

Present February 21, 2023, L to R
Top: Scott, Susan, Anita
Middle: Bill, Nancy, Linda, Jan
Bottom: Andy, Charles, Moni
Regulars absent: Deb, Paul, Karen and Kris



All these years I have not recorded the participants, which is too bad. Thanks to Susan for taking the plunge, twenty-first century style. (Even I am able to make the photo bigger, so I'm sure you can too.)

Bill sent a couple of links to uplifting podcasts/meditation apps, especially for Anita:

Onbeing.org. With Krista Tippit- great talks with artists, poets, philosophers and many others -with a whole library to choose from.

Tenpercenthappier.com. With Dan Harris- more meditation app but good interviews- especially in January with the Dali Lama.

I suggested the BBC [Planet Earth](#) and [Planet Earth II](#) – incredible video series.

Thirdly, the depiction of a triad in a dream from Charles, which he talked about in the Notes:

The globe at the head is SWAR, of Gayatri
And susupta of Mandukya

The Valentine at the heart is BHUVAR (this was a Valentine's dream)
And swapna of Mandukya

The golden horn at the belly is JAGRAT of Mandukya
And Bhu of gayatri

