

[Lisa Friedlander @lmf020252](#) May 28

Go on a sobriety binge: fill your opioid receptor sites with singing, dancing, laughing, loving, giving. Scale heights, not highs.

[May 28](#)

While you're wishing for an extraordinary life you could make yourself an extraordinary person in your ordinary life.

[May 25](#)

Temperature didn't matter to the child who jumped right in, the water her second skin. A chill stranger, the lake dared me to feel its pulse.

[May 24](#)

The cold water divide: Kids' joy in swimming blunts the water's freeze. Later, the blue-lipped cold blunts joy in the swim; she shivers.

[May 23](#)

And in strata of experiences—like the lake white-capped, then dappled with cross currents vying for power like longings and faults.

[May 23](#)

Ideas bloom in the mind gorgeous as flowers. Planted in conversation's fertile soil. How otherwise do seeds migrate to the imagination?

[May 22](#)

Simple joy. Move the body (in the mind) like the lake, all silk. In reality clunky and trip-laden but oh-so-sweet to be out of a chair.

[May 20](#)

Upside in outted

[May 20](#)

We are small among forces at work in the world. But not less-than.

[May 17](#)

On mastery: Practicing + Tweaking + Peaking!

[May 13](#)

Ideas have lustrous wings, travel far and wide. Actions need to have legs, and sometimes tired feet.

[May 11](#)

What if for a couple of days all Tweets were gives? No asks. No ads. Just GIVES. The internet might just blow up with beauty and bounty.

[May 11](#)

Human "bird" watching: Alert to hearing the call? Someone reaching out to show or share with you? Hear the call, take note, respond.

[May 10](#)

Evolution, nothing less than revolution after revolution, however molecular the stroke of paint, flesh or imagination



[View photo](#) 0 retweets 0 favorites



• • [Lisa Friedlander @lmf020252](#) May 9

Auto-telic: when experience provides its own intrinsic reward. The there-ness of it is like the song of your birth, light of a first day.

0 retweets 0 favorites



• • [Lisa Friedlander @lmf020252](#) May 8

Cleaned the cottage “lightly” (read, no elbow grease). It’s exciting: clearing a space to breathe, imagine.



