



The Comfortable Stretch

Canyon Lake, Arizona. December 2009. What a tranquil setting! Enjoying the warmth of the sunshine, I sit on the concrete steps leading down to the placid, clear lake. I begin to write in my journal .. short notes about impressions. A low, mellow quack breaks the silence. I look to my right as a handsome Mallard Drake swims slowly around some weeds in the shallow waters. His lady follows closely behind. They show no fear ... no concern about my presence. To my amazement they paddle a little closer and then he stands, takes a few steps and stretches! So confident and at ease! I am overjoyed by this encounter ... and so very grateful.



ABOUT THE ARTIST:

"Life brings happiness and sadness – the ebb and flow. Grief became my Companion following the untimely deaths of dear friends, beloved pets and my dreams for the future. Prayer, meditation, journaling and counseling guided me through the most painful times. I will

always be grateful to the loving people who stood by me. Endings can lead to Beginnings if one is receptive. I learned that Time waits for no one and that each day truly is a wonder-filled Gift. In hindsight I see that Grief ultimately invited me to stretch beyond my comfort zone, encouraging me to walk away from "Fear of failure" and, instead, to actively engage in Life." – **Rhonda McDougall**

Rhonda is passionate about connecting with family and friends, nature, and spirituality. She pursues photography, writing, volunteering and travel. Rhonda has learned that everyone has a personal story and she is inspired "to see beyond the obvious."

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Perspective. Perception. Life.

Myrtle Beach, South Carolina. February 2009. I'm attracted by the colors, the angles, the reflection in the window and the Atlantic Ocean. The shades of blue speak of my sadness. The angles represent the detours and roadblocks we sometimes encounter on our journey. In the window's reflection I see that we can glance back while still moving forward. I see the Unknown just beyond the horizon and the deep, calm-seeming waters of the Present. The breaking waves run joyfully up the sandy beach – bringing with them a sense of promise. Perspective. Perception. Life.



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