the far deck. My cell phone is in my inside pocket. The unopened morning newspaper is on the table beside me.

Have you ever tried eating your whole breakfast and finishing your coffee without checking your phone or opening your newspaper?

My mind is free to wander, to go its own way and do whatever it wants.

Today I am thinking of Terry’s words. They intersect with my plan to report on Deepak Chopra’s book, **METAHUMAN**.

Meta means “beyond.” Chopra says humans are not slaves of their brains. *“You are the user of the brain---but not the brain.”* So it’s OK to talk to your brain sometimes.

There is no limit to where the human mind can go or what it can imagine or do. It can go “*beyond*” boundaries.

Yes, Terry and Tom and Patrick too, you’ll be here with us for happy hour. I’ll open a bottle of Montepulciano Wine sent by Jerry and Lynda Burd my winemaker friends in New Mexico. When he reads this he’ll add his toast to that of more people than you can imagine who care about you and remember you.

< no picture(s) – Art >

Art Morgan, September 3, 2020

“As often as you do this, do it in remembrance of me.”

Readable Neurologists:

Deepak Chopra, **METAHUMAN**; Oliver Sacks, **AWAKENINGS**;
Robert Assagioli, **WILL TRAINING**; Victor Frankl, **LOGOTHERAPY**