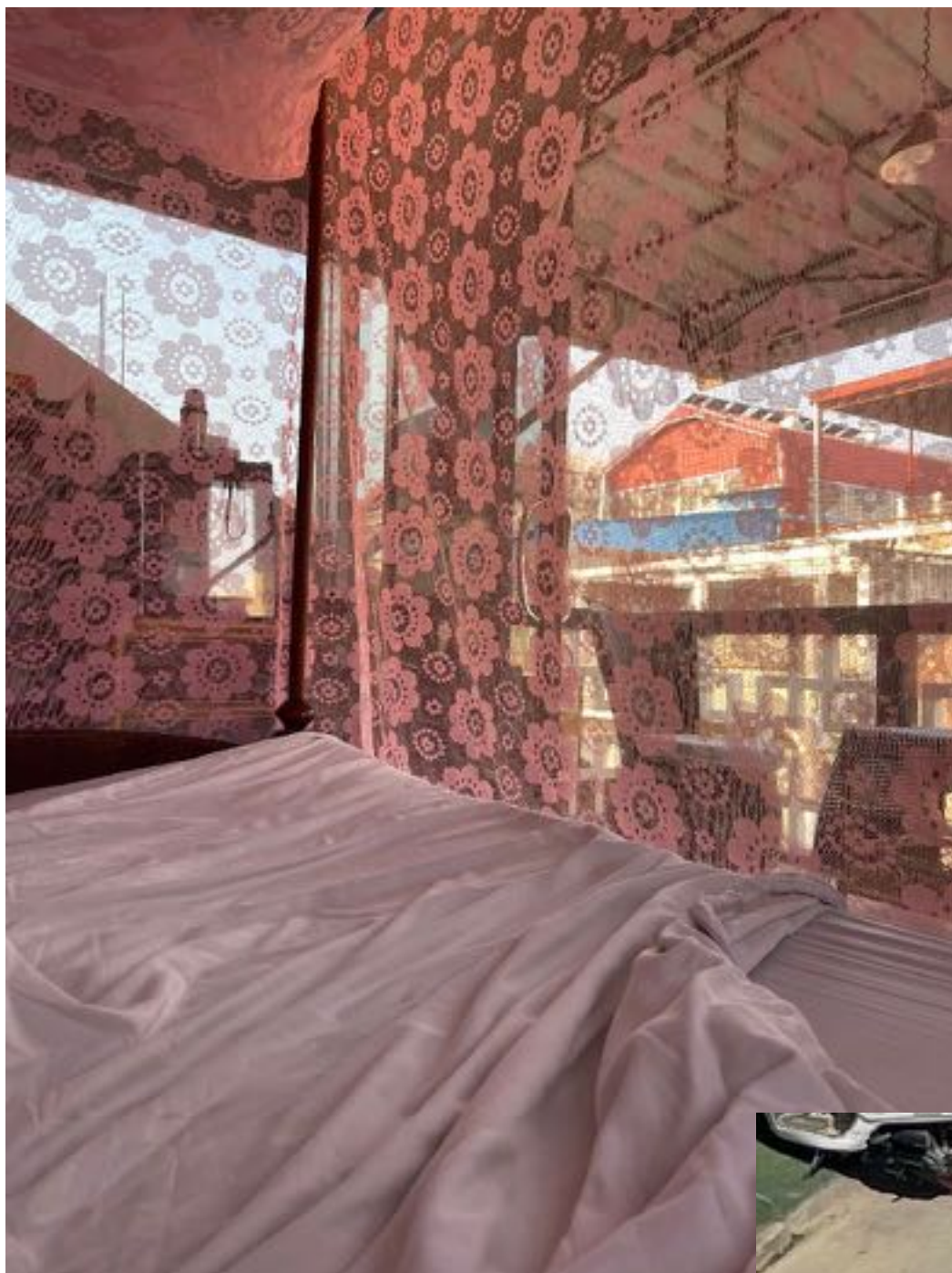


# Tales From Joy, #11,2024



Greetings from Battambang, Cambodia, dears.

My balcony looks down on Klong 2.0, here in the marketplace. Life happens three stories down below. It's relatively quiet and breezy up here.

And why are the monks carrying umbrellas, you may wonder?

Temperatures are often in the high 90's, approaching

100 degrees.

My shoulders, knees and midriff remain covered, however, like the local Khmer women, when I'm out in public.

In my sixty years of travel in the Third World, I've never wanted to offend the culture I'm in.







I'm not quite ready, however, for the synthetic pajama sets, made in China, that seem to be locally popular.\*



After meditating with my Childish Drink of spiced coffee and soy milk in the mornings, I love to gaze down on my own personal “Sesame Street”:

Klong 2.0.

The woman across the street spent hours arranging these trays. The sticks of wood are related to the cacao bush, I'm told. People grind it and use it in baking and cooking.

(\*my innate behavioral instincts prevail upon re-entry into my own Ozark habitat in summer: as a nudist Buddhist. 🙊)



Her youngest daughter finds infinite ways to entertain herself until the siblings return from elementary school



I live between the university and the elementary school, so someone is always being transported one direction or the other, by motorcycle.

(I guess I'll have to buy the iPhone 15 when I get home, to improve the resolution on these action shots, huh?)

Last week a Chinese Dragon came to our little street for a festive performance, complete with drums and horns!



Eventually, I turn on the overhead fan and begin my own version of

### *Pa-Joy's One—Month Maechee CHALLENGE*

I'm hearing from the Thai maechees in Bodhissatva Valley.  
MC Annee has commented:

*Boat Pose and Plank are really hard!*

True. I'm pleased to report that my plank pose now lasts two minutes (barely!) Though my navasana/boat pose is still a comical mess.



Perhaps the most important outcome of the Maechee Challenge has been to bring Maechee Na into the spotlight:

She is a lovely, shining and extremely quiet nun who tries to remain in the background. But right before I left there, I asked her to demonstrate Boat Pose, which she did, spotlessly.

Being the most athletic among them, I put her in charge as coach and interim teacher.

I knelt down and whispered to her, right before leaving, with tears in my eyes



*You are the actual yogini here.*

She whispered back, in English:

*No, you have always been my teacher, for twenty years.*

MC Na wrote yesterday and said:

*Wow, I have to practice everyday. I feel that my arms are stronger. I love doing plank which you taught.*

Perhaps my major exercise has been climbing these two steep stairwells, many many times a day!





After teaching my University class at 5 p.m. every day,  
(Which will be the topic of Tales #12, when I have more photos),

I am chronically blissed out by my eventide stroll in the park,  
alongside the rest of Battambang, it seems.

My pure delight in the joy and contentment there often sends me on  
numerous loops and circuits all around the riverfront



Happy Valentine's Day, dear readers!

