Aging with Spirit

The young know the rules. The old know the exceptions.

Oliver Wendell Holmes

Is there anyone we wouldn't love if we only knew their story?

Mary Lou Kownacki

Gifts of the Inner Self

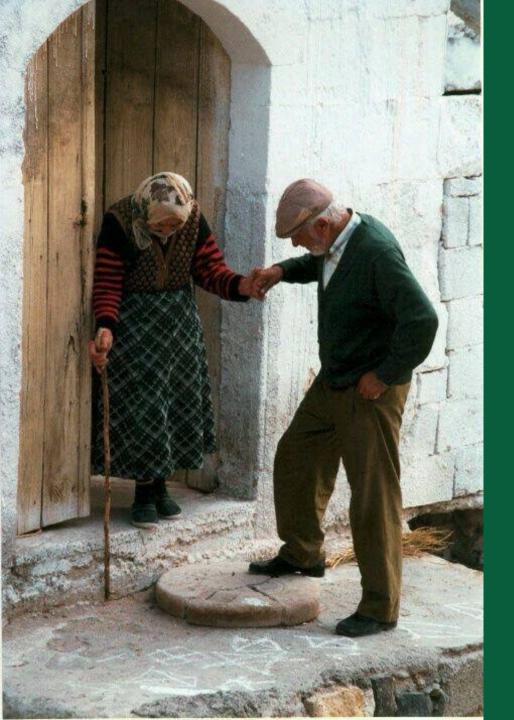
- Experience the Divine

- Rise Above Patterns

- Contribute to Bigger Picture

Contemplative Tools

Journal Writing
Open to Feelings
Enter the Silence



As long as I draw breath, I still have a purpose on Earth.