

Tales From Joy #9, 2024

Events are cycling so fast now that I can't keep up, friends. This is what sank my "Tales" boat last year. It was swamped.

But I have promised to keep sailing this year.... If it's too much reading for you, darlings, simply delete or save them for another day. I know some of you are already doing that.

These Tales are also archived at my website, **wattlehollow.com**. My wonderful website techie smashed her wrist recently, so posting them may be delayed a bit.



(my home in Bodhissatva Valley)

Oh, I have to make two more confessions!

**My illness last week was probably related to my falling off the Sugar Wagon on Sports Day. Yes, the Child grabs the nutritional steering wheel sometimes, with NO discussion allowed. And my immune system becomes impaired as a result.

Throw in a chicken coop full of over-excited roosters, a hayride, lots of loose soil.... And the sneeze-fest began!

The Green Tara was apparently listening when I asked her to deepen my commitment last month.

At our Maichee yoga/dance class, I was shocked and delighted to see the entire staff show up...even the landscape crew of guys.

After

about twenty minutes of partner yoga, which is always hilarious and puts everyone in a childish mood...I began the next yoga segment. And I noticed that almost all the maechees are outlandishly weak, although I know they have amazing discipline and focus...

That night, I conceived of:

“Pa Joy’s MONTH-LONG MAECHEE CHALLENGE!”

I was able to meet one last time with some of the nuns the next day, where I issued my challenge:

To commit to this simple short exercise regimen every day, and to gradually increase the duration on a weekly basis, as they are able.



Full moon view from my cabin....

I suggested:
Toe lifts, wall push-ups, plank pose, and boat pose..
They took the bait, and promised to show the rest of the maechees!



Staff being silly here, but that is not an option for the maechees. Rules are tightening up now, as the patriarchy re-asserts its dominance. The era of Khunmae's lightheartedness is becoming history...

I left BV yesterday, with Nawng Joy and dear Aey, who came to fetch me, and we returned to Bangkok last night. I'll be back at Bodhissatva Valley in a month.

I guess I'd better practice the challenge, as well...

****Confession #2:**

Some of you have heard me fall into a self-righteous rant about (Gasp!) air-conditioning, and how I don't need it!

Besides the fact that self-righteousness itself is a toxic and unsustainable condition... I did turn on the a.c. every day at Bodhissatva Valley, before mid-day....to keep the cabin temperature down to 27 degrees C. (80 degrees F).

Blush.



Here's a photo to show you how well Nawng Joy is doing. In addition to recovering from the Bell's-Palsy, she used to have a large mole on her forehead. It fell off last week (!)



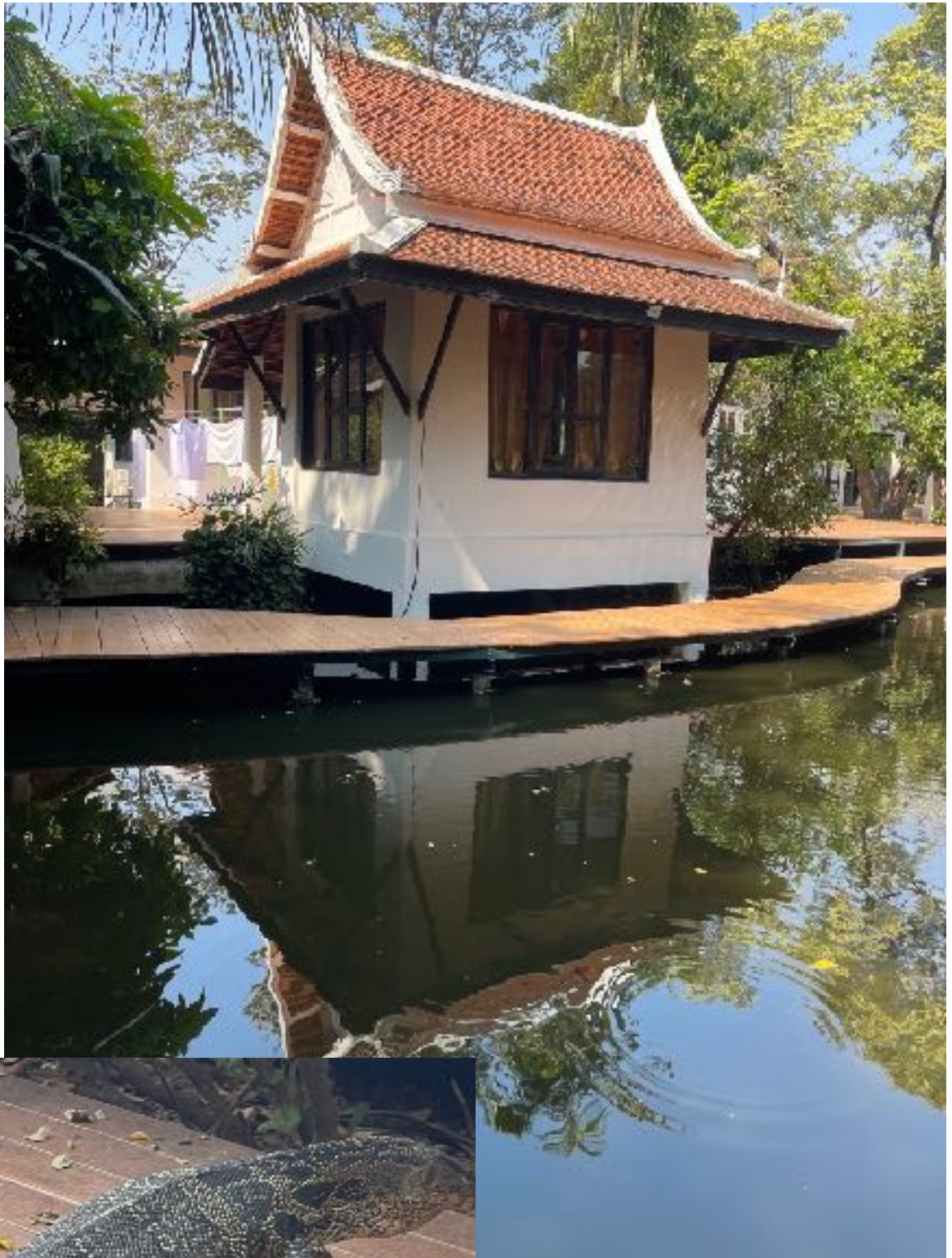
Today, I'm unpacking and repacking to go on our family retreat tomorrow. Yes, I've been adopted by Nawng Joy's family.

Soon after returning from that, I leave for Battambang, Cambodia.
So, hold on, dear readers.

I haven't yet shared a center fold-out shot of my neighbor here at SDS, dear readers: This is a pre-adolescent monitor lizard. I haven't seen momma at all this year.

They used to come crashing out of the trees and scramble madly towards the water. This guy moseyed slowly away, a bit irritated to be disturbed, but not particularly worried.





I think they're gorgeous; most of my Asian friends are afraid of them, and are even wary of small geckos....

This one is only six feet long.

