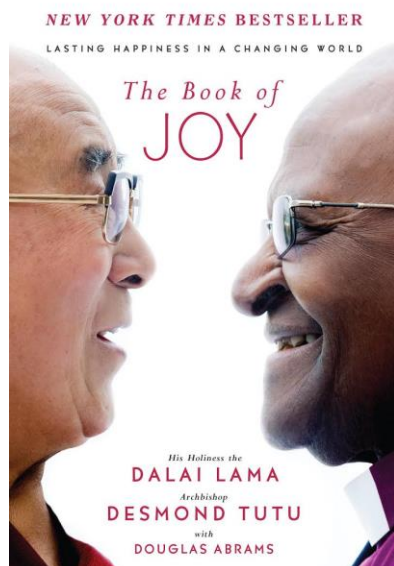


Jan's Gems – June



I completely recommend “The Book of Joy”

It was about a month ago when I was introduced by my Yoga Instructor, Kelly, to “The Book of Joy”. She read an excerpt in our meditation, and the words were so positive and comforting, especially considering the recent, sad, and frightening events in our world today. “The Book of Joy” is a conversation in 2015 between two dear friends, Archbishop Desmond Tutu and the Dalai Lama. The Archbishop traveled to India to celebrate the Dalai Lama’s 80th birthday. They traded personal stories with humor, and shared their spiritual practices. The thoughtful discussion of finding joy in the face of life’s inevitable suffering was a collaborative event written with Douglas Abrams.



The Sand Dollar Collection:

It was when we were walking on the beach in San Francisco; I came upon many sand dollars that had washed ashore. I had never in my life seen so many whole sand dollars (only broken ones), and decided, since they were just the skeletons, I would collect a few. They have been the inspiration for a painting, and my featured perfume bottle, *Dollars & Scents*.